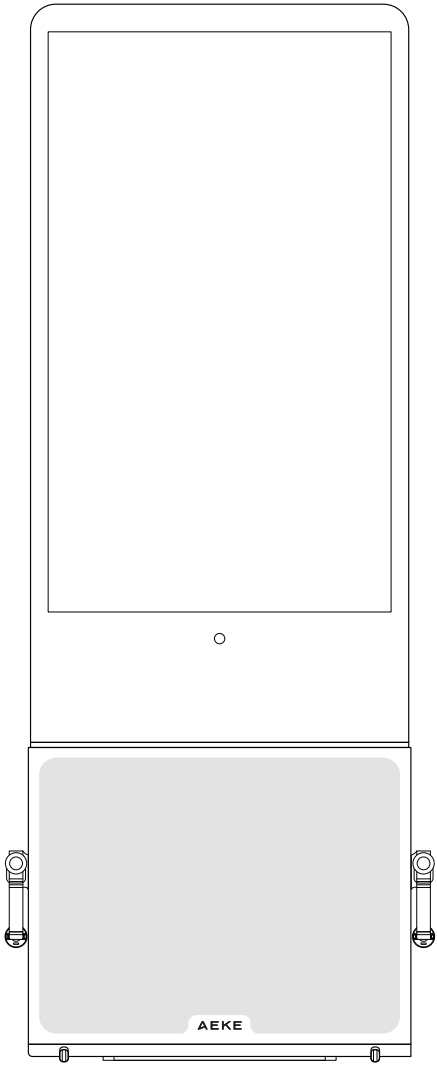
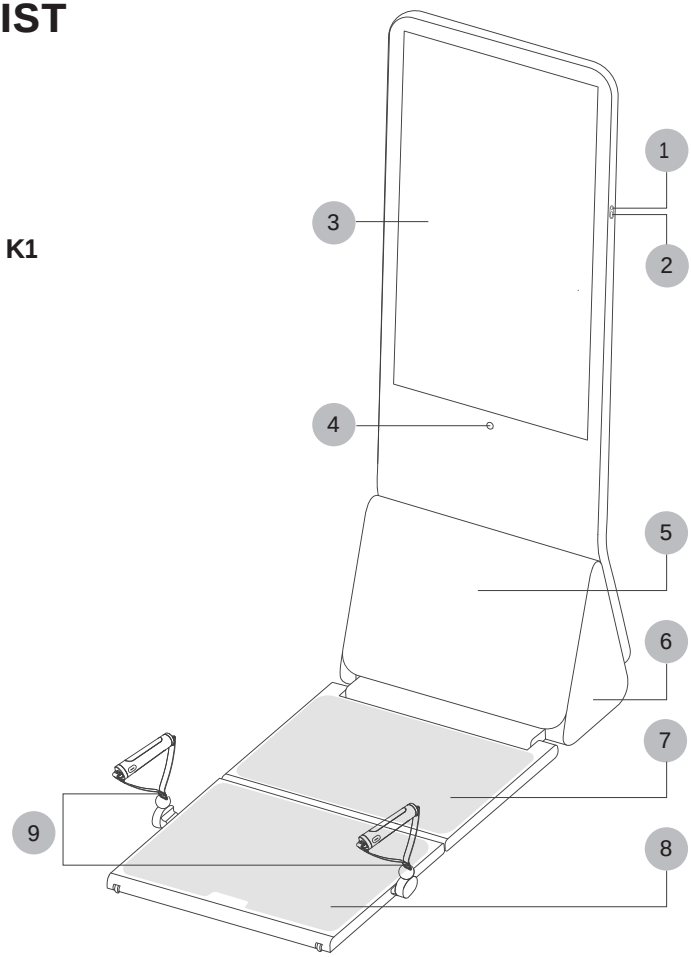
AEKE

SMART HOME GYM K1
MANUAL



Welcome to use the product

PRODUCT LIST



Smart Home Gym K1

1. ON/OFF
2. Folding button
3. 4K Display Screen
4. AI Camera
5. Front Plate
6. Soundbox L/R
7. Front footboard
8. Rear footboard
9. Cord-lock

Product Specifications

Product name: Smart Home Gym K1	Wireless band supported:2.4G & 5.0G
Product model: AMR2402-1	Product size:1475mmx705mmx1773mm
Rated Power: 1500W	Product Weight:N.W 77kg G.W 100kg
Rated Voltage: 110~220V, 50-60Hz	Working temperature:(0°~45°C)
Storage Capacity:8GB RAM + 128GB Storage	Storage temperature:(-20°~60°C)
Motor Specifications:	
Maximum Load:Single Side:50kg Both Sides: 100kg	Adjustable Range:2kg - 50kg

