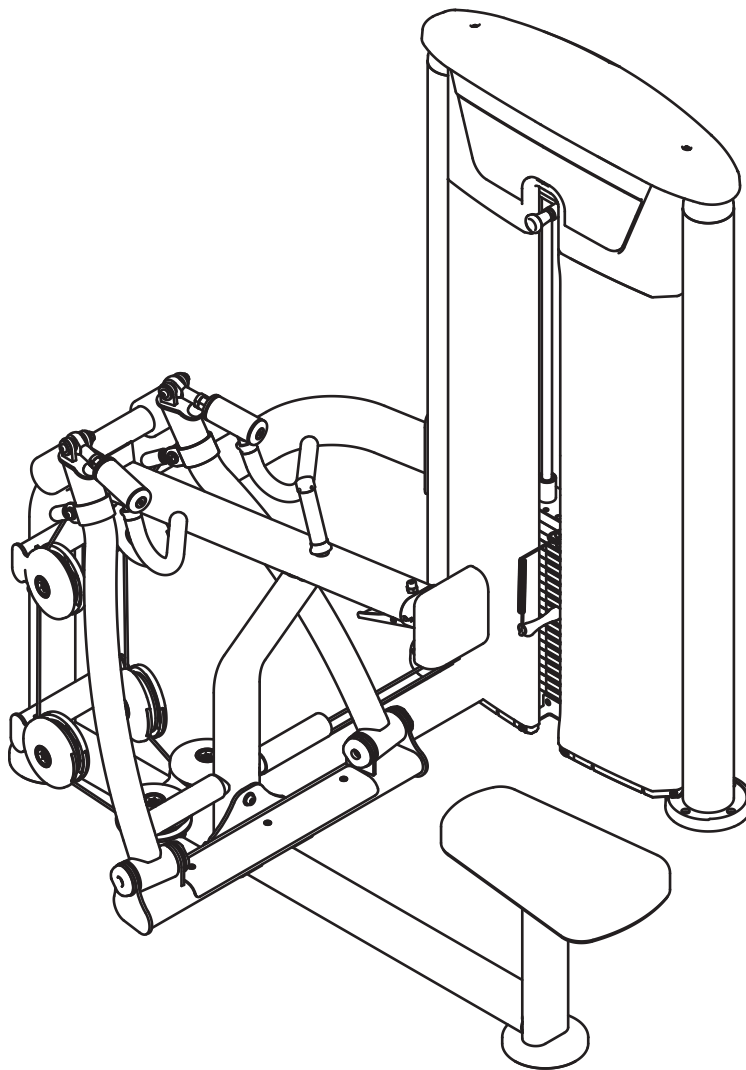




7005-G2

VERTICAL ROW

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.

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	18
Assembly Instructions-----	19
Assembly-----	20
Adjust Instructions-----	32
Exercise Instructions-----	33
Maintenance Schedule-----	34
General Maintenance Information-----	35
Weight Training Tips-----	36

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.

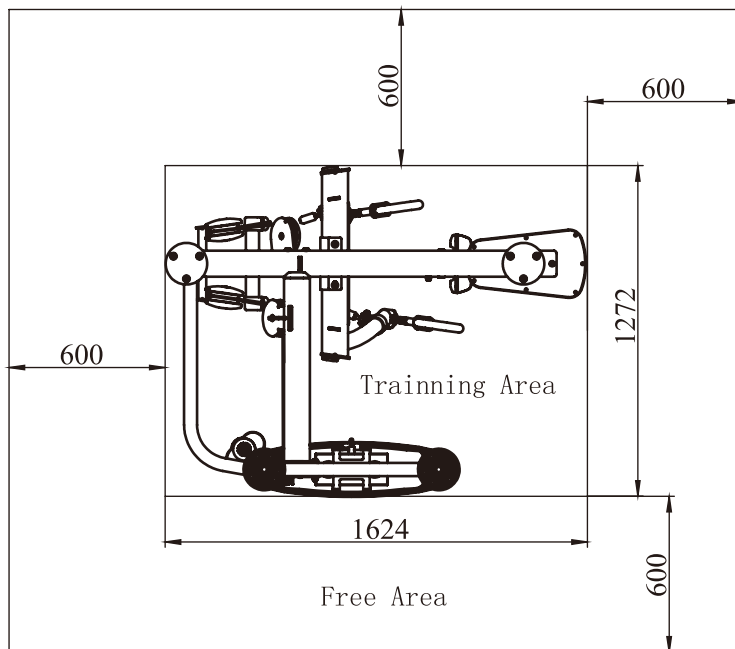
Important Safety Instructions

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: 1624*1272mm

Product Total Mass: 126.5kg/ 279lbs

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	IT951901ASSY	Weight Stack Frame ASSY	1
2	2	IT951902ASSY	Main Frame ASSY	1
3	3	IT951903ASSY	Bottom Frame Brace	1
4	4	IT951904ASSY	Left Arm Frame ASSY	1
5	5	IT951905ASSY	Right Arm Frame ASSY	1
6	6	IT951906ASSY	Handle Frame ASSY	2
7	7	IT951908ASSY	Middle Connection Frame ASSY	1
8	8	IT95050300	Rear Connection Frame	1
9	9	IT95191300	Spindle	2
10	10	IT95191400	Seat Pad	1
11	11	IT95191500	Cable 1 ASSY	1
12	12	IT95191600	Cable 2 ASSY	1
13	13	IT95082100	Single Pulley Bracket	1
14	14	IT95016000	Plastic Cover	2
15	15	IT951910ASSY	Chest Pad ASSY	1
16	16	SG500110400V5	4.5" Pulley	6
17	17	SD1000B3000ASSY	Adjustable Foot Plate	2
18	18	IT801210300P11C	Cup Holder	1
19	19	IT950121ASSY	Top Bracket ASSY	1
20	20	IT950122ASSY	Bottom Bracket ASSY	2
21	21	IT95012300	Rear Bracket	1
22	22	IT95014200	Top Plate	1
23	23	IT95014400	Guide Rod ϕ 19*1242	2
24	24	IT95015100	Top Cover	1
25	25	IT95015200	Training Placard Cover	1
26	26	IT95015500	Top Rear Shroud	1
27	27	IT95015300	Front Shroud	1
28	28	IT95055400	Left Front Shroud	1
29	29	IT95015600	Rear Shroud	1

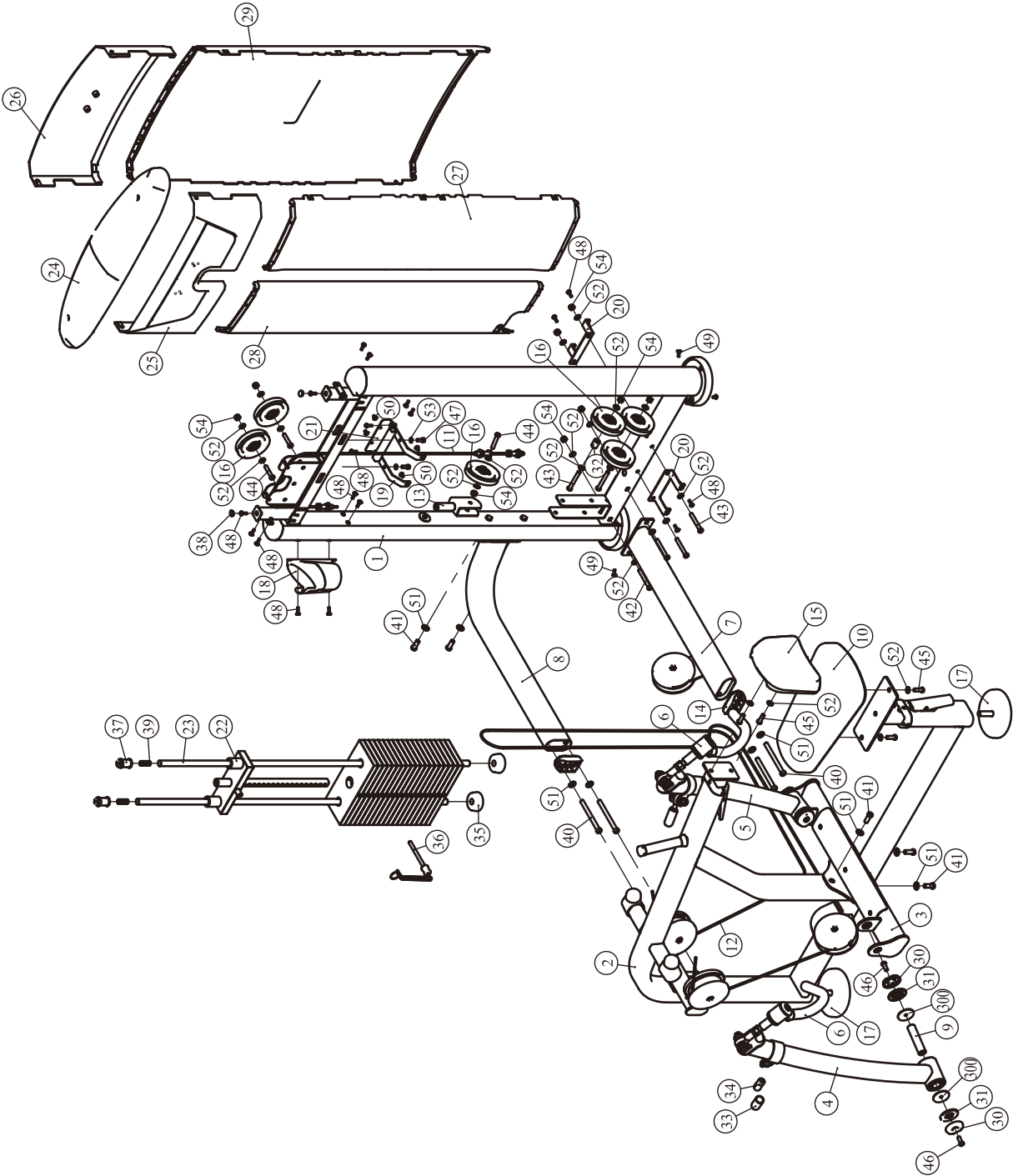
Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
30	30	FE9721 1900	Cap ϕ 60	4
31	31	FE9721 2000	Circle Ring ϕ 62.5*5	4
32	32	FE97193400	Pulley Spacer	1
33	33	FE9701 13100	Cable Connector Jacket	2
34	34	FE9701 13200	Cable Connector	2
35	35	IT80023000	Weight Rubber Bumper	2
36	36	IT90012000V1	Selector Pin W/Coil	1
37	37	IT95016100	Guide Rod Fixing Sleeve ϕ 25* ϕ 19*45	2
38	38	IT95016500	Spout Plug ϕ 16.5*6.88	2
39	39	HFOPT900-04A0602	Spring	2
40	40	GB70BTM12*135DN18	Socket Head Cap Screw M12*135	4
41	41	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	5
42	42	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
43	43	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	4
44	44	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	3
45	45	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
46	46	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	4
47	47	GB70M8*20N19	Socket Head Cap Screw M8*20	2
48	48	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
49	49	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
50	50	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
51	51	GB9512DN2	Flat Washer ϕ 13* ϕ 24*2.5	9
52	52	GB9510DN2	Flat Washer ϕ 11* ϕ 20*2	22
53	53	GB958DN2	Flat Washer ϕ 9* ϕ 16*1.6	2
54	54	NM10DN2	Nylon Lock Nut M10	9
55	55	NBS6DHS	Hex Key S=6	1
56	56	NBS8DHS	Hex Key S=8	1
57	57	LW200BS	Wrench ϕ 6*117	1
58	58	YHY	Lube	1
59	300	IF93062200	Big Washer ϕ 62* ϕ 10.5*3	4

