III. Operation Special Notice:

● On Passive mode:
  1. Please do not run the speed over the set RPM, only press the buttons for increasing or reducing the speed when needed.

  2. When you run the speed over the set RPM, the protection starts by an alter beeping. If you continue over speeding, the resistance will work at the max level to against your speeding. Once you follow the set RPM, the resistance gets off.

  3. When you hear the beeping, please be aware that you are speeding the machine not via pressing the button selection.

  4. Over-speed will cause the motor to generate sudden reverse current to flow back to the Control Board, and damage it. Once the Control Board gets damaged, the Passive Mode will not work.

● Please do not run the machine while unplug. As when you run the machine unplug, the motor will still generate the current, which could cause the control board damaged because of overload without any alert beeping.
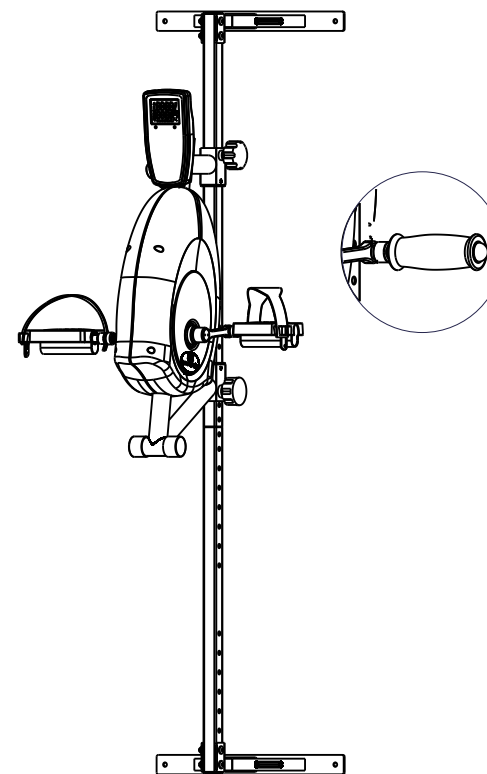
We strongly require the User to follow the above instructions and take care of the machine during exercise. The improper use will not be able to enjoy the warranty right.

Your attention would be greatly appreciated. We sincerely wish you obtain the benefits from the exercise with this machine.

CURAMOTION®

A.N.P II
Upper and Lower Body Exerciser
Motor driven

Owner's Manual

PT31000

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

TABLE OF CONTENTS

CURAMOTION

Troubleshooting & Maintenance

I. The Chest Belt is a high tech product, so that careful maintenance is necessary.

● After use, please wash the electrode area of the heart rate transmitter with water and use clean cloth to wipe it.

● The heart rate transmitter has to be stored under dry condition, and kept away from an environment at extreme temperature.

● Please place the heart rate transmitter horizontally if not use. Pulling or bending is inhibited to prevent the electrode area from damage.

● Do not place the heart rate transmitter on a metal surface or in proximity to magnetic area (including magnet).

● The electrode area and ECG paste shall not be used on injured skin.

● The skin shall be kept clean before and after using the heart rate chest strap.

II. Troubleshooting for the Machine:

●E1: When LCD appears E1, the machine stops. You may have the following checking:
1. Press Stop button to return Stand-by.

2. According to P. 7 ~ 9, you can restart all procedures.

3. If the machine works normally, you could continue.

4. If the problem remains the same (E1), you will need to contact the dealer for further checking.

●SPAS: When you see SPAS on the LCD because you press the button. You can press STOP to renew setting, or shut down the screen.
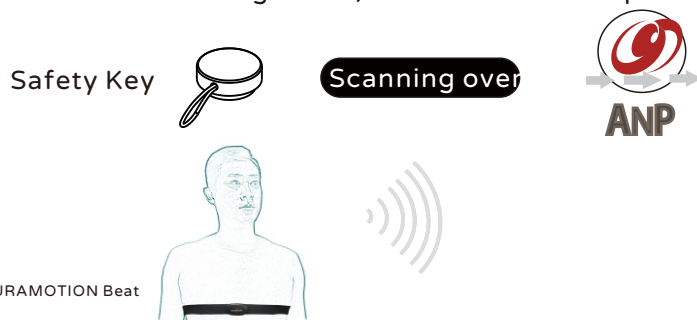
Pairing

1. How to Connect to the Console of the machine

Step I: Put on the Chest Belt, the LED gets flashing which means the HR Transmitter starts searching the Console(correct wearing).

