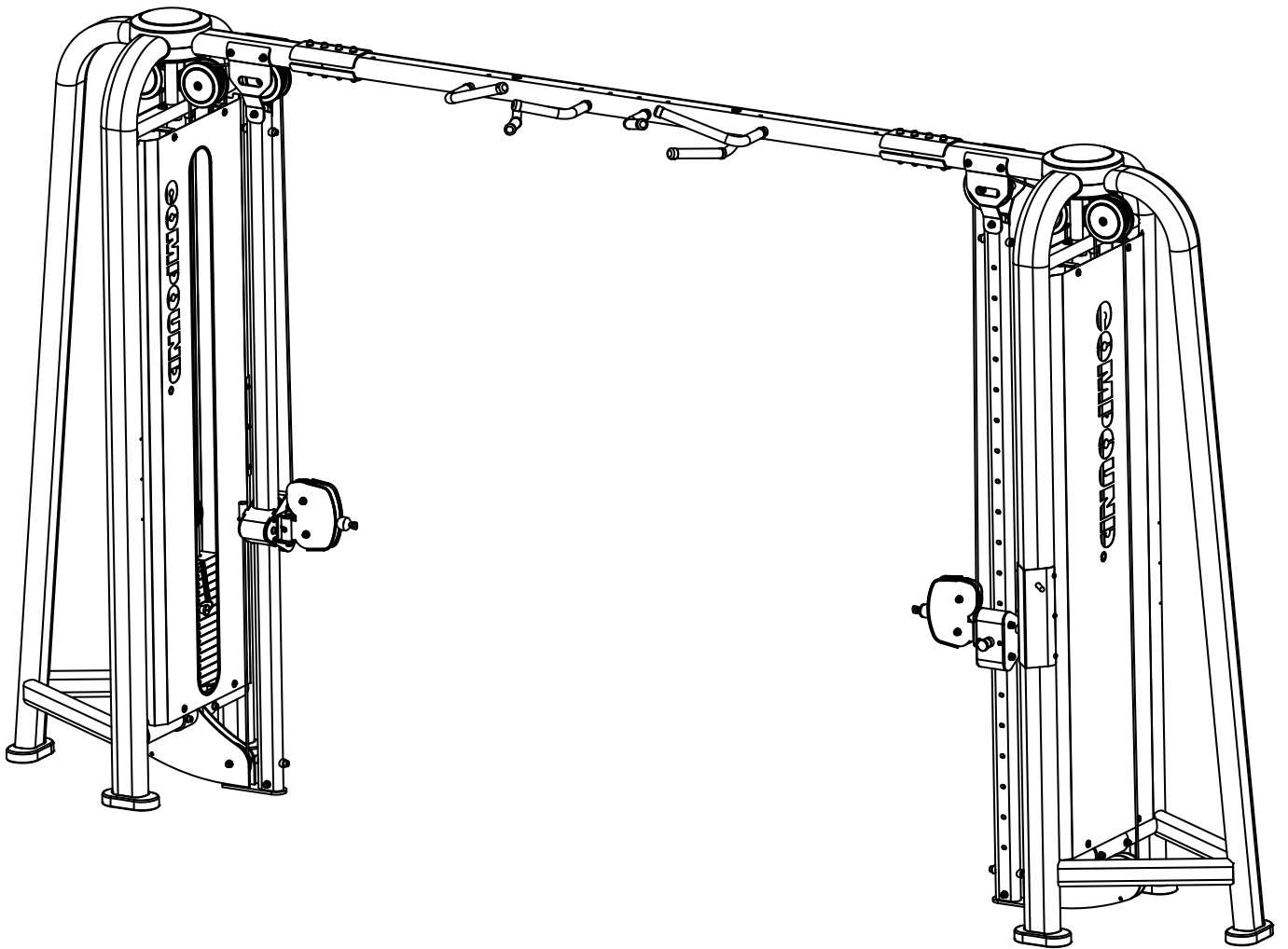

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

CABLE CROSSOVER PIN LOADED MACHINE

SKU: CPL-CBC-1023



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

03-06 Assembly Instructions

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

- Pictures, descriptions of the parts required
- Notes
- Diagram showing how the parts fit together

07-09 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.

