

PRODUCT MANUAL



Multifunctional integrated training device



safety precautions

To ensure your safety, please read the following notes before using this product.

1、 Please read, study and understand the instructions and all warning labels before using.

(It is recommended to be familiar with the normal operation and usage of the equipment before using this product. Information is available in this specification and at local retailers)

2、 Please be sure to keep this instruction manual and ensure all warning labels are clear and complete.

3、 This product is recommended for installation by more than two persons.

4、 Ask your doctor for advice before you start exercising.

5、 Please ensure safety while the child is present.

6、 Please be careful when you have children in the field.

7、 Please check regularly any signs of wear of the wire rope, if there is wear may cause some danger to you.

8、 Please keep your hands, limbs and clothes open so that you can use this device safely.

9、 please pay attention to any signs of possible mechanical occurrence, including parts wear, hardware loosening and welding cracks. If you find the above signs immediately stop using this device and contact our after-sales service department.

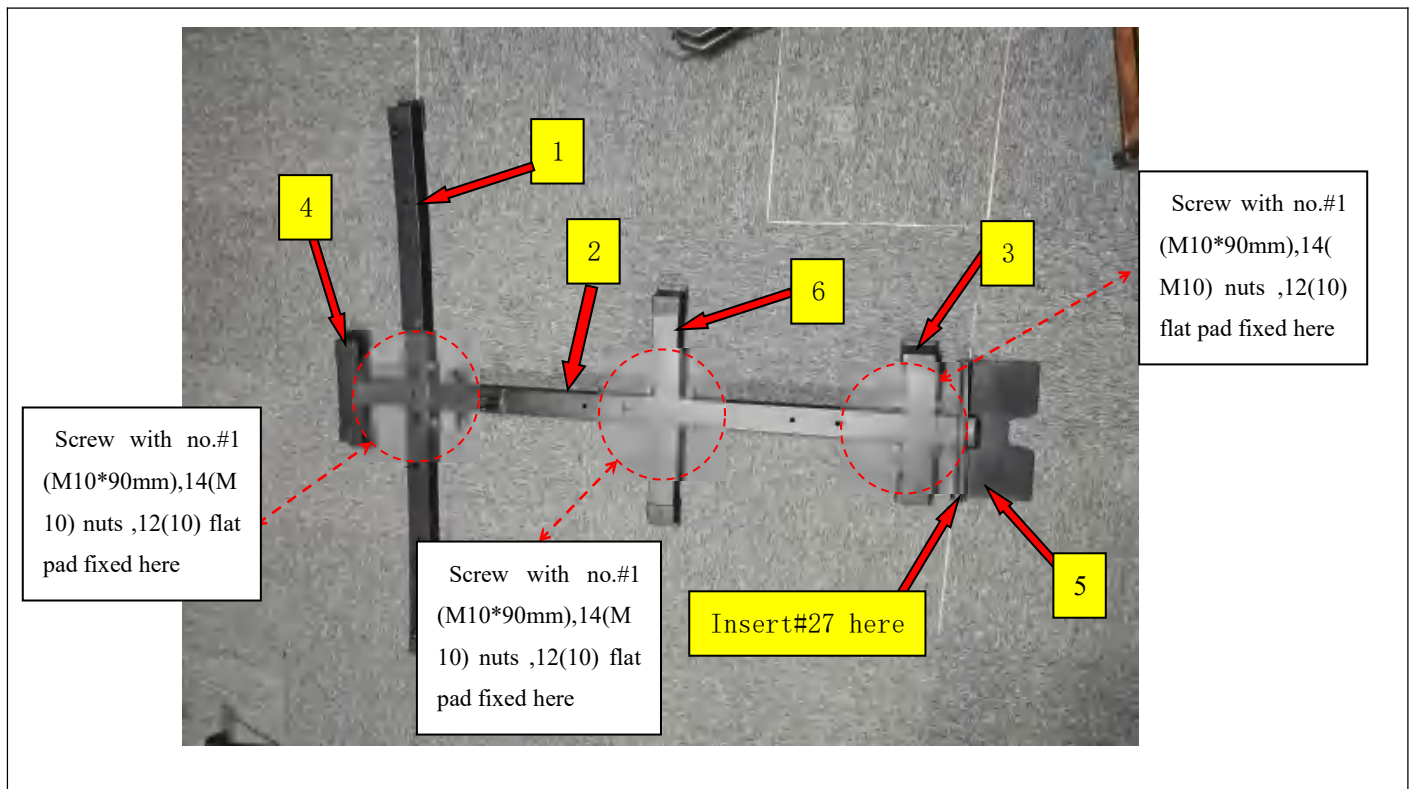
10、 You can use a wrench, a hexagon wrench to complete the assembly.

11、 The weight of users of this product shall not exceed 100 kg.

12、 The final interpretation of products is vested in the Division without prior notice.

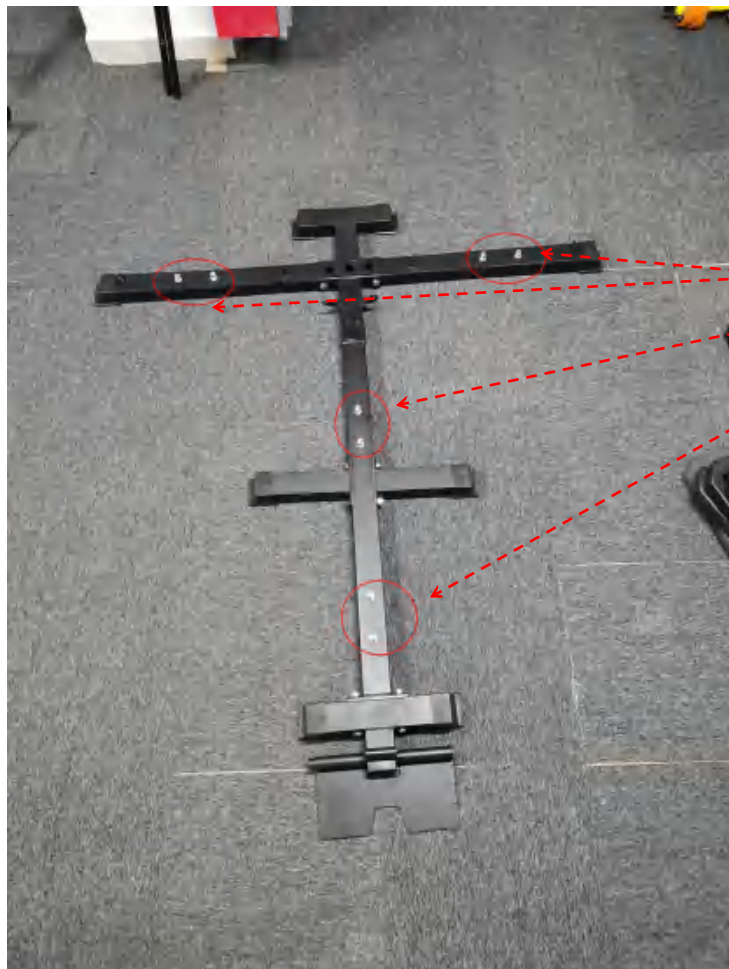
13、 The initial assembly is to tighten all bolts and nuts by hand and tighten with wrench when fully assembled.

Step 1 chassis installation: as shown.



