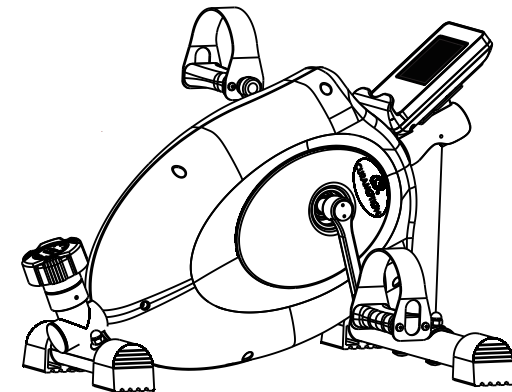




CURAMOTION EXER II Portable

Upper & Lower Body Exerciser

Owner's Manual



PT21100

The specification of this product may vary from this photo,
subject to change without notice.

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OPERATION INSTRUCTION

Upper Body Exercise : Put your hands on the Pedals (#06), then exercise forward or backward.

Lower Body Exercise : Put your feet on the Pedals (#06), then exercise forward or backward.



1. Resistance Control Knob (#10)

This is to control the amount of resistance applied during exercise.

Turn the Resistance Control Knob clockwise (+) for a stronger workout, and count clockwise (-) for a less strong workout.

It is recommended for beginner to start the exercise from the lightest resistance to avoid any injury. Then increase the resistance gradually to strengthen the joint, shoulder, back, wrist and the muscles.

OPERATION

Power on: LCD will display all segments as Drawing I.

Power off: Without any signal being transmitted into the monitor for 4 minutes, the monitor will enter Sleep mode. When a signal inputs or any button is pressed, the console will be woken up.

Workout setting:

1. Press MODE button to select the function of TIME, DISTANCE, CALORIES and PULSE. Use UP or DOWN knob or SET for the setting and press MODE button for confirmation.
2. Ex: TIME setting - when the time value is blinking, you can press UP or DOWN knob to adjust the number. Press MODE button to confirm the setting, same for the DISTANCE/CALORIES/PULSE
3. Once the workout begins and the console picks up the exercise signal, the value of SPEED/TIME/DISTANCE and CAL will appear on the display.

Recovery:

1. The recovery button will only be valid if pulse is detected.
2. TIME will show 0:60" (seconds) and counts down to 0.

Drawing I



Console will show F1 to F6 after the countdown to test heart recovery status. The User can find the heart rate recovery level based on the chart below:

3. Press RECOVERY button again to return to the beginning.

1.0	OUTSTANDING
1.0 < F < 2.0	EXCELLENT
2.0 < F < 2.9	GOOD
3.0 < F < 3.9	FAIR
4.0 < F < 5.9	BELOW AVERAGE
6.0	POOR

APP



1. This console can connect APP on the smart device by Bluetooth.
2. Once console is connected to smart device via Bluetooth, the console will power off.

Trouble shooting

1. When the console display goes dark or turns off, it means the batteries need to be changed.
2. If there is no signal when you pedal, please check if the cable is well connected.
3. E-1 - There is no heart rate signal input detected.
4. If the console displays abnormally, please re-install the batteries and try again.

Noted:

1. The functions shown in this manual are for reference only, and may differ from the actual product. Please refer to the actual functions sold at the dealership.
2. The batteries spec: 1.5V AA (2pcs).

CAUTION

Safety always comes first. Please keep the following points in mind at all times. Read and follow this instruction guide completely before using you're the device. Keep this guide in a safe place and make sure everyone who uses the machine also reads this guide. Have a safe exercise.

- Read, understand, and practice the precautionary and operating instructions. Know the limitations and hazards associated with using any the device. Observe the precautionary and operational decals placed on the unit.
- Exercise of a strenuous nature, as customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.
- Check unit before each use of determine all controls function normally.
- Handle unit with care. Inappropriate handling of the unit may adversely affect its characteristics.
- DO NOT permit any foreign materials or liquids to enter the unit. Take care to prevent any foreign materials including, but not limited to, inflammables, water, and metallic objects from entering the unit. These may cause unit damage, malfunction, of personal injury.
- DO NOT modify or remodel the unit. This may cause unit damage, malfunction, or personal injury.
- If you have difficulty in operating the unit after carefully reviewing this operator's guide, contact your dealer for assistance.
- Failure to use and maintain the CuraMotion - Exer II Portable in accordance with the instructions outlined in this manual will invalidate your warranty.
- Know your heart rate and pulse, as well as your physician recommended target heart rate training zone. Monitor these during exercise.
- Proper medical clearance is recommended for anyone beginning an exercise program, especially if you are over 35 years of age or suffer from heart or respiratory problems.

WARNING

- Warm up before any exercise programs with 8 minutes of aerobic activity.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting. shoes with good support and nonslip soles.
- Breathe naturally, and never hold your breath during an exercise.
- Perform exercises consistently with proper technique, and with a full range of motion.
- Avoid over-training. After an exercise session, cool down with slow stretching, cycling, or walking.
- This unit should not be used by or near children.
- Handicapped or disabled people must have medical approval before using this unit, and should be under close supervision when using any exercise equipment.
- Use this unit only for its intended purpose as described in this manual.
- This unit should only be used by one person at a time.
- Do not put hands, feet, or any foreign objects on or near this unit when in use by other people.
- Always operate this unit on a level surface.
- Never operate this unit if it is not functioning properly.
- Start exercise slowly and gradually increase the amount of resistance.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the exercise at once and consult a physician immediately.
- Use caution to prevent fingers or hands from being pinched in moving parts when operating the unit.

