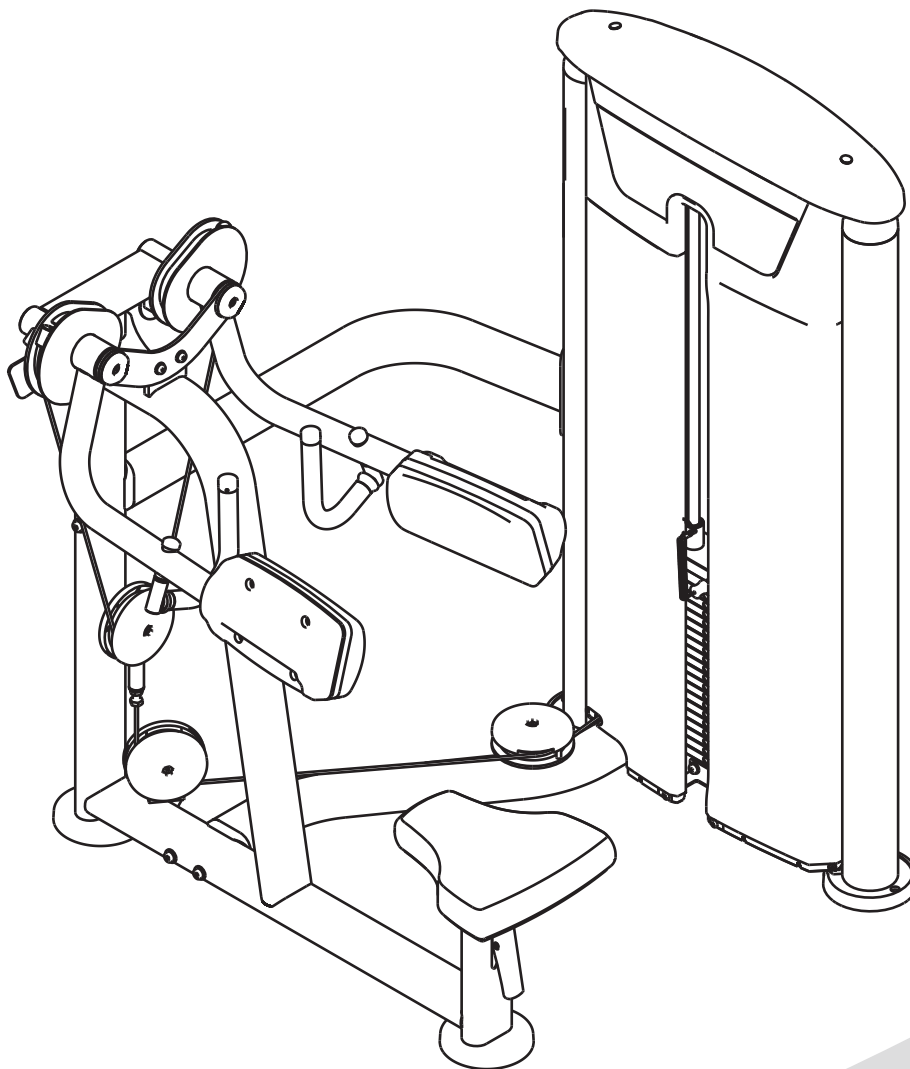




7009-G2

LATERAL RAISE

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-----	14
Assembly Instructions-----	15
Assembly-----	16
Adjust Instructions-----	29
Exercise Instructions-----	30
Maintenance Schedule-----	31
General Maintenance Information-----	32
Weight Training Tips-----	33

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.

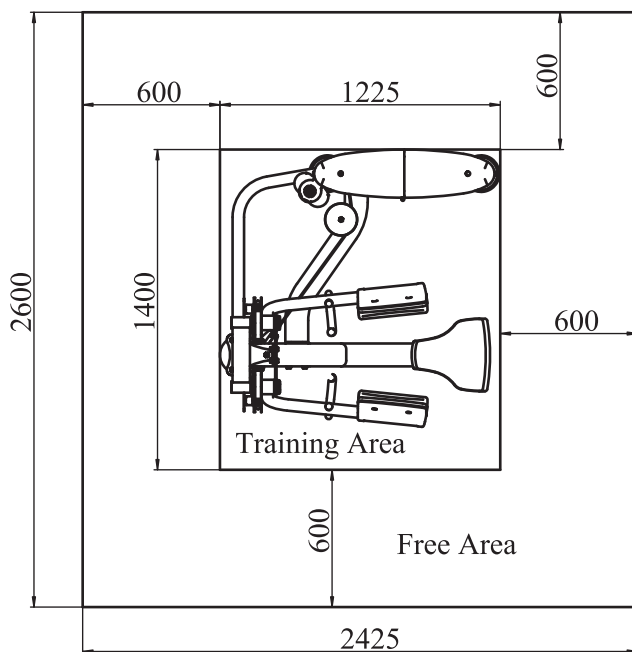
Important Safety Instructions

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: 1225*1400mm

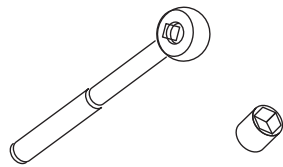
Product Total Mass: 117.5 kg/ 259 lbs

Instructions

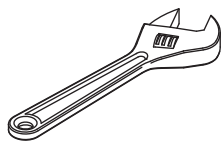
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

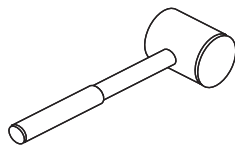
Tools Required



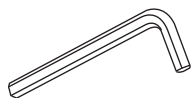
Ratchet Wrench and Socket



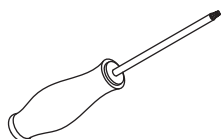
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	IT952101ASSY	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 Φ 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	IT952401V1ASSY	Main Frame ASSY LV2	1
12	12	IT95240200	Bottom Cross Brace	1
13	13	IT952403V1ASSY	Left Arm Frame ASSY LV2	1
14	14	IT952404V1ASSY	Right Arm Frame ASSY LV2	1
15	15	IT95240600	Top Connection Frame	1
16	16	IT95050300	Rear Connection Frame	1
17	17	IT95082100	Movable Pulley Frame	1
18	18	IT95240700	Connection plate	1
19	19	IT95240800V1	Cable ASSY1	1
20	20	IT95240900	Cable ASSY2	1
21	21	SD1000B3000ASSY	Adjustable Foot Plate	2
22	22	SG500110400V5	4.5" Pulley	5
23	23	IT95057800	Thin 4.5" Pulley	1
24	24	IT95016000	Plastic Cover	2
25	25	IT95016400	Pulley Cover	5
26	26	IT95015300	Front Shroud	1
27	27	IT95055400	Ledt Front Shroud	1
28	28	IT95015600	Rear Shroud	1
29	29	IT95241000	Arm Pad Shroud	2
30	30	IT95017600	Seat Pad	1
31	31	IT95242000	Arm Pad	2
32	32	IT90012000V1	Selector Pin W/Coil	1

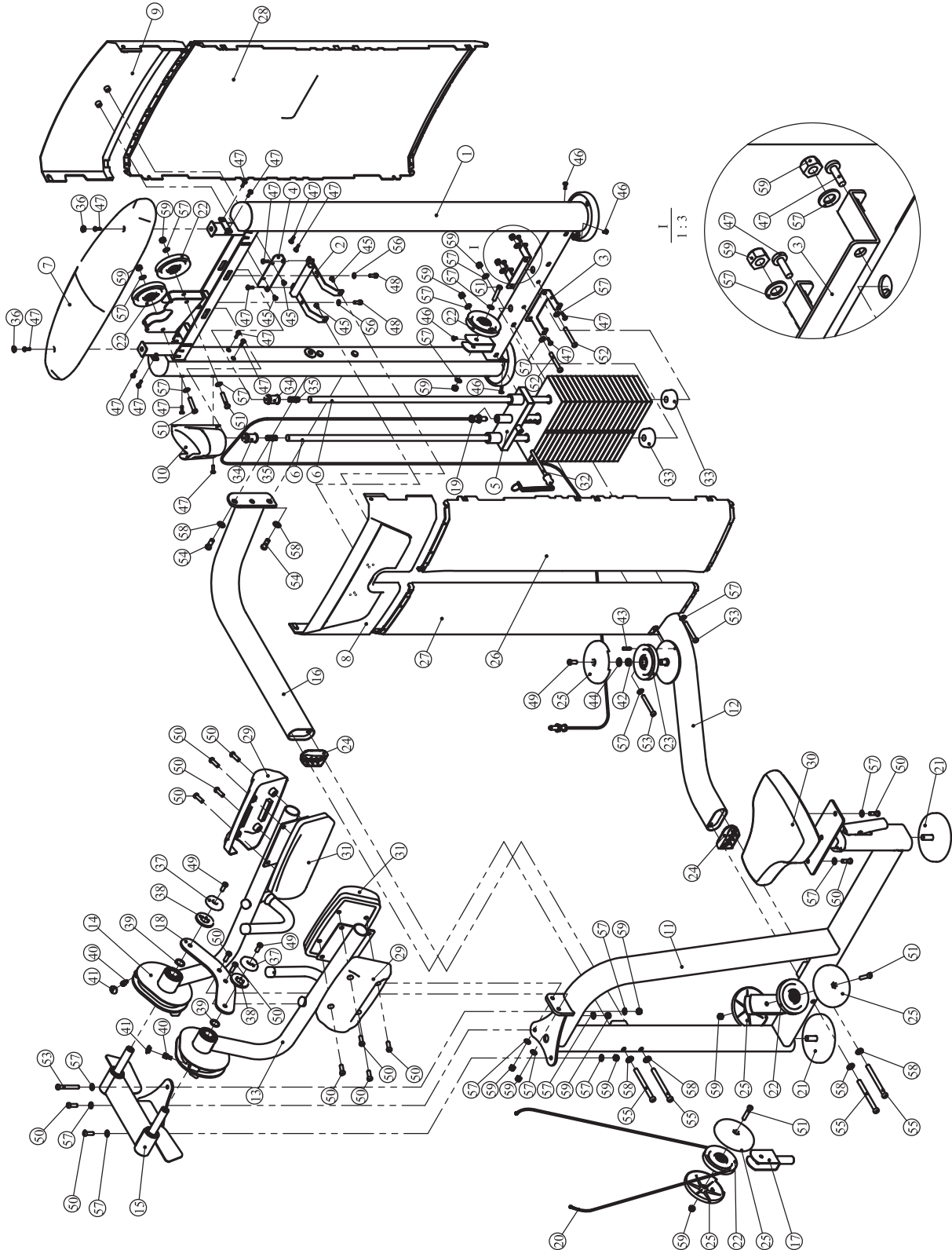
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
33	33	IT80023000	Weight Rubber Bumper	2
34	34	IT95016100	Guide Rod Fixing Sleeve $\Phi 25^* \Phi 19^*45$	2
35	35	HFOPT900-04A0602	Spring	2
36	36	IT95016500	Spout Plug $\Phi 16.5^*6.88$	2
37	37	FE97211900	Cap $\Phi 60$	2
38	38	FE97212000	Circle Ring $\Phi 62.5^*5$	2
39	39	IT80011800DS	Bushing $\Phi 30^*2^*3$	2
40	40	HFOPT900-04A1400	Aluminum Sheath	2
41	41	V22500	Plug	2
42	42	FE97122100	Pulley Spacer1	1
43	43	FE97122300	Threaded Column	1
44	44	DQ10N19B	Flat Washer $\Phi 11^* \Phi 25^*2.5$	1
45	45	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
46	46	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
47	47	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
48	48	GB70M8*20N19	Flat Head Cap Screw M8*20	2
49	49	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	3
50	50	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	14
51	51	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	5
52	52	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
53	53	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	3
54	54	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
55	55	GB70BTM12*135DN18	Socket Head Cap Screw M12*105	4
56	56	GB958DN2	Flat Washer $\Phi 9^* \Phi 16^*1.6$	2
57	57	GB9510DN2	Flat Washer $\Phi 11^* \Phi 20^*2$	26
58	58	GB9512DN2	Flat Washer $\Phi 13^* \Phi 24^*2.5$	6
59	59	NM10DN2	Nylon Lock Nut M10	14
60	60	NBS6DHS	Hex Key S=6	1
61	61	NBS8DHS	Hex Key S=8	1
62	62	LW200BS	Wrench $\Phi 6^*117$	1
63	63	YHY	Lube	1

