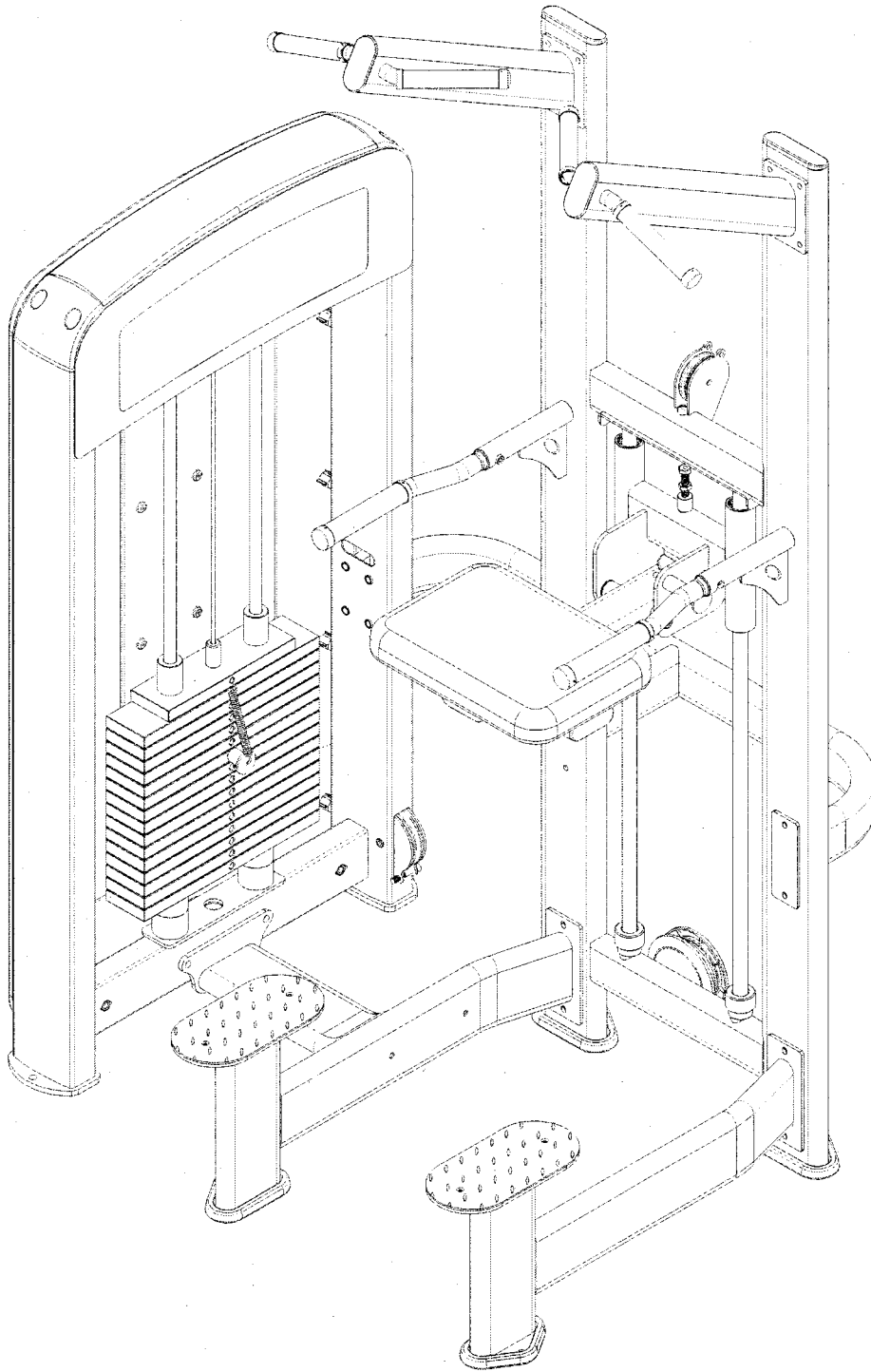


# Assisted Chin Dip



## **MDE-16 Assisted Chin Dip**

### **User Manual**

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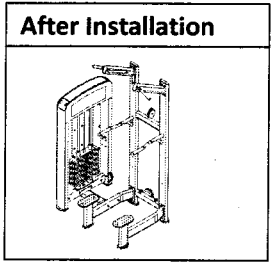
# 1/ Safety

Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

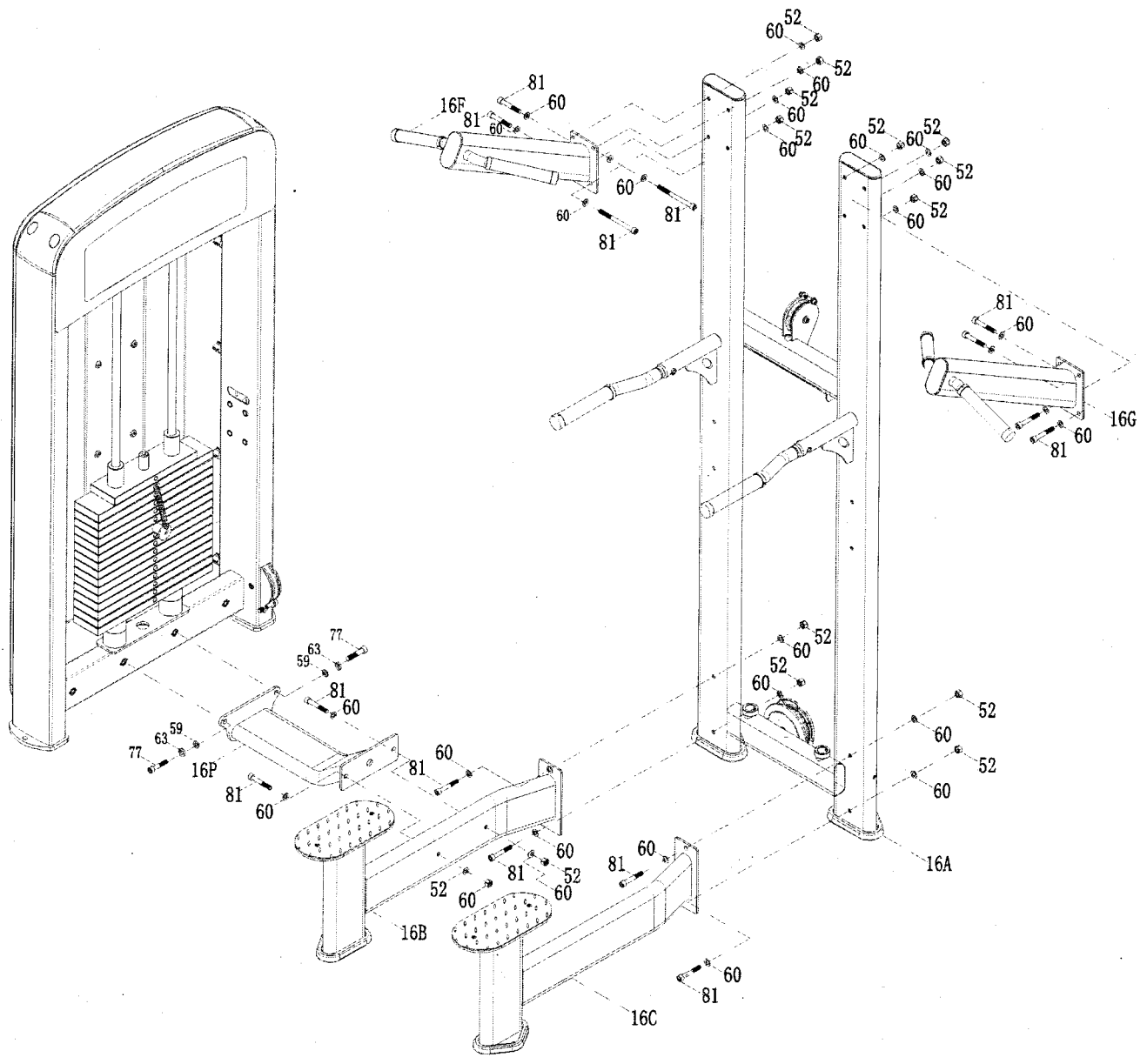
1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult' s guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

