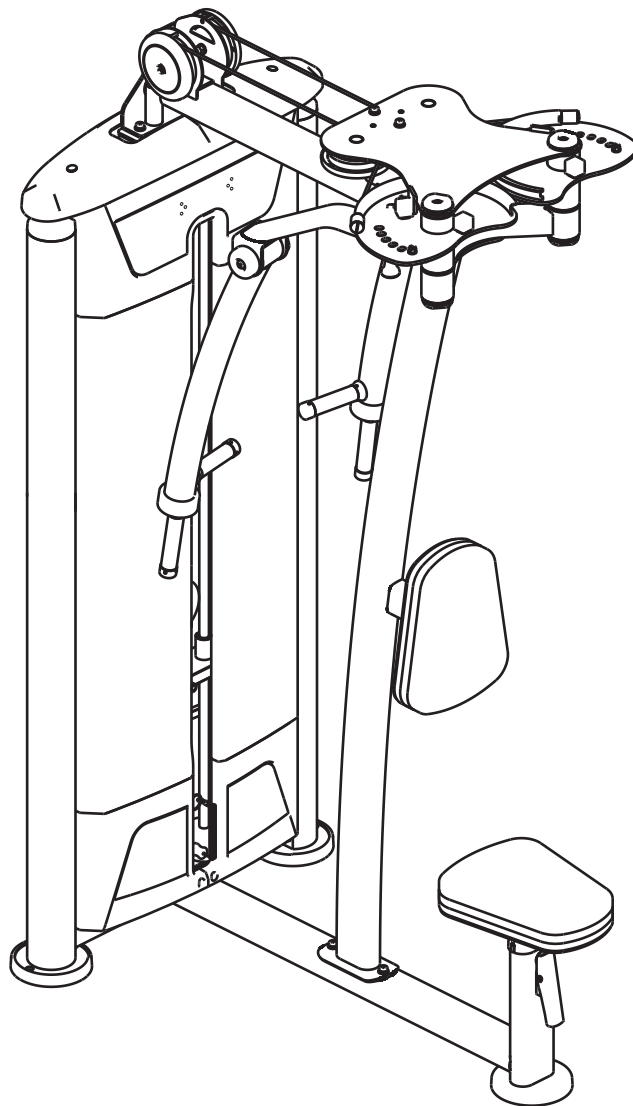




# 7003-G2

PEC FLY/REAR DELT

## 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 !

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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:

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.

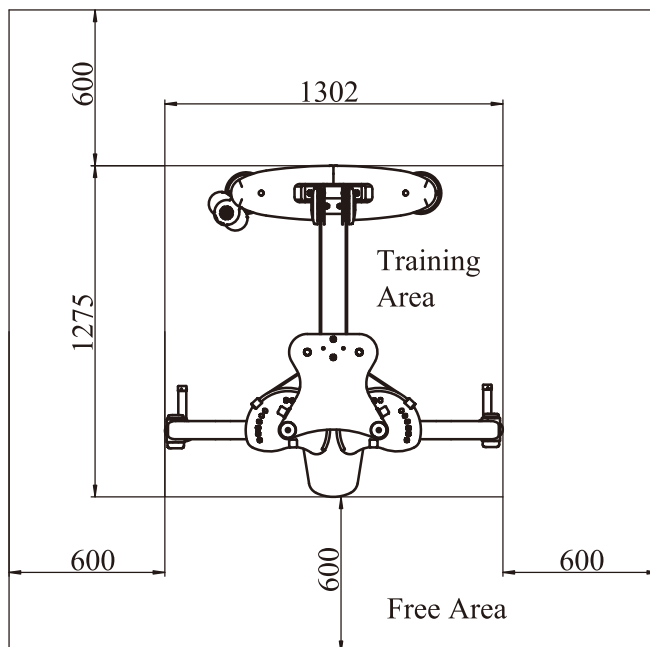
# Important Safety Instructions

## 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: 1302\*1275mm

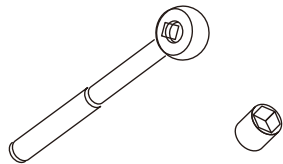
Product Total Mass: 124 kg/ 273 lbs

# Instructions

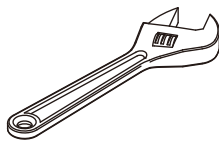
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

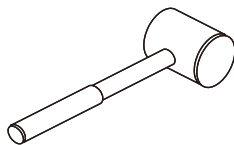
## Tools Required



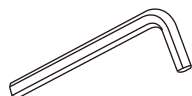
Ratchet Wrench and Socket



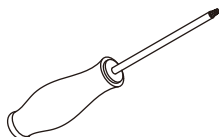
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT952201ASSY	Weight Stack Frame ASSY	1
2	2	IT951502ASSY	Bottom Cross Frame ASSY	1
3	3	IT95150300	Upright Frame	1
4	4	IT95150400	Top Cross Frame	1
5	5	IT951505ASSY	Adjustable Cross Frame ASSY	2
6	6	IT951506ASSY	Right Cam ASSY	1
7	7	IT951507ASSY	Left Cam ASSY	1
8	8	IT951508ASSY	Right Rotary Arm ASSY	1
9	9	IT951509ASSY	Left Rotary Arm ASSY	1
10	10	IT951510ASSY	Top Connection Frame ASSY	1
11	11	IT95154100	Cable	1
12	12	IT952611ASSY	Pulley Even Frame ASSY	1
13	13	SG500110400V5	4.5" Pulley	2
14	14	IT95016400	Pulley Cover	2
15	15	SD1000B3000ASSY	Adjustable Foot Plate	1
16	16	IT95062400	Pivot Axle	2
17	17	IN-D10132900	Weight Rubber Bumper	2
18	23	IT952223ASSY	Rear Bracket ASSY	1
19	24	IT952224ASSY	Front Bracket ASSY	1
20	25	IT952225ASSY	Bottom Bracket ASSY	1
21	26	IT95222600	Top Bracket	2
22	27	IT95222700	Bottom Bracket	1
23	31	IT95153100	Seat Pad	2
24	42	IT95014200	Top Plate	1
25	44	IT95224400	Guide Rod $\phi$ 19*1242	2
26	51	IT95225100	Top Cover	1
27	52	IT95015200	Training Placard Cover	1
28	53	IT95015300	Front Shroud	1
29	55	IT95015500	Top Rear Shroud	1
30	56	IT95015600	Rear Shroud	1
31	60	IT95225500	Bottom Rear Shroud	1

# Exploded View and Parts List

## Overall

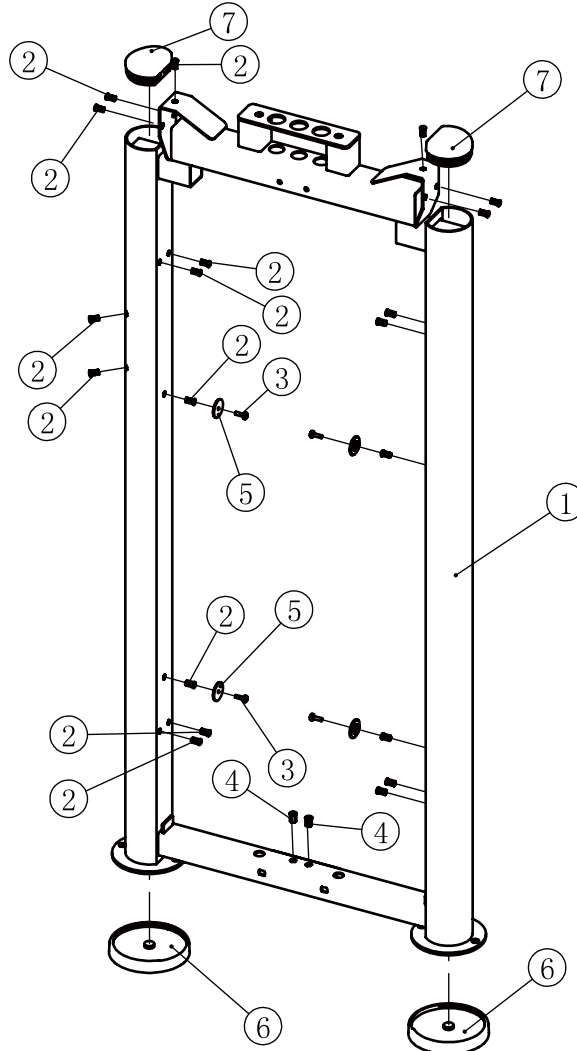
Item No.	Grade No.	Part No.	Description	QTY
32	61	IT95226100	Right Bottom Shroud ASSY	1
33	62	IT95226200	Left Bottom Shroud ASSY	1
34	92	IT801210300P11C	Cup Holder	1
35	101	IT90012000V1	Selector Pin W/Coil	1
36	102	IT95016100	Guide Rod Fixing Sleeve $\phi$ 30* $\phi$ 19*45	2
37	103	IT95016500	Spout Plug $\phi$ 16.5*6.88	2
38	104	HFOPT900-04A0602	Spring	2
39	105	IT80011800DS	Adjustable Ring	4
40	106	FE97211900	Cap $\phi$ 60	6
41	107	FE97212000	Circle Ring $\phi$ 62.5*5	6
42	108	PL90221500	Plug Bumper $\phi$ 63.5*23	2
43	109	M-02903100	Pulley Spacer $\phi$ 20* $\phi$ 10.5*14	2
44	110	HFOPT900-04A1400	Aluminium Sheath	2
45	111	V22500	Plug	2
46	112	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	5
47	113	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	2
48	114	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
49	115	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	14
50	116	PNLM8*70DS20	Button Head Cap Screw M8*70	2
51	117	GB70M8*20N19	Socket Head Cap Screw M8*20	2
52	118	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	24
53	119	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*16	8
54	120	GB958DN2	Flat Washer $\phi$ 9* $\phi$ 16*1.6	6
55	121	GB9510DN2	Flat Washer $\phi$ 11* $\phi$ 20*2	22
56	122	GB9310DS12	Spring Washer $\phi$ 10	2
57	123	NM10DN2	Nylon Lock Nut M10	7
58	124	NM8DN2	Nylon Lock Nut M8	2
59	125	NBS5DHS	Hex Key S=5	1
60	126	NBS6DHS	Hex Key S=6	1
61	127	LW200BS	Wrench $\phi$ 6*117	1
62	128	YHY	Lube	1
63	300	IF93062200	Big Washer $\phi$ 62* $\phi$ 10.5*3	2





