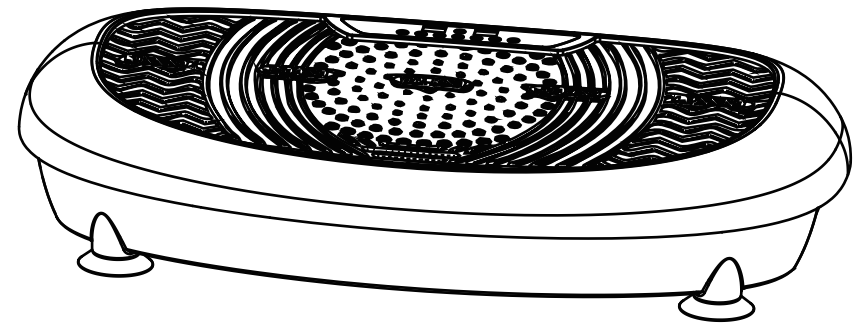




**ezWaveLITE**  
work out the easy way



Ogawa is grateful  
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Sweden.U.S.A

User Manual 使用手册

Model: OE 1030

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# Safety Instructions

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Please read the manual carefully before using the appliance.  
Power source for this appliance is 220–240V~ ;  
alternating current frequency is 50/60Hz.

## i. Usage environment

- To avoid malfunction or electric shock, do not use the appliance in a wet condition or dusty environment.
- Do not use the appliance in the bathroom.
- Do not use the appliance on the bed.
- Place the appliance in a safe location to avoid water immersion.
- Keep the appliance away from fire and heat, do not expose it to direct sunlight.
- Please use the appliance on a flat floor.

## ii. Health precautions

If you are experiencing health complications or conditions as stated below, please consult your doctor before use:

- . Suffering from heart disease, malignancy, scoliosis, hypertension, osteoporosis, etc.;
- . Pregnancy or menstruation;
- . Fever, swelling, irritation, inflammation, congestion, allergy or any other health concerns

## iii. When the product should not be used

- If the use exceeds 20 minutes at one time.
- This unit should not be used by children or invalids without adult supervision.
- Do not use this product when you are sleepy or drunk.
- If water is accidentally spilled onto the appliance.
- If the user feels abnormal or severe pain during the massage.
- If the user detects any malfunction or other abnormal conditions during operation.
- If there is lightning.

# Safety Instructions

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## iv. Caution and warning

- Please completely insert the plug into outlet before use.
- Unplug the appliance from the outlet when not in use.
- Do not use any attachments that are not recommended by OGAWA.
- Do not operate this appliance if it has a damaged cord or plug. Please return the unit to OGAWA Service Center for examination and repairs.
- Do not drop or insert any object into any opening.
- Do not lift or carry this appliance by the power cord or any cord.
- Do not cover the appliance during operation.
- Do not crush the appliance and avoid any sharp folds.
- Anyone whose weight is more than 100KG should not use the appliance.
- This appliance is designed only for personal use, and not for professional purposes.
- The appliance can only be used by one person at a time.

## v. Note

- The appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge. They need to be supervised and instructed about its usage by a person responsible for their safety.
- Extensive usage could lead to excessive heating and a shorter product lifespan. Should this occur, discontinue the use and allow the unit to cool before operating again.
- If you are under medication or with a medical condition, please consult your doctor before use. Please do not use the product if you are not feeling well.
- Do not remove the cover of the appliance. Mishandling the internal components may result in malfunction or electric shock. Do not try to repair this appliance. The maintenance and repairs should only be made by technician.
- Do not connect or disconnect the power plug from the electrical outlet with wet hands.
- Do not use the appliance if the electrical outlet is loose.

