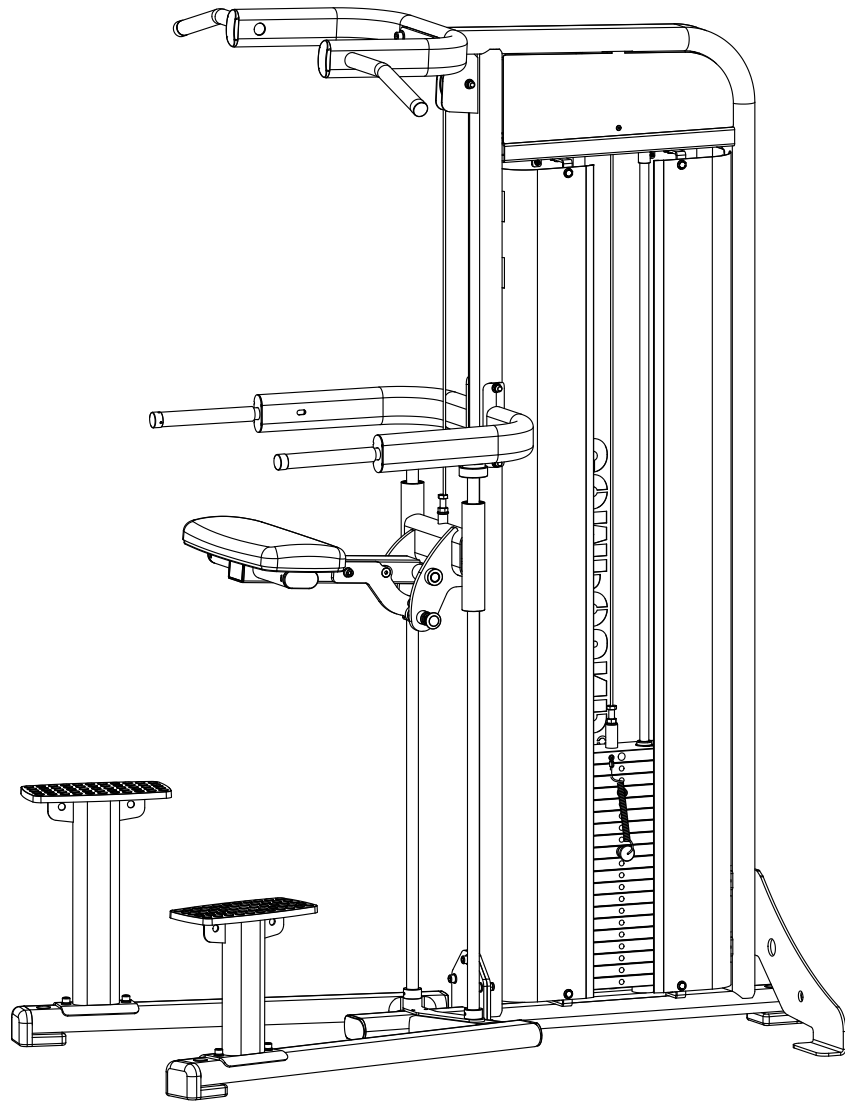


# OWNER'S MANUAL

CPL-ACD-1083



**CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.

# CONTENTS

02 General warnings and maintenance advice

03-09 Assembly Instructions

Explained as a series of steps, with each step containing:

- Pictures, descriptions and quantities of the parts required
- Notes
- Diagram showing how the parts fit together

