



FE9712

SHOULDER PRESS

OWNER'S MANUAL

15Y

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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Please assemble according to the actual **Weights** you buy !

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

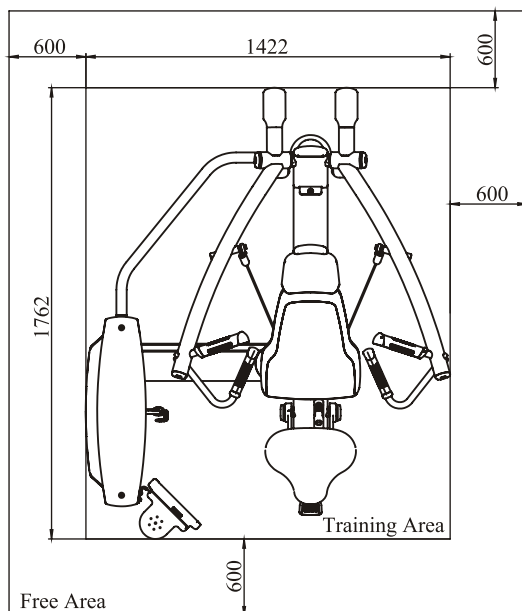
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 91kg/ 200lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1422*1762mm

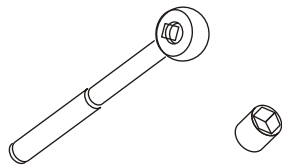
Product Total Mass: 168.7kg/ 372lbs

Instructions

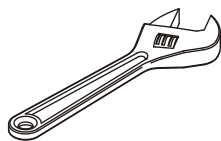
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

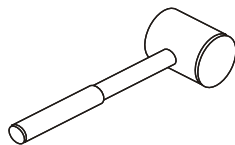
Tools Required



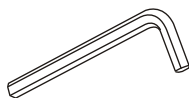
Ratchet Wrench and Socket



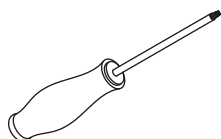
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

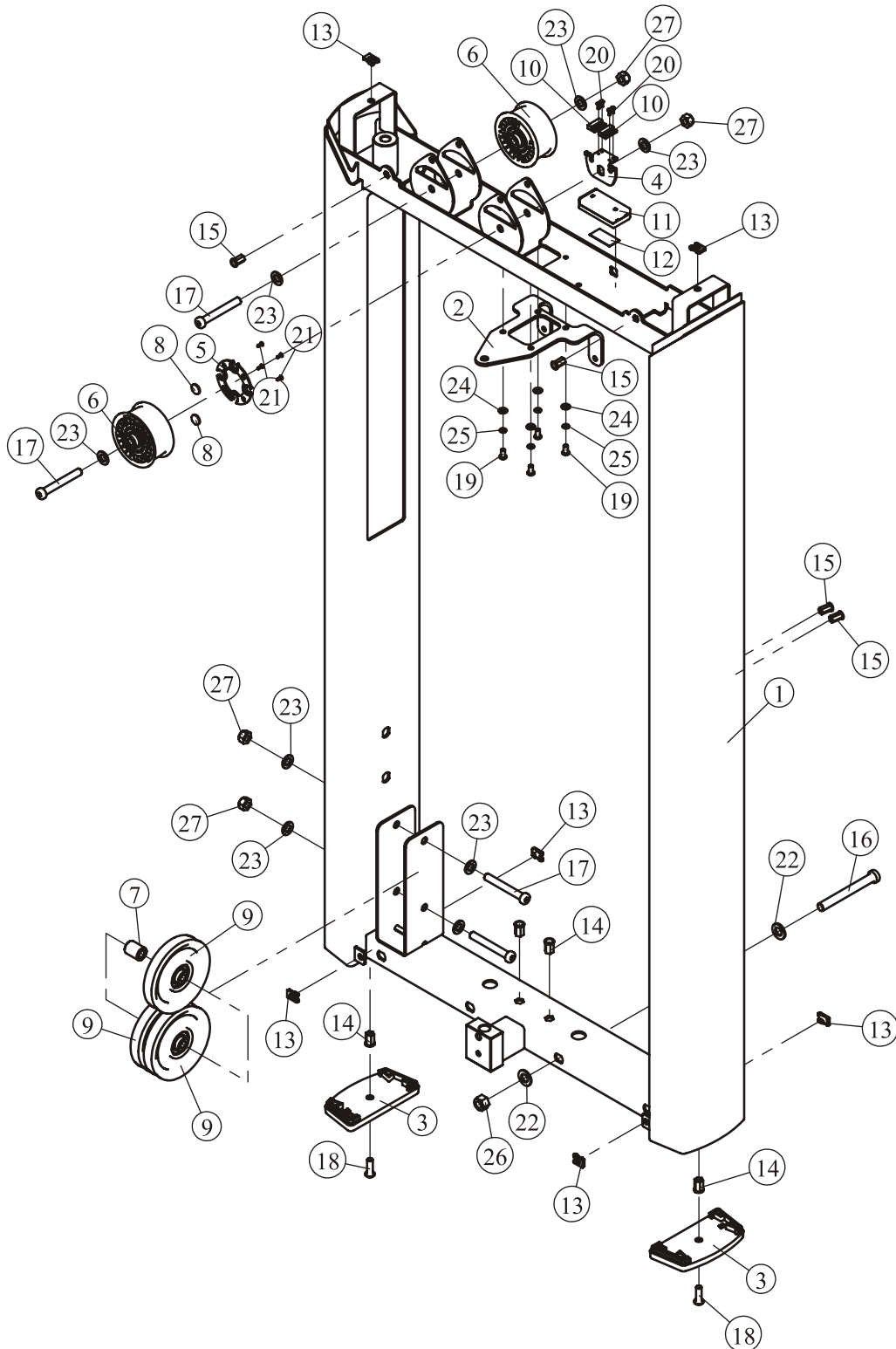
Exploded View and Parts List

Weight Stack Frame Assy

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-----------------------|---------------------------------------|-----|
| 1 | 1.1 | FE97120100 | Weight Stack Frame | 1 |
| 2 | 1.2 | FE97211200 | Top clamping plate | 1 |
| 3 | 1.3 | FE97011500 | Foot Plate | 2 |
| 4 | 1.4 | FE97122000 | Plate for Sensor | 1 |
| 5 | 1.5 | FE97123000 | Cover for Magnetic Iron | 1 |
| 6 | 1.6 | FE97123900 | Belt Pulley Φ 76 | 2 |
| 7 | 1.7 | FE97193400 | Pulleys Spacer | 1 |
| 8 | 1.8 | IE951814700 | Magnetic Iron | 2 |
| 9 | 1.9 | SG500110400V2 | 4.5" Pulleys | 3 |
| 10 | 1.10 | DQCGQ01 | Sensor | 2 |
| 11 | 1.11 | DQDCH02 | Cell Box | 1 |
| 12 | 1.12 | SMJ20*1*1000 | Double faced adhesive tape | 0.1 |
| 13 | 1.13 | AC32705800 | U-nut M6 | 6 |
| 14 | 1.14 | GB17880.5M8*16.5DCS17 | Rivet Nut M8 | 4 |
| 15 | 1.15 | GB17880.5M6*16.5DS17 | Rivet Nut M6 | 4 |
| 16 | 1.16 | GB70BTM12*105DN18 | Socket Head Cap Screw M12*105 | 1 |
| 17 | 1.17 | GB70BTM10*75DN18 | Socket Head Cap Screw M10*75 | 4 |
| 18 | 1.18 | PNLM8*25DN20NL | Button Head Cap Screw M8*25 | 2 |
| 19 | 1.19 | PNLM6*12DN20 | Button Head Cap Screw M6*12 | 4 |
| 20 | 1.20 | GB818M3*8DS2 | Screw M3*8 | 4 |
| 21 | 1.21 | GB846ST2.9*9.5DS | Screw ST2.9*9.5 | 4 |
| 22 | 1.22 | GB9512DN2 | Flat Washer Φ 13* Φ 24*2.5 | 2 |
| 23 | 1.23 | GB9510DN2 | Flat Washer Φ 11* Φ 20*2 | 8 |
| 24 | 1.24 | GB956DN2 | Flat Washer Φ 6.6* Φ 12*1.6 | 4 |
| 25 | 1.25 | GB936DN19 | Spring Washer Φ 6 | 4 |
| 26 | 1.26 | NM12DN2 | Nylon Lock Nut M12 | 1 |
| 27 | 1.27 | NM10DN2 | Nylon Lock Nut M10 | 4 |

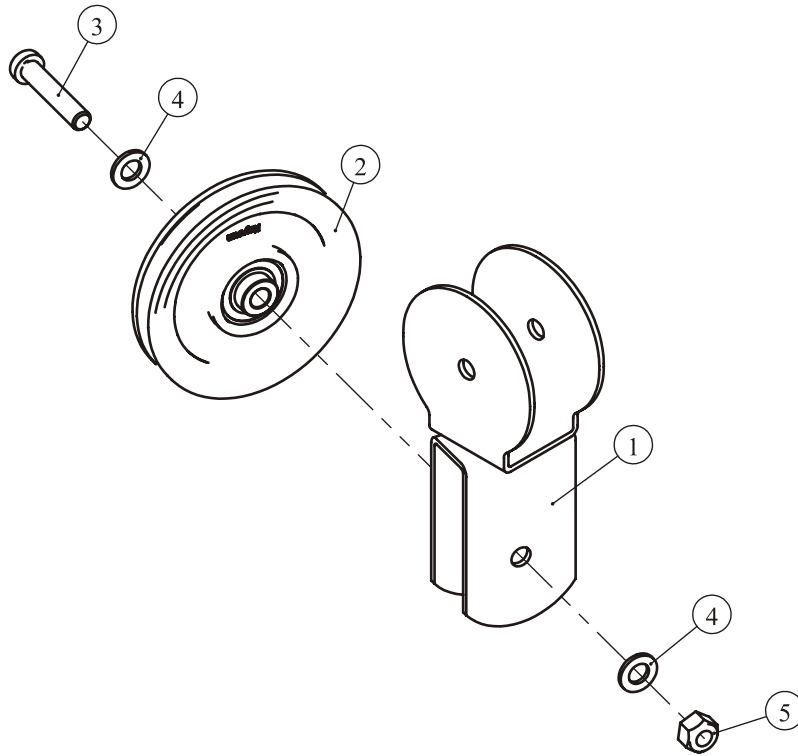
Exploded View and Parts List

Weight Stack Frame Assy



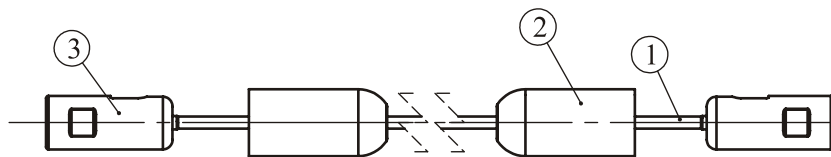
Exploded View and Parts List

Movable Block Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------------|-------------------------------------|-----|
| 1 | 8.1 | FE97120800 | Movable Block Frame | 1 |
| 2 | 8.2 | SG500110400V2 | 4.5" Pulleys | 1 |
| 3 | 8.3 | GB70BTM10*50DN18 | Socket Head Cap Screw M10*50 | 4 |
| 4 | 8.4 | GB9510DN2 | Flat Washer $\Phi 11 * \Phi 20 * 2$ | 2 |
| 5 | 8.5 | NM10DN2 | Nylon Lock Nut M10 | 1 |

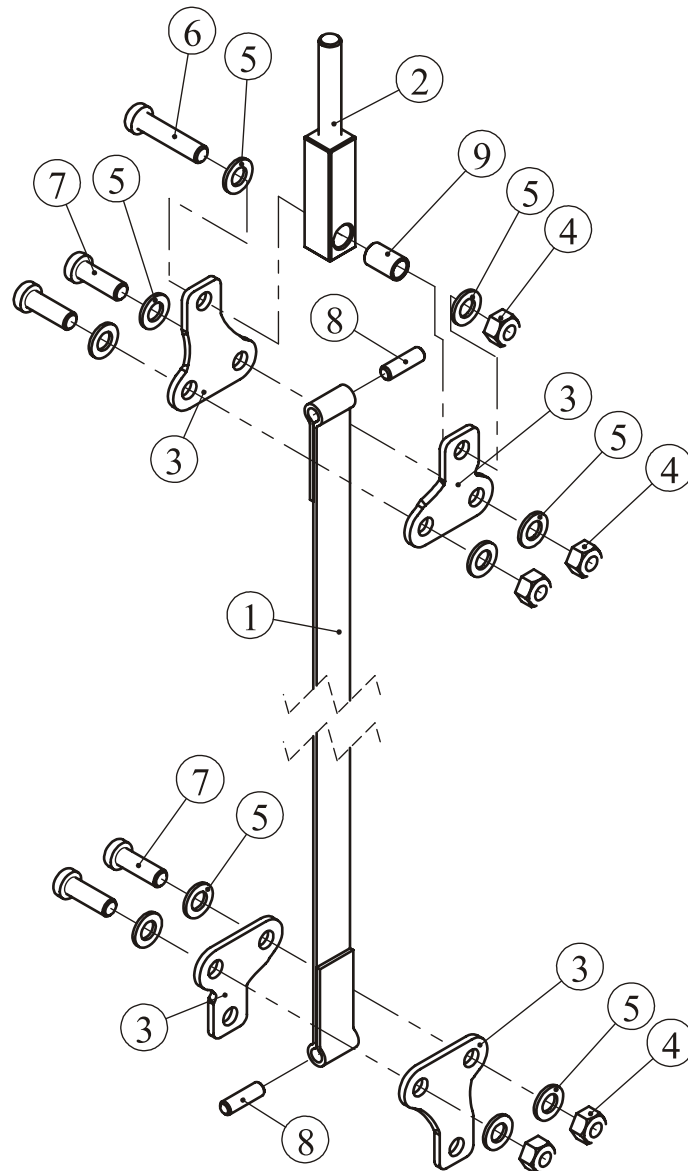
Cable ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-------------|------------------------|-----|
| 1 | 11.1 | FE97124000 | Cable | 1 |
| 2 | 11.2 | FE970113100 | Cable Connector Jacket | 2 |
| 3 | 11.3 | FE970113200 | Cable Connectors | 2 |

Exploded View and Parts List

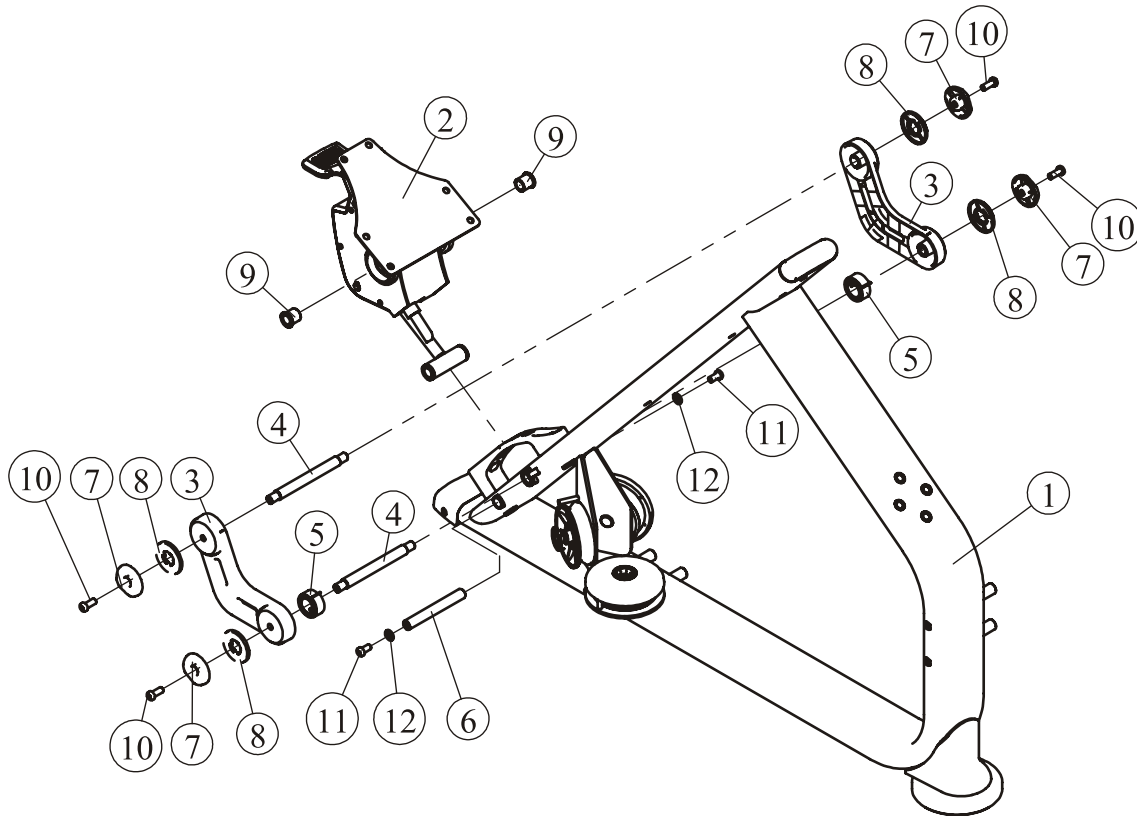
Belt ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------------|-------------------------------------|-----|
| 1 | 11.1 | FE97214500 | Belt | 1 |
| 2 | 11.2 | FE97214700 | Square Adjustment Lever | 1 |
| 3 | 11.3 | FE97193300 | Fastening Plate | 4 |
| 4 | 11.4 | NM10DN2 | Nylon Lock Nut M10 | 5 |
| 5 | 11.5 | GB9510DN2 | Flat Washer $\Phi 11 * \Phi 20 * 2$ | 10 |
| 6 | 11.6 | GB70BTM10*45DN18 | Socket Head Cap Screw M10*45 | 1 |
| 7 | 11.7 | GB70BTM10*30DN18 | Socket Head Cap Screw M10*30 | 4 |
| 8 | 11.8 | FE97024501 | Locating Pin $\Phi 8 * 42$ | 2 |
| 9 | 11.9 | FE972111500 | Spacer $\Phi 13 * \Phi 10.3 * 21$ | 1 |

