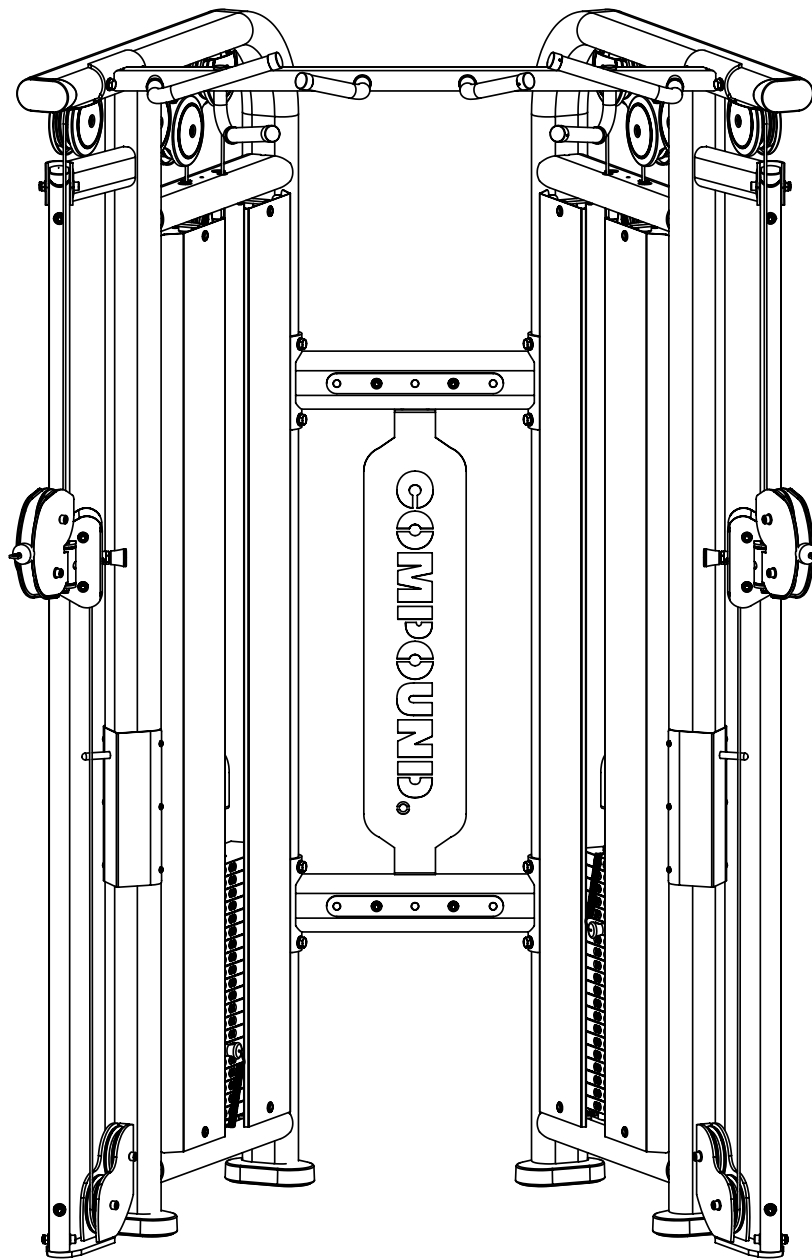

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

FUNCTIONAL TRAINER

SKU: CPL-FNT-1024



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

03-07 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

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 the following safety precautions:

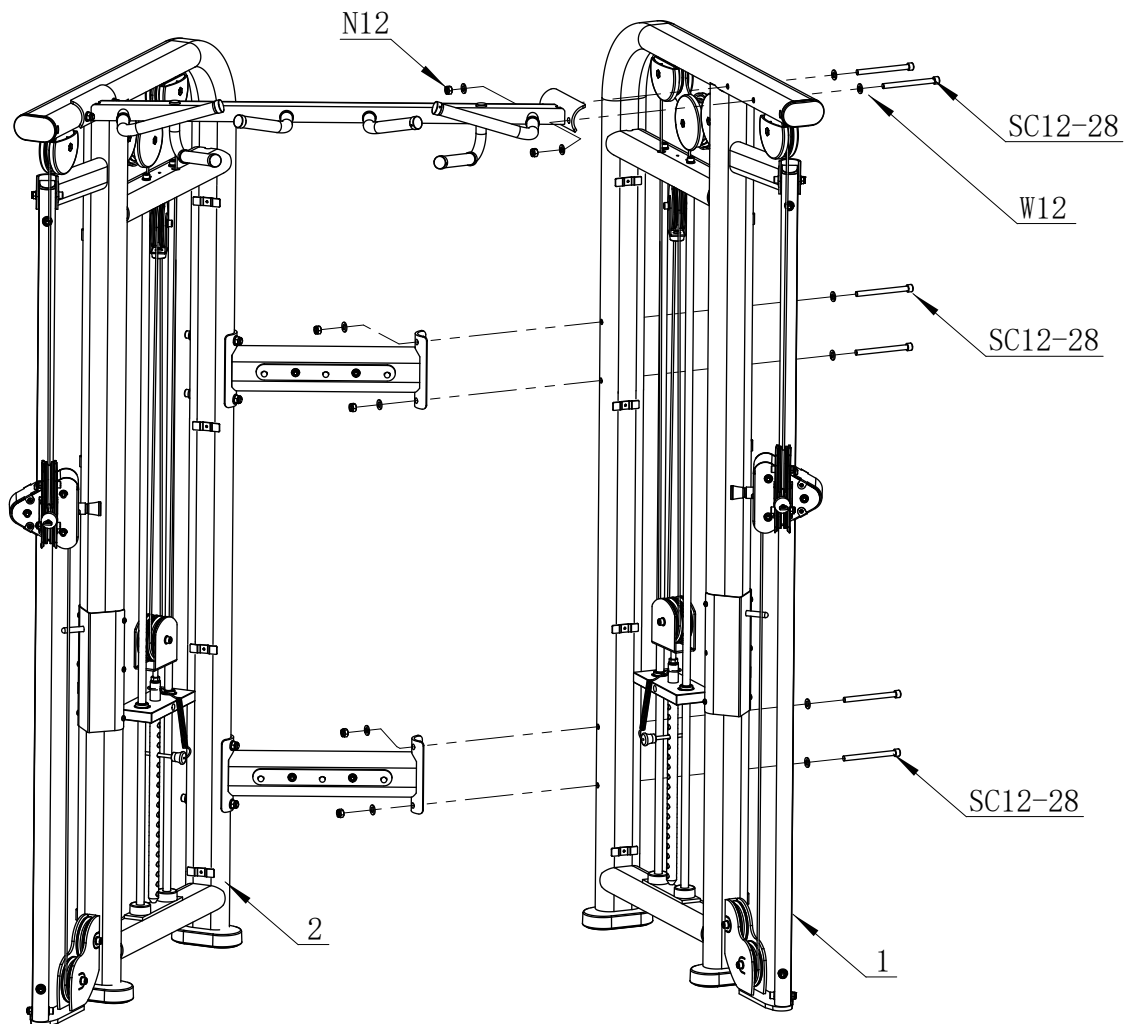
1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. 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.
- Fit bolts with 50% force.

STEP 1

Note: The types of all washers and nuts used in this step are 12 and M12 respectively



