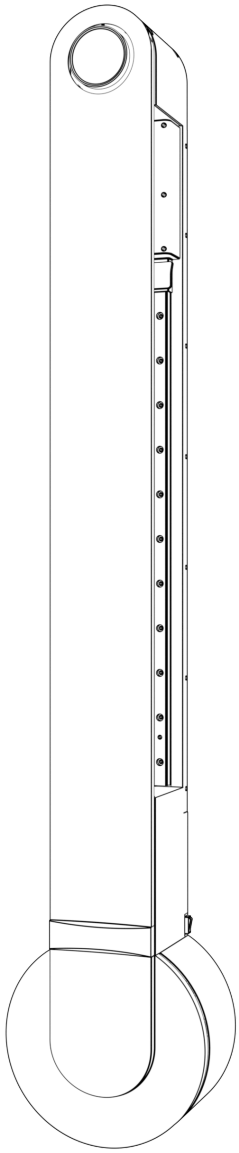
SPlan



Model I
Instruction Manual

Please read this instruction manual carefully before using the product and keep it safe.

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Safety Precautions

Please read the manual before use.

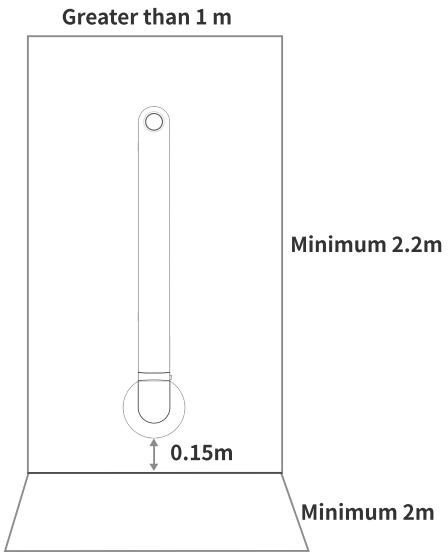
Warning: To prevent injury or unnecessary property damage to yourself and others, please read carefully and comply with the following “Safety Precautions” before use. “Safety Precautions” includes “Warning”, “Caution” and “Medical Warning”, all of which are contents of safety use. Please strictly follow the precautions and use SPlan Smart Trainer properly and carefully. Any property damage or injury caused by not following the above warning will be borne by the user himself.
Please be aware that you may face various foreseeable or unforeseeable dangers and risks during use, including risks arising from the hardware’s location in any space or environment, weather changes, physical training activities, excessive exercise and use of other service equipment, whether the risks are known to exist or gradually change. You also need to understand that injuries or damages may be caused by natural causes or third-party activities, including but not limited to the lax and substandard guidance of third parties (fitness coaches and other sports participants and maintainers). You should be clear that during use, whether by negligence or otherwise, to the maximum extent permitted by applicable law, you voluntarily assume any personal or property loss, damage or injury resulting from fault or negligence.

Warning!

• A three-prong socket must be used and grounded. Do not cut or remove the ground wire under any circumstances.
• Firmly connect the plug with the socket in case of the fire.
• Do not power the machine with both the left and right power socket at the bottom of the machine. Choose to use one of the two.
• Do not wash the machine by spraying. Do not install the machine in a humid or splashy position.
• Do not disassemble or modify the machine by yourself. The machine must be repaired by professionals.
• Do not cover the machine with blankets or other objects in case of the fire.
• Do not insert any objects into the heat dissipation port.
• Regular inspection of equipment for damage and wear, such as rope, pulley connection points, etc., to ensure the safety level of equipment;
• Replace defective parts immediately and stop using the equipment until professional repair;
• It is strictly prohibited to install the machine without permission. SPlan will arrange professional on-site installation.
•This appliance can be used by children aged from 14 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.

Caution!

