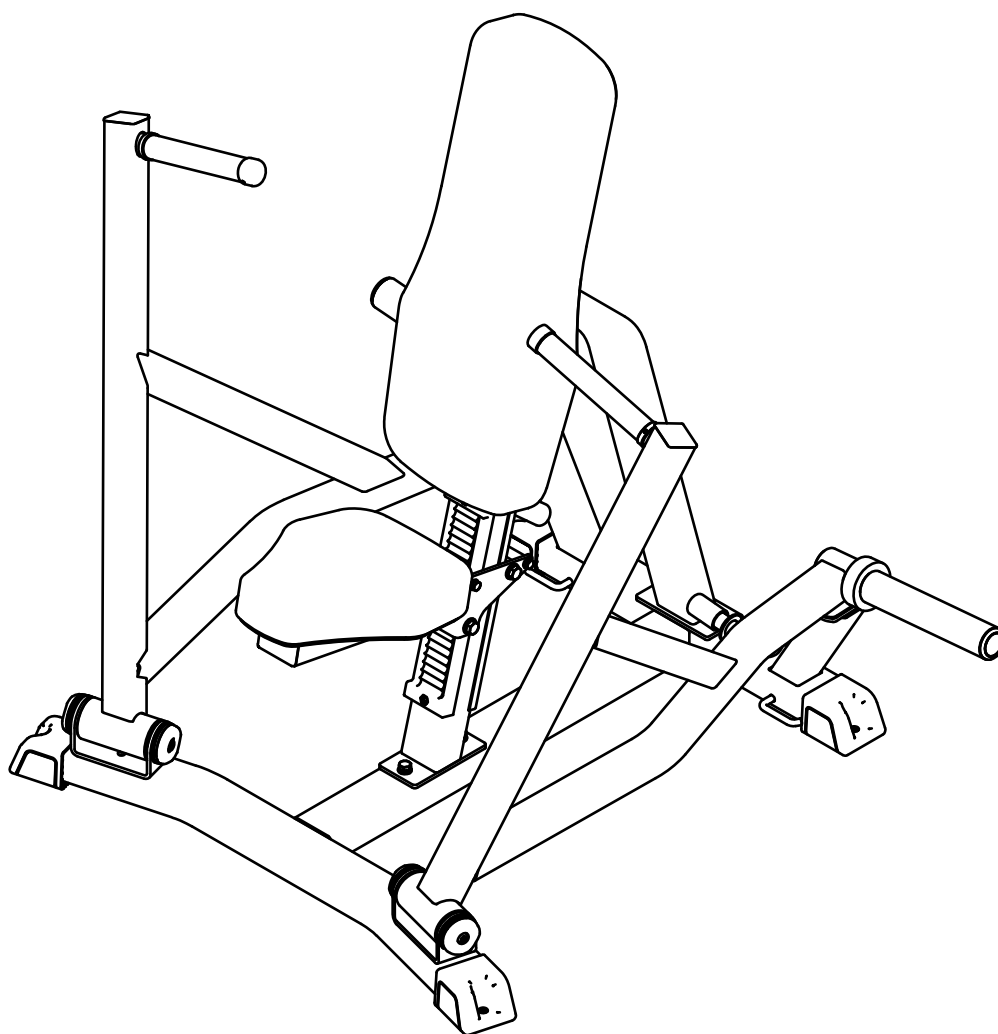




IFP1201

Seated Chest Press

OWNER'S MANUAL

23M

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

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CAUTION!

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

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 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.

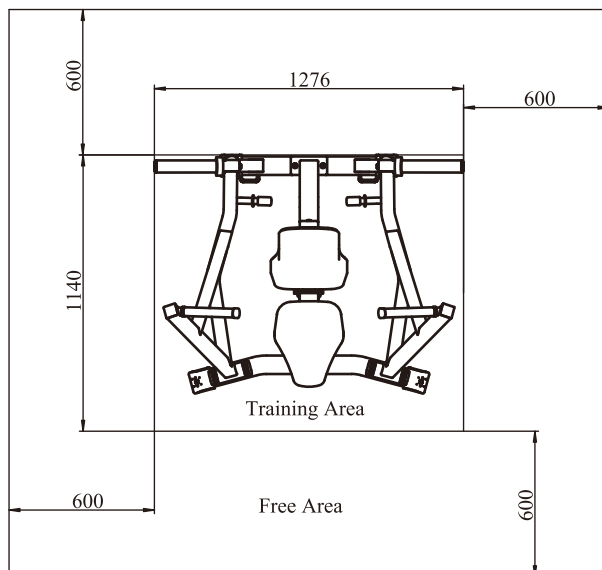
Important Safety Instructions

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: 1276*984*1248mm

Product Total Surface: 1276*1140mm

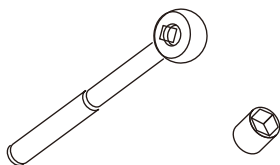
Product Total Mass: 64.2kg/ 141.5lbs

Instructions

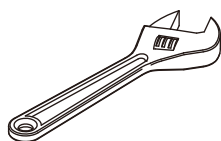
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

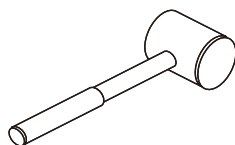
Tools Required



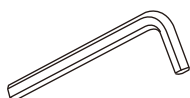
Ratchet Wrench and Socket



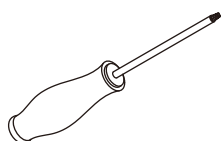
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

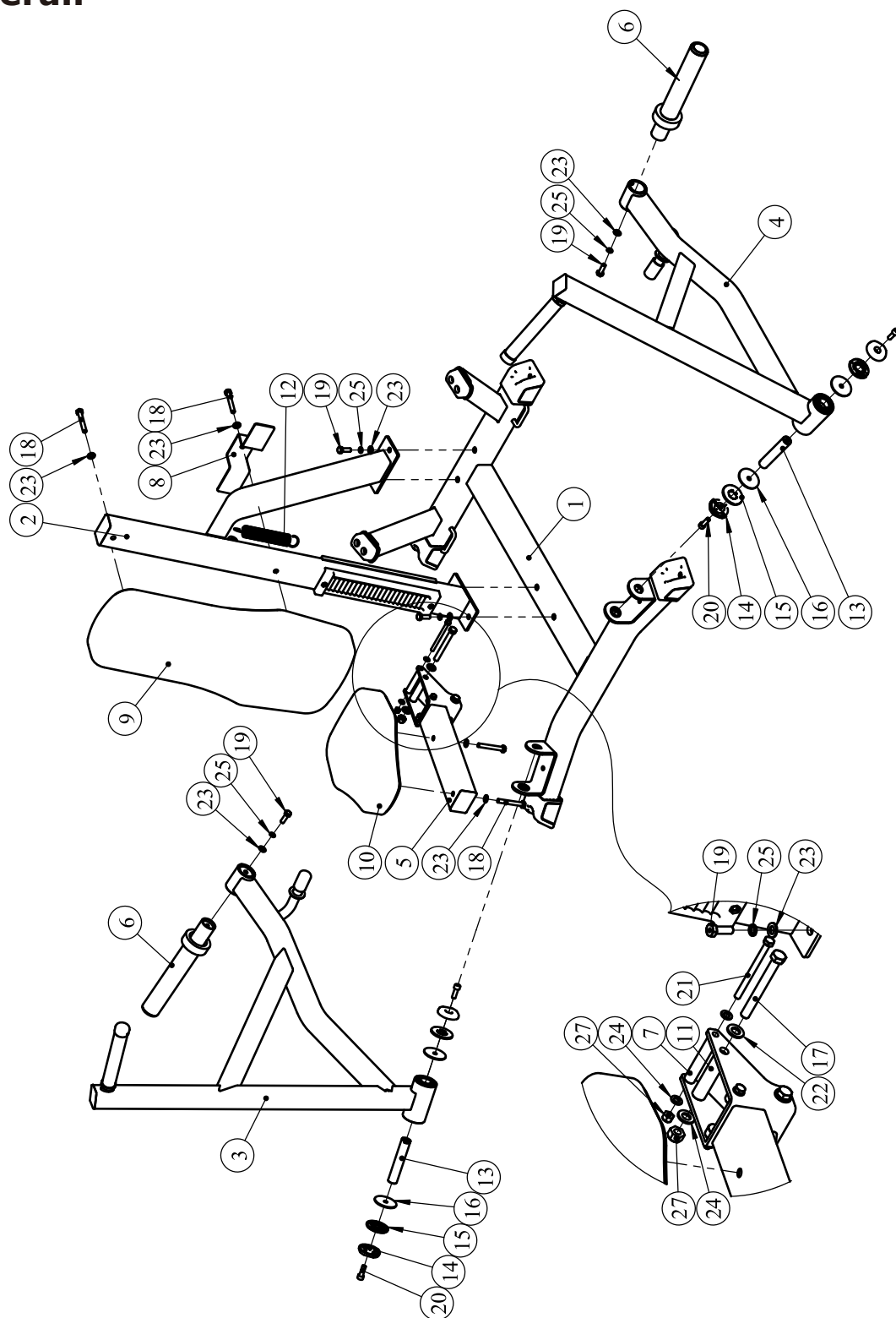
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP120101ASSY	Bottom Frame ASSY	1
2	IFP120102ASSY	Main Frame ASSY	1
3	IFP120103ASSY	Arm Frame 1 ASSY	1
4	IFP120104ASSY	Arm Frame 2 ASSY	1
5	IFP120105ASSY	Seat Pad Frame ASSY	1
6	IFP120106ASSY	Weight Horn ASSY	2
7	IFP12010700	Support sleeve $\Phi 15 \times \Phi 9 \times 82$	1
8	IFP12010800	Stop plate	1
9	IF93015100V1	Back Pad	1
10	IF93015200V2	Seat Pad	1
11	KPSFID0700V2	Plastic sleeve $\Phi 19 \times \Phi 13 \times 80$	1
12	SL70012200	Extension spring $\Phi 31.5 \times \Phi 2.5 \times 165$	1
13	IF93012600	Axis $\Phi 25 \times 133 \times M10$	2
14	FE97211900	Cap $\Phi 60$	4
15	FE97212000	Circle Ring $\Phi 62.5 \times 5$	4
16	IF93062200	Big Flat Washer $\Phi 62 \times \Phi 10.5 \times 3$	4
17	IFP12012100	Shoulder Bolt $\Phi 12 \times 96.5 \times M8$	1
18	GB5780M10*75DY20	Hex Head Bolt M10*75	4
19	GB5780M10*30DHS20	Hex Head Bolt M10*30	6
20	GB70M10*30DHS20	Socket Head Cap Screw M10*30	4
21	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
22	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	1
23	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	10
24	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
25	GB9310DHS12	Spring Washer $\Phi 10$	6
27	NM8DHS2	Nylon Lock Nut M8	2
28	NBS4DHS	Hex Key S=4	1
29	NBS8DHS	Hex Key S=8	1

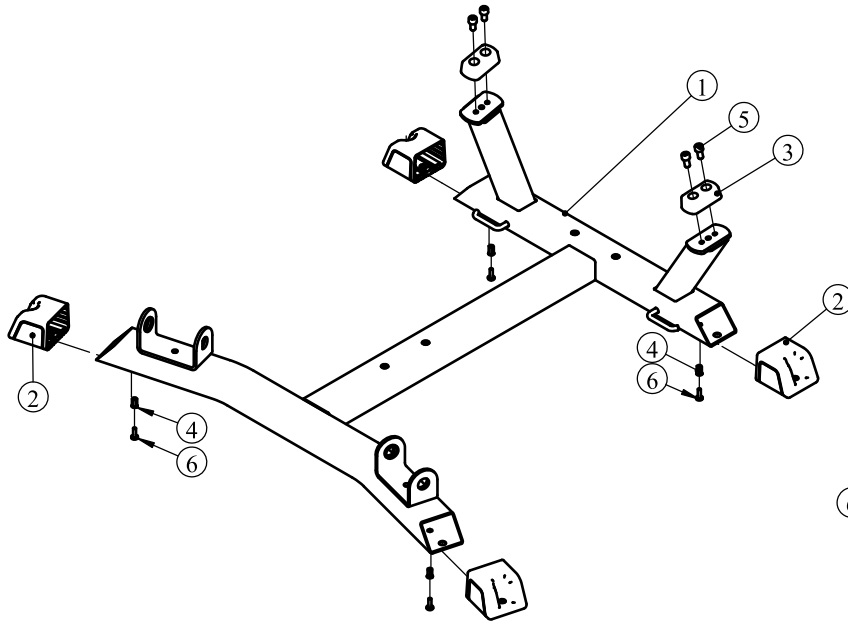
Exploded View and Parts List

Overall

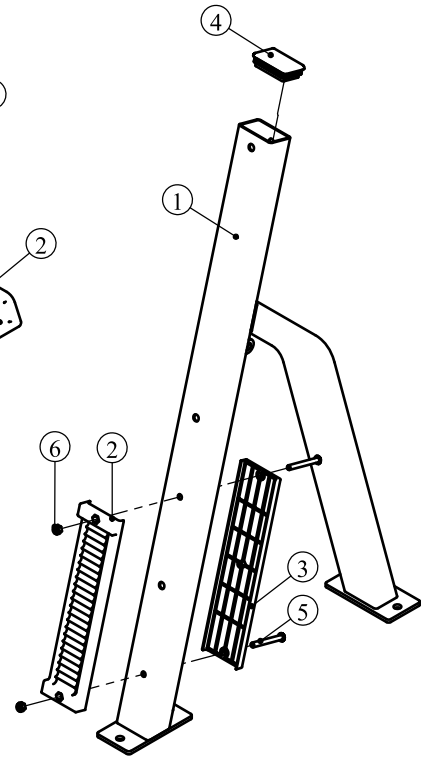


Exploded View and Parts List

Bottom Frame ASSY



Main Frame ASSY

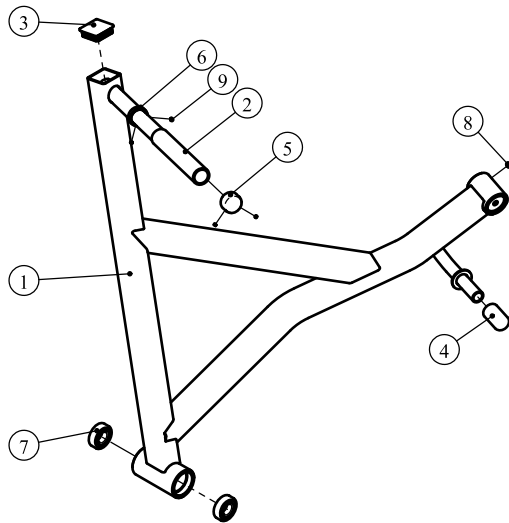


Grade No.	Part No.	Description	QTY
1.1	IFP12010100	Bottom Frame	1
1.2	IFP12013300	BottomPlug	4
1.3	RS17000400	Bumper	2
1.4	GB17880.5M6*16.5DS17	Rivet Nut M6	4
1.5	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	4
1.6	GB818M6*20DHS2	U-nut M6*20	4

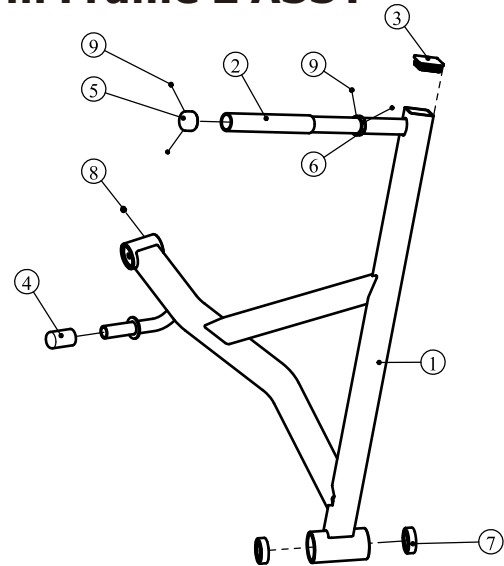
Grade No.	Part No.	Description	QTY
2.1	IFP12010200	Main Frame	1
2.2	IFP12013100	Gear Plate	1
2.3	IFP12013200	Back Plate	1
2.4	KPSFID2800	Plug □50.8*76.2	1
2.5	PNLM8*70DY20	Button Head Cap Screw M8*70	2
2.6	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Arm Frame 1 ASSY



Arm Frame 2 ASSY

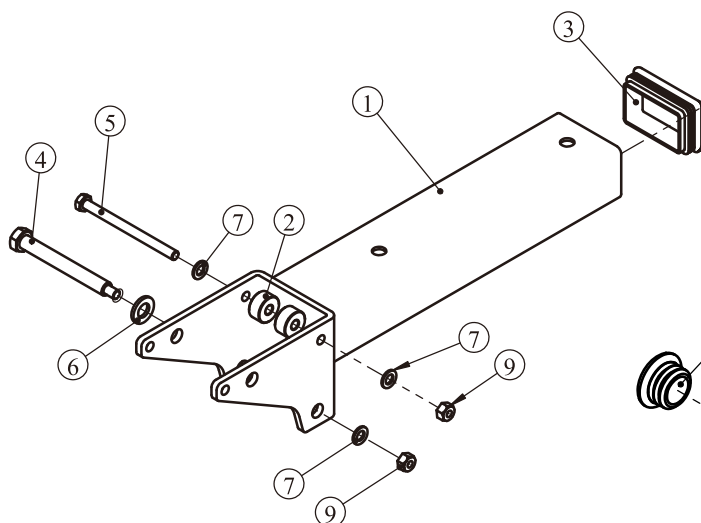


Grade No.	Part No.	Description	QTY
3.1	IFP12010300	Arm Frame 1	1
3.2	026-01PL0235-23	Grip ST Φ 36* Φ 29*213	1
3.3	KPSFID3000	Plug $\square$ 50.8	2
3.4	SL70180700	Shaft Sleeve Φ 32.8* Φ 24.8*53.5	1
3.5	V39000	Aluminum Grip Cap Φ 32	1
3.6	V38900	Aluminum Grip Ring Φ 32	1
3.7	GB2766205-2ZC3	Bearing 6205	2
3.8	GB77M8*6DHS2	Socket Set Screw M8*6	1
3.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	1

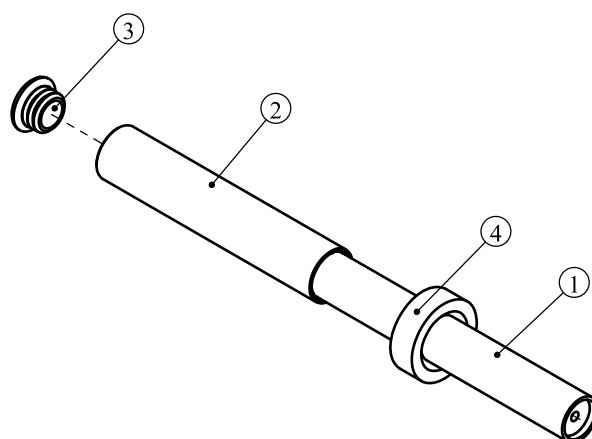
Grade No.	Part No.	Description	QTY
4.1	IFP12010400	Arm Frame 2	1
4.2	026-01PL0235-23	Grip ST Φ 36* Φ 29*213	1
4.3	KPSFID3000	Plug $\square$ 50.8	2
4.4	SL70180700	Shaft Sleeve Φ 32.8* Φ 24.8*53.5	1
4.5	V39000	Aluminum Grip Cap Φ 32	1
4.6	V38900	Aluminum Grip Ring Φ 32	1
4.7	GB2766205-2ZC3	Bearing 6205	2
4.8	GB77M8*6DHS2	Socket Set Screw M8*6	1
4.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	1

Exploded View and Parts List

Seat Pad Frame ASSY



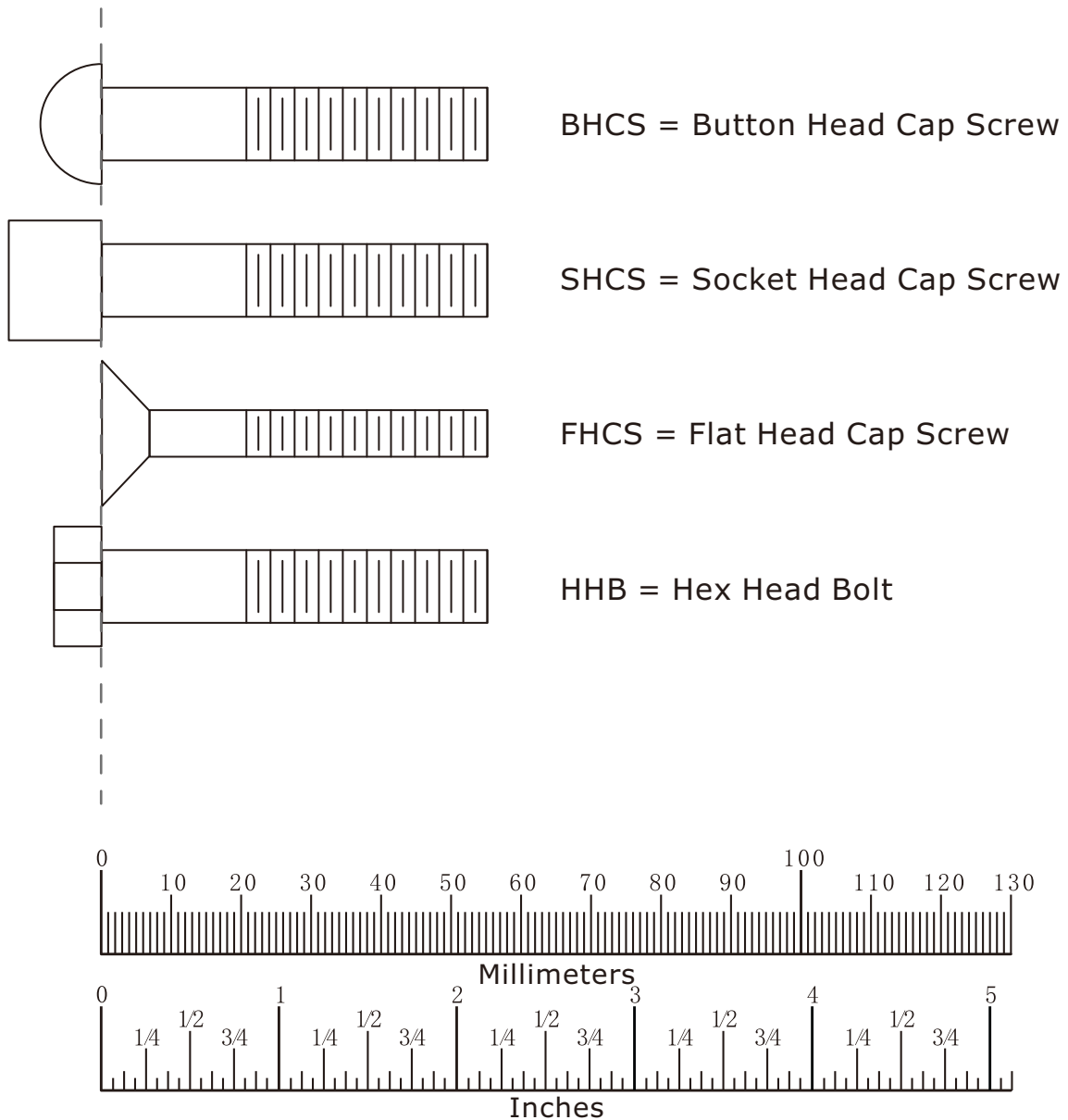
Weight Horn ASSY



Grade No.	Part No.	Description	QTY
5.1	IFP12010500	Seat Pad Frame	1
5.2	IFP12013600	Guide Roller $\Phi 24 \times \Phi 8.2 \times 12$	2
5.3	KPSFID2800	Plug $\square 50.8 \times 76.2$	1
5.4	IFP12012100	Shoulder Bolt $\Phi 12 \times 96.5 \times M8$	1
5.5	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
5.6	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	1
5.7	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
5.9	NM8DHS2	Nylon Lock Nut M8	2

Grade No.	Part No.	Description	QTY
6.1	IFP12010600	Weight Horn	1
6.2	IFP12013400	Sleeve $\Phi 50 \times \Phi 42.1 \times 250$	1
6.3	IFP12013500	Plug $\Phi 49 \times \Phi 37 \times 25$	1
6.4	HF985A1500	Rubber Buffer $\Phi 76 \times \Phi 42 \times 25$	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

