

Original Instruction Manual
leg trainer



Please refer to all safety measures in this user manual to ensure safe use.



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Thank you!

Thank you for purchasing our product. Please read the instruction manual carefully before using the product for the first time. If you give the product to a third party, this instruction manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this guide may not match the physical objects. Please refer to the physical objects.



Important safety information

Your safety is of utmost importance to us. Please read these instructions before using the device. If you are unsure about the information contained in this brochure, please contact the retailer from whom you purchased your device.

ATTENTION: Read all safety and usage instructions. Failure to follow the safety instructions may result in electric shock, fire and/or serious injury. Keep all safety and usage instructions for future reference.

ATTENTION: DO NOT use the product before reading the instruction manual.

Make sure that you have read the instructions for use thoroughly and understood the contents before starting the installation.

The instructions are in the interest of your safety.

ATTENTION: There is a risk of suffocation! The packaging material is dangerous for children. Never let children play with packaging material.



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Safety Instruction

Introduction

This user guide is designed to familiarize you with the installation, use, and maintenance of the product. To install the device safely and correctly, please read the user manual before starting.

Please read the instructions below carefully and use the product accordingly.

Please keep these instructions and hand them over when you pass on the product.

This summary may not contain all the details of all variants and steps to be followed. Please contact us if you need more information and assistance.

Symbol explanation



Attention: This signal symbol/word indicates a medium-risk hazard that, if not avoided, may result in death or serious injury.



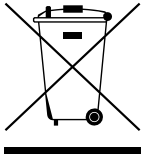
CAUTION! This signal word refers to a hazard with a low degree of risk that, if not avoided, may result in a minor or moderate injury.

Attention! This signal sign/word warns of possible property damage.

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Attention! Read the safety instructions carefully. Failure to follow the safety instructions may result in electric shock, fire, and serious injury. Keep all safety notices and instructions for future reference.



This product must not be disposed of with household waste!



WARNING! This device can pose a hazard if it is used improperly or not for its intended purpose by people who have not been instructed! Note that the device is not a toy and does not belong in the hands of children. Suffocation! Do not leave the packaging material carelessly. It could become a dangerous toy for children.



A CE marking can be used to identify that a product complies with the legal provisions of European legal standards and may therefore be traded within the European Community.

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Safety Instruction

Important Safety Information

Please keep this manual in a safe place for reference.

It is important to read this entire manual before assembling and using the device. Safe and efficient use can only be achieved if the equipment is properly assembled, maintained and used. It is your responsibility to ensure that all users of the device are aware of all warnings and precautions.

Before starting any exercise program, you should consult your doctor to determine if you have any physical or health problems that could pose a risk to your health and safety or prevent you from using the equipment properly. Your doctor's advice is important if you're taking medications that affect your heart rate, blood pressure, or cholesterol levels.

Pay attention to your body's signals. Improper or excessive exercise can harm your health. Stop exercising if you experience any of the following symptoms: pain, chest tightness, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or nausea. If you notice any of these conditions, you should consult your doctor before continuing with your exercise program.

Keep children and pets away from equipment.

Use the device on a firm, flat surface with a protective cover for your floor or carpet. For safety reasons, the device should have at least 0.6 meters of clearance.

Before using the device, check that the nuts and bolts are tightened. Some parts such as pedals, etc. can be easily worn.

The safety level of the equipment can only be maintained if it is regularly inspected for damage and/or wear.

