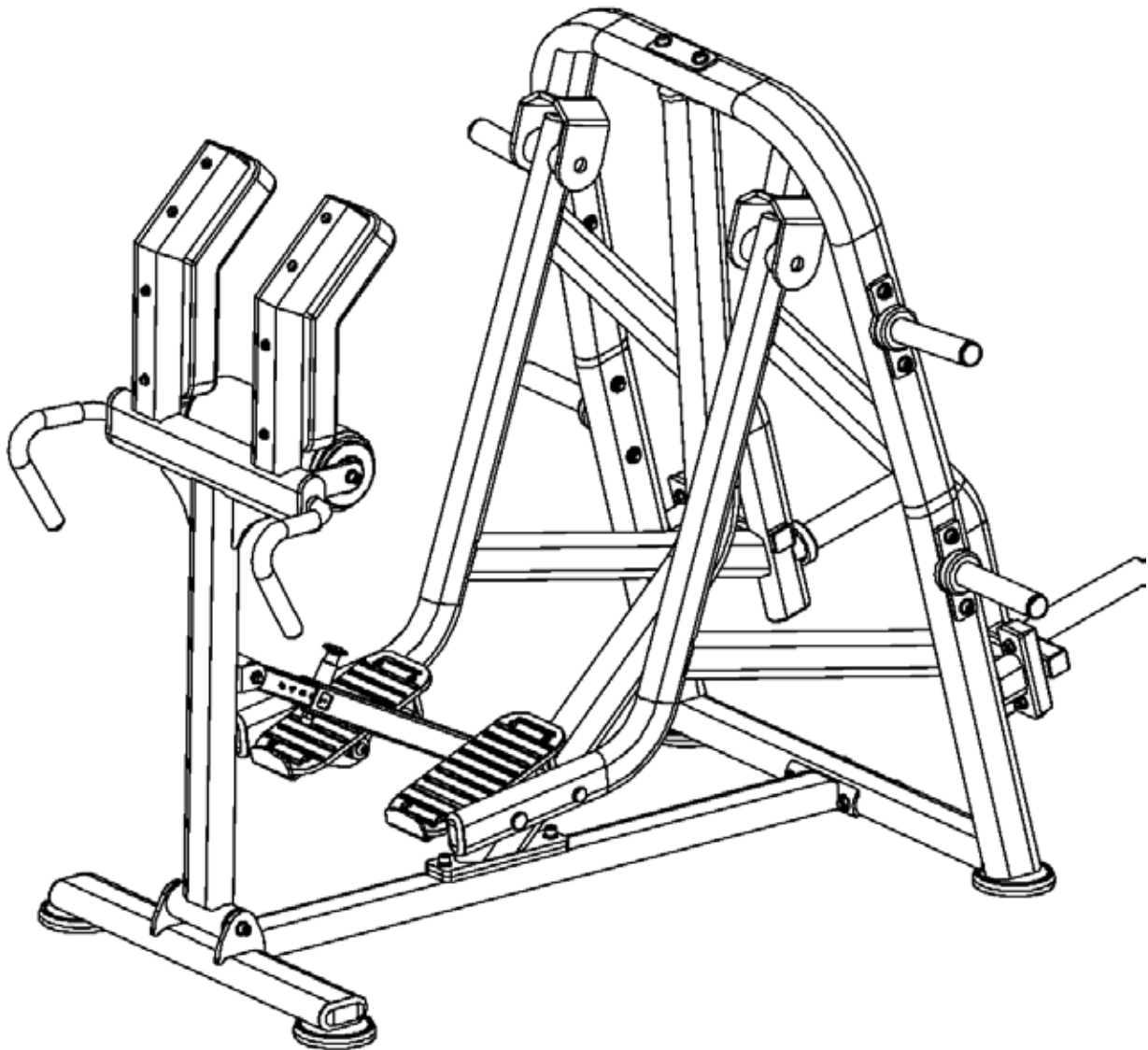




Pro Strength Stride Trainer PL-PS-ST



Installation Manual

www.muscledfit.com

Table of Contents

01 / Safety Instructions

02 / Installation Steps Diagram and Checklist

03 / Product Description

04 / Product Specifications

05 / Maintenance Guide

01/ Safety Instructions:

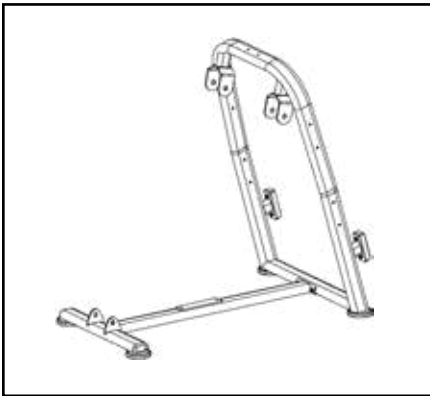
Thank you for choosing our company's product. Correct use of the training equipment ensures your safety and convenience. Before using the training equipment, please carefully read the following:

