

JOHNSON®

喬山健康科技

纖腹美

弧形健腹機



使用說明書

AB TRAINER OWNER'S MANUAL

JOHNSON®

喬山健康科技

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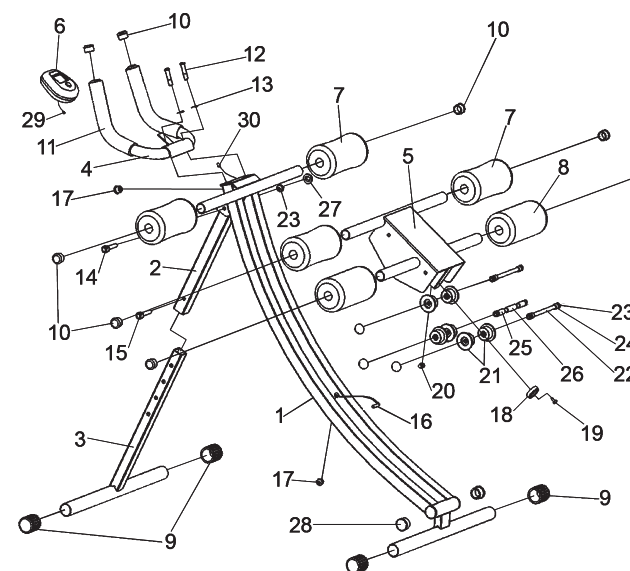
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感謝您購買 **JOHNSON®** 纖腹美 - 弧形健腹機，建議在組裝使用前詳細閱讀本使用說明書，以便正確操作和使用本產品。本使用說明書提供使用者安全及有效的操作方式；使用說明書請在閱畢後妥善收藏，以便日後查閱使用。

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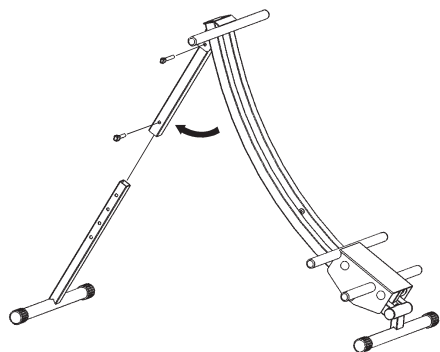


零件號	品名	數量	零件號	品名	數量
1	主車架	1	16	感應器含線	1
2	支撐管	1	17	線塞	2
3	前腳管	1	18	阻檔墊	1
4	扶手組	1	19	螺絲	1
5	滑座組	1	20	磁鐵含座	1
6	儀錶	1	21	滑輪	6
7	泡棉A	4	22	心軸	3
8	泡棉B	2	23	尼龍螺帽	7
9	腳管塞	4	24	套筒A	4
10	管塞	8	25	套筒B	2
11	扶手套	2	26	套筒C	1
12	扶手固定螺絲	2	28	管塞B	2
13	半圓華司	2	29	儀錶線下端	1
14	固定拉銷(長)	1	30	感應線上端	1
15	固定拉銷(短)	1			

組裝步驟

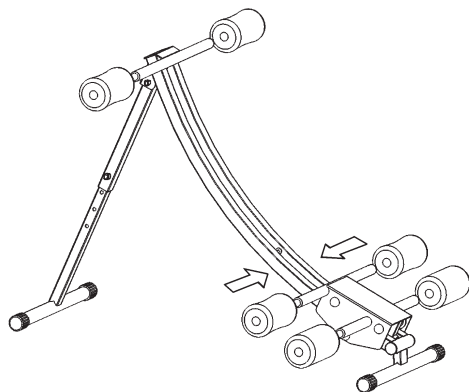
組裝1.

- A) 打開機器，將支撐管（2）前端扶正再將固定拉銷（14）插入主車架（1）的固定孔內。
- B) 將前腳管（3）插入支撐管（2）以固定拉銷（15）插入選定位置孔位後固定。



組裝2.