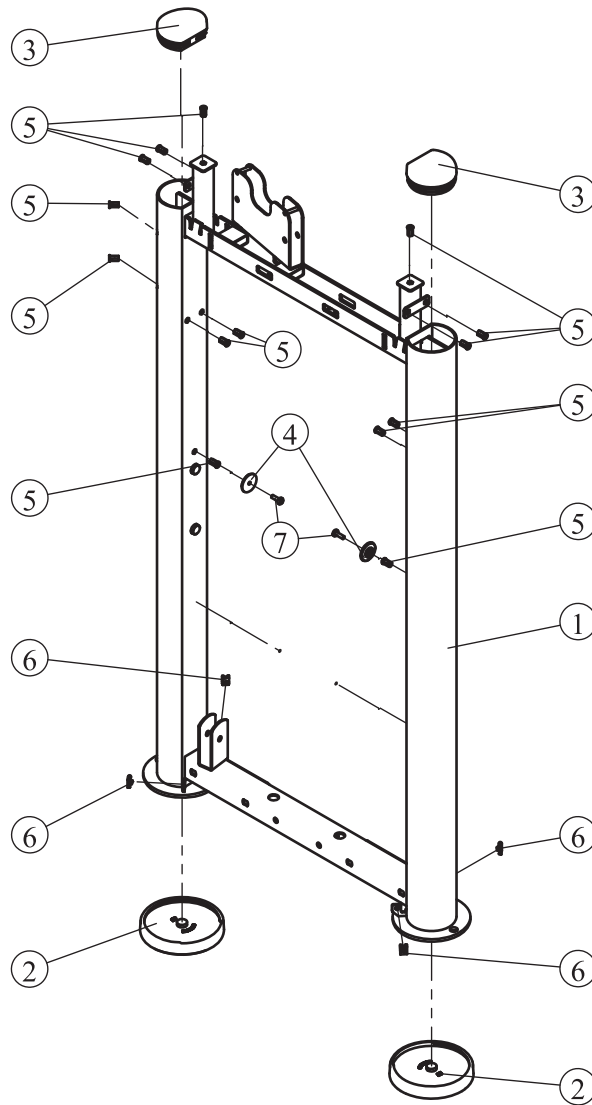
Exploded View and Parts List

Overall



Exploded View and Parts List

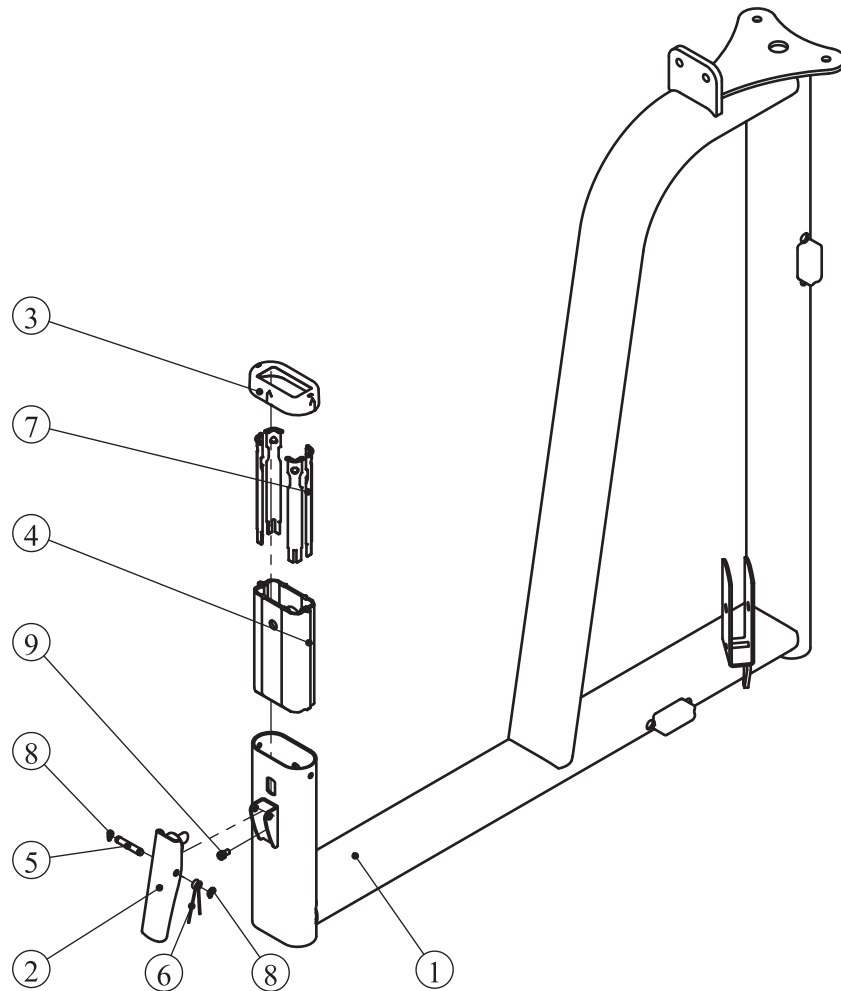
Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95210100	Weight Stack Frame	1
2	1.2	IT95015700	Foot Plate	2
3	1.3	IT95015800	Plug $\Phi 95*81.1$	2
4	1.4	IT95015900	Plastic Block	2
5	1.5	GB17880.5M6*16.5DS17	Rivet Nut M6	14
6	1.6	AC32705800	U-nut M6	4
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

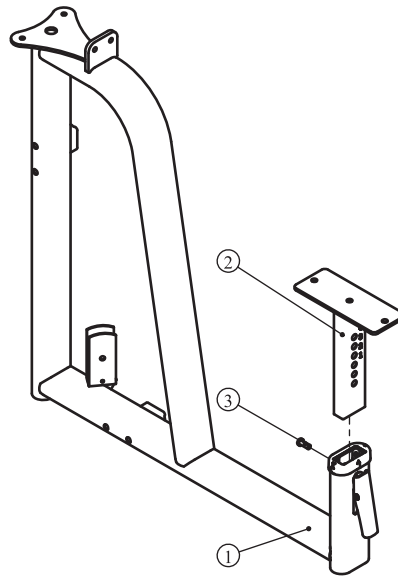
Main Frame ASSY LV1



Item No.	Grade No.	Part No.	Description	QTY
1	11.1.1	IT95240100V1	Main Frame	1
2	11.1.2	IT95014500	Adjustable Support	1
3	11.1.3	IT95016200	Plastic Tube Plug	1
4	11.1.4	IT95014300	Aluminum Tube Guide	1
5	11.1.5	CWRVL0012200	Roll Pin	1
6	11.1.6	AXT3S5500	Torsional Spring	1
7	11.1.7	IT95016300	Plastic Corner Tube Glide	4
8	11.1.8	GB894.18FH12	Circlips For Shaft Φ 8	2
9	11.1.9	GB70M6*10N19	Socket Head Cap Screw M6*10	1

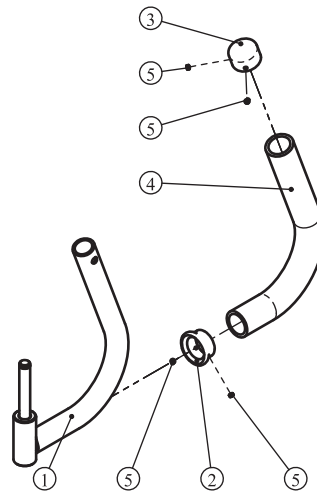
Exploded View and Parts List

Main Frame ASSY LV2



Item No.	Grade No.	Part No.	Description	QTY
1	11.1	IT95240 100V1 ASSY	Main Frame ASSY LV1	1
2	11.2	IT95120900	Seat Pad Support	1
3	11.3	GB70BTM 10*25DN18	GB70BTM10*25DN18	1

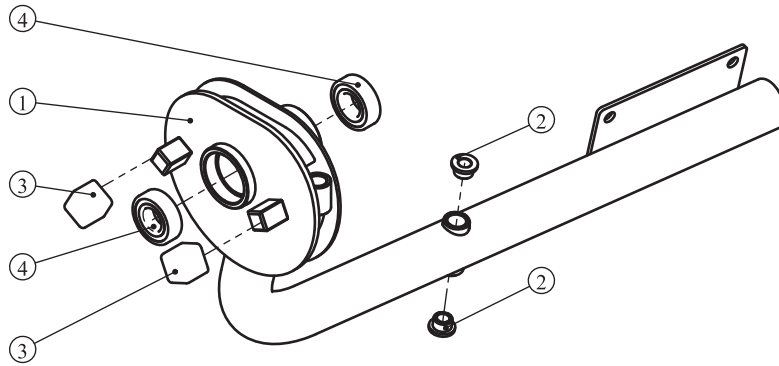
Handle Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	14.2.1	IT90240900	Handle Frame	1
2	14.2.2	IT90102200	Aluminum Grip Ring	1
3	14.2.3	V39600	Aluminum Grip Cap	1
4	14.2.4	FE97203100	Grip	1
5	14.2.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

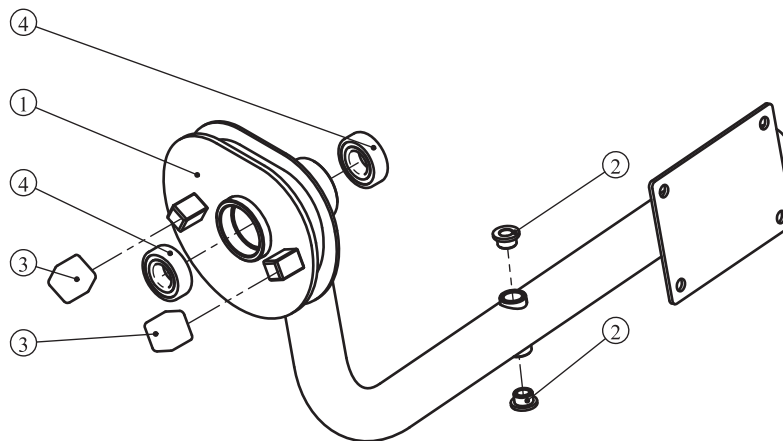
Exploded View and Parts List

Left Arm Frame ASSY LV1



Item No.	Grade No.	Part No.	Description	QTY
1	13.1.1	IT95240300V1	Left Arm Frame	1
2	13.1.2	M01402000	Spacer $\Phi 25 * \Phi 12.2 * 13$	2
3	13.1.3	FE97213100	Square Rubber Sleeve	2
4	13.1.4	GB2766005-2ZNBK	Bearing	2

