

ITSU
御手の物®





User Manual

All information is correct at the time of printing

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Safety Instructions

Before operating the unit, please read all instructions carefully.

Make sure that the product is connected to a dedicated electric outlet for 220-240Vac, 50 Hz/60Hz.

Electricity Safety

- Do not handle the power plug or electric outlet with wet hands.
- Do not use a damaged power cord or plug.
- Plug in the power plug properly to operate the product.
- Do not attempt to disassemble or repair any electronic parts of the product.
- Do not spill water or liquids on the product.
- Do not use the product in a damp or humid environment.

Operation Safety

- Do not use the product near heating areas or on top of a heating surface.
- Do not use the product if you are experiencing health complications or conditions as stated below:
 - Suffering from heart diseases, malignant tumors, back pain, spine disorders, osteoporosis, high blood pressure and knee joint degeneration.
 - Pregnant or menstruating
 - Feeling unwell, fever, having inflammation, bruises and sensory impairment.

Others

- When there is a power outage, carefully unplug the product.
- If the product functions abnormally, immediately turn off the power, disconnect the power plug and contact our service centre.
- If you feel unwell or experience any discomfort while using the product, stop using it immediately.
- Close supervision is necessary when the product is near children, infants, or disabled persons.
- Do not insert your hand or foot into any openings of the product.
- The product is intended for use of one person each time.

Safety Instructions

Warning

- Do not fall asleep while using the product.
- Do not use the unit after drinking alcohol.
- Suggested usage time is 20 minutes, please rest for 30min before use it again.
- if you feel unwell or sick, Please stop immediately.
- Please follow the instructions accordingly while using the unit.
- While the product is in use, do not insert your hands into the space on the two sides of the product.
- Children should be supervised to ensure that they do not play with the product.



Use caution when handling the product, as some parts may contain sharp edges or protrusions that could cause injury if not observed.



Correct Disposal of this product

This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources.

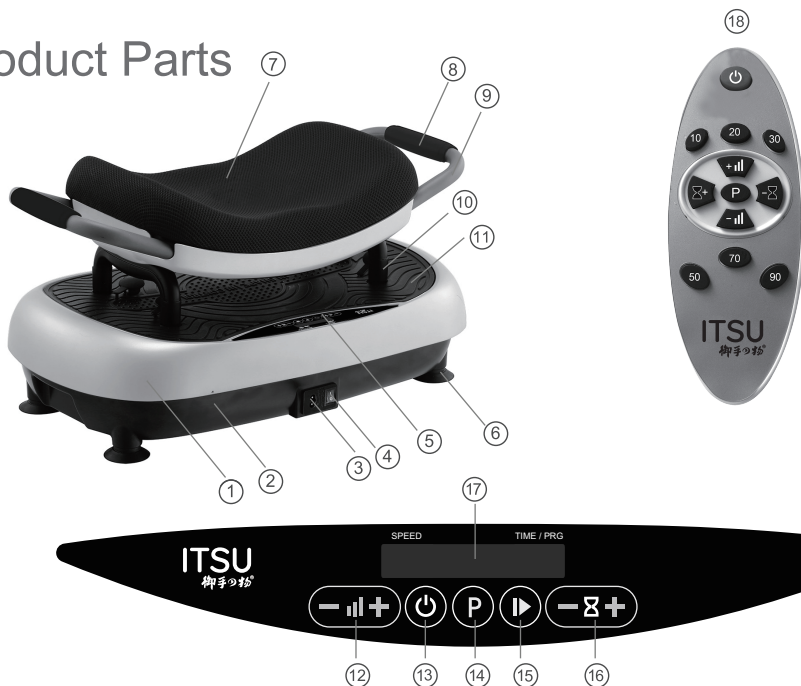


Caution: read this user manual carefully before use.

Warranty Claim

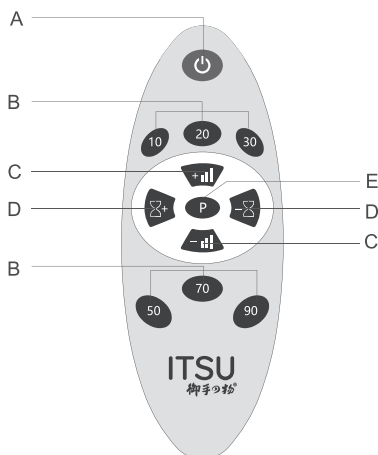
1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from ITSU or any authorized distributors.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to the duration stated in the warranty policy.
5. Damage due to misuse, improper treatment and unauthorized modification and repairs are not covered by this warranty.
6. Warranty does not cover accessories and add-ons, which do not belong to the product.
7. Warranty is not effective to rental, business, commercial, institutional, or other non-residential users.
8. All services covered by this warranty must be approved by ITSU and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, ITSU reserves the right to make substitutions in lieu of repair or replacement.

