

GLOBAL TRAKTUS S.L.

HANDY GYM™



Models:

HGE-01  (Handy Gym™ with Encoder)

HG-01 (Handy Gym™ without Encoder)

Instruction Manual

Please read the instruction manual
carefully before using the unit

Manual version V01

Key to icons used in the Manual:



WARNING - CAUTION



WARNING - PROHIBITED



WARNING - MOVING PARTS

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This manual includes information on the two Handy Gym™ models:

HGE-01: This model has a battery-powered encoder inside.

HG-01: This model does not have a battery-powered encoder inside.

Most of the information in this manual applies equally to both models.

The information that only affects model **HGE-01** will be marked with a dashed box and will have the following inscription: **“The following information in the dashed box affects only users who have purchased the HGE-01 model (Handy Gym™ with encoder)”**.

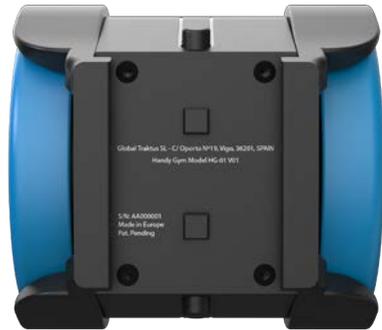
The information that only affects model **HG-01** will be marked with a dotted box and will have the following inscription: **“The following information the dotted box affects only users who have purchased the HG-01 model (Handy Gym™ without encoder)”**.

If you are unsure which model you have purchased, you can check by looking at the marking on the machine itself. You will find the marking on the back of the main unit. Below are two examples showing the markings to look for:



Model HGE-01

Model HGE-01 is specified in the section “Handy Gym Model”. You will also see the FC, CE and WEEE logos.



Model HG-01

Model HG-01 is specified in the section “Handy Gym Model”

1. IMPORTANT INFORMATION AND WARNINGS.

To avoid serious personal injury or damage to property, and even death, read this section carefully before using the product to ensure proper and safe operation.

When using Handy Gym™, follow all recommendations for use and pay particular attention to the warnings and risks set out below.

KEEP THESE INSTRUCTIONS



WARNINGS

WARNING - RISK OF BURNING YOUR SKIN.

a) Never touch the discs when they are moving. On the sides of the main unit, next to each disc, you will see a warning symbol, indicating the presence of "moving parts" and advising you to keep parts of your body away from the moving parts of the machine.

b) Never try to stop the inertial discs from spinning by using your hand or any other part of your body.



c) Keep all parts of your body more than 10cm away from the inertial discs. The exception to this is when you are using the handgrip attached to the machine, when your hand will be less than 10cm from the disc. However, your hand should never be less than 2.5cm from the disc. Always hold the grip on the inside part so that your hand is protected by the structure of the handgrip.

d) Do not pick up or touch the pull rope when working out with Handy Gym™.

e) Do not allow any part of your body to be within 10cm of the pull rope or pulley when working out with Handy Gym™.

WARNING - RISK OF GETTING TRAPPED.

a) Do not grasp or touch the rope while the machine is in use. Do not pull the rope directly.

b) Do not tie a knot in the rope or hook it to any part of your body. The rope is attached to the accessories by using the rope-regulator carabiner or pulley carabiner.

c) Do not touch or insert anything into the machine nozzle. Keep all parts of your body at least 10cm away from the nozzle when using the machine, as there is a risk of trapping your fingers, hair or other parts of your body.



d) Do not touch or insert anything into the space between the inertia discs and the main unit.

e) Do not use the machine without tying your hair up. Otherwise it could get caught in the machine's nozzle or pulley. Do not allow your hair to be anywhere near the areas of movement - especially the machine's pulley and nozzle.



f) Always wear tight clothing to avoid it getting trapped.

g) Avoid wearing jewellery (earrings, rings, chains, bracelets, etc.) when using the machine. If you do, they should be properly covered under clothing, or there is a risk they will become trapped and cause you harm.



h) When using the pulley, keep a minimum safety distance of 10cm between the pulley and your body, clothing and equipment.

i) When using the carabiners, keep a minimum safety distance of 10cm between the carabiner and your body, clothing and equipment.

WARNING - RISK OF FALLING DOWN.

a) Make sure that the rope regulator is firmly locked on to the rope. Check each time or when starting an exercise that it is correctly in place by pulling on it. If the rope is not properly locked, there is a risk of falling backwards when performing the movement.

b) You are advised to gather any excess rope hanging at the regulator outlet and roll it up so that it does not get in the way during the exercise. Otherwise you could trip and fall.

c) Do not use Handy Gym™ on slippery or rough floors or in dangerous environments so that, if you do trip over the rope or other items, you will not hurt yourself badly when you fall. Make sure the floor is stable, firm and offers sufficient grip.

d) Do not use the machine barefoot or with socks only - always wear suitable sports shoes.

e) Step firmly with both feet onto the portable platform to avoid falling or slipping.

f) Do not climb trees or other structures to anchor Handy Gym™. You should only anchor Handy Gym™ in suitable places that are within reach and below 2m in height.

WARNING - RISK OF YOU BEING HIT.

- a)** Do not anchor Handy Gym™ to the ceiling or hang from it with your body weight. The machine could break loose and hit you.
- b)** Do your exercises using the rope regulator at a minimum safety distance of 10cm from your body, including clothing and equipment, to avoid it hitting you.
- c)** Take extra precautions when doing exercises that involve movements close to your head. Keep a safe distance of 10cm between Handy Gym™ and your head, and bear in mind that your face is the area most at risk.
- d)** Before exercising with Handy Gym™, always tighten the inertial disc screws firmly and check that they are screwed on properly. To do so, use the key attached to the rope regulator. Every time you do an exercise, check that the screws are properly tightened. The machine has means of protection to prevent the disc from coming loose in the direction of rotation. If the disc were to come loose while the machine is running, it would move in the direction of rotation when it touched the ground, and could spin for some time and hit you.
- e)** Handy Gym™ can only be used with two discs, each placed on either side of the machine and tightened with its screw. Otherwise there is a risk that they will come loose and hit you or damage the machine. The discs must be kept clear of external items. They should not be tampered with and their weights should not be changed.
- f)** Items that can be attached (such as the handle or mounting plates) must be attached to the machine using the tracks, and ensuring they are correct attached by listening for the double click on the double safety system. The machine has two buttons for this, which need to be pressed and secured in their respective holes by sliding the machine along the rails until they line up. Check that it is properly anchored by moving the parts back and forth and ensuring that they are firmly attached. This should prevent the machine from flying off.
- g)** They should be fully inserted into the rails. The machine and accessories should never protrude when fitted in place. If any of the parts stick out, it means it has been wrongly inserted. Once this is completed, the machine should be moved in both directions to check that it is correctly coupled.
- h)** Three releasable cable ties must be used whenever the rack mounting plate is used and secured to suitable structures with sufficient resistance (able to withstand over 660lb/300kg). Never use fewer cable ties. If the 3 cable ties are not used simultaneously, sufficient resistance is not guaranteed, and the machine could fly off and hit you.
- i)** You should always step firmly onto the platform with both feet and use it on stable, solid ground that offers sufficient grip. Otherwise the platform and the machine could fly off and hit you.
- j)** The loop strap should not be wrapped around or supported on any sharp, pointed or protruding objects. We recommend that you fit it to a rounded or low-edge structure that supports a minimum of 600lb/300kg and that you ensure it is well secured. Otherwise the strap could break and this could cause harm by hitting you.
- k)** Examples of structures that are considered hazardous: structures that are not secure, can be easily moved, are uneven or have wheels... Fixing the Handy Gym™ system to structures like these can lead to breakage, knocks or falls.
- l)** The door stopper accessory should be placed on top of the door and in the centre of the door. It should be placed on the closing side of the door towards the door jamb, so that the movement is in the direction of the door closing, not in the direction that it opens. Otherwise the accessory could break and cause it to fall or hit you.

WARNING - RISK OF OTHERS BEING HIT.

- a)** Exercise within a safe perimeter where you are alone, with no hazardous items or other people around you. The minimum safety perimeter is 1.8m wide by 2.4m long. You should exercise within this perimeter; if you need more space, increase it. If you are using the portable platform, the minimum safety perimeter is 1.8m diameter.
- b)** Look out for other people and pets moving around you, and make sure they do not enter the safety perimeter. This will help ensure others are not hit.
- c)** When doing most exercises you will be able to see the position of the machine. You should therefore be especially careful when doing exercises where you cannot see the machine and/or accessories.
- d)** Always use the machine in well-lit environments so that others can easily see you and the machine. Because the pull rope is black, it may not be visible to others. Make sure no one trips over the pull rope.

WARNING - RISK OF CHOKING.

- a)** Never tie or wrap the pull rope around your neck or any other part of your body. The rope is operated by using the various accessories.
- b)** Never tie the releasable cable ties around your neck. These are only to be used with the rack mounting plate.
- c)** Never tie any accessories around your neck - especially the loop strap or belt.

WARNING - RISK WHEN FITTING THE WALL MOUNTING PLATE.

To avoid hazards when fitting the wall mounting plate and the potential of harming yourself, follow the recommendations below:

- a)** The wall mounting plate must be fitted by a professional using all appropriate safety measures, such as wearing protective gloves and safety goggles - both to protect him/herself and to prevent harm to others. Specialist tools such as drills need to be used.
- b)** Only the screws supplied by Handy Gym™ should be used. The installation will not be valid if any of the screws break or if any of the wall plugs are loose.
- c)** The wall on which it is fitted needs to be strong enough (capable of withstanding 660lb/300kg of pulling force) and it must remain intact and undamaged by fitting the mounting plate onto it.
- d)** The holes should adhere to the recommended measurements; they should be clean and round, and not crooked.
- e)** If a ladder or bench is needed, it should meet regulations and comply with all appropriate safety measures.

WARNING - RISK OF ROPE BREAKING.

- a)** Do not exceed 220lb/100kg of pulling force in order to prevent the rope from breaking.

***HGE-01 users: Thanks to the encoder and the mobile application, you can check the force you are exerting and the RPM of the machine at all times. Make sure you do not exceed these values.**



b) The rope must be changed if it is damaged (broken fibres, cuts, cracks or if it is squashed, burnt, destroyed etc.) or after 6 months of normal use.

c) Do not tie knots in the rope or block it with objects.

WARNING - RISK OF CUTS.

a) The carabiners have sharp edges in the closing area of the gate. It is important not to touch these edges when handling them as you may suffer small cuts.



WARNING - RISK OF INJURY.

a) If you have never used inertial machines, please be aware that the eccentric phase can cause jerks if you do not control the return phase. Be sure to contact an inertial machine specialist to learn how to use the machine safely.

b) Poor posture when doing exercises can lead to injuries. An inertial machine professional needs to supervise and guide you on how to use it. The Handy Gym™ app has tutorials on how to do the exercises.

c) If you have an injury, it could worsen. Consult a doctor and avoid using the machine if you think or know you are injured.

WARNING - RISK OF INJURY TO THOSE WITH PREVIOUS HEALTH CONDITIONS.

If you have any prior health condition, read the following carefully before using Handy Gym™:

a) If you have a serious illness, consult a specialist before using the machine.

b) If you have prior conditions, always use the machine under medical supervision.

c) If you suspect that you may have a trauma or injury that may be worsened by using Handy Gym™, consult your doctor before using it.

WARNING - RESTRICTED USE BY CHILDREN.