50%

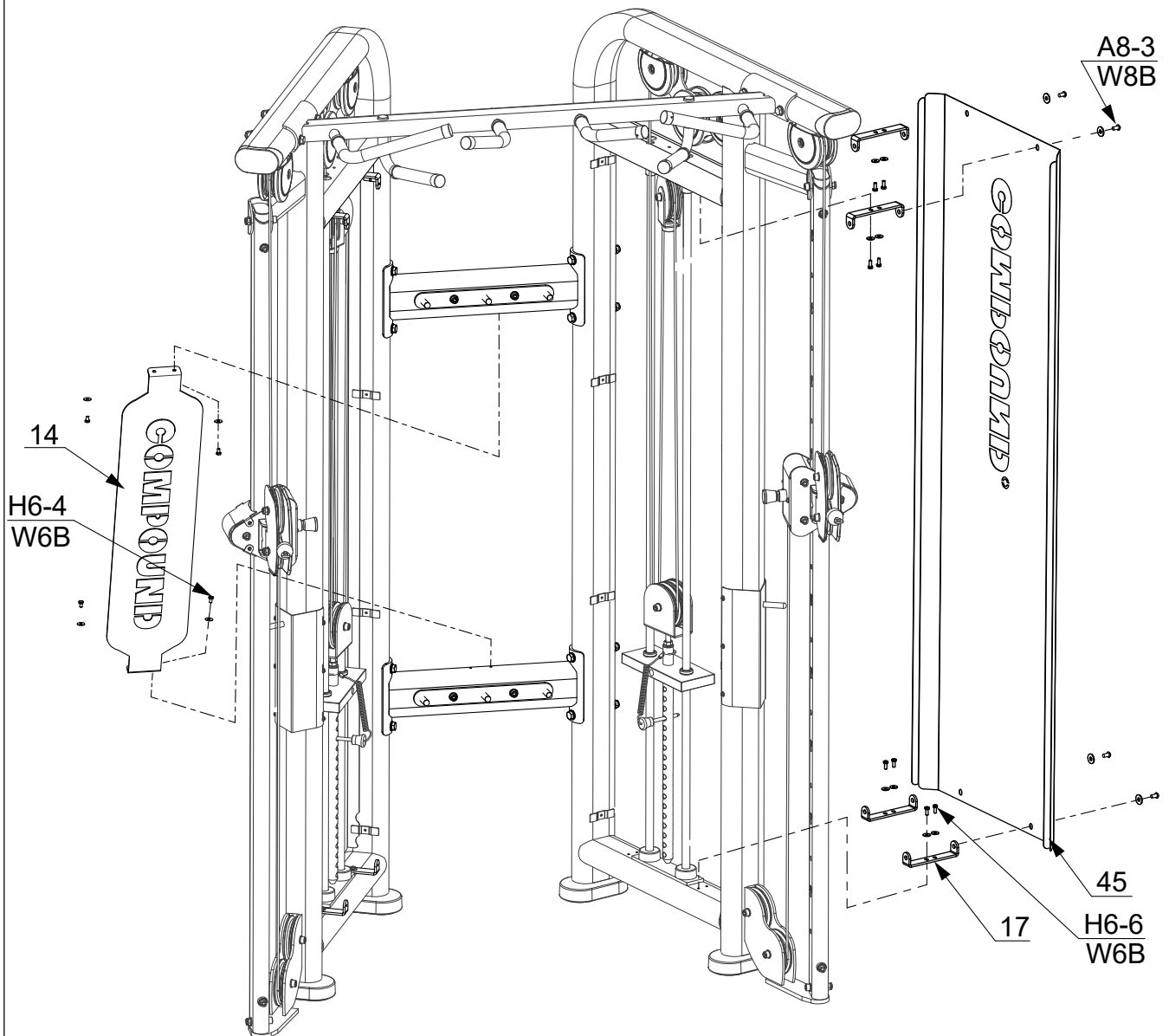


when assembling the equipment, part 1 and part 2 must be supported.

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.
- Fit bolts with 50% force.

