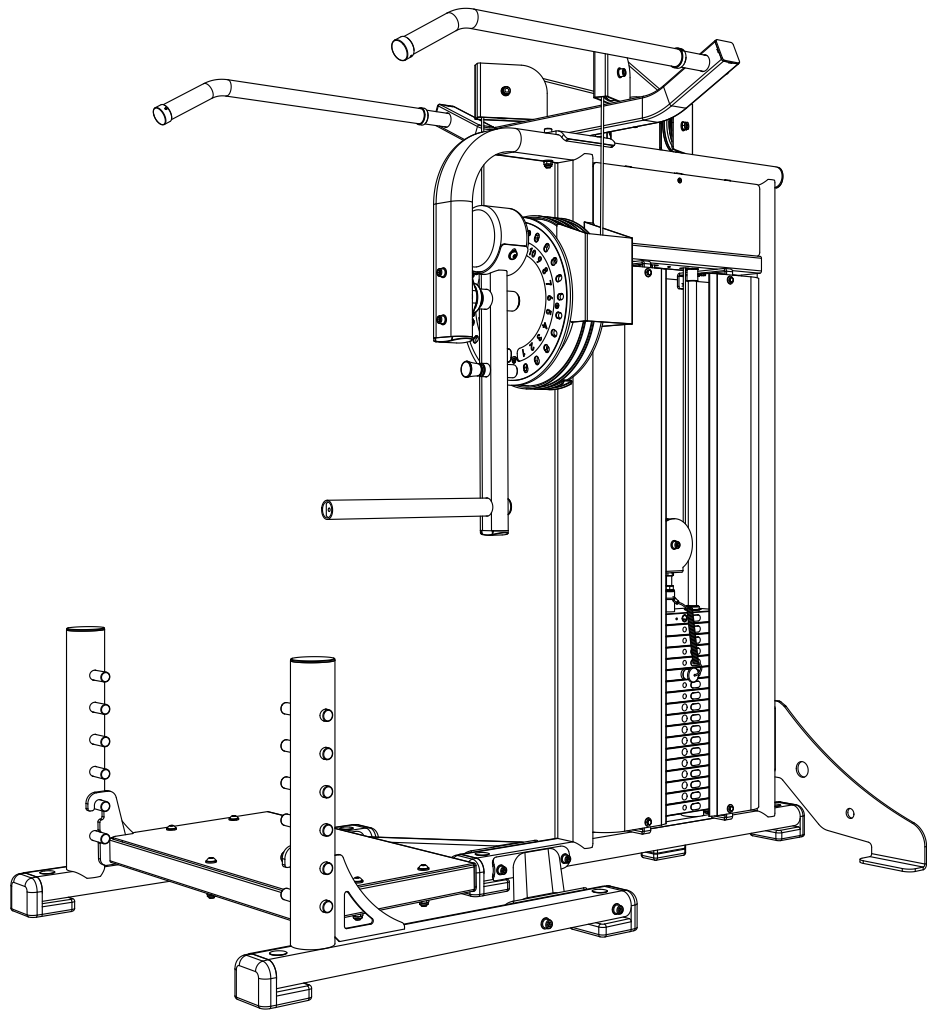


OWNER'S MANUAL

CPL-SCR-1102

STANDING CALF RAISE



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

CONTENTS

02 General warnings and maintenance advice

03-14 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

15 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.

To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

1. Degrease and clean surfaces prior to apply adhesive.
2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).

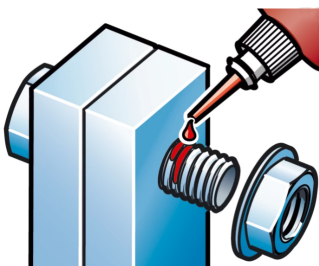


FIG 1

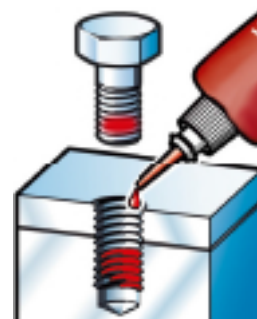
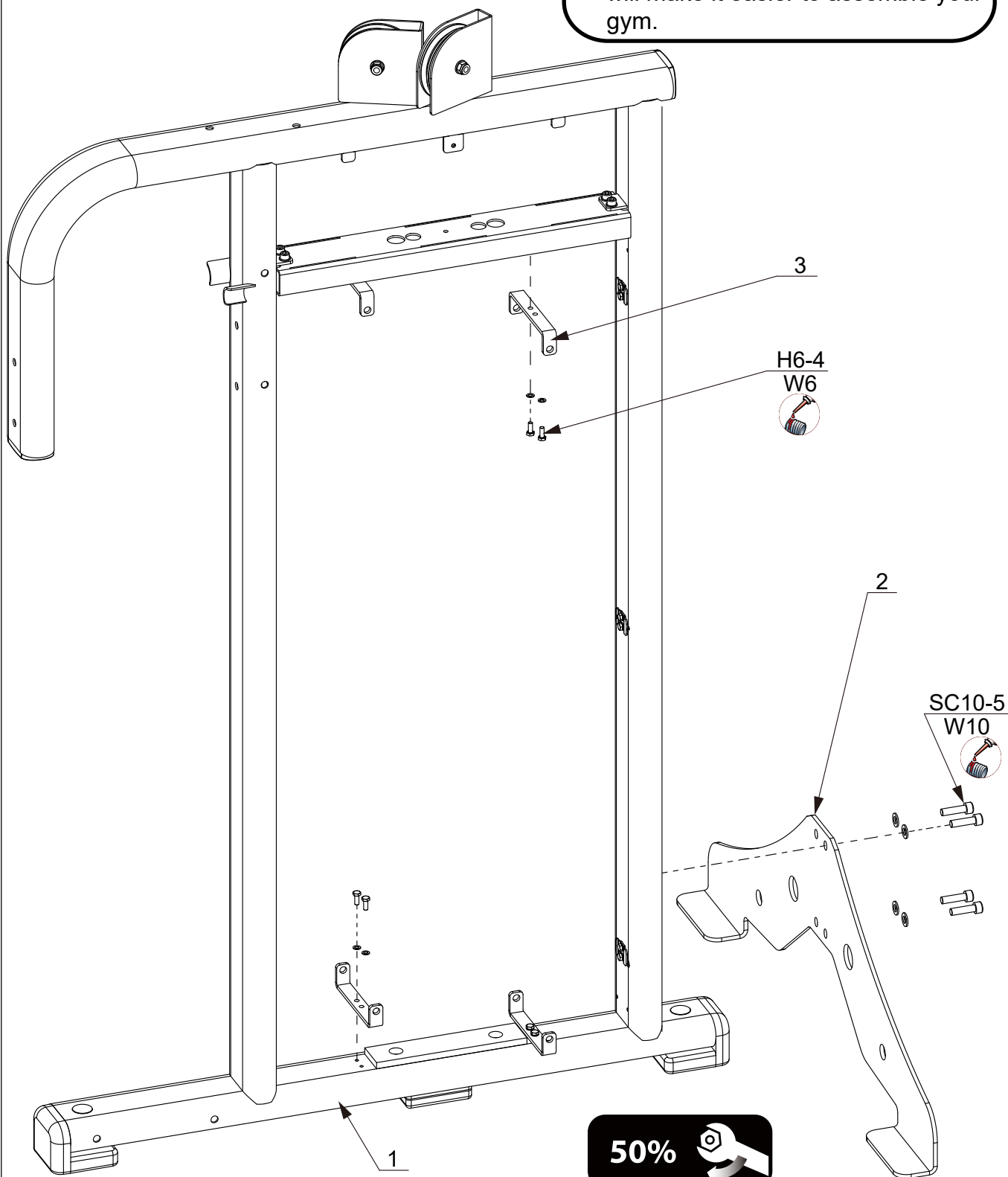


