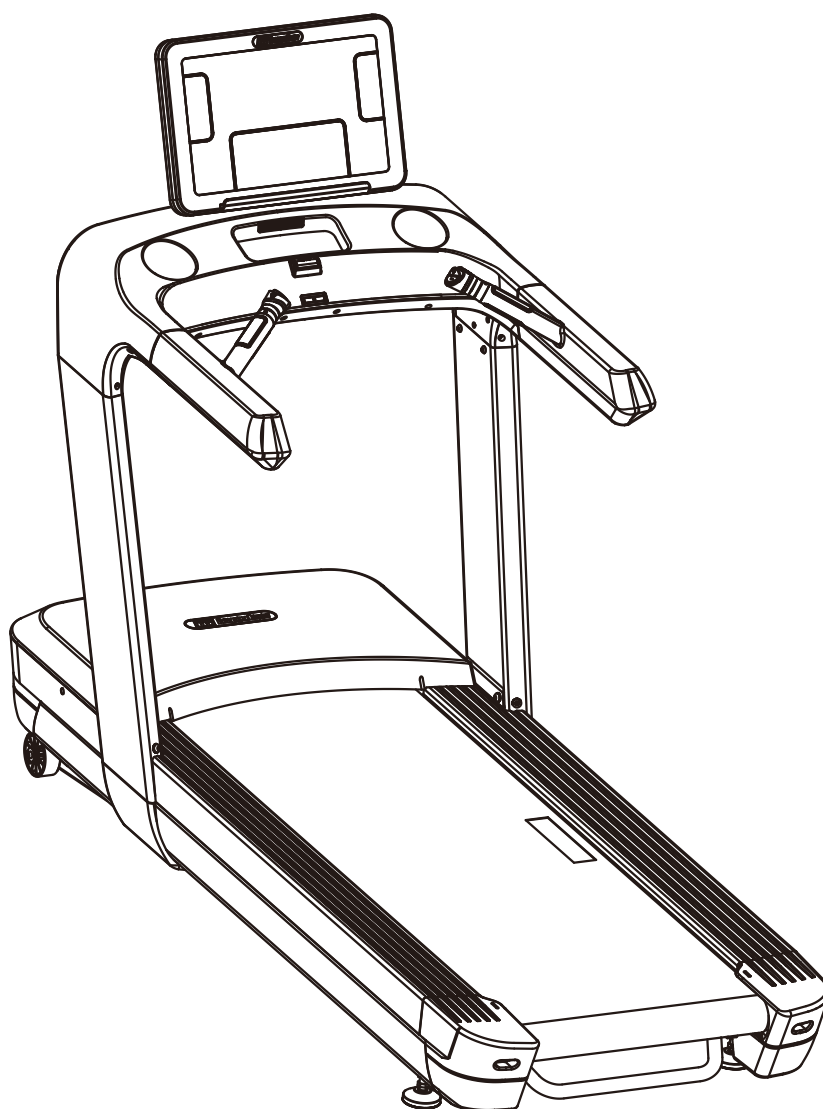




AC810

TREADMILL

OWNER'S MANUAL

24A

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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Important Safety Instructions

WARNING - Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product. To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Children should be supervised to ensure that they do not play with the appliance.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.
2. The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.
3. Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.
5. Always straddle the belt and allow it to start moving before stepping onto the belt.

Important Safety Instructions

6. Hold on to handrail when adjusting speed, incline, or other controls.
7. Always examine your treadmill before using to ensure all parts are in working order.
8. Allow the belt to fully stop before dismounting.
9. Pets should never be allowed near or on the treadmill.
10. Do not leave children unsupervised near or on the treadmill.
11. Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.
12. Never insert any object or body parts into any opening.
13. For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.
14. Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and or instructed by the manufacturer.
15. Failure to follow these instructions will void the treadmill warranty.
16. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Correct Disposal of this product



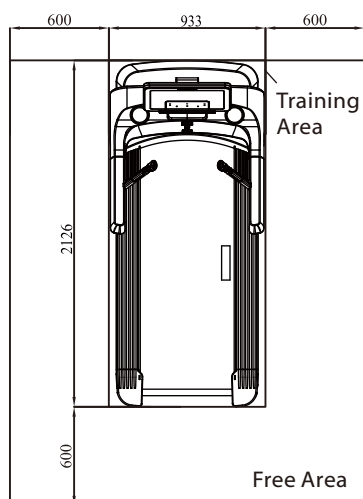
This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.

Important Safety Instructions

Remember to take the time to review owner's manuals before you start.

1. Before using this treadmill or starting any exercise program, consult your physician and accompanied by specialized person. Adjust the speed not over 8KMH.
2. Take the time to perform the stretching exercise provided to avoid injury.
3. If you have heart problems, and/ or the other diseases, do not use the treadmill programs without receiving approval from your physician.
4. Stop exercising or call physician if you feel uncomfortable.
5. Do not leave children unsupervised and disabled person near or on the treadmill. Should be accompanied by supervisors.
6. Running is oxygen exercise, recommended 30 minutes per time is reasonable.
7. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not with fibre clothing to avoid electrical shock and damage the treadmill.
8. Do not use the treadmill with bare feet, sandals, socks or stockings to avoid any risk of injuries. Wear comfortable shoes or cotton socks.
9. Failure to follow these instructions will void the treadmill warranty.
10. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Training Area and Free Area



Technical Data

Class: SB

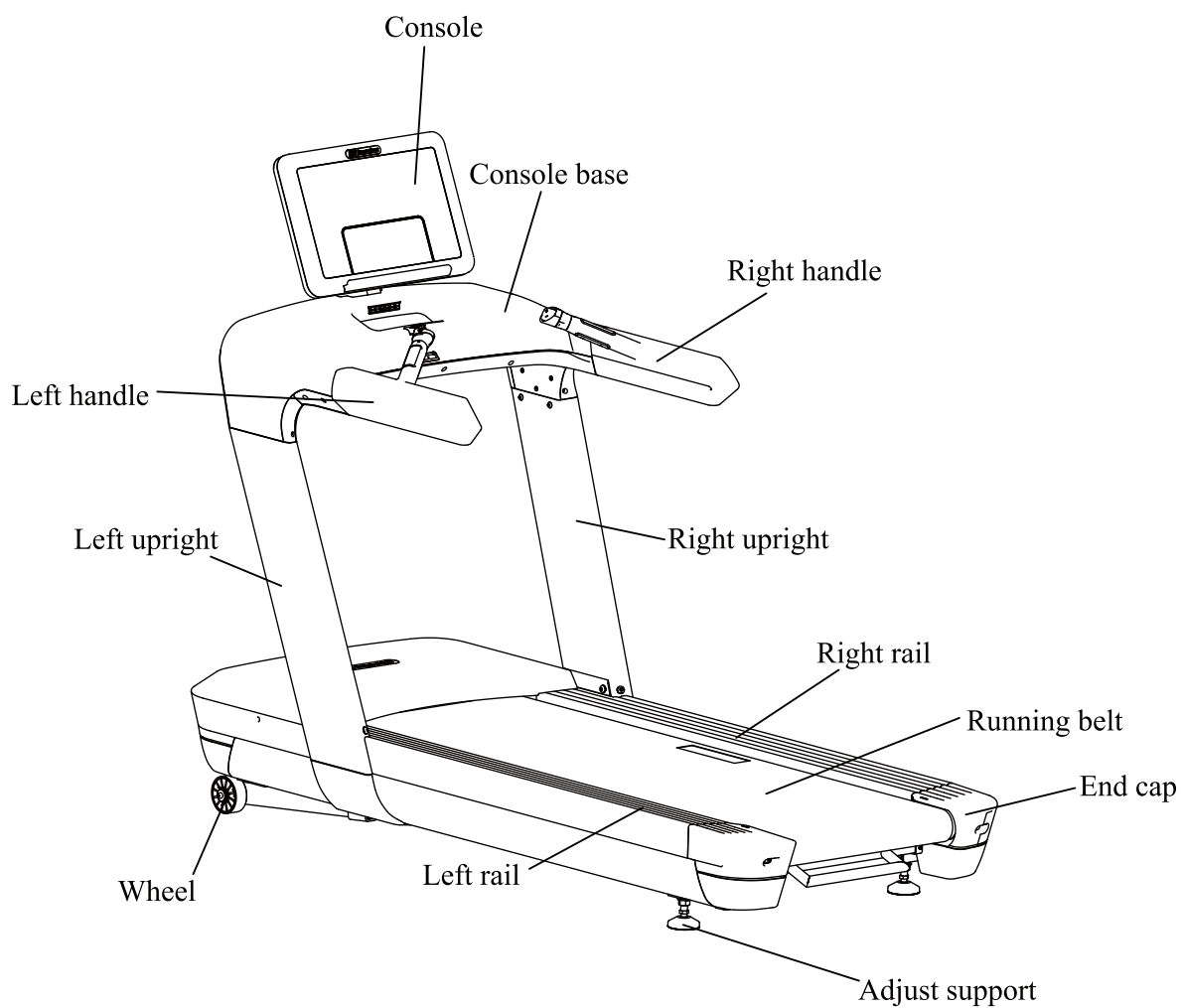
Product Dimensions: 2126*933*1598mm

Product Total Surface: 2126*933mm

Max. user weight: 150kg/ 330lbs

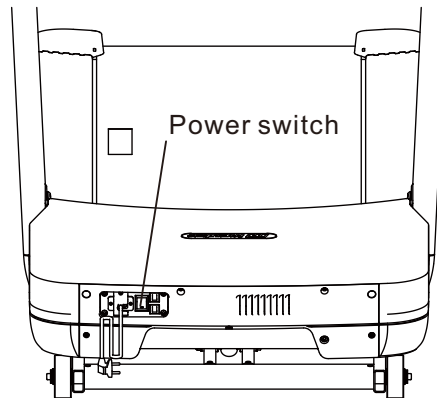
Product total mass:

Main parts list



Warning

CAUTION! Before using this treadmill or starting any exercise program, It is important to review this manual and the following precautions.

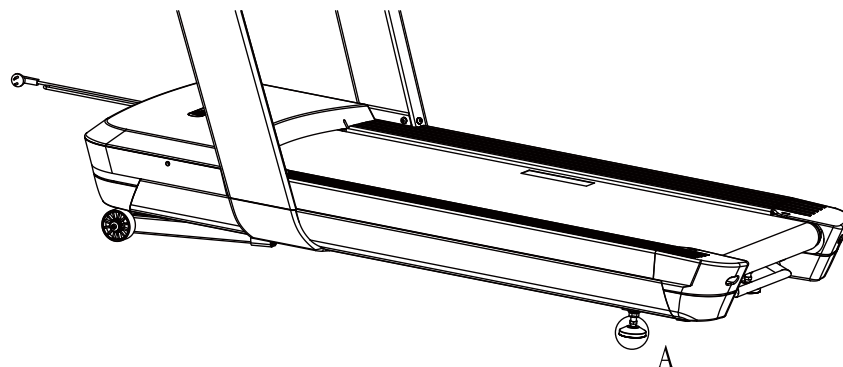


Precautions

1. Always unplug the treadmill after using to keep the life of treadmill and avoid any risk of injuries.
2. Power outlet over 16A(220V) must be used, and it must be properly earthed for not being shocked by electricity.
3. In order to protecting your treadmill, spattering water on the machine must be forbidden.
4. Maximum noise level around the treadmill is 72 dB(A). Noise emission under load is higher than without load.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a level place. After adjusting tighten the hex nut by using the Double-ended spanner.



Using Method

Please read carefully and using follow the functions:

1. put the plug in the socket, turn on the switch.
2. grasp the handle firmly, stand on the treadmill.
3. Push red safety switch into the casing, tie the safety clip to your cloth, then start the treadmill for exercise.
4. you can operate this device according as the manual set the lowest speed, first then increase the speed gradually.
5. you should grasp the handle firmly by one hand, when you operating the console.
6. Take care to use treadmill. Start from low speed handed to the uprights leaving from treadmill after reducing speed and stopping all functions.
7. Haul the Safety clip linked with red wire on emergency.
8. Keep warm and relax your body after workout.

Exercise time and exercise frequency at a time:

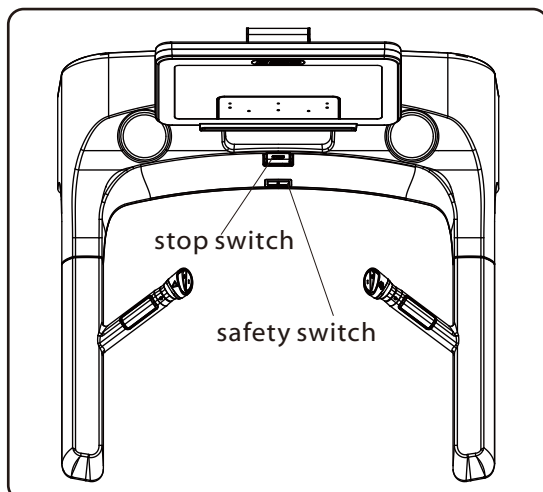
Exercise time: 30minutes----Normal;

Exercise frequency: Warm your body by 10---20minutes under 8Kph, then increase speed accordingly.

Safety Switch Introduction

When the treadmill is running, the user can press the stop switch directly if he wants to stop it. Then the treadmill will stop slowly. If the user encounters emergency when he using the treadmill he should haul the safety clip linked with red wire, it will trigger the safety switch to stop.

Warning: When use above method to stop running, the running belt will last running for several seconds before completely stop.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

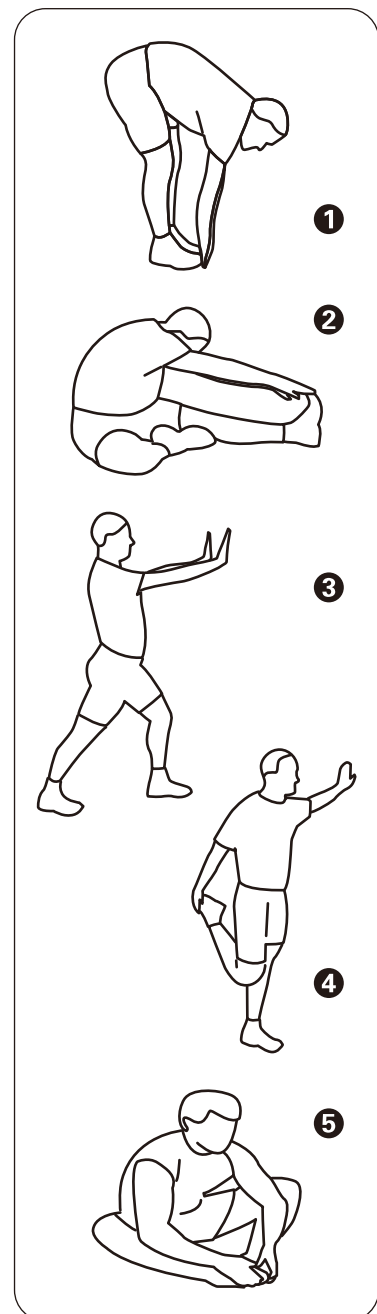
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT. IF PLUG WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off.

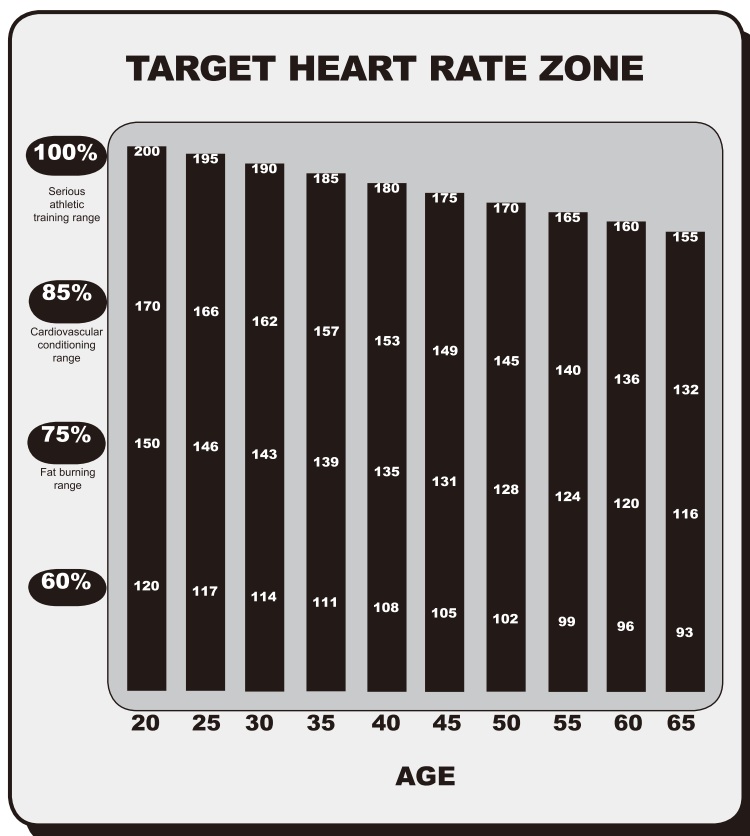
This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current should the treadmill malfunction. Always plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



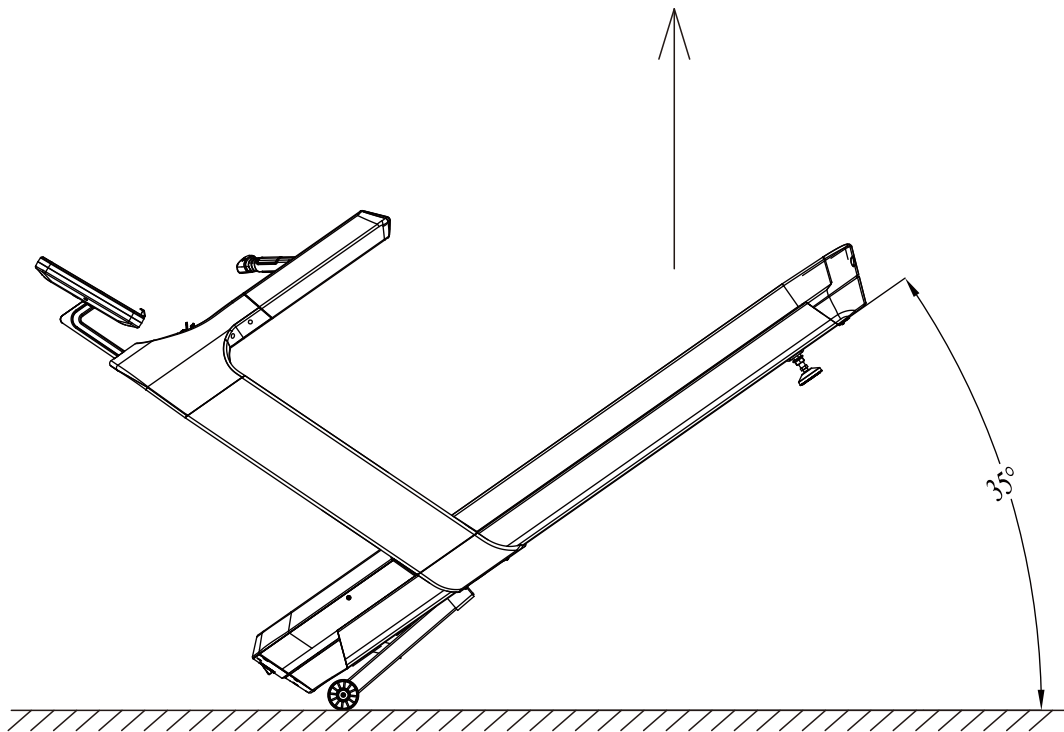
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! In order to protecting your treadmill, spattering water on the machine must be forbidden. To avoid the risk of injury, never attempt to move the treadmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the treadmill, lift using your legs, not your back. In order to raise or lower the treadmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the treadmill.

Lift the treadmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the treadmill over an uneven or rough surface.

Note: The treadmill's angle can not exceed 25 degrees when lifted the treadmill back.



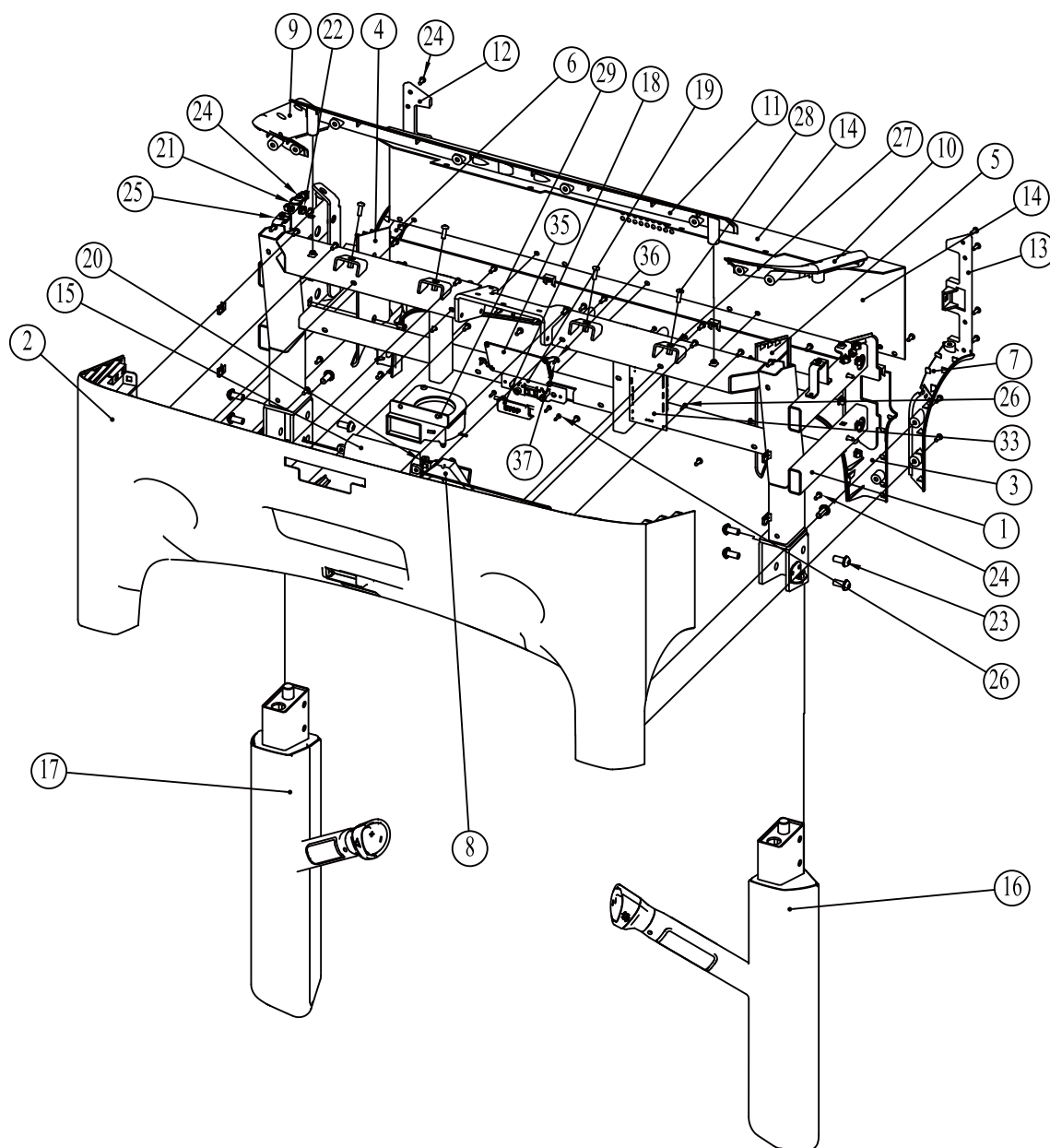
Parts List and Exploded View

Console base frame

Grade No.	Part No.	Description	QTY
1.1	AC8000100	Console base frame	1
1.2	AC80064ASSY	Console base up cover	1
1.3	AC8002600	Console base down cover	1
1.4	AC8002700	Console base left cover	1
1.5	AC8002800	Console base right cover	1
1.6	AC80029ASSY	Console base left cover assy	1
1.7	AC80030ASSY	Console base right cover assy	1
1.8	AC80032ASSY	Emergency switch assy	1
1.9	AC8005300	Emergency switch assy	1
1.10	AC8005400	Console base right front cover	1
1.11	AC8002400	Console base front cover	1
1.12	AC8006200	Console base lower left cover	1
1.13	AC8006300	Console base lower right cover	1
1.14	AC8001600	Bottom guard plate	1
1.15	AC8003300	Air duct cover	1
1.16	AC80034ASSY	Right foam assembly	1
1.17	AC80035ASSY	Left foam assembly	1
1.18	AC29905200	Stop switch button	1
1.19	AC29905300	Stop switch fixing seat	1
1.20	E7DZB0800PBC	Fan blades	1
1.21	AC40005000	Cover side fixing plate	2
1.22	ECT74600	Plastic quick nut	26
1.23	PNLM8*15DHS20NL	Hexagonal pan head screws M8*15	10
1.24	GB845ST4.2*13DHS	Phillip Screw,ST4.2*13	71
1.25	TBT15100	Quick nut	6
1.26	GB845ST2.9*13DHS	Phillip Screw ST2.9*13	8
1.27	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	9
1.28	GB818M5*15DHS20	Phillip Screw M5*15	11
1.29	AC80010ASSY	Fan assy	1
1.30	L850JDF-M43020-20-XH-9	Console middle wire	1
1.31	L350M43025-20-12	Middle control wire down	1
1.32	DQCH02-SBD	Ferrite	2
1.33	B320-ZK	Middle control board	1
1.34	DQCH01-SBD	Ferrite	1

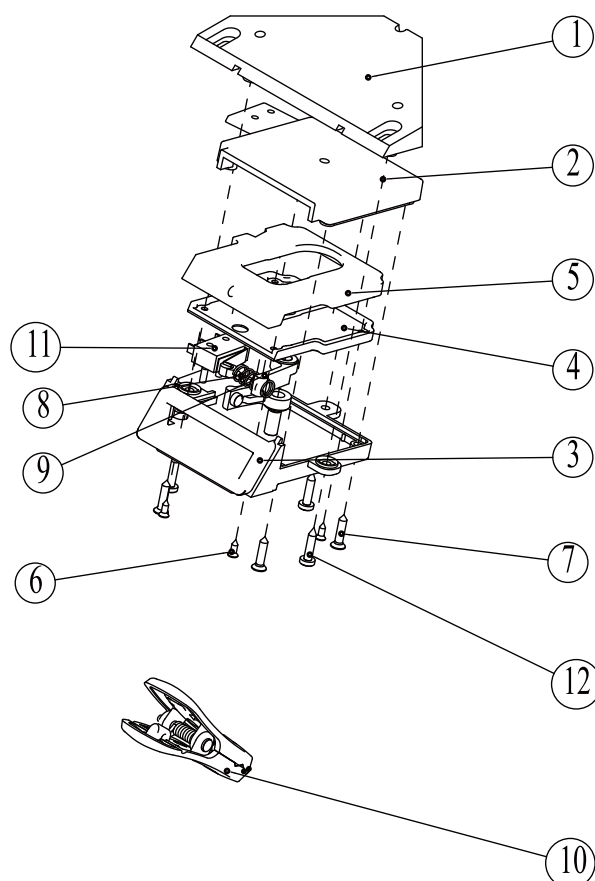
Parts List and Exploded View

Console base frame



Parts List and Exploded View

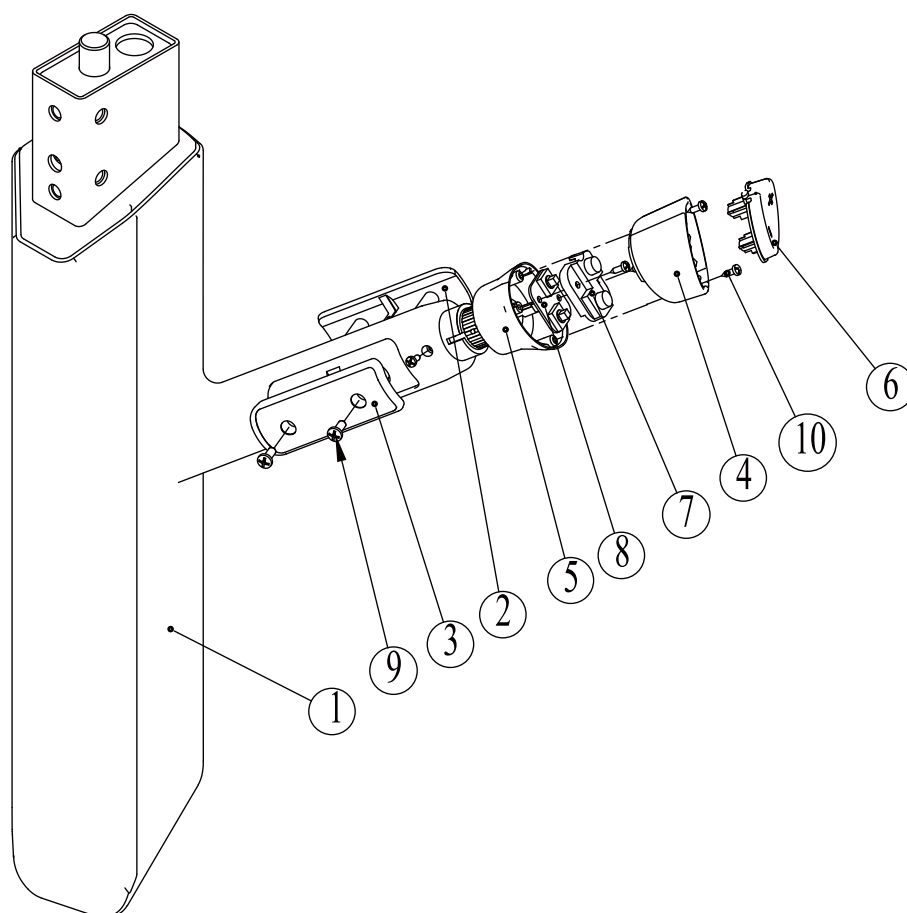
Emergency switch assy



Grade No.	Part No.	Description	QTY
1.8.1	AC8003200	Emergency stop adapter fixed seat	1
1.8.2	AC29907400	Emergency stop switch lower seat	1
1.8.3	AC29907500	Emergency stop switch upper seat	1
1.8.4	AC29907600	Emergency switch cable upper cover	1
1.8.5	AC29907700	Emergency switch cable lower cover	1
1.8.6	GB846ST2.2*6.5DS	Phillip Screw,ST2.2*6.5	4
1.8.7	GB846ST2.9*13DS	Phillip Screw,ST2.9*13	4
1.8.8	RT7504900	Emergency switch pressure spring	1
1.8.9	RT7507800	Emergency switch positioning rod	2
1.8.10	STDP4012	Safety clip combination	1
1.8.11	F95S2-M35155-5	Emergency stop switch assembly	1
1.8.12	GB845ST2.9*13DHS	Phillip Screw,ST2.9*13	3

Parts List and Exploded View

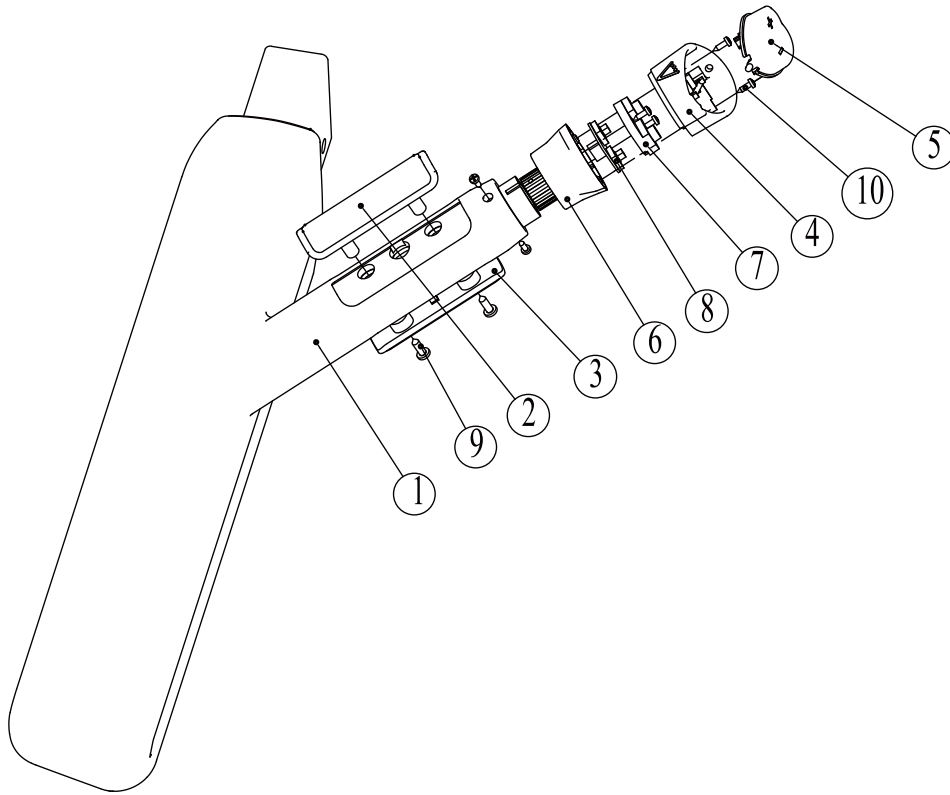
Right foam assembly



Grade No.	Part No.	Description	QTY
1.16.1	AC8003400	Right foam	1
1.16.2	AC8006600	Hand held heartbeat piece upper shell assy	1
1.16.3	AC8003900	Hand held heartbeat piece lower shell assy	1
1.16.4	AC8004000	Right speed button fixed seat upper cover	1
1.16.5	AC8004100	Right button	1
1.16.6	AC8004200	Right speed button fixing plate Lower cover	1
1.16.7	AC8006100	Speed waterproof rubber sleeve	1
1.16.8	F45-SP	Speed switch board	1
1.16.9	GB845ST4.2*13DHS	Phillip Screw,ST4.2*13	2
1.16.10	GB845ST2.9*9.5DHS	Phillip Screw,ST2.9*9.5	6
1.16.11	L1M35155-2	Hand held heartbeat wire	1
1.16.12	L1000M35155-55-3	Armrest switch wire	1

