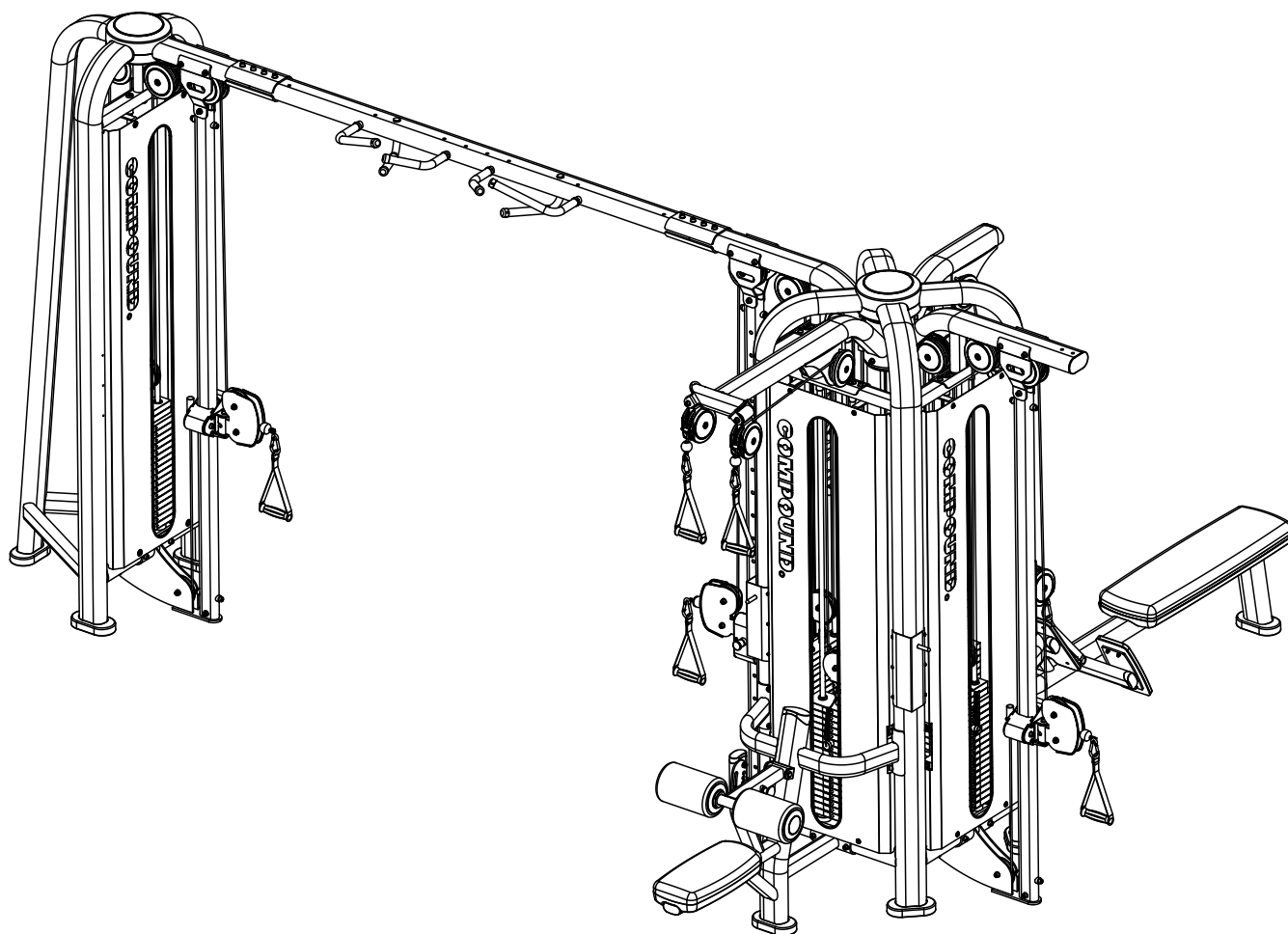

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

VERSATILE 5 STATION MACHINE

SKU: CPL-V5S-1029



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

03-19 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

20-21 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

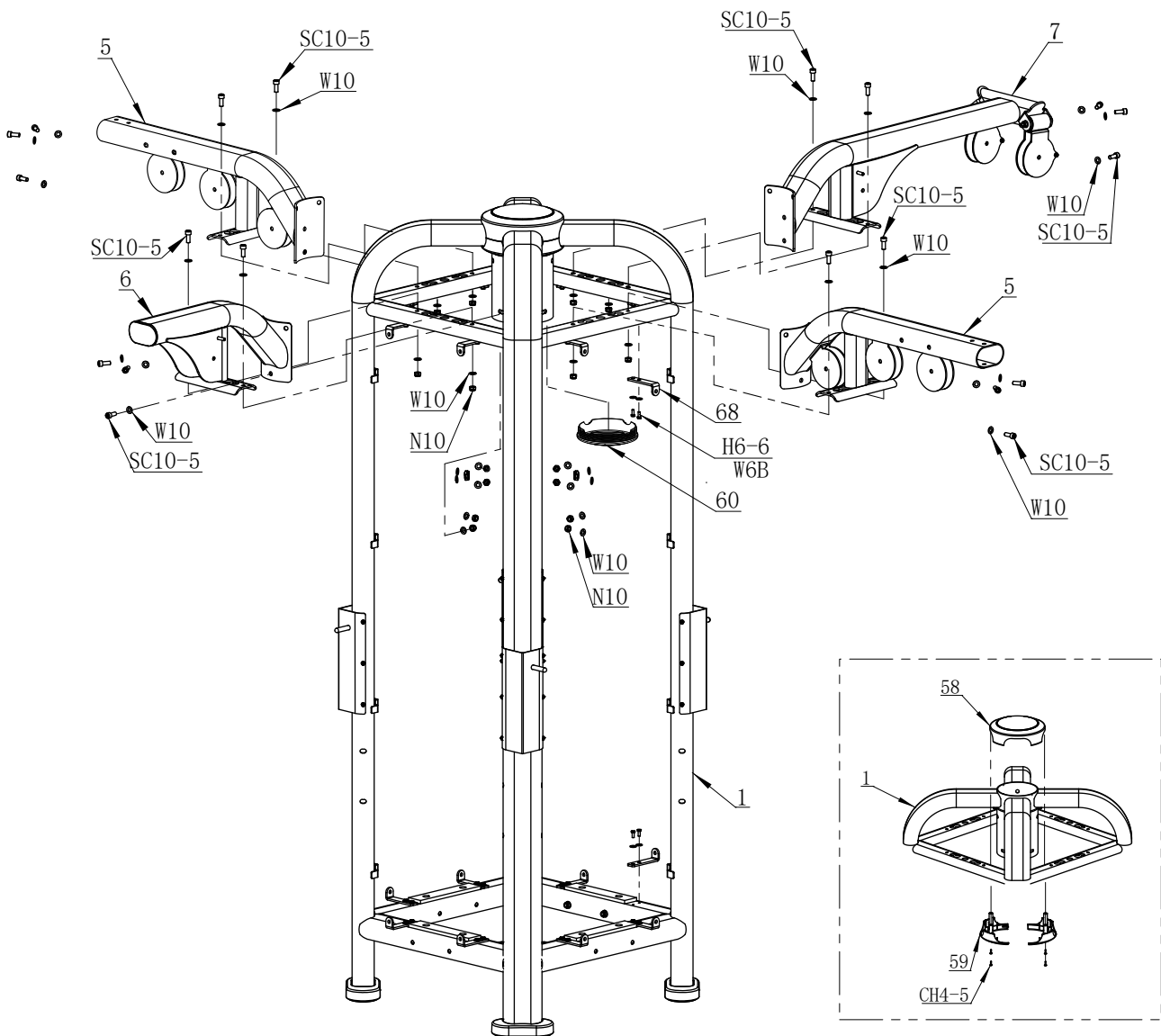
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