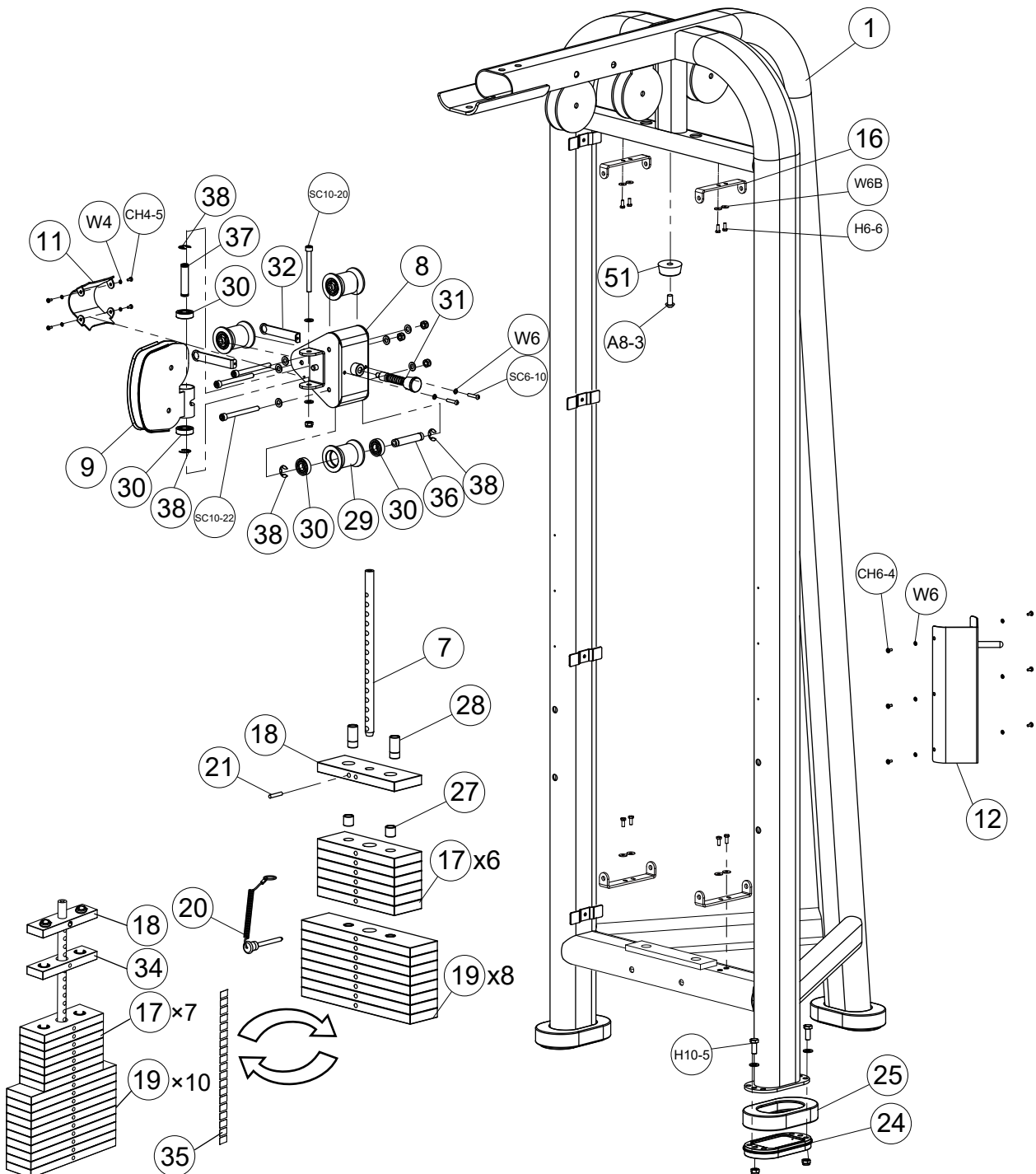
INFORMATION

- 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.
- Tighten all the bolts/nuts.