1. Before using this product, carefully read all user manuals and strictly follow the instructions provided in the manual. Keep this manual for the entire lifespan of the product.
2. The product owner should ensure that all users understand all safety precautions.
3. Maintain fresh and ventilated indoor air when using the machine, and ensure there is sufficient space for movement.
4. Users are responsible for maintaining the equipment. Check that all fasteners are tightened after installation and before each use, and regularly inspect parts prone to wear.
5. In case of equipment damage, 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 using the equipment. Avoid wearing skirts and jewelry, and tie up hair to avoid interference during exercise.
7. Warm up before using the machine for exercise.
8. Stop exercising immediately and consult a doctor if you experience abnormal symptoms such as dizziness, pain, or vomiting.
9. Children should use the machine for selective training under adult supervision.
10. Warning! Keep hands and feet away from moving parts during exercise.
11. Warning! Do not exceed the adjustment settings.
12. Warning! Keep children or pets away from the equipment during exercise.
13. Warning! Ensure that all adjustment devices are properly adjusted during use.
14. Warning! Use the equipment for exercise only in the correct manner. Exercising improperly or using the equipment for functions it is not designed for may cause injury to your health.
15. It is recommended to use this equipment only within supervised areas.

02/ Installation Steps Diagram and Checklist

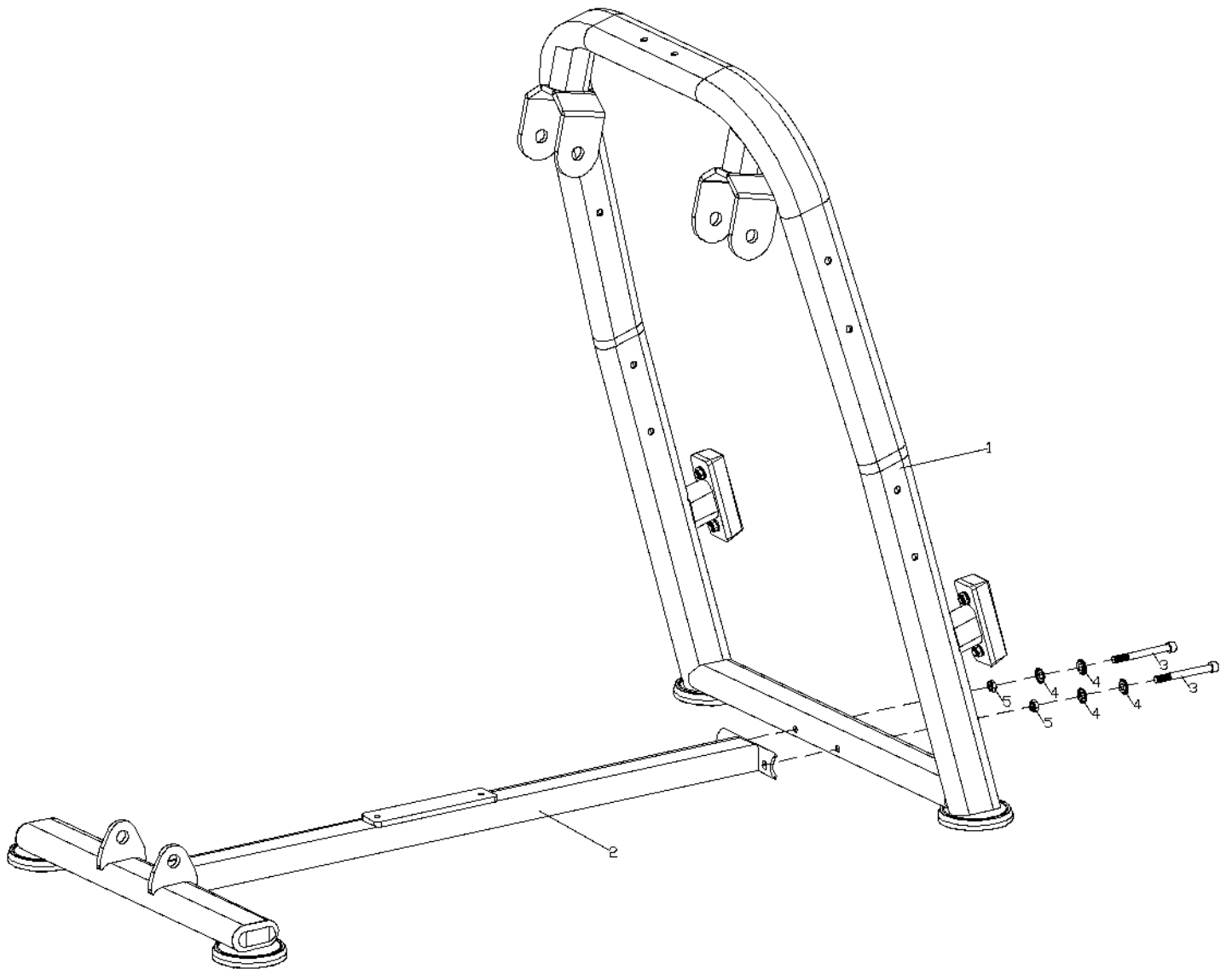
STEP 1:

Installation completed image for reference.