Exploded View and Parts List

Level Main Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|---------------------------------|-----|
| 1 | 2.1 | FE97120200ASSY | Main Frame ASSY | 1 |
| 2 | 2.2 | FE970113ASSY | Seat Cushion Frame | 1 |
| 3 | 2.3 | FE97013100 | Seat Cushion Al pillared | 2 |
| 4 | 2.4 | FE97011900 | Seat Pad Shaft $\Phi 18*190$ | 2 |
| 5 | 2.5 | FE97012400 | Vortex coil spring | 2 |
| 6 | 2.6 | FE97013000 | Shaft $\Phi 18*140$ | 1 |
| 7 | 2.7 | FE97211900 | Cap $\Phi 60$ | 4 |
| 8 | 2.8 | FE97212000 | Circle Ring $\Phi 62.5*5$ | 4 |
| 9 | 2.9 | RS1302C11000 | Bushing $\Phi 29*\Phi 18*25$ | 2 |
| 10 | 2.10 | GB70BTM10*25DN18NL | Socket Head Cap Screw M10*25 | 4 |
| 11 | 2.11 | GB70BTM10*20DN18NL | Socket Head Cap Screw M10*20 | 2 |
| 12 | 2.12 | GB9510DN2 | Flat Washer $\Phi 11*\Phi 20*2$ | 2 |

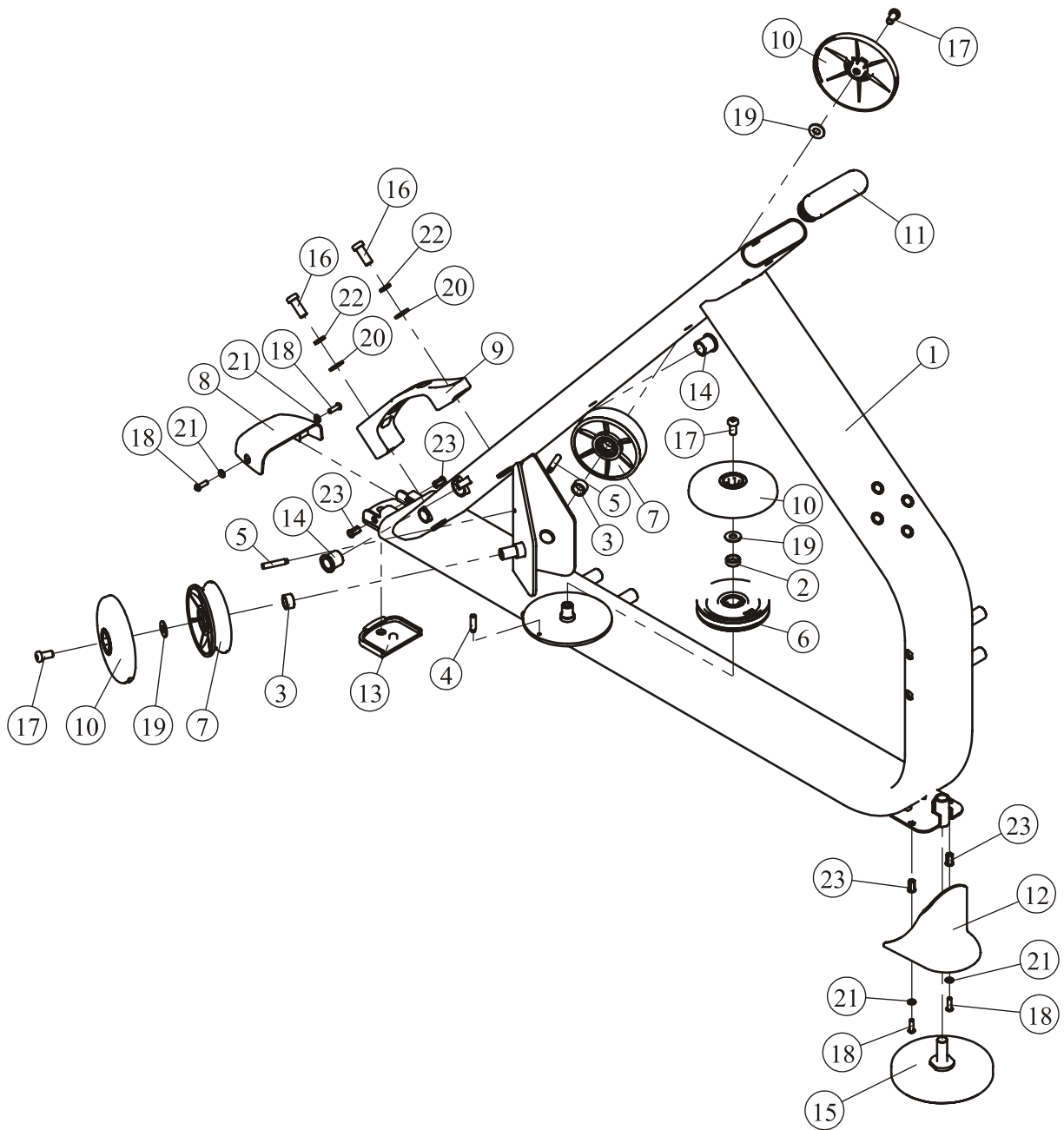
Exploded View and Parts List

Main Frame ASSY

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|----------------------|--|-----|
| 1 | 2.1.1 | FE97120200 | Main Frame | 1 |
| 2 | 2.1.2 | FE97122100 | Pulleys Spacer 1 | 1 |
| 3 | 2.1.3 | FE97122200 | Pulleys Spacer 2 | 2 |
| 4 | 2.1.4 | FE97122300 | Threaded column | 1 |
| 5 | 2.1.5 | FE97021800 | Threaded column | 2 |
| 6 | 2.1.6 | FE97123500 | 4.5" Pulleys | 1 |
| 7 | 2.1.7 | FE97123600 | V Pulleys | 2 |
| 8 | 2.1.8 | FE97123700 | Front ground plastic cover | 1 |
| 9 | 2.1.9 | FE970113800 | Seat Adjustment Plate | 1 |
| 10 | 2.1.10 | FE97023800 | Large Pulley Cover ASSY | 3 |
| 11 | 2.1.11 | FE97211500 | Plug RT40*133*3 | 1 |
| 12 | 2.1.12 | FE97211700 | Rear ground plastic cover | 1 |
| 13 | 2.1.13 | FE97211800 | Rubber Foot | 1 |
| 14 | 2.1.14 | RS1302C11000 | Bushing $\Phi 29 * \Phi 18 * 25$ | 2 |
| 15 | 2.1.15 | IT93201800 | Adjustable Foot plate | 1 |
| 16 | 2.1.16 | GB70BTM12*30DN18 | Socket Head Cap Screw M12*30 | 2 |
| 17 | 2.1.17 | GB70BTM10*20DN18NL | Socket Head Cap Screw M10*20 | 3 |
| 18 | 2.1.18 | PNLM6*20DN20 | Button Head Cap Screw M6*20 | 4 |
| 19 | 2.1.19 | DQ10N19B | Flat Washer $\Phi 11 * \Phi 25 * 2$ | 3 |
| 20 | 2.1.20 | GB9512DN2 | Flat Washer $\Phi 13 * \Phi 24 * 2.5$ | 2 |
| 21 | 2.1.21 | GB956DN2 | Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$ | 4 |
| 22 | 2.1.22 | GB9312N19 | Spring Washer $\Phi 12$ | 2 |
| 23 | 2.1.23 | GB17880.5M6*16.5DS17 | Rivet Nut M6 | 4 |

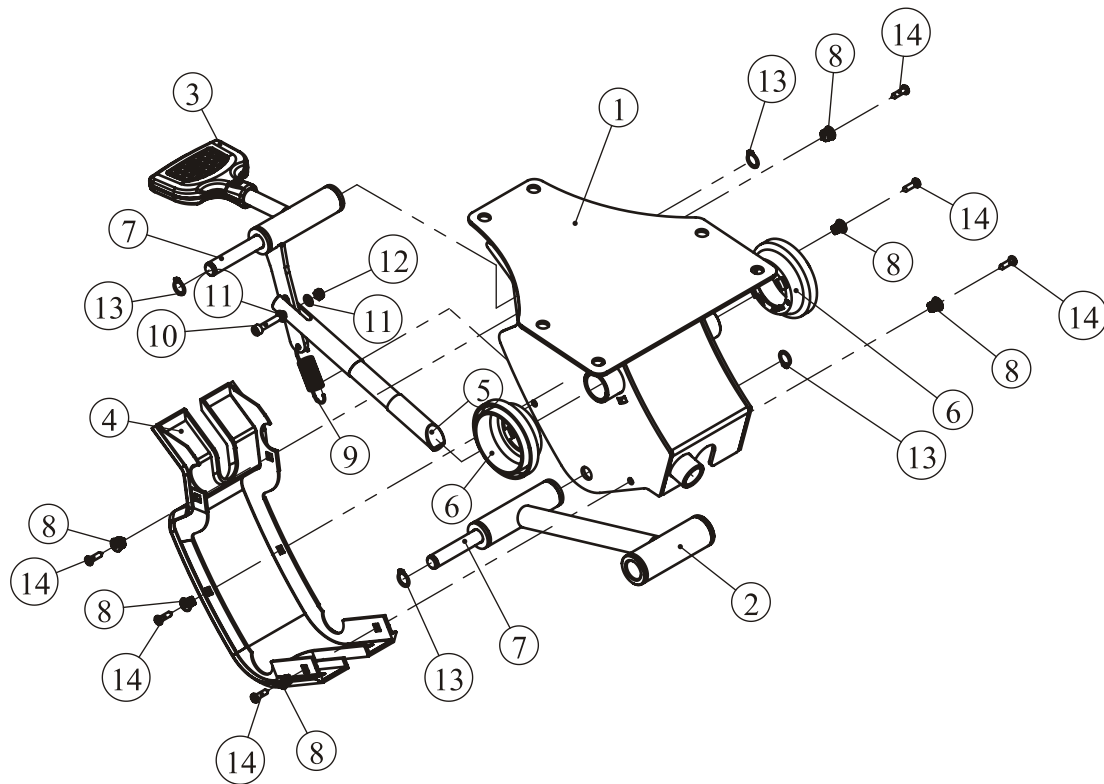
Exploded View and Parts List

Main Frame ASSY



Exploded View and Parts List

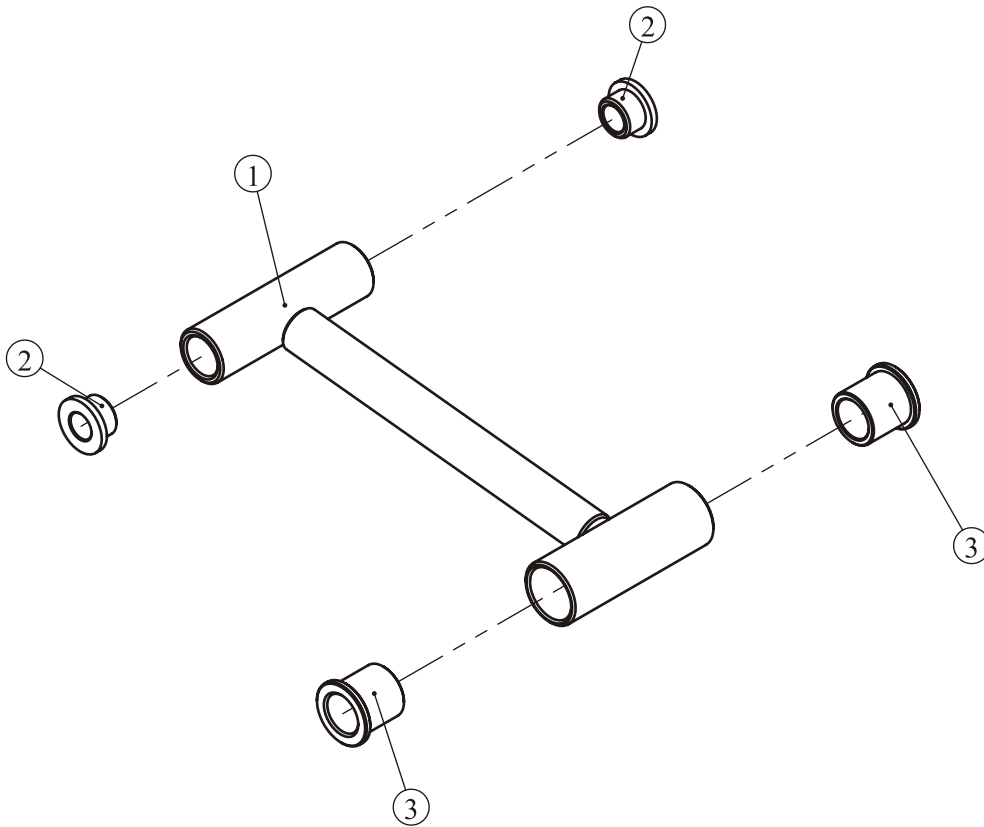
Seat Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------------|-----------------------------------|-----|
| 1 | 2.2.1 | FE97011300 | Seat Frame | 1 |
| 2 | 2.2.2 | FE970114ASSY | Lower Rotating Frame ASSY | 1 |
| 3 | 2.2.3 | FE970128ASSY | Seat Adjustment Handle Frame ASSY | 1 |
| 4 | 2.2.4 | FE970113500 | Seat Cover | 1 |
| 5 | 2.2.5 | FE97012100 | Pin axle | 1 |
| 6 | 2.2.6 | FE970114300 | Seat Pad Calibration Board | 2 |
| 7 | 2.2.7 | FE97012000 | Shaft $\Phi 12*109$ | 2 |
| 8 | 2.2.8 | ECU7P3500 | Plastic Quick Nut | 6 |
| 9 | 2.2.9 | KPSFID2400 | Spring $\Phi 1.5* \Phi 13*43$ | 1 |
| 10 | 2.2.10 | GB70M5*25N19 | Socket Head Cap Screw M5*25 | 1 |
| 11 | 2.2.11 | GB955N19 | Flat Washer $\Phi 5.5* \Phi 10*1$ | 2 |
| 12 | 2.2.12 | NM5N19 | Nylon Lock Nut M5 | 1 |
| 13 | 2.2.13 | GB894.112FH12 | Circlip For Shaft $\Phi 12$ | 4 |
| 14 | 2.2.14 | GB845ST4.2*16N19 | Screw ST4.2*16 | 6 |

Exploded View and Parts List

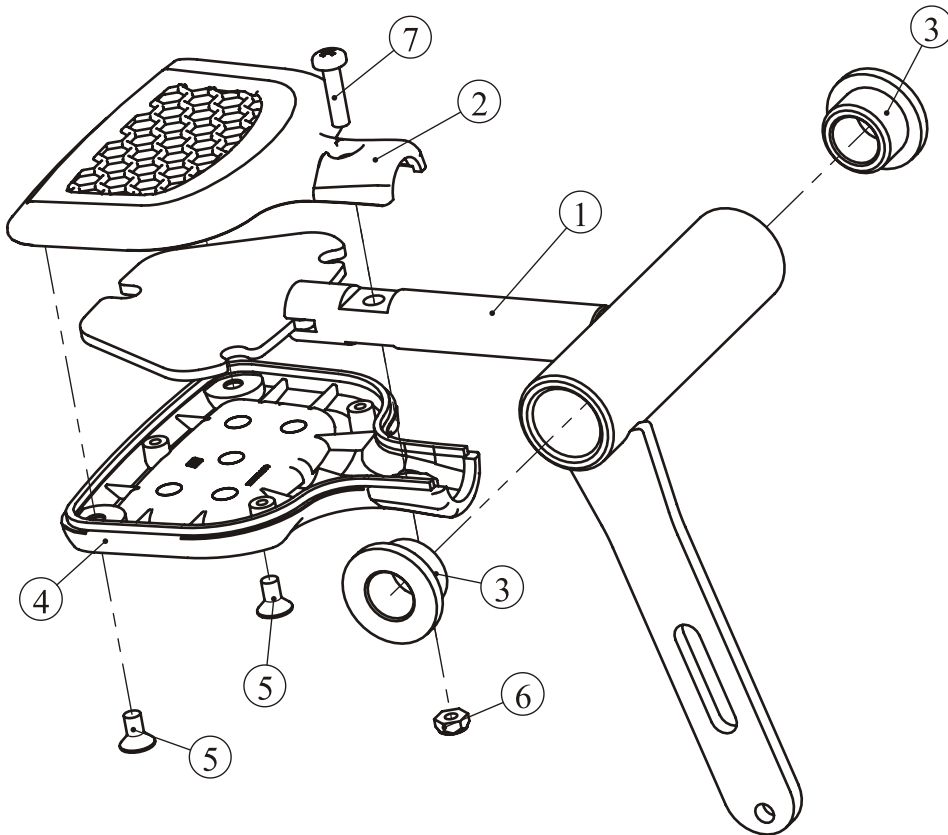
Lower Rotating Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------|-----------------------------------|-----|
| 1 | 2.2.2.1 | FE97011400 | Lower Rotating Frame | 1 |
| 2 | 2.2.2.2 | M01402000 | Spacer $\Phi 25 * \Phi 12.2 * 13$ | 2 |
| 3 | 2.2.2.3 | RS1302C11000 | Spacer $\Phi 29 * \Phi 18 * 25$ | 2 |