# Exploded View and Parts List

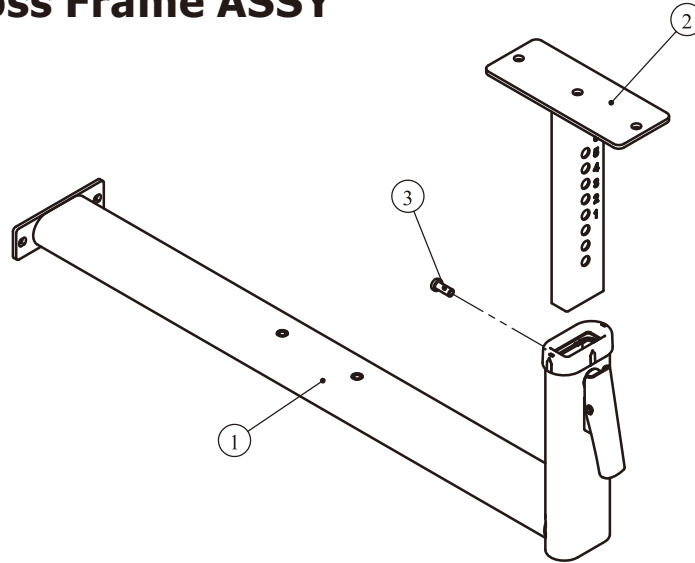
## Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95220100	Weight Stack Frame	1
2	1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	20
3	1.3	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
4	1.4	GB17880.5M8*16.5DCS17	Rivet Nut M8	2
5	1.5	IT95015900	Plastic Block	4
6	1.6	IT95015700	Foot Plate	2
7	1.7	IT95015800	Plug $\phi 95*81.1$	2

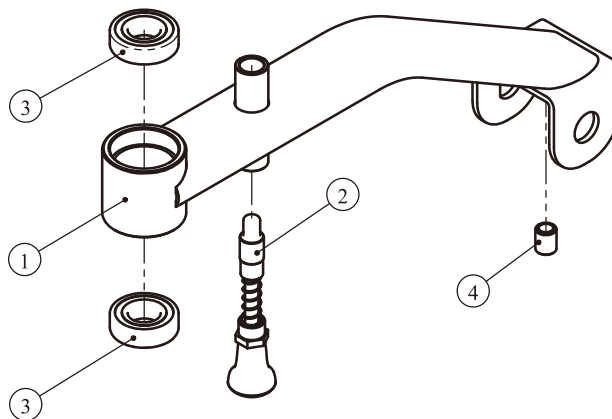
# Exploded View and Parts List

## Bottom Cross Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95150200ASSY	Bottom Cross Frame Sub ASSY	1
2	2.2	IT95151100	Seat Pad Adjustable Frame	1
3	2.3	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1

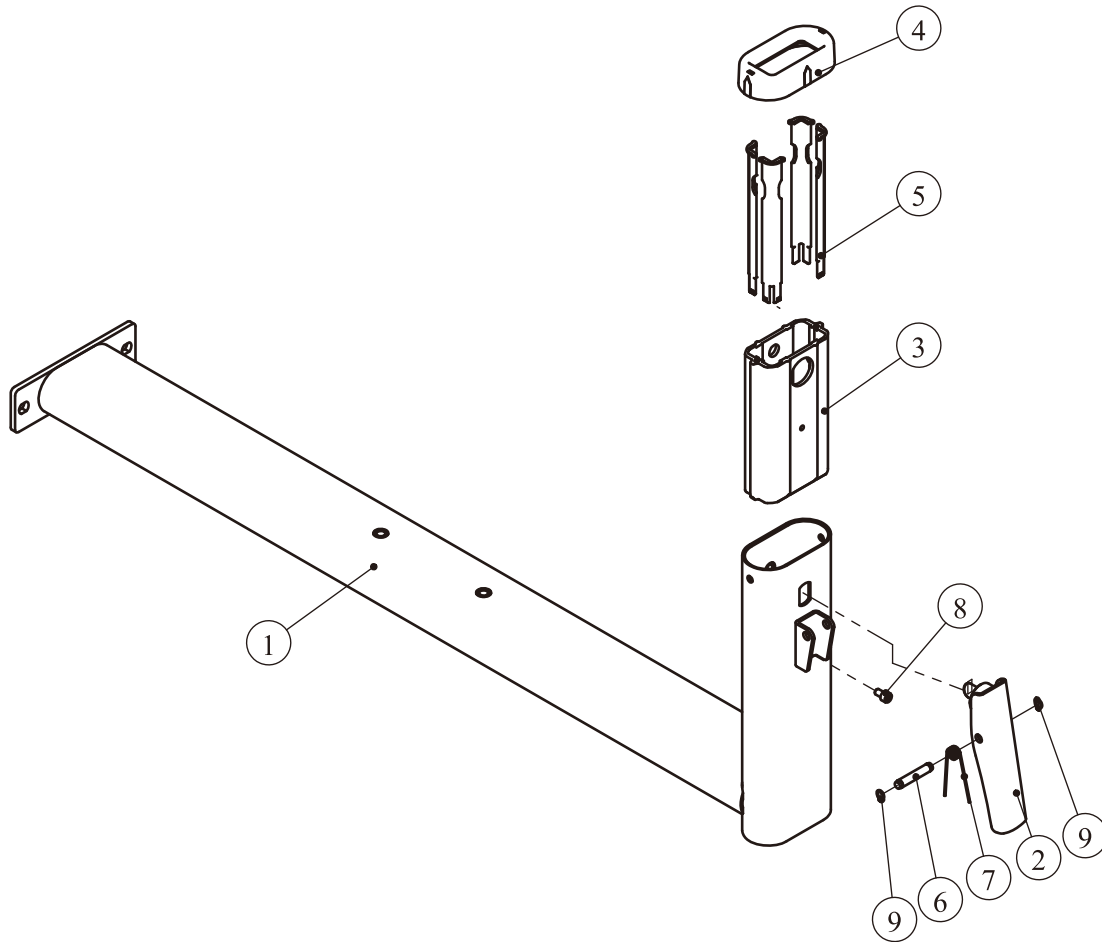
## Adjustable Cross Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95150500	Adjustable Cross Frame	1
2	5.2	IT95151500	Pin	1
3	5.3	GB2766205-2ZNBK	Deep Groove Ball Bearing $\phi 25 * \phi 52 * 15$	2
4	5.4	IT80187200	Stopper	1

# Exploded View and Parts List

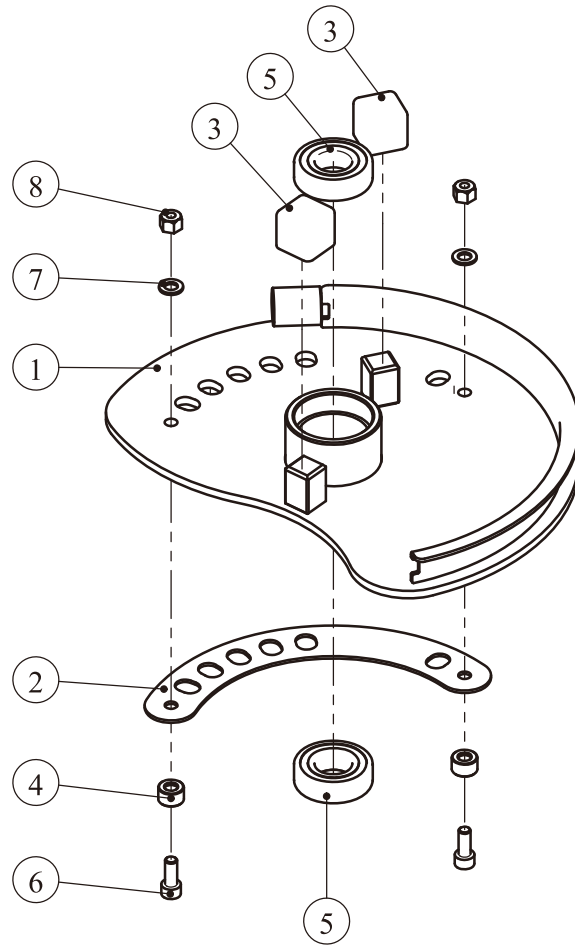
## Bottom Cross Frame Sub ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1.1	IT95150200	Bottom Cross Frame	1
2	2.1.2	IT95014500	Adjustable Support	1
3	2.1.3	IT95014300	Aluminum Tube Guide	1
4	2.1.4	IT95016200	Plastic Tube Plug	1
5	2.1.5	IT95016300	Plastic Corner Tube Glide	4
6	2.1.6	CWRVL0012200	Roll Pin	1
7	2.1.7	AXT3S5500	Torsional Spring	1
8	2.1.8	GB70M6*10N19	Socket Head Cap Screw M6*10	1
9	2.1.9	GB894.18FH12	Circlips For Shaft $\phi$ 8	2

# Exploded View and Parts List

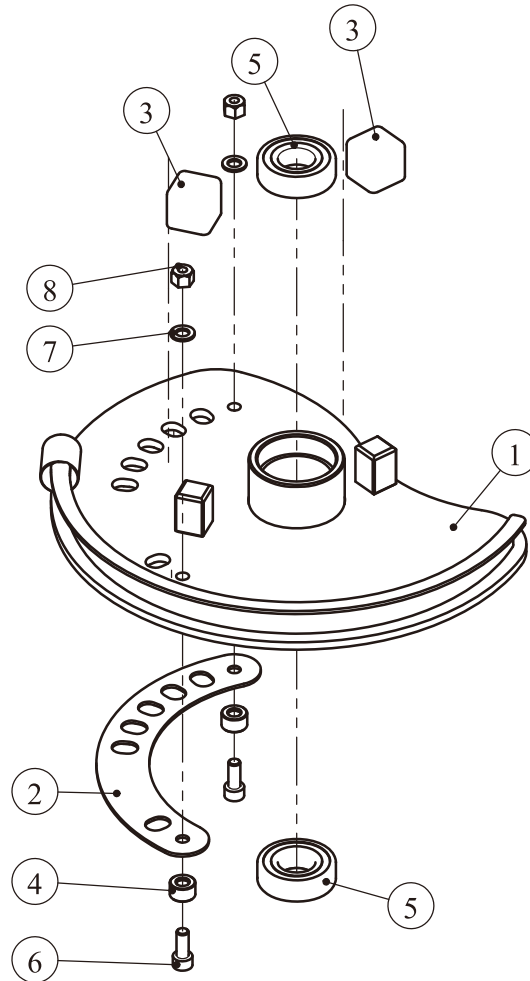
## Right Cam ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	IT95150600	Right Cam	1
2	6.2	IT95151400	Lining Board 2	1
3	6.3	FE97213100	Square Rubber Sleeve	2
4	6.4	IN-S10111200	Rubber Sleeve $\phi 17*10.5$	2
5	6.5	GB2766205-2ZNBK	Deep Groove Ball Bearing $\phi 25* \phi 52*15$	2
6	6.6	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
7	6.7	GB958DN2	Flat Washer $\phi 9* \phi 16*1.6$	2
8	6.8	NM8DN2	Nylon Lock Nut M8	2

