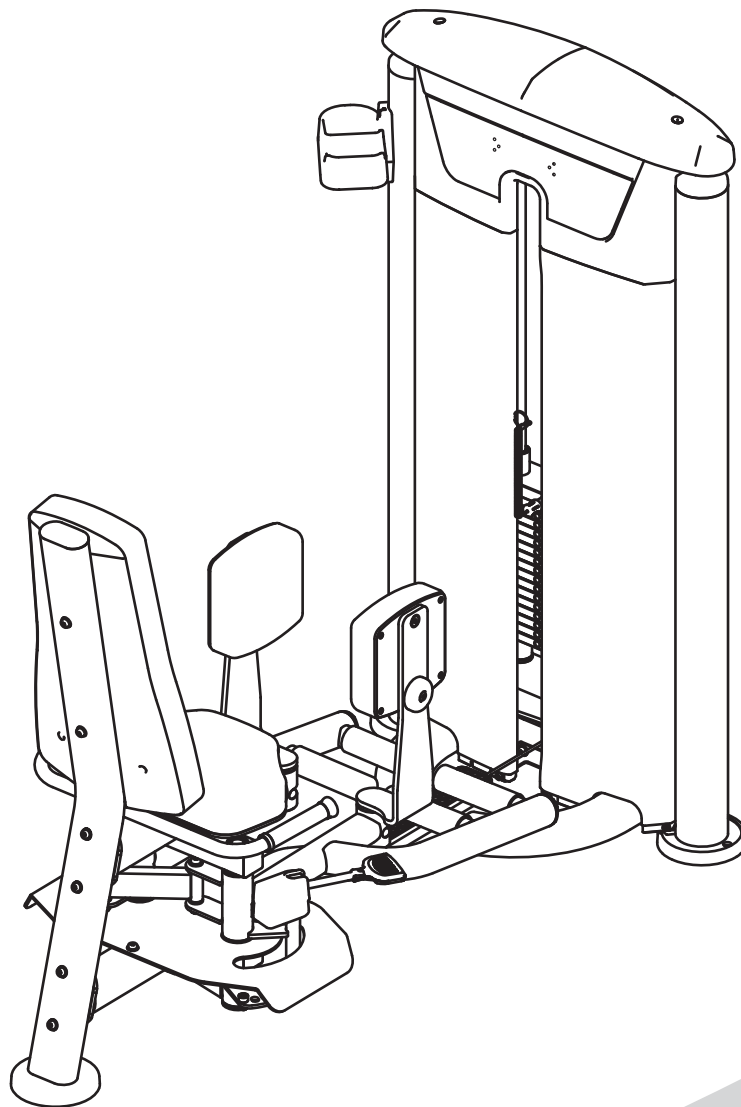




7015-G2

ABDUCTOR AND ADDUCTOR

Owner's Manual



! CAUTION

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

Table Of Contents

CAUTION!

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

| | |
|--------------------------------------|----|
| Important Safety Instructions----- | 3 |
| Instructions----- | 5 |
| Exploded View and Parts List----- | 6 |
| Measurement Guide----- | 17 |
| Assembly Instructions----- | 18 |
| Assembly----- | 19 |
| Adjust Instructions----- | 35 |
| Exercise Instructions----- | 35 |
| Maintenance Schedule----- | 36 |
| General Maintenance Information----- | 37 |
| Weight Training Tips----- | 38 |

Please assemble according to the actual **Weights and 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:

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 0.6 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.

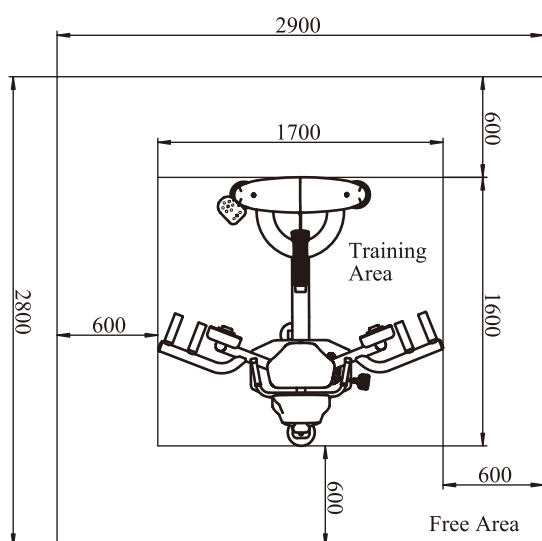
Important Safety Instructions

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: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1600*905*1506mm

Product Total Surface: 1700*1600mm

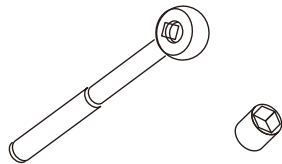
Product Total Mass: 129.2kg/ 285lbs

Instructions

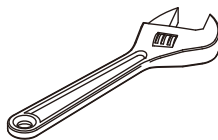
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

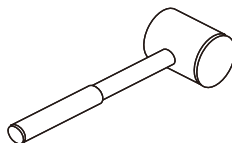
Tools Required



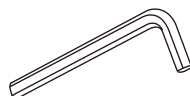
Ratchet Wrench and Socket



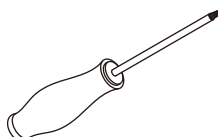
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-----------------|--|-----|
| 1 | 1 | IT950801ASSY | Weight Stack Frame ASSY | 1 |
| 2 | 2 | IT950121ASSY | Top Bracket ASSY | 1 |
| 3 | 3 | IT950122ASSY | Bottom Bracket ASSY | 2 |
| 4 | 4 | IT95014200 | Top Plate | 1 |
| 5 | 5 | IT95012300 | Rear Bracket | 1 |
| 6 | 6 | IT95081700 | Guide Rod $\Phi 19 \times 1097$ | 2 |
| 7 | 7 | IT95015100 | Top Cover | 1 |
| 8 | 8 | IT95015200 | Training Placard Cover | 1 |
| 9 | 9 | IT95015500 | Top Rear Shroud | 1 |
| 10 | 10 | IT95016600 | Cup Holder | 1 |
| 11 | 11 | IT9508B02ASSY | Main Frame ASSY | 1 |
| 12 | 12 | IT9508B03ASSY | Back Pad Frame ASSY | 1 |
| 13 | 13 | IT9508B04ASSY | Seat Pad Frame ASSY | 1 |
| 14 | 14 | IT950808ASSY | Wheel Frame ASSY | 1 |
| 15 | 15 | IT9508B06ASSY | Left Leg Frame ASSY | 1 |
| 16 | 16 | IT9508B07ASSY | Right Leg Frame ASSY | 1 |
| 17 | 17 | IT9508B0900 | Leg Frame ASSY | 2 |
| 18 | 18 | IT950811ASSY | Swing Frame ASSY | 1 |
| 19 | 19 | IT950812ASSY | Connecting Frame ASSY | 1 |
| 20 | 20 | IT95082100 | Movable Pulley Frame | 1 |
| 21 | 21 | IT95081300V1 | Shaft1 | 1 |
| 22 | 22 | IT95081400V1 | Shaft2 | 1 |
| 23 | 23 | IT95081500 | Tension Cable ASSY | 1 |
| 24 | 24 | IT95081600 | Cable ASSY2 | 1 |
| 25 | 25 | IT90081600V2 | Cover Plate | 1 |
| 26 | 26 | IT95016400 | Pulley Cover | 1 |
| 27 | 27 | SD1000B3000ASSY | Adjustable Foot Plate | 1 |
| 28 | 28 | FE97123500 | 4.5" Pulley1 | 1 |
| 29 | 29 | SG500110400V5 | 4.5" Pulley | 6 |
| 30 | 30 | IT95081800 | Seat Pad | 1 |
| 31 | 31 | IT950171ASSY | Back Pad ASSY | 1 |
| 32 | 32 | IT9508B1000 | Leg Pad ASSY | 2 |
| 33 | 33 | IT95085300 | Left Front Shroud | 1 |
| 34 | 34 | IT95085400 | Right Front Shroud | 1 |
| 35 | 35 | IT95015600 | Rear Shroud | 1 |
| 36 | 36 | IT95016100 | Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ | 2 |