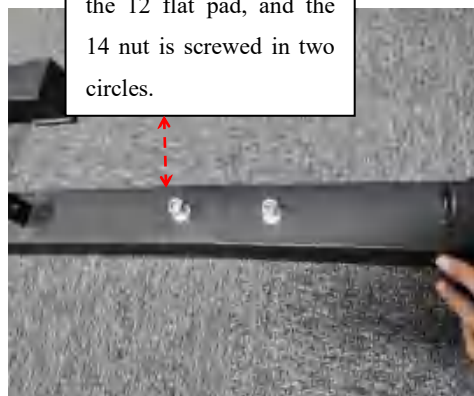
#1	#2	#3	#4
#5	#6		

Step 2 Pre-install the post screw: As shown in the drawing ring position, use the No.2 screw from the bottom pipe from top to top through the 14 nut fixed, because it is pre-installed screw so do not tighten the screw two laps can be. As shown

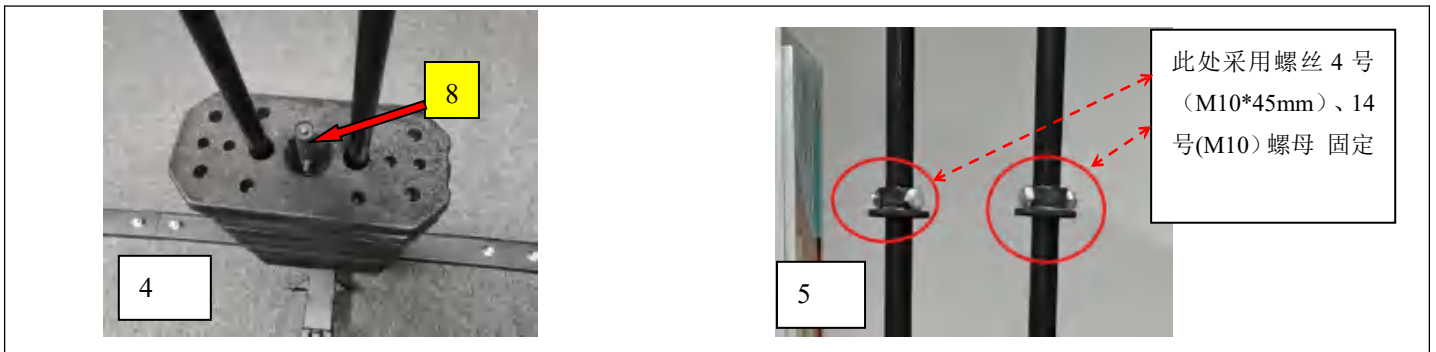
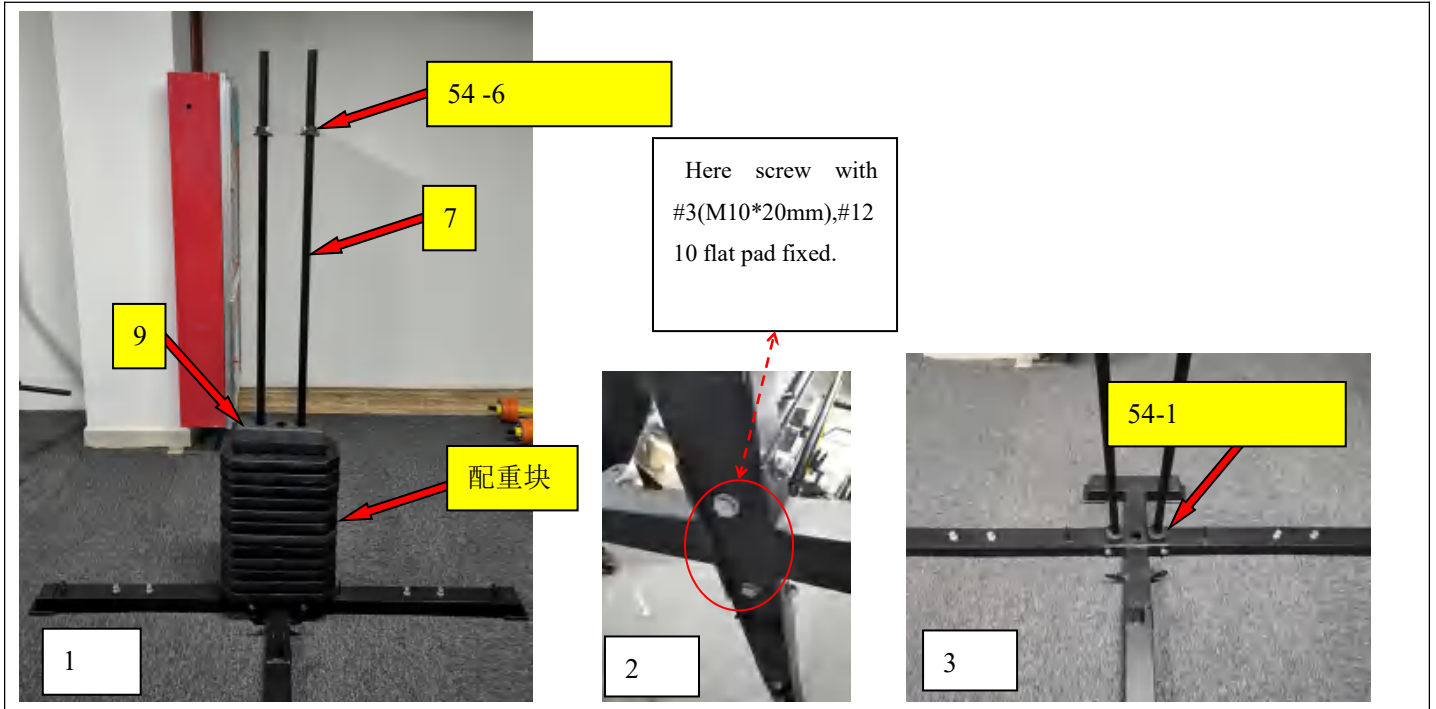


screws with
(M10*70mm),
#14(M10) nuts ,#12
10 flat pad

As shown in the figure,
the screw goes down and
up through one piece of
the 12 flat pad, and the
14 nut is screwed in two
circles.



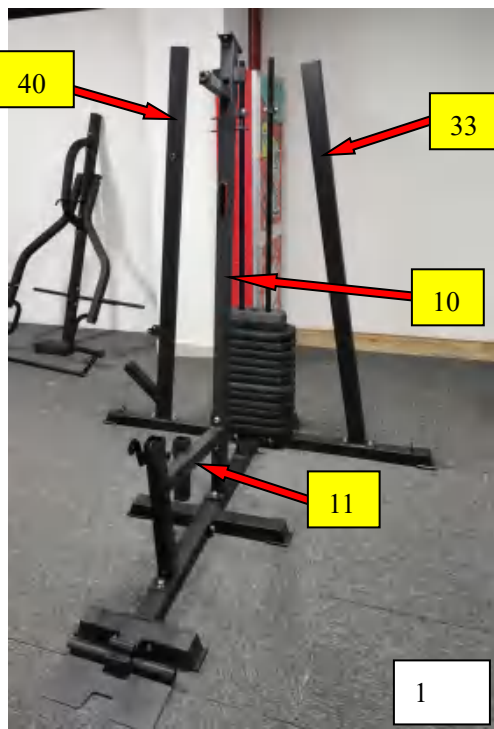
Step 3 Install the counterweight block



Installation Steps: First find the No .7 fitting (guide rod), and install it in the middle of the No .6 fitting three big holes, two side holes, using No .3(M10*20mm) screw from bottom to top tightening (as shown in Fig .2), after installation found the counterweight block shock absorber pad (No .54 inside fitting No .1) two sets of guide rod (as shown in Fig .3), next installation counterweight block a total of 12 blocks, as shown in Fig .1 put into the guide rod ,12 large counterweight block after the end, next step installation of the No .8 fitting (selection rod) into the counterweight block middle hole as shown in Fig .4, then into the No .9 fitting (counterweight head), finally installed No .54 fitting No .6(guide rod) the limit pad) is installed on the upper end of the guide rod on both sides of the hole as shown in figure 5 using screw 4(M10*45mm),14(M10) nut ,12(Φ 10) flat pad fixed.