FIG 2

STEP 1

INFORMATION

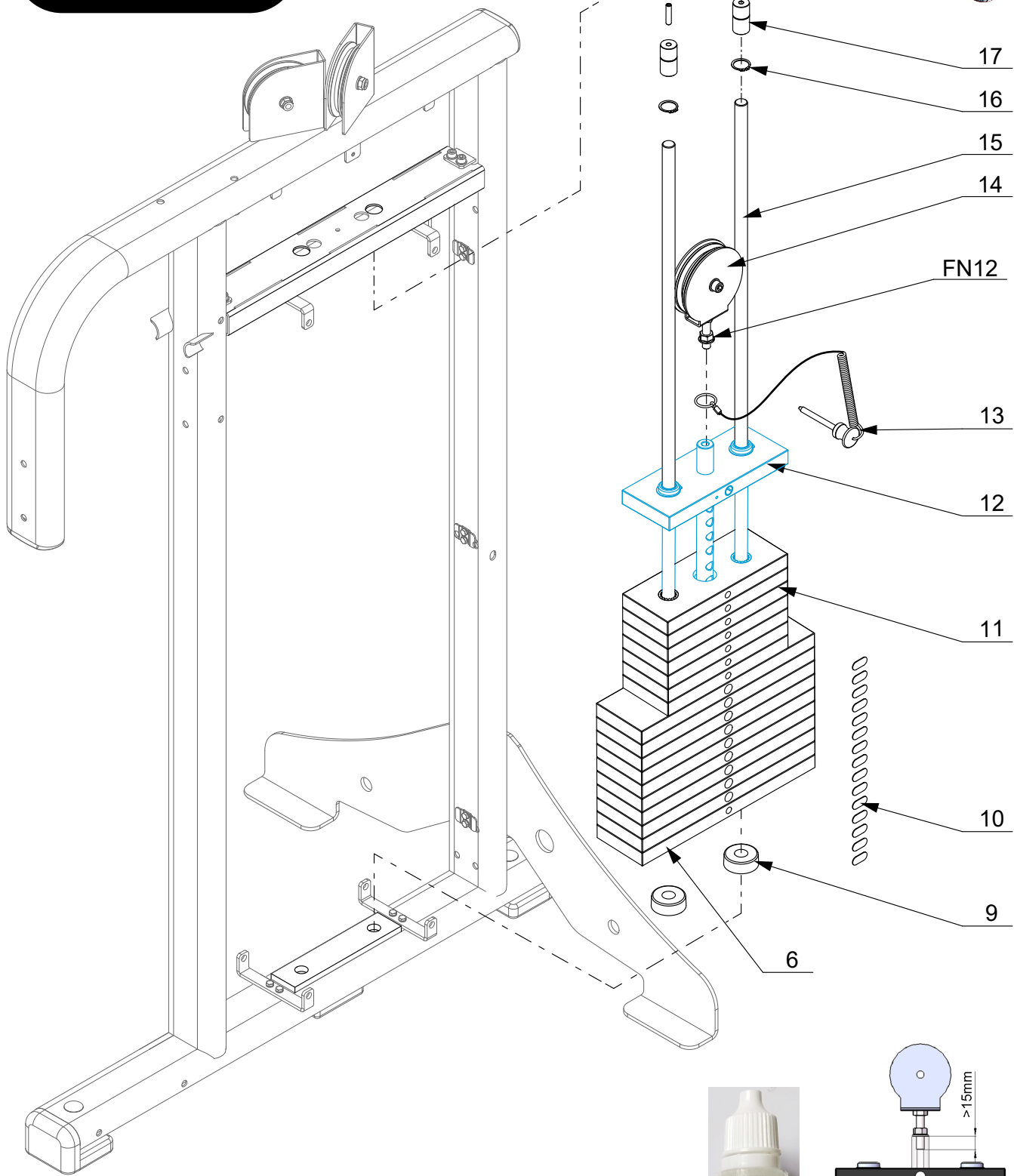
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.