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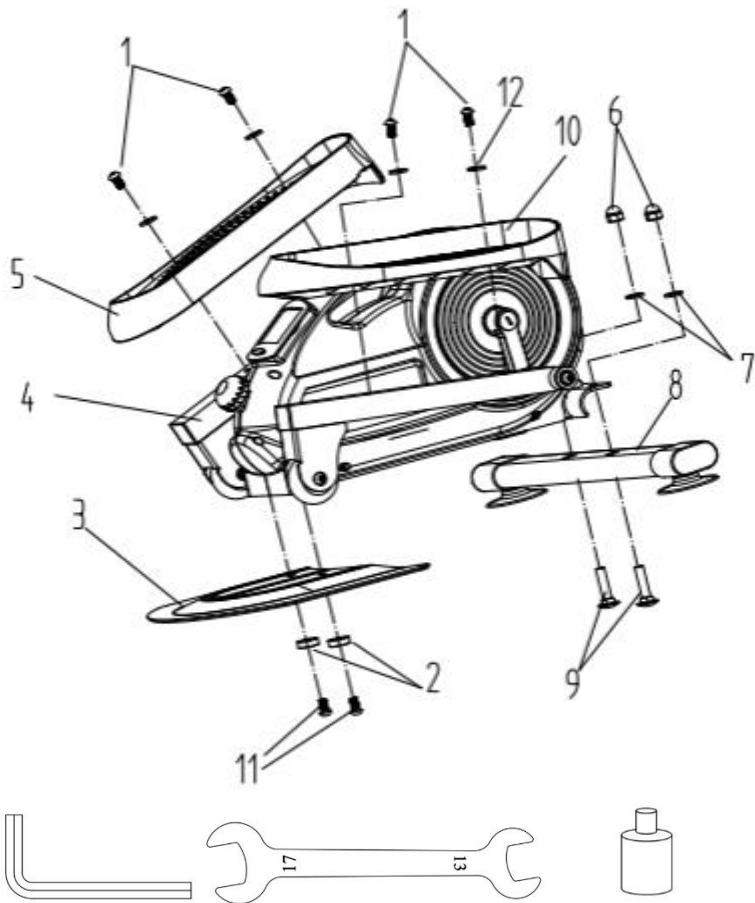
1

Safety Instruction

Important Safety Information

- Always use the equipment as directed. If you notice any defective components during assembly or inspection of the device, or if you hear unusual noises from the equipment during use, stop and do not use the device until the problem has been resolved.
- Wear appropriate clothing while using the equipment. Avoid wearing loose clothing that can get caught in the equipment or restrict or prevent movement.
- The device has been tested and certified according to EN20957 under class H.C. Suitable for domestic use only. The maximum weight of the use is 100 kg.
- The device is not suitable for therapeutic use.
- Care should be taken when lifting or moving the equipment so as not to injure the back. Always use proper lifting techniques and/or use help.

Exploded view



Allen wrench
(L5)