To avoid risks and potential injury, all under-age minors should pay attention to the following before using Handy Gym™:

a) From the age of 16 (inclusive), you must be trained by a qualified specialist (physical therapist, sports physician, physiotherapist, sports science specialist, or personal trainer) with experience in inertial gymnastics machines. You must be aware of the risks. You can use the machine under the supervision of your tutor.

b) In exceptional cases, where someone under 16 years of age needs to use the machine, they must always do so under the supervision and responsibility of the professionals mentioned above.

WARNING - MACHINE BREAKDOWN.

a) This machine is for personal use. It cannot be used continuously by different people without taking the established breaks.

b) If you use the machine (without pulley or portable platform) continuously for fewer than 5 minutes, let it rest for at least 2 minute and 30 seconds. If you use the machine (without pulley or portable platform) continuously for between 5 and 10 minutes, let it rest for at least 5 minutes. Never use the machine (without pulley or portable platform) for more than 10 minutes continuously.

If you use the machine with pulley and/or portable platform continuously for up to a maximum of 5 minutes, let it rest for at least 5 minutes. Never use the machine with pulley and/or portable platform for more than 5 minutes continuously.

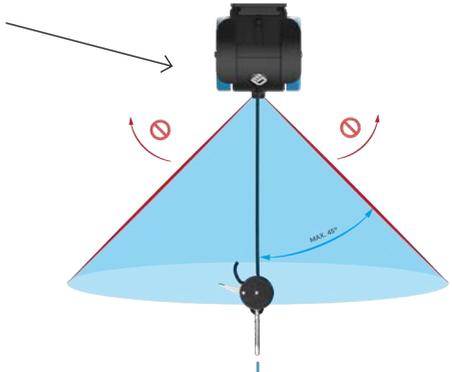
The machine is a mechanical traction system that needs periods of rest and cannot work without a break for longer than the established time

c) Do not use the machine for more than 2 hours per day or more than 10 hours per week in total.

d) Do not do exercises of more than 220lb/100kg or that exceed 20,000 rpm. Handy Gym™ only guarantees that it will remain intact and work properly if these limits are not exceeded.

***HGE-01 users: Thanks to the encoder and the mobile application, you can check the force you are exerting and the RPM of the machine at all times. Make sure you do not exceed these values.**

e) Do not do exercises at an angle greater than 45° to the machine exit. Try as much as possible to perform exercises straight in relation to the machine exit to ensure that it remains intact and in one piece.



f) Do not suddenly release the multipurpose handle or other accessories when exercising. This would cause the accessory to violently hit the machine and suddenly stop it, thus causing irreversible internal damage to the machine. The machine must be stopped slowly using human force and controlling the return movement, rather than stopped suddenly.

g) Do not hit the discs in any way. Do not brake the machine by stopping the discs suddenly. For proper use, the discs must be intact.

h) Do not use Handy Gym™ if it is not intact and in one piece. Do not loosen or remove screws or other parts of the machine. Do not tamper with the inside of the machine or its fittings or accessories.

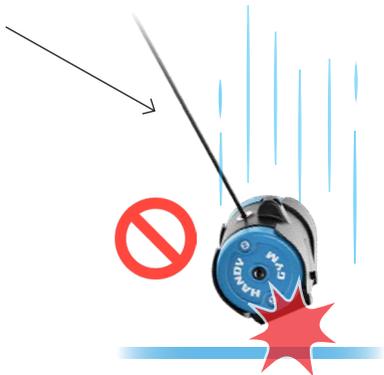
i) Always use Handy Gym™ with the safety spacer on the pull rope.

j) Do not allow the machine to fall and hit the ground, or put any parts of the machine at risk.

k) Do not use Handy Gym™ or its accessories with wet or damp hands, to avoid leaking and consequent damage to the machine or accessories.

l) Use only the peripherals and accessories provided by the brand that are compatible with the model. Handy Gym™ only guarantees the correct use of the machine when using these. Otherwise you risk damage to the machine and this could affect its safety.

m) Original accessories should not be used for other activities, as they may cause breakage or wear. They should only be used with Handy Gym™ and in the manner described in this manual.



n) Do not use the product when it is connected to the power supply as this will cause serious damage.

o) Properly connect the product to power when the battery needs charging.

p) If the machine breaks down due to any of these causes, it would result in the full loss of the warranty.

The following information in the dashed box affects only users who have purchased the HGE-01 model (Handy Gym™ with encoder).

WARNING - RISK OF FIRE/EXPLOSION.

INCLUDES LITHIUM POLYMER (Li-PO) BATTERY.

- a) Do not expose the product to extreme conditions of dust, moisture or external electrical charges.
- b) Do not expose the product to extreme temperatures, either below 1°C or above 30°C.
- c) Do not expose the product to direct sunlight for long periods.
- d) Under no circumstances should you tamper with the battery or electronic board.
- d) Bajo ningún concepto manipule la batería ni la placa electrónica.

HGE-01 Model

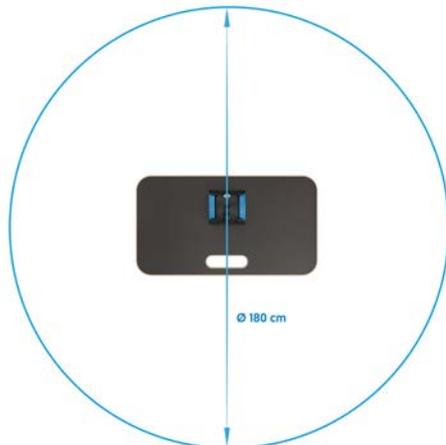
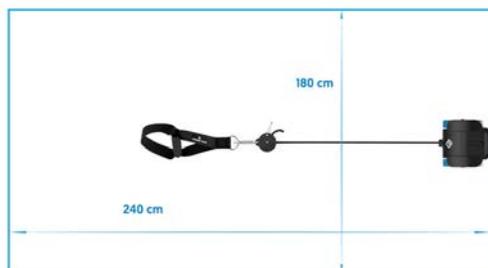
RECOMMENDATIONS FOR USE.

a) See a qualified specialist (physical therapist, physiotherapist, sports science specialist, sports physician or personal trainer) with experience in inertial gym machines for guidance if you are not an experienced user of this type of machine and do not have any of the above qualifications. During the initial phase of using the machine, instruction is necessary.

b) Always wear tight clothing, shoes and sports equipment. We recommend the use of gloves and wristbands.

c) If possible, we recommend that you wear contact lenses rather than glasses.

d) The minimum safety perimeter required is 1.8m wide by 2.4m long and free of objects and structures. When using the portable platform, you should leave a safety perimeter of at least 1.8m diameter. We advise increasing the perimeter as much as possible.



Warning: No other person or pet should enter the safety perimeter while exercising. Be particular careful if there are infants, children, elderly people or people with disabilities near you, as they may not be aware of the potential hazard when approaching the safety perimeter.

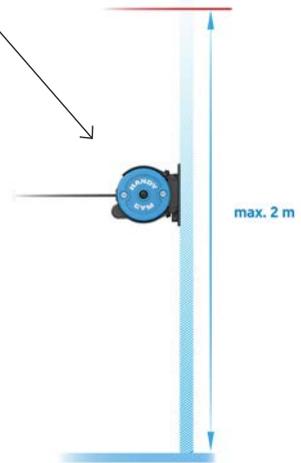
e) When anchoring the machine, the system should always be kept below 2m in height, and you should never stand under the machine.

f) Only use the machine when you are sufficiently hydrated.

g) Do not use the machine in hot environments (over 30°C) or in full sun. Exercise in shaded areas whenever possible.

INFORMATION REGARDING THE ENVIRONMENT.

- Handy Gym™ should not be used in adverse and hazardous weather conditions.
- Keep the equipment away from electrical items that generate noise such as fluorescents, incandescent light bulbs and engines.
- Do not expose the product to liquids or other inappropriate things such as mud, sand, snow...
- Do not expose the product to high temperatures or vibrations.
- Do not expose the product to prolonged direct sunlight.
- Keep the product away from heat sources.
- Keep the product away from electrical sources and electromagnetic fields.



MAINTENANCE.

For detailed information on maintaining the machine, refer to page 50 of this manual. The maintenance tasks are listed below:

- Changing the rope.
- Checking the shaft washers.
- Checking the accessories.
- Checking the disc screws.
- Checking the mounting screws.
- Check for iron particles in the disc magnets.
- Cleaning the machine.

The following information in the dashed box affects only users who have purchased the HGE-01 model (Handy Gym™ with encoder).

2. COMPLIANCE INFORMATION.

- SIMPLIFIED EU DECLARATION.



Global Traktus S.L. hereby states that Handy Gym™ radio equipment, model HGE-01 V01 complies with **EU Directive 2014/53/EU, EU Directive 2011/65/EU and EC Directive 2001/95/EC**. The full text of the EU declaration of conformity is available at the following internet address: <https://handygymfit.com/starterguide/>.

HGE-01 Model

- FCC INFORMATION (U.S.A.).

HCE-01 Model

ATTENTION: DO NOT MODIFY THIS UNIT!

This host device contains an FCC certified BT Wireless Connection module:



RSL10 SIP transceiver with **FCC ID: 2APD9-RSL10SIP**

This product meets FCC requirements once it is produced and assembled. Modifications not expressly approved by GLOBAL TRAKTUS SL may void your authority, granted by the FCC, to use the product.

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.

IMPORTANT: When connecting this product to accessories and/or another product use only high-quality shielded cables. Cable/s supplied with this product **MUST** be used. Follow all installation instructions. Failure to follow instructions could void your FCC authorization to use this product in the USA.

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

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

This device includes a Li-Po Battery in conformity with IEC/EN 62133:2012 and UL-1614-UL standards.

- INDUSTRY CANADA REGULATORY INFORMATION.

This product meets the applicable Innovation, Science and Economic Development Canada technical specifications.

This device contains licence-exempt transmitter(s)/receiver(s) that comply with Innovation, Science and Economic Development Canada's licence-exempt RSS(s). Operation is subject to the following two conditions:

1. This device may not cause interference.
2. This device must accept any interference, including interference that may cause undesired operation of the device.

This host device contains a RSL10 SIP Transceiver Certified BT Wireless Connection Module with IC: 23763-RSL10SIP

The wireless product complies with IC radiation exposure limits for portable devices.

This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment.

The device meets the exemption from the routine evaluation limits in section 2.5 of RSS 102 and compliance with RSS102 RF exposure, users can obtain Canadian information on RF exposure and compliance.

This device includes a Li-Po Battery in conformity with IEC/EN 62133:2012.

The following information in the dotted box affects only users who have purchased the HG-01 model (Handy Gym™ without encoder).

- SIMPLIFIED EU DECLARATION.

HG-01 Model

Global Traktus S.L. hereby declares that the product type Handy Gym™, model **HG-01 V01**, is in compliance with **Directive 2001/95/EC of the European Parliament**. The full text of the EU Declaration of Conformity is available on the following link: <https://handygymfit.com/starterguide/>

The following information in the dashed box affects only users who have purchased the HGE-01 model (Handy Gym™ with encoder).

3. 3. RECYCLING INFORMATION.



L I O N



This product contains batteries that should not be disposed of with household waste. At the end of its life, this product should be taken to an appropriate collection point so that its batteries can be properly recycled.



L I O N



This symbol indicates that this product should not be treated as household waste. It should be taken to an appropriate collection point for recycling electrical equipment.

Proper recycling of batteries and electrical appliances helps to avoid risks to health and environmental safety.

HGE-01 Model

4. THE HANDY GYM™ MACHINE.

SPECIFICATIONS.