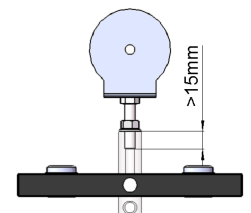
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STEP 2

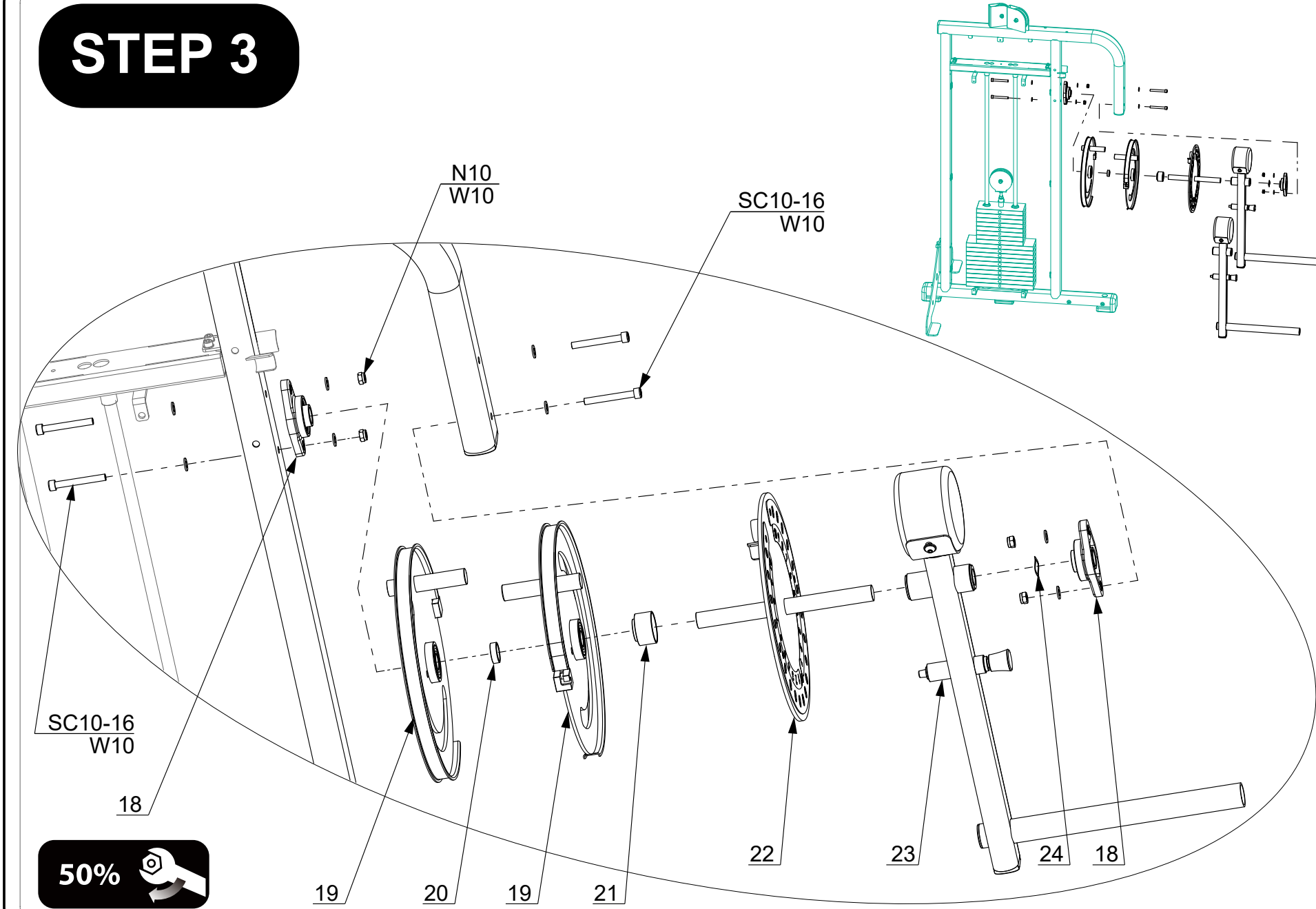


Note 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.
Note 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.



