

VOLTRA I

In the Box

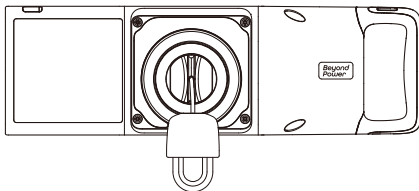
Quick Start Guide

Disclaimer and Safety Guidelines

包装清单

快速入门

免责声明与安全指南



In the Box



VOLTRAX I

In the Box

Quick Start Guide

Disclaimer and Safety Guidelines

Check if all the following items are included in the packaging.
If any item is missing, contact Beyond Power or the local distributor.

Specifications

VOLTRA I

Weight	12.78 lbs (5.8 kg)
Dimensions (L×W×H)	12.71 × 5.49 × 3.94 inches (323 × 139 × 100 mm)
Resistance Range	5 – 200 lbs (2 – 90 kg)
Operation Temperature	32°F – 104°F (0°C – 40°C)
Bluetooth	5.0
WiFi	2.4 GHz

Battery

Battery Type	Lithium Ion Rechargeable Battery
Capacity	1700 mAh
Power	97.9 Wh
Voltage	57.6 V
Charging Power (Max)	140 W

Cable

Length	112.20 inches (2.85 m)
Diameter	0.11 inches (3 mm)
Material	High-strength, Synthetic Fiber

Connector

Dimensions (L×W×H)	1.61 × 1.61 × 2.44 inches (40.9 × 40.9 × 62 mm)
Material	Titanium, PE

Beyond+ App

Supported Operating System	iOS
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Activation



Download the Beyond+ App

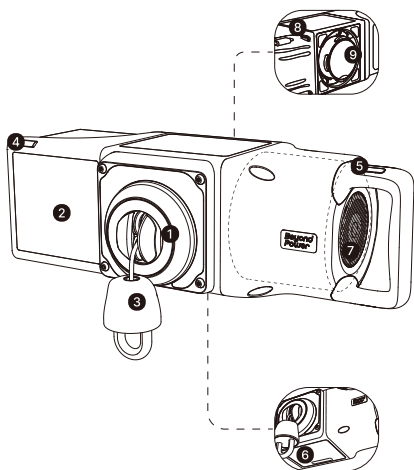


For the first time using VOLTRA I, please activate through the Beyond+ application or activate online according to VOLTRA I screen prompts.



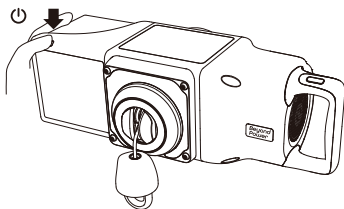
Scan Here for Quick Start

Component Introduction



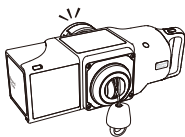
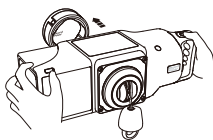
1. Cable Hatch
2. Screen
3. Connector
4. Power Button (On/Off) and Battery Level Indicator
5. Unlock Button
(Press and hold unlock and power buttons for 3 seconds)
6. Cover
7. Fan and Dust Cover
8. Type-C Port
9. Mount Cap

Power On / Off

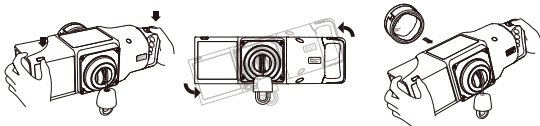


Power on or power off, press the button once shortly, and then hold for 3 seconds.

Lock On / Off

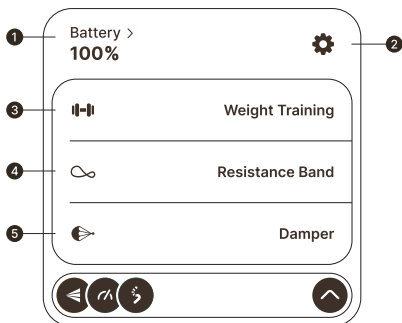


Hold VOLTRA I with both hands and insert it into a Mount Base.

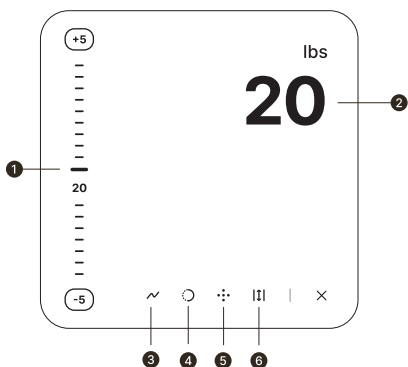


Press and hold both side buttons for 3 seconds, rotate, and pull out.

Home Screen

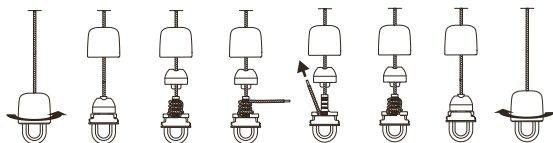


Performance Monitor



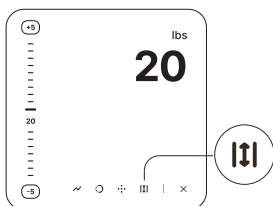
Customizing Your Zero Position

After using VOLTRA I for a period of time, the cable will naturally stretch, which is a normal phenomenon. Refer to the following steps to adjust your initial zero position.

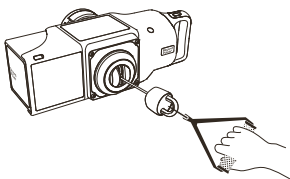


Rotate and open the upper shell of the cable connector as seen diagram, release the cable, and adjust the cable length to your suited level, then reassemble the cable connector.

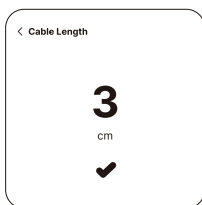
Setting Cable Length



Click on any mode on the homepage, then click I I.

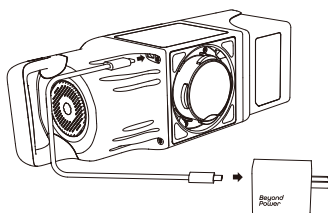


Extend the cable to your appropriate length, and hold for 3 seconds.



VOLTRA I will now set this cable length as the default position for the remainder of your workout. When powered off or in sleep mode, VOLTRA I will reset to the initial position.

Charging



Charging fully VOLTRA I with the included 65W adapter and cable, which takes about 120 minutes.