Exploded View and Parts List

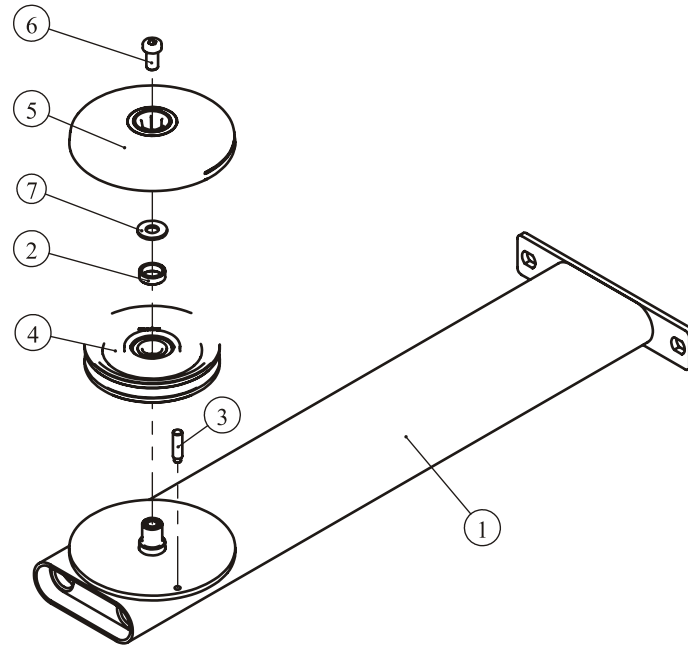
Seat Adjustment Handle Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|---------------|-----------------------------------|-----|
| 1 | 2.2.3.1 | FE97012800 | Seat Adjustment Handle Frame | 1 |
| 2 | 2.2.3.2 | FE970114200 | Upper Regulation cover | 1 |
| 3 | 2.2.3.3 | M01402000 | Spacer $\Phi 25 * \Phi 12.2 * 13$ | 2 |
| 4 | 2.2.3.4 | FE970114100 | Lower Regulation cover | 1 |
| 5 | 2.2.3.5 | GB819M4*8DN20 | Screw M4*8 | 2 |
| 6 | 2.2.3.6 | NM4DN2 | Nylon Lock Nut M4 | 1 |
| 7 | 2.2.3.7 | GB818M4*16DN2 | Screw M4*16 | 1 |

Exploded View and Parts List

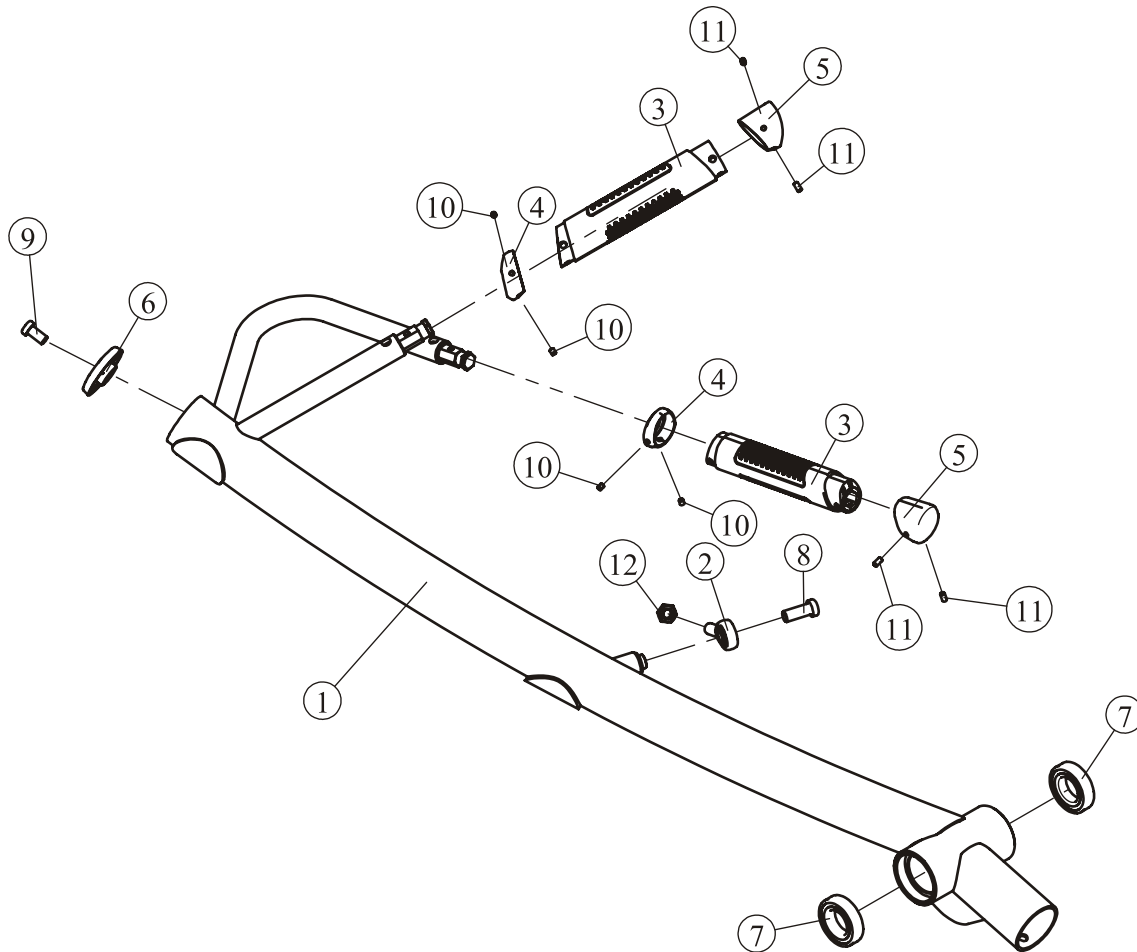
Connect Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|-------------------------------------|-----|
| 1 | 3.1 | FE97120300 | Connect Frame | 1 |
| 2 | 3.2 | FE97122100 | Pulleys Spacer 1 | 1 |
| 3 | 3.3 | FE97122300 | Threaded column | 1 |
| 4 | 3.4 | FE97123500 | 4.5" Pulleys | 1 |
| 5 | 3.5 | FE97023800 | Large Pulley Cover ASSY | 1 |
| 6 | 3.6 | GB70BTM10*20DN18NL | Socket Head Cap Screw M10*20 | 1 |
| 7 | 3.7 | DQ10N19B | Flat Washer $\Phi 11 * \Phi 25 * 2$ | 1 |

Exploded View and Parts List

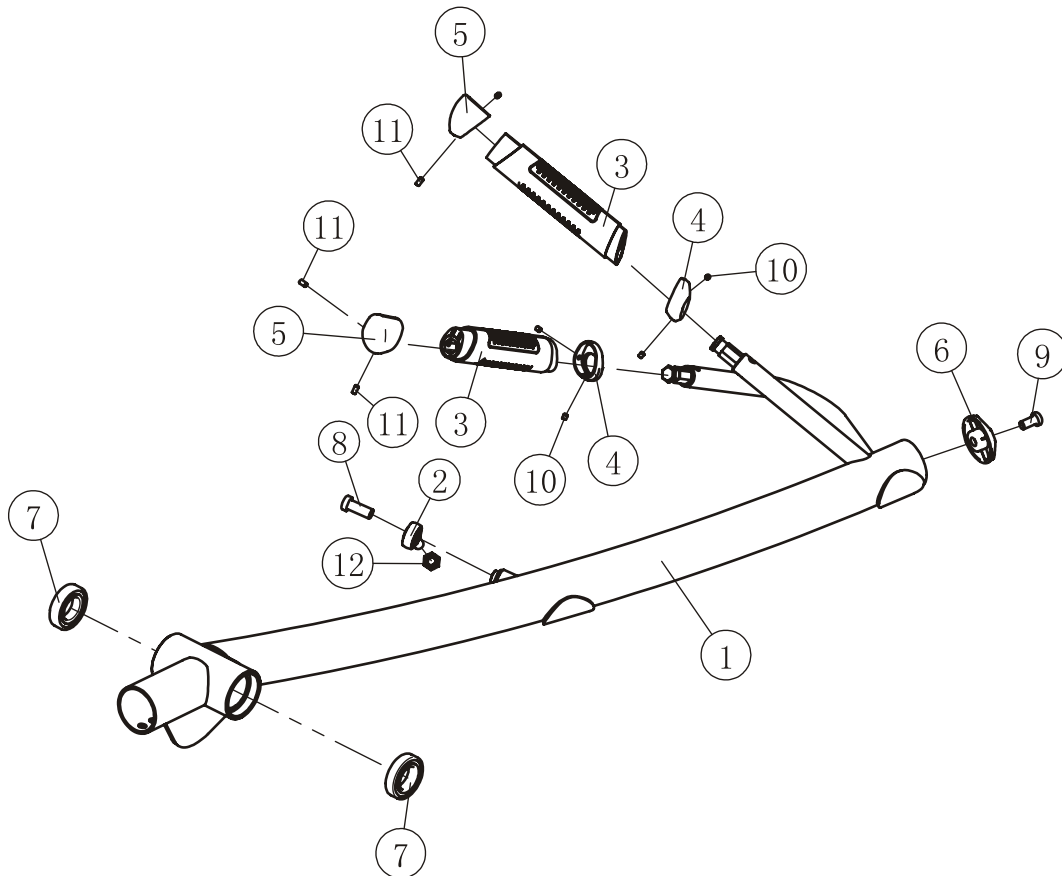
Right Arm Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|------------------------------|-----|
| 1 | 5.1 | FE97120500 | Right Arm Frame | 1 |
| 2 | 5.2 | SA12T_K | Joint Bearing M16 | 1 |
| 3 | 5.3 | FE970115000 | Grip | 2 |
| 4 | 5.4 | FE970114500 | Aluminium Grip Ring | 2 |
| 5 | 5.5 | FE970114600 | Aluminium Grip Cap | 2 |
| 6 | 5.6 | FE97211900 | Cap Φ 60 | 1 |
| 7 | 5.7 | GB2766006-2ZNBK | Bearing 6006-2ZNBK | 2 |
| 8 | 5.8 | GB70BTM12*30DN18 | Socket Head Cap Screw M12*30 | 1 |
| 9 | 5.9 | GB70BTM10*20DN18NL | Socket Head Cap Screw M10*20 | 1 |
| 10 | 5.10 | GB77M5*6N19 | Screw M5*6 | 4 |
| 11 | 5.11 | GB77M5*10N19 | Screw M5*10 | 4 |
| 12 | 5.12 | GB6172.1M12N25 | Hexagon thin nuts M12 | 1 |

Exploded View and Parts List

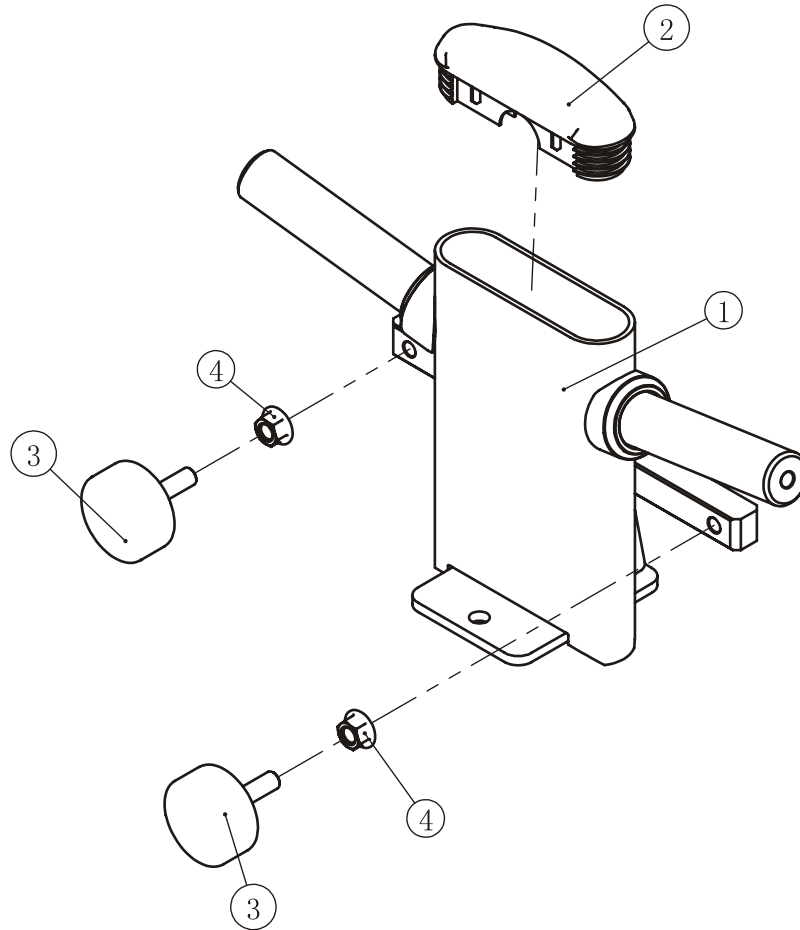
Left Arm Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|------------------------------|-----|
| 1 | 6.1 | FE97120600 | Left Arm Frame | 1 |
| 2 | 6.2 | SA12T_K | Joint Bearing M12 | 1 |
| 3 | 6.3 | FE970115000 | Grip | 2 |
| 4 | 6.4 | FE970114500 | Aluminium Grip Ring | 2 |
| 5 | 6.5 | FE970114600 | Aluminium Grip Cap | 2 |
| 6 | 6.6 | FE97211900 | Cap Φ 60 | 1 |
| 7 | 6.7 | GB2766006-2ZNBK | Bearing 6006-2ZNBK | 2 |
| 8 | 6.8 | GB70BTM12*30DN18 | Socket Head Cap Screw M12*30 | 1 |
| 9 | 6.9 | GB70BTM10*20DN18NL | Socket Head Cap Screw M10*20 | 1 |
| 10 | 6.10 | GB77M5*6N19 | Screw M5*6 | 4 |
| 11 | 6.11 | GB77M5*10N19 | Screw M5*10 | 4 |
| 12 | 6.12 | GB6172.1M12N25 | Hexagon thin nuts M12 | 1 |

Exploded View and Parts List

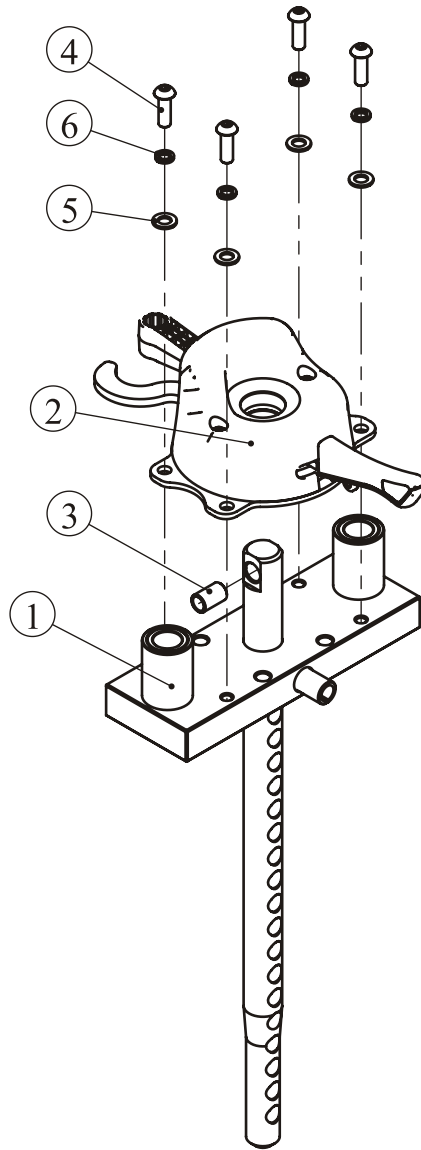
Connection on the rack ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------|------------------------|-----|
| 1 | 7.1 | FE97120700 | Connection on the rack | 1 |
| 2 | 7.2 | FE97211500 | Plug RT40*133*3 | 1 |
| 3 | 7.3 | PS3000900 | Stick mat | 2 |
| 4 | 7.4 | GB6177M10DS2 | hex nut M10 | 2 |

