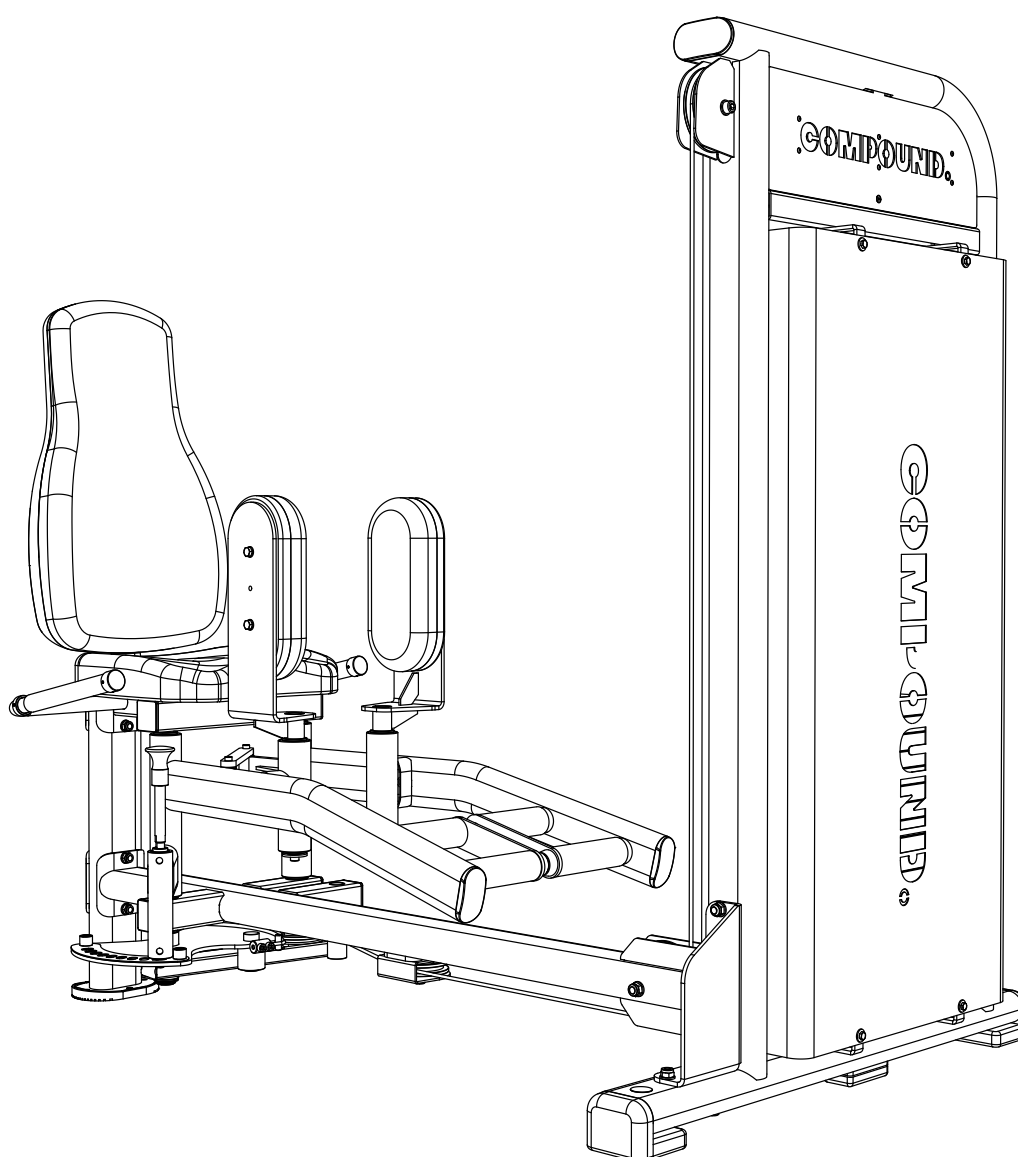

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

ADDUCTOR / ABDUCTOR MACHINE

SKU: CPL-AAM-1085



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