Battery Level Indicator

Battery Level	LED Color
5%	Solid Red
25%	Orange
50%	Solid Yellow
80%	Light Green
100%	Solid Green

Glossary

Thank you for your interest in Beyond Power Inc. (Herein after referred to as "Beyond Power", "we", or "us"). This document includes the following terms to help you understand the potential risks that may occur if the product is not operated correctly. When you are instructed to use the product in a specific manner, it is important to follow all the guidance provided. If you are unsure about anything, it is recommended to stop using the product and consult the help manual or seek advice from a professional before continuing to use VOLTRA.

These warnings and cautions apply to the product, and where applicable, to all tools, accessories, cable or power adaptors.

Warning

If you do not follow the instructions provided, there is a risk of causing damage to your property, experiencing significant accidents, and suffering serious injuries.

Caution

Not adhering to these instructions may lead to property damage and injuries.

Warning and Safety Information

When using VOLTRA I, it is crucial to observe basic precautions. Please read all safety information before using VOLTRA I.

Minors

1. VOLTRA I product is designed for individuals aged 18 and older. Keep children under the age of 13 away from this product.
2. Teenagers aged 16 and above may use VOLTRA I under direct adult supervision if approved in advance by a physician. An adult should review all safety information with the minor before use.
3. Keep children away from VOLTRA I and accessories. VOLTRA I contains parts, components, and functions that can cause severe injury or death. You are responsible for the safety of your children and anyone else you allow to use your VOLTRA I.

Warning

1. Do not leave the product unattended while in the unstowed position.
2. Do not cover VOLTRA I with a blanket or any covering. Overheating VOLTRA I may cause fire, electric shock, or injury to people.
3. During use, the motor may generate high temperatures, with a high temperature of 140°F (60°C) or above. After use, avoid touching the motor, allowing it to cool before dismounting or moving.
4. Never use VOLTRA I under the influence of alcohol or drugs.
5. This product is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning the use of the product by a person responsible for their safety.
6. Use this product only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
7. Never operate this product if it has a damaged Type-C port, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the product to a service center for examination and repair.
8. Keep the charging cable away from heated surfaces.
9. Never operate the product with the dust cover blocked. Keep the dust cover free of lint, hair, and other debris.
10. Never drop or insert any object into any opening of VOLTRA I.
11. Avoid operating VOLTRA I where aerosol (spray) products are being used or where oxygen is being administered.
12. Do not overexert yourself or work to exhaustion. Use reasonable judgment when selecting the resistance range. Avoid using excessive resistance, which may cause injury.

13. Perform regular maintenance for optimal performance and longevity. To ensure safety, check VOLTRA I for wear and damage on a regular basis. Replace any damaged or worn parts immediately.
14. Always keep the Type-C port clean and dry. Sweat, spills, and other damage to the Type-C port may result in damage to VOLTRA I and injury.
15. Use only original parts from the manufacturer. Changes or modifications to this unit not approved by Beyond Power could void the warranty.
16. Always unplug VOLTRA I immediately after use and before cleaning or performing maintenance. Service other than the procedures described here must be performed by an authorized technician.
17. This product is intended for indoor use only. Do not store VOLTRA I outdoors, near water, at altitudes above 4000 meters, or in high humidity levels.
18. Always turn "OFF" the product before replace cable by yourself.
19. Do not touch contacts together. Do not demolish or assembly the battery by yourself. Do not put the battery in the damp place to avoid danger.
20. Risk of Fire and Burns. Do Not Open, Crush, Heat Above 40°C/104°F or incinerate the Battery. Do not short circuit. If bulges severely, discontinue use. Follow Manufacture's Instructions.

Medical Warning

Beyond Power offers health and fitness information and is designed for educational and entertainment purposes only. You should consult your physician or general practitioner before beginning any new fitness program. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician, general practitioner or other health-care professional. Do not disregard, avoid or delay obtaining medical or health related advice from your healthcare professional because of something you may have read on the Beyond Power website or heard from Beyond Power or its app. The use of information provided through the Beyond Power service is solely at your own risk and is not medical or healthcare advice.

Nothing stated or posted on the Beyond Power site or available through any Beyond Power service is intended to be, and must not be taken to be, the practice of medical or counseling care. for purposes of these terms, the practice of medicine and counseling includes, without limitation, psychiatry, psychology, psychotherapy, or providing health care treatment, instructions, diagnosis, prognosis or advice. Beyond Power is continually under development and, to the full extent permitted by law, makes no warranty of any kind, implied or express, as to its accuracy, completeness or appropriateness for any purpose. In that regard, developments in medical research may impact the health, fitness and nutritional advice that appears here. No assurance can be given that the advice contained in the Beyond Power will always include the most recent findings or developments with respect to the particular material.

In becoming a user of Beyond Power with the intent of using the Beyond Power service, you affirm that either all of the following statements are true:

1. No physician or general practitioner has ever informed you that you have a heart condition or that you should only do physical activities recommended by a physician or general practitioner;
2. You have never felt chest pain when engaging in physical activity;
3. You have not experienced chest pain when not engaged in physical activity at any time within the past month;
4. You have never lost your balance because of dizziness and you have never lost consciousness;
5. You do not have a bone or joint problem that could be made worse by a change in your physical activity;
6. Your physician or general practitioner is not currently prescribing drugs for your blood pressure or heart condition;
7. You do not have a history of high blood pressure, and no one in your immediate family has a history of high blood pressure or heart problems; and you do not know of any other reason you should not exercise;
8. Your physician or general practitioner has been specifically consulted by you and approved of your use of Beyond Power's products.

If applicable, you further affirm that you are not pregnant, breastfeeding or lactating; unless your physician or general practitioner has been specifically consulted and approved your use of this product.

Beyond Power reserves the right to refuse or cancel your membership if we determine that you have certain medical conditions or that the representations set forth above are untrue in any respect.

Maintenance and Routine Inspection

1. Ensure that the battery is not damaged, aged, or deformed prior to use.
2. Before each use, inspect VOLTRA I for any signs of damage or wear. Make sure that other components of VOLTRA I, such as the connector, cable, motor, handle, and accessories, are not damaged, loose, or malfunctioning. If you discover any of these conditions, do not use VOLTRA I until a repair is performed, contact Beyond Power immediately to schedule inspection online and further repairs if necessary.
3. If you do not understand how to operate VOLTRA I, contact Beyond Power for an explanation on safe and proper use; find our contact information at <https://www.beyond-power.com>.
4. Keep the safety guidelines and any warning labels for future reference. Replace any labels if damaged, illegible, or removed, by contacting Beyond Power at <https://www.beyond-power.com>.
5. Damaged or worn parts should be replaced immediately. Do not attempt to repair VOLTRA I on your own. Do not use VOLTRA I until a proper repair and inspection has been performed.
6. Use of damaged product could result in serious injury or death.
7. Never operate VOLTRA I if it is not functioning properly. Ensure other individuals in the household or who may come in contact with the product know not to use VOLTRA I until maintenance has been performed and the product is in good working order.

