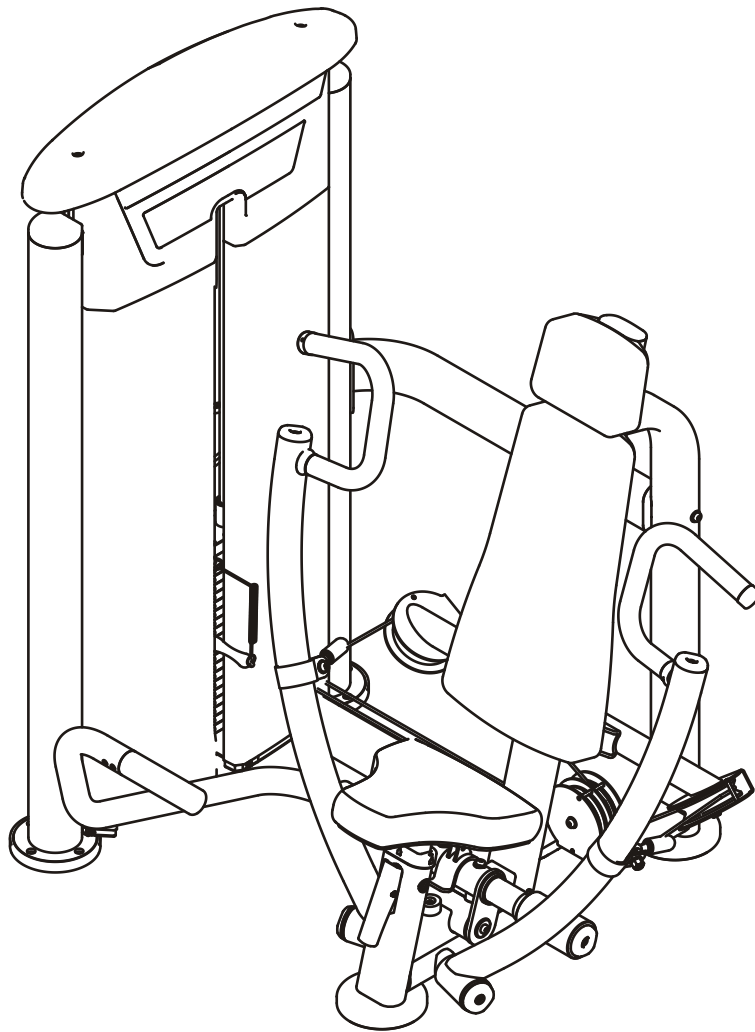




# 7001-G2

CHEST PRESS

## Owner's Manual



### **! CAUTION**

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

# Table Of Contents

## CAUTION!

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

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Please assemble according to the actual **Weights** you buy !

# 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:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. 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.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. 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.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

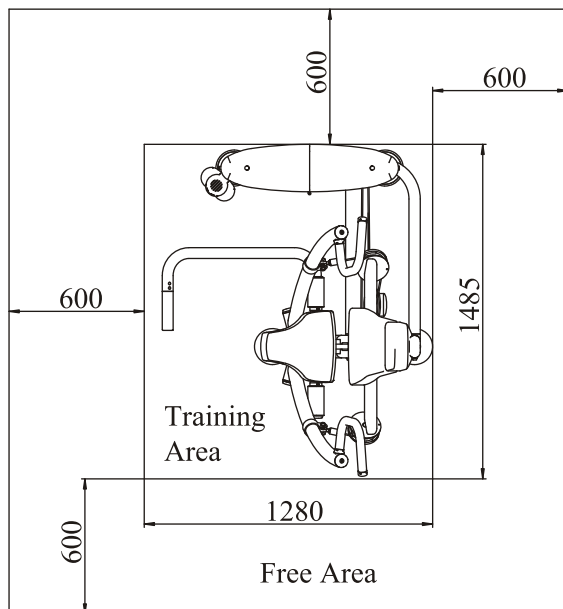
# Important Safety Instructions

## 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.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1280\*1485mm

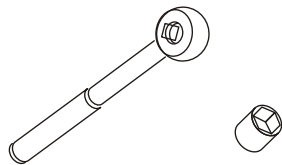
Product Total Mass: 127.4kg/ 281lbs

# Instructions

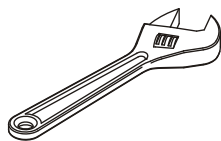
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

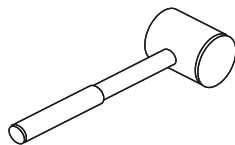
## Tools Required



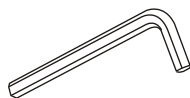
Ratchet Wrench and Socket



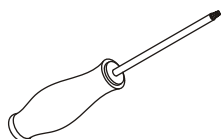
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT950101ASSY	Weight Stack Frame ASSY	1
2	2	IT950121ASSY	Top Bracket ASSY	1
3	3	IT950122ASSY	Bottom Bracket ASSY	2
4	4	IT95012300	Rear Bracket	1
5	5	IT95014200	Top Plate	1
6	6	IT95014400	Guide Rod $\Phi$ 19*1242	2
7	7	IT95015100	Top Cover	1
8	8	IT95015200	Training Placard Cover	1
9	9	IT95015500	Top Rear Shroud	1
10	10	IT801210300P11C	Cup Holder	1
11	11	IT950102V1ASSY	Main Frame ASSY	1
12	12	IT950103ASSY	Left Arm Frame ASSY	1
13	13	IT950104ASSY	Right Arm Frame ASSY	1
14	14	IT950105V1ASSY	Startup Frame ASSY	1
15	15	IT950107ASSY	Bottom Cross Brace ASSY	1
16	16	IT950108ASSY	Rear Fixing Frame ASSY	1
17	17	IT95040900	Rear Connection Frame	1
18	18	IT95012400	Double Pully Bracket	1
19	19	IT95011000	Shaft	1
20	20	IT95011100	Cable ASSY	1
21	21	IT95120800	Tension Cable ASSY	1
22	22	SG500110400V5	4.5" Pulley	7
23	23	SD1000B3000ASSY	Adjustable Foot Plate	2
24	24	QD22-310-75V1	Gas Spring	1
25	25	IT95016000	Plastic Cover	2
26	26	IT950171ASSY	Back Pad ASSY	1
27	27	IT950172ASSY	Head Pad ASSY	1
28	28	IT95017600	Seat Pad	1
29	29	IT95015300	Front Shroud	1
30	30	IT95015400	Right Front Shroud	1
31	31	IT95015600	Rear Shroud	1
32	32	IT90012000V1	Selector Pin W/Coil	1
33	33	FE970113900	Plug Bumper 38*45*20	1

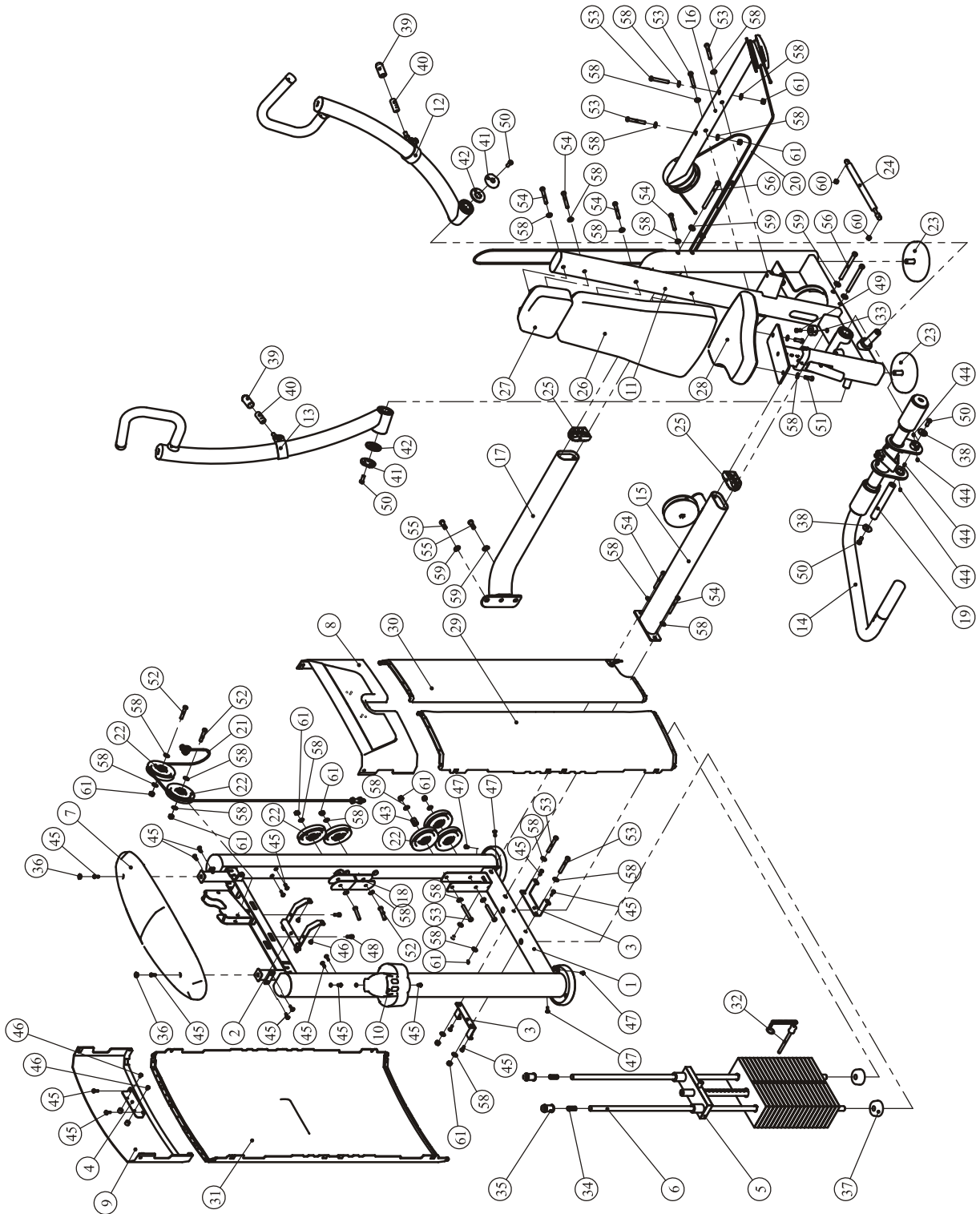
# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
34	34	HFOPT900-04A0602	Spring	2
35	35	IT95016100	Guide Rod Fixing Sleeve $\Phi 25^* \Phi 19^*45$	2
36	36	IT95016500	Spout Plug $\Phi 16.5^*6.88$	2
37	37	IT80023000	Weight Rubber Bumper	2
38	38	AC31001301V1	Flat Washer $\Phi 11^* \Phi 25^*3$	2
39	39	FE970113100	Cable Connector Jacket	2
40	40	FE970113200	Cable Connector	2
41	41	FE97211900	Cap $\Phi 60$	2
42	42	FE97212000	Circle Ring $\Phi 62.5^*5$	2
43	43	FE97193400	Pulley Spacer	1
44	44	GB77M8*6DS18	Socket Set Screw M8*6	4
45	45	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
46	46	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
47	47	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
48	48	GB70M8*20N19	Socket Head Cap Screw M8*20	2
49	49	GB70M8*35DN20	Socket Head Cap Screw M8*35	1
50	50	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	4
51	51	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
52	52	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4
53	53	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	8
54	54	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	6
55	55	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
56	56	GB70BTM12*135DN18	Socket Head Cap Screw M12*105	4
57	57	GB958DN2	Flat Washer $\Phi 9^* \Phi 16^*1.6$	2
58	58	GB9510DN2	Flat Washer $\Phi 11^* \Phi 20^*2$	32
59	59	GB9512DN2	Flat Washer $\Phi 13^* \Phi 24^*2.5$	6
60	60	NM8DN2	Nylon Lock Nut M8	2
61	61	NM10DN2	Nylon Lock Nut M10	12
62	62	NBS6DHS	Hex Key S=6	1
63	63	NBS8DHS	Hex Key S=8	1
64	64	LW200BS	Wrench $\Phi 6^*117$	1
65	65	YHY	Lube	1
66	110	NBS4DHS	Hex Key S=4	1

