

SL7043

MULTI AB BENCH

OWNER'S MANUAL

19X

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

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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.

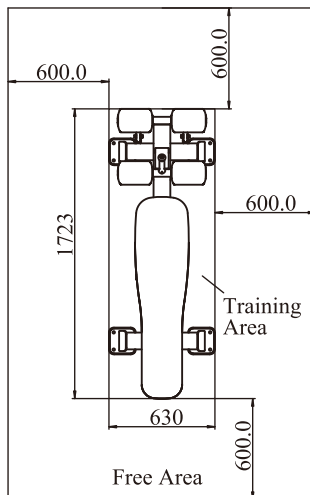
Important Safety Instructions

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 User Weight: 150kg/ 330lbs

Product Dimension: 1723*630*912mm

Product Total Surface: 1723*630mm

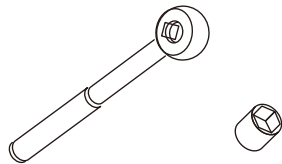
Product Total Mass:

Instructions

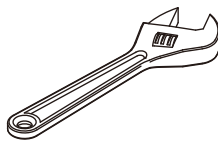
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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



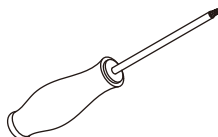
Adjustable Wrench



Rubber Mallet



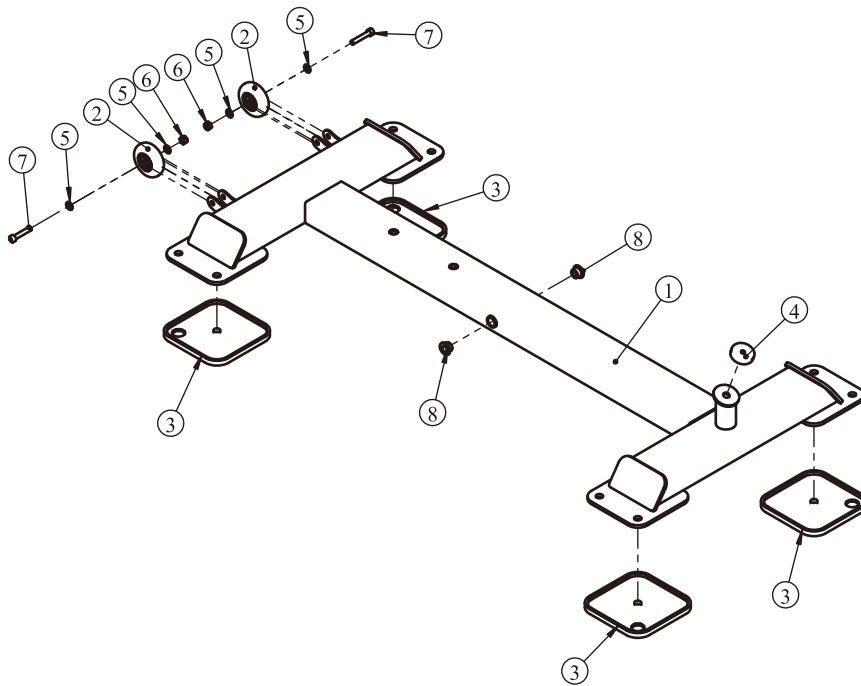
Hex Key Wrench Set



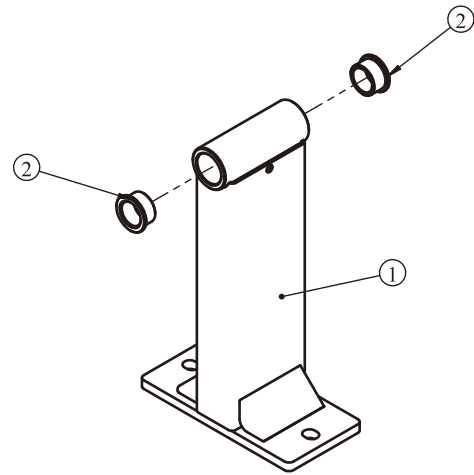
Phillips Screwdriver

Exploded View and Parts List

Main Frame ASSY



Support ASSY

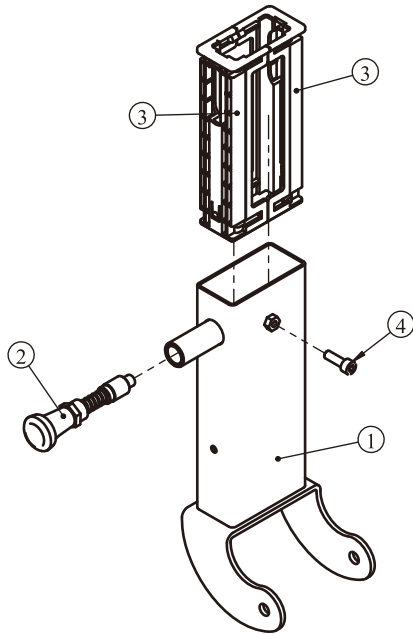


ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70430100	Base Frame	1
2	1.2	DP86703100V1	PU Roller Train	4
3	1.3	CWRVL0051200	Rubber Foot	4
