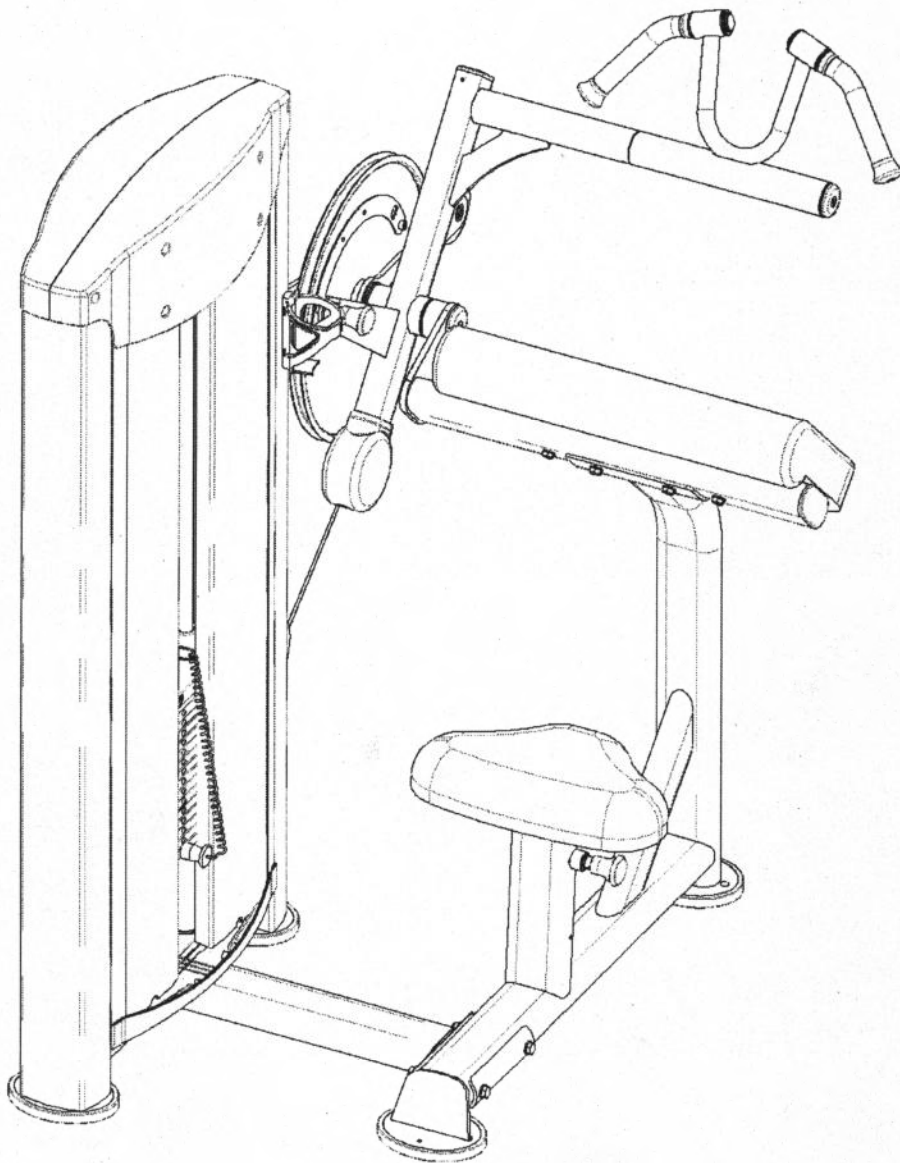


Cobalt Dual Bicep & Tricep



ABSTRACT

PREVENTIVE MAINTENANCE	3
SPECIFICATIONS OF THE PRODUCT	3
SAFETY INFORMATIONS	4
ASSEMBLY	5

Pictures and photos in this manual are merely illustrative. The company reserves the right to change specifications and design without notice. This manual may illustrate optional items which are not part of the equipment purchased. Read all the information applied to the product and the Manual/Guide that comes with it.

PREVENTIVE MAINTENANCE SPECIFICATIONS OF THE PRODUCT

Follow these guidelines to maintain perfect operation of the equipment.