Step II: Press On/Off ⏻ button to turn on the Screen of the Console.

Step III: If the LED still flashes after Step II, pls use the Safety Key to scan over the Red logo (at the bottom of the Console) from right to left to enter the Pairing Mode (Transmitter and HR Receiver). Under this process, the LED on the Transmitter flashes. Few seconds the flashing gets off, which means Pairing is successfully done. In 5-10 seconds (some people might take longer time),Heart Beat sign ♥ and the Heart Beat digits (BPM) appear on the screen .
In case it doesn't appear, pls repeat Step II.

P.S.: During usage, any time when the LED light gets flashing it means the Paring is lost). Pls start from Step II.

Safety Key   Scanning over   ANP

CURAMOTION Beat

2. Connected to Smart Phone:

Down Load the appropriate APP (ex: Polar Beat..) and get the Chest Belt and Smart Phone paried.
Wear the Belt, LED light will flash to search Smart Phone. When the LED light is off, Paring is done.
The App will record complete status of heart beat during connected, pls keep the App opened and you can still use other functions of the phone such as make call or web searching.

Cell phone with Androi 4.3 iphone4s or later versions

SAFETY INSTRUCTIONS

The input power is 100v ~ 240v, the type of the plug depends on the country. Be sure the plug type fits your environment. Safety always comes first. Please keep the following points in mind at all times .

Read and follow this instruction guide completely before using your CURAMOTION A.N.P.

Keep this guide in a safe place and make sure everyone who uses the machine also reads this guide. Have a safe exercise.
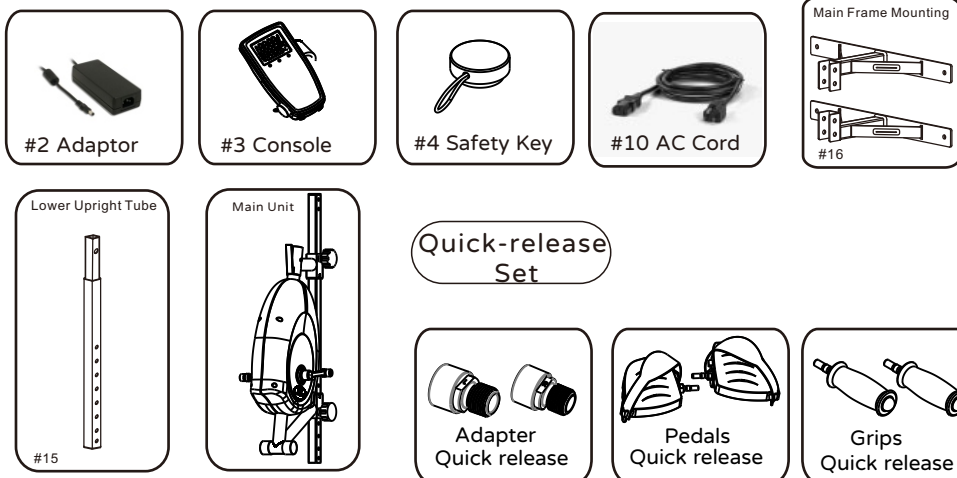
CAUTION

● Read, understand, and practice the precautionary and operating instructions. Know the limitations and hazards associated with using any CURAMOTION A.N.P. Series exercise 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 A.N.P. Series 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.
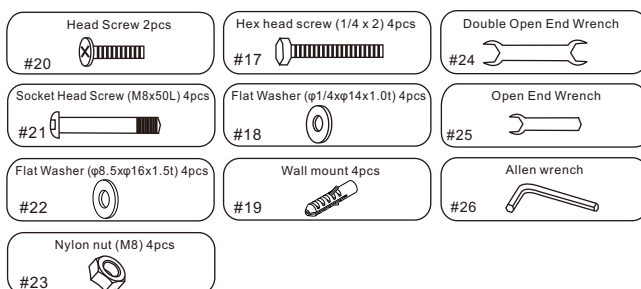
Tips before using

1. After plug in, the LED light above ⏻ button will be lit. Pairing(pls refer to P13) before you press MODE button.

2. Press MODE button to enter exercise Mode selections. the LED light above MODE button will be lit.

3. A long bleep after completing the exercise. The exercise status report will be shown on the screen for 2 minutes, press MODE button to see every function.

