

ADVANCED CARDIO EQUIPMENT (A.C.E)

A-TRAINER

a revolutionary concept in fitness equipment



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About the A-Trainer

The A-Trainer combines the three key elements of physical exercise: **cardio vascular, muscular endurance and muscle building**. It has been developed to provide a comprehensive upper body work out using innovative techniques which offer the athlete the opportunity to alternate their training programme, by effectively targeting all these elements using one piece of apparatus.



The A-Trainer is a physical fitness apparatus designed to provide cardio and muscle building upper body workouts .

This equipment is for indoor use in commercial settings such as gyms.

Safety information

Installation

The A-Trainer must be installed on a stable and level surface.

The A -Trainer weighs approximately 150 kg and is fitted with a carry handle attached to the screen mount and wheels fixed to the rear frame which enables easy relocation within a room or throughout the ground floor of your gym. **Do not attempt to move the A-Trainer by lifting the arms.**

For transportation to different floors the plastic cover panels must be removed to allow access to the rear T.bar.

A 0.6 meter gap, surrounding the equipment, is required to ensure user access and to prevent contact with the arms during use.

The A-Trainer must ideally be positioned back to a wall with a floor or wall mounted socket closely accessible for easy connection to the power cord.

The A-Trainer is powered by a standard 240v power supply attached via a kettle lead plugged into an external socket located on the plastic panels at the rear of the machine. Disconnect the mains plug during long periods of inactivity.

The A-Trainer is supplied with a protective cover which should be used to cover the machine when not in use for long periods or for transportation.

Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and/ or using.

Operating the A-Trainer

The plastic safety panels are designed to protect the user and spectators from the internal mechanism of the machine but are not designed to withstand unnecessary loads. Do not lean or place heavy objects on the panels.

Before use ensure that the mains cable is easily accessible to the user in case of emergency and that it is free from any encumbrances or hazards.

Avoid any contact with the screen which may cause damage to either the screen itself or the internal cables.

Do not place drinks on the base or the screen mount as this may damage internal cabling if spilt.

Do not place towels or items of clothing on any part of the machine during exercise.

To ensure proper functioning of this product do not install attachments or accessories that are not provided.

Never insert objects into any openings in this product. If an object should drop inside, turn off the power, unplug the power cord from the outlet and carefully retrieve it. If the item cannot be reached contact the service provider.

The A-Trainer may be used by children aged from 10 yrs and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge, providing they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children should not be left unsupervised to play with the appliance.

Do not allow other people to interfere in any way with the user or equipment during a workout.

The trainer is not equipped with a free wheel and therefore the moving arms cannot be stopped immediately.

If the arms are jammed , impeded or prevented from operating when the power is on and the reset button had been operated, an emergency stop will be activated. The machine will automatically switch off power. A safety fuse has been fitted which may have to be replaced in such circumstances. Switch off the mains and unplug the machine. Ensure that the source of the impediment is removed and no materials or loose objects remain in the mechanism. Call the service department to arrange a call out.

The A-Trainer is designed specifically to be operated with a pushing motion akin to a dip or a press-up. Exerting heavy pressure using a pulling motion may damage the mechanism.

No auxiliary or supplementary equipment should be used in conjunction with A-Trainer except a proprietary heart rate monitor.

No adjustments or alterations should be made to the A-Trainer except to adjust the seating position prior to exercise.

If the machine is damaged or not functioning correctly call the service department for advice after removing the machine from operation

Commencing Exercise

Please read all safety information prior to starting a workout. You may scan the QR code affixed to the screen mount to access safety instructions prior to use.

Standard gym clothing and footwear may be used when operating the A-Trainer.

The A-Trainer is ergonomically designed to accommodate any body shape but users must not exceed 150 kg.

Consult the manual prior to exercising and ensure you adopt the optimum body position for each exercise. Adjust your seating position and body shape to prevent strain or injury whilst exercising. Correct form is essential to target the intended muscle groups. If in doubt consult a personal trainer.

Prior to commencing your workout, from the seated position, operate the advance button until the arms reach the start position. This is the lower button on the right hand arms. (See diagram) The display will indicate when the machine is ready for operation.