# Exploded View and Parts List

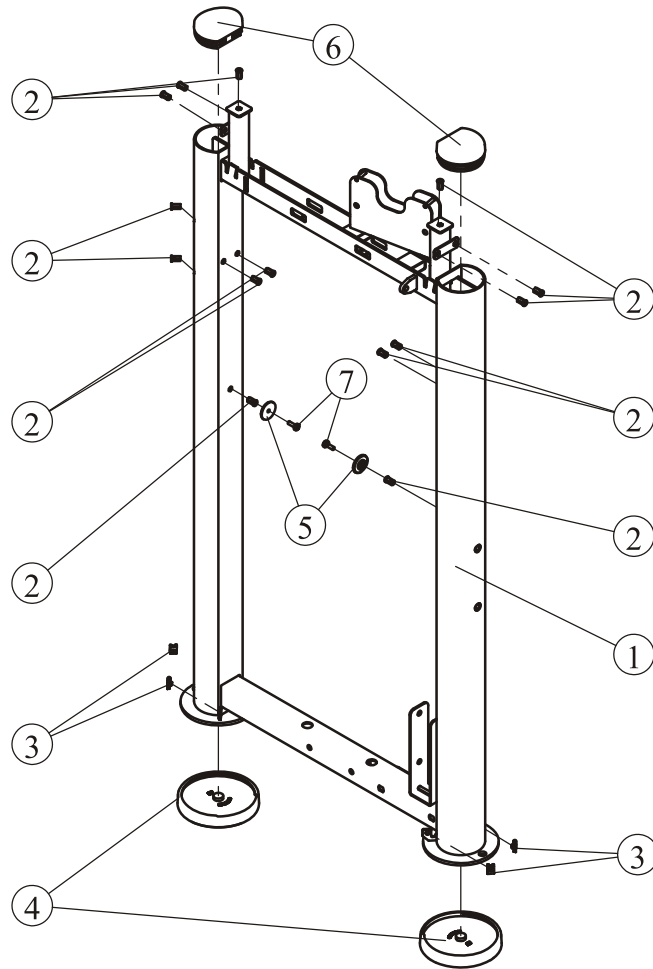
## Overall





# Exploded View and Parts List

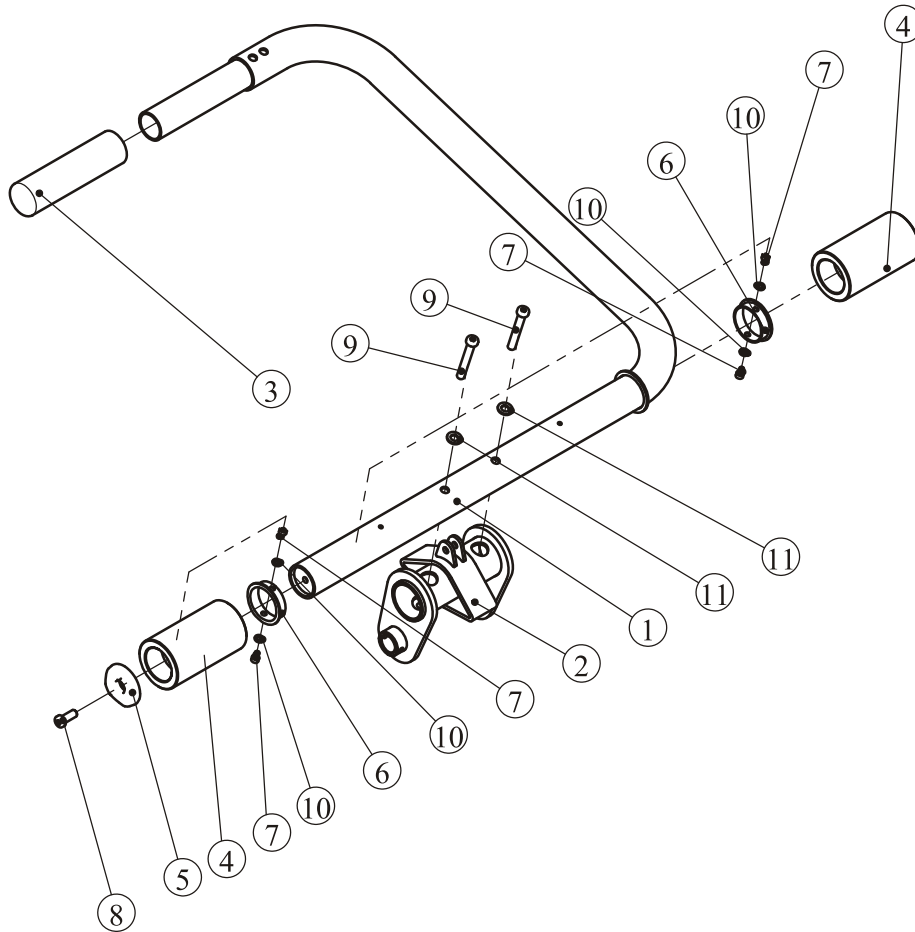
## Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95010100	Weight Stack Frame	1
2	1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	14
3	1.3	AC32705800	U-nut M6	4
4	1.4	IT95015700	Foot Plate	2
5	1.5	IT95015900	Plastic Block	2
6	1.6	IT95015800	Plug $\Phi$ 95*81.1	2
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

# Exploded View and Parts List

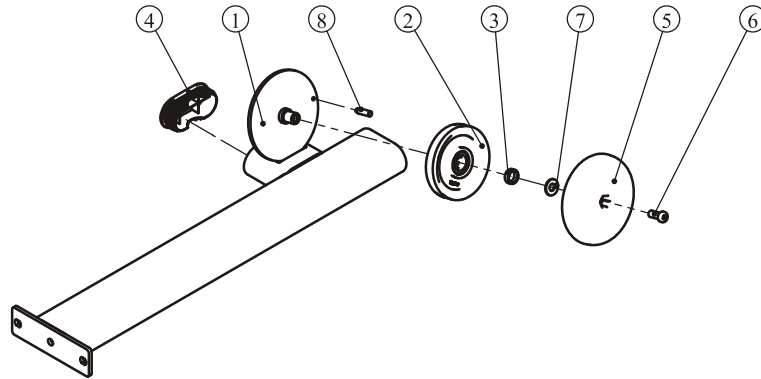
## Startup Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	IT95010500	Foot Frame	1
2	14.2	IT95010600V1	Swing Frame	1
3	14.3	FE970112000	Foot Set	1
4	14.4	FE970113000	Rotating Sleeve	2
5	14.5	FE97211900	Cap $\Phi$ 60	1
6	14.6	FE970115100	Grip Ring	2
7	14.7	GB70M6*10N19	Socket Head Cap Screw M6*10	4
8	14.8	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
9	14.9	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	2
10	14.10	GB956DN2	Flat Washer $\Phi$ 6.5* $\Phi$ 12*1.6	4
11	14.11	GB9510DN2	Flat Washer $\Phi$ 11* $\Phi$ 20*2	2

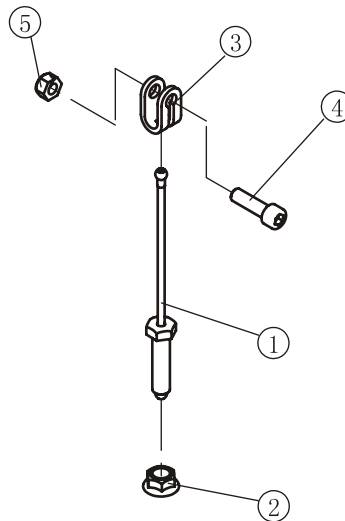
# Exploded View and Parts List

## Bottom Cross Brace ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	IT95010700	Bottom Cross Brace	1
2	15.2	IT95057800	Thin 4.5" Pulley	1
3	15.3	FE97122100	Pulley Spacer1	1
4	15.4	IT90013800P11C	Plug RT50*100	1
5	15.5	IT95016400	Pulley Cover	1
6	15.6	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
7	15.7	DQ10N19B	Flat Washer $\Phi 11*\Phi 25*2$	1
8	15.8	FE97122300	Threaded Column	1

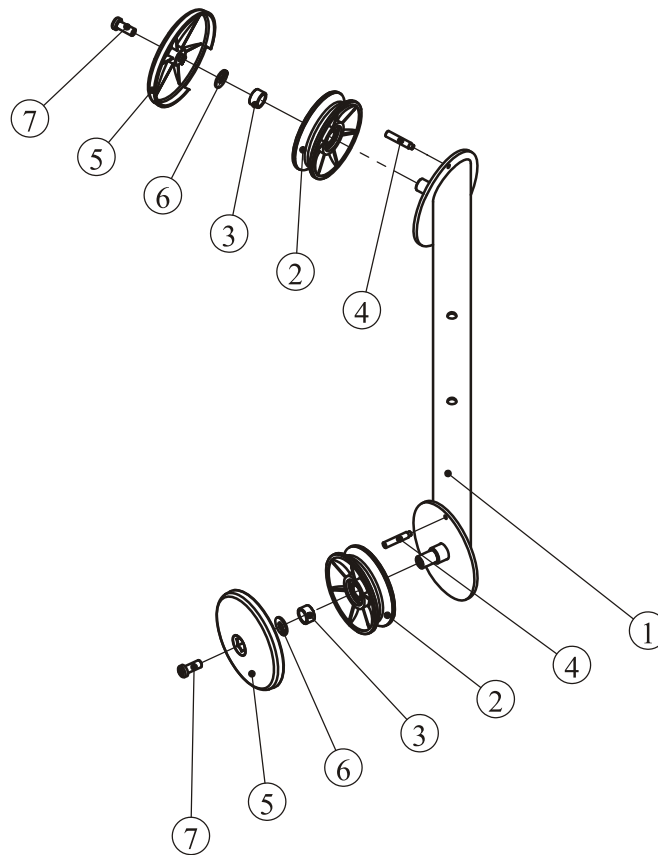
## Tension Cable ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	21.1	IT95120801	Tension Cable	1
2	21.3	HF900-03A1002	Hex Flange Nut	1
3	21.4	BNH0562	Strap Bracket	1
4	21.5	GB70M10*35*15DN18	Socket Head Cap Screw M10*35	1
5	21.6	NM10DN2	Nylon Lock Nut M10	1

