

SPEEDIANCE



Gym Nano

Product Manual



**Keep away from
flammable materials**



**Do not use in
damp areas**



**Keep away from
open flames**



**Not suitable
for children**



**Do not use poor-
quality power supplies**



**Professional service
required**

A. Safety Precautions

Carefully read and follow the safety instructions below before operating or using the device. Proper use helps maintain stable device performance and reduces potential safety risks.

1. Interference with medical devices

This device may emit radio signals during operation or contain magnetic components that could affect certain implanted or personal medical devices, such as pacemakers, cochlear implants, or hearing aids. If you use any such medical device, please consult the device manufacturer or a healthcare professional before using this product to confirm whether any usage restrictions apply.

2. Keep a safe distance from implanted medical devices

When using this product, maintain a distance of at least 15cm from implanted medical devices (such as pacemakers and cochlear implants) to reduce the risk of interference.

3. Emergency procedure in the event of a gas leak

In the event of a gas or other flammable gas leak, immediately close the gas supply valve and open doors and windows to ventilate the room. Do not operate any electrical equipment or plug in or unplug any power plugs to avoid sparks that could cause a fire or explosion.

4. Preventing electric shocks

Always disconnect the power supply before cleaning, maintaining, or inspecting the device. To prevent electric shock or damage to the device, do not spray or rinse the device with water, and do not use it in damp environments or areas where it may be splashed with water.

5. Child safety

This device is not a toy. Children should be kept away from the device and under adult supervision. Do not allow children to touch device components, pull on the cable, or operate the power switch, as this may result in injury.

6. User requirements

Never use the device under the influence of alcohol or drugs. Individuals with limited physical, sensory, or cognitive abilities, or those without relevant experience using the device, should use it under the instruction or supervision of a person responsible for their safety.

7. Environmentally responsible battery disposal

When the device or battery reaches the end of its useful life, recycle it in accordance with local laws and regulations. Do not dispose of batteries improperly.

8. Power cord and connection requirements

Always use the charger and power cord supplied with the device and make sure that the charger is securely plugged into a properly grounded outlet. When unplugging the charger, hold the charger itself and avoid pulling on the power cord.

9. Power cord and device maintenance

If the charger or power cord is damaged or worn, stop using it immediately. This device contains electronic components. Do not disassemble, modify, or repair it without authorization. All maintenance and repairs must be performed by qualified specialists authorized by the manufacturer. If you notice any abnormalities with the device, contact Speediance After-Sales Service.

10. Charger specifications

This device is designed for use with a 100–240V AC, 50/60Hz power supply. Warning: If the input voltage exceeds 264V, the device may be damaged or malfunction.

11. Operating and storage temperature

We recommend using the device at an ambient temperature of 0°C to 40°C. Store the device at a temperature of -20°C to +50°C.

12. Keep away from flammable and hazardous materials

Do not place or use flammable, explosive, or highly corrosive substances near the device. Avoid spilling liquids near the device to prevent fire or damage to the device.

13. First-use check

Before using the device for the first time, remove all transport packaging, such as the outer box, protective materials, and plastic bags. If the device surface is covered with protective film, peel it off before use. After turning on the device, let it run with

no load for about 5 to 10 minutes, and check that its exterior is intact and that it operates normally. If you notice any unusual noises or signs of damage, turn off the device immediately and contact Customer Support.

14. Pre-use check

Before each use, check that the connectors and accessories are securely attached and that there is no risk of looseness or detachment. Make sure that the stand, wall, pillar, or other structure on which the device is mounted is stable and secure, with no risk of the device detaching or tipping over. Make sure that the exposed cable is not knotted or wrapped around people or objects, as this may create a dangerous pulling hazard. If you notice any abnormalities, stop using the device and contact After-Sales Service.

15. Object placement restrictions

Do not place any objects on the product other than those expressly recommended by the manufacturer as this could affect the device's performance or create a safety hazard.

16. Water and moisture protection

Do not touch the device with wet hands or in environments with high humidity, and do not allow sweat or other liquids to enter the device to prevent electrical malfunctions.

17. Device status after use

After finishing your workout, make sure that the device is turned off or in standby mode.

18. Risk of pinching

Narrow gaps may be present in the device during operation or adjustment. Avoid putting your fingers or other objects inside the device structure to prevent pinch injuries.

