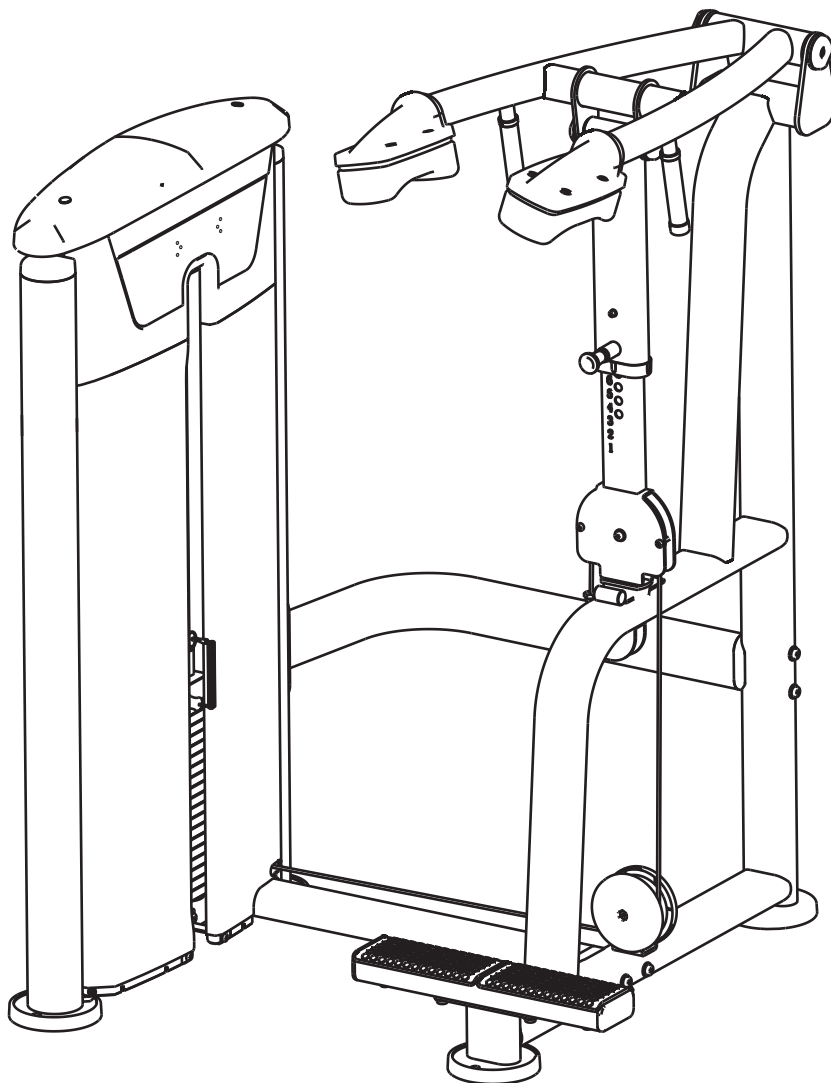




# 7014-G2

CALF 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-----	30
Exercise Instructions-----	31
Maintenance Schedule-----	32
General Maintenance Information-----	33
Weight Training Tips-----	34

Please assemble according to the actual **Weights** you buy !

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# 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.

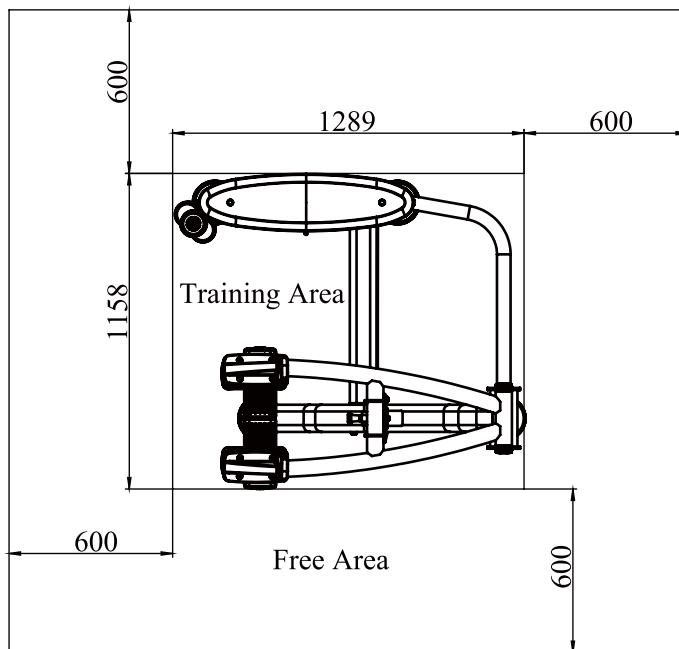
# Important Safety Instructions

## 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: 1289\*1158mm

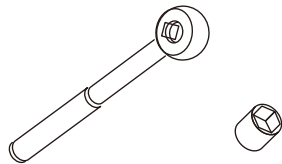
Product Total Mass: 120.2kg/ 265lbs

# Instructions

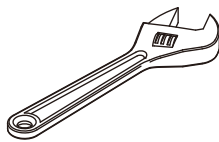
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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



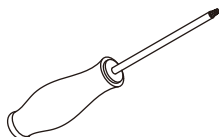
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT951601ASSY	Main Frame ASSY	1
2	2	IT951602ASSY	Shoulder Pad Frame ASSY	1
3	3	IT951603ASSY	Support Frame ASSY	1
4	5	IT951605ASSY	Foot ASSY	1
5	6	IT95160600V1	shaft $\phi$ 25.4*133	1
6	7	IT95160700V1	shaft $\phi$ 25*223	1
7	8	IT95160800	Shoulder Pad	2
8	9	IT95160900	Shoulder Pad Cover	2
9	10	IT95161000	Cable ASSY	1
10	11	IT95170300	Bottom Cross Brace	1
11	12	IT95170400	Rear Connection Frame	1
12	13	IT953201ASSY	Weight Stack Frame Assy	1
13	14	IT950121ASSY	Top Bracket ASSY	1
14	15	IT950122ASSY	Bottom Bracket ASSY	2
15	16	IT95012300	Rear Bracket	1
16	17	IT95014200	Top Plate	1
17	18	IT95014400	Guide Rod $\phi$ 19*1242	2
18	19	IT95015100	Top Cover	1
19	20	IT95015200	Training Placard Cover	1
20	21	IT95015500	Top Rear Shroud	1
21	22	IT95015300	Front Shroud	1
22	23	IT95015400	Left Front Shroud	1
23	24	IT95015600	Rear Shroud	1
24	25	IT80023000	Weight Rubber Bumper	2
25	26	IT801210300P11C	Cup Holder	1
26	27	IT95016000	Plastic Cover	2
27	28	IT95016500	Spout Plug $\phi$ 16.5*6.88	2
28	29	IT95016100	Guide Rod Fixing Sleeve $\phi$ 25* $\phi$ 19*45	2
29	30	HFOPT900-04A0602	Spring $\phi$ 1.5*36	2