Product Parts



- | | | | |
|-----------------|----------------|-----------------|---------------------|
| ① Top cover | ⑥ Base feet | ⑪ Foot pad | ⑯ Time + - |
| ② Base cover | ⑦ Saddle pad | ⑫ Speed + - | ⑰ Window |
| ③ Power cord | ⑧ Grip cover | ⑬ Power | ⑱ Remote controller |
| ④ Power switch | ⑨ Grip | ⑭ Program P1-P5 | |
| ⑤ Display panel | ⑩ Push up grip | ⑮ Start / Pause | |

Remote control



Remote Control Button

- | | |
|---|--------------------|
| A | Power On/Off |
| B | Quick Speed button |
| C | Speed + / - |
| D | Time + / - |
| E | Auto Program |

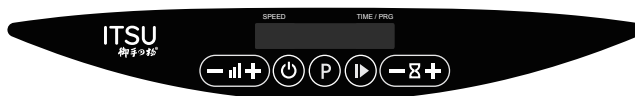
Product Operation Guide

Please check before use

The product is for 220-240Vac, 50 Hz/60Hz.

Make sure to connect the power plug to a grounded electric outlet (220-240Vac, 50 Hz/60Hz) dedicated to the product.

- Connect the AC plug to the electric outlet and turn on the main power source.
- To switch the product to standby mode, press the (on/off) button on remote control.
- Step on the product, press the following buttons repeatedly to activate your desired functions.





- The preset timer is 10 minutes.
- Press speed + / - to adjust speed (99 speed levels).
- Auto Programs (5 preset programs)

Auto Programs	<ol style="list-style-type: none">1. Press ⏻ button on the control panel or on the remote control to turn on the product.2. Press repeatedly Auto button(P) on the remote control to choose 1 of the 5 automatic programs P1 - Warming P4 - Tone P2 - Refresh P5 - Athlete P3 - Stimulate3. The corresponding indicators will light up on the control panel. These auto programs have different intensity levels. Athlete program has the highest intensity level.
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Product Operation Guide

	4. After 10 minutes of workout, the product will turn off go to stanby mode .
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- Manual Program (10 , 20 , 30 , 50 , 70 , 90)

Manual Programs	<p>Press  to switch ON the product in standby mode. After that, user can choose to press QUICK SPEED button (10, 20, 30, 50, 70 & 90) or P button to start the 10 minutes program.</p> <p>Press  again to switch OFF.</p>
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- Roller Castor
It is featured with Roller Castor, for better mobility and storage.

CAUTIONS USER CAN SWITCH

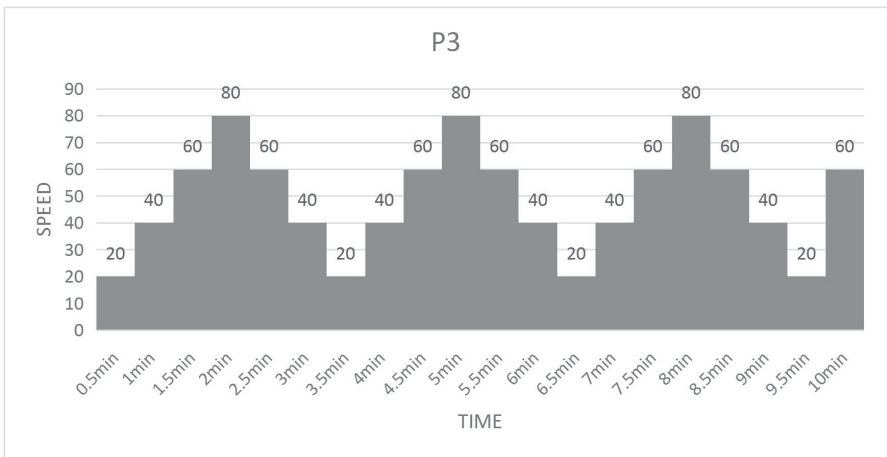
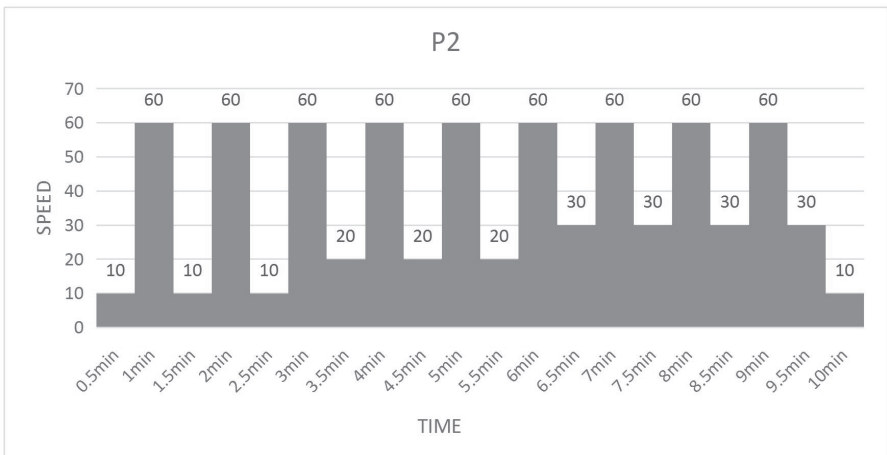
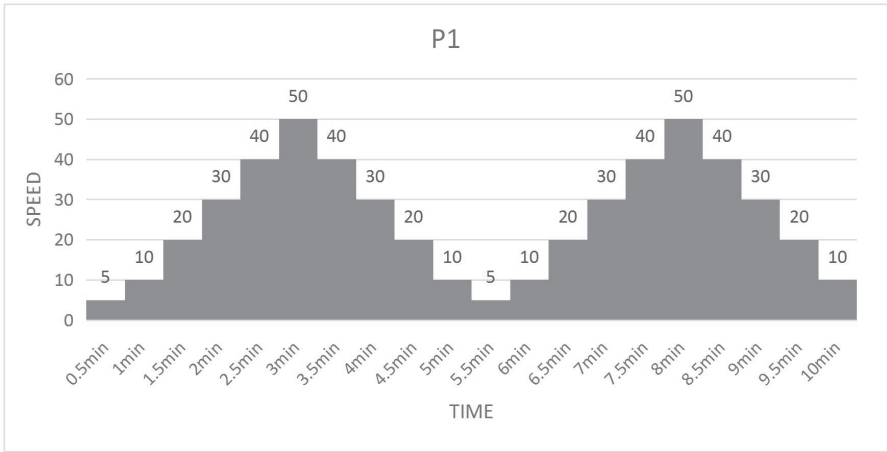
During auto program,User can switch to manual programs,to adjust speed and time.

