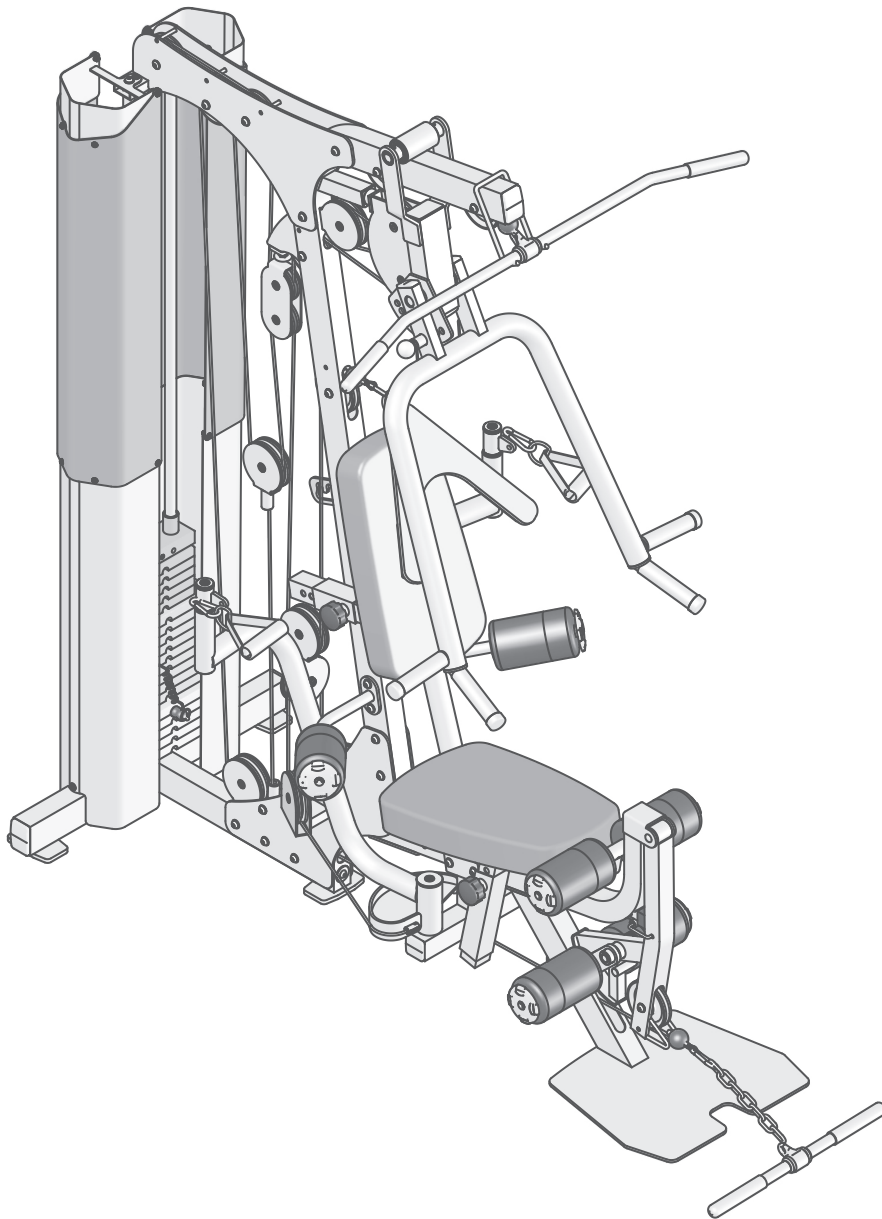


IFI 860

1860 Home Gym

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

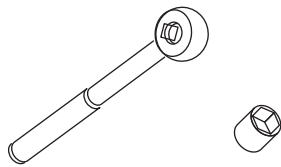
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

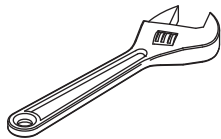
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

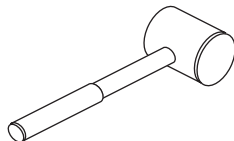
Tools Required



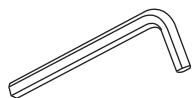
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

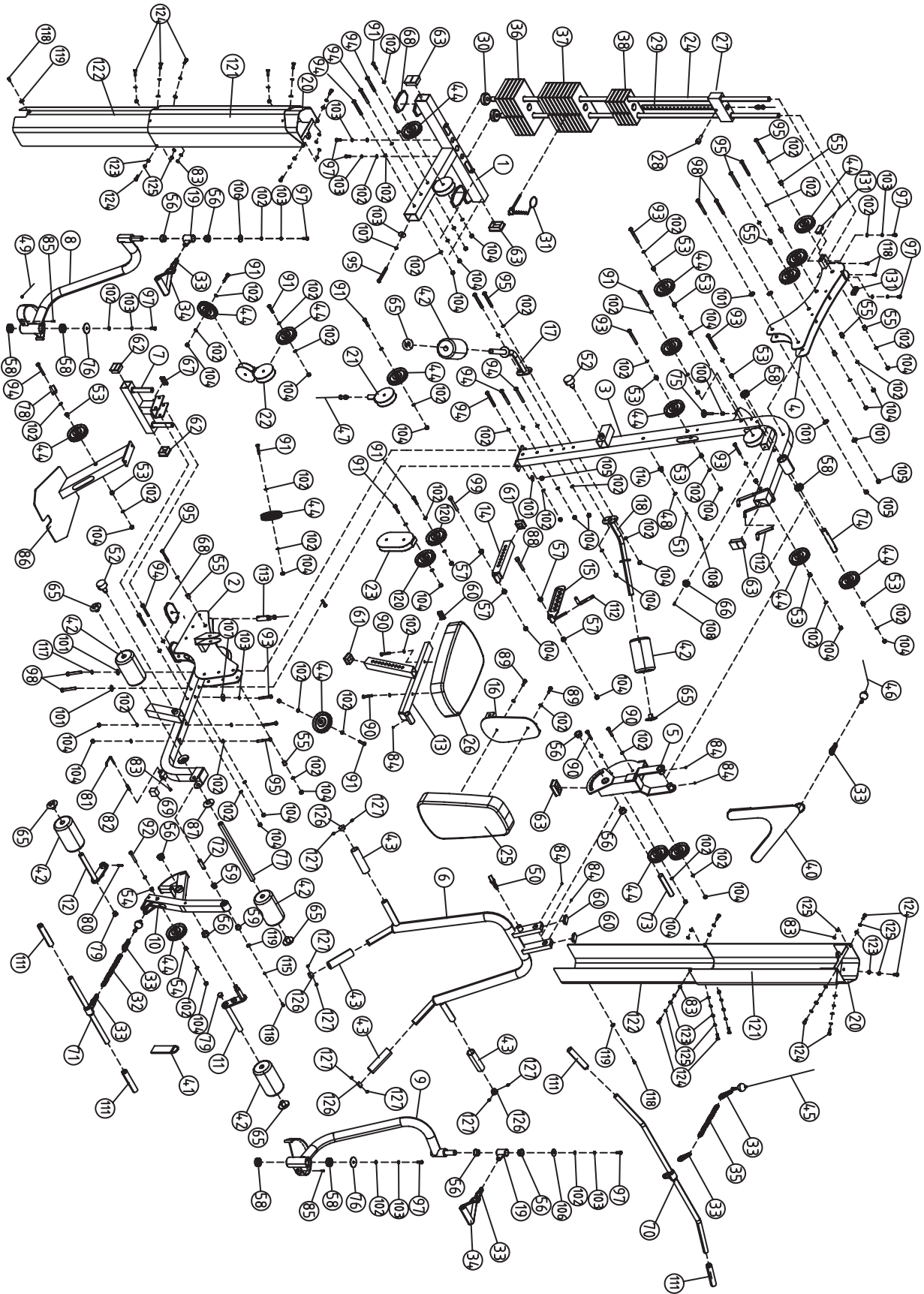
Item No.	Description	Qty	Item No.	Description	Qty
1	Rear Frame	1	33	Gear Hook	7
2	Seat Pad Support Receptacle	1	34	Lat Strap	2
3	Main Upright	1	35	Short Chain	1
4	Main Top Beam	1	36	15LB Plate	5
5	Press Arm Support	1	37	10LB Plate	9
6	Press Arm	1	38	5LB Plate	5
7	Pec Dec Mount	1	39	Decal Weight Number	1
8	Right Pec Dec Arm	1	40	Ab Strap	1
9	Left Pec Dec Arm	1	41	Ankle Strap	1
10	Leg Extension Lever	1	42	Uphoistered Roller Pad 100*22*180	6
11	Foam Frame w/Shaft	1	43	Handle Grip	4
12	Foam Frame w/o Shaft	1	44	Pulley	18
13	Seat Pad Support	1	45	Chest Press Cable	1
14	Telescope for Back Pad	1	46	Mid Pulley Cable	1
15	Tilting for Back Pad	1	47	Leg Press Cable Substitute	1
16	Back Pad Support	1	48	Big Washer $\Phi 7 * \Phi 38 * 3$	1
17	Right Leg Hold Leg Frame	1	49	Pec Dec Cable	1
18	Left Leg Hold Leg Frame	1	50	Pop Pin	1
19	Pec Dec Handle Bar	2	51	Spring Washer $\Phi 6$	1
20	Top Weight Shroud	2	52	Pop Pin (Locking)	2
21	Pulley Bracket w/Shaft	1	53	Long Pulley Spacer	10
22	Pulley Bracket Block	1	54	Short Pulley Spacer	2
23	Small Pulley Bracket	1	55	Longer Pulley Spacer	8
24	Guide Rod	2	56	Bronze Bushing ID25.4	8
25	Back Pad	1	57	Bronze Bushing ID12.2	4
26	Seat Pad	1	58	Bearing ID25	6
27	Top Plate	1	59	Bronze Bushing ID16	2
28	Screw Bolt M12*35	1	60	Plug50*25	3
29	Selector Rod	1	61	Plug44.5	2
30	Weight Stack Bumper	2	62	Plug50.8	2
31	Weight Pin	1	63	Plug76.2*50.8	4
32	Long Chain	1	65	Big Plug25.4	6

