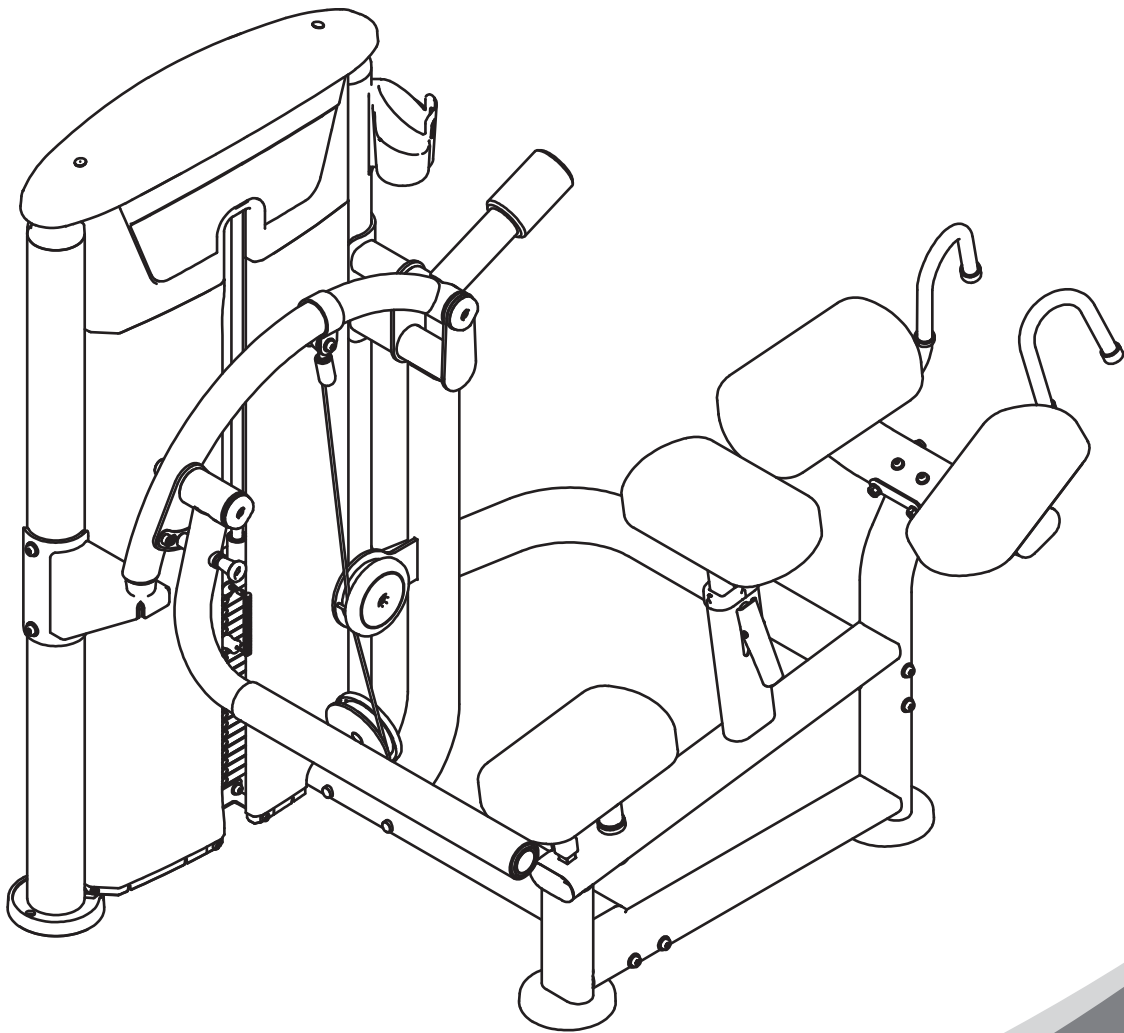




# 7018-G2

GLUTE

## 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.

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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.

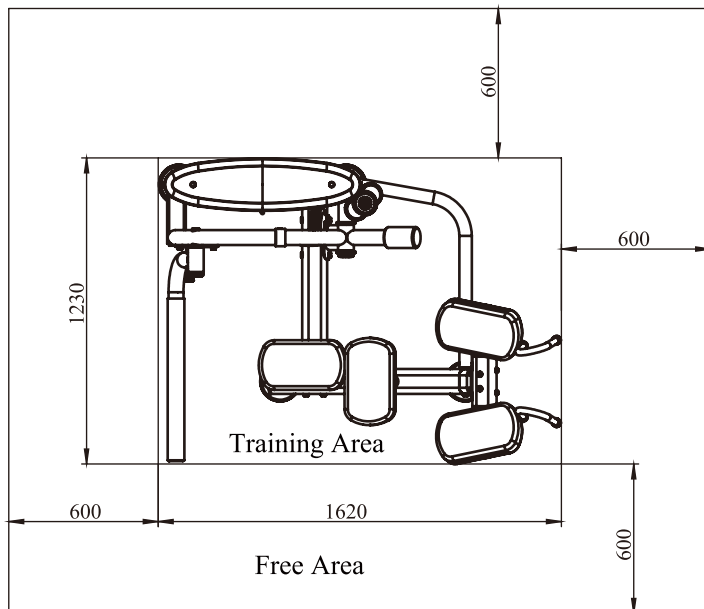
# Important Safety Instructions

## 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: 1620\*1230mm

Product Total Mass: 136.6kg/301lbs

# 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	IT9526B01ASSY	Weight Stack Frame ASSY	1
2	2	IT9526B02ASSY	Main Frame ASSY	1
3	3	IT95050300	Rear Connection Frame	1
4	4	IT9526B0400	Bottom Cross Brace	1
5	5	IT9526B05ASSY	Knee Pad Frame ASSY	1
6	6	IT9526B06ASSY	Elbow Pad Frame ASSY	1
7	7	IT9526B07ASSY	Spindle Support ASSY	1
8	8	IT9526B1500	Pin	1
9	9	IT9526B08ASSY	Pedal Connection Frame ASSY	1
10	10	IT9526B09ASSY	Foot Rack ASSY	1
11	11	IT9526B1000	Limit Frame	1
12	12	IT9526B1100	Adjust Frame	1
13	13	IT9526B1300	Cable ASSY	1
14	14	IT95261200	Arm Pad	4
15	15	IT95014400	Guide Rod $\Phi 19 \times 1242$	2
16	16	IT95014200	Top Plate	1
17	17	IT950122ASSY	Bottom Bracket ASSY	2
18	18	IT950121ASSY	Top Bracket ASSY	1
19	19	IT95012300	Rear Bracket	1
20	20	IT95015100	Top Cover	1
21	21	IT95015200	Training Placard Cover	1
22	22	IT95015300	Front Shroud	1
23	23	IT95085400	Right Front Shroud	1
24	24	IT95015500	Top Rear Shroud	1
25	25	IT95015600	Rear Shroud	1
26	26	IT801210300	Cup Holder	1
27	27	IT95016000	Plastic Cover	2
28	28	SG500110400V5	4.5" Pulley	3
29	29	SD1000B3000ASSY	Adjustable Foot Plate	2
30	30	IT95057800	4.5" Pulley	2
31	31	IT95016400	Pulley Cover	2
32	32	IT80023000	Weight Rubber Bumper	2
33	33	IT95016100	Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$	2
34	34	IT95062000	Cap ASSY	1
35	35	IT95016500	Spout Plug $\Phi 16.5 \times 6.88$	2
36	36	FE97212000	Circle Ring $\Phi 62.5 \times 5$	1