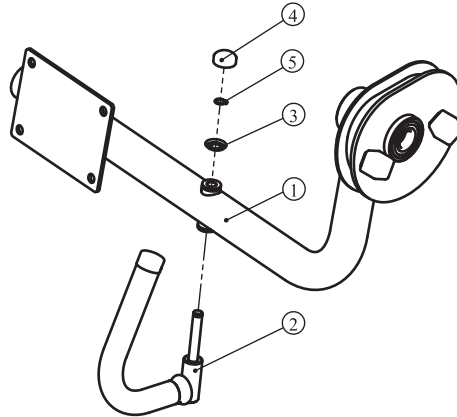
Right Arm Frame ASSY LV1



Item No.	Grade No.	Part No.	Description	QTY
1	14.1.1	IT95240400V1	Right Arm Frame	1
2	14.1.2	M01402000	Spacer $\Phi 25 * \Phi 12.2 * 13$	2
3	14.1.3	FE97213100	Square Rubber Sleeve	2
4	14.1.4	GB2766005-2ZNBK	Bearing	2

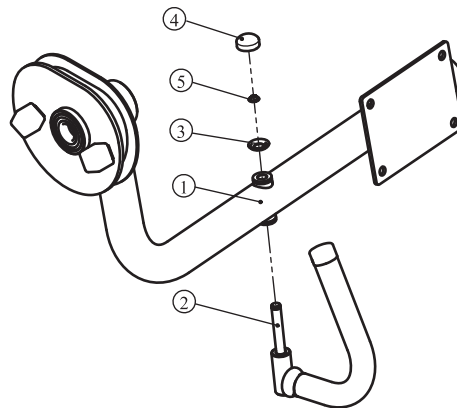
Exploded View and Parts List

Left Arm Frame ASSY LV2



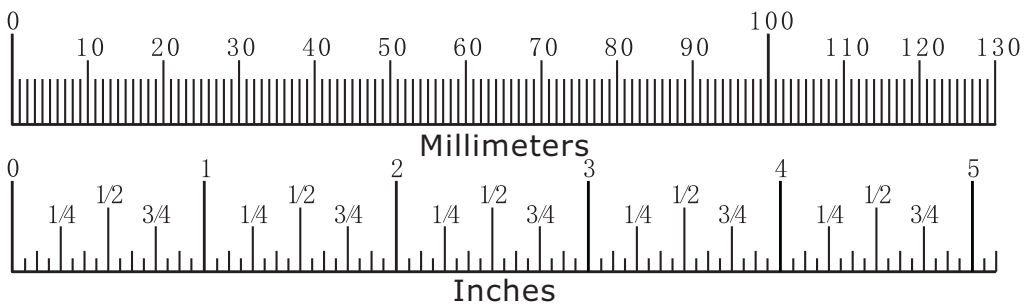
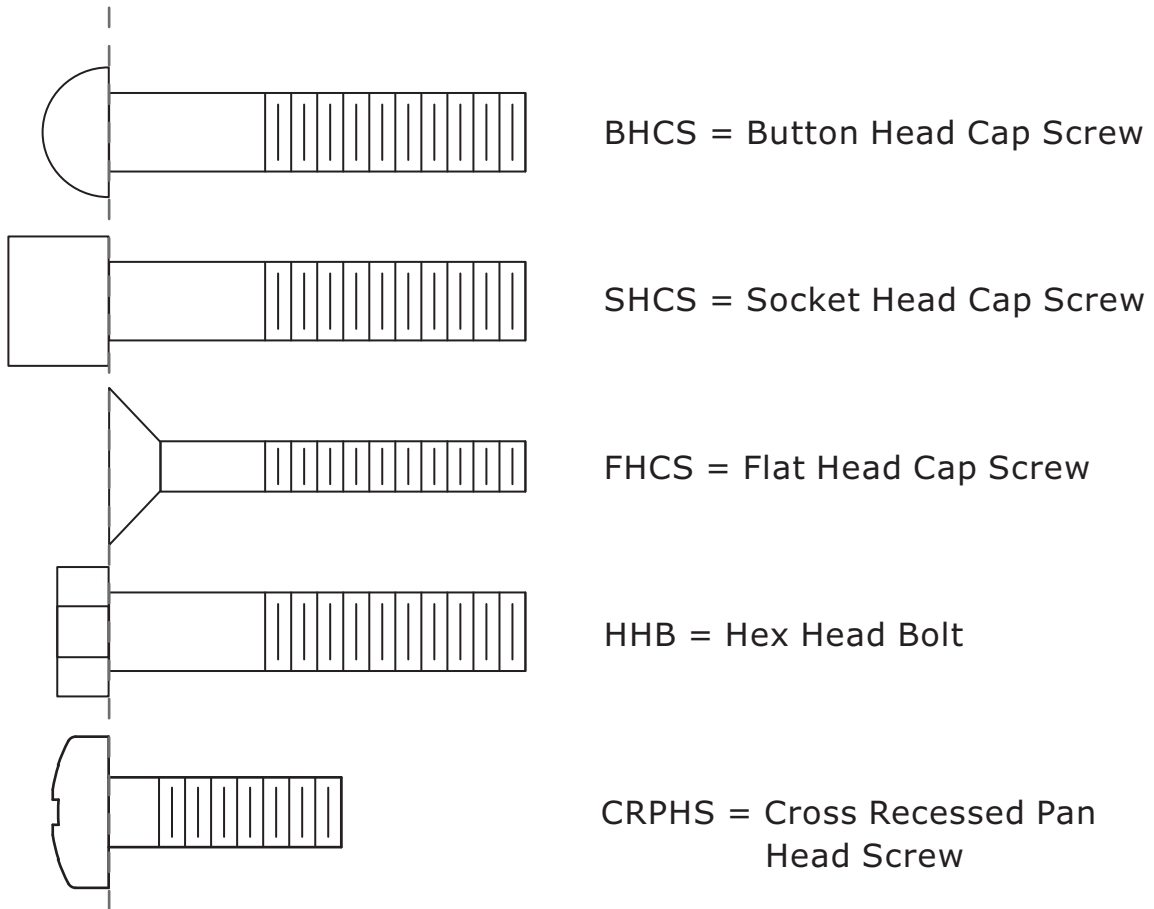
Item No.	Grade No.	Part No.	Description	QTY
1	13.1	IT95240300V1 ASSY	Left Arm Frame ASSY LV1	1
2	13.2	IT95240500ASSY	Handle Frame ASSY	1
3	13.3	SG8002A3700	Washer	1
4	13.4	SG8002A5700	Plastic Cap	1
5	13.5	GB94.112FH12	Circlips For Shaft Φ 12	1

Right Arm Frame ASSY LV2



Item No.	Grade No.	Part No.	Description	QTY
1	14.1	IT95240400V1 ASSY	Right Arm Frame ASSY LV1	1
2	14.2	IT95240500ASSY	Handle Frame ASSY	1
3	14.3	SG8002A3700	Washer	1
4	14.4	SG8002A5700	Plastic Cap	1
5	14.5	GB94.112FH12	Circlips For Shaft Φ 12	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

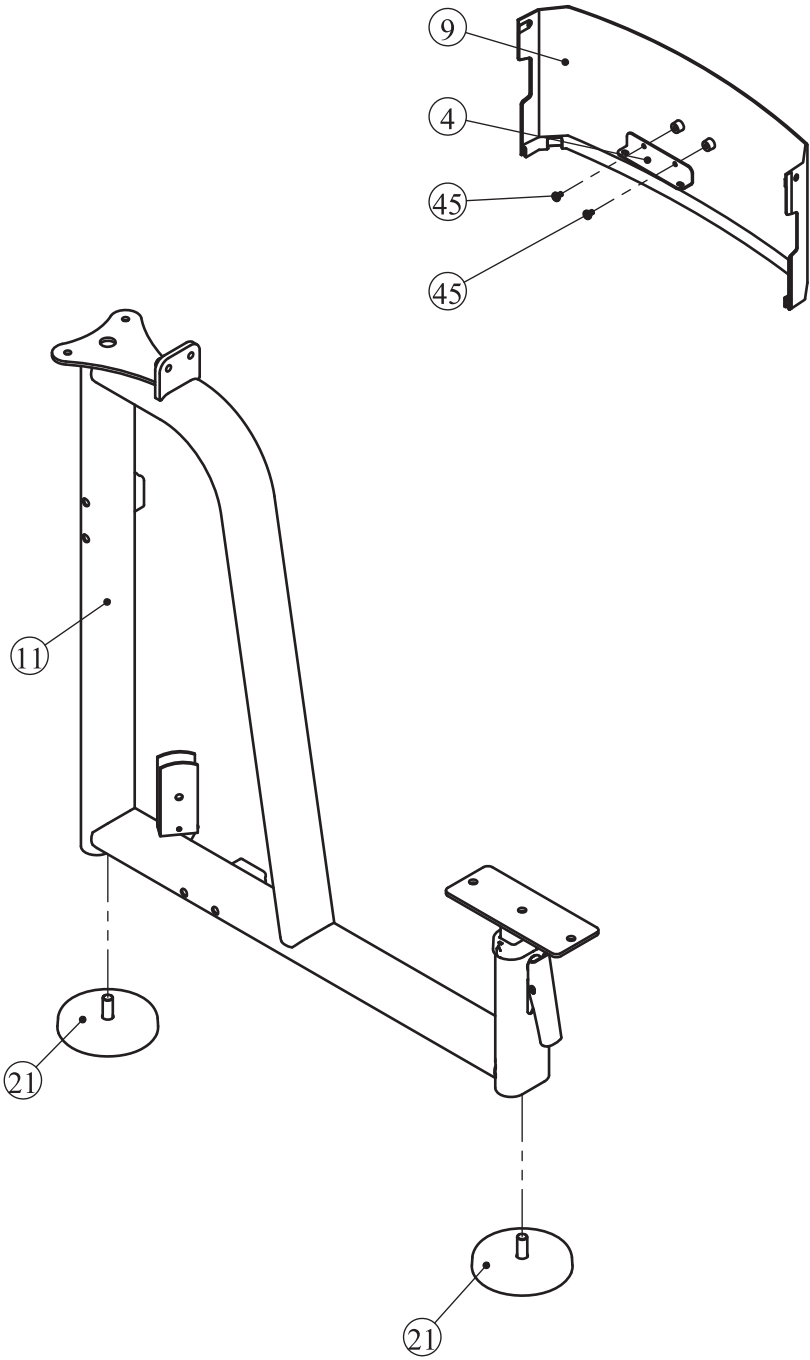
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

- 1. Attach two Adjustable Foot Plates (#21) to the Main Frame ASSY LV2 (#11).
- 2. Attach the Rear Bracket (#4) to the Top Rear Shroud (#9) using:
two M6*10 CRPHS (#45)

Note: Wrench Tighten Bolts.