Wrench S13 S17

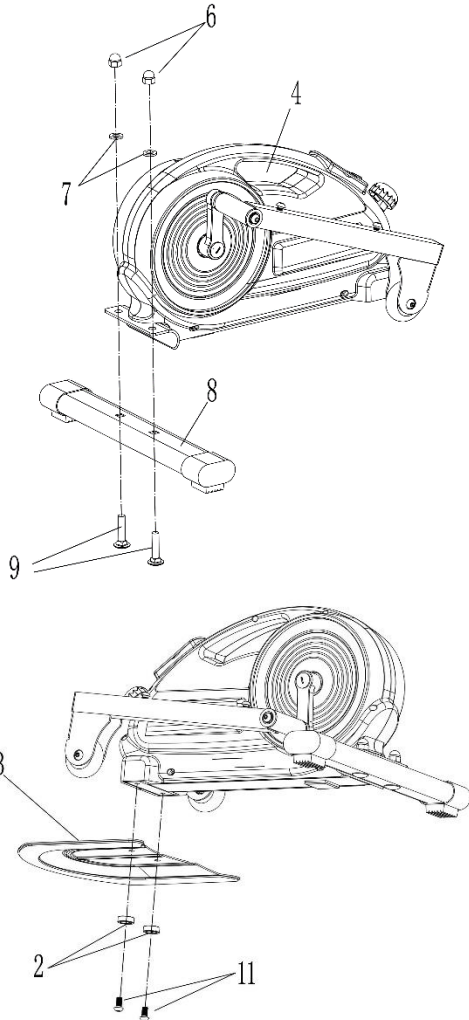
Silicone Oil
Bottle

Teileliste

| Nr | Name | Beschreibung | Stk |
|----|---------------------|--------------------------------|-----|
| 1 | Screw | M8*20 | 4 |
| 2 | Washer | | 2 |
| 3 | Baseplate | | 1 |
| 4 | Body | | 1 |
| 5 | Pedal L | 38*13.5*7.4CM | 1 |
| 6 | Nut | M10 | 2 |
| 7 | Washer | Ø10 | 2 |
| 8 | Foot hose | | 1 |
| 9 | Screw | M10*45 | 2 |
| 10 | Pedal R | 38*13.5*7.4CM | 1 |
| 11 | Screw | M8*16 | 2 |
| 12 | Washer | | 1 |
| | Silicone Oil Bottle | | 1 |
| | Tools | L5 Inbusschlüssel | 1 |
| | Tools | Schrauben- schlüssel S13/17 | 1 |
| | AAA-Batteries | | 2 |
| | | | |

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Product Assembly



Step 1

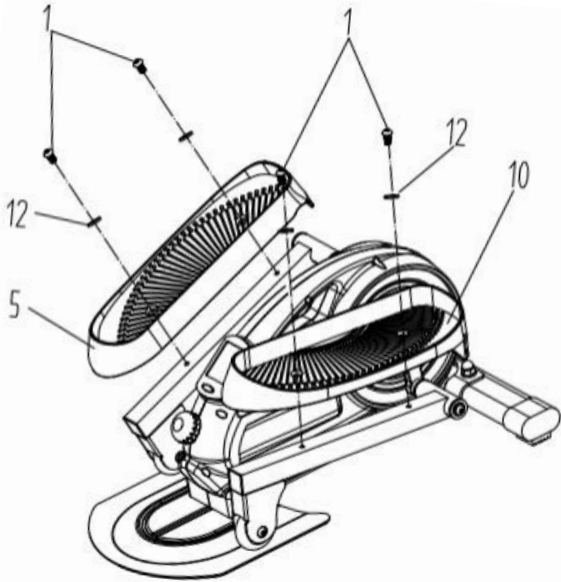
Take all the accessories out of the box, assemble the foot tube (8) with the main body (4), with the nut (6), the washer (7) and the screw (9). Fully tighten all screws as shown.

Step 2

Install the base plate (3) with support washer (2) and screw (11) on the main body. Tighten all screws completely.

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Product Assembly



Step 3

Align the hole of the pedal (L&R) (5 and 10) with the pedal mount, use the screw (1) to tighten the pedal. Now tighten all the fasteners.

Please note that there are L&R pedals. The stickers (L&R) are glued to the bracket and pedals to make it easier for you to distinguish.

Step 4

To keep calm and stay smoother when exercising, please use the silicone oil on the baseplate before using it.

Please use the silicone oil on both sides of these areas.