# Exploded View and Parts List

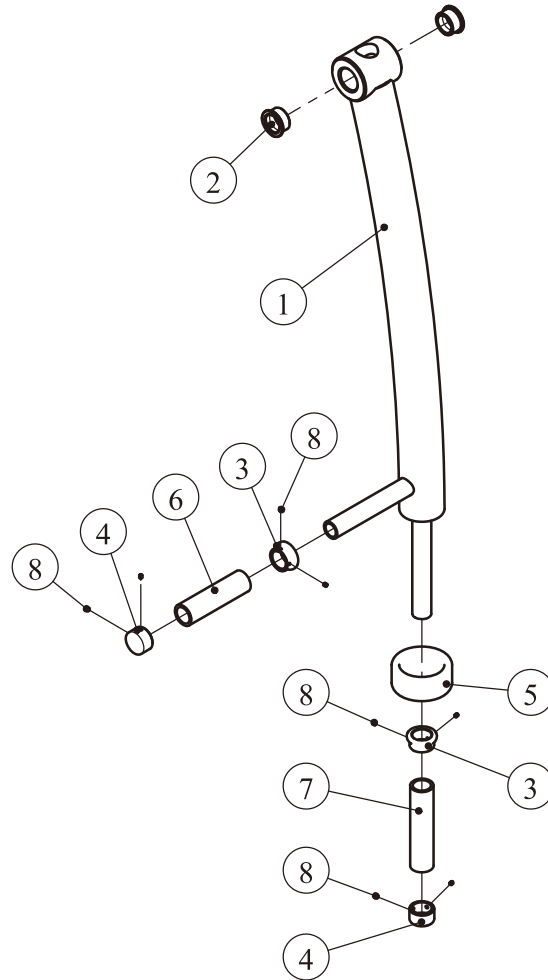
## Left Cam ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	IT95150700	Left Cam	1
2	7.2	IT95151200	Lining Board	1
3	7.3	FE97213100	Square Rubber Sleeve	2
4	7.4	IN-S10111200	Rubber Sleeve $\phi 17*10.5$	2
5	7.5	GB2766205-2ZNBK	Deep Groove Ball Bearing $\phi 25* \phi 52*15$	2
6	7.6	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
7	7.7	GB958DN2	Flat Washer $\phi 9* \phi 16*1.6$	2
8	7.8	NM8DN2	Nylon Lock Nut M8	2

# Exploded View and Parts List

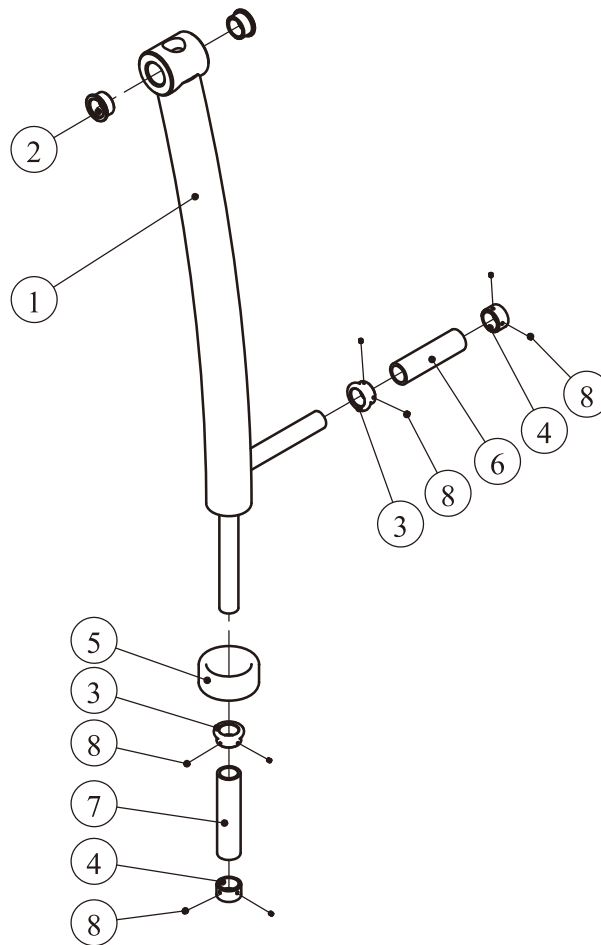
## Right Rotary Arm ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	IT95150800	Right Rotary Arm	1
2	8.2	M02502000	Spacer $\phi$ 38* $\phi$ 32* $\phi$ 25.4*18	2
3	8.3	IT90102200	Aluminum Grip Ring	2
4	8.4	V39600	Aluminum Grip Cap	2
5	8.5	IT90151800	Bumper	1
6	8.6	026-01PL0206-5	GripST $\phi$ 31* $\phi$ 24*111	1
7	8.7	026-01PL0206-12	GripST $\phi$ 31* $\phi$ 24*130	1
8	8.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

# Exploded View and Parts List

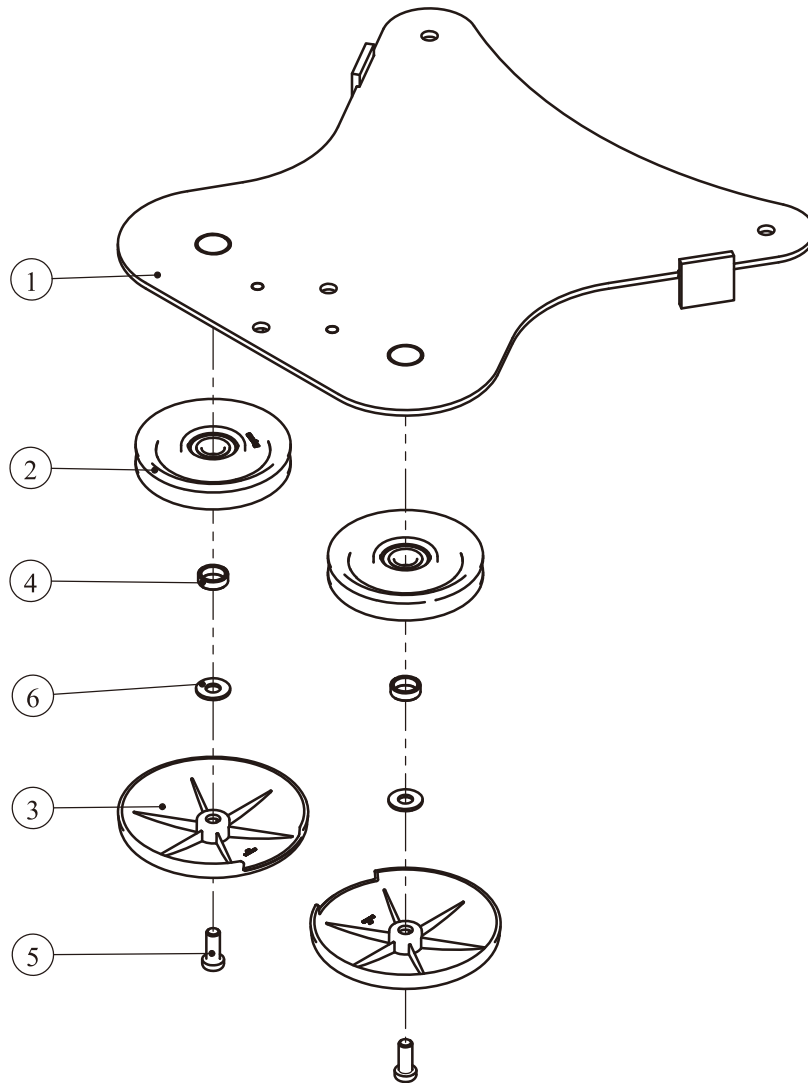
## Left Rotary Arm ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	IT95150900	Left Rotary Arm	1
2	9.2	M02502000	Spacer $\phi$ 38* $\phi$ 32* $\phi$ 25.4*18	2
3	9.3	IT90102200	Aluminum Grip Ring	2
4	9.4	V39600	Aluminum Grip Cap	2
5	9.5	IT90151800	Bumper	1
6	9.6	026-01PL0206-5	GripST $\phi$ 31* $\phi$ 24*111	1
7	9.7	026-01PL0206-12	GripST $\phi$ 31* $\phi$ 24*130	1
8	9.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

# Exploded View and Parts List

## Top Connection Frame ASSY

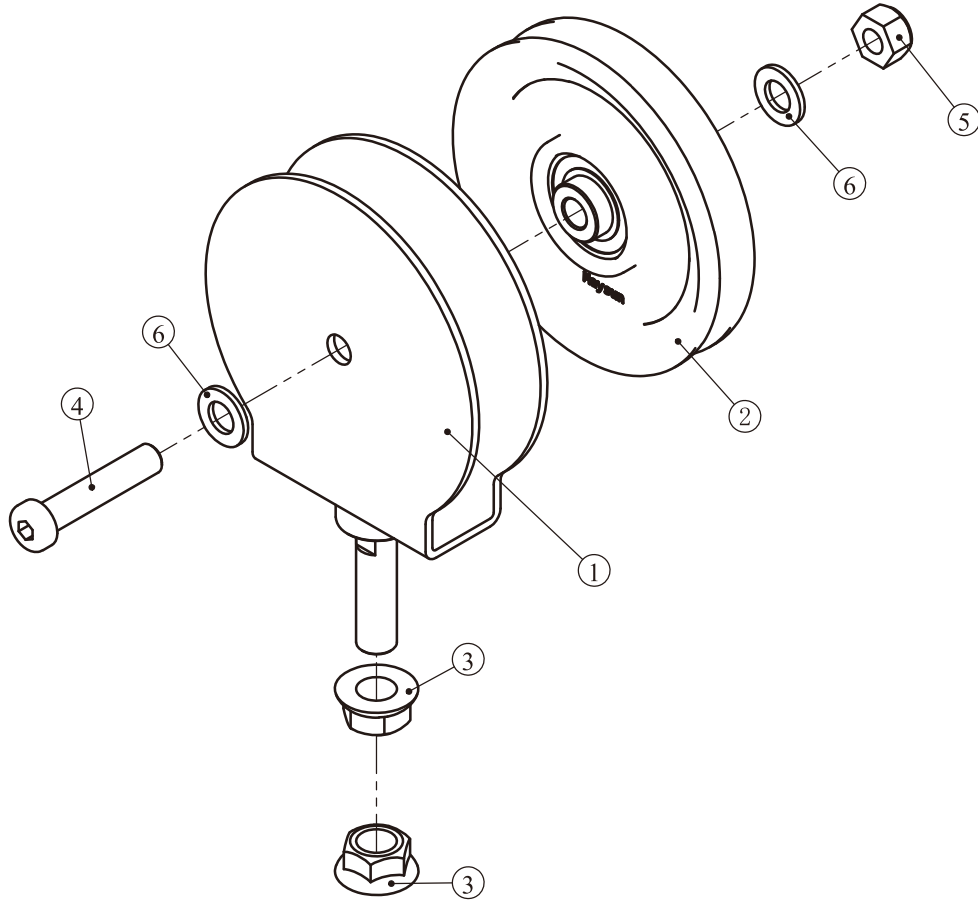


Item No.	Grade No.	Part No.	Description	QTY
1	10.1	IT95151000	Top Connection Frame	1
2	10.2	IT95057800	4.5" Pulley	2
3	10.3	IT95016400	Pulley Cover	2
4	10.4	FE97122100	Pulley Spacer 1	2
5	10.5	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
6	10.6	DQ10N19B	Flat Washer $\phi$ 11* $\phi$ 25*2	2