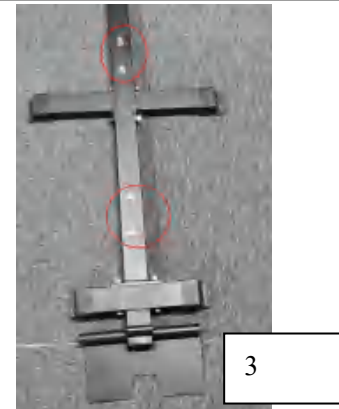
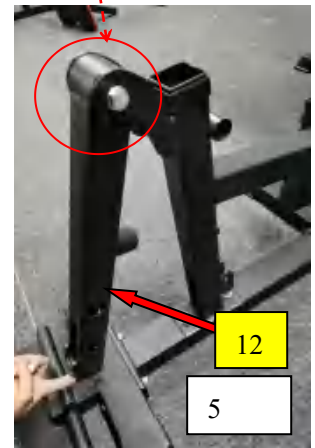
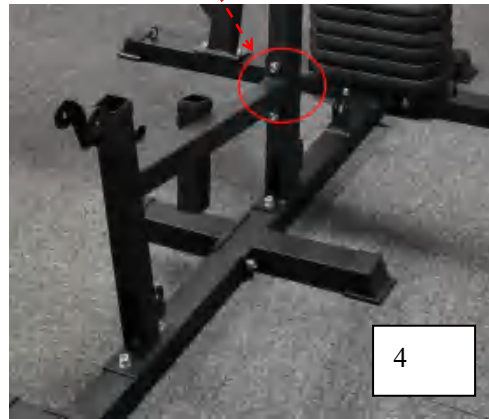
#7	#54-1	weights	#8
#9	#54-6		

Step 4 Installation:



This is followed by a No .53 fitting with No .3 screw No .1(M10*90mm), No .14(M10) nut, No .12 10 flat pad fixed.

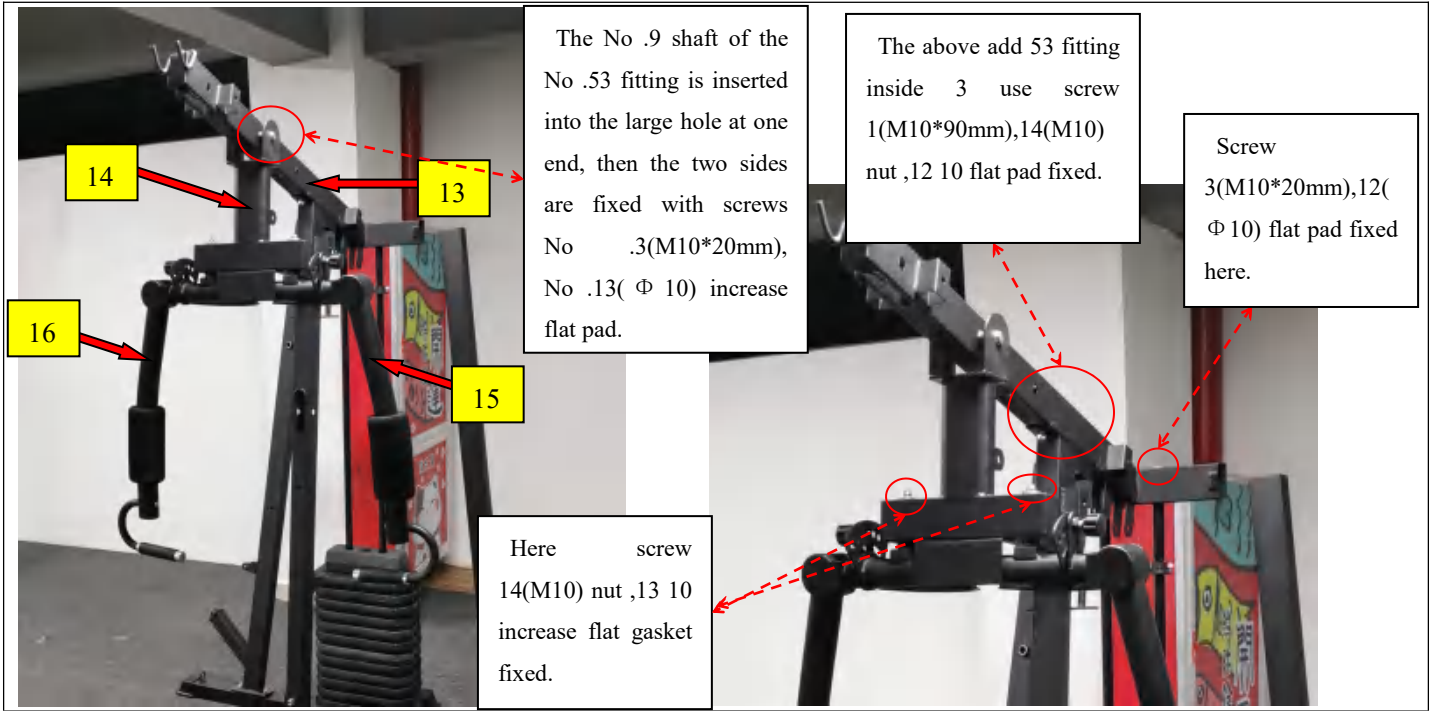
The No .8 shaft inside the No .53 fitting is inserted into the large hole at one end and then the two sides are fixed with screws



