

PP-9000

Energy Board

Luxury series

Crazy Create Nature & Perfect Body
Fit Massage

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

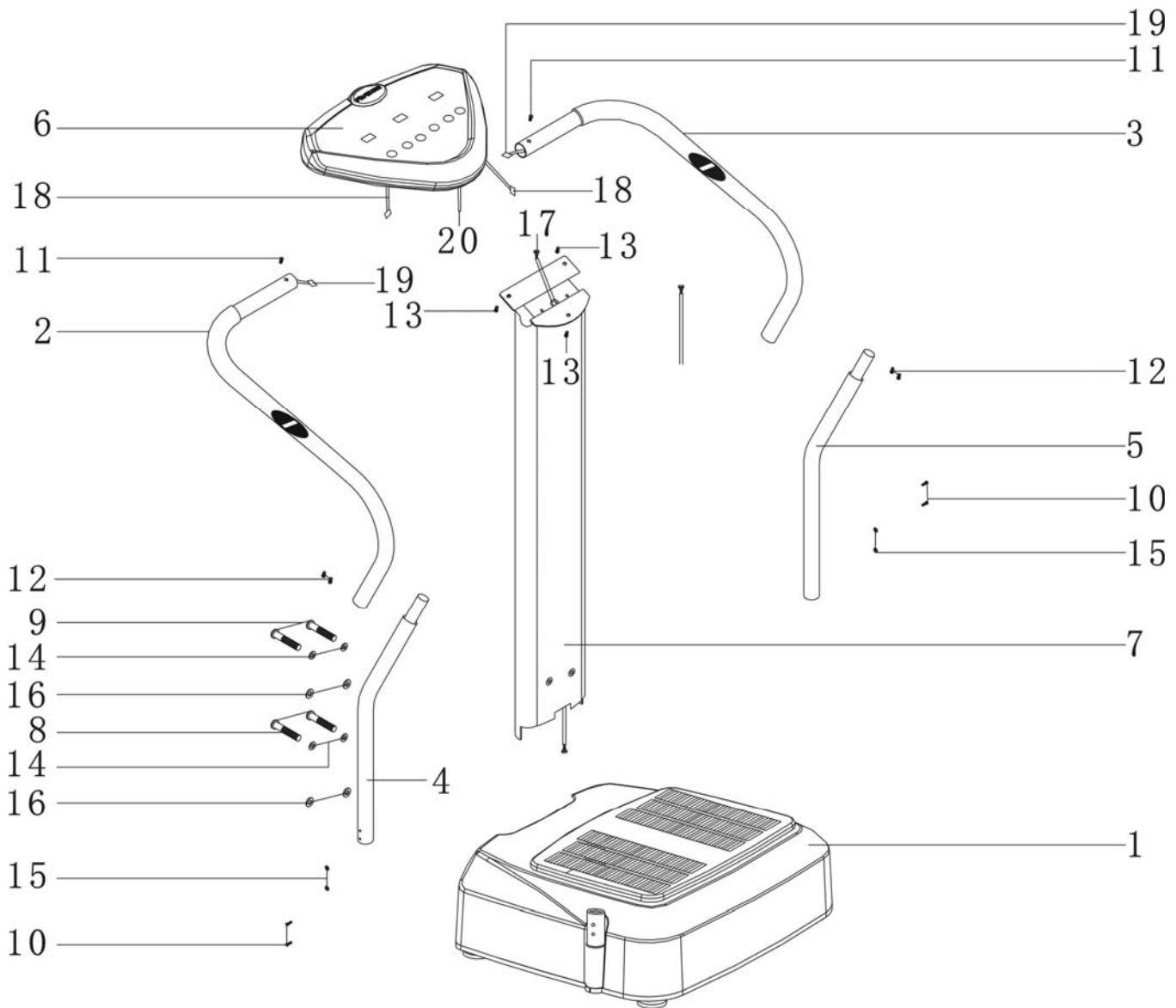
Thank you for selecting the revolutionary **PP-9000 ENERGY BOARD**. The **PP-9000** offers an impressive array of features to make your home workouts more enjoyable and effective.