Disclaimer and Safety Summary

This product is not a toy. Do not allow children to come into contact with this product or its parts and cable. Please take extra care when using this product in the presence of children.

This product is a handheld, direct drive cable trainer that provides easy and adjustable resistance training up to 200 lbs when all components are intact and the power source is functioning properly. Beyond Power Inc. reserves the right to update this "Disclaimer, and Safety guidelines" at any time.

You should read the entire user manual and familiarize yourself with the product's functions before operating it. Incorrect operation of this product may cause serious injury to yourself or others, or damage to the product and property. While the product is easy to operate, it requires basic fitness knowledge, including understanding your maximum training strength to prevent the risk of injury during training. Without strong safety awareness, improper operation may result in product damage and property loss, or even serious injury to yourself and others. Do not use components that are not provided or recommended by Beyond Power.

Before assembly, setup, and use, be sure to visit the Beyond Power website (<https://www.beyond-power.com>) to download the "User Manual" and carefully read all instructions and warnings. You understand and agree that without training records, Beyond Power may not be able to analyze the cause of product damage or accidents, and may not be able to provide warranty or after-sales services.

Beyond Power is not responsible for any losses caused by the user's failure to follow this document or the "User Manual" when using the product.

By using this product, you are deemed to have understood, accepted, and agreed to all the terms and contents of this document. The user is responsible for their actions and all consequences therein. The user agrees to use this product solely for its intended purposes, and agrees to all the terms and contents of this document and any related policies or guidelines that may be formulated by Beyond Power.

Subject to compliance with laws and regulations, Beyond Power has the final right to interpret this document and all related documents of this product. In the event of updates, revisions, or termination, there will be no further notice. Please visit the Beyond Power official website to obtain the latest product information.

Beyond Power Inc. and its affiliated companies own the trademark VOLTRA . The trademarks or registered trademarks of the mentioned product names and brands belong to their respective companies.

Battery Safety Guidelines

Warning

1. Do not allow the battery to come into contact with any liquid. Avoid immersing the battery in water or exposing it to wet environments, including rainy or humid conditions. Water contact may trigger a decomposition reaction, leading to battery self-ignition or explosion.
2. Only use batteries and charging equipment developed or provided by Beyond Power. If replacement is necessary, please refer to the official Beyond Power website for purchasing information. Using incorrect battery models can pose an explosion hazard. Beyond Power is not liable for any battery accidents or malfunctions caused by non-official batteries or charging products.
3. Do not use or charge swollen, leaky, or damaged batteries. If the battery exhibits abnormalities, contact Beyond Power or an authorized Beyond Power seller for further assistance. If concerned about potential surface scratches on VOLTRA I, consider using a protective case or cover.
4. The battery should be operated within a temperature range of 32 to 104°F (0–40 °C). High temperatures above 104°F or 40°C can accelerate battery aging, reduce battery life, and lead to battery ignition or explosion. Low temperatures below 32°F or 0°C can significantly diminish battery performance.
5. Do not disassemble the battery or puncture it with sharp objects, as this may result in battery ignition or explosion.
6. The liquid inside the battery is highly corrosive. Avoid contact with any leakage. If liquid from the battery comes into contact with the skin or eyes, immediately rinse with clean water and seek medical attention.
7. In the event of a battery fire, it is recommended to employ the following extinguishing equipment in the following order: water or water mist, sand, fire blanket, dry powder, and carbon dioxide fire extinguisher.
8. Do not use a battery that has been involved in a crash or subjected to heavy impact.
9. Exposure of the battery to extremely low air pressure can result in an explosion or the release of flammable liquid or gas.
10. Do not place the battery near heat sources such as direct sunlight or hot car interiors, open flames, or heating furnaces.
11. Do not store the battery completely discharged for a long time to avoid over-discharging and causing damage to the battery cells, rendering them unusable.

Handle a Battery Malfunction

A battery malfunction may occur if an abnormality occurs in the battery cell. The energy stored in the battery could be released suddenly, which can cause fire. This may be triggered by physical damage to the battery, improper replacement or repair, or temperatures outside the battery's operating range.

Act immediately if you notice any of the following signs of a battery malfunction:

- The lithium-ion battery or a product that contains one begins to smoke or emit sparks or soot.
 - The battery pouch suddenly and quickly puffs out.
 - The lithium-ion battery or a product that contains one begins to emit hissing or popping sounds.
1. Smother the battery or product immediately with clean, dry sand. Dump the sand **all** at once. Timing is critical — the faster you pour **all** the sand, the sooner the reaction will be contained.

2. Contact local fire authorities if further assistance is needed.
3. Evacuate the room for 30 minutes after the reaction is contained. Ventilate the area. Do not return until the area is clear of smoke.
4. Wait for 30 minutes before touching the product. Wear heat resistant gloves and safety glasses with side shields to remove the product from sand.
5. Wipe any affected areas with water first. Then wipe the area with an ESD-safe cleaning solution. Dispose of the damaged battery or product (including any debris removed from the sand) according to local environmental laws and guidelines.

Caution

1. After completing the charging process, disconnect VOLTRA I from the charger.
2. If the product will not be used for more than 10 days, discharge the battery to a capacity of 40%–65% to prolong battery life.
3. Recharge and discharge the battery every three months to maintain battery health.
4. Regularly check the battery level indicators to monitor the current battery level. The battery is designed for 200 cycles, and it is not recommended to continue using it after reaching this limit. Refer to the "User Manual" for detailed instructions.
5. Store the batteries in a clean environment to prevent stains or dirt from accumulating on the battery.
6. Use the provided charging cable and Beyond Power power adapter to charge the battery.
7. Other third-party cables and power adapters that comply with applicable national/regional regulations and international safety standards can also be used for battery charging. (Using adapters that do not meet applicable safety standards may pose risks of death or injury.
8. Using damaged cables or chargers, or charging in damp environments, can result in fires, electric shocks, injuries, or damage to VOLTRA I or other property.
9. When charging VOLTRA I using the charging cable (in the box), ensure that the USB connector of the charging cable is fully inserted into the power adapter (in the box) before plugging it into a power outlet. During use or charging, ensure that VOLTRA I, the charging cable and the power adapter are placed in well-ventilated areas.
10. When the charging cable is connected to a power source, avoid prolonged skin contact with the charging cable and connectors, as it may cause discomfort or injury.
11. VOLTRA I and Beyond Power USB power adapters comply with the surface temperature limits defined in applicable national/regional regulations and international safety standards. However, even within these limits, prolonged contact with hot surfaces can cause discomfort or injury. When operating the product for an extended period or when the product is connected to a power source for an extended time, use common sense to avoid skin contact with such products, power adapters.
12. For safe operation of the Beyond Power USB power adapter and to reduce the risk of injury or damage due to heat, plug the power adapter directly into a power outlet. Do not use the power adapter in damp locations, such as near sinks, bathtubs, or showers, and avoid plugging or unplugging the power adapter with wet hands. Stop using the power adapter and any connecting cables if any of the following conditions exist:
 - (1) The plug or port of the power adapter are damaged.
 - (2) The charging cable is worn or has other damages.
 - (3) The power adapter is heavily exposed to moisture or water.
 - (4) The power adapter has been dropped, resulting in damage to the casing.

