

Panasonic

Reitsimulator - Trainings- und Therapiegerät **Household Horse Riding Fitness Equipment** Paardrijbewegingssimulator – Training- en therapiemachine Apparecchiatura fitness equitazione domestica Treningsutstyr for hesteridning til hjemmebruk Utrustning för ridning i hemmet Ridemotionsmaskine til hjemmebrug

> Betriebsanleitung **Operating Instructions** Gebruiksaanwijzing Istruzioni per l'uso Brukerhåndbok **Bruksanvisning** Brugsvejledning

> > Model No. EU6441



Lesen Sie diese Bedienungsanleitung vor der Inbetriebnahme des Reitsimulators vollständig durch. Before operating this unit, please read these instructions completely. Lees deze gebruiksaanwijzing volledig door voordat u dit toestel gebruikt. Prima di utilizzare l'unità, leggere tutte le seguenti istruzioni.

Vennligst les hele håndboken før du bruker denne enheten.

Läs hela bruksanvisningen noga innan du använder enheten.

Læs denne vejledning omhyggeligt inden brug af enheden.



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SAFETY PRECAUTIONS

To ensure proper operation of this unit, please carefully read all the safety precautions before use.

These safety precautions are provided to instruct you with the correct and safe operation of this unit so that you can avoid injuries to yourself and others as well as damage to property. The safety precautions are defined as follows.

ALWAYS FOLLOW THESE IMPORTANT SAFETY PRECAUTIONS!



WARNING:

This message indicates potentially hazardous actions and situations, which, if not avoided, could result in death or serious injury.



CAUTION:

This message indicates potentially hazardous actions and situations, which, if not avoided, could result in personal injury or damage to property.

Safety Precaution Symbols



A circle and slash symbolizes prohibited actions and behaviors.



A solid circle denotes mandatory actions and instructions to be followed for safe operation.

After reading these safety precautions, store the manual where it is accessible to the user(s).











- Persons who are undergoing medical treatment as well as the following persons should consult a physician before
 use.
 - (1) Persons currently with lumbago, persons who have injured their legs, lower back, or neck in the past, persons who have numbness in their legs, lower back, neck, or hands (persons with a condition, such as herniated disc, spondylolisthesis, herniated cervical vertebra, etc.)
 - (2) Persons having osteoarthritis, rheumatism, or gout
 - (3) Persons having a bone condition, such as osteoporosis
 - (4) Persons having a circulatory disorder (heart disease, angiopathy, hypertension, etc.)
 - (5) Persons having a respiratory organ disorder
 - (6) Persons using a body implanted medical electronic device
 - (7) Persons having malignant tumors
 - (8) Persons having symptoms of a circulatory disorder (thrombosis, serious aneurysm, chronic varicosis, etc.), dermatitis, or infectious skin diseases.
 - (9) Persons having a sensory disorder due to an advanced peripheral circulatory disorder, such as that resulting from diabetes.
 - (10) Persons having skin injuries.
 - (11) Persons having a fever (38°C or higher) due to disease.
 - (12) Persons having an abnormal or crooked backbone.
 - (13) Persons who are pregnant or thought to be pregnant or who are menstruating
- (14) Persons who feel physical discomfort and require rest
- (15) Persons wishing to use the unit for rehabilitation purposes
- (16) Persons other than the above who do not feel physically normal
- Failure to consult a physician may result in accidents or health impairment.
- Immediately stop using the unit and consult a physician if you experience pain in your lower back, numbness in your legs, dizziness, palpitations, or unusual pain, discomfort, or sensations.
- To prevent falling when mounting or dismounting, be careful not to let your foot get caught in the stirrup.
- Failure to exercise care may result in health impairment or personal injury.
- This unit should not be used by children. Keep children away from the unit.
- Failure to do so may result in personal injury.
- Guardians should insure that children do not play on the equipment.
- Failure to do so may result in personal injury.
- Install the unit on a level surface where there is sufficient room for exercise movements.
 - Failure to do so may result in personal injury from the unit falling over.
- During use, when taking out or putting away the unit, or when sliding the unit, check to be sure there are no person or pets in the periphery (front, back, or underneath) of the unit.
- Before use, be sure to check that the fabric on the unit is not torn. Furthermore, check to be sure there are no tears in the fabric on the other parts. (Even if a small tear is found, immediately stop using the unit, pull out the power plug, and send in the unit for service.)
 - Use of the unit with a tear in the fabric may result in personal injury or electric shock.