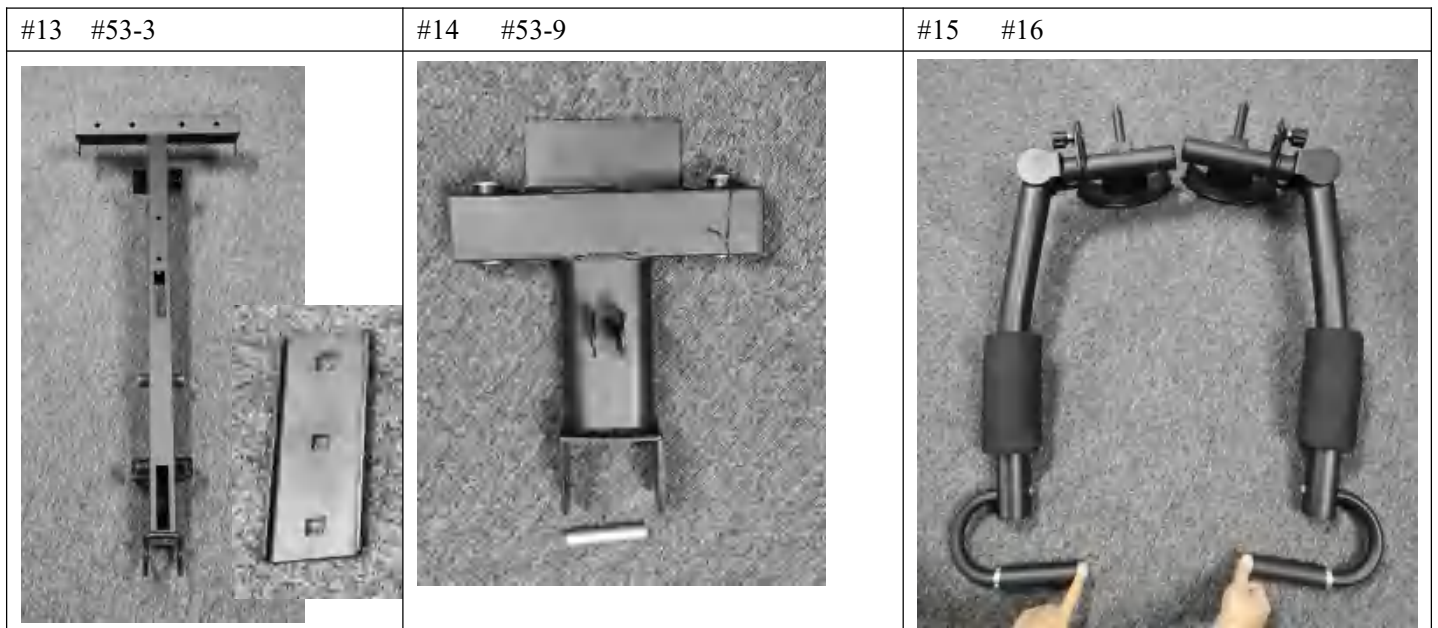
安 Installation Steps: First install the No .40 fitting (squat stand) on the side you want to install, the left side of Figure 2 remove the original pre-installed nut gasket can be installed, the second No .33 fitting (parallel bar column) installed on the right side of Figure 2 to remove the original pre-installed nut gasket can be installed. Third, install the No .10 fitting (column) to Fig .3. Remove and install the pre-installed nut gasket in two holes near the weight block of the No .2 fitting. Fourth install No .11 fittings (cushion frame), install in the remaining two holes, the other side of the installation as shown in Figure 4 ring position after the addition of No .53 fittings inside No .3 screw No .1(M1) mm 0*90), nut 14(M10), flat pad 12(Φ10) fixed. Lastly, install the No .12 fittings (front swing), first install the No .8 shaft inside the No .53 fittings in the front swing end of the large hole inside, use screw No .3(M10*20mm), No .12(Φ10) flat pad fixed on both sides.

#10	#40	#33	#11 #53	#12 #53

Step 5 Installation: :



Installation steps: first install 13 fittings (upper flat beam) on the column, note (upper flat beam rear side has two large holes on the guide rod and then screw 3(M10*20mm),12(Φ 10) flat pad fixed, the front two holes and front column link above add 53 fittings inside 3 with screw 1(M10*90mm),14(M10) nut ,12(Φ 10) flat pad fixed), next step find 14 fittings (push frame) fixed in the front side of the upper flat beam side large hole with 53 fittings inside 9 shaft into the upper flat beam hole, and then push the frame card, Screw 3 on both sides .



Step 6 Installation:

1

The above add 2 #53 fittings inside #3 use screw 1(M10*90mm),14(M10) nut ,12 10 flat pad fixed.

2

The above add 1 #53 fitting inside #3 use screw 1(M10*90mm),14(M10) nut ,12 10 flat pad fixed.

3

The above add 1 #53 fitting inside 3 use screw 1(M10*90mm),14(M10) nut ,12 10 flat pad fixed.

The screws 2(M10*70mm),3(M10*20mm),14(M10) nuts ,12 10 flat pads are used here.

4

The above add 2 #53 fittings inside 3 use screw 1(M10*90mm),14(M10) nut ,12 10 flat pad fixed.

5

The above add 2 #53 fittings inside 3 use screw 1(M10*90mm),14(M10) nut ,12 10 flat pad fixed.

Then add the No .3 inside the No .53 fittings and then use the screws No .1(M10*90mm), No .14(M10) nuts, No .12(Φ 10) flat pad fixed on the No .32 fittings. The final add 53 accessories inside the No .3 and then screw No .1(M10*90mm), No .14(M10) nut, No .12(Φ 10) flat accessories No .40 on the No .32 accessories.

#32	#53-3 号	#35	#34

Step 7 Installation:

Here screw #3(M10*20mm), #12 Φ 10 flat pad fixed.

Here screw #6(M8*10mm), #12 Φ 10 flat pad fixed.

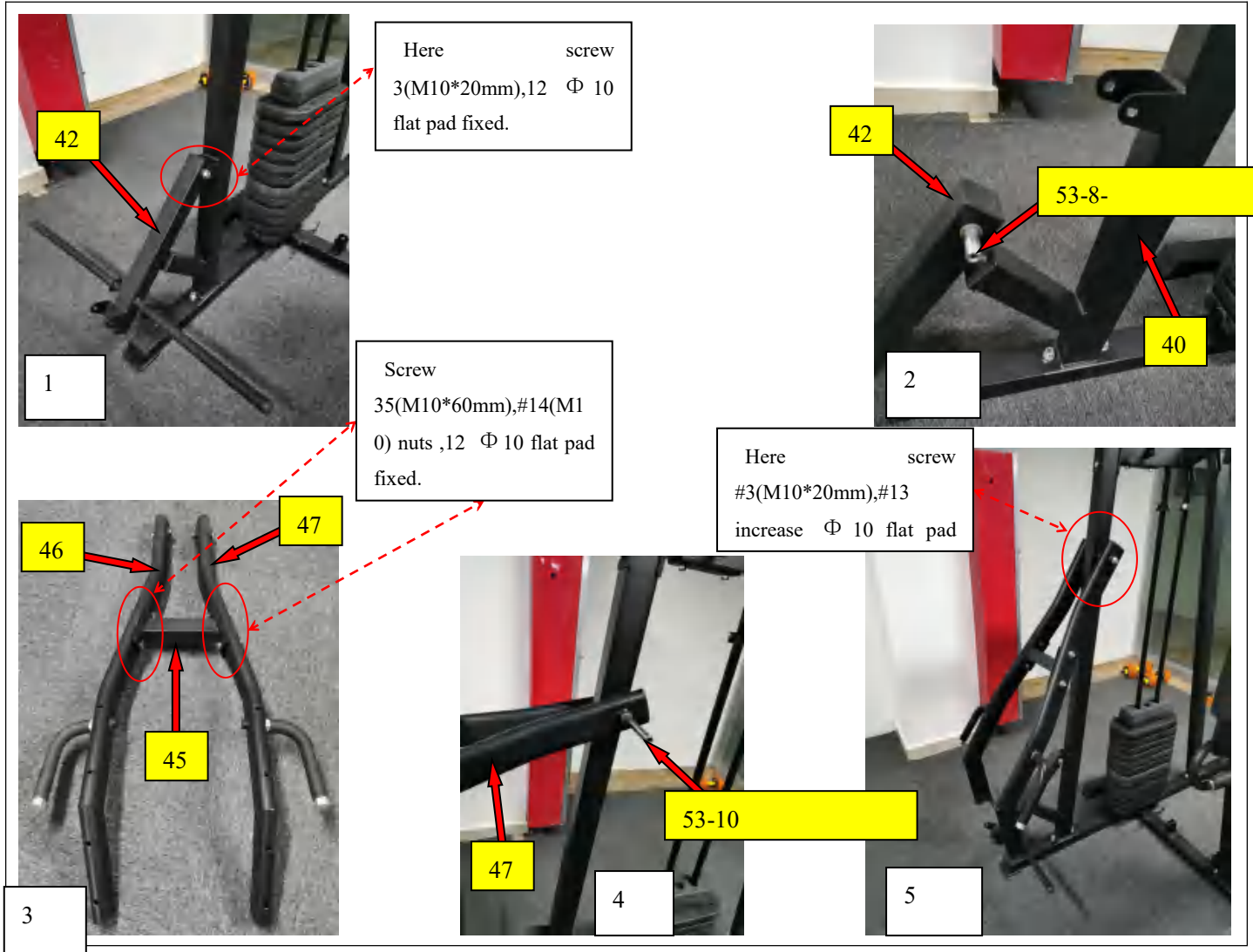
Screw #2(M10*70mm), #14(M10) nut, #12 Φ 10 flat pad fixed here.

