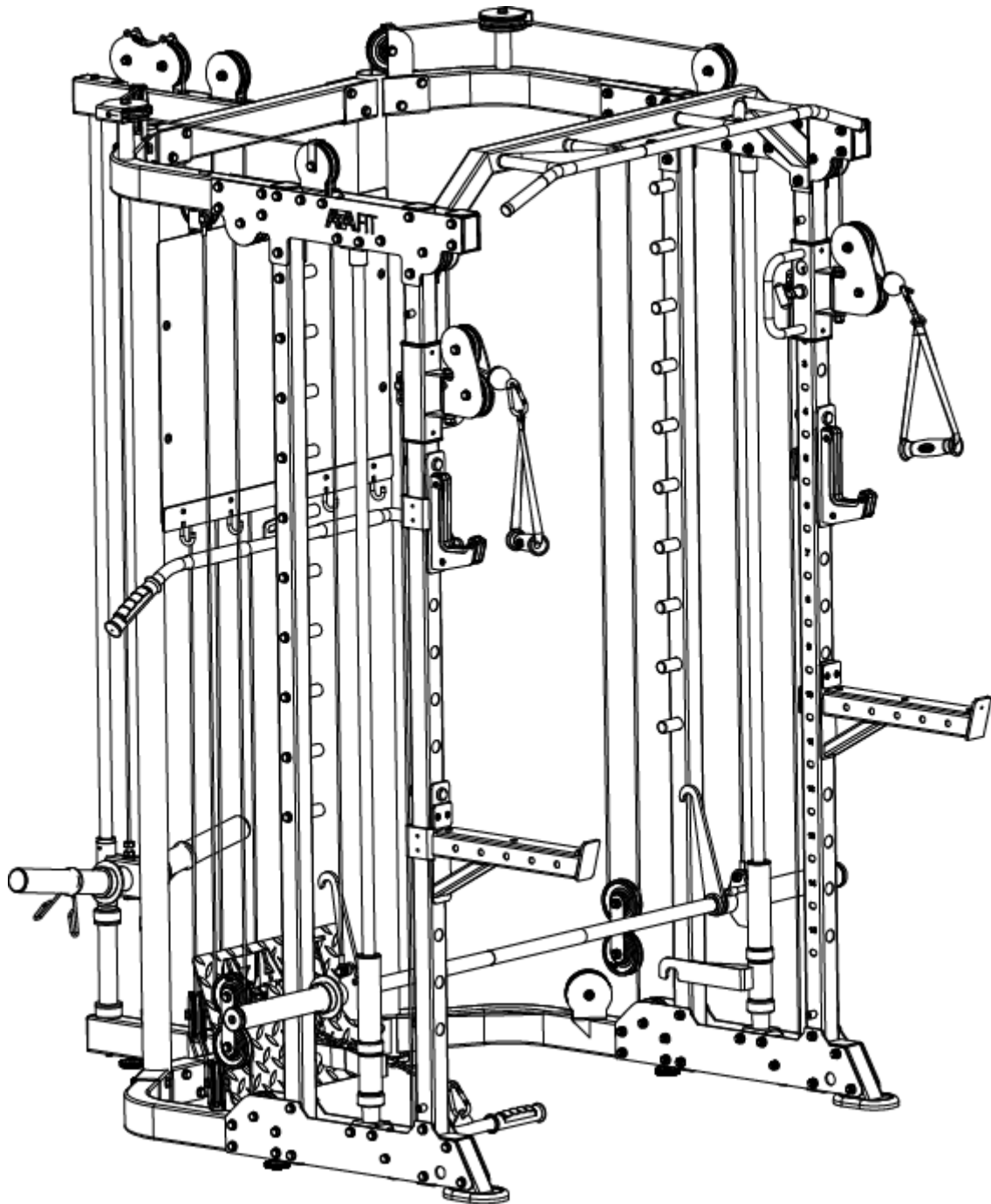


H TOTAL POWER

HMPOWER



PARTS LIST

NO.	NAME	SPECIFICATION	QUANTITY
1	Rear Base Frame	.	1
2	Left Counterweight Tube Assembly	.	1
3	Right Counterweight Tube Assembly	.	1
4	Top Counterweight Tube Assembly		1
5	Left Base Frame		1
6	Right Base Frame		1
7	Upper Transverse Connection Frame		1
8	The Left Carriage		1
9	The Right Carriage		1
10	Guide Assembly		2
11	Left Slide Adjustment Assembly		1
12	Right Slide Adjustment Assembly		1
13	Barbell Tube Assembly		2
14	Double Pulley Bracket		2
15	Counterweight Sliding Frame		1
16	Elevated Frame		2
17	Accessory Hanger		1
18	Pedal		1
19	Barbell Stand		1
20	Upper Handle Assembly		1
21	The rod Assembly		1
22	Front Base Frame		2
23	Top Inner Splint	692*160*4	2
24	Upper Right External Splint	692*160*4	1
25	Upper Left External Splint	692*160*4	1
26	Rear Pillar	F50*2*2065	2
27	Slide Bar	Φ25*1840*M8	2
28	Long Left Safety Rack		1
29	Long Right Safety Rack		1
30	Left Safety Rack Assembly		1
31	Right Safety Rack Assembly		1
32	The Sign board	720*600*3	1
33	Cross Pulley Stand		1
34	Tension Cable	Φ5*10100	1
35	Low Pull Cable	Φ5*3630	1

36	Φ50-Φ30 Plastic Sleeve	Φ50*Φ30.4*20	4
37	Guard Plate	515*45*5	2
38	Barbell Rack Short Guard	58*48*5	10
39	Barbell Rack Middle Guard	90*48*5	8
40	Stainless Steel Sleeve	Φ50*0.8*272	4
41	The left Top frame		1
42	The Right Top frame		1
43	Sliding Fixed Seat Assembly		4
44	Left Secondary Safety Hook		1
45	Right Secondary Safety Hook		1
46	Auxiliary Counterweight Pulley Frame		2
47	Pin		2
48	95 Combination Pulley Block		2
49	Φ 10 Fixed Wire Sets	Φ10*M6*32	6
50	Plastic Safety Hook	200*125*25	2
51	12 Chain	Φ5*21*370	1
52	Top Grip	Φ 24*3*180(PVC)	2
53	The Bottom Plate	680*130*4	4
54	Front Column	F50*2*2065	2
55	Top Tube	F50*2*70	2
56	Security Block Column	Φ25*100*M10	20
57	17 Pulley Sleeve	Φ18*Φ14.5*Φ10.2*20	16
58	Balance of Iron	Φ50*400*M12	2
59	Nylon Sliding Sleeve	Φ54*Φ48*25	4
60	Balance of Cable	Φ5*2800	1
61	Trainer Cable	Φ5*4460	2
62	Rubber Pad	Φ96*Φ90*14	2
63	M10 Adjustable Pad	Φ50*36*M10	3
64	Big Bumper	Φ55*Φ25*25	8
65	Φ48-Φ25 Sleeve	Φ48*Φ25.5*25	6
66	Φ95 Pulley	Φ95*24	36
67	Φ12 Iron-Based Bushing	Φ25*Φ22*Φ12.2*10	4
68	Washer	Φ34*Φ30.20*5	4
69	F60X2-F50 Sleeve	F60*2 配 F50	4
70	Grip	Φ24.5*155	4
71	F50*2 End Cap	F50*2	12
72	95 Cable Blocker	20*31*63*2	6
73	Bearing	61806ZZ	4
74	Small Rubber Sleeve	Φ15*Φ6*18	8
75	Rubber Cap	Φ16*Φ12*26	2
76	End Cap	Φ25*2.5	6
77	Safety Hook	Φ8*80	4