STEP 2



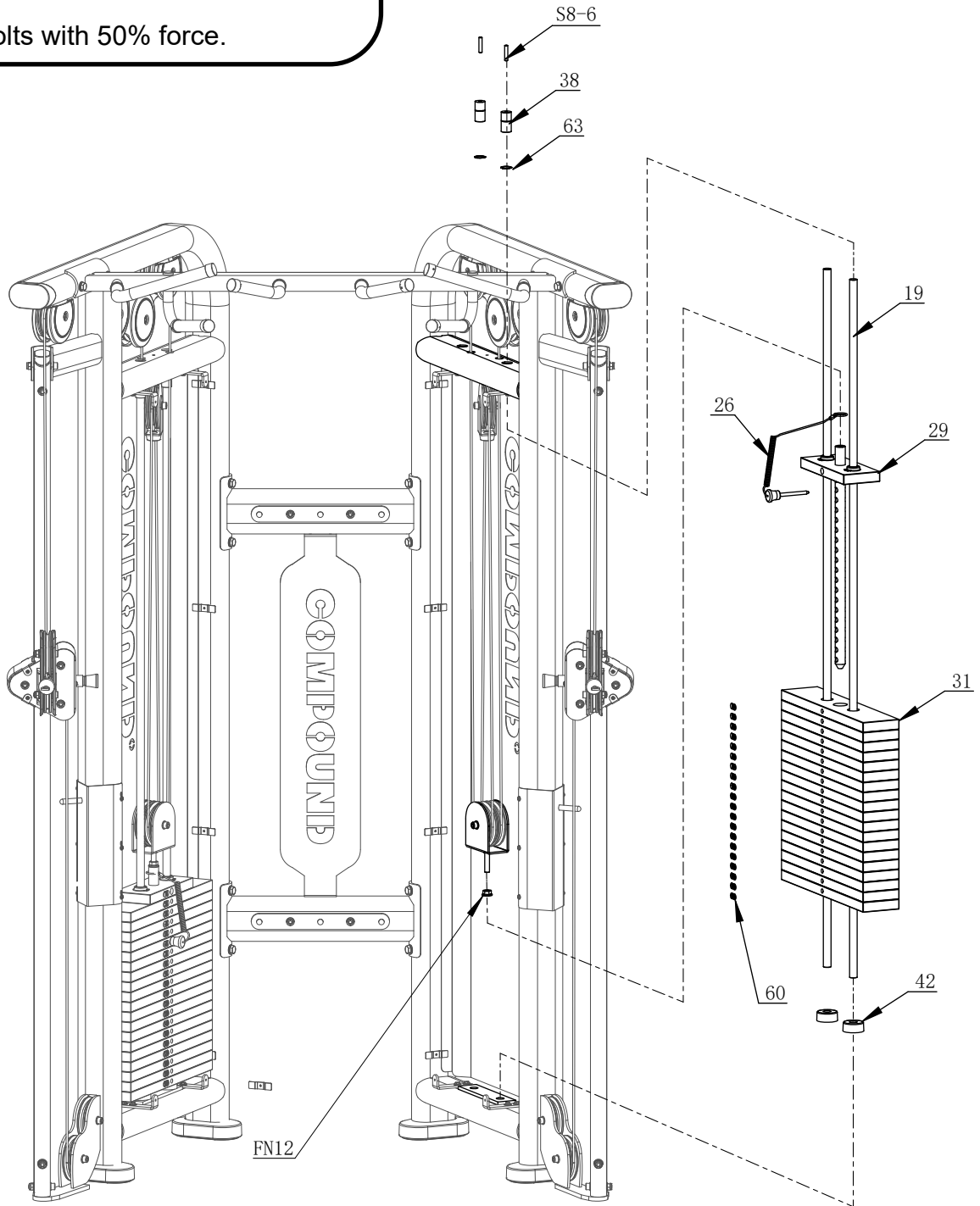
50%



INFORMATION

- We recommend you have someone assist you in lifting and assembling your equipment.
- Follow these steps carefully and it will make it easier to assemble your gym.
- Fit bolts with 50% force.