Estações e Máquinas Stations and Machines Estaciones y Máquinas	Diária/Diaria/Daily	Semanal/Weekly	Mensal/Monthly	Trimestral/Quarterly
<ul style="list-style-type: none"> ✓ Fique atento a aparição de ruídos estranhos. ✓ Be aware of strange noises. ✓ Esté atento a la aparición de ruidos extraños. 	x			
<ul style="list-style-type: none"> ✓ Inspeccionar e revisar: Cabos de aço, em toda a sua extensão, seus respectivos terminais e todas as partes móveis e pesos. ✓ Inspect and review: Steel cables, and terminals throughout its length and all moving parts and weights. ✓ Inspeccionar y revisar: Cables de acero, sus respectivos terminales en toda su extensión y todas las partes móviles y pesas. 	x			
<ul style="list-style-type: none"> ✓ Limpar: Assentos e pegadores. ✓ Clean: Seats and handles. ✓ Limpiar: Asientos y pegadores. 	x			
<ul style="list-style-type: none"> ✓ Inspeccionar: Barras, manipulós, superficies antiderrapantes e etiquetas de segurança. ✓ Inspect: Bars, handles, non-slip surfaces and safety labels. ✓ Inspeccionar: Barras, perillas, superficies antideslizantes y etiquetas de seguridad. 		x		
<ul style="list-style-type: none"> ✓ Limpar e lubrificar: Guias de pesos, utilizar vaselina ou desingripante para lubrificação. ✓ Clean and lubricate: Weight guides, use Vaseline or WD40 for lubrication. ✓ Limpiar y lubricar: Guias de pesas, utilizar vaselina o lubricador para lubricación. 		x		
<ul style="list-style-type: none"> ✓ Inspeccionar todos os parafusos e encaixes, apertar se necessário. ✓ Inspect all screws and fittings, tighten if necessary. ✓ Inspeccionar todos los tornillos y encajes, apretar si necesario. 		x		
<ul style="list-style-type: none"> ✓ Limpar polias e partes móveis dos assentos. ✓ Clean pulleys and moving parts of the seats. ✓ Limpiar poleas y partes móviles de los asientos. 			x	
<ul style="list-style-type: none"> ✓ Inspeccionar: toda a estrutura do equipamento. ✓ Inspect: the entire equipment structure. ✓ Inspeccionar: toda la estructura del equipamiento. 			x	

Note: For your convenience and quick access, the same information is applied in the product, sticker fixed on tower.

SAFETY INFORMATIONS

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

Replace damaged parts with original parts and regularly carry out preventive maintenance;

Replace defective parts immediately and/or take the equipment out of use until it is repaired;

Replace damaged labels;

For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;

Adjust the required force so that exercises are smooth and uniform;

Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;

Never release the ankle, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

The training equipment shall only be used in areas where access and control is specifically regulated by the owner.

The training equipment shall only be used in supervised area.

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems.

Keep children and pets, away from the equipment especially during use. Children should be watched so they do not to play with the equipment, whether or not it is in use.

The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety.

When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion.

Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury.

Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose.

Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment.

Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty.

Wear appropriate athletic attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear athletic shoes for exercising.

Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.

