

PH260 POWER STATION

User Manual





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Safety Precautions

Thank you for choosing our Force Station product. Proper use of the product is essential for safe exercise. To ensure your and your family's safety during exercise, please read this manual carefully before using the Force Station and strictly follow the precautions outlined in the manual.

I. User-Related Precautions

- 1.Wear appropriate sports shoes and clothing when using this equipment. Perform proper warm-up exercises beforehand.
- 2.Individuals over 65, those who are pregnant or breastfeeding, or who have had surgery within the past 6 months should not use the Force Station. Anyone with heart disease, high blood pressure, asthma, or other conditions that limit intense exercise should consult a doctor before use.
- 3.Do not consume alcohol or prohibited stimulants before or after using the Force Station.
- 4.Fatigue, improper use, or overexertion can cause injury. Assess your physical condition before exercising, and ensure your movements, intensity, and duration are suitable.
- 5.Keep children and pets away from the Force Station to prevent accidents.
- 6.This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- 7.If you have long hair, tie it up to prevent it from getting caught in the equipment.
- 8.During winter, maintain proper humidity to prevent static electricity, which can interfere with the equipment or cause damage. Avoid wearing synthetic fabrics that may generate static.
- 9.If you feel discomfort or unusual symptoms while using the Force Station, stop exercising and consult a doctor immediately.
- 10.Cleaning and user maintenance shall not be made by children without supervision.
- 11.Children shall not play with the equipment.
- 12.The safety level of the equipment can only be maintained if it is examined regularly for damage and wear (e.g., ropes, pulleys, connection points).

2. Equipment and Usage Environment Precautions

Usage class: Class H (home use)

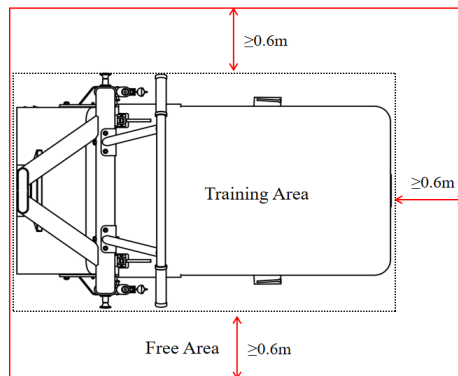
- 1.This product is indoor exercise equipment. Do not use it outdoors.
- 2.Keep the product away from water, heat, and flammable or explosive materials.
- 3.Do not disassemble or modify the product. This may cause safety hazards.
- 4.Do not spill liquids or place foreign objects on the equipment.
- 5.Do not insert fingers or objects into gaps in the machine.
- 6.Do not touch the power cord, socket, or switch with wet hands.
- 7.Do not use damaged or wet power cords or plugs. Contact after-sales service or a qualified technician for replacement.
- 8.Turn off the equipment and unplug the cord after use.
- 9.Unplug the machine before cleaning. Use a clean, soft, non-dripping cloth.
- 10.This product is for home use only. Do not use it in commercial environments such as gyms.
- 11.Use only the original power cord. Do not use other cords. Ensure the plug is grounded, and avoid connecting other devices to the same outlet.
- 12.If the power cord is damaged, replace it through the manufacturer or authorized service provider.
- 13.Always stay within the designated training area. Keep your center of gravity inside the equipment to avoid tipping.
- 14.Never use an outlet that is incorrectly grounded, short-circuited, or leaking electricity. This may lead to electric shock.
- 15.Defective components shall be replaced immediately. If replacement is not possible, the equipment must be taken out of use until repaired.
- 16.Special attention must be paid to components most susceptible to wear.

3. Installation and Use

1. Do Not Use Pull-up Bar with Folded Pedal !
2. Do Not Use Pull-up Bar with Unlocked Pedal !
3. Discontinue use of the strength training station for any exercises if the pedal is not properly locked !
4. Always make sure the ground is level and free of any obstructions before lowering the pedal !
5. Do not push or pull the pedal with external force during lowering to prevent the equipment from tipping over !
6. Prohibit Children from Climbing or Playing on Equipment !
7. Free standing equipment must be installed on a stable and levelled base.
8. The free area must also include space for emergency dismount.
9. The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.
10. All bolts, nuts, and other connections shall be checked before using the machine for the first time and thereafter on a regular basis.
11. Replace defective components immediately and/or keep the equipment out of use until repair.
12. Pay special attention to components most susceptible to wear, such as Ropes.
13. When any part of the product is damaged, it shall be replaced immediately.
14. All warnings and instructions must be read and followed prior to use.