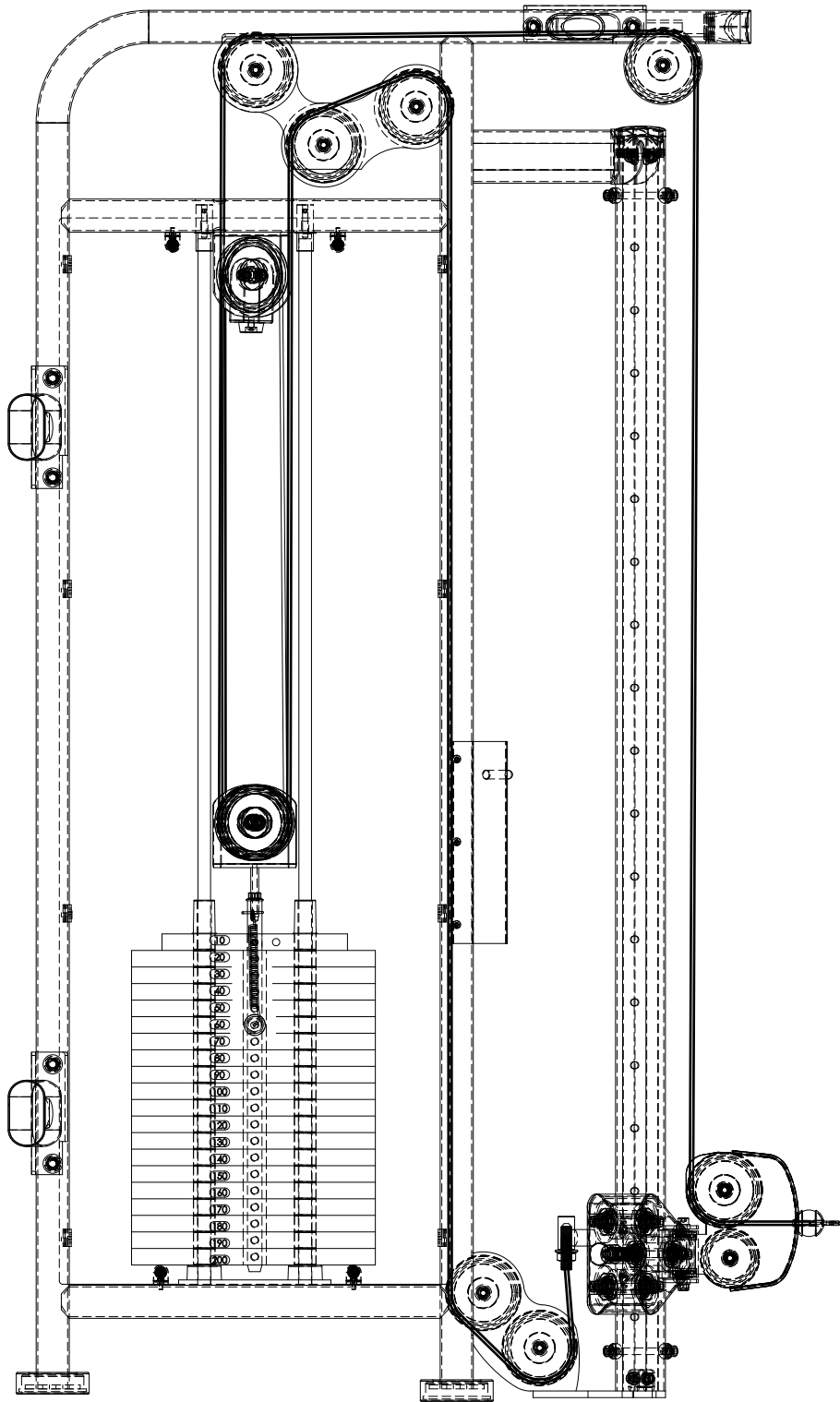
STEP 3



50%



STEP 4