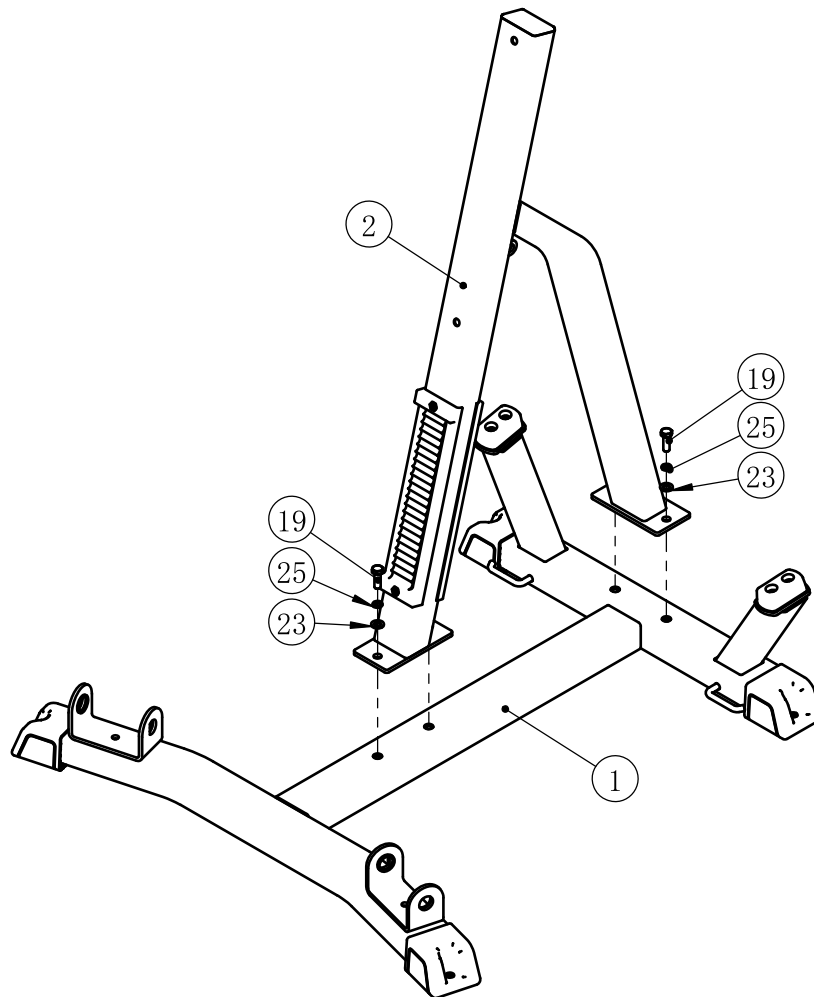
Attach the Main Frame ASSY (#2) to the Bottom Frame ASSY (#1) using:

four M10*30 HHB (#19)

four $\Phi 11*\Phi 20*2$ Flat Washer (#23)

four $\Phi 10$ Spring Washer (#25)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

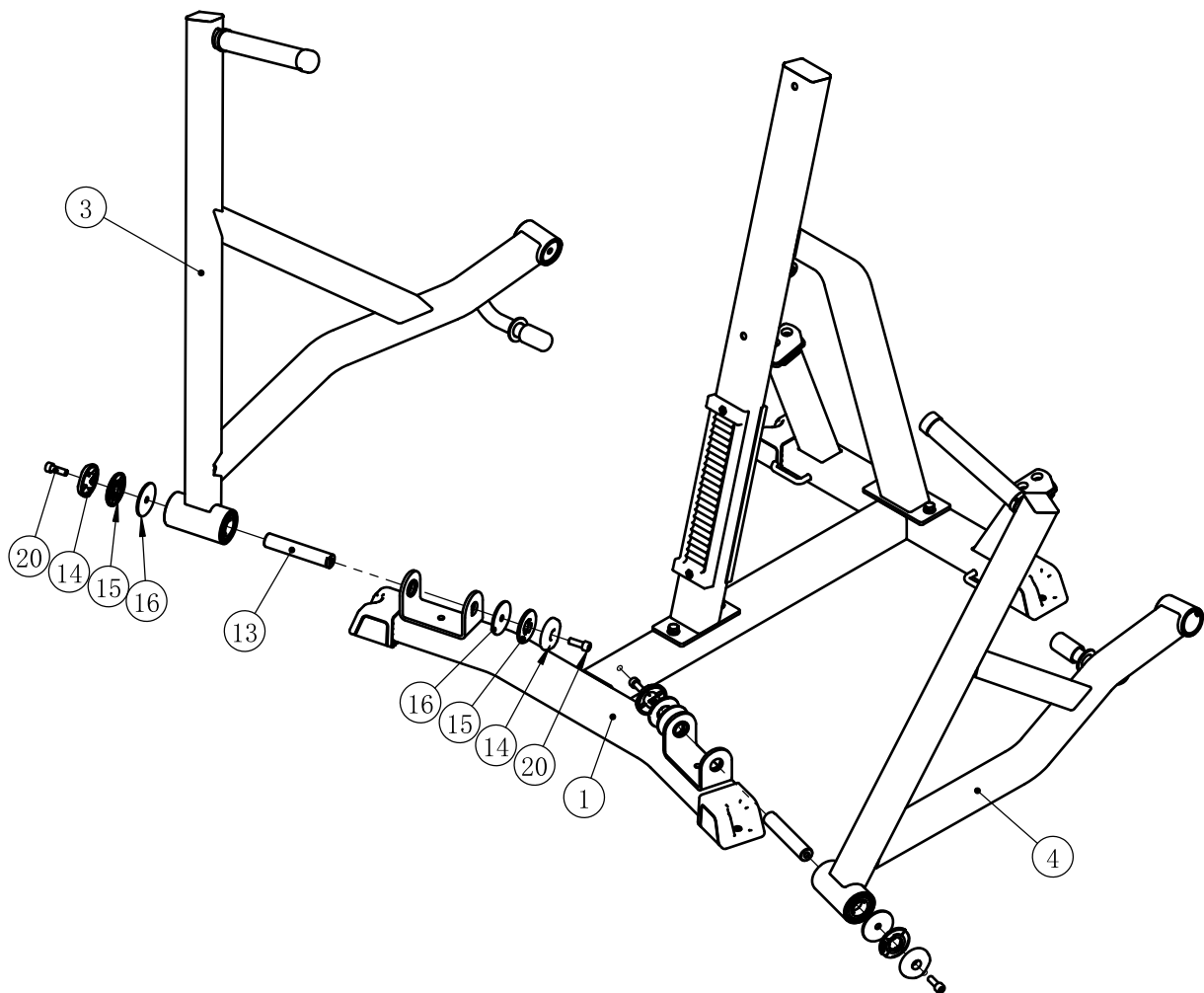


Assembly

STEP 2

1. Attach the Arm Frame 1 ASSY (#3) to the Bottom Frame ASSY (#1) using:
 - one $\Phi 25 \times 133 \times M10$ Axis (#13)
 - two $\Phi 62 \times \Phi 10.5 \times 3$ Big Flat Washer (#16)
 - two $\Phi 62.5 \times 5$ Circle Ring (#15)
 - two $\Phi 60$ Cap (#14)
 - two M10*25 SHCS (#20)
2. Attach the Arm Frame 2 ASSY (#4) to the Bottom Frame ASSY (#1) using:
 - one $\Phi 25 \times 133 \times M10$ Axis (#13)
 - two $\Phi 62 \times \Phi 10.5 \times 3$ Big Flat Washer (#16)
 - two $\Phi 62.5 \times 5$ Circle Ring (#15)
 - two $\Phi 60$ Cap (#14)
 - two M10*25 SHCS (#20)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

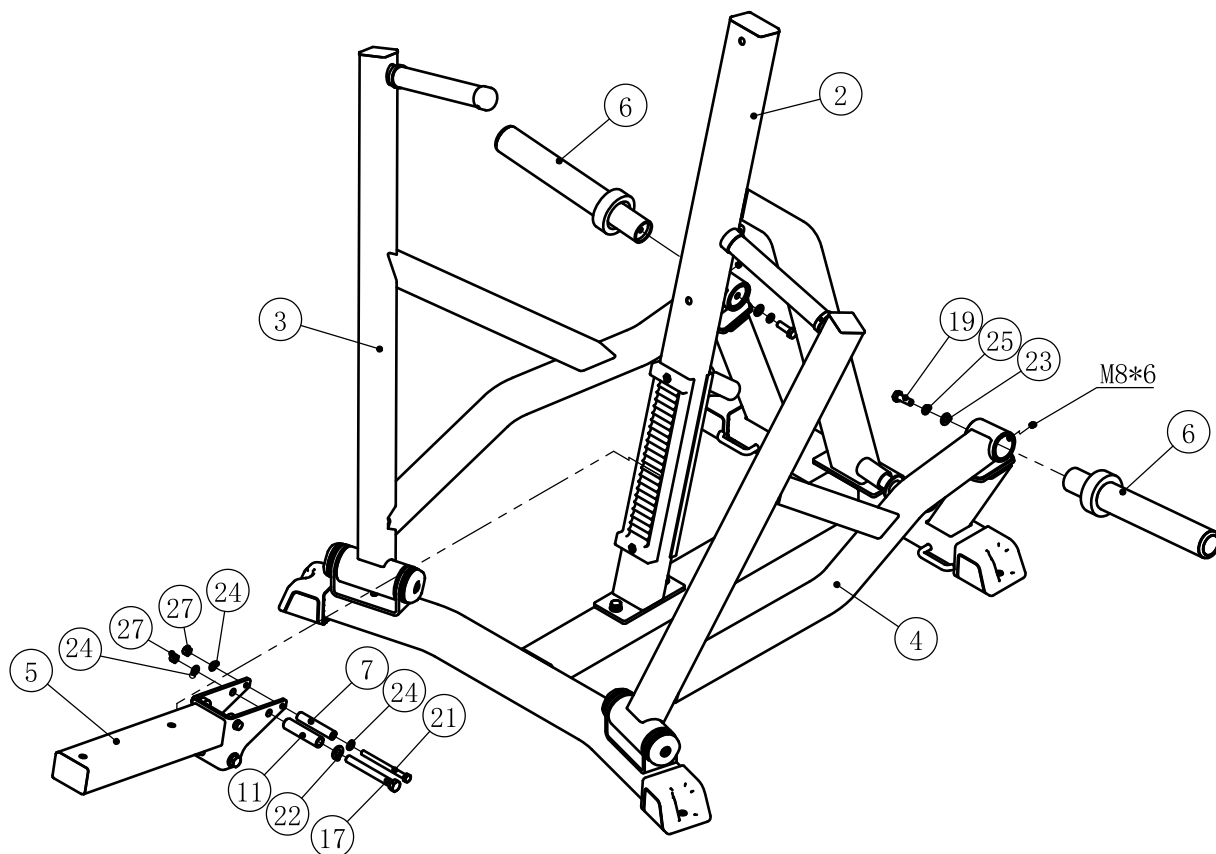


Assembly

STEP 3

1. Attach the Seat Pad Frame ASSY (#5) to the Main Frame ASSY (#2) using:
 - one $\Phi 15 \times \Phi 9 \times 82$ Support sleeve (#7)
 - one $\Phi 19 \times \Phi 13 \times 80$ Plastic sleeve (#11)
 - one $\Phi 12 \times 96.5 \times M8$ Shoulder Bolt (#17)
 - one M8*105 HHB (#21)
 - one $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#22)
 - three $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#24)
 - two M8 Nylon Lock Nut (#27)
2. Loosen the M8*6 screw and attach two Weight Horn ASSY (#6) to the Arm Frame 1 ASSY (#3) and the Arm Frame 2 ASSY (#4) using:
 - two M10*30 HHB (#19)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#23)
 - two $\Phi 10$ Spring Washer (#25)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

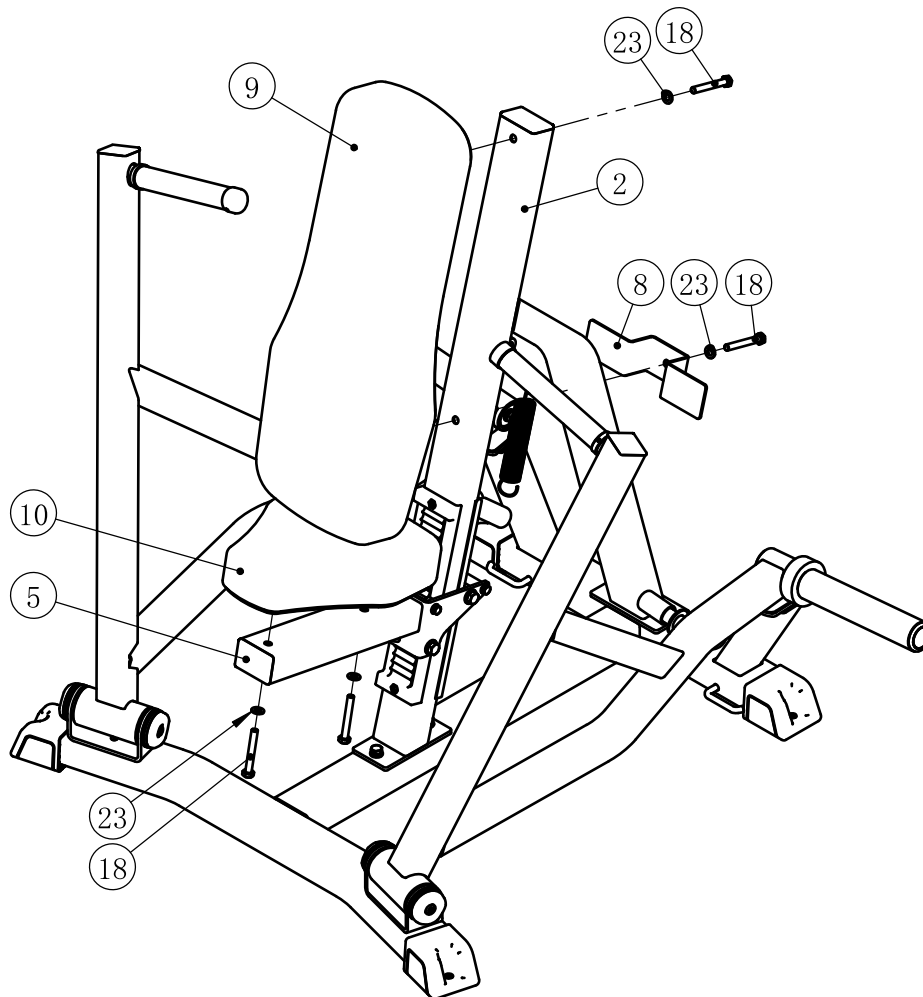


Assembly

STEP 4

1. Attach the Seat Pad (#10) to the Seat Pad Frame ASSY (#5) using:
two M10*75 HHB (#18)
two $\Phi 11*\Phi 20*2$ Flat Washer (#23)
2. Attach the Back Pad (#9) and one Stop plate (#8) to the Main Frame ASSY (#2) using:
two M10*75 HHB (#18)
two $\Phi 11*\Phi 20*2$ Flat Washer (#23)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



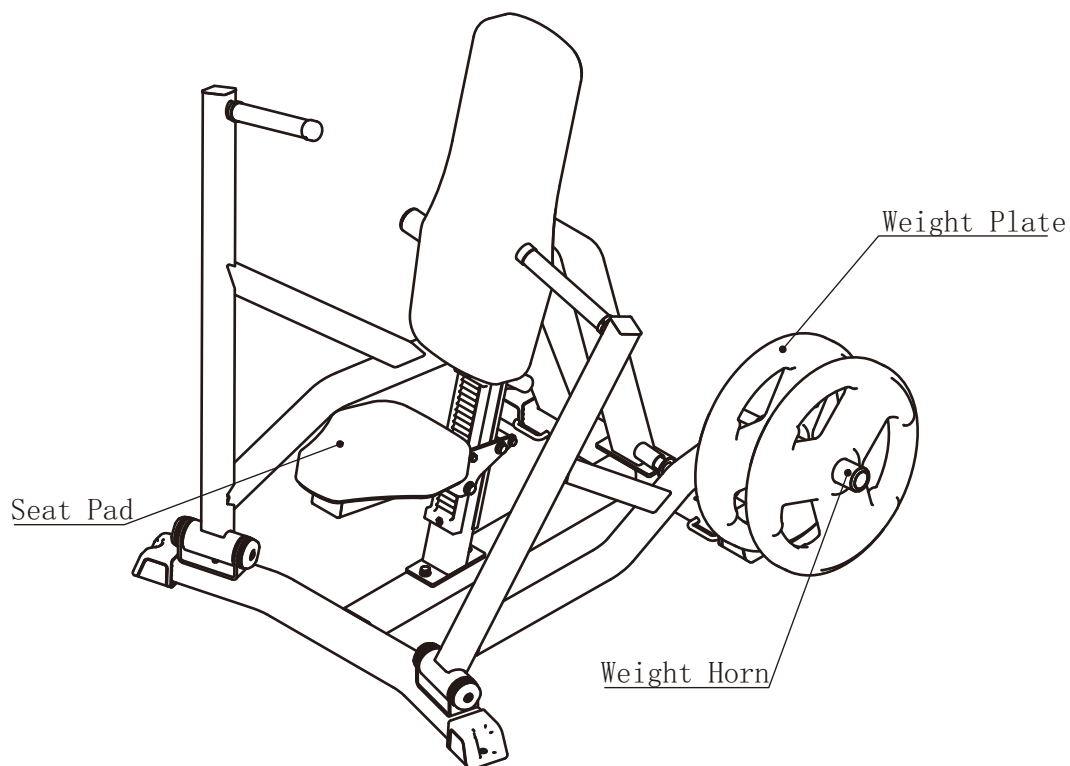
Adjust and Exercise Instruction

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.

Adjust & Exercise Instruction

1. Select an appropriate weight or hang a pair of resistance bands on both weight horns.
2. Adjust the Seat Pad to the desired position and make sure the Seat Pad firmly stucked.
3. Press handles straight out.
4. Pause slightly then 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.

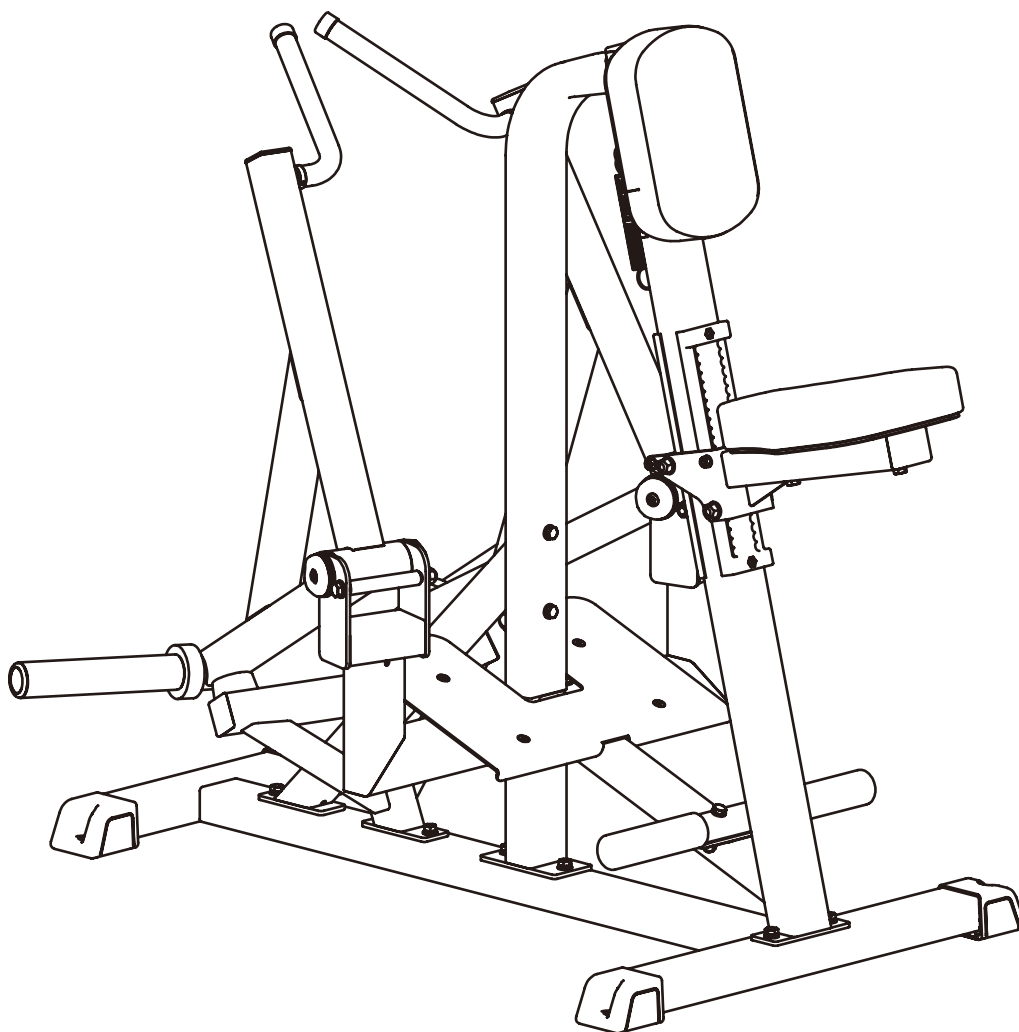
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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.





IFP1302

Seated Row OWNER'S MANUAL

23M

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

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These instructions are written to ensure your safety and to protect the unit.
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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.

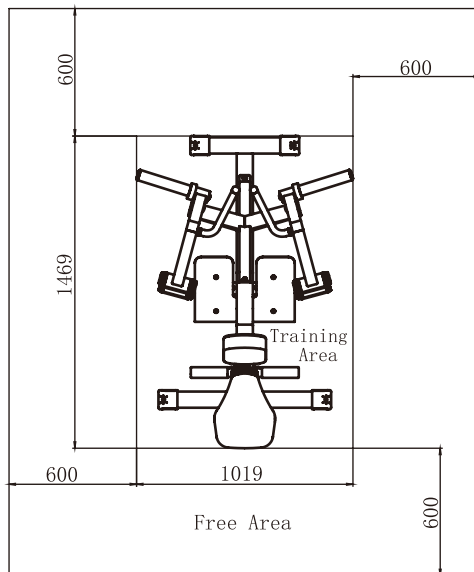
Important Safety Instructions

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: 1469*1019*1336mm

Product Total Surface: 1469*1019mm

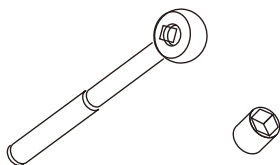
Product Total Mass: 77.5kg/ 171lbs

Instructions

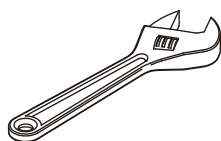
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

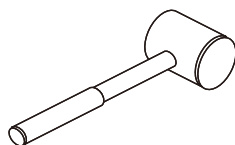
Tools Required



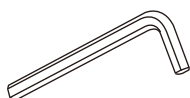
Ratchet Wrench and Socket



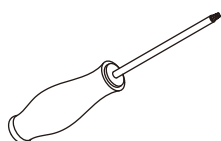
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

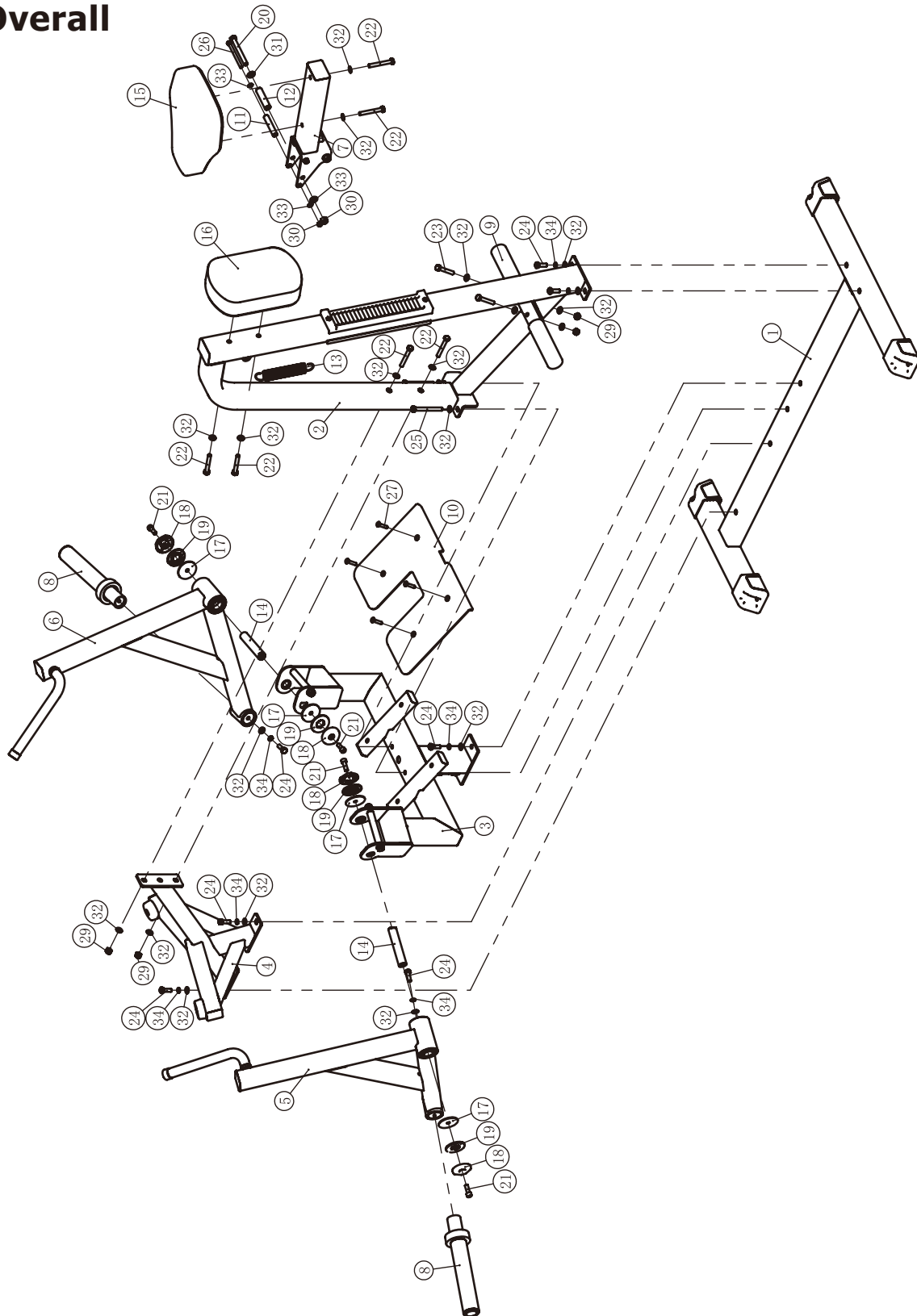
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP130201ASSY	Bottom Frame ASSY	1
2	IFP130202ASSY	Main Frame ASSY	1
3	IFP130203ASSY	Middle Connection Frame ASSY	1
4	IFP130204ASSY	Front Frame ASSY	1
5	IFP130205ASSY	Left Arm Frame ASSY	1
6	IFP130206ASSY	Right Arm Frame ASSY	1
7	IFP120105ASSY	Seat Frame ASSY	1
8	IFP120106ASSY	Weight Horn ASSY	2
9	FE971416ASSY	Circular Foot Frame ASSY	1
10	IFP13022100	Foot Support Plate	1
11	IFP12010700	Limit Sleeve	1
12	KPSFID0700V2	Supporting Sleeve	1
13	SL70012200	Pull Spring	1
14	IF93012600	Pivot ShaftΦ25*133	2
15	IF93015200V2	Seat Pad	1
16	SL70041600V2	Breast Pad	1
17	IF93062200	WasherΦ62*Φ10.5*3	4
18	FE97211900	CapΦ60	4
19	FE97212000	Circle RingΦ62.5*5	4
20	IFP12012100	Shoulder Bolt Φ12*96.5*M8	1
21	GB70M10*30DHS20	Socket Head Cap Screw M10*30	4
22	GB5780M10*75DHS20	Hex Head Bolt M10*75	6
23	GB5780M10*65DHS20	Hex Head Bolt M10*65	2
24	GB5781M10*30DHS20	Hex Head Bolt M10*30	8
25	GB5780M10*100DHS20	Hex Head Bolt M10*100	2
26	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
27	CNLM8*40DHS20	Flat Head Cap Screw M8*40	4
29	NM10DHS2	Nylon Lock Nut M10	6
30	NM8DHS2	Nylon Lock Nut M8	6
31	GB9512DHS2	Flat WasherΦ13*Φ24*2.5	1
32	GB9510DHS2	Flat WasherΦ11Φ20*2	24
33	GB958DHS2	Flat WasherΦ9*Φ16*1.6	7
34	GB9310DHS12	Spring WasherΦ10	8
35	NBS8DHS	Hex Key S=8	1
36	NBS5DHS	Hex Key S=5	1
37	NBS4DHS	Hex Key S=4	1