Cable Safety Guidelines

Warning

1. DO NOT use the cable and the connector that are not provided by Beyond Power. If a replacement is needed, refer to Beyond Power's official website for purchasing information. Beyond Power will not be responsible for any training accidents caused by the use of unauthorized cable.
2. DO NOT use VOLTRA I if the cable has notches, obvious rough edges, or loose fibers or cable health level is shown under 5%. If any of the above situations occur, replace the cable immediately or contact Beyond Power or a designated agent for further assistance.
3. The cable is intended for use in dry areas only. Do not use it outdoors or on damp surfaces.

Caution

1. When using VOLTRA I, be cautious of inadvertently twisting the cable. Twisting can cause premature wear. Regularly check the cable and untwist it as necessary. Refer to the "User Manual" for detailed instructions.
2. With frequent training, the cable may extend outward, which is a normal occurrence. Use scissors to shorten the cable and correct the zero position as needed. Refer to the "User Manual" for detailed instructions.
3. Perform periodic maintenance to ensure the cable proper functionality and prolong the lifespan of your VOLTRA I. Cable health level can help you determine when maintenance is required. Refer to the "User Manual" for detailed instructions.

Cable Health Level

100%	Health
20%	Replace the cable
5%	 Do not use

Prior Use Safety Guidelines

Warning

1. DO NOT use this product if you have reduced physical, sensory, or mental capabilities, or if you lack experience and knowledge of the product, unless you receive supervision or instruction from a trained professional.
2. DO NOT place any objects near the dust cover on the motor end. Do not use VOLTRA I if the dust cover is blocked.
3. DO NOT install, charge, or use VOLTRA I outdoors, in a bathroom, or within 10 feet (3 meters) of a swimming pool. Do not use it on wet surfaces or expose it to moisture, rain, or snow.
4. DO NOT attempt to use VOLTRA I until it has been securely locked into the Mount provided by Beyond Power.
5. VOLTRA I uses a fishbone connector for accessory attachments. While the cable may be compatible with third-party connectors, Beyond Power cannot guarantee the quality and safety of such attachment.

Caution

1. Consult your physician before starting to use VOLTRA I or any fitness program, especially if you are over 65 or have preexisting health conditions. Incorrect or excessive training can result in serious injury or death.
2. Certain exercise programs or equipment may not be suitable for everyone. Consult your physician before using VOLTRA I.
3. If you experience faintness, chest pain, shortness of breath, or any other abnormal symptoms, stop exercising immediately and consult a physician.

4. If you are taking medication that may affect your heart rate, consult your physician before using VOLTRA I.
5. Review the accessory manual for safe use.

Training Safety Guidelines

Warning

1. DO NOT release the handles when they are pulled out; it may result in product damage or serious injury. Bring the handles back to the initial position before releasing them.
2. Always keep your training direction directly in front of VOLTRA I and maintain a distance of at least 12 inches from the product. Deviating from the direction may result in injuries and product damage.
3. Excessive force or aggressive movements could lead to injuries across the body, including feet, ankles or legs. Exercise with caution.
4. DO NOT handle any part of VOLTRA I with wet hands or wet wipes.
5. DO NOT insert objects into any openings on the product.
6. DO NOT allow sweat to drop or enter any openings, especially the cable hatch.
7. Keep head, hands, limbs, fingers, and hair clear of moving parts while the product is in use.
8. Perform regular inspection and maintenance as recommended.
9. Keep unsupervised children and pets away from VOLTRA I.

Caution

1. Always wear appropriate exercise clothing and shoes when using VOLTRA I. Avoid loose clothing or jewelry that could get caught in the product.
2. Allow a clear area of 7' x 7' in front of the product during use. Pay attention to your surroundings and communicate with others in the home if using VOLTRA I in a shared space.
3. Keep the area around the product free from exercise equipment, furniture, and other objects.
4. Start slowly and progress gradually. Even if you are experienced, make sure you are familiar with VOLTRA I and its movements before attempting more advanced workouts.
5. If you experience faintness, chest pain, shortness of breath, or any other abnormal symptoms, stop using VOLTRA I immediately. Consult your medical provider before resuming your training.
6. Speed, power, and other displayed metrics may be subject to error. Values should be used for reference only and may not provide an exact measurement of your output when using VOLTRA I.
7. Beyond Power may update the product periodically without prior notice, which may result in changes or loss of data, access, features, or functionality. Refer to the terms of use for additional details.

After Training

Warning

1. Always slowly retract the connected accessories to the cable hatch, return the cable and connector to its zero position, detach accessories, and if VOLTRA I is not used for an extended period, fully stow the product in its packaging.
2. In case of a malfunction of the electronic lock, follow the emergency dismount instructions on the bottom cover of VOLTRA I and immediately contact Beyond Power for further assistance.

包装清单



VOLTRA I
包装清单
快速入门
免责声明与安全指南

检查包装内是否包含以上所有物品。如果有遗漏，请联系 Beyond Power 或指定代理商。

规格参数

VOLTRA I

重量	5.8 kg (12.78 lbs)
尺寸(长 × 宽 × 高)	323 × 139 × 100 mm (12.71 × 5.49 × 3.94 inches)
阻力范围	2 – 90 kg (5 – 200 lbs)
工作温度	0°C – 40°C (32°F – 104°F)
蓝牙	5.0
WiFi	2.4 GHz