COMPOUND
FITNESS EQUIPMENT

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

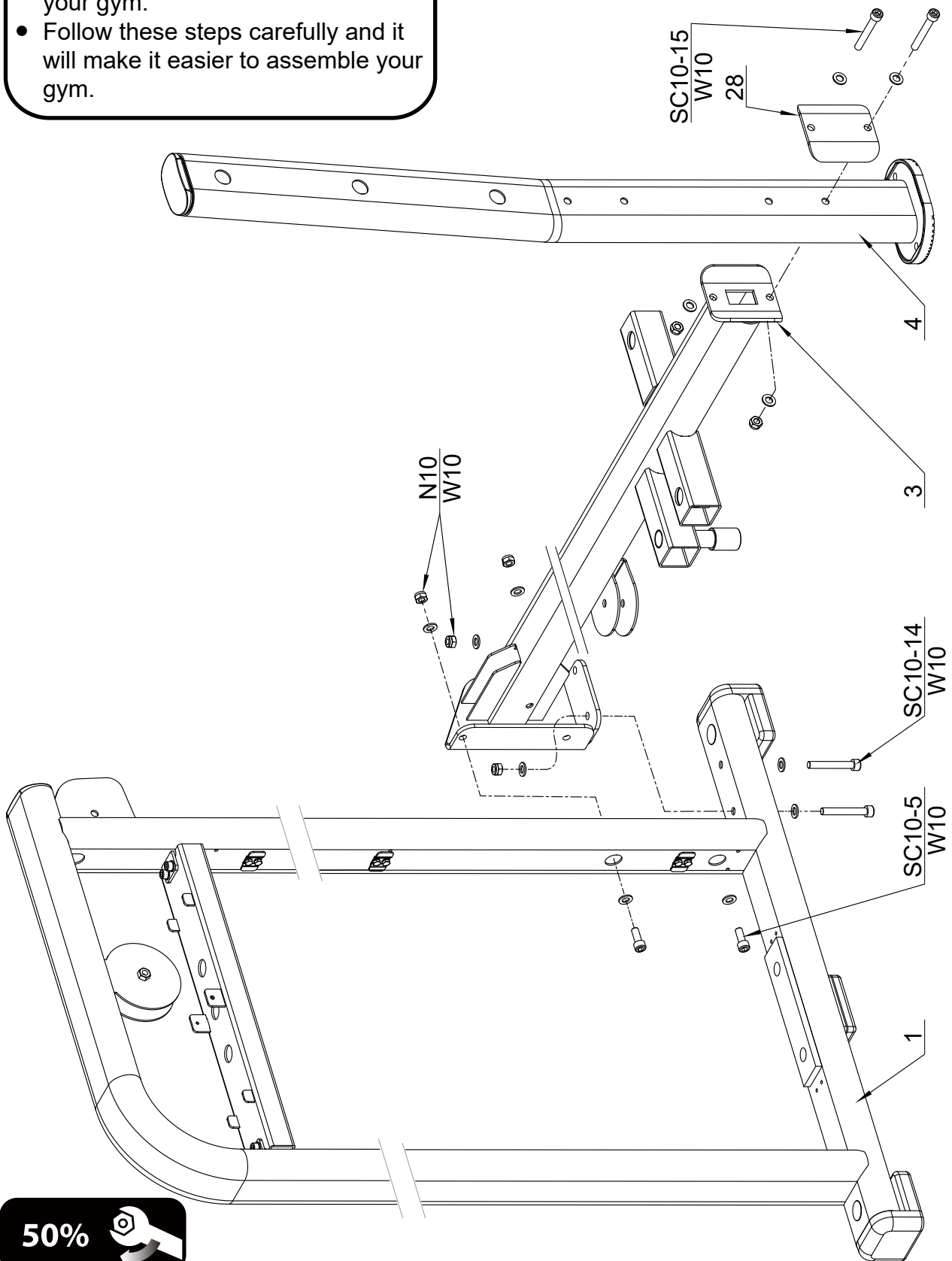
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