4	1.4	TLP-2002100	Rubber Bumper	1
7	1.7	GB958DHS2	Flat Washer $\Phi 9^* \Phi 16^* 1.6$	4
8	1.8	NM8DHS2	Nylon Lock Nut M8	2
9	1.9	GB70M8*45DHS20	Socket Head Cap Screw M8*45	2
10	1.1	M01402000	Bushing	2

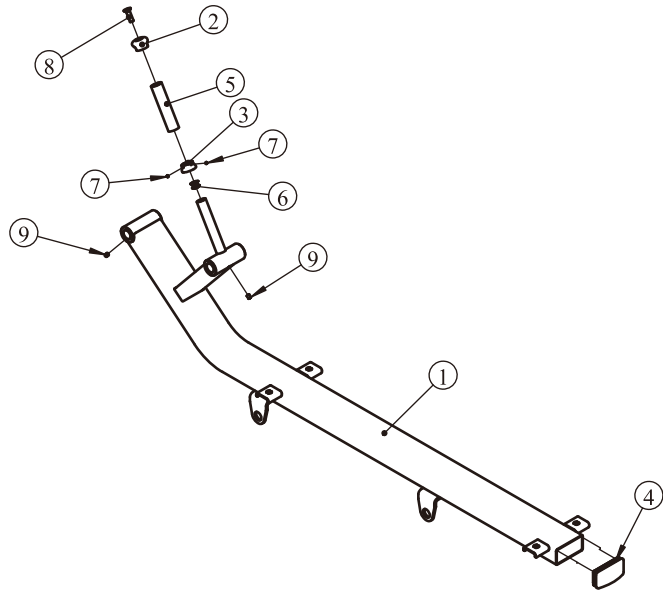
ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	SL70430200	Support Frame	1
2	2.2	M02502000	Bushing	2

Exploded View and Parts List

Adjustable Frame ASSY 1



Pad Frame ASSY



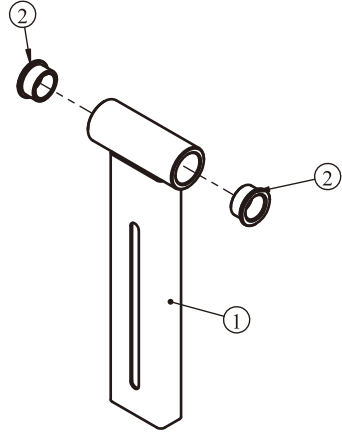
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	SL70430300	Adjustable Frame	1
2	3.2	IT70111100V1	Pin ASSY	1
3	3.3	IF93035000	Inner Wear Sleeve	2
4	3.4	GB70M8*25DHS2	Socket Head Cap Screw M8*25	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	SL70430400	Pad Frame	1
2	4.2	IT90102100	Aluminum Grip Cap $\Phi 43*\Phi 10.5*26$	1
3	4.3	IT90102200	Aluminum Grip Ring $\Phi 40*\Phi 26.8*18$	1
4	4.4	VLP8000	Plug	1
5	4.5	026-01PL0206-12	Grip ST $\Phi 30*\Phi 22*130$	1
6	4.6	IF81165000	Lock Nut $\Phi 25*2.5*21.6*M10$	1
7	4.7	YZGB7710-32*3.2N19	Set Screw 10-32UNF*3.2	2
8	4.8	CNLM10*35*35N19	Flat Head Cap Screw M10*35*35	1
9	4.9	GB77M8*10N19	Set Screw M8*10	2