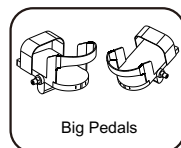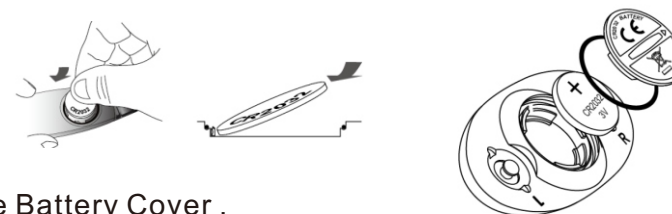P.S.: Passive Mode (RPM and Heart Rate) Active Mode (Watt) are averaged values.

Components

				Main Frame Mounting
#2 Adaptor	#3 Console	#4 Safety Key	#10 AC Cord	#16

Lower Upright Tube	Main Unit	Quick-release Set
#15		

Adapter Quick release	Pedals Quick release	Grips Quick release

HARDWARE PACK

Head Screw 2pcs #20	Hex head screw (1/4 x 2) 4pcs #17	Double Open End Wrench #24
Socket Head Screw (M8x50L) 4pcs #21	Flat Washer (φ1/4xφ14x1.0t) 4pcs #18	Open End Wrench #25
Flat Washer (φ8.5xφ16x1.5t) 4pcs #22	Wall mount 4pcs #19	Allen wrench #26
Nylon nut (M8) 4pcs #23		

(Optional)

Big Pedals

CURAMOTION Beat - Heart Beat Link

Applicability to Smart Phone(p.13), and Sports Equipment(p.13)
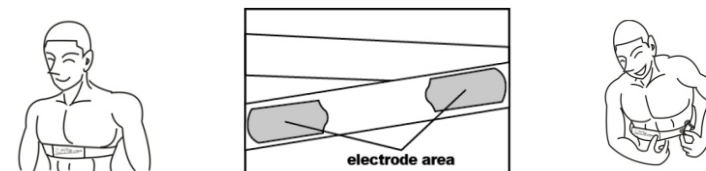
BATTERY INSTALLMENT

1. The Transmitter includes a 3V CR2032 lithium battery.
   Step 1. Insert the battery (CR2032) with the positive (+) side up.
   ☆ Make sure the battery is hooked by the contact spring.
   Step 2. Put on the O-Ring in the groove to ensure water resistance.
   ☆ Make sure to place the O-Ring to prevent the battery Infiltrated by sweat and moisture.

Step 3. Place Battery Cover .
Step 4. Tighten Battery Cover .

HOW TO WEAR THE TRANSMITTER

1. Attach the heart rate sensor to two spring clasps on the strap with the logo facing up.

2. Connect one plastic hook to the other one. Then wear it over your chest. Be sure the electrode areas are firmly appressed to your skin and the logo of the Transmitter is in a central upright position.
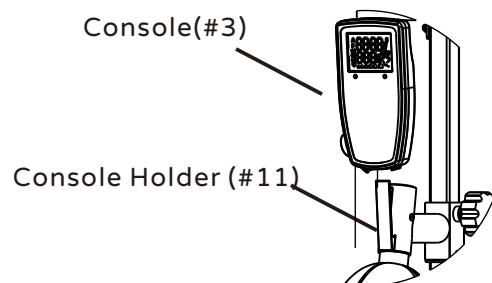
electrode area

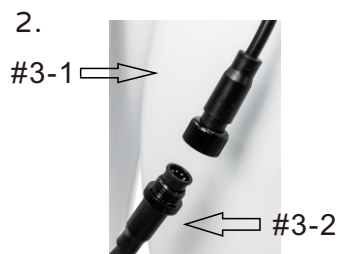3. Adjust the strap length to fit around your chest snugly and comfortably.