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-9000**. 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-9000



PP-9000 PARTS LIST

PART NO.	Description	Qty	PART NO.	Description	Qty
1	Lower part Frame	1	11	M8x40mm long socket button head bolt	2
2	Left Handlebar	1	12	M5 x 10mm Screw	4
3	Right Handlebar	1	13	M6 x 10mm Washer Screw	3
4	Left Handlebar support tube	1	14	M8 Spring Washer	4
5	Right Handlebar support tube	1	15	M5 Spring Washer	4
6	Panel case	1	16	M8 Washer	4
7	Main support tube	2	17	Lower Cable Connectors	1
8	M8x15mm long socket button head bolt	2	18	Body Fat sensor line A	1
9	M8x65mm long socket button head bolt	2	19	Body Fat sensor line B	1
10	M5 x 10mm Screw	4	20	Upper Cable Connectors	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 Place **Lower part frame(01)** on a level flat surface.
Attach the **Left and Right handlebar support tube (04,05)** to **Lower part frame** .
Secure it with 4 pcs M5 x 10 Screw(10) and M5 Spring Washer(15) using Cross driver.

STEP 2 Attach the **Main support tube(7)** to Motor case.
Pull out the cable of the Motor case ,
Connect the cable connectors.
Secure the **Main support tube** with 2 pcs M8x15mm long socket button head bolt(8),
And 2 pcs M8x65mm long socket button head bolt(9), 4 pcs M8 spring washer(14),
4 Pcs M8 Washer(16)using Allen Wrench.

STEP 3 Attach the **Left Handlebar(2)** to Left support tube(4)
Secure the Left Handlebar with 2 pcs M5x10mm Screw(12) using Cross driver.

STEP 4 Attach the **Right Handlebar(3)** to Right support tube(5)
Secure the Right Handlebar with 2 pcs M5x10mm Screw(12) using Cross driver.

STEP 5 Secure the Left Handlebar and Right Handlebar
with 2 pcs M8x40mm long socket button head bolt(11) to Main support tube using Allen Wrench.

STEP 6 Connect the cable connectors (17) and (20).
Connect the Body Fat sensor line A and B (18,19)
Secure the **Panel case (6)** to Main support tube with 3 pcs M6x10mm Washer Screw using Cross driver.

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.

Trainings 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 warmup –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 cloth, 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

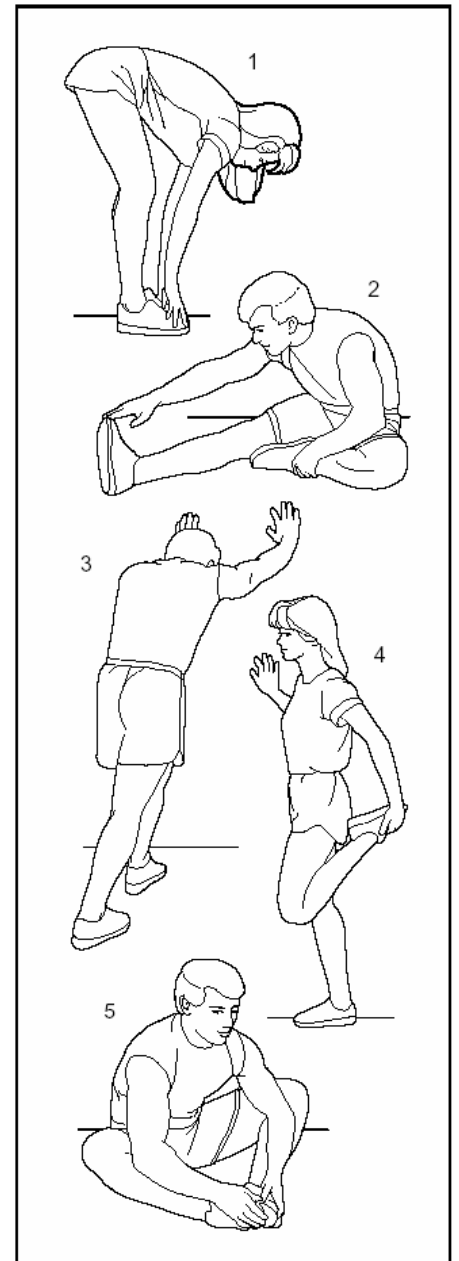
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