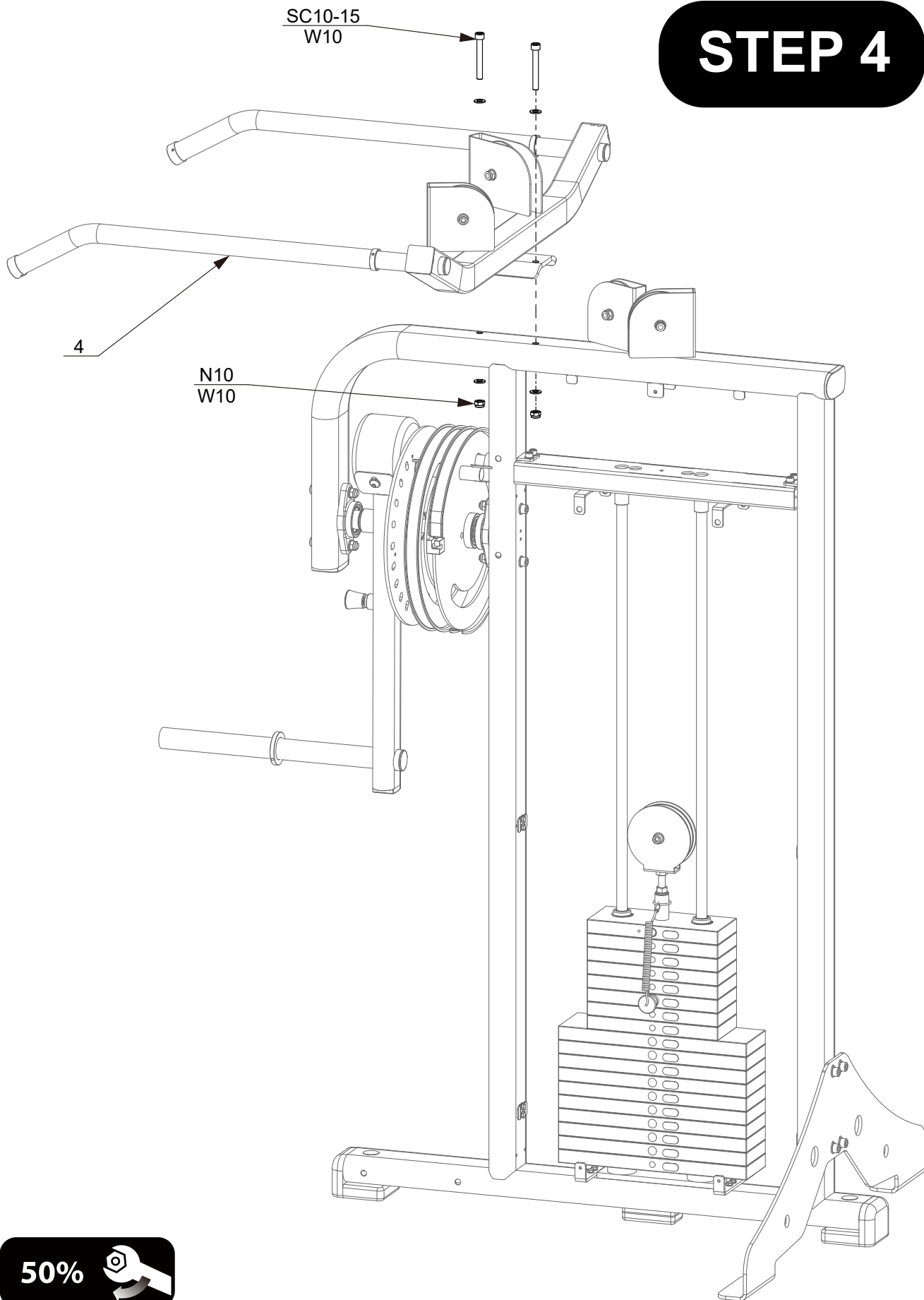
STEP 3

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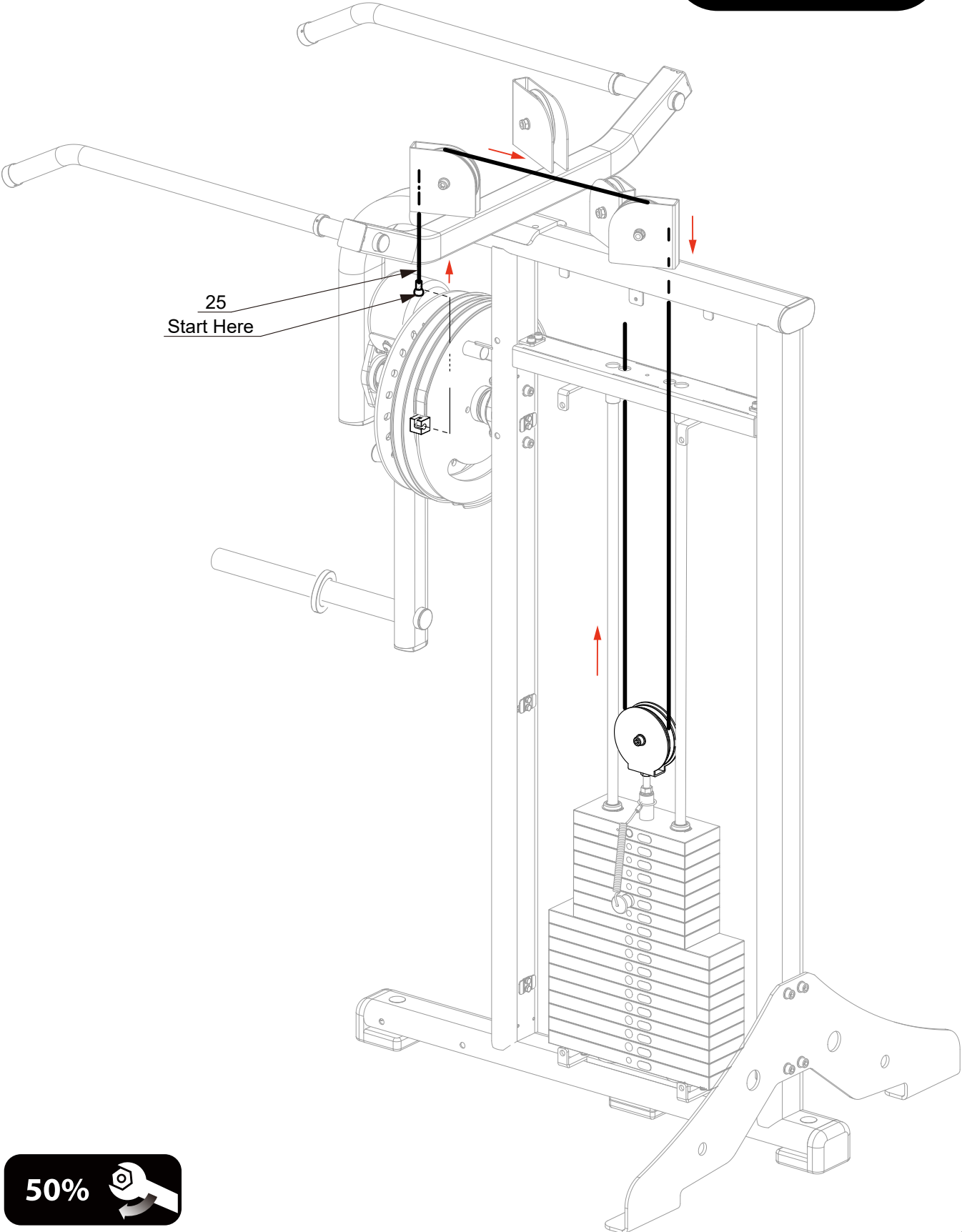