# Exploded View and Parts List

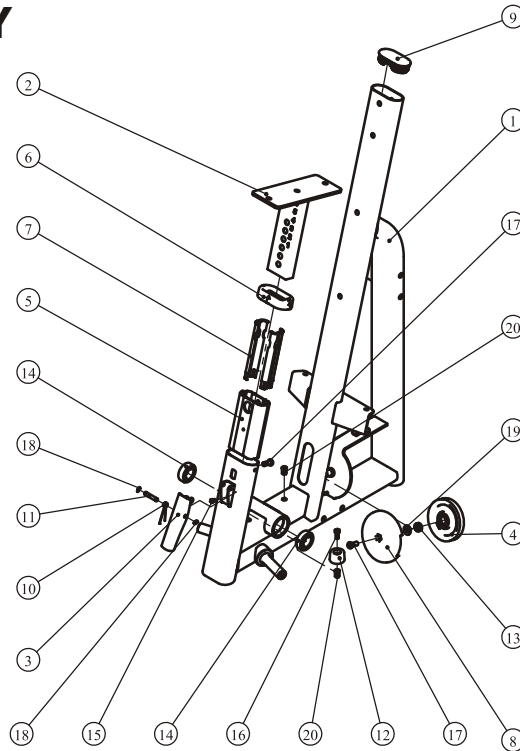
## Rear Fixing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	16.1	IT95010800	Rear Fixing Frame	1
2	16.2	FE97123600	V-type Pulley	2
3	16.3	FE97122200	Pulley Spacer2	2
4	16.4	FE97021800	Threaded Column	2
5	16.5	IT95016400	Pulley Cover	2
6	16.6	DQ10N19B	Flat Washer $\Phi 11*\Phi 25*2$	2
7	16.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2

# Exploded View and Parts List

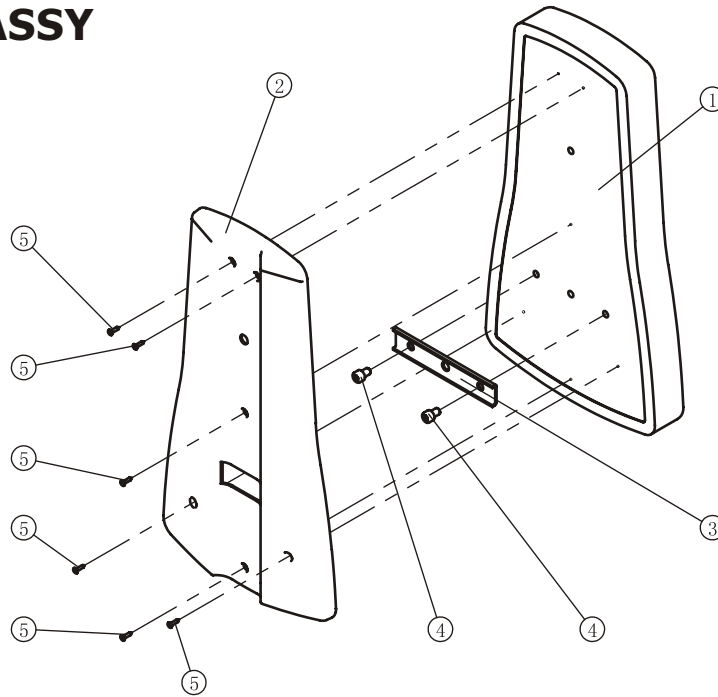
## Main Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	IT95010200V1	Main Frame	1
2	11.2	IT95120900	Seat Pad Support	1
3	11.3	IT95014500	Adjustable Support	1
4	11.4	IT95057800	4.5" Pulley	1
5	11.5	IT95014300	Aluminum Tube Guide	1
6	11.6	IT95016200	Plastic Tube Plug	1
7	11.7	IT95016300	Plastic Corner Tube Glide	4
8	11.8	IT95016400	Pulley Cover	1
9	11.9	IT90013800P11C	Plug RT50*100	1
10	11.10	AXT3S5500	Torsional Spring	1
11	11.11	CWRVL0012200	Roll Pin	1
12	11.12	KFLPHS4400	Plug Bumper $\Phi 40*25$	1
13	11.13	FE97122100	Pulley Spacer1	1
14	11.14	GB2766205-2ZNBK	Bearing	2
15	11.15	GB70M6*10N19	Socket Head Cap Screw M6*10	1
16	11.16	GB70M8*35DN20	Socket Head Cap Screw M8*35	1
17	11.17	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
18	11.18	GB894.18FH12	Circlips For Shaft $\Phi 8$	2
19	11.19	DQ10N19B	Flat Washer $\Phi 11*\Phi 25*2$	1
20	11.20	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

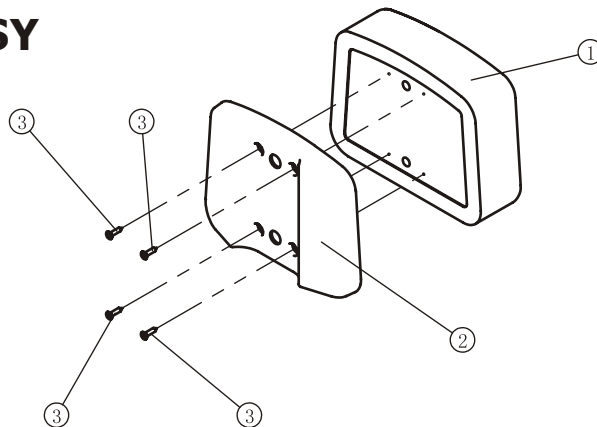
# Exploded View and Parts List

## Back Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	26.1	IT95017100	Back Pad	1
2	26.2	IT95017300	Back Pad Cover	1
3	26.3	IT95017500	Back Pad Support Plate	1
4	26.4	GB70M10*15DS20	Socket Head Cap Screw M10*15	2
5	26.5	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	6

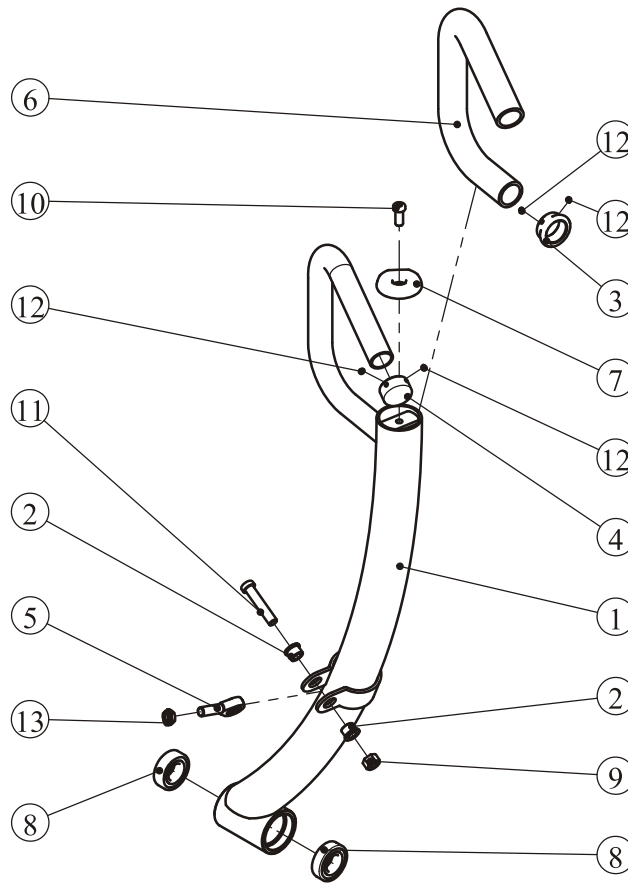
## Head Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	27.1	IT95017200	Head Pad	1
2	27.2	IT95017400	Head Pad Cover	1
3	27.3	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	4

# Exploded View and Parts List

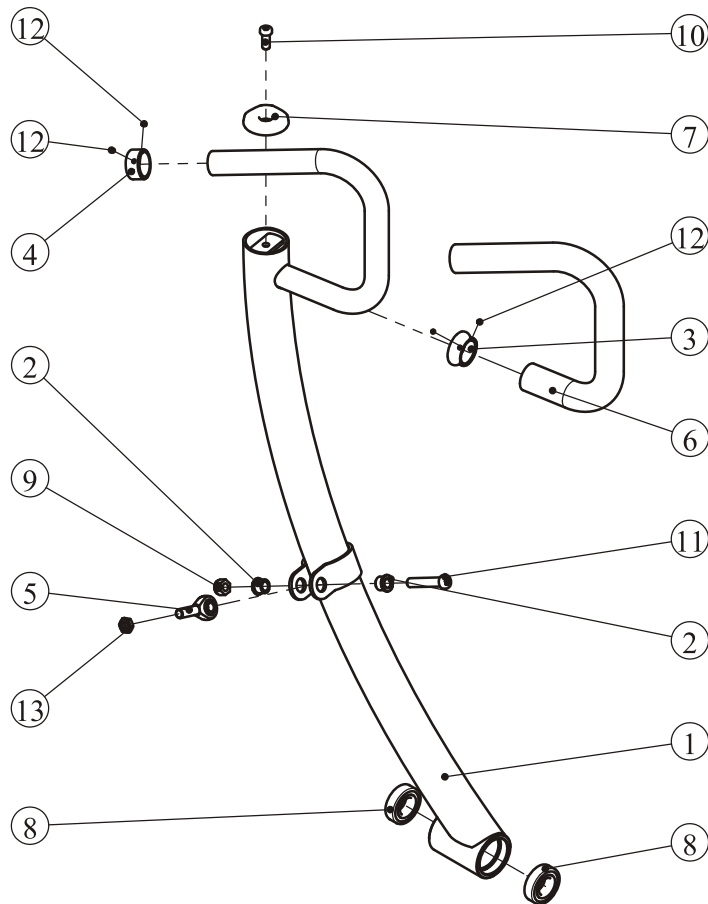
## Right Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	13.1	IT95010400	Right Arm Frame	1
2	13.2	IT95121300	Spacer Bushing	2
3	13.3	IT90122100	Aluminum Grip Ring	1
4	13.4	V39000	Aluminum Grip Cap	1
5	13.5	SA12T_K	Joint Bearing M12	1
6	13.6	IT95011200	Grip	1
7	13.7	FE97211900	Cap $\Phi$ 60	1
8	13.8	GB2766205-2ZNBK	Bearing	2
9	13.9	NM12DN2	Nylon Lock Nut M12	1
10	13.10	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
11	13.11	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
12	13.12	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4
13	13.13	GB6172.1M12DN2	Hexagon Thin Nut M12	1

