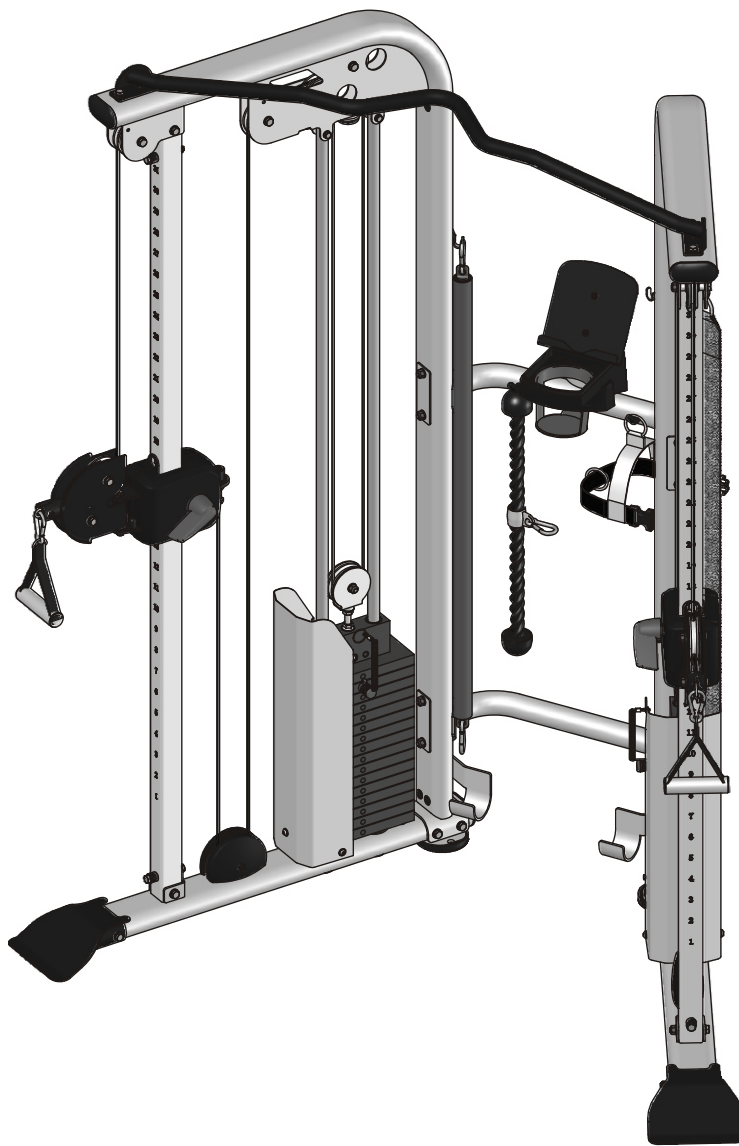


ES9030

DUAL ADJUSTABLE PULLEY

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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Please assemble according to the actual **Shroud** 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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

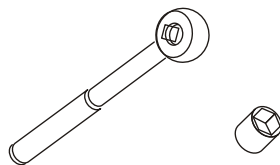
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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.

Instructions

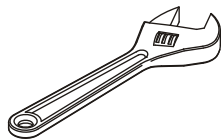
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

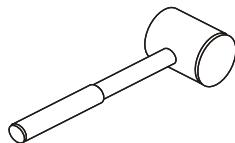
Tools Required



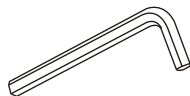
Ratchet Wrench and Socket



Adjustable Wrench



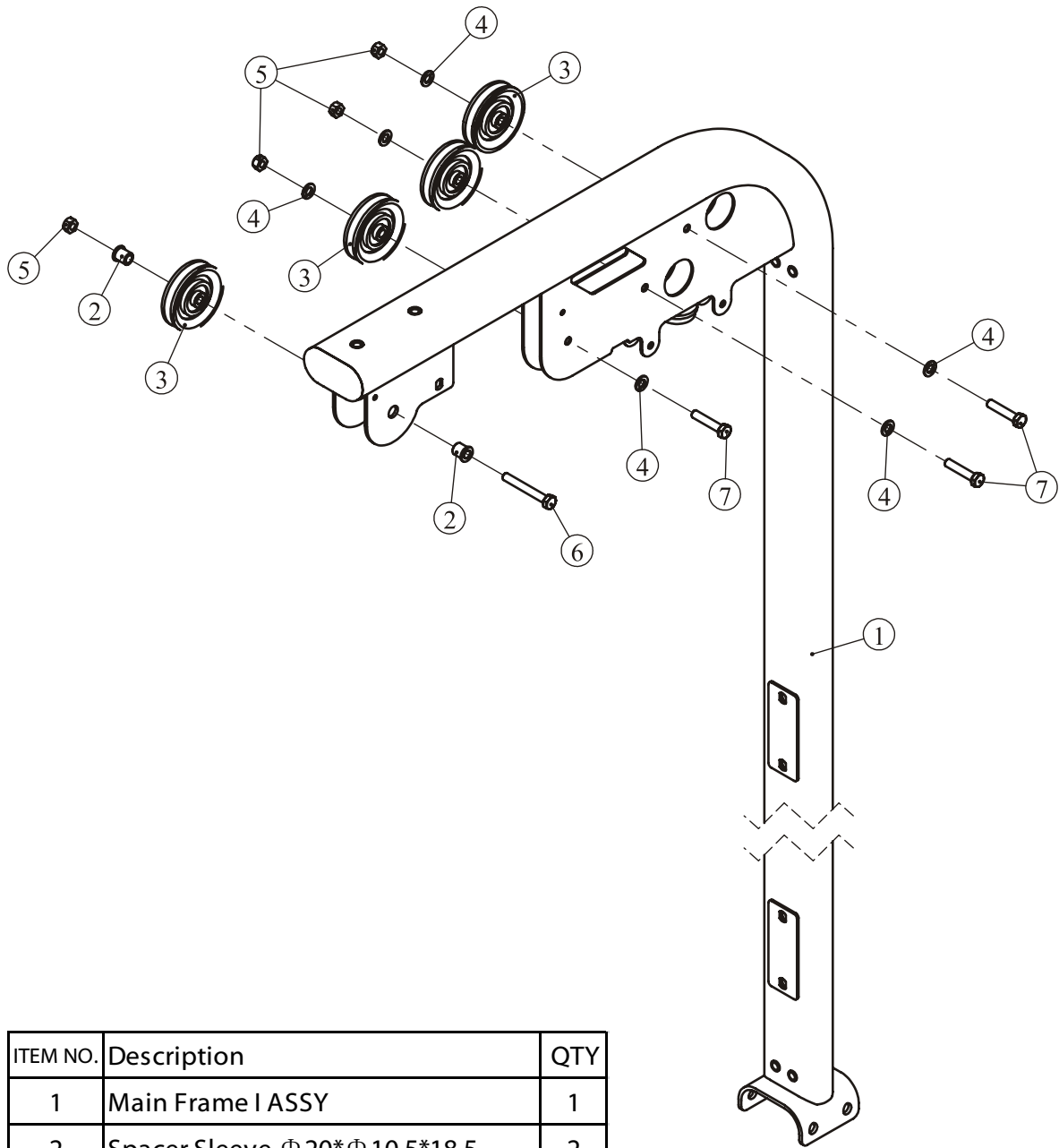
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

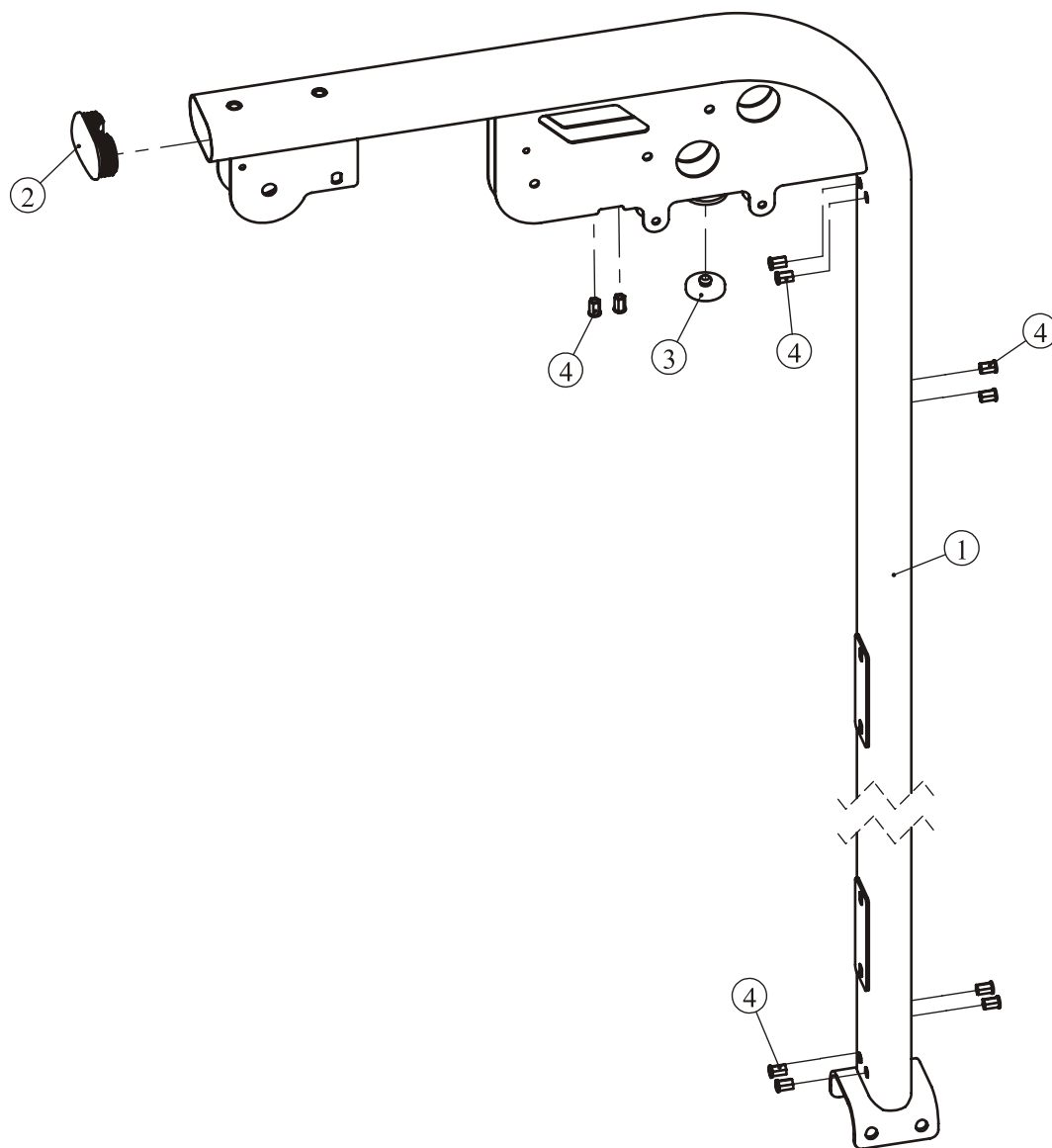
Main Frame II ASSY



ITEM NO.	Description	QTY
1	Main Frame I ASSY	1
2	Spacer Sleeve $\Phi 20 \times \Phi 10.5 \times 18.5$	2
3	3.5" Pulley	4
4	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	6
5	Nylon Lock Nut M10	4
6	Hex Head Bolt M10*75	1
7	Hex Head Bolt M10*50	3

