



# GYM MONSTER

Interactive Multi-Media Digital Fitness Equipment



## Product Manual

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# Safety Warning

⊘ indicates "prohibitions"



NO FLAMMABLES



NO DAMP



NO OPEN FLAME



NO CHILD  
OPERATION



NO INFERIOR  
EXTENSION SOCKET

- When removing the plug, do not pull the power cord, and instead, hold the plug firmly and pull it out directly from the socket. For the sake of use safety, please prevent the power cord from being damaged, and if the power cord is damaged or the plug is worn, stop using the product. If the power cord is worn or damaged, please get it replaced at the service station designated by the manufacturer.
- Neither disassemble or modify electronic elements such as circuit boards without permission, nor damage them. Please get the product maintained by professional maintenance personnel. If the power cord is damaged, please get it replaced by the manufacturer, its maintenance department and professional maintenance personnel to avoid danger.

! indicates "musts"



GROUND REQUIRED



PROFESSIONAL MAINTENANCE  
PERSONNEL REQUIRED

- Please use the standard three-pin power socket with a rated current above 10A, and do not share it with other electrical appliances. Keep the power plug in good contact with the socket, otherwise it may lead to fire hazard. Please ensure that the grounding electrode of the socket has a reliable grounding wire.
- This product is to be supplied by 100-240V~50-60Hz AC power, and if the voltage fluctuation exceeds the specified range, it will lead to product failure or damage. Under such a circumstance, an automatic voltage regulator above 2000W should be equipped for utilizing.

- When flammable gas (such as gas) leaks, close the leaking valve, open the doors and windows, and do not pull out the plugs of the product and other electrical appliances, as electric spark may occur and cause fire at this time.
- Do not use flammables, explosives, liquid and corrosives near the product to avoid product damage or fire accident. Do not place or use combustibles near the product to prevent conflagration.
- When discarding the product, please send it to the designated recycling station for disposal to keep away from children and accidents.
- Place the product in an open area without any obstacles around.
- Do not clean the product by water spraying or rinsing, and do not place the product in a damp place or a place in which it can be splashed with water, so as to guarantee its electrical insulation function of the product.

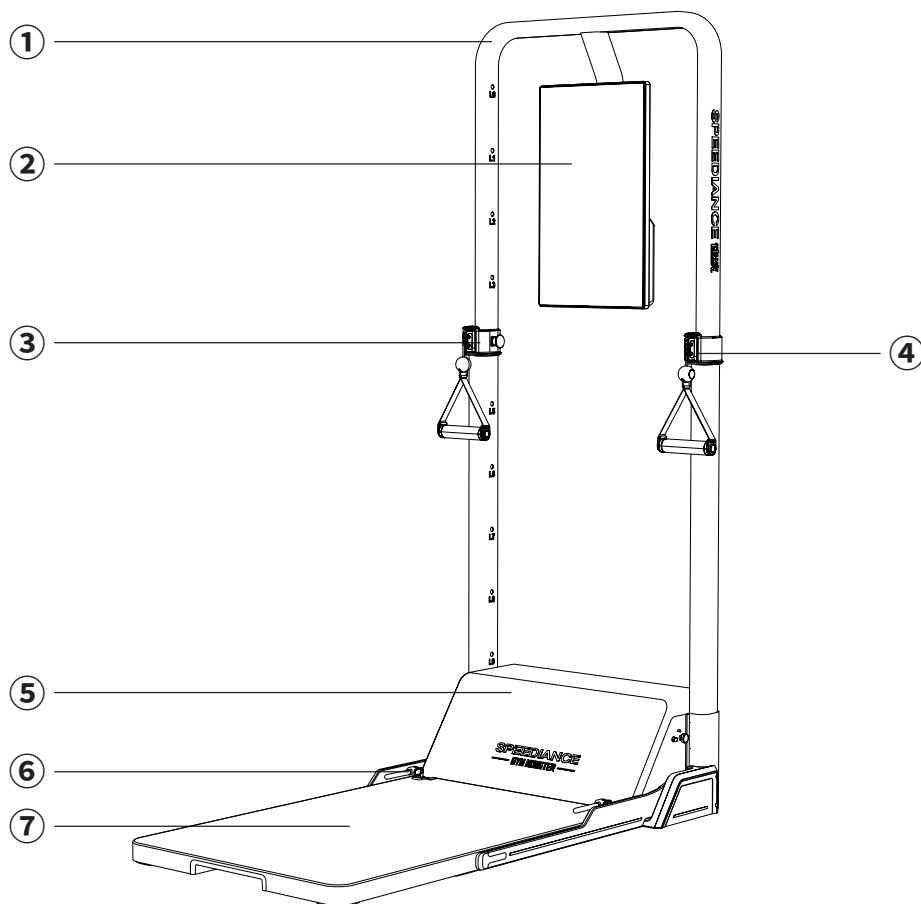
## indicates "notices" that may cause minor injuries or property losses

