

RAYOFI

PORTABLE GYM



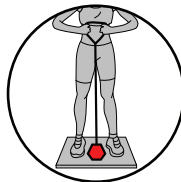
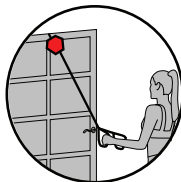
Video Guide



**THE SMARTEST,
MOST VERSATILE
GYM EQUIPMENT
YOU'LL EVER OWN!**

USER MANUAL

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www.rayofi.com

1. INTRODUCTION

Welcome to Rayofi! We are the most revolutionary brand dedicated to helping people improve their fitness. At Rayofi, we harness cutting-edge technologies to bring you innovative solutions, such as our groundbreaking smart ring and this versatile Rayofi Go-Tone portable gym. Our mission is to empower you to achieve your fitness goals anytime, anywhere. Elevate your fitness journey with Rayofi!

2. About the GO-TONE muscle training device

The Go-Tone is a versatile gym exercise machine with smart, adjustable resistance control. While traveling, or enjoying a day at the beach or park, carrying heavy weights and bulky gym equipment isn't practical. However, the Go-Tone offers up to 30 kg of resistance in a device that weighs just 0.7 kg and measures less than 30 square cm. This remarkable resistance is powered by our built-in motor, which expertly controls both concentric and eccentric movements for a comprehensive workout.

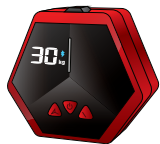


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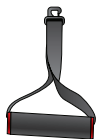
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Product Overview

1. Inside the box



Go-Tone
Pump



Pull Rope
Handle
(hooks to the
rope)



Door
Anchor



Ground fix
pad



Ankle Strap

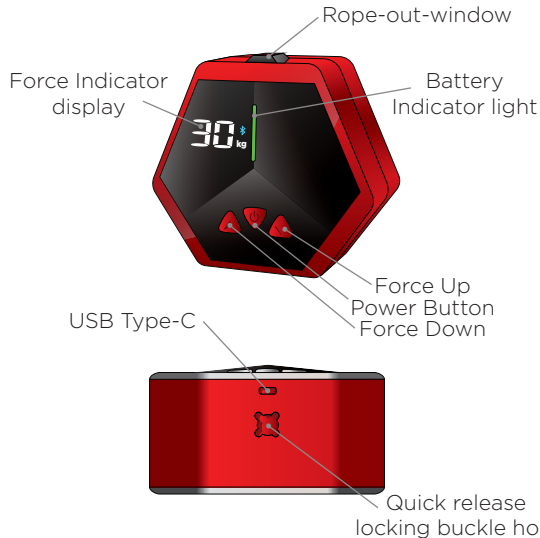


Strap to attach
GO-TONE Pump



USB Charge
Cabel

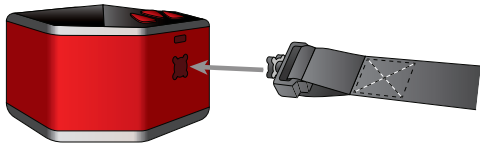
2. Product Features



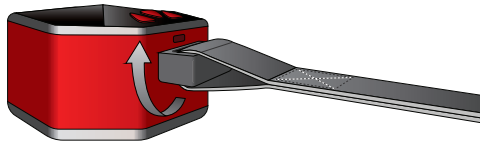
How to Use

1. Secure the Fastener:

1. Insert the cross-headed fastener fully into the cross-shaped lock hole on the device's body.



2. Turn the fastener clockwise. Then verify that the fastener is completely fixed inside the GO-TONE Pump



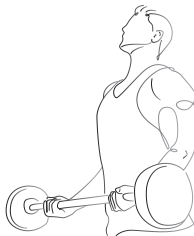
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1. Power On and Operation:

1. Long press the power-on button
2. When powered on, the motor will automatically retract the rope into the device.
3. To stop the rope from retracting, gently pull it in the opposite direction.

2. Charging:

1. The charging port is Type-C.
2. It takes approximately 2 hours to fully charge.
3. One full charge gives at least 90 minutes of training.
4. The device is fully charged when the green LED strip is steadily illuminated.



