

# 使用说明书

## 技术参数

尺寸	148x210mm
材质	封面封底：157g双铜纸+过哑膜；内页105g双铜纸
工艺	印刷:双面彩色印刷
成型方式	折页
特殊说明	

## 公差设定

纸本类	公差表 (此处为默认公差，单独标注的公差范围除外) 单位：mm					
	尺寸范围	0-60	>60-100	>100-150	>150-200	>200-600
	尺寸公差	±1.0	±1.5	±2.0	±2.5	±3
	图文位置偏移公差	±2.0				±3

\*此页非印刷&刻录页



广州视源电子科技股份有限公司  
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文件图号				适用于	
制作人		审核人		批准人	/



# PRODUCT INTRODUCTION



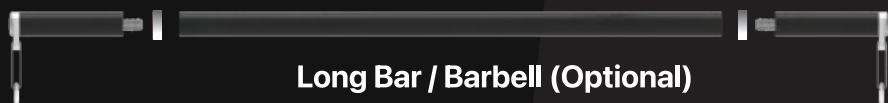
- 1 CONTROL PANEL**   **2 CONNECTING BUCKLE**   **3 POWER SWITCH**   **4 POWER SOCKET**   **5 LIFTING HANDLE**



# PACKING LIST



UltraGym Device



Long Bar / Barbell (Optional)



Handle



Ankle Strap



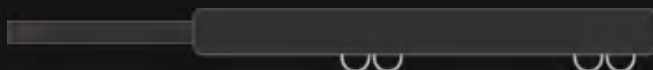
AC Power Cord



Wireless Switch



Connecting Buckle



Hip Strap



# SAFETY PRECAUTION

Thank you for choosing the UltraGym. Proper use of this product is essential for ensuring a safe exercise experience. To safeguard your personal safety and that of your family, please read this manual thoroughly before using the UltraGym, and adhere strictly to the safety precautions outlined in the instructions.

## User related Information

**Proper Attire and Warm-Up:** Please wear appropriate sports shoes and clothing when using this equipment. Ensure you perform suitable warm-up exercises beforehand.

**Discomfort During Use:** If you experience any discomfort or notice any abnormalities during use, stop exercising immediately and consult a physician.

**Health Considerations:** Individuals over 65, those preparing for pregnancy, pregnant or lactating individuals, and those recovering from surgery or suffering from heart disease, high blood pressure, asthma, or other conditions that limit strenuous exercise should avoid using strength stations unless advised otherwise by a doctor.

**Substance Use Restrictions:** It is strictly prohibited to consume alcoholic beverages or any stimulants banned by national laws and regulations before or after using this equipment.

**Exercise Caution:** Fatigue, improper use, or excessive exercise may result in injury. Assess your physical condition and endurance accurately before exercising to ensure that the exercise type, intensity, and duration are appropriate.

**Safety Precautions:** When using the UltraGym, ensure that children and pets are kept at a safe distance to avoid any potential hazards.

**Supervision of Minors:** Minors must use the device under the supervision and guidance of their guardians and should not operate the equipment alone.

**Long Hair Precaution:** Users with long hair are advised to tie or secure their hair to prevent it from accidentally getting caught in the equipment.

**Static Electricity Warning:** Maintain a certain level of indoor humidity during winter to avoid static electricity, which may interfere with or damage the equipment. Avoid wearing synthetic fabrics, as they are prone to static electricity, when using this equipment.

## Equipment and using environment

1. The UltraGym is indoor exercise equipment, do not place it outside for use.
2. When using the UltraGym, make sure that the UltraGym is in a safe and open space with at least 6x6 ~ 36 square feet of training space.
3. The UltraGym should be far away from water, heat and flammable and explosive materials.
4. The UltraGym is a special equipment for sports, please do not disassemble it at will, and do not modify it for other purposes at will to avoid potential safety hazards.
5. Do not splash liquids on the UltraGym, and do not place any foreign objects on the UltraGym.
6. Do not insert your fingers or any foreign objects into the gap of the UltraGym to avoid danger.



