

Strength Training Equipment

User Manual

Model: [AM9]

Thank you for choosing our AM9 Strength Training equipment. To ensure safe and effective use of the product, please read this manual carefully before use and keep it properly for future reference.

1. I. Product Introduction

Appearance: This smart fitness equipment adopts a foldable design, supports 180° unfolding, easy for storage and carrying.

1.Folded State (Schematic diagram, Unit: mm)

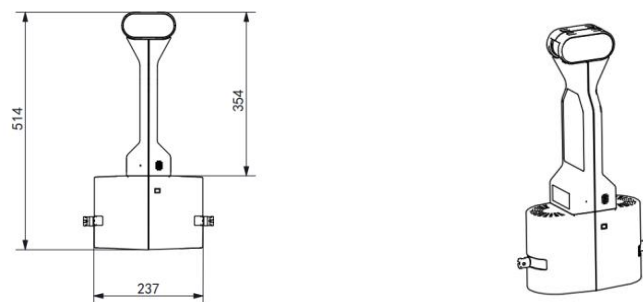


Figure 1: Overall outline (left) and side view schematic (right) of the product in folded state

2.Unfolded State (Schematic diagram, Unit: mm)

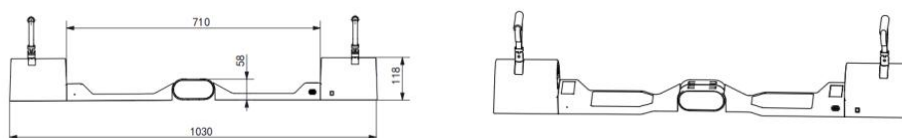


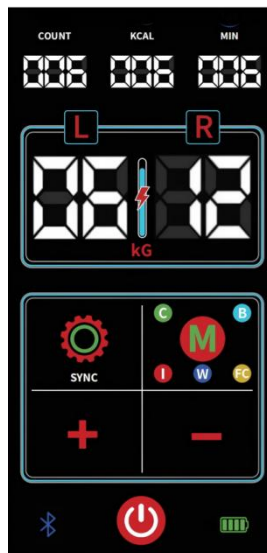
Figure 2: Top view (left) and usage posture schematic (right) of the fully unfolded product

Press and hold the power key to power on. After power-on, the motors on both sides will

automatically retract the pull ropes. Please ensure the pull ropes are not entangled by other objects. Do not operate at this moment. After the pull ropes are fully retracted, the motors on both sides will feed out a small section of pull rope. Then you can start using the fitness equipment.

During use of the fitness equipment, the pull ropes on both sides may be elongated slightly. If it affects your exercise, restart the fitness equipment to restore the pull ropes to the initial length.

Display Operation Instructions



- 1、 Power key: Press and hold to power on / power off
 - 2、 Battery level indicator
 - 3、 Bluetooth connection indicator light
 - 4、 Strength increase key: Each press increases strength by 1KG. After power-on, it defaults to adjusting the left motor strength. To adjust the right motor strength, short press the SYNC key. When the right number flashes, press + / – key to adjust the right motor strength.
 - 5、 Strength decrease key: The operation logic is consistent with the strength increase key.
 - 6、 SYNC key: Strength synchronization key / Left-right motor strength switching key
When the strength of the two motors is different, press and hold this key, both motors will synchronize to the higher strength value.
Short press once, the right strength number will flash, then you can press + / – to adjust the right motor strength; short press again to switch to adjust the left motor strength.
-  M Mode switch key: The highlighted letter represents the current mode; other letters

are gray.

C — Constant Strength Mode: The motor outputs strength according to the set value.

B — Rowing Mode: Pulling strength is about 1.2 times of retracting strength.

I — Incremental Mode: Starts from 1KG, increases by 1KG per pull up to max 20KG.

W — Decremental Mode: Starts from 20KG, decreases by 1KG per pull down to 1KG and keeps this strength.

FC — Eccentric Mode: Retracting strength is approximately equal to pulling strength.

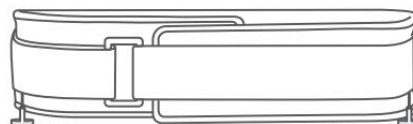
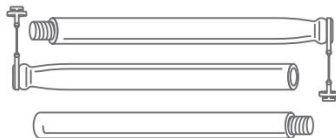
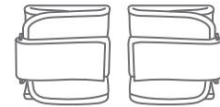
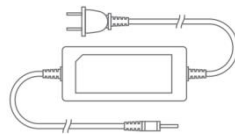
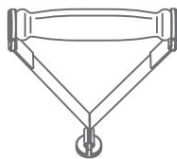
8.  Left / Right motor current strength display (e.g. 12 means 12KG). Left and right strength can be set the same or different.

