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(54) **MULTI-ANGLE ELECTRIC EXERCISE INSTRUMENT AND CONTROL METHOD**

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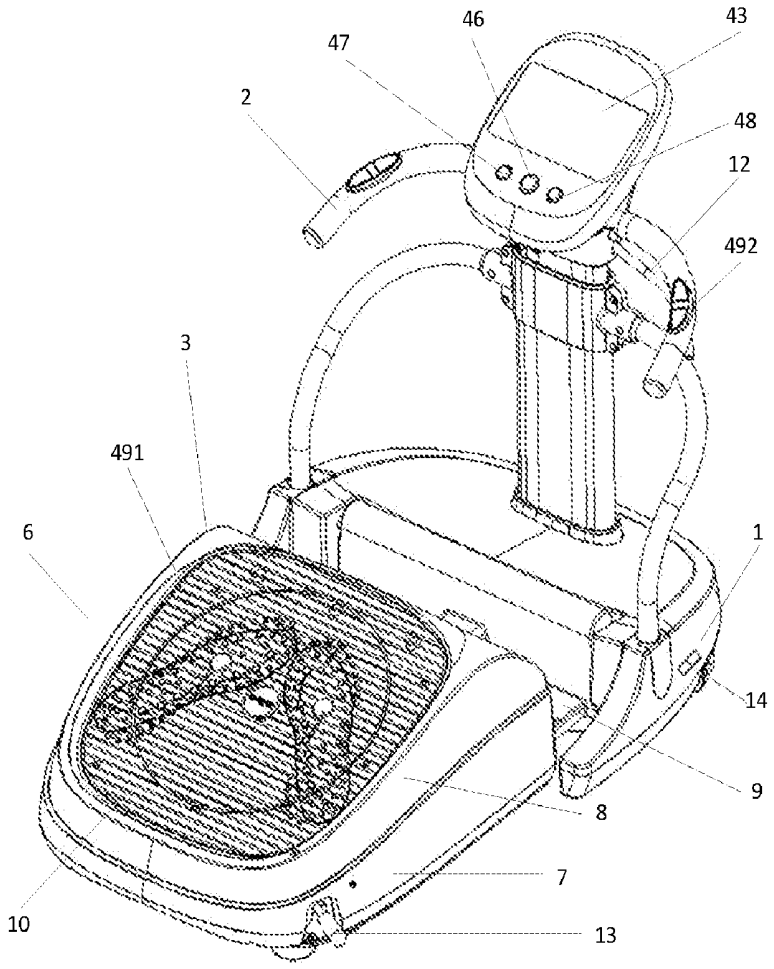
(57) **ABSTRACT**

The present disclosure discloses a multi-angle electric exercise equipment, including: a meridian stretching standing plate which includes a base, standing plate handrails, and an angle adjusting standing plate, a health management system which comprises a health inspection and control unit and a health analysis unit; the standing plate handrails are provided on the base; the angle adjusting standing plate is provided facing the handrails and at one side of the base; an upper surface of the angle adjusting standing plate is provided with a treading area, the angle adjusting standing plate is adjustable in angle; the health analysis unit is used to analyze health information collected by the health inspection and control unit, acquire a health analysis result, and provides a health solution. The present disclosure is mainly used for stretching of meridians of human body, providing multi-angle stretching angle adjustment for exercises of stepped difficulty.