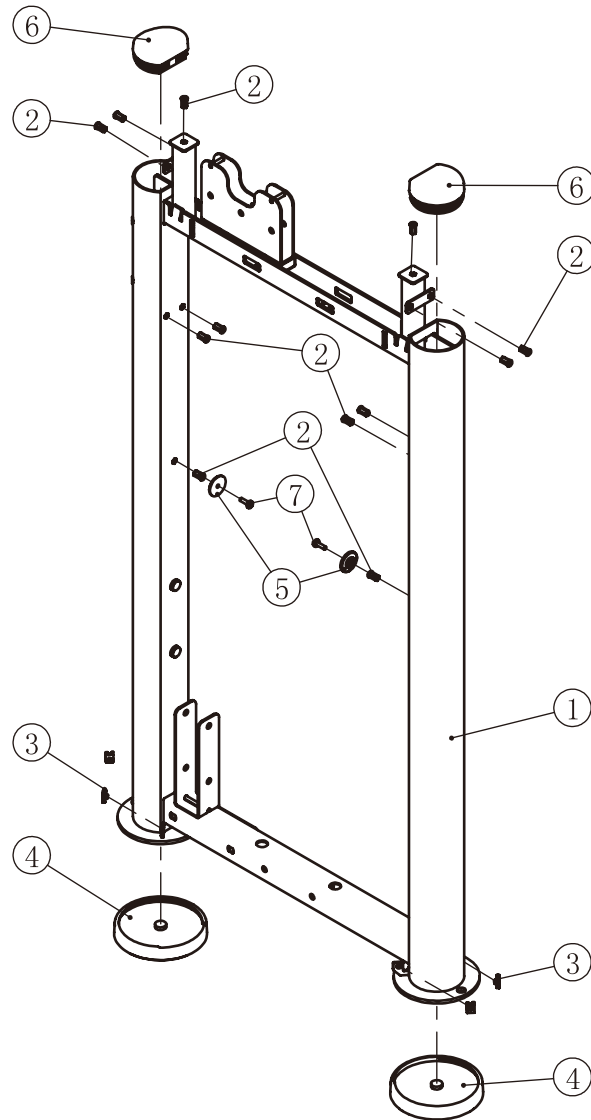
Exploded View and Parts List

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 ϕ 95*81.1	2
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

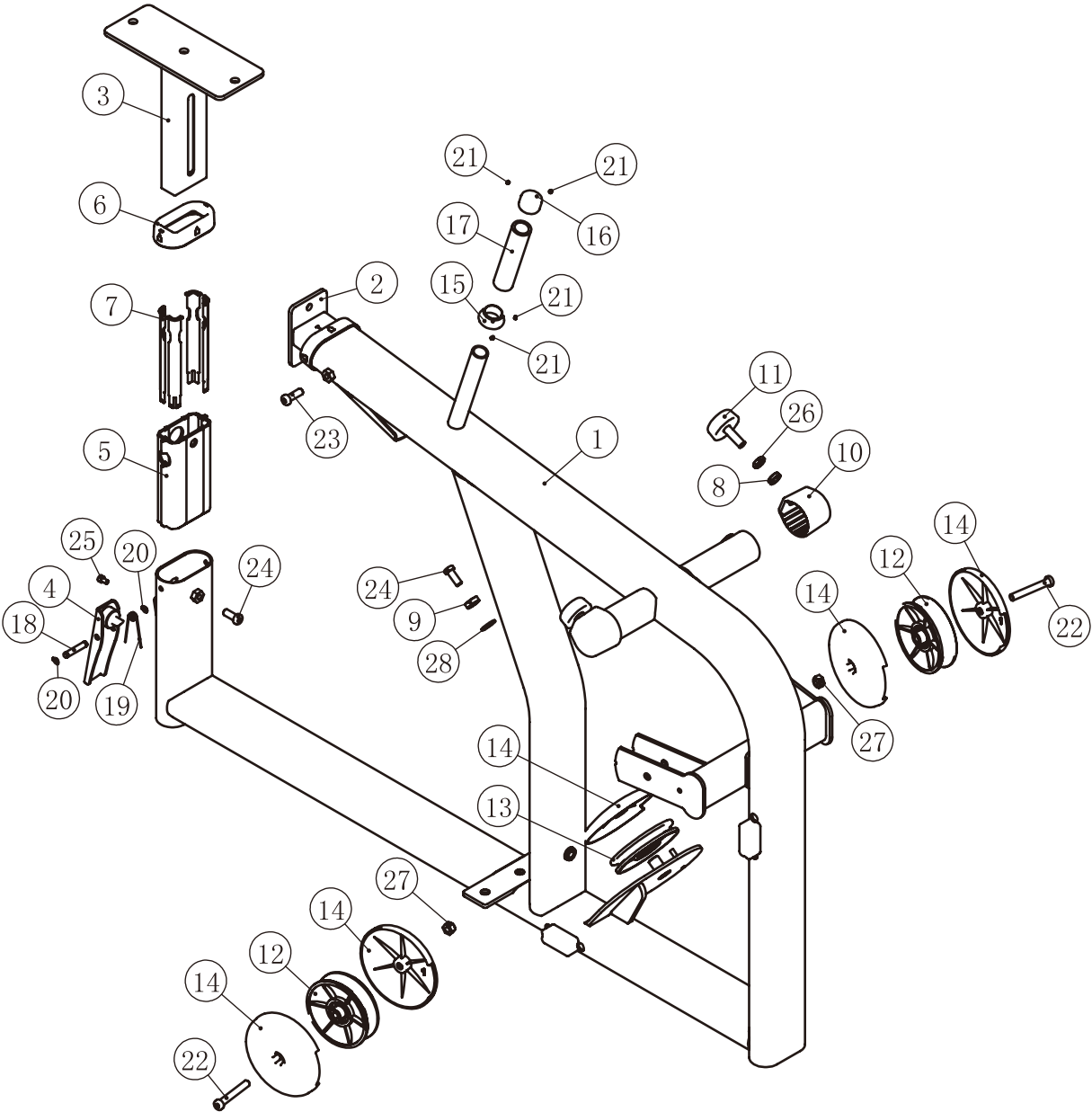
Exploded View and Parts List

Main Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95190200	Main Frame	1
2	2.2	IT95190700	Chest Pad Support	1
3	2.3	IT95120900	Seat Pad Support	1
4	2.4	IT95014500	Adjustable Support	2
5	2.5	IT95014300	Aluminum Tube Guide	2
6	2.6	IT95016200	Plastic Tube Plug	2
7	2.7	IT95016300	Plastic Corner Tube Glide	8
8	2.8	IT95121400	Bushing ϕ 20* ϕ 14*6	2
9	2.9	FE97122100	Bushing ϕ 22* ϕ 17.5*7.5	1
10	2.10	IT95122100	Plastic Plug	2
11	2.11	IT95122200	Urethane Bumper	2
12	2.12	PL90101200	V-type Pulley	2
13	2.13	IT95057800	4.5" Pulley	1
14	2.14	IT95016400	Pulley Cover	5
15	2.15	IT90102200	Aluminum Grip Cap	1
16	2.16	V39600	Aluminum Grip Ring	1
17	2.17	026-01PL0206-12	Grip	1
18	2.18	CWRVL0012200	Roll Pin	2
19	2.19	AXT3S5500	Torsional Spring	2
20	2.20	GB894.18FH12	Circlips For Shaft ϕ 8	4
21	2.21	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4
22	2.22	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	2
23	2.23	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	1
24	2.24	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
25	2.25	GB70M6*10N19	Socket Head Cap Screw M6*10	2
26	2.26	GB6172.1M12DN2	Hexagon Thin Nut M12	2
27	2.27	NM10DN2	Nylon Lock Nut M10	2
28	2.28	DQ10N19B	Flat Washer ϕ 11* ϕ 25*2	1

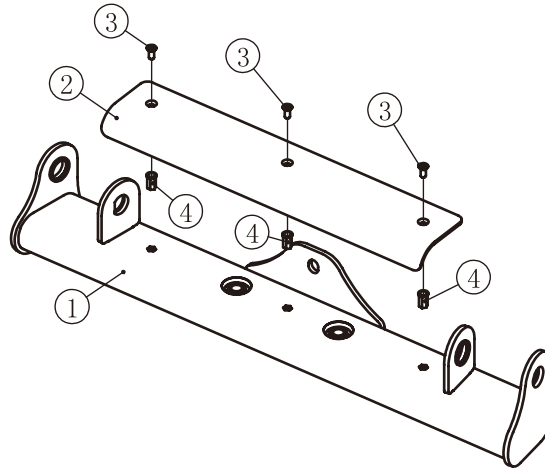
Exploded View and Parts List

Main Frame ASSY



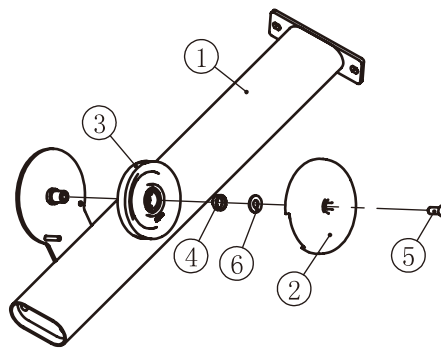
Exploded View and Parts List

Bottom Frame Brace



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	IT95190300	Bottom Frame	1
2	3.2	IT95191000	Foot Plate	1
3	3.3	CNLM6*15N19	Flat Head Cap Screw M6*15	3
4	3.4	GB17880.5M6*16.5DS17	Rivet Nut M6	3