Parts List

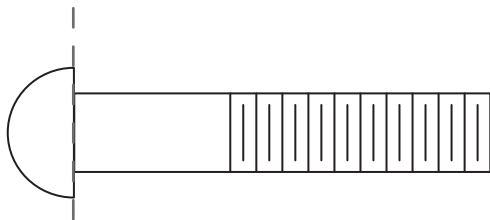
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
66	Nylon Stopper	1	99	Long Shoulder Bolt $\Phi 12.2 \times 91.5$	1
67	Pec Dec Stop Bumper	1	100	Regular Hex Nut M10	1
68	Base Pad	3	101	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	7
69	End Cap Bumper	1	102	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	78
70	Long Lat Bar	1	103	Spring Washer $\Phi 10$	10
71	Short Lat Bar	1	104	Nylon lock Nut M10	35
72	Shaft for Leg Extension	1	105	Nylon lock Nut M12	3
73	Shaft for Chest Press Adjustment	1	106	Chrome Washer $\Phi 38 \times \Phi 11 \times 2$	2
74	Shaft for Chest Press	1	107	Flat Washer $\Phi 38 \times \Phi 11 \times 2$	2
75	Adjustable Stopper	1	108	Button Head Cap Screw M6*15	2
76	Big Washer $\Phi 56.5 \times \Phi 10.5 \times 5$	2	109	Hex Key S=6	1
77	Long Foam Tube	1	110	Hex Key S=4	1
78	Cable Retainer Bracket	1	111	Grip	4
79	Plug25	2	112	Rubber stopper	3
80	Slip Tension Pin	1	113	Cable Adaptor	1
81	U Shape pin	1	114	Nylon Cover	1
82	Small Spring	1	115	Spring Washer $\Phi 8$	1
83	Nylon lock Nut M6	17	116	lubricant	1
84	Socket Set Screw M8*6	5	117	Spring Washer $\Phi 12$	1
85	Philip Screw M4*20	2	118	Button Head Cap Screw M8*15	5
86	Front Uoright	1	119	Flat Washer $\Phi 9 \times \Phi 22 \times 2$	3
87	Plastic Washer	2	120	Small Pulley	2
88	Short Shoulder Bolt $\Phi 12.2 \times 69$	1	121	Middle Weight Shroud	2
89	Button Head Cap Screw M10*30	2	122	Bottom Weight Shroud	2
90	Button Head Cap Screw M10*50	4	123	Small Spacer	16
91	Button Head Cap Screw M10*45	9	124	Button Head Cap Screw M6*18	16
92	Button Head Cap Screw M10*65	1	125	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	32
93	Button Head Cap Screw M10*70	5	126	Aluminium Cap $\Phi 32$	4
94	Button Head Cap Screw M10*75	9	127	Socket Set Screw 10-32*3.2	8
95	Button Head Cap Screw M10*80	9	130	Hex Key S=3/32"	1
97	Button Head Cap Screw M10*25	8	131	Plug 50*25	2
98	Button Head Cap Screw M12*80	4			

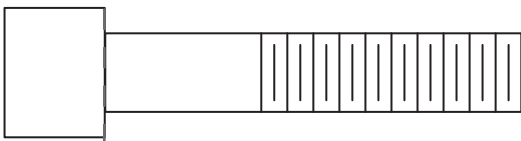
Exploded View



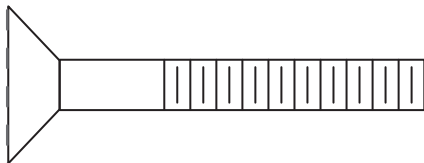
Measurement Guide



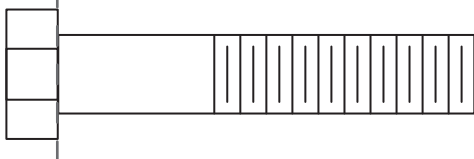
BHCS = Button Head Cap Screw



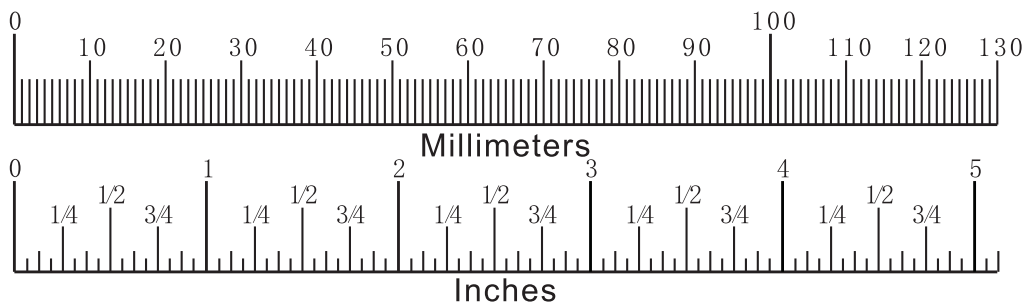
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

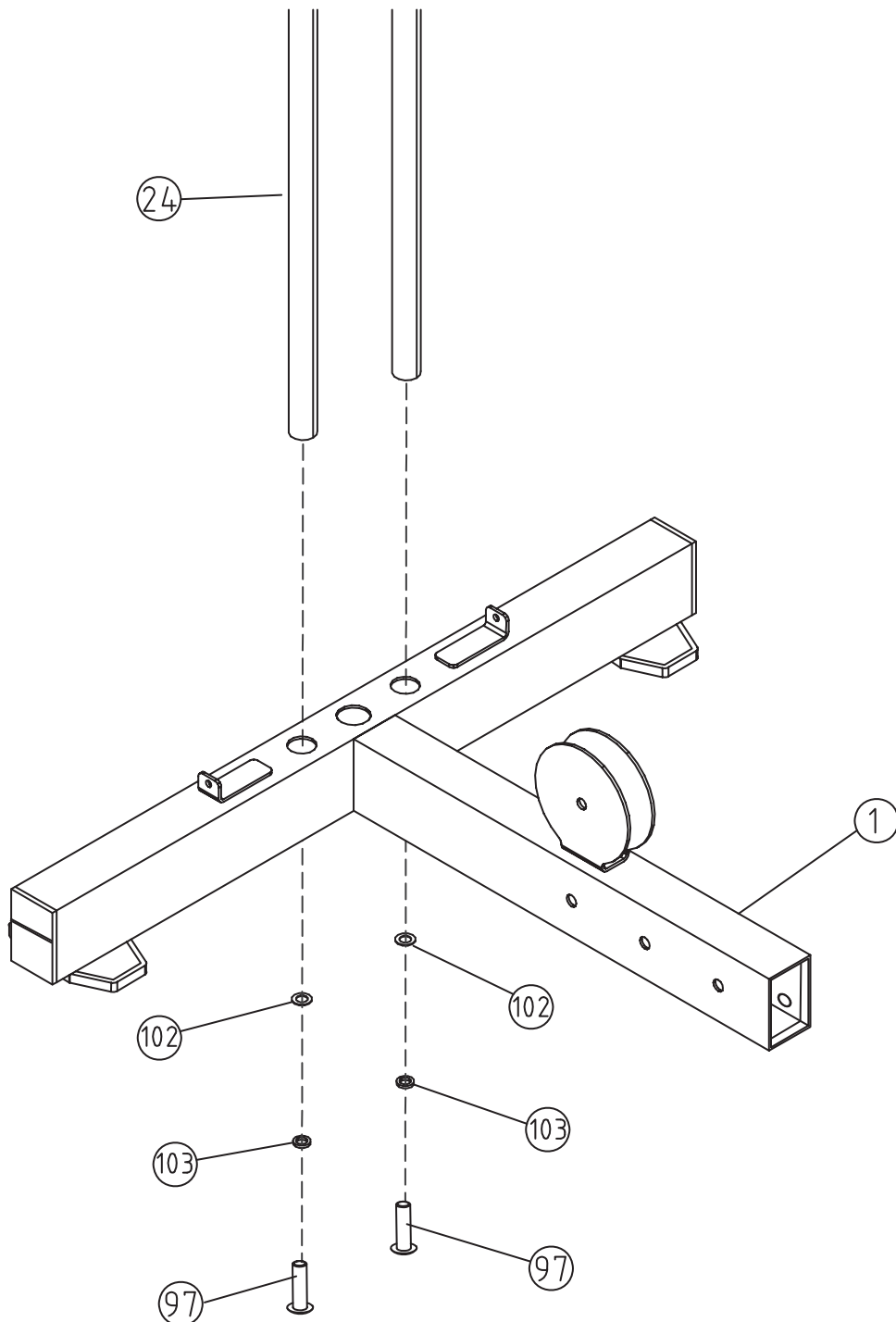
Insert the two Guide Rods (#24) into Rear Base (#1) and secure them in place using:

two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102)

two $\Phi 10$ Spring Washer (#103)

two M10*25 BHCS (#97)

Note: Hand tighten bolts and Mylon Lock nuts until machine is fully assembled.



Assembly

Step 2

1. Attach the Seat Pad Support Receptacle (#2) to Rear Base (#1) and secure in place using:

three M10 Nylon Lock Nut (#104)
 three M10*75 BHCS (#94)
 one $\Phi 10$ Spring Washer (#103)

six $\Phi 11*\Phi 20*2$ Flat Washer (#102)
 one $\Phi 11*\Phi 38*2$ Flat Washer (#107)
 one M10*80 BHCS (#95)

2. Connect the Front Upright (#86) to Seat Pad Support Receptacle (#2) and secure together

using:

two M10 Nylon Lock Nut (#104)
 two M10*80 BHCS (#95)