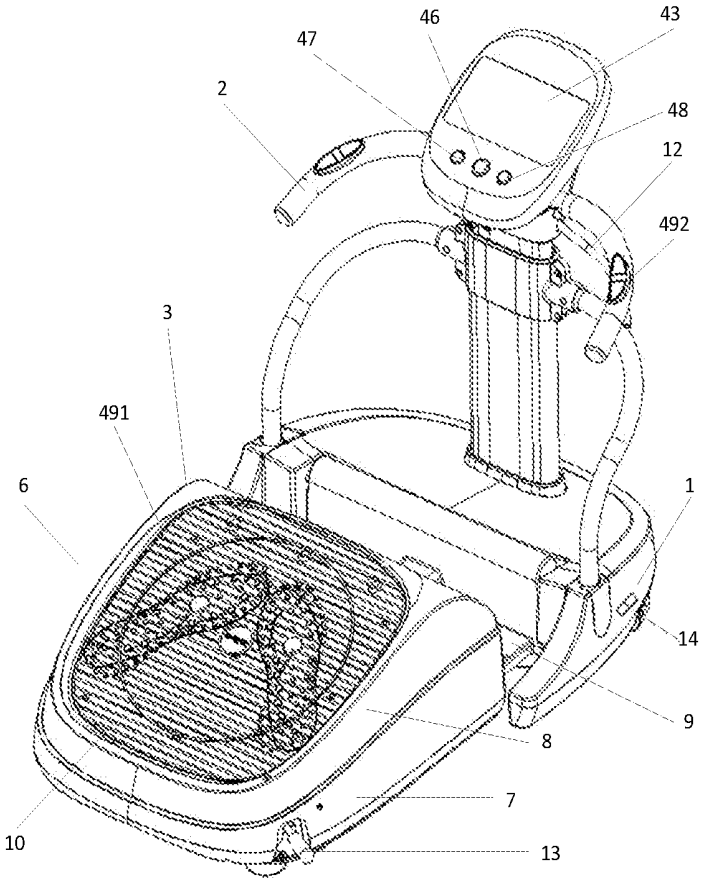

46
43
47
2
48
12
492
3
491
6
1
14
9
8
7
10
13

Fig.1

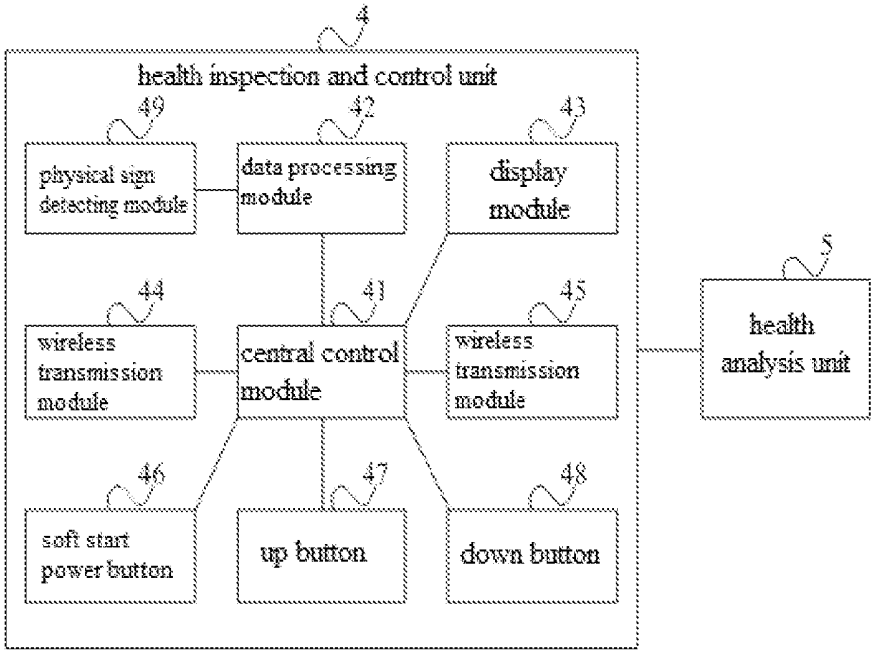

4
health inspection and control unit
49
42
43
physical sign detecting module
data processing module
display module
5
44
41
45
wireless transmission module
central control module
wireless transmission module
health analysis unit
46
47
48
soft start power button
up button
down button

Fig. 2

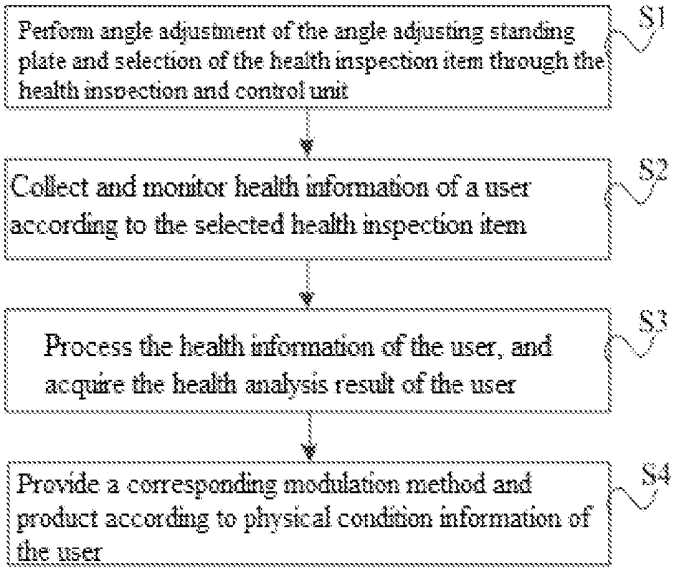

Perform angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit
S1
Collect and monitor health information of a user according to the selected health inspection item
S2
Process the health information of the user, and acquire the health analysis result of the user
S3
Provide a corresponding modulation method and product according to physical condition information of the user
S4

