

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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:

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.

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.

Caution: Not recommended for children under 16 years.

LK-J01 Rotating Wheel



Dimensions: 950×710×1865 (mm)

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

Instructions: Hold the handgrips of the rotating wheel with both hands; let the body follow the turn of the wheel in clockwise and anti-clockwise directions.

Caution: Not recommended for children under 16 years.

LK-T02 Tai Chi Spinner



Dimensions: 1115×1020×1400 (mm)

Function: To improve flexibility of shoulders and elbows.

Instructions: 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.

Caution: Not recommended for children under 16 years.

LK-Z05 Waist Twister



Dimensions: $\Phi 2000 \times 1210$ (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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.
While two people are playing the equipment, neither of them is allowed to let go of the wheel suddenly.

LK-A01 Massager (Leg)



Dimensions: 595×220×1625(mm)

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

Instructions: 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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.
Maximum load: 100kg (per unit)

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.

Caution: Not recommended for children under 16 years.

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.