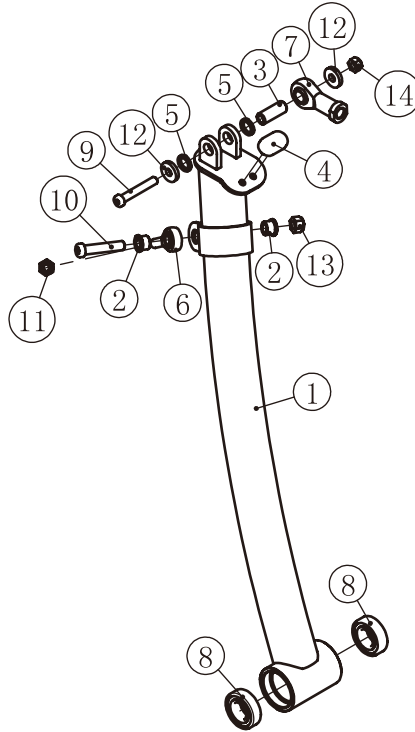
Middle Connection Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	IT95190800	Middle Connection Frame	1
2	7.2	IT95016400	Pulley Cover	1
3	7.3	IT95057800	4.5" Pulley	1
4	7.4	FE97122100	Bushing $\phi 22 * \phi 17.5 * 7.5$	1
5	7.5	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
6	7.6	DQ10N19B	Flat Washer $\phi 11 * \phi 25 * 2$	1

Exploded View and Parts List

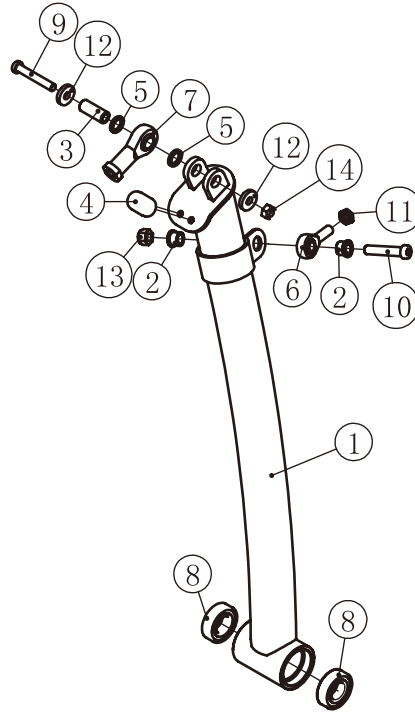
Left Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	IT95190400	Left Arm Frame Sub Assembly	1
2	4.2	IT95121300	Spacer Bushing $\phi 22^* \phi 12.2^*14$	2
3	4.3	L290PB2600	Hollow Shaft	1
4	4.4	BG10004600V1	Bumper	1
5	4.5	IT90194100	Flat Washer $\phi 23^* \phi 16.4^*3$	2
6	4.6	SA12T_K	Joint Bearing M12	1
7	4.7	SIBJK16S	Joint Bearing M16	1
8	4.8	GB2766205-2ZNBK	Deep Groove Ball Bearing $\phi 25^* \phi 52^*15$	2
9	4.9	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
10	4.10	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
11	4.11	GB6172.1M12DN2	Hex Thin Nut M12	1
12	4.12	DQ10DG2E	Flat Washer $\phi 28^* \phi 10.5^*5$	2
13	4.13	NM12DN2	Nylon Lock Nut M12	1
14	4.14	NM10DN2	Nylon Lock Nut M10	1

Exploded View and Parts List

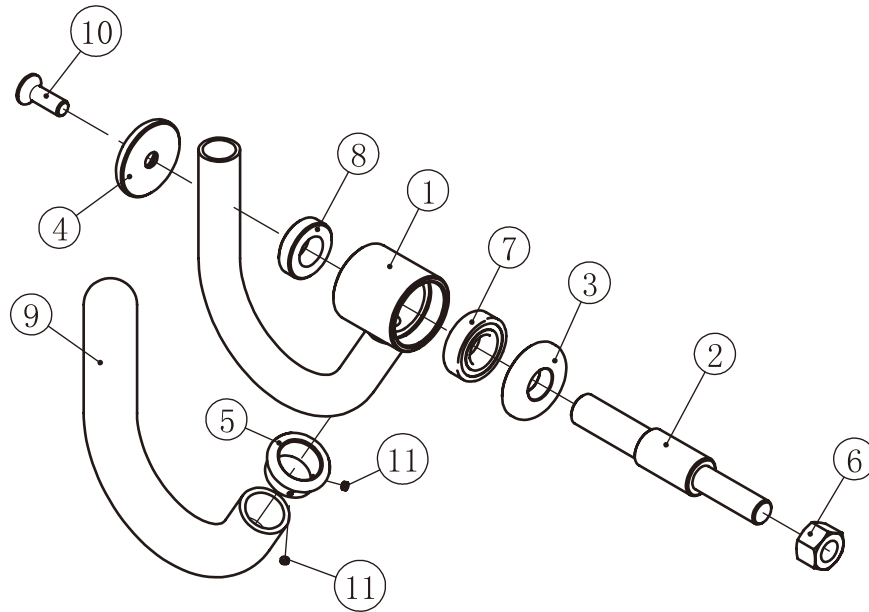
Right Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95190500	Right Arm Frame Sub Assembly	1
2	5.2	IT95121300	Spacer Bushing $\phi 22 * \phi 12.2 * 14$	2
3	5.3	L290PB2600	Hollow Shaft	1
4	5.4	BG10004600V1	Bumper	1
5	5.5	IT90194100	Flat Washer $\phi 23 * \phi 16.4 * 3$	2
6	5.6	SA12T_K	Joint Bearing M12	1
7	5.7	SIBJK16S	Joint Bearing M16	1
8	5.8	GB2766205-2ZNBK	Deep Groove Ball Bearing $\phi 25 * \phi 52 * 15$	2
9	5.9	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
10	5.10	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
11	5.11	GB6172.1M12DN2	Hex Thin Nut M12	1
12	5.12	DQ10DG2E	Flat Washer $\phi 28 * \phi 10.5 * 5$	2
13	5.13	NM12DN2	Nylon Lock Nut M12	1
14	5.14	NM10DN2	Nylon Lock Nut M10	1

Exploded View and Parts List

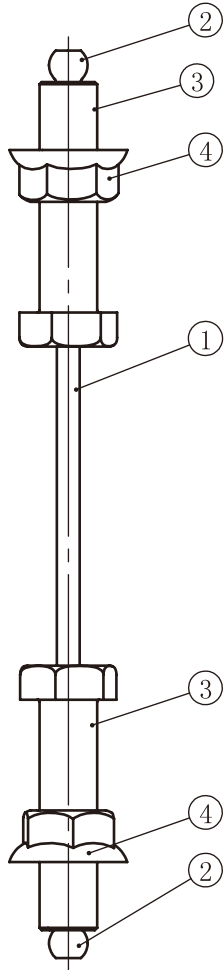
Handle Frame ASSY



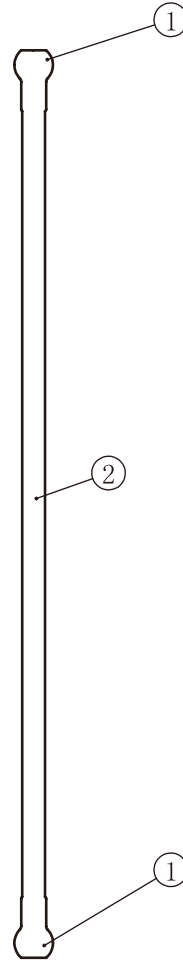
ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	L290PB0600	Handle Frame	1
2	6.2	IT95191100	Thread Spindle	1
3	6.3	IT95191200	Aluminum End $\phi 50*11$	1
4	6.4	IN-S51102100	Aluminum End $\phi 50*8$	1
5	6.5	IT90102200	Aluminum Grip Cap	1
6	6.6	GB41M16N19	Hex Nut M12	1
7	6.7	GB2766004-2Z	Bearing $\phi 40* \phi 20*15$	1
8	6.8	GB29732904	Bearing $\phi 37* \phi 20*12$	1
9	6.9	P8A2800	Grip	1
10	6.10	CNLM10*30*30DN20	Flat Head Cap Screw M10*30	1
11	6.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

Exploded View and Parts List

Cable1 ASSY



Cable2 ASSY



Cable1 ASSY

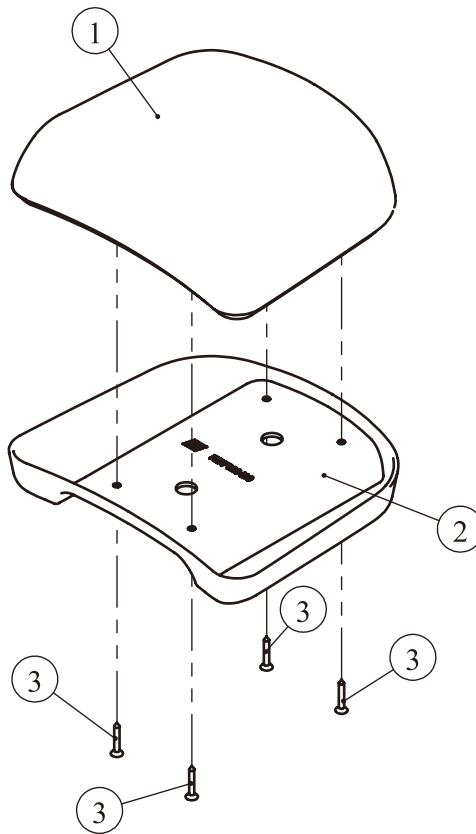
ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	IT95191501	Cable1	1
2	11.2	L1-3102	Screw1/2"-13*50.8	2
3	11.3	HF900-03A1002	Hex Flange Nut	2
4	11.4	M01002100	Terminal Block	2

Cable2 ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	IT95191601	Cable1	1
2	12.2	M01002100	Terminal Block	2

