



GYM PAL

Interactive Multi-Media Digital Fitness Equipment



GYM PAL

Product Manual

Contents

Safety Warnings

P 26

Prohibitions / Musts / Notices



1 Product Overview

Overall diagram of product

P 29

Diagram of product accessories

P 30

First use

P 32



2 Operation Method

Handle

P 36

Bluetooth Controller Ring

P 36

Mobility and Storage

P 37

3 Parameters and Maintenance

Parameters	P 39
Cleaning and maintenance	P 40
Common Faults and Troubleshooting	P 41

4 Warranty and Service

Warranty scope	P 43
Maintenance services	P 72

Safety Warning

⊘ indicates "prohibitions"



NO FLAMMABLES



NO DAMP



NO OPEN FLAME



NO CHILD
OPERATION



NO INFERIOR
EXTENSION SOCKET

- When removing the plug, do not pull the power cord, and instead, hold the plug firmly and pull it out directly from the socket. For the sake of use safety, please prevent the power cord from being damaged, and if the power cord is damaged or the plug is worn, stop using the product. If the power cord is worn or damaged, please get it replaced at the service station designated by the manufacturer.
- Neither disassemble or modify electronic elements such as circuit boards without permission, nor damage them. Please get the product maintained by professional maintenance personnel. If the power cord is damaged, please get it replaced by the manufacturer, its maintenance department and professional maintenance personnel to avoid danger.

! indicates "musts"



GROUND REQUIRED



PROFESSIONAL MAINTENANCE
PERSONNEL REQUIRED

- Please use the standard three-pin power socket with a rated current above 10A, and do not share it with other electrical appliances. Keep the power plug in good contact with the socket, otherwise it may lead to fire hazard. Please ensure that the grounding electrode of the socket has a reliable grounding wire.
- This product is to be supplied by 100-240V~50-60Hz AC power, and if the voltage fluctuation exceeds the specified range, it will lead to product failure or damage. Under such a circumstance, an automatic voltage regulator above 2000W should be equipped for utilizing.

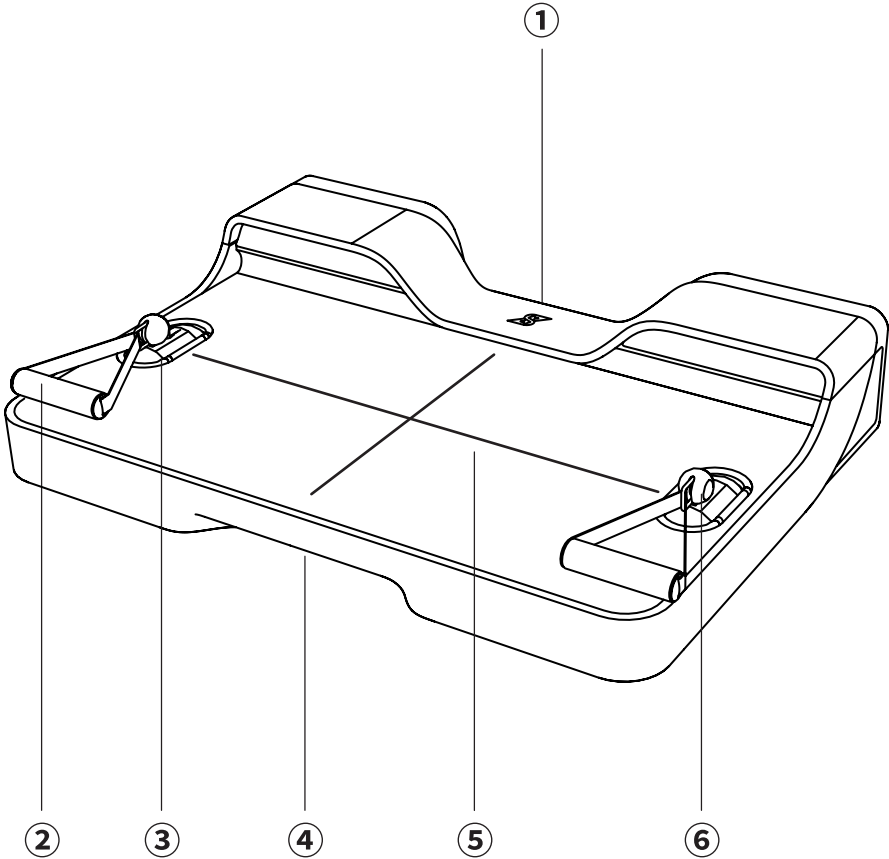
- When flammable gas (such as gas) leaks, close the leaking valve, open the doors and windows, and do not pull out the plugs of the product and other electrical appliances, as electric spark may occur and cause fire at this time.
- Do not use flammables, explosives, liquid and corrosives near the product to avoid product damage or fire accident. Do not place or use combustibles near the product to prevent conflagration.
- When the discarding the product, please send it to the designated recycling station for disposal to keep away from children and accidents.
- Place the product in an open area without any obstacles around.
- Do not clean the product by water spraying or rinsing, and do not place the product in a damp place or a place in which it can be splashed with water, so as to guarantee its electrical insulation function of the product.