10 Part List

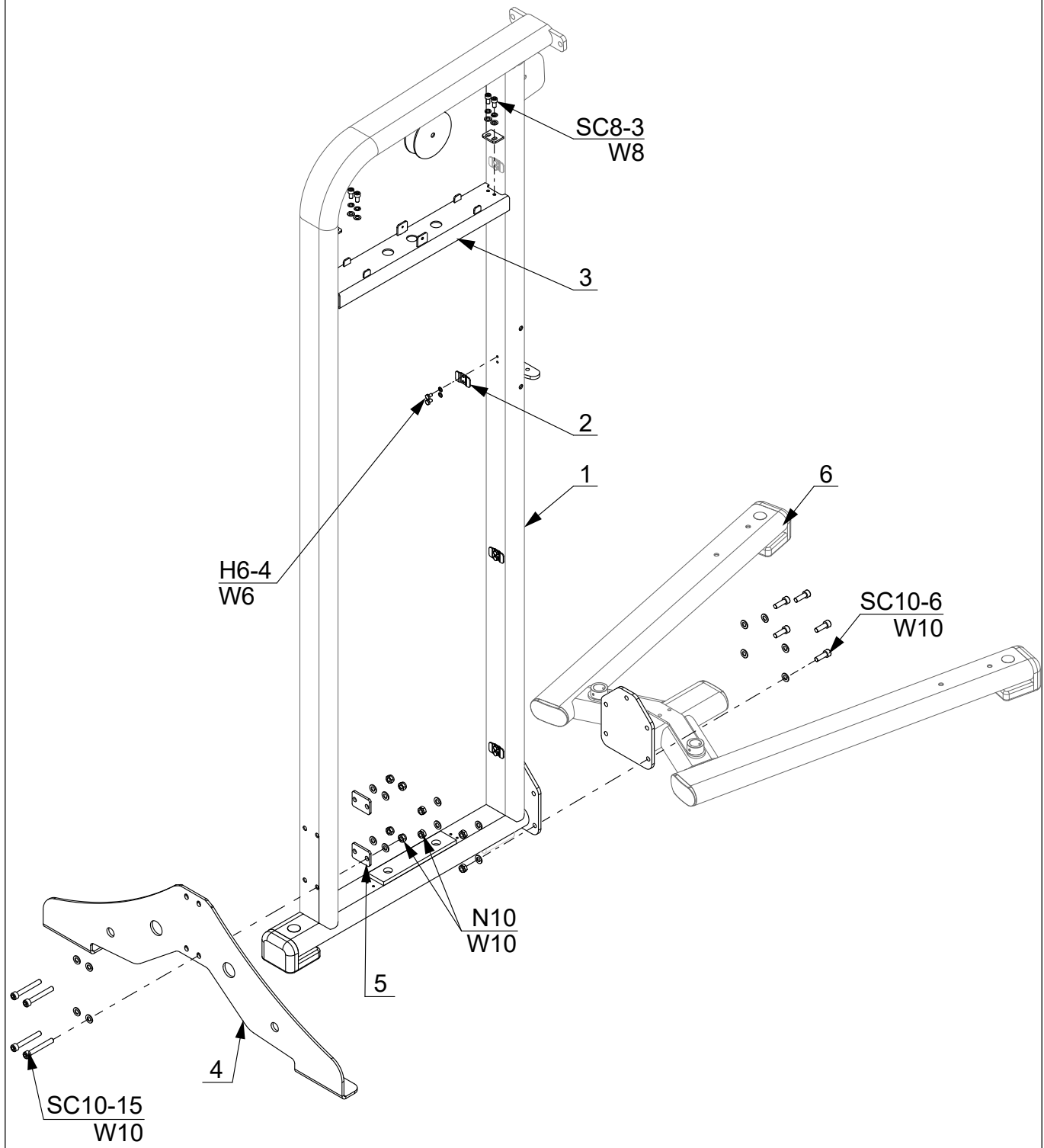
# ***Assembly Instructions***

## **Before Your Begin**

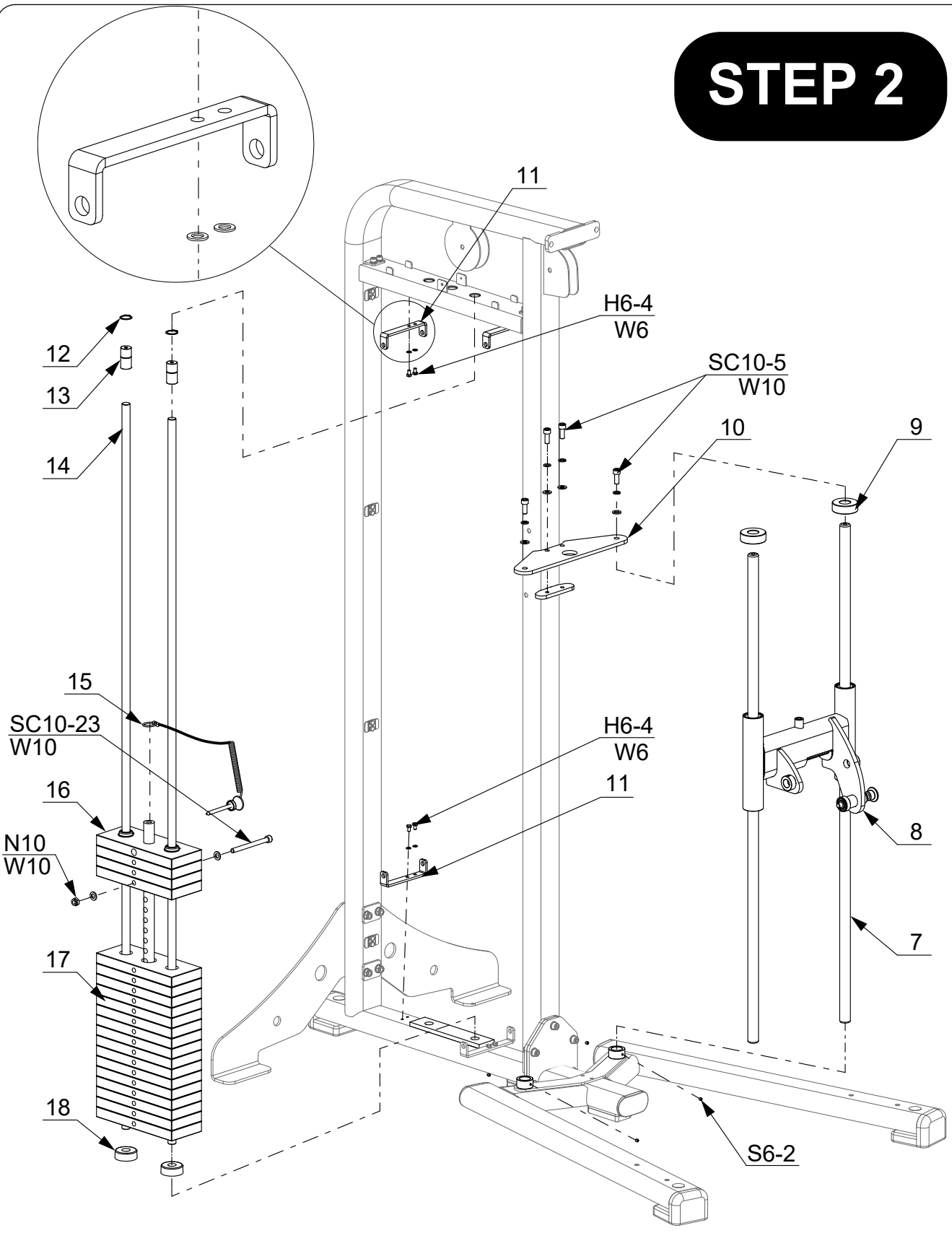
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, level surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Before using the equipment, always do stretching exercises to properly warm up.
9. Never operate the equipment if the equipment is not functioning properly.