O_{Prohibited!}

- Do not use the unit if the cover is cracked, broken, or detached (exposing the inner mechanism), or if a welded portion is detached.
 - Doing so may result in accidents or personal injury.
- Do not jump on or jump off the unit during operation.
 - Doing so may result in personal injury due to a fall.
- Do not use or store the unit in a humid location, such as outdoors or near a bathroom, or in a location where it may come into contact with water droplets.





- Do not use or store the unit in a location that is exposed to direct sunlight or in a hot location, such as near a heater, or on heating equipment, such as an electrically heated carpet.
 - Doing so may cause electrical shock or fire.
- Do not use the equipment if the power cord or power plug is damaged or if the outlet is loose.
 - Doing so may result in electrical shock or fire.
- Do not damage, excessively bend, pull, or twist the power cord.
 - Also do not place heavy objects on or sandwich the power cord.
 - Doing so may result in a fire or electric shock.
- Use by two or more persons or the pushing or pulling of a person using the unit by another person is prohibited.
- Keep clear of the unit while it is being used.
- Failure to do so may result in a fall from the unit causing accidents or personal injury.
- Do not climb or stand on the unit or use the unit as a footstool.

Also, do not move the unit while a person is on the unit.

- Doing so may result in accidents or personal injury.
- Do not ride the unit with the feet of the unit not firmly on the floor.
- Doing so may result in accidents or personal injury.
- Do not allow persons who are unable to express themselves or who are unable to operate the unit themselves to use the unit.
 - Doing so may result in accidents or personal injury.



- Do not disassemble, repair, or modify the unit.
 - Doing so may result in personal injury due to abnormal operation.



- Do not spill water or liquids on the unit or control panel.
 - Doing so may result in electric shock or fire.





- Fully insert the power plug.
 - Failure to do so may result in short circuit or fire
- Check the positioning of the seat before sitting on the unit.
 - Failure to do so may result in accidents or personal injury.
- Persons who have diminished physical strength due to age, persons who are not confident of their physical strength or first-time users should familiarize themselves with the operation of the unit by manually setting speed level 1 without tilting the seat.
 - Failure to do so may place the body under excessive strain and cause an injury.
- Persons who have problems with exercising, such as lumbago or knee pains, or persons who feel pain in their joints should start manually at speed level 1 and limit their exercise time to within three minutes.
 - Failure to do so may worsen symptoms.
- Exercise should be limited to within 15 minutes at a time.
 - Use for prolonged periods of time may place the body under excessive strain.
- Do not wear clothes that allow your skin to come into direct contact with the seat, such as trousers made of thin materials or shorts.
 - Doing so may result in injury due to abrasion.

GB3



- · Persons who have sensitive skin or who are susceptible to congestion should exercise at a reasonable speed level to match their physical condition.
 - Failure to do so may result in congestion or abrasions (thighs, buttocks).
- After use, set the "Ein/Aus" (OFF/ON) button to "Aus" (OFF) and then the power switch to "off".
- Failure to do so may result in accidents or personal injury from playing children.
- Be sure to hold the power plug (and not the power cord) when removing it from the outlet.
- Failure to do so may result in electric shock, short circuit, or fire.