Exploded View and Parts List

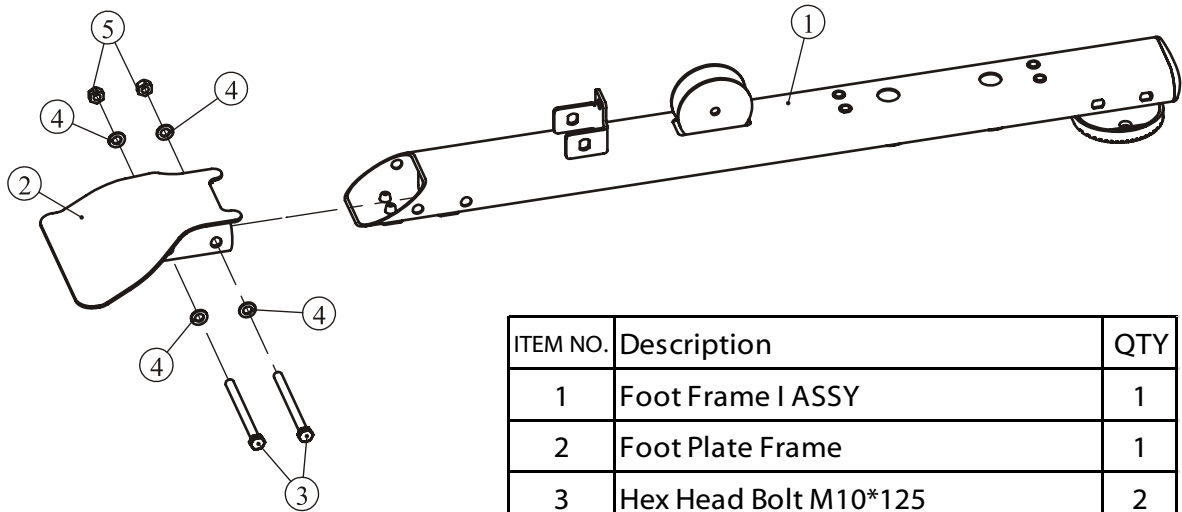
Main Frame I ASSY



ITEM NO.	Description	QTY
1	Main Frame	1
2	Plug	1
3	Rubber Buffer $\Phi 45*16.5$	1
4	Rivet nut M8*16.5	10

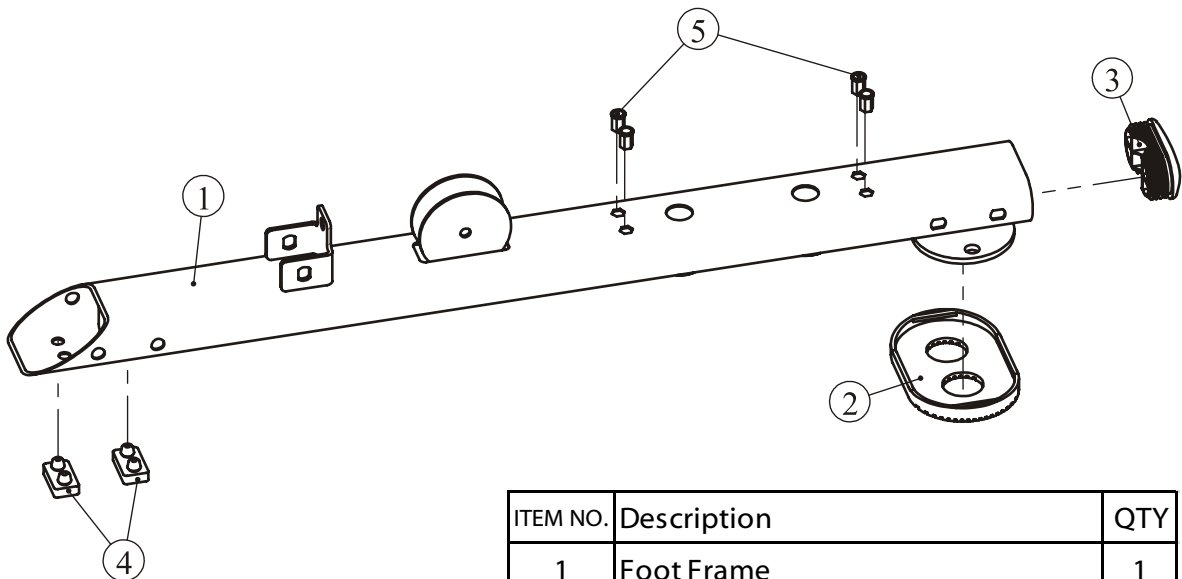
Exploded View and Parts List

Foot Frame II ASSY



ITEM NO.	Description	QTY
1	Foot Frame I ASSY	1
2	Foot Plate Frame	1
3	Hex Head Bolt M10*125	2
4	Flat Washer $\Phi 11*\Phi 20*2$	4
5	Nylon Lock Nut M10	2

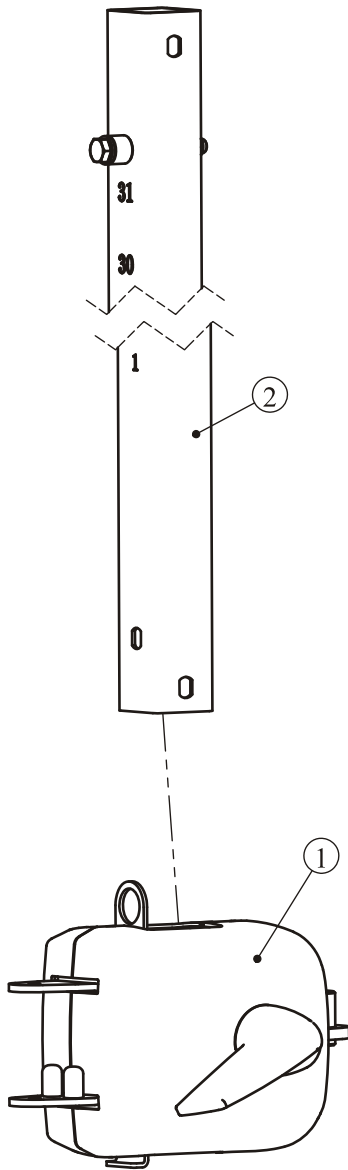
Foot Frame I ASSY



ITEM NO.	Description	QTY
1	Foot Frame	1
2	Foot Cushion	1
3	Plug	1
4	Rubber Buffer 45*25*10	2
5	Rivet nut M8*16.5	4

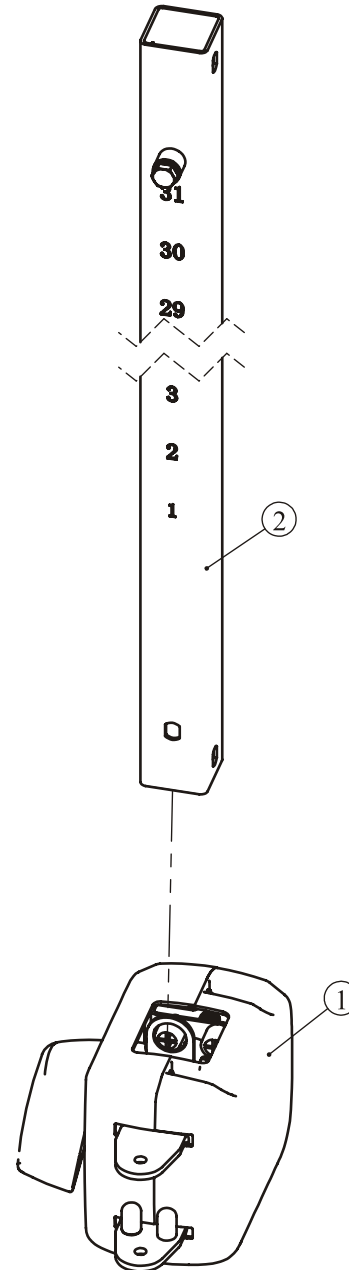
Exploded View and Parts List

Slip Frame ASSY



ITEM NO.	Description	QTY
1	Adjusting Frame ASSY	1
2	Slid Tube ASSY	1

Right Slip Frame ASSY



ITEM NO.	Description	QTY
1	Right Adjusting Frame ASSY	1
2	Slid Tube ASSY	1

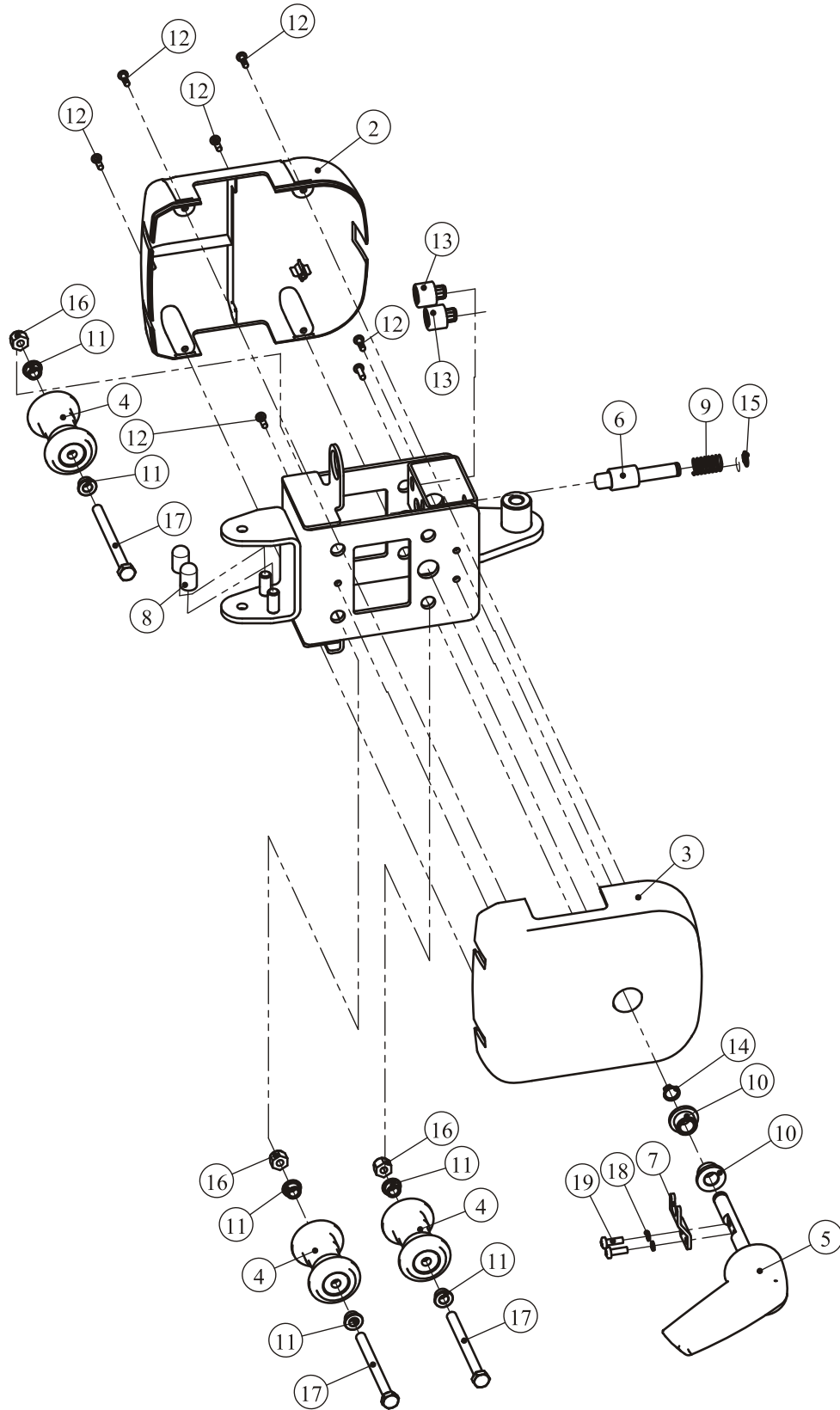
Exploded View and Parts List

Adjusting Frame ASSY

ITEM NO.	Description	QTY
1	Adjusting Frame	1
2	Cover A for Adjusting Frame	1
3	Cover B for Adjusting Frame	1
4	Idler Wheel	3
5	Left Regulating Handle	1
6	Selection of Bolt $\Phi 18.2*73.4$	1
7	Adjusting Plate	1
8	Protecting Jacket	2
9	Spring	1
10	Spacer $\Phi 25*\Phi 12.2*13$	2
11	Spacer $\Phi 16*\Phi 8*8$	6
12	Screw ST4.2*16	7
13	Dottle Pin	2
14	Circlip for shaft $\Phi 12$	1
15	Circlip for shaft $\Phi 11$	1
16	Nylon Lock Nut M8	3
17	Hex Head Bolt M8*95	3
18	Spring Washer $\Phi 5$	2
19	Screw M5*15	2