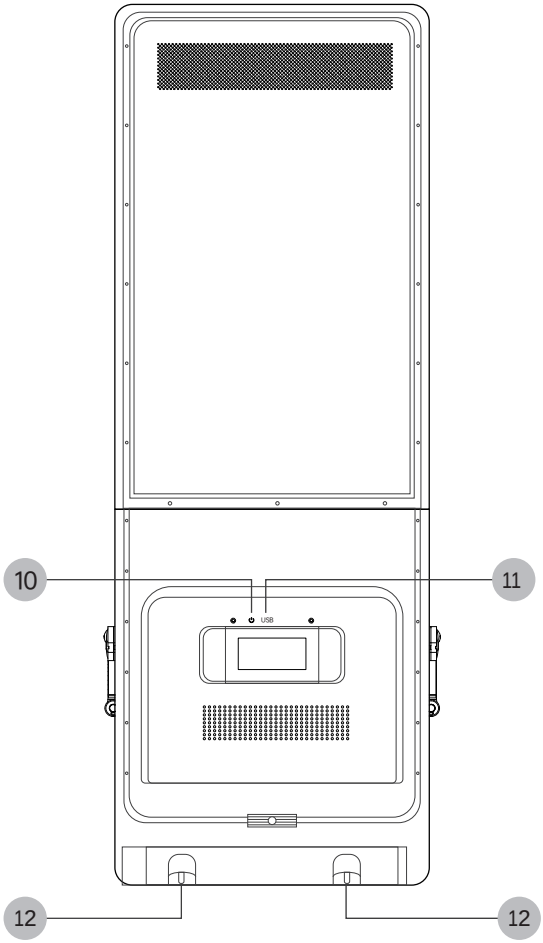
PRODUCT LIST

Smart Home Gym K1

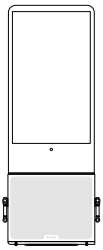
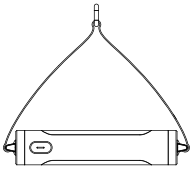
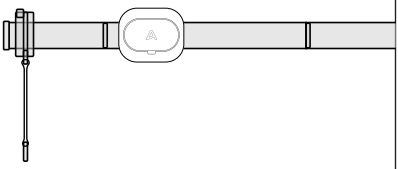
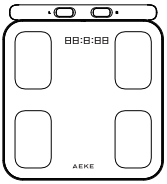
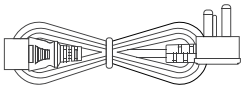
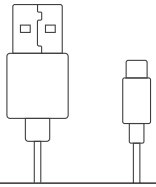
10. Power Port

11. USB Port1

12. Boosting Wheel

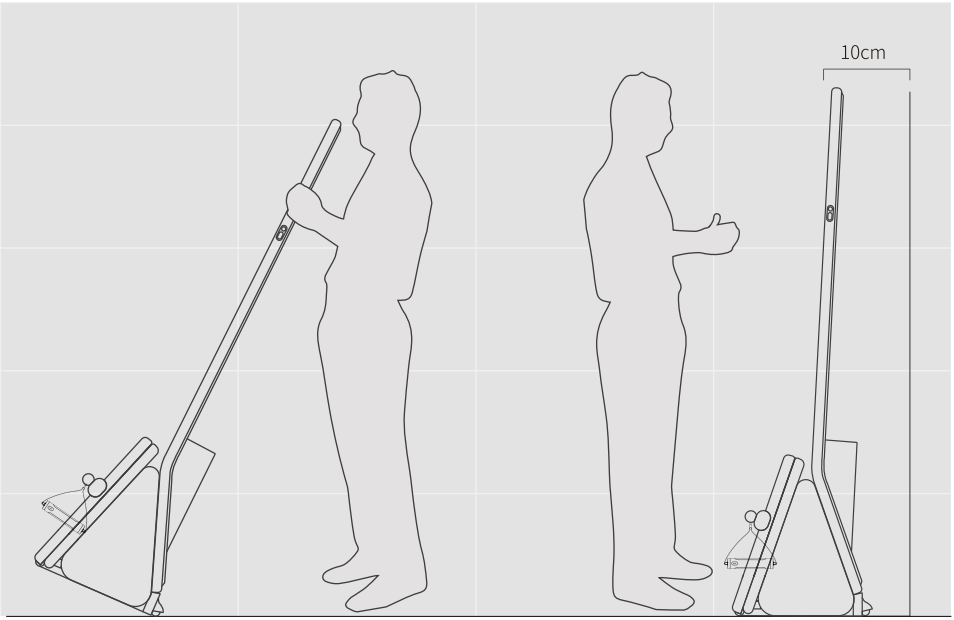


ACCESSORIES

AEKE Smart Home Gym 	Smart Grip 
Cross-bar / Unloader 	Camera Cover
Arm Band	Smart 8 Electrode Scale 
Power cord 	USB Cord 

OUT-OF-BOX

Placement



·Place Smart Home Gym K1 in an indoor well-ventilated place with flat and solid ground.

·Keep Smart Home Gym K1 away from heat sources and prevent it from being exposed to direct sunlight.

·Do not place it in wet or watery places, in case prevent rust or degradation of insulation effect.

