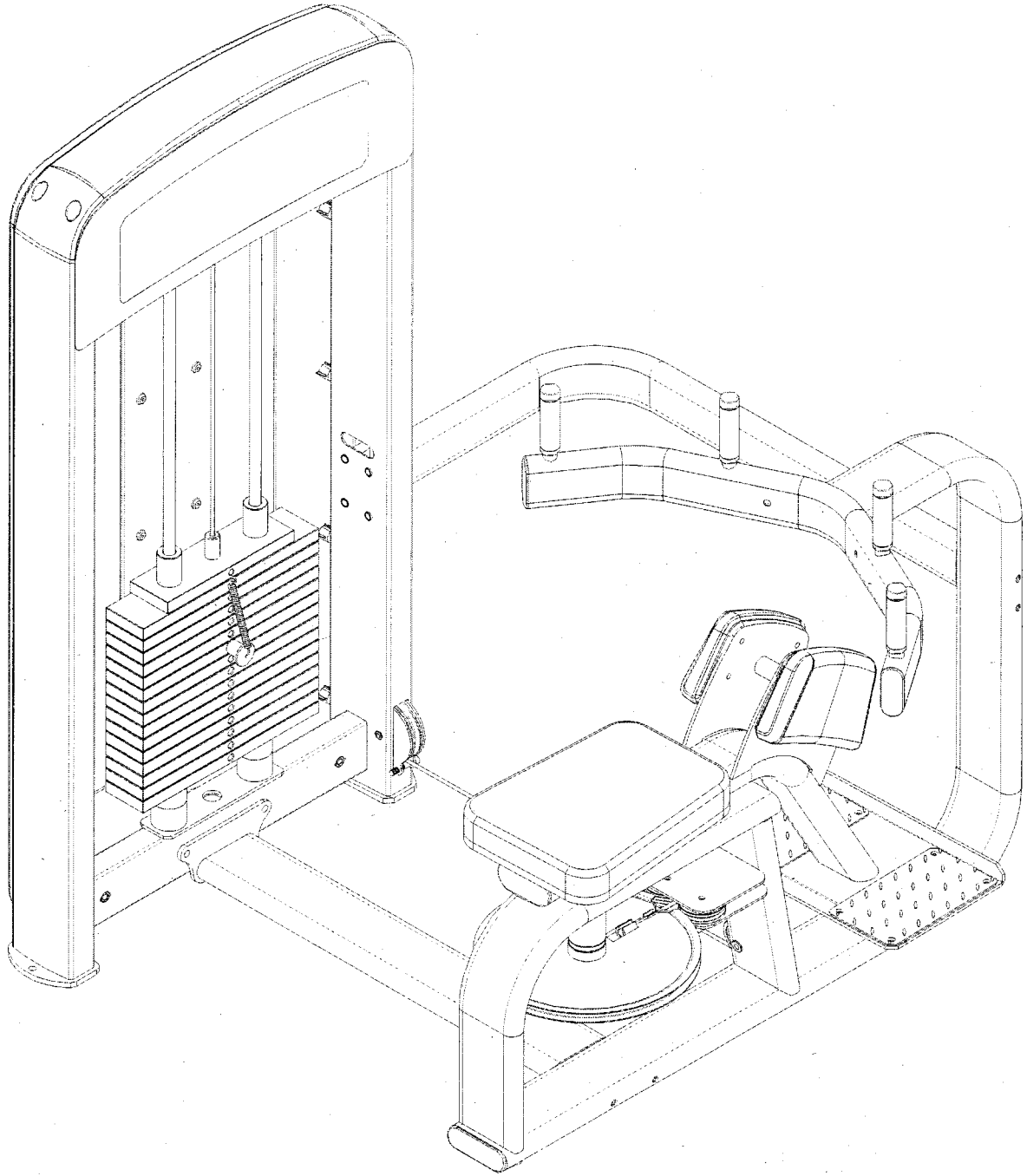


Rotary Torso



MDE-18 Rotary Torso

User Manual

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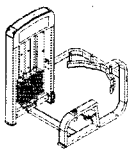
Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

