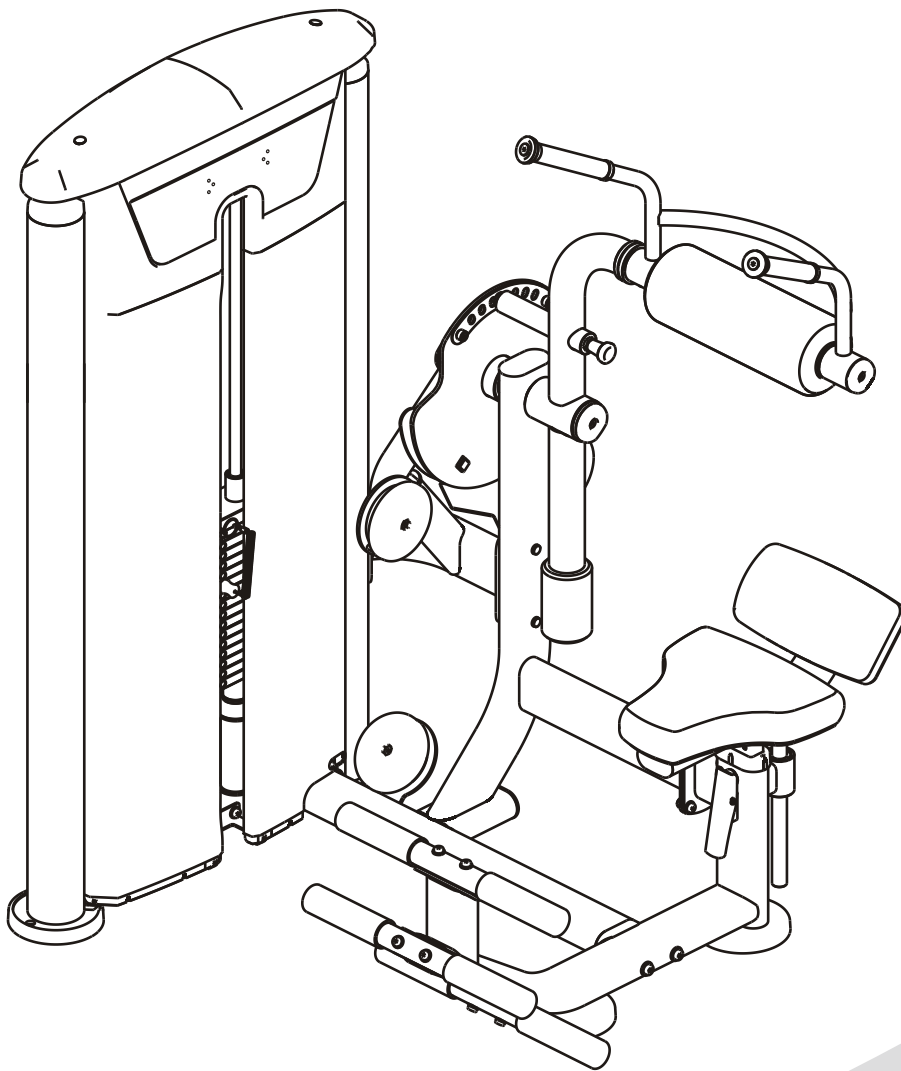




7064-G2

AB / BACK

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-----	18
Assembly Instructions-----	19
Assembly-----	20
Adjust Instructions-----	34
Exercise Instructions-----	35
Maintenance Schedule-----	36
General Maintenance Information-----	37
Weight Training Tips-----	38

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.

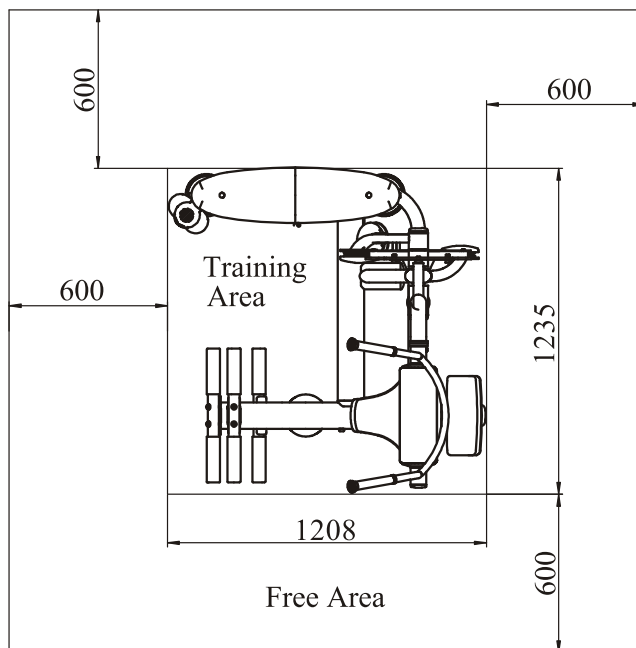
Important Safety Instructions

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: 1208*1235mm

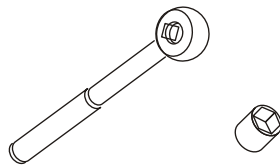
Product Total Mass:

Instructions

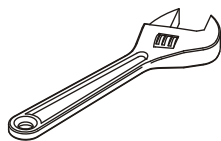
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

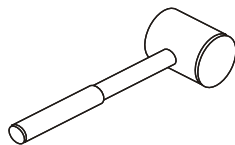
Tools Required



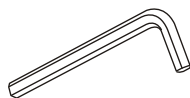
Ratchet Wrench and Socket



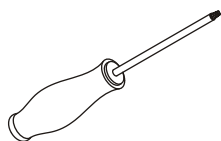
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT953201ASSY	Weight Stack Frame ASSY	1
2	2	IT953401ASSY	Bottom Cross Frame ASSY	1
3	3	IT953402ASSY	Main Frame ASSY	1
4	4	IT953403ASSY	Swing Frame ASSY	1
5	5	IT953404ASSY	Handle Frame ASSY	1
6	6	IT953405ASSY	Wheel Frame ASSY	1
7	7	IT953406ASSY	Reversing Frame ASSY	1
8	8	IT953407ASSY	Connection Frame ASSY	1
9	9	IT95343100	Cable ASSY	1
10	10	IT951709ASSY	Circular Foot Frame ASSY	3
11	11	SD1000B3000ASSY	Adjustable Foot Plate	2
12	12	IT95341100	Bending Plate	1
13	13	IT95341200	Cable Wheel Plate	1
14	14	SG500110400V5	4.5" Pulley	3
15	15	IT93149300	Weight Srack Space 300	2
16	16	IT95016000	Plastic Cover	1
17	18	IT95322000	Waist Pad	1
18	19	IT95017600	Seat Pad	1
19	20	SD1004B15ASSY	FOAM ASSY	1
20	21	IT950121ASSY	Top Bracket ASSY	1
21	22	IT950122ASSY	Bottom Bracket ASSY	2
22	23	IT95012300	Rear Bracket	1
23	42	IT95014200	Top Plate	1
24	44	IT95014400	Guide Rod Φ 19*1242	2
25	51	IT95015100	Top Cover	1
26	52	IT95015200	Training Placard Cover	1
27	53	IT95015300	Front Shroud	1
28	54	IT95015400	Right Front Shroud	1
29	55	IT95015500	Top Rear Shroud	1
30	56	IT95015600	Rear Shroud	1
31	92	IT801210300P11C	Cup Holder	1
32	101	IT80023000	Weight Rubber Bumper	2
33	102	IT90012000V1	Selector Pin W/Coil	1
34	103	IT95016100	Guide Rod Fixing Sleeve Φ 25* Φ 19*45	2
35	104	IT95016500	Spout Plug Φ 16.5*6.88	2

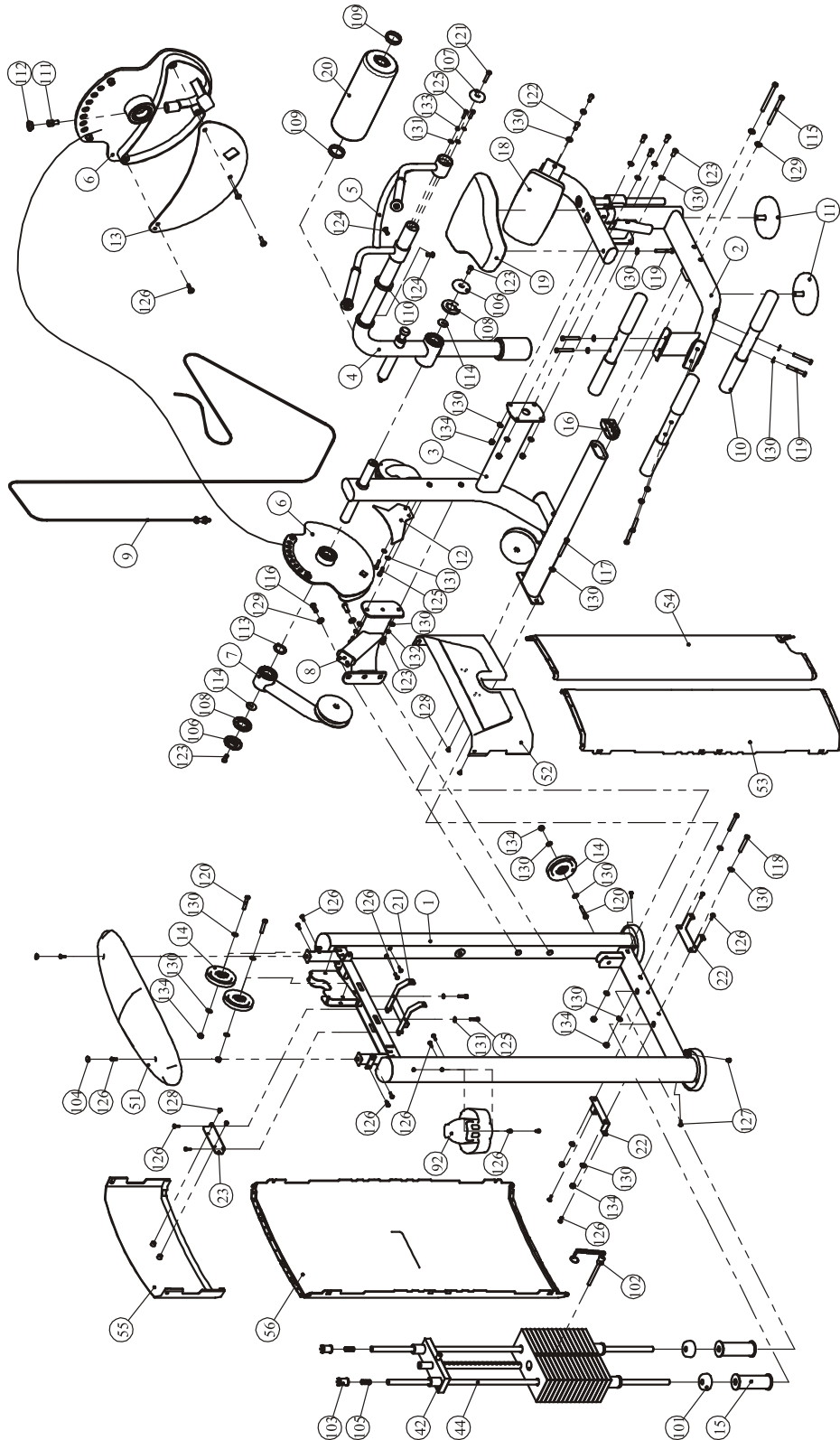
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
36	105	HFOPT900-04A0602	Spring	2
37	106	IT95331900	Cap Φ 69.6	2
38	107	FE97211900	Cap Φ 60	1
39	108	IT95332000	Circle Ring Φ 72*6	2
40	109	IE950912800	Circle Ring Φ 60* Φ 51.8*12	2
41	110	IT95342100	Circle Ring Φ 68.5* Φ 51*10	1
42	111	HFOPT900-04A1400	Aluminium Sheath	1
43	112	V22500	Plug	1
44	113	RPL5301A4700	Ring Φ 48* Φ 36*3.2	1
45	114	YDQ10.5*38*2DN2	Flat Washer Φ 38* Φ 10.5*2.0	2
46	115	GB70BTM12*135DN18	Socket Head Cap Screw M12*135	2
47	116	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
48	117	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
49	118	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
50	119	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	8
51	120	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	3
52	121	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
53	122	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
54	123	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	8
55	124	PNLM10*25N19NL	Button Head Cap Screw M10*25	2
56	125	GB70M8*30*30DN20	Socket Head Cap Screw M8*30	6
57	126	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	21
58	127	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
59	128	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
60	129	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	4
61	130	GB9510DN2	Flat Washer Φ 11* Φ 20*2	34
62	131	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	6
63	132	GB9310N19	Spring Washer Φ 10	2
64	133	GB938N19	Spring Washer Φ 8	2
65	134	NM10DN2	Nylon Lock Nut M10	11
66	135	NBS6DHS	Hex Key S=6	1
67	136	NBS8DHS	Hex Key S=8	1
68	137	LW200BS	Wrench Φ 6*117	1
69	138	YHY	Lube	1