- Persons who do not exercise regularly should not suddenly start strenuous exercise.
- The unit should not be used after eating or drinking, when fatigued, or when not in normal physical condition.
- Doing so may be detrimental to your health.
- To avoid misuse, injuries, or accidents, please do not use the device unattended.
- Do not use the unit while eating, drinking, or engaging in other activities.
- Do not use the unit while intoxicated, such as after drinking alcoholic beverages.
 - Doing so may result in an accident or personal injury.
- Do not use the unit while hard objects are in your trousers pockets.
 - Failure to do so may result in accidents or personal injury.
- Do not sleep during use.
- Failure to do so may result in accidents or personal injury.
- Do not allow pins, dirt, or water to adhere to the power plug.
 - Failure to do so may result in short circuit or fire.
- Do not remove the power plug or set the power switch to "off" during use.
- Failure to do so may result in personal injury.



Do not use with wet hands!

- Do not handle the power plug with wet hands.
 - Doing so may result in electric shock or personal injury.



Unplug!

- Remove the power plug from the outlet when not in use.
- Failure to do so may result in electrical fire due to a deterioration in insulation caused by dust and moisture.
- Be sure to remove the power plug from the outlet when cleaning the unit.
- Failure to do so may result in electric shock or burns.
- If the unit fails to operate or if the operation is abnormal, stop use and immediately remove the power plug from the outlet. The unit should be sent in for inspection and repair.
 - Failure to do so may result in electric shock or fire.
- Immediately remove the power plug in the event of a power outage.
 - Failure to do so may result in an accident or personal injury when power is restored.



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GB4



GROUNDING INSTRUCTIONS

The unit must be properly grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current in order to reduce the risk of electric shock.

This unit is equipped with a cord with an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that has been properly installed in accordance with all local codes and ordinances.

DANGER

Improper connection of the equipment-grounding conductor may lead to electric shock. Check with a qualified electrician if you are in doubt as to whether or not the unit is properly grounded. Do not modify the plug provided with the unit if it will not fit the power outlet. Instead, have a proper outlet installed by a qualified electrician.

This unit has a grounding plug. Make sure that the unit is connected to a power outlet with the same configuration as the plug.

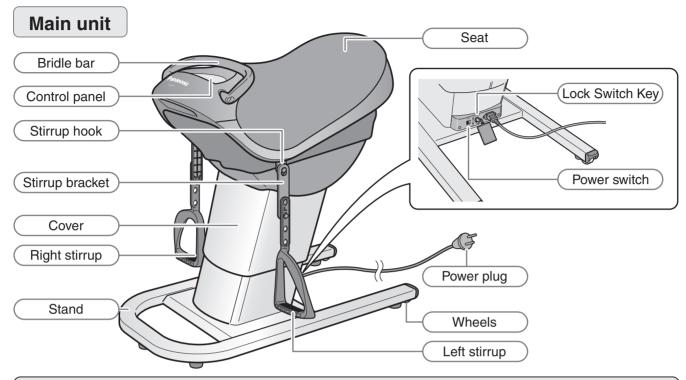
Do not use an adaptor with this unit.

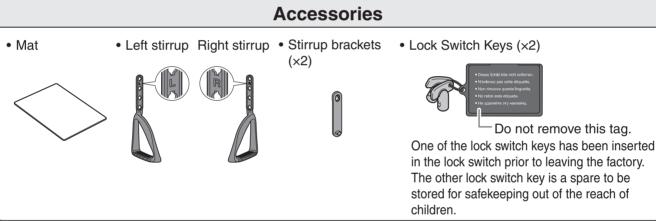




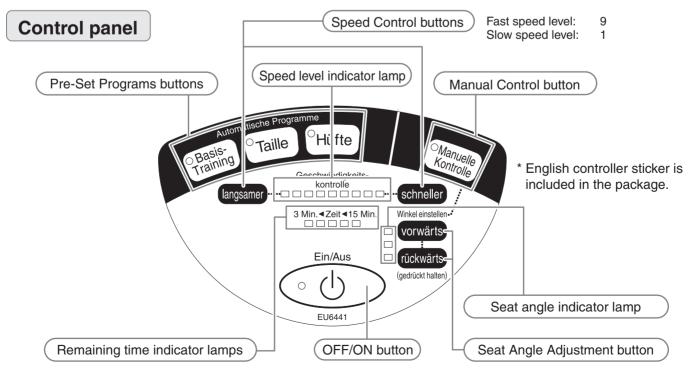


PART NAMES





①



GB6



SETTING UP

1. Lift up the front end and move the unit by rolling it on the wheels.

Notes

- Do not move the unit while holding the bridle bar.
- Do not step on the power plug while moving the unit.
- Slowly lift and move the unit while taking care not to injure your lower back.