Do not attempt to push the handles until they stop moving.

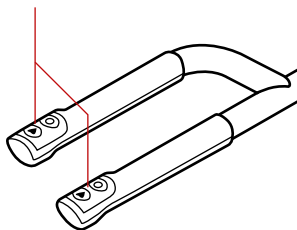
The upper right hand buttons allow the user to select level 99 for intense workouts.

Plus and minus buttons located on the left hand arms allow the user to increase and reduce the resistance levels as required.

To reset the screen counters press and hold any button.

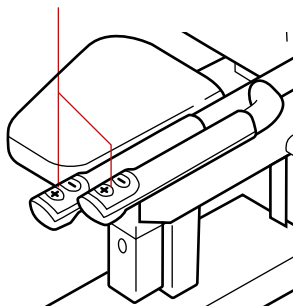
Right hand arm

Advance buttons

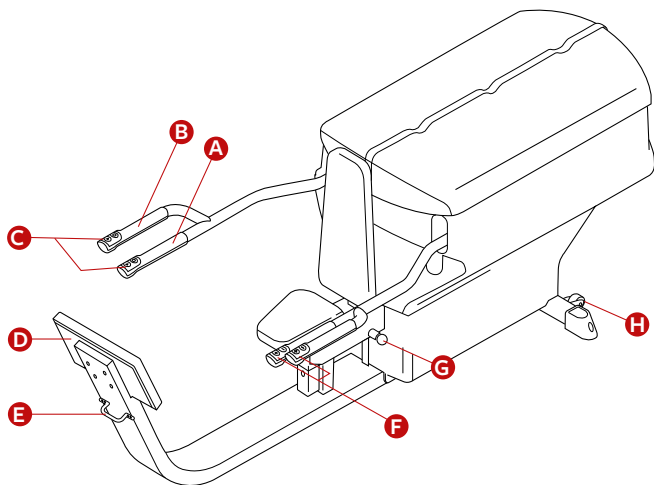


Left hand arm

Plus and minus buttons



Product diagram



A Primary arms

B Auxiliary arms

C Advanced control

D Console

E Carry handle

F Resistance control

G Seat adjustment

H Wheels

The console

The console displays various information relating to your exercise

The touch screen will fire up once you engage the A-Trainer

The upper right figure displays the number of reps or revolutions which should be used when completing sets

The lower right hand figure indicates resistance level.

This is controlled by the orange buttons marked + and -

Use these buttons to regulate resistance during exercise.

The top left display indicates R.P.M. This relates to the speed you are generating. The maximum speed is set at 250 R.P.M.

The bottom left figure represents time elapsed since exercise commenced. This is displayed in minutes and seconds.



Exercise positions

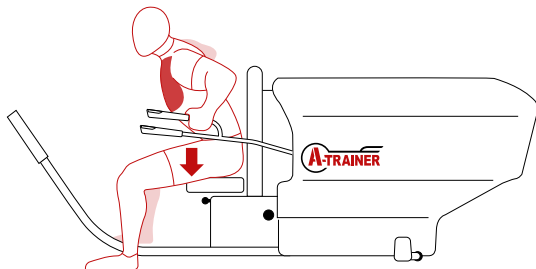
The A-Trainer works all upper body muscle groups during exercise but by varying your body shape and hand position you can target specific muscle groups for extra work. The figures below show the various body positions which should be adopted to target the individual muscle groups.

For these exercises you should start with 20 reps x 3 sets. Initially set the resistance level on 0. You can increase resistance as you progress. Please note good form is essential to target specific muscles and prevent injury.

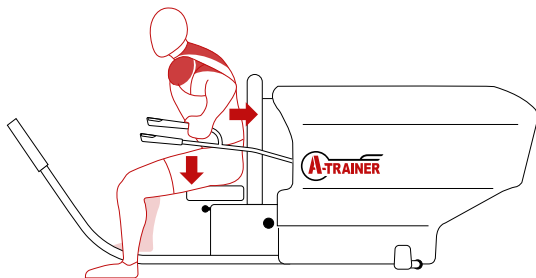
For fat burning and cardiovascular workouts you can alternate your body positions during exercise whilst aiming to maintain your cadence.