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STEP 4



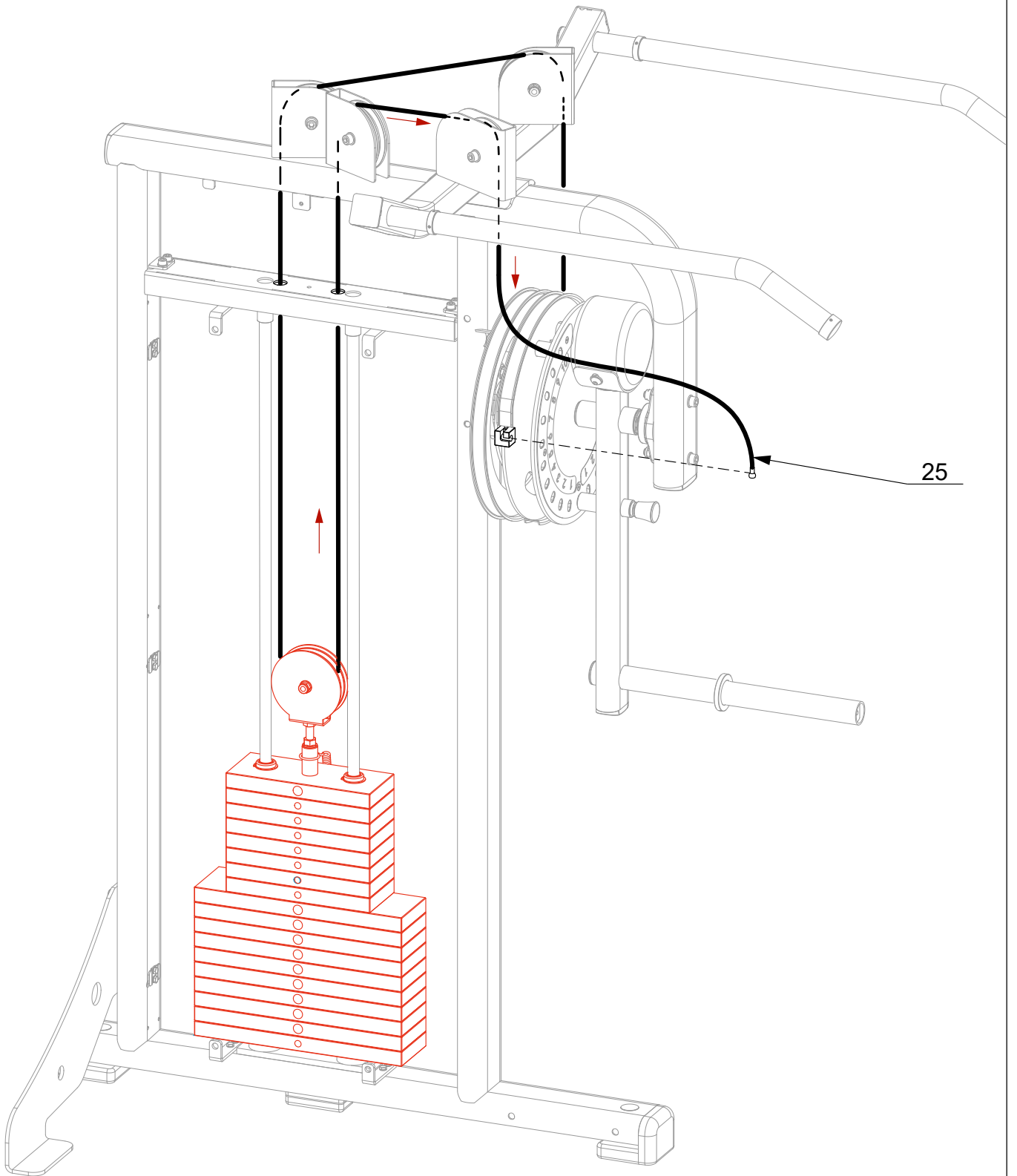
STEP 5



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Start Here

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STEP 6