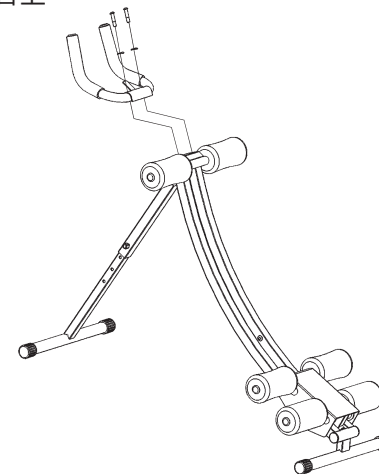
- A) 將泡棉A（7）套入主車架（01）的上支援管並安裝泡棉（7）與滑座（5）的前桿上。
- B) 將泡棉B（8）套入滑座（5）的後桿上



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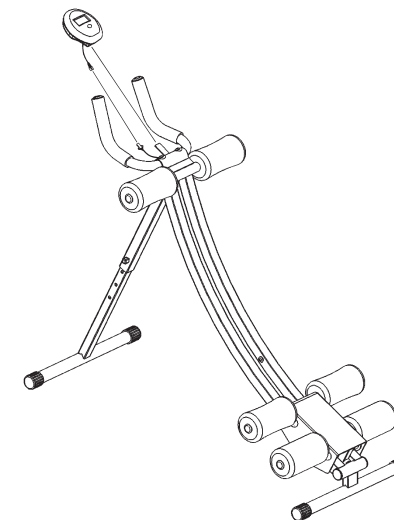
組裝3.

將扶手組（4）組裝在機台上，將扶手固定螺絲（12）和半圓華司（13）以六角板手鎖在機台上



組裝4.

將儀錶（6）及錶線下端（29）連接上端感應線（30）組裝在機台上即完成組裝步驟



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組裝說明

組裝完成



產品重量：約9.5 公斤

最大載重：100 公斤

組裝尺寸：97 x 45 x 89 公分

材料：鋼材、泡棉

儀錶使用說明

功能鍵

MODE/RESET (選擇鍵/歸零鍵)

每按一次可選擇每一功能之顯示，或按住 3 秒鐘使所有功能值歸零。



功能說明

STRIDES/MIN (次數/分鐘)：顯示每分鐘的運動次數

SCAN (掃瞄)：每 6 秒鐘自動依序轉換顯示各功能值於螢幕上

TIME (時間)：累計運動的時間上數至99:59

CALORIES (卡洛里)：累計運動中所消耗的卡洛里上數至9999卡

(這數值僅供各不同運動階段所消耗的卡洛里值之比較參考用)

COUNT (計次)：累計運動的次數

注意事項

1. 請確實檢查組裝完成方可使用，以策安全。
2. 開始運動即可使電子錶自動開機。
3. 電子錶於4分鐘內無訊號進入時，螢幕會自動關機，所有功能值歸零。
4. 電子錶所須電池規格為 #3 AA 1.5V*1個。
5. 假如電子錶發生異常，請將電池重放置並重新開機可改善問題。
6. 青少年或兒童使用時，應在成人監護下進行，以策安全。

產品保固

注意事項

- * 本保證卡未加蓋公司章或內容填寫不完整、遺失、篡改或字跡無法辨識，視同失去保證效力（如提出原始發票或經銷文件足以證明購買日期者，不在此限）。
- * 維修時請出示本保證卡。
- * 保證期限內，請聯絡本公司授權之維修據點檢修。
- * 保證卡僅此一份，請妥善保存。
- * 保固區域以台灣（不含外島及國外）地區為準。

保證期間內因下列情況發生將收取相對費用

- * 產品因用戶不當使用、保管與維護之故障。
- * 產品非經本公司授權之維修人員檢修、自行拆卸、改裝造成之故障。
- * 產品遭受雷電火災、地震等自然災害及公害等其他外部因素所造成之損害。
- * 不能提供保證卡或保證卡上所填寫之機器型號、序號與待修產品之型號、序號不同。
- * 產品外觀因使用造成污舊者。
- * 如經公司服務人員判定非屬於商品故障所做的服務，公司得收取基本工時及寄送等費用。
- * 使用於營業地點或公共場所（非家用）之商品。