• Please install and use the machine in an indoor environment. Do not install and use it in an outdoor environment , where may cause unknown damage to the machine or people.
• Use AC 100-240V, 50-60Hz power supply. The wide range of voltage fluctuation may cause failure or damage to the machine.
• Cut off the power and stop using the power cord or the plug once it is worn, and replace it at the designated maintenance point.
• Do not roll the power cord in case of the damage.
• Do not pull out the power cord by pulling the cord, but by holding the plug.
• Unplug the power plug when cleaning and repairing the machine in case of the electric shock.
• The user has the obligation to pay close attention to any other people around the machine and maintain a safe distance during use. Children are prohibited from playing around the machine to prevent injury to other people or children themselves.
• Do not place any objects on top of the machine.
• Do not place gasoline or other flammable items around the machine in case of the fire.
• Do not use the machine for other purposes except those described in this instructions manual.
• Stop using the cord and contact customer service immediately once it is being found cracked, broken or worn.
• Do not use third-party accessories except the special accessories for SPlan Smart Trainer to prevent injury caused by accessory problems, which include but not limited to accessory quality, assembly problems and accessory shedding.
• Do not quickly rebound the handle(accessory) during use, which may damaged knob screen.
· Please check the safety of the equipment carefully before use, make sure there are no safety hazards.
• Do not adjust the height or the angle of the arm in shutdown state.
• Please confirm that the height and angle adjustment latches of the arms are firmly inserted before starting the exercise.
• Do not stand under the arm when using SPlan Smart Trainer.
• Please reserve a space of no less than 1*2.2*2m in front of the equipment installation location to ensure that you can exercise normally.When you are using the space for other purposes, please retract the arms to prevent bumping.



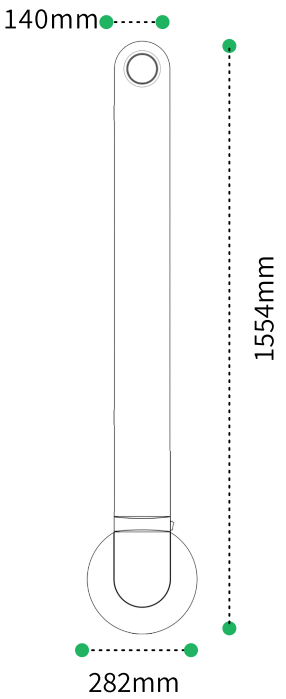
Medical Warning!

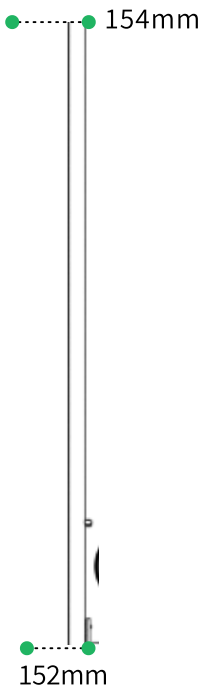
• Please consult the doctor and confirm that you are in good health and suitable for fitness exercises before using the machine or starting a fitness program.
• Please choose the course suitable for you according to your current physical condition and endurance. Do not overuse or misuse the machine, which may cause harm to your body. Stop using the machine immediately once you feel unwell and resume exercise after you recover.
• Patients with high blood pressure, osteoporosis, heart disease, coronary heart disease and other diseases and the disabled should use SPlan Smart Trainer under the advice and guidance of the doctor. Stop using the machine immediately once you feel unwell and resume exercise after you recover.

Product Instruction

Specification

Name	SPlan smart trainer	**Model**	I
DIM	1554×282×154 mm	**Net weight**	31kg
Operating temperature range	0°C～40°C	**Operating humidity range**	30%～80%
Rated frequency	50-60Hz	**Standby power**	15W
Rated voltage	100-240V~	**Rated current**	9A
MAX User weight：	100kg	**Arm adjustment:**	5 heights / 5 angles