Exploded View and Parts List

Top plate ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------|--------------------------------------|-----|
| 1 | 33.1 | FE97193000 | Top plate | 1 |
| 2 | 33.2 | FE971938ASSY | Counter weight ASSY | 1 |
| 3 | 33.3 | FE972111500 | Spacer $\Phi 13 * \Phi 10.3 * 21$ | 1 |
| 4 | 33.4 | PNLM8*25DN20 | Button Head Cap Screw M8*25 | 4 |
| 5 | 33.5 | GB958DN2 | Flat Washer $\Phi 9 * \Phi 16 * 1.6$ | 4 |
| 6 | 33.6 | GB938N19 | Spring Washer $\Phi 8$ | 4 |

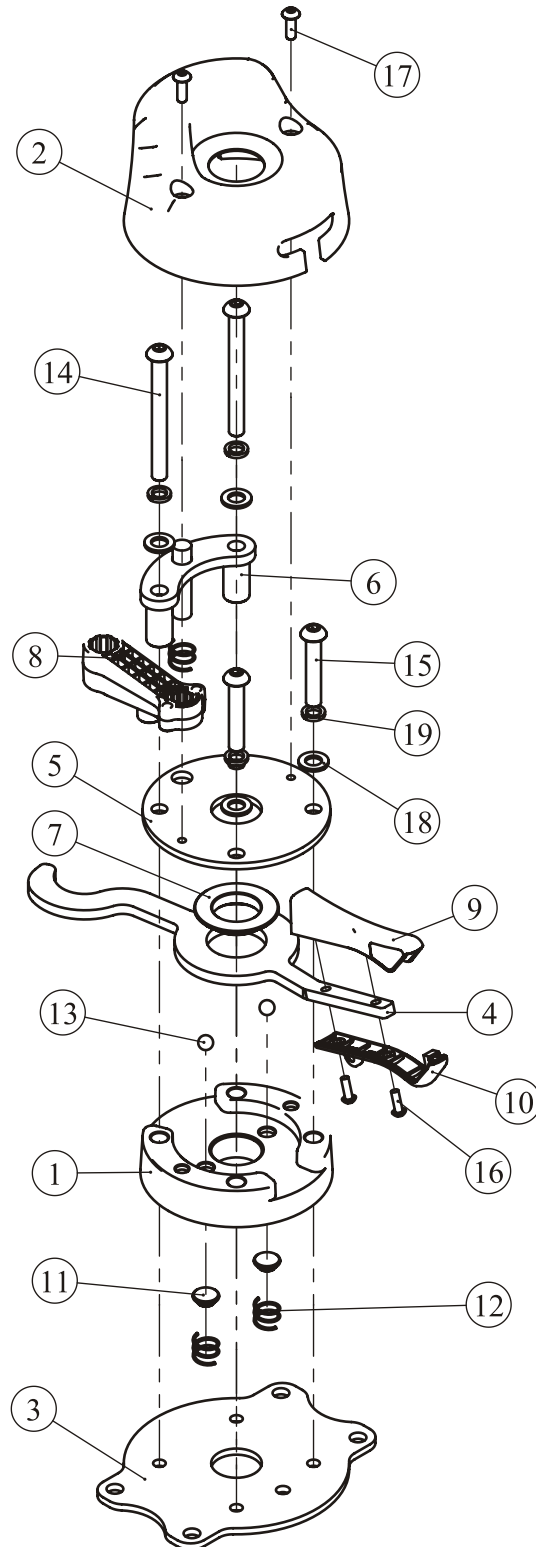
Exploded View and Parts List

Counter weight ASSY

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------|--|-----|
| 1 | 33.2.1 | FE97192700 | Plastic base | 1 |
| 2 | 33.2.2 | FE97192800 | Counter weight Plastic cover | 1 |
| 3 | 33.2.3 | FE97193500 | Base plate | 1 |
| 4 | 33.2.4 | FE97193600 | Shifting fork | 1 |
| 5 | 33.2.5 | FE97193700 | Top plate | 1 |
| 6 | 33.2.6 | FE97193800 | Guide Frame | 1 |
| 7 | 33.2.7 | FE97193900 | Short Spacer $\Phi 45 * \Phi 26 * 7.5$ | 1 |
| 8 | 33.2.8 | FE97194000 | Stop collar | 1 |
| 9 | 33.2.9 | FE97194100 | Top plastic cover | 1 |
| 10 | 33.2.10 | FE97194200 | Base plastic cover | 1 |
| 11 | 33.2.11 | CWRVL0251800 | Steel ball support base | 2 |
| 12 | 33.2.12 | CWRVL0251900 | Spring $\Phi 1.2 * \Phi 13 * 11$ | 3 |
| 13 | 33.2.13 | GB3088G20 | Steel ball | 2 |
| 14 | 33.2.14 | PNLM8*80DN20 | Button Head Cap Screw M8*80 | 2 |
| 15 | 33.2.15 | PNLM8*45DN20 | Button Head Cap Screw M8*45 | 2 |
| 16 | 33.2.16 | PNLM4*12DN20 | Button Head Cap Screw M4*12 | 2 |
| 17 | 33.2.17 | PNLM5*15DN20 | Button Head Cap Screw M5*15 | 2 |
| 18 | 33.2.18 | GB958DN2 | Flat Washer $\Phi 9 * \Phi 16 * 1.6$ | 4 |
| 19 | 33.2.19 | GB938N19 | Spring Washer $\Phi 8$ | 4 |

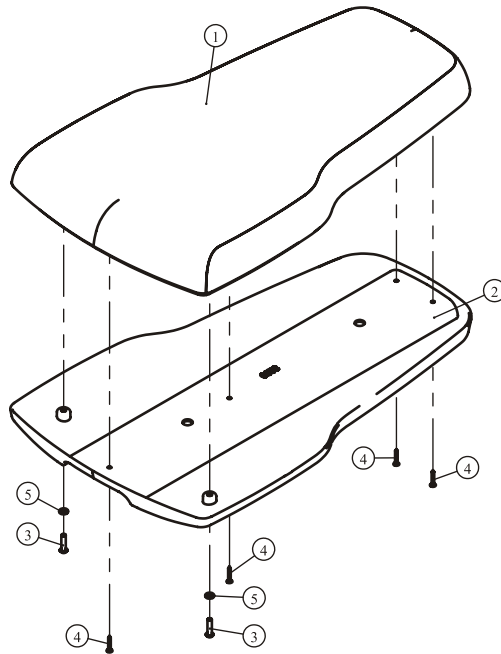
Exploded View and Parts List

Counter weight ASSY



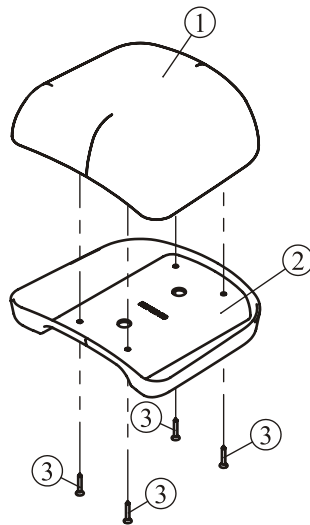
Exploded View and Parts List

Back Pad ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-----------------|--|-----|
| 1 | 34.1 | FE97123100 | Back Pad | 1 |
| 2 | 34.2 | FE97123200 | Back Pad Cover | 1 |
| 3 | 34.3 | PNLM6*25*25N19 | Button Head Cap Screw M6*25 | 2 |
| 4 | 34.4 | GB846ST3.5*25DN | Screw ST3.5*25 | 4 |
| 5 | 34.5 | GB956DN2 | Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$ | 2 |

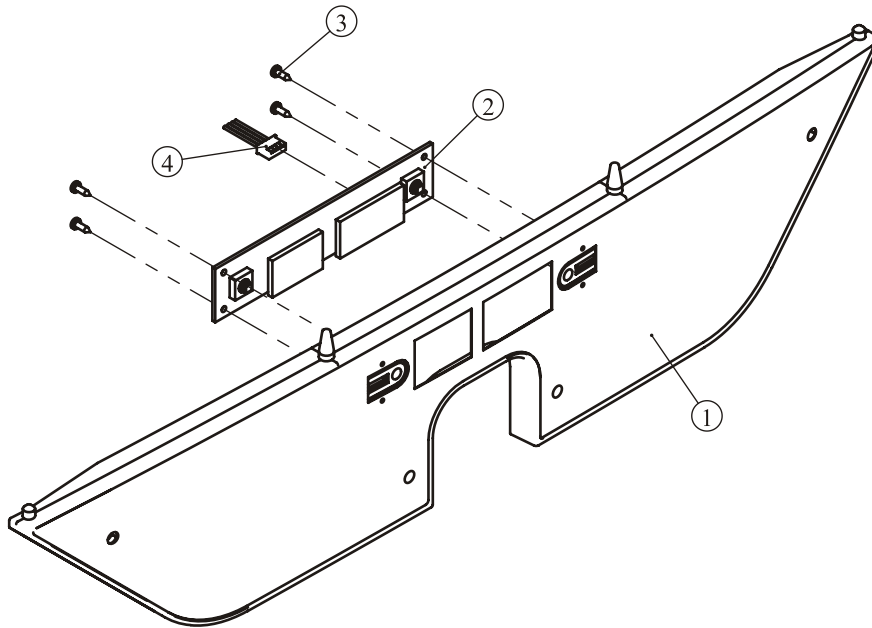
Head Pad ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-----------------|----------------|-----|
| 1 | 35.1 | FE97123300 | Head Pad | 1 |
| 2 | 35.2 | FE97123400 | Head Pad Cover | 1 |
| 3 | 35.3 | GB846ST3.5*25DN | Screw ST3.5*25 | 4 |

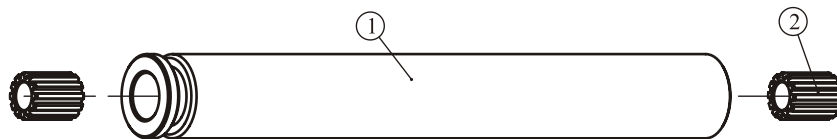
Exploded View and Parts List

Training placard cover ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------------|------------------------|-----|
| 1 | 38.1 | FE97052600 | Training placard cover | 1 |
| 2 | 38.2 | B117 | Console PCB | 1 |
| 3 | 38.3 | GB845ST2.9*9.5DS | Screw ST2.9*9.5 | 4 |
| 4 | 38.4 | L350XHP/SMY-4 | Sensor 4C*22#350mm | 1 |

5LBS Counter Weight ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|---------------|---------------------------------------|-----|
| 1 | 18.1 | FE97213500 | 5LBS Counter Weight | 1 |
| 2 | 18.2 | CXT-1001900V1 | Guide Sleeve $\Phi 25 * \Phi 15 * 32$ | 2 |

Exploded View and Parts List

Overall

| ItemNo. | Part No. | Description | QTY |
|---------|--------------|---------------------------------------|-----|
| 1 | FE971201ASSY | Weight Stack Frame Assy | 1 |
| 2 | FE971202ASSY | Level Main Frame ASSY | 1 |
| 3 | FE971203ASSY | Connect Frame ASSY | 1 |
| 4 | FE97190400 | Rear Cross Brace | 1 |
| 5 | FE971205ASSY | Right Arm Frame ASSY | 1 |
| 6 | FE971206ASSY | Left Arm Frame ASSY | 1 |
| 7 | FE971207ASSY | Connection on the rack ASSY | 1 |
| 8 | FE971208ASSY | Movable Block Frame ASSY | 1 |
| 9 | FE97211400 | Underside support plate | 1 |
| 10 | FE97214000 | Narrow Belt Pulley Φ 76 | 1 |
| 11 | FE972145ASSY | Belt ASSY | 1 |
| 12 | FE971240ASSY | Cable ASSY | 1 |
| 13 | FE97215000 | Guide Rod Φ 19 | 2 |
| 14 | FE97053500 | Cup Holder | 1 |
| 15 | FE97053600 | Bracket of Cup Holder | 1 |
| 16 | FE97011600 | Top Cover | 1 |
| 17 | FE97194300 | Guide Rod Φ 14 | 1 |
| 18 | FE972135ASSY | 5LBS Counter Weight | 1 |
| 19 | FE97192500 | Plastic Cover I | 2 |
| 20 | FE97192600 | Plastic Cover II | 1 |
| 21 | FE97211900 | Cap Φ 60 | 2 |
| 22 | FE97212000 | Circle Ring Φ 62.5*5 | 2 |
| 23 | FE97213400 | Rubber Sleeve Φ 30*65 | 2 |
| 24 | FE97214800 | Belt Rubber Sleeve Φ 17*49 | 2 |
| 25 | FE97053700 | Plastic End Cap | 1 |
| 26 | FE97123800 | Selector Pin W/Coil | 1 |
| 27 | IN-D10132900 | Plug Bumper Φ 76*60 | 2 |
| 28 | FE97216900 | Spacer Pin Φ 15* Φ 8*65.5 | 2 |
| 29 | FE97194400 | Limiting tube Φ 22*2*66 | 1 |
| 30 | CWRVL0250900 | Flat Washer Φ 15* Φ 40*3 | 1 |
| 31 | CWRVL0251000 | Plug Bumper Φ 14* Φ 40*25.4 | 1 |
| 32 | FE97213200 | Counter weight | 2 |
| 33 | FE971930ASSY | Top plate ASSY | 1 |
| 34 | FE971231ASSY | Back Pad ASSY | 1 |
| 35 | FE971233ASSY | Head Pad ASSY | 1 |