Chest and tricep exercise positions

To exercise the pectoralis muscles adopt the position as shown below ensuring the back remains flat. From the starting position push down allowing momentum to return the unit to the start position.



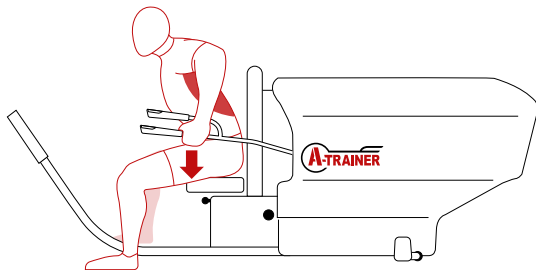
By varying the angle of the back, as you lean forward, you will also target different muscles, incorporating triceps, trapezius and shoulders.



Lats exercise position

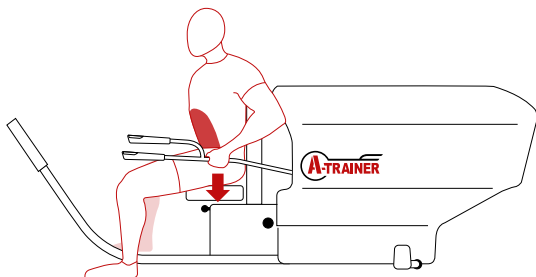
To place more emphasis on the latissimus dorsi adopt the position shown below placing the hands on the auxiliary arms directly below your shoulders.

Push your arms down from the start position allowing momentum to return the arm to the start position. Please note other muscles will be required to assist to give a comprehensive workout.



Abdominal exercise position

To target the abs ensure you are seated at the back of the seat with your back flat against the backrest. Set the resistance level to a number which you are comfortable with. Place your hands below the junction. Engage your abs and push down from the start position ensuring your back maintains contact with the backrest.



Suggested exercise programmes

Fat burning exercises

Fat burning exercise is carried out for extended periods at relatively low rpm with no resistance. You don't need to exercise at high intensity to burn calories. This type of exercise is also a good way to start your exercise program using the A-Trainer. It will help you to develop the correct technique for more strenuous exercise and ensure you target the intended muscle groups

	Level 1	Level 2	Level 3
Duration (mins)	RPM	RPM	RPM
10	50	60	70
15	50	60	70
20	40	60	70
30	40	50	60
45	40	50	60

Cardio vascular exercises

Cardiovascular exercise relates to any form of activity that uses aerobic metabolism. Your heart rate increases and you breathe more deeply to maximize the amount of oxygen in your blood and help you to use more oxygen efficiently. Hence, you feel more energized and do not get tired quickly.

Cardio improves many aspects of health, including heart health, mental health, mood, sleep, weight regulation and metabolism. The heart becomes more efficient with every beat as it pumps oxygen-carrying blood, the lungs become more effective in taking in oxygen, and the muscles more equipped to use more oxygen.

Please note as the breathing and heart rate increase, the surge should not be so much as to make you feel that you need to stop and rest. In the course of a cardio workout if you experience a strong urge to stop and rest, unusual pain or alarming symptoms, then you have to stop immediately and seek medical attention.

For an exercise to be considered cardio, it must raise your heart rate and breathing rate into the moderate to vigorous intensity level (by at least 50-percent of the normal rate) for a minimum of 10 minutes. For this program of exercises set the resistance level at 0. **Increasing** the cadence will increase your heart rate.

	Level 1	Level 2	Level 3	Level 4
Duration (mins)	RPM	RPM	RPM	RPM
2	80	90	100	110
5	80	90	95	100
10	75	80	85	90
15	70	75	80	85
25	60	70	80	90
30	60	65	70	80
45	50	60	70	80
60	50	60	70	75

Sprint training exercises

To vary your cardio workout you may want to try interval training. This is where you are required to reach 150 RPM on 0 resistance as many times as possible in a given time.

