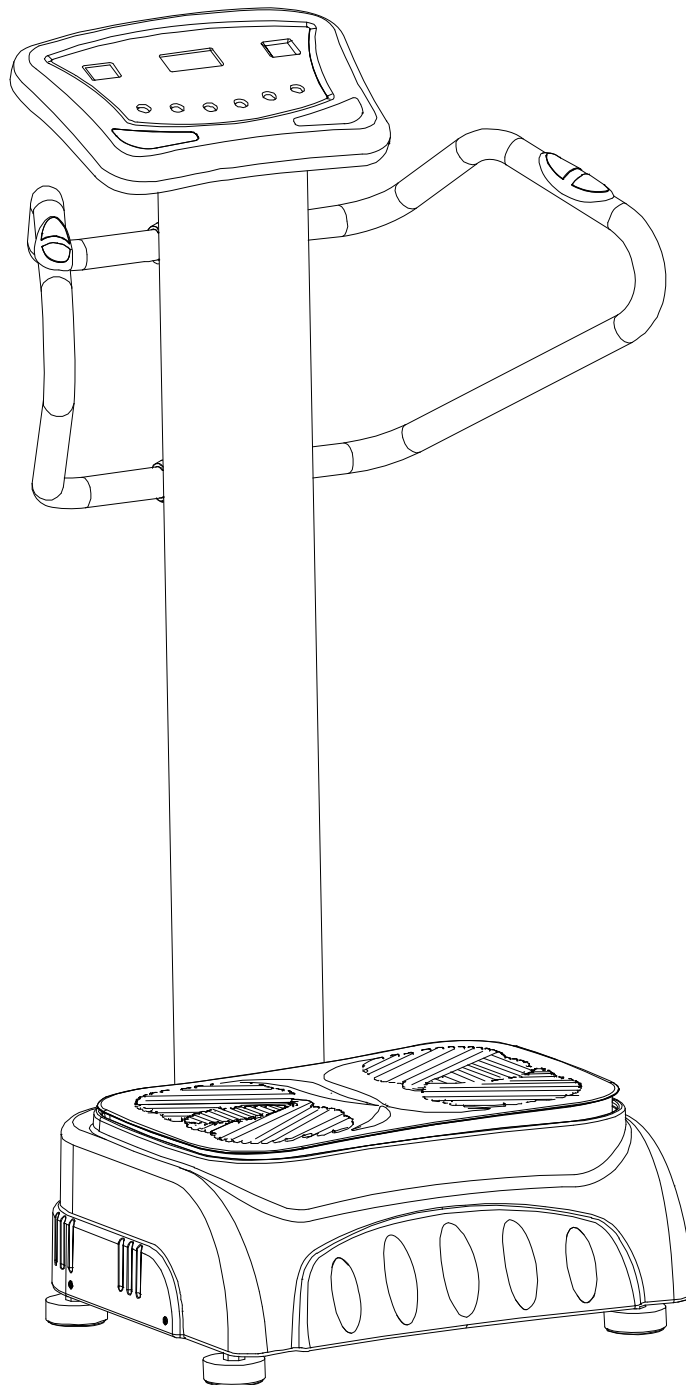


PP-8600

Energy Board

Luxury series

USER'S MANUAL



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the ENERGY BOARD.

1. It is the responsibility of the owner to ensure that all users of this ENERGY BOARD are adequately informed of all warnings and precautions.
2. Use the ENERGY BOARD only as described in this manual.
3. Place the ENERGY BOARD on a level surface, with at least eight feet of clearance behind it. Do not place the ENERGY BOARD on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the ENERGY BOARD.
4. Keep the ENERGY BOARD indoors, away from moisture and dust. Do not put the ENERGY BOARD in a garage or covered patio, or near water.
5. Do not operate the ENERGY BOARD where Aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the ENERGY BOARD at all times.
7. The ENERGY BOARD should not be used by persons weighing more than 300 pounds.
8. Never allow more than one person on the ENERGY BOARD at a time.
9. When connecting the power cord , plug the power cord into a surge suppressor (not included). Do not use an extension cord.
10. Keep the power cord and the surge suppressor away from heated surfaces.
11. Never leave the ENERGY BOARD unattended while it is running. Always remove unplug the power cord when the ENERGY BOARD is not in use.
12. Do not attempt to raise, lower, or move the ENERGY BOARD until it is properly assembled.
13. Inspect and tighten all parts of the ENERGY BOARD regularly. Wrong usage could influence the stability of the ENERGY BOARD. For Example, the post is made to support you during an exercise to keep you in balance. One should NOT PUSH the post for stretching or use the post to create more tension.
14. Inspect and tighten all parts of the ENERGY BOARD regularly.
15. Never insert or drop any object into any opening.
16. **DANGER:** Always unplug the power cord immediately after use, before cleaning the ENERGY BOARD, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
17. This ENERGY BOARD is intended for in-home use only. Do not use this ENERGY BOARD in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using.