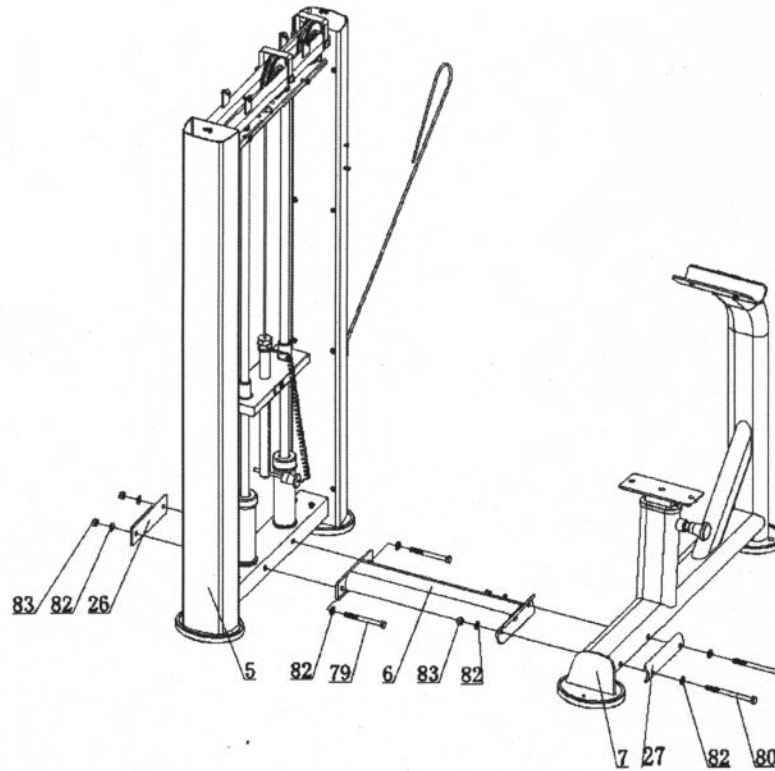
Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

The person exercising should face the equipment at all times during the exercise. The weight stacks should remain within the field of vision of the user throughout exercise to prevent danger to the third party.

Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

ASSEMBLY

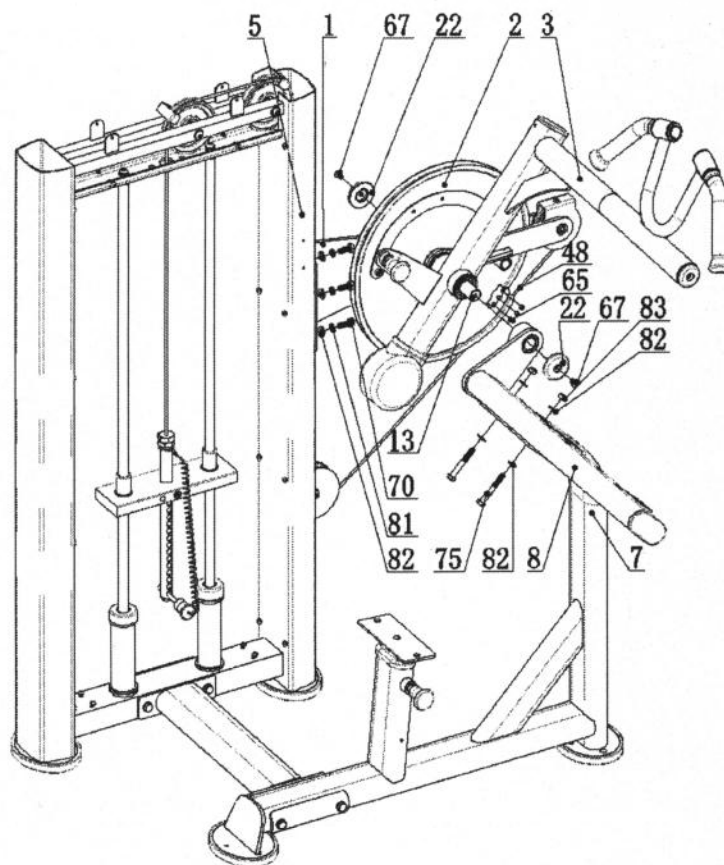
STEP 1



Assemble TOWER FRAME (5), CONNECTING FRAME (6), and MAIN FRAME (7) using FIXING PLATE(26), FIXING PLATE (27), HEX HEAD BOLT M10x100(79), HEX HEAD BOLT M10x125(80), FLAT WASHER $\Phi 11*\Phi 20*2$ (82) and NUT M10(83). Do not tighten bolts and nuts in this step.