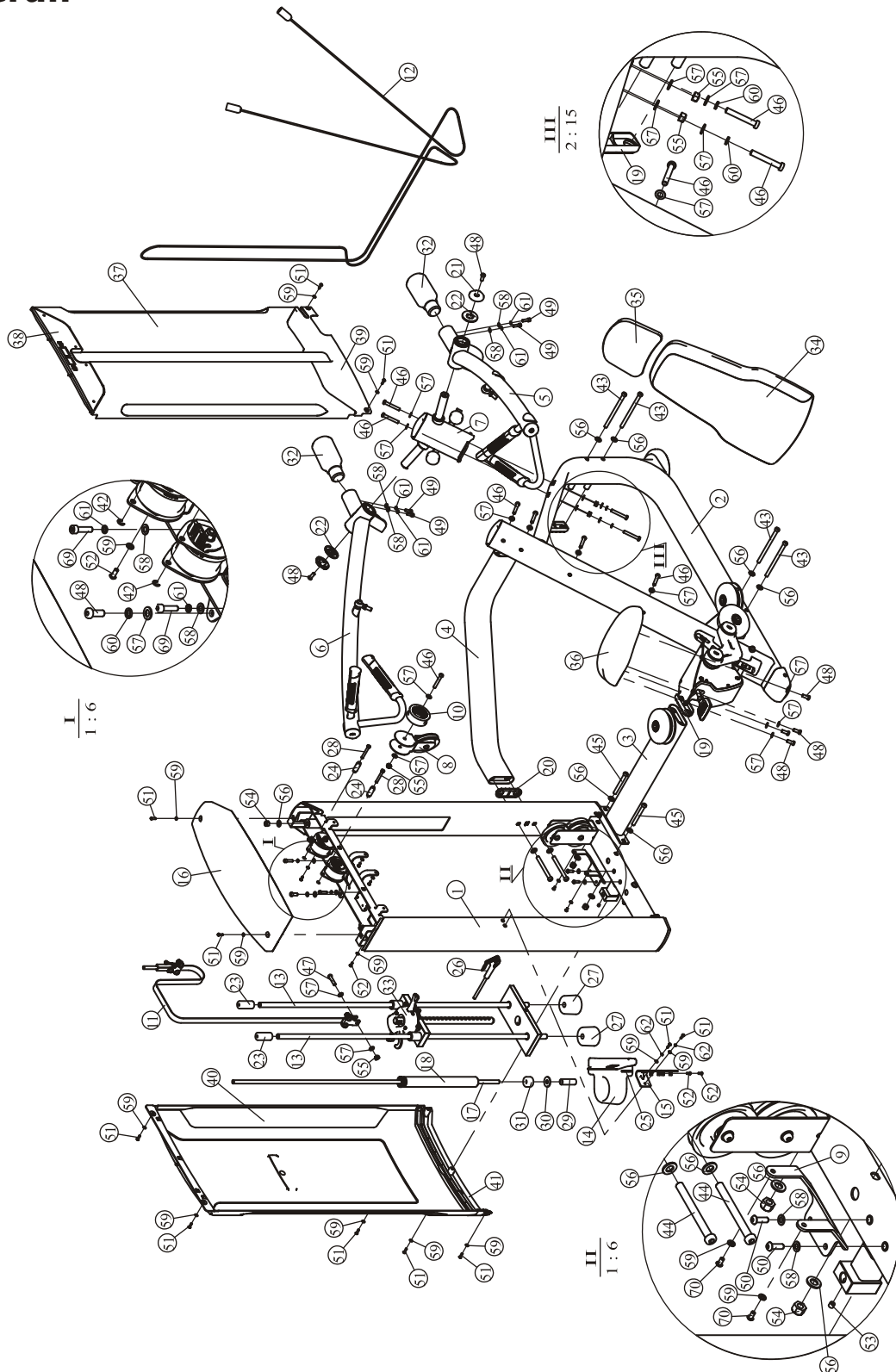
Exploded View and Parts List

Overall

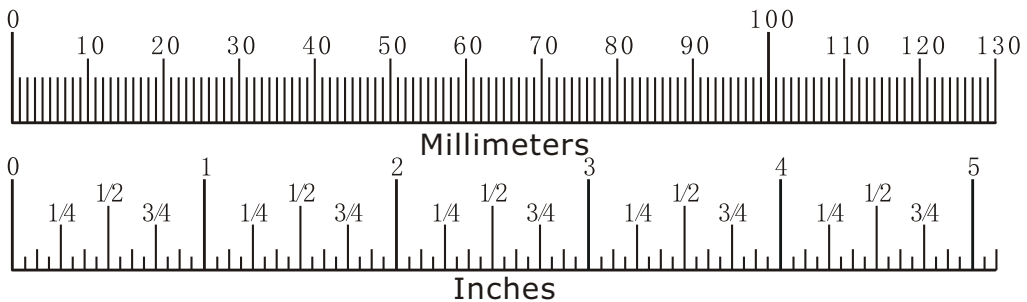
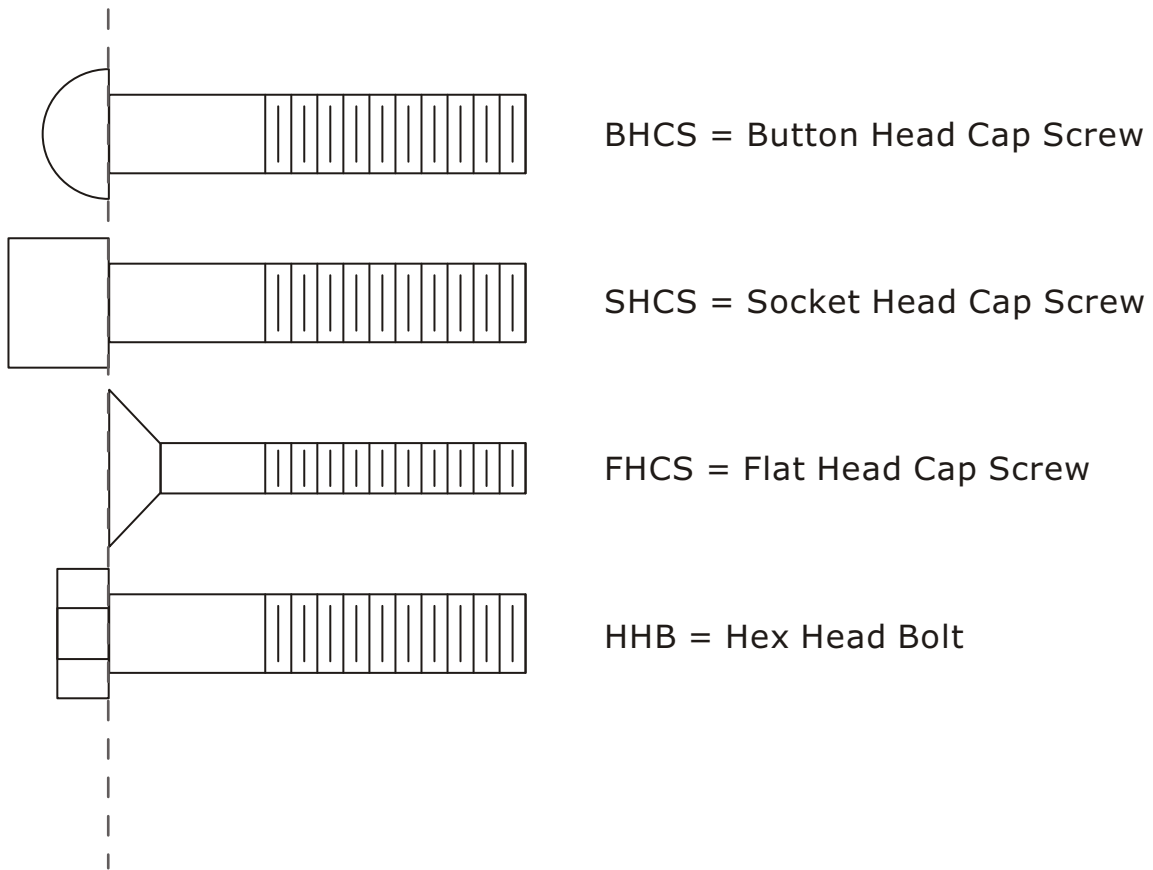
| ItemNo. | Part No. | Description | QTY |
|---------|---------------------|--|-----|
| 36 | FE970112200 | Seat Pad | 1 |
| 37 | FE97052500 | Front Shroud | 2 |
| 38 | FE970526ASSY | Training Placard Cover ASSY | 1 |
| 39 | FE97022700 | Front Lower Cover | 1 |
| 40 | FE97052800 | Back Shroud | 1 |
| 41 | FE97052900 | Back Lower Cover | 1 |
| 42 | GB8966FH12 | Shaft Ring Opening $\Phi 6$ | 2 |
| 43 | GB70BTM12*180DN18NL | Socket Head Cap Screw M12*180 | 4 |
| 44 | GB70BTM12*120DN18NL | Socket Head Cap Screw M12*120 | 2 |
| 45 | GB70BTM12*105DN18 | Socket Head Cap Screw M12*105 | 2 |
| 46 | GB70BTM10*65DN18 | Socket Head Cap Screw M10*65 | 9 |
| 47 | GB70BTM10*45DN18 | Socket Head Cap Screw M10*45 | 1 |
| 48 | GB70BTM10*25DN18NL | Socket Head Cap Screw M10*25 | 7 |
| 49 | GB70M8*25DN20 | Socket Head Cap Screw M8*25 | 4 |
| 50 | PNLM8*25DN20NL | Button Head Cap Screw M8*25 | 2 |
| 51 | PNLM6*20DN20 | Button Head Cap Screw M6*20 | 11 |
| 52 | PNLM6*15DN20 | Button Head Cap Screw M6*15 | 6 |
| 53 | GB77M8*8DS18 | Screw M8*8 | 1 |
| 54 | NM12DN2 | Nylon Lock Nut M12 | 3 |
| 55 | NM10DN2 | Nylon Lock Nut M10 | 4 |
| 56 | GB9512DN2 | Flat Washer $\Phi 13 * \Phi 24 * 2.5$ | 11 |
| 57 | GB9510DN2 | Flat Washer $\Phi 11 * \Phi 20 * 2$ | 19 |
| 58 | GB958DN2 | Flat Washer $\Phi 9 * \Phi 16 * 1.6$ | 8 |
| 59 | GB956DN2 | Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$ | 17 |
| 60 | GB9310N19 | Spring Washer $\Phi 10$ | 3 |
| 61 | GB938N19 | Spring Washer $\Phi 8$ | 6 |
| 62 | GB936N19 | Spring Washer $\Phi 6$ | 2 |
| 63 | NBS4DHS | Hex Key S=4 | 1 |
| 64 | NBS5DHS | Hex Key S=5 | 1 |
| 65 | NBS6DHS | Hex Key S=6 | 1 |
| 66 | NBS8DHS | Hex Key S=8 | 1 |
| 67 | LW200BS | Wrench $\Phi 6 * 117$ | 1 |
| 68 | YHY | Lube | 1 |
| 69 | GB70M8*30*30DN20 | Socket Head Cap Screw M8*30 | 2 |
| 70 | PNLM6*12DN20 | Button Head Cap Screw M6*12 | 2 |

Exploded View and Parts List

Overall



Measurement Guide



| | | | | | |
|-----------------------------------|---------------------------|---------------------------------------|--------------------------------|--|-------------------|
| Diameter of bolt (mm/inch) | M6(1/4") | M8(5/16") | M10(3/8") | M12(1/2") | M16(5/8") |
| Tightening torque (N.m) | 9~12 | 22~30 | 45~59 | 78~104 | 193~257 |
| Operational methods for adult men | The strength of the wrist | The strength of the wrist and forearm | The strength of the entire arm | The strength of the arm and upper body | with all strength |

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Attach The Connect Frame (#3) and The Rear Connecting Frame (#4) to The Weight Stack Frame ASSY (#1) and The Level Main Frame ASSY (#2) using:

two Plastic Cover I (#19)

one Plastic Cover II (#20)

four M12*180 SHCS (#43)

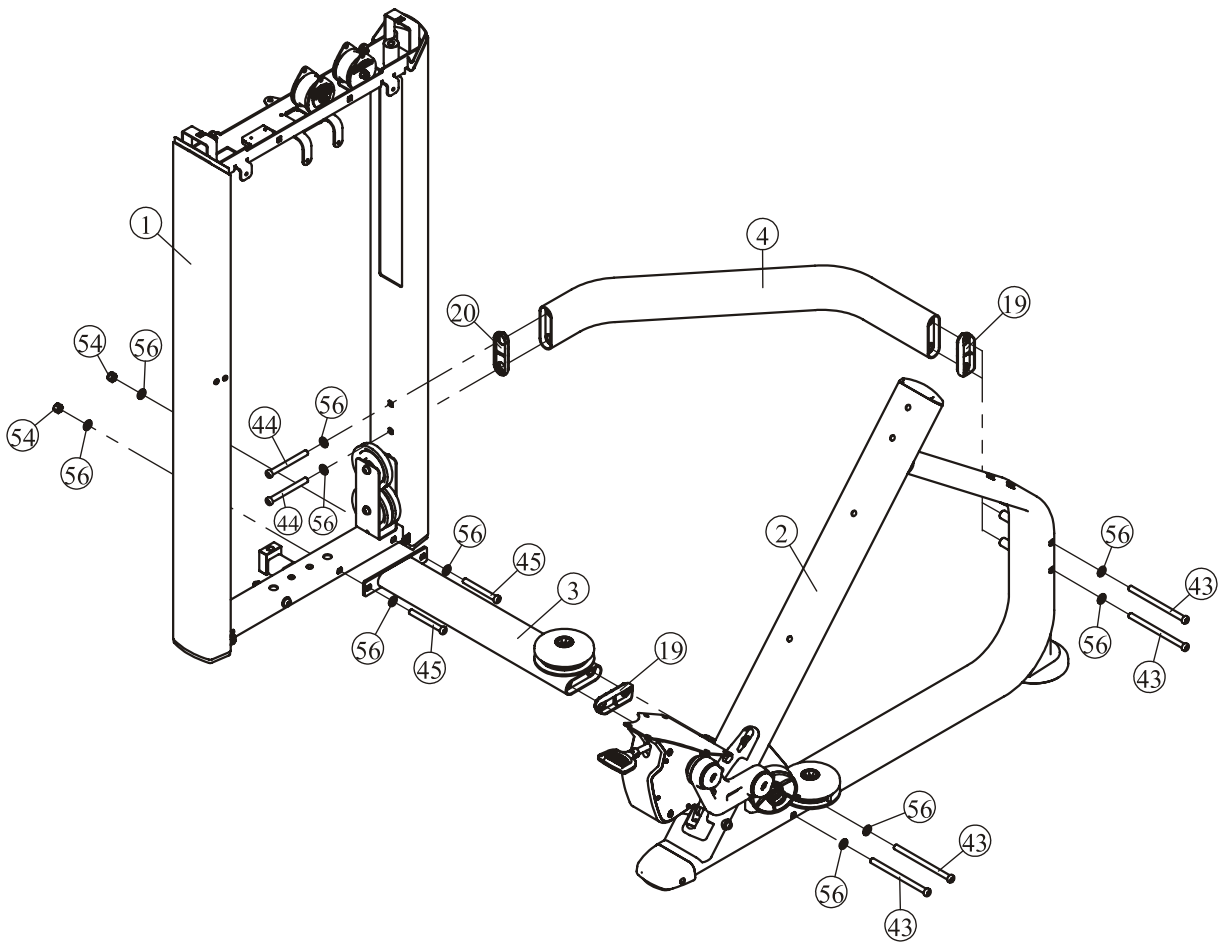
two M12*120 SHCS (#44)

two M12*105 SHCS (#45)

two M12 Nylon Lock Nut (#54)

ten $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#56)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

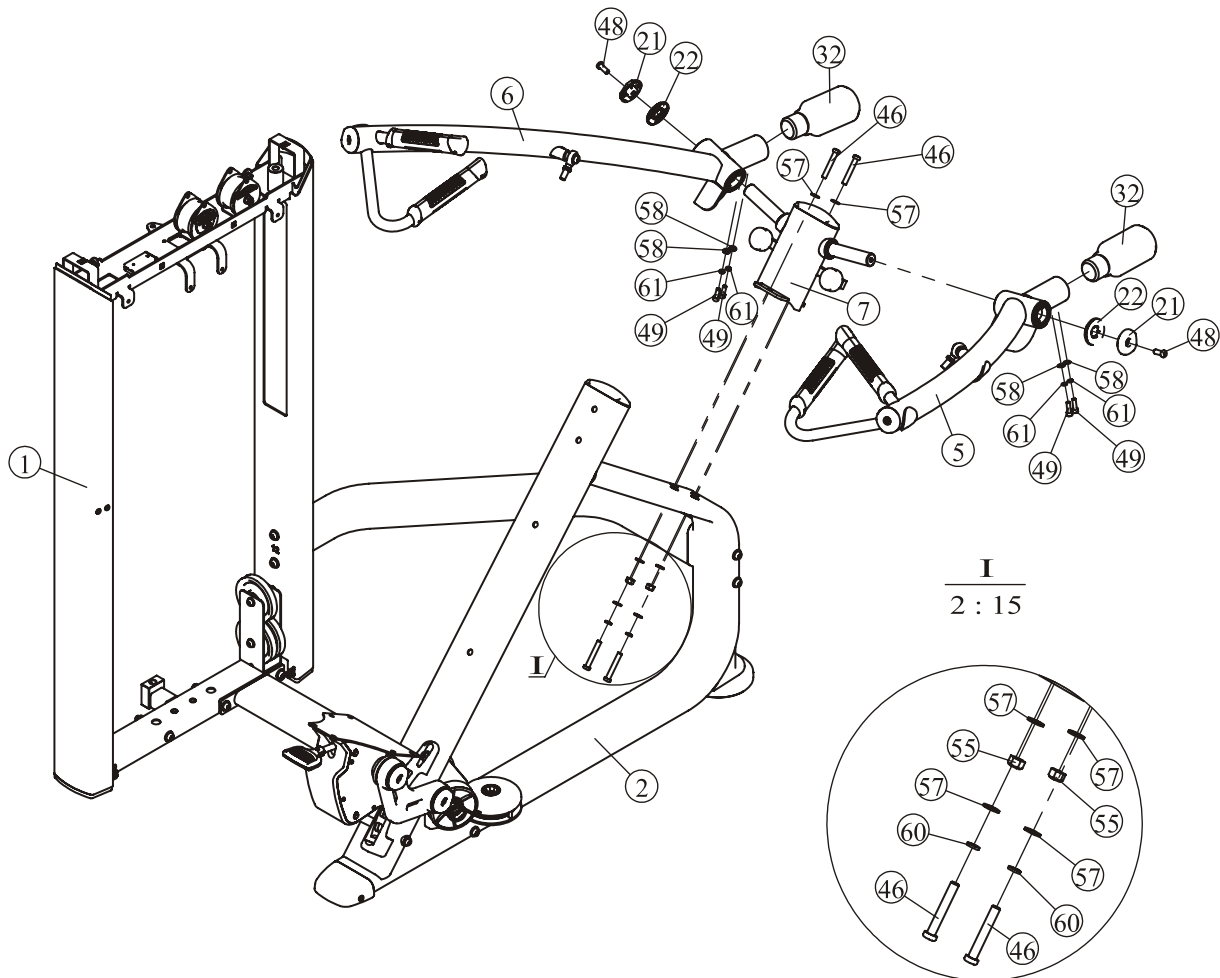
1. Attach The Connection on the rack ASSY (#7) to The Level Main Frame ASSY (#2) using:

| | |
|-----------------------------------|---|
| four M10*65 SHCS (#46) | six $\Phi 11*\Phi 20*2$ Flat Washer (#57) |
| two $\Phi 10$ Spring Washer (#60) | two M10 Nylon Lock Nut (#55) |
2. Attach the Right Arm Frame ASSY (#5) and the Left Arm Frame ASSY (#6) to the Connection on the rack ASSY (#7) using:

| | |
|-------------------------|-------------------------------------|
| two $\Phi 60$ Cap (#21) | two $\Phi 62.5*5$ Circle Ring (#22) |
| two M10*25 SHCS (#48) | |
3. Attach two Counter weights (#32) to the Right Arm Frame ASSY (#5) and the Left Arm Frame ASSY (#6) using:

| | |
|-----------------------------------|---|
| four M8*25 SHCS (#49) | four $\Phi 9*\Phi 16*1.6$ Flat Washer (#58) |
| four $\Phi 8$ Spring Washer (#61) | |