Do not apply excessive pressure on the single side of unit. This may significantly slow down or stop the motor, which may cause damage to the product.

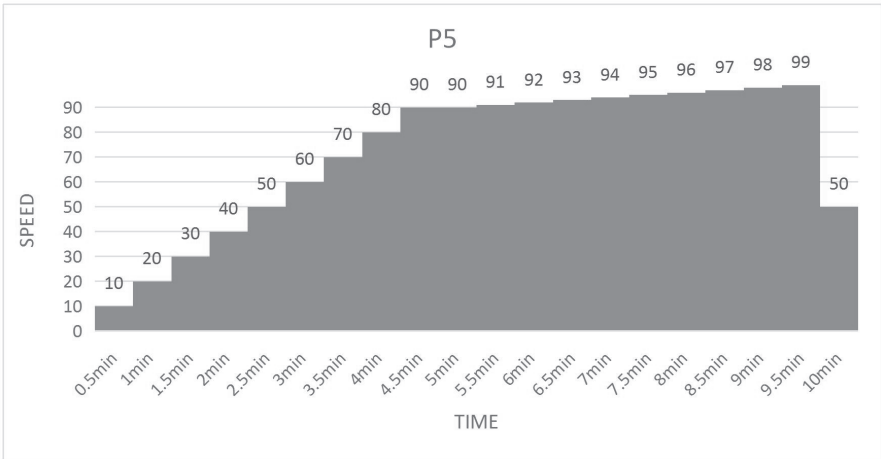
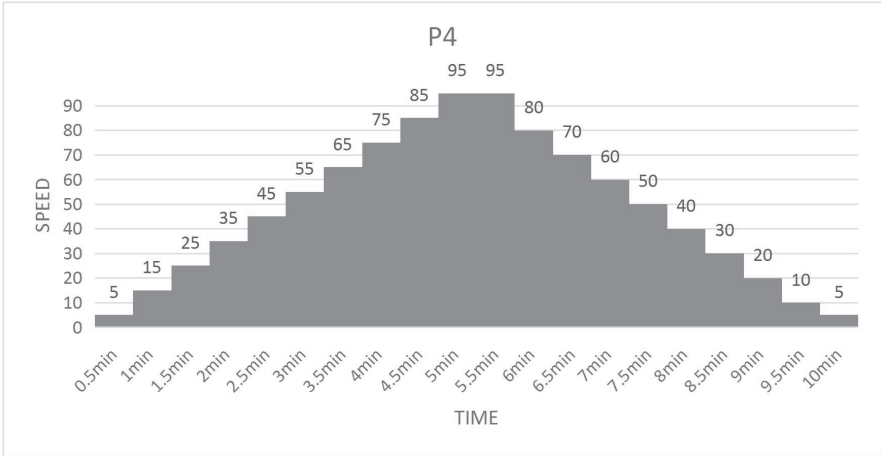
Do not insert your finger or toe into any openings to prevent injury.

Recommended usage time is about 20 minutes.