STEP 1

NOTE:

- In this step, all the washers and nuts which are not marked are W10 and N10.



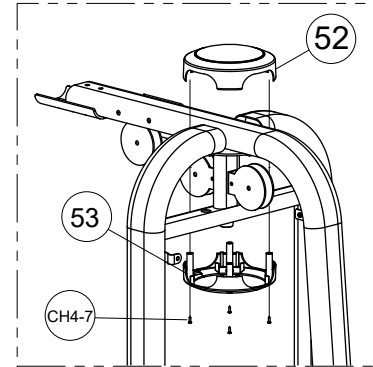
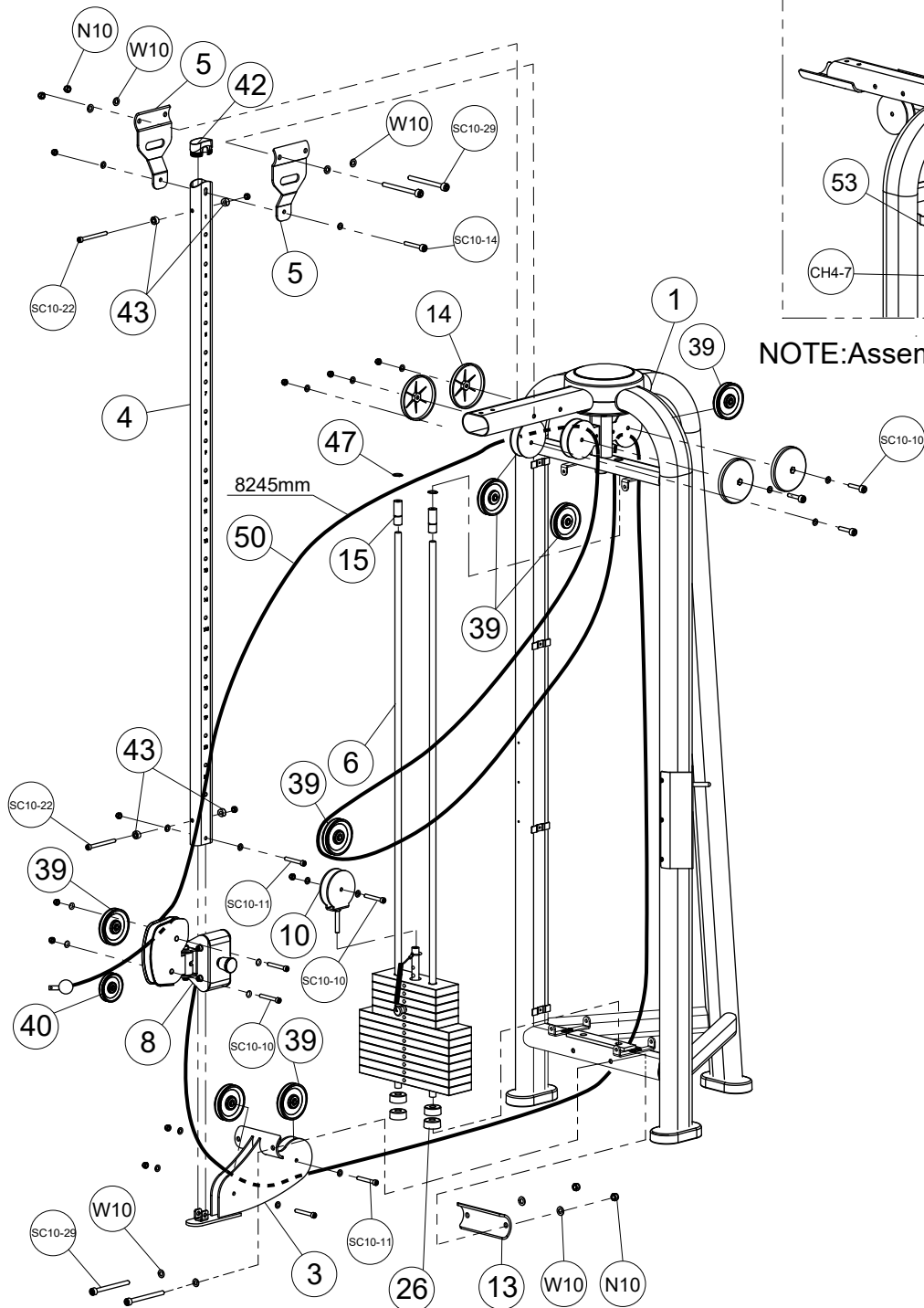
INFORMATION