- For the sake of safety, it is recommended not to place other items than those recommended by the supplier on the product.
- After use, make sure that the product is off or standby, and do not stretch your hand out into the small gap to avoid finger pinching. Release the accessories as gently as possible to avoid injury.
- To avoid unexpected accidents, prevent the children from accessing the product, pulling wires, handles and other mechanical structures, or operating the power button without the attendance of adult.
- When folding the footboard, ensure the footboard folded in the correct position and locked, so as to prevent personal injury or other property loss when it drops down caused by improper locking.
- In case of power failure or cleaning, remove the power plug, and if the power supply is to be connected again, wait for 5 minutes at least to prevent motor damaging or other electronic component damaging resulted in continuous starting-ups.

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# 1 Product Overview

## Diagram of product accessories



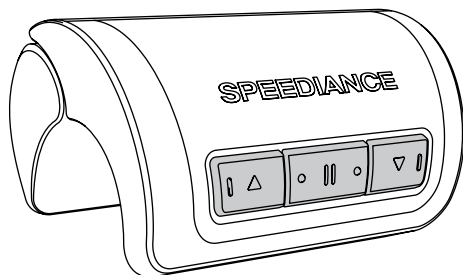
- |                  |                           |             |
|------------------|---------------------------|-------------|
| ① Support arm    | ④ Connector               | ⑦ Footboard |
| ② Display        | ⑤ Motor compartment hatch |             |
| ③ Lifting slider | ⑥ Lock handle             |             |

# Diagram of product accessories

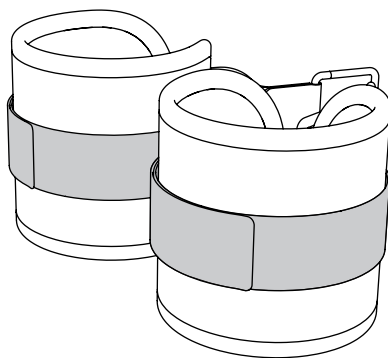
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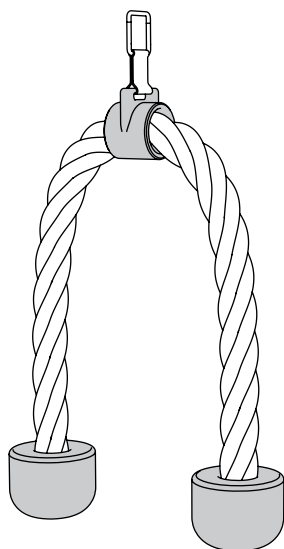
Barbell