indicates "notices" that may cause minor injuries or property losses

- For the sake of safety, it is recommended not to place other items than those recommended by the supplier on the product.
- After use, make sure that the product is off or standby, and do not stretch your hand out into the small gap to avoid finger pinching. Release the accessories as gently as possible to avoid injury.
- To avoid unexpected accidents, prevent the children from accessing the product, pulling wires, handles and other mechanical structures, or operating the power button without the attendance of adult.
- In case of power failure or cleaning, remove the power plug, and if the power supply is to be connected again, wait for 5 minutes at least to prevent motor damaging or other electronic component damaging resulted in continuous starting-ups.

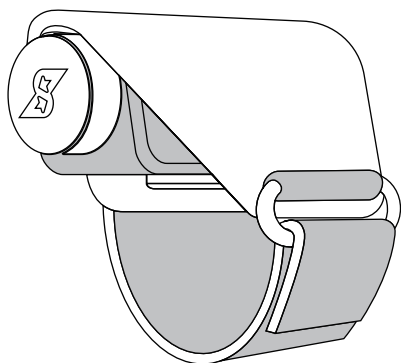
1 Product Overview

Overall diagram of product

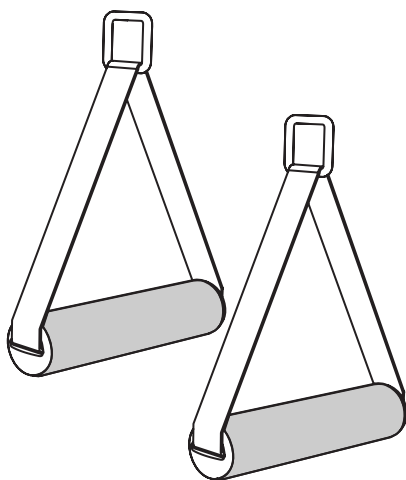


- ① on-off switch
- ② Handle
- ③ 360-Degree Pulley
- ④ Finger Groove
- ⑤ Platform Mat
- ⑥ Ball Connector