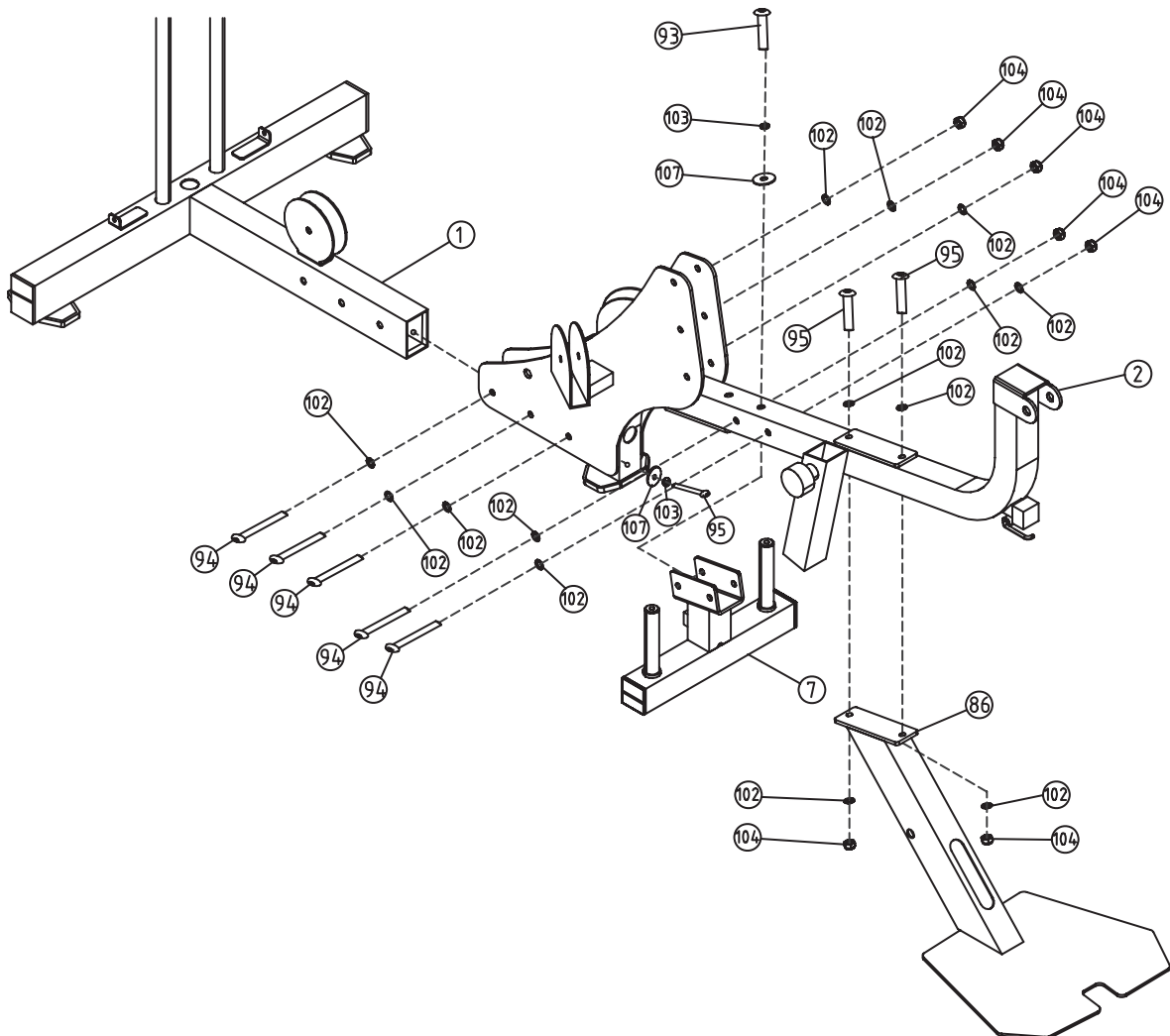
four $\Phi 11*\Phi 20*2$ Flat Washer (#102)

3. Insert the Pec Dec Mount (#7) onto Seat Pad Support Receptacle (#2) using:

two M10 Nylon Lock Nut (#104)
 two M10*75 BHCS (#94)
 one $\Phi 10$ Spring Washer (#103)

four $\Phi 11*\Phi 20*2$ Flat Washer (#102)
 one M10*70 BHCS (#93)
 one $\Phi 11*\Phi 38*2$ Flat Washer (#107)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 3

Install the Main Upright (#3) onto Seat Pad Support Receptacle (#2). Secure it in place using:

three M10 Nylon Lock Nut (#104)

three M10*75 BHCS (#94)

one $\Phi 12$ Spring Washer (#117)

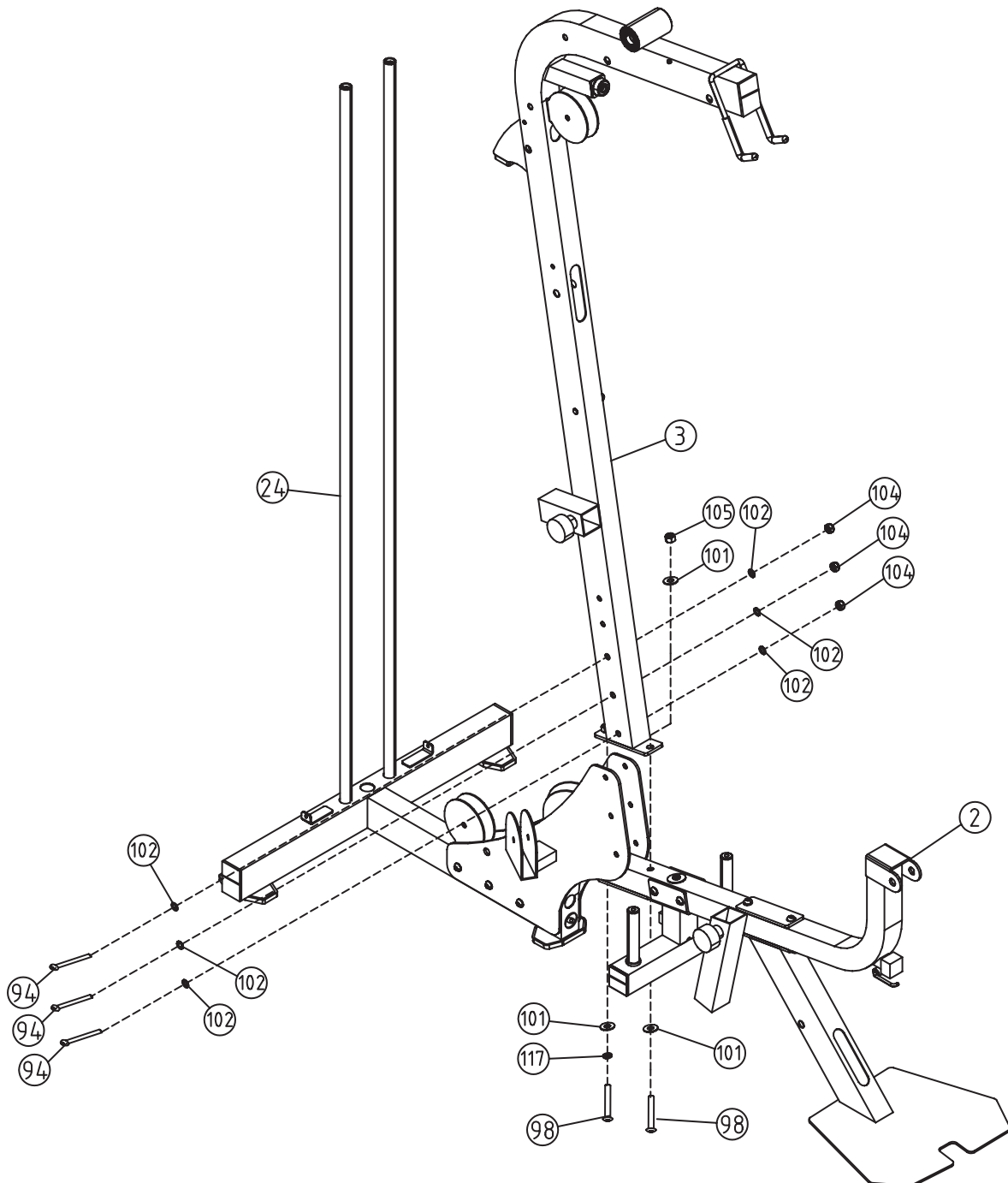
one M12 Nylon Lock Nut (#105)

six $\Phi 11*\Phi 20*2$ Flat Washer (#102)

two M12*80 BHCS (#98)

three $\Phi 13*\Phi 24*1.5$ Flat Washer (#101)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

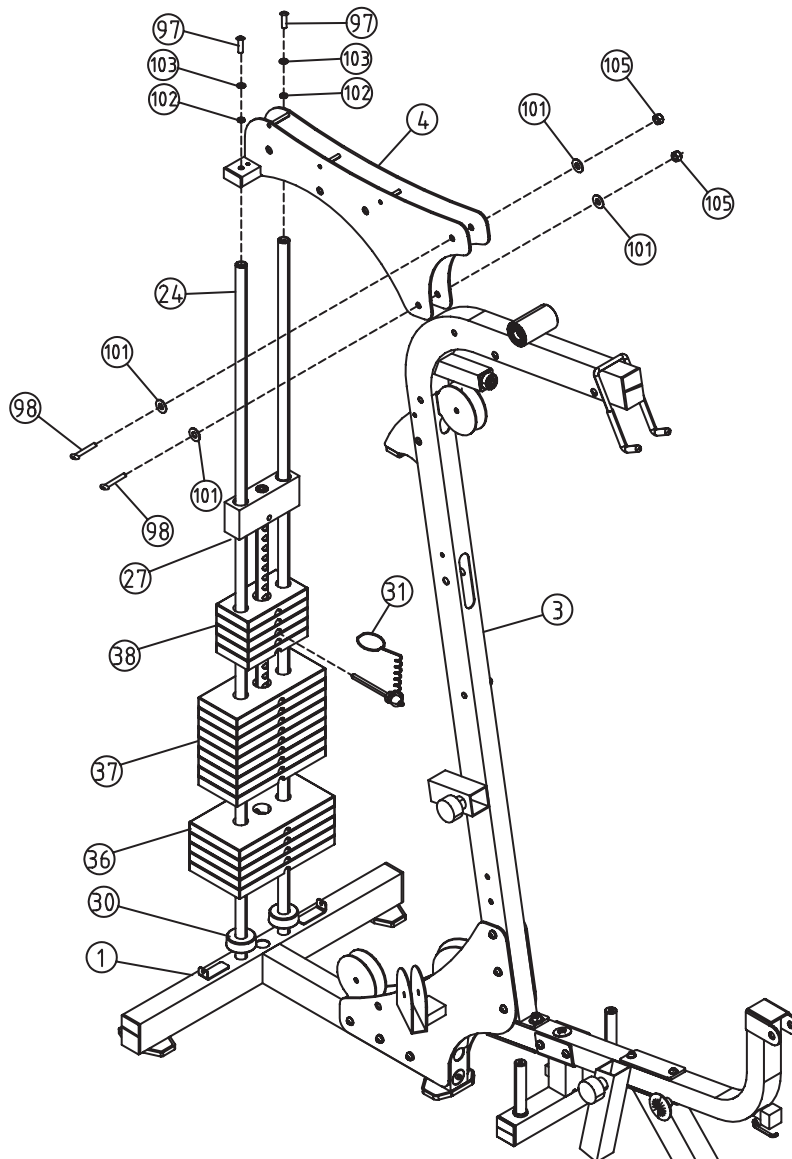


Assembly

Step 4

1. Slide one Weight Stack Bumper (#30) down each Guide Rod (#24). Next, slide the weight plates down the Guide Rods (#24) in this order - five 15lb Plates (#36), nine 10lb Plates (#37), five 5lb Plates (#38), and the Top Plate (#27).
2. Insert the Main Top Beam (#4) onto the two Guide Rods (#24) and the Main Upright (#3).
3. Secure Main Top Beam (#4) to Main Upright (#3) using:
two M12 Nylon Locknut (#105) four $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washer (#101)
two M12*80 BHCS (#98)
4. Attach the Main Top Beam (#4) to the two Guide Rods (#24) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102) two $\Phi 10$ Spring Washer (#103)
two M10*25 BHCS (#97)
5. Attach Weight Pin (#31) to Weight Stack.