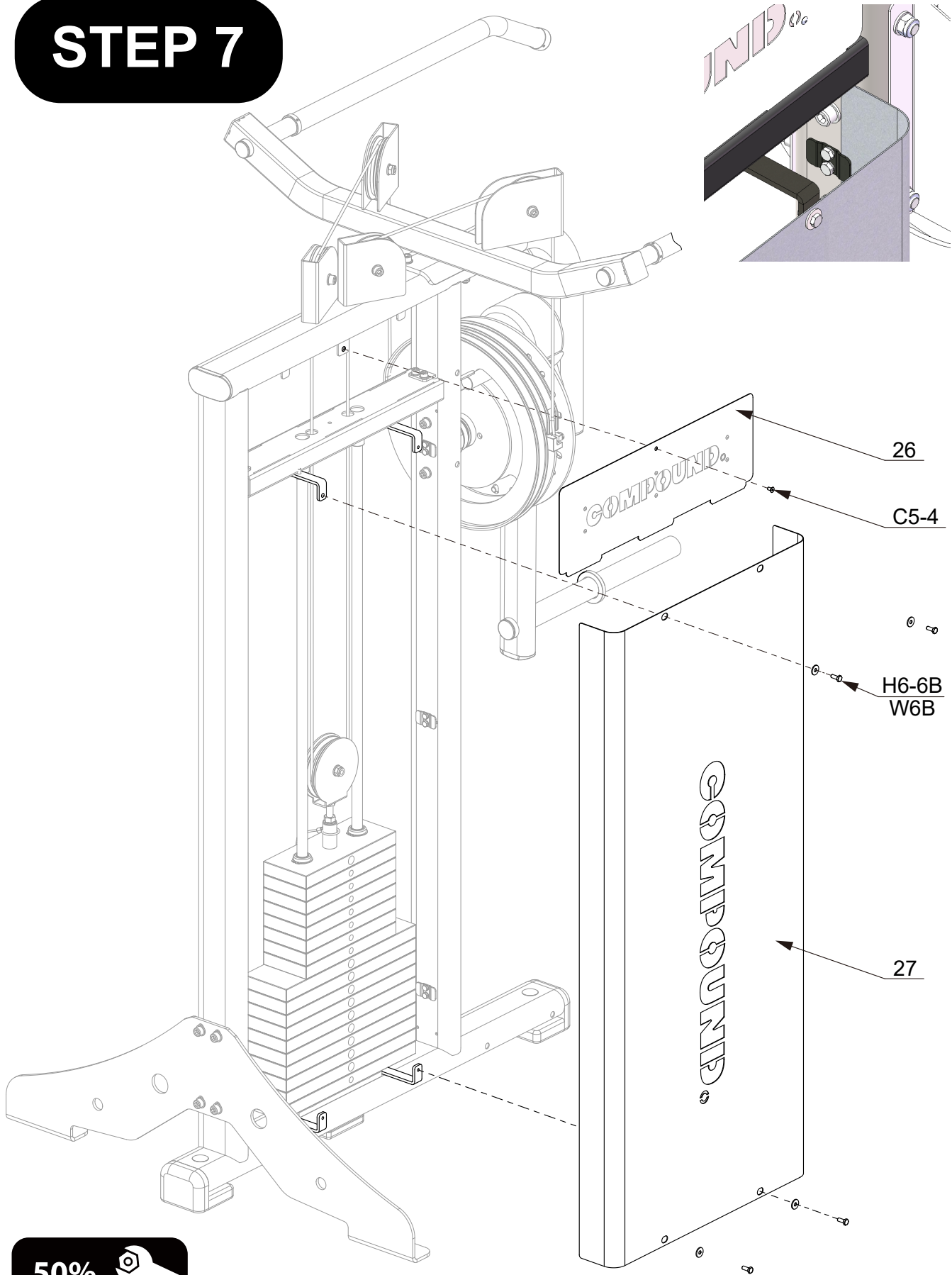


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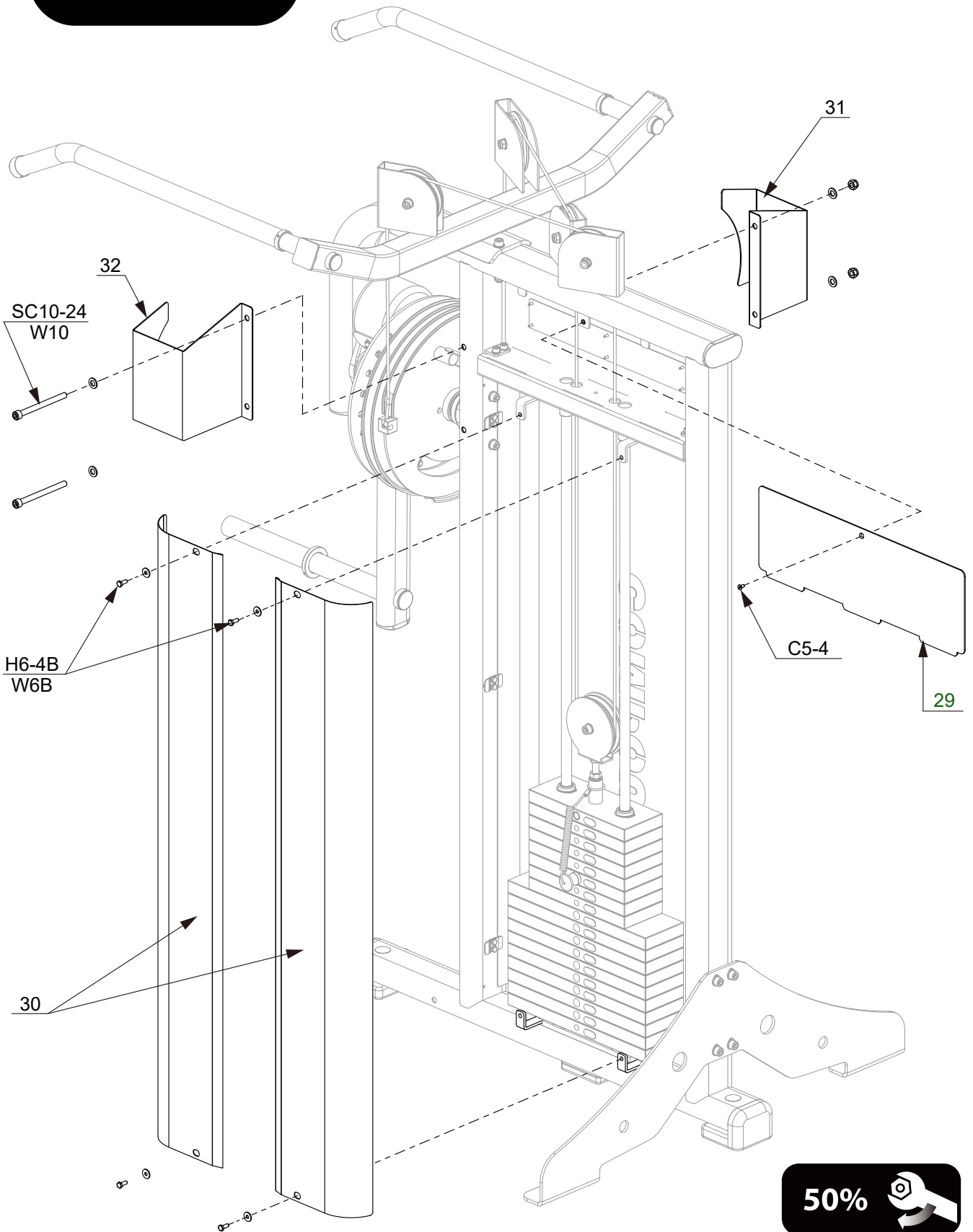
STEP 7



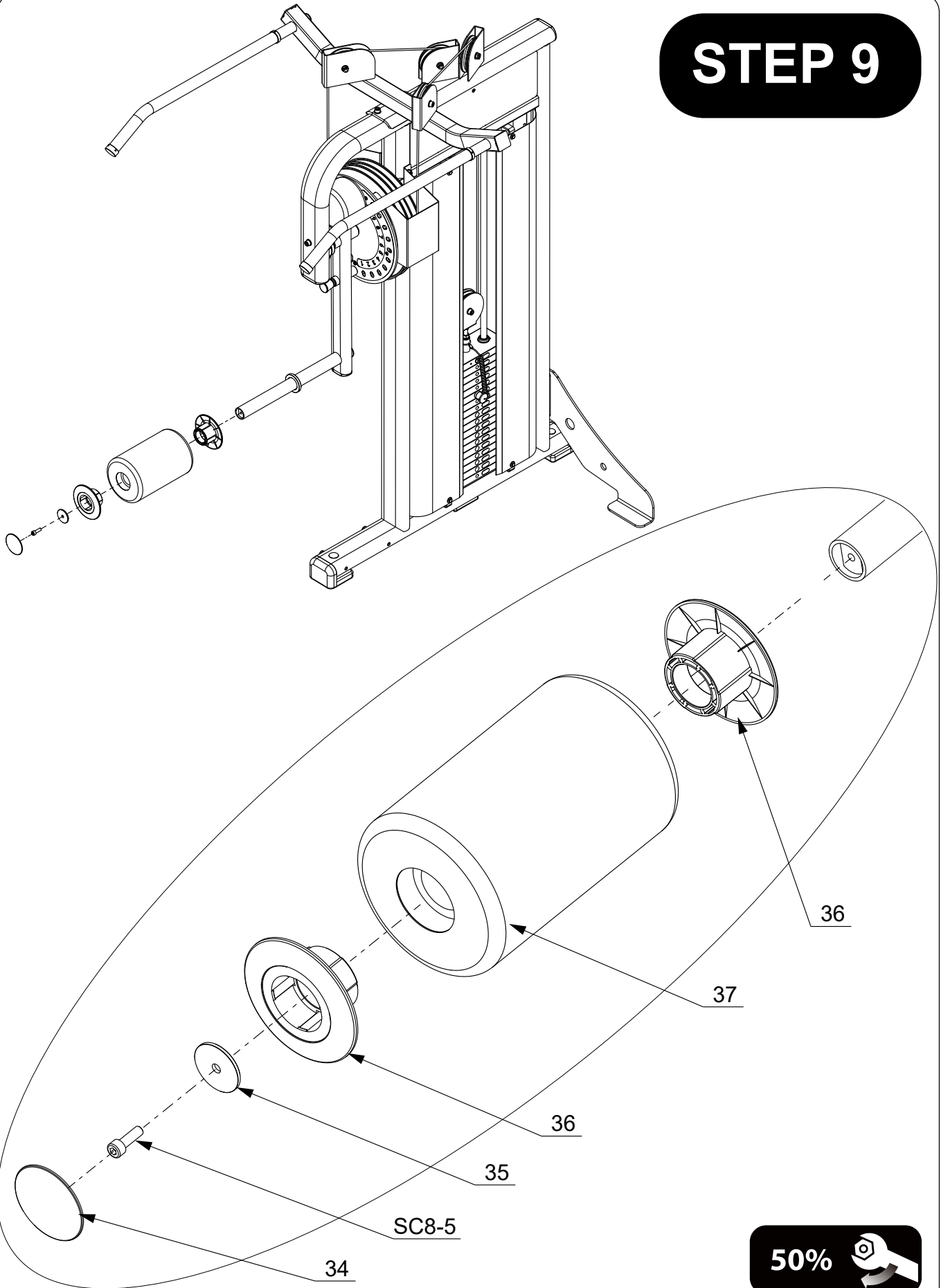
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STEP 8

