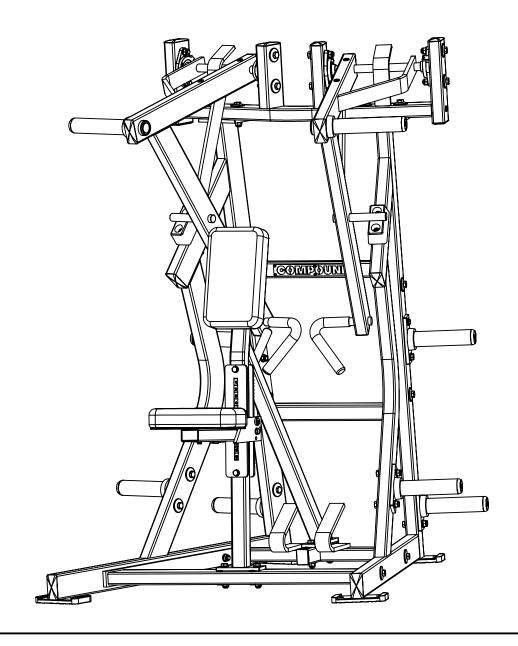
PARTS MANUAL

IOS LOW ROW CPL-LWR-2114



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

CONTENTS

O2 General warnings and maintenance advice

03-06 Assembly Instructions

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

- ♦ Pictures, descriptions and quantities of the parts required
- **♦** Notes

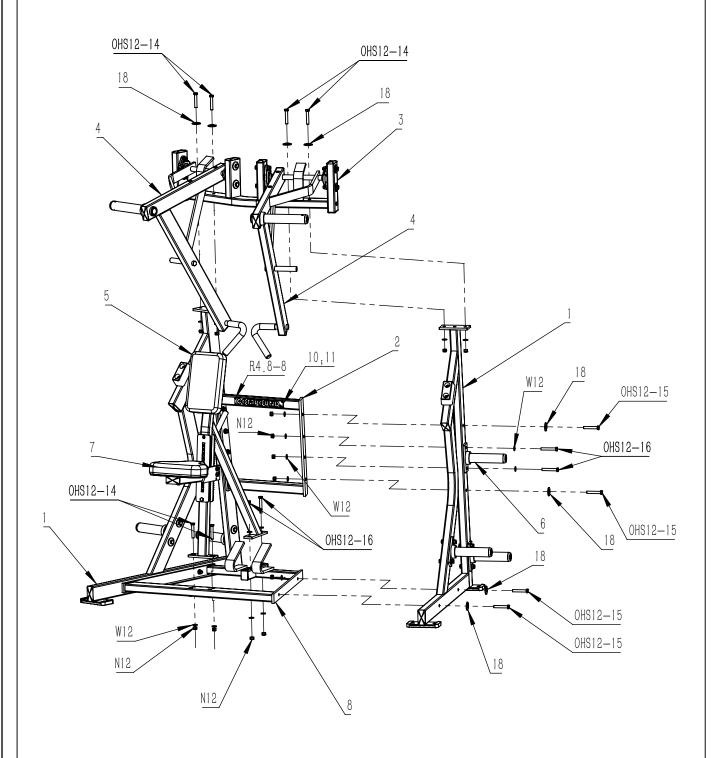
07 Part List

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 thefollowing safety precautions:

- 1. Keep children and pets away from the equipment at all times. Do not leavechildren 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 abnorma symptoms stop the workout at once.
- 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.