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

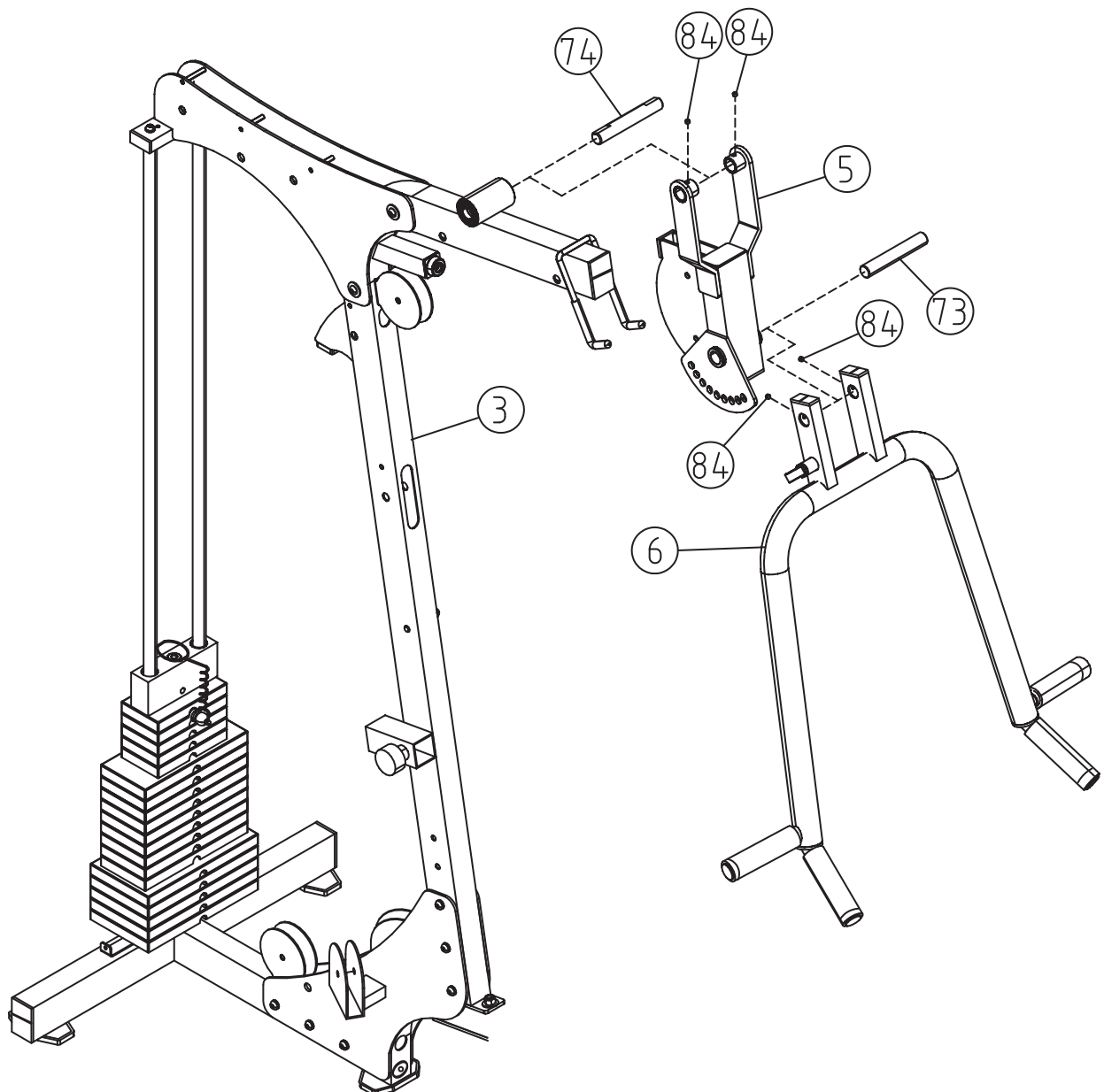


Assembly

Step 5

1. Attach Press Arm Support (#5) to Main Upright (#3) by aligning the holes and sliding the Shaft (#74) through the holes of the Press Arm Support (#5).
2. Secure the Shaft (#74) to the Press Arm Support (#5) using two M8*6 Socket Set Screw (#84).
3. Install Press Arm (#6) to Press Arm Support (#5) by aligning the holes and sliding the Shaft (#73) through the holes of the Press Arm (#6).
4. Secure the Shaft (#73) to the Press Arm (#6) using two M8*6 Socket Set Screw (#84).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 6

1. Slide the Right Pec Dec Arm (#8) on to the shaft of the Pec Dec Mount (#7).

Secure the arm in place using:

one $\Phi 56.5 \times \Phi 10.5 \times 5$ Big Washer (#76)

one $\Phi 10$ Spring Washer (#103)

one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102)

one M10*25 BHCS (#97)

2. Slide Pec Dec Handle Bar (#19) onto the top of the Right Pec Dec Arm (#8) and secure using:

one Chrome Washer (#106)

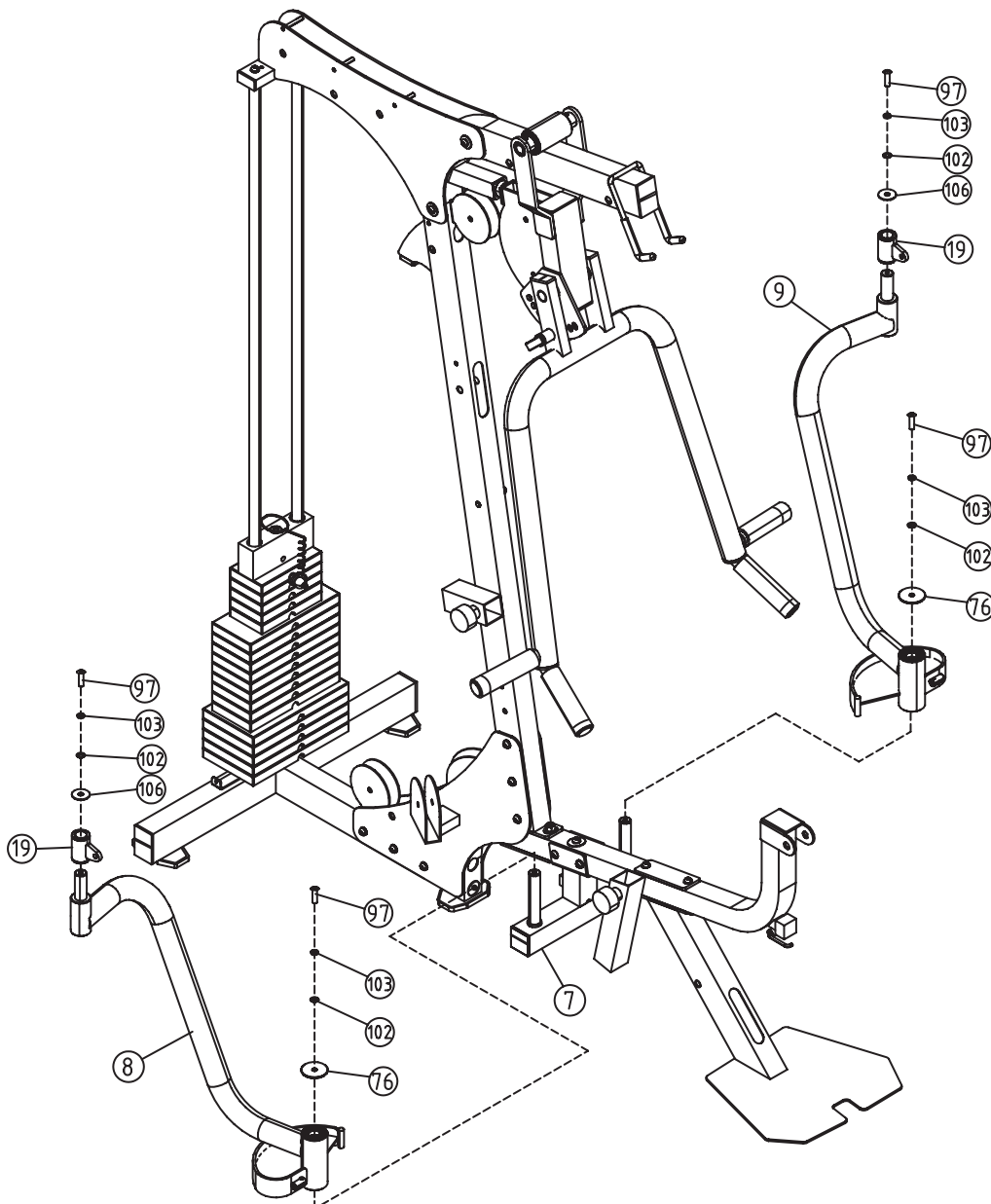
one $\Phi 10$ Spring Washer (#103)

one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102)