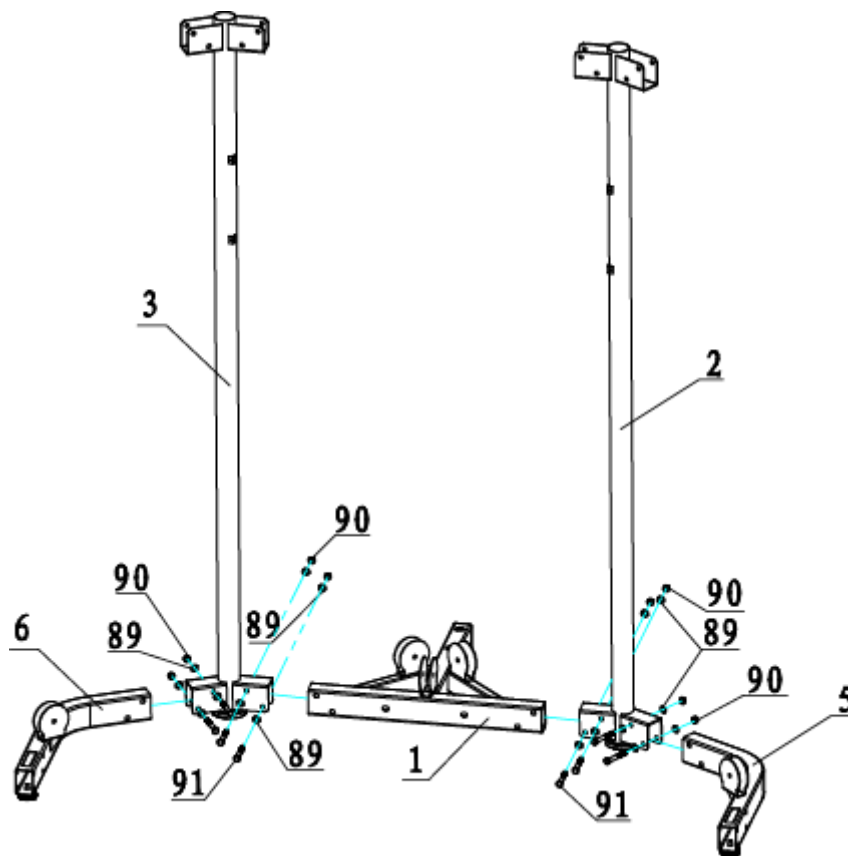
78	Pin	132*260	2
79	Balance of Cable	Φ5*2800	1
80	Plastic Bearing	Φ38*Φ27*35	4
81	Φ50 Clip	Φ50*Φ5	2
82	J50X75 End Cap	J50*75*2.5	3
83	Hubcap	Φ50*Φ9*10	2
84	Rubber Ring	Φ65*Φ49.5*18	4
85	Rubber Washer	Φ7*Φ22*5T	4
86	Flat Washer	Φ6.6*Φ12*1.6	12
87	Hex Bolt	M6*15	12
88	Hex Countersunk Head Screw	M6*10	42
89	Flat Washer	Φ11*Φ20*2	234
90	Nut	M10	115
91	Hex Bolt	M10*75	78
92	Hex Bolt	M10*45	29
93	Hex Bolt	M10*20	20
94	Flat Washer	Φ13.5*Φ24*2.5	4
95	Nut	M12	2
96	Hex Bolt	M12*110	2
97	Hex Bolt	M6*15	8
98	Hex Bolt	M12*20	2
99	Hex Countersunk Head Screw	M8*20	2
100	Hex Bolt	M8*20	2
101	Hex Bolt	M10*35	4
102	Hex Bolt	M10*25	4
103	Flat Washer	Φ9*Φ16*1.6	4
104	Hex Bolt	M8*25	4
105	Big Washer	Φ6.6*Φ18*1.6	9
106	Hex Bolt	M6*12	4
107	Hex Bolt	M6*15	5
108	Nut	M6	5
109	Cross Pan Head Screw	M3X6	4
110	Foot Pad	148*98*18	2
111	Φ48 End Cap	Φ48*2	2
112	Linear Bearing	LB254058	2
113	Circlip	Φ40	2
114	Lat Pull Cable	Φ5*5150	1

ASSEMBLY STEPS

Step 1

1. Attach Right Counterweight Tube Assembly (3) to Rear Base Frame (1) using 2 Hex Bolt (91) and 8 Flat Washer (89) and 4 Nut (90).
2. Attach Right Base Frame (6) to Right Counterweight Tube Assembly (3) using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
3. Using the same way to attach Left Base Frame (5) and Left Counterweight Tube Assembly (2), Left Counterweight Tube Assembly (2) and Rear Base Frame (1).

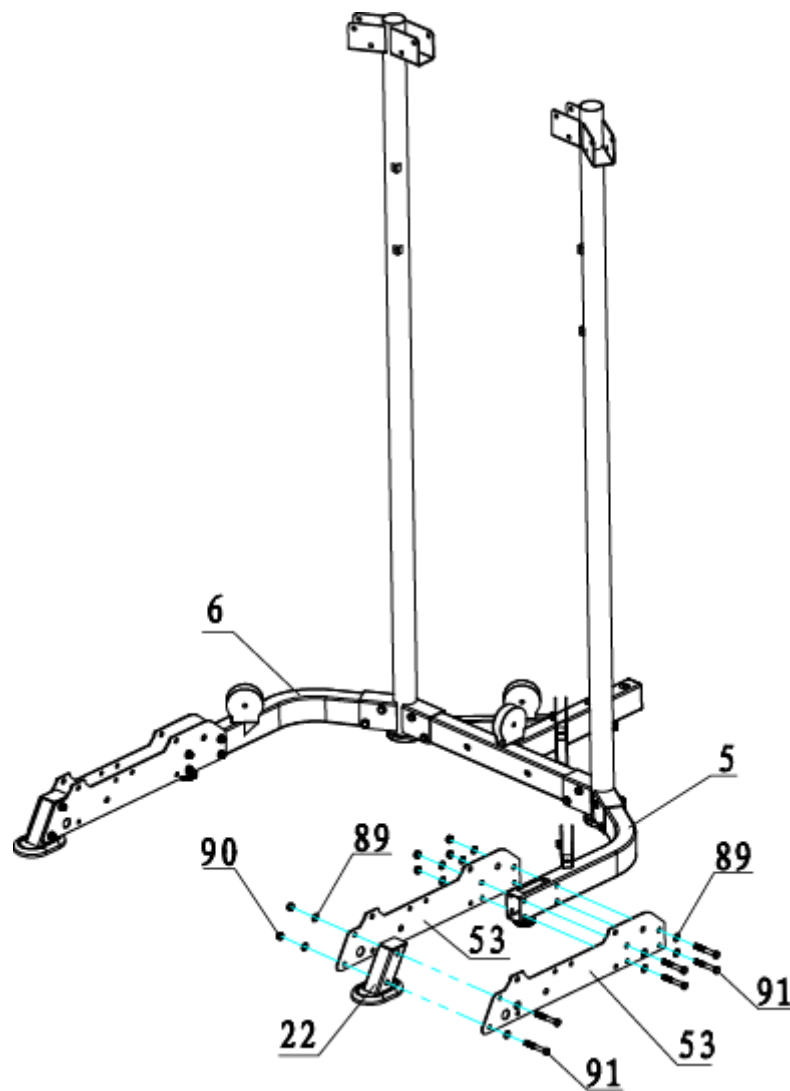
NOTE: Please don't tighten all the nuts.