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

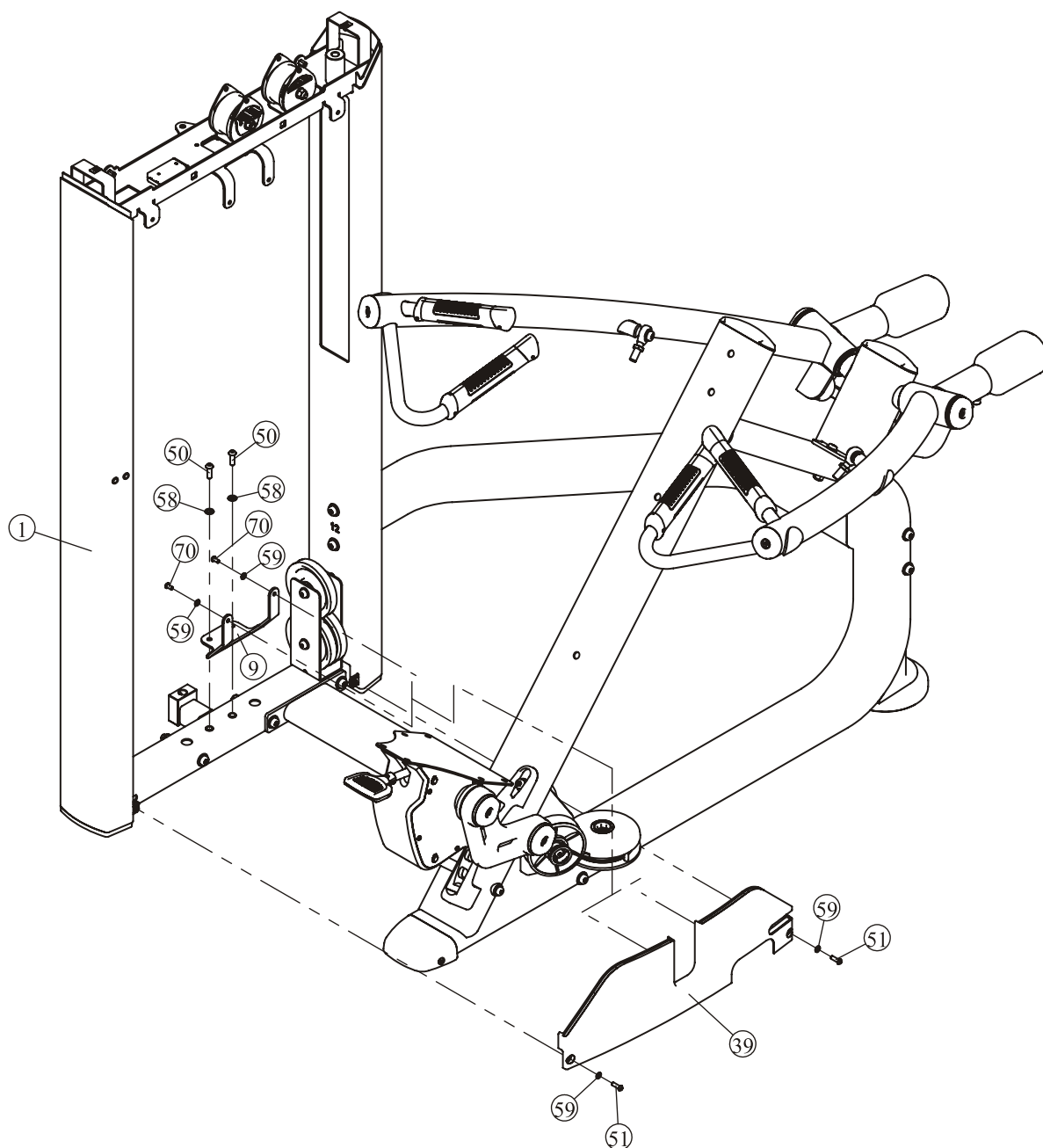


Assembly

STEP 3

1. Attach The Underside Support Plate (#9) to The Weight Stack Frame ASSY (#1) using:
two M8*25 BHCS (#50) two $\Phi 9*\Phi 16*1.6$ Flat Washers (#58)
2. Attach The Front Lower Cover (#39) to The Weight Stack Frame ASSY (#1) and The Underside Support Plate (#9) using:
two M6*12 BHCS (#70) four $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#59)
two M6*20 BHCS (#51)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4 Here is the assembly instruction for 10LBSx15PCS Weights !

1. Attach:

two $\Phi 19 \times 1309$ Guide Rods (#13)
 fifteen Weight Plate 10LBS (#98)
 one Top Plate ASSY (#33)

two $\Phi 76 \times 60$ Weight Rubber Bumpers (#27)
 two Weight Stack Space (#99)

to The Weight Stack Frame ASSY (#1) using:

two M8*30 SHCS (#69)

two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#58)

two $\Phi 30 \times 65$ Rubber Sleeve (#23)

two $\Phi 8$ Spring Washers (#61)

2. Attach The Selector Pin W/Coil (#26) to The Top Plate ASSY (#33).

3. Loosen one M8*8 Screw (#53), and Attach:

one $\Phi 14 \times 1296$ Guide Rod (#17)

one 5LBS Counter Weight (#18)

to The Weight Stack Frame ASSY (#1) using:

one $\Phi 22 \times 2 \times 66$ Limiting Tube (#29)

one $\Phi 15 \times \Phi 40 \times 3$ Flat Washer (#30)

one $\Phi 14 \times \Phi 40 \times 25.4$ Plug Bumper (#31)

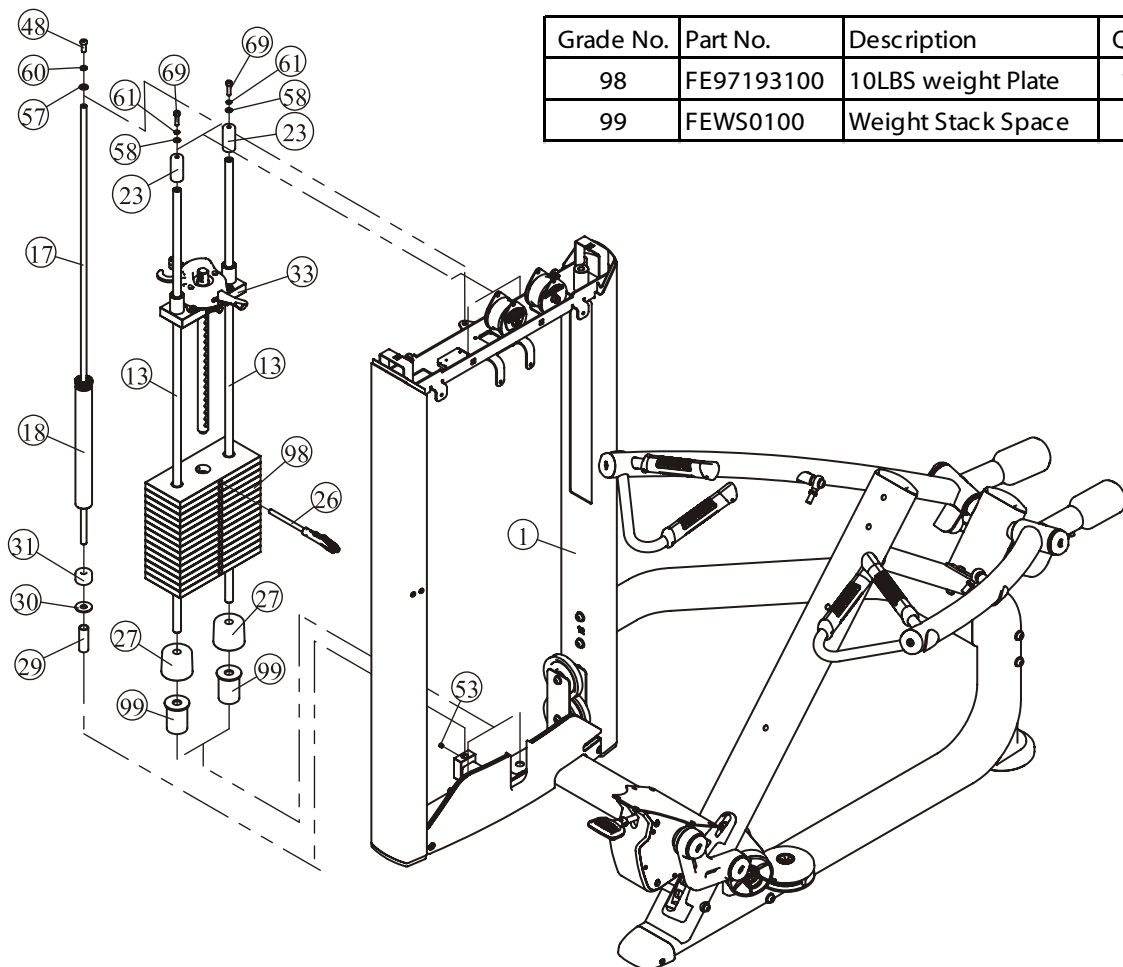
one M10*25 SHCS (#48)

one $\Phi 10$ Spring Washer (#60)

one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57)

4. Wrench Tighten M8*8 Screw (#53).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4 Here is the assembly instruction for 10LBSx19PCS Weights !

1. Attach:

two $\Phi 19 \times 1309$ Guide Rods (#13)
 nineteen Weight Plate 10LBS (#98)
 to The Weight Stack Frame ASSY (#1) using:
 two M8*30 SHCS (#69)
 two $\Phi 30 \times 65$ Rubber Sleeve (#23)

two $\Phi 76 \times 60$ Weight Rubber Bumpers (#27)
 one Top Plate ASSY (#33)
 two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#58)
 two $\Phi 8$ Spring Washers (#61)

2. Attach The Selector Pin W/Coil (#26) to The Top Plate ASSY (#33).

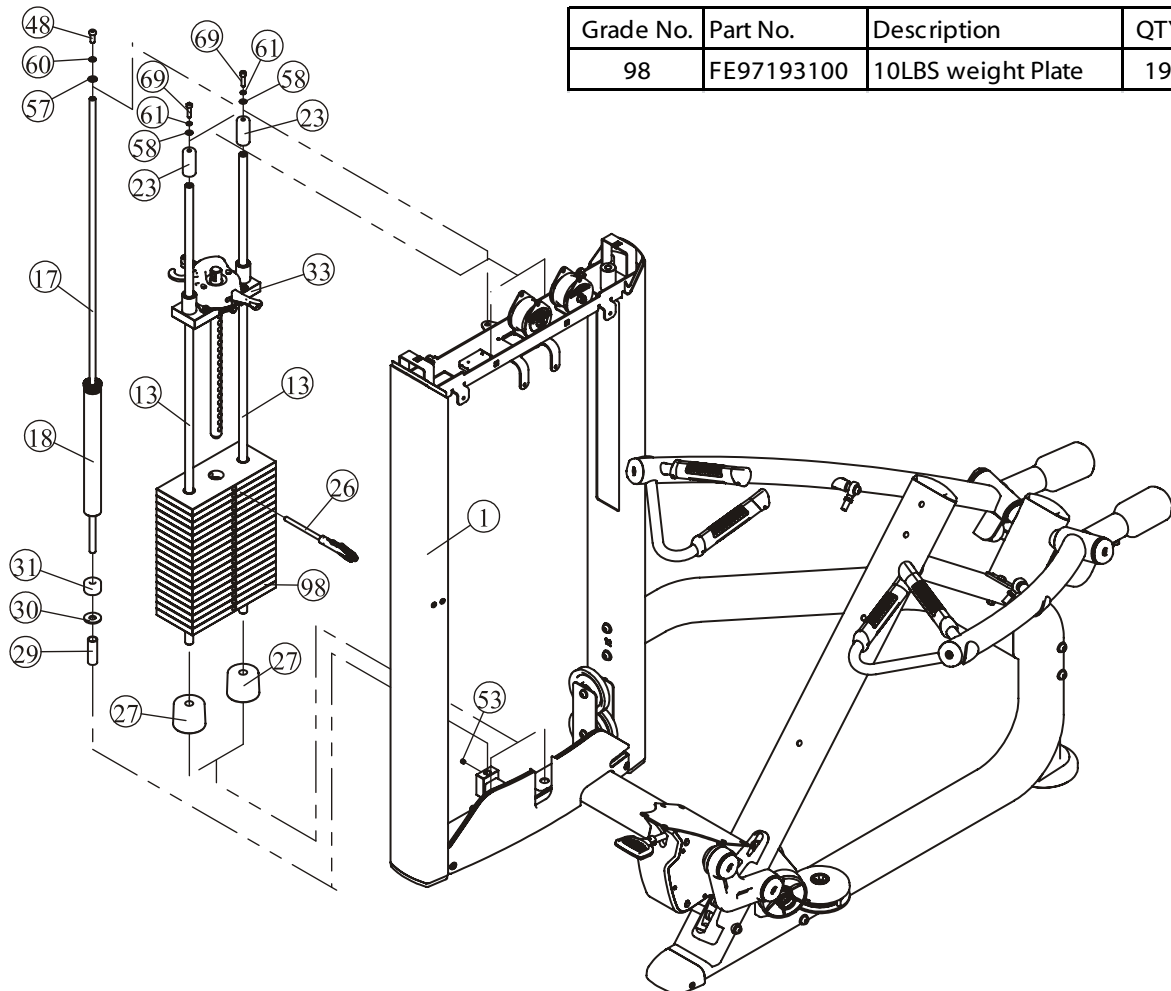
3. Loosen one M8*8 Screw (#53), and Attach:

one $\Phi 14 \times 1296$ Guide Rod (#17)
 to The Weight Stack Frame ASSY (#1) using:
 one $\Phi 22 \times 2 \times 66$ Limiting Tube (#29)
 one $\Phi 14 \times \Phi 40 \times 25.4$ Plug Bumper (#31)
 one $\Phi 10$ Spring Washer (#60)

one 5LBS Counter Weight (#18)
 one $\Phi 15 \times \Phi 40 \times 3$ Flat Washer (#30)
 one M10*25 SHCS (#48)
 one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57)

4. Wrench Tighten M8*8 Screw (#53).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



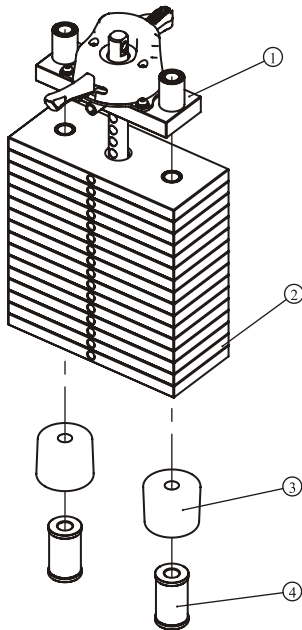
Assembly

Please assemble according to the actual **Weights** you buy !

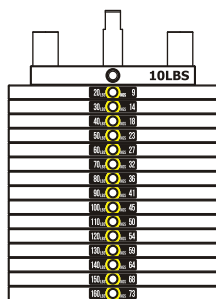
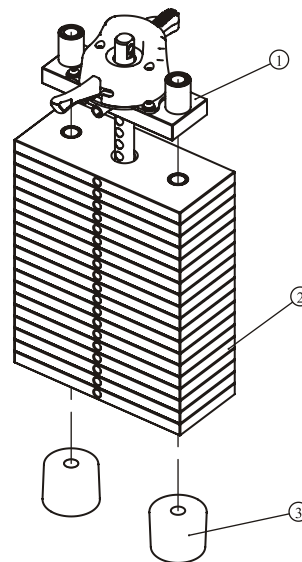
10LBS×15PCS

10LBS×19PCS

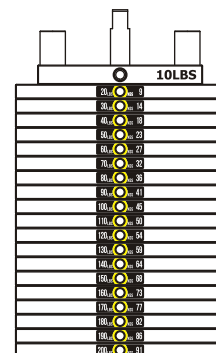
| Grade No. | Part No. | Description | QTY | Grade No. | Part No. | Description | QTY |
|-----------|--------------|-----------------------|-----|-----------|--------------|-----------------------|-----|
| 1 | FE971930ASSY | 10LBS Top Plate ASSY | 1 | 1 | FE971930ASSY | 10LBS Top Plate ASSY | 1 |
| 2 | FE97193100 | 10LBS Weight Plate | 15 | 2 | FE97193100 | 10LBS Weight Plate | 19 |
| 3 | IN-D10132900 | Weight Rubber Bumpers | 2 | 3 | IN-D10132900 | Weight Rubber Bumpers | 2 |
| 4 | FEWS01ASSY | Weight Stack Space | 2 | | | | |



- 20_LBS 9
- 30_LBS 14
- 40_LBS 18
- 50_LBS 23
- 60_LBS 27
- 70_LBS 32
- 80_LBS 36
- 90_LBS 41
- 100_LBS 45
- 110_LBS 50
- 120_LBS 54
- 130_LBS 59
- 140_LBS 64
- 150_LBS 68
- 160_LBS 73
- 170_LBS 77
- 180_LBS 82
- 190_LBS 86
- 200_LBS 91
- 210_LBS 95
- 220_LBS 100
- 230_LBS 104



20-160LBS



20-200LBS

Weight plate sticker paste schematic diagram

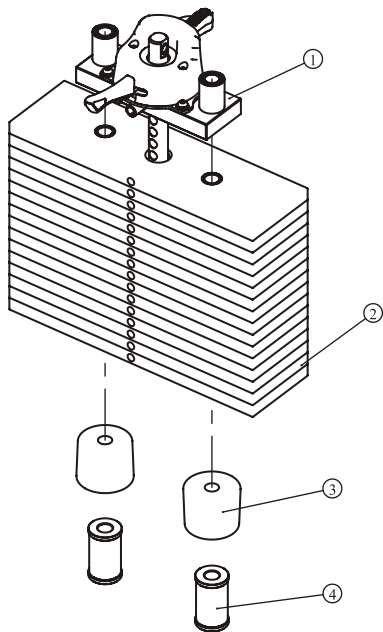
Assembly

Please assemble according to the actual **Weights** you buy !