one M10*25 BHCS (#97)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

3. Repeat this step to complete the Left Pec Dec assembly.



Assembly

Step 7

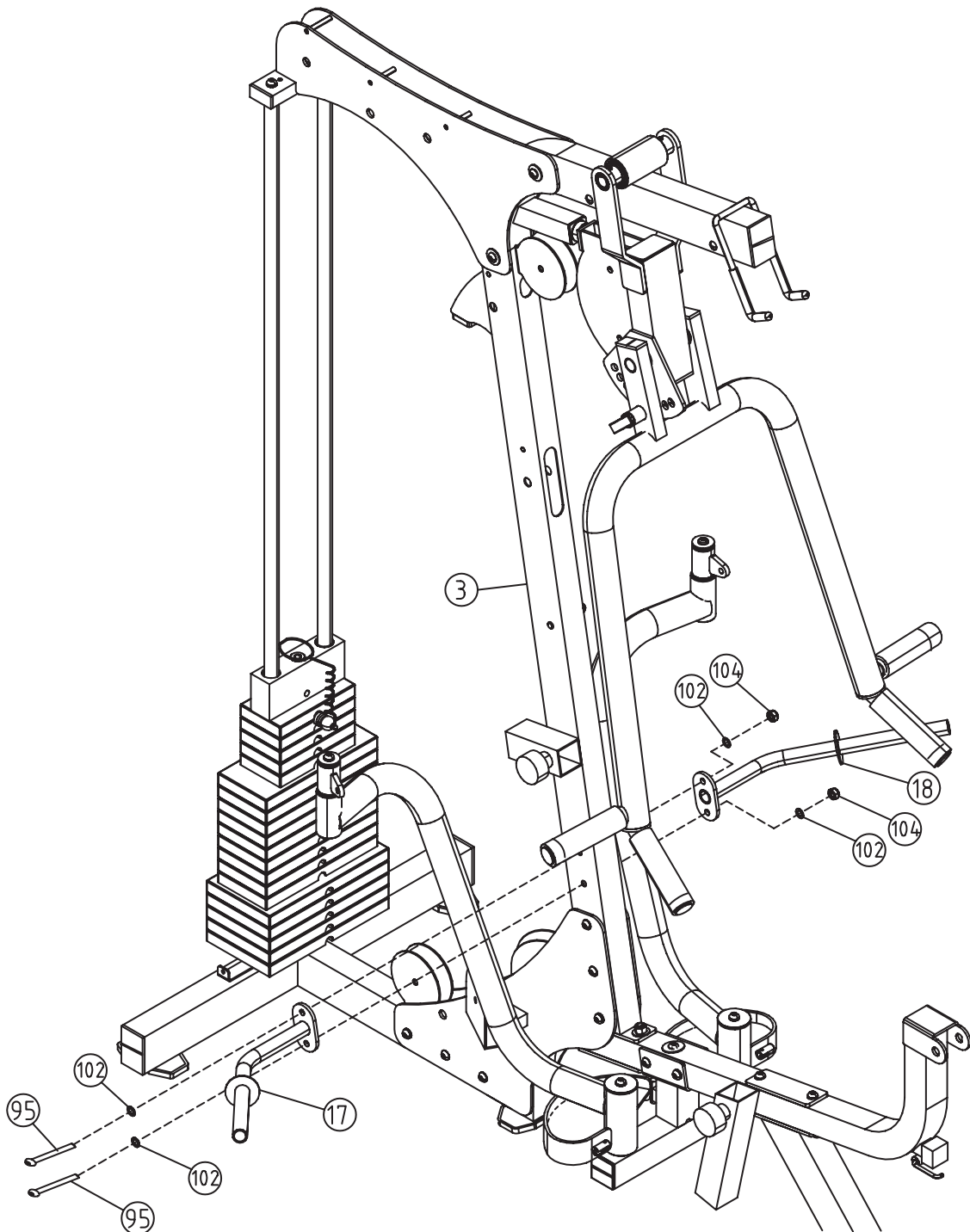
Install the Right and Left Hold Leg Frames (#17 & #18) to Main Upright (#3) and secure using:

two M10 Nylon Locknut (#104)

four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102)

two M10*80 BHCS (#95)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



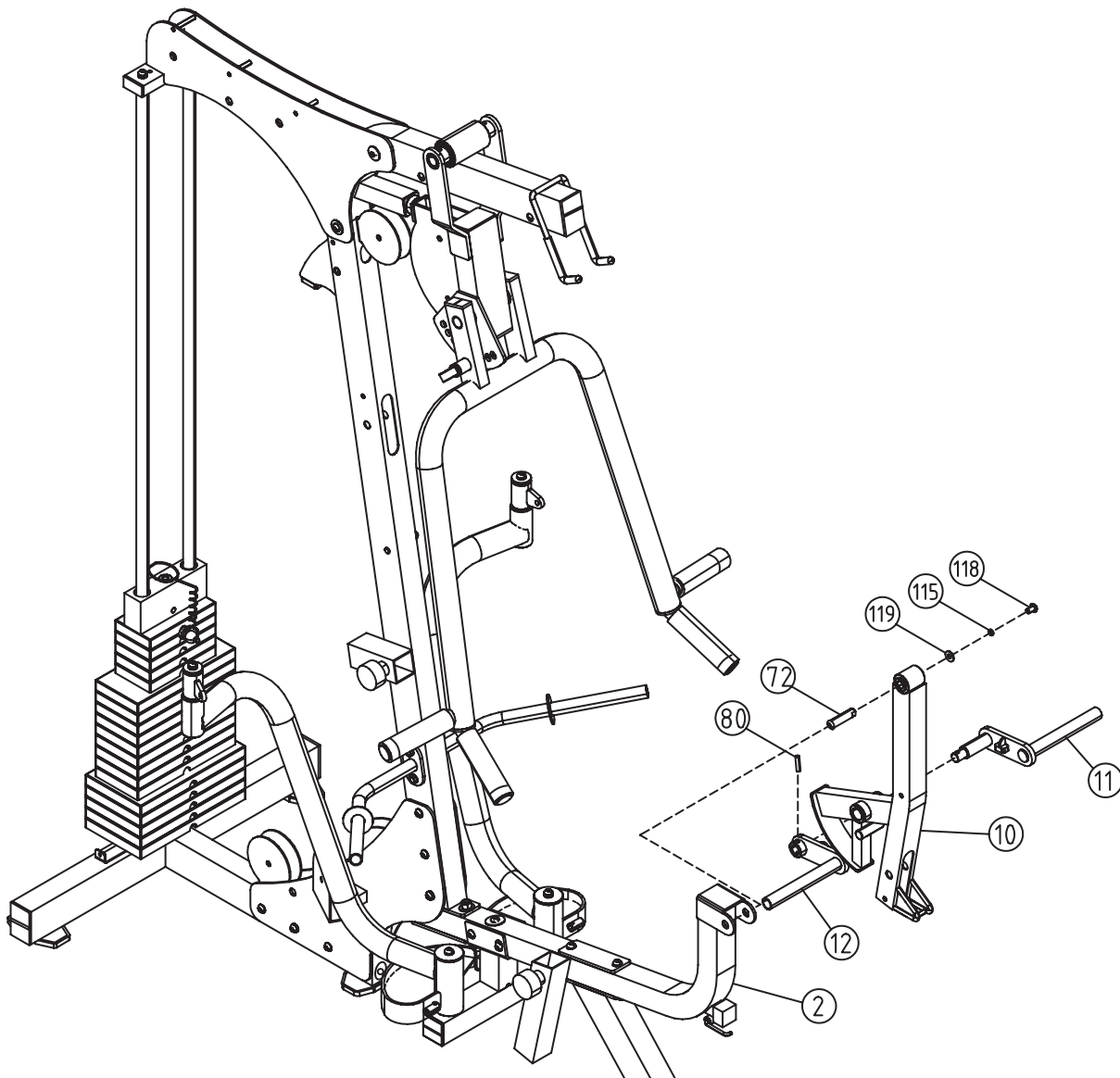
Assembly

Step 8

1. Slide the Shaft (#72) into the Leg Extension Lever (#10). Attach Leg Extension Lever (#10) to Seat Pad Support Receptacle (#2) and secure using:
one $\Phi 9 \times \Phi 22 \times 2$ Flat Washer (#119) one $\Phi 8$ Spring Washer (#115)
one M8*15 BHCS (#118)
2. Slide Foam Frame w/Shaft (#11) through the Leg Extension Lever (#10) and attach the Foam Frame w/o Shaft (#12) to the other side. Insert the Slip Tension Pin (#80) through the hole where the two foam frames meet.

Note: You may need to use a rubber mallet to install Slip Tension Pin (#80).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

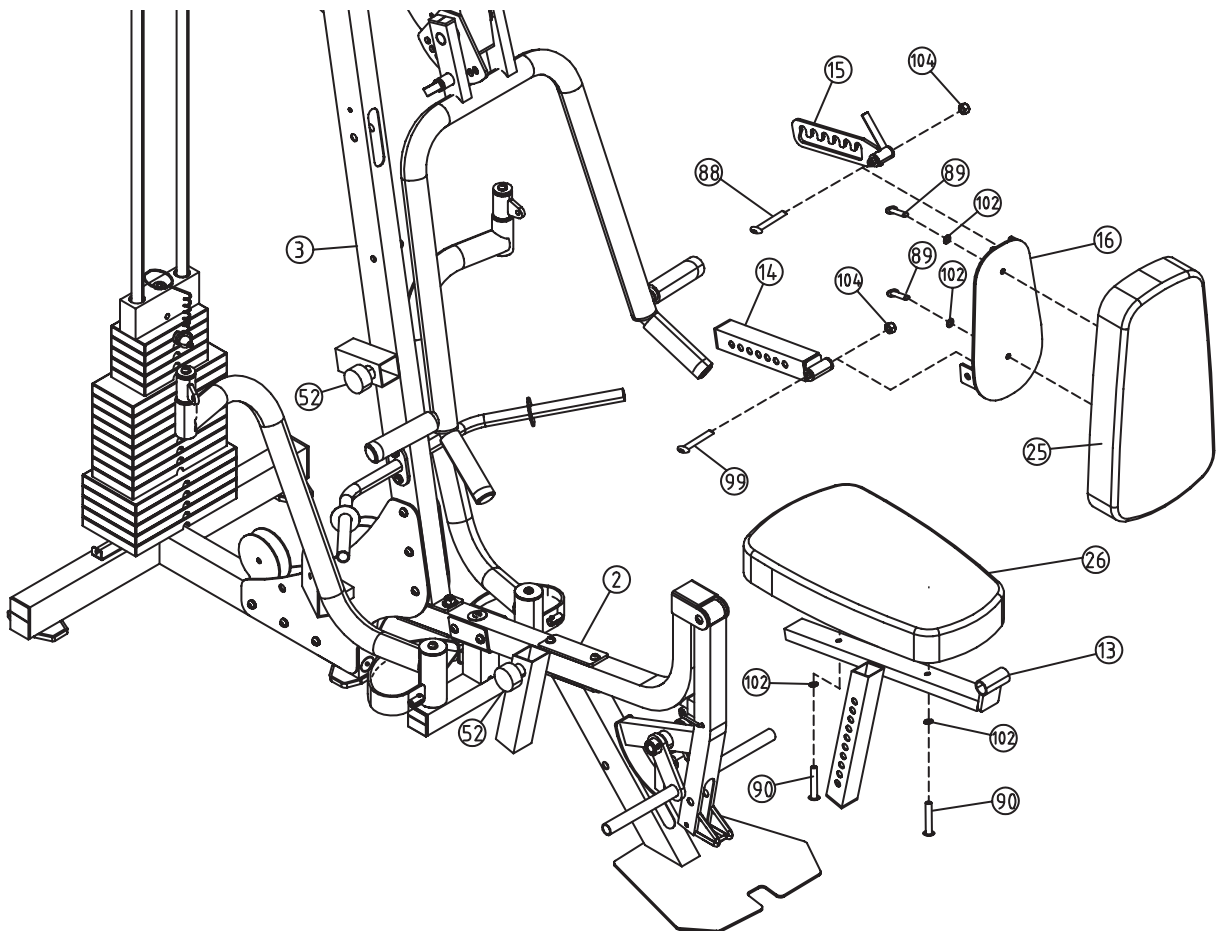


Assembly

Step 9

1. Attach the Seat Pad (#26) to the Seat Pad Support (#13) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102) two M10*50 BHCS (#90)
2. Slide the Seat Support assembly (#13) into the Seat Pad Support Receptacle (#2) and secure by tightening attached the Locking Pop Pin (#52).
3. Install the Telescope (#14) to the bottom of the Back Pad Support (#16) and secure in place using:
one M10 Nylon Locknut (#104) one Long Shoulder Bolt (#99)
4. Install the Tilting (#15) to the top of the Back Pad Support (#16) and secure in place using:
one M10 Nylon Locknut (#104) one Short Shoulder Bolt (#88)
5. Attach the Back Pad (#25) to Back Pad Support (#16) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102) two M10*30 BHCS (#89)
6. Last, slide the Back Pad Support assembly into the receptacle on the Main Upright (#3) and secure by tightening the Locking Pop Pin (#52).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