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.

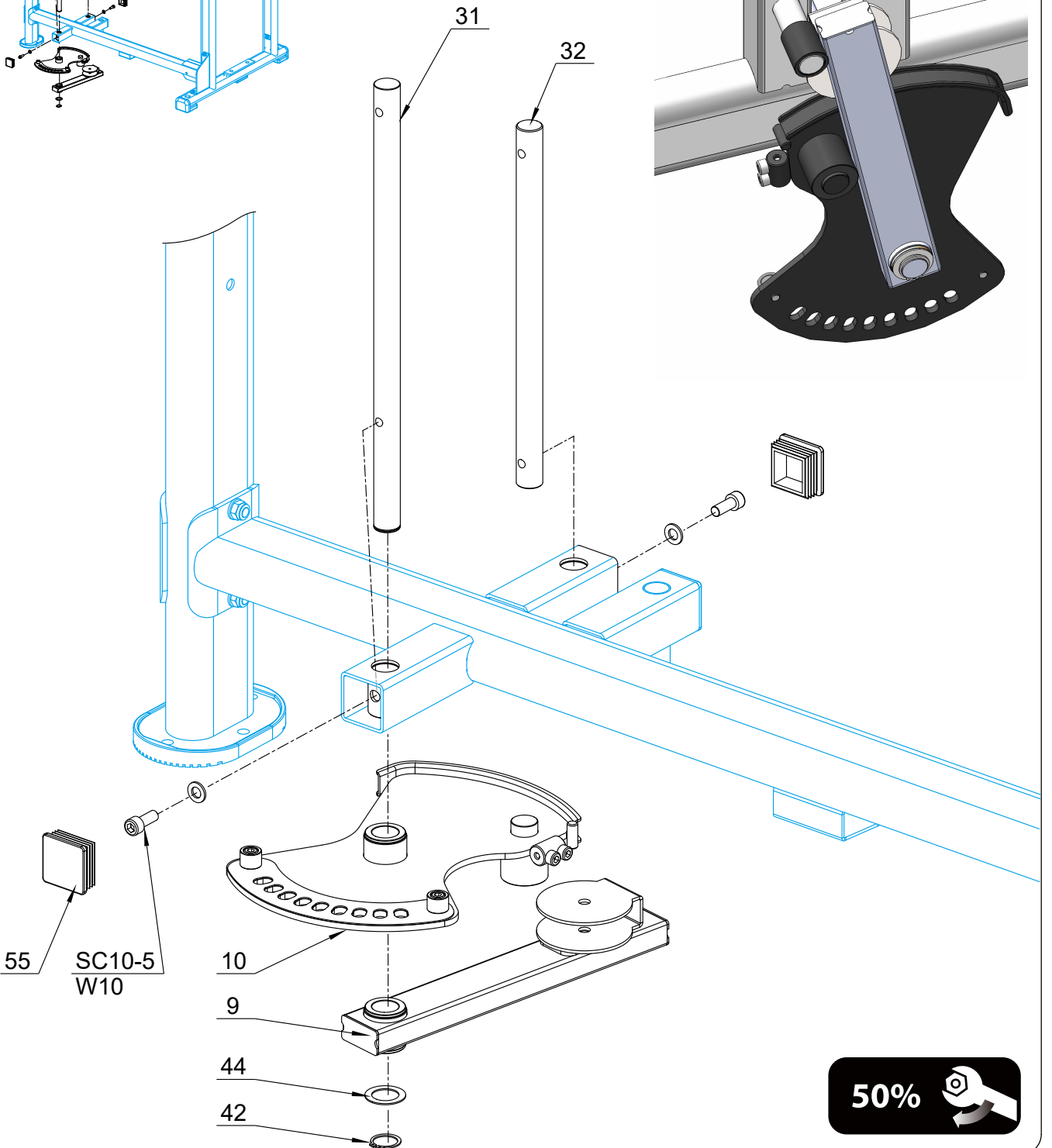
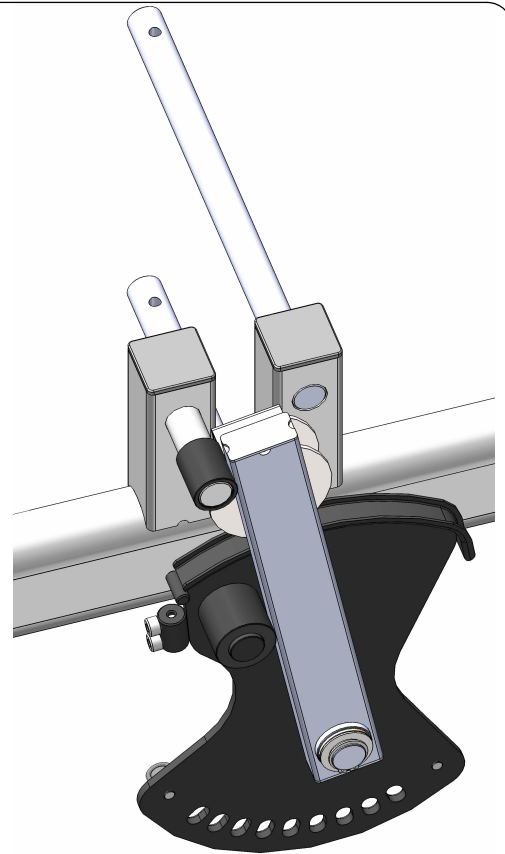
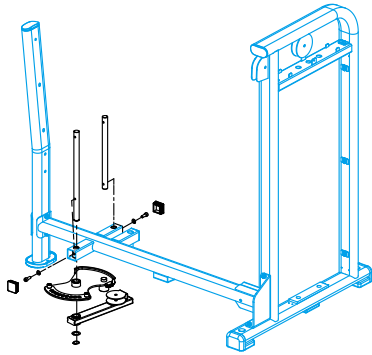
STEP 1