Exploded View and Parts List

Adjusting Frame ASSY



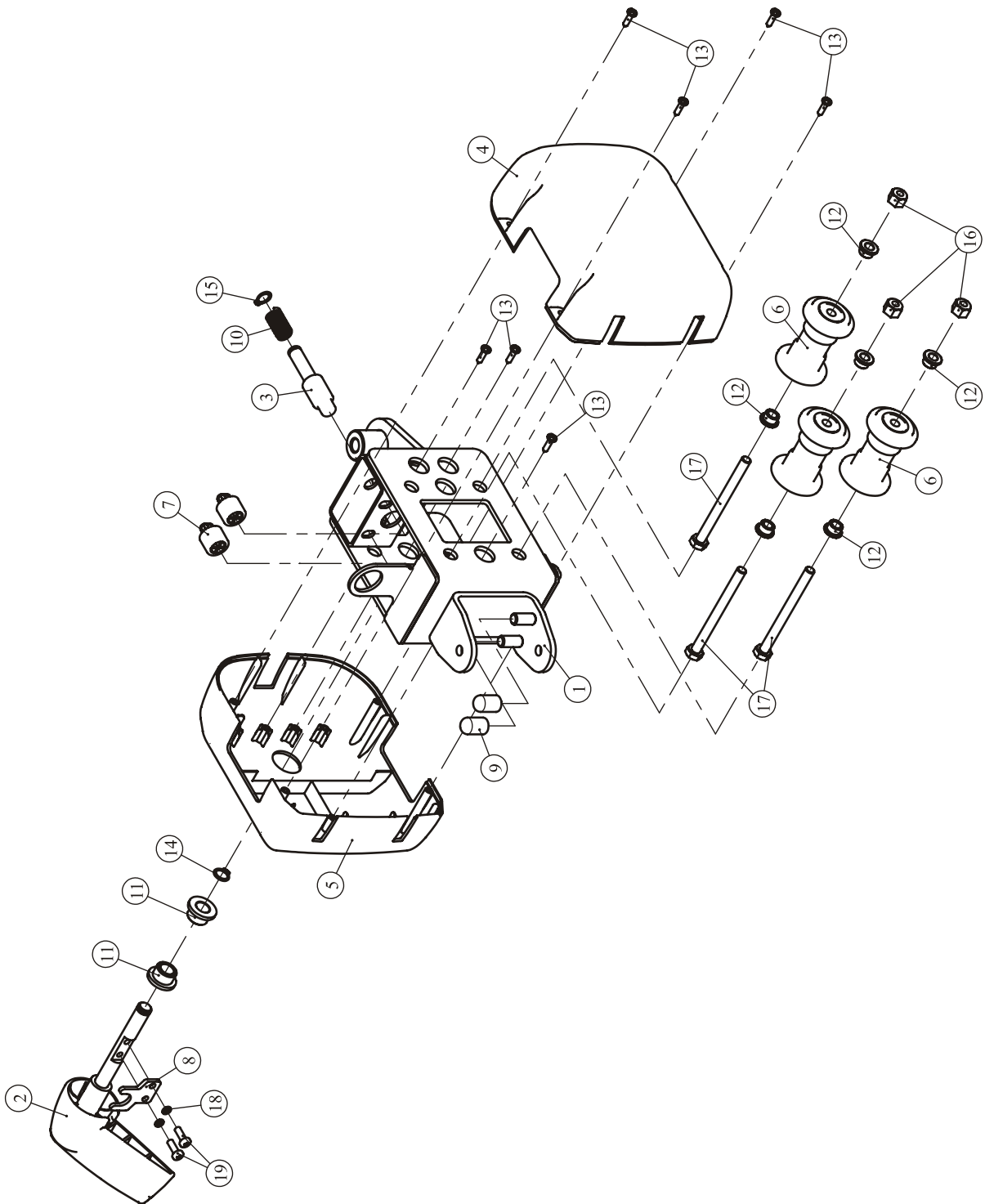
Exploded View and Parts List

Right Adjusting Frame ASSY

ITEM NO.	Description	QTY
1	Right Adjusting Frame	1
2	Right Regulating Handle	1
3	Selection of Bolt Φ 18.2*73.4	1
4	Cover A for Adjusting Frame	1
5	Cover B for Adjusting Frame	1
6	Idler Wheel	3
7	Dottle Pin	2
8	Adjusting Plate	1
9	Protecting Jacket	2
10	Spring	1
11	Spacer Φ 25* Φ 12.2*13	2
12	Spacer Φ 16* Φ 8*8	6
13	Screw ST4.2*16	7
14	Circlip for shaft Φ 12	1
15	Circlip for shaft Φ 11	1
16	Nylon Lock Nut M8	3
17	Hex Head Bolt M8*95	3
18	Spring Washer Φ 5	2
19	Screw M5*15	2

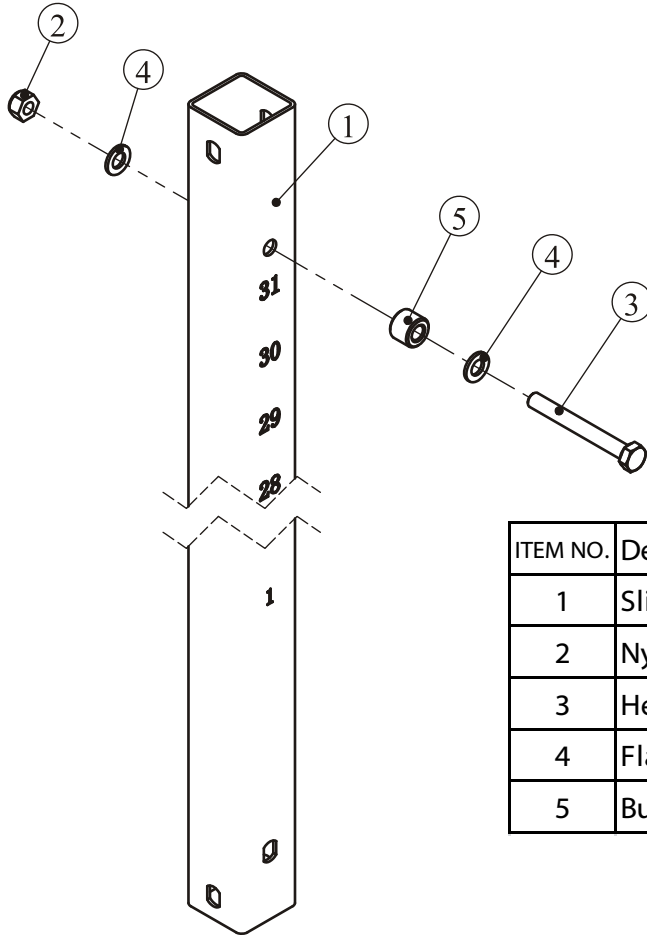
Exploded View and Parts List

Right Adjusting Frame ASSY



Exploded View and Parts List

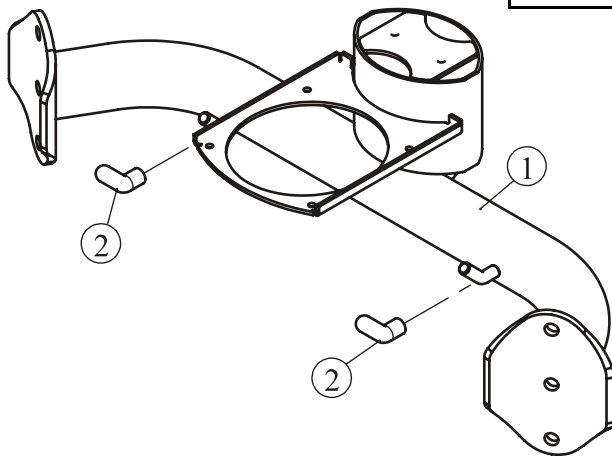
Slid Tube ASSY



ITEM NO.	Description	QTY
1	Slid Tube	1
2	Nylon Lock Nut M10	1
3	Hex Head Bolt M10*85	1
4	Flat Washer $\Phi 11*\Phi 20*2$	2
5	Bumper $\Phi 20*\Phi 10*16$	1

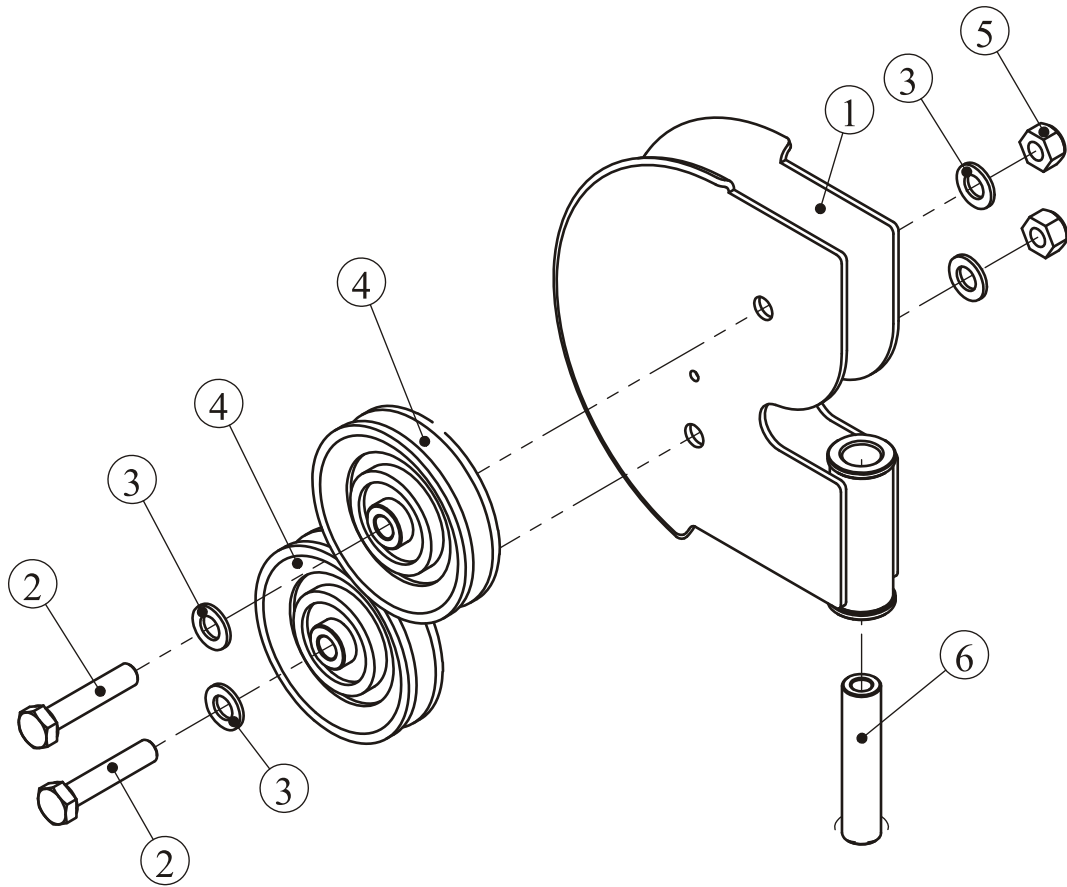
Support ASSY

ITEM NO.	Description	QTY
1	Support	1
2	Long Protecting Jacket	2



Exploded View and Parts List

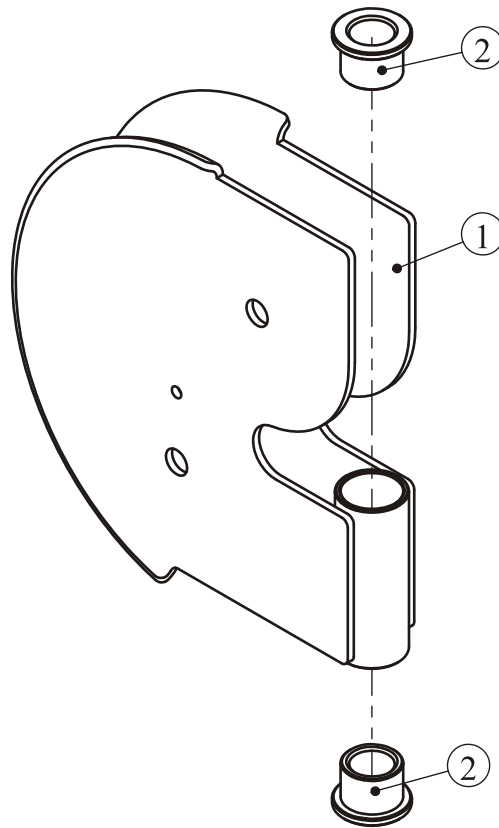
Double Pulley Bracket II ASSY



ITEM NO.	Description	QTY
1	Double Pulley Bracket I ASSY	1
2	Hex Head Bolt M10*50	2
3	Flat Washer $\Phi 11*\Phi 20*2$	4
4	3.5" Pulley	2
5	Nylon Lock Nut M10	2
6	Shaft for Pulley Bracket	1