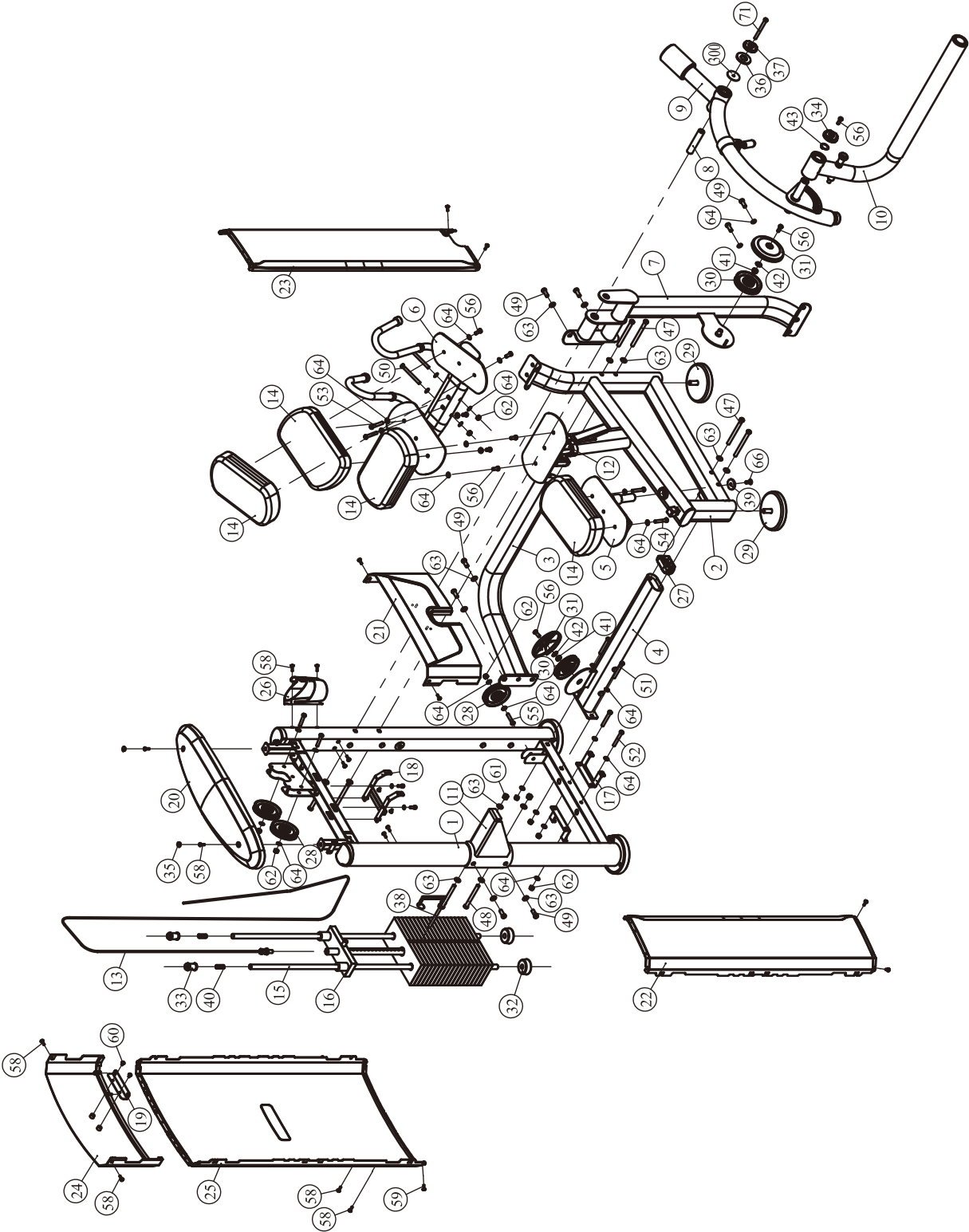
# Exploded View and Parts List

## Overall

Item No.	Grade No.	Part No.	Description	QTY
37	37	FE97211900	Cap $\Phi$ 60	1
38	38	IT90012000V1	Selector Pin W/Coil	1
39	39	IN-D10132300	Caps $\Phi$ 43	1
40	40	HFOPT900-04A0602	Spring	2
41	41	FE97122100	Bushing $\Phi$ 22* $\Phi$ 17.5*7.5	2
42	42	DQ10N19B	Flat Washer $\Phi$ 11* $\Phi$ 25*2	2
43	43	GB894.130FH12	Circlips For Shaft	1
44	44	GB6172.1M12DN2	Hexagon Thin Nut M12	1
45	45	FE970113200	Cable Connectors $\Phi$ 22*52	1
46	46	FE970113100	Cable Connector Jacket $\Phi$ 27.5*56.8	1
47	47	GB70BTM12*135DN18	Socket Head Cap Screw M12*135	6
48	48	GB70BTM12*120DN18	Socket Head Cap Screw M12*120	2
49	49	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	8
50	50	GB70BTM10*120DN18	Socket Head Cap Screw M10*120	2
51	51	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
52	52	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
53	53	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	2
54	54	GB70BTM10*60DN18	Socket Head Cap Screw M10*60	2
55	55	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	3
56	56	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	9
57	57	GB70M8*20N19	Socket Head Cap Screw M8*20	2
58	58	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
59	59	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
60	60	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
61	61	NM12DN2	Nylon Lock Nut M12	2
62	62	NM10DN2	Nylon Lock Nut M10	9
63	63	GB9512DN2	Flat Washer $\Phi$ 13* $\Phi$ 24*2.5	18
64	64	GB9510DN2	Flat Washer $\Phi$ 11* $\Phi$ 20*2	28
65	65	GB958DN2	Flat Washer $\Phi$ 9* $\Phi$ 16*1.6	2
66	66	CNLM10*25DN20	Flat Head Cap Screw M10*25	1
67	67	NBS6DHS	Hex Key S=6	1
68	68	NBS8DHS	Hex Key S=8	1
69	69	LW200BS	Wrench $\Phi$ 6*117	1
70	70	YHY	Lube	1
71	71	GB70BTM10*150DN18	Socket Head Cap Screw M10*150	1
72	300	IF93062200	Big Washer $\Phi$ 62* $\Phi$ 10.5*3	1

# Exploded View and Parts List

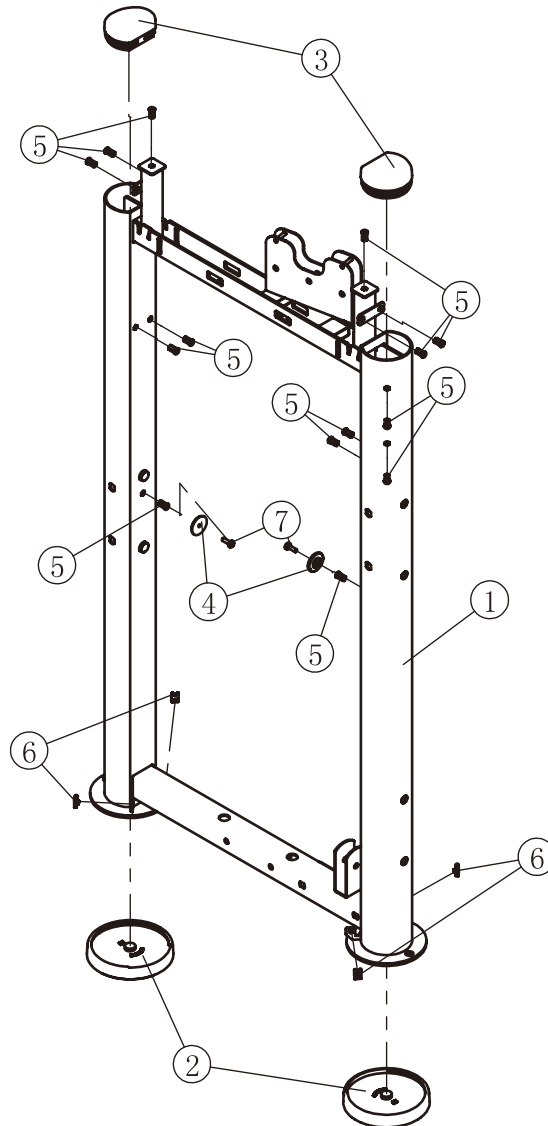
## Overall





# Exploded View and Parts List

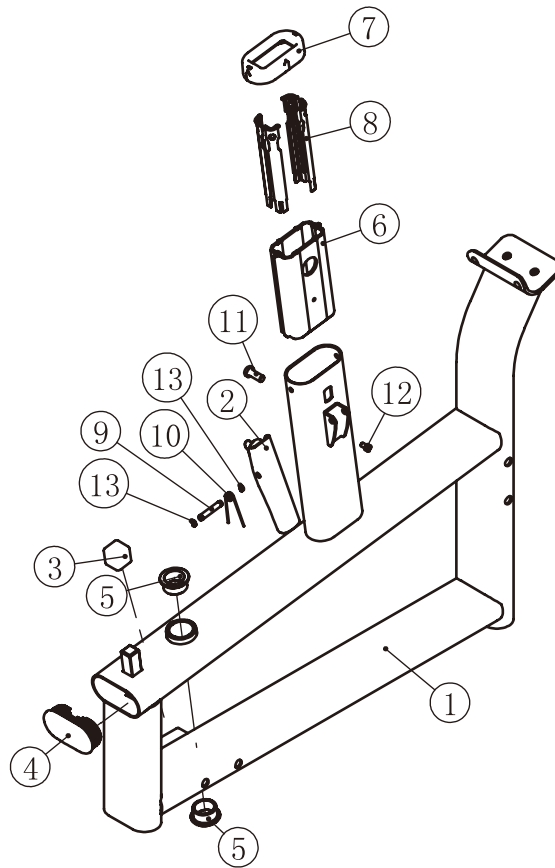
## Weight Stack Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IT9526B0100	Weight Stack Frame	1
2	1.2	IT95015700	Foot Plate	2
3	1.3	IT95015800	Plug $\Phi 95 \times 81.1$	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

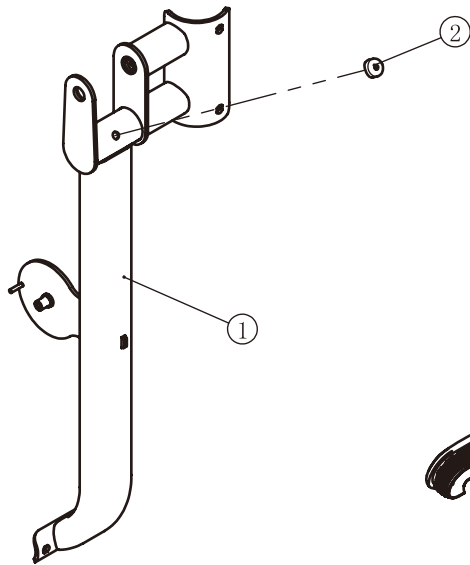
## Main Frame ASSY



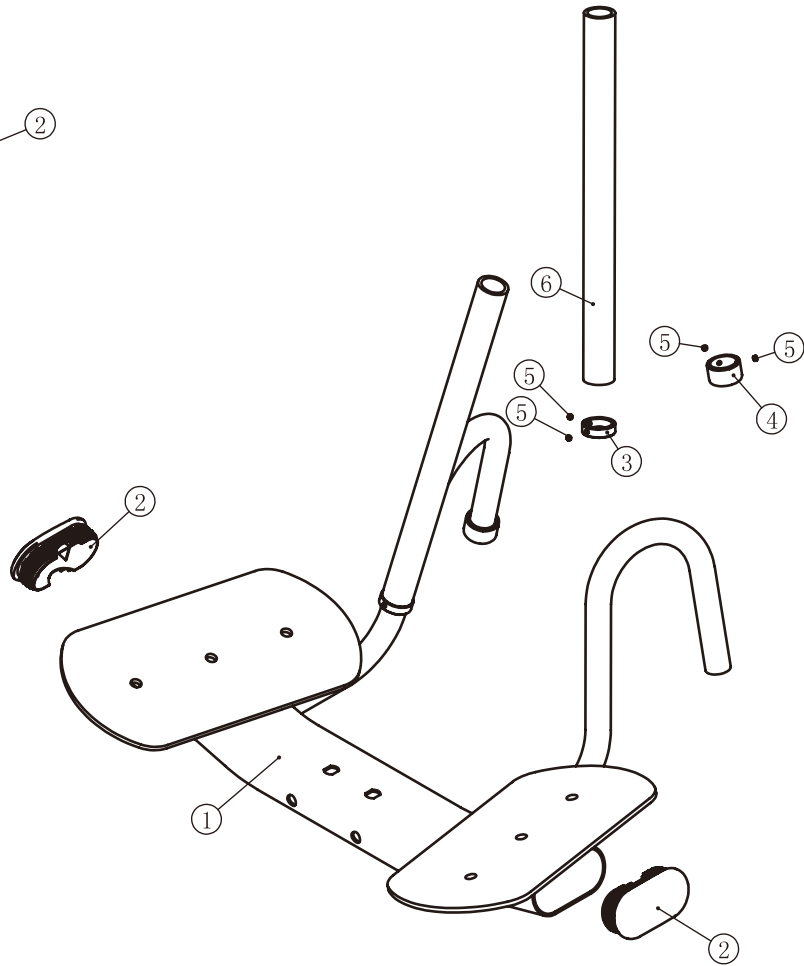
Item No.	Grade No.	Part No.	Description	QTY
1	2.1	IT9526B0200	Main Frame	1
2	2.2	IT95014500	Adjust Frame	1
3	2.3	FE97213100	Squart Ruber Sleeve	1
4	2.4	IT90013800P11C	Plug RT50*100	1
5	2.5	FS573600	Spacer $\Phi$ 44* $\Phi$ 36* $\Phi$ 30*19.5	2
6	2.6	IT95292100	Aluminum Tube Guide	1
7	2.7	IT95016200	Plastic Tube Plug	1
8	2.8	IT95016300	Plastic Corner Tube Glide	4
9	2.9	CWRVL0012200	Roll Pin	1
10	2.10	AXT3S5500	Torsional Spring	1
11	2.11	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
12	2.12	GB70M6*10N19	Socket Head Cap Screw M6*10	1
13	2.13	GB894.18FH12	Circlips For Shaft $\Phi$ 8	2

