

# Long Bar with a Safety Button

## User Manual



## 1. Introduction

Thank you for choosing the Long Bar with a Safety Button. This accessory is designed to enhance your workout experience with our fitness station products. Please read this manual carefully to ensure safe and effective use.

## 2. Product Overview

**Product Name:** Long Bar with a Safety Button

**Model Number:** SBL-01

**Manufacturer:** Xiamen Renhe Sports Equipment Co., Ltd.

**Key Features:**

- **Safety Button:** Integrated for easy load release and resistance adjustment.
- **Ergonomic Design:** Comfortable grip suitable for various exercises.
- **Compatibility:** Seamlessly connects with our fitness stations using carabiner clips.

## 3. Contents of the Package

- 1 x Long Bar with Safety Button
- 1 x User Manual

## 4. Assembly and Installation

### 4.1. Unboxing

1. Carefully unpack the long bar and ensure all components are present.
2. Check for any visible damage. If any parts are missing or damaged, contact our customer service immediately.

### 4.2. Installation

#### 1. Connecting the Long Bar:

- Attach the long bar to the fitness station using the carabiner clips at both ends.
- Ensure the clips are securely fastened and properly aligned with the corresponding clips on the fitness station.

#### 2. Safety Button:

- Ensure the safety button is accessible and functioning correctly.
- Test the button to confirm it adjusts resistance and releases load as intended.

#### 3. Final Checks:

- Follow any additional setup instructions provided in the fitness station manual.
- Verify that the long bar is firmly connected and stable before use.

## 5. Operation

### 5.1. Wireless Safety Switch

- **Start/Stop Control:** The long bar is equipped with a wireless safety switch for one-touch start/stop control.

- **Operation Indication:**

**Green Light:** When the screen displays a green light, the system is in standby mode. Press any button on the remote control to lock and start the system, which will generate the weight displayed on the screen.

**Red Light:** When the screen displays a red light, the system is in standby mode. Press any button on the remote control to gradually release the resistance and return the system to standby mode.

### 5.2. Load Release Remote Pairing (Pre-paired at Shipping)

- **Pairing Instructions:**
1. **Activate the Fitness Station:** Turn on the fitness station power switch.
  2. **Pairing the Remote:** Bring the load release remote control close to the fitness station. Press any button on the remote control while keeping it near the screen panel until the indicator stops flashing, indicating successful pairing.
  3. **Verify Functionality:** Test the remote control by locking and releasing resistance. If it does not work, turn off the power, and

repeat the pairing process until successful.

### 5.3. Battery Replacement for Load Release Remote

- **Battery Type:** Use a 3V button cell battery (CR2032).
- **When to Replace:** Replace the battery if the button does not respond, which may indicate depleted power.
- **Replacement Procedure:**
  1. **Remove the Remote from the Long Bar:** Unscrew the remote from the long bar by rotating it.
  2. **Open the Battery Compartment:** Open the battery compartment on the bottom of the remote.
  3. **Replace the Battery:** Remove the old battery and insert a new 3V button cell battery (CR2032).



① Open the bottom latch.

② Replace the 3V button cell battery.

4. **Reassemble:** Close the battery compartment and reattach the remote to the long bar.

## 6. Safety Information

- **Warning:** This product is intended for use only with the specified fitness stations. Improper use may result in injury.

- **Do Not:** Attempt to modify or repair the equipment yourself.
- **Caution:** Ensure children and pets are kept away from the equipment during use.

## 7. Maintenance and Care

- Regularly inspect the bar and safety button for signs of wear or damage.
- Clean the bar with a damp cloth and mild detergent. Avoid using harsh chemicals.
- Store in a dry, cool place when not in use.

## 8. Troubleshooting

**Issue:** Safety button not functioning properly.

**Solution:** Check if the button is obstructed or if the bar is correctly installed.

**Issue:** Unusual noises during operation.

**Solution:** Inspect the bar and connections. Contact customer service if the issue persists.

## 9. Warranty Information


Please keep your receipt as proof of purchase. For service inquiries or claims, please reach out to our customer service team.

## 10. Contact Information

Address: Xiamen Renhe Sports Equipment Co., Ltd., [Full Address]

Website: [www.renhesports.com](http://www.renhesports.com) / [www.innodigym.com](http://www.innodigym.com)

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 **Caution:** The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the 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.

NOTE: 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.

#### FCC Radiation Exposure Statement

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

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

