

amp User Manual



Exposure to Radio Frequency



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 product is intended for commercial use.

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

FCC RF Radiation Exposure Statement:

- This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
- This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated, keeping the radiator at least 20cm or more away from the person's body.
- Magnetic Phone Charger complies with RF radiation exposure limits set forth for an uncontrolled environment. It should be installed and operated, keeping the radiator at least 20cm or more away from the person's body.
- Dial is for portable operation, it has been tested and meets FCC RF exposure guidelines. When used with an accessory that contains metal may not ensure compliance with FCC RF exposure guidelines.

In app, go to Settings > Legal > RF Exposure. Or go to ampfit.com/legal/rfexposure.

WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**.
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. **DO NOT** dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Compatible battery type: **CR1220**
- Nominal battery voltage: **3V**
- Non-rechargeable batteries are not to be recharged. Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.
- Contains a non-removable battery. Only professionals are allowed to disassemble it.



Read this manual before using this product. Failure to follow the instructions and safety precautions in this manual can result in damage to the product, serious injury or death. Keep this manual in a safe location for future reference.

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Always consult your physician before beginning any exercise program.
Discontinue exercise and consult a physician if you experience any symptoms of faintness, dizziness, chest pain or pressure, nausea, shortness of breath, or other abnormal symptoms.

Safety Information

A. PRODUCT WARNINGS

Please read all safety information before using your amp machine. Use the amp machine only as described in this manual, as improper use of the equipment may void the warranty and/or lead to injury or death. amp is not responsible for equipment damage, personal injury or death resulting from misuse of the equipment. Do not remove, deface, or modify any labels as it may void the warranty.

DANGER:

TO REDUCE THE RISK OF BURNS, FIRE, OR ELECTRICAL SHOCK:

1. Always unplug your machine from the electrical outlet for relocation or servicing.
2. Excessive heating can occur and cause fire, electric shock, or injury if covered.
 - a. Do not cover the amp machine with any coverings.
 - b. Ensure all air openings are free of lint, hair, and the like.
3. Keep the power cord away from hot or heated surfaces.
4. Never operate the amp machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact support for maintenance and repair.
5. The amp machine should not be exposed to liquids, including splashing or dripping water. Do not put open water vessels on the shelf (e.g. cups or vases).
6. Do not place open flames, such as candles, on any part of the amp machine.

TO REDUCE THE RISK OF INJURY TO PERSONS:

1. Always ensure the amp machine is stowed at level 10 with the arm down when finished (see figure on page 8). Never leave it unattended in any other position.
2. amp is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. The amp machine is not intended for children under the age of 13.

Safety Information

B. Installation

Full Service

The amp machine must be installed by a professional installer.
To schedule an installation contact amp support at support@ampfit.com.

Choosing a Location

The amp machine is meant for indoor, household use only. Do not install your machine outdoors or in a damp or moist environment. Keep water away from the machine.

Do not operate where Aerosol (spray) products or Oxygen are being used.

Supported wall types include:

1. Concrete.
2. Drywall with 2 in x 4 in wood studs, with the short side against the drywall.
 - a. The screws must be inserted at least 3 in into the wood stud.
3. For all other wall types or constructions, contact amp support.

To relocate or reposition the amp machine, contact amp support for assistance. To disconnect, turn the power switch to the Off position, then remove plug from outlet.

Safety Information

C. Grounding the amp Machine

DANGER:

This product must be grounded. In the rare event of a malfunction, grounding reduces the risk of injury by providing a safe path for the electric current. Improper connection of the equipment or grounding conductor can result in electric shock.

GROUNDING NOTICE:

The amp machine is fit for use on a nominal 120V circuit and includes an approved grounding plug. The plug must be plugged into an outlet with a grounding pin that is properly installed and grounded in accordance with all local codes and ordinances.

DO NOT connect the amp machine with any adapter or modify the plug provided. If the plug will not fit your outlet, or you have any doubts about proper grounding, contact amp support to consult an approved electrician or serviceperson.

Safety Information

D. MEDICAL WARNINGS

Consult your physician prior to using amp. Certain exercise programs or equipment may not be appropriate for all people. Incorrect or excessive training can result in serious injury or death. Use extra caution if you:

- have not been regularly exercising.
- are over 65 and/or have preexisting health conditions.
- take medication that may affect your heart rate.

CAUTION: Discontinue exercise immediately and consult a physician if you experience faintness, dizziness, chest pain, nausea, shortness of breath, or other abnormal symptoms.

Mild soreness after exercise may be experienced after beginning a new exercise program or changing an existing exercise program. Contact a physician if the soreness does not improve after 2-3 days.

