POSSONO

U-Trainer

USER MANUAL

PRODUCT SPECIFICATION

Model：U-Trainer

Size：35inch*14inch*7inch

Lifting Bar Size：1inch*41inch

Packaging Size：37inch*16inch*8inch

Resistance Adjustment：Knob & APP

Resistance Levels：100 levels on each side

Resistance Range：4.4lbs-110lbs

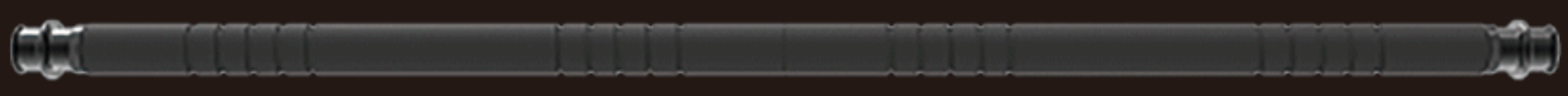
Rated Voltage：DC5V 2A

INSTANT HOME GYM

EMPOWER YOUR WELLNESS JOURNEY.

PACKING LIST

HOST MACHINE



WEIGHTLIFTING BAR

HANDLE*2

BELT

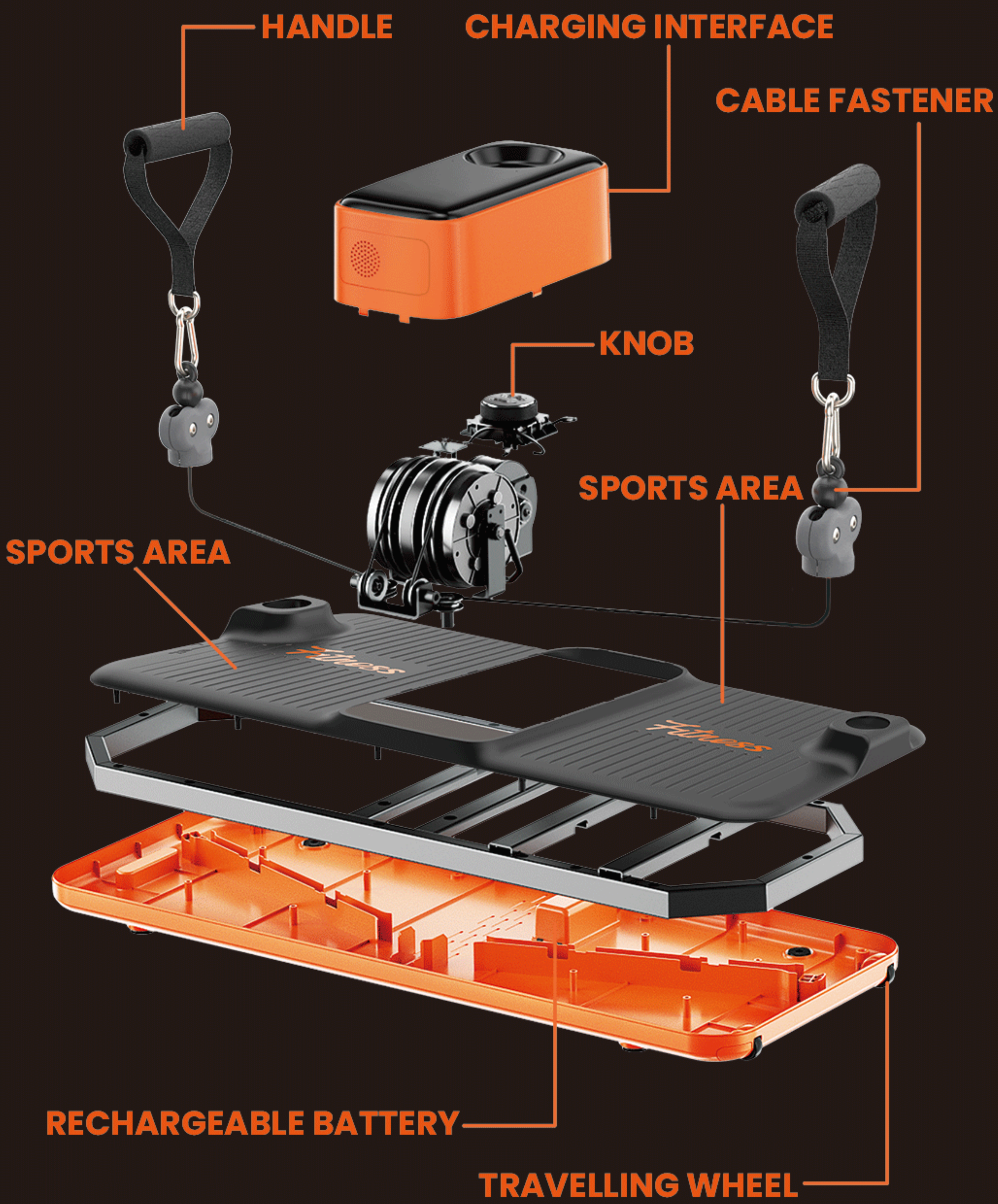
USB CHARGING CABLE

TRICEP ROPE

HAND GRIP*2

ANKLE STRAP*2

HOST INTRODUCTION



SAFETY PRECAUTIONS

Dear customer, thank you for choosing our U-trainer! Proper usage is key to a safe workout, and to ensure your personal safety during exercise, please carefully read this manual before using the U-trainer, and strictly follow the precautions listed herein.