50%



STEP 1

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



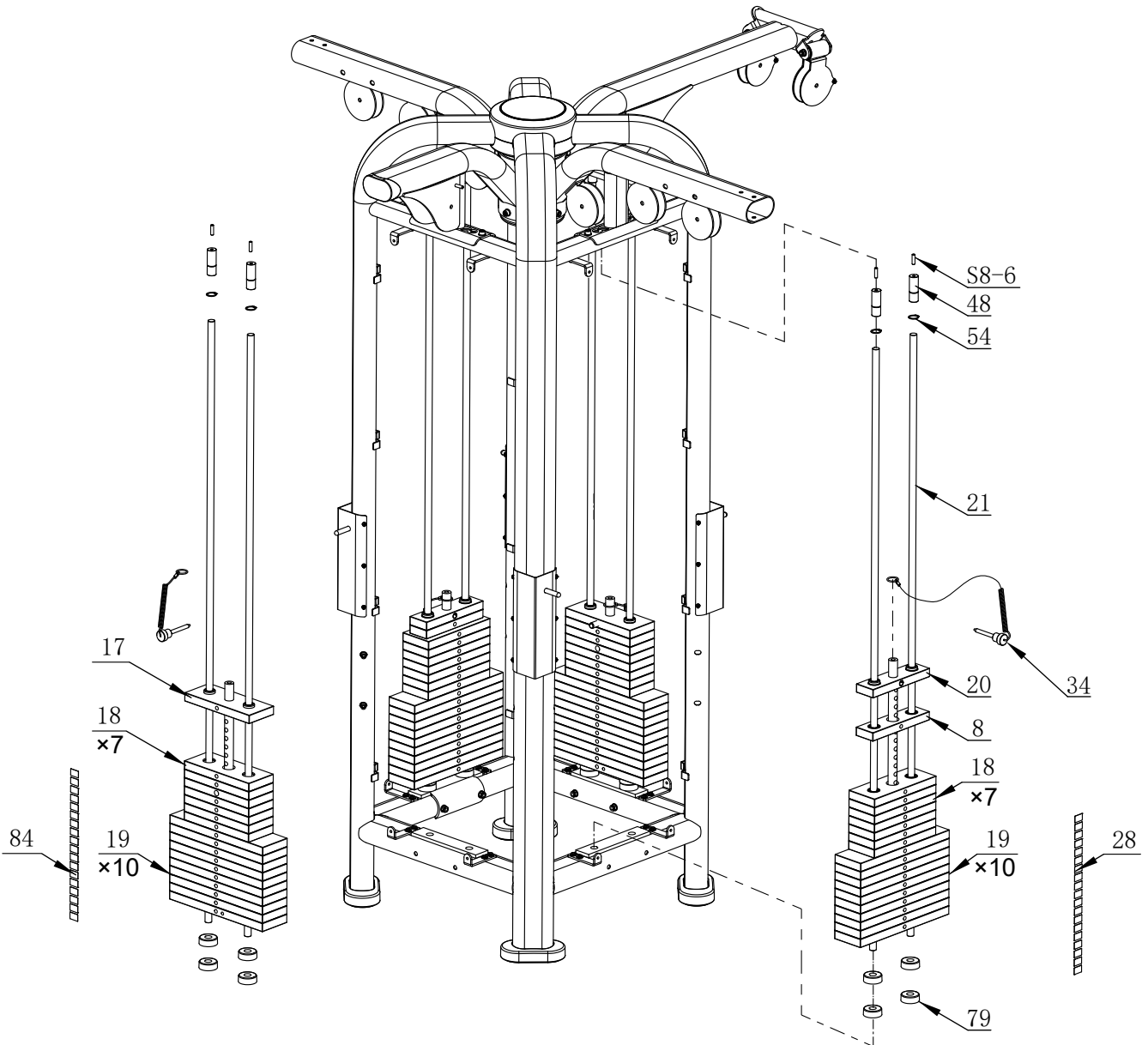
NOTE: Assemble the cap first.

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.

STEP 2

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



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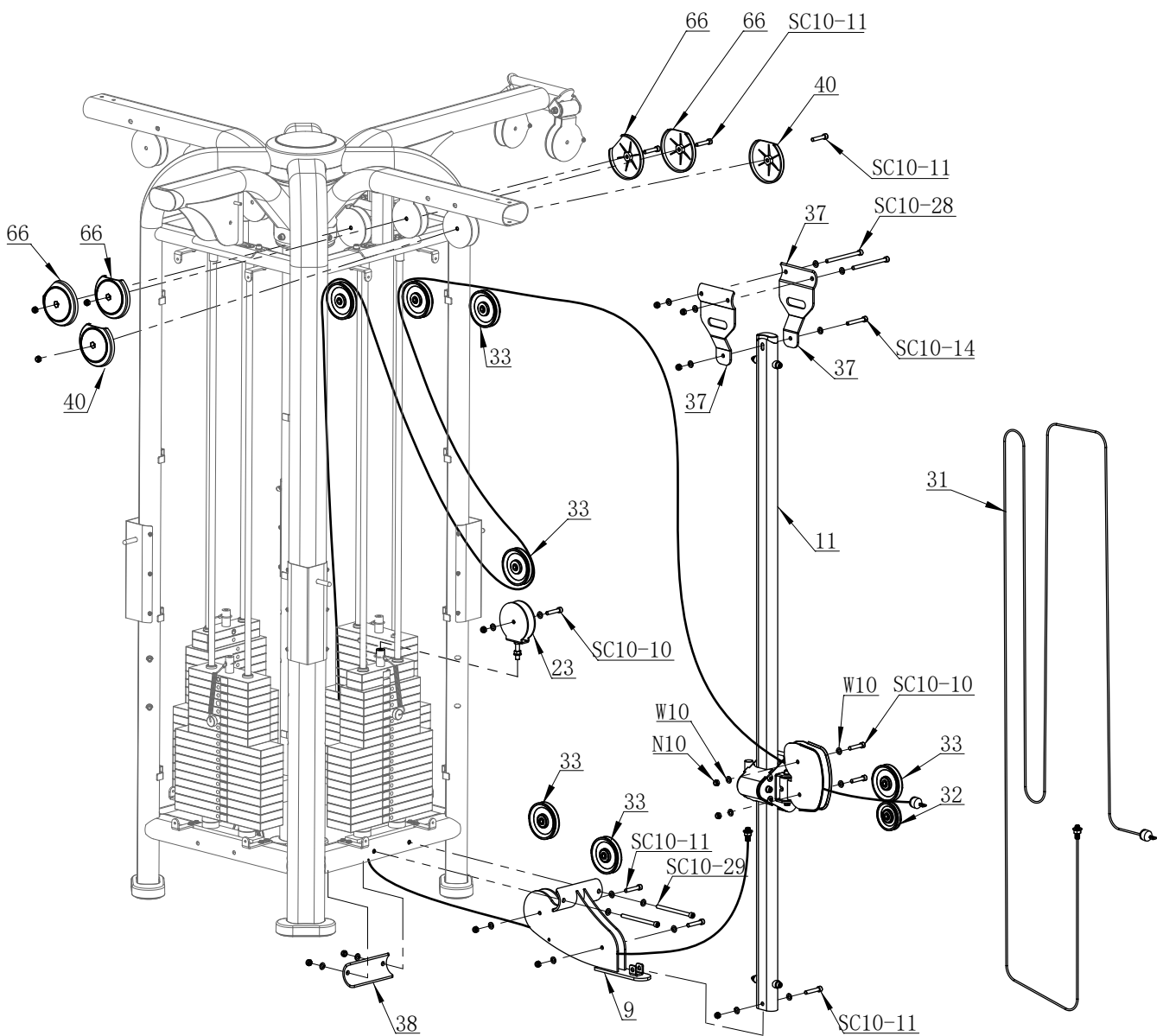