The above add 1 53 - 3 use screw 1(M10*90mm), #14(M10) nut, #12 Φ 10 flat pad fixed.

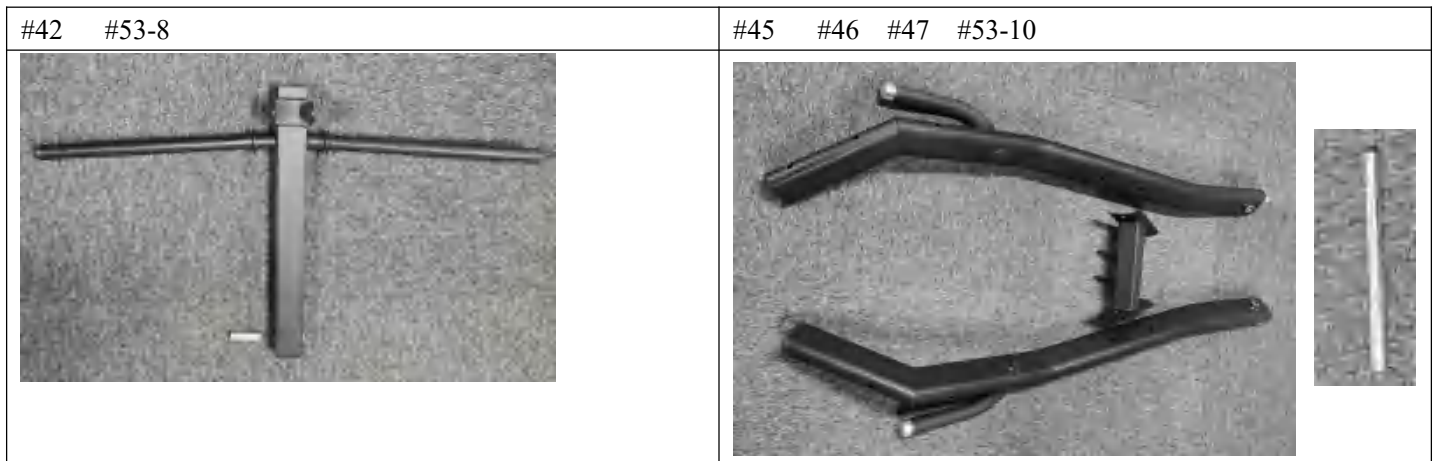
Setup steps: first connect 36(parallel bar left arm) and install to 37(parallel bar right arm) with No.6 inside of No.53 fitting, fix with screws 6(M8*10mm),12(Φ 10) flat pad, as shown in Figure 2, then place it on 33 fitting with screws 2(M10*70mm),14(M10).14(M10) nut, No.12(Φ 10) flat pad; next step insert fitting No.38(double bar vertical handle) into 36 and No.37 large hole with screws No.3(M10*20mm), No.12(Φ 10) flat pad respectively; Final will be 39 accessories (Foot welding) Add a No .53 fitting inside No .3 and then screw No .1(M10*90mm), No .14(M10) nut, No .12(Φ 10) flat pad to fix the fitting No .40 on No .33 fitting.

#36 #/37	#53-6	#38	#39 #53-3

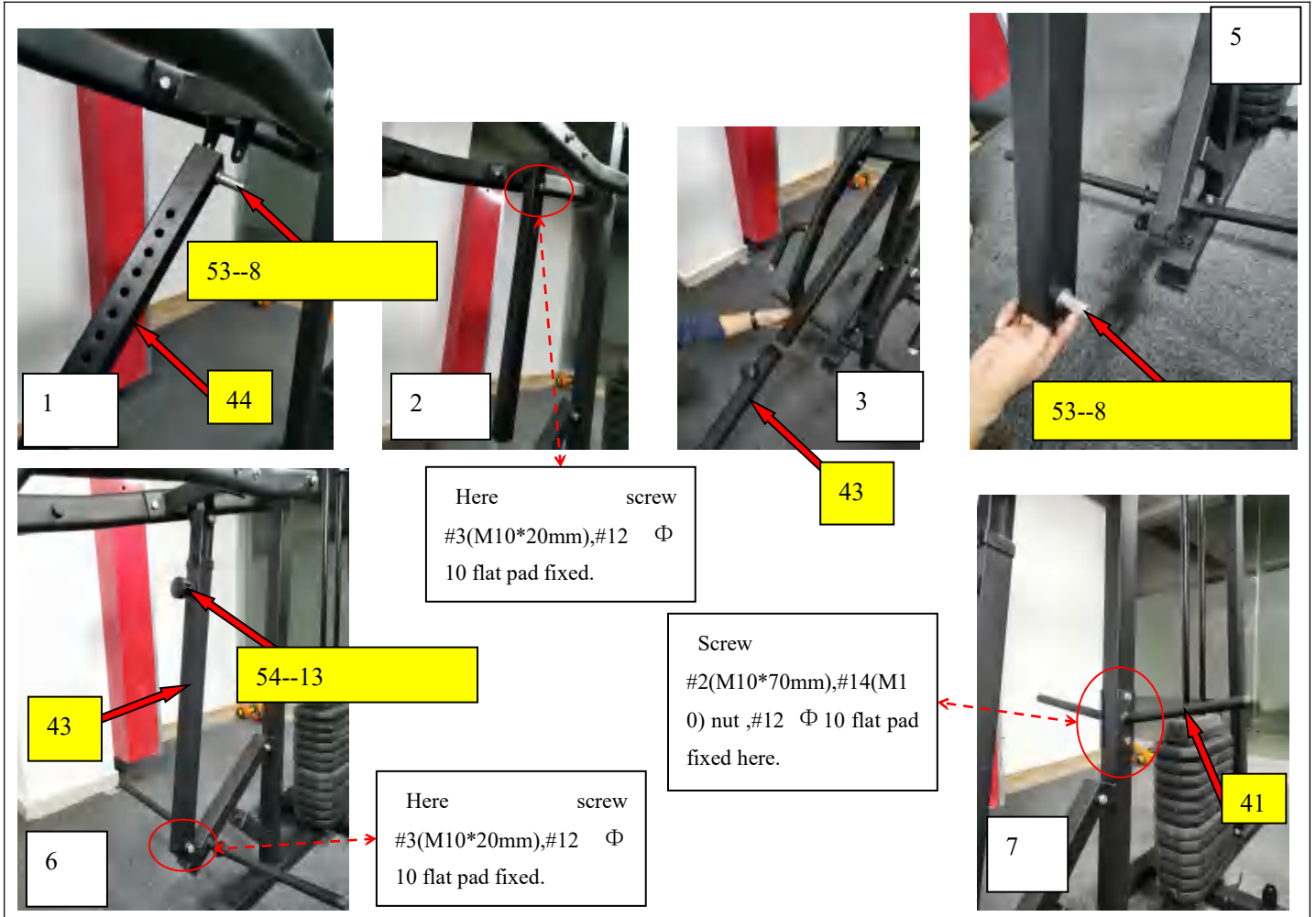
Step 8 Installation: :