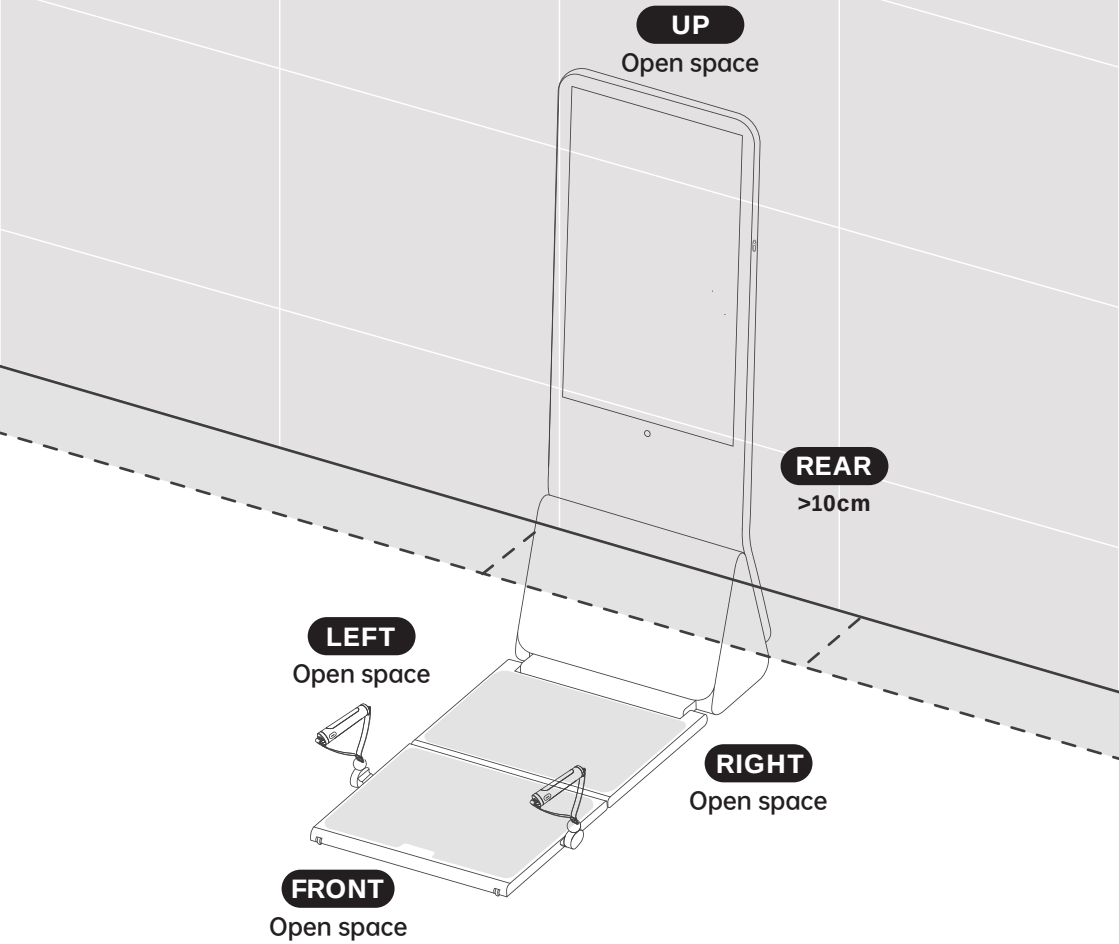
You do not need to install the Smart Home Gym, just place it indoor follow the instructions:

·Hold tightly Smart Home Gym K1 from back and tilt it 20-55 ° backward, then move to proper place

WARNING:

Please unplug the power cord before moving Smart Home Gym.

Please ensure tilt within the safe angle range （20-55°）-Prohibit children from moving Smart Home Gym K1.



A proper placement should have an open space of 1.0m in front, 0.5m on left/right and above the top of Smart Home Gym K1. For the rear side, reserved more than 10cm between its back and the wall.

PLUG & WIFI REQUIREMENT

Wifi signal strength

Your wifi signal should be strong enough to support streaming audio and video on your smartphones and laptops.

Outlet location

AEKE Smart Home Gym K1 requires a grounded, three-pronged outlet within 1m from the floor if it's directly beneath the installation location.

APP DOWNLOAD

Please search for "AEKE" in the Apple Store or Google Play to download the app.

You can also scan the QR code to download the app.

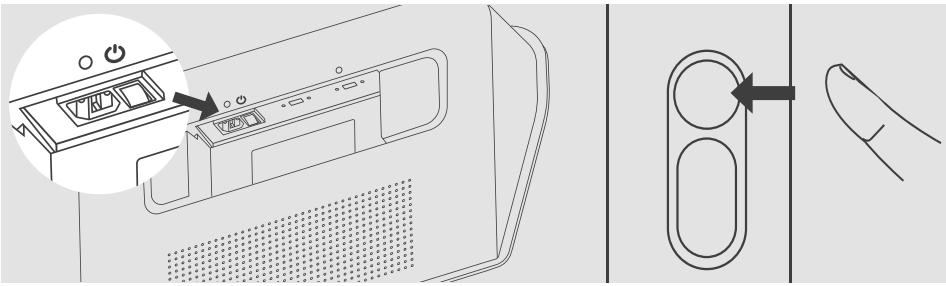
GET IT ON Google Play

Download on the App Store

POWER ON/OFF

Power On

First, make sure Smart Home Gym K1 is plugged-in. Then turn on the power switch at the back of Smart Home Gym K1. And press the on/off button on the right side of the frame （Press for three seconds）. Then the screen will light up.



Power Off

Please make sure the Footboards are fully folded/unfolded, meanwhile the screen is off , then turn off the power switch to shut down the device.

Standby

After using the product, press the on/off button on the side of Smart Home Gym to turn off the screen and enter standby mode. The LED indicator is steady white.