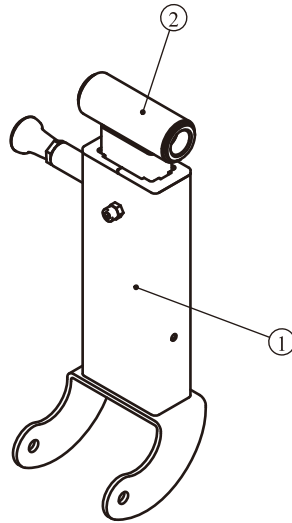
Exploded View and Parts List

Adjustable Frame ASSY 2

FOAM Tube ASSY



Adjustable Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	SL70430500	Adjustable Frame	1
2	5.2	M02502000	Bushing	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70430600	FOAM Tube	1
2	6.2	IF81165000	Lock Nut $\Phi 25 \times 2.5 \times 21.6 \times M10$	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	SL704303ASSY	Adjustable Frame ASSY 1	1
2	7.2	SL704305ASSY	Adjustable Frame ASSY 2	1

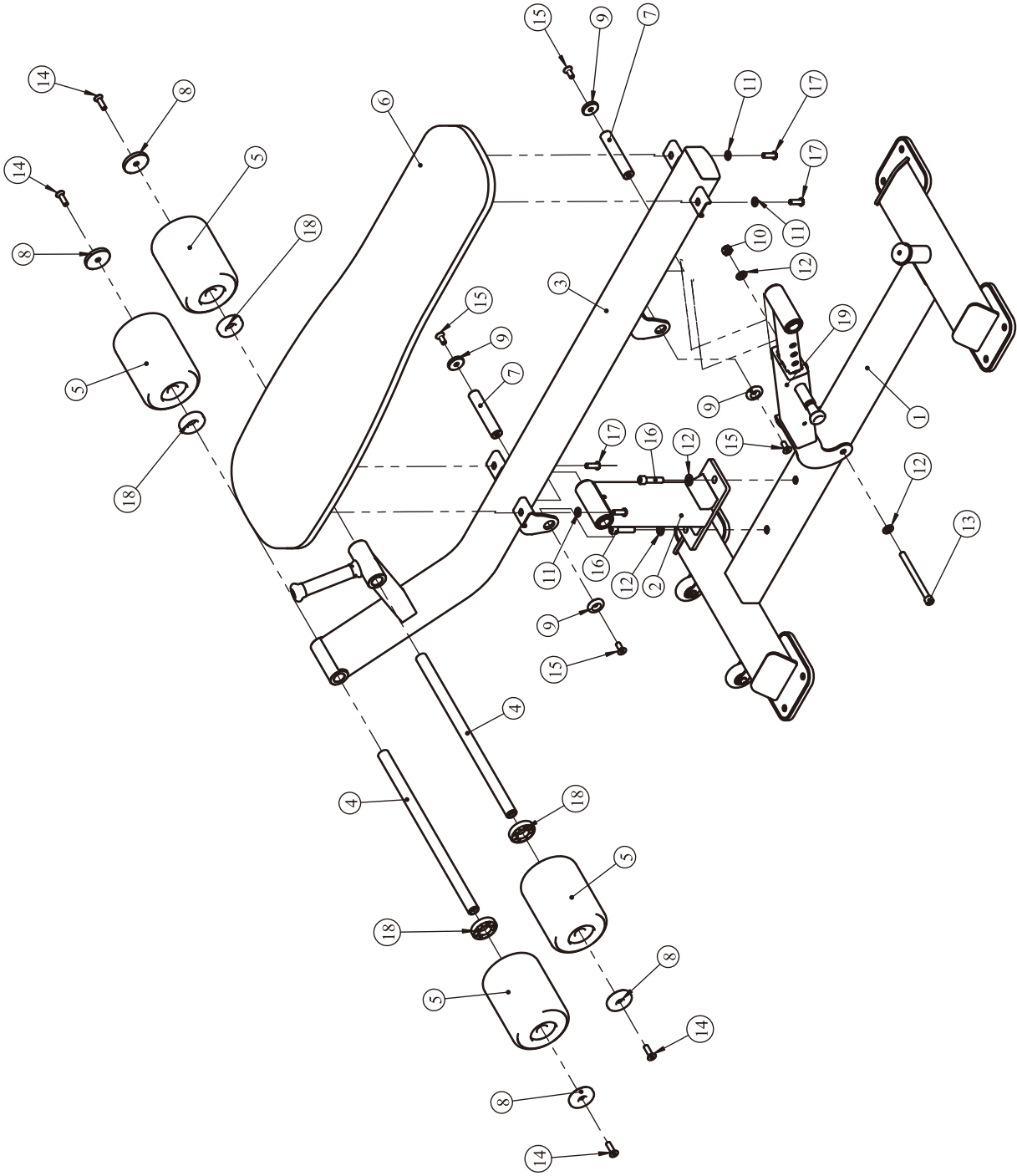
Exploded View and Parts List

