

LEMCO

Core Trainer Advanced

USER MANUAL



INTRODUCTION

Congratulations with your LEMCO Core Trainer

The LEMCO Core Trainer electric horse riding machine has been developed for people who are getting benefits from handicap horse riding therapy, and who are searching for a solution to supplement the training at home or therapy.

I sincerely hope that you will have great benefit of the machine and it will fulfill you need of training, functionality, Quality and usability.

You are responsible for the training, we believe we have developed an unique way of training for a lot of people who would not realize the benefits of horse riding and experience physical fatigue.

I will appreciate if you would be kind to share your experiences by writing to me.

It is important for us to read about our customers experiences with the LEMCO Core Trainer, and your comments can inspire other people to choose this smart way of exercising at home or Physiotherapy School, and help us in our continued development of the Core Trainer .

Feel free to call me or e-mail me: +45 3325 4002
Best regards



Carsten Lemche,
carsten@lemco.dk
Owner. LEMCO REHAB & FYSIO

SAFETY INFORMATION

Safety always comes first

Always read and follow the instructions before you start using your core trainer.

Read, understand and rehearse the safety and instructions for use.

Get approval from your doctor before you start training, especially if you are above 25 years old or have hearth problems or if you are short of breath.

People with handicap or disabilities need doctors approval before starting using the Core Trainer, and needs supervision during the use, extensive introduction from a professional physiotherapist who can also advise about warming up before the training. They can tailor an individual program for each user.

Please understand the limits of usage of the trainer, before you start using it.

Do not disassemble, modify or open the trainer. It can damage the saddle, make the product not functioning as intended and / or injury people.

If you have difficulties in using the product after having read this introduction, please contact LEMCO Rehab & Fysio for assistance.

Only use the LEMCO Core Trainer Advanced as described.

Never use the LEMCO Core Trainer Advanced if it feels wrong

Warranty is void if the product is used for other purposes than described.

Disposal of the LEMCO Core Trainer Advanced must be done according to local and national laws.

Place the saddle on an even surface. Contact LEMCO if the saddle rocks on the floor due to uneven floor.

At least one meter free space to every side of the saddle is needed for safe use.

SAFETY-INSTRUCTION

Train with clothes that is loose.

Please be attendant to your breathing while using the product.

Do not overtrain Start slowly and increase speed later.

If you feel dizzy, sick, breast pain or other abnormal symptoms, stop training immediatley and consult a doctor.

Do not use the saddle with children below 15 years without supervision

The LEMCO Core Trainer must only be serviced by lemco.

Do not block the rotation of the saddle or actively work against the movement as this might damage the product.

If the product behaves oddly, please remove the power and call LEMCO

Use of the Core Trainer for other purpose than described in this manual may damage the product.

When using the handle for balance, do not draw too much in the handle.

If the user weights more than 100 kg, the machine might stop as a part of the machines safety. The backlit in the display blinks and the riding movement stops. If this happens, press the ON / OFF button to stop the alarm.

When the saddle is not in use, please turn off the unit on the display.

Avoid mouth water, sweat and liquids in the display, use a towel over the display in case of users mouth water.

INSTALLATION

1. Do not use the saddle outdoor or in humid locations
2. Place the saddle on an even surface
3. Avoid direct sunlight, as the product may fade or the saddle can dry out.
4. Use the anti vibration feet to reduce risk of marks on the floor. That will also reduce noise from the LEMCO Core Trainer.

TRAINING

1. Always get advice from a doctor or therapist in how you get the best benefit out of your training with LEMCO Core Trainer.
2. On our website you will soon find tips and tricks and video of how people use the saddle.

IN USE

1. Use the built in wheels when moving instead of lifting the saddle in the handle.
2. Start slowly if you are not used to the riding movements.
3. Remember to warm up before training, As well as not to overdo the training.
4. Remove any sharp objects from your pockets before start using the machine.
5. Do not plug in the machine with wet hands.

THREE BUILT IN MOVEMENTS



Rider Mode: Standard riding mode.
A basic movement , the saddle moves gently back and forth and sideways.



Circle Mode: Rotating and gentle movements.



3D Mode: Combination of standard movmenet and 3D movements.

Provides an unique and very effective training.

ELECTRICAL INFORMATION & MODEL INFORMATION

Model:	LEMCO Core Trainer Advanced
Model:	EQ900L
Power:	220v-240v / 50 Hz
Power use:	Max 190 Watt
Weight:	42 kg
Size:	450*880*820
Color:	Sort
Training time:	15 min
Max Weight:	100 kg

EXTRA INFORMATION

On our website you will soon find information and examples of use of the LEMCO Core Trainer for institutions and schools / kinder gardens.

EXERCISE AND HAVE FUN AT THE SAME TIME

Play with balloons and balls while sitting on the saddle. Exercising when also having fun and interacting with the therapist is easy.

Throw balls in a basket, or play with the therapist.

Train - Without motor ...

From
Wheelchair



90% Choose
LEMCO Combi
Bike Plus



Experience the
joy of moving .
even if you think
you needed a
motor !



Easy fixation
of
the hands



Easy to read
display with
backlit.

And get a satisfied training



LEMCO REHAB & FYSIO APS
Fabriksvej 3
DK-3000 Helsingør

Tlf.: +45 33 25 40 02
Fax: +45 70 20 58 99

info@lemco.dk
www.lemco.dk

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