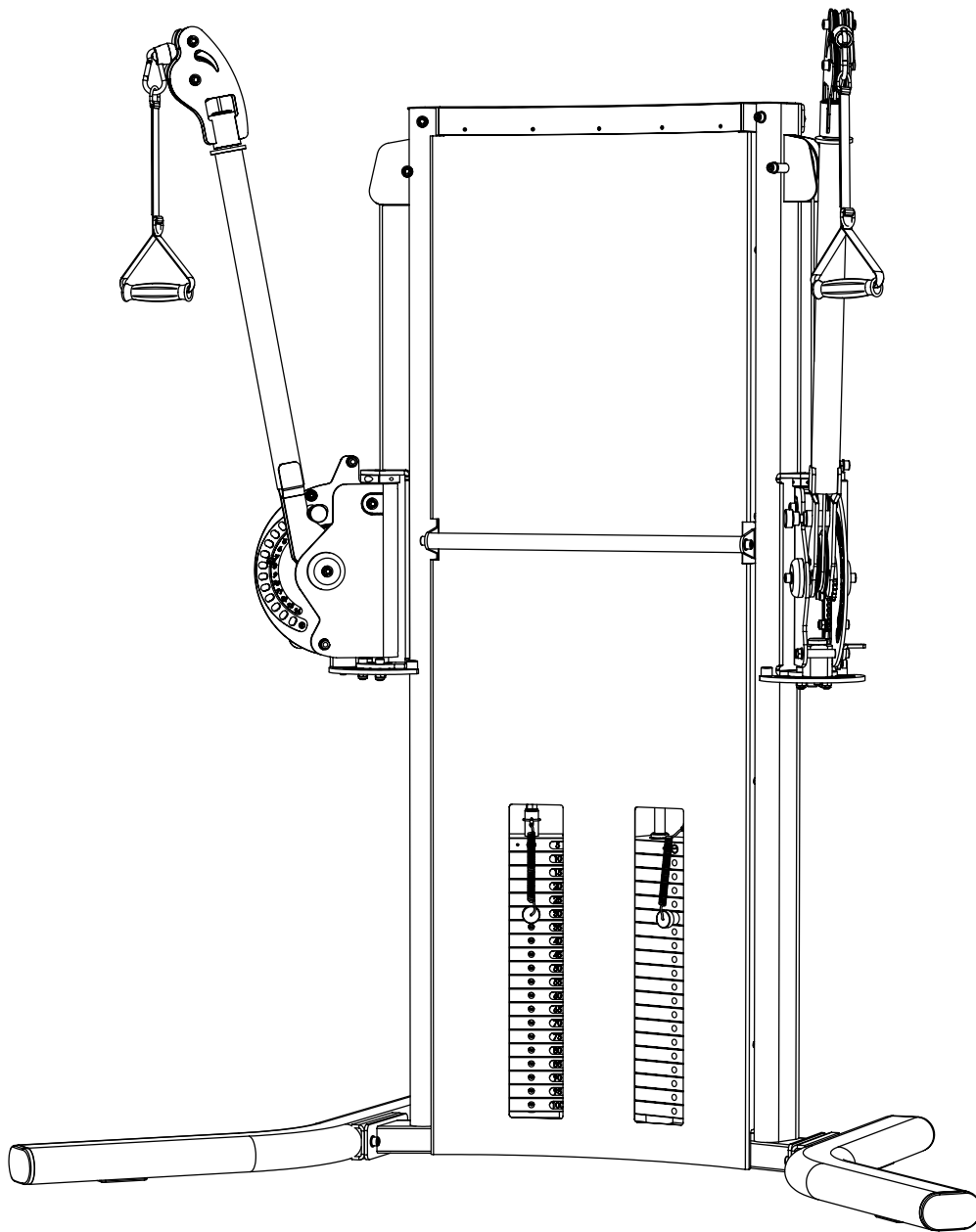

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

DUAL ARM FUNCTIONAL TRAINER

SKU: CPL-DAF-1027