# Exploded View and Parts List

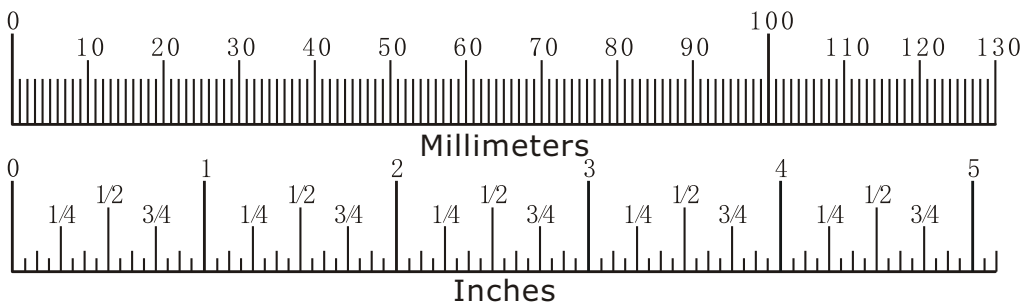
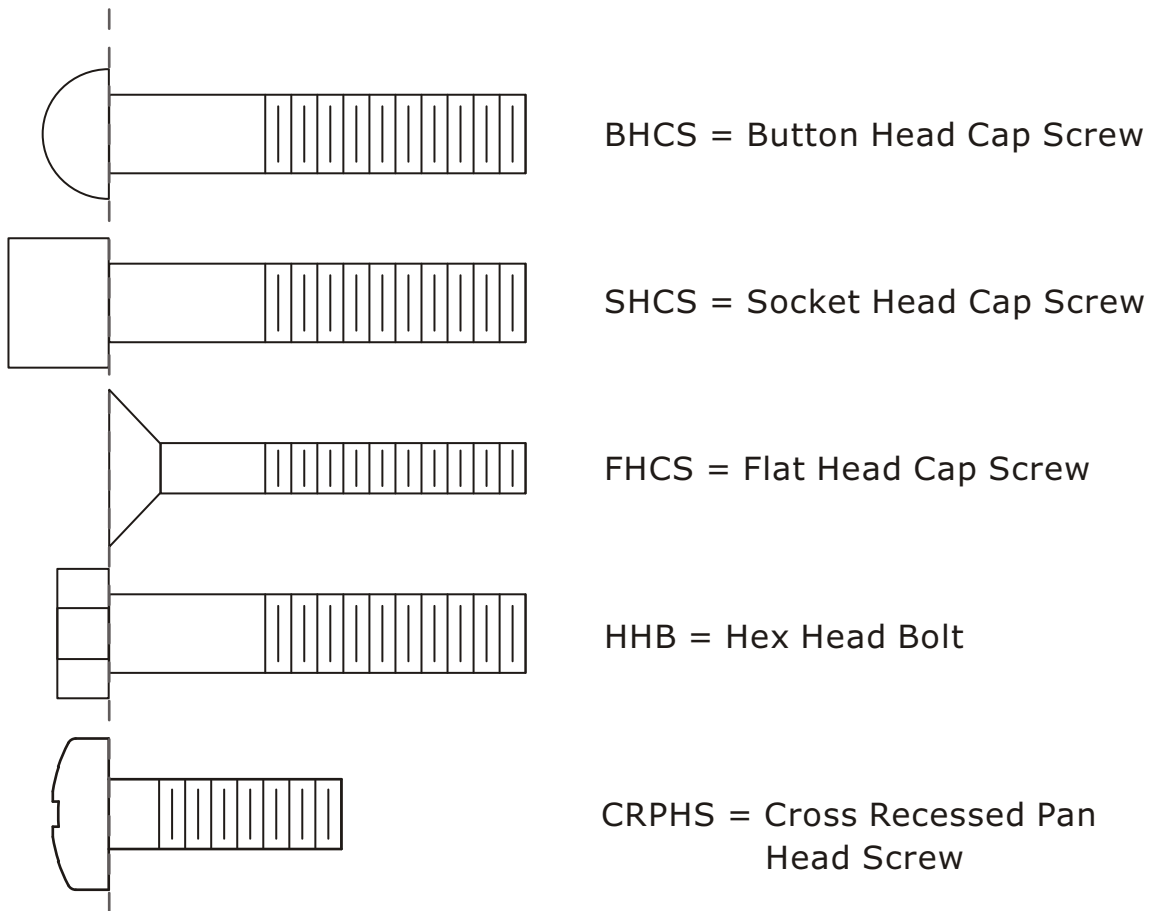
## Left Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	IT95010300	Left Arm Frame	1
2	12.2	IT95121300	Spacer Bushing	2
3	12.3	IT90122100	Aluminum Grip Ring	1
4	12.4	V39000	Aluminum Grip Cap	1
5	12.5	SA12T_K	Joint Bearing M12	1
6	12.6	IT95011200	Grip	1
7	12.7	FE97211900	Cap $\Phi$ 60	1
8	12.8	GB2766205-2ZNBK	Bearing	2
9	12.9	NM12DN2	Nylon Lock Nut M12	1
10	12.10	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
11	12.11	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
12	12.12	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4
13	12.13	GB6172.1M12DN2	Hexagon Thin Nut M12	1



# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# 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**

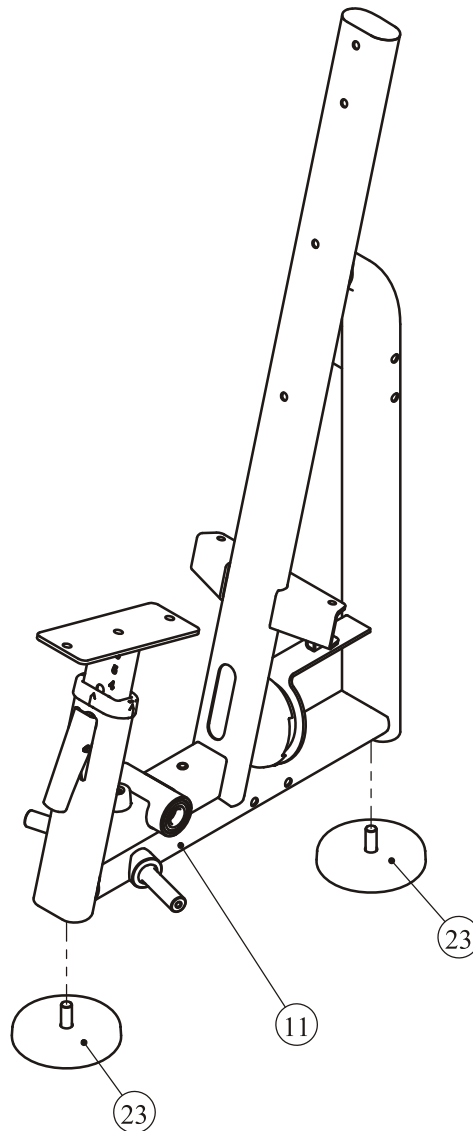
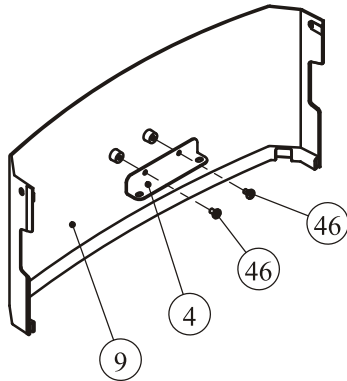
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#23) to the Main Frame ASSY (#11).
2. Attach the Rear Bracket (#4) to the Top Rear Shroud (#9) using:  
two M6\*10 CRPHS (#46)

**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 2

Attach the Bottom Cross Brace ASSY (#15) and the Rear Connection Frame (#17) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#11) using:

four M12\*135 SHCS (#56)

two M12\*30 SHCS (#55)

two M10\*80 SHCS (#54)

two Plastic Cover (#25)

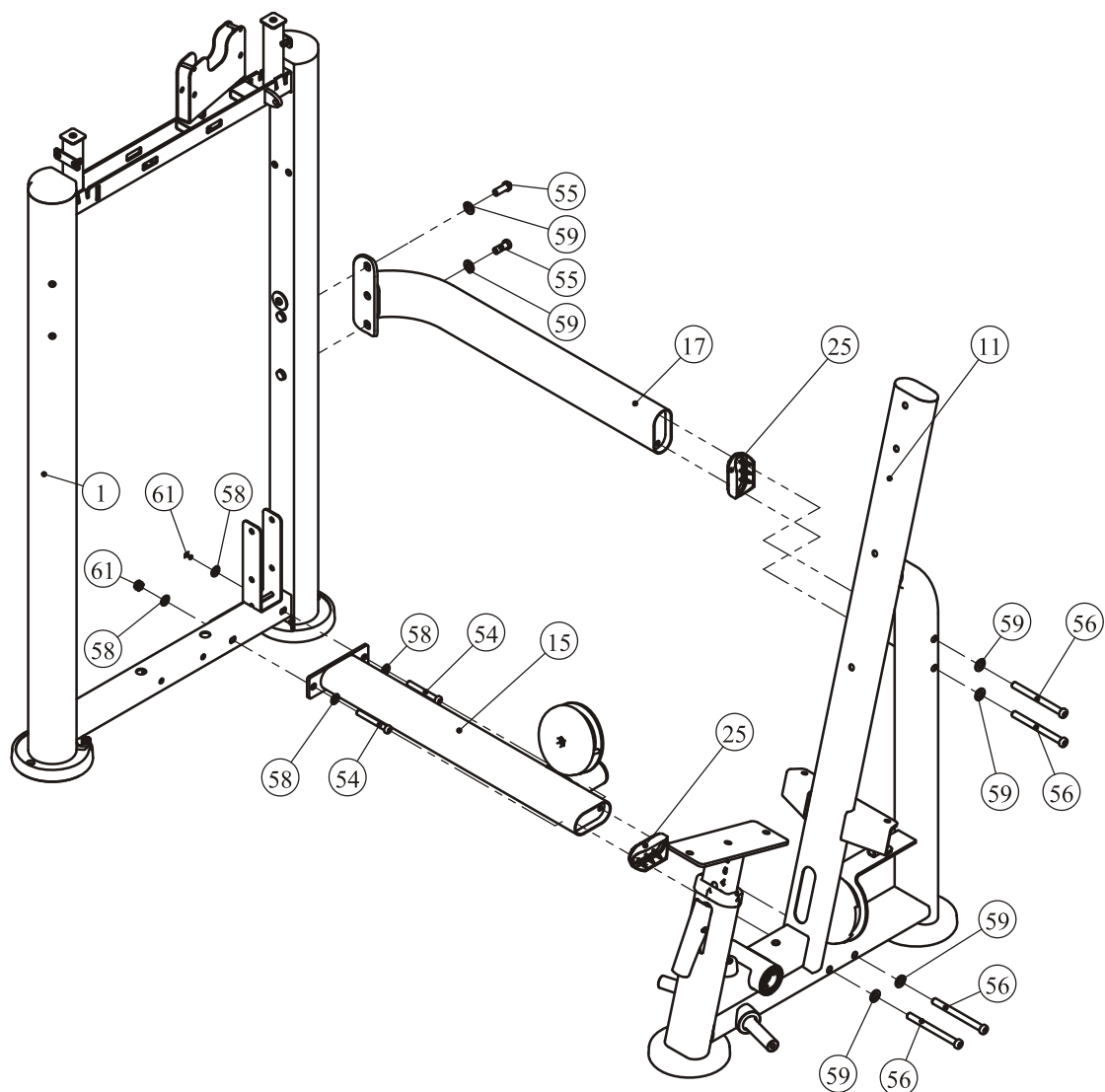
four  $\Phi 11*\Phi 20*2$  Flat Washer (#58)

six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#59)

two M10 Nylon Lock Nut (#61)

**Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.**

**2. Adjust the Adjustable Foot Plates to make the machines stable.**







# Assembly

## STEP 5

Here is the assembly instruction for **160LBS Weights !**

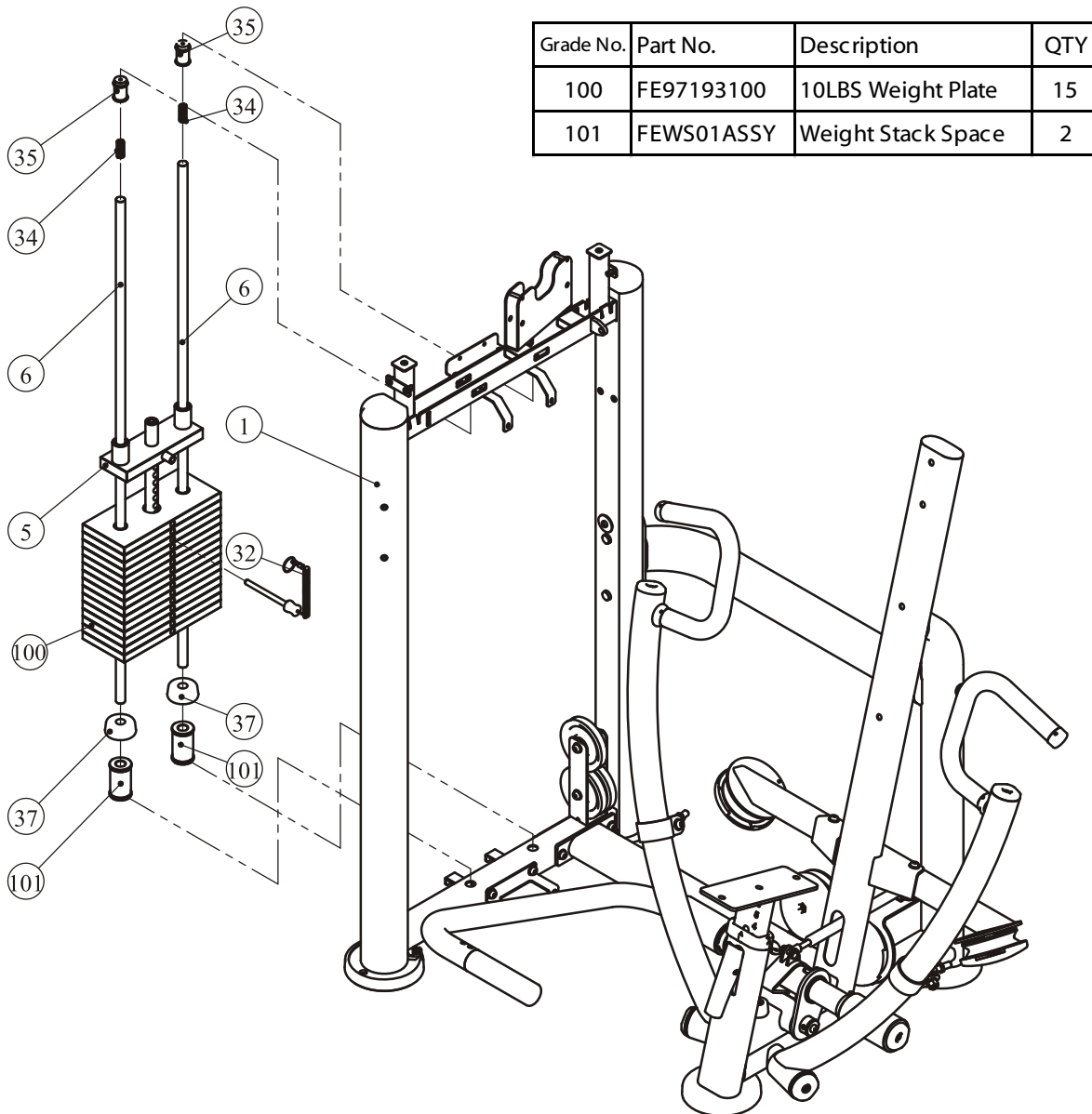
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#6)
- two Weight Rubber Bumper (#37)
- fifteen Weight Plate 10LBS (#100)
- two weight stack space (#101)
- one Top Plate (#5)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#35)
- two Spring (#34)

### 2. Attach the Selector Pin W/Coil (#32) to the Top Plate (#5).



Grade No.	Part No.	Description	QTY
100	FE97193100	10LBS Weight Plate	15
101	FEWS01ASSY	Weight Stack Space	2

# Assembly

## STEP 5

Here is the assembly instruction for **200LBS Weights !**

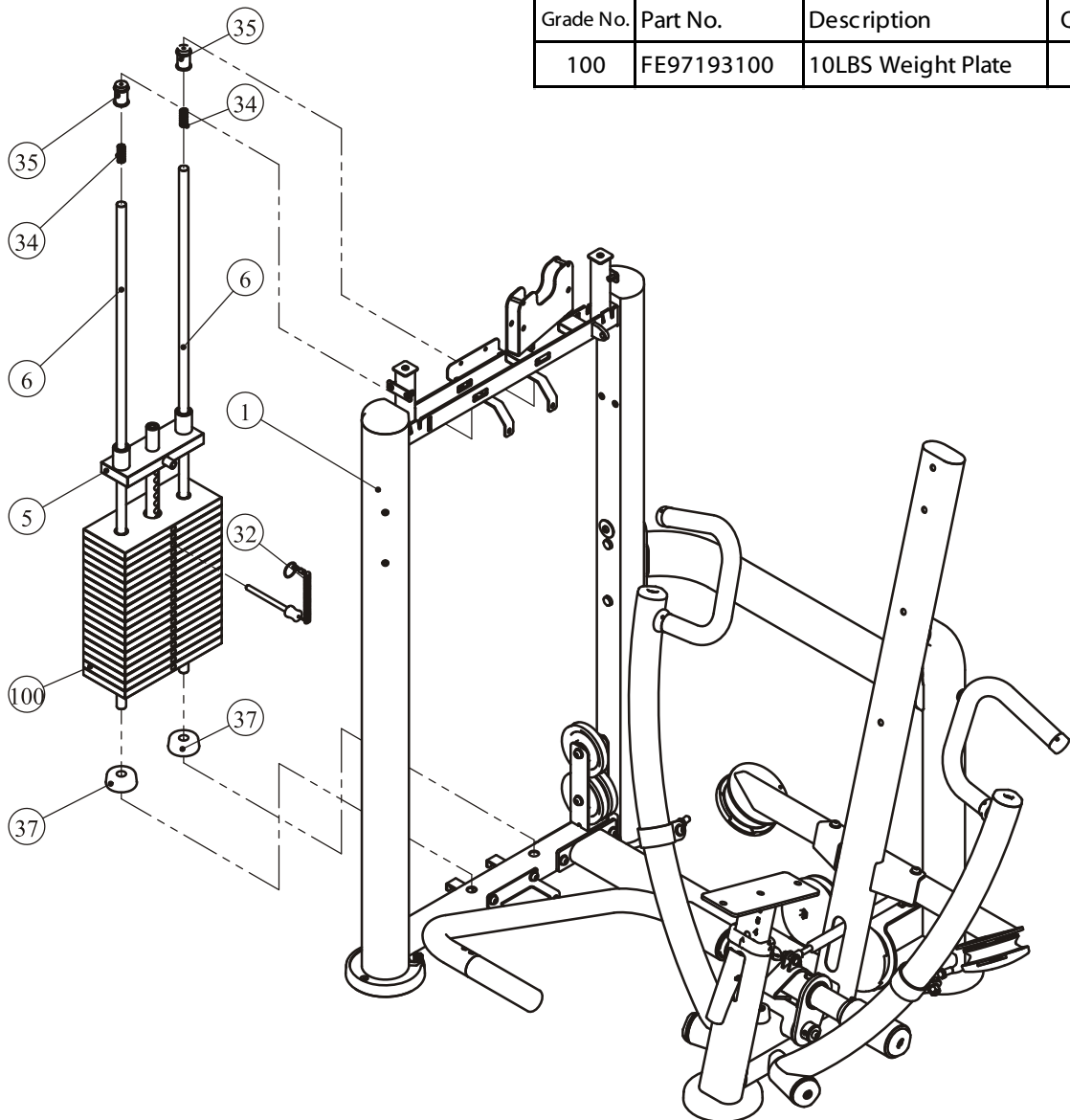
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#6)
- two Weight Rubber Bumper (#37)
- nineteen Weight Plate 10LBS (#100)
- one Top Plate (#5)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#35)
- two Spring (#34)

### 2. Attach the Selector Pin W/Coil (#32) to the Top Plate (#5).





# Assembly

## STEP 5

Here is the assembly instruction for **235LBS Weights !**

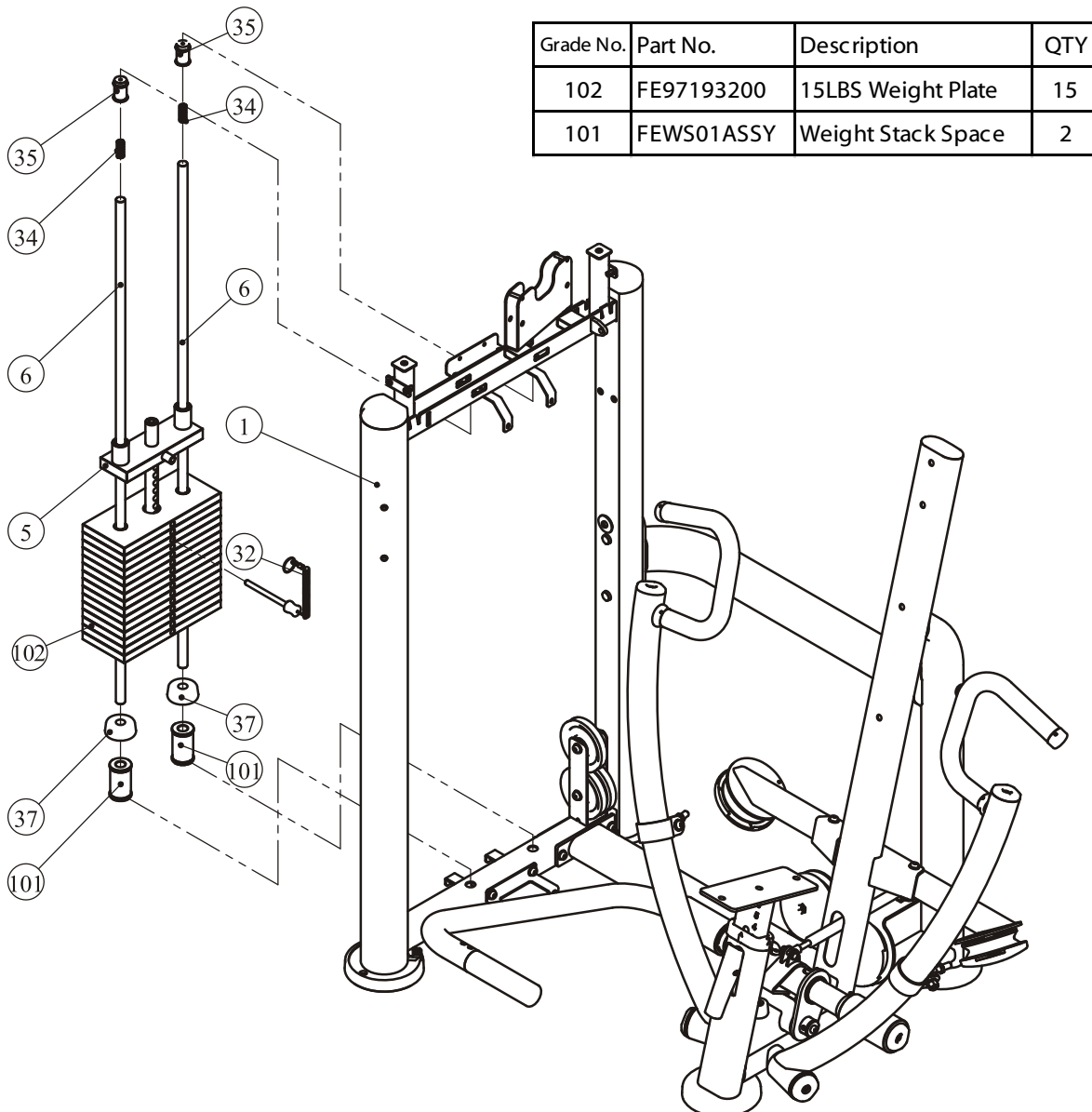
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#6)
- two Weight Rubber Bumper (#37)
- fifteen Weight Plate 15LBS (#102)
- two weight stack space (#101)
- one Top Plate (#5)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#35)
- two Spring (#34)