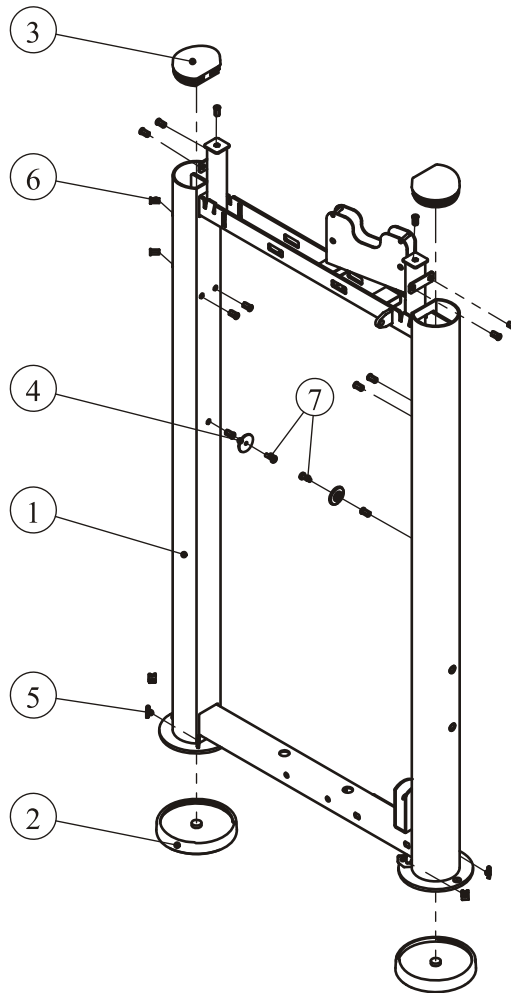
Exploded View and Parts List

Overall



Exploded View and Parts List

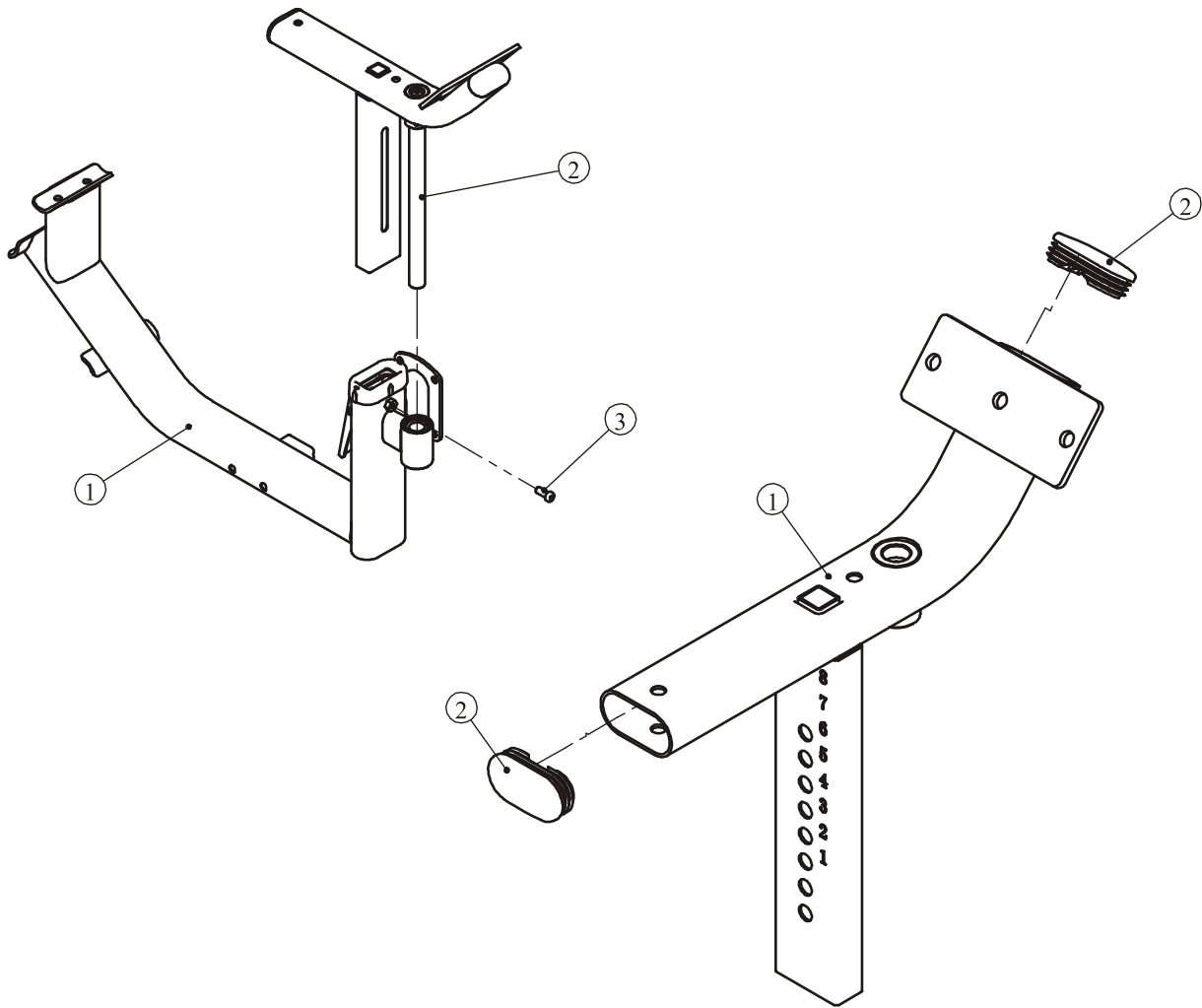
Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95320100	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	AC32705800	U-nut M6	4
6	1.6	GB17880.5M6*16.5DS17	Rivet Nut M6	14
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

Bottom Cross Frame ASSY Seat Pad Adjustable Frame Sub ASSY



Bottom Cross Frame ASSY

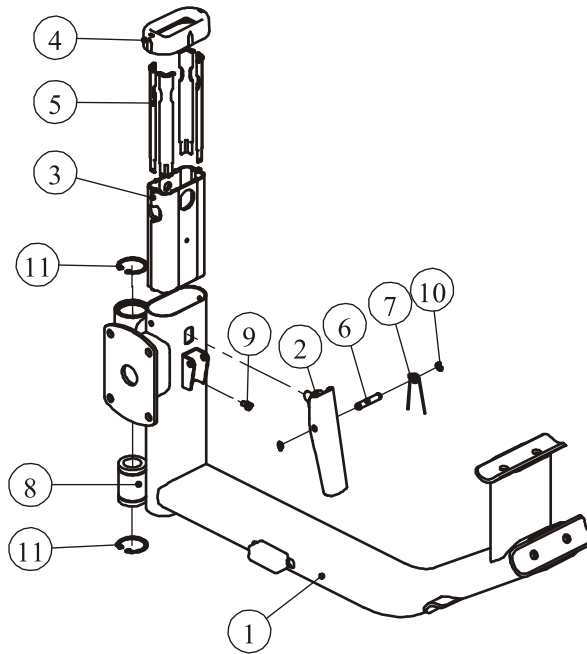
ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95340100ASSY	Bottom Cross Frame Sub ASSY	1
2	2.2	IT953408ASSY	Seat Pad Adjustable Frame ASSY	1
3	2.3	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1

Seat Pad Adjustable Frame Sub ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	2.2.1.1	IT95340800	Seat Pad Adjustable Frame	1
2	2.2.1.2	026-01PL2565	Plug RT40*80	2

Exploded View and Parts List

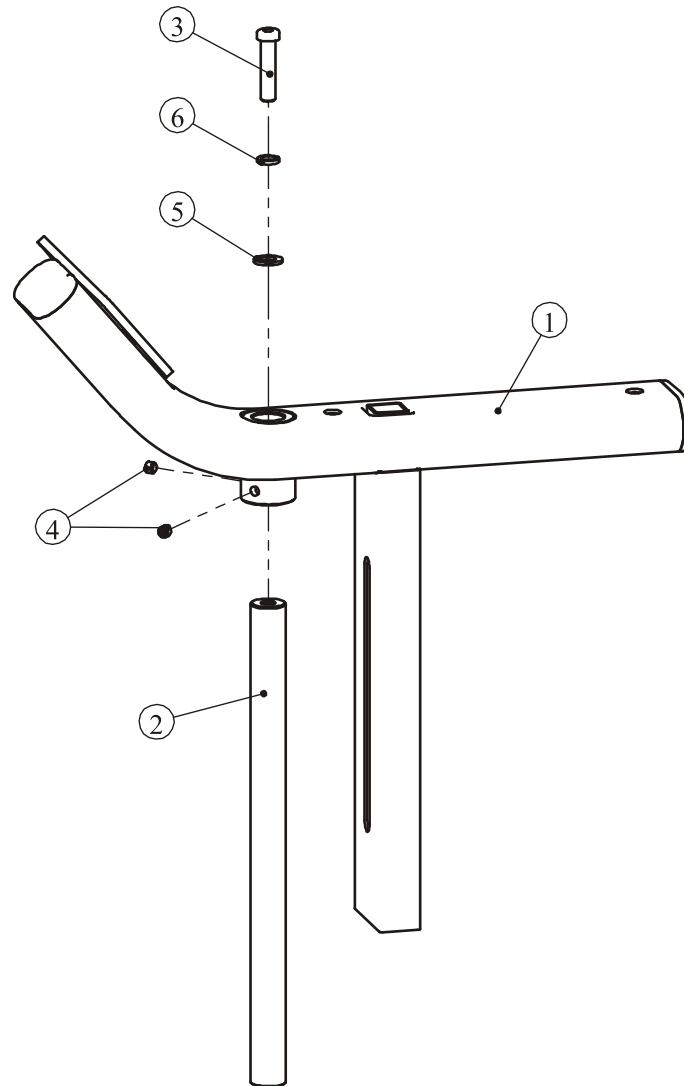
Bottom Cross Frame Sub ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1.1	IT95340100	Bottom Cross Frame	1
2	2.1.2	IT95014500	Adjustable Support	1
3	2.1.3	IT95014300	Aluminum Tube Guide	1
4	2.1.4	IT95016200	Plastic Tube Plug	1
5	2.1.5	IT95016300	Plastic Corner Tube Glide	4
6	2.1.6	CWRVL0012200	Roll Pin	1
7	2.1.7	AXT3S5500	Torsional Spring	1
8	2.1.8	LM25UU	Linear bearing $\Phi 40 \times \Phi 25 \times 59$	1
9	2.1.9	GB70M6*10N19	Socket Head Cap Screw M6*10	1
10	2.1.10	GB894.18FH12	Circlips For Shaft $\Phi 8$	2
11	2.1.11	GB893.140FH12	Circlip for hole $\Phi 40$	2