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EXCERSISE SUGGESTIONS

There are many ways to use the Go-Tone to keep your muscles strong and build new ones. Check out our YouTube channel for videos and examples:

<https://www.youtube.com/@RayofiSolar>

Here are some of the primary muscle groups that can be trained using the GO-TONE:

Upper Body

1. Chest (Pectorals)

1. Cable chest press
2. Cable flyes

2. Back (Latissimus Dorsi, Rhomboids, Trapezius)

1. Lat pulldowns
2. Seated cable rows
3. Face pulls

3. Shoulders (Deltoids)

1. Cable shoulder press
2. Lateral raises
3. Front raises

4. Arms

1. Biceps: Cable curls, hammer curls
2. Triceps: Tricep pushdowns, overhead tricep extensions

Core

1. Abdominals

1. Cable crunches
2. Woodchoppers

2. Obliques

1. Cable side bends
2. Russian twists with cable

Lower Body

1. Legs (Quadriceps, Hamstrings, Glutes)

1. Cable squats
2. Cable lunges
3. Glute kickbacks

2. Calves

1. Standing calf raises with cable resistance

Comprehensive Exercises

1. Functional Movements

1. Cable crossover
2. Cable punches
3. Cable rotations



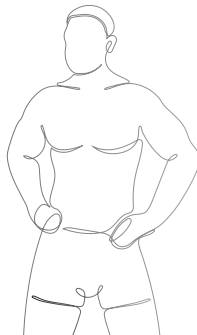
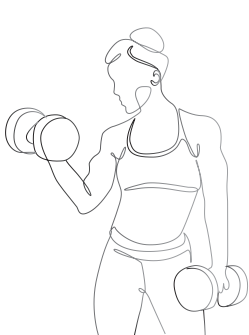
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APP SUPPORT

The Rayofi GO-TONE comes with a companion app designed to enhance your fitness experience. With the app, you'll have access to:

- **Instructional Videos:** Learn how to use your GO-TONE effectively with step-by-step guides.
- **Progress Tracking:** Monitor your fitness progress and see how far you've come.
- **Data Analysis:** Get insights into your workouts with detailed data analysis.
- **Target Setting:** Set and achieve your fitness goals with personalized targets.

Please note that the app is currently in the testing phase. It will be available in the Android and Apple stores soon. In the meantime, you can download the Android version of the app from our website:



Safety Information

General Safety:

- Turn off the device promptly when you stop using it.
- Do not insert fingers or foreign objects into the device opening to avoid damage.
- Do not cover the interface of the equipment or touch the cable and band during use to avoid damage.

Medical Device Interference:

- The device contains magnets that may interfere with implanted medical devices or personal medical devices, such as pacemakers, cochlear implants, and hearing aids. Please observe the manufacturer's restrictions for these devices.
- Maintain a distance of at least 15 cm (6 inches) from implanted medical devices when using this product.

Device Handling:

- Do not disassemble the device yourself. Improper use or incorrect handling may reduce the product's lifespan or cause damage. Any resulting issues will not be covered by the warranty or the manufacturer's responsibility.

Environmental Precautions:

- This product is not waterproof. Avoid exposing it to water, fire, sand, dust, extreme temperatures (above 45°C or below -20°C), and other harsh environments.
- Keep the device and its accessories out of reach of children.

Cleaning and Maintenance:

- Clean the surface with a dry, soft cloth. Do not use chemicals, soap, or detergent.
- Regularly charge the device (at least once every 3 months) to maintain its long service life.

Usage and Safety:

- If improper use or failure to follow warnings results in personal injury or property damage, the user will bear all consequences, and the company will not assume any legal responsibility.
- Non-professional personnel should not disassemble this product.
- Avoid strong physical actions, such as dropping, knocking, throwing, trampling, or squeezing the device.
- Do not use or charge the device if it shows signs of damage.

Physical Health:

- Pay attention to your physical state. Seek professional fitness advice if needed.
- Use the product in a safe manner to avoid bodily harm. The company will not be responsible for injuries caused by improper use.

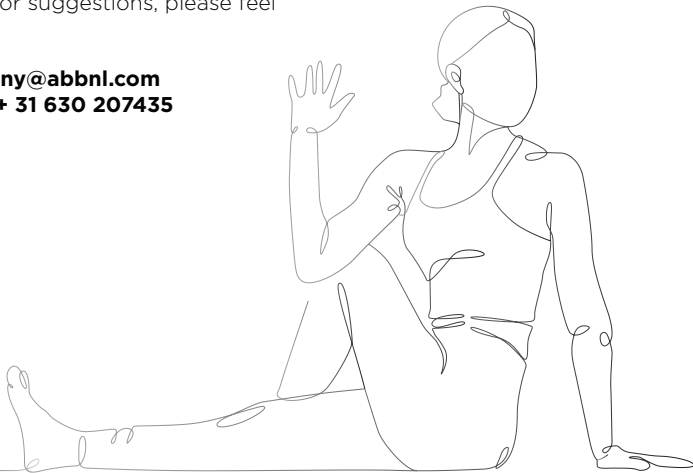
AFTERSALES SERVICE

Thank you for trusting Rayofi and choosing the Go-Tone for your fitness journey. We hope you are fully satisfied with your new training device. Should you have any questions or suggestions, please feel free to reach out to us:

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WhatsApp: + 31 630 207435

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