Parts List and Exploded View

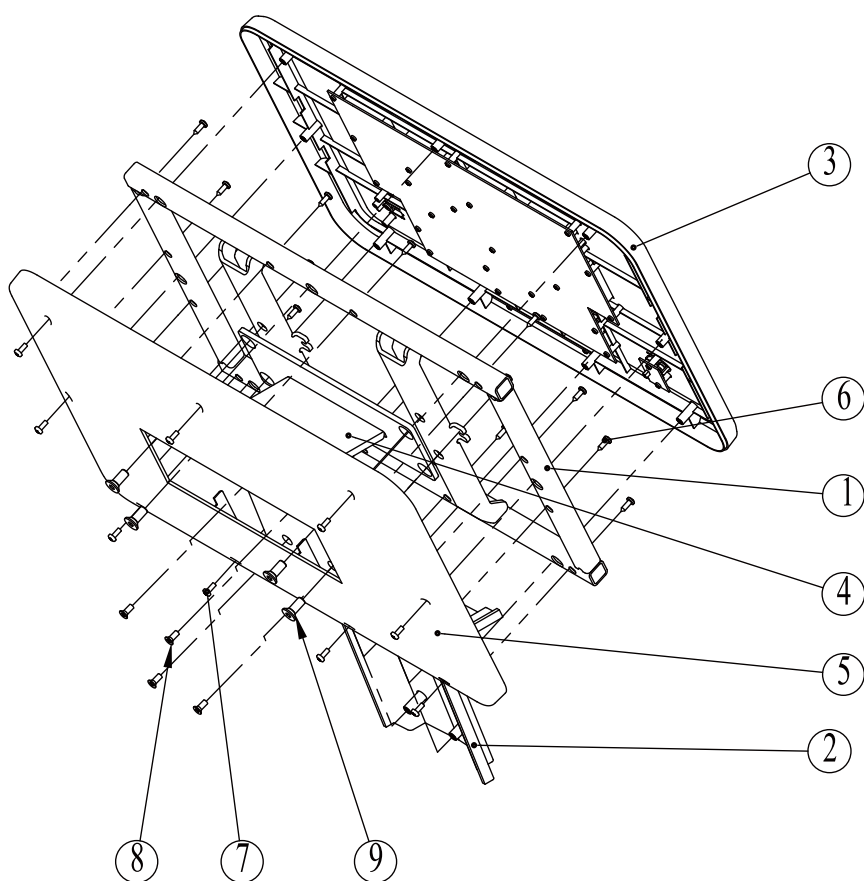
Left foam assembly



Grade No.	Part No.	Description	QTY
1.17.1	AC8003500	Left foam	1
1.17.2	AC8006600	Hand held heartbeat piece upper shell assy	1
1.17.3	AC8003900	Hand held heartbeat piece lower shell assy	1
1.17.4	AC8003600	Right speed button fixed seat upper cover	1
1.17.5	AC8003700	Left button	1
1.17.6	AC8003800	Left incline button fixing plate Lower cover	1
1.17.7	AC8006000	Speed waterproof rubber sleeve	1
1.17.8	F46-IN	Incline switch board	1
1.17.9	GB845ST4.2*13DHS	Phillip Screw,ST4.2*13	2
1.17.10	GB845ST2.9*9.5DHS	Phillip Screw,ST2.9*9.5	6
1.17.11	L1300M35155-ST018705-2	Hand held heartbeat wire	1
1.17.12	L1400M35155-55-3	Armrest switch wire	1

Parts List and Exploded View

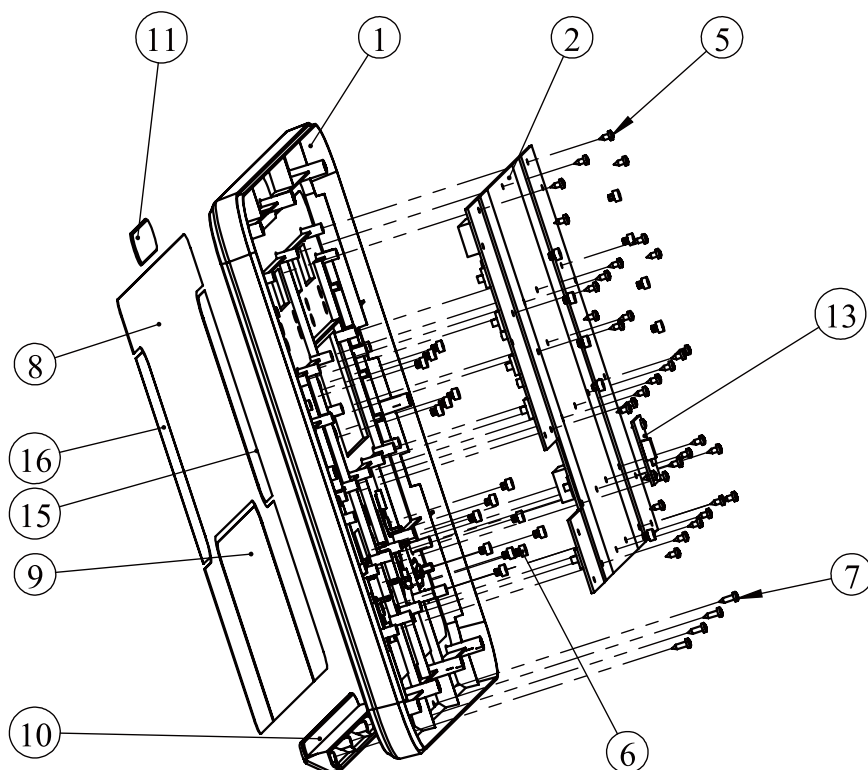
Console Frame



Grade No.	Part No.	Description	QTY
2.1	AC8000200	Console Frame	1
2.2	AC8002000	Wire cover	1
2.3	AC81022ASSY	Console front cover assy	1
2.4	AC8002300	Console back cover	1
2.5	AC8000700	Console frame fixing plate weld	1
2.6	GB845ST4.2*13DHS	Phillip Screw,ST4.2*13	14
2.7	GB818M4*10DHS2	Phillip Screw M4*10	9
2.8	GB819M5*12DHS2	Phillip Screw,M5*12	4
2.9	CNLM8*20DHS20	Hexagonal countersunk head screws M8*20	4

Parts List and Exploded View

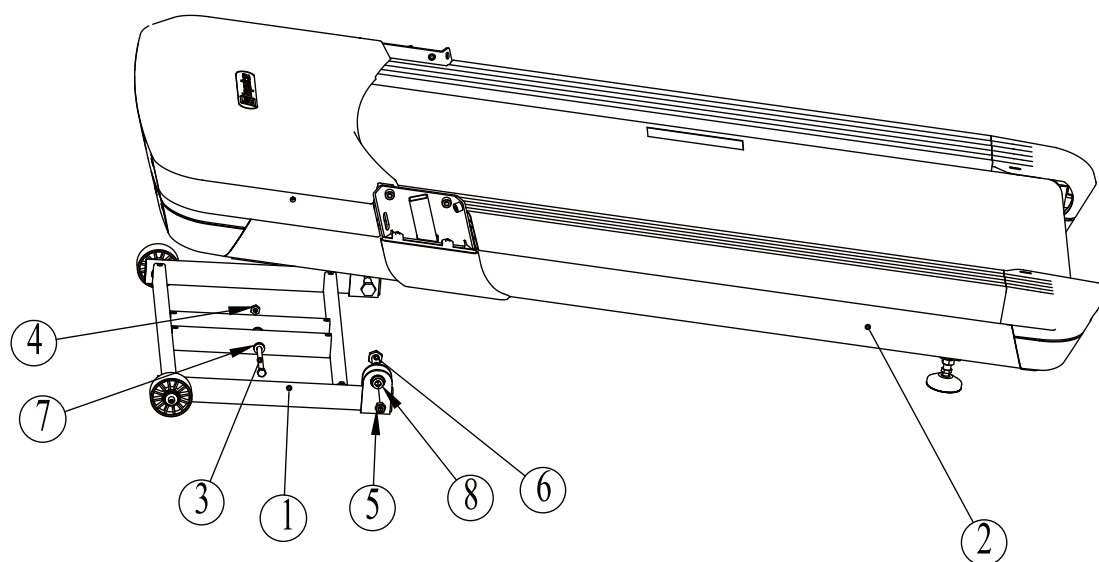
Console front cover assy



Grade No.	Part No.	Description	QTY
2.3.1	AC8002200	Console front cover	1
2.3.2	B326-WX	PCB: Console	1
2.3.3	L700M43025-25-9JD	Console wire up	1
2.3.4	L400M43025-25-12	Middle control wire up	1
2.3.5	GB845ST2.9*6.5DS	Phillip Screw,ST2.9*6.5	34
2.3.6	ECT74800	Cushion:TPU	24
2.3.7	GB845ST2.9*9.5DHS	Phillip Screw,ST2.9*9.5	4
2.3.8	AC810MM01	Console overlay 1	1
2.3.9	AC800MM02	Console overlay 2	1
2.3.10	AC8002100	PAD bracket	1
2.3.11	IMPULSELOGOMP01	LOGO	1
2.3.12	DQLY01	Bluetooth module	1
2.3.13	B294	Bluetooth adapter board	1
2.3.14	L200M35155-PH-4A	Bluetooth board connection cable	1
2.3.15	AC800MM03	Incline overlay	1
2.3.16	AC800MM04	Speed overlay	1

Parts List and Exploded View

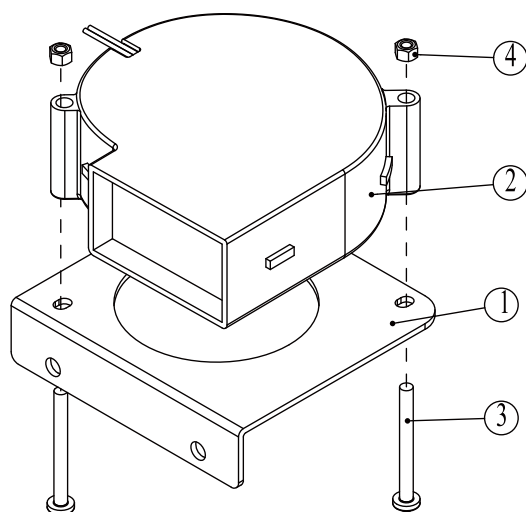
Main ASSY



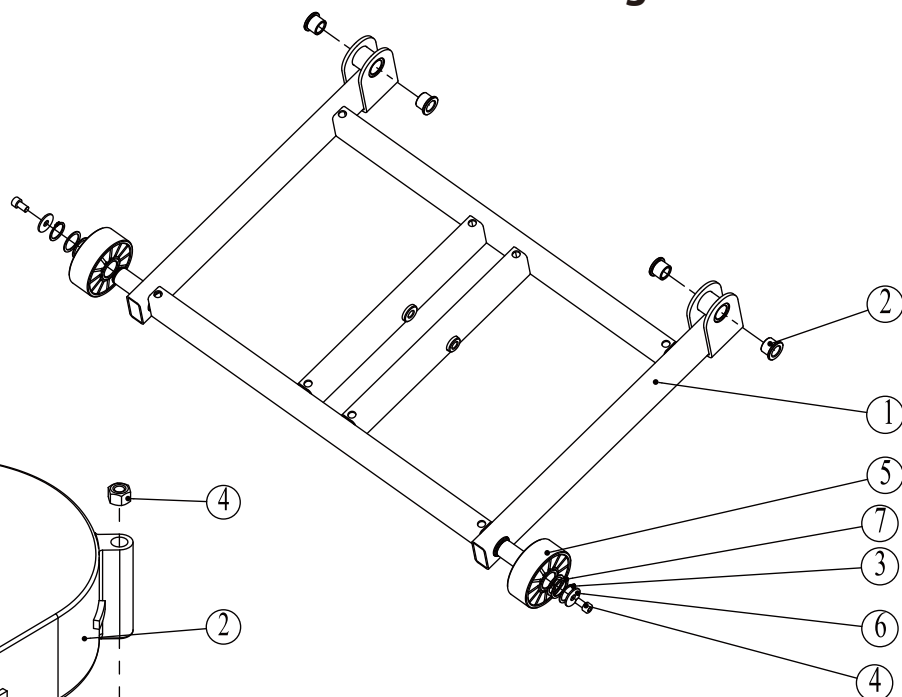
Grade No.	Part No.	Description	QTY
7.1	AC80006ASSY	Elevating Frame ASSY	1
7.2	AC81005WXASSY	Frame ASSY	1
7.3	GB5780M10*130DS20	Hex Head Bolt M10*130	1
7.4	NM10DS2	Lock Nut M10	1
7.5	RT7001900	Elevating Frame Fixing Shoulder Bolt	2
7.6	DQ10DS2A	Washer $\Phi 11*\Phi 23*2$	2
7.7	NM12DS2	Lock Nut M12	2
7.8	DQ12DS2A	Washer $\Phi 13*\Phi 24*1.5$	2

Parts List and Exploded View

Fan assy



Elevating Frame ASSY

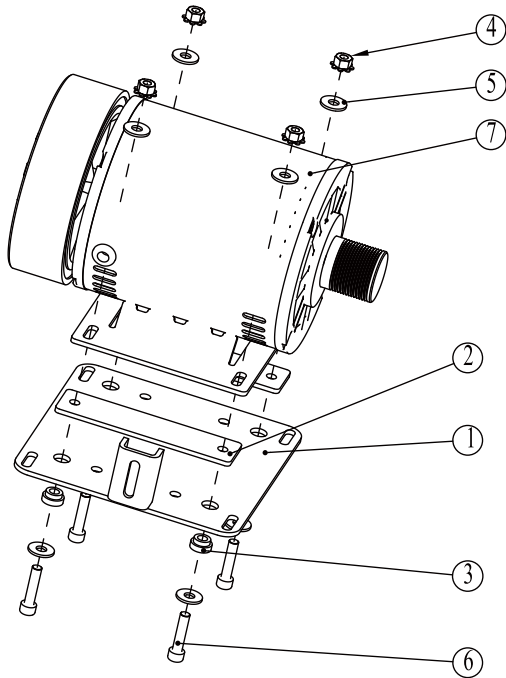


Grade No.	Part No.	Description	QTY
1.29.1	PT300H6101	Fan fixing plate	1
1.29.2	P07	Fan	1
1.29.3	GB818M4*40DS2	Phillip Screw M4*40	2
1.29.4	GB41M4DS2	Nut M4	2

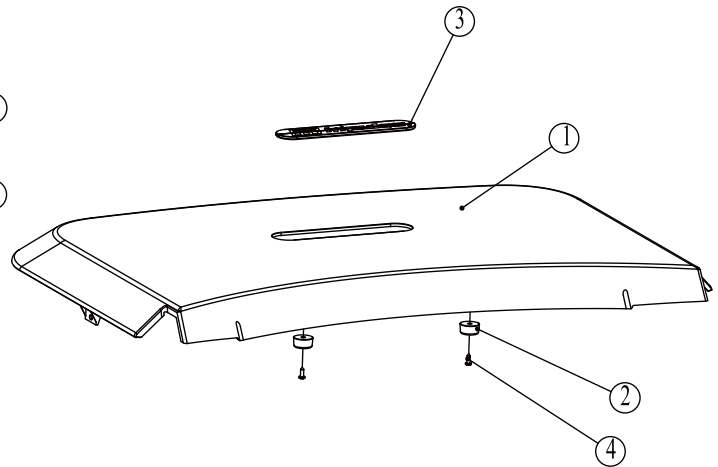
Grade No.	Part No.	Description	QTY
7.1.1	AC8000600	Elevating Frame	1
7.1.2	L1-6800	Neck bush	4
7.1.3	GB894.125FH12	Ring-Shield,Φ25	2
7.1.4	GB70M8*15DHS4	Socket Head Cap Screw M8*15	2
7.1.5	DC29002200	Wheel	2
7.1.6	DQ8DHS2B	Washer Φ9*Φ22*2	2
7.1.7	DQ25DHS2B	Washer Φ25	4

Parts List and Exploded View

Motor ASSY



Motor Cover assy

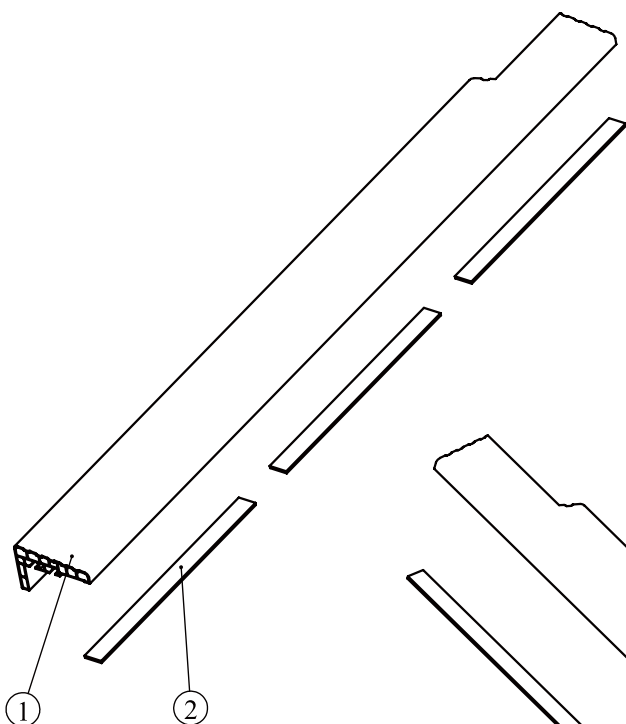


Grade No.	Part No.	Description	QTY
7.2.2.1	AC8000800	Motor Fixing Plate	1
7.2.2.2	AC8005900	Insulation Bumper	2
7.2.2.3	STDP3600	Insulation Spacer	4
7.2.2.4	STDP6800	Hex K nut M8	4
7.2.2.5	DQ8DHS2A	Washer $\Phi 9^* \Phi 22^*2$	8
7.2.2.6	GB70M8*35DS20	Socket Head Cap Screw M8*35	4
7.2.2.7	D40-42C-ZH-1	Motor	1

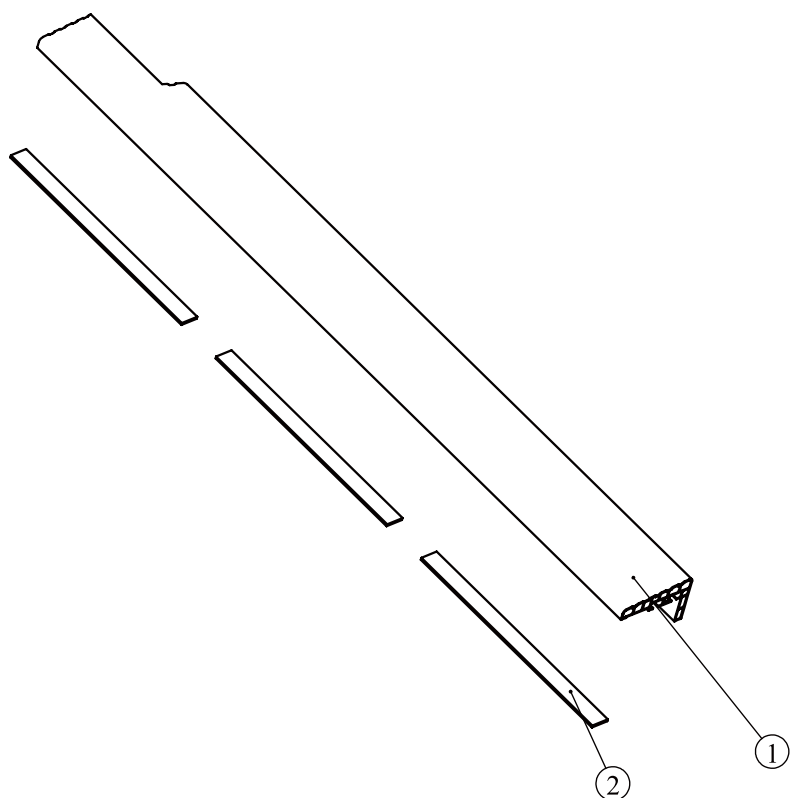
Grade No.	Part No.	Description	QTY
7.2.7.1	AC8004300	Motor cover	1
7.2.7.2	GT300B5800	Bumper	2
7.2.7.3	XSC70085ASSY	LOGO	1
7.2.7.4	GB845ST4.2*13DHS	Phillip Screw,ST4.2*13	2

Parts List and Exploded View

Left Side Rail ASSY



Right Side Rail ASSY



Grade No.	Part No.	Description	QTY
7.2.22.1	AC8004700	Left rail	1
7.2.22.2	PT300H5200	EVA	3

Grade No.	Part No.	Description	QTY
7.2.23.1	AC8004800	Right rail	1
7.2.23.2	PT300H5200	EVA	3

Parts List and Exploded View

Frame ASSY

Grade No.	Part No.	Description	QTY
7.2.1	AC8000500	Frame	1
7.2.2	AC80008ASSY	Motor ASSY	1
7.2.3	AC8001400	Front Roller	1
7.2.4	AC8001500	Rear Roller	1
7.2.5	AC8001700	Running Belt	1
7.2.6	AC8001800	Running Board	1
7.2.7	AC80043ASSY	Motor Cover assy	1
7.2.8	AC8004400	Front cover	1
7.2.9	AC8004500	Left cover	1
7.2.10	AC8004600	Right cover	1
7.2.11	AC8004900	Left End Cap	1
7.2.12	AC8005000	Right End Cap	1
7.2.13	AC8005100	Left upright cover	1
7.2.14	AC8005200	Right upright cover	1
7.2.15	AC8005800	Rail fixing parts	10
7.2.16	AC8007000	Socket fixing plate	1
7.2.17	AC8007100	Motor cover fixing plate 1	2
7.2.18	AC8007200	Motor cover fixing plate 2	1
7.2.19	AC8007300	Motor cover fixing plate 3	1
7.2.20	AC8007400	Motor cover fixing plate 4	2
7.2.21	AC8007500	Motor cover fixing plate 5	2
7.2.22	AC80047ASSY	Left Side Rail ASSY	1
7.2.23	AC80048ASSY	Right Side Rail ASSY	1
7.2.24	RT7001800	Controller U Fixing Plate	1
7.2.25	RT7003000PBC	Switch Fixing Cover	1
7.2.26	PT3002800P294U	Bumper A	6
7.2.27	PT3002900P294U	Bumper B	4
7.2.28	AC32701801	Controller baffle	1
7.2.29	STDP6800	Hex K nut M8	17
7.2.30	GB6177M16DS2	Hex flange nut M16	2
7.2.31	AC32700636	Washer	4
7.2.32	STDP2800	Actuator Antivibration Pad	1
7.2.33	STDP3400	Adjust Bumper	2
7.2.34	DXD240J10A	Poly-v Belt,240J10	1
7.2.35	GB70M8*105*40DHS18	Socket Head Cap Screw M8*105*40	1
7.2.36	GB845ST4.2*13DHS	Phillip Screw ST4.2*13	52
7.2.37	GB845ST4.2*16DHS	Phillip Screw ST4.2*16	4

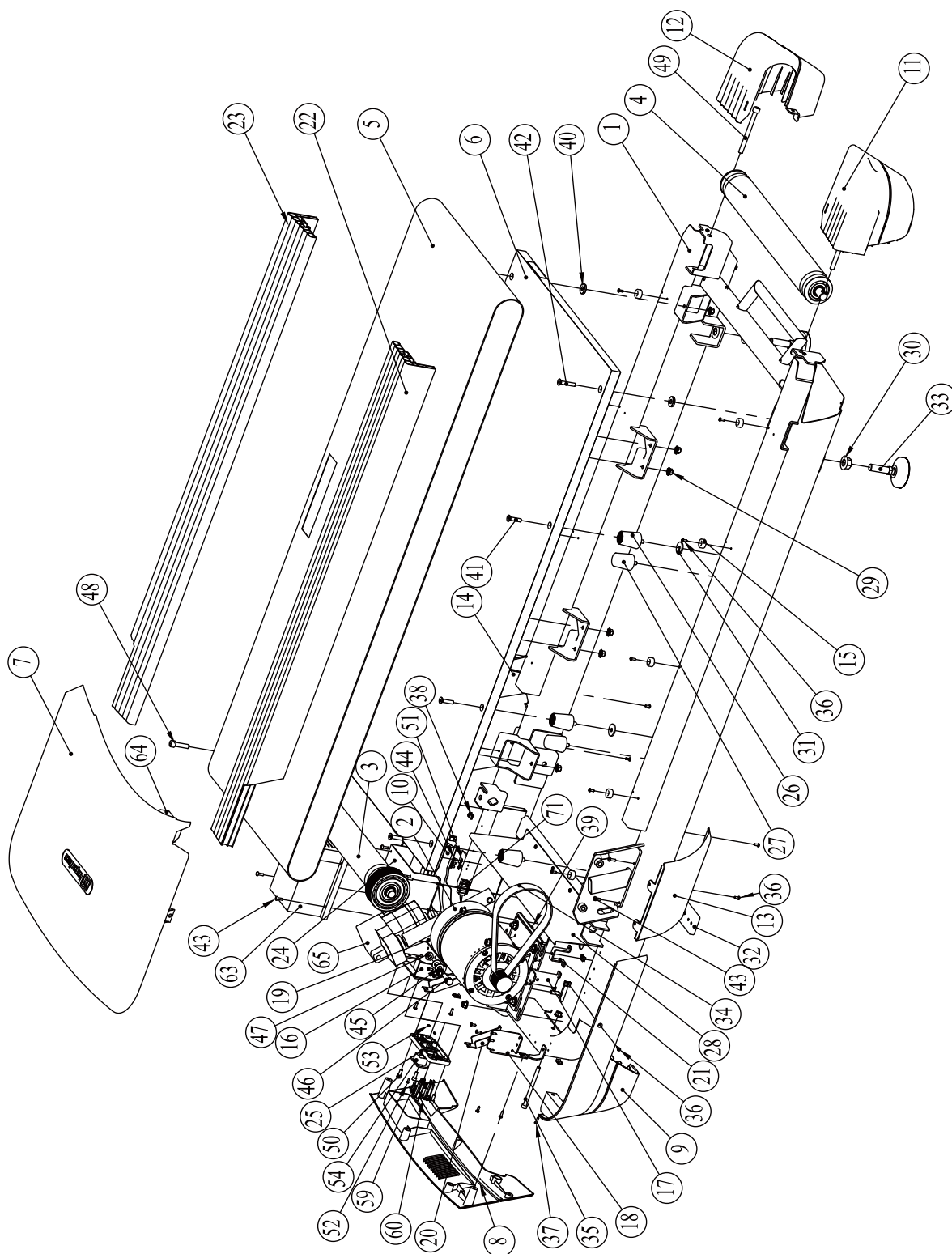
Parts List and Exploded View

Frame ASSY

Grade No.	Part No.	Description	QTY
7.2.38	TBT15100	Quick nut	10
7.2.39	GB17880.3M5*13DS17	Countersunk Head Hexagon Riveted Nuts M5	8
7.2.40	800SSC1100	Rubber gasket	2
7.2.41	CNLM8*35DHS20	Hexagon socket countersunk head cap head screw M8*35	6
7.2.42	CNLM8*45DN20	Hexagon socket countersunk head cap head screw M8*45	2
7.2.43	GB818M5*15DHS20	Phillip Screw M5*15	16
7.2.44	GB6560M4*8DSG	Phillip Screw M4*8	4
7.2.45	FLPSR-5500	Teflon Washer	2
7.2.46	GB5780M10*50DS20	Hex Head Bolt M10*50	1
7.2.47	NM10DS2	Lock Nut M10	1
7.2.48	GB70M10*40DHS20	Scoket Head Cap Screw M10*40	1
7.2.49	GB70M10*115*115DHS18	Scoket Head Cap Screw M10*115*115	2
7.2.50	GB70M6*15DHS4	Scoket Head Cap Screw M6*15	4
7.2.51	GB862.24DS12	Serrated Lock Washers Φ4	4
7.2.52	GB818M3*10DS2	Phillip Screw M3*10	2
7.2.53	GB41M3DS2	Nut,M3	2
7.2.54	Z13	Power Outlet	1
7.2.55	L100AMP175022-1-L-14	Connect wire	2
7.2.56	L100AMP175022-1-N-14	Connect wire	2
7.2.57	L350AMP175022-JD-1	Earth wire	1
7.2.58	DQCH01-SBD	Ferrite	2
7.2.59	F23	Main switch	1
7.2.60	08-0004	Circuit break SWITCH	2
7.2.61	L350M5557-57-8M	Connect wire	1
7.2.62	DQBPQ223-22-Y00	Inverter Assy	1
7.2.63	SPQ2AM3-BPQ	Adapter	1
7.2.64	R15A-22M-RDS	Actuator	1
7.2.65	L1600M43025-25-5557-9JD	Console wire down	1
7.2.66	DQCH02-SBD	Ferrite	1
7.2.67	SD4*150	Strap	7
7.2.68	SDZ21	Strap seat	7
7.2.69	SD2.5*75	Strap	4
7.2.70	CHP-2	Wire harness fixing seat	6
7.2.71	Q03	Filter	1
7.2.72	Q11-GM	Inductance	1
7.2.73	L250AMP175022-1-L-14	Connect wire	1
7.2.74	L250AMP175022-1-N-14	Connect wire	1

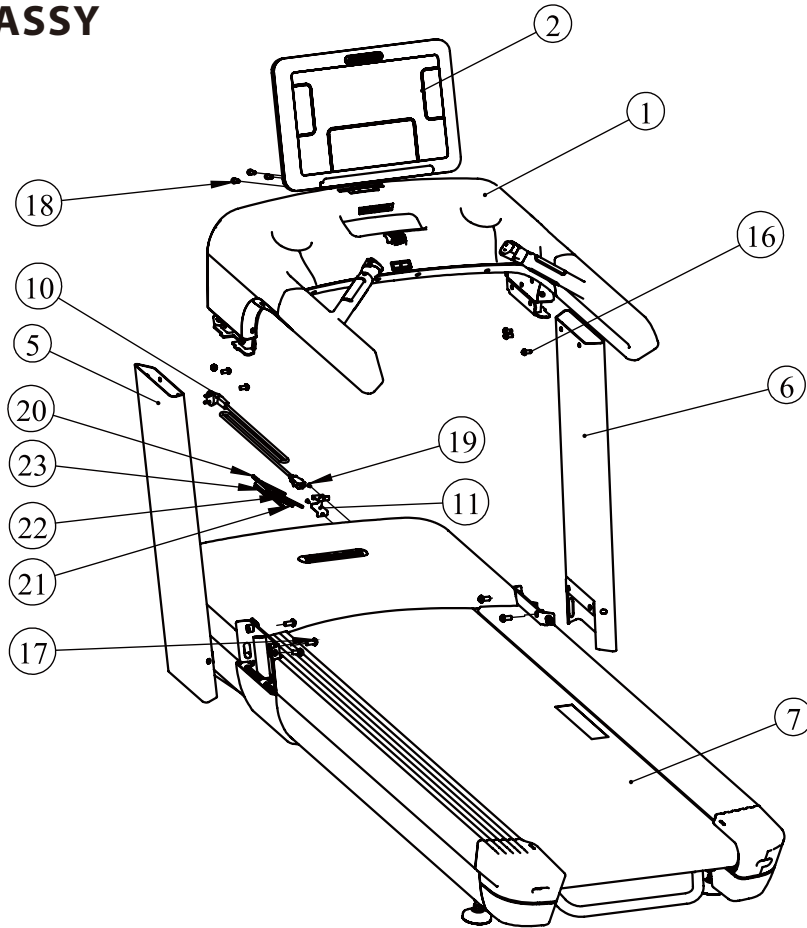
Parts List and Exploded View

Frame ASSY



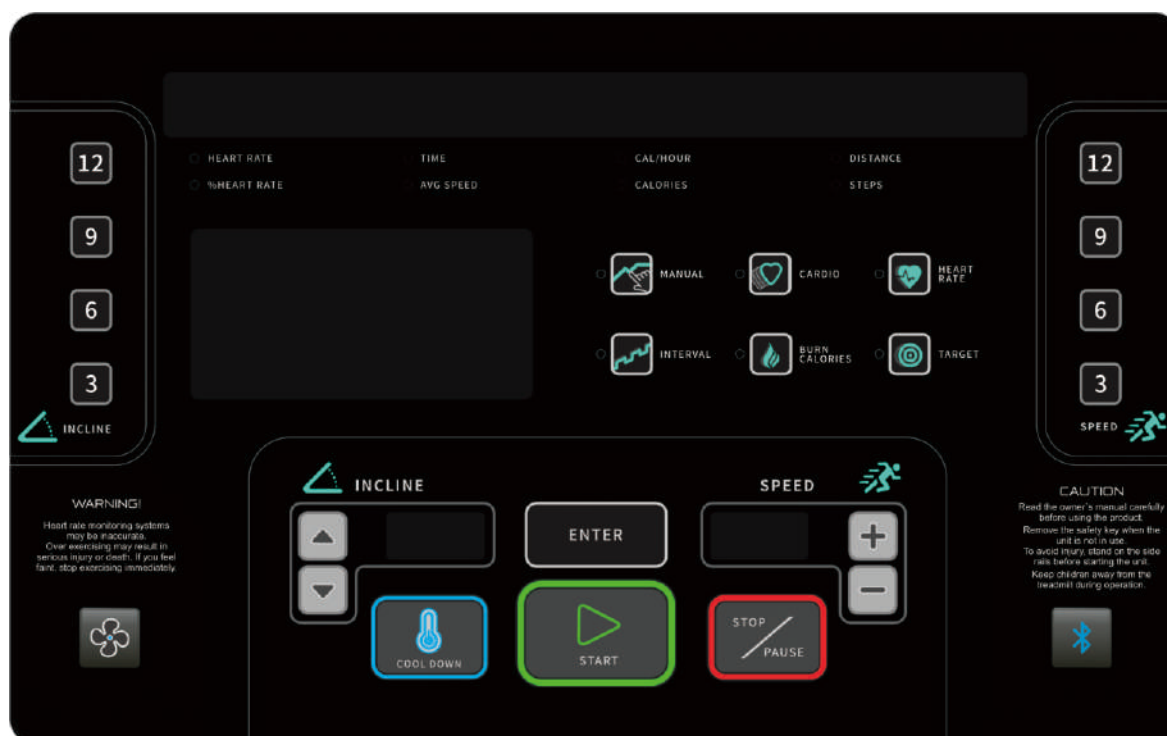
Parts List and Exploded View

General ASSY



Grade No.	Part No.	Description	QTY
1	AC81001WXASSY	Console Base ASSY	1
2	AC81002ASSY	Console ASSY	
5	AC8000300	Left Upright	
6	AC8000400	Right Upright	
7	AC81009ASSY	Main ASSY	
10	A01-6	Power Cord	1
11	AC2970C1100V1	Power cord fixing plate	1
16	PNLJCM8*20DHS19	Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M8*20	6
17	PNLJCM10*25DHS18	Hexalobular Socket Pan Head Tapping Screws W/ Serrated Lock Washer M10*25	6
18	GB70M8*20DHS20NL	Socket Head Cap Screw M8*20	3
19	GB818M4*10DHS2	Phillip Screws M4*10	2
20	NBS6DHS	Allen Wrench S=6	1
21	NBS8DHS	Allen Wrench S=8	1
22	NBS5DHS	Allen Wrench S=5	1
23	SS75*5	Phillips screwdriver	1

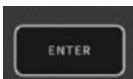
Console Panel Functions



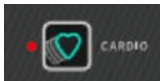
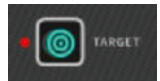
Rated voltage	AC 220-240V 50/60Hz
Rated power	2300W
Speed range	1.0-20.0km/h
Incline range	0-20%
Display	HEART RATE, % HEART RATE, TIME, TVG SPEED, CAL/HOUR, CALORIES, DISTANCE, STEPS, SPEED, INCLINE, DOT MATRIX (16*32).

