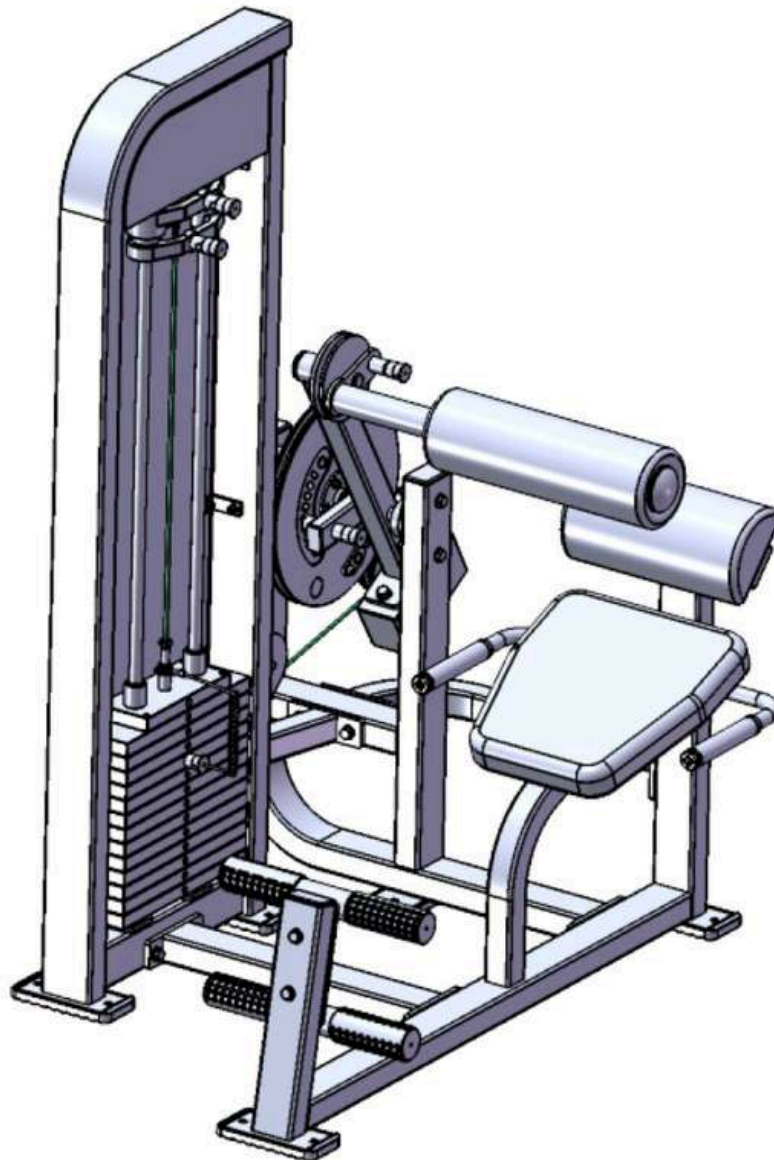


# **Muscle D**

## **CLASSIC V<sub>2</sub>**

# **BACK/AB COMBO**

**S-CV2-BAC**



**Assembly Manual**

**WWW.MUSCLEDFIT.COM**

Due to model upgrades, the product may differ slightly from the item shown in the figure. Please read all instructions carefully before using this product, and please keep this owner's manual for future reference.

