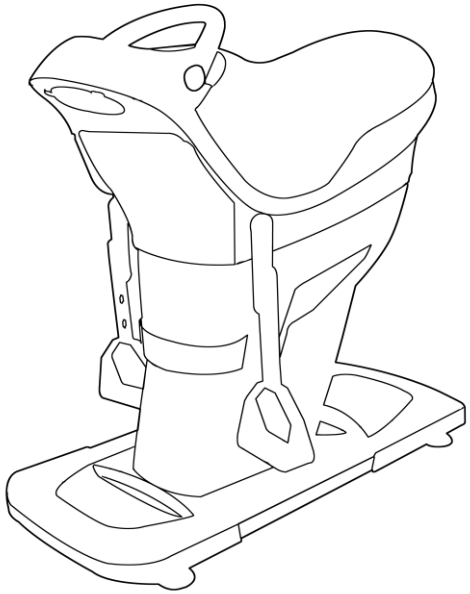
Horse Riding Machine



User Manual

Please read this User Manual carefully
before use of this product

Thank you for your purchase of this product. To ensure properoperation of the product, please read this USER MANUAL carefullybefore using, and pay special attention to the precautions.

Please keep this USER MANUAL properly for further reference.

Contents

>Safety and precautions. 1

>Structure explanation. 2

>Display explanation 3

>Preparation 4

>Use method. 5–7

>Storage and maintenance. 8

>Product and solutions. 9

Problems and solutions

PROBLEMS	REASONS AND SOLUTIONS
Press ON/OFF key,the machine can not be started	-The plug is not in place.Please insert the piug -The power switch may off,Please turn on the power -Press the ON/OFF key,forget to press the Manual or Auto key
The movement slow or Quick	The gravity is not balanced, please attention the sitting position,Please follow the direction as mentions befoer
The swing around is not the same	-The gravity on one side not in the middle,please follow the direction as mentions before -If any questions more,please contact with the supplier
Sound like phew or Da-da is heard during working	Normal sound generated by the motor of from the abrasion between mechanical units
The unusual sound	Please stop immediately
Hip pain	If the hip too ache,please stop use and contact with the supplier
During use process,appear sick or swirl ect	Please use right posture,shorten the time to get used that

Surface cleaning

Before cleaning,ensure the power cord is turnedoff,and the attaching plug is pulled out of the sockrt.

Please use dry and gentle cloth to clean.Please do notuse cheemistry to clean.
If have oil dirty,please wipe with nentral lotion thesolubility is 3%-5%,then use the cotton cloth to clean.

⚠ Notice

Do not clean the product with corrosive detergentsuch as benzene or thinner,as it may cause fading,corrosion or crock on the product.
Do not splash water into the product to avoid short circuit.

When maintain,please pull off the piug or may cause electric shock.
Forbid use wet hand to pull or insert out the power card.

Compliance matters

Put your hands on the handle with light strength,do not be too hard.
If use in the unreasonable methods on the forward and backward or ocerweight,the machine will break down.

Environment for use

Do not use the product in humid or dusty environment to avoid electric shock or breakdown of the mechanical parts.
Do not use the product when indoor temperature is over 40 degree.
Do not use the product in the open air or under the direct sunlight.
Please put the product on the mat of the flat floor.

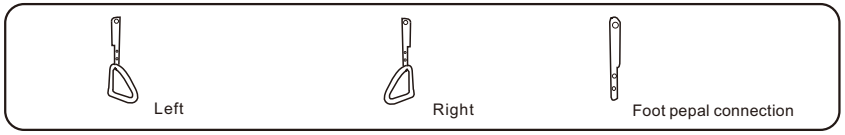
People under these conditions as below are not suggested to use the product:

It is strongly advise to consult your doctor before use.
Patients who are under treatment or feel not good.
Patients with malignant tumor.
Pregnant women or women in menstrual period.
People with heart disease. Osteoporosis patients.
People with heart pacemaker or other medical electronic instrument implanted.
People with artificial limb.
People who are sensitive to vibration and strenuous exercise.

Warning

Unauthorized dismantle,disassembly or renovation is not allowed to prevent electrical shock or any malfunctions. Please contact manufacturer or local dealer immediately if there is any service work needed.
Stop using the product under the below conditions, then power off and remove the plug form power supply.
Water or other liquid accidentally splashed onto the product or controller.
Any accessory is found damaged or internal component is exposed.
Power failure.
Thundering of lighting weather.

Structure explanation



Product specification

Commodity name	Horse riding machine	Max user weight	150KG
Power	200W	Product size(LxWxH)	79x37x76.5CM
N.W/G.W	28/33KG	Packing size(LxWxH)	86x42.5x80.5CM
Rated voltage	90V-110V ☐ AC 200V-240V☐ AC	Fitting	Foot pedalx2 Foot pedalcouplingx2

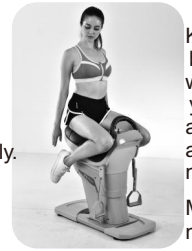
Use method

Gesturin

It can let you stay at home also can experience the pleasure of riding horse in the open air. Through the frequency of Horse Riding Machine, and go with kinds of body gestures, it will make your body and mind relaxed and harmonize qi and blood and improve your health.

Raise arms to both sides and then put your arms down 30-degree to your hips.Repeat lifting and droping your arms, it can exercise biceps effectively.

Main exercise: Biceps



Keep your upper body upright, back straight ,legs curled back wards and hold your wrists with your hands. It can train the ability of balance control and also exercise abdominal muscles and back muscles.