Overall

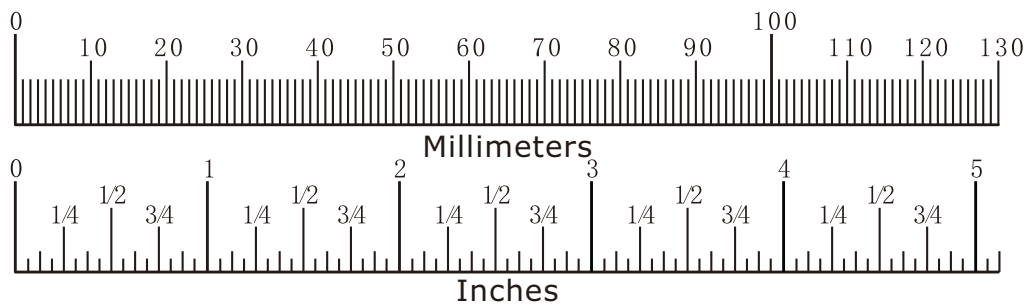
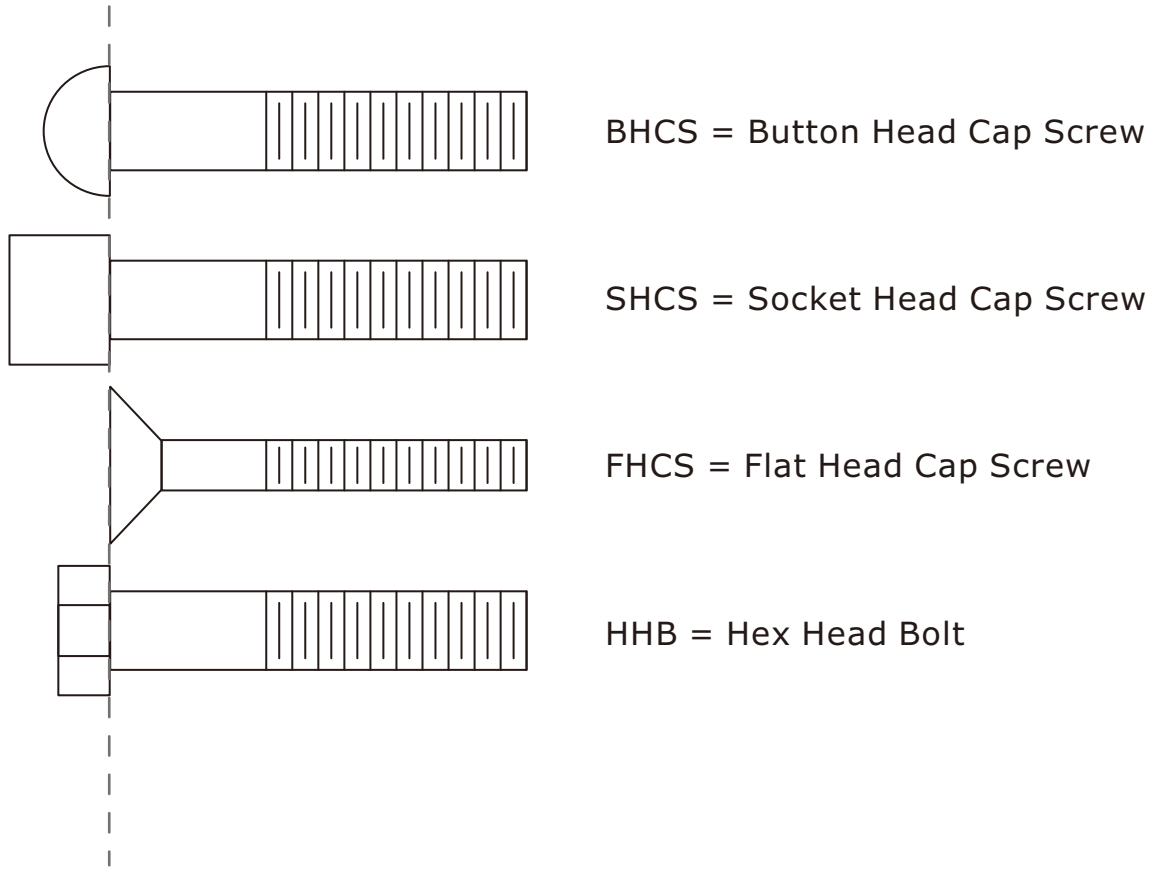
ItemNo.	Grade No.	Part No.	Description	QTY
1	1	SL704301ASSY	Main Frame ASSY	1
2	2	SL704302ASSY	Support ASSY	1
3	3	SL704304ASSY	Pad Frame ASSY	1
4	4	SL704306ASSY	FOAM Tube ASSY	2
5	5	IE950221ASSY	Short FOAM ASSY	4
6	6	SL70351100	Back Pad	1
7	7	SL70470300	Axis of Rotation $\Phi 25.4 \times 131 \times M10$	2
8	8	IE950716500	Aluminium Cap $\Phi 60 \times 11.6$	4
9	9	IN-D21202000	Cap $\Phi 38 \times \Phi 10.5 \times 8$	4
10	10	NM12DHS2	Nylon Lock Nut M10	1
11	11	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
12	12	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
13	13	GB70M12*145DHS20	Socket Head Cap Screw M12*145	1
14	14	CNLM10*35*35N19	Flat Head Cap Screw M10*35*35	4
15	15	CNLM10*25N19	Flat Head Cap Screw M10*25	4
16	16	GB70M12*50DHS20	Socket Head Cap Screw M12*30	2
17	17	PNLM10*30DHS20	Disk Head Cap Screw M10*30	4
18	18	IE95029100	Ring $\Phi 60 \times \Phi 26 \times 12$	4
19	19	SL704307ASSY	Adjustable Frame ASSY	1
20	20	NBS4DHS	Hex Key S=4	1
21	21	NBS6DHS	Hex Key S=6	1
22	22	NBS10DHS	Hex Key S=10	1
23	23	LW200BS	Wrench $\Phi 6 \times 117$	1