Exploded View and Parts List

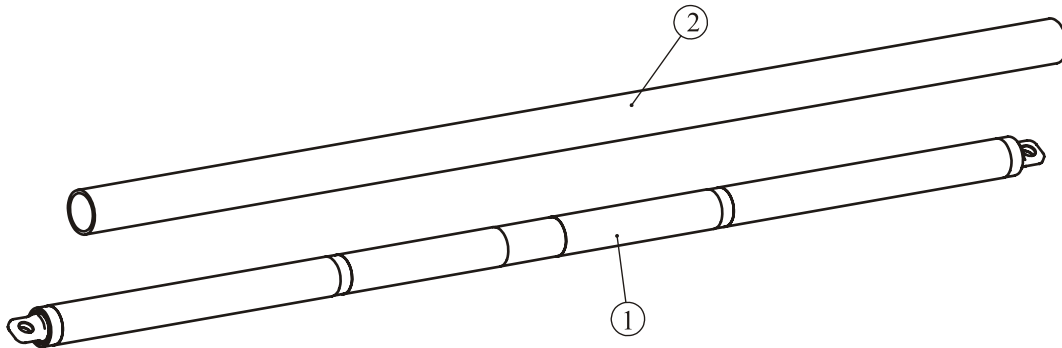
Double Pulley Bracket I ASSY



ITEM NO.	Description	QTY
1	Double Pulley Bracket	1
2	Spacer $\Phi 28*\Phi 22*\Phi 16*18$	2

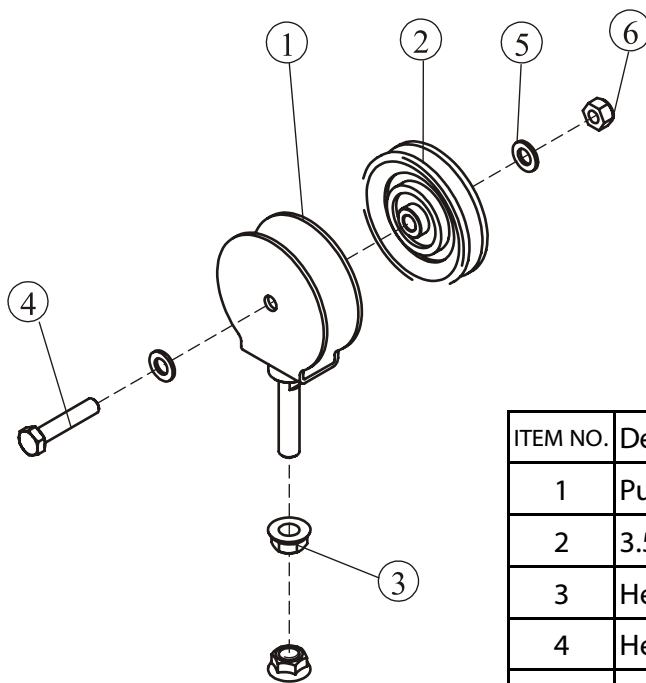
Exploded View and Parts List

Long Bar ASSY



ITEM NO.	Description	QTY
1	Long Bar	1
2	Long Grip	1

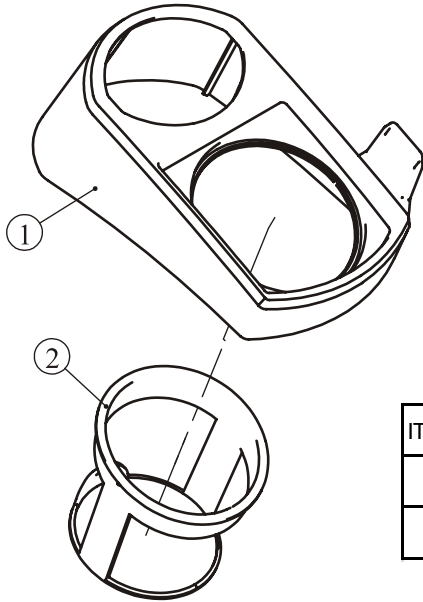
Pulley Bracket W-Shaft ASSY



ITEM NO.	Description	QTY
1	Pulley Bracket W/Shaft	1
2	3.5" Pulley	1
3	Hexagonal Lock Nut 1/2"-13	2
4	Hex Head Bolt M10*50	1
5	Flat Washer Φ 11* Φ 20*2	2
6	Nylon lock Nut M10	1