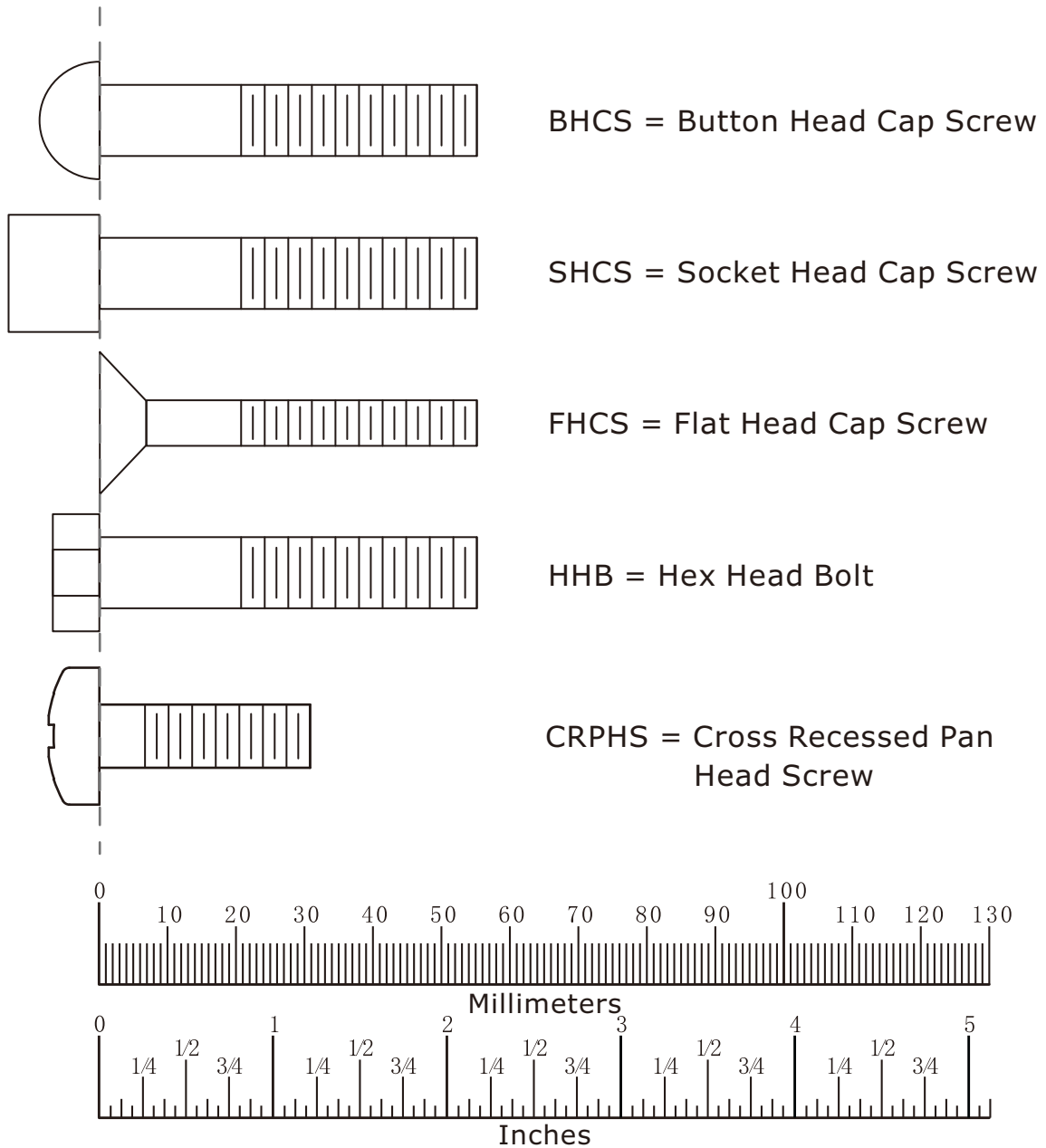
# Exploded View and Parts List

## Pulley Even Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	HS11753500	Pulley Even Frame	1
2	12.2	SG500110400V5	4.5" Pulley	1
3	12.3	HF900-03A1002	Hex Flanged Nut	2
4	12.4	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
5	12.5	NM10DN2	Nylon Lock Nut M10	1
6	12.6	GB9510DN2	Flat Washer $\phi$ 11* $\phi$ 25*2	2

# 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**

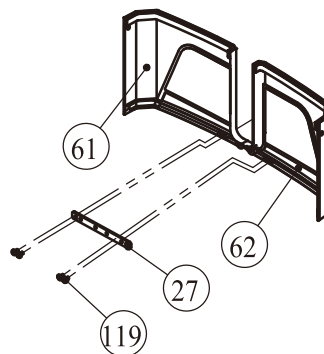
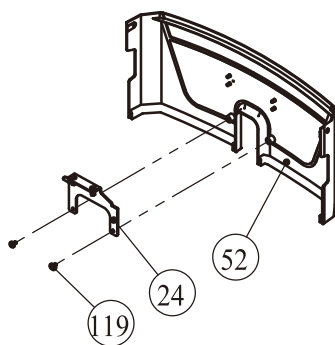
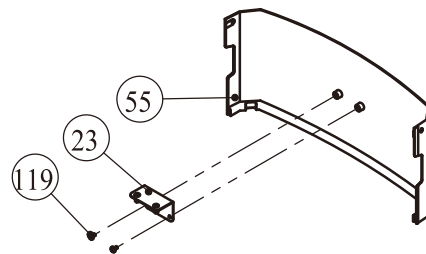
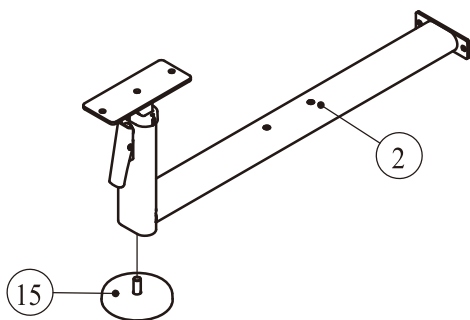
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach one Adjustable Foot Plate (#15) to the Bottom Cross Frame ASSY (#2).
2. Attach the Rear Bracket ASSY (#23) to the Top Rear Shroud (#55) using:  
two M6\*10 CRPHS (#119)
3. Attach the Front Bracket ASSY (#24) to the Training Placard Cover (#52) using:  
two M6\*10 CRPHS (#119)
4. Attach the Bottom Bracket (#27) to the Right Shroud (#61) and the Left Shroud (#62)  
using:  
four M6\*10 CRPHS (#119)

**Note: Wrench Tighten Bolts.**



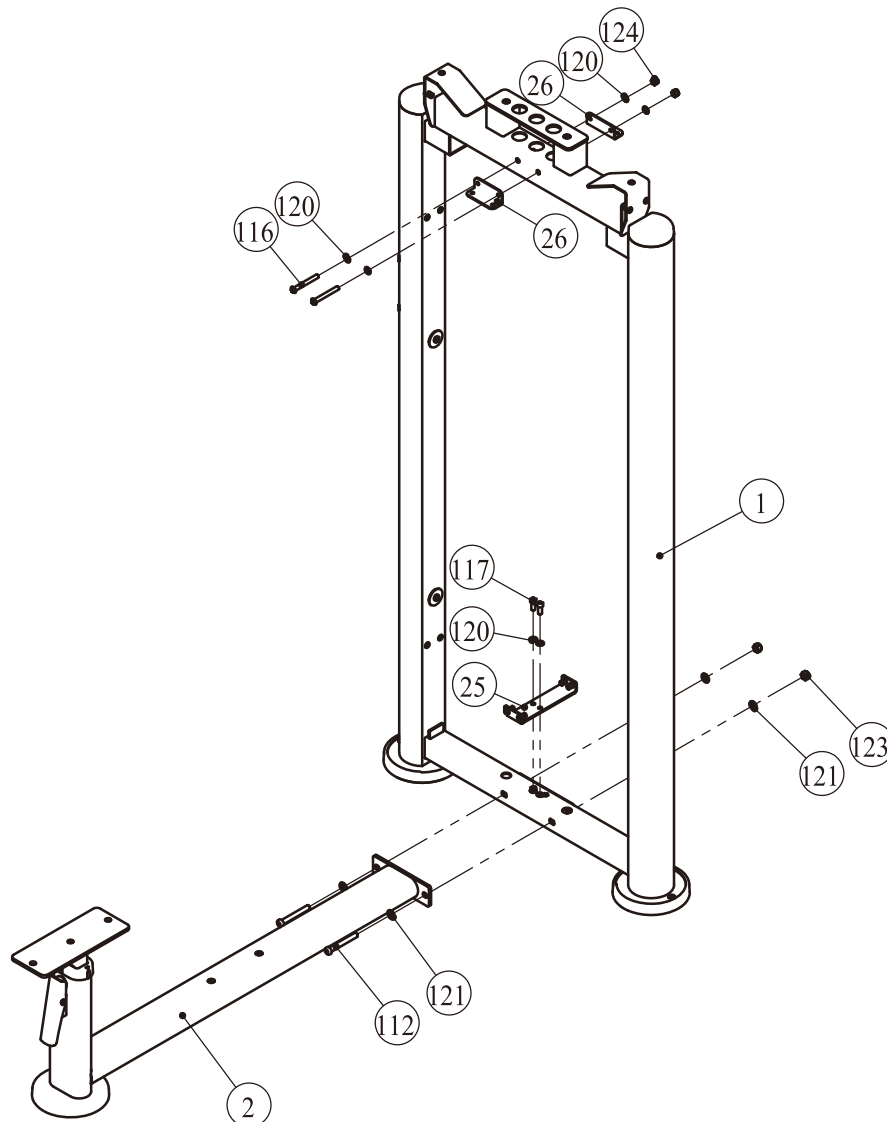
# Assembly

## STEP 2

1. Attach the Bottom Cross Frame ASSY (#2) to the Weight Stack Frame ASSY (#1) using:  
two M10\*80 SHCS (#112)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#121)  
two M10 Nylon Lock Nut (#123)
2. Attach the Bottom Bracket ASSY (#25) to the Weight Stack Frame ASSY (#1) using:  
two M8\*20 SHCS (#117)                      two Flat Washer  $\Phi 9*\Phi 16*1.6$  (#120)
3. Attach two Top Bracket (#26) to the Weight Stack Frame ASSY (#1) using:  
two M8\*70 BSHCS (#116)                      two M8 Nylon Lock Nut (#124)  
four Flat Washer  $\Phi 9*\Phi 16*1.6$  (#120)