# 02/ Installation chart & list

## 1) Step 1

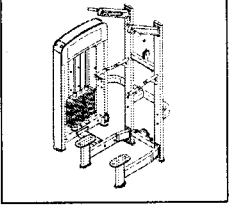


List for this step			
Model	Name	Spec.	Quantity
16A	Main stand fixed group		1
16B	Left foot tube group		1
16C	Right foot tube group		1
16F	Left armrest		1
16G	Right armrest		1
16P	Lower connecting pipe group		1
52	Lock nut	M10	12
59	Flat washer	Φ 10	2
60	Flat washer	Φ 10	24
63	Spring washer	Φ 10	2
77	Hexagon socket head screw	M12*25	2
81	Hexagon socket head screw	M10*65	12



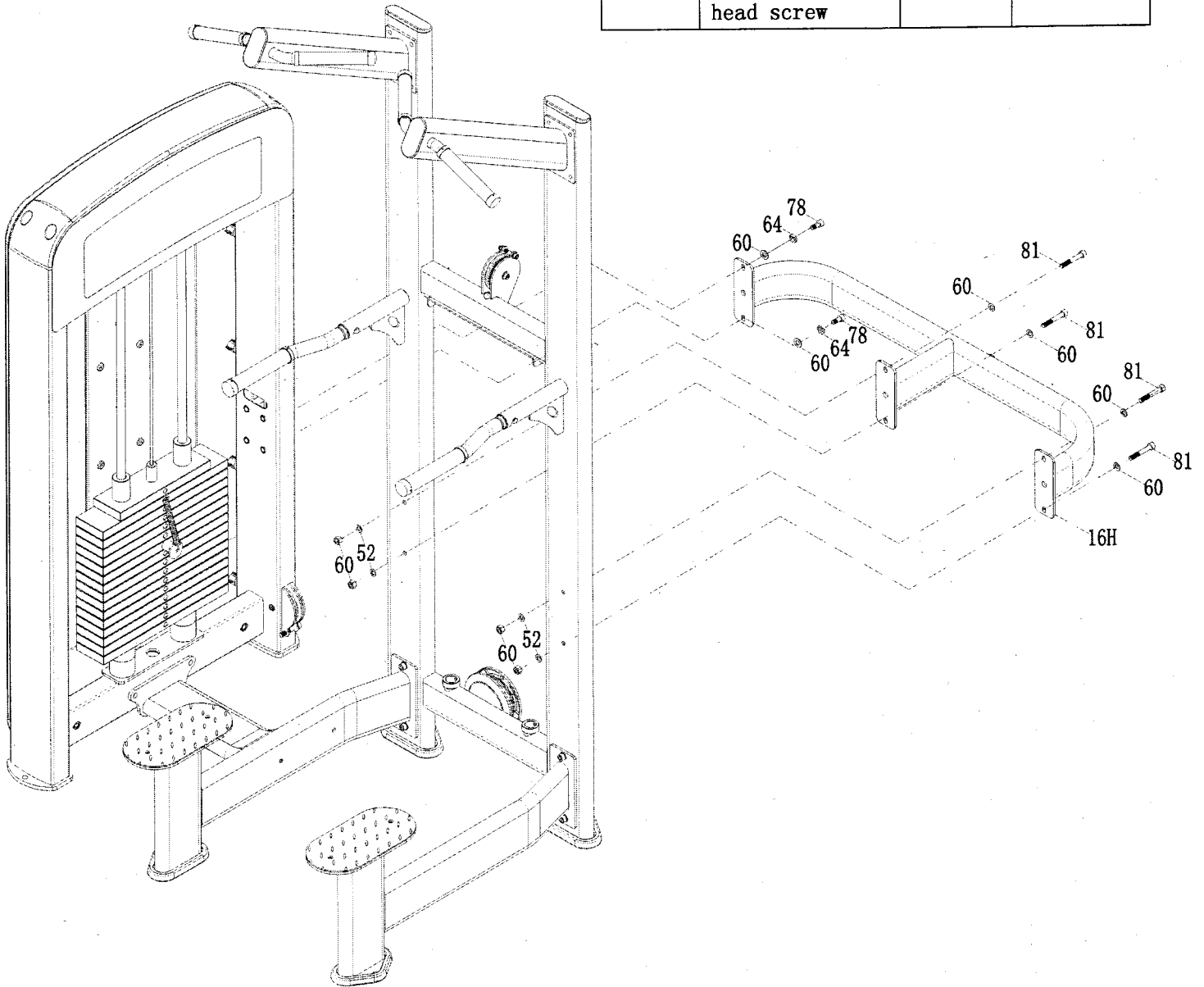
## Step 2

### After Installation



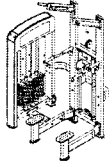
### List for this step

Model	Name	Spec.	Quantity
16H	Upper junction pipe group		1
52	Lock nut	M10	4
60	Flat washer	Φ10	10
64	Spring washer	Φ10	2
78	Hexagon socket head screw	M10*25	2
81	Hexagon socket head screw	M10*65	4