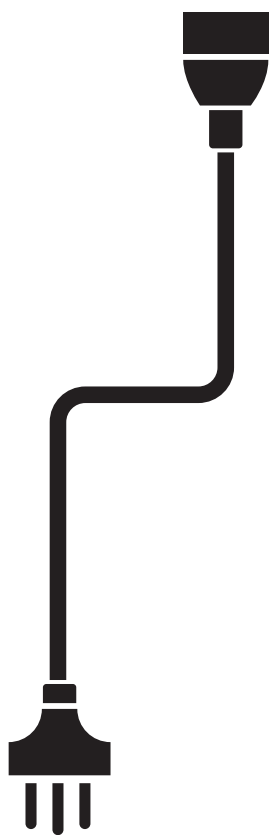
Diagram of product accessories



Bluetooth Controller Ring



Handle ×2



Power Supply
Cable

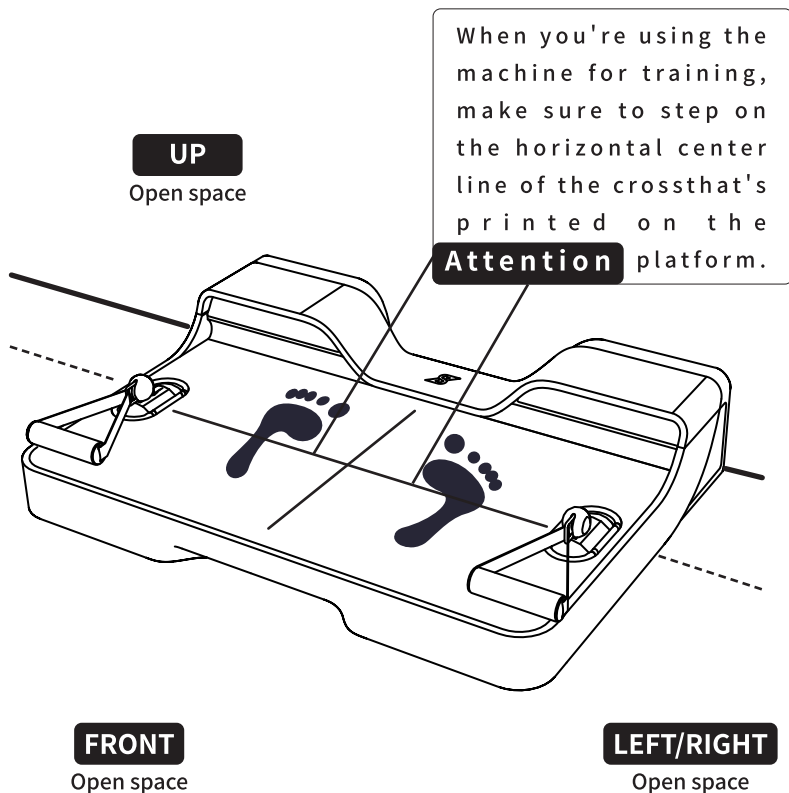
First use

Before first use, remove all packaging materials including outer carton, PE foam and gummed paper bag, etc., and tear off the protective film on the product, if any.

Place the product in an indoor well-ventilated place with flat and solid ground

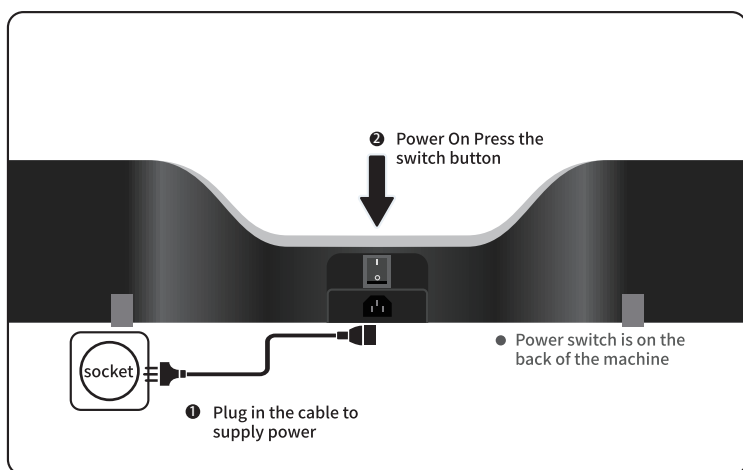
Keep the product away from heat sources and prevent it from being exposed to direct sunlight. Do not place it in wet or watery places, so as to prevent rust or degradation of insulation effect.

Considerations for placement



- Be sure to place the product on the ground, with an open space reserved above its top, and no other obstructions on both sides of the product.
- Except for rear side, reserve an open space in front, on left and right and above the top of the product to facilitate the normal use and avoid injury.
- Place the product in a dry environment, and do not use it outdoors.

Power supply connection and power-on



- After the product is turned on with power supply connected for the first time, rest it for 5-10 min to check the product for appearance defects or unusual operating noise, and if any abnormality is found, turn off the power supply, and contact the after-sales service personnel.
- After power-on, verify that the environment around the product meets the use standard, and the footboard is flat without tilting.
- After the above inspections and confirmations can the product be used.