Assembly notes

After opening the carton, be sure to check all the components according to parts list. Assemble all components as following steps:

1. Insert the Console(#3) onto the Console Holder (#11).

Console(#3)

Console Holder (#11)

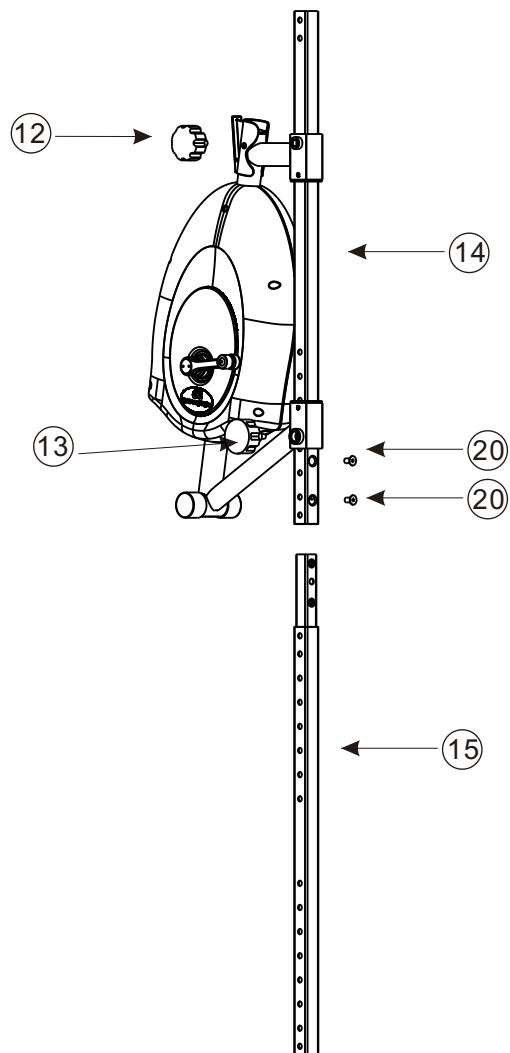2. Put Console connector A (#3-1) and Console connector B (#3-2) together.

2.

#3-1

#3-2

3.

Power Adaptor(#2) cord

3. After step 1 and 2, connect the Power Adaptor (#2) and AC power cord (#10), then insert the cord of the Power Adaptor into the housing (shown AC sticker).

4. By pulling back the outer Bushing of the Adaptors , you can insert either the quick-release Grips or quick-release Pedals into the Adaptors, then release the Bushing.

PARTS LIST

| NO.	DESCRIPTIONS	Q'TY
1	Main Unit	1
2	Power Adaptor	1
3	Console	1
3-1	Console Connector A	1
3-2	Console Connector B	1
4	Safety Key	1
5	Square Cap	2
6	Cranks (L & R)	2
7	Quick-release Grips or /Quick-release Pedals	1
8	Decoration Plate	2
9	Housing	2
10	AC Power Cord	1
11	Console Holder	1
12	Knob	1
13	Pop Knob	1
14	Upper Upright Tube	1
15	Lower Upright Tube	1
16	Main Frame Mounting	2

Assembly Diagram

STEP 1:
Attach Quick Release Knob (#12) and Quick Release Pop Knob (#13) and tighten. Insert the Lower Upright Tube (#15) into the Upper Upright Tube (#14) and secure it with two Head screws (#20).

Operation Chart

Standby 0:00 HP
Power saving after 10 Min.

MODE

A→P→U1→U2→U3

A Mode | P Mode | U1~U3 Mode

Watt

Speed RPM | Spasm | Time

Time

START → STOP to PAU → STOP to End

AUTO
MODE-3 Sec.
MODE to see result

1.A↔P
2. Spasm Y↔N

END

2 min.

