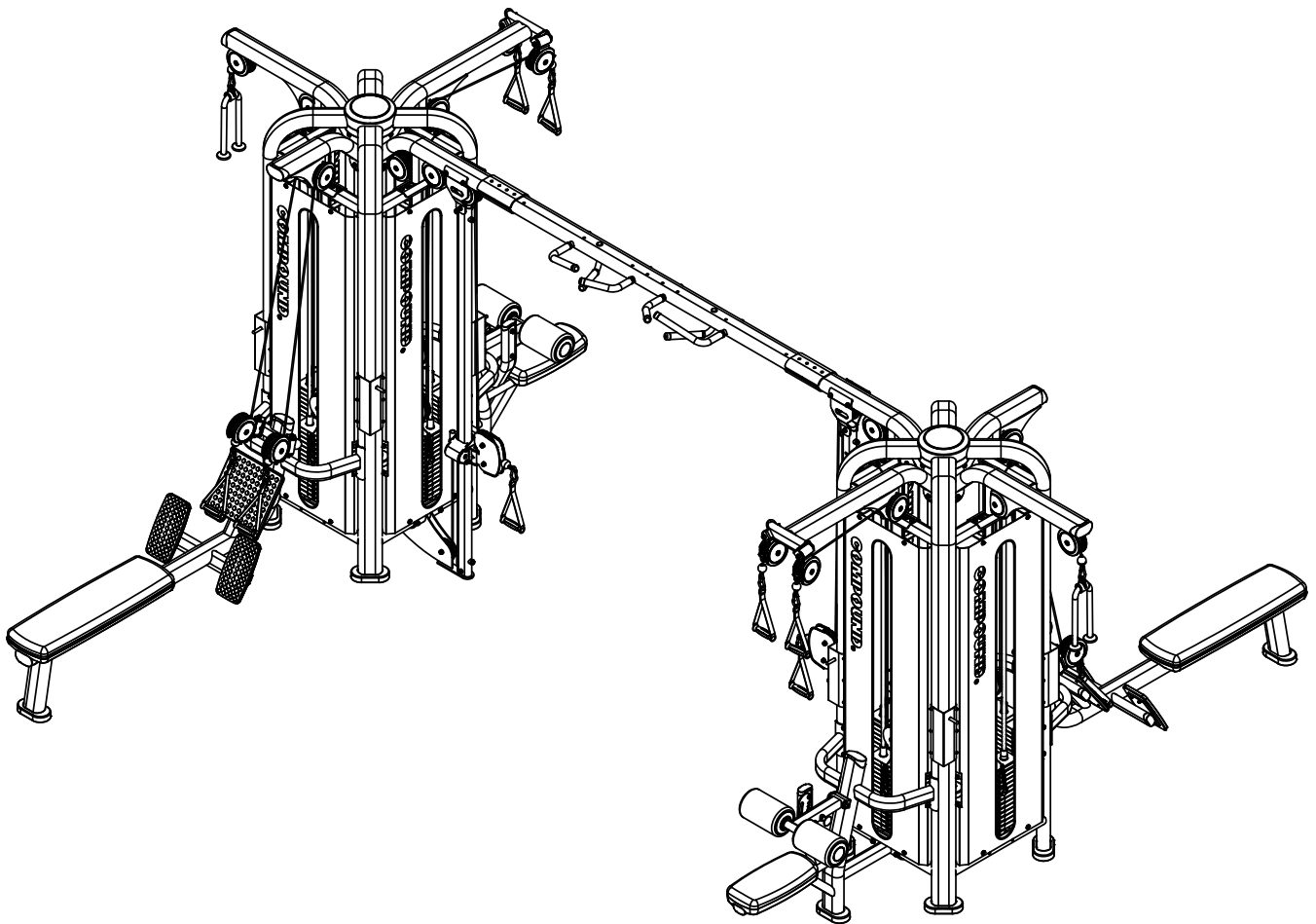

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

8 STATION MACHINE

SKU: CPL-V8S-1028



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

03-15 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

16-17 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

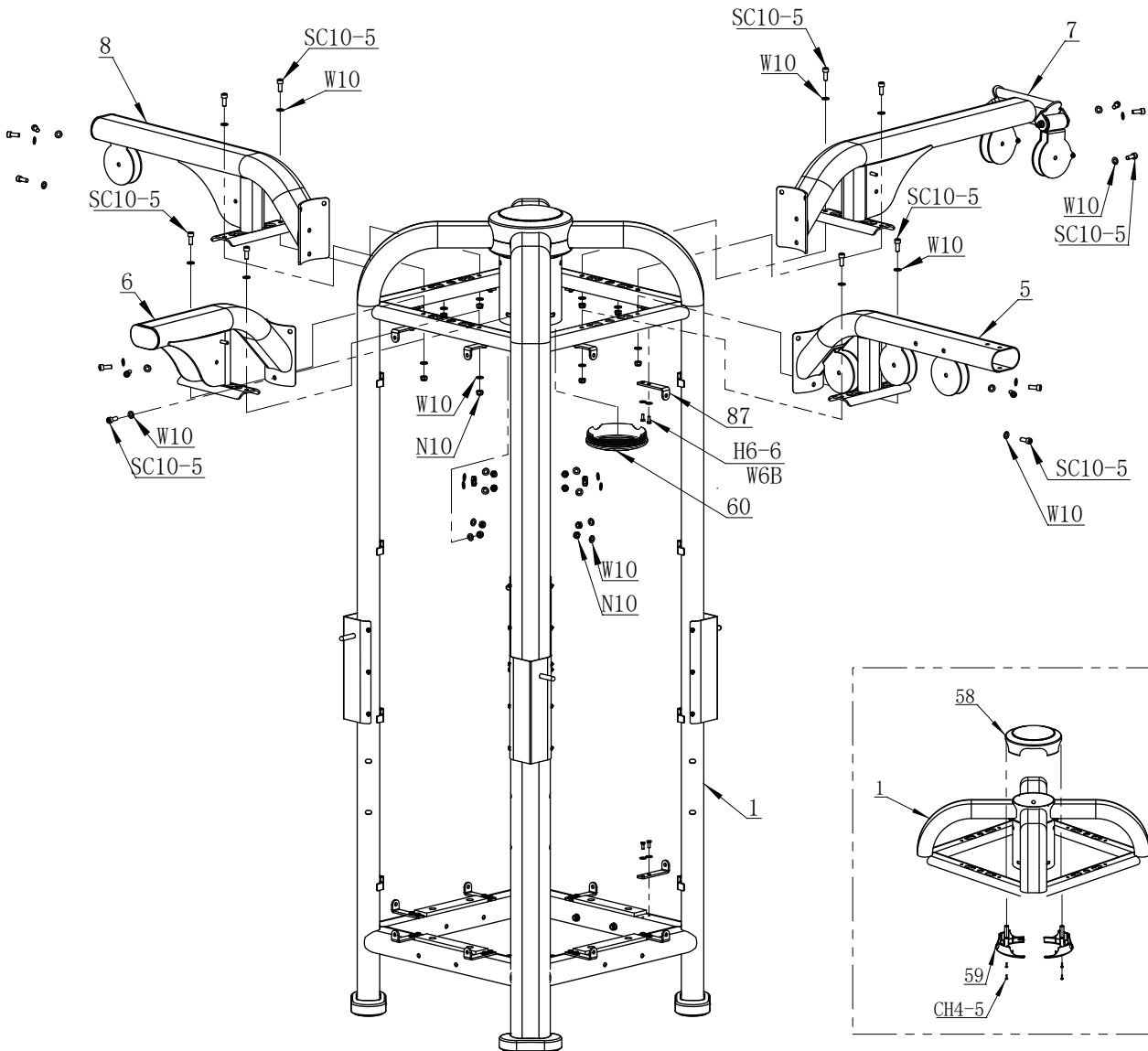
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

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.

