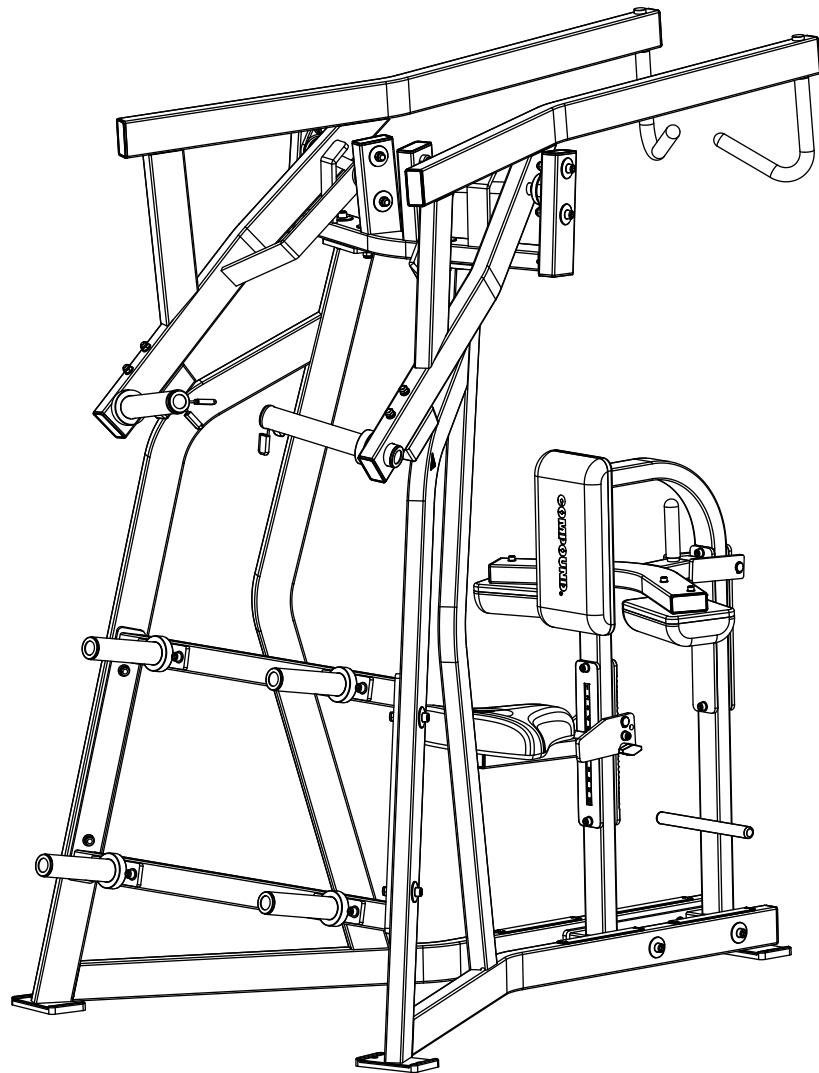


OWNER'S MANUAL

ISO-HIGH ROW

CPL-HIR-2111



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

CONTENTS

02 General warnings and maintenance advice