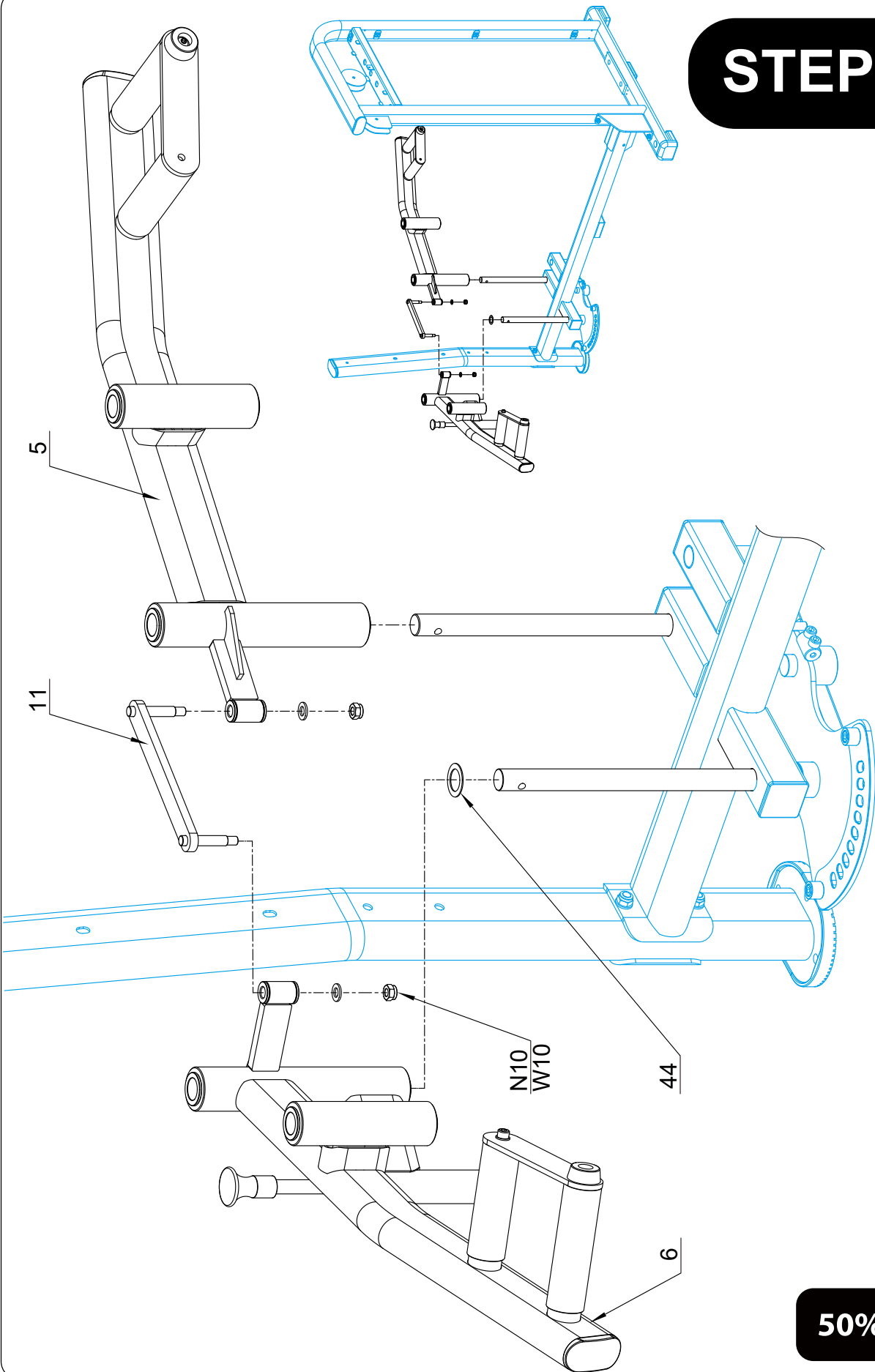
50%



STEP 2



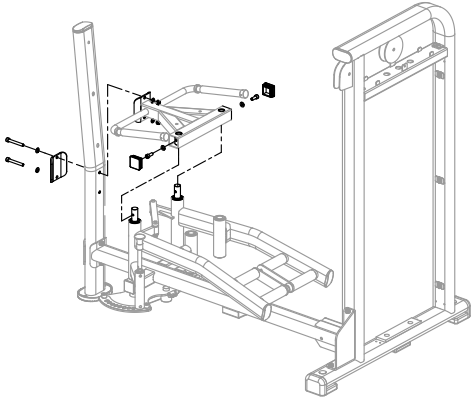
STEP 3



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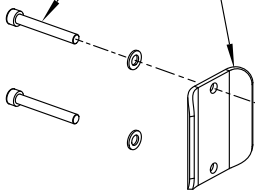