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 Support ASSY (#2) to the Main Frame ASSY (#1) using:

two M12*30 SHCS (#16)

two $\Phi 12*\Phi 24*2.5$ Flat Washer (#12)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

STEP 2

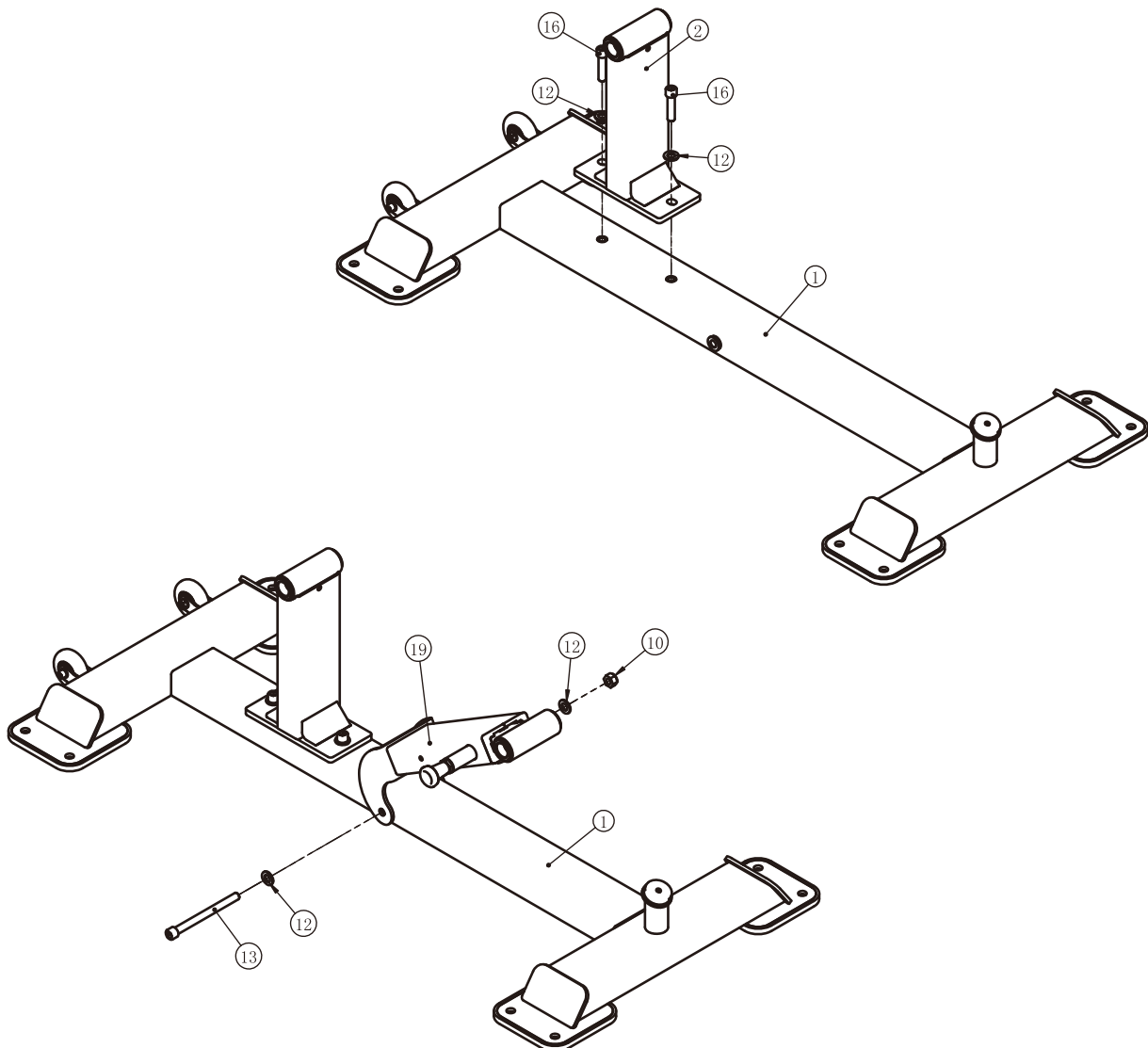
Attach the Adjustable Frame ASSY (#19) to the Main Frame ASSY (#1) using:

one M12*145 SHCS (#13)

two $\Phi 12*\Phi 24*2.5$ Flat Washer (#12)

one M12 Nylon Lock Nut (#10)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3