I. USER-RELATED

Please wear appropriate sportswear and shoes while using this device, and warm up adequately beforehand. If you experience any discomfort or abnormalities during use, immediately stop the workout and consult a doctor. We do not recommend the use of the U-trainer for individuals over the age of 65, those preparing for pregnancy, pregnant women, nursing mothers, anyone who has undergone surgery in the last 6 months, or those suffering from heart disease, high blood pressure, asthma, or other illnesses that make intense exercise inadvisable, as well as any other circumstances deemed inappropriate for intense exercise by a medical professional. If you are currently using the U-trainer, please stop immediately. Please refrain from consuming alcoholic beverages or any stimulants prohibited by national laws and regulations before and after using the device. Fatigue, incorrect usage, and over-exercising can all potentially lead to injury. You should accurately assess your physical condition and capacity before exercising, and ensure your workout movements, intensity, and duration are appropriate. Please keep children and pets away from the U-trainer while in use to avoid potential hazards. Minors must use this device under the supervision and guidance of a guardian, and should not use it independently. If you have long hair, we suggest tying it up or putting it in a bun to prevent it from getting caught in the device. In winter, ensure that there is a certain level of humidity indoors to avoid static electricity, which may interfere with the operation of the device or even cause

damage. Synthetic fabrics are prone togenerating static electricity, so try to avoid wearing synthetic clothing when using this device.

II. EQUIPMENT AND USAGE ENVIRONMENT

The U-trainer is designed for indoor use only, please do not place it outdoors. Ensure that the U-trainer is placed in a safe and open space of at least 2m x 2m. The U-trainer should be kept away from water, heat, and flammable or explosive materials. The U-trainer is a specialized piece of exercise equipment.

Please do not disassemble it or modify it for other uses to avoid safety risks. Please avoid spilling liquids on the U-trainer or placing any foreign objects on it.

Do not insert fingers or any foreign objects into the gaps of the U-trainer to avoid hazards. Please refrain from touching the electrical wires, power outlets, or power switches with wet hands.

Do not use a damaged or wet power cord or plug. If the power cord of the U-trainer is damaged, consult the after-sales service or a qualified professional for replacement to prevent injury.

Please turn off the power to the U-trainer and unplug it after use. When cleaning the machine, unplug the power cord and wipe it with a clean, dry soft cloth. The U-trainer should be placed on a clean, flat and solid surface.

Do not place soft mats such as blankets or yoga mats under the equipment. This product is intended for home use only, it is not suitable for commercial environments (such as gyms, etc.).

Please use the power cord supplied with the U-trainer and do not use other power cords. The power plug must be reliably grounded, and other appliances should be avoided on the same power supply line.

Do not use a damaged or wet power cord or plug. The U-trainer's power cord is specialized, if damaged, it must be replaced by the manufacturer, service center, or a qualified professional to prevent injury.

Please stay in the training area during workouts, avoid having your body's center of gravity outside of the equipment to prevent it from tipping over. Confirm if the power socket is properly grounded: use a digital multimeter set to AC mode to measure the voltage difference between live, neutral, and earth wires. For a typical three-pin plug (left-neutral, right-live, upper-earth), measure the voltage differences between live-neutral, and live-earth. If the live-earth voltage difference equals or is slightly forgotten (5V) the live-neutral voltage difference, it means the grounding is good.

If it is zero, it means the earth wire is not connected. If the voltage is less than the live -neutral voltage difference, it means the grounding is not solid, and there is a grounding resistance. Confirm if the equipment's ground wire connection is good: Use a digital multimeter set to the short-circuit mode. Connect the red probe to the U-trainer's ground wire, and the black probe to the U-trainer's metal frame. If there's a beeping sound, it means the grounding is good. If not, there's a problem with the equipment grounding. Confirm if the power socket's live-neutral-earth voltages are normal: Use a digital multi meter set to AC mode to measure the voltage difference between live -neutral-earth.

OPERATING INSTRUCTIONS

I. PREPARATION BEFORE USE

Flip the main frame 180°, open the rechargeable battery plastic

cover, connect the rechargeable battery to the main unit's socket to power on the machine, then close the plastic cover. Flip the main unit 180° back and place it on the ground (Note: The knob does not bear weight, so avoid stepping on it or sitting on it.)