Exercise Result

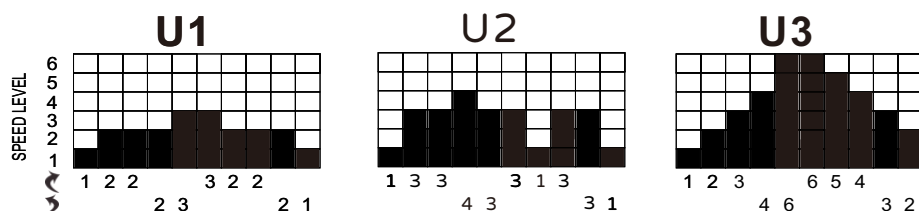Result Shown 2 Min(or PressSTOP)

User Modes (U1~U3): 3 preset programs

1. When the machine is on Standby, press MODE for exercise selections:
   A(Active) → P(Passive) → U1(Preset passive 1) → U2(Preset passive 2)
   → U3(Preset passive3).

2. When selecting U1, U2 or U3, press ⊗ ⊕ ⊛ for exercise time setting ,
   the preset is 10 min. You can press the arrow buttons for reducing or increasing
   the exercise

3. After time setting, you could press ⚡ button to set Anti-spasm detecting.
   (same way to set Passive Mode)

4. After step 2, press START button, then the screen will be counting- down
   (3 → 2 → 1), after a bleep the machine begins to run, or, press MODE button
   to select other modes.

5. While exercising, you can still press 🐢 RPM 🐇 buttons for speed
   adjustment from L01~L09.

6. While exercising, press ↻ buttons to change directions, ↻ is Clockwise
   (Forward), ↺ is Counter-Clockwise (Backward). The screen will be seen
   the signs, too.

7. You can press MODE button to see your exercise status: TIME / Mile / Km
   RPM / BPM / WATT For automatically scanning, press MODE button for 3
   seconds, the Display will appear " auto". The screen will show each
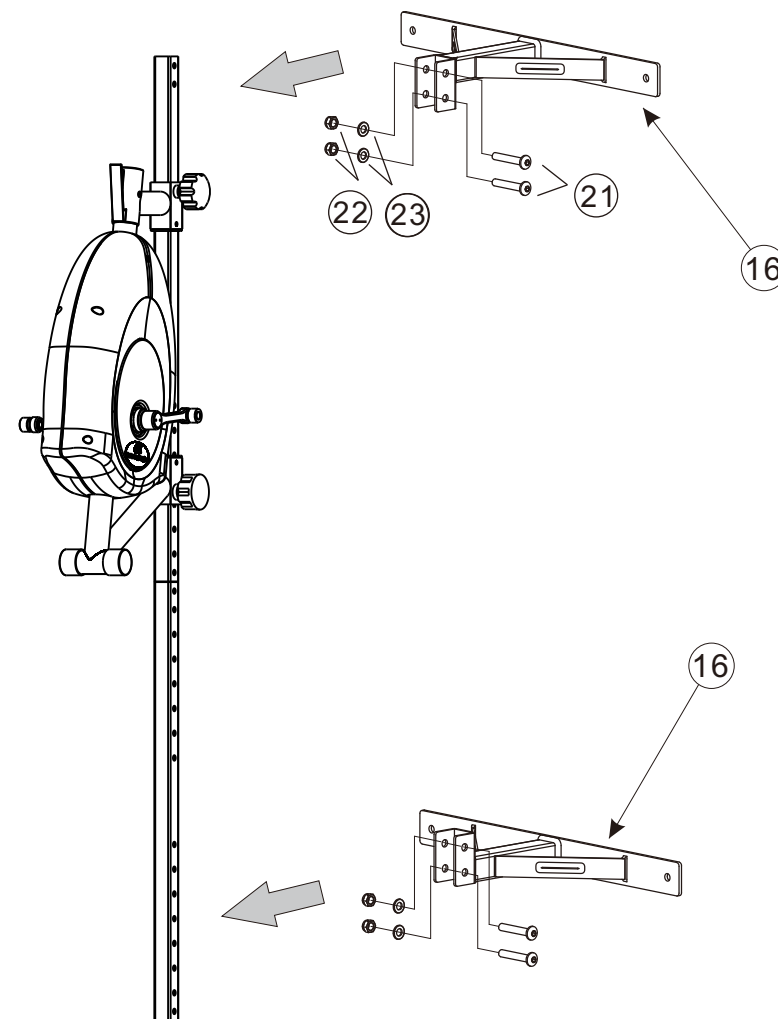   function in turn automatically.