# Exploded View and Parts List

## Spindle Support ASSY



## Elbow Pad Frame ASSY

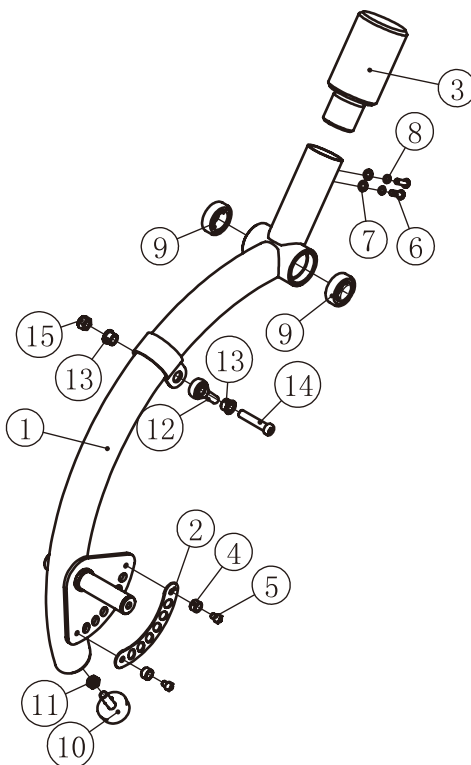


Item No.	Grade No.	Part No.	Description	QTY
1	7.1	IT9526B0700	Spindle Support	1
2	7.2	026-01PL2561	Plug Bumper	1

Item No.	Grade No.	Part No.	Description	QTY
1	6.1	IT9526B0600	Elbow Pad Frame	1
2	6.2	IT90013800P11C	Plug RT50*100	2
6	6.3	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8
4	6.4	V39600	Aluminum Grip Cap	2
3	6.5	V39500	Aluminum Grip Ring	2
5	6.6	IT95041700	Grip	2

# Exploded View and Parts List

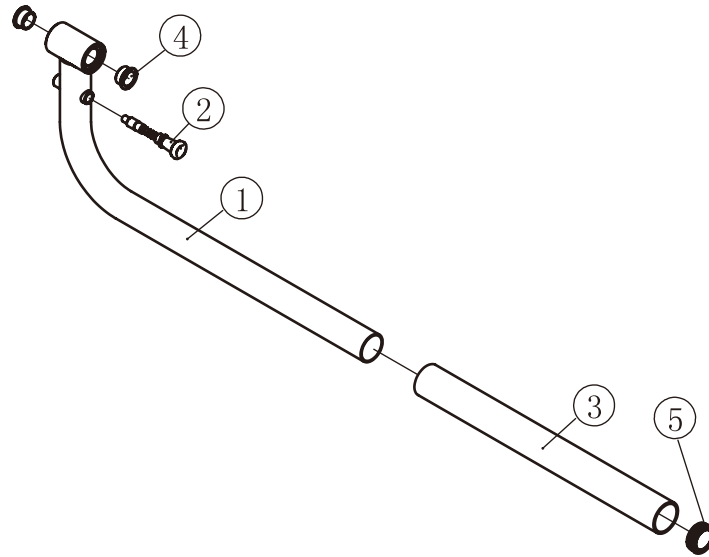
## Pedal Connection Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	9.1	IT9526B0800	Pedal Connection Frame	1
2	9.2	IT9526B1600	Lining Board	1
3	9.3	IT95121200	Counter Poise Block	1
4	9.4	IN-S10111200	Rubber Sleeve $\Phi 17*10.5$	2
5	9.5	GB70M8*10DS2	Socket Head Cap Screw M8*10	2
6	9.6	PNLM8*25DN20	Button Head Cap Screw M8*25	2
7	9.7	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
8	9.8	GB938N19	Spring Washer $\Phi 8$	2
9	9.9	GB2766205-2Z	Bearing	2
10	9.10	IT95122200	Bumper	1
11	9.11	GB6172.1M12DN2	Hexagon Thin Nut M12	1
12	9.12	SA12T_K	Joint Bearing M12	1
13	9.13	IT95121300	Spacer Bushing $\Phi 22*\Phi 12.2*14$	2
14	9.14	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
15	9.15	NM8DN2	Nylon Lock Nut M8	1

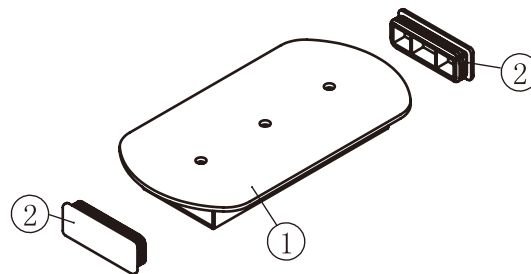
# Exploded View and Parts List

## Foot Rack ASSY



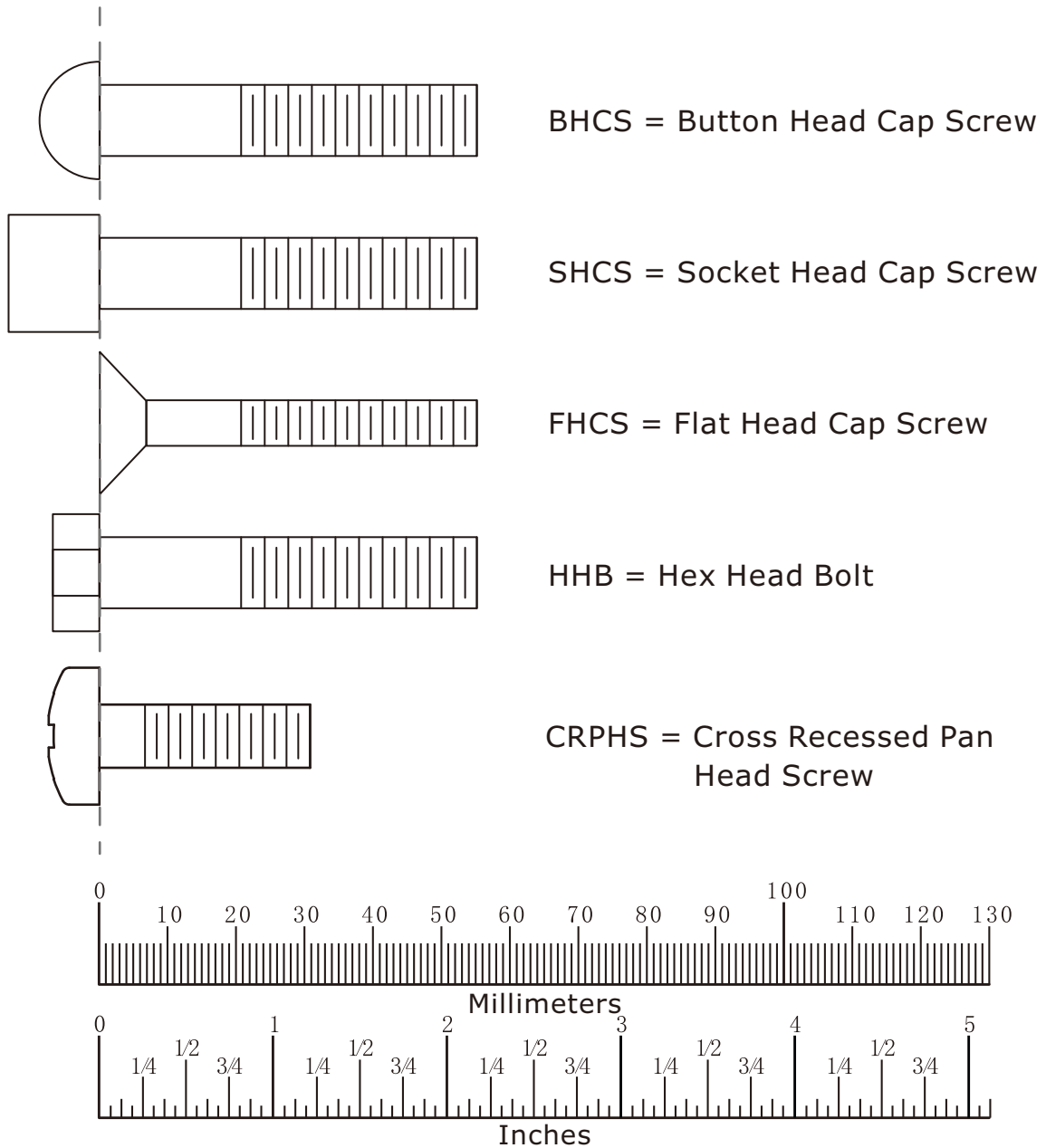
Item No.	Grade No.	Part No.	Description	QTY
1	10.1	IT9526B0900	Foot Rack	1
2	10.2	IT95151500	Pin	1
3	10.3	IT9526B1400	Foot Sleeve $\Phi 70 * \Phi 60 * 650$	1
4	10.4	FS573600	Spacer $\Phi 44 * \Phi 36 * \Phi 30 * 19.5$	2
5	10.5	PBF40014	Plug $\Phi 60$	1

## Knee Pad Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	5.1	IT9526B0500	Knee Pad Frame	1
2	5.2	FLPSR-2400	Plug $\square 38 * 101.6$	2

# 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 (#29) to the Main Frame ASSY (#2).
2. Attach the Rear Bracket (#19) to the Top Rear Shroud (#24) using:  
two M6\*10 CRPHS (#60)