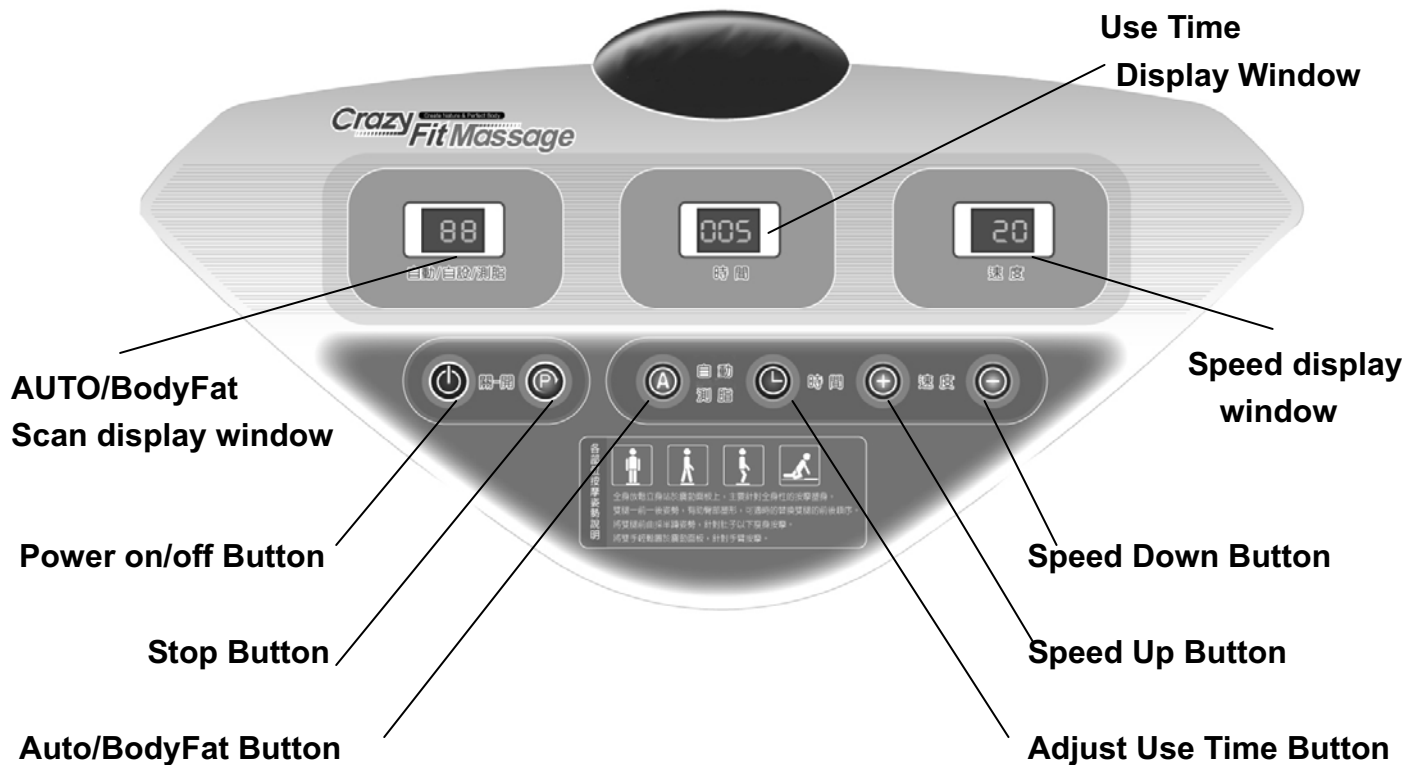
4. Quadriceps Stretch

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.





Take care that nobody can stumble over any cables.

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

Turning on:

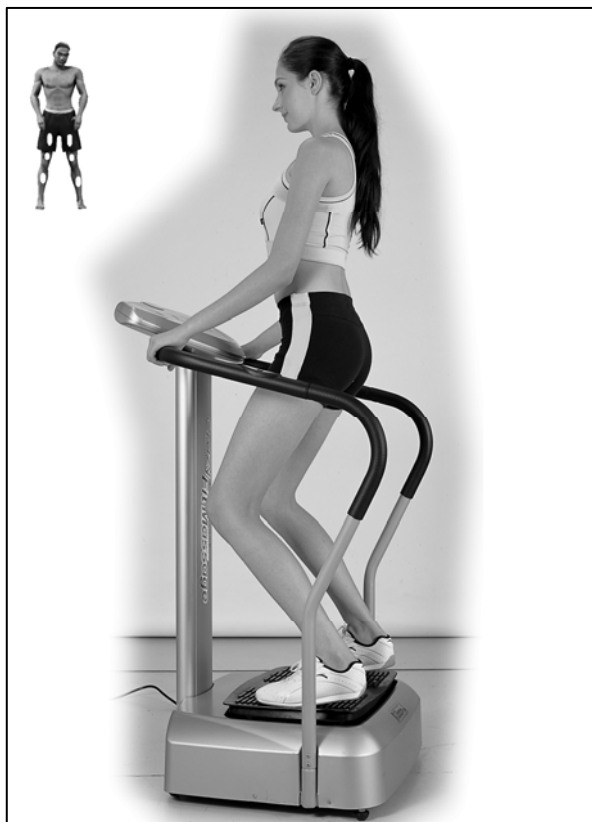
1. Connect the electricity supply into the outlet with 230V.
2. Turn the Power Button(ON) .LED lighted.
3. Now you have different possibilities to adjust item.