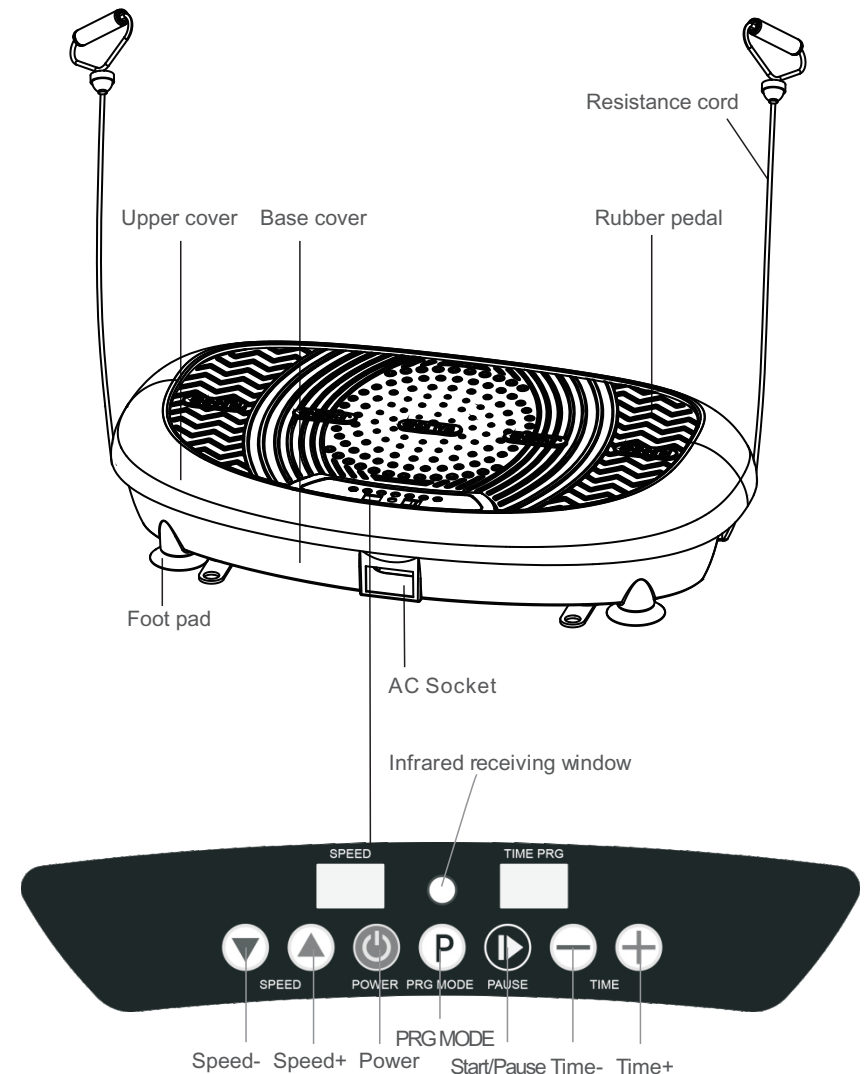
## Warranty Claims

1. Warranty is not transferable.
2. This warranty is effective only if the product is purchased from OGAWA or any authorized distributors.
3. Proof of purchase (original receipt) is required for all warranty repairs.
4. All implied warranties, including but not limited to these implied warranties of fitness and merchantability, are limited to the duration stated in the warranty policy.
5. Damage due to misuse, improper treatment and unauthorized modification and repair are not covered by this warranty.
6. Warranty does not cover accessories and attachments which do not belong to the product.
7. Warranty is not effective to rental, business, commercial, institutional or other nonresidential users.
8. All services covered by this warranty must be approved by OGAWA and repaired by authorized technicians only.
9. If replacement parts for defective materials are not available, OGAWA reserves the right to make substitution in lieu of repair or replacement.

## Specification

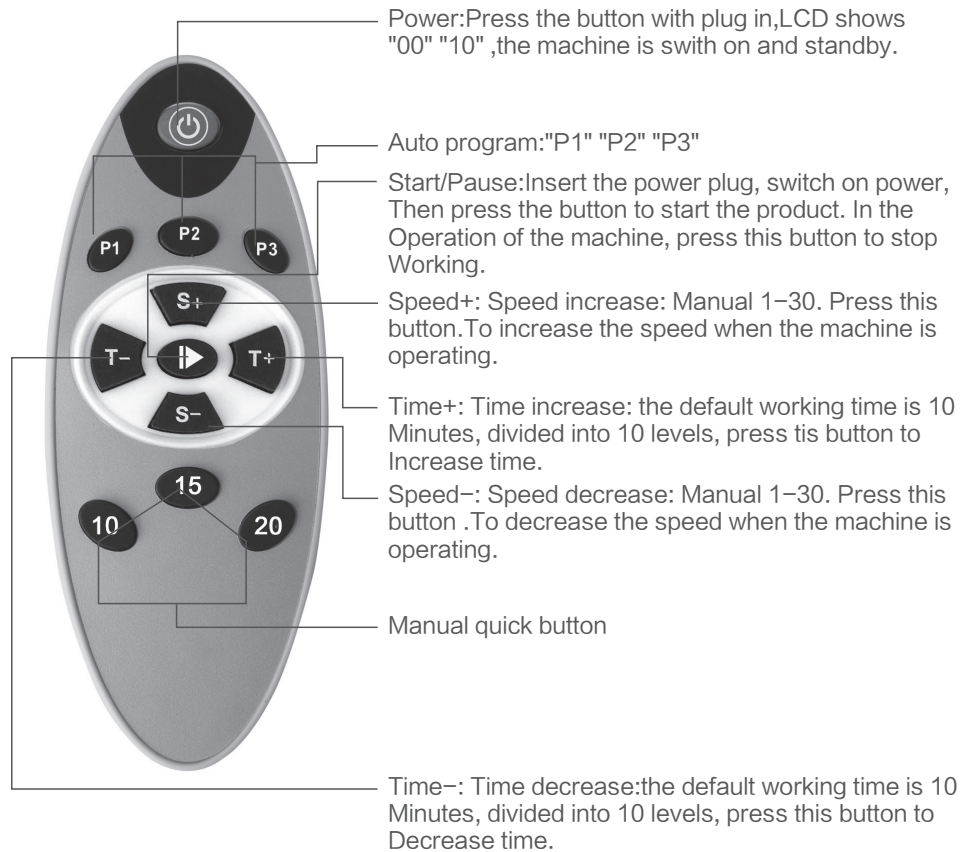
Model No.	OE 1030
Power source	220~240V~
Alternating current	50/60Hz
Power consumption	200W
Max Timer	10 minutes
Weight	8.8KG
Dimension(L*W*H)	625x345x140mm