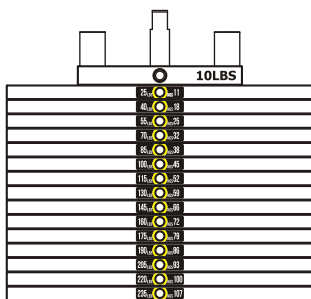
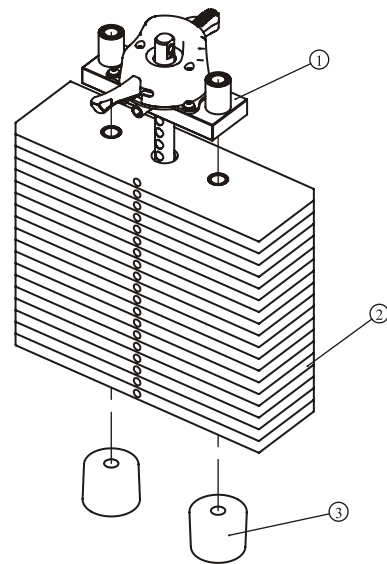
15LBS×15PCS

15LBS×19PCS

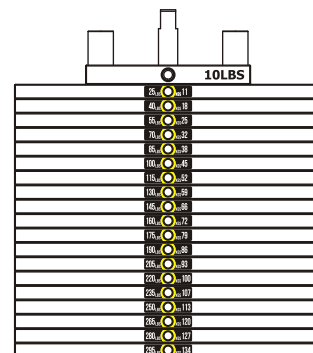
| Grade No. | Part No. | Description | QTY | Grade No. | Part No. | Description | QTY |
|-----------|--------------|-----------------------|-----|-----------|--------------|-----------------------|-----|
| 1 | FE971930ASSY | 10LBS Top Plate ASSY | 1 | 1 | FE971930ASSY | 10LBS Top Plate ASSY | 1 |
| 2 | FE97193200 | 15LBS Weight Plate | 15 | 2 | FE97193200 | 15LBS Weight Plate | 19 |
| 3 | IN-D10132900 | Weight Rubber Bumpers | 2 | 3 | IN-D10132900 | Weight Rubber Bumpers | 2 |
| 4 | FEWS01ASSY | Weight Stack Space | 2 | | | | |



- 25 LBS 11 KGS
- 40 LBS 18 KGS
- 55 LBS 25 KGS
- 70 LBS 32 KGS
- 85 LBS 38 KGS
- 100 LBS 45 KGS
- 115 LBS 52 KGS
- 130 LBS 59 KGS
- 145 LBS 66 KGS
- 160 LBS 72 KGS
- 175 LBS 79 KGS
- 190 LBS 86 KGS
- 205 LBS 93 KGS
- 220 LBS 100 KGS
- 235 LBS 107 KGS
- 250 LBS 113 KGS
- 265 LBS 120 KGS
- 280 LBS 127 KGS
- 295 LBS 134 KGS
- 310 LBS 141 KGS
- 325 LBS 147 KGS



25-235LBS



25-295LBS

Weight plate sticker paste schematic diagram

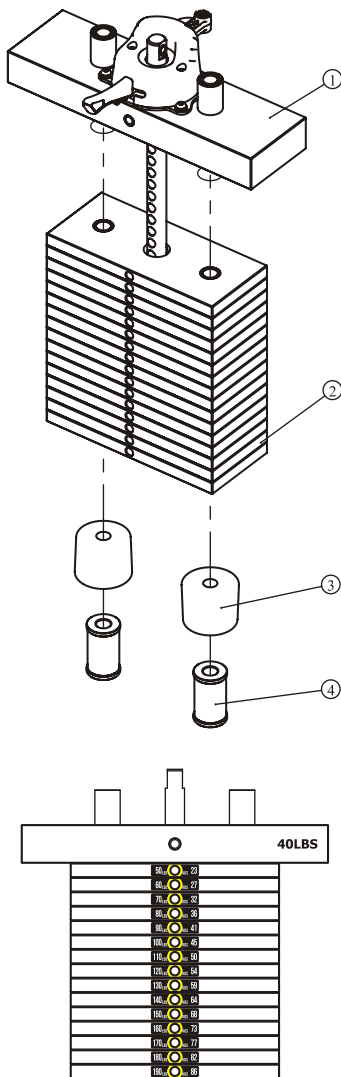
Assembly

Please assemble according to the actual **Weights** you buy !

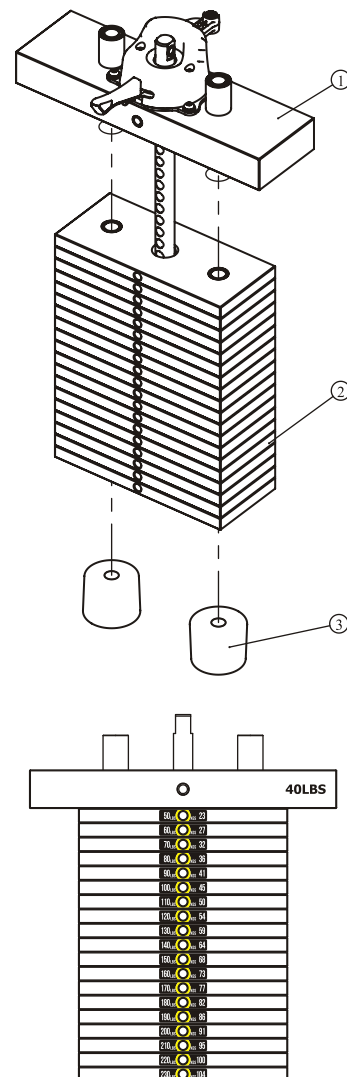
10LBS×15PCS

10LBS×19PCS

| Grade No. | Part No. | Description | QTY | Grade No. | Part No. | Description | QTY |
|-----------|--------------|-----------------------|-----|-----------|--------------|-----------------------|-----|
| 1 | FE970230ASSY | 40LBS Top Plate ASSY | 1 | 1 | FE970230ASSY | 40LBS Top Plate ASSY | 1 |
| 2 | FE97193100 | 10LBS Weight Plate | 15 | 2 | FE97193100 | 10LBS Weight Plate | 19 |
| 3 | IN-D10132900 | Weight Rubber Bumpers | 2 | 3 | IN-D10132900 | Weight Rubber Bumpers | 2 |
| 4 | FEWS01ASSY | Weight Stack Space | 2 | | | | |



50-190LBS



50-230LBS

Weight plate sticker paste schematic diagram

Note: 30LBS weight are used the function of balance.

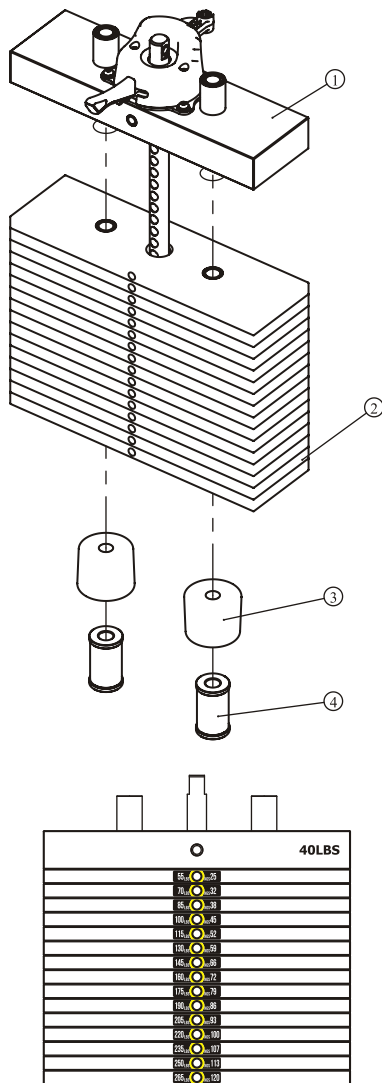
Assembly

Please assemble according to the actual **Weights** you buy !

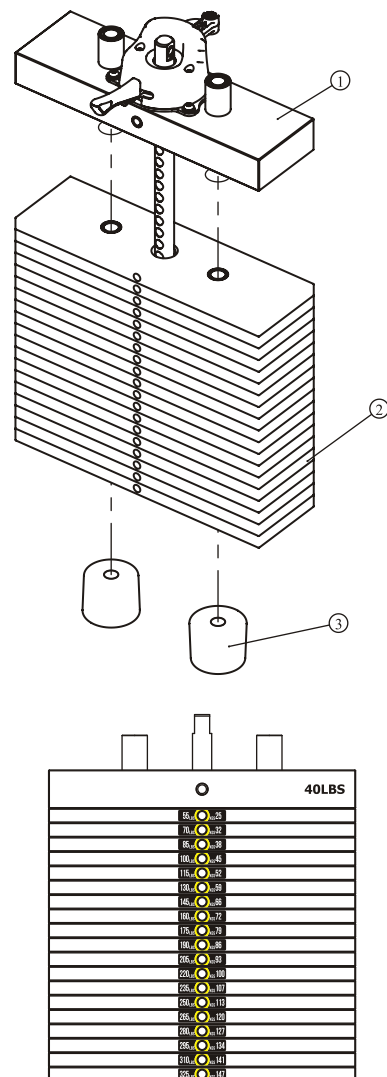
15LBS×15PCS

15LBS×19PCS

| Grade No. | Part No. | Description | QTY | Grade No. | Part No. | Description | QTY |
|-----------|--------------|-----------------------|-----|-----------|--------------|-----------------------|-----|
| 1 | FE970230ASSY | 40LBS Top Plate ASSY | 1 | 1 | FE970230ASSY | 40LBS Top Plate ASSY | 1 |
| 2 | FE97193200 | 15LBS Weight Plate | 15 | 2 | FE97193200 | 15LBS Weight Plate | 19 |
| 3 | IN-D10132900 | Weight Rubber Bumpers | 2 | 3 | IN-D10132900 | Weight Rubber Bumpers | 2 |
| 4 | FEWS01ASSY | Weight Stack Space | 2 | | | | |



55-265LBS



55-325LBS

Weight plate sticker paste schematic diagram

Note: 30LBS weight are used the function of balance.

Assembly

STEP 5

1. Attach one end of The Belt ASSY (#11) to The Top Plate ASSY (#33) using:
one M10*45 SHCS (#47) two $\Phi 11*\Phi 20*2$ Flat Washers (#57)
one M10 Nylon Lock Nut (#55)
2. Attach the other end of The Belt ASSY (#11) to The Movable Block Frame ASSY (#8) using:
one M10*65 SHCS (#46) two $\Phi 11*\Phi 20*2$ Flat Washers (#57)
one M10 Nylon Lock Nut (#55)
And through one Narrow Belt Pulleys (#10) on The Weight Stack Frame ASSY (#1) using:
one $\Phi 13*\Phi 24*2.5$ Flat Washer (#56) one M12 Nylon Lock Nut (#54)
3. Attach two $\Phi 17*49$ Belt Rubber Sleeves (#24) to The Weight Stack Frame ASSY (#1) using:
two $\Phi 15*\Phi 8*65.5$ Spacer Pins (#28) two $\Phi 6$ Shaft Ring Opening (#42)
4. Take down two Cable Connector Jacket and two Cable Connectors from the Cable ASSY (#12).
5. Attach the Cable ASSY (#12) to The Movable Block Frame ASSY (#8) and the Right Arm Frame ASSY (#5) and the Left Arm Frame ASSY (#6) using:
two Cable Connector Jacket (Down off) two Cable Connectors (Down off)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

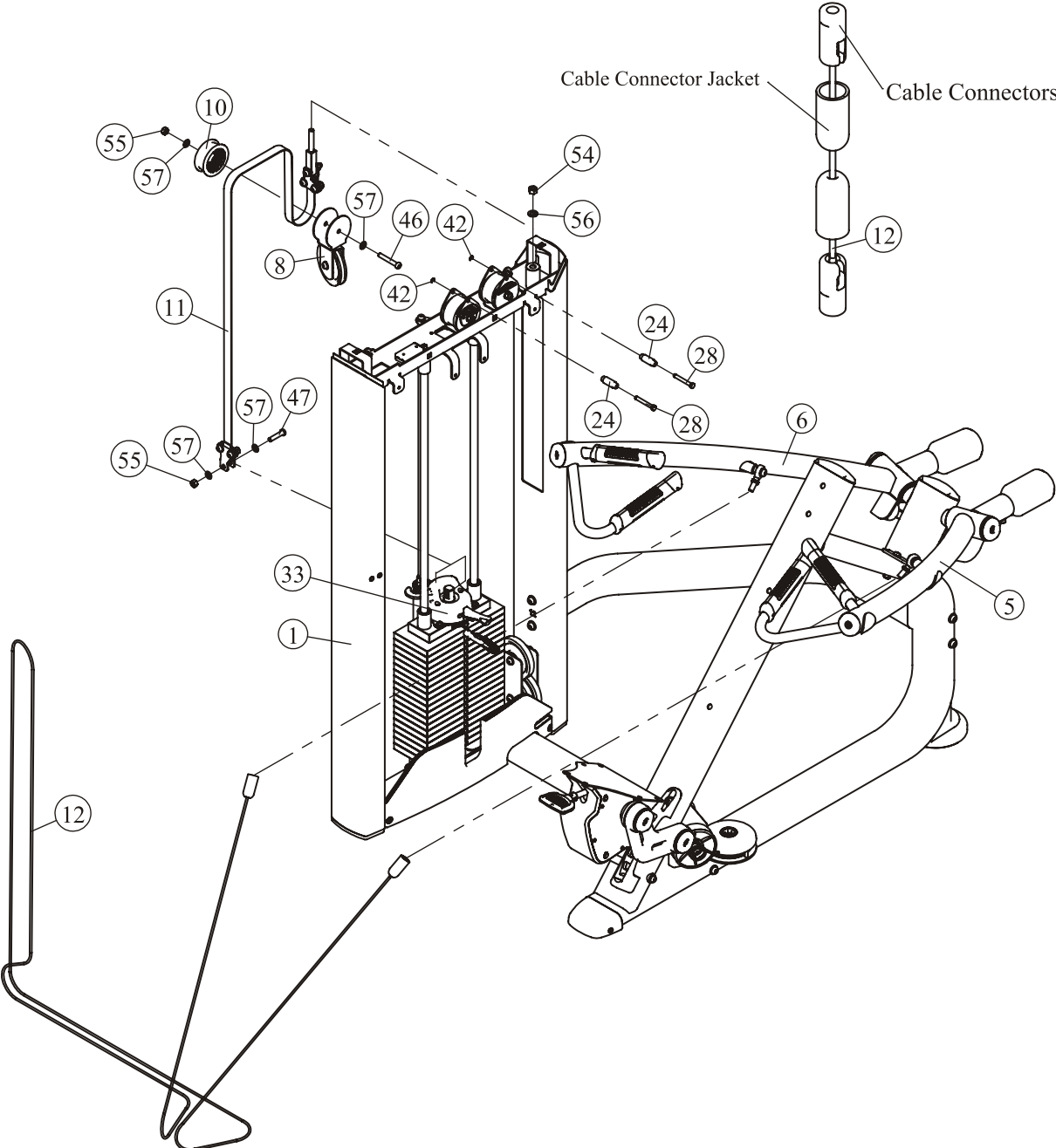
Step 6

1. Attach the Back Lower Cover (#41) to The Weight Stack Frame ASSY (#1) using:
three M6*20 BHCS (#51) three $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#59)
2. Attach two Front Shroud (#37) to The Front Lower Cover (#39) on the Weight Stack Frame ASSY (#1).
3. Assemble the Console PCB, and Attach The Training Placard Cover ASSY (#38) to The Weight Stack Frame ASSY (#1) using:
four M6*15 BHCS (#52) four $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#59)
4. Attach The Back Shroud (#40) to The Back Lower Cover (#41) and The Weight Stack Frame ASSY (#1) using:
two M6*20 BHCS (#51) two $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#59)
5. Attach The Top Cover (#16) to The Weight Stack Frame ASSY (#1) using:
two M6*20 BHCS (#51) two $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#59)

Note: Wrench Tighten Bolts.