Fig. 3

MULTI-ANGLE ELECTRIC EXERCISE INSTRUMENT AND CONTROL METHOD

TECHNICAL FIELD

[0001] The present disclosure relates to the field of exercise and fitness equipment, and particularly to a multi-angle electric exercise equipment and a control method.

BACKGROUND

[0002] In recent years, with the concentration of urban population and the accelerated pace of life, the population in sub-health is increasing significantly. Meanwhile, with the improvement of both consumption power and concept, people pay more attention to taking care of their own health, thus many types of household exercise and fitness equipment emerged.

[0003] The existing household exercise and fitness equipment is mainly classified into two types by function: one type is exercise equipment, such as massage chair and treadmill; the other type is measurement equipment, such as thermometer and glucometer. Up to now, there is still a gap in the market of developing fitness equipment for meridian stretching exercise with personalized and suitable angles and further regulating the meridians of the whole body in the aspect of combining the intelligentized health management with theories of the traditional Chinese medicine meridian and exercise for preserving health, which has a wide-ranging research space and market prospect.

SUMMARY

[0004] An object of the present disclosure is to provide a multi-angle electric exercise equipment and control method which make users capable of performing meridian fitness to overcome the problems existing in the prior art.

[0005] In order to achieve the above object, the present disclosure provides a multi-angle electric exercise equipment. The multi-angle electric exercise equipment comprises a meridian stretching standing plate and a health management system, wherein the meridian stretching standing plate comprises a base, standing plate handrails, and an angle adjusting standing plate; the health management system comprises a health inspection and control unit and a health analysis unit; the health analysis unit is provided by local or cloud service, and linked with the health inspection and control unit in communication; the standing plate handrails are provided on the base; the angle adjusting standing plate is provided facing the handrails and at one side of the base; an upper surface of the angle adjusting standing plate is provided with a treading area, the angle of the angle adjusting standing plate is adjustable with one side edge as a baseline; the health analysis unit is used to analyze health information of a user collected by the health inspection and control unit, acquire a health analysis result of the user, and provide a health solution.

[0006] Furthermore, as described above, with respect to the multi-angle electric meridian exercise equipment, the angle adjusting standing plate comprises a seat, an outer case and a lifting mechanism; the outer case covers over the seat; the lifting mechanism is provided inside the seat and the outer case; an upper surface of the outer case is provided with a treading area; the lifting mechanism enables the angle of the outer case to be adjusted with one side edge as a baseline.

[0007] Furthermore, as described above, with respect to the multi-angle electric meridian exercise equipment, a slide track which is foldable on the base is provided between the base and the angle adjusting standing plate, and the angle adjusting standing plate rests on the slide track in a manner of being able to slide back and forth.

[0008] Furthermore, as described above, with respect to the multi-angle electric meridian exercise equipment, the treading area is provided with an anti-slip mat therein.

[0009] Furthermore, as described above, with respect to the multi-angle electric meridian exercise instrument, the health inspection and control unit further comprises a display module, a central control module, a data processing module, a physical sign inspection module and a wireless transmission module; the central control module is provided in a middle part of the handrails, and is electrically connected to the display module, the data processing module and the wireless transmission module; the data processing module is electrically connected to the physical sign inspection module, for converting an analog signal detected by the physical sign inspection module to a digital signal; the display module is used to select a health inspection item and display health information and a health solution.

[0010] Furthermore, as described above, with respect to the multi-angle electric meridian exercise equipment, the physical sign inspection module comprises foot induction contacts, electrocardio detecting contacts, and a body temperature detecting contact.

[0011] Furthermore, as described above, with respect to the multi-angle electric meridian exercise equipment, the health inspection and control unit also comprises a music modulation module; the music modulation module is used to collect user's voice information and acquire a basic frequency of a user voice; the central control module determines a voice basic frequency interval of the user according to the basic frequency of the voice, and selects and plays music matched with the voice basic frequency interval.