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

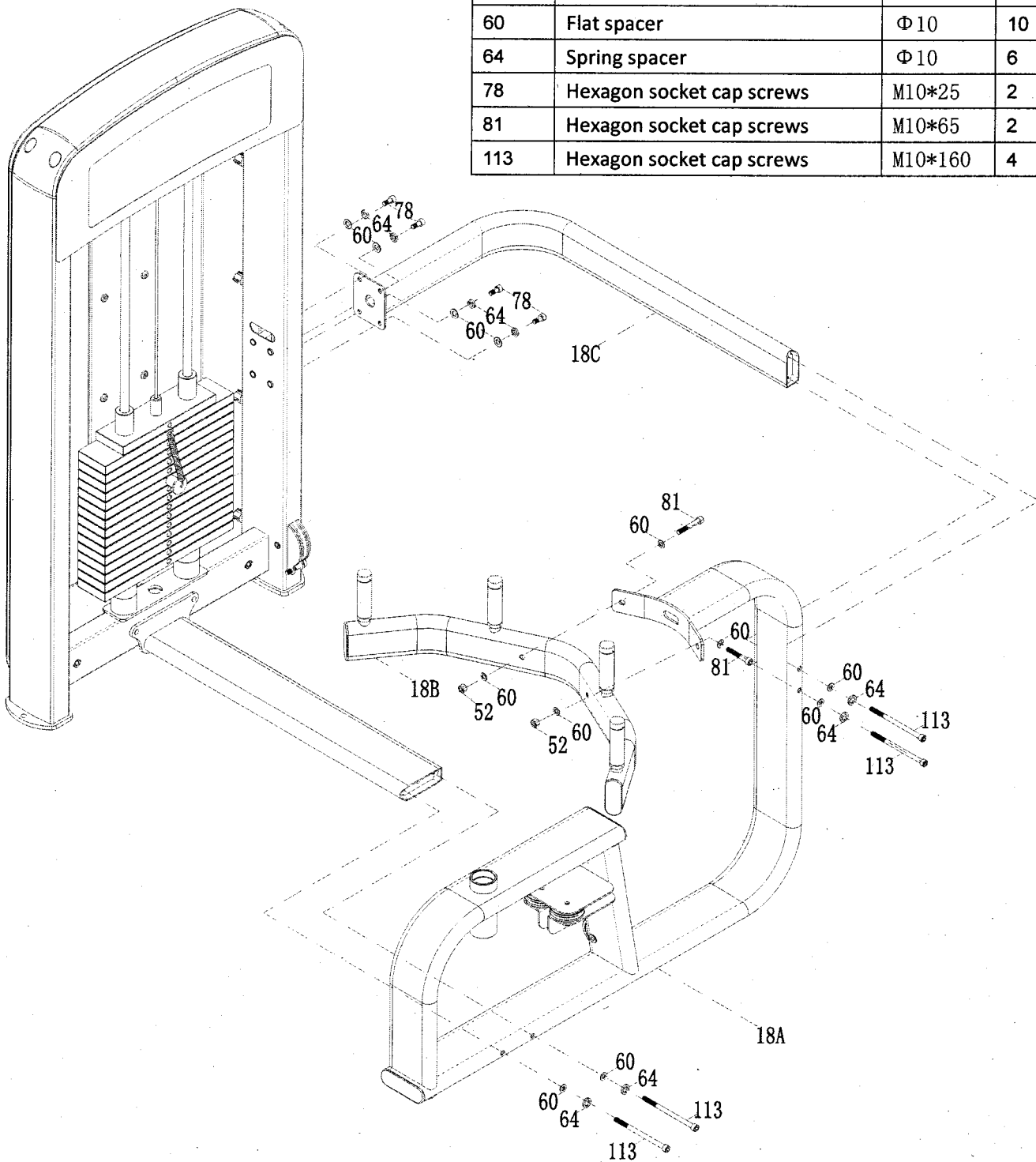
1) Step 1

After Installation



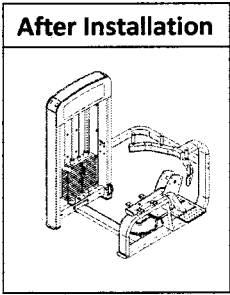
list in this step

Model	Name	Spec.	Qty
18A	Lower connect tube set		1
18B	Arm rest frame group		1
18C	Upper connecting frame group		1
52	Locknut	M10	2
60	Flat spacer	Φ 10	10
64	Spring spacer	Φ 10	6
78	Hexagon socket cap screws	M10*25	2
81	Hexagon socket cap screws	M10*65	2
113	Hexagon socket cap screws	M10*160	4