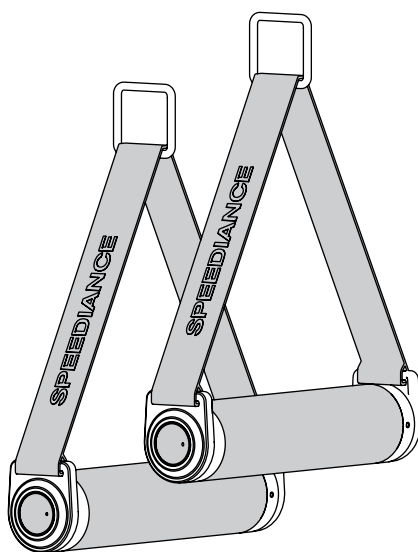
Barbell controller



Leg shackle



Double-headed rope



Smart handle

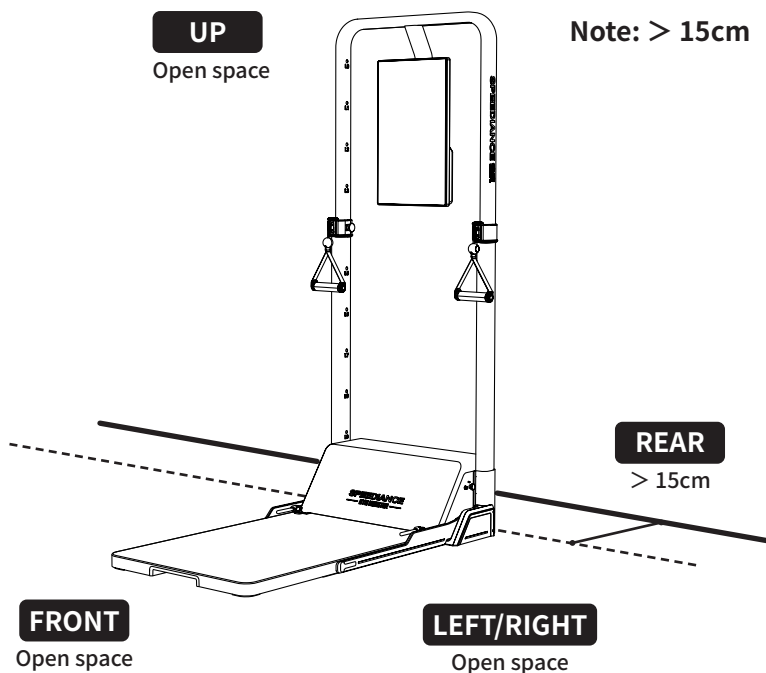
# First use

Before first use, remove all packaging materials including outer carton, PE foam and gummed paper bag, etc., and tear off the protective film on the product, if any.

Place the product in an indoor well-ventilated place with flat and solid ground

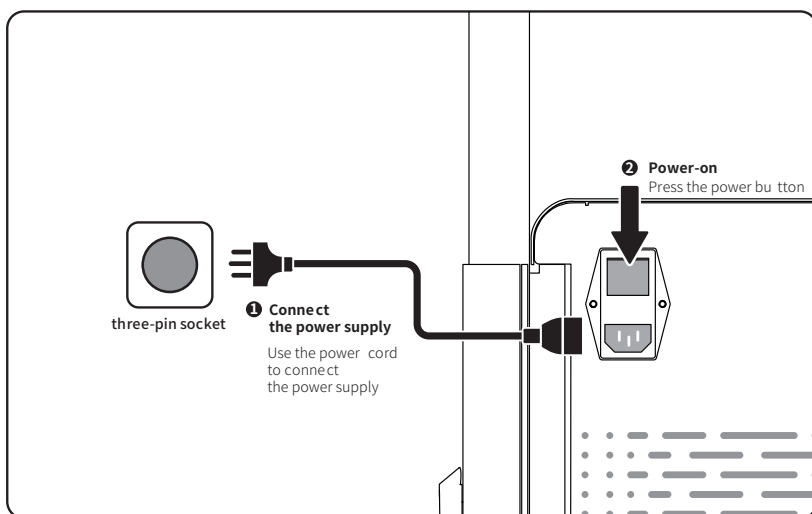
Keep the product away from heat sources and prevent it from being exposed to direct sunlight. Do not place it in wet or watery places, so as to prevent rust or degradation of insulation effect.

## Considerations for placement



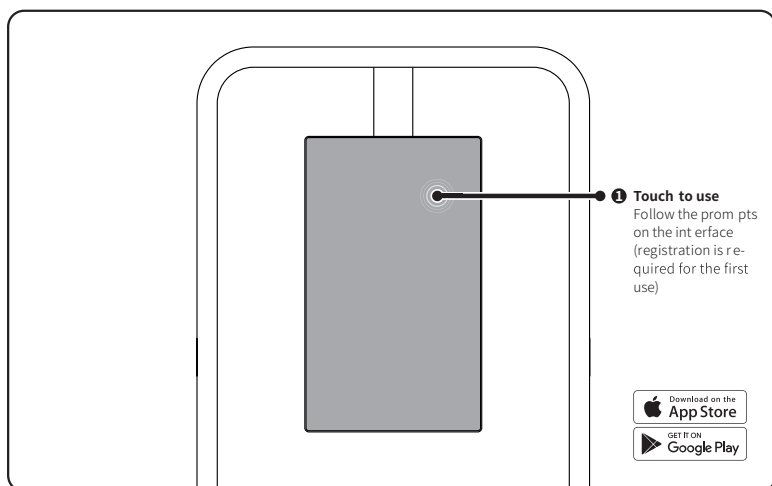
- Be sure to place the product on the ground, with an open space reserved above its top, a distance more than 15cm reserved between its back and the wall, and no other obstructions on both sides of the product.
- Except for rear side, reserve an open space in front, on left and right and above the top of the product to facilitate the normal use and avoid injury.
- Place the product in a dry environment, and do not use it outdoors.