	HGE-01 MODEL	HG-01 MODEL
Manufacturer	Global Traktus SL	Global Traktus SL
Brand name	Handy Gym	Handy Gym
Model	HGE-01	HG-01
Materials used in the base machine and accessories	Steel, aluminium, resistant plastic (ABS, POM, aliphatic polyketone), iron and nylon.	Steel, aluminium, resistant plastic (ABS, POM, Aliphatic Polyketone), iron and nylon.
Base machine weight	722g (25.4oz)	712g (25.1oz)
Weight of base machine and handgrip	917g (32.3oz)	907g (32oz)
Base machine dimensions	12x11x11cm (4.7"x4.3"x4.3")	12x11x11cm (4.7"x4.3"x4.3")
Base machine dimensions and accessories	22x14x11cm (8.7"x5.5"x4.3")	22x14x11cm (8.7"x5.5"x4.3")
Permissible ambient temperature range	+1°C / +30°C	+1°C / +30°C
Permissible relative humidity	Up to 70%	Up to 70%
Permissible atmospheric pressure	700-1080hPa	700-1080hPa
Country of manufacture	Spain	Spain
Hardware version	V01	V01
Software version	V01	
Classification	Radio equipment	
Chip model	RSL10SIP (ON Semiconductor)	
Bands it broadcasts on	2.4-2.48GHz	
Maximum radiated power	1mW (0dBm)	
Antenna gain	0dBm	
Equipment input	5V DC 4mA	
Battery type	Lithium polymer	
Battery capacity	120mAh	
Nominal battery voltage	3.7V DC	
Maximum battery voltage	4.23V DC	
Charge connector type	USB-C	
BT Wireless Connection 5.0 RSL10SIP Chipset FCC ID	2APD9-RSL10SIP	
BT Wireless Connection 5.0 RSL10SIP Chipset IC ID	23763-RSL10SIP	
Manufacturer's contact information	GLOBAL TRAKTUS SL - Calle Oporto N19 - Vigo 36201 - (Pontevedra) - Spain	

In case of a problem, contact the supplier who provided you with the equipment straight away.

INTRODUCTION.

What is Handy Gym™?

Handy Gym™ is a small, innovative human-powered inertial movement machine that allows for a full-body workout in a wide variety of places without the need to carry heavy weights.

Inertial technology develops the muscles during all phases of movement - both during the concentric phase and, more importantly, during the eccentric phase - in a way that other types of training are not able to.

In terms of training and/or recovery efficiency, inertial technology is one of the best options available. Important studies on sports training confirm that muscle developed during eccentric movements is of the highest quality.

How does it work?

Handy Gym™ works using two inertial discs that are able to convert spinning into resistance. The secret is that this machine's cone and the special epicyclic gear train multiply N times the shaft speed and reduce the mass of the disc N² times and, consequently, the weight of the whole machine.

Handy Gym™ offers the option of exercising all muscle groups with workout routines of up to 220lb/100kg force, due to its different interchangeable inertial discs.

HGE-01 Model

HGE-01 users: Thanks to the encoder and the mobile application, you can check the force you are exerting and the RPM of the machine at all times. Make sure you do not exceed these values.

Inside the machine.

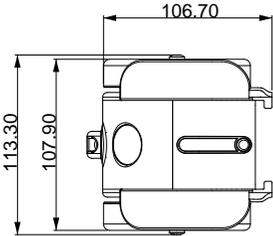
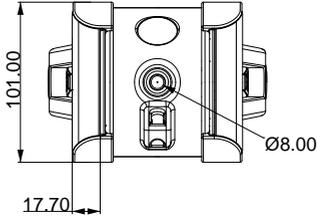
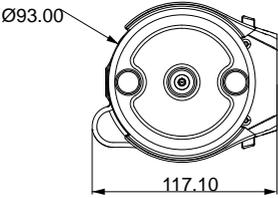
Inside Handy Gym™ is an epicyclic gear train, combined with a steel shaft and a conical coil that drives the system, and into which is inserted the rope that you pull.

This means that the system works mechanically by means of human traction. There are no motors or electrical parts inside that generate resistance.

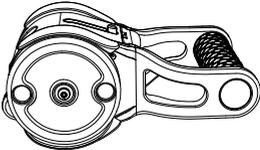
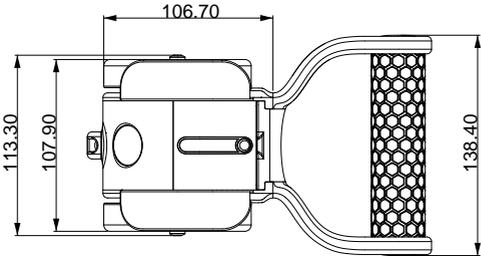
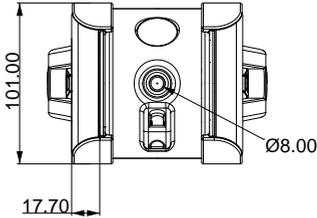
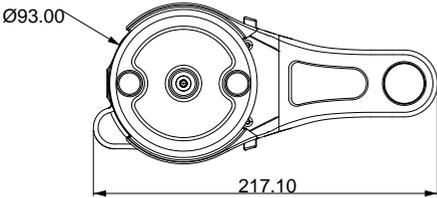
It is similar to the way a yo-yo works: You pull the rope with X force using the hand grip (or other accessories). This unwinds the rope that is wound around the cone. And then the inertia created by the epicyclic gear and the discs winds the rope back, with X-r force, where r equals losses due to friction.

Never open or tamper with the inside of the machine. This should only be done by technical service staff.

Overall dimensions (in mm) of the basic machine:



Overall dimensions (in mm) of the base machine and handgrip:



PARTS OF THE BASE MACHINE.

- ① Base Machine.
- ② Pull rope.
- ③ Safety spacer.
- ④ Rope regulator (carabiner and O-rings included).
- ⑤ Inertial discs (depending on the pack, quantity and colour may vary).



Parts of the base machine:

- ① Base machine D-ring or "nose".
- ② Base machine nozzle.
- ③ Inertia disc screw.
- ④ Base machine safety buttons.
- ⑤ Base machine rails.
- ⑥ Base machine marking.
- ⑦ Hexagonal-headed key on the rope regulator.
- ⑧ Rope-regulator carabiner.
- ⑨ Rope-regulator carabiner O-rings.



LIST OF ACCESSORIES.

Accessories that attach directly (to the base machine):

- 1 Handgrip.
- 2 Portable platform.
- 3 Rack mounting plate with 3 ties.
- 4 Wall mounting plate with 4 screws and 4 wall plugs.

Accessories that attach to the rope:

- 5 Multipurpose handle.
- 6 Ankle strap.
- 7 Belt.

- 8 Loop strap.
- 9 Door stopper.

Intermediate accessories that attach to the rope:

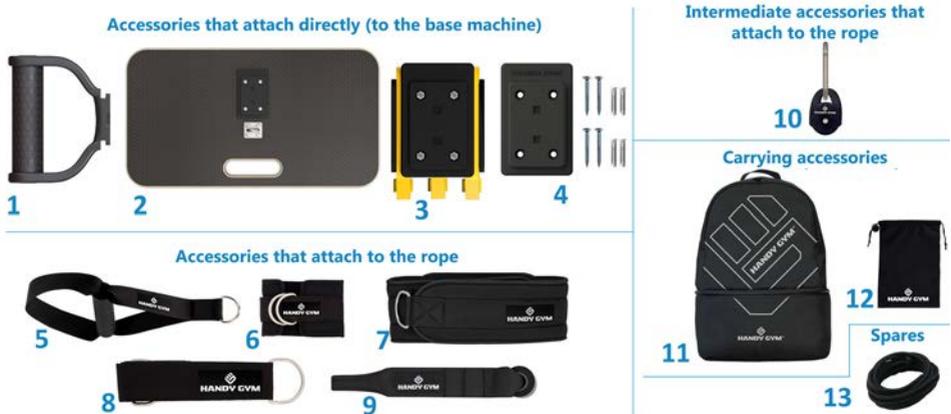
- 10 Pulley with carabiner.

Carrying accessories :

- 11 Backpack.
- 12 Case.

Spares:

- 13 Spare rope.



Accessories that attach directly are fitted onto the machine rail:

- 1 **Handgrip:** this fits on to the rail so that the machine can be used by hand.
- 2 **Portable platform:** the machine is fitted onto it so that you can do upright movements.
- 3 **Rack mounting plate with 3 ties:** the machine is fitted onto it so that you can anchor it to structures.
- 4 **Wall mounting plate with 4 screws and 4 wall plugs:** the machine is fitted onto it so that you can anchor it to walls.

Accessories that attach to the rope are fitted on to the rope-regulator carabiner or the pulley carabiner:

- 5 **Multipurpose handle:** fits on to the rope-regulator carabiner (or pulley carabiner) for when you are doing exercises using your hand or foot. The machine must be fitted onto direct-attachment accessories 1, 2, 3 or 4.
- 6 **Ankle strap:** fits on to the rope-regulator carabiner (or pulley carabiner) for when you are doing exercises using your knee or wrist. The machine must be fitted onto direct-attachment accessories 3 or 4.

⑦ **Belt:** fits on to the rope-regulator carabiner (or pulley carabiner) for when you are doing exercises using the belt. The machine must be fitted onto direct-attachment accessories ②, ③ or ④.

⑧ **Loop strap:** fits on to the rope-regulator carabiner (or pulley carabiner) for when you are doing exercises whilst holding the machine. It fits on to different structures as described below.

⑨ **Door stopper:** fits on to the rope-regulator carabiner (or pulley carabiner) for when you are doing exercises whilst holding the machine. It is fitted on to doors as described below.

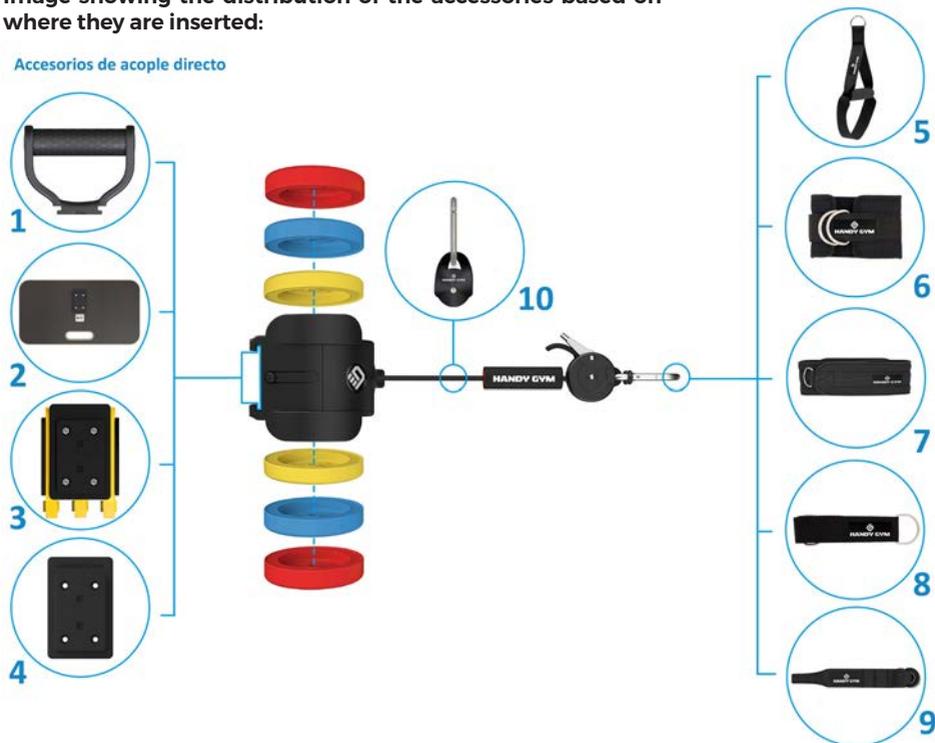
Intermediate accessories that attach to the rope fit onto the machine rope:

⑩ **Pulley:** can be used with any of the above accessories. The section on the pulley explains what it is for and how it should be done.