Step 2

1. Attach Left Base Frame(5) and 2 The Bottom Plate (53) using 4 Hex Bolt (91), 8 Flat Washer (89) and 4 Nut (90).
2. Put the Front Base Frame (22) at the middle of 2 The Bottom Plate(53) and fix them using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
3. Using the same way to attach Right Base Frame (6) and 2 The Bottom Plate (53).

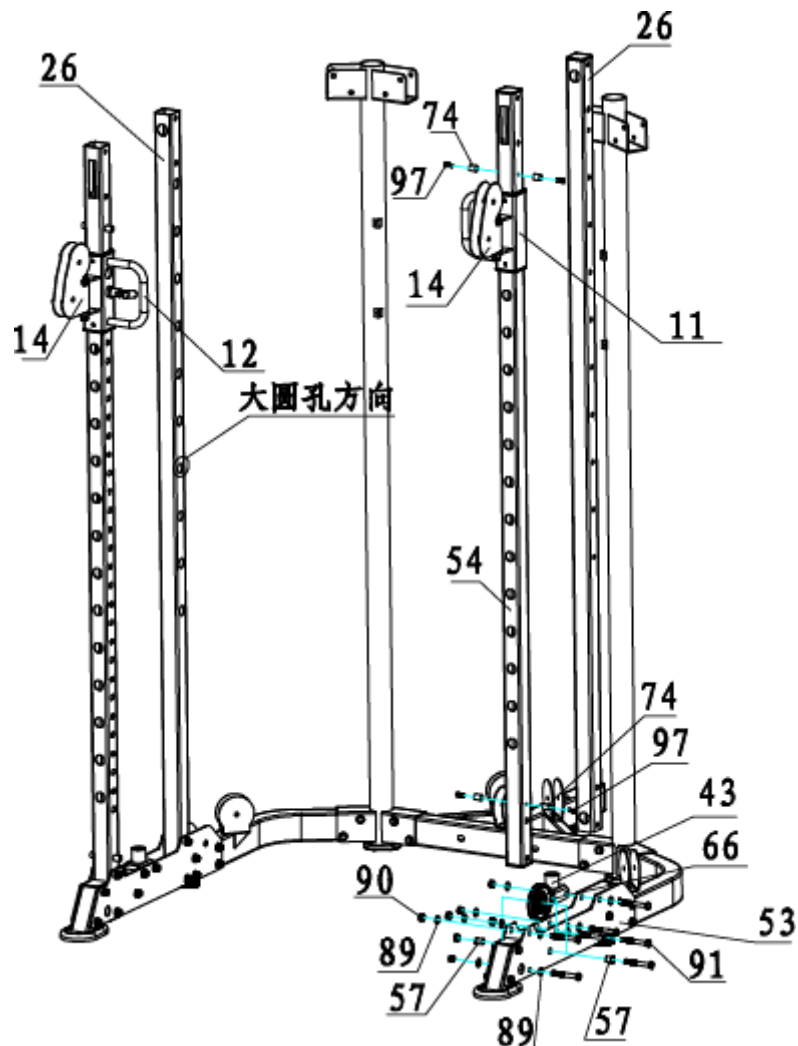
NOTE: Please don't tighten all the nuts.



Step 3

1. Fixing Left Slide Adjustment Assembly (11) and Double Pulley Bracket (14) on Front Column (54).
NOTE: Please make the number of Front Column(54) face inside.
2. Put the Front Column (54) at the middle of 2 The Bottom Plate (53) and fix them using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
3. Put the $\Phi 95$ Pulley (66) at the middle of 2 The Bottom Plate (53) and fix them using 1 Hex Bolt (91), 2 17 Pulley Sleeve (57) and 1 Nut (90).
4. Put the Sliding Fixed Seat Assembly (43) at the middle of 2 The Bottom Plate (53) and fix them using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
5. Using the same way to attach Rear Pillar (26) and 2 The Bottom Plate (53).
- NOTE: Please make the big hole of Rear Pillar (26) face inside.**
6. Attach 4 Small Rubber Sleeve (74) and (54) using Hex Bolt (97).
7. Using the same way to install the other side.

NOTE: Please don't tighten all the nuts.