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

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



# Assembly

## STEP 3

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

### 1. Attach:

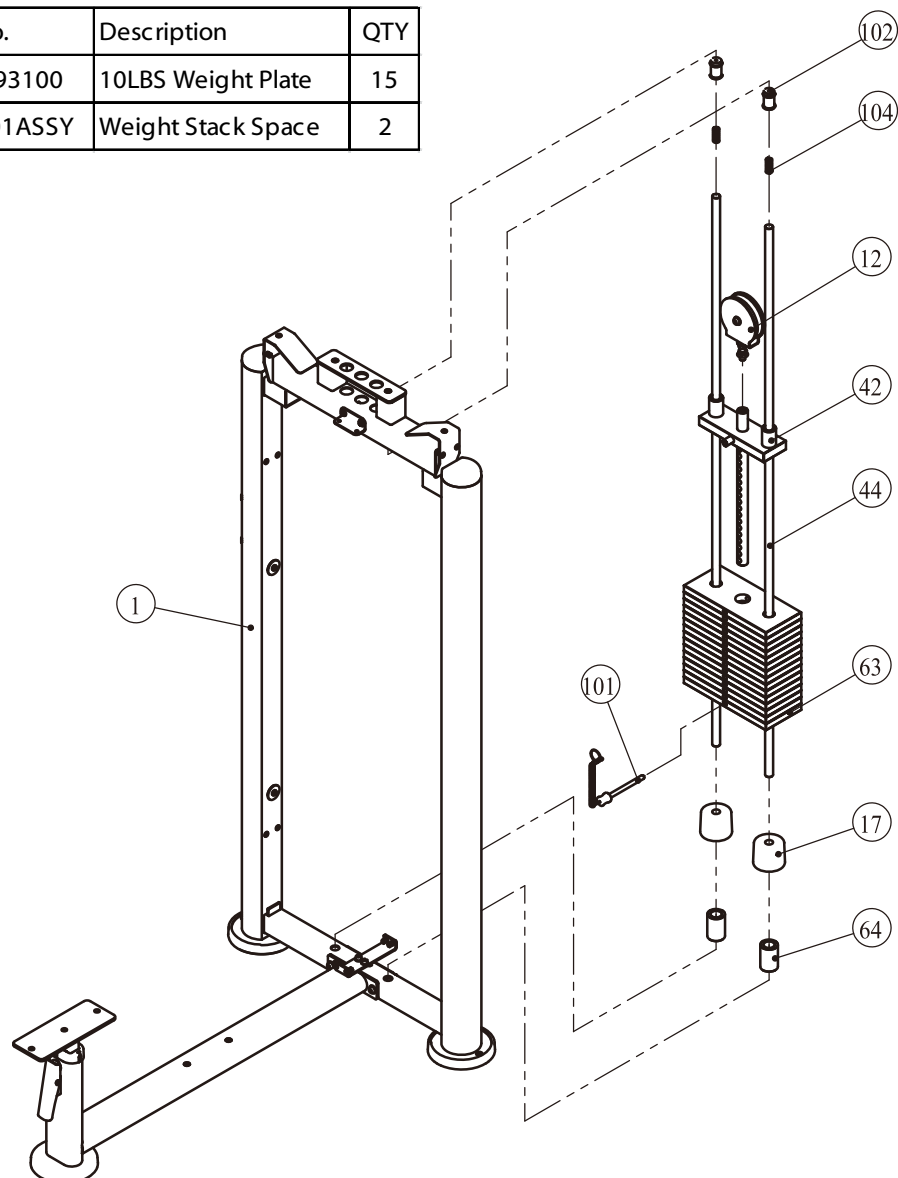
- two Guide Rod  $\Phi 19 \times 1597$  (#44)
- two Weight Rubber Bumper (#17)
- two Weight Stack Space (#64)
- fifteen Weight Plate 10LBS (#63)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#102)
- two Spring (#104)

### 2. Attach the Selector Pin W/Coil (#101) to the Top Plate (#42).

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



# Assembly

## STEP 3

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

### 1. Attach:

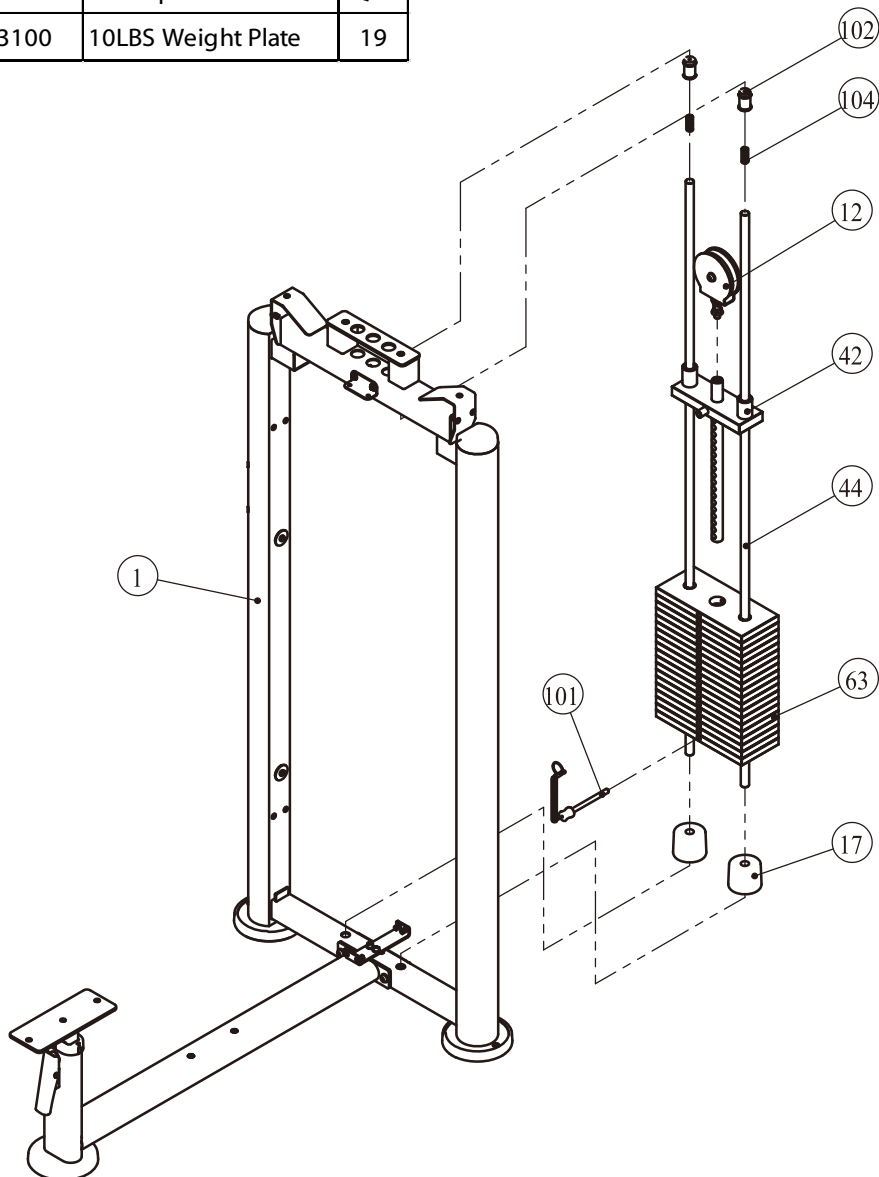
- two Guide Rod  $\Phi 19 \times 1597$  (#44)
- two Weight Rubber Bumper (#17)
- nineteen Weight Plate 10LBS (#63)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#102)
- two Spring (#104)

### 2. Attach the Selector Pin W/Coil (#101) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
63	FE97193100	10LBS Weight Plate	19



# Assembly

## STEP 3

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

### 1. Attach:

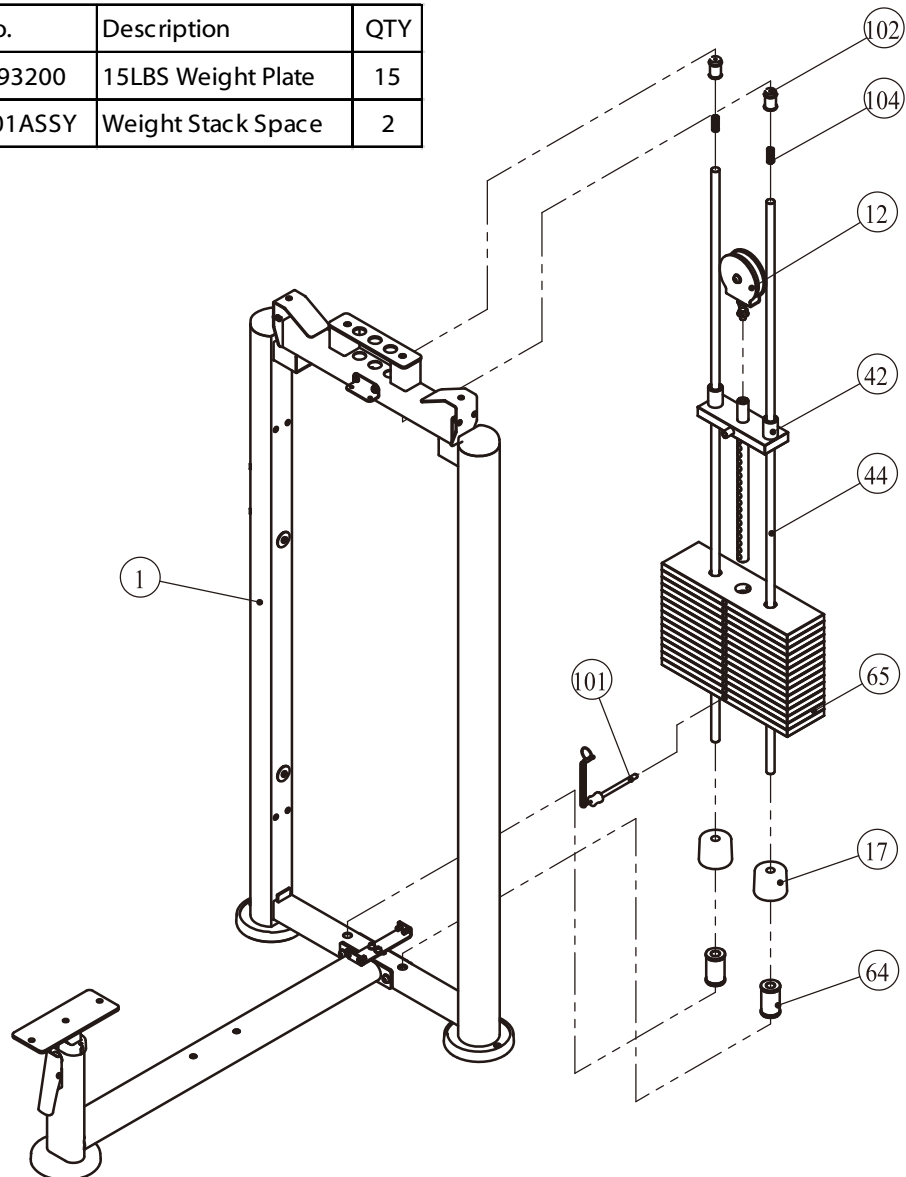
- two Guide Rod  $\Phi 19 \times 1597$  (#44)
- two Weight Rubber Bumper (#17)
- two Weight Stack Space (#64)
- fifteen Weight Plate 15LBS (#65)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#102)
- two Spring (#104)