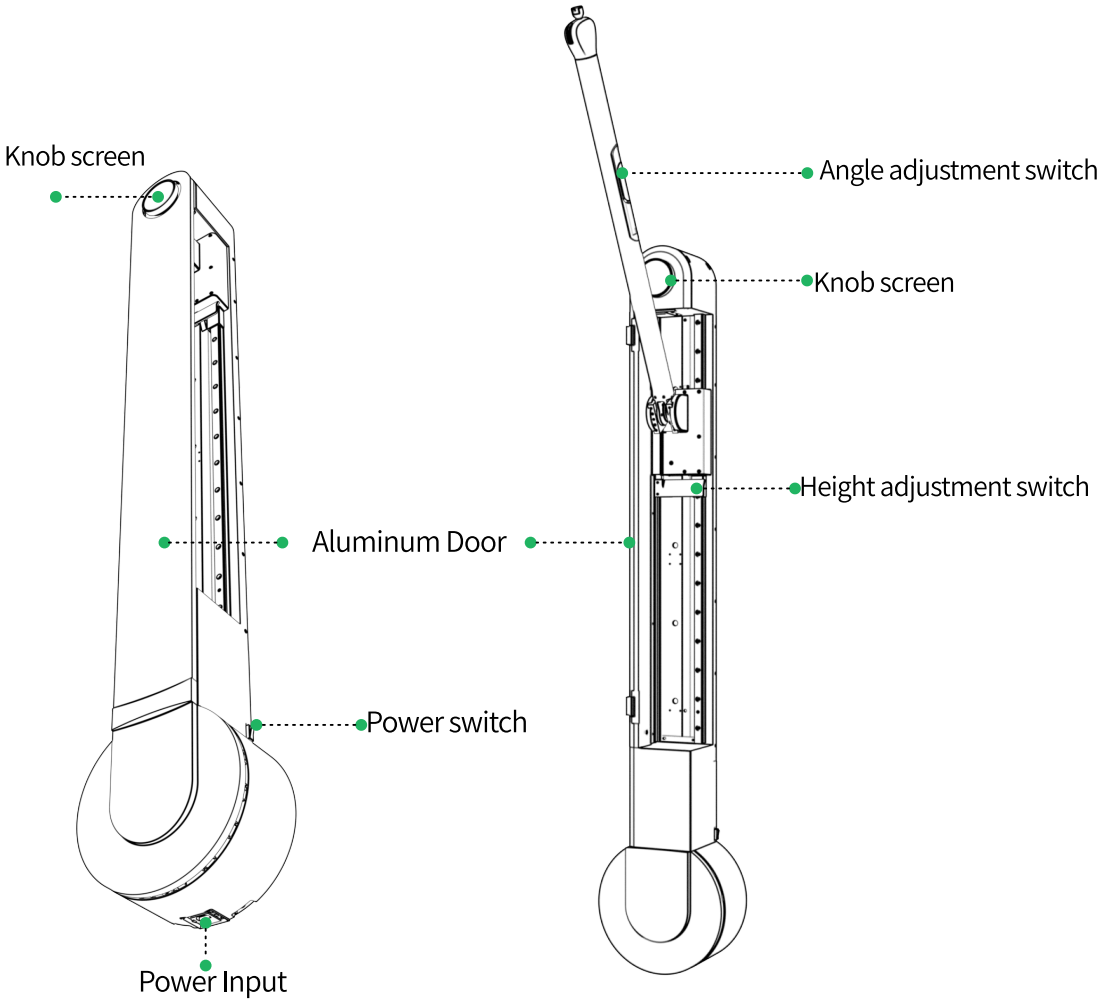


Packing list

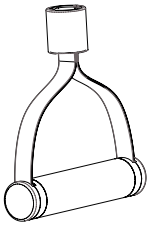
Name	Number	Name	Number
SPlan Smart Trainer	1	I Holder(IH)	1
Instruction Manual	1	Tablet Stand	1
Power cord	1	Handle	1
Mounting bracket	1(set)	BT Set	1
M5 screws	14	T-Bar	1
Expansion screw	10	Straps	1
Certificate of conformity	1	Triceps Rope	1
Dust bag	10	Dual Handle	1
Cleaning Cloth	1		

*Note: the accessories subject to the actual orders

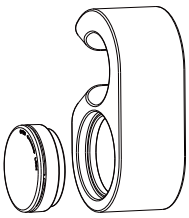
Host components



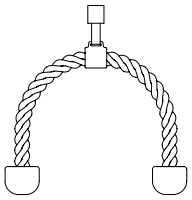
Accessories



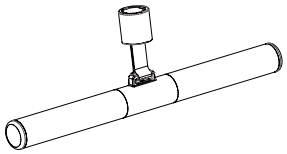
Handle



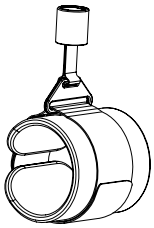
BT Set



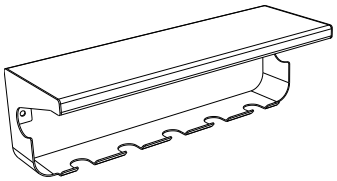
Tricep Rope



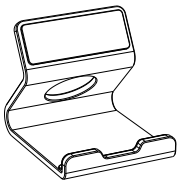
T-Bar



Straps



I Holder(IH)



Tablet Stand



Dual Handle

Note: Accessories are subject to the actual order

Installation

Order installation

SPlan Smart Trainer needs to be installed by the professional installer on-site. Do not attempt to install, disassemble or move it by yourself without the presence of the professional installer. Please contact our after-sales service team if you need to install, disassemble or move your device. Professional installers will install and debug the device for you at the designated location. Do not attempt to power the device before the professional installation team specified in this manual has officially completed the installation to avoid danger.