STEP 4



SC10-15
W10

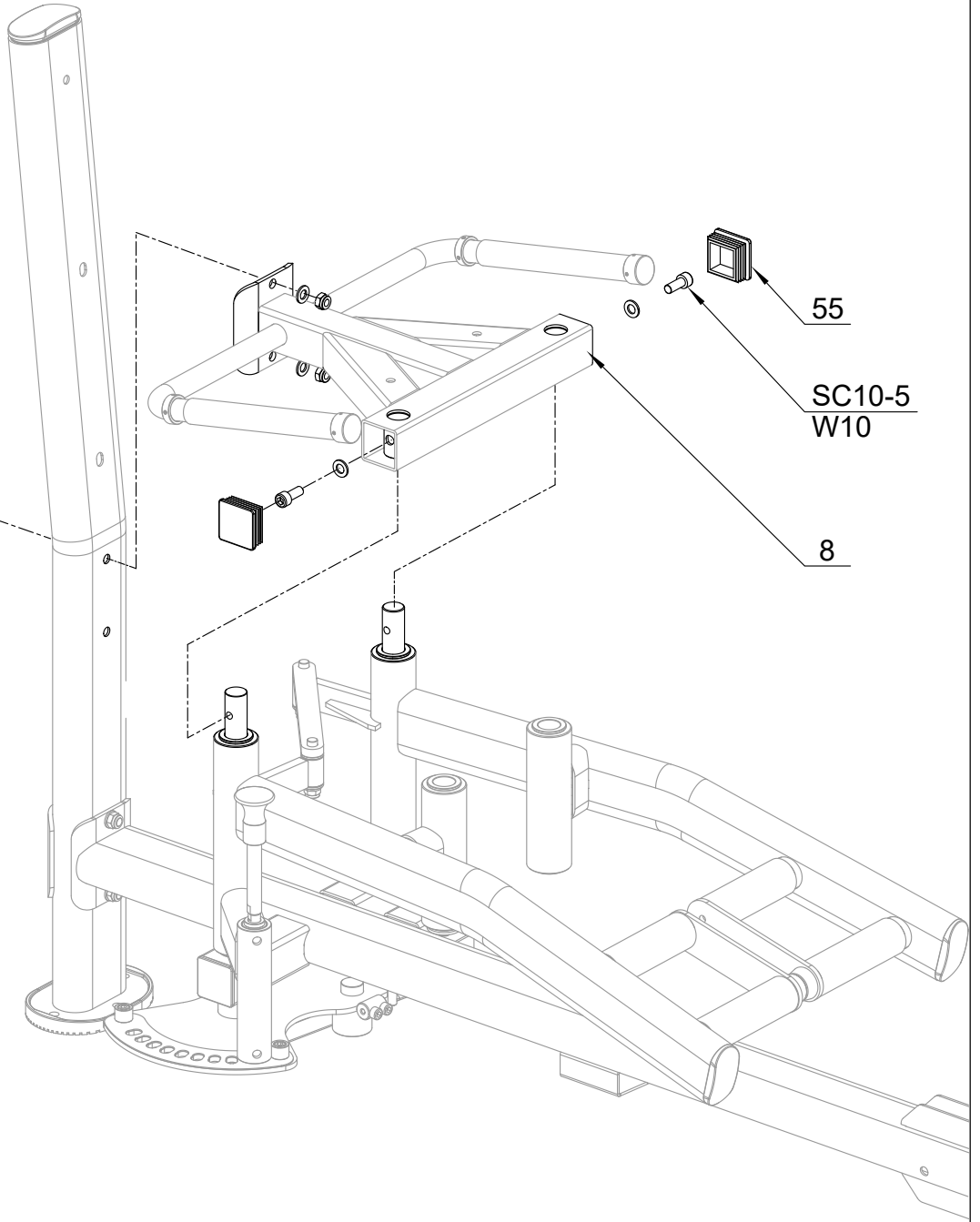
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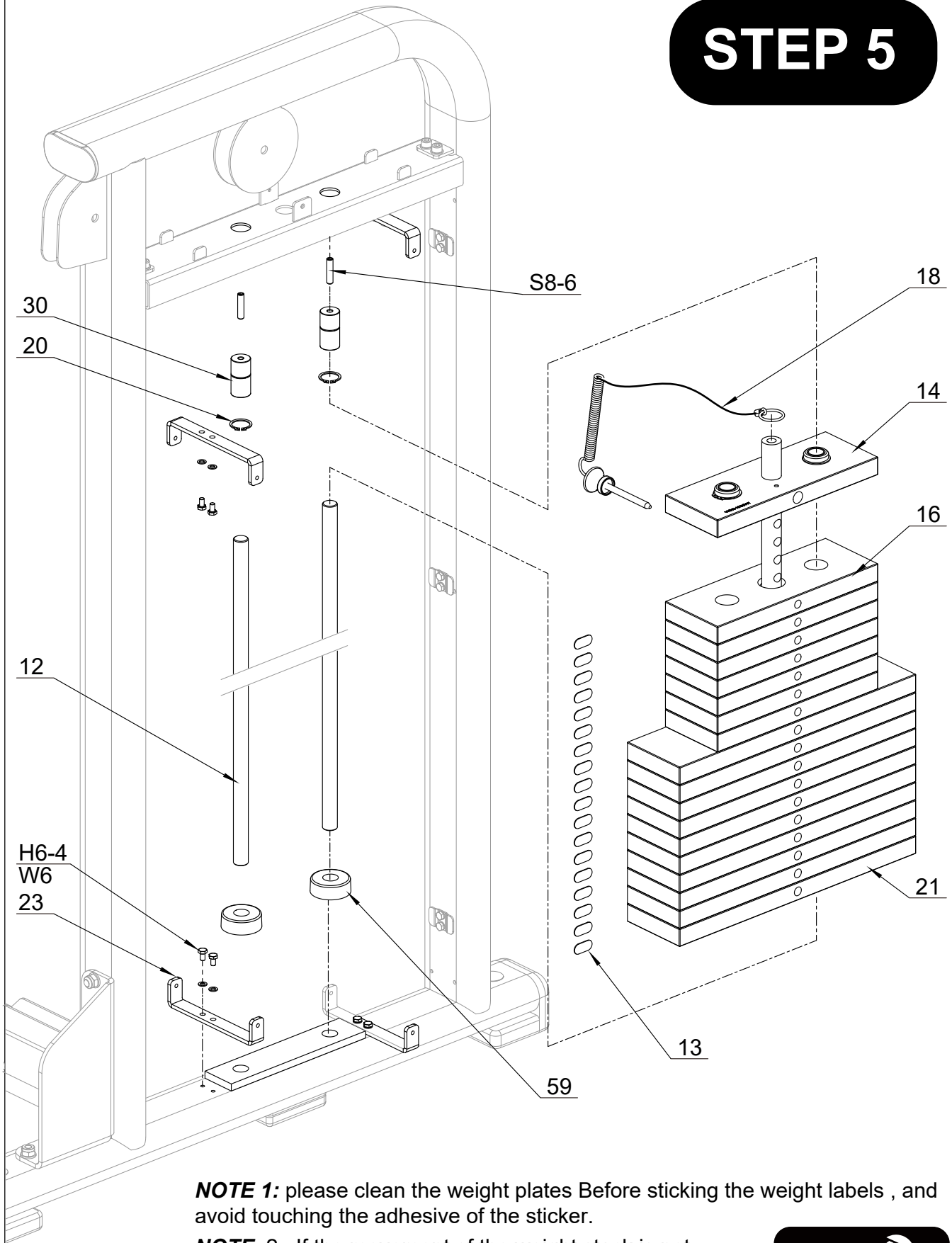
55