## Name and Function of the Product



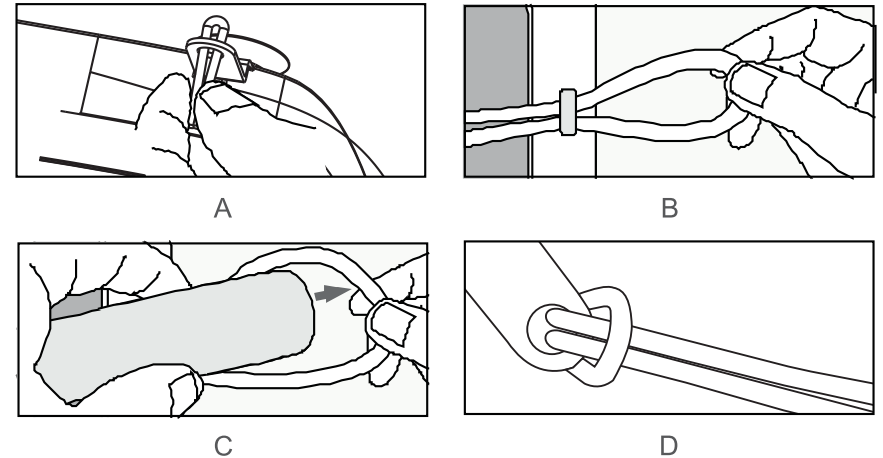


# Name and Function of the Product



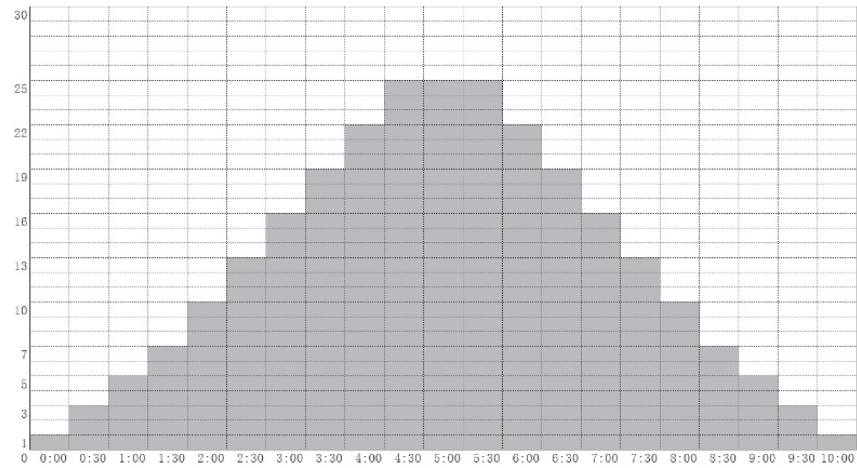
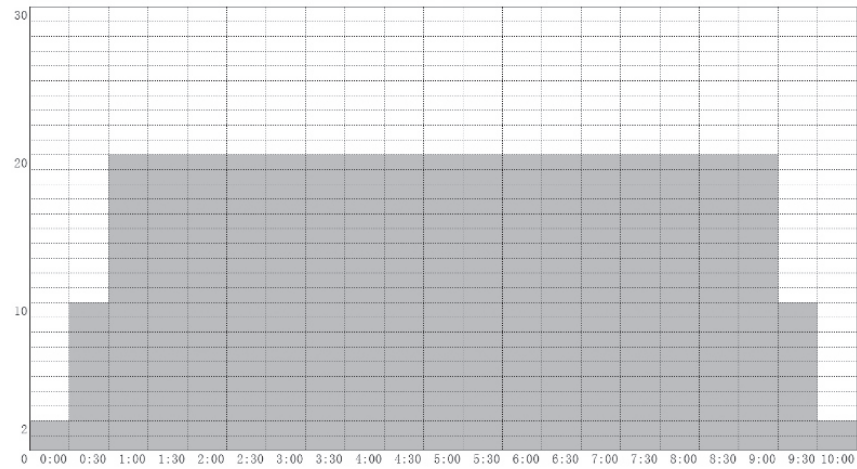
**Note:** The effective reception range of the remote Control signal is 2.5 meters, the infrared emission Indicator of the controller should be aligned the infrared Receiving window on the product.