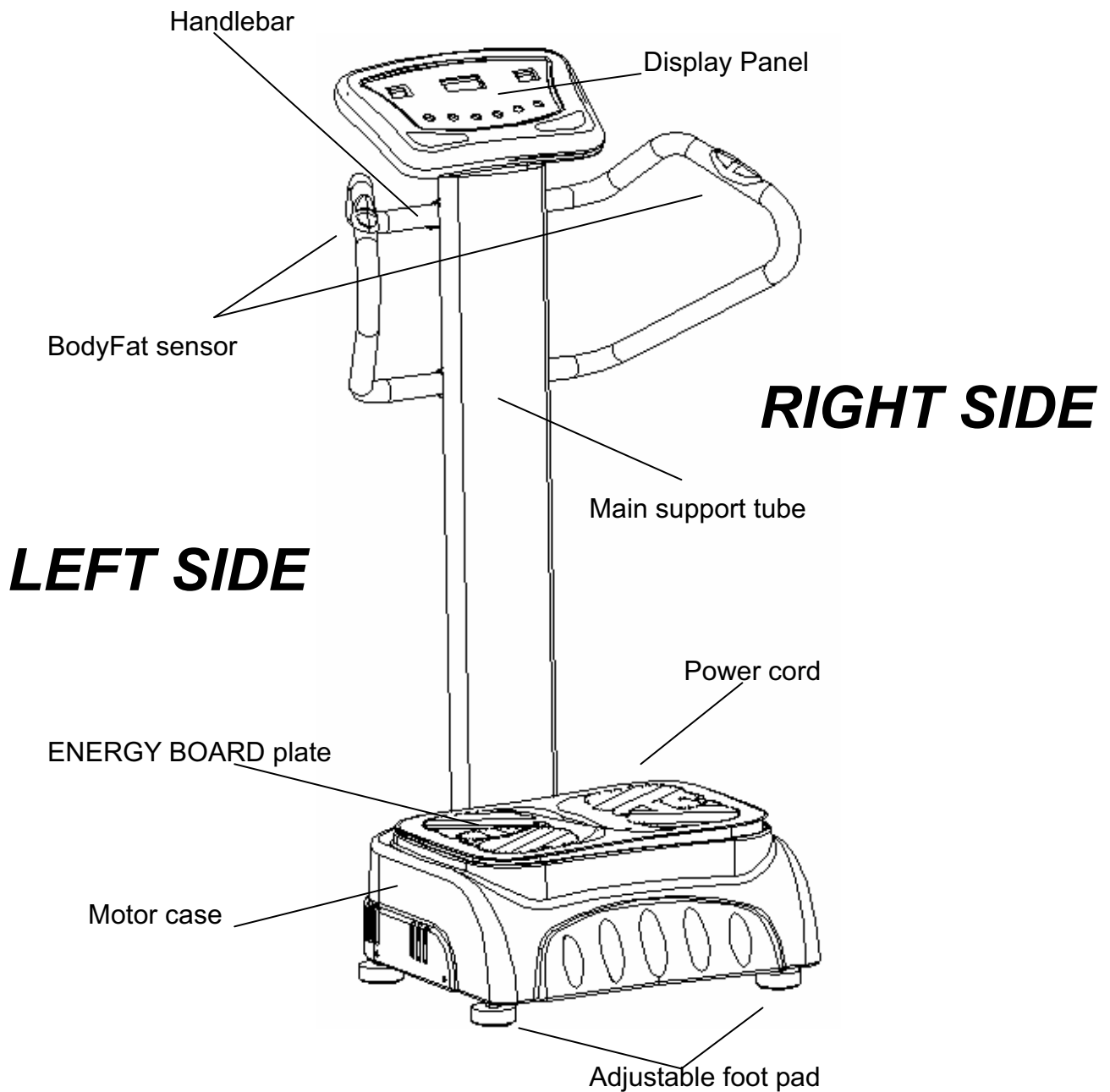
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