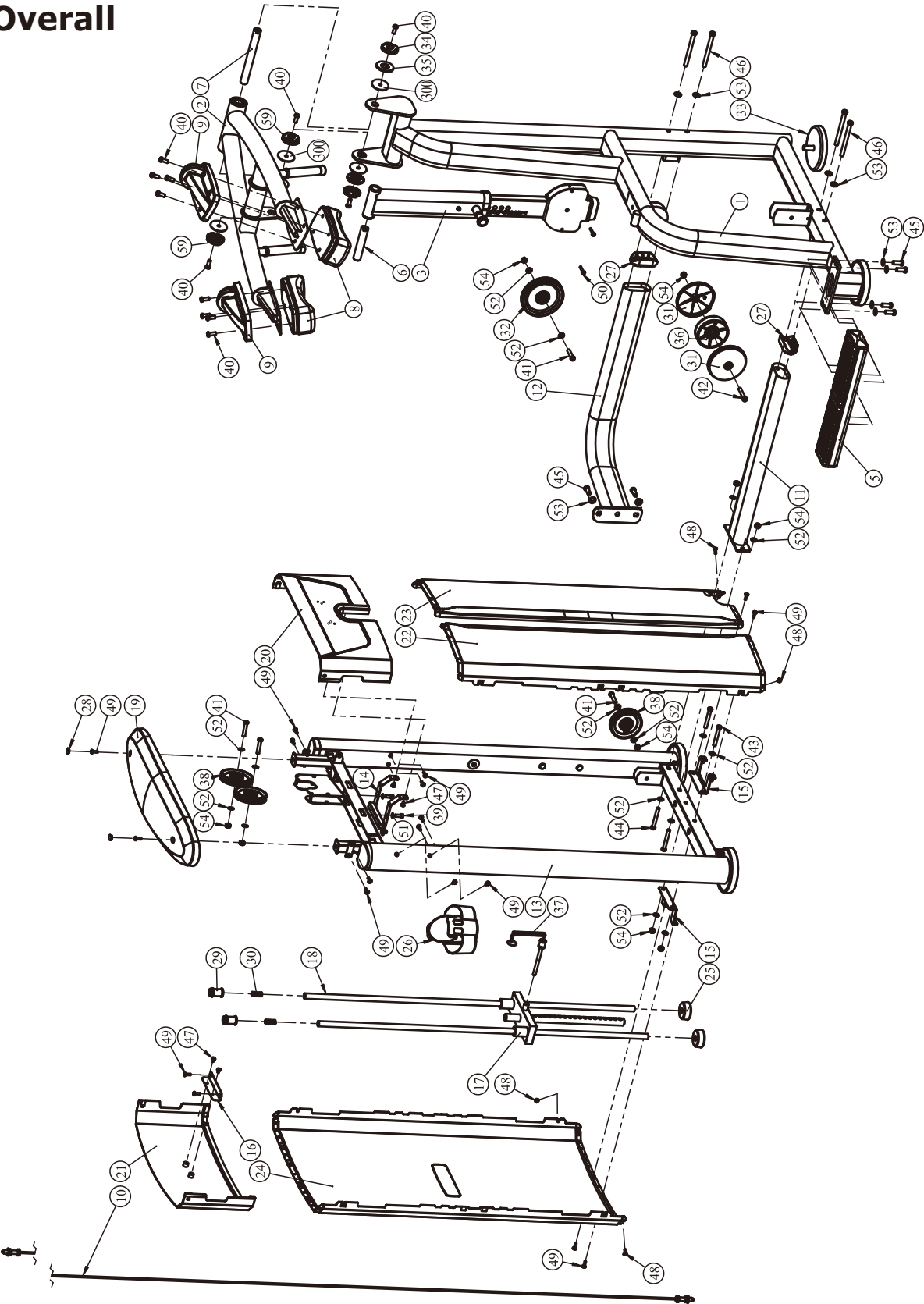
# Exploded View and Parts List

## Overall

Item No.	Grade No.	Part No.	Description	QTY
30	31	IT95016400	Pulley Cover	2
31	32	SG8004M5300	6" Pulley	1
32	33	SD1000B3000ASSY	Adjustable Foot Plate	1
33	34	FE9721 1900	Cap $\phi$ 60	2
34	35	FE9721 2000	Circle Ring $\phi$ 62.5*5	2
35	36	PL90101200	V Pulley	1
36	37	IT90012000V1	Selector Pin W/Coil	1
37	38	SG5001 10400V5	4.5" Pulley	3
38	39	GB70M8*20N19	Socket Head Cap ScrewM8*20	2
39	40	GB70BTM 10*25DN18	Socket Head Cap ScrewM10*25	12
40	41	GB70BTM 10*50DN18	Socket Head Cap ScrewM10*50	4
41	42	GB70BTM 10*65DN18	Socket Head Cap ScrewM10*65	1
42	43	GB70BTM 10*75DN18	Socket Head Cap ScrewM10*75	2
43	44	GB70BTM 10*80DN18	Socket Head Cap ScrewM10*80	2
44	45	GB70BTM 12*30DN18NL	Socket Head Cap ScrewM12*30	6
45	46	GB70BTM 12*135DN18	Socket Head Cap ScrewM12*135	4
46	47	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
47	48	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
48	49	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
49	50	GB818M6*40DHS2	Cross Recessed Pan Head Screw M6*35	2
50	51	GB958DN2	Flat Washer $\phi$ 9* $\phi$ 16*1.6	2
51	52	GB9510DN2	Flat Washer $\phi$ 11* $\phi$ 20*2	16
52	53	GB9512DN2	Flat Washer $\phi$ 13* $\phi$ 24*2.5	10
53	54	NM10DN2	Nylon Lock Nut M10	9
54	55	NBS6DHS	Hex Key S=6	1
55	56	NBS8DHS	Hex Key S=8	1
56	57	LW200BS	Wrench $\phi$ 6* 117	1
57	58	YHY	Lube	1
58	59	IT95062000	Cap ASSY	2
59	300	IF93062200	Big Washer $\phi$ 62* $\phi$ 10.5*3	4

# Exploded View and Parts List

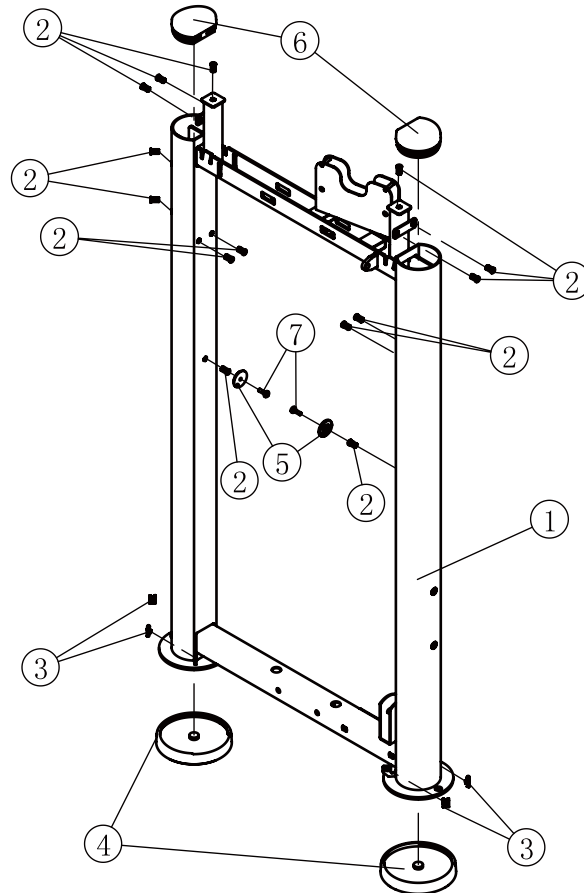
## Overall





# Exploded View and Parts List

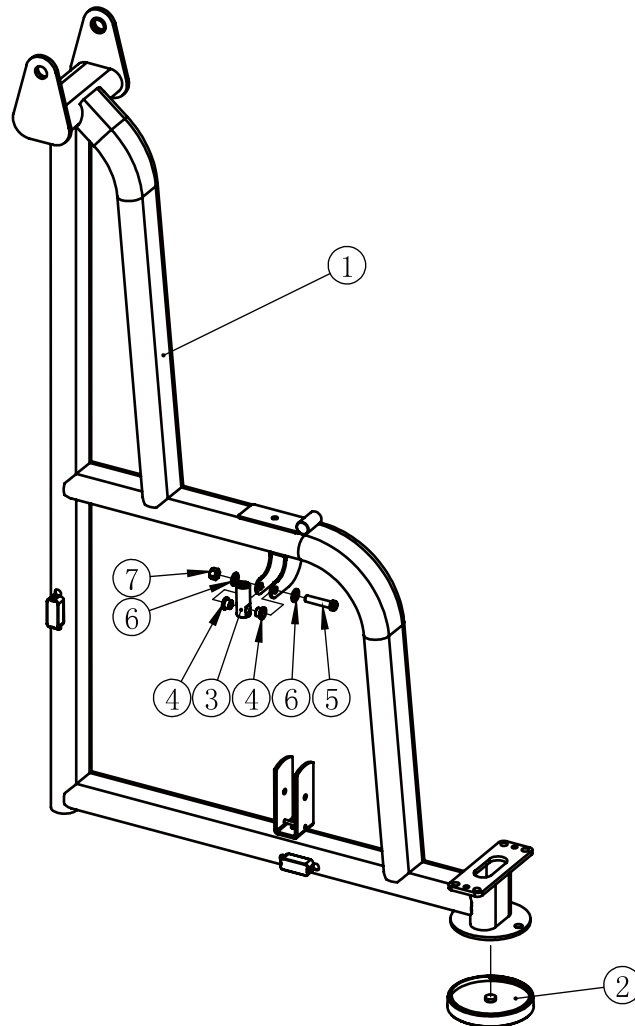
## Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	13.1	IT95320100	Weight Stack Frame	1
2	13.2	GB17880.5M6*16.5DS17	Rivet Nut M6	14
3	13.3	AC32705800	U-nut M6	4
4	13.4	IT95015700	Foot Plate	2
5	13.5	IT95015900	Plastic Block	2
6	13.6	IT95015800	Plug $\phi$ 95*81.1	2
7	13.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

# Exploded View and Parts List

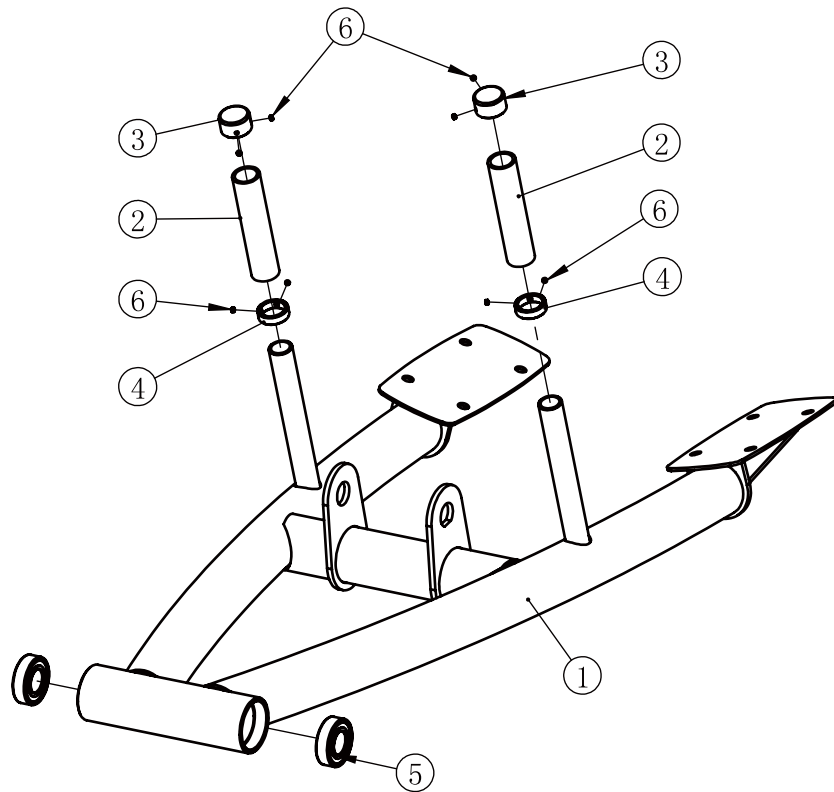
## Main Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95160100	Main Frame	1
2	1.2	IT95015700	Foot Plate	1
3	1.3	ROC-IT1013600V1	Cable Connector $\phi 25.4*63.5*1/2"-13$	1
4	1.4	BNH0528	Bushing $\phi 22* \phi 16* \phi 12.8*12.7$	2
5	1.5	GB70BTM12*55DN18	Socket Head Cap Screw M12*55	1
6	1.6	GB9512DN2	Flat Washer $\phi 13* \phi 24*2.5$	2
7	1.7	NM12DN2	Nylon Lock Nut M12	1