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

12-13 Part List

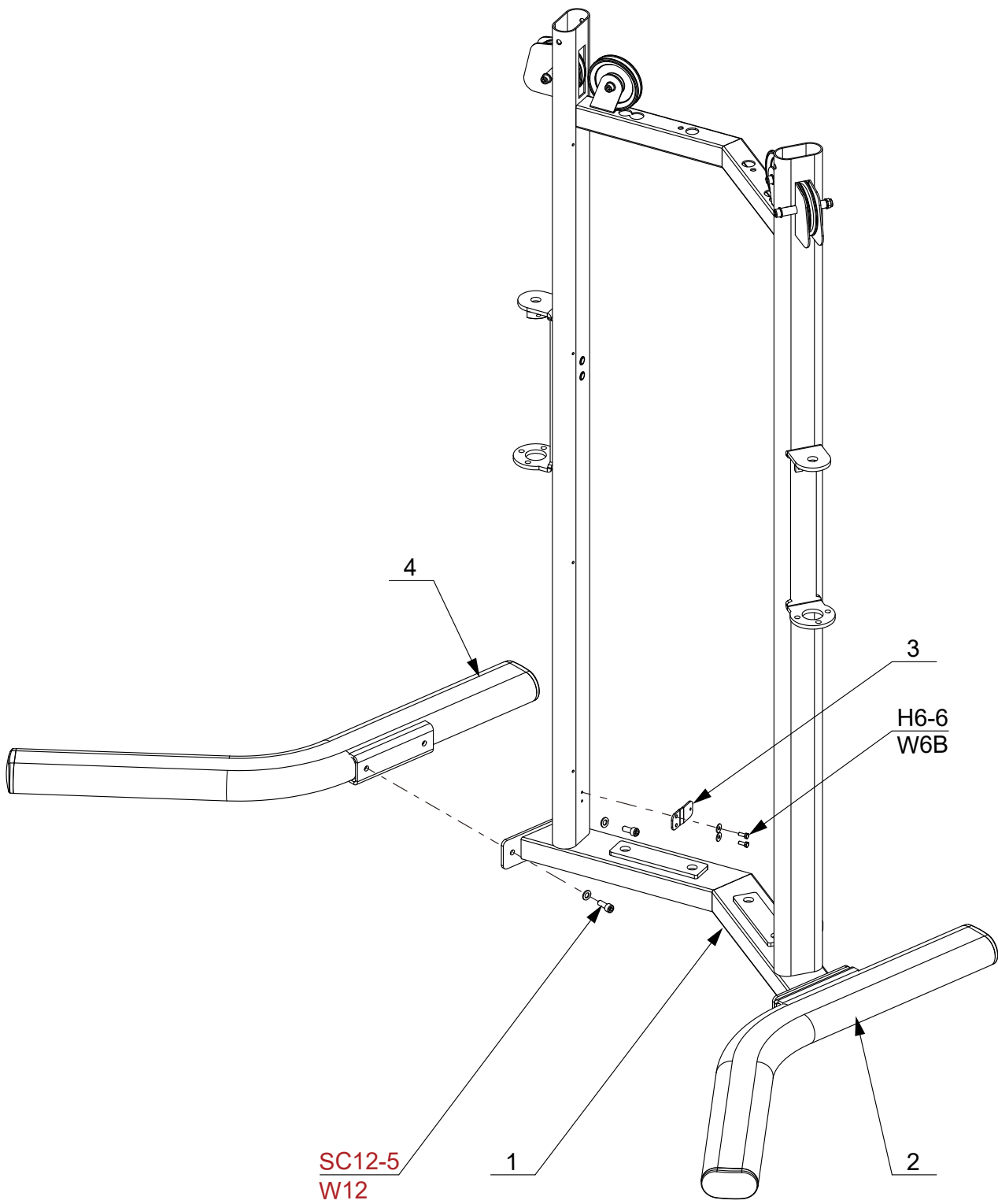
Assembly Instructions

Before Your Begin