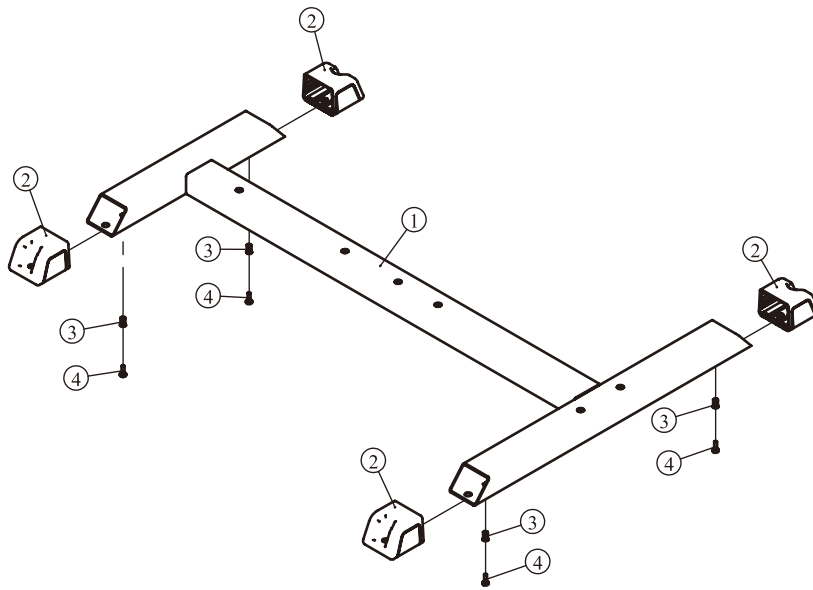
Exploded View and Parts List

Overall

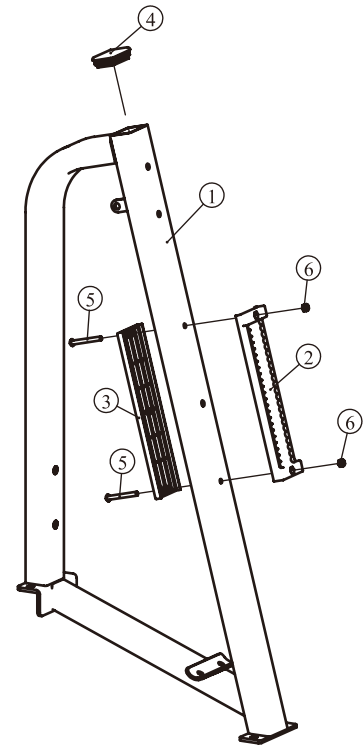


Exploded View and Parts List

Bottom Frame ASSY



Main Frame ASSY



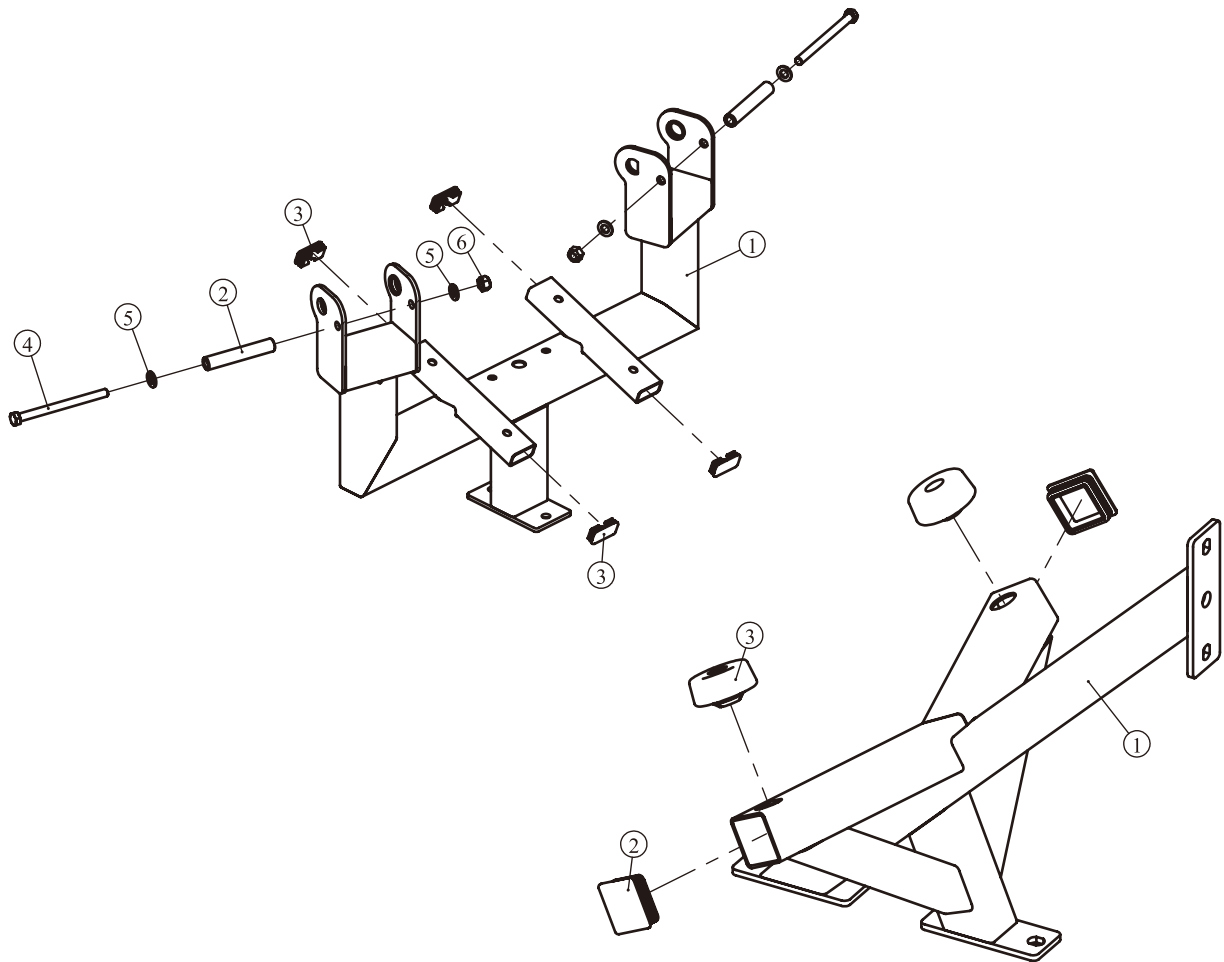
Grade No.	Part No.	Description	QTY
1.1	IFP13020100	Bottom Frame	1
1.2	IFP12013300	Foot Cap	4
1.3	GB17880.5M6*16.5DS17	Rivet Nut M6	4
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4

Grade No.	Part No.	Description	QTY
2.1	IFP13020200	Main Frame	1
2.2	IFP12013100	Front Plastic Plate	1
2.3	IFP12013200	Rear Plastic Plate	1
2.4	KPSFID2800	Plug □50.8*76.2	1
2.5	PNLM8*70DY20	Button Head Cap Screw M8*70	2
2.6	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Middle Connection Frame ASSY

Front Frame ASSY

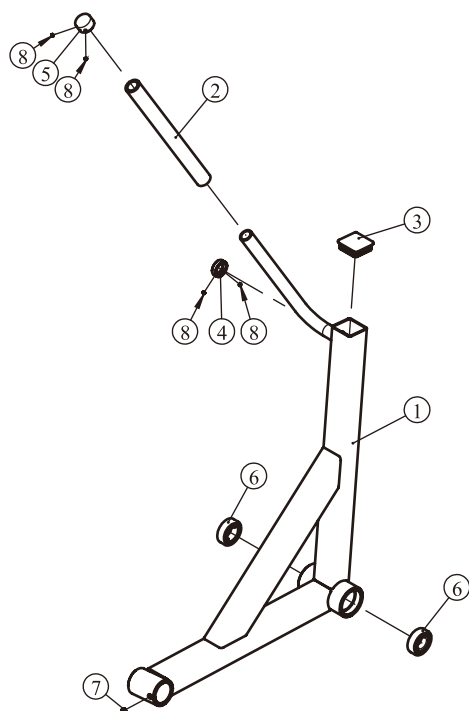


Grade No.	Part No.	Description	QTY
3.1	IFP13020300	Middle Connection Frame	1
3.2	BB1500	Limit Sleeve	2
3.3	PBF30032V1	Plug □25*50	4
3.4	GB5780M12*155DHS20	Hex Head Bolt M12*155	2
3.5	GB9512DHS2	Flat WasherΦ13*Φ24*2.5	4
3.6	NM12DHS2	Nylon Lock Nut M12	2

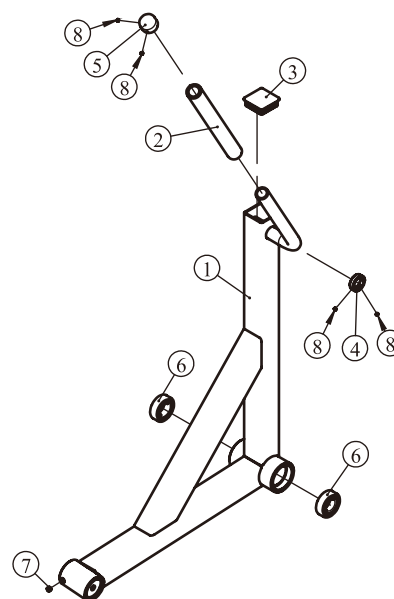
Grade No.	Part No.	Description	QTY
4.1	IFP13020400	Front Frame	1
4.2	KPSFID3000	Plug □50.8	2
4.3	CG600010300	Rubber Bumper	2

Exploded View and Parts List

Left Arm Frame ASSY



Right Arm Frame ASSY

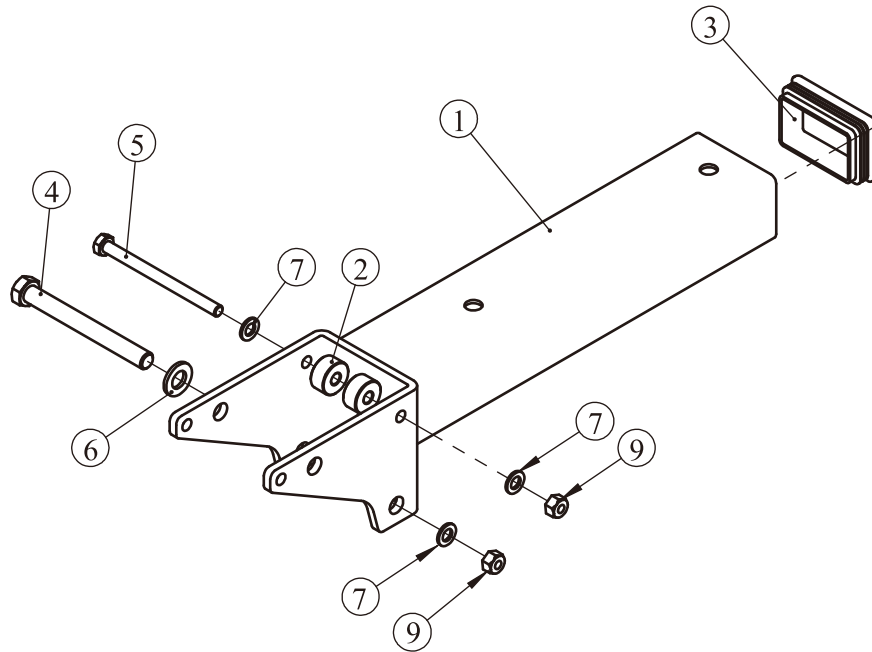


Grade No.	Part No.	Description	QTY
5.1	IFP13020500	Left Arm Frame	1
5.2	FE97203100	Grip ST $\Phi 31 \times \Phi 24 \times 308$	1
5.3	KPSFID3000	Plug $\square 50.8$	1
5.4	V39500	Aluminum Grip Ring	1
5.5	V39600	Aluminum Grip Cap	1
5.6	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25 \times \Phi 52 \times 15$	2
5.7	GB77M8*6DHS2	Socket Set Screw M8*6	1
5.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Grade No.	Part No.	Description	QTY
6.1	IFP13020600	Right Arm Frame	1
6.2	FE97203100	Grip ST $\Phi 31 \times \Phi 24 \times 308$	1
6.3	KPSFID3000	Plug $\square 50.8$	1
6.4	V39500	Aluminum Grip Ring	1
6.5	V39600	Aluminum Grip Cap	1
6.6	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25 \times \Phi 52 \times 15$	2
6.7	GB77M8*6DHS2	Socket Set Screw M8*6	1
6.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

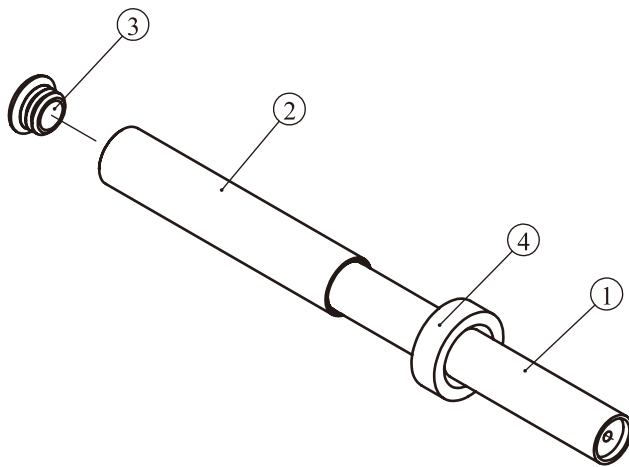
Seat Frame ASSY



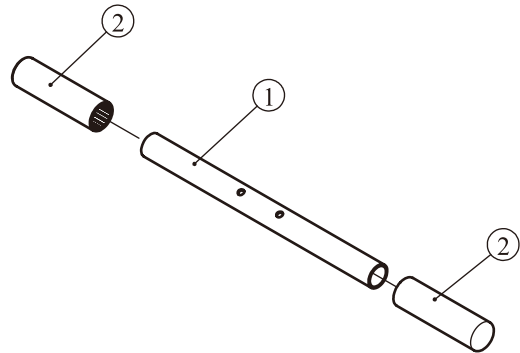
Grade No.	Part No.	Description	QTY
7.1	IFP12010500	Seat Frame	1
7.2	IFP12013600	Idler Wheel	2
7.3	KPSFID2800	Plug □50.8*76.2	1
7.4	IFP12012100	Shoulder Bolt Φ12*96.5*M8	1
7.5	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
7.6	GB9512DHS2	Flat WasherΦ13*Φ24*2.5	1
7.7	GB958DHS2	Flat WasherΦ9*Φ16*1.6	3
7.9	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Weight Horn ASSY



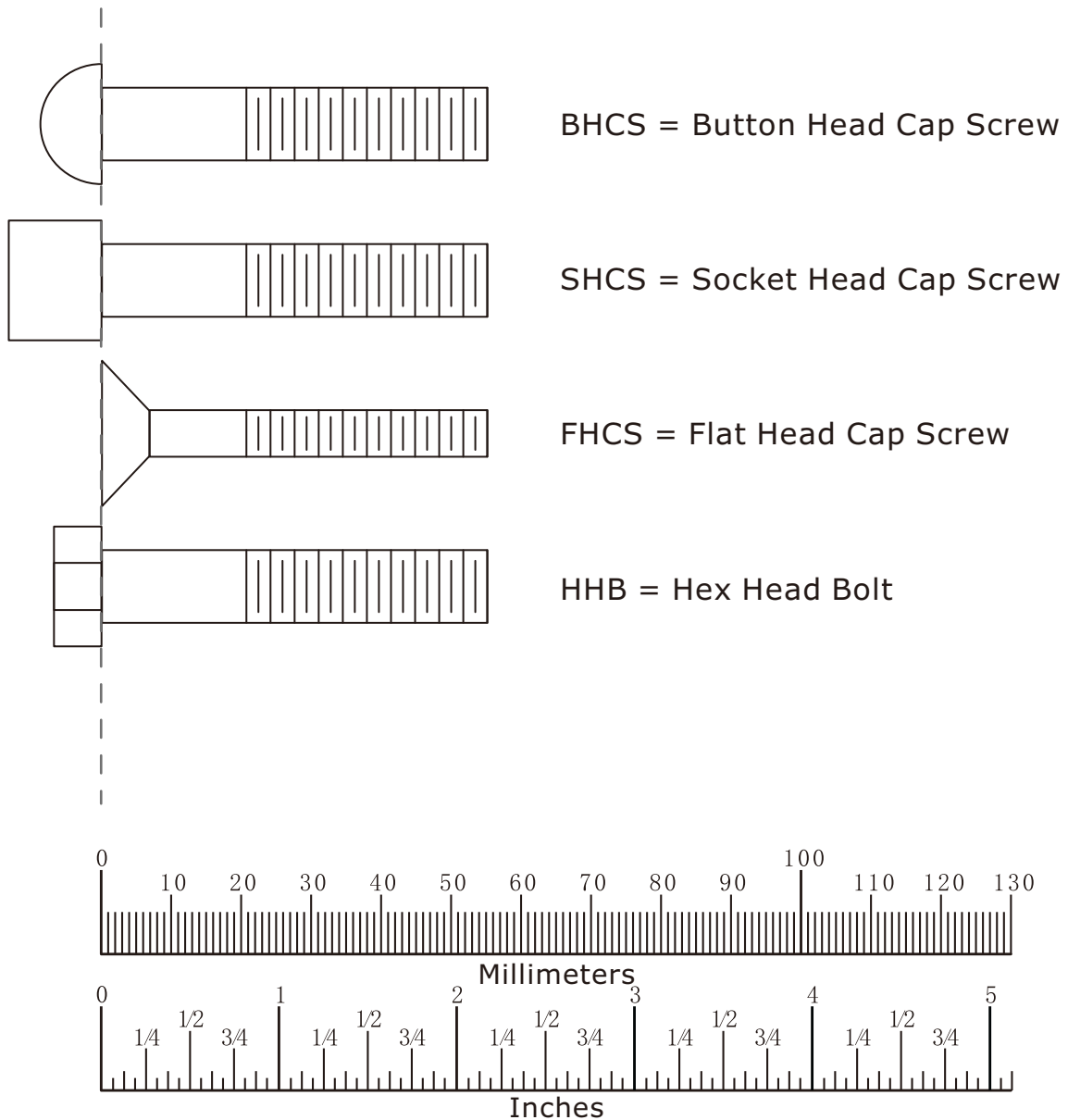
Circular Foot Frame ASSY



Grade No.	Part No.	Description	QTY
8.1	IFP12010600	Weight Plate Storage	1
8.2	IFP12013400	Weight Horn Sleeve	1
8.3	IFP12013500	Plug $\Phi 49 \times \Phi 37 \times 25$	1
8.4	HF985A1500	Rubber Bumper	1

Grade No.	Part No.	Description	QTY
9.1	FE97141600	Foot Set Tube	1
9.2	FE970112000	Foot Set	2

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 Main Frame ASSY (#2) and the Middle Connection Frame ASSY (#3) to the Bottom Frame ASSY (#1) using:

four M10*30 HHB (#24)

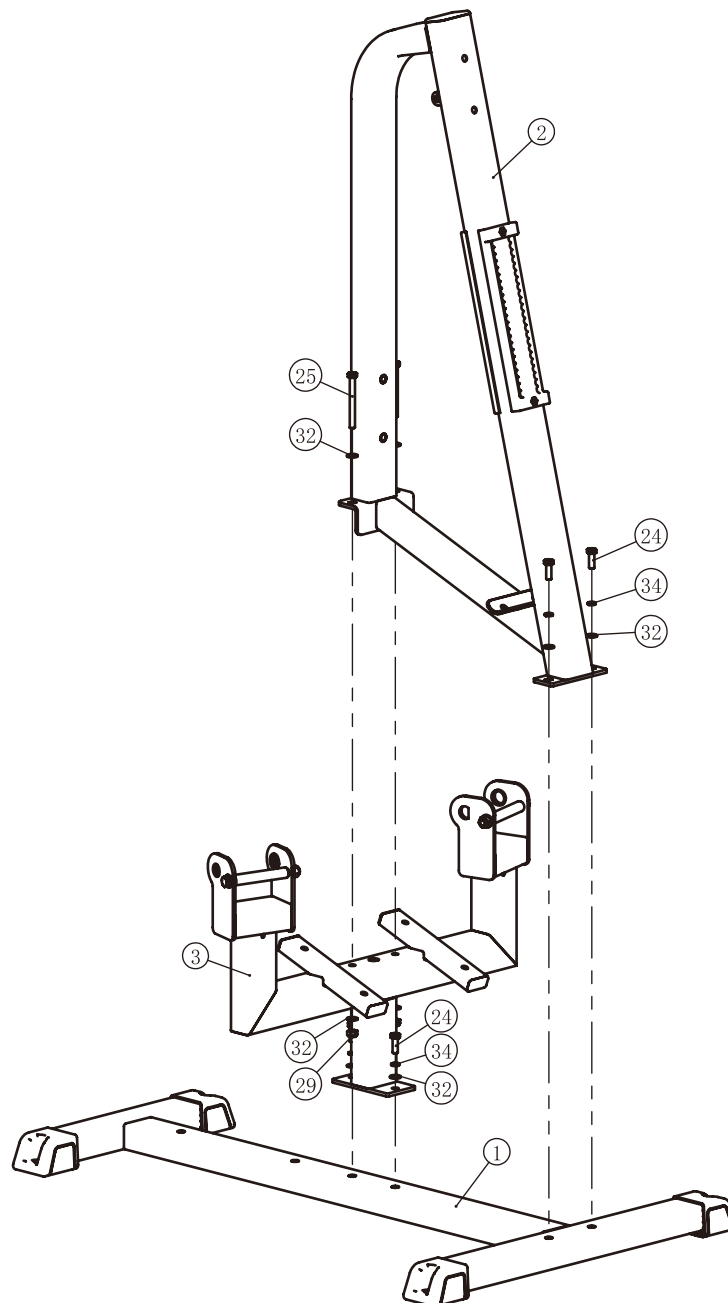
two M10*100 HHB (#25)

four $\Phi 10$ Spring Washer (#34)

eight $\Phi 11*\Phi 20*2$ Flat Washer (#32)

two M10 Nylon Lock Nut (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

Attach the Front Frame ASSY (#4) to the Main Frame ASSY (#2) and Bottom Frame ASSY (#1) using:

two M10*75 HHB (#22)