## SAFETY PRECAUTIONS

**Note: Please read this manual carefully before use and pay attention to the following safety precautions.**

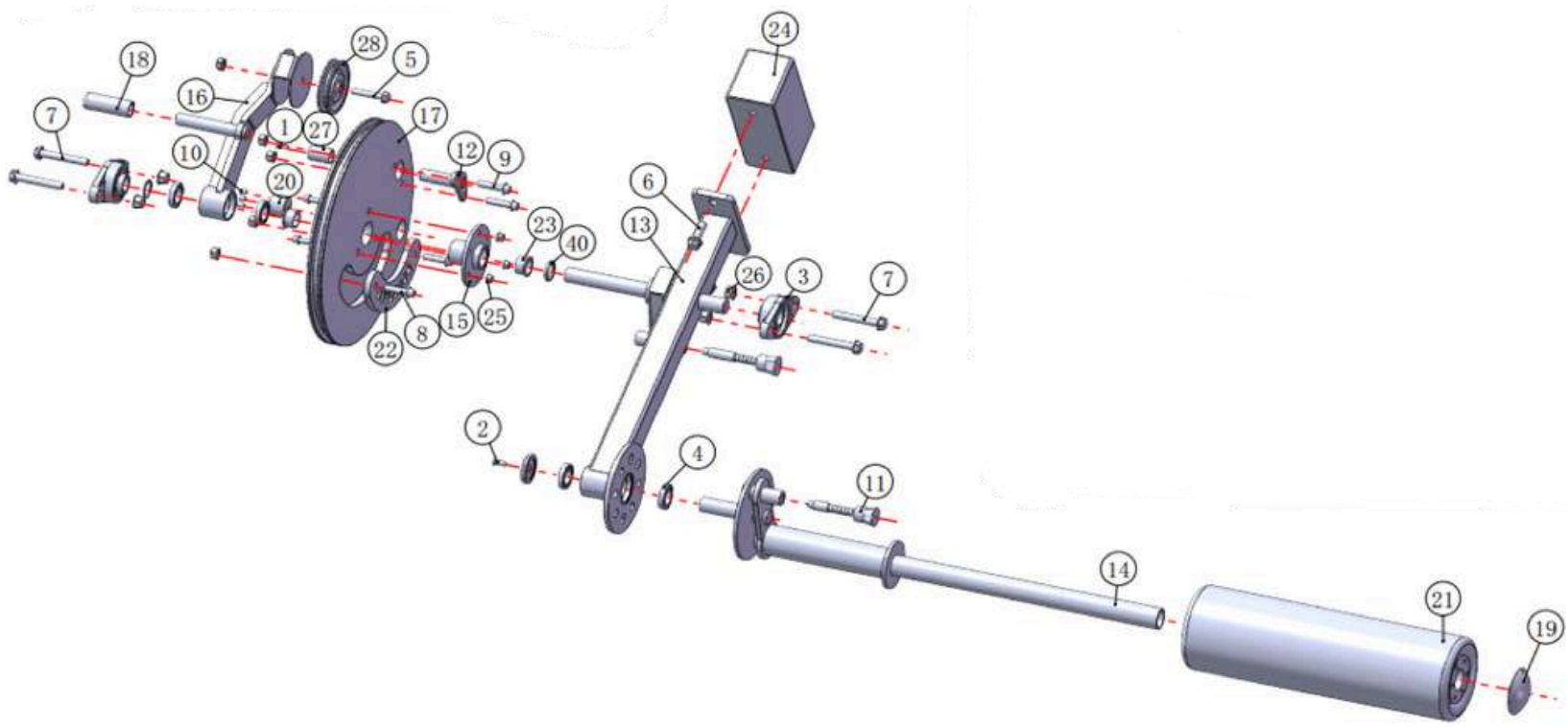
### WARNING

1. Before each use, please check whether each transmission part is tight, if there is any looseness, tighten or replace it in time;
2. the movements should be uniform and slow during the exercise to achieve the ideal fitness effect;
3. During the exercise, slowly increase the resistance to avoid injury from stretching the muscles decisively.

### NOTE

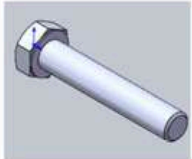





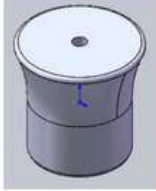

1. The trainer should be properly placed indoors to avoid moisture;
2. The trainer should be placed on a spacious and unobstructed flat ground to allow the equipment to be placed smoothly.
3. Before planning any exercise, it is recommended that you should consult your doctor first;
4. Any strenuous exercise should only be started 40 minutes after eating;
5. Please wear appropriate sportswear and sneakers before starting exercise;
6. To prevent injury, do warm-up exercises before your workout;
7. This device must be used in a supervised area, and appropriate care, guidance, and supervision should be given to the elderly, children, and disabled people, and children under 12 years old are prohibited from using it.
8. If you feel any inapplicable or abnormal conditions during the use of this machine, please stop the exercise immediately and consult a doctor;
9. During the maintenance and repair of the instrument, there should be a clear suspension sign near the device.