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10



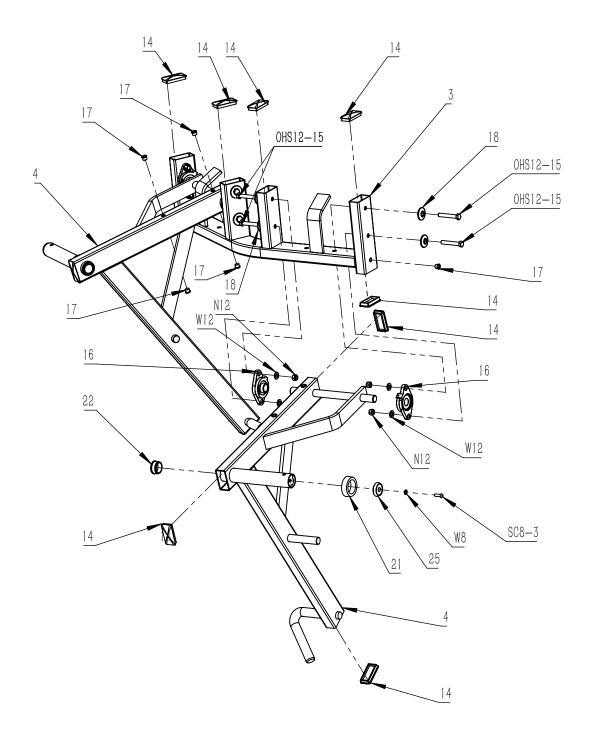
INFORMATION

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

STPE 1

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10 SC10 - 24SC10-24 w10 N10 14 0HS12-140HS12-14W12 OHS12-14 N12 N12 W12 SC8 - 3**INFORMATION** We recommend you have someoneassist you in lifting and assembling your gym. Follow these steps carefully and itwill make it easier to assemble your gym.

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10

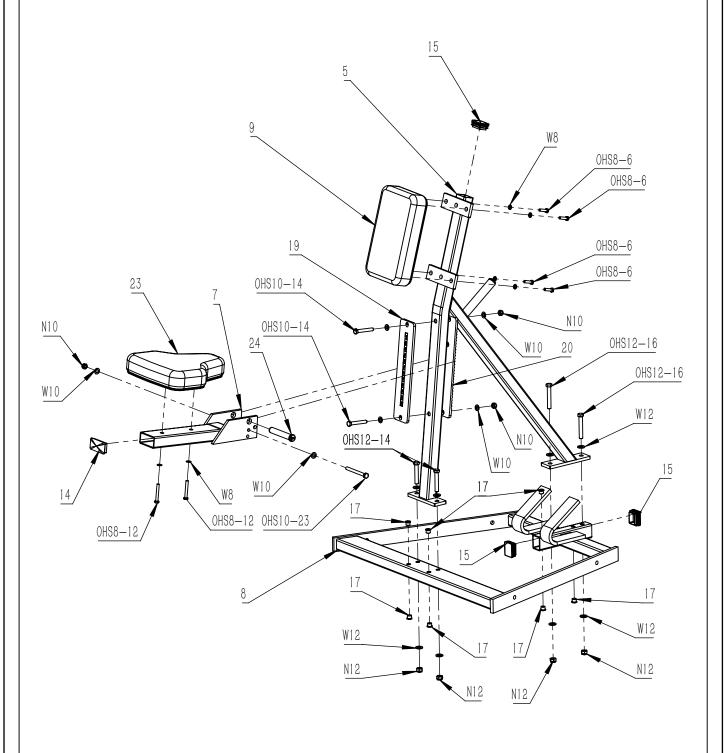


INFORMATION

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

STPE 3

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10



INFORMATION

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



PARTS LIST

	1	
PTRT#	DESCRIPTION	QTY
1	Main frame group	2
2	Middle connecting beam group	1
3	Upper jacking group	1
4	Swing arm set	2
5	Chest pad tube set	1
6	Hang the tube group	6
7	Seat tube group	1
8	Ground horizontal tube group	1
9	Pectoral cushion	1
10	Label	1
11	signboard	1
12	Large Damping block	2
13	Foot cover	4
14	Rectangular plug 40*80	15
15	Rectangular plug 40*50	3
16	bearing	4
17	blanking cap	17
18	Plastic pad	28
19	Regulating plate 1	1
20	Regulating plate 2	1
21	sheath D48	8
22	Round plug D48	10
23	Seat cushion	1
24	Pin shaft	1
25	Aluminum plug cover	8
R4.8-8	Rivet M4.8*16	6
OHS8-6	Outer Hexagon Screw M8*30	4
OHS8-12	Outer Hexagon Screw M8*60	2
OHS10-14	Outer Hexagon Screw M10*70	2
OHS10-21	Outer Hexagon Screw M10*115	1
SC10-24	Socket Cap Screw M10*120	4
OHS12-14	Outer Hexagon Screw M12*70	14
OHS12-15	Outer Hexagon Screw M12*75	16
OHS12-16	Outer Hexagon Screw M12*80	6
SC8-3	Socket Cap Screw M8*16	8
W8	Washer ф8	14
W10	Washer ϕ 10	14
W12	Washer ϕ 12	44
N10	Nut M10	7
N12	Nut M12	36

PTRT	DESCRIPTION	QTY