

roulistic 



**AN INNOVATIVE ALL-IN-ONE
SMART TRAINING REFORMER**

Supple
Power



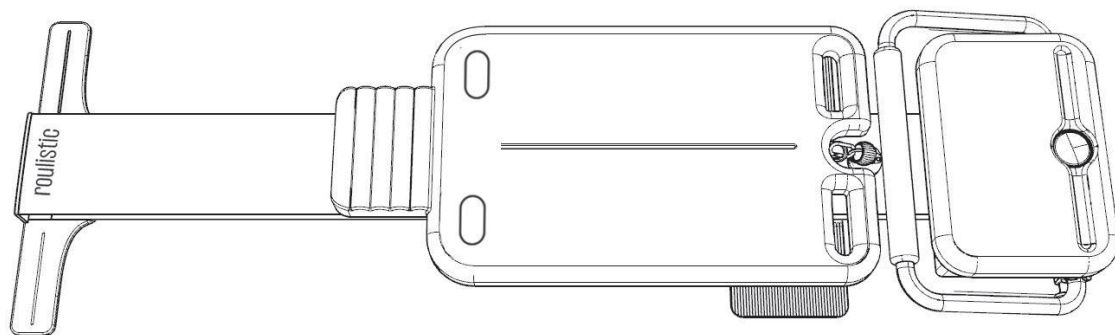
PRODUCT MANUAL

RS02

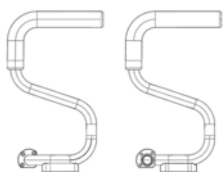
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1. PACKING LIST



Host*1



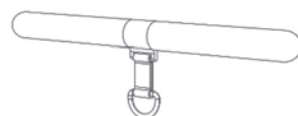
SIDE HANDLES *2



SHOULDER SUPPORTS *2



GRIP *1



STRAIGHT ROD *1



DOUBLE-HEAD ROPE *1



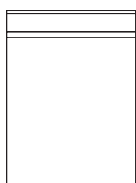
ANKLE SLEEVES *2



POWER CORD *1



MANUAL *1



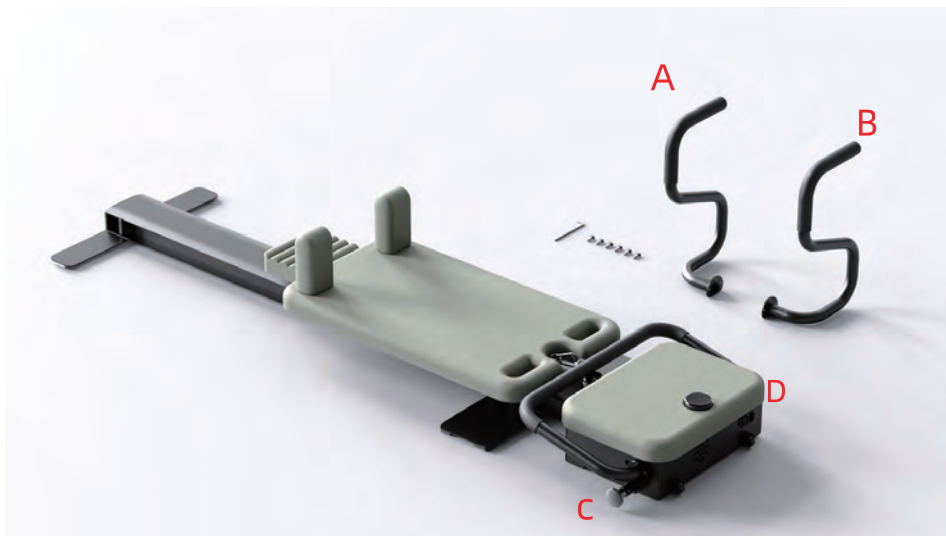
TOOL KIT *1

(Warranty Card *1, Hex Wrench *1, Screws *6)