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App Configuration

Step 1

Download the "Kinomap" app and create a personal account

Step 2

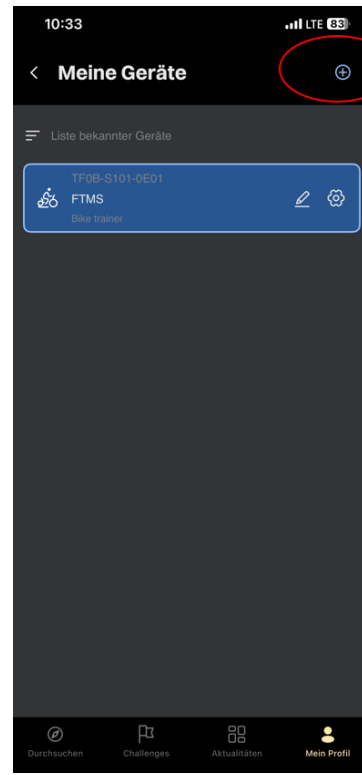
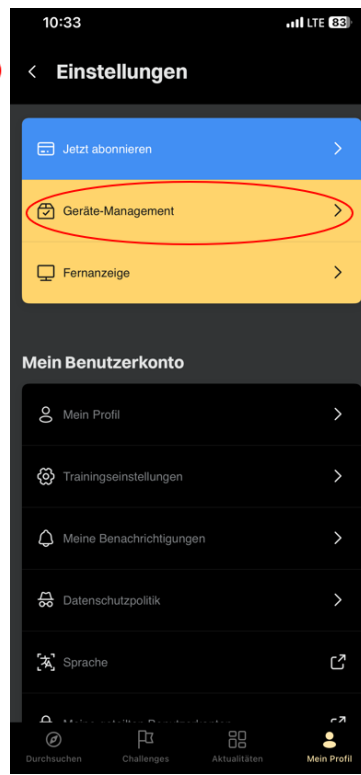
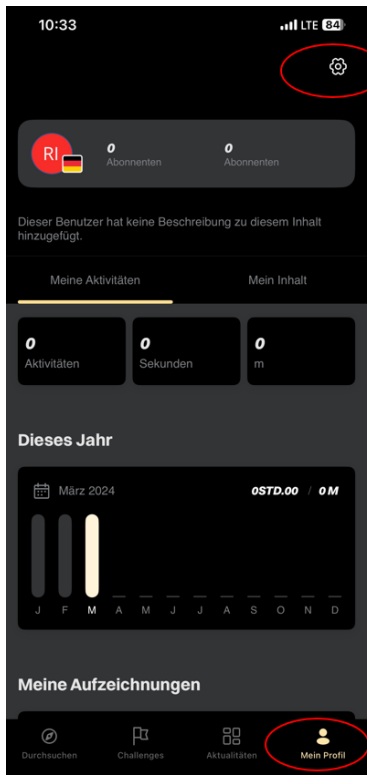
under "My Profile" -> Settings you can add or remove a device

Step 3

Open Device Manager and press the + to add a device

Step 4

select "elliptical cross trainer", then "Next"



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App Configuration

Step 5

Select the Bluetooth connection "FTMS" and then "Next"

Step 6

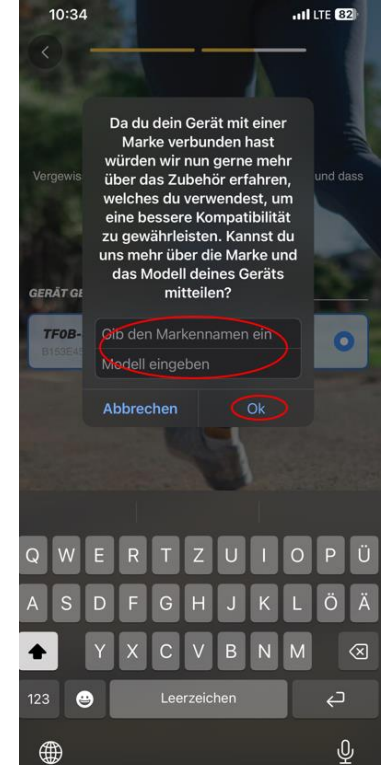
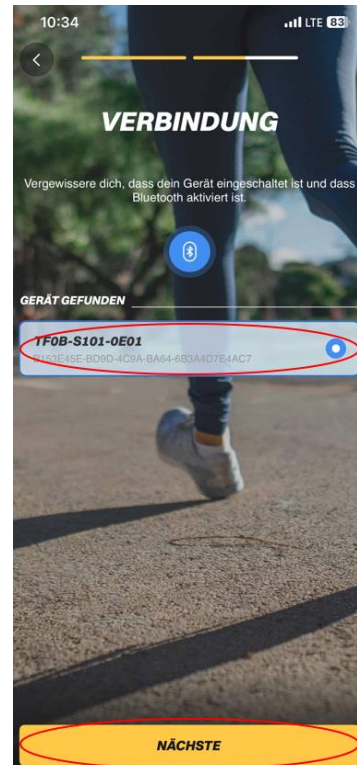
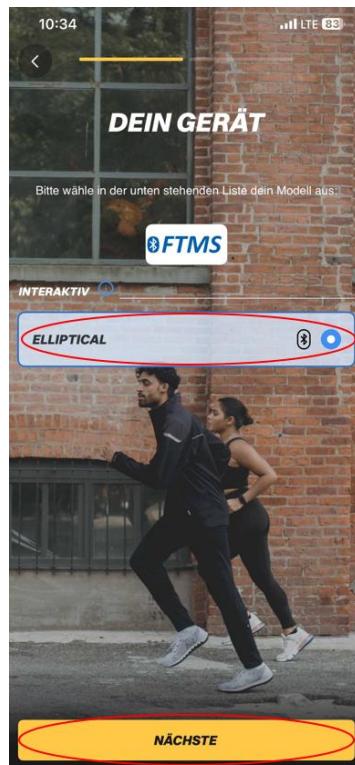
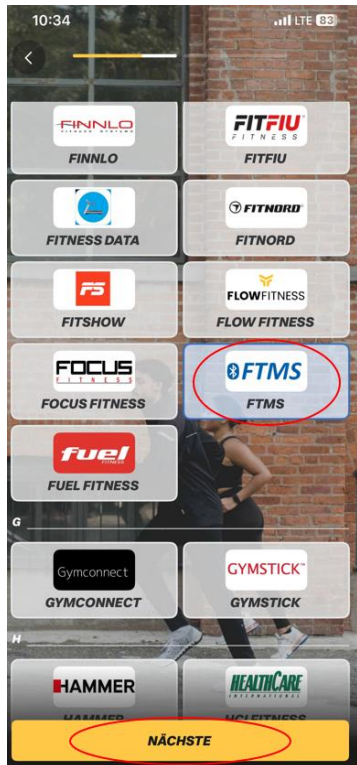
Select Elleptical, then select Next

