

roulistic 



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

Supple
Power



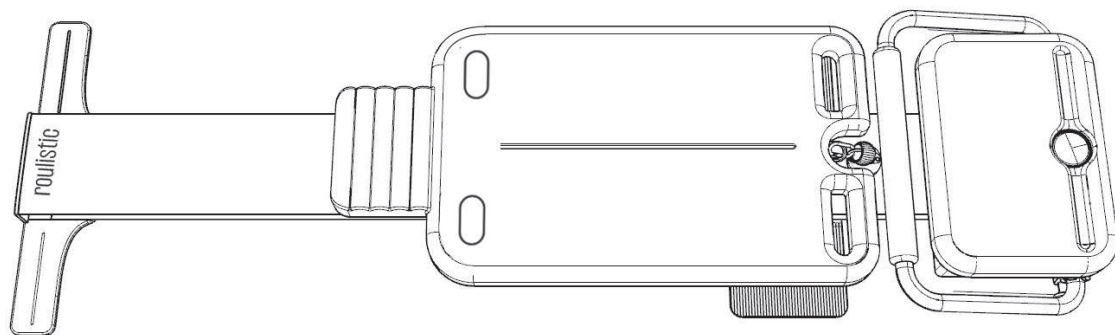
PRODUCT MANUAL

RS03

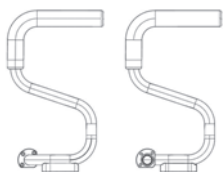
TABLE OF CONTENTS

1. PACKING LIST
2. INSTALLATION INSTRUCTIONS
3. USER INSTRUCTIONS
4. ABOUT THE APP
5. PRODUCT SPECIFICATIONS
6. COMMON ERROR CODES
7. OPERATING ENVIRONMENT
8. MAINTENANCE AND CLEANING METHODS
9. SAFETY GUIDELINES
10. WARRANTY AND AFTER-SALES SERVICE