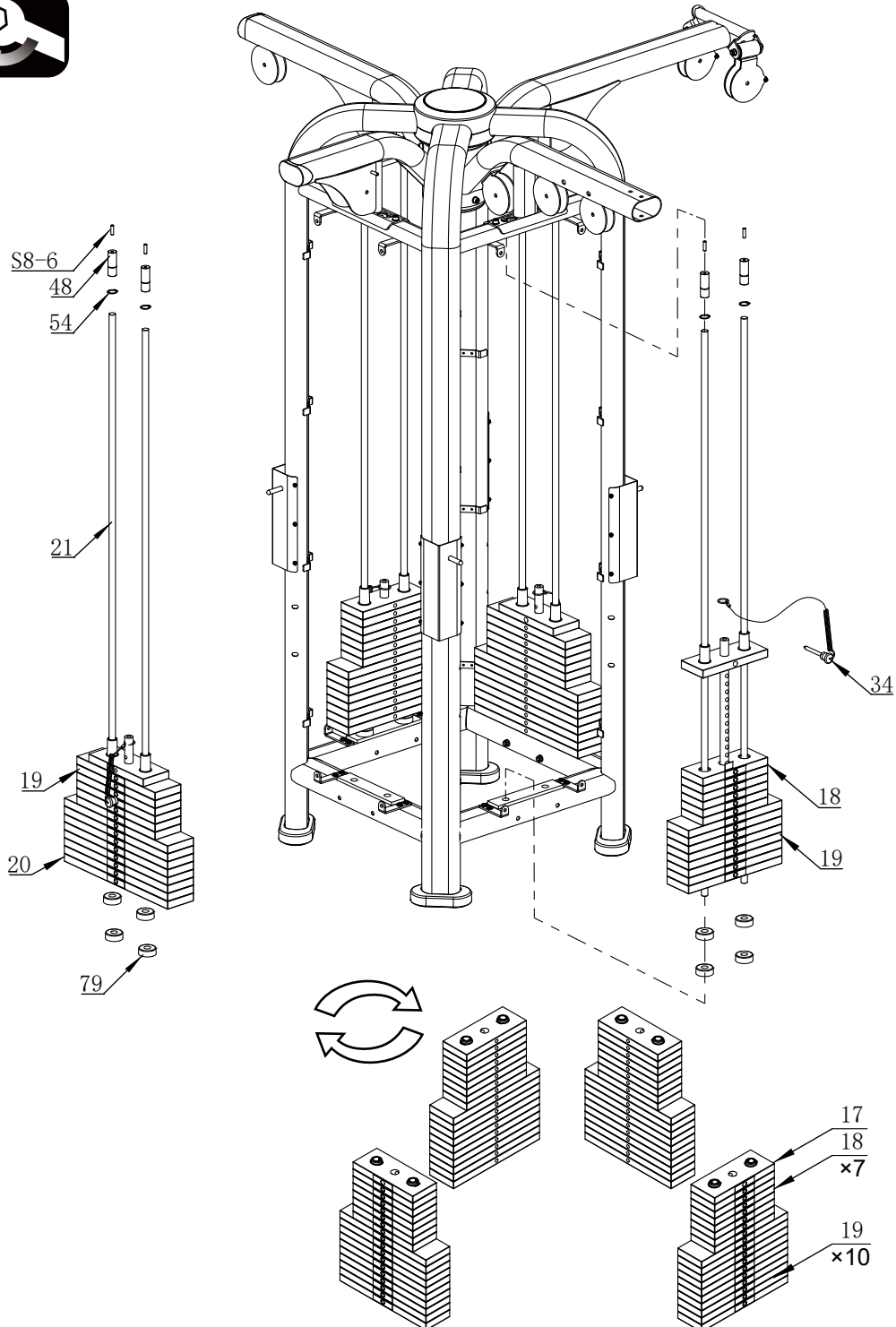
INFORMATION

- 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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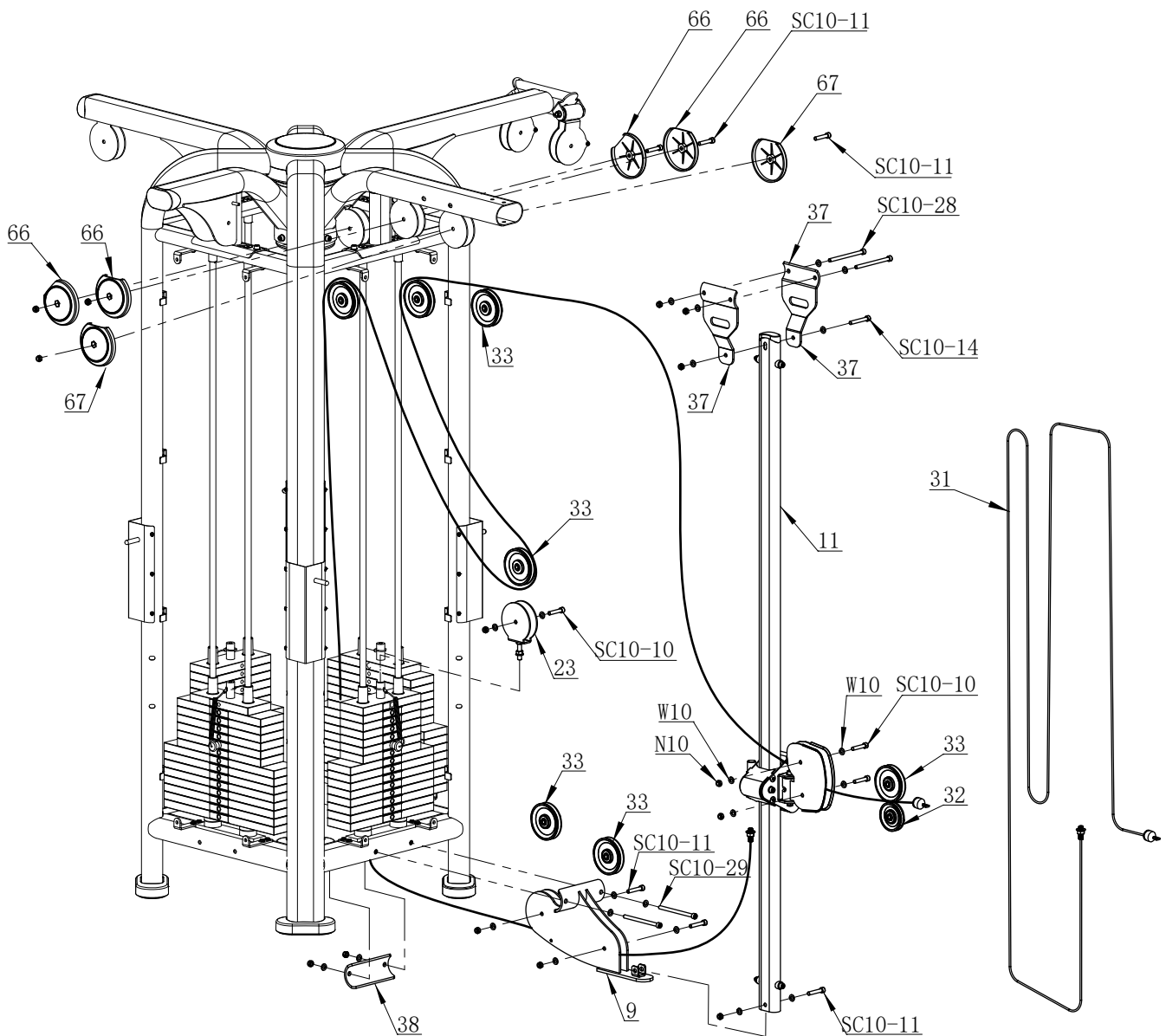