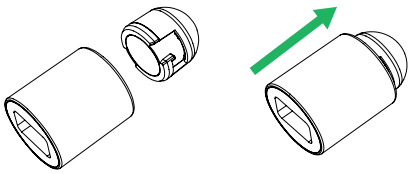
Requirements

•SPlan Smart Trainer is available in wall-mounted .
•The wall-mounted version can be mounted on: shear walls, load-bearing walls, columns and solid brick walls, and thickness must be greater than 18cm.
•The wall-mounted version can not be mounted on: aerated bricks, hollow bricks, light steal keel gypsum walls and wooden keel gypsum walls.
•The wall-mounted version must ensure that there are no built-in power cords, network lines or any other current-conducting lines within the wall at the machine installation location.

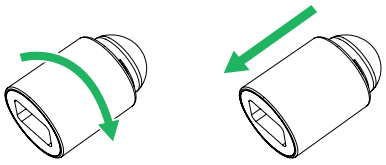
Accessories guide

SPlan Smart Trainer uses special O-shaped quick-release accessories that are not compatible with fitness accessories on the market. Please install and disassemble the accessories under the guidance of the following instructions.

Install

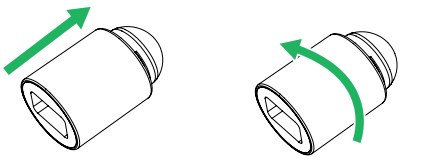


(1) (2)

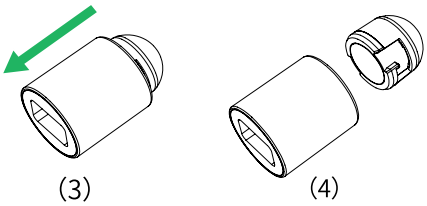


(3) (4)

Disassemble



(1) (2)



(3) (4)

Preparation

Confirm safety precautions

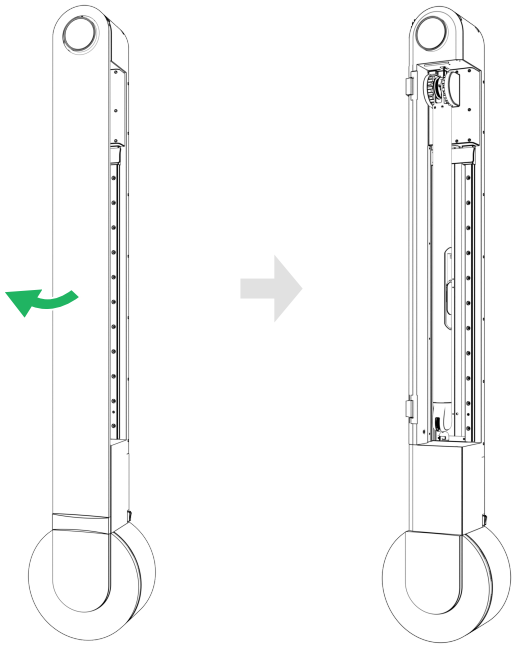
Pay attention to the contents of the fuselage warning sticker and read and understand it carefully.

Power on

Please turn on the power as shown in the picture.

After plugging in,Turn on the switch to start the device.

Open the “Door”



Start the system

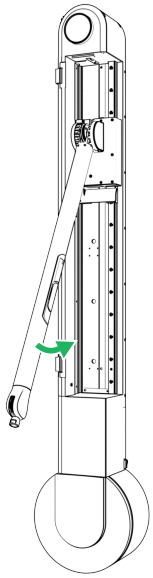
Once power on, the screen of SPlan Smart Trainer will light up, and the software system will start automatically.
If you are using the device for the first time, the system will guide you to connect the network.
After the setup is completed, the system will wait for the phone to connect.

Product Usage

Safety instruction

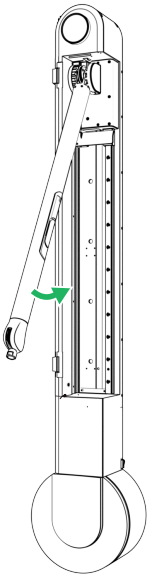
After being installed correctly according to the instruction manual, each outlet can provide a maximum resistance of 50Kg.
SPlan Smart Trainer uses a specially designed quick-release buckle, please install it correctly according to the instruction manual and ensure a stable connection. Do not use third-party accessories to connect the device.
Do not stand under the arm of the SPlan Smart Trainer during use.