Console Panel Functions

KEY BEHALF FUNCTION

Key Name	Function
START 	Press once when outside of a program Upper LED displays "3", "2", "1" Belt starts moving.
STOP / PAUSE 	1. Press the button and speed will drop to 0, every other window remains un-changed. Press "START" within 30s, exercise continues. If not press "START", the treadmill resets. 2. Press STOP button of A-ZONE for 3 seconds to reset.
COOL DOWN 	This button is used select workout "cool down mode".
SPEED+ and SPEED- 	1. These buttons are used to adjust the speed of the treadmill during workout. 2. These buttons are also used to adjust the values when setting up your workout. 3. Press speed "+" button and "-" button, parameter value changed during setting parameter.
INCLINE+ and INCLINE- 	1. These buttons are used to adjust the incline of the treadmill during workout. 2. These buttons are also used to adjust the values when setting up your workout.
Speed instant: 3,6,9,12 	3,6,9,12 go to selected speed directly.
Incline Instant: 3%,6%,9%,12% 	3%,6%,9%,12% go to selected incline angle directly.
ENTER 	1. Press ENTER to confirm the program selected. 2. Press ENTER to confirm parameter value.
MANUAL 	Press to select MANUAL mode.

Console Panel Functions

Key Name	Function
CARDIO 	Press to select CARDIO mode.
HEART RATE 	Press to select HEART RATE mode: user can select three modes 65%HR, 75%HR, 85%HR.
INTERVAL 	Press to select INTERVAL mode.
BURN CALORIES 	Press to select BURN CALORIES.
TARGET 	Press to select TARGET mode, user can select three target training, time/ calories/ distance target.
FAN 	Press to turn on/off and adjust the fan.
Bluetooth key 	Press this key to turn on Bluetooth 1. When you press the "Bluetooth key" to turn on Bluetooth, the dot-matrix screen will display the name of the Bluetooth module built into the watch. 2. If there is an app connection, the app is connected. 3. After ten seconds, if there is a Bluetooth heart rate band, connect the Bluetooth heart rate band. 4. Hold down the Bluetooth key for 5 seconds to connect to ANT+.

Console Panel Functions

DISPLAY FUNCTION

Window Name	Function
SPEED	The SPEED for the workout in km/h format.
INCLINE	The incline of running deck, range from 0-20%.
HEART RATE\ % HEART RATE	1. HEART RATE window displays the user's current heart rate (beats per minute). 2. % HEART RATE window displays the user's maximum ratio of heart rate. 3. The values is updated by every 5s.
TIME\ AVG SPEED	1. The elapsed time for the workout in MM:SS format, range from 0-99:59. Displays the malfunctions code when equipment has fault. 2. AVG SPEED displays the average speed of the user's workout. 3. The values is updated by every 5s.
DISTANCE\ STEPS	1. The distance, in km, the user has "traveled" in the given workout. 2. The STEPS, The amount of the user's steps. 3. The values is updated by every 5s.
CAL/HOUR\ CALORIES	1. The CAL/HOUR, in kcal/h, The amount of calories per hour the user has burned. 2. The CALORIES, in Kcal, The amount of calories the user has burned through the workout. 3. The values is updated by every 5s.
Dot matrix	1. When console turns on or after reset: The central LED windows display "IMPULSE" logo for 3 seconds. Then windows scrolls "PRESS ► OR SELECT PROGRAM TO BEGIN". 2. When treadmill run, the LED windows simulate a 400 meters long runway. The flashing light indicates the amount of distance that use has run. 3. Displays messages when parameter setting. 4. Displays the icon of selected program.

Console Panel Functions

WORKOUT SETUP STEPS

1. Quick start mode

1.1 Plug into surge protector outlet.

1.2 Turn on power.

1.3 The LED screen scrolls "PRESS ► TO QUICK START OR SELECT PROGRAM TO LAUNCH".

1.3.1 Press START, The LED displays "3", "2", "1", Belt starts moving.

1.3.2 Users can select buttons of Manual, Cardio, Heart Rate, Interval, Burn Cardio, Target to enter programs.

1.4 Press STOP button belt will stop.

2. Program mode

Users can select buttons of Manual, Cardio, Heart Rate, Interval, Burn Cardio, Target to enter different programs and adjust the parameter values.

1. If Manual is selected:

1.1 LEFT LED scrolls "MANUAL MODE: ENTER WEIGHT".

1.2 LEFT LED flash displays "70 KG".

1.3 Use Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

1.4 Press ENTER to confirm.

1.5 LEFT LED scrolls "ENTER TIME".

1.6 LEFT LED flash displays "20 MINS".

1.7 Use Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

1.8 Press ENTER to confirm.

1.9 LEFT LED displays "3", "2", "1".

1.10 Belt starts moving.

2. If Cardio is selected:

2.1 LEFT LED scrolls "CARDIO MODE: ENTER WEIGHT".

2.2 LEFT LED flash displays "70 KG".

2.3 Use Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

2.4 Press ENTER to confirm.

Console Panel Functions

2.5 LEFT LED scrolls "ENTER TIME".

2.6 LEFT LED flash displays "20 MINS".

2.7 Use Incline adjustment/speed adjustment keys: "+" or "-" to adjust the default value.

2.8 Press ENTER to confirm.

2.9 LEFT LED displays "3", "2", "1".

2.10 Belt starts moving.

3. If Heart Rate is selected:

LEFT LED scrolls "HEART RATE TRAINING: 65%HR".

LEFT LED scrolls: "PRESS ENTER TO SELECT. OR USE Incline adjustment/ speed adjustment keys: "+" or "-" to SELECT 75%HR AND 85%HR".

LEFT LED displayed according to the program selected.

Press ENTER to select:

3.1 If 65% is selected

3.1.1 LEFT LED scrolls "65%HR: ENTER WEIGHT".

3.1.2 Left LED flash displays "70 KG".

3.1.3 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

3.1.4 Press ENTER to confirm.

3.1.5 LEFT LED scrolls "ENTER TIME".

3.1.6 LEFT LED flash displays "20 MINS".

3.1.7 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

3.1.8 Press ENTER to confirm.

3.1.9 LEFT LED scrolls "ENTER AGE".

3.1.10 LEFT LED flash displays "40".

3.1.11 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

3.1.12 Press ENTER to confirm.

3.1.13 LEFT LED displays "3", "2", "1".

3.1.14 Belt starts moving.

3.2 If 75% is selected

LED scrolls "75%HR: ENTER WEIGHT".

Same as above.

Console Panel Functions

3.3 If 85% is selected

LED scrolls "85%HR: ENTER WEIGHT".

Same as above.

4. If Interval is selected:

4.1 LEFT LED scrolls "INTERVAL MODE: ENTER WEIGHT".

4.2 Left LED flash displays "70 KG".

4.3 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

4.4 Press ENTER to confirm.

4.5 Left LED scrolls "ENTER TIME".

4.6 Left LED flash displays "20 MINS".

4.7 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

4.8 Press ENTER to confirm.

4.9 Left LED scrolls "ENTER LOWER SPEED".

4.10 Left LED flash displays "8".

4.11 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

4.12 Press ENTER to confirm.

4.13 Left LED scrolls "ENTER UPPER SPEED LIMIT".

4.14 Lower LED flash displays "10".

4.15 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

4.16 Press ENTER to confirm.

4.17 Left LED displays "3", "2", "1".

4.18 Belt starts moving.

5. If Burn Calories is selected:

5.1 Left LED scrolls "BURN CALORIES MODE: ENTER MAX SPEED".

5.2 Left LED flash displays "10".

5.3 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

5.4 Press ENTER to confirm.

5.5 Left LED scrolls "ENTER MAX INCLINE".

5.6 Lower LED flash displays "10".

Console Panel Functions

5.7 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

5.8 Press ENTER confirm.

5.9 Left LED displays "3", "2", "1".

5.10 Belt starts moving.

6. If target is selected:

Left LED flash displays "TIME TARGET" for 3 seconds.

Left LED scrolls "Press ENTER, or press speed+, - / incline+, - "+" or "-" to select CALORIES TARGET and DISTANCE TARGET".

6.1 If TIME TARGET training is selected:

6.1.1 Left LED scrolls "TIME TARGET: ENTER TIME".

6.1.2 Left LED flash displays "30 MINS".

6.1.3 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

6.1.4 Press ENTER to confirm.

6.1.5 Left LED displays "3", "2", "1".

6.1.6 Belt starts moving.

6.2 If CALORIES TARGET training is selected:

6.2.1 Left LED scrolls "CALORIES TARGET: ENTER CALORIES".

6.2.2 Left LED flash displays "100 KCAL".

6.2.3 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

6.2.4 Press ENTER to confirm.

6.2.5 Left LED displays "3", "2", "1".

6.2.6 Belt starts moving.

6.3 If DISTANCE TARGET training is selected:

6.3.1 Left LED scrolls "DISTANCE TARGET: ENTER DISTANCE".

6.3.2 Left LED flash displays "5.0 KM".

6.3.3 Use Incline adjustment/ speed adjustment keys: "+" or "-" to adjust the default value.

6.3.4 Press ENTER to confirm.

6.3.5 Left LED displays "3", "2", "1".

6.3.6 Belt starts moving.

Console Panel Functions

Elevation auto.adjust mode

1. Press & Hold console "Incline+/-" and "Speed+/-" four buttons at the same time for 3sec. then Through auto.adjust mode.

2. Waiting for the finish.

1. Pull out safety key.

2. Press START key three times & hold.

3. Reset the safety key after 3 sec.

4. Release the START key.

5. Using "speed+/-" key adjust SI or ENG (SI-metric, ENG-English).

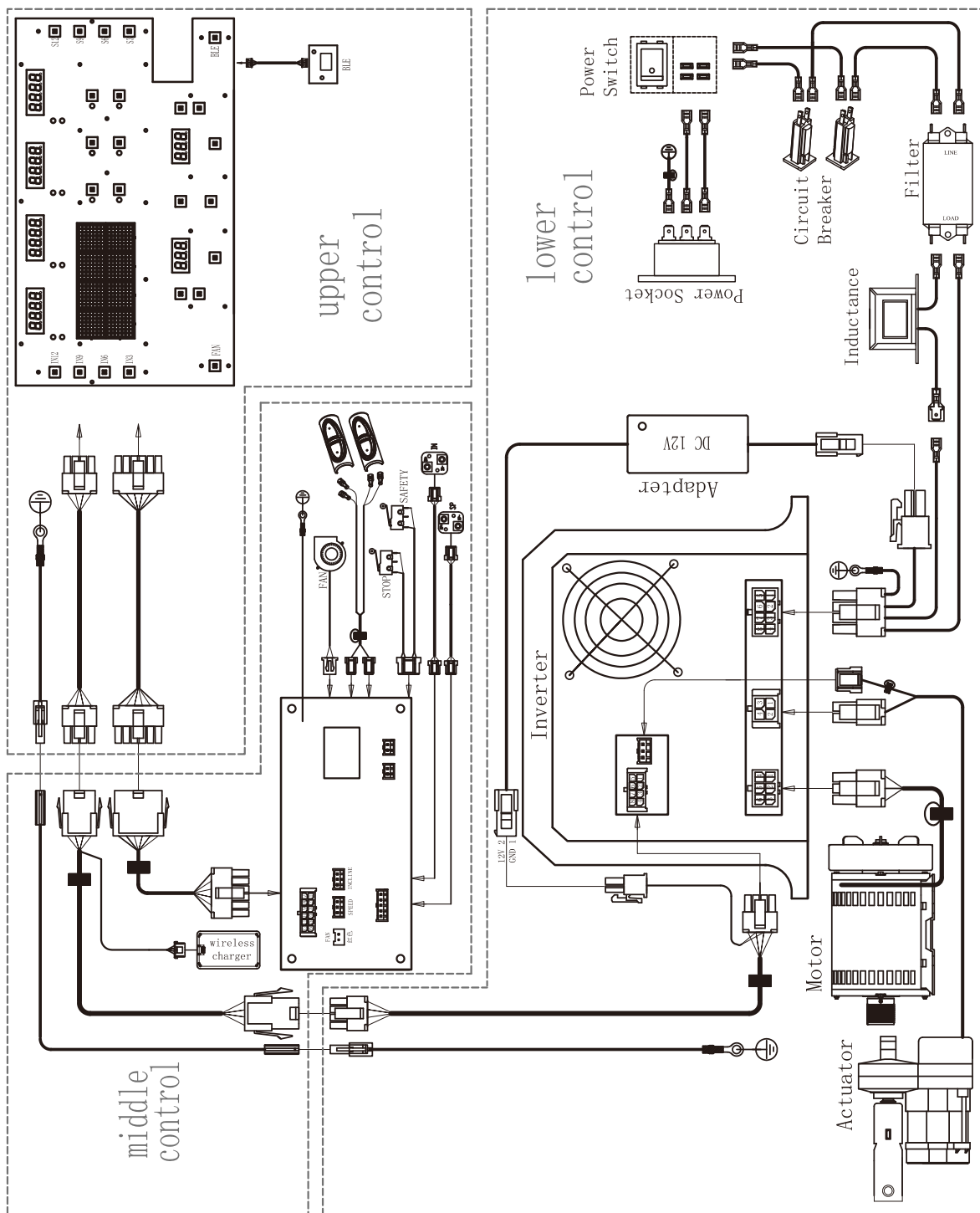
6. Press ENTER or START key to confirm.

Console Panel Functions

Treadmill Error Messages

Malfunction	Corrective Action
ER01, Communication Error	1. Check console and the main communication cable connection. 2. Check inverter and the main communication cable connection. 3. Replace inverter. 4. Replace console.
ER02, Elevation Error	1. Elevation auto. Sense mode. 2. Connection check. 3. Elevation control PCB LED check. 4. actuator check or replace.
ER04, Over current	1. Connection check. 2. Lubrication. 3. Running deck check. 4. Running belt check. 5. Check if overload. 6. Main motor check or replace. 7. Inverter check or replace.
ER05, Lower voltage	1. Check power AC 220-240V. 2. Check if overload.
ER06, Over load	1. Motor connection check. 2. Lubrication. 3. Running deck check. 4. Running belt check. 5. Overload. 6. Main motor check or replace. 7. Inverter check or replace.
ER07, Emergency stop	1. Reset safety switch. 2. Check the mechanical structure. 3. Connection check. 4. Safety switch check or replace. 5. Console PCB check or replace.
The console no power	1. Check the power voltage by using voltage-meter to see if it is within 220-240V. 2. The switch is turned to the "ON" position, If the switch light isn't lit, replace the switch. 3. Inspect the circuit breaker to see if it has tripped off. If it is tripped off, reset the breaker. And check which part is short-circuited. Then replace the short-circuited part. 4. Check the power cable. 5. Check the adaptor. 6. Check the communication cable.

Electrical Connection



Belt Adjustment and Maintenance

1. Belt Adjustment:

Belt adjustment and tension performs two functions:

*The distance between belt and motor cover from left to right within $\pm 5\text{MM}$, then needed to be adjusted.

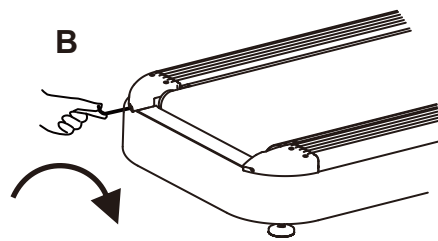
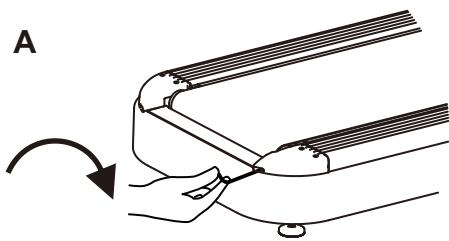
*Adjust belt by speed not more than 4KMH.

A. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.

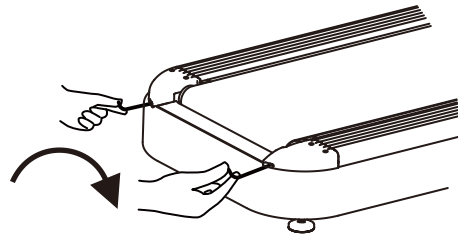
B. Walking Belt is shifting to the right:

Using hex key provided, turn the right rear roller adjustment bolt turn in the clockwise direction shown as below or on the contrary direction.



Walking belt is Slipping during use:

Slight walking belt slipping is on normal while using for a period Using the hex key provided, turn both left and right rear roller adjustment bolts in the same distance.



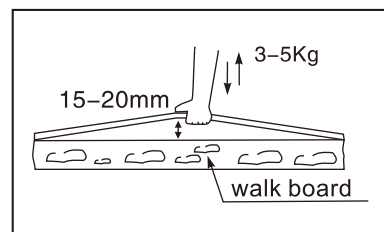
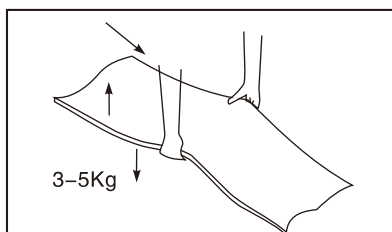
See the correct walking belt shown as below:

A. The distance between walking belt and board is within

15-20mm----Normal

Over 20mm----needed to be adjusted

Under 15mm----needed to be adjusted



Belt Adjustment and Maintenance

B. The speed for walking belt is 5KMH, hold on the handrail, stand on the side rail, one foot on the belt but without slipping----it's normal.

2. CLEANING:

Routine cleaning of your unit will extend the life of your unit.

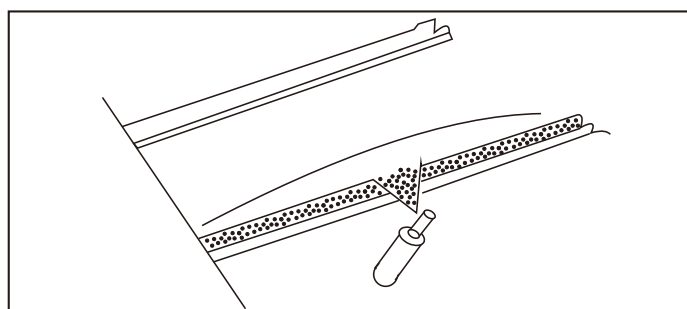
Warning! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

After Each Workout: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. After each workout.

3. LUBRICATION:

It is recommended that the walking board be checked periodically (around 3 months) for lubrication to ensure optimal treadmill performance.

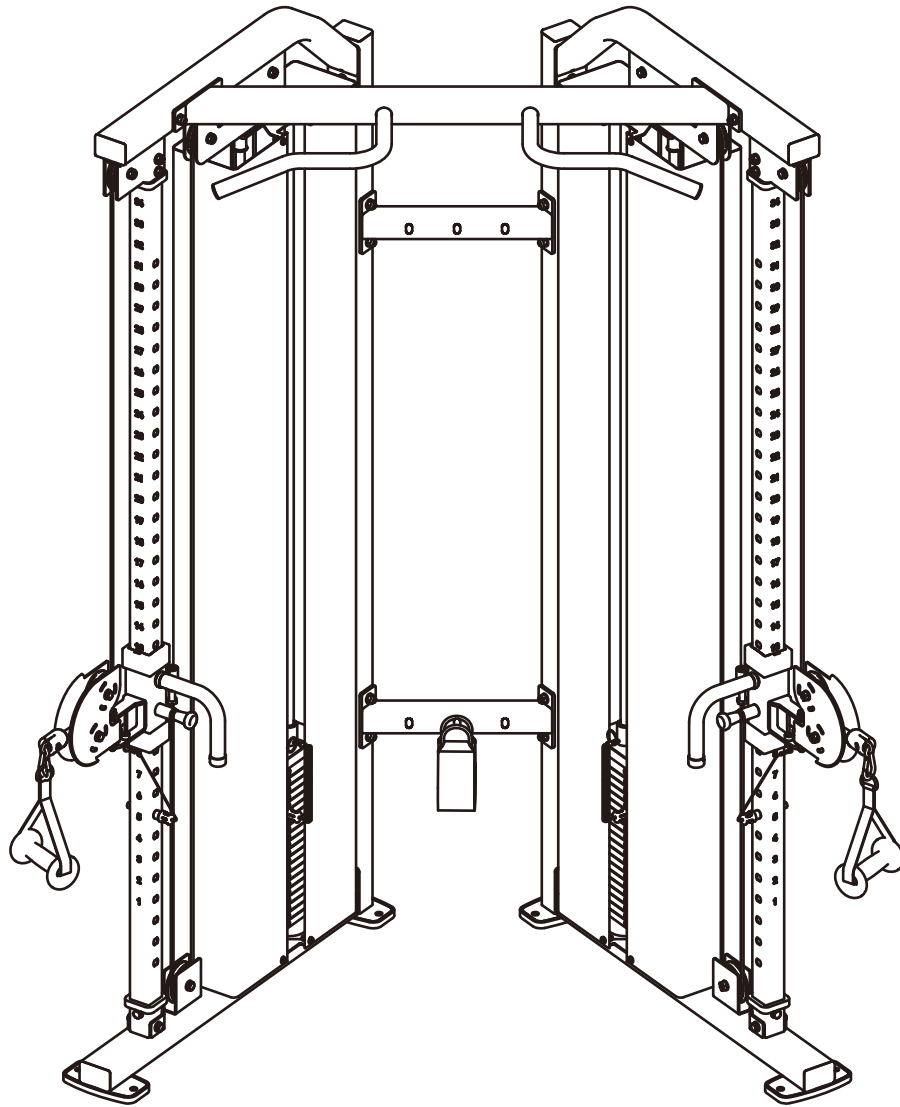
Using hex lift the belt and insert the silicone about 20 gram to spray smoothly (adjust belt without slipping after lubrication).



MAINTENANCE CHECK LIST

PREVENTIVE MAINTENANCE SCHEDULE						
TREADMILL						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Console Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Handrail & Handlebar</i>	Clean			Inspect		
<i>Front Roller</i>				Clean	Inspect	
<i>Rear Roller</i>				Clean	Inspect	
<i>Emergency Button</i>	Test					
<i>Running belt Tension</i>			Inspect			
<i>Lubricator Reservoir and filter element</i>			Inspect		Clean	
<i>V Belt</i>				Clean	Inspect	
<i>Running Deck</i>						Flip
<i>Running Belt</i>					Inspect	
<i>Control Box</i>					Clean (Vacuum)	
<i>Motor</i>				Clean		





IF9330

DUAL ADJUSTABLE PULLEY

OWNER'S MANUAL

22M

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.

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Assembly-----	18
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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.

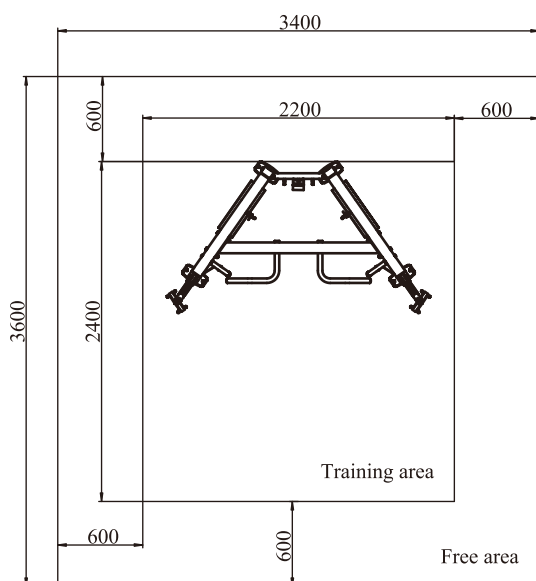
Important Safety Instructions

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: 1642*885*2269mm

Product Total Surface: 2200*2400mm

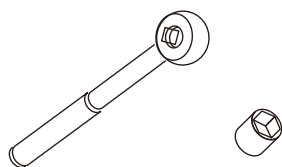
Product Total Mass (Full Shroud): 163.8kg/ 361lbs

Instructions

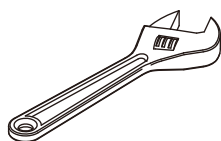
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

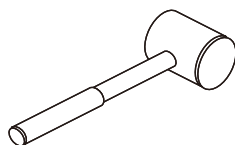
Tools Required



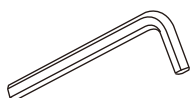
Ratchet Wrench and Socket



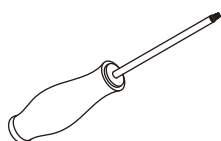
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

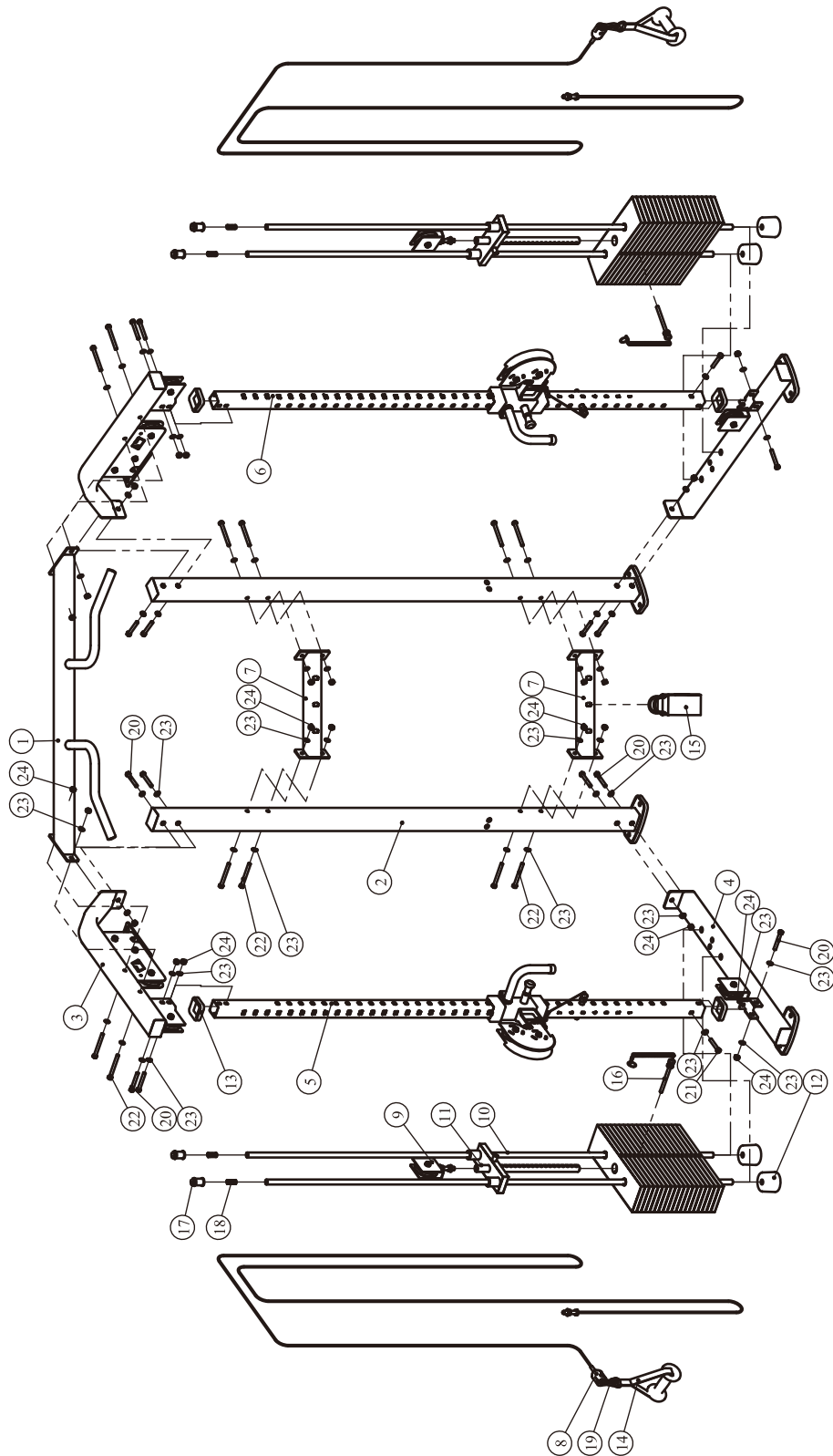
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IF933001ASSY	Chin-up Frame ASSY	1
2	IF933002ASSY	Upright Frame ASSY	1
3	IF933003ASSY	Top Connecting Frame ASSY	2
4	IF933004ASSY	Bottom Connection Frame ASSY	2
5	IF933005ASSY	Right Adjustment Frame ASSY	1
6	IF933006ASSY	Left Adjustment Frame ASSY	1
7	IF933007ASSY	Rear Connection Frame ASSY	2
8	IF93305600	Cable ASSY	2
9	ES200018ASSY	Pulley Bracket ASSY	2
10	S2FT3000	Guide Rod $\Phi 19 \times 2030$	4
11	IT95014200	Top Plate	2
12	IN-D10132900	Weight Rubber Bumper $\Phi 76 \times 60$	4
13	IF93272100	Stop Rubber Bumper $70 \times 70 \times 15$	4
14	IT95255200	D-Strap	2
15	V310800	Leg EXT/Curl Strap	1
16	IT90012000V1	Selector Pin W/Coil	2
17	IT95016100	Guide Rod Fixing Sleeve	4
18	HFOPT900-04A0602	Spring $\Phi 15.5 \times \Phi 1.5 \times 36$	4
19	HLG8DS2	Gear Hook	2
20	GB5780M10*75DS20	Hex Head Bolt M10*75	14
21	GB5780M10*70DS20	Hex Head Bolt M10*70	2
22	GB5780M10*100DS20	Hex Head Bolt M10*100	12
23	GB9510DS20	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	52
24	NM10DS2	Nylon Lock Nut M10	24
25	IF9330KBQ0100	Full Shroud	4
26	IF9330KBQ02ASSY	Cover Holder ASSY	4
27	IF9330KBX0100	Half Shroud 1	2
28	IF9330KBX0200	Half Shroud 2	2
29	IF9330KBX0300	Connecting Plate	2
30	IF9330KBX04ASSY	Support Plate ASSY	2
31	PNLM8*25DS20	BHCS M8*25	8
32	GB818M6*20*20N19	CRPHS M6*20	16
33	GB818M6*16DS2	CRPHS M6*16	4
34	GB958DS20	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
35	NM6DS2	Nylon Lock Nut M6	4
36	NBS0.188DHS	Hex Key S=3/16"	1
37	LW200BS	Wrench $\Phi 6 \times 117$	1
38	NBS5DHS	Hex Key S=5	1
39	YHY	Lube	1

