

Original user manual
Leg trainer



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



Table of contents

- | | | | |
|----------|---|-----------|--|
| 1 | Introduction and safety instructions | 6 | Tutorial |
| 2 | Exploded view and parts list | 7 | Maintenance tips |
| 3 | Product assembly | 8 | Specifications |
| 4 | App Configuration | 9 | Environmentally friendly disposal |
| 5 | Use | 10 | EU Declaration of Conformity |

Thank you very much!

Thank you for choosing our product. Please read the user manual carefully before using the product for the first time. If you transfer the product to a third party, this instruction manual must be delivered with them. Keep the instruction manual for future reference. The drawings in this guide may not match the physical objects.



Important safety instructions

Your safety is of the utmost importance to us. Please read this guide before using the device. If you are unsure of the information in this brochure, please contact the retailer where you purchased your device.

CAUTION: Read all safety and use 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.

CAUTION: DO NOT use the product before reading the user manual.

Make sure you have read the instructions for use thoroughly and understand the contents before you start the installation.

The instructions are in the interest of your safety.

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



Original user manual Leg trainer

1

Safety

Introduction

This user guide is intended 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 provide all the details about all the variants and steps to follow. Please contact us if you need more information and assistance.

Symbol explanation

 **Caution:** This signal symbol/word indicates a medium-risk hazard, failure to do so can result in death or serious injury.

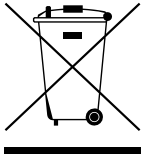
 **Attention!** This signal word refers to a low-risk hazard, failure to do so can result in minor or moderate injuries.

Attention! This signal signal warns of possible property damage.

Original user manual Leg trainer



Attention! Read the safety instructions carefully. Failure to follow the safety instructions can lead to electric shocks, fires and serious injuries. Keep all safety instructions 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 as intended by people who have not been instructed! Note that the device is not a toy and does not belong in the hands of children.

Asphyxiation! Do not leave the packaging material careless. It could become a dangerous toy for children.



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

Original user manual
Leg trainer

1**Safety****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 device 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 be harmful to your health. Stop exercising if you notice any of the following symptoms: pain, chest tightness, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or nausea. If you experience any of these conditions, you should consult your doctor before proceeding with your exercise program.

Keep children and pets away from the 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 a distance of at least 0.6 meters.

Before using the device, check that the nuts and bolts are tightened. Some parts such as pedals, etc. can be easily worn out. The safety level of the device can only be maintained if it is regularly checked for damage and/or wear.