# Exploded View and Parts List

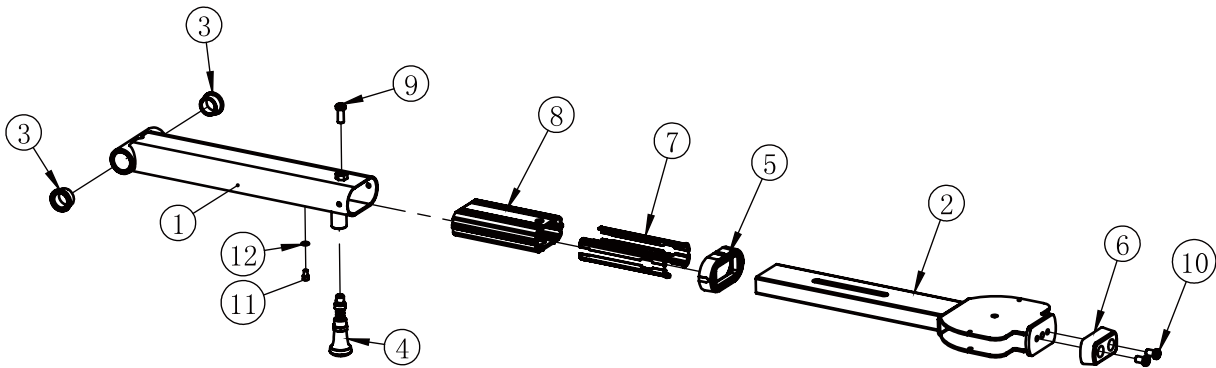
## Shoulder Pad Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95160200	Shoulder Pad Frame	1
2	2.2	026-01PL0206-12	Grip ST $\phi$ 31* $\phi$ 24*130	2
3	2.3	V39600	$\phi$ 25.4 Aluminum Grip Cap	2
4	2.4	V39500	$\phi$ 25.4 Aluminum Grip Ring	2
5	2.5	GB2766205-2ZNBK	Deep Groove Ball Bearing	2
6	2.6	YZGB7710-32*3.2N19	Screw 10-32*3.2	8

# Exploded View and Parts List

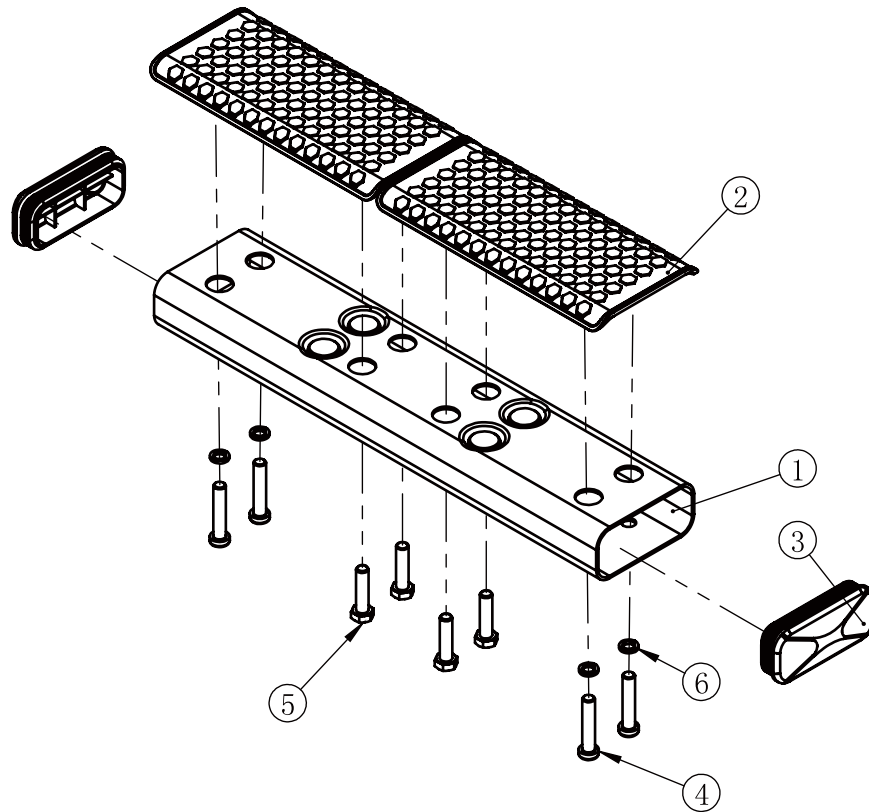
## Support Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	IT95160300	Support Frame	1
2	3.2	IT95160400	Adjustable Frame	1
3	3.3	M02502000	Bushing $\phi 38^* \phi 25.4^*18$	2
4	3.4	IT9322G0500	Pin ASSY	1
5	3.5	IT95016200	Plastic Tube Plug	1
6	3.6	RS17000400	Bumper	1
7	3.7	IT95016300	Plastic Corner Tube Glide	4
8	3.8	IT95014300	Aluminum Tube Guide	1
9	3.9	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	1
10	3.10	GB70BTM10*16DN18NL	Socket Head Cap Screw M10*16	2
11	3.11	GB70M6*10N19	Socket Head Cap Screw M6*10	1
12	3.12	GB956DN2	Flat Washer $\phi 6.6^* \phi 12^*1.6$	1

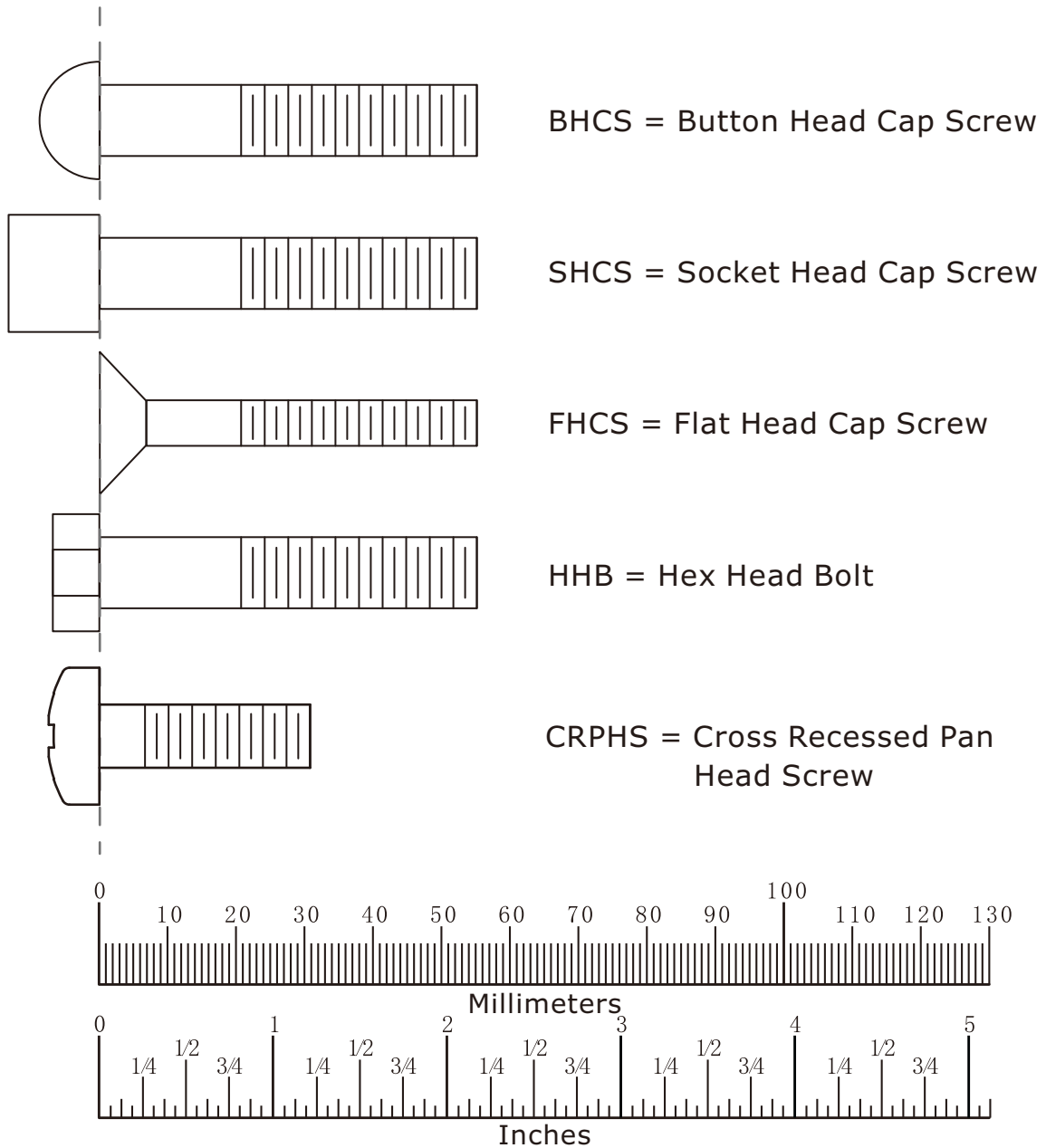
# Exploded View and Parts List

## Foot ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95160500	Foot Frame	1
2	5.2	IT95161100	Foot Plate	2
3	5.3	IT80101800	Plug YJ110*50	2
4	5.4	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4
5	5.5	GB5781M10*40DS2	Hex Head Bolt M10*40	4
6	5.6	GB9310N19	Spring Washer $\phi$ 10	8