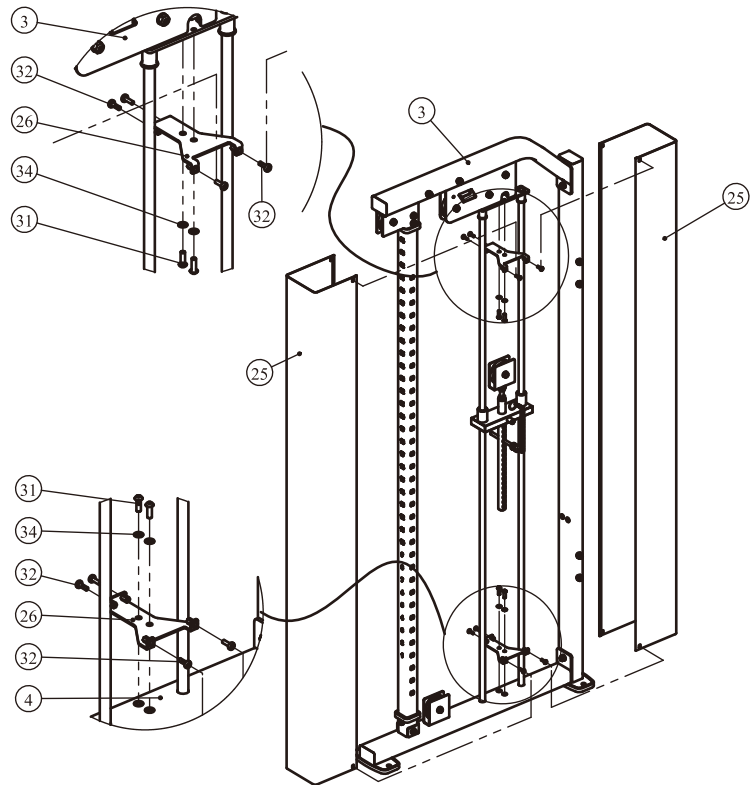
Exploded View and Parts List

Overall

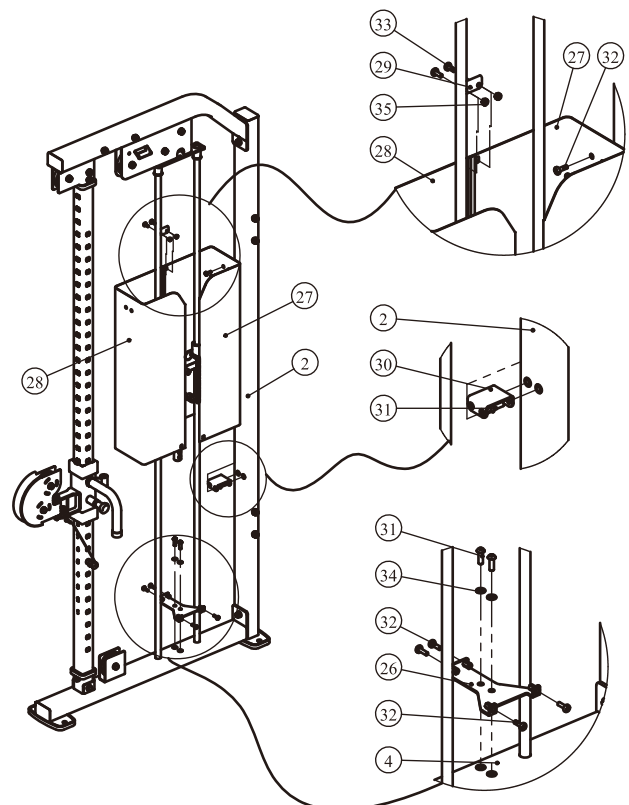


Exploded View and Parts List

Full Shroud

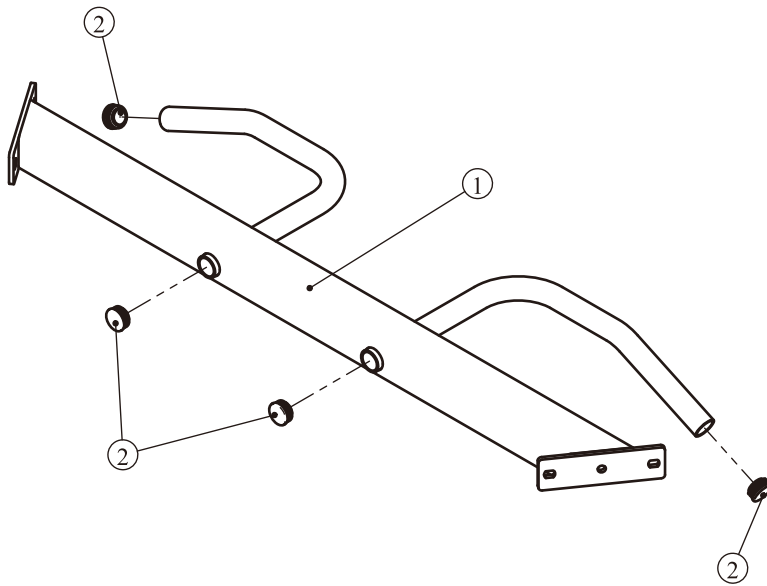


Half Shroud

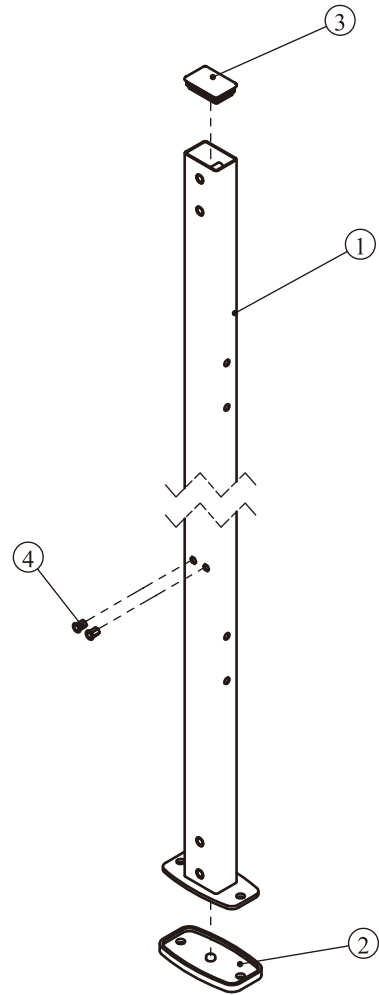


Exploded View and Parts List

Chin-Up Frame ASSY



Upright Frame ASSY



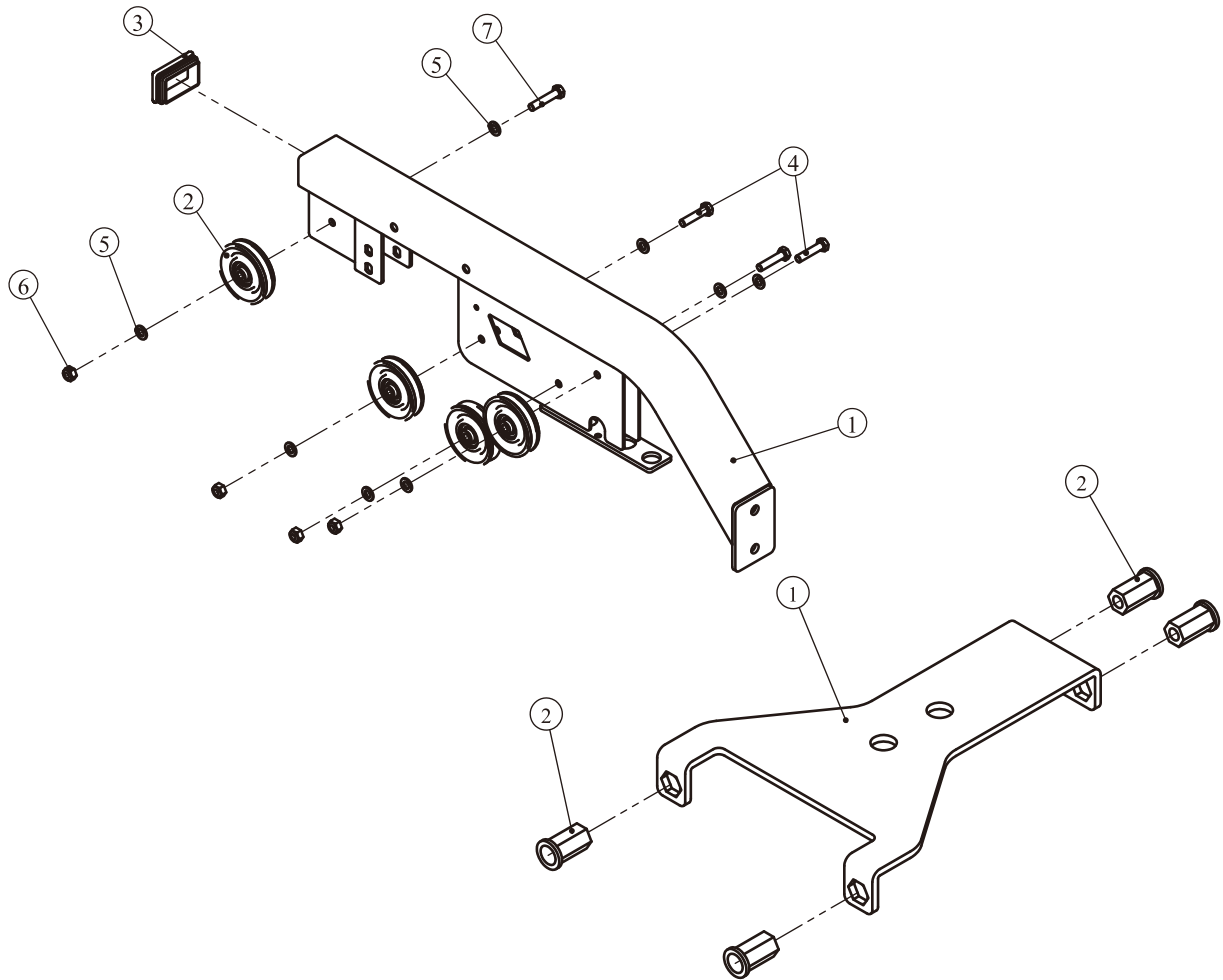
Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IF93300100	Chin-up Frame	1
2	1.2	BNH0573	Plug $\Phi 32$	4

Item No.	Grade No.	Part No.	Description	QTY
1	2.1	IF93300200	Upright Frame	1
2	2.2	BS81223100	Foot Plate	1
3	2.3	KPSFID2800	Plug $\square 50.8 \times 76.2$	1
4	2.4	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

Exploded View and Parts List

Top Connecting Frame ASSY

Cover Holder ASSY

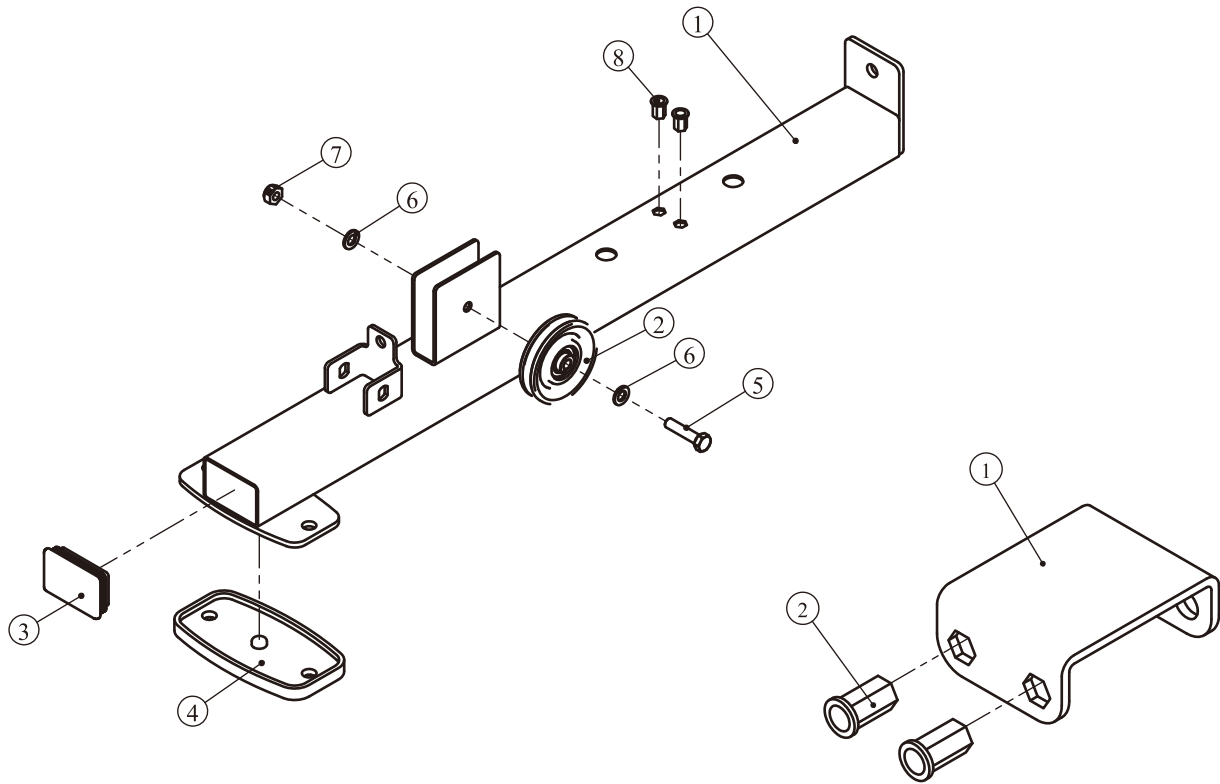


Item No.	Grade No.	Part No.	Description	QTY
1	3.1	IF93300300	Top Connecting Frame	1
2	3.2	M01004800V3	Pulleyφ89	4
3	3.3	KPSFID2800	Plug □ 50.8*76.2	1
4	3.4	GB5780M10*45DS20	Hex Head Bolt M10*45	3
5	3.5	GB9510DS20	Flat Washer Φ11*Φ20*2	8
6	3.6	NM10DS2	Nylon Lock Nut M10	4
7	3.7	GB5780M10*50DS20	Hex Head Bolt M10*50	1

Item No.	Grade No.	Part No.	Description	QTY
1	26.1	IF9330KBQ0200	Cover Holder	1
2	26.2	GB17880.5M6*16.5DS17	Rivet Nut M6	4

Exploded View and Parts List

Bottom Connection Frame ASSY Support Plate ASSY

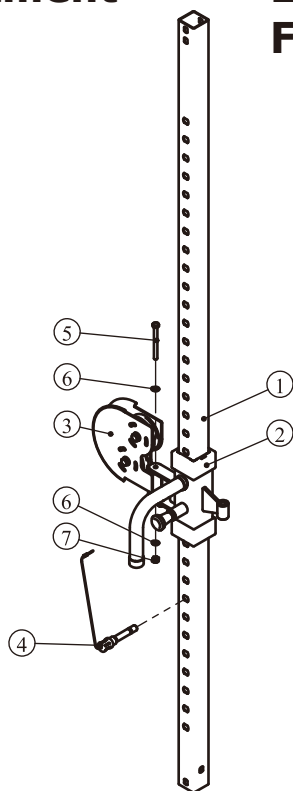


Item No.	Grade No.	Part No.	Description	QTY
1	4.1	IF93300400	Bottom Connection Frame	1
2	4.2	M01004800V3	PulleyΦ89	1
3	4.3	KPSFID2800	Plug □50.8*76.2	1
4	4.4	BS81223100	Foot Plate	1
5	4.5	GB5780M10*45DS20	Hex Head Bolt M10*45	1
6	4.6	GB9510DS20	Flat Washer Φ11*Φ20*2	2
7	4.7	NM10DS2	Nylon Lock Nut M10	1
8	4.8	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

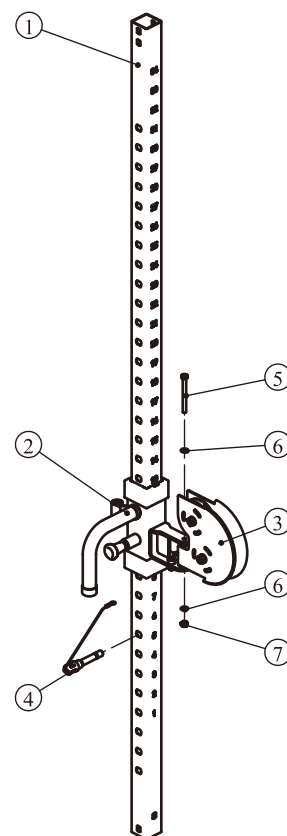
Item No.	Grade No.	Part No.	Description	QTY
1	30.1	IF9330KBX0400	Support Plate	1
2	30.2	GB17880.5M6*16.5DS17	Rivet Nut M6	2

Exploded View and Parts List

Right Adjustment Frame ASSY



Left Adjustment Frame ASSY

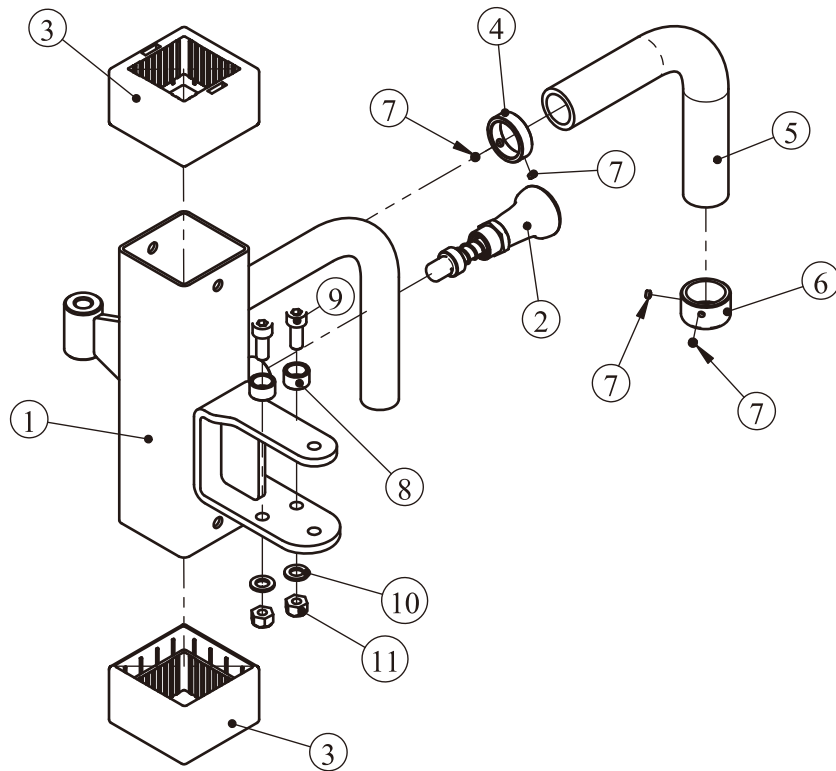


Item No.	Grade No.	Part No.	Description	QTY
1	5.1	IF93300500	Slip Tube	1
2	5.2	ES70300800ASSY	Slip Frame 1 Sub ASSY	1
3	5.3	IT952520V1ASSY	Double Pulley Frame ASSY	1
4	5.4	IF93272200ASSY	Safe Pin	1
5	5.5	GB5780M8*90DS20	Hex Head Bolt M8*90	1
6	5.6	GB958DS20	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
7	5.7	NM8DS2	Nylon Lock Nut M8	1

Item No.	Grade No.	Part No.	Description	QTY
1	6.1	IF93300500	Slip Tube	1
2	6.2	ES70300900ASSY	Slip Frame 2 Sub ASSY	1
3	6.3	IT952520V1ASSY	Double Pulley Frame ASSY	1
4	6.4	IF93272200ASSY	Safe Pin	1
5	6.5	GB5780M8*90DS20	Hex Head Bolt M8*90	1
6	6.6	GB958DS20	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
7	6.7	NM8DS2	Nylon Lock Nut M8	1

Exploded View and Parts List

Slip Frame 1 Sub ASSY

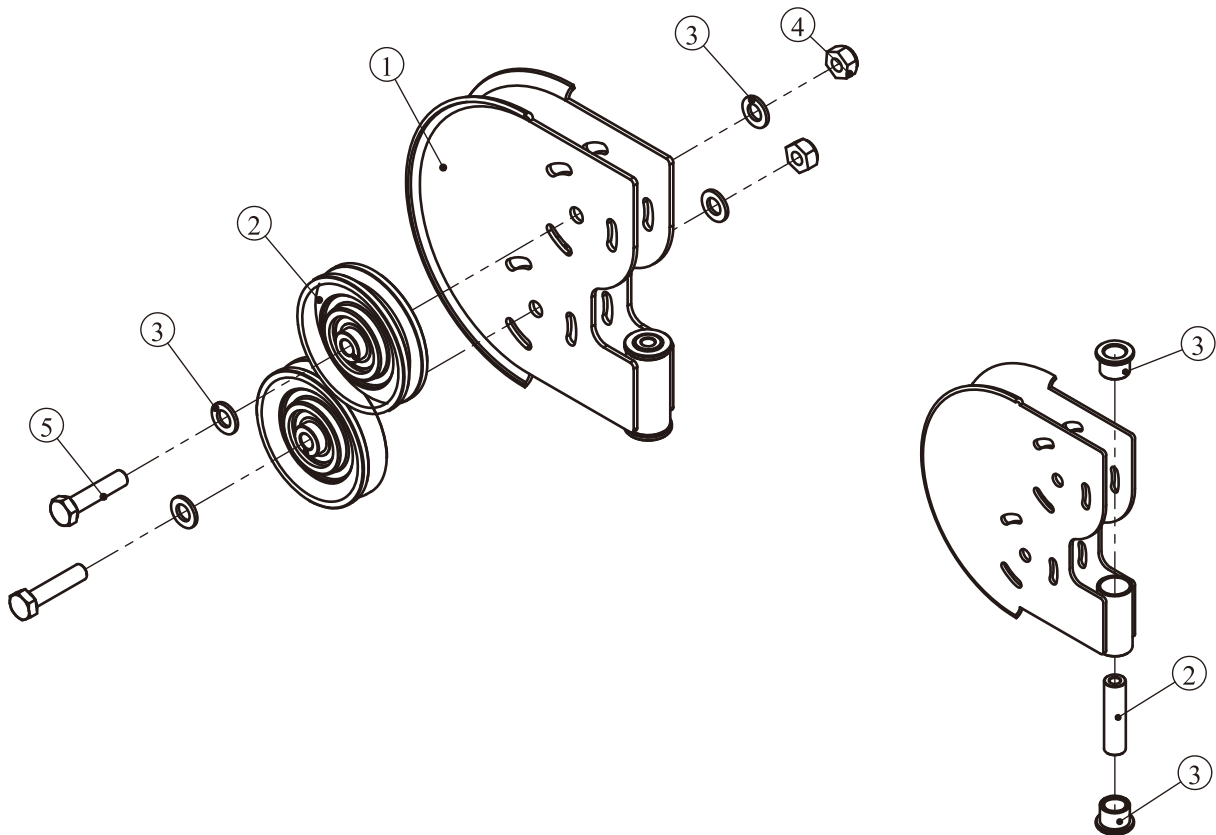


Item No.	Grade No.	Part No.	Description	QTY
1	5.2.1	ES70300800	Slip Frame 1	1
2	5.2.2	IT95251600	Spring Pin	1
3	5.2.3	KPSOB2100V1	Wear Sleeve	2
4	5.2.4	V39500	Collar $\Phi 25.4, AL$	1
5	5.2.5	C011PL2500	Grip	1
6	5.2.6	V39600	End Cap $\Phi 25.4, AL$	1
7	5.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
8	5.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9	5.2.9	GB70M8*20DS20	Hex Head Bolt M8*20	2
10	5.2.10	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11	5.2.11	NM8DS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Double Pulley Frame ASSY

Double Pulley Frame Sub ASSY

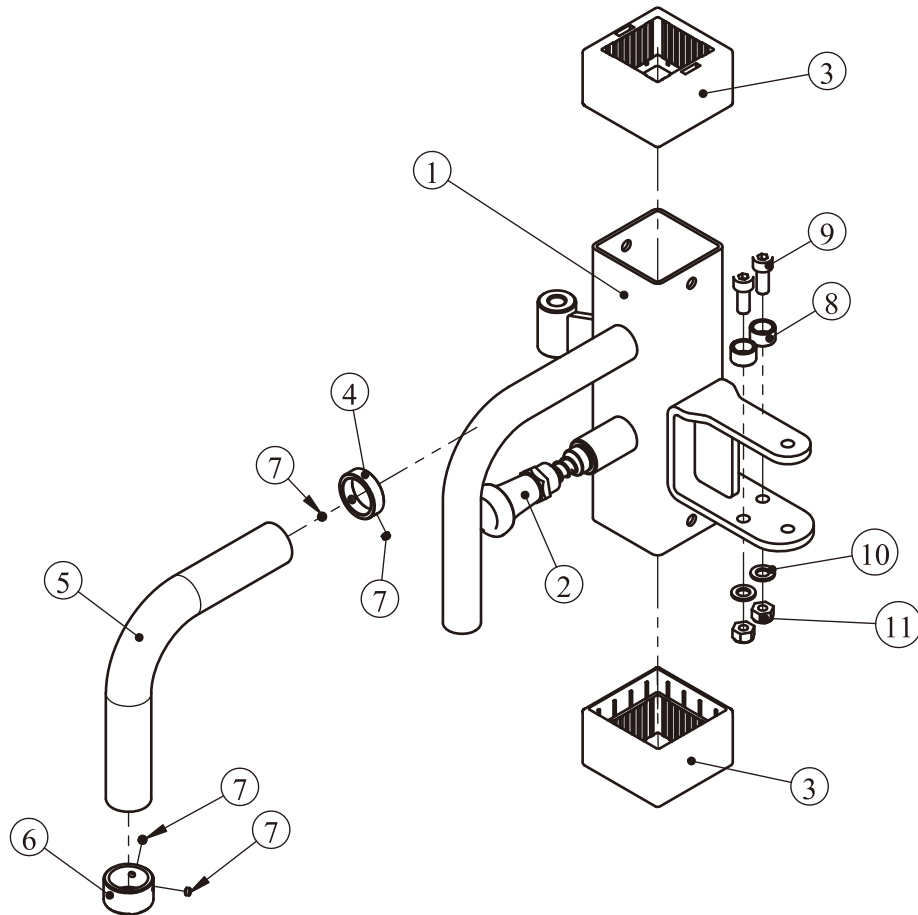


Item No.	Grade No.	Part No.	Description	QTY
1	5.3.1	IT95252000ASSY	Double Pulley Frame Sub ASSY	1
2	5.3.2	M01004800V3	Pulley Φ89	2
3	5.3.3	GB9510DS20	Flat Washer Φ11*Φ20*2	4
4	5.3.4	NM10DS2	Nylon Lock Nut M10	2
5	5.3.5	GB5780M10*45DS20	Hex Head Bolt M10*45	2

Item No.	Grade No.	Part No.	Description	QTY
1	5.3.1.1	IT95252000	Double Pulley Frame	1
2	5.3.1.2	IT95251800	Shaft Φ16*Φ8.5*62	1
3	5.3.1.3	L1-6800	Bushing Φ28*Φ22*Φ16*18	2

Exploded View and Parts List

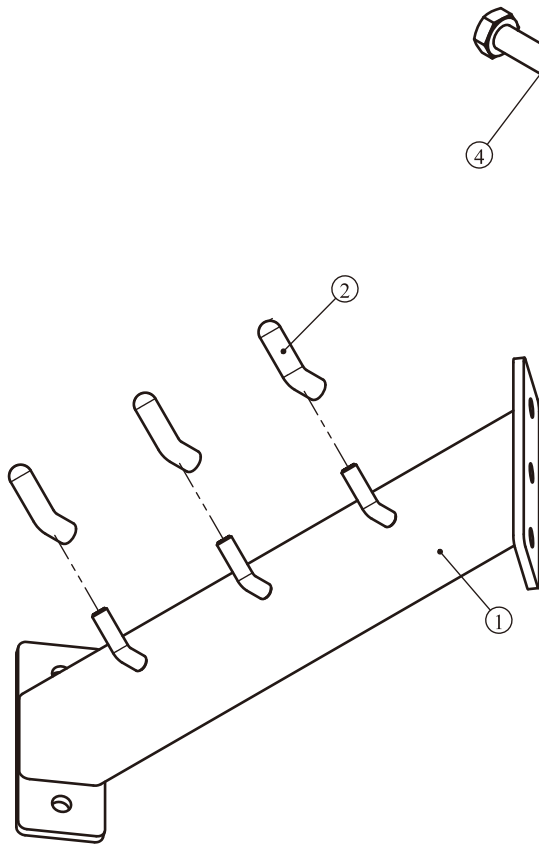
Slip Frame 2 Sub ASSY



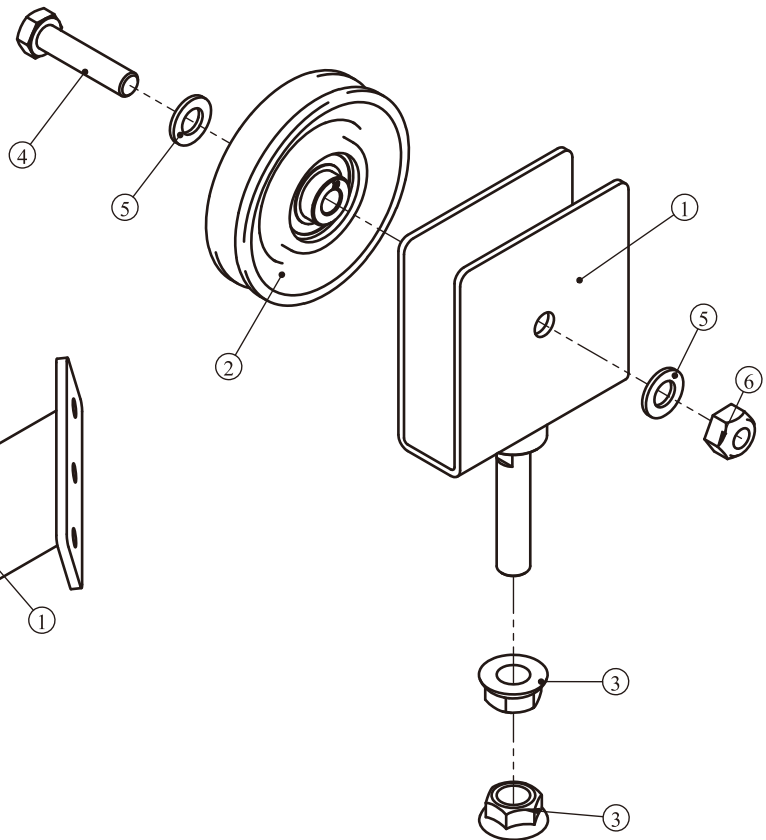
Item No.	Grade No.	Part No.	Description	QTY
1	6.2.1	ES70300800	Slip Frame 2	1
2	6.2.2	IT95251600	Spring Pin	1
3	6.2.3	KPSOB2100V1	Wear Sleeve	2
4	6.2.4	V39500	Collar $\Phi 25.4$,AL	1
5	6.2.5	C011PL2500	Grip	1
6	6.2.6	V39600	End Cap $\Phi 25.4$,AL	1
7	6.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
8	6.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9	6.2.9	GB70M8*20DS20	Hex Head Bolt M8*20	2
10	6.2.10	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11	6.2.11	NM8DS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Rear Connection Frame ASSY