### 2. Attach the Selector Pin W/Coil (#32) to the Top Plate (#5).



Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	15
101	FEWS01ASSY	Weight Stack Space	2

# Assembly

## STEP 5

Here is the assembly instruction for **295LBS Weights !**

### 1. Attach:

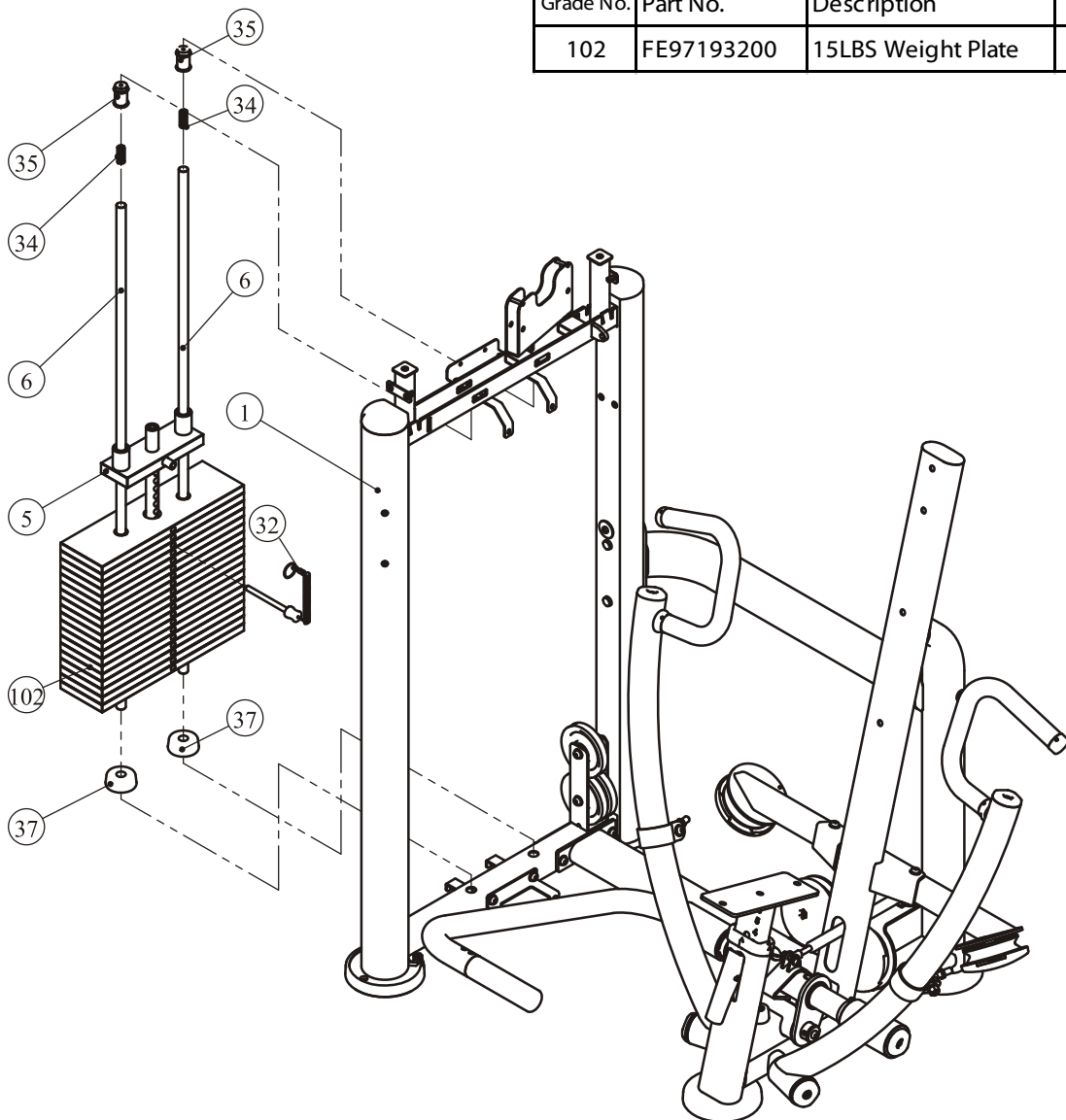
- two Guide Rod  $\Phi 19 \times 1242$  (#6)
- two Weight Rubber Bumper (#37)
- nineteen Weight Plate 15LBS (#102)
- one Top Plate (#5)

to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#35)
- two Spring (#34)

### 2. Attach the Selector Pin W/Coil (#32) to the Top Plate (#5).

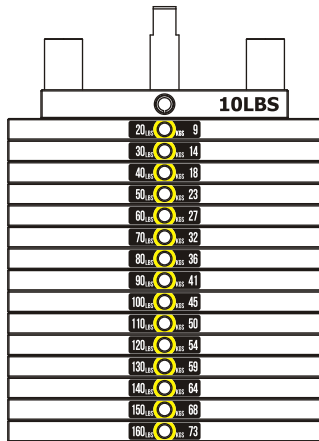
Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19



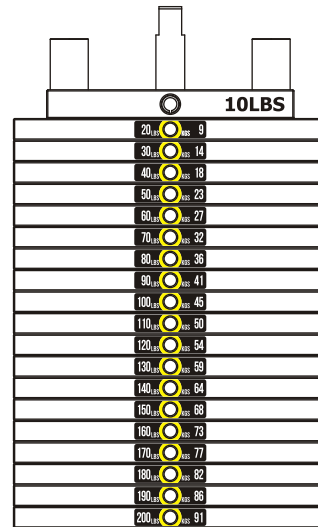
# Assembly

## All weight plate sticker paste schematic diagram

20 <sub>LBS</sub>	9
30 <sub>LBS</sub>	14
40 <sub>LBS</sub>	18
50 <sub>LBS</sub>	23
60 <sub>LBS</sub>	27
70 <sub>LBS</sub>	32
80 <sub>LBS</sub>	36
90 <sub>LBS</sub>	41
100 <sub>LBS</sub>	45
110 <sub>LBS</sub>	50
120 <sub>LBS</sub>	54
130 <sub>LBS</sub>	59
140 <sub>LBS</sub>	64
150 <sub>LBS</sub>	68
160 <sub>LBS</sub>	73
170 <sub>LBS</sub>	77
180 <sub>LBS</sub>	82
190 <sub>LBS</sub>	86
200 <sub>LBS</sub>	91
210 <sub>LBS</sub>	95
220 <sub>LBS</sub>	100
230 <sub>LBS</sub>	104

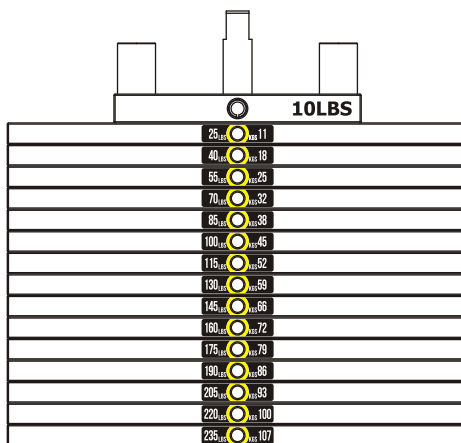


20-160LBS

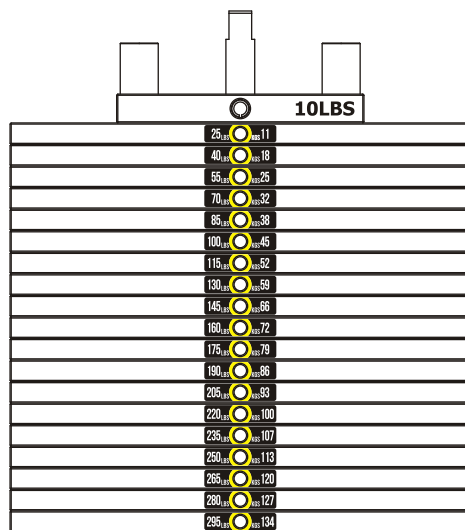


20-200LBS

25 <sub>LBS</sub>	11
40 <sub>LBS</sub>	18
55 <sub>LBS</sub>	25
70 <sub>LBS</sub>	32
85 <sub>LBS</sub>	38
100 <sub>LBS</sub>	45
115 <sub>LBS</sub>	52
130 <sub>LBS</sub>	59
145 <sub>LBS</sub>	66
160 <sub>LBS</sub>	72
175 <sub>LBS</sub>	79
190 <sub>LBS</sub>	86
205 <sub>LBS</sub>	93
220 <sub>LBS</sub>	100
235 <sub>LBS</sub>	107
250 <sub>LBS</sub>	113
265 <sub>LBS</sub>	120
280 <sub>LBS</sub>	127
295 <sub>LBS</sub>	134
310 <sub>LBS</sub>	141
325 <sub>LBS</sub>	147



25-235LBS



25-295LBS

# Assembly

## STEP 6

1. Attach two 4.5" Pulleys (#22) to the Weight Stack Frame ASSY (#1) using:  
two M10\*50 SHCS (#52)                      four  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#58)  
two M10 Nylon Lock Nut (#61)
2. Attach two 4.5" Pulleys (#22) to the Double Pulley Bracket (#18) using:  
two M10\*50 SHCS (#52)                      four  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#58)  
two M10 Nylon Lock Nut (#61)
3. Take down one M10 Nylon Lock Nut and one M10\*35 SHCS from the Tension Cable ASSY (21), Attach the Tension Cable ASSY (#21) to the Top Plate (#5) and the Weight Stack Frame ASSY (#1) using:  
one M10 Nylon Lock Nut (Down off)      one M10\*35 SHCS (Down off)
4. Attach the Cable ASSY (#20) to the Double Pulley Bracket (#18) and the Left Arm Frame ASSY (#12) and the Right Arm Frame ASSY (#13) using:  
two Cable Connector (#40)                      two Cable Connector Jacket (#39)