2. INSTALLATION INSTRUCTIONS

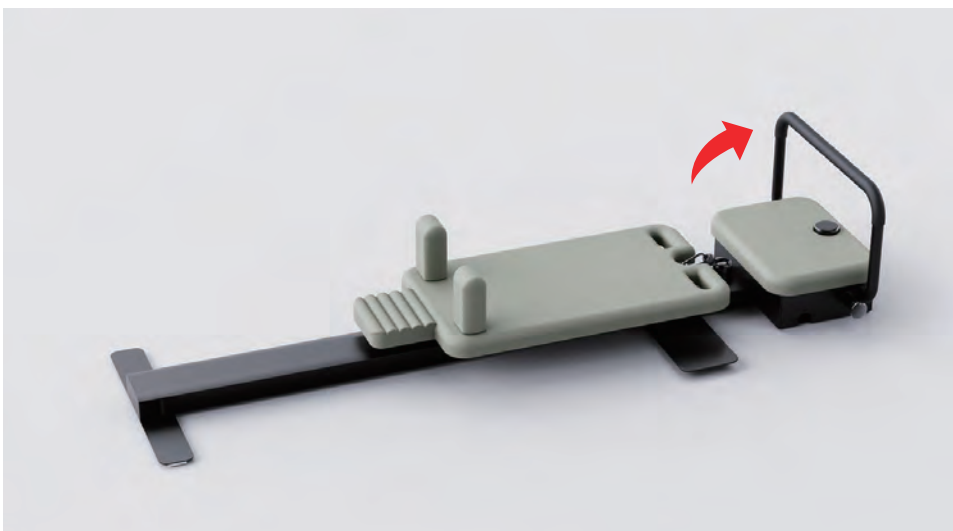
2.1 INSTALLATION OF SIDE HANDLES

Step 1: Take out the side handles and related tools (one L-shaped wrench and six hex screws) and place them on one side of the machine. As shown in step 1, place the two side handles; the handle marked with red letter "A" is to be installed on side "C" of the chassis, while handle "B" corresponds to be installed on side "D" of the chassis (if matched incorrectly, the screw holes will not align).



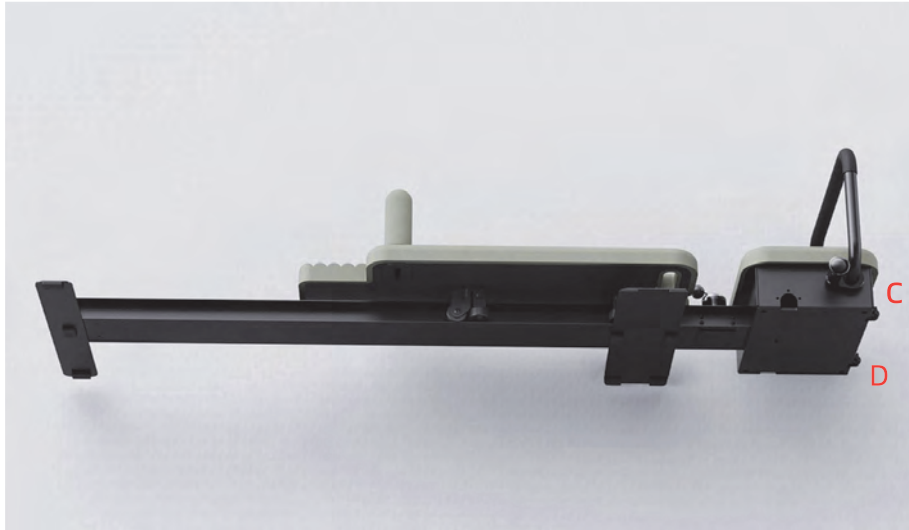
Step1

Step 2: As shown in step 2, lift the horizontal handle from the storage position to the automatic locking position. Next, we will use side handle "A" as an example for explanation.



Step2

Step 3: As shown in the figure step3, lift the entire machine from the "C" side to a nearly vertical position (with the "C" side on top and the "D" side close to the ground).



Step3

Step 4: As shown in the figure step4, the red dashed circle indicates the fixed hole positions for the side handles, and the three circular holes are where screws need to be inserted.



Step4

Step 5: As shown in the figure step5, from a top-down view, align the semicircular mounting base of handle "A" with the installation side of the chassis, ensuring that the three holes within the red circle (shown in the lower left image) are aligned. First, partially screw in the three screws by hand, then tighten them with a wrench.



Step5

Step 6: Install the chassis on the "D" side and handle "B" according to steps 3 to 5.