# Resistance Bands

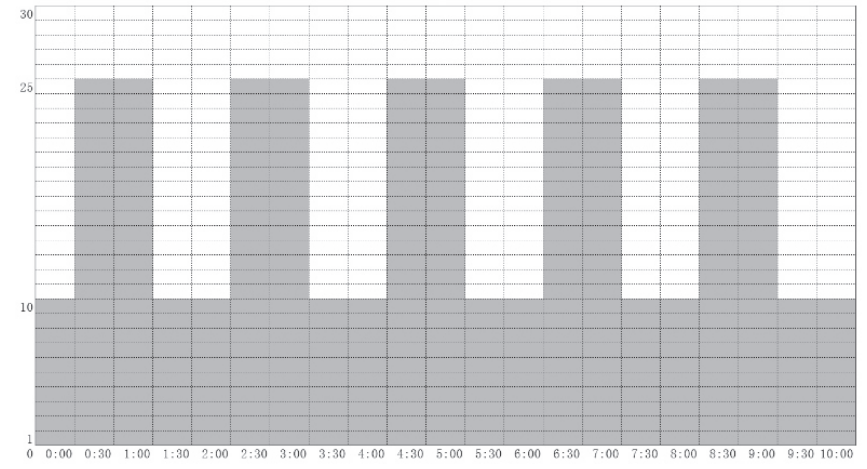


To use the resistance bands as part of your workout first of all attach the resistance bands to your ezWaze. To do this take the loop at the end of resistance band and thread this through the fixed hoop located on the underside of the ezWaze. There are two fixed hoops; one located on each side underneath the ezWaze next to the handle. Once you have pulled the loop through the fixed hoop, take the handle of the resistance band and slide this through the loop, so that it creates a knot around the fixed hoop. This should ensure that resistance band is firmly locked into place and will not detach when in use. Please check the knot is secure before you use the ezWaze and always check that the fixed hoop and the resistance band are securely attached before each use. Regularly check the resistance bands for any signs of wear and do not use if they appear frayed or damaged.

# Program Mode



# Program Mode



## Use method

1. Stand on the product with your feet shoulder width apart and Grip the resistance band handles. rotate your torso clockwise and hold for a few seconds before returning to the centre. then repeat on the other side. this exercise can also be done using the resistance bands by holding them out in front of you at shoulder height and rotating.



2. Stand on the product with your feet shoulder width apart and Grip the resistance band handles. Keep your back straight, knees bent and gently tense your leg muscles. You should then feel tension in your quadriceps, buttocks and back. To increase the intensity of the exercise bend your knees more.



3. Carefully stand on the product. Hold the resistance bands in front of your chest so that palms are facing each other. Lower arms slowly behind you so that they are outstretched and straight, then bring them back into the starting position. This can be done either alternately or at the same time. To advance this exercise, it can be done either in the squat or lunge position. You can do this exercise with or without the vibration plate active.



4. Seat on carpet, with your back on the Rest your calves on the platform with your toes pointing upwards. Simply relax and enjoy an invigorating calf massage. This should be done at a lower setting (1-5)



## Use method

5. Sit in the centre of the product. Allow your upper body to lean forward. In this position, the vibrations will help to relax the muscles of your back, hip and thighs. This should be done at a lower setting (1-5)



5. Position yourself in front of the product; place your hands on the platform, slightly pointing inwards, shoulder width apart and legs outstretched behind you so you are on your toes. Keeping your back straight and abdominal muscles tight, push your chest up from the platform. This exercise aims to strengthen your chest, shoulder muscles and triceps. If this exercise is too challenging you can perform this on your knees.



7. Kneel down in front of the product and place your hands on the platform with your arms outstretched. Keep your back and neck straight. Swing and vibration your upper body backwards while resting your arms on the platform. This exercise helps to relax muscles of your neck and shoulders. This should be done at a lower setting (1-5).



8. Seat on chair or sofa, with feet put on the Product. This posture can massage both thigh and calf.



# Storage and Maintenance

## Surface cleaning

Before cleaning, ensure the power switch is turned off, and the attaching plug is pulled out of the socket.