Exploded View and Parts List

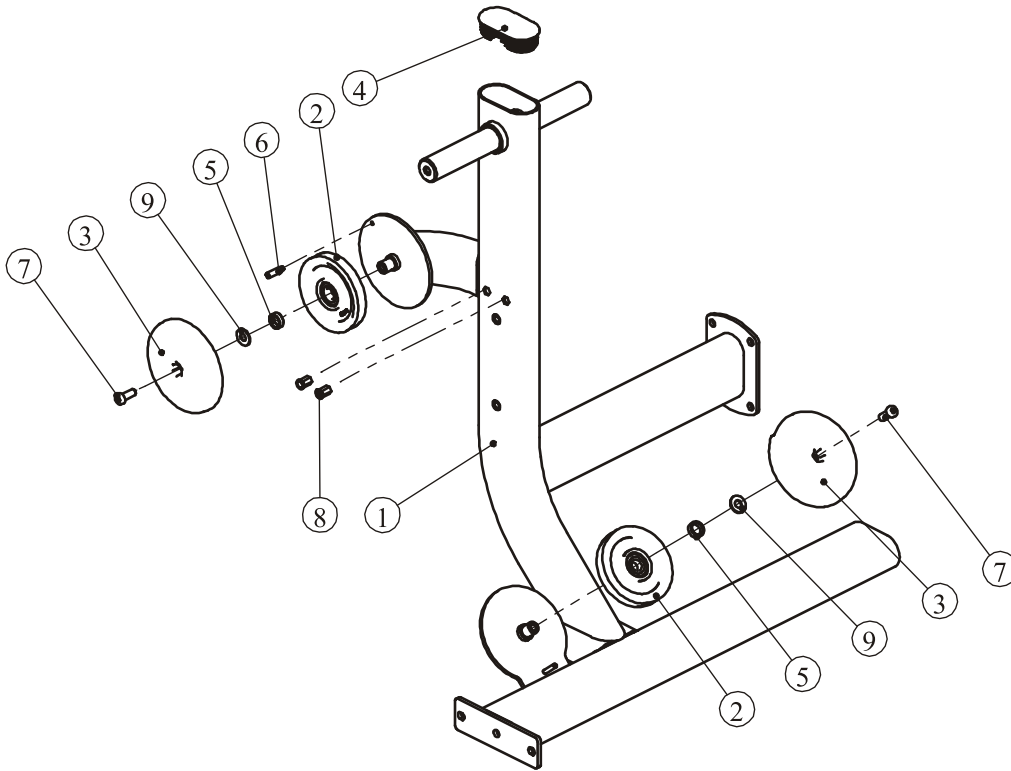
Seat Pad Adjustable Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.2.1	IT95340800ASSY	Seat Pad Adjustable Frame Sub ASSY	1
2	2.2.2	IT95341400	Sliding shaft $\Phi 25*350*M10$	1
3	2.2.3	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
4	2.2.4	GB77M8*6N19	Socket Set Screw M8*6	2
5	2.2.5	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	1
6	2.2.6	GB9310DN12	Spring Washer $\Phi 10$	1

Exploded View and Parts List

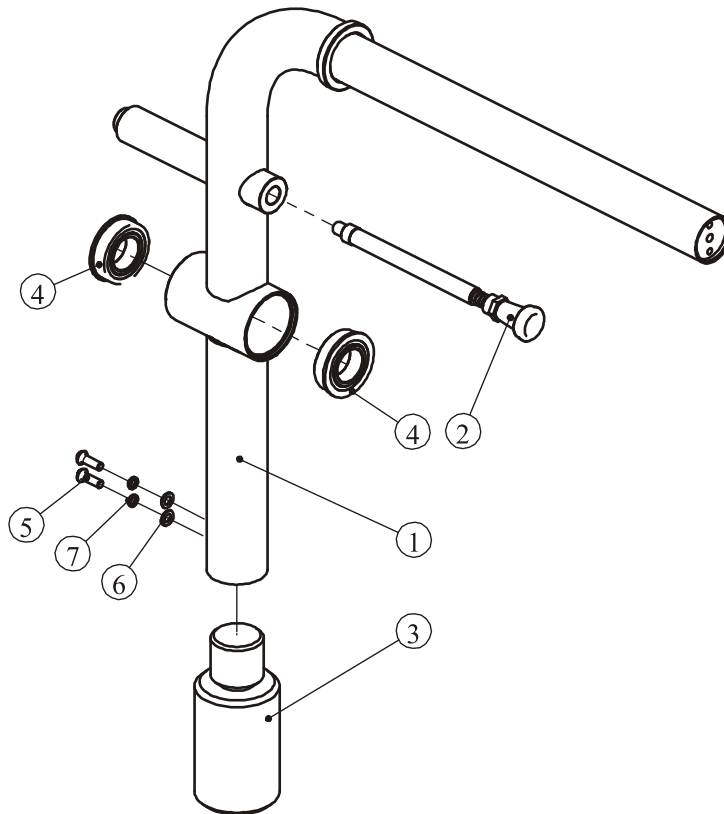
Main Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	IT95340200	Main Frame	1
2	3.2	IT95057800	Thin 4.5" Pulley	2
3	3.3	IT95016400	Pulley Cover	2
4	3.4	IT90013800P11C	Plug RT50*100	2
5	3.5	FE97122100	Pulley Spacer 1	2
6	3.6	FE97122300	Threaded Cloumn	1
7	3.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
8	3.8	GB17880.5M8*16.5DCS17	Flat head rivet nut six angle M8*16.5	2
9	3.9	DQ10N19B	Flat Washer $\Phi 11*\Phi 25*2$	2

Exploded View and Parts List

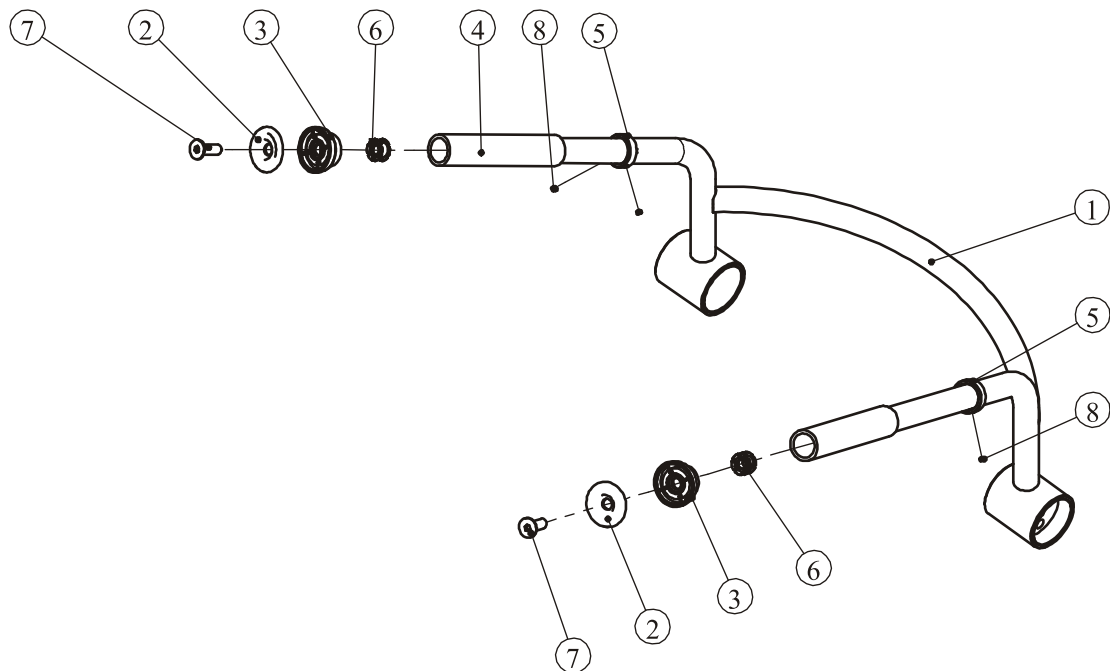
Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	IT95340300	Swing Frame	1
2	4.2	IT950521ASSY	Handle Frame ASSY	1
3	4.3	IT95121200	Counter Poise Block	1
4	4.4	F35635ZZNBK	Flange bearing $\Phi 63.5 * \Phi 35 * 18.5$	2
5	4.5	PNLM8*25DN20	Button Head Cap Screw M8*25	2
6	4.6	GB958DN2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	2
7	4.7	GB938N19	Spring Washer $\Phi 8$	2

Exploded View and Parts List

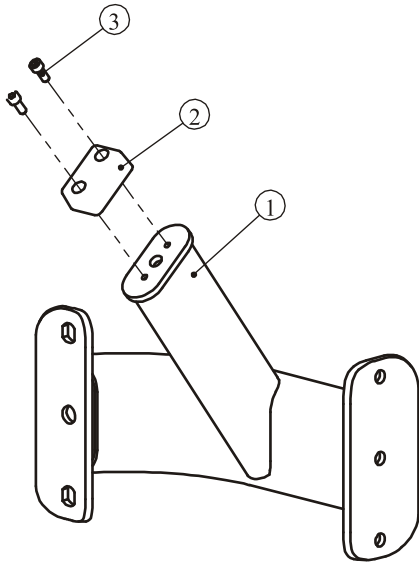
Handle Frame ASSY



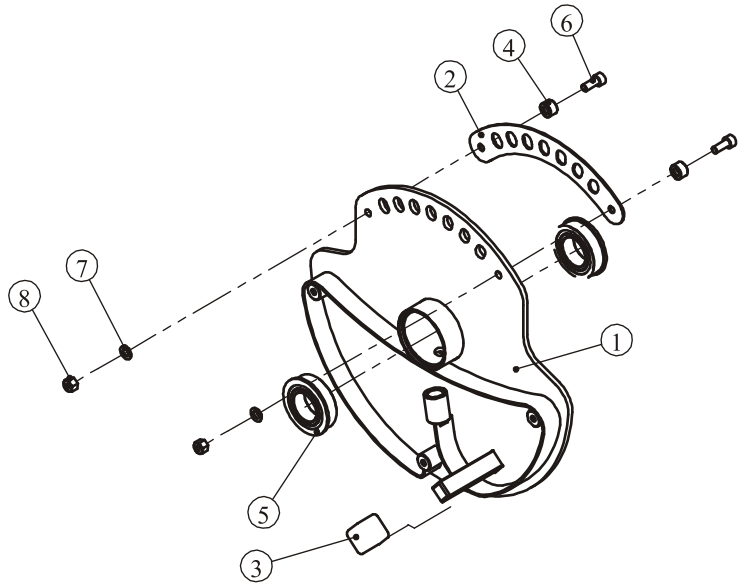
ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95340400	Handle Frame	1
2	5.2	IF81162300P116C	Grip Cap	2
3	5.3	IF81162400P116C	Grip Ring	2
4	5.4	026-01PL0206-14	Grip STΦ31*Φ24*160	2
5	5.5	V39500	Aluminum Grip Ring Φ25.4	2
6	5.6	IF81165000	Bolt 25*2.5*21.6	2
7	5.7	CNLM10*30*30DN20	Hexagon socket head screws M10*30	2
8	5.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

Connection Frame ASSY



Wheel Frame ASSY



Connection Frame ASSY

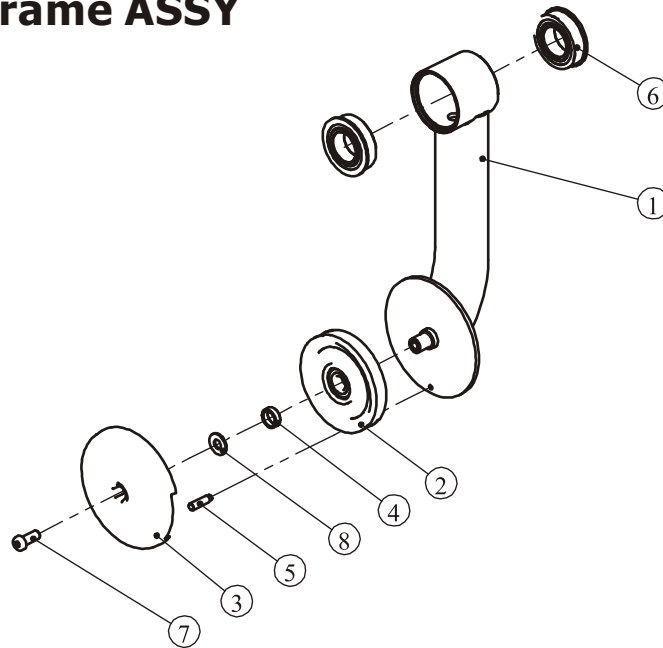
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	IT95340900	Connection Frame	1
2	8.2	CG600010900	Cushion pad	1
3	8.3	GB70M6*15N19	Socket Head Cap Screw M6*15	2

Wheel Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	IT95340500	Wheel Frame	1
2	6.2	IT95341300	Lining Board	1
3	6.3	FE97213100	Square Rubber Sleeve	1
4	6.4	IN-S10111200	Rubber Sleeve $\Phi 17 \times 10.5$	2
5	6.5	F35635ZZNBK	Flange bearing $\Phi 63.5 \times \Phi 35 \times 18.5$	2
6	6.6	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
7	6.7	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
8	6.8	NM8DN2	Nylon Lock Nut M8	2