03-07 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

08 Part List

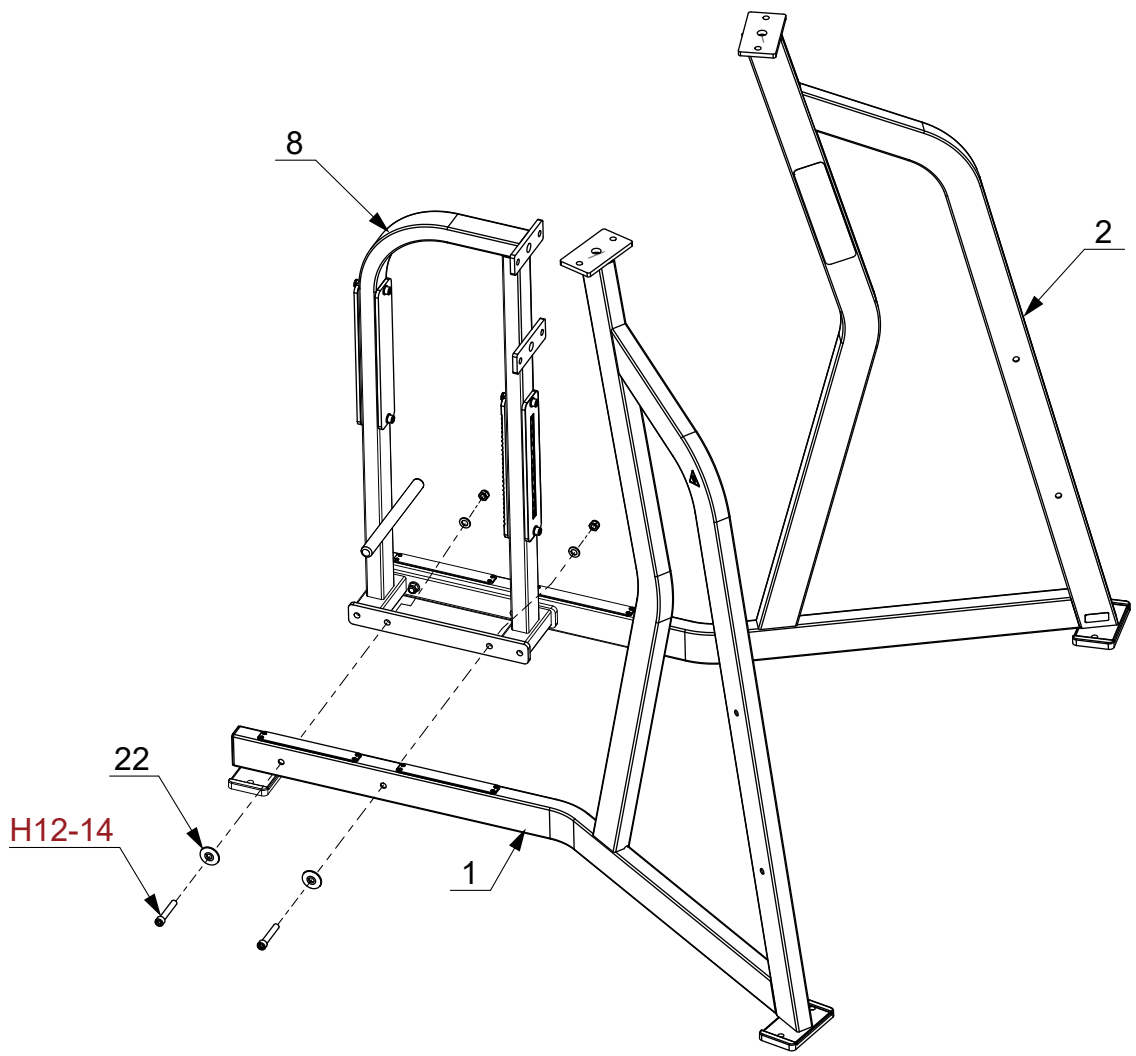
Assembly Instructions

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:

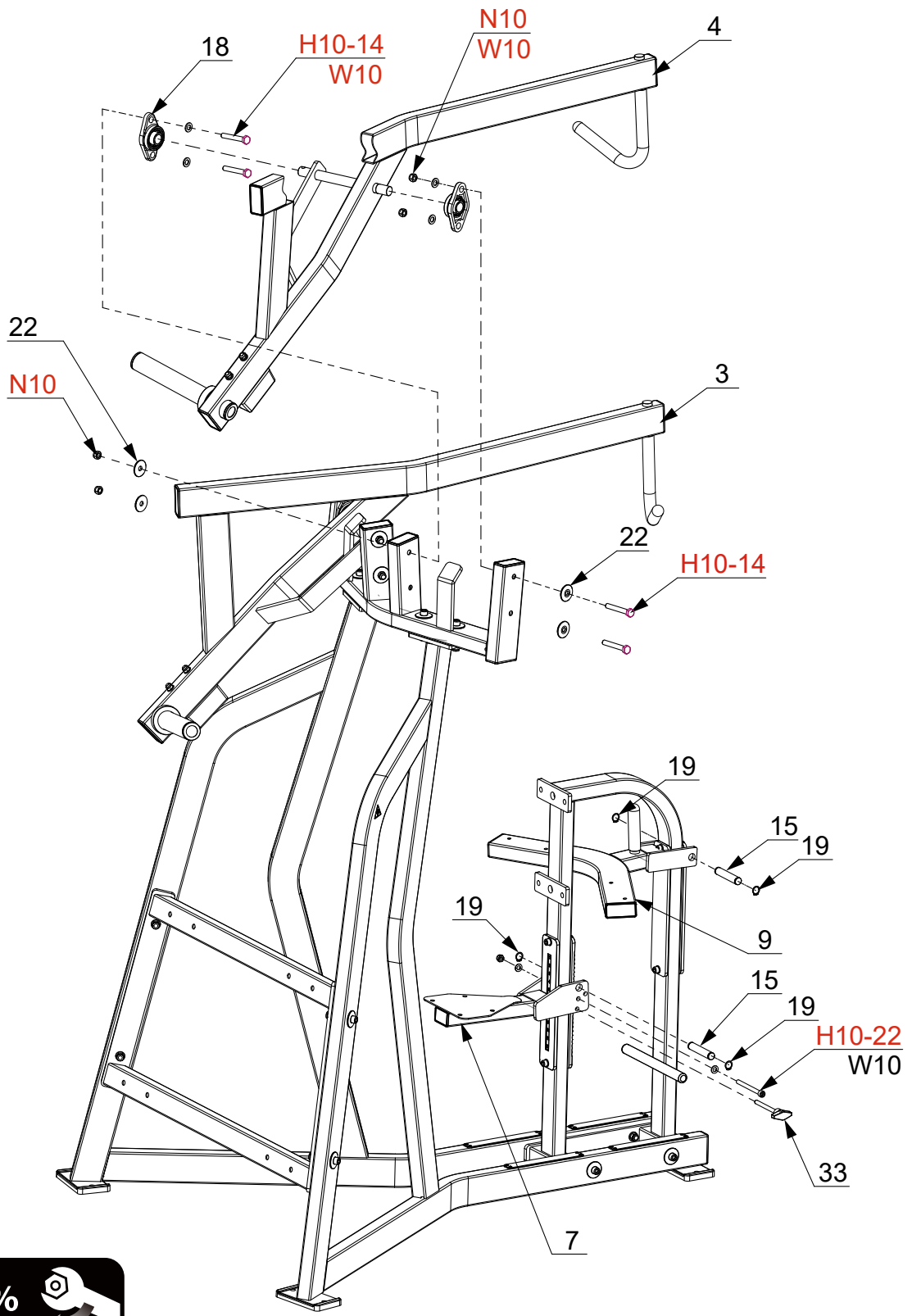
1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once.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