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the vibrate of the exercise can be changed with a touch of a button. As you exercise, the console will provide continuous

exercise feedback. You can even measure your body fat rate using the handgrip Bodyfat sensor. The console also offers 20 vibrate speed and 3 programs. Each program automatically changes the speed of the exercise cycle and prompts you to increase or decrease your pace as it guides you through an effective workout.

Operation Manual



1. Feet on the plate, hands hold the handlebar and being the state of knee-bend.

Mainly train the part of back, hips and legs.



2. Stay with one foot on the plate and another on ground; hands hold on the handlebar,

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



3. Feet in the one side, balance on your toes.
Knee only slightly bended.
Stomach muscles flexed.



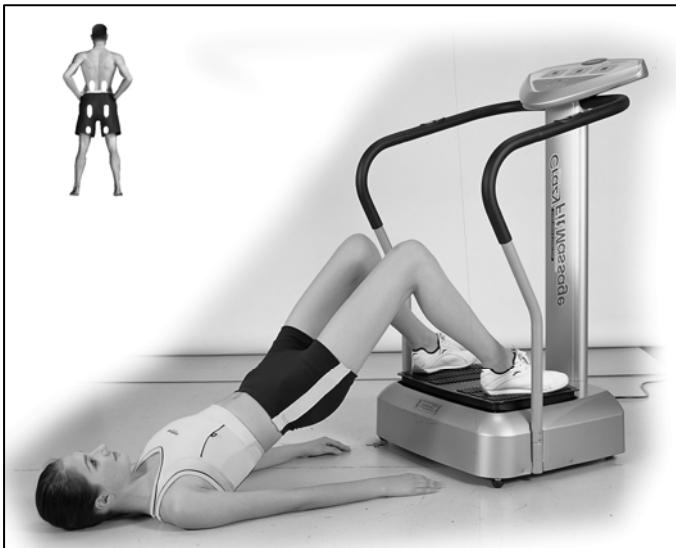
4. Stay with one foot on the plate and another on ground; hands put on waists.

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



5. Stay one hand on the plate and squat next to the item.
 Mainly train the part of legs muscles, hands and shoulder.

6. Sit on the plate, fold your legs, hands hold on the handlebar.
 Mainly train the part of legs muscles, shoulder, waists muscles and stomach.



7. Feet on the plate, body lay on ground, hands put on ground.
 Mainly train the part of thigh and hips muscles.

8. Feet on the plate, hands put on ground, body be the state of lying prone and keep balance.
 Mainly train the part of shoulder, chest, arms and upper body muscles



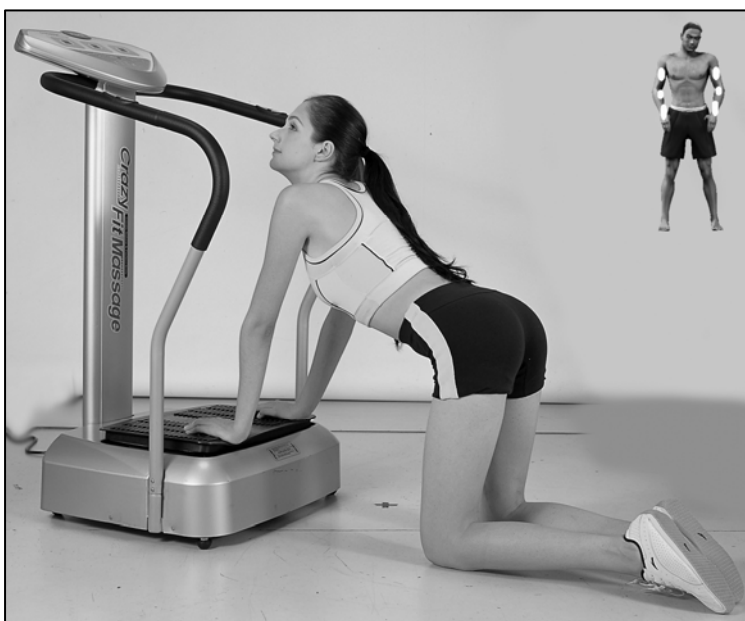
9. Sit on the plate, hands hold on the handlebar, keep legs straight.

Mainly train the part of legs muscles and waists.



10. Body lay prone on the plate, put legs on the main support tube, hands put on ground.

Mainly train the part of thigh, chest, hips and all body muscles.



11. Squat down on the ground, hands put on the plate, body be the state of lying prone.

Mainly train the part of legs muscles, shoulder, arms and upper body muscles.



12. Stay with one foot on the plate and another keeps straight, lay down your back on ground, hands put on the ground and keep straight.

Mainly train the part of legs, thigh and hips muscles.