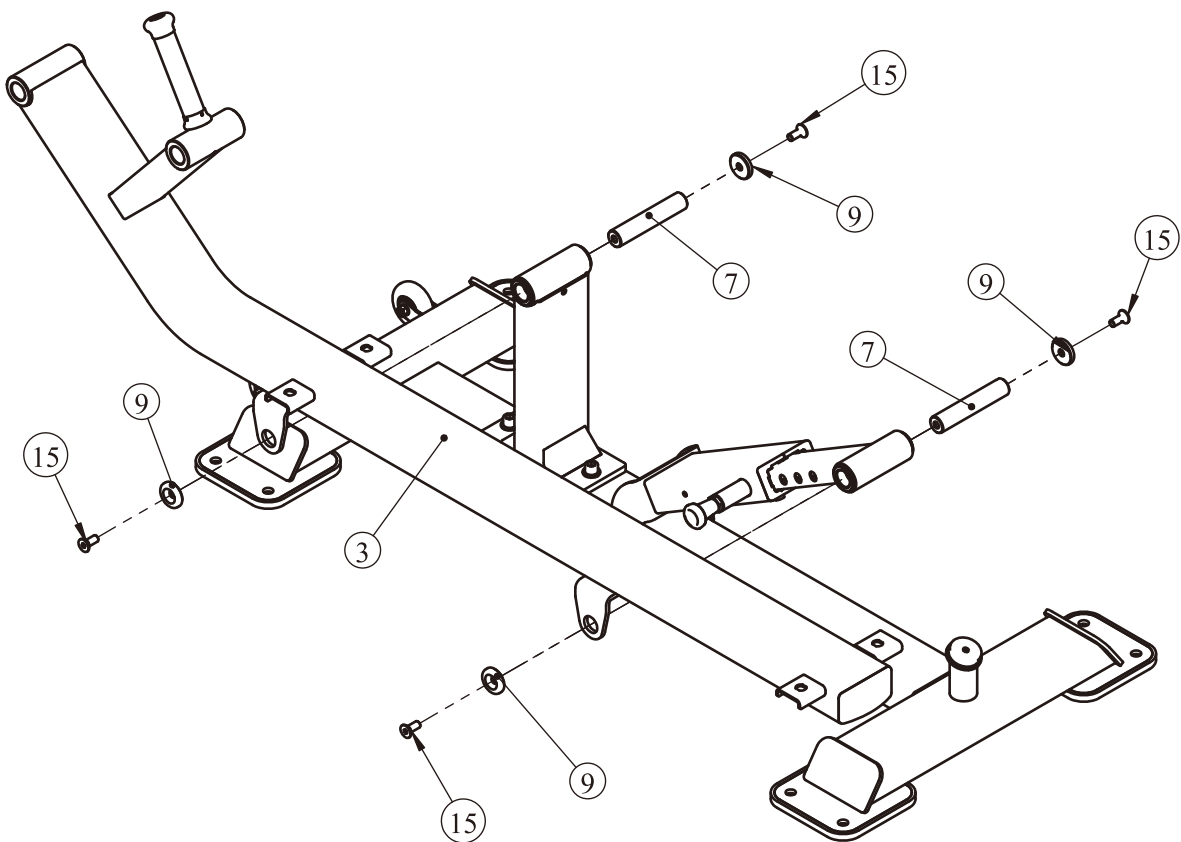
Attach the Pad Frame ASSY (#3) to Support ASSY (#2) and Adjustable Frame ASSY (#19) using:

two $\Phi 25.4 \times 131 \times M10$ Axis of Rotation (#7)

four $\Phi 38 \times \Phi 10.5 \times 8$ Cap (#9)