Image showing the distribution of the accessories based on where they are inserted:

Accesorios de acople a cuerda

Accesorios de acople directo



The following pages explain in detail how to use each accessory and the Handy Gym™ system.

5. USING HANDY GYM™.

TWO WAYS OF FITTING AND USING IT: HOLDING THE MACHINE AND FIXED MACHINE:

The Handy Gym™ system is designed to be used in two different ways:

-A: **By holding the machine in your hand and with the accessories anchored:** you hold Handy Gym™ using the handgrip (accessory no. ①) and attach the rope to the different

accessories using the rope-regulator carabiner and pulley carabiner. Accessories must be attached to structures capable of supporting at least 660lb/300kg.

The following accessories are designed for this mode of use:

- ⑤ Multipurpose handle.
- ⑥ Ankle strap.
- ⑧ Loop strap.
- ⑨ Door stopper.

- **B. With the machine anchored, you pull the accessories:** when using Handy Gym™ in this mode, you perform your movements using the accessories, while the machine remains anchored in place by the fixing accessories:

The following accessories are designed for anchoring Handy Gym™ when using it in this mode:

- ② Portable platform.
- ③ Rack mounting plate with 3 ties.
- ④ Wall mounting plate.

The following accessories are designed for doing exercises under this mode of use:

- ⑤ Multipurpose handle.
- ⑥ Ankle strap.
- ⑦ Belt.

INERTIAL DISCS.

Handy Gym™ works using two inertial discs, one fitted to each side of the machine, that are able to convert spinning into resistance.

There are three different pairs of inertia discs, which differ in colour and weight. They are very light, and offer great resistance with very little weight.

They are fastened to the machine with screws, so they can be quickly inserted and removed. They can also be combined with each other, which means the machine can offer several levels of strength.

They have 4 magnets placed on the back side, positioned with alternating polarity.



Yellow Disc

Weight: 120gr.

Equivalent inertia:

0,026 kgm² (90 lbin²)



Blue Disc

Weight: 180gr.

Equivalent inertia:

0,040 kgm² (135 lbin²)



Red Disc

Weight: 250gr.

Equivalent inertia:

0,064 kgm² (220 lbin²)

Every time the machine is used, check that the black HEX 4 screws that fix the discs to the machine shaft are firmly tightened. Please bear in mind:

A) The discs are inserted on to the metal shaft by aligning the male square on the shaft with the female square on the disc. To tighten the central screw of the discs, use the key located on the rope regulator. This key has a hexagonal head specifically designed for tightening the discs. You hold the disc with one hand and tighten the screw with the other.

B) You should not use the machine with a single disc (as it would be unbalanced). Nor should you use it without discs (as it would offer no resistance and would simply discharge the rope). Under no circumstances should more discs be coupled on top of the two previous ones, nor should any item that is not part of the machine be added as a way of varying the inertia, as this will cause breakage and other issues.

The three types of discs (yellow, blue and red) can be combined offering up to 6 ranges of resistance (12 if the pulley is available), so that you can adapt Handy Gym™ depending on the level or muscle group you want to work on. Depending on the exercise to be performed, and whether it is fast or tougher, one or more will be chosen.

Below are the possible combinations of discs in order of least to most resistant:



Yellow / Yellow.

- Equivalent inertia: 0.052kg/m² (180lb/in²).
- Approximate maximum resistance without the pulley: 40lb/18kg.
- Approximate maximum resistance with the pulley: 80lb/36kg.

Yellow / Red.

- Equivalent inertia: 0.090kg/m² (310lb/in²).
- Approximate maximum resistance without the pulley: 75lb/34kg.
- Approximate maximum resistance with the pulley: 150lb/72kg.

Yellow / Blue.

- Equivalent inertia: 0.066kg/m² (225lb/in²).
- Approximate maximum resistance without the pulley: 57.5lb/26kg.
- Approximate maximum resistance with the pulley: 115lb/52kg.

Blue / Red.

- Equivalent inertia: 0.104kg/m² (365lb/in²).
- Approximate maximum resistance without the pulley: 92.5lb/42kg .
- Approximate maximum resistance with the pulley: 185lb/84kg.

Blue / Blue.

- Equivalent inertia: 0.080kg/m² (270lb/in²).
- Approximate maximum resistance without the pulley: 75lb/34kg.
- Approximate maximum resistance with the pulley: 150lb/72kg.

Red / Red.

- Equivalent inertia: 0.128kg/m² (440lb/in²).
- Approximate maximum resistance without the pulley: 110lb/50kg.
- Approximate maximum resistance with the pulley: 220lb/100kg.

Replacing discs:

How to replace the discs:

- 1) Hold the rope regulator in one hand and use the hexagonal-headed key to unscrew the black Hex 4 screw in the centre of the disc. Do this while holding the disc firmly with the other hand, to prevent it from turning while unscrewing.
- 2) Once the screw has been removed, take off the disc by pulling it out axially, if necessary, tilting it slightly to the side to help ease it off. Note that new discs may be tighter, making them harder to insert and remove.
- 3) To insert a disc, place it on the shaft so that the "HANDY GYM" logo is on the outside, and align the square male on the shaft with the square female in the centre of the disc.
- 4) Once the disc is in position, screw in the black screw by hand until you can no longer tighten it. Then use the rope regulator and the hexagonal-headed key as a screwdriver to tighten the screw and secure the disc firmly.



WARNING

Make sure the discs are always tight.

Do not use unofficial discs or place other objects or loads on them.

Do not attempt to tighten the discs with another hand or power tool, as this may damage them and render them unusable.

Do not touch the discs while they are moving. Make sure they have fully stopped before starting to remove them. The machine is marked with the warning "Moving parts".



Caution! Moving Parts

Keep body parts away from moving parts

Never stop the discs directly.

Do not insert anything into the space between the discs and the main unit.

Leave a safety distance of at least 10cm between the discs and your body. Increase this distance wherever possible.

THE PULL ROPE AND ROPE REGULATOR.

The pull rope is one of the main parts of the machine. This is a 4.5mm diameter braided rope that is attached to the inner mechanism of the machine at one end. The machine is operated by pulling the rope (never directly, always using accessories).

The pull rope is 3-4 metres long and can be fully pushed in for easy transport. When in use, it should only enter the machine up to 1.5m

The rope regulator is another essential part of the machine. It allows you to shorten and lengthen the length of the rope in an easy and safe way so that you can vary the length depending on the exercise. It opens and closes easily by using the key, locking the rope securely. To prevent premature wear or breakage, avoid the key from touching the rope.



- Inserting the rope into the rope regulator.

How to insert the rope into the rope regulator:

- 1) Position the side of the rope regulator with the numbers on it towards you.
- 2) Lift the key up to the maximum opening (towards number 3).
- 3) Insert the rope through the hole marked number 1 and pull it out through the hole marked number 2.
- 4) Stretch the rope upwards and insert it into the hole marked number 3.
- 5) With the key raised upwards, pull the rope our through the hole marked number 4.
- 6) Hook the carabiner on to the upper part, between numbers 2 and 3 and close it correctly, placing the carabiner O-rings in the narrowest part so that the rope does not move.



How to regulate the rope:

Adjusting the length of the rope is essential for correctly doing any exercise with Handy Gym™. How to regulate the rope:

- 1) Start by unwinding the whole rope inside the machine.
- 2) Release the steel key on the side of the rope regulator by moving it up fully (towards number 3).
- 3) If you want more distance and/or more pulling length for the exercise, you should pull the rope from the rope regulator next to the "+" symbol. If, on the other hand, you want to reduce the distance and/or shorter pulling length, pull the rope at the end with the "-" symbol, keeping the key open towards number 3 at all times - otherwise the rope will not slide easily.

4) Once you have reached a sufficient distance to do your exercise, without crushing the safety spacer, close the key to lock the position.

5) After this, secure the system by pulling on the side of the carabiner. It is recommended that you set aside or pick up the surplus rope, so that it does not get in the way during training.



Rope distance depending on the exercises.

The rope distance required to perform the different exercises may vary.

For certain exercises, a precise adjustment is required depending on the maximum pulling distance to be covered (for example, during squatting exercises or with the multipurpose handle attached to your foot).

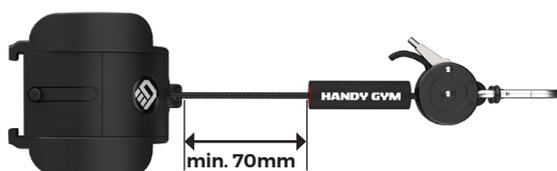
If a fine adjustment is not required, you can move closer to or further away from the machine if you wish to change your exercise. Thus, you can adapt according to the appropriate distance for the exercise you are going to do and you do not need to regulate the rope every time you change exercises.

Safety spacer.

The safety spacer is a very important component of the Handy Gym™ equipment. Its function is to prevent collisions between parts of the machine (for example, between the rope regulator and the nozzle), as well as for absorbing some energy in the event of a heavy knock. It is 7cm long and made of rubber.



Ensure it does not become crushed when working out. For greater safety you should 70mm distance between the machine nozzle and the safety spacer.



Carabiners.

Carabiners are ring-shaped stainless steel parts used to quickly and safely connect the pull rope to the different movement and anchoring accessories. They open and close by moving the metal gate. Note that the head has sharp edges, which you should avoid touching as they could cause small cuts.

There are carabiners that are used for different Handy Gym™ accessories. You will find them on:

- **The rope regulator:** This accessory has a carabiner that enables all the accessories to be connected to it or to connect it to the D-ring or “nose” of the machine.
- **The pulley:** This accessory has a carabiner to hook the pulley to the rope, as well as to attach the different accessories.
- **The belt:** This accessory has two carabiners for increasing its length if necessary.



Beware of sharp edges on the head of the gate

STARTING LOAD.

When doing exercises, Handy Gym™ needs to have an initial load of rope on its inner reel. It is important that the machine is loaded every time you start an exercise, otherwise it will be impossible to do it. The starting load will be applied once the winding distance has been set.

How to set the starting load:

- 1) Ensure the machine is completely stopped, with the discs in place and properly screwed on, and with all the rope unwound and out of the machine.
- 2) Rotate the discs manually, using your index finger and the slits in the discs to ensure that the machine has enough rope stored on the conical reel to do your first exercise. Note that the disc must be turned in the direction in which the rope enters the machine.



- 3) Start the exercise with a small amount of rope inside the machine, reloading the rope as you do your movements in concentric and eccentric cycles, allowing the machine to draw back the same amount of rope as required by the movement within the exercise.

Using Handy Gym™ without an initial load can cause the product to be damaged and broken.

PERFORMING EXERCISES AND STOPPING.