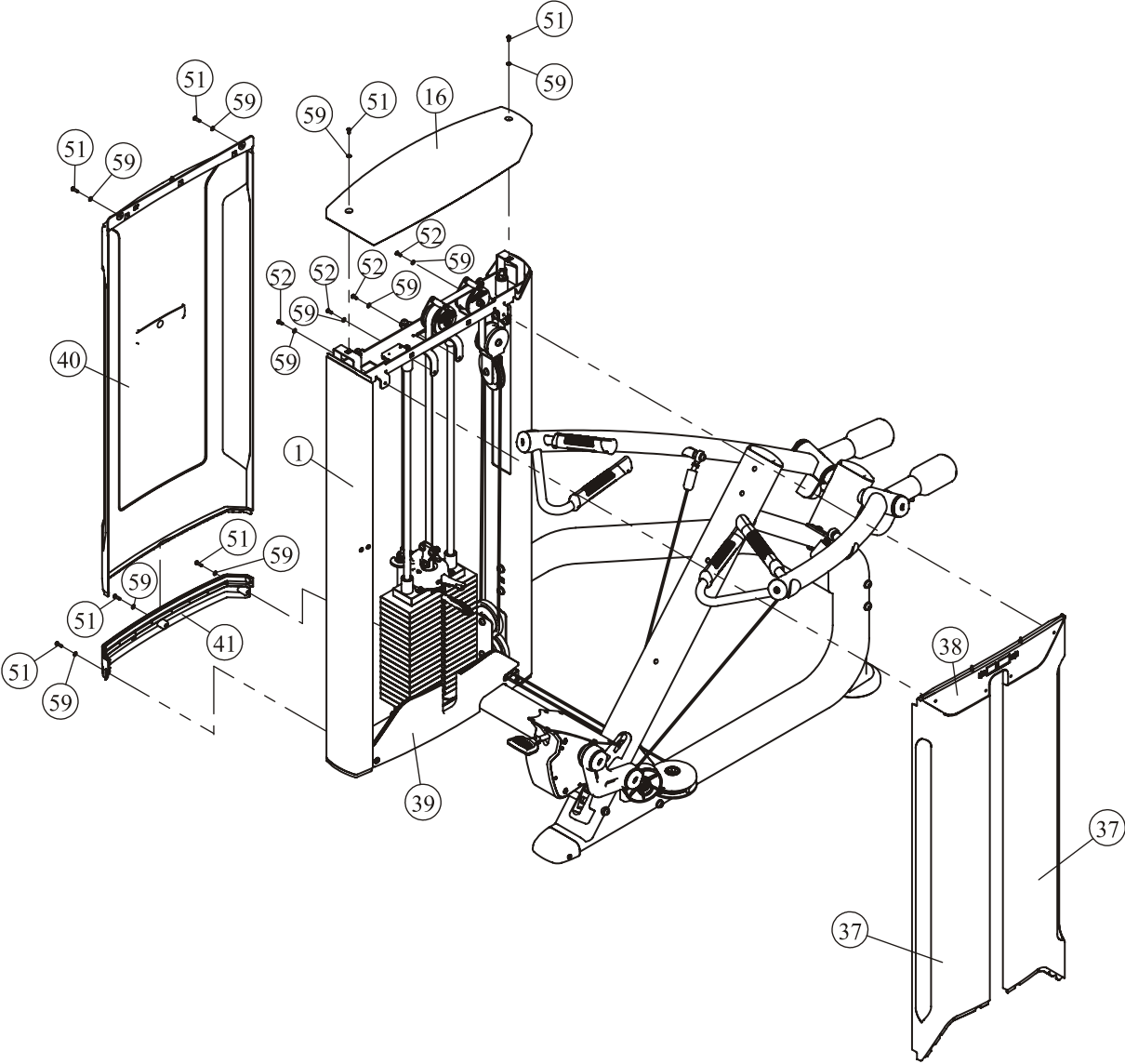
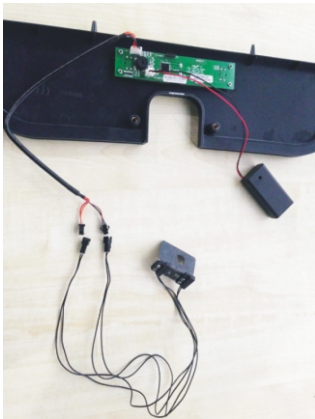
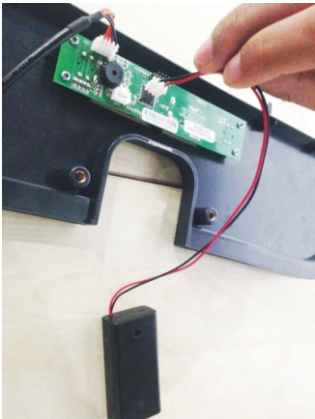
Assembly

STEP 5



Assembly

STEP 6

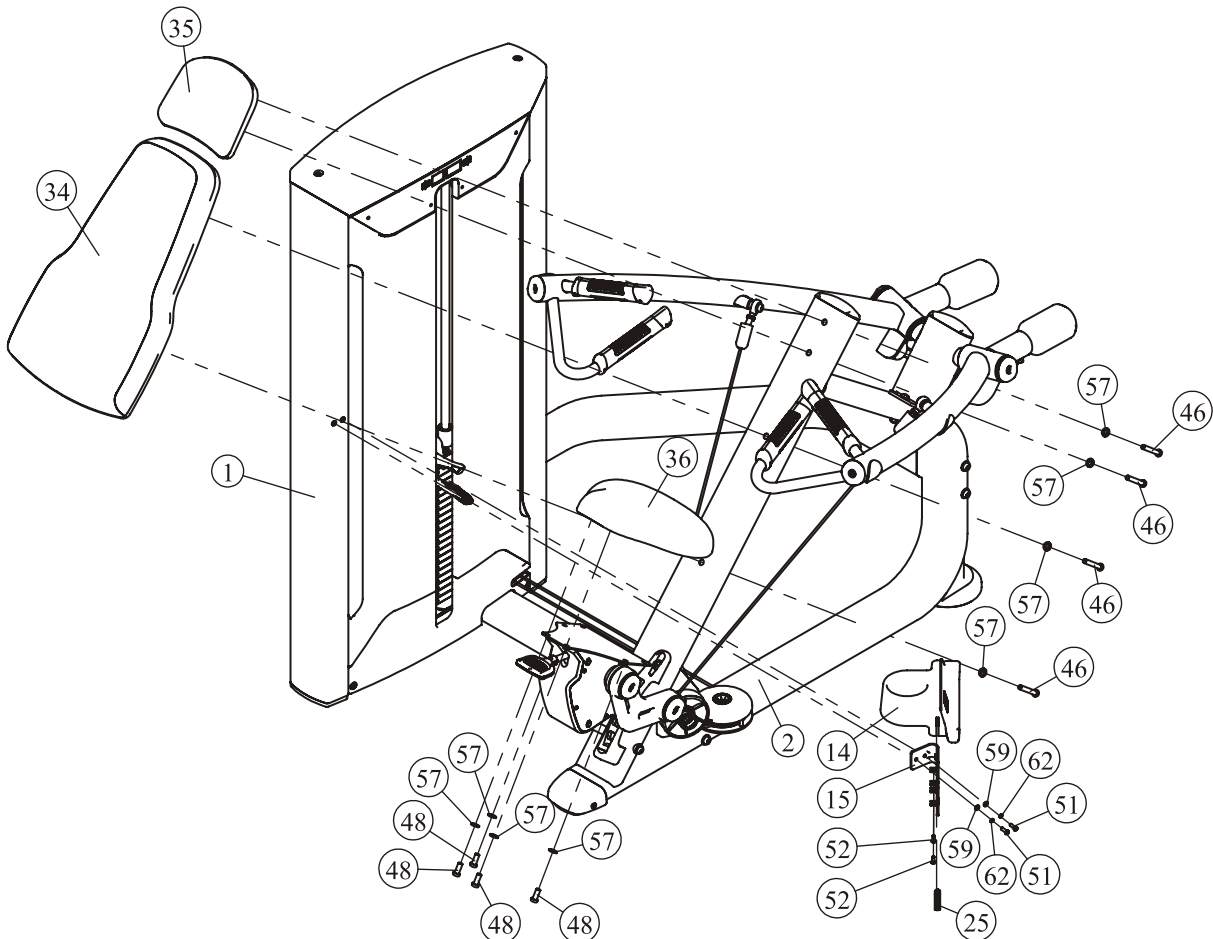


Assembly

STEP 7

1. Attach The Plastic End Cap (#25) to The Cup Holder (#14).
2. Attach The Plastic End Cap (#25) and The Cup Holder (#14) to The Bracket of Cup Holder (#15) using:
two M6*15 BHCS (#52)
3. Attach The Assemble Good Parts (#14/#15/#25) to The Weight Stack Frame ASSY (#1) using:
two M6*20 BHCS (#51) two $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#59)
two $\Phi 6$ Spring Washer (#62)
4. Attach the Seat Pad (#36) to the Level Main Frame ASSY (#2) using:
four M10*25 SHCS (#48) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#57)
5. Attach the Back Pad ASSY (#34) and the Head Pad ASSY (#35) to the Level Main Frame ASSY (#2) using:
four M10*65 SHCS (#46) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#57)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust Instructions

The use of Selector Pin W/Coil

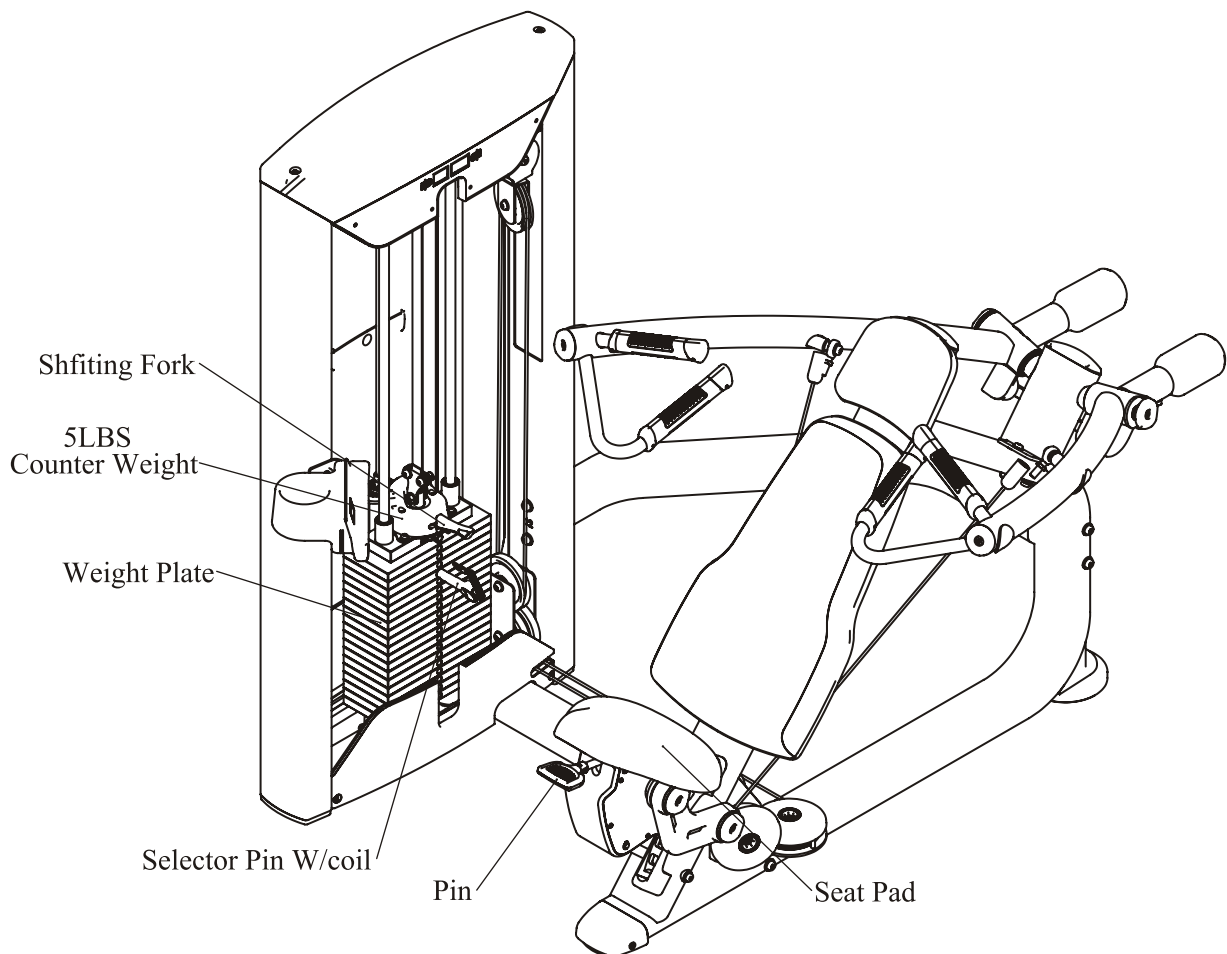
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.

The 5LBS Counter Weight adjustment

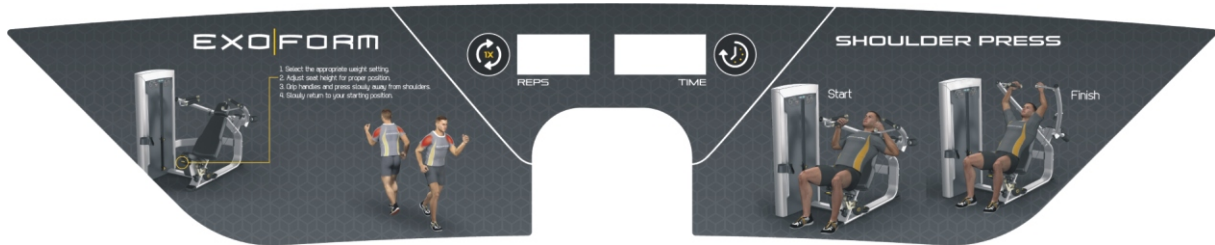
1. Toggle the Shifting Fork to the desired position.
2. Make sure the Shifting Fork get into the Fillister completely.

The Seat Pad adjustment

1. Pull out the pin and adjust Seat Pad to the desired position.
2. Make sure the pin get into the hole completely.



Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust seat height for proper position.
3. Grip handles and press slowly away from shoulders.
4. Slowly return to your starting position.



Start



Finish



Console Panel Function



1. CONSOLE PANEL FUNCTION

1.1 TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

1.2 REPS WINDOW

Indicates times of workout cycle (0-999).

2. BUTTONS

2.1 REPS RESET: Reset value of REPS window.

2.2 TIME RESET: Reset value of TIME window

3. SAVE POWER MODE

3.1 Switched on automatically when there is signal input.

3.2 The screen turn off of self after 3 minutes in stop station.

Battery Replacement

Battery replacement

For this computer you need 2 pcs. 1.5V AA batteries. If the display quality gets poor, you should replace the battery. Therefore please open the battery case cover on the back side of your computer and replace the old battery by a fitting new one. Close the case cover properly.



You must check the batteries regularly to prevent leakage from damaging console.

Battery-Disposal

Batteries should not be considered as regular garbage. As consumer you are obliged to return finished batteries. The finished batteries can be returned to a collection base at your residential area or at places, where batteries can be bought.



WE RECOMMEND THE USE OF ALCALI-MANGAN BATTERIES.

You will find these symbols on batteries, which contain harmful substances:

Pb = Battery contains lead

Cd = Battery contains cadmium

Hg = Battery contains mercury



Pb



Cd



Hg

Maintenance Schedule

| ROUTINE | COMMERCIAL MAINTENANCE | HOME MAINTENANCE | LATEST DATE ENTRY | | | | | |
|--|---------------------------|---------------------|-------------------|--|--|--|--|--|
| | | | | | | | | |
| Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins | DAILY | WEEKLY | | | | | | |
| Clean; Upholstery | DAILY | WEEKLY | | | | | | |
| Inspect; Cables or Belts and their tension | DAILY | WEEKLY | | | | | | |
| Inspect; Accessory Bars, and Handles | WEEKLY | 3 MONTHS | | | | | | |
| Inspect; All Decals | WEEKLY | 3 MONTHS | | | | | | |
| Inspect; All Nuts and Bolts, Tighten if needed | WEEKLY | 3 MONTHS | | | | | | |
| Inspect; Anti-Skid Surface | WEEKLY | 3 MONTHS | | | | | | |
| Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube) | MONTHLY | 3 MONTHS | | | | | | |
| Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing | MONTHLY | 3 MONTHS | | | | | | |
| Clean and Wax; All Glossy Finishes | 6 MONTHS | YEARLY | | | | | | |
| Repack with Grease; Linear Bearings | 6 MONTHS | YEARLY | | | | | | |
| Replace; Cables, Belts and Connecting Parts | YEARLY | 3 YEARS | | | | | | |

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