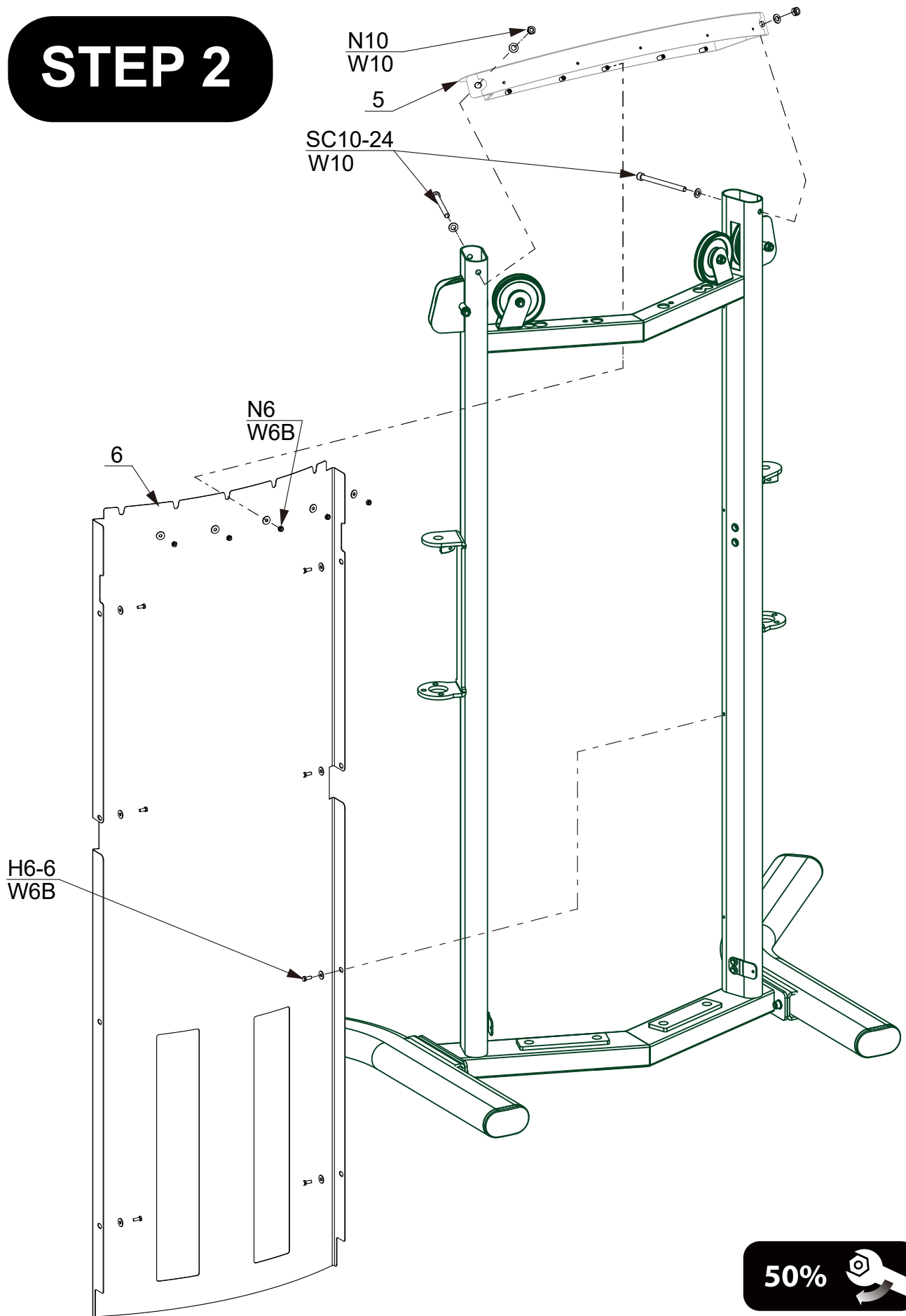
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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.

