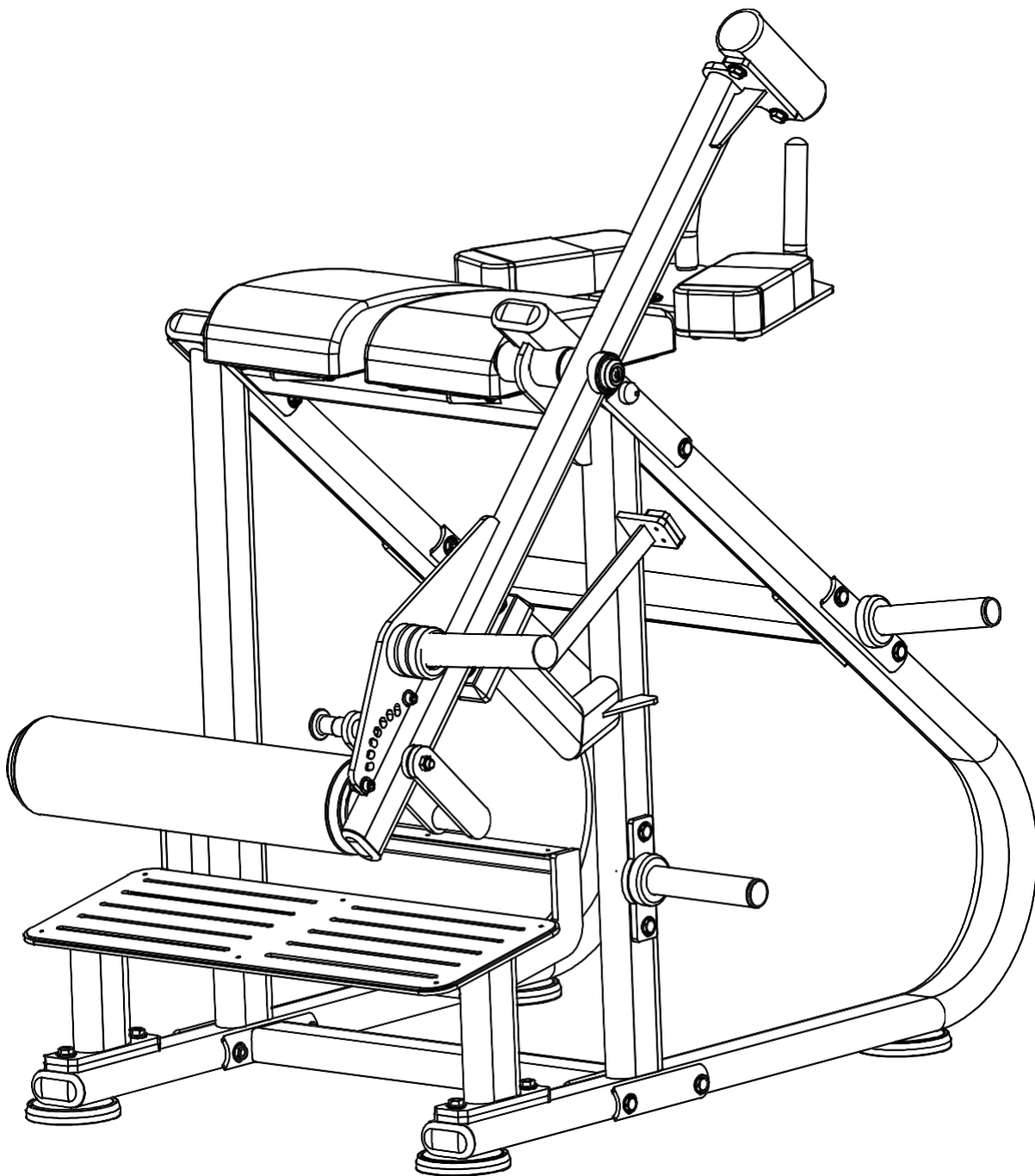


Pro Strength Reverse Hyper PL-PS-RH



Installation Manual

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01/ Safety Instructions:

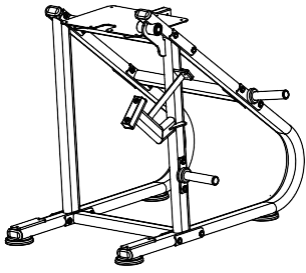
Thank you for choosing our company's product. Proper use of the trainer ensures your safety and convenience. Before using the trainer, please carefully read the following:

1. Before using this product, carefully read all user manuals and strictly follow the instructions provided. Keep this manual for the entire lifespan of the product.
2. The product owner should ensure that all users are aware of all safety precautions.
3. Maintain fresh and circulating indoor air while using the machine and ensure sufficient space for movement.
4. Users are responsible for maintaining the equipment. After installation and before each use, check that all fasteners are securely tightened and inspect worn parts regularly.
5. In case of damage to your equipment, contact the dealer and the company's after-sales service department immediately to replace all worn or defective parts. Do not use the equipment until it is completely repaired.
6. Wear appropriate sportswear and shoes before use. Do not wear skirts or jewelry, and tie up hair to avoid interference during exercise.
7. Perform warm-up exercises before using the machine for workouts.
8. If you experience dizziness, pain, vomiting, or any other abnormal symptoms, stop exercising immediately and consult a doctor.
9. Children should use the machine for selective training under adult supervision.
10. **Warning!** Keep hands and feet away from moving parts during operation.
11. **Warning!** Do not exceed the adjustment settings.
12. **Warning!** Keep children and pets away from the machine during exercise.
13. **Warning!** Ensure all adjustment devices are properly set during use.
14. **Warning!** Incorrect use or using the machine for purposes it is not intended for may cause injury to your health.
15. It is recommended to use this equipment only within supervised areas