To pair the machine, follow these steps

1. Download the SPEEDIANCE APP.

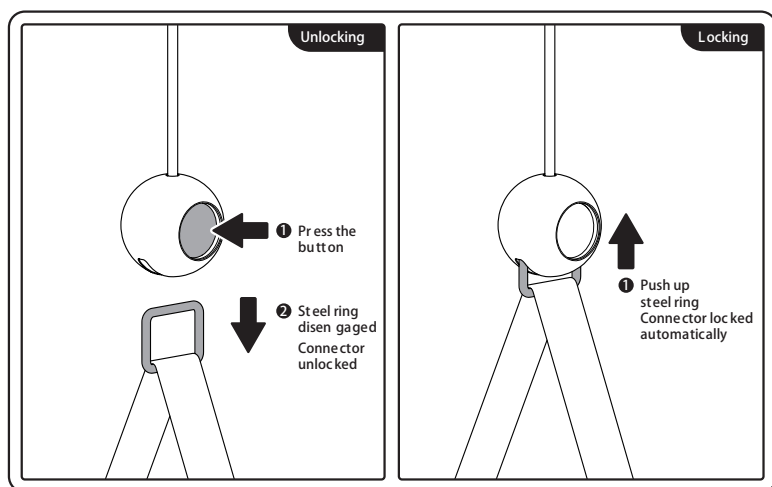
2. To add devices, click on the [+] icon located at the top right corner of the home page of the APP.

3. Add a device by either automatically searching or manually scanning the QR code on the warranty card.



4. If the pairing or connection fails, the app will display the reason for the failure. If you encounter any issues while pairing or connecting, please contact our aftersales team for assistance. Once the pairing is successful, you can start your training.

Replacing accessories

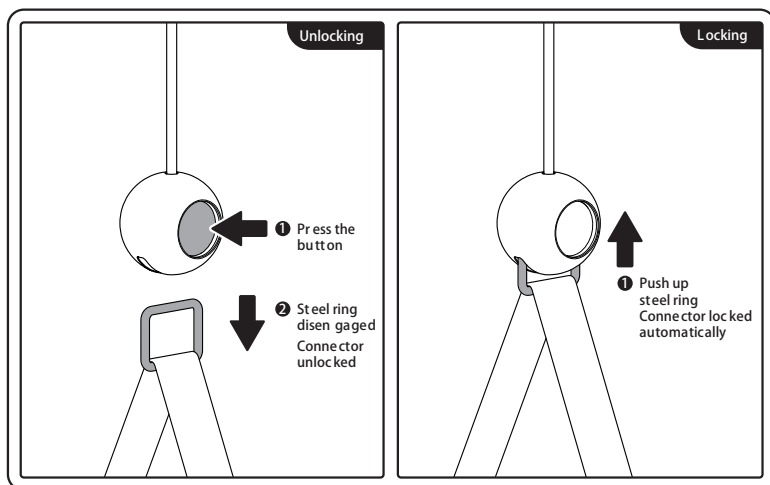


- The connector is compatible with all accessories
- If the connector becomes loose, stop using the product immediately and contact the after-sales service personnel of SPEEDIANCE for treatment.

2 Operation Method

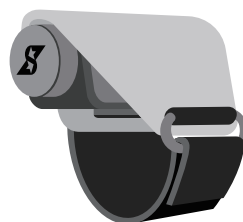
Handles

- Ensure that both handles have a finished appearance before attaching them to the ball connector. Once they are securely fixed, you may proceed without any further issues.



Bluetooth Controller Ring (BCR)

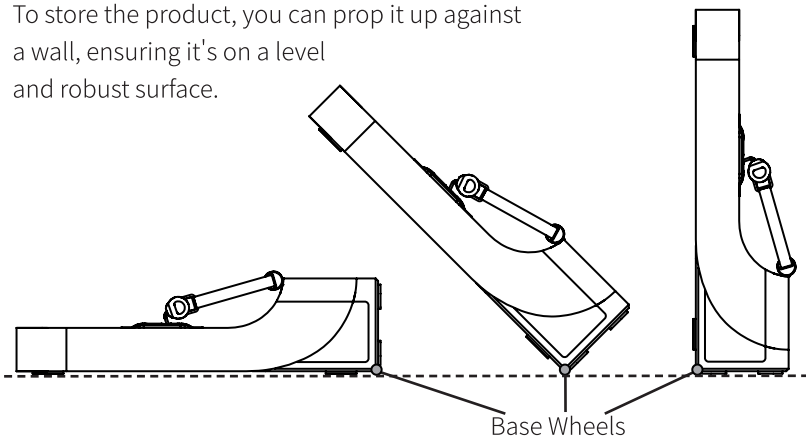
- To use the BCR, first, check that it has a smooth and polished look. If you spot any damages, do not hesitate to reach out to our after-sales team for assistance.
- To wear the ring, place it on the second joint of your index finger. Then, press the bottom of the ring to establish a Bluetooth connection with the device you want to control.
- For additional information on how to operate the BCR, refer to the manual provided.