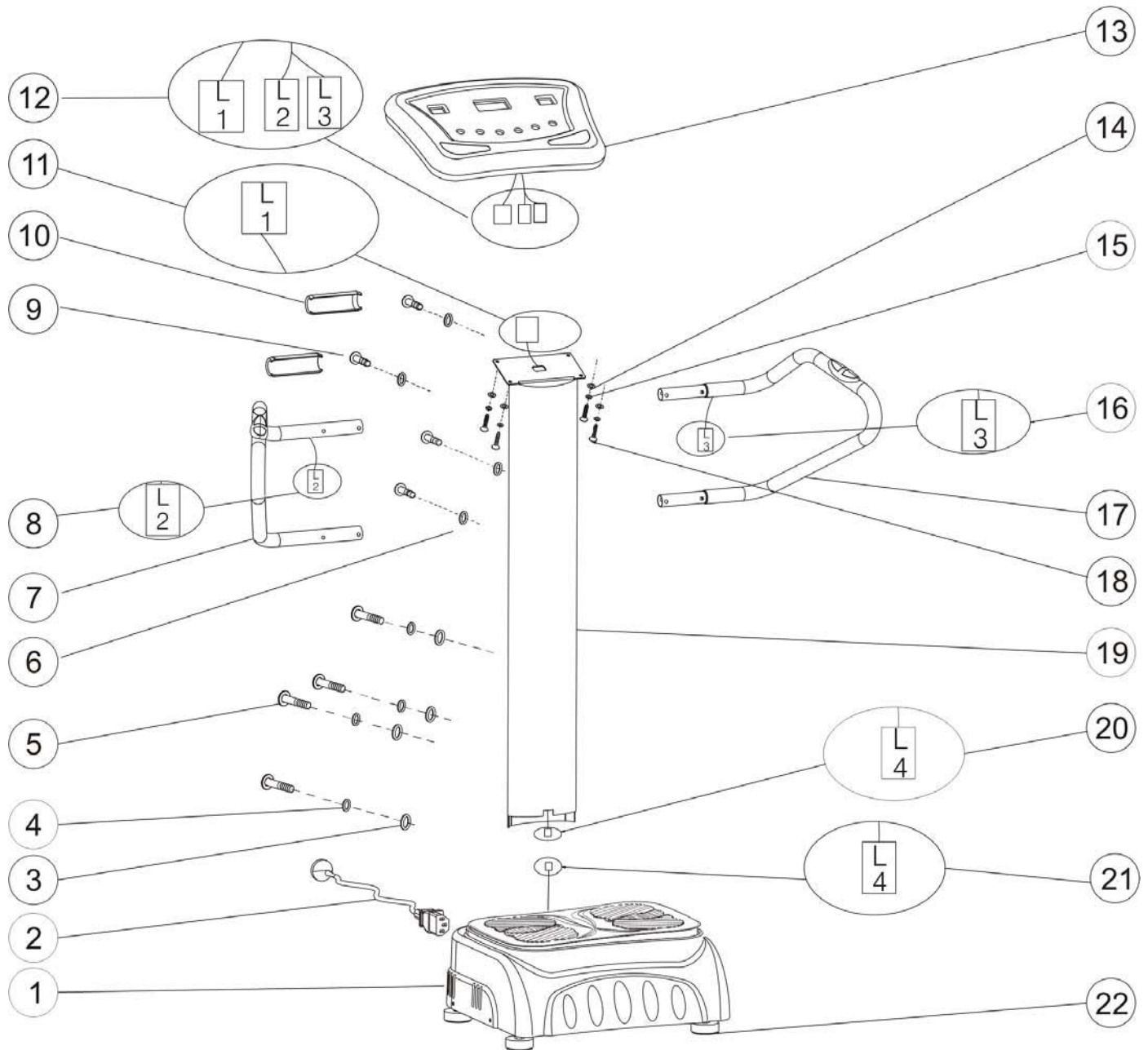
Thank you for selecting the revolutionary **PP-8600 ENERGY BOARD**. The **PP-8600** offers an impressive array of features to make your home workouts more enjoyable and effective.

For your benefit, read this manual carefully before using the ENERGY BOARD. If you have additional questions, please call our Customer Service Department To

help us assist you, please note the product model number and serial number before calling. The model number of the **ENERGY BOARD** is **PP-8600**. The serial number can be found on a decal attached to the ENERGY BOARD. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