Assembly

STEP 2

1. Attach the Bottom Cross Brace (#12) and the Rear Connection Frame (#16) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY LV2 (#11) using:

four M12*135 SHCS (#55)

two M12*30 SHCS (#54)

two M10*80 SHCS (#53)

two Plastic Cover (#24)

four $\Phi 11*\Phi 20*2$ Flat Washer (#57)

six $\Phi 13*\Phi 24*2.5$ Flat Washer (#58)

two M10 Nylon Lock Nut (#59)

2. Attach the Top Connection Frame (#15) to the Main Frame ASSY LV2 (#11) using:

two M10*30 SHCS (#50)

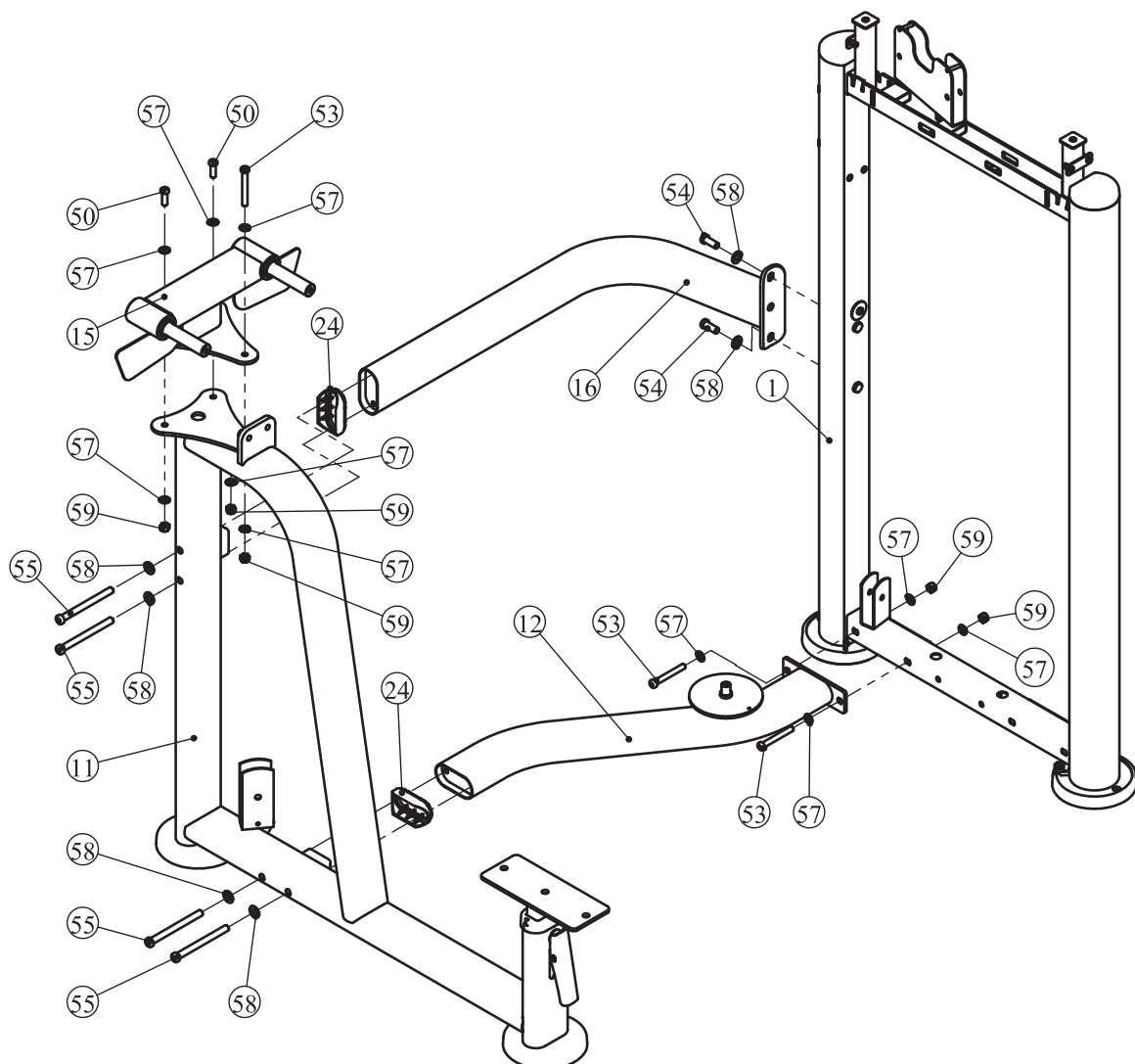
one M10*80 SHCS (#53)

six $\Phi 11*\Phi 20*2$ Flat Washer (#57)

three M10 Nylon Lock Nut (#59)

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

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



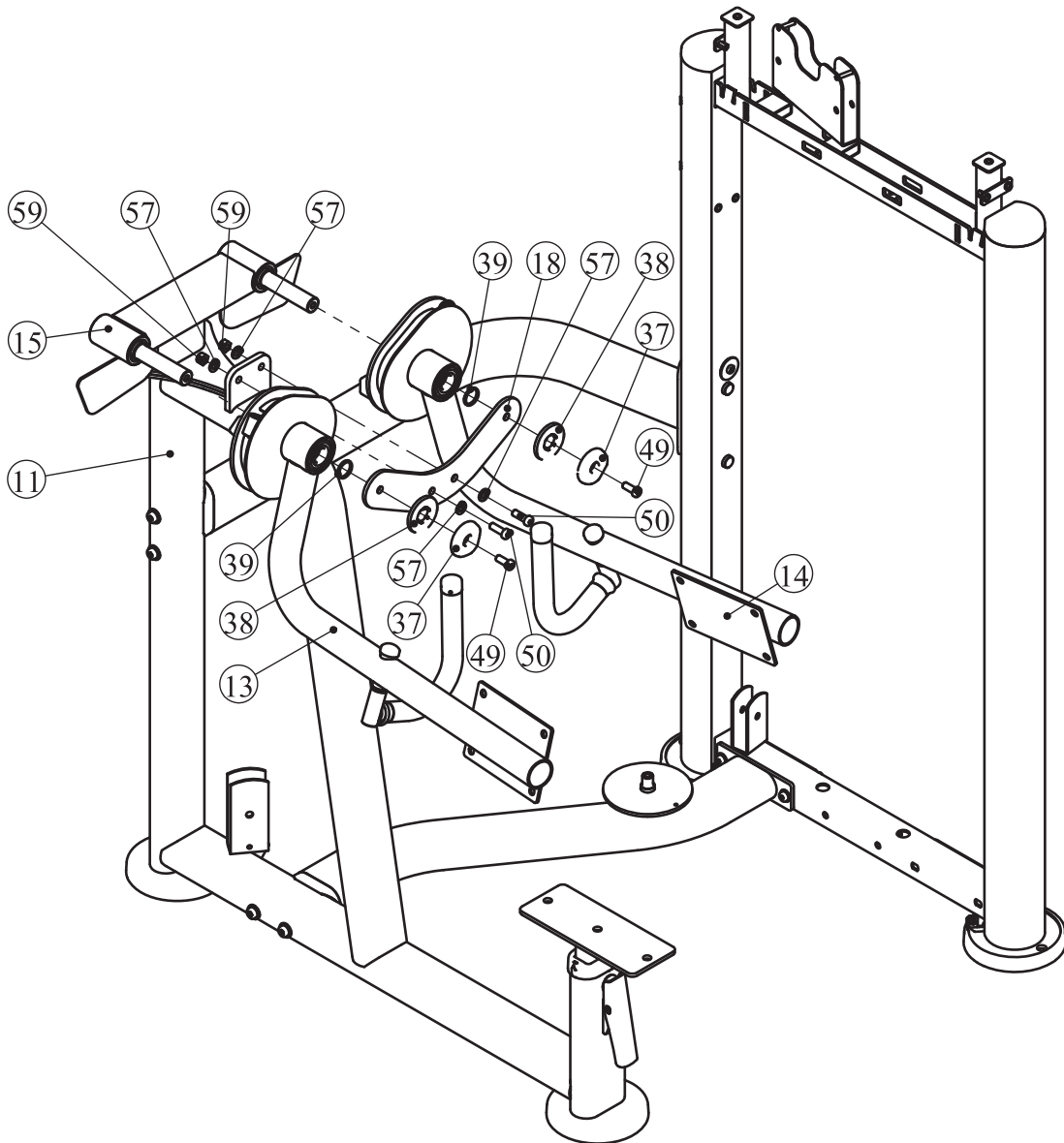
Assembly

STEP 3

Attach the Left Arm Frame ASSY LV2 (#13) and the Right Arm Frame ASSY LV2 (#14) to the Main Frame ASSY LV2 (#11) and the Top Connection Frame (#15) using:

- | | |
|--|--|
| one Connection plate (#18) | two Cap $\Phi 60$ (#37) |
| two Circle Ring $\Phi 62.5 \times 5$ (#38) | two Bushing $\Phi 30 \times 2 \times 3$ (#39) |
| two M10*25 SHCS (#49) | four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57) |
| two M10*30 SHCS (#50) | two M10 Nylon Lock Nut (#59) |