1. PACKING LIST



Host*1



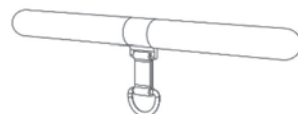
SIDE HANDLES *2



SHOULDER SUPPORTS *2



GRIP *1



STRAIGHT ROD *1



DOUBLE-HEAD ROPE *1



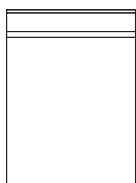
ANKLE SLEEVES *2



POWER CORD *1



MANUAL *1



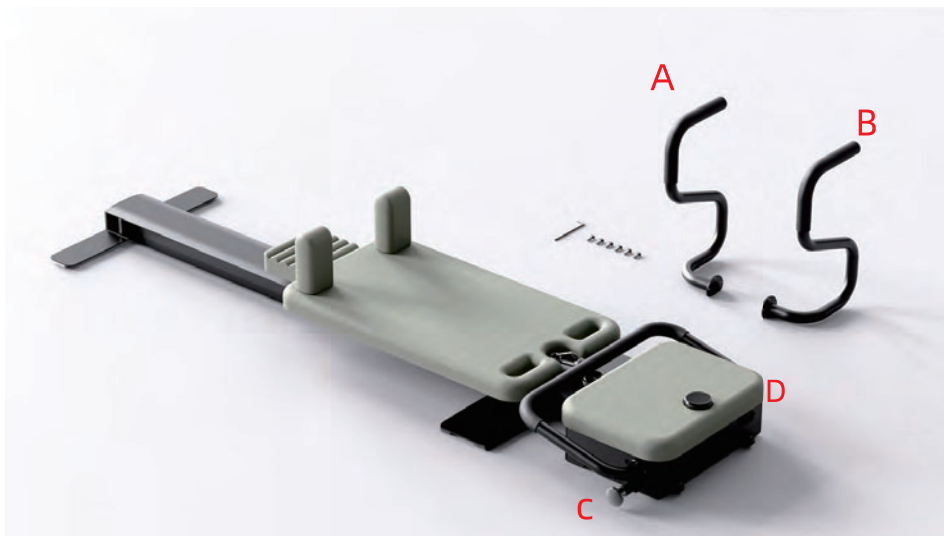
TOOL KIT *1

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

2. INSTALLATION INSTRUCTIONS

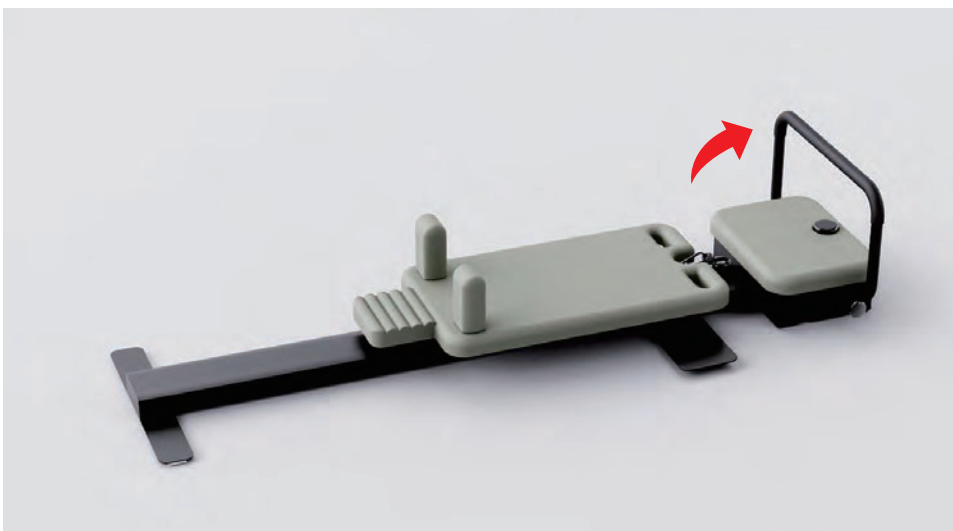
2.1 INSTALLATION OF SIDE HANDLES

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).



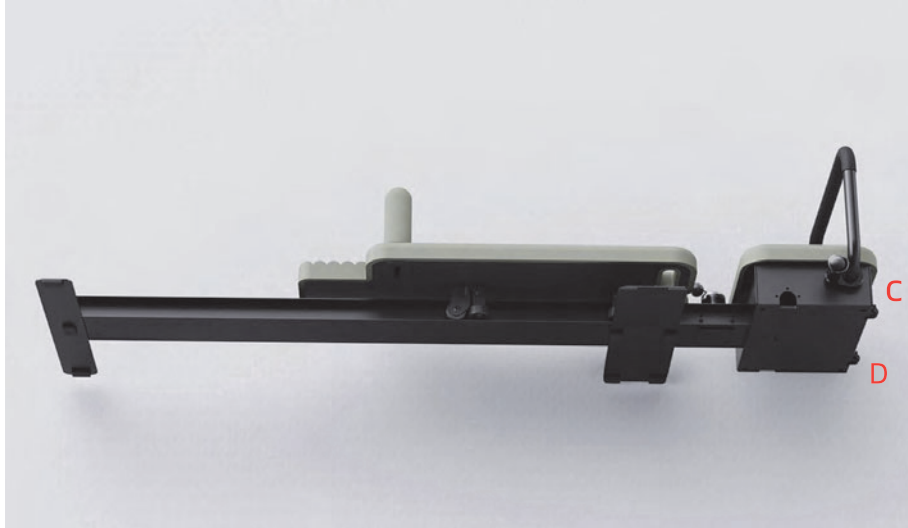
Step1

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).