Safety Information

E. Routine Inspection

DANGER:

Use of damaged equipment could result in serious injury or death.
Be sure to inspect your amp machine for signs of damage or wear before each use.

DO NOT use the amp machine if you:

- believe anything is out of the ordinary.
- do not understand how to operate the amp machine.
- find damaged, illegible, or removed labels.
- think the amp machine is not functioning properly.

The arm should move in a controlled manner, and only by adjusting the knob.
To prevent damage, malfunctioning parts should be replaced immediately. In the event of a malfunction, contact amp support to consult an approved technician.

DO NOT attempt to repair your amp machine on your own.

Safety Information

F. Safety During Use

Supported Use

1. Use only amp accessories with the amp machine. amp cannot guarantee the safety or compatibility of third-party accessories that may happen to fit. Use of third party accessories may void your warranty.
2. After adjusting your amp machine, always confirm the arm position is locked in place before moving on to the next exercise.

Unsupported Misuse

Improper use of your amp machine will void the warranty and may lead to injury. You must not:

1. hang from the arm of the amp machine.
2. hang any items or objects from the amp machine.
3. lean weight or step on the shelf.
4. step on the motor box.
5. stand in the path of the cable while the amp machine is in use.
6. use third-party accessories that may happen to fit.
7. release the cable at a distance of arm-length or greater from the amp machine.

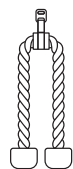
CAUTION: To ensure bodily safety

1. always wear clothing appropriate for exercise.
2. avoid placing body parts near the moving parts of the amp machine while in use.

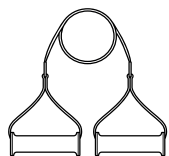
Get to know your amp machine

The amp machine is a digital-resistance cable machine built for strength training. Adjust the weight resistance and resistance modes by using the dial on the freestanding amp machine or by connecting to the accompanying iOS amp app. Changes made within the amp app will automatically update on the dial display.

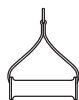
What's Included



Rope



Dual Handle



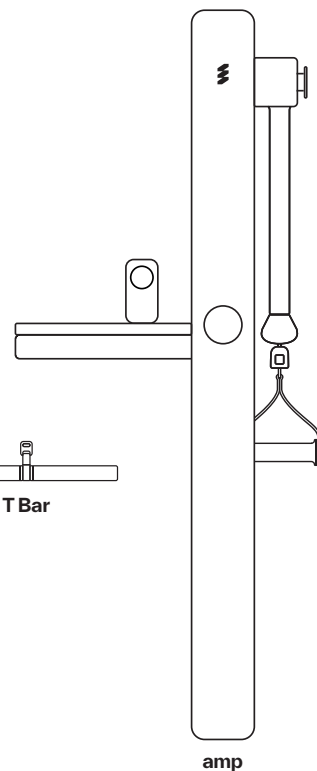
Handle



Ankle Strap



T Bar



Specifications

Weight: 65 lbs

Machine Dimensions:

H: 63 in; **W:** 10 in; **D:** 9.6 in

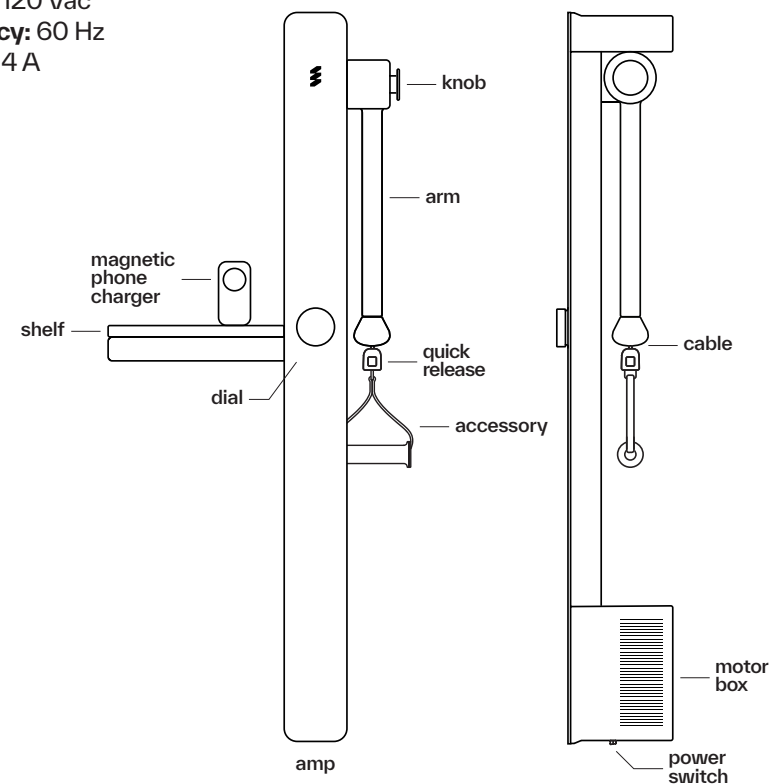
Maximum Resistance: 100 lbs

BLE: 5.1

Input Voltage: 120 Vac

Input Frequency: 60 Hz

Input Current: 4 A

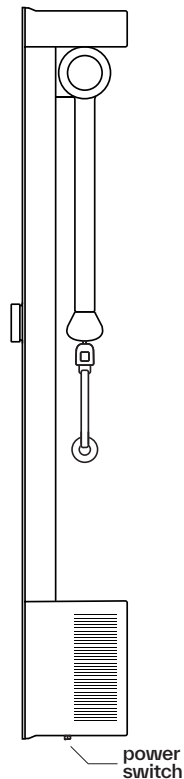


Features & Functions

A. Power

DANGER: When you power on the amp machine, it will automatically pull the cable into its “Home”, or starting position. Do not interfere with this process, which should take less than 5 seconds.

1. For your safety, clear a minimum area of 7 ft x 7 ft before you begin setup.
2. Locate the cable and make sure it is free from objects, tangles, or knots. Clear a path where the cable can safely retract during startup.
3. Plug in your amp machine. Locate the power switch next to the power cord connector at the bottom of the amp machine and turn the power switch to the On, or I, position.
4. Wait for the dial to light up. Once on, the display will show the current resistance weight and resistance mode.



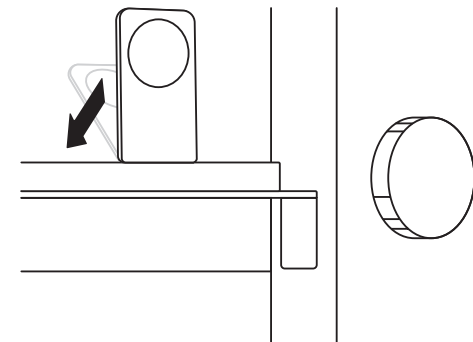
Features & Functions

B. Mechanical

i. Magnetic Phone Charger

The amp machine includes a built-in magnet to align and secure your phone and a wireless charger to use during your workout.

When not in use, protect the Magnetic Phone Charger by folding it flat on the shelf.



Features & Functions

ii. Arm Angle & Position

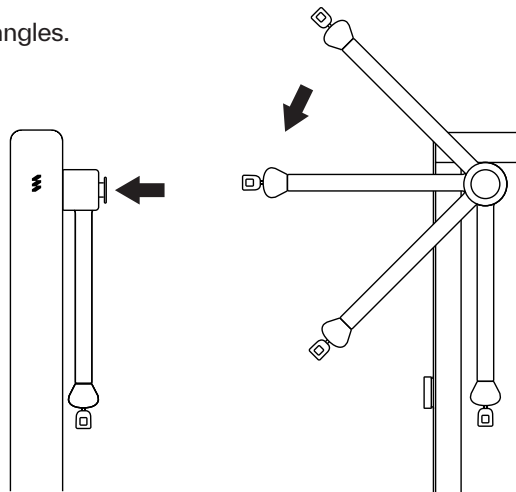
The amp machine has an adjustable arm that moves to meet your exercise needs. There are two ways to change the position of the arm:

1. Press the knob to choose between 4 different arm angles
2. Pull the knob to choose between 10 different shoulder levels

Stow your amp machine at Level 10 with the arm down when not in use.