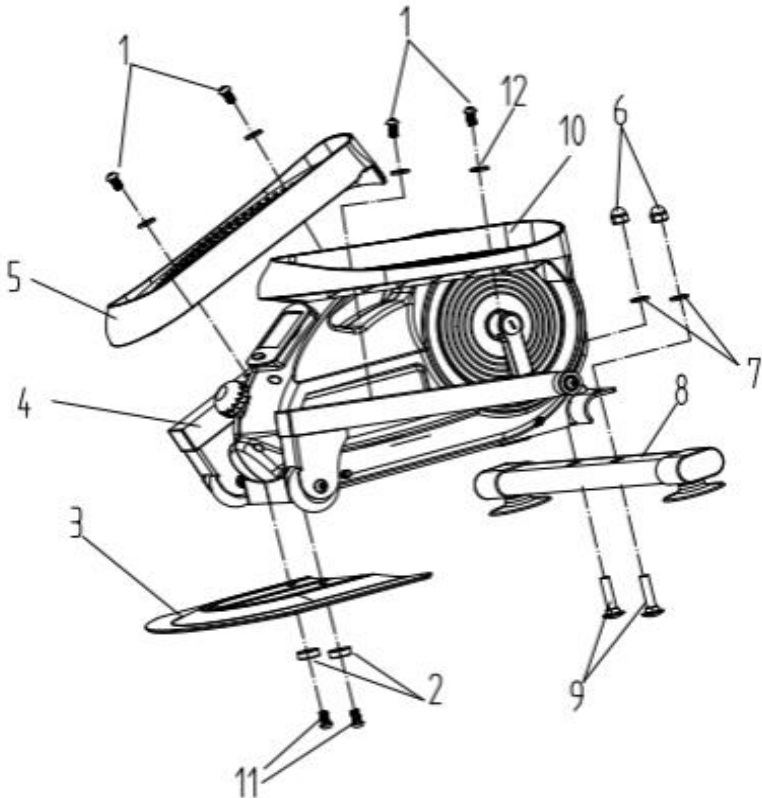
Original user manual
Leg trainer

1**Safety****Important safety information**

- Always use the device as directed. If you notice defective components during assembly or inspection of the device, or if you hear unusual noises from the device during use, stop the device and do not use it until the problem is 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 of class H.C. Suitable for domestic use only. The maximum weight of use is 100 kg.
- The device is not suitable for therapeutic use.
- Caution is advised when lifting or moving the device so as not to injure the back. Always use proper lifting techniques and/or use help.

Original user manual
Leg trainer

Exploded view



Allen wrench
(L5)



Wrench S13 S17



Silicone Oil
Bottle

Parts

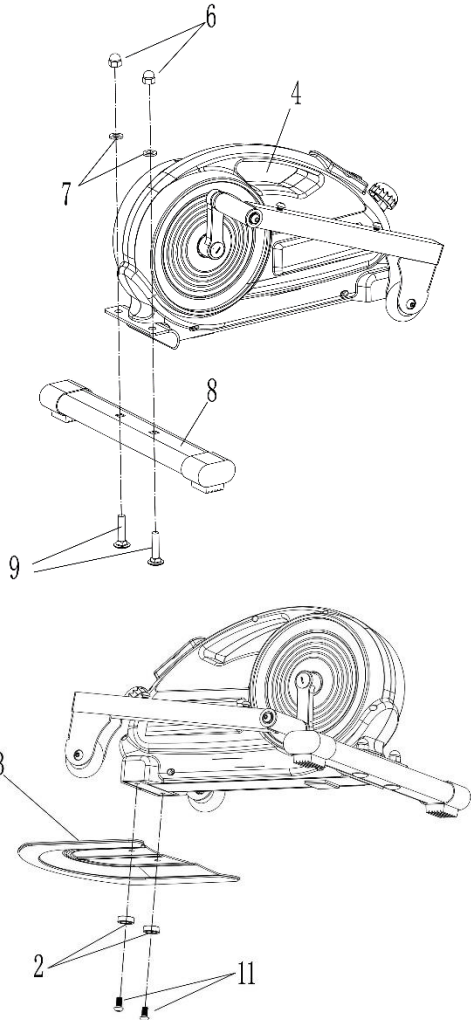
No	Name	Description	Pcs
1	Screw	M8*20	4
2	Washer		2
3	Basis		1
4	Corps		1
5	Pedal L	38*13.5*7.4CM	1
6	Nut	M10	2
7	Washer	Ø10	2
8	Foot		1
9	Screw	M10*45	2
10	Pedal R	38*13.5*7.4CM	1
11	Screw	M8*16	2
12	Washer		1
	Silicone Oil Bottle		1
	Tools	L5 Allen wrench	1
	Tools	Wrenches S13/17	1
	AAA-Batterien		2

Original user manual
Leg trainer

11

3

Product assembly



Step 1

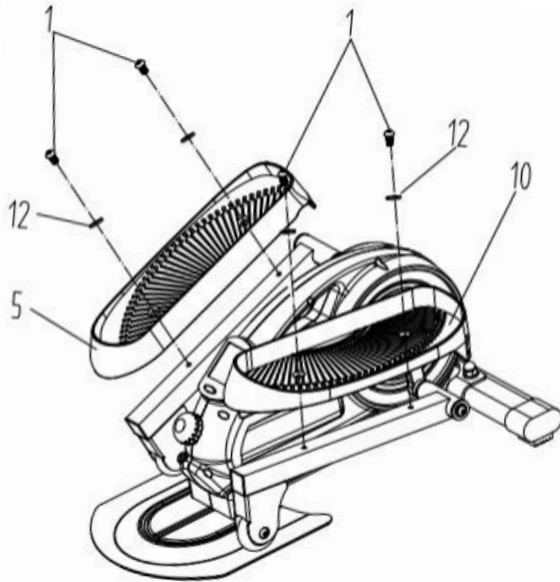
Remove all accessories from the packaging, assemble the footpipe (8) with the body (4), with the nut (6), the washer (7) and the screw (9). Fully tighten all screws as shown.

