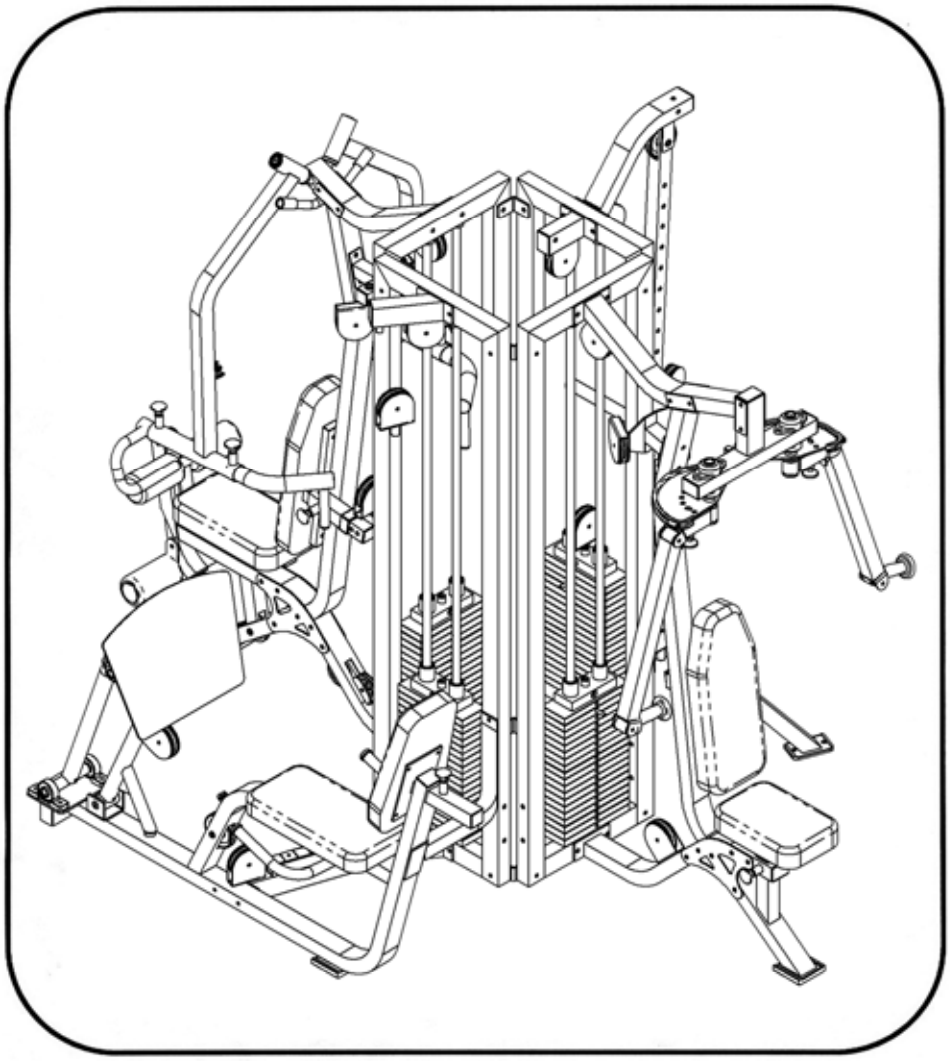
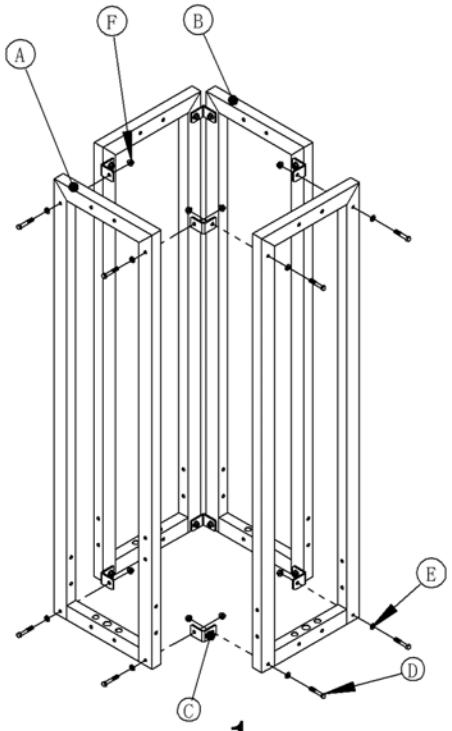
Owner manual



General parts

code	Description	Spec	Q'ty
A	Weight stack frame		3
B	Weight stack frame		1
C	Corner connecting bracket		8
D	Bolt	M12x70	16
E	Flat washer	M12	16
F	nut	M12	16

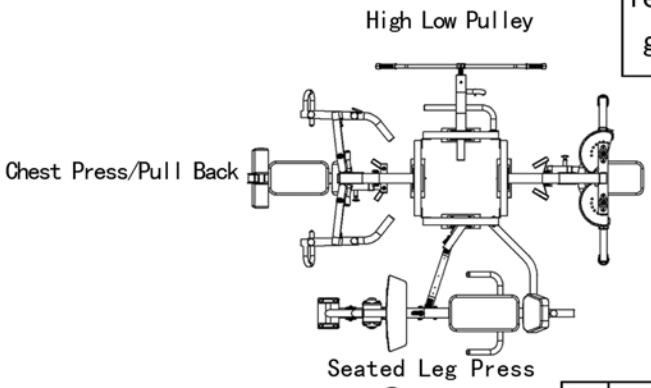


1

A

Locate proper location for installment, followed by assembling all weight stack frame A and B, using
16 x M12x70 bolt (F)
16 x M12 flat washer (E)
16 x M12 nut (D)
8 x corner connecting bracket