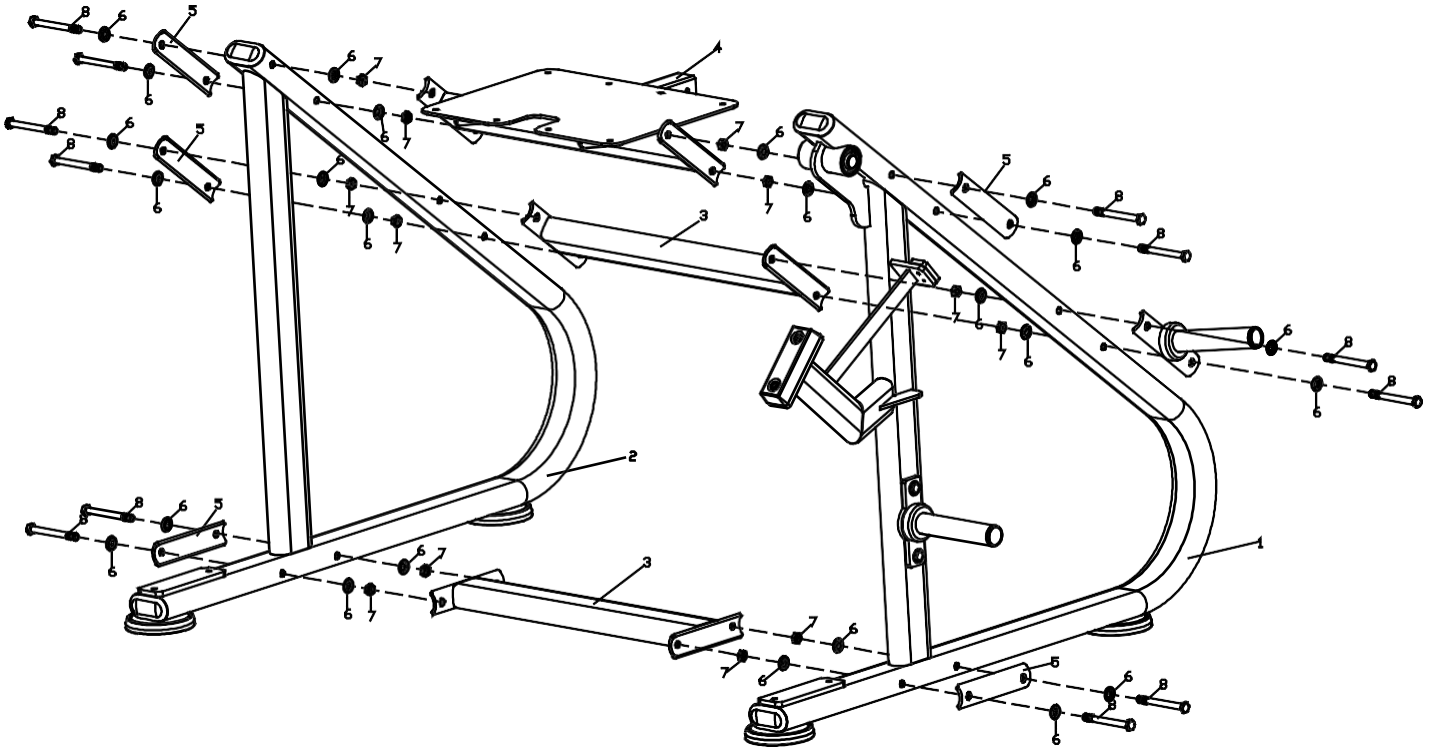
02/Installation Steps

1) Installation Step One

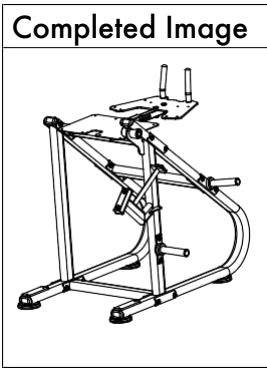
Completed Image



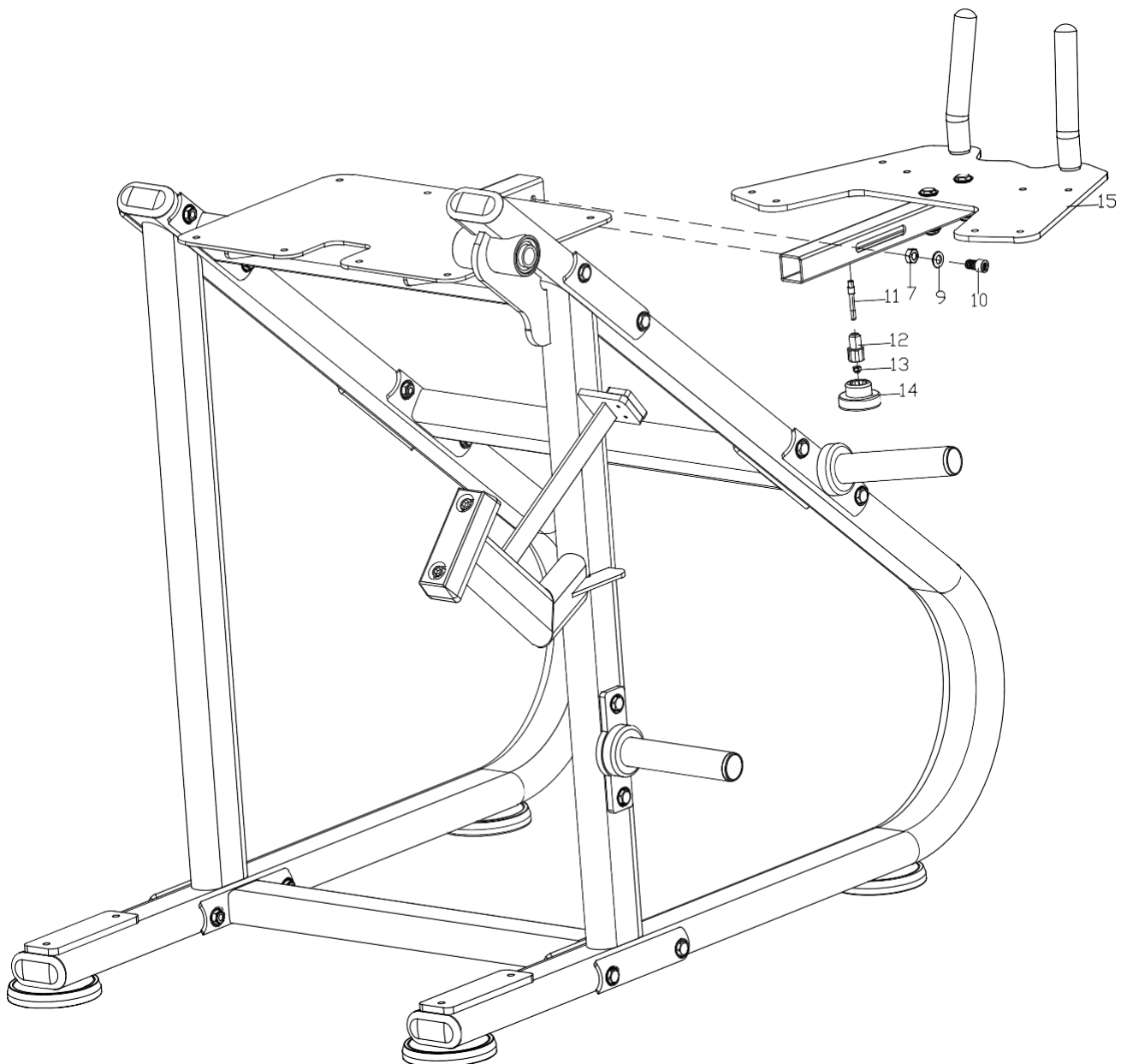
Installation Checklist			
No	Name	Specs	Qty.
1	Main frame component left		1
2	Main frame component right		1
3	Connecting rod assembly		2
4	Armrest pad component		1
5	Arc connecting plate	200*52.5*T6	5
6	Washer	Φ12	24
7	Hexagon lock nut	M12	12
8	Hexagon socket cylindrical head bolt	M12*125	12