Before starting your exercises, the machine must first be loaded as explained above. Once the machine has enough rope inside it, you can start doing exercises. The following should be taken into account:

- 1) When doing exercises and exercising with the machine, do not pull on the rope directly. Always use one of the accessories or the machine itself when doing exercises.
- 2) It is very important to bear in mind when performing a movement that you need to stop pulling on the last rep, otherwise the machine will stop and will not wind the rope back or complete the eccentric phase.
- 3) Do exercises using increasing force each time, so that the machine gradually picks up more rope until there is enough inside the machine for you to be able to do the exercise in an optimal way.
- 4) Remember that you must always stop pulling on the last stretch of rope, as this will be rolled back inside the machine and enabling you to continue the exercise and thus achieve the necessary yo-yo effect. Handy Gym™ will wind back more rope, and the longer the movement, the more powerful the eccentric phase.
- 5) To stop the machine and complete the exercise, control the movement and use less force until the machine stops gradually. Never stop suddenly by releasing the accessories or stopping the discs with your foot, hand or objects.

6. ACCESSORIES (see page 18 for list and classification).

**Accessories may vary depending on the pack you purchased.*

HANDGRIP (accessory for direct attachment to the base machine).

Handy Gym™ has an ergonomic D-shaped handgrip that is primarily used for pulling the machine whilst you hold it in your hand. It requires the rope to be fixed at its end by the rope regulator or pulley carabiner to other structures or accessories.



Another advantage of the handle is that it can rotate with respect to its axis, thus allowing the user to guide the movement according to their needs, imitating the wrist movement found in many sports (including movements for racket, American football, golf clubs, baseball bat and bat, ski poles, paddling, canoeing, hockey stick, etc.).



This handgrip should always be used with one or both hands inside the grip itself; never by grabbing the outside or the end of it, but always in the middle. It should only be used with both hands if they can both fit. Do not do exercises by grabbing the handle at one end.



ATTACHING DIRECT -A TTACHMENT ITEMS TO THE HANDY GYM™ MAIN UNIT.

Handy Gym™ has hook rails and a double safety system. There are two buttons on the machine (located at the bottom and top of the machine) that must be pressed together to insert the direct-attachment items (the handgrip and different mounting plates such as the wall mounting plate, rack mounting plate and platform mounting plate).



Machine Rails

How to fit Handy Gym™ with the direct-attachment items:

- 1) Firmly press the two buttons on the upper and lower parts of the main unit of the machine and slide it along the item rail until it clicks on each side and is completely centred. You should always hear the double click.
- 2) Check that the main unit of the machine is correctly inserted by moving it back and forth along the rail. Also make sure that the buttons have returned to their initial position before pressing. It should never be attached solely by a button, or off-centre and with parts protruding.
- 3) To remove the main unit of the machine, press the two buttons at the top and bottom firmly and slide it along the rail of the direct-attachment item until it is completely removed.



The following information in the dashed box affects only users who have purchased the HGE-01 model (Handy Gym™ with encoder).

PORTABLE PLATFORM.

(accessory for direct attachment to the base machine).

The portable platform allows you to attach Handy Gym™ and position yourself firmly on it with both feet. This makes it the best system for doing squats and weightlifting exercises. It is intended for use by users of the machine with an encoder. This way they can check the force they are exerting at all times, so as not to exceed the established limits.



HGE-01 Model

To do the different exercises, it must be placed on a firm, non-slip floor and with a diameter of 1.8m free from objects and structures. It has an easily accessible handle for carrying.

The Handy Gym™ platform has a mounting plate that the machine can be directly attached to quickly and safely. How to use the platform without the pulley:

1) Put the Handy Gym™ machine in front of the part of the mounting plate with the words "HANDY GYM" and in such a way that the machine rails line up with the mounting plate rails.

2) Press each safety button, slide the machine to the bottom of the mounting plate and release the buttons. Make sure that the fixing is completed and that the device does not move, by moving the machine back and forth to ensure it is fixed (see **page 27** for more details of this).



3) Stand with your feet on either side of Handy Gym™ (one foot to the left and the other to the right) and adjust the rope to the required length.

4) Hook the movement accessories (belt or multipurpose handle) onto the rope-regulator carabiner.

5) To load the fixed machine on to the platform, do so with your finger using the holes in the discs as usual.

6) To remove the machine press both release buttons on Handy Gym™ simultaneously and slide it out until it comes out.

To use the pulley on the portable platform, refer to the section on pulley accessories (page 38).



WARNING:

Make sure you always step firmly on the platform with both feet, one on either side of the platform, so that you do not fall off or make counterproductive movements.

Check that the machine is properly anchored to the mounting plate and that the plate does not slip or move.

Always use the platform with your whole body on top of it.

The platform must not be unbalanced or lift up on either side.

Always put the platform on a non-slippery, firm and stable floor.

Check from time to time that the mounting plate and bolt are still tight. If it is loose at all, tighten everything again using a TORX 20 screwdriver for the wall mounting plate screws and a PH2 for the bolt screws. Carefully remove the pad at the bottom.

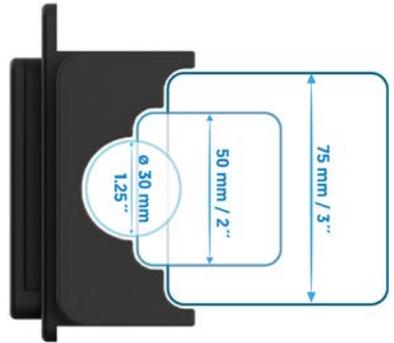
Do not remove the non-slip pads from the bottom, except to follow the instructions in the previous step.

RACK MOUNTING PLATE.

(accessory for direct attachment to the base machine).

The rack mounting plate is a sturdy plastic accessory specially designed to fix Handy Gym™ onto rack-type structures using 3 reusable cable ties. It is suitable for 2x2", 3x2", 3x3" steel structures as well as traction bars (1.25" diameter). It is ideal for training in the gym, sports or cross fit centres and physical therapy clinics.

This does not mean that it cannot be anchored to other types of structures capable of withstanding 660lb/300kg of pulling force and that are well anchored to the ground. These structures must be of sufficient diameter to fit the ties properly and have no sharp edges. It can be fixed on trees or street lights - just to give two examples - so long as they have a diameter of 55 to 150 mm.



The rack mounting plate must **always be used with no fewer than three cables ties**. An advantage of these cable ties is that they are reusable.

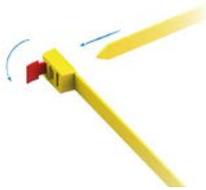
Opening and closing the cable ties.

How to use the cable ties:

- 1) The red plastic lever must be perpendicular to the rest of the tie - this means it is open. If it is upright, it means it is closed.
- 2) Whenever the loop is made, the toothed side should be the inner side and the smooth toothless side should be on the outer side.
- 3) To make the loop, the tip of the cable tie must be inserted into the slot immediately next to the red plastic lever (do not use the lower slot).

4) Close the red plastic lever by lifting it up and locking the cable tie by the teeth.

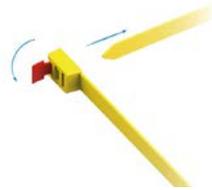
5) Pull on the inserted end to further close the tie until you feel it is tight. To loosen it, lift the red plastic lever. The end of the tie that is sticking out needs to be completely perpendicular so that it can be easily removed.



Open and insert



Close and tighten



Open and remove

Using the rack mounting plate with the cable ties.

How to use the rack mounting plate with the cable ties:

1) Insert a cable tie through the centre channel of the rack mounting plate.

2) Position the rack mounting plate correctly on the relevant structure and circle the cable tie round the edge.

3) Fit the pointed end of the cable tie through the slot next to the red plastic lever.

4) Close the red plastic lever and pull the end to tighten the tie.

5) Do the same with the two remaining ties and the other two rack mounting plate slots. Once the three cable ties are in place, carry out a final tightening of each to take up any slack.

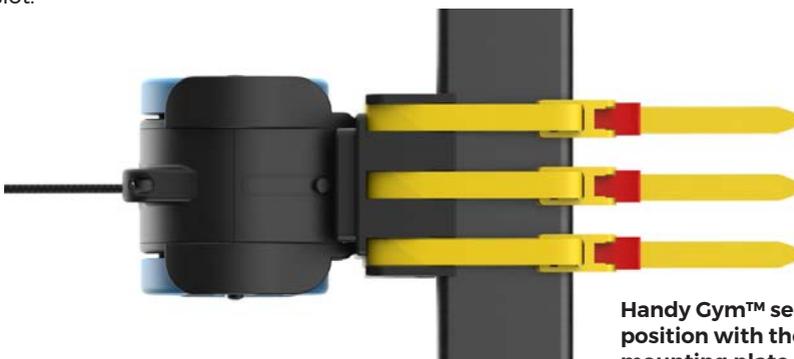
6) Check the correct setting by moving the unit, and making sure that the system does not move.

7) Insert Handy Gym™ into the rack mounting plate rail and make sure it is properly anchored using the double safety system (see **page 27** for the procedure).

8) If you want to hide the excess flange, you can insert the end back into the rack mounting plate slot.



Rack mounting plate - top view



Handy Gym™ secured in position with the rack mounting plate and ties.



WARNING:

Do not use the rack mounting plate on structures with smaller or larger than those stated above, or on structures that have sharp edges that could damage the product.

Always fit the three cable ties before using the product, starting with the middle slot.

In the event of breakage or damage to a cable tie, replace it immediately with another authorised one.

Stop exercising if you notice that the rack mounting plate is moving.

Always make sure that all the cable ties are on tightly and that the supporting surface does not cause it to move up, down or sideways.

Never hang from the device or allow the anchoring to hold your own weight; this is not a suspension training system.

Every so often you should check that the screws on the mounting plate are correctly tightened. If there is any play, you need to re-tighten the system using a TORX 20 screwdriver.

Do not do exercises that exceed 45° angle of movement. This means you need to think about the location of the mounting plates before fitting them, depending on the exercises you intend to do.

WALL MOUNTING PLATE.

(accessory for direct attachment to the base machine).

The wall mounting plate is a sturdy plastic accessory used to attach Handy Gym™ to a totally upright wall. It is fixed with four 5x50mm stainless steel PZ2 screws and four 8x40mm wall plugs (included with the wall mounting plate).



5x50mm lag screws and 8x40mm wall plugs

The screws and wall plugs supplied are designed for fitting to walls of reinforced concrete, cement, concrete, resistant brick, hard stone, with a minimum thickness of 70mm.

Walls such as plasterboard, softwood, or panelling are not suitable for fitting the wall mounting plate. In the case of hard wood there is a high risk of screw breakage, therefore the risks must be assumed by the fitter.

How to fit the wall mounting plate:

- 1)** The wall mounting plate must be fitted by a professional using all appropriate safety measures, such as wearing protective gloves and safety goggles.
- 2)** The upright wall on which it is fitted needs to be strong enough (capable of withstanding 660lb/300kg of pulling force) and fitting the mounting plate onto it should not damage or break it.
- 3)** Use the 4 screws and walls plugs provided (unless the wall is made of hard wood, in which case the wall plugs are not used).

4) The installation will not be valid should any of the screws break or if any of the wall plugs are loose.

5) Given that the screws are made of stainless steel, they must be screwed in slowly to prevent them from heating up, as they could break. When screwing into wood, pre-drill and screw slowly and include pauses in screwing for the same reason. Never exceed 5 Nm of maximum screwing torque to avoid damage to the mounting plate or breaking the screw head.

6) The surface must be completely smooth, of sufficient dimension, and robust enough not to crack or split.