No enhancement supporting legs are required for combo gym application

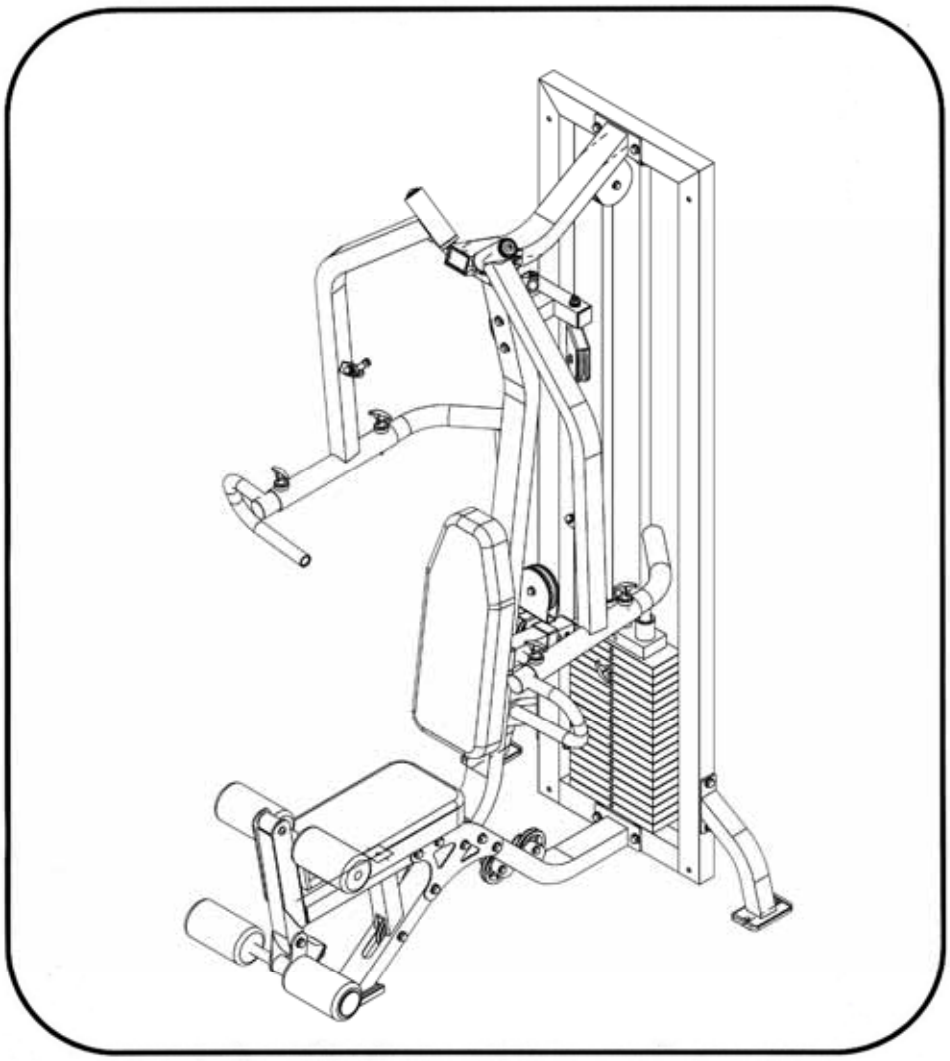


2

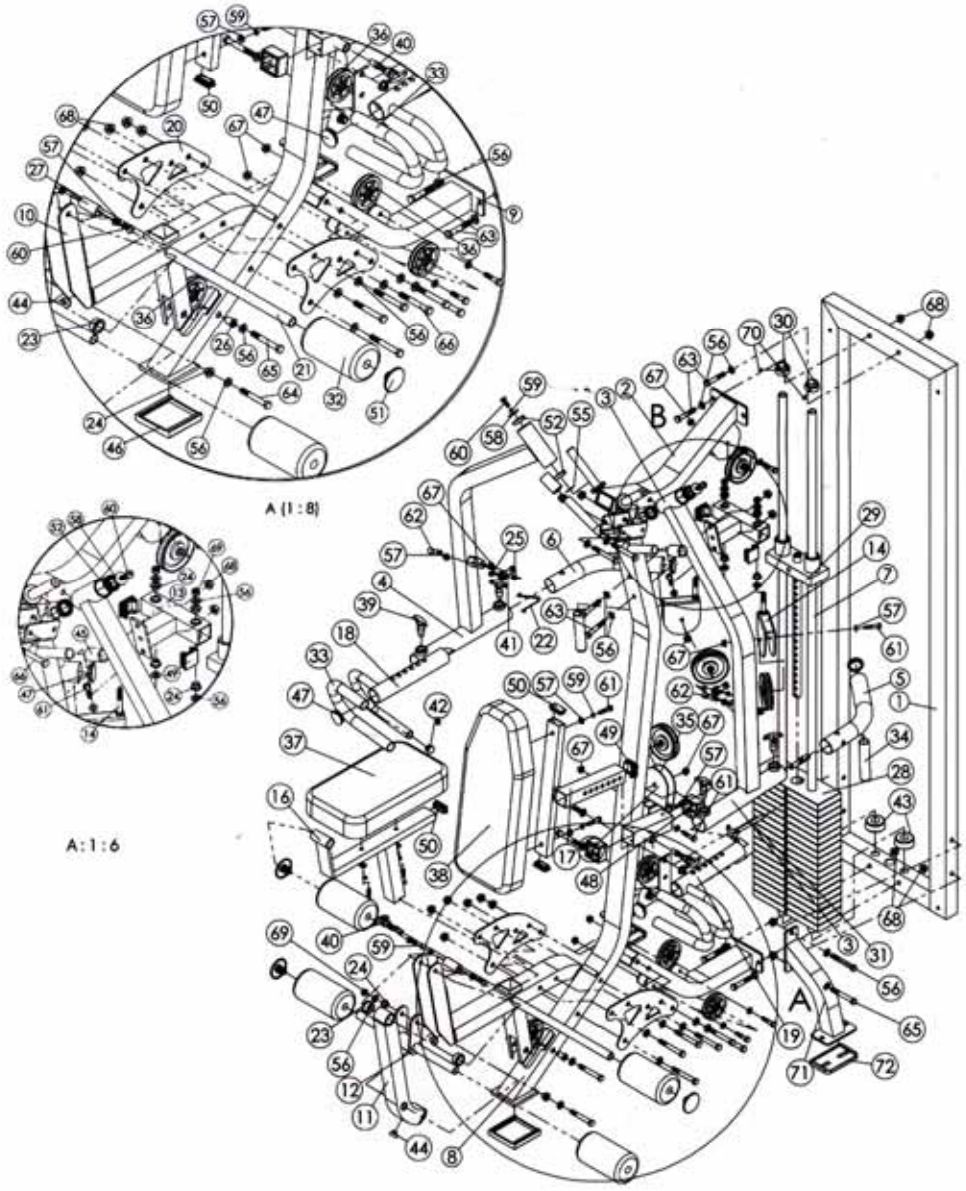
B

Follow pic 2 for proper location for each work out station. Proceed assembly work after adjusting the equipment.

Chest Press/Pull Back



Chest Press/Pull Back

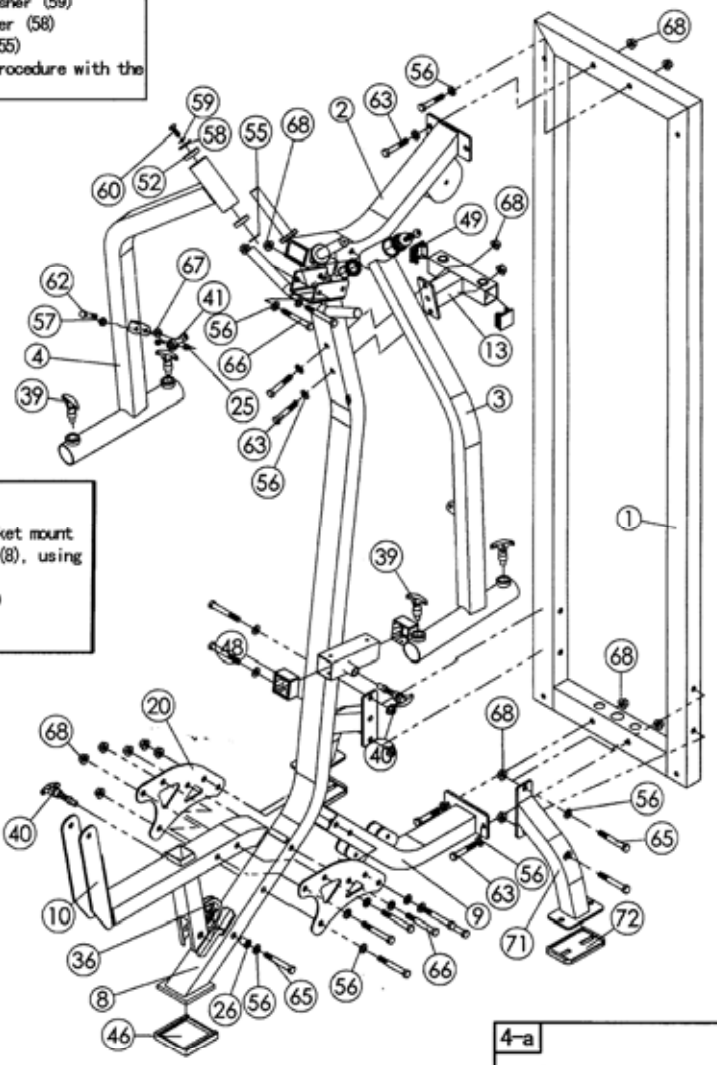


4-e

Place press arm (4) to top cross beam (2), using:
2 x bearing (52)
1 x M10x20 dome type hex bolt
1 x M10 spring washer (59)
1 x M10 flat washer (58)
1 x wave washer (55)
Repeat the same procedure with the other side.

4-c

Attach top cross beam (2) onto main frame (1) and main upright (8), using
2 x M12x70 bolt (63)
2 x M12x95 bolt (66)
4 x M12 flat washer (56)
4 x M12 nut (68)



4-d

Attach rear pulley bracket mount (13) onto main upright (8), using
2 x M12x70 bolt (63)
2 x M12 flat washer (56)
2 x M12 nut (68)

4-b

Attach main upright (8), and seat post receptacle (10) onto rear base cross beam (9), using
2 x assembly bracket (20)
6 x M12x95 bolt (66)
6 x M12 flat washer (56)
6 x M12 nut (68)

4-a

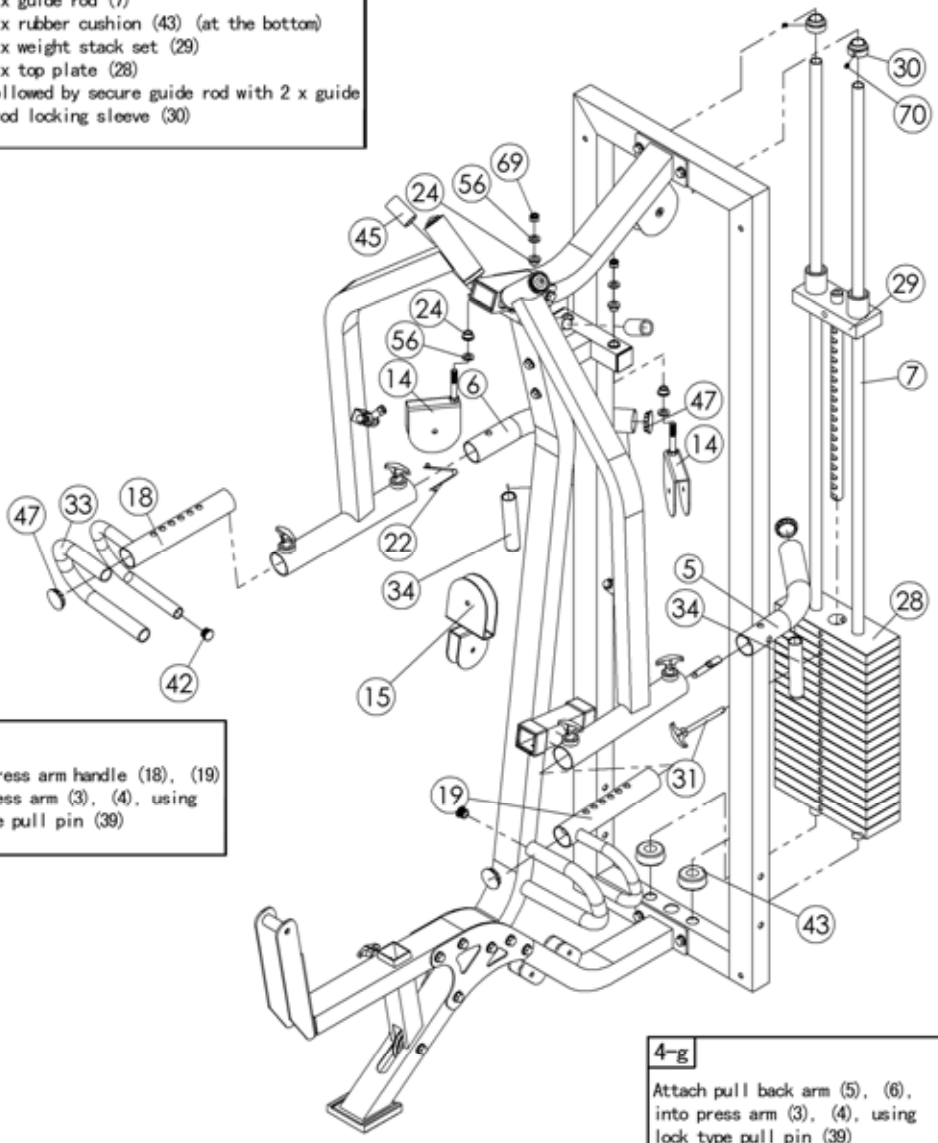
Attach rear base cross beam (9) onto main frame (1), using:
2 x M12x70 bolt (63)
2 x M12 flat washer (56)
2 x M12 nut (68)

4-h

Place pulley bracket (14) onto rear pulley bracket mount (13), using
2 x M12 nut (69)
2 x M10 flat washer (56)