2. Lay out the supplied mat and place the unit on the mat.

* Lay out the mat so that the rubber surface faces down.

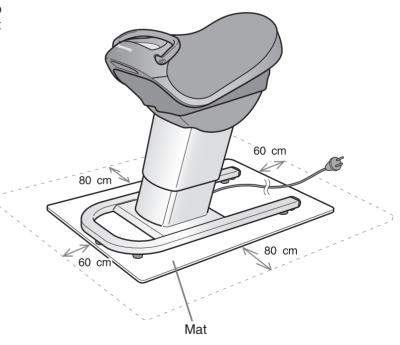
• When laying out the mat, a space of 80 cm to the left and to the right and 60 cm to the front and to the rear of the mat is required. (see illustration)



⚠ Caution

- Be sure to place the unit on the mat before use.
- Using the unit without the mat may result in scratches on the floor.

- When using the unit on carpet, marks may remain on the carpet even if the unit was first placed on the mat.
- If there is concern about vibration or noise downstairs, lay out a thick mat that is commercially available.

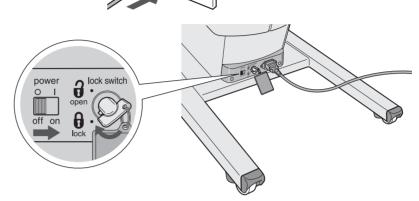




OPERATION

Preparation before exercise

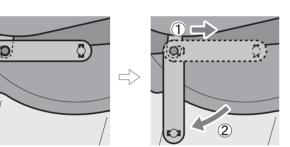
- 1. Plug the power plug into the power outlet.
- 2. Turn the lock switch key to the "open" position.
- 3. Slide the power switch to the "on" position.

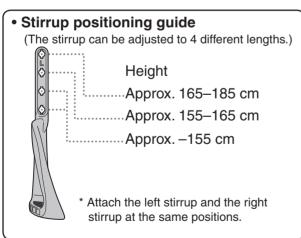


4. Attach the stirrup bracket and the stirrup. There are two stirrups, one each for the left and right feet.

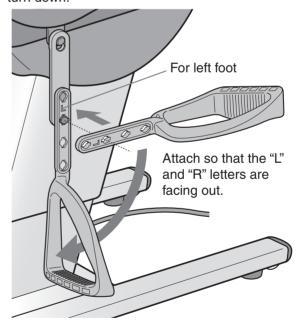
(see the stirrup positioning guide)

(1) Attach the stirrup bracket to the stirrup hook at a 90° horizontal angle and turn down.





(2) Attach the stirrup to the stirrup bracket. Attach the stirrup at a 90° horizontal angle and turn down.





⚠ Caution

- Do not wear clothes that allow your skin to come into direct contact with the seat, such as trousers made of thin materials or shorts.
 - Doing so may result in injury due to abrasion.

· Wear socks while exercising.

GB8



5. Sit on the seat.

Notes

- Do not touch the control panel when getting on the unit.
- Do not get on the unit by placing your foot into the stirrup.



6. Sit on the seat and confirm the length of the stirrups.

Slightly bend your knees and adjust the stirrups to a length at which your feet are firmly held. Place your feet in the stirrups. If they feel too tight or too loose, get off the unit and again adjust the stirrup length.



Step on the stirrups with the balls (widest part) of your feet.

Relationship between exercise effect and stirrups

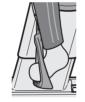
The use of stirrups and the exercise effect have the relationship below.

• No stirrup, foot suspended • Foot placed on stirrup

• No stirrup, foot on floor



Exercises mainly the adductor (inner calf)



Exercises mainly the quadriceps (front of thigh)



Exercise is possible with low resistance on body

* Detach the stirrups if you are going to exercise without using the stirrups.