## Power supply connection and power-on



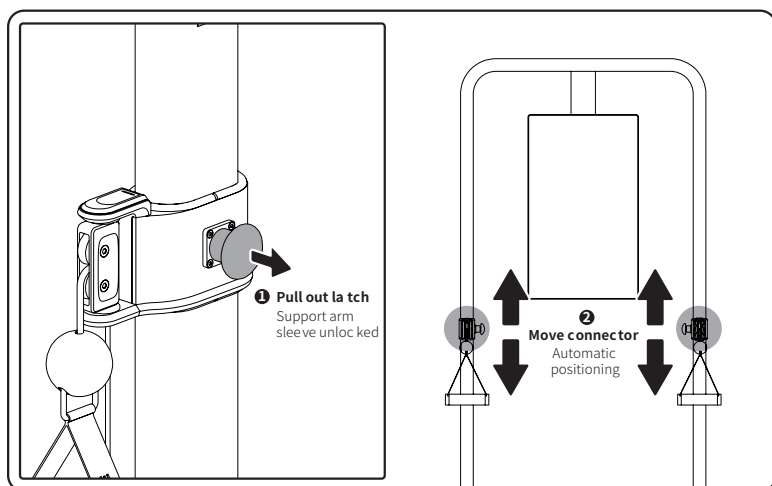
- After the product is turned on with power supply connected for the first time, rest it for 5-10 min to check the product for appearance defects or unusual operating noise, and if any abnormality is found, turn off the power supply, and contact the after-sales service personnel.
- After power-on, verify that the environment around the product meets the use standard, and the footboard is flat without tilting.
- After the above inspections and confirmations can the product be used.

## User registration

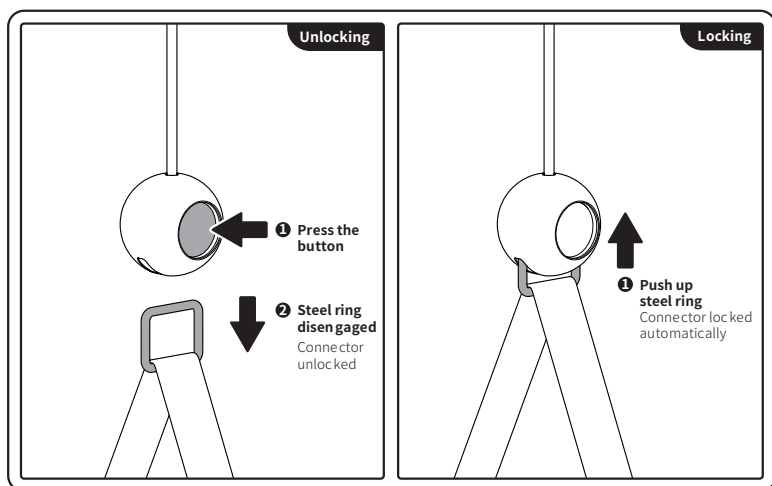


- Check that all the required information is shown completely on the display, and the touch function of the screen is normal.
- After function confirmation can the strength training be carried out according to your needs.