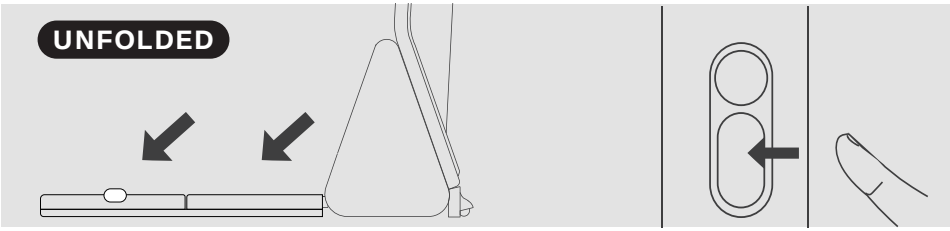
When using it again, simply press the on/off button on the side of Smart Home Gym K1.

CONNECT

Smart Home Gym K1 requires a network connection for use. Follow the instructions on AEKE APP to complete the connection.

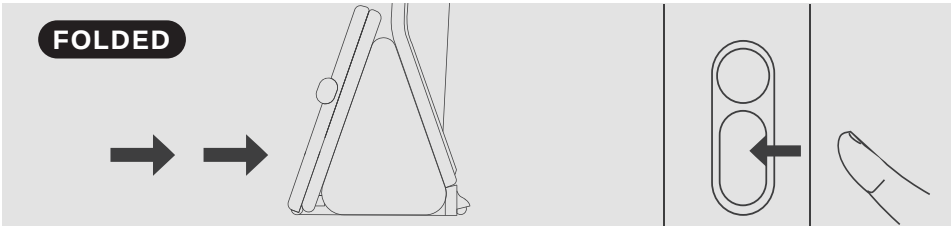
FOLD/UNFOLD FOOTBOARD

The footboards can be unfolded/folded through a short click on the folding button.



Power On Status

Short press folding button to unfold the front and rear footboards



At End of strength training

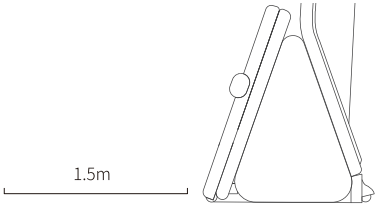
Short press folding button,the footboards will automatically fold up

WARNING:

1、

Please ensure that there is no obstruction within 1.5m in front, no foreign objects on the ground.

and no installation of devices such as smart grips and crossbars at the rope joint before unfolding the footboard.

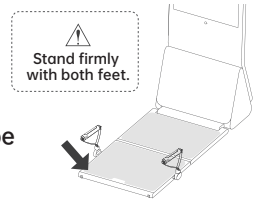


2、

Please ensure your feet are firmly standing on the rear footboard before using the smart grips or crossbar

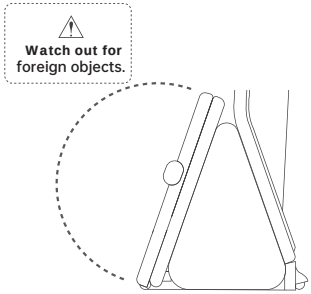
for strength training. (The rear footboard should always be firmly pressed when doing strength training using

Smart Home Gym K1)



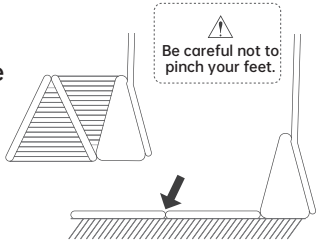
3、

Before folding the footboard, please make sure the smart grip or cross-bar at the rope joint has been retracted and there is no obstacles on and surround the footboards.

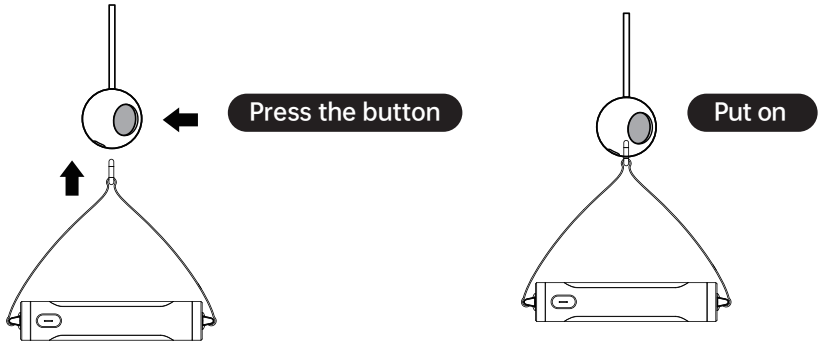


4、

Do not pull the rope, and keep children/pets away from the product when unfolding or folding the footboards.

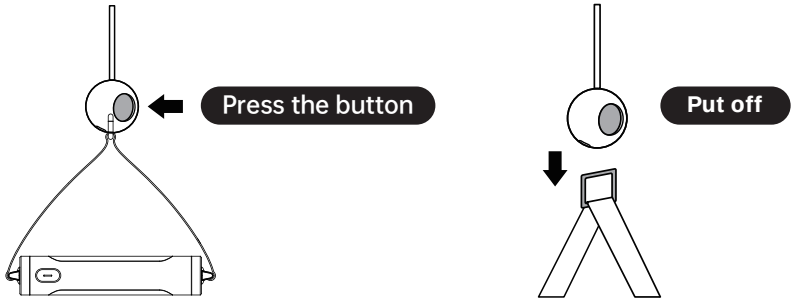


PUT ON/OFF ACCESSORIES PUT ON



Put on

Press the button on cord-lock and put square buckle of accessory into the bayonet in the end. Please make sure the accessory attach firmly with the Cord-Pull.