19. Accessory safety

We recommend only using accessories provided or recommended by the manufacturer. Unauthorized modifications or the use of incompatible accessories can pose safety risks. When using accessories with moving parts or weights, return them to their original position slowly to reduce the risk of impact or pinching.

20. Modification restrictions

Only use original parts supplied by the manufacturer with this product. Modifying, altering, or replacing parts without the manufacturer's permission could pose a safety risk and void the warranty.

21. Workout safety

Always hold the handle securely during cable-based workouts. Suddenly releasing the handle while the cable is extended may damage the device or cause injury. Make sure that the cable has returned to its original position before releasing the handle.

22. Product disposal

When disposing of the device at the end of its service life, follow local regulations for recycling waste electrical and electronic equipment. After disposal, store the

discarded device and components properly to prevent children from coming into contact with them.

23. Regular inspection and maintenance

We recommend inspecting the device monthly for rust, corrosion, or excessive wear, and making sure that all bolts and fasteners are secure. If you notice any abnormalities, stop using the device and contact After-Sales Service for inspection and repair.

24. Cable condition check

Check the training cable for wear monthly. If you notice any obvious dents, loose fibers, or severe wear, stop using the cable immediately and replace it.

25. Operating environment check

After turning on the device, check again that the surrounding environment meets safety requirements, including adequate ventilation, no flammable materials, and no water sources or risk of liquid splashes.

26. Keep away from high temperatures and heat sources

Do not place or use the product in high-temperature environments or near heat sources, such as in direct sunlight, inside a locked car, or near high-temperature equipment or open flames.

27. Safety check

Only use the device for training after performing the pre-use checks, regular inspections, and environmental safety checks specified in this manual, and after confirming that all device components are in normal condition.

B. Battery Safety

To ensure safe operation of the device and extend the battery's lifespan, follow the safety guidelines below during use, charging, and storage.

1. Prevent the battery from coming into contact with liquids

The battery must not come into contact with water or any other liquids. Do not submerge the battery in water or use or store it in damp environments, such as in rainy conditions or environments with high humidity. If liquid enters the battery, it can cause abnormal chemical reactions, leading to safety risks such as overheating, fire, or explosion.

2. Use manufacturer-specified batteries and charging equipment

This device must only be used with battery models and charging equipment specified by the manufacturer. Using non-approved batteries or chargers may result in abnormal battery performance, overheating, or safety incidents. The manufacturer does not accept liability for damage or safety issues resulting from the use of non-official accessories.

3. Do not use defective batteries

If you notice any swelling, liquid leakage, damage, unusual odors, or other abnormalities with the battery, stop using and charging it immediately and contact After-Sales Service for inspection or replacement.

4. Operating temperature control

We recommend operating the battery at an ambient temperature of 0°C to 40°C (32°F to 104°F).

Excessively high temperatures can accelerate battery degradation and increase safety risks.

Excessively low temperatures can reduce battery performance and output.

Prolonged exposure to extreme temperatures may have irreversible effects on the battery's lifespan.

5. Do not disassemble or damage the battery structure

The battery is a sealed component; do not disassemble or modify it or pierce the battery housing with a sharp object. Any damage to the battery's structure may cause an internal short circuit, which could result in a fire or explosion.

6. Avoid contact with leaking electrolyte

The battery contains a corrosive electrolyte. In the event of a leak, do not touch the leaked substance with your bare hands or allow it to come into contact with clothing or skin. If the liquid comes into contact with your skin or eyes, immediately rinse the affected area thoroughly with plenty of water and seek medical attention as soon as possible.

7. Battery fire emergency response

If the battery catches fire or ignites, choose an appropriate fire-extinguishing method based on the actual situation, such as water or water mist, sand or soil, a fire blanket, a dry powder fire extinguisher, or a carbon dioxide fire extinguisher.

8. Do not use batteries subjected to an impact

If the battery has been subjected to a severe impact, dropped, or subjected to external force, there may be internal structural issues, even if there is no visible damage. Do not continue using such batteries.

9. Avoid environments with extreme atmospheric pressure

In environments with extremely low atmospheric pressure, such as high-altitude areas, the internal pressure of the battery may change, which in extreme cases, could cause the battery to rupture or release flammable gases.

10. Keep away from high temperatures and heat sources

Do not place the battery in high-temperature environments or near heat sources, such as in direct sunlight, inside a locked car, or near high-temperature equipment or open flames.