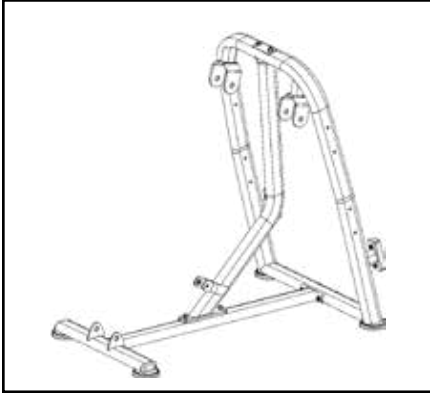
Installation checklist for this step

1	Support frame assembly		1
2	Lower connecting brace assembly		1
3	Internal hexagon cylindrical head bolt	M12*120	2
4	Drum brake pad	12	4
5	Hexagon lock nut	M12	2



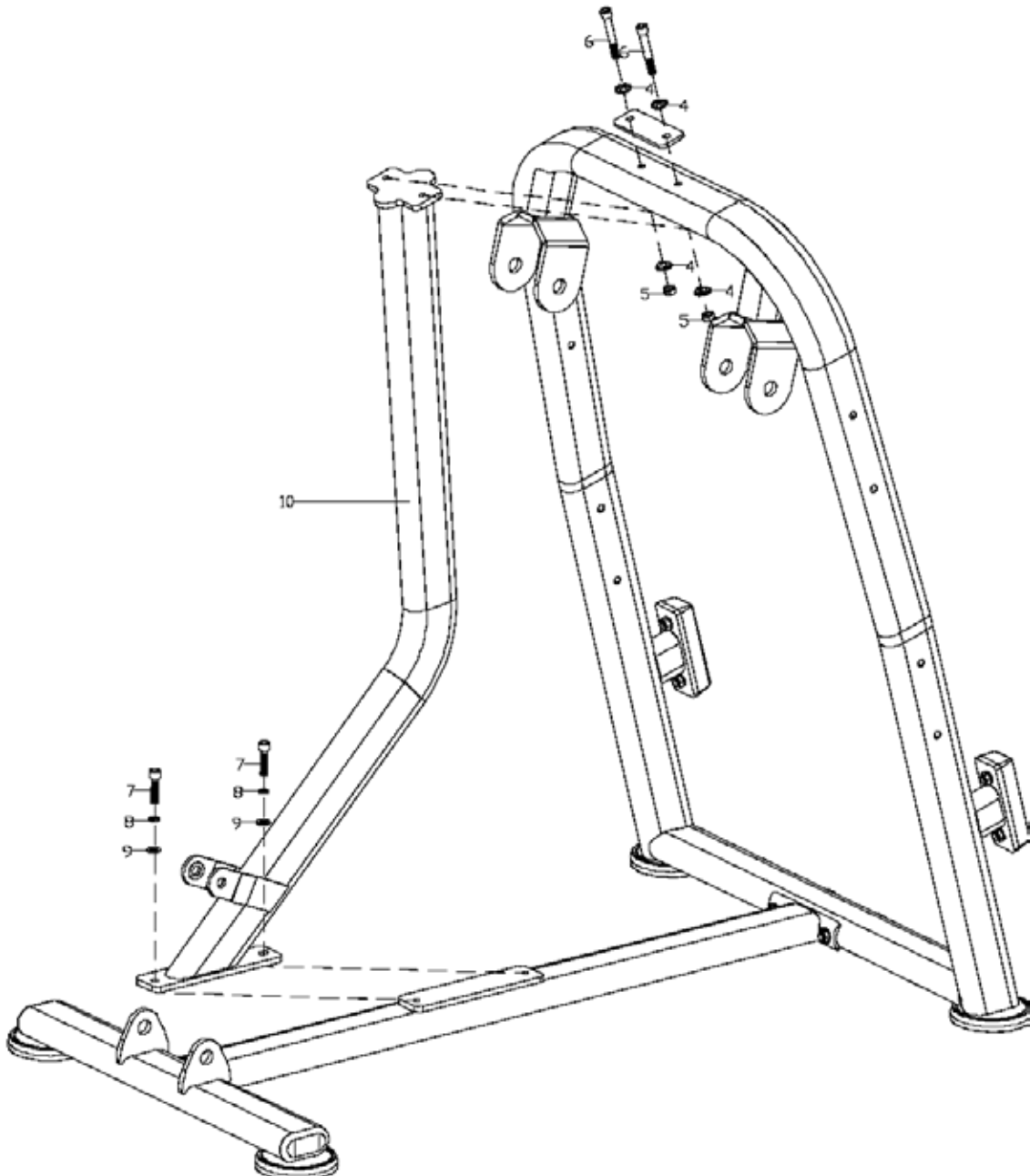
STEP 2:

Installation completed image for reference.