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

## Step 7

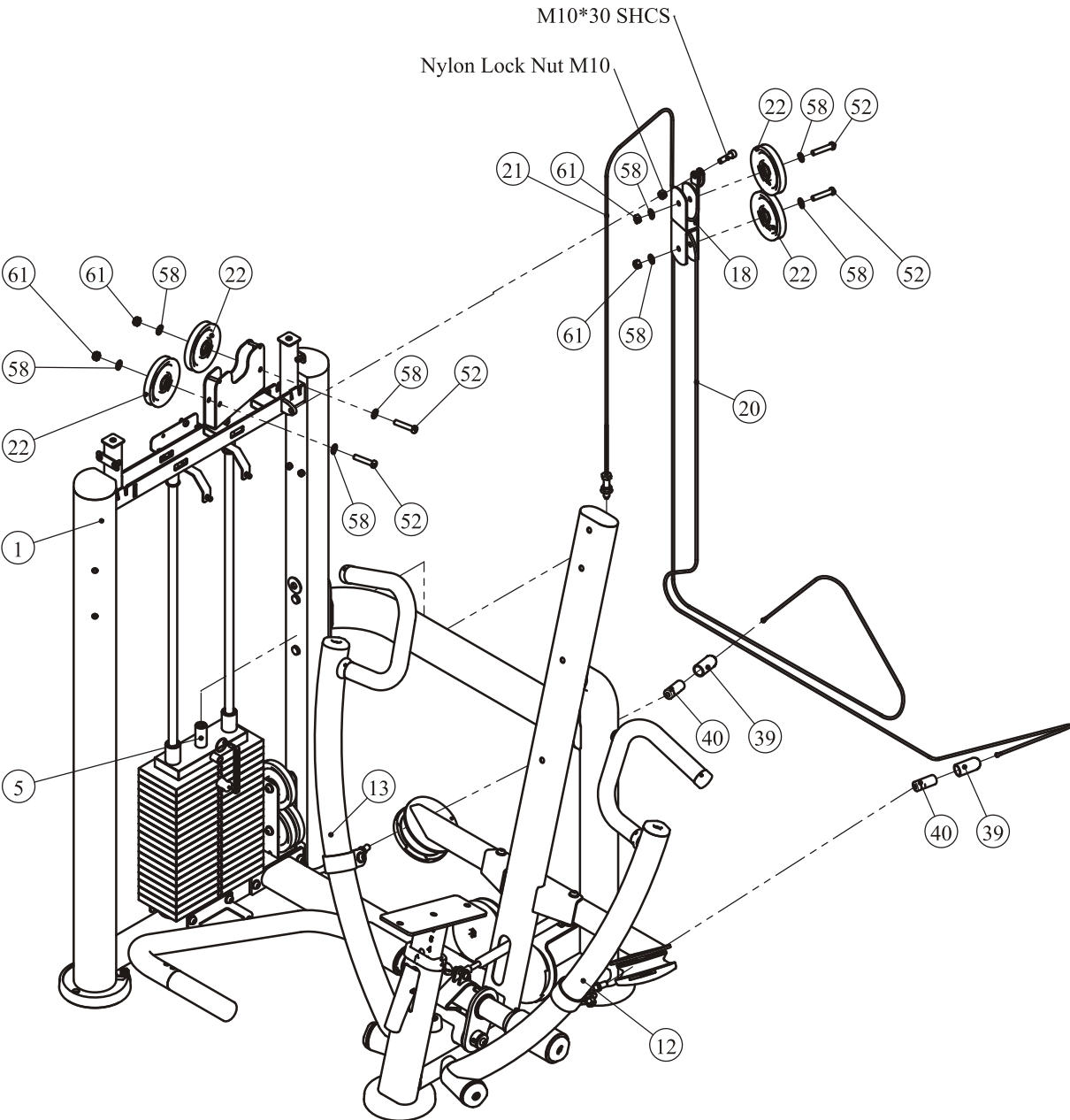
**Tips:** Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Front Shroud (#29) and the Right Front Shroud (#30) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:  
four M6\*20 CRPHS (#45)                      two M6\*16 CRPHS (#47)
2. Attach the Rear Shroud (#31) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:  
four M6\*20 CRPHS (#45)                      two M6\*16 CRPHS (#47)
3. Attach the Training Placard Cover (#8) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:  
two M6\*20 CRPHS (#45)                      two M6\*10 CRPHS (#46)
4. Attach the Top Rear Shroud (#9) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:  
four M6\*20 CRPHS (#45)
5. Attach the Top Cover (#7) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#45)                      two Spout Plug  $\Phi$ 16.5\*6.88 (#36)
6. Attach the Cup Holder (#10) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#45)

