

# Surge of Chi® Exerciser Model CY-106L



## Technical details

The 2004 model of the Surge of Chi Exerciser has the following new features:

### Newly designed casing



### New controller with LED screen



### The LED screen displays a number of refined functions:

**ON/OFF button** lights up screen

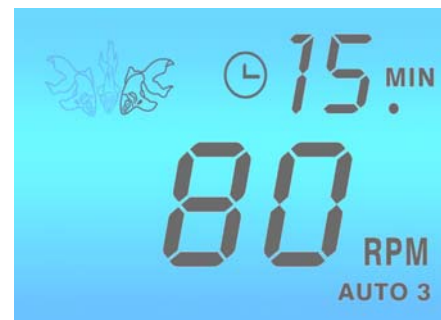
**Current speed** (80 RPM at start) shows on screen, and as the users increases the speed by turning the dial, the speed on screen increments one by one. A high-frequency beep sounds on increasing speed by one, while a low-frequency beep sounds on decreasing. Maximum speed is 160 RPM.

The precise manual dial allows subtle speed increases & decreases, to match the user's feeling accurately.

**Timer button: allows user to set the time of session to 5, 10 or 15 minutes. (15-minute default)**

**Running rhythm symbol:** indicator at top left of display

**Running time check display:** the timer display changes to show the session time left, minute by minute (it decreases by 1 as each minute passes).



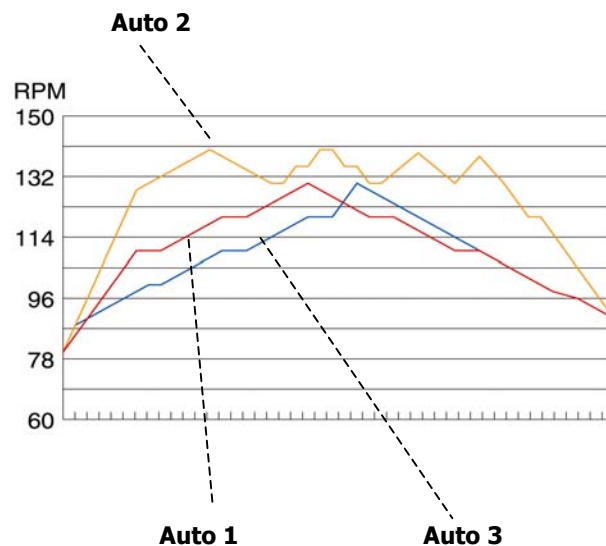
**Auto-Mode display:** selected auto-mode shows at bottom of screen (see below for Auto-Mode usage)

**Three pre-programmed Auto-Modes:** allowing the user to enjoy variable speeds during the course of a 15-minute session without needing to use any manual controls. **By pressing the dial the user can go back to manual mode at any time.**

The 3 Auto-Modes are each timed to last 15 minutes. The speed varies gradually at preset timings over 15 minutes (as shown in the graph). The current speed shows on the display at all times.

Auto 1 is Leisure Time Mode, Auto 2 is Oxygen Mode & Auto 3 is Sleep Mode - especially good for helping to relax before sleep.

The Display shows Auto 1, Auto 2 or Auto 3 at the bottom of the screen.



Like the 2003 Model, the latest Surge of Chi Exerciser has a DC motor and a low friction engineering design, offering the same engineering benefits over the first-generation Chi Exercisers which had AC motors - including a smoother ride, less noise, a longer life (Tests based on 3000+ hours constant use under 20kg load), greater temperature resistance (capable of use even in cold temperatures), and the capacity for precise speed adjustment.

### **Other features include**

- Sturdy integral carry handle
- Padded ankle rests
- Hand-operated controller on 1.6 metre lead allowing easy control while the user is lying down
- Power lead – 3 metres in length
- Exchangeable 3-pin/2-pin power socket plug adaptable for pan-European use (no tools needed)

The Surge of Chi Exerciser is designed for use with 220 – 240 volt power supplies. It can be used anywhere in Europe. It has a 3-pin plug for use in UK, and this plug can be easily removed (no screws) for use with its pre-fitted 2-pin plug in other countries with a 220 – 240 volt power supply.

The European model is not suitable for use with a 110-volt power supply.

### **Safety**

The Surge of Chi Exerciser can be used safely by all age groups, so long as the User Guidelines are followed. The speed control means that everyone can find a speed to suit their body's needs and their feeling at the time of use. **It is important that all users understand the contraindications and cautions given in these Guidelines.**

The hand operated control module is on a long lead, which allows users to adjust the speed and to stop the machine at any time, while lying down enjoying the movement. There is also an automatic cut-off at 15 minutes, so no-one can exceed the recommended session limit.

The machine has been tested for electrical safety to EC standards and has been granted CE Marking.

**The safety of the Exerciser in all aspects is backed up by Energy for Health's Product Liability cover of £5 million.**

### **Size and weight**

Dimensions: Machine: 47 cm x 35 cm x 26 cm overall  
Box: 55 cm x 43 cm x 27 cm

Weight: 7.1 kg