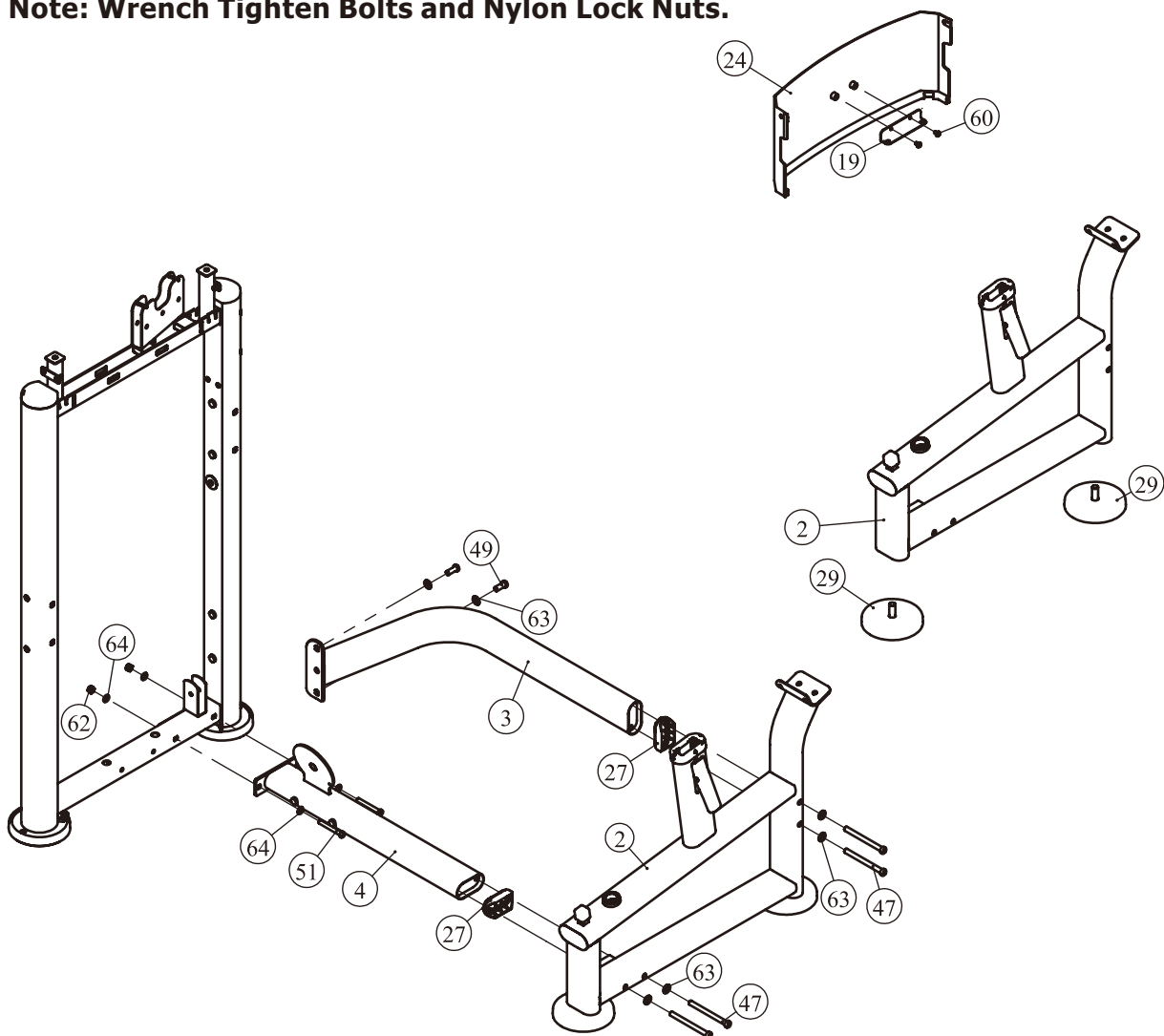
**Note: Wrench Tighten Bolts.**

## STEP 2

Attach the Rear Connection Frame (#3) and the Bottom Cross Brace (#4) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#2) using:

- |   |                              |
|---|------------------------------|
| two Plastic Cover (#27)                     | four M12*135 SHCS (#47)      |
| six $\Phi 13*\Phi 24*2.5$ Flat Washer (#63) | two M12*30 SHCS (#49)        |
| two M10*80 SHCS (#51)                       | two M10 Nylon Lock Nut (#62) |
| four $\Phi 11*\Phi 20*2$ Flat Washer (#64)  |                              |

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



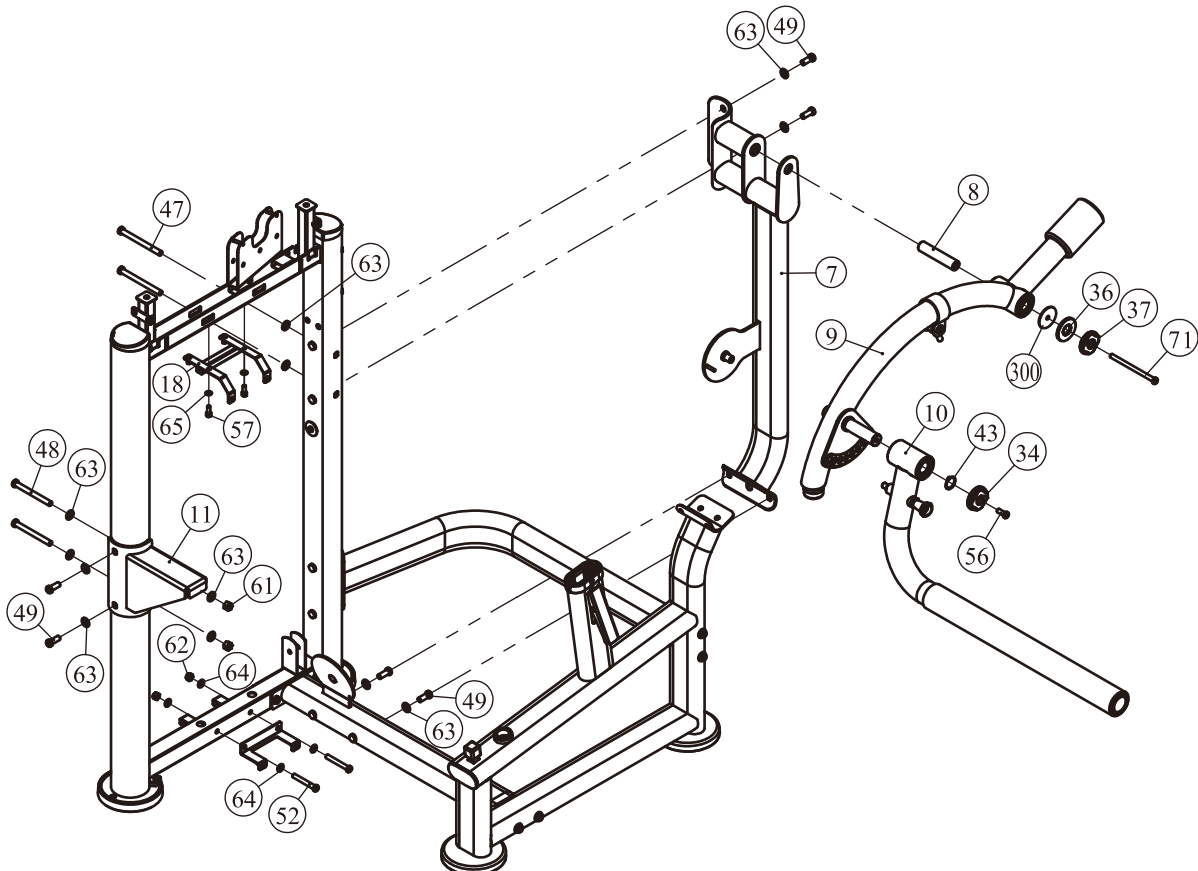


# Assembly

## STEP 3

1. Attach the Spindle Support (#7) and the Limit Frame (#11) to the Weight Stack Frame ASSY (#1) and Bottom Cross Brace (#4) using:
  - two M12\*135 SHCS (#47)
  - two M12\*120 SHCS (#48)
  - six M12\*30 SHCS (#49)
  - two M12 Nylon Lock Nut (#61)
  - twelve  $\Phi 13*\Phi 24*2.5$  Flat Washer (#63)
2. Attach the Pedal Connection Frame ASSY (#9) to the Spindle Support (#7) using:
  - one Cap  $\Phi 60$  (#37)
  - one Circle Ring  $\Phi 62.5*5$  (#36)
  - one Pin  $\Phi 25*\Phi 11*122.5$  (#8)
  - one M10\*150 SHCS (#71)
  - one Big Washer  $\Phi 62*\Phi 10.5*3$  (#300)
3. Attach the Top Bracket ASSY (#18) and two Bottom Bracket ASSY (#17) to the Weight Stack Frame ASSY (#1) using:
  - two M8\*20 SHCS (#57)
  - two  $\Phi 9*\Phi 16*1.6$  Flat Washer (#65)
  - two M10\*75 SHCS (#52)
  - two  $\Phi 11*\Phi 20*2$  Flat Washer (#64)
  - two M10 Nylon Lock Nut (#62)
4. Attach the Foot Rack ASSY (#10) to the Pedal Connection Frame ASSY (#9) using:
  - one Circlips For Shaft (#43)
  - one Cap ASSY (#34)
  - one M10\*25 SHCS (#56)