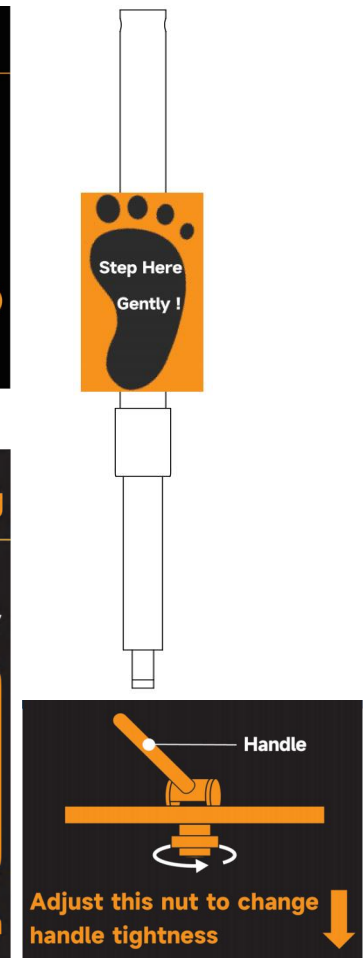
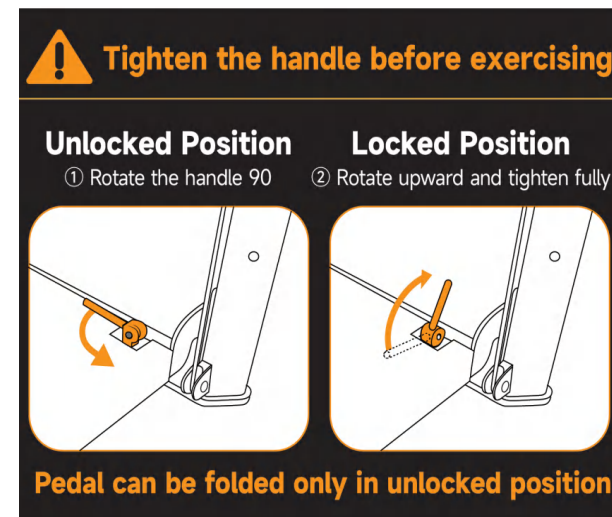
4. Free Area and Training Area

1. The free area around the equipment shall be at least 0.6 m greater than the training area in all directions from which the equipment is accessed.
2. The free area shall also include the area for emergency dismount.
3. Where equipment is positioned adjacent to each other, the value of the free area may be shared.

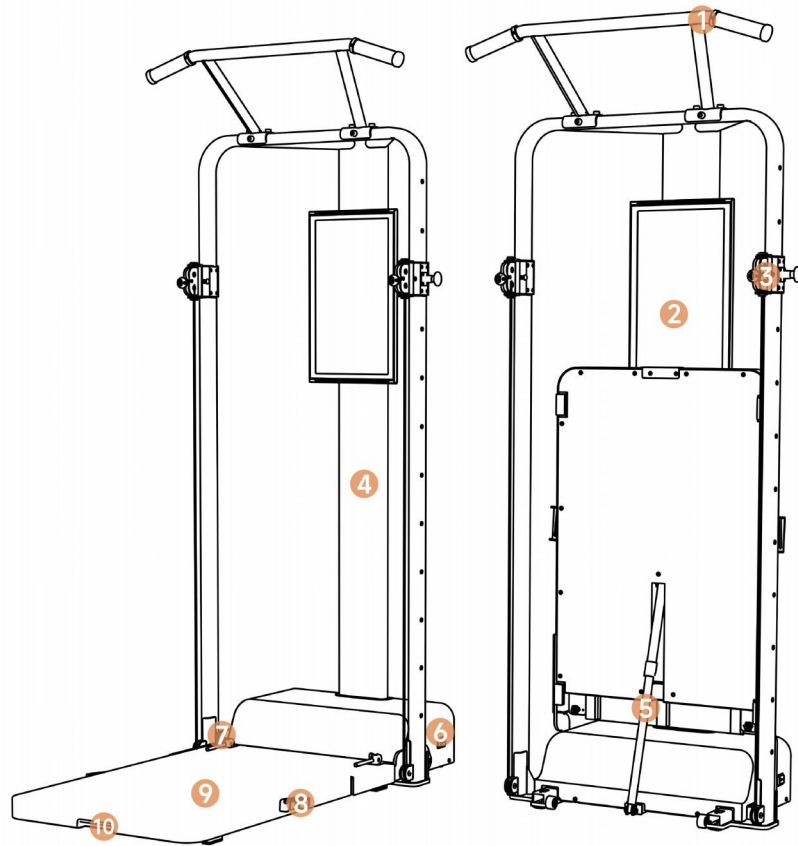


5. SAFETY STICKERS

Make sure they are always intact and fully readable.



