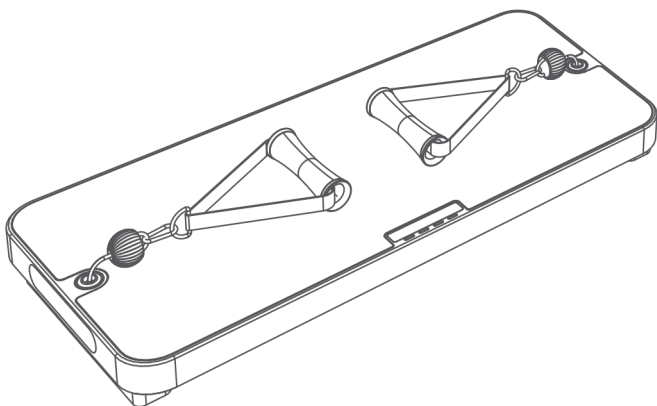


# STRENGTH TRAINER



## **MYOTREK LITE**

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### **User Manual**

Please read the user manual carefully before using !



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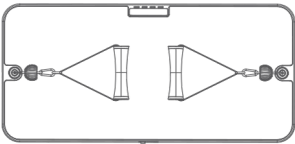
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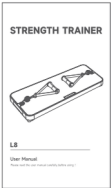
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# Product List



Myotrek Lite \*1

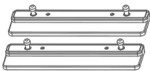


User Manual\*1

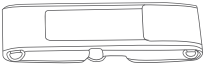


Power Cord\*1

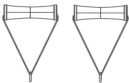
## Accessories



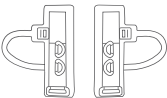
Wall Mounted Accessories\*1



Waist Strap\*1



Handle\*2



Ankle Strap\*2

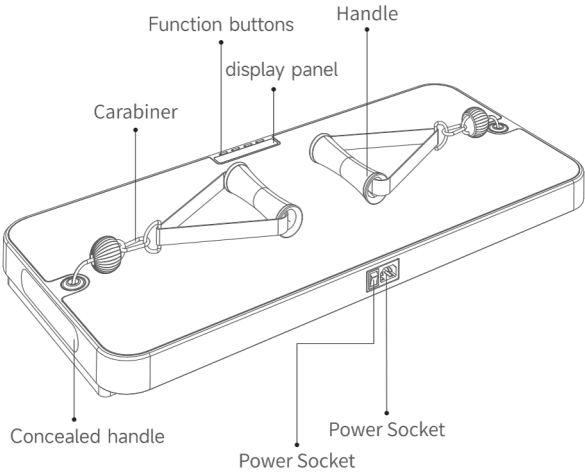


Note:

Accessories can easily be switched through carabiners.



# Parts Illustration

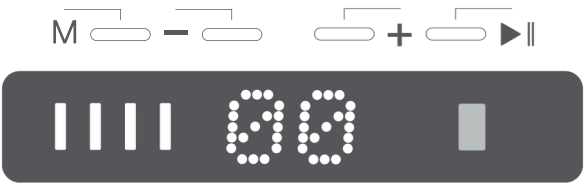


# Product Specifications

Item	Myotrek Lite
Rated Power	900W
Product Size	750*350*55mm
Grade	H
Occupied Area	0.26 m <sup>2</sup>

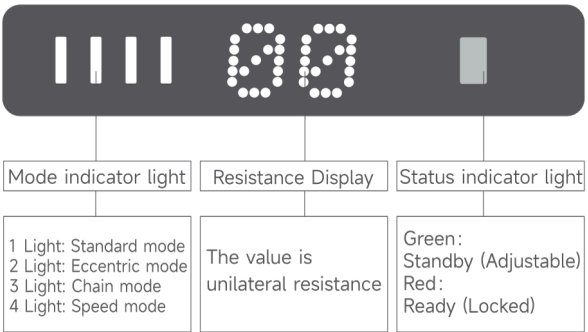
Net Weight	12KG
Gross Weight	18KG
Weight Limit	150KG
Resistance	30KG*2

# Button Panel Description



- ① "M": Mode switch button, total 4 different training modes: standard mode, eccentric mode, chain mode, speed mode.
- ② "+": Resistance increase button, press this key to increase the resistance.
- ③ "-": Resistance decrease button, press this key to decrease the resistance.
- ④ "▶||" On/Off button, press this key to pause during operating state, press this key to start operating during standby state.

## Display description



### ⚠ Warning:

To ensure the safety of the training process, the training mode cannot be switched during operating state, but only during standby state.