Step 2

Assemble the base (3) with the support washer (2) and the screw (11) to the body. Tighten all screws completely.

Original user manual Leg trainer

Product assembly



Step 3

Align the hole of the pedal (L&R) (5 and 10) with the pedal holder and tighten the pedal with the screw (1). Now tighten all 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 differentiate.

Step 4

To stay calm and smoother during training, please use the silicone oil on the base plate before use.

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

13

4

Original user manual Leg trainer

App Configuration

Step 1

Download the Kinomap app and create a personal account

Step 2

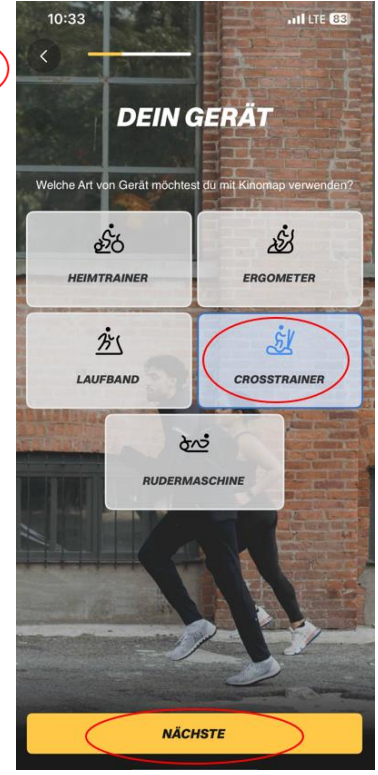
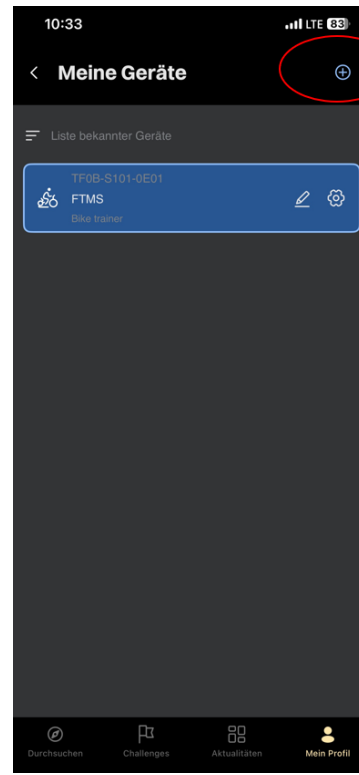
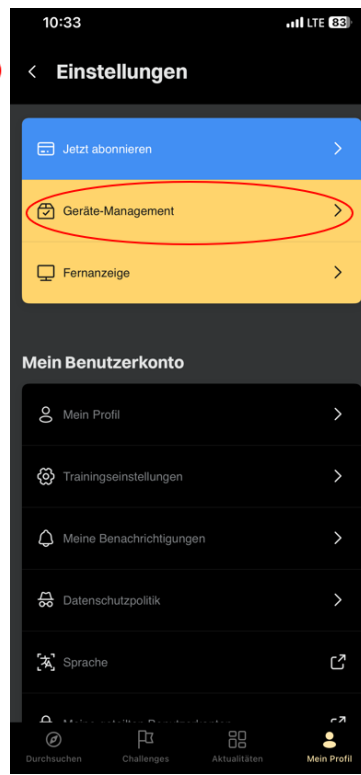
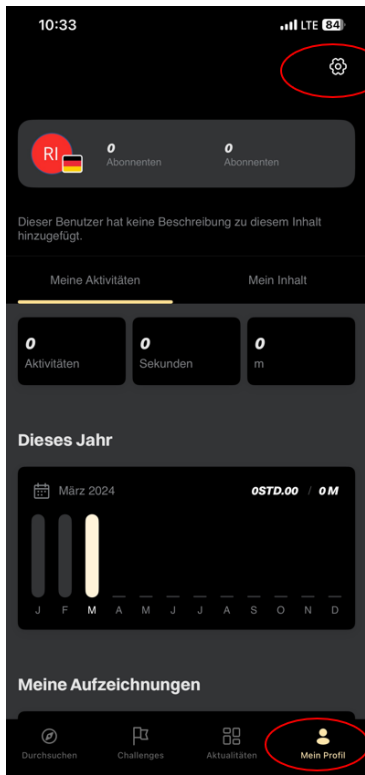
Under "My Profile" > Settings, you can add or remove a device