Exploded View and Parts List

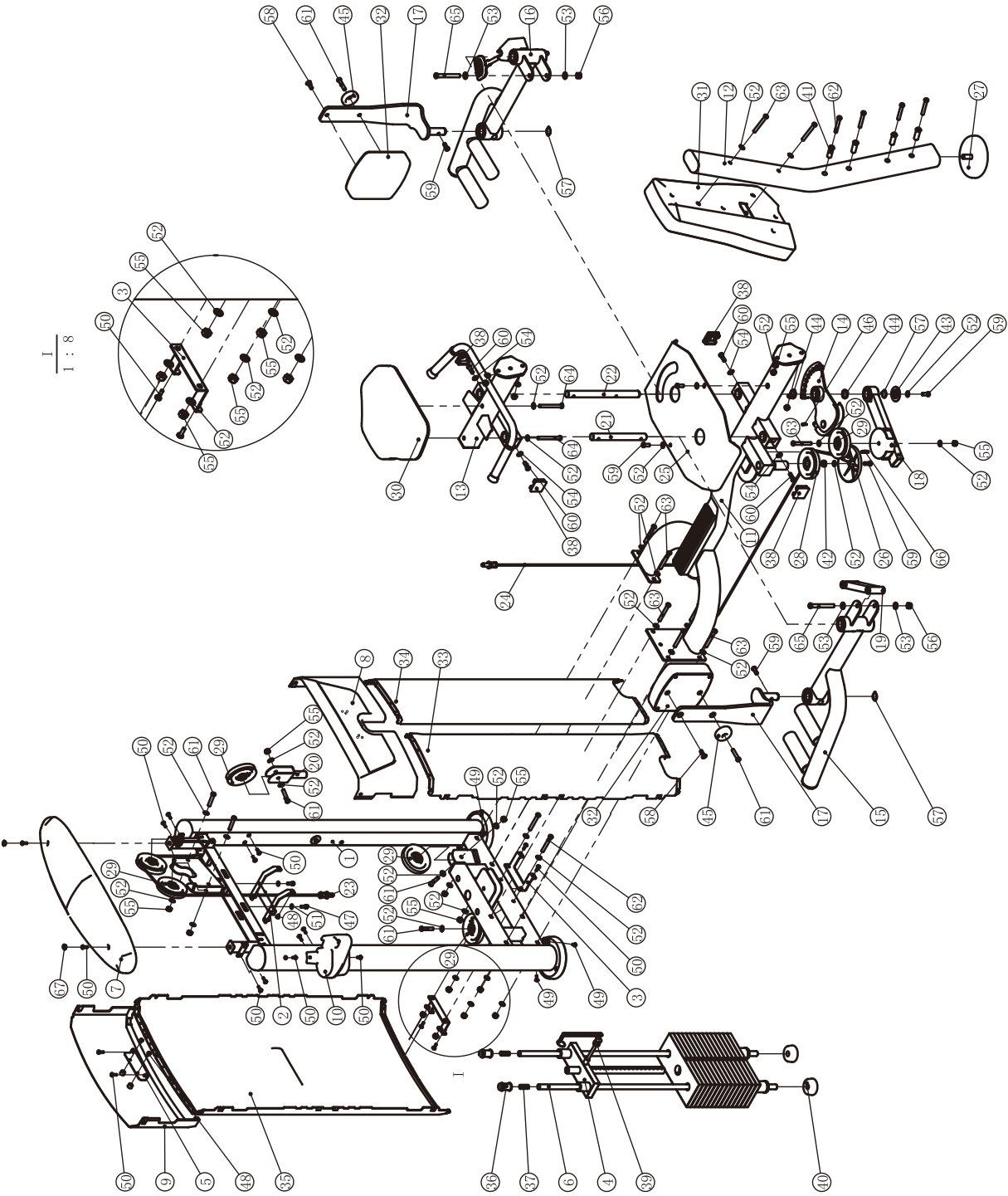
Overall

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-------------------|--|-----|
| 37 | 37 | HFOPT900-04A0602 | Spring | 2 |
| 38 | 38 | M02701000 | Tube Plug □50 | 4 |
| 39 | 39 | IT90012000V1 | Selector Pin W/Coil | 1 |
| 40 | 40 | IT80023000 | Weight Rubber Bumper Φ63.5*Φ19*25.4 | 2 |
| 41 | 41 | IT95081900 | Support Sleeve | 4 |
| 42 | 42 | FE97122100 | Bushing Φ22 | 1 |
| 43 | 43 | IT80081900V1 | Cap Φ55 | 1 |
| 44 | 44 | IT80083500 | Bushing Φ32 | 2 |
| 45 | 45 | FS552300 | Rubber BumperΦ63.5 | 2 |
| 46 | 46 | GB70M4*15*15DN2 | Flat Head Cap Screw M4*15 | 1 |
| 47 | 47 | GB70M8*20N19 | Flat Head Cap Screw M8*20 | 2 |
| 48 | 48 | GB818M6*10DHS2 | Cross Recessed Pan Head Screw M6*10 | 4 |
| 49 | 49 | GB818M6*16DHS2 | Cross Recessed Pan Head Screw M6*16 | 4 |
| 50 | 50 | GB818M6*20DHS2 | Cross Recessed Pan Head Screw M6*20 | 18 |
| 51 | 51 | GB958DN2 | Flat Washer Φ9*Φ16*1.6 | 2 |
| 52 | 52 | GB9510DN2 | Flat Washer Φ11*Φ20*2 | 39 |
| 53 | 53 | GB9512DN2 | Flat Washer Φ13*Φ24*2.5 | 4 |
| 54 | 54 | HDQ10DN2 | Arc Washer Φ11*Φ21*1.5 | 4 |
| 55 | 55 | NM10DN2 | Nylon Lock Nut M10 | 17 |
| 56 | 56 | NM12DN2 | Nylon Lock Nut M12 | 2 |
| 57 | 57 | GB894.125FH12 | Circlips For Shaft d0=25 | 3 |
| 58 | 58 | CNLM10*30*30DN20 | Socket Countersunk Head Cap Screw M10*30 | 2 |
| 59 | 59 | GB70BTM10*25DN18 | Socket Head Cap Screw M10*25 | 6 |
| 60 | 60 | GB70BTM10*30DN18 | Socket Head Cap Screw M10*30 | 4 |
| 61 | 61 | GB70BTM10*50DN18 | Socket Head Cap Screw M10*50 | 7 |
| 62 | 62 | GB70BTM10*75DN18 | Socket Head Cap Screw M10*75 | 6 |
| 63 | 63 | GB70BTM10*80DN18 | Socket Head Cap Screw M10*80 | 9 |
| 64 | 64 | GB70BTM10*100DN18 | Socket Head Cap Screw M10*100 | 2 |
| 65 | 65 | GB70BTM12*105DN18 | Socket Head Cap Screw M12*105 | 2 |
| 66 | 66 | FE97122300 | Threaded Column | 1 |
| 67 | 67 | IT95016500 | Spout Plug Φ16.5*6.88 | 2 |
| 68 | 68 | NBS3DHS | Hex Key S=3 | 1 |
| 69 | 69 | NBS6DHS | Hex Key S=6 | 1 |
| 70 | 70 | NBS8DHS | Hex Key S=8 | 1 |
| 71 | 71 | LW200BS | Wrench Φ6*117 | 1 |
| 72 | 72 | YHY | Lube | 1 |
| 200 | 200 | IT9501C3100 | Half Rear Shroud | 1 |

Exploded View and Parts List

Overall

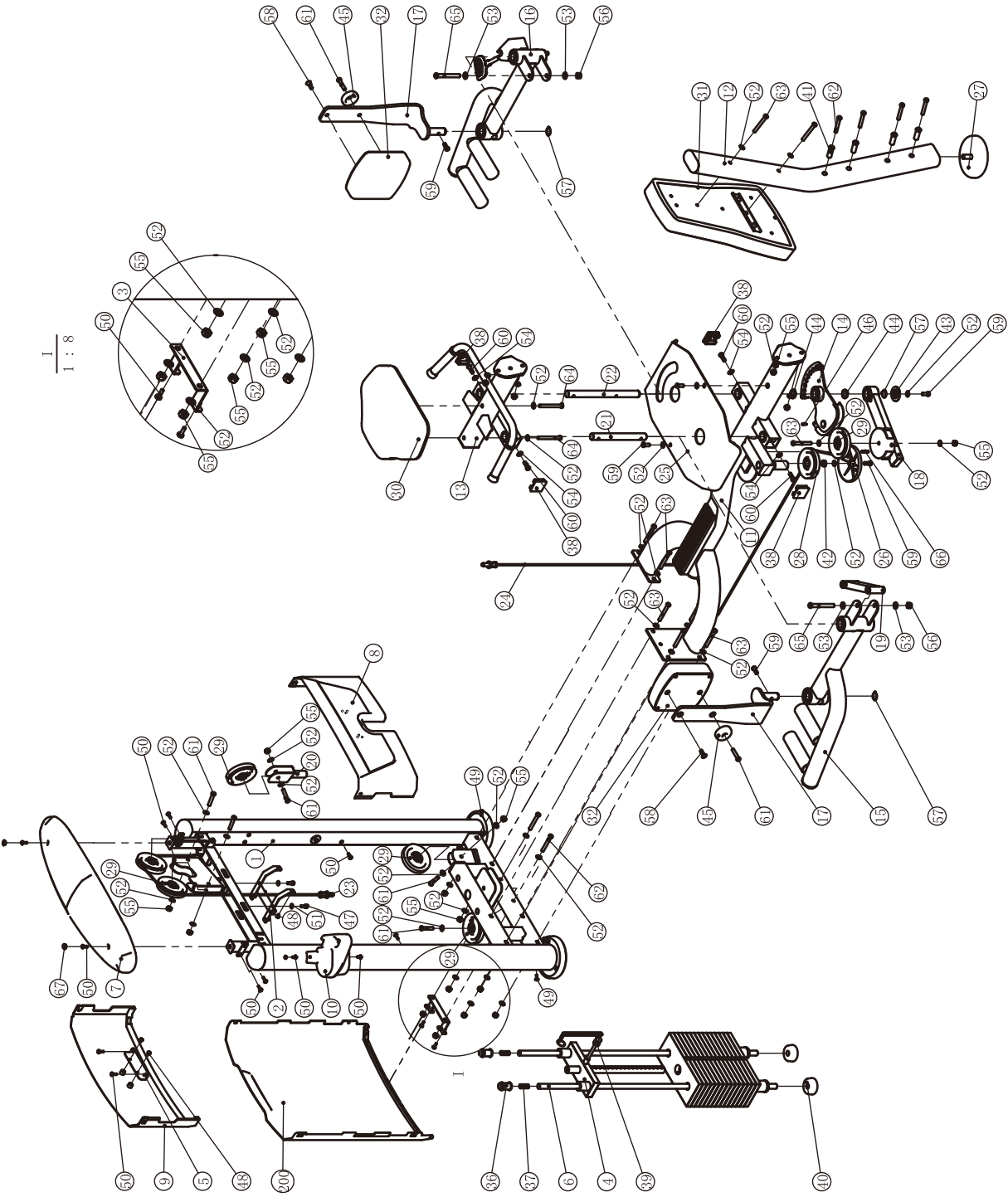
Full Shroud



Exploded View and Parts List

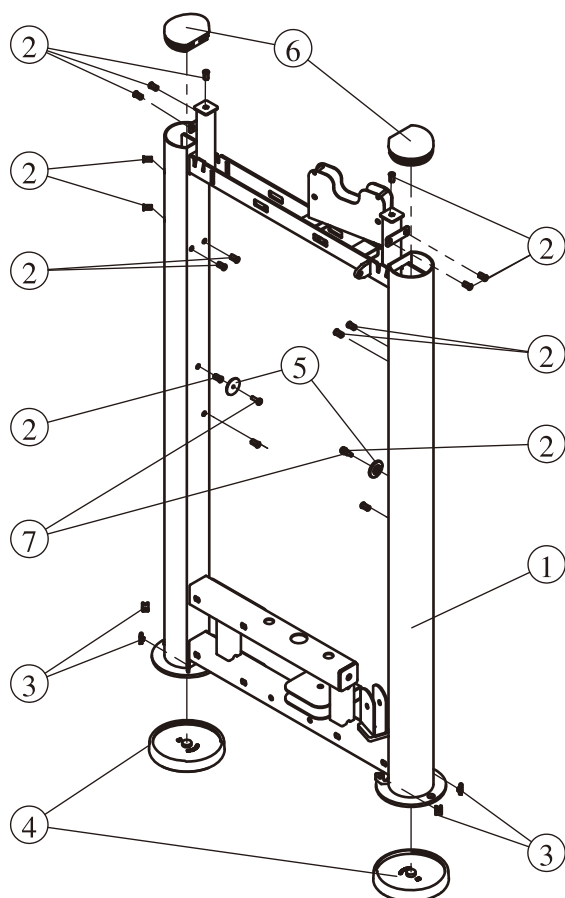
Overall

Half Rear Shroud



Exploded View and Parts List

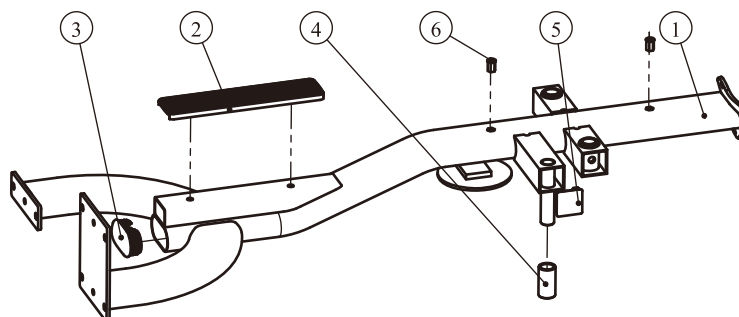
Weight Stack Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|----------------------|-------------------------------------|-----|
| 1 | 1.1 | IT95080100 | Weight Stack Frame | 1 |
| 2 | 1.2 | GB17880.5M6*16.5DS17 | Rivet Nut M6 | 16 |
| 3 | 1.3 | AC32705800 | U-nut M6 | 4 |
| 4 | 1.4 | IT95015700 | Foot Plate | 2 |
| 5 | 1.5 | IT95015900 | Plastic Block | 2 |
| 6 | 1.6 | IT95015800 | Plug $\Phi 95 \times 81.1$ | 2 |
| 7 | 1.7 | GB818M6*20DHS2 | Cross Recessed Pan Head Screw M6*20 | 2 |

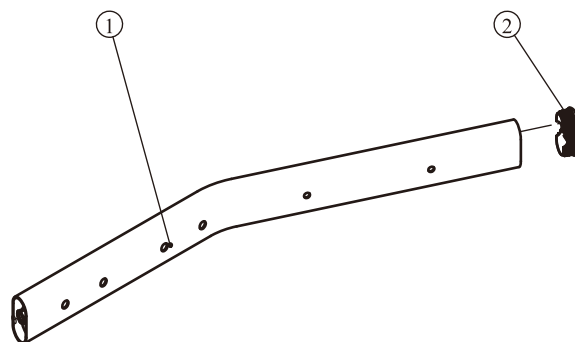
Exploded View and Parts List

Main Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-----------------------|-----------------------------------|-----|
| 1 | 11.1 | IT9508B0200 | Main Frame | 1 |
| 2 | 11.2 | FE97082600 | Foot-Plate | 1 |
| 3 | 11.3 | IT90013800P11C | Plug RT50*100 | 1 |
| 4 | 11.4 | IN-D10135000 | Rubber Sleeve $\Phi 32 \times 60$ | 1 |
| 5 | 11.5 | M02701000 | Tube Plug $\square 50$ | 1 |
| 6 | 11.6 | GB17880.5M10*19.5DS17 | Rivet Nut M10 | 2 |

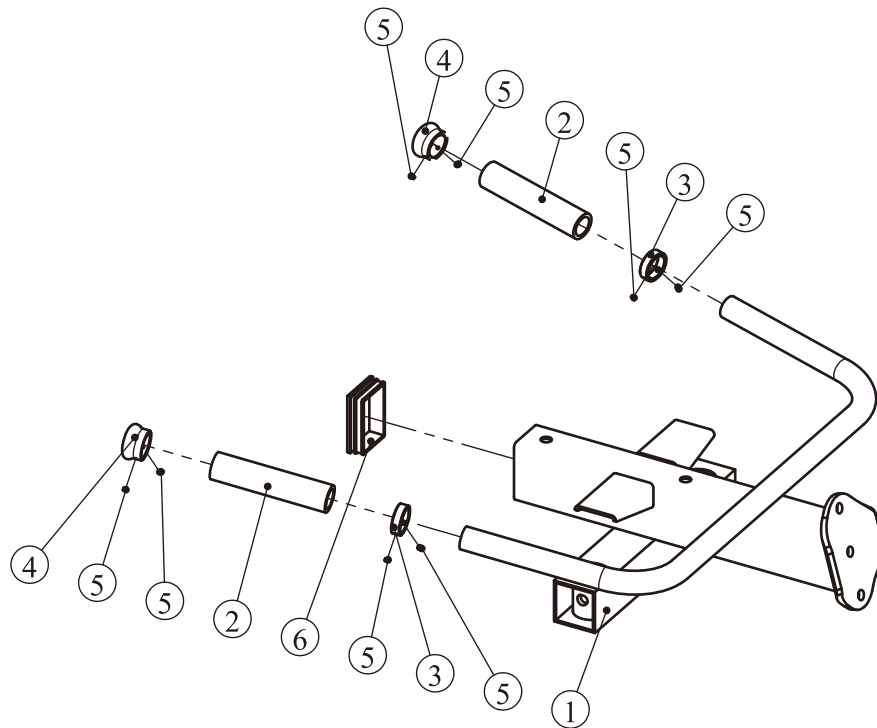
Back Pad Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|----------------|----------------|-----|
| 1 | 12.1 | IT9508B0300 | Back Pad Frame | 1 |
| 2 | 12.2 | IT90013800P11C | Plug RT50*100 | 1 |