SC10-5
W10

8



STEP 5



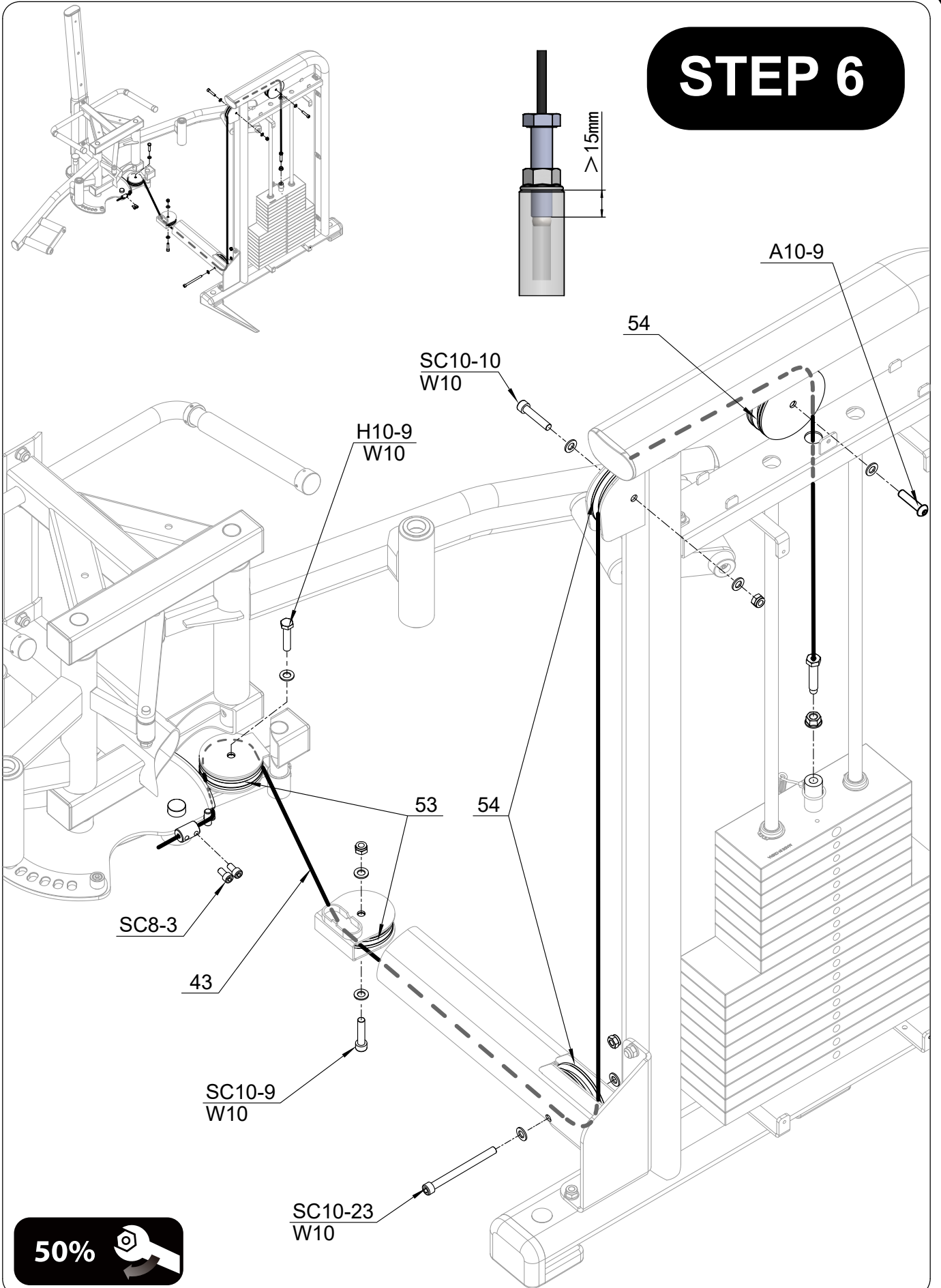
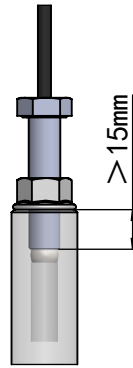
NOTE 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