# 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**

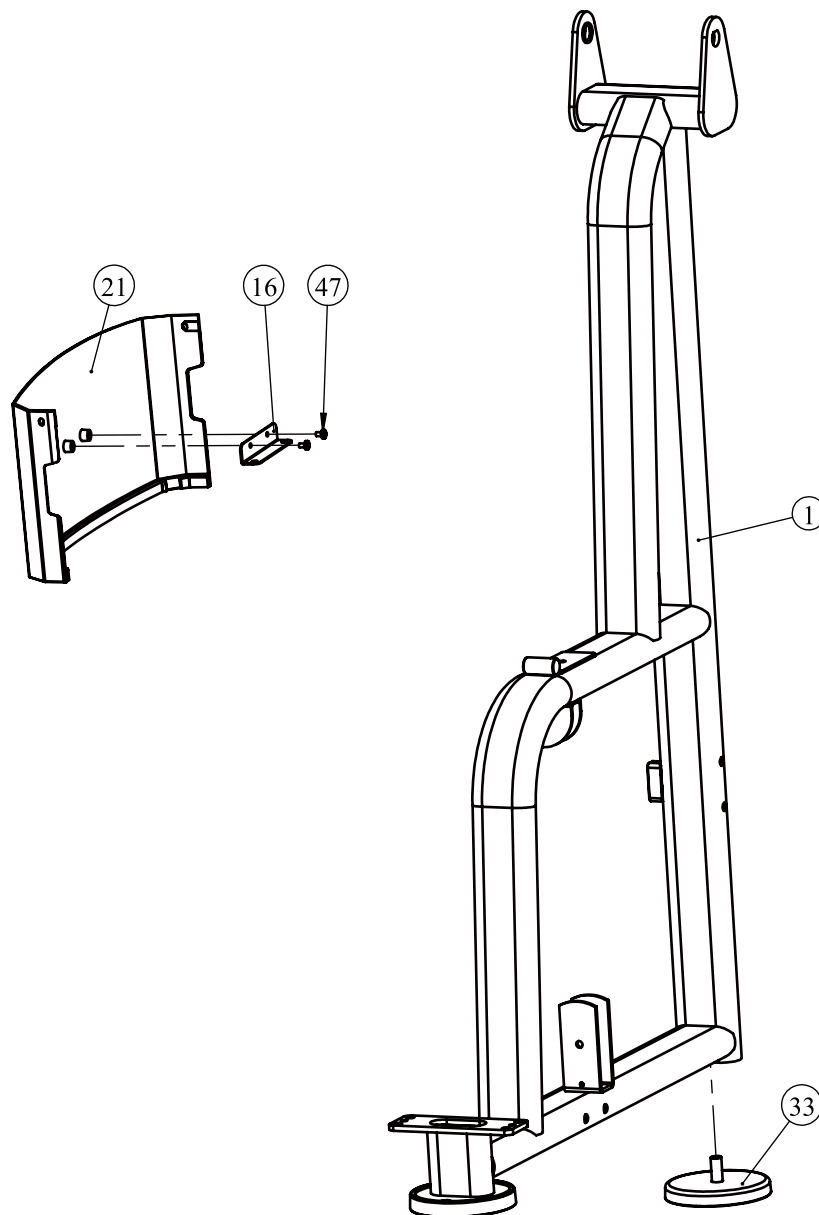
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach one Adjustable Foot Plate (#33) to the Main Frame ASSY (#1).
2. Attach the Rear Bracket (#16) to the Top Rear Shroud (#21) using:  
two M6\*10 CRPHS (#47)

**Note: Wrench Tighten Bolts.**





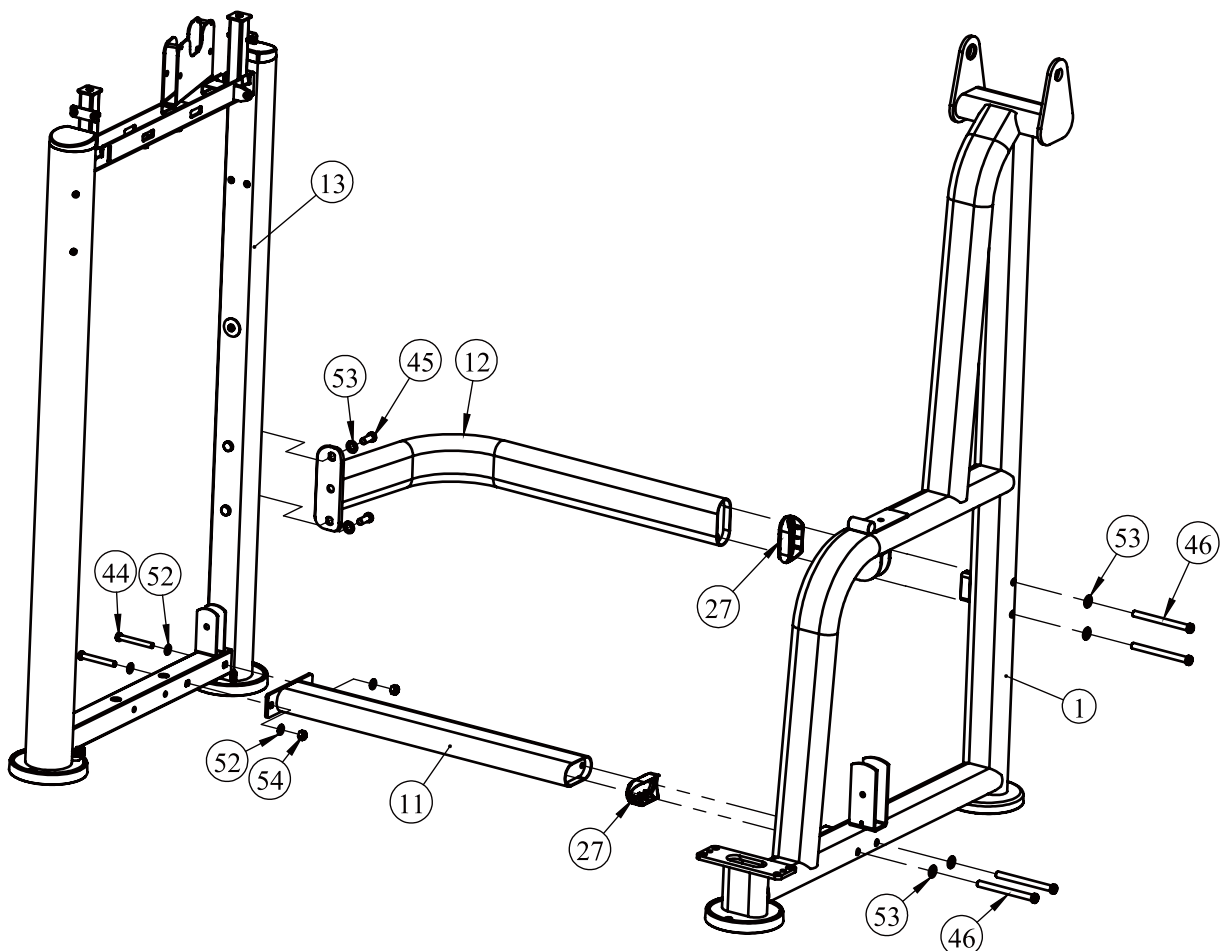
# Assembly

## STEP 2

1. Attach the Bottom Cross Brace (#11) to the Weight Stack Frame ASSY (#13) using:  
two M10\*80 SHCS (#44)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)  
two M10 Nylon Lock Nut (#54)
2. Attach the Bottom Cross Brace (#11) to the Main Frame ASSY (#1) using:  
two M12\*135 SHCS (#46)                      two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#53)  
one Plastic Cover (#27)
3. Attach the Rear Connection Frame (#12) to the Weight Stack Frame ASSY (#13) using:  
two M12\*30 SHCS (#45)                      two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#53)
4. Attach the Rear Connection Frame (#12) to the Main Frame ASSY (#1) using:  
two M12\*135 SHCS (#46)                      two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#53)  
one Plastic Cover (#27)