WARM TIPS: IF YOU ENCOUNTER ANY PROBLEMS DURING USE, PLEASE CONTACT CUSTOMER SERVICE TO OBTAIN RELEVANT INSTRUCTIONS AND TUTORIALS.

3. USER MANUAL

3.1 CONNECTING THE DEVICE TO THE APP

- ① Turn on the device
- ② Open the app and start your workout. The app will automatically search for and connect to the device (no manual pairing or connection needed).

3.2 POWER AND STARTUP

When the power is on, the knob panel will display pattern R1 and flash once per second. At this time, the product is in the startup self-test learning state. Please wait patiently. When the red light is on and the default startup pattern R2 appears, and the "device on" prompt sound is emitted, it means that the self-test learning has been successful and you can proceed to the next step.



Note: The number 6 indicates that the current resistance value is 6kg (default).

Friendly Reminder:

Do not unplug the power cord while the knob panel is flashing and the product is in the startup self-check learning state, as this may cause the self-check to fail. If the waiting time exceeds 15 seconds and the knob panel is still flashing, it indicates that the system may not have passed the self-check. In this case, please turn off the power, wait a few seconds, and then restart.

If the default startup pattern does not appear after multiple self-checks, it indicates a system failure. Please contact customer service for assistance.

3.3 INDICATOR LIGHT INTRODUCTION

STATUS INDICATOR LIGHT



YELLOW

MODE AND SWITCHING
STATUS WITH SELF-CHECK
STATUS



RED

STANDBY STATUS
(MOTOR NO RESISTANCE)



GREEN

WORKING STATUS (MOTOR
APPLYING RESISTANCE)

R3

MODE INDICATOR LIGHT



ONE MODE LIGHT ON
STANDARD MODE



TWO MODE LIGHTS ON
CENTRIFUGAL MODE



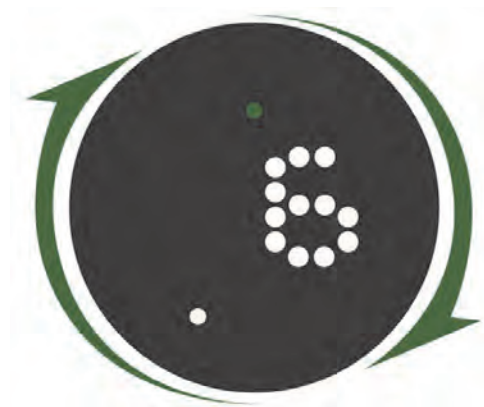
THREE MODE LIGHTS ON
ELASTIC MODE

Note: The numbers displayed on each mode interface are for mode differentiation only and do not represent the current resistance value.

R4

3.4 KNOB INTRODUCTION

After the startup self-check learning is successful, you can adjust the resistance using the knob, turning clockwise to increase resistance and counterclockwise to decrease resistance, as detailed in R5. Adjust to the desired resistance value, then press the screen panel (or the wireless switch on the smart handle) to start operation. At this point, you can perform the most basic exercises, with the system default mode set to standard mode. To cancel resistance, you can continue to press the screen briefly. The indicator light is red in no-resistance state and green when resistance is applied.



Turn clockwise to increase resistance

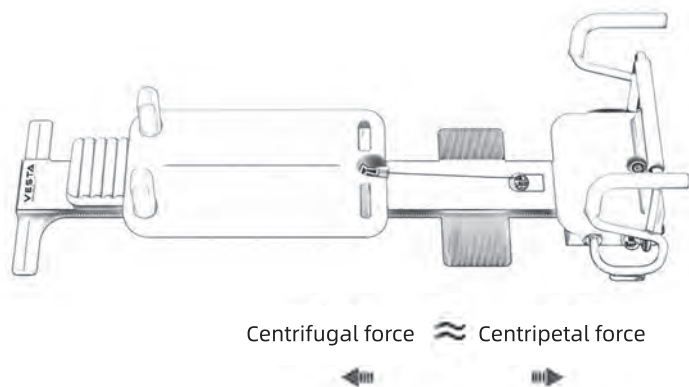
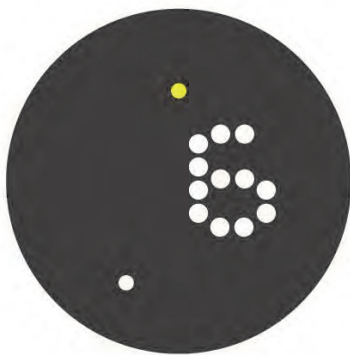
R5