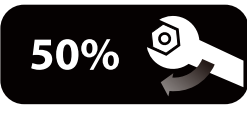
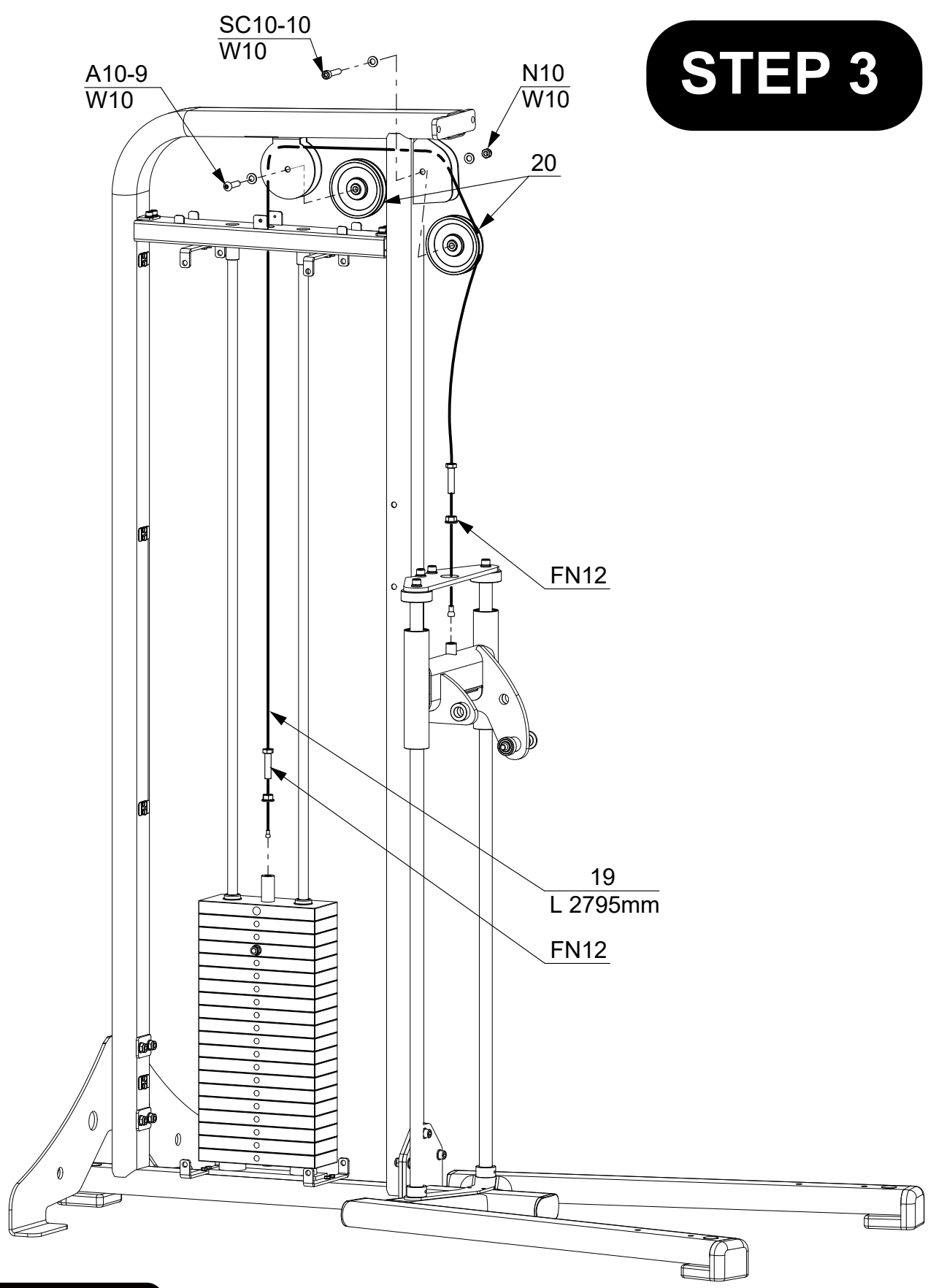
# STEP 1