INFORMATION

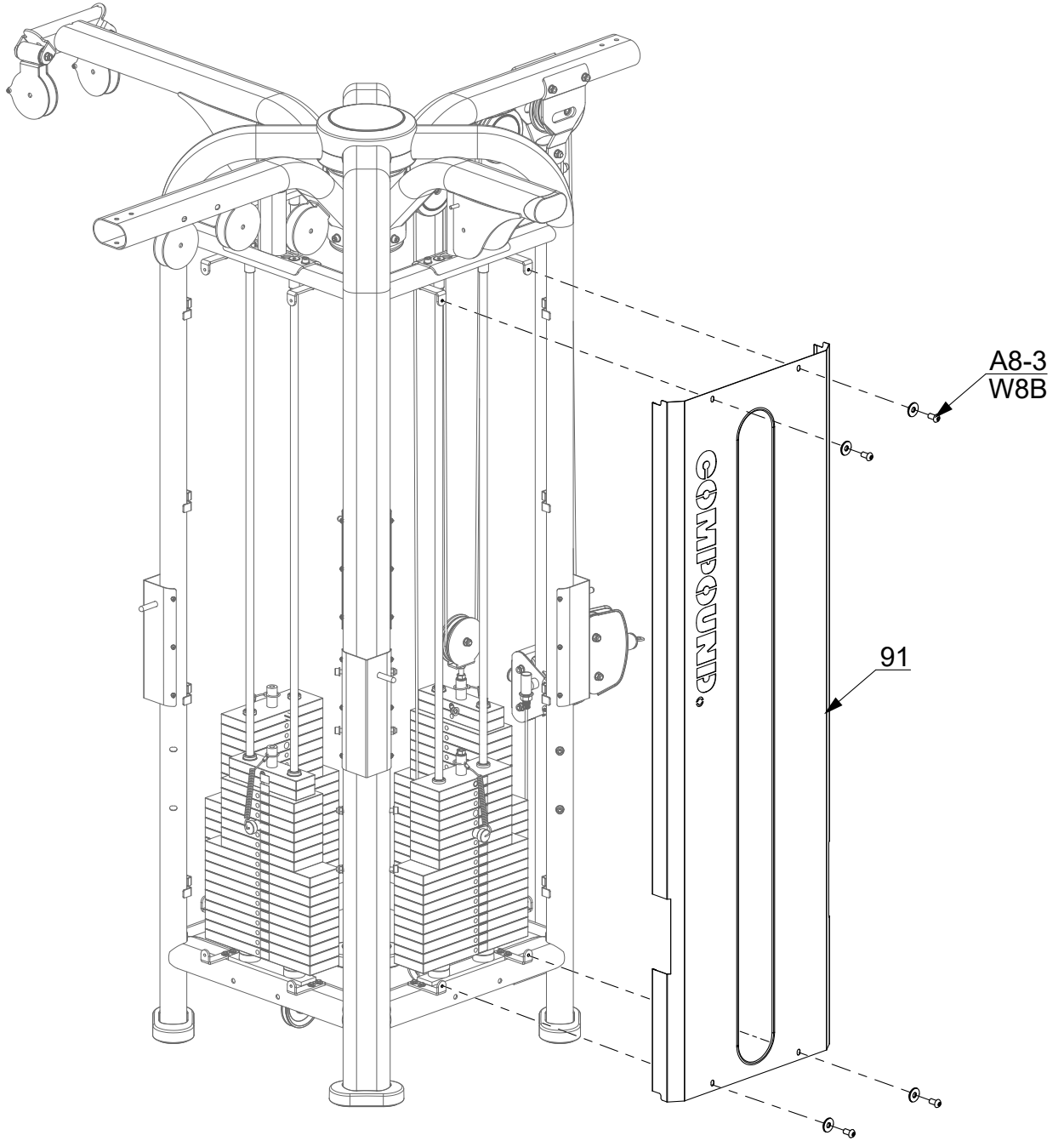
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 3

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STEP 4



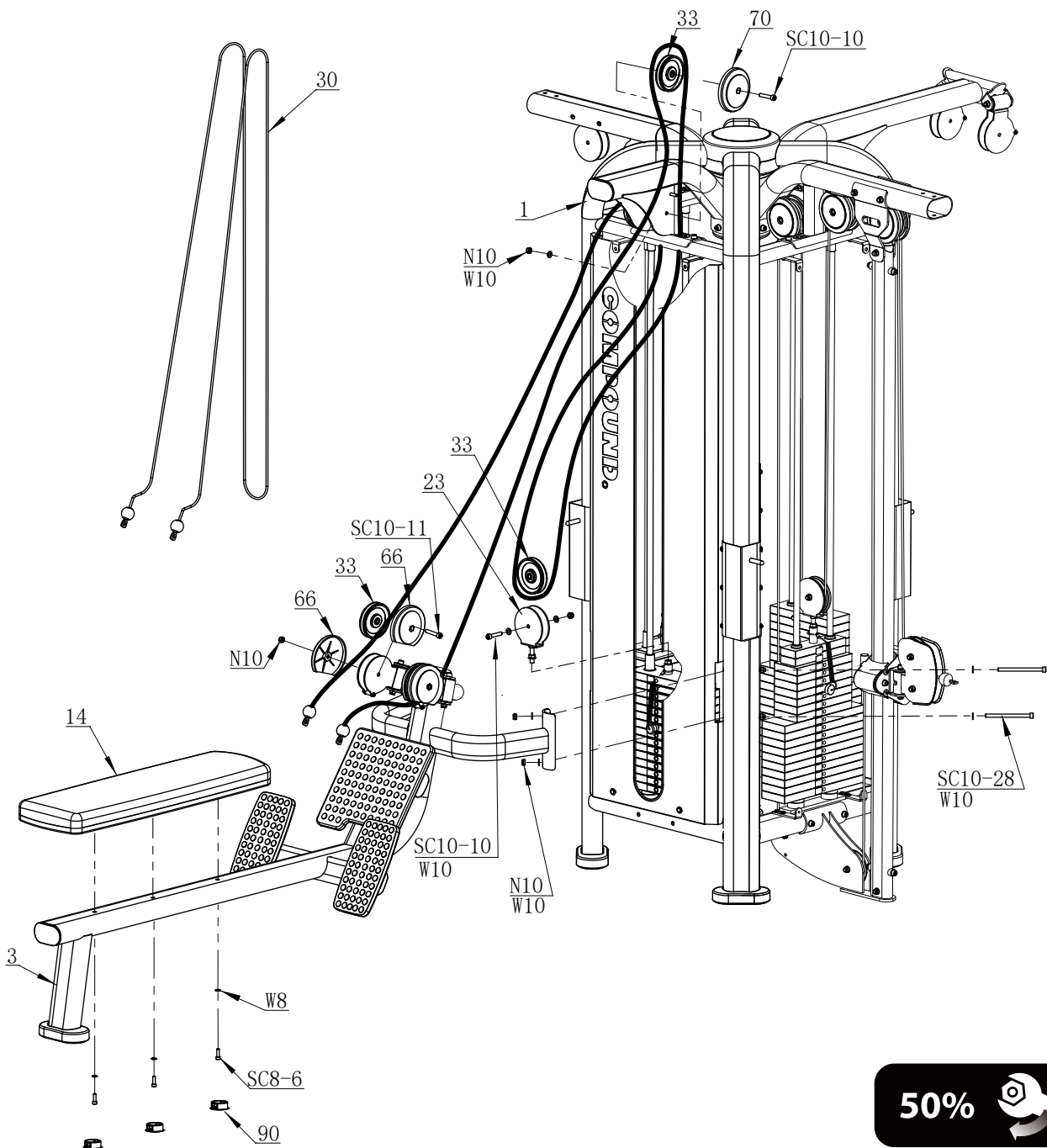
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INFORMATION