11. Battery level during storage

Avoid storing the battery completely discharged for long periods of time. Prolonged over-discharge may cause irreversible damage to the battery cells. We recommend storing the battery at a suitable charge level and charging it periodically to maintain battery health.

12. Battery storage guidelines

If you will not be using the device for more than 15 days, we recommend storing it with the battery level at approximately 40%–65% to slow the rate of battery degradation. To maintain consistent battery performance, we recommend performing a charge-discharge cycle at least once every three months.

13. Charging environment requirements

Charge the battery in a dry, well-ventilated environment; avoid high temperatures, enclosed spaces, and flammable environments. Avoid covering the device or charger during charging to allow heat to dissipate properly.

14. Handling charging issues

If you notice excessive heat, an unusual odor, or unusual noises during charging, or if charging takes significantly longer than normal, stop charging immediately and disconnect the power supply. Do not continue using a battery or device in an abnormal condition.

15. Avoid overcharging and leaving the device plugged in for extended periods

Once the device is fully charged, disconnect it from the power source promptly and avoid leaving it plugged in for extended periods. Keeping the battery fully charged for extended periods may speed up battery degradation.

C. Safety notices and disclaimers

1. Usage responsibility statement

This device must only be used for fitness training activities consistent with its intended purpose. Make sure that you fully understand the product's operating instructions and safety requirements before using the product. The manufacturer does not accept any liability for personal injury, product damage or other losses resulting from failure to use the product in accordance with the product manual.

2. Health assessment

Before starting any new exercise or training program, we recommend that users consult a physician or healthcare professional based on their health condition. If you have cardiovascular diseases, bone/joint disorders or other health conditions that may prevent you from exercising in a safe way, only use the product under the guidance of a professional.

3. Training risk notice

Fitness training carries certain exercise-related risks. When training using the product, select the appropriate training intensity and method and be mindful of your body's reactions. In the event of dizziness, chest tightness, severe pain or other discomfort, stop training immediately and seek medical assistance.

4. Improper use restrictions

This device must only be used for the purposes specified in the product manual.

Do not use the product in a dangerous way or for any unintended purposes, including but not limited to industrial purposes, medical purposes or any purposes other than fitness training. The manufacturer does not accept liability for losses or accidents resulting from using the product for unintended purposes.

5. Unauthorized modifications

The device may not be modified in any way, including structural changes or software modifications, without the manufacturer's written permission. Unauthorized modifications may compromise the product performance, pose safety risks and void the product warranty.

6. Use of third-party accessories

Using accessories or parts that are not approved by the manufacturer may compromise the product's performance and safety. Unless otherwise stipulated by law, the manufacturer does not accept liability for product damage or safety incidents resulting from using unofficial accessories.

7. Responsibility for the operating environment

Make sure to use the product in a safe, stable environment that complies with the requirements of the product manual. You are responsible for product faults or accidents resulting from using the product in incompatible environments (such as humid or hot environments and uneven floor).

8. Responsibility for inspection and maintenance

Inspect and maintain the device regularly to make sure that it is in a safe condition. Conduct regular inspections in accordance with the product manual. In the event of anything abnormal, stop using the product immediately and contact Speediance Customer Service. Unless otherwise stipulated by law, the manufacturer does not accept liability for losses resulting from failing to conduct regular inspections or ignoring product faults.

9. Data and software

Any data provided by the device's software, smart features, or data recording features is for training reference only and must not be used as medical advice or as a basis for medical diagnosis.

10. Force majeure

The manufacturer does not accept liability for device failures or interruptions in use caused by force majeure events, including but not limited to natural disasters, power outages, communication failures, or other uncontrollable factors.

11. Indirect loss disclaimer

To the extent permitted by law, the manufacturer does not accept liability for indirect, incidental, or economic losses resulting from using or being unable to use the product, including but not limited to loss of profits, interruptions to training plans, etc.

12. Legal compliance statement

Users must comply with applicable national or regional laws and regulations when using the device. You are solely responsible for violations of relevant laws and regulations.