## Moving pulley block

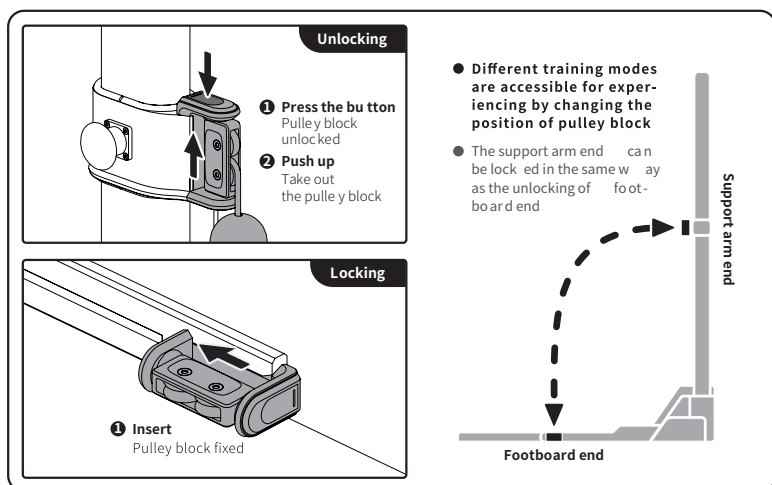


## Replacing accessories

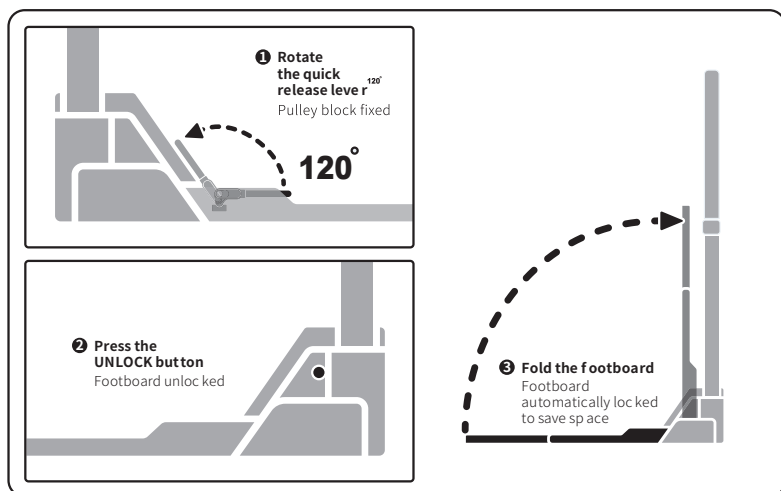


- The connector is compatible with all accessories (including handle, leg shackle, double-headed rope, barbell, etc.).
- If the connector becomes loose, stop using the product immediately and contact the after-sales service personnel of SPEEDIANCE for treatment.

## Unlocking pulley block



## Folding/unfolding footboard



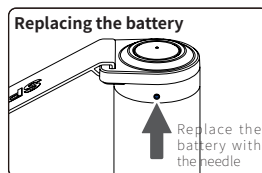
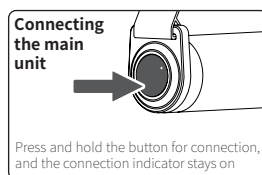
- The operation logics for unfolding and folding of footboard are the same
- Before unfolding the footboard, always check that there are no other objects in the unfolding area, so as to avoid potential safety hazards due to an uneven footboard.
- After the footboard is folded, confirm that the indexing pin has been locked, so as to avoid accident and property damage when the footboard drops down unexpectedly.

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## **2** Operation Method

## Smart handle

- Check if the two smart handles involve appearance defects, and check if they function normally after power-on.
- Connect the two handles to the main unit through **connectors**. (For details of connection method, refer to **P10 "Replacing accessories"**)
- Press the button at either end of the handle (as shown on the right) for Bluetooth pairing, and wait for the pairing to be completed.
- After the configuration is completed can the course learning and training be started.



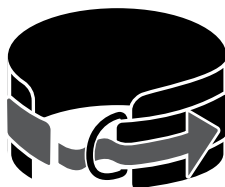
## Double-headed rope

- Check the double-headed rope for damage, and if any, stop using the product, and contact the after-sales service personnel of SPEEDIANCE.
- Connect the double-headed rope to the main unit through the **connector**. (For details of connection method, refer to **P10 "Replacing accessories"**)
- After the installation is completed can the course learning and training be started.

## Leg shackle

- Check the two leg shackles for damage, and if any, stop using the product, and contact the after-sales service personnel of SPEEDIANCE.
- Open the leg shackle and put it on the ankle, pass one end of the leg shackle through **D-shaped ring** and fix it with hook and loop.

- Connect the double-headed rope to the main unit through **connector**. (For details of connection method, refer to **P4 "Replacing accessories"**)



## Barbell

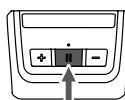
- Check the barbell for damage, and if any, stop using the product, and contact the after-sales service personnel of SPEEDIANCE.
- Connect the barbell to the main unit through the **connector**. (For details of connection method, refer to **P4 "Replacing accessories"**.)
- After the installation is completed can the course learning and training be started.

