

Doc No.	TF-SE-130	USER MANUAL	
Rev. No/date	Rev.11 / 07.2023		

USER MANUAL

TZORA APS, (Whole Body Exerciser)



Tzora Active Systems Ltd

Simtat Ha-Levanon 38

Givat Koach 7318000, Israel

e-Mail : sales.int@tzora.com

Home page : www.tzora.com



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1. Safety and cautions in use

- This manual is to explain the functions and how to use the equipment.
(Please keep this manual always near to the equipment in order to use it when necessary)
- Please read this manual carefully from the beginning to the end before use the equipment and operate the equipment correctly in order to utilize the most functions of the equipment.

1.1 Warnings and cautions for safety



This sign is to call a people's attention to the matter, controls that are enable to give dangerous impact.

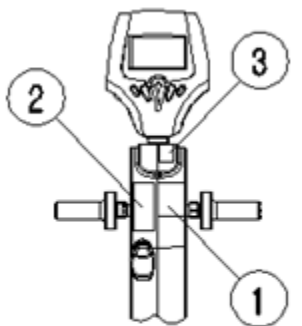
To avoid dangerous situation, please follow the instruction, if this sign is indicated.

(WARNING) : If you disregard this warning sign, you may be killed or receive a serious wound.

(CAUTION) : If you disregard this caution sign, you may be receive a injury or material damages.

- Please contact to your purchase point or service center if the product has trouble.
- **Do not modify this equipment without authorization of the manufacturer.**

- The location of sticker to indicate cautions of SE-1000, SE-1000U



(SE-1000, SE-1000U)



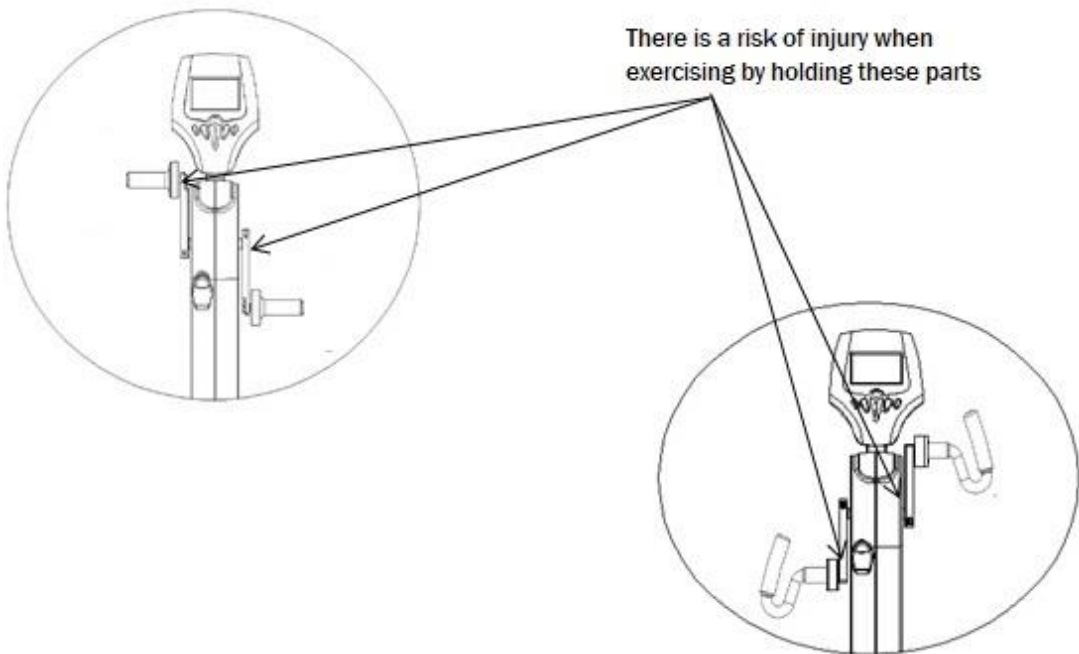
- If the caution sticker attached to the body of the product is damaged or removed then please contact your purchase point or service center. We will send you a new sticker.

1.2 Instructions for using

- Please be sure to use the product only pursuant to this manual.
- If this product is damaged or become wet then it may not work accurately therefore please contact your purchase point or service center.
- Please consult with your doctor or equivalent person in order to use the product and also use it after your sufficient warming up.
- Please keep other people from near user or the product during it is operating.
- Always keep attention to it, children or poor person to operate it shall use the product under the instruction and supervision of a specialist.
- Do not use it in the environment of high humidity
- Put on natural rub shoes or shoes with a big friction during exercise.

