

LK-T01 Elliptical Trainer



Dimensions: 1930×650×1520(mm)

Functions: The elliptical trainer provides a cardiovascular workout. It helps to work out the upper and lower limb muscles and to improve coordination and flexibility of joints.

Instructions: Place both feet on the pedals and grip the handles with both hands. Then, step up and down repeatedly.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-Z01 Fitness Bike



Dimensions: 1520×650×1425(mm)

Function: The stationary bike provides an effective cardiovascular exercise. It helps to strengthen the muscles of calves and thighs and to improve the flexibility of joints.

Instructions: Sit on the seat with feet on the pedals, and hold the handlebar with both hands. It allows the users to pedal forwards or backwards.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.

2. No screwing off fasteners.

LK-S03 Weight Lifting Trainer



Dimensions: 2500×1200×1800(mm)

Function: To build the muscles of lower limbs and waist.

Instructions: Squat with shoulder under the bar while holding the bar with both hands. Then, stand up slowly and lift the bar with the shoulder.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-S01 Seated Chest Press



Dimensions: 2500×1000×1800(mm)

Function: To build the muscles of upper limbs.

Instructions: Sit upright with back against the equipment; grasp the handgrips with both hands. Then, push upwards and return to the starting position, repeatedly.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-S02 Recumbent Chest Press



Dimensions: 3000×1000×1800(mm)

Function: To build the muscles of upper limbs.

Instructions: Sit with back leaning against the back rest; grasp the handgrips with both hands. Then, push upwards and return to the starting position, repeatedly.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-A02 Massager (Waist and Back)



Dimensions: 1410×745×1800 (mm)

Function: To relax muscles of back and waist, and to improve blood circulation.

Instructions:

1. Waist: Sit on the seat against the apparatus, hold the handles with both hands, gently pull the handles up and push them down with massager rolling to massage the waist.
2. Back: Stand against the equipment, hold the handles with both hands, move the body slowly from left to right, right to left with massager rolling to massage the back.
3. Suitable for middle-aged people and the elder.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-J01 Rotating Wheel



Dimensions: 950×710×1865 (mm)

Function: To improve flexibility of shoulder joints and promote blood circulation of upper limbs.

Instructions:

1. Hold the handgrips of the rotating wheel with both hands; let the body follow the turn of the wheel in clockwise and counterclockwise directions.
2. Suitable for middle-aged people and the elder.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-T02 TaiChi Spinner



Dimensions: 1115×1020×1400 (mm)

Function: To improve flexibility of shoulders and elbows. It is suitable for the middle-aged and the elder.

Instructions:

1. Stand firmly and half squat, hold the knobs of the rotating wheel with both hands. Spin both knobs in the opposite direction. The action is like practicing Tai Chi.
2. Suitable for middle-aged people and the elder.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-Z05 Waist Twister



Dimensions: Φ 2000×1210 (mm)

Functions: This apparatus is beneficial to the muscle groups of waist and back while twisting. It also helps better the agility and flexibility of your waist.

Instructions: Hold the handle with both hands while keeping your feet steadily on the rotating disc. Then, move your waist repeatedly from left to right, and right to left.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.
3. To avoid the accident, please keep hold of the handle while using the apparatus.

LK-Z02 Leg Press



Dimensions: 1975×530×1745(mm)

Functions: To build muscles of calves and hips and to enhance the strength of the waist.

Instructions: Sit on the seat with both feet on the pedals and hold the handrail with both hands. Then, stretch and bend both legs repeatedly.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-M01 Air Walker



Dimensions: 2010×480×1285(mm)

Function: This universally popular apparatus provides excellent cardiovascular exercise while developing the leg muscles. It helps to improve flexibility and strength of lower limbs.

Instructions: Hold the handrail with both hands and step on the pedals with both feet. Both legs move back and forth repeatedly as a strolling exercise.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.
3. To avoid accidents, please keep hold of the handrail while using the apparatus.

LK-T05 Leg Stretcher



Dimensions: 1300×600×1125(mm)

Function: To perform leg stretching exercises to loosen tight muscles.