↻ : Clockwise(Forward)

↺ : Counter-Clockwise(Backward)
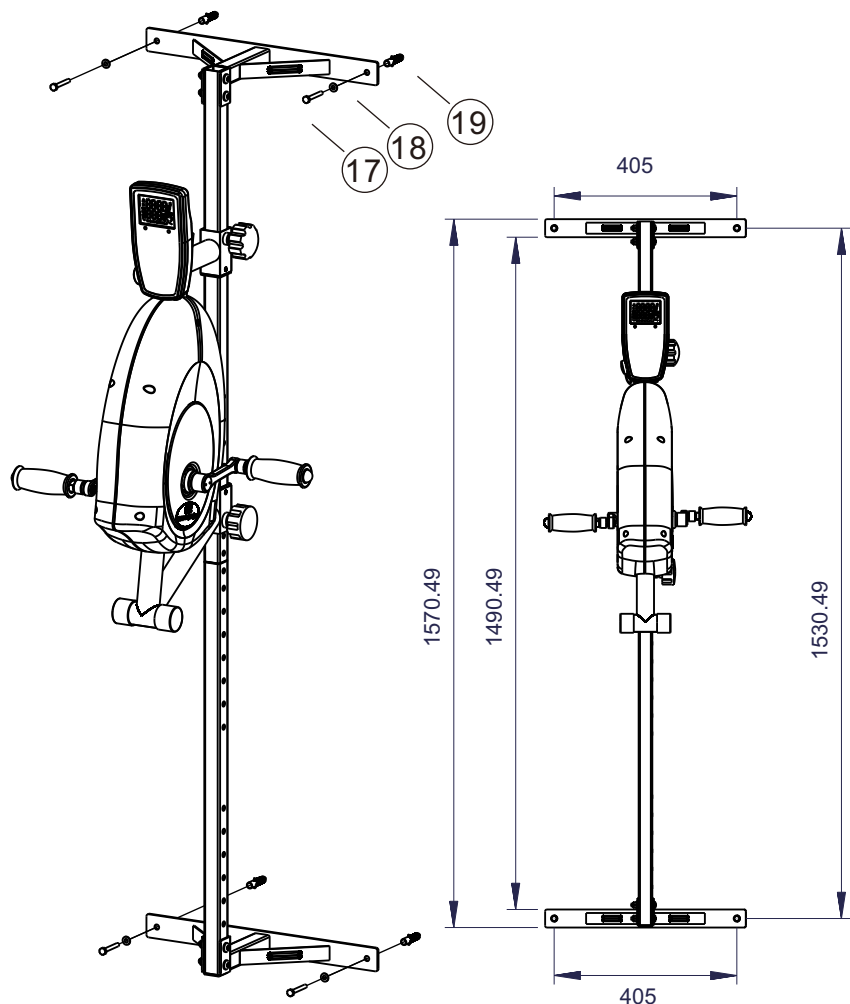
Program profile

U1 U2 U3

STEP 2:
Attach the Main Unit to the Main Frame Mounting (#16). Then secure
it with four M8x50L Socket screws (#21), four Flat washers (#23) and
four M8 Nylon nut (#22).

STEP 3:

Secure the Main Unit to a level wall, board with four Hex Head screw (#17), four Flat washers (#18) and four Wall mounts (#19)

The reference size for installing onto the Wall.

Passive Mode

1. When the machine is on Standby, press MODE for exercise selections: A(Active) → P(Passive) → U1(Preset passive 1) → U2(Preset passive 2) → U3(Preset passive3).

2. When selecting P, press ⊗ ⊘ ⊕ for exercise time setting , preset is 10 min. You can press the arrow buttons for reducing or increasing the exercise time.

3. After time setting, you could press ⚡ button to set Anti-spasm detecting, LCD will appear the sign. (It's no need to set if you don't need) With this function: when the machine gets stuck for over 8 seconds, the running direction will turn around and stop immediately. Meanwhile, the LCD will show END. You can press STOP button to go back STAND-BY and re-set.

4. After step 2, press START button, LCD will start counting- down (3 → 2 → 1) one bleep the machine begins to run. If you want to change exercise MODE, press STOP then MODE button to select other modes, press Start to exercise.