保證期限

- * 本產品自購買日起，保固一年，由於製造上之原因所發生之故障，可免費維修，周邊配件及耗材除外。

JOHNSON® 產品保固卡

【請妥善保管，遺失或損毀均不再補發】

購買日期：_____

機器型號：_____

條形碼：_____

經銷商蓋章：

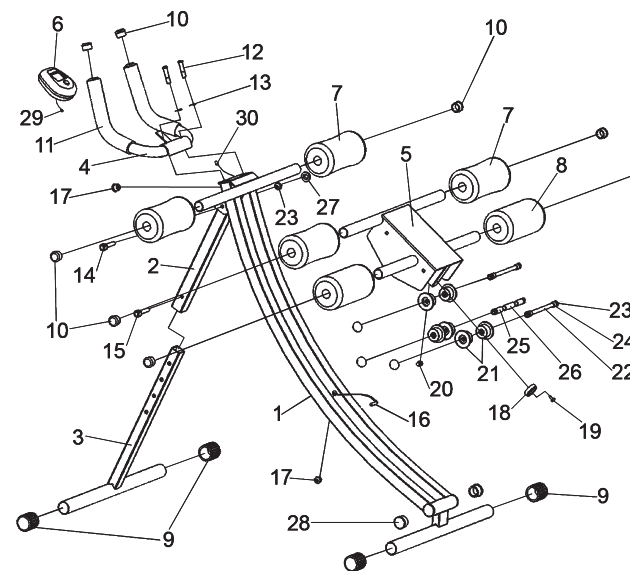
JOHNSON® AB Trainer

Please read and save all instructions before assembling or using this AB Trainer. Save this owner's manual for future reference.

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Component List

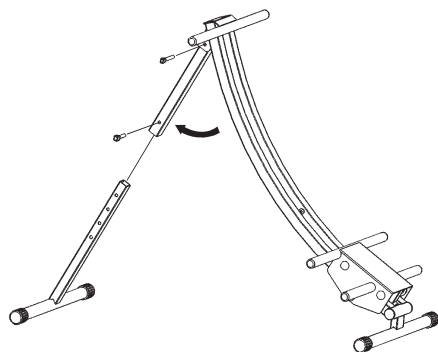


NO	Description	Q'TY	NO	Description	Q'TY
1	Main Frame	1	16	Sensor with Wire	1
2	Front Support Post	1	17	Wire plug	2
3	Adjusting Foot	1	18	Cushion Pad	1
4	Handle Set	1	19	Fixing Screw	1
5	Sliding Base	1	20	Magnet with Housing	1
6	Computer	1	21	Roll Set	6
7	Foam A	4	22	Axle	3
8	Foam B	2	23	Nylon Nut	7
9	Foot Cap	4	24	Bushing	4
10	Round End Cap (Φ1")	8	25	Bushing	2
11	Handle Grip	2	26	Bushing	1
12	Allen Bolt	2	28	Round End Cap	2
13	Curve Washer	2	29	Computer Lower Wire	1
14	Pin A	1	30	Sensor Upper Wire	1
15	Pin A	1			

STEPS

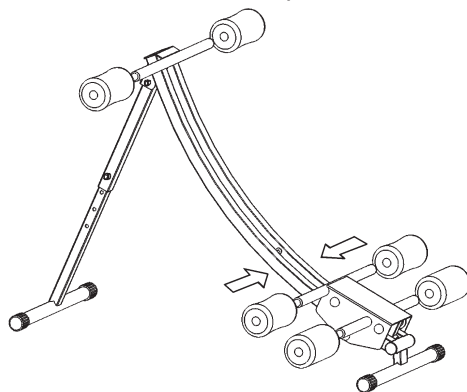
Assembly Step 1

- A) Open the machine, hold the front support post (2) to front side then insert the pin (14) into the hole of the front bracket of main frame (1).
- B) Insert the adjusting foot (3) to the front support post(2) and lock with pin B (15) at your desired location.



Assembly Step 2

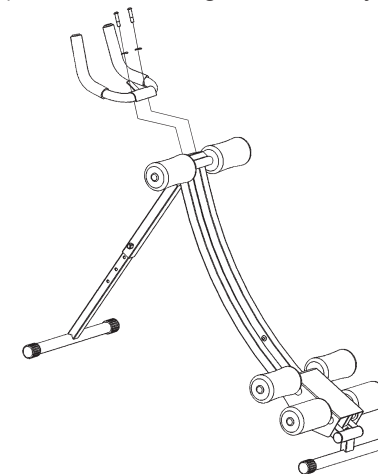
- A) Insert the foam A (7) into the front tubes of main frame (01) and install the foam A (7) to the front bars of sliding base (5).
- B) Do the same of the foam B (8) to the rear bars of sliding base (5).
REMARK: If it is difficult to insert foam, please add some soap water on the tube



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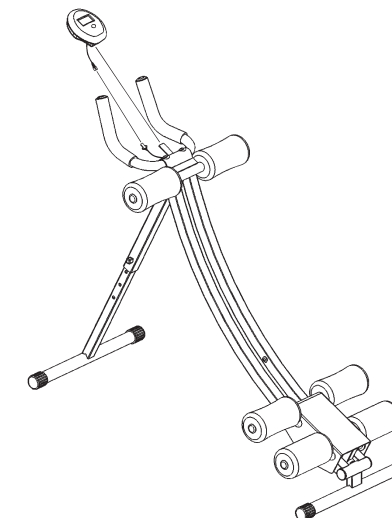
Assembly Step 3

Attach the handle Set (4) to the main frame (1). Lock with curve washer (13), allen bolt (12) and fasten using the Allen key.