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



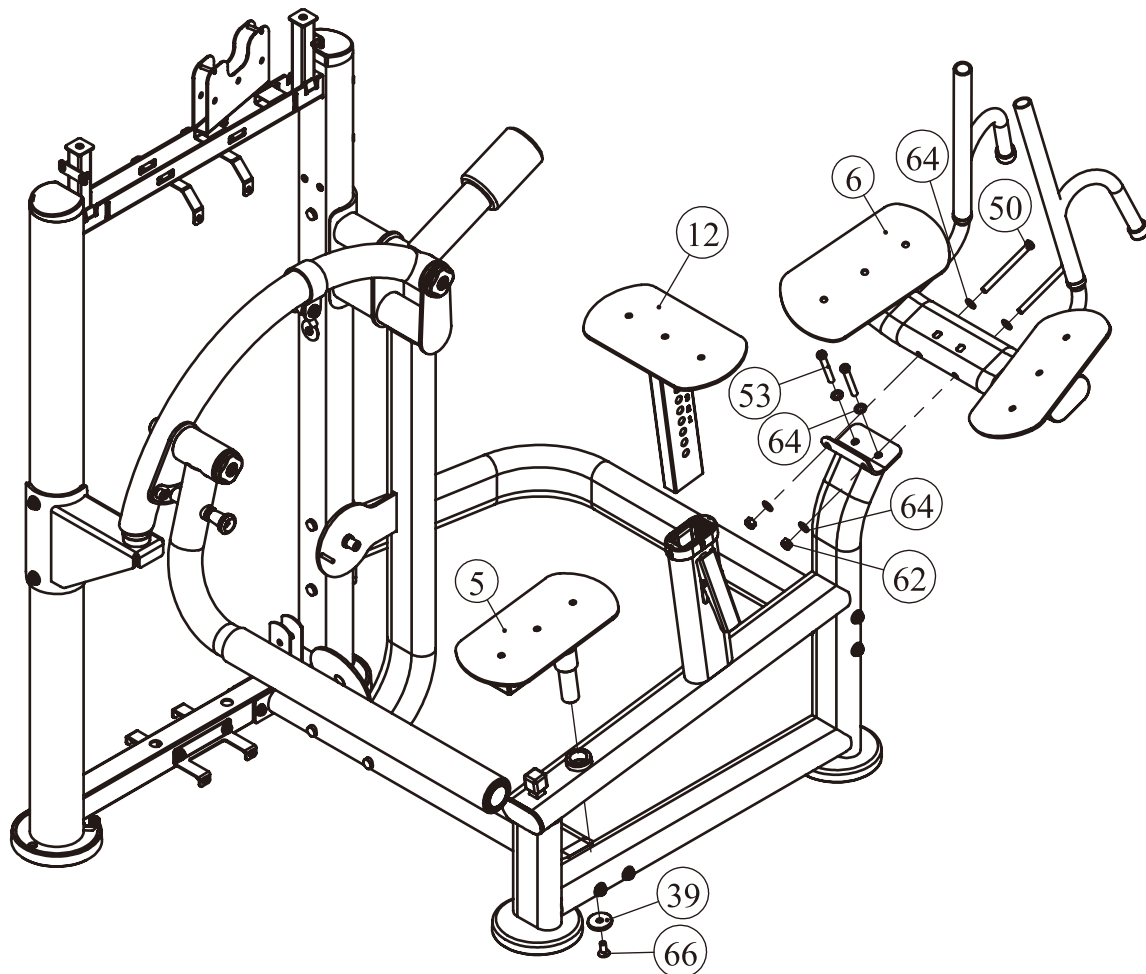
# Assembly

## STEP 4

Attach the Knee Pad Frame ASSY (#5), the Adjust Frame (#12) and the Elbow Pad Frame ASSY (#6) to the Main Frame ASSY (#2) using:

- one Caps  $\Phi 43$  (#39)
- one M10\*25 FHCS (#66)
- two M10\*70 SHCS (#53)
- two M10\*120 SHCS (#50)
- six  $\Phi 11*\Phi 20*2$  Flat Washer (#64)
- two M10 Nylon Lock Nut (#62)

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



# Assembly

## STEP 5

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

### 1. Attach:

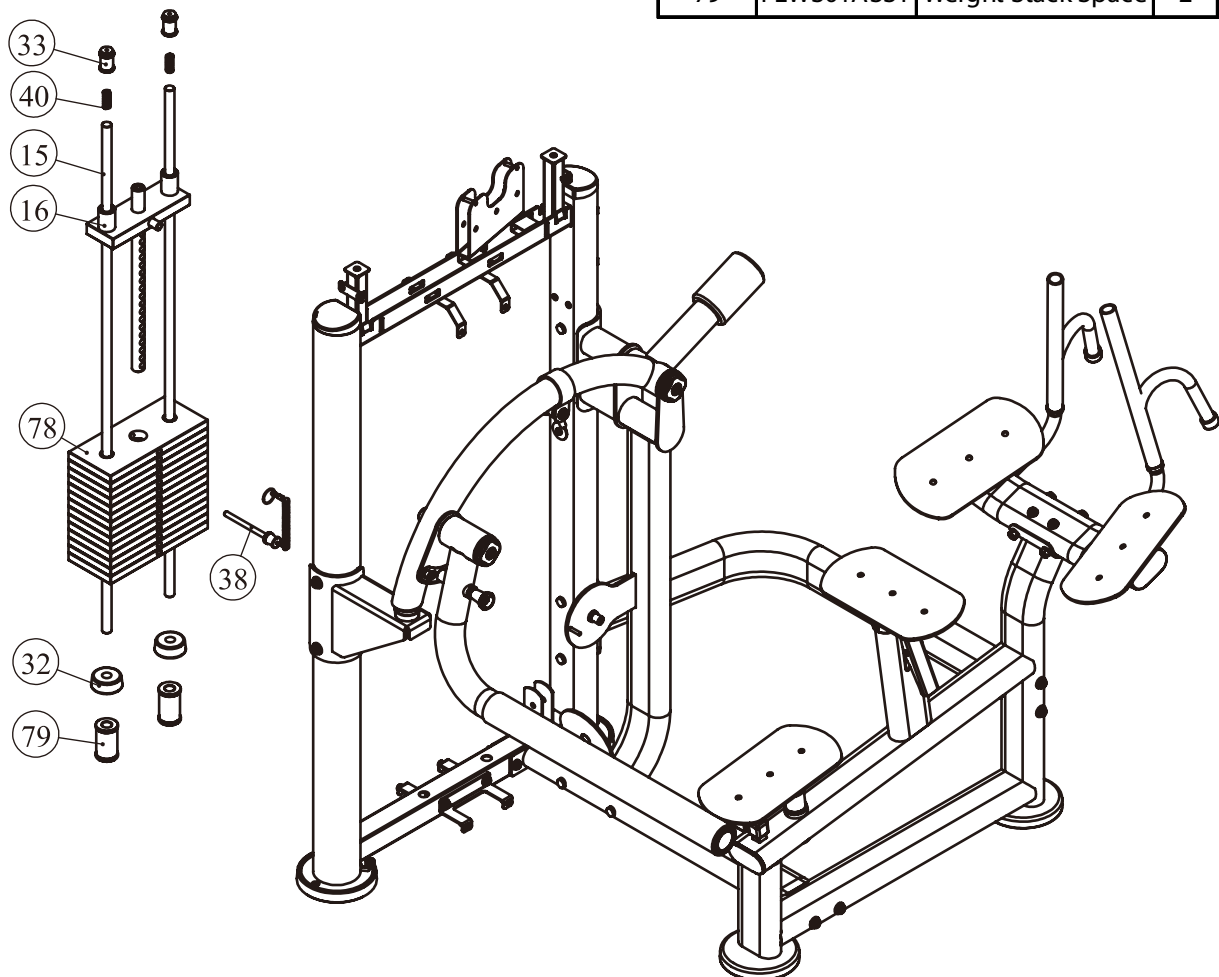
- two Guide Rod  $\Phi 19 \times 1242$  (#15)
- two Weight Rubber Bumper (#32)
- fifteen Weight Plate 10LBS (#78)
- one Top Plate (#16)
- two Weight Stack Space (#79)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#33)
- two Spring (#40)

### 2. Attach the Selector Pin W/Coil (#38) to the Top Plate (#16).

GradeNo.	Part No.	Description	QTY
78	FE97193100	10LBS Weight Plate	15
79	FEWS01ASSY	Weight Stack Space	2



# Assembly

## STEP 5

Here is the assembly instruction for **200LBS Weights !**

### 1. Attach:

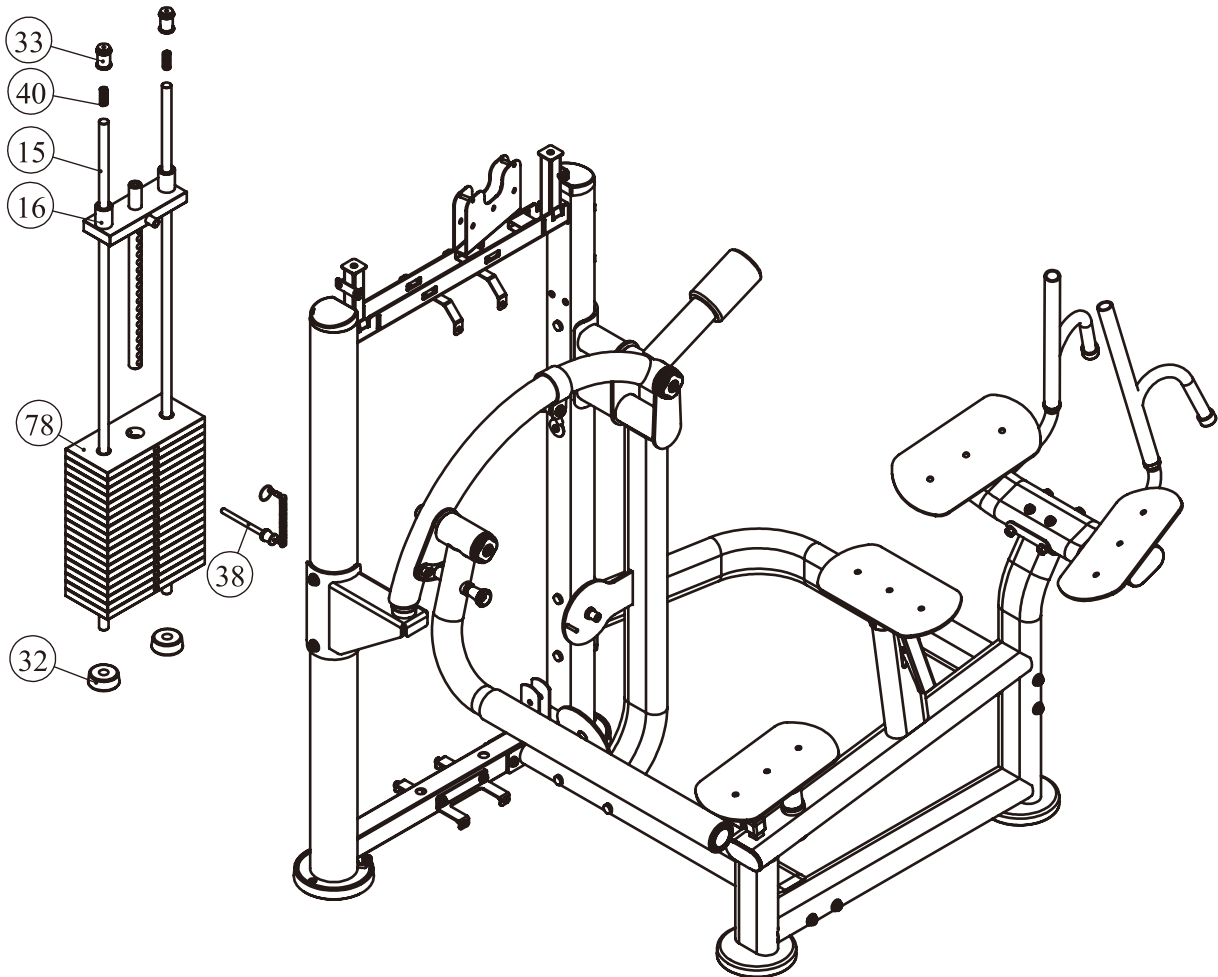
- two Guide Rod  $\Phi 19 \times 1242$  (#15)
- two Weight Rubber Bumper (#32)
- nineteen Weight Plate 10LBS (#78)
- one Top Plate (#16)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#33)
- two Spring (#40)