- 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 5

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



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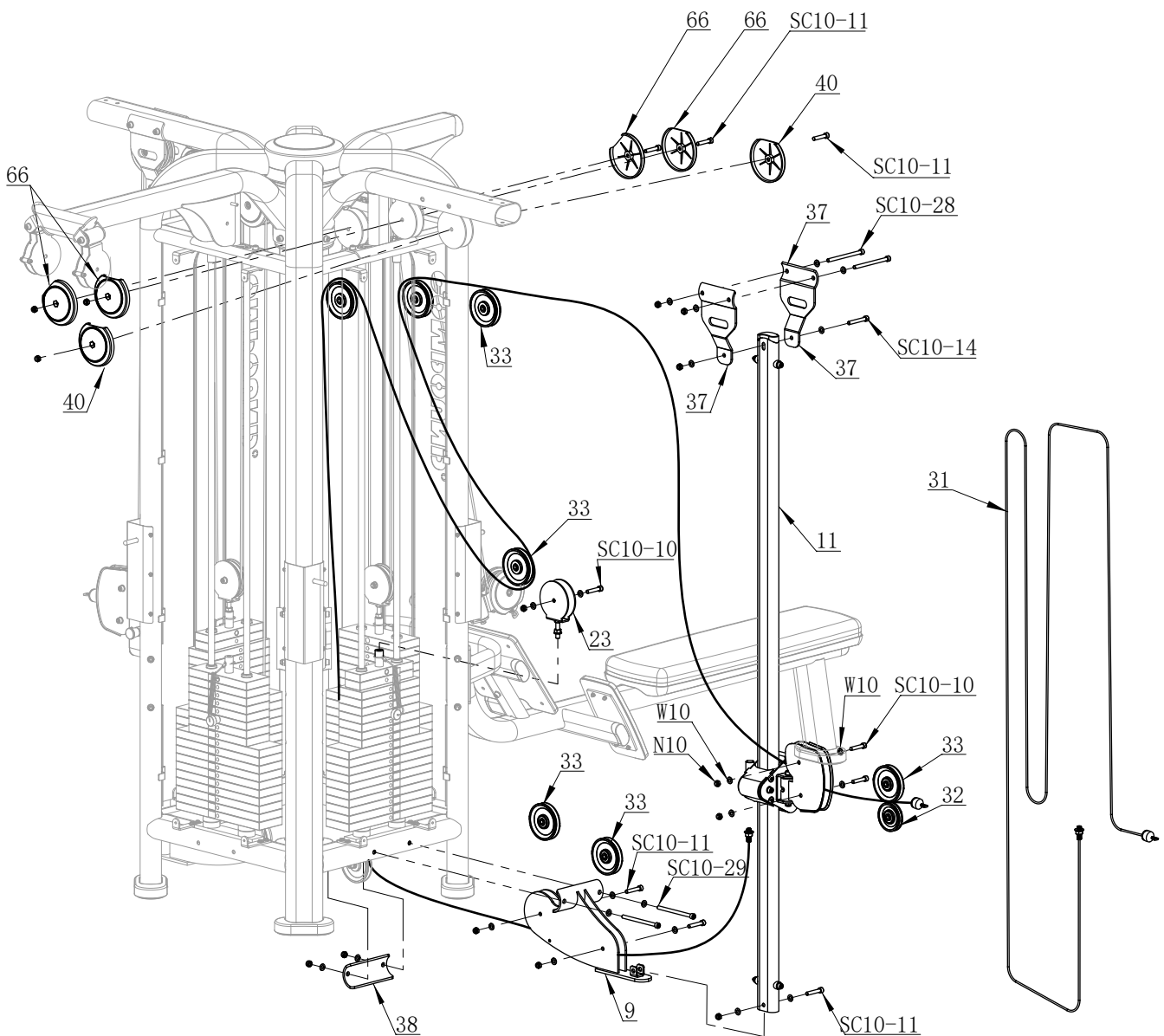


INFORMATION

- 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 6

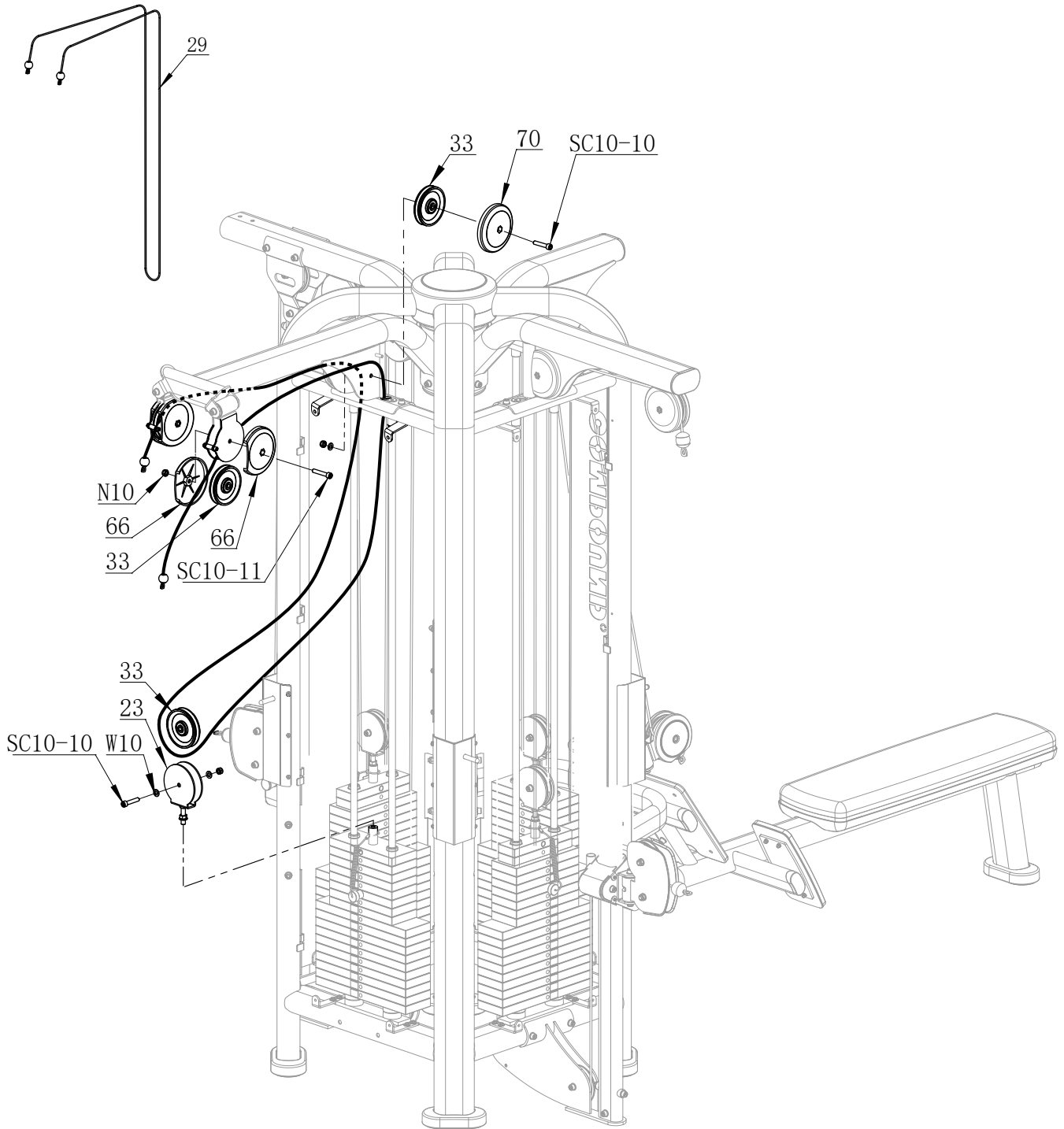
NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.