The rubber pedal and covers can be cleaned with a wet cloth containing detergent, and the detergent should be removed with a Cloth

### Notice

Do not clean the Product with corrosive detergent such as benzene Or thinner, as it may cause fading, corrosion or crack on the Product. Do not splash water into the Product to avoid short circuit.

## Controller

As wet cloth may cause malfunction of the controller, only dry cloth Can be used.

## Storage an Maintenance

Make sure that the power switch is turned off and the plug is removed From the power supply  
Clean off the dust and dirt on the Product and keep it clean and away From places with high temperature or high humidity.  
If the Product is not in use for along period, a dust proof cover (buy it Yourself) should be applied on the Product to prevent the entry of dust.

# Common Problems & Solutions

S/N	Problems	Causes	Solutions
1	The Product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		The fuse is burn	Replace fuse
2	Sound like phew or Da-da is heard during working	Normal sound generated by the Motor or from the friction Between mechanical units	NA
3	Operate the controller, but the Product no action	Battery may dead	Replace batteries
		The controller is too far away from the Product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes' interval
5	Can not operation	Too many commands sent to the Product and they can not be responded in time	Power off and then restart
6	display "ER01"	overload protection	Disconnect the power supply,then Insert the plug and restart
7	display "ER02"	Communication error	contact with the service center

Note: Please consult service center department, if malfunction can not be removed by consumers themselves

# Contact Us

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# 安全指引

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请在使用产品之前仔细阅读此使用说明。  
本产品仅使用电压为220-240V~，频率为50/60Hz的电源。

## i. 使用环境

- 为避免机器故障或者触电，请勿在潮湿或者多尘的环境中使用本产品。
- 请勿在浴室使用本产品。
- 请勿在床上使用本产品。
- 请将本产品放置在安全的位置，避免浸水。
- 产品放置位置请远离火源或热源，避免阳光直晒。
- 请在平坦地面使用本产品。

## ii. 健康预防

此产品不适宜以下人士使用：

- 心脏病患者、恶性肿瘤患者、背痛、脊椎侧弯或异常、高血压、骨质疏松症等；
- 孕妇或月经期间；
- 身体不适者、发烧、身体有红肿或发炎、瘀青、过敏等；

## iii. 以下情况下请勿使用本产品

- 连续使用本产品20分钟以上；
- 孩童或者行动不便者在无监护的情况下请勿使用本产品；
- 困乏或者醉酒时；
- 液体不慎溅落在产品上时；
- 使用中感觉任何不适或者疼痛；
- 使用中发现机器有任何故障或者异常；
- 打雷时

# 安全指引

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## iv. 警告

- 请将插头完整插入插座后方可使用。
- 没有使用时，请拔下电源插头。
- 请勿使用非OGAWA提供的配件。
- 如遇本产品电源线脱落或者表皮破损，切勿使用。请联系OGAWA客服中心进行检修。
- 勿将任何物体掉入或者插入产品机构间隙。
- 请勿扯动电源线来移动本产品。
- 请勿在运行时遮盖本产品。
- 请勿挤压或用尖锐物划伤本产品。
- 体重超过100公斤以上禁止使用。
- 本产品仅供个人使用，非用于商业用途。
- 本产品每次仅限一人使用。

## v. 注意事项

- 肢体、感官或精神上有残障或缺乏相关知识经验的人必须在被告知相关风险以及正确使用方法，并有他人指导监督的情况下才可以使用该产品。
- 过度使用可能会导致产品过热而缩短产品寿命，连续使用时，须停用一段时间让产品冷却后再继续使用。
- 正在接受药物或医疗治疗者，请在使用前咨询医师。若您感觉不适，请勿使用本产品。
- 请勿拆卸本产品。触碰内部机件可能导致故障或触电意外。不可试图自行拆卸或者修理本产品，本产品仅由专业维修人员保养修理。
- 请勿用潮湿的手安插或拔出电源插头。
- 当电源插座有松动时，请勿使用。

