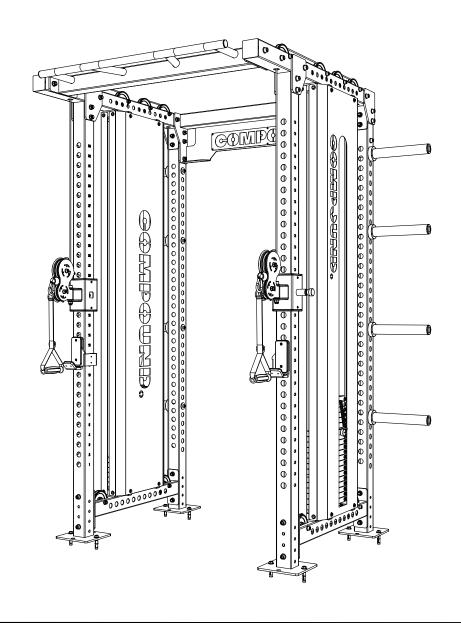
### CPL-FHC-145





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

### CONTENTS

- 02 General warnings and maintenance advice
- 03-11 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
- 12 Part List

# Assembly Instructions Before Your Begin

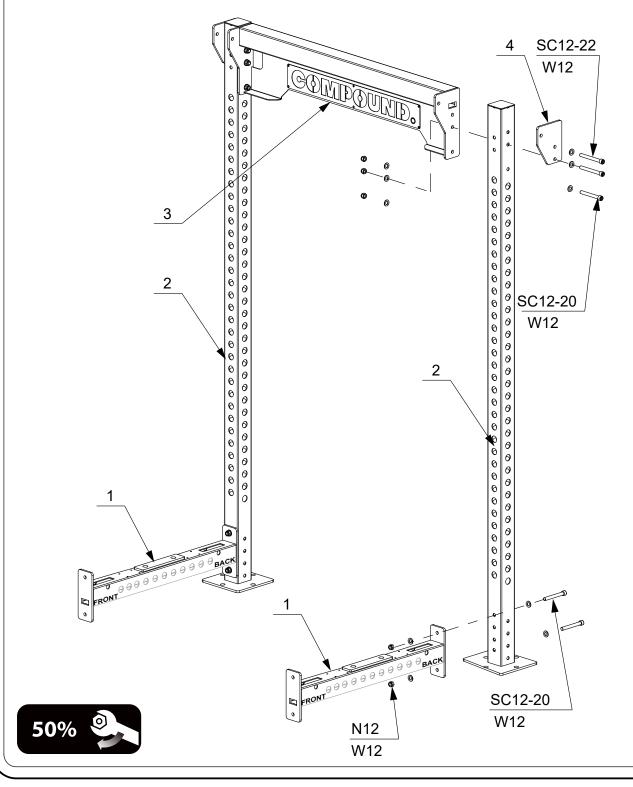
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

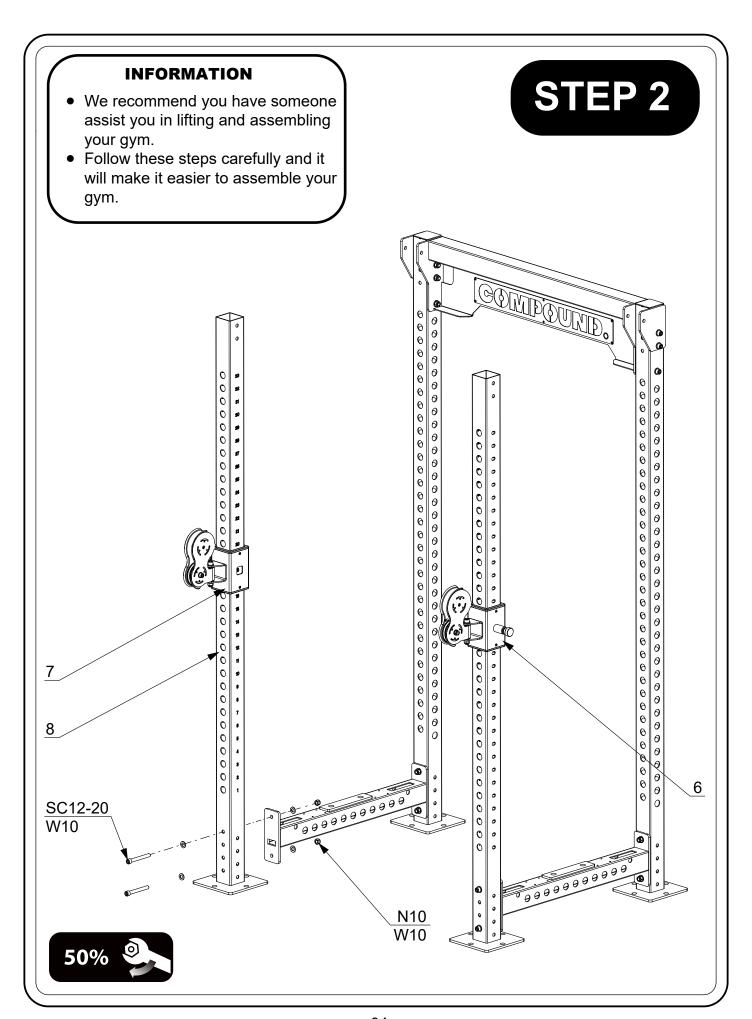
- 1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
- 2. Only one person at a time should use the equipment.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout 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.