Exploded View and Parts List

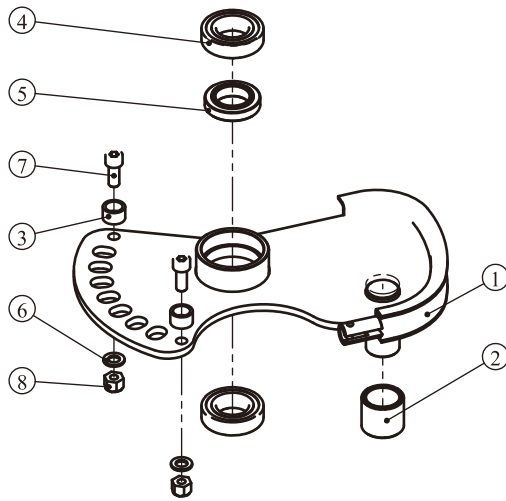
Seat Pad Frame ASSY



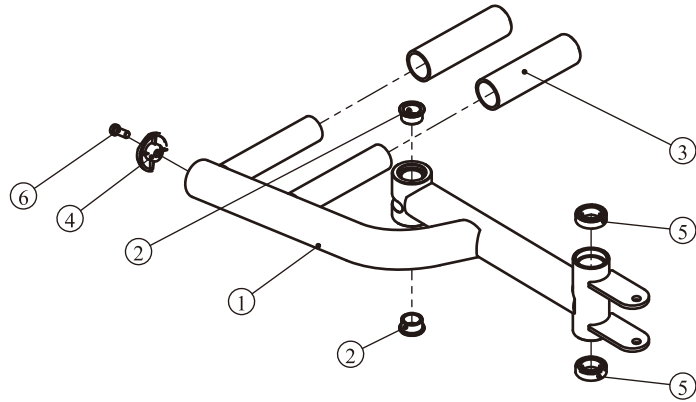
| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|-------------------------------|-----|
| 1 | 13.1 | IT9508B0400 | Seat Pad Frame | 1 |
| 2 | 13.2 | 026-01PL0206-12 | Grip | 2 |
| 3 | 13.3 | V39500 | Aluminum Grip Ring | 2 |
| 4 | 13.4 | IT95022100 | Aluminum Grip Cap | 2 |
| 5 | 13.5 | YZGB7710-32*3.2N19 | Socket Set Screw 10-32UNF*3.2 | 8 |
| 6 | 13.6 | PBF30036 | Tube Plug □50*70 | 1 |

Exploded View and Parts List

Wheel Frame ASSY



Left Leg Frame ASSY

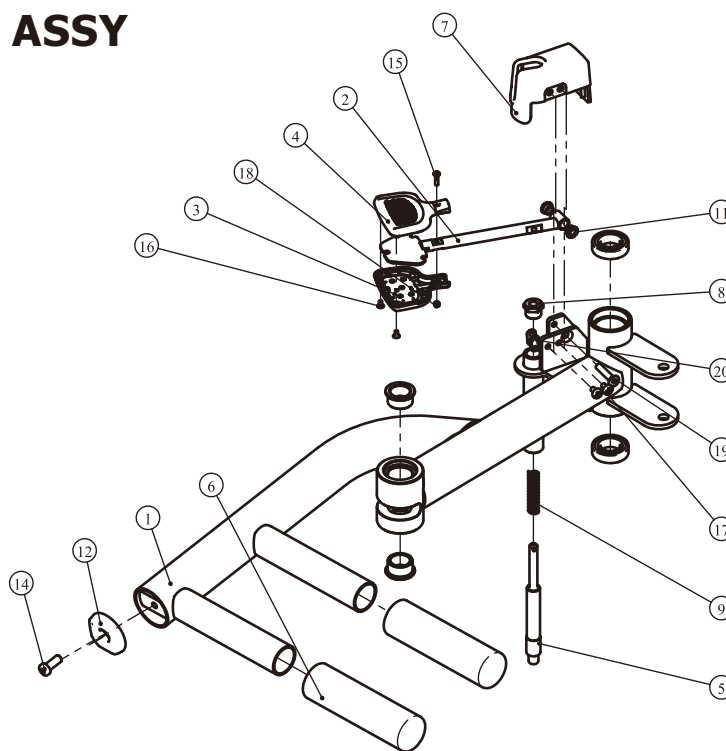


| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|--|-----|
| 1 | 14.1 | IT95080800 | Wheel Frame | 1 |
| 2 | 14.2 | IN-D51202800 | Rubber Sleeve $\Phi 32 \times 28$ | 1 |
| 3 | 14.3 | IN-S10111200 | Rubber Sleeve $\Phi 17 \times 10.5$ | 2 |
| 4 | 14.4 | GB2766005-2RSC3NBK | Bearing | 2 |
| 5 | 14.5 | IT80081400 | Bushing $\Phi 42$ | 1 |
| 6 | 14.6 | GB958DN2 | Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ | 2 |
| 7 | 14.7 | GB70M8*20DS20 | Socket Head Cap Screw M8*20 | 2 |
| 8 | 14.8 | NM8DN2 | Nylon Lock Nut M8 | 2 |

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|------------------------------|-----|
| 1 | 15.1 | IT9508B0600 | Left Leg Frame | 1 |
| 2 | 15.2 | M02502000 | Bushing $\Phi 25$ | 2 |
| 3 | 15.3 | FE970112000 | Foot Set | 2 |
| 4 | 15.4 | FE97211900 | Cap $\Phi 60$ | 1 |
| 5 | 15.5 | GB2766005-2RSC3NBK | Bearing | 2 |
| 6 | 15.6 | GB70BT M10*25DN18 | Socket Head Cap Screw M10*25 | 1 |

Exploded View and Parts List

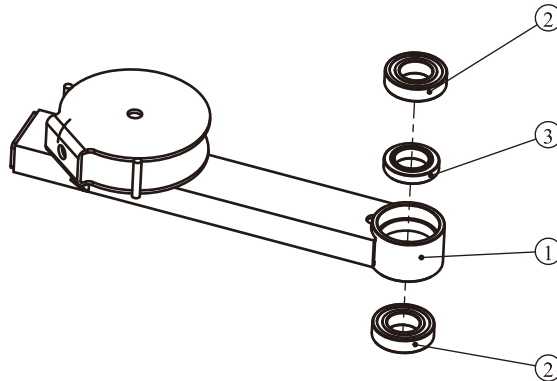
Right Leg Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|---------------------|--|-----|
| 1 | 16.1 | IT9508B0700 | Right Leg Frame | 1 |
| 2 | 16.2 | FE97082800 | Adjustable Handle Frame | 1 |
| 3 | 16.3 | FE970114100 | Adjustable Handle End Cover | 1 |
| 4 | 16.4 | FE970114200 | Adjustable Handle Top Cover | 1 |
| 5 | 16.5 | IT95081200 | Pin | 1 |
| 6 | 16.6 | FE970112000 | Foot Set | 2 |
| 7 | 16.7 | FE97085300 | Adjustable Handle Cover | 1 |
| 8 | 16.8 | KPS18002701V1 | Nut M20*1.5*18 | 1 |
| 9 | 16.9 | SG8007M1200B | Spring | 1 |
| 10 | 16.10 | M02502000 | Bushing Φ25 | 2 |
| 11 | 16.11 | P60015700 | Bushing Φ8 | 2 |
| 12 | 16.12 | FE97211900 | Cap Φ60 | 1 |
| 13 | 16.13 | GB2766005-2RSC3NBK | Bearing | 2 |
| 14 | 16.14 | GB70BT M10*25DN18 | Socket Head Cap Screw M10*25 | 1 |
| 15 | 16.15 | GB818M4*16DN2 | Cross Recessed Pan Head Screw M4*16 | 1 |
| 16 | 16.16 | GB819M4*8DN2 | Cross recessed countersunk head screw M4*8 | 2 |
| 17 | 16.17 | GB818M6*10DHS2 | Cross Recessed Pan Head Screw M6*10 | 2 |
| 18 | 16.18 | GB41M4DN2 | Hex Nuts M4 | 1 |
| 19 | 16.19 | CNLM8*40DS20 | Socket Countersunk Head Cap Screw M8*40 | 1 |
| 20 | 16.20 | GB/T1243-199708BN19 | Chain | 1 |

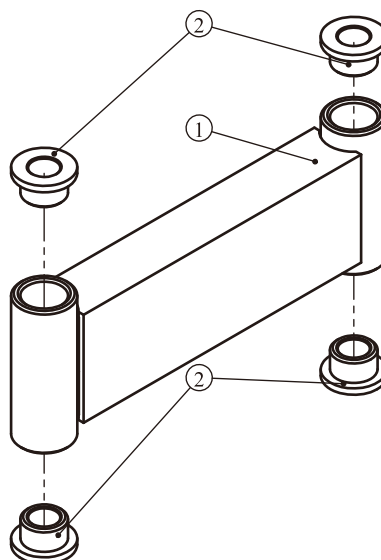
Exploded View and Parts List

Swing Frame ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|--------------------|-------------|-----|
| 1 | 18.1 | IT90081000 | Swing Frame | 1 |
| 2 | 18.2 | GB2766005-2RSC3NBK | Bearing | 2 |
| 3 | 18.3 | IT80081400 | Bushing Φ42 | 1 |

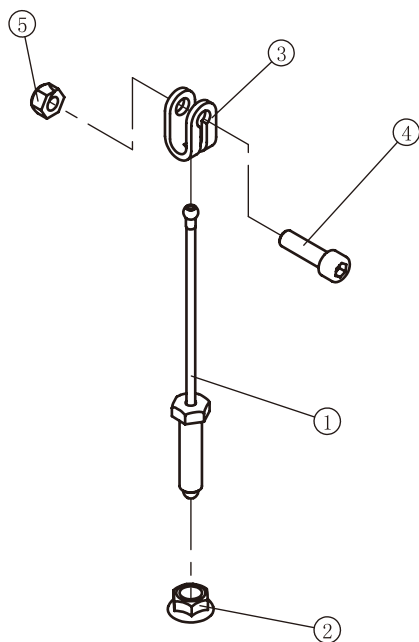
Connecting Frame ASSY



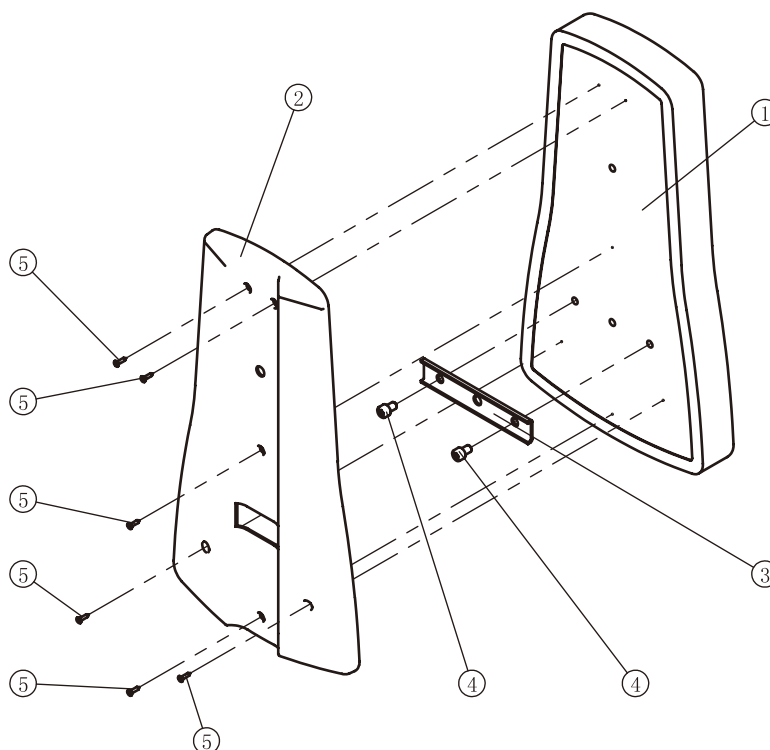
| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------|------------------|-----|
| 1 | 19.1 | FE97082500 | Connecting Frame | 1 |
| 2 | 19.2 | M01402000 | Bushing Φ12.2 | 4 |