Do not put on high heel shoes, leather shoes, shoes with hobnails or spikes.

- A long cloth hang down to the ground or skirt may cause accident, therefore please wear a convenient exercise cloth, and be careful your sweat towel not to touch moving part.
- Please keep any other thing away from near the product including wall and furniture, etc.
- The rear space of the product requires at least 1 m.
- Do not exercise too much to be exhausted.
- When exercising, do not hold the marked area as show in the below figures. There is a risk of injury.



2. Set up

2.1 Where to place

- This product shall be placed on a horizontally flat floor in accordance with safety and cautions in use.
- Please keep minimum 30cm side distance between this product and other things.
- Please keep minimum 1 m space at rear of this product.

2.2 How to place

Place this exercising machine at a proper installation place, and check both sides are seated closely to the floor and check both left and right sides are horizontally leveled by shaking the product.

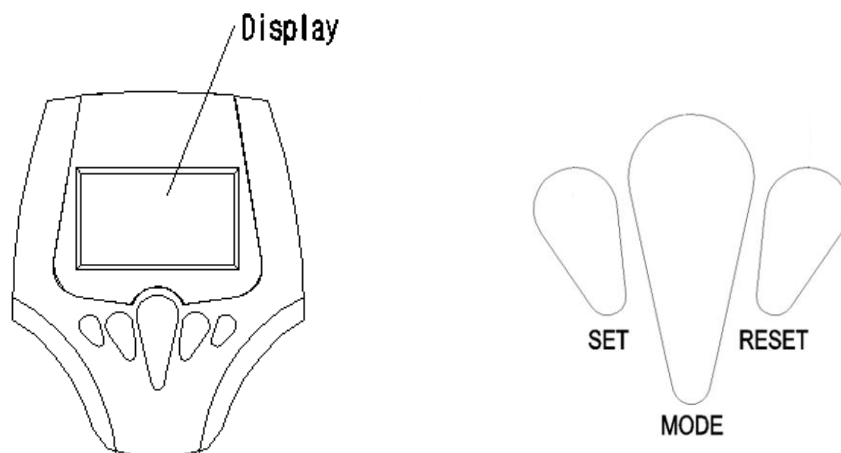
The product will not be shake during use only when it is well horizontally leveled.

3. The Name, Function of Each Part



- 1. Display Console : 4 function operation(Time, Distance, Calorie, Speed).
- 2. Handgrips
- 3. Main Cover
- 4. Tension controller : Adjustment of 8 level resistance. (Turn the dial to right side to increase tension power)
- 5. Knob for foot fixation : Handle to prevent rotation of the foot fixed pedal in using Strap
- 6. Pedal(R) : Right pedal
- 7. Transport wheels
- 8. Pedal(L) : Left pedal
- 9. Frame cap

4. The Display Console



FUNCTIONAL BUTTONS :

MODE – Press it to select functions.

- Hold it for 3 seconds to reset time, distance and calories.

SET – To set value of time, distance and calories when not in scan mode.

RESET – Press to reset time, distance and calories.

FUNCTIONS :

1. **SCAN** : Press MODE button until “SCAN” appears,
computer will rotate through all the functions : Time, Speed, Distance, Calorie and total distance.
Each display will be hold for 4 seconds.
2. **TIME** : Count the total time from exercise start to end.
3. **SPEED** : Display current speed.
4. **DIST** : Count the distance from exercise start to the end.
5. **CALORIES(CAL)** : Count the total calories from exercise start to the end.
6. **TOTAL DIST(ODO)** : Count the total distance after installing the batteries.
7. **AUTO ON/OFF & AUTO START/STOP** : Without any signal for 8 minutes, the power will turn off automatically. As long as the wheel is in motion or press any button, the computer is in action.
8. **ALARM**
The functions of time, distance and calorie can be set countdown, any of above value goes to zero, the computer will alarm for 15 seconds.
Press MODE to select the function, then press SET to adjust the value.