EXPLODED DRAWING Model No. PP-8600



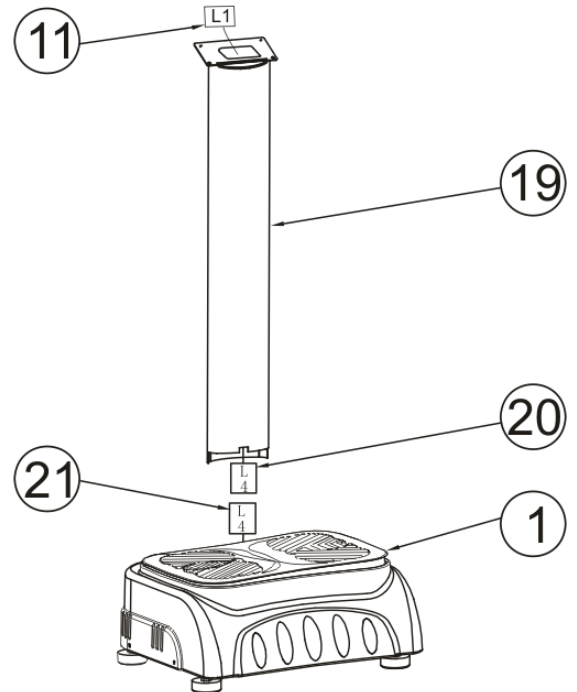
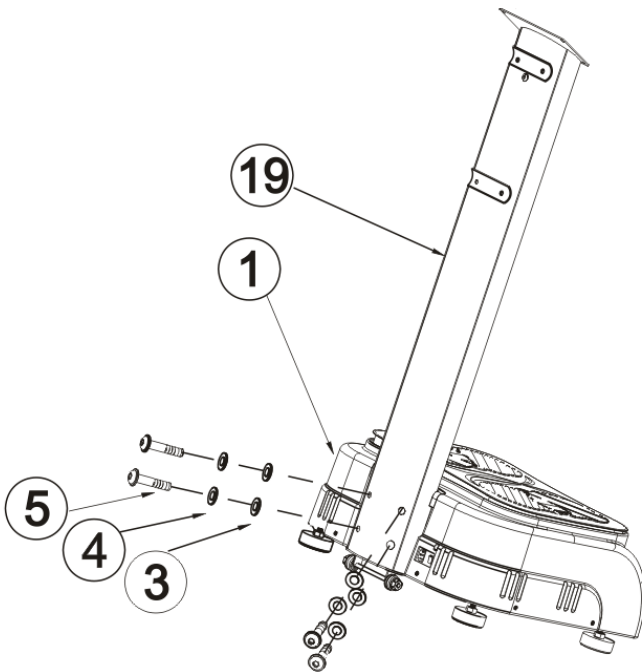
ITEM	PARTS	Qty	ITEM	PARTS	Qty
(1)	Vibrator	1	(13)	Display Meter	1
(2)	Power Plug (L=2M)	1	(14)	Washer $\Phi 12 \times 5 \times 1.0T$	4
(3)	Washer $\Phi 17 \times \Phi 8.0 \times 1.5T$	4	(15)	Spring Washer $\Phi 9 \times 5 \times 1.5T$	4
(4)	Spring Washer $\Phi 14 \times \Phi 8.0 \times 3.0T$	4	(16)	Pulse Detector: L3	1
(5)	Bolt: M8*15	4	(17)	Right Handle	1
(6)	Washer $\Phi 17 \times \Phi 8 \times 1.5T(R30)$	4	(18)	Philips Screws: M5*15	4
(7)	Left Handle	1	(19)	Main Tube	1
(8)	Pulse Detector: L2	1	(20)	Bottom Tube Connector: L4	1
(9)	Bolt: M8*50	4	(21)	Vibrator Connector: L4	1
(10)	Handle Cover	2	(22)	Foot	4
(11)	Connectors from Main Tube :L1	1	(23)	Plug for wiring hole $\Phi 13 \times 12$	1
(12)	Display Connectors: L1/L2/L3	1			

ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench**

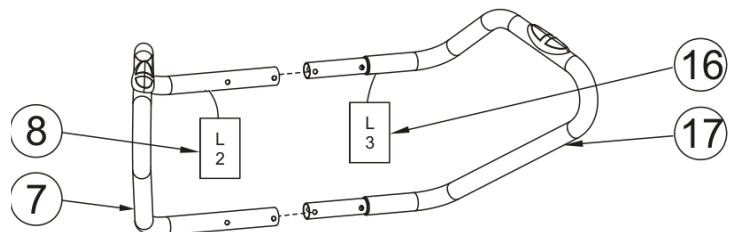
Unpacking your **ENERGY BOARD** where will be using it. Being careful Not to damage . Place your **ENERGY BOARD** on a level flat surface. It is recommended that you place a protective covering on your floor.

STEP 1 . Mount the stand tube onto the main unit, connect the down- lead from the both parts.
See Figure 1 .

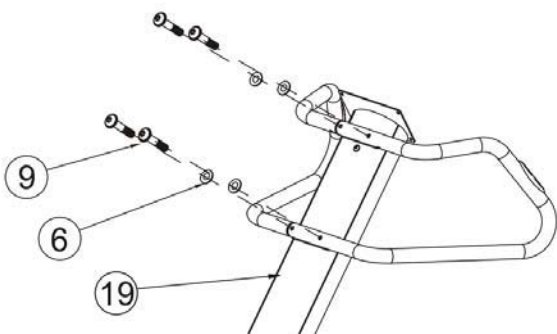


STEP 2 Attach the main tube to the vibrator with bolts and washers provide.