## STEP 1-2










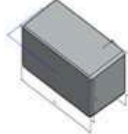
## STEP 1 PARTS

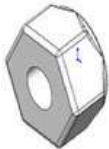



Hexagon socket countersunk screw M5*20	Hexagon socket countersunk screw M8*20	Bearing housing	Deep groove ball bearing
			

1	1pcs	2	1pcs	3	2pcs	4	4pcs
Hexagon head bolt M10*55	Hexagon head bolt M12*40	Hexagon head bolt M12*80	Hexagon socket cylindrical head screw M10*40				
							
5	1pcs	6	2pcs	7	4pcs	8	2pcs
Hexagon socket cylindrical head screw M10*45	Hexagon socket flat-end set screw M8*12	Pull the pin cap	Limit welding				
							
9	2pcs	10	3pcs	11	2pcs	12	1pcs

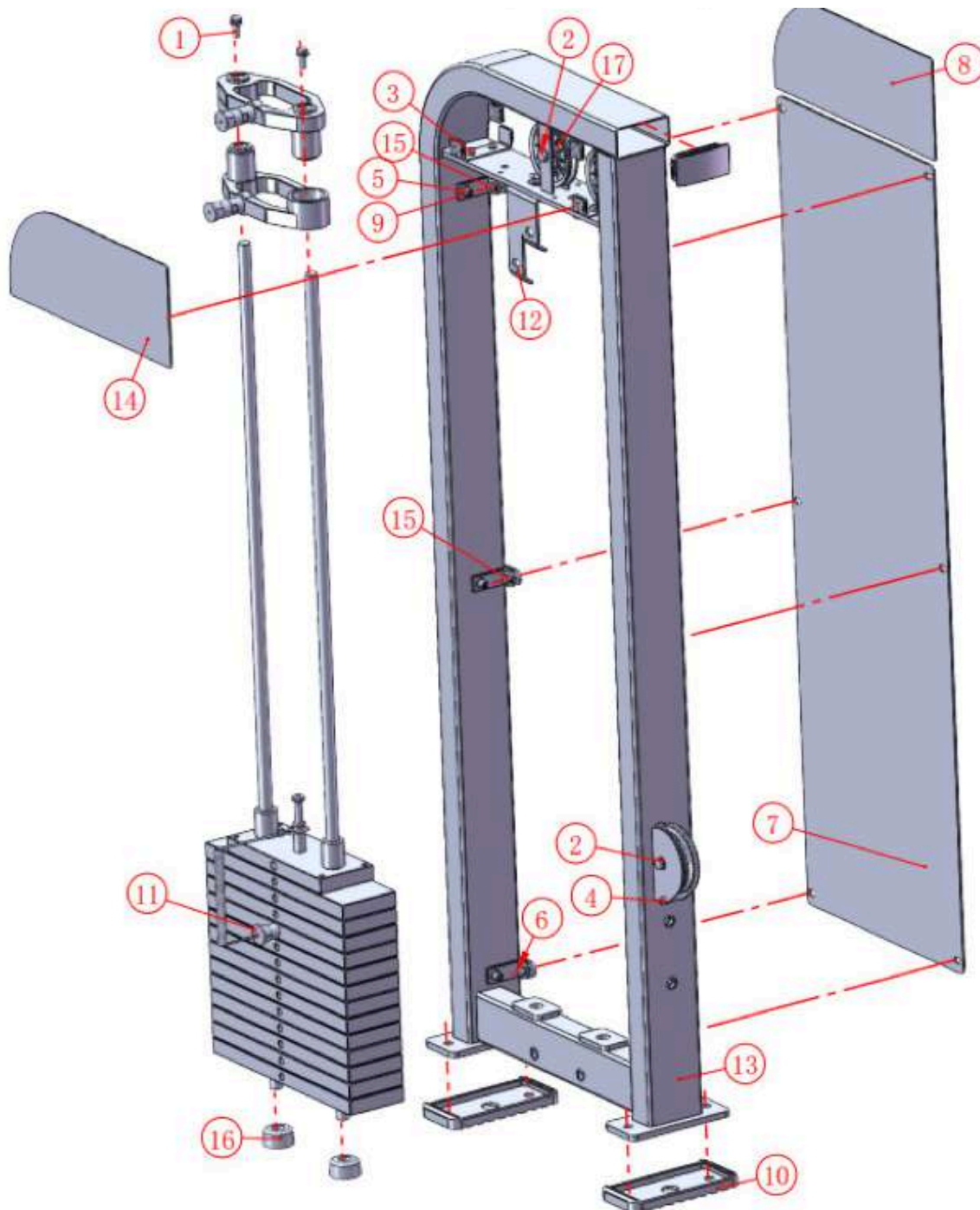
Adjust the welding of the boom			Foam fixation and welding			Fixed sleeve welding			Welding of movable pulleys		
											