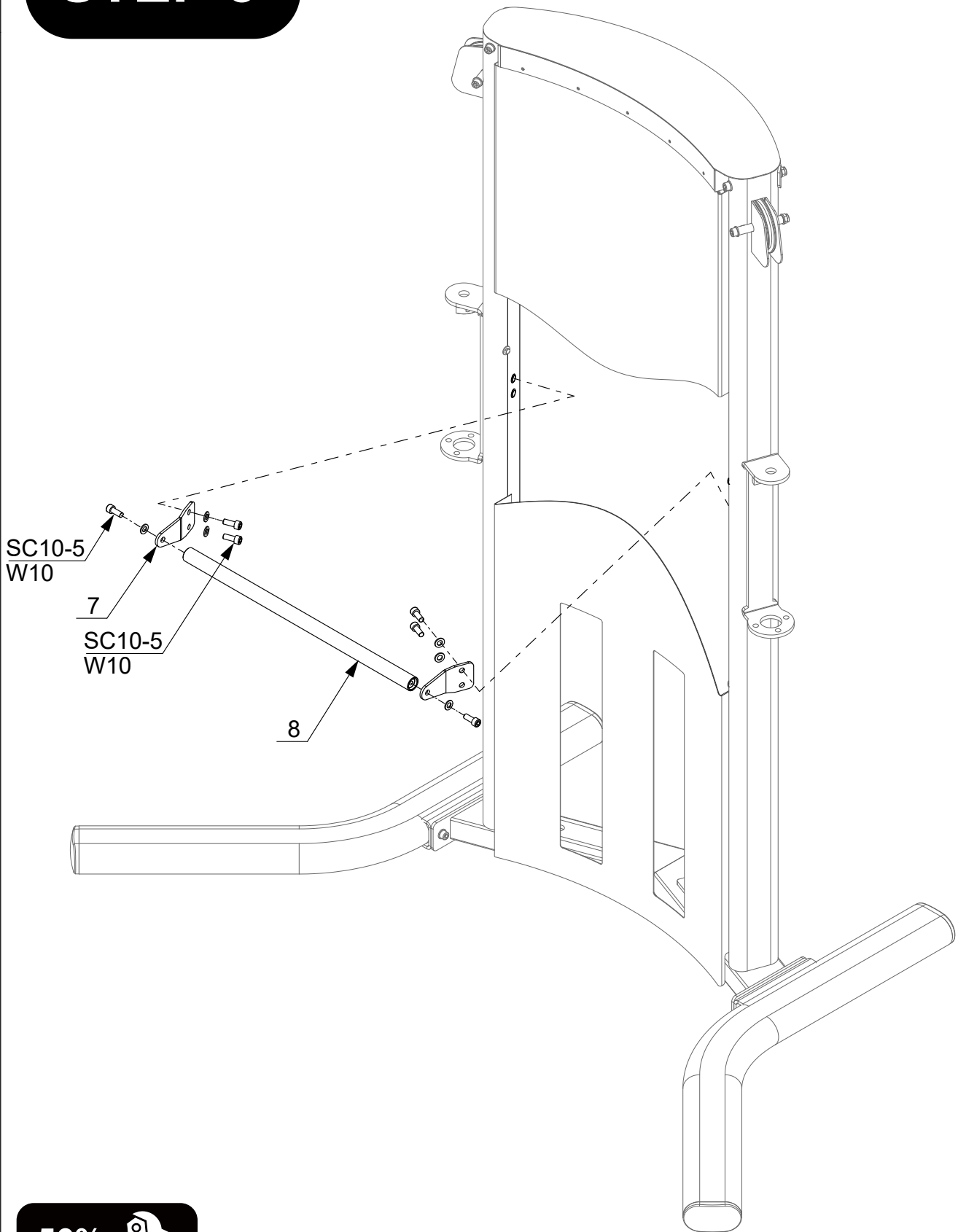
STEP 1



STEP 2



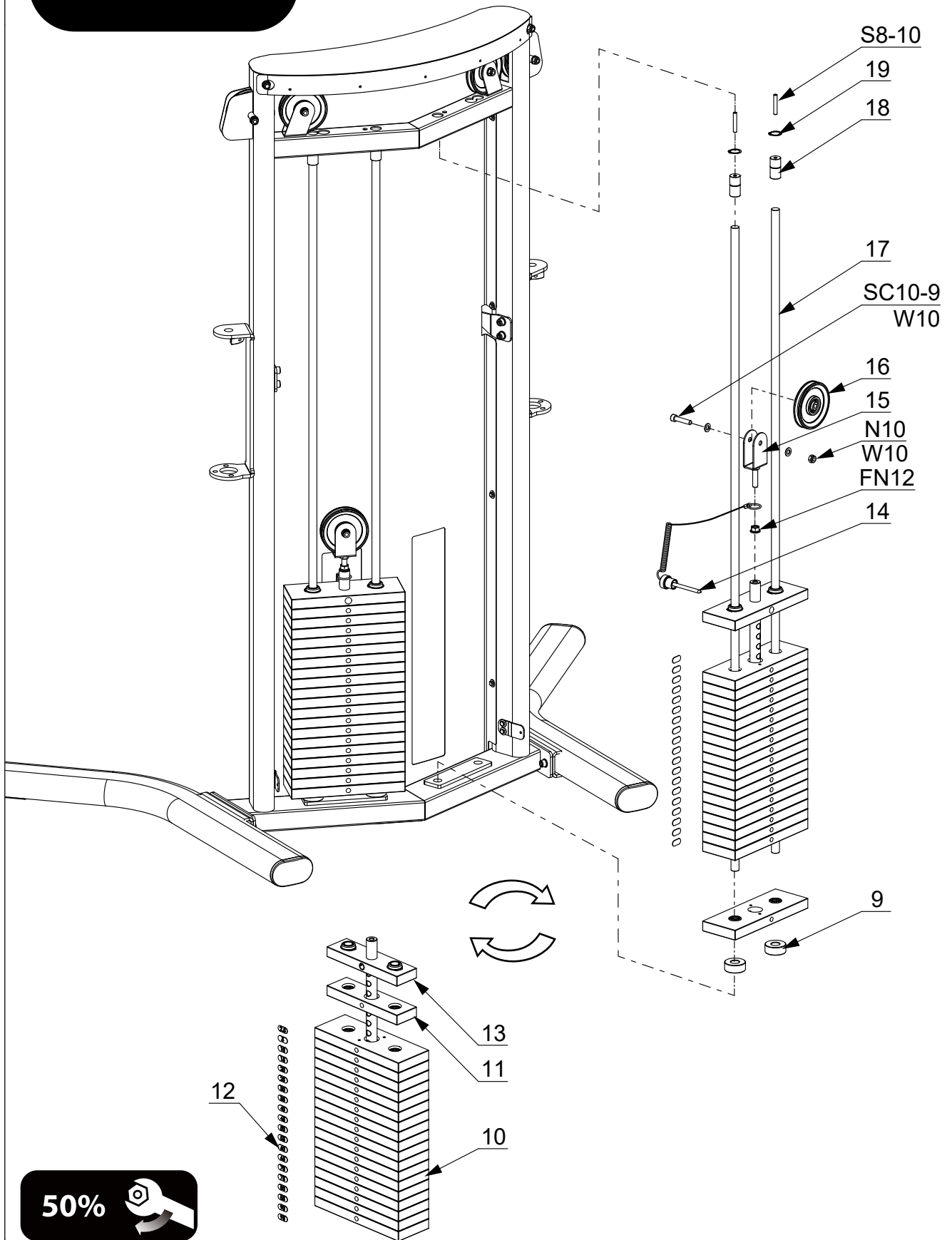