### 2. Attach the Selector Pin W/Coil (#101) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	15
64	FEWS01ASSY	Weight Stack Space	2





# Assembly

## STEP 3

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

### 1. Attach:

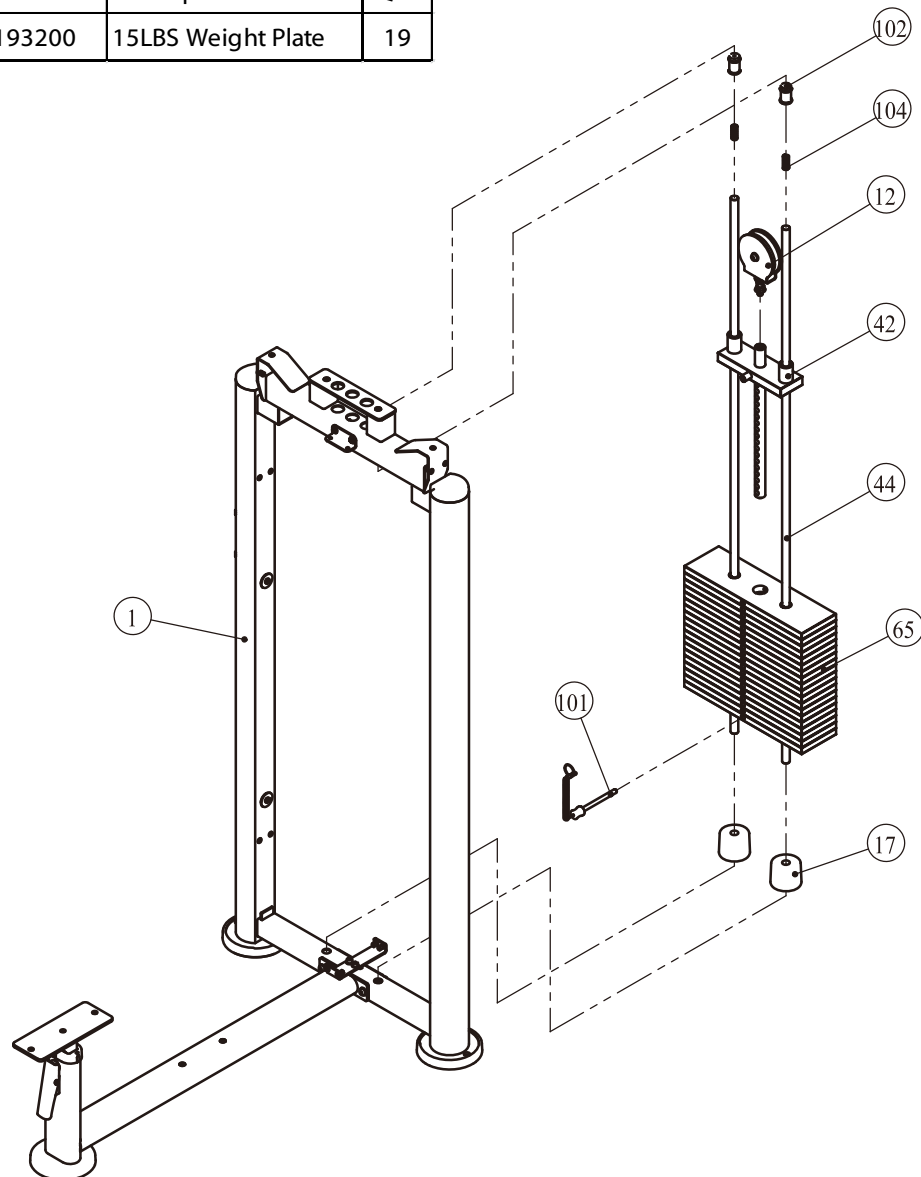
- two Guide Rod  $\Phi 19 \times 1597$  (#44)
- two Weight Rubber Bumper (#17)
- nineteen Weight Plate 15LBS (#65)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#102)
- two Spring (#104)

### 2. Attach the Selector Pin W/Coil (#101) to the Top Plate (#42).

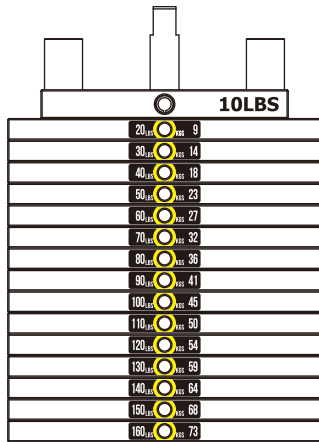
Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	19



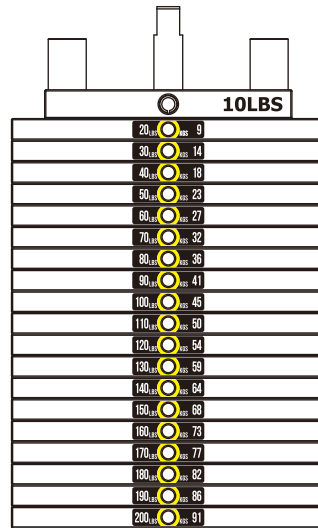
# Assembly

## 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

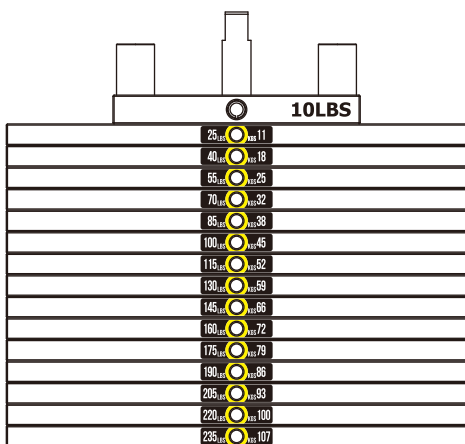


20-160LBS

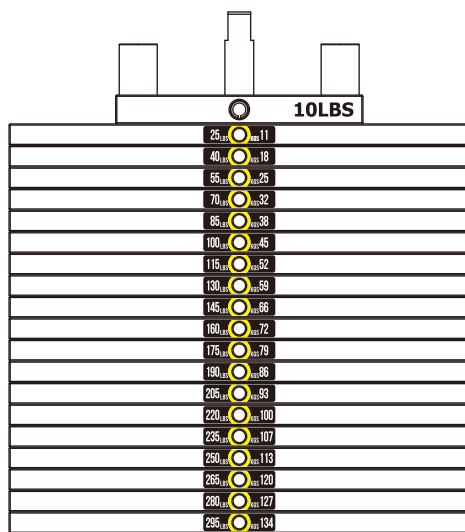


20-200LBS

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

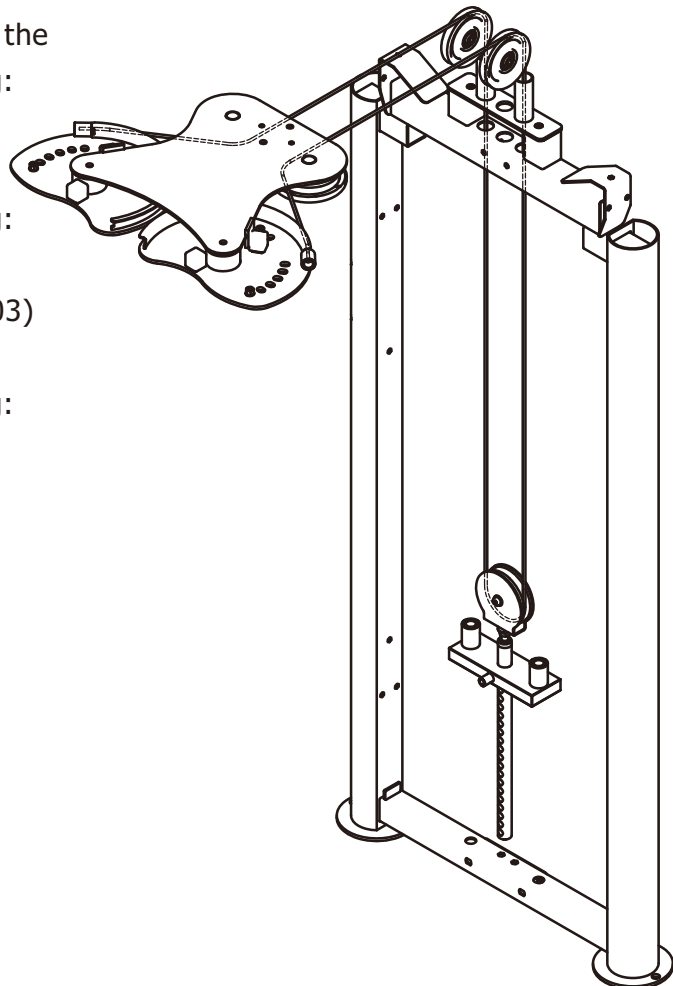
# Assembly

## Step 4

**Note:** Must be attach the Pulley Even Frame ASSY (#12) to the Top Plate(#42), then attach the Cable (#11) to the Pulley Even Frame ASSY (#12), and pass through the hole of the Weight Stack Frame ASSY (#1).