Step 3

Open Device Manager and press the + button to add a device

Step 4

Select "Elliptical Trainer" and then "Next"



14

4

Original user manual

Leg trainer

App Configuration

Step 5

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

Step 6

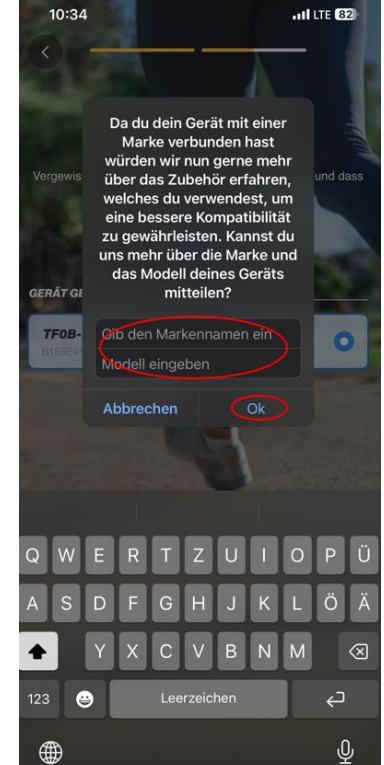
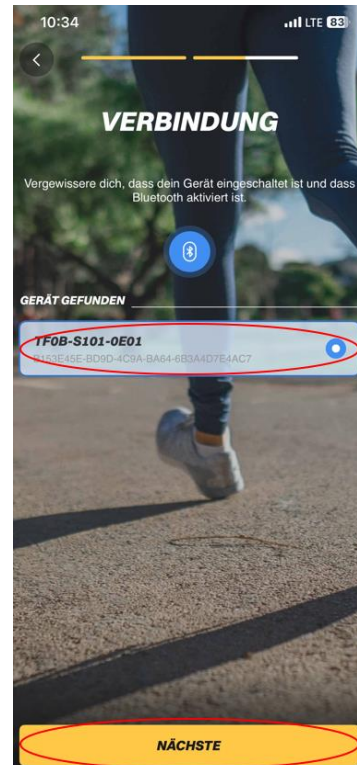
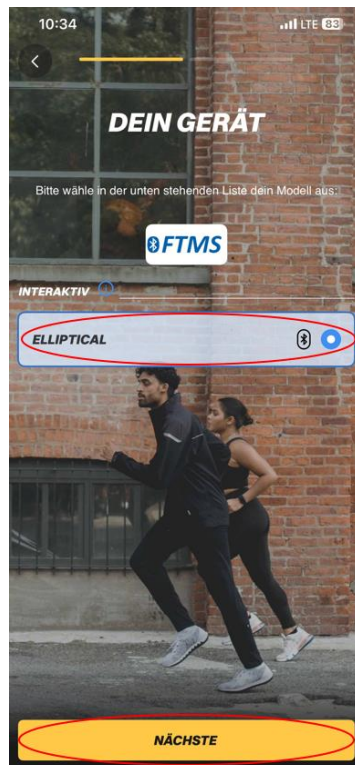
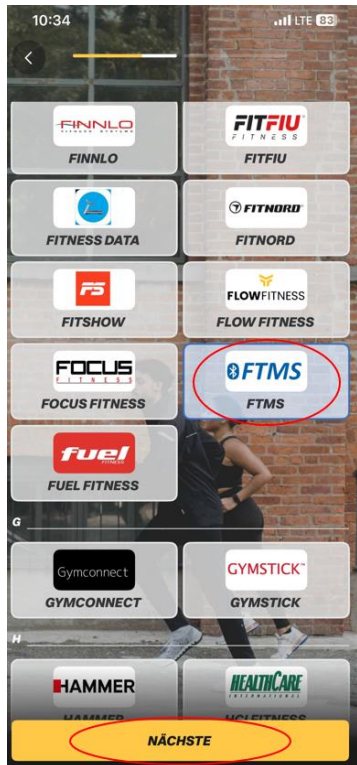
Select Elliptical, and then select Next