- 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.
- Tighten all the bolts/nuts.

STEP 2

NOTE:

- In this step, all the washers and nuts which are not marked are W10 and N10.



NOTE: Assemble the cap first.

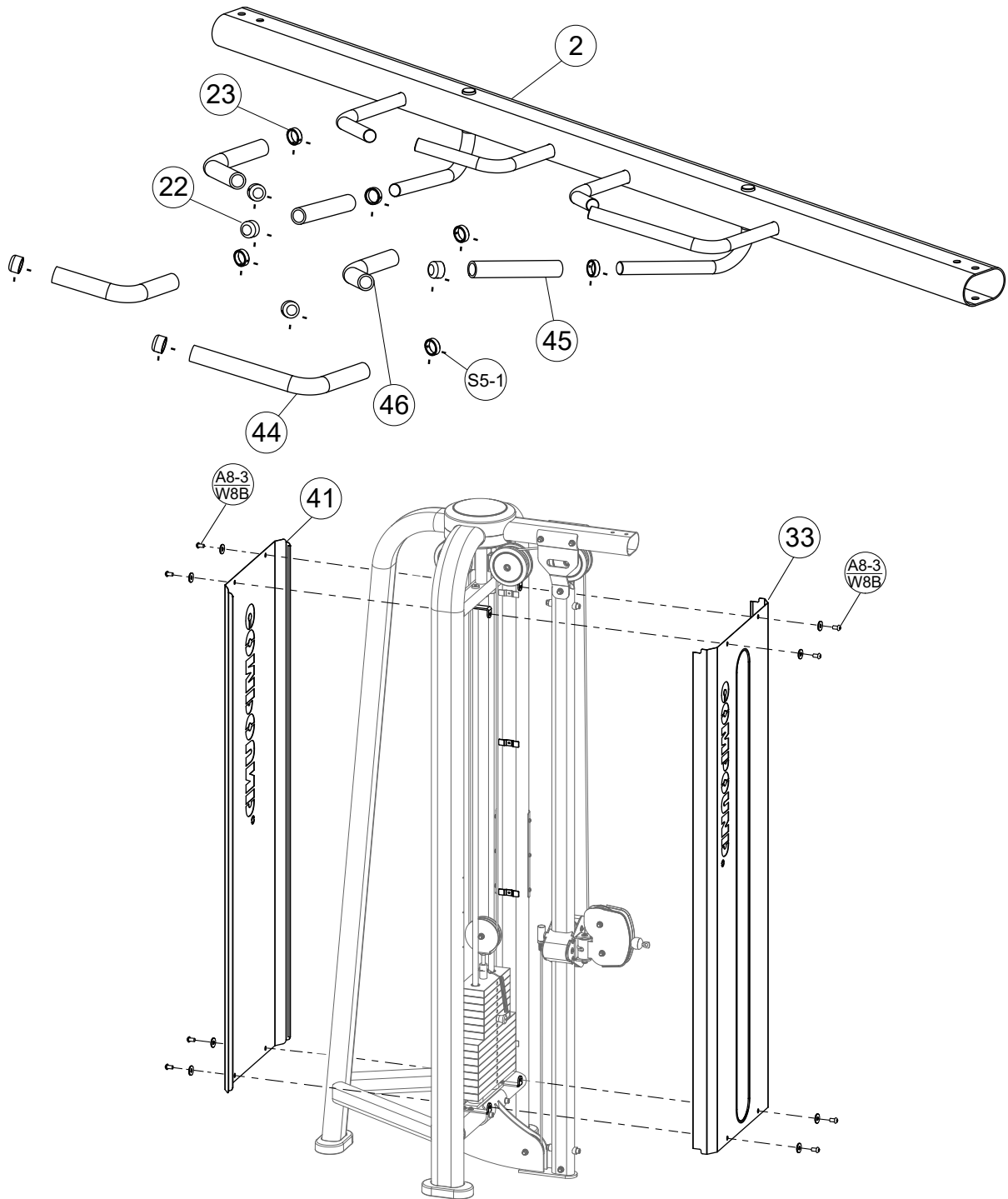
INFORMATION

- 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.
- Tighten all the bolts/nuts.

STEP 3

NOTE:

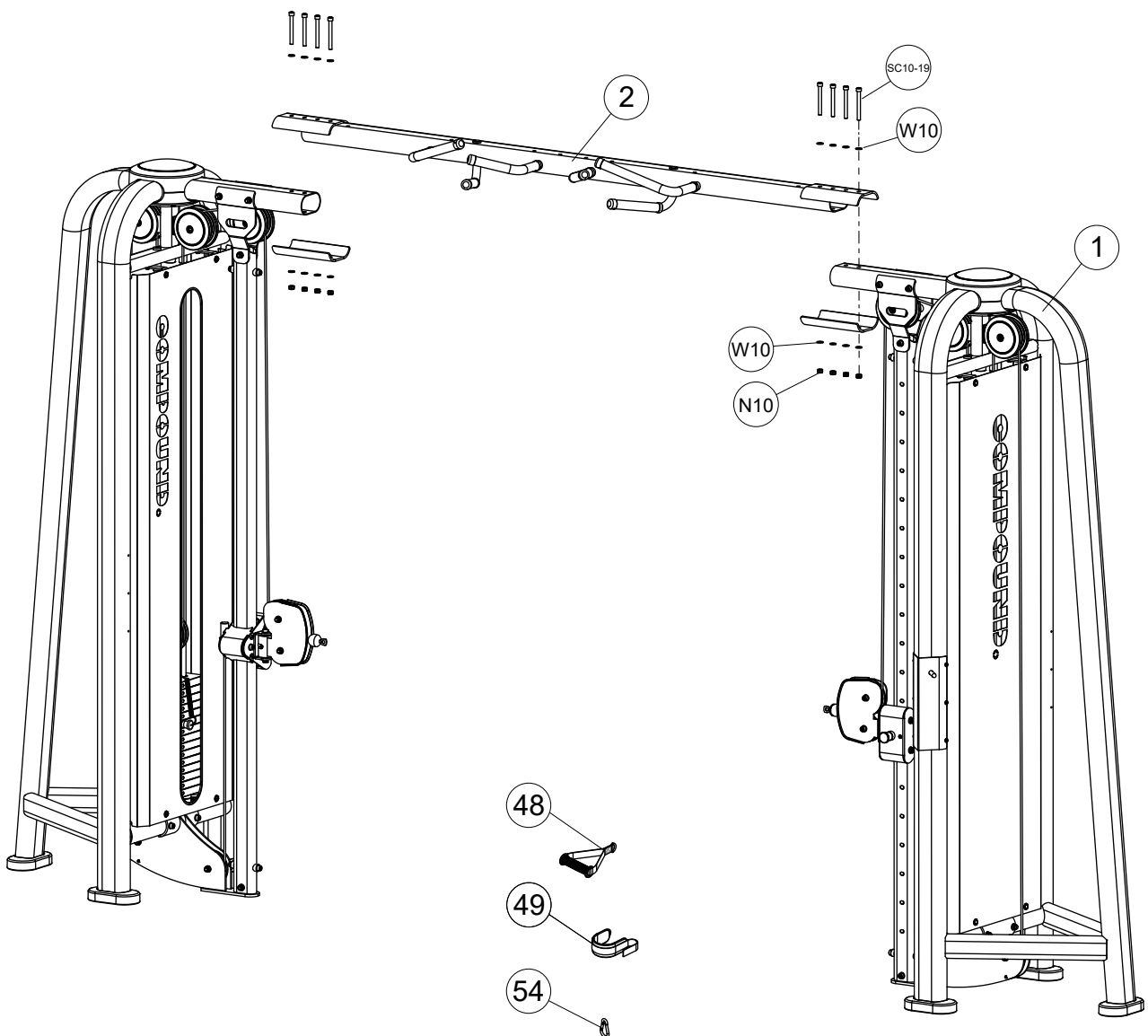
- This step is Pre-Assembly.