Instructions: The leg stretcher has four bars of different heights for different degrees of stretch.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

OK-B01 Arm Strength Trainer



Dimensions: 1225×380×1825(mm)

Function: To strengthen and build the muscles of arms and shoulders.

Instructions: Two players stand on both sides, and turn the rotating wheel in the opposite direction.

Warning:

1. While two people are playing the equipment, neither of them is allowed to let go of the wheel suddenly.

2. Children younger than 16 years old are forbidden to use the apparatus.
3. No screwing off fasteners.

LK-A01 Massager (Leg)



Dimensions: 595×220×1625(mm)

Function: To relax muscles of legs, and to improve blood circulation.

Instructions:

1. Stand with one hand holding the handle and one leg on the massage roller, move the leg slowly back and forth with massager rolling to massage the leg.

2. Suitable for middle-aged people and the elder.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-S06 Arm Stretcher



Dimensions: 920×570×2375 (mm)

Function: To perform arm stretching exercises to loosen tight muscles.

Instructions: Take hold of the handgrips with both hands, pull one handgrip down to stretch the other arm. Both arms perform arm stretching exercises alternately.

Warning:

1. Maximum load: 100kg (per unit)

2. Children younger than 16 years old are forbidden to use the apparatus.
3. No screwing off fasteners.

LK-S05 Back Stretcher



Dimensions: 1195×670×950(mm)

Function: To stretch out the muscles of abdomen and back and improve flexibility and muscle tone.

Instructions: Lean against the equipment and hold the handrails with both hands. Then bend backwards slowly and return to the starting position.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-S04 Parallel Bars



Dimension: 2420× (1065±80) ×1495 (mm)

Function: To build muscles of triceps and shoulder, and to improve coordination of the body.

Instructions: This classis gym equipment can be used to a variety of strength exercises, especially push-ups and dips as well as hand walking along its length.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-D01 Horizontal Bars



Dimensions: 2720×220×2215(mm)

Function: To strengthen and build the muscles of arms and shoulders, and to improve coordination of the body.

Instructions: This essential equipment can be used for strength exercises such as pull-ups and leg-lifts. Hold the bars with both hands, pull up until chin reaches the level of the bar.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-L02 Wall Bars



Dimensions: 1465×220×2215(mm)

Function: To strengthen and build the muscles of arms, shoulders and abdomen, to improve flexibility by stretching exercise.

Instructions: The equipment provides a number of exercises including climbing, leg stretches, knee raises, leg raises and various arm exercises.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-L01 Wall Bars Combination



Dimensions: 5210×220×2215(mm)

Function: To strengthen and build the muscles of arms, shoulders and abdomen, to improve flexibility by stretching exercise.

Instructions: The equipment is combined with horizontal bars with three different height and wall bars. It provides a number of exercises including leg stretches, push-ups, pull-ups, climbing, knee raises, leg raises and various arm exercises.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-F01 Sit-up Board



Dimensions: 2000×1765×985 (mm)

Function: To strengthen the muscles of abdomen and hip.

Instructions: Sit on the board with feet hooked underneath the bar, cross hands over the chest or position them behind the head, lean backwards and perform sit-up exercise.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No screwing off fasteners.

LK-P02 Bench



Dimensions: 1500×420×410(mm)

Function: The bench can be installed in parks and residential areas for people to have a rest and relax.

LK-G01 Sign Board



Dimensions: 1270×220×1425(mm)

Function: The sign board is used as a general introduction and instructional notice at the entrance to the fitness area.

LK-E03 Children's Slide



Dimensions: 3680×970×1915(mm)

Function: To help children develop physical coordination, strength and flexibility, as well as providing recreation and enjoyment.

Instructions: Climb to the top of the slide via stairs and sit down on the top of the slide and "slides" down the slide.

Warning:

1. The equipment is designed for children only, adults are forbidden to use.
2. It is suitable for children of 3 to 14 years old, and children should be supervised by adults while playing.