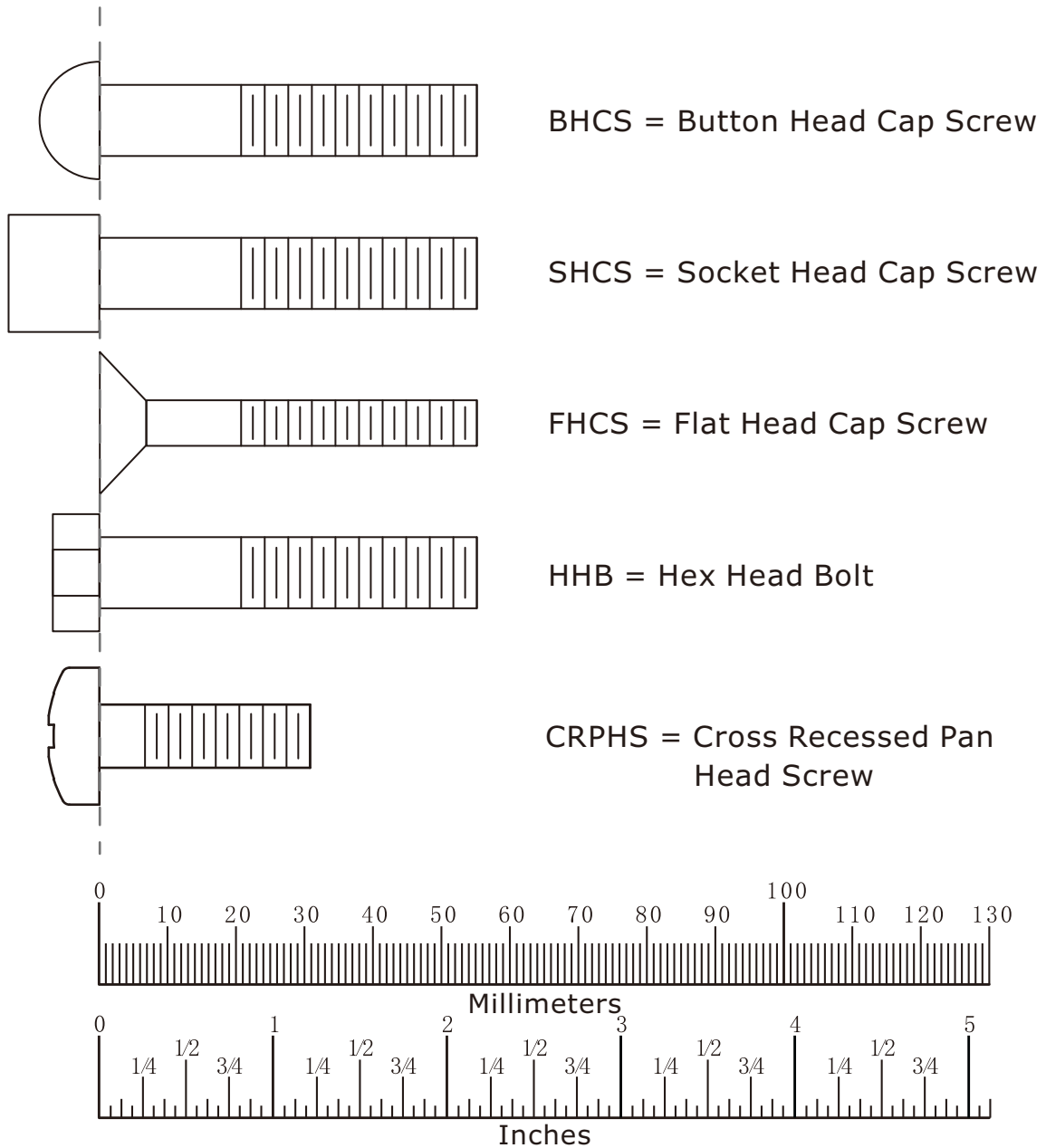
Exploded View and Parts List

Chest Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	IT95191800	Head Pad	1
2	15.2	FE97123400	Head Pad Cover	1
3	15.3	GB846ST3.5*25DN	Cross Recessed Countersunk Head Tapping Screw ST3.5*25	4

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

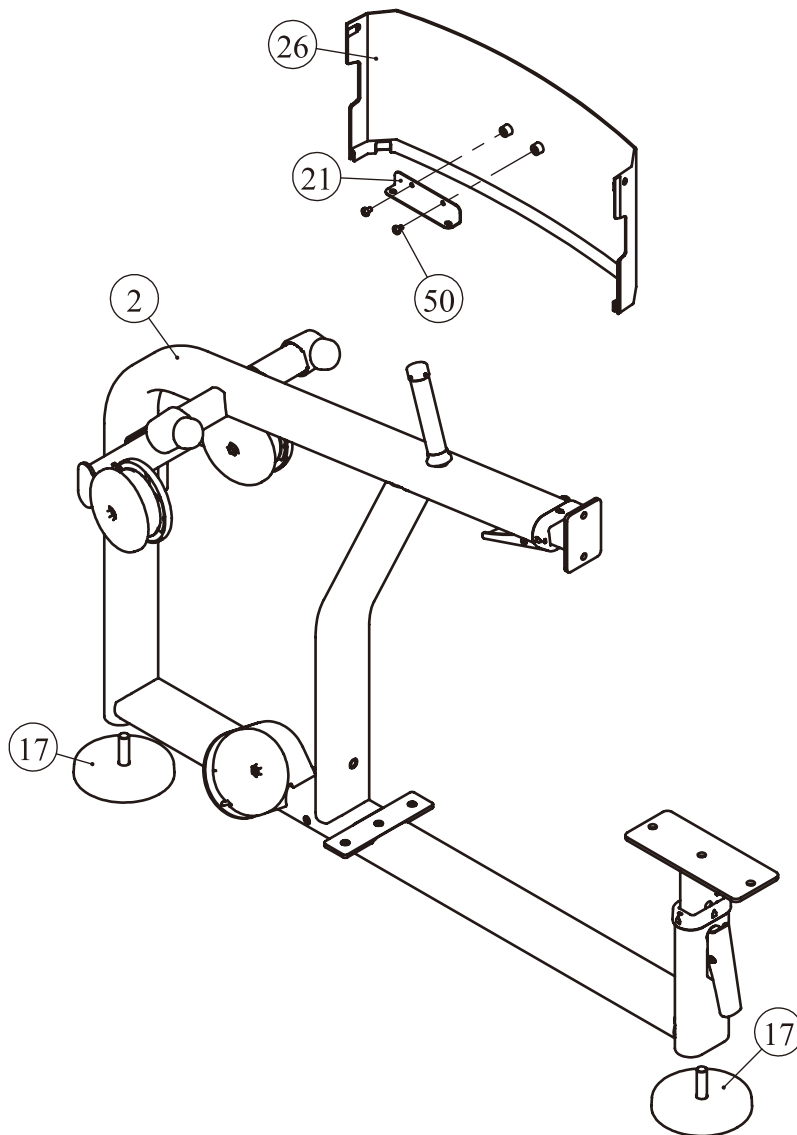
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach two Adjustable Foot Plates (#11) to the Main Frame ASSY (#2).
2. Attach the Rear Bracket (#21) to the Top Rear Shroud (#26) using:
two M6*10 CRPHS (#50)

Note: Wrench Tighten Bolts.



Assembly

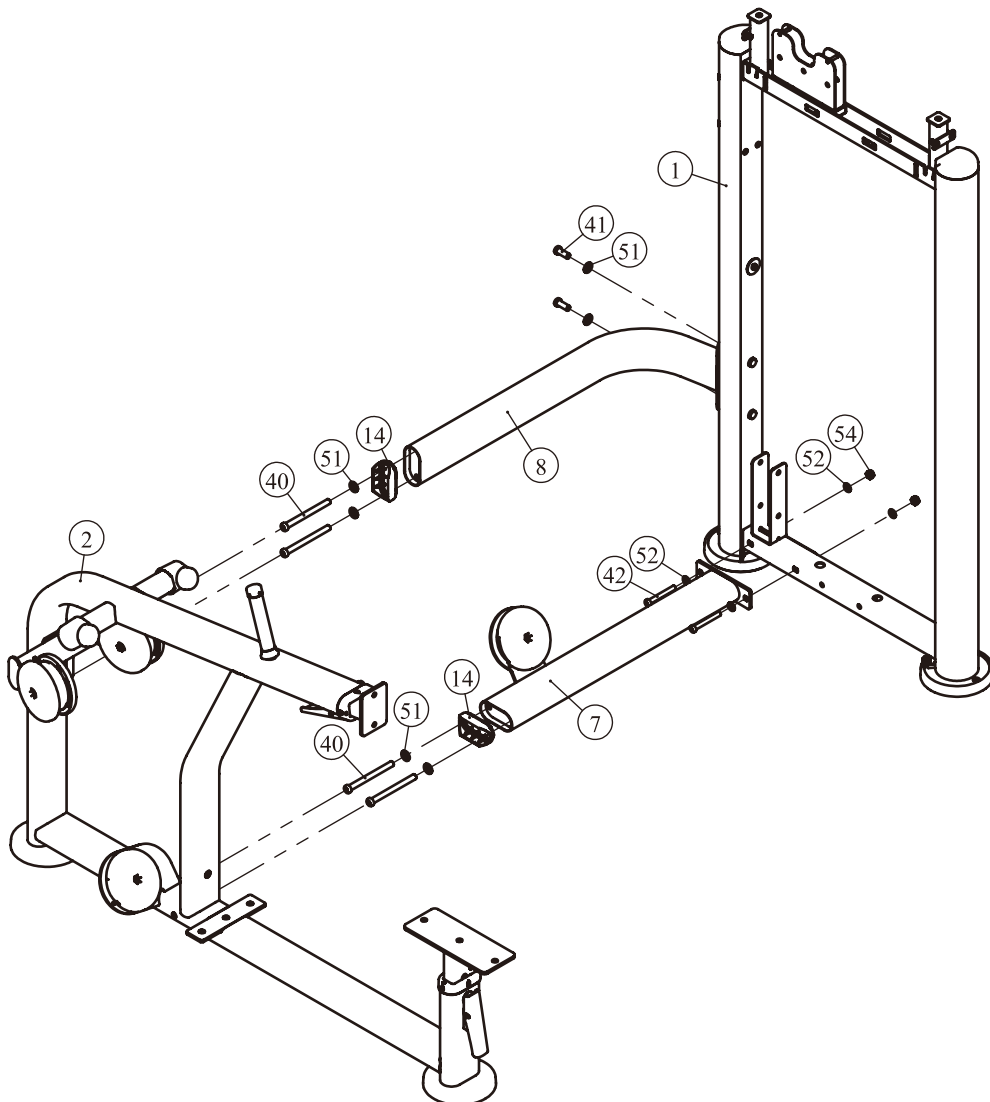
STEP 2

Attach the Rear Connection Frame (#8) and the Middle Connection Frame ASSY (#7) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#2) using:

- two Plastic Cover (#14)
- four M12*135 SHCS (#40)
- two M12*30 SHCS (#41)
- two M10*80 SHCS (#42)
- two M10 Nylon Lock Nut (#54)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#52)
- six $\Phi 13*\Phi 24*2.5$ Flat Washer (#51)

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

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



Assembly

STEP 3

1. Attach three 4.5" Pulleys (#16) to the Weight Stack Frame ASSY (#1) using:
 - two M10*75 SHCS (#43)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#52)
 - one Pulley Spacer (#32)
 - two M10 Nylon Lock Nut (#54)
2. Attach the Top Bracket ASSY (#19) and two Bottom Bracket ASSY (#20) to the Weight Stack Frame ASSY (#1) using:
 - two M8*20 SHCS (#47)
 - two $\Phi 9*\Phi 16*1.6$ Flat Washer (#53)
 - two M10*75 SHCS (#43)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#52)
 - two M10 Nylon Lock Nut (#54)
3. Attach Bottom Frame Brace (#3) to the Main Frame ASSY (#2) using:
 - three M12*30 SHCS (#41)
 - three $\Phi 13*\Phi 24*2.5$ Flat Washer (#51)
4. Attach the Left Arm Frame ASSY (#4), the Right Arm Frame ASSY (#5) to the Bottom Frame Brace (#3) using:
 - two Spindles (#9)
 - four Cap $\Phi 60$ (#30)
 - four Circle Ring $\Phi 62.5*5$ (#31)
 - four M10*25 SHCS (#46)
 - four Big Washer $\Phi 62*\Phi 10.5*3$ (#300)
5. Attach two Handle Frame ASSY (#6) to the Left Arm Frame ASSY (#4), the Right Arm Frame ASSY (#5).