N°	English description	Qty
5	TOWER FRAME	1
6	CONNECTING FRAME	1
7	MAIN FRAME	1
26	FIXING PLATE	1
27	FIXING PLATE	1
79	HEX HEAD BOLT M10x100	2
80	HEX HEAD BOLT M10x125	2
82	FLAT WASHER $\Phi 11*\Phi 20*2$	8
83	NUT M10	4

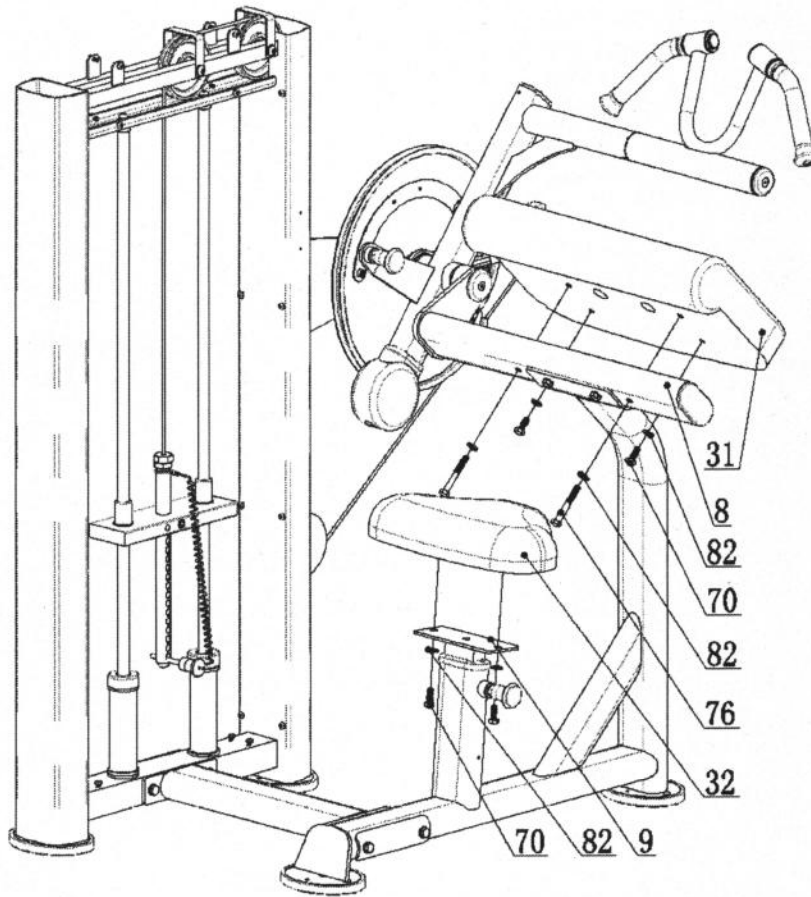
STEP 2



Assemble support frame (1) ,axis (13) and tower frame (5) using 3 pcs hex bolt M10*25(70) , 3 pcs spring washer (81), and 3 pcs flat washer $\Phi 11*\Phi 20*2$ (82) ;Install arm frame (3) and arm pad frame (8) to cam (2) using end cap (22),hex bolt M8*15 (67) as show; Fix arm pad frame(8) to main frame(7) using 2 pcs hex bolt M10*70(75),4 pcs flat washer $\Phi 11*\Phi 20*2$ (82) and 2 pcs nut M10(83);

N°	English description	Qty
1	support frame	1
2	cam	1
3	arm frame	1
5	tower frame	1
7	main frame	1
8	arm pad frame	1
13	axis	1
22	end cap	2
48	Cable	1
65	Screw M8*8	5
67	hex bolt M8*15	2
70	hex bolt M10*25	3
75	hex bolt M10*70	2
81	spring washer	3
82	flat washer $\Phi 11*\Phi 20*2$	7
83	nut M10	2

