



# LYSOLE-01 HOME GYM USER MANUAL



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Thank you for choosing Lysole-01, please read the user manual carefully before using.

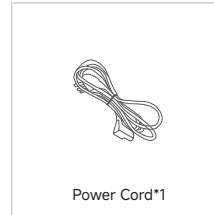
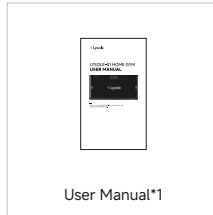
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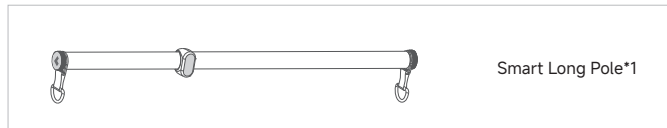
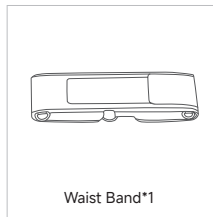


## PRODUCT LIST

### Essentials



### Accessory



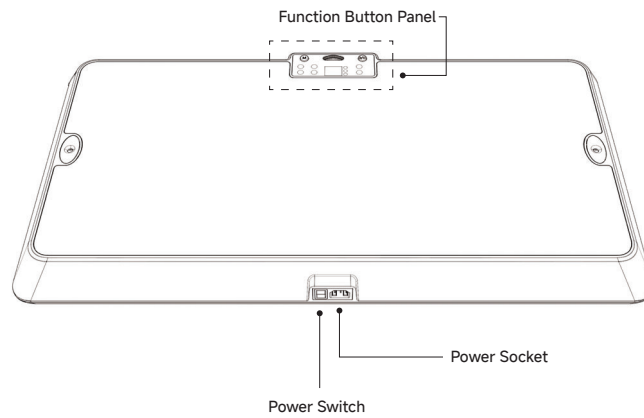
► Note

Accessories can be quickly changed via carabiners to meet various exercise needs.

## ◀ SPECIFICATIONS

Model	Lysole-01	Power	900W
N.W.	16kg	G.W.	19kg
Resistance	35kg / 75lbs each side	Weight Limit	150KG
Product Size	808*410*82mm	Footprint	0.33m <sup>2</sup>
Level	H	Standard	FCC

## ◀ PRODUCT STRUCTURE OVERVIEW



## FUNCTION BUTTON PANEL

Operation Area

**MODE:** Press this button to switch between training modes: Standard Mode, Eccentric Mode, Spring Mode, and Speed Mode.

**START/STOP:** Press to start or stop.

**Resistance Adjustment Wheel:** Spin left to decrease resistance; spin right to increase resistance.



### Mode Indicator:



Standard Mode



Eccentric Mode



Chain Mode



Speed Mode

**30 Resistance Value Display:** It displays the resistance of each side.



### Status Indicator Light:

**Light On:** Indicates a successful connection between the device and mobile app. Training data will be recorded.

**Light Off:** Indicates the connection is disconnected or not active.



**This machine is equipped with two resistance display units:** kg and lb. To switch between the units, long press the [M] and the [▶/□] at the same time.

### Status Indicator:



Green: Resistance on

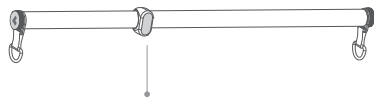


Red: Resistance off

**⚠ Warning:** For safety reason, the training mode cannot be changed when resistance is on. Only when resistance is off can the training mode be changed.

Status Display Area

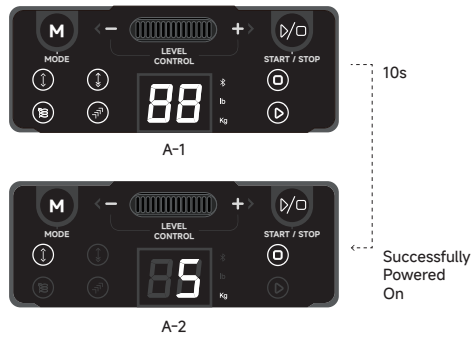
## ACCESSORY INSTRUCTIONS



Toggle switch on the long bar: on/off

## POWER ON

When the power is on, the display will blink. This is the self-inspection status. Please wait for 10 seconds to finish. When a red light is on as shown in fig. A-2, the device is ready.



### ⚠ Warning:

1. When the screen is blinking, it means self-inspection is running. Please do not pull the rope. Otherwise the self-inspection will fail.
2. If the blinking lasts for over 15 seconds, the self-inspection process may have failed. Please turn off the power and wait for few seconds before reboot. Repeat the process until no more blinks and the screen shows as fig.A-2.
3. After multiple trying, if the screen still cannot show as fig. A-2, please contact after-sale service.



## QUICK START

After the self-inspection is done, the resistance value can be adjusted. Press [▶/□] to start. The system default mode is standard mode.