电 池

电池类型	锂离子可充电电池
电池容量	1700 mAh
功率	97.9 Wh
电压	57.6 V
最大充电功率	140 W

绳 索

长度	2.85 m (112.20 inches)
直径	3 mm (0.11 inches)
材料	高强度合成纤维

绳 扣

尺寸(长 × 宽 × 高)	40.9 × 40.9 × 62 mm (1.61 × 1.61 × 2.44 inches)
材料	钛, 聚乙烯

Beyond+ App

支持的操作系统	iOS
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激活



Download the Beyond+ App

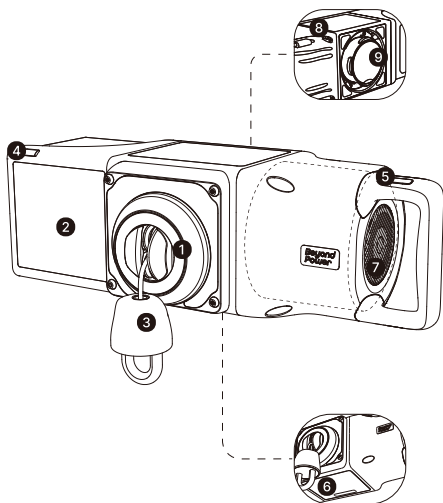


首次使用 VOLTRAI, 请通过 Beyond+ 应用程序激活, 或者根据 VOLTRAI 屏幕提示, 联网激活。



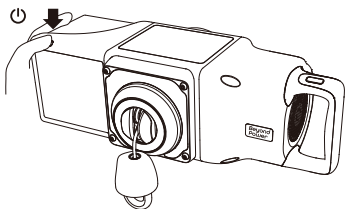
扫描二维码获得线上版快速入门

部件介绍



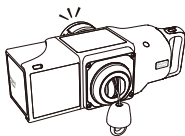
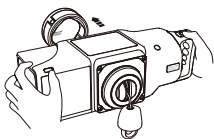
1. 线嘴
2. 屏幕
3. 绳扣
4. 电源按键 (开/关) 和电量指示灯
5. 解锁按键
(同时按下电源和解锁按键并按住 3 秒以解锁)
6. 盖板
7. 电扇和防尘罩
8. Type-C 充电口
9. 快拆导向

开机 / 关机

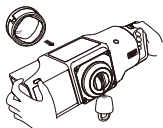
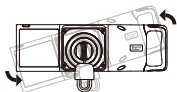
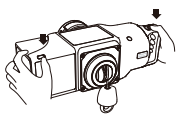


开机或关机，按键短按一次，然后按住三秒钟。

上锁 / 解锁

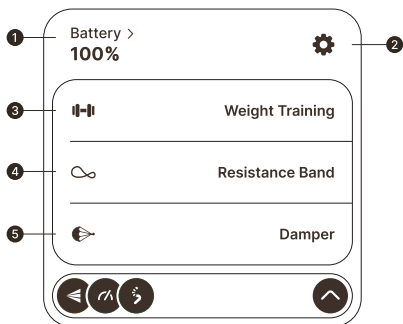


双手握住 VOLTRA I，将其卡入快拆基座中。



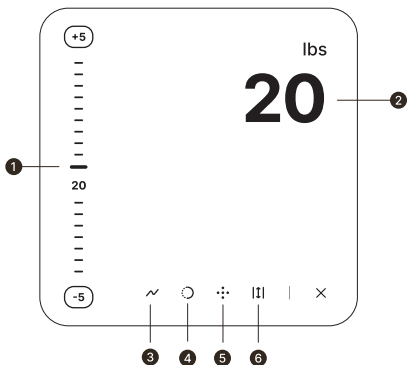
双手按住两侧按钮三秒，旋转，抽出。

主屏幕



- 1. 电量显示
- 2. 设置
- 3. 力量训练
- 4. 弹力模式
- 5. 阻尼模式

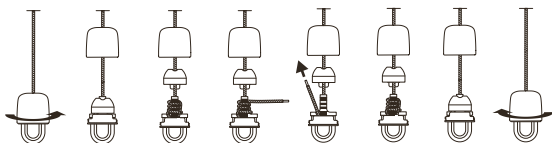
运动表现显示



- 1. 阻力调节
- 2. 阻力值
- 3. 实时运动表现监测
- 4. 辅助模式
- 5. 动态阻力模式
- 6. 设置绳长

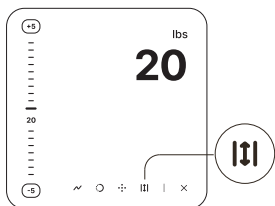
调整初始零位

VOLTRA I 在使用一段时间后，绳索会自然拉伸，这是正常现象，参考以下步骤调整你的初始零位。

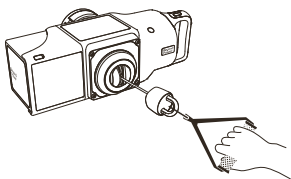


旋开上壳，如上图所示，解开缠绕的绳索，缩短绳长至合适的位置，然后将绳扣如图重新组装回去。

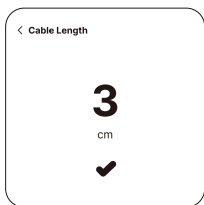
设置绳长



在主页中选择任意模式，然后点击 I||I。

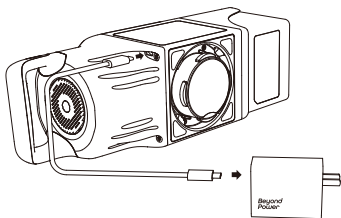


将绳子拉长至合适的长度并保持三秒。



此绳索长度已设置为你锻炼时的默认零位。当关闭电源或休眠时，VOLTRAI 将重置到初始零位。

充电



使用附带的65W适配器和充电线为VOLTRAI充满电，大约需要120分钟。

电量指示灯

电量剩余	指示灯颜色
5%	红色
25%	橙色
50%	黄色
80%	亮绿色
100%	绿色

词汇表

感谢你对于 Beyond Power Inc. 及其附属公司(以下简称“Beyond Power”、“我们”或“我们的”)。本文档包含以下条款,旨在帮助你了解如果产品未正确操作可能会出现潜在风险。当你被指示以特定方式使用产品时,重要的是遵循所有提供的指导。如果你对任何事情感到不确定,建议在继续使用之前停止使用产品,并查阅帮助手册或向专业人士寻求建议。

这些警告和注意事项适用于产品,以及及产品相关的场景,和所有相关工具、配件、充电器或电源适配器。

警告

如果你不遵循提供的说明,存在损坏财产、发生重大事故和遭受严重伤害的风险。在使用产品时务必小心处理并仔细阅读说明,以确保你的安全。

注意

不遵守这些说明可能导致财产损失和伤害。

警告和安全信息

在使用 VOLTRAI 时,遵守基本预防措施非常重要。请在使用 VOLTRAI 之前阅读所有安全信息。

未成年人

1. VOLTRAI 专门设计供18岁及以上人群使用。请让13岁以下的儿童远离该产品。
2. 如果医生预先批准,年满16岁及以上的青少年可以在成年人直接监督下使用VOLTRAI。成年人应在使用前与未成年人一起仔细阅读所有安全说明。
3. 儿童应远离VOLTRAI 和其配件。VOLTRAI 包含可能造成严重伤害或死亡的零部件、组件和功能。你对儿童的安全以及其他被允许使用你的VOLTRAI 的人的安全负有责任。