Put off

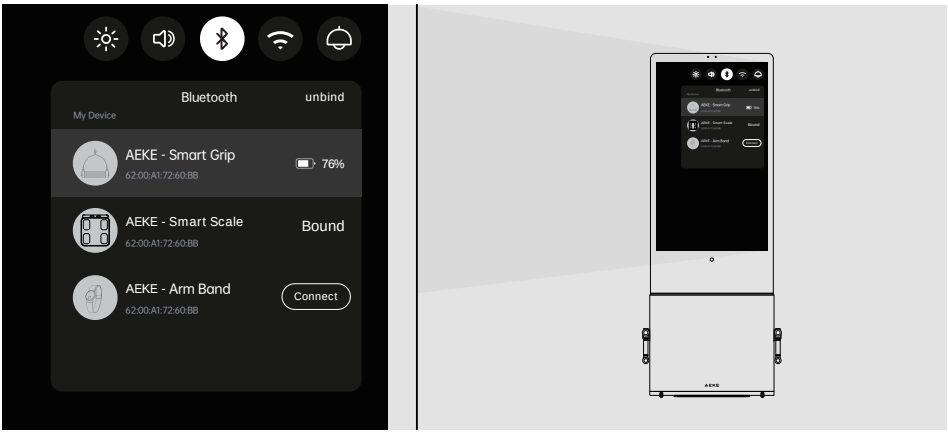
To remove the Smart Grip from the Smart Home Gym K1, press the button on cord-lock and separte them.

CONNECT/DISCONNECT ACCESSORIES

The accessory（Smart Grip、Unloader 、Smart Scale、ArmBand) could wirelessly connect to Smart Home Gym, training related data could be collected, transmitted anddisplayed on Smart Home Gym.

HOW TO CONNECT?

Scroll down at the top of the screen, click the Connect icon, then select the accessory you want to connect, click to connect.



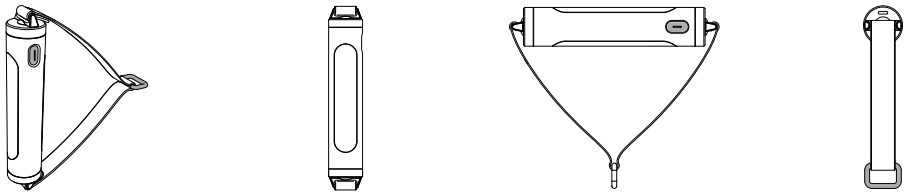
PLEASE NOTE:

Smart Home Gym will search automatically for connectable accessories around

Please make sure that the accessories that need to be connected are powered on

If the corresponding accessory is not found, you can click "Refresh" in the upper right corner.

USE OF ACCESSORIES

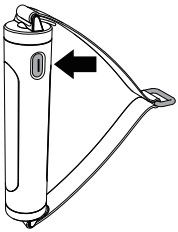


Function

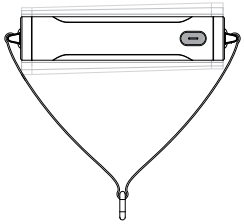
Attach Smart Grip to Smart Home Gym through the cord-lock, then you use Smart Grip to start strength training courses With wireless built-in module, Smart Grip can connect to the Smart Home Gym K1 can put on/off the load.

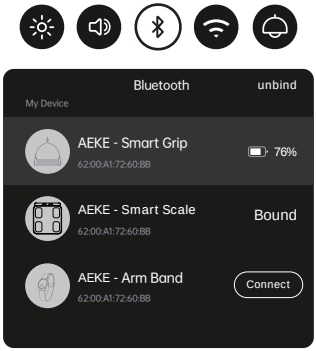
CONNECTION

Press



Light+Shake





Connection

Short press the button on the Smart Grip to turn it on.

Press and hold the tail button of the controller. After the motherboard lights up and turns off, touch the pull-down button at the top of the host screen and select the [Bluetooth] icon.

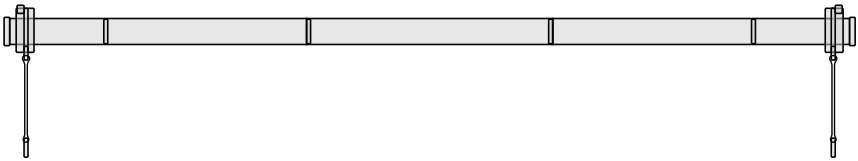
In addition, select the current controller to complete the connection

CHARGING

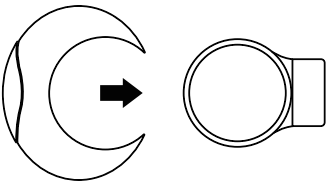
Smart Grip has built-in lithium battery module, please ensure that it is charged. The universal qualified Type-C charging cable can be used to charge Smart Grip Please note Smart Grip do not support fast charging.