Exploded View and Parts List

Tension Cable ASSY



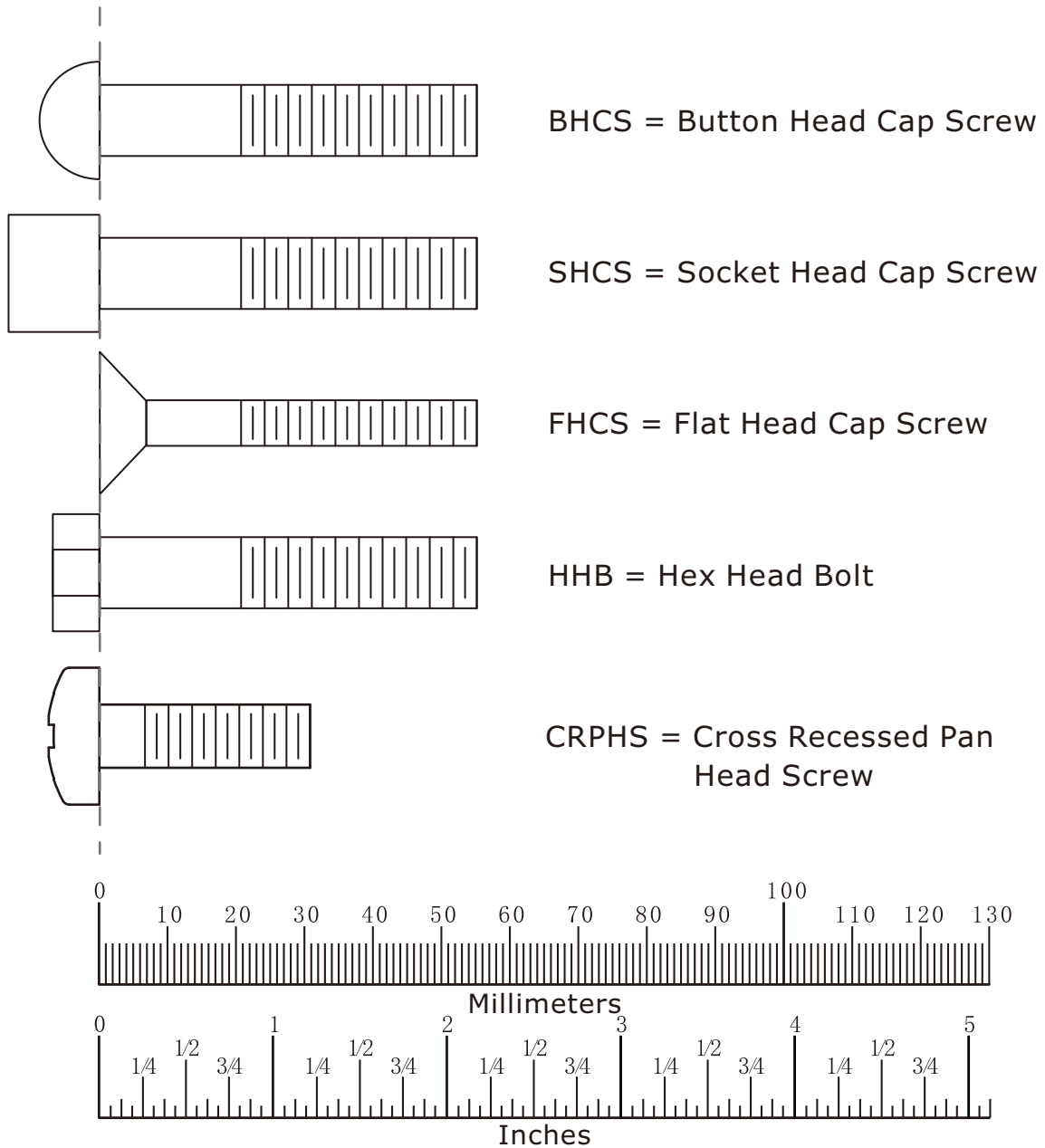
Back Pad ASSY



| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|-------------------|------------------------------|-----|
| 1 | 23.1 | IT95081501 | Tension Cable | 1 |
| 2 | 23.2 | HF900-03A1002 | Hex Flange Nut | 1 |
| 3 | 23.3 | BNH0562 | Strap Bracket | 1 |
| 4 | 23.4 | GB70M10*35*15DN18 | Socket Head Cap Screw M10*35 | 1 |
| 5 | 23.5 | NM10DN2 | Nylon Lock Nut M10 | 1 |

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------------|--|-----|
| 1 | 31.1 | IT95017100 | Back Pad | 1 |
| 2 | 31.2 | IT95017300 | Back Pad Cover | 1 |
| 3 | 31.3 | IT95017500 | Back Pad Support Plate | 1 |
| 4 | 31.4 | GB70M10*15DS20 | Socket Head Cap Screw M10*15 | 2 |
| 5 | 31.5 | GB846ST4.2*19DHS | Cross Recessed Countersunk Head Tapping Screw ST4.2*19 | 6 |

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

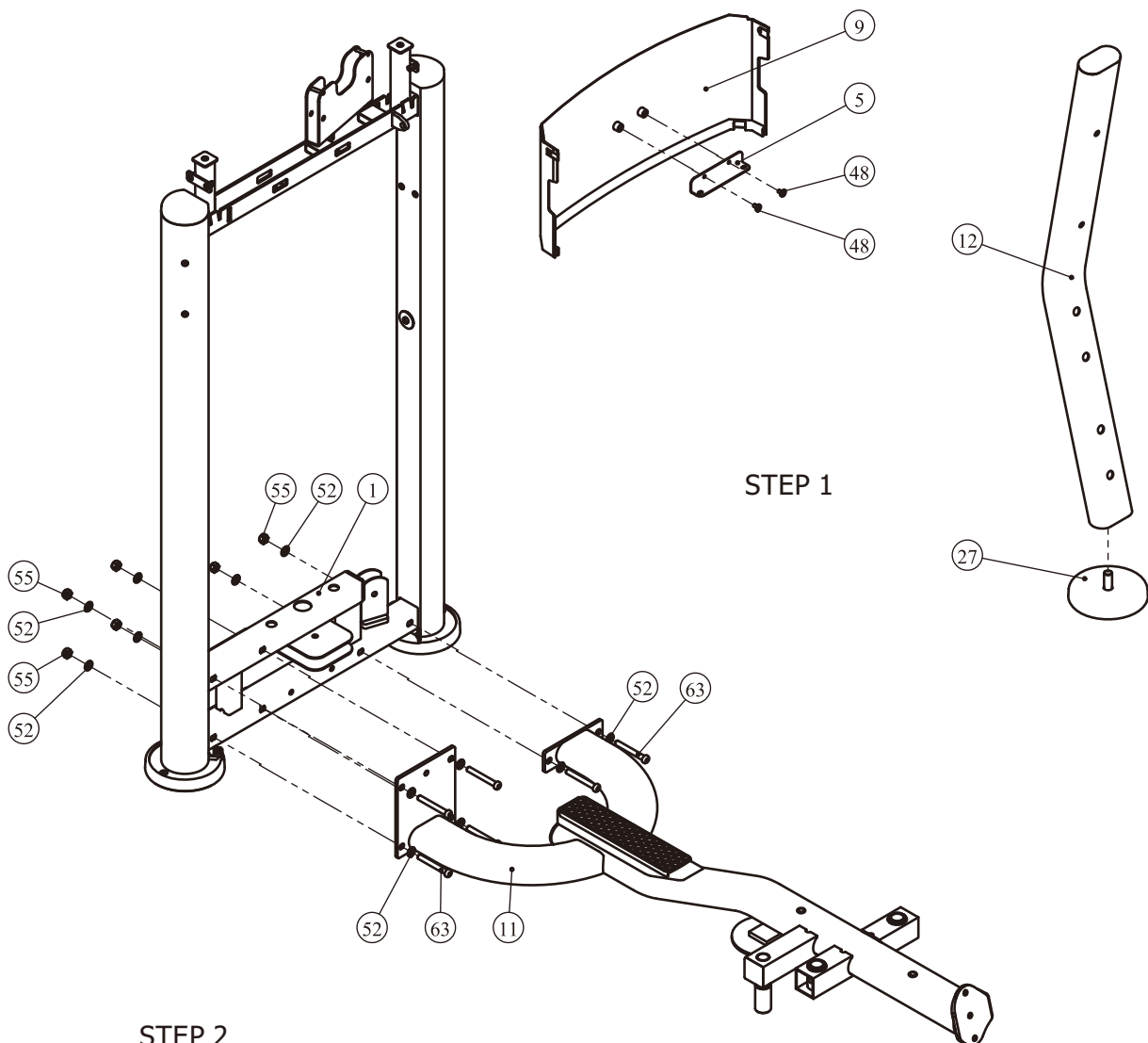
1. Attach one Adjustable Foot Plate (#27) to the Back Pad Frame ASSY (#12).
2. Attach the Rear Bracket (#5) to the Top Rear Shroud (#9) using:
two M6*10 Cross Recessed Pan Head Screw (#48)

Note: Wrench Tighten Bolts.

STEP 2

- Attach the Main Frame ASSY (#11) to the Weight Stack Frame ASSY (#1) using:
- twelve $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - six M10 Nylon Lock Nut (#55)
 - six M10*80 SHCS (#63)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3

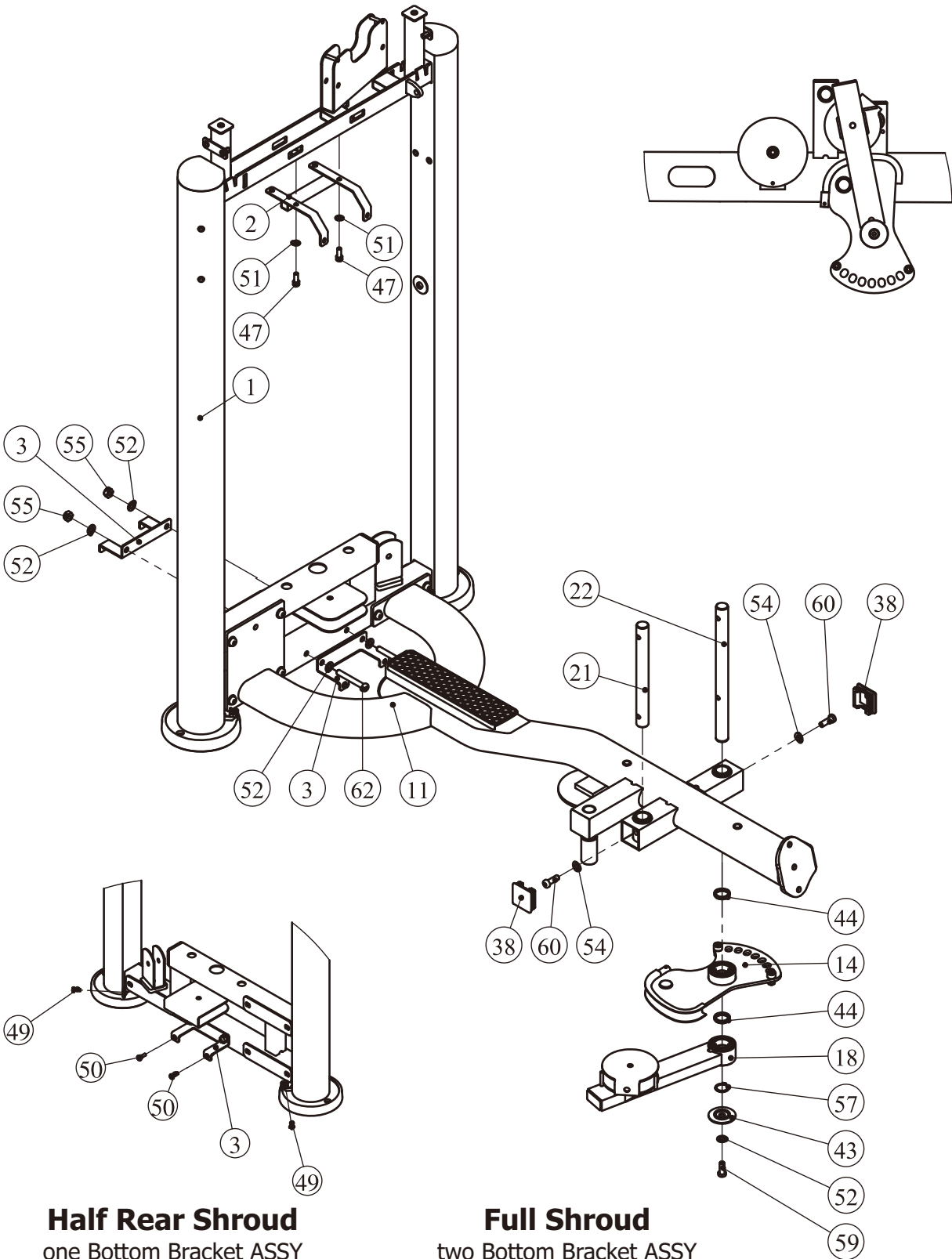
1. Attach the Shaft1 (#21) and the Shaft2 (#22) to the Main Frame ASSY (#11) using:
 - two $\Phi 11 \times \Phi 20 \times 2$ Arc Washer (#54)
 - two M10*30 SHCS (#60)
2. Attach the Top Bracket ASSY (#2) and two/one Bottom Bracket ASSY (#3) to the Weight Stack Frame ASSY (#1) using:
 - two M8*20 SHCS (#47)
 - two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#51)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - two M10 Nylon Lock Nut (#55)
 - two M10*75 SHCS (#62)
3. Attach the Wheel Frame ASSY (#14) and the Swing Frame ASSY (#18) to the shaft2 (#22) using:
 - one Cap $\Phi 55$ (#43)
 - two Bushing $\Phi 32$ (#44)
 - one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - one M10*25 SHCS (#59)
 - one Circlip For Shaft d0=25 (#57)
4. Put two Tube Plugs $\square 50$ (#38) into the Main Frame ASSY (#11).

Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.

2. Pay attention to the relative location between the Wheel Frame ASSY (#14) and the Swing Frame ASSY (#18).

Assembly

STEP 3

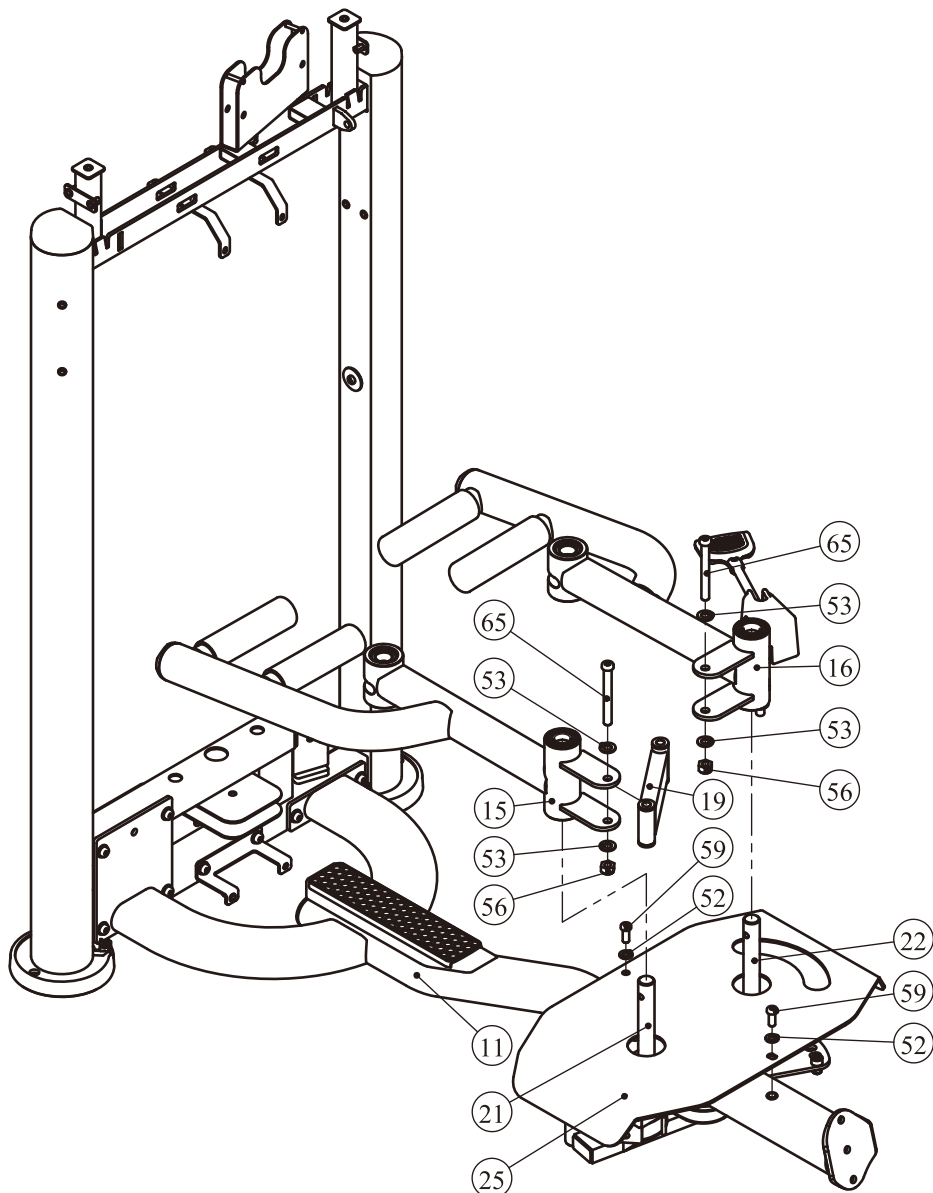


Assembly

STEP 4

1. Attach the Cover Plate (#25) to the Main Frame ASSY (#11) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52) two M10*25 SHCS (#59)
2. Put the Left Leg Frame ASSY (#15) and the Right Leg Frame ASSY (#16) to the Shaft1 (#21) and the Shaft2 (#22), then attach the Left Leg Frame ASSY (#15) and Right Leg Frame ASSY (#16) to the Connecting Frame ASSY (#19) using:
four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#53) two M12 Nylon Lock Nut (#56)
two M12*105 SHCS (#65)

Note: Wrench tighten bolts and Nylon Lock Nuts.



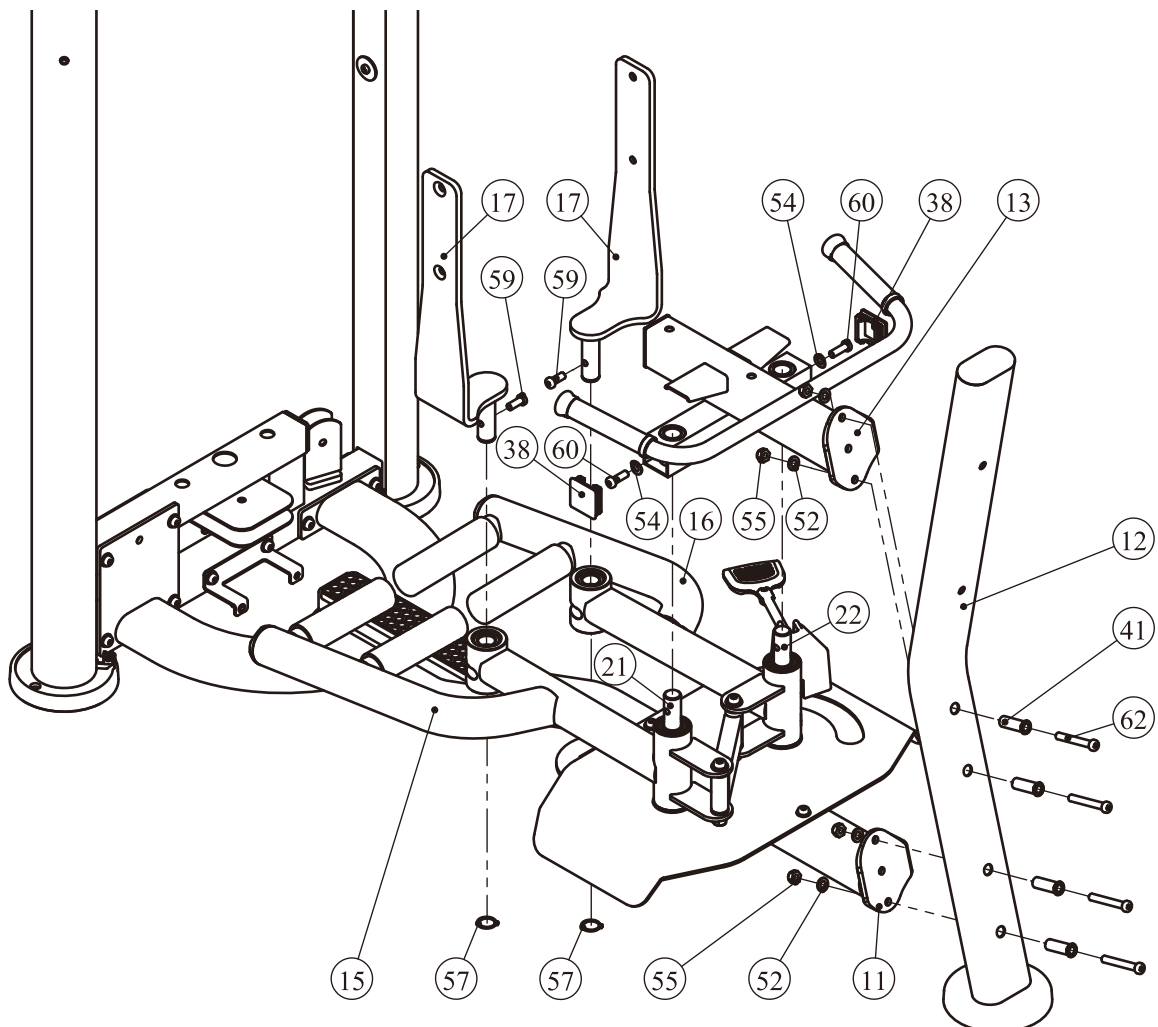
Assembly

STEP 5

1. Attach two Leg Frame ASSY (#17) to the Left Leg Frame ASSY (#15) and the Right Leg Frame ASSY (#16) using:
two Circlip For Shaft d0=25 (#57) two M10*25 SHCS (#59)
2. Attach the Seat Pad Frame ASSY (#13) to the Shaft1 (#21) and the Shaft2 (#22) using:
two $\Phi 11*\Phi 20*2$ Arc Washer (#54) two M10*30 SHCS (#60)
3. Attach the Back Pad Frame ASSY (#12) to the Main Frame ASSY (#11) and the Seat Pad Frame ASSY (#13) using:
four Support Sleeve (#41) four $\Phi 11*\Phi 20*2$ Flat Washer (#52)
four M10 Nylon Lock Nut (#55) four M10*75 SHCS (#62)
4. Put two Tube Plugs $\square 50$ (#38) into the Seat Pad Frame ASSY (#13).

Note: 1. Wrench tighten bolts and Nylon Lock Nuts.

2. Adjust the Adjustable Foot Plate to make the machine stable.



Assembly

STEP 6

Here is the assembly instruction for **160LBS Weights !**

1. Attach:

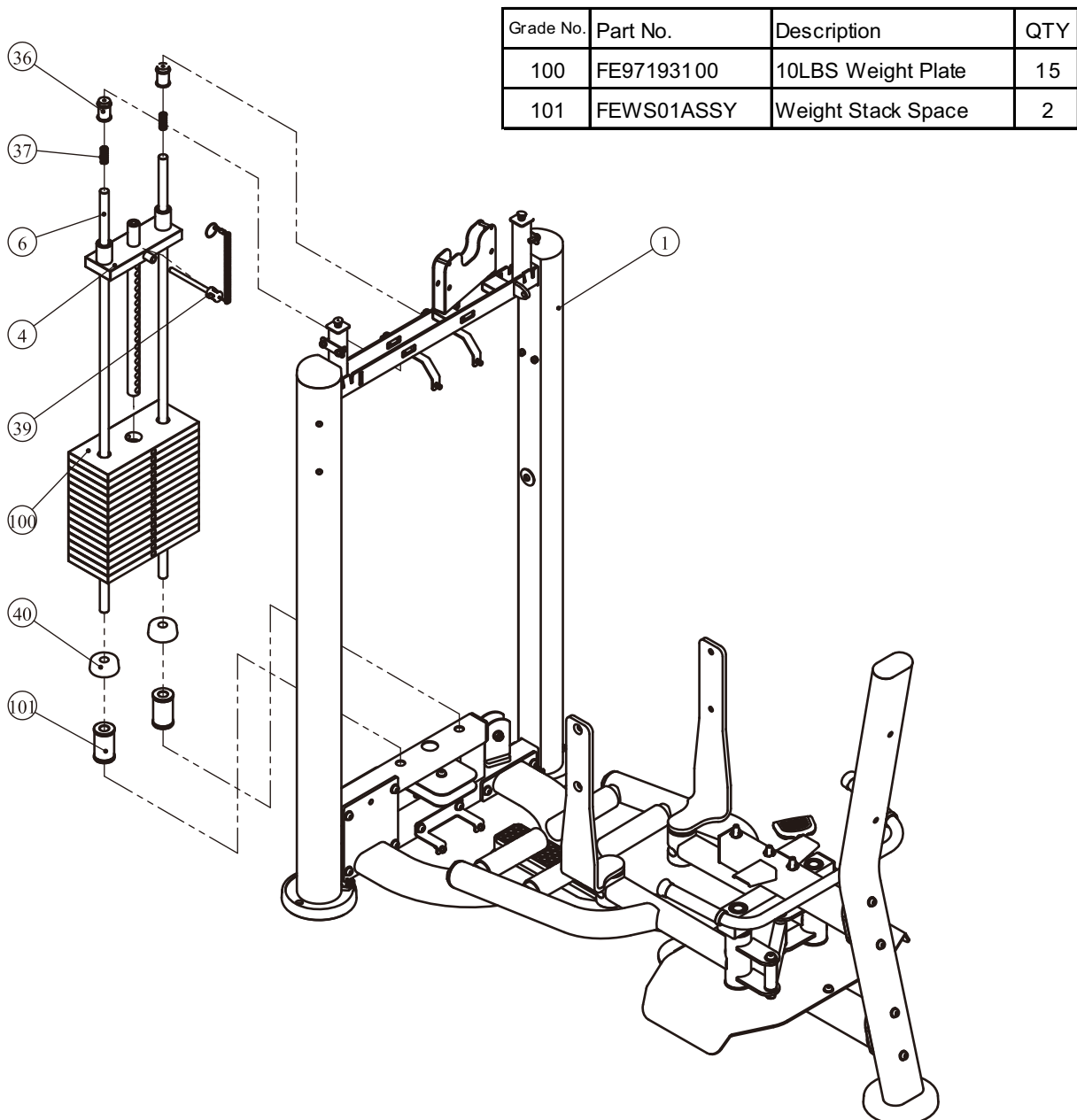
two Guide Rod $\Phi 19 \times 1097$ (#6)
two Weight Stack Space (#101)
one Top Plate (#4)

two Weight Rubber Bumper (#40)
fifteen Weight Plate 10LBS (#100)