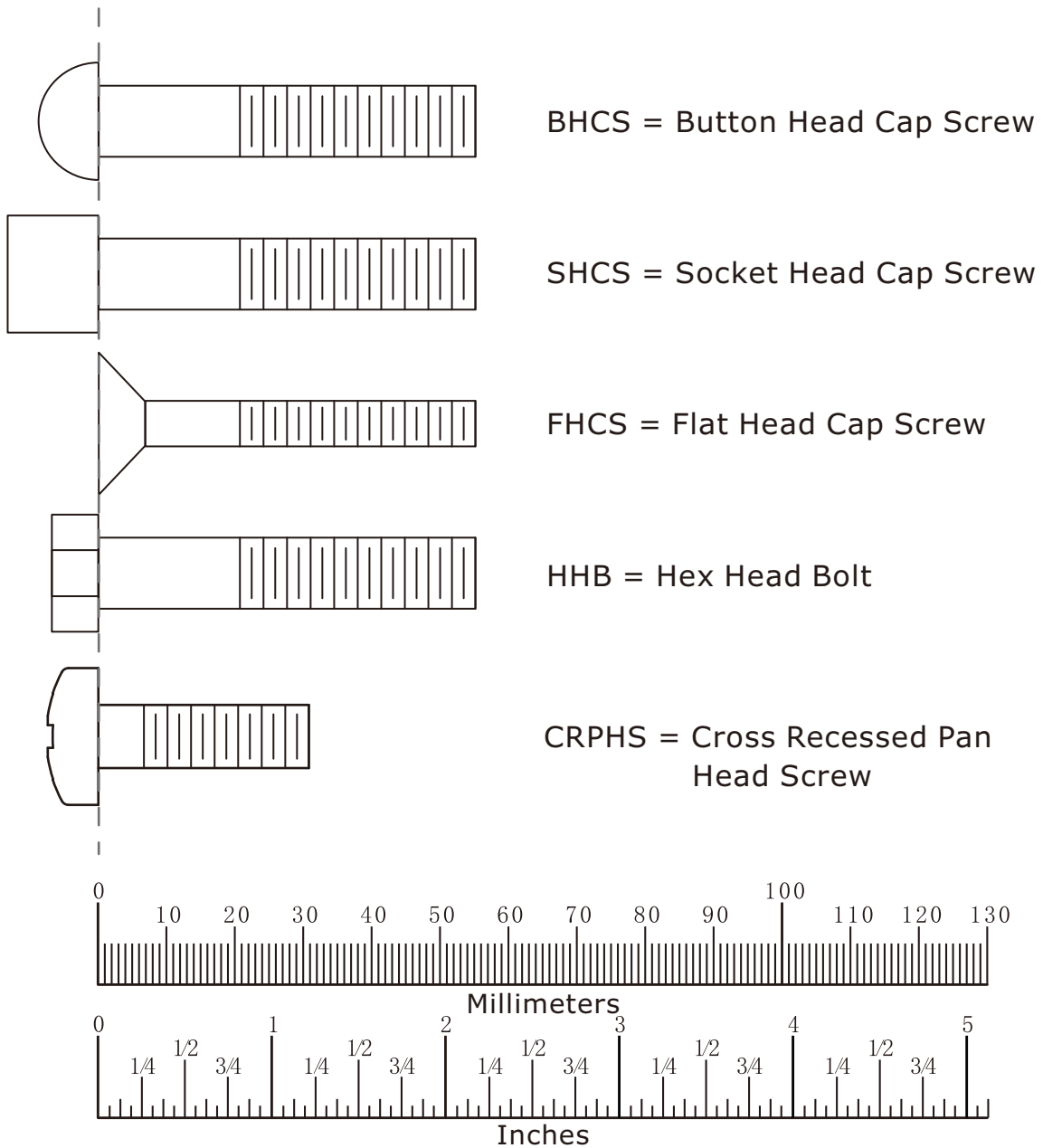
Pulley Bracket ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	IF93300700	Rear Connection Frame	1
2	7.2	V311400	Rubber Sleeve	3

Item No.	Grade No.	Part No.	Description	QTY
1	9.1	ES20001800	Pulley Bracket	1
2	9.2	M01004800V7	Pulley $\Phi 89$	1
3	9.3	HF900-03A1002	Hex Flange Nut	2
4	9.4	GB5780M10*45DS20	Hex Head Bolt M10*45	1
5	9.5	GB9510DS20	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
6	9.6	NM10DS2	Nylon Lock Nut M10	1

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

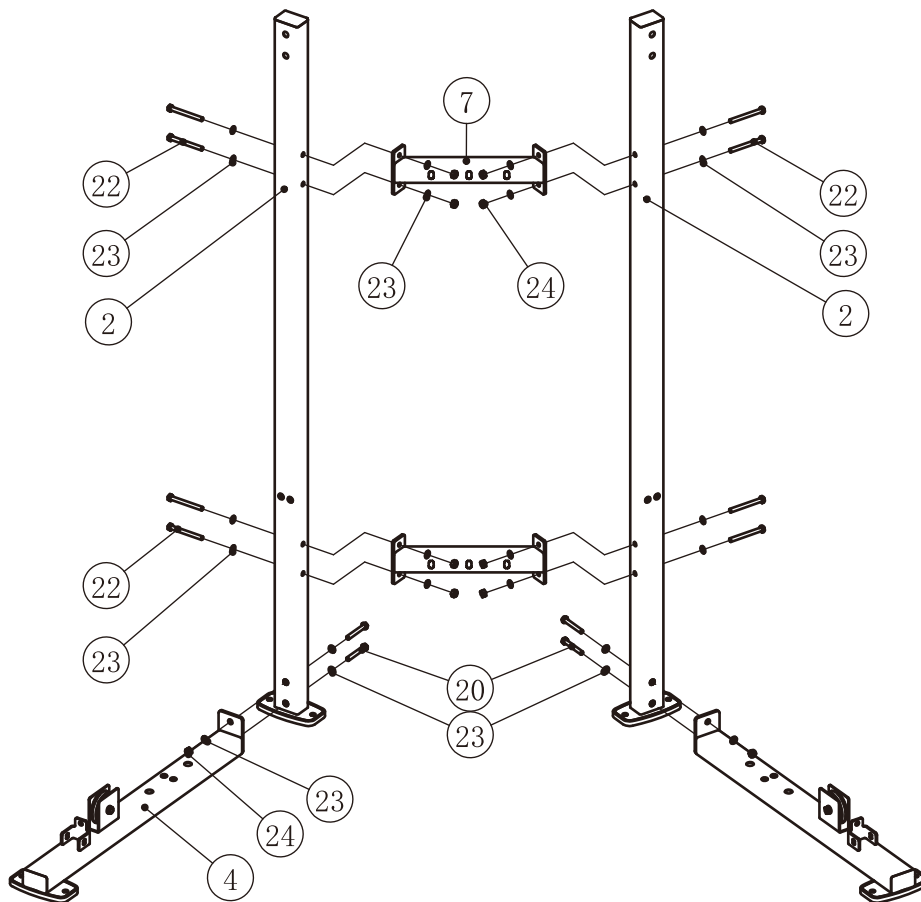
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach two Bottom Connection Frame ASSY (#4) to two Upright Frame ASSY (#2) using:
four M10*75 HHB (#20)
six $\Phi 11*\Phi 20*2$ Flat Washer (#23)
two M10 Nylon Lock Nut (#24)
2. Attach two Rear Connection Frame ASSY (#7) to two Upright Frame ASSY (#2) using:
eight M10*100 HHB (#22)
sixteen $\Phi 11*\Phi 20*2$ Flat Washer (#23)
eight M10 Nylon Lock Nut (#24)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



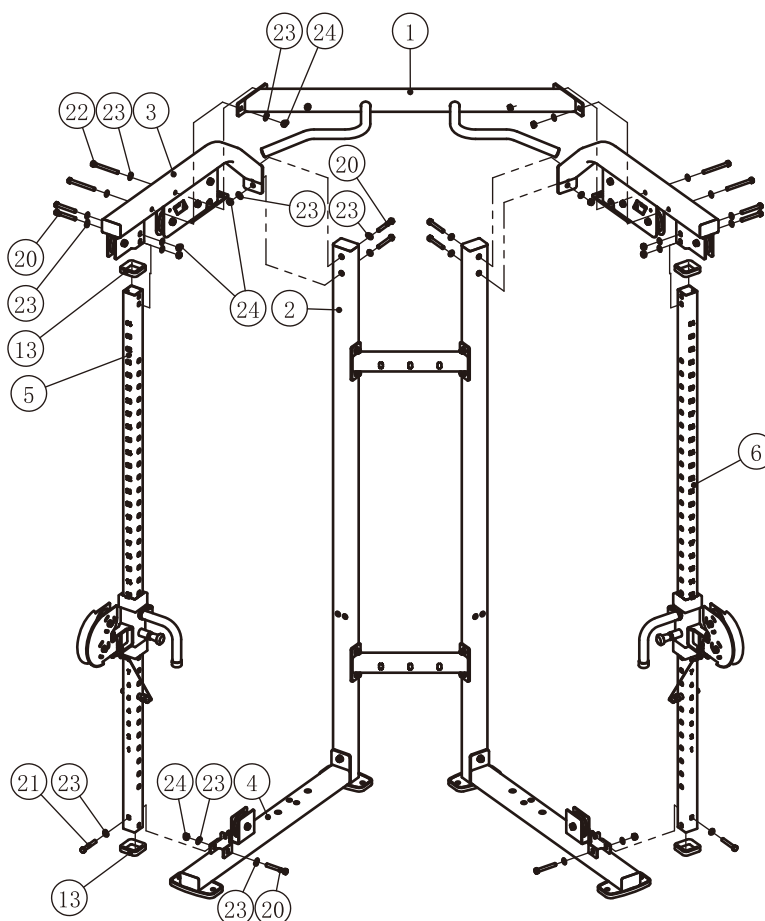
Assembly

STEP 2

1. Attach the Right Adjustment Frame ASSY (#5) and the Left Adjustment Frame ASSY (#6) to the Bottom Connection Frame ASSY (#4) using:
two 70*70*15 Stop Rubber Bumper (#13) two M10*70 HHB (#21)
two M10*75 HHB (#20) eight $\Phi 11*\Phi 20*2$ Flat Washer (#23)
four M10 Nylon Lock Nut (#24)
2. Attach the Top Connecting Frame ASSY (#3) to the Right Adjustment Frame ASSY (#5)/the Left Adjustment Frame ASSY (#6) and the Upright Frame ASSY (#2) using:
two 70*70*15 Stop Rubber Bumper (#13) eight M10*75 HHB (#20)
fourteen $\Phi 11*\Phi 20*2$ Flat Washer (#23) six M10 Nylon Lock Nut (#24)
3. Attach the Chin-up Frame ASSY (#1) to the Top Connecting Frame ASSY (#3) using:
four M10*100 HHB (#22) eight $\Phi 11*\Phi 20*2$ Flat Washer (#23)
four M10 Nylon Lock Nut (#24)

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

2. The adjustable handle towards the inside of the machine.



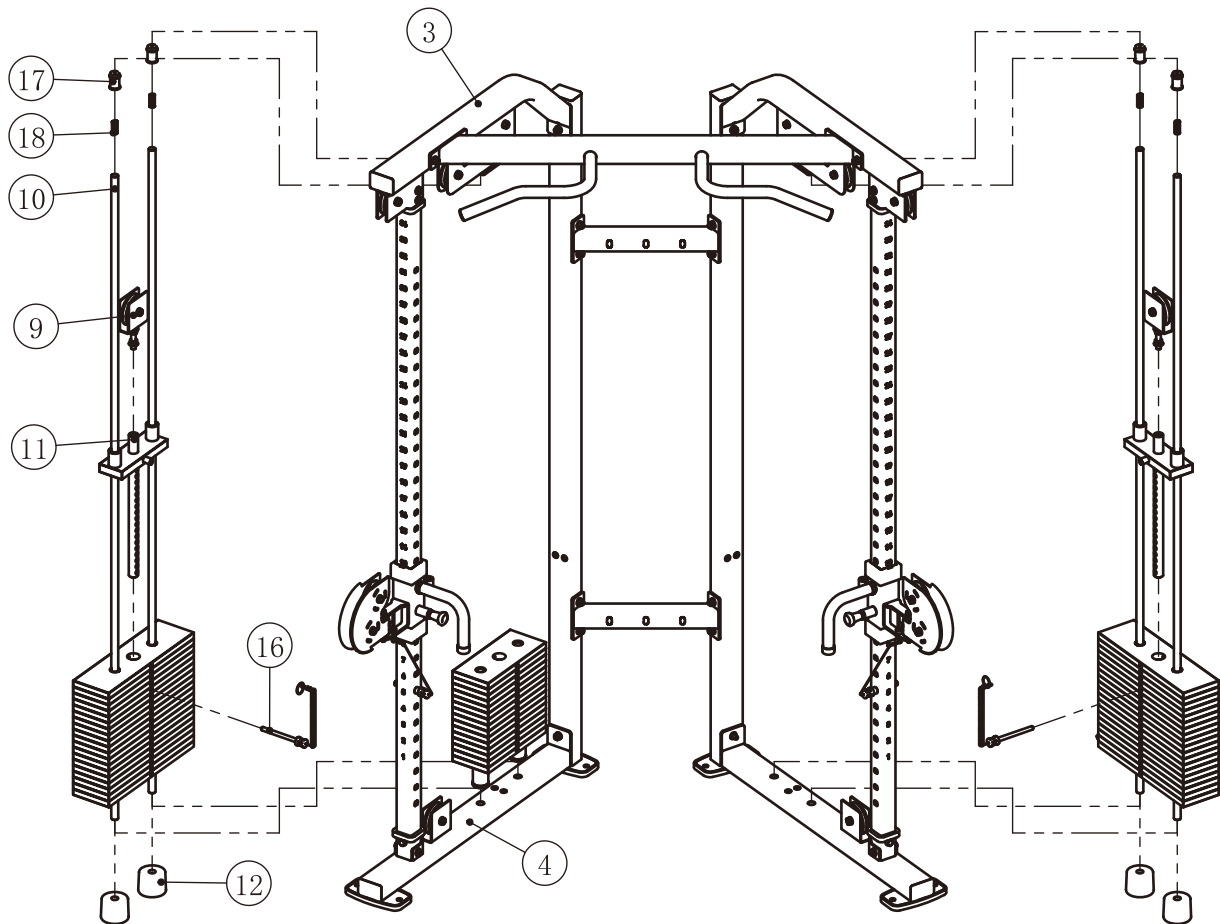
Assembly

STEP 3

1. Attach the Weight Plates to the Bottom Connection Frame ASSY (#4) using:
four Guide Rod $\Phi 19 \times 2030$ (#10)
four Weight Rubber Bumper $\Phi 76 \times 60$ (#12)
two Top Plate (#11)
four Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#17)
four Spring (#18)
2. Attach the Selector Pin W/Coil (#16) and the Pulley Bracket ASSY (#9) to the Top Plate (#11).

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

2. There are four configurations for Weight Plates, you can choose according to your needs.



Assembly

160LBS

Grade No.	Part No.	Description	QTY
101	FE97193100	10LBS Weight Plate	15
103	FEWS01ASSY	Weight Stack Space	2

200LBS

Grade No.	Part No.	Description	QTY
101	FE97193100	10LBS Weight Plate	19

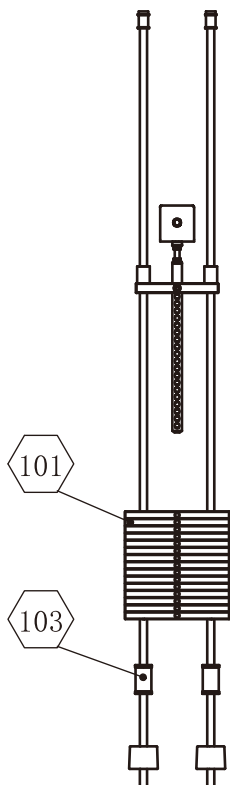
235LBS

Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	15
103	FEWS01ASSY	Weight Stack Space	2

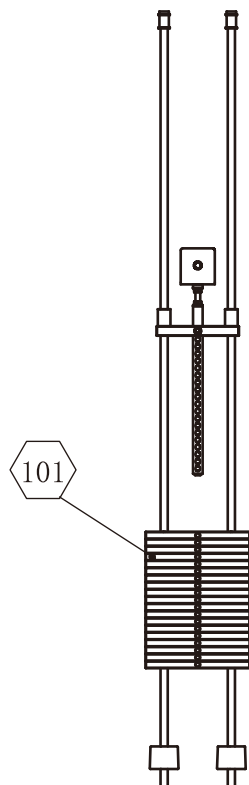
295LBS

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

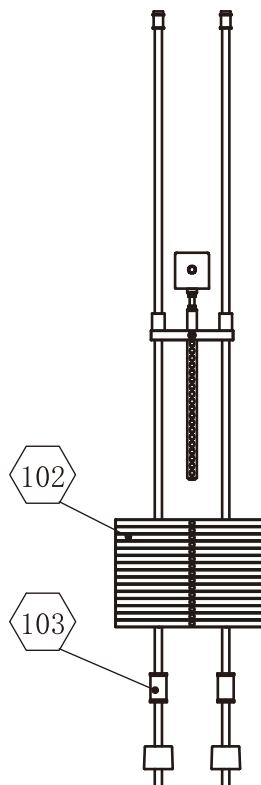
160LBS



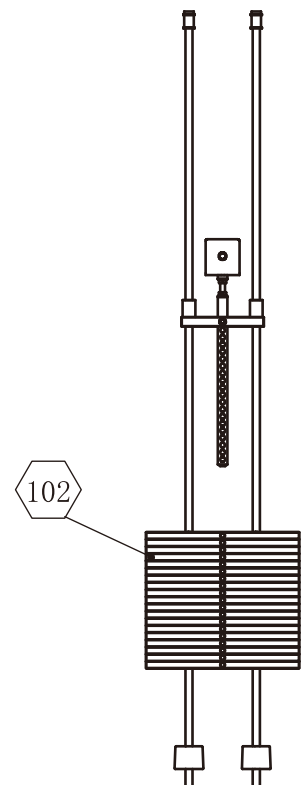
200LBS



235LBS



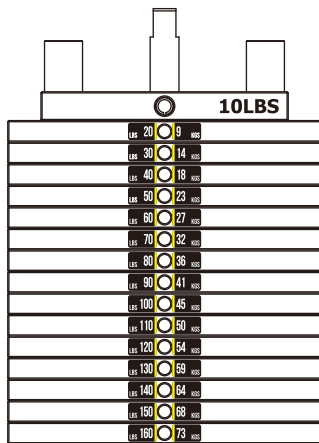
295LBS



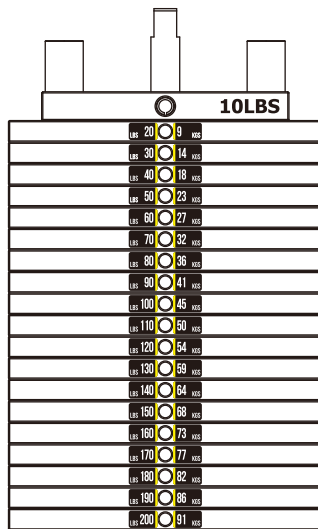
Assembly

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

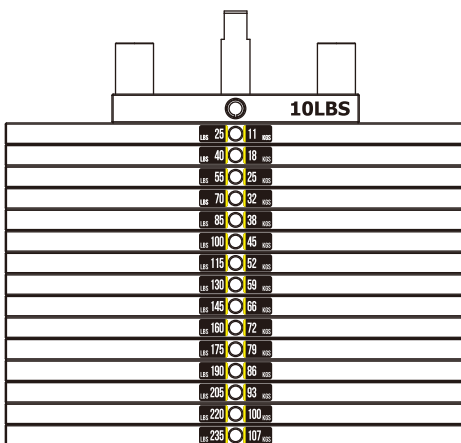


20-160LBS

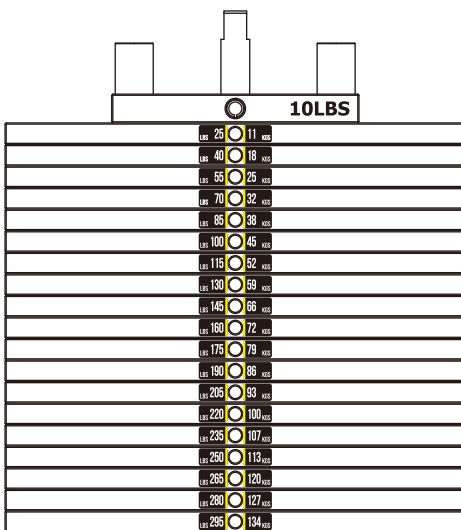


20-200LBS

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

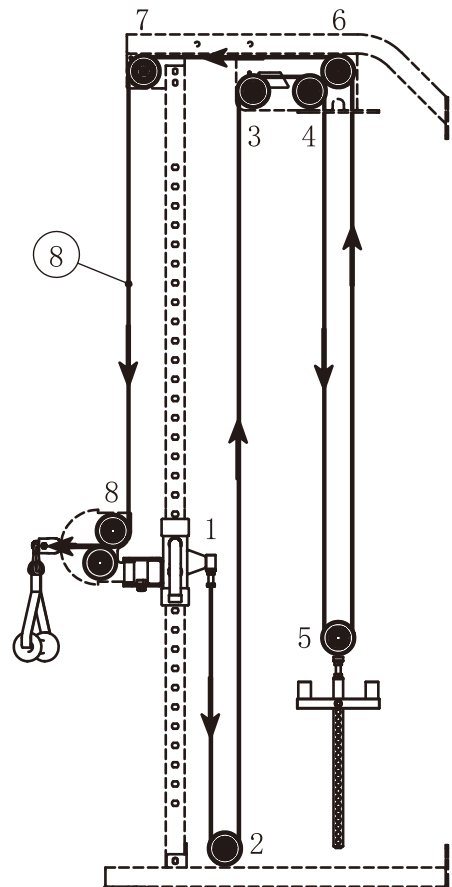
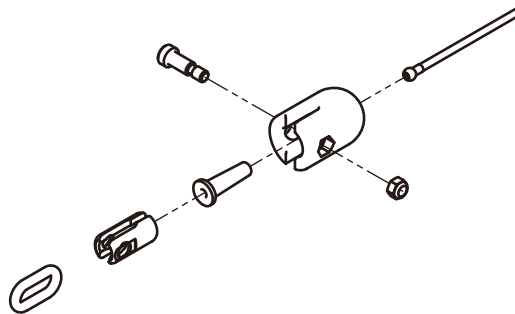
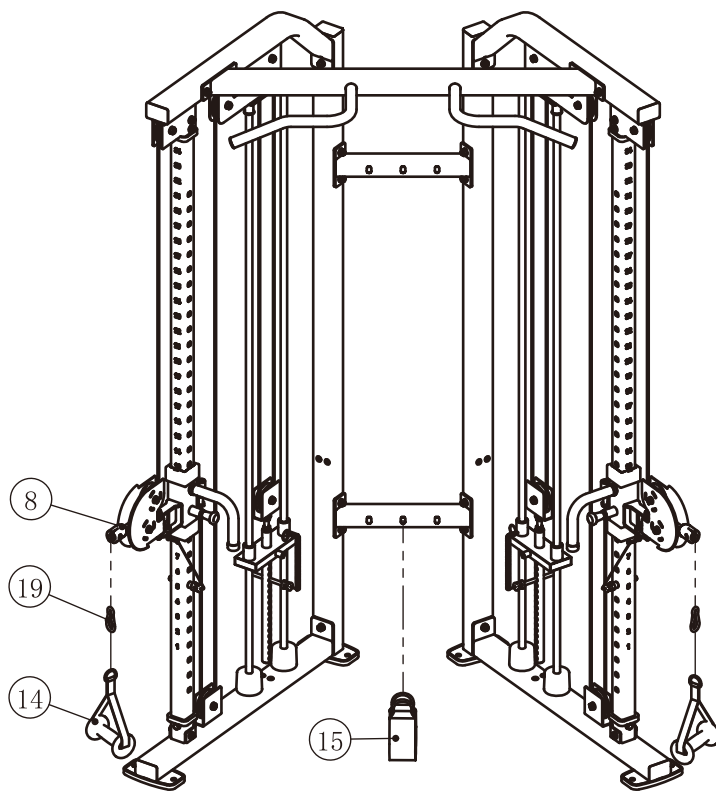
Assembly

STEP 4

1. Attach the Cable ASSY (#8) according to the view.
2. Attach the D-Strap (#14) to the Cable ASSY (#8) using the Gear Hook (#19).
3. Attach the Leg EXT/Curl Strap (#15) to the hanger for later use.

Note:

1. Before attach the cable, you should Unlock the Bolt using Hex Key S=3/16" (#36).
2. Pay attention to the position.
3. Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

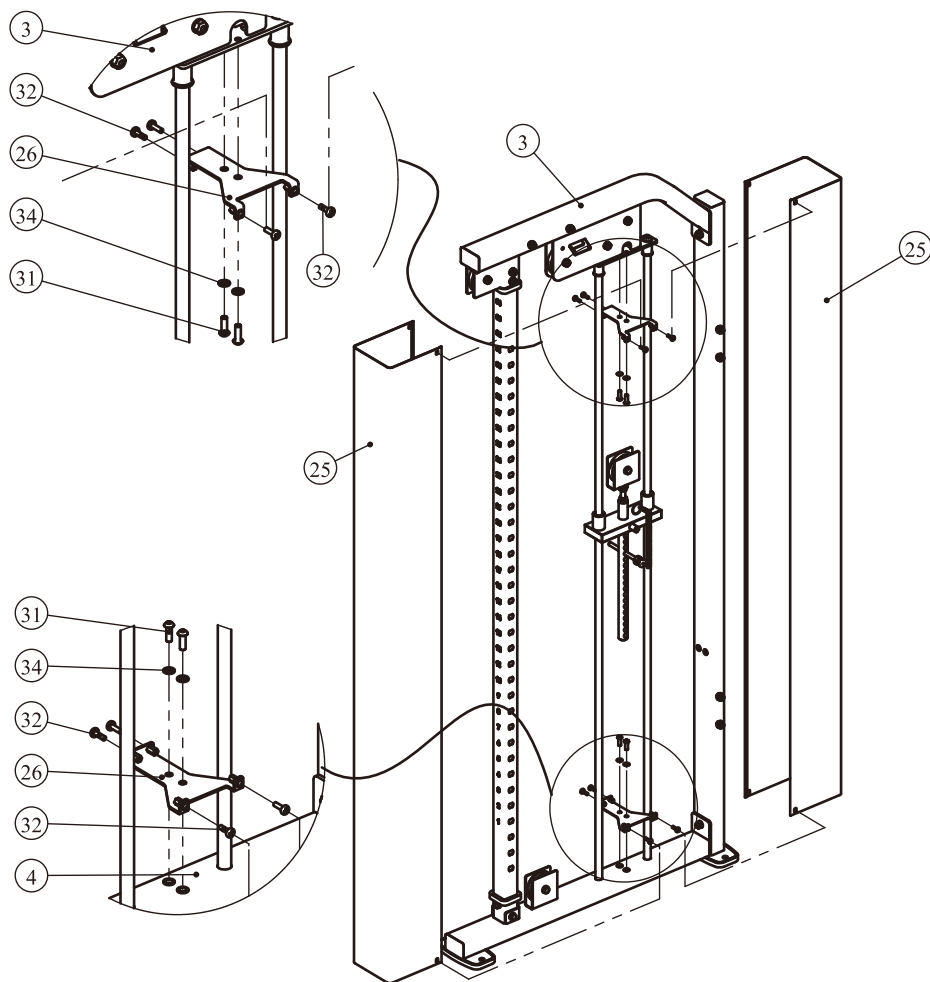
STEP 5

Full Shroud

1. Attach 4 Cover Holder ASSY (#26) to Top Connecting Frame ASSY (#3) and Bottom Connection Frame ASSY (#4) using:
eight M8*25 BHCS (#31)
eight $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#34)
2. Attach 4 Full Shroud (#25) to Cover Holder ASSY (#26) using:
sixteen M6*20 BHCS (#32)

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

2. The installation method on both sides is the same.



Assembly

STEP 5

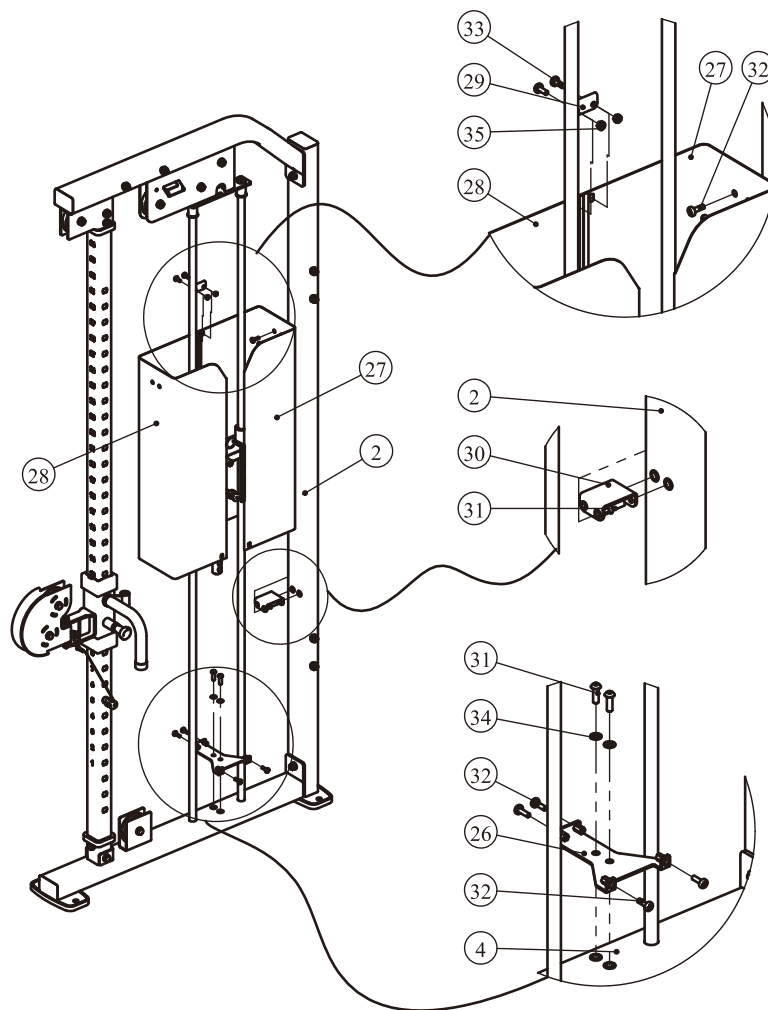
Half Shroud

1. Attach 2 Cover Holder ASSY (#26) and 2 Support Plate ASSY (#30) to the Bottom Connection Frame ASSY (#4) and Upright Frame ASSY (#2) using:
eight M8*25 BHCS (#31) four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#34)
2. Attach 2 Half Shroud 1 (#27) and 2 Half Shroud 2 (#28) to the Cover Holder ASSY (#26) and the Support Plate ASSY (#30) using:
twelve M6*20 BHCS (#32) two Connecting Plate (#29)
four M6*16 BHCS (#33) four M6 Nylon Lock Nut (#35)

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

2. The installation method on both sides is the same.

3. Using M6*16 BHCS (#33) to Fix the Support Plate ASSY (#30), don't make mistake.



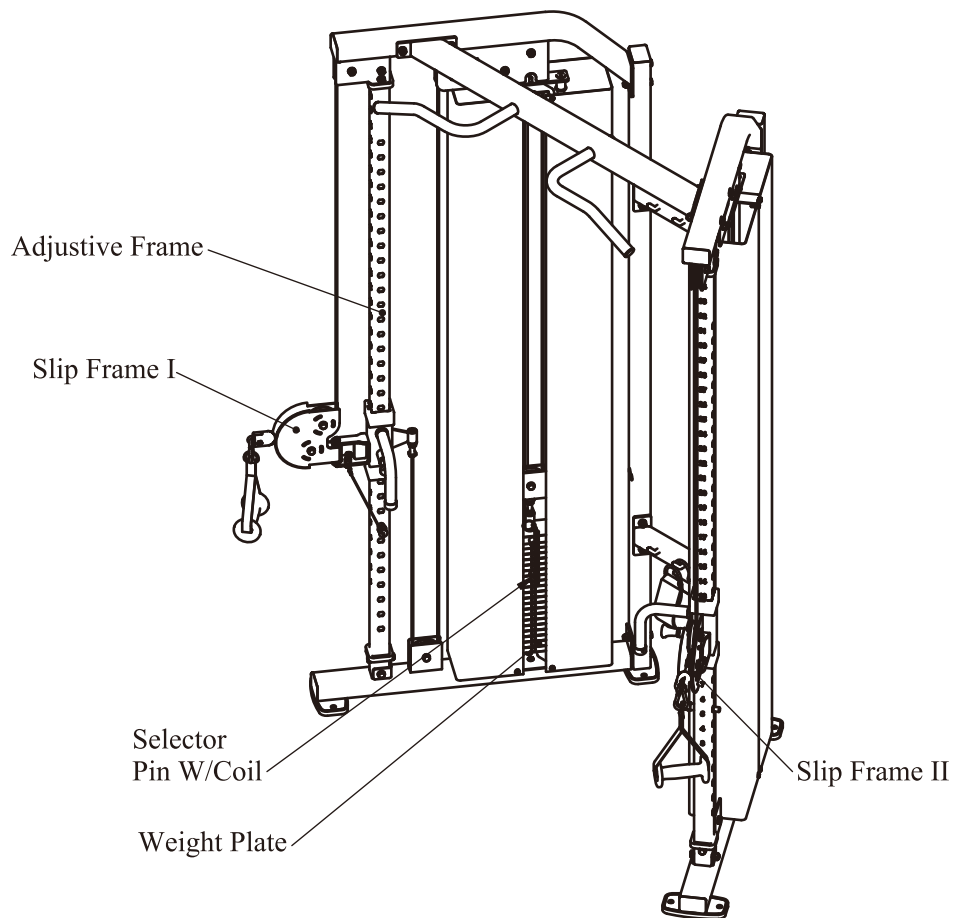
Adjust Instructions and Exercise Instructions

Two Slip Frame Adjustment

1. Adjust the Left or Right Slip Frame to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin

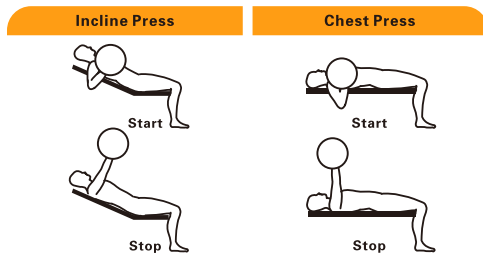
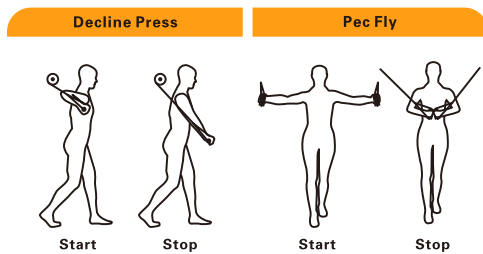
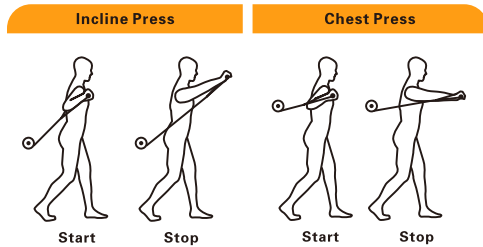
1. Select an appropriate Weight and put the Selector Pin into the hole on it.
2. Make sure the Selector pin gets into the hole completely.