Product Operation Guide



Product Operation Guide

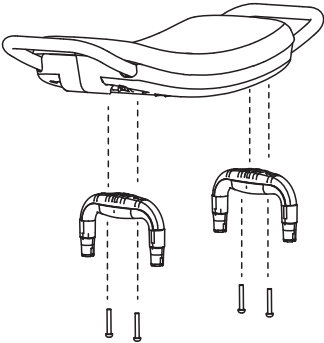


Product Specifications

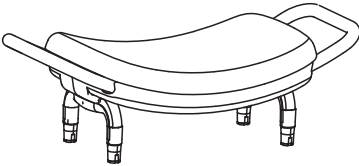
Model	IS0603
Voltage	220 – 240Vac, 50/60Hz
Power Consumption	200W
Timer Range	10 minutes

Installation Guide

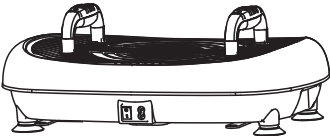
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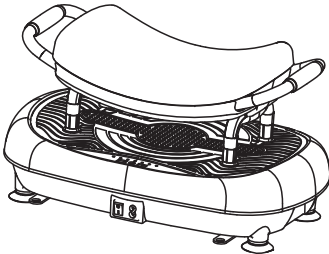
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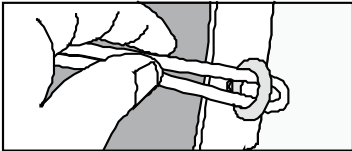
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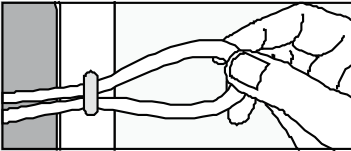
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RESISTANCE BANDS



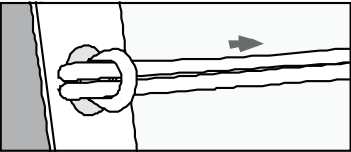
A



B



C



D

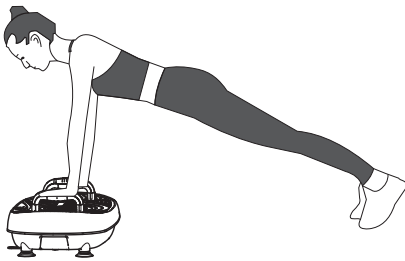
How to use



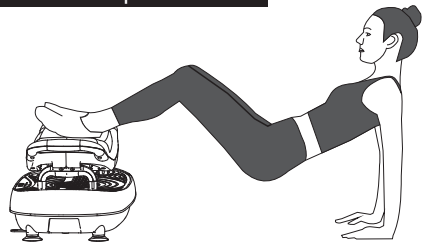
Stand position



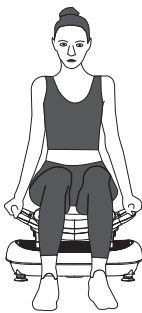
Squat



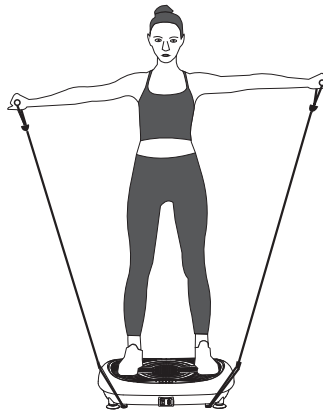
Plank



Bridge



Core training



Strength training

Product Maintenance

- If the product was stored in a cold place for a period of time, it is suggested to wait one hour before usage.
- If the product is going to be placed in a special environment, such as salty or sulfurous area, please contact our service center for protection to prevent malfunction.
- Always unplug the unit before cleaning it.
- Please do not use thinner, benzene or alcohol to clean the unit.
- Use dry cloth to thoroughly clean the product, do not wipe with wet cloth.
- Do not place the product near heaters, or exposed to heat resources or direct sunlight.
- If you may not use the product for a period of time, it is suggested to unplug the unit and store it well under a clean and dry environment.
- Do not eat or drink on the product, to prevent malfunction.
- Storage environment : Temperature-10℃~55℃, Humidity RH0~85%

AUTO	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
P1	5	10	20	30	40	50	40	30	20	10	5	10	20	30	40	50	40	30	20	10
P2	10	60	10	60	10	60	20	60	20	60	20	60	30	60	30	60	30	60	30	10
P3	20	40	60	80	60	40	20	40	60	80	60	40	20	40	60	80	60	40	20	60
P4	5	15	25	35	45	55	65	75	85	95	95	80	70	60	50	40	30	20	10	5
P5	10	20	30	40	50	60	70	80	90	90	91	92	93	94	95	96	97	98	99	50

※ Each block is 30 seconds

Contact Us



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PT Healthy World
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Jalan Lodan Raya No 2
Jakarta Utara 14430
Tel: +62 21-6983 1123

Common Problems & Solutions:

S/N	Problems	Causes	Solutions
1	The Product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		Th fuse is burn	Replace with a new fuse of the same mode
2	Sound like phew or Da-da is heard during working	Normal sound generated by the Motor or from the abrasion Between mechanical units	No additional treatment is required
3	Operate the controller, but the Product no action	The electricity of batteries is worn out	Replace batteries
		The controller is too far away from the Product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes' interval
5	Can not operation	Too many commands sent to the Product and they can not be responded in time	Power off and then restart
6	Display "ER01" or "ER02"	The motor's working current is over	Disconnect the power supply,then Insert the plug and restart or contact with the after-seller