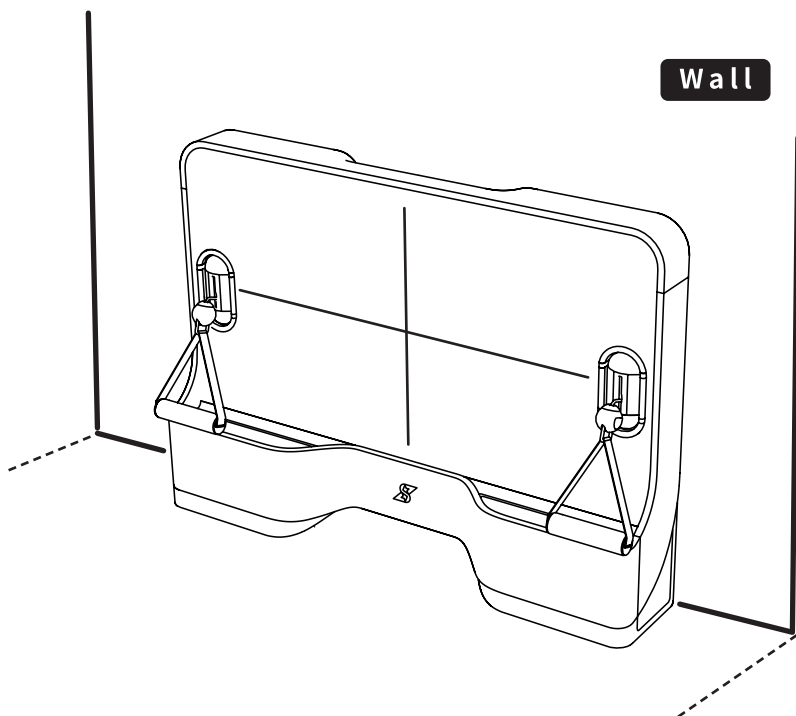
If you come across any challenges that are difficult to troubleshoot, don't hesitate to reach out to our after-sales team for support.

Mobility and Storage

- For mobility, you can use the finger groove to lift the machine and lower the base wheels onto the ground.
- To store the product, you can prop it up against a wall, ensuring it's on a level and robust surface.



- Demonstrations.



3 Parameters and Maintenance

Parameters

⚠ Notice

The parameters given in this table are for reference only, and in case of any conflict with the data on the nameplate of product, the data on the nameplate shall apply.

Parameters of main unit	
Name	GYM MAL
Overall dimensions	0.82*0.59*0.156m
Weight	25KG
Rated current	8A
Rated power	1800W
Noise	65dB
Bluetooth	BLE5.0
Accessories	handle*2、Controller Ring
model	PAL220A1100C12

Cleaning and maintenance

Notice

This section describes the safety precautions and their importance to prevent personal injury or property damage to users or others. Please read the text with a full understanding of the following (signs, pictograms), and be sure to follow the safety precautions described below.

Notice

Before cleaning the product, please remove the power plug.

Cleaning

- Please clean up the dust on the back of the product and on the ground as scheduled to improve the heat dissipation effect and save energy.
- When cleaning the product, please use a soft towel or sponge dipped in clear water or non-corrosive neutral detergent, and finally wipe it with clean water and dry it with a dry cloth. After cleaning, do not turn on the power supply until the product is naturally dried.
- During cleaning, prevent water droplets flowing into the gaps of product, otherwise, short circuit or electrical element burning may occur.
- When cleaning accessories, please use a soft towel or sponge dipped in clear water or non-corrosive neutral detergent, and finally wipe it with clean water and dry it with a dry cloth. After cleaning, do not use the accessory until it is naturally dried.

Warning

Do not use hard brushes, steel wools, steel brushes, abrasive compounds (such as toothpaste), organic solvents (such as alcohol, acetone, banana oil, etc.), boiled water, and acid and alkaline substances to clean the product. Otherwise, the surface of the product will be damaged.

Notice

Do not rinse the product with water, otherwise the electrical insulation performance will be affected.

