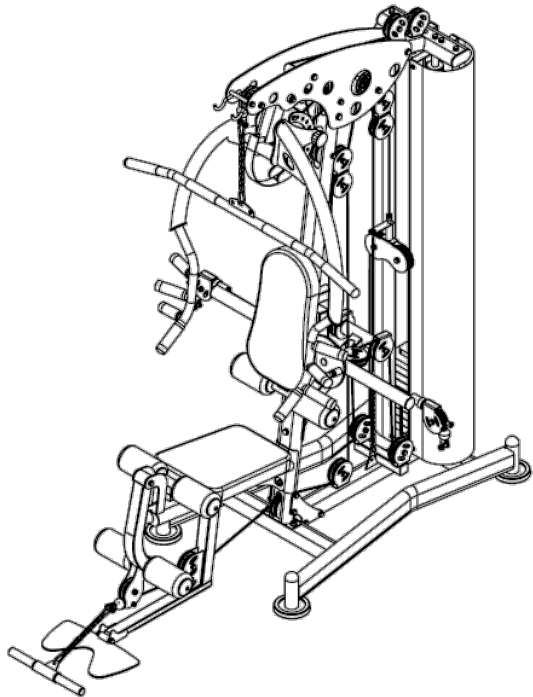




OWNER'S MANUAL

PFX – 2000 Weight Gym



www.progressionfitness.ca
info@progressionfitness.ca
1-866-978-1999

IMPORTANT SAFETY INFORMATION



Be sure to read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Before using the unit or starting any exercise program, consult your physician. This is especially important for anyone over the age of 65, persons with pre-existing health problems or women that are pregnant.
- Keep children and pets away from this equipment at all times.
- This unit should only be used on a level surface and is intended for indoor use only. We recommend placing an equipment mat under the unit to protect the floor or carpet.
- Do not use until the machine has been fully assembled and inspected for correct performance in accordance with the manual.
- Always wear proper clothing and walking/running shoes when exercising. Do not wear loose fitting clothing that could get caught in the equipment.
- Always examine unit before use to ensure all parts are in working order.
- Progression assumes no responsibility for equipment failure if unauthorized equipment modifications are made.
- Progression assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

PARTS

Item	Qty	Description
1	1	Ground frame
2	2	Guide bar
3	1	Weight stack
4	2	Back support tube
5	6	Outer hexagon bolt (10mm x 65mm)
6	32	Washer (10mm)
7	8	Outer hexagon bolt (10mm x 20mm)
8	2	Rubber mat
9	2	Outer hexagon bolt (8 mm x 70mm)
10	2	Lock nut (8mm)
11	1	Side support frame
12	1	Up frame
13	2	Fixing plate
14	1	Shield support frame
15	11	Nut (10mm)
16	6	Outer hexagon bolt (12mm x 70mm)
17	22	Washer (12mm)
18	11	Nut (12mm)
19	6	Outer hexagon bolt (10mm x 125mm)
20	2	Outer hexagon bolt (10mm x 16mm)
21	1	Seat
22	1	Seat adjustment frame
23	1	Decorative plate (right)
24	1	Decorative plate (left)
25	4	Pulley spacer sleeve
26	1	Adapter sleeve
27	1	Leg lift bending tube
28	4	Pulley
29	1	Leg extension turning axle
30	3	Outer hexagon bolt (12mm x 130mm)