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安全指引

請在使用產品之前詳細閱讀此使用說明

本產品僅使用 220-240Vac, 50Hz/60Hz 的電源。

電器安全

- 雙手或雙腳沾溼時，切勿觸碰插座上之插頭
- 如遇本產品電源線脫落或表面破損、龜裂，切勿使用。
- 請將插頭完整插入插座後方使用。
- 不可試圖自行拆卸或修理本產品，本產品僅能由維修人員保養修理。
- 請勿將本產品浸泡。
- 請勿在濕氣過重之處使用本產品。

操作安全

以下人士，請在使用前先諮詢醫生的意見：

- 心臟病患者、惡性腫瘤患者、背痛、脊椎側彎或異常、高血壓、骨質疏鬆症等。
- 孕婦或月經期間
- 身體不適者、發燒、身體有紅腫或發炎、瘀青、過敏等。

其他事項

- 使用本產品時若逢停電，請立即拔除插頭。
- 當本產品操作異常時，請迅速關閉電源開關拔除插頭，並通知維修人員進行檢查，修繕。
- 在您使用本產品期間若感到任何不適，請立即停止操作。
- 孩童或行動不便者位處本產品周圍時，務必由成人在旁監督。
- 勿將手、腳插入按摩機構間隙。
- 本產品每次僅限一人使用。

安全指引

注意事項

- 逢電源插上及本產品作動時，勿將其留置無人看管。
- 請由插頭處插入或拔除插頭，不可隨意拉扯電源線。
- 切勿將異物插入機構間隙內。
- 坐本機時必須坐立中間點，避免單邊重力施壓。
- 請在平坦之地面使用本產品。
- 本產品僅限於室內使用。
- 體重超過100公斤有機會加速機件耗損。

警告

- 請勿在打盹時使用本產品
- 酒醉者請勿使用本產品
- 每次使用10分鐘為準，視乎個人體質而決定時間
- 請務必依循本手冊所述使用本產品
- 使用時勿將手、腳插入按摩機構間隙
- 應監管兒童以確保他們不會玩耍本產品

安全指引



使用時要小心處理產品，部分零件可能含有鋒利的邊緣或突出物，若疏忽可能會導致受傷。



處理此器材的正確方法

本標誌表示此產品皆不可與家庭廢棄物一同丟棄。為避免任意丟棄對環境與人體健康可能造成的傷害，應增加回收後可利用物質的再使用性。

歸還使用過器具，請遵循歸還及回收程序，或與原購買零售商聯繫。他們能將產品進行對環境安全的回收。



警告：使用前仔細閱讀此說明書。

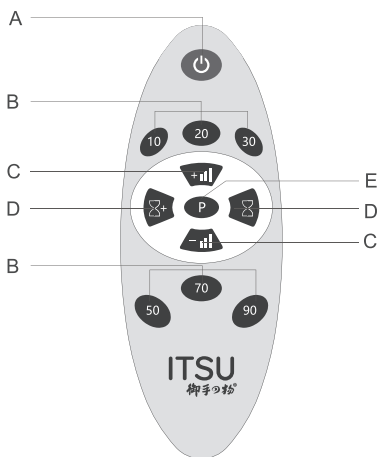
保修權限

1. 本保修權限不得轉讓於其他人或產品
2. 本保修服務僅有效餘ITSU或其授權代理購買產品
3. 當要求保修服務時，請出示正本購買收據。
4. 保修範圍內的維修服務自購買日起有效，期限需視各國的保修政策而定。
5. 由於錯誤的使用，不適當保養以及未經授權私自改裝和維修產品而導致的損壞，不屬於保修範圍。
6. 此保修範圍不包括不屬於產品本身的附件。
7. 此保修範圍不適用於租憑交易，商業機構或其他非居民使用者。
8. 此保修範圍內所涉及的維修服務需經過ITSU授權，且必須由授權的技術人員維修。
9. 若需更換的維修附件缺貨，ITSU有權採用替代配件進行維修。

產品配件



- | | | | | |
|--------|--------|---------|------------|-------|
| ① 上蓋 | ⑤ 控制面板 | ⑨ 坐椅扶手 | ⑬ 開關鍵 | ⑰ 顯示屏 |
| ② 底蓋 | ⑥ 腳墊 | ⑩ 俯臥撐扶手 | ⑭ 程序 P1-P5 | ⑱ 遙控器 |
| ③ 插頭 | ⑦ 坐椅 | ⑪ 踏皮 | ⑮ 開始/暫停 | |
| ④ 電源開關 | ⑧ 把手套 | ⑫ 調節速度 | ⑯ 調節時間 | |