## TRAINING MODE SELECTION

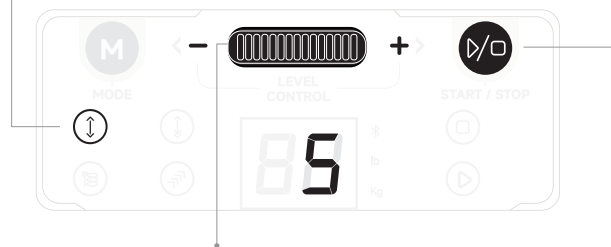
This device is equipped with four modes: standard mode, eccentric mode, chain mode and speed mode.

Change the mode by pressing button[M].



### Standard Mode

The concentric force equals the eccentric force. Resistance value displays the resistance of each side. Default resistance is 5kg. (P.S.: Adjustable between 3-35kg / 6-75lbs)

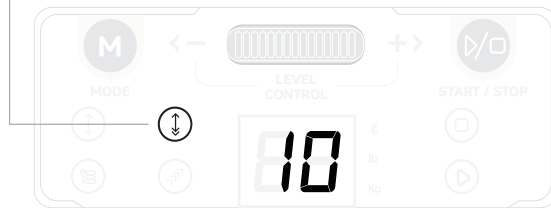


Use the resistance adjustment wheel to adjust the resistance.

START/STOP: Press [▶/□] or the smart button on the accessory to start or stop.

## • Eccentric Mode

The eccentric force is twice that of the concentric force; the number displayed represents the eccentric force value. The system default is set at 10kg, indicating an eccentric force of 10kg and a concentric force of 5kg. (P.S.: Adjustable between 5-35kg / 10-75lbs)



### ⚠ Warning:

1. Warning: In eccentric mode, the eccentric force is twice of the concentric force. Thus, the rapid speed of the eccentric force must be aware. Beginning with a smaller resistance to adopt the mode is highly recommended.

2. If the resistance is too high, please stop immediately and adjust to a lower resistance.

## • Chain Mode

The resistance changes with the pulling length. The longer the length, the greater the force. The value displayed is the maximum resistance of the chain. If the force is greater than the value displayed, the value will remain unchanged. The default value is 15kg, the resistance will increase with the pulling length. When the resistance reaches 15kg, no matter how much longer you pull, the resistance will remain the same. (P.S.: Adjustable between 5-35kg / 10-75lbs)



### ⚠ Warning:

1. Beginning with a smaller resistance to adopt the mode is highly recommended.

2. In Chain mode, the smallest resistance is at the starting point. The longer you pull, the greater the resistance is.



### Speed Mode

The resistance changes with speed; the faster the speed, the greater the resistance. The displayed value represents the maximum resistance achieved. If the actual force exceeds the displayed value, the latter will remain unchanged. This mode is ideal for explosive and habitation training. The default resistance is set at 20kg, indicating that as speed increases, resistance will also increase, up to a maximum of 20kg. Beyond this point, no matter how fast one pulls, the resistance will not increase further. (P.S.: Adjustable between 5-35kg / 10-75lbs)





## POWER SUPPLY

The normal voltage of this product is 110 volts. The voltage required for product can be found on the manufacturer sticker at the bottom cover.

Power plug has to be connected to a grounded receptacle. If the product fails, grounding provides a minimum resistance path for reducing the risk of electric shock. This product's electric plug is equipped with a grounding conductor. For safety reasons, the grounding plug must be plugged into the appropriate wall outlet, and the socket must be properly installed and grounded in accordance with all local codes and regulations.

**⚠ Safety Instructions:** (Failure to follow these instructions may result in electric shock)

1. Do not touch the power cord or power switch with wet hands.
2. Do not disassemble the device, as this may pose a risk of electric shock.



## SAFETY INFORMATION

Thank you for purchasing the product. Before use, please make sure to read this user manual carefully. This manual provides necessary information not only for your safety but also for the functioning of your machine. Please do read all safety information before using your device. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.

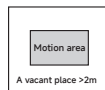
### For The Users

- ① Max load of this device is 150kg.
- ② Please put on suitable sports shoes and clothes when using, and perform appropriate warm-up exercises beforehand.
- ③ If you experience any discomfort or any abnormal physical condition during use, please stop exercising immediately and consult a physician.
- ④ Do not drink alcoholic beverages and any excitement products prohibited by national laws before and after use of this device.
- ⑤ Fatigue, failure to follow operating methods and excessive exercise may cause harm to you. Before exercising, you should accurately assess your physical condition and endurance to ensure the exercise movements, intensity, and duration are appropriate.
- ⑥ Keep children and pets away from this product when using it to avoid danger.
- ⑦ This product is not suitable for the following people:
  - Individuals who have undergone surgery within 6 months, suffered from heart diseases, high blood pressure, asthma and other illnesses that should prevent vigorous exercise, as well as those who do not recommend vigorous exercise according to medical advises, should not use it to avoid accidents or physical discomforts.
  - The Elderly over 65 years old, pregnant women, children and breast feeding mothers are not allowed to use it.
  - This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
  - Children should be supervised to ensure that they do not play with the appliance.
  - Cleaning and user maintenance shall not be made by children without supervision.
  - Warning that free standing equipment shall be installed on a stable and levelled base.
- ⑧ Minors must under the supervision and guidance to use this device. They are not allowed to use it alone.