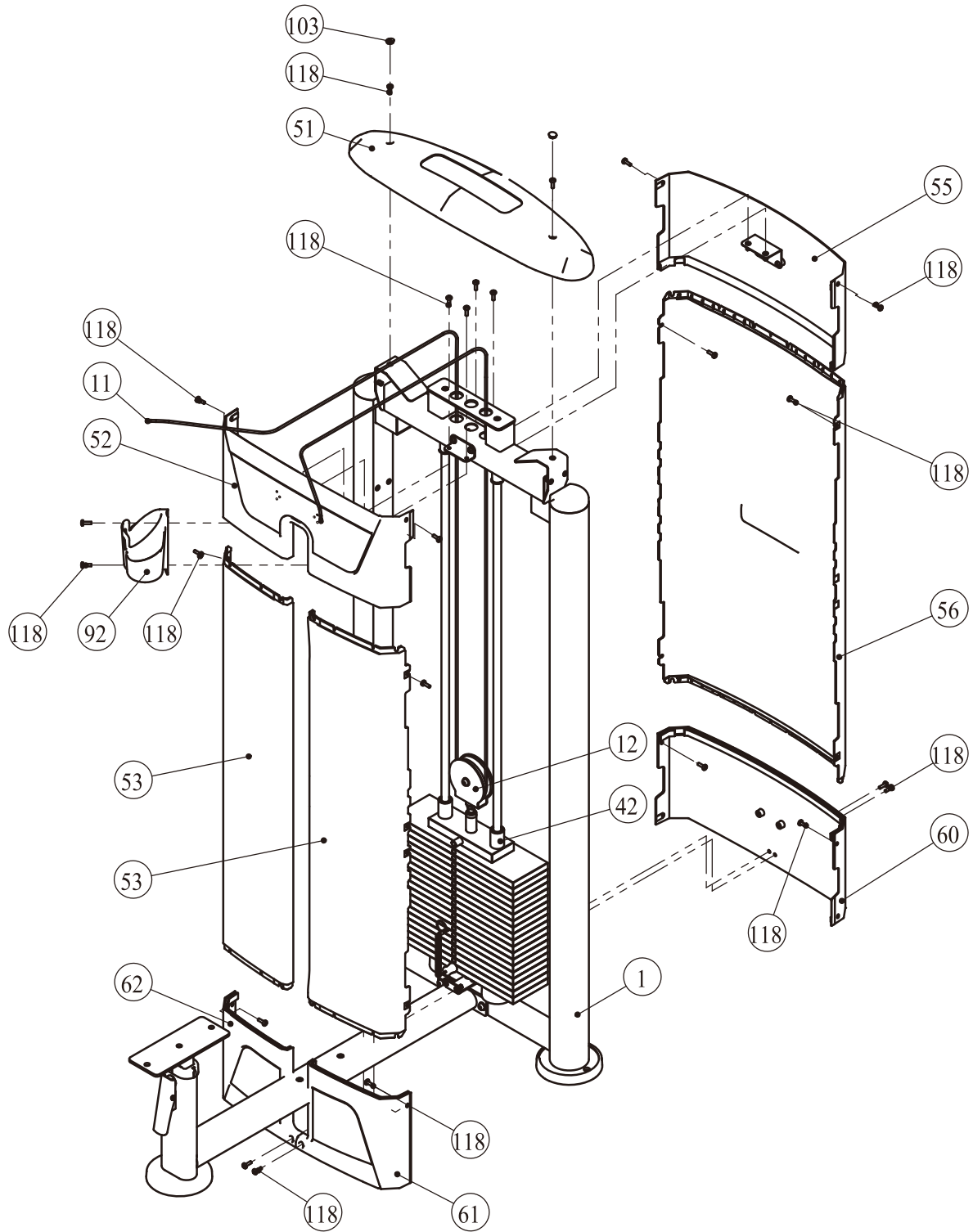
1. Attach the Right Shroud (#61) and the Left Shroud (#62) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#118)
2. Attach two Front Shroud (#53) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#118)
3. Attach the Bottom Rear Shroud (#60) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#118)
4. Attach the Rear Shroud (#56) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#118)
5. Attach the Training Placard Cover (#52) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#118)
6. Attach the Top Rear Shroud (#55) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#118)
7. Attach the Top Cover (#51) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#118)  
two Spout Plug  $\Phi 16.5 \times 6.88$  (#103)
8. Attach the Cup Holder (#92) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#118)

**Note: Wrench tighten bolts.**



# Assembly

## Step 4



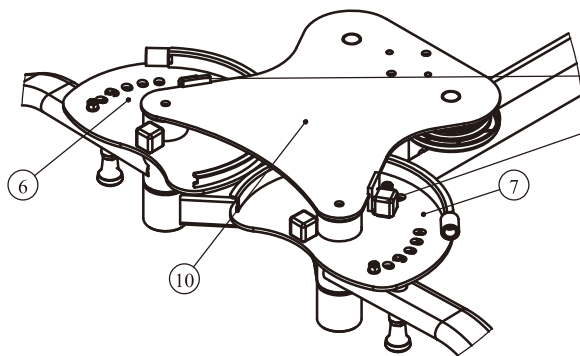
# Assembly

## STEP 5

1. Attach the Upright Frame (#3) to the Bottom Cross Frame ASSY (#2) using:  
two M10\*25 SHCS (#115)                      two Spring Washer  $\Phi$ 10 (#122)  
two  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#121)
2. Attach the Top Cross Frame (#4) to the Weight Stack Frame ASSY (#1) and the Upright Frame (#3) using:  
three M10\*80 SHCS (#112)                      two M10\*25 SHCS (#115)  
eight  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#121) two Spring Washer  $\Phi$ 10 (#122)  
three M10 Nylon Lock Nut (#123)
3. Attach:  
two Adjustable Cross Frame ASSY (#5) one Right Cam ASSY (#6)  
one Left Cam ASSY (#7)                      one Top Connection Frame ASSY (#10)  
four Adjustable Ring (#105)  
to the Top Cross Frame (#4) using:  
six M10\*25 SHCS (#115)                      two Spring Washer  $\Phi$ 10 (#122)  
two  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#121) four Cap  $\Phi$ 60 (#106)  
four Circle Ring  $\Phi$ 62.5\*5 (#107)
4. Attach two 4.5" Pulley (#13), two Pulley Cover (#14) to the Top Cross Frame (#4) using:  
two M10\*55 SHCS (#113)                      two  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#121)  
two M10 Nylon Lock Nut (#123)
5. Attach the Cable (#11) to the Right Cam ASSY (#6) and Left Cam ASSY (#7) using:  
two Aluminium Sheath (#110)  
Attach two Plug (#111) to the Right Cam ASSY (#6) and Left Cam ASSY (#7).

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

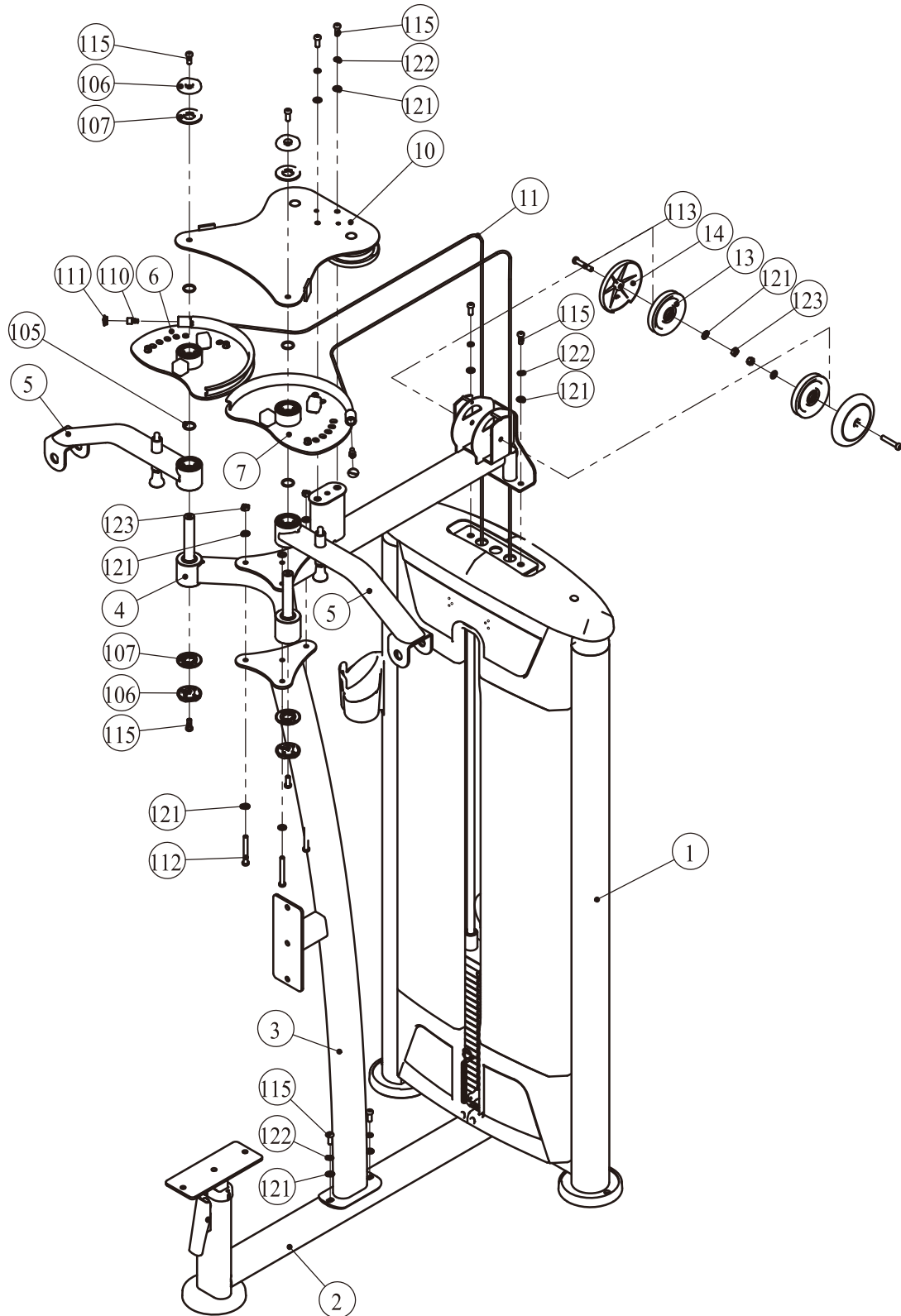
**2. Pay attention to the relative location between the Right Cam ASSY (#6), the Left Cam ASSY (#7) and Top Connection Frame ASSY (#10).**



Pay attention to the relative location between the Right Cam ASSY (#6), the Left Cam ASSY (#7) and Top Connection Frame ASSY (#10).