9.  Total exercise time (MIN)

10.  Calorie consumption (KCAL)

11.  Total pulling count (COUNT)

II. Accessories Introduction



Name	Specification	Description	
Standard Accessories	Handheld Grip	2pcs	
	Adapter	1pcs	
	Extension Strap	2pcs	
	Hanger for wall board	2pcs	
	Expansion Screw	1set	
	Wall Board	1pcs	
	User Manual	1pcs	
Optional Accessories	Slide Rail Assembly	1 set (Opt)	Including slide rail rods, slide rail fixings, expansion screws, wood mounting brackets, movable latches and fixing screws.
	Foot Ring Buckle	2 pcs(Opt)	-
	Barbells	3 pcs(Opt)	Maximum tensile force: 60kg
	Waist Belt	1 pcs(Opt)	-
	Pilates Strap	2 pcs(Opt)	-

III. Hazardous Substances Description

In accordance with China **Management Measures for Restriction of Hazardous Substances in Electrical and Electronic Products (RoHS)** and relevant standards, the content of hazardous substances in this product is as follows:

Part Name	Lead(Pb)	Mercury(Hg)	Cadmium(Cd)	Hexavalent Chromium (Cr(VI))	Polybrominated Biphenyls(PBB)	Polybrominated Diphenyl Ethers(PBDE)
Accessories	○	○	○	○	○	○
Metal Fasteners	×	○	○	○	○	○
Circuit Board	×	○	○	○	○	○
Battery	×	○	○	○	○	○
Charger	×	○	○	○	○	○
Wire / Connector	×	○	○	○	○	○
Display / Lamp Parts	×	×	○	○	○	○

This table is compiled in accordance with SJ/T11364.

○ : Indicates that the content of the hazardous substance in all homogeneous materials of the part is below the limit specified in GB/T 26572-2011.

× : Indicates that the content of the hazardous substance in at least one homogeneous material of the part exceeds the limit specified in GB/T 26572-2011. There is no mature alternative technology in the industry at present, which complies with EU RoHS environmental protection requirements.

⑤ The number in the environmental protection mark indicates the environmental service life is 5 years under normal use. No leakage or mutation of hazardous substances will occur during this period.

IV. Product Parameters

Item	Parameter
Motor Rated Power	400W (Dual Motor)
Single-side Maximum Force	20 kg
Double-side Maximum Force	40 kg
Lithium Battery Capacity	2500 mAh
Adapter Charging Voltage/Current	29.4V $\equiv$ 1.5A
Device Noise	≤ 55 dB
Working Temperature	-10°C~40°C
Storage Temperature	0°C~40°C
Relative Humidity	$\leq 75\%$
Pull Rope Maximum Tensile Force	100 kg
Executive Standard	GB 17498.1, GB 4706.1

V. Safety Warnings and Disclaimer

 Warning: Please read this manual carefully before using the fitness equipment. Improper use may cause property loss, safety accidents and personal injury. The final interpretation right belongs to Dongguan Aomeiruike.

By using this fitness equipment, you agree to all terms of this disclaimer and take full responsibility for all risks.

1. Read Before Use

Read all warnings and instructions and obtain proper operating guidelines before using the device.

2. Health Assessment

Prior to starting any exercise program, complete a physical examination or fitness assessment. Consult a physician especially if you have a history of cardiovascular diseases or joint injuries.

3. Exercise Safety

During exercise, ensure moving parts of the equipment do not restrict your movement. Keep hair and clothing away from all moving components.

4. Pre-use Inspection

Inspect the device before each use: check for frayed pull cords, abnormal motor noise and cracked housing. Stop use immediately and contact maintenance staff if any damage or abnormality is found.

5. Damage Handling

If the device, power cord or any component is worn, broken or damaged, replace the defective parts right away or discontinue use until repairs are completed.

6. Children & Vulnerable Persons

This product is not a toy and is not intended for users under 18 years of age. Keep the product away from children and exercise extra caution when operating it around children. Children aged 8 and above, as well as persons with physical, sensory or intellectual impairments, shall use this product only under supervision and guidance after fully understanding potential hazards.

7. Dedicated Charger

Only use the original dedicated charger supplied with this product. Do not use any other chargers.

8. Charging Environment

Do not charge the product in humid areas such as bathrooms. Keep the charging area away from bathtubs and heat sources (heaters, open flames). Charging is permitted indoors only.

9. Optimal Charging Temperature

The ambient temperature for charging shall be between 0°C and 40°C. Excessively high or low temperatures may damage the battery.

10. Storage Requirements

When not in use, store the fitness equipment in a safe, dry and cool place. Prevent it from falling from heights.

11. Pull Cord Protection

Keep sharp objects away from the pull cord to avoid cuts, wear and breakage.

12. Power Cord

If the power cord is damaged, replace it only with a dedicated cord or assembly obtained from the manufacturer or authorized service center.

13. Wireless Connection

This product is equipped with a Bluetooth module only, with no Wi-Fi module installed. This manual provides an overview of the product's general functions and usage instructions.

Disclaimer

- This fitness equipment is only for indoor exercise, not for medical rehabilitation or industrial traction.
- Any injury or loss caused by disassembly, modification or using non-original accessories shall be borne by the user.
- Stop exercise immediately if you feel dizziness, chest tightness or joint pain.

VI. Executive Standards

This product complies with:

GB 17498.1 --Stationary fitness equipment Part 1: General safety requirements and test methods

GB 4706.1 -- Household and similar electrical appliances – Safety – General requirements

For any questions about the fitness equipment, please contact customer service. Warranty terms refer to the warranty card.

FCC Statement

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.

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.
- Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

RF Exposure Information

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.