Step 7

To connect, select the correct device -> TF0B-S101-0E01 and go to "Next"

Step 8

To recognize the device the next time you use it, you can now enter a name and model (optional)



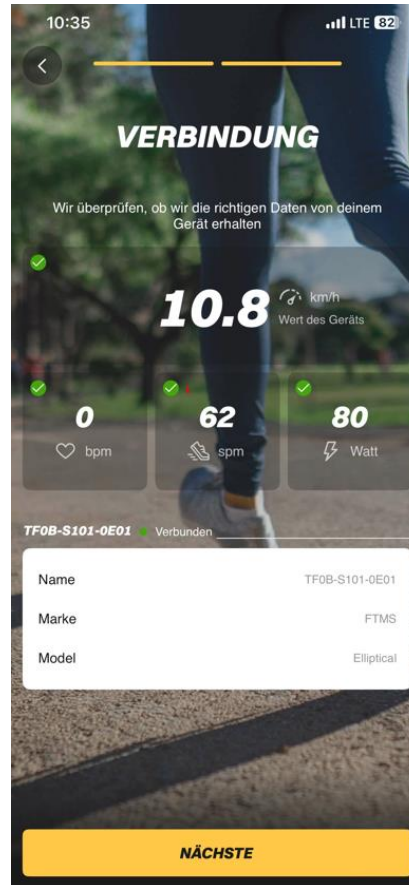
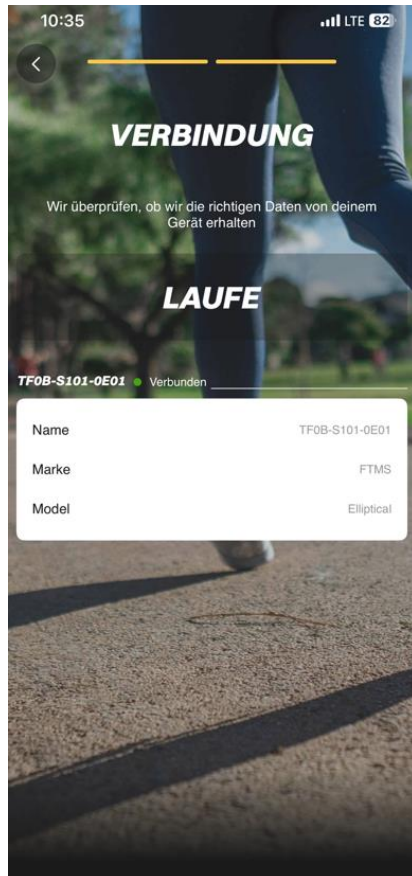
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App Configuration