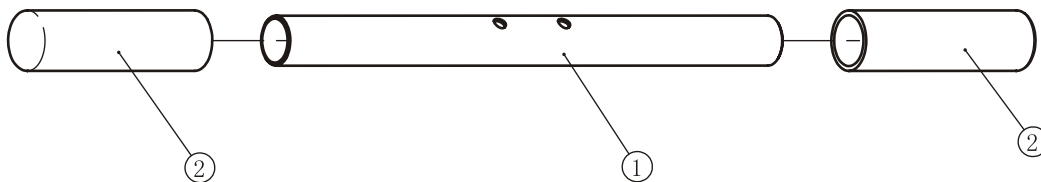
Exploded View and Parts List

Reversing Frame ASSY



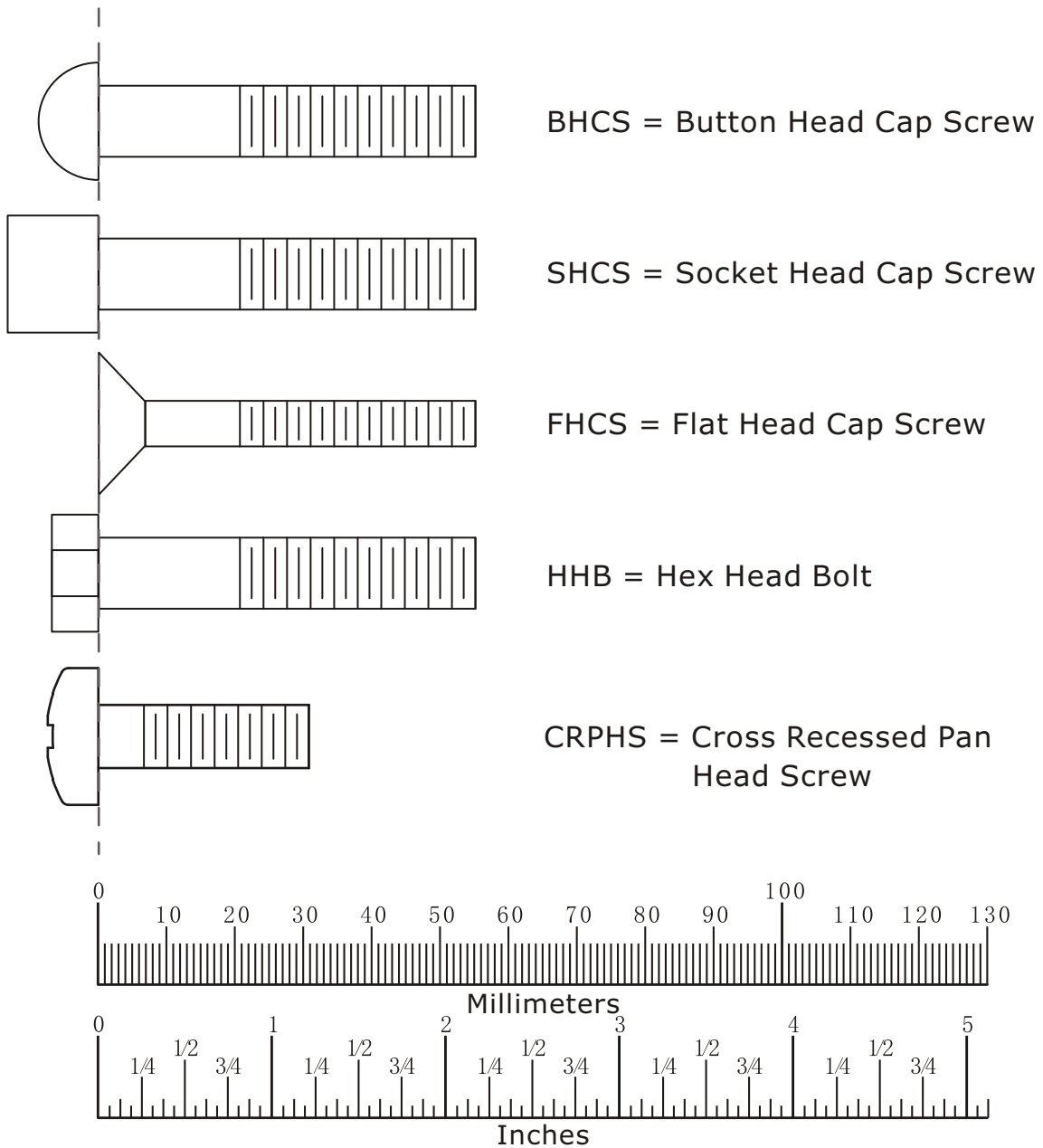
ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	IT95340600	Reversing Frame	1
2	7.2	IT95057800	Thin 4.5" Pulley	1
3	7.3	IT95016400	Pulley Cover	1
4	7.4	FE97122100	Pulley Spacer 1	1
5	7.5	FE97122300	Threaded Cloumn	1
6	7.6	F35635ZZNBK	Flange bearing $\Phi 63.5 \times \Phi 35 \times 18.5$	2
7	7.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
8	7.8	DQ10N19B	Flat Washer $\Phi 11 \times \Phi 25 \times 2$	1

Circular Foot Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	10.1	IT95170900	Foot Set Tube	1
2	10.2	FE970112000	Foot Set	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

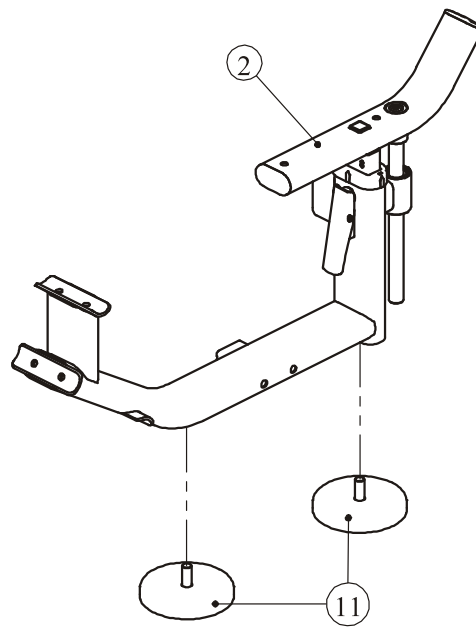
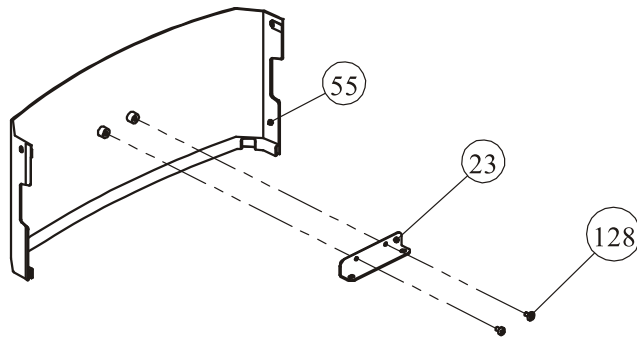
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach two Adjustable Foot Plates (#11) to the Bottom Cross Frame ASSY (#2).
2. Attach the Rear Bracket (#23) to the Top Rear Shroud (#55) using:
two M6*10 CRPHS (#128)

Note: Wrench Tighten Bolts.



Assembly

STEP 2

1. Attach the Main Frame ASSY (#3) to the Weight Stack Frame ASSY (#1) and the Bottom Cross Frame ASSY (#2) using:

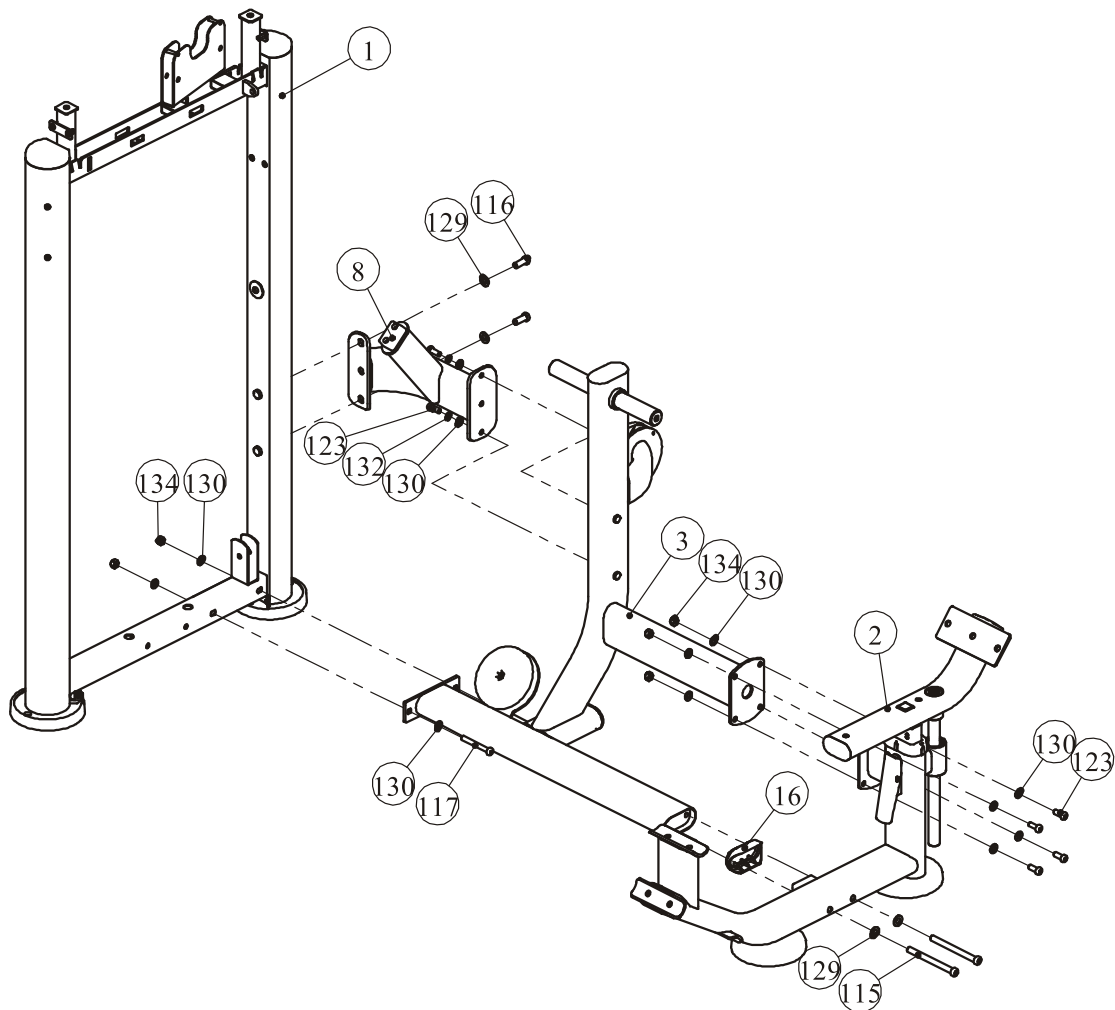
one Plastic Cover (#16)	two M12*135 SHCS (#115)
two M10*80 SHCS (#117)	four M10*25 SHCS (#123)
six M10 Nylon Lock Nut (#134)	twelve $\Phi 11*\Phi 20*2$ Flat Washer (#130)
two $\Phi 13*\Phi 24*2.5$ Flat Washer (#129)	

2. Attach the Connection Frame ASSY (#8) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#3) using:

two M12*30 SHCS (#116)	two M10*25 SHCS (#123)
two Spring Washer $\Phi 10$ (#132)	two $\Phi 11*\Phi 20*2$ Flat Washer (#130)
two $\Phi 13*\Phi 24*2.5$ Flat Washer (#129)	

Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.