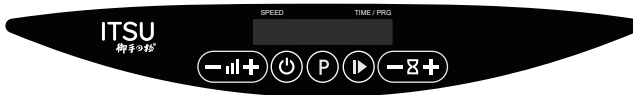
遙控器按鍵說明

- | | |
|---|----------|
| A | 電源開關 |
| B | 快捷鍵 |
| C | 速度 + / - |
| D | 時間 + / - |
| E | 自動程序 |

操作指南

請務必詳讀下列事項方開始使用本產品。本產品僅使用220-240Vac, 50Hz/60Hz的電源。請事先檢查您家中電壓是否與本產品上所標示之規格相符。

- 將交流電源插頭接至電源插座。並啟動總電源開關。
- 若要將電源切換至待機模式，請按下位於控制面板下的電源開關鈕。
- 站在腳踏墊上，並選擇您想使用的按摩功能。




- 預設時間為10分鐘。(燈號提示：單數為閃爍燈，雙數為恆亮燈)
- 可調整按摩速度的快慢，共5段速度供選擇

- 自動程式(3組預設程式供選擇)

自動程式	<ol style="list-style-type: none">1. 按下在主體銘版上的自動開關或手控器上的開關來啟動2. 按下手控器上的自動開關來選擇1~5的動程式： 程式1 - 暖身 程式4 - 雕塑緊實 程式2 - 舒活 程式5 - 運動 程式3 - 元氣3. 主體銘版上相對應的指示燈會亮起，這些自動程式會有不同的震動強度。元氣自動程式的震動強度最強。4. 使用產品10分鐘後會自動關機。
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操作指南

- 手動程式 (10, 20, 30, 50, 70, 90,)

手動程式	按  鍵，產品進入待機狀態。 之後，可以選擇快捷鍵(10, 20, 30, 50, 70 & 90) 或P鍵來啟動十分鐘的程式。
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- 移動輪組

本機左側設有移動輪組，方便移動與收藏；使用時將手握右側把手凹槽處提高適當高度以方便移動。

注意

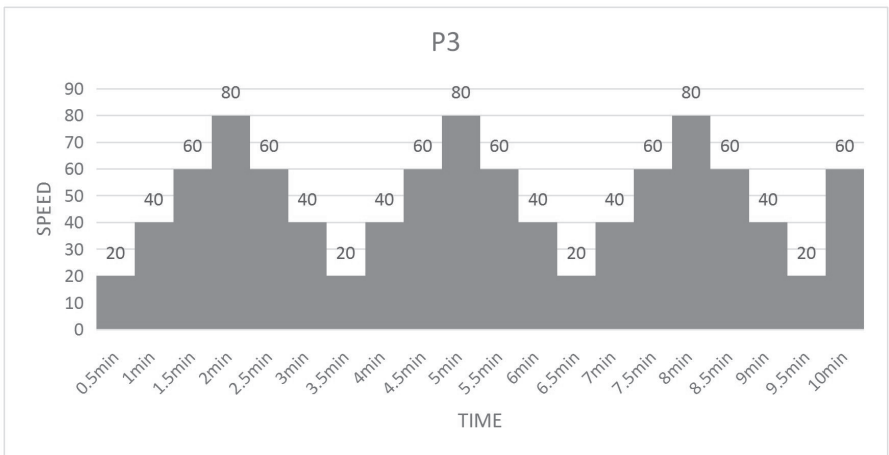
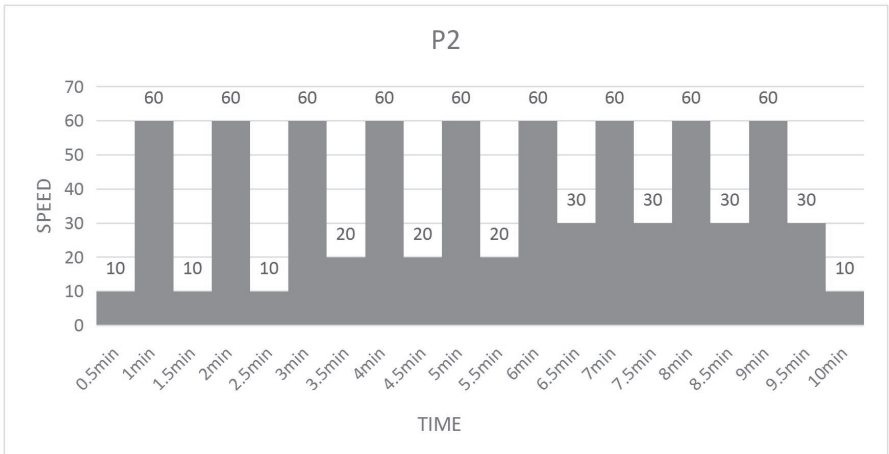
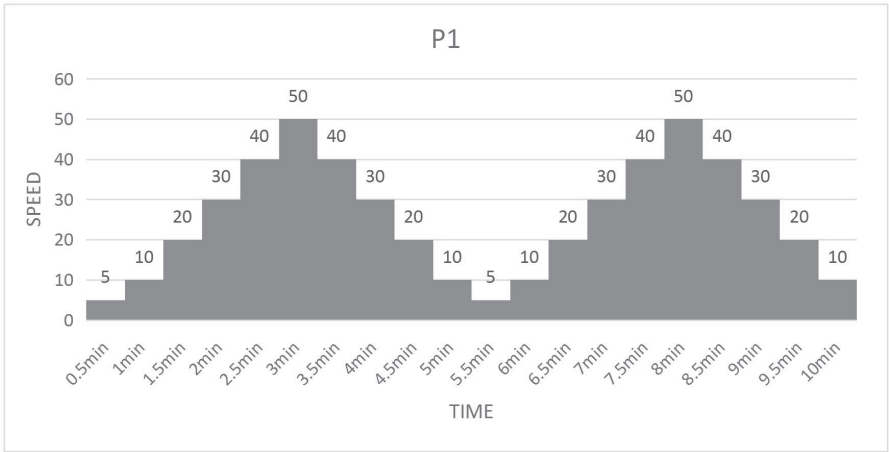
自動按摩程式進行期間可切換至手動程式開調整按摩速度與時間設定。