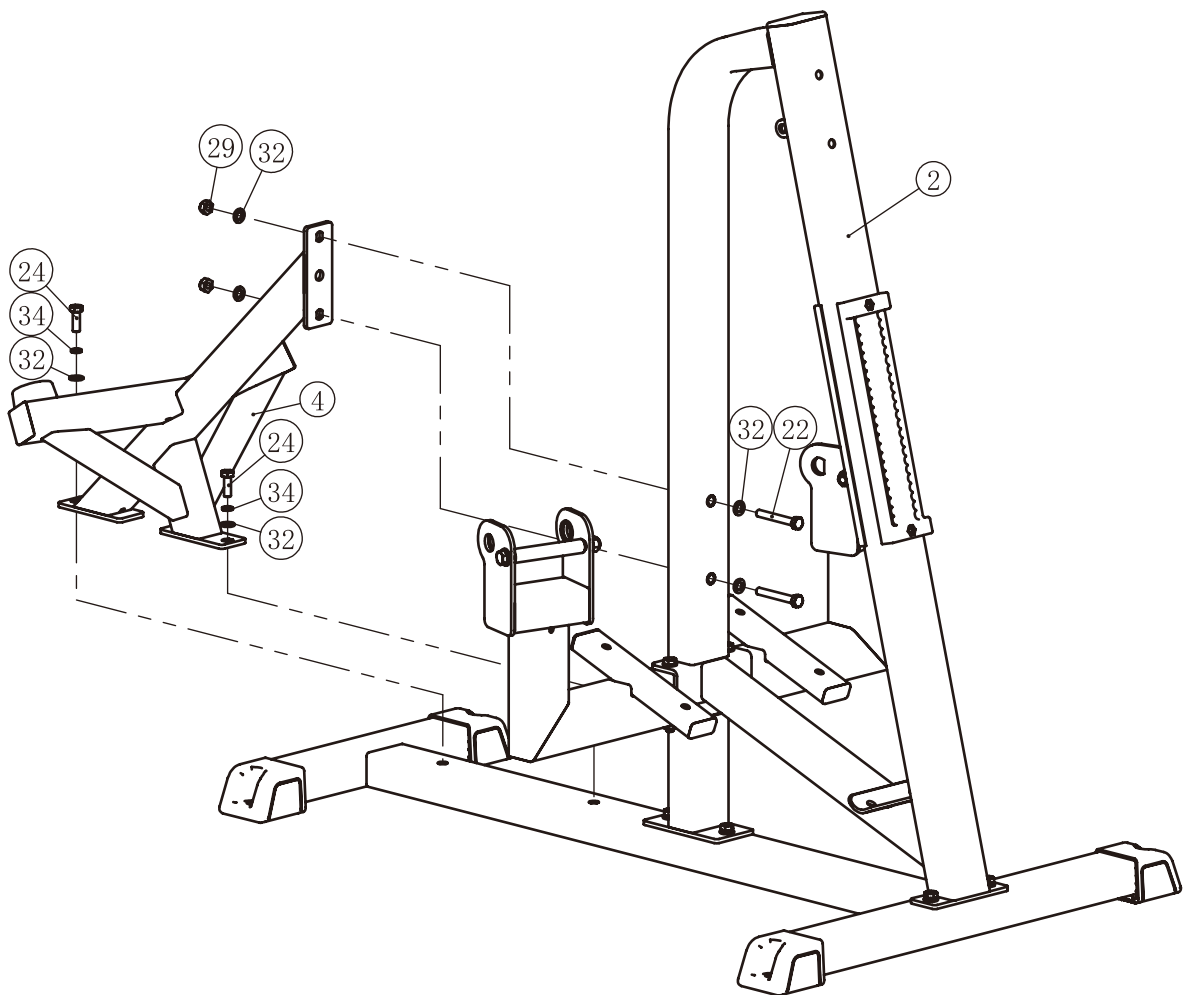
two M10*30 HHB (#24)

two $\Phi 10$ Spring Washer (#34)

six $\Phi 11*\Phi 20*2$ Flat Washer (#32)

two M10 Nylon Lock Nut (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



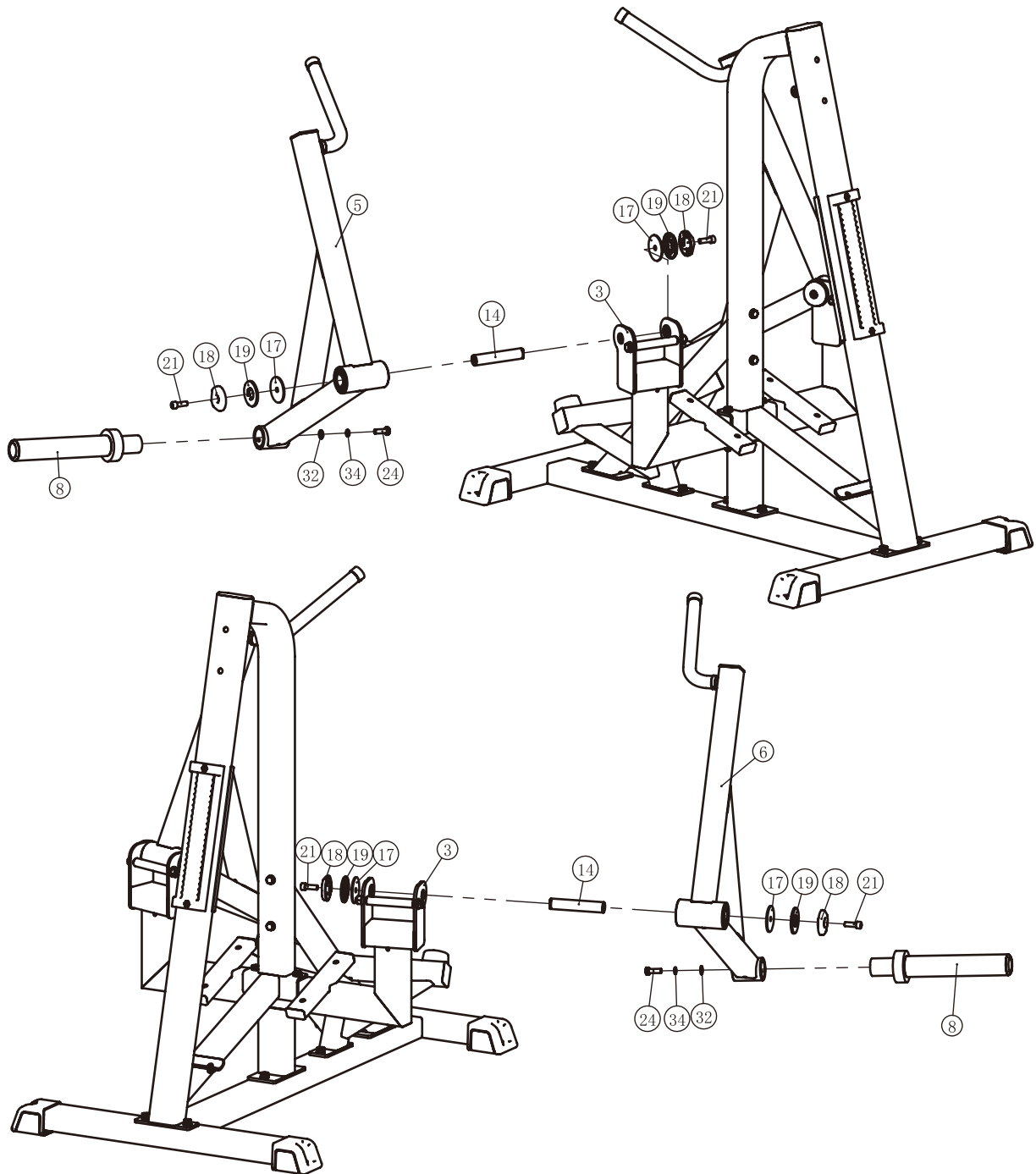
Assembly

STEP 3

1. Attach the Left Arm Frame ASSY (#5) to the Middle Connection Frame ASSY (#3) using:
 - one Axis $\Phi 25 \times 133 \times M10$ (#14)
 - two M10*30 SHCS (#21)
 - two $\Phi 60$ Cap (#18)
 - two $\Phi 62.5 \times 5$ Circle Ring (#19)
 - two Washer $\Phi 62 \times \Phi 10.5 \times 3$ (#17)
2. Attach the Weight Horn ASSY (#8) to the Left Arm Frame ASSY (#5) using:
 - one M10*30 HHB (#24)
 - one $\Phi 10$ Spring Washer (#34)
 - one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#32)
3. Attach the Right Arm Frame ASSY (#6) to the Middle Connection Frame ASSY (#3) using:
 - one Axis $\Phi 25 \times 133 \times M10$ (#14)
 - two M10*30 SHCS (#21)
 - two $\Phi 60$ Cap (#18)
 - two $\Phi 62.5 \times 5$ Circle Ring (#19)
 - two Washer $\Phi 62 \times \Phi 10.5 \times 3$ (#17)
4. Attach the Weight Horn ASSY (#8) to the Right Arm Frame ASSY (#6) using:
 - one M10*30 HHB (#24)
 - one $\Phi 10$ Spring Washer (#34)
 - one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#32)

Assembly

STEP 3

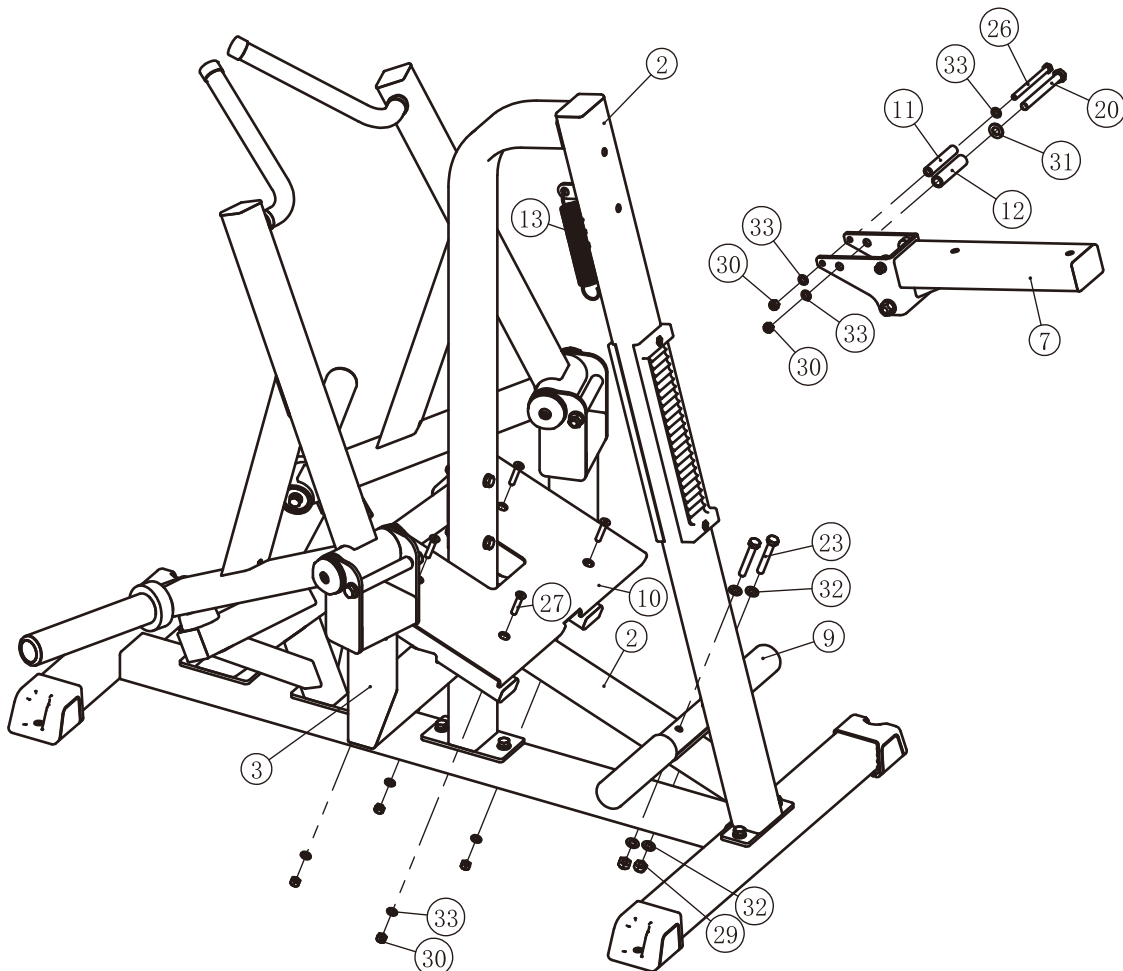


Assembly

STEP 4

1. Attach the Foot Support Plate (#10) to the Middle Connection Frame ASSY (#3) using:
four M8*40 FHCS (#27) four $\Phi 9*\Phi 16*1.6$ Flat Washer (#33)
four M8 Nylon Lock Nut (#30)
2. Attach the Circular Foot Frame ASSY (#9) to the Main Frame ASSY (#2) using:
two M10*65 HHB (#23) two M10 Nylon Lock Nut (#29)
four $\Phi 11*\Phi 20*2$ Flat Washer (#32)
3. Attach the Seat Frame ASSY (#7) to the Main Frame ASSY (#2) using:
one $\Phi 12*96.5*M8$ Shoulder Bolt (#20) one $\Phi 13*\Phi 24*2.5$ Flat Washer (#31)
one M8 Nylon Lock Nut (#30) one Supporting Sleeve (#12)
one Pull Spring (#13) one $\Phi 9*\Phi 16*1.6$ Flat Washer (#33)
4. Attach the Limit Sleeve (#11) to the Seat Frame ASSY (#7) using:
one M8*105HHB (#26) one M8 Nylon Lock Nut (#30)
two $\Phi 9*\Phi 16*1.6$ Flat Washer (#33)

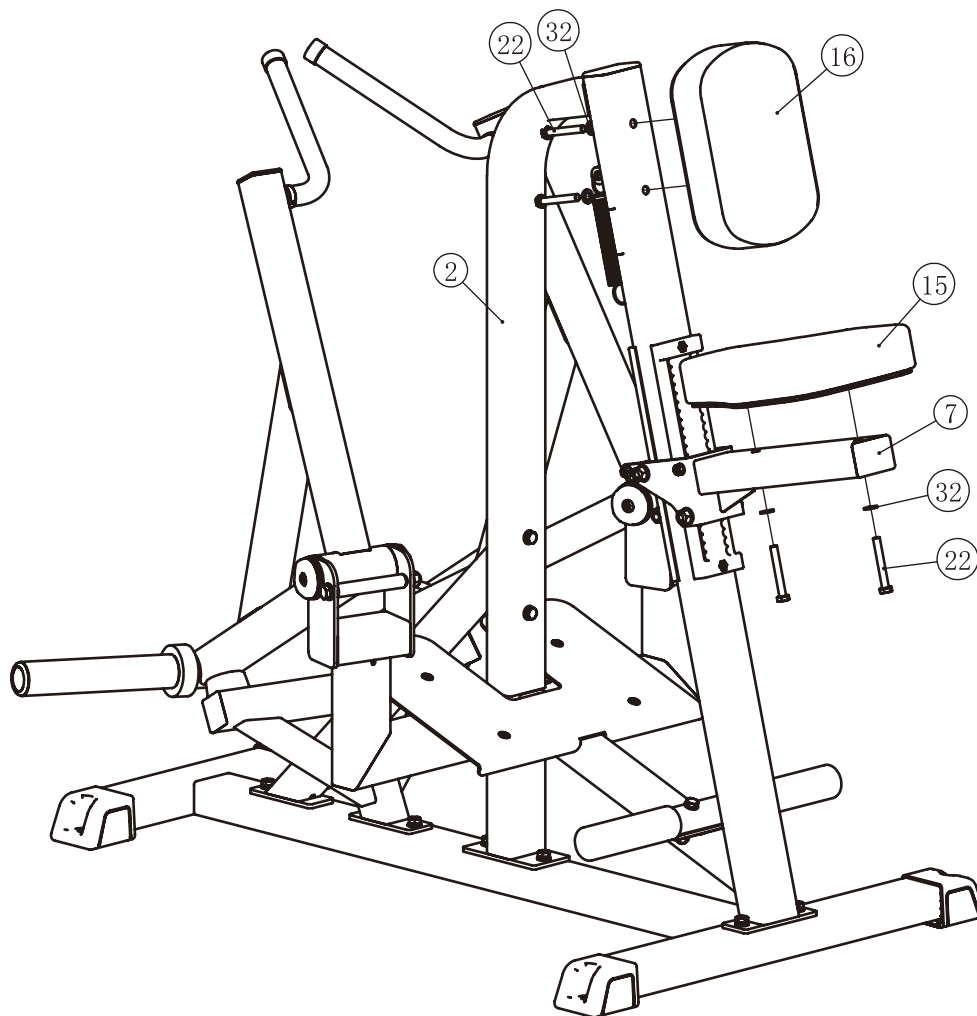
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 5

1. Attach the Seat Pad (#15) to the Seat Frame ASSY (#7) using:
two M10*75 HHB (#22)
two $\Phi 11*\Phi 20*2$ Flat Washer (#32)
2. Attach the Breast Pad (#16) to the Main Frame ASSY (#2) using:
two M10*75 HHB (#22)
two $\Phi 11*\Phi 20*2$ Flat Washer (#32)



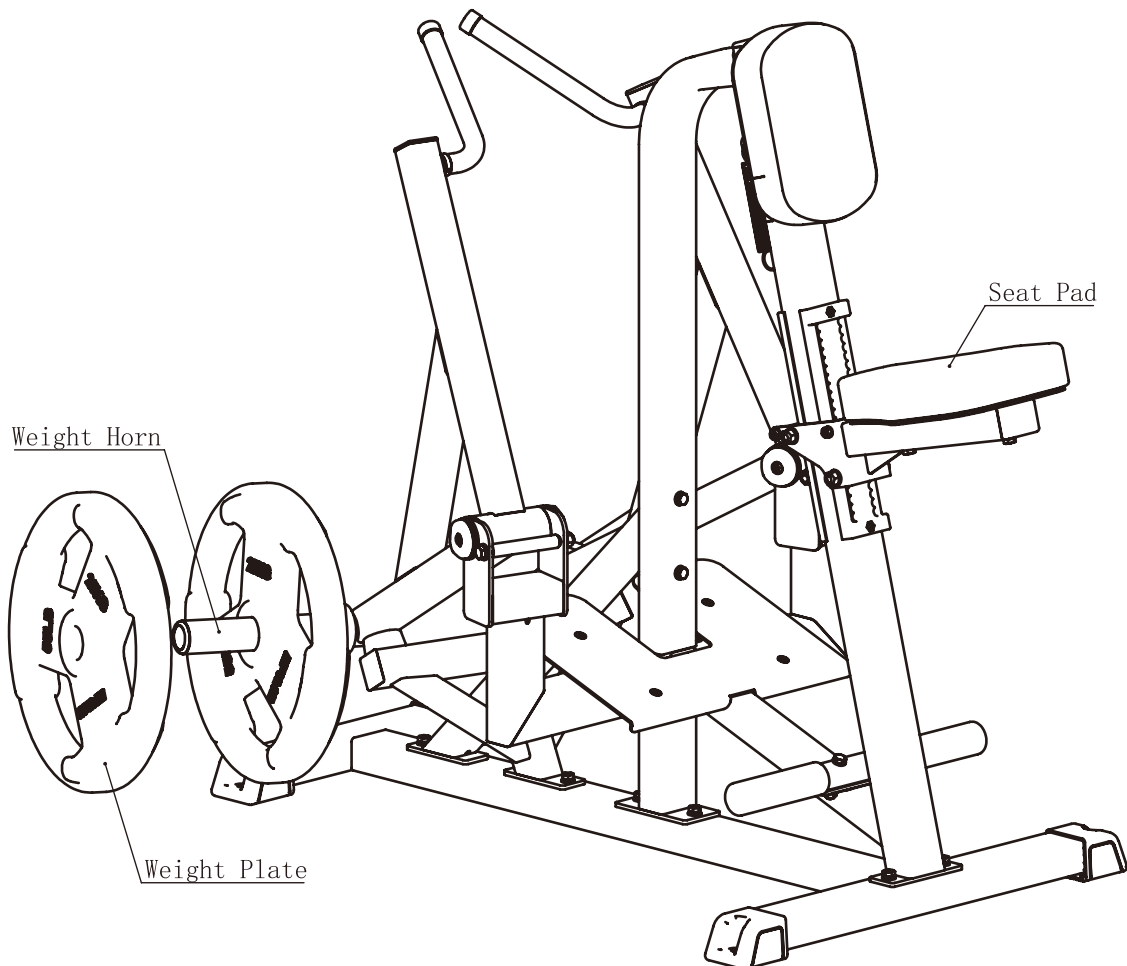
Adjust and Exercise Instruction

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.

Adjust & Exercise Instruction

1. Select an appropriate weight on both weight horns.
2. Adjust the Seat Pad to the desired position and make sure the Seat Pad firmly stucked.
3. Pull the handle back to the limit position, make a stop. Pause slightly then 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 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.

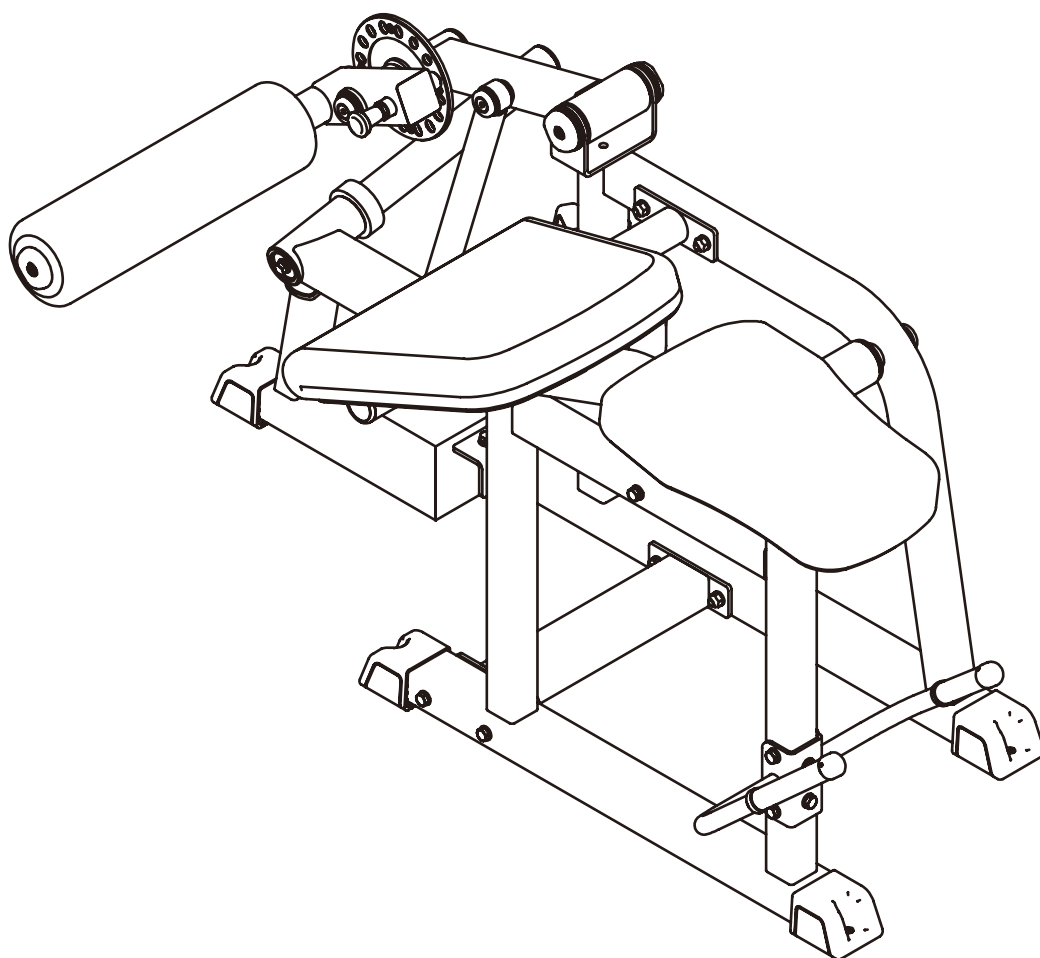
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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.





IFP1604

Prone Leg Curl

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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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.