3.5 TRAINING MODE

The machine is equipped with three modes: Standard Mode, Centrifugal Mode, and Elastic Mode. In standby status with the indicator light red, press and hold the knob panel until the yellow light turns on and flashes. You can switch modes by rotating the knob and confirm the selected mode based on the number of mode indicator lights, then click the knob panel to complete the selection.

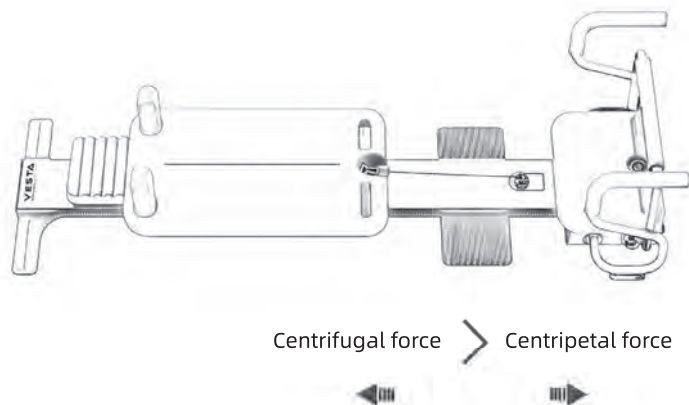
3.5.1 STANDARD TRAINING MODE

When one indicator light is on, it indicates that the current state is in standard mode, where the centripetal force is approximately equal to the centrifugal force. This mode is suitable for beginners looking to build foundational strength and allows for weight adjustments based on personal capability.



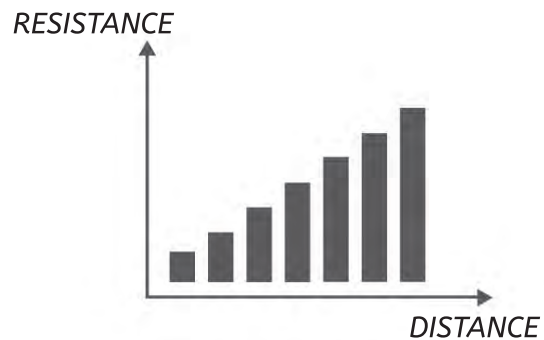
3.5.2 CENTRIFUGAL TRAINING MODE

When two indicator lights are on, it indicates that the current state is in centrifugal mode, where the centripetal force is less than the centrifugal force. This mode is suitable for users who wish to enhance muscle control and stability, emphasizing control and stability.



3.5.3 ELASTIC TRAINING MODE

When three indicator lights are on, it indicates that the current state is in spring mode, where the resistance changes with the length of the pull rope; the farther the distance, the greater the resistance.



3.6 THREE-MINUTE FORCE RELEASE PROTECTION MECHANISM

When the device is in a high-force state, if no training trajectory occurs within three minutes, or if there are no operations on the shuttle or APP, the device will automatically release force and enter protection mode.

3.7 INSTRUCTIONS FOR USING THE HORIZONTAL HANDLE

The horizontal handle is in storage mode (as shown in image a). When lifted up to about 90° to the ground, the horizontal handle will automatically lock (as shown in image b). To unlock, pull out the round switch (shown on the right in image c) while simultaneously pressing down on the horizontal handle.



WARM TIPS: IF YOU ENCOUNTER ANY PROBLEMS DURING USE, PLEASE CONTACT CUSTOMER SERVICE TO OBTAIN RELEVANT INSTRUCTIONS AND TUTORIALS.

4. ABOUT THE APP

Scan the code to download the APP and unlock more smart reformer features.