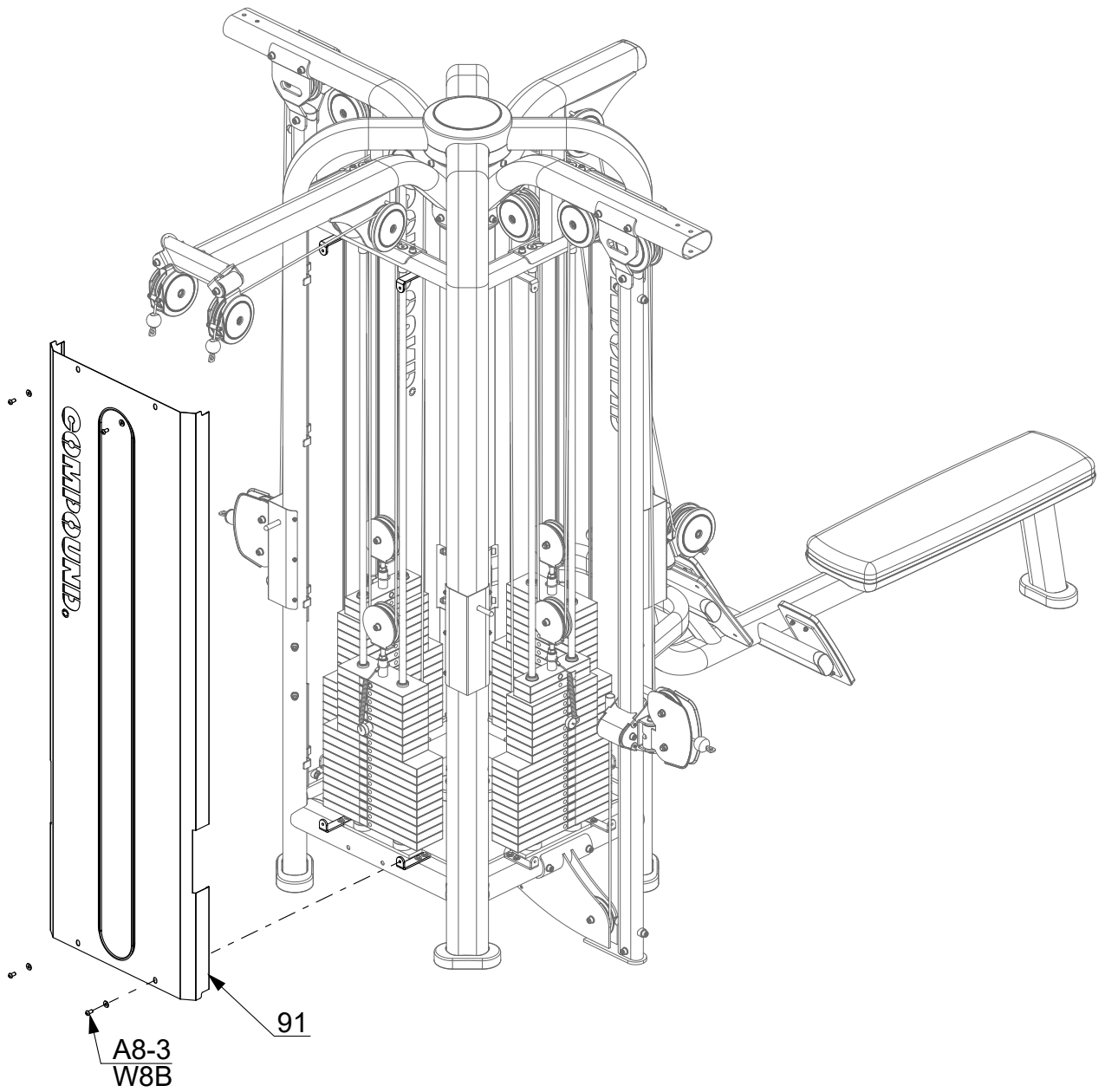
NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

STEP 7

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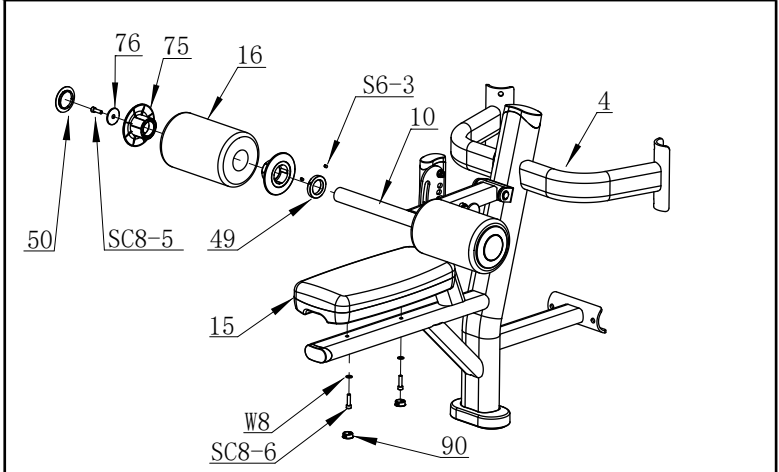
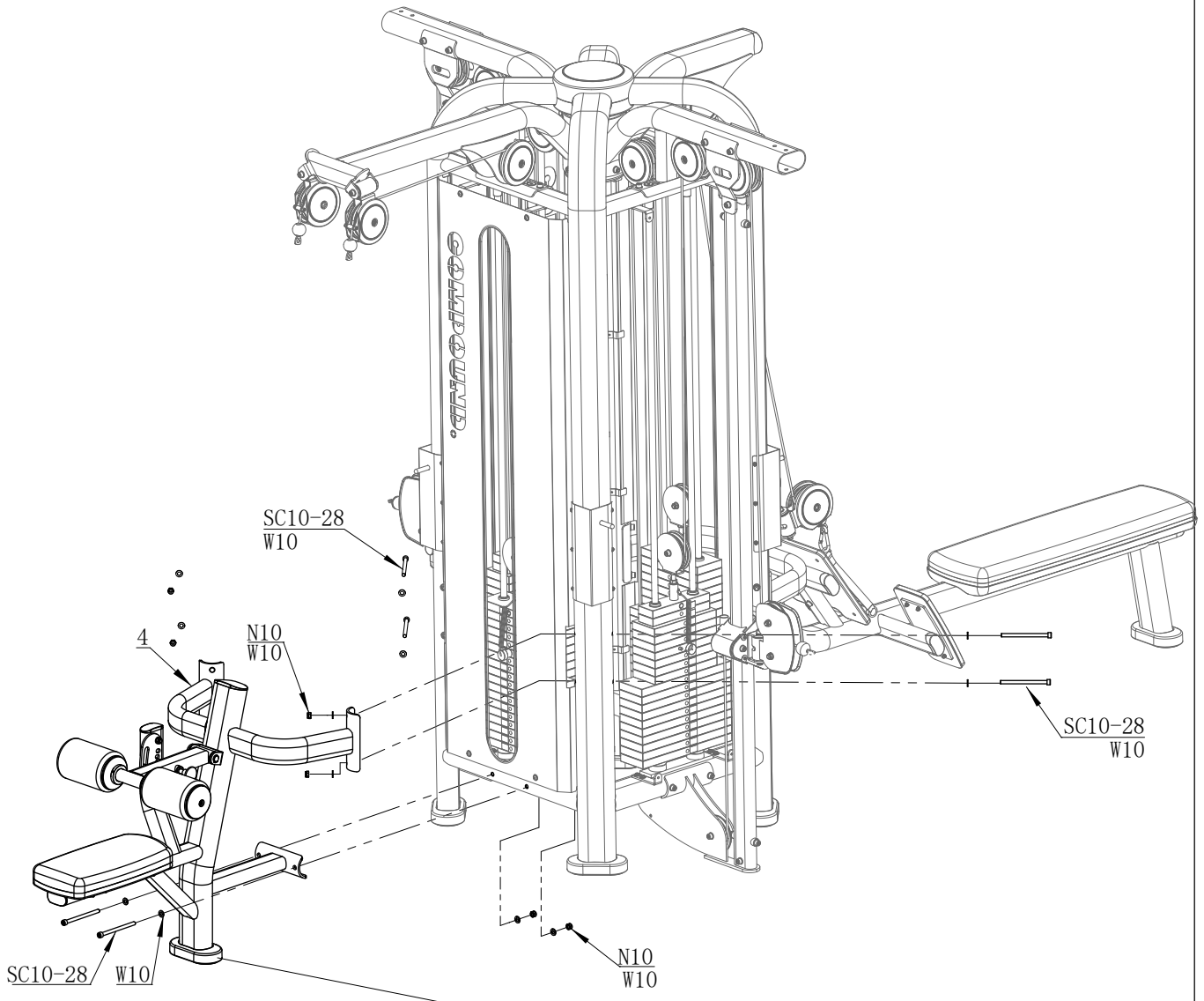
STEP 8