Attach the accessory pulley hooks to the rope buckle on the main unit, one each on the left and right. Based on your workout needs, you can attach the weight bar, handle and ankle straps to the pulley hooks for exercise.

Please place the power station on an open ground, ensuring that no objects are under the power station to prevent imbalances that could cause exercise-Related injuries. Before using the power station, please ensure that it has enough power. If the U-trainer is low on battery, please use the included cable to charge the device. For charging, connect the flat round head of the charging cable to the device first, and then plug the USB end into a socket charging adapter or any USB power source.

When charging, the 'Red Indicator Light' will flash. The indicator light will turn 'Green' once the power is fully charged. The indicator light will also go out when the device is in sleep mode. When using the power station, please do not leave the training area to prevent the device from being pulled up from the ground, creating a safety hazard.

II. POWER ON/OFF

Long press the round button on the central unit for 2 seconds to turn on the device. After the screen lights up, press the knob again to start the training. The device is designed to automatically turn off for safety, it will automatically go into sleep mode after being idle for 1 hour, requiring no operation from you.

III. RESISTANCE ADJUSTMENT

After the device is turned on, the screen displays parameters: Left, Right, kcal, Left Num, Right Num, min. You can adjust the resistance and start / pause / stop operations via the knob. You can adjust the resistance by turning the knob, turning it to the right increases the resistance, and to the left decreases it. The knob has 100 adjustable levels, with an estimated resistance of 1kg (2.2lb) per level. Each side is estimated to have a resistance of 0.5kg (1.1lb). If you wish to adjust the weights on both sides differently for training, you can download the Unitop App from the App Store or Google Play, and adjust from the indicated interface.