The installation steps: first, the No .8 shaft in the No .53 fitting is inserted into the No .42 fitting (squat small connection welding) large hole fixed on the U seat of the No .40 fitting, both sides are fixed with screws No .3(M10*20mm), No .12(Φ 10) flat pad, as shown in Figure 1; next step, the No .45 fitting, No .46 fitting and No .47 fitting as shown in Figure 3 are fixed with screws No .5(M10*60mm), No .14(M10) nut, No .12(Φ 10) flat pad; Finally, put it on 40 parts on both sides of the large hole with 53 parts inside the 10 shaft into both sides and then screw 3(M10*20mm), 12 (Fixed Φ 10) flat pad. as shown in Figure 5.



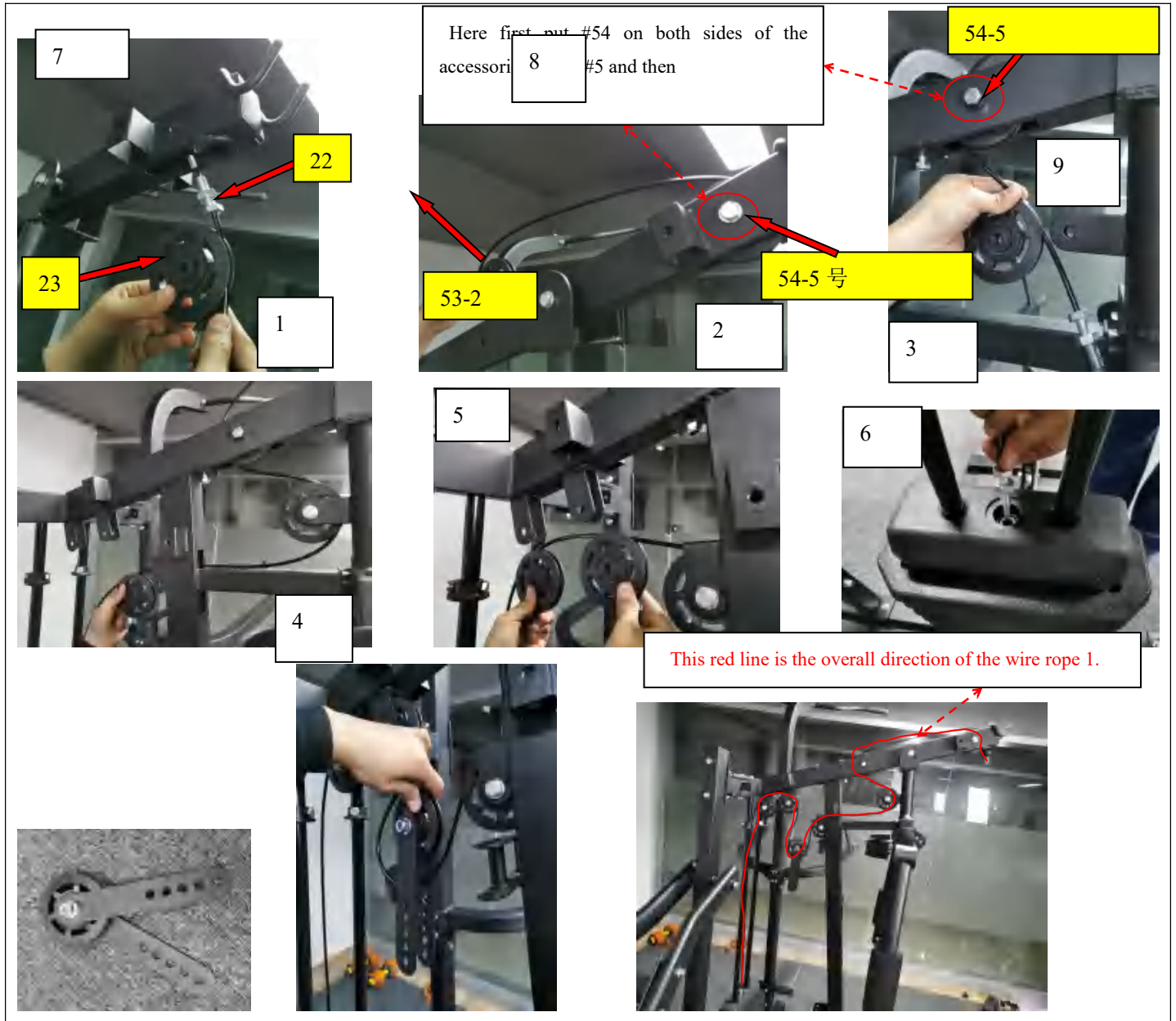
Step 9 Installation: :







The installation steps: first 53 fittings inside 8 shaft into 44 fittings (squat internal adjustment) large hole fixed on 45 fittings U seat, both sides with screw 3(M10*20mm),12(Φ 10) flat pad fixed, as shown in figure 2; next step 43 fittings (squat external adjustment) as figure 3 set on 44 fittings, the other end of the 53 fittings inside 8 shaft into large hole fixed in 42 fittings U seat with screw 3(M10*20mm),12(Φ 10) flat pad fixed; Then screw No .13 inside No .54 on No .43, as shown in Figure 6; the final step is to match No .41