Arm reset



TO EXTEND (Deployment)
1.Unlock: Open the arm at the Home Position.

2.Adjust: Move the module and set the desired arm angle.

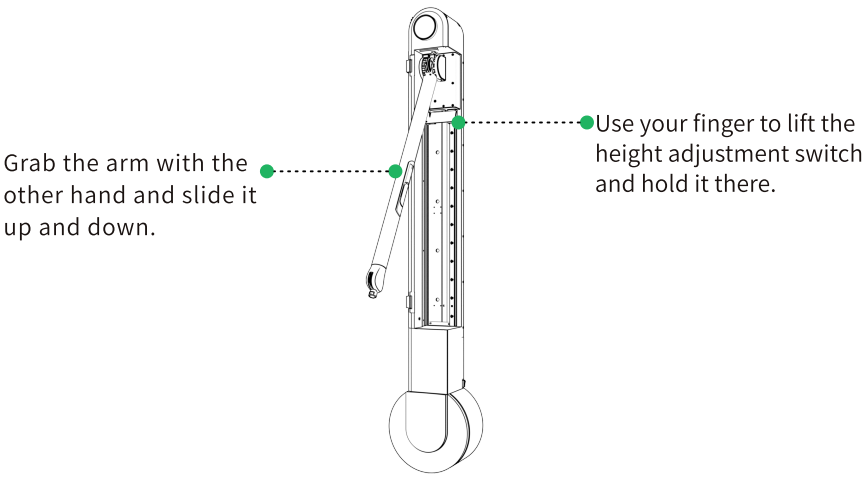


TO RETRACT (Stowage)
1.Reset: Slide the module back to the Home Position to retract.

2.Align: Return the arm to a vertical position (perpendicular to the ground).

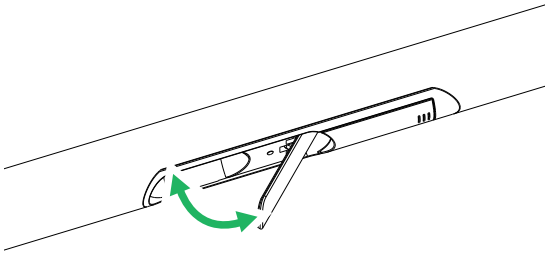
Arm slide

Before starting to use, please move the arm up and down to the appropriate position as shown in the figure.



Arm angle adjustment

Lift the angle lever outwards and adjust the arm to the appropriate position.



Caution!

When the arm module is at the top (initial position), there are only 4 adjustable angles (30°, 60°, 90°, 120°).The remaining four height positions have 5 adjustable angles (30°, 60°, 90°, 120°, 150°).

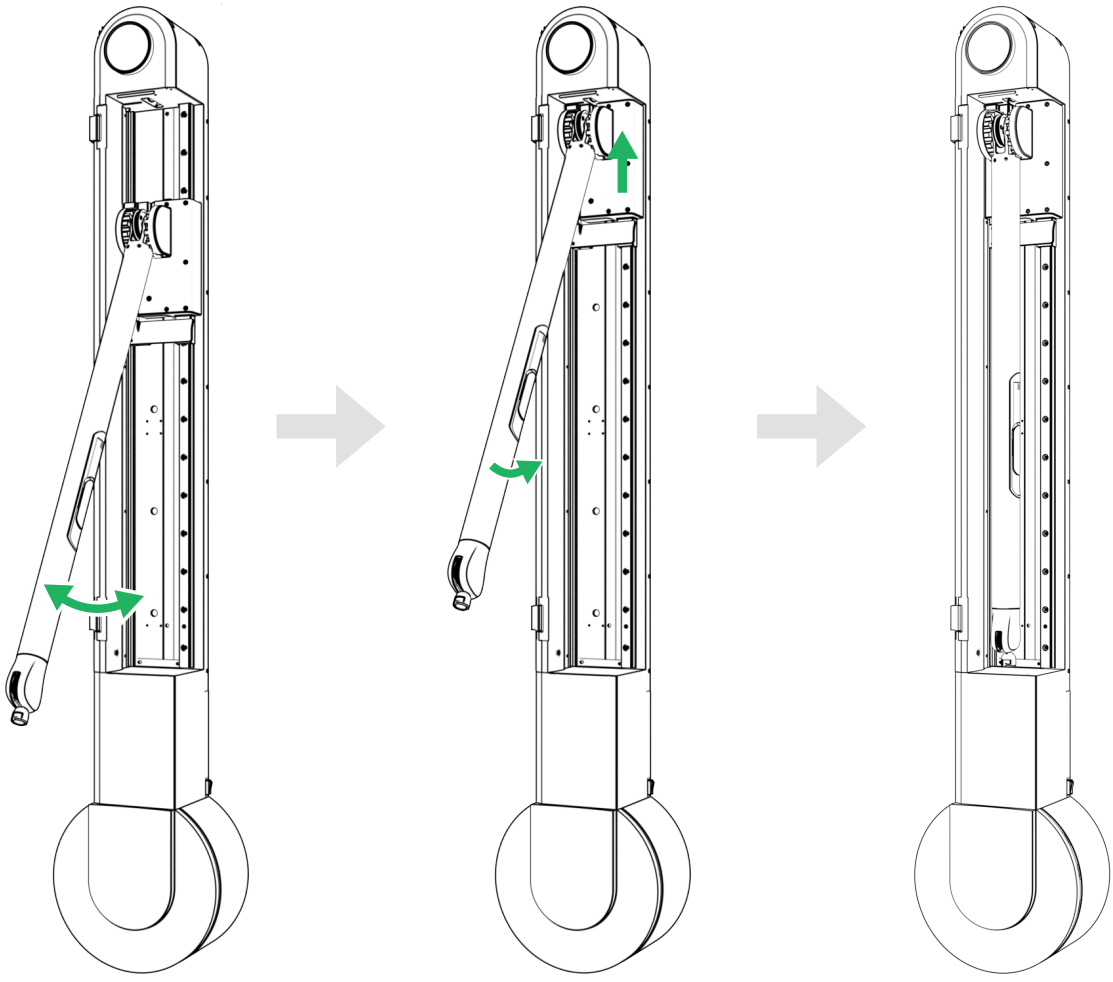
The highest position between the end of the swing arm and the ground: 150° at the second height position of the moving arm module.