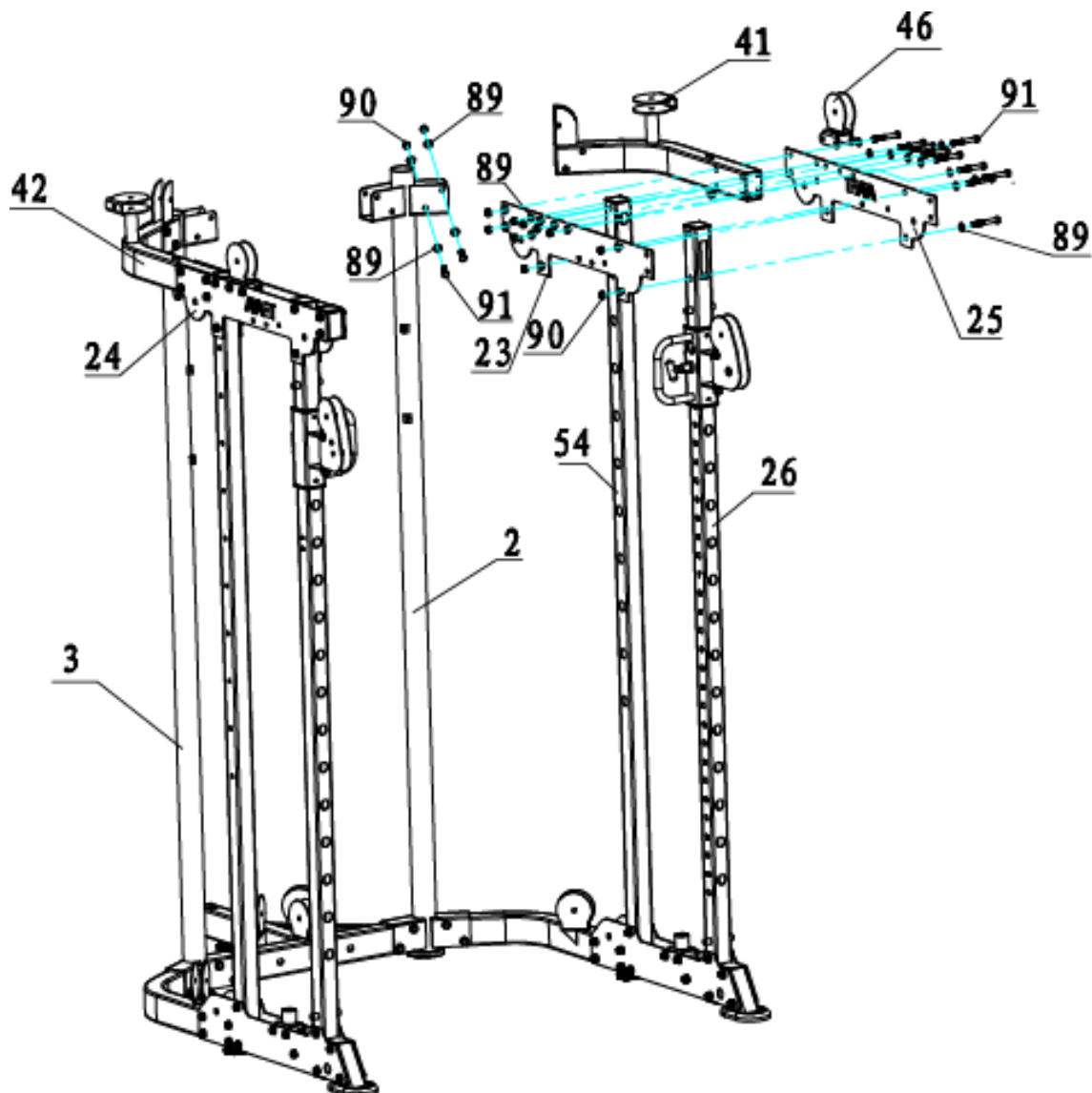


Step 4

1. Put The left Top frame (41) on the U shape iron of Left Counterweight Tube Assembly (2) and fix them using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
2. Clamp Top Inner Splint (23), Upper Left External Splint (25), Rear Pillar (26), Front Column (54) and Auxiliary Counterweight Pulley Frame (46) using 6 Hex Bolt (91), 12 Flat Washer (89) and 6 Nut (90).

NOTE: Please don't tighten all the nuts of Rear Pillar (26).

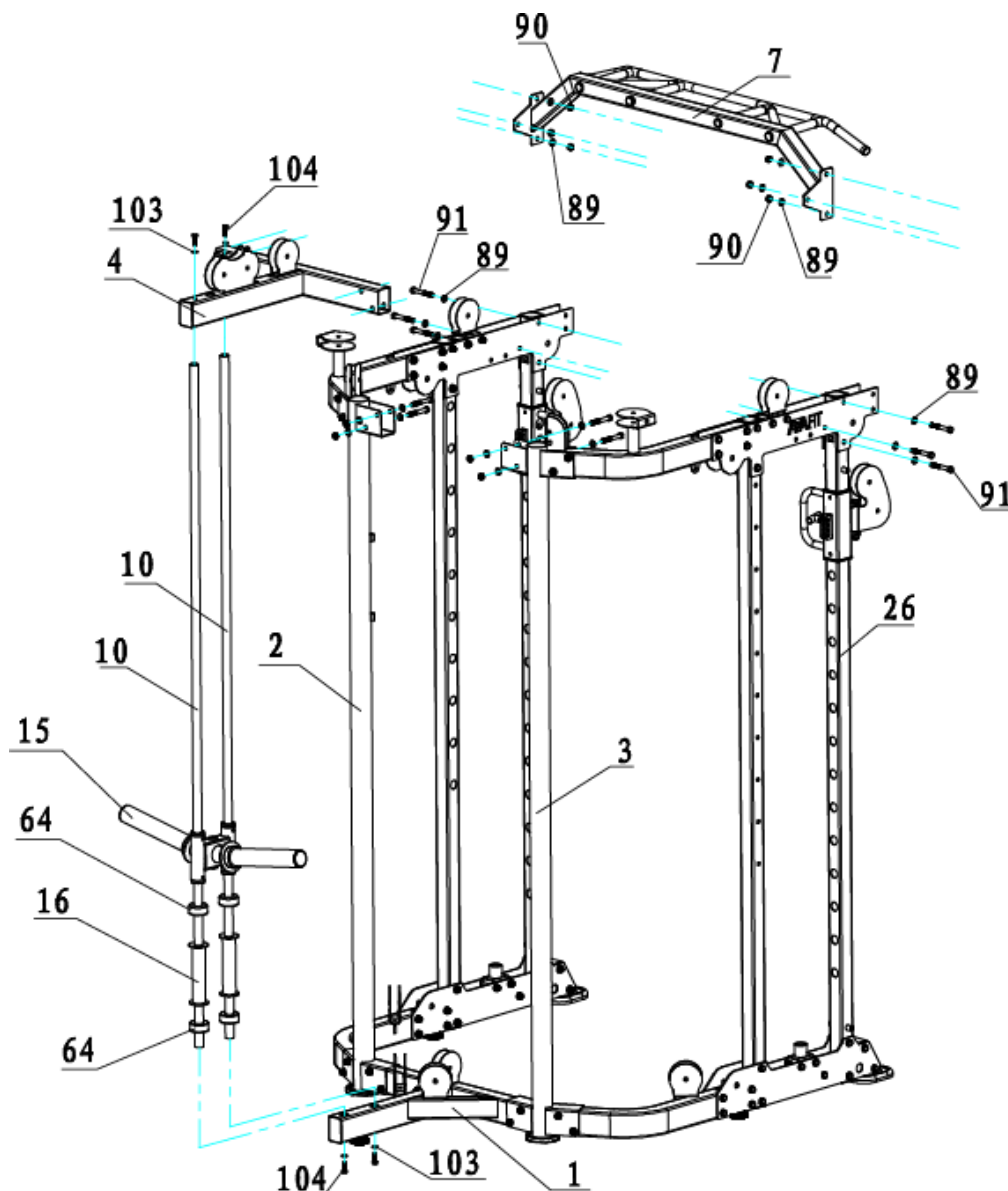
3. Using the same way to install the other side. **Please don't tighten the nuts.**



Step 5

1. Loosen 2 Nut (90), 2 Flat Washer (89) and extract Hex Bolt (91) re-through the hole of Upper Transverse Connection Frame (7). Through another Hex Bolt (91) and Flat Washer (89) together, lock Nut (90) and lock another side using the same way.
2. Put 2 Guide Assembly (10) into the two holes of Rear Base Frame (1) and fix them using 2 Flat Washer (103) and 2 Hex Bolt (104). From the top to cover 2 Big Bumper (64), 2 Elevated Frame (16), 2 Big Bumper (64) and Counterweight Sliding Frame (15).
3. Put the Top Counterweight Tube Assembly (4) in the U-shape iron of Left Counterweight Tube Assembly (2) and Right Counterweight Tube Assembly (3) from the top and cover 2 Guide Assembly (10). Attach Double Pulley Bracket(14) and Left Counterweight Tube Assembly (2) and Right Counterweight Tube Assembly (3) together using 4 Hex Bolt (91), 8 Flat Washer (89), 4 Nut (90). Tighten 2 Guide Assembly (10) and Top Counterweight Tube Assembly (4) using 2 Flat Washer (103) and 2 Hex Bolt (104).