D. Warranty certificate

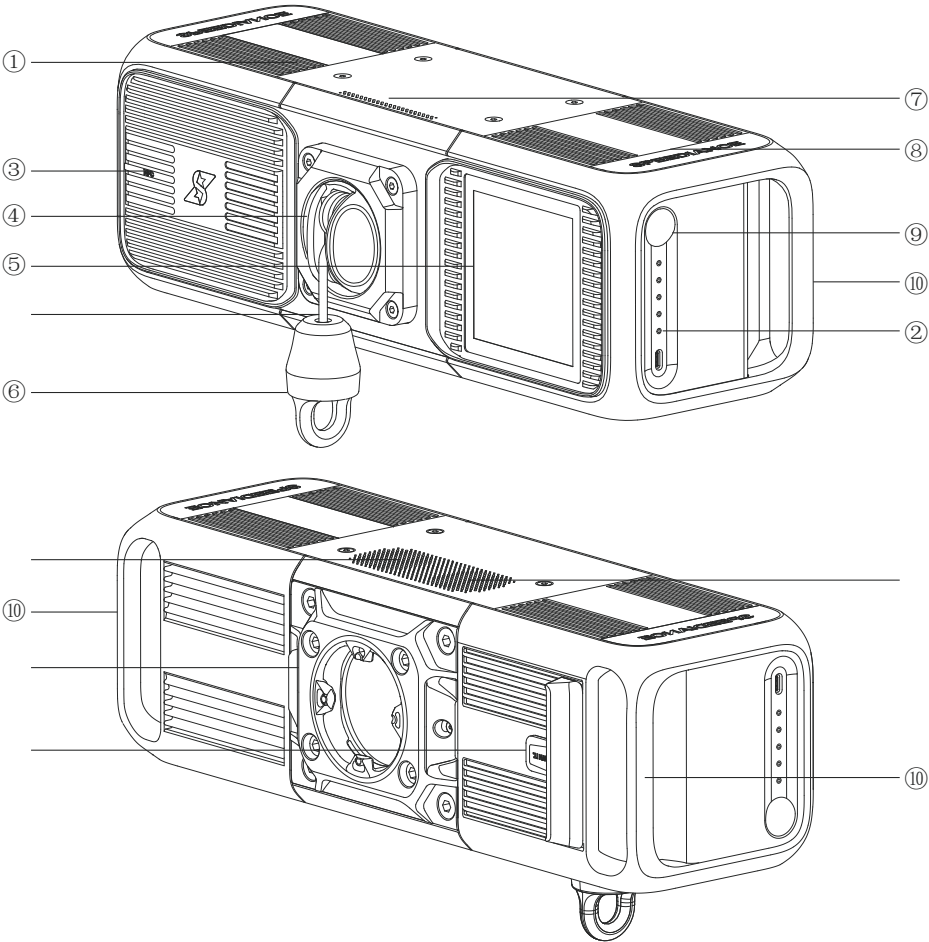
Terms and conditions:

1. This warranty certificate only covers repair services for the product with the stated serial number. This warranty gives you specific legal rights, and you may also have other statutory rights under the laws of the place where you purchased the product.
2. Please keep this warranty certificate together with the original invoice or receipt. Both documents must be presented in order to make a warranty claim. If you are unable to present the required documents, please provide proof that you are eligible for the warranty.
3. This certificate is only valid with the official stamp of the retailer. This document is only valid if stamped by the retailer or accompanied by the original receipt or order number.
4. The warranty does not cover the following: (i) damage caused by incorrect operation, negligence, misuse, or failure to follow the product manual. (ii) damage caused by unauthorized disassembly, modification, repair, or attempted repair; (iii) intentional damage.
5. The warranty service is typically provided in the country or region in which the product was purchased. Where permitted by applicable laws and regulations, the warranty service may not be available outside the region of purchase or may incur additional charges (such as shipping fees or customs duties). For details, please contact Speediance Customer Service.
6. The main unit of this product is covered by a free 24-month warranty from the original purchase date (subject to valid proof of purchase), provided it is used under normal conditions in accordance with the product manual. Accessories (Cable, all types of Fixed Rack Mounts, Tricep Rope, Ankle Straps, Handles, Bluetooth Ring, Pilates Strap, Carabiner, etc.; excluding free gifts) are covered by a 12-month warranty. The warranty period stated herein does not affect the rights and obligations you are entitled to under the mandatory laws and regulations of the country or region of purchase.
7. The manufacturer will provide a free repair service for the main unit's battery within 12 months from the original purchase date (subject to valid proof of purchase), provided it is used under normal conditions in accordance with the product manual and the battery has undergone no more than 300 charge-discharge cycles.
8. Repairs or replacement parts requested after the warranty expires will incur a service fee and parts charge. The specific fee will be determined according to the nature of the fault (please contact Speediance Customer Service for assistance).
9. This warranty does not cover the following:
 - a) Service requests submitted without a valid warranty certificate and proof of purchase (invoice or receipt). If you are unable to present the required documents, please provide proof that you are eligible for the warranty.
 - b) Service requests submitted after the warranty period has expired.