STEP 3: Insert the parts of handle bar together, Positioning by the 4 holes.

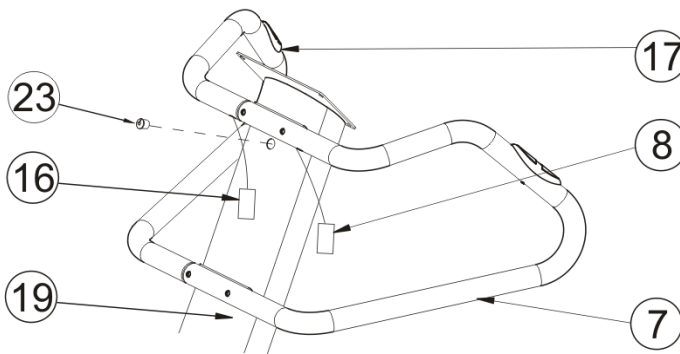
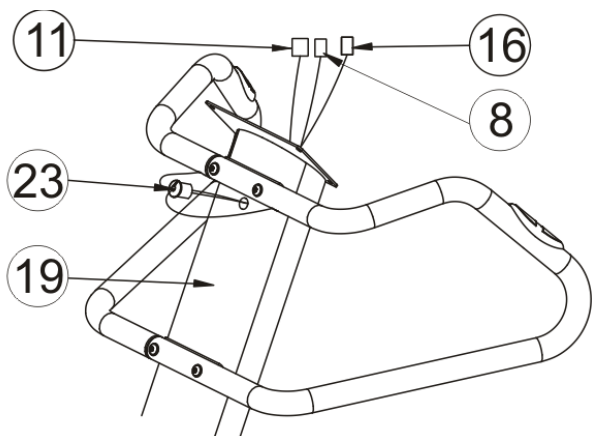


STEP 4: Put washers and bolts into their correspondent holes and then fix them with a spanner or wrench.



STEP 5:

Screw the handle bar to the stand tube tightly,
Pull out the endcap (23) for the wiring hole
on the rear of the stand tube (19)

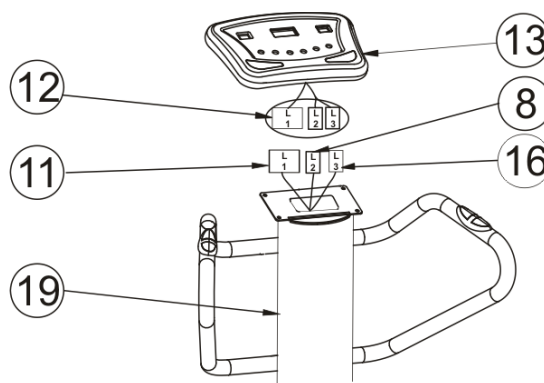
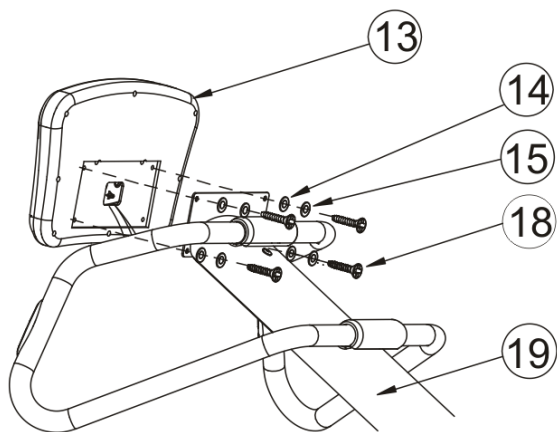


STEP 6

Fix the hand-pulse wire (8) · (16) to the endcap for wiring
hole, make it enter through the wiring hole on the rear of st-
and tube, make the terminals of the wire be out of the stand
tube then mount the endcap to the corresponding holes on
the stand tube.

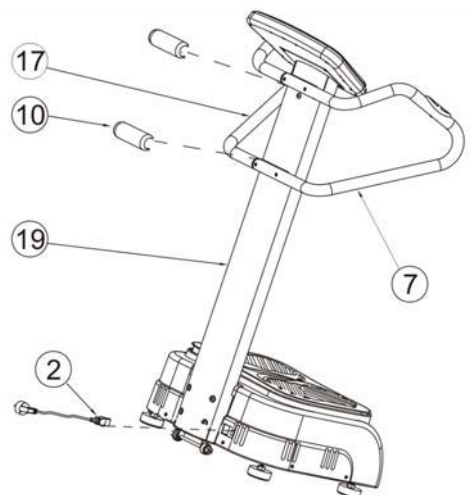
STEP 7:

Connect the down-leads of the computer to that of stand
tube and the hand-pulse down-lead of the handle bar.



