

# SmartGym Lite

Users Manual



VISHAPE

## Device



1 Connecting buckle

2 Control panel knob

3 Switch

4 Power socket

5 Bracket

## Package content specification



SmartGym Lite



Waist belt



Barbell



Handles



Ankle brace



Power cable



Wireless button



Coupling clamps



Users manual

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## Precautions

Thank you for choosing SmartGym Lite. The basis of safety is the proper use of the equipment. Reading the instructions and following the guidelines recommended by the manufacturer will ensure the safety of users and those around them.

### User

1. Always warm up before exercising, as well as take time to calm down and cool down afterwards.
2. Wear loose, comfortable clothing and appropriate footwear.
3. If you notice any worrisome symptoms while exercising, stop the activity immediately and contact your doctor.
4. The use of the device is not recommended for people over 65 years of age, pregnant women, breastfeeding women, people who have undergone surgery in the last 6 months, people suffering from heart disease, hypertension, asthma and other diseases that preclude strenuous exercise.
5. The equipment is not intended for use by people with medical conditions that may affect safe operation.
6. It is forbidden to use the device under the influence of alcohol and other intoxicants.
7. Prudence in the selection of load and intensity of training is recommended.
8. Make sure you have enough free space in the immediate area before you start exercising. Keep bystanders, children and pets away from the device.
9. Place the device on a solid, level surface. Do not place the device on a soft surface, such as pillows, mattresses, etc.
10. Children and teenagers should use the device only under adult supervision.
11. Never leave the device unattended after plugging it in. Unplug from the outlet when not in use.
12. Before each use, check the unit for damage to the power cord and signs of wear and tear
13. Do not lay out the device in a wet or damp place. Ensure proper storage conditions for the device.

## Usage

1. The device is intended for indoor use only.
2. Before you start exercising, make sure you have provided a minimum of 2 square meters of free space in the area where you are setting up the device.
3. Keep the device away from water sources, heat, and flammable and explosive substances.
4. Do not attempt to change the appearance, accessories and functionality of the device on your own. Doing so may jeopardize your safety and will void the warranty.
5. If the device gets wet, immediately disconnect it from power sources.
6. Store the device in a dry place.
7. Do not put your fingers or any objects in the openings of the device.
8. Do not touch the power cord with wet hands.
9. Do not use the unit if the power cord is damaged or wet.
10. When you have finished using the device, unplug the power cord from the power outlet, and then fold the device.
11. To reduce the risk of electric shock or unattended use, always unplug the device from the power outlet immediately after use and before cleaning.
12. Clean the device with a dry, soft cloth or towel.
13. Use only the original power cord and replacement parts.
14. Connect the device only to a properly grounded outlet.

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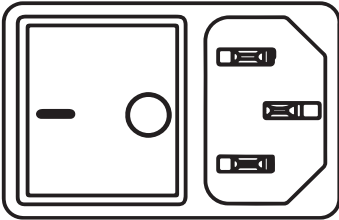
# Instructions for use

## Preparing to use SmartGym Lite

- A. Electric power supply is required for operation of the device. Do not pull out the ropes of the device before turning it on. If the ropes are accidentally pulled out when the power is off, turn on the device and wait for the ropes to be pulled in automatically. In this situation, ensure that nothing blocks the retraction.
- B. Do not leave the device turned on unattended.

## Turning the device on and off

- A. Plug the power cord into the power outlet located on the side of the unit, and then plug the power cord into a power outlet. After connecting the cable, press the switch located on the side of the station. When the switch is set in the „I” position - the device is on. When the switch is set in the „O” position - the device is off.



- B. After pressing the switch, the device is in protective mode for 3 seconds. After this period, the device starts working. Do not press the switch during the period the device is in protective mode.