Product Introduction



- | | | |
|-------------------------|---------------------------|-----------------------------------|
| 1.Pull-up Bar | 2.Touch screen | 3.Adjustable Height (Pulley base) |
| 4.Frame Structure | 5.Slow-Descent Gas Spring | 6.Power Switch |
| 7.Footplate lock handle | 8.Low-position Rope | 9.Footplate |
| 10.Folding Handle | | |

Packing List



Power Station Device



Handle



Ankle Band



Tricep Rope



Long Bar



Wireless Switch



Waist Band



AC Power Cord



Attachment
Ring



Product Manual



Tool Kit

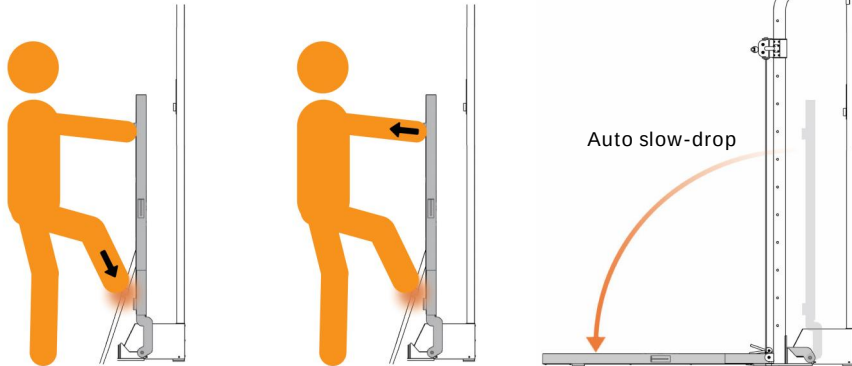


Carabiner

Operating Instructions

1. Equipment Deployment

When using the equipment, ensure at least 5 × 7 feet of clear, open space around it.
Place it on a clean, flat, and solid surface.



① Gently step on the upper part of the slow-descent gas spring

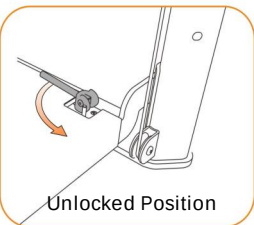
② At the same time, gently pull the pedal open with your hand.

③ The footplate descends automatically in about 15 S. Do not pull it by hand to avoid tipping.

When folding for storage, lift the footplate to a vertical 90° position, and it will automatically lock in place

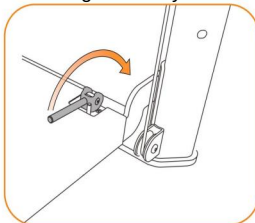
2. Pedal Locking

① Rotate the handle 90°



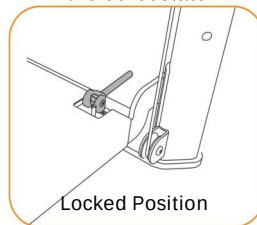
①

② Rotate upward and tighten fully



②

③ The illustration shows the locked state

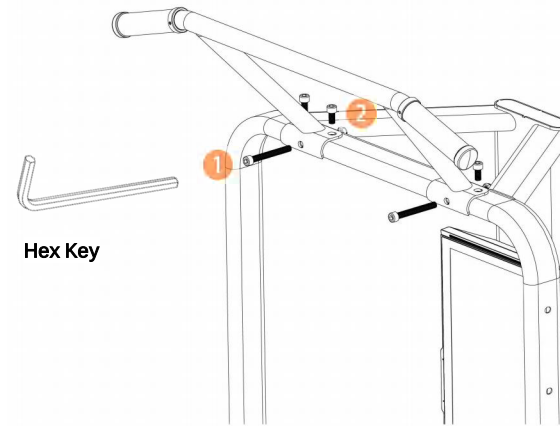


③

To unlock, simply operate in the reverse direction.