four M10*25 FHCS (#15)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



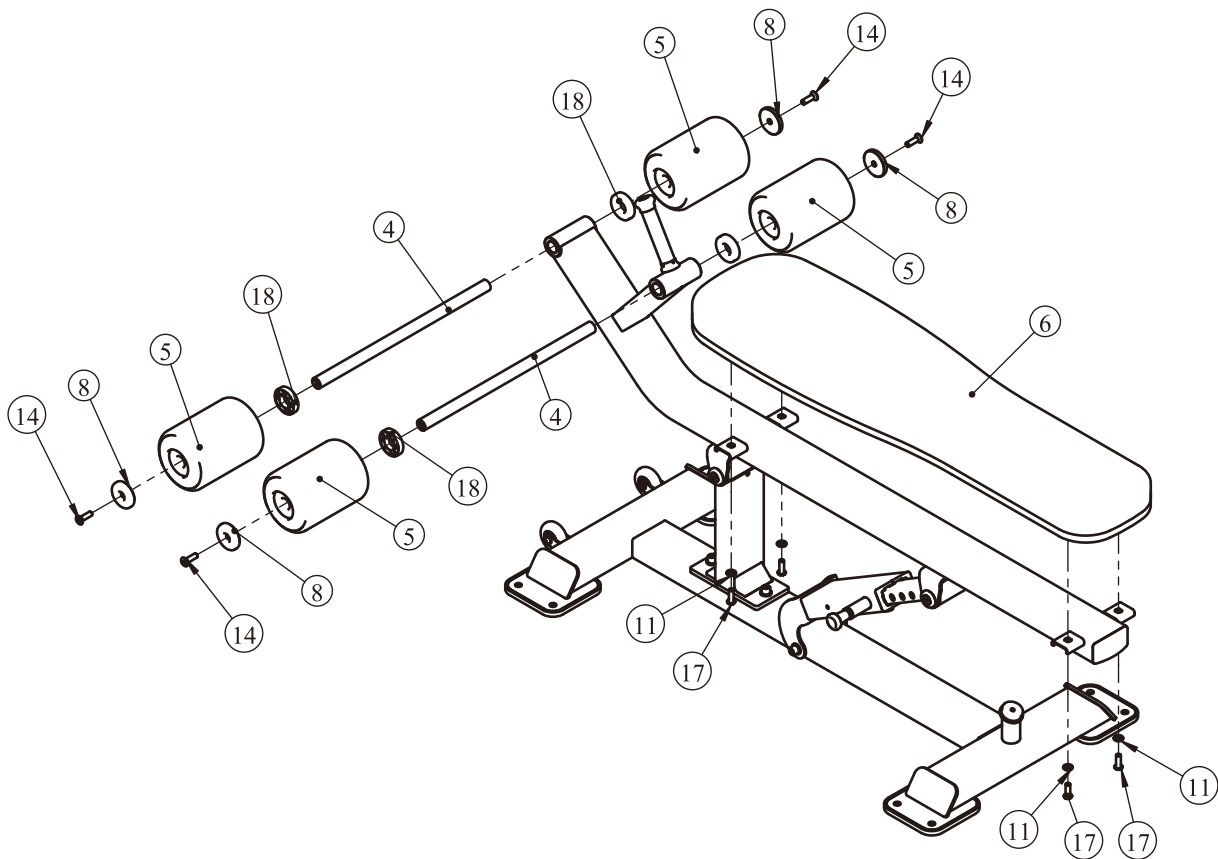
Assembly

STEP 4

Attach one Back Pad (#6) and four Short FOAM ASSY (#5) to the Pad Frame ASSY (#3) using:

- two FOAM Tube ASSY (#4)
- four $\Phi 60 \times \Phi 26 \times 12$ Ring (#18)
- four $\Phi 60 \times 11.6$ Aluminium Cap (#8)
- four M10*35 FHCS (#14)
- four M10*30 DHCS (#17)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#11)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



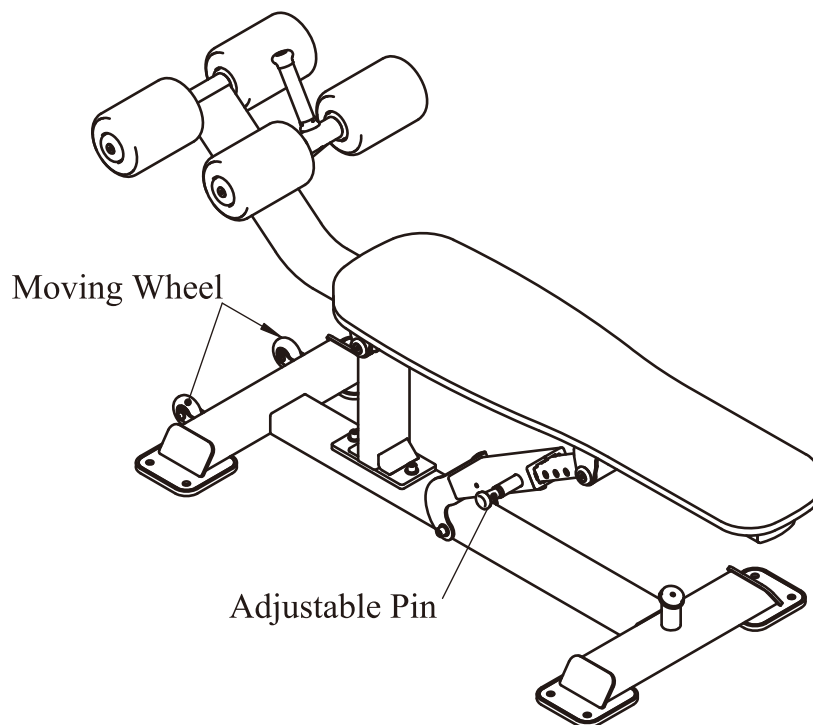
Adjust Instructions and Exercise Instructions

Adjust Instructions

1. Adjust the Pad to desired position.
2. Pull Adjustable Pin and adjust pad to desired position, then lock Adjustable Pin.
3. The moving wheels are of benefit when you adjust the machine's position.

Exercise Instructions

1. Adjust seat pad to the desired position.
2. Put legs on roller pads then do Abdominal Crunch.



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 bolt 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.

