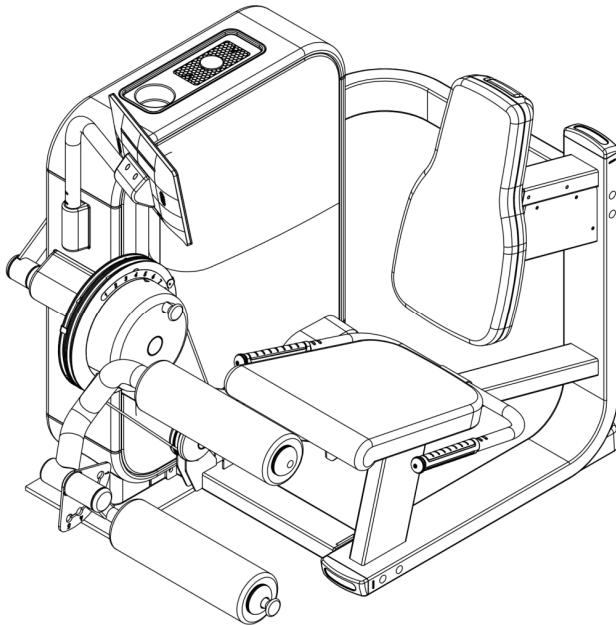




Product name: EXTENSION FLEXION TRAINER

Contents

- 1. Safety Instructions**
- 2. Product explosion diagram**
- 3. Spare parts lists**
- 4. Packing List**
- 5. Installation Instructions**
- 6. Exercise Recommendations and Guidelines**

1. Safety Instructions

Safety Tips: This safety manual contains important safety information. Please read it carefully before use.

Thank you for choosing our products. It can keep you healthy. To avoid personal injury, please read the following instructions carefully before using this product. It is recommended to keep this manual for future reference!

The approximate dimensions of this product are: 1328 × 1297 × 1377mm ;

The net weight of this product is about 150kg

- This machine is mainly used as home fitness equipment.
- To avoid the risk of electric shock, please unplug the power cord before cleaning or servicing this machine; the machine power cord must be connected to a grounded socket.
- Do not use this machine outdoors or in places with high humidity. A safe area of more than 2 meters x 2 meters must be reserved in front of the machine.
- When using the machine, please wear appropriate sportswear and sports shoes. Before use, you should consult a coach or professional, because incorrect or excessive exercise may cause harm to human health.
- Before use, the user can adjust the arm of the machine according to the part that needs to be trained, and then adjust it to the most suitable position for training.
- When adjusting the boom, be sure to snap the pin end into place. After adjusting the position, shake the adjustment part slightly to ensure that it is adjusted in place.
- When using, be sure to confirm that the adjustment part has been adjusted into place before using the machine.
- After training, the adjustment part can be adjusted to the most space-saving position to facilitate walking.
- After the training is completed, please turn off the power switch of the machine and unplug the power cord in time to prevent other people from using it without permission. (The power cord at the bottom of the machine is pluggable and easy to remove. Please keep the power cord properly)
- It is prohibited to train by pulling the rope when the machine is folded.
- WARNING: If you feel dizzy during training, stop exercising immediately.
- For detailed operation of the control panel, see the control panel instructions.
- Product specifications (L* W*H): 1328 ×1297× 1377mm ;
- Product weight: 150kg

I. Note:

- a. The product owner is responsible for ensuring that all users fully understand all warnings and precautions of this product and use this product strictly in accordance with the instructions.
- b. Keep children and pets away from this product , and avoid leaving children alone in the room where this product is placed .
- c. Before use, please make sure that the product has been properly assembled and the screws in each part have been tightened.
- d. This product should be placed on a level surface, with the four sides more than 1 meter away from the wall. It is recommended to place this product on a dedicated mat to prevent damage to the floor or carpet.
- e. This product should be placed indoors to prevent moisture and dust. Keep the ventilation smooth in the place of use, and do not use this product in a place with blocked air .
- f. Do not place sharp objects around these products .
- g. using this product for exercise, you must wear appropriate sportswear, never wear robes or other clothing that may cause you to trip over the equipment, and you must wear running shoes or sports shoes.
- h. Do not perform the movement for a long time to avoid muscle injury.
- i. If you feel any discomfort or abnormality during use, please stop exercising and consult a doctor.

II. Warning:

If you may cause an accident or are in poor health , consult a doctor before using this product .

◆When you are receiving medical treatment or the following patients, please consult with a specialist before using this product.

- a. Those who are currently suffering from back pain or have injured their legs, back, or neck in the past, or have numbness in their legs, back, neck, or hands (those with chronic diseases such as herniated disc, spondylolisthesis, or cervical spondylosis).
- b. People with osteoarthritis, rheumatism, or gout.
- c. Those with abnormalities such as osteoporosis.
- d. People with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- e. Those with respiratory problems.
- f. Those who are using an artificial pacemaker or have an implanted medical electronic device.
- g. Patients with malignant tumors.
- h. Those with symptoms such as thrombosis, severe lipoma, acute lipoma, blood circulation disorders, or various skin infections.
- i. Those with sensory impairment caused by high-degree peripheral circulatory disorders such as diabetes.
- j. Those with skin trauma.

- k. Those who have a high fever (38°C or above) due to illness, etc.
- l. Those with abnormalities in the spine or bent spine.
- m. Those who are pregnant or may be pregnant or those who are menstruating.
- n. Those who feel unwell and need to rest.
- o. Those who are obviously in poor health.
- p. Users for rehabilitation purposes.
- q. Those who feel any physical abnormalities other than those mentioned above.

----May lead to accidents or poor physical condition.