4-i

Place weight stack set to main frame (1), using
2 x guide rod (7)
2 x rubber cushion (43) (at the bottom)
1 x weight stack set (29)
1 x top plate (28)
Followed by secure guide rod with 2 x guide rod locking sleeve (30)



4-f

Attach press arm handle (18), (19) into press arm (3), (4), using lock type pull pin (39)

4-g

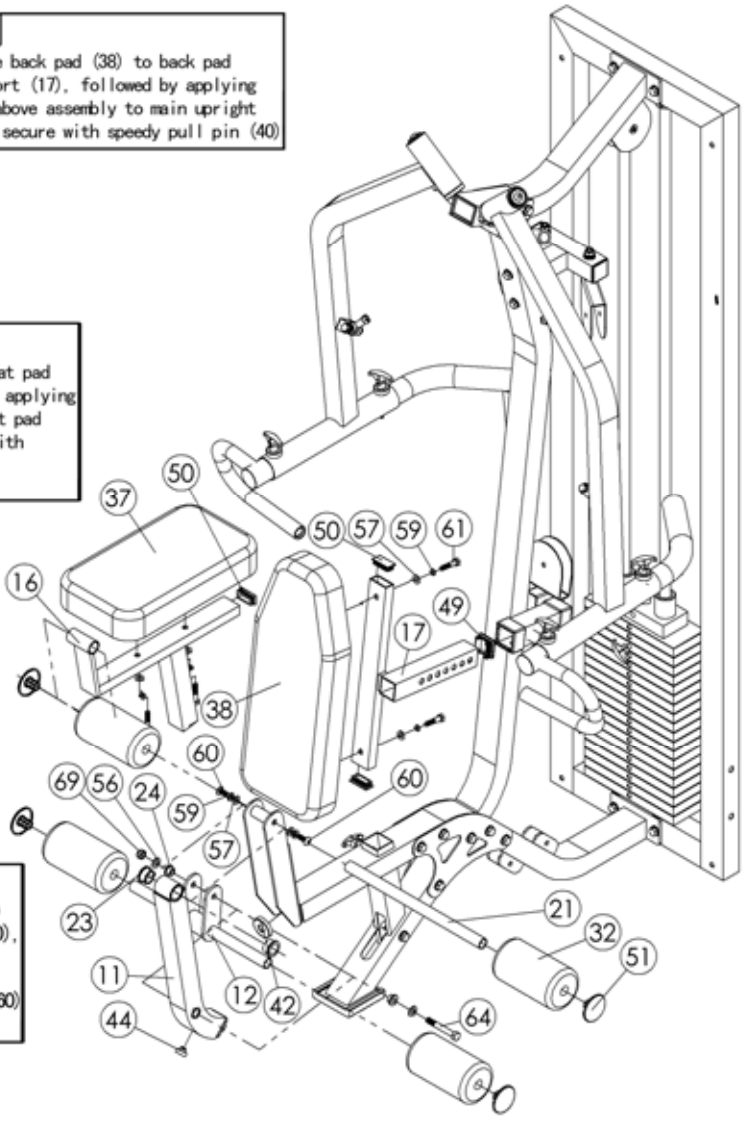
Attach pull back arm (5), (6), into press arm (3), (4), using lock type pull pin (39)

4-m

Place back pad (38) to back pad support (17), followed by applying the above assembly to main upright (8), secure with speedy pull pin (40)

4-n

Place seat pad (37) to seat pad support (16), followed by applying the above assembly to seat pad receptacle (10), secure with speedy pull pin (40)



4-j

Attach leg extension arm (11) into seat post receptacle (10), using
1 x pivot shaft (27)
2 x M10x20 dome type hex bolt(60)
2 x M10 flat washer (57)

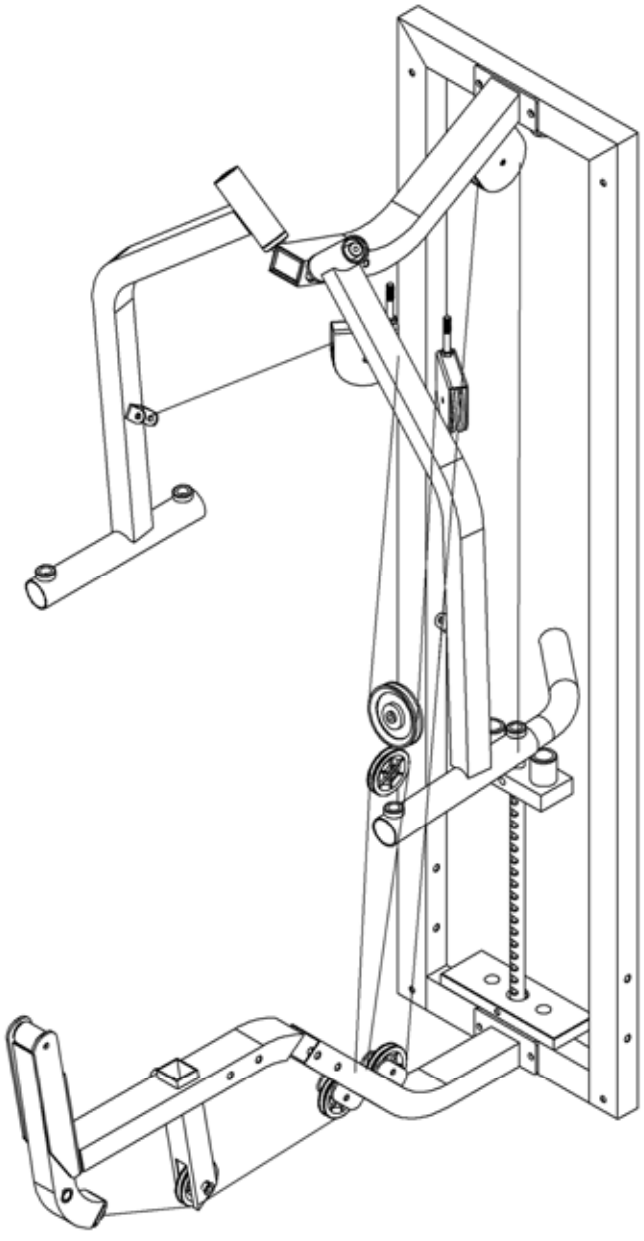
4-k

Attach self aligning bracket (12) onto let extension arm (11), using
1 x M12x85 bolt (64)
1 x M12 flat washer (56)
1 x M12 nut (69)

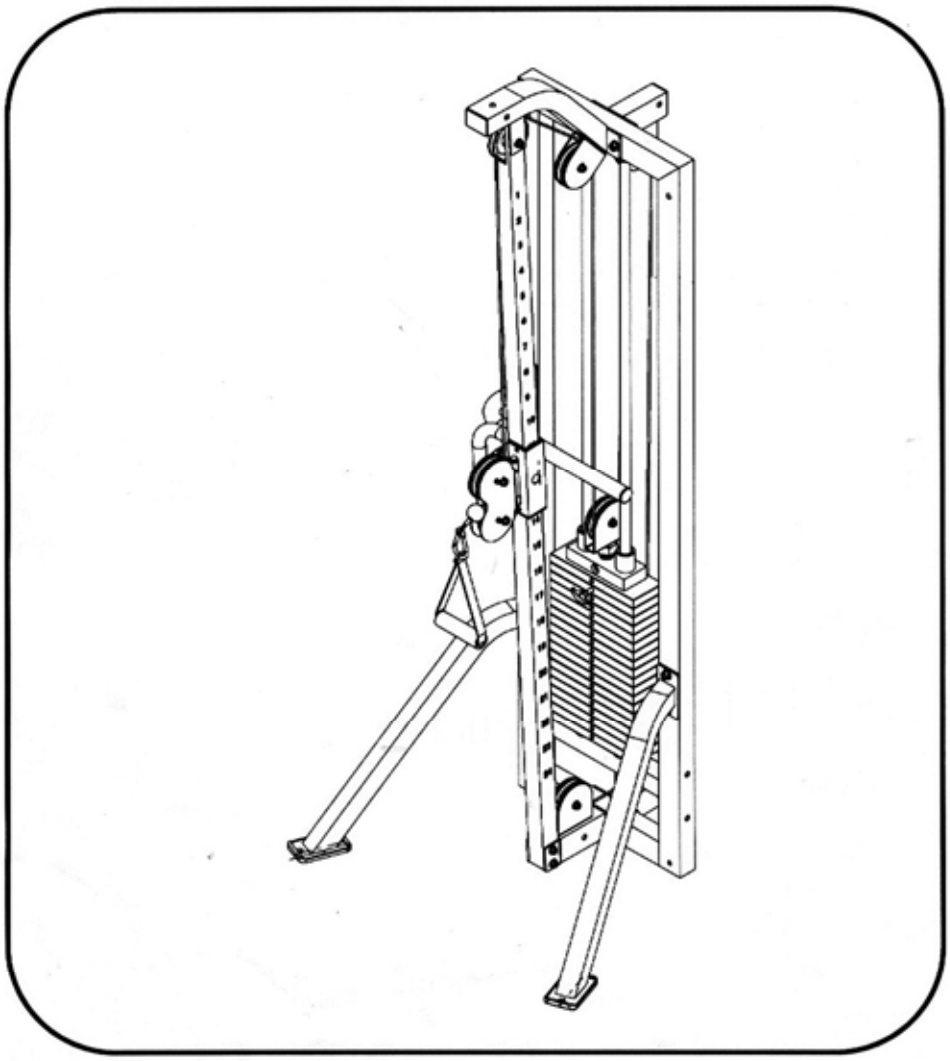
4-l

Attach form tube (21) into seat pad support (16), followed by attaching:
2 x foam roller (32)
2 x end cap (51)
Repeat the same procedure with self aligning bracket foam roller assembly.