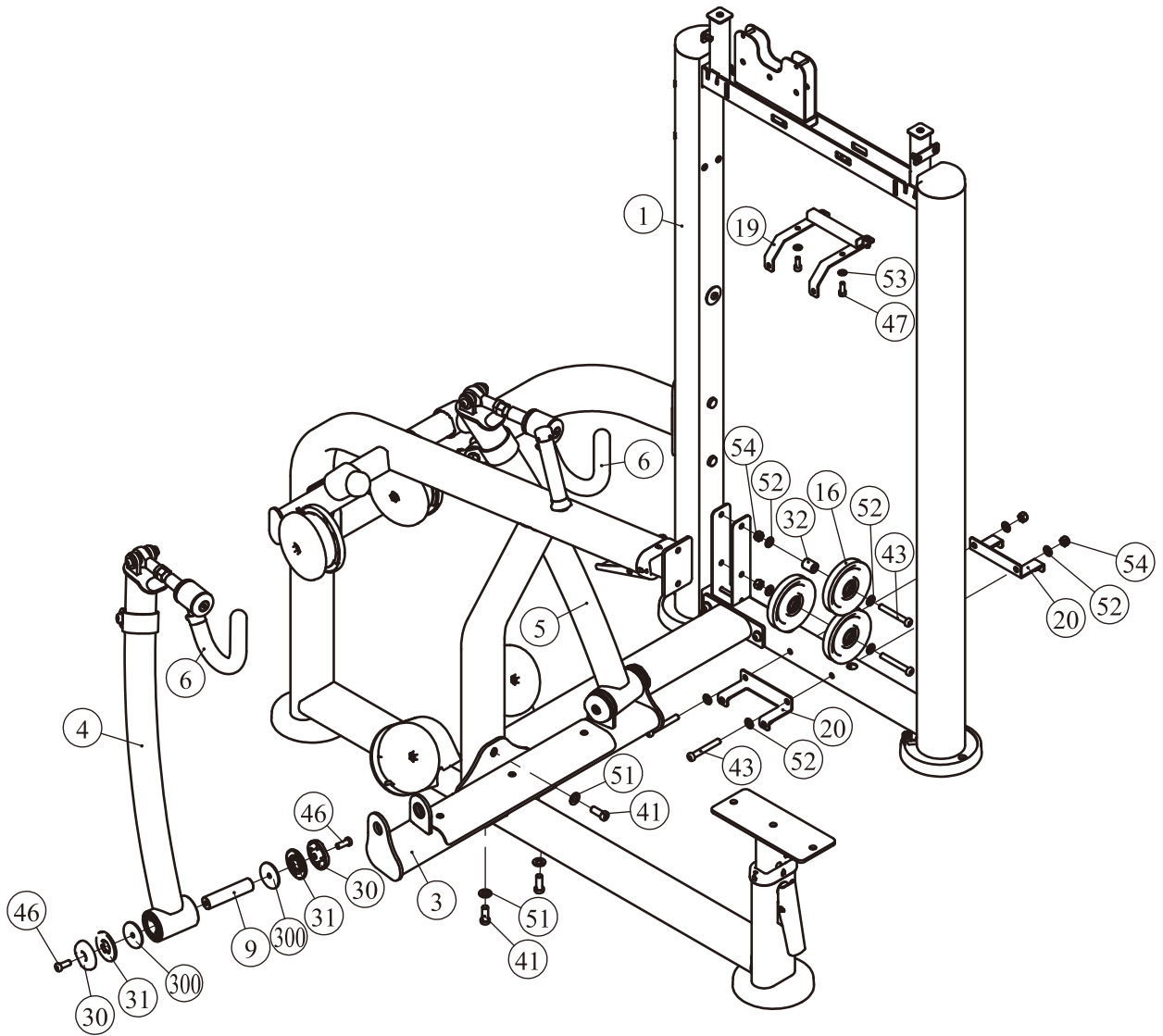
Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.

2. The Handle Frame ASSY (#6) Is Twisted Into The Depth Of 15mm.

3. Adjust the two Urethane Bumper on the Main Frame ASSY (#2), to make sure the two handle bars of the Left Arm Frame ASSY (#4) and Right Arm Frame ASSY (#5) on the same height.

Assembly

STEP 3



Assembly

STEP 4

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

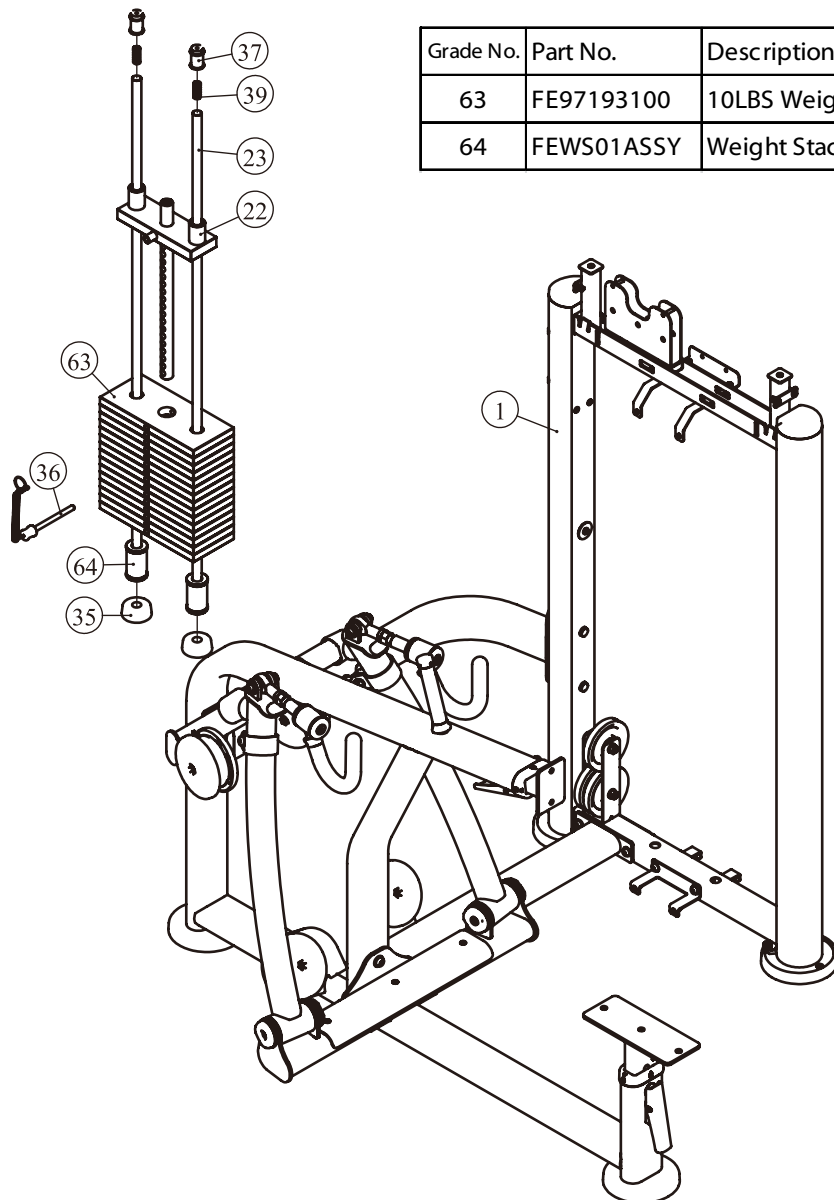
1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#23)
- two Weight Rubber Bumper (#35)
- fifteen Weight Plate 10LBS (#63)
- two weight stack space (#64)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#37)
- two Spring (#39)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



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

Assembly

STEP 4

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

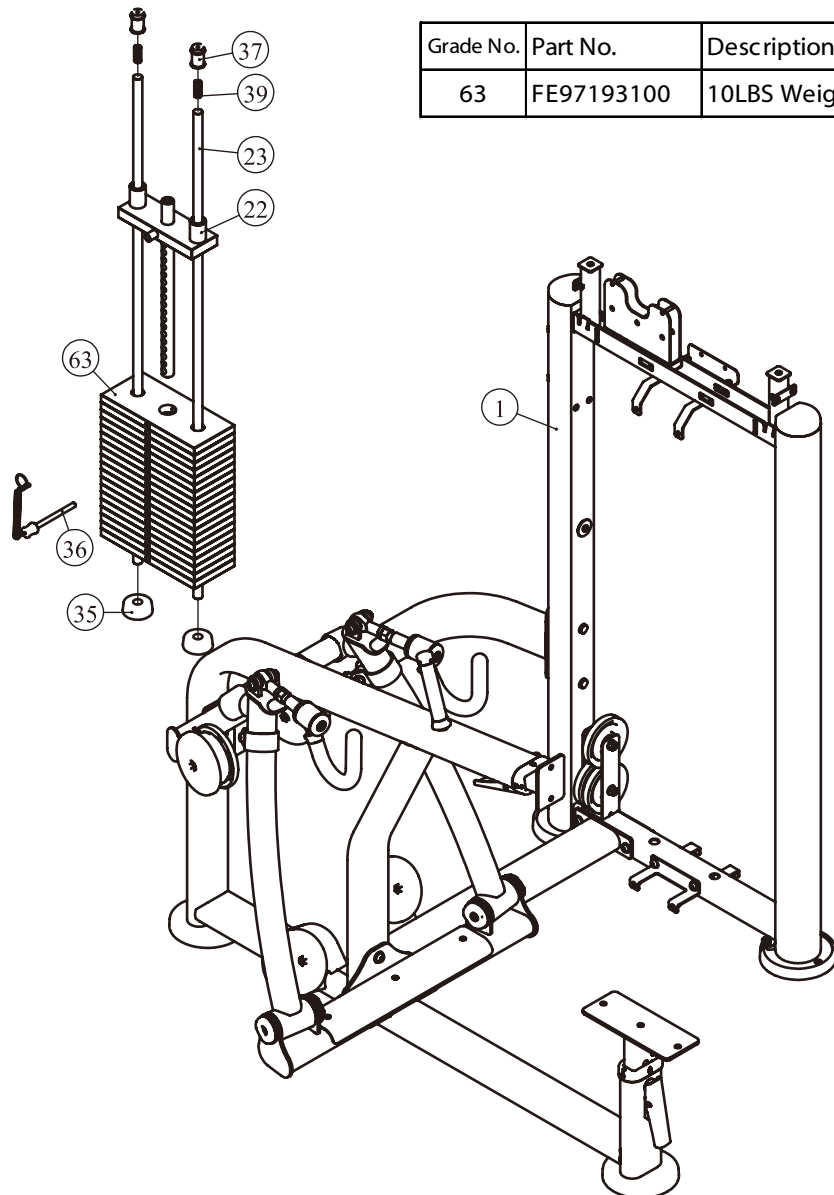
1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#23)
- two Weight Rubber Bumper (#35)
- nineteen Weight Plate 10LBS (#63)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#37)
- two Spring (#39)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