Assembly Step 4

Slide the computer (6) into the bracket of handle set (4), then connect the computer lower wire (29) with sensor upper wire (30).



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Assembly

YOU ARE DONE !



Product Weight : 9.5 kg
Max. User Weight: 100 kg
Overall Dimension : 97 x 45 x 89 cm
Material : Metal, Foam Grip

Console Operation

FUNCTION BUTTON

MODE

Press to select functions preset, or hold on can be total reset for all function values



FUNCTIONS

STRIDES/MIN : Displays numbers exerciser strides every minute.

SCAN : Automatically scan through each function in sequence for every 6 seconds.

TIME : Accumulates total working time up to 99:59.

CALORIES : Accumulates calories consumption during exercise, max values is 9999 cal.

(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment).

COUNT : Accumulates total numbers of stride during working session.

NOTE

1. When there is signal in, the monitor is auto power on.
2. Without any signal for a period of 4 minutes, the LCD display will shut off automatically, and all previous working values are total reset.
3. Battery spec: 1.5v aa (1pc).
4. If improper display on monitor, please re-install the batteries to have a good result.

Product Warranty

Warranty Period

The warranty card applicable warranty period of 12 months commencing from the date of purchase., during the said applicable warranty period, Johnson Fitness (M) Sdn. Bhd ("hereinafter referred to as We, Us and Our") will furnish without charge labour, and/or replacement parts (or pay for same) necessary to repair or replace the product specified under the warranty card ("Product") due to defects in the material or manufacturing faults subject to the terms and conditions hereunder.

Limitations Of Coverage (This warranty does Not Cover)

- * Any product purchased outside malaysia.
- * We reserve the rights to charge you for any reasonable and applicable costs and expenses relating to or arising out of the repair or replacement under these excluded circumstances.
- * This limited local warranty does not cover minor imperfections in products that meet design specifications or imperfections that do not materially alter functionality.
- * Damage, fault or failure due to alteration or repairs made by anyone other than us, or the use of supplies and accessories other than those manufactured by us.
- * Damage, fault or failure due to causes beyond our control including, failure to operate or use the product according to instructions, accident, mishandling, misuse, theft, fire, lightning and flood.
- * Normal wears and tears such as scratches, dents, rust, and stains. Damages, fault, failure, imperfections, caused by abuse, tampering, illegal use, negligence, prolonged use or operation.
- * Products that are leased, rented, used exceeding normal limits, commercial used, used continuously and/or subject to abuse, unreasonable, abnormal or extreme operations.

Notes

- * The Product when covered under this warranty shall include only its original configuration, design or specifications.
- * To be eligible for the warranty coverage, (i) You shall fill in this form with complete information and stamp chop by our authorized dealers or retailers (ii) show valid proof of purchase as and when required. Please note that Products without this warranty card, without valid proof of purchase and/or with proof of purchase that has been altered or illegible, shall be deemed to be outside the cover of this warranty.
- * We reserve the right to impose charges for services on the Product which are outside the cover of the warranty. We also reserve the right to decline to provide service where the Product is obsolete, no longer deemed serviceable or replaceable for any reason.
- * This warranty is good only to the Product whose serial and/or model number corresponds with the Product specified under the warranty card.
- * Warranty card will deem as invalid due to missing information.
- * Our decisions regarding all matters concerning this warranty shall be final and binding.

Place Of Service & Cost

Method	Cost
Post	Faulty products must be delivered in its original packaging (including accessories, manuals, and documentation) to Johnson Fitness (M) Sdn. Bhd. Lot 557D, Jalan Subang 3, Subang Industrial Estate, 47610, Subang Jaya, Selangor. Delivery costs covered by customer. Johnson Fitness will only cover delivery costs of replacement product to customer within Klang Valley only.
Carry-In	Faulty products must be delivered in its original packaging (including accessories, manuals, and documentation) to Johnson Fitness (M) Sdn. Bhd. Lot 557D, Jalan Subang 3, Subang Industrial Estate, 47610, Subang Jaya, Selangor or send to our authorized dealers and retailers in Malaysia



Product Warranty Card

Date of Purchase: _____

Model No: _____

Authorised Retailer or Dealer's Stamp Chop:

A large, empty rounded rectangular box with a thin black border, intended for an authorized retailer or dealer's stamp or chop.