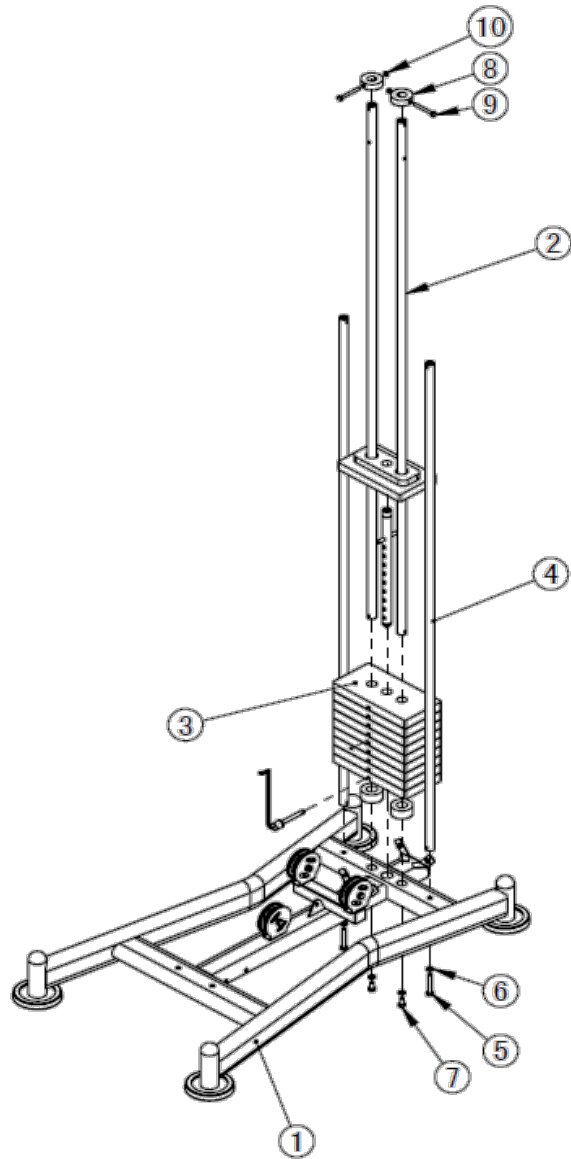
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31	2	Outer hexagon bolt (10mm x 130mm)
32	1	Right pec fly arm
33	1	Left pec fly arm
34	2	Handle
35	1	Front push frame
36	1	Front push frame axle
37	1	Front push arm
38	1	Front push arm link axle
39	1	Arc plate
40	6	Washer (25mm x 10mm)
41	1	Pulley supprt frame
42	2	Hexagon socket button head screws
43	9	Outer hexagon bolt (8mm x 16mm)
44	13	Washer (8mm)
45	2	Shape pulley frame
46	1	Cable #1
47	1	Double puley plate
48	1	Cable #2
49	1	Cable #3
50	1	Cable #4
51	2	Sheild
52	1	Seat
53	1	Back pad adjustment frame
54	1	Sponge tube
55	1	Lat pulldown handle
56	1	Low pulldown handle
57	1	Feet plate
58	1	Outer hexagon bolt (10mm x 70mm)
59	1	Sponge tube
60	12	Spring washer (8mm)
61	4	Outer hexagon bolt (8mm x 40mm)
62	1	Pad
63	1	Double puley plate