STEP 8:

Mount the computer (13) onto the stand tube and screw
hem together with flat washer(14),
spring washer(15) and bolt(18).



STEP 9:

Mount the ornament cover to the back of the handle tube,
Insert the power cord to the plug on the rear of the main
unit, then you can enjoy the ENERGY BOARD.

Make sure that all parts are tightened before you use the Energy Board.

To protect the floor or carpet from damage, place a mat under the Energy
Board.

Training hints

With buying this training item you have done the first step for healthy fitness. With the help of this item you can exercise your muscles at home every time you feel like.

Further is the exercise good for your health as the training is also good for your endurance.

Goal of training:

Building of muscles

General fitness

Endurance

Better feeling

The training success is mainly depending on the following points.

Continuous training

Good nourishment

Control of training progress

Who can exercise?

Generally every healthy person, young or old, can start to exercise.

Capacity:

The body, especially the heart and the circulation, need time to adapt to the new circumstances.

Because of this reason it is really important to start really slowly with the training and to make breaks between and after the training. Only exercise on a training level where you don't reach your limit.

Start to exercise in a tempo that you feel comfortable with. After continuous training you can extend your training or adjust the item to a higher level.

Important:

Start your exercise slowly and increase intensity of exercises gradually. You have a lot of time as you do your exercise at home. You have to do some warm-up without item before training.

Start and end your training with a little expenditure or energy. After training you should also do some stretching.

Tips for a successful and healthy training:

- Always remember that the training with your item can be really helpful for your health if you follow the important rules. It is not helpful to do some exercises in a short time, but in long-term and continuously.
 - Please wear comfortable clothes, we propose to wear sporting cloth.
 - Never exercise with a full stomach. Do not have a meal about one hour before and after the training.
 - Do not exercise if you are already tired or feel exhausted.
 - Always remember that your body needs enough liquid if you exercise.
- You should follow this necessity.

Training:

Warming up should generally be done with every sportive activity. All physical and psychically components will be stimulated and increased; further the risk or injury will be decreased. With the following exercises you will warm up the muscle groups, this succeed the best by moving.

Run for about 5-10 minutes calmly on one place or through the room. You can jump in between a couple of times.

Stretching:

Following exercises are light but appropriate movements, which will wake up your body, stimulate your circulation and make your ankles more flexible.

Please do these warming up exercises more than once before starting your training.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

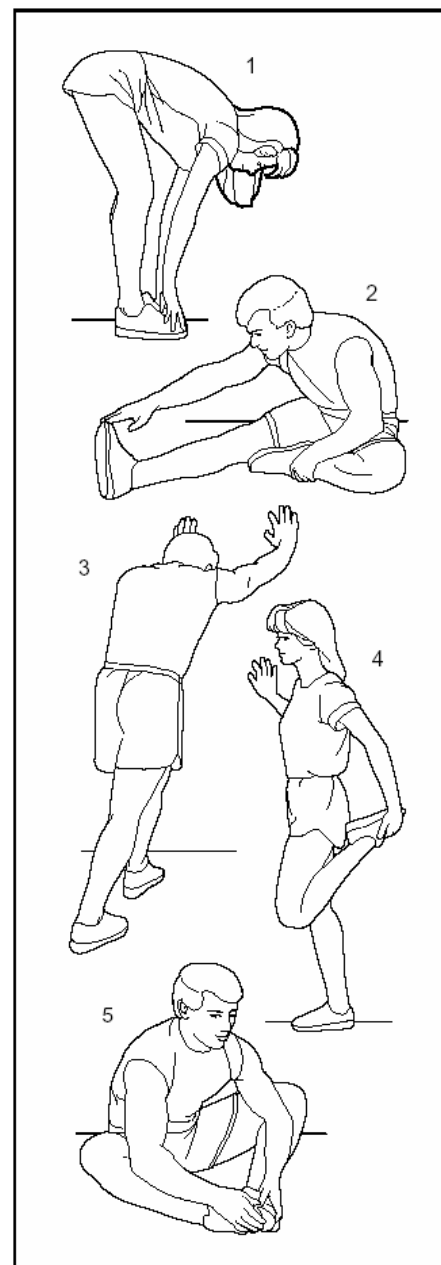
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