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.
- Tighten all the bolts/nuts.

STEP 4



PARTS LIST

Part#	Description	Qty
1	Main Frame	2
2	Linking Tube	1
3	Adjuster Post Base	2
4	Adjuster Post	2
5	Tube Top	4
6	Guide Post	4
7	Selecter Bar	2
8	Adjuster Lever Assembly	2
9	Swivel Pulley Carriage	2
10	Pulley Bracket	2
11	Carriage Shroud	2
12	Lable Placard	2
13	Arc Plate	2
14	Pulley Cap	8
15	Guide Post Bushing	4
16	Fixing Plate	8
17	5 Kg Weight Plate	14
18	2.5 Kg Top Weight Plate	2
19	7.5 Kg Weight Plate	20
20	Weight Stack Pin	2
21	Spring Pin	2
22	Handle End Cap	6
23	Handle Ring	6
24	Rubber Foot	6
25	Footcover	6
26	Shock Rubber Gasket	8
27	Weight Stack Bushing	52
28	Weight Stack Head Bushing	4
29	Slide Bushing	6
30	Bearing 6203	16

PARTS LIST

Part#	Description	Qty
31	Shaft D19x117.5	2
32	ADJ Plate	4
33	Front Panel	2
34	2.5 Kg Weight Plate	2
35	Weight Label	2
36	Shaft D17x90.5	6
37	Shaft D17x76	2
38	E Washer	16
39	Pulley D114	14
40	Pulley D89	2
41	Panel	2
42	End Cap 40x80	2
43	Plastic Stoper	8
44	Grip 384	2
45	Grip 195	2
46	Grip 170	2
47	Retaining rings D25	4
48	Single Handle	2
49	Ankle Strap	2
50	Cable L8169mm	2
51	Bumper	2
52	Cap D245	4
53	Half Cap D245	2
54	Carabiner	2
S5-1	Socket Set Screw M5x4	24
S8-10	Socket Set Screw M8x50	4
H10-5	Hex Head Bolt M10x25	12
SC10-10	Socket Cap Screw M10x50	12
SC10-11	Socket Cap Screw M10x55	6
SC10-14	Socket Cap Screw M10x70	2

PARTS LIST

Part#	Description	Qty
SC10-19	Socket Cap Screw M10x95	8
SC10-20	Socket Cap Screw M10x100	2
SC10-22	Socket Cap Screw M10x110	10
SC10-29	Socket Cap Screw M10x145	8
CH4-5	Cross Recessed Pan Head Screw M4x10	8
CH4-7	Cross Recessed Pan Head Screw M4x16	8
CH6-4	Cross Recessed Pan Head Screw M6x10	12
A8-3	Allen Bolt M8x15	18
A6-10	Allen Bolt M6x30	4
N10	Nylon Nut M10	52
W4	Washer ϕ 4	8
W6	Washer ϕ 6	16
W6B	Big Washer 6	16
W8B	Big Washer 8 OD24	16
W10	Washer ϕ 10	80