3

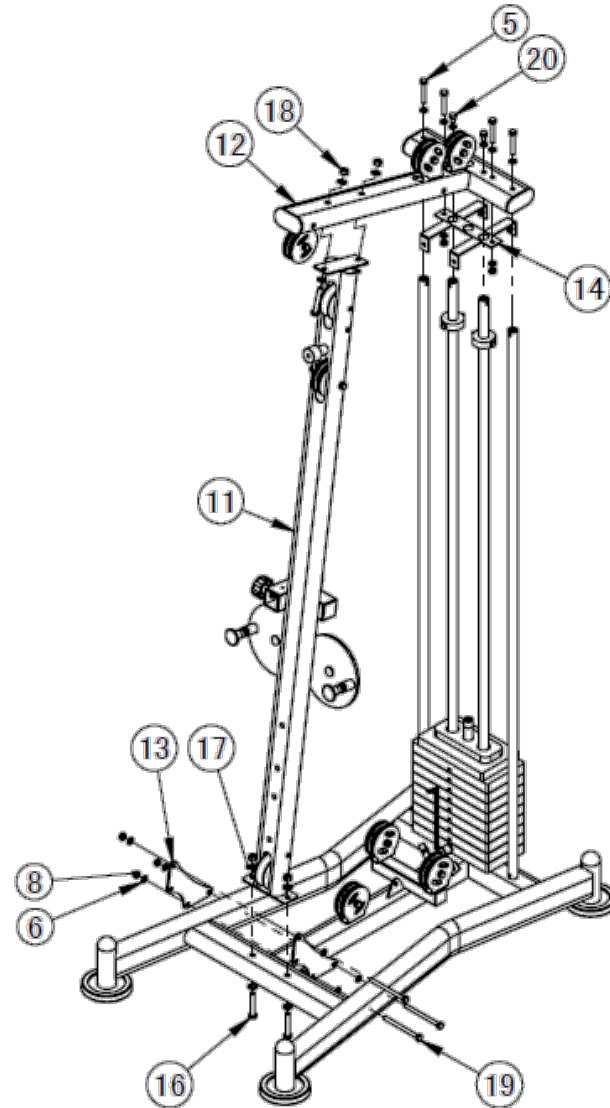
ASSEMBLY

Step 1:



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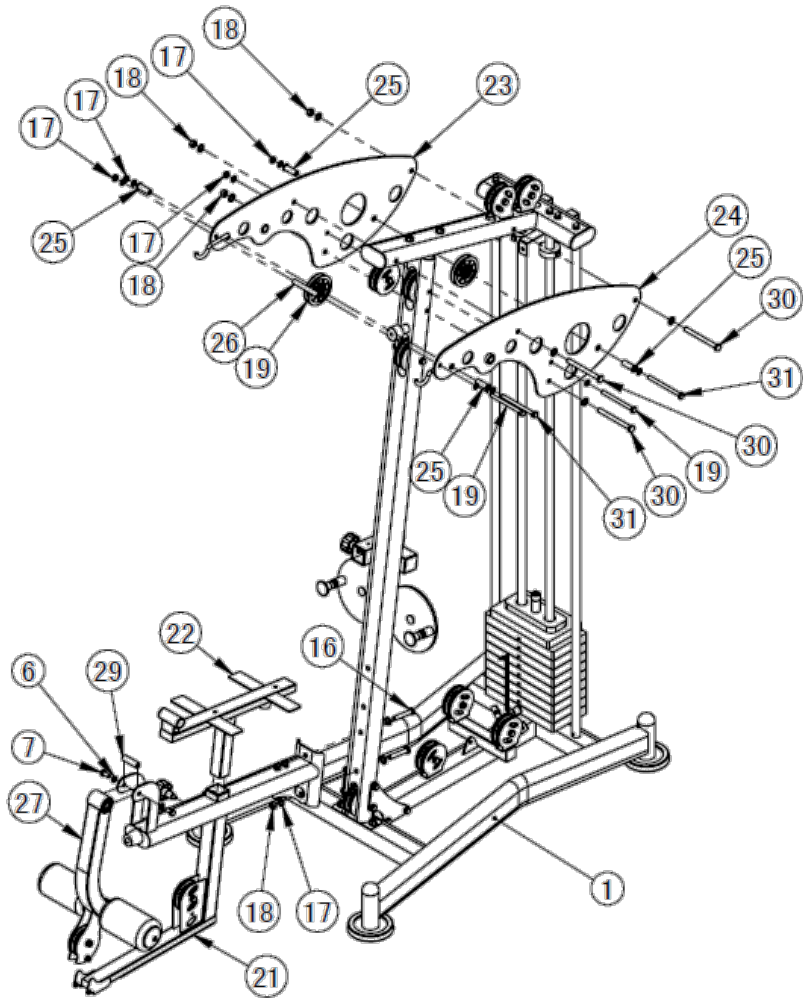
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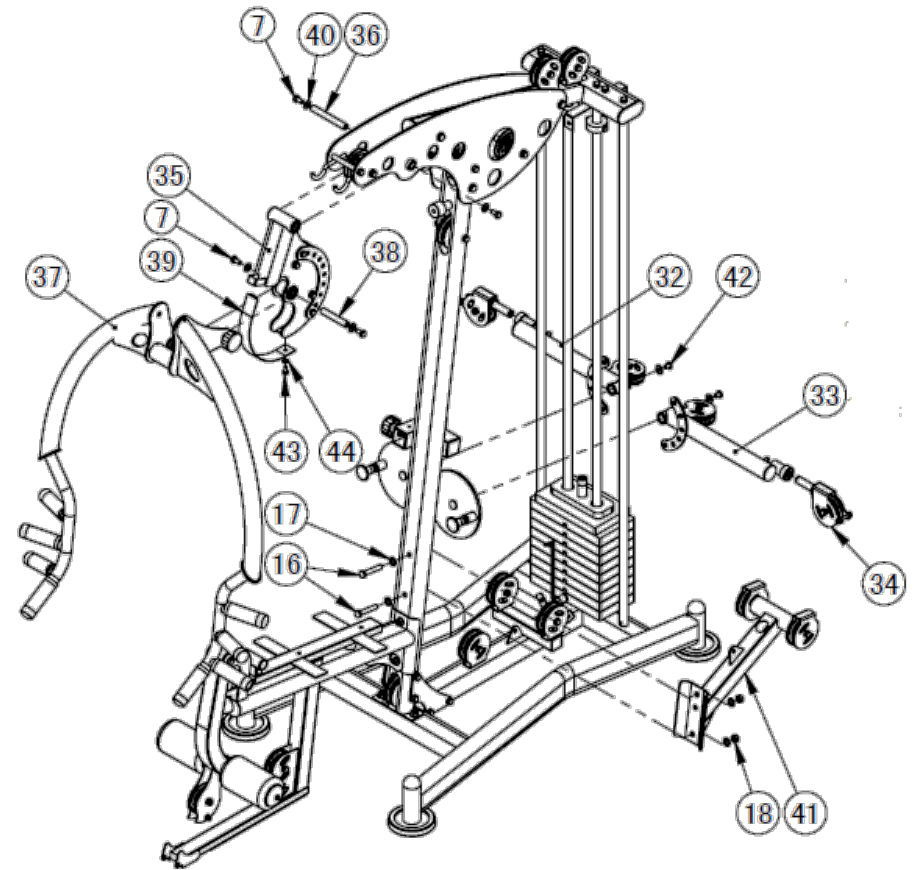
ASSEMBLY CONT'D