- c) Damage caused by unauthorized disassembly or modification (see Article 4).
- d) Damage caused by incorrect, negligent or improper use, or by failure to follow the product manual (see Article 4).
- e) Malfunctions or damage caused by use under ambient conditions not permitted by the product manual (such as exceeding the temperature/humidity range, excessive dust, moisture, exposure to corrosive substances, or commercial/intensive use).
- f) Normal wear and tear, consumable parts (if any) or natural cosmetic aging, stains and scratches caused by normal use.

This warranty card provides a summary of the detailed warranty terms, which may be amended from time to time. The detailed warranty terms can be accessed in the Help Center in the Speediance app. If you require assistance, please contact Speediance Customer Service at after-sales@speediance.com.

E. Product Diagram



- ① Motor Module
- ② Indicator Light
- ③ Cable Swive
- ④ Touchscreen Display
- ⑤ Training Cable
- ⑥ Accessory Connector
- ⑦ Air Inlet
- ⑧ Battery Module
- ⑨ Power/Sleep Button
- ⑩ Handle

F. Indicator Light Status

Device Status	Indicator Light Status
Normal battery	Two or more orange indicator lights are on
Low battery level	One red indicator light is on
Charging status	During charging: The orange indicator light flashes slowly
	Charging complete: Five orange indicator lights are on

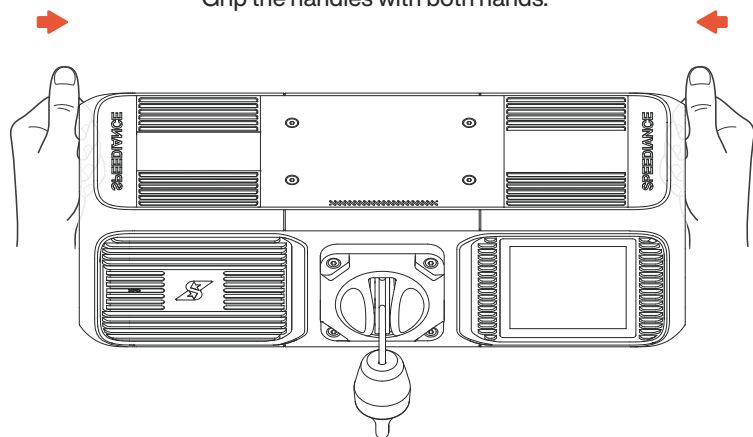
G. First Use

- Before use, remove all packaging, including the outer carton, foam, tape, and plastic bags. If the product surface is covered with protective film, peel it off before use.
- Place the product indoors in a well-ventilated location, on a flat, stable floor.
- Keep away from heat sources and avoid direct sunlight. Do not place the product in damp or wet areas, as this may cause rust or reduce insulation performance.

H. Installation Steps

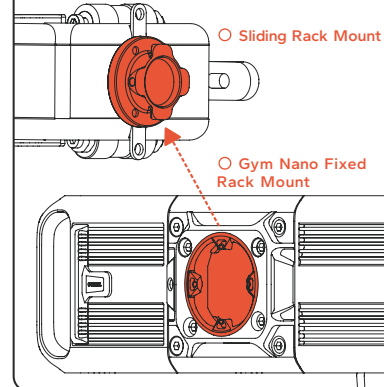
1

Grip the handles with both hands.

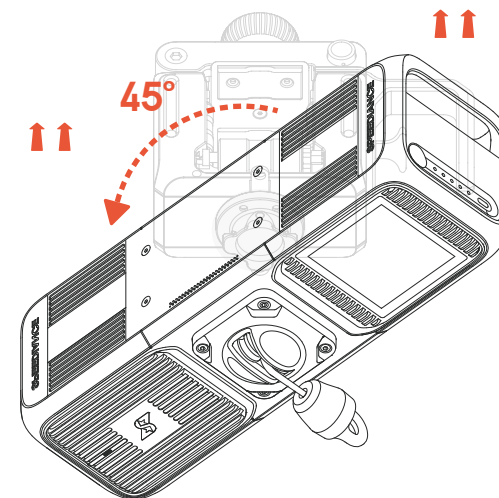


2

Align the Gym Nano Fixed Rack Mount with the Sliding Rack Mount.