The console has only one button function, it will only switch the display function, can not be set for the target value.

*The actual performance is based on the console.

DISPLAY FUNCTIONS:

ITEM	DESCRIPTIONS
SCAN	. In SCAN mode, press MODE button to choose functions. . Automatically scan through each mode in sequence every 6 seconds. . The sequence of display when press MODE button: TIME → DIST → CAL → PULSE → SPEED
SPEED	. Range 0.0 ~ 99.9 . Without any signal being transmitted into the monitor for 4seconds during workout, SPEED will display 0.
TIME	. Without setting the target value, time will count up. . When setting the target value, time will count down from your target time to 0:00 and alarm will sound or flash . Without any signal being transmitted into the monitor for 4 seconds during workout time will STOP . Range 0:00~99:59
DISTANCE	. Without setting the target value, distance will count up. . When setting the target value, distance will count down from your target distance to 0.00 with an alarm sound or flash. . Range 0.00~99.99
CALORIES (kcal)	. Without setting the target value, calorie will count up. . When setting the target value, calories will count down from your target calorie to 0 with an alarm sound or flash . Range 0~9999 (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
*PULSE	. Current pulse will display after 6 seconds when detected by the console. . Without any pulse signal for 6 seconds, console will display "P". . Pulse alarm will sound or flash when current pulse is over the target pulse. . Range 0-30~230 BPM

*Can wear Bluetooth Chest Belt to show the heartbeat on the LCD

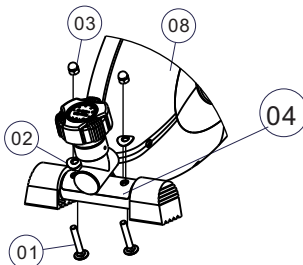
BUTTON FUNCTION

ITEM	DESCRIPTION
UP	Press UP button to increase value. Press and hold the button to increase value faster. TIME setting range: 00:00~99:00 (Each increment is 1:00) CAL setting range: 0~9990 (Each increment is 10) DIST setting range: 0.00~99.50 (Each increment is 0.5) PULSE setting range: 0-30~230 (Each increment is 1)
DOWN	. Press DOWN button to decrease value. Press and hold the button to decrease the value faster. . TIME setting range: 00:00~99:00 (Each decrement is 1:00) . CAL setting range: 0~9990 (Each decrement is 10) . DIST setting range: 0.00~99.50 (Each decrement is 0.5) . PULSE setting range: 0-30~230 (Each decrement is 1)
MODE	. Choose each function by pressing MODE button. . Press and hold MODE button for 2 seconds to reset all functions (same feature as the reset key)
RESET	. In setting mode, press RESET button once to reset the current function figures . Press RESET button and hold for 2 seconds to reset all function figures.
RECOVERY	. After the console detects pulse signal, press the RECOVERY button to enter recovery mode to monitor heart rate recovery ability.
TOTAL RESET	. Console will restart over.

ASSEMBLY

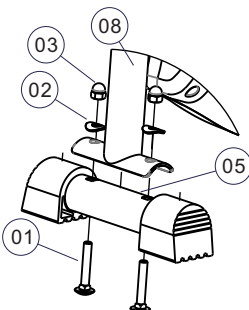
STEP 1

Attach (#04)Front Stabilizer on the Main Unit (#08). Then secure it with four 3/8" * 2" Square Neck Bolts (#01), two Curved Washers (#02) and two Nuts(#03).



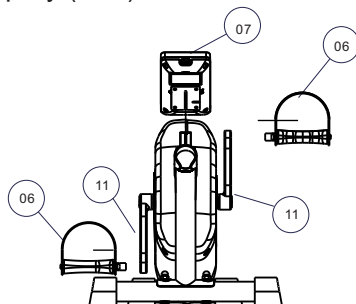
STEP 2

Attach (#05)Rear Stabilizer on the Main Unit (#08). Then secure it with four 3/8" * 2" Square Neck Bolts (#01), two Curved Washers (#02) and two Nuts(#03).



STEP 3.

Attach (#06)Pedals onto (#11)Cranks(L&R) with Wrench. Pls be noted R on R and L on L, LCD Display (#07) - connect 2 cables. .

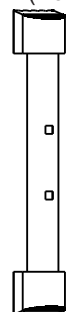


PARTS LIST

NO.	DESCRIPTIONS	Q'TY
01	Square Neck Bolt	4
02	Curved Washer	4
03	Nuts	4
04	Rear Stabilizer(short)	1
05	Front Stabilizer(long)	1
06	Pedals(Right & Left)	2
07	LCD Display	1
08	Main Unit	1
09	End Caps	4
10	Resistance Knob	1
11	Cranks (L&R)	2
12	LCD Holder	1

ASSEMBLY PARTS

Rear Stabilizer
(Long)



#05

Pedals

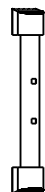


#06



Front Stabilizer
(Short)

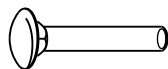
#04



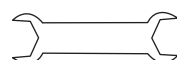
HARDWARE PACK

Square Head Bolts - 4Pcs

#01



Double Open End Wrench



Curved Washer (φ10xφ23x1.5t) - 4pcs

#02



Nuts - 4pcs

#03



ASSEMBLY DIAGRAM