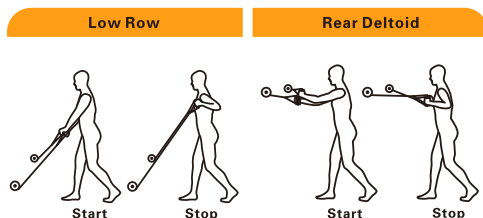
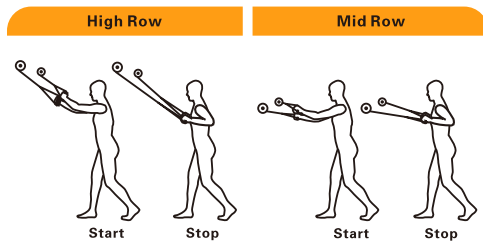
Adjust Instructions and Exercise Instructions

Exercise Instructions

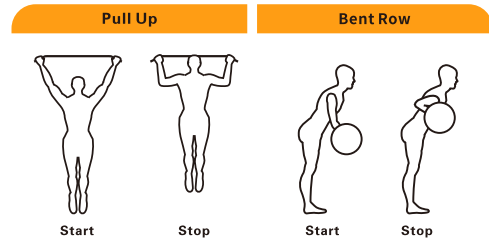
Chest



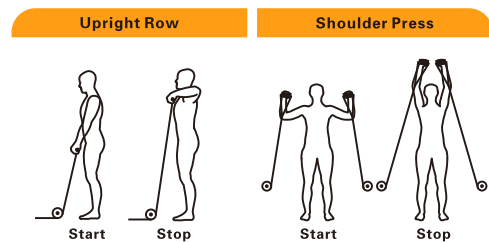
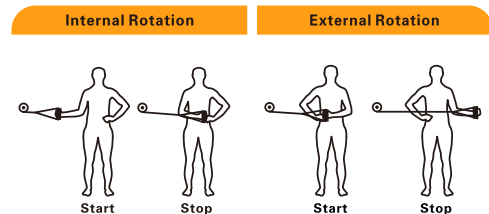
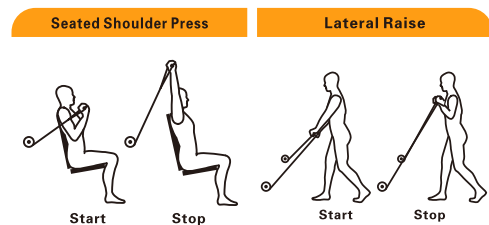
Back



Back



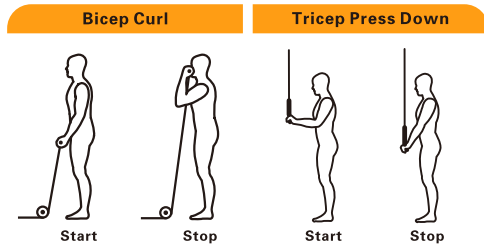
Shoulders



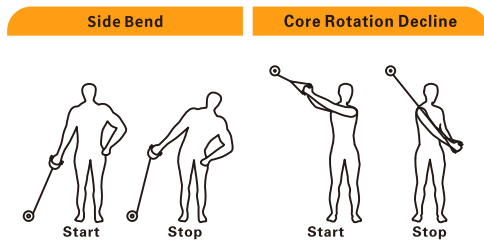
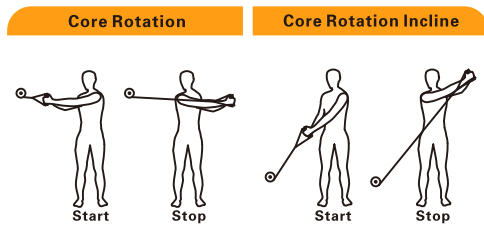
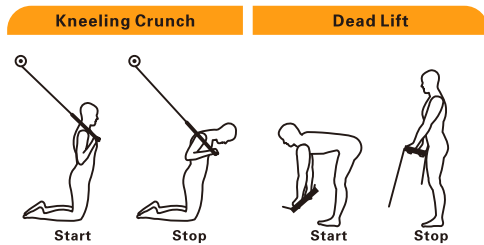
Adjust Instructions and Exercise Instructions

Exercise Instructions

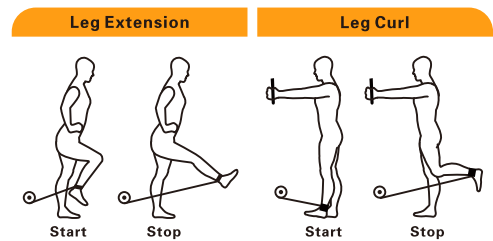
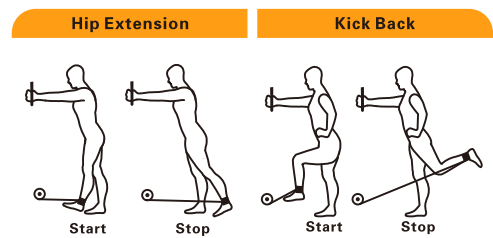
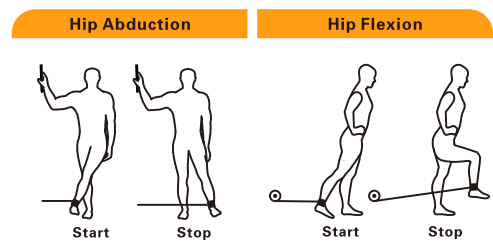
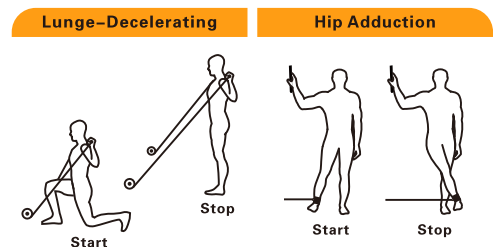
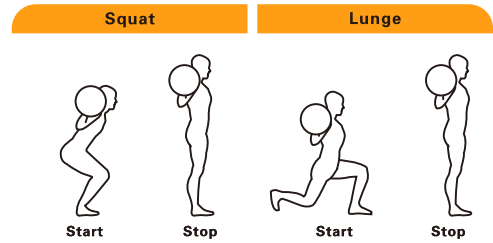
Arms



Core



Lower Body



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.



IFOFB

Flat Bench

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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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:

- * 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

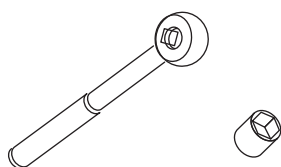
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

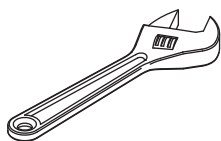
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

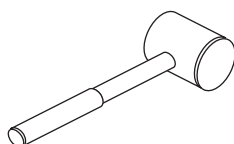
Tools Required



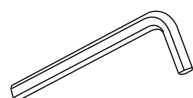
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



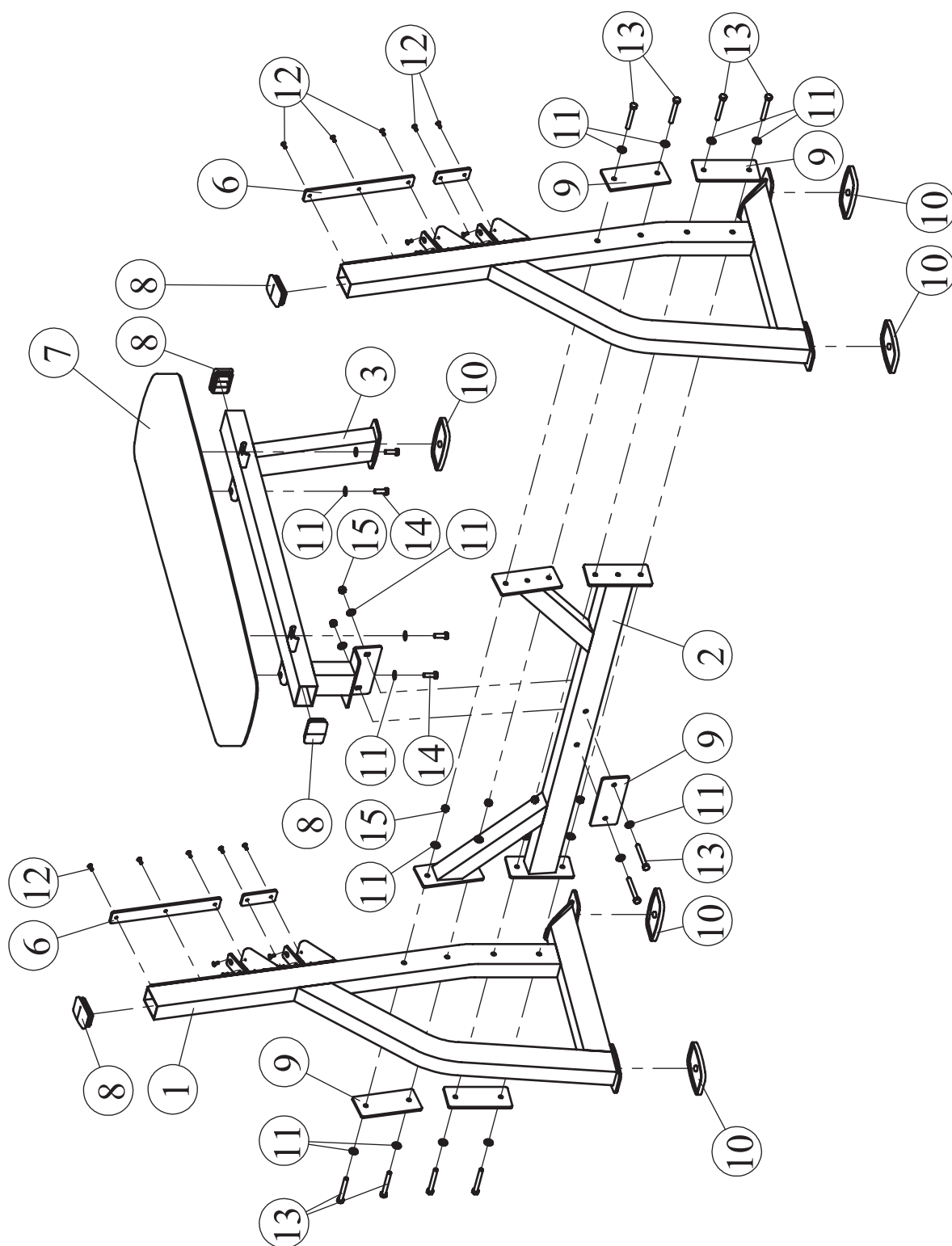
Hex Key Wrench Set

Parts List

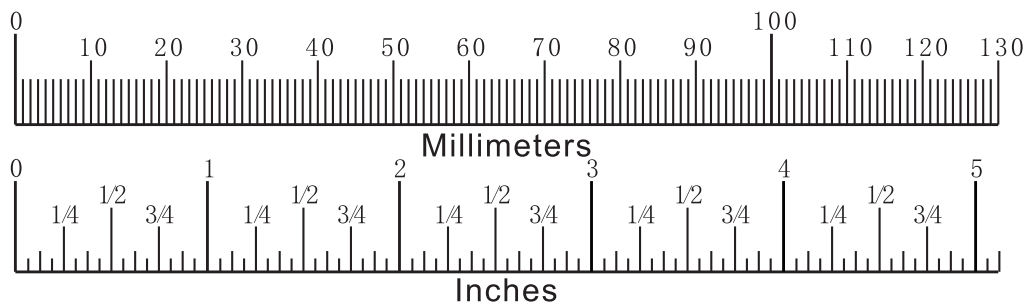
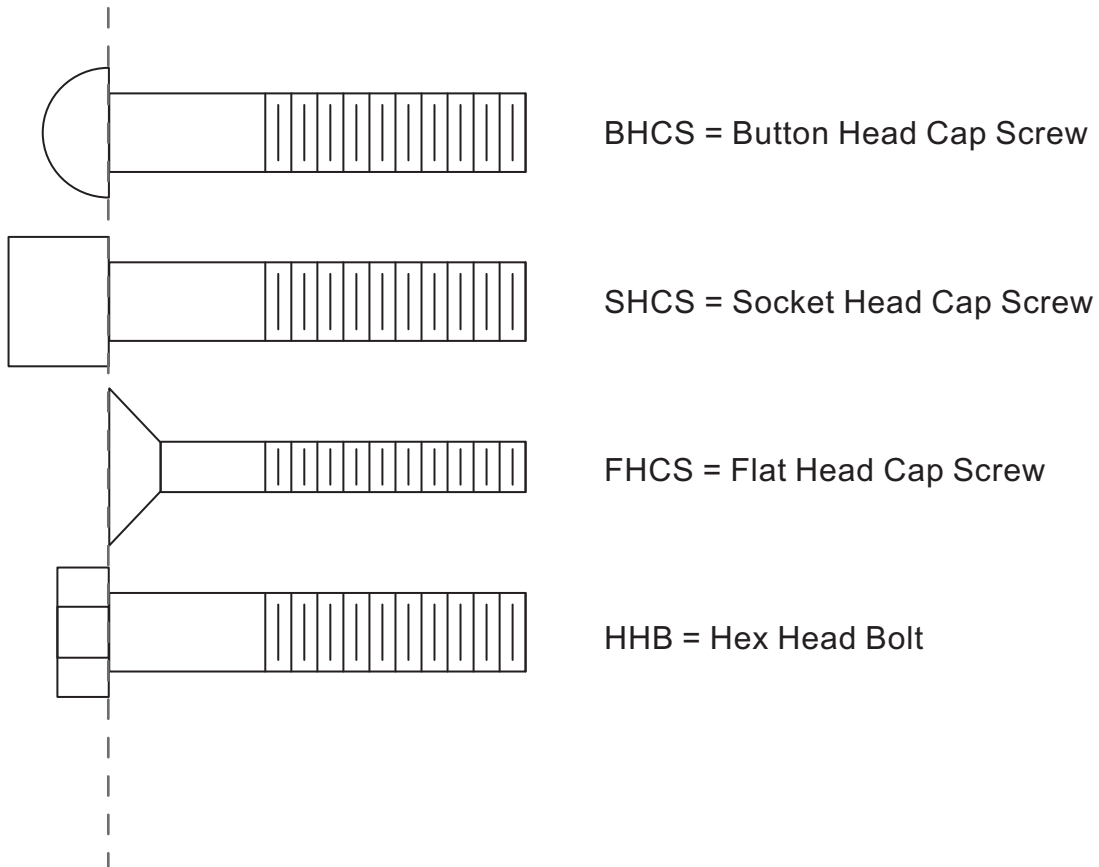
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Part Number	Description	Qty
1	IFOFB0100	Main frame	2
2	IFOFB0200	Cross frame	1
3	IFOFB0300	Back Pad Bracket	1
4	IFOFB0500	Plastic Plate 100*40*6	2
5	IFOFB0600	Plastic Plate 76*40*6	4
6	IFOFB0700	Plastic Plate 320*40*6	2
7	IFOFB0800	Back Pad	1
8	KFFID2800	Plug □50.8*76.2	4
9	CHGH0103	Outside Plate	5
10	IF81162000	Foot Cover	5
11	DQ10DS2A	Flat Washer $\Phi 11*\Phi 23*2$	24
12	CNLM6*15DHS20	Flat Head Cap Screw M6*15	18
13	GB5780M10*80DS20	Hex Head Bolt M10*80	10
14	GB5781M10*30DS20	Hex Head Bolt M10*30	4
15	NM10DS2	Nylon Lock Nut M10	10

Exploded View



Measurement Guide



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

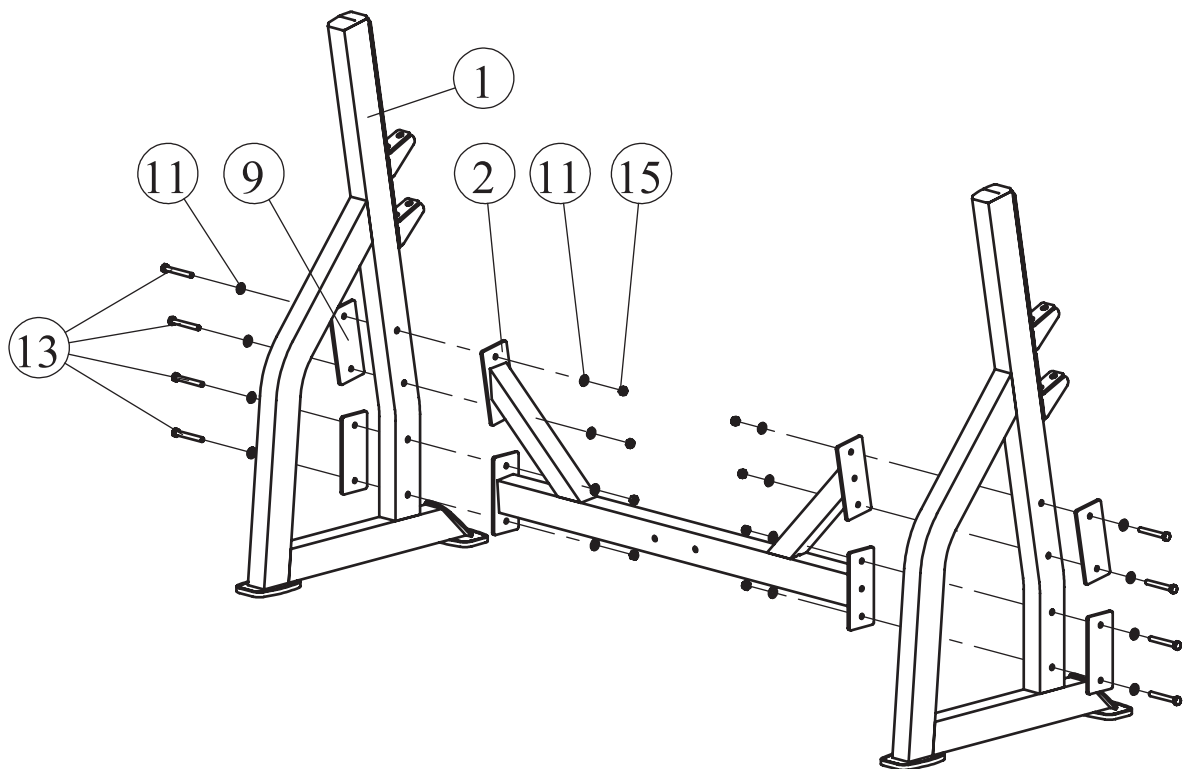
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

Attach Main frame (#1) and Outside Plate (#9) to Cross frame (#2), using:
eight M10*80 HHB (#16)
eight M10 Nylon lock Nut (#19)
sixteen $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#18)

NOTE: After aligning all component edges and surfaces, tighten ALL of the hardware.

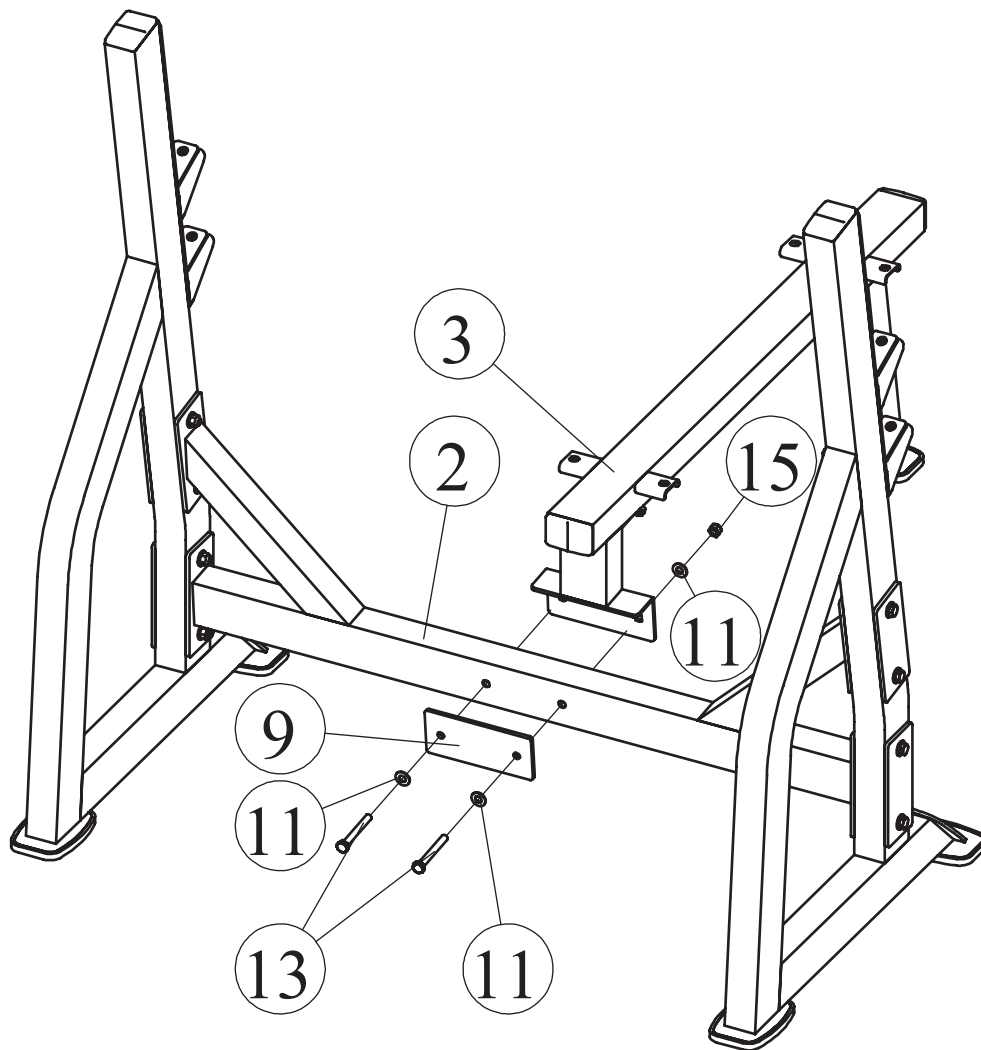


Assembly

Step 2

Attach Back Pad Bracket (#3) and Outside Plate (#9) to Cross frame (#2), using:
two M10*80 HHB (#16)
two M10 Nylon lock Nut (#19)
four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#18)

NOTE: After aligning all component edges and surfaces, tighten ALL of the hardware.



Assembly

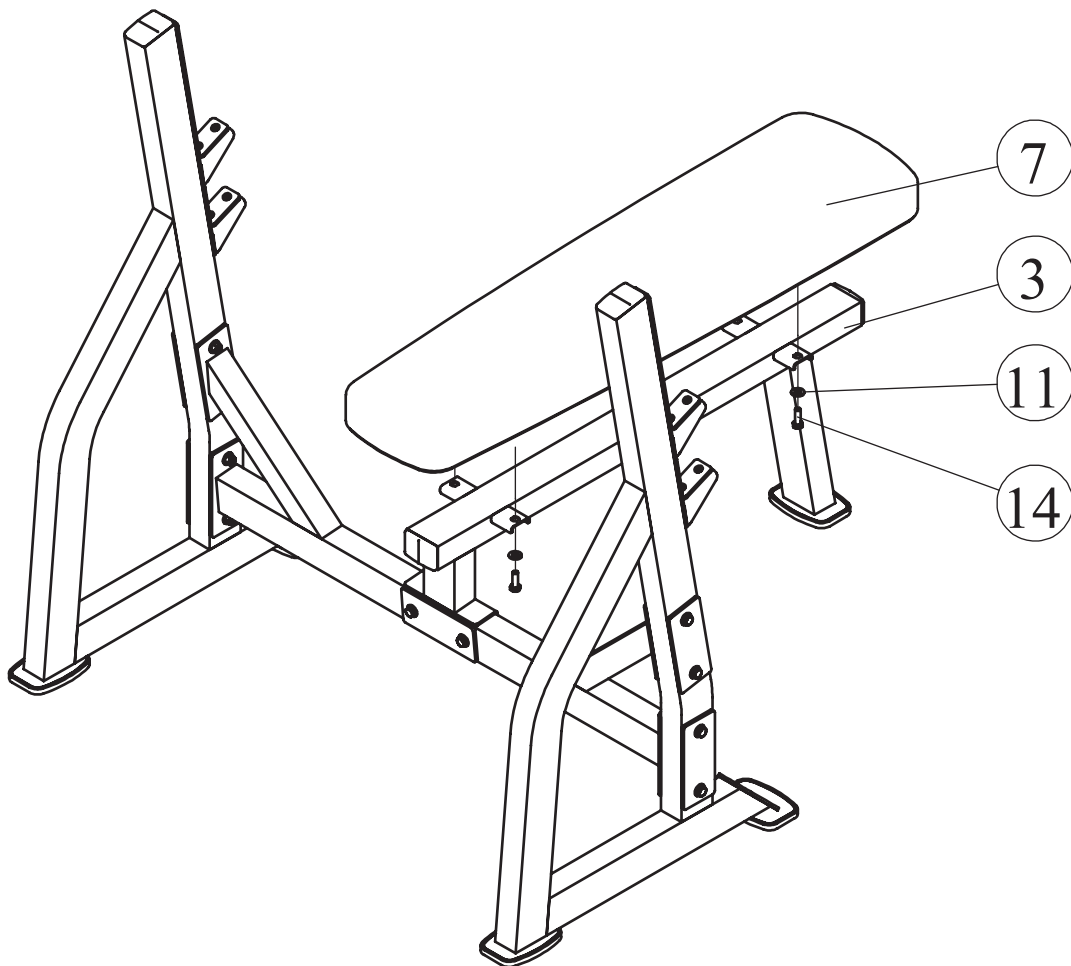
Step 3

Attach back pad (#7) to back pad Bracket (#3) using:

four M10*30 HHB (#14)

four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#11)

NOTE: Wrench Tighten 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							

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Nuts and Bolts:

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Seat Sleeves, Guide Rods:

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- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

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PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

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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.

This unit is for gyms, Please consult with a training instructor before using.