## Barbell controller

- Check the barbell and its controller for damage, and if any, stop using the product, and contact the after-sales service personnel of SPEEDIANCE.
- Connect the barbell to the main unit through **connector**. (For details of connection method, refer to **P4 "Replacing accessories"**.)
- Clamp the controller on the appropriate place on the barbell. (Adjust the controller to the appropriate angle through translation and rotation for the convenience of use.)

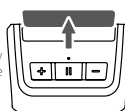
### Connecting the main unit

Press and hold the button for connection, and the connection indicator stays on



### Replacing the battery

Open the battery cover and replace the battery



If there are problems still unsolved, please call the customer service hotline of SPEEDIANCE

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# **3** Parameters and Maintenance

# Parameters

## ⚠ Notice

The parameters given in this table are for reference only, and in case of any conflict with the data on the nameplate of product, the data on the nameplate shall apply.

| Parameters of main unit       |                                                                                |
|-------------------------------|--------------------------------------------------------------------------------|
| Name                          | Interactive Multi-Media Digital Fitness Equipment                              |
| Overall dimensions (unfolded) | 1240*710*1845mm                                                                |
| Overall dimensions (folded)   | 320*710*1845mm                                                                 |
| Weight                        | 85KG                                                                           |
| Resolution                    | 1920*1080                                                                      |
| Rated current                 | 16A                                                                            |
| Rated power                   | 1800W                                                                          |
| Noise                         | 65dB                                                                           |
| Bluetooth                     | BT5.0                                                                          |
| Wi-Fi                         | WIFI 802.11b/g/n                                                               |
| Accessories                   | Smart handle * 2, barbell, controller, Triceps Pull Down Rope, Ankle Strap * 2 |

# Cleaning and maintenance

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## Notice

This section describes the safety precautions and their importance to prevent personal injury or property damage to users or others. Please read the text with a full understanding of the following (signs, pictograms), and be sure to follow the safety precautions described below.

## Notice

Before cleaning the product, please remove the power plug.

## Cleaning

- Please clean up the dust on the back of the product and on the ground as scheduled to improve the heat dissipation effect and save energy.
- When cleaning the product, please use a soft towel or sponge dipped in clear water or non-corrosive neutral detergent, and finally wipe it with clean water and dry it with a dry cloth. After cleaning, do not turn on the power supply until the product is naturally dried.
- During cleaning, prevent water droplets flowing into the gaps of product, otherwise, short circuit or electrical element burning may occur.
- When cleaning accessories, please use a soft towel or sponge dipped in clear water or non-corrosive neutral detergent, and finally wipe it with clean water and dry it with a dry cloth. After cleaning, do not use the accessory until it is naturally dried.

## Warning

Do not use hard brushes, steel wools, steel brushes, abrasive compounds (such as toothpaste), organic solvents (such as alcohol, acetone, banana oil, etc.), boiled water, and acid and alkaline substances to clean the product. Otherwise, the surface of the product will be damaged.

## Notice

Do not rinse the product with water, otherwise the electrical insulation performance will be affected.

- When the product is to be out of use for a long time: remove the power plug to avoid electric shock or fire due to aging of the power cord.

# Common Faults and Troubleshooting

## Treatment of problems other than faults

### ⚠ Notice

If no fault is identified after inspection but the product still malfunctions, please cut off the power supply and contact the after-sales service personnel of SPEEDIANCE.