7. Stretch your muscles.

• Stretching is recommended before using the unit.









Basic posture while exercising

(for effective exercise)

Tuck your chin in and sit up straight. • If you are a beginner, relax your shoulders and • Hold your chest out as if your head was gently hold the bridle bar. being pulled up. Look straight ahead. Keep your balance while trying to keep your head stationary. Hold your chest out, relax your shoulders, keep your Sit in the center of the seat elbows at your sides, and and not to the left or right. lower your arms. Hold the seat firmly Sit in the center of the seat, between your legs. in the lowest part. Holding the seat loosely may result in abrasions due to rubbing with the seat during operation. Step on the stirrups with the balls (widest part) of your feet.

Posture during forward tilt of the seat



During the forward tilt of the seat, balance yourself and support your upper body by pushing your heels toward the front.

Posture during backward tilt of the seat



During the backward tilt of the seat, balance yourself by pulling your heels toward the back and holding the seat firmly between your legs.

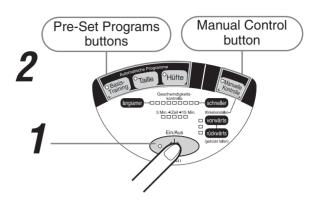


Starting the exercise

* Daily regular exercise once a day is recommended. (The frequency per day should be determined by your physical fitness and condition.)

1. Press the "Ein/Aus" (OFF/ON) button.

- After the button is pressed, the lights flash for the "Ein/Aus" (OFF/ON) button, pre-set programs, and manual control.
- * Press one of the Manual Control or Pre-Set Programs buttons within one minute after pressing the "Ein/Aus" (OFF/ON) button. If a button is not pressed within this time, the unit automatically turns off.



2. Exercise by pressing either the Manual Control button or **Pre-Set Programs buttons.** (See page GB12.)

Manual control permits you to adjust the speed level and the tilting of the seat. Pre-set programs automatically switch the speed level and the tilting of the seat.

Notes

- When using the unit for the first time, familiarize yourself with the speed levels using manual control and exercise at a reasonable speed to match your physical condition.
- When starting out, familiarize yourself with the operation by using the unit without tilting the seat.

3. The unit automatically shuts off after about 15 minutes.



Warning

- Do not jump on or off the unit during operation.
 - Doing so may result in an injury from the unit falling over.
- · Immediately stop using the unit if you experience any discomfort, such as pain in your lower back, numbness in your legs, dizziness, or palpitations.
 - Failure to do so may result in an accident or health impairment.



Caution

- Persons who have diminished physical strength due to age, persons who are not confident of their physical strength or first-time users should familiarize themselves with the operation of the unit by manually setting speed level 1 and without tilting the seat.
 - Failure to do so may place the body under excessive strain and cause an injury.

- Avoid sitting on the unit during operation while shifting your bodyweight to one side of the unit or rocking left and right.
 - Doing so will slow down the operation of the unit and cause a malfunction.
- If using the bridle bar, hold it gently and sit on the unit while keeping your balance.
- If an extremely heavy load is applied, the operation may stop for safety. (At this time, all the lamps on the control panel will flash and the operation will stop.)
 - In this instance, reset the flashing lamps by pressing the "Ein/Aus" (OFF/ON) button.



Sitting while leaning excessively to the front or rear



Exercising with manual operation and pre-set programs

■ Manual operation

When the Manual Control button is pressed, the lamp lights and the unit runs at a fixed speed.

The exercise can be adjusted to the desired speed level and seat tilt with the Speed Control and Seat Angle Adjustment buttons.

- When schneler is pressed, the speed increases.
- When langsamer is pressed, the speed decreases.

Speed indicator: The selected speed level flashes.

- When vorwarts is held down, the seat tilts forward.
- When Gokwarts is held down, the seat tilts backward.

The reclining lamp flashes at the maximum tilt.