#44 #53-8	#43 #53-8 54-13	#41

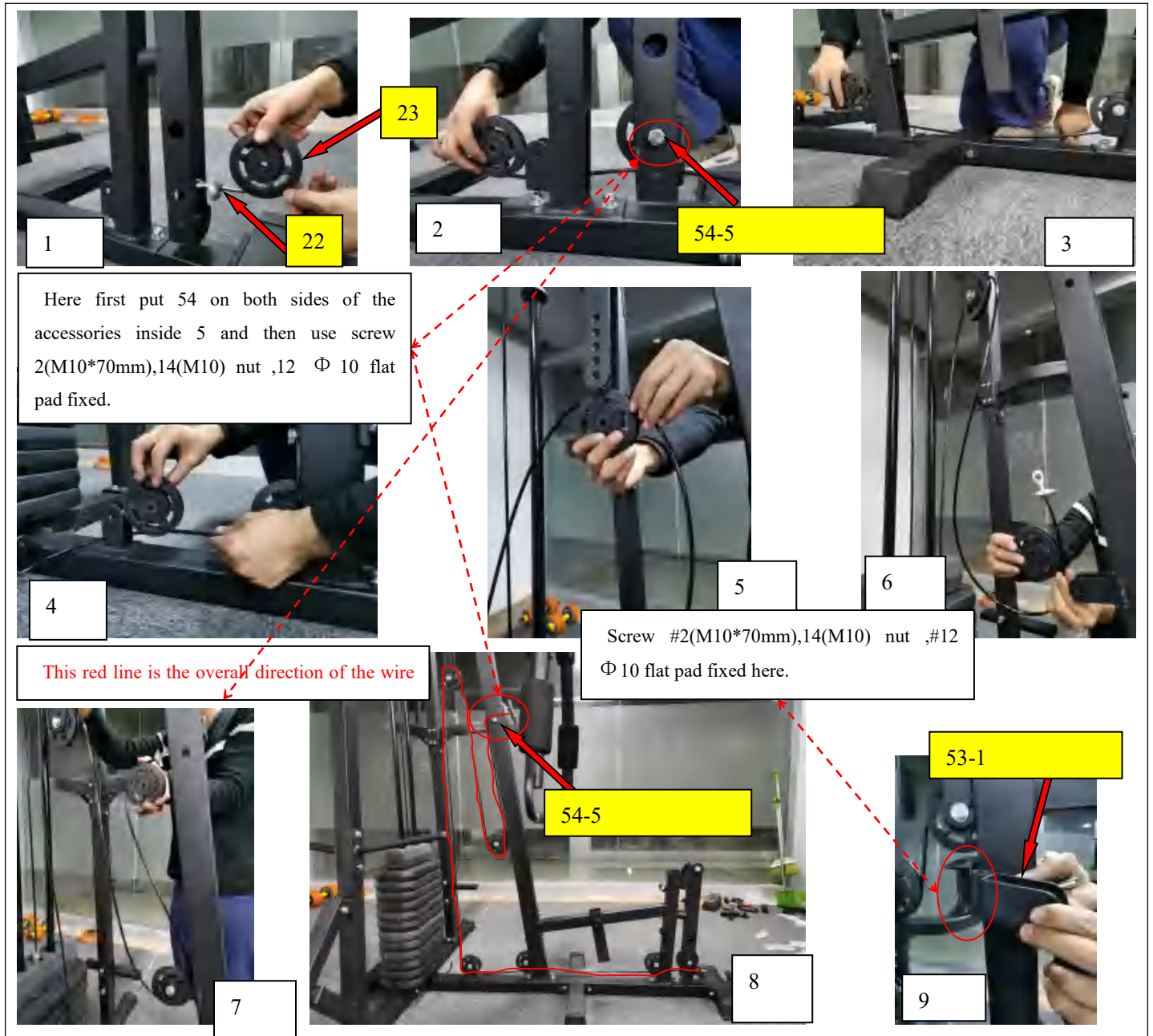
Step 10 Installation: Wire Rope 1







Remark: other place fixed with screw no.4(M10*45mm),14(M10) nut ,12(Φ 10) flat pad, but not too tight, because too tight will affect pulley rotation.

#22 (①)	#23	#54-5	#53-2
			

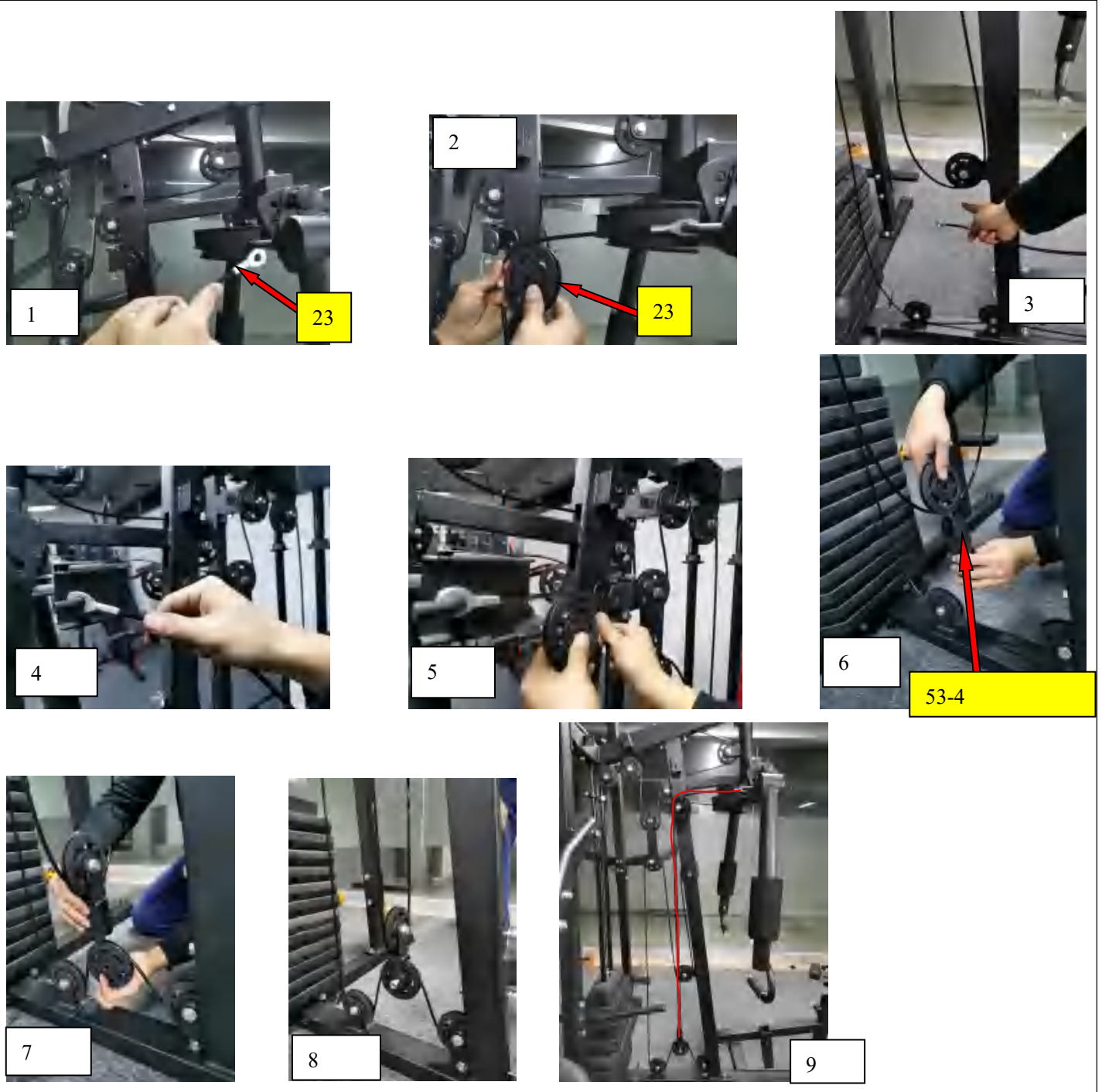
Step 11 Installation: Wire Rope 2






remark: other place fixed with screw no.4(M10*45mm),14(M10) nut ,#12(Φ 10) flat pad, but not too tight, because too tight will affect pulley rotation.

#22 (②)	#23	#54-5	#53-1
			

Step 12 Installation: Wire rope 3



Note: All use screw 4(M10*45mm),14(M10) nut ,12(Φ 10) flat pad fixed, but not too tight, because too tight will affect the pulley rotation.