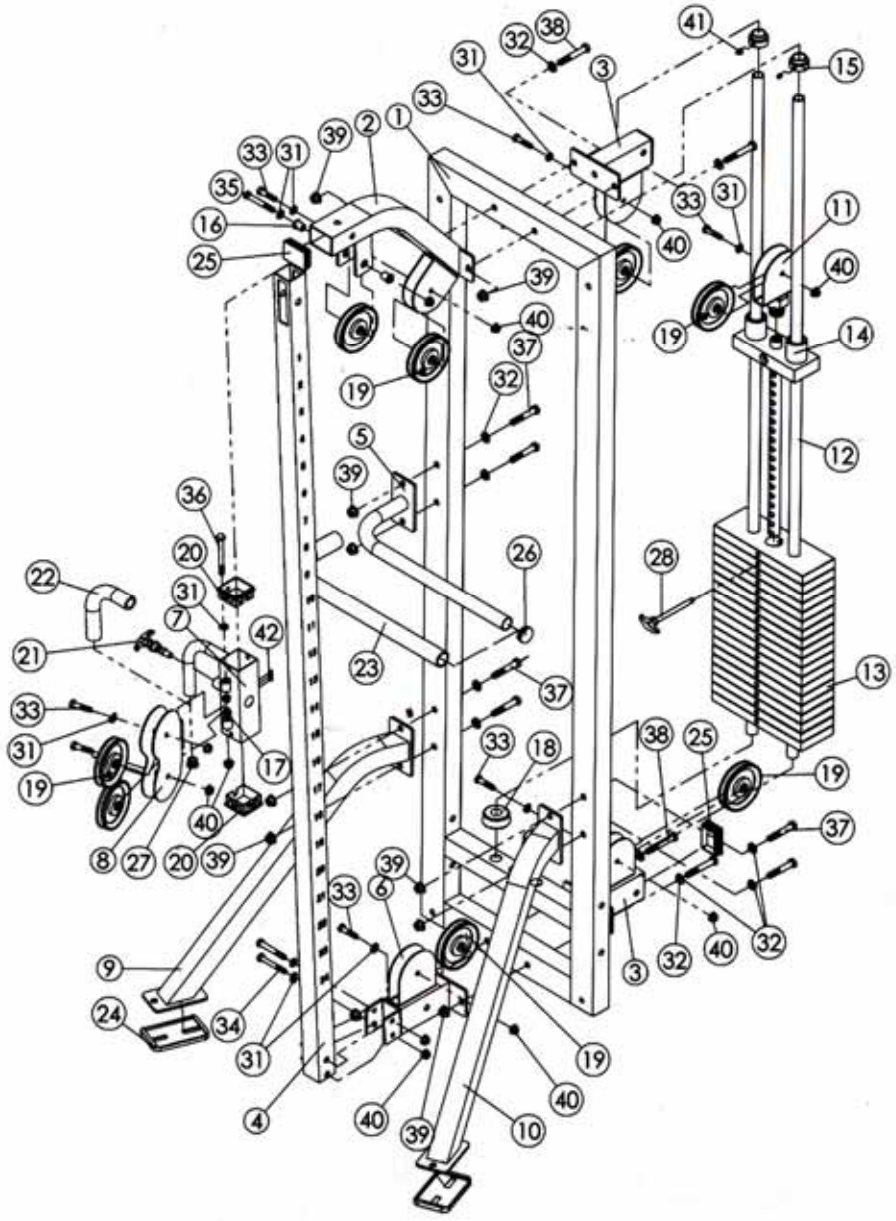
4-o cable routing

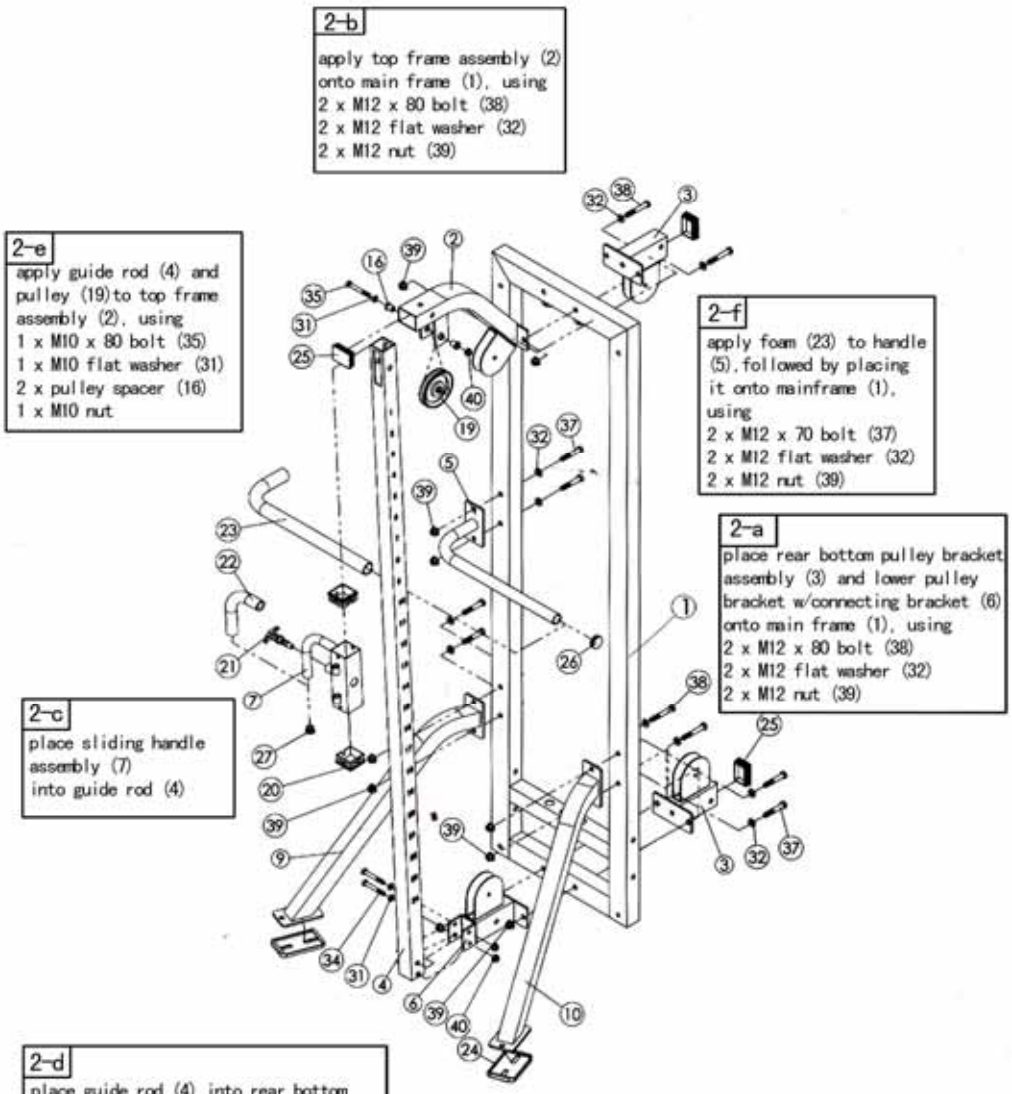


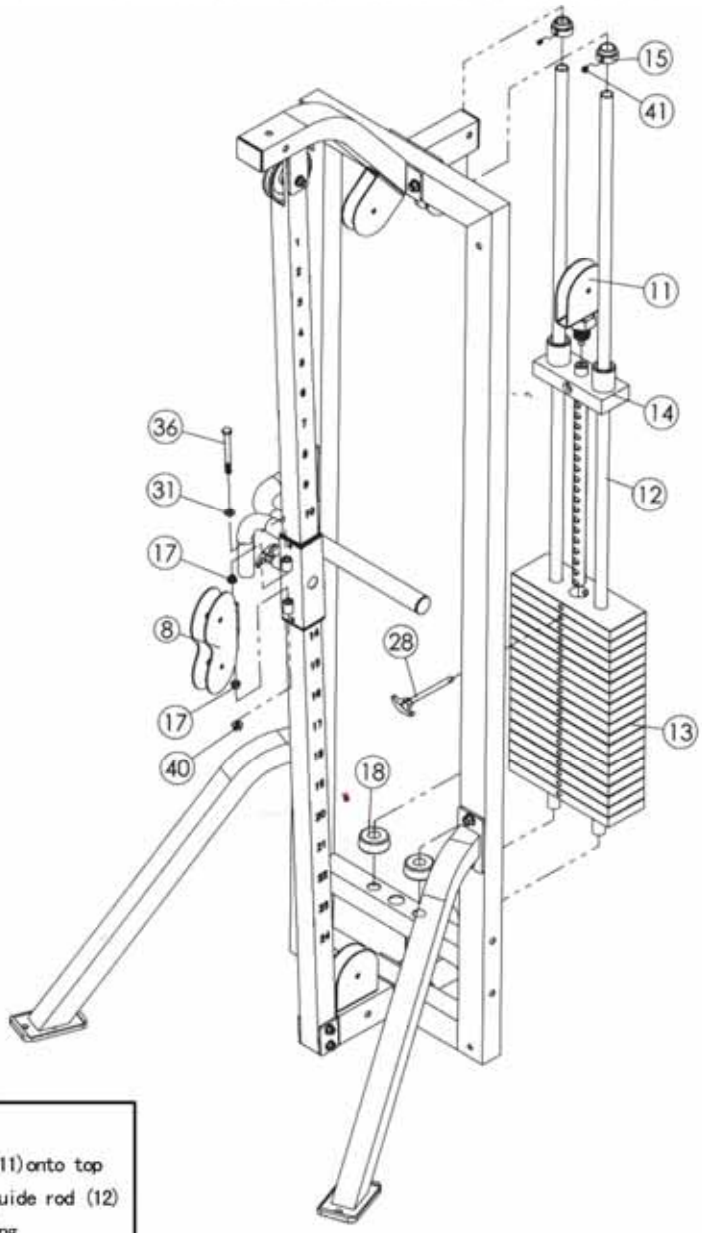
High Low Pulley



High Low Pulley




2-b
apply top frame assembly (2) onto main frame (1), using
2 x M12 x 80 bolt (38)
2 x M12 flat washer (32)
2 x M12 nut (39)
2-e
apply guide rod (4) and pulley (19)to top frame assembly (2), using
1 x M10 x 80 bolt (35)
1 x M10 flat washer (31)
2 x pulley spacer (16)
1 x M10 nut
2-f
apply foam (23) to handle (5), followed by placing it onto mainframe (1), using
2 x M12 x 70 bolt (37)
2 x M12 flat washer (32)
2 x M12 nut (39)
2-a
place rear bottom pulley bracket assembly (3) and lower pulley bracket w/connecting bracket (6) onto main frame (1), using
2 x M12 x 80 bolt (38)
2 x M12 flat washer (32)
2 x M12 nut (39)
2-c
place sliding handle assembly (7) into guide rod (4)
2-d
place guide rod (4) into rear bottom pulley bracket assembly (3), and lower pulley bracket w/connecting bracket (6), using
2 x M10 x 75 bolt (34)
2 x M10 flat washer (31)
2 x M10 nut (40)