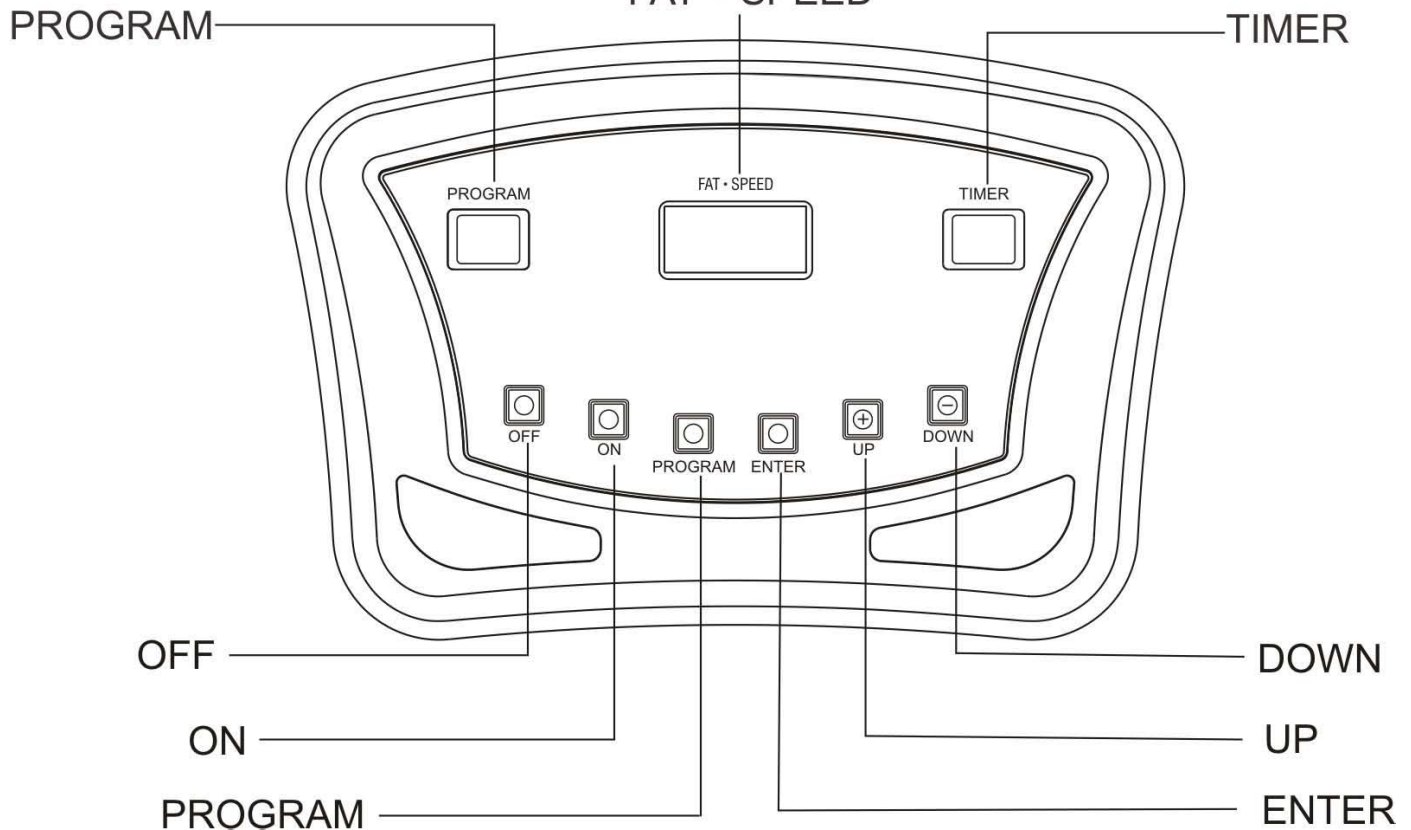
5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



Display Meter – Function Introduction:

FAT • SPEED



Take care that nobody can stumble over any cables.

Keep the “Energy Board” at place which children can not reach.

Turning on:

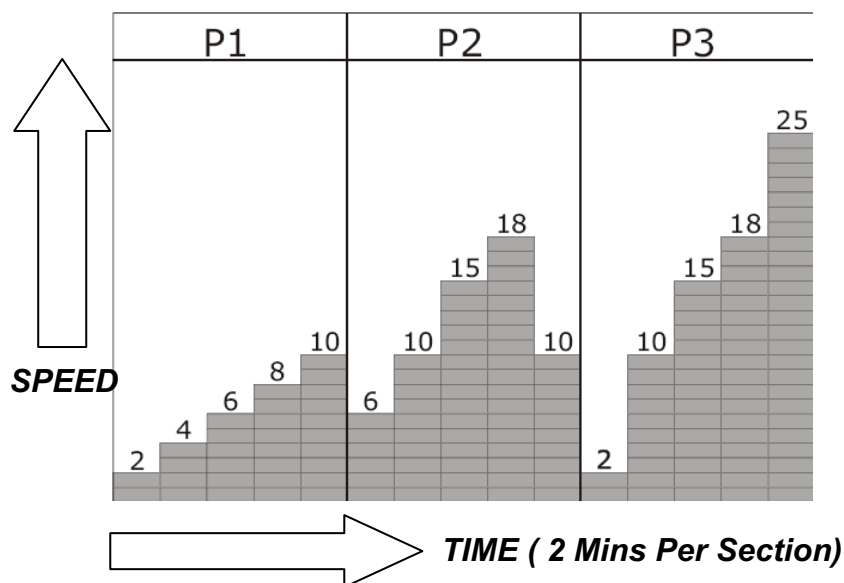
1. Connect the electricity supply into the outlet with 230V.
2. Turn the Power Button(ON) .LED lighted.
3. Now you have different possibilities to adjust item.