Main exercise: Abdominal muscles and back muscles.

Lift the arms to both sides and keep the upper arm perpendicular to your body and the elbow to form a 90-degree angle. Fold your arms in the middle of your body and open your arms parallel to your shoulders.

Main exercise: Biceps

Sit sideways on the Horse Riding Machine with one hand holding the handle and the other hand holding the mat. Keep your back straight and follow the rhythm of the machine to relax your upper body.

Main exercise: Abdominal muscles and back muscles.

Hold the machine handle with both hands,keep your back straight and keep your body leaning back and follow the machine to move.

Main exercise: relax the muscles of the body effectively.

Raise arms to both sides and until the upper arm is parallel to the ground. In the exercising process, keep the elbow, upper arm and the shoulder are parallel to the ground. Keep this posture and then twist the waist to get exercise.

Main exercise: Deltoid,the trapezius muscle and supraspinatus.

Equipment method

Equipment method

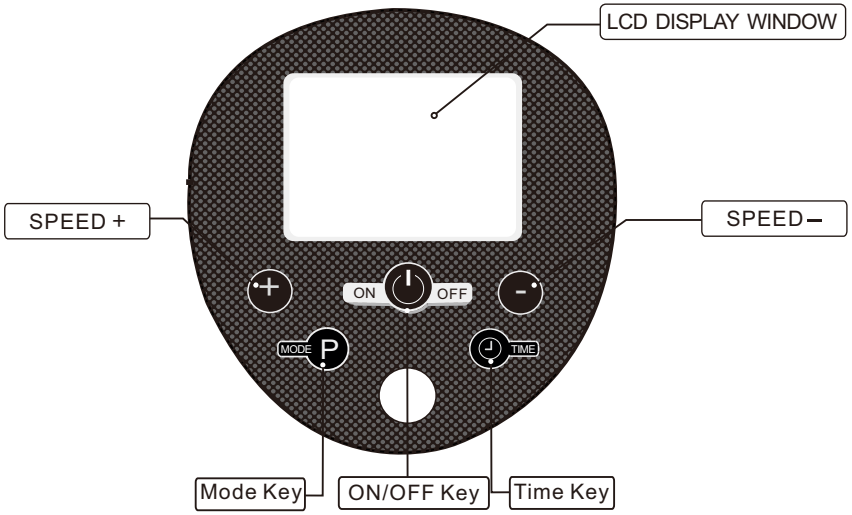
1.Lift this product, use the front wheel to pull,push ,move.
Do not hold the handle to move.
Do not move standing on the power cord.
Please care of your waist sprain when move the machine.

2.Put on the mat,then put the machine on.
Mat adhesive surface should face down.
The use space around at least 60cm front and bank,80cm left and right.(Please see picture below.)
Even if use the mat,the floor aslo has the possibility to scratch.
Please use the thick mat!

Attention

If do not use the mat, the floor may scratch.

Display explanation



Safety Switch

In addition to equipped with traditional switch, we specially add adsorptional safety switch. Whenever you remove the safety switch, machine would be stopped and it has dual insurance function.

⏻	On/Off key, when the machine is in standby mode, press the key, then the machine start running, when the machine is in running mode, press the key, then the machine stops running.
MODE	Program: Auto-program mode key When the machine is in standby mode, choose any auto-program from P1, P2 and P3, press on/off key, the machine will run according to the corresponding program you choosed. This key is not valid in the manual mode.
TIME	Time: When the machine is in standby mode, press this key, then press+/- key to adjust the using time, then press on/off key to start the machine, the key is valid in the manual mode only, it is not valid in auto-program mode. .
Speed+ Speed-	When the machine is under running mode, press +/- key to increase /decrease the speed, when the machine is under standby mode, press +/- key to increase/decrease the time.

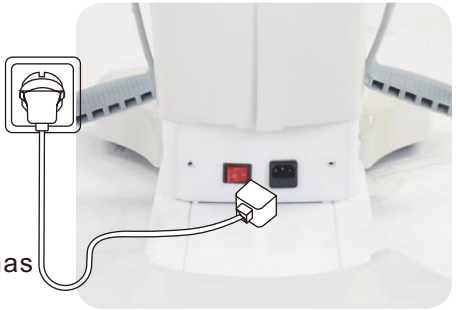
Preparation before Exercising

1.Connect the power supply.

2.Press the "ON" button to check whether the red light is on or not.

3.After connecting, if the red light doesn't work, please check the circuit carefully.

4.Installating the pedal and it has left pedal and right pedal.



Basic installment
May modilate velocity4 lengths

155cm	
155~172cm	
172~175com	
175~178cm	
178~185cm	

5. Riding on the seat
Before riding please do not touch control panel.
Do not step on the foot pedal to ride.
6.Sit on the cushion to confirm the length of foot pedal.
Bend you knees slight,and put your foot on the foot pedal.
If feel not comfortable,please stop the machine and get down immediately.
The front end of the pedal with tose to boot.
Put the foot according to the different sffect of the position.

Foot pedal application method and movement effect

Dose not use the foot pedal,use the leg department free motion.

(Main exercise inside muscle)
Dose not use the foot pedal the situation,please dismount the foot pedal.

Put the foot on the foot pedal.

Front end foot

The foot dose not use pedal,put the foot on the ground.

Can cause the body to reduce the movement.

7.Ready movement
Do ready exercise before use the machine,to avoid the muscle injure by overload exercise.

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.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

The device must not be co-located or operating in conjunction with any other antenna or transmitter.

FCC RF Radiation Exposure Statement Caution:

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