5. While exercising, you can press 🐢 RPM 🐰 buttons for speed adjustment from L01~L09.

6. While exercising, press 🔄 buttons to change directions, ↻ is Clockwise(Forward), ↺ is Counter-Clockwise (Backward). LCD also show the sign.

7. During exercise, you can press MODE for scanning the function status: TIME/Mile/Km, RPM/BPM/WAT. For automatically scanning, press MODE button for 3 seconds, the Display will appear " auto". Each function will be shown in turn automatically. (You can still press MODE to check)

8. During exercising, press STOP button for pause to change P ⇔ A. After change, press START button to continue exercise. On PAU, to press STOP button for 3 seconds to reset.

9. The machine will stop after a long bleep.
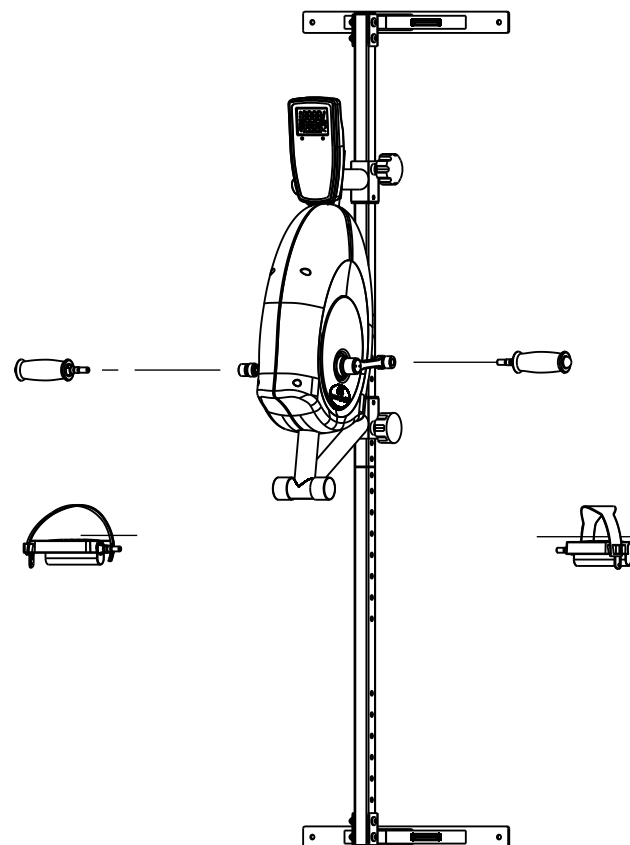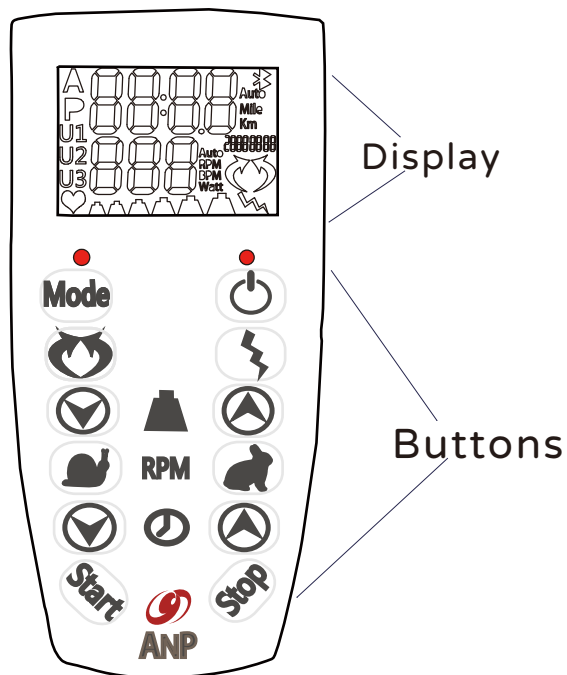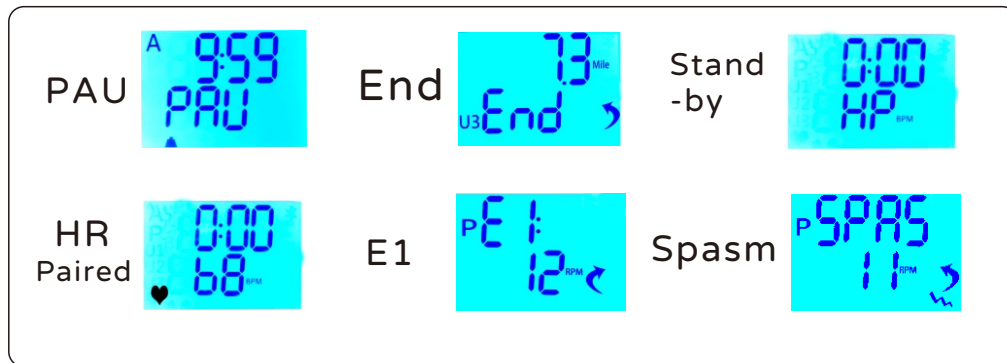
Active Mode

