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› Speediance Gym Pal Pro Max Smart Home Gym Instruction Manual

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Model: Gym Pal Pro Max | Brand: Speediance

1. INTRODUCTION

The Speediance Gym Pal Pro Max is a compact, all-in-one smart home gym designed to provide comprehensive full-body training. Featuring AI guidance and digital resistance, this device allows users to perform a wide range of exercises efficiently within a limited space. Its user-friendly design ensures easy setup and storage, making it an ideal solution for home fitness.

2. SETUP

The Speediance Gym Pal Pro Max is designed for immediate use with no assembly required. Simply unbox the unit and place it on a stable, flat surface. The compact design allows for flexible placement in various home environments.



Image: The Speediance Gym Pal Pro Max demonstrating its compact storage options, fitting under furniture or standing upright against a wall. It features built-in casters for easy movement.

2.1 Initial Placement

- Choose a clear area with sufficient space for your intended exercises.
- Ensure the unit is placed on a level and stable floor to prevent movement during workouts.

2.2 Connecting to the App

Download the dedicated Speediance application from your device's app store. Follow the on-screen instructions within the app to pair your Gym Pal Pro Max via Bluetooth. The app will guide you through the initial setup and calibration process.



Image: A user navigating the Speediance mobile application, which offers a variety of workout programs and tracks performance data.

3. OPERATING INSTRUCTIONS

The Speediance Gym Pal Pro Max offers a versatile training experience with adjustable digital resistance and AI guidance.

3.1 Adjusting Digital Resistance

The device features a smart ring for one-touch adjustment of resistance. The digital load can be precisely set from 2 kg (approximately 4.5 lbs) up to 100 kg (approximately 220 lbs) directly through the smart ring or the

companion app. This allows for fine-tuning the intensity of your workouts.



Image: A user demonstrating a deadlift with the Speediance Gym Pal Pro Max. An inset highlights the smart ring, which allows for intuitive, one-touch digital resistance adjustment up to 100kg.

3.2 Utilizing AI Guidance and App Features

The dedicated app connects to your Gym Pal Pro Max to provide AI-driven workout guidance and track your progress. It offers over 100 types of training menus and high-quality interactive tutorials to ensure correct form and maximize effectiveness.

- **Workout Tracking:** The app records your workout content and progress, allowing you to monitor your performance over time.
- **AI Analysis:** AI analyzes your muscle strength and suggests optimal weights and repetitions for various exercises.
- **Tutorials:** Access a library of over 100 high-quality interactive tutorials to learn and perfect different exercises.
- **Custom Workouts:** Create customized workout routines and engage in free lifting sessions.

AIがあなたの筋力を分析

最適な重さと回数を提案します



Image: A user performing squats with the Speediance Gym Pal Pro Max. The image includes graphical overlays illustrating AI analysis of range of motion and workout power, demonstrating the smart features.

3.3 Exercise Variety

The dual-pulley structure of the Gym Pal Pro Max supports a wide range of movements, covering over 60 types of full-body training. This includes exercises for arm curls, presses, squats, bench presses, lat pulldowns, and more, targeting up to 90% of your muscle groups.

スクワット、ベンチプレス、ラットプルダウンまで対応 全身60種以上のトレーニングをカバー



Image: A collage of images showcasing various exercises possible with the Speediance Gym Pal Pro Max, targeting different muscle groups such as glutes, lower body, arms, chest, shoulders, and back.

3.4 Quiet Operation

The Gym Pal Pro Max features a quiet design, allowing you to train at any time without disturbing others.

静音設計で 24時間いつでもトレーニングOK



Image: A user performing squats and rows with the Speediance Gym Pal Pro Max. A mute icon indicates the device's quiet operation, suitable for 24-hour training.

4. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your Speediance Gym Pal Pro Max.

- **Cleaning:** Wipe down the unit with a soft, damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Storage:** Store the unit in a dry, cool place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage, either horizontally or vertically.
- **Cable Inspection:** Periodically inspect the cables and attachments for any signs of wear or damage. If any damage is found, discontinue use and contact customer support.

5. TROUBLESHOOTING

If you encounter any issues with your Speediance Gym Pal Pro Max, please refer to the following common troubleshooting steps:

- **Device Not Powering On:** Ensure the unit is fully charged. Connect it to a power source and allow it to

charge for at least 30 minutes before attempting to power it on again.

- **App Connectivity Issues:** Make sure Bluetooth is enabled on your mobile device and that the Gym Pal Pro Max is within range. Try restarting both the device and the app.
- **Resistance Not Adjusting:** Check the smart ring for any obstructions. Ensure the app is properly connected and that you are adjusting the resistance within the allowed range (2kg-100kg).
- **Unusual Noises:** If you hear any unusual noises during operation, stop using the device immediately and inspect the cables and pulleys for any foreign objects or damage. Contact customer support if the issue persists.

For further assistance, please contact Speediance customer support.

6. SPECIFICATIONS

Feature	Detail
Brand	Speediance
Model Number	Gym Pal Pro Max
Color	White
Material	Plastic
Tension Level / Recommended Max Weight	100 kg (220 lbs)
Grip Size	Medium
Included Components	1 x Gym Pal Pro Max
ASIN	B0CFY37BWJ

7. WARRANTY AND SUPPORT

Speediance is committed to providing high-quality products and excellent customer service.

- **Warranty Period:** The main unit of the Speediance Gym Pal Pro Max is covered by a 2-year warranty. Accessories are covered by a 1-year warranty.
- **Initial Defects:** In case of initial defects, please contact our customer support immediately. We offer support from our domestic warehouse.
- **Contact Support:** For any questions, technical assistance, or warranty claims, please refer to the contact information provided with your product packaging or visit the official Speediance website.