[0012] Furthermore, as described above, with respect to the multi-angle electric meridian exercise equipment, the health inspection and control unit is further integrated with a soft start power button, an earphone interface, an up button, and a down button; the soft start power button is provided below the display module, and the up button and the down button are used to control the angle adjustment of the angle adjusting standing plate; the earphone interface is provided below the display module.

[0013] Furthermore, as described above, the multi-angle electric meridian exercise instrument also comprises a power management unit and a hot start power switch, the power management unit being used for power-off protection and charge/discharge management, and the hot start power switch is provided on the base.

[0014] The present disclosure further provides a control method of the multi-angle electric exercise equipment of any one of the preceding, including:

[0015] S1: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

[0016] S2: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

[0017] S3: processing the health information of the user, and acquiring the health analysis result of the user;

[0018] S4: providing a corresponding modulating method and product according to physical condition information of the user.

[0019] In the above technical solutions, on the basis of the traditional Chinese medicine theory, the present disclosure provides the stretching standing plate capable of being tilted by multiple angles. When the user stands on the stretching standing plate, owing to the reasonable angle adjustment of the above angle adjusting standing plate, the user can perform meridian stretching movements on this standing plate, thus providing a type of brand-new health maintenance exercise equipment. The present disclosure is simple in structure and relatively low in cost, and since it is reasonably provided on the basis of the traditional Chinese medicine theory, it has excellent exercise and maintenance effects, and is adapted to functional requirements of modern people to their own health maintenance. Moreover, through the health management system, the traditional Chinese medicine music therapy can be specifically performed according to the detection condition of the user and a corresponding health management solution can be provided.

BRIEF DESCRIPTION OF THE DRAWINGS

[0020] In order to illustrate the technical solutions of embodiments of the present disclosure or the prior art more clearly, the accompanying drawings which need to be used in the description of the embodiments will be briefly described below. Apparently, the accompanying drawings described in the following are merely for some embodiments of the present disclosure, and a general person skilled in the art still can obtain other accompanying drawings according to these accompanying drawings.

[0021] FIG. **1** is a front view of a multi-angle electric exercise equipment of an embodiment of the present disclosure;

[0022] FIG. **2** is a schematic view of an electronic function module of the multi-angle electric exercise instrument of an embodiment of the present disclosure;

[0023] FIG. **3** is a schematic flow chart of a control method for the multi-angle electric exercise instrument of an embodiment of the present disclosure.

DETAILED DESCRIPTION OF THE EMBODIMENTS

[0024] In order to enable a person skilled in the art to better understand the technical solutions of the present disclosure, the present disclosure will be further described in detail below with reference to the accompanying drawings.

[0025] As shown in FIG. **1** and FIG. **2**, the present disclosure provides a multi-angle electric exercise equipment, including a meridian stretching standing plate and a health management system. Wherein the meridian stretching standing plate comprises a base **1**, standing plate handrails **2** and an angle adjusting standing plate **3**; wherein the health management system includes a health inspection and control unit **4** and a health analysis unit **5**; the health analysis unit is provided by local or cloud service, and is linked with the health inspection and control unit in communication; the standing plate handrails are provided on the base, and preferably, the standing plate handrails can be in lifting connection with the base, and can be adjusted through a handrail lifting adjustment lever **12** provided below the standing plate handrails; the angle adjusting standing plate is provided facing the handrails and at one side of the base; an upper surface of the angle adjusting standing plate is provided with a treading area **6**, the angle of the angle adjusting standing plate **3** can be adjusted with one side edge as a baseline, preferably, a tilt angle is 0°~45°; the health analysis unit is used to analyze health information of a user collected by the health inspection and control unit, acquire a health analysis result of the user, and provide a health solution. By implementing the above technical solution, the angle adjusting standing plate **3** capable of being tilted by multiple angles of 0°~45° is provided on the basis of the traditional Chinese medicine theory. When the user stands on the stretching standing plate, owing to the reasonable angle adjustment of the above angle adjusting standing plate **3**, the user can perform meridian stretching movements on this standing plate, thus providing a type of brand-new health maintenance exercise equipment. Since the user exercises on the inclined angle adjusting standing plate **3**, a beginner is possibly not be able to stand firm due to unbalanced center of gravity, the handrails are provided right in front of the angle adjusting standing plate **3**, further improving the security of exercise, and the handrails further is telescopic and adjustable up and down, and further can satisfy requirements of users of different heights. The present disclosure is simple in structure and relatively low in cost, and since it is reasonably provided on the basis of the traditional Chinese medicine theory, it has excellent exercise and maintenance effects, and is adapted to functional requirements of modern people to their own health maintenance.

