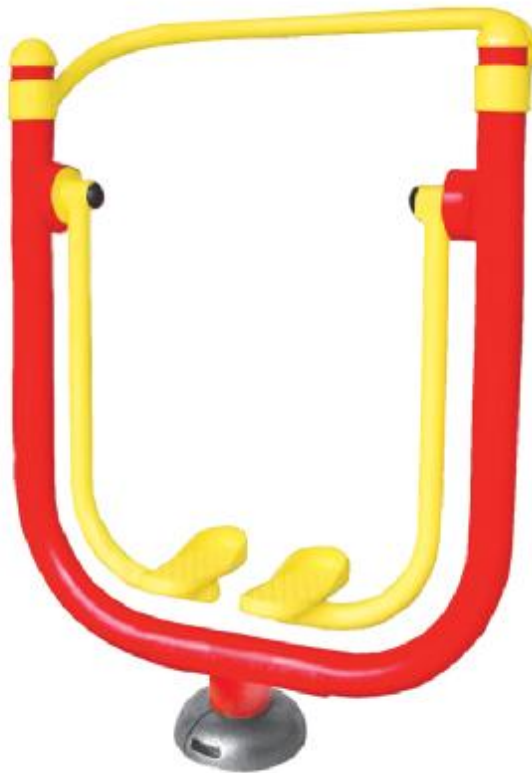


ST-M04X Air Walker



Dimensions: 1075×535×1390(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.

ST-T08X Elliptical Trainer (Single)



Dimensions: 1270×530×1480(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 firmly 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.

ST-T07X Elliptical Trainer (Double)



Dimensions: 1370×1120×1510(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 firmly 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.

ST-J02X Rider



Dimensions: 1060×600×1160(mm)

Function: The rider provides an excellent cardio-pulmonary exercise, and it helps to strengthen shoulders, back, thighs and calves.

Instructions: Sit on the seat with feet on the foot rests, and grasp handles with both hands. Pull the handles and at the same time push feet forwards.

Warning:

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

ST-A03X Massager (Waist and Back)



Dimensions: 1290×680×1700(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.

ST-J01X Rotating Wheel



Dimensions: 660×950×1790(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.

ST-T01X Tai Chi Spinner



Dimensions: 960×1110×1285(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.

ST-S03X Dip / Leg Raise Bars



Dimensions: 1875×530×1600(mm)

Function: To work out the muscles of arms, shoulders and abdomen.

Instructions: Two sets of parallel bars allow for dip, leg raise and push-up exercises.

Warning:

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

ST-Z04X Pull Down



Dimensions: 2100×750×1690(mm)

Function: To strengthen the back, rear shoulders and biceps while pulling the upper bars downwards.

Instructions: Sit down with back against the equipment; grasp the overhead grips with both hands. Then, pull down by using the body weight as resistance 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.

ST-Z03X Chest Press



Dimensions: 1630×690×2170(mm)

Function: To build the muscles of arms, chest, shoulders and back while pushing the handgrips upwards.

Instructions: Sit down with back against the equipment; grasp the handgrips with both hands. Then, push upwards by using the body weight as resistance 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.

ST-Z05X Waist Twister



Dimensions: $\Phi 1600 \times 1270$ (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 handles 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.

ST-S02X Back Stretcher



Dimensions: 1200×680×1030(mm)