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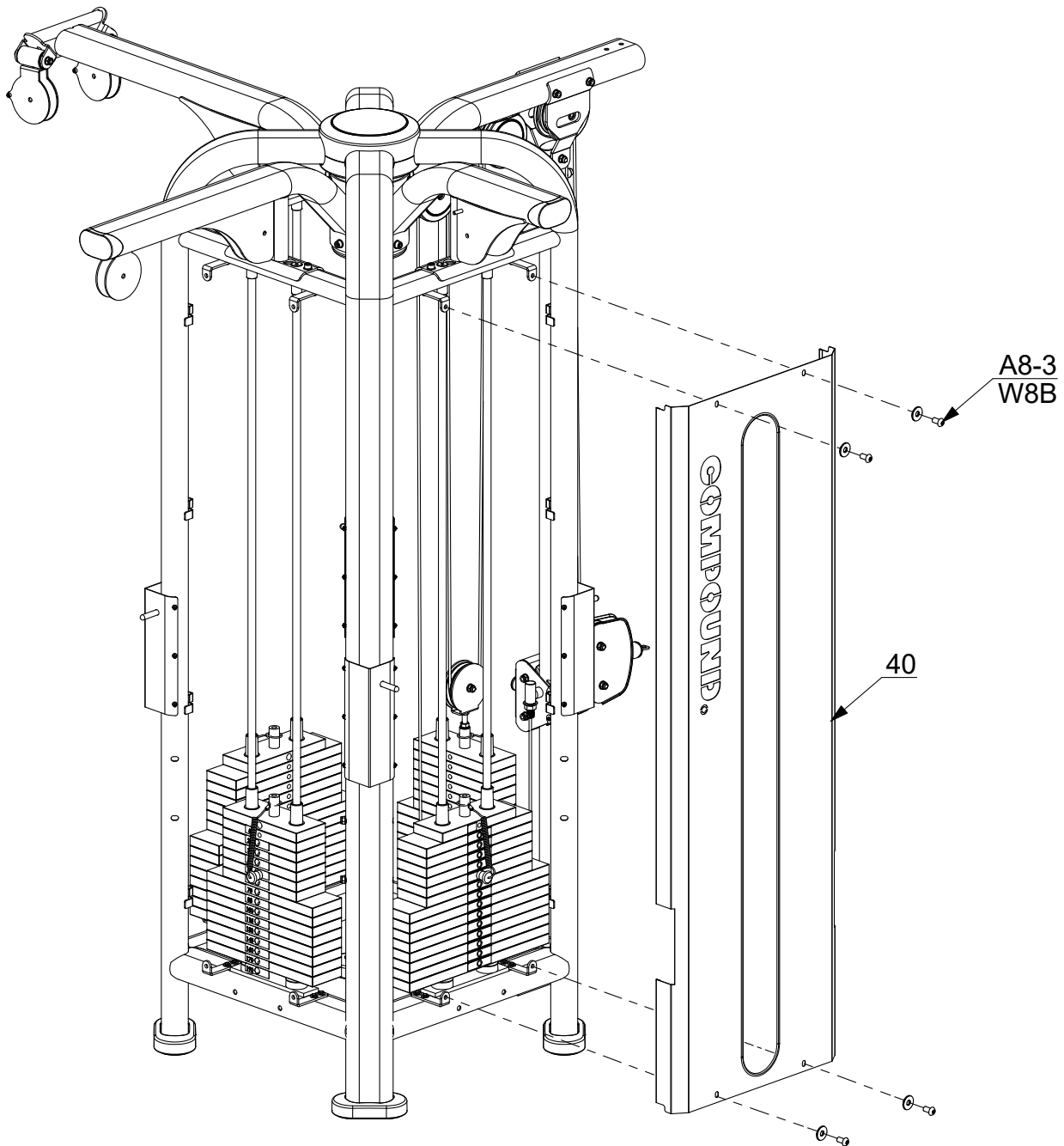
- We recommend you have someone assist you in lifting and assembling your gym.
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STEP 3