[0026] Furthermore, as described above, with respect to the multi-angle electric exercise equipment, the angle adjusting standing plate **3** comprises a seat **7**, an outer case **8**, and a lifting mechanism (not shown in the figures); the outer case covers over the seat; the lifting mechanism is provided between the seat **7** and the outer case **8** at one side close to the handrails **2**; an upper surface of the outer case **8** is provided with a treading area; the lifting mechanism enables the outer case to be adjusted in angle with one side edge as a baseline, specifically, adjustable gears are gear two or higher. The stretching standing plate with such a structure has relatively high security, and its outer case **8** covering over the seat **7** can perfectly shield the lifting mechanism therein so as to avoid occurrence of phenomena such as pinching and scratching. Moreover, since the outer case has relatively high plasticity, different external designs can be made thereto, thus improving the aesthetics of the appearance of the present product, and enabling it to be more easily integrated into the household environment.

[0027] In some embodiments, a slide track **9** being foldable on the base is provided between the base and the angle adjusting standing plate **3**, and the angle adjusting standing plate **3** can rest on the slide track in a manner of sliding back and forth. Such a structure not only can transversely adjust a position of the angle adjusting standing plate **3** to further satisfy requirements of users with different body types. Moreover, the angle adjusting standing plate can be folded on the base through the slide track to further save space. Preferably, a standing plate telescopic adjustment lever **13** is further included, and by adjusting the standing plate telescopic adjustment lever, the distance between the angle adjusting standing plate and the base **1** can be adjusted. This

provision can be adapted to users of different heights. Since lengths of arms are also different when the heights are different, a horizontal distance between the angle adjusting standing plate and the standing plate handrails provided on the base **1** also should be adjusted adaptively.

[0028] In some embodiments, the treading area is provided with an anti-slip mat **10** therein. Thus, the technical problem of slip resistance in the treading area due to inclination of the angle adjusting standing plate **3** is well solved. Moreover, induction contacts can be further provided to be not covered by the anti-slip mat in the treading area and on positions where two feet rest. When the user stands on the angle adjusting standing plate **3**, the induction contacts will send a non-angle adjustment signal, so as to control the angle adjusting standing plate **3** to be fixed in a certain angle state, thus ensuring that the user completes the stretching movements successfully.

[0029] In some embodiments, as described above, with respect to the multi-angle electric exercise equipment, the health inspection and control unit further includes a display module **43**, a central control module **41**, a data processing module **42**, a physical sign inspection module **49**, and a wireless transmission module **44**; the central control module **41** is provided in a middle part of the handrails, and is electrically connected to the display module, the data processing module and the wireless transmission module; the data processing module **42** is electrically connected to the physical sign detecting module **49**, for converting an analog signal detected by the physical sign inspection module to a digital signal; the display module **43** is used to select a health inspection item and display health information and a health solution.

[0030] In some embodiments, the physical sign inspection module **49** includes: foot induction contacts **491**, electrocardio detecting contacts **492**, and a body temperature detecting contact (not shown in the figures).

[0031] Furthermore, as described above, with respect to the multi-angle electric exercise instrument the health inspection and control unit further includes a music modulation module **45**; the music modulation module **45** is used to collect user's voice information and acquire a basic frequency of a user voice. The central control module **41** determines a voice basic frequency interval of the user according to the basic frequency of the voice, and selects and plays music matched with the voice basic frequency interval. Preferably, the music modulation module **45** includes a voice recognizing module and a power amplifying module; the voice recognizing module is used to collect the user's voice information; the power amplifying module is used to play the music; and the voice recognizing module and the power amplifying module are both provided in positions around the display module **43** and facing the angle adjusting standing plate **3**.

[0032] In some embodiments, as described above, with respect to the multi-angle electric exercise equipment, the health inspection and control unit is further integrated with a soft start power button **46**, an earphone interface (not shown in the figures), an up button **47**, and a down button **48**; the soft start power button **46** is provided below the display module **43**, and the up button **47** and the down button **48** are used to control the angle adjustment of the angle adjusting standing plate; the earphone interface is provided above the display module. The soft start power button **46** is used to switch off the equipment through a software system.