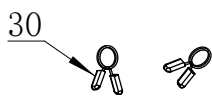
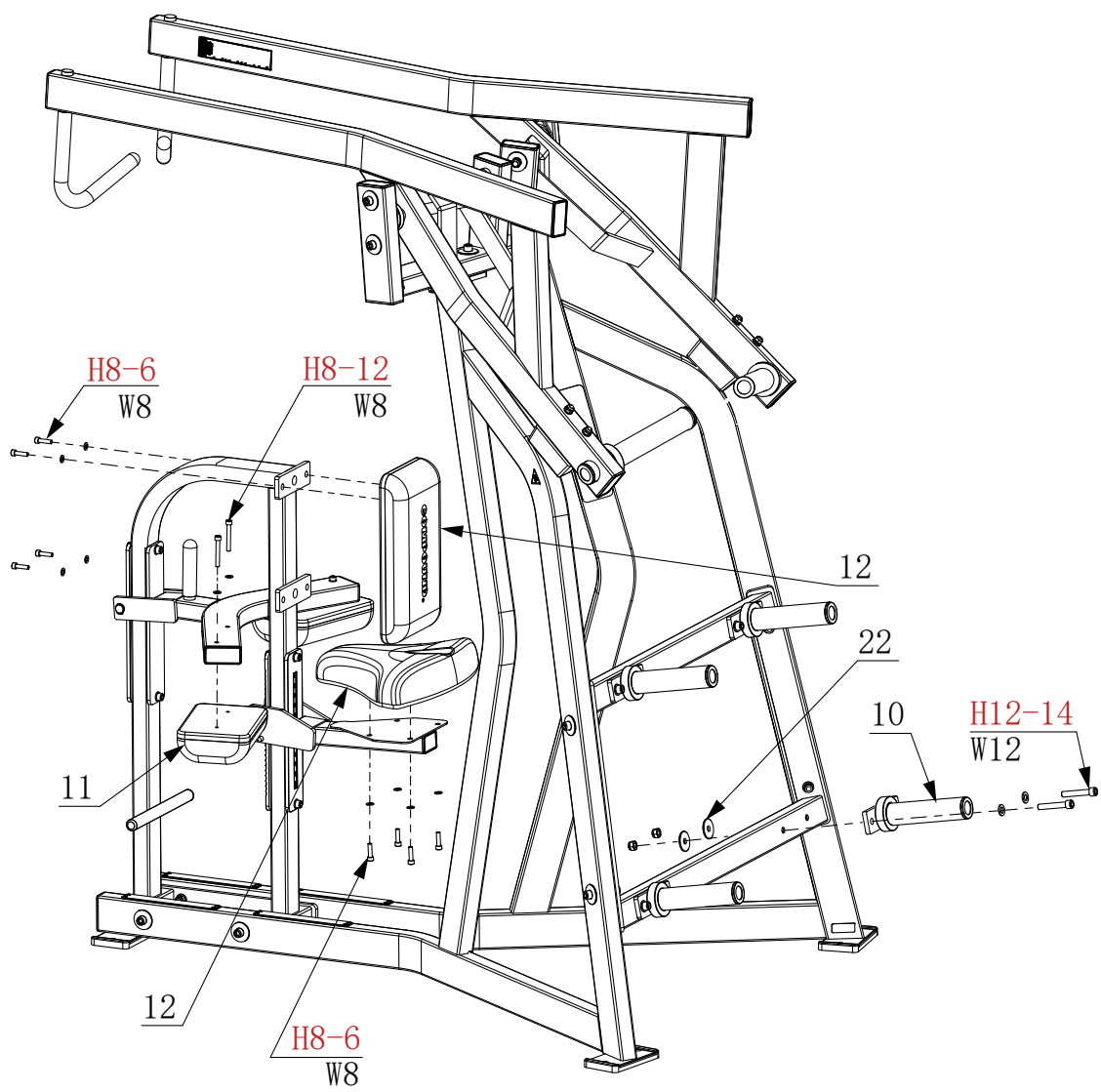