請勿站於按摩機單邊以防過度施壓。如此可能會明顯的緩慢馬達速度或使馬達停止運轉，也可能使按摩機失去平衡產生跳動，進而早成按摩機損毀。

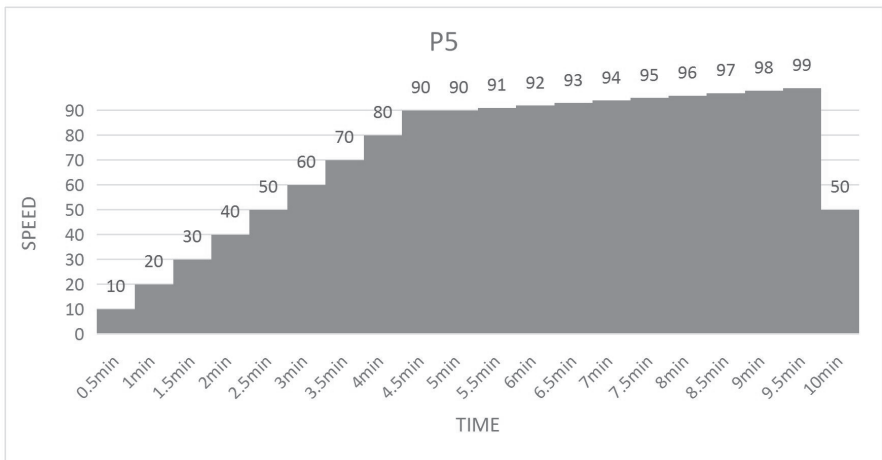
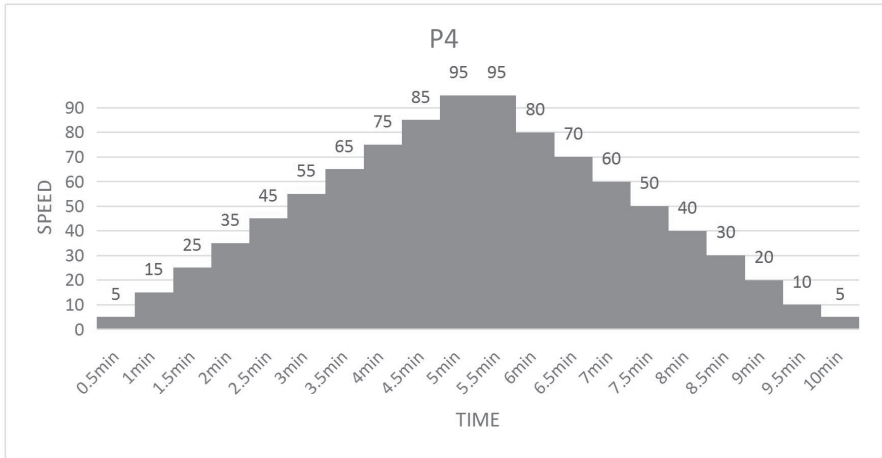
請勿將手指或腳趾深入震動部位與外殼之接縫處以免受傷。

建議每次使用總時間約20分鐘。

操作指南



操作指南

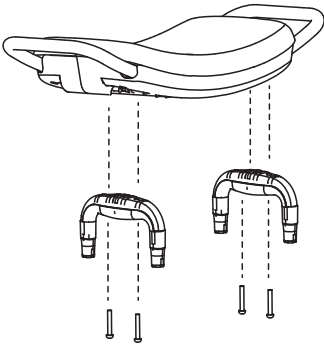


產品規格

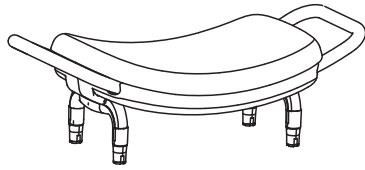
產品型號	ISO603
電壓	220~240Vac , 50/60Hz
耗電功率	200W
額定時間	10分鐘