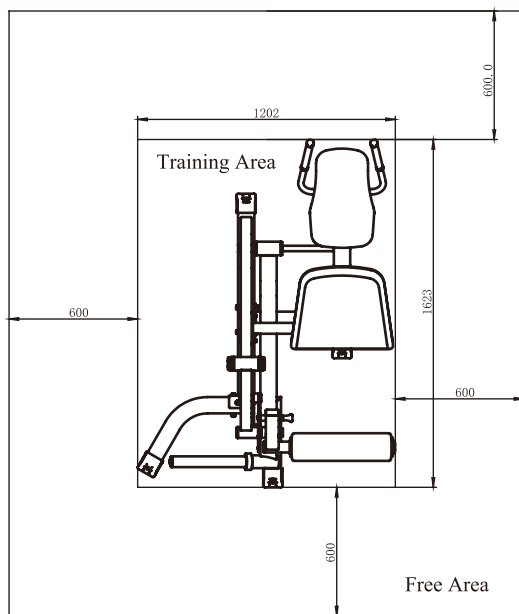
Important Safety Instructions

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: 150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1623*1202*798mm

Product Total Surface: 1623*1202mm

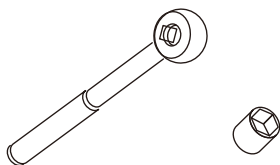
Product Total Mass:

Instructions

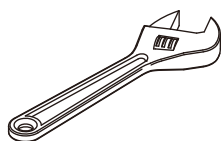
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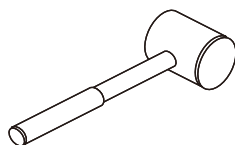
Tools Required



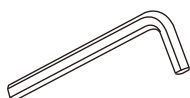
Ratchet Wrench and Socket



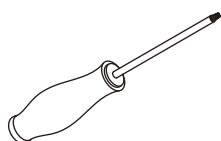
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

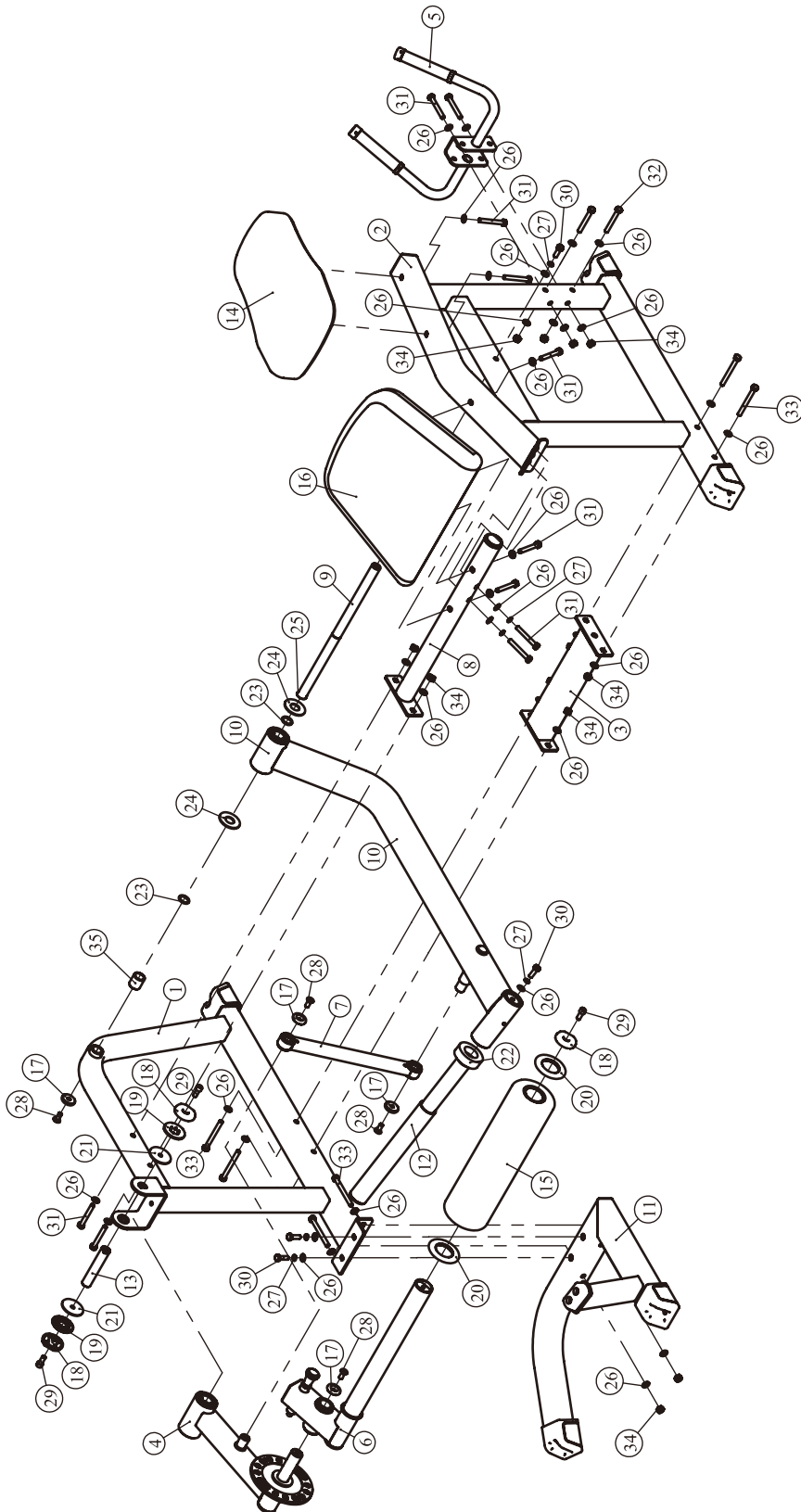
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP160401ASSY	Main Frame ASSY	1
2	IFP160402ASSY	Cushion Frame ASSY	1
3	IFP16040300	Bottom Connection Frame	1
4	IFP160404ASSY	Swing Frame ASSY	1
5	IFP160405ASSY	Handle Frame ASSY	1
6	IFP160510ASSY	FOAM Frame ASSY	1
7	IFP160407ASSY	Connect Frame ASSY	1
8	IFP160408ASSY	Upper Connection Frame ASSY	1
9	IFP16040900	Long Shaft	1
10	IFP160410ASSY	Long Swing Frame ASSY	1
11	IFP160411ASSY	Front Base Frame ASSY	1
12	IFP160412ASSY	Weight Horn ASSY	1
13	IF93012600	Shaft	1
14	IF93215100V2	Chest Pad	1
15	IF81241100V6	FOAM Assembly	1
16	IFP16041400	Seat Pad	1
17	IN-D21202000	End Cap $\Phi 38 \times \Phi 10.5 \times 8$	4
18	FE97211900	Cap $\Phi 60$	3
19	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
20	IT80053700	Big Collar $\Phi 90 \times \Phi 51.5 \times 6$	2
21	IF93062200	Big Flat Washer $\Phi 62 \times \Phi 10.5 \times 3$	2
22	HF985A1500	Bumper $\Phi 76 \times \Phi 42 \times 25$	1
23	IT80011800DS	Adjustable Ring	2
24	CWP311004-101	Big Flat Washer $\Phi 60 \times \Phi 26 \times 3$	2
25	GB894.125FH12	Retaining Snap Ring	1
26	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	36
27	GB9310DHS12	Spring Washer $\Phi 10$	6
28	CNLM10*25DHS20	Flat Head Cap Screw M10*25	4
29	GB70M10*25DHS20	Socket Head Cap Screw M10*25	3
30	GB5781M10*30DHS20	Hex Head Bolt M10*30	4
31	GB5780M10*75DHS20	Hex Head Bolt M10*75	11
32	GB5780M10*80DHS20	Hex Head Bolt M10*80	2
33	GB5780M10*100DHS20	Hex Head Bolt M10*100	6
34	NM10DHS2	Nylon Lock Nut M10	12
35	HVSE1113	Spacer $\Phi 31.8 \times \Phi 25.4 \times 35$	1
36	NBS4DHS	Key S=8	1
37	NBS6DHS	Key S=6	1
38	NBS8DHS	Key S=4	1

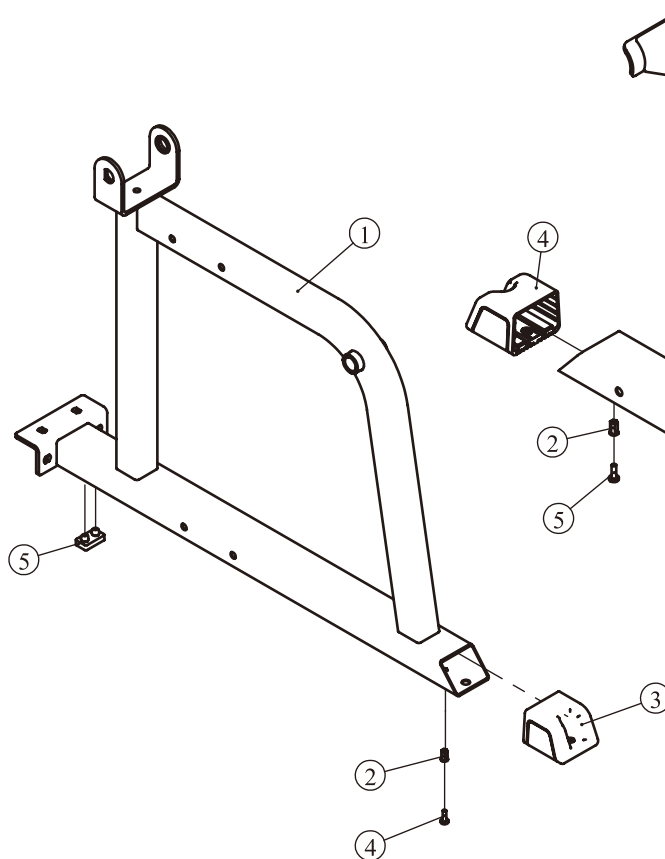
Exploded View and Parts List

Overall

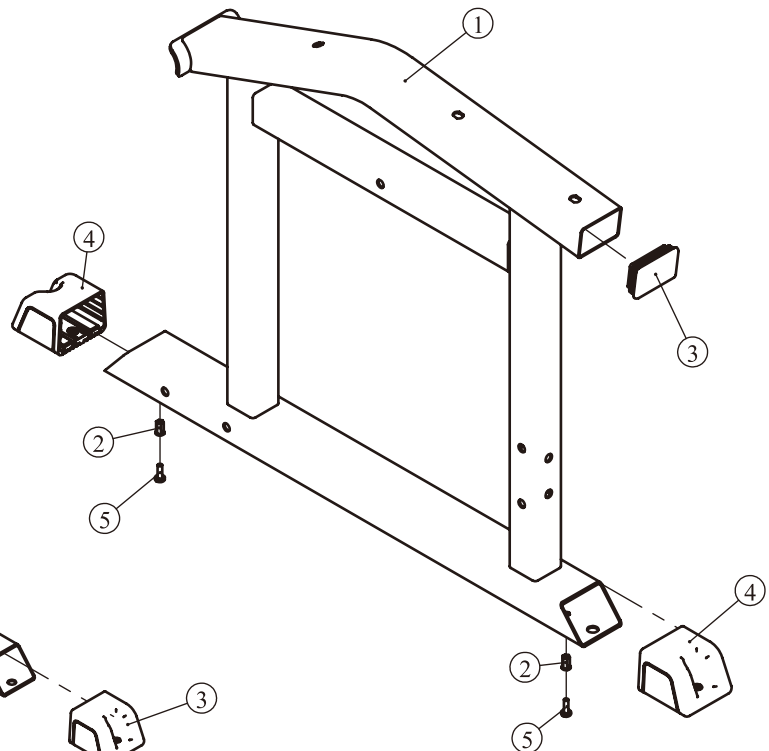


Exploded View and Parts List

Main Frame ASSY



Cushion Frame ASSY

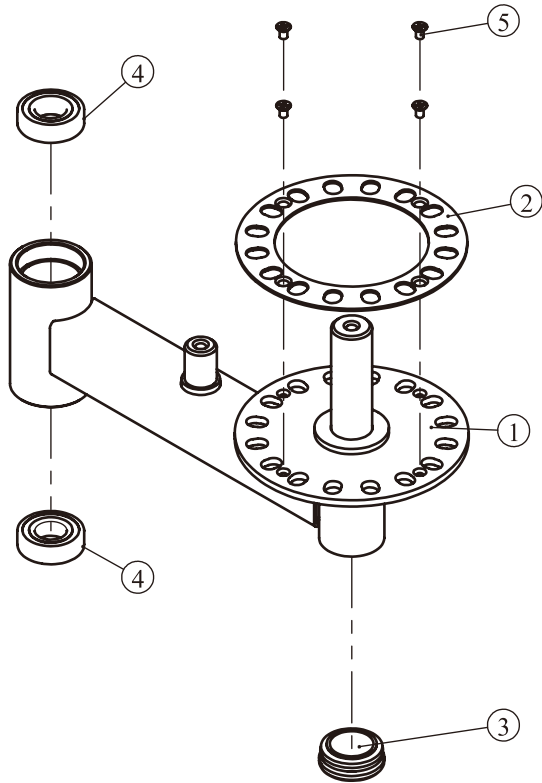


Grade No.	Part No.	Description	QTY
1.1	IFP16040100	Main Frame	1
1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	1
1.3	IFP12013300	Bottom Plug	1
1.4	GB818M6*20DHS2	U-nut M6*20	1
1.5	83004700	Bumper 45*25*10	1

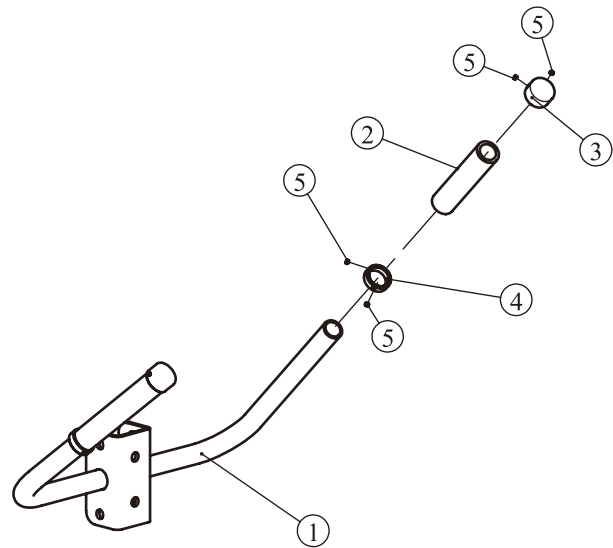
Grade No.	Part No.	Description	QTY
2.1	IFP16040200	Cushion Frame	1
2.2	GB17880.5M6*16.5DS17	Rivet Nut M6	2
2.3	KPSFID2800	Plug □50.8*76.2	1
2.4	IFP12013300	Bottom Plug	2
2.5	GB818M6*20DHS2	U-nut M6*20	2

Exploded View and Parts List

Swing Frame ASSY



Handle Frame ASSY

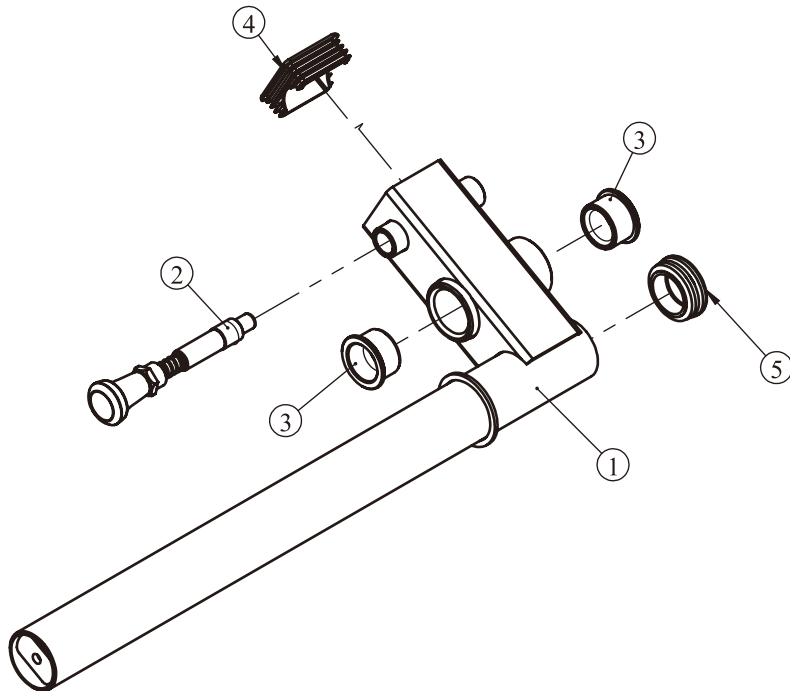


Grade No.	Part No.	Description	QTY
4.1	IFP16040400	Swing Frame	1
4.2	IF93051500	Wear Plate	1
4.3	B10009900	Plug $\Phi 50.8$	1
4.4	GB2766205-2ZC3	Bearing 6205	2
4.5	GB819M6*10DS2	Philips Countersunk Screw M6*10	4

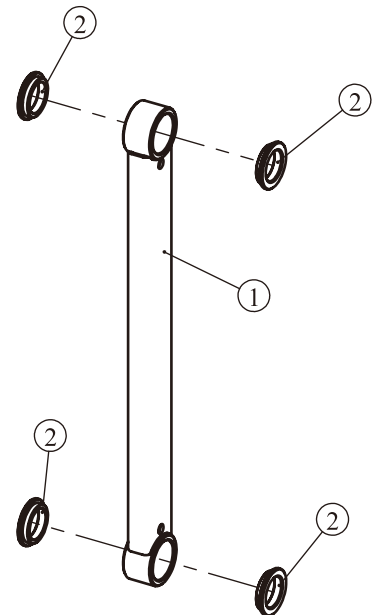
Grade No.	Part No.	Description	QTY
5.1	IFP16040500	Handle Frame	1
5.2	FE97031800	Grip ST $\Phi 31 * \Phi 24 * 130$	2
5.3	V39600	Aluminum Grip Cap	2
5.4	V39500	Aluminum Grip Ring	2
5.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

Exploded View and Parts List

FOAM Frame ASSY



Connect Frame ASSY



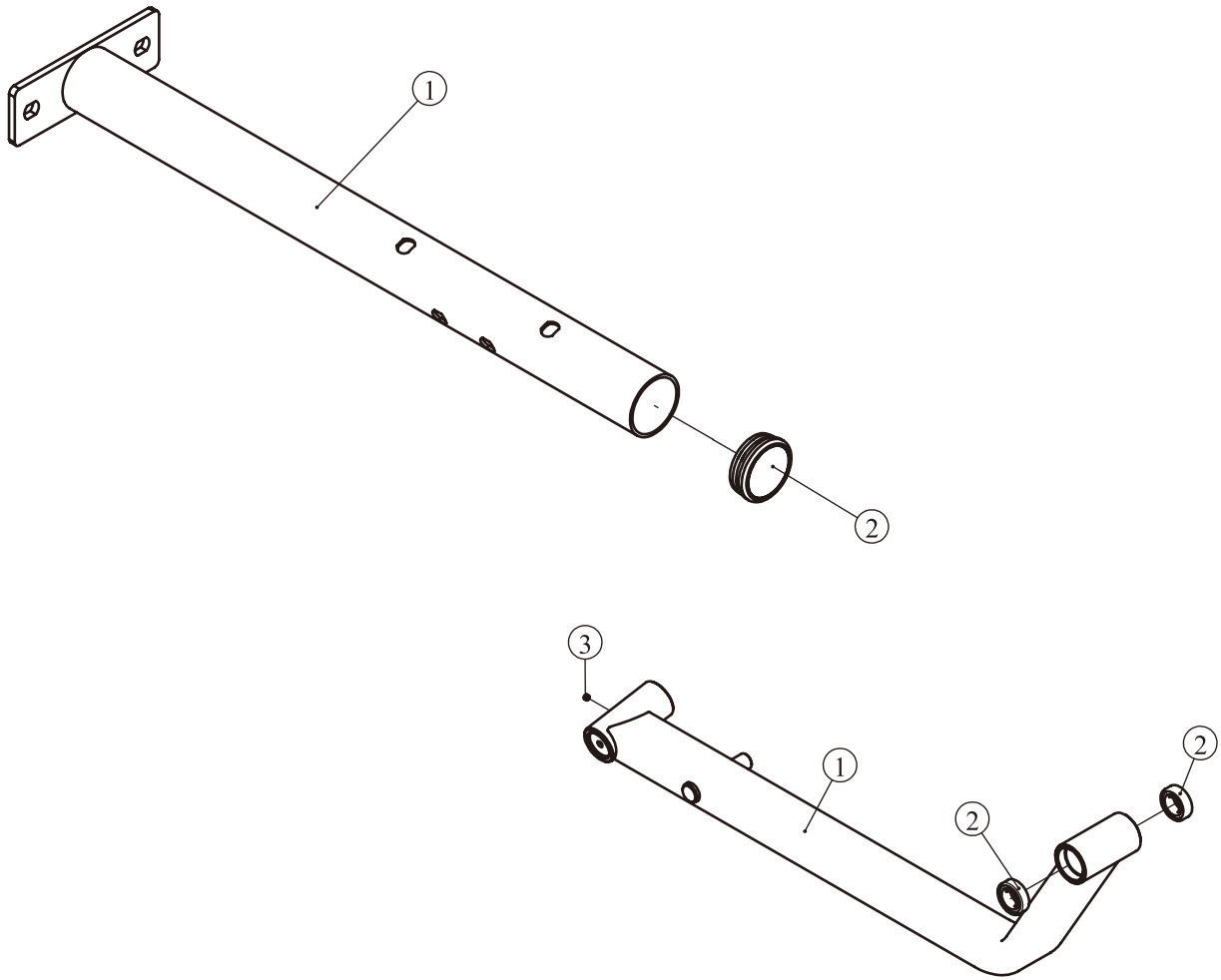
Grade No.	Part No.	Description	QTY
6.1	IFP16051000	FOAM Frame	1
6.2	SL70461800	Pin ASSY	1
6.3	CWS134005-101	Bushing $\Phi 45*\Phi 38*\Phi 32*25$	2
6.4	IPB-XL0011900	Plug $\square 60$	1
6.5	B10009900	Plug $\Phi 50.8$	1

Grade No.	Part No.	Description	QTY
7.1	IFP16040700	Connect Frame	1
7.2	FE97085100	Bushing $\Phi 38*\Phi 25*7.5$	4

Exploded View and Parts List

Upper Connection Frame

Long Swing Frame ASSY

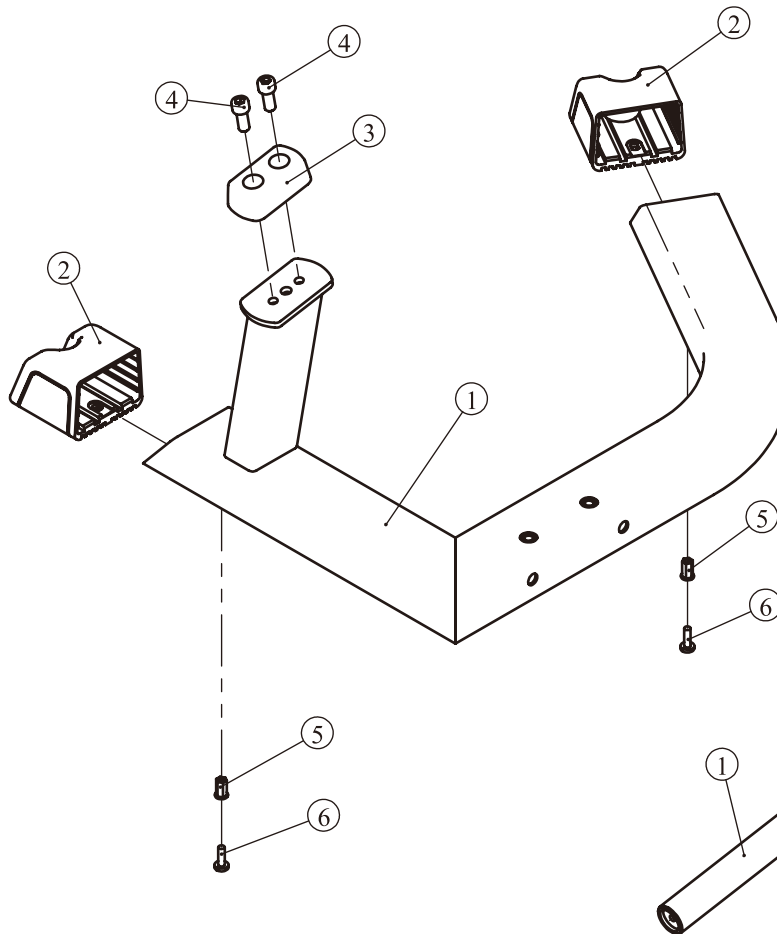


Grade No.	Part No.	Description	QTY
8.1	IFP16040800	Upper Connection	1
8.2	B10009900	Plug $\Phi 50.8$	1

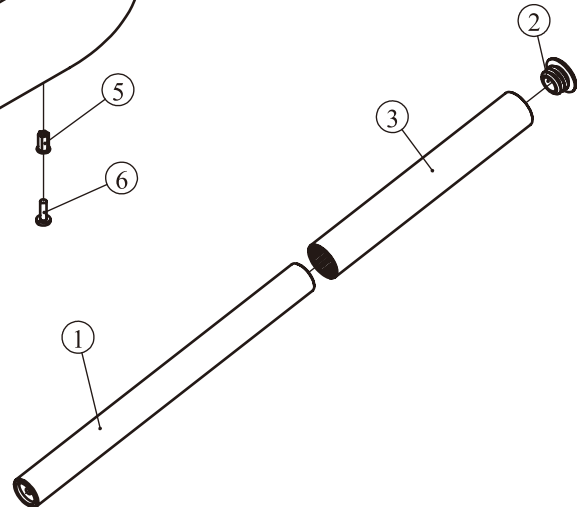
Grade No.	Part No.	Description	QTY
10.1	IFP16041000	Long Swing Frame	1
10.2	GB2766205-2ZC3	Bearing 6205	2
10.3	GB77M8*6DHS2	Socket Set Screw M8*6	1