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

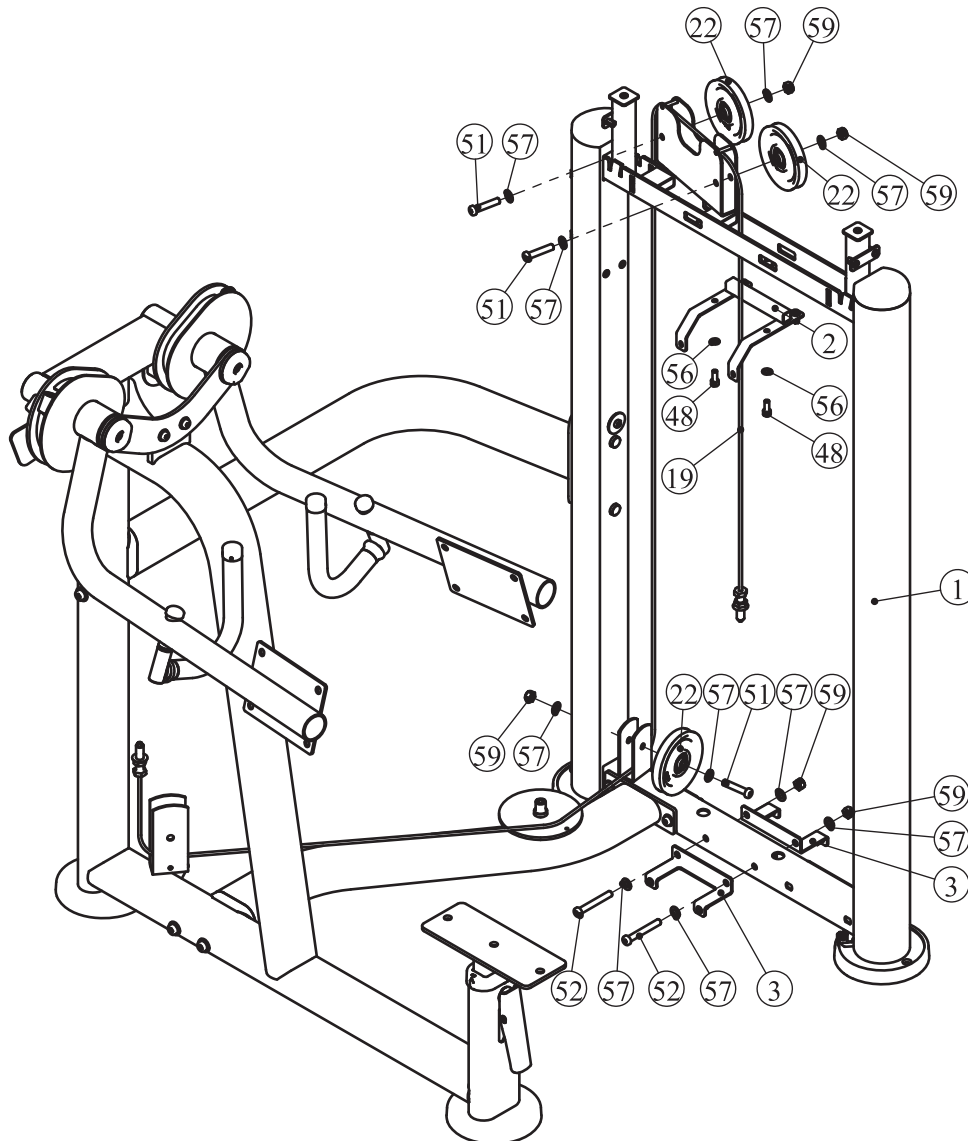


Assembly

STEP 4

1. Attach the Top Bracket ASSY (#2) to the Weight Stack Frame ASSY (#1) using:
two M8*20 SHCS (#48) two $\Phi 9*\Phi 16*1.6$ Flat Washer (#56)
2. Attach two Bottom Bracket ASSY (#3) to the Weight Stack Frame ASSY (#1) using:
two M10*75 SHCS (#52) four $\Phi 11*\Phi 20*2$ Flat Washer (#57)
two M10 Nylon Lock Nut (#59)
3. Attach three 4.5" Pulleys (#22) and the Cable ASSY1 (#19) to the Weight Stack Frame ASSY (#1) using:
three M10*50 SHCS (#51) six $\Phi 11*\Phi 20*2$ Flat Washer (#57)
three M10 Nylon Lock Nut (#59)

Note: Wrench tighten bolts and Nylon Lock Nuts.



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 (#33)
- two Weight Stack Space (#101)
- fifteen Weight Plate 10LBS (#100)
- one Top Plate (#5)

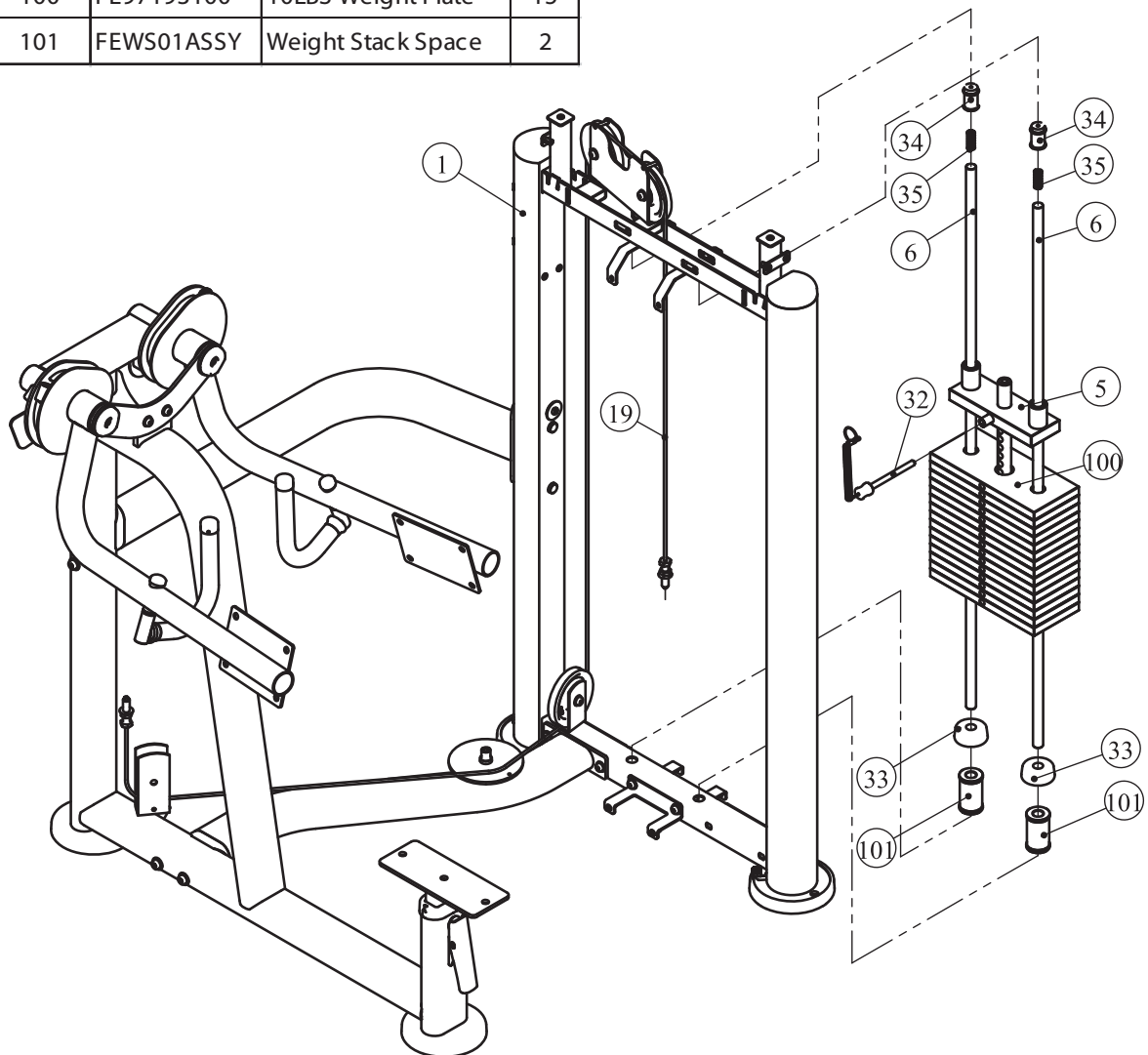
to the Weight Stack Frame ASSY (#1) using:

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

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

3. Attach the Cable ASSY 1 (#19) 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 (#33)
- nineteen Weight Plate 10LBS (#100)
- one Top Plate (#5)

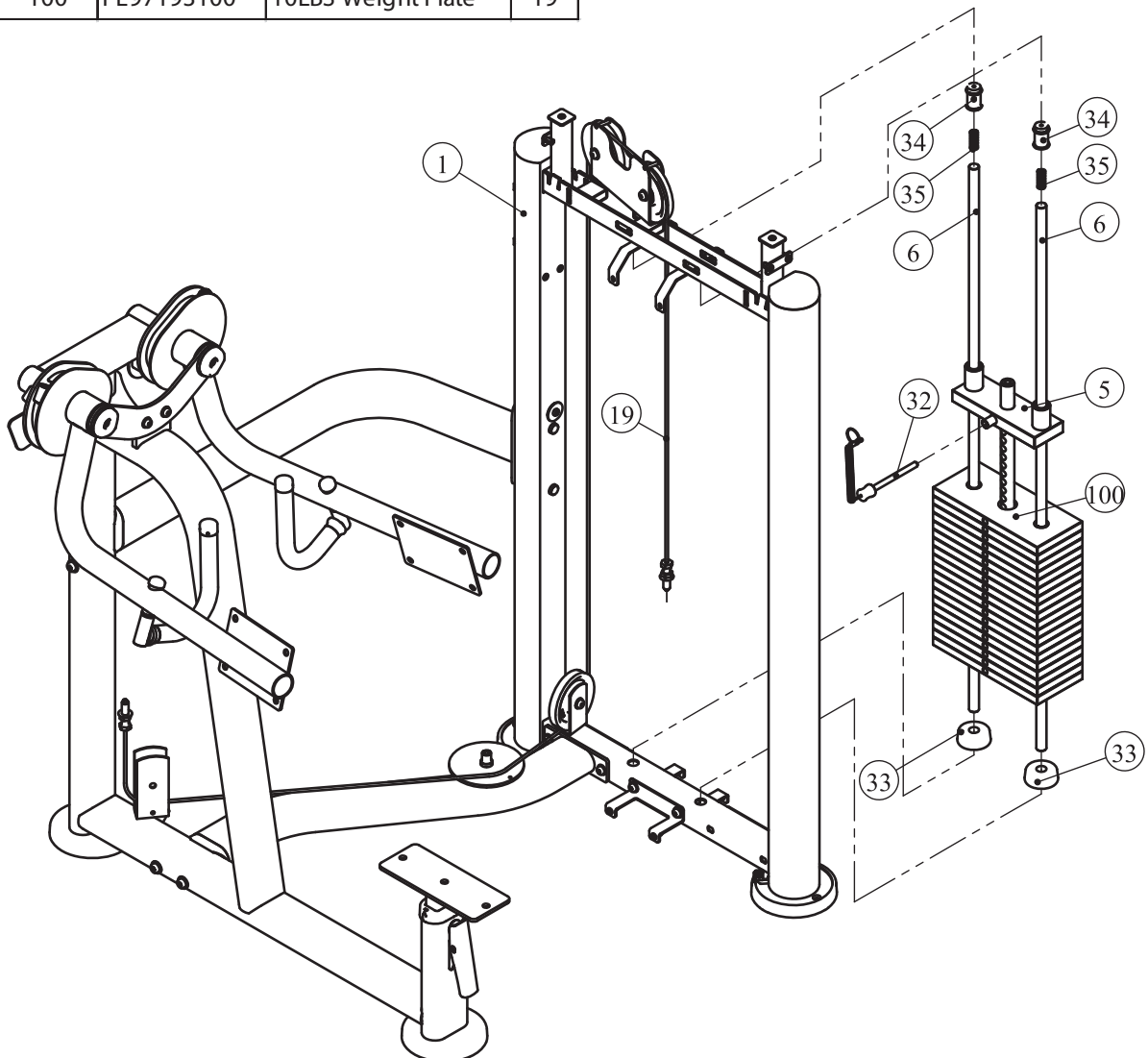
to the Weight Stack Frame ASSY (#1) using:

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

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

3. Attach the Cable ASSY 1 (#19) to the Top Plate (#5).

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



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 (#33)
- two Weight Stack Space (#101)
- fifteen Weight Plate 15LBS (#102)
- one Top Plate (#5)