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STEP 4



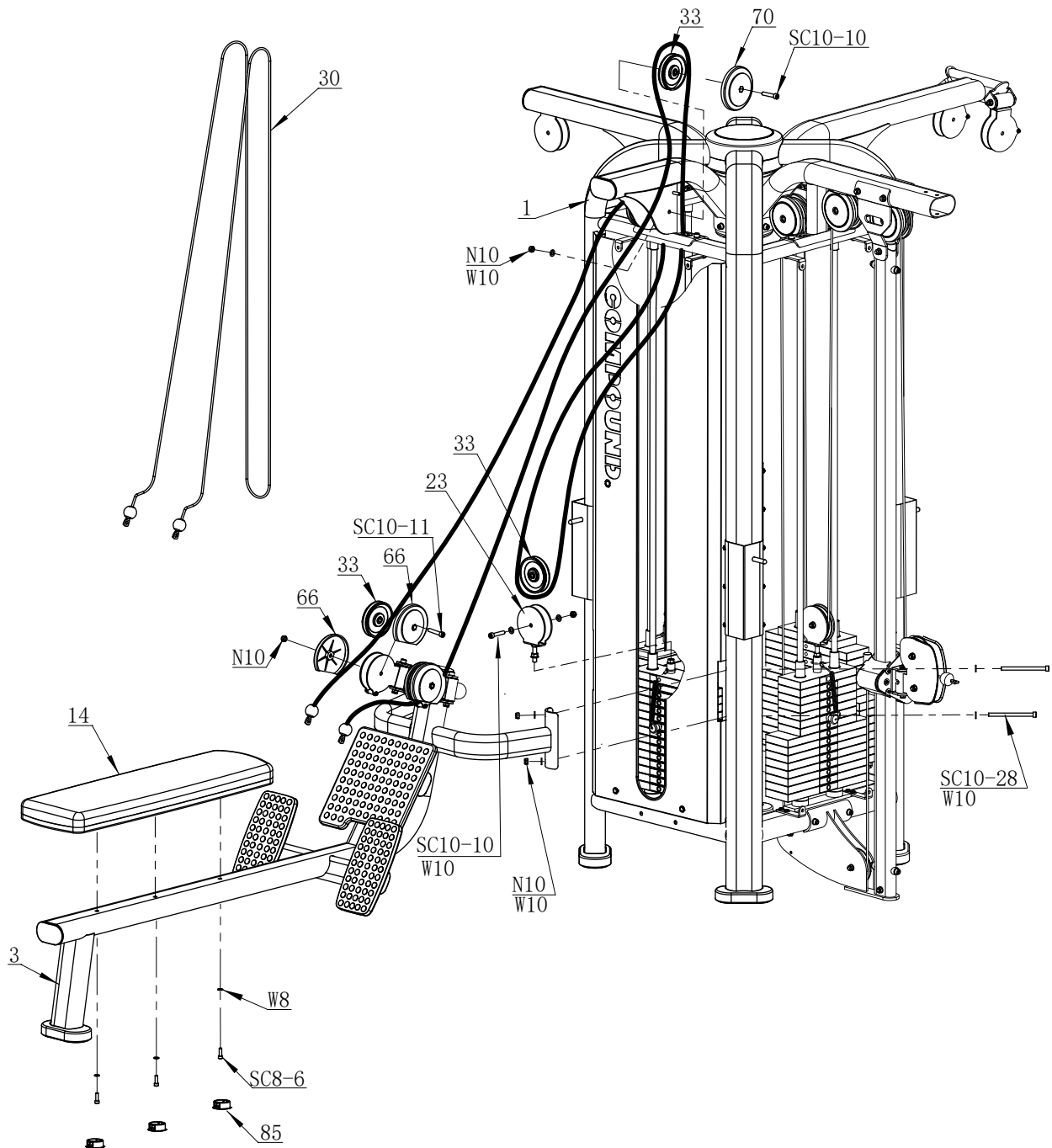
INFORMATION

- 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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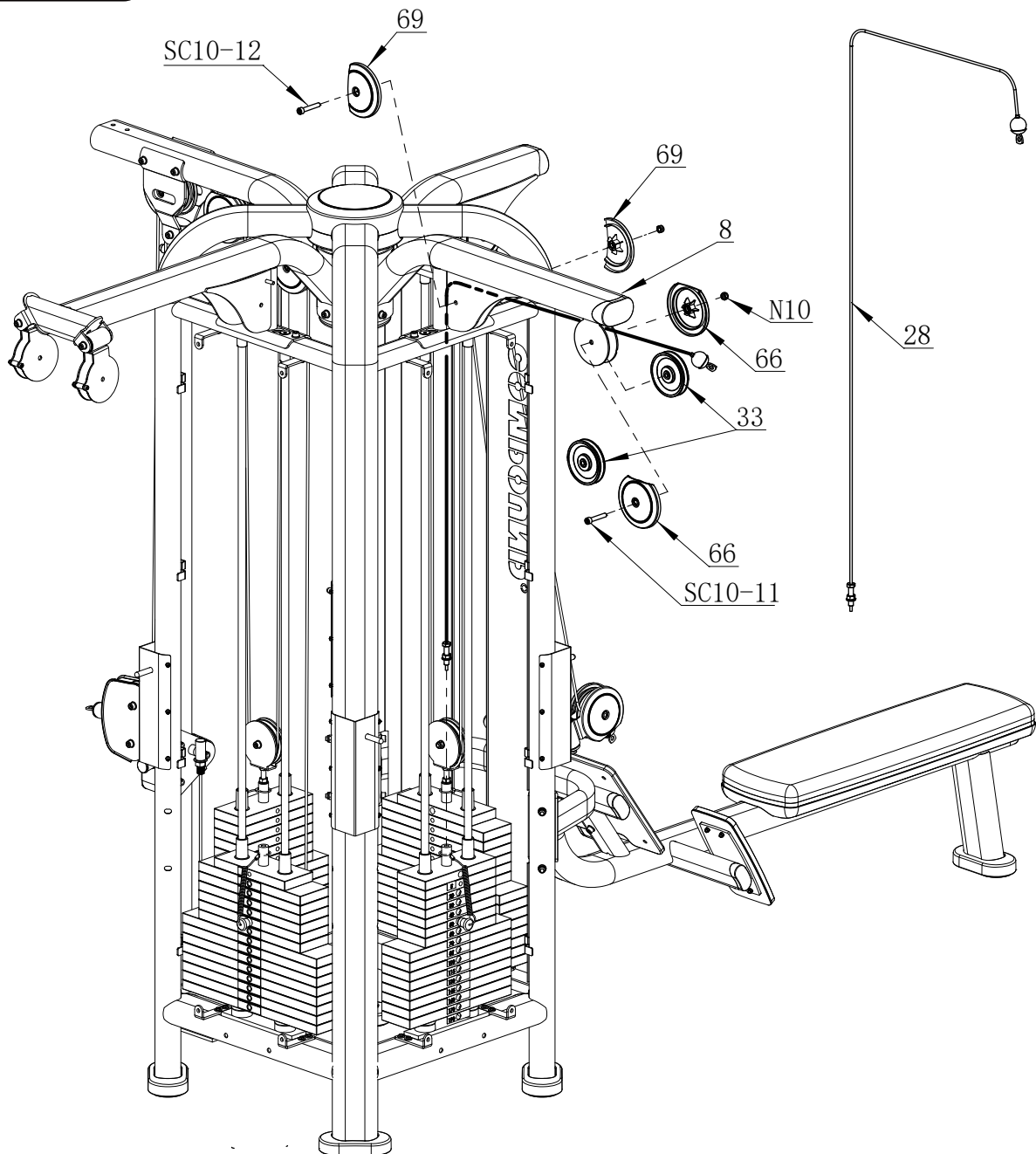
INFORMATION

- 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

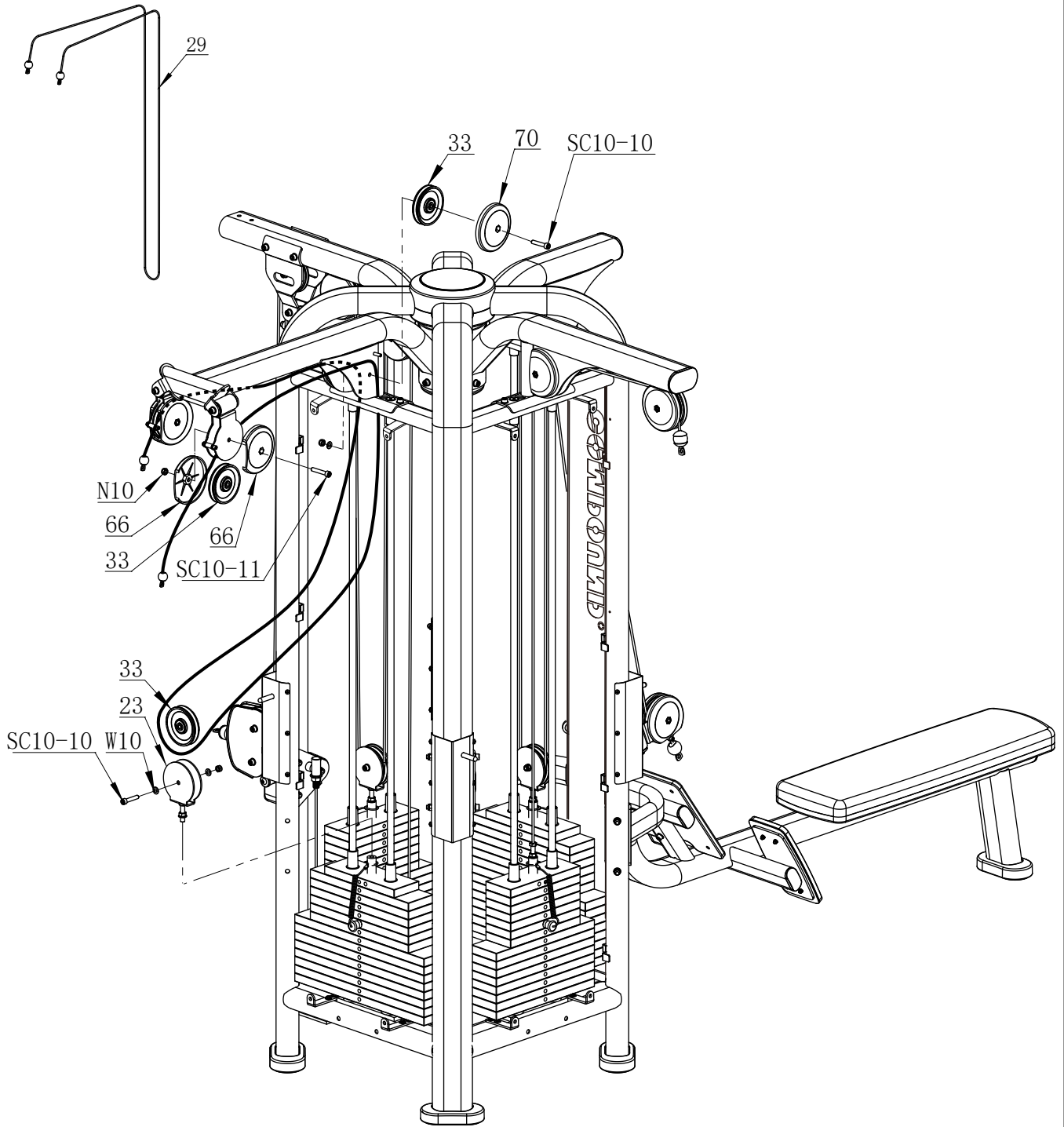
NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