Exploded View and Parts List

Front Base Frame ASSY



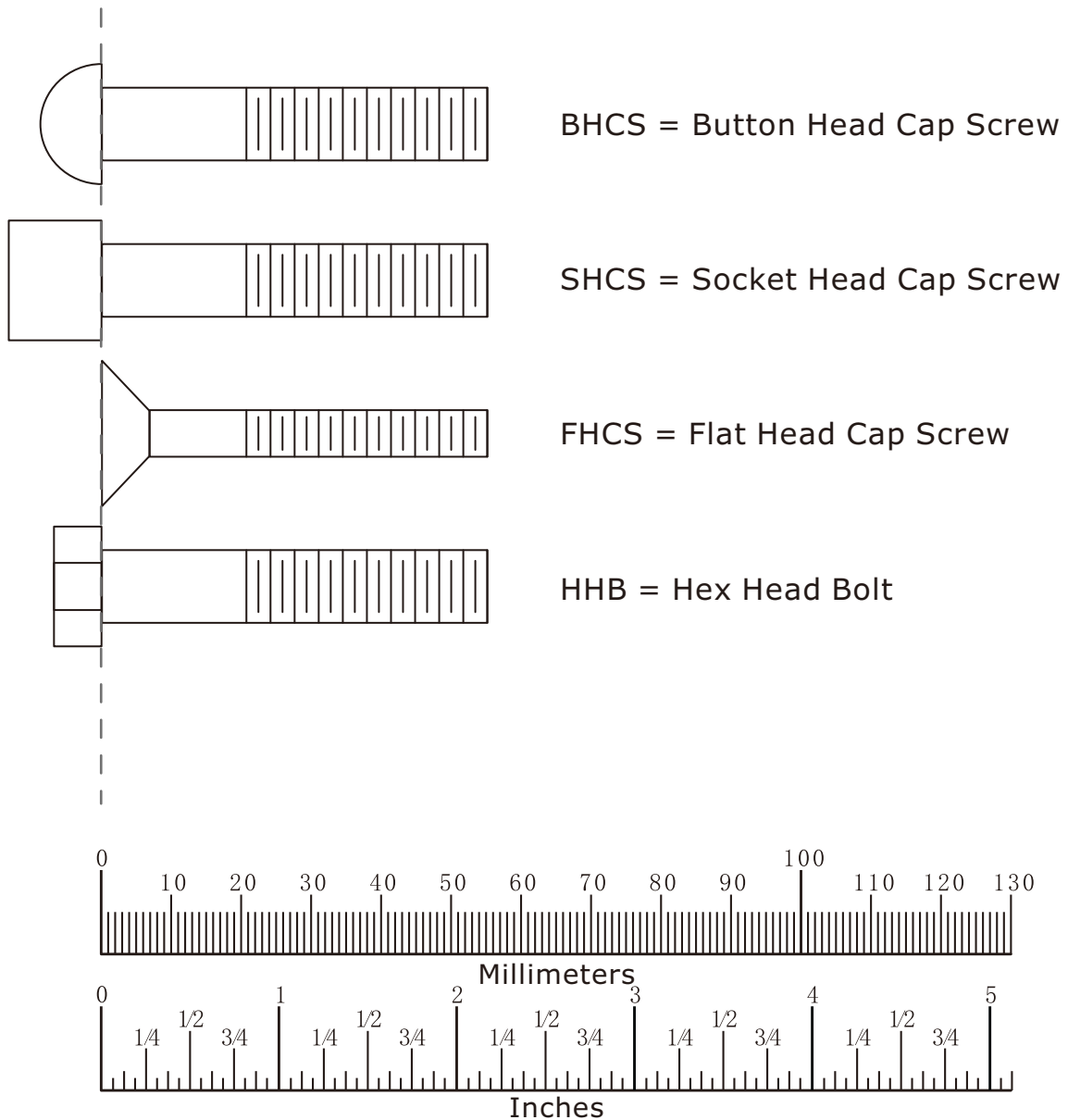
Weight Horn ASSY



Grade No.	Part No.	Description	QTY
11.1	IFP16041100	Front Base Frame	1
11.2	IFP12013300	Bottom Plug	2
11.3	RS17000400	Bumper	1
11.4	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2
11.5	GB17880.5M6*16.5DS17	Rivet Nut M6	2
11.6	GB818M6*20DHS2	U-nut M6*20	2

Grade No.	Part No.	Description	QTY
12.1	IFP16041200	Weight Horn	1
12.2	IFP16053100	Plug $\Phi 49 \times 25$	1
12.3	IFP16053000	Sleeve $\Phi 50 \times \Phi 42.1 \times 350$	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

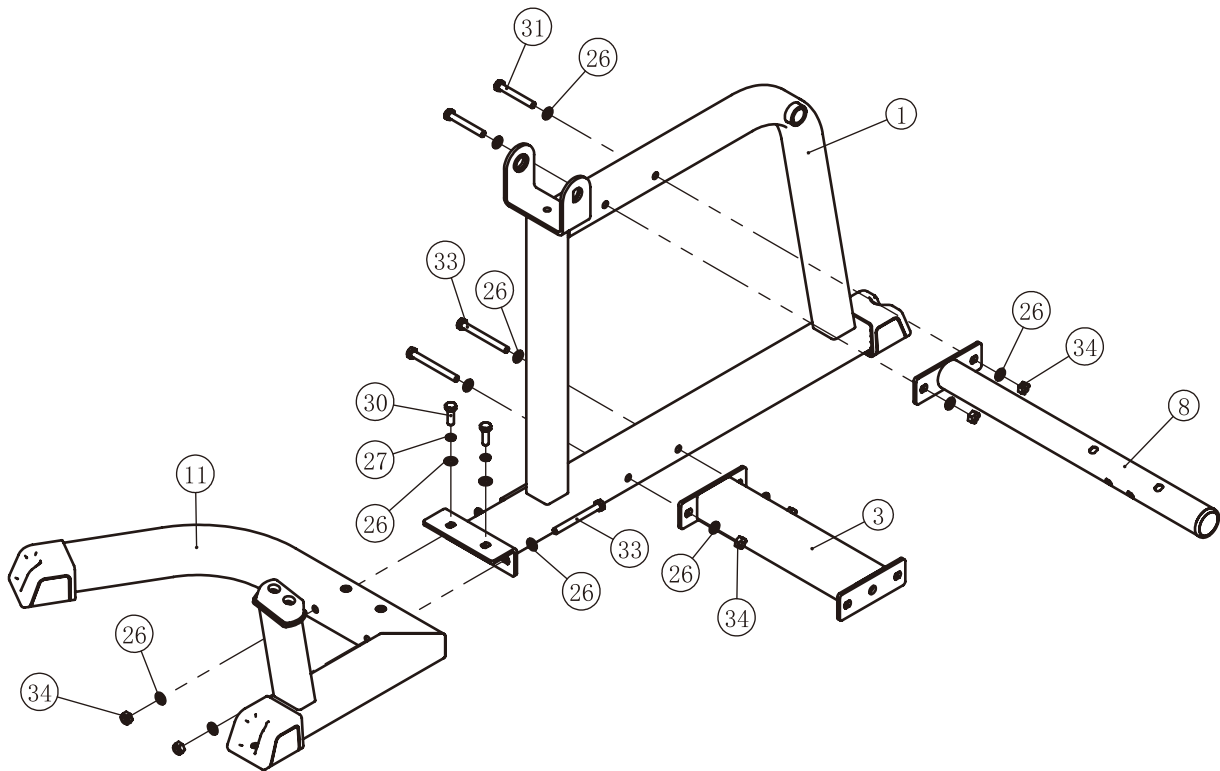
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Front Base Frame ASSY (#11) to the Main Frame ASSY (#1) using:
 - six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
 - two $\Phi 10$ Spring Washer (#27)
 - two M10*30 HHB (#30)
 - two M10*100 HHB (#33)
 - two M10 Nylon Lock Nut (#34)
2. Attach the Bottom Connection Frame (#3), the Upper Connection Frame ASSY (#8) to the Main Frame ASSY (#1) using:
 - eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
 - two M10*75 HHB (#31)
 - two M10*100 HHB (#33)
 - four M10 Nylon Lock Nut (#34)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



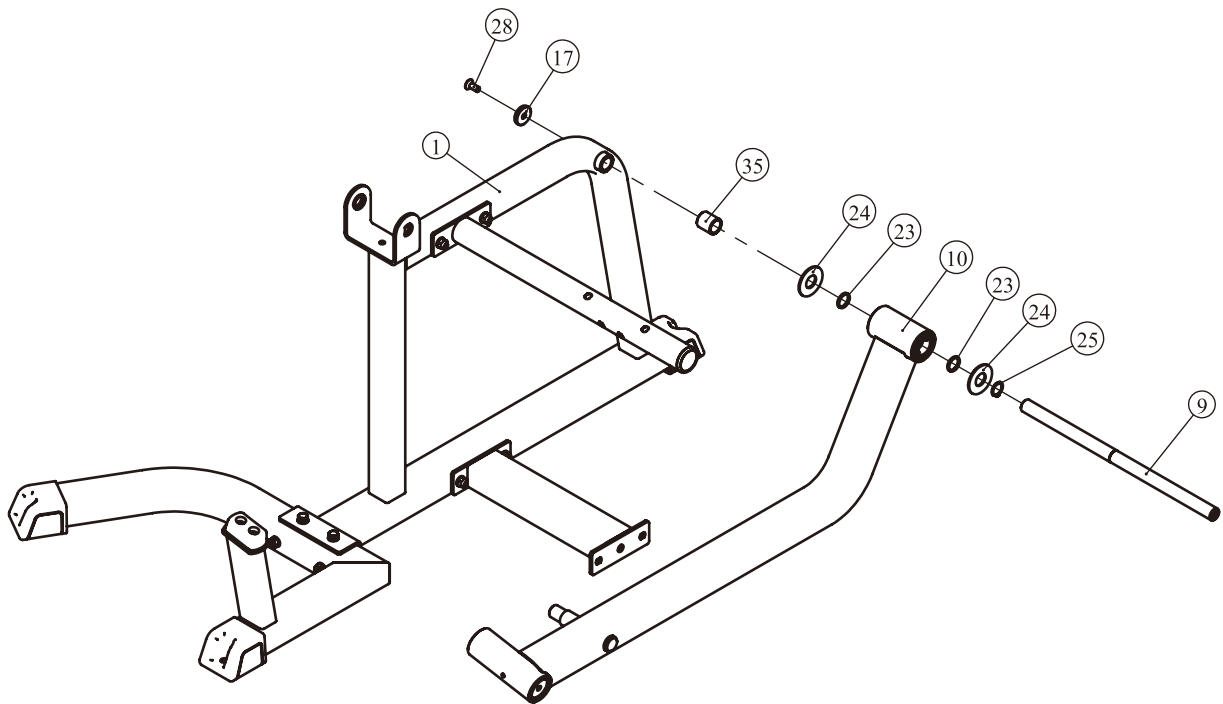
Assembly

STEP 2

Attach the Long Swing Frame ASSY (#10) and the Long Shaft (#9) to the Main Frame ASSY (#1) using:

- one End Cap $\Phi 38 \times \Phi 10.5 \times 8$ (#17)
- two Adjustable Ring $\Phi 30 \times 2.25 \times 3$ (#23)
- two Big Flat Washer $\Phi 60 \times \Phi 26 \times 3$ (#24)
- one Retaining Snap Ring $\Phi 25$ (#25)
- one Flat Head Cap Screw M10 $\times$ 25 (#28)
- one Spacer $\Phi 31.8 \times \Phi 25.4 \times 35$ (#35)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

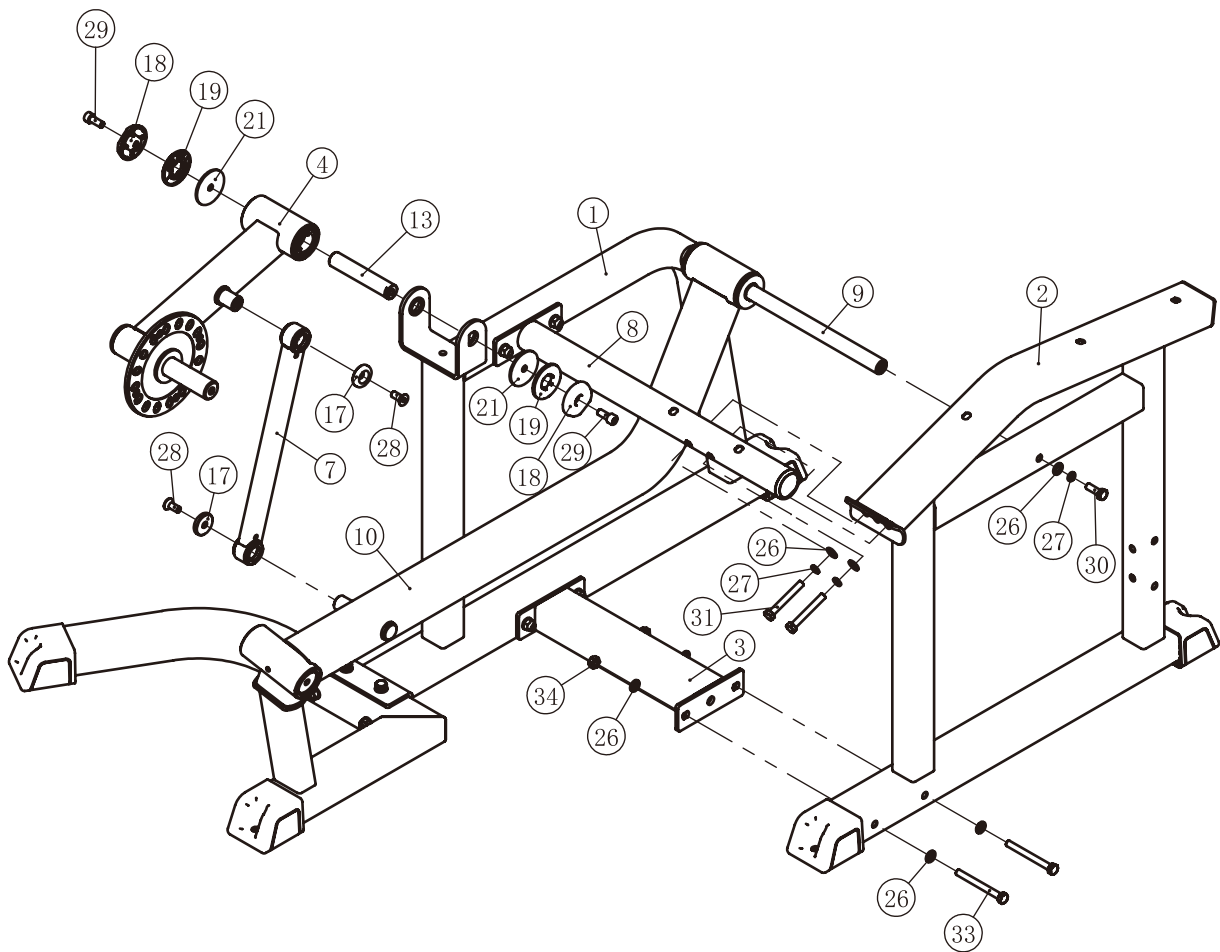


Assembly

STEP 3

1. Attach the Cushion Frame ASSY (#2) to the Main Frame ASSY (#1) using:
seven $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26) two $\Phi 10$ Spring Washer (#27)
one M10*30 HHB (#30) two M10*75 HHB (#31)
two M10*100 HHB (#33) two M10 Nylon Lock Nut (#34)
2. Attach the Swing Frame ASSY (#4) and the Connect Frame ASSY (#7) to Long Swing Frame ASSY (#10) using:
two End Cap $\Phi 38 \times \Phi 10.5 \times 8$ (#17) two Flat Head Cap Screw M10*25 (#28)
3. Attach the Swing Frame ASSY (#4) to the Main Frame ASSY (#1) using:
one Shaft $\Phi 25 \times 133 \times \text{M10}$ (#13) two Cap $\Phi 60$ (#18)
two Circle Ring $\Phi 62.5 \times 5$ (#19) two Big Flat Washer $\Phi 62 \times \Phi 10.5 \times 3$ (#21)
two Socket Head Cap Screw M10*25 (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

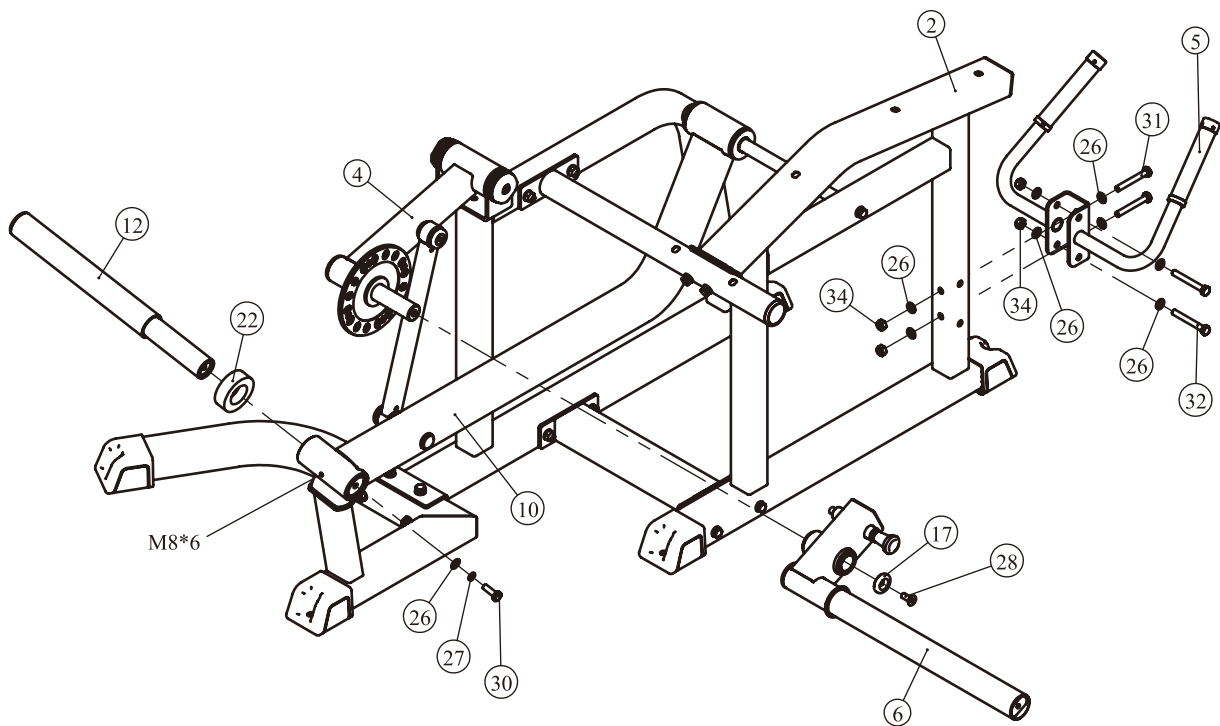


Assembly

STEP 4

1. Attach the Handle Frame ASSY (#5) to the Cushion Frame ASSY (#2) using:
eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
two M10*75 HHB (#31)
two M10*80 HHB (#32)
four M10 Nylon Lock Nut (#34)
2. Attach the FOAM Frame ASSY (#6) to the Long Swing Frame ASSY (#10) using:
one End Cap $\Phi 38 \times \Phi 10.5 \times 8$ (#17)
one Flat Head Cap Screw M10*25 (#28)
3. Loosen the M8*6 screw and attach the Weight Horn ASSY (#12) and the Bumper $\Phi 76 \times \Phi 42 \times 25$ (#22) to the Long Swing Frame ASSY (#10) using:
one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
one $\Phi 10$ Spring Washer (#27)
one M10*30 HHB (#30)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

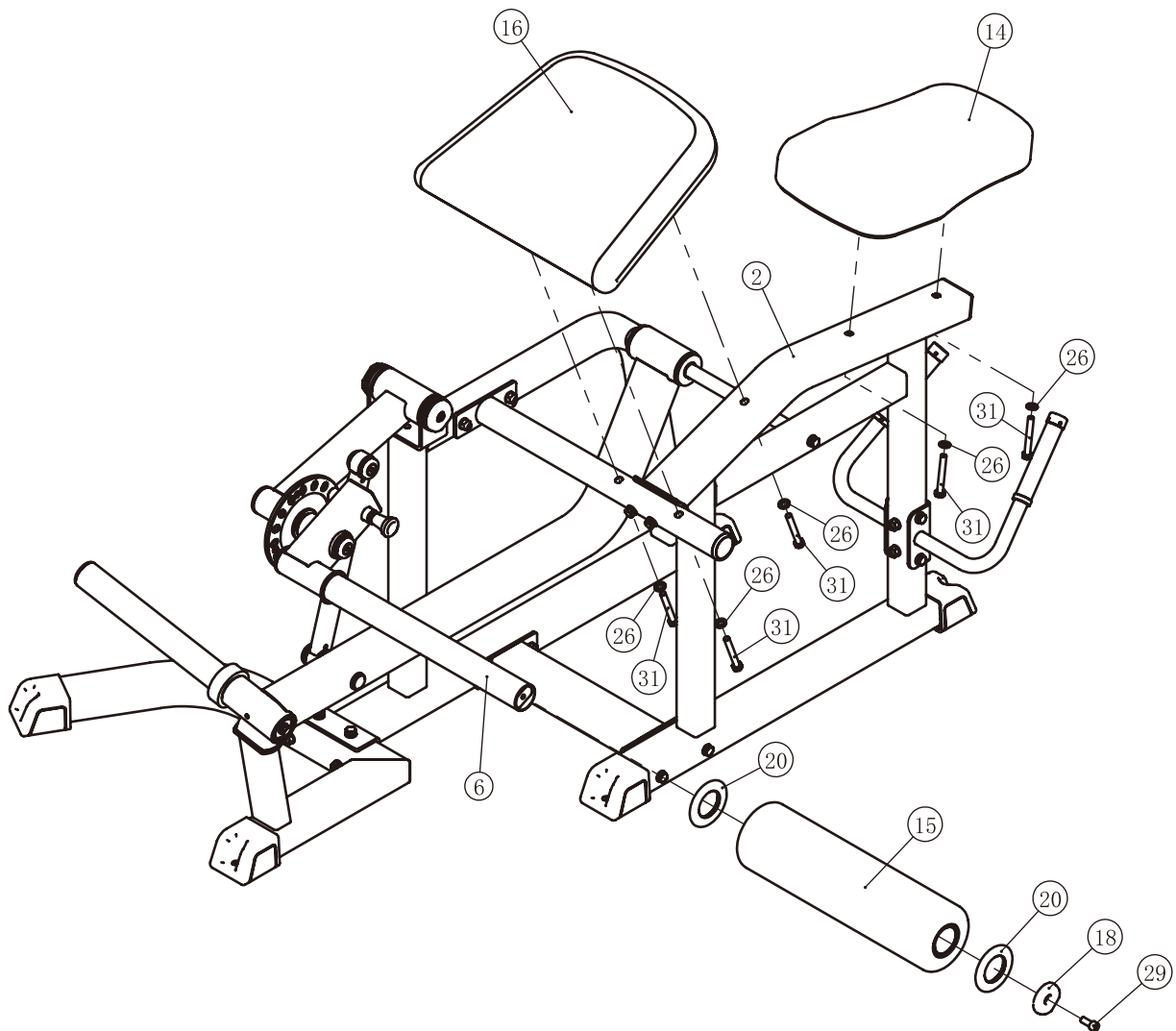


Assembly

STEP 5

1. Attach the Chest Pad (#14) and the Seat Pad(#16) to the Cushion Frame ASSY (#2) using:
five $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
five M10*75 HHB (#31)
2. Attach the FOAM Assembly (#15) to the FOAM Frame ASSY (#6) using:
one Cap $\Phi 60$ (#18)
two Big Collar $\Phi 90 \times \Phi 51.5 \times 6$ (#20)
one Socket Head Cap Screw M10*25 (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



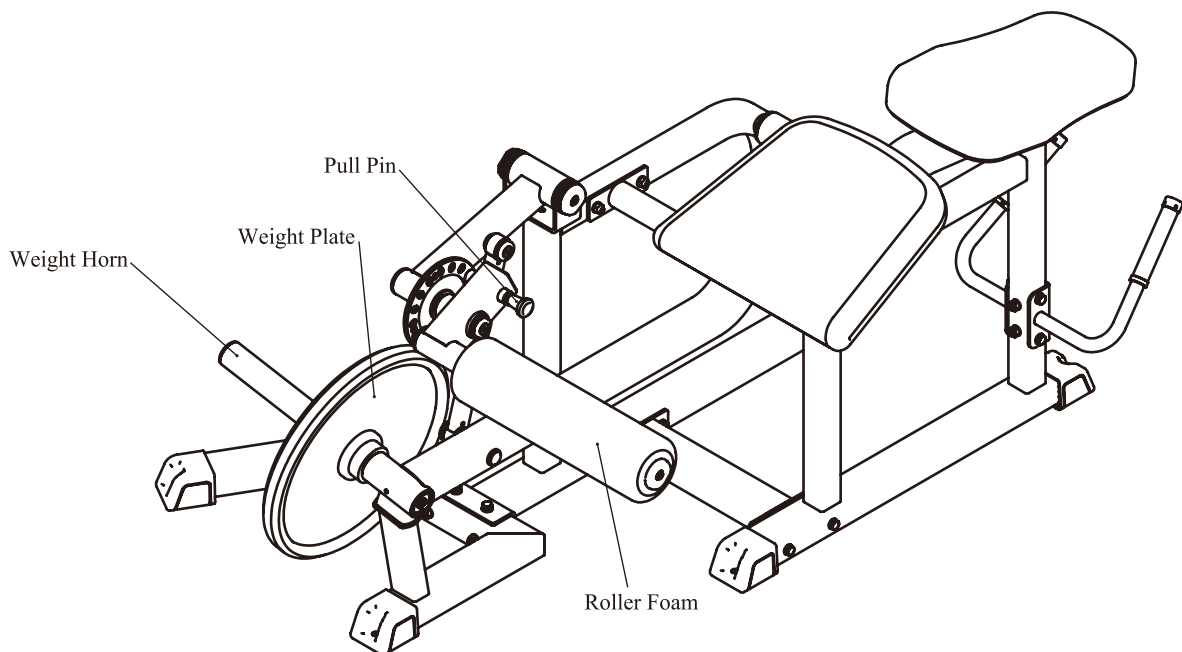
Adjust and Exercise Instruction

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 150kg.
3. This equipment does not contains Weight Plates.