* When using the unit only at the forward tilt or back tilt setting, relaxing for the last two or three minutes at the opposite tilt or with the seat horizontal is recommended for a balanced exercise.



Caution

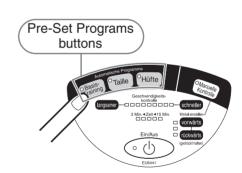
- The speed should be raised gradually from level 1 and not rapidly increased.
 - Failure to observe this may result in personal injury.

■ Pre-set programs

When a Pre-Set Program button is pressed, the lamp of the selected operation lights and the unit operates at level 1.2.

Persons who are not confident of their physical strength, persons who do not exercise regularly, or first-time users should exercise at this speed.

For those who desire more strenuous exercise, press to increase the speed and match their physical condition. (See page GB13.)



Manual Control

button



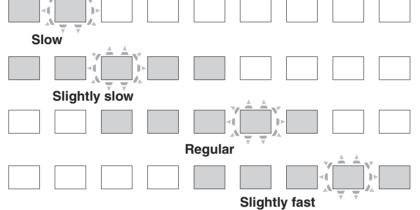




Speed levels of the pre-set programs

For the speed range of the pre-set programs, the speed automatically varies in the selected speed range each time schneller or language is pressed.

Note: The speed level indicator lamps showing the speed range light up and the lamp showing the current speed flashes. 1 2 3 4 5 6 7 8 9

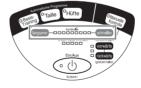


Example: The speed automatically varies between speed levels 5–9 and the current speed is 8.

Fast

Each time langsamer is pressed, the range changes to the slower speed levels.

Each time schneller is pressed, the range changes to the faster speed levels.



Switching the operation menu (manual operation → pre-set programs)

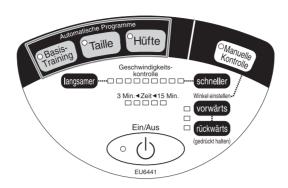
- Switching from manual operation to pre-set programs

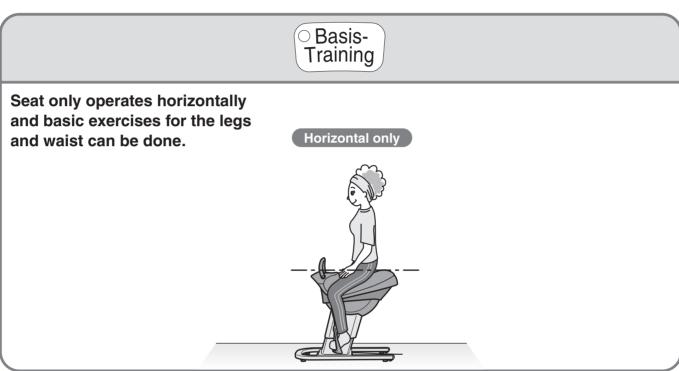
 When switching to a pre-set program while in the middle of manual operation, the seat initially returns to its horizontal position, after which the selected operation begins.
- Switching from pre-set programs to manual operation
 When the "Manuelle Kontrolle" (Manual Control) button is pressed while in the middle of a pre-set program, the seat initially returns to its horizontal position, after which manual operation begins.
- Switching between pre-set programs ("Basis-Training" (basic conditioning), "Taille" (waist), "Hüfte" (hips))
 When another course is selected during a pre-set program, the seat initially returns to its horizontal

When another course is selected during a pre-set program, the seat initially returns to its horizontal position, after which the selected operation begins.