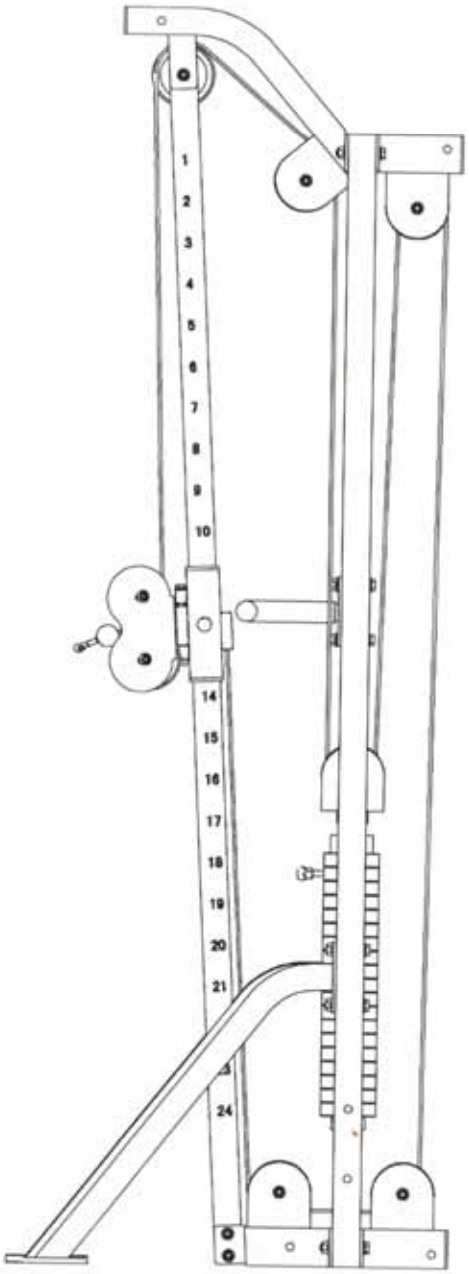


2-g

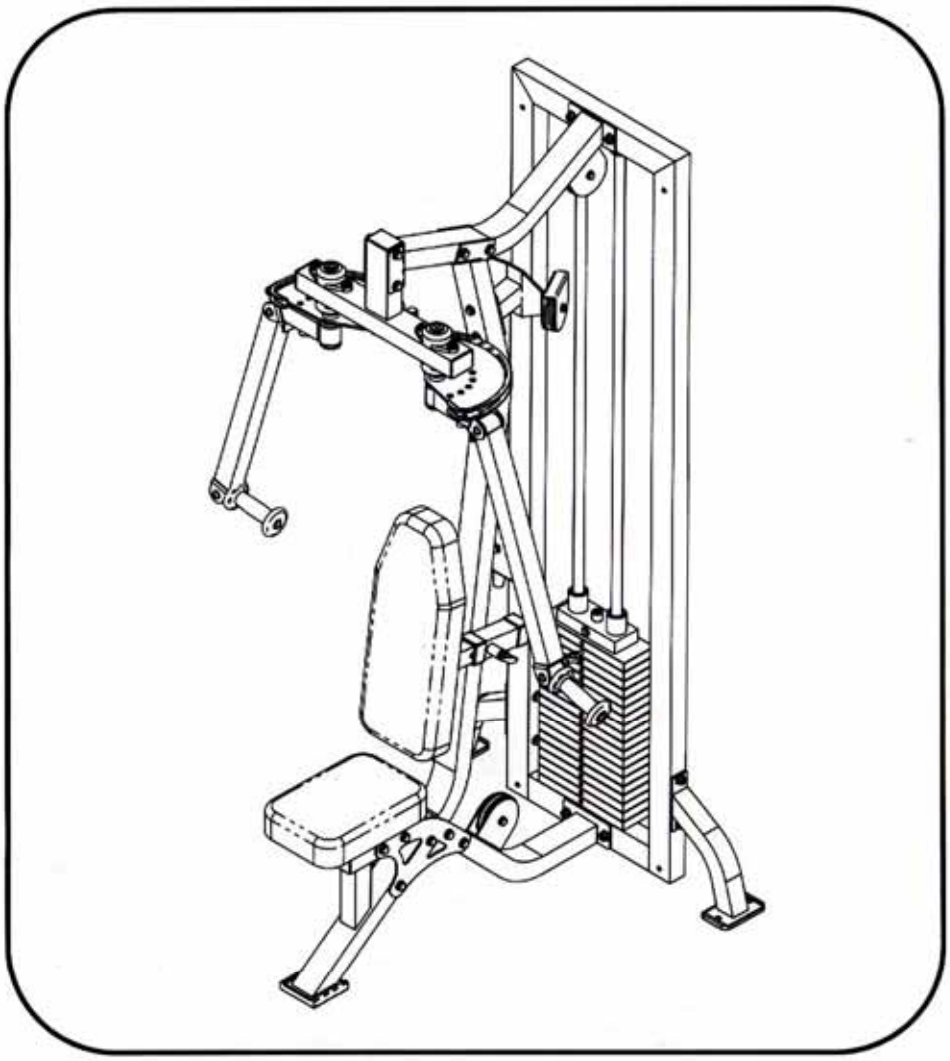
place pulley bracket (11)onto top plate (14),place 2 x guide rod (12) to main frame (1), using
2 x rubber cushion (18) at bottom
1 x weight stack set (13)
1 x top plate assembly (11+14)
2 x M8*10 set screw (41)