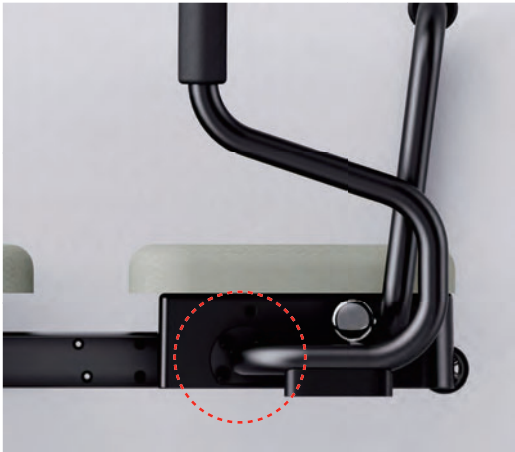
Step3

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.

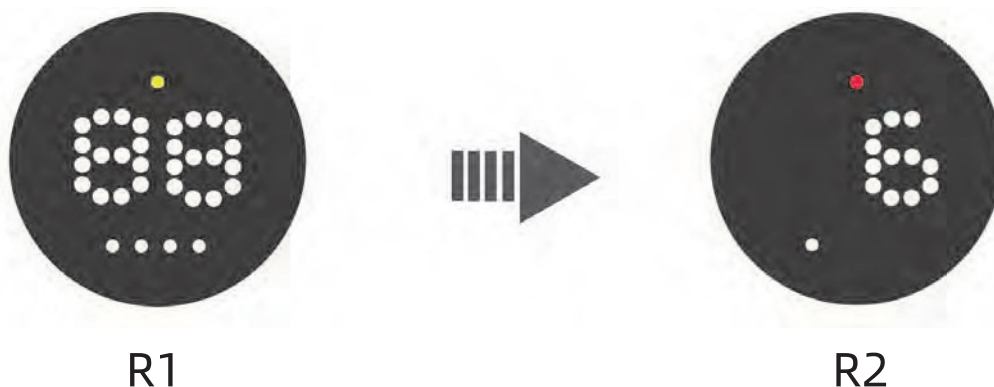
3. USER MANUAL

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).

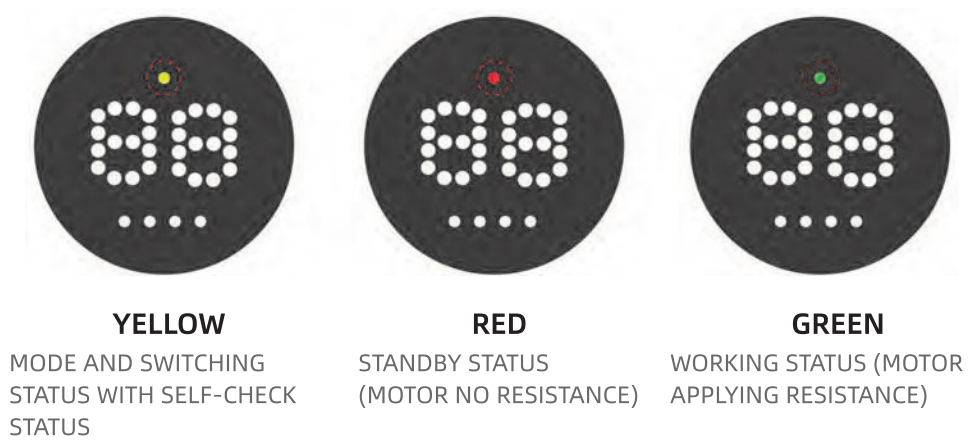
Friendly Reminder:

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.