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# Device control

## 1. Resistance selection

A. Using the control panel, you can adjust the load, mode, and start and stop the workout.



- B. The flashing of the digits on the display indicates that the device is in load adjustment mode. At this point it is possible to safely modify the selected load.
- C. Turning the control panel knob to the right will increase the load, while turning it to the left will decrease it.
- D. Once you have selected the appropriate load, press the center part of the control panel knob to start the exercise. You can also start the exercise using the wireless button. **UWAGA!** Once you accept the load and start the exercise, the device produces resistance according to the selected weight. To avoid an accident, select the correct load according to your capabilities.
- E. To ensure safety, it is not possible to change the load and mode of the device after starting the exercise. During exercise, the digits on the display never flash. To make load or mode changes, press the center part of the control panel knob or the wireless button. After the device releases the weight, load and mode modifications are possible.

## 2. Changing modes of operation

- A. The device has 5 modes of operation: standard, eccentric, isokinetic, elastic and rowing mode.
- B. The operation mode can be changed using the „M” button on the left side of the control panel knob.
- C. Changing the mode of operation is possible only before approving the load and starting the exercise - when the digits on the display flash

Mode of operation	Description
Standard	In standard mode, the resistance when pulling and lowering the ropes is the same. For example, if you select a load of 10 kg, the resistance felt when pulling and lowering the ropes will not change or will be identical - equal to 10 kg.
Eccentric	<p>Eccentric mode means that the device puts more resistance when lowering the ropes than when pulling them. The set load is equal to the resistance the ropes put up when they are lowered.</p> <p>-Example: if you choose a load of 10 kg, the resistance felt when pulling the ropes is less than 10 kg. A load of 10 kg will be felt when lowering the ropes.</p> <p>-This mode allows you to perform a varied muscle-stimulating workout.</p>
Isokinetic	<p>In isokinetic mode, the force of resistance depends on the speed at which you pull the ropes. The faster you pull the ropes, the greater the resistance. The slower you pull the ropes, the lower the resistance. Make sure that the speed at which you pull the ropes is consistent to ensure adequate muscle stimulation at each stage of the exercise.</p> <p>-To allow you to choose the right speed and resistance to suit your needs, the device allows you to work at two speeds - fast and slow.</p>
Elastic	In elastic mode, the resistance works similarly to resistance bands. In elastic mode, the resistance felt when stretching the lines is similar to the resistance felt when using resistance bands. The longer the exercise lasts, the greater the perceived resistance.
Rowing mode	<p>The resistance generated by the device is fluid, similar to a rowing machine with water resistance.</p> <p>In rowing mode, the resistance is the resistance of the fluid, and the sensation of pulling the lines is similar to that experienced while rowing in water.</p> <p>The initial resistance is constant, but the faster the pulling speed, the greater the resistance. At different levels, even if the pulling speed is the same, the resistance will vary. The resistance during the return phase is small and constant.</p>



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# Control

## Wireless button

1. The wireless button allows you to start and stop the exercise (analogous to the center of the control panel knob). Once the device is paired, press the button to engage or release the load.
2. To pair the wireless button, press and hold it for a minimum of 5 seconds. When the blue LED flashes five times, it indicates that the pairing was successful.
3. To disconnect the device and the wireless button, press and hold the wireless button for at least 5 seconds. When the red LED flashes five times, the device and the wireless button are disconnected.
4. The wireless button requires a CR2032 battery for operation. To replace the battery, remove the „lozenge” from the rubber casing, then open the cover.

## Application

1. The device can be connected to the SGPro app available on the AppStore and Google Play.
2. The app allows wireless control of the device and selection of a workout plan.
3. Turn on the SGPro app, press connect to device at the top right of the screen, select „device” and find your SmartGym Pro in the list of available devices.

## Volume settings

1. Setting the volume of messages broadcast by the device is possible only in the SGPro application.
2. After connecting your device to the app, find the „Device Management” tab and then select the „Device Volume” module to make changes.

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## Technical specifications of the device

Dimensions ×	900×264×137 mm
Package dimensions	960×340×160 mm
Nett weight	14 kg
Gross weight	18 kg
Resistance weight range	combined: 70 kg (35 kg each side) adjustment: 0,5 kg each side
Operating voltage	AC 230V 50/60Hz
User weight	max. 150 kg



**VISHAPE**

Logistyczna 4 Str., Bielany Wrocławskie  
55-040 Kobierzyce  
Poland  
[www.vishape.eu](http://www.vishape.eu)