Step 3:



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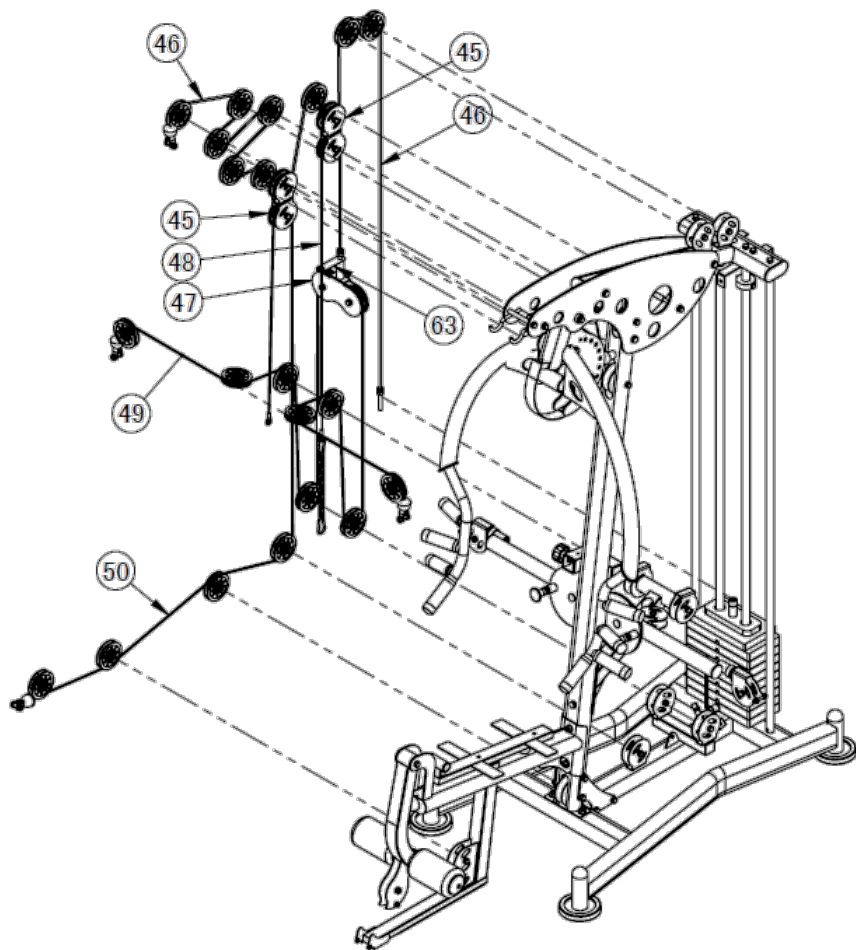
Step 4:



7

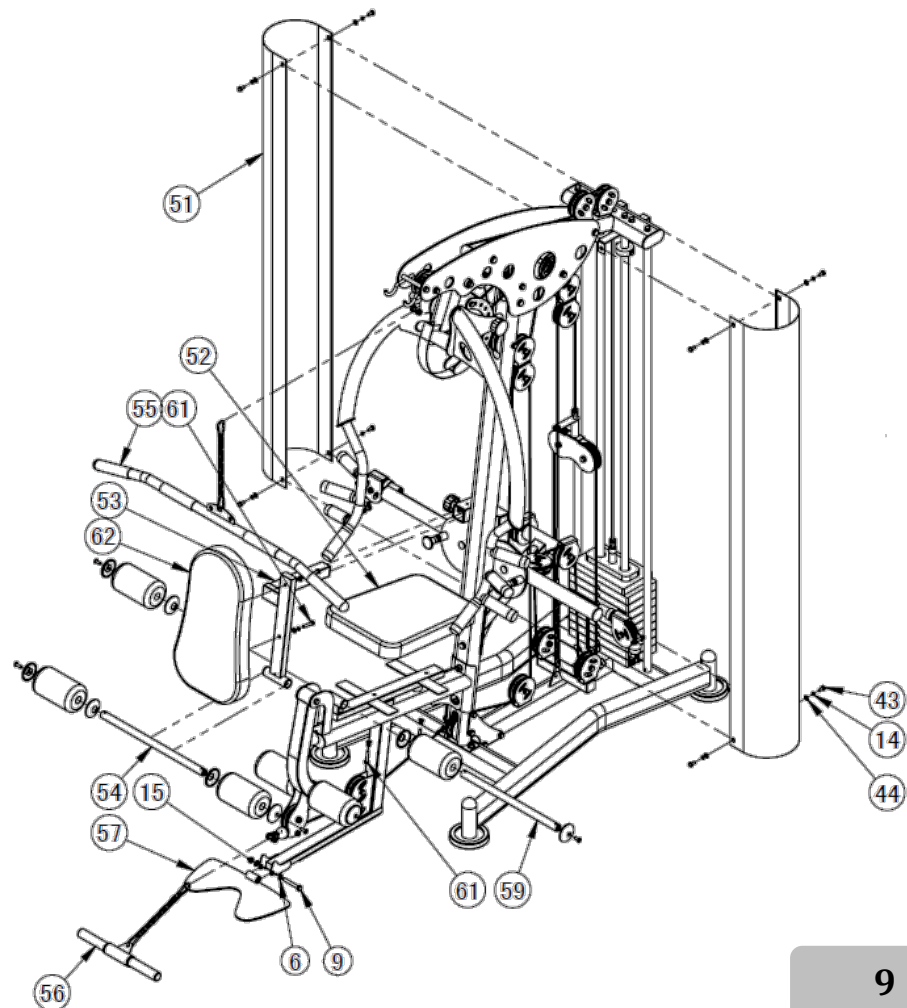
ASSEMBLY CONT'D

Step 5:



8

Step 6:



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