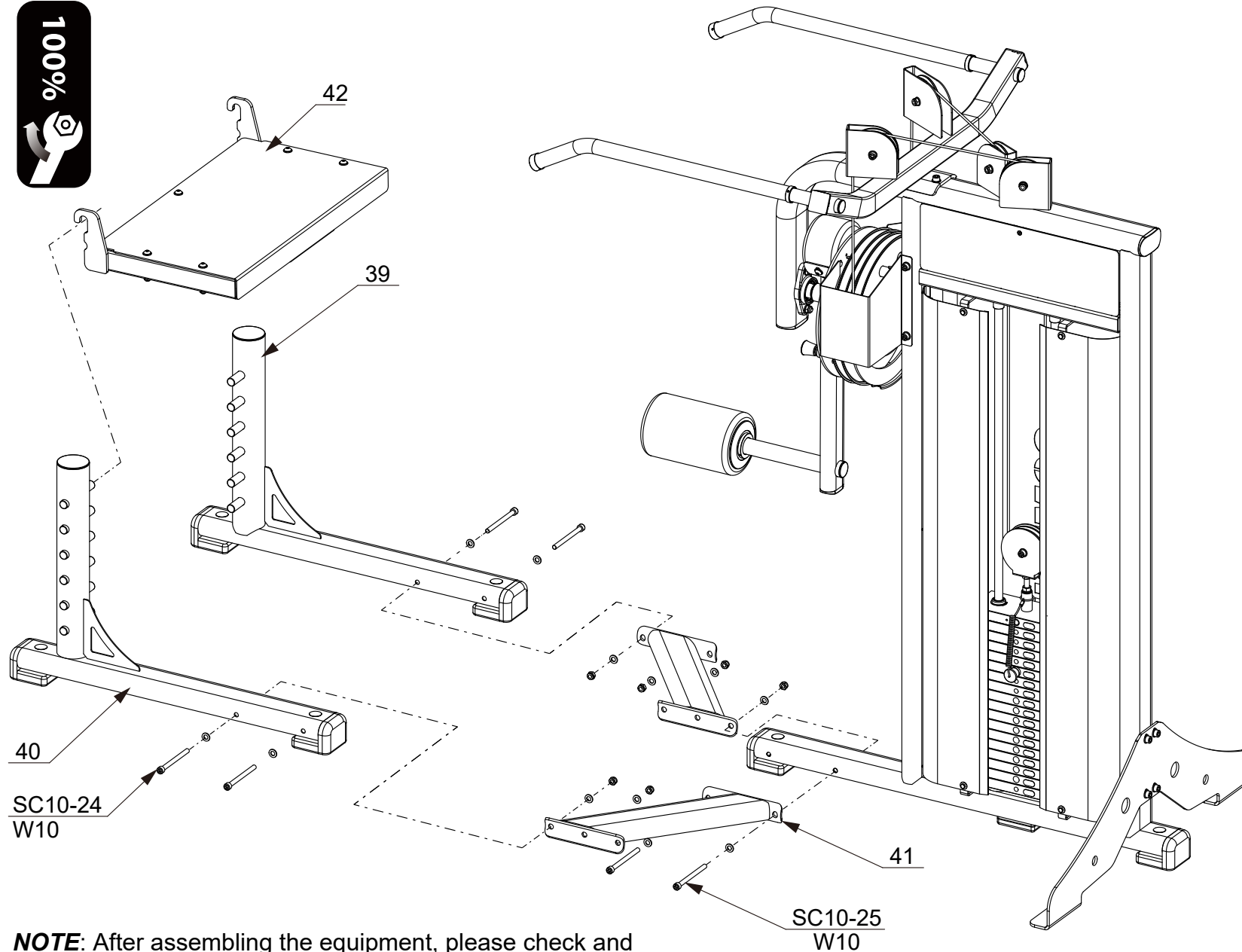


STEP 9



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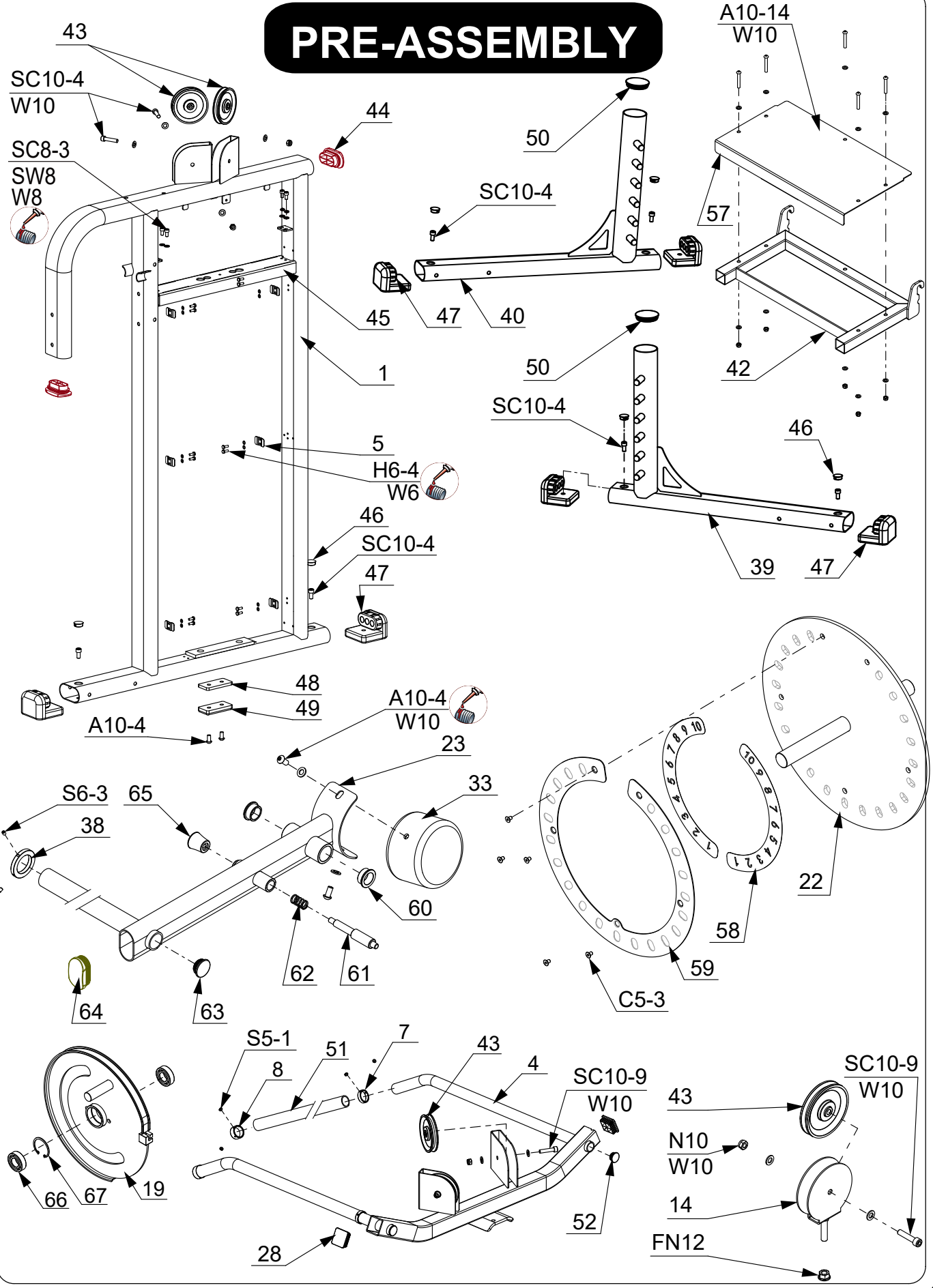




STEP 10

NOTE: After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

PRE-ASSEMBLY



PARTS LIST

PART #	DESCRIPTION	QTY
1	Weight Frame	1
2	Plate Brace	1
3	U Plate	4
4	Handrail Frame	1
5	Clamp Plate	6
6	Weight Plate 7.5 Kg	10
7	Retaining Ring ID32	2
8	Handle Cap	2
9	Buffer Ring	2
10	Weight Label	1
11	Weight Plate 5 Kg	7
12	Top Weight Plate	1
13	Weight Pin	1
14	Pulley Holder	1
15	Guide Rod	2
16	Retaining Ring	2
17	Rod Retainer	2
18	Mounted Bearing	2
19	Cam	2
20	Spacer Ring	1
21	Spacer Ring	1
22	Selector&Shaft	1
23	Swing Arm	1
24	Wave Washer	1
25	Cable	1
26	Back Upper Shield	1
27	Back Lower Shield	1
28	Square Tube Cap	2
29	Front Upper Shield	1
30	Front Lower Shield	2
31	Cam Cover	1
32	Cam Cover	1
33	Counter Weight	1
34	Foam Roller Cap	1
35	Big Washer	1
36	Roller Bushing	2
37	Roller	1
38	Retaining Ring	1
39	Side Pedal Holder	1
40	Side Pedal Holder	1
41	Connection Tube	2
42	Pedal Frame	1
43	Pulley	5
44	Tube Cap 50*100	2
45	Upper Lateral Tube	1