7) The wall (where not hard wood) should be drilled with an 8mm drill bit, to 60mm deep, and the 4 wall plugs supplied inserted flush with the surface. The holes should adhere to the recommended measurements; they should be round, and not crooked. Remove any remaining dust from inside the hole before pushing in the wall plug.

8) If the wall is made of hard wood, it needs to be drilled using a wood drill bit with a diameter between 3 and 3.2mm, to a depth of 30mm. The holes should adhere to the recommended measurements; they should be round, and not crooked. Remove any remaining wood shavings from inside the hole before pushing in the screw.

9) Always place the mounting plate in a vertical position (with the HANDY GYM logo at the top) and fix the plate to the surface of the wall using a manual or electric screwdriver and the four stainless steel PZ2x50mm screws supplied, until their countersunk heads are flush with the external surface of the mounting plate.

10) You can then make adjustments, using only a manual screwdriver, so that the screw heads are recessed approximately 1mm from the external surface of the mounting plate, without going through to avoid damaging the mounting plate.

11) The mounting plate should be fitted at a height of at most 1.90m. If a ladder or bench is needed to fit the mounting plate, it must meet regulations and comply with all appropriate safety measures.

12) There should be no objects or structures within a radius of 1.8m to ensure safety in the event of a fall during fitting.

* We recommend fitting wall mounting plates at ankle, chest and head height, so that you can do a greater variety of exercises. You can order additional wall mounting plates from an



Using the wall mounting plate:

How to use the wall mounting plate:

1) Once the mounting plate is installed, Handy Gym™ slides onto it by following the rails from the top (HANDY GYM printed) and using the double safety system to anchor the machine as explained on [page 27](#).



WARNING: It is strictly forbidden to place the anchor plates on the ceiling, or otherwise fix the machine to the ceiling. Nor should you anchor it to the ground; the portable platform accessory is for when the machine is to be

on the ground.

Do not place the plate on rough or moving surfaces.

Every so often you should check that the screws on the mounting plate are correctly tightened. If there is any play, you need to re-tighten the system using a manual PZ2 screwdriver.

Never hang from the device or allow the anchoring to hold your own weight; this is not a suspension training system.

Do not do exercises that exceed 45° angle of movement. This means you need to think about the location of the mounting plates before fitting them, depending on the exercises you intend to do.

MULTIPURPOSE HANDLE (accessory that attaches to the rope).

The multipurpose handle is an ergonomic rubber handle of 34mm diameter and two straps, one of which has a metal ring so that it can be anchored with a carabiner.

The multipurpose handle can be used in two ways:

A- Pulling with your hand: with the machine anchored to the direct-attachment parts of the mounting plate (excluding the handgrip), attach the multipurpose handle to the rope-regulator carabiner or pulley carabiner using the belt with the metal ring. How to use it:



1) Anchor Handy Gym™ using the wall mounting plate, rack mounting plate or multipurpose platform. Handy Gym™ must be at the correct height so as not to exceed the maximum 45° angle of movement, and should be no higher than 2m.

2) Hook the rope-regulator carabiner onto the multipurpose handle ring. The rubber handle means you can do exercises using your hand. You can also do exercises by placing your foot inside the handle or stepping on one end of it.

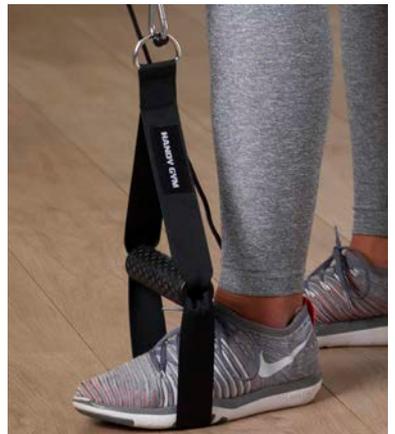
B- Foot-hold: In this mode, you work out by holding the machine, using the handgrip, and putting your foot on the multipurpose handle through the strap that has no ring. This mode is mainly used for biceps exercise. How to use it:

1) Insert the handgrip into Handy Gym™ and the rope-regulator carabiner onto the ring of the multipurpose handle.

2) Step on the multipurpose handle strap that has no ring.

3) You can now adjust to the distance you wish to do the exercise.

4) When you have adjusted the rope, you can do upright bicep exercises.





WARNING:

Prevent the handle from inadvertently catching any part of your body.

Use only with your hand or foot.

Hold on to the handle and prevent it from slipping out of your hand or foot, as it could fly off. If you let go of the handle or it comes free, it will hit the machine causing irreversible internal damage.

ANKLE STRAP (accessory that attaches to the rope).

The ankle strap accessory is used mainly for glutes and leg exercises. The Velcro means it can be easily attached to any ankle width. It is also possible to use it on the wrist. The inner diameter of the ankle strap is approximately 65mm.

Its adaptability means it can also be fixed onto pipes and small structures capable of withstanding 660lb/300kg of pulling force, meaning you therefore exercise by holding the machine.

The ankle strap has a closure made of strong industrial Velcro and a metal double D-ring to prevent it from loosening. The ankle strap can be used in two ways:

A- Ankle strap strapped to your ankle. Follow these steps:

1) Anchor Handy Gym™ using the wall mounting plate or rack mounting plate. Handy Gym™ must be at the correct height so as not to exceed the maximum 45° angle of movement, and should be no higher than 2m.

2) Pull apart the Velcro tape parts and wrap them around your ankle. Put the two metal rings together and pass the Velcro tape through them and stick the Velcro parts back together.

3) Open the gate of the Handy Gym™ rope-regulator carabiner and hook both rings at the same time.



B- Ankle strap anchored onto small diameter structures capable of withstanding 600lb/300kg of pulling force and with no sharp edges. Follow these steps:

1) Pull apart the Velcro tape parts and wrap them around the structure. Put the two metal rings together and pass the Velcro tape through them and stick the Velcro parts back together.

2) Open the gate of the Handy Gym™ rope-regulator carabiner and hook both rings at the same time. Now you can do exercises with Handy Gym™ in your hand.



WARNING:

Never use the ankle strap anchored with just one ring.

Avoid tripping over the rope while using it.

Control the time spent in the eccentric phase to avoid jerks.

The rope must not wrap around your leg or other parts of your body; it must always be kept straight.

BELT (accessory that attaches to the rope).

The belt accessory is designed to be worn around the waist when performing exercises. It is large enough to fit different waist sizes. It also has two carabiners so that it can be lengthened at the ends for wider waists.

How to use this accessory:

1) Anchor Handy Gym™ on one of the direct-attachment items with the mounting plate (excluding the handgrip).

2) Pull the rope all the way out of Handy Gym™. Now position yourself at the maximum exercising distance and adjust the rope to your liking.

3) Put the belt around your waist with the Handy Gym™ label at the back and facing upwards, ensuring the rings are visible.

4) Open the gate of the rope-regulator carabiner or pulley carabiner and insert the end rings or both belt carabiners, depending on the width you need to perform the exercise.



WARNING:

Take special care that the carabiners or rings do not harm you when doing the exercise, and make sure they are properly positioned. Leave a distance of 10cm from your body and if this is not possible, put a protector in front of you.

We recommend that you use some type of protection - such as a codpiece or flap - is used to avoid injury and getting trapped in the pelvic area.

Position your back properly at all times to avoid injury. Make sure you control when the machine makes its phase changes.

LOOP STRAP (accessory that attaches to the rope).

The loop strap accessory enables Handy Gym™ to be attached to almost any structure: a column, tree, stairs, etc. Its design means it can go round objects with a perimeter of up to 100cm, making it the perfect accessory for outdoor training. The structures need to be able to withstand 660lb/300kg of pulling force and must be properly anchored to the ground.

How to use the strap:

1) Wrap the strap around the structure a suitable number of turns so that there is not much excess strap, although leaving enough length for handling the end rings.

2) Pass the small ring at one end through the large ring at the opposite end.

3) Pull the small ring to tighten the loop, thus drawing the strap to the frame.

4) Hook the rope-regulator carabiner onto the small ring on the loop strap. You can now do your



exercises by pulling the machine. When you are exercising, the force of the machine ensures that the loop fits around the structure properly.



WARNING:

Make sure you wrap the strap around a sufficiently strong, static structure; it must be able to withstand at least 660lb/300kg pulling force.

Do not wrap the strap around objects that could cut or damage it. In case of breakage or if you notice that the fabric starts to deteriorate, replace it as soon as possible.

Make sure the strap does not cause damage to the object you have wrapped it around and ensure that it is securely fastened to it. Do not wrap the strap around objects on the ceiling.

Do not wrap or tie the loop strap around any part of your body or any moving object.

DOOR STOPPER (accessory that attaches to the rope).

The door stopper is a small belt with a rubber cylinder at the end, which is intended to be inserted into doors that have sturdy frames and jambs strong enough to withstand at least 660lb/300kg of pulling force. It is designed for doing exercises that involve holding Handy Gym™.



How to use it:

- 1) Open the door and stand on the closing side, never on the opening side of the door.**
- 2) Place the accessory on top and centre of the door so that the door closes toward you and the rubber cylinder part of the anchor is on the other side. You can now close the door.**
- 3) Pull the tape with your hand before starting the exercise to check that the accessory is correctly positioned.**
- 4) Open the gate of the rope-regulator carabiner or pulley carabiner and hook it on to the door-stopper strap.**

WARNING:

Make sure that no one will try to open the door while the accessory is in place and perform the exercises.

When you open the door to remove the accessory, hold it so that it does not fall down to the floor.

Make sure the door is sturdy enough and that you do not hear any creaking when doing your exercises.

Never hang from the device or allow the anchoring to hold your own weight; this is not a suspension training system.

Do not place the accessory on sliding doors, doors containing glass or doors with sharp edges.

PULLEY (intermediate accessory that attaches to the rope).

Handy Gym™ has a pulley as an optional accessory. It is used for high performance exercises, as it is specially designed for exercising large muscle groups, since it doubles the machine's resistance while halving the speed of the exercise.

The following image shows the approximate equivalent kilograms/pounds of maximum force for each disc when using the pulley:

Yellow Discs



80LBS / 36KG

Blue Discs



150LBS / 68KG

Red Discs



220LBS / 100KG

How to use the pulley?

How to use the pulley without the portable platform:

1) Hook the rope-regulator carabiner on to the hole of the D-ring or nose of the machine by hooking the carabiner through the hole furthest from the nozzle. Make sure that the two rubber parts attached to the carabiner are each on one side and attached to the entrance and exit of the D-ring, leaving the larger curved part of the carabiner inside the hole and ensuring that it does not move while the exercise is being performed. After doing this, the carabiner must be fixed perpendicular to the main unit of the machine.

2) Move the safety spacer until it is close to the machine nozzle.

3) Remove the carabiner from the pulley and open one of its sides ①. Then place the middle section of the rope inside the pulley and close the side by turning it ②. Insert the carabiner again through the two holes in the two sides of the pulley ③. This ensures that the pulley is fitted on to the rope.



4) Hook the accessory to be used on to the pulley carabiner and adjust the rope according to the exercise to be performed. The pulley should be on the central section of the rope and the safety spacer should always be in the section of the rope nearest the nozzle. During exercise, there should be a distance of at least 7cm between the nozzle and the pulley.

The following information in dashed box affects only users who have purchased the HGE-01 model (Handy Gym™ with encoder).



Using the pulley with the portable platform:

HGE-01 Model

Using the pulley with the portable platform entails following specific steps. The pulley with the portable platform is not used in the same way as other accessories, and you should **only use it as described below**:

1) Hook the base machine onto the mounting-plate rail on the portable platform so that you hear the double click which tells you that it is on securely - as explained on **page 27**.