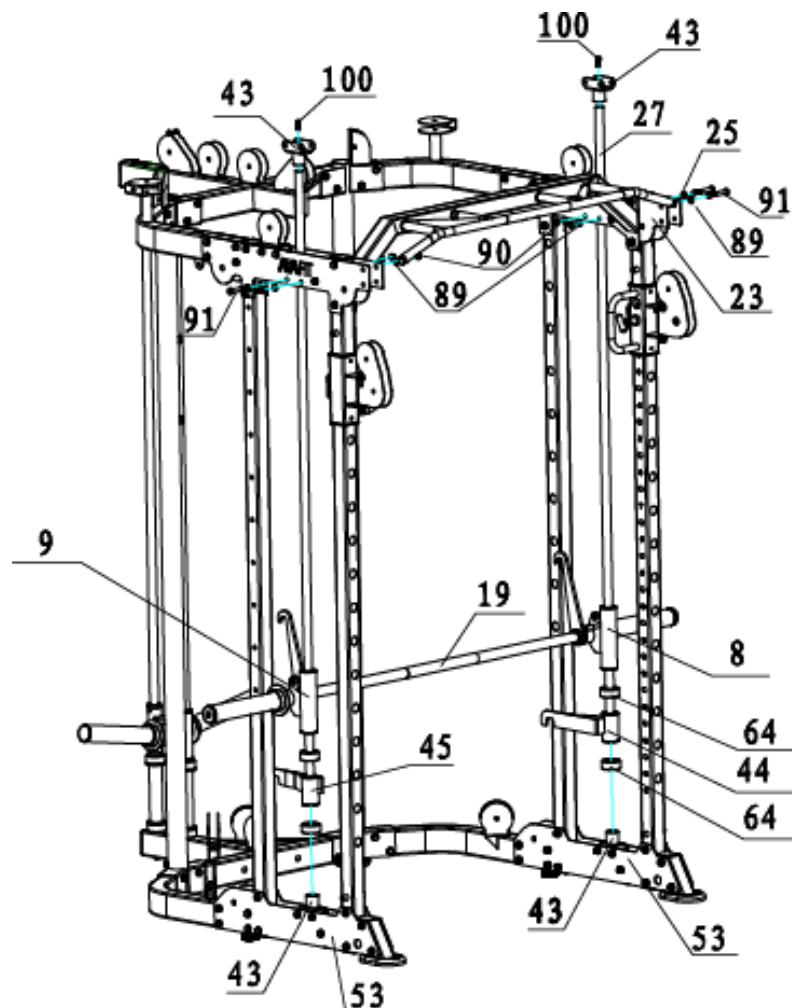
NOTE: Please don't tighten all the nuts, only need to tighten 4 Hex Bolt (104).



Step 6

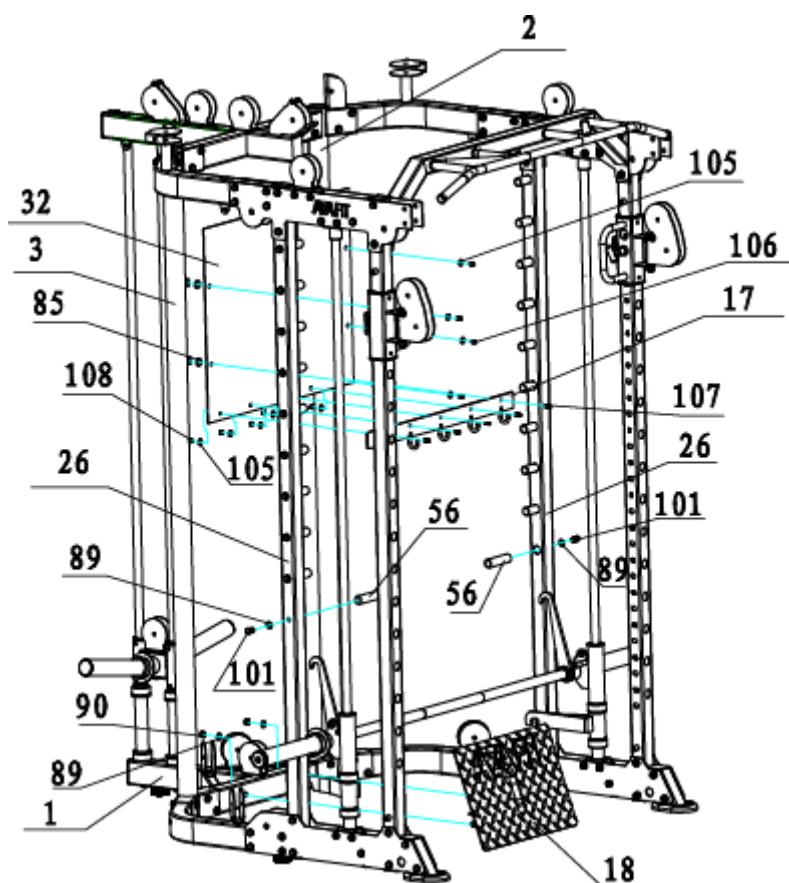
1. Thru up Slide Bar (27) from the middle of Top Inner Splint (23) and Upper Left External Splint (25) and in turn thru Big Bumper (64), Left Secondary Safety Hook (44), Big Bumper(64). Insert the combination of The Left Carriage (8) and Barbell Stand (19) into Sliding Fixed Seat Assembly (43).
2. Attach Sliding Fixed Seat Assembly (43) into the middle of Top Inner Splint (23) and Upper Left External Splint (25) using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
3. Using Hex Bolt(100) to thru the hole of Sliding Fixed Seat Assembly(43) from the top. Tighten up Slide Bar (27).

Using the same way to install the other side. **Please don't tighten all the nuts.**