- ◆ If you experience back pain, numbness in the legs, dizziness, palpitations, or any other unusual physical sensations during exercise, stop immediately and consult a doctor.
- ◆ Do not allow children to use this product, nor should they play near it.
---Failure to comply may pose a risk of injury.
- ◆ The protector of children should pay attention to not allowing children to play with this product.
---Failure to comply poses a risk of injury.
- ◆ During use or when inserting or removing the product, make sure there is no one or any pets around (behind, below, or in front of the product).
- ◆ People who don't usually exercise should not suddenly engage in intense physical activities.
- ◆ Do not use after eating, when tired, immediately after exercising, or when physical condition is abnormal.
---May cause harm to health.
- ◆ This product is recommended to be used within areas with safety surveillance, such as gyms.
- ◆ Do not use while eating, drinking, or engaging in other activities.
- ◆ Do not use after drinking alcohol when you feel sluggish.
---Accidents or injuries may occur.
- ◆ Do not use when there are hard objects in the pants pockets.
---May lead to accidents or injuries.

Prohibit !

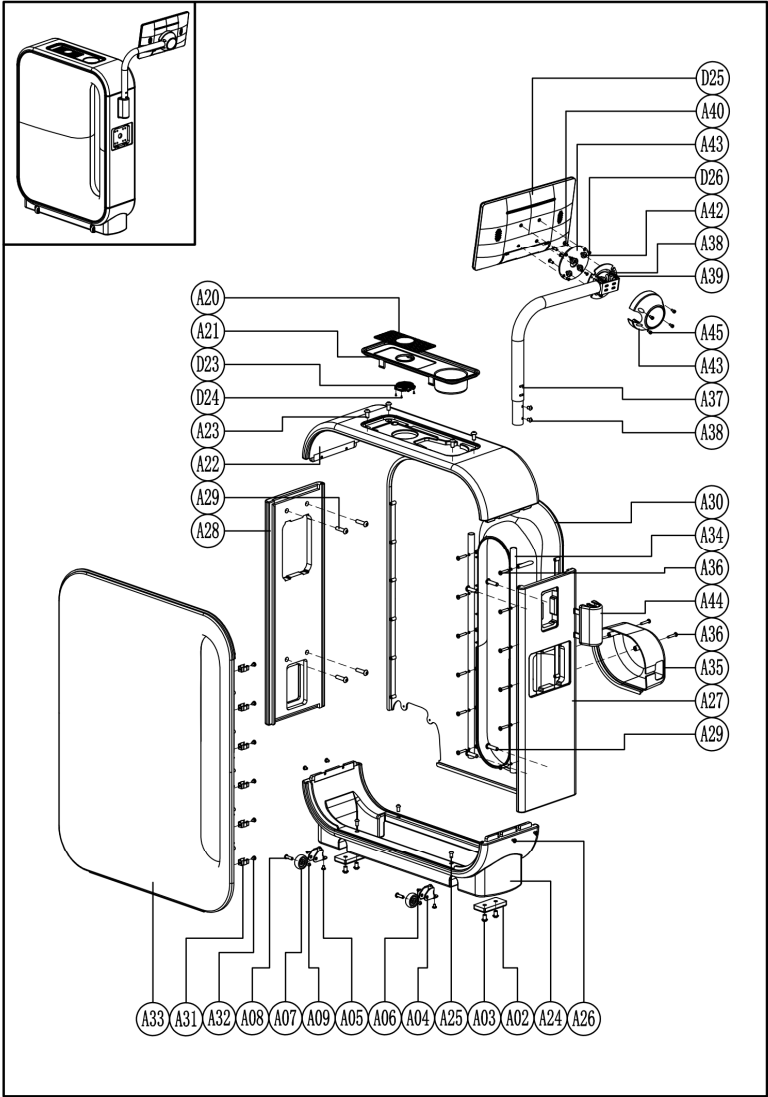
1. Do not use when the shell is cracked, broken, or peeled off (with internal structure exposed) or when the welded parts have detached.
---Otherwise, accidents or injuries may occur.
2. Do not jump on or off during the exercise process.
---Injury may result from falling.
3. Do not use or store in places with moisture, such as outdoors or near bathrooms, or where water droplets may fall.
4. Do not use or store on surfaces that are directly exposed to sunlight, near stoves, or on heating devices such as electric carpet heaters where high temperatures are present.

III. Maintenance and Upkeep:

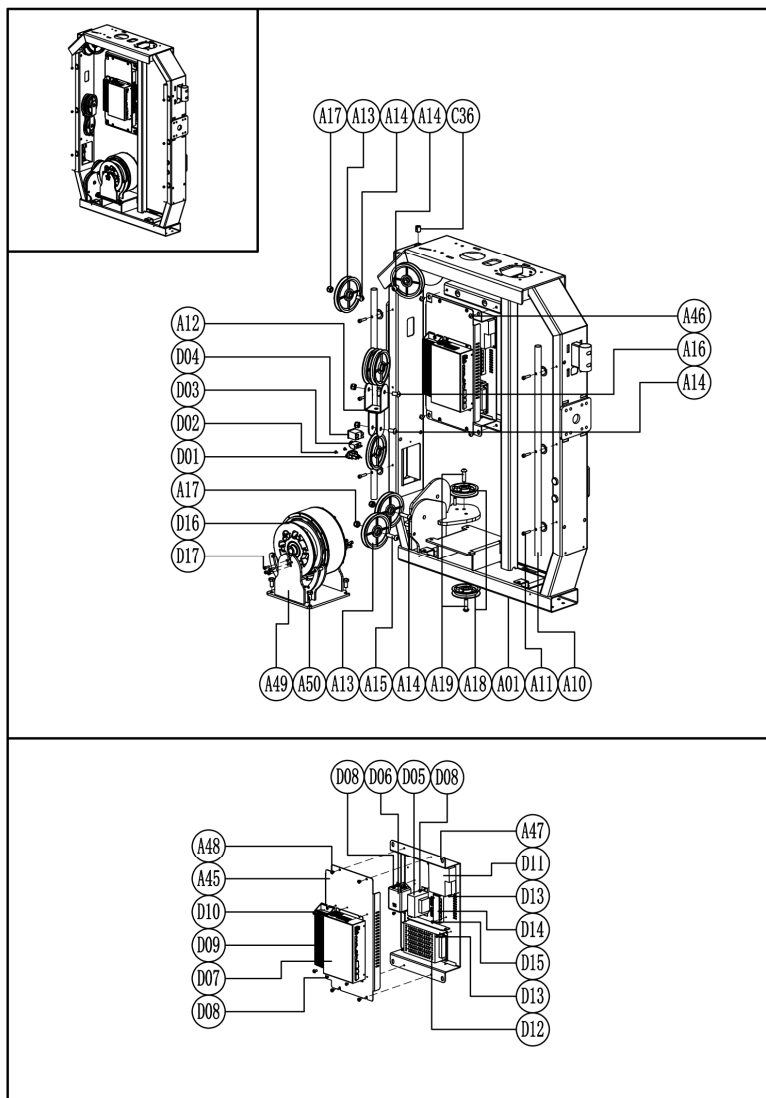
- (1) Check daily for any looseness or damage to parts, including: chains, pull pins, spring locks, knobs, weight block pins, belts and their tension, cables, etc.;
- (2) Check weekly that all attachment rods and handles on the machine, all nuts and bolts, anti-slip surfaces, and all stickers are secure and complete.