Step 7

To connect, select the correct device -> TFOB-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)



15

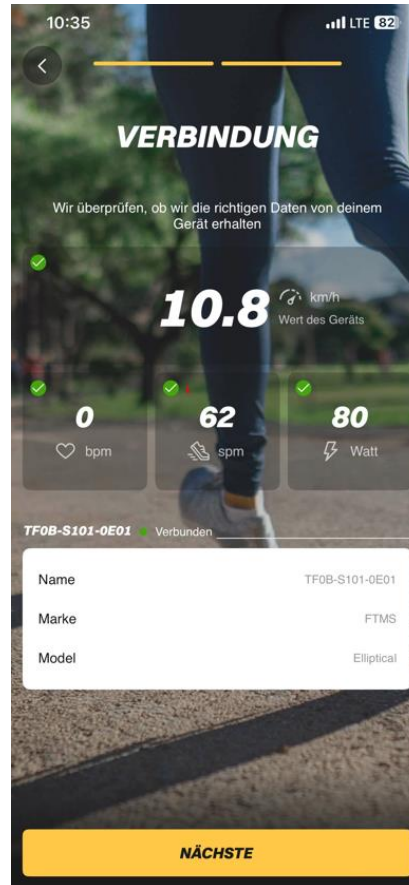
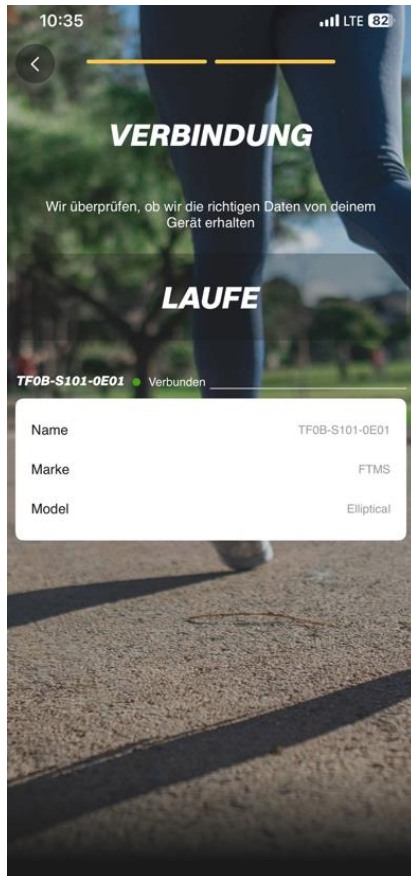
4

App Configuration

Step 9

You can start running now to see your progress

Original user manual Leg trainer

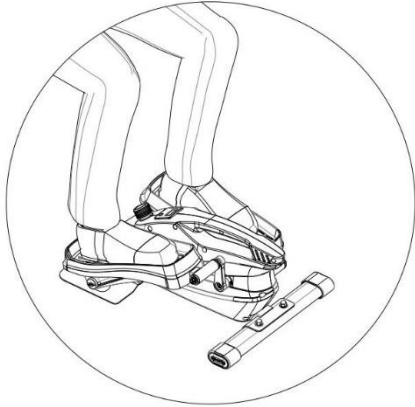


Original user manual
Leg trainer

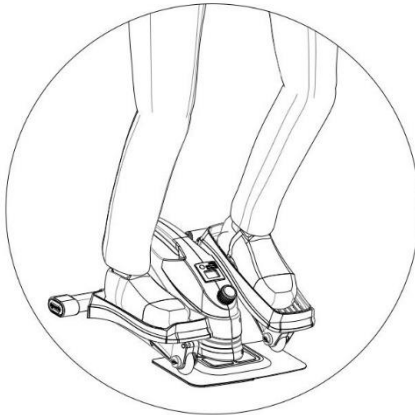
16

5

Use



So 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 maintain your balance when using the device while standing.