**Note: 1. Wrench Tighten Bolts.**

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



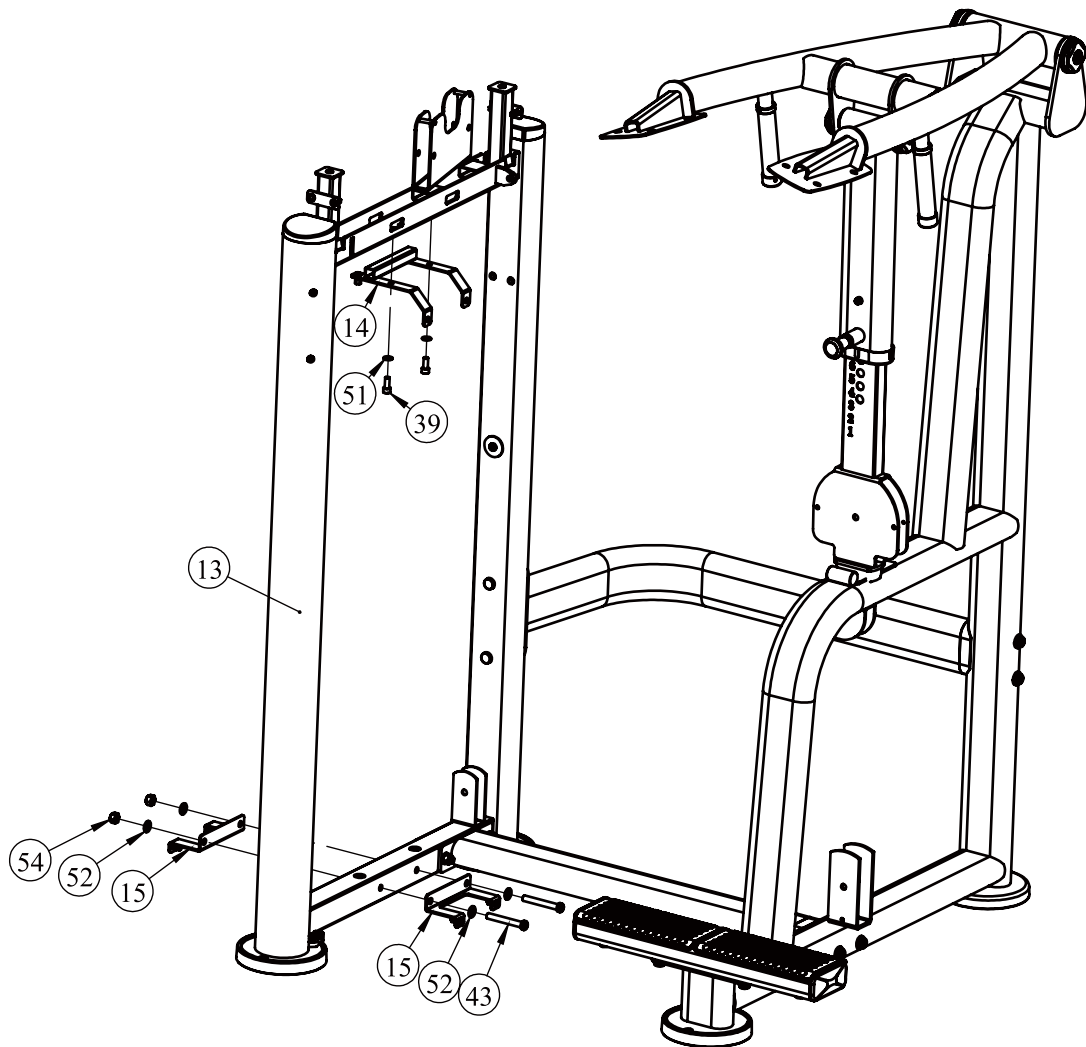


# Assembly

## STEP 4

1. Attach two Bottom Bracket ASSY (#15) to the Weight Stack Frame ASSY (#13) using:
  - two M10\*75 SHCS (#43)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)
  - two M10 Nylon Lock Nut (#54)
2. Attach the Top Bracket ASSY (#14) to the Weight Stack Frame ASSY (#13) using:
  - two  $\Phi 9*\Phi 16*1.6$  Flat Washer (#51)
  - two M8\*20 SHCS (#39)

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



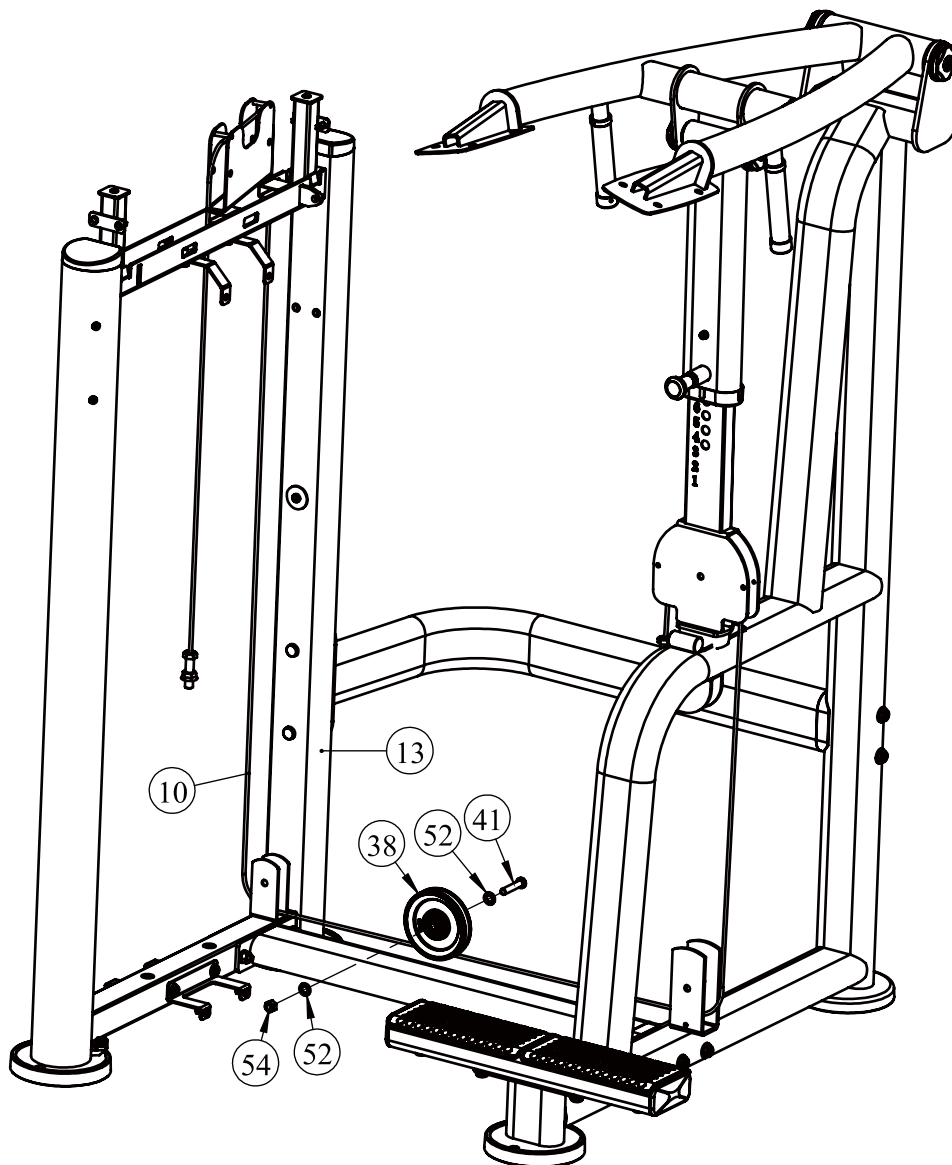
# Assembly

## STEP 5

Attach the Cable ASSY (#10) and the 4.5" Pulley (#38) to the Weight Stack Frame ASSY (#13) using:

- one M10\*50 SHCS (#41)
- two  $\Phi 11*\Phi 20*2$  Flat Washer (#52)
- one M10 Nylon Lock Nut (#54)

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



# Assembly

## STEP 6

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

### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#18)
- two Weight Rubber Bumper (#25)
- fifteen Weight Plate 10LBS (#63)
- two weight stack space (#64)
- one Top Plate (#17)