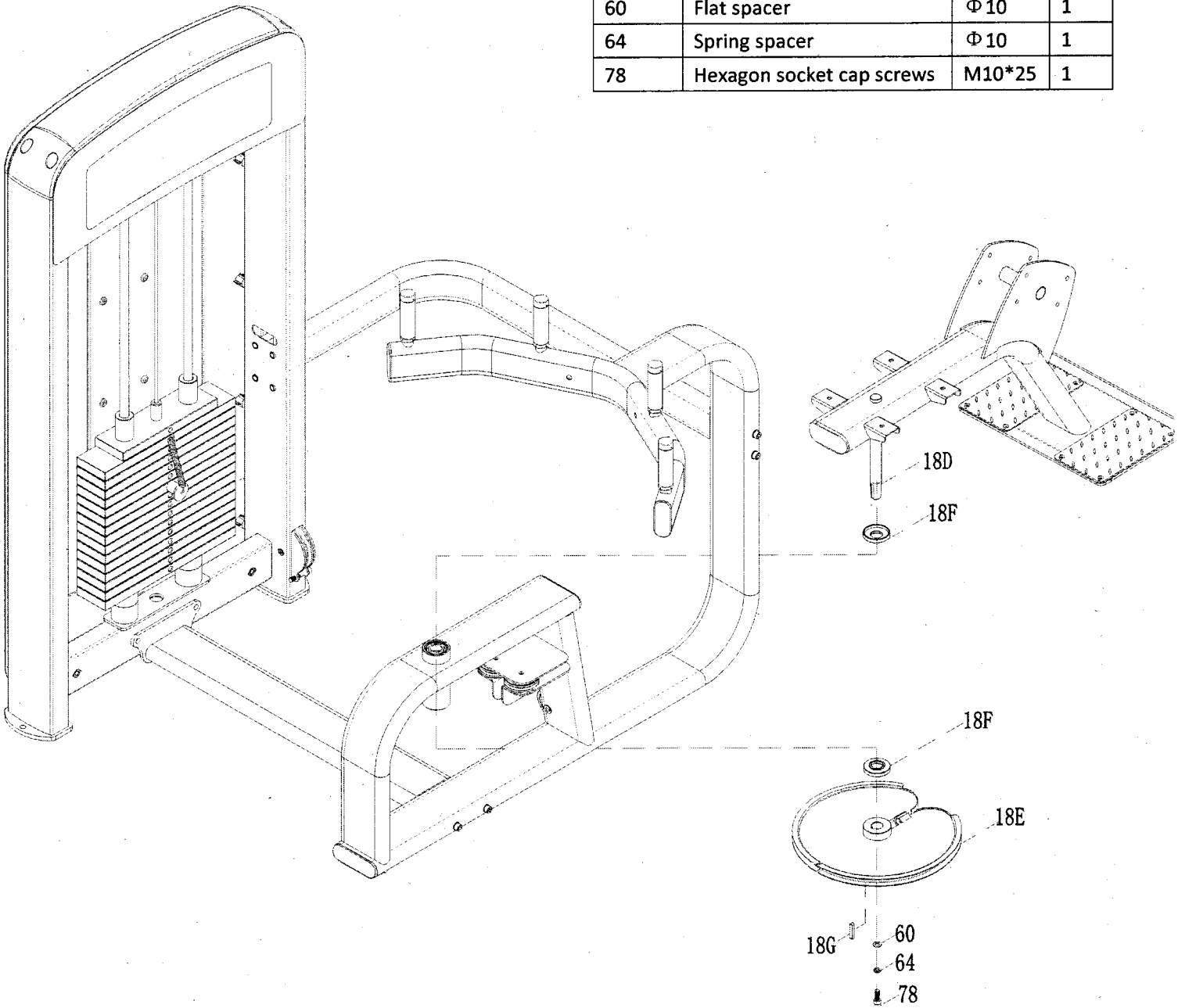


Step 2

After Installation

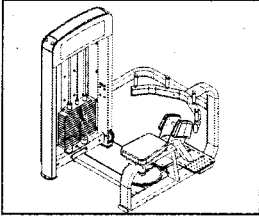


list in this step			
Model	Name	Spec.	Qty
18D	Frame		1
18E	CAM tablet group		1
18F	Spacing piece		2
18G	flat key		1
60	Flat spacer	Φ 10	1
64	Spring spacer	Φ 10	1
78	Hexagon socket cap screws	M10*25	1