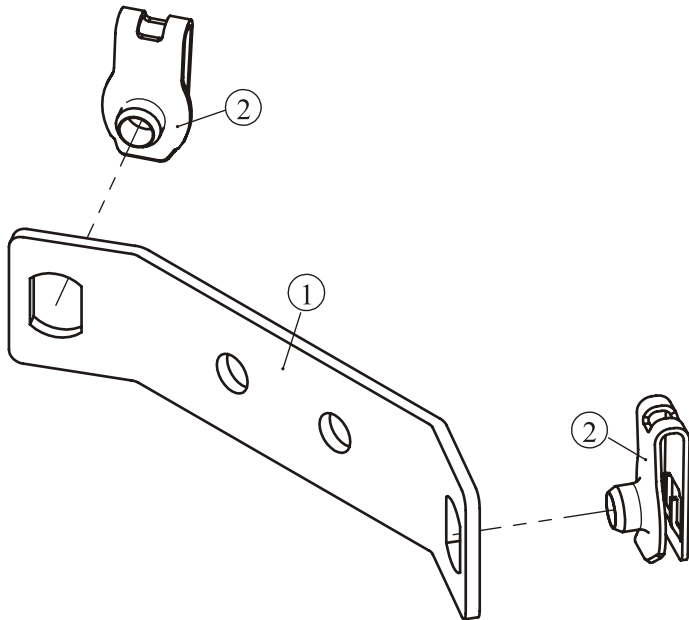
Exploded View and Parts List

Cup Holder ASSY



ITEM NO.	Description	QTY
1	Plastic Frame	1
2	Cup Holder	1

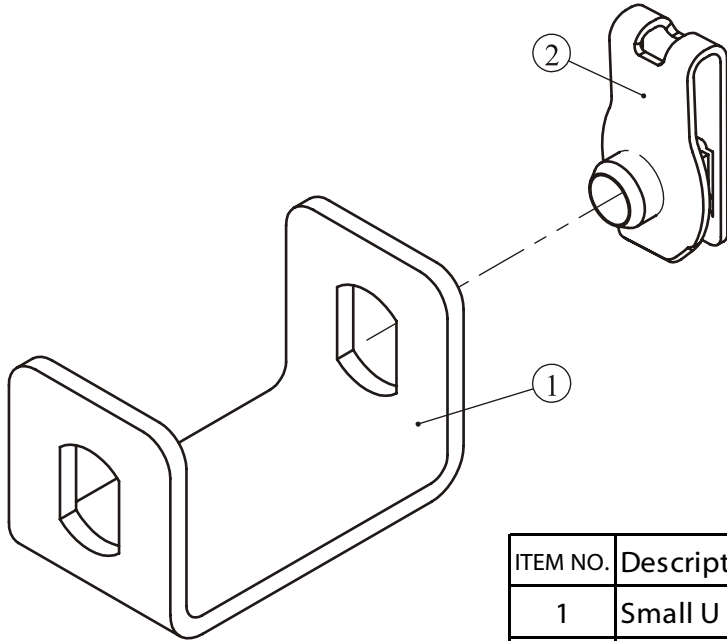
U Plate ASSY



ITEM NO.	Description	QTY
1	U Plate	1
2	Speed Nut M8	2

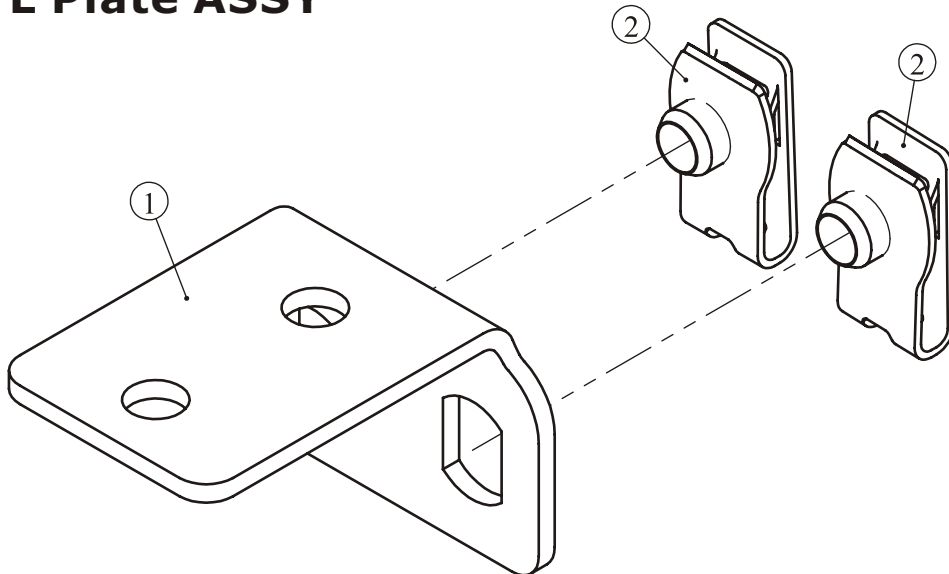
Exploded View and Parts List

Small U Plate ASSY



ITEM NO.	Description	QTY
1	Small U Plate	1
2	Speed Nut M8	1

L Plate ASSY



ITEM NO.	Description	QTY
1	L Plate	1
2	Speed Nut M8	2

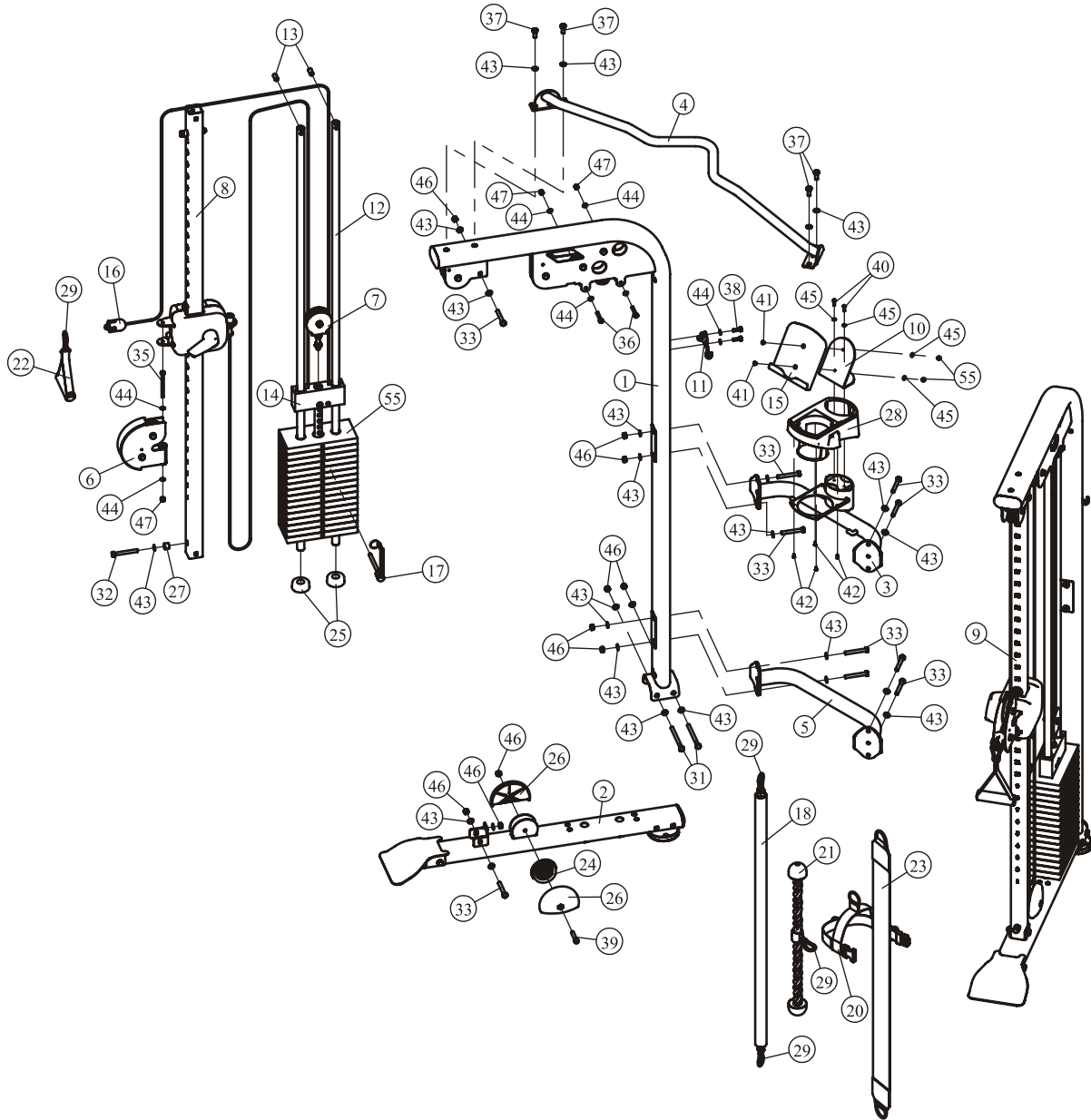
Exploded View and Parts List

Overall

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame II ASSY	2	27	Bumper $\Phi 20^* \Phi 10^*16$	2
2	Foot Frame II ASSY	2	28	Cup Holder ASSY	1
3	Support ASSY	1	29	Gear Hook	5
4	Handle Frame	1	31	Hex Head Bolt M10*130	4
5	Connecting Frame	1	32	Hex Head Bolt M10*85	2
6	Double Pulley Bracket II ASSY	2	33	Hex Head Bolt M10*75	12
7	Pulley Bracket W/Shaft ASSY	2	35	Hex Head Bolt M8*100	2
8	Slip Frame ASSY	1	36	Hex Head Bolt M8*50	4
9	Right Slip Frame ASSY	1	37	Hex Head Bolt M10*25	4
10	Big L Plate	1	38	Hex Head Bolt M8*25	4
11	Hook Plate	2	39	Socket Head Cap Screw M10*50	2
12	Guide Rod $\Phi 25^*1805$	4	40	Button Head Cap Screw M6*20	2
13	Spacer Sleeve $\Phi 13^* \Phi 8.8^*27.2$	4	41	Flat Head Cap Screw M6*15	2
14	Top Plate	2	42	Self-Tapping Screw ST4.2*13	4
15	Plastic Plate	1	43	Flat Washer $\Phi 11^* \Phi 20^*2$	40
16	Cable	2	44	Flat Washer $\Phi 9^* \Phi 16^*1.6$	16
17	Selector Pin W/Coil	2	45	Flat Washer $\Phi 6.6^* \Phi 12^*1.6$	4
18	Long Bar ASSY	1	46	Nylon lock Nut M10	20
20	Leg Extension/Curl Strap	1	47	Nylon lock Nut M8	6
21	Tricep Rope	1	48	Hex Key S=8	1
22	Lat Strap	2	49	Hex Key S=4	1
23	Retractable Strap	1	50	Hex Key S=3/32"	1
24	3.5" Pulley	2	51	Wrench $\Phi 6^*117$	1
25	Foot Cover	4	52	Lube	1
26	Cover For 3.5" Pulley	4	55	Nylon lock Nut M6	2

Exploded View and Parts List

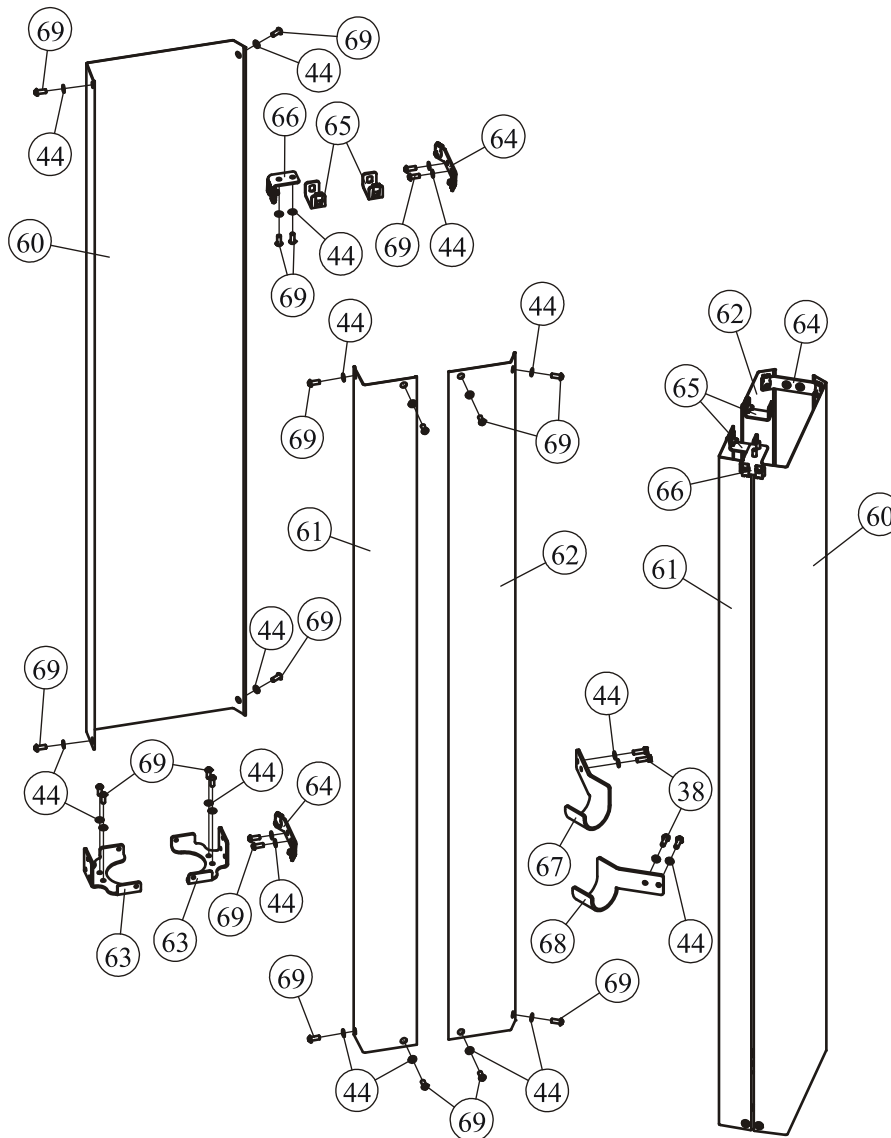
Overall



Exploded View and Parts List

Overall

Here is the assembly instruction for **Long Shroud** !

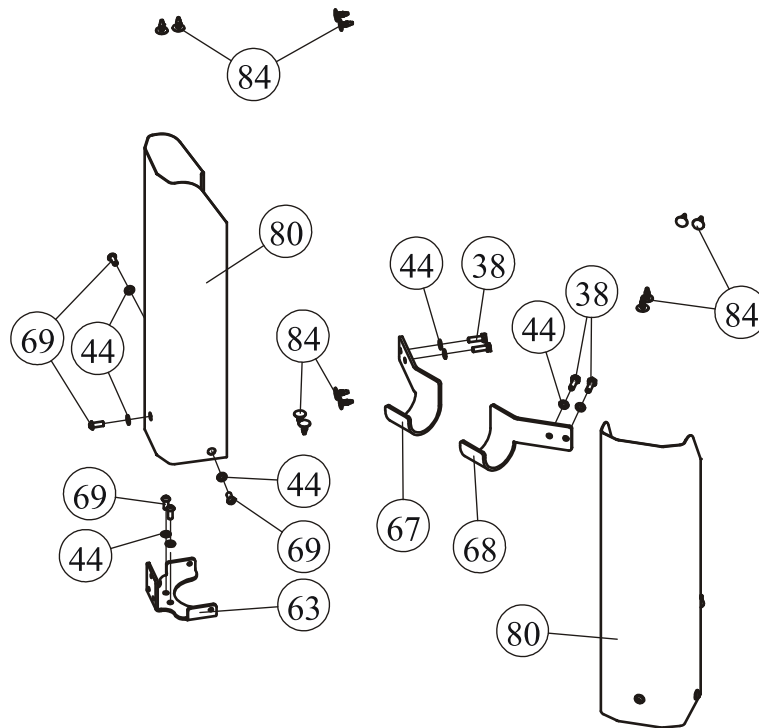


ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
60	Rear Shroud	2	67	Left Support Plate	1
61	Front Shroud A	2	68	Right Support Plate	1
62	Front Shroud B	2	69	Button Head Cap Screw M8*20	44
63	Fixed Plate	4	70	Hex Key S=5	1
64	U Plate ASSY	4	38	Hex Head Bolt M8*25	4
65	Small U Plate ASSY	4	44	Flat Washer $\Phi 9*\Phi 16*1.6$	48
66	L Plate ASSY	2			

Exploded View and Parts List

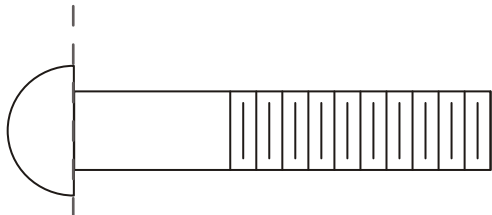
Overall

Here is the assembly instruction for **Short Shroud** !