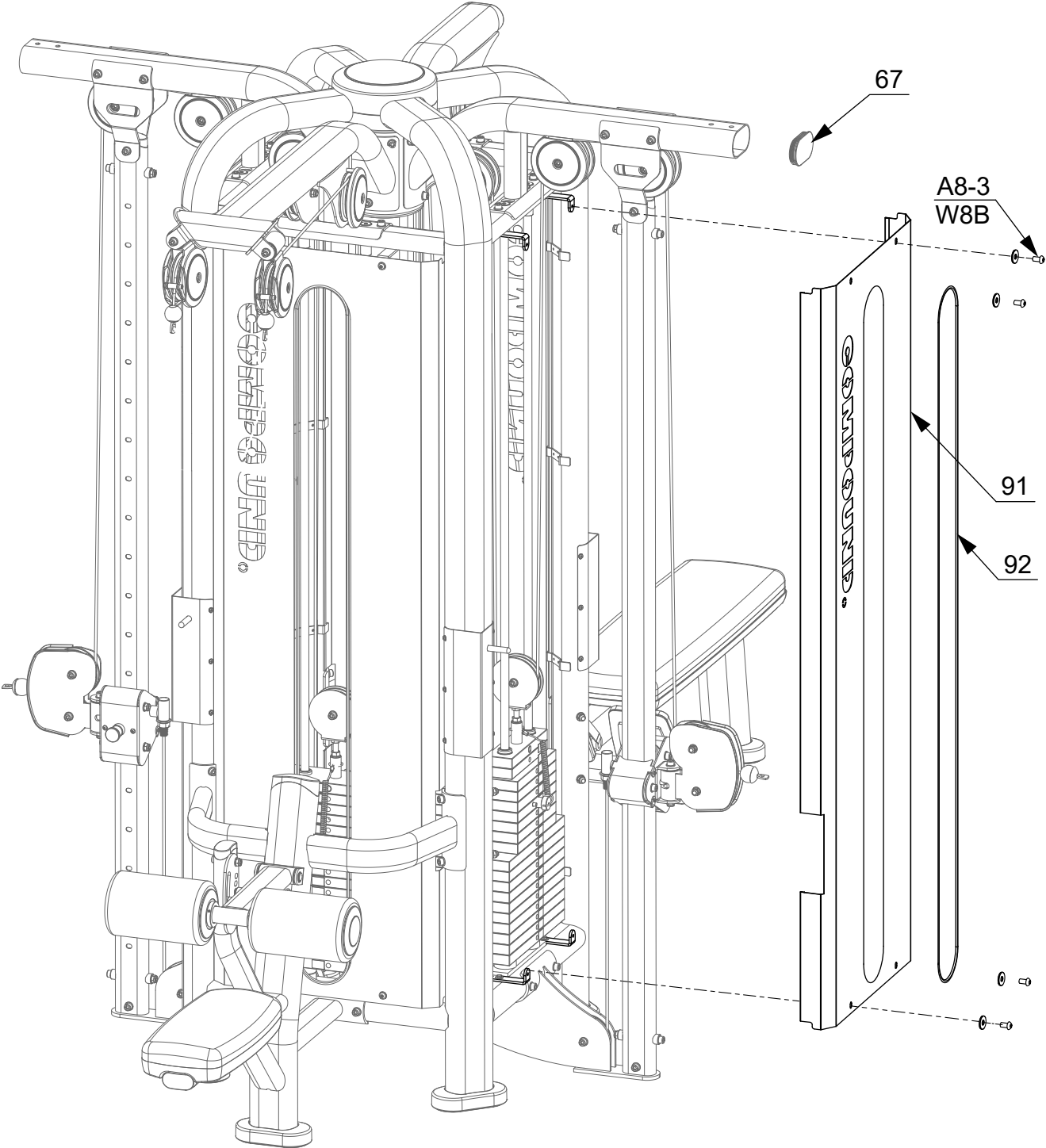
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NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