PART #	DESCRIPTION	QTY
46	Cap D25	6
47	L Rubber Foot	6
48	Spacer Plate 50*100	1
49	Rubber Pad 50*100	1
50	Tube Cap D76	1
51	Hand Grip	2
52	Tube Cap OD32	2
57	Pedal	1
58	Azimuth Label	1
59	Stainless Plate	1
60	Bushing ID 25	2
61	Pull Pin	1
62	Spring	1
63	Tube Cap D38	1
64	FE Tube Cap 40*70	1
65	Knob	1
66	Bearing 6205	4
67	Inner Retaining Ring D52	2
W6	Washer 6	20
W6B	Big Washer 6	8
W8	Washer 8	4
SW8	Spring Washer W8	4
W10	Washer 10	54
N10	Nut 10	24
A10-4	Allen Bolt M10 x 20	4
A10-14	Allen Bolt M10 x 70	5
C5-3	Countersunk Head Screw M5 x 8	5
C5-4	Countersunk Head Screw M5 x 10	2
S5-1	Socket Set Screw M5x3	8
S6-3	Socket Set Screw M6x8	2
S8-7	Socket Set Screw M8x35	2
H6-6	Hex Head Bolt M6 x 15	20
H6-6B	Hex Head Bolt M6 x 15 Black	8
SC8-3	Socket Head Cap Screw M8 x 15	4
SC8-5	Socket Head Cap Screw M8 x 25	1
SC10-4	Socket Head Cap Screw M10 x 20	6
SC10-5	Socket Head Cap Screw M10 x 25	4
SC10-9	Socket Head Cap Screw M10 x 45	5
SC10-15	Socket Head Cap Screw M10 x 75	2
SC10-16	Socket Head Cap Screw M10 x 80	4
SC10-24	Socket Head Cap Screw M10 x 120	6
SC10-25	Socket Head Cap Screw M10 x 125	2