Before using this product for exercise, please consult a doctor first and recommend that you have a physical examination. If you are over 35 years old, have never exercised before, are pregnant, or have any health conditions, you should pay extra attention. Read and follow these precautionary measures carefully. Failing to adhere to these precautions and safety warnings may result in serious bodily harm.

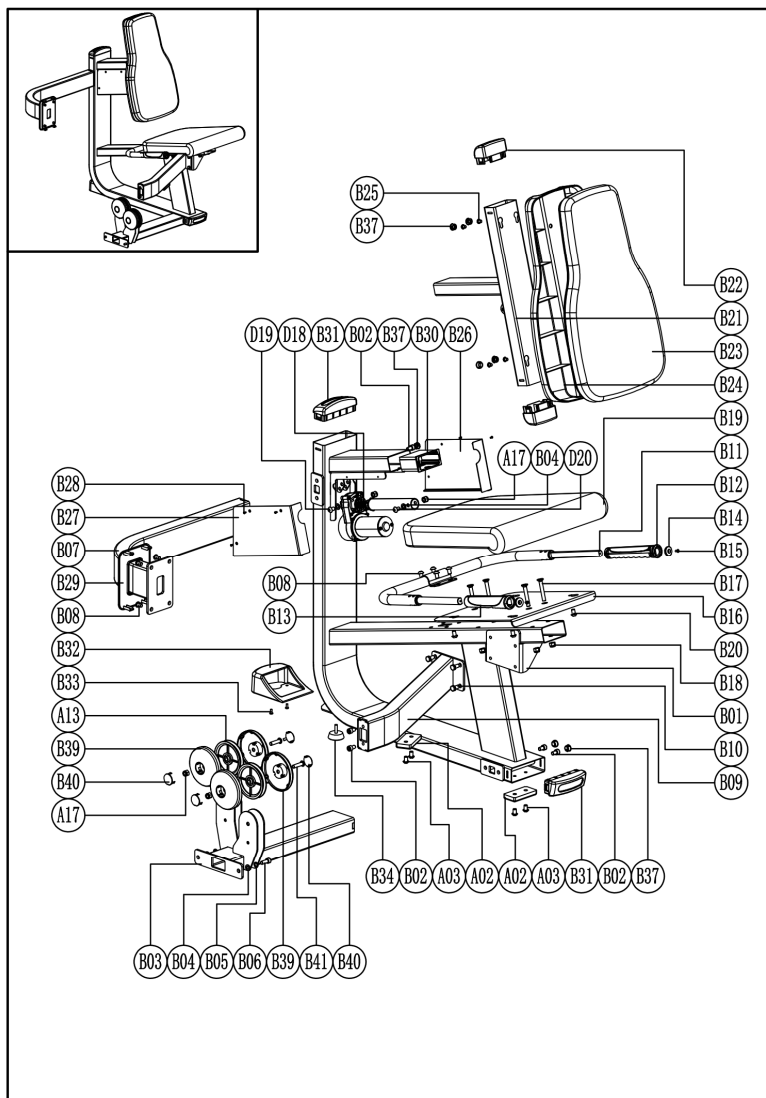
2. Product explosion diagram



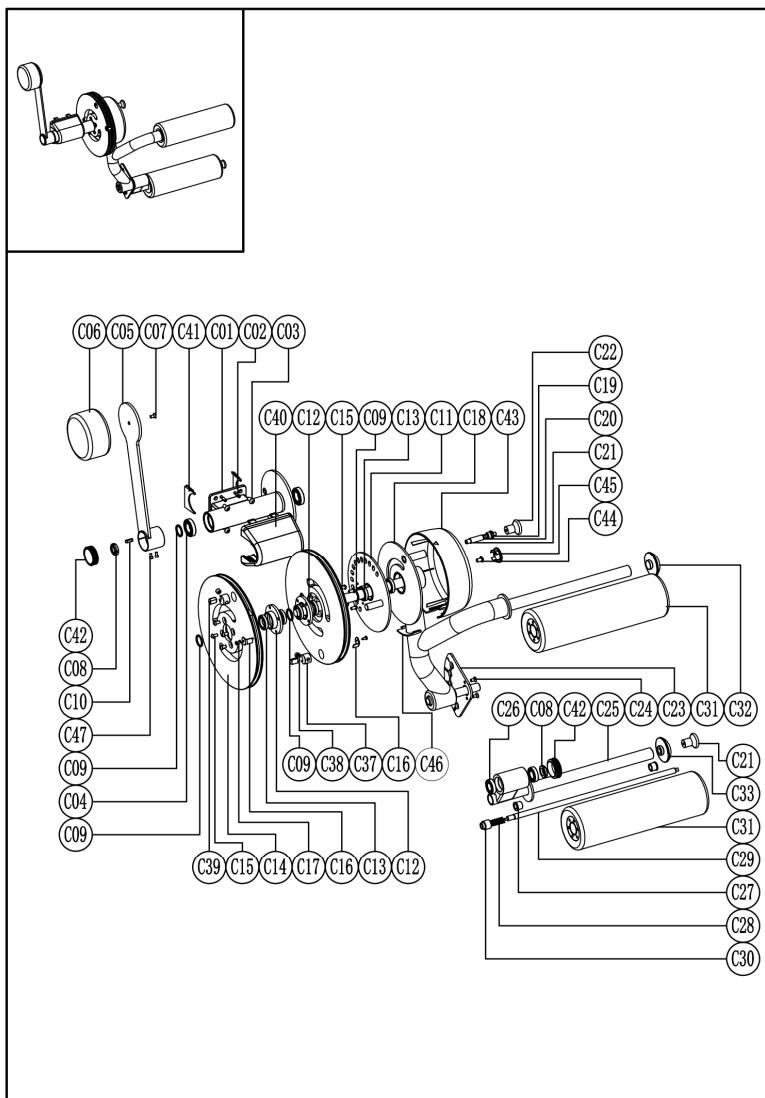
Exploded view (1)