- When the product is to be out of use for a long time: remove the power plug to avoid electric shock or fire due to aging of the power cord.

Common Faults and Troubleshooting

Treatment of problems other than faults

⚠ Notice

If no fault is identified after inspection but the product still malfunctions, please cut off the power supply and contact the after-sales service personnel of SPEEDIANCE.

Troubleshooting of Common Faults

Symptoms	Possible cause(s)	Solution(s)
Main frame not working	● Power cord disconnected or power plug not fully inserted ● Low voltage, power outage or partial power cut.	● Firmly insert the power plug ● Ask professional electricity maintenance personals for help
Heavy motor noise	● Uneven ground ● The product is not placed evenly	● Place the product on even ground ● Remove objects in contact with the product
Uneven stepboard	● Uneven ground ● The product is not placed evenly	● Place the product on even ground ● Remove objects in contact with the product
Fans working after the product is turned off	● A too high room temperature requires more dissipation time ● High temperature after usage	● This is a normal situation. Let it be.
Wobble	● Uneven ground ● Unlocked or half-locked stepboard	● Place the product on even ground ● Push the quick release lever to the lowest level for complete lock-in
Accessories not working	● Running out of battery	● Charge the battery
High temperature of motor compartment	● High room temperature ● Long time usage	● This is a normal situation. Place the product somewhere ventilated.
For regular software issues, please check and seek solution in "Profile".		

4 Warranty and Service

Warranty scope

Notice

The warranty starts on the date that the product is purchased and is valid for 24 months for the machine and 12 months for accessories. Customer must provide valid proof of purchase for warranty. Replacement parts are available for sale after the warranty period is over.

Warranty service will not be provided for the parts as:

- Damage caused by improper use, improper maintenance, or improper storage and force majeure.
- Normal wear and tear.
- Damage caused by unauthorized repairs of the product.
- Re-sold / second-hand items.

You can apply for our product warranty service if there is a performance failure during the valid warranty period, please send email to **service@speediance.com**, we will get back to you as quickly as possible.

If there is a quality issue, please contact us within 7 calendar days of receiving your product.

- Contact email **service@speediance.com** with following information.
 - 1、 Order Number:
 - 2、 Product issue:
 - 3、 Images or Videos of Products and Intact Packaging:

We will process your enquiry within two working days after receiving your email.

Agent Authorization

Company:Shenzhen Speediance Living Technology co.,Ltd

Address:8A-F,Konka R&D Building, No. 28,South 12th Road,Science and Technology Park,Nanshan District, Shenzhen, Guangdong Province, China.

Product Name:Interactive Multi-Media Digital Fitness Equipment

We authorize MiCOM Labs Inc., 575 Boulder Court, Pleasanton, California 94566, USA, to act on our behalf on all matters concerning the certification of above named equipment.

We declare that MiCOM Labs Inc. is allowed to forward all information related to the approval and certification of equipment to the regulatory agencies as required and to discuss any issues concerning the approval application. Any and all acts carried out by MiCOM Labs on our behalfs shall have the same effect as acts of our own.



service@speediance.com



Address: 8A-F, Konka R&D Building, No. 28, South 12th Road,
Science and Technology Park, Nanshan District, Shenzhen,
Guangdong Province, China

Zip code: 518000

 **SPEEDIANCE**



FCC Warning:

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.
- Consult the dealer or an experienced radio/TV technician for help.

Caution: Any changes or modifications to this device not explicitly approved by manufacturer could void your authority to operate this equipment.

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.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator and your body.

ISED Statement

- English: This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) This device may not cause interference, and (2) This device must accept any interference, including interference that may cause undesired operation of the device.

The digital apparatus complies with Canadian CAN ICES-3 (B)/NMB-3(B).

- French: Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes: (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

l'appareil numérique du ciem conforme canadien peut - 3 (b) / nmb - 3 (b).

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

cet appareil est conforme à l'exemption des limites d'évaluation courante dans la section 2.5 du cnr - 102 et conformité avec rss 102 de l'exposition aux rf, les utilisateurs peuvent obtenir des données canadiennes sur l'exposition aux champs rf et la conformité.

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

This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

Cet équipement est conforme Canada limites d'exposition aux radiations dans un environnement non contrôlé.

Cet équipement doit être installé et utilisé avec une distance minimale de 20 cm entre le radiateur et votre corps.