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

Assembly

STEP 4

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

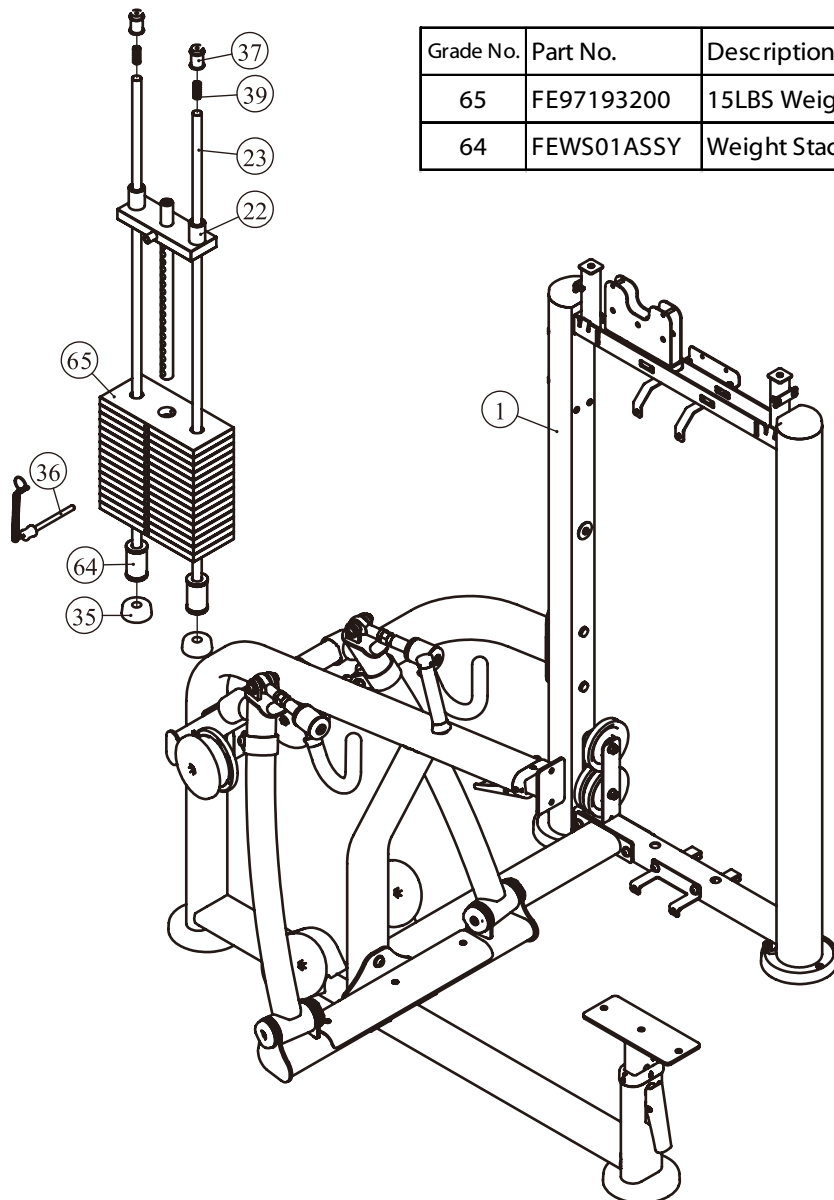
1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#23)
- two Weight Rubber Bumper (#35)
- fifteen Weight Plate 15LBS (#65)
- two weight stack space (#64)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#37)
- two Spring (#39)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



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

Assembly

STEP 4

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

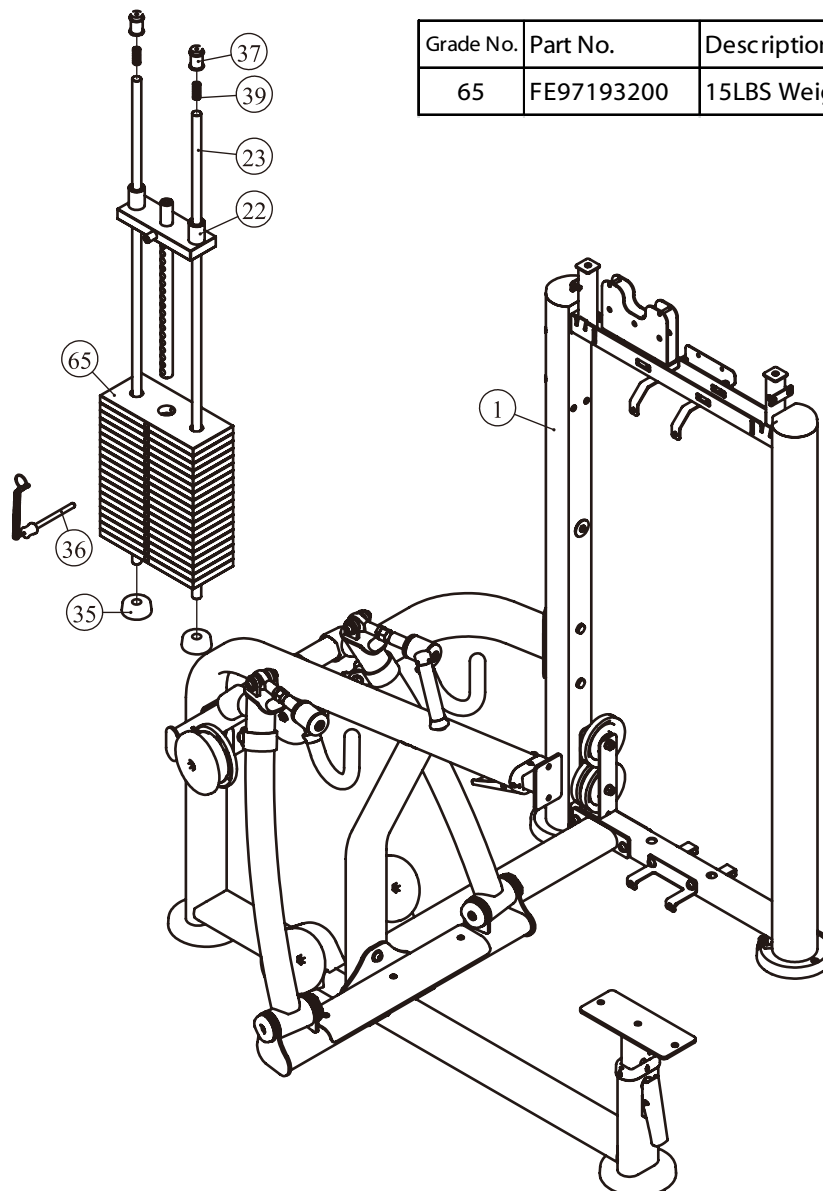
1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#23)
- two Weight Rubber Bumper (#35)
- nineteen Weight Plate 15LBS (#65)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#37)
- two Spring (#39)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).

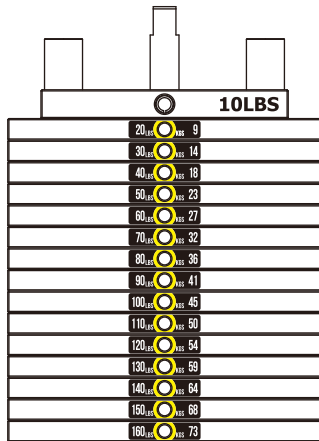


Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	19

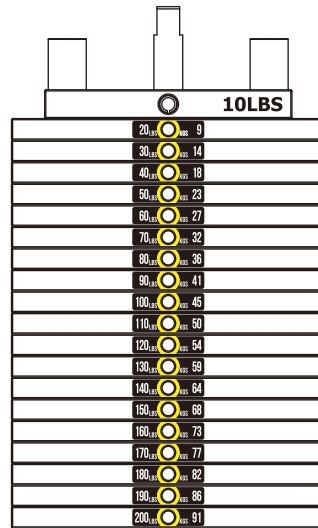
Assembly

All weight plate sticker paste schematic diagram

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

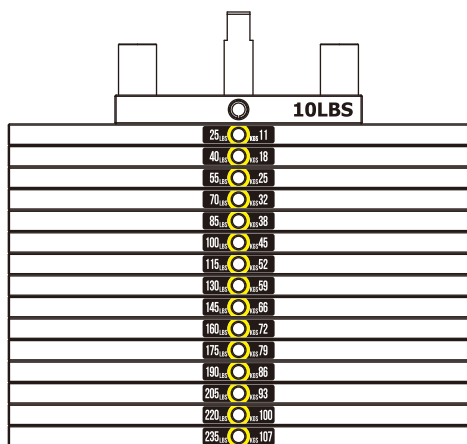


20-160LBS

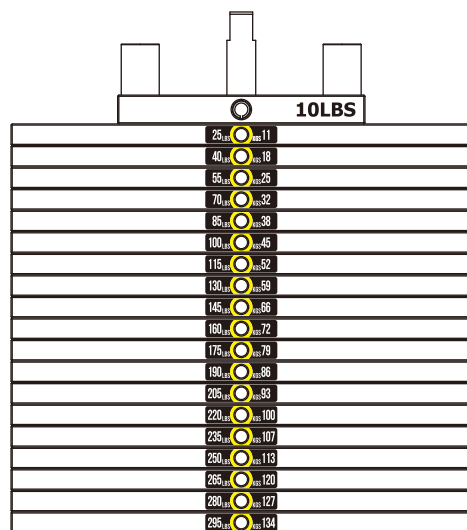


20-200LBS

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



25-235LBS



25-295LBS

Assembly

STEP 5

1. Attach two 4.5" Pulleys (#16) to the Weight Stack Frame ASSY (#1) using:
two M10*50 SHCS (#44) four $\Phi 11*\Phi 20*2$ Flat Washer (#52)
two M10 Nylon Lock Nut (#54)
2. Attach one 4.5" Pulleys (#14) to the Single Pulley Bracket (#13) using:
one M10*50 SHCS (#44) two $\Phi 11*\Phi 20*2$ Flat Washer (#52)
one M10 Nylon Lock Nut (#54)
3. Attach the two ends of the Cable 1 ASSY (#11) to the Single Pulley Bracket (#13) and the Top Plate (#22).
4. Make the Cable 2 ASSY (#12) through the 4.5" Pulleys on Single Pulley Bracket (#13), the 4.5" Pulleys on the Middle Connection Frame ASSY (#7), the 4.5" Pulleys on Main Frame ASSY (#2), Then attach to the Left Arm Frame ASSY (#4) and the Right Arm Frame ASSY (#5) using:
two Cable Connector (#34) two Cable Connector Jacket (#33)

Note: Wrench tighten bolts and Nylon Lock Nuts.