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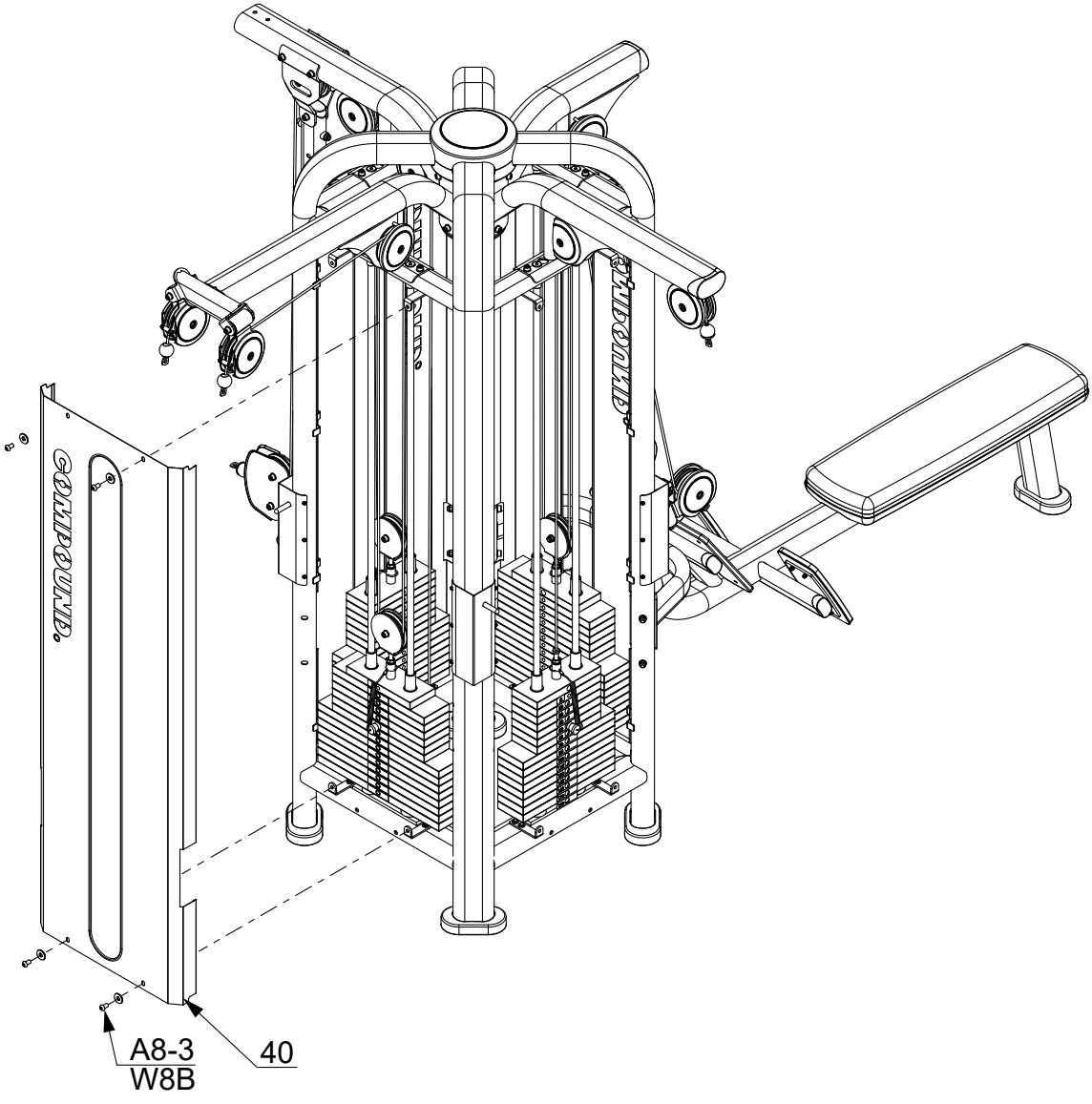


NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

STEP 7



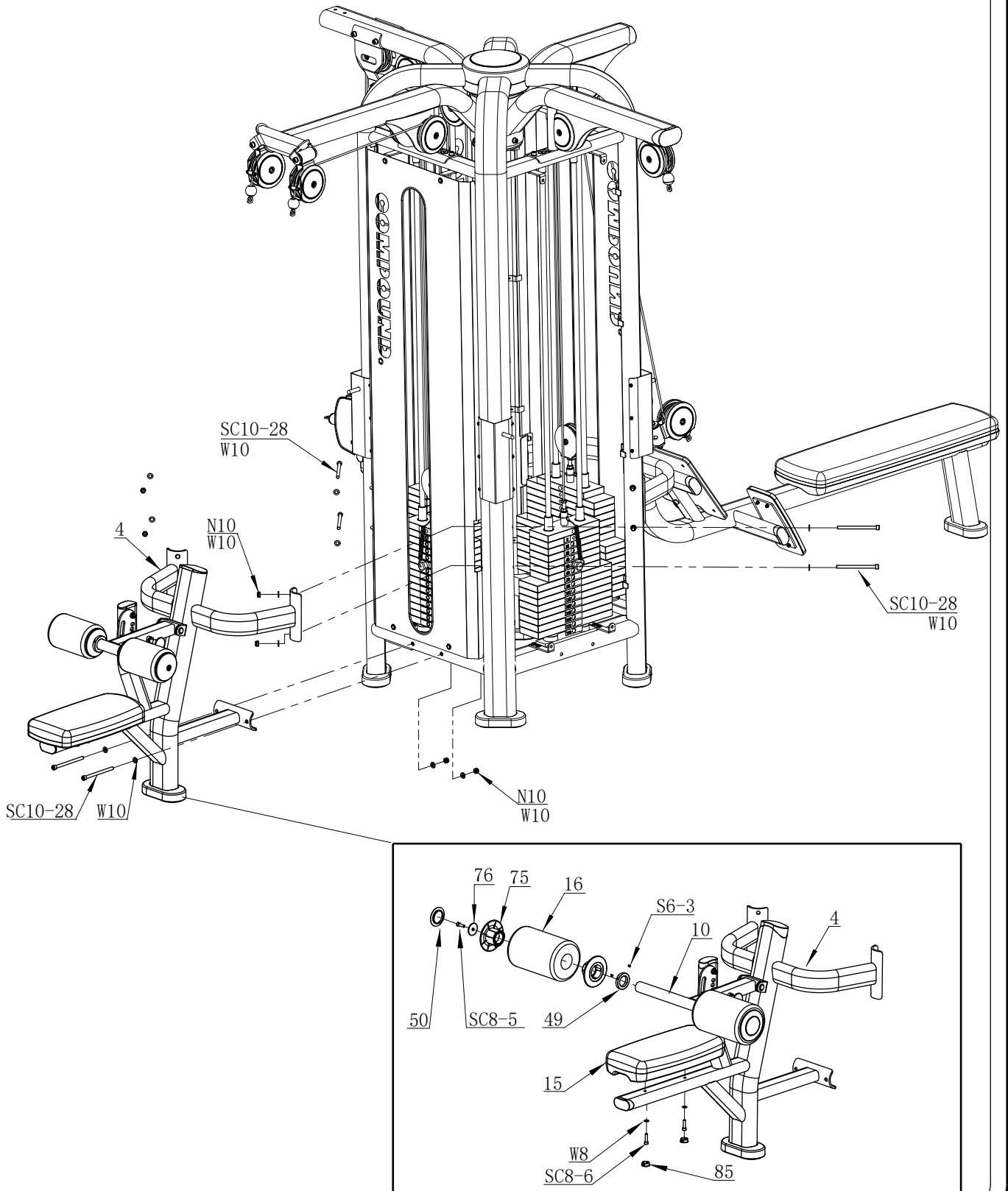
STEP 8



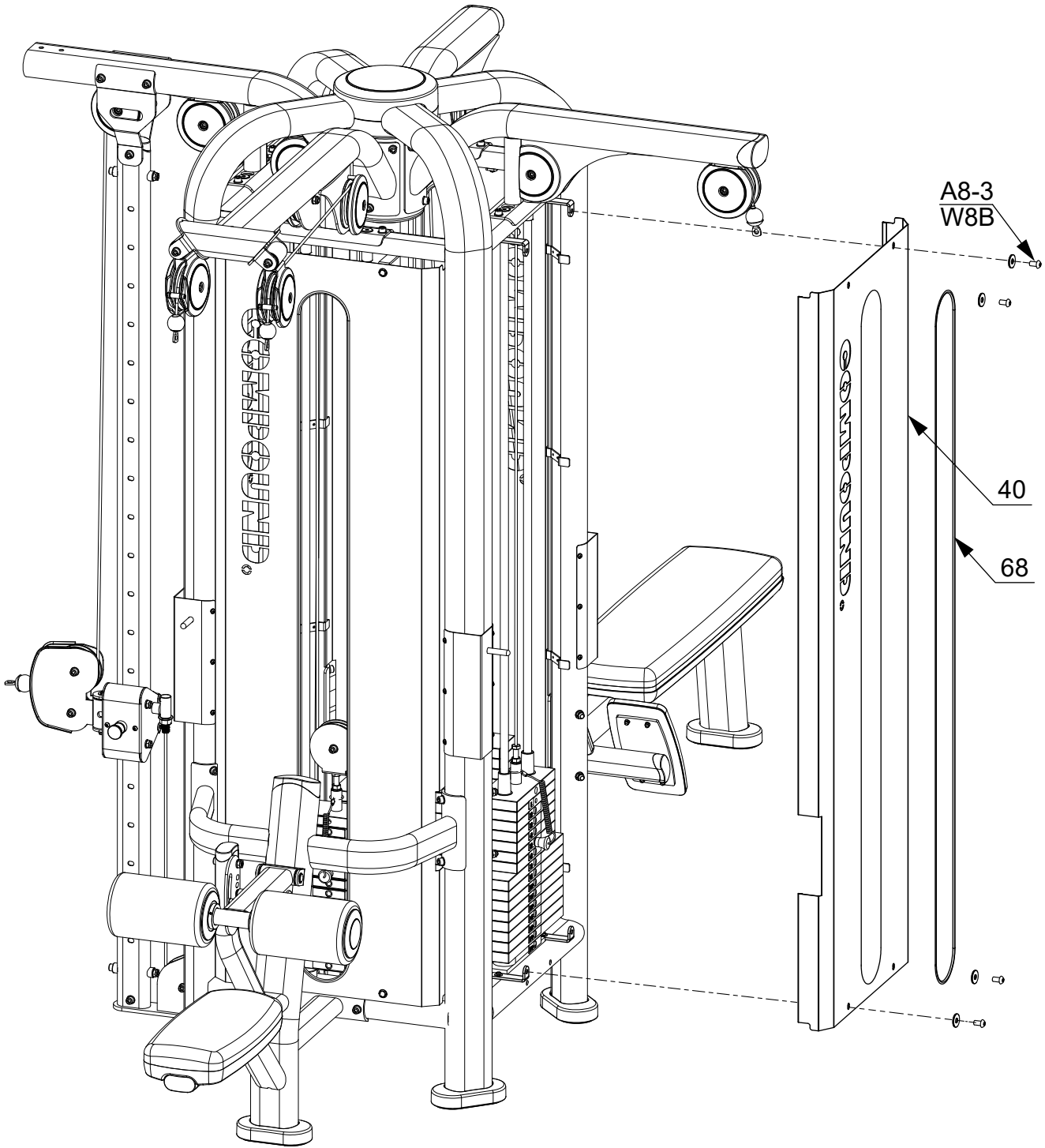
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NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.