App Store



Google Play

5. PRODUCT SPECIFICATIONS

PRODUCT NAME	SMART TRAINING REFORMER
MODEL	RS02
PLACE OF ORIGIN	CHINA
PRODUCT DIMENSIONS	1847*640*452mm
PACKAGING DIMENSIONS	2040*680*180mm
NET WEIGHT	35.39KG
GROSS WEIGHT	45.5KG
MAXIMUM LOAD	150KG
RESISTANCE TYPE	Servo Motor
RESISTANCE MODE	Standard Mode/Centrifugal Mode/Elastic Mode
RESISTANCE RANGE	3-30KG
ROPE	High molecular nylon rope, diameter 3.8mm, maximum load 300KG, stroke 1500mm
WORKING VOLTAGE	AC 120V
DISPLAY	LED, Diameter: 61mm, Display Area: 13*23mm Language: English
APP	iOS & Android

6. COMMON ERROR CODES

ERROR CODE	POSSIBLE CAUSES	SOLUTIONS
E1	SPEED TOO FAST	AUTOMATIC PROTECTION, LONG PRESS THE PANEL OR RESTART TO RECOVER.
E2	ACCELERATION TOO FAST	AUTOMATIC PROTECTION, LONG PRESS THE PANEL OR RESTART TO RECOVER.
E4	OVERHEAT PROTECTION	AUTOMATIC PROTECTION, WAIT MORE THAN 5 MINUTES AFTER POWER OFF BEFORE RESTARTING.
E5	MOTOR RUNNING OUT OF LIMITS (FORWARD DIRECTION)	IF IT DOES NOT RECOVER AFTER RESTARTING, PLEASE CONTACT CUSTOMER SERVICE.
E6	MOTOR RUNNING OUT OF LIMITS (REVERSE DIRECTION)	
E7	SELF-CHECK FAILED TO START	
E8	SHORT CIRCUIT PROTECTION	
E9	MOTOR DAMAGED	

7. OPERATING ENVIRONMENT

- Keep the product away from water sources, heat sources, and flammable or explosive materials. Place the product on a clean, flat, hard surface; do not place it on a carpet or soft mat. Do not use this product in environments where the temperature exceeds 40°C. Avoid using the product in damp or excessively dusty environments to prevent malfunctions. Do not place it near heaters, stoves, or in direct sunlight. Do not use in areas with spray devices or low oxygen levels. Do not spill liquids on the product or place any foreign objects on it. Do not touch the power cord, power outlet, or power switch with wet hands.

8. MAINTENANCE AND CLEANING METHODS

8.1 Regular and Daily Cleaning

Regular Cleaning: Gently wipe the surface with a soft dry cloth or vacuum cleaner to avoid dust and dirt accumulation that can cause wear.

Daily Cleaning: Use warm water and neutral soap or detergent to gently scrub the surface. When cleaning, use a soft sponge or cloth to wipe gently, then rinse off soap residue with clean water, and finally dry with a dry cloth.

8.2 Stain Removal

Light Stains: Gently wipe with diluted soapy water.

Greasy Stains: Use a soft cloth dipped in a small amount of alcohol or diluted vinegar to gently wipe, avoiding large areas with alcohol to prevent material corrosion.

Stubborn Stains: For difficult stains like ink or paint, use a specialized "PU cleaner," but first test on a small inconspicuous area to ensure it won't damage the material.

8.3 Common Liquid Contact Issues

Water: Generally, the soft padding can come into contact with water, but prolonged soaking will affect its performance.

Tea and Coffee: These liquids contain pigments that can easily leave stains on the surface of the soft padding, so they should be wiped promptly.

Juices and Beverages: The acidic substances in these liquids can corrode the soft padding, so avoid prolonged contact.

Grease: Grease can seep into the interior of the soft padding, making it difficult to clean, so avoid contact.

8.4 Avoid Excessive Friction

Although the materials of the soft padding are wear-resistant, excessive friction may cause surface damage, so avoid using rough tools like steel wool or hard brushes during cleaning.

8.5 Maintenance Recommendations

Avoid Direct Sunlight: Prolonged exposure to sunlight can cause material aging, discoloration, and hardening, so try to avoid direct sunlight.

Keep Dry: Although the materials of the soft padding are waterproof, prolonged contact with moisture can accelerate aging, so keep it dry after use, especially wipe dry immediately after contact with water.