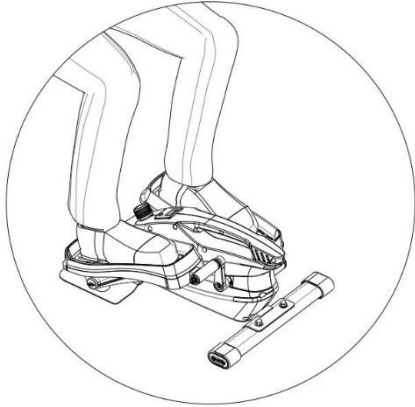
Step 9

You can now start running to see your progress

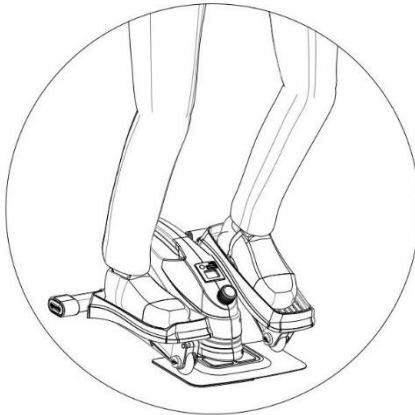


Use

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You can use it by sitting down, as the picture on the left shows.



Or you can use it by standing up, as the picture on the left shows.



WARNING: You should find a support object to keep your balance when using the equipment by standing up. Be aware The wrong exercise can harm your health.



Trainingstipps

Using this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control calorie intake, and help you achieve the overall effect of toning your body.



Warm-up phase

Not only does this phase help stimulate blood circulation and warm up muscles, but it also reduces the risk of cramps and muscle strains. It is advisable to perform some stretching exercises as shown in the figure. Muscle tension should be maintained for about 30 seconds with each stretch. Stretch your muscles slowly, without abrupt jerks and movements. If pain occurs, stop stretching immediately.



Cool-Down-Phase

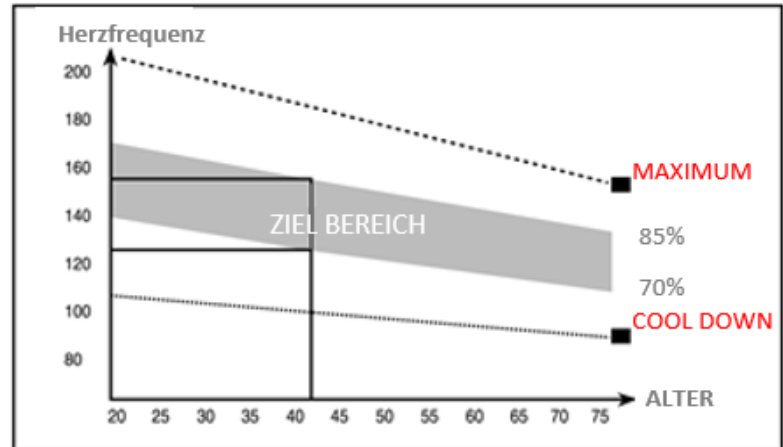
Using this product has the potential to bring you a lot of benefits. It can improve your physical fitness, strengthen your muscles, control calorie intake, and help you achieve the overall effect of toning your body.

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Tutorial

- Using your mini elliptical will provide you with several benefits, improve your physical fitness, tone muscles, and when combined with calorie-controlled dieting, help you lose weight.
- The warm-up phase. Warm up briefly on the bike before stretching. Warm up slowly to prepare the muscles for stretching.
- This stage helps the blood flow through the body and the muscles to work properly. It will also help reduce the risk of cramps and muscle injuries. It is advisable to do a few stretching exercises, as shown below. Each stretch should be held for about 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, STOP.



- This phase should last at least 12 minutes, although most people start at around 15-20 minutes.

Monitor Specification

Button function

Fashion:

This button allows you to select and lock a specific function you want.