STEP 3



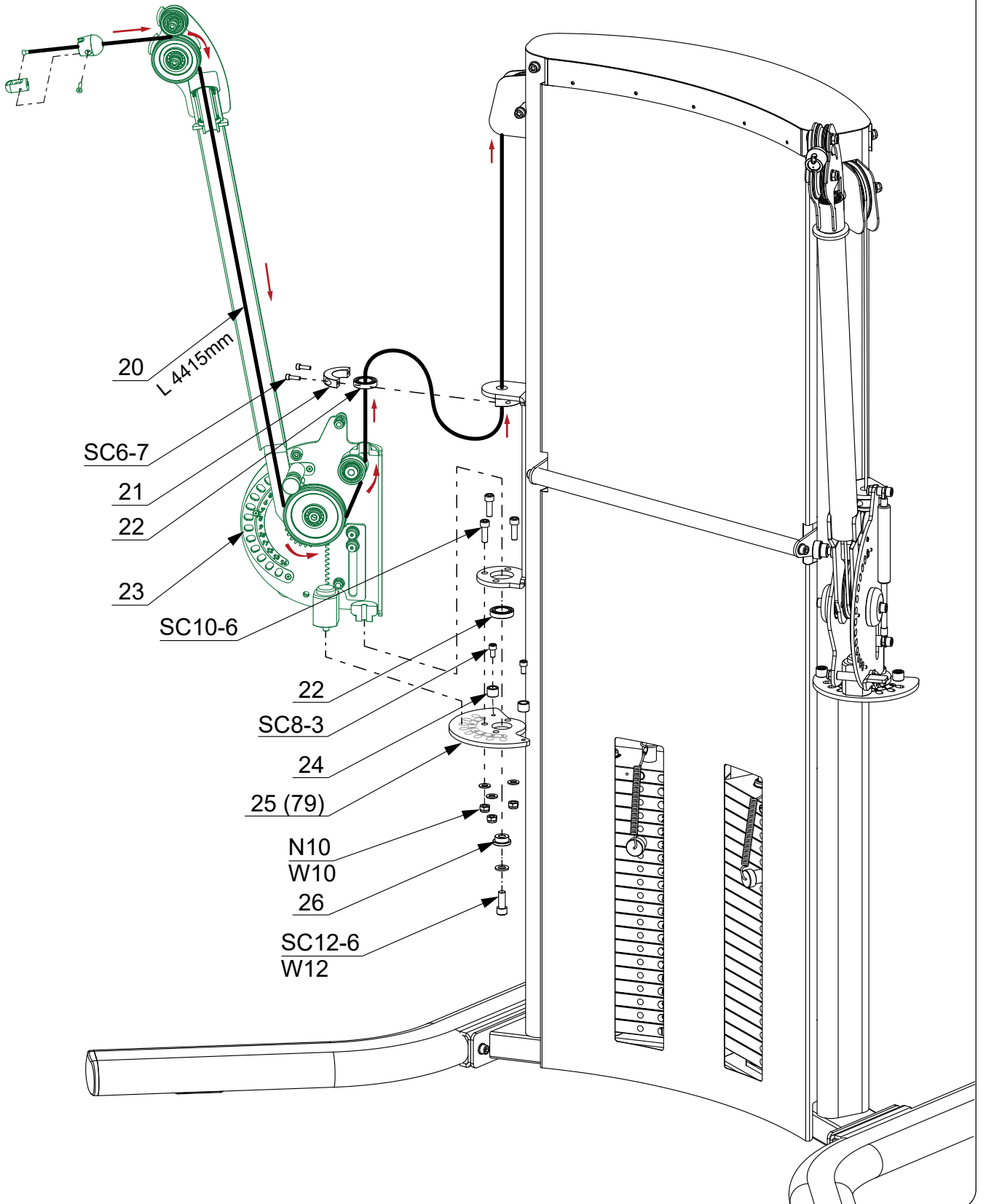