2) Installation Step Two

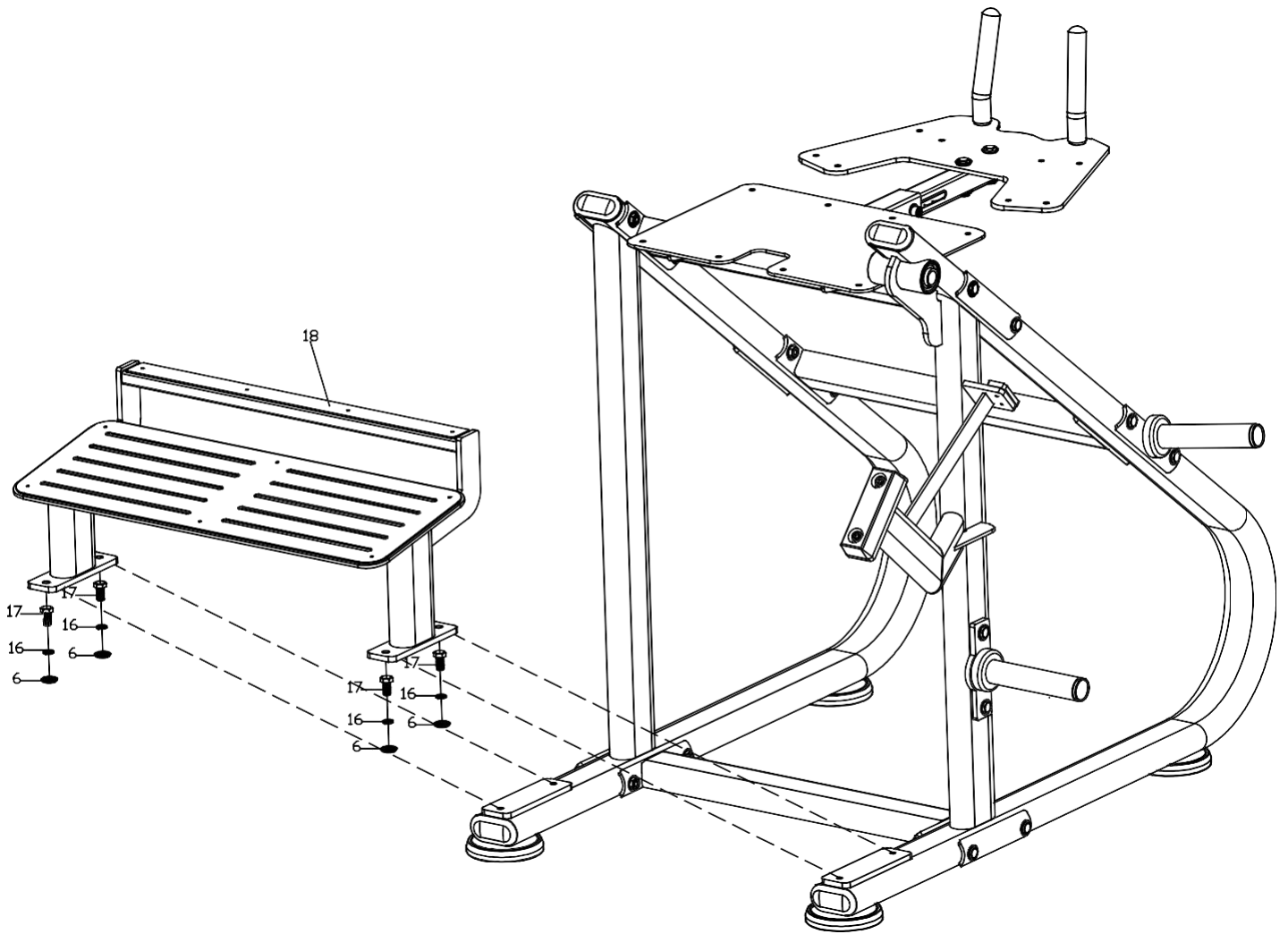
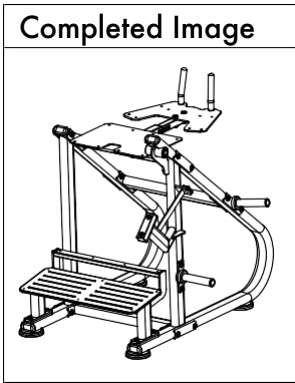