# Assembly

## STEP 5



# Assembly

## STEP 6

1. Attach the Right Rotary Arm ASSY (#8) and the Left Rotary Arm ASSY (#9) to the Adjustable Cross Frame ASSY (#5) using:

four M10\*25 SHCS (#115)

two Pulley Spacer  $\Phi 20 \times \Phi 10.5 \times 14$  (#109)

two Plug Bumper  $\Phi 63.5 \times 23$  (#108)

two Pivot Axle (#16)

two Cap  $\Phi 60$  (#106)

two Circle Ring  $\Phi 62.5 \times 5$  (#107)

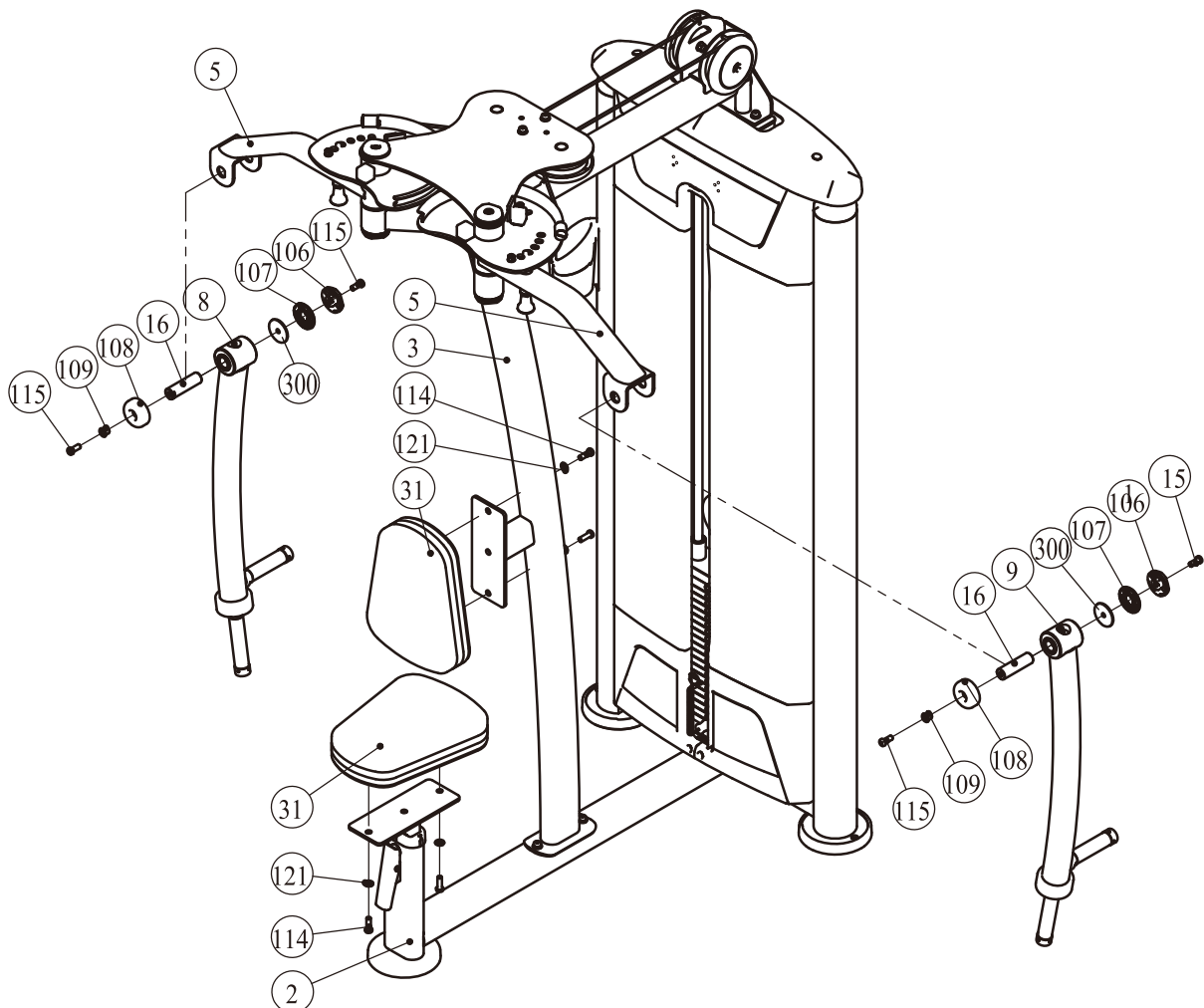
two Big Washer  $\Phi 62 \times \Phi 10.5 \times 3$  (#300)

2. Attach two Seat Pad (#31) to the Bottom Cross Frame ASSY (#2) and the Upright Frame (#3) using:

four M10\*30 SHCS (#114)

four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#121)

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



# Adjust Instructions

## The Seat Pad adjustment

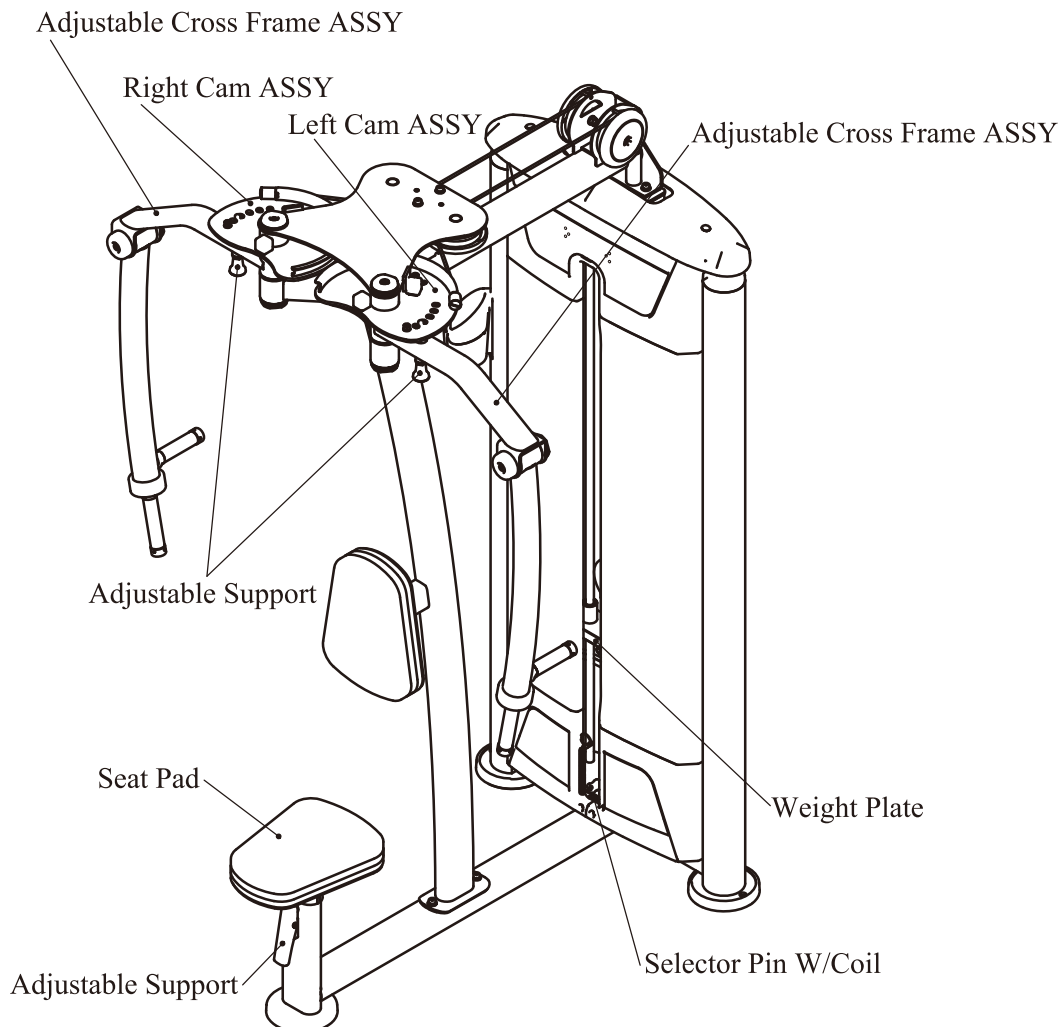
1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The Use Position adjustment

1. Pull the Adjustable Support and adjust the two Adjustable Cross Frame ASSY to the desired position.
2. Make sure the pin gets into the hole completely.

## The use of Selector Pin W/Coil

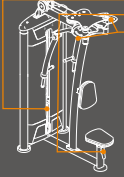
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.




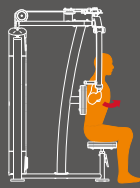
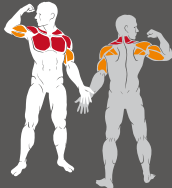


# Exercise Instructions

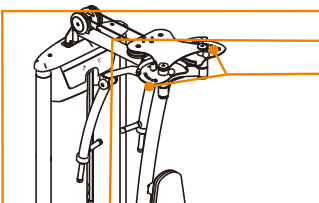
## PEC FLY/REAR DELT



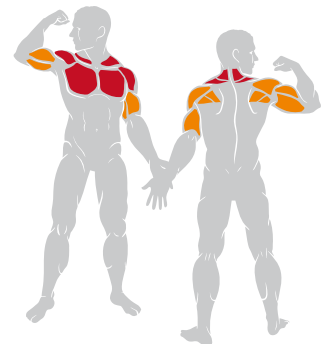
1. Select the appropriate weight.
2. Adjust seat pad for desired position.
3. **Chest fly:** Select desired position, back to machine, hold bar and open arms to two sides, slowly move forward.  
**Reverse fly:** Adjust arm frame toward back position, face to machine and hold bar, and slowly open arms until almost parallel to chest.
4. Slowly return to the starting position.



Chest fly      Reverse fly

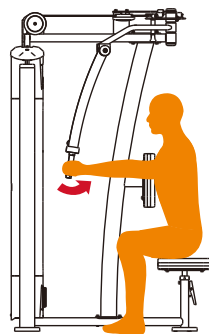
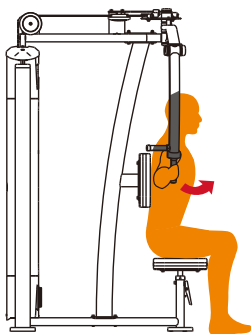


1. Select the appropriate weight.
2. Adjust seat pad for desired position.
3. **Chest fly:** Select desired position, back to machine, hold bar and open arms to two sides, slowly move forward.  
**Reverse fly:** Adjust arm frame toward back position, face to machine and hold bar, and slowly open arms until almost parallel to chest.
4. Slowly return to the starting position.



Chest fly

Reverse fly



# 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.