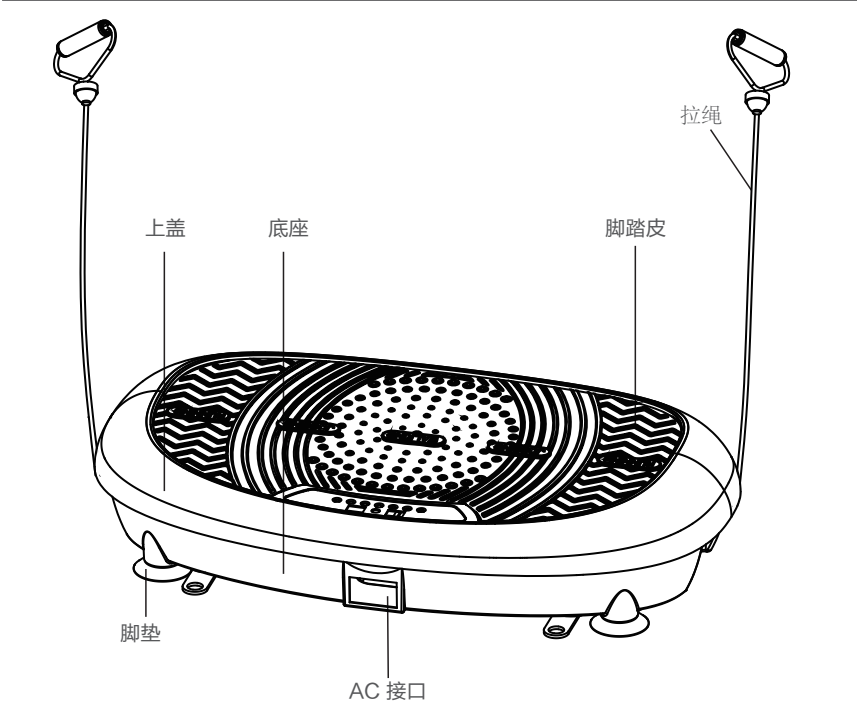
# 保修权限

- 1. 本保修权限不可转让。
- 2. 本产品仅对购于OGAWA或其授权代理的产品有效。
- 3. 当要求保修服务时，请出示购买凭据（正本收据）。
- 4. 所有保修项目，包括但不限于这些健身及适销性的保修项目，其有效期限需视保修政策而定。
- 5. 因错误使用，处理不当以及未经授权私自改装或维修产品导致的损坏不属于保修范围。
- 6. 保修范围不包括不属于产品本身的附件。
- 7. 保修不适用于租赁、交易、商业、机构及其他非居民使用者。
- 8. 保修政策涉及的维修服务须经OGAWA授权，且只有获授权的技术人员才可进行维修。
- 9. 若需要更换的维修附件缺货，OGAWA有权采用替代配件进行维修。

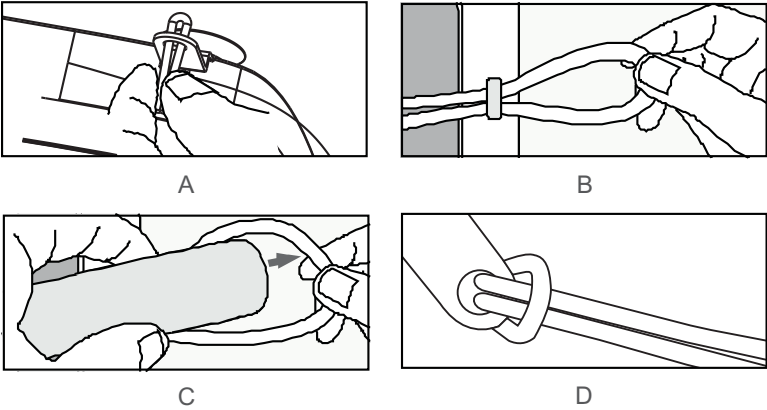
# 产品规格

产品型号	OE 1030
额定电压	220-240V~
额定频率	50/60Hz
额定功率	200W
额定工作时间	10 minutes
产品重量	8.8KG
产品尺寸(长*宽*高)	625x345x140mm

# 产品的部件名称说明



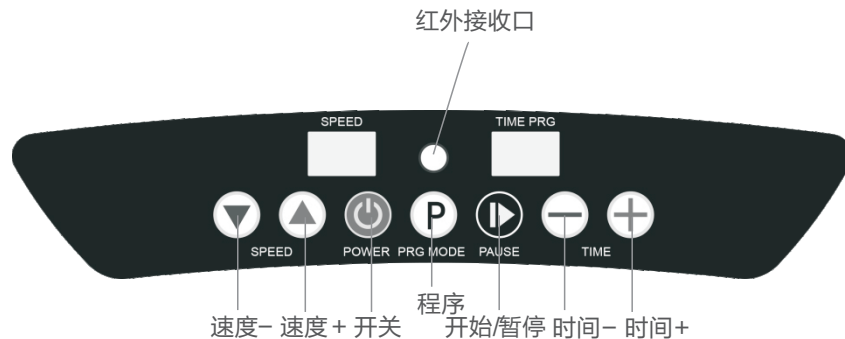
\*拉绳的使用说明：使用拉绳时，将拉绳末端穿过左右两侧中盖的拉环，再将拉绳提手穿过末端形成一个活接拉紧即可。取下拉绳时，将拉绳末端的绳结处松开，再将拉绳拉环穿过末端环处松开绳结即可。