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

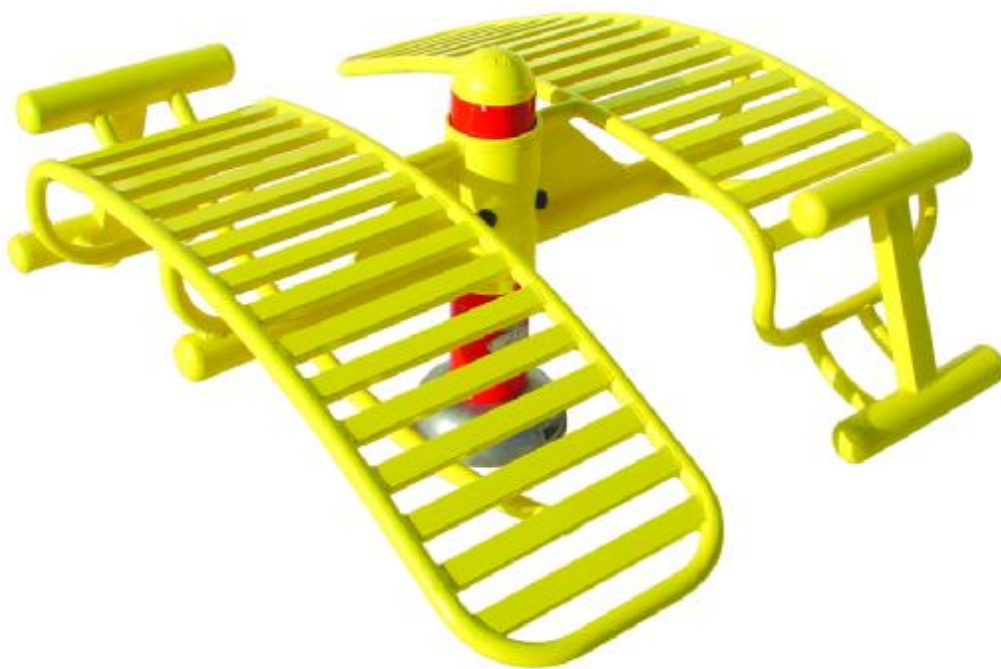
Instructions:

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

ST-F01X Sit-up Board



Dimensions: 1610×1210×750 (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.

ST-Z01X Leg Press



Dimensions: 1990×420×1550(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.

ST-C01X Surfboard



Dimensions: 1130×760×1560(mm)

Function: To enhance flexibility and strength of waist and to improve balance and coordination of body.

Instructions: Hold handles with both hands, step on the pedal with both feet. Then swing feet from left to right and right to left repeatedly.

Warning:

1. Children younger than 16 years old are forbidden to use the apparatus.
2. No person should be within 4 feet of the radius when the apparatus is in use.
3. No screwing off fasteners.

ST-Q02X Chess Desk

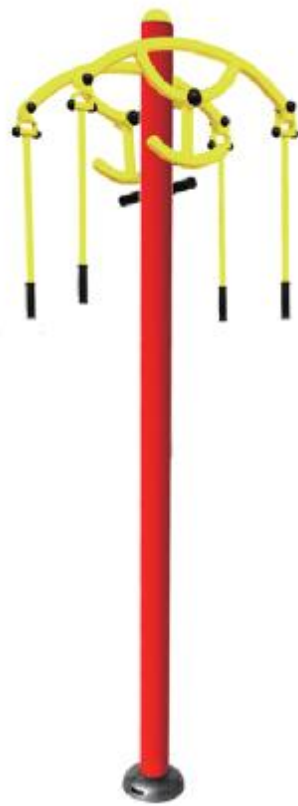


Dimensions:

1. Table Size: 720×720(mm)
2. Overall: 1720×1720×710 (mm)

Function: The product is usually installed in parks and communities as a chess table. This product is suitable for people of all ages.

ST-S01X Arm Stretcher



Dimensions: 910×545×2570 (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.

ST-Y01X Pull-up Stand



Dimensions: 1075×1210×2270(mm)

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

Instructions: Grasp the handles with both hands and to perform a variety of pull-ups and chin-ups exercises.

Warning:

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

ST-X04X Overhung Rotating Wheel (Triple)



Dimensions: $\Phi 2050 \times 2260$ (mm)

Function: To improve flexibility of shoulder joints and to develop physical coordination.

Instructions: Grasp the rotating wheel with body hanging vertically and rotate.

Warning:

1. The maximum weight of the user is 100kg.
2. Children younger than 16 years old are forbidden to use the apparatus.
3. No screwing off fasteners.

ST-Y02X Leg Stretcher



Dimensions: $\Phi 960 \times 1220$ (mm)

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

Instructions: The leg stretcher has three 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.

ST-P01X Treadmill



Dimensions: 1300× 680 ×1115(mm)

Function: To improve cardiopulmonary function and to build up the muscles of lower limbs.

Instructions: Grasp the handgrips with both hands and walk or jog on the roller platform without changing place.

Warning:

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

XB-X04 Lower Limbs Trainer



Dimensions: 1236×1083×895(mm)

Function: To 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 handle with both hands. It allows the users to pedal forwards.

Warning:

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