Installation checklist for this step

4	Drum brake pad	12	4
5	Hexagon lock nut	M12	2
6	Internal hexagon cylindrical head bolt	M12*80	2
7	Internal hexagon cylindrical head bolt	M12*35	2
8	Spring washer	12	2
9	Flat washer	12	2
10	Limitation connection assembly	M8X35	1



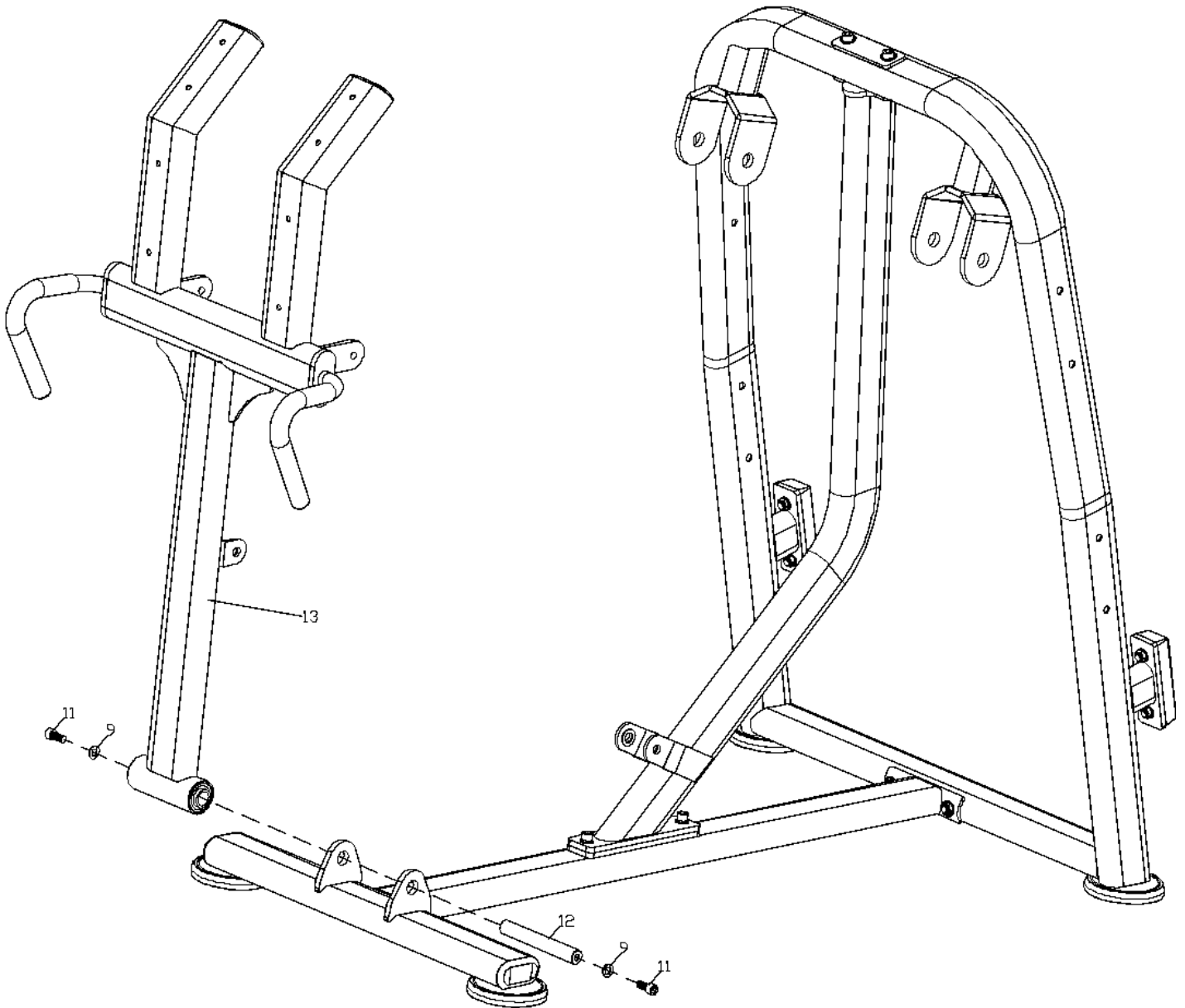
STEP 3:

Installation completed image for reference.