Step 7

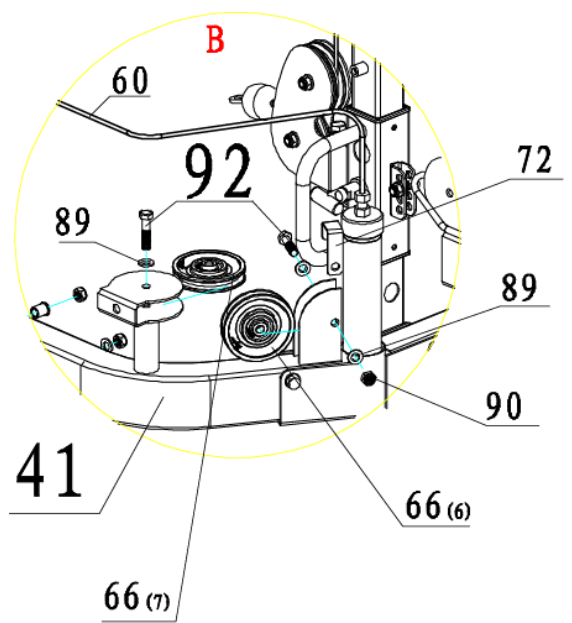
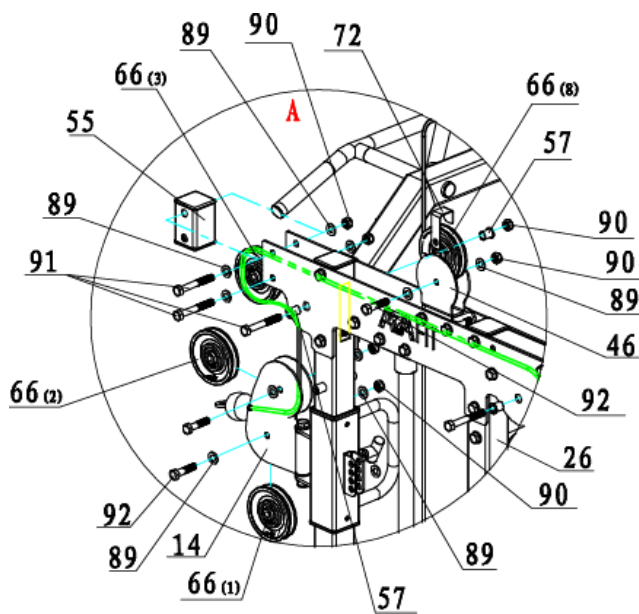
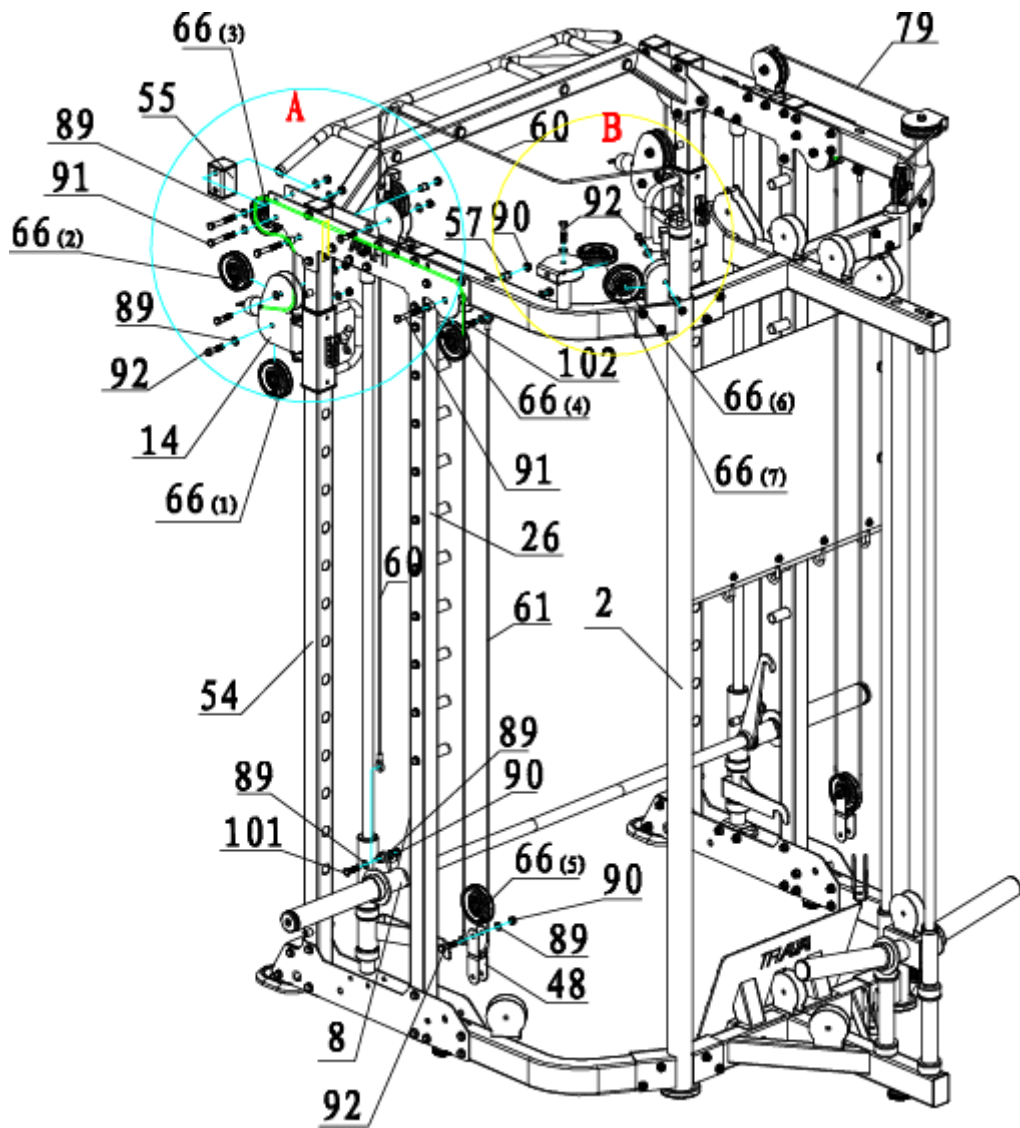
1. Thru Pedal (18) from the two holes of Rear Base Frame(1) and tighten use 2 Flat Washer (89) and 2 Nut (90).
2. Using 4 Big Washer (105) and 4 Hex Bolt (106) thru The Sign board (32) and 4 Rubber Washer (85) then tighten on the hole of Left Counterweight Tube Assembly (2) and Right Counterweight Tube Assembly (3).
3. Using 5 Hex Bolt (107) thru Accessory Hanger (17) then using 5 Big Washer (105) and 5 Nut(108) to tighten on The Sign board (32).
4. Using 10 Security Block Column (56) thru Rear Pillar (26) from inside to out. From the out of Rear Pillar (26) tighten 10 Flat Washer (89), 10 Hex Bolt (101). Using the same way to tighten 10 Security Block Column (56) on the other side.