13		1pcs	14		1pcs	15		1pcs	16		1pcs

## STEP 1 PARTS

Wire reel			Buffer sleeve			Dome aluminum cap			Threaded column		
											
17		1pcs	18		1pcs	19		1pcs	20		1pcs
Long foam			Adjustment plate			Galvanized sleeve			Rubber-coated counterweight		
											
21		1pcs	22		1pcs	23		1pcs	24		1pcs

Nehat M8			Nehat M12			Limit sleeve			φ90 pulley		
											
25		3pcs	26		4pcs	27		1pcs	28		1pcs

## STEP 2-1










## STEP 2 PARTS

Hexagon head bolt M10*25	Hexagon head bolt M10*45	Hexagon socket cylindrical head screw M6*15	Hexagon socket cylindrical head screw M6*40
			
1	2	3	4
2pcs	3pcs	8pcs	1pcs
Hexagon socket cylindrical head screw M8*15	Hexagon socket cylindrical head screw M8*20	High door rear guard plate	Small guard plate 1
			
5	6	7	8
6件	6件	1件	1件
Rear guard plate mounting buckle	Hummer base	Hummer counterweight latch	Auxiliary counterweight adjustment plate
			
9	10	11	12
6pcs	2pcs	12pcs	1pcs
Small door welding group	Small guard plate 2	Nehat M8	Counterweight buffer pad