Foam adjustment & Exercise Instruction

1. Pull the Pull pin and adjust the Roller Foam to the desired position.
2. Make sure that the pin gets into the hole completely.
3. Hook both feet under the Roller Foam and curled legs.
4. Pause slightly then 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 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.

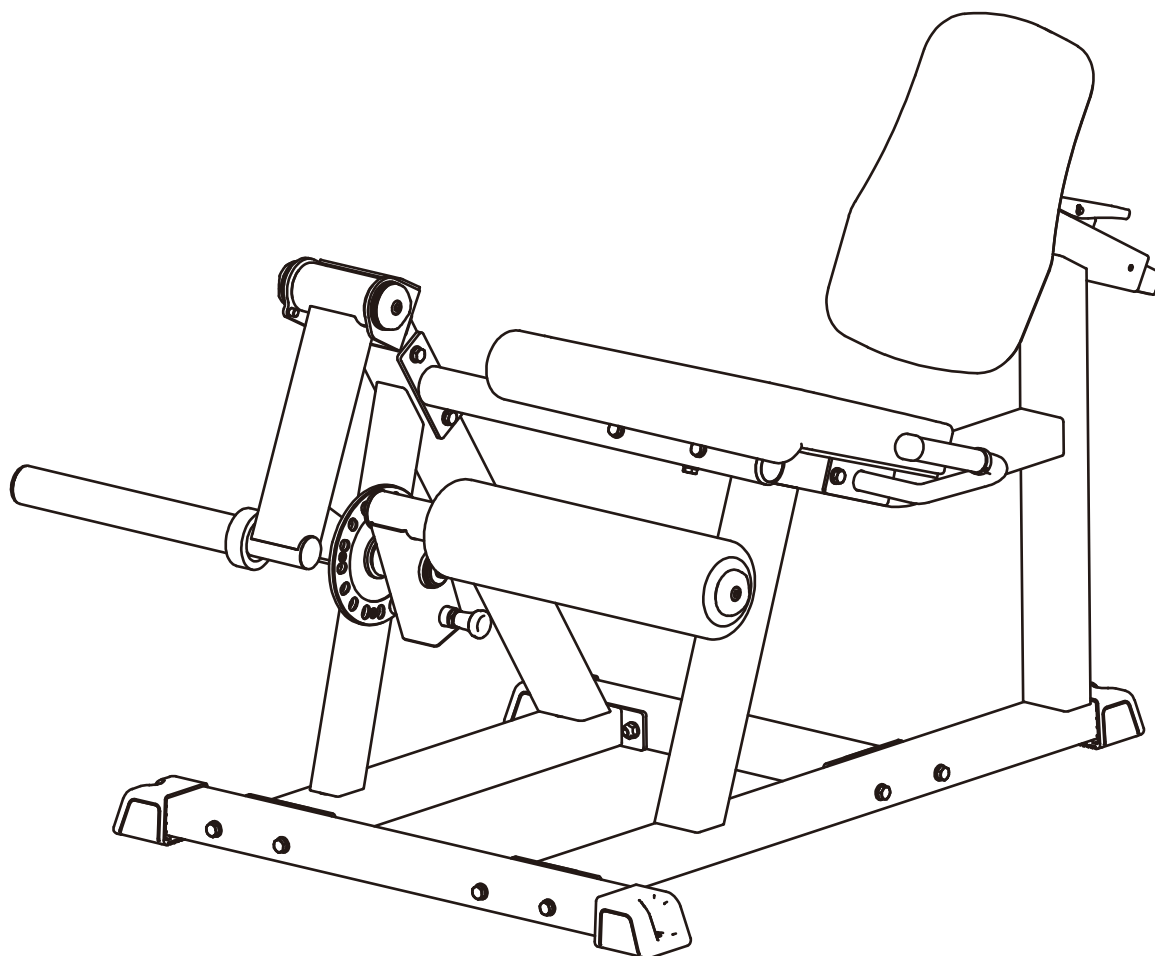
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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.





IFP1605

Seated Leg Extension

OWNER'S MANUAL

22N

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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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.

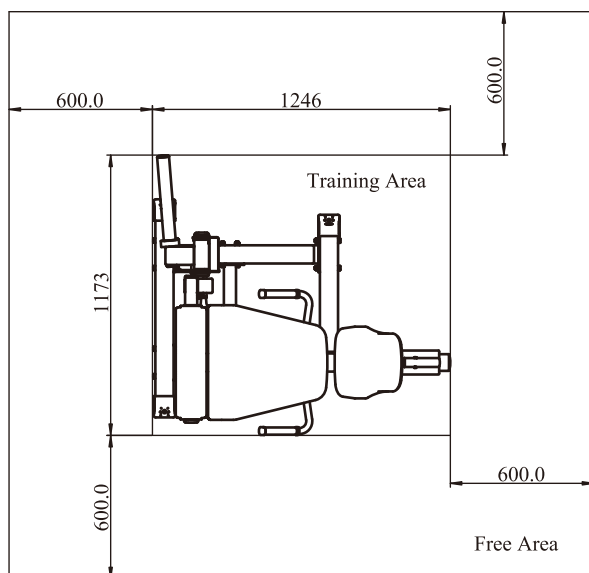
Important Safety Instructions

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: 150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1246*1173*995mm

Product Total Surface: 1246*1173mm

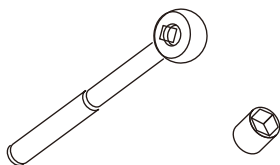
Product Total Mass:

Instructions

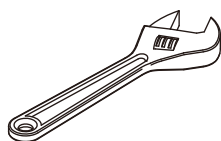
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

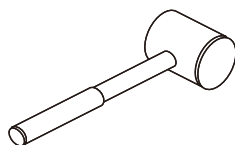
Tools Required



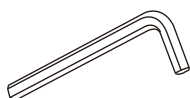
Ratchet Wrench and Socket



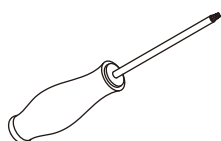
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

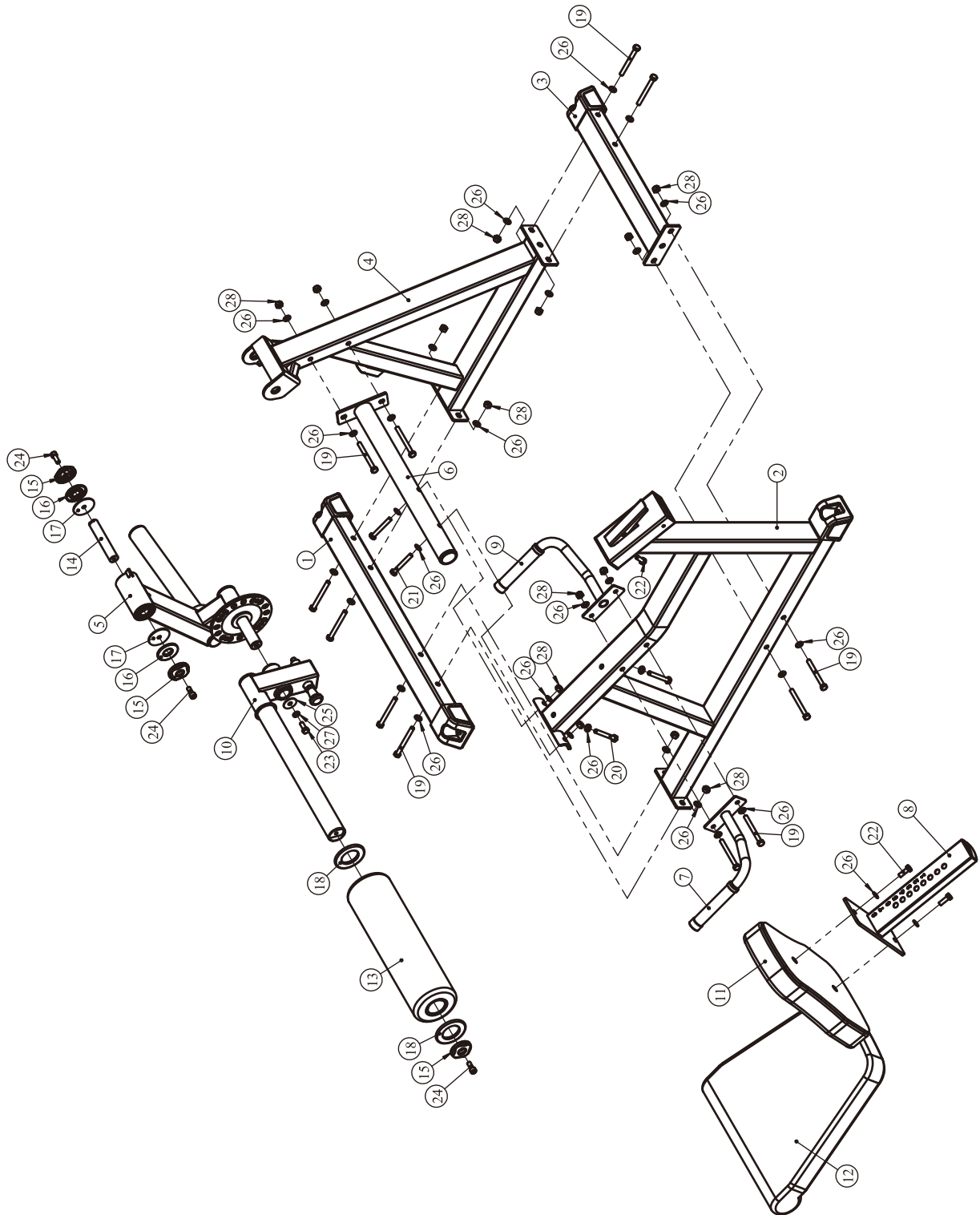
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP160501ASSY	Front Ground Sticking Pipe ASSY	1
2	IFP160502ASSY	Main Frame ASSY	1
3	IFP160503ASSY	Rear Ground Sticking Frame ASSY	1
4	IFP160504ASSY	Support Frame ASSY	1
5	IFP160505ASSY	Swing Frame ASSY	1
6	IFP160506ASSY	Cross Connection Frame ASSY	1
7	IFP160507ASSY	Left Handle Frame ASSY	1
8	IF930508ASSY	Back Pad Frame ASSY	1
9	IFP160509ASSY	Right Handle Frame ASSY	1
10	IFP160510ASSY	FOAM Frame ASSY	1
11	IF93055100V2	Back Pad	1
12	IF93055200V2	Seat Pad	1
13	IF81241100V6	FOAM Assembly	1
14	IT95121100	shaft	1
15	FE97211900	Cap $\Phi 60$	3
16	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
17	IF93062200	Big Washer $\Phi 62 \times \Phi 10.5 \times 3$	2
18	IT80053700	Big Collar	2
19	GB5780M10*100DHS20	Hex Head Bolt M10*100	12
20	GB5780M10*80DHS20	Hex Head Bolt M10*80	2
21	GB5780M10*70DHS20	Hex Head Bolt M10*70	2
22	GB5780M10*30DHS2	Hex Head Bolt M10*30	3
23	GB5781M10*25DHS20	Hex Head Bolt M10*25	1
24	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	3
25	DQ10DHS2D	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	1
26	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	32
27	GB9310DHS12	Spring Washer $\Phi 10$	1
28	NM10DHS2	Nylon Lock Nut M10	14
29	NBS8DHS	Hex Key S=8	1

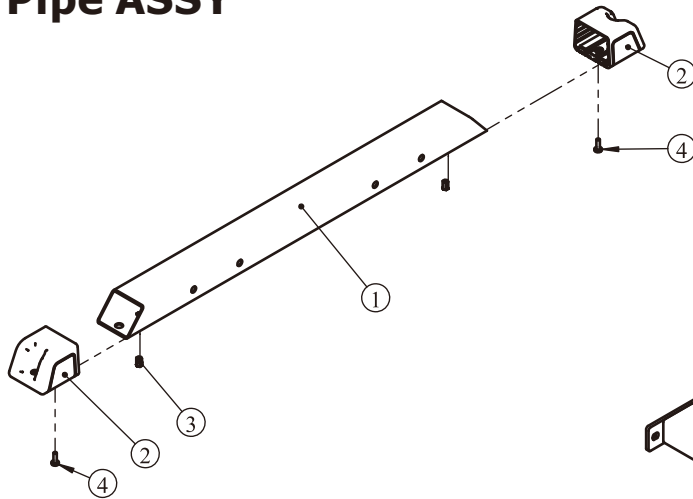
Exploded View and Parts List

Overall

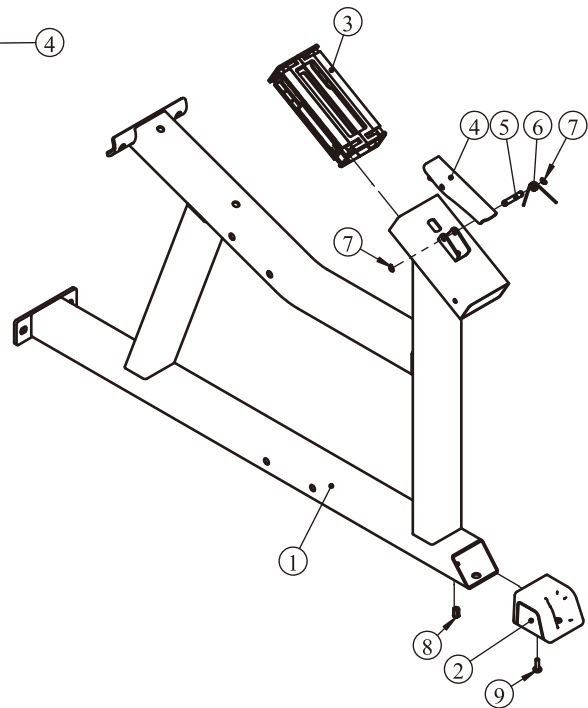


Exploded View and Parts List

Front Ground Sticking Pipe ASSY



Main Frame ASSY

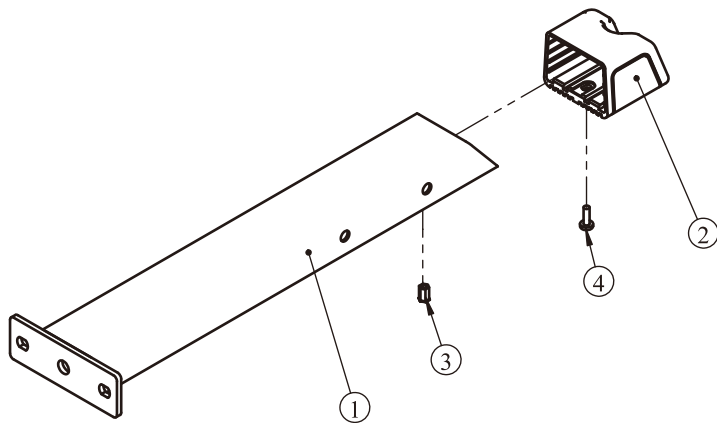


Grade No.	Part No.	Description	QTY
1.1	IFP16050100	Front Ground Sticking Pipe	1
1.2	IFP12013300	Ground Plug	2
1.3	GB17880.3M6*15DS17	Rivet Nut M6*15	2
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

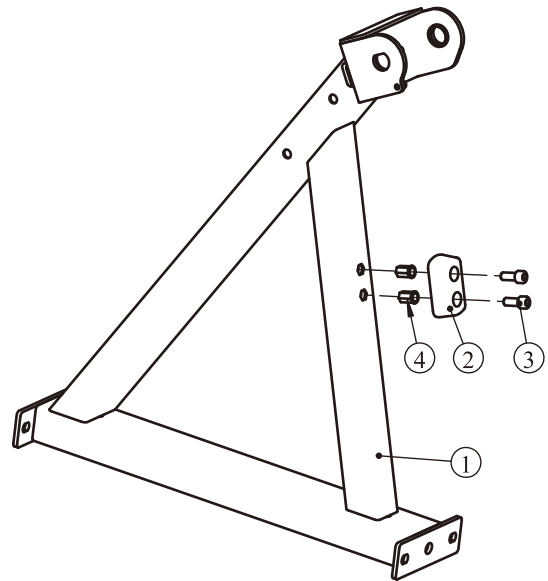
Grade No.	Part No.	Description	QTY
2.1	IFP16050200	Main Frame	1
2.2	IFP12013300	Ground Plug	1
2.3	IF93035000	Inner Wear Sleeve	2
2.4	IT95014500	Adjustable Support	1
2.5	CWRVL0012200	Roll Pin	1
2.6	AXT3S5500	Torsional Spring	1
2.7	GB894.18FH12	Circlips For Shaft Φ8	2
2.8	GB17880.3M6*15DS17	Rivet Nut M6*15	1
2.9	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

Exploded View and Parts List

Rear Ground Sticking Frame ASSY



Support Frame ASSY



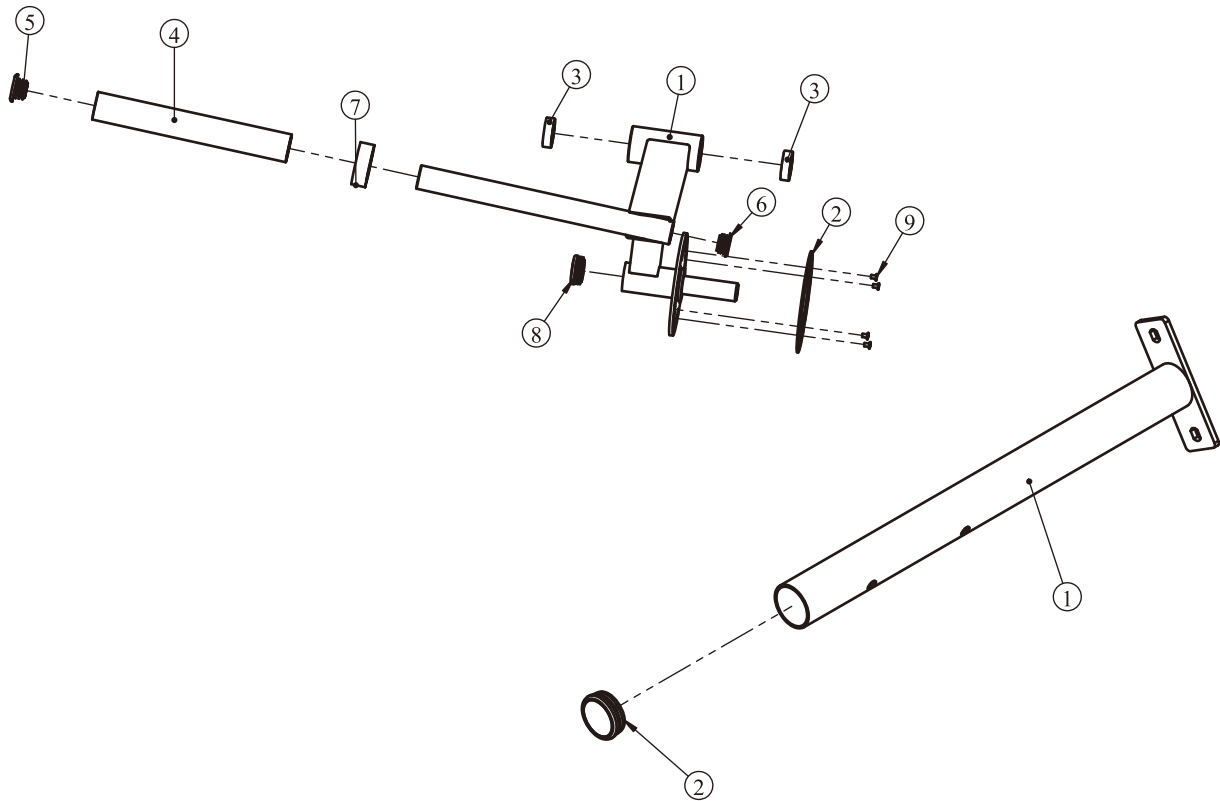
Grade No.	Part No.	Description	QTY
3.1	IFP16050300	Rear Ground Sticking Frame	1
3.2	IFP12013300	Ground Plug	1
3.3	GB17880.3M6*15DS17	Rivet Nut M6*15	1
3.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

Grade No.	Part No.	Description	QTY
4.1	IFP16050400	Support Frame	1
4.2	RS17000400	Bumper	1
4.3	GB70M10*25DHS20	Rivet Nut M6*15	2
4.4	GB17880.5M10*19.5DS17	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

Swing Frame ASSY

Cross Connection Frame ASSY

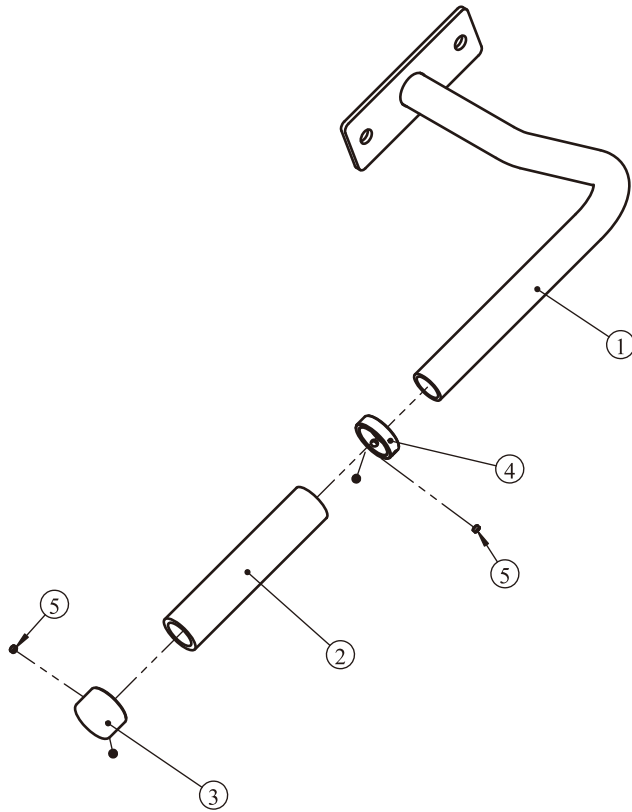


Grade No.	Part No.	Description	QTY
5.1	IFP16050500	Swing Frame	1
5.2	IF93051500	Lining Board	1
5.3	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$	2
5.4	IFP16053000	Weight Horn Sleeve	1
5.5	IFP16053100	Plug $\Phi 49$	1
5.6	IFP16053200	Plug $\Phi 42$	1
5.7	HF985A1500	Bumper	1
5.8	B10009900	Plug $\Phi 50.8$	1
5.9	GB819M6*10N19	Philips Countersunk Screw M6*10	4

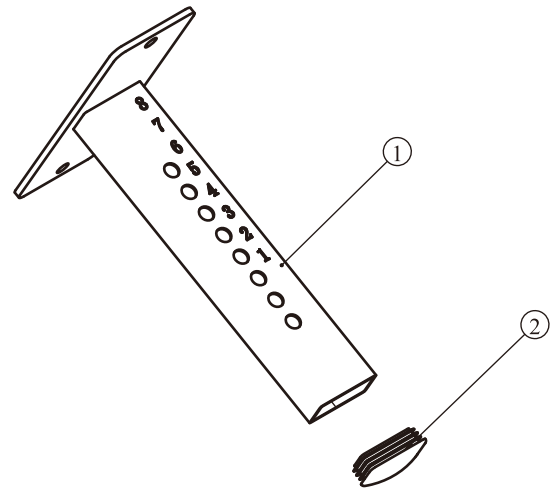
Grade No.	Part No.	Description	QTY
6.1	IFP16050600	Cross Connection Frame	1
6.2	B10009900	Plug $\Phi 50.8$	1

Exploded View and Parts List

Left Handle Frame ASSY



Back Pad Frame ASS

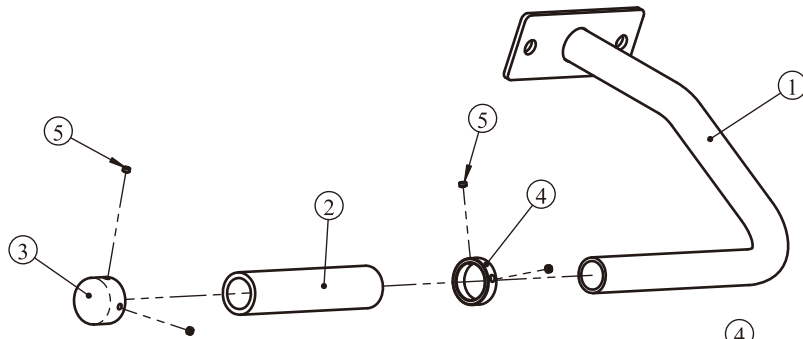


Grade No.	Part No.	Description	QTY
7.1	IFP16050700	Left Handle Frame	1
7.2	FE97031800	Grip ST Φ 31* Φ 24*140	1
7.3	V39600	Aluminum Grip Cap Φ 32	1
7.4	V39500	Aluminum Grip Ring Φ 32	1
7.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