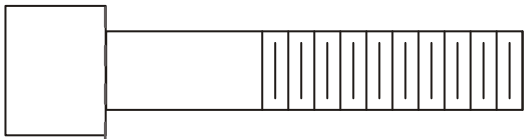


ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
80	Low Shroud	2	70	Hex Key S=5	1
63	Fixed Plate	2	38	Hex Head Bolt M8*25	4
67	Left Support Plate	1	69	Button Head Cap Screw M8*20	10
68	Right Support Plate	1	44	Flat Washer $\Phi 9*\Phi 16*1.6$	14
84	Plastic Cover	16			

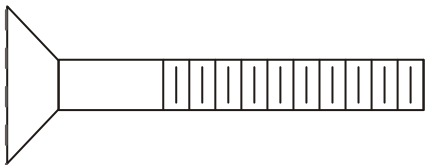
Measurement Guide



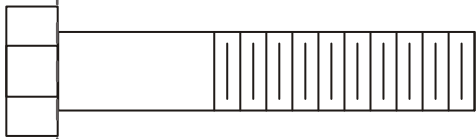
BHCS = Button Head Cap Screw



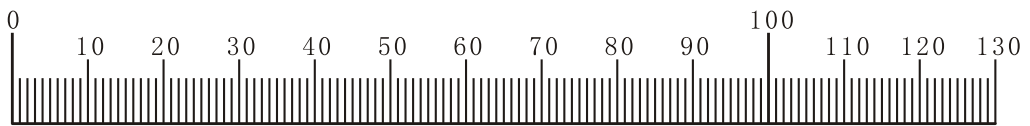
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

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

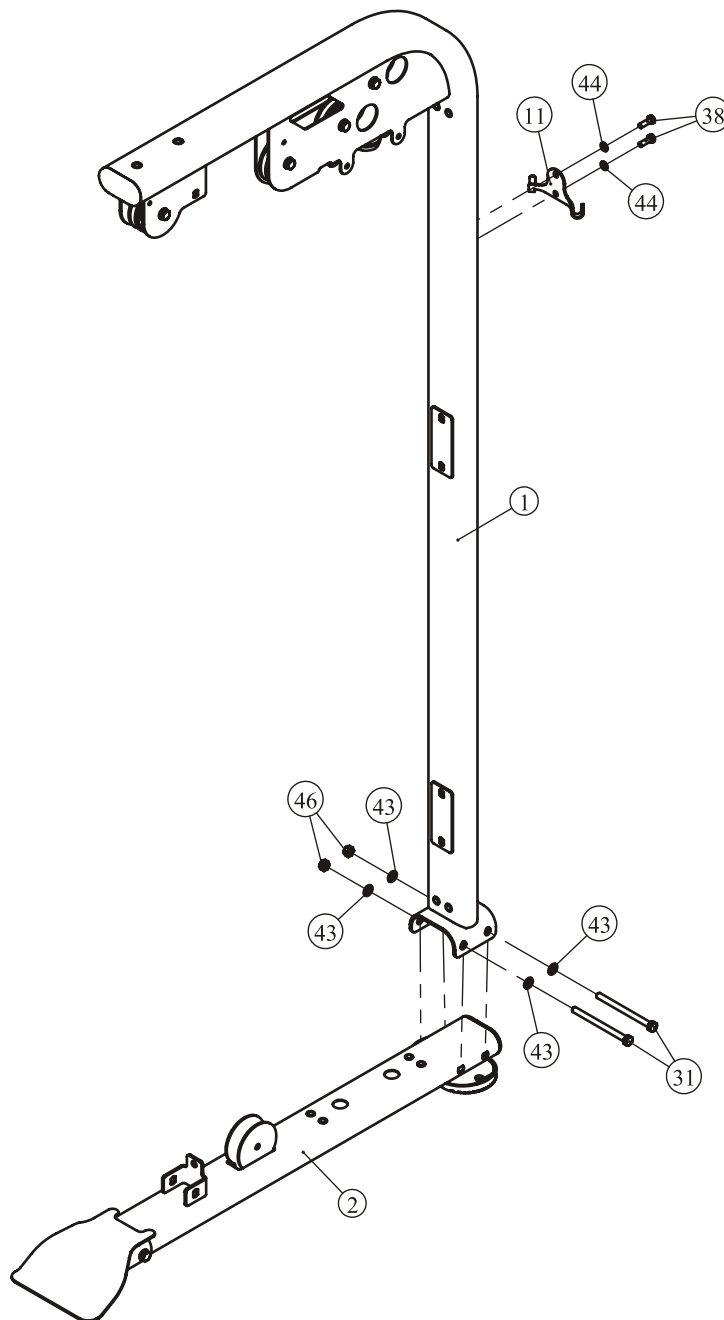
1. Attach two Foot Frame II ASSY (#2) to two Main Frame II ASSY (#1) using:

- four M10*130 HHB (#31)
- eight $\Phi 11*\Phi 20*2$ Flat Washers (#43)
- four M10 Nylon Lock Nuts (#46)

2. Attach two Hook Plate (#11) to two Main Frame II ASSY (#1) using:

- four M8*25 HHB (#38)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#43)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



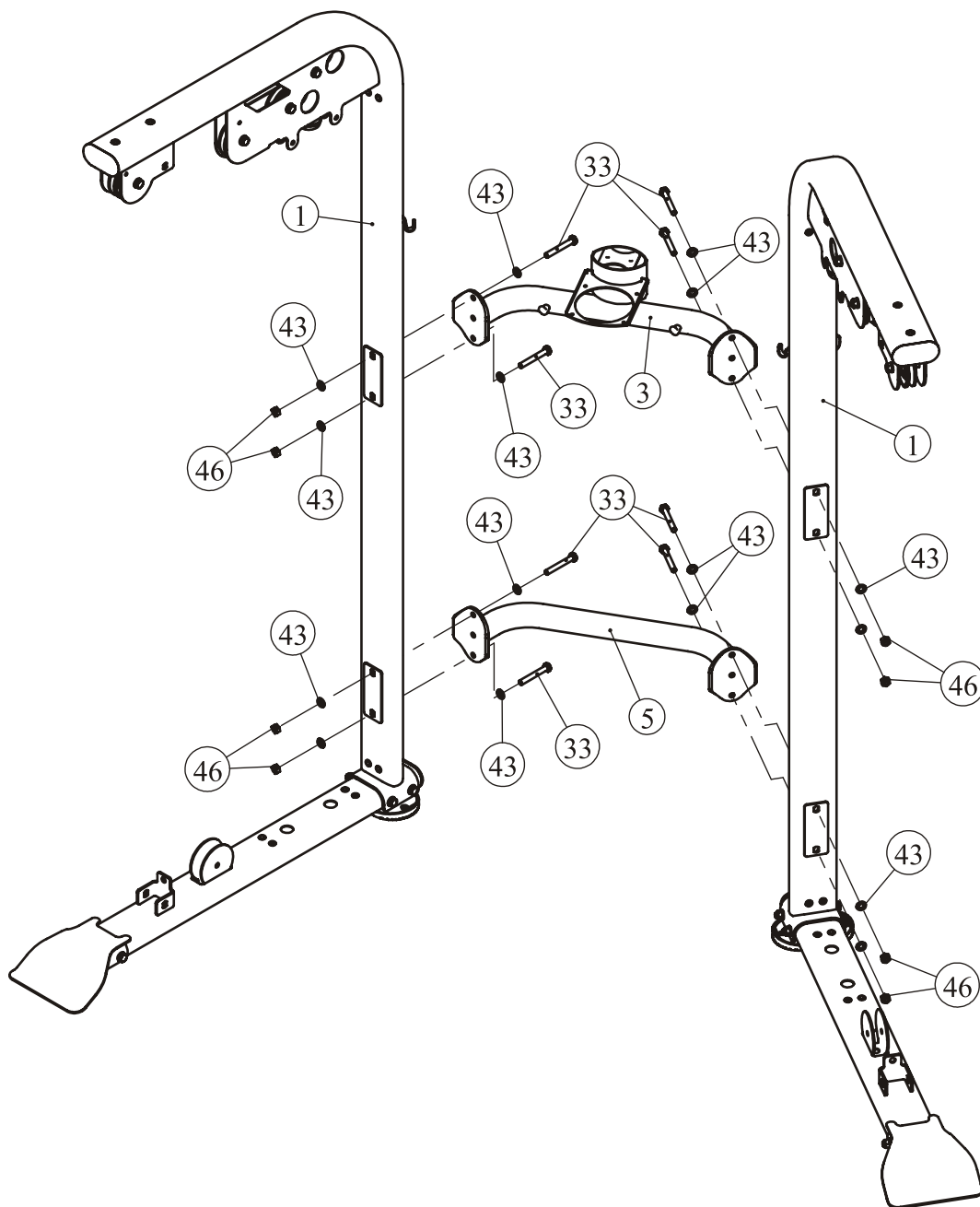
Assembly

STEP 2

Attach the Support ASSY (#3) and the Connecting Frame (#5) to two Main Frame II ASSY (#1) using:

- eight M10*75 HHB (#33)
- sixteen $\Phi 11*\Phi 20*2$ Flat Washers (#20)
- eight M10 Nylon Lock Nuts (#22)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 3

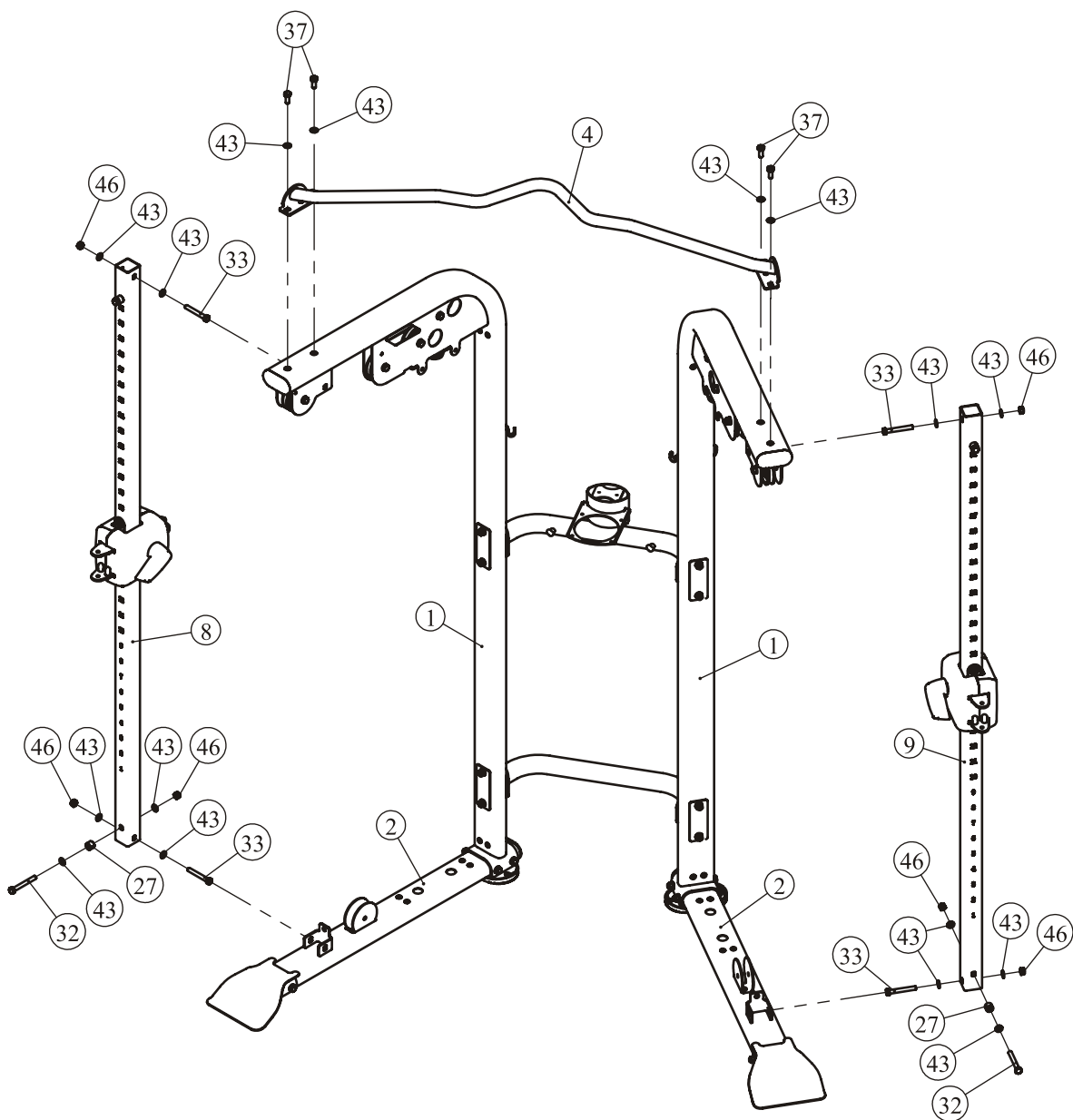
1. Attach the Slip Frame ASSY (#8) and the Right Slip Frame ASSY (#9) to the Main Frame II ASSY (#1) and the Foot Frame II ASSY (#2) using:

- four M10*75 HHB (#33)
- two M10*85 HHB (#32)
- twelve $\Phi 11*\Phi 20*2$ Flat Washers (#43)
- six M10 Nylon Lock Nuts (#46)
- two $\Phi 20*\Phi 10*16$ Bumper (#27)

2. Attach the Handle Frame (#4) to two Main Frame II ASSY (#1) using:

- four M10*25 HHB (#37)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#43)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 4

1. Attach two Double Pulley Bracket II ASSY (#6) to the Slip Frame ASSY (#8) and the Right Slip Frame ASSY (#9) using:

- two M8*100 HHB (#35)
- two M8 Nylon Lock Nuts (#47)
- twelve $\Phi 9*\Phi 16*1.6$ Flat Washers (#44)

2. Attach the Cup Holder (#28) to the Support ASSY (#3) using:

- four ST4.2*13 Self-Tapping Screw (#42)

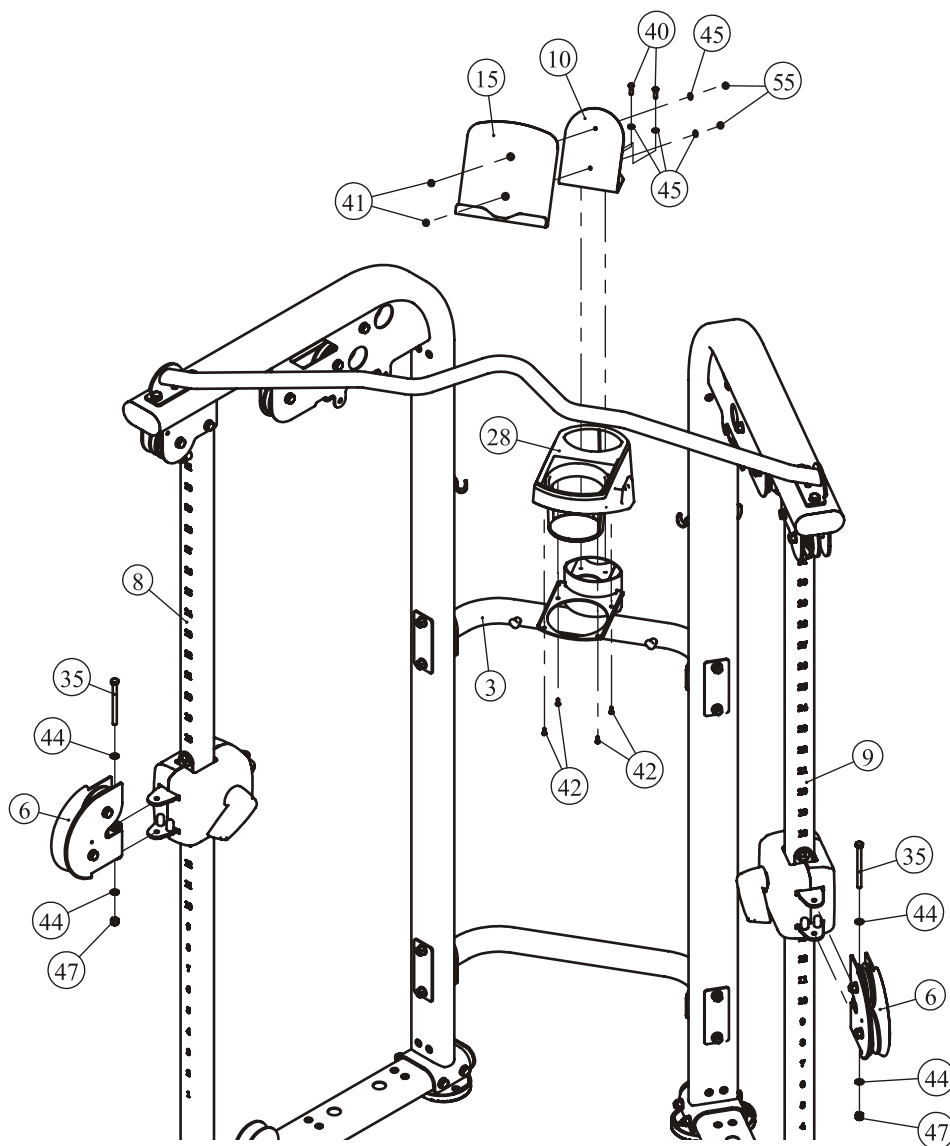
3. Attach the Big L Plate (#10) to the Support ASSY (#3) using:

- two M6*20 BHCS (#40)
- two $\Phi 6.6*\Phi 12*1.6$ Flat Washer (#45)

4. Attach the Plastic Plate (#15) to the Big L Plate (#10) using:

- two M6*15 FHCS (#41)
- two $\Phi 6.6*\Phi 12*1.6$ Flat Washer (#45)
- two M6 Nylon Lock Nut (#55)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 5

1. Attach:

- four $\Phi 25 \times 1805$ Guide Rod (#12)
- two Foot Cover (#25)
- thirty-two Weight Plate 10LBS (#55)
- two Top Plate (#14)

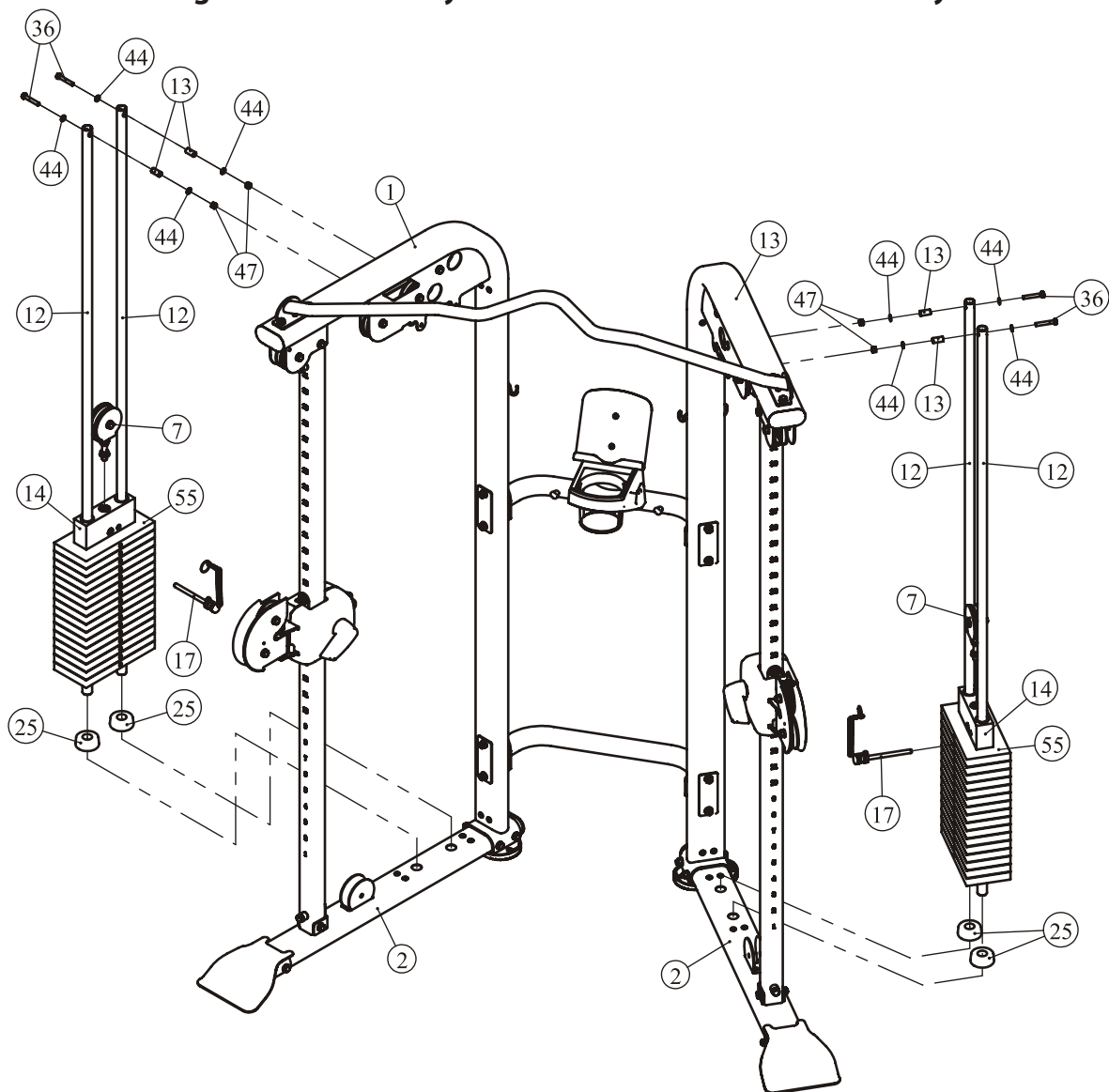
to two Main Frame II ASSY (#1) and two Foot Frame II ASSY (#2) using:

- four $\Phi 13 \times \Phi 8.8 \times 27.2$ Spacer Sleeve (#13)
- four M8*50 HHB (#36)
- eight $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#44)
- four M8 Nylon Lock Nuts (#47)