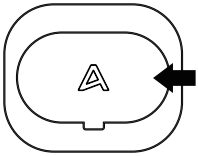
CROSS-BAR & UNLOADER

Cross-bar



Unloader

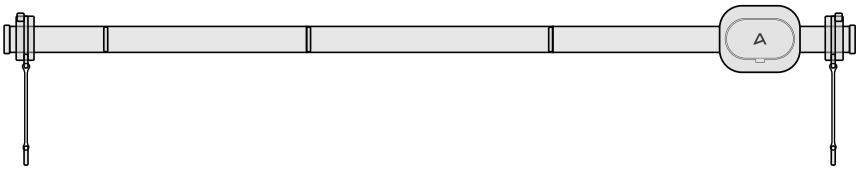




Function

Attach Cross-bar to WorkMirror through the cord-lock, then you use Cross-bar to start strength training courses. With wireless built-in module, Unloader can connect to the Smart Home Gym K1, it can put on/off the load.

CONNECTION

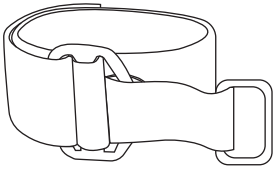


CHARGING

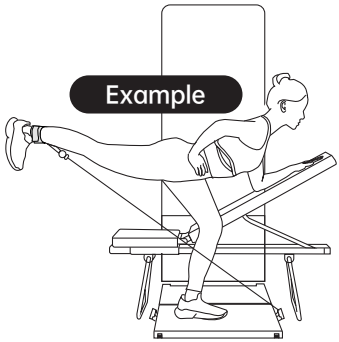
Unloader use coin-battery, it does not support charging. Change battery when it is out of battery

ANKLE STRAP

Ankle Strap



Example



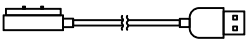
Function

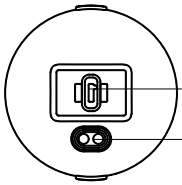
1.Check the AnkleStrap for damage,and if any, stop using the product, and contact the after-sales service personnel

2.Open the AnkleStrap and put it on the ankle, pass one end of the AnkleStrap through tri-glide buckle and fix it with hook and loop.

ARM BAND

Charging Cable

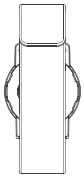




Note: This product is only for auxiliary exercise and cannot replace any medical advice.

Front

Back



Side

Specifications

Battery Life: Continuously use for 70 hours

Dimension: 35.2 x 34 x 10.9mm

Sensor Weight : 7.7grams

Protection level: P67

Material: ABS+PA+GF

Main Function: Heart rate, steps

Battery: Rechargeable lithium battery 90 mAh

Operation Temperature: 0~40°C

ARM BAND

Turn-on

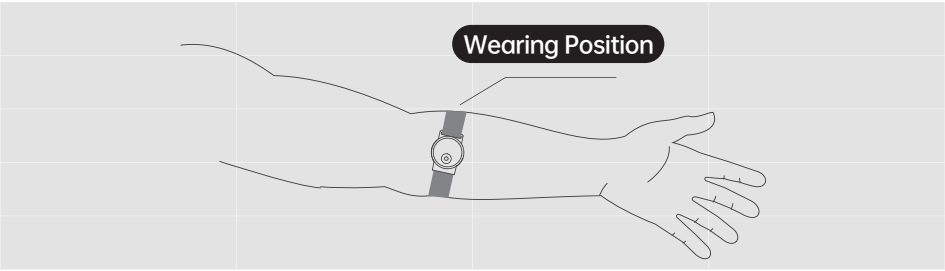
Press the start-up button, the LED light will flash blue quickly, indicating the heart rate searching. As the heart rate has been detected, the light will flash slowly; (If the red light is on, it indicates that the device is in a low battery state and needs to be charged.)

Turn-off

Press the start-up button when not in use, the LED light will flash red quickly, then enter the shutdown state.

WEAR THE HEART RATE SENSOR

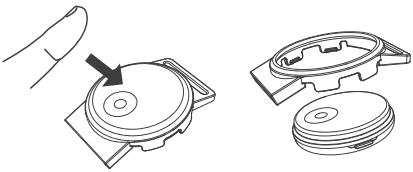
Wear arm band on the upper portion of the forearm, the sensor should be on the inside or top of forearm. It should be worn snug enough not to move on your arm, but not so tight that it restricts arm circulation.



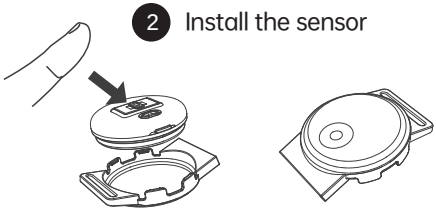
DISASSEMBLY HEART RATE SENSOR

Press the front of the sensor to take out the sensor
The sensor is aligned with the raised position and stuck into the groove position

1 Take out the sensor

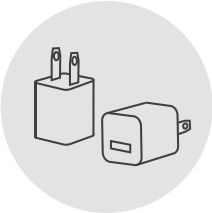


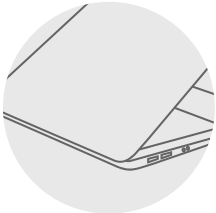
2 Install the sensor



CHARGING

Please charge the device before first time use
Please use DC 5V power adaptor for charging

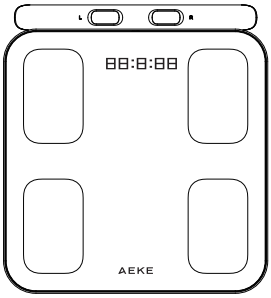




The product has a built-in battery. Do not throw the product into a fire Please select an adapter
that meets the rated voltage of the device to charge the device to avoid damage to the device

The red and green lights flash alternately when charging, and the green light will stay on when fully charged, and the charging can be stopped at this time.