STEP 9

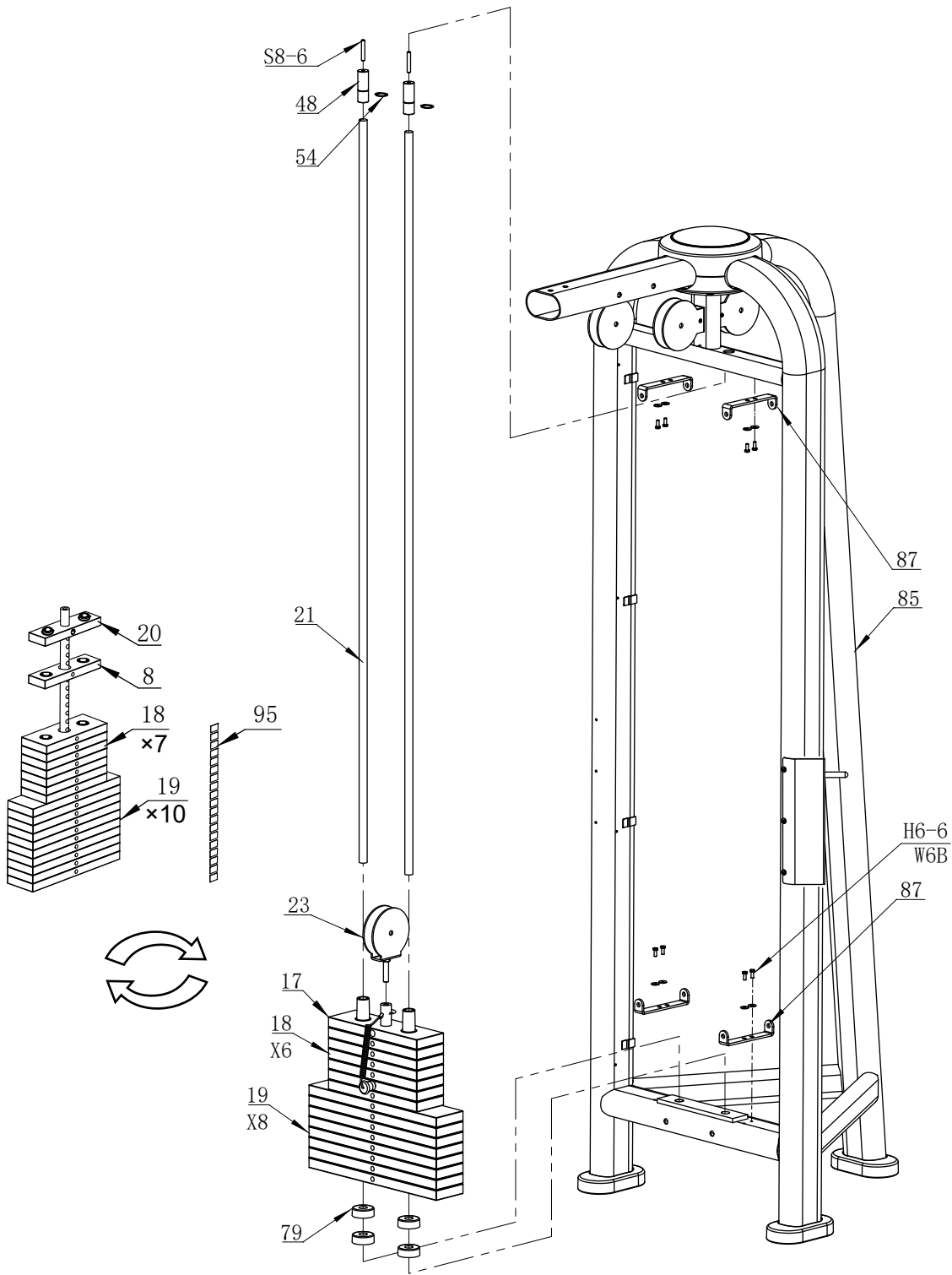


STEP 10



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

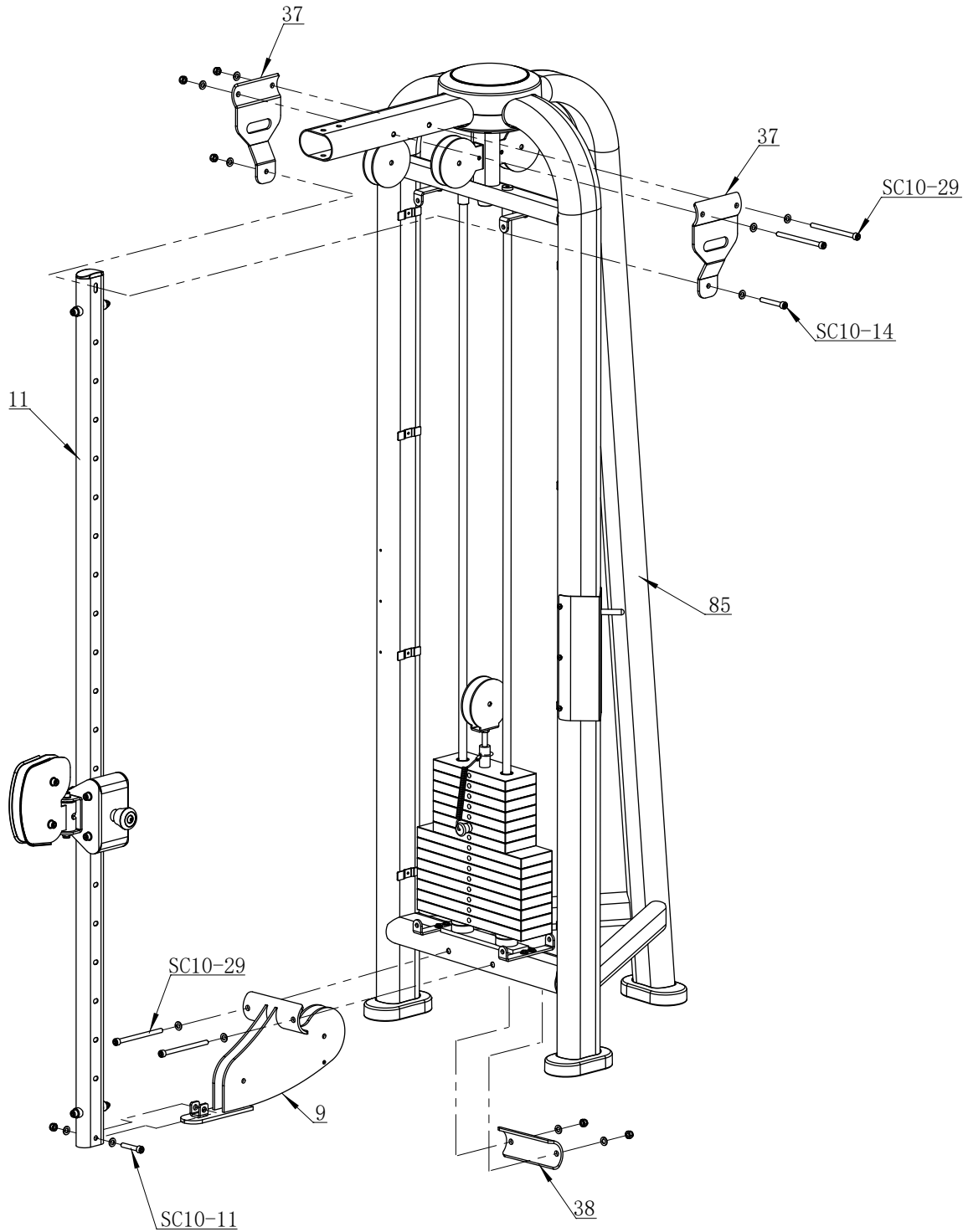
STEP 11



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

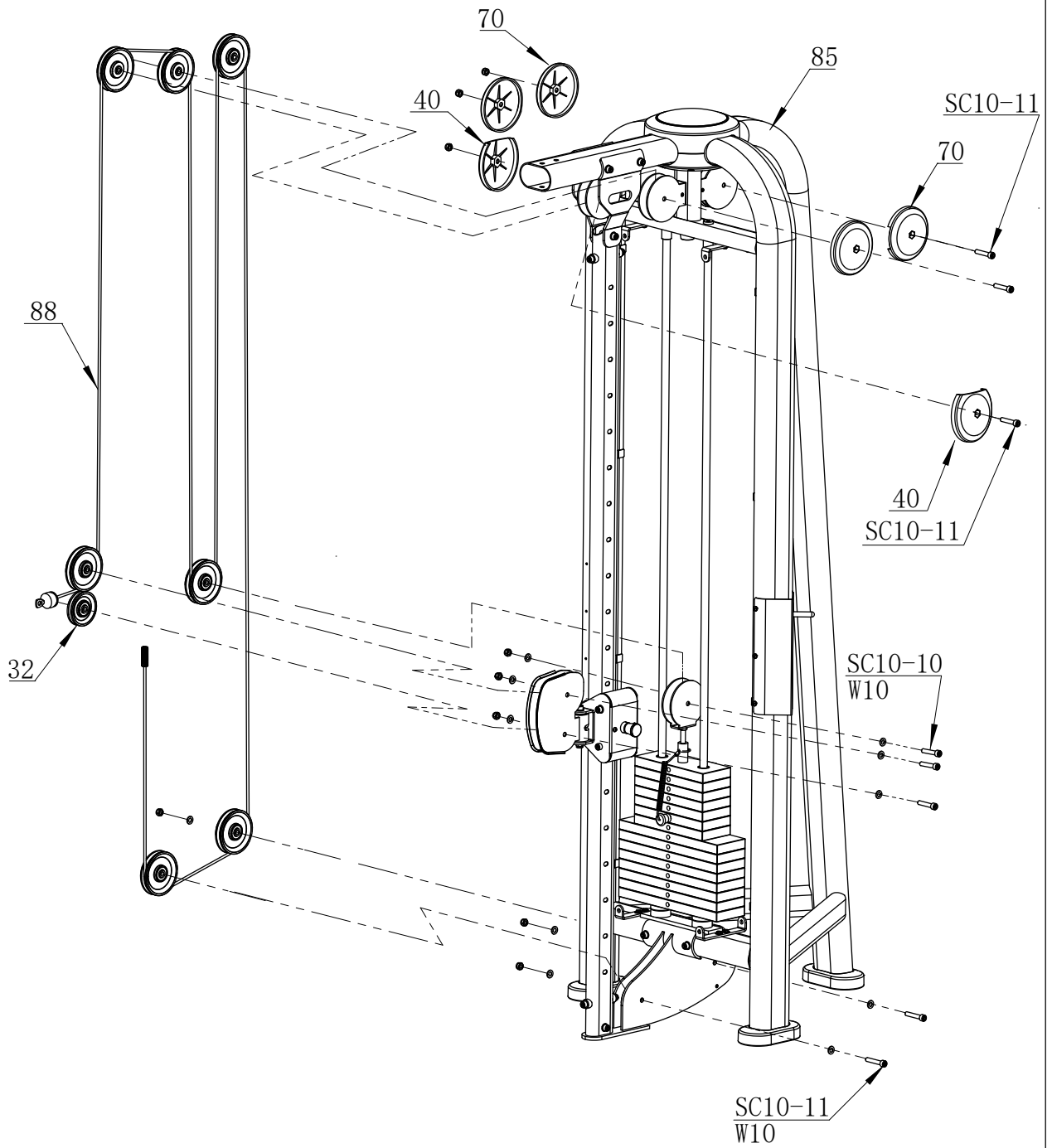
STEP 12

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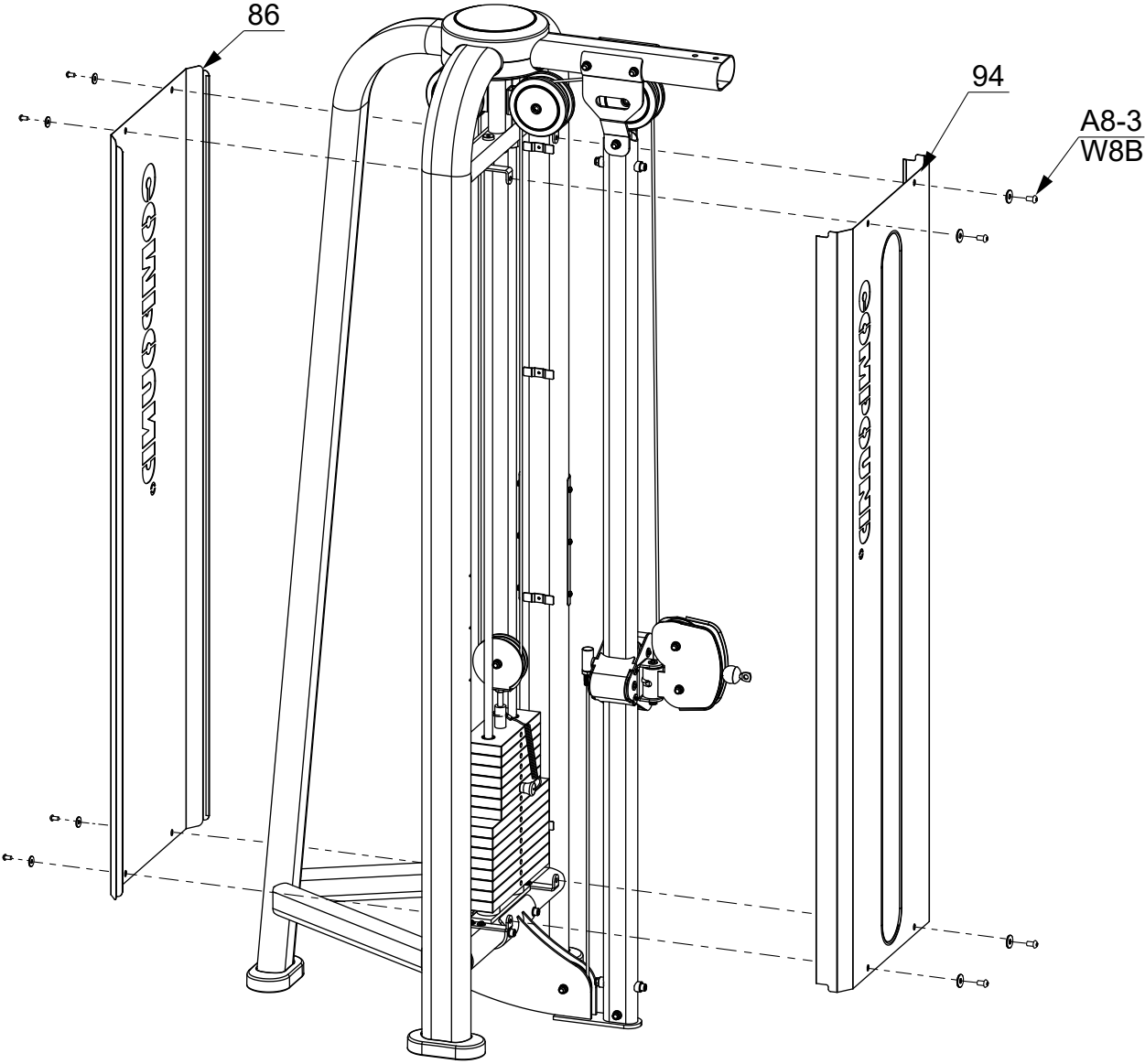