Installation Checklist			
No	Name	Specs	Qty.
7	Hexagon lock nut	M12	1
9	Flat washer	∅12	1
10	Hexagon socket cylindrical head bolt	M12*20	1
11	Knob pin	∅9*56.75	1
12	Knob pin head	∅23.7*38.3	1
13	Hexagon lock nut	M6	1
14	Knob handle	∅60*35	1
15	Armrest pad assembly		1



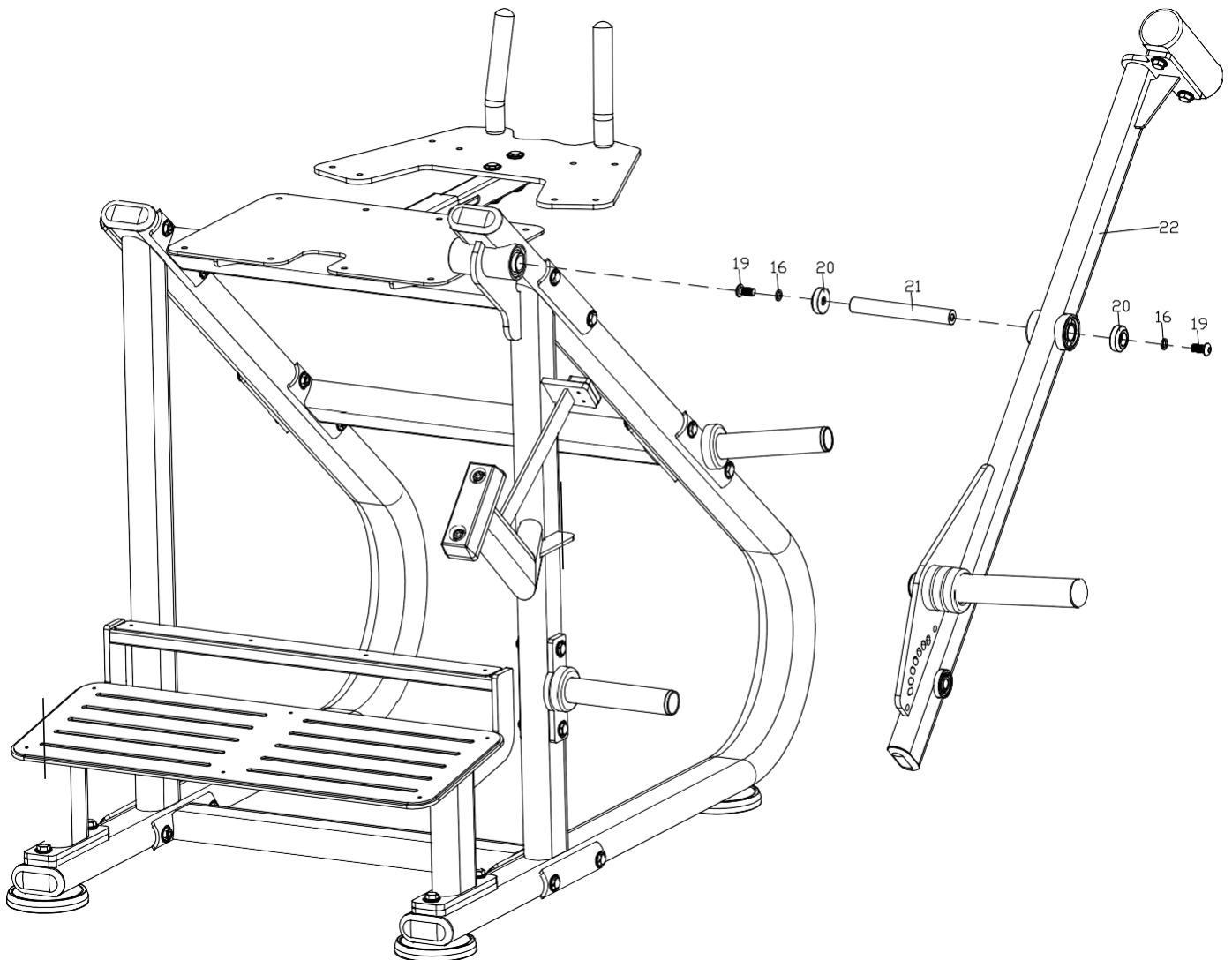
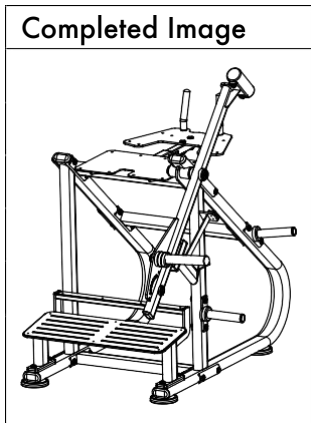
3) Installation Step Three