 Avoid Contact with Liquids on the Machine

① Strongly Acidic and Alkaline Liquids

Strong acids or bases can cause material decomposition and corrosion; using strong acid cleaners, bleach, etc., may lead to loss of elasticity and strength.

② Organic Solvents

Organic solvents such as acetone, benzene, toluene, and dichloroethane can dissolve the product's surface, causing damage, softening, and loss of original properties.

③ Oily Cleaners

Oily solvents like gasoline and kerosene can remove stains but will damage the material's structure, causing it to harden, lose flexibility, and even crack.

④ High Concentration Alcohol

While a small amount of alcohol can remove some greasy stains, high concentration alcohol can accelerate material aging, so frequent use is not recommended.

9. SAFETY GUIDELINES

- Thank you for choosing VESTA SENSOL. Proper use of our products will provide you with a safer experience. To protect yourself and your family during exercise, please read this manual carefully and strictly follow the mentioned precautions before use.
- The maximum weight supported by this product is 150kg.
- Before using this equipment, please wear appropriate sports shoes and clothing, and perform proper warm-up exercises.
- If you feel any discomfort or encounter any abnormal physical conditions during use, please stop exercising immediately and consult a doctor.
- Do not consume alcoholic beverages or any stimulants prohibited by national laws and regulations before and after use.
- Fatigue, improper use, and over-exercising may lead to injuries. You should accurately assess your physical condition and endurance, and ensure the appropriateness of exercise movements, intensity, and duration.
- During training, keep children and pets away from the machine to avoid accidents.
- This product is not suitable for the following individuals:
- Those who have undergone surgery in the past six months, individuals with heart disease, hypertension, asthma, or other conditions that prevent vigorous exercise, and those advised by a doctor to avoid vigorous exercise should not use this product to avoid accidents or discomfort.
- Individuals over 65 years old, those trying to conceive, pregnant women, children, and nursing mothers should not use this product.
- Minors must use this equipment under the supervision and guidance of a guardian and should not use it alone.

10. WARRANTY AND AFTER-SALES SERVICE

Thank you for purchasing and using our company's series of soft exercise machines. According to regulations, from the date of purchase (calculated from the date the user signs for it), quality issues can enjoy a one-year free warranty service with valid receipts, as follows:

To implement free warranty service, the following conditions must be met:

- ① Non-human damage occurring during normal use under proper maintenance.
- ② The warranty card is only for the original purchaser and is non-transferable.
- ③ If non-human issues arise within two weeks or machine failures occur within one month, a free replacement can be provided.
- ④ Enjoy a one-year warranty period for the entire machine under normal usage from the date of purchase.

 **Note!!** After unpacking, keep the packaging box for more than 30 days for easy return or repair.

The following situations are not covered by the warranty (paid warranty services can be provided):

- ① All human damage occurring during use, including incorrect power usage, not following the manual for use and storage, incorrect operation, poor transportation, etc., leading to failures.
- ② Unauthorized repairs, misuse, collisions, negligence, abuse, liquid ingress, accidents, modifications, incorrect use of non-product accessories, or tearing, altering labels, and anti-counterfeiting marks.
- ③ Failures caused by force majeure factors (such as floods, fires, lightning, and other natural disasters).
- ④ Damage to consumables or accessories.
- ⑤ Exceeding the warranty period or failing to present the product warranty card.
- ⑥ Other violations and resulting damages.

Other Notes:

- ① If the inspected product does not meet the conditions for free repair, the customer may choose to pay for repairs.
- ② If the machine's issues are not covered by the warranty (such as damage caused by human factors), we will charge corresponding inspection fees, replacement parts fees, testing fees, labor fees, and transportation fees based on the specific issues.

FCC Statement

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

FCC Radiation Exposure Statement:

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

ISED RSS Warning:

This device complies with Innovation, Science and Economic Development Canada licence-exempt RSS standard(s). Operation is subject to the following two conditions:

- (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes:

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

ISED RF exposure statement:

This equipment complies with ISED radiation exposure limits set forth for an uncontrolled environment. The device has been evaluated to meet general RF exposure requirement.

Le matériel est conforme aux limites de dose d'exposition aux rayonnements énoncés pour un autre environnement. Ce dispositif a été évalué à satisfaire l'exigence générale de l'exposition aux rf.

Note : 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.