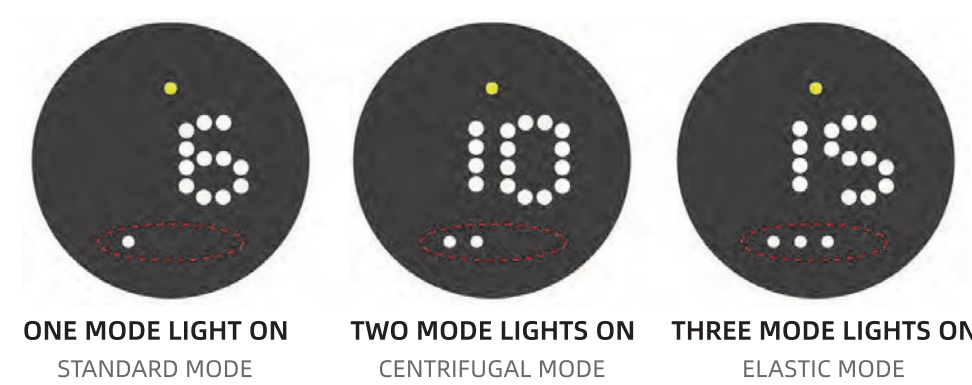
3.3 INDICATOR LIGHT INTRODUCTION

STATUS INDICATOR LIGHT



R3

MODE INDICATOR LIGHT

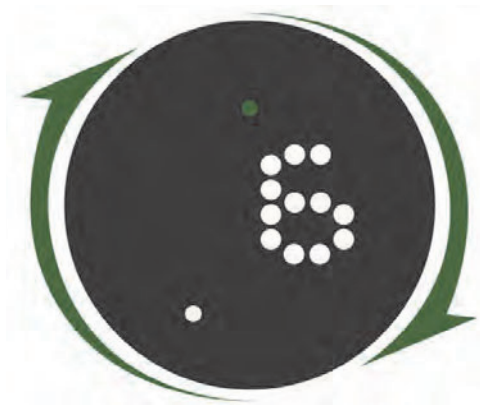


Note: The numbers displayed on each mode interface are for mode differentiation only and do not represent the current resistance value.

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

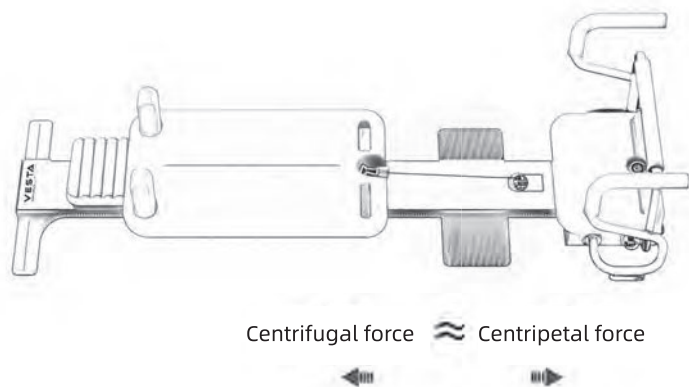
R5

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.

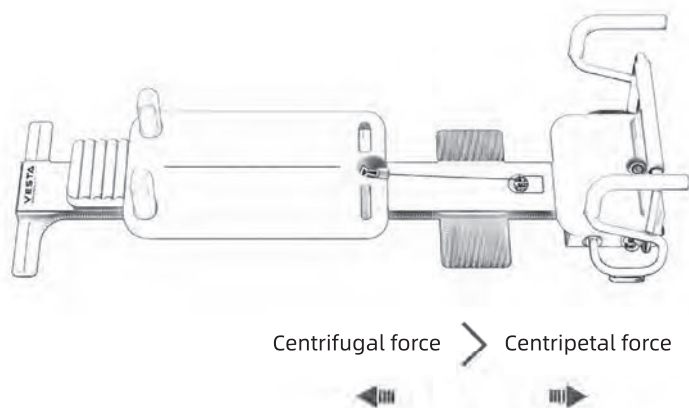
3.5.1 STANDARD TRAINING MODE

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	RS03
PLACE OF ORIGIN	CHINA
PRODUCT DIMENSIONS	1847*640*452mm
PACKAGING DIMENSIONS	2040*680*180mm
NET WEIGHT	37.39KG
GROSS WEIGHT	47.5KG
MAXIMUM LOAD	150KG
RESISTANCE TYPE	Servo Motor
RESISTANCE MODE	Standard Mode/Centrifugal Mode/Elastic Mode
RESISTANCE RANGE	3-45KG
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.