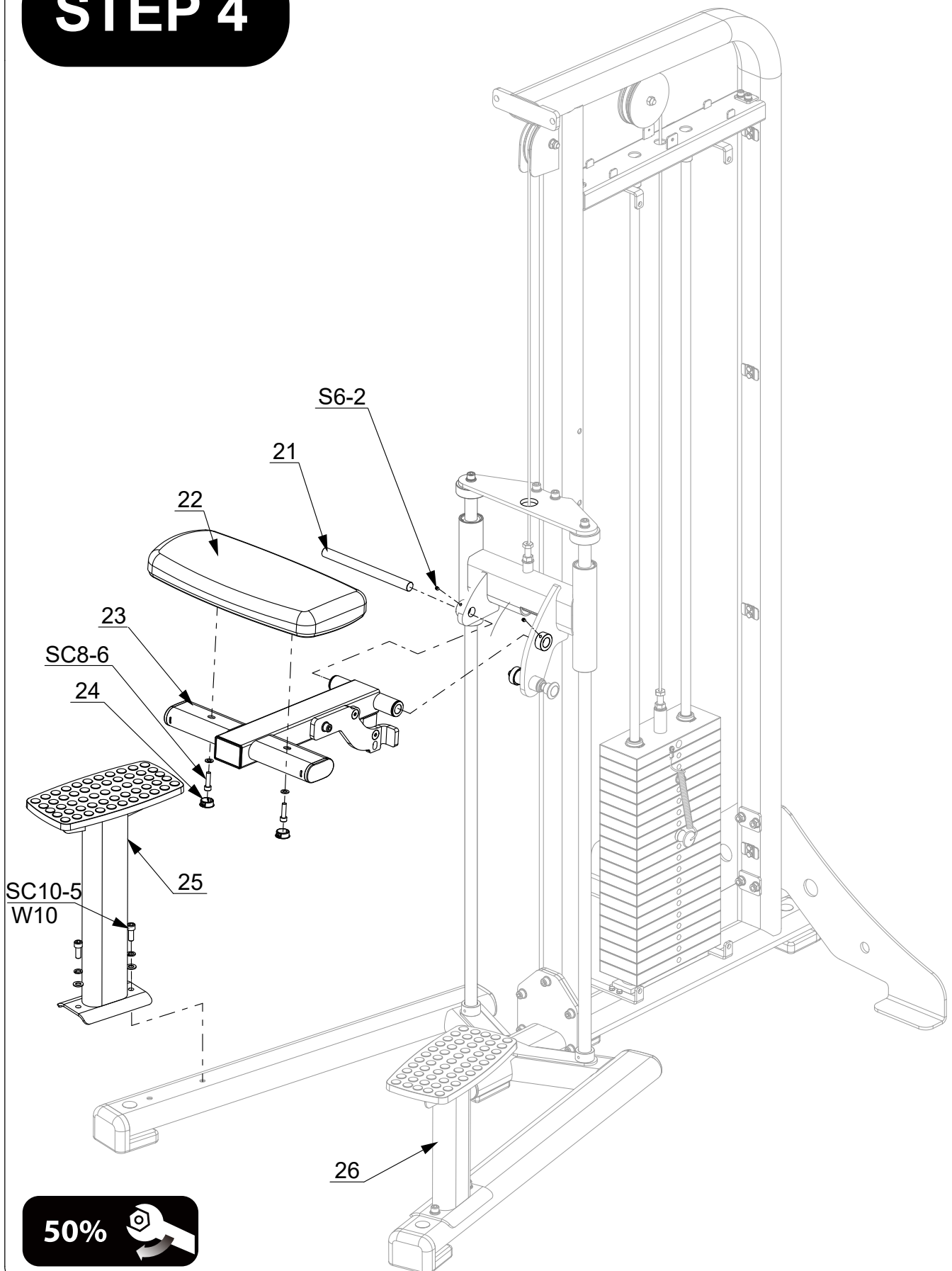
# STEP 2



# STEP 3



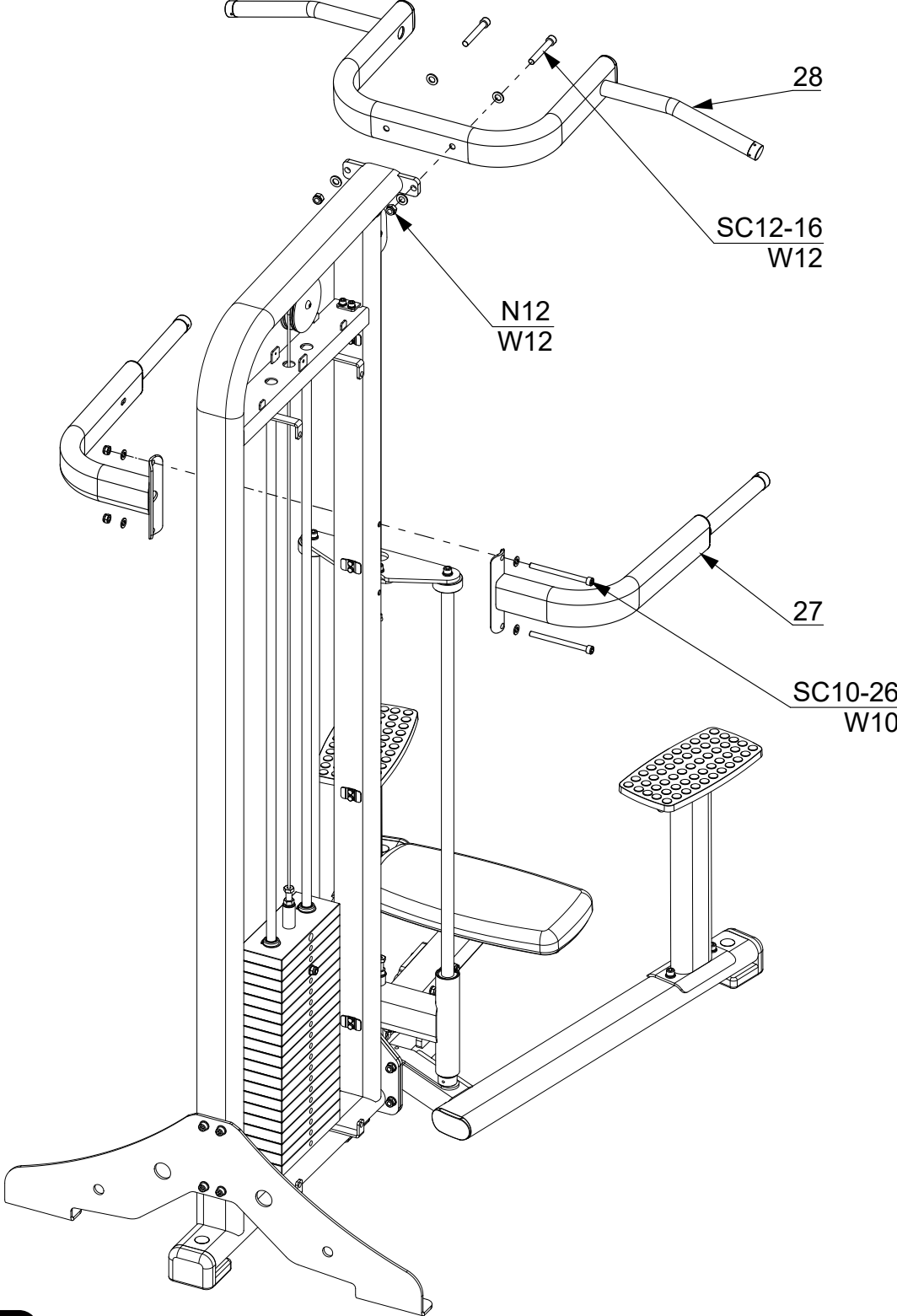
# STEP 4



50%



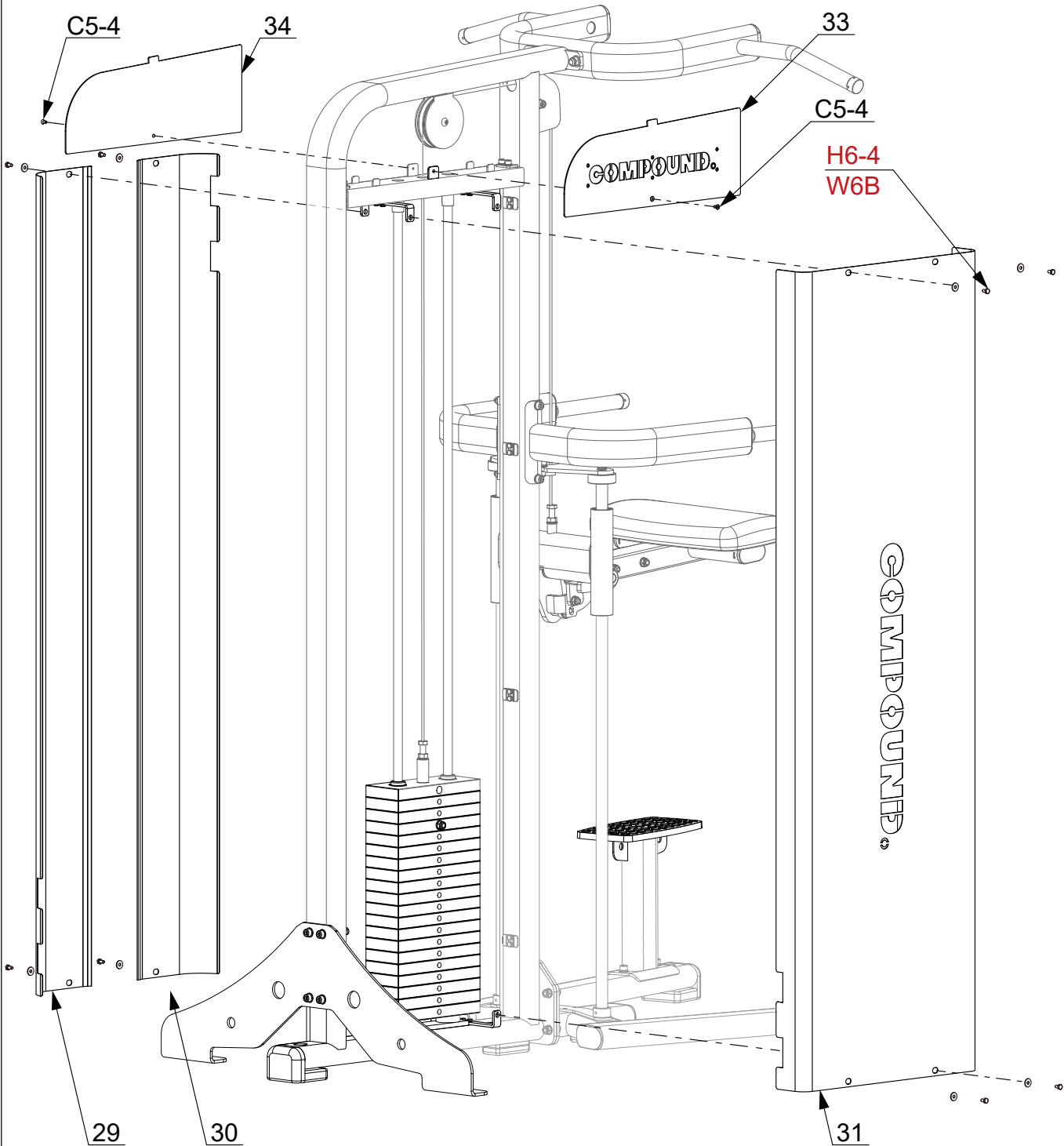
# STEP 5



50% 

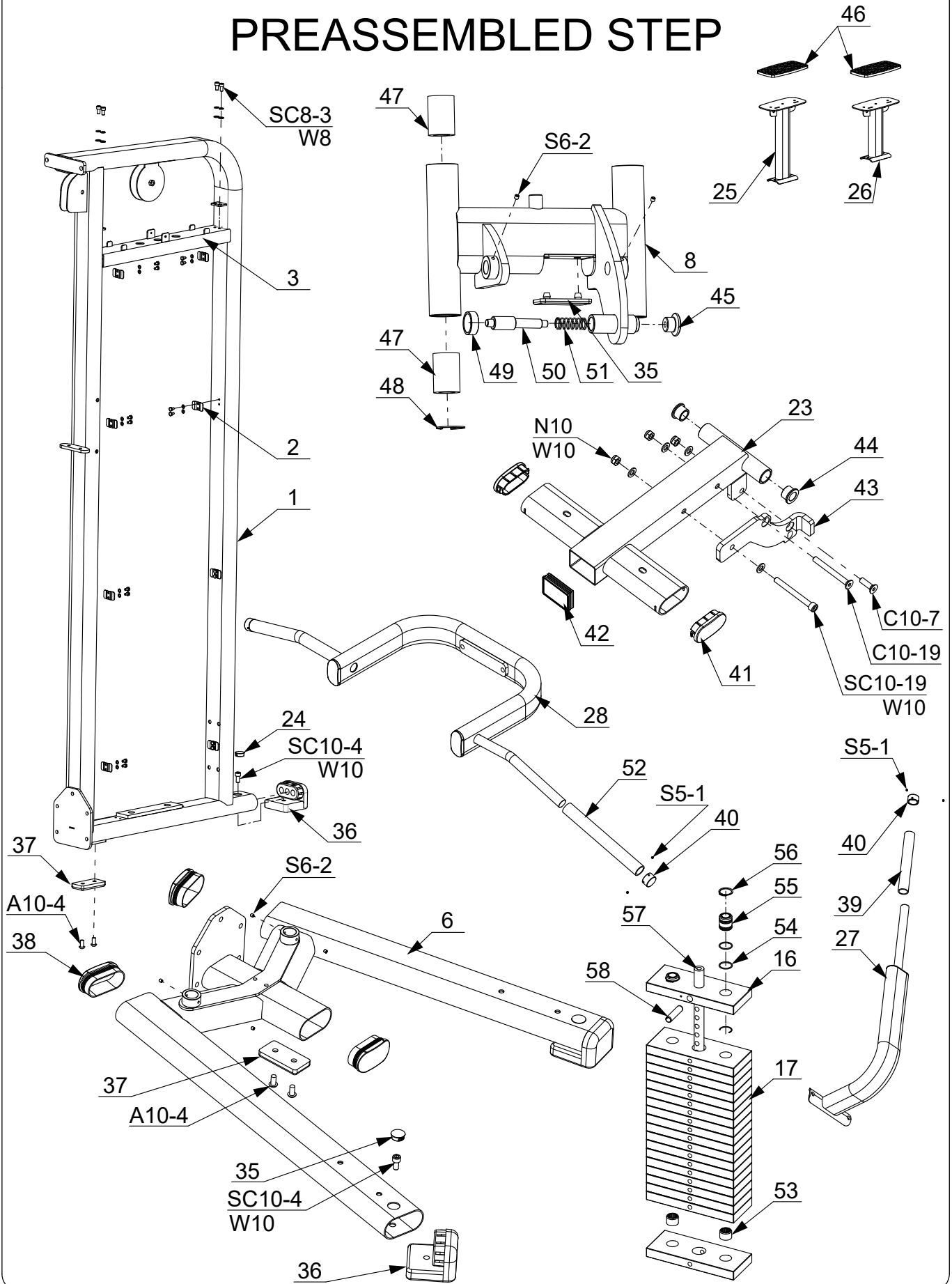


# STEP 6



100% 

# PREASSEMBLED STEP



# PARTS LIST

PART#	DESCRIPTION	QTY
1	weight Stack Frame	1
2	Clip Plate	6
3	Upper Lateral Support Tube	1
4	Plate Brace	1
5	Backup Plate	2
6	Front Base	1
7	Guide Rod D25	2
8	Carriage	1
9	Buffer Ring	2
10	Retaining Plate	1
11	U Plate	4
12	Outer Retaining Ring	2
13	Rod Retainer	2
14	Guide Rod D19	2
15	Weight Pin	1
16	Top Weight Plate 10LBS	1