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

two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#36) two Spring (#37)

2. Attach the Selector Pin W/Coil (#39) to the Top Plate (#4).



Assembly

STEP 6

Here is the assembly instruction for **200LBS Weights !**

1. Attach:

two Guide Rod $\Phi 19 \times 1097$ (#6)

nineteen Weight Plate 10LBS (#100)

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

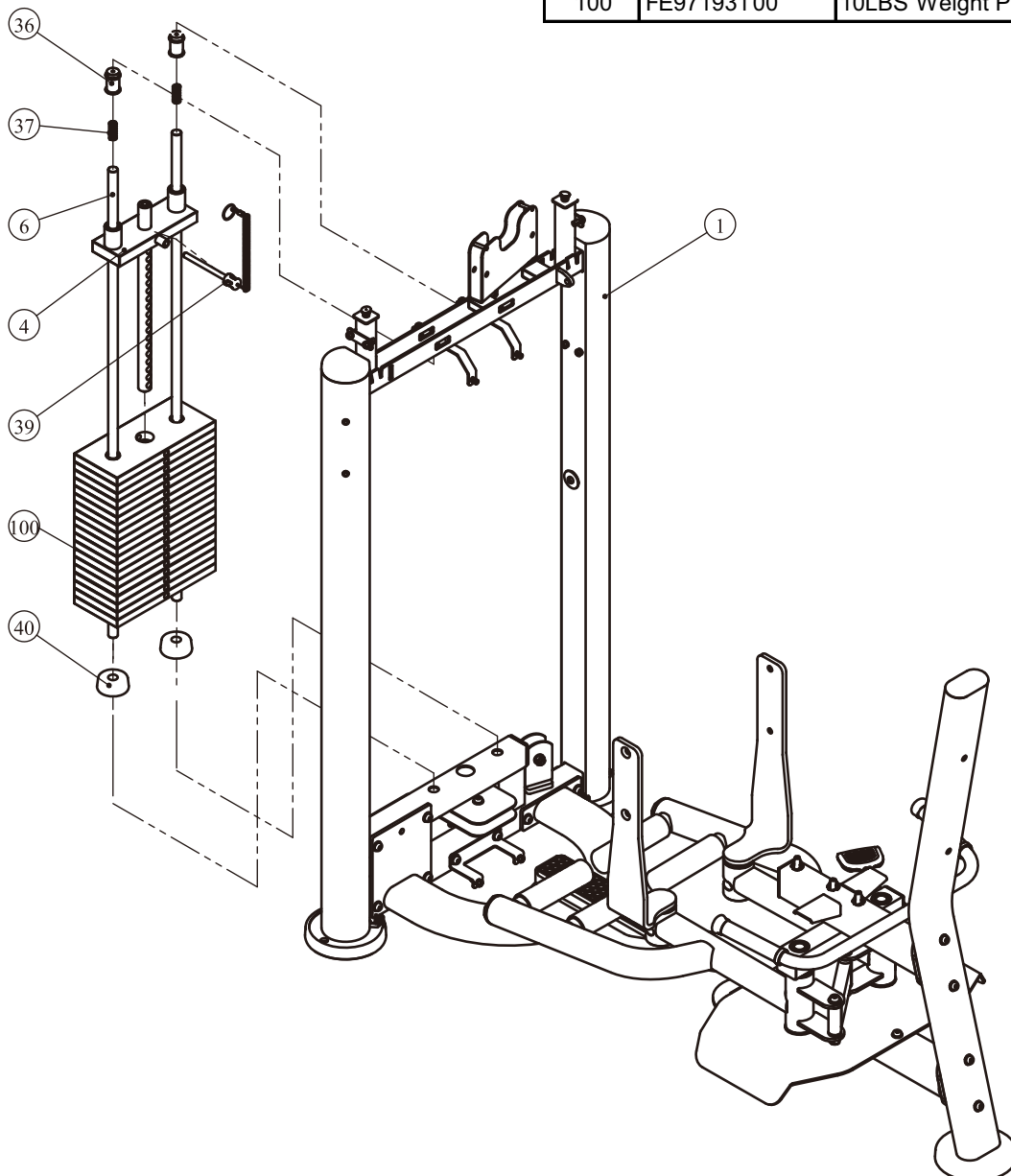
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#36) two Spring (#37)

two Weight Rubber Bumper (#40)

one Top Plate (#4)

2. Attach the Selector Pin W/Coil (#39) to the Top Plate (#4).

| Grade No. | Part No. | Description | QTY |
|-----------|------------|--------------------|-----|
| 100 | FE97193100 | 10LBS Weight Plate | 19 |



Assembly

STEP 6

Here is the assembly instruction for **235LBS Weights !**

1. Attach:

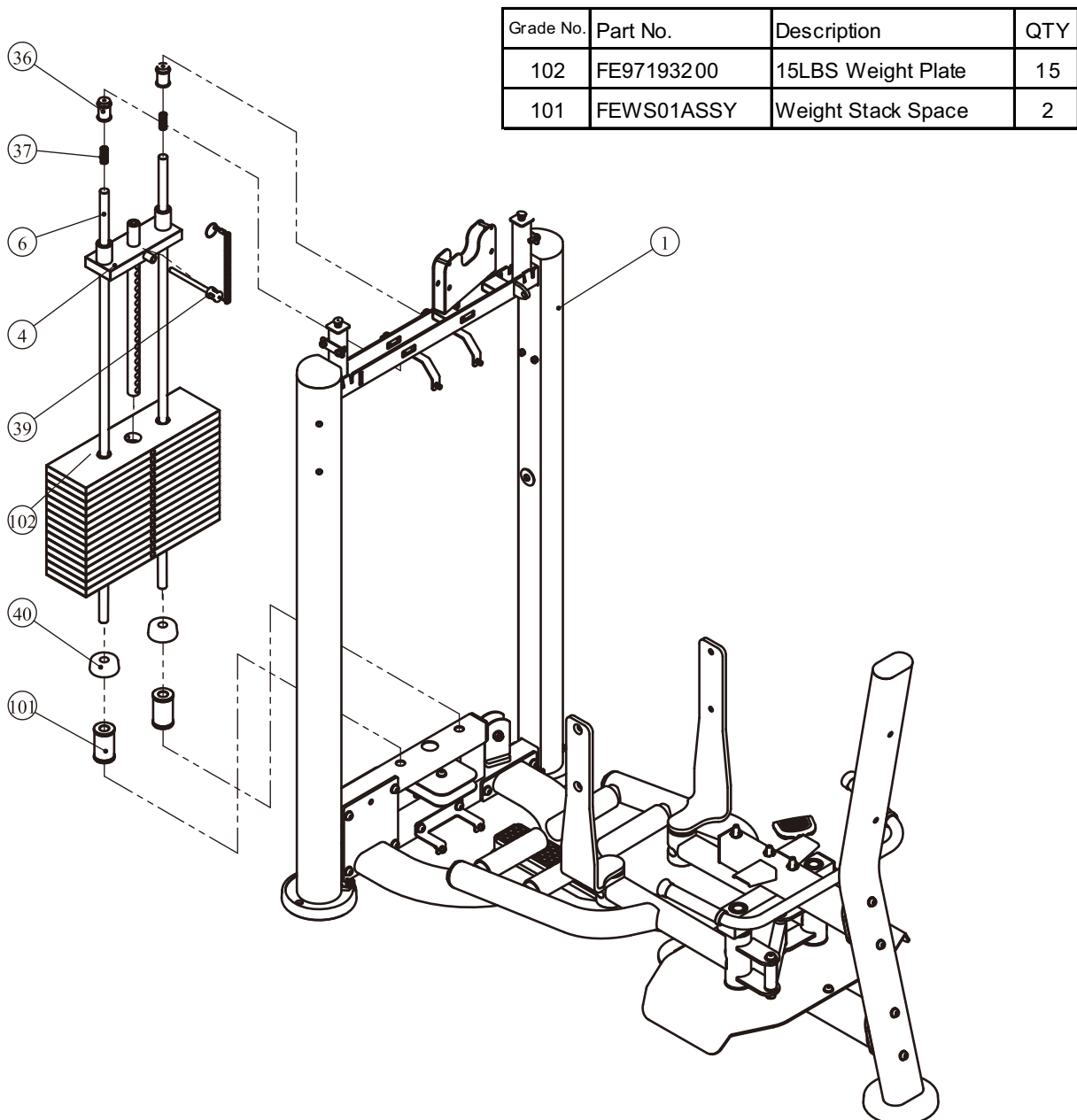
two Guide Rod $\Phi 19 \times 1097$ (#6)
two Weight Stack Space (#101)
one Top Plate (#4)

two Weight Rubber Bumper (#40)
fifteen Weight Plate 15LBS (#102)

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

two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#36) two Spring (#37)

2. Attach the Selector Pin W/Coil (#39) to the Top Plate (#4).



Assembly

STEP 6

Here is the assembly instruction for **295LBS Weights !**

1. Attach:

two Guide Rod $\Phi 19 \times 1097$ (#6)

nineteen Weight Plate 15LBS (#102)

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

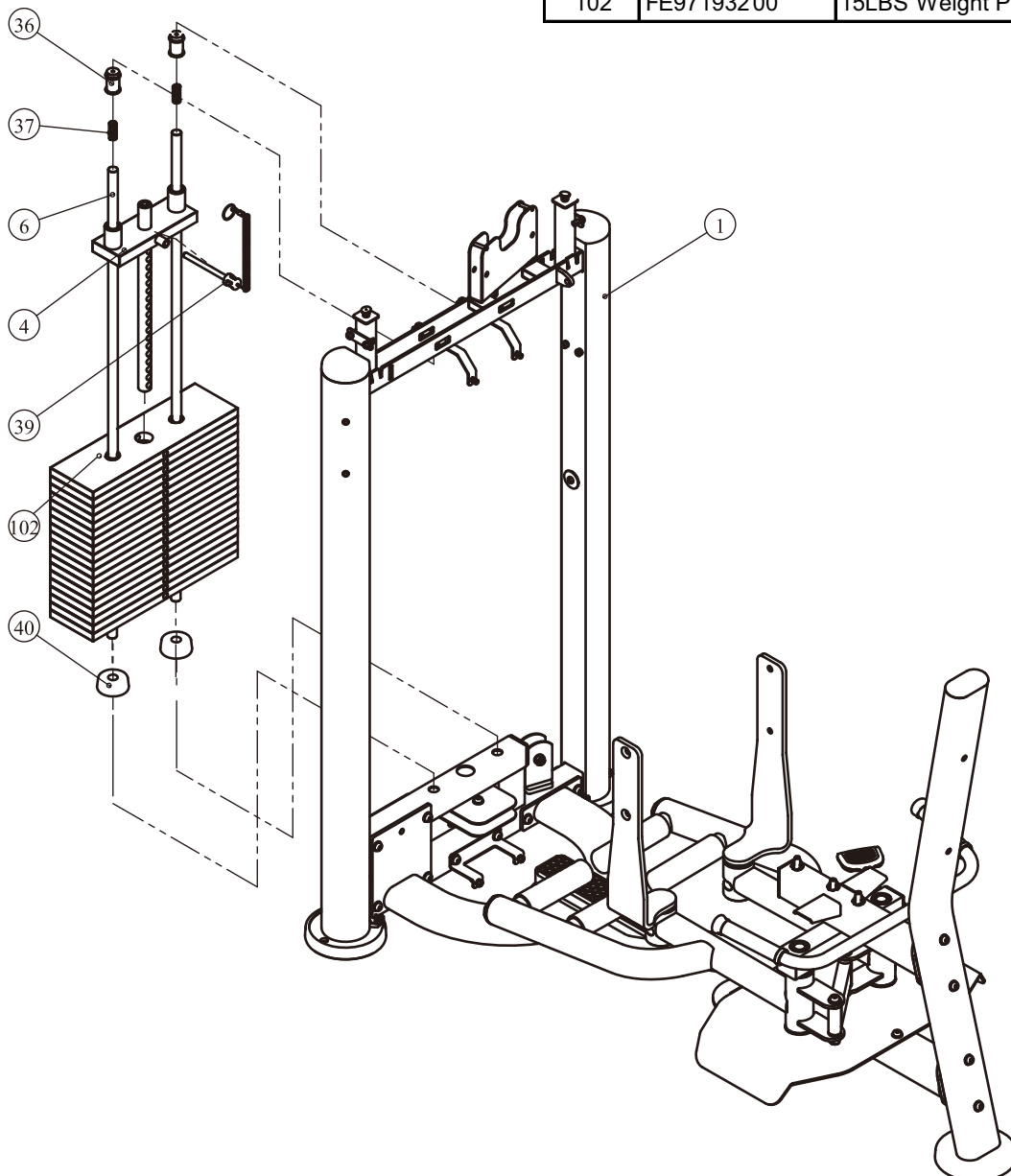
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#36) two Spring (#37)

two Weight Rubber Bumper (#40)

one Top Plate (#4)