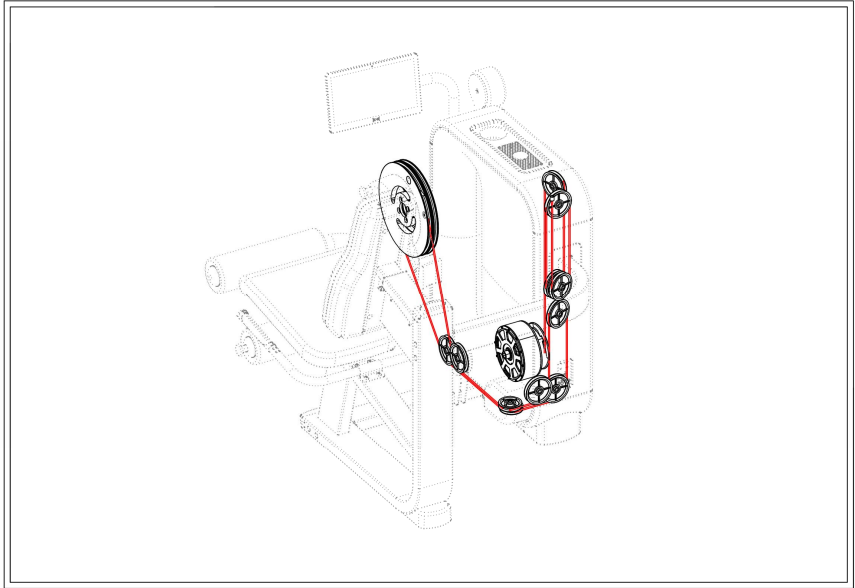
Exploded view (2)



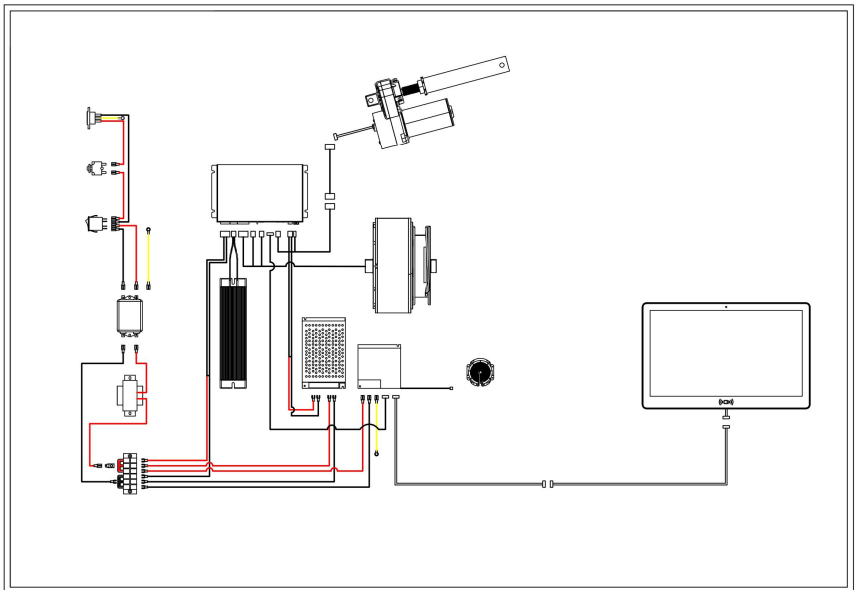
Exploded view (3)



Exploded view (4)



Cable routing diagram



Circuit Diagram

3. Exploded view details

NO.	Part name	Specification	Qty.
A			
A01	Door frame weldment		1
A02	Square foot pad (OMA-05-07-502)	50×100×15	2
A03	Hexagon socket large flat head full thread bolt	M10×10	4
A04	Roller rack		2
A05	Hexagon socket large flat head full thread bolt	M6×8	2
A06	Cross recessed pan head full thread bolts	M4×10	2
A07	Wheel (OMA-05-09-002)	Φ46×Φ8.0×t18.5	2
A08	Hexagon socket large flat head hollow bolts (S12-29)	Φ8×26×M6×15	2
A09	Hexagon socket large flat head full thread bolts (E21-69)	M6×15	2
A10	Guard Mounting Weldment		2
A11	Hexagon socket large flat head full thread bolt	M6×40	6
A12	Movable pulley weldment		1
A13	Pulley(OMA-05-09-504)	Φ114×Φ10×25	7
A14	Hexagon socket large flat head half thread bolt	M10×45×16	4
A15	Hexagon socket large flat head half thread bolt	M10×55×25	1
A16	Hexagon socket large flat head half thread bolt	M10×70×20	1
A17	Hexagon lock nut	M10	6
A18	Pulley(OMA-05-09-503)	Φ90×Φ10×25	2
A19	Hexagon socket large flat head half thread bolt	M10×35×15	2
A20	Wireless charging silicone pad (LT03EB-35)	LT03EB/200×100×13	1
A21	Water cup mobile phone holder (OMA-05-01-530)-1	420×140×59	1
A22	Foam top cover (OMA-05-01-520)-1	819.9×250×164	1
A23	Hexagon socket large flat head full thread bolt	M8×15	4
A24	Foam bottom cover (OMA-05-01-521)-1	819.9×250×214	1
A25	Hexagon socket large flat head full thread bolt	M8×20	4
A26	Cross recessed pan head full thread bolts	M6×10	4
A27	Foam guard plate (OMA-05-01-522)-1	749.9×250×33	1
A28	Foam guard plate (OMA-05-01-523)-1	749.9×250×33	1
A29	Hexagon socket large flat head half	M8×50×20	8