17	Weight Plate 10LBS	19
18	Buffer Ring D19	2
19	Cable L=2795mm	1
20	Pulley D114	2
21	Shaft D19 × 228	1
22	Shin Pad	1
23	Shin Support Frame	1
24	D25 Hole Cap	5
25	Left Pedal	1
26	Right Pedal	1
27	Dip Handle	2
28	Chin Up Handle	1
29	Front Lower Shield Plate 1	1
30	Front Lower Shield Plate 2	1
31	Back Lower Shield Plate	1
*		
33	Upper Logo Plate	1
34	Upper Shield Plate	1
35	Plastic Pad	1
36	Rubber Foot	3
37	Foot Pad	2
38	FE Tube Cap 65×114	3
39	Hand Grip	2
40	Handle Cap	4
41	FE Tube Cap 40 × 80	4
42	Square Tube Cap 50 × 70	1
43	ADJ Plate	1
44	Bushing ID19	2
45	Knob	1
46	Pedal Pad	2
47	Linear Bearing	4
48	Inner Retaining Ring D40	4
49	Plastic Sleeve	1
50	Pull Pin	1
51	Spring	1
52	Hand Grip	2

PART#	DESCRIPTION	QTY
53	Weight Plate Bushing	38
54	Rubber Ring	4
55	Aluminium Bushing	2
56	Outer Retaining Ring D32	2
57	Selector	1
58	Elastic Pin	1
W6	Washer Φ6	25
W8	Washer Φ8	6
W10	Washer Φ10	38
W12	Washer Φ12	4
W6B	Big Washer 6	8
N10	Nut M10	15
N12	Nut M12	2
A10-4	Buttton Head Screw M10 × 20	4
A10-9	Buttton Head Screw M10 × 45	1
A10-9	Buttton Head Screw M10 × 45	1
C5-4	Countersunk Head Screw M5 × 10	2
C10-7	Countersunk Head Screw M10 × 35	1
C10-19	Countersunk Head Screw M10 × 95	1
CH5-5	Cross Recessed Pad Head Screw M5 × 12	1
H6-4	Hex Head Bolt M6 × 10	32
S5-1	SocketSet Screw M5 × 4	8
S6-2	SocketSet Screw M6 × 6	6
S8-7	SocketSet Screw M8 × 35	2
SC8-3	Socket Head Cap Screw M8 X 15	4
SC8-6	Socket Head Cap Screw M8 X 30	2
SC10-4	Socket Head Cap Screw M10 X 20	3
SC10-5	Socket Head Cap Screw M10 X 25	8
SC10-6	Socket Head Cap Screw M10 X 30	5
SC10-10	Socket Head Cap Screw M10 X 50	1
SC10-15	Socket Head Cap Screw M10 X 75	4
SC10-19	Socket Head Cap Screw M10 X 95	1
SC10-23	Socket Head Cap Screw M10 X 115	1
SC10-26	Socket Head Cap Screw M10 X 130	2
SC12-16	Socket Head Cap Screw M12 X 80	2