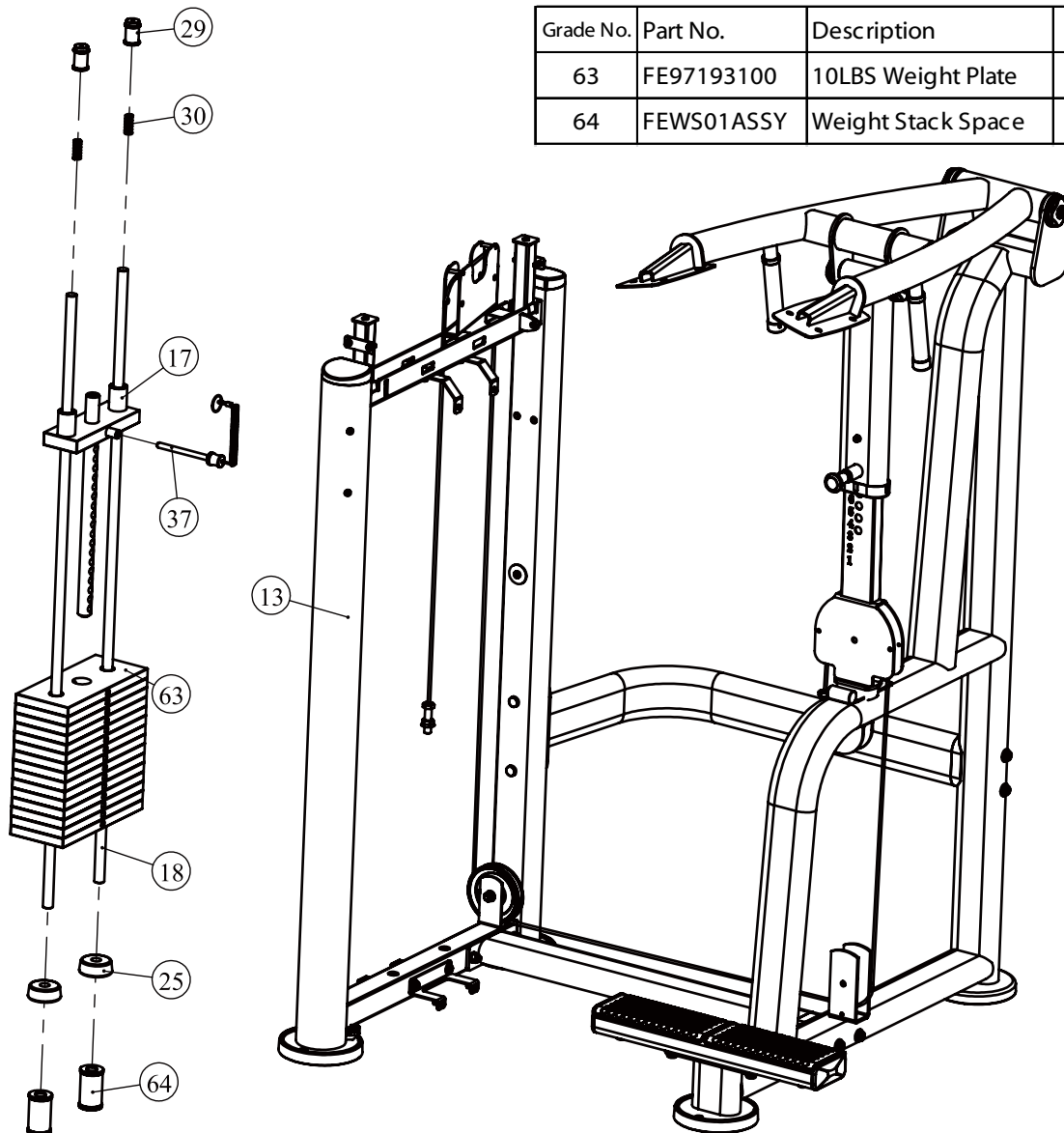
to the Weight Stack Frame ASSY (#13) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#29)
- two Spring (#30)

### 2. Attach the Selector Pin W/Coil (#37) to the Top Plate (#17).

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

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





# Assembly

## STEP 6

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

### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#18)
- two Weight Rubber Bumper (#25)
- fifteen Weight Plate 15LBS (#65)
- two weight stack space (#64)
- one Top Plate (#17)

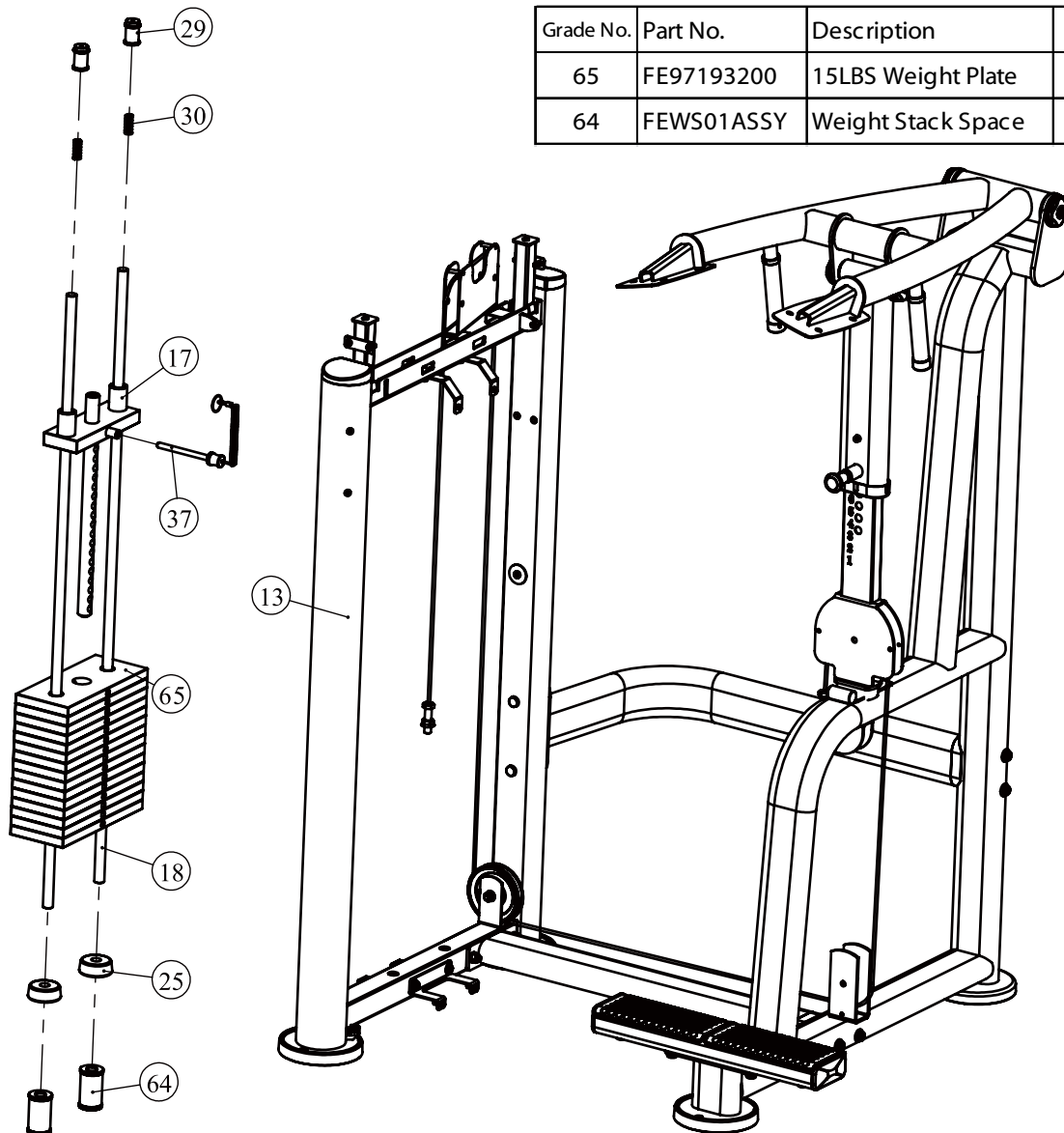
to the Weight Stack Frame ASSY (#13) using:

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#29)
- two Spring (#30)

### 2. Attach the Selector Pin W/Coil (#37) to the Top Plate (#17).

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

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



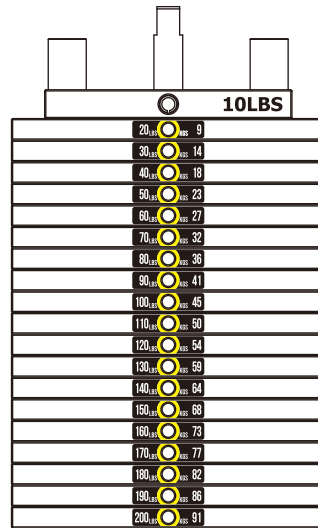
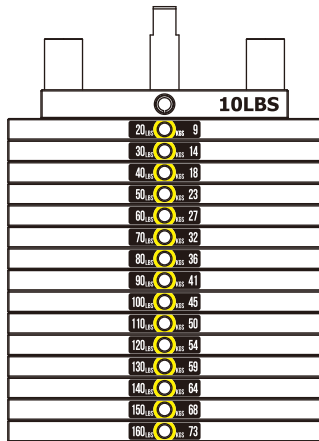




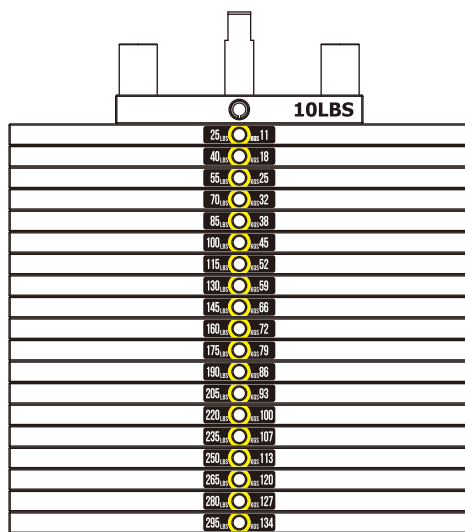
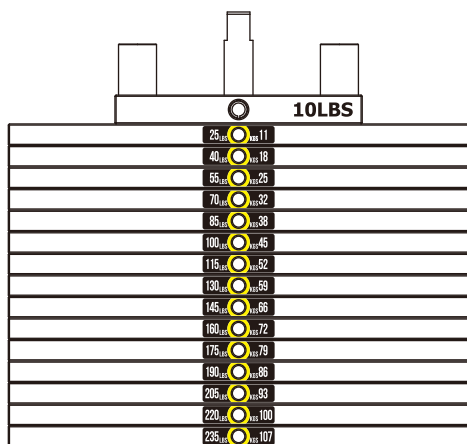
# Assembly

## All weight plate sticker paste schematic diagram

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



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



# Assembly

## STEP 7

1. Attach two 4.5" Pulleys (#38) to the Weight Stack Frame ASSY (#13) using:  
two M10\*50 SHCS (#41)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)  
two M10 Nylon Lock Nut (#54)
2. Attach one end of Cable ASSY (#10) to the Top Plate (#17).
3. Attach one "V" Pulley (#36) and two Pulley Cover (#31) to the Main Frame ASSY (#1) using:  
one M10\*65 SHCS (#42)                      one M10 Nylon Lock Nut (#54)
4. Attach one 6" Pulleys (#32) to the Support Frame ASSY (#3) using:  
one M10\*50 SHCS (#41)                      one M10 Nylon Lock Nut (#54)  
two M6\*35 CRPHS (#50)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#52)
5. Attach another end of Cable ASSY (#10) to the the Main Frame ASSY (#1).