警告

1. 不要在未放置安全区域时离开产品无人看管。
2. 不要用毯子或任何物品覆盖VOLTRAI。过热可能导致火灾、电击或人员受伤。
3. 在使用过程中,电机可能会产生高温,最高温度为摄氏60度(华氏140度)甚至更高。让其冷却后再进行进一步操作。
4. 切勿在酒精或药物影响下使用VOLTRAI。
5. 本产品不适合缺乏运动能力、感知能力或心理能力,或缺乏经验和知识的人士使用,除非他们得到负责他们安全的人的监护或指导。
6. 仅按照本手册中描述的预期用途使用本产品。不要使用制造商不推荐的附件。
7. 如果充电接口损坏、工作不正常、掉落、受损或掉入水中,请将设备送至服务中心进行检查和维修。
8. 将充电线远离加热表面。
9. 不要在灰尘罩被堵塞的情况下操作产品。保持防尘罩清洁,避免灰尘、毛发和其他杂物进入。
10. 切勿将任何物体掉落或插入VOLTRAI 的任何开口。
11. 避免在使用气雾剂(喷雾)产品或输氧时操作VOLTRAI。
12. 不要过度劳累或训练到筋疲力尽。在选择阻力范围时要合理判断。避免使用过大的阻力,以免造成伤害。
13. 定期进行维护以实现最佳性能和寿命。为确保安全,定期检查VOLTRAI 是否磨损或损坏。立即更换任何损坏或磨损的零件。在维修之前,请勿使用设备。
14. 始终保持充电接口清洁干燥。汗水、溅水和对充电接口的其他损坏可能导致产品损坏和意外伤害。
15. 仅使用制造商提供的原装零件。对该设备进行未经 Beyond Power 批准的更改或修改可能会导致保修失效。
16. 使用后,或者在清洁或进行维护之前立即拔掉VOLTRAI 的充电线。除非由授权技术人员执行其他程序,否则不得对其进行其他服务。
17. 该设备仅适用于室内使用。请勿将VOLTRAI 放置在室外、水源附近、海拔超过4000米或高湿度环境中。
18. 确保每次关机后再进行绳索更换操作。

19. 勿将电池与电池接触在一起。勿自行拆卸或组装电池。勿将电池放在潮湿的地方以避免危险。
20. 火灾和烧伤风险。请勿打开、碾碎、加热至40°C/104°F以上或焚烧电池。避免电路短路。如果电池严重膨胀，停止使用。遵循制造商的说明。

医疗警告

Beyond Power 服务提供健康和健身信息，仅供教育和娱乐目的。在开始新的健身计划之前，你应该咨询你的医生或全科医生。请不要依赖这些信息作为专业医疗建议、诊断或治疗的替代。如果你对自己的健康有任何疑问或问题，你应该始终咨询医生、全科医生或其他医疗专业人士的意见。请不要因为你在 Beyond Power 网站上阅读到的内容或在 Beyond Power 服务中听到的内容而忽视、避免或延迟从你的医疗专业人士那里获得医疗或健康相关的建议。通过 Beyond Power 服务提供的信息完全由你自担风险，不构成医疗或健康护理建议。

Beyond Power 网站上发布的任何声明或帖子，以及通过 Beyond Power 服务提供的任何内容，均不旨在提供医疗或咨询护理，并且不得被视为医疗或咨询护理的实践。就本条款而言，医疗和咨询护理包括但不限于精神病学、心理学、心理治疗或提供健康护理治疗、指导、诊断、预后或建议。Beyond Power 服务持续发展，根据法律的完全允许范围，Beyond Power 对其准确性、完整性和适用性不作任何明示或暗示的保证，也不能保证其适用于任何特定目的。在这方面，医学研究的进展可能会影响到此处所提供的健康、健身和营养建议。无法保证 Beyond Power 服务中包含的建议始终会包括与特定材料相关的最新发现或进展。

作为 Beyond Power 用户，并打算使用 Beyond Power 服务，你确认以下陈述之一为真实：

1. 没有医生或全科医生告知你患有心脏疾病，或你只能按照医生或全科医生的建议进行体育活动；
2. 在参加体育活动时，你从未感到胸痛；
3. 过去一个月内，你在不进行体育活动时从未感到胸痛；
4. 你从未因头晕而失去平衡，也从未失去过意识；
5. 你没有可能因体育活动变化而使骨骼或关节问题恶化；
6. 你的医生或全科医生目前没有为你的血压或心脏状况开具处方药；
7. 你没有高血压的病史，你的直系亲属也没有高血压或心脏问题的病史；你不知道其他任何原因不宜进行锻炼；
8. 你的医生或全科医生已经经过特定咨询并批准你使用 Beyond Power 服务。

如果适用，你进一步确认你没有怀孕、正在哺乳或哺乳；除非你的医生或全科医生经过特定咨询并批准你使用 Beyond Power 服务。

如果我们确定你有某些医疗条件或以上所述的陈述在任何方面是不真实的，Beyond Power 保留拒绝或取消你的会员资格的权利。

维护和定期检查

1. 在使用之前，请确保电池未受损、老化或变形。
2. 每次使用前，检查 VOLTRA I 是否有任何损坏或磨损迹象。确保 VOLTRA I 的其他零部件，如绳扣、绳子、电机、手柄和配件，没有损坏、松动或故障。如果发现任何这些情况，请勿使用 VOLTRA I，直到维修完成，立即联系 Beyond Power 在线检查。
3. 如果你不了解如何操作 VOLTRA I，请联系 Beyond Power 了解安全和正确使用的说明；请在 <https://www.beyond-power.com> 上找到我们的联系信息。
4. 保留该安全信息和任何警示标签以备将来参考。如有损坏、不清晰或被移除的标签，请通过 <https://www.beyond-power.com> 联系 Beyond Power 进行更换。
5. 损坏或磨损的零部件应立即更换。请勿试图自行修复 VOLTRA I。在进行适当的维修和检查之前，请勿使用 VOLTRA I。
6. 使用损坏的产品可能导致严重的伤害或死亡。
7. 如果 VOLTRA I 无法正常工作，请勿操作。确保家庭中的其他人或可能接触到该产品的人知道在进行维护并确保机器正常工作之前不要使用 VOLTRA I。