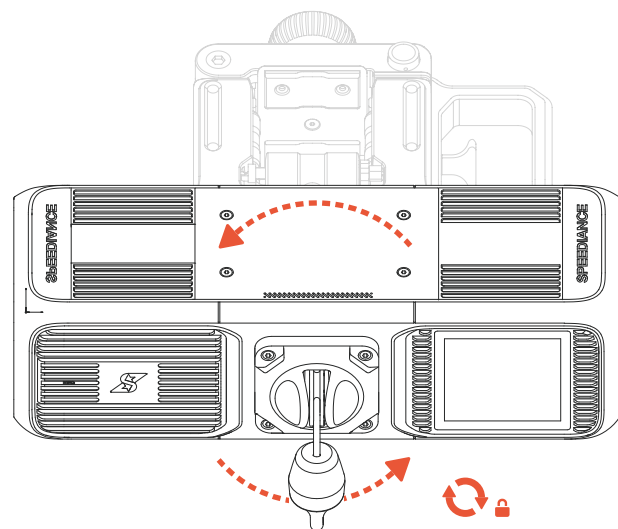


Rotate the Gym Nano 45° and push it into the Sliding Rack Mount.



3

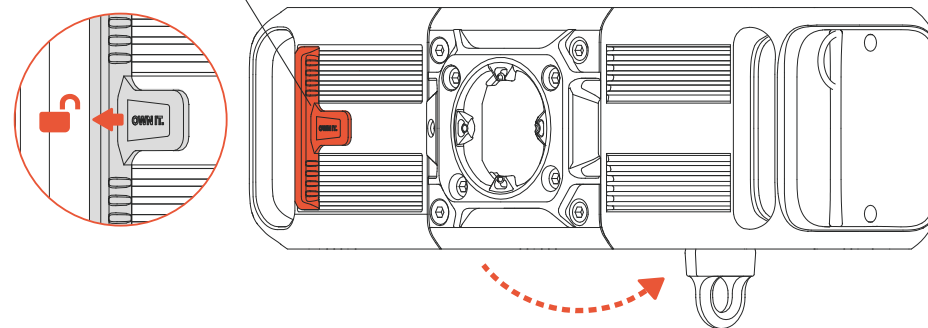
Rotate clockwise or counterclockwise until it locks in place.



4

4-1

Grip the handles with both hands and pull the Release Handle at the same time.

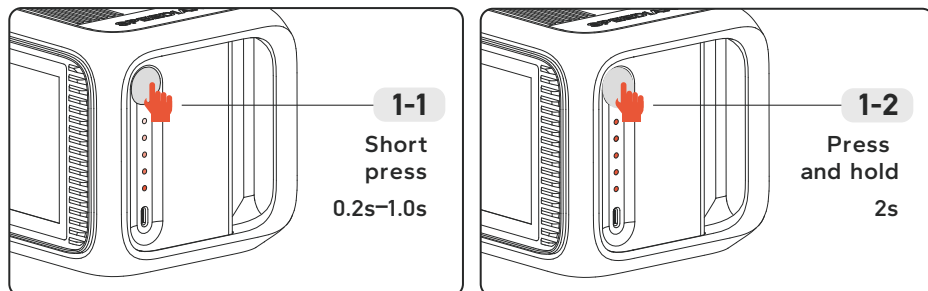


4-2

Rotate 45° in any direction to remove the device.

I. Connecting Power and Turning On the Device

Power on/off indicator light status (see images below)



Charging: The device can be used while charging. When the battery has sufficient charge, the device can be used without being plugged in.

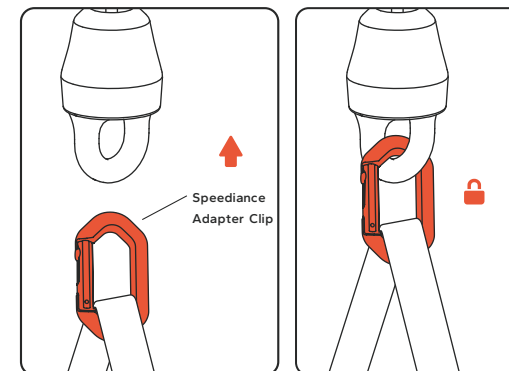
Turning on: Short press the battery button (0.2s-1.0s), release it, then press and hold for 2s.