Installation checklist for this step

9	Flat washer	M10X130	2
11	Socket head cap screw	Ø10	2
12	Swing arm pivot	M10	1
13	Spacer tube assembly	Ø12	1



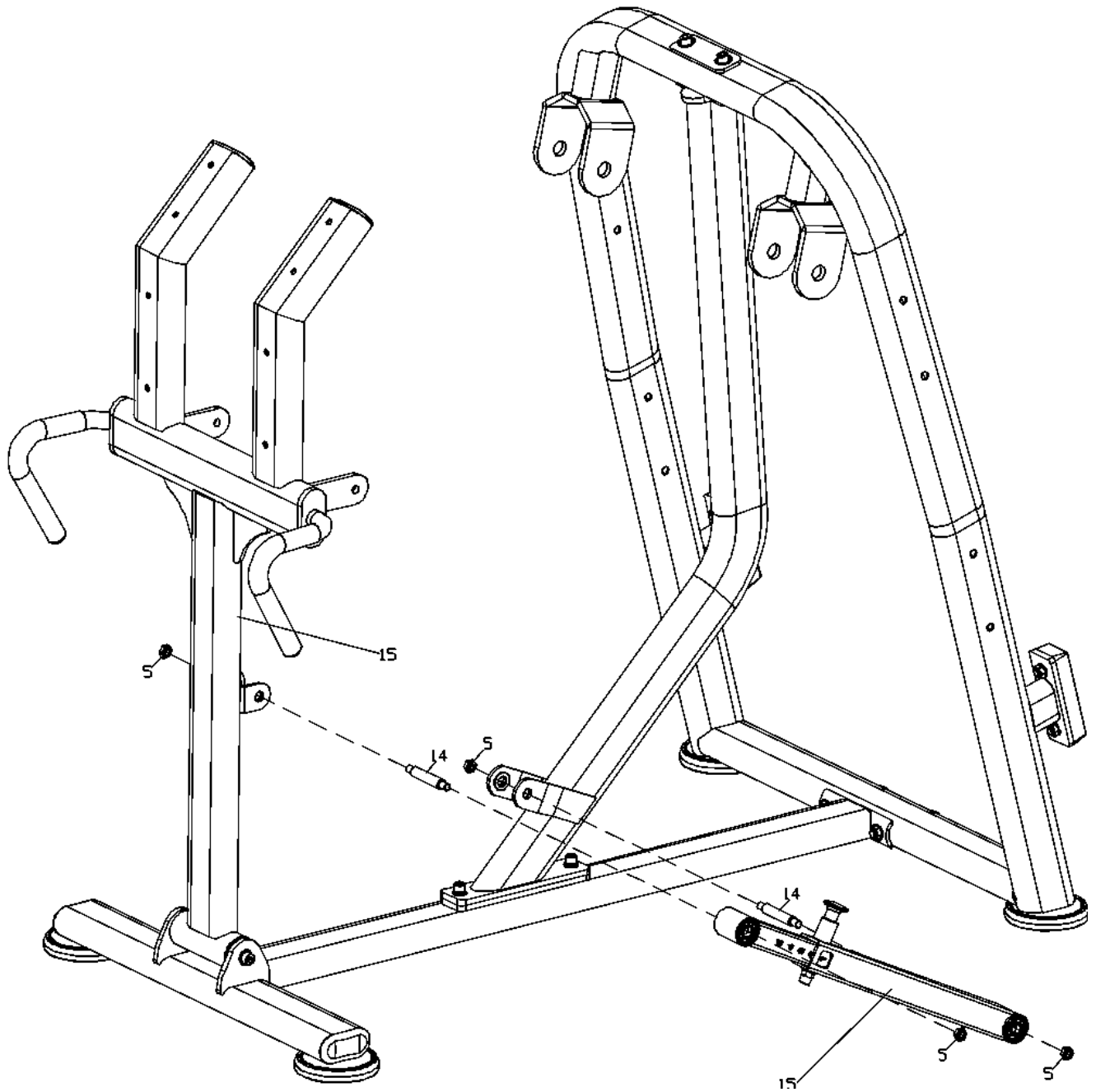
STEP 4:

Installation completed image for reference.



