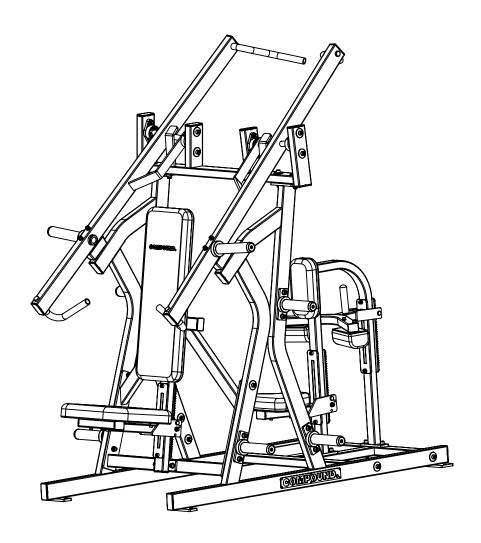
PARTS MANUAL

ISO-CHEST PRESS/PULL DOWN CPL-CPP-2113



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

CONTENTS

O2 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

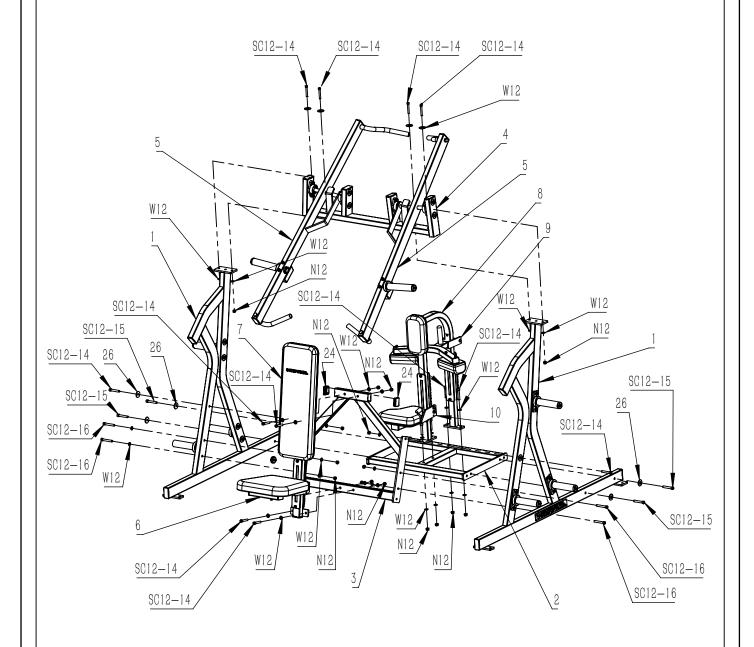
08 Part List

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 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 N12 25 SC12-14 N12 W12 21 PHSC8-5 N12 SC12-14 N12 SC12-14 N12 W12 25 30 N12 PHSC8-5 PHSC8-5 W12 R4.8-8 SC12-16 R4.8-8 10 SC12-16 21 30