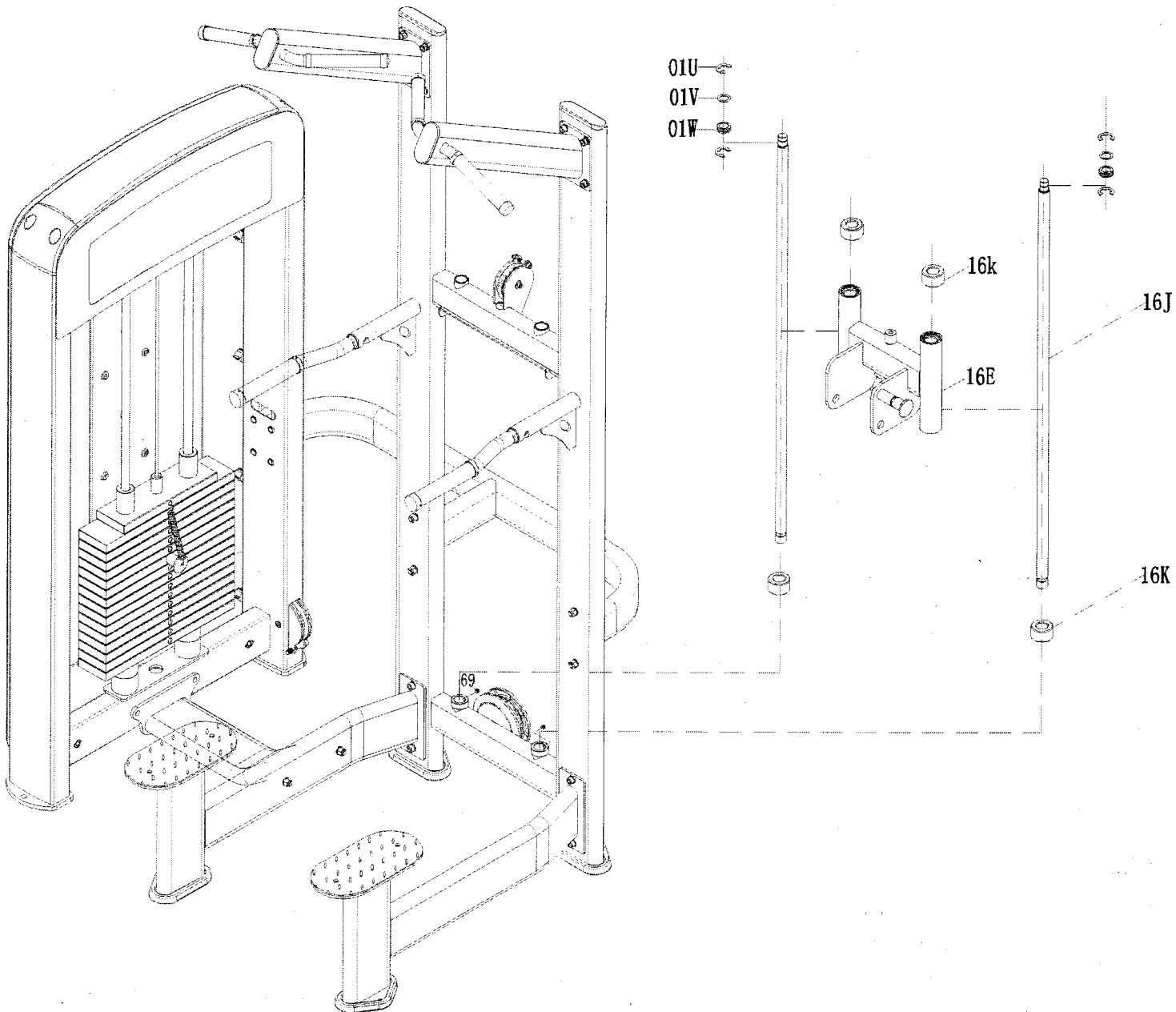


### 3) Step 3

After Installation

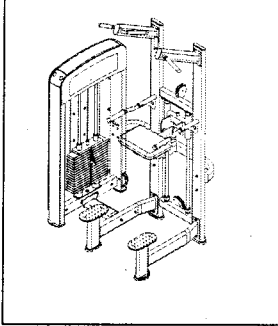


List for this step			
Model	Name	Spec.	Quantity
16E	The sliding seat group		1
16J	Guide bar	Φ 25*1197	2
16K	shock pad	Φ 26* Φ 50*30	4
01V	Fixed piece	φ 30* φ 20.5*t1	2
01U	Cireclip	φ 19	4
01W	Guide rod fixed sleeve	φ 20.2* φ 32.2*t11	2
69	Internal six angle cone end fastening bolt	M8*10	2