## 使用操作说明

本机器的操机使用可通过二个控制器来实现对机器的操作使用，一个是机器上的中央操作控制器、一个是遥控器。



### 中央操作控制器的操作说明（见上侧图示）

- \*开关键：控制控制界面的电源通电
- \*程序键：控制机器的功能
- \*开始/停止键：控制机器工作状态的开始与停止。
- \*调速键：调整机器速度的快慢，1-30档选择。
- \*调时键：调整机器工作时间的长短，1-10分钟选择。

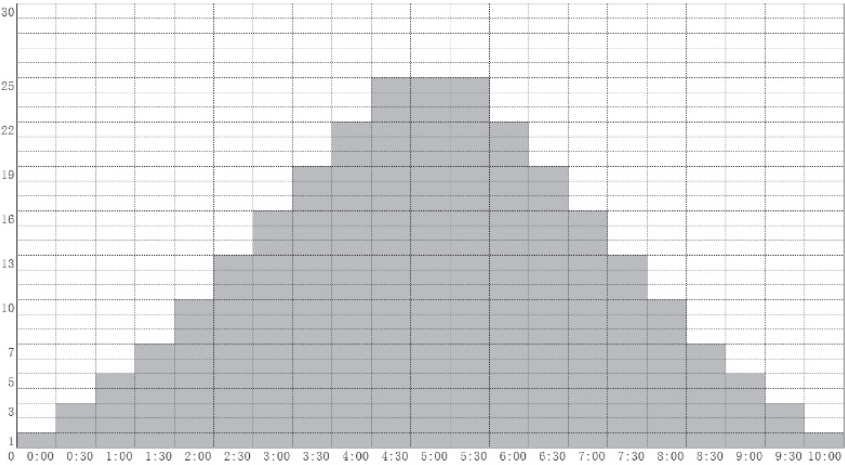
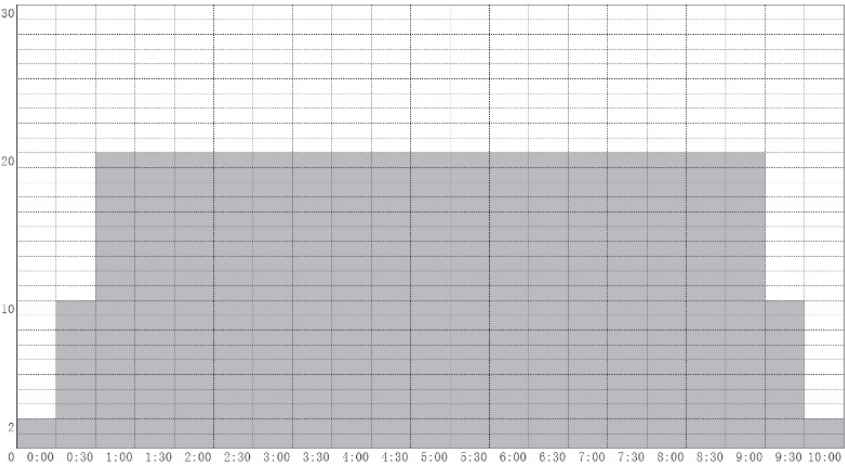
## 使用操作说明



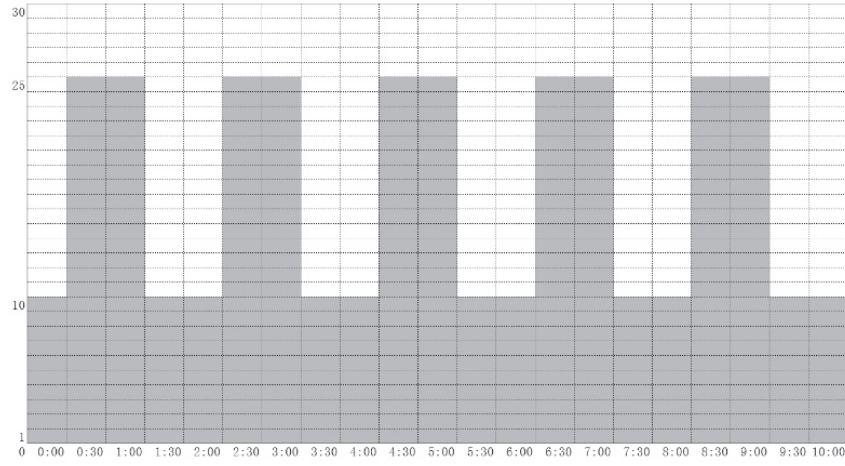
备注:远程控制信号的有效接收范围为2.5米,控制器的红外发射指示器应与产品的红外接收窗口对齐。