Step 6

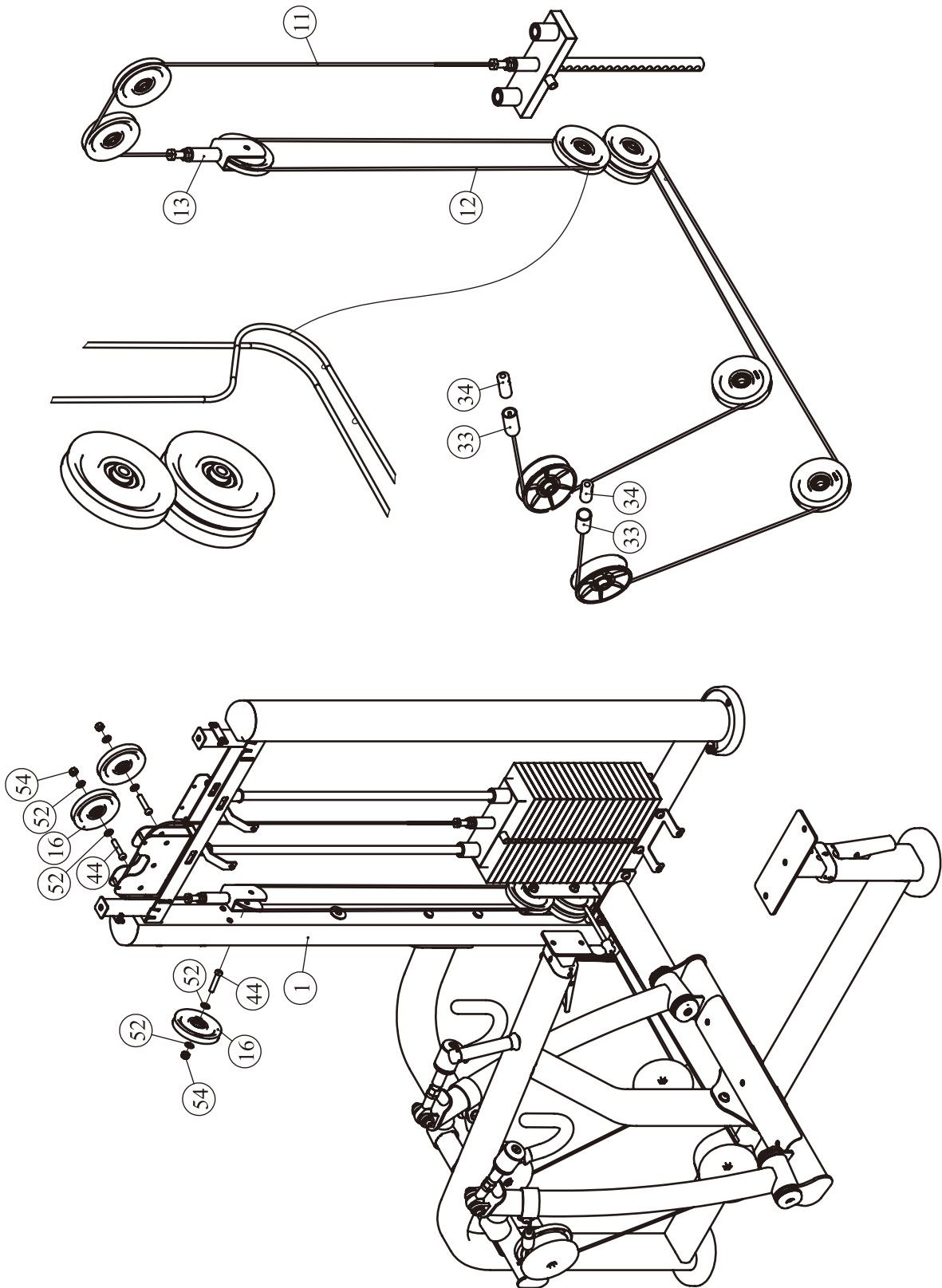
Tips: Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Left Front Shroud (#28) and the Front Shroud (#27) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#20) using:
four M6*20 CRPHS (#48) two M6*16 CRPHS (#49)
2. Attach the Rear Shroud (#29) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#20) using:
four M6*20 CRPHS (#48) two M6*16 CRPHS (#49)
3. Attach the Training Placard Cover (#25) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#19) using:
two M6*20 CRPHS (#48) two M6*10 CRPHS (#50)
4. Attach the Top Rear Shroud (#26) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#19) using:
four M6*20 CRPHS (#48)
5. Attach the Top Cover (#24) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#48) two Spout Plug $\Phi 16.5*6.88$ (#38)

Note: Wrench tighten bolts.

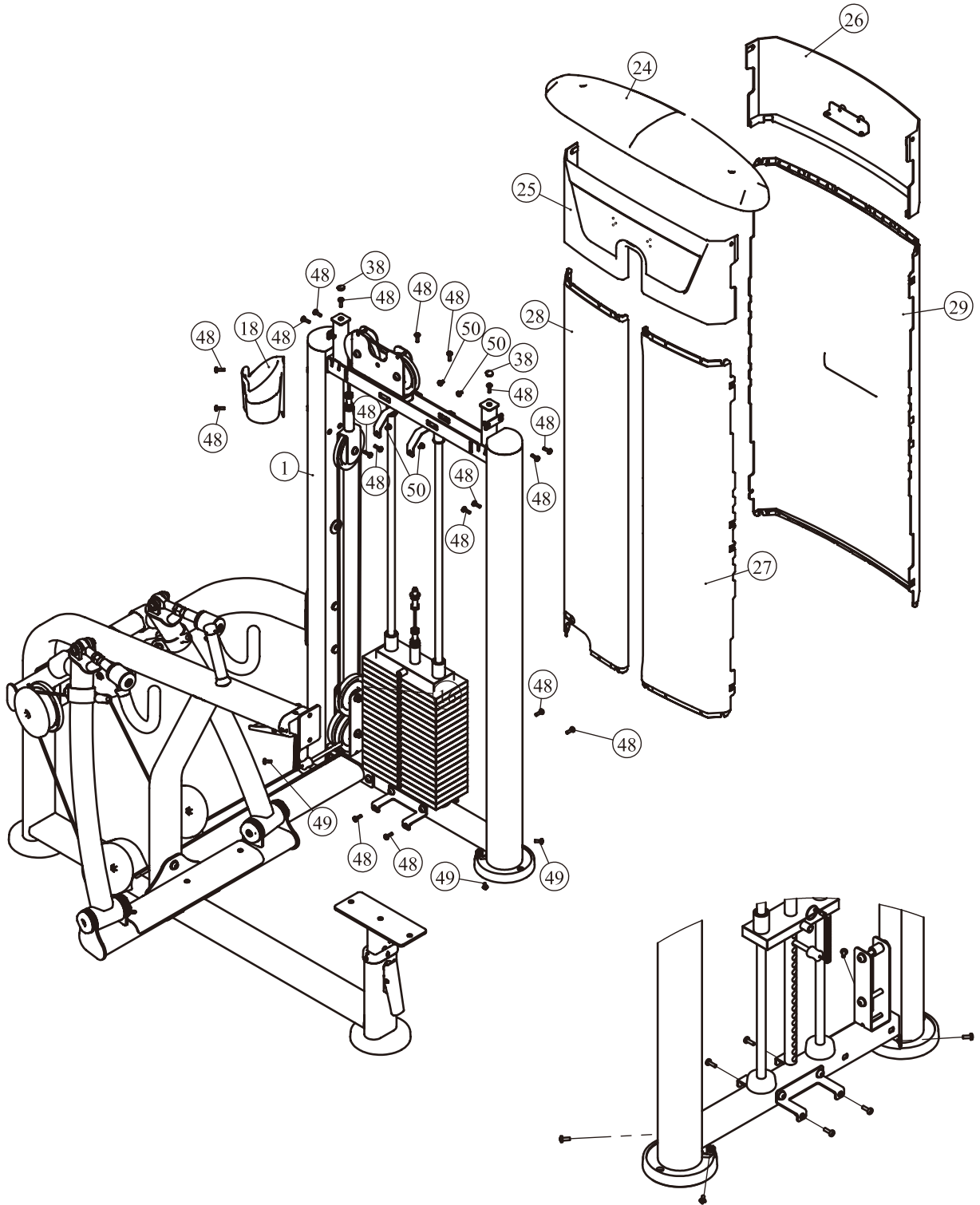
Assembly

STEP 5



Assembly

STEP 6



Assembly

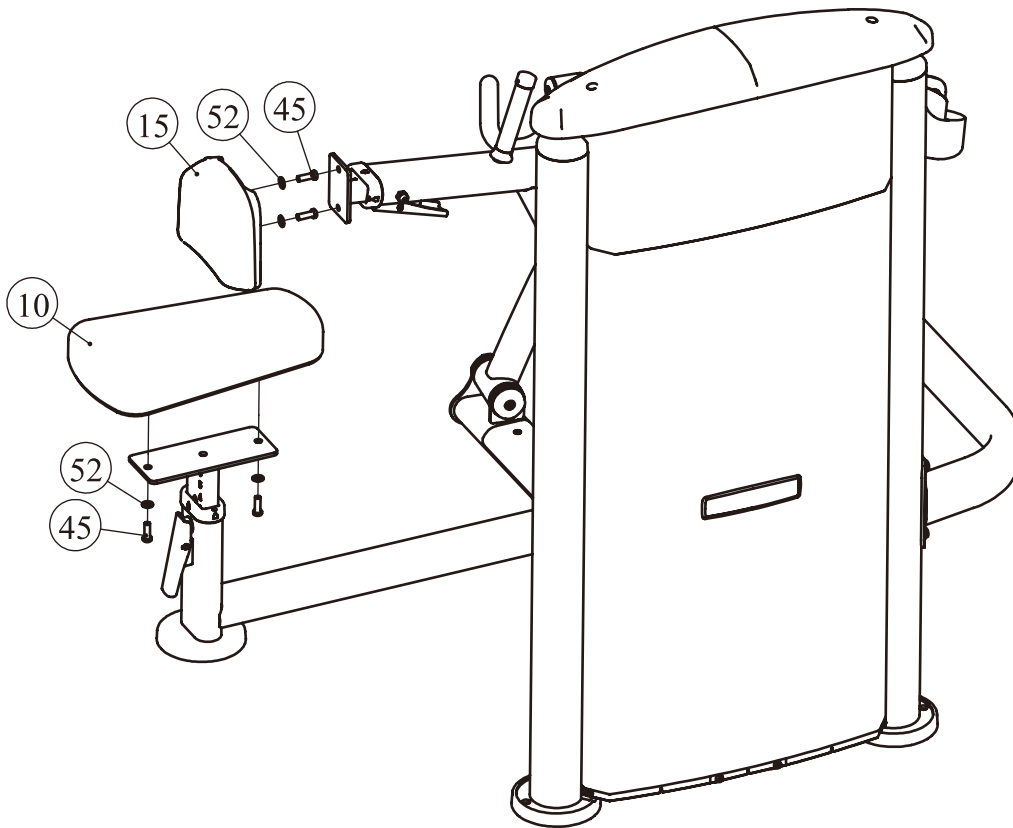
STEP 7

Attach the Chest Pad ASSY (#15) and the Seat Pad (#10) to the Main Frame ASSY (#2) using:

four M10*30 SHCS (#45)

four $\Phi 11*\Phi 20*2$ Flat Washer (#52)

Note: Wrench tighten bolts and Nylon Lock Nuts.