STEP 3

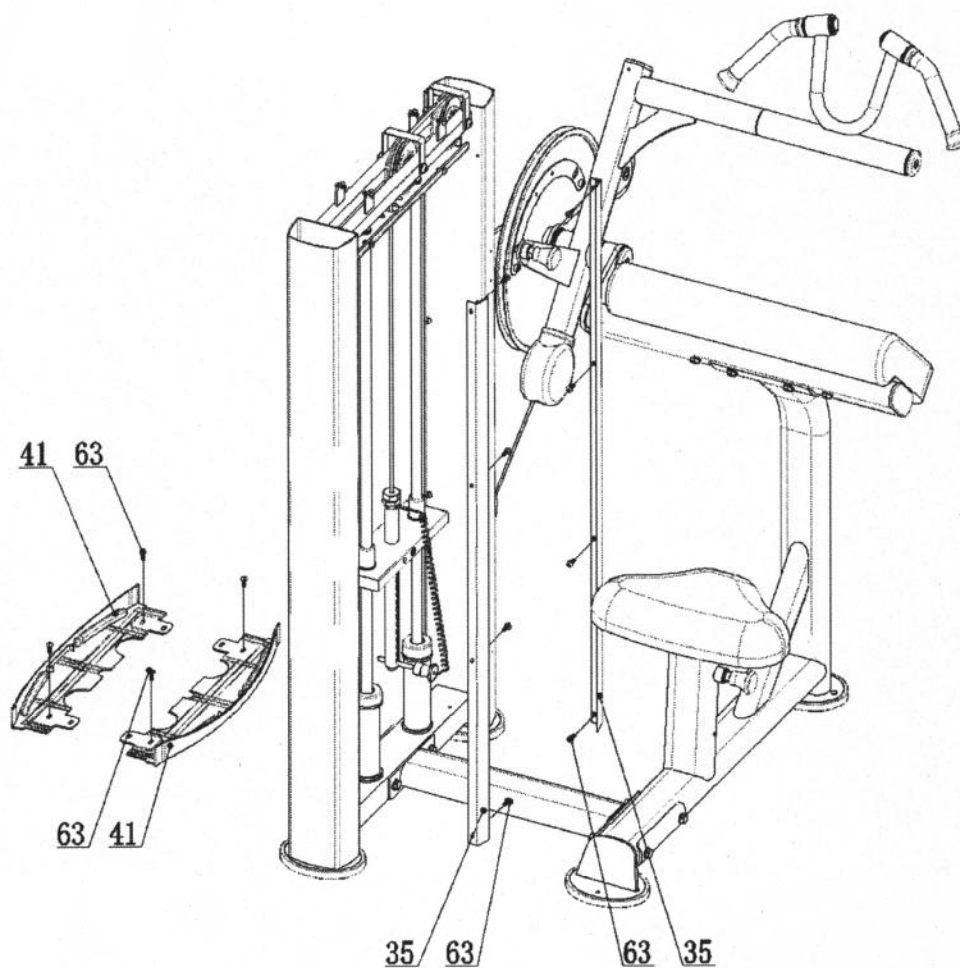


Install Seat pad (32) to Seat pad frame (9) using Hex bolt M10*25(70) and Flat washer $\Phi 11*\Phi 20*2$ (82);

Install Arm pad (31) to arm pad frame (8) using Hex bolt M10*25(70) , Hex bolt M10*75(76) and Flat washer $\Phi 11*\Phi 20*2$ (82).

N°	English description	Qty
8	arm pad frame	1
9	Seat pad frame	1
31	Arm pad	1
32	Seat pad	1
70	Hex bolt M10*25	4
76	Hex bolt M10*75	2
82	Flat washer $\Phi 11*\Phi 20*2$	4