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



Assembly

STEP 3

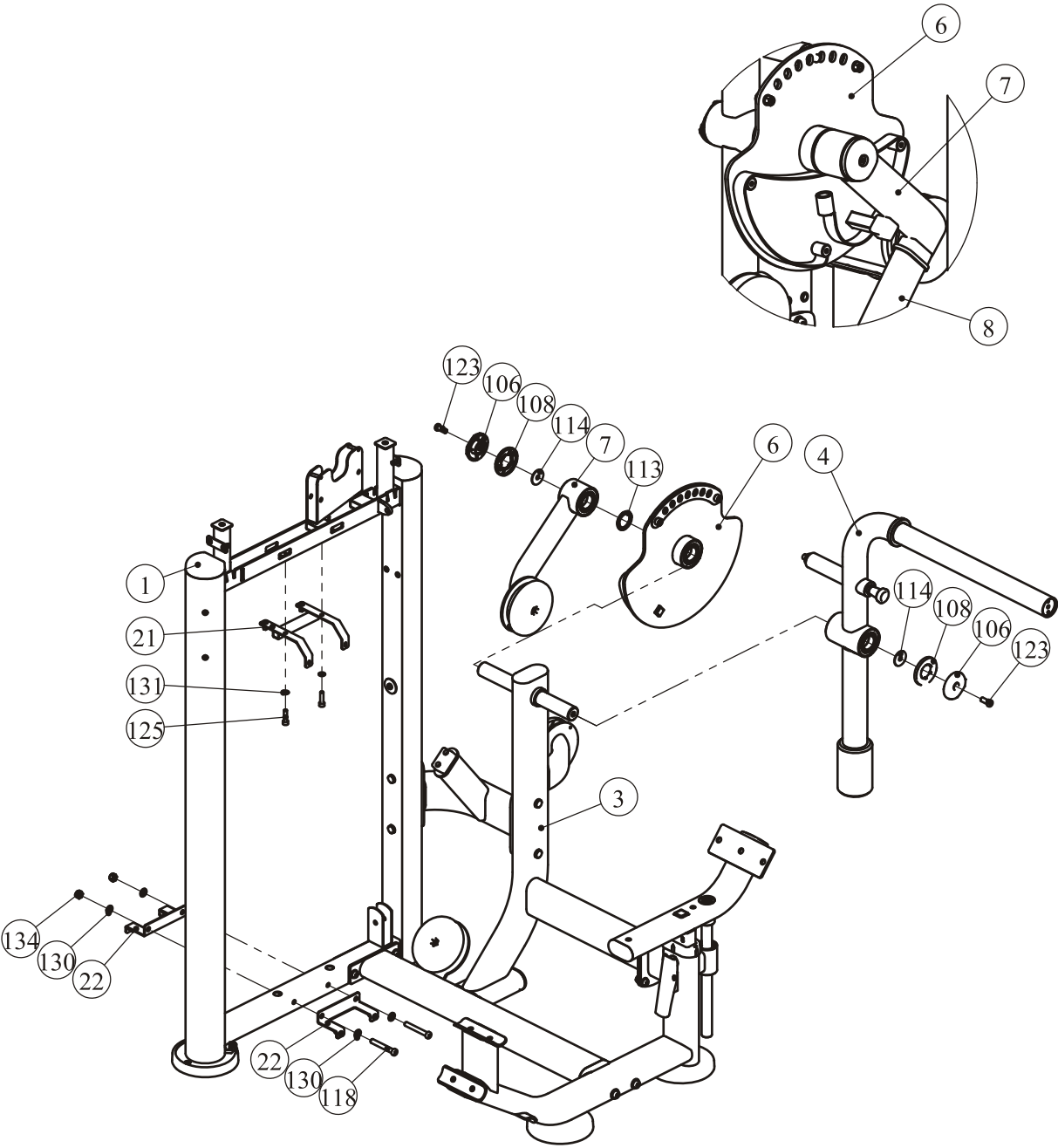
1. Attach the Swing Frame ASSY (#4) to the Main Frame ASSY (#3) using:
 - one Circle Ring $\Phi 72 \times 6$ (#108)
 - one Cap $\Phi 69.6$ (#106)
 - one M10*25 SHCS (#123)
 - one Flat Washer $\Phi 38 \times \Phi 10.5 \times 2$ (#114)
2. Attach the Wheel Frame ASSY (#6) and the Reversing Frame ASSY (#7) to the Main Frame ASSY (#3) using:
 - one Ring $\Phi 48 \times \Phi 36 \times 3.2$ (#113)
 - one Circle Ring $\Phi 72 \times 6$ (#108)
 - one Cap $\Phi 69.6$ (#106)
 - one M10*25 SHCS (#123)
 - one Flat Washer $\Phi 38 \times \Phi 10.5 \times 2$ (#114)
3. Attach the Top Bracket ASSY (#21) and two Bottom Bracket ASSY (#22) to the Weight Stack Frame ASSY (#1) using:
 - two M8*30 SHCS (#125)
 - two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#127)
 - two M10*75 SHCS (#118)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#130)
 - two M10 Nylon Lock Nut (#134)

Note:

- 1. Wrench Tighten Bolts and Nylon Lock Nuts.**
- 2. Pay attention to the relative location between the Wheel Frame ASSY (#6), the Reversing Frame ASSY (#7) and the Connection Frame ASSY (#8).**

Assembly

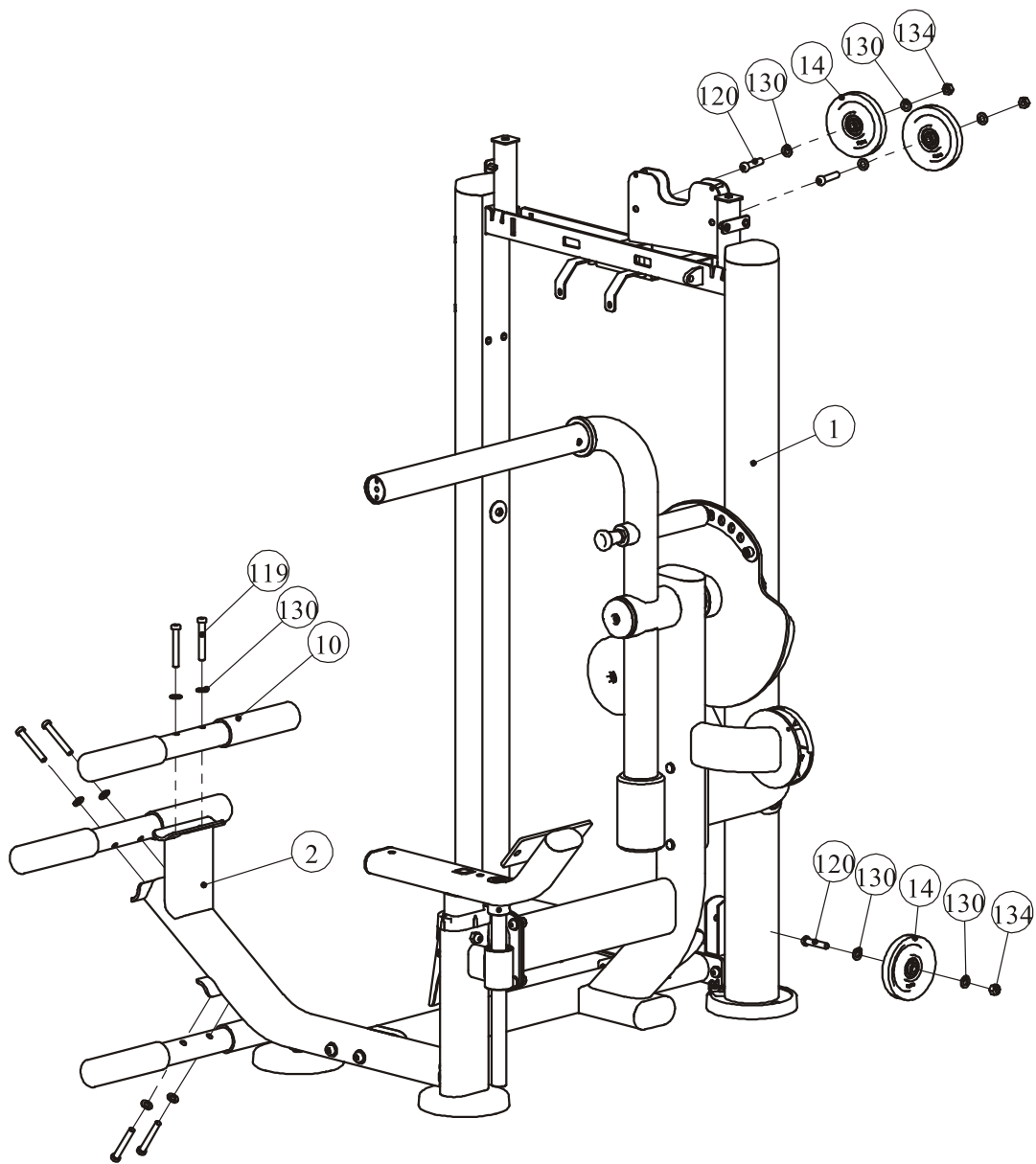
STEP 3



Assembly

STEP 4

1. Attach three 4.5" Pulleys (#14) to the Weight Stack Frame ASSY (#1) using:
three M10*50 SHCS (#120) six $\Phi 11*\Phi 20*2$ Flat Washer (#130)
three M10 Nylon Lock Nut (#134)
2. Attach three Circular Foot Frame ASSY (#10) to the Bottom Cross Frame ASSY (#2) using:
six M10*70 SHCS (#119) six $\Phi 11*\Phi 20*2$ Flat Washer (#130)



Assembly

STEP 5

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

1. Attach:

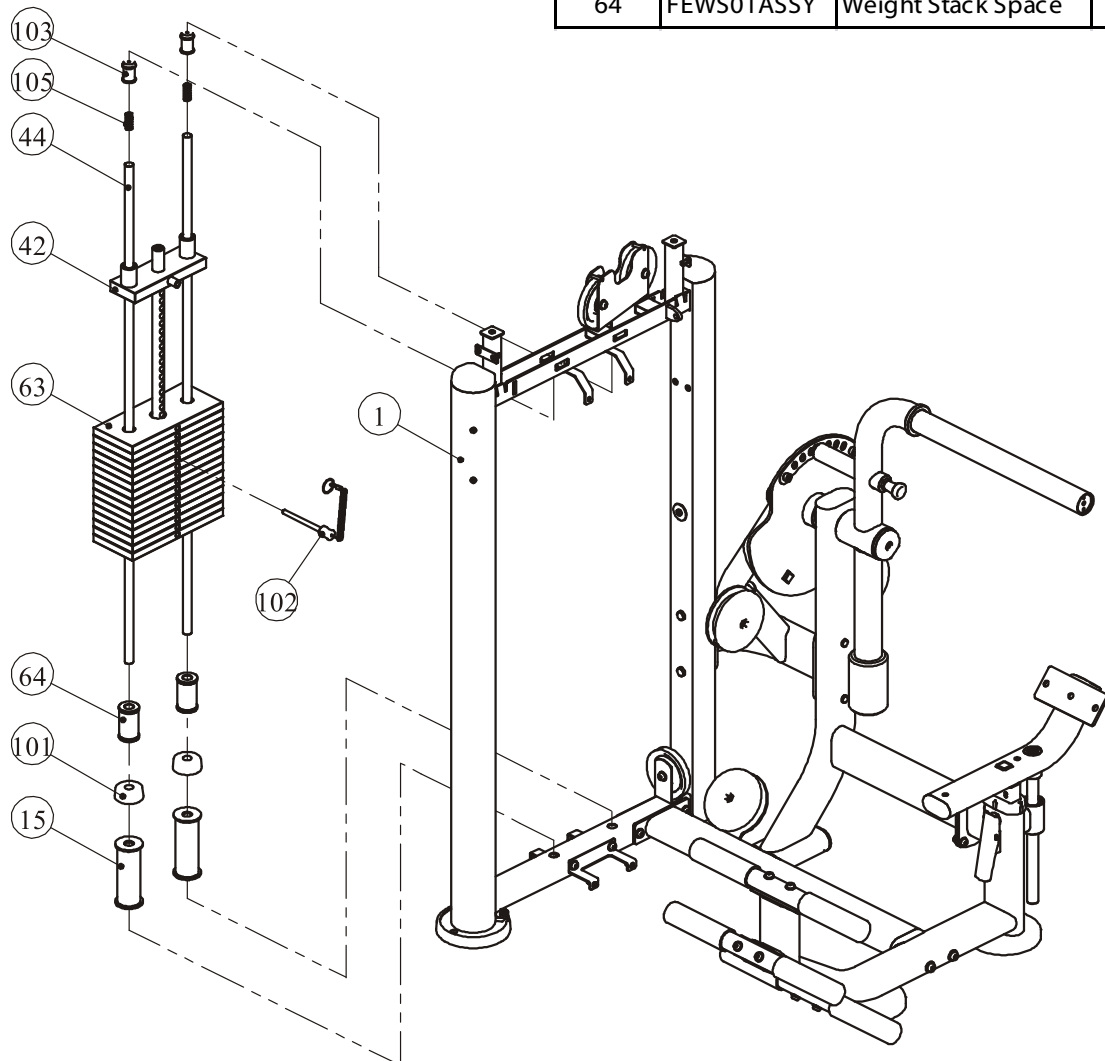
- two Guide Rod $\Phi 19 \times 1242$ (#44)
- two Weight Rubber Bumper (#101)
- two Weight Stack Space (#64)
- fifteen Weight Plate 10LBS (#63)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#103)
- two Spring (#105)