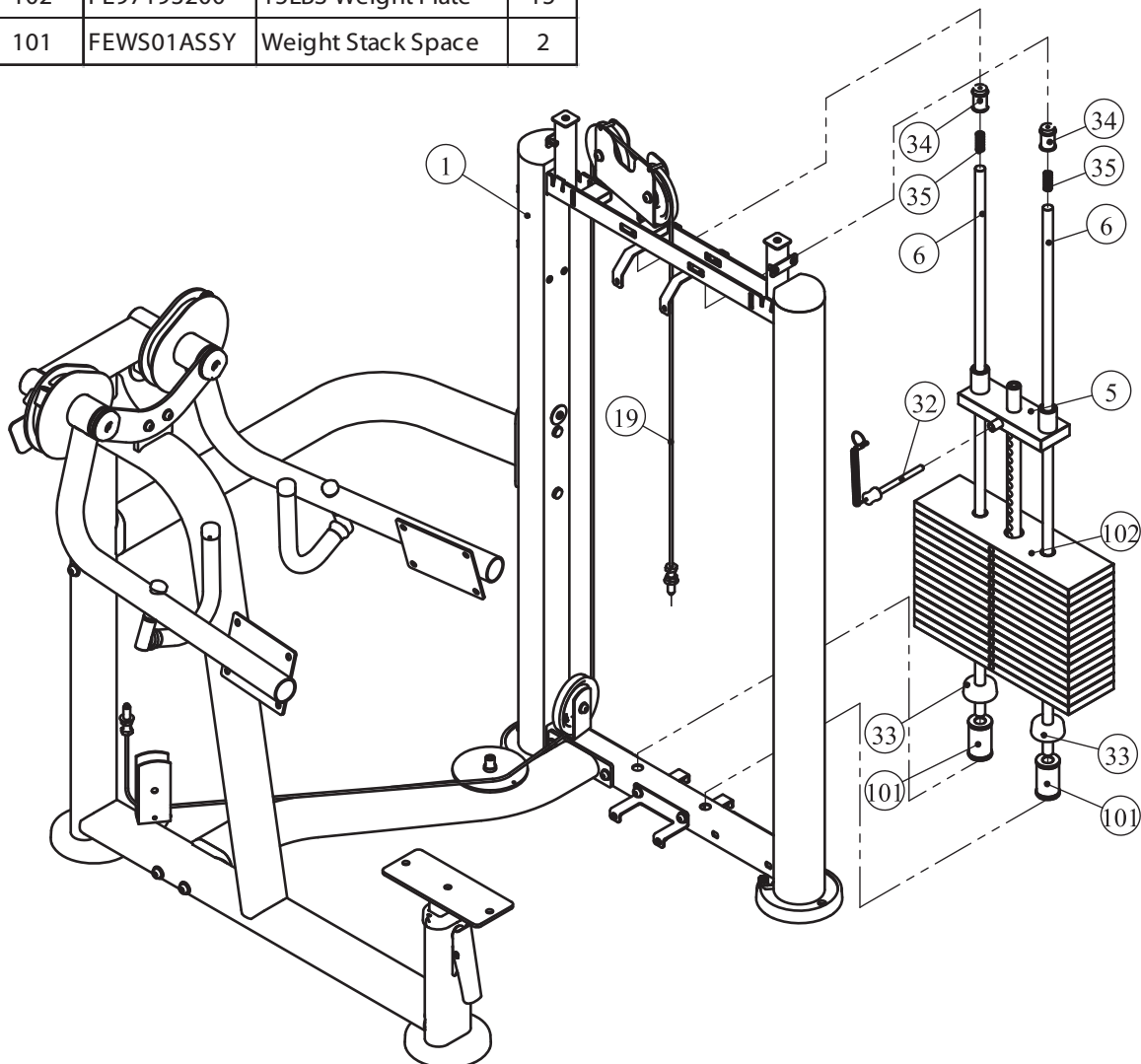
to the Weight Stack Frame ASSY (#1) using:

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

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

3. Attach the Cable ASSY 1 (#19) 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 (#33)
- nineteen Weight Plate 15LBS (#102)
- one Top Plate (#5)

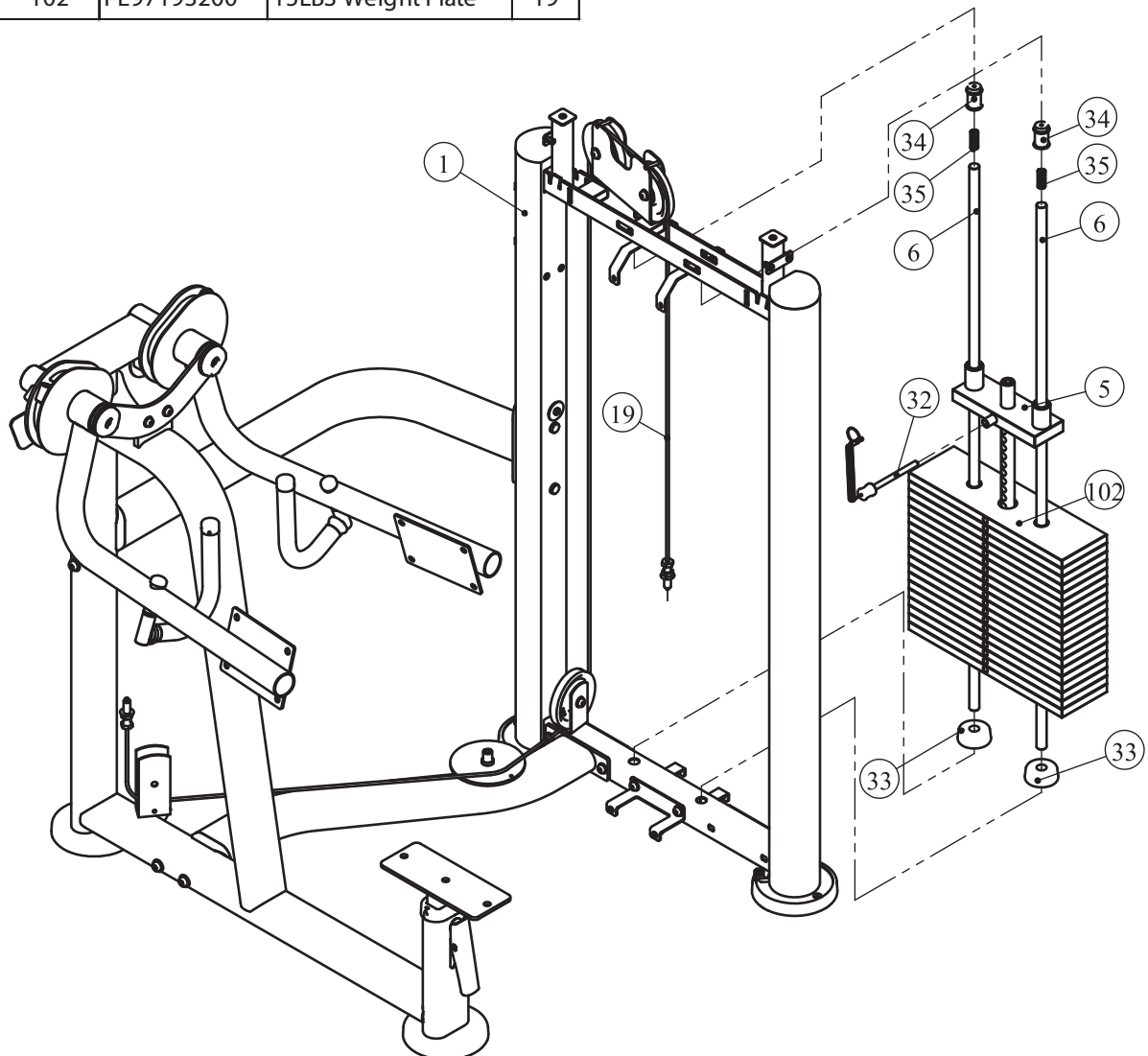
to the Weight Stack Frame ASSY (#1) using:

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

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

3. Attach the Cable ASSY 1 (#19) to the Top Plate (#5).

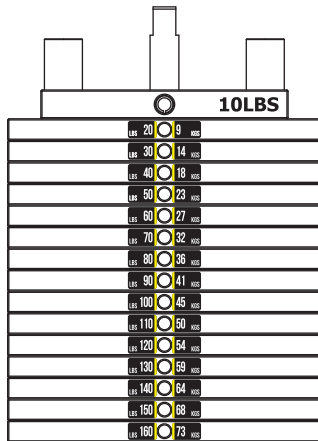
Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19