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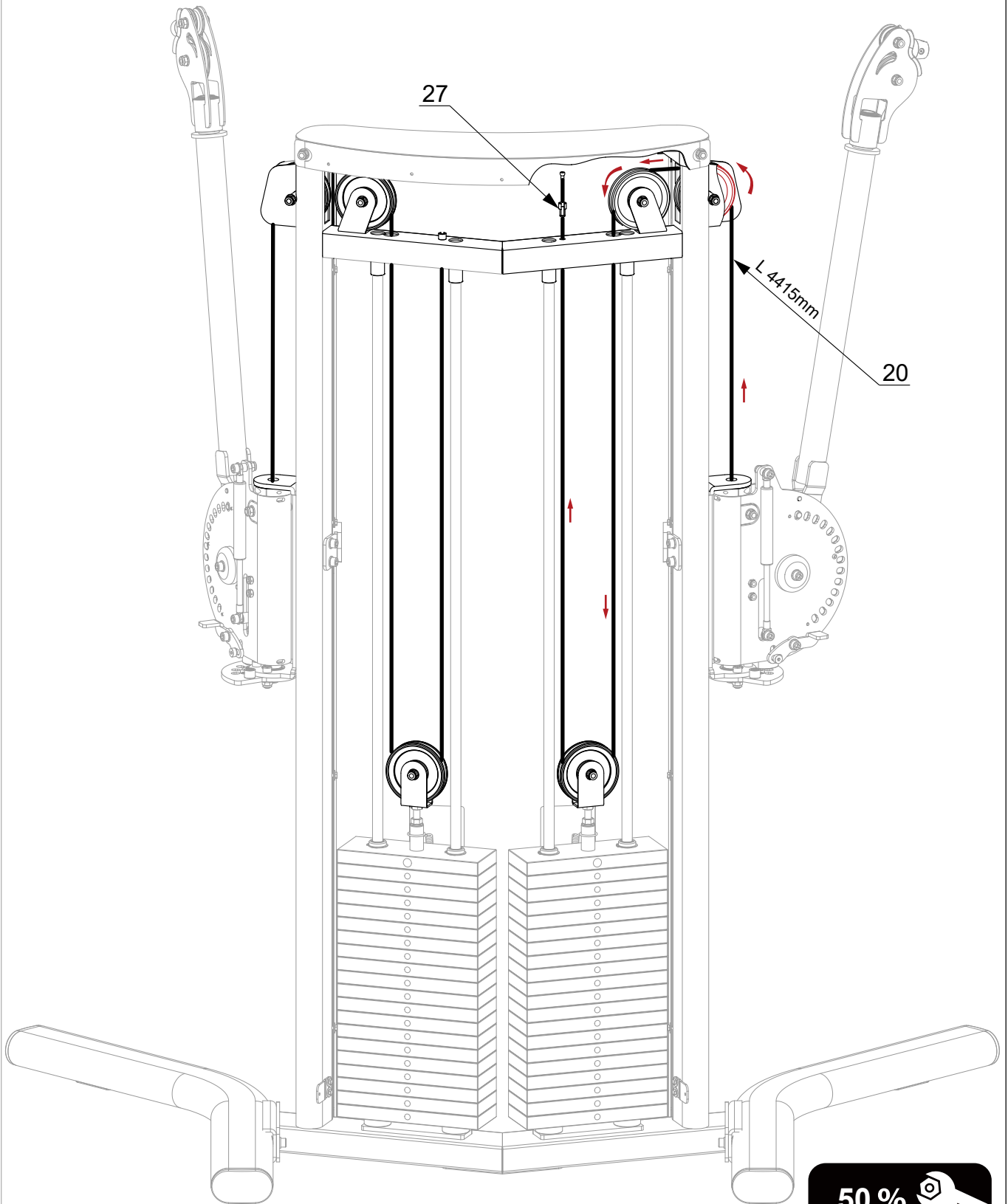
STEP 4