	thread bolt		
A30	Rear guard(OMA-05-01-500-01)-1	1011×781×128.5	1
A31	Buckle shrapnel	Φ20×t0.8×15	24
A32	Cross recessed pan head self tapping screws	PA6×12	36
A33	L850T front shield (OMA-05-01-500-02)-1	1011×781×128.5	1
A34	Guard mounting tube	φ20×t1.2×750/6000	2
A35	Large protective cover pulley housing (OMA-05-01-501)-1	233.2×178.3×104	1
A36	Hexagon socket head self tapping screws	ST6×60	2
A37	Screen bracket welding parts		1
A38	Flat washers	Φ6×Φ20×t2.0	4
A39	Hexagon lock nut	M6	4
A40	Nylon sleeve	Φ14×11	4
A41	Nylon washers	Φ14×3.4	4
A42	Screen back panel welding parts		1
A43	Screen rotating cover (OMA-05-01-502)-1	Φ126.9×60	1
A44	Watch stand rotating cover (OMA-05-01-503)-1	130×84×70	1
	Watch stand rotating cover (OMA-05-01-503)	130×84×70	1
A45	Electric control cover		1
A46	Cross recessed large flat head full thread bolts	M5×10	4
A47	Electrical box welding parts		1
A48	Hexagon socket large flat head full thread bolt	M8×10	4
A49	Motor frame weldment		1
A50	Hexagonal full thread bolts	M10×15	4
B			
B01	Side frame weldment		1
B02	Hexagon socket head full thread bolts	M10×15	6
B03	Bottom connection weldment		1
B04	Flat washers	Φ10	2
B05	Elastic washers	Φ10	2
B06	Hexagon socket head full thread bolts	M10×25	2
B07	Post-weld connection		1
B08	Hexagon socket large flat head full thread bolt	M10×15	4
B09	Front connection weldment		1
A52	Hexagonal full thread bolts	M10×15	4
B11	Handle weldment		1
B12	Handle cover left	Φ44×213.5/BLD82	1
B13	Handle cover right	Φ44×213.5/BLD82	1
B14	Handlebar end cap	φ33.5×9	2
D17	Hexagon socket head full thread bolts	M5×15	2

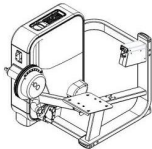
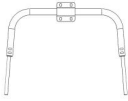
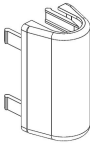
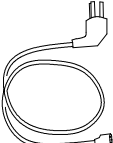
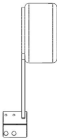
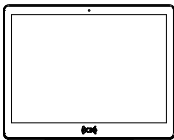
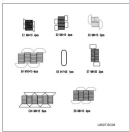
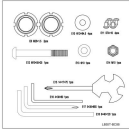
B16	Seat pad		1
B17	Hexagon socket countersunk half thread bolt	M10×65×45	4
B18	Hexagonal nut	M10	4
B19	Seat cushion	542.5×482.6×85	1
B20	Flat head square pipe plug (OMA-05-05-062)	50×100	1
B21	Backing pad weldment		1
B22	Backrest pipe plug (OMA-05-05-068)-1	100×62.2×50	2
B23	Back pad	667.8×377.8×50	1
B24	Backrest cover (OMA-05-01-510)-1	667.6×377.6×70	1
B25	Hexagon socket large flat head full thread bolt	M8×20	4
B26	Motor cover left		1
B27	Motor cover right		1
B28	Cross recessed countersunk head full thread bolts	M4×10	6
B29	Rear connecting pipe cover (OMA-05-01-506)-1	198.5×138.5×33	1
B31	Oblique pipe plug (OMA-05-05-070)-1	150×50×54.6	2
B32	Bend pipe decorative cover (OMA-05-01-514)-1	162.7×139.8×64.8	1
B33	Cross recessed large flat head full thread bolts	M5×10	6
B34	Conical foot pads (OMA-05-07-005)	Φ50×Φ41×17×M8×27	2
B35	Square foot pad (OMA-05-07-502)	50×100×15	2
A03	Hexagon socket large flat head full thread bolt	M10×10	4
B37	Snap-on hole plugs	With Φ18 mounting hole	8
A13	Pulley(OMA-05-09-504)	Φ114×Φ10×25	2
B39	Pulley housing (OMA-05-01-511)-1	Φ128×31	4
B40	Pulley housing screw cover (OMA-05-01-512)-1	Φ36.4×14.5	4
B41	Hexagon socket large flat head half thread bolt	M10×60×25	2
B42	Hexagon lock nut	M10	2
B43	Inside the reducing sleeve (OMA-05-06-511)	46.4×40×36.7	2
B44	Outside the reducing sleeve (OMA-05-06-512)	50×47.5×45	2
C			
C01	Boom mounting weldment		1
C02	Elastic pin	8×20	4
C03	Hexagon socket large flat head full thread bolt	M10×20	4
C04	Deep groove ball bearings	6006ZZ	2
C05	Zero weight weldment		1
C06	Zero weight		1
C07	Hexagon socket countersunk head full thread bolts	M8×20	1