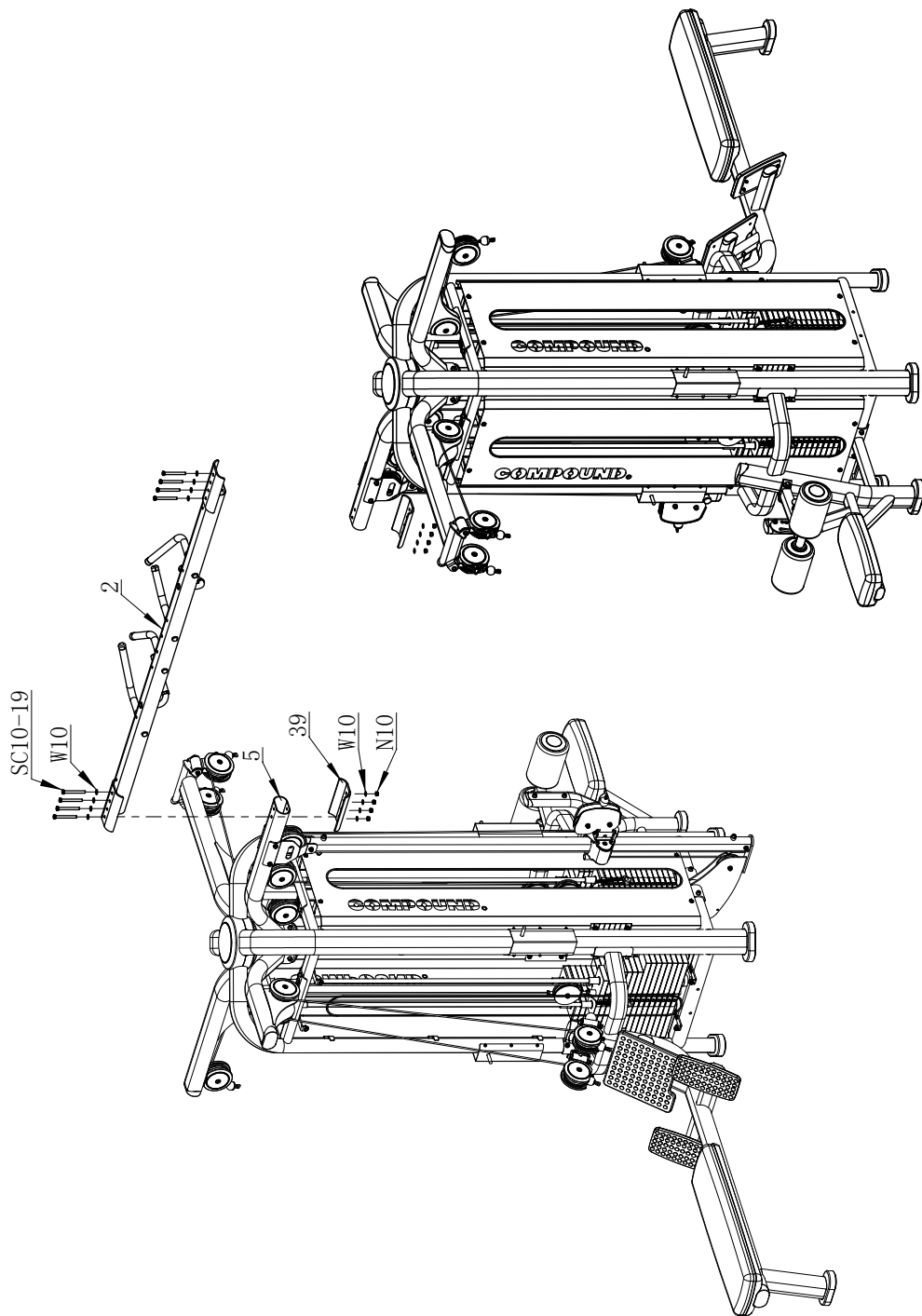
STEP 9



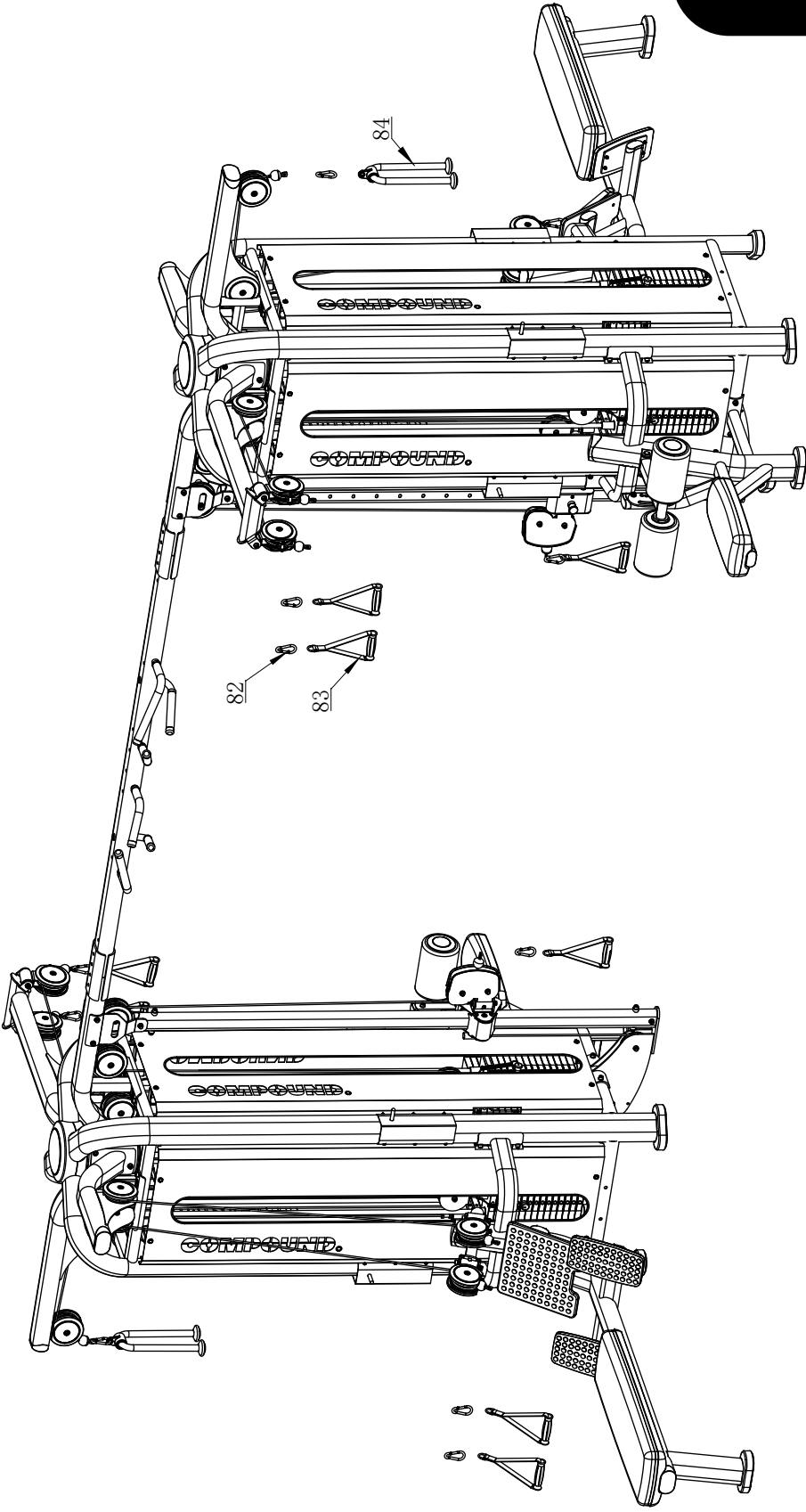
STEP 10



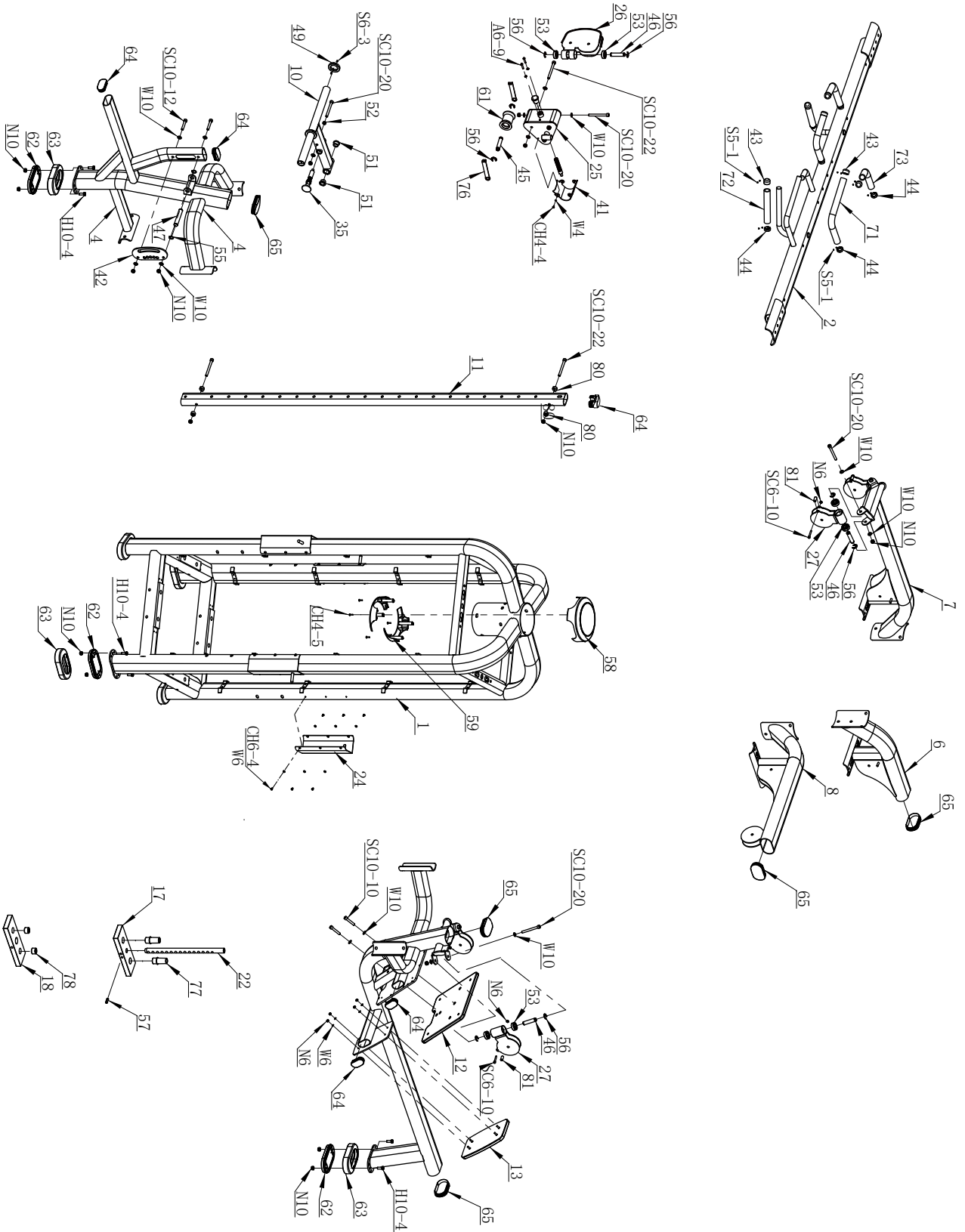
STEP 11



STEP 12



PREASSEMBLED STEP



PARTS LIST

PART #	DESCRIPTION	QTY
1	Main Frame	2
2	Linking Tube	1
3	Row	2
4	Lat Pulldown Assembly	2
5	Top Frame 1	2
6	Top Frame 2	2
7	Top Frame 3	2
8	Top Frame 4	2
9	Adjuster Post Base	2
10	Press Leg Tube Assembly	2
11	Adjuster Post	2
12	Big Footrest	2
13	Small Footrest	4
14	Long Seat Pad	2
15	Short Seat Pad	2
16	Foam Roller	4
17	5 Kg Top Weight Plate	8
18	5 Kg Weight Plate	56
19	7.5 Kg Weight Plate	80
20	20lbs Weight Stack	32
21	Guide Rod	16
22	Selector	8
23	Pulley Bracket	6
24	Lable Placard	8
25	Adjuster Lever Assembly	2
26	Swivel Pulley Carriage	2
27	Swivel Pulley Bracket	8
28	Cable 1	2
29	Cable 2	2
30	Cable 3	2
31	Cable 4	2
32	Pulley D89	2
33	Pulley D114	38
34	Weight Pin	8
35	90 Pin	2
36	Pull Pin	2
37	Fixing Plate	4
38	Arc Plate	2
39	Linking Plate	2
40	Shield Plate	8

PART #	DESCRIPTION	QTY
41	Shield	2
42	Adj-plate	2
43	Handle Cap	6
44	Handle Ring	6
45	Shaft 1	6
46	Shaft 2	10
47	Shaft 3	2
48	Bushing	16
49	Foam Ring	4
50	Plastic Cap	4
51	Bronze Bushing	4
52	Spacer	2
53	Bearing 6203	32
54	Circlip 1	16
55	Circlip 2	4
56	E Ring	32
57	Pin	1
58	Cap D245	2
59	Half Cap D245	4
60	End Cap D180	2
61	Plastic Wheel	6
62	Plastic Foot Pad	12
63	Foot Cover	12
64	Pt Cap 40x80	14