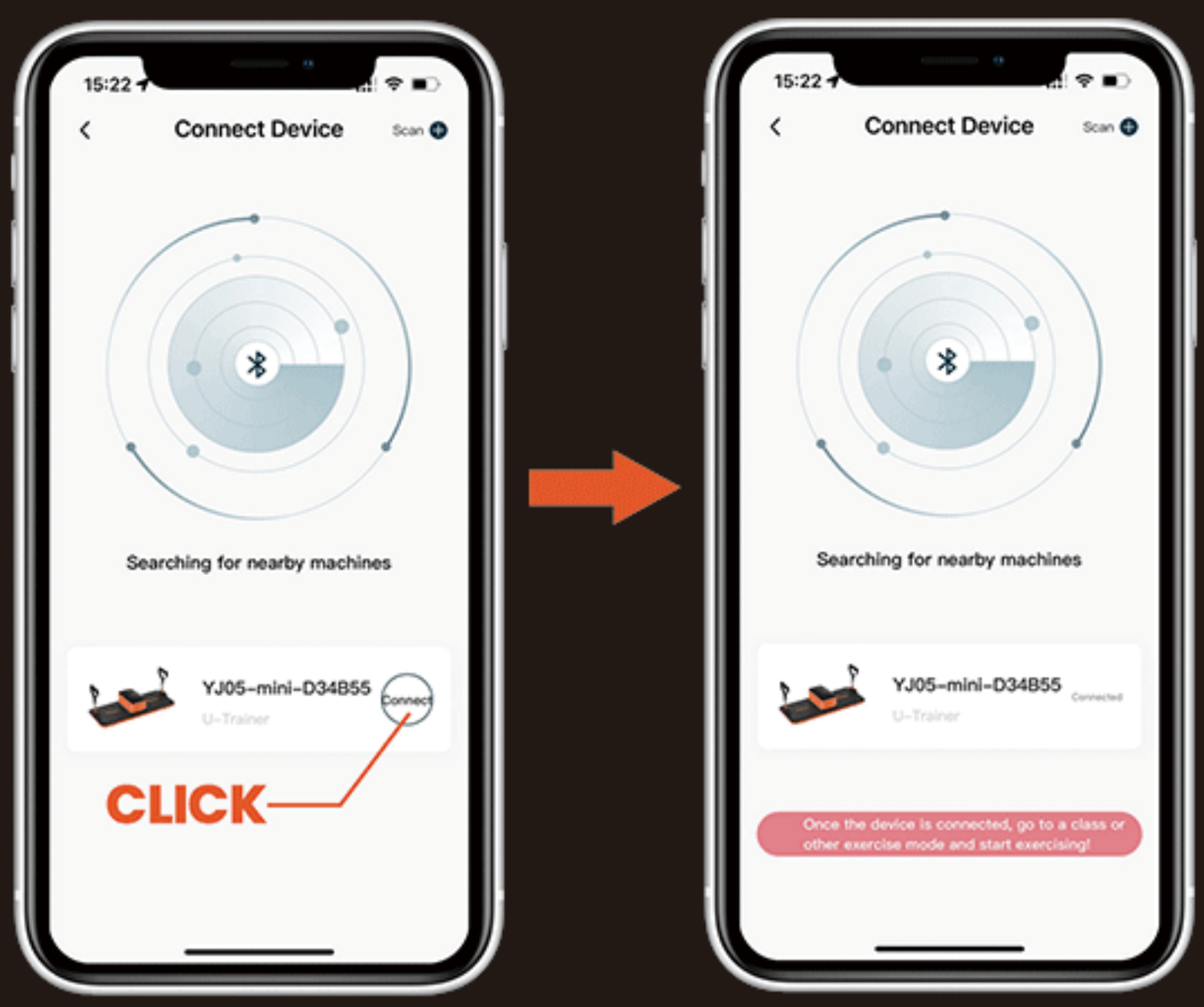
IV. TRAINING

This device comes with a barbell rod, wrist straps, handles, deltoid ropes and a belt. You can choose to use the appropriate accessories according to your training goals. If you lack related training experience, you can follow the video tutorials in the Unitop App to train, and you can also set up a training plan in the app, unlocking more features.

V. APP CONNECTION

The U-trainer can be connected to the Unitop App via Bluetooth. You can control the U-trainer, set training plans, view video tutorials,

record training data, etc. through the APP. The U-trainer's Bluetooth will automatically turn on when the device is powered on. You just need to open the Unitop App, click on the top right corner, search for devices, and click on the corresponding device in the list of devices that appears to connect. Before using the App, please make sure your device's Bluetooth and GPS / location services are turned on. You can scan the QR code below to download the app from the application market.



TROUBLESHOOTING AND MAINTENANCE

I. COMMON FAILURES AND SOLUTIONS

Unable To Turn On

Please ensure that the product has enough power. If the power is off, it may not be able to turn on. Please charge the device first. It takes approximately 30 minutes for the device to be fully charged, using fast charging.

Battery Replacement

The battery of this device can be charged / discharged up to 500 times. If your battery is damaged or its capacity has significantly decreased, please replace the battery according to the following steps. Prepare two 18650 lithium batteries before replacement.

II. MAINTENANCE AND UPKEEP

The U-trainer power station is a maintenance-free design sports device. However, it is inevitable that wear and tear and scratches will occur during prolonged use. Please check your device before and after each use. If you notice any damage or excessive wear and tear, please stop using it. If you follow the usage points during use, it can extend the life of the device.

Please do not let the cable buckle slam back. The rapid retraction of the cable may cause damage to the cable outlet, and in extreme cases, it may even rupture. In addition, the rapid rewinding of the cable may cause the coil to overlap or wind to one side of the spindle.

Do not twist the cable. Extreme twisting can cause excessive wear ordeformation of the cable fibers, resulting in a shorter lifespan.

Do not wrap or bind the cable to avoid excessive squeezing causing cable deformation, which can negatively affect the overall functionality and durability.

Please do not place foreign objects near the cable outlet to prevent them from being rolled into the main machine and causing damage to the equipment.

WARRANTY

We offer a limited warranty for our products when used as per our terms:
2 years for defects in component parts, electronic components, and wearable items. 12 months for defects in consumables like cables and accessories. This warranty starts from the date of product delivery. Claim options include replacement, repair, or covering replacement / repair costs.

It applies only if:
Products are used by consumers in a home environment, not commercially. The original purchaser has proof of purchase, or gift items are linked to the original Unitop App user account. Products are sold and used within Unitop Official.

Exclusions:
Commercial use, cosmetic damage, unauthorized components, accidents, misuse, and more. If we fail to meet consumer guarantees required by local law,we'll replace, repair, or cover replacement / repair costs. This warranty supersedes implied warranties specified by law. Other guarantees are excluded as permitted by law, but some states may vary. For warranty claims, contact service@unitopfitness.com, specifying the"Home Use Limited Warranty."

For other jurisdictions, similar options apply. If not covered by local law, our liability is limited to replacement, repair, or covering replacement / repair costs. Contact service@unitopfitness.com, specifying "Other Jurisdictions."

220 LBS

MAXIMUM TENSION

ADVANCED WEIGHT PRECISION

100-LEVEL INTENSITY RANGE, WITH A MAXIMUM RESISTANCE OF 220LBS.

360° DYNAMIC TONING

SCULPT EVERY MUSCLE GROUP, NO LIMITS.

CUTTING-EDGE EMI DRIVE

HIGH-POWERED WORKOUTS, REDEFINED.

POSSONO

U-Trainer

EXPLORE MORE INFORMATION WITH US!
FACEBOOK: UNITOP INNOVATIONS
WHATSAPP:

FCC Statement:

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 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 guarant ee 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 not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environm ent. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.