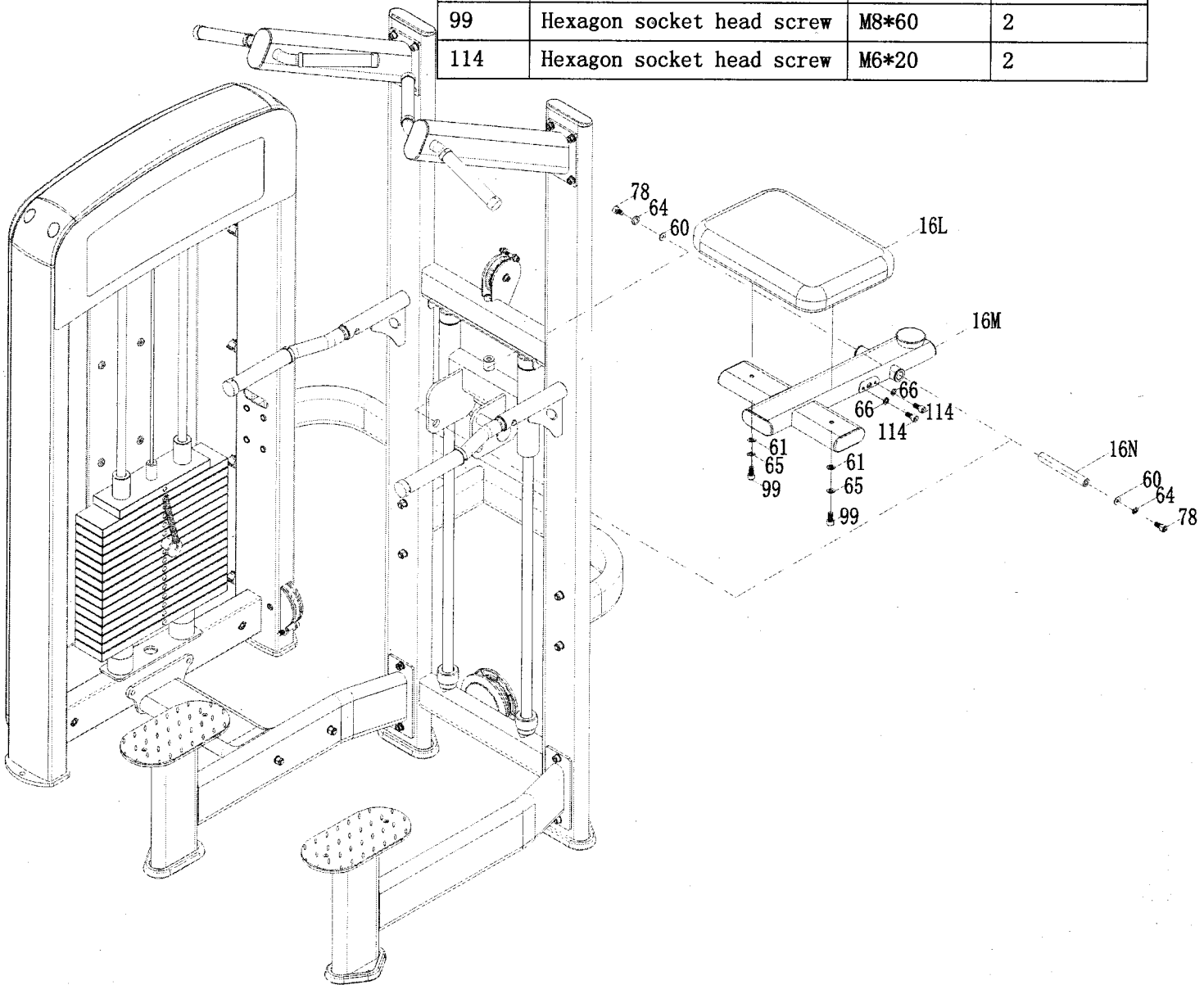


Step 4

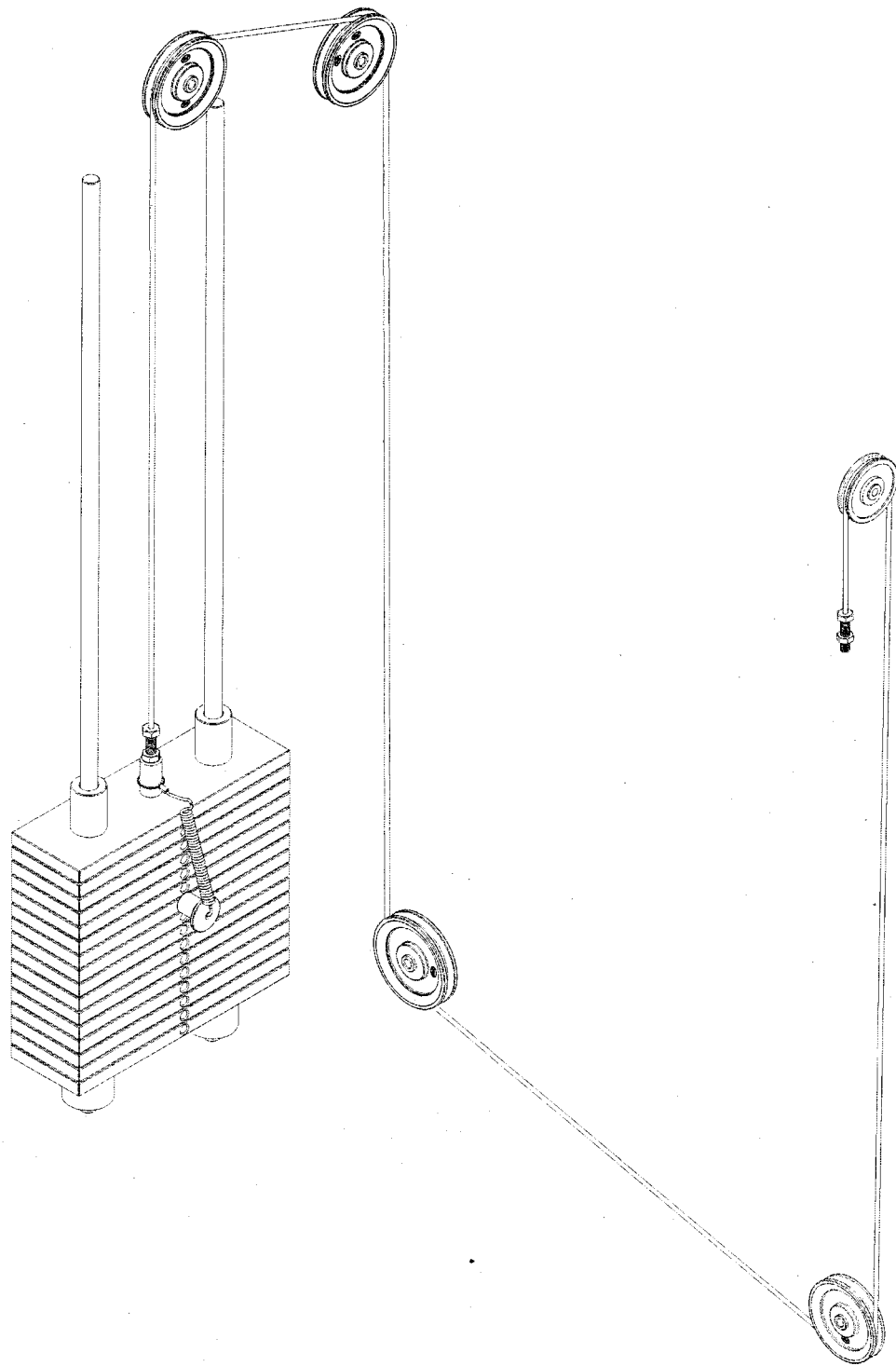
After Installation



List for this step			
Model	Name	Spec.	Quantity
16M	Knee - pad fixed tube group		1
16N	Axis of rotation	Φ 20*151.5	1
16L	knee cushion	420*300*60	1
60	Flat washer	Φ10	2
61	Flat washer	Φ8	2
64	Spring washer	Φ10	2
65	Spring washer	Φ8	2
66	Spring washer	Φ6	2
78	Hexagon socket head screw	M10*25	2
82	Hexagon socket head screw	M10*60	2
99	Hexagon socket head screw	M8*60	2
114	Hexagon socket head screw	M6*20	2



5) Step 5  
The pulley installation schematic:





### 03/ Product Description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need.

You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure the safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

The equipment is made of steel and of powder coating process, which assure the safety and durability.

### 04/Product specification

Name	Assisted Chin Dip	Model	MDE-16
Space taking	1175*1425*2285	Weight stack	200 pounds
Net weight	kg	Grade	S
Use type: S; professional/ commercial use H; home use			

### 05/Maintenance

1. Please check all the screws regularly.
  2. Keep the equipment clean. Do not use strong solvent.
- If weighted spare parts abrasion or broken, please change it at once.

### 06/Troubleshooting guides

### 07/Warranty

1. Warranty scope  
It adopts to the situation that users use the equipment properly. Non-negotiable.
2. Warranty 1 year starts from the equipment leaving our factory  
The followings are inapplicable for the warranty
  - (1) Misuse the equipment, accidents or modify without notification
  - (2) Breakdown of those who improperly adjust the weight stack pin.
  - (3) Breakdown of those who improperly maintain.
  - (4) Breakdown of other improper operations.