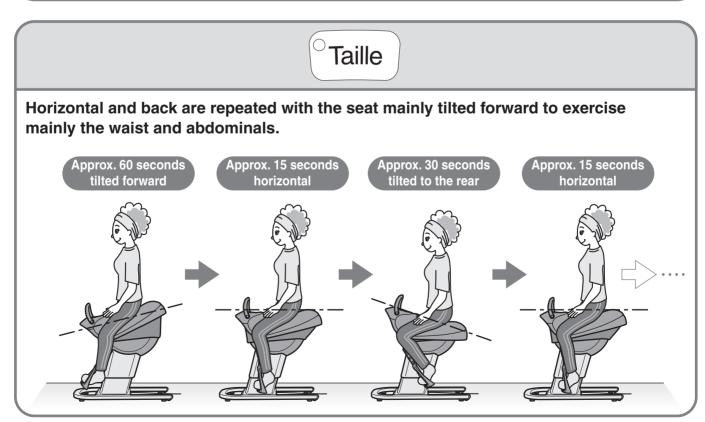


Changes in seat reclining in the pre-set programs

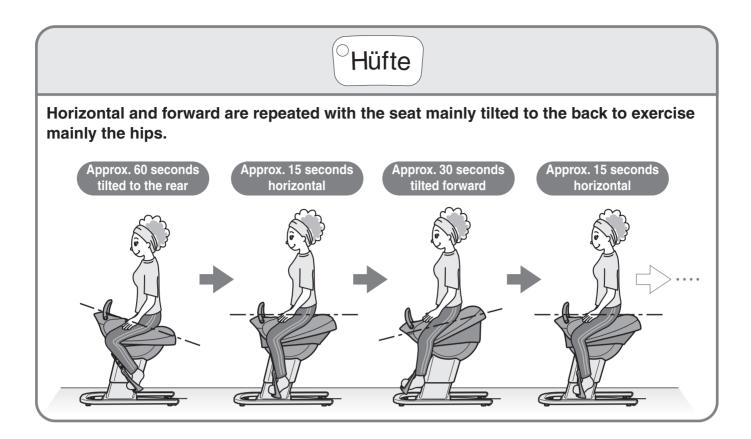




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Remaining time indicator

The remaining exercise time is indicated by five lamps.

- (1) After the operation starts, one lamp turns off approximately every three minutes.
- (2) When the remaining time reaches one minute, the lamp flashes twice as fast.
- (3) Once the operation is started by pressing the "Manuelle Kontrolle" (Manual Control) or "Automatische Programme" (Pre-Set Programs) buttons, the operation automatically shuts off after approximately 15 minutes. (If a selected pre-set program was changed midway, it automatically shuts off after the total exercise time reaches approximately 15 minutes.)



Pausing during exercise

An exercise menu (pre-set programs or manual control) can be paused during exercise by pressing the button again.

Pressing it again resumes the exercise.

* If a button is not pressed within one minute after the exercise has been paused, the "Ein/Aus" (OFF/ON) button automatically turns off.

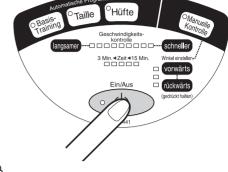






End of exercise

- 1. The operation automatically shuts off approximately 15 minutes after the "Ein/Aus" (OFF/ON) button was pressed at the start of the exercise.
 - To stop the operation midway, press the "Ein/Aus" (OFF/ON) button.
 - (When the "Ein/Aus" (OFF/ON) button is pressed, the speed gradually drops and then stops.)
 - The seat may recline slightly when the operation stops.



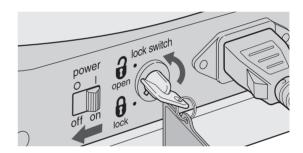
2. Stretch your muscles.

Note

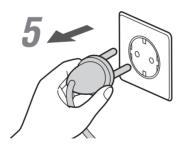
• Be sure to stretch after using the unit to relax your exercised muscles and eliminate fatigue.



- 3. Turn the power switch to the "off" position.
- 4. Turn the lock switch key to the "lock" position.



5. Remove the power plug from the outlet.



∠!\ Caution

- Be sure to hold the power plug (and not the power cord) when removing it from the outlet.
- Failure to do so may result in electric shock, short circuit, or fire.