### 2. Attach the Selector Pin W/Coil (#38) to the Top Plate (#16).

GradeNo.	Part No.	Description	QTY
78	FE97193100	10LBS Weight Plate	19



# Assembly

## STEP 5

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

### 1. Attach:

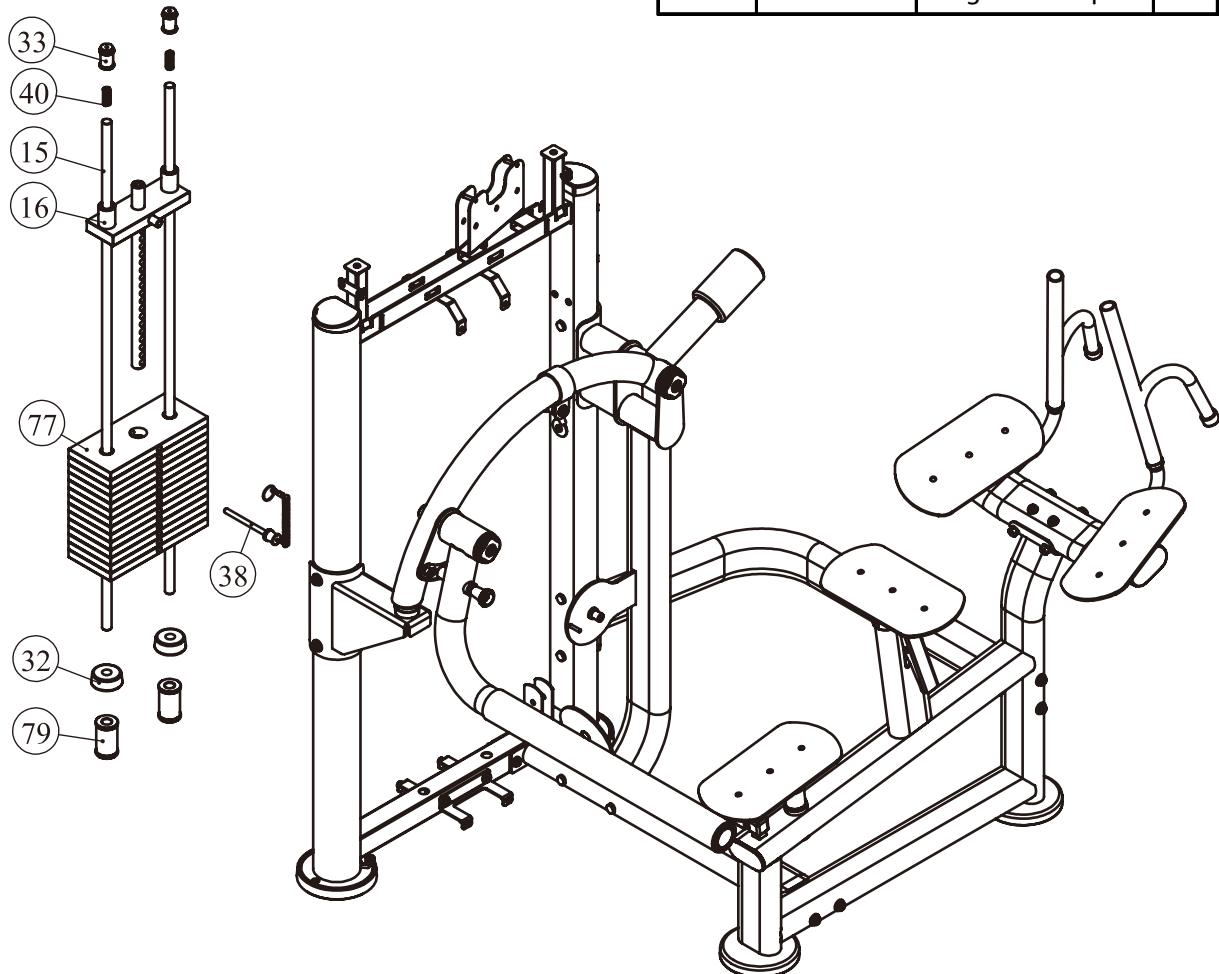
- two Guide Rod  $\Phi 19 \times 1242$  (#15)
- two Weight Rubber Bumper (#32)
- fifteen Weight Plate 15LBS (#77)
- one Top Plate (#16)
- two Weight Stack Space (#79)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#33)
- two Spring (#40)

### 2. Attach the Selector Pin W/Coil (#38) to the Top Plate (#16).

GradeNo.	Part No.	Description	QTY
77	FE97193200	15LBS Weight Plate	15
79	FEWS01ASSY	Weight Stack Space	2



# Assembly

## STEP 5

Here is the assembly instruction for **295LBS Weights !**

### 1. Attach:

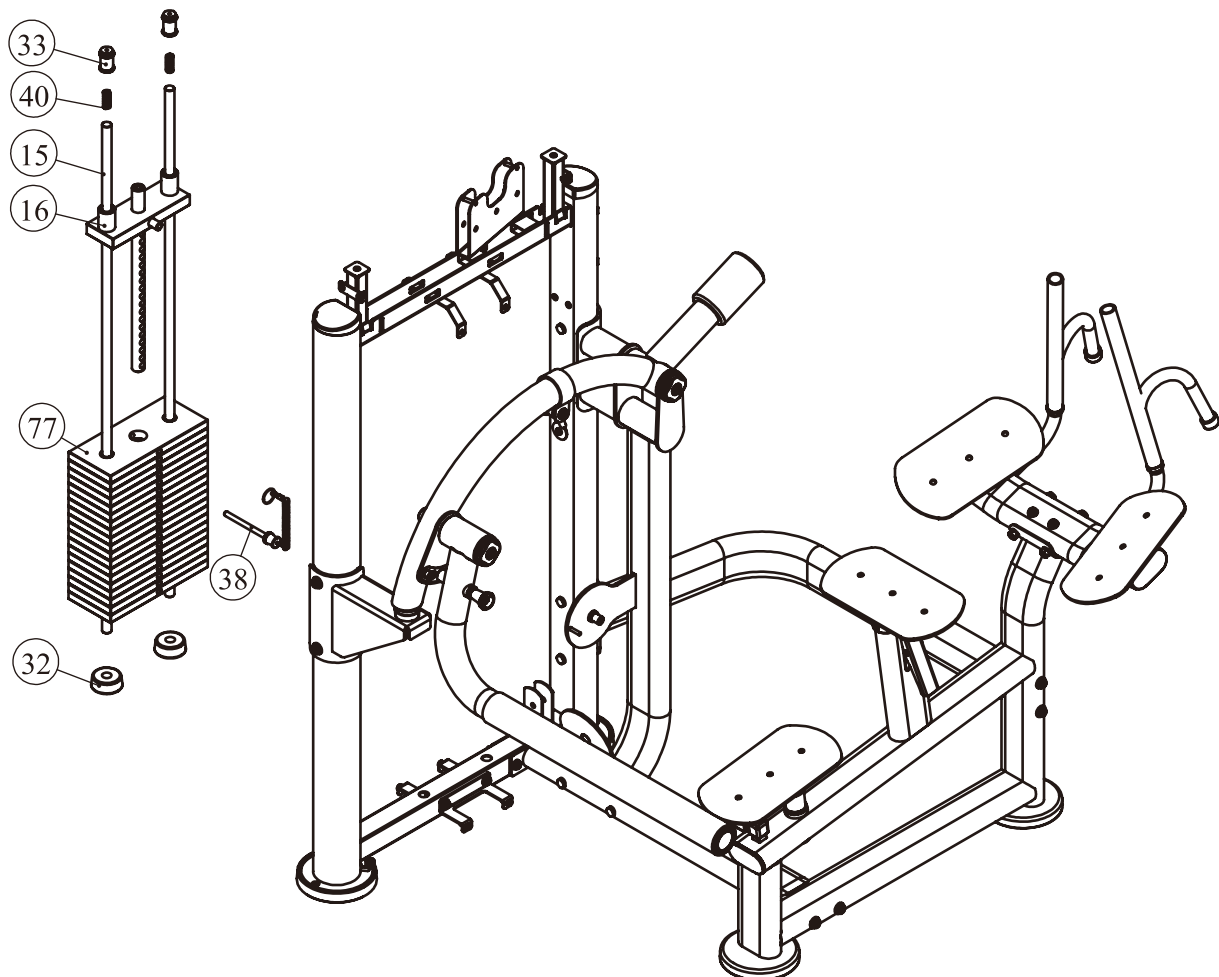
- two Guide Rod  $\Phi 19 \times 1242$  (#15)
- two Weight Rubber Bumper (#32)
- nineteen Weight Plate 15LBS (#77)
- one Top Plate (#16)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#33)
- two Spring (#40)