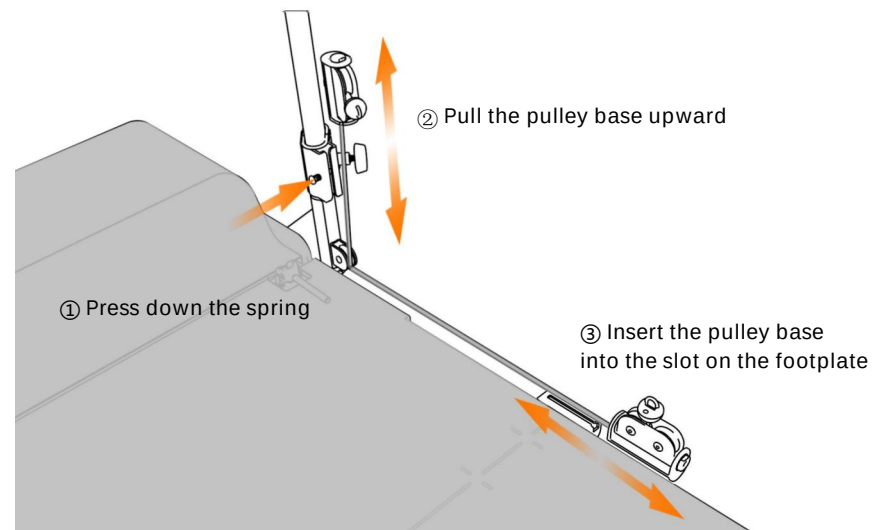
 Tighten the handle before exercising.
Footplate can be folded only in “unlocked position”.

3. Install the pull-up bar



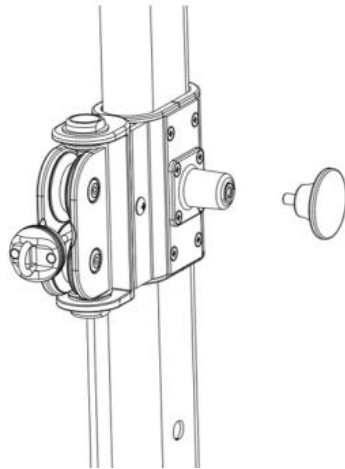
Attach the pull-up bar to the frame using two long screws (①) with nuts, followed by four short screws (②). Tighten all screws gradually and evenly.

4. Moving pulley base



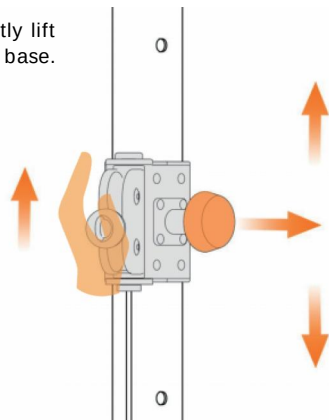
Before adjusting the pulley base, exit any training mode to avoid excessive tension on the cable.

5. Install the knobs on the pulley base



6. Moving adjustable height

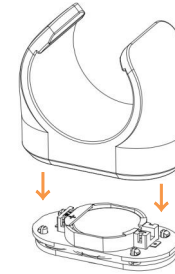
① Use one hand to gently lift and support the pulley base.



② With the other hand, pull out the locking pin.

For safety reasons, the locking pin cannot be removed unless the pulley base is lifted. This design prevents accidental release during training if someone nearby misuses the equipment.

7. Wireless Switch



1. The wireless switch controls resistance start/stop. After pairing with the device, click to start or stop resistance.
2. Long press the wireless switch to enter pairing mode. When the blue light flashes 5 times, pairing is successful and the switch is ready to use. To cancel pairing, long press again; when the red light flashes 5 times, pairing is canceled.
3. The wireless switch is powered by a button battery. When the battery is low, open the protective cover to replace it with a CR2032 battery.

Connectivity and Mode Instructions

1.APP Connection

- The equipment can be connected to the QiSense app, allowing wireless control, training plan creation, video courses, and other features.
 - Open the QiSense app, tap the device connection icon in the upper right corner, select the equipment, and search for available devices. From the list, tap the correct device to connect.
- Note: Scan the QR code to download and install the QiSense app.



The QiSense App offers you, among other things:

- Individual workouts with professional trainers
- Landscape and outdoor videos
- Determining training priorities
- Training data in real time
- Training history and metrics

2. Operation Modes

Stand Mode

Boost muscle strength and endurance steadily,with uniform resistance during both pulling and retracting movements.

Eccentric Mode

Build up muscles,improve control and intensify muscle stimulation during the retraction phase.

Isokinetic Mode

Enhance explosive power,reduce joint pressure, and the faster the pull, the greater the resistance.