NOTE: In this step, all the washers and nuts which are not marked are W10 and N10; all the pulleys which are not marked are 33#.

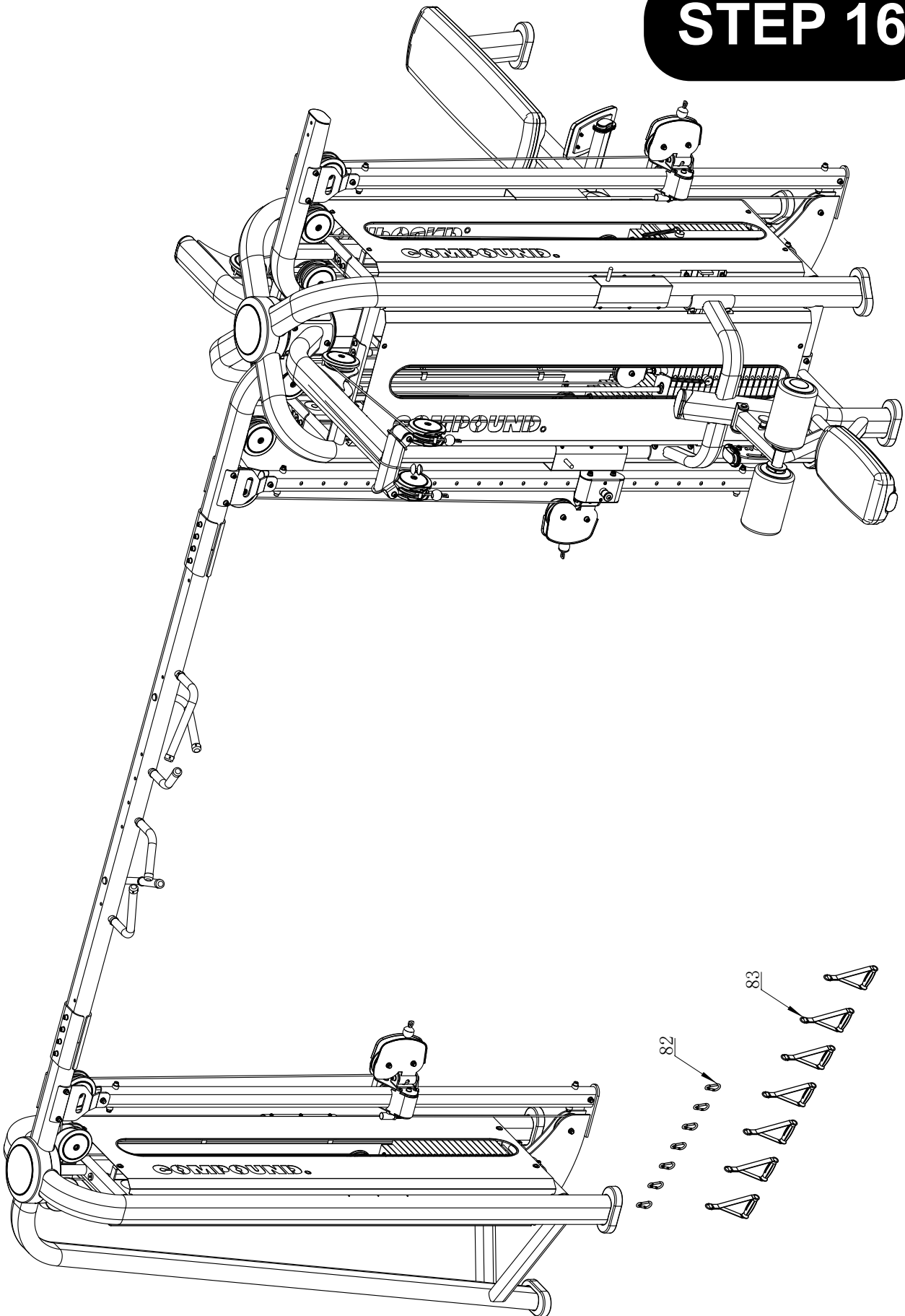
STEP 13



STEP 14



STEP 16



PARTS LIST

PART #	DESCRIPTION	QTY
1	Main Frame	1
2	Linking Tube	1
3	Row	1
4	Lat Pulldown Assembly	1
5	Top Frame 1	3
6	Top Frame 2	1
7	Top Frame 3	1
8	2.5 Kg Weight Plate	3
9	Adjuster Post Base	3
10	Press Leg Tube Assembly	1
11	Adjuster Post	3
12	Big Footrest	1
13	Small Footrest	2
14	Long Seat Pad	1
15	Short Seat Pad	1
16	Foam Roller	2
17	5 Kg Top Weight Plate	2
18	5Kg Weight Plate	35
19	7.5Kg Weight Plate	50
20	2.5 Kg Top Weight Plate	3
21	Guide Rod	10
22	Selector 17+1	2
23	Pulley Bracket	5
24	Lable Placard	5
25	Adjuster Lever Assembly	3
26	Swivel Pulley Carriage	3
27	Swivel Pulley Bracket	4
28	Weight Label 18+1	3
29	Cable 2	1
30	Cable 3	1
31	Cable 4	2
32	Pulley D89	3
33	Pulley D114	31
34	Weight Pin	5
35	90 Pin	1
36	Pull Pin	2
37	Fixing Plate	6
38	Arc Plate	3
39	Linking Plate	2
40	Pulley Cap 6	6

PART #	DESCRIPTION	QTY
41	Shield	3
42	Adj-plate	1
43	Handle Cap	6
44	Handle Ring	6
45	Shaft 1	9
46	Shaft 2	7
47	Shaft 3	1
48	Bushing	10
49	Foam Ring	2
50	Plastic Cap	2
51	Bronze Bushing	2
52	Spacer	1
53	Bearing 6203	24
54	Circlip 1	10
55	Circlip 2	2
56	E Ring	32
57	Pin	5
58	Cap D245	2
59	Half Cap D245	4
60	End Cap D180	1
61	Plastic Wheel	9
62	Plastic Foot Pad	9
63	Foot Cover	9
64	Pt Cap 40x80	7
65	Pt Cap 65x114	4
66	Pulley Cap 1	16
67	FE Tube Cap	1
68	L Plate	16
69	Knob	3
70	Pulley Cap 5	8
71	Grip 1	2
72	Grip 2	2
73	Grip 3	2
74	Foam Ring Inside Cap	2
75	Foam Cap	2
76	Fixed Plate	6
77	Weight Stack Head Bushing	10
78	Weight Stack Bushing	146
79	Bumper	20
80	Plastic Stoper	12