Turning off: Short press the battery button (0.2s-1.0s), release it, then press and hold for 2s.

After turning on: Once the training screen appears, you can start your workout.

K. Installing Accessories

When equipped with the Speediance Adapter Clip, it can be used with all accessories (Handle, Ankle Straps, Exercise Belt, Tricep Rope, etc.). If the connector becomes loose, stop using it immediately and contact Speediance Customer Service.



○ Compatible with all accessories

L. User Registration

Confirm that the display shows content correctly and that the touchscreen functions normally.

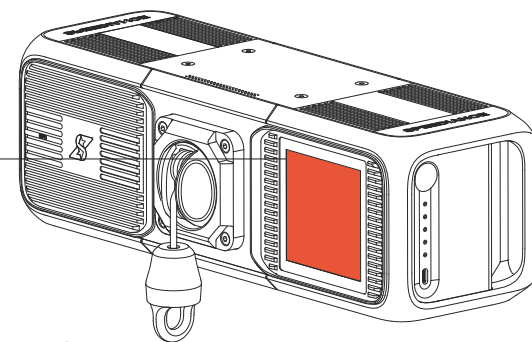
After verifying that the display is functioning correctly, you can proceed with strength training.

Touchscreen Operation

Follow the on-screen prompts (registration is required before first use).



Download the Speediance app from your mobile app store or scan the QR code to download it.



Parameters

Name	Portable Multimedia Digital Fitness Equipment	Display resolution	720 (RGB) × 720
Net weight	8.2kg	Display size	4.0in
Dimensions	120 × 159 × 375mm	Bluetooth	5.4
Power	2000W	Wi-Fi frequency	2.4G/5G
Input voltage	20V	Battery capacity	95.68Wh



The parameters in this table are for reference only.
If any information in this table differs from the device nameplate, the nameplate shall prevail.

Cleaning and Maintenance

EN

Attention

- Turn off the device and unplug the charger before cleaning.

Cleaning

- Regularly clean dust from the surface of the device to improve heat dissipation and energy efficiency.
- To clean the product, wipe it down with a soft cloth. When cleaning, do not allow water to enter the gaps in the product, as this may cause a short circuit or damage the components.
- When cleaning the accessories, use a soft cloth or sponge dampened with clean water or a non-corrosive neutral detergent. Then wipe with clean water and dry with a dry cloth. Allow the accessory to dry completely before using it again.
- If the device will not be used for a long time, turn it off and unplug the charger to prevent electric shock or fire caused by aging power cords.

Troubleshooting

Issue	Possible Cause	Solution
The device will not turn on	Battery level is too low	Try charging the device
The device does not enter training mode	The device and rack mount are not properly locked in place, triggering software protection	Check that the device and rack mount are properly locked in place
Cable not moving smoothly or making abnormal noises	Training cable is worn	Check the service life and condition of the Cable and replace it promptly when needed
Machine shaking	Incorrect operating method	Make sure the Fixed Rack Mount is securely installed and that the locking mechanism is engaged
Fan continues running after use	Cooling takes longer in high ambient temperatures	This is normal and the fan will stop automatically after a few minutes
Accessory cannot connect via Bluetooth	Accessory battery depleted	Try charging the device
The device is hot	High ambient temperature or extended use	This is normal and does not indicate a fault. Place the device in a well-ventilated area

FCC Warning:

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

ISED Statement

- English: This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

(1) This device may not cause interference.

(2) This device must accept any interference, including interference that may cause undesired operation of the device.

- French: Cet appareil contient des émetteurs/récepteurs exempts de licence qui sont conformes aux CNR exempts de licence d'Innovation, Sciences et Développement économique Canada. Le fonctionnement est soumis aux deux conditions suivantes :

(1) Cet appareil ne doit pas causer d'interférences.

(2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

This equipment complies with Canada radiation exposure limits set forth for an uncontrolled environment.

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Cet équipement est conforme Canada limites d'exposition aux radiations dans un environnement non contrôlé.

Cet équipement doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps.

The device for operation in the band 5150–5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems.

L'appareil destiné à fonctionner dans la bande 5150-5250 MHz est uniquement destiné à une utilisation en intérieur afin de réduire le potentiel d'interférences nuisibles aux systèmes mobiles par satellite cocanaux.