安裝指南

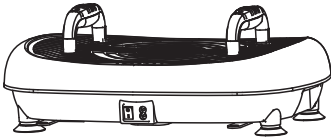
①



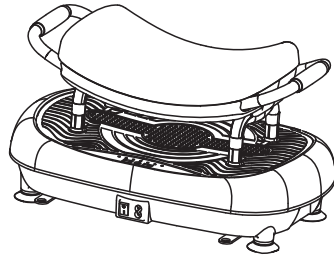
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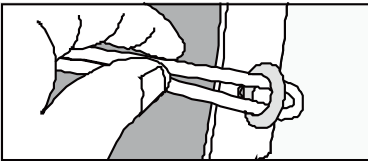
③



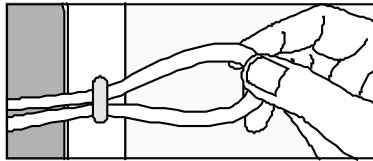
④



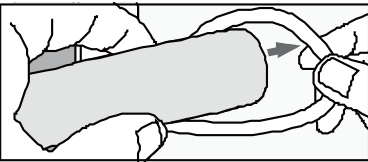
運動拉帶安裝方式



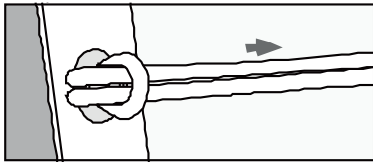
A



B



C



D

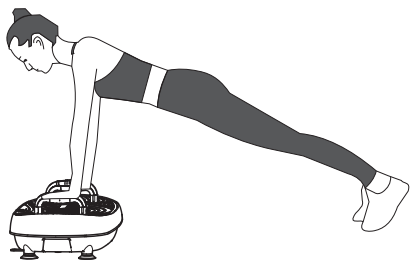
運動指南



站立



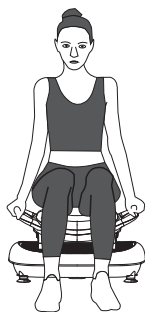
蹲式



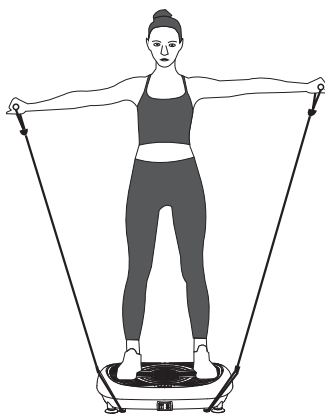
平板支撐



高架橋



坐式甩脂



站立拉繩式

產品保養

- 如果您的產品因運送、搬移或其他原因而曾置在低溫的環境下過久，請待置於室溫一小時方開機使用。
- 若欲將本產品置於特殊環境如：易受鹽分、硫磺等物質侵蝕的地區，敬請事先告知安裝人員做好防護措施，否則將可能造成機體損壞。
- 清潔保養本產品時，請先自插座取下插頭
- 請勿以苯類、稀釋劑或任何侵蝕性溶劑擦拭本機。
- 請僅使用乾布擦拭本機，切勿用濕布。
- 切勿將本產品長期暴露於陽光直射處，亦不可擺放接近於火源、高溫處。
- 若您將有一段時日部會使用到本產品，建議將電源線拔除後整齊捲好，並儲放本產品於較無塵且乾燥空間。
- 切勿在產品上飲食、以防不慎傷害到本產品。
- 儲存環境為：攝氏-10 C ~ 55 C，濕度為RH 0~85%

AUTO	0.5	1	1.5	2	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
P1	5	10	20	30	40	50	40	30	20	10	5	10	20	30	40	50	40	30	20	10
P2	10	60	10	60	10	60	20	60	20	60	20	60	30	60	30	60	30	60	30	10
P3	20	40	60	80	60	40	20	40	60	80	60	40	20	40	60	80	60	40	20	60
P4	5	15	25	35	45	55	65	75	85	95	95	80	70	60	50	40	30	20	10	5
P5	10	20	30	40	50	60	70	80	90	90	91	92	93	94	95	96	97	98	99	50

※每一區塊為30秒

聯絡我們

馬來西亞



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常見問題

	現象	可能原因	處理方法
1	無法開機	電源插頭沒有插好	插好電源插頭
		產品電源開關未打開	打開電源開關指示燈亮
		瞬間電流過大，保險絲熔斷	更換同型號的保險絲
2	機器工作中發出"咻咻"或"達達"的聲音	這是機器運轉時發出來的聲音，而非機械故障，屬正常工作聲音	無需處理
3	手控器操作，機器無反應	手控器電池沒電	更換電池
		手控器遙控距離太遠	紅外感應的有效範圍為2.5M
4	使用過程中停止	默認工作時間到	間隔10分鐘後再次開機使用
5	無法正常操作	可能執行命令過於頻繁	關閉電源，重新啟動
6	顯示“ER01”或“ER02”	電機電流過載	斷開電源並重啟或聯繫售後服務