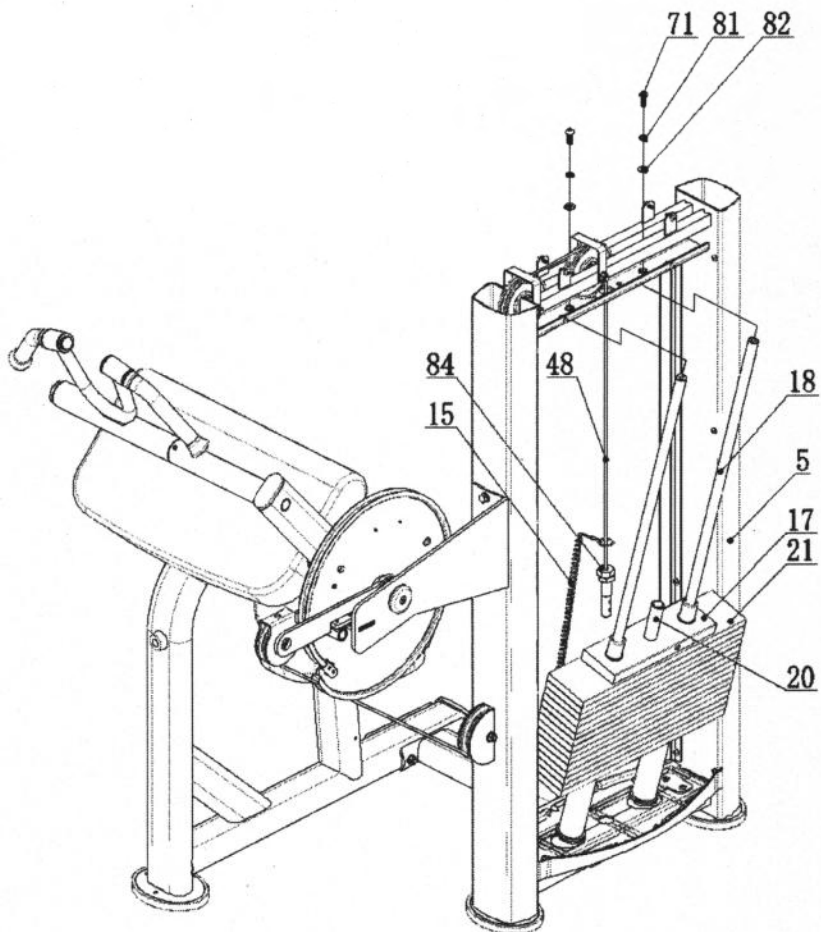
STEP 4



Install Base cover (41) Tower frame (5) using Hex bolt M6*15(63) ;
 Install Side face (35) to Tower frame (5) using Hex bolt M6*15 (63) as show.

N°	English description	Qty
5	Tower frame	1
35	Side face	2
41	Base cover	2
63	Hex bolt M6*15	8

STEP 5



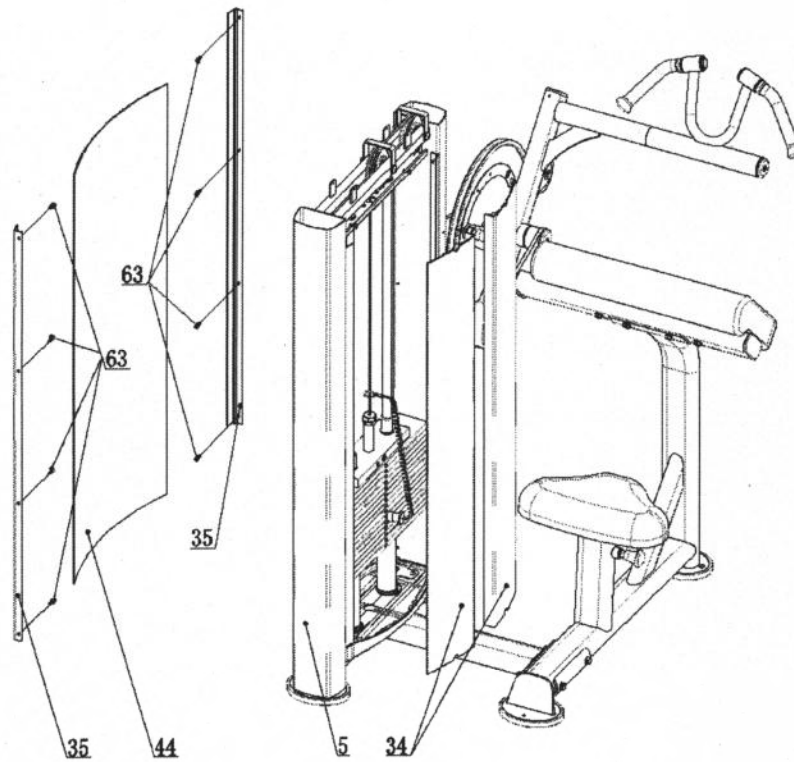
Remove HEX THREAD BOLT (84) FROM SELECT SHAFT(20) , AND REMOVE HEX BOLT M10*25 (71) , SPRING WASHER M10 (81) AND FLAT WASHER M10 (82) FROM GUIDE-ROD (18);

REMOVE MAGNETIC PIN (15) ,TOP-PLATE(17) AND SELECT SHAFT(20) ,PUT 15 PCS WEIGHT PLATE(21) INTO GUIDE-ROD(18) ,THEN INTALL MAGNETIC PIN (15) ,TOP-PLATE(17) AND SELECT SHAFT(20) TO GUIDE-ROD (18) AGAIN.