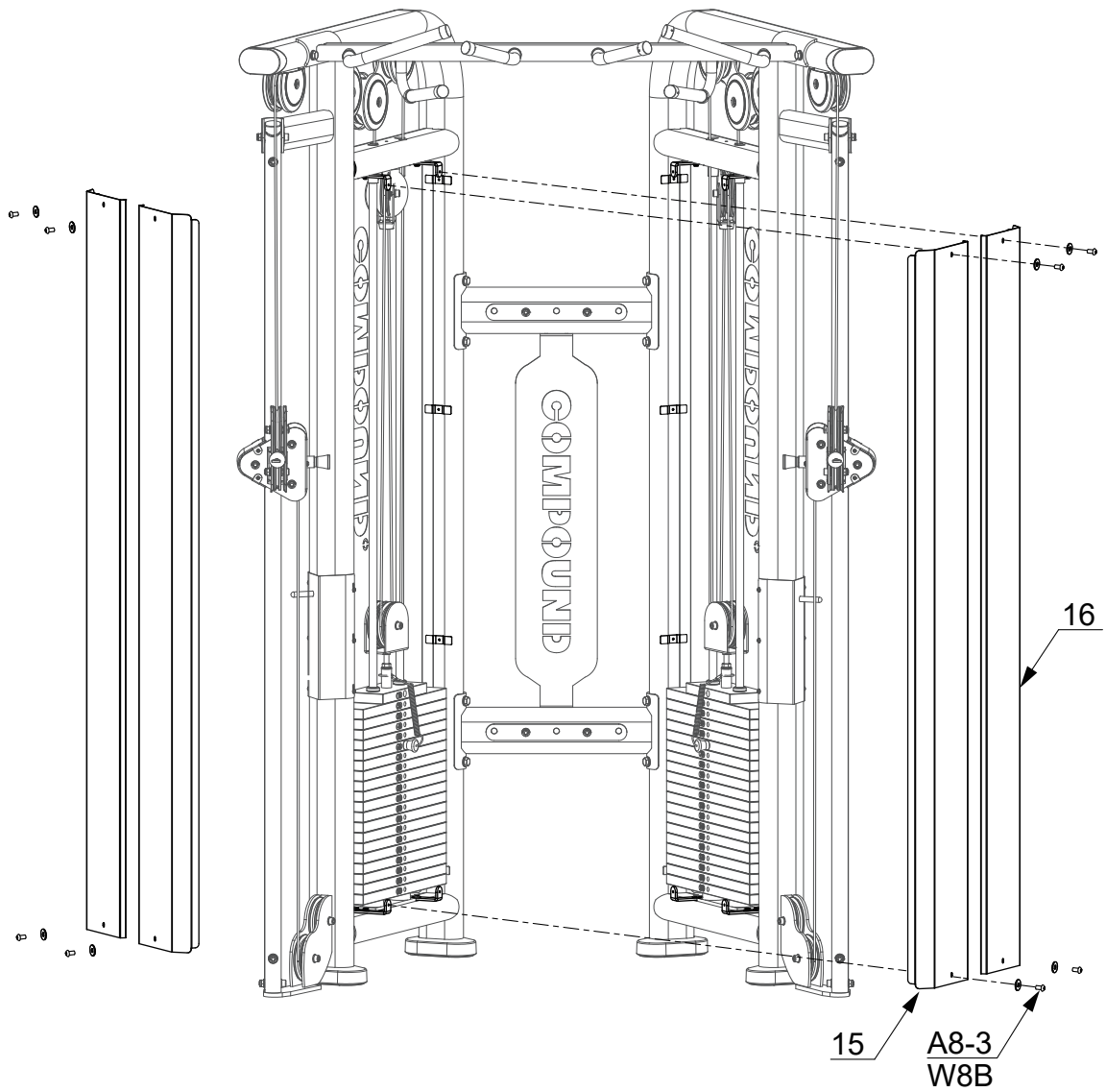


50% 

INFORMATION

- Tighten all the bolts/nuts.