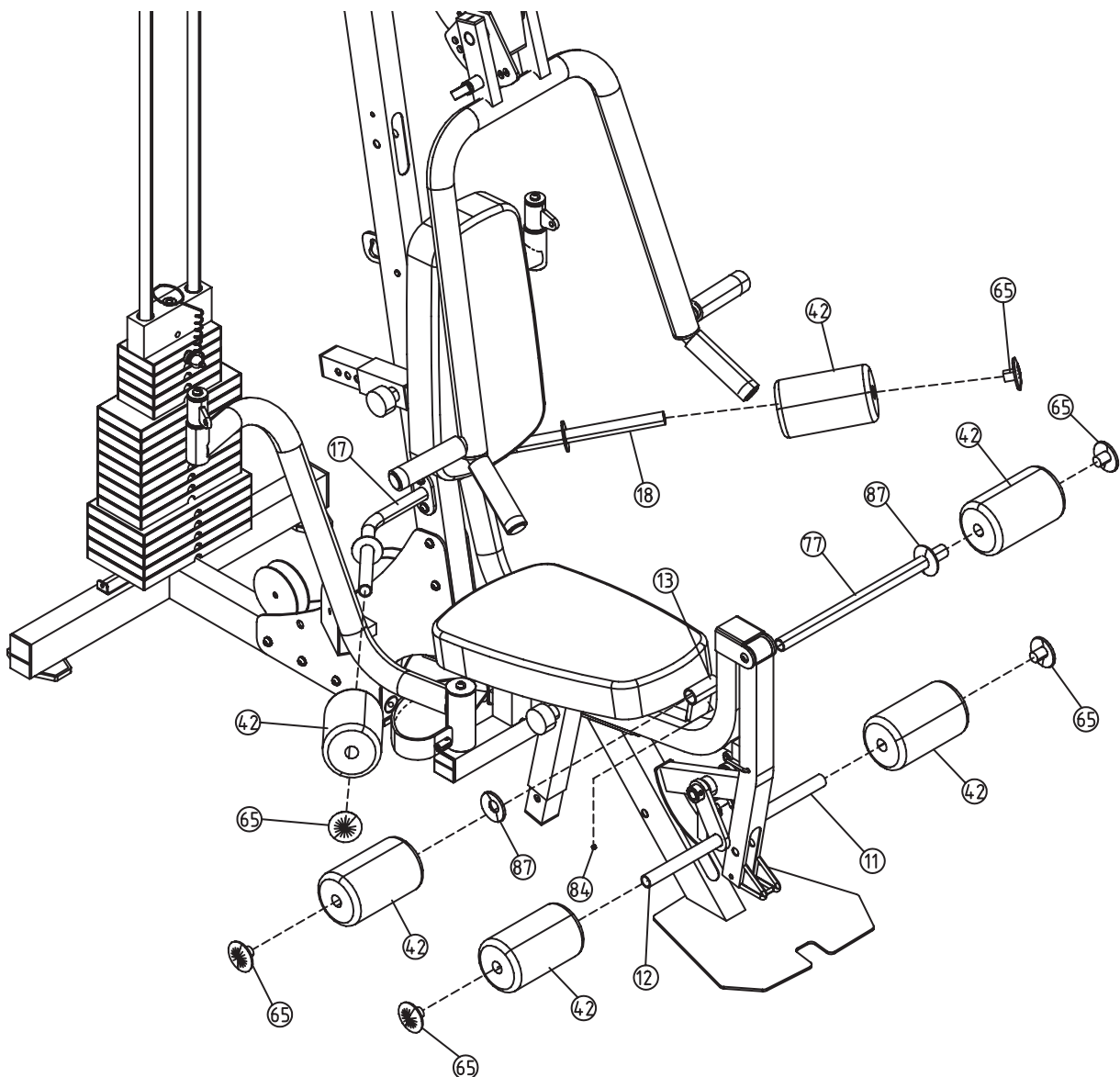


Assembly

Step 10

1. Slide two Upholstered Roller Pads (#42) onto Foam Frames (#11 & #12) and secure using two Big Plugs (#65).
2. Slide the Long Foam Tube (#77) through the hole in Seat Pad Support (#13) and secure using one M8*6 Socket Set Screw (#84). Slide two Plastic Washers (#87) onto each end of Long Foam Tube (#77). Next, slide two Upholstered Roller Pads (#42) onto each side of Long Foam Tube (#77) and secure using two Big Plugs (#65).
3. Slide two Upholstered Roller Pads (#42) onto the Leg Hold Frames (#17 & #18) and secure using two Big Plugs (#65).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 11

Note: Stretch all cables out completely and make sure all twisting is removed before installing.

1. Install Chest Press Cable (#45) as detailed in Figure 11. Follow dotted lines to identify exact location of pulleys. See Page 29 "Cable View" for more detail.
2. Start by threading cable end into Top Plate (#27).
3. You will need the following for installation:

eight Pulley (#44)	one Cable (#45)
nine M10 Nylon Locknut (#104)	six Long Pulley Spacer (#53)
four Longer Pulley Spacer (#55)	one Adjustable Stopper (#75)
two M10*50 BHCS (#90)	two M10*45 BHCS (#91)
three M10*70 BHCS (#93)	two M10*80 BHCS (#95)
eighteen Φ 11* Φ 20*2 Flat Washer (#102)	one M10 Regular Hex Nut (#100)
one Small Pulley (#120)	

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 12

Note: Stretch all cables out completely and make sure all twisting is removed before installing.

Install Mid Pulley Cable (#46) as detailed in Figure 12. Follow dotted lines to identify exact location of pulleys. See Page 29 "Cable View" for more detail.

Start by installing cable under the pulley at Leg Extension location.

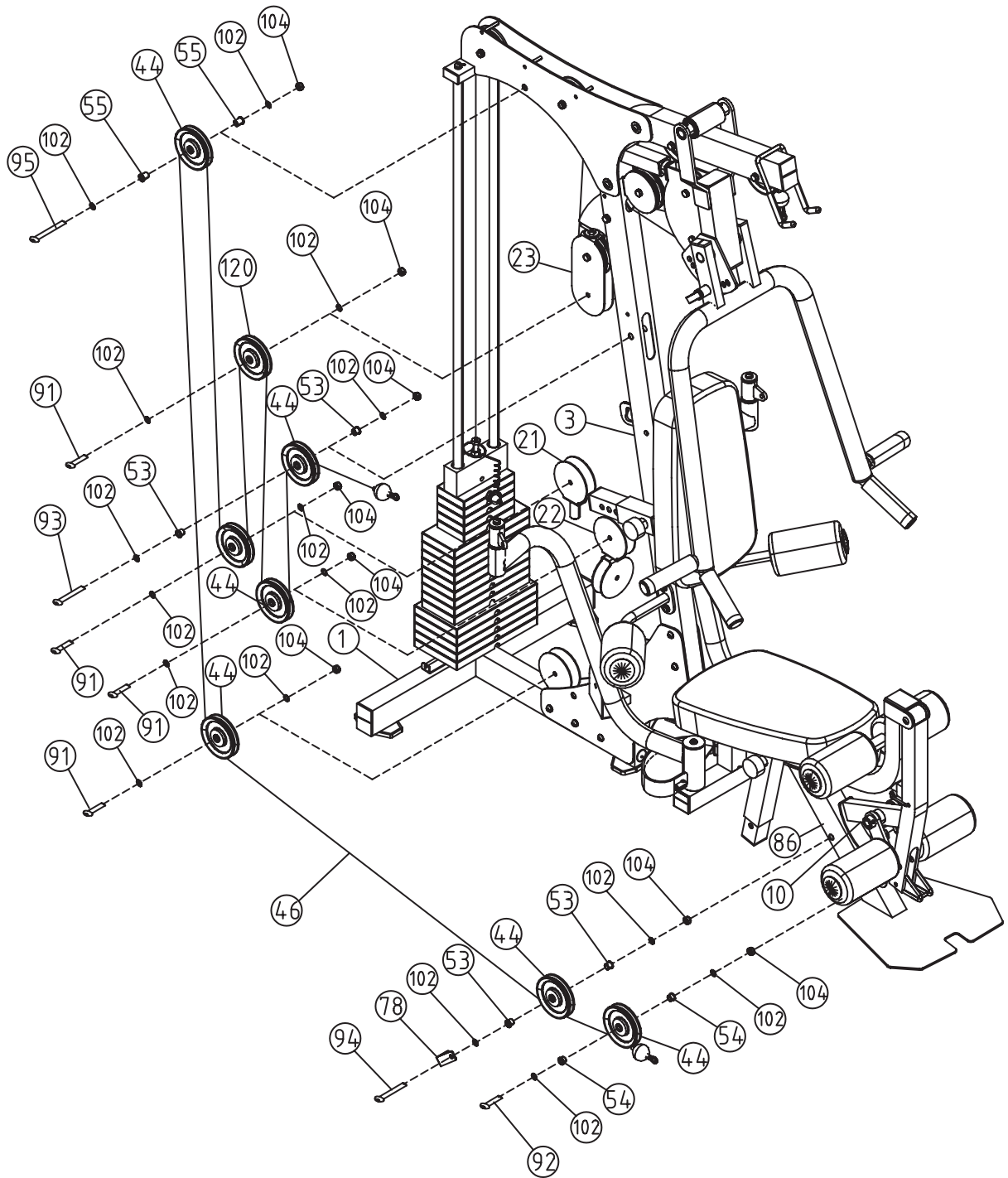
You will need the following for installation:

seven Pulley (#44)	one Cable (#46)
eight M10 Nylon Locknut (#104)	six Long Pulley Spacer (#53)
four Longer Pulley Spacer (#55)	two Short Pulley Spacer (#54)
eighteen Φ 11* Φ 20*2 Flat Washer (#102)	three M10*45 BHCS (#91)
one M10*65 BHCS (#92)	one M10*70 BHCS (#93)
one M10*75 BHCS (#94)	one M10*80 BHCS (#95)
one Pulley Bracket w/ Shaft (#21)	one Pulley Bracket Block (#22)
one Pulley Bracket (#23)	one Cable Retainer Bracket (#78)
one Small Pulley (#120)	

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Assembly

Step 12



Assembly

Step 13

Note: This step is only used if you do not have the Leg Press attachment. Use the Cable Adapter (#113) in place of the pulley.