SPECIFICATIONS

FUNCTION	Auto Scan	Every 4 seconds
	Running Time	00:00 ~ 99:59(Minute: Second)
	Current Speed	Max 99.9KM/H
	Trip Meter	0.00 ~ 99.99 KM
	Calories	0 ~ 999.9 ~ 9999 Kcal
	ODO Meter	0 ~ 9999 KM
Battery Type		2 PCS - SIZE AA or UM3 or R6
Operating Temperature		+10°C ~ +40°C (50°F ~ 104°F)
Storage Temperature		+10°C ~ +40°C (50°F ~ 104°F)

5. How to use

- Adjust the position to fit for your body form using chair.
- Adjust the load to fit for your exercise condition using load adjuster.
- Set each item to fit for quantity of exercise according to how to set monitor.
- Do exercise geared with arms and legs using handles and pedals.
-It is geared with arms and legs, therefore be carefully it cannot be moved separately between arms and legs in use of this product.
- Be sure to fix your feet well on the foot pedal using fixing straps during your use of the product.

6. Maintenance of the Product

6.1 Routine check points

The product shall be checked periodically in order to use this product safely, if this product becomes abnormal then it shall be repaired to use it.

If you keep following cautions, then the product can be maintained in best conditions.

- Install the product at a cool and dry place.
- Do not make finger prints on monitor, be careful the salt radical from sweat not to soak on to monitor.
- Wipe out the external of the monitor with 100% cotton periodically. At this time, do not use paper towel or ammonia material. Check the external of the product periodically.

6.2 Periodical check points

Check items	Once a week	Once a month	Once in 6 month	Once a year
Monitor	Clean	Check		
Frame	Clean			Check
Plastic cover	Clean	Check		
Foot pedal & Fixing strap	Clean	Check		

6.3 Battery Replacement

1. Please install two pieces AA or UM-3 of batteries in the battery case on the back of monitor.
2. Ensure that the batteries are correctly fitted. Battery must be correctly positioned and make sure the battery spring is properly contacted with battery.
3. Should the displays appear blank or display only partial segments remove the batteries. Wait 15 seconds, and the replace.
4. Whenever remove batteries, all the functional values will be reset to zero.

6.4 Prohibited Product reconstruction and abolition

- Prohibited random alteration and reconstruction : Our products are produced and designed
- Considering user's safety that can not be changed or remodeled random.

Product changed or remodeled random could not warranted safety so that all the losses occurred thereby are not compensated and can not receive free A/S.

- Intentional product defamation : we inform that our company has not responsibility for faults
- By intentional defamation of user, third party, except disability by normal use of product.
- Products abolition

When buy new products : incase of abolish existing product buying new product of our company, we will treat it with free when set up new product.

※ Risks associated with disposal of waste products, residues, etc.,

Your own Abolishment : According to waste volume-rate garbage disposal system enforcement, in case of wish to throw away used product, must abolish according to decided method communicating in the area town-block office.

7. Specifications

7.1 Specifications of TZORA APS

- Use : Aerobic exercise machine geared with arms and legs.
[Exercise device for orthopedic patients intended for rehabilitation of the muscles and joints.](#)
- Load adjustment and setting : It is magnetic(Magnets) type and the load can be adjusted in 8 steps.
- Brake device : Magnetic(Magnets) type.
- Display items on monitor : 4 functions(Speed, Calorie, distance, time)
- Color : White /Gray
- Size , Weight : APS— L102cm x W58cm x H133cm , N/W: 45kg G/W: 55kg

Warranty period : 1 year

- Condition for Operation : $+10^{\circ}\text{C} \leq t \leq +40^{\circ}\text{C}$; $35\% \leq rH \leq 80\%$; $70\text{kPa} \leq p \leq 106\text{kPa}$
- Condition for Transport and Storage :
 $+10^{\circ}\text{C} \leq t \leq +40^{\circ}\text{C}$; $35\% \leq rH \leq 80\%$; $70\text{kPa} \leq p \leq 106\text{kPa}$
- Upon request, circuit diagrams, component part lists, descriptions, calibration instructions, or other information will be provided to assist SERVICE PERSONNEL to repair parts.

7.2 Handle Type



Straight Handle (Standard)



Angled Handle
(Option)

8. Product Identification

- Name of item: Whole Body Exerciser
- Type: APS
- Protection against electric shock: Internally powered
- Protection against harmful ingress of water: Ordinary (IP20)
- Methods of sterilization : Not applicable
- Stability of use in an Oxygen Rich Environment : Not suitable for use in an Oxygen Rich Environment
- Mode of operation: Continuous operation
- Serial number : marked separately
- Date of manufacture : marked separately
- Packing Unit: one (1) unit