**7.** Do not touch the power cord, power socket and power switch with wet hands.

**8.** Please do not use the powercord or plug that is damaged or stuck with water. If the power cord of the powerstation is damaged, please consult the after-sales service personnel or personnel with relevant professional qualifications to replace it, so as to avoid injury.

**9.** After finishing your workout, please turn off the UltraGym and unplug the UltraGym. You can then use a soft towel or micro-fibre cloth to clean the surfaces.

**10.** When cleaning the machine, you must unplug the power cord and wipe it with a clean and non-drip soft towel/microfibre cloth.

**11.** The UltraGym should be placed on a clean, flat, and hard surface for proper use. Do not place soft cushions such as blankets or yoga mats under the equipment.

**12.** The current product is only suitable for home use. If you wish to use it for a commercial purpose, please reach us at [sales@portl.co](mailto:sales@portl.co)

**13.** Please always use the power cord supplied with the device only. Do not use any other power cord with the UltraGym.

**14.** The power plug must be grounded reliably, and try to avoid using other electrical appliances on the same power supply line. Please do not use the power cord or plug that is damaged or has come in contact with water. The power cord of the UltraGym is dedicated. If it is damaged, it must be replaced by the manufacturer, service center or personnel with relevant professional qualifications to avoid injury.

**15.** Please stand in the training area for training. Avoid body's center of gravity outside the equipment causing tipping

#### **16. Confirm whether the socket is well**

**grounded:** Use a digital multimeter to adjust to the AC gear to measure the voltage of the zero fire ground wire. Generally, the three-hole plug is left null, right live and up ground, respectively measure the voltage difference between live wire and neutral wire, live wire and earth wire, if the voltage difference between fire and ground is equal to fire zero. The voltage difference or slightly higher (5V) indicates that the grounding is good, if it is zero, it indicates that the ground wire is empty, and if the voltage is less than the fire zero voltage difference, it indicates that the grounding is not solid and there is grounding resistance.

**17.** Confirm whether the ground wire connection of the equipment is good, use the digital multimeter to adjust to the short-circuit position, and the red test lead touches the ground wire of the UltraGym. Touch the black test lead to the iron frame of the UltraGym, listen to whether there is a buzzing sound, if there is a sound, it means that the grounding is good, otherwise there is a problem with the grounding of the equipment.

**18.** Confirm whether the voltage of the neutral-live-ground wire of the socket is normal: Use a digital multimeter to adjust to the AC gear to measure the voltage of the neutral-fire-ground wire. Generally, the voltage of the neutral-fire wire is 110~220V, the voltage of the fire-ground wire is 110~220V, neutral and ground wire are close to null volts.

**19.** Do not plug the machine into the grounding short circuit or leakage socket, to avoid electric shock.



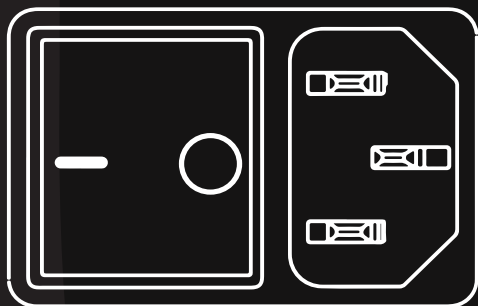
# OPERATING INSTRUCTIONS

## Preparation before use

1. The UltraGym needs to be plugged-in before use. Please do not pull out the rope/cable before it is powered on, otherwise the rope/cable will not be retracted. If you accidentally pull the rope/cable out before power-on, please plug-in the UltraGym and turn it on, the rope/cable will automatically retract.
2. When using the UltraGym, please do not leave the training area i.e. the base of the device, so as to avoid the equipment being pulled off the ground, causing safety risks.

## Power-on and off

1. Plug the power cord into the power socket on the side of the UltraGym. After plugging it in, press down the power switch to turn on the UltraGym, the power switch down "-" is to start the power, and up "O" is to shut down.