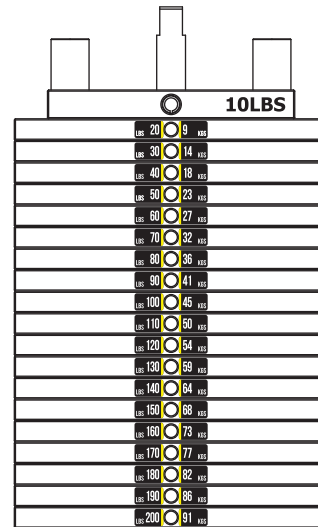
Assembly

All weight plate sticker paste schematic diagram

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

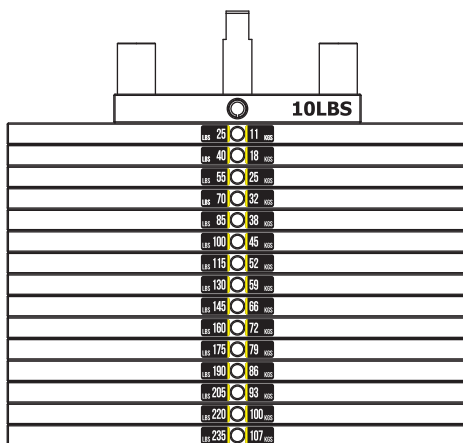


20-160LBS

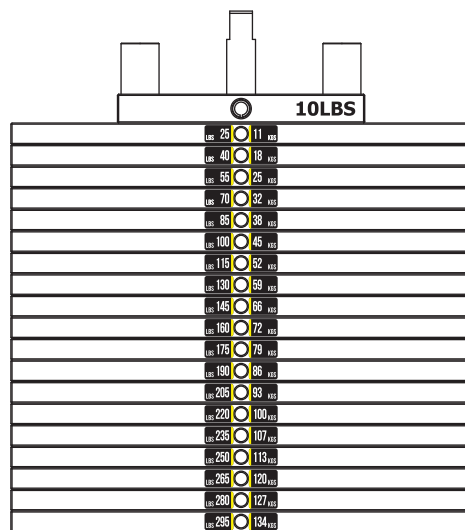


20-200LBS

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



25-235LBS



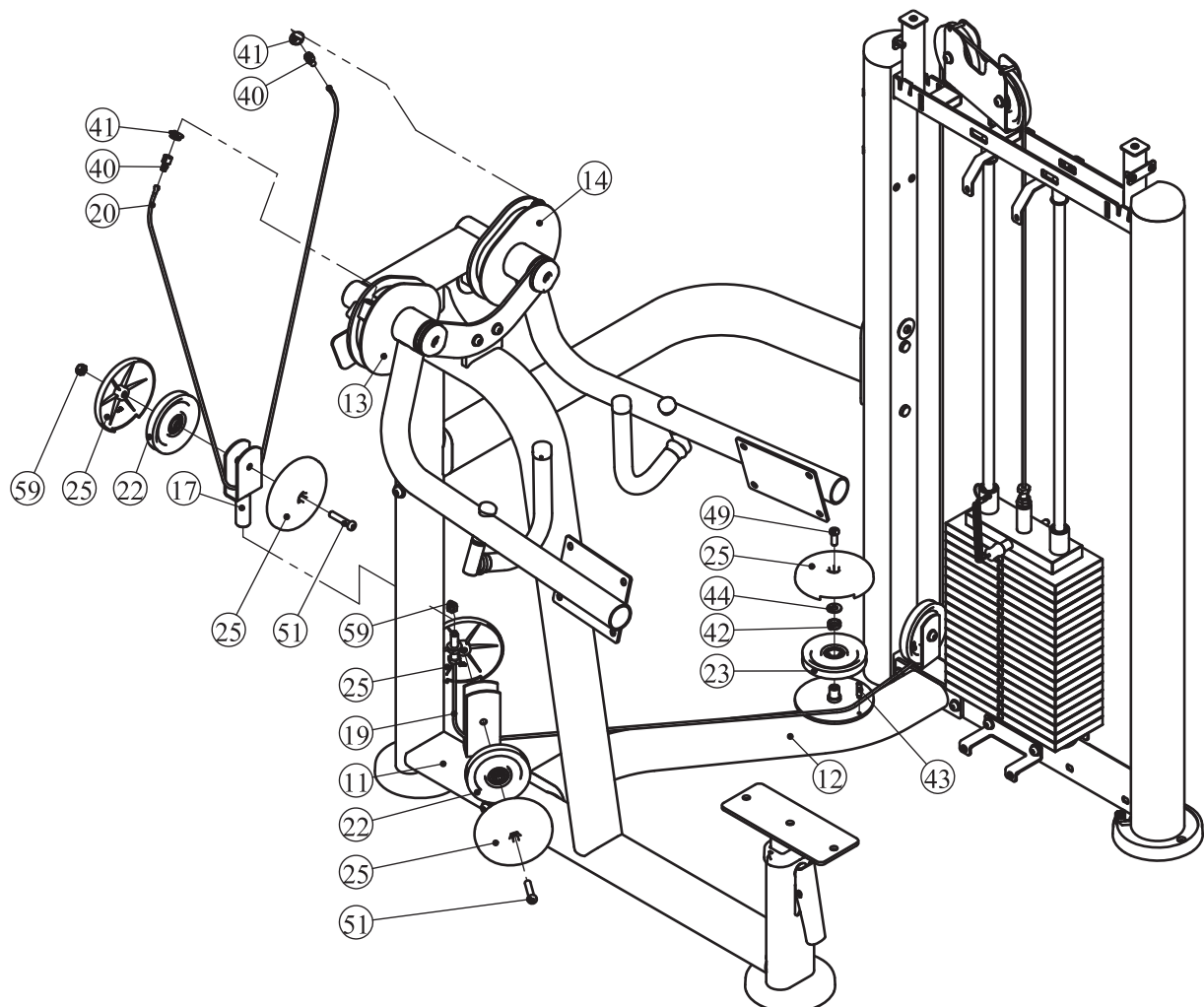
25-295LBS

Assembly

Step 6

1. Attach one thin 4.5" Pulleys (#23) to the Bottom Cross Brace (#12) using:
two M10*25 SHCS (#49) one Pulley Cover (#25)
one Pulley Spacer1(#42) one Threaded Column (#43)
one $\Phi 11*\Phi 25*2.5$ Flat Washer (#44)
2. Attach two 4.5" Pulleys (#22) and the Cable ASSY 1 (#19) to the Movable Pulley Frame (#17) and the Main Frame ASSY LV2 (#11) using:
two M10*50 SHCS (#51) four Pulley Cover (#25)
two M10 Nylon Lock Nut (#61)
3. Attach the Cable ASSY 2 (#20) to the Left Arm Frame ASSY LV2 (#13) and the Right Arm Frame ASSY LV2 (#14) and the Movable Pulley Frame (#17) using:
two Aluminum Sheath (#40) two Plug (#41)

Note: Wrench tighten bolts and Nylon Lock Nuts.



Assembly

Step 7

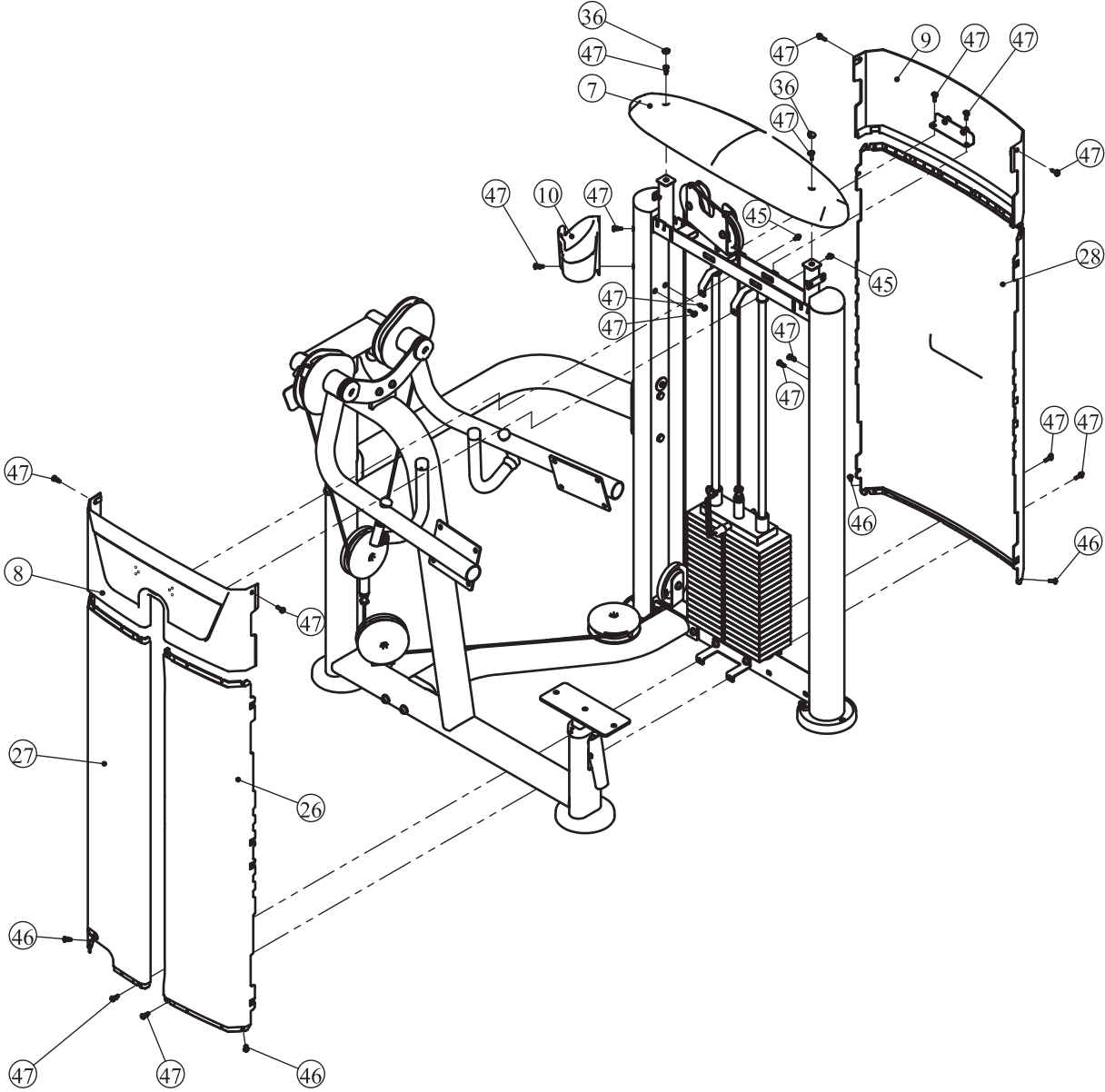
Tips: Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Front Shroud (#26) and the Right Front Shroud (#27) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
 - four M6*20 CRPHS (#47)
 - two M6*16 CRPHS (#46)
2. Attach the Rear Shroud (#28) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
 - four M6*20 CRPHS (#47)
 - two M6*16 CRPHS (#46)
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 (#47)
 - two M6*10 CRPHS (#45)
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 (#47)
5. Attach the Top Cover (#7) to the Weight Stack Frame ASSY (#1) using:
 - two M6*20 CRPHS (#47)
 - two Spout Plug $\Phi 16.5 \times 6.88$ (#36)
6. Attach the Cup Holder (#10) to the Weight Stack Frame ASSY (#1) using:
 - two M6*20 CRPHS (#47)

Note: Wrench tighten bolts.

Assembly

STEP 7

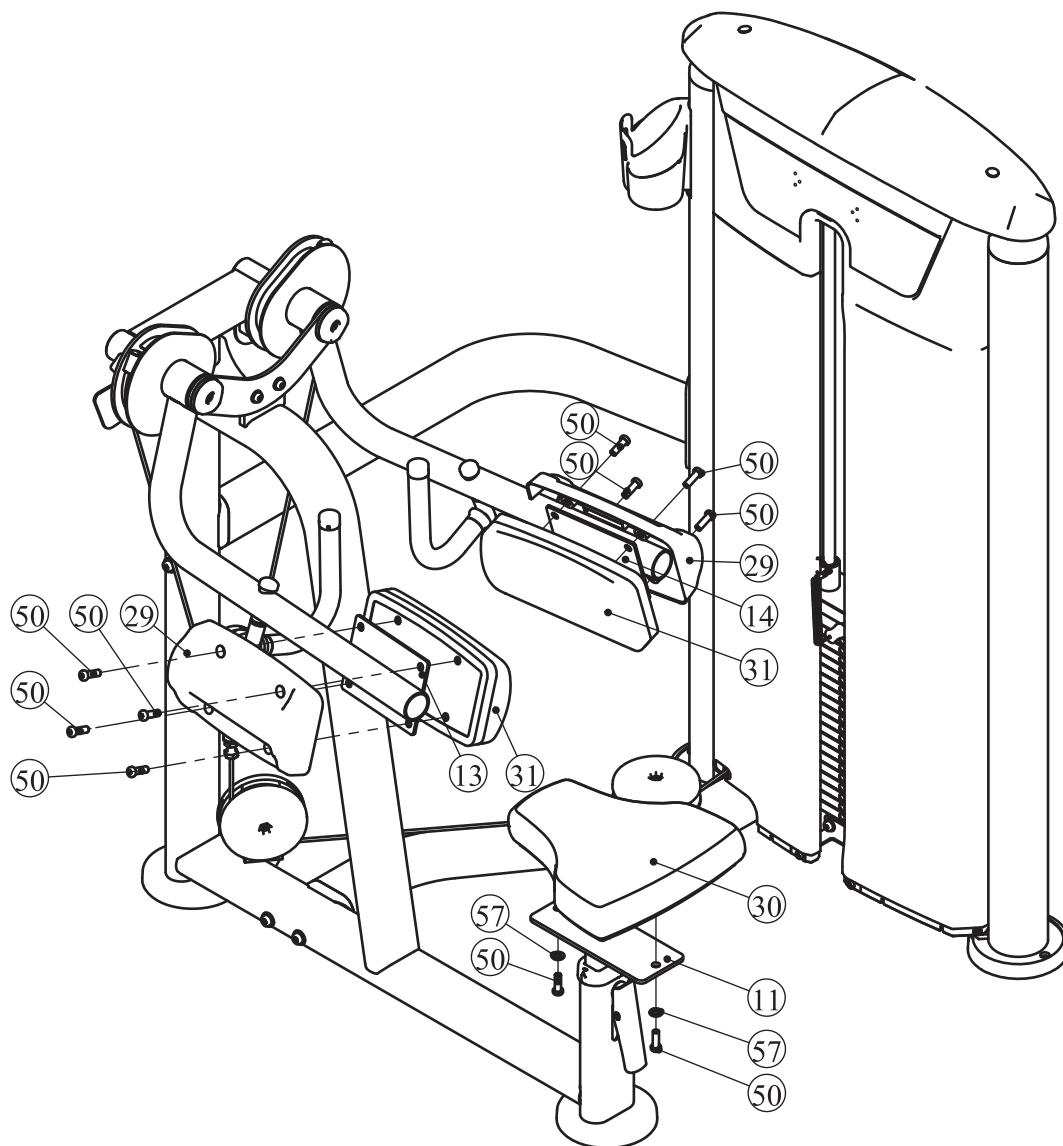


Assembly

STEP 8

1. Attach two Arm Pad (#31) and two Arm Pad Cover (#29) to the Left Arm Frame ASSY LV2 (#13) and the Right Arm Frame ASSY LV2 (#14) using:
eight M10*30 SHCS (#50)
2. Attach the Seat Pad (#30) to the Main Frame ASSY LV2 (#11) using:
two M10*30 SHCS (#50)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57)

Note: Wrench tighten bolts.