Installation Checklist			
No	Name	Specs	Qty.
6	Washer	Φ12	4
16	Spring washer	∅12	4
17	Hexagon socket cylindrical head bolt	M12*25	4
18	Footrest assembly		1



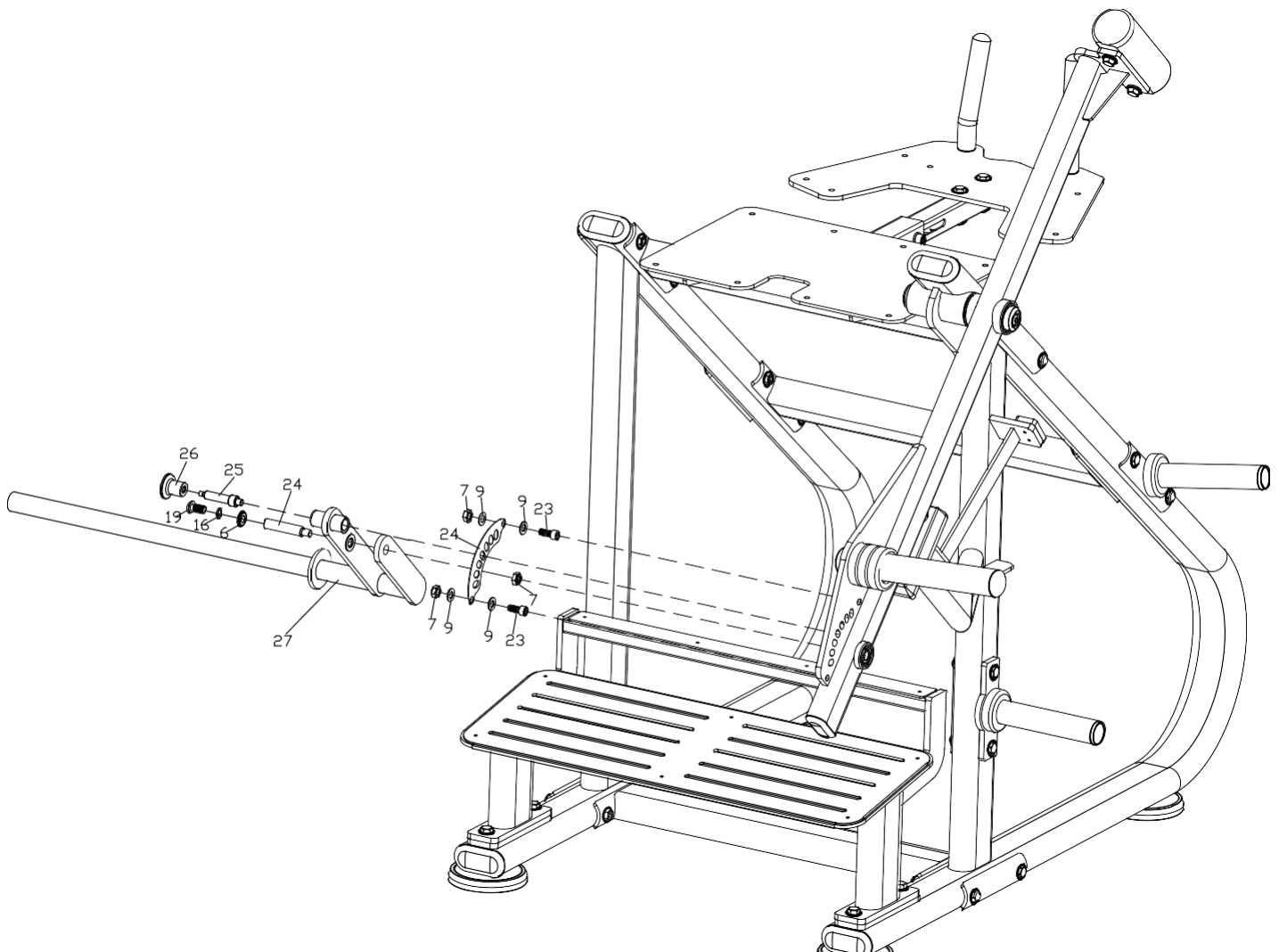
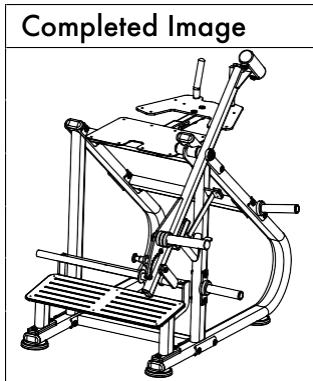
4) Installation Step Four