# 自动程序



# 自动程序



## 使用姿态



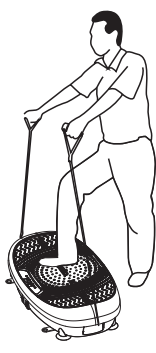
直立式

根据图示，双腿分开，与肩同宽，直立，用手拉住活力绳。增强腹肌、下半身的运动。



半蹲式

根据图示，双腿打开，微弯，用手拉住活力绳。增强腹肌、大腿内侧的运动。



弓步式

根据图示，站立在主机的前面，一只脚踏上踩踏面板，用手拉住活力绳。增强下半身的运动。



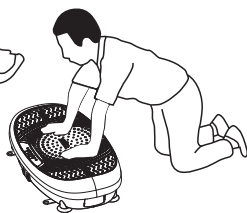
侧腿式

根据图示，双脚分别放在踩踏面板上，做侧腿运动。增强腰部、腹部及大腿的运动。



俯卧撑一式

根据图示，双手撑在踩踏面板上，双腿伸直，成俯卧的姿势。增强手臂、肩部、胸部及上身肌肉的运动。



前趴式

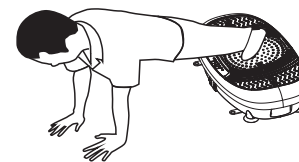
根据图示，面向主机，稍微弯曲手臂，将双手放在踩踏面板上，双腿弯曲跪地，顶起臀部。增强前臂、上臂及下半身的运动。

## 使用姿态



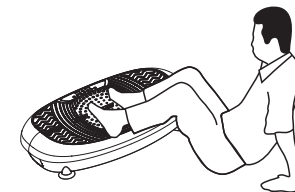
座式

根据图示，面向主机，坐在椅子或沙发上，将双脚放置于踩踏面板的两边。增强大腿和小腿的运动。



俯卧撑二式

根据图示，双脚撑在踩踏面板上，双手伸直撑在地面，成水平姿态的俯卧姿势。增强手臂、肩部、胸部及腿脚肌肉的运动。



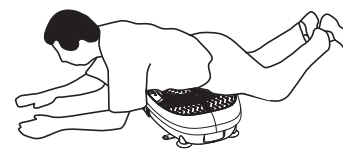
曲腿式

根据图示，将小腿放在踩踏面板上，两手着地支撑身体。增强小腿、大腿及腰部的运动。



臀坐式

根据图示，坐在踩踏面板上，双腿微弯。增强腿部肌肉及臀部的运动。



趴式

根据图示，身体趴在踩踏面板上，双腿微弯，手臂撑地。增强胸部、腹部肌肉的运动。



侧臂式

根据图示，一只手放在踩踏面板上，屈膝蹲在主机旁边。增强脚肌、手部及肩部的运动。

# 产品的清洁与保养

清洁之前，请确认电源开关已经关闭，电源插头已经从插座拔出。脚踏皮和外壳可用含清洁剂 的湿布彻底清洁，然后用干布小心擦除清洁剂。

## 注意

切勿使用苯，稀释剂及酒精，汽油等具有腐蚀性和挥发性清洁品，否则可能会造成产品喷漆褪色或内部结构腐蚀，开裂等。切勿将液体泼洒进机体内部，以防电路短路。

## 遥控器

用湿布清洁手控器可能造成故障，因此只能用干布清洁手控器。

## 产品保养

确认电源开关关闭，电源插头已经从插座拔出，擦去产品的灰尘和污垢，保持产品清洁并远离高温，潮湿的场所如果长时间不使用本产品，请用防尘罩（请自行购买）套住，防止灰尘落入。

# 常见问题及处理方法

S/N	现象	可能原因	处理方法
1	无法开机	电源插头没有插好	插好电源插头
		产品电源开关未打开	打开电源开关指示灯亮
		瞬间电流过大，保险丝熔断	更换同型号的保险丝
2	机器工作中发出"咻咻"或"哒哒"的声音	这是机器运转时发出的声音，而非机械故障，属正常工作声音	无需处理
3	遥控器操作，机器无反应	遥控器电池没电	更换电池
		遥控器遥控距离太远	无线感应的有效范围为3M
4	无法正常操作	可能执行命令过于频繁	关闭电源，重新启动
5	显示“ER 02”	通讯故障	关闭电源3分钟后再开机，如不行请联系售后
6	显示“ER 01”	产品过载保护	关机30分钟后，再次使用

备注：当消费者无法自行排查原因时，请联系售后。

## 联络我们

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