### 2. Attach the Selector Pin W/Coil (#38) to the Top Plate (#16).

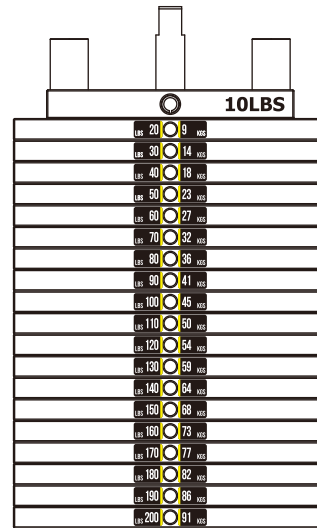
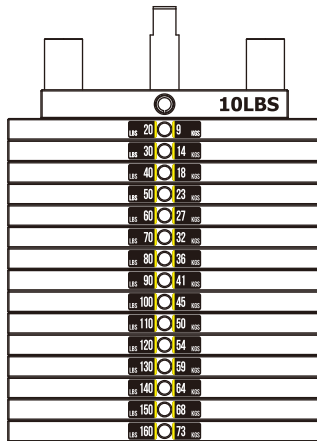
GradeNo.	Part No.	Description	QTY
77	FE97193200	15LBS Weight Plate	19



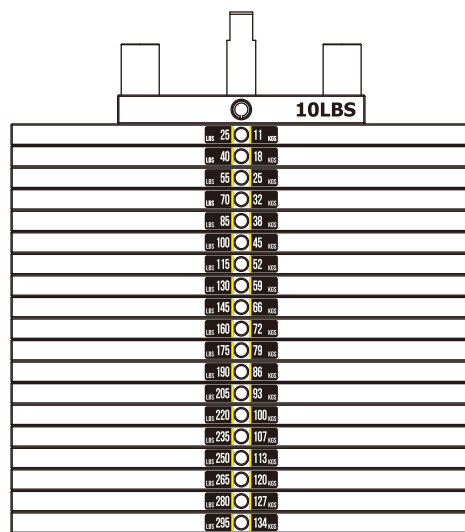
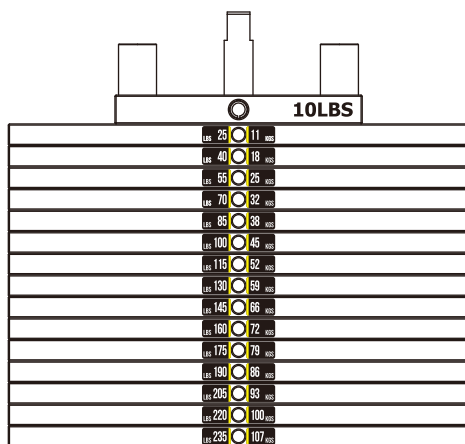
# Assembly

## 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



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



# Assembly

## STEP 6

1. Attach three 4.5" Pulleys (#28) to the Weight Stack Frame ASSY (#1) using:
  - three M10\*50 SHCS (#55)
  - six  $\Phi 11*\Phi 20*2$  Flat Washer (#64)
  - three M10 Nylon Lock Nut (#62)
2. Attach two 4.5" Pulleys (#30), two Pulley Cover (#31) to the WeBottom Cross Brace (#4) and the Spindle Support (#7) using:
  - two M10\*25 SHCS (#56)
  - two Bushing  $\Phi 22*\Phi 17.5*7.5$  (#41)
  - two Flat Washer  $\Phi 11*\Phi 25*2$  (#42)
3. Attach the Cable ASSY (#13) to the Weight Stack Frame ASSY (#1) and the Pedal Connection Frame ASSY (#9) using:
  - one Hexagon Thin Nut M12 (#44)
  - one Cable Connectors  $\Phi 22*52$  (#45)
  - one Cable Connector Jacket  $\Phi 27.5*56.8$  (#46)

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

## 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.

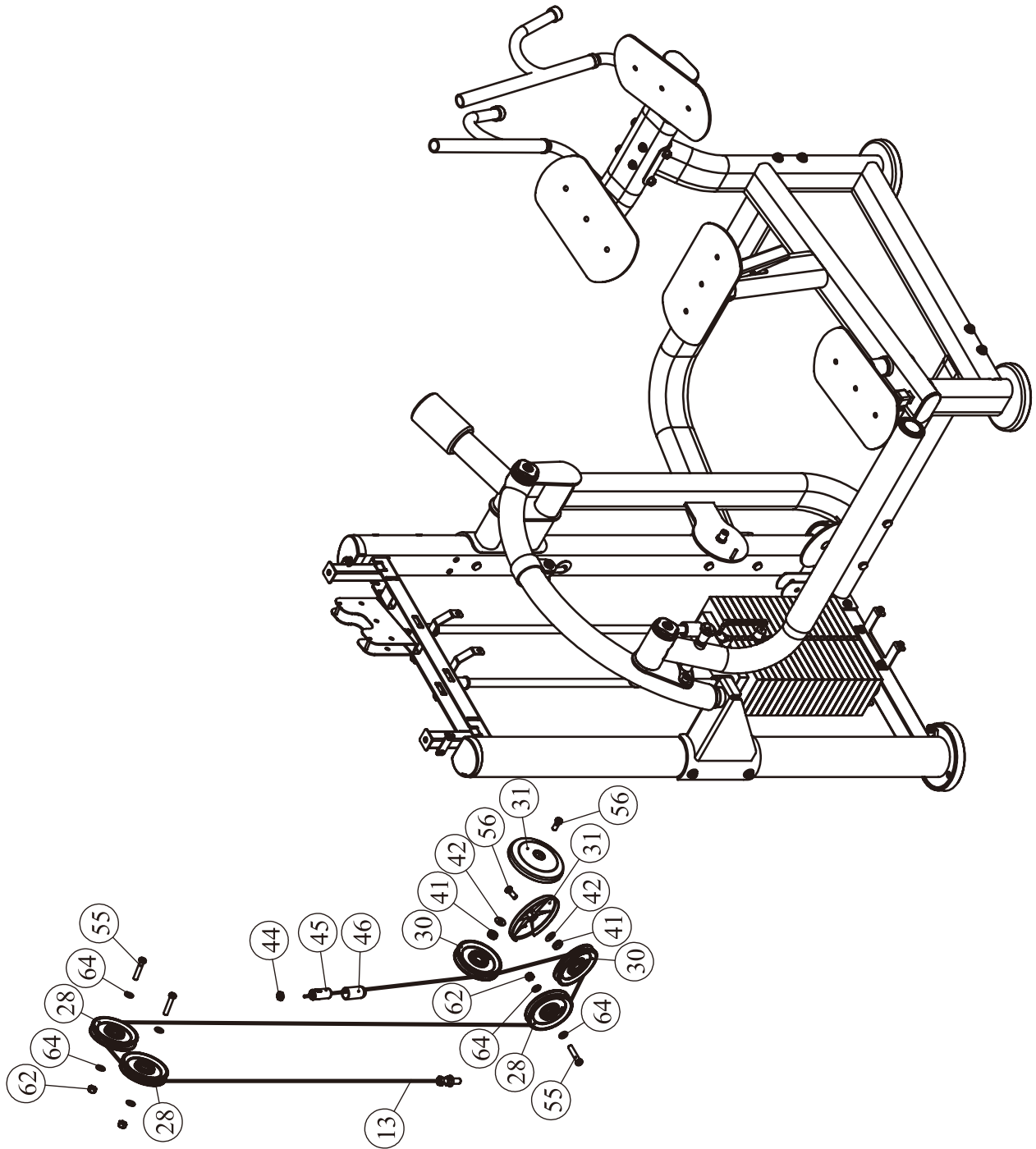
1. Attach the Front Shroud (#22) and the Right Front Shroud (#23) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#17) using:
  - four M6\*20 CRPHS (#58)
  - two M6\*16 CRPHS (#59)
2. Attach the Rear Shroud (#25) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#17) using:
  - four M6\*20 CRPHS (#58)
  - two M6\*16 CRPHS (#59)
3. Attach the Training Placard Cover (#21) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#18) using:
  - two M6\*20 CRPHS (#58)
  - two M6\*10 CRPHS (#60)
4. Attach the Top Rear Shroud (#24) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#18) using:
  - four M6\*20 CRPHS (#58)
5. Attach the Top Cover (#20) to the Weight Stack Frame ASSY (#1) using:
  - two M6\*20 CRPHS (#58)
  - two Spout Plug  $\Phi 16.5*6.88$  (#30)
6. Attach the Cup Holder (#26) to the Weight Stack Frame ASSY (#1) using:
  - two M6\*20 CRPHS (#58)