2) With the machine already attached to the platform, proceed to put the “Safety Loop” (small black string). To do this, insert the section of rope opposite the knot through the hole in the nose from its upper part (you must squeeze the end with your fingers to be able to insert it better)



3) Once the string comes out of the lower hole of the nose, insert the knotted end into the string section at the bottom and pull it down.



4) Hook the rope-regulator carabiner to the safety loop and then hook it to the metal ring, located next to the platform mounting plate.

5) Move the safety spacer until it is close to the machine nozzle.

6) Remove the carabiner from the pulley and open one of its sides (I). Then place the middle section of the rope inside the pulley and close the side. Insert the carabiner again through the two holes in the two sides of the pulley. This ensures that the rope is inserted correctly into the pulley.



7) Hook the accessory to be used on to the pulley carabiner and adjust the rope according to the exercise to be performed. The pulley should be on the central section of the rope and the safety spacer should be in the section of the rope nearest the nozzle. During exercise, there should be a distance of at least 7cm between the nozzle and the pulley. In this situation, the normal thing to do is use the belt or multipurpose handle.

WARNING:

Make sure the pulley is not within 10cm of your body when exercising with it.

The pulley has a metal wheel inside it and could trap your skin or hair. You can avoid this from happening by keeping a safe distance.

When using the pulley with the portable platform, always anchor the rope-regulator carabiner onto the metal ring and the safety loop.

Use the safety loop to prevent the machine from flying off and hitting you.

Leave a minimum distance of 14cm between the machine nozzle and the pulley.

Never crush the safety spacer.



HGE-01 Model

7. HANDY GYM™ AND ITS ELECTRONIC.

HGE-01 Model

ENCODER AND BATTERY.

Handy Gym™ has an electronic board on the right-hand side of the main unit, marked with a wireless symbol (dot and three radiating waves), the function of which is to read the spinning magnets inside the discs and send that information through the wireless module to the Android or iOS app installed on a tablet or mobile phone.



Position of the wireless symbol indicating that the electronics are on that side.

This app calculates the acceleration, applied force, calories burned and so on, from the discs' RPM and inertia.

The system has a 120mAh battery which is recharged via a USB-C type input. The battery charge will last for 24 hours (remember that Handy Gym™ cannot be used for more than 10 mins at a time without taking a break) and it takes 2.5 hours to charge. When the machine is not used, the battery still consumes power, but at a much lower level. Without being used, the battery will last for about 1 week.

Specifications.

Radio equipment:

- Input: 5V DC 4mA.

Battery:

- Lithium polymer battery.
- 3.7V 120mAh 0.44Wh.

BT Wireless Connection module:

- Frequency: 2.4 to 2.48 GHz.
- Maximum radiated power: 1mW.
- Antenna gain: 0dBm.

USE OF ELECTRONICS.

FIRST USE:

Activation, charging and connection to the application.

To activate the encoder for the first time, follow the steps below:

1) Place the machine in front of you (with the "nose" facing down) and remove the inertial disc screwed on the right side marked with the wireless symbol (its removal is explained on page 22).

2) Find the USB type C input. When you find it, connect a USB type C cable (with 5V power). This will activate the battery and the BT Wireless Connection encoder. A blue LED will also light up to indicate that the battery is being charged. The battery will be fully charged when the blue LED turns off.





USB port

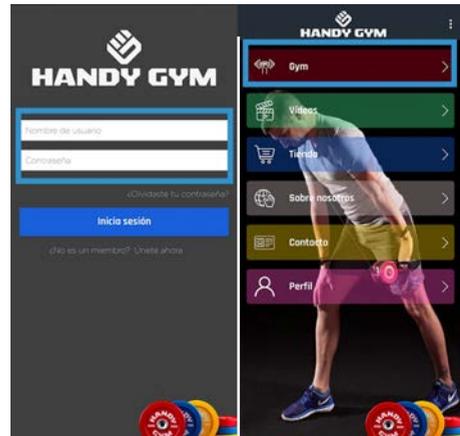


Blue Led

3) Reinsert the inertial disc and screw it in with the cam found on the rope regulator.

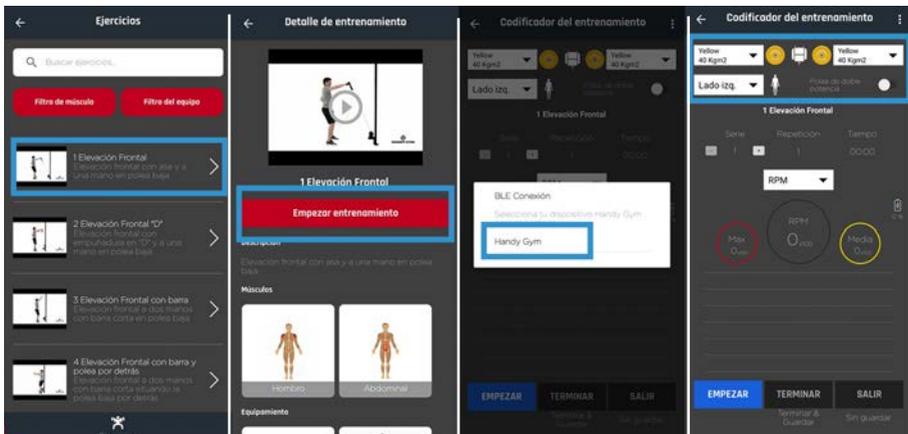
4) Once the disc is screwed in and the battery is fully charged, activate the BT Wireless Connection on your tablet or mobile phone to establish the connection.

5) Open the HANDY GYM application and log in with your email and password (registration required). Select the first tab "Gym" and choose the exercise you want to perform (you can filter by body parts or by equipment). Then select the "Start Workout" tab. A window will open then for you to choose the name of your Handy Gym™ device. Configure the exercise parameters (selection of discs, with or without pulley and side).



Sign in

Press "GYM"



Select the exercise

Start workout

Select the device

Select the parameters

6) Press the “start” tab right before starting to perform the exercises.



Start

7) You can now start performing the exercise and visualize the data and the graphics. You can select the information you want to see displayed, such as force, RPM (revolutions per minute), power or energy).



Sata & Graphics

8) Press “finish” or “exit” when you have finished your workout.

NORMAL USE:

Conexion:

For subsequent use you must enable BT Wireless Connection on your tablet or mobile phone and open the HANDY GYM application again. The login will already be saved. You must follow the steps explained above to select the exercise and the device, as well as to start viewing the information. We recommend that you charge the battery when its level is between 20% and 30%, as this will extend its life. You can check the battery level in the application.

Charging the battery.

Para cargar la batería debe realizar la siguiente operación:

To charge the battery you must follow the steps below:

- 1) Remove the inertial disc from the right side marked with the wireless symbol.
- 2) Connect a USB-C cable to the USB input.
- 3) The blue led will light up indicating that the device is being charged. When the led turns off, the battery will be fully charged and the cable can be removed.
- 4) Reinsert the inertial disc and screw it in with the cam found on the rope regulator.

* *Approximate charging time: 2 hours and 30 minutes.*

HGE-01 Model

System shutdown.

The encoder can be turned off by pressing reset for 20 seconds. This is useful if you are going to travel by plane or if you are not going to be using the BT Wireless Connection encoder for a long period of time. To turn it back on you must click on reset once.

Pairing.

Although it is not necessary for it to connect to the application, you can pair your mobile phone to the encoder as follows: press the Reset hole for 6 seconds. After this operation, look for the available BT Wireless Connection devices and select Handy Gym™. This way you can check if the device is transmitting. You can also rename the device (although when you enter the application it will not be renamed).

- Delete the pairing.

If you want to remove the pairings from the memory of the Handy Gym™, press the Reset button for 12 seconds.

HGE-01 Model

MOBILE APPLICATION.

The Handy Gym application™ is the perfect companion for training with Handy Gym™. It has a complete database of exercises with videos and all the information for their correct performance, as well as information about the muscles involved in each exercise and the necessary accessories for each exercise.

Handy Gym™ application communicates via BT Wireless Connection with the encoder included in Handy Gym™ and collects the following information: series, repetitions, time, strength, power. All this data can be visualized in graphics.

To download the application, look for **HANDY GYM FIT** in the **App Store**, in the **Play Store** or through the link on our website www.handygymfit.com.

Users who do not have the **HGE-01** model will also be able to access the application and consult the extensive list of exercises and classify them by accessories or muscles involved. They will also be able to watch the videos and have access to all the tabs. The only thing they will not be able to do is sending data to their devices and registering the information (strength, energy, etc.) that will be displayed in graphs for those who have the encoder.

8. MAINTENANCE.

Changing the rope.

The Handy Gym™ rope offers a great deal of resistance. Even so, any improper or extreme use that could deteriorate it should be avoided. This means that forces of no more than 200lb/100kg should be used to ensure the rope durability. If the rope is damaged or deteriorated, replace it as soon as possible with a new one (a spare rope is usually included in each pack). You should also replace the rope after 6 months of continuously using the machine.

How to replace it:

1) Remove the accessories (both direct to the machine and to the rope) as well as the two inertial discs, the rope regulator and the safety spacer along with its O-ring.

2) Then use a good PH1 screwdriver to remove the two pieces of the main unit where the buttons are. A total of 8 screws need to be removed to take off the two plates from the main unit.

3) Four of the screws are located at the back, next to the insertion rail. The other 4 screws are located on the sides of the machine, two on each side. They are located on the right and left side of the main unit (see picture).



4) After unscrewing the screws and removing the parts with your fingers, you can see the inside of the machine. Use two fingers to turn the axis where the discs are placed until you can see the hole inside the machine where the end of the rope is. Look for the hole where the knot is inserted; not the hole where the rope comes out.

5) Using tweezers or a tool that does not cause damage to the machine, remove the knot end of the rope from the machine through the opening and pull it out until it is all removed. If necessary, push the rope from the other side so that it comes out more easily.

6) Take the spare rope by its end without the knot and insert it through the large hole in the cone until it comes out the other end. Grasp the end of the rope coming out of the hole in the cone and pull it until you manage to slide the rope all the way through and the knot is embedded into the large hole in the cone. When doing this, it is easier if the two holes of the cone are oriented towards the main unit openings.

7) Next, take the end of the rope without the knot and insert it into the machine, trying to pull it out through the rope exit hole. If you have problems with this, try looking at the nozzle while inserting the rope and see what position the rope is in from the nozzle. It helps if you turn the rope so that it comes out more easily.

8) Once a piece of the rope emerges from the nozzle, pull it with your fingers until the entire length of the rope is out of the machine.

9) With all the rope out, reassemble the parts you previously unscrewed, and put them back in their original position and screw the 8 screws back in.

10) Put back the components with the new rope, in the following order: the O-ring, shock absorber, the rope regulator with the carabiner ,and the inertial discs on the shaft.

Checking the shaft washers

The machine has two plastic washers that are located at the ends of the metal shaft, one on each side. Their function is to retain the metal washers and act as a separator and support for the discs. You should check regularly that they have not been lost, that they are still in position and have not worn out.

Checking that the washers are still in place ensures the proper functioning of Handy Gym™. If these washers get lost or loose from the machine, do not use Handy Gym™ and contact the manufacturer. You will notice that, if the washers are lost, the discs can become damaged on the inside and darken; this will cause abrasions on the main unit.

Checking the accessories.

Regularly check your Handy Gym™ accessories for any damage or anything missing. They should not be worn, peeling, broken or cracked, or in show any other signs that they are not in a suitable condition.