Installation Checklist			
No.	Name	Specs	Qty.
16	Spring washer	∅12	2
19	Hexagon socket flat head bolt	M12*25	2
20	End cap	∅43.5*14.5	2
21	Rotating shaft	∅25*189.5	1
22	Curved arm assembly		1

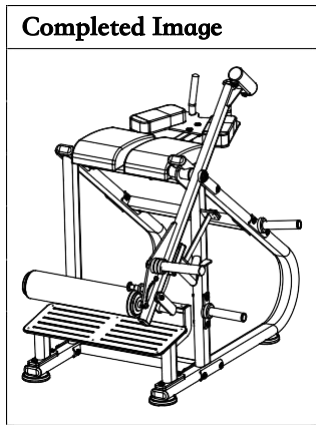


5) Installation Step Five

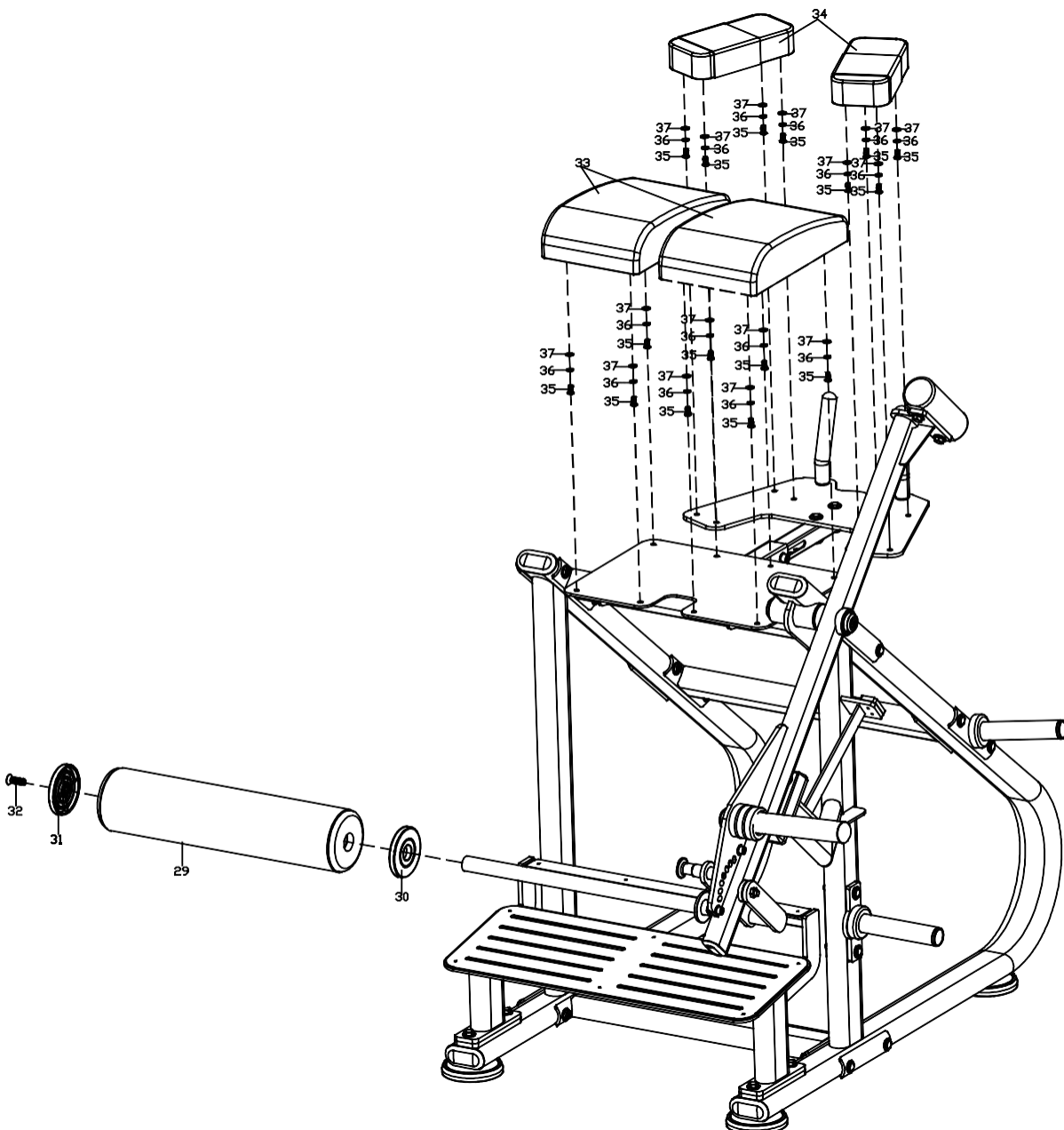
Installation Checklist			
No.	Name	Specs	Qty.
6	Washer	Φ12	1
7	Hexagon lock nut	M12	3
9	Flat washer	∅ 12	4
16	Spring washer	∅ 12	1
19	Hexagon socket flat head bolt	M12*25	1
23	Hexagon socket cylindrical head bolt	M10*25	2
24	Rotating shaft	Φ17*89	1
25	Selector guard	166.3*58.3*T2	1
26	Dowel pin	Φ19*85	1
27	Mushroom head dowel pin	Φ43*34*M8	1
28	Leg kick weldment		1



6) Installation Step Six



Installation Checklist			
No	Name	Specs	Qty
29	Circular foam cushion	Φ143*585	1
30	Foam cushion end cap	Φ114*12	1
31	Foam cushion end cap	Φ114*12	1
32	Hexagon socket countersunk head bolt	M12*40	1
33	Armrest pad	410*252*168	2
34	Armrest pad	280*133*60	2
35	Hexagon socket flat head bolt	M8*25	16
36	Spring washer	∅8	16
37	Flat washer	∅8	16



Note: After installation, tighten all bolts, and cover all positions using washers with screw caps.

03/ Product Description

This machine is indoor fitness equipment designed for aerobic cardiovascular exercise, primarily focusing on enhancing cardiovascular function with muscle training as a secondary objective. It targets various muscle groups, such as the chest muscles, to achieve strength and aesthetic goals. The machine provides graphical instructions illustrating the correct usage of equipment and muscle exercises, making it easy to understand. Through the use of a weight stack system, users can conveniently adjust resistance levels to suit their desired intensity and challenge.

Designed and manufactured to follow the natural movement trajectory of the human body, this machine ensures safety and durability. Its construction includes large-sized steel tubes and electrostatic spraying treatment, guaranteeing machine safety, reliability, and longevity.

03/ Product Specification

Name	Reverse Hyper	SKU	PL-PS-RH
Dimensions	65" x 50" x 64"		
Weight	300 lb		

05/ Maintenance Guide

1. Regularly inspect and tighten all bolts throughout the machine to ensure they are secure. Moving parts should be flexible and free from abnormal sounds.
2. Keep the machine clean, but avoid using strong cleaning solvents for wiping.
3. If any load-bearing parts show signs of wear or damage, they should be replaced immediately. The machine should only be used again once repairs are complete.