[0033] In some embodiments, a power management unit and a hot start power switch **14** are further included. The power management unit is used for power-off protection and charge/discharge management, and the hot start power switch **14** is provided on the base **1**. The power management unit further provides a circuit protect module for power-off protection and charge/discharge management. The hot start power switch **14** is connected to a main power for shutting off all the power of the equipment.

[0034] As shown in FIG. **3**, the present disclosure further provides a control method for the above multi-angle electric exercise equipment, including:

[0035] S1: performing angle adjustment of the angle adjusting standing plate **3** and selection of the health inspection item through the health inspection and control unit **4**;

[0036] S2: performing, by the angle adjusting standing plate **3**, performing the angle adjustment of the angle adjusting standing plate **3** as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

[0037] S3: processing the health information of the user, and acquiring the health analysis result of the user;

[0038] S4: providing a corresponding modulation method and product according to physical condition information of the user.

[0039] The above merely describes some exemplary embodiments of the present invention in an illustrative manner. It goes without saying that a person ordinarily skilled in the art can modify the embodiments described through various different manners without departing from the spirit and scope of the present invention. Therefore, the above accompanying drawings and description are essentially illustrative, and should not be construed as limitation to the scope protected by the claims of the present invention.

What is claimed is:

1. A multi-angle electric exercise equipment, comprising a meridian stretching standing plate and a health management system, wherein the meridian stretching standing plate comprises a base, standing plate handrails, and an angle adjusting standing plate; the health management system comprises a health inspection and control unit and a health analysis unit; the health analysis unit is provided by local or cloud service, and is linked with the health inspection and control unit in communication; the standing plate handrails are provided on the base; the angle adjusting standing plate is provided facing the handrails and at one side of the base; an upper surface of the angle adjusting standing plate is provided with a treading area, the angle of the angle adjusting standing plate is adjustable with one side edge as a baseline; the health analysis unit is used to analyze health information of a user collected by the health inspection and control unit, acquire a health analysis result of the user and provide a health solution.

2. The multi-angle electric exercise equipment of claim **1**, wherein the angle adjusting standing plate comprises a seat, an outer case, and a lifting mechanism;

the outer case covers over the seat; the lifting mechanism is provided inside the seat and the outer case; an upper surface of the outer case is provided with a treading area; the lifting mechanism enables the outer case to be adjusted in angle with one side edge as a baseline.

3. The multi-angle electric exercise instrument of claim **1**, wherein a slide track being foldable on the base is provided

between the base and the angle adjusting standing plate, and the angle adjusting standing plate rests on the slide track in a manner of being slidable back and forth.

4. The multi-angle electric exercise equipment of claim **1**, wherein the treading area is provided with an anti-slip mat therein.

5. The multi-angle electric exercise instrument of claim **1**, wherein the health inspection and control unit further comprises a display module, a central control module, a data processing module, a physical sign inspection module, and a wireless transmission module; the central control module is provided in a middle part of the handrails, and is electrically connected to the display module, the data processing module, and the wireless transmission module; the data processing module is electrically connected to the physical sign inspection module, for converting an analog signal detected by the physical sign inspection module to a digital signal; the display module is used to select a health inspection item and display health information and a health solution.

6. The multi-angle electric exercise equipment of claim **5**, wherein the physical sign inspection module comprises: foot induction contacts, electrocardio detecting contacts, and a body temperature detecting contact.

7. The multi-angle electric exercise equipment of claim **5**, wherein the health inspection and control unit further comprises a music modulation module; the music modulation module is used to collect user's voice information, and acquire a basic frequency of a user voice, the central control module determines a voice basic frequency interval of the user according to the basic frequency of the voice, and selects and plays music matched with the voice basic frequency interval.

8. The multi-angle electric exercise instrument of claim **5**, wherein the health inspection and control unit is further integrated with a soft start power button, an earphone interface, an up button, and a down button; the soft start power button is provided below the display module, and the up button and the down button are used to control the angle adjustment of the angle adjusting standing plate; the earphone interface is provided below the display module.

9. The multi-angle electric exercise equipment of claim **1**, further comprising a power management unit and a hot start power switch, the power management unit being used for power-off protection and charge/discharge management, and the hot start power switch being provided on the base.

10. A control method for the multi-angle electric exercise equipment of claim **1**, comprising:

S**1**: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S**2**: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S**3**: processing the health information of the user, and acquiring the health analysis result of the user;

S**4**: providing a corresponding modulation method and product according to physical condition information of the user.