STEP 5



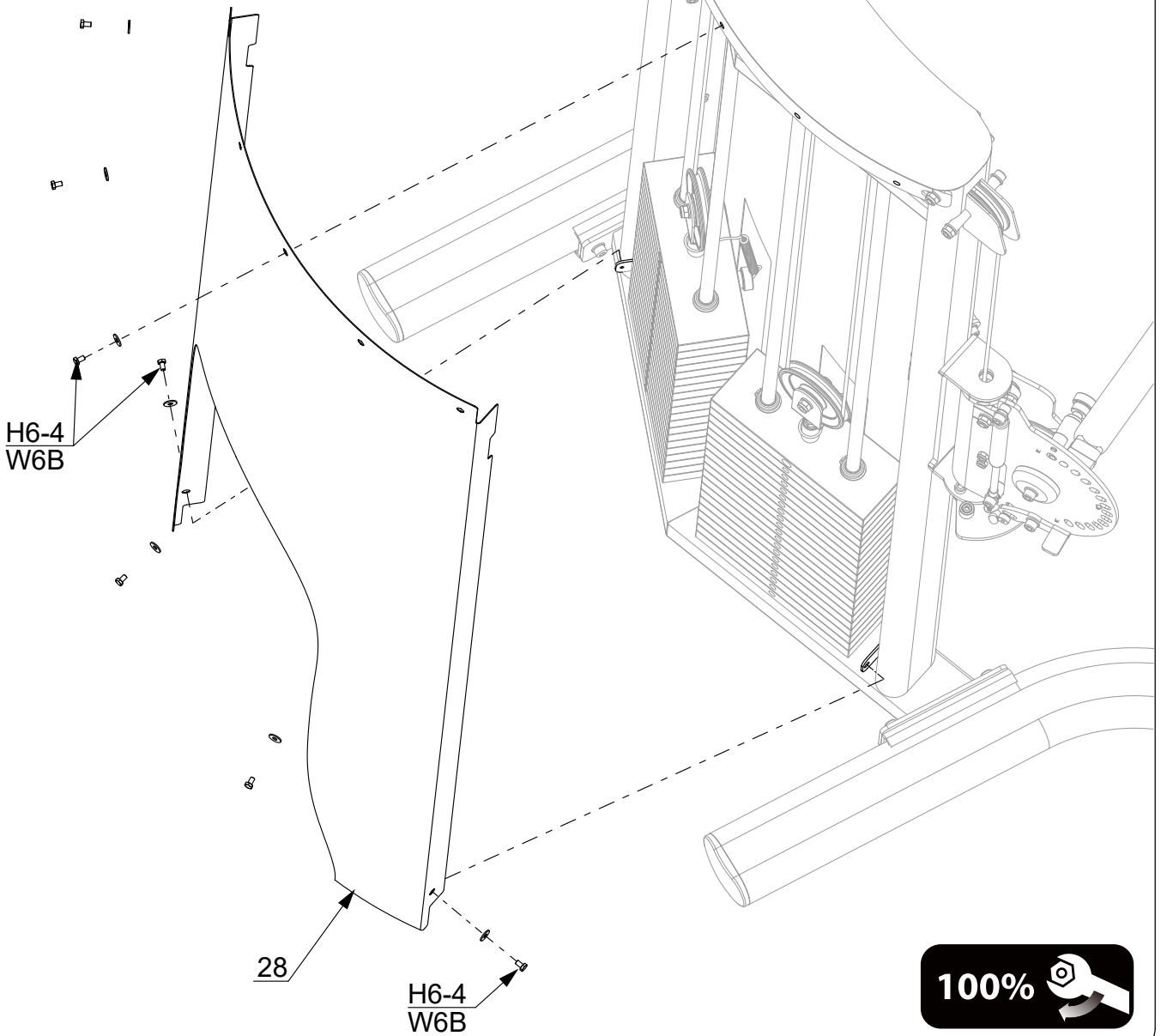
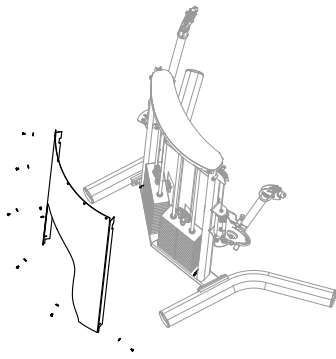
STEP 6