2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

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



Assembly

STEP 5

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

1. Attach:

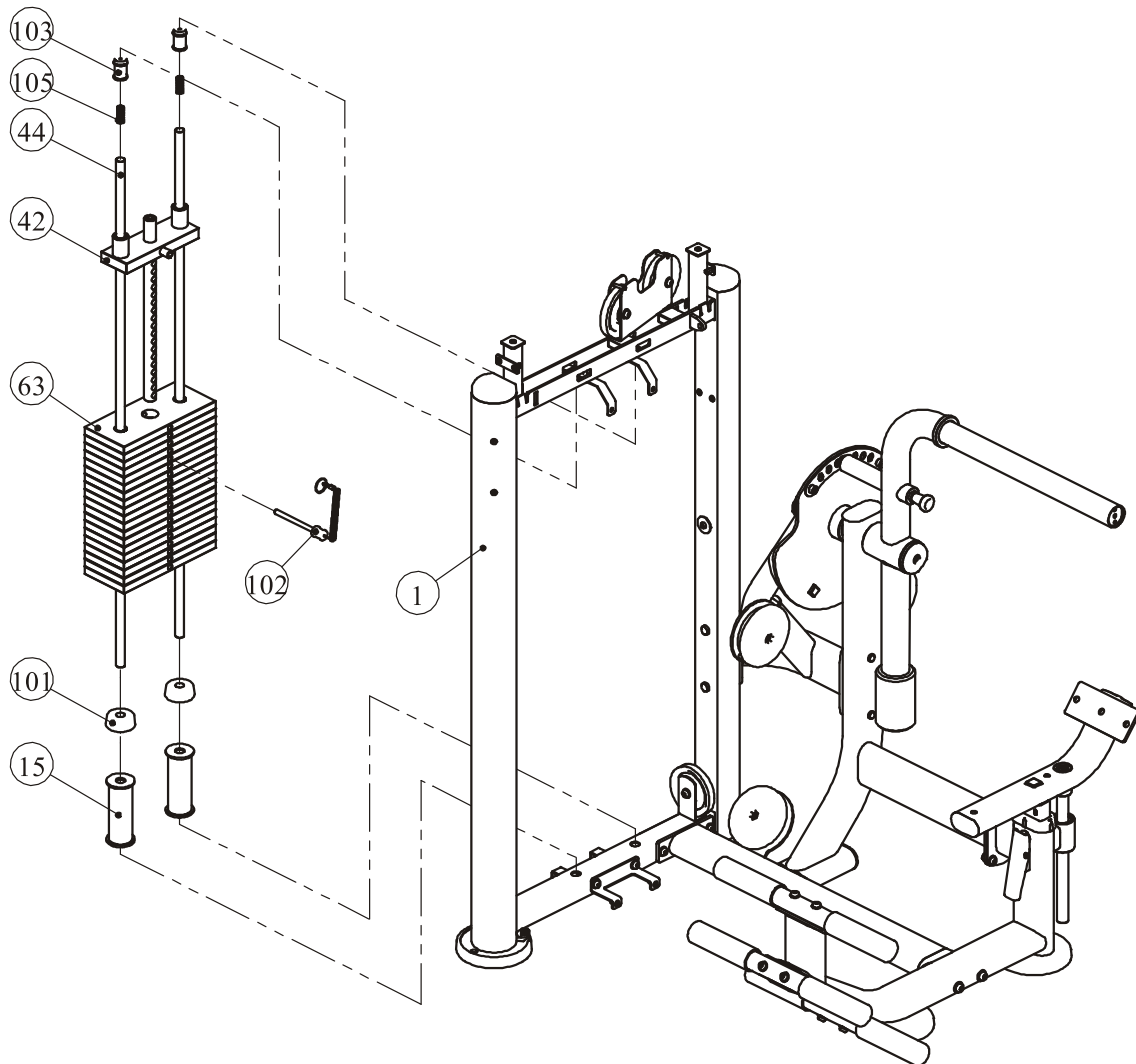
- two Guide Rod $\Phi 19 \times 1242$ (#44)
- two Weight Rubber Bumper (#101)
- nineteen Weight Plate 10LBS (#63)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#103)
- two Spring (#105)

2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

Grade No.	Part No.	Description	QTY
63	FE97193100	10LBS Weight Plate	19



Assembly

STEP 5

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

1. Attach:

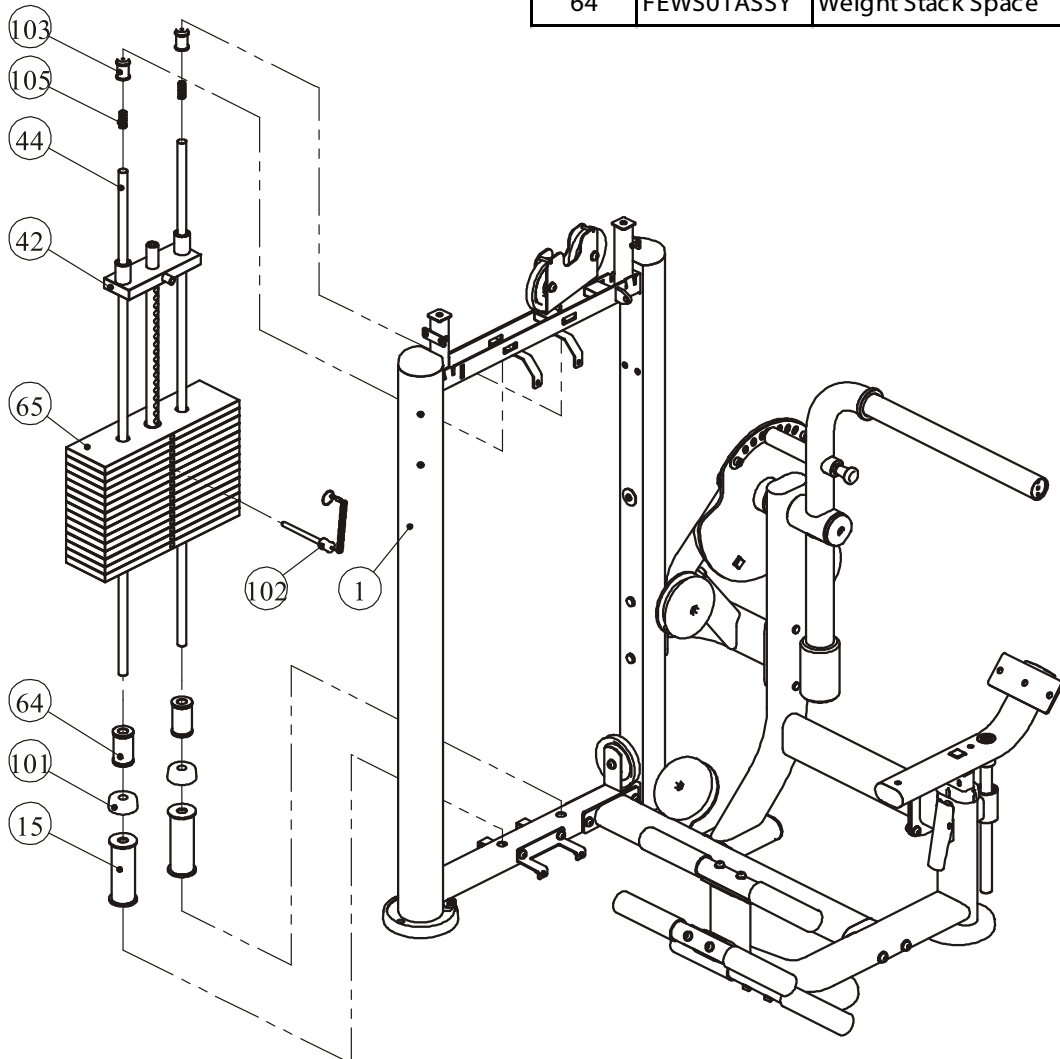
- two Guide Rod $\Phi 19 \times 1242$ (#44)
- two Weight Rubber Bumper (#101)
- two Weight Stack Space (#64)
- fifteen Weight Plate 15LBS (#65)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#103)
- two Spring (#105)

2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

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



Assembly

STEP 5

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

1. Attach:

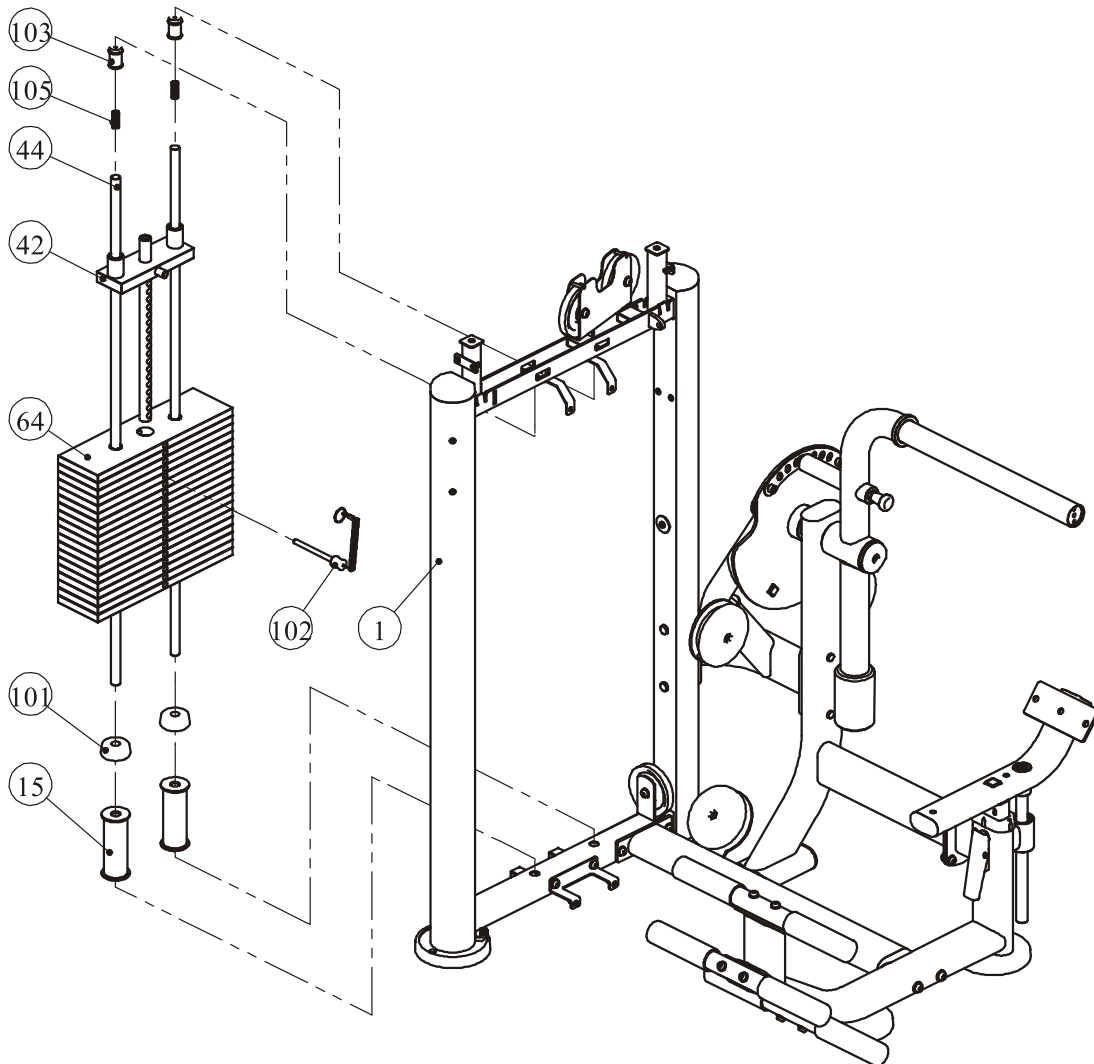
- two Guide Rod $\Phi 19 \times 1242$ (#44)
- two Weight Rubber Bumper (#101)
- nineteen Weight Plate 15LBS (#65)
- one Top Plate (#42)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#103)
- two Spring (#105)

2. Attach the Selector Pin W/Coil (#102) to the Top Plate (#42).

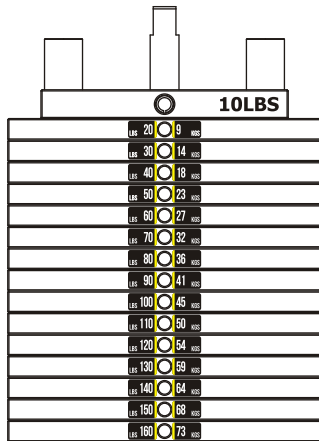
Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	19