2-h

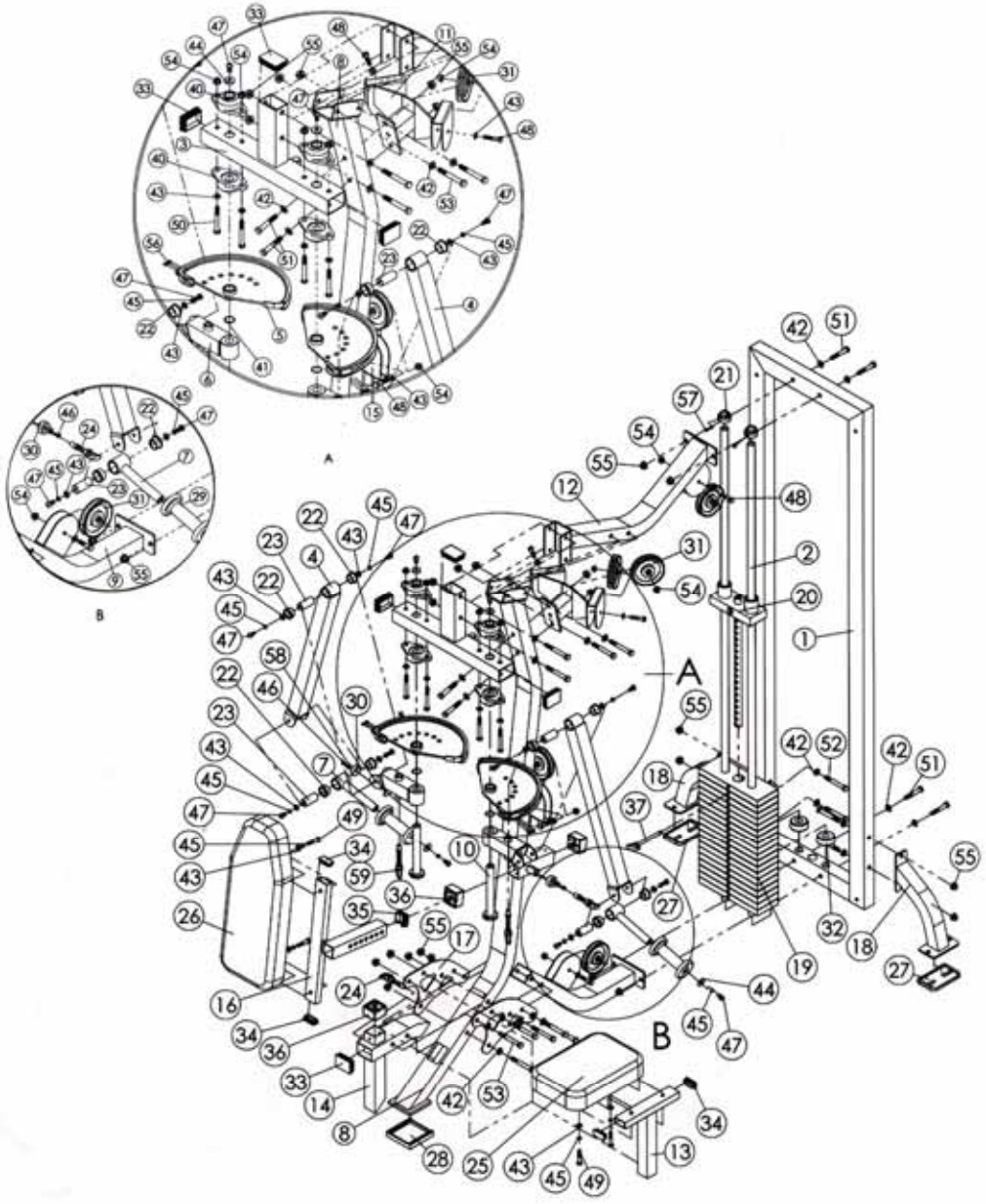
cable routing



Pec Fly / Rear Deltoid

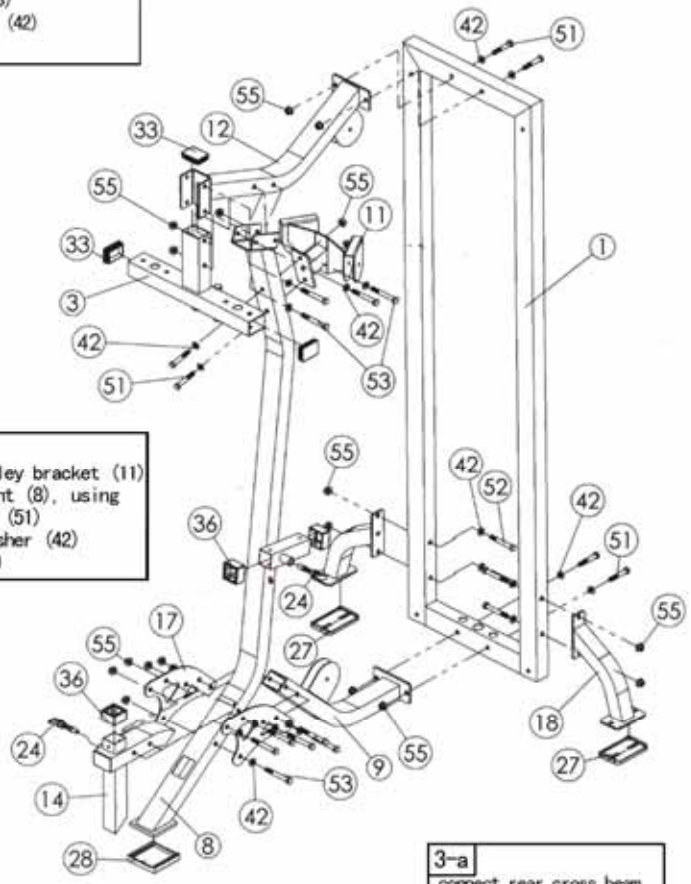


Pec Fly / Rear Deltoid



3-c
connect top cross beam (12), main upright (8), and main frame (1), using
2 x M12x70 bolt (51)
4 x M12 flat washer (42)
4 x M12 nut (55)

3-d
connect pec dec arm mount (3) onto top cross beam (12), using
2 x M12x95 bolt (53)
2 x 12 flat washer (42)
2 x M12 nut (55)



3-e
connect top pulley bracket (11) onto main upright (8), using
2 x M12x70 bolt (51)
2 x M12 flat washer (42)
2 x M12 nut (55)

3-a
connect rear cross beam (9) to main frame (1), using
2 x M12x70 bolt (51)
2 x M12 flat washer (42)
2 x nut (55)

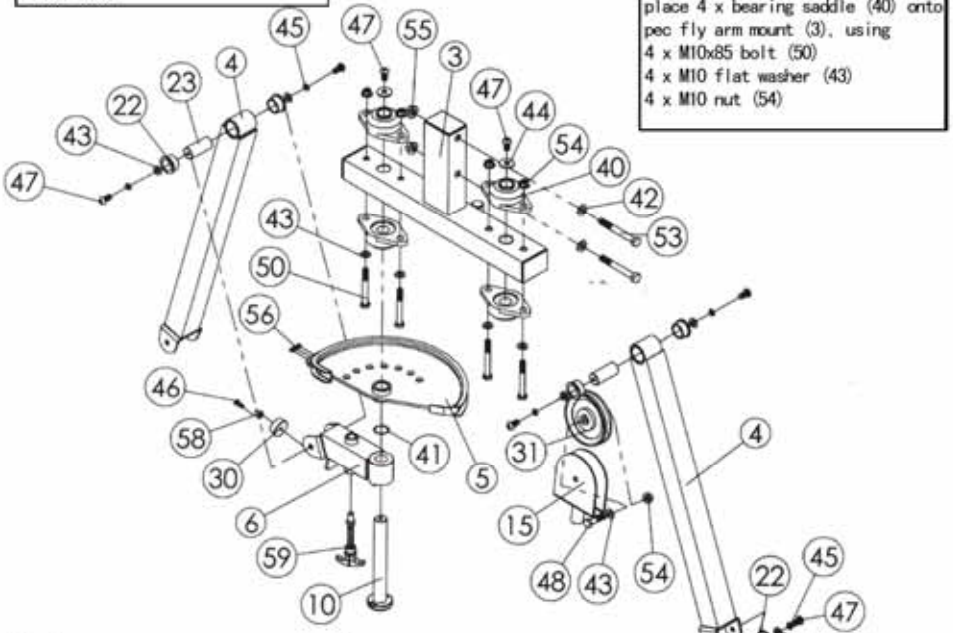
3-b
connect main upright (8) and seat pad support receptacale (14) onto rear cross beam (9), using
6 x M12x95 bolt (53)
6 x M12 flat washer (42)
6 x M12 nut (55)
2 x connecting bracket (17)

3-h

place pec fly arm (4) onto pec fly arm top assembly, using
2 x M10x20 dome type hex bolt (47)
2 x M10 spring washer (45)
2 x M10 flat washer (43)
2 x bronze sleeve (22)
1 x pivot shaft (23)
repeat the same procedure on the other side

3-f

place 4 x bearing saddle (40) onto pec fly arm mount (3), using
4 x M10x85 bolt (50)
4 x M10 flat washer (43)
4 x M10 nut (54)



3-g

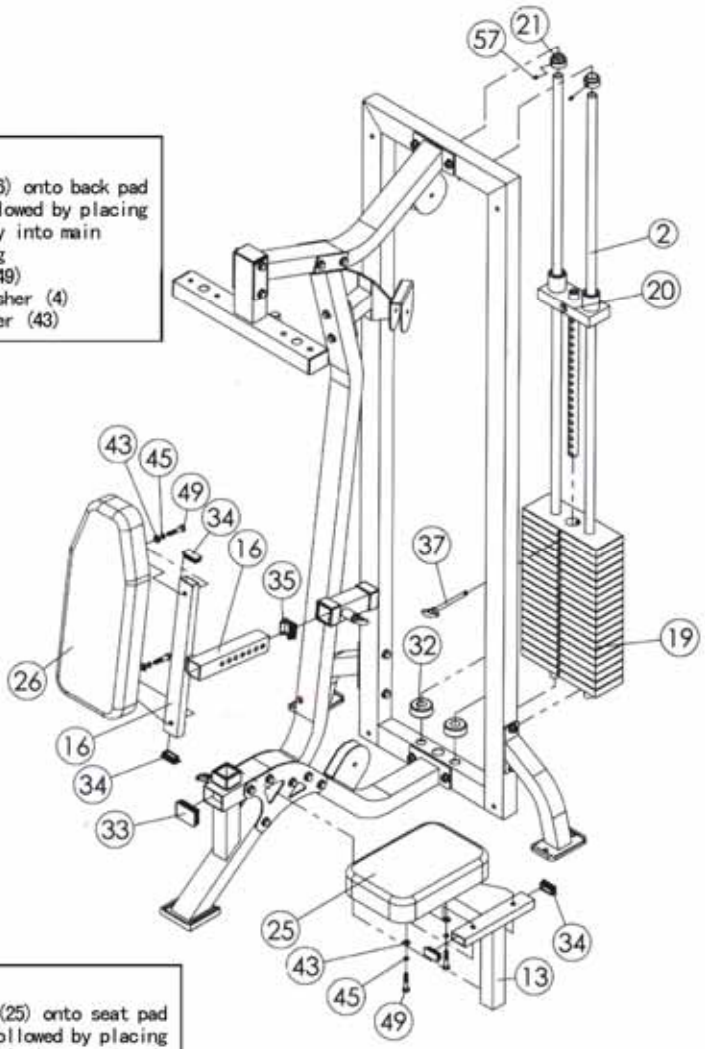
assemble pec fly cam assembly,
1 x cam shaft (10)
1 x pec fly arm top assembly (6)
1 x wave spring (41)
1 x cam (5)
follow by mounting it onto bearing saddle (40), using:
1 x M10x20 dome type hex bolt (47)
1 x M10 flat washer (44)
repeat the same procedure on the other side

3-i

place handle bar (7) onto pec fly arm (4), using
2 x M10x20 dome type hex bolt (47)
2 x M10 spring washer (45)
2 x M10 flat washer (43)
2 x bronze sleeve (22)
1 x Pivot shaft (23)
1 x handle (29)
repeat the same procedure on the other side

3-m

place 2 x guide rod (2)
to main frame (1), using
2 x rubber cushion (32) at bottom
1 x weight stack set (19)
1 x top plate (20)
2 x M8*10 set screw (57)