Note: Stretch all cables out completely and make sure all twisting is removed before installing.

Install Leg Press Cable Substitute (#47) as detailed in Figure 13. Follow dotted lines to identify exact location of pulleys. See Page 29 "Cable View" for more detail.

You will need the following for installation:

one Cable Adapter (#113)	two Longer Pulley Spacer (#55)
one Cable (#47)	one M10*80 BHCS (#95)
two $\Phi 11*\Phi 20*2$ Flat Washer (#102)	one M10 Nylon Locknut (#104)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 14

Note: Stretch all cables out completely and make sure all twisting is removed before installing. Install Pec Dec Cable (#49) as detailed in Figure 14. Follow dotted lines to identify exact location of pulleys. See Page 29 "Cable View" for more detail.

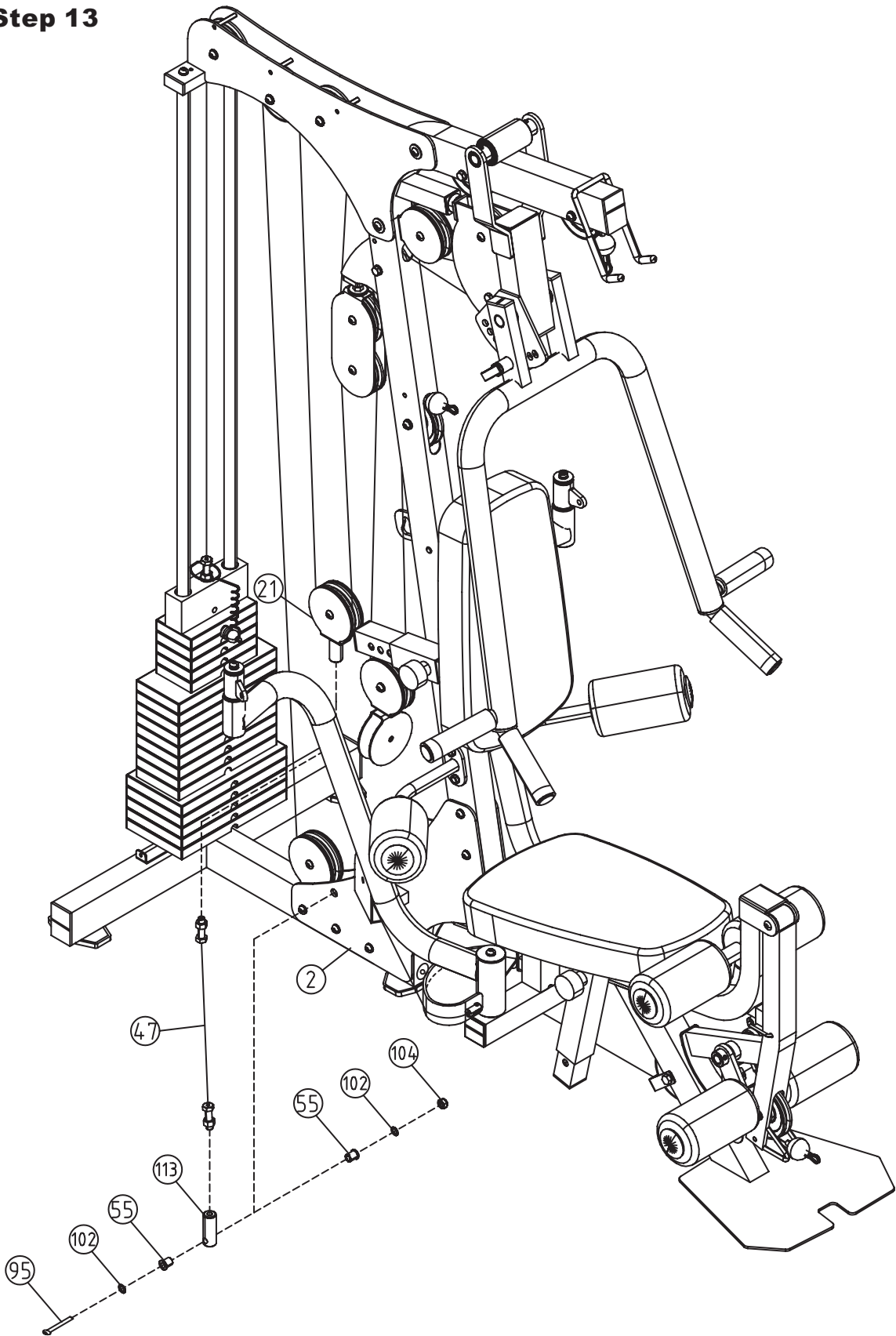
You will need the following for installation:

one Cable (#49)	three Pulley (#44)
one Pulley Bracket Block (#22)	three M10*45 BHCS (#91)
six $\Phi 11*\Phi 20*2$ Flat Washer (#102)	three M10 Nylon Locknut (#104)
two M4*20 Phillips Screw (#85)	

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

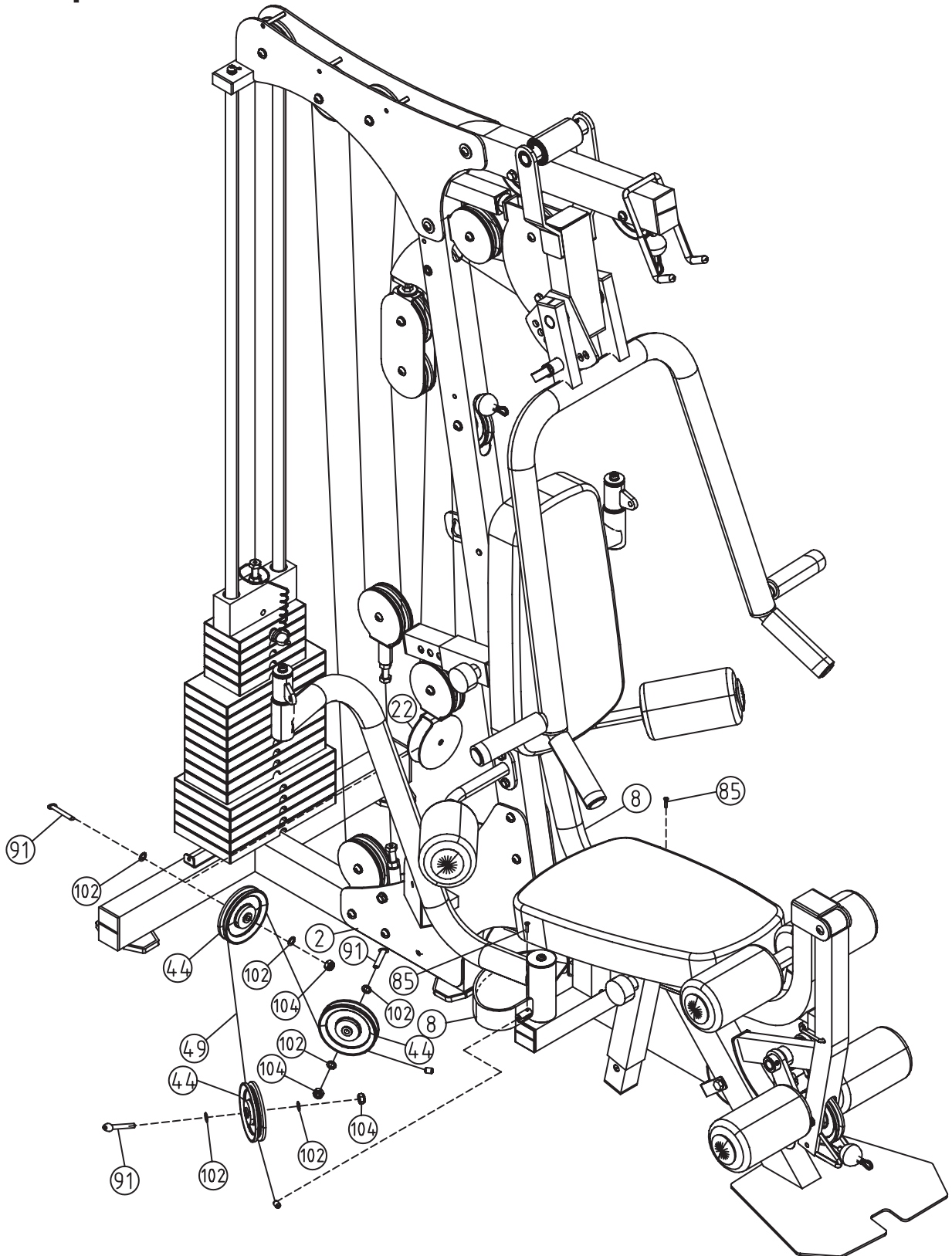
Assembly

Step 13



Assembly

Step 14



Assembly

Step 15

Connect Long Lat Bar (#70) to the Chest Press Cable (#45) using two Gear Hooks (#33) and Short Chain (#35).

Connect Ab Strap (#40) or Lat Strap (#34) to Mid Pulley Cable (#46) using one Gear Hook (#33).