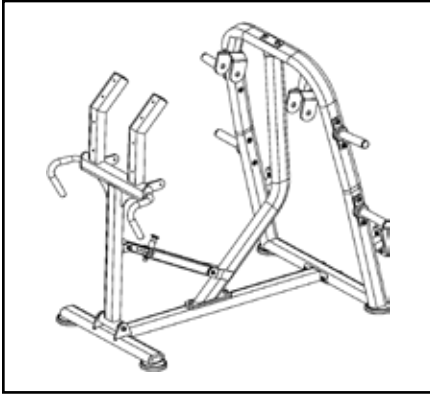
Installation checklist for this step

5	Hexagon lock nut	M12	4
14	Shaft	17*105	2
15	External adjustment assembly		1



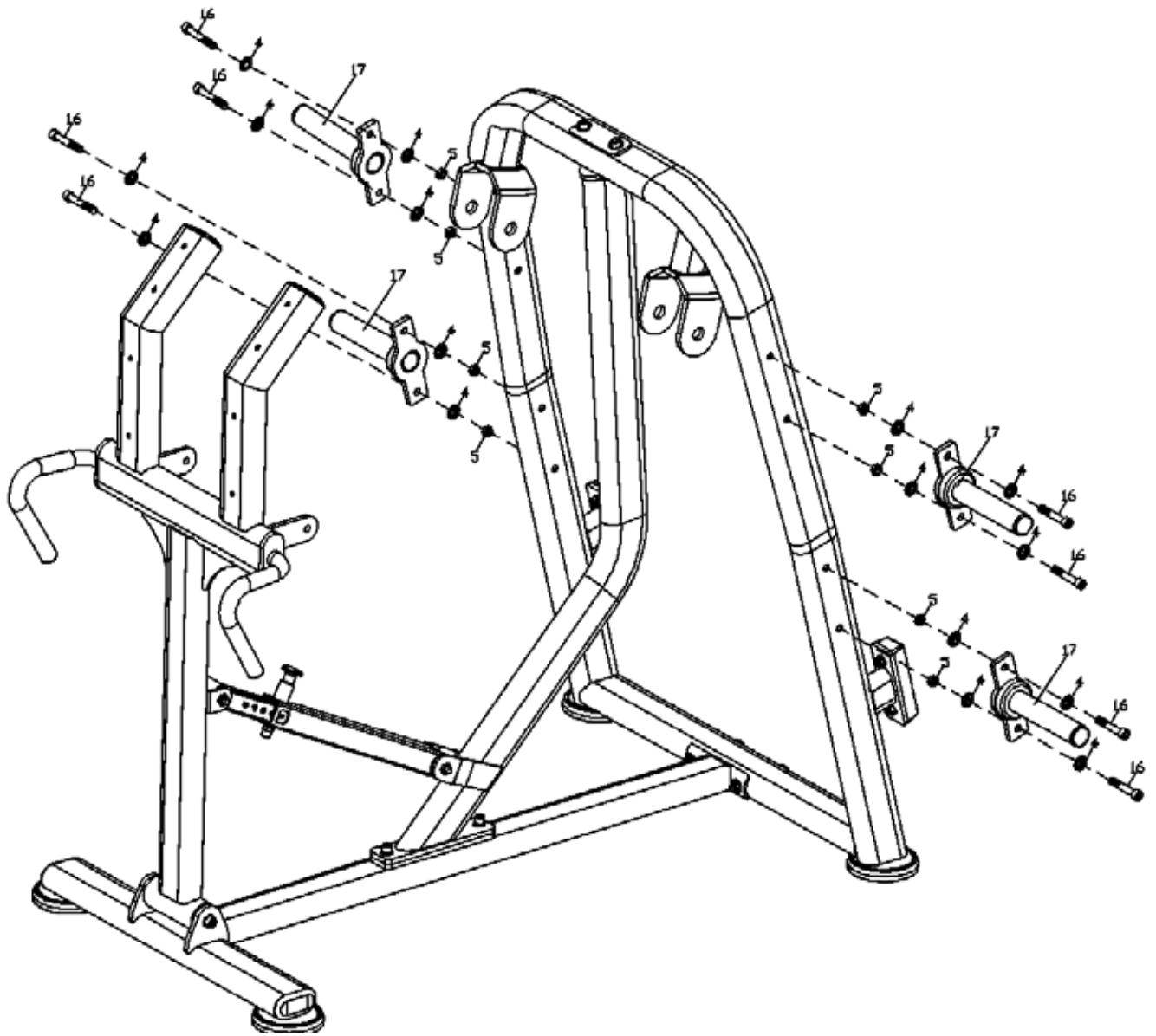
STEP 5:

Installation completed image for reference.