**Note: Wrench tighten bolts.**



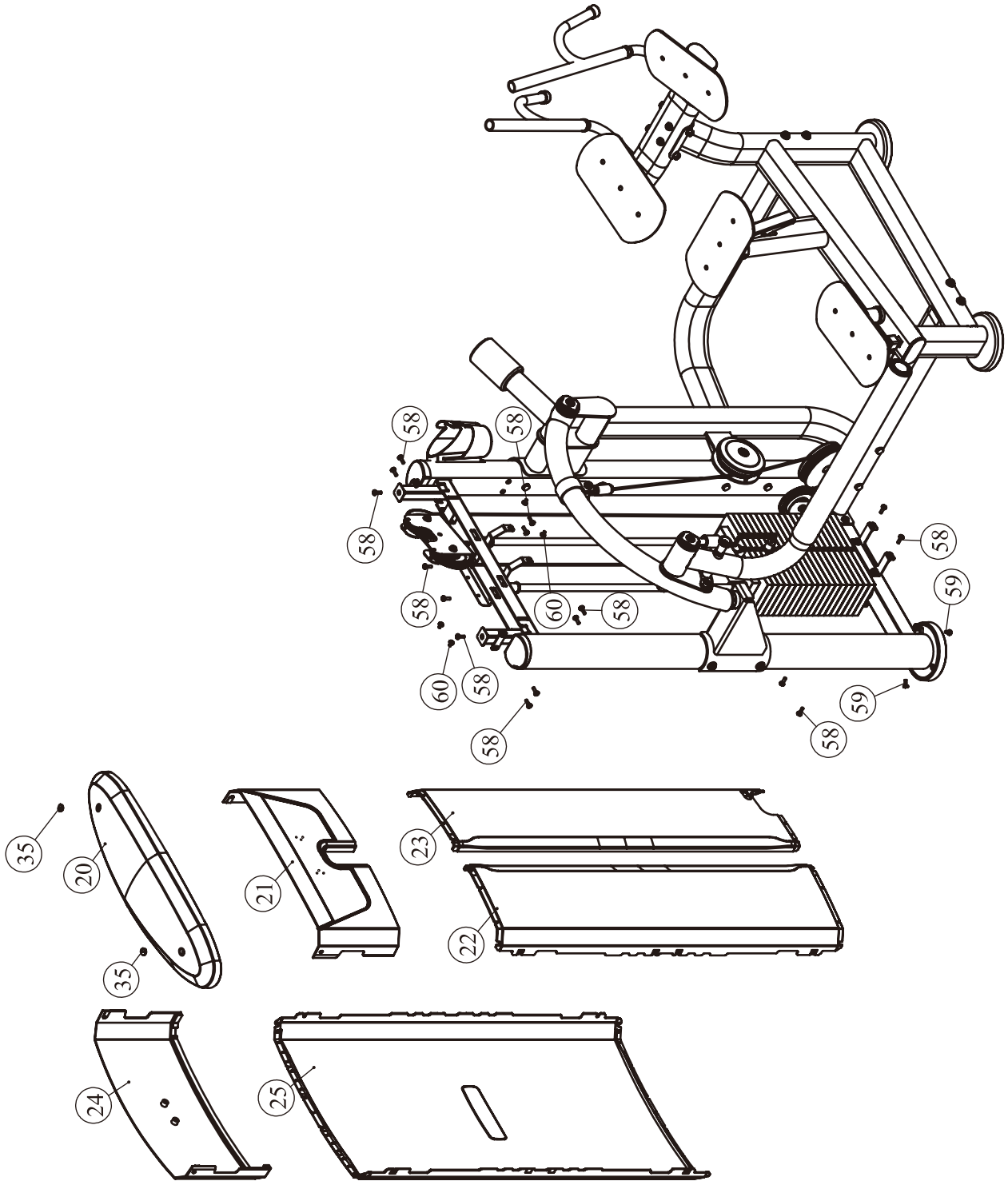
# Assembly

## STEP 6



# Assembly

## STEP 7



# Assembly

## STEP 8

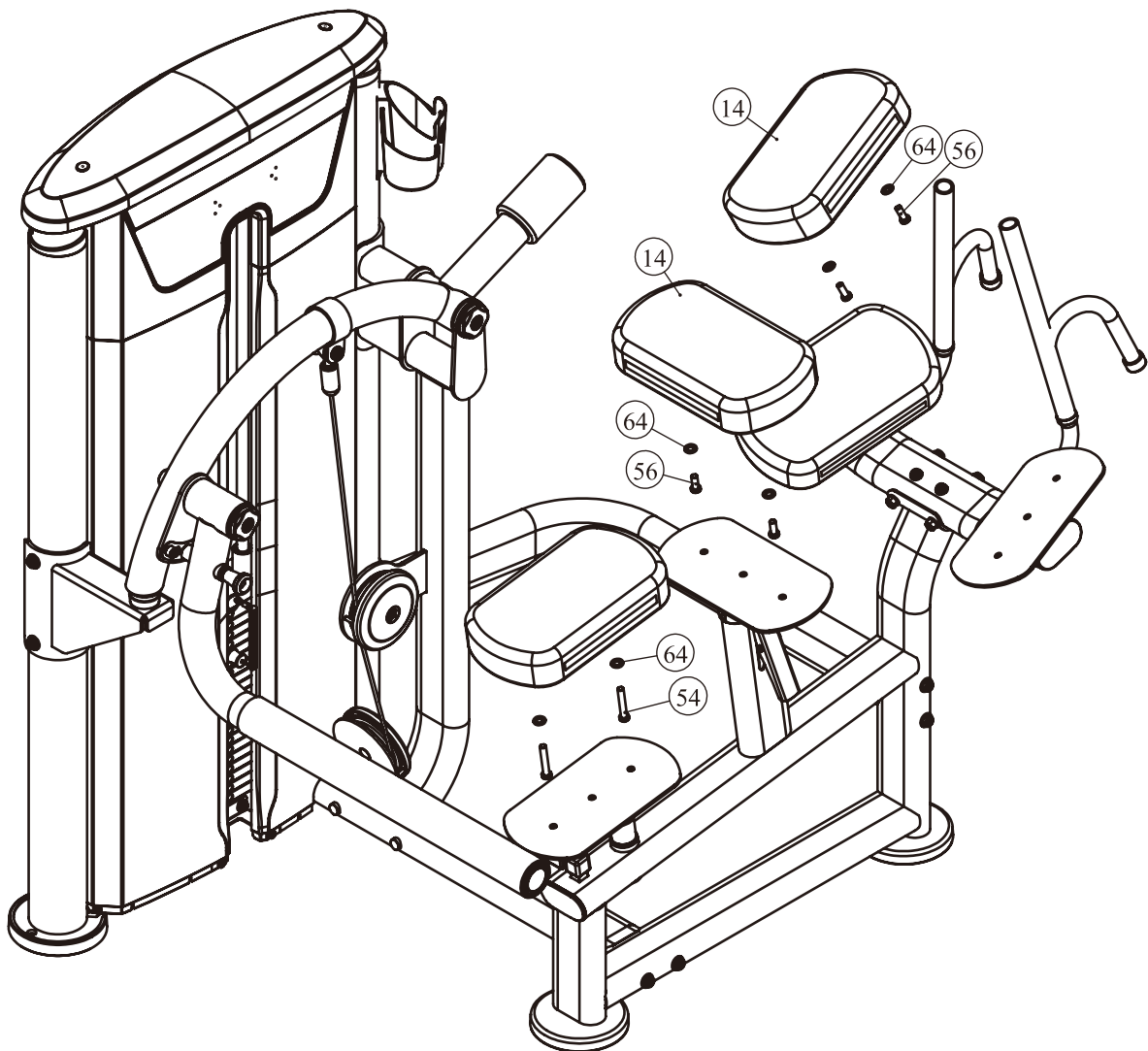
Attach four Arm Force Pad (#14) to the Knee Pad Frame ASSY (#5) and the Elbow Pad Frame ASSY (#6) using:

six M10\*25 SHCS (#56)

eight  $\Phi 11*\Phi 20*2$  Flat Washer (#64)

two M10\*60 SHCS (#54)

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



# Adjust Instructions and Exercise Instructions

## The Foot Rack adjustment

1. Pull out the Adjustable Support and adjust the Foot Rack ASSY to the desired position.
2. Make sure the pin get into the hole completely.

## The Tummy Pad adjustment

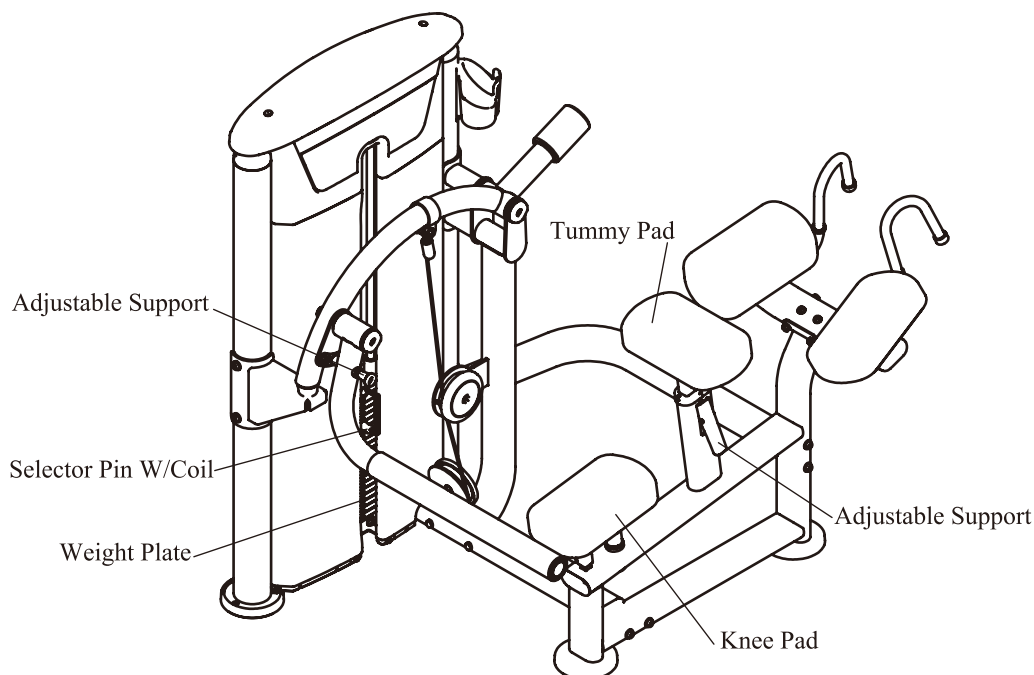
1. Pull out the Adjustable Support and adjust the Tummy Pad to the desired position.
2. Make sure the pin get into the hole completely.

## The Knee Pad adjustment

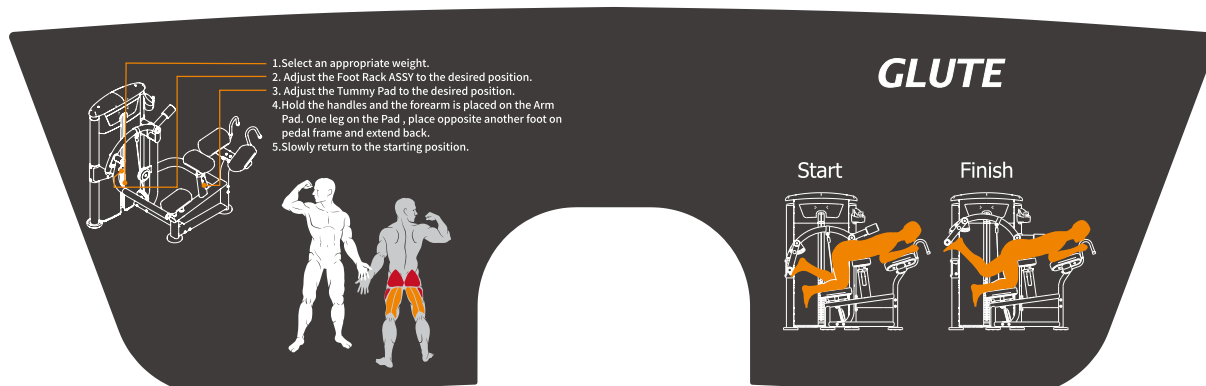
1. The Knee Pad can be put on the left side or the right side.
2. Make sure The Knee Pad touch the stopper tight.

## 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.



## Exercise Instructions



# 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.