Checking the disc screws.

Before each exercise, check that the screws on the disc are firmly screwed in. If the machine is used with poorly tightened screws - or even without them - the result could be very bad. If you hear any strange sounds or vibrations, check that the screws are properly tightened.

Checking the mounting screws.

After the rope has been replaced and/or every 6 months, check that the Handy Gym™ screws remain intact and in their correct position, without protruding.

Checking for iron particles in the disc magnets.

Check regularly for ferrous residues stuck to the disc magnets. This would affect the operation of the encoder and may even lead to a malfunction of the machine itself. To clean the discs, use a damp cloth.

Cleaning the machine.

Clean the machine and accessories frequently. The machine may become stained if used outdoors, or become marked by sweat and other substances. We recommend that you clean it with a damp cloth frequently.

In addition, every so often (especially if the machine is installed in an upright position), you should do some exercises with the machine nozzle pointing downwards in order to remove any particles that may have entered. The machine has an 8mm diameter nozzle through which waste and other particles can be strained.

9. PROBLEM-SOLVING.

I pull and no rope comes out of the machine:

Reload the machine as you have completely unwound the rope. To do this, use your fingers to feed the rope through the disc hole. Once the rope is inside, you can do your exercises with increasing force so that the machine gradually picks up more rope until there is enough inside it to enable you to do the exercise in an optimal way.

The machine stops and does not return the movement:

You might be pulling incorrectly. Remember that you must not pull right up until the full length of the rope. You need to stop pulling just before reaching the end of the rope's travel so that the machine can start the return (eccentric phase).

The machine does not return the movement when I do squats:

As with the previous point, you need to control the movement and go with the machine during the eccentric phase so as not to stop the system - if you do stop it, it will not complete the return (eccentric phase). With practice, you will improve your coordination when using the machine.

The rope is too short or too long for this exercise:

Ideally, before any exercise you should clear the rope from the machine and establish the total length of rope you want or need for that exercise, using the rope regulator. Once you have selected the length, close the rope regulator. You can now load the machine using your fingers and start doing the exercise gradually, by pulling from the machine or accessories.

I can hear friction noises:

This may be because the discs are not tight enough or do the screws are not in place and this is therefore causing friction in the main unit. Another possible cause of this is that retaining washers at the end of the shaft are missing. Without these in place, a number of problems can occur.

Therefore, before doing any exercise, make sure that the disc is properly tightened and that the shaft retaining washers are still in place.

All the rope is inside the machine and I cannot release the direct attachment:

This can sometimes happen when the entire length of rope is wound inside the machine, as this blocks the buttons. To fix this, simply remove some rope and try again to pull the handle or other accessories out of the insertion rail.

10. INSTALLATION EXAMPLES.

ANCHORING SOLUTIONS.

Handy Gym™ can be used outdoors or indoors, provided the humidity and temperature are suitable, and there is sufficient free space to perform the exercise. Handy Gym™ and its accessories can be fixed to a strong anchorage point capable of supporting 660lb/300kg. Suitable anchorage points include: sturdy beams, gymnastics racks, poles, tree branches or trunks, concrete walls, and solid wood structures. If you have any doubts about the strength of such supports, ask a specialist before taking unnecessary risks that might damage it, the machine or its components.

Handy Gym™ can be installed on to a wide range of structures and environments:

- Gymnasium rack:

Using the rack mounting plate and the 3 cable ties, ankle brace or loop strap.

- Trees:

Using the rack mounting plate and the 3 cable ties or loop strap.

- Doors:

Using the door stopper accessory.

- Walls:

Using the wall mounting plate.

- Columns:

Using the rack mounting plate and the 3 cable ties, ankle brace or loop strap.

- Fixed structures that can bear 660lb/300kg:

Using the rack mounting plate and the 3 cable ties or loop strap.

- Lampposts:

Using the rack mounting plate and the 3 cable ties or loop strap.

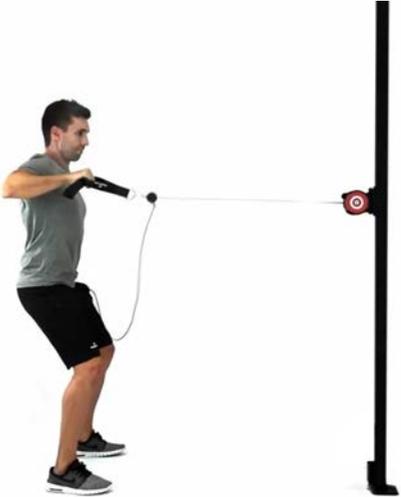
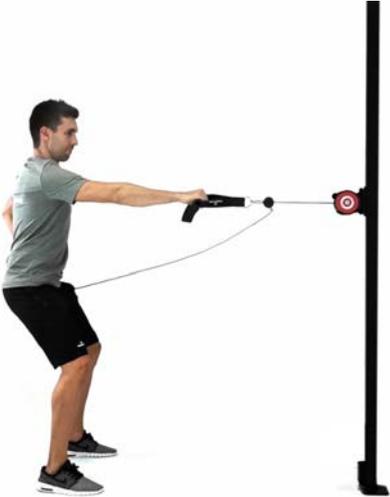
11. CORRECT POSITIONING.

Below are some examples of the correct positioning when doing the exercises:

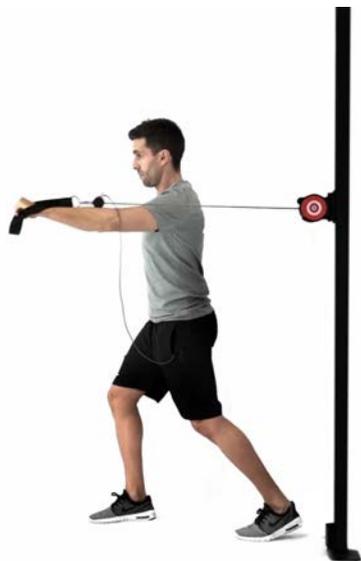
SQUATS:



UPRIGHT ROW



SINGLE-HANDED CHEST PRESS:



SIDE RAISE:



12. WARRANTY POLICY.

A. DEFINITIONS

1 Product: object of the sale between seller and buyer.

2 Manufacturer: Global Traktus S.L. (address: Calle Oporto 19, 36201 Vigo (Pontevedra), Spain).

3 Seller: Person or business who sold the product.

4 Customer/buyer: Person or business who bought the product.

5 Warranty: agreement between seller and customer, to regulate cases of malfunctioning or damaged product.

6 Malfunction: faulty product or part of it, not depending from customer fault and not being consequence of customer actions. The product bought does not match the performance it is supposed.

7 Performance: outcome the product is supposed to deliver, in terms of mechanic function of the product and its parts, accessories and components.

8 Damage: defect of the product, hidden or overt at the time of delivery, that makes it not matching with the product description of the seller, not depending from customer fault and not being consequence of customer actions.

9 Authorized service center: person or business authorized by the manufacturer or by a seller to receive, inspect, repair or substitute defective products.

10 Term: period since delivery, according to delivery terms, within which this warranty is valid.

11 Original parts, accessories and components: the ones manufactured by the manufacturer or by third authorized parts, and used according to his instructions.

12 Applying law: mandatory warranty regulations to be applied on the Territory according to the conditions of sale.

13 Agreement: the set of regulations stated in this document.

B. PROCEDURE TO CLAIM BUYER WARRANTY RIGHTS.

Buyer can claim his warranty rights within the Term period by contacting the Seller. Buyer should explain what happened to the product, describing the malfunction or damage and by sending photographs (or videos if so requested by the seller) of the product, in any cases, following the instructions of the buyer in order to clarify if there is a malfunctioning or damage of the product and, if so, if mentioned malfunctioning or damage is to be covered by the warranty.

If the seller finds the malfunctioning or damaged product is to be covered by the warranty, he will proceed according to the conditions detailed in this agreement.

If the seller finds the malfunctioning or damaged product is not to be covered by the warranty, according to limitations expressed in this agreement and/or by the applying law, will inform the buyer and suggest a quotation to repair or, at his only discretion, to substitute the malfunctioning or damaged part, quotation which acceptance is to be considered not binding for the buyer.

In our official website handygymfit.com you can find the master distributor contacts for your country, they will help you about how to use your warranty rights.

C. APPLICABILITY.

This Agreement applies only to the sale of products in new condition in the EU or in a market where a certified dealer is established.

D. PARTIES OBLIGATIONS.

Seller undertakes - except for the cases specified in paragraph 5 below - in case of malfunction or damage to the product to replace defective parts or, at his only discretion, to replace the defective or damaged product, within the Term period.

E. TROUBLESHOOTING.

Rectification of malfunctions, damages or delivery of replacement parts will take place within a reasonable time after the buyer notified the seller and, if so requested by seller, after the product have been made available for manipulation of an authorized service center. The reasonable time is determined by the nature of malfunction or damage, difficulties in determining causes, access to spare parts and engineering capacity.

F. LIMITATION OF SELLER / MANUFACTURER COMMITMENT.

Seller responsibility does not cover the product's consumable parts and wear parts such as, for example, cable, ropes, cords, snap hooks, welded metal rings, rubber parts and anti-shock parts.

The warranty does not cover what is considered as normal wear and tear, normal corrosion, or defects in paint or other coating, discoloring, chipping or rust.

Also, the buyer may not claim reparations or product substitutions for malfunctions or damages when the Term have expired or when caused by:

- Customer acts or third parties (not related with the seller) acts by using the product not according with the instructions of the user manual.
- The use without fulfilling all safety instruction as indicated by the manufacturer.
- The use of no original parts, components or accessories.
- Reparations, alterations or restoring not made by an authorized service center.
- The use of the product posterior to the detection of malfunction or damages by the customer.
- The use of the product in ways and for scopes for which it is not designed or sized.
- The use without normal care.
- Product abuse.
- The lack of the due maintenance as indicated by the manufacturer.

G. DEFINITION OF TERMS.

Warranty will be valid for a maximum Term of 24 months, depending on the malfunctioning or damaged parts, as follows:

- Main machine body and base (excluding discs): 24 months.
- Portable platform: 12 months.
- Discs: 12 months.
- All other accessories and parts: 6 months (except the ones excluded according to other paragraphs of this agreement).

These terms apply to the Warranty and to any implied merchantability warranty. If Applying law establishes a longer mandatory term for product warranties, for cases of malfunctioning or damaged parts, it will prevail on the 24 months term. All other warranty terms and limitations indicated will apply as stated in this agreement, except when the Applying law establishes a different mandatory term.

H. SHIPPING SAFETY AND FEES

For repair of extensive defects, the buyer shall bring the product to a designated service center. Buyer shall, after the malfunctioning or damage has been remedied, pick up the product from the seller or the designated service center. The product can also be dispatched by the buyer to the seller or to the designated service center. Such shipping and handlings, from and to an authorized service center, shall be at the buyer's sole risk and expense. Replacement parts which the buyer can be expected to replace on his/her own are delivered free of charge to the buyer.

I. LIMITATIONS OF LIABILITY.

For individual consumer, the limitation of liability will be according to the applying law. The buyer is therefore not entitled to compensation beyond what is covered according to paragraph 4. For commercial customers, manufacturer/seller liability is limited to what is stated in this agreement. The buyer, therefore, is not entitled to compensation for economic damages. Buyer is reminded, once again, the importance of the product being handled with care and in accordance with the operating manual's instructions.

HANDY GYM™



More information and tutorial videos:

www.handygymfit.com/starterguide



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