Specifications

1. Class: H
2. Maximum Load of Trainer: 150Kg/ 330lbs.



IFOIB

Incline Bench

OWNER'S MANUAL



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- * 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

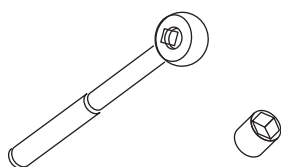
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Instructions

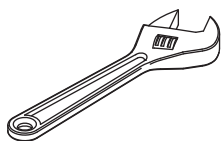
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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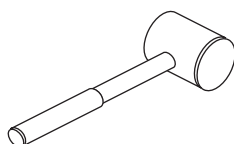
Tools Required



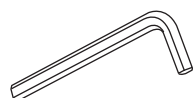
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



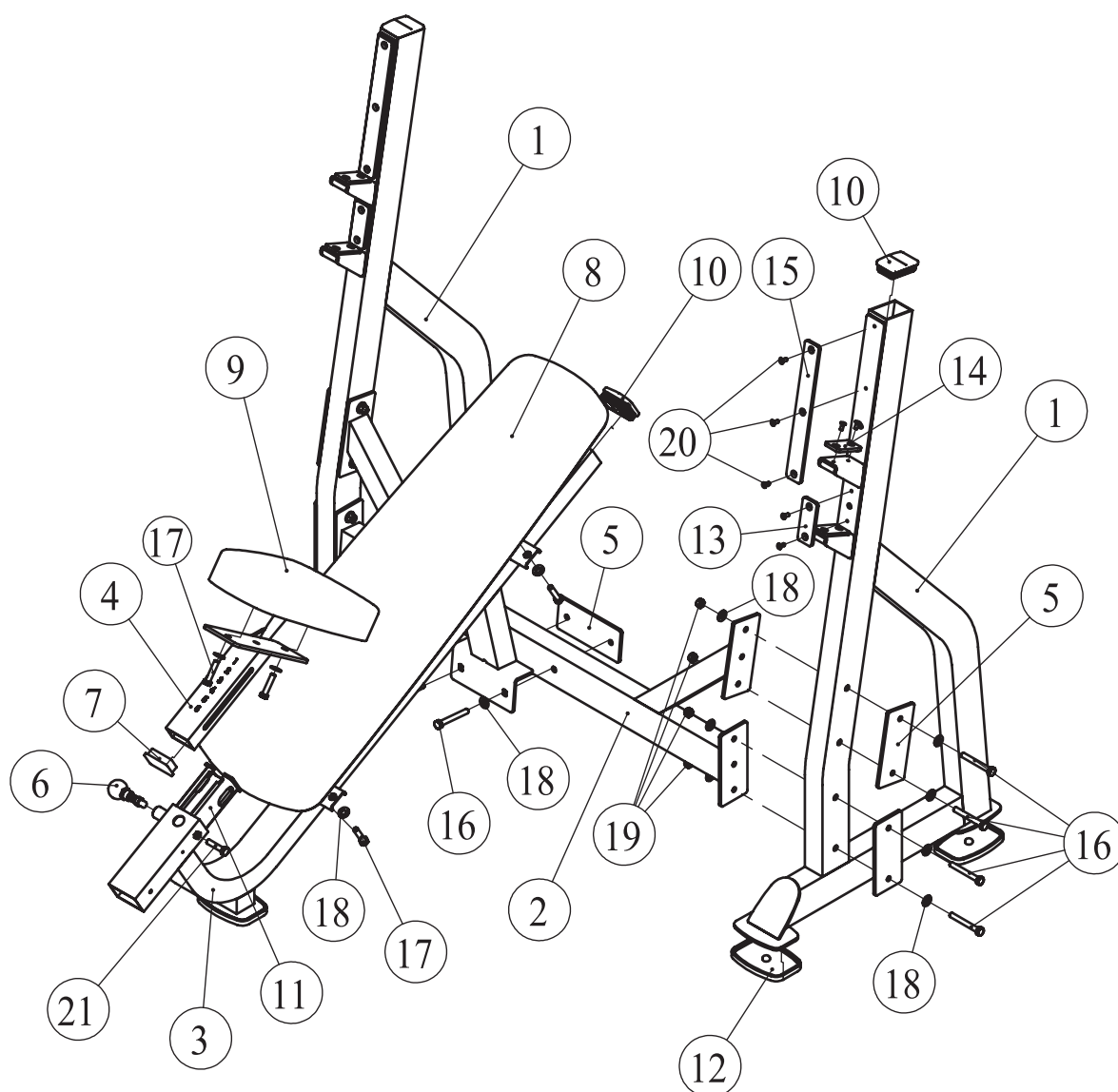
Hex Key Wrench Set

Parts List

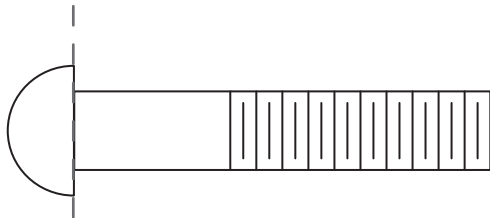
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Part Number	Description	Qty
1	IFOIB0100	Main frame	2
2	IFOFB0200	Cross frame	1
3	IFOIB0300	Back Pad Bracket	1
4	IFOIB0400	Seat Pad Bracket	1
5	CHGH0103	Outside Plate	5
6	KFAAB1500Y	Spring Pin	1
7	V38200	Plug □38*63.5	1
8	IFOIB0800	Back Pad	1
9	IF81222400V1	Seat Pad	1
10	KFFID2800	Plug □50.8*76.2	3
11	HF1651600	Glide Sleeve	2
12	IF81162000	Foot Cover	5
13	IFOFB0500	Plastic Plate 100*40*6	2
14	IFOFB0600	Plastic Plate 76*40*6	4
15	IFOFB0700	Plastic Plate 320*40*6	2
16	GB5780M10*80DS20	Hex Head Bolt M10*80	10
17	GB5781M10*30DS20	Hex Head Bolt M10*30	6
18	DQ10DS2A	Flat Washer Φ11*Φ23*2	26
19	NM10DS2	Nylon Lock Nut M10	10
20	CNLM6*15DHS20	Flat Head Cap Screw M6*15	18
21	GB70M8*25*25DS2	Socket Head Cap Screw M8*25	1

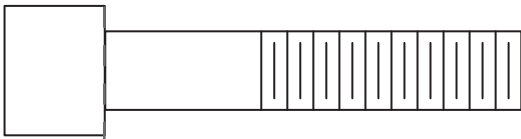
Exploded View



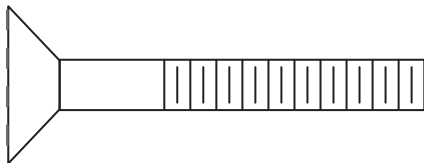
Measurement Guide



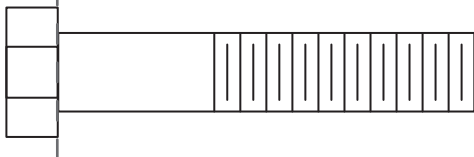
BHCS = Button Head Cap Screw



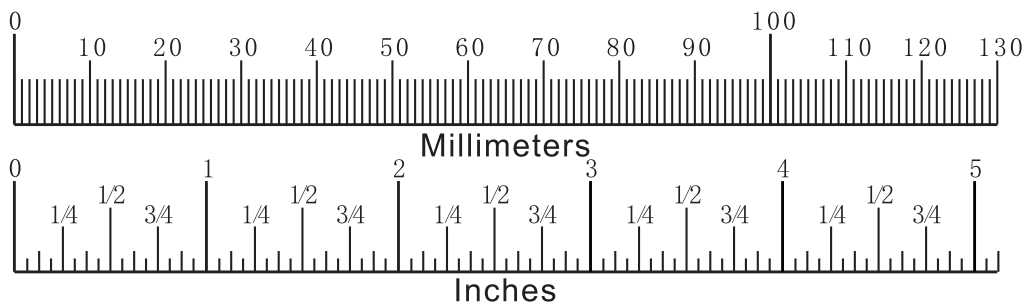
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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

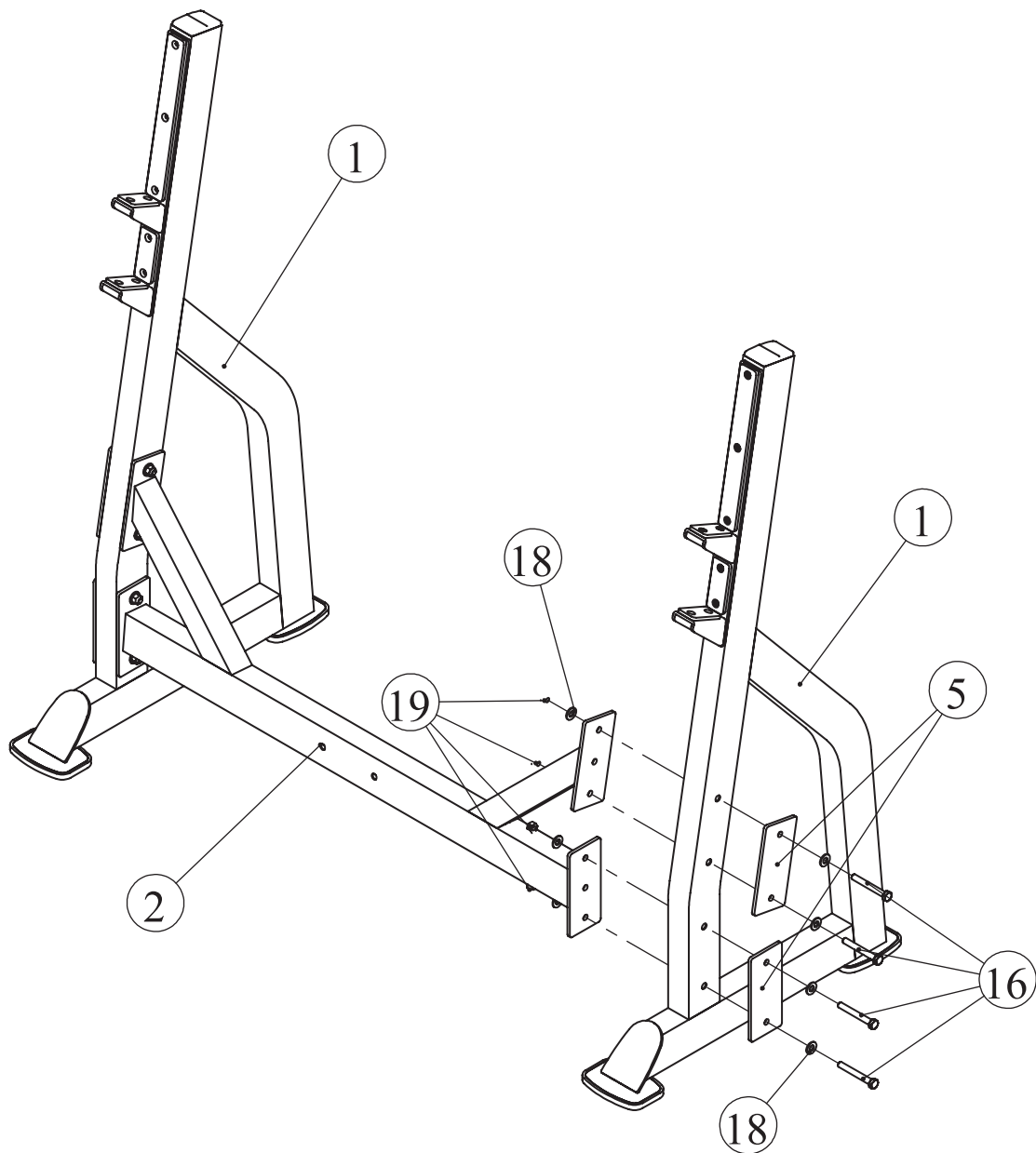
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

Attach Main frame (#1) and Outside Plate (#5) to Cross frame (#2), using:
eight M10*80 HHB (#16)
eight M10 Nylon lock Nut (#19)
sixteen $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#18)

NOTE: After aligning all component edges and surfaces, tighten ALL of the hardware.

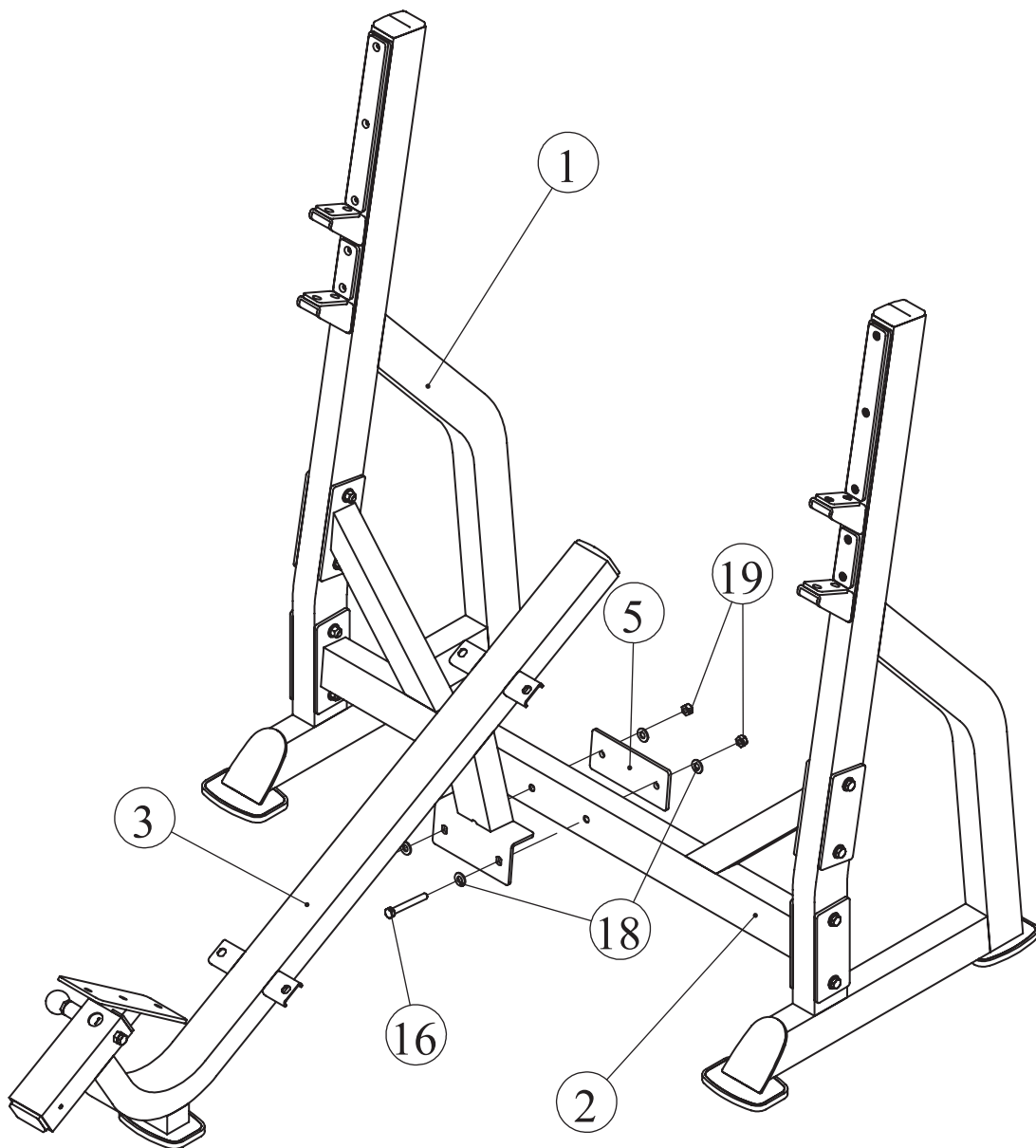


Assembly

Step 2

Attach Back Pad Bracket (#3) and Outside Plate (#5) to Cross frame (#2), using:
two M10*80 HHB (#16)
two M10 Nylon lock Nut (#19)
four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#18)

NOTE: After aligning all component edges and surfaces, tighten ALL of the hardware.

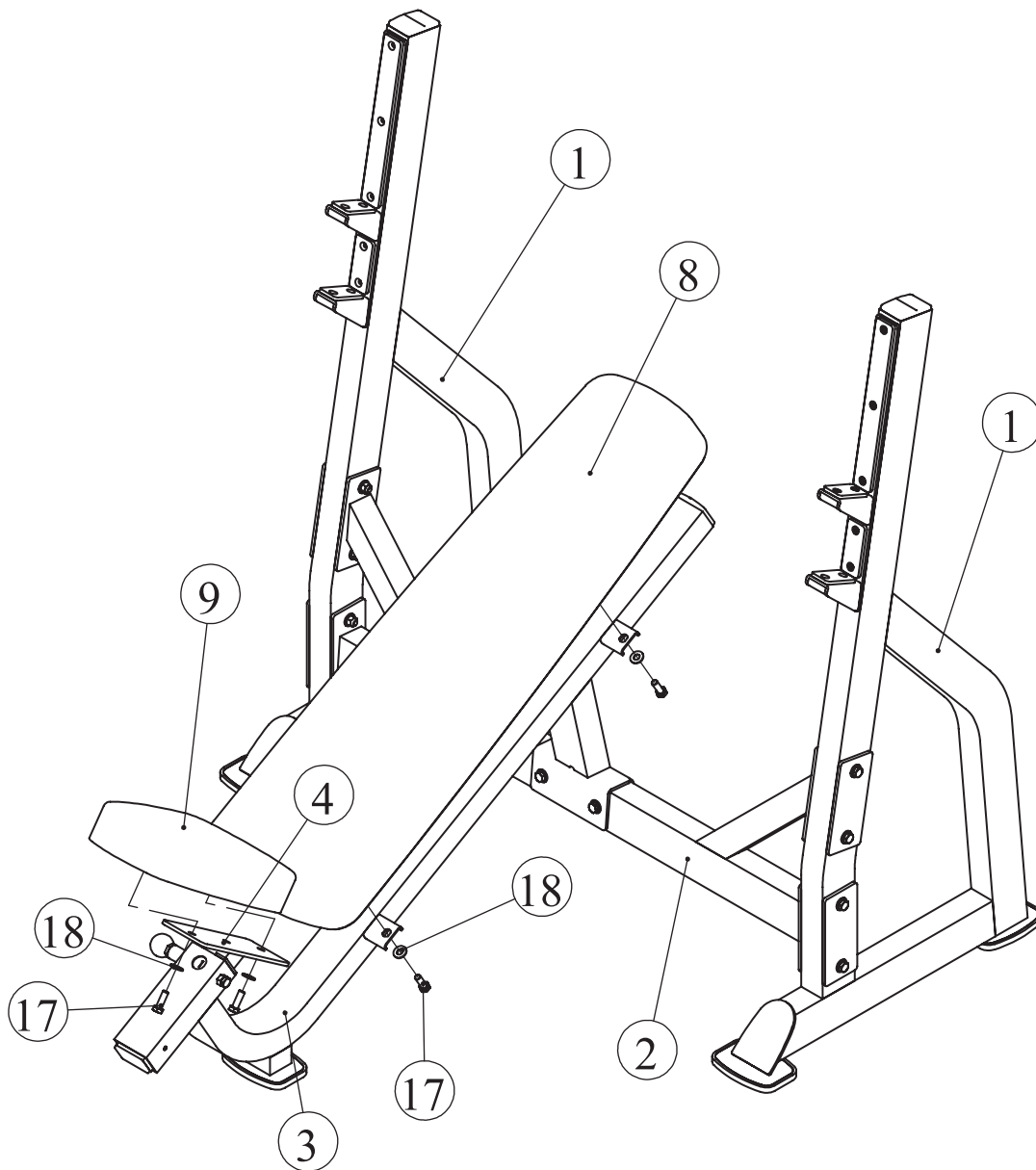


Assembly

Step 3

1. Attach seat Pad (#9) to seat Pad Bracket (#4) using:
four M10*30 HHB (#17)
four $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#18)
2. Attach back pad (#8) to back pad Bracket (#3) using:
two M10*30 HHB (#17)
two $\Phi 11 \times \Phi 23 \times 2$ Flat Washer (#18)

NOTE: Wrench Tighten 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 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.

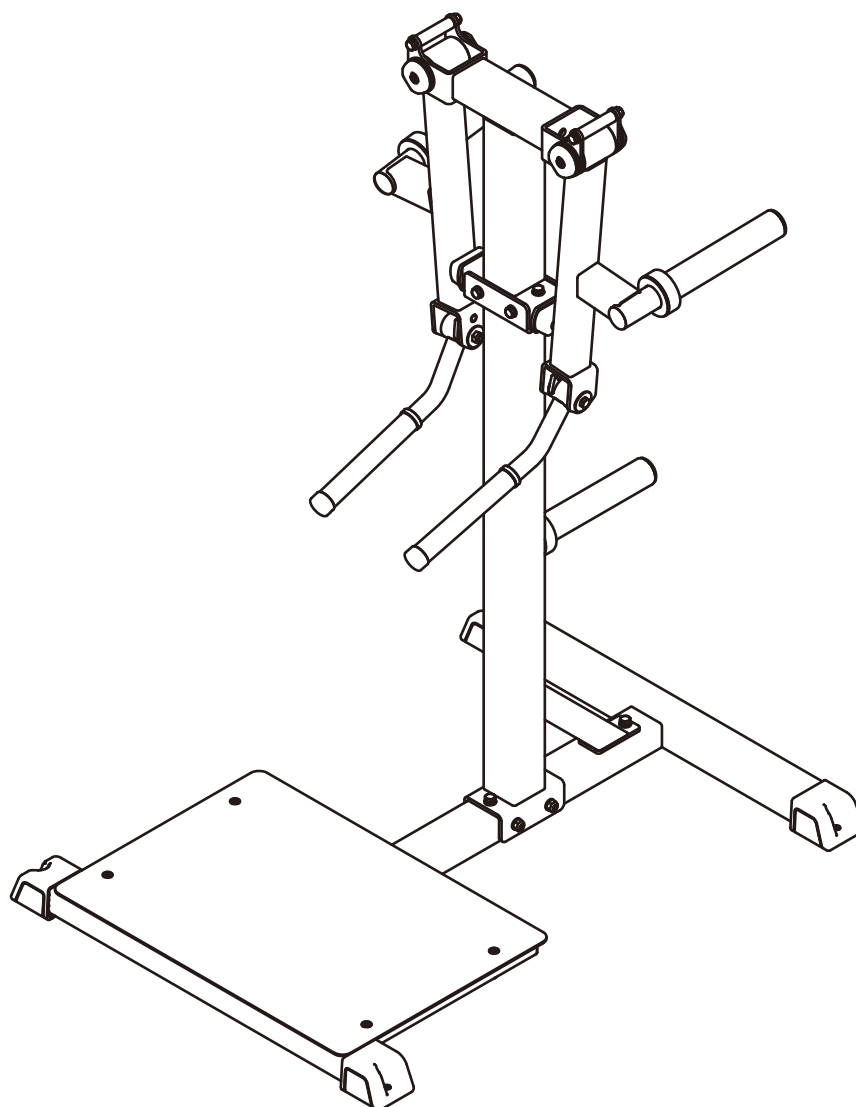
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

This unit is for gyms, Please consult with a training instructor before using.

Specifications

1. Class: H
2. Maximum Load of Trainer: 150Kg/ 330lbs.





IFP1103

Standing Lateral Raise

OWNER'S MANUAL

22D

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.

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Assembly-----	14
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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 0.6 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.

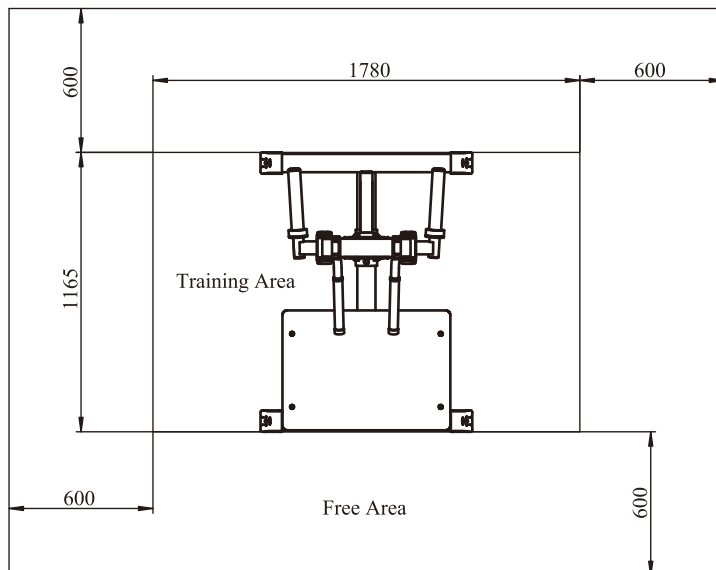
Important Safety Instructions

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: 2*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1165*883*1551mm

Product Total Surface: 1165*1780mm

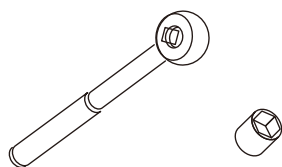
Product Total Mass:

Instructions

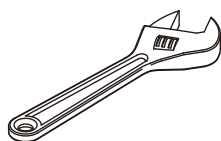
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

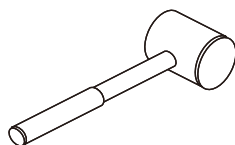
Tools Required



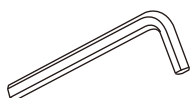
Ratchet Wrench and Socket



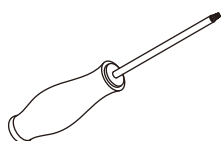
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

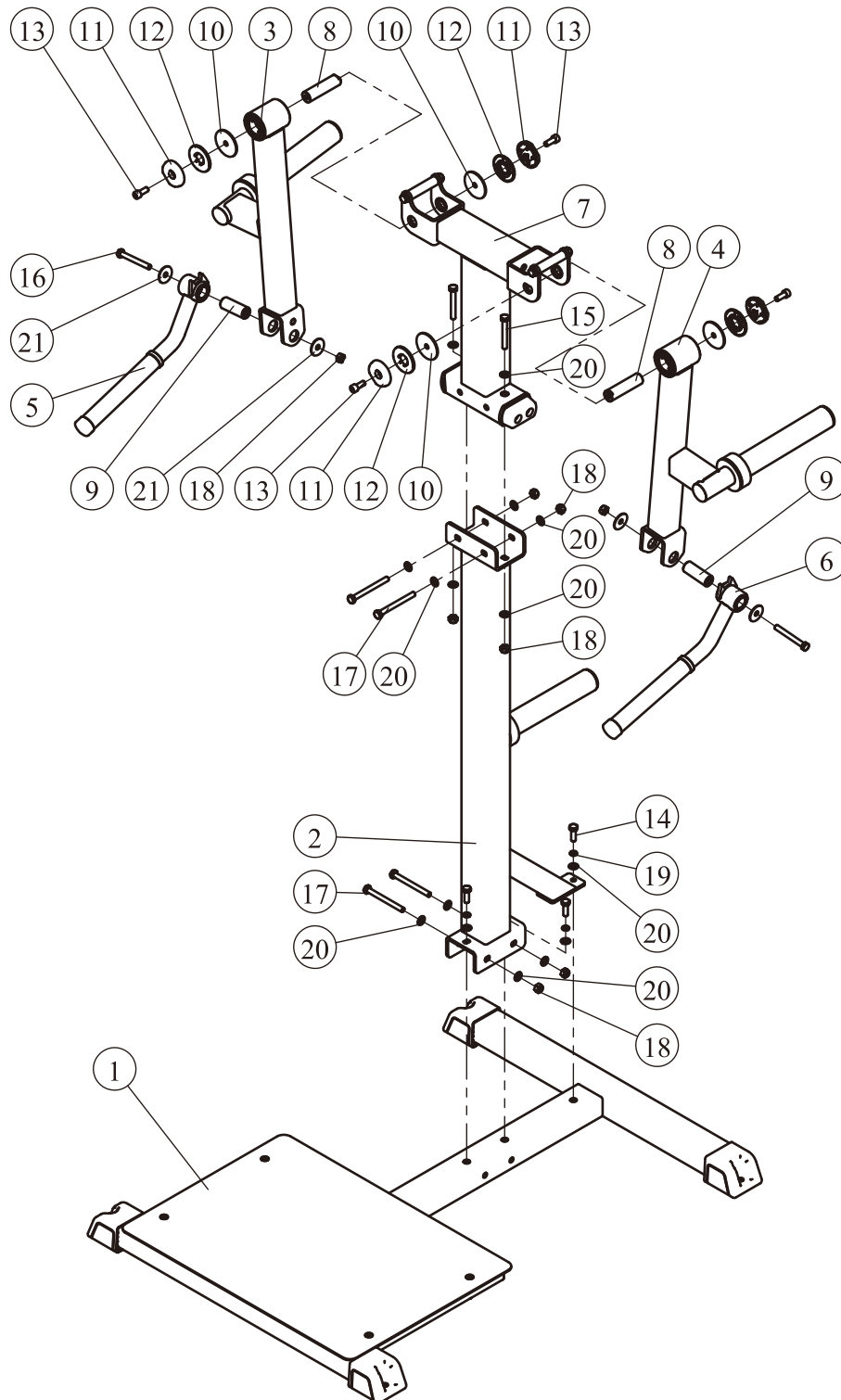
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP110301ASSY	Bottom Frame ASSY	1
2	IFP110302ASSY	Stand Frame ASSY	1
3	IFP110303ASSY	Left Swing Frame ASSY	1
4	IFP110304ASSY	Right Swing Frame ASSY	1
5	IFP110305ASSY	Left Handle Frame ASSY	1
6	IFP110306ASSY	Right Handle Frame ASSY	1
7	IFP110307ASSY	Top Stand Frame ASSY	1
8	HSPCF481000	Shaft $\Phi 25 \times 94$	2
9	IN-D21103500	Shaft $\Phi 25.4 \times 69$	2
10	IF93062200	Washer $\Phi 62 \times \Phi 10.5 \times 3$	4
11	FE97211900	Cap $\Phi 60$	4
12	FE97212000	Circle Ring $\Phi 62.5$	4
13	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	4
14	GB5780M10*30DHS20NL	Hex Head Bolt M10*30	3
15	GB5780M10*75DHS20	Hex Head Bolt M10*75	2
16	GB5780M10*85DHS20	Hex Head Bolt M10*85	2
17	GB5780M10*105DHS20	Hex Head Bolt M10*105	4
18	NM10DHS2	Nylon Lock Nut M10	8
19	GB9310DHS12	Spring Washer $\Phi 10$	3
20	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	15
21	DQ10DHS2D	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	4

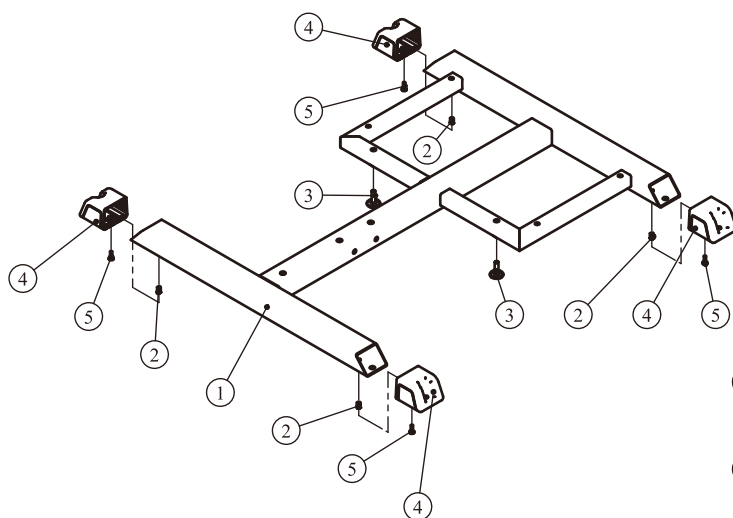
Exploded View and Parts List

Overall

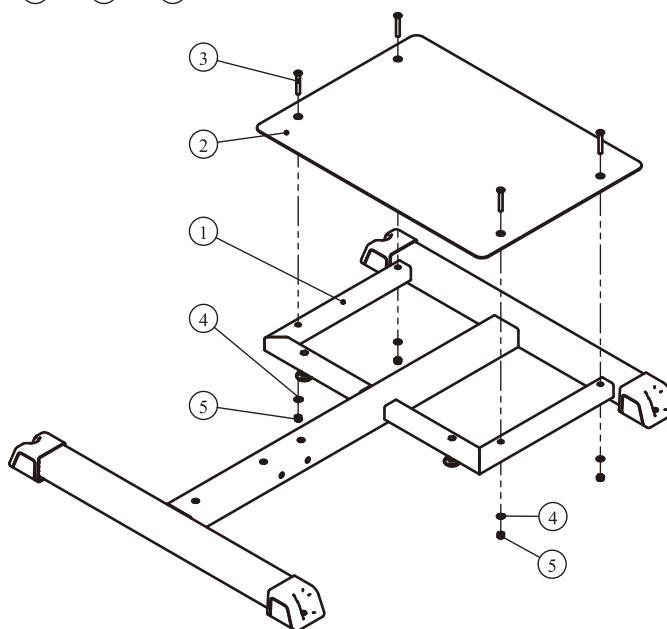


Exploded View and Parts List

Bottom Frame Sub ASSY



Bottom Frame ASSY

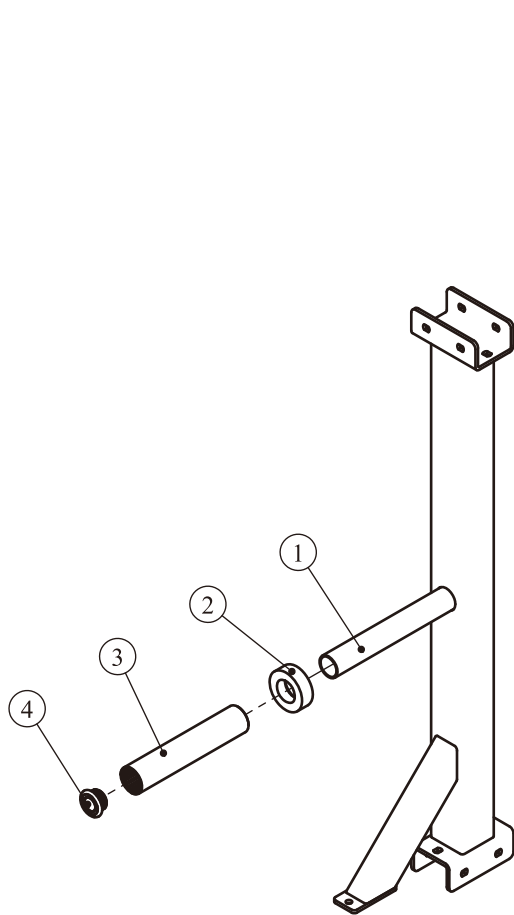


Grade No.	Part No.	Description	QTY
1.1.1	IFP11030100	Bottom Frame	1
1.1.2	GB17880.3M6*15DS17	Rivet Nut M6	4
1.1.3	DC135K34000	Adjustable Foot Plate	2
1.1.4	IFP12013300	Ground Plug	4
1.1.5	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4