C08	Spacer ring		4
C09	Gear weldment		1
C10	Elastic washers	Φ8	2
C11	Hexagon socket head full thread bolts	M8×10	1
C12	Turntable connector		2
C13	Deep groove ball bearings	61906ZZ	6
C14	Spinning reel	Φ370×22	2
C15	Hexagon socket large flat head full thread bolt	M10×15	8
C16	Wire pressing piece		3
C17	Cross recessed large flat head self tapping screws	ST5×15	3
C18	Boom weldment		1
C19	Pull pin cap (OMA-01-06-602)	22×18	1
C20	Spring (OMA-01-04-501)	Φ14×Φ1.0×45	1
C21	Pull pin shaft	φ16×108	1
C22	Aluminum pull pin cap	φ48×45	2
C23	Limiting piece		1
C24	Hexagon socket countersunk head full thread bolts	M8×12	2
C25	Kick tube weldment		1
C26	Deep groove ball bearings	6005ZZ	2
C27	Powder Metallurgy	Φ27×3+Φ24+Φ16×20	2
C28	Ordinary cylindrical helical compression spring	Φ22×1.5×70	1
C29	Pull pin shaft	φ16×631	1
C30	Pull pin head cover	φ28×28	1
C31	Large foam for leg press (OMA-05-53-512)	Φ145×450	2
C32	Foam end caps	Φ80×32	1
C33	Hollow foam end cap	Φ80×31.6	1
C34	Motor cable	φ4.8×3600	1
C35	Boom Cable	φ4.8×4100	1
C36	Cable opening sleeve	Φ15×17	1
C37	Cable fixing block	Φ30×22	2
C38	Cable opening sleeve	Φ15×10	2
C39	Cable silicone plug	22×14×12.5	2
C40	Boom Rotating Cover (OMA-05-01-504)	180×140×129.5	1
C41	Rotating bezel (OMA-05-01-505)	81×53.5×8.5	2
C42	Round tube plug (OMA-05-05-069)	φ63×1.5	2
C43	Turntable cover (OMA-05-01-507)	Φ280×104.6	1
A23	Hexagon socket large flat head full thread bolt	M8×15	1
C45	Turntable screw buckle (OMA-05-01-508)-1	Φ50×17.4	1
C46	Turntable baffle (OMA-05-01-509)-1	82×47×14.6	1
C47	Turntable baffle (OMA-05-01-509)	82×47×14.6	
D17	Hexagon socket head full thread bolts	M5×15	2
C48	Leg press pipe welding parts		1

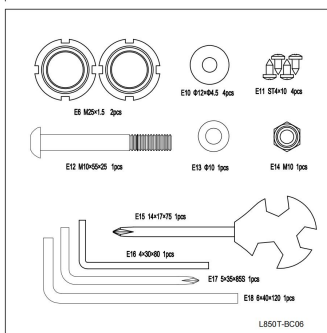
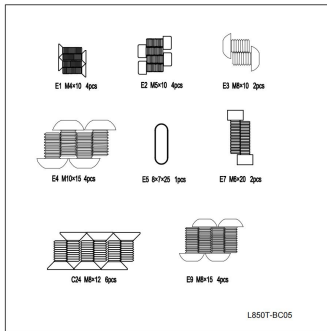
D			
D01	Computer tail socket (three for S-03-11-2)	15A	1
D02	Cross recessed countersunk head tapping screws	ST3×10	2
D03	Self-reset switch	10A	1
D04	Rocker Switch		1
D05	inductance	10A	1
D06	filter		1
D07	Controller	220V	1
D08	Cross recessed large flat head full thread bolts	M4×6	8
D09	Braking resistor	50R	1
A48	Cross recessed large flat head full thread bolts	M5×10	2
D12	Switching Power Supply	24V	1
D13	Cross recessed large flat head full thread bolts	M3×6	4
D14	Terminal Block		1
A06	Cross recessed pan head full thread bolts	M4×10	2
D16	Servo Motor		1
D17	Hexagon socket head full thread bolts	M5×15	8
D18	Lifting motor		1
D19	Hexagon socket large flat head half thread bolt	M10×40×20	1
D21	Flat washers	Φ10	1
D22	Hexagon lock nut	M10	1
	Power cable		1
D23	Wireless charging module	12V	1
D24	Round head cross tail self tapping screws	ST2.5×8mm	4
D25	L85 series display screen (three)	15.6 inch TFT	1
D27	Power cable	L-100mm/red	1
D28	Power cable	L-1100mm/red	1
D29	Power cable	L-1100mm/black	1
D30	Ground	L-150mm	2
D31	Power cable	L-150mm/black	2
D32	Circuit board plug		1
D33	Power cable	L-150mm/red	1
D34	Power cable	L-150mm/red	1
D35	Power cable	L-150mm/black	1
D36	Power cable	L-300mm/red	1
D37	Power cable	L-300mm/black	1
D37	Power cable	L-250mm	1
D38	Communication line	L-2200mm	1
D39	Communication line	L-1200mm	1
D40	Communication line	L-1000mm/M12	1
D41	Colorful RGB Light Strip	L=1750mm	1
D42	Power cable	L=330MM/3A	1

4. Packing List

4.1 Host List

				
Main engine x1	Boom stand x1	Kick stand x1	Grip rack x1	Elbow cushion x1
				
Back cushion frame x1	Screen support frame x1	Screen rotating cover	Power cord x1	Zero weight rack x1
				