Adjust Instructions

The Seat Pad adjustment

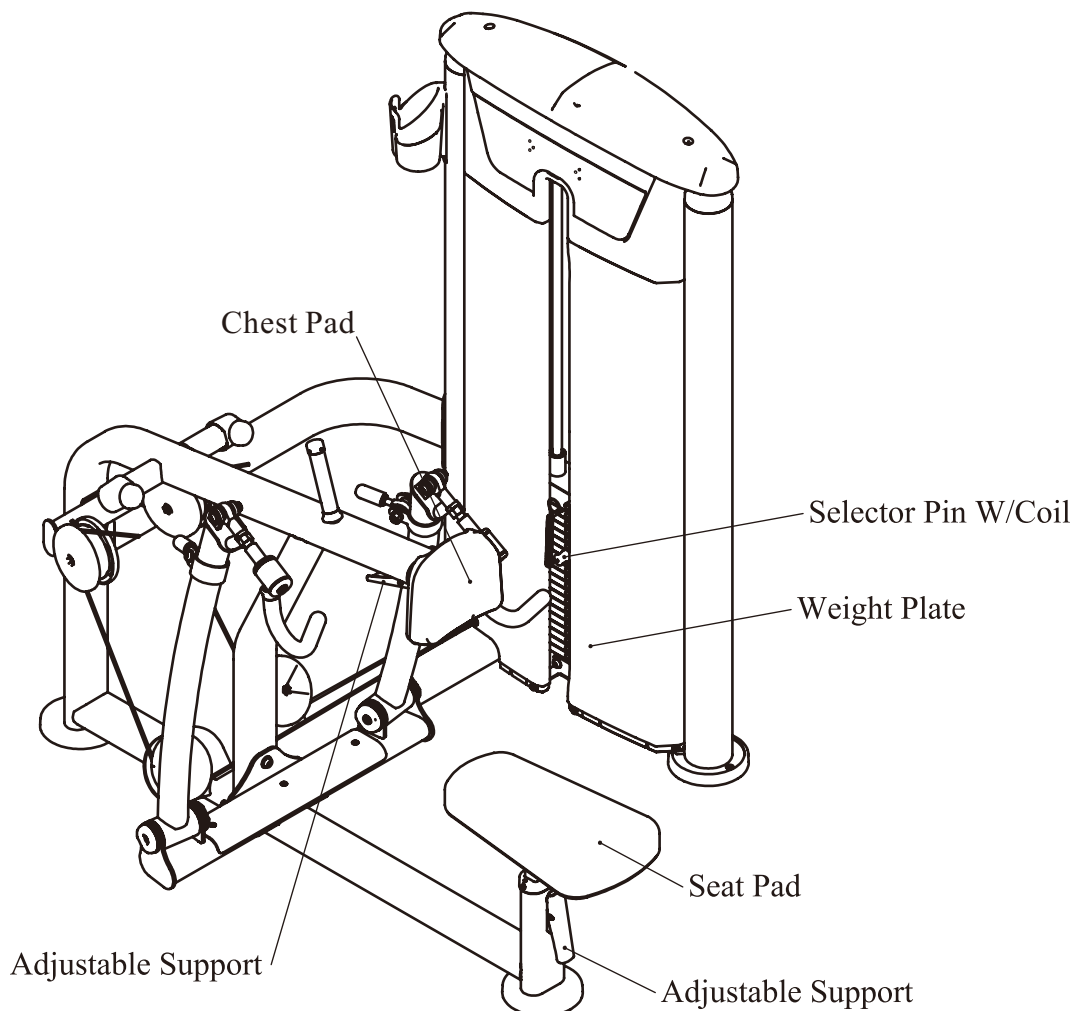
1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.

The Chest Pad adjustment

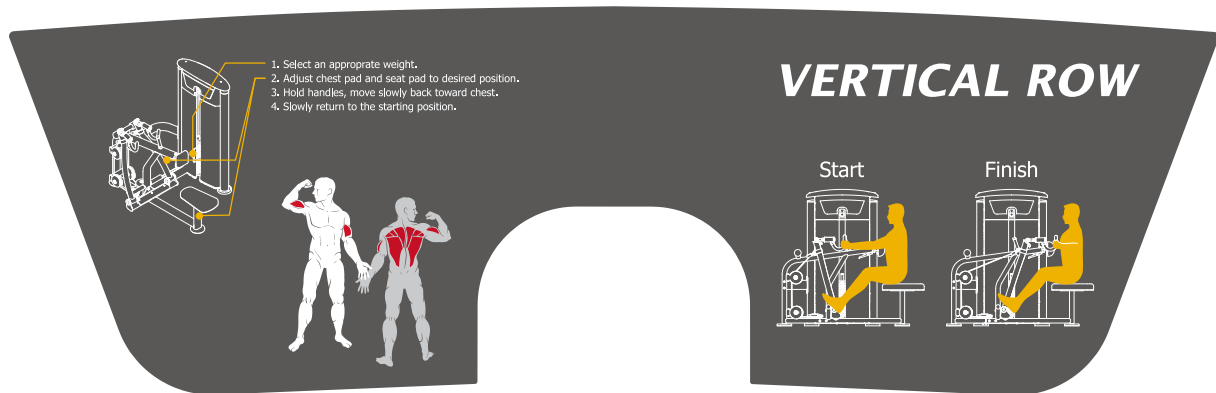
1. Push the Adjustable Support and adjust the Chest Pad to the desired position.
2. Make sure the pin gets into the hole completely.

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

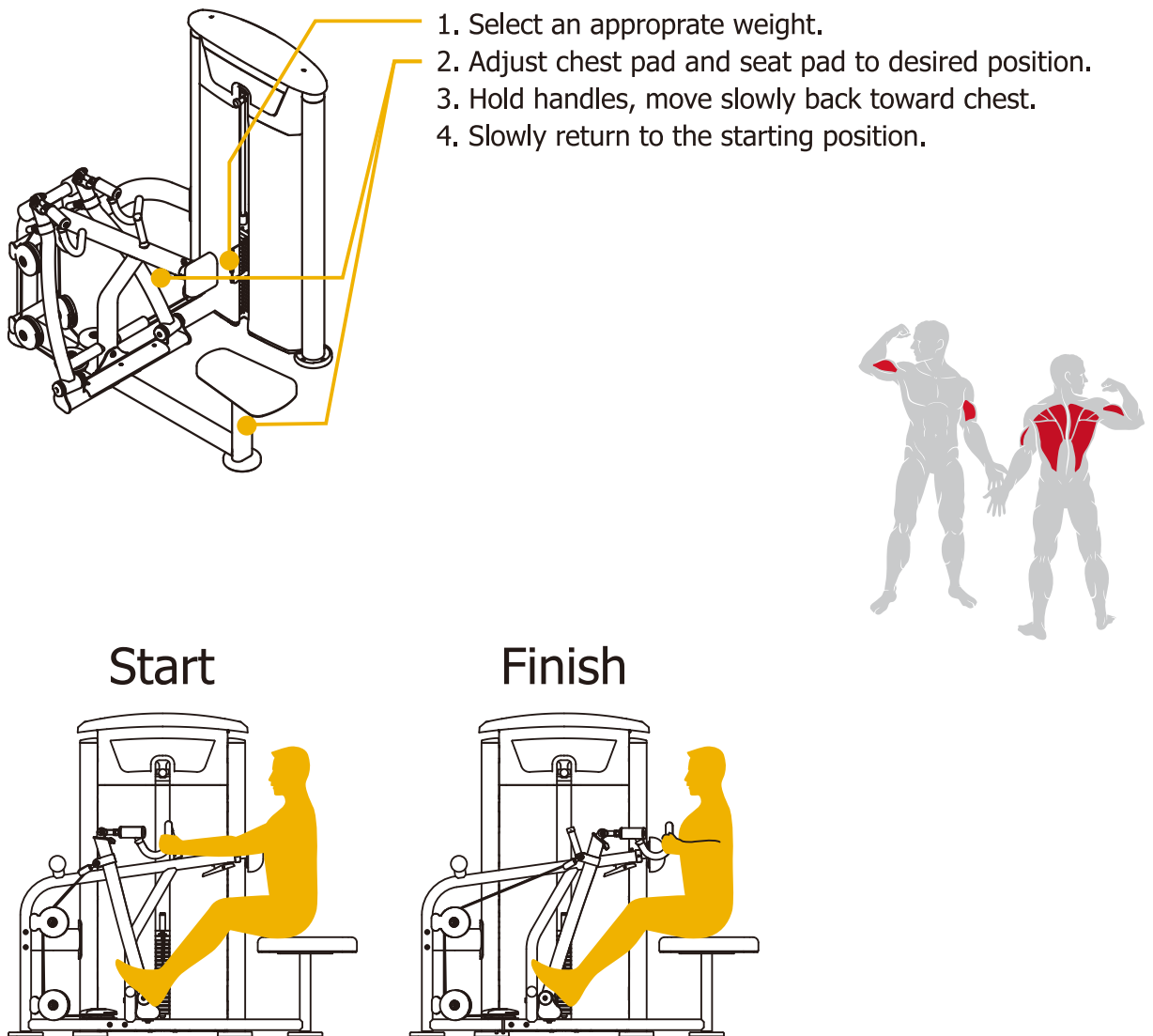


VERTICAL ROW

1. Select an appropriate weight.
2. Adjust chest pad and seat pad to desired position.
3. Hold handles, move slowly back toward chest.
4. Slowly return to the starting position.

Start Finish

This diagram shows the overall setup for the Vertical Row exercise. It includes a small inset of the machine, a list of four steps, and two illustrations of a person performing the exercise. The 'Start' illustration shows the person sitting on the machine with arms extended forward. The 'Finish' illustration shows the person pulling the handles towards their chest. The machine is a seated cable machine with two handles and a seat.



1. Select an appropriate weight.
2. Adjust chest pad and seat pad to desired position.
3. Hold handles, move slowly back toward chest.
4. Slowly return to the starting position.

Start Finish

This diagram provides a detailed view of the machine and the exercise execution. It features a large illustration of the machine with yellow callouts pointing to the weight stack, chest pad, and seat pad. To the right, there are two anatomical diagrams of a human torso showing the muscles worked: the latissimus dorsi and the posterior deltoids. Below the machine diagram, two illustrations show a person performing the exercise. The 'Start' illustration shows the person sitting on the machine with arms extended forward. The 'Finish' illustration shows the person pulling the handles towards their chest. The machine is a seated cable machine with two handles and a seat.

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.