65	Pt Cap 65x114	10
66	Pulley Cap 1	14
67	Pulley Cap 10	4
68	Edge Protection Strip	8
69	Pulley Cap 9	4
70	Pulley Cap	8
71	Grip 1	2
72	Grip 2	2
73	Grip 3	2
74	Foam Ring Inside Cap	4
75	Foam Cap	4
76	Fixed Plate	4
77	Weight Stack Head Bushing	16
78	Weight Stack Bushing	236
79	Bumper	32
80	Plastic Stoper	8

PARTS LIST

PART #	DESCRIPTION	QTY
81	Plastic Bushing	8
82	Clip	12
83	Single Handle	10
84	Triceps Rope	2
85	Cap D25	10
87	L Plate	32
A6-9	Allen Bolt M6x30	4
A8-3	Allen Bolt M8x15	32
CH4-4	Cross Recessed Pan Head Screw M4x10	8
CH4-5	Cross Recessed Pan Head Screw M4x16	8
CH6-4	Cross Recessed Pan Head Screw M6x10	48
H6-6	Hex Head Bolt M6 x 15	48
H10-4	Hex Head Bolt M10x20	24
S5-1	Socket Set Screw M5x4	24
S6-3	Socket Set Screw M6x8	8
S8-6	Socket Set Screw M8 x 30	8
SC6-10	Socket Cap Screw M6x40	8
SC8-5	Socket Cap Screw M8x25	4
SC8-6	Socket Cap Screw M8x30	10
SC10-5	Socket Cap Screw M10x25	40
SC10-10	Socket Cap Screw M10x50	18
SC10-11	Socket Cap Screw M10x55	24
SC10-12	Socket Cap Screw M10x60	6
SC10-14	Socket Cap Screw M10x70	2
SC10-19	Socket Cap Screw M10x95	8
SC10-20	Socket Cap Screw M10x100	12
SC10-22	Socket Cap Screw M10x110	10
SC10-28	Socket Cap Screw M10x140	20
SC10-29	Socket Cap Screw M10x145	8
W4	Washer Φ 4	8
W6	Washer Φ 6	68
W6B	Big Washer 6	48
W8	Washer Φ 8	10
W8B	Big Washer 8 OD24	32
W10	Washer Φ 10	246
N6	Nut M6	24
N10	Nut M10	170
FN12	Flang Nut M12	8