15.6 TFT display x1	Screw Pack x2		Manual x1	

4.2 Screw package list

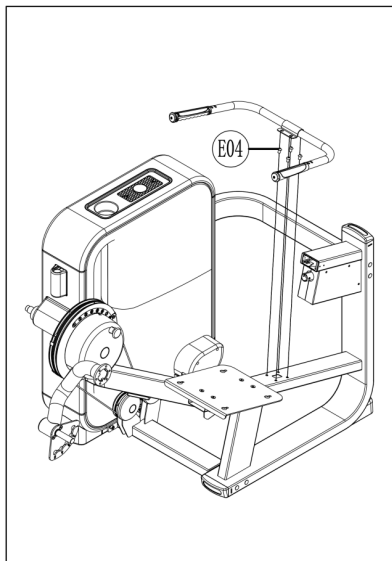


NO.	Part name	Specification	Qty.
E01	Cross recessed countersunk head full thread bolts	M4×10	4
E02	Hexagon socket head full thread bolts	M5×10	4
E03	Hexagon socket large flat head full thread bolt	M8×10	2
E04	Hexagon socket large flat head full thread bolt	M10×15	4
E05	Flat key pin	8×7×25	1
E06	Split lock nut	M25×1.5	2
E07	Hexagon socket head full thread bolts	M6×20	2
C24	Hexagon socket countersunk head full thread bolts	M8×12	6
E09	Hexagon socket large flat head full thread bolt	M8×15	4
E10	Flat washers	Φ12×Φ4.5×t1.0	4
E11	Cross recessed large flat head cut tail self tapping screws	ST4×10	4
E12	Hexagon socket large flat head half thread bolt	M10×55×25	1
E13	Flat washers	Φ10	1
E14	Hexagon lock nut	M10	1
E15	Cross open end wrench	14×17×75	1
E16	L-shaped wrench	4×30×80	1
E17	L-shaped wrench	5×35×85	1
E18	L-shaped wrench	6×40×120	1

5. Installation steps

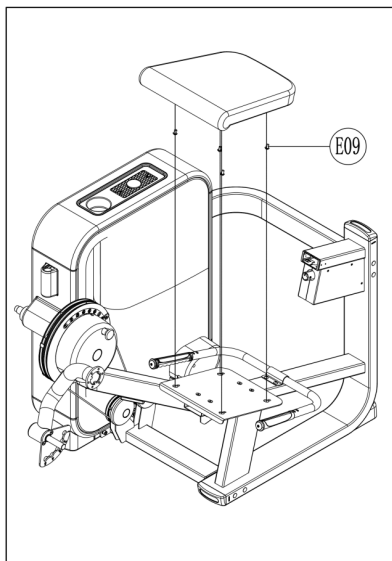
Step 1 :

Take out the grip frame and install it on the side frame, then take out the hexagon socket large flat head full-thread bolt (E04) and wrench tool from the screw bag, align the holes and lock them, and secure them.



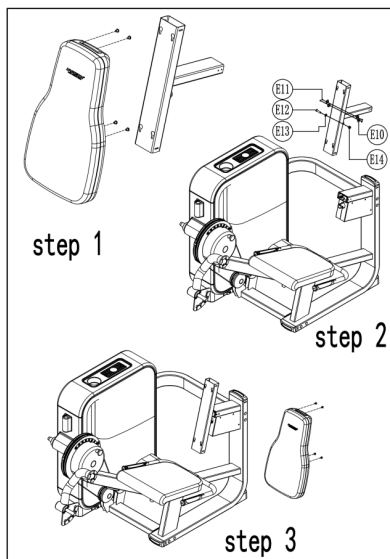
Step 2 :

Take out the seat cushion and install it on the seat plate, then take out the hexagon socket large flat head full-thread bolt (E09) and wrench tool from the screw bag, align the holes and lock them, and secure them.

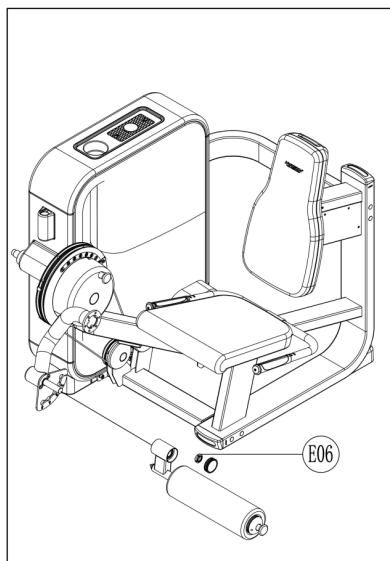


Step 3 :

First, take out the back pad frame, use a wrench to take out the screws in the back pad, and put the support frame aside; second, take out the hexagon socket head full-thread bolts (E10), cross recessed large flat head tapping screws (E11), hexagon socket head half-thread bolts (E12), flat washers (E13), hexagonal locking nuts (E14) and a wrench from the screw bag , align the support frame with the side frame, and lock them; third, install the back pad back on the support frame.

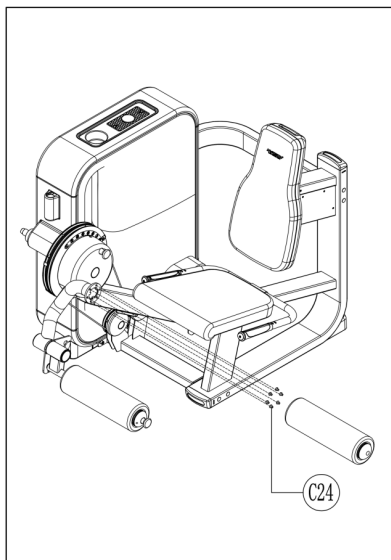
**Step 4 :**

First, take out the hole plug in the boom frame; second, take out the split lock nut from the screw bag, insert the split lock nut (E3) into the shaft sleeve of the boom frame, and then align the boom frame with the pin shaft and insert it; third, put the hole plug back.