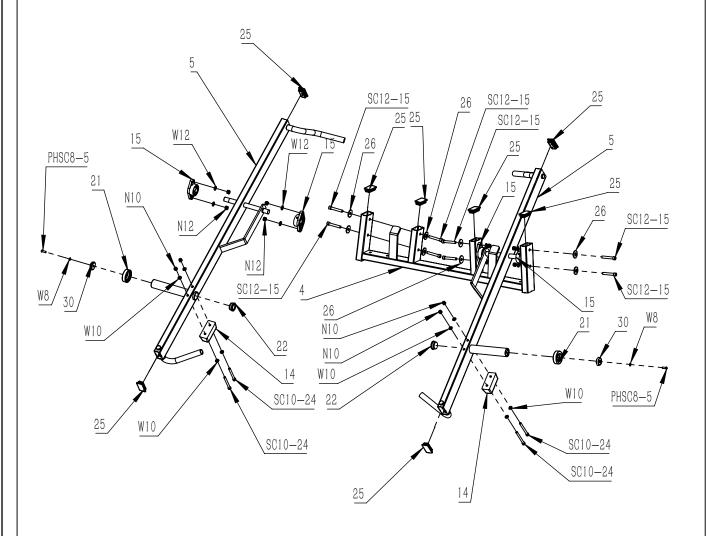
INFORMATION

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

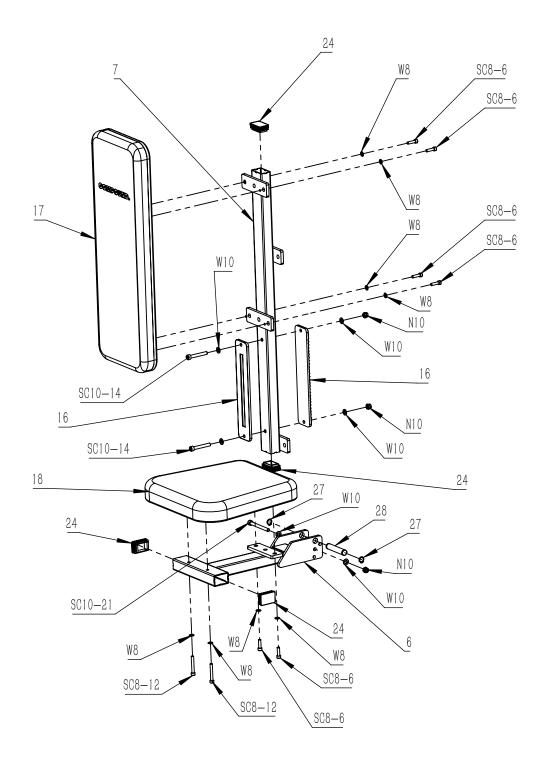


INFORMATION

- 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

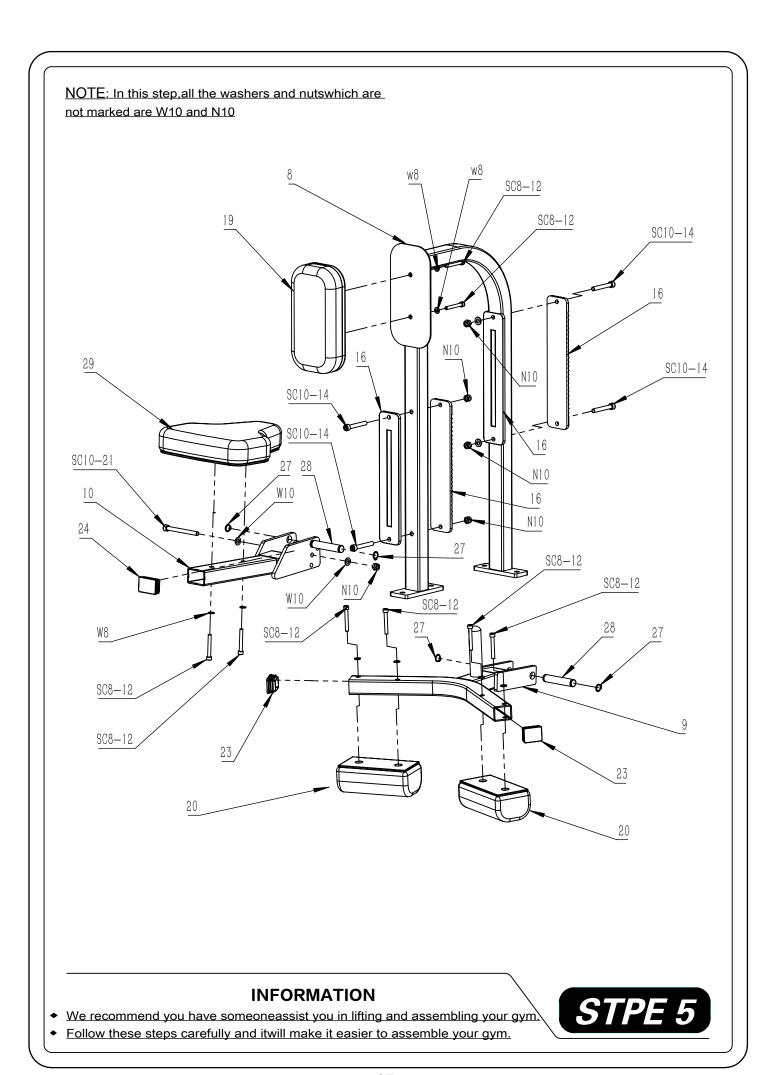


INFORMATION

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

PTRT#	DESCRIPTION	QTY
1	Main support tube group	2
2	Ground horizontal tube group	1
3	Dorsal cushion transverse tube	1
4	Upper jacking group	1
5	Chest tube set	2
6	Seat tube group 1	1
7	Back pad tube set	1
8	Chest pad tube set	1
9	Leg press adjustment group	1
10	Seat tube group 2	1
11	Hang the tube group	6
12	Label	2
13	signboard	2
14	Large Damping block	2
15	bearing	4
16	Regulating plate	6
17	Back pad	1
18	Seat cushion	1
19	Bra pad	1
20	Leg press pad	2
21	sheath D48	8
22	Round plug D48	2
23	Rectangular plug 40*50	2
24	Rectangular plug 40*60	7
25	Rectangular plug 40*80	14
26	Plastic pad	26
27	Clasp spring	6
28	Pin shaft	3
29	Seat cushion	1
30	Aluminum plug cover	8
R4.8-8	Rivet M4.8*16	12
SC8-6	Socket Cap Screw M8*30	6
SC8-12	Socket Cap Screw M8*60	10
SC10-14	Socket Cap Screw M10*70	6
SC10-21	Socket Cap Screw M10*105	2
SC10-24	Socket Cap Screw M10*120	4
SC12-14	Socket Cap Screw M12*70	22
SC12-15	Socket Cap Screw M12*75	12
SC12-16	Socket Cap Screw M12*80	4
PHSC8-5	Pan Head Socket cap screw M8*25	8

PTRT	DESCRIPTION	QTY
W8	Washer φ8	24
W10	Washer φ10	24
W12	Washer φ12	40
N10	Nut M10	12
N12	Nut M12	32