# Power On

When the power is on, the display panel will blink in every second and shows info as fig. A1. This is the self-inspection status; Please wait for 10 seconds to finish and a green light will be on. Once the device is ready, the panel will show as fig. A2.

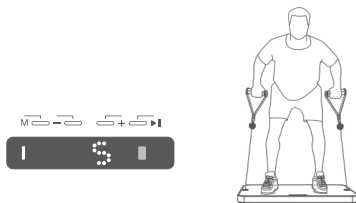


## ⚠ Warning:

- ① When the screen is blinking, it means self-inspection is running. Please do not pull the rope. Otherwise the self-inspection will fail.
- ② If the blinking lasts for over 15 seconds, the self-inspection process may have failed. Please switch off the power and wait for few seconds before reboot. Repeat the process until no more blinks and the screen shows as fig. A2.
- ③ After multiple trying, if the screen still cannot show as fig. A2, please contact after-sale service.

# Quick Start

After the self-inspection is done, the resistance value and training modes can be adjusted by function button. "+" for resistance increase. "-" for the resistance reduce. After adjusting to the desired resistance value and training mode, press on/off button "▶||" to start operation, at this time you can carry out basic exercise, the system default mode is standard mode.



# Training Mode Selection

This device is equipped with four modes: standard mode, eccentric mode, chain mode and speed mode. This section will introduce you how to select the mode.

## Standard Mode

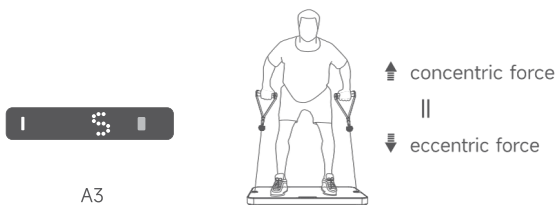
Displaying 1 light is the standard mode. (Fig. A3)

The concentric force equals the eccentric force. This mode simulates the counter weights in the gym.

(Resistance range: 2-30Kg/4.4-66lbs)

After confirming the training mode, press the resistance button to adjust the resistance. "+" for resistance increase. "-" for the resistance reduce.

Start/Stop: After confirming the mode and the resistance, press the on/off button "▶||" to start or stop.



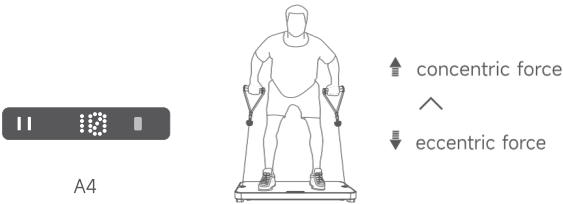
# Eccentric Mode

Displaying 2 lights is the eccentric mode. (As Fig. A4)

Eccentric mode: The eccentric force is twice of the concentric force. The resistance displayed on the panel is the eccentric force. The default is at 10kg/22lbs, which means the eccentric force is 10kg/22lbs and the concentric force is 5kg/11lbs.  
(Resistance range: 5-30kg/11-66lbs)

After confirming the training mode, press the resistance button to adjust the resistance. "+" for resistance increase. "-" for the resistance reduce.

Start/Stop: After confirming the mode and the resistance, press the on/off button "▶||" to start or stop.



**⚠ Warning:**

- ① In eccentric mode, the eccentric force is twice of the concentric force. Thus, the rapid speed of the eccentric force must be aware. Beginning with a smaller resistance to adopt the mode is highly recommended.
- ② If the resistance is too high, please stop immediately and adjust to a lower resistance.

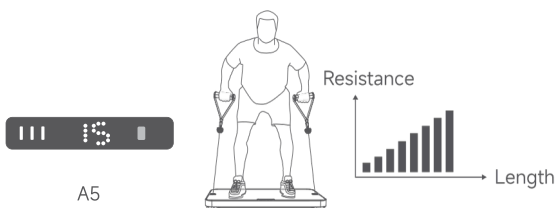
## Chain Mode

Displaying 3 lights is the chain mode. (Fig. A5)

Chain mode: The resistance changes with the pulling length. The longer the length, the greater the force. The value displayed on the panel is the maximum resistance of the chain. When the force is greater till the value displayed on the panel, the value will remain unchanged. The default displayed value is 15kg/33lbs, the resistance will increase with the pulling length. When the resistance reaches 15kg/33lbs, no matter how much longer you pull, the resistance will remain the same. (Resistance range: 5-30Kg/11-66lbs)

After confirming the training mode, press the resistance button to adjust the resistance. "+" for resistance increase. "-" for the resistance reduce.