免责声明与警告

该产品不是玩具。勿让儿童接触该产品或其部件和绳索。有儿童在场时使用该产品，请格外小心。

该产品是一种可快速调节强度的手持直驱阻抗训练器，当所有部件完好无损且电源正常时，可提供高达200磅的阻力训练。Beyond Power Inc. 保留更新“免责声明和安全指南”的权利。

在操作前，你应阅读整个“用户手册”并熟悉该产品的功能。不正确的操作可能会给你或他人造成严重的伤害，或对产品和财产造成损坏。虽然该产品易于操作，但它需要基本的健身知识，例如了解你的最大训练强度，以避免训练期间受伤的风险。没有强烈的安全意识，不正确的操作可能会导致产品损坏和财产损失，甚至会给你自己带来严重的伤害。不要使用未经检验或非 Beyond Power 推荐的零部件。

在组装、设置和使用之前，请务必访问 Beyond Power 网站 (<https://www.beyond-power.com>) 下载“用户手册”，并仔细阅读所有说明和警告。你理解并同意，当出现意外情况，如果没有训练记录，Beyond Power 可能无法分析产品损坏或事故的原因，并可能无法提供保修或售后服务。

Beyond Power 不对用户未遵循本文件或“用户手册”使用该产品时造成的任何损失负责。

使用此产品即视为你已理解、接受并同意本文件的所有条款和内容。用户对其行为及其引起的所有后果负责。用户同意仅出于合法目的使用该产品，并同意本文件以及 Beyond Power 可能制定的任何相关政策或指南的所有条款和内容。

在遵守法律法规的前提下，Beyond Power 具有解释本产品相关文件的最终权利。在更新、修订或终止时，不会再进行进一步通知，请访问 Beyond Power 官方网站以获取最新产品信息。

VOLTRA 是 Beyond Power Inc. 及其关联公司的商标。本文件中提到的产品名称、品牌等均为其各自公司的商标或注册商标。

电池安全使用须知

警告

1. 不要让电池接触任何液体。避免将电池浸入水中或暴露在潮湿的环境中，包括雨天或湿度高的条件。水分接触可能引发分解反应，导致电池自燃或爆炸。
2. 仅使用 Beyond Power 开发或提供的电池和充电设备。如果需要更换，请参考官方 Beyond Power 网站购买信息。使用错误的电池型号可能存在爆炸危险。Beyond Power 对非官方电池或充电设备造成的任何电池事故或故障不承担责任。
3. 不要使用或充电膨胀、泄漏或损坏的电池。如果电池出现异常，请立即联系 Beyond Power 或授权的 Beyond Power 经销商寻求进一步帮助。如果担心 VOLTRA I 表面划痕，可以考虑使用保护壳或套。
4. 电池应在 0 至 40°C (32-104°F) 的温度范围内操作。超过 40°C 或 104°F 的高温会加速电池老化，减少电池寿命，并导致电池自燃或爆炸。低于 0°C 或 32°F 的低温会显著降低电池性能。
5. 不要拆卸电池或用尖锐物品刺穿电池，因为这可能导致电池自燃或爆炸。
6. 电池内的液体具有很强的腐蚀性。避免接触任何泄漏物。如果液体接触皮肤或眼睛，立即用清水冲洗并寻求医疗救助。
7. 在发生电池火灾时，建议按照以下顺序使用以下灭火设备：水或水雾、沙子、灭火毯、干粉和二氧化碳灭火器。
8. 不要使用发生碰撞或重度撞击的电池。
9. 电池暴露于极低气压环境可能导致爆炸或可燃液体或气体的释放。
10. 禁止将电池放在靠近热源的地方，比如阳光直射或热天的车内、火源或加热炉。
11. 切勿将电池彻底放完电后长时间存储，以避免电池进入过放状态，造成电芯损坏，将无法恢复使用。

处理电池事故

电池事故是在电池单元内发生的快速化学链反应。电池中存储的能量会突然释放，可能导致气体排放和火灾。电池事故可能由电池的物理损坏、不当更换或修理，或超出电池的操作范围的温度触发。

如果注意到以下任何电池事故的迹象，请立即采取行动：

- 锂离子电池或包含锂离子电池的设备开始冒烟、发出火花或煤烟。
 - 电池包突然迅速鼓起。
 - 锂离子电池或包含锂离子电池的设备开始发出嘶嘶声或爆炸声。
1. 立即用足够的干净、干燥的沙子覆盖电池或设备。一次性倒入所有沙子，时间非常关键-倒得越快，反应就越快得到控制。
 2. 如需进一步帮助，请联系当地消防部门。
 3. 在反应被控制后的30分钟内离开房间。通风该区域。直到烟雾消散后再返回。
 4. 在触摸设备之前等待30分钟。戴上耐热手套和带有侧面护目镜的安全眼镜，将设备从沙子中取出。

5. 先用水擦拭受影响区域。然后用防静电清洁剂擦拭区域。根据当地环境法律和指南处置受损的电池或设备(包括从沙子中取出的任何碎片)。

注意

1. 充电完成后, 请断开 VOLTRAI 与充电器的连接。
2. 如果产品将超过10天不使用, 请将电池放电至 40%-65% 的容量以延长电池寿命。
3. 每三个月充电和放电电池以保持电池健康。
4. 定期检查电池电量指示器以监控当前电池电量。电池设计寿命为200个循环, 不建议在达到此限制后继续使用。详细操作说明请参考“用户手册”。
5. 将电池存放在清洁环境中, 以防止电池接触点积累污渍或灰尘。
6. 使用提供的充电线和 Beyond Power 电源适配器充电。
7. 其他符合适用国家/地区法规和国际安全标准的第三方充电线和电源适配器也可用于电池充电。使用不符合适用安全标准的适配器可能存在死亡或受伤的风险。
8. 使用损坏的充电线或充电器, 或在潮湿环境中充电, 可能导致火灾、电击、伤害或对 VOLTRAI 或其他财产造成损坏。
9. 在使用提供的充电线(包装随附)为 VOLTRAI 充电时, 请确保充电线的USB连接器完全插入电源适配器(包装随附)后再插入电源插座。在使用或充电过程中, 请确保 VOLTRAI、充电线和电源适配器放置在通风良好的区域。
10. 当充电线连接到电源时, 避免长时间皮肤接触充电线和电源适配器, 造成不适或受伤。
11. VOLTRAI 和 Beyond Power USB 电源适配器符合适用国家/地区法规和国际安全标准中定义的表面温度限制。然而, 即使在这些限制范围内, 长时间接触热表面也会引起不适或受伤。在长时间使用产品或产品连接电源的情况下, 利用常识避免皮肤接触这些产品、电源适配器。
12. 为了安全操作 Beyond Power USB 电源适配器, 并减少因热量引起的受伤或损坏的风险, 请将电源适配器直接插入电源插座。请勿在潮湿的地方使用电源适配器, 例如洗手池、浴缸或淋浴附近, 并避免在湿手的情况下插拔电源适配器。如果满足以下任何条件, 请停止使用电源适配器和任何充电线:
 - (1) 电源适配器的插头或插针损坏。
 - (2) 充电线磨损或有其他损坏。
 - (3) 电源适配器严重暴露于湿气或水中。
 - (4) 电源适配器被摔落, 导致外壳损坏。