Trainingstipps

Using this product has the potential to bring you many 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

This phase not only helps to stimulate blood circulation and warm up the muscles, but also reduces the risk of cramps and muscle strains. It is advisable to do 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 twitches and movements. If pain occurs, stop stretching immediately.



Cool-Down-Phase

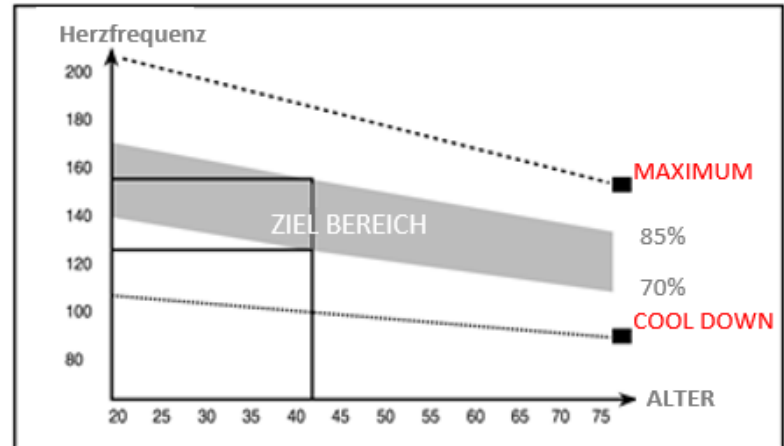
Using this product has the potential to bring you many benefits. It can improve your physical fitness, strengthen your muscles, control calorie intake, and help you achieve the overall effect of toning your body.

Original user manual Leg trainer

6

Tutorial

- Using your mini elliptical trainer will give you several benefits, improve your physical fitness, tone the muscles and help you lose weight when combined with a calorie-controlled diet.
- The warm-up phase. Warm up briefly on the bike before stretching. Warm up slowly to prepare the muscles for stretching.
- At this stage, blood flows through the body and muscles function 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, don't force or jerk your muscles to stretch - if it hurts, STOP.



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

Monitor Specification

Knobs:

This button allows you to select and lock a specific feature.



Velocity

Mode button

Specification

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
KALORIEN (CAL)	0.0-9999 KCAL

Praktiken

- 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 about 4 minutes.
- SCAN:** When 'SCAN' is displayed on the screen, the functions are automatically displayed in the order shown.
- SPEED:** During training, the current speed is constantly displayed.
- TIME:** The time of the exercise is displayed.
- DISTANCE(DIST):** The distance of each workout is displayed.
- ODO:** The total distance of the entire workout is displayed.
- CALORIES (CAL):** The estimated calories burned are displayed.
- 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.

Cool-down after training



1 shoulder stretch



2 Triceps stretching



3
Lunge
Stretching



4
Overhead
stretching



5
Stretching
of the chest

Original user manual
Leg trainer



6 Forward bend



7 Toe contact



8 Lying position



9 Quadriceps Stretch



10 The Cobra



11 Thigh support



8

Maintenance tips

- Store the product in a dry place, do not clean it with water.
- Make sure to tighten all parts before use for safety reasons.
- Never use a chemical cleaner.
- 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 for cracked or bent parts on the device. If so, discontinue use and contact our customer service immediately.

9

Specifications

Name	Designation
Modell	KM-HE-CT706
Ultimate load	100 KG
Metrics	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 article.

Environmentally friendly disposal

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

1. Disposal and packaging

The packaging of your device is made of materials 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

WEEE must be disposed of in accordance with local waste management guidelines and regulations. Contact your local administration to find out 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 their design and in the version we have placed on the market.

Product: **Leg trainer**
Model: **KM-HE-ET368**
Article number: **4252023106368**

This device complies with the following EU/EC directives:

2014/30/EU / 2005/84/EC

The assessment is 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 applied technical standards and specifications:

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

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

Place and date of issue: Würzburg, 28.11.2022

Signature:

A handwritten signature in black ink, appearing to read 'Korhan', is written over a light grey circular stamp.

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

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

Contact us

Tel.: +49 (0) 931 90 80 3000

Mail: info@km-fit.de

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

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

VAT number: DE 263752326

The court of entry in the commercial register is Würzburg,

HRB 10082

WEEE-Reg. Nr. DE 61617071



km-fit.de