50% 

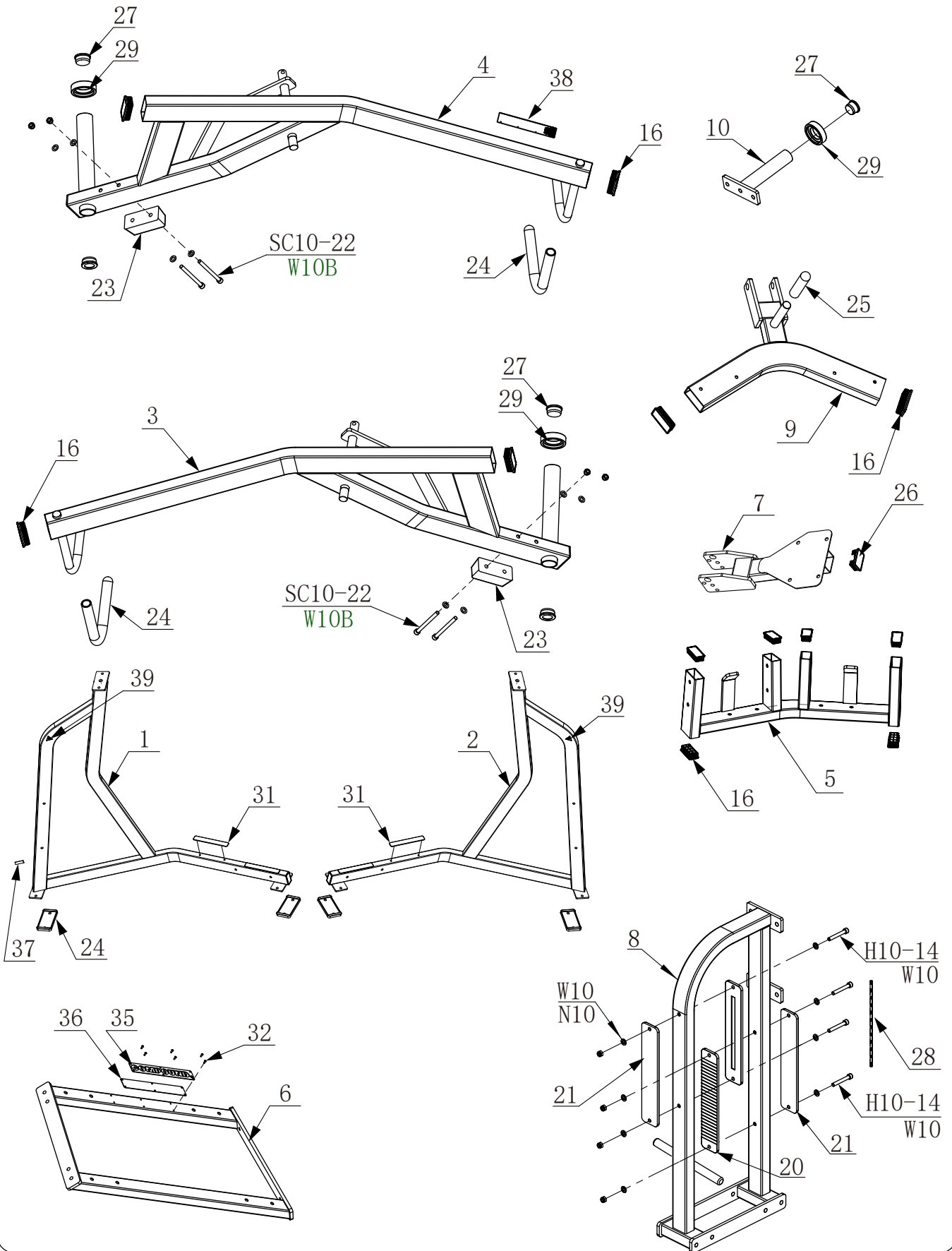
STEP 3



STEP 4



PREASSEMBLED STEP



PARTS LIST

PART #	DESCRIPTION	QTY
1	Support Frame 1	1
2	Support Frame 2	1
3	Handle 1	1
4	Handle 2	1
5	Top Tube	1
6	Horizontal Tube	1
7	Seat Support Frame	1
8	Chest Support Frame	1
9	Leg press tube	1
10	Bell Rod	4
11	Leg Pad	2
12	Seat Pad	1
13	Chest Pad	1
14	Footrest	1
15	Shaft	2
16	Square Tube Cap 40×80	16
17	Bearing 6205	4
18	Bearing 205	4
19	D19 Ring	4
20	ADJ Plate 1	1
21	ADJ Plate 2	3
22	Crash pad	28
23	Limit Pad	2
24	Grip 1	2
25	Grip 2	1
26	Square Tube Cap 40×60	1
27	D48 Cap	8
28	Seat Height Label	1
29	D48 Rubber Spacer	6
30	D48 Barbell Clip	2
31	Plastic Pad	4
32	Self-Plugging Rivet	6
33	Pin	1
34	Foot Pad	4
35	LOGO Plate	1
36	Back Plate	1
37	Serial Number	1
38	Warning Label	1
39	Pinch Label	2
H8-6	Hex Head Bolt M8 X 30	8
H8-12	Hex Head Bolt M8 X 60	4
H10-14	Hex Head Bolt M10 X 70	12
H10-22	Hex Head Bolt M10 X 110	1
SC10-22	Socket Cap Screw M10X110	4
H12-14	Hex Head Bolt M12 X 70	20
W8	Washer Φ8	12

PART #	DESCRIPTION	QTY
W10	Washer Φ10	22
W10B	Big Washer 10	4
W12	Washer Φ12	20
N10	Nut M10	17
N12	Nut M12	20