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

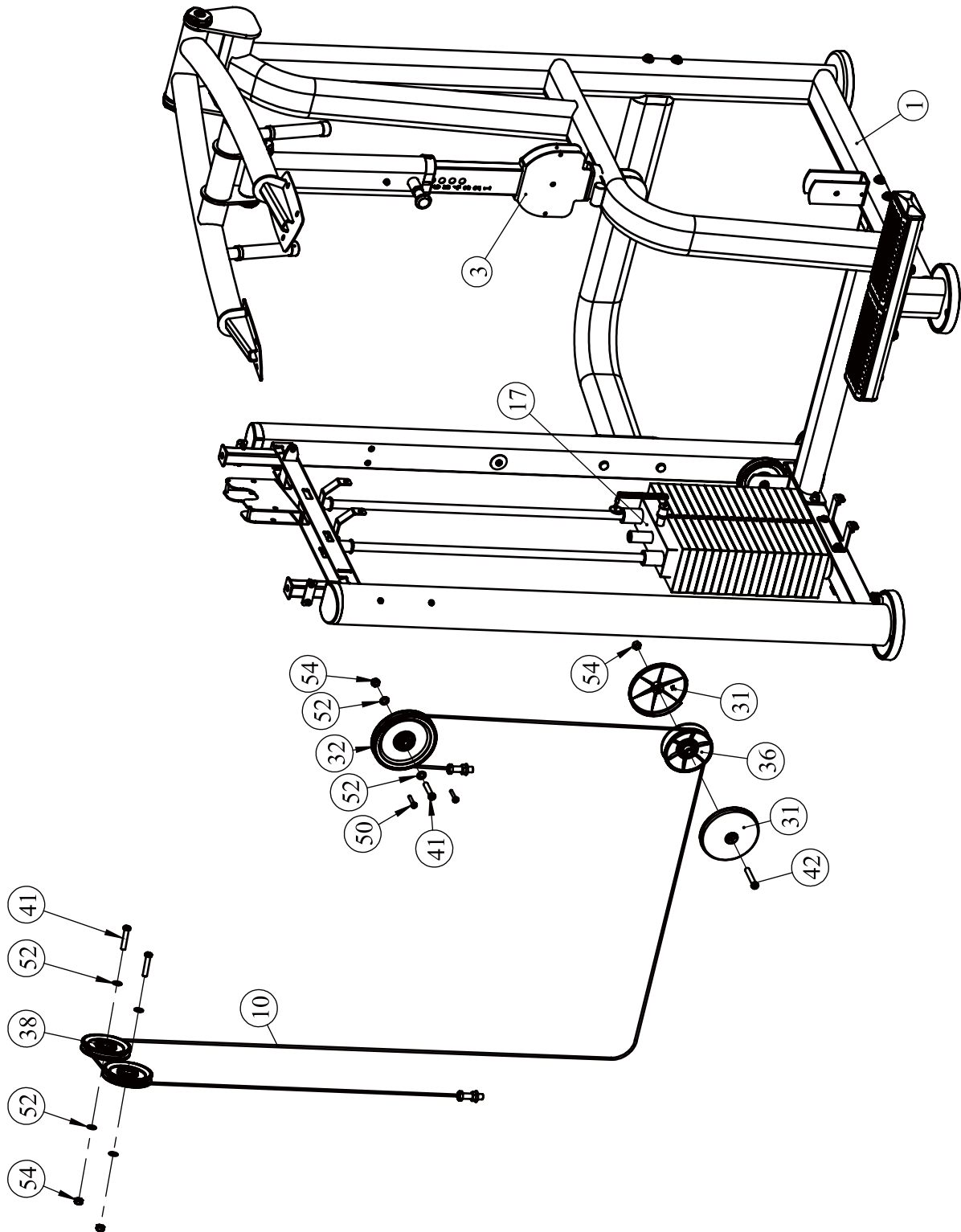
## Step 8

**Tips:** Pre-assemble eight Cross Recessed Pan Head Screws into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on.

1. Attach the Front Shroud (#22) and the Left Front Shroud (#23) to the Weight Stack Frame ASSY (#13) and the Bottom Bracket ASSY (#15) using:  
four M6\*20 CRPHS (#49)                      two M6\*16 CRPHS (#48)
2. Attach the Rear Shroud (#24) to the Weight Stack Frame ASSY (#13) and the Bottom Bracket ASSY (#15) using:  
four M6\*20 CRPHS (#49)                      two M6\*16 CRPHS (#48)
3. Attach the Training Placard Cover (#20) to the Weight Stack Frame ASSY (#13) and the Top Bracket ASSY (#14) using:  
two M6\*20 CRPHS (#49)                      two M6\*10 CRPHS (#47)
4. Attach the Top Rear Shroud (#21) to the Weight Stack Frame ASSY (#13) and the Top Bracket ASSY (#14) using:  
four M6\*20 CRPHS (#49)
5. Attach the Top Cover (#19) to the Weight Stack Frame ASSY (#13) using:  
two M6\*20 CRPHS (#49)                      two Spout Plug  $\Phi 16.5*6.88$  (#28)