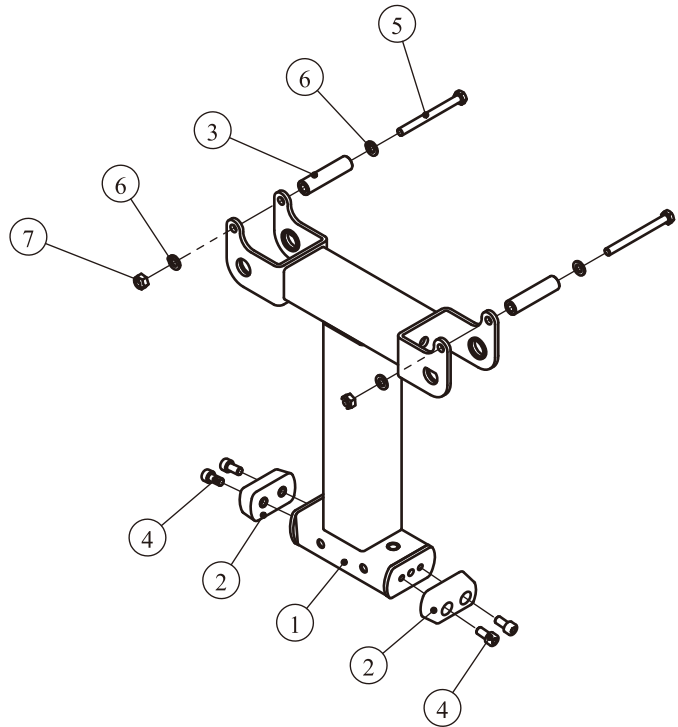
Grade No.	Part No.	Description	QTY
1.1	IFP11030100ASSY	Bottom Frame Sub ASSY	1
1.2	IFP11030800	Foot Plate	1
1.3	CNLM8*55DHS20	Flat Head Cap Screw M8*55	4
1.4	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
1.5	NM8DHS2	Nylon Lock Nut M8	4

Exploded View and Parts List

Stand Frame ASSY



Top Stand Frame ASSY

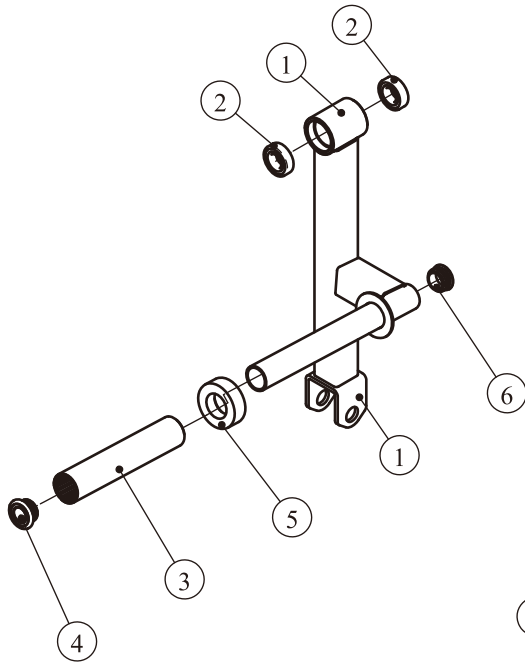


Grade No.	Part No.	Description	QTY
2.1	IFP11030200	Stand Frame	1
2.2	HF985A1500	Rubber Bumper	1
2.3	IFP12013400	Weight Horn Sleeve	1
2.4	IFP12013500	Tube Plug $\Phi 45$	1

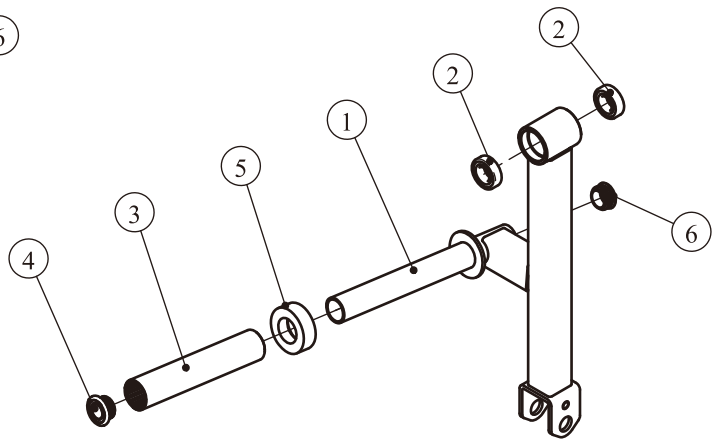
Grade No.	Part No.	Description	QTY
7.1	IFP11030700	Top Stand Frame	1
7.2	RS17000400	Rubber Bumper	2
7.3	HSPXF0018500	Nylon Sleeve	2
7.4	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	4
7.5	GB5780M10*110DHS20	Hex Head Bolt M10*110	2
7.6	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
7.7	NM10DHS2	Nylon Lock Nut M10	2

Exploded View and Parts List

Left Swing Frame ASSY



Right Swing Frame ASSY

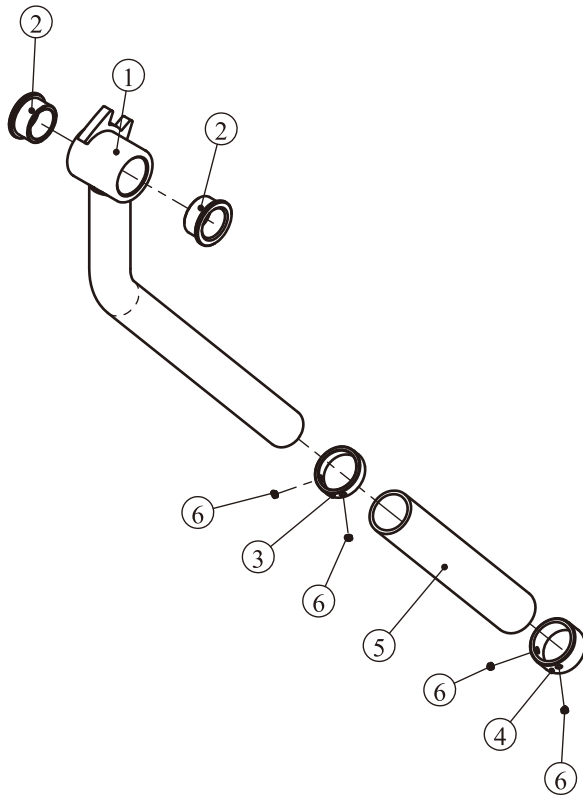


Grade No.	Part No.	Description	QTY
3.1	IFP11030300	Left Swing Frame	1
3.2	GB2766205-2ZC3	Bearing 6205	2
3.3	IFP12013400	Weight Horn Sleeve	1
3.4	IFP12013500	Tube Plug $\Phi 45$	1
3.5	HF985A1500	Rubber Bumper	1
3.6	HF985A1700PBC	Tube Plug $\Phi 42$	1

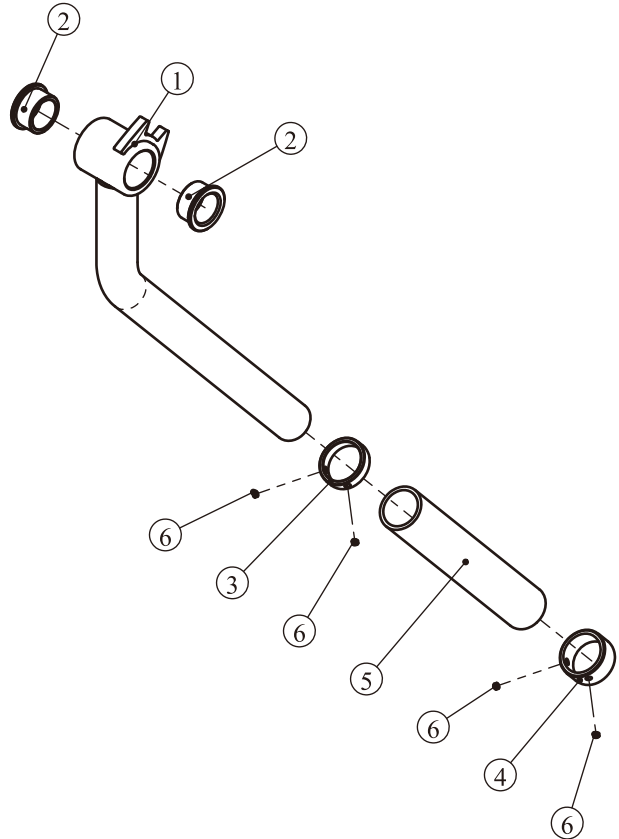
Grade No.	Part No.	Description	QTY
4.1	IFP11030400	Right Swing Frame	1
4.2	GB2766205-2ZC3	Bearing 6205	2
4.3	IFP12013400	Weight Horn Sleeve	1
4.4	IFP12013500	Tube Plug $\Phi 45$	1
4.5	HF985A1500	Rubber Bumper	1
4.6	HF985A1700PBC	Tube Plug $\Phi 42$	1

Exploded View and Parts List

Left Handle Frame ASSY



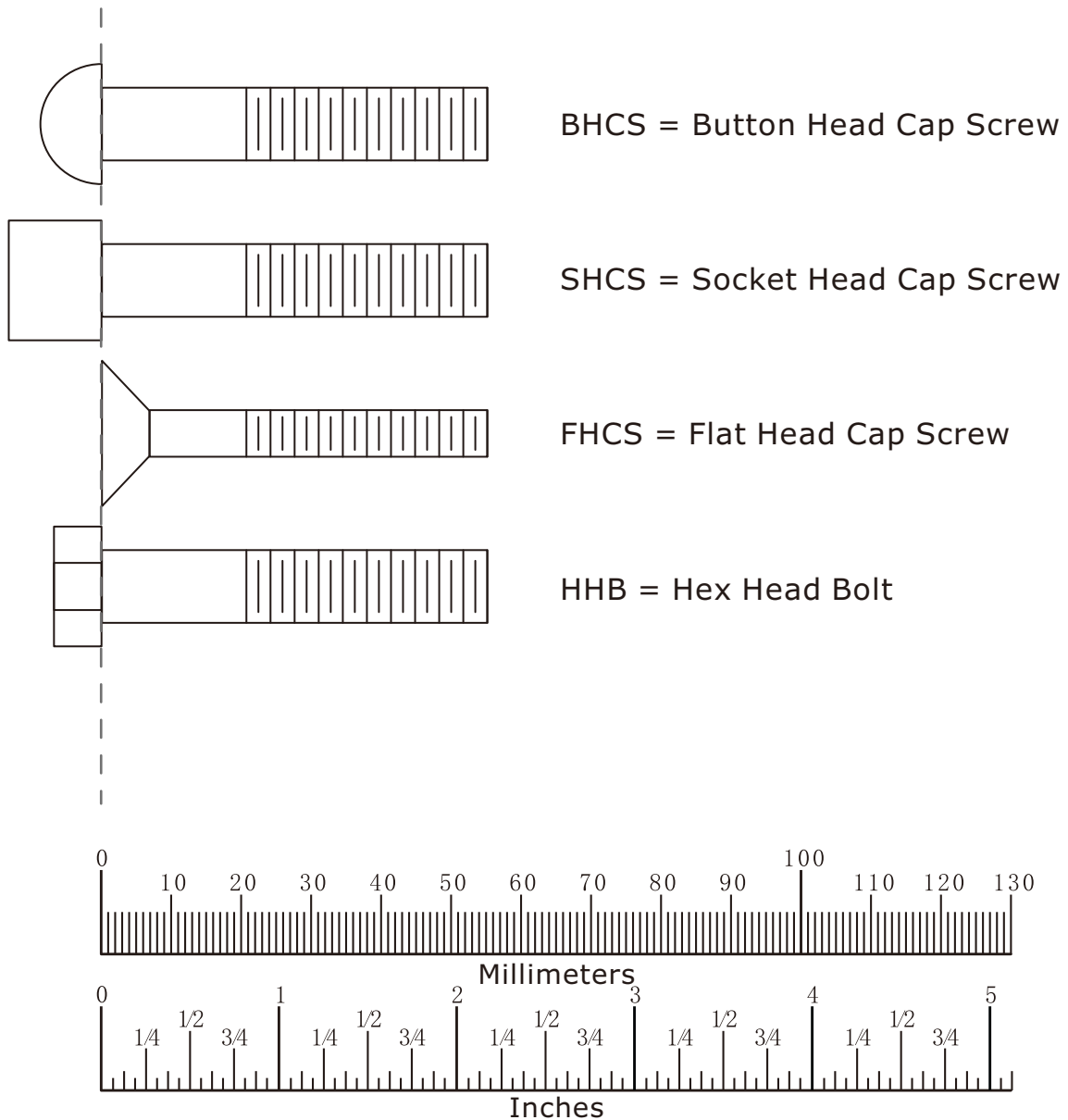
Right Handle Frame ASSY



Grade No.	Part No.	Description	QTY
5.1	IFP11030500	Left Handle Frame	1
5.2	M02502000	Bushing	2
5.3	V38900	Aluminum Grip Ring $\Phi 32$	1
5.4	V39000	Aluminum Grip Cap $\Phi 32$	1
5.5	026-01PL0235-23	Grip	1
5.6	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Grade No.	Part No.	Description	QTY
6.1	IFP11030600	Right Handle Frame	1
6.2	M02502000	Bushing	2
6.3	V38900	Aluminum Grip Ring $\Phi 32$	1
6.4	V39000	Aluminum Grip Cap $\Phi 32$	1
6.5	026-01PL0235-23	Grip	1
6.6	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

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 Stand Frame ASSY (#2) to the Bottom Frame ASSY (#1) using:

three M10*30 HHB (#14)

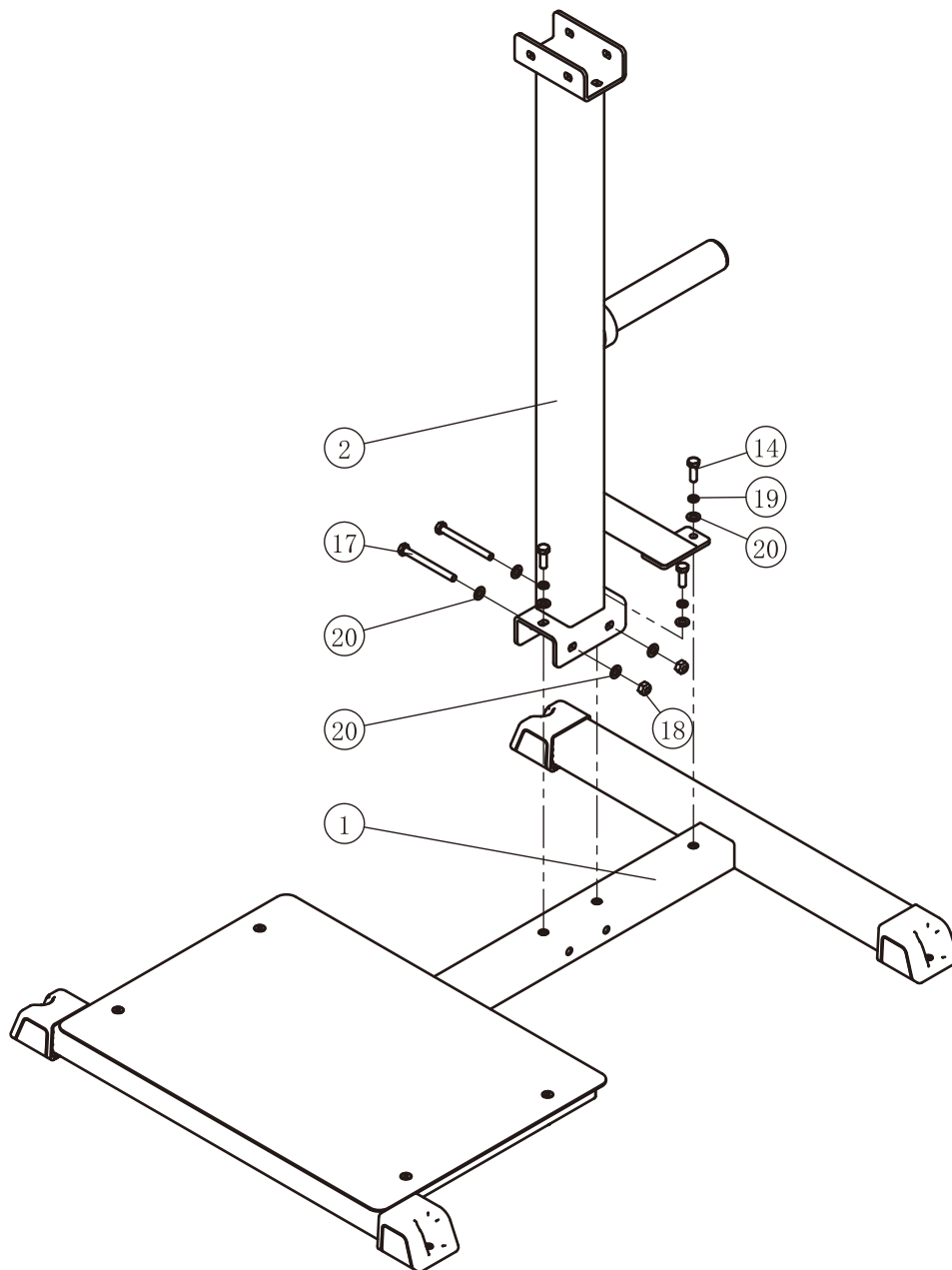
two M10*105 HHB (#17)

two M10 Nylon Lock Nut (#18)

three $\Phi 10$ Spring Washer (#19)

seven $\Phi 11*\Phi 20*2$ Flat Washer (#20)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

Attach the Top Stand Frame ASSY (#7) to the Stand Frame ASSY (#2) using:

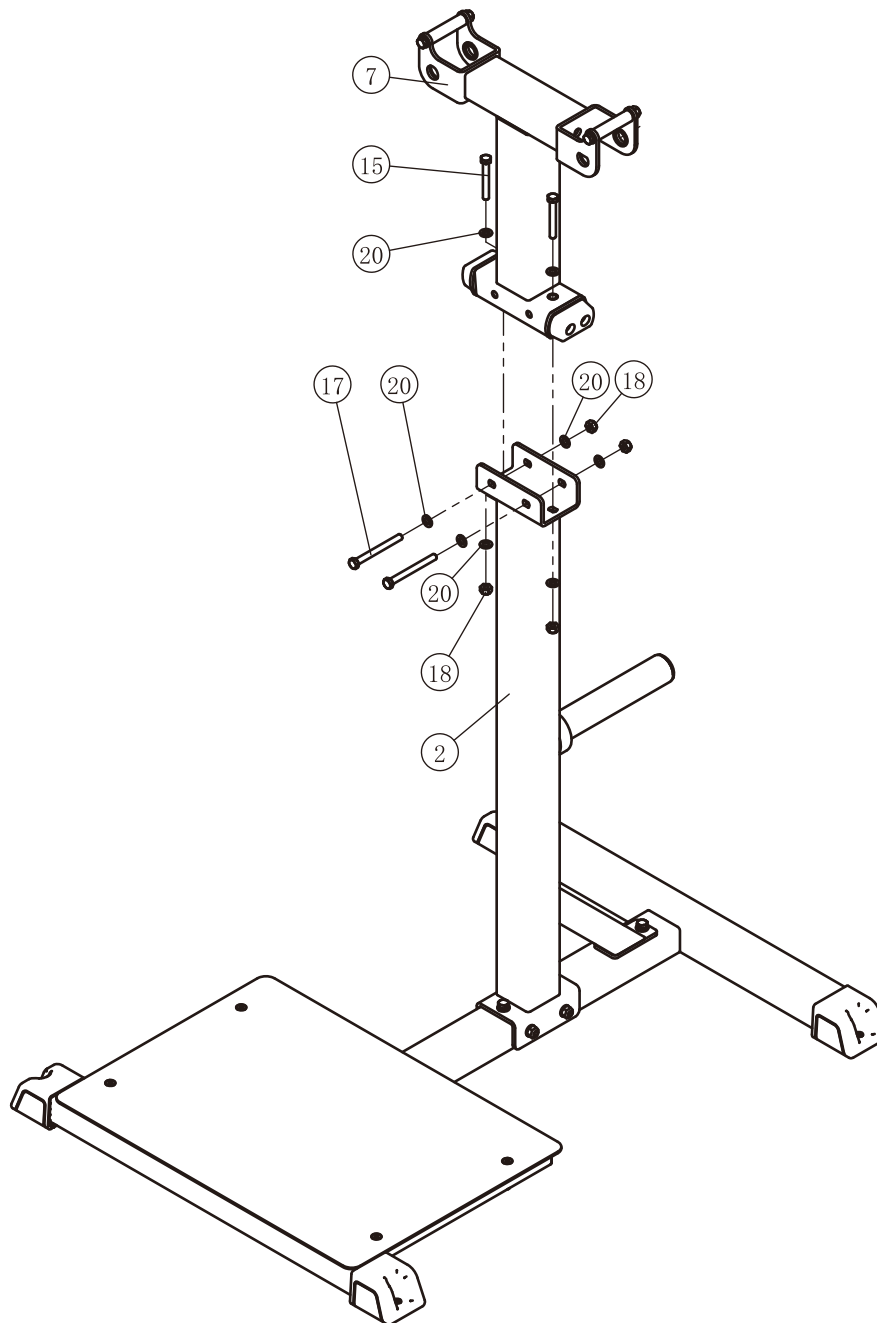
two M10*75 HHB (#15)

two M10*105 HHB (#17)

four M10 Nylon Lock Nut (#18)

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

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

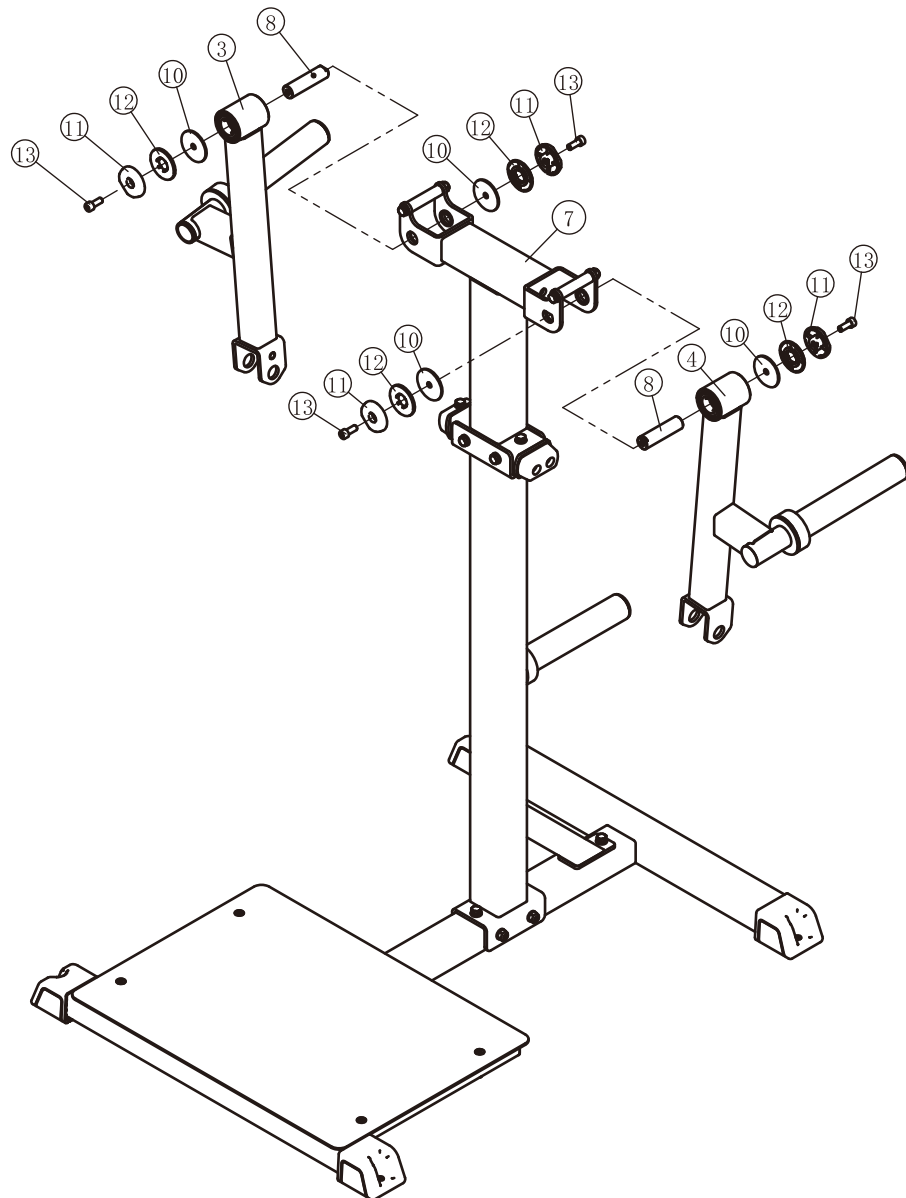


Assembly

STEP 3

1. Attach the Left Swing Frame ASSY (#3) to the Top Stand Frame ASSY (#7) using:
one $\Phi 25 \times 94$ Shaft (#8)
two $\Phi 60$ Cap (#11)
two M10*25 SHCS (#13)
two $\Phi 62 \times \Phi 10.5 \times 3$ Washer (#10)
two $\Phi 62.5$ Circle Ring (#12)
2. Attach the Right Swing Frame ASSY (#4) to the Top Stand Frame ASSY (#7) using:
one $\Phi 25 \times 94$ Shaft (#8)
two $\Phi 60$ Cap (#11)
two M10*25 SHCS (#13)
two $\Phi 62 \times \Phi 10.5 \times 3$ Washer (#10)
two $\Phi 62.5$ Circle Ring (#12)

Note: Wrench Tighten Bolts.



Assembly

STEP 4

1. Attach the Left Handle Frame ASSY (#5) to the Left Swing Frame ASSY (#3) using:

one $\Phi 25.4 \times 69$ Shaft (#9)

one M10*85 HHB (#16)

one M10 Nylon Lock Nut (#18)

two $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#21)

2. Attach the Right Handle Frame ASSY (#6) to the Right Swing Frame ASSY (#4) using:

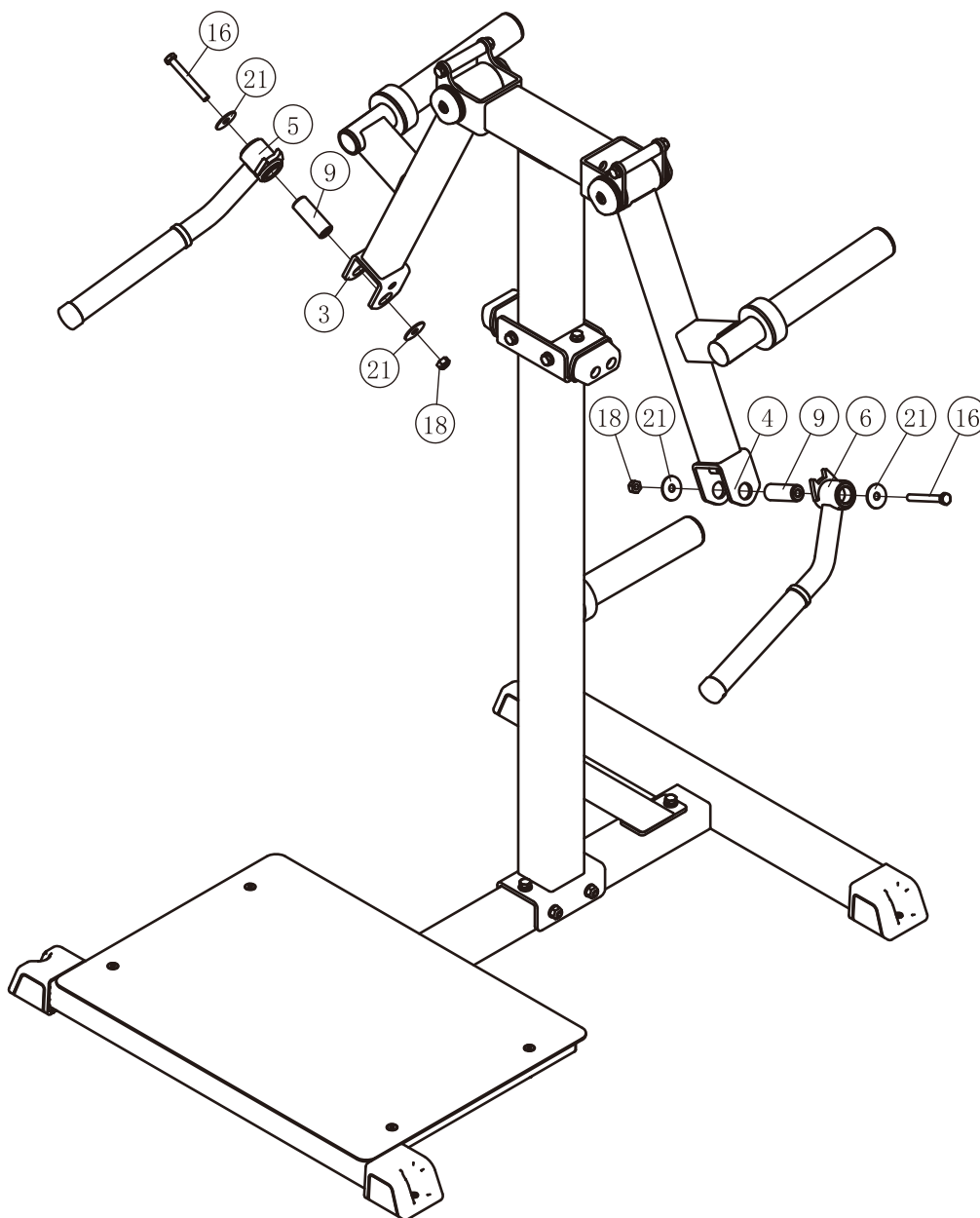
one $\Phi 25.4 \times 69$ Shaft (#9)

one M10*85 HHB (#16)

one M10 Nylon Lock Nut (#18)

two $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#21)

Note: Wrench tighten bolts and Nylon Lock Nuts.



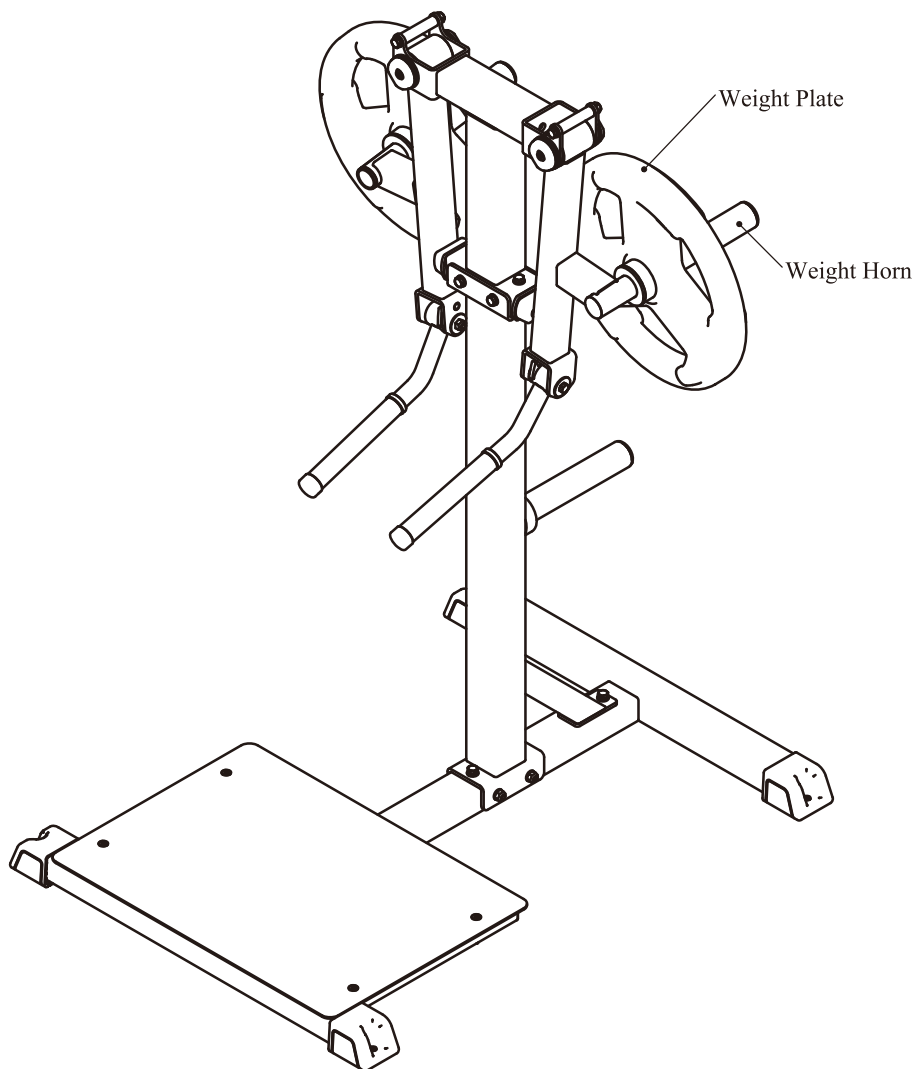
Adjust and Exercise Instruction

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side can not be greater than 100kg.
3. This equipment does not contains Weight Plates.

Exercise Instruction

1. Select an appropriate weight.
2. Holding handle bar rotate arms upward with a smooth.
3. Slowly return to the starting position.



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.