**⚠ Warning:** Incorrect, unsafe or excessive exercise could cause serious injury or even death. If you feel dizzy, please stop exercising immediately and consult a doctor.

## Use Environment

- ① This product is an indoor sports equipment, please do not use it for outdoors.
- ② At least 2m of space around each side of the device is recommended.



- ③ Please keep the device away from water sources, heat sources, flammable and explosive materials.
- ④ The device should be placed on a flat and hard surface; please do not put any soft mat underneath.
- ⑤ Please do not use the device above 104F/40°C room temperature.
- ⑥ Please do not use the device in a damp or dusty environment to avoid malfunction.
- ⑦ Please do not place the device near electric heaters, stoves or under the direct sunlight.
- ⑧ Please do not use it in an environment with insufficient oxygen or with a sprayer (e.g. aroma diffuser, humidifier, etc).
- ⑨ Please keep any liquid away from the device; please do not place any objects on the surface of the device.
- ⑩ Please do not touch the power cord, the socket and the switch with damp hands.

## Operational Safety

- ① The device is designed for exercise only. Please do not disassemble or modify for any purposes to avoid potential safety issue.
- ② Please do not use any parts that are not recommended by the manufacturer.
- ③ Adjust the electric control system of this device is strictly prohibited except for professionals.
- ④ The plug must be grounded. Do not use other electrical appliances on the same power supply is recommended. Please do not use damaged or wet power cords or plugs. The power cord of the device is custom-made. To avoid injury, please contact the manufacturer or service center if damaged.
- ⑤ After use, please turn off the device and unplug in a timely manner.

## Maintenance

- ① Notice: regularly inspect equipment for damage and wear, such as ropes, pulleys, and connection points, to maintain a safe level of the device.
- ② It is recommended to immediately replace defective components or stop using the equipment before maintenance.
- ③ Pay special attention to the most easy -to -wear parts.
- ④ When cleaning the machine, the power cord must be unplugged and wiped with a clean, non dripping soft towel.
- ⚠ **Attention:** Do not use NaClO disinfectant, alcohol, or various acid-base cleaning agents to clean any part of the machine.



## TROUBLESHOOTING

Error	Possible Causes	Solutions
E1	Loose too fast	Self protection. Restart to recover
E2	Accelerate too fast	Self protection. Restart to recover
E4	Overheat Protection	Turn off the device and have a rest, restart it 5 minutes later.
E5		Restart the device. If it still doesn't work normally, please contact the customer service.
E6		
E7		
E8		
E9		



## WARRANTY POLICY

Thank you for supporting us! The warranty period is valid for 1(one) year from the date of receipt of the product with valid purchase receipt.

### Warranty Coverage

Free warranty service will be provided under the following conditions:

- Non-human-caused damages occurring during normal use with proper maintenance of the product.
- The warranty card is only valid for the original purchaser and is non-transferable.
- The warranty period is one year for the entire machine and three years for the motor, starting from the date of purchase under normal conditions of use.

### Exclusions from Warranty Coverage (Paid repair services available if needed)

- Any damages caused by human factors during use, including incorrect use of power supply, failure to follow product instructions, improper storage, incorrect operation, or inadequate transportation leading to faults.
- Unauthorized repairs, misuse, collisions, negligence, abuse, liquid ingress, accidents, modifications, incorrect use of non-original product accessories, or tampering with labels or anti-counterfeit markings.
- Failures caused by force majeure events (such as floods, fires, lightning strikes, earthquakes, etc.).
- Consumable items or accessory damages.
- Products that have exceeded the warranty period.
- Failure to present the product warranty card.
- Other violations and damages resulting from improper operations.

### Additional Information

- If after inspection, the product does not meet the conditions for free repair, customers may opt for paid repair services.
- If the issue with the machine is not covered by the warranty (such as damage caused by human error), charges may apply for diagnostics, replacement parts, testing, labor, and transportation, depending on the specific issue.



## WARRANTY CARD

Name	Product Name
Tel	Product Model
Purchase Location	Purchase Time

### MAINTENANCE RECORD

Report TIME	Malfunction	Maintenance date	Technician
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____



## QUALIFIED CERTIFICATE

QUALIFIED CERTIFICATE
Model: _____
Inspected by: _____
production date: _____



Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

#### FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.