Maintenance

The maintenance of SPlan Smart Trainer is not troublesome, so it is recommended to do a quick cleaning after each use.

Product storage

Retraction Procedure: To return the arm to its initial state, the arm module must first be returned to the Home Position while the arm is maintained in a vertical orientation relative to the ground.



Warranty and Service

Notice

The warranty starts on the date that the product is purchased and is valid for 12 months for the machine and 12 months for accessories. Customer must provide valid proof of purchase for warranty. Replacement parts are available for sale after the warranty period is over.

Warranty scope

•Warranty service will not be provided for the parts as:

1. Damage caused by improper use, improper maintenance, or improper storage and force majeure.
2. Normal wear and tear.
3. Damage caused by unauthorized repairs of the product.
4. Re-sold / second-hand items.

•If there is a quality issue, please contact us within 7 calendar days of receiving your product.

Contact email **service@splan.cn** with following information.
1.Order Number;
2.roduct issue;
3.Images or Videos of Products and Intact Packaging.

We will process your enquiry within two working days after receiving youremail.

You can apply for our product warranty service if there is a performance failure during the valid warranty period, please send email to **service@splan.cn**, we will get back to you as quickly as possible.

•Return & Refund Service will not be provided where:

1. It is requested beyond 7 calendars days of receiving a product.
2. A product sent to SPlan for Return & Refund Service does not include all original accessories, attachments, or packaging, or any item is not in new or likenew condition, i.e. with damages.
3. A legal proof of purchase, receipt, or invoice is not provided or is reasonably believed to have been forged or tampered with.
4. Any fault or damage of the product is caused by unauthorized use or modification of the product, including exposure to moisture, entry of foreign materials (water, oil, sand, etc.), or improper operation.
5. Product labels, serial numbers, waterproof marks, etc. show signs of tampering or alteration.
6. Damage is caused to the product by uncontrollable external factors, including fire, floods, high winds, or lightning strikes.
7. A product is not delivered to SPlan within 7 calendar days after Return & Refund Service confirmation is sent from SPlan.
8. Other circumstances not stated in this policy where applicable.

•Return Shipping

Customers need to pay for any return shipping to the designated service center (including cross-border and international shipping costs, if applicable) unless the return is caused by performance faults.

•Replacement Fee

SPlan shall be responsible for the two-way replacement freight for any products sent in for replacement due to performance faults. Or the customer shall be responsible for the two-way replacement freight for any products sent in for replacement when the warranty period has been expired.

Email & Address

service@splan.cn

3rd Floor, Factory Building No.2, No.810-5, FangshanSouth Road, Xiang'an District,Xiamen,Fujian, China

SPlan

"SPlan" Official Websit