3-k

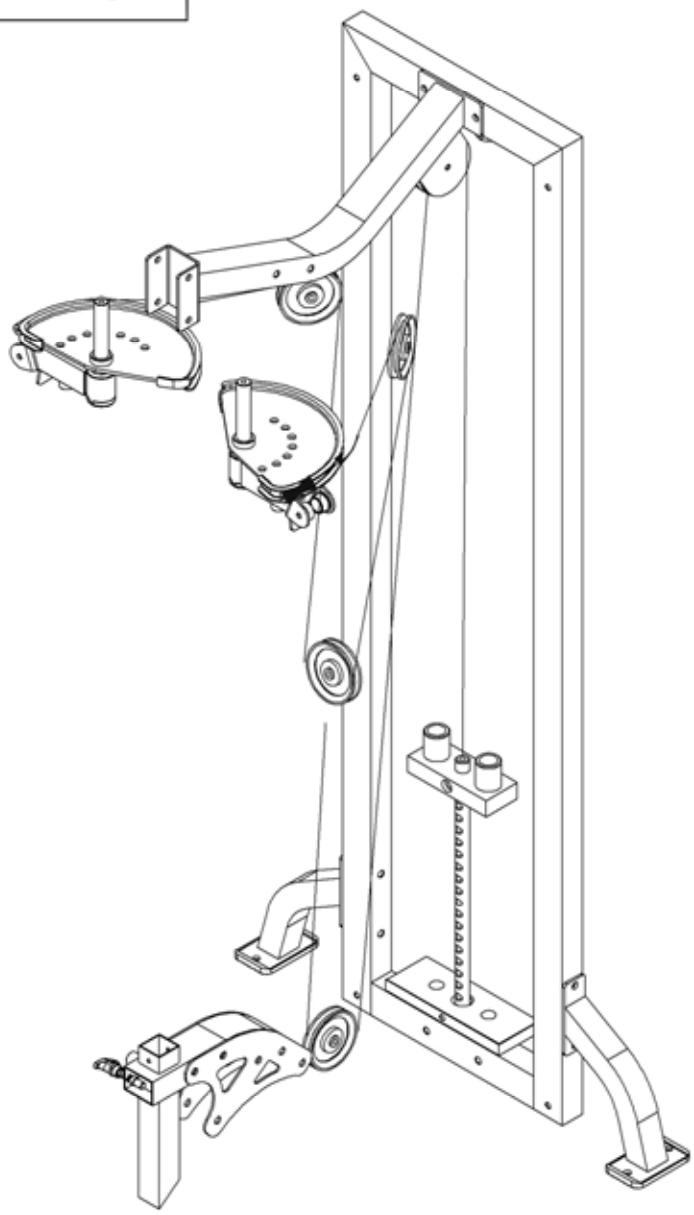
place back pad (26) onto back pad support (16), followed by placing the above assembly into main upright (8), using
2 x M10x50 bolt (49)
2 x M10 spring washer (4)
2 x M10 flat washer (43)

3-j

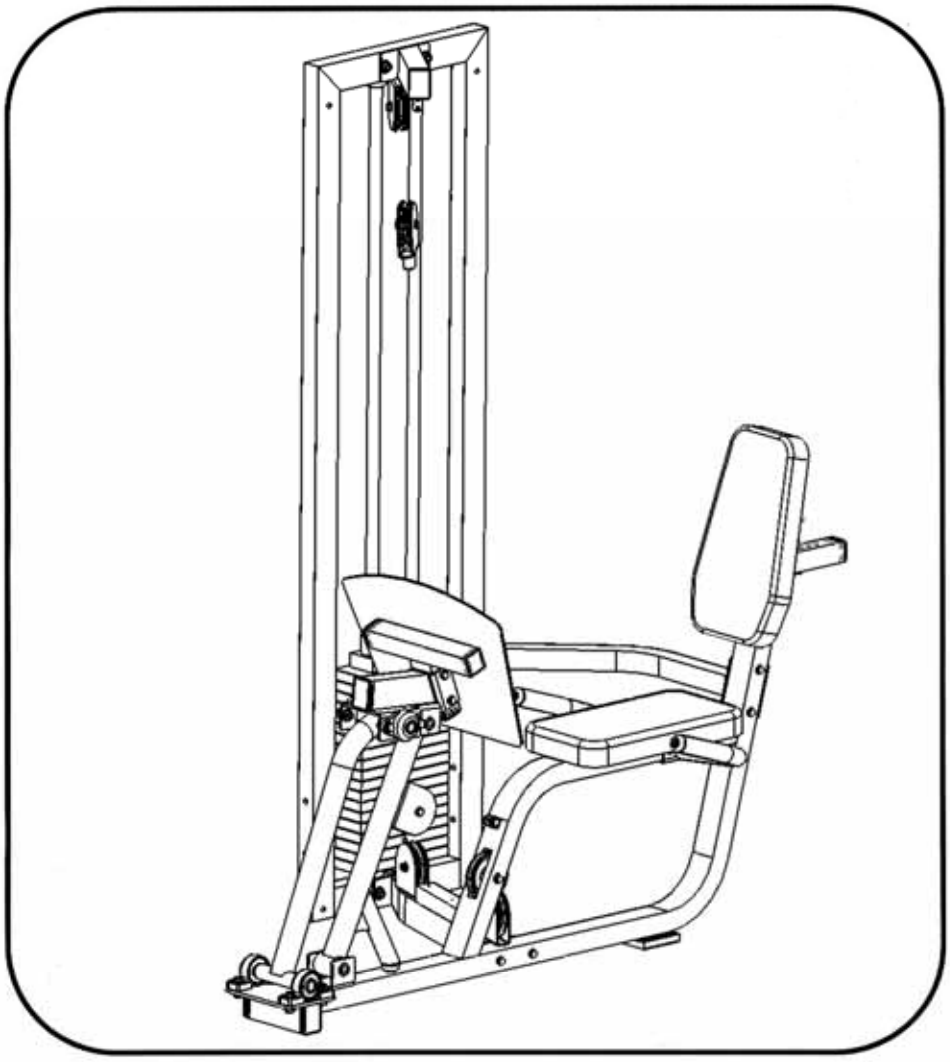
place seat pad (25) onto seat pad support (13), followed by placing the above assembly into seat pad receptacle, using
2 x M10x50 bolt (49)
2 x M10 spring washer (4)
2 x M10 flat washer (43)

3-n

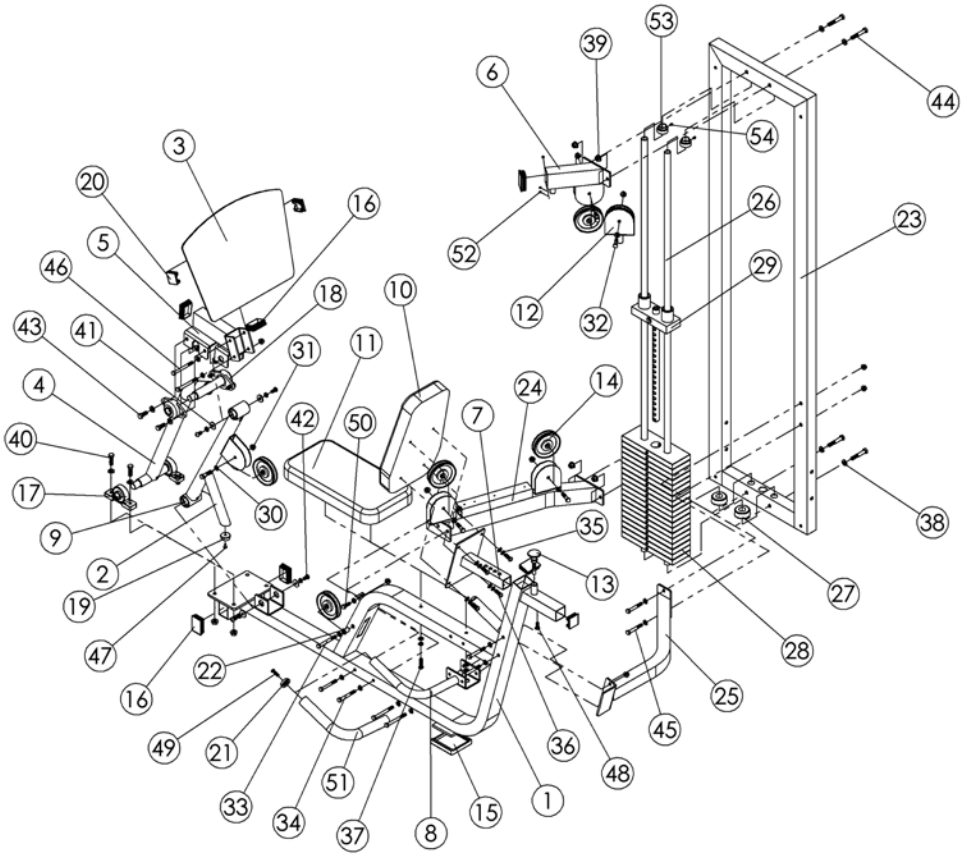
cable routing



Seated Leg Press



Seated Leg Press

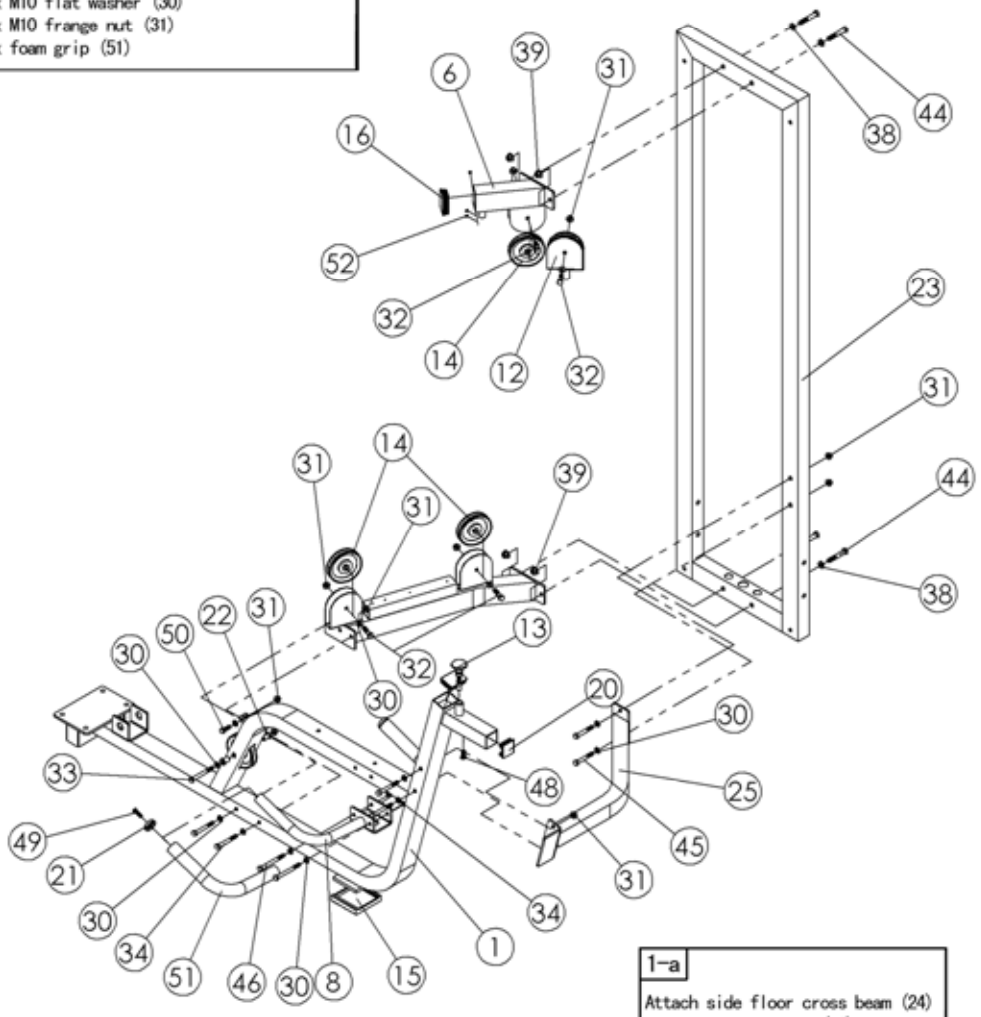


1-d

Attach top pulley beam (6) onto weight stack frame (23), using
2 x M12x70 bolt (44)
2 x M12 flat washer (38)
2 x M12 nut (39)
1 x end cap (16)