NOTE 2 : If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

50%



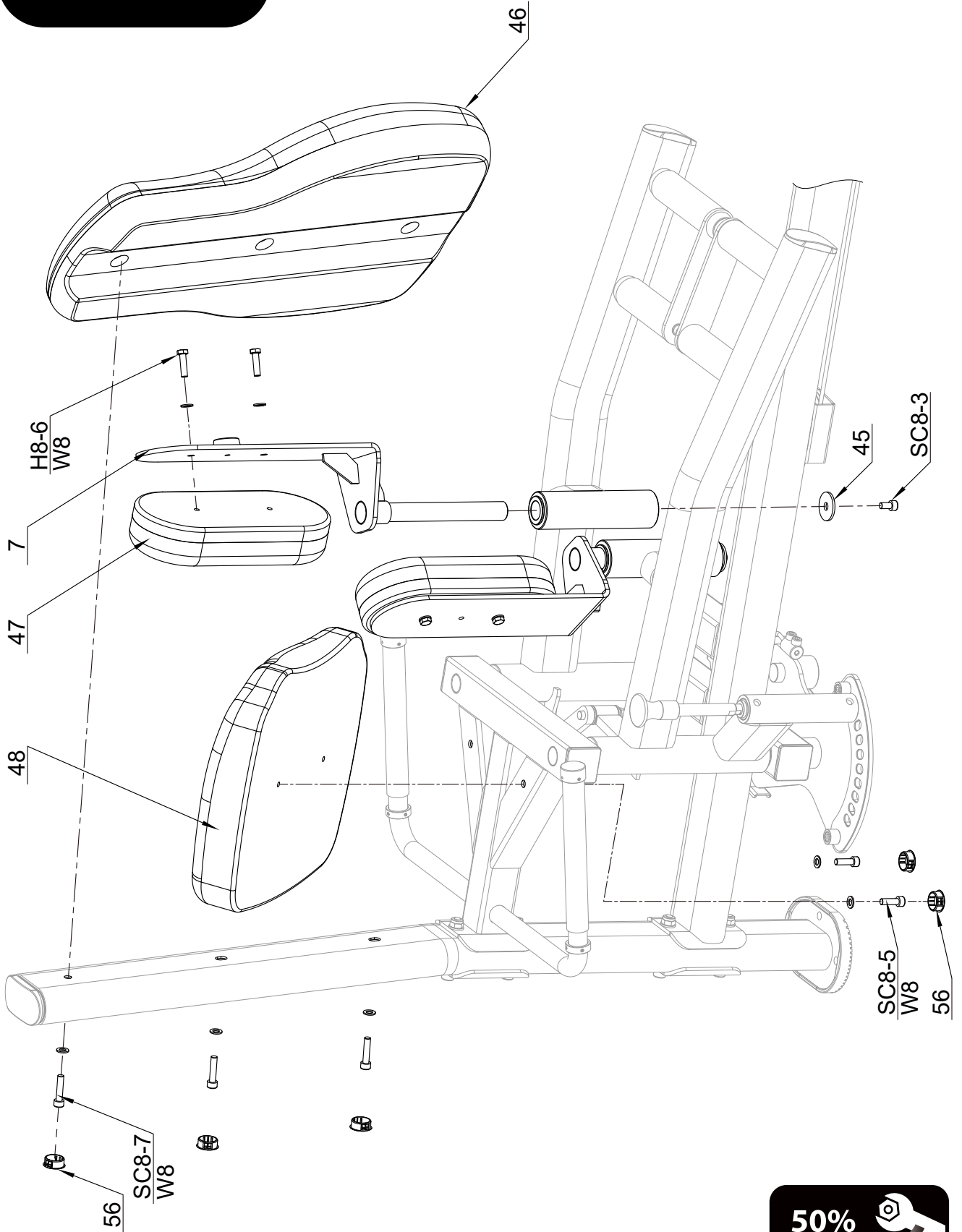
STEP 6



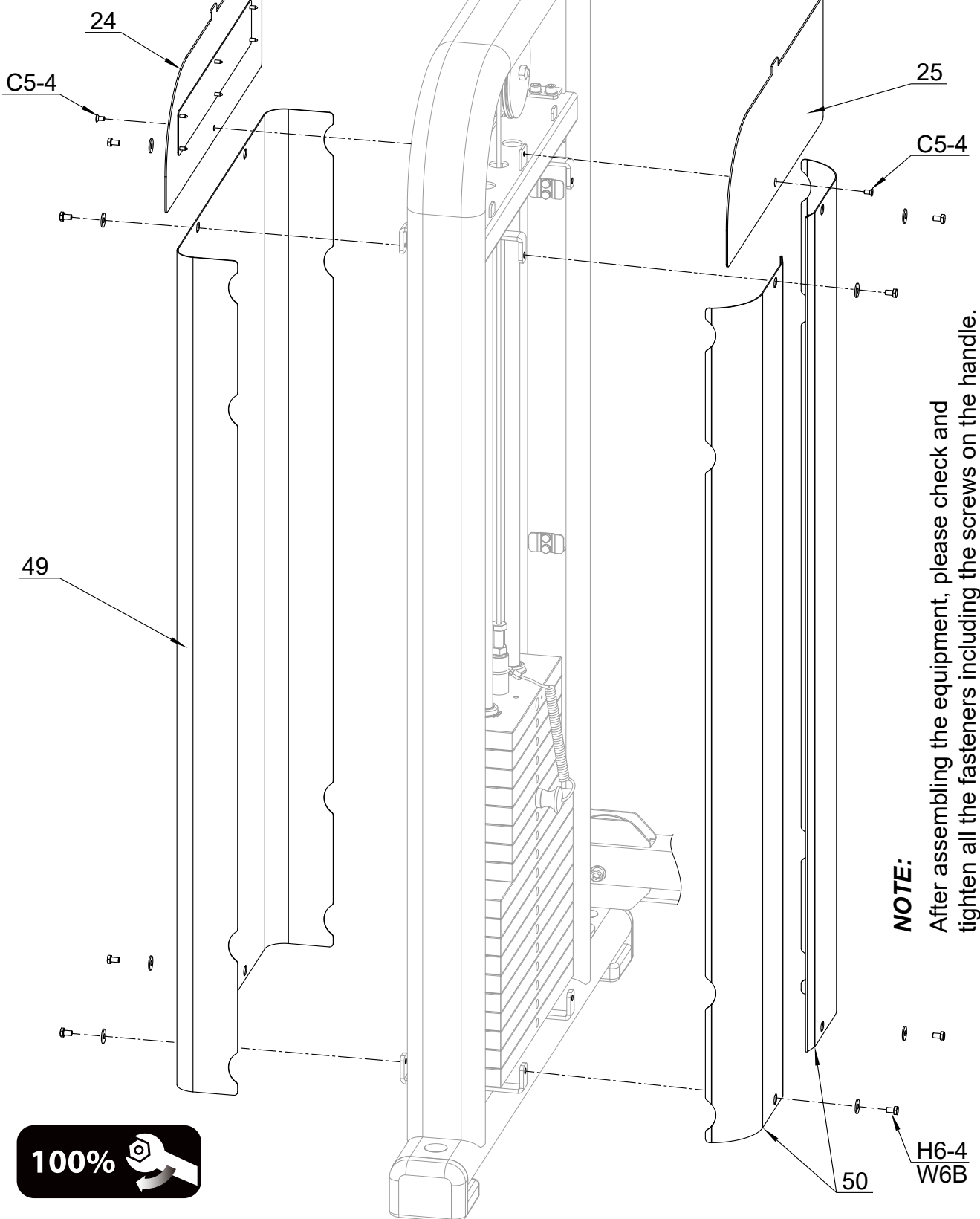
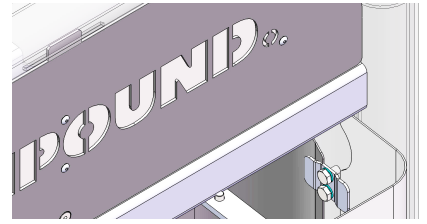
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STEP 7