Connect Short Lat Bar (#71) to Mid Pulley Cable (#46) using two Gear Hooks (#33) and Long Chain (#32).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 16

Install Weight Shrouds (#20) to each side of the Main Top Beam (#4) using:

two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#102)

two $\Phi 10$ Spring Washer (#103)

M10*25 BHCS (#97)

two M8*15 BHCS (#118)

Secure the bottom portion of the Weight Shrouds (#20) to the Rear Frame (#1) using:

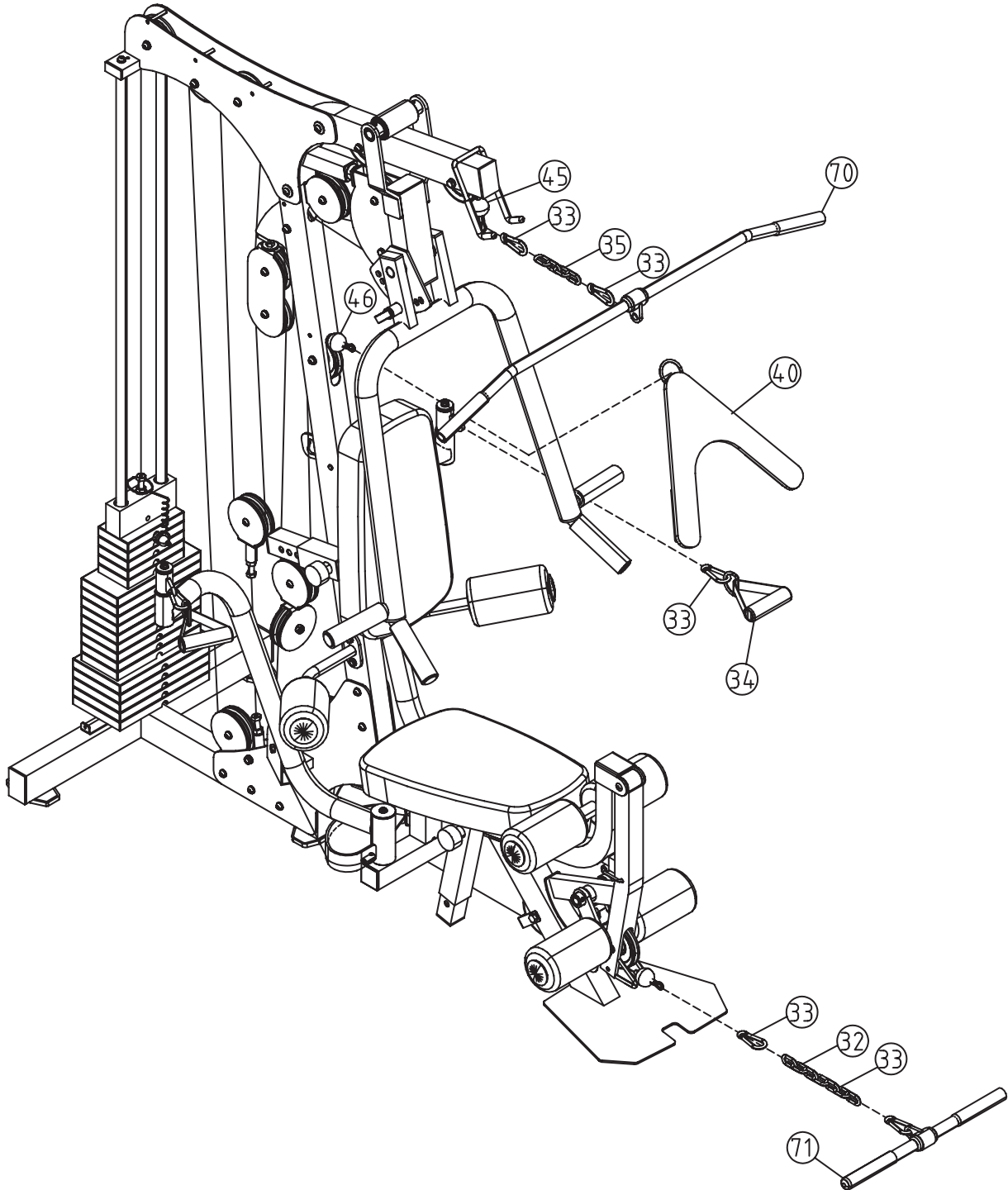
two M8*15 BHCS (#118)

two $\Phi 9 \times \Phi 22 \times 2$ Flat Washer (#119)

Note: Wrench Tighten bolts and Nylon Lock nuts.

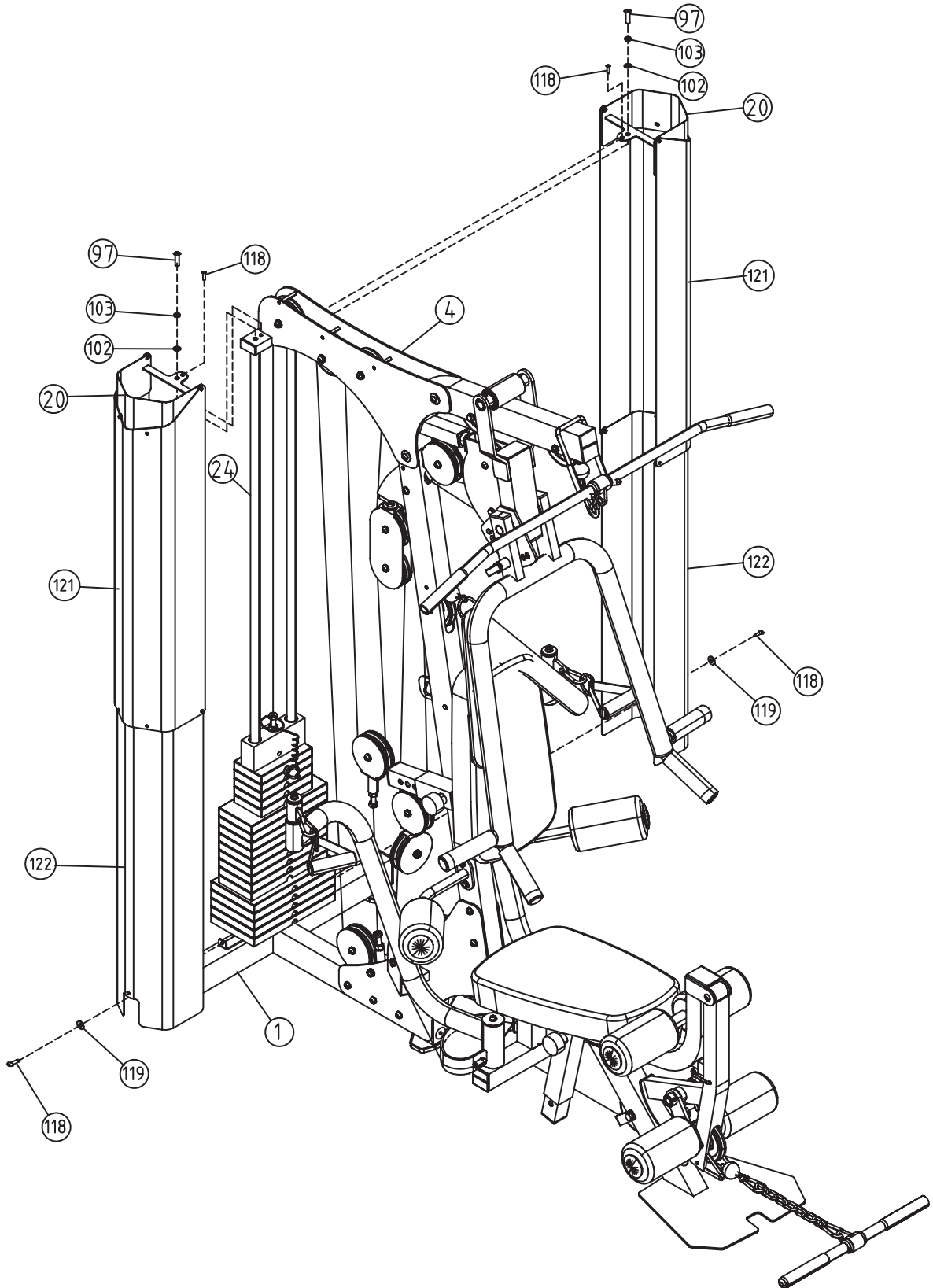
Assembly

Step 15

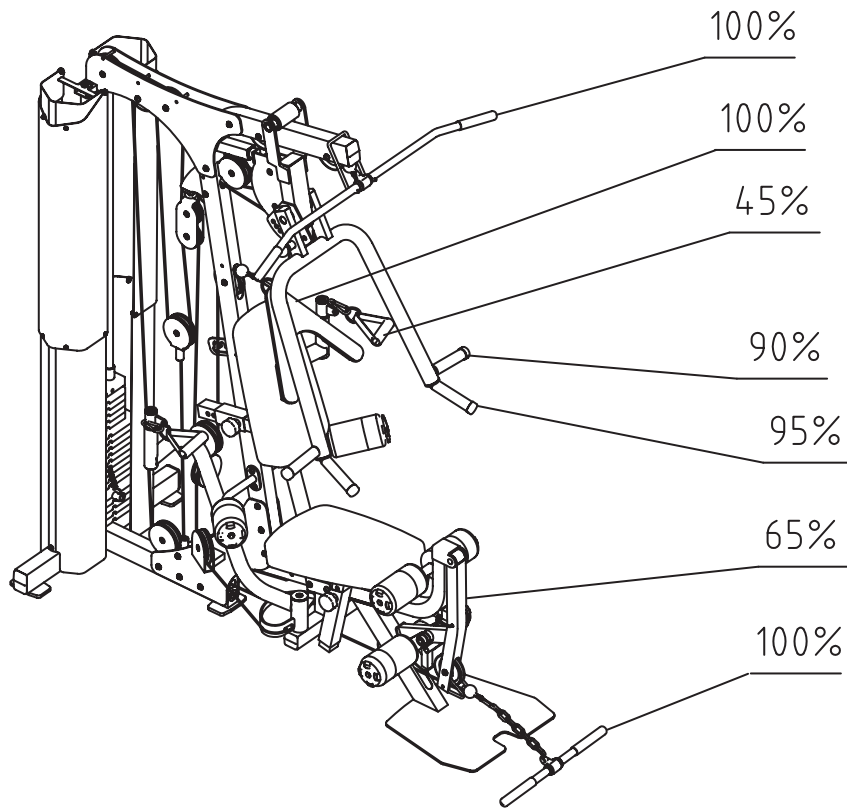


Assembly

Step 16



Weight Ratios



	100%	95%	90%	65%	45%
1	10	9.5	9	6.5	4.5
2	15	14	13.5	10	7
3	20	19	18	13	9
4	25	24	23	16	11
5	30	29	27	20	14
6	35	33	32	23	16
7	45	43	41	29	20
8	55	52	50	36	25
9	65	62	59	42	29
10	75	71	68	49	34
11	85	81	77	55	38
12	95	90	86	62	43
13	105	100	95	68	47
14	115	110	104	75	52
15	125	119	113	81	56
16	140	133	126	91	63
17	155	147	140	101	70
18	170	162	153	111	76
19	185	176	167	120	83
20	200	190	180	130	90

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *We use only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

This unit is for gyms, Please consult with a training instructor before using.

Specifications

1. Class: H
2. Maximum Load of Trainer: 150Kg/ 330lbs.