1-c

Attach handle bar assembly (8) onto main frame (1), using
2 x M10x 95 bolt (46)
2 x M10 flat washer (30)
2 x M10 frange nut (31)
2 x foam grip (51)



1-b

Attach main frame (1) onto side floor cross beam (24), and side cross beam (25), using
4 x M10x90 bolt (34)
4 x M10 flat washer (30)
4 x M10 frange nut (31)

1-a

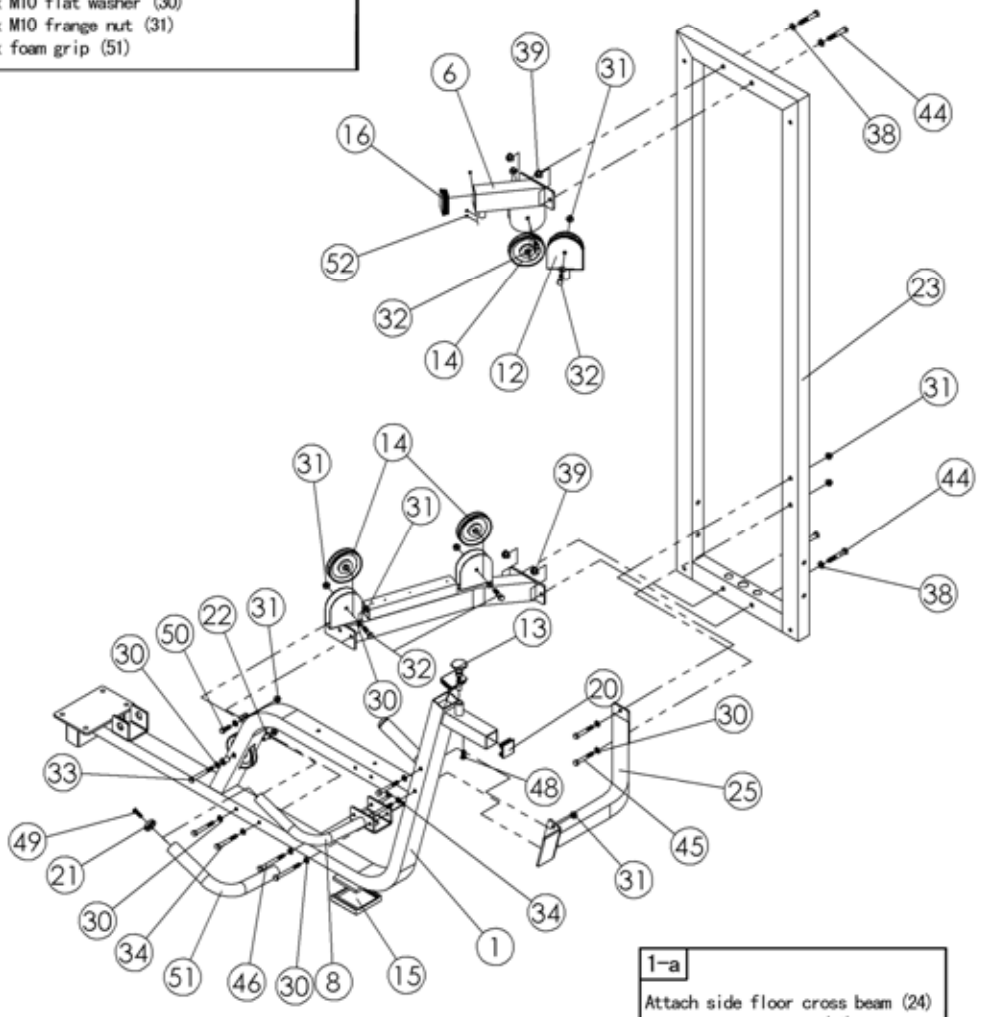
Attach side floor cross beam (24) and side cross beam (25) onto weight stack frame (23), using:
2 x M10x70 bolt (45)
2 x M10 flat washer (30)
2 x M10 frange nut (31)
2 x M12x70 bolt (44)
2 x M12 flat washer (38)
2 x M12 frange nut (39)

1-d

Attach top pulley beam (6) onto weight stack frame (23), using
2 x M12x70 bolt (44)
2 x M12 flat washer (38)
2 x M12 nut (39)
1 x end cap (16)

1-c

Attach handle bar assembly (8) onto main frame (1), using
2 x M10x 95 bolt (46)
2 x M10 flat washer (30)
2 x M10 frange nut (31)
2 x foam grip (51)

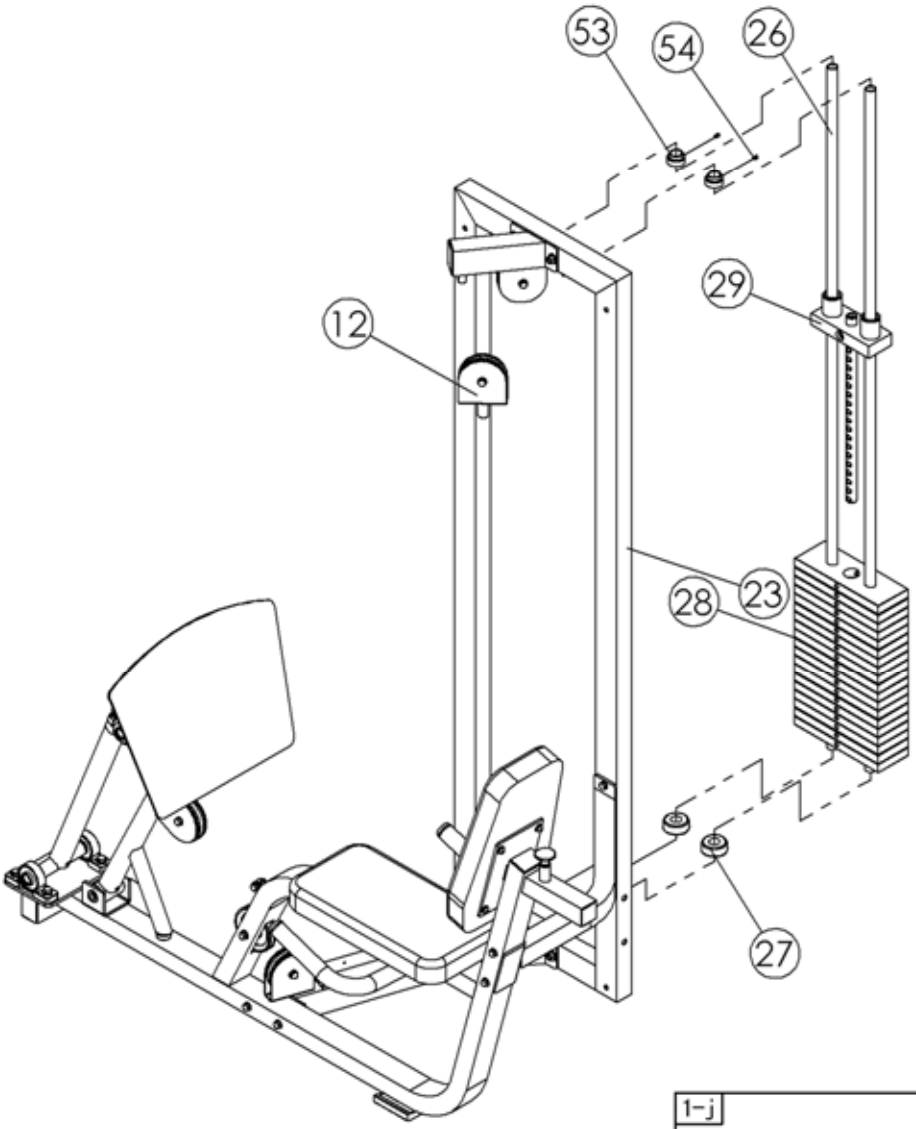


1-b

Attach main frame (1) onto side floor cross beam (24), and side cross beam (25), using
4 x M10x90 bolt (34)
4 x M10 flat washer (30)
4 x M10 frange nut (31)

1-a

Attach side floor cross beam (24) and side cross beam (25) onto weight stack frame (23), using:
2 x M10x70 bolt (45)
2 x M10 flat washer (30)
2 x M10 frange nut (31)
2 x M12x70 bolt (44)
2 x M12 flat washer (38)
2 x M12 frange nut (39)



1-j

Place weight stack set (28) onto main weight stack frame (23), using
2 x guide rod (26)
2 x rubber cushion (27)
1 x weight stack (28)
1 x top plate (29)
Followed by securing it, using
2 x guide rod locking sleeve (53)
2 x set screw (54)

1-k

cable routing