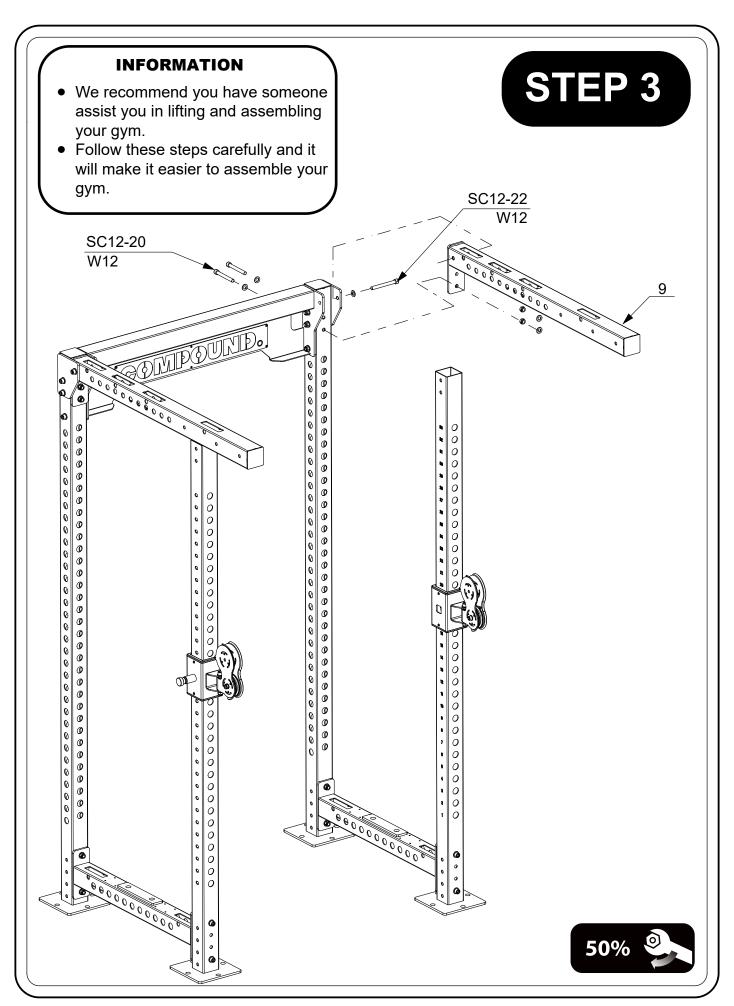
### **INFORMATION**

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

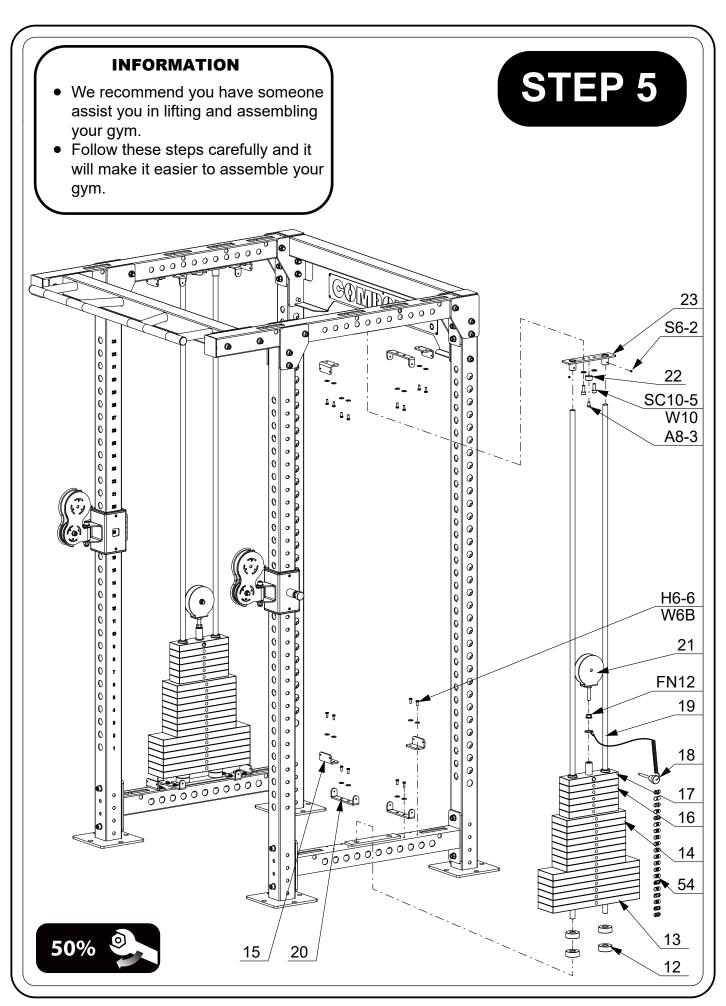
STEP 1

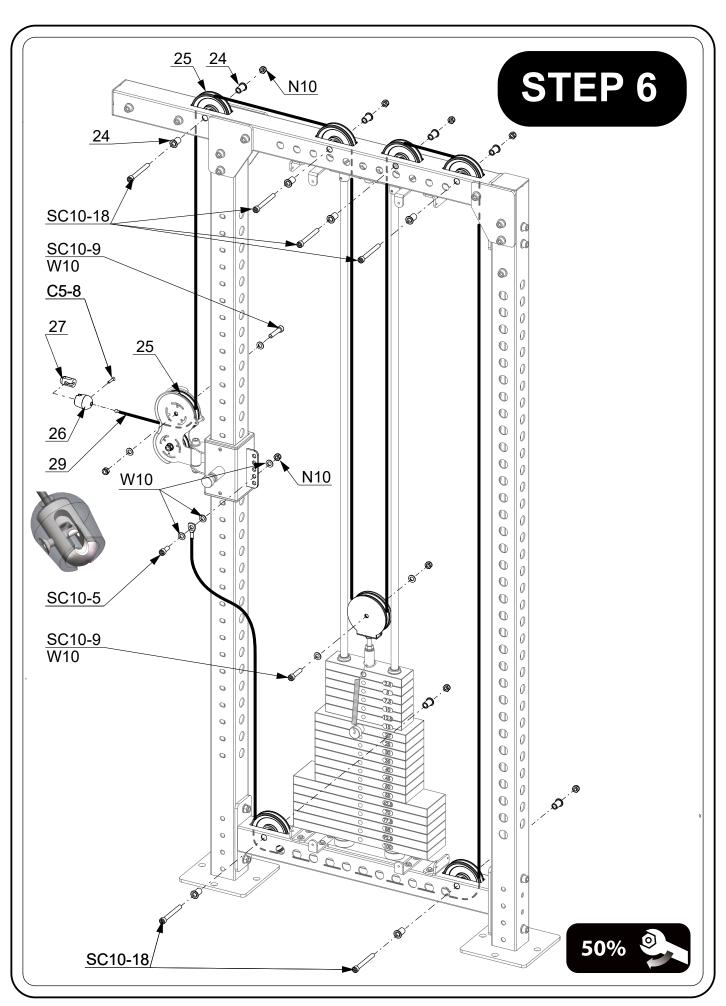


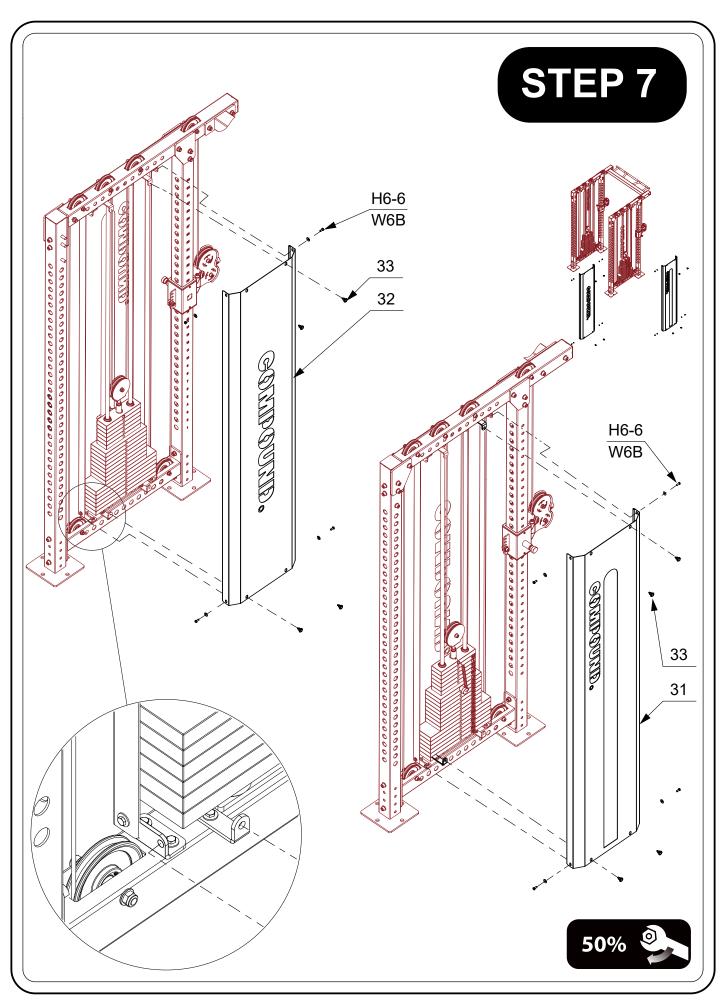


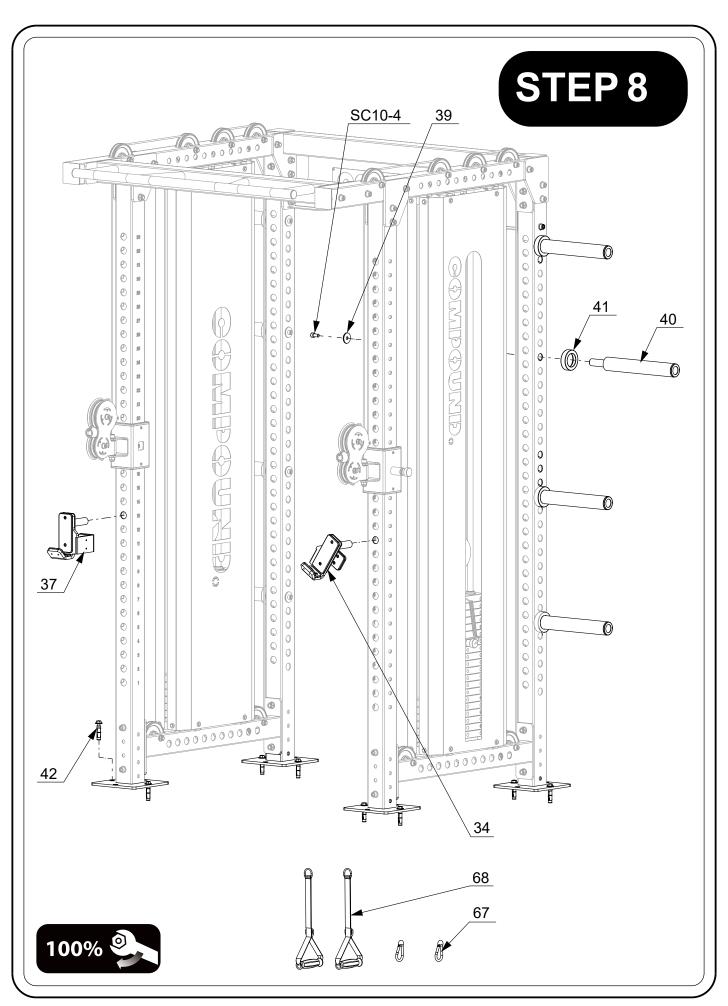


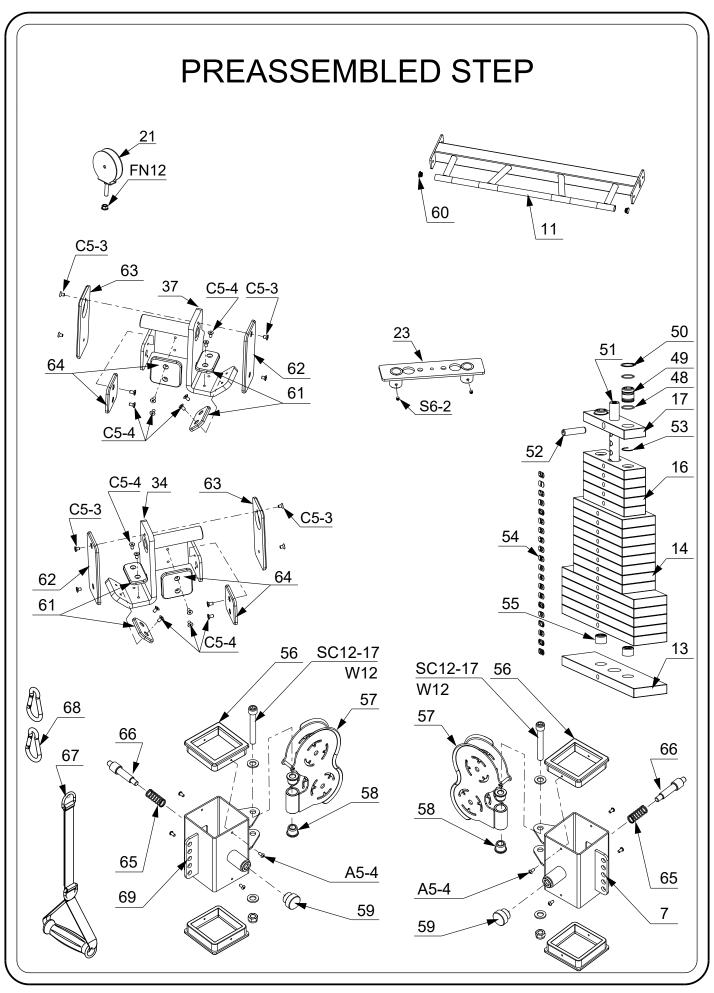
## **INFORMATION** STEP 4 We recommend you have someone assist you in lifting and assembling your gym. Follow these steps carefully and it will make it easier to assemble your gym. SC12-22 W12 4 SC12-20 W12 0000000000000 000000000000000 00000000000000000 **50**% 11











### PARTS LIST

	<del> </del>	