绳索安全使用须知

⚠ 警告

1. 禁止使用非 Beyond Power 官方提供的绳索和绳扣。如需更换, 请到 Beyond Power 官网查询相关购买信息。Beyond Power 对使用未经授权的绳索导致的任何训练事故不负责任。
2. 如果绳索有凹痕、明显的粗糙边缘或松散纤维, 或绳索健康状态小于5%, 请勿使用 VOLTRAI。如出现以上任何情况, 请立即更换绳索或联系 Beyond Power 或指定代理商寻求进一步帮助。
3. 绳索仅适用于干燥环境。请勿在室外或潮湿表面使用。

注意

1. 使用 VOLTRAI 时，请小心不要意外扭曲绳索。扭曲会导致过早磨损。定期检查绳索，并根据需要解开扭结。详细操作说明请参考“用户手册”。
2. 经过频繁训练，绳索可能会向外延伸，这是正常现象。使用剪刀将绳索修剪并根据需要校正零位。详细操作说明请参考“用户手册”。
3. 定期维护以确保 VOLTRAI 绳索的正常功能，并延长其使用寿命。绳索健康状态可以帮助你确定何时需要进行维护。详细操作说明请参考“用户手册”。

绳索健康状态

100%	健康
20%	立即更换
5%	⚠ 停止使用

训练前安全须知

⚠ 警告

1. 如果你具有身体、感觉或心理能力下降，或者对产品缺乏经验和知识，请勿使用本产品，除非你得到训练专业人员的监督或指导。
2. 请勿在电机末端的防尘罩附近放置任何物体。如果防尘罩被堵塞，请勿使用 VOLTRAI。
3. 请勿在户外、浴室或距离游泳池3米(10英尺)内安装、充电或使用 VOLTRAI。请勿在潮湿表面上使用它，也不要将其暴露在潮湿、雨水或雪中。
4. 在将 VOLTRAI 牢固锁定在 Beyond Power 提供的 Mount 之前，请勿尝试使用它。
5. VOLTRAI 使用鱼骨结构的绳扣用于配件连接。虽然绳索可能与第三方绳扣兼容，但 Beyond Power 无法保证此类产品的质量和安全性。

注意

1. 在开始任何健身计划之前，请咨询你的医生。对于65岁以上的人或有先天健康问题的人来说，这尤为重要。不正确或过度的训练可能导致严重的伤害或死亡。
2. 某些运动计划或该设备可能不适合所有人。在使用 VOLTRAI 之前，请咨询你的医生。
3. 如果你出现晕厥、胸痛、呼吸急促或其他异常症状，请立即停止运动并咨询医生。
4. 如果你正在服用可能影响你的心率的药物，请在开始 VOLTRAI 之前咨询你的医生。
5. 详细了解配件手册以确保安全使用。

训练安全须知

⚠ 警告

1. 当拉出手柄时，请勿松开手柄，否则可能导致产品损坏或严重受伤。在松开手柄之前，请将其返回初始位置。
2. 始终将训练方向对准 VOLTRAI 前方，并保持至少30cm的距离。偏离前方方向可能导致受伤和产品损坏。
3. 虽然可能需要一定的力量，但过度的力量或激烈的动作可能导致脚踝、足部或腿部受伤。
4. 请勿用湿手或湿巾触摸 VOLTRAI 的任何部分。
5. 请勿将物体插入产品的任何开口。
6. 请勿允许汗水滴落或进入任何开口，特别是出绳口。
7. 在使用时，任何移动的部件请远离头部，手部，四肢，手指和头发。
8. 根据建议进行定期检查和维修。
9. 请将无人监督的儿童和宠物远离 VOLTRAI。

注意

1. 使用 VOLTRAI 时，请始终穿着适当的运动服装和鞋子。避免穿宽松的衣物或佩戴可能被产品卡住的珠宝。
2. 在使用产品时，请确保前方有一个 2.1m x 2.1m 的空旷区域。注意周围环境，并在共享空间中使用 VOLTRAI 时告知其他人，确保安全。
3. 保持产品周围的区域没有运动设备、家具和其他物品。
4. 缓慢开始，并逐渐进步。即使你有经验，也确保你熟悉 VOLTRAI 及其运动方式后再尝试更高级的锻炼。
5. 如果出现头晕、胸痛、呼吸急促或其他异常症状，请立即停止使用 VOLTRAI。在恢复训练之前，请咨询医疗服务提供者。
6. 速度、功率和其他显示的指标可能存在误差，数值和指标仅供参考。
7. Beyond Power 可能会在没有事先通知的情况下定期更新产品固件，这可能会导致数据、访问权限或功能的更改或丢失。有关更多详细信息，请参阅用户手册。

训练后

警告

1. 训练结束后，请缓慢将连接的配件收回出绳口处，并将绳索归为零位，解下配件。长期未使用，应将 VOLTRAI 收纳进箱内或安全区域。
2. 当电子锁出现故障，应遵从 VOLTRAI 底部盖板的提示标签应急卸下 VOLTRAI，并立即联系 Beyond Power 进行下一步处理。

Compliance information

FCC Compliance

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.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

Caution

1. To comply with FCC RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.
2. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

EU Compliance Statement: Beyond Power Inc. affirms that this device adheres to the essential requirements and pertinent provisions of Directive 2006/66/EC and its Article 4 amendment of Directive 2013/56/EU-Heavy Metal content in Batteries and Accumulators.



Waste electrical products must be handed over to a designated collection point for disposal to be recycled in an environmentally sound manner. Improper disposal of this product could result in harm to the environment or to human health. Check with your local waste authority or the retailer where you purchased this product for available collection facilities or further recycling advice.

Please avoid the generation of waste from electrical products as much as possible, e.g. by giving preference to products with a longer service life or by reusing used electrical products instead of disposing of them.

You are responsible for deleting any personal data from this product before disposing of it.

Subscribe for more information



***Beyond
Power***

Read User Manual and all safety guidelines before operating VOLTRA I. It is the owner's responsibility to ensure that users are aware of all warnings and precautions.



wiki.beyond-power.com

Visit the website for the complete User Manual.

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