**Note: Wrench tighten bolts.**

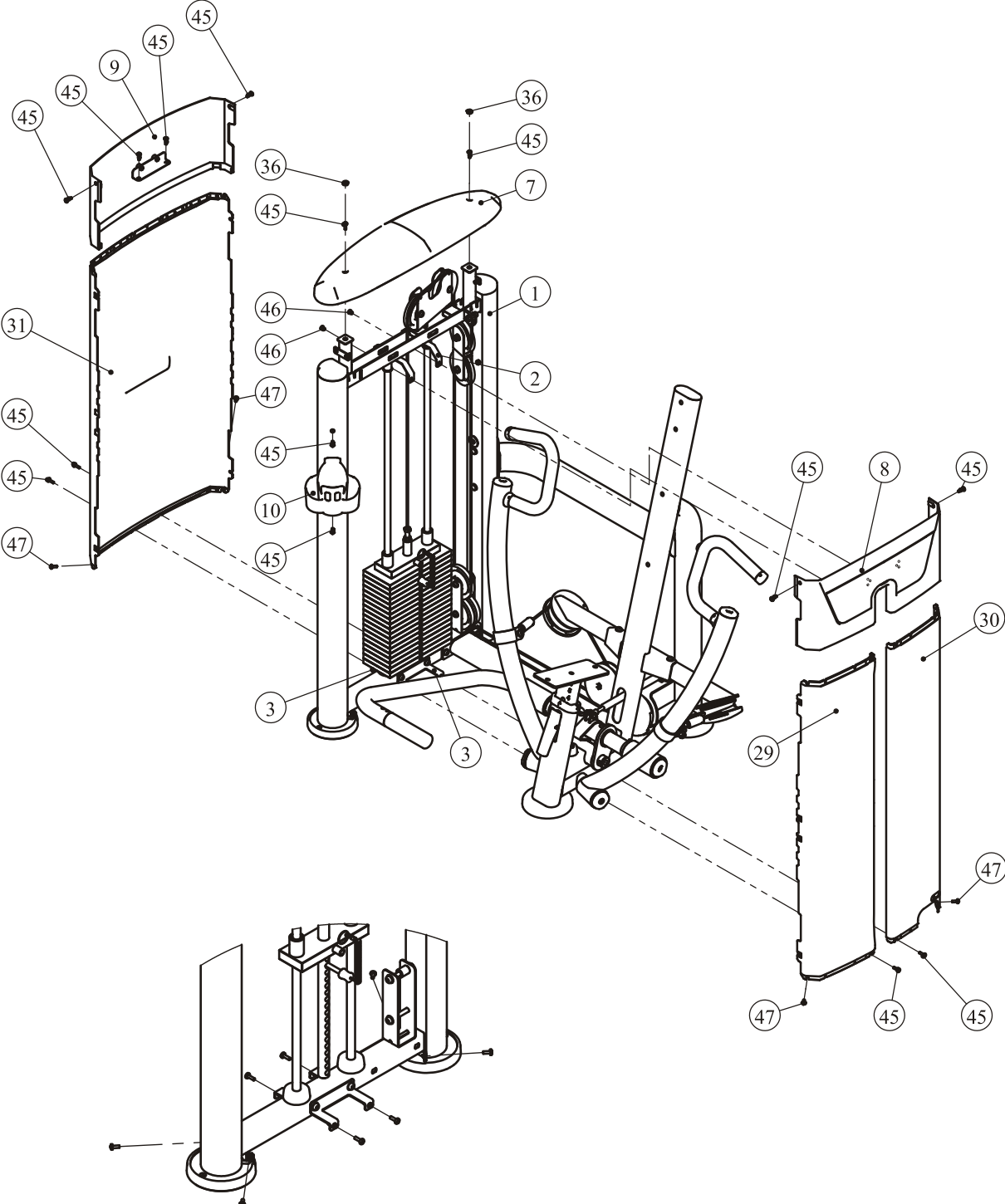
# Assembly

## STEP 6



# Assembly

## STEP 7

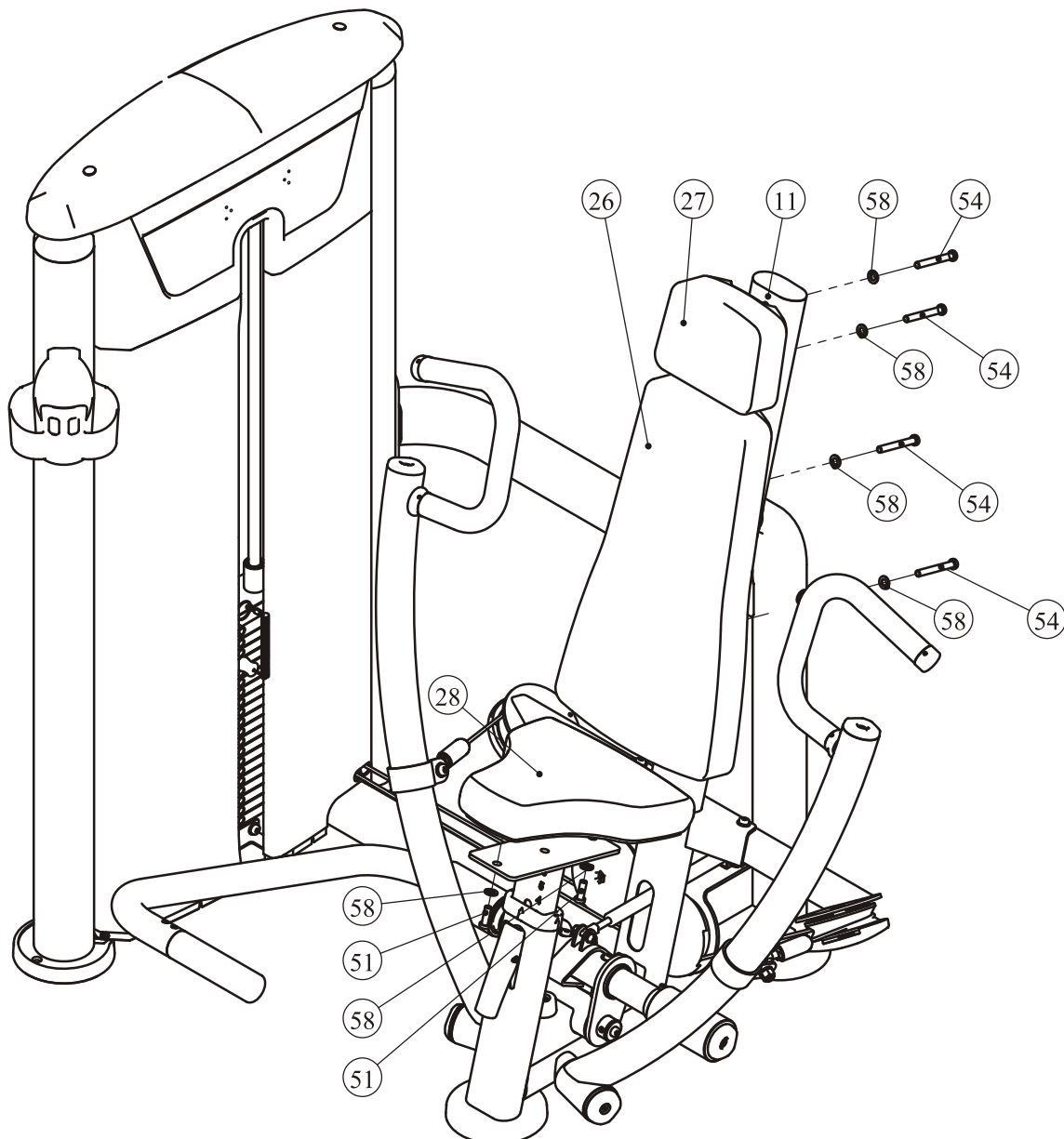


# Assembly

## STEP 8

1. Attach the Back Pad ASSY (#26) and the Head Pad ASSY (#27) to the Main Frame ASSY (#11) using:
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#58)
  - four M10\*80 SHCS (#54)
2. Attach the Seat Pad (#28) to the Main Frame ASSY (#11) using:
  - two M10\*30 SHCS (#51)
  - two  $\Phi 11*\Phi 20*2$  Flat Washer (#58)

**Note: Wrench tighten bolts.**



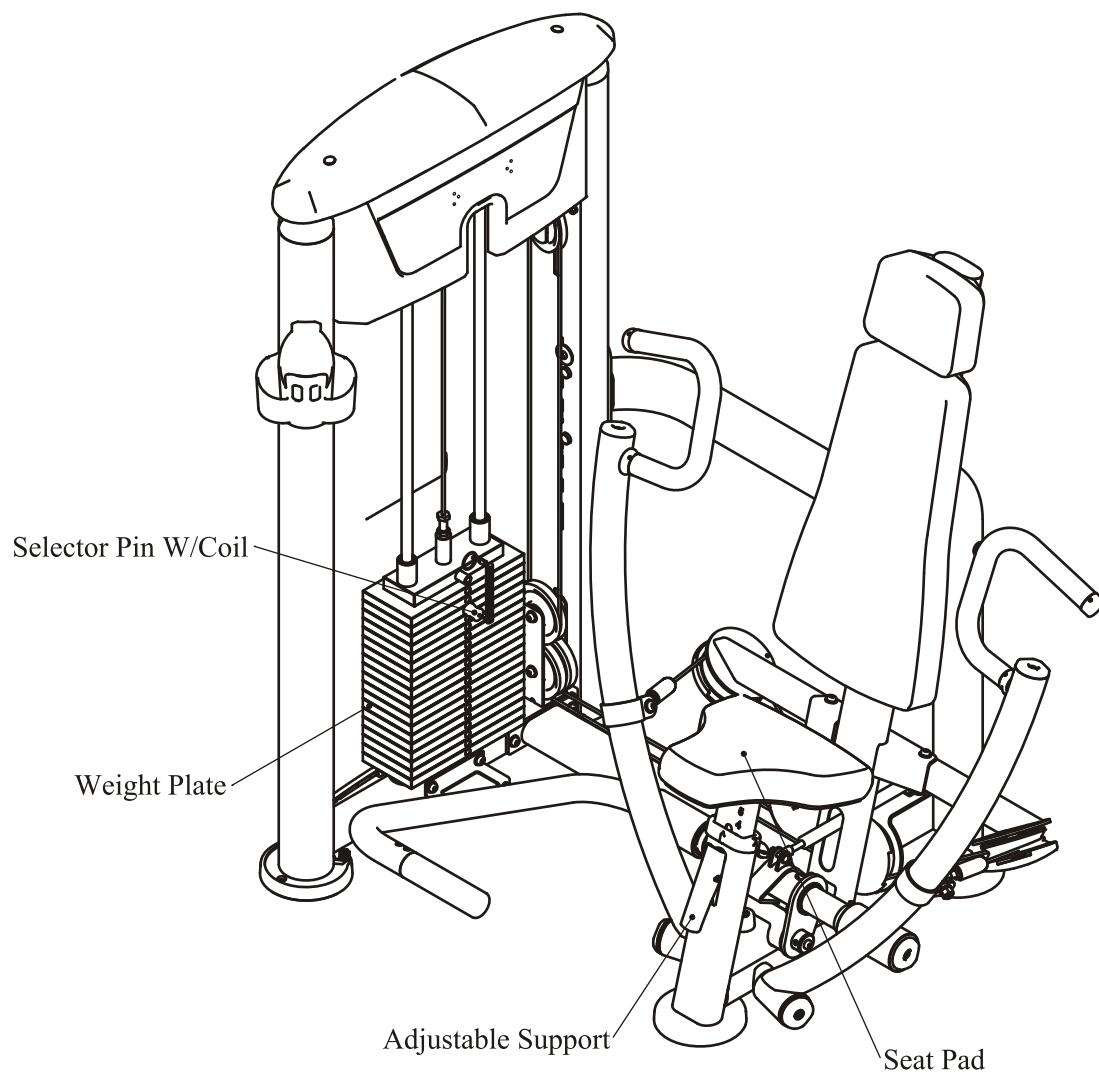
# Adjust Instructions

## The Use Position adjustment

1. Pull the Adjustable Support and Adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The use of Selector Pin W/Coil

1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.





# Exercise Instructions

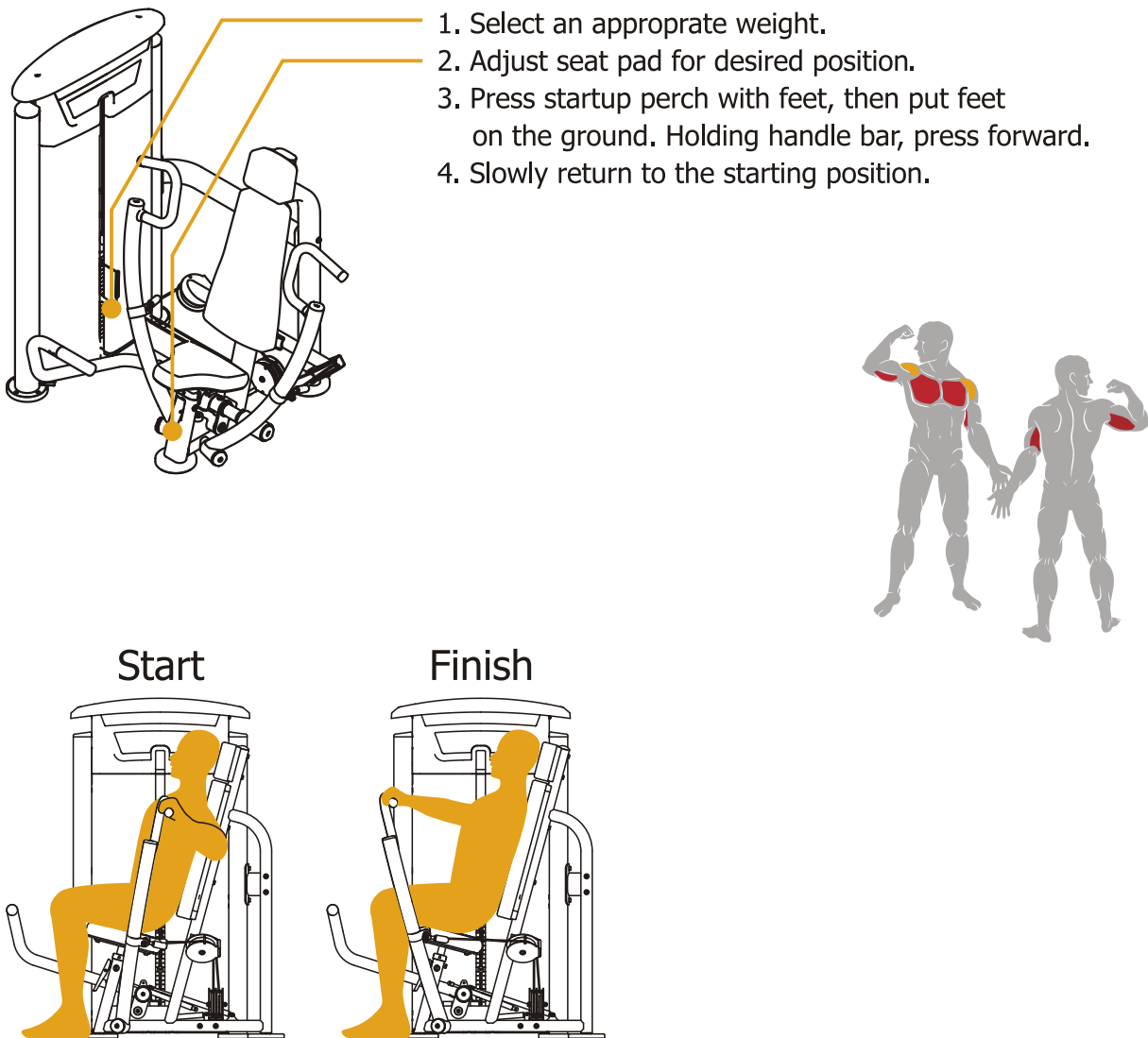


1. Select an appropriate weight.  
2. Adjust seat pad for desired position.  
3. Press startup perch with feet, then put feet on the ground. Holding handle bar, press forward.  
4. Slowly return to the starting position.

## CHEST PRESS

Start Finish

This section contains a diagram of a chest press machine with four numbered instructions. To the right, the title 'CHEST PRESS' is displayed in a bold, italicized font. Below the title are two illustrations of a person using the machine, labeled 'Start' and 'Finish'. The 'Start' illustration shows the person sitting with their feet on the startup perch and hands on the handlebars. The 'Finish' illustration shows the person pressing the handlebars forward. To the left of the instructions are two anatomical diagrams of a human torso: one showing the chest muscles (pectorals) in red and yellow, and another showing the arm muscles (deltoids and triceps) in red and yellow.



1. Select an appropriate weight.  
2. Adjust seat pad for desired position.  
3. Press startup perch with feet, then put feet on the ground. Holding handle bar, press forward.  
4. Slowly return to the starting position.

Start Finish

This section provides a more detailed diagram of the chest press machine. It includes the same four numbered instructions as the top section. Below the instructions are two anatomical diagrams of a human torso, similar to the top section, showing the chest and arm muscles. At the bottom, there are two illustrations of a person using the machine, labeled 'Start' and 'Finish'. The 'Start' illustration shows the person sitting with their feet on the startup perch and hands on the handlebars. The 'Finish' illustration shows the person pressing the handlebars forward.

# 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 bolts 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.