← Velocity

← Button
"Modus"

| Specification | |
|----------------------|-----------------|
| SPEED (SPD) | 0.0-99.9 KM/H |
| TIME (TMR) | 00:00-99:59 Min |
| DISTANCE (DST) | 0.00-999.9 KM |
| ODO (Total Distance) | 0.0-999.9 KM |
| CALORIES (CAL) | 0.0-9999 KCAL |

Practices

1. **AUTO ON/OFF:** The system turns on when the "MODE" button is pressed or when the sensor receives input from the speed sensor. The system will automatically turn off if the speed sensor has no signal input or no button is pressed for approximately 4 minutes.
2. **SCAN:** When 'SCAN' is displayed on the screen, automatic display of functions in the order shown.
3. **SPEED:** The current speed is constantly displayed during the workout.
4. **TIME:** The time of the exercise is displayed.
5. **DISTANCE(DIST):** The distance of each workout is displayed.
6. **ODO:** The total distance of the entire workout is displayed.
7. **CALORIES(CAL):** The estimated calories burned are displayed.
8. **SCAN:** Automatic display of functions in the order in which they are displayed.

RESET: The device can be reset by changing the battery or pressing the "MODE" button for 3 seconds.

BATTERY: This monitor uses 2pcs AAA battery. If the monitor is displayed incorrectly or is empty, please replace the Battery for best results.

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Cool-down after training



1 Shoulder Stretch



2 Triceps Stretch



**3
Lunge
Stretch**



**4
Overhead
stretching**



**5
Breast
Stretching**

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6 Forward bend



7 Toe contact



8 Children's Position



9 Quadricep Stretching



10 The Cobra



11 Thigh brace

8

Maintenance tips

- Store the product in a dry place, do not clean it with water.
- Make sure to tighten all parts for safety before use.
- Never use a chemical reagent to clean the device.
- Clean the product with a clean, dry cloth after each use.
- After use, clean the product every week with a clean cloth and a mild detergent.
- Check the product regularly if there are cracked or bent parts on the equipment. If available, stop using it and contact our customer service immediately.

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Specifications

| Set | Value |
|------------|-------------------|
| Model | KM-HE-CT706 |
| Capacity | 100 KG |
| Dimensions | 55 x 38,5 x 33 cm |
| Weight | 11,5 KG |

In the course of product improvements, we reserve the right to make technical and visual changes to the item.

Environmentally friendly disposal

⚠ Warning: There is a risk of suffocation! The packaging material is dangerous for children. Never let children play with packaging material.

1. Disposal and packaging

The packaging of your device is made of materials that are necessary to ensure effective protection during transport. These materials are fully recyclable, thus reducing the environmental impact. Dispose of the packaging in a recycling bin.

2. Disposal of old equipment

Waste equipment must be disposed of in accordance with the guidelines and regulations of local waste disposal. Contact your local administration for the address of the nearest recycling center and drop off your device there.



EU Declaration of Conformity



We, the
KM-Fit by Canbolat Vertriebsgesellschaft mbH, Gneisenaustraße 10-11, 97074 Würzburg, Germany,
We hereby declare that the equipment described below complies with the relevant essential safety and health requirements of the EU Directives due to its
design and construction as well as in the version placed on the market by us.

Product Name: **Leg trainer**
Model Number: **KM-HE-CT706**
Item Number: **4252023106368**

This device complies with the following EU/EC directives:

2014/30/EU / 2005/84/EC

The assessment shall be based on the following harmonised standards applied:EN

55014-1:2017 / EN 55014-2:2015 / EN ISO 20957-1:2013

AFPS GS 2019:01 PAK / EN ISO 20957-9:2016+A1:2019

Other technical standards and specifications applied:

(EC) No. 1907/2006 / No. 552/2009 / (EU) 2018/2005

(EC) No. 1907/2006 / No. 552/2009

Place and date of exhibition: Würzburg, 28.11.2022

Signature:

Dipl.-Inform. (Univ.)
Korhan Canbolat, Manager

If the device is modified without our consent, this declaration of conformity loses its validity.

Contact Us

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Office: KM-Fit • Gneisenaustraße 10-11 • 97074 Würzburg

The return address can be found in the imprint:
<https://www.km-fit.de>

VAT Identification Number: DE 263752326 Gericht der
Entry in the commercial register is Würzburg, HRB 10082

WEEE-Reg. Nr. DE 61617071