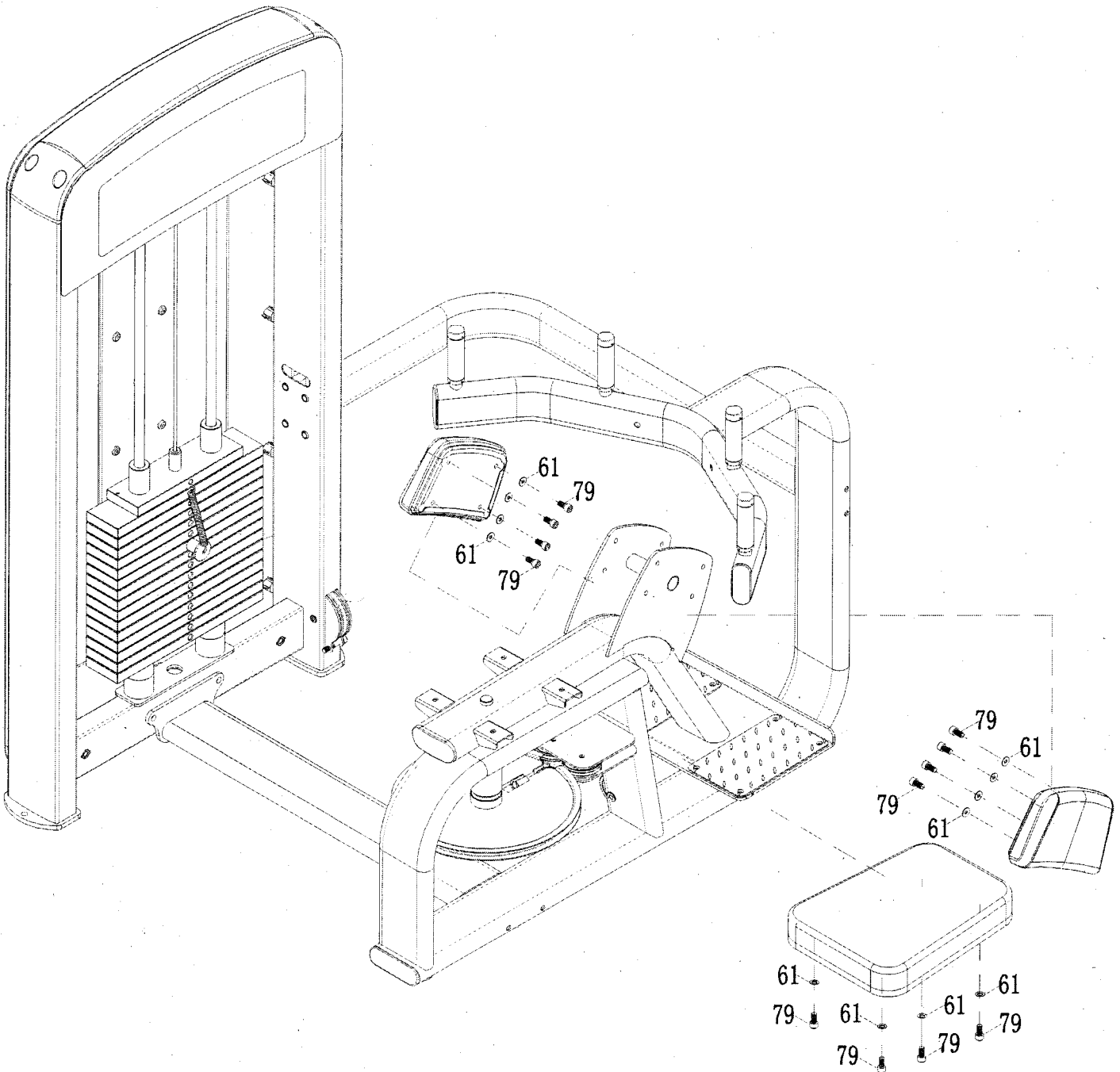
3) Step 1

After Installation



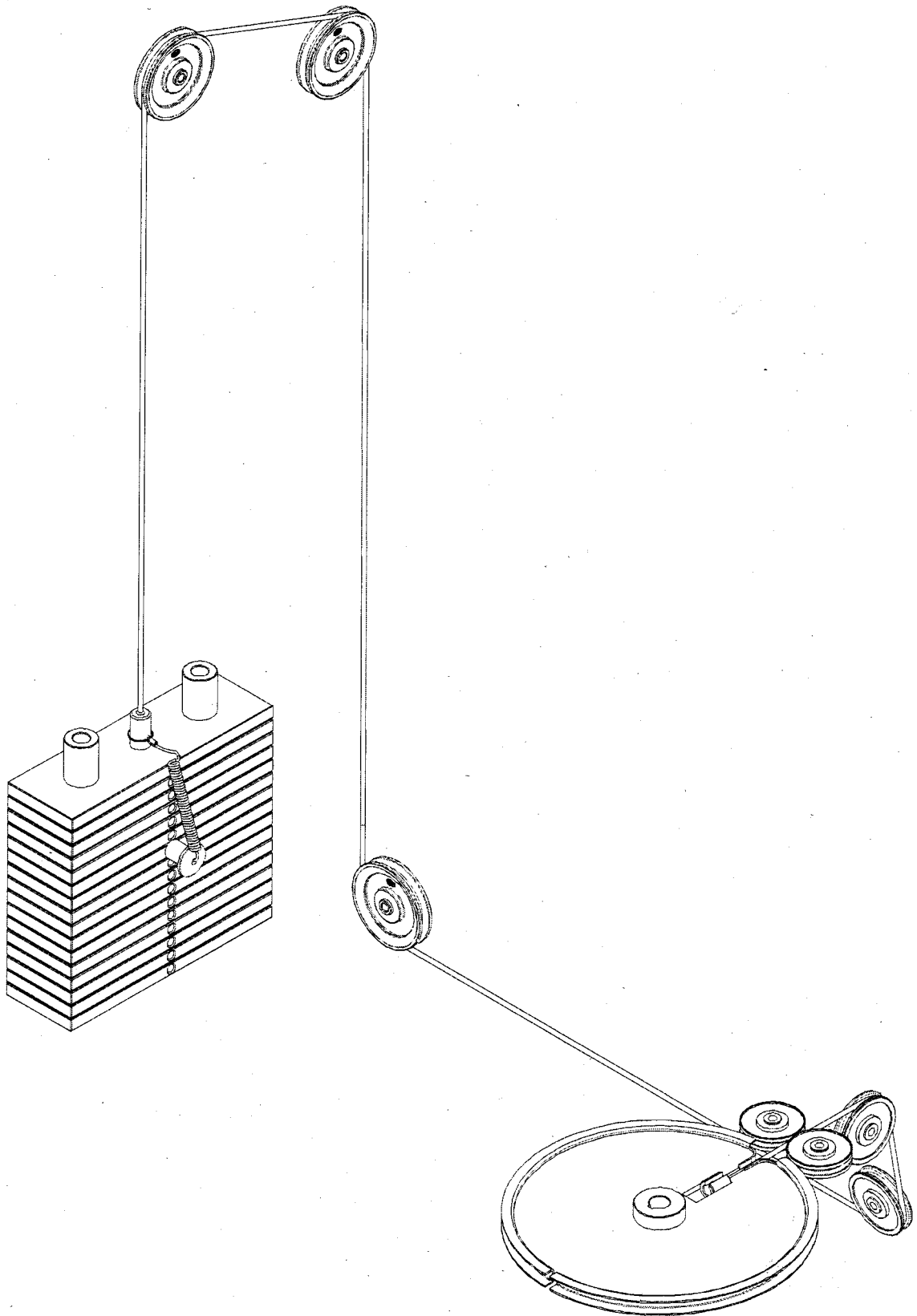
list in this step

Model	Name	Spec.	Qty
18H	cushion	230.5*145.7*18	1
18J	cushion	320*400*65	2
61	Flat washer	Φ10	1
79	Hexagonal cylinder head bolts	M8*25	12



Step 4

Wire rope line drawing



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	Rotary Torso	Model	MDE-18
Assembly area	1510*1510*1625	Weight stack	150 pounds
NW	Kg	Grade	S
Category: type S ; professional/commercial use type 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.

Breakdown of other improper operations.