Fixed GUIDE-ROD(18) USING HEX BOLT M10*25(71), SPRING WASHER M10(81) AND FLAT WASHER M10(82) ;INSTALL HEX THREAD BOLT(84) TO SELECT SHAFT(20),THEN ADJUST HEX THREAD BOLT(84) TO CABLE (48) IN RIGHT POSITION.

N°	English description	Qty
15	MAGNETIC PIN	1
17	TOP-PLATE	1
18	GUIDE-ROD	2
20	SELECT SHAFT	1
21	WEIGHT PLATE	15
48	CABLE	1
71	HEX BOLT M10*25	2
81	SPRING WASHER M10	2
82	FLAT WASHER M10	2
84	HEX THREAD BOLT	1

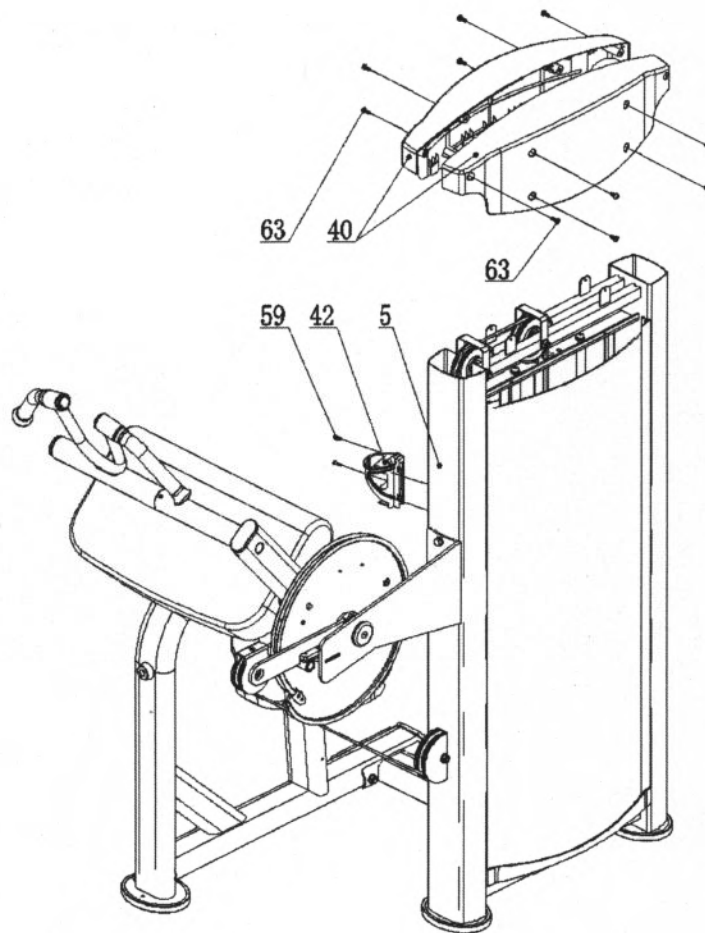
STEP 6



Install Side Face (35) to Tower Frame (5) using 8 pcs Hex Bolt M6*15 (63) then insert Back Cover (44) into it.
Install Front Cover (34) to Tower Frame (5) .

N°	English description	Qty
5	Tower Frame	1
34	Front Cover	2
35	Side Face	2
44	Back Cover	1
63	Hex Bolt M6-15	8

STEP 7



Fix 2 side faces (47) in the back of tower frame (1), using 8 pan head Phillips bolt M6x15 (78), and using the right tools tighten bolts properly. Insert 2 front covers (49) and 1 back cover (48) in the tower frame (1).

N°	English description	Qty
5	TOWER FRAME	1
40	TOP COVER	2
42	BOTTLE HOLDER	1
59	HEX BOLT M5*15	2
63	HEX BOLT M6*15	10

COMPLETED ASSEMBLY