SMART 8 ELECTRODE SCALE S1



Note:

This product is only for auxiliary exercise and cannot replace any medical advice.

Specifications

Product Name: Smart 8 Electrode Scale S1

Product Model: AMR2201-7

Measuring Range: Kilogram

Size: 12.0*12.0*1.31 in/ 305x305x33.5mm

Weight: 4.85lb / 2.2kg

LED display: 86x36mm

Weight unit: lb/kg/st (Support switch unit via APP)

Weight limit: 5kg-180kg

Power Supply: 4 x AA batteries

Baby mode: Allows you to scale the weight of a baby.

Operating temperature: 10-40°C

Operation humidity: 20%-90%

Support Devices: iOS 8.0 or higher, Android 6.0 or higher

Function

Thankyou for choosing Smart Body Scale,your ultimate choice for comprehensive bodyanalysis. This advanced scale provides unparalleled convenienceby measuringan extensive.

range of vital health indicators. With the Smart Body Scale,youcan effortlessly monitor your.

body weight, BMI, body fat rate, Fat-free body weight,subcutaneousfat,visceral fat,body water, skeletal muscle rate, muscle mass, bone mass, protein levels,BMR, body age, and much more. Experience a new level of precision and insight into youroverall well-being.

with the Smart Body Scale.

Important

Prior to using the device,please carefully review the instructions in this manual.

Failure to follow the instructions or using the scale in ways not specified may lead to personal injury or damage to the scale.

WARNING

DO NOT use with medical implants such as pacemakers. DO NOT stand on the edge of the scale or jump on it.

DO NOT overload the scale (Max.180kg)

DO NOT drop the scale or drop objects on it, as this may damagethe sensors

DO NOT immerse the scale in water or use chemical cleaning agents. Clean the scale withaslightly damp cloth.

Not recommended for pregnant women.

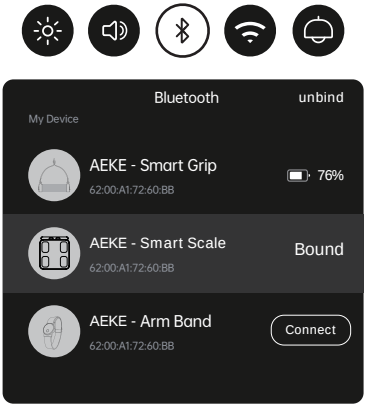
Not recommended for infants, toddlers, and children under 10 years of age

Any obtained measurement results from this device are for reference only and should not be considered as a medical opinion.

Consult your primary care doctor or physician before making anychanges to your diet, exercise plan, or physical activities.

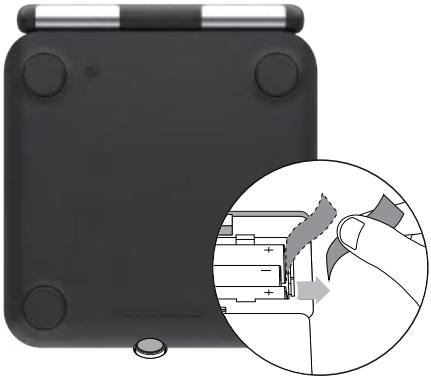
Always place the scale on a hard, dry, and flat surface before meassurement Make sure your feet are dry before stepping on the scale.

CONNECTION



Please follow the instructions on AEKE APP to complete the connection.

CHANGE BATTERIES



MAINTENANCE&WARNING

Warning

Solutions containing chemicals may cause irreversible damage to the product surface. Do not use solutions containing any chemicals to wipe

Wipe the product. If necessary, clean and maintain the surface of the product with a

clean and soft dry cotton cloth after shutting down the power, and avoid repeated use

Avoid using coarse, hard materials or materials with particle residues to wipe the product and its accessories, so as not to damage the product.

Prohibited

If this product accidentally gets wet, do not use the hot air of the hair dryer to heat the relevant parts.

Do not disassemble or assemble this product by yourself to avoid product damage and human injury, and to invalidate the product warranty. Do not remove the back cover.

If you need to adjust or inspect the internal parts of the product, please contact the official customer service. It is prohibited to use non-original parts for maintenance and replacement without authorization.

Note

Do not modify this product or use it for purposes other than its original design.

Do not compile, modify, or upgrade the software of this product in anyway without authorization.

During use, do not cover the product with blankets, covers, etc. to avoid hindering the body's heat dissipation.

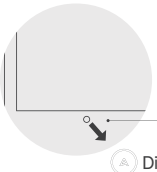
CAMERA COVER

function

Front

Side

The privacy cover has a built-in magnet, which can be easily attached to the glass covering the built-in camera on the screen for daily use, blocking the camera to protect the user's privacy.



During activities, the cover can be removed and attached to the metal backplate of the device.

Camera

Directly attaches to the screen

FCC STATEMENT
FOR SMART HOME GYM

Warning

Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

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

Note

This equipment has been tested and found to comply with thelimits for a Class B digital

This equipment has been tested and found to comply with thelimits 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 frequencyenergy 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 interendce 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 receive20.

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.

Radio Frequency Exposure Statement

The device has been evaluated to meet general RF exposure requirements.

The device can be used in fixed/mobile exposure condition.The min separation distance is 20cm.