## Troubleshooting of Common Faults

| Symptoms                                            | Possible cause(s)                                                                                                                                                       | Solution(s)                                                                                                                                                                         |
|-----------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Main frame not working</b>                       | <ul style="list-style-type: none"> <li>● Power cord disconnected or power plug not fully inserted</li> <li>● Low voltage, power outage or partial power cut.</li> </ul> | <ul style="list-style-type: none"> <li>● Firmly insert the power plug</li> <li>● Ask professional electricity maintenance personals for help</li> </ul>                             |
| <b>Heavy motor noise</b>                            | <ul style="list-style-type: none"> <li>● Uneven ground</li> <li>● The product is not placed evenly</li> </ul>                                                           | <ul style="list-style-type: none"> <li>● Place the product on even ground</li> <li>● Remove objects in contact with the product</li> </ul>                                          |
| <b>Uneven stepboard</b>                             | <ul style="list-style-type: none"> <li>● Uneven ground</li> <li>● The product is not placed evenly</li> </ul>                                                           | <ul style="list-style-type: none"> <li>● Place the product on even ground</li> <li>● Remove objects in contact with the product</li> </ul>                                          |
| <b>Fans working after the product is turned off</b> | <ul style="list-style-type: none"> <li>● A too high room temperature requires more dissipation time</li> <li>● High temperature after usage</li> </ul>                  | <ul style="list-style-type: none"> <li>● This is a normal situation. Let it be.</li> </ul>                                                                                          |
| <b>Wobble</b>                                       | <ul style="list-style-type: none"> <li>● Uneven ground</li> <li>● Unlocked or half-locked stepboard</li> </ul>                                                          | <ul style="list-style-type: none"> <li>● Place the product on even ground</li> <li>● Push the quick release lever to the lowest level for complete lock-in</li> </ul>               |
| <b>Trouble folding/unfolding the stepboard</b>      | <ul style="list-style-type: none"> <li>● Obstacles around the pivot</li> <li>● Locked stepboard</li> </ul>                                                              | <ul style="list-style-type: none"> <li>● Remove the objects in question</li> <li>● Unlock the stepboard according to the manual</li> </ul>                                          |
| <b>Accessories not working</b>                      | <ul style="list-style-type: none"> <li>● Running out of battery</li> </ul>                                                                                              | <ul style="list-style-type: none"> <li>● Replace the battery</li> </ul>                                                                                                             |
| <b>High temperature of motor compartment</b>        | <ul style="list-style-type: none"> <li>● High room temperature</li> <li>● Long time usage</li> </ul>                                                                    | <ul style="list-style-type: none"> <li>● This is a normal situation. Place the product somewhere ventilated.</li> </ul>                                                             |
| <b>Trouble removing the pulley set</b>              | <ul style="list-style-type: none"> <li>● Locked-in pulley set</li> <li>● Still working motors</li> </ul>                                                                | <ul style="list-style-type: none"> <li>● Unlock the pulley set according to the manual</li> <li>● Pause the motors by pressing the buttons on accessories or touchscreen</li> </ul> |

For regular software issues, please check and seek solution in "Profile".

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# **4** Warranty and Service

# Warranty scope

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## Notice

The warranty starts on the date that the product is purchased and is valid for 24 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 service will not be provided for the parts as:

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

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

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

- Contact email **info@fitboxx.com** with following information.
- 1、 Order Number:
  - 2、 Product issue:
  - 3、 Images or Videos of Products and Intact Packaging:

## FCC Statement

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.

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.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

### For Interactive Multi-Media Digital Fitness Equipment

This device complies with RF radiation exposure limits set forth for an uncontrolled environment. This device should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

### For Barbell controller and Smart handle

The device has been evaluated to meet general RF exposure requirement. The device can be used installed and operated with minimum distance 0 mm between the radiator and your body.

## IC Statement

- English:

This device complies with Industry Canada licence-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

- French:

Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

(1) l'appareil ne doit pas produire de brouillage, et

(2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le

brouillage est susceptible d'en compromettre le fonctionnement.

Pour l'équipement de fitness numérique multimédia interactif

Cet appareil est conforme aux limites d'exposition aux rayonnements RF définies

pour un environnement non contrôlé. Cet appareil doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps.

Pour le Contrôleur de barre et la poignée intelligente L'appareil a été évalué pour répondre aux exigences générales d'exposition aux RF. Cet équipement doit être installé et utilisé avec une distance minimale de 0 mm entre le radiateur et votre corps.

## Agent Authorization

**Company:**Shenzhen Speediance Living Technology co.,Ltd

**Address:**8A-F,K onka R&DB uilding, No. 28,S outh 12th Road,S cience and Technology Park,N anshan District, Shenzhen, guangdongp rovince, China.

**ProductN ame:**InteractiveM ulti-Media Digital FitnessE quipment

We authorizeM iCOM Labs Inc., 575 Boulder Court, Pleasanton, California 94566, USA, to acton our behalfona ll mattersc oncerning thec ertification of above named equipment.

We declare that MiCOM Labs Inc. is allowedt of orward alli nformation relatedt ot he approval and certificationof equipment to ther egulatorya genciesa sr equired andt o discuss any issues concerning the approval application. Anya nd alla ctsc arried out by MiCOM Labs on our behalfs hall havet he same effect as acts of our own.



**info@fitboxx.com**



**8104 5000**

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