1. When the machine is on Standby, press MODE for exercise selections:
   A(Active) → P(Passive) → U1(Preset passive 1) → U2(Preset passive 2)
   → U3(Preset passive3).

2. When selecting A, press ⊗ ⊘ ⊛ for exercise time setting , preset
   is 10 minutes. You can press the arrow buttons for increasing or reducing
   time.

3. After time setting, press START to get exercise started.

4. After pressing START button, the screen will show (3 → 2 →1)
   counting-down and then start to run.

5. For resistance selection, you can set before or after starting, the preset
   is L01 and Display will also show 1 weight sign. Press ⊗ ▲⊛ for
   different resistance selections.

6. During exercise, you can press MODE for scanning the function status:
   TIME/Mile/Km, RPM/BPM/WAT. For automatically scanning, press
   MODE button for 3 seconds, the Display will appear " auto". Each
   function will be shown in turn automatically. (You can still press
   MODE to check)

7. During exercise, press STOP for pause (LCD will appear PAU).
   Either press START to continue, or press STOP again to end exercise.
   Under PAU:
   a. You can press MODE for changing mode A ⬌ P.
   b. You can press STOP for 3 seconds to reset.

8. The last 3 seconds before program finishes, the LCD starts counting-
   down 3→ 2 →1. Af er a long bleep the machine stops.

STEP 4:

Attach the Pedals or Grips to the Adaptors.

Console Display

PAU	End	Stand-by
HR Paired	E1	Spasm

Display

Buttons

Button definition

1. ⏻ : Screen ON/OFF. Idle time over 10 minutes, the screen will shut down automatically for energy saving.

2. **Mode** : Exercise Mode selections: A(Active)→P(Passive)→U1(Preset 1) → U2 (Preset 2)→ U3(Preset 3)

3. ▲ : (1) In A (active) mode, Press the ⌄ to reduce resistance press ⌃ to increase, the weight sign ▲ will also be shown, the max is 6 signs.
   (2) It is no function in Passive or U1 - U3 modes.

4. **RPM** : (1) In P(passive) mode or preset programs(U1-U3), press snail sign 🐌 to reduce speed, press rabbit sign 🐇 to increase speed.
   (2) It is no function in active mode.

5. 🕐 : Time setting ⌃ Time Up
   ⌄ Time down

6. **Start** : Press this button to start exercise after setting.

7. **Stop** : During exercising, press this button to Pause. Press again to End, one more press, go back to "Stand-by" for new Mode selection.

8. 🦉 : In P(Passive) and U1-U3, press the button for the direction. ↱ Forword (Clockwise) ↳ Backward(Counter-Clockwise)

9. ⚡ : In P(Passive)Mode or preset Modes (U1~U3). After time setting, you can press it to set Anti-spasm detecting, the sign will be shown. Once the machine gets stuck, running direction will turn around and stop immediately. "END" will be shown on LCD. Press STOP button to go back "STAND-BY". During exercising, Press STOP for the change to have or have not the function.

10. ♥ : This sign appears on LCD only when you wear HR Chest Belt. When the sign flashes, which means the Heart Beat Link is paired to the machine. LCD also shows the Heart Beat (BPM) ex.: 68.
    Make sure if your purchased has this version.