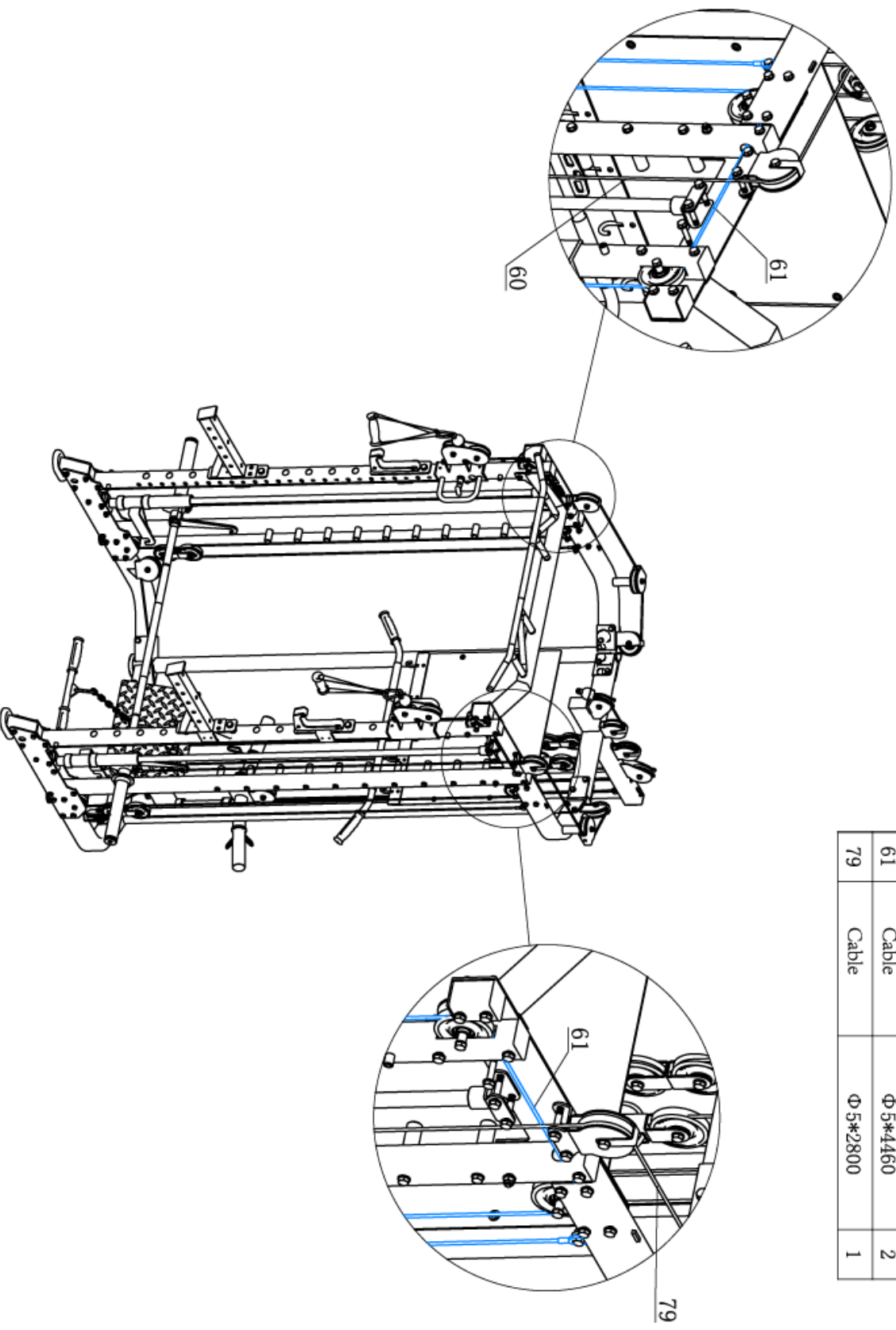
Step 8

Note: there are too many part Φ 95 Pulley (66), so we use a little number in circle to indicate different location part.

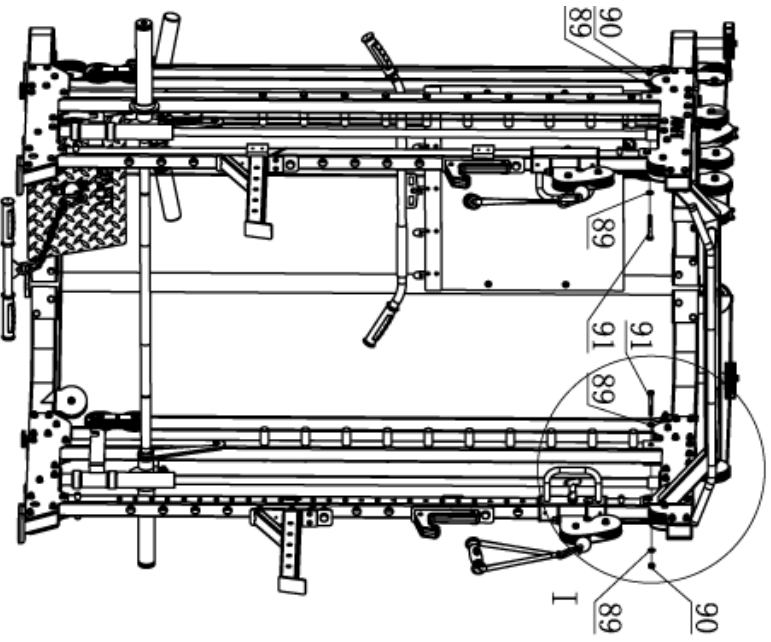
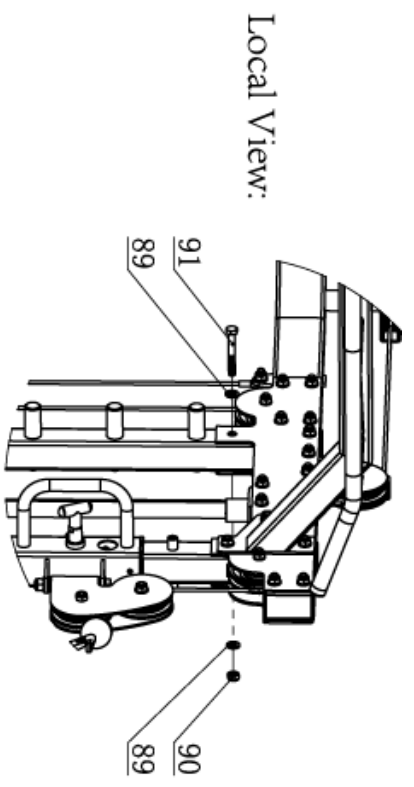
1. Fix Φ 95 Pulley (66①) on Double Pulley Bracket (14) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90). Put Trainer Cable (61) on Double Pulley Bracket (14) and put on Φ 95 Pulley (66②) on Double Pulley Bracket (14) and tighten them using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).
2. Make the Double Pulley Bracket (14) up through Φ 95 Pulley (66③) and through from the rectangle hole of Front Column (54) and tighten using 1 Hex Bolt (91), 2 17 Pulley Sleeve (57) and 1 Nut(90).
3. Tighten the Top Tube (55) on the below indicator area using 2 Hex Bolt (91), 4 Flat Washer (89) and 2 Nut (90).
4. Inner the two steel plate, go ahead to through the circle hole of Hex Bolt (26) and going down to pass by Φ 95 Pulley (66④) and tighten using 1 Hex Bolt (91), 2 17 Pulley Sleeve (57) and 1 Nut (90).
5. Going down to through 95 Combination Pulley Block (48) and press it using Φ 95 Pulley (66⑤) and tighten using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).
6. Going up to pass by Φ 95 Pulley (66⑤) and tighten on The left Top frame (41) using 1Hex Bolt (102), 2 Flat Washer (89) and 1 Nut (90).
7. Through Φ 95 Pulley (66⑥) on The left Top frame (41) using 1 Hex Bolt (92) and 1 Flat Washer (89). Pull out Balance of Cable (60) from Left Counterweight Tube Assembly (2) and pass by Φ 95 Pulley (66⑥) and through on the set of The left Top frame (41). Press it using Φ 95 Pulley (66⑦) and tighten them using 1 Hex Bolt (92) and 1 Flat Washer (89). Put the 95 Cable Blocker (72) on the unlocked bolt of Φ 95 Pulley (66⑥) and tighten using 1 Flat Washer(89) and 1 Nut (90).
8. Through Φ 95 Pulley (66⑧) on Auxiliary Counterweight Pulley Frame (46) using 1 Hex Bolt (92) and 1 Flat Washer (89). Using Balance of Cable (60) to pass by Φ 95 Pulley (66⑧). Put the 95 Cable Blocker (72) on the unlocked bolt of Φ 95 Pulley (66⑧) and tighten them using 1 Flat Washer (89) and 1 Nut (90). Going down to fix on The Left Carriage (8) using 1 Hex Bolt (101), 2 Flat Washer (89) and 1 Nut (90).
9. Using the same way to install the other side.
10. **Please tighten all the bolts and nuts.**