Elastic Mode

Intensify peak stimulation, boost stability and control, the longer the pull, the greater the resistance.

Product Specification

Model No.:	PH260 PRO	PH260 PRO MAX
Display Size (inch)	21.5	32
Resolution	1920*1080	
Dimensions (H × W × D)	Without Pull-up Bar: 77.2" × 35.6" × 54.7" (1960*905*1390mm) With Pull-up Bar: 85.8" × 35.6" × 54.7" (2180*905*1390mm)	
Folded Dimensions (H × W × D)	Without Pull-up Bar: 77.2" × 35.6" × 17.3" (1960*905*440mm) With Pull-up Bar: 85.8" × 35.6" × 17.3" (2180*905*440mm)	
Footplate Size (W × D)	25.7" × 40.4" (652* 1025 mm)	
Footprint After Folding (W × D)	17.3" × 31.6" (440 *804 mm)	
Max Resistance	132 lbs (single side), 264 lbs (both sides) 60kg (singleside), 120kg (both sides)	
Min Resistance	5.5 lbs (single side) 2.5kg (single side)	
Adjustment Increment	1.1 lbs (0.5kg)	
Rated Power	1500w	
Rated Voltage	AC 100V~240V ~50/60Hz	

This device operates in the following frequency bands with maximum output power (in compliance with regulatory limits):

WiFi 2.4 GHz: 2412 – 2484 MHz

WiFi 5 GHz: 5180 – 5825 MHz



WARNING:

The functions of Wireless Access Systems including Radio Local Area Networks (WAS/RLANS) within the band 5150 – 5350 MHz for this device are restricted to indoor use only within all European Union countries.

Troubleshooting Guide (Non-Malfunction Issues)

Issue	Possible Cause	Solution
Footplate doesn't retract	Handle on the pedal hasn't returned to initial position	Rotate the handle to its initial (horizontal) position (see Pedal Lock Diagram)
	The pulley base interferes with the footplate	Push the pulley base back onto the guide rail (Vertical post)
Footplate doesn't drop	Incorrect operation method	Refer to the Operating Instructions
Footplate handle is too tight or too loose	Tension nut under the pedal is over-tightened or too loose	Use the tension adjustment tool to turn the nut in the direction shown on the label until the handle feels properly tightened
Pulley base cannot be removed	Still in training mode, cable is under tension	Exit all training modes before removing the sliding wheel
Machine is hard to move	Incorrect handling method	When pushing, lean slightly toward the screen and lift with proper posture—higher angles make rolling easier
Machine shaking	Footplate lock handle is locked	Unlock the Footplate lock handle (see Pedal Lock Diagram)
	Uneven floor surface	Ensure the equipment is placed on a flat, stable surface. Slight tilting may affect wheel contact
Cable feels unstable or jerky during use	Irregular winding of the internal cable inside the product	Enter free training mode, then set the weight to the minimum. Fully extend the cable, then slowly retract it back to the starting position.
Feels unusually heavy during long use	Excessive pulling force	Use standard training modes and appropriate weights that match your level
	Poor posture or unstable core	Adjust to correct posture and keep core stable (see training videos)

Motion Space Warranty

Motion Space provides full after-sales support, including a 60-day free trial and a one-year warranty

- If you experience any issues with your product, please first refer to the troubleshooting steps in the instruction manual.
- You can also scan the QR code in the manual to access video tutorials for troubleshooting.
- If the issue persists after following the steps above, feel free to contact us. We will assess the situation and provide the necessary replacement parts, along with step-by-step repair guidance.
- If the problem still cannot be resolved, we will offer a full replacement service.



Email: gymgest01@163.com

To help us address your inquiry as quickly as possible, please include the following information in your email:

- Your name
- Product name or model number

We will respond to your inquiry within 24 hours.

FCC Compliance 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.

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.

Importer: HONG KONG GYMGEST LIMITED

Address: FLAT C, 22/F KINGS TOWER, 111 KING LAM ST, CHEUNG SHA WAN, HONG KONG

Customer Service: <https://m-spacer.com>

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

NOTE 1: 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 tuning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- 1) Reorient or relocate the receiving antenna.
- 2) Increase the separation between the equipment and receiver
- 3) Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- 4) Consult the dealer or an experienced radio/TV technician for help. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body. This device complies with FCC radiation exposure limits set forth for an uncontrolled environment. This device should be installed and operated with minimum distance 20cm between the radiator & your body.

NOTE 2: Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.