2. Attach two Pulley Frame ASSY (#7) to two Top Plate (#14).

3. Attach two Selector Pin W/Coil (#17) to the Weight Plate 10LBS (#55).

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

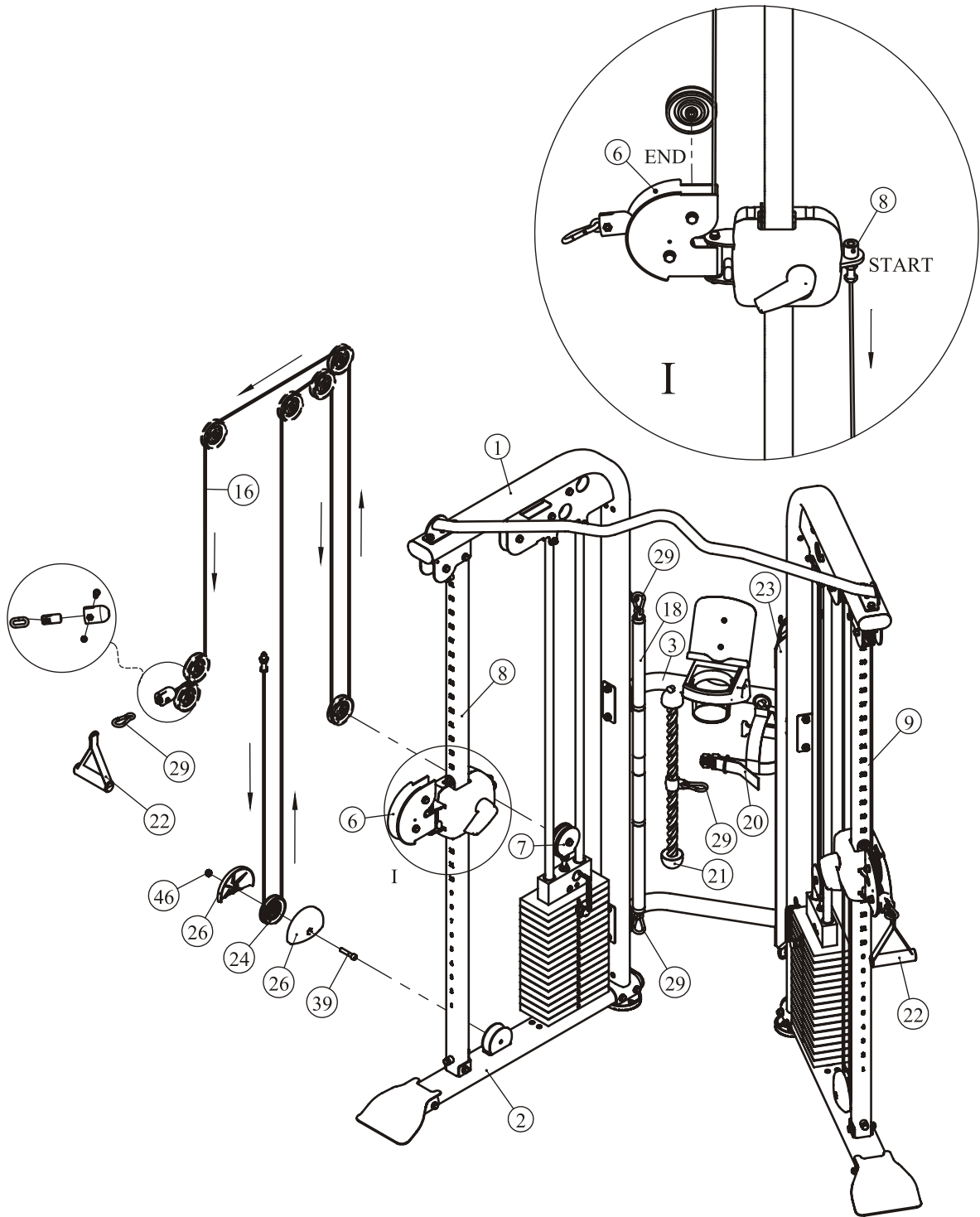
STEP 6

1. According to the picture and disconnect the Cable (#16).
2. According to the picture and attach the Cable (#16) to the Slip Frame ASSY (#8).
(or the Right Slip Frame ASSY (#9))
3. In accordance with the arrow and take the Cable (#16) pass through the Foot Frame II ASSY (#2), Main Frame II ASSY (#1), the Pulley Frame ASSY (#7) and the Double Pulley Bracket II ASSY (#6) using:
 - one M10*50 SHCS (#39)
 - one M10 Nylon Lock Nuts (#47)
 - one 3.5" Pulley (#24)
 - two Cover For 3.5" Pulley (#26)
4. According to the picture and assembling the Cable (#16).
5. Attach the Lat Strap (#22) to the Cable (#16) using:
 - one Gear Hook (#29)
6. On the other side of the same step.
7. Attach the Leg Extension / Curl Strap (#20) and the Tricep Rope (#21) to the Support ASSY (#3) using:
 - one Gear Hook (#29)
8. Attach the Long Bar ASSY (#18) and the Retractable Strap (#23) to the Main Frame II ASSY (#1) using:
 - two Gear Hook (#29)

Note: Wrench Tighten all Bolts and Nylon Lock Nuts.

Assembly

STEP 6



Assembly

STEP 7

Here is the assembly instruction for **Long Shroud !**

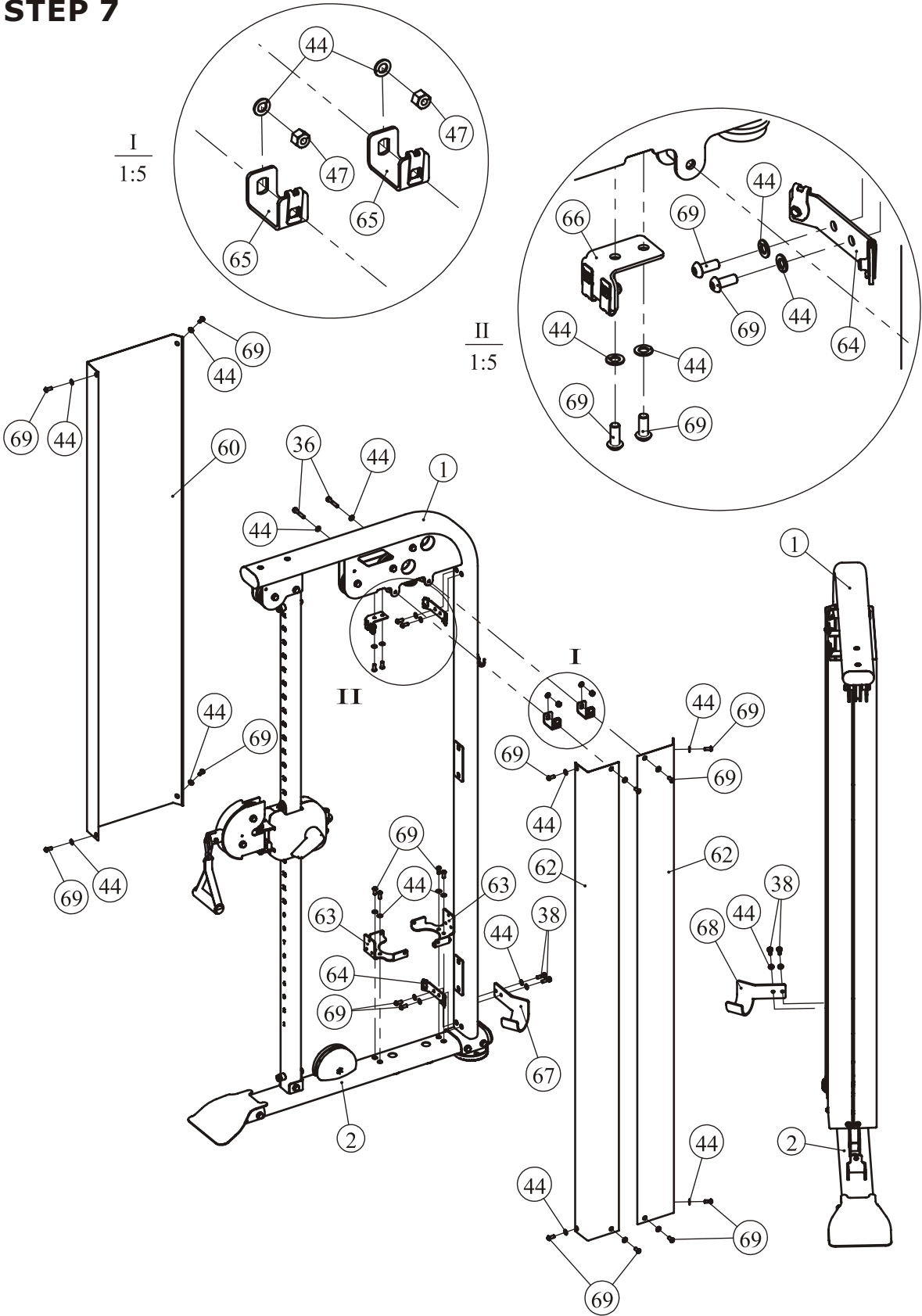
(In order to facilitate the display, some components have to hide.)

1. Remove two M8*50 HHB (#36), four $\Phi 9*\Phi 16*1.6$ Flat Washer (#44) and two M8 Nylon lock Nut (#47) from the Main Frame II ASSY(#1) strip. And they put the Small U Plate ASSY (#65) on the Main Frame II ASSY (#1).
2. Attach two Fixed Plate (#63) to the Foot Frame II ASSY (#2) using:
 - four M8*20 BHCS (#69)
 - four $\Phi 9*\Phi 16*1.6$ Flat Washer (#44)
3. Attach two U Plate ASSY (#64) and one L Plate ASSY (#66) to the Main Frame II ASSY (#1) using:
 - six M8*20 BHCS (#69)
 - six $\Phi 9*\Phi 16*1.6$ Flat Washer (#44)
4. Attach one Rear Shroud (#60), one Front Shroud A (#61) and one Front Shroud B (#62) to the Main Frame II ASSY (#1) and the Foot Frame II ASSY (#2) through two Fixed Plate (#63), two U Plate ASSY (#64), two Small U Plate ASSY (#65) and one L Plate ASSY (#66) using:
 - twelve M8*20 BHCS (#69)
 - twelve $\Phi 9*\Phi 16*1.6$ Flat Washer (#44)
5. On the other side of the same step.
6. According to the picture and attach the Left Support Plate (#67) and the Right Support Plate (#68) to two Main Frame II ASSY (#1) using:
 - four M8*25 HHB (#38)
 - four $\Phi 9*\Phi 16*1.6$ Flat Washer

Note: Wrench Tighten all Bolts and Nylon Lock Nuts.

Assembly

STEP 7



Assembly

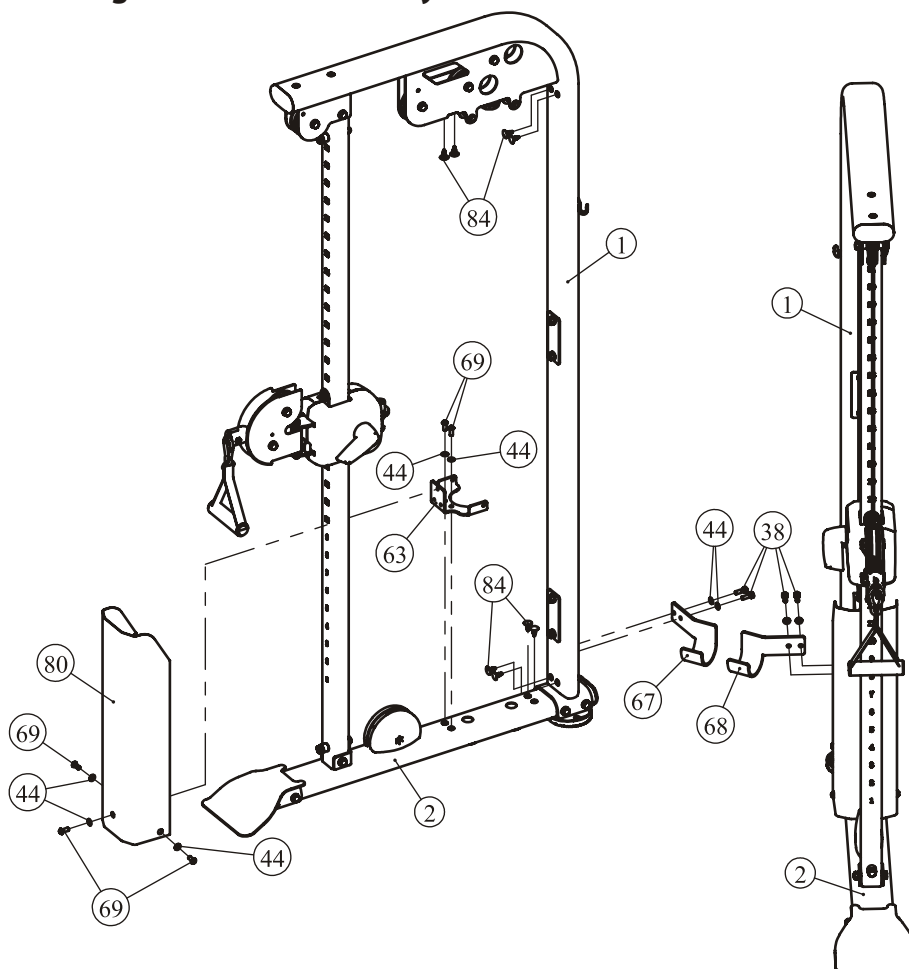
STEP 7

Here is the assembly instruction for **Short Shroud** !

(In order to facilitate the display, some components have to hide.)

1. Attach eight Plastic Cover (#84) to the Main Frame II ASSY (#1) and the Foot Frame II ASSY (#2).
2. Attach one Fixed Plate (#63) to the Foot Frame II ASSY (#2) using:
 - two M8*20 BHCS (#69)
 - two $\Phi 9*\Phi 16*1.6$ Flat Washer
3. Attach one Low Shroud (#80) to the Foot Frame II ASSY (#2) through the Fixed Plate (#63) using:
 - three M8*20 BHCS (#69)
 - three $\Phi 9*\Phi 16*1.6$ Flat Washer
4. On the other side of the same step.
5. According to the picture and attach the Left Support Plate (#67) and the Right Support Plate (#68) to two Main Frame II ASSY (#1) using:
 - four M8*25 HHB (#38)
 - four $\Phi 9*\Phi 16*1.6$ Flat Washer

Note: Wrench Tighten all Bolts and Nylon Lock Nuts.



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.

Specifications

Class: S

Maximum Wt. Capacity: 2*77Kg/ 2*170lbs.

Maximum User Weight: 135Kg/ 300lbs.