Cable Installation location diagram



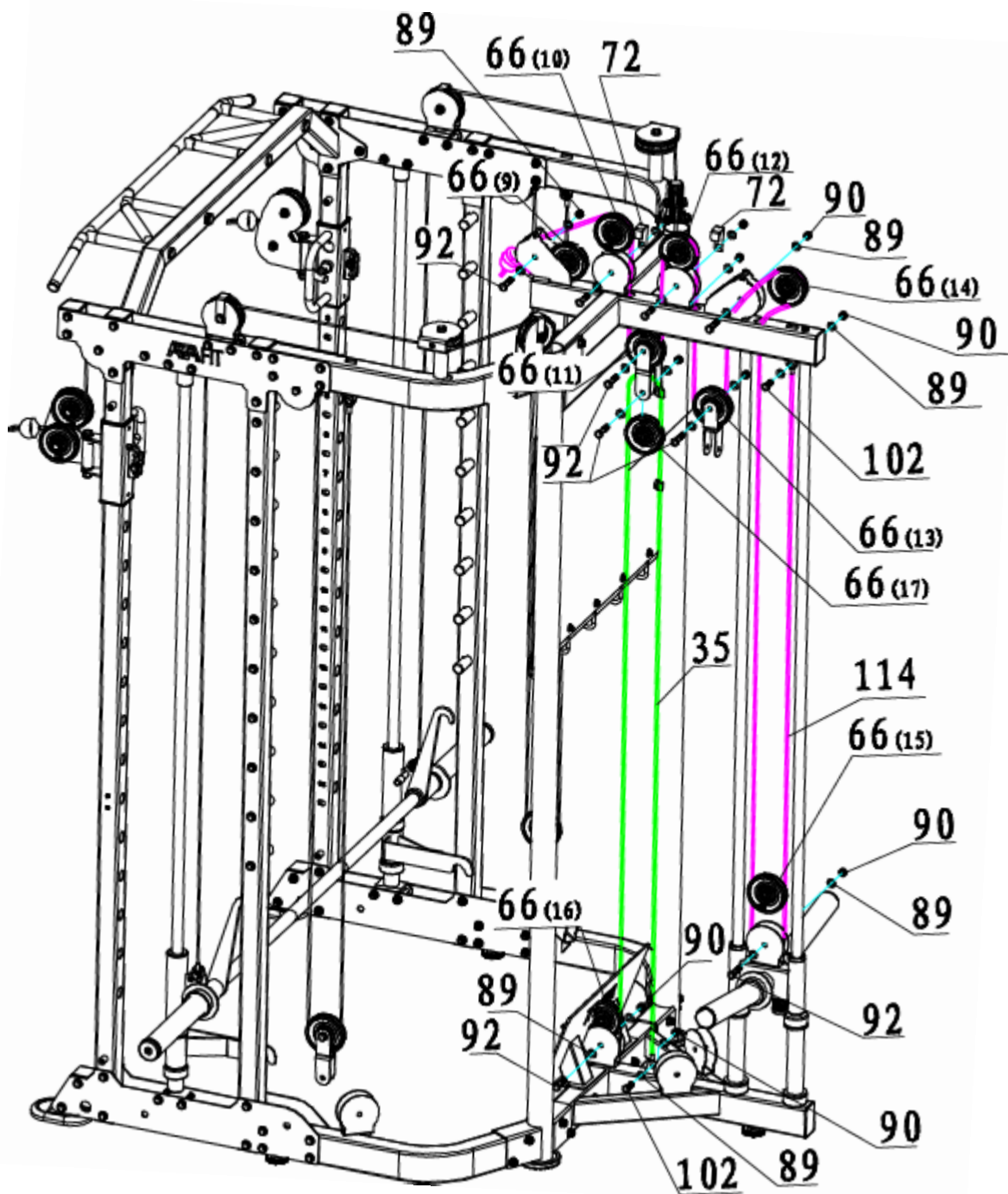
NO.	NAME	SPECIFICATION	Quantity
60	Cable	Φ 5*2800	1
61	Cable	Φ 5*4460	2
79	Cable	Φ 5*2800	1



*Please install #91 bolt as the diagram installation direction.

Step 9

1. Using the High Pulley Cable (114) which has the terminal end through the $\Phi 95$ Pulley (66⑨). Make the High Pulley Cable (114) into the slot of $\Phi 95$ Pulley (66⑨) and tighten using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).
2. Install $\Phi 95$ Pulley (66⑩) and $\Phi 95$ Pulley (66⑫) using 1 Hex Bolt (92) and 1 Flat Washer (89). Using High Pulley Cable (114) pass by $\Phi 95$ Pulley (66⑩) and going down to pass by $\Phi 95$ Pulley (66⑪). Tighten $\Phi 95$ Pulley (66⑪) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90). Going up to pass by $\Phi 95$ Pulley (66⑫) and going down to pass by $\Phi 95$ Pulley (66⑬) and tighten $\Phi 95$ Pulley (66⑬) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).
3. Going up to through the plate of $\Phi 95$ Pulley (66⑬) and make the High Pulley Cable (114) into the slot of $\Phi 95$ Pulley (66⑬). Tighten $\Phi 95$ Pulley (66⑬) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90). Put 2 95 Cable Blocker (72) on $\Phi 95$ Pulley (66⑩) and the unlocked bolt of $\Phi 95$ Pulley (66⑫) and tighten them using 1 Flat Washer (89) and 1 Nut (90).
4. Going down to through the plate of $\Phi 95$ Pulley (66⑮) and make the High Pulley Cable (114) into the slot of $\Phi 95$ Pulley (66⑮). Tighten $\Phi 95$ Pulley (66⑮) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).
5. Going up and tighten using 1(102), 2 Flat Washer(89) and 1 Nut (90).
6. Using the Low Pull Cable (35) which has the terminal end through the $\Phi 95$ Pulley (66⑯). Make the Low Pull Cable (35) into the slot of $\Phi 95$ Pulley (66⑯) and tighten using 1 Hex Bolt (92), 2 Flat Washer(89) and 1 Nut (90).
7. Going up to through the plate of $\Phi 95$ Pulley (66⑰) and make the Low Pull Cable (35) into the slot of $\Phi 95$ Pulley (66⑰). Tighten $\Phi 95$ Pulley (66⑰) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90). Pass by $\Phi 95$ Pulley (66⑰) and tighten them using 1 Hex Bolt (102), 2 Flat Washer (89) and 1 Nut (90).



Step 10

1. Tighten one end of Tension Cable (34) using 1 Hex Bolt (101), 2 Flat Washer (89) and 1 Nut (90). Using the other end of Tension Cable (34) to going down and pass by $\Phi 95$ Pulley (66¹⁸). Make the (34) into the slot of $\Phi 95$ Pulley (66¹⁸) and tighten $\Phi 95$ Pulley (66¹⁸) using 1 Hex Bolt (91), 2 Pulley Sleeve (57) and 1 Nut (90).
2. Going ahead and through the round hole of Front Column (54), pass by $\Phi 95$ Pulley (66¹⁹) and tighten using 1 Hex Bolt (91), 2 17 Pulley Sleeve (57) and 1 Nut (90). Going up to bass by $\Phi 95$ Pulley (66²⁰) and make the Tension Cable (34) into the slot of $\Phi 95$ Pulley (66²⁰) and tighten $\Phi 95$ Pulley (66²⁰) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).
3. Going down to bass by $\Phi 95$ Pulley (66²¹) and make the Tension Cable (34) into the slot of $\Phi 95$ Pulley (66²¹)

and tighten $\Phi 95$ Pulley (66⁽²²⁾) using 1 Hex Bolt (92), 2 Flat Washer (89) and 1 Nut (90).

4. Using the same way to through $\Phi 95$ Pulley (66⁽²²⁾) and $\Phi 95$ Pulley (66⁽²³⁾).

5. Using the same way to install the other side.