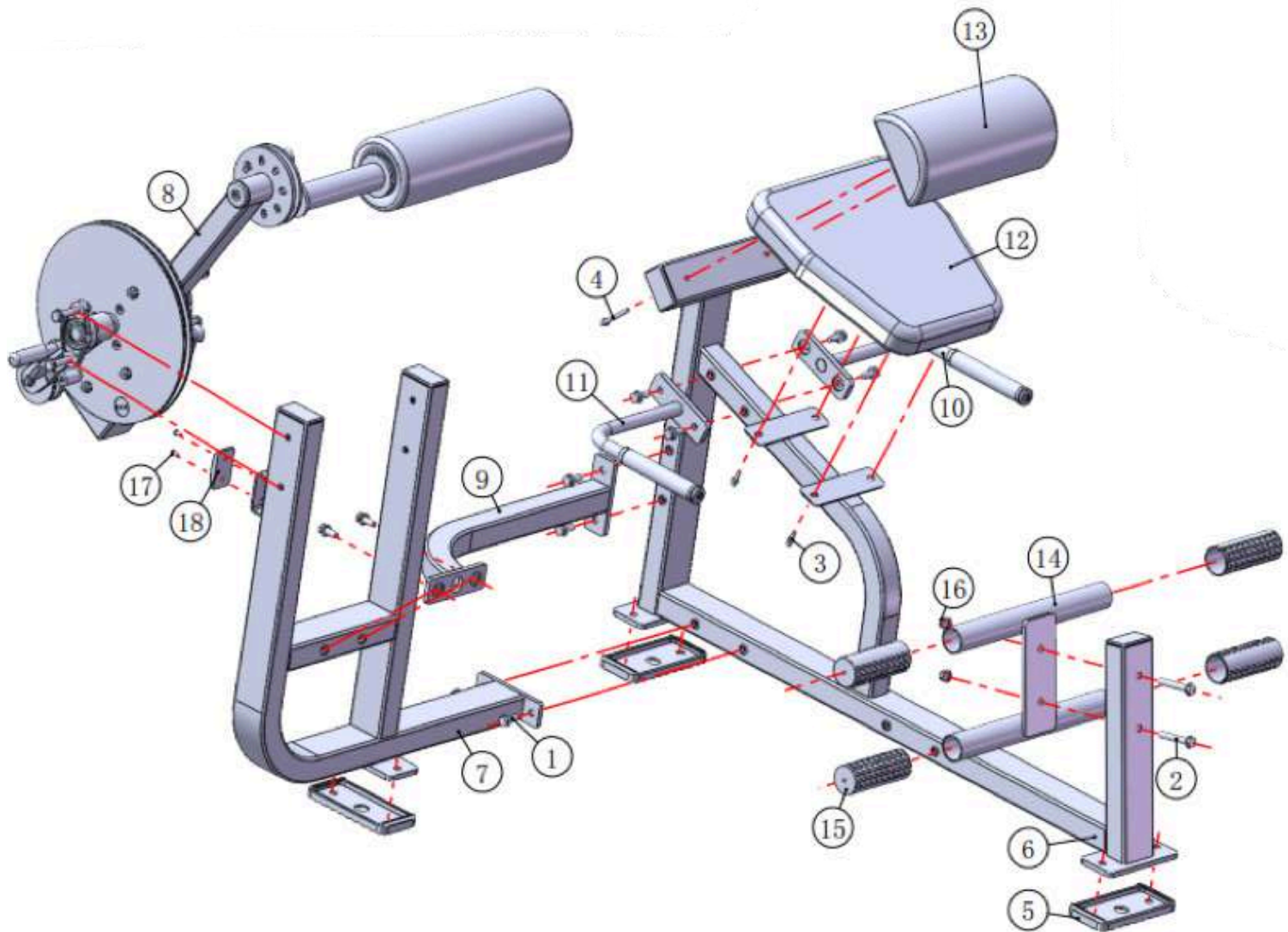
# BACK/AB COMBO S-CV2-BAC

## STEP 2 PARTS

											
13		1pcs	14		1pcs	15		6pcs	16		2pcs
φ105 pulley											
											
17		3pcs									









## STEP 3-1



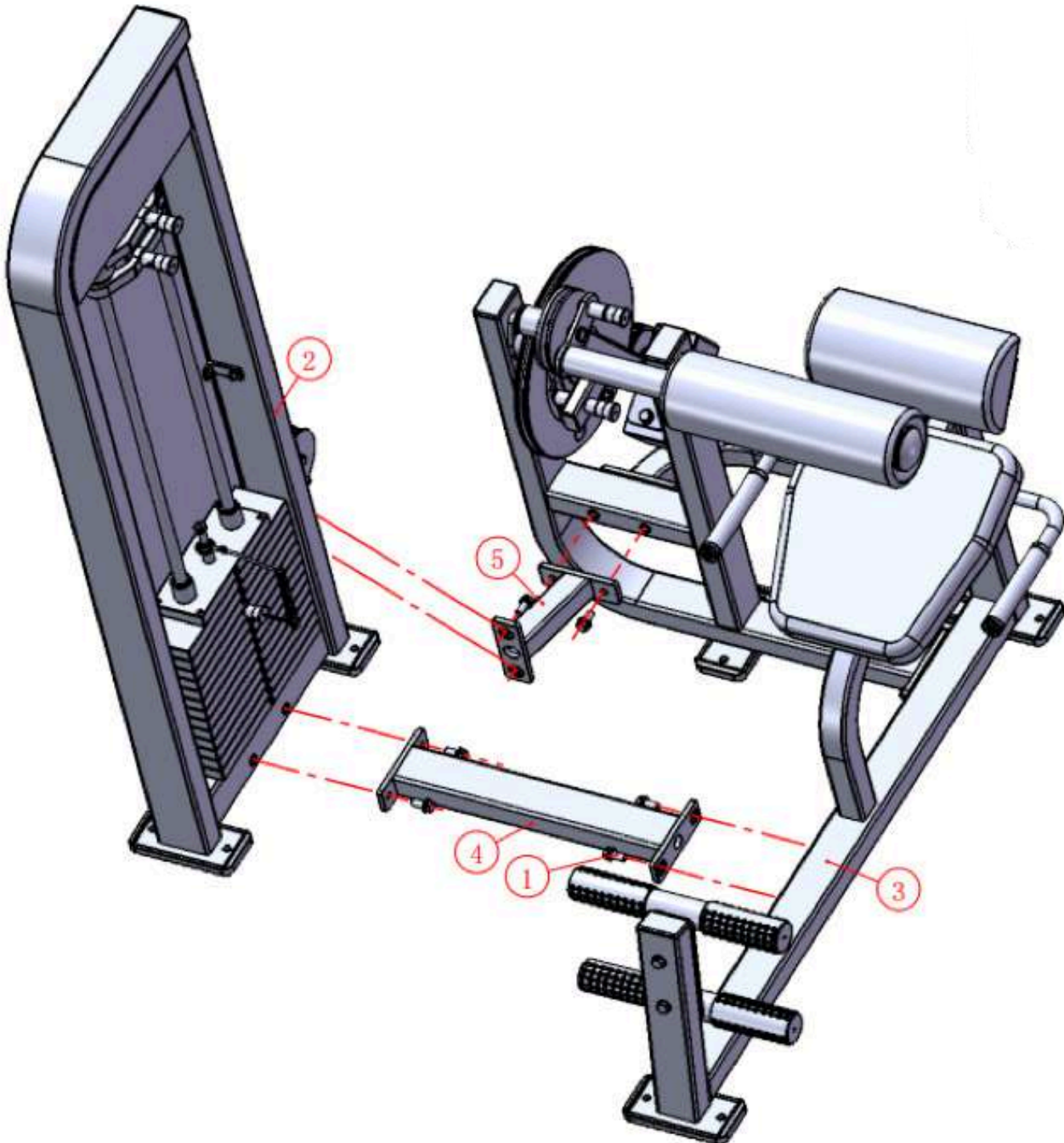
### STEP 3 PARTS

Hexagon head bolt M12*30			Hexagon head bolt M12*75			Hexagon socket cylindrical head screw M8*25			Hexagon socket cylindrical head screw M8*70		
											
1		10pcs	2		2pcs	3		4pcs	4		2pcs
Hammer base			The main frame is welded			Side frame welding			Adjust the welding of the boom		
											
5		3pcs	6		1pcs	7		1pcs	8		1pcs
The elbow connection braces are welded together			The right handrail is welded together			The left armrest is welded together			Seat cushion		
											
9		1pcs	10		1pcs	11		1pcs	12		1pcs






## STEP 3 PARTS

Cushion			The foot pedal tubes are welded together			Foot pedal covers			Nehat M12		
											
13		1pcs	14		1pcs	15		4pcs	16		6pcs
Hexagon socket head screw M6*15			Cushioning pad								
											
17		2pcs	18		1pcs						

**STEP 4-1**



## STEP 4 PARTS

Hexagon head bolt M12*30			Small door welding group			The main frame is welded			The bottom connecting braces are welded together		
											
1		18pcs	2		1pcs	3		1pcs	4		1pcs
Short connection braces are welded together											
											
5		1pcs									



**STEP 5-1**