11. The multi-angle electric exercise instrument of claim **2**, wherein a slide track being foldable on the base is provided between the base and the angle adjusting standing plate, and the angle adjusting standing plate rests on the slide track in a manner of being slidable back and forth.

12. The multi-angle electric exercise equipment of claim **2**, wherein the treading area is provided with an anti-slip mat therein.

13. A control method for the multi-angle electric exercise equipment of claim **2**, comprising:

S**1**: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S**2**: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S**3**: processing the health information of the user, and acquiring the health analysis result of the user;

S**4**: providing a corresponding modulation method and product according to physical condition information of the user.

14. A control method for the multi-angle electric exercise equipment of claim **3**, comprising:

S**1**: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S**2**: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S**3**: processing the health information of the user, and acquiring the health analysis result of the user;

S**4**: providing a corresponding modulation method and product according to physical condition information of the user.

15. A control method for the multi-angle electric exercise equipment of claim **4**, comprising:

S**1**: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S**2**: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S**3**: processing the health information of the user, and acquiring the health analysis result of the user;

S**4**: providing a corresponding modulation method and product according to physical condition information of the user.

16. A control method for the multi-angle electric exercise equipment of claim **5**, comprising:

S**1**: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S**2**: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health

inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S3: processing the health information of the user, and acquiring the health analysis result of the user;

S4: providing a corresponding modulation method and product according to physical condition information of the user.

17. A control method for the multi-angle electric exercise equipment of claim 6, comprising:

S1: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S2: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S3: processing the health information of the user, and acquiring the health analysis result of the user;

S4: providing a corresponding modulation method and product according to physical condition information of the user.

18. A control method for the multi-angle electric exercise equipment of claim 7, comprising:

S1: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S2: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S3: processing the health information of the user, and acquiring the health analysis result of the user;

S4: providing a corresponding modulation method and product according to physical condition information of the user.

19. A control method for the multi-angle electric exercise equipment of claim 8, comprising:

S1: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S2: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S3: processing the health information of the user, and acquiring the health analysis result of the user;

S4: providing a corresponding modulation method and product according to physical condition information of the user.

20. A control method for the multi-angle electric exercise equipment of claim 9, comprising:

S1: performing angle adjustment of the angle adjusting standing plate and selection of the health inspection item through the health inspection and control unit;

S2: performing, by the angle adjusting standing plate, the angle adjustment of the angle adjusting standing plate as needed; after performing the selection of the health inspection item, collecting and monitoring health information of a user according to the selected health inspection item;

S3: processing the health information of the user, and acquiring the health analysis result of the user;

S4: providing a corresponding modulation method and product according to physical condition information of the user.

* * * * *

专利名称(译)	多角度电动锻炼仪及控制方法		
公开(公告)号	US20190314683A1	公开(公告)日	2019-10-17
申请号	US15/954370	申请日	2018-04-16
[标]发明人	CI ZHONGHUA		
发明人	CI, ZHONGHUA		
IPC分类号	A63B24/00 G05B15/02 A61B5/0205 A61B5/0402 A61B5/00 A63B21/00 A61M21/02		
CPC分类号	A63B2230/505 A63B2230/045 A63B2225/096 A63B24/0087 A63B2225/52 A61B5/0022 A63B2230/655 A61M2021/0027 A61M2205/80 A61B5/02055 A61B5/01 A63B24/0062 A61B5/0402 A61M21/02 G05B15/02 A63B21/4035 A61B5/053 A63B2023/006 A61B5/4803 A63B21/4034 A63B2024/0093 A61B5/00 A63B21/4047 A63B22/0056 A63B71/0622 A63B2071/0625 A63B2071/068 A63B2225/09 A63B2225/093 A63B2225/50 A63B2230/06 A63B2230/50 G16H40/67		
外部链接	Espacenet USPTO		

摘要(译)

本发明公开了一种多角度电动健身器材，包括：经络拉伸站立板，包括底座，站立板扶手和角度调节站立板；健康管理系统，包括健康检查控制单元和健康分析单元底座上设有立板扶手。角度调节立板面向扶手并位于底座的一侧。角度调节立板的上表面设有踏面，该角度调节立板的角度可调。健康分析单元，用于分析健康检查控制单元收集的健康信息，获取健康分析结果，并提供健康解决方案。本公开主要用于人体经线的拉伸，为阶梯式难度锻炼提供多角度的拉伸角度调节。