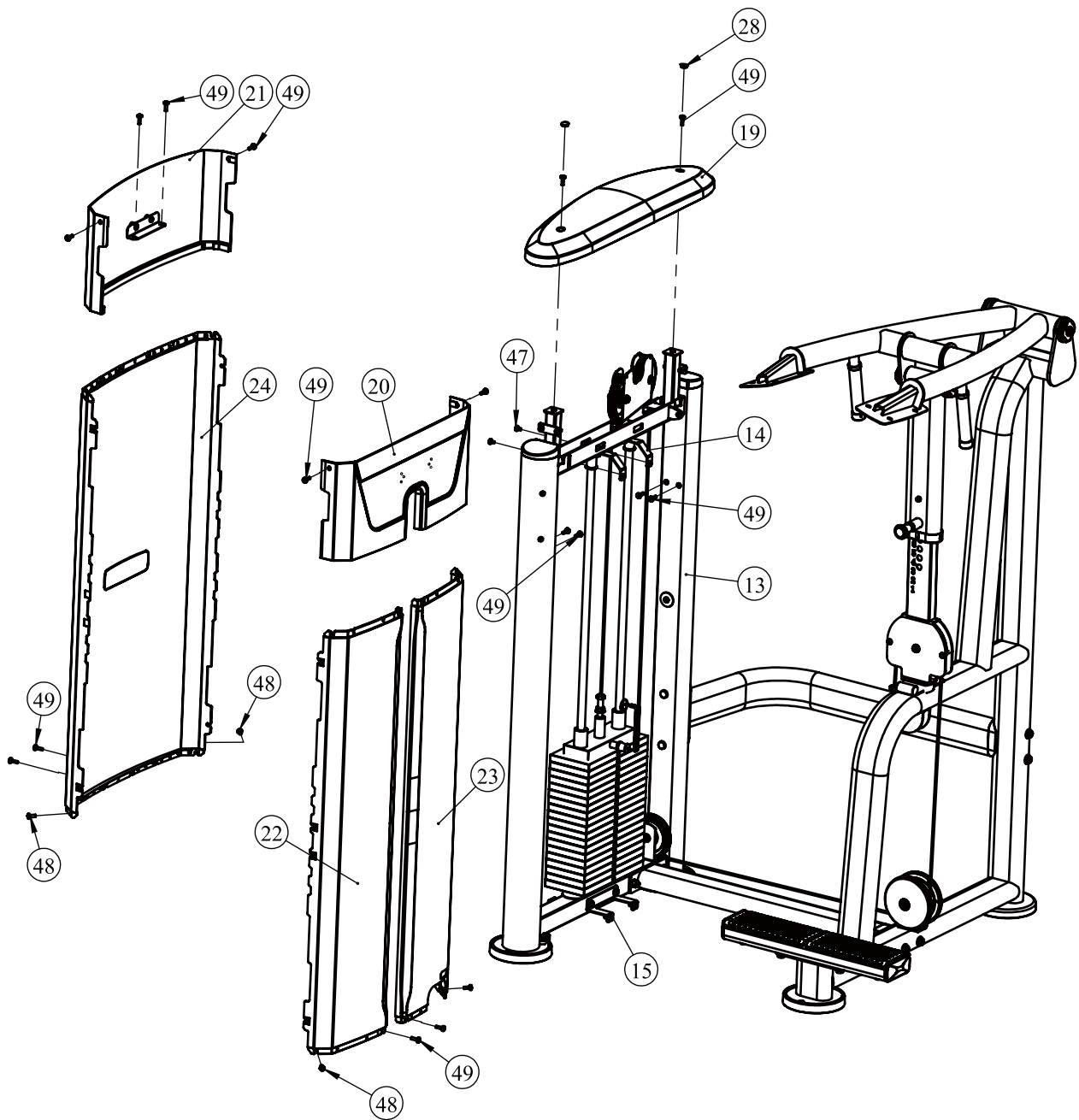
# Assembly

## STEP 7



# Assembly

## STEP 8

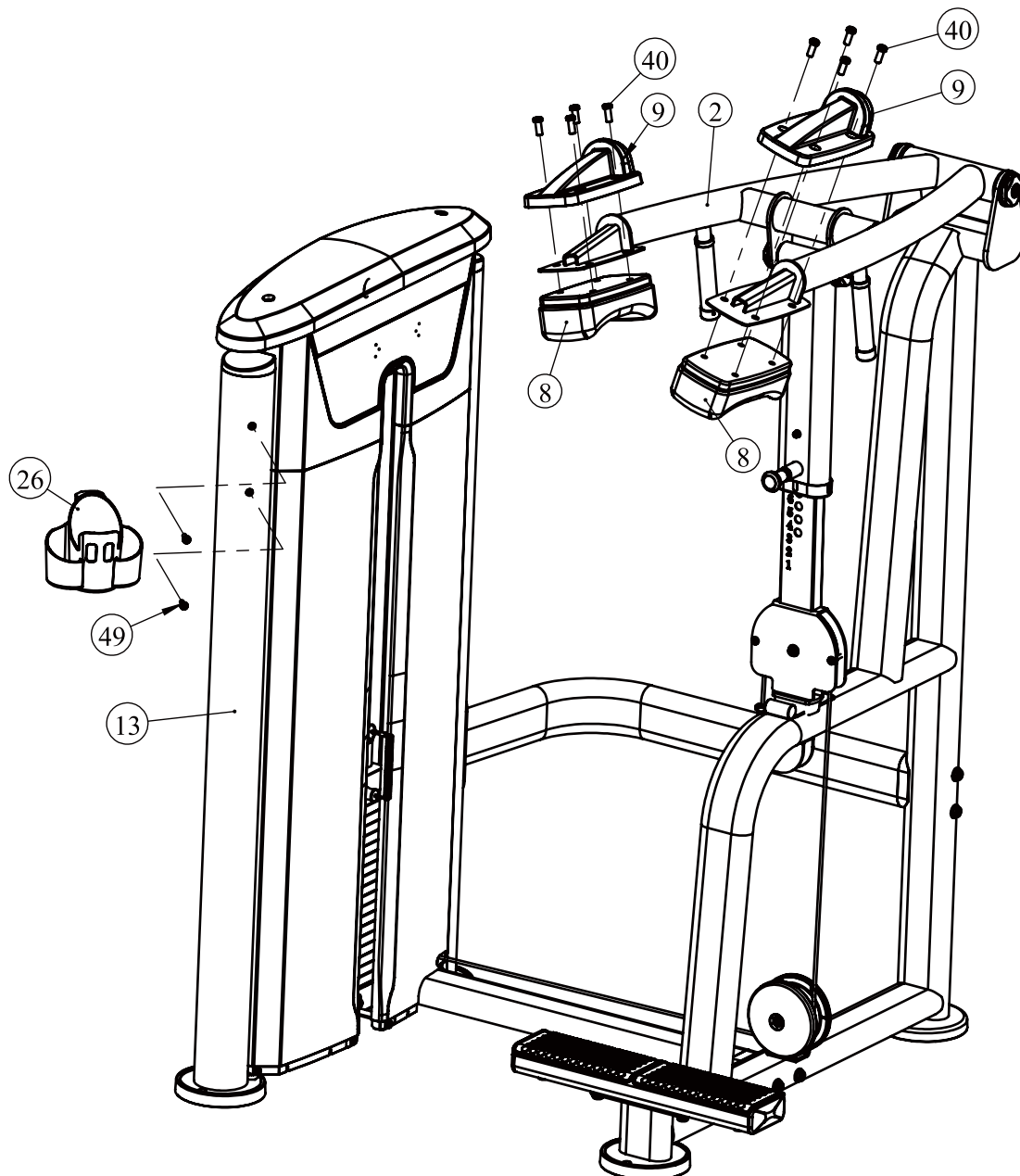


# Assembly

## STEP 9

1. Attach two Shoulder Pads (#8) and two Shoulder Pad Covers (#9) to the Shoulder Pad Frame ASSY (#2) using:  
eight M10\*25 SHCS (#40)
2. Attach the Cup Holder (#26) to the Weight Stack Frame ASSY (#13) using:  
two M6\*20 CRPHS (#49)

**Note: Wrench tighten bolts and Nylon Lock Nuts.**



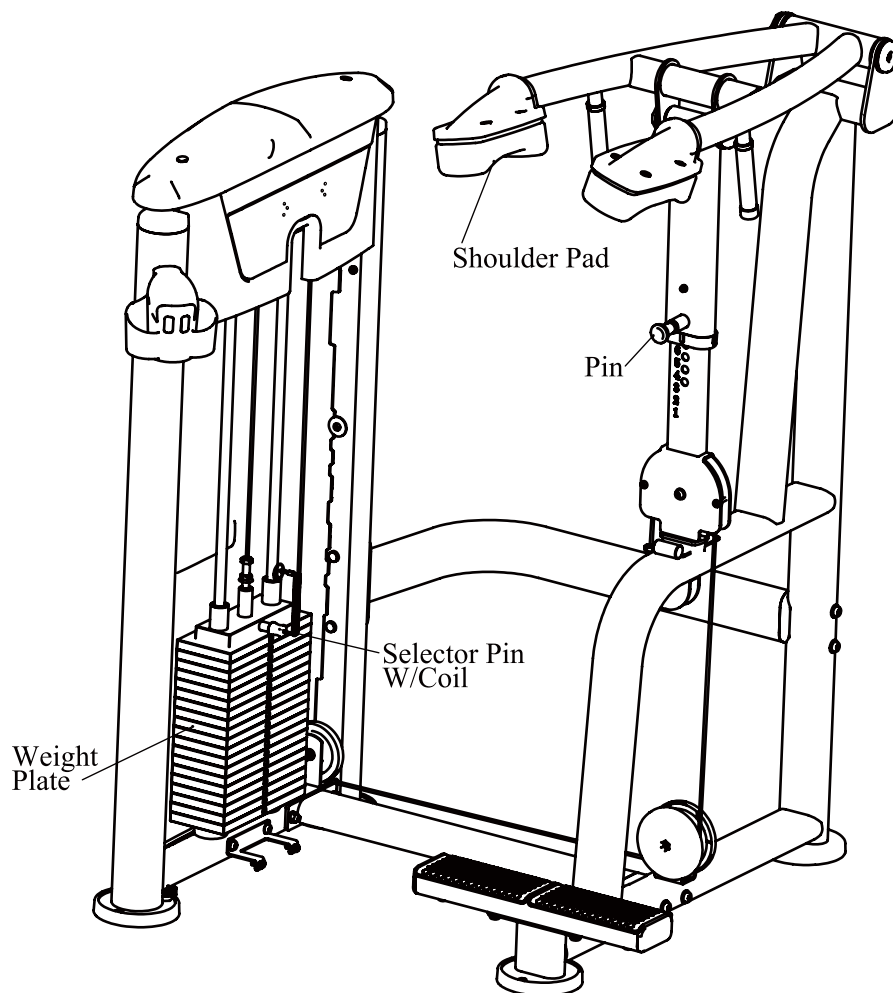
# Adjust Instructions

## 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.

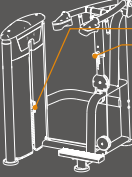
## The Shoulder Pad adjustment

1. Pull the Pin and adjust the Shoulder Pad to the desired position.
2. Make sure the pin gets into the hole completely.

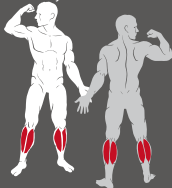


# Exercise Instructions


## CALF RAISE



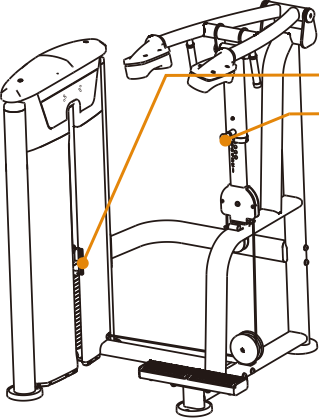

1. Select the appropriate weight.
2. Place both feet on the stand and adjust shoulder pad to the desired position.
3. Hold handles, and slowly push with your shoulders upward to the end-point.
4. Slowly return to the starting position.




Start



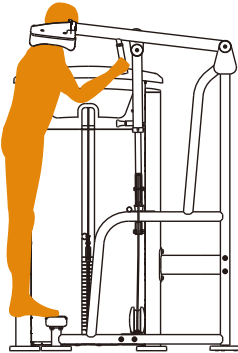
Finish



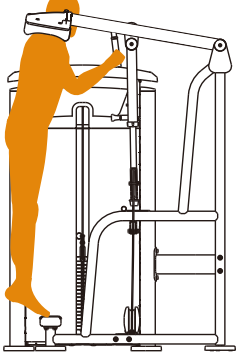
1. Select the appropriate weight.
2. Place both feet on the stand and adjust shoulder pad to the desired position.
3. Hold handles, and slowly push with your shoulders upward to the end-point.
4. Slowly return to the starting position.



Start



Finish



# 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.