FCC ID MODEL NUMBER

Product: Smart Home Gym

Model: AMR2402-1

FCC ID Number:2BKQVAMR2401-1

Manufacturer: Qudong Future (Shenzhen) Technology Co., Ltd.

Adress: 1001, Wanhai Building,No.1031,Gongye 5th Road, Nanshan,Shenzhen,China

Battery Type: CR2032

Battery Voltage:3V

Product: Unloader

Model: AMR2303-4

FCC ID Number:2BKQVAMR2303-4

Manufacturer: Qudong Future (Shenzhen) Technology Co., Ltd.

Adress: 1001, Wanhai Building,No.1031,Gongye 5th Road, Nanshan,Shenzhen,China

Battery Type: CR2032

Battery Voltage:3V

Product: Smart Grip

Model:AMR2401-2

FCC ID Number:2BKQVAMR2401-2

Manufacturer: Qudong Future (Shenzhen) Technology Co., Ltd.

Adress: 1001, Wanhai Building,No.1031,Gongye 5th Road, Nanshan,Shenzhen,China

Battery Type: Li-Po

Battery Voltage:3V

FCC ID MODEL NUMBER

Product: ARM BAND

Model: AMR2201-5

FCC ID Number:2ACN7HW401

Manufacturer: Qudong Future (Shenzhen) Technology Co., Ltd.

Adress: 1001, Wanhai Building,No.1031,Gongye 5th Road, Nanshan,Shenzhen,China

Product Name: Smart 8 Electrode Scale S1

Product Model: AMR2201-7

FCC ID Number:2AP3Q-FI2211WB

Power Supply: 4 x AA batteries

Manufacturer: Qudong Future (Shenzhen) Technology Co., Ltd.

Adress: 1001, Wanhai Building,No.1031,Gongye 5th Road, Nanshan,Shenzhen,China

WARRANTY

Note

The warranty starts on the date that the product is purchased and is valid for 24 months for the Smart Home Gym K1 and 12 months for accessories. Customer must provide valid proof of purchase for warranty. Replacement parts are available for sale after the warranty period is over.

Warranty service will not be provided for the parts as:

Damage caused by improper use, improper maintenance, or improper storage and force majeure.

Normal wear and tear.

Damage caused by unauthorized repairs of the product.

Re-sold / second-hand items.

You can apply for our product warranty service if there is a performance failure during the valid warranty period, please send email to support@aeke.com, we will get back to you as quickly as possiblle.If there is a quality issue, please contact us within 7 calendar days of receiving your product.

Contact email support@aeke.com with following information.

1、Order Number:

2、roductissue:

3、Images or Videos of Products and Intact Packaging:

We will process your enquiry within 5 working days after receiving your email.

DISCLAIMER

The information contained in this manual just for reference. The product described above maybe subject to alteration owing to the manufacturer's continuing research and development plans, without making anannouncement in advance.

We shall not bare any legal responsibility for any direct or indirect, accidental or special damages, losses andexpenses arising from or in connection with this manual or the contained product.

FCC COMPLIANCE STATEMENT FOR UNLOADER,SMART GRIP, ARM BAND AND SMART 8 ELECTRODE SCALE:

Return & Refund Service will not be provided where:

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 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 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.

RF Exposure Information The device has been evaluated to meet general RF exposure requirement. The device can be used for portable exposure condition without restriction.

Refund Time

Refunds will be processed using the same method that was used to make the payment. The refund process will be completed in about 7-14 business days, depending on the bank or credit card issuer.

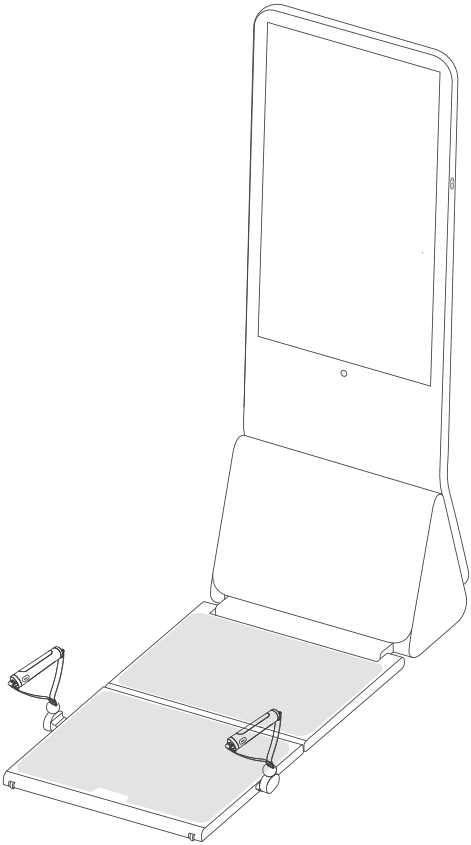
Return Shipping

Customers need to pay for any return shipping to the designated service center (including cross- border and international shipping costs if applicable) unless the return is caused by performance faults.

Replacement Fee

AEKE shall be responsible for the two-way replacement freight for any products sent in for replacement due to performance faults.

Or the customershall be responsible for the two-way replacement freight for any products sent in for replacement when the warranty period has been expired.



Qudong Future (Shenzhen) Technology Co., Ltd.

Address: 1001, Wanhai Building,No.1031,Gongye 5th Road, Nanshan,Shenzhen,China

Website: www.aeke.com