#22 (③)	#23	#53-4
		

Step 13 Installation:

48

Here the decorative plate is fixed with screw #7(M8*16mm),#12 Φ 10 flat

21

18

21

Here screw #7(M8*16mm),#12 Φ 10 flat pad fixed.

Here screw #8(M8*40mm),#12 Φ 10 flat pad fixed.

20

17

20

54-4

19

21

20

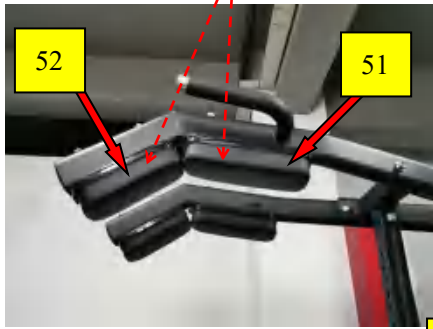
21

Here the back pad with screw 10(M8*85mm),#12 Φ 10 flat pad

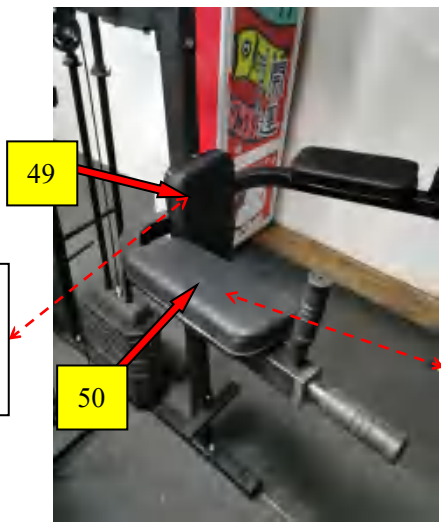
#48	#21 #18	#20 #17	#19	#54-4

Step 14 Installation

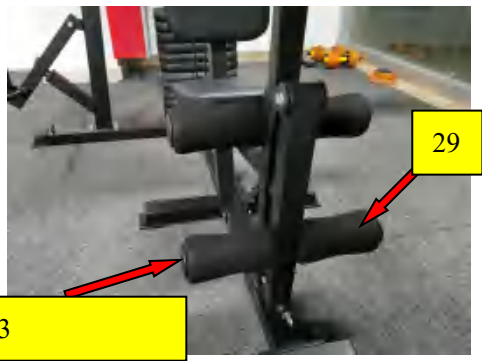
Here the cushion uses screw #11(M8*100mm),#12 Φ 10 flat



Here the mat is fixed with screw #10(M8*85mm),#12 Φ

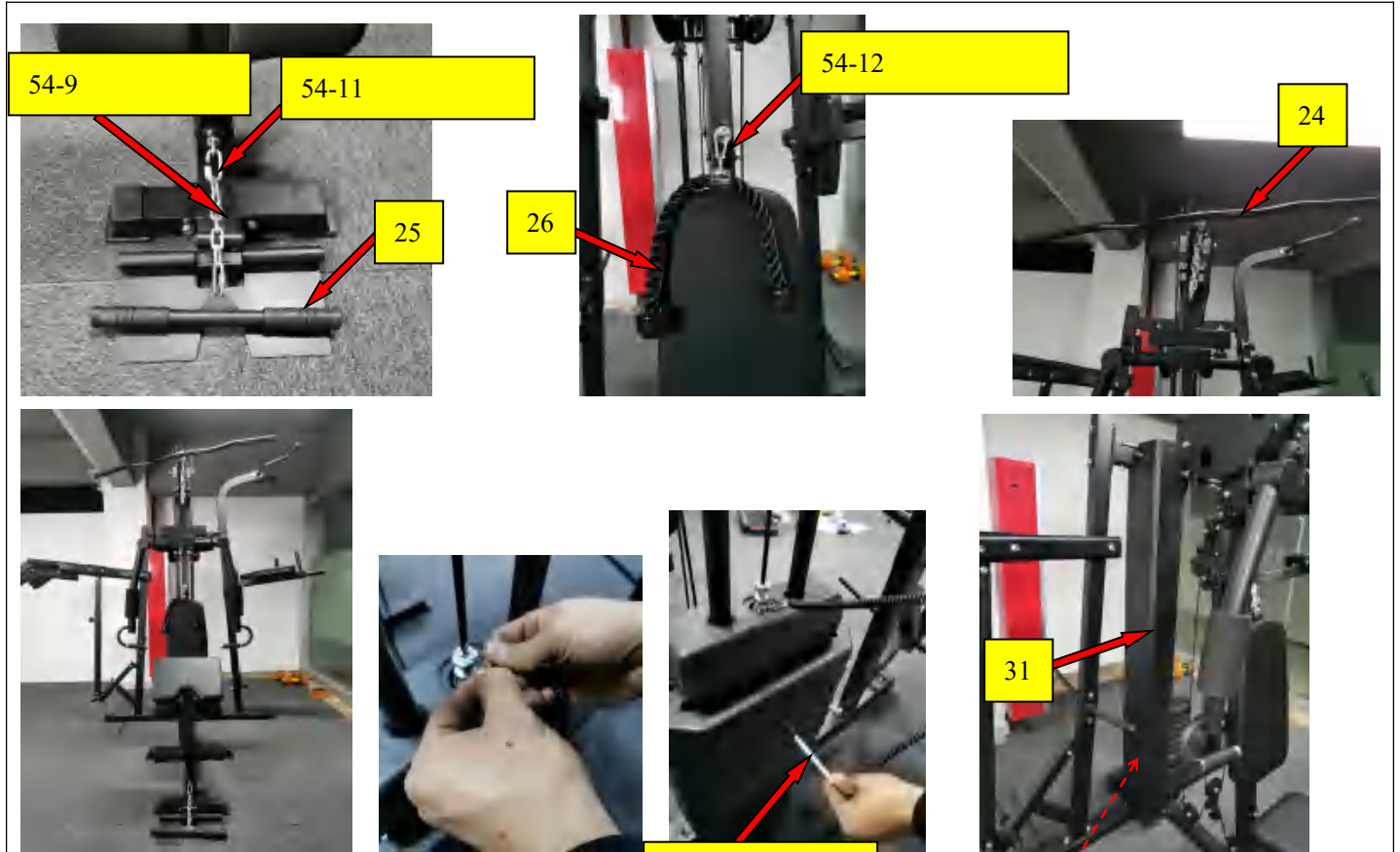


Here the mat is fixed with screw #9(M8*65mm),#12 Φ 10 flat pad.



#51 #52	#49 #50	#28 #29 #54-3

Step 15 Installation:



53-5

The screws 7(M8*16mm),15(M8) nuts ,12 10 flat pads are used here. On the other side, the two steel plate covers are fixed between 16(M6*10mm),17(M8) nuts.

#26	#24	#25	#54-9	#54-10	#54-11	#54-12	#30	#31

- 1、 Please tighten the bolts and nuts with a wrench
- 2、 Please check that all pulleys and wire ropes have been fixed before correct use.
In the first stage of use according to the actual situation of the wire rope to do a certain adjustment.

Maintenance

Maintenance methods:

1. In order to prolong the service life of the instrument, the parts must be lubricated on time, this product has been initially lubricated before leaving the factory, but the necessary lubrication maintenance must be carried out between the guide rod and the weight plate after a certain period of use.
2. Note: Do not use oil butter, otherwise it will absorb dust and dirt in the air, it is recommended to use sewing machine oil