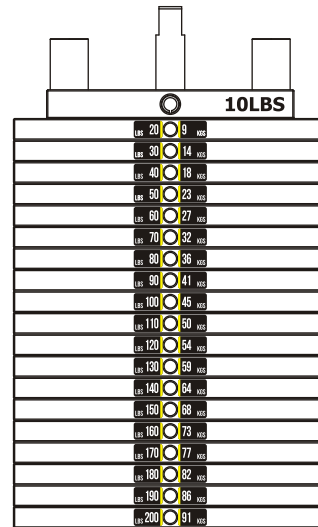
Assembly

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

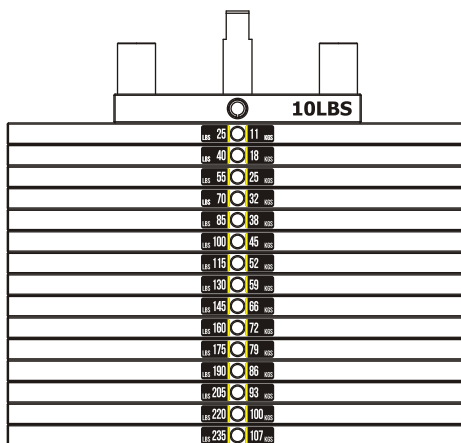


20-160LBS

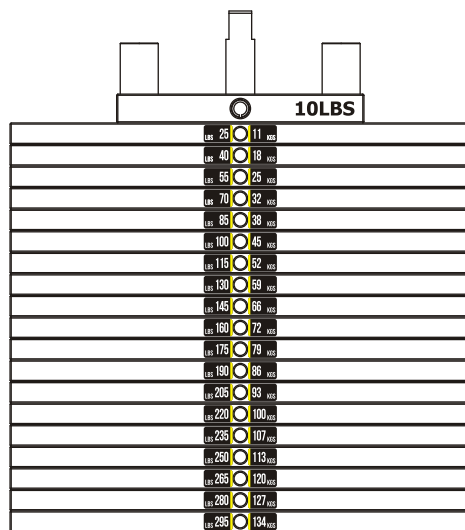


20-200LBS

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



25-235LBS



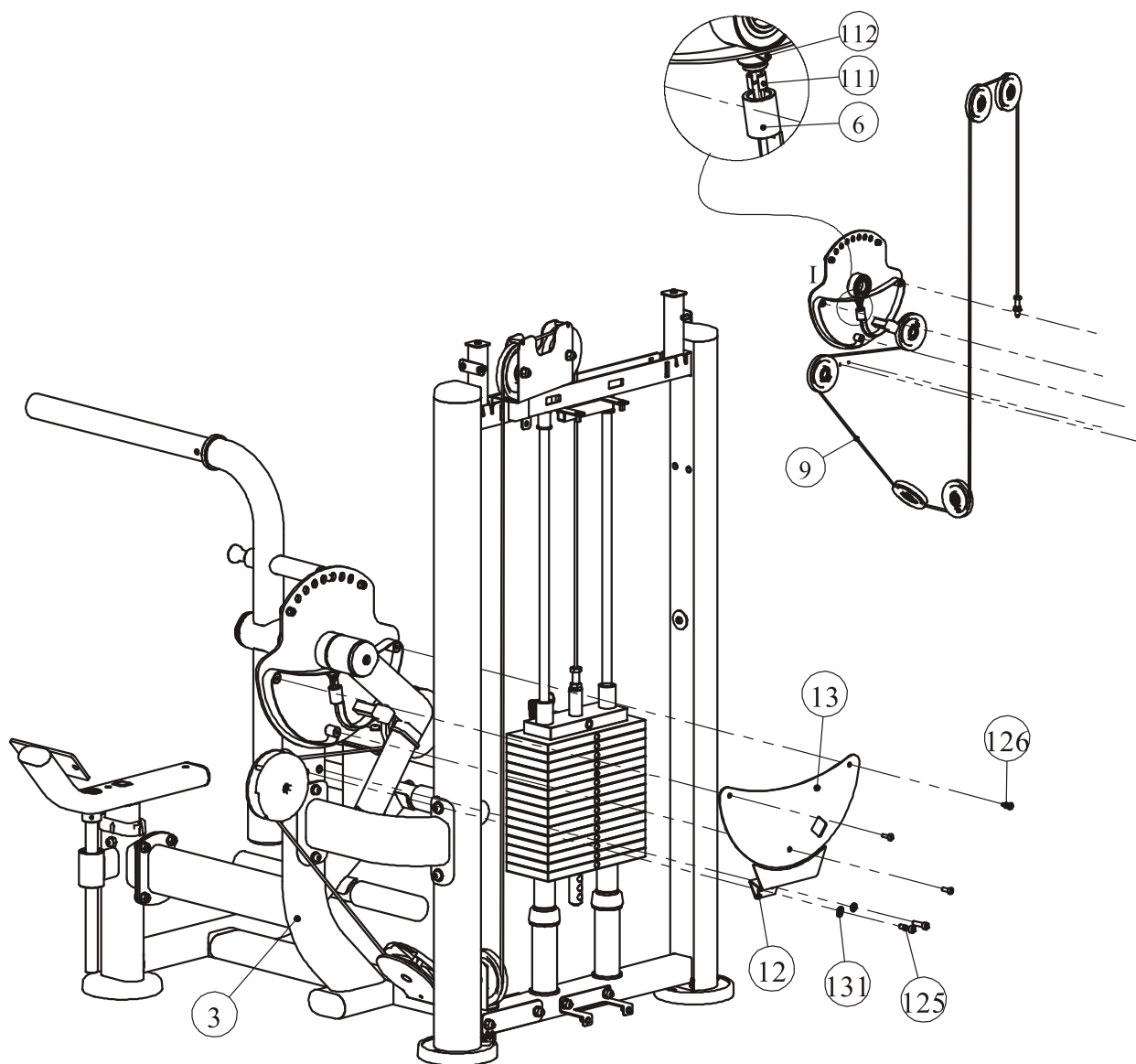
25-295LBS

Assembly

Step 6

1. Attach one Bending Plate (#12) and one Cable Wheel Plate (#13) to the Main Frame ASSY (#3) using:
 - three M6*20 CRPHS (#126)
 - two M8*30 SHCS (#125)
 - two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#131)
2. Attach the Cable ASSY (#9) to the Top Plate (#42).
3. Attach the Cable ASSY (#9) to the Wheel Frame ASSY (#6) using:
 - one Aluminium Sheath (#111)
4. Attach the Plug (#112) to the Wheel Frame ASSY (#6).

Note: Wrench tighten bolts and Nylon Lock Nuts.



Assembly

Step 7

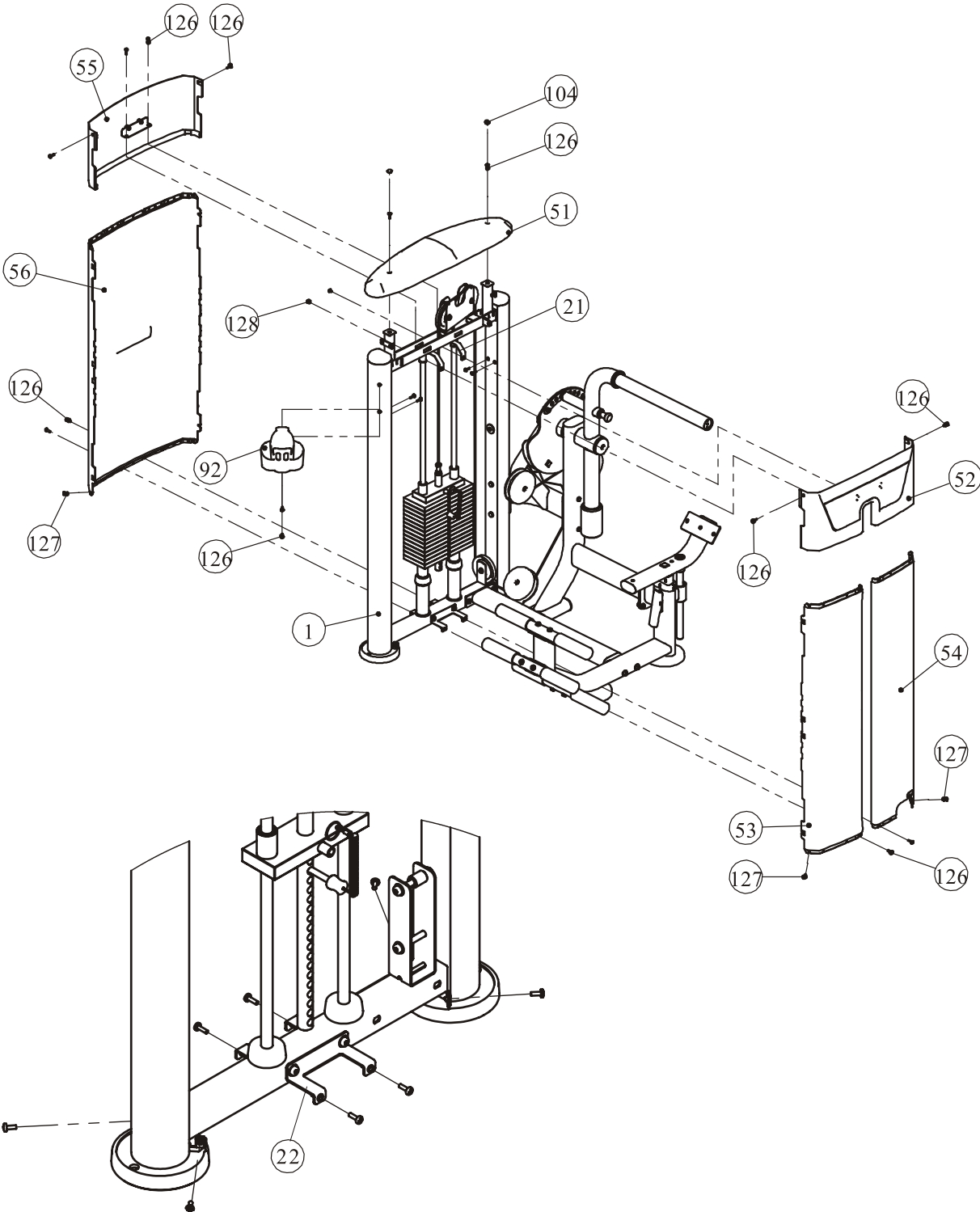
Tips: Pre-assemble the 8 bolts into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolts on. Then wrench tighten Bolts.

1. Attach the Right Front Shroud (#54) and the Front Shroud (#53) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#22) using:
 - four M6*20 CRPHS (#126)
 - two M6*16 CRPHS (#123)
2. Attach the Rear Shroud (#56) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#22) using:
 - four M6*20 CRPHS (#126)
 - two M6*16 CRPHS (#127)
3. Attach the Training Placard Cover (#52) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#21) using:
 - two M6*20 CRPHS (#126)
 - two M6*10 CRPHS (#128)
4. Attach the Top Rear Shroud (#55) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#21) using:
 - four M6*20 CRPHS (#126)
5. Attach the Top Cover (#51) to the Weight Stack Frame ASSY (#1) using:
 - two M6*20 CRPHS (#126)
 - two Spout Plug $\Phi 16.5 \times 6.88$ (#104)
6. Attach the Cup Holder (#92) to the Weight Stack Frame ASSY (#1) using:
 - two M6*20 CRPHS (#126)

Note: Wrench tighten bolts.