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STEP 7



PARTS LIST

PART #	DESCRIPTION	QTY
1	Weight Stack Frame	1
2	Bottom Support Tube (Left)	1
3	Connection Plate	2
4	Bottom Support Tube (Right)	1
5	Top Cover Weldment	1
6	Front Shield Plate	1
7	Connection Plate 2	2
8	Hand Rail	1
9	Buffer Ring	4
10	Weight Plate 5Kg	36
11	Weight Plate 2.5Kg	2
12	Weight Label	2
13	Top Weight Plate 2.5Kg	2
14	Weight Pin	2
15	Single Pulley Holder	2
16	Pulley D114	8
17	Guide Rod	4
18	Guide Rod Retainer	4
19	Retaining Ring D19	8
20	Cable L 4415mm	2
21	Half Ring	2
22	Bearing 61905	12
23	Azimuth Adjusting Frame (Right)	1
24	Limit Post	4
25	Positioning Plate	2
26	Bushing ID12	2
27	Cable End Clip	2
28	Back Shield Plate	1
29	Azimuth Label (Left)	1
30	Knob	2
31	Right Arm	1
32	Spacer Ring	2
33	Pulley D89	2
34	Pulley 61806	4
35	Double Pulley Holder	2
36	Retaining Ring D30	2
37	Pulley D50	2
38	Cable End Clip 2	2
39	Sleeve	2
40	Bolt Cover	4
41	Shoulder Bolt 18×12	4
42	Azimuth Label (Right)	1
43	Bushing ID18	4
44	Stainless Plate 1	1
45	Altitude Label 1	1

PART #	DESCRIPTION	QTY
46	Shoulder Bolt 10×16	4
47	Bushing ID10 OD24	4
48	Serrated Plate	2
49	Limit Post OD20×15	2
50	Rubber Foot Pad	4
51	Pulley D50	2
52	Spacer ID10.2 L10mm	2
53	Sleeve OD27 L52	2
54	Sleeve OD20 L17.5	2
55	Spacer ID10 L18.5	2
56	Air Cylinder	2
57	Shoulder Bolt 10×30	2
58	Lever (Right)	1
59	Spring L=34.5mm	2
60	Bushing ID10.5 OD19	2
61	Pin OD30	2
62	Plastic Sleeve ID10 L=53	2
63	Pull Pin	2
64	Spring L=31mm	2
65	Rubber Tube Cap	4
66	Lever (Left)	1
67	Azimuth Adjusting Frame (Left)	1
68	Altitude Label 2	1
69	Left Arm	1
70	Weight Plate Bushing	76
71	C Clip	4
72	Rubber Ring	8
73	Aluminum Bushing	4
74	Retaining Ring D32	4
75	Elastic Pin	2
76	Hand Grip	1
*		
*		
W6B	Big Washer 6	25
W10	Washer 10	74
W10B	Big Washer 10	4
W12	Washer 12	2
N6	Nut M6	5
N8	Nut M8	4
N10	Nut M10	26
A10-5	Button Head Screw M10x25	8
C10-8	Countersunk Head Screw M10x40	2
C5-4	Countersunk Head Screw M5x10	6
C5-8	Countersunk Head Screw M5x10	2
C10-8	Countersunk Head Screw M10x40	2