Start/Stop: After confirming the mode and the resistance, press the on/off button "▶||" to start or stop.



(The resistance increases with the pulling length)

### ⚠ Warning:

- ① Beginning with a smaller resistance to adopt the mode is highly recommended.
- ② In Chain mode, the smallest resistance is at the starting point. The longer you pull, the greater the resistance is.

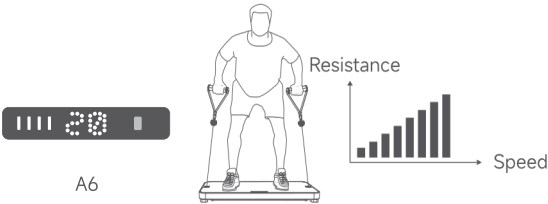
# Speed Mode

Displaying 4 lights is the speed mode. (Fig. A6)

Speed mode: The resistance changes with the speed. The faster the speed, the greater the resistance. The value displaced on the knob panel is the maximum resistance. When the force is greater till the value displayed on the panel, the value will remain unchanged. This mode is suitable for explosive training and rehabilitation training. The default displayed value is 20kg/44lbs which means the faster the speed, the greater the resistance will be. When the resistance reaches 20kg/44lbs, no matter how fast you pull, the resistance will remain the same. (Resistance range: 10-30Kg/22-66lbs)

After confirming the training mode, press the resistance button to adjust the resistance. "+" for resistance increase. "-" for the resistance reduce.

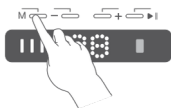
Start/Stop: After confirming the mode and the resistance, press the on/off button "▶|" to start or stop.



(The resistance increases with the pulling speed)

# Function Setting Operation

Press and hold the mode switch button for more than 8 seconds to enter the function setting page. According to the indicator light, you can determine the function that can be set in the current state, click the mode switch button to complete the function setting and enter the next function setting.





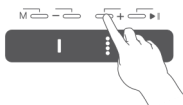
# Voice Prompt Function

What is the "Voice prompt" function?

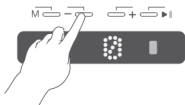
While adjusting the function, the machine will announce the voice prompts for each operation.



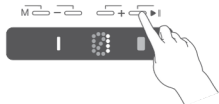
Default display, press "-" or "+" to adjust value, press "▶" to confirm setting.



Turn on "Voice Prompt" function: when the display shows the number "1", the function is on.



Turn off "Voice Prompt" function: when the display shows the number "0", the function is off.



Press "▶" 12 times to active the "Dynamic Resistance Adjustment" function.



The display shows the number "1", turn on the "Voice Prompt" function.



The display shows the number "0", turn off the "Voice Prompt" function.

# Dynamic Resistance Adjustment

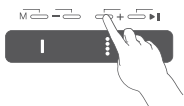
What is the "Dynamic Resistance Adjustment" function?

Adjust the resistance when the resistance has been activated.

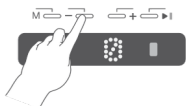
The "Dynamic Resistance Adjustment" function setting instructions:



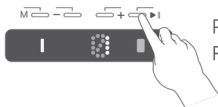
Default display, press "-" or "+" to adjust value, press "▶||" to confirm setting.



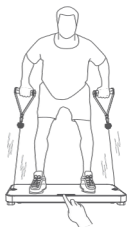
Turn on "Dynamic Resistance Adjustment" function: when the display shows the number "1", the function is on.



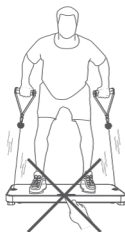
Turn off "Dynamic Resistance Adjustment" function: when the display shows the number "0", the function is off.



Press "▶||" 11 times to activate the "Dynamic Resistance Adjustment" function.



The display shows the number "1", enable to adjust the resistance when the resistance has been activated.



The display shows the number "0", cannot adjust the resistance when the resistance has been activated.

# Exhaustion Protection Function

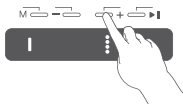
What is the "Exhaustion Protection" function?

When the resistance is set at 10kg or more and the rope is pulled more than 15cm, the resistance will decrease kilogram by kilogram after a dwell time of 5 seconds until it drops to 10kg.

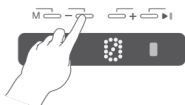
The "Exhaustion Protection" function setting instructions:



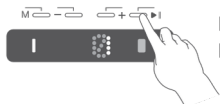
Default display, press "-" or "+" to adjust value, press "▶" to confirm setting.