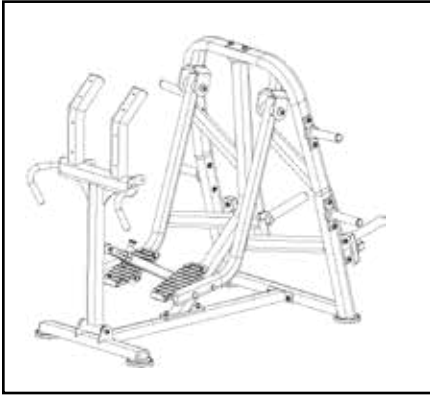
Installation checklist for this step

2	Drum washer	12	16
3	Hexagon lock nut	M12	8
11	Socket head cap screw	M12*75	8
12	Barbell assembly		4



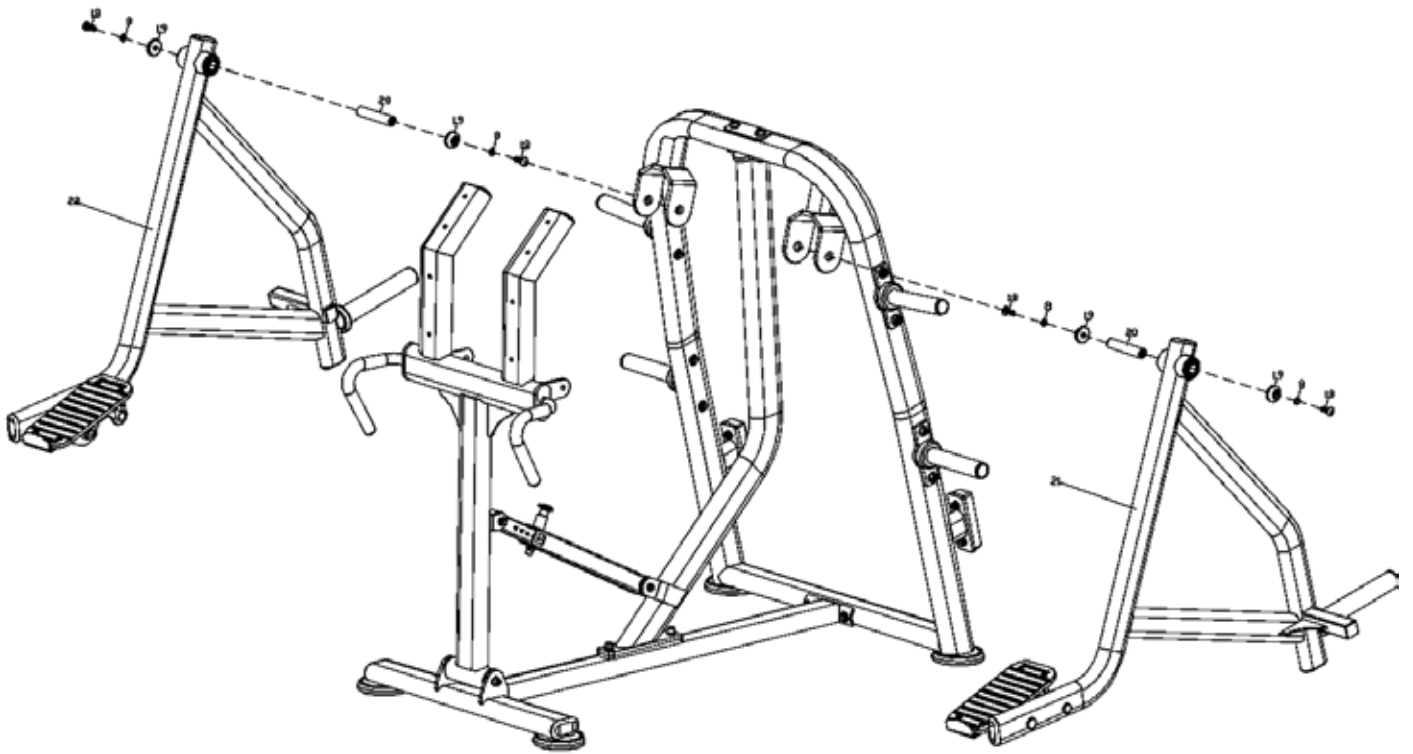
STEP 6:

Installation completed image for reference.



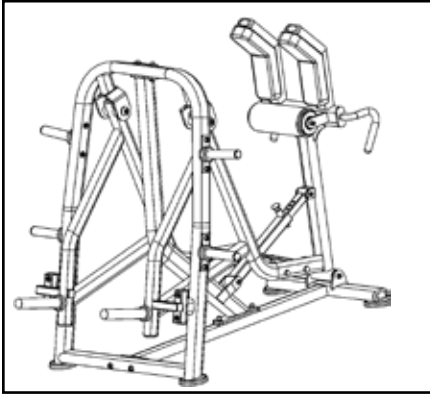
Installation checklist for this step

8	Spring washer	M8X30	4
18	Socket flat head cap screw	12	4
19	End cap	M12*30	4
20	Swing arm pivot	43.5*14.5	2
21	Transmission limit assembly	25*127	1
22	Transmission limit assembly		1