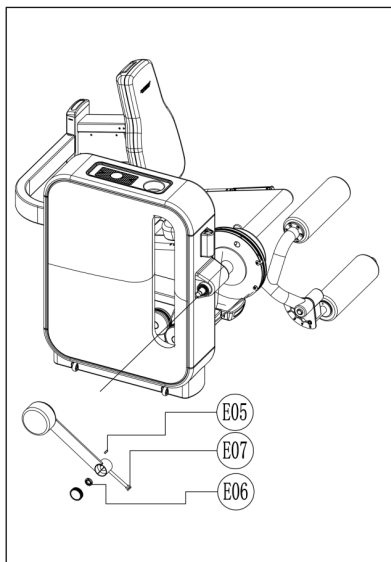


Step 5 :

Take out the kick bracket, then take out the hexagon socket countersunk full-thread bolt (C24) and wrench tool from the screw bag, align the holes and lock them, and secure them.

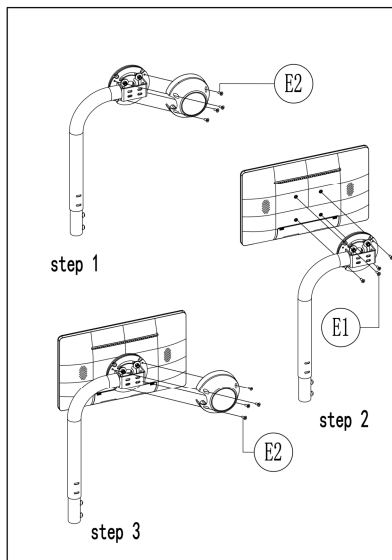
**Step 6 :**

Take out the zero-weight frame, then take out the hexagon socket head full-thread bolt (E07), split lock nut (E06), flat key pin (E05) and wrench tool from the screw bag; install the flat key pin (E05) on the shaft, then insert the split lock nut (E06) into the shaft sleeve and align it with the shaft; align the hexagon socket head full-thread bolt (E07) with the hole of the zero-weight frame and lock it to secure it.

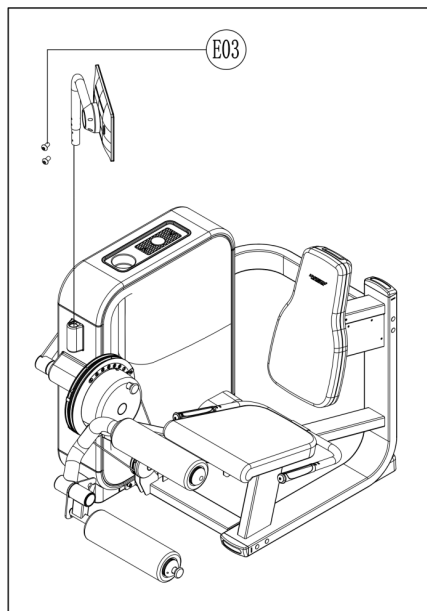


Step 7 :

First, take out the screen bracket, use a wrench to take out the hexagon socket head full-thread bolt (E2), and then take out the screen decorative cover; second, take out the cross-recessed countersunk head full-thread bolt (E1) from the screw bag, align it with the hole on the back of the screen and lock it; third, lock the screen decorative cover.

**Step 8 :**

Take out the installed screen bracket and insert it into the screen rotating cover. Then take out the hexagon socket large flat head full-thread bolt (E03) from the screw bag, align it with the hole and lock it to secure it.



6. Exercise Recommendations and Guidelines

warm up

5-10 minutes of warm-up exercises are required before each operation

breathe

Do not hold your breath during the operation. Usually, when preparing to restore the action, inhale through your nose and exhale forcefully through your mouth. Breathing and movement should be coordinated. If breathing is too rapid, stop the exercise immediately.

frequency

The same muscle training should be rested for 48 hours, that is, the same part can be trained every other day.

load

Determine the amount of training according to your physical condition, and then practice according to the principle of gradual load. Muscle soreness is normal during the initial training, and the soreness will disappear as long as you continue to practice.

Relax

After each exercise, you should do 5 minutes of recovery movements, especially stretching and relaxing the foot muscles, to prevent the muscles from coagulating for a long time and maintain muscle elasticity.

Diet

To protect the digestive system, you should exercise one hour after a meal and wait at least half an hour before eating after exercise. Drink less water during exercise, especially avoid drinking large amounts of water, so as not to increase the burden on the heart and kidneys.

Stretching exercises

No matter how fast you walk, it's a good idea to stretch first. Warm muscles stretch more easily, so walk for 5 to 10 minutes to warm up. Then stop and stretch as follows - do it 5 times, 10 seconds or more per leg; do it again after the exercise.

1. Stretch Down

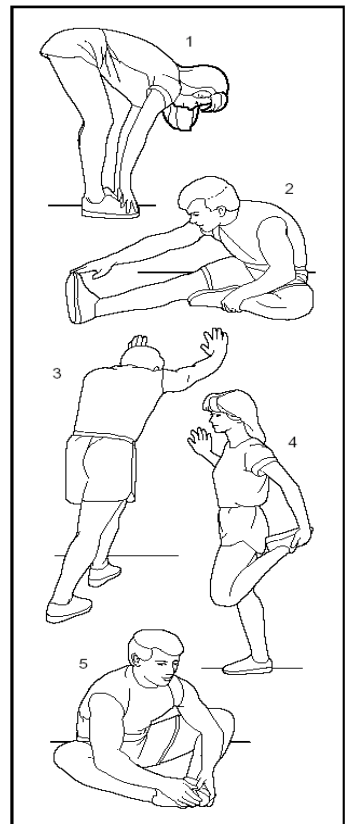
Bend your knees slightly, bend your body forward slowly, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring stretch

Sit on a clean cushion and stretch one leg. Bring the other leg inwards so that it is close to the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf and Achilles tendon stretch

Stand with your hands on a wall or tree, one foot behind you. Keep your



back leg straight and your heel on the ground, leaning toward the wall or tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps stretch

Use your left hand to hold the wall or table for balance, then reach your right hand back, grab your right ankle and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Sartorius muscle (inner thigh muscle) stretch

Sit down with your feet facing each other and your knees facing outward. Grasp your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).