Turn on "Exhaustion Protection" function: when the display shows the number "1", the function is on.



Turn off "Exhaustion Protection" function: when the display shows the number "0", the function is off.



Press "▶" 9 times to activate the "Dynamic Resistance Adjustment" function.



The display shows the number "1", turn on the "Exhaustion Protection" function.

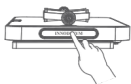
The display shows the number "0", turn off the "Exhaustion Protection" function.

# Concealed Handle

The machine is equipped with hidden handles on both sides, which can be ejected by pressing. Concealed handles make it easy to move the machine.

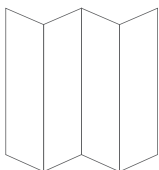
## ⚠ Warning

- ① The net weight of the machine is 12kg, when lifting the machine ensure that you can safely lift a 12kg weight.
- ② Unplug the power cord from the socket before moving the machine.

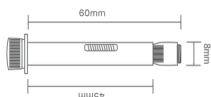


# Wall Mounted Instructions

## Parts Included



Position instruction drawing\*1



Anchor bolt & screw set\*4



Mounted base\*2

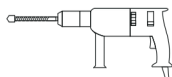


Mounted Cover  
(Left)\*1

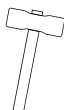


Mounted Cover  
(Right)\*1

## Tool Needed



Drill with 10mm drill head

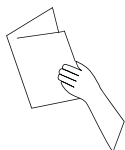


Hammer

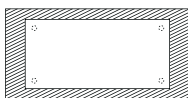


#6 Allen wrench

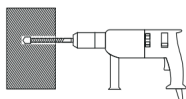
# Installation



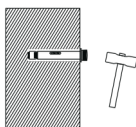
- ① Check the parts & read the instructions



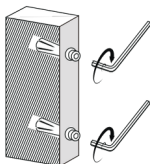
- ② Use Position instruction drawing (1:1) as a hole locator



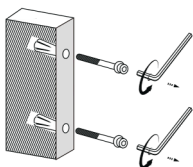
- ③ Drill holes ( $\varnothing$ 10mm x60mm)



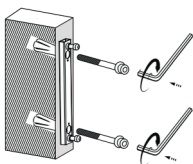
- ④ Hammer in the anchors bolt & screw set



- ⑤ Use the allen wrench clockwise to screw tight the anchor bolts.



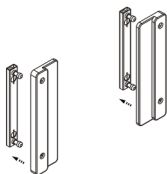
- ⑥ Then screw counter-clockwise to take out the anchor screw



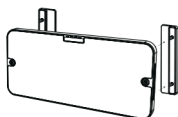
- ⑦ Place the mounted base & aim for the holes. Screw in the anchor screws by using the allen wrench clockwise to fasten the mounted base.



- ⑧ Remove the double sided tape from back of the mounted cover.



- ⑨ Align the holes and mount the mounted cover onto the mounted base. Please install the mounted cover in the direction shown in the picture.



- ⑩ Hang the machine on the mounted cover & press down to secure

# APP

For iPhone users, you can easily find "MYOTREK" on the App Store. Android users can search for it on Google Play. You can also scan the QR code for a direct download.

Install the app to streamline your fitness journey!

For details, see the APP action library. Device name: MYOTREK



# Power Supply

The normal voltage of this product is 110 (USA/Canada) / 220 (Europe) volts. The voltage required for product can be found on the manufacturer sticker at the bottom cover.

❗ Power plug has to be connected to a grounded receptacle. If the product fails, grounding provides a minimum resistance path for reducing the risk of electric shock. This product's electric plug is equipped with a grounding conductor. For safety reasons, the grounding plug must be plugged into the appropriate wall outlet, and the socket must be properly installed and grounded in accordance with all local codes and regulations.

The device must be used in accordance with the specific voltage requirements.



220V/110V



Other voltage



Must be grounded

## Safety Information

Before use, please make sure to read this user manual carefully.

This manual provides necessary information not only for your safety but also for the functioning of your machine.

Please do read all safety information before using your device. It is the owner's responsibility to ensure that users are aware of all warnings and precautions. Consult a physician before beginning a new fitness plan. Incorrect or excessive training may result in serious injury.