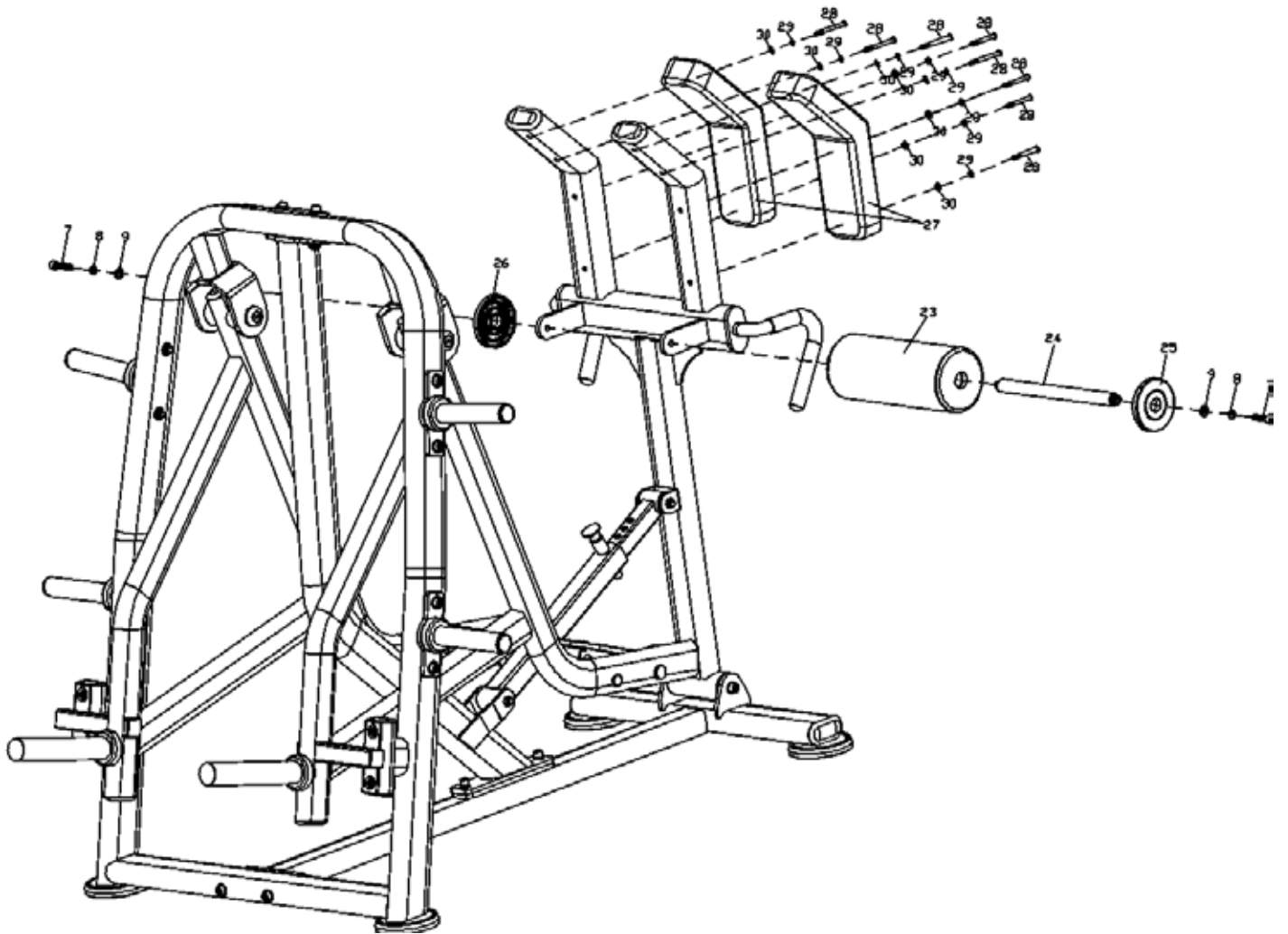
STEP 7:

Installation completed image for reference.



Installation checklist for this step

7	Internal hexagon socket cap screw	M12*35	2
8	Spring washer	12	2
9	Flat washer	12	2
23	Foam	140*340	1
24	Foam fixing assembly		1
25	Foam end cap	114*12	1
26	Foam end cap	114*12	1
27	Spacer		1
28	Internal hexagon flat head screw	M8*70	8



03/Product Description:

Our indoor fitness equipment is tailored for aerobic cardiovascular workouts, primarily focusing on enhancing heart and lung functions while providing muscle training as a supplementary benefit. It targets various muscle groups, including the chest muscles, aiding in strength building and achieving a toned physique. Featuring user-friendly instructional diagrams, it guides users on proper equipment usage and muscle training techniques. Additionally, weight stack assemblies allow for convenient resistance adjustment to meet individual needs. Designed and manufactured to align with the body's natural movement trajectory, our equipment ensures both safety and durability.

04/Product Specification:

Name	Pro Strength Stride Trainer	SKU	PL-PS-ST
dimensions	75" x 54" x 57"		
Net Weight	345 lb		

05/Product Specification:

1. Regularly inspect and tighten all bolts throughout the machine to ensure secure fastening. Moving parts should operate smoothly and quietly.
2. Keep the machine clean, but avoid using strong cleaning solvents for wiping.
3. Replace any worn or damaged parts immediately. Do not use the machine until repairs are completed.