TROUBLESHOOTING

PROBLEM

Problem	Cause and Remedy	
The unit does not start even after pressing the "Ein/Aus" (OFF/ON) button. The unit will not operate at all.	 The power plug is not securely inserted into the outlet. In this case, securely insert the power plug into the outlet. (See page GB8) The lock switch key is in the "lock" position. In this case, set it to the "open" position. (See page GB8) The main power switch is off. In this case, turn the main power switch on. (See page GB8) After pressing "Ein/Aus" (OFF/ON) button, "Automatische Programme" (Pre-Set Program) button or the "Manuelle Kontrolle" (Manual Control) button has not been pushed. 	
The unit stopped operation and all the lamps on the control panel flashed.	 An extremely heavy load was applied. Reset the flashing lights by pressing the "Ein/Aus" (OFF/ON) button. (See page GB11) 	
Operation of the unit moves fast then slow.	Your bodyweight shifted to one side of the unit. Refer to the basic posture and sit properly. (See page GB10)	
The tilting of the seat (left and right) is not even.	 Your bodyweight shifted to one side of the unit or you were not sitting in the center of the seat. Refer to the basic posture and sit properly. (See page GB10) 	
Note: If the problem is not solved by the above remedies, immediately stop using the unit.		
Seat reclines during stop.	This occurs since the seat is designed to move in a figure eight pattern and is not an indication of a problem.	
Noise is heard during operation.	This occurs due to the design and is not an indication of a problem.	
Periodic noise is heard during operation.	Immediately stop using the unit.	
Buttocks are sore.	Use a slow speed level and horizontal setting to match your physical condition until you become accustomed to the exercise. Stop using the unit if the pain is severe.	
Feeling of motion sickness (nausea).	 Check your basic posture. Then lower the speed and shorten the time until you become accustomed to the exercise. 	







CLEANING AND MAINTENANCE

Seat, bridle bar, cover

 Clean the unit by wiping it with a soft and dry cloth.

(Do not use chemically treated cloths.)

If the unit becomes dirty, dilute neutral detergent in warm water to a concentration of 3%-5%, moisten a soft cloth with the solution, wring the cloth well, and wipe the surfaces clean.

Next, wring a cloth moistened with water, wipe off the neutral detergent, and gently wipe the surface with a soft and dry cloth. Finally, air-dry the surfaces.

(Do not rapidly dry the surfaces, such as by using a drier.)

Note

- Do not use solvents, such as benzine, thinner, alcohol, etc.
- Doing so may result in discoloration or cracking.









Caution

- Be sure to remove the power plug from the outlet during cleaning and maintenance.
 - Failure to do so may result in electric shock.
- Do not handle the power plug with wet hands.
 - Doing so may result in electric shock or personal injury.

SPECIFICATIONS

Model number: EU6441

Power supply: AC 230 V, 50 Hz

Power consumption: 120W

Weight: Approx. 37 kg User height: 150-185 cm Maximum user weight: 100 kg

Dimensions ($H \times W \times D$): $75 \times 42 \times 87$ cm

Pre-set programs: 3 types (basic conditioning, waist, hips)

Speed adjustment: Manual 9 steps

Accessories: Mat, stirrup (x2), stirrup bracket (x2)





Information on Disposal for Users of Waste Electrical & Electronic Equipment (private households)



This symbol on the products and/or accompanying documents means that used electrical and electronic products should not be mixed with general household waste.



For proper treatment, recovery and recycling, please take these products to designated collection points, where they will be accepted on a free of charge basis. Alternatively, in some countries you may be able to return your products to your local retailer upon the purchase of an equivalent new product.

Disposing of this product correctly will help to save valuable resources and prevent any potential negative effects on human health and the environment which could otherwise arise from inappropriate waste handling. Please contact your local authority for further details of your nearest designated collection point.

Penalties may be applicable for incorrect disposal of this waste, in accordance with national legislation.

For business users in the European Union

If you wish to discard electrical and electronic equipment, please contact your dealer or supplier for further information.

Information on Disposal in other Countries outside the European Union

This symbol is only valid in the European Union.

If you wish to discard this product, please contact your local authorities or dealer and ask for the correct method of disposal.







Matsushita Electric Works, Ltd. Osaka, Japan

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