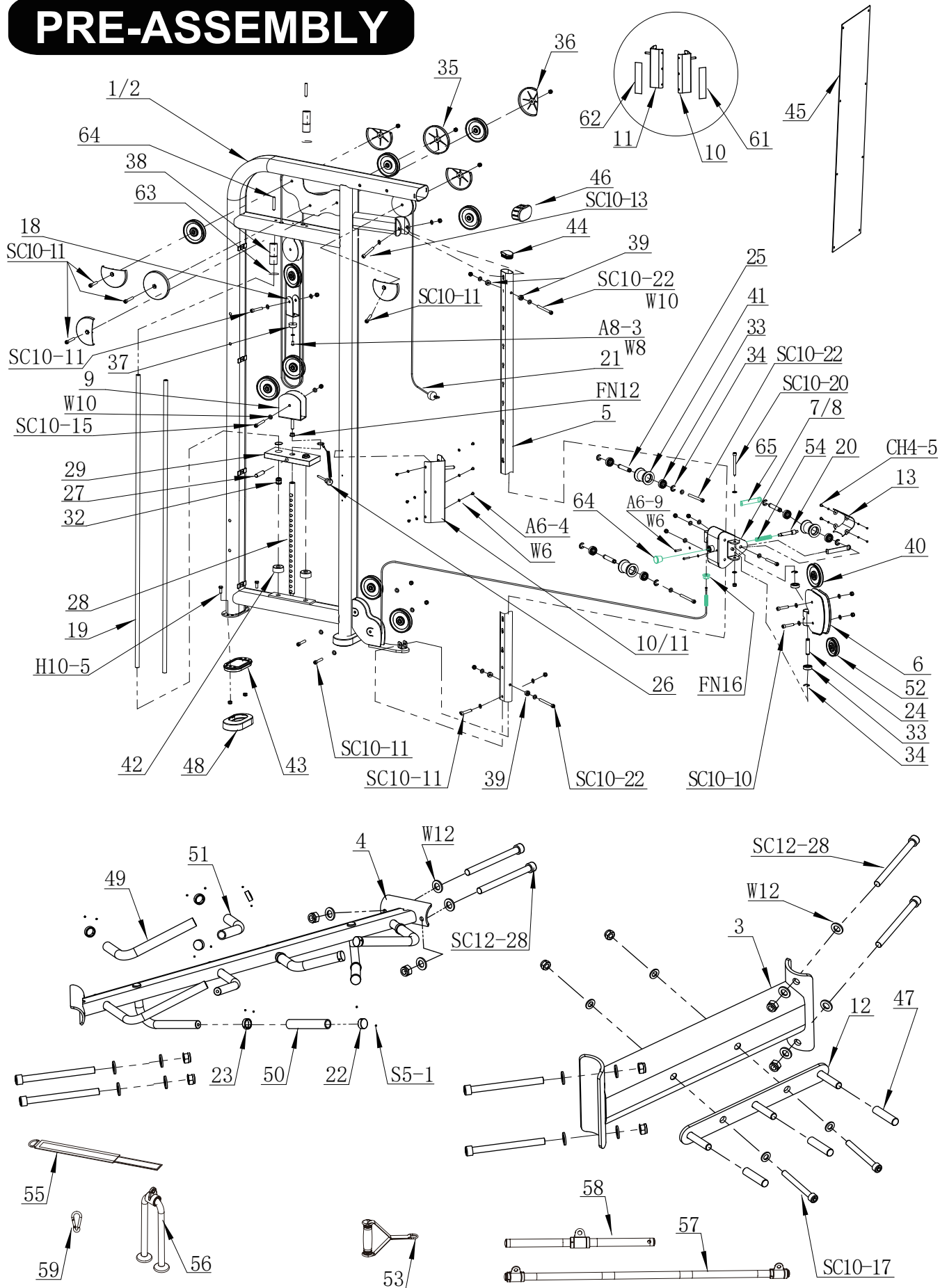
STEP 5



100%



PRE-ASSEMBLY



PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Frame	1
2	Right Frame	1
3	Crossbar	2
4	Upper Crossbar	1
5	Adjuster tube	2
6	Swivel Pulley Housing	2
7	Left Adjuster Lever Assembly	1
8	Right Adjuster Lever Assembly	1
9	Adjustable Pulley Mount Assembly	2
10	Left Poster Board	1
11	Right Poster Board	1
12	Hook Plate Assembly	2
13	Adjuster Lever Door Plate	2
14	Back Logo Plate	1
15	Shield Plate 1	2
16	Shield Plate 2	2
17	Connect Plate	8
18	U Type Plate	2
19	Guid Rod	4
20	Pull Pin	2
21	Cable	2
22	Hand Cap	6
23	Hand Ring	6
24	Bushing OD17×76mm	2
25	Bushing OD17×90.5mm	6
26	WT Selector Pin Assembly	2
27	Spring Pin	2
28	21 Hole Stem	2
29	Cast Top Weight	2
30	Cast Weight Bushing	76
31	20 Lbs Weight Plate	38
32	Guid Rod Bushing	4
33	Rolling Bearing 6203	16
34	E rings	16
35	Pulley Cap 1	4
36	Pulley Cap 2	12
37	Thick Rubber Donut	2
38	Alumnium Solenoid	4
39	Plastic Stop	8
40	Pulley	20
41	Plastic Wheel	6
42	Plastic Stopper	4
43	Plastic Underlay	4
44	PT 40×75 Cap	2
45	Shield	2
46	PT 65×114 Cap	2
47	Hook Sheath	6
48	Plastic Cover	4

PART #	DESCRIPTION	QTY
49	Hand Grip 375mm LG	2
50	Hand Grip 185mm LG	2
51	Hand Grip 250mm LG	2
52	Small Pulley	2
53	Strap Handle (Short)	2
54	Spring	2
55	Ankle Strap	1
56	Triceps Rope	1
57	Long Latbar	1
58	Short Latbar	1
59	Carabiner	4
60	Weight Label	2
61	Left Function Diagram	1
62	Right Function Diagram	1
63	Retaining ring	4
64	Knob	2
65	L Plate	4
A6-9	Hexagon socket button head screw M6×30	4
A8-3	Hexagon socket button head screw M8×15	18
CH4-5	Cross groove Pan Head Screws M4×10	8
CH6-4	Cross groove Pan Head Screws M6×10	12
H6-4	Hex Head Bolt M6 ×10	4
H6-6	Hex Head Bolt M6 ×15	16
H10-5	Hex Head Bolt M10×25	8
S5-1	Socket set screw M5×4	24
S8-6	Socket set screw M8×30	4
SC10-10	Hexagon socket head screw M10×50	4
SC10-11	Hexagon socket head screw M10×55	16
SC10-13	Hexagon socket head screw M10×65	2
SC10-15	Hexagon socket head screw M10×75	2
SC10-17	Hexagon socket head screw M10×85	4
SC10-20	Hexagon socket head screw M10×100	2
SC10-22	Hexagon socket head screw M10×110	10
SC12-28	Hexagon socket head screw M12×140	12
FN12	Flange Nut M12	2
FN16	Flange Nut M16	2
N10	Nut M10	48
N12	Nut M12	12
W4	Washer 4	8
W6	Washer 6	16
W6B	Big Washer 6	20
W8	Washer 8	2
W8B	Big Washer 8 OD24	16
W10	Washer 10	64
W12	Washer 12	24