Assembly

STEP 7

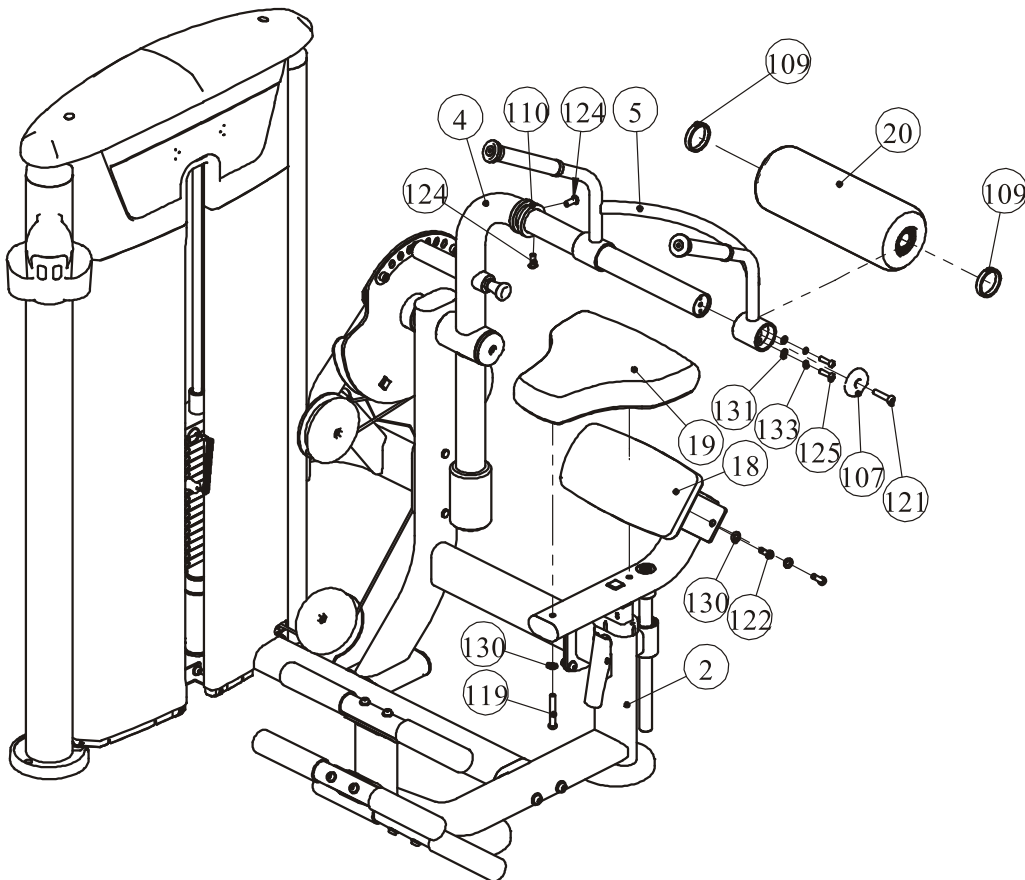


Assembly

STEP 8

1. Attach the Seat Pad (#19) to the Bottom Cross Frame ASSY (#2) using:
two M10*70 SHCS (#119) two $\Phi 11*\Phi 20*2$ Flat Washer (#130)
2. Attach the Waist Pad (#18) to the Bottom Cross Frame ASSY (#2) using:
two M10*30 SHCS (#122) two $\Phi 11*\Phi 20*2$ Flat Washer (#130)
3. Attach one Circle Ring (#110) to the Swing Frame ASSY (#4), then attach the Handle Frame ASSY (#5), one FOAM ASSY (#20) and two Circle Ring (#109) to the Swing Frame ASSY (#4) using:
two Flat Washer $\Phi 9*\Phi 16*1.6$ (#131) two Spring Washer $\Phi 8$ (#133)
two M8*30 SHCS (#125) one Cap $\Phi 60$ (#107)
one M10*45 SHCS (#121)

Note: Wrench tighten bolts.



Adjust Instructions

The Seat Pad adjustment

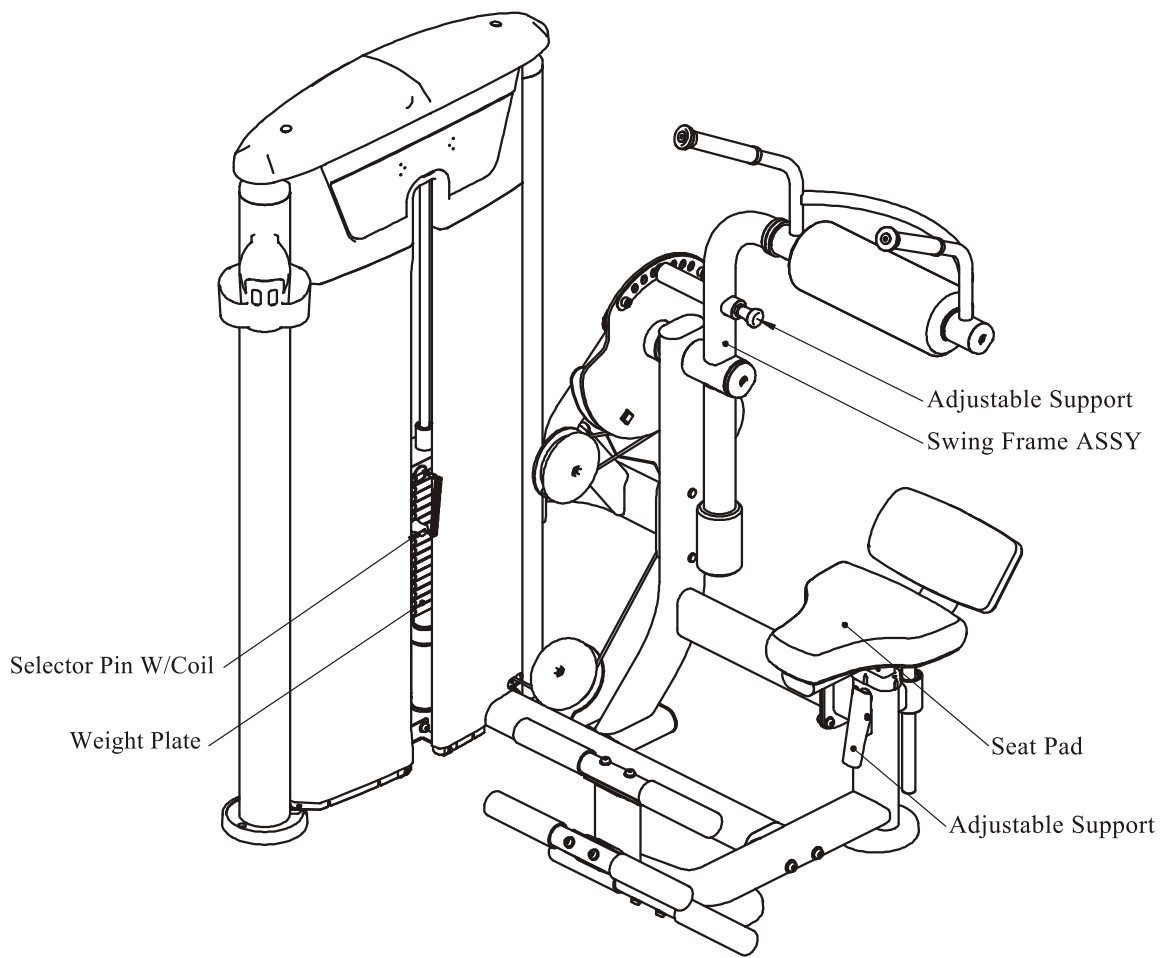
1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.

The Use Position adjustment

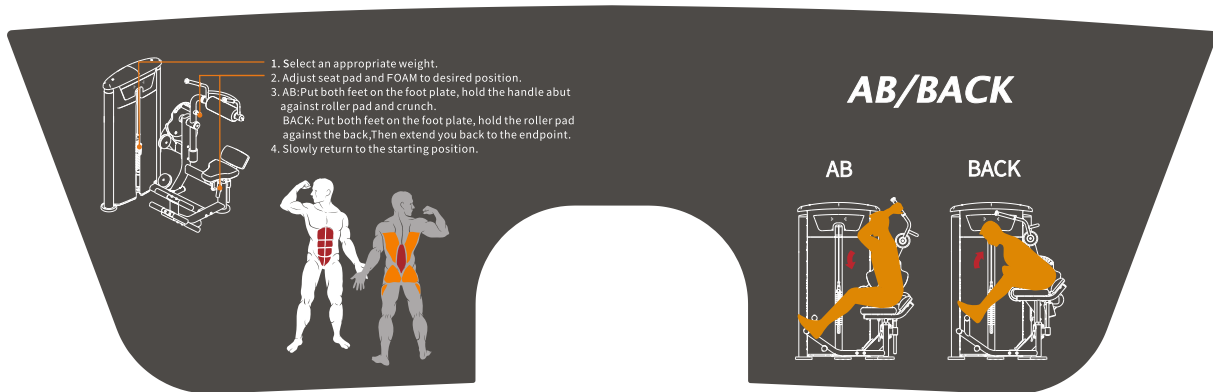
1. Pull the Adjustable Support and adjust the Swing Frame ASSY to the desired position.
2. Make sure the pin gets into the hole completely.

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.



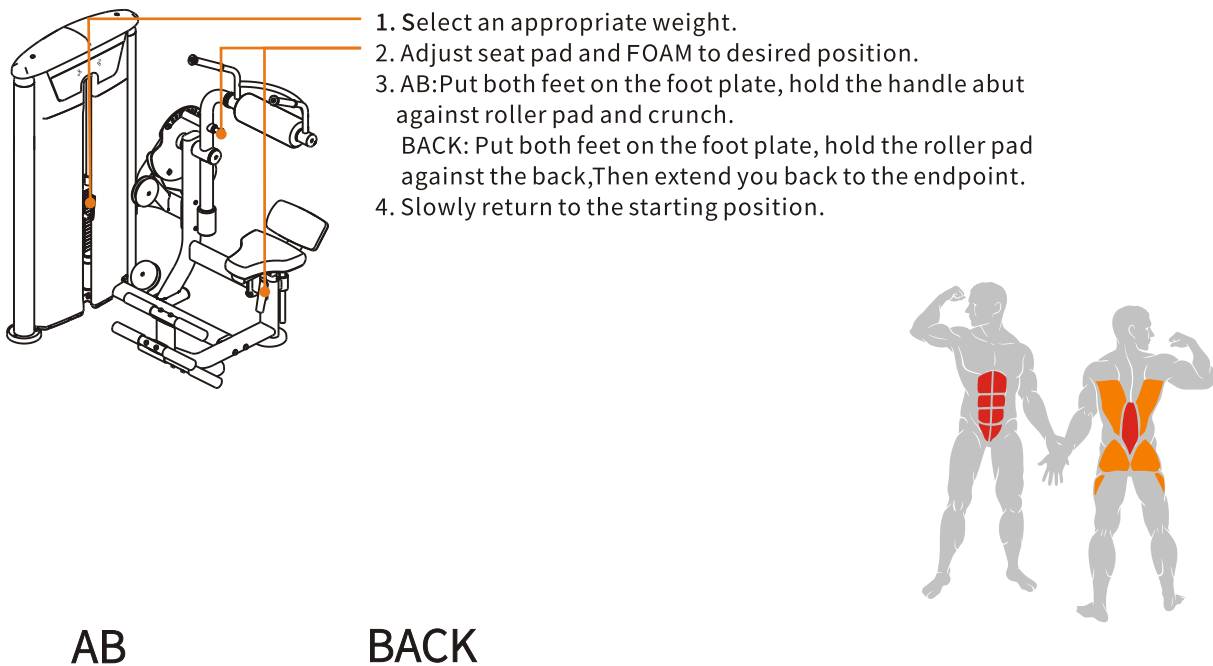
Exercise Instructions



AB/BACK

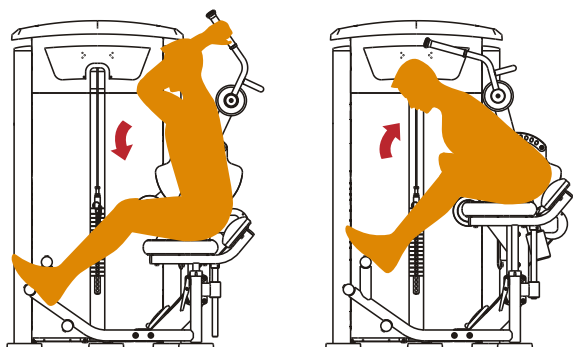
1. Select an appropriate weight.
2. Adjust seat pad and FOAM to desired position.
3. AB: Put both feet on the foot plate, hold the handle abut against roller pad and crunch.
BACK: Put both feet on the foot plate, hold the roller pad against the back, Then extend you back to the endpoint.
4. Slowly return to the starting position.

AB **BACK**



1. Select an appropriate weight.
2. Adjust seat pad and FOAM to desired position.
3. AB: Put both feet on the foot plate, hold the handle abut against roller pad and crunch.
BACK: Put both feet on the foot plate, hold the roller pad against the back, Then extend you back to the endpoint.
4. Slowly return to the starting position.

AB **BACK**



AB **BACK**

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 bolts 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.