Duration (mins)	Resistance	Hit 150 RPM		
2	0	5 times	7 times	10 times
3	0	7 times	10 times	12 times
4	0	9 times	15 times	20 times
5	0	10 times	20 times	25 times

Muscular endurance exercises

Muscular endurance is the ability to continue contracting a muscle, or group of muscles, against resistance, such as weights or body weight, over a period of time.

Increasing the performance of these muscles means they can continue to contract and work against these forces.

For these exercises resistance becomes part of the equation.

You should aim to do the following programmes in sets of 6 with a 1 minute break between sets.

Duration (mins)	RPM	Resistance	RPM	Resistance
2	100	5	120	15
3	100	5	120	15
5	100	5	120	10
8	100	5	120	10
12	100	5	120	10
20	100	5	120	10

Duration (mins)	RPM	Resistance	RPM	Resistance
2	110	10	120	30
3	110	10	120	30
5	110	10	120	20
8	110	10	120	20
12	110	10	120	15
20	110	10	120	15

Building muscle mass

Muscle mass refers to the weight of the muscles in our bodies, or the total amount of muscle tissue. More specifically, it is the measure of the size of the muscle fibres and the number of fibres present in the muscles. Muscle mass plays a crucial role in maintaining our physical health, including our strength, balance, and metabolism. It is also an important factor for athletes and fitness enthusiasts as it directly correlates with their performance in physical activities.

For intense muscular workouts high levels of resistance should be used. You should already be familiar with the form and technique. Set the resistance level from 80-99 for these exercises.

As with muscular endurance programs allow a minute break between sets.

Reps	Sets	Resistance	Reps	Sets	Resistance
20	3	80	20	6	99
30	3	80	30	6	99
40	3	80	40	6	99
50	3	80	50	6	99
30	4	80	30	6	99
40	4	80	40	6	99
50	4	80	50	6	99
40	6	80	40	6	99
50	6	80	50	6	99

General maintenance

Day to day cleaning, safety checks and minor repairs may be carried out by appointed gym staff. Always switch off the mains lead and unplug the cable before cleaning.

General maintenance and repairs should only be carried out by an appointed certified service contractor. The safety covers should not be removed by any unauthorised person.

The machine should be fully serviced annually to ensure all moving parts are in working order and any components showing signs of excessive wear can then be replaced

The A-Trainer does not require any form of lubrication.

The A-Trainer is mechanically operated using a series of belts and pulleys. These may be replaced during an annual service. The A-Trainer should not require any repairs or maintenance outside the service contract intervals. In the event of any damage or breakage to any components please report these to the head office and a service engineer will carry out the remedial repair.

Warranty

The apparatus is warranted for 6 months for moving parts with a lifetime guarantee on fixed components. To prevent any unnecessary damage regular inspections should be made to ensure no obvious defects have arisen. If a part is broken or malfunctioning, switch off the machine and call the administration office who will arrange for a service engineer to attend. It may be possible to replace minor items yourself. This will have been explained during the installation.

Transportation

The apparatus is relatively easy to transport. First ensure all electrical cables are removed, with power turned off. The product has fixed wheels at the rear and a carry handle fixed to the screen mount. Simply lift the apparatus using the carry handle and use the wheels to manoeuvre the machine to its new location. Do not attempt to lift the apparatus by the arms or any part of the cover panels. This may cause injury or damage to the apparatus

Easily solved problems

Any unusual noise when operating the apparatus should be immediately investigated. This may be minor such as a loose bolt or the apparatus moving during intensive exercise. Before inspecting the machine turn off all power and remove the plug

If the bearings are damaged or the belt is worn you must contact the service team who will make an appointment to replace faulty or damaged parts.

Manufactured by Advanced Cardio Equipment Ltd

2 Castlefield Road

Reigate

Surrey

RH2 0AP

Customer care team

07973748850



Meanwhile, please do not hesitate to contact us should you require any further information.

Robert Howett | bob@A-Trainer.co.uk
Ray McCallum | ray@A-Trainer.co.uk