2. Attach the Selector Pin W/Coil (#39) to the Top Plate (#4).

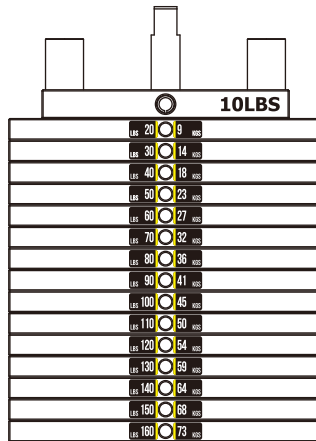
| Grade No. | Part No. | Description | QTY |
|-----------|------------|--------------------|-----|
| 102 | FE97193200 | 15LBS Weight Plate | 19 |



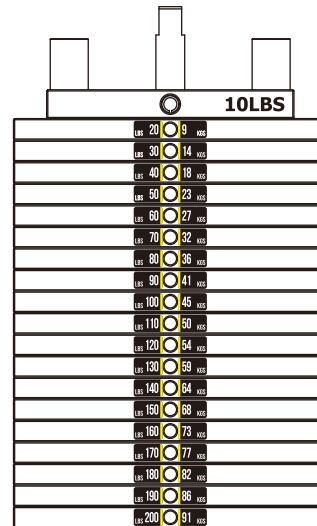
Assembly

All weight plate sticker paste schematic diagram

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

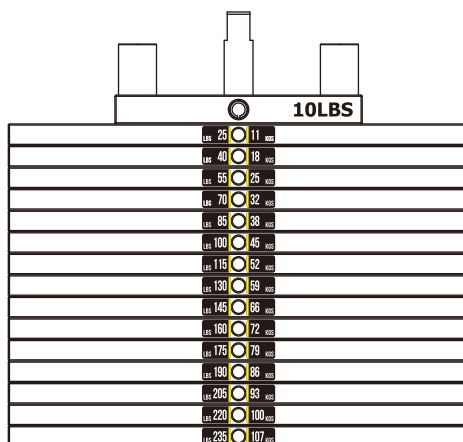


20-160LBS

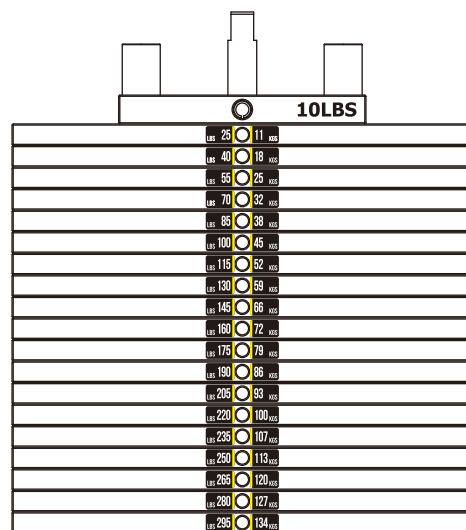


20-200LBS

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



25-235LBS



25-295LBS

Assembly

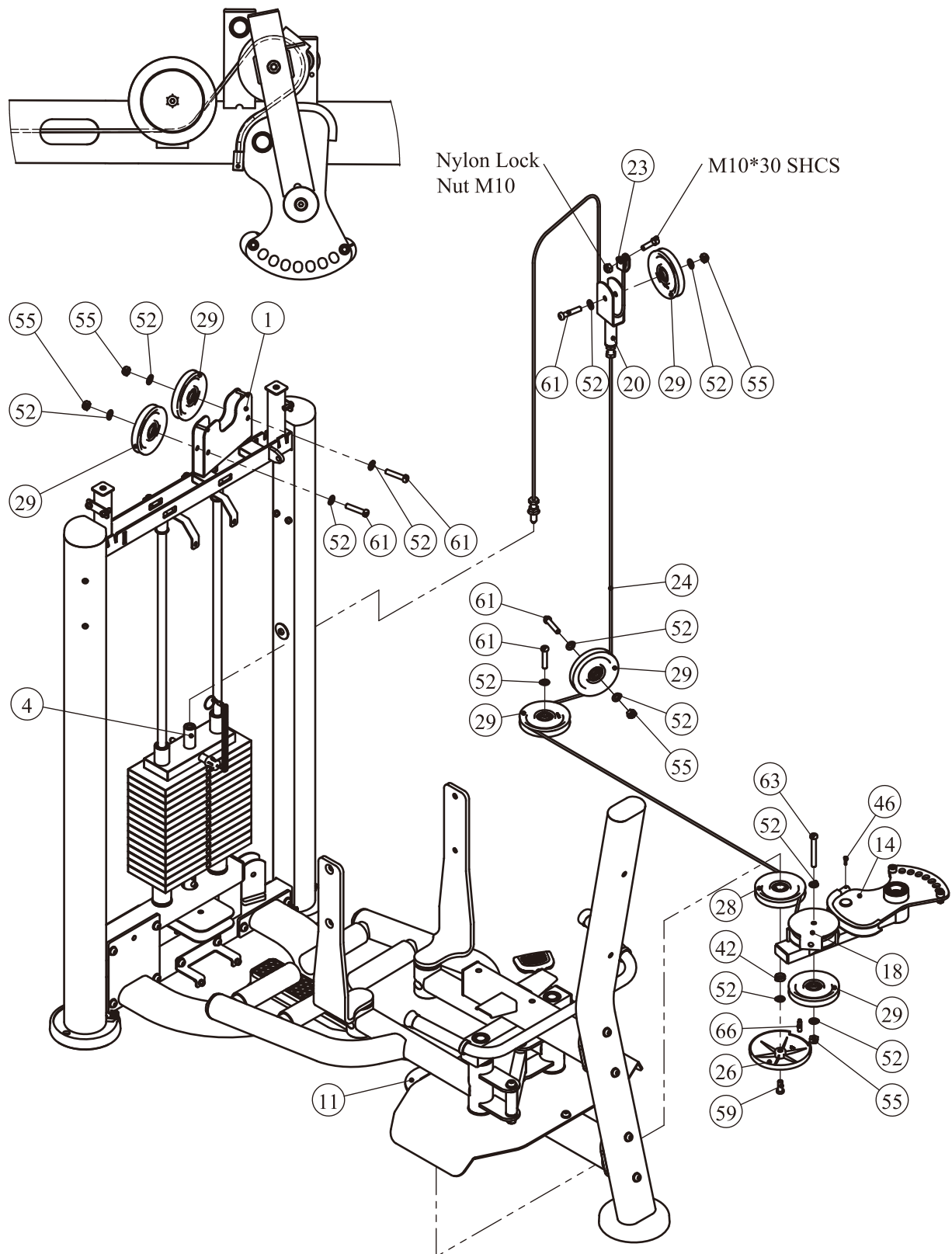
STEP 7

1. Attach four 4.5" Pulleys (#29) to the Weight Stack Frame ASSY (#1) using:
 - seven $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - three M10 Nylon Lock Nut (#55)
 - four M10*50 SHCS (#61)
2. Attach one 4.5" Pulleys (#29) to the Movable Pulley Frame (#20) using:
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - one M10 Nylon Lock Nut (#55)
 - one M10*50 SHCS (#61)
3. Attach one 4.5" Pulleys (#28) and one Pulley Covers (#26) and one Threaded Column (#66) to the Main Frame ASSY (#11) using:
 - one Bushing $\Phi 22$ (#42)
 - one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - one M10*25 SHCS (#59)
4. Attach one 4.5" Pulleys (#29) to the Swing Frame ASSY (#18) using:
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52)
 - one M10 Nylon Lock Nut (#55)
 - one M10*80 SHCS (#63)
5. Take down one M10 Nylon Lock Nut and one M10*35 SHCS from the Tension Cable ASSY (#23), Attach the Tension Cable ASSY (#23) to the Top Plate (#4) and the Weight Stack Frame ASSY (#1) using:
 - one M10 Nylon Lock Nut (Down off)
 - one M10*35 SHCS (Down off)
6. Attach the Cable ASSY (#24) to the Movable Pulley Frame (#20) and the Wheel Frame ASSY (#14).
7. Attach one M4*15 FHCS (#46) to the Wheel Frame ASSY (#14).

Note: Wrench tighten bolts and Nylon Lock Nuts.

Assembly

STEP 7



Assembly

STEP 8

Full Shroud

Tips: Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Left Front Shroud (#33) and the Right Front Shroud (#34) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
two M6*16 CRPHS (#49) four M6*20 CRPHS (#50)
2. Attach the Rear Shroud (#35) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
two M6*16 CRPHS (#49) four M6*20 CRPHS (#50)
3. Attach the Training Placard Cover (#8) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:
two M6*10 CRPHS (#48) two M6*20 CRPHS (#50)
4. Attach the Top Rear Shroud (#9) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:
four M6*20 CRPHS (#50)
5. Attach the Top Cover (#7) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#50) two Spout Plug $\Phi 16.5 \times 6.88$ (#67)
6. Attach the Cup Holder (#10) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#50)

Note: Wrench tighten bolts.

STEP 8

Half Rear Shroud

Tips: Pre-assemble the 4 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

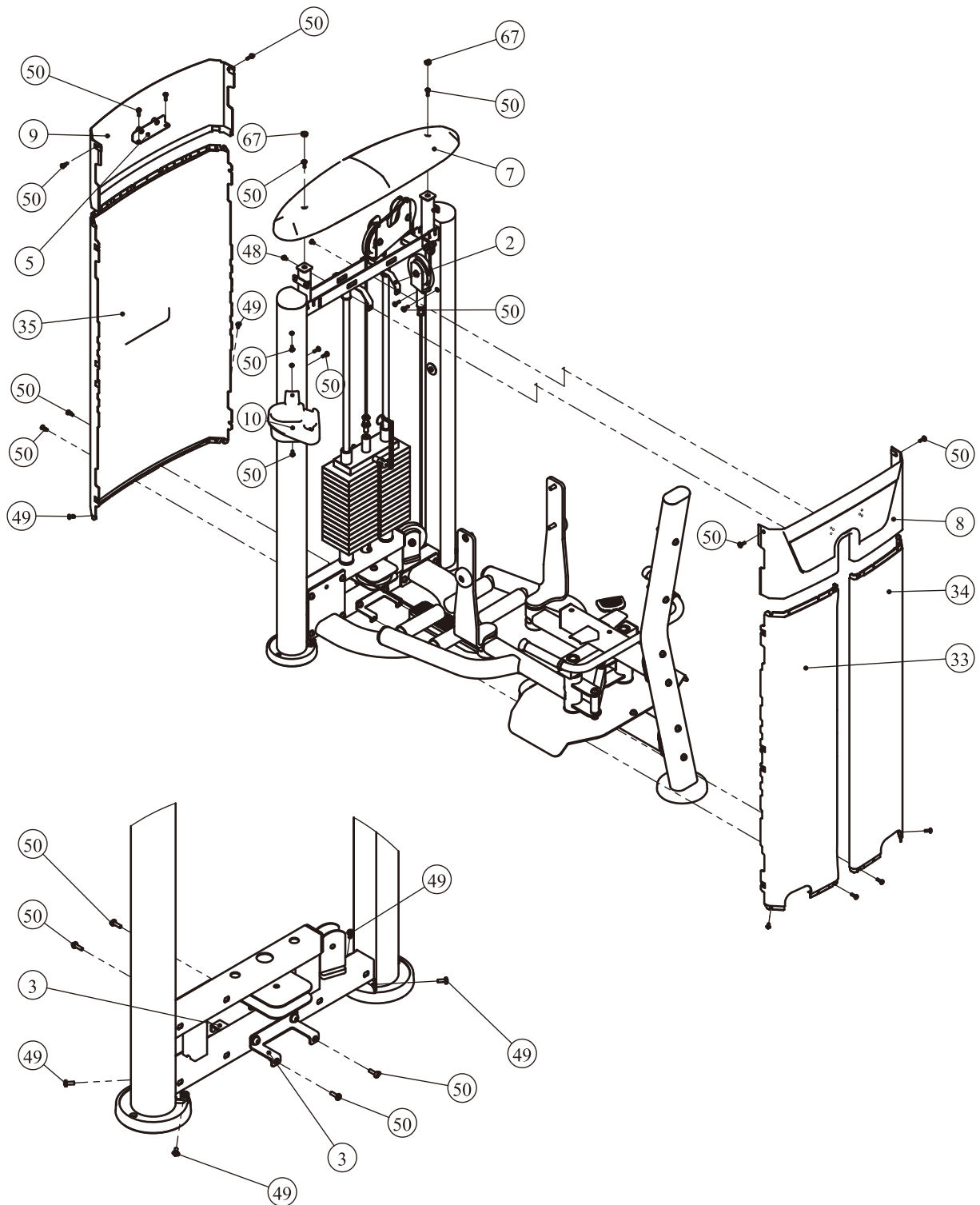
1. Attach the Half Rear Shroud (#200) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
four M6*20 CRPHS (#49) two M6*16 CRPHS (#50)
2. Attach the Training Placard Cover (#8) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:
two M6*20 CRPHS (#48) two M6*10 CRPHS (#50)
3. Attach the Top Rear Shroud (#9) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:
four M6*20 CRPHS (#50)
4. Attach the Top Cover (#7) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#50) two Spout Plug $\Phi 16.5 \times 6.88$ (#67)
5. Attach the Cup Holder (#10) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#50)