Display Meter Operation :

1. **OFF** – Press this button to stop it.
2. **ON** – Press this button to start working.
3. Set up your work-out time: Before you start, you can press **ENTER** to set up your preferred workout time. When you see “00” flashing on the display **TIMER**, you can press **+(UP)** to increase or **-(DOWN)** to set up the timer, from 1 to 10 minutes. Default workout period is 10 minutes.
4. Set up speed range: After you start working on it, you can adjust the speed range by pressing **+(UP)** to increase or **-(DOWN)** to select a right speed range to fit your needs. Speed range: 0~30.

5. Set up programs:

Before you start workout, you can choose one of the built-in programs by pressing the button **PROGRAM**: You can see programs in sequences .“ **88-P1-P2-P3-FA**”.



- “**88**” is a manual mode. After pressing **ON**, you can choose different speed ranges by pressing **+** (**UP**) or **-** (**DOWN**). “
- P1~P3**” are built-in automatic programs. You can choose P1~P3 and simply press the button **ON** to enjoy a 10-minute workout.
- “**FA**” program allows you to check body fat. Select “**FA**” program→ Press button **ON**→ input your gender (use buttons +/- to select a right entry, 1 for male, 2 for female)→ Press **ENTER**→ input your age→ Press **ENTER**→ input your height→ Press **ENTER**→ input your weight→ Press **ENTER**→ You see “- - -” on the main display→ Put both hands on the handle bars and the display will show your BMI (Body Mass Index) figure in about 5 seconds.

The figure is just for your reference, not for medical check-ups.

See the display results:

Gender	Results Displayed on FAT/PULSE/SPEED		
Female	17 and less	17-27	More than 27
Male	14 and less	14-23	More than 23
Meanings	You are slim	Perfect Figure	Need more workout

Operation Manual



2. Stand on the plate, hold the handlebar and bend your knees.

Mainly train the part of back, hips and legs.



1. Put one foot on the plate, another on ground and hold on the handlebar.

Mainly train the part of waists, stomach muscles and legs.



3. Stand on one side and balance body on your toes. Knee only slightly bended.

Stomach muscles flexed.



4. Stand at Ease and put one hand on the handlebar.

This will train your back, arm and whole body muscles.



5. Put your hands on the plate and squat next to the machine.

Mainly train the part of legs muscles, hands and shoulder.



6. Sit on the plate, fold your legs and hands hold on the handlebar.

Mainly train the part of legs muscles, shoulder, waists muscles and stomach.



7. L Shape

Sit on one side of the plate and balance your body with your hands hold on the handlebar.

This will train your arm, hip and thigh muscles.



8. Massage your legs

Put your legs on the plate and your hands on the ground to support your body.

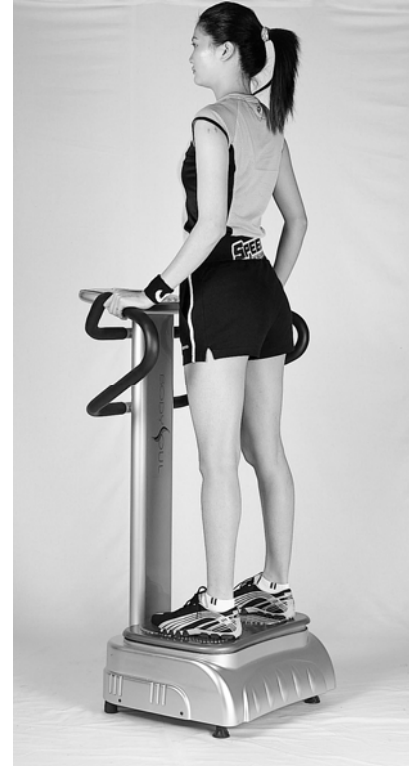
12 This will train your leg, arm and stomach muscles.



9. Sit on Chair

Sit on a chair with your feet on the plate.

This will train your leg and stomach muscles.



10. Stand on

Simply stand on the plate with your hands on the handle bars.

This will train your whole body muscles.