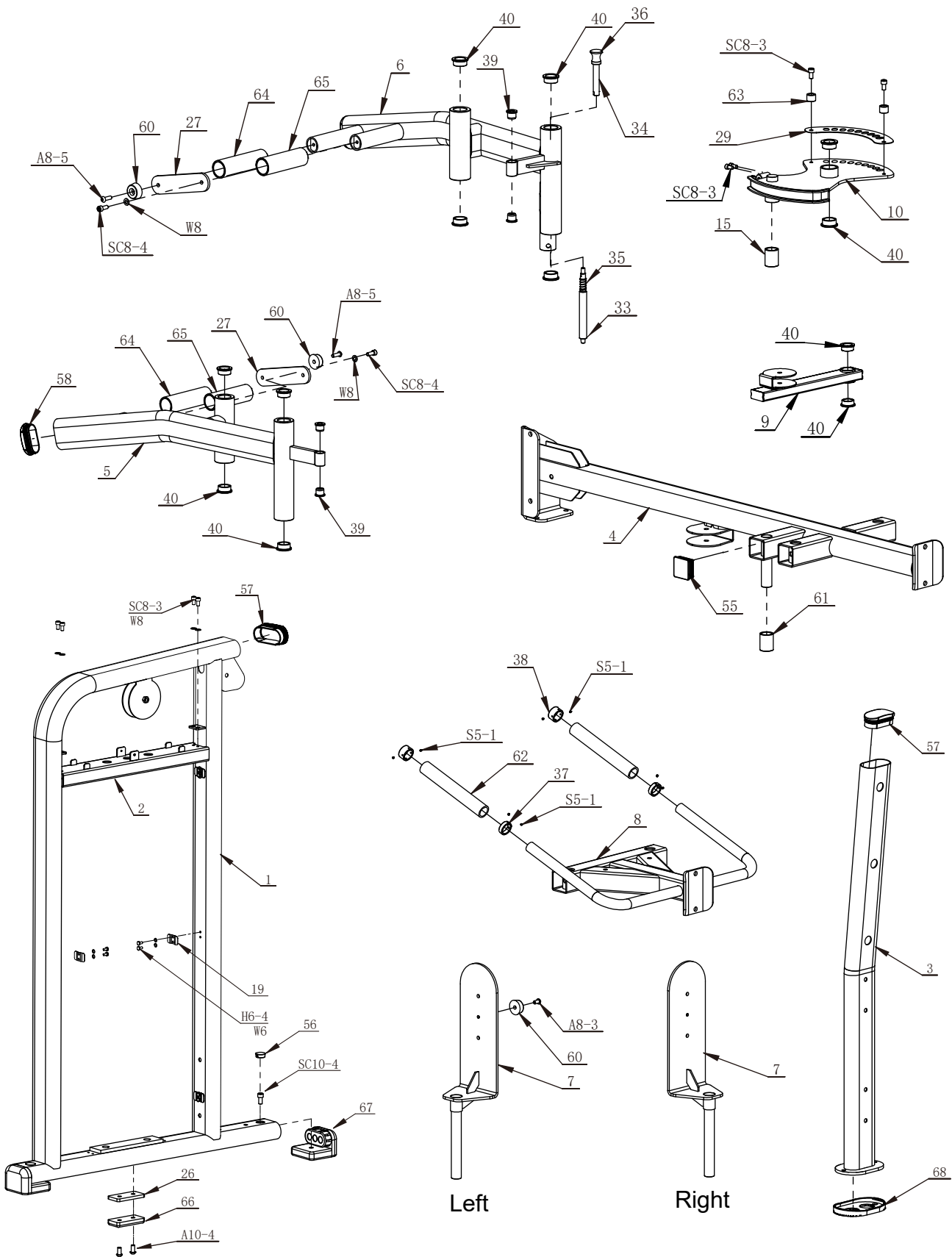
STEP 8



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



PREASSEMBLED STEP



Left

Right

PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Stack Frame	1
2	Top Frame	1
3	Back Pad Frame	1
4	Bottom Frame	1
5	Left Swing Group	1
6	Right Swing Group	1
7	Leg Pad Frame	2
8	Seat Pad Frame	1
9	Bottom Swing Group	1
10	Adjust Group	1
11	connect Group	1
12	Guide Rod	2
13	Weight Label	1
14	5Kg Top Weight Plate	1
15	Plastic Sleeve OD40	1
16	5 Kg Weight Plate	7
*		
18	Weight Stack Pin	1
19	Clip Plate	6
20	Retainer Ring	2
21	7.5 Kg Weight Plate	10
*		
23	Cover Connecting Plate	4
24	LOGO Plate 1	1
25	LOGO Plate 2	1
26	Spacer Plate	1
27	Pedal Connecting Plate	2
28	Back Connecting Plate	2
29	Protecting Plate	1
30	Rod Retainer	2
31	Right Shaft	1
32	Left Shaft	1
33	Pin	1
34	Extension Rod	1
35	Spring	1
36	Knob	1
37	Inner Retaining Ring	2
38	Handle Cap	2
39	Bushing D25	4
40	Bushing D38	12
*		
42	External Retaining Ring D25	1
43	Cable 3670mm	1
44	D25.5 Washer	2
45	D10.5 Washer	2
46	Back Pad	1
47	Leg Pad	2
48	Seat Pad	1
49	Rear Shield	1
50	Front Shield	2
*		

PART#	DESCRIPTION	QTY
*		
53	Small Pulley	2
54	Big Pulley	3
55	F50 Cap	5
56	D25 Cap	7
57	PT50X100 Cap	2
58	PT40X80 Cap	2
59	Buffer	2
60	Rubber Spacer	3
61	Plastic Sleeve OD32	1
62	Grip	2
63	Limit Post	2
64	Plastic Sleeve L147mm	2
65	Plastic Sleeve L134 mm	2
66	Rubber Pad	1
67	L Rubber Foot	2
68	Rubber Foot	1
SC8-3	Socket Cap Screw M8X15	10
SC8-4	Socket Cap Screw M8X20	2
SC8-5	Socket Cap Screw M8X25	2
SC8-7	Socket Cap Screw M8X35	3
SC10-4	Socket Cap Screw M10X20	2
SC10-5	Socket Cap Screw M10X25	6
SC10-9	Socket Cap Screw M10X45	1
SC10-10	Socket Cap Screw M10X50	1
SC10-14	Socket Cap Screw M10X70	2
SC10-15	Socket Cap Screw M10X75	6
SC10-23	Socket Cap Screw M10X115	1
A8-3	Allen Bolt M8X15	1
A8-5	Allen Bolt M8X 25	2
A10-4	Allen Bolt M10X20	2
A10-9	Allen Bolt M10X45	1
C5-4	Countersunk Head Screw M5X10	2
H6-4	Hex Head Bolt M6X10	28
H8-6	Hex Head Bolt M8X30	4
H10-9	Hex Head Bolt M10X45	1
S5-1	Socket Set Screw M5X4	8
S8-6	Socket Set Screw M8X30	2
W6	Washer Φ6	20
W8	Washer Φ8	11
W6B	Big Washer 6	8
W10	Washer Φ10	30
N10	Nut M10	15