Note: Wrench tighten bolts.

Assembly

STEP 8

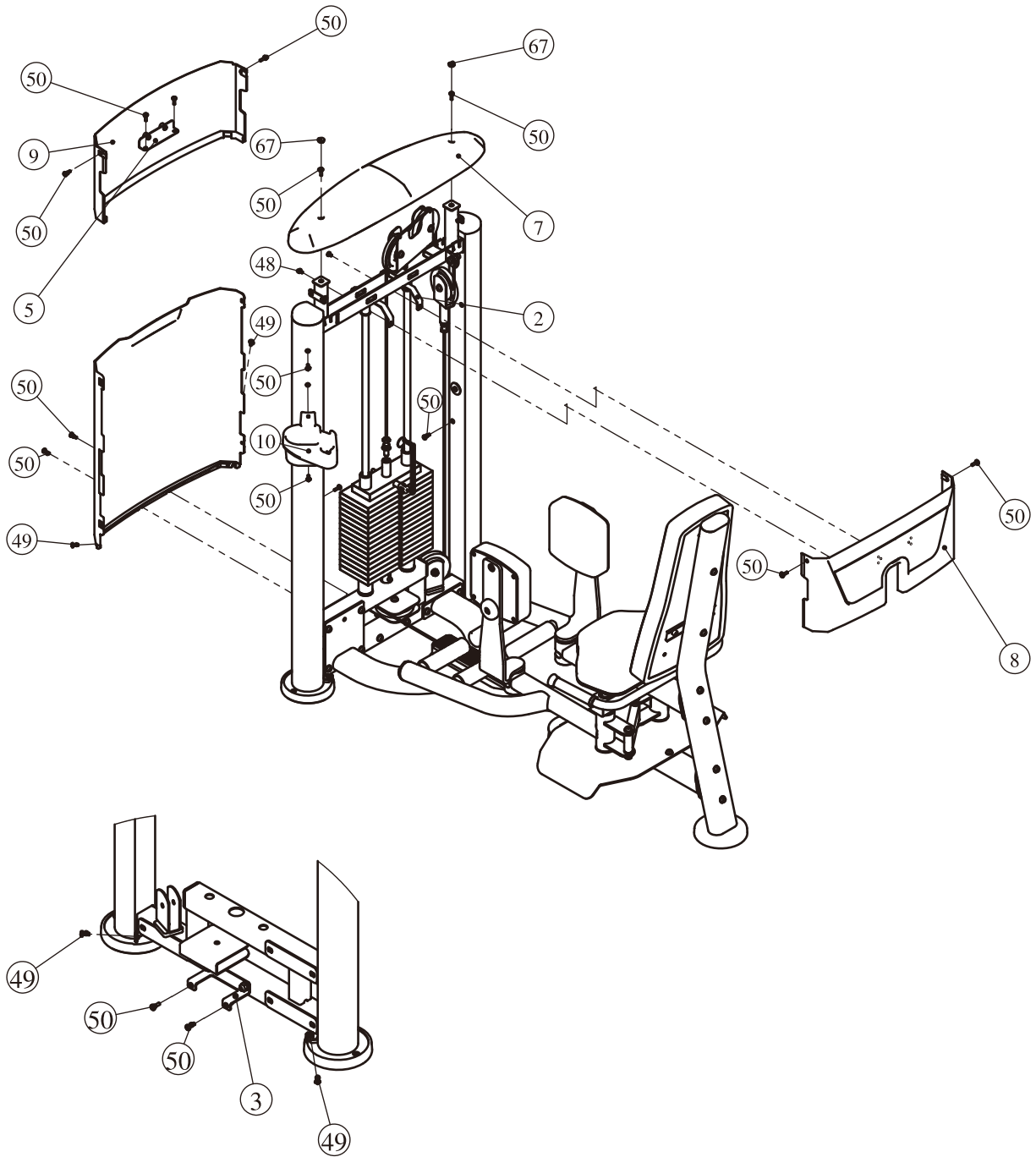
Full Shroud



Assembly

STEP 8

Half Rear Shroud

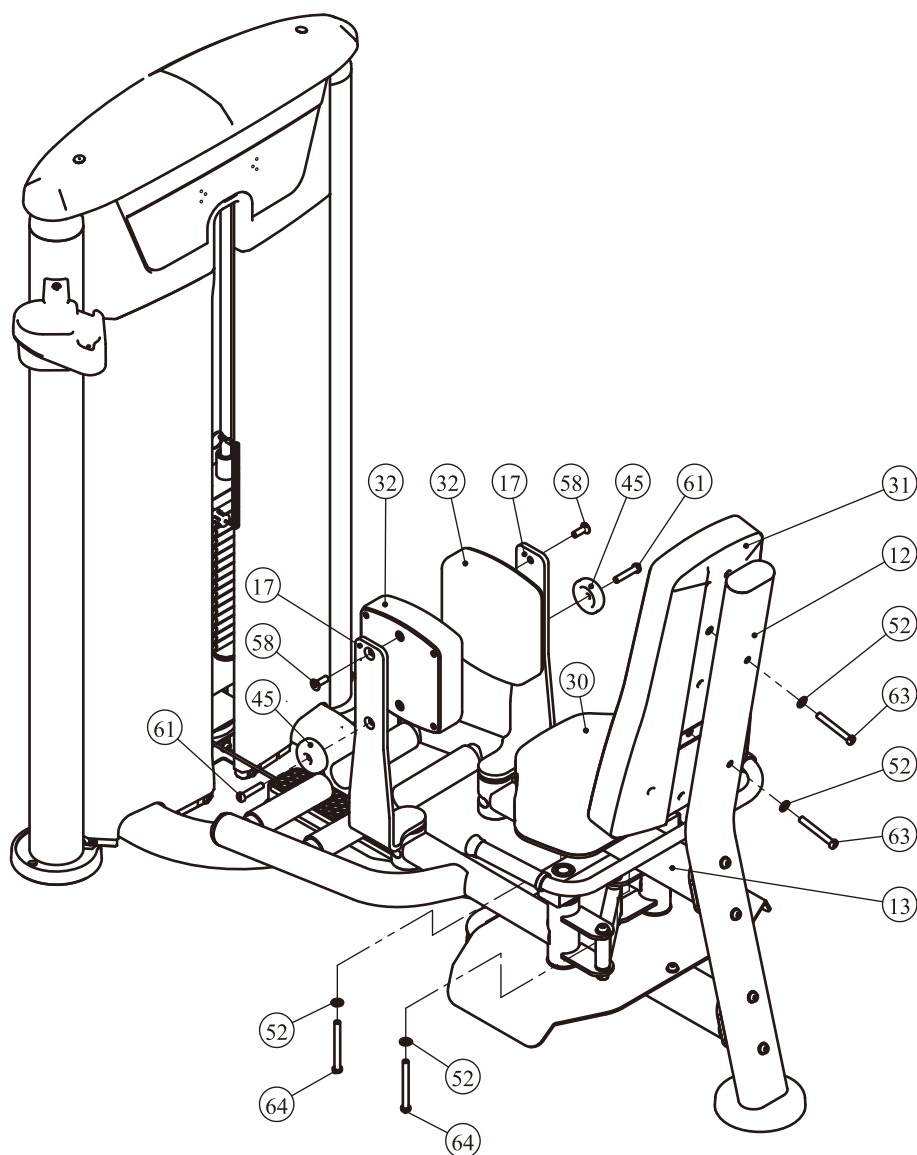


Assembly

STEP 9

1. Attach the Back Pad ASSY (#31) to the Back Pad Frame ASSY (#12) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52) two M10*80 SHCS (#63)
2. Attach the Seat Pad (#30) to the Seat Pad Frame ASSY (#13) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#52) two M10*100 SHCS (#64)
3. Attach two Leg Pad (#32) and two Rubber Bumper $\Phi 63.5$ (#45) to two Leg Frame ASSY (#17) using:
two M10*30 SCHCS (#58) two M10*50 SHCS (#61)

Note: Wrench tighten bolts.



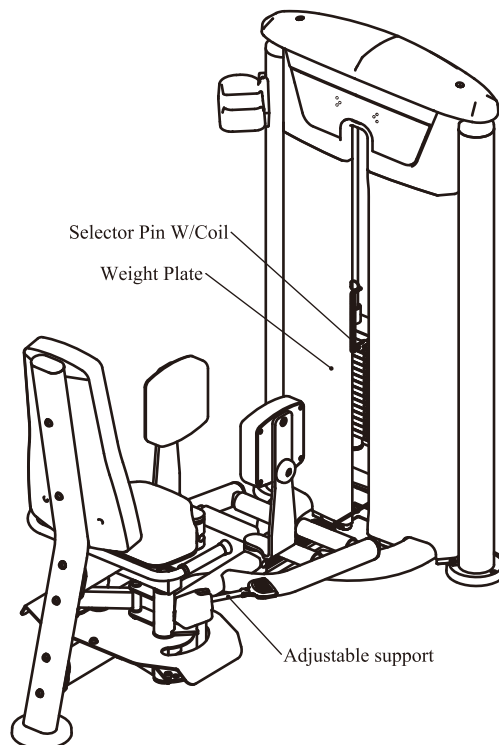
Adjust Instructions

The Use Position adjustment

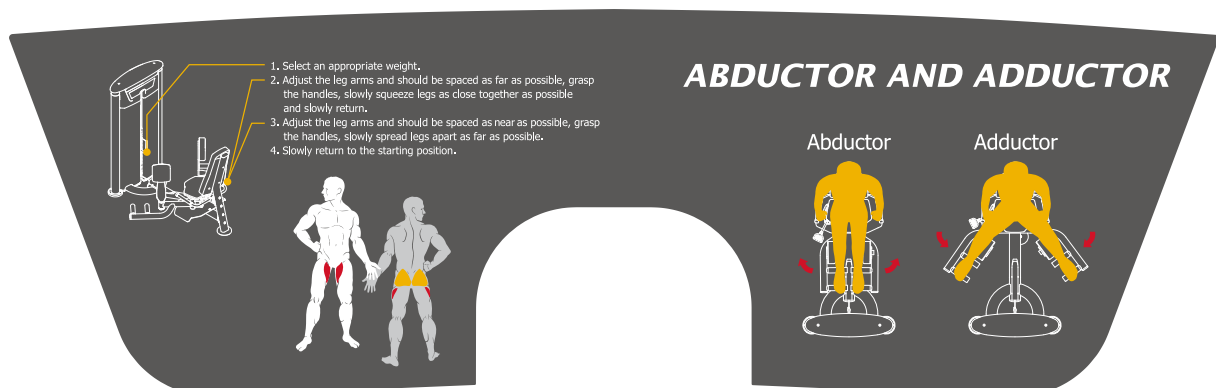
1. Pull the Adjustable Support and Adjust the Leg Frame to the desired position.
2. Make sure the pin gets into the hole completely.

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.



Exercise Instructions



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.