Pressing the knob

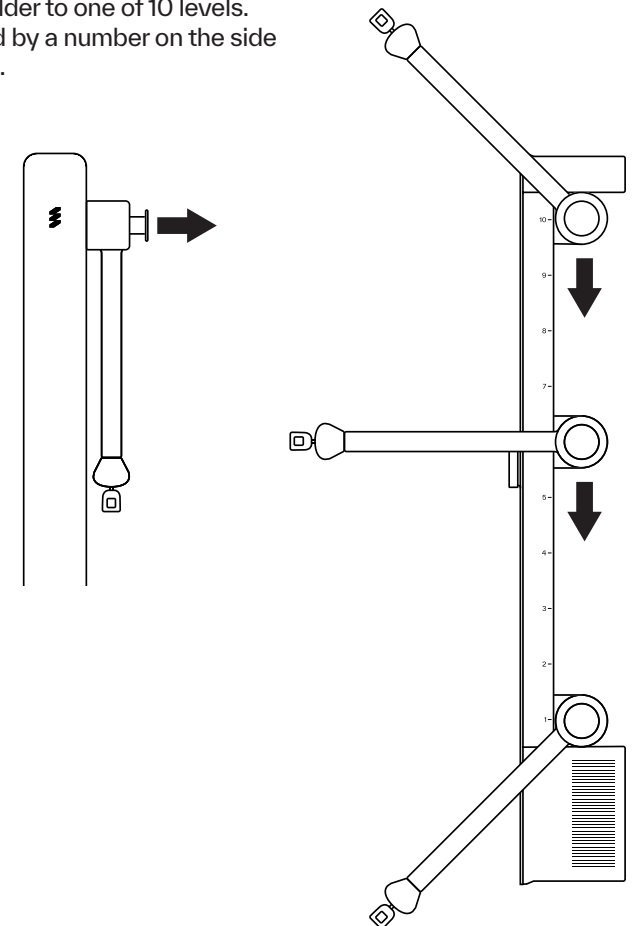
Will adjust the arm to one of 4 angles.



Features & Functions

Pulling the knob

Will adjust the shoulder to one of 10 levels. Each level is marked by a number on the side of the amp machine.



Features & Functions

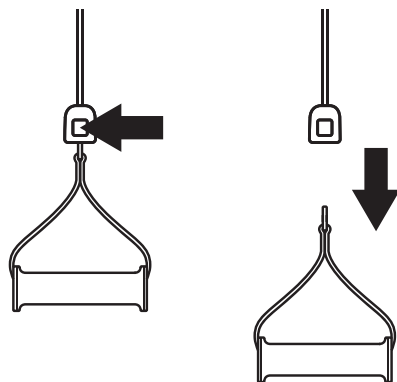
iii. Accessories & Quick Release

CAUTION: Use only amp-approved accessories.

Use of non-approved accessories could result in injuries, damage to the amp machine, and may void your warranty.

To use amp-approved accessories, press the Quick Release button at the end of the cable. Then, attach the new accessory by sliding the tab into the open slot. You will hear a click when the accessory is fully attached.

Remember to remove the accessory and store it safely after your workout.



Features & Functions

C. Digital

i. Connect to the amp App

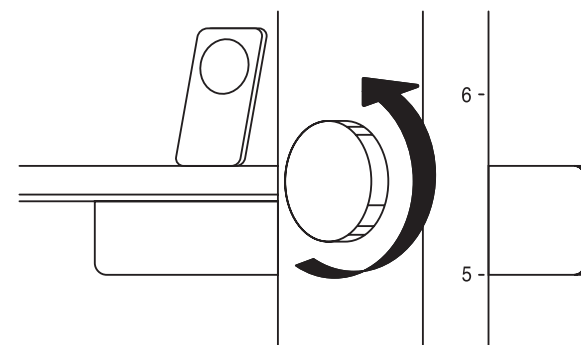
To connect your amp machine with your phone, download the iOS amp app and be sure your bluetooth is turned on. Follow the in-app instructions to pair your amp app and the amp machine.

Use the amp app to adjust the weight or the resistance modes within a workout or during independent exercise.

ii. Use the Dial

You may change the weight and resistance modes directly through the digital dial.

1. Turn the dial to adjust the weight.
2. Push the center of the dial to adjust the resistance mode.



Features & Functions

iii. Resistance Modes

Resistance modes adjust weight during each rep to match your strength at different points of the movement, optimizing muscle engagement for an effective workout. You can enable or disable these modes and adjust their intensity as needed.

Our current modes are:

-  **Fixed**
Weight remains constant throughout your entire range of motion
-  **Band**
Adds more resistance the farther you get from the start position
-  **Amplify**
Adds more resistance as you bring the weight back to the start point

Care & Maintenance

Cable care

Proper function of the cable is essential for the amp machine use. Contact amp support if the cable:

- has been pulled out of the amp machine;
- gets stuck inside the amp machine;
- begins to fray or appears damaged.

Cleaning

After each use, wipe your amp machine and any used accessories with a soft cloth and a gentle cleaning solution. Do not use abrasive materials.

Storage

Do not leave attachments connected to the amp machine while not in use. Detach any accessories and store them safely. Return the arm to level 10 with the arm down while the amp machine is not in use.

Maintenance

No regular maintenance is required for the amp machine. Contact amp support immediately if you notice unusual sounds or feel changes in the pulley cable.

Support

For support contact support@ampfit.com.