2. When using the UltraGym, please do not leave the training area i.e. the base of the device, so as to avoid the equipment being pulled off the ground, causing safety risks.



# CONTROL INSTRUCTIONS

## Resistance adjustment

1. In the UltraGym control panel, you can perform resistance adjustment modes witching, start/stop operations and also get notified when the Bluetooth is disconnected.



2. If the number in the display is flashing, it means the Ultra Gym is in an adjustable status.

3. You can adjust the resistance by turning the knob, to the right to increase, and to the left to decrease.

4. After adjusting to the weight you need, press the middle start and stop button, the Ultra Gym will start.

5. To ensure your safety, you will not be able to switch between modes or weights directly after engaging the resistance on the UltraGym. At this time, the number on the screen is always on and will not flash; you need to press the start/ stop button to release the resistance to continue the weight adjustment.

6. When the Ultra Gym is connected to the APP, long press the Bluetooth button to disconnect the Bluetooth of the Ultra Gym.



# CONTROL INSTRUCTIONS

## Understanding Different Mode Settings

We provide three resistance modes for the Ultra Gym, which are standard mode, eccentric mode, isokinetic mode, elastic mode and rowing mode. When the UltraGym is in an adjustable state, press the M button to choose between the different modes.

Mode	Code	Instruction
Standard Mode	1	The standard mode means that the resistance of pulling up and returning is the same. For example, if you choose 10KG, the resistances of centripetal and eccentric movement are both 10KG.
Eccentric Mode	2	Eccentric mode means that the resistance is greater when the rope is retracting, and the resistance is less when the rope is pulled up. The set weight is the weight of the eccentric stage of retracting the rope. For example, if you set 10kg, the resistance while pulling up is less than 10kg, and the eccentric stage of putting it back i.e the retraction phase will have 10kg. This mode can provide you more impactful training weight, and more stimulation for your muscles.
Isokinetic Mode	3	In the isokinetic mode, the resistance will change dynamically with the force you exert. When the device feels that you are exerting a lot of force, it will increase the resistance to ensure that the speed at which you pull is as close to a constant speed as possible, so that muscles are fully stimulated throughout. We provide different speed levels of 0.1-1.0m/s to meet your different resistance and speed requirements. When your pulling speed is lower than or equal to the set speed, the resistance is relatively constant; when you pull faster than the set speed, the resistance will increase and your movement speed will decrease.





Mode	Code	Instruction
Elastic Mode	4	Resistance is similar to the elastic band,the longer the pull-out length, the greater the resistance. In the elastic mode, the resistance feeling of pulling the UltraGym is similar to that of the elastic band.The longer the pull-out length, the greater the resistance;With different training levels, even when the length of the rope is the same, the resistance will be different.
Rowing Mode	5	Fluid resistance, similar to a water resistance rowing machine. In the rowing mode, the resistance is fluid resistance, and the feeling of pulling the UltraGymis similar to that of a water resistance rowing machine.The initial resistance is fixed(adjustable), but the faster the pulling speed, the greater the resistance; With different levels, even if the pulling speed is the same, the resistance will be different; The resistance in the retraction stage is small and fixed.

## Wireless Switch

**1.** The wireless switch has the function of controlling resistance start/stop.

After pairing with the device,click to control resistance start/stop.

**2.** Long press the wireless switch to pair.If the blue light flashes 5 times, it means pairing is successful. After pairing is successful, you can use it. In the pairing state, long press to cancel the pairing. If the red light flashes 5 times, it means pairing is canceled.

**3.** Please use a button battery (CR2032) for the wireless switch's power supply.

If the battery is low, please replace with a new battery.



# PRODUCT SPECIFICATION

Product Model	PUG-70
Product Size (L x W x H)	900×264×137mm
Packing Size (L×W×H)	960×340×160mm
Net weight	14kg
Gross weight	18kg
Resistance Range	1.5-35kg on each side
Min. Resistance Increment	0.5kg
Working Voltage	90-240V 50~60Hz
Maximum Load	150kg
Operating temperature	10°C~35°C
Operating humidity	10%~90%