## For The Users

- ① Max load of this device is 150kg.
- ② Please put on suitable sports shoes and clothes when using, and perform appropriate warm-up exercises beforehand.
- ③ If you experience any discomfort or any abnormal physical condition during use, please stop exercising immediately and consult a physician.
- ④ Do not drink alcoholic beverages and any excitement products prohibited by national laws before and after use of this device.
- ⑤ Fatigue, failure to follow operating methods and excessive exercise may cause harm to you. Before exercising, you should accurately assess your physical condition and endurance to ensure the exercise movements, intensity, and duration are appropriate.
- ⑥ Keep children and pets away from this product when using it to avoid danger.
- ⑦ This product is not suitable for the following people:
  - Individuals who have undergone surgery within 6 months, suffered from heart diseases, high blood pressure, asthma and other illnesses that should prevent vigorous exercise, as well as those who do not recommend vigorous exercise according to medical advises, should not use it to avoid accidents or physical discomforts.
  - The Elderly over 65 years old, pregnant women, children and breast feeding mothers are not allowed to use it.
- ⑧ Minors must under the supervision and guidance to use this device. They are not allowed to use it alone.

### WARNING!

Incorrect, unsafe or excessive exercise could cause serious injury or even death. If you feel dizzy, please stop exercising immediately and consult a doctor.

## Use Environment

- ① This product is an indoor sports equipment, please do not use it for outdoors.
- ② At least 50cm of space around each side of the device is recommended.
- ③ Please keep the device away from water sources, heat sources, flammable and explosive materials.
- ④ The device should be placed on a flat and hard surface; please do not put any soft mat underneath.
- ⑤ Please do not use the device above 104F/40°C room temperature.
- ⑥ Please do not use the device in a damp or dusty environment to avoid malfunction.
- ⑦ Please do not place the device near electric heaters, stoves or under the direct sunlight.
- ⑧ Please do not use it in an environment with insufficient oxygen or with a prayer (e.g. aroma diffuser, humidifier, etc.).
- ⑨ Please keep any liquid away from the device; please do not place any objects on the surface of the device.
- ⑩ Please do not touch the power cord, the socket and the switch with damp hands.
- ⑪ Please ensure that the equipment is mounted exclusively on concrete load-bearing walls. Do not installation on wooden walls or other unstable surfaces.

## Operational Safety

- ① The device is designed for exercise only. Please do not disassemble or modify for any purposes to avoid potential safety issue.
- ② Please do not use any parts that are not recommended by the manufacturer.
- ③ Adjust the electric control system of this device is strictly prohibited except for professionals.
- ④ The plug must be grounded. Do not use other electrical appliances on the same power supply is recommended.
- ⑤ Please do not use damaged or wet power cords or plugs.
- ⑥ The power cord of the device is custom-made. To avoid injury, please contact the manufacturer or service center if damaged.
- ⑦ After use, please turn off the device and unplug in a timely manner.

## Maintenance

- ① Notice: regularly inspect equipment for damage and wear, such as ropes, pulleys, and connection points, to maintain a safe level of the device.
- ② It is recommended to immediately replace defective components or stop using the equipment before maintenance.
- ③ Pay special attention to the most easy -to -wear parts.
- ④ When cleaning the machine, the power cord must be unplugged and wiped with a clean, non dripping soft towel.
- ▲ Attention: Do not use 84 disinfectant, alcohol, or various acid-base cleaning agents to clean any part of the machine.

# Troubleshooting

Error	Possible Causes	Solutions
E1	Loose too fast	Automatic recovery
E2	Accelerate too fast	Automatic recovery
E4	Overheat Protection	Turn off the device and have a rest, restart it 5 minutes later.
E5		Restart the device. If it still doesn't work normally, please contact the customer service.
E6		
E7		
E8		
E9		

# Warranty Policy

Read this product warranty carefully and keep it in a safe place. The warranty is for the original purchaser only, and cannot be transferred.

## Warranty Period

The warranty period is valid for 1 (one) year from the date of purchase if used under normal conditions.

The following conditions are not covered by the warranty:

- ① Any items used in any commercial setting including, but not limited to, gyms or any other facility where membership is required for use, corporate wellness settings, multi-resident housing facilities, hospitality settings or personal training studios;
- ② Cosmetic damage, including but not limited to scratches and dents;
- ③ Damage caused by accident, abuse, misuse or otherwise careless use, fire, liquid contact or other external cause;
- ④ Deliberate or wilful damage;
- ⑤ Damage caused by operating the Item other than in accordance with our Terms and any guidelines provided by us;
- ⑥ Damage caused by use with a third party component or product that is not authorized by us;
- ⑦ Damage caused by servicing performed by anyone who is not authorized by us;
- ⑧ Defects caused by normal wear and tear.