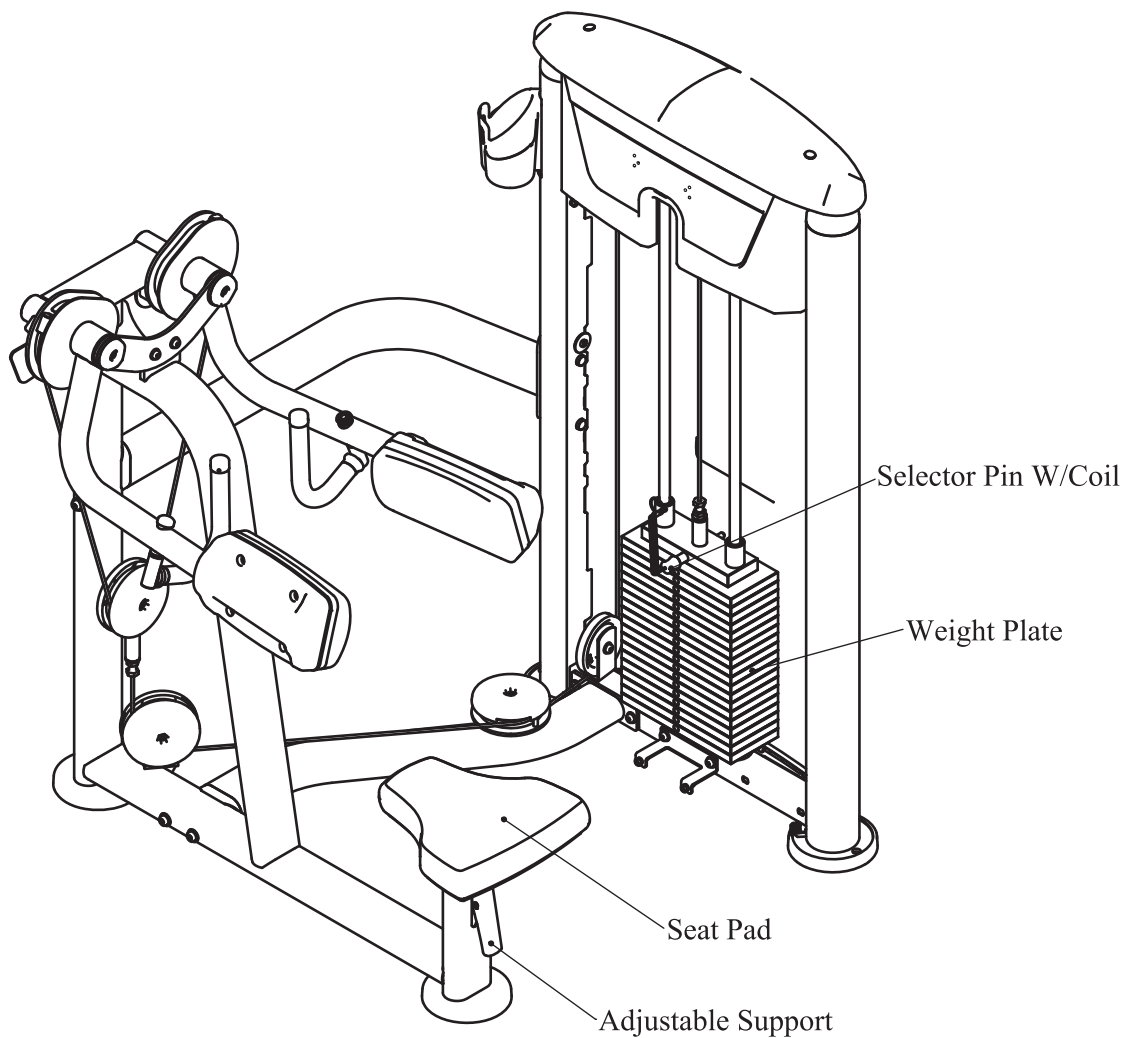
Adjust Instructions

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.

The Seat Pad adjustment

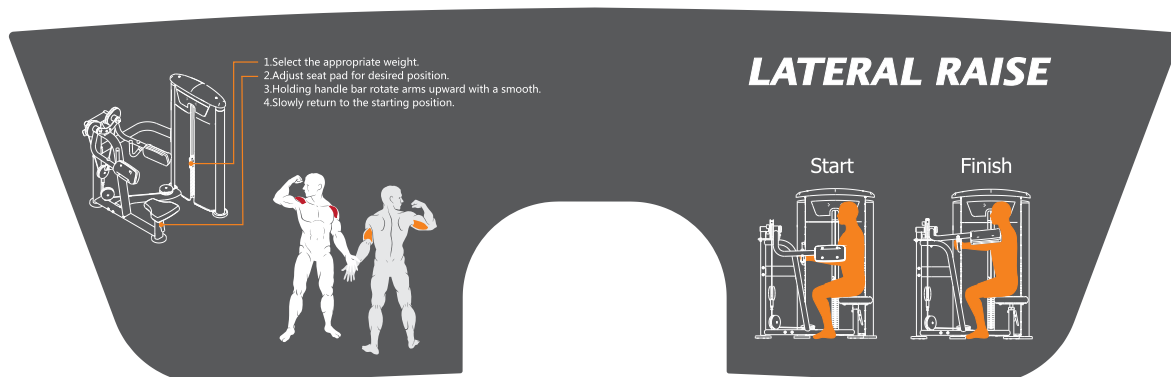
1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.



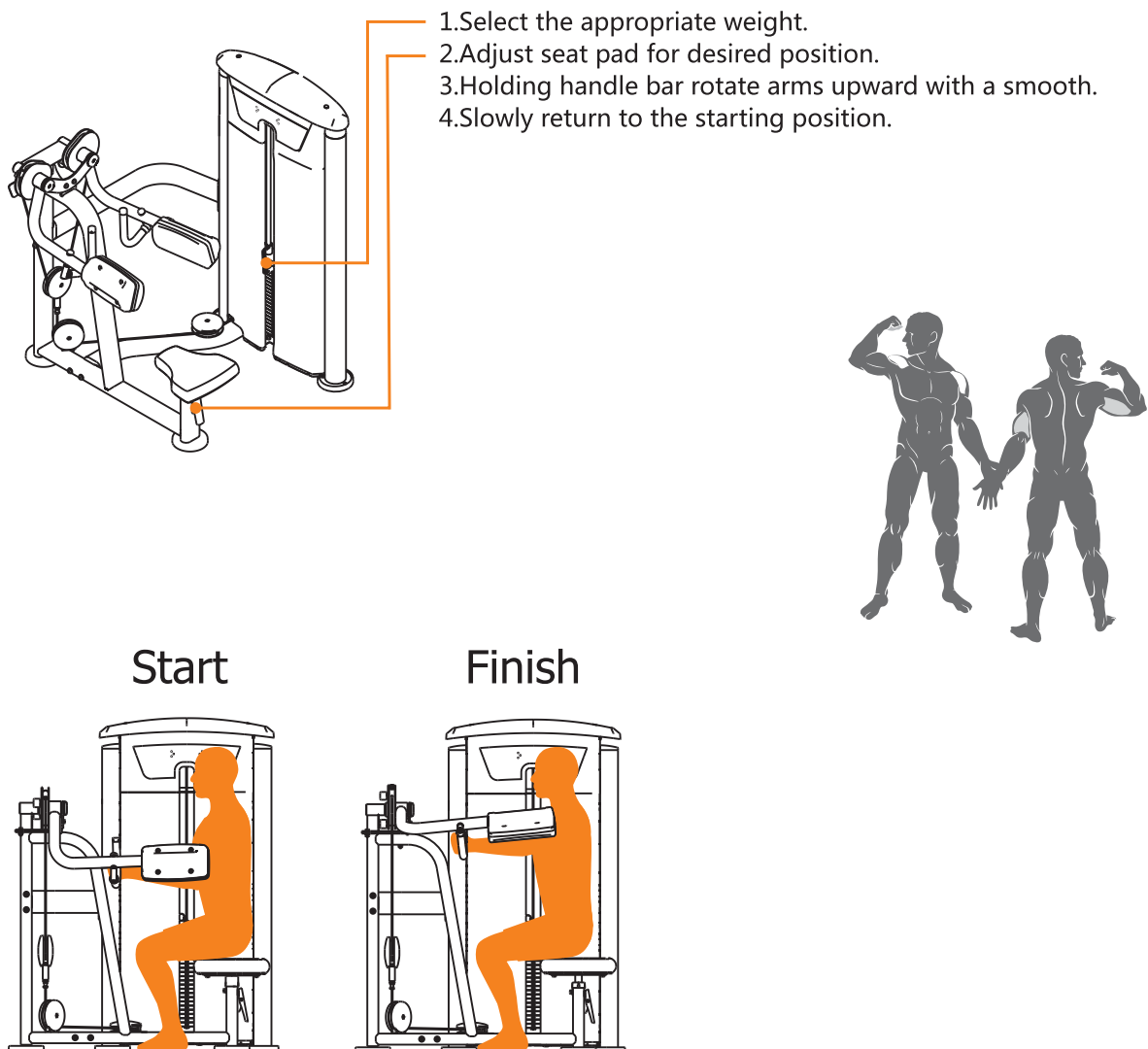
Exercise Instructions

LATERAL RAISE

1. Select the appropriate weight.
2. Adjust seat pad for desired position.
3. Holding handle bar rotate arms upward with a smooth.
4. Slowly return to the starting position.



1. Select the appropriate weight.
2. Adjust seat pad for desired position.
3. Holding handle bar rotate arms upward with a smooth.
4. Slowly return to the starting position.



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.