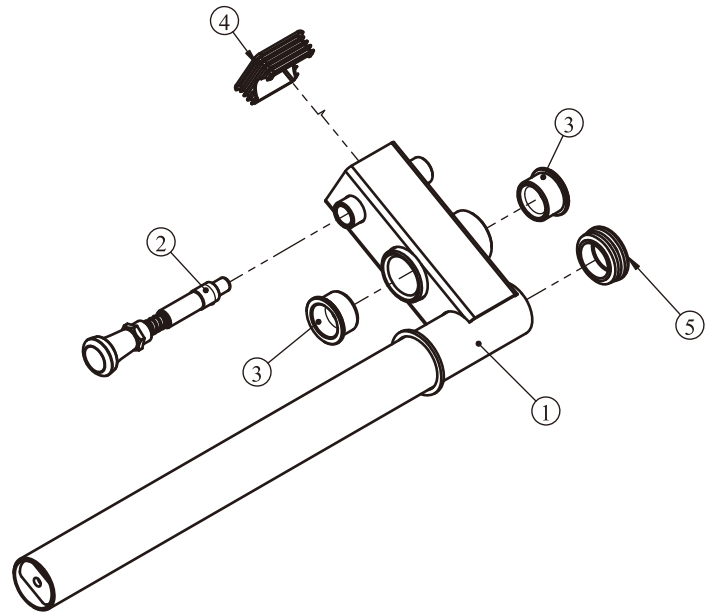
Grade No.	Part No.	Description	QTY
8.1	IF93050800	Back Pad Support	1
8.2	IF93053100	Plug $\square$ 30*70	1

Exploded View and Parts List

Right Handle Frame ASSY



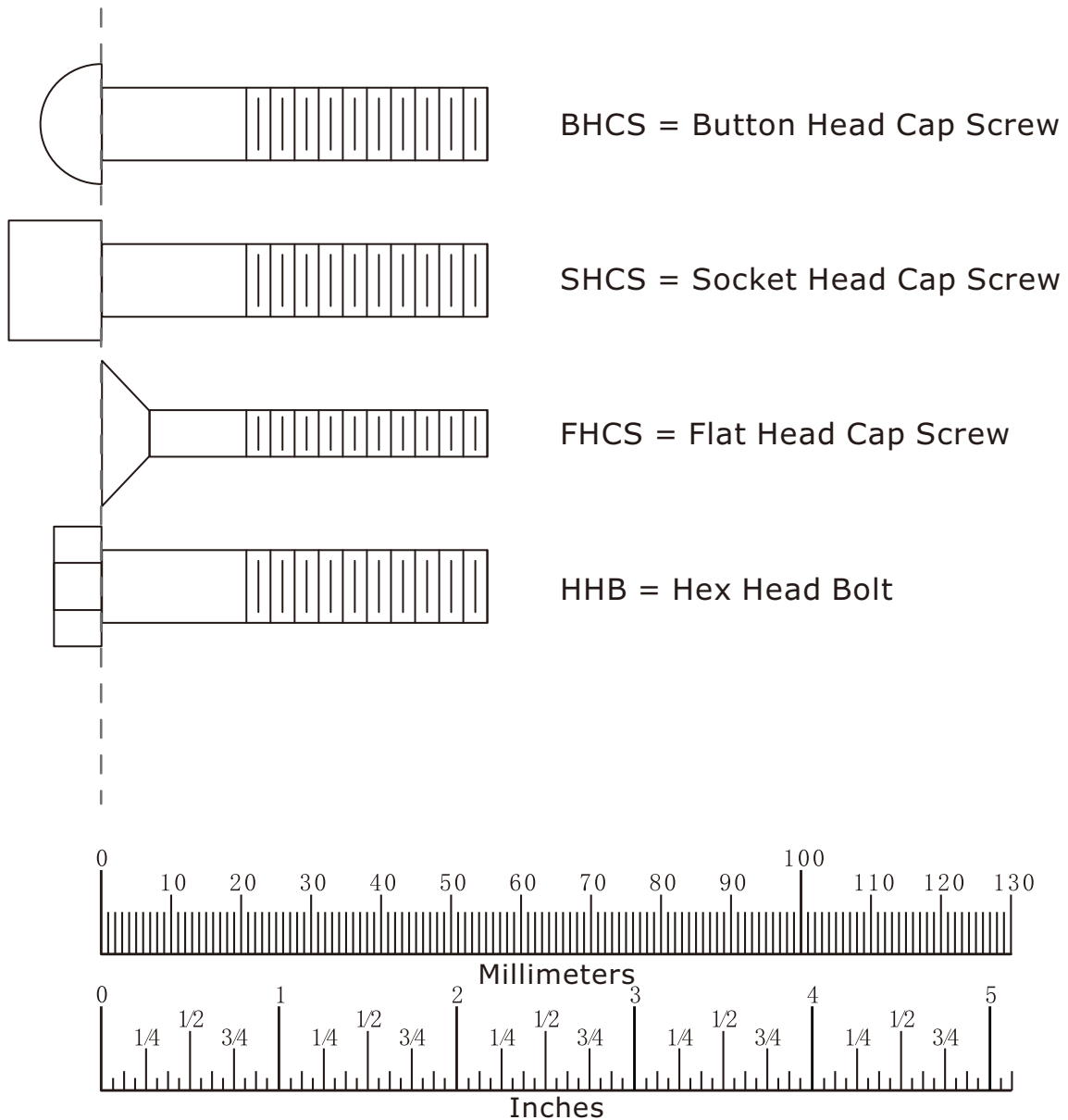
FOAM Frame ASSY



Grade No.	Part No.	Description	QTY
9.1	IFP16050900	Right Handle Frame	1
9.2	FE97031800	Grip ST $\Phi 31 \times \Phi 24 \times 140$	1
9.3	V39600	Aluminum Grip Cap $\Phi 32$	1
9.4	V39500	Aluminum Grip Ring $\Phi 32$	1
9.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Grade No.	Part No.	Description	QTY
10.1	IFP16051000	FOAM Frame	1
10.2	SL70461800	Pin ASSY	1
10.3	CWS134005-101	Bushing $\Phi 45 \times \Phi 38 \times \Phi 32 \times 25$	2
10.4	IPB-XL0011900	Plug $\square 60$	1
10.5	B10009900	Plug $\Phi 50.8$	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

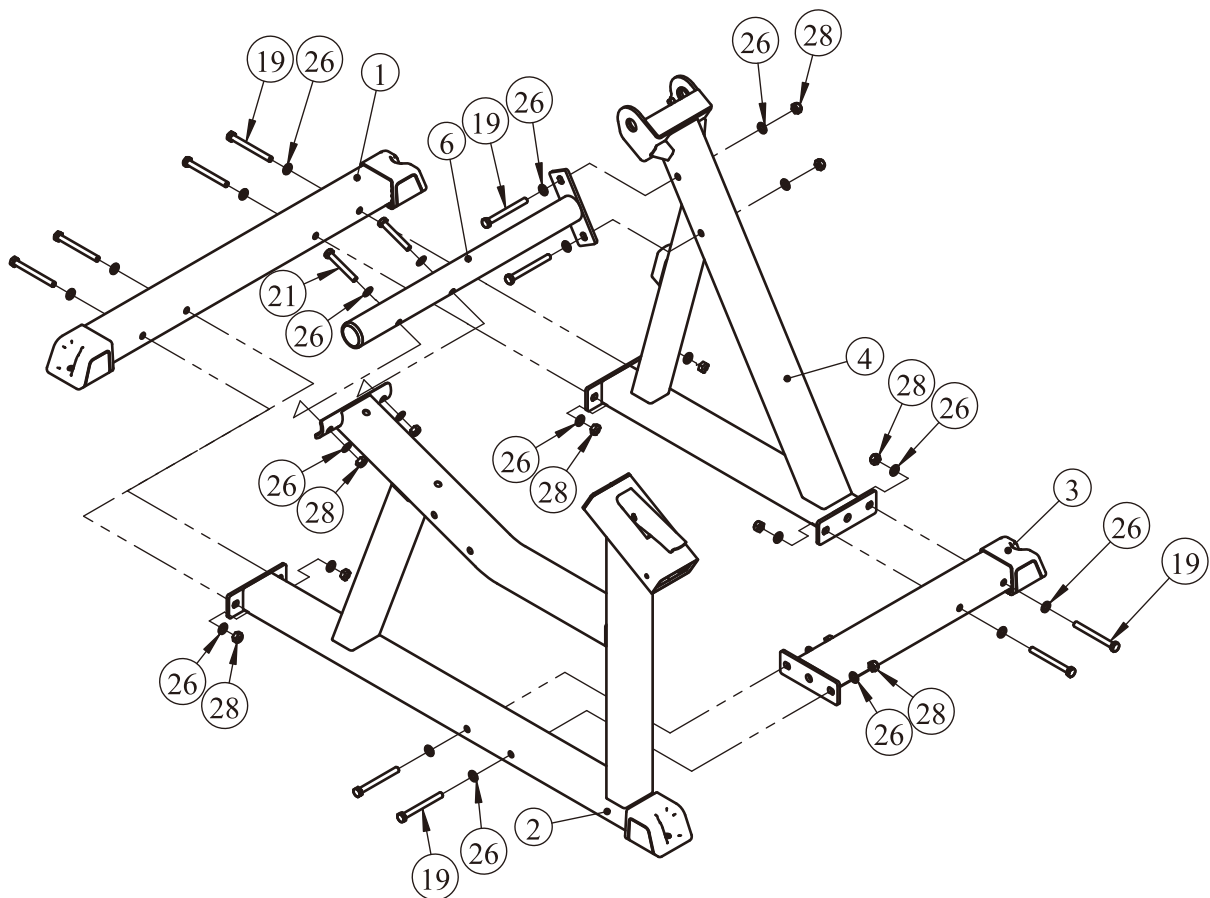
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Main Frame ASSY (#2) and the Support Frame ASSY (#4) to the Front Ground Sticking Pipe ASSY (#1) using:
four M10*100 HHB (#19) eight $\Phi 11*\Phi 20*2$ Flat Washer (#26)
four M10 Nylon Lock Nut (#28)
2. Attach the Rear Ground Sticking Frame ASSY (#3) to the Main Frame ASSY (#2) and the Support Frame ASSY (#4) using:
four M10*100 HHB (#19) eight $\Phi 11*\Phi 20*2$ Flat Washer (#26)
four M10 Nylon Lock Nut (#28)
3. Attach the Cross Connection Frame ASSY (#6) to the Main Frame ASSY (#2) and the Support Frame ASSY (#4) using:
two M10*100 HHB (#19) two M10*70 HHB (#21)
eight $\Phi 11*\Phi 20*2$ Flat Washer (#26) four M10 Nylon Lock Nut (#28)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

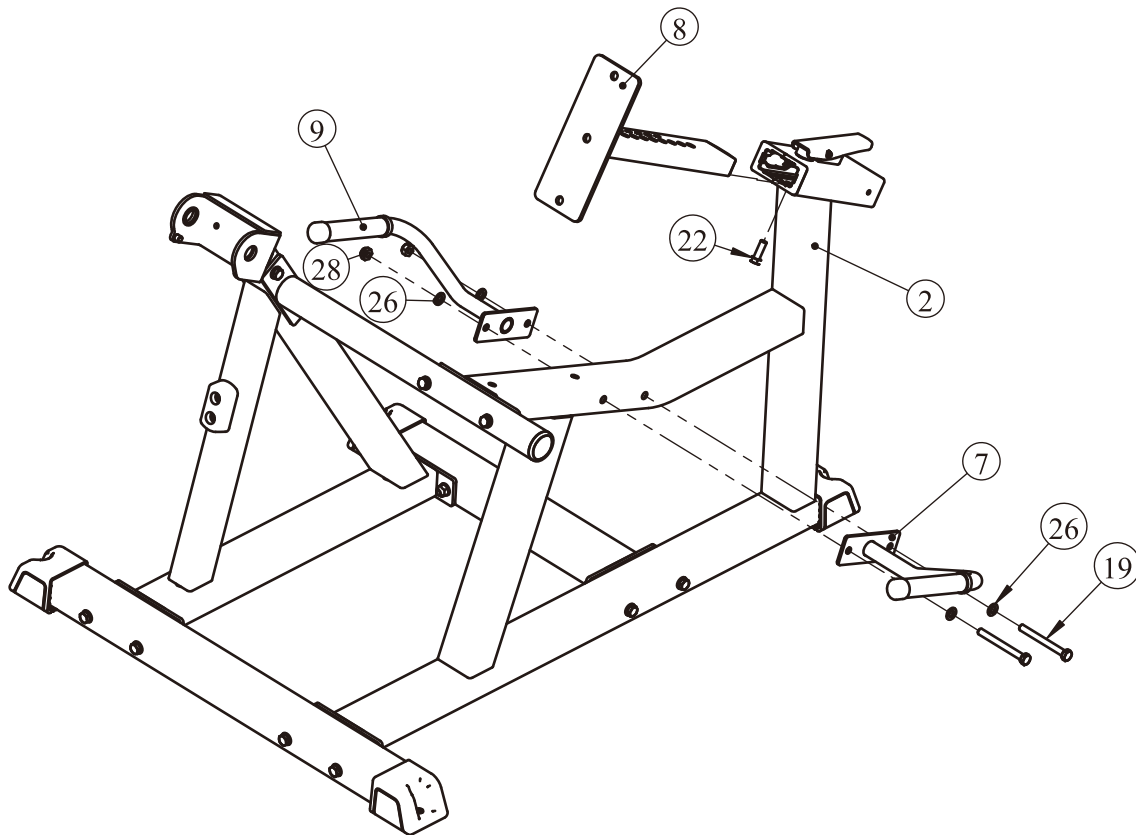


Assembly

STEP 2

1. Attach the Back Pad Frame ASSY (#8) to the Main Frame ASSY (#2) using:
one M10*30 HHB (#22)
2. Attach the Left Handle Frame ASSY (#7) and the Right Handle Frame ASSY (#9) to the Main Frame ASSY (#2) using:
two M10*100 HHB (#19)
four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
two M10 Nylon Lock Nut (#28)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

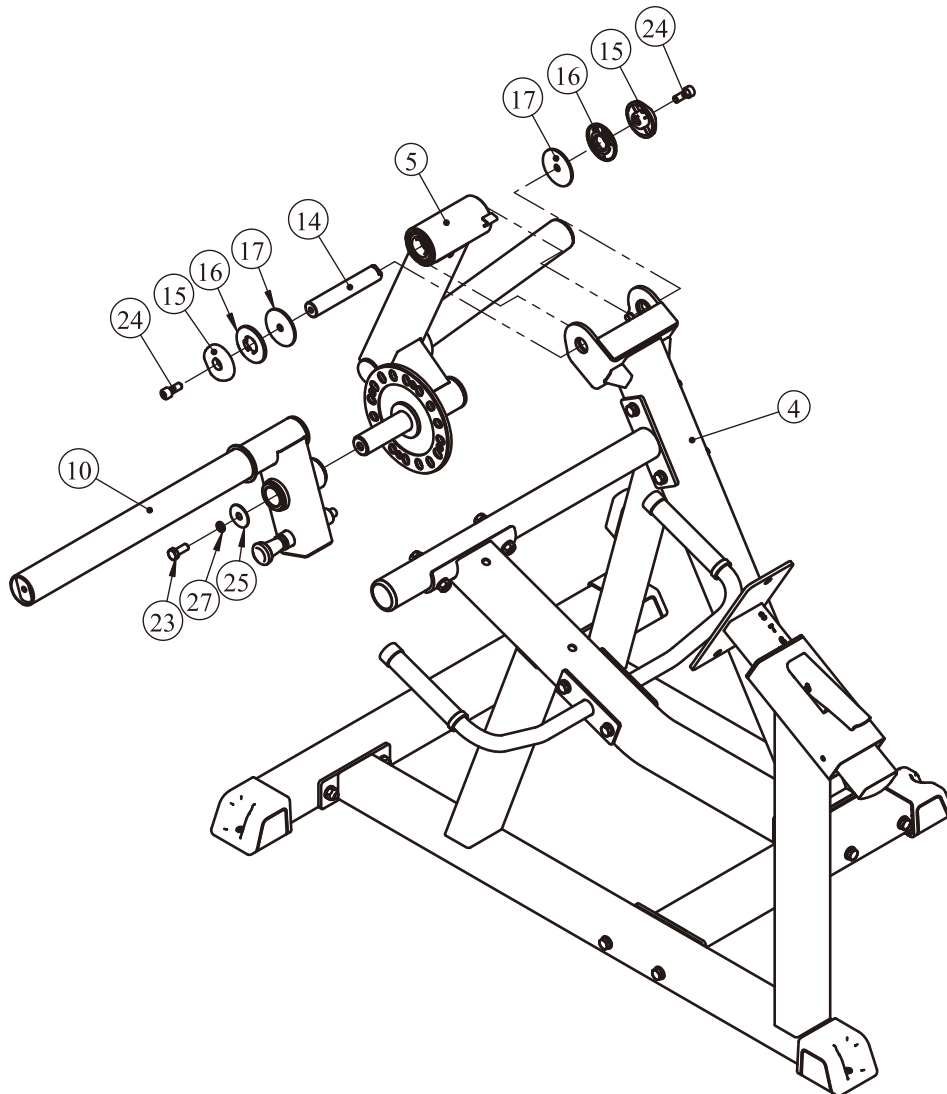


Assembly

STEP 3

1. Attach the Swing Frame ASSY (#5) to the Support Frame ASSY (#4) using:
 - two M10*25 SHCS (#24)
 - two Cap $\Phi 60$ (#15)
 - two Circle Ring $\Phi 62.5 \times 5$ (#16)
 - two Big Washer $\Phi 62 \times \Phi 10.5 \times 3$ (#17)
 - one shaft (#14)
2. Attach the FOAM Frame ASSY (#10) to the Swing Frame ASSY (#5) using:
 - one M10*25 HHB (#23)
 - one Spring Washer $\Phi 10$ (#27)
 - one Flat Washer $\Phi 11 \times \Phi 38 \times 2$ (#25)

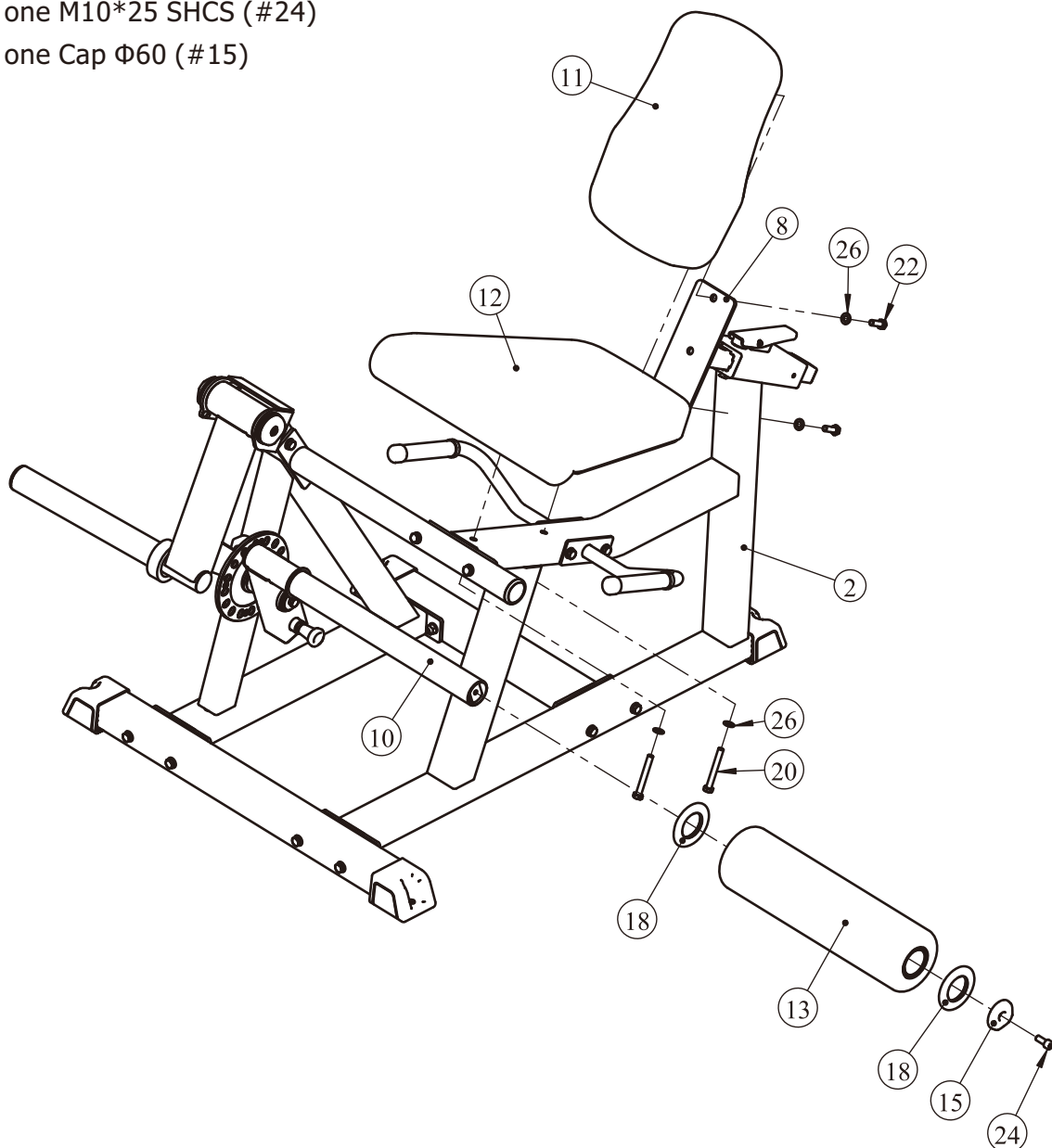
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4

1. Attach the Back Pad (#11) to the Back Pad Frame ASSY (#8) using:
two M10*30 HHB (#22)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
2. Attach the Seat Pad (#12) to the Main Frame ASSY (#2) using:
two M10*80 HHB (#20)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#26)
3. Attach the FOAM Assembly (#13) and two Big Collar (#18) to the FOAM Frame ASSY (#10) using:
one M10*25 SHCS (#24)
one Cap $\Phi 60$ (#15)



Adjust and Exercise Instruction

The Back Pad adjustment

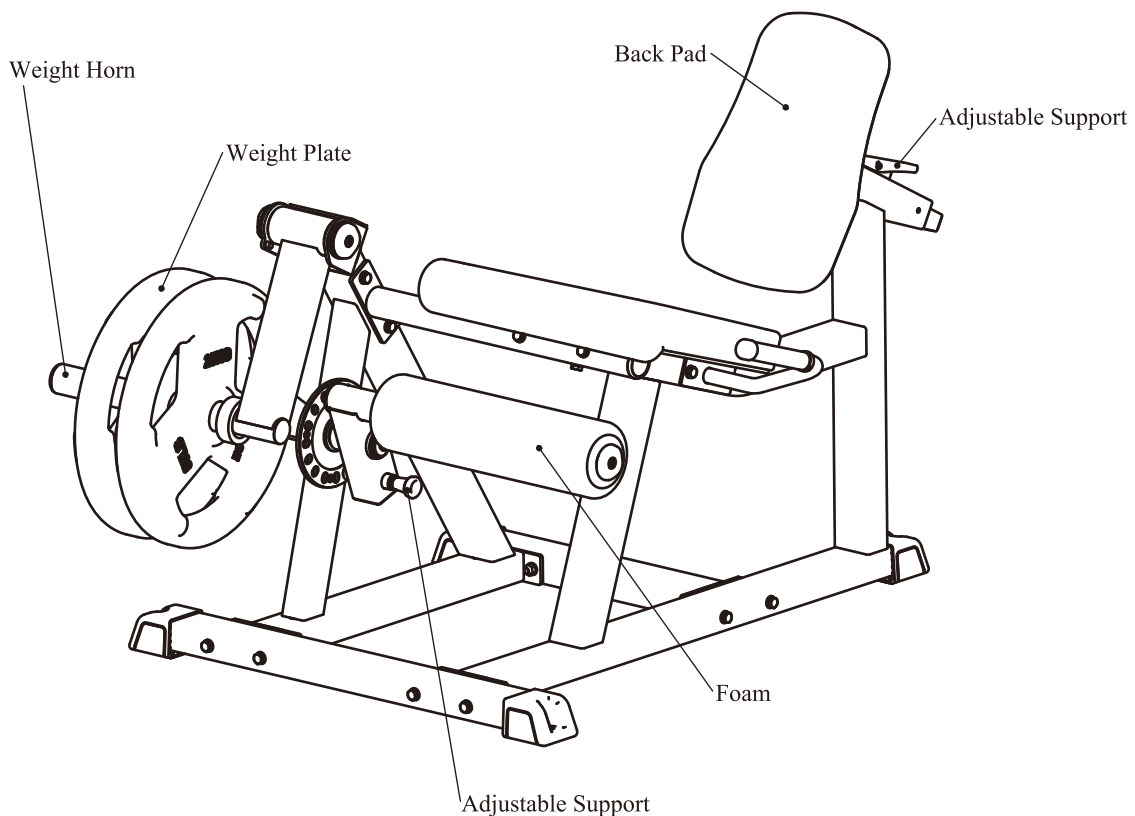
1. Pull the Adjustable Support and adjust the Back Pad to the desired position.
2. Make sure the pin gets into the hole completely.

The Use Position adjustment

1. Pull the Adjustable Support and adjust the FOAM to the desired position.
2. Make sure the pin gets into the hole completely.

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 can not be greater than 150kg.
3. This equipment does not contains Weight Plates.



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.