PART#	DESCRIPTION	QTY
1	Bottom Lengthwise tube	2
2	Back Upright tube	2
3	Back top connection frame	1
4	Connection Plate	6
7	Left Carriage	1
8	Front upright tube	2
9	Top lengthwise tube	2
11	Handle frame	1
12	Buffer Ring	8
13	7.5 Kg Weight Plate	12
14	5 Kg Weight Plate	16
15	L Plate	8
16	2.5 Kg Weight Plate	10
17	2.5 Kg Top Weight Plate	2
18	Weight Pin	2
19	Guide Rod	4
20	U plate	8
21	Pulley Holder	2
22	Spacer ring	2
23	Rod Retainer	2
24	Pulley Spacer	24
25	114 Pulley	16
26	Connector Sleeve	2
27	Cable Connector	2
28	89 Pulley	2
29	Cable L=8676mm	2
31	Front shield plate	2
32	Back Shield Plate	2
33	Panel Clip	16
34	Right Hook	1
37	Left Hook	1
39	Big Washer OD38	8
40	Weight storage tube	8
41	Spacer ring	8
42	Expansion Bolt	8
45	Plastic shield plate 5	2
48	Rubber ring	8
49	Bushing	4
50	External Retaining ring D32	4
51	Weight Selector	2
52	Elastic Pin	2
53	C ring	4
54	Weight Label set	2
55	Weight plate bushing	38
56	Square tube bushing	4
57	Double Pulley Holder	2
58	Bushing	4
59	Knob	2
		2
	LITING Can	
60 61	Tube Cap Plastic Shield Plate	4

DADT"	DECODIDATION	l o Ti
	DESCRIPTION  Pleasing Objects Please	QTY
63	Plastic Shield Plate	2
64	Plastic Shield Plate	4
65	Compression Spring	2
66	Pull Pin	2
67	Strap Handle	2
68	Carabiner	2
69	Right Carriage	1
W6B	Big Washer 6	64
W10	Washer 10	22
W12	Washer 12	64
N10	Nut M10	20
N12	Nut M12	32
A5-4	Button head screw M5 × 10	8
A8-3	Button head screw M8 × 15	2
C5-3	Countersunk head screw M5×8	8
C5-4	Countersunk head screw M5×10	16
C5-8	Countersunk head screw M5×25	2
H6-6	Hex head screw M6×15	64
S6-2	Socket set screw M6×6	4
SC10-4	Socket head cap screw M10 × 20	8
SC10-5	Socket head cap screw M10 × 25	6
SC10-9	Socket head cap screw M10 × 45	6
	Socket head cap screw M10 × 90	12
SC12-17		2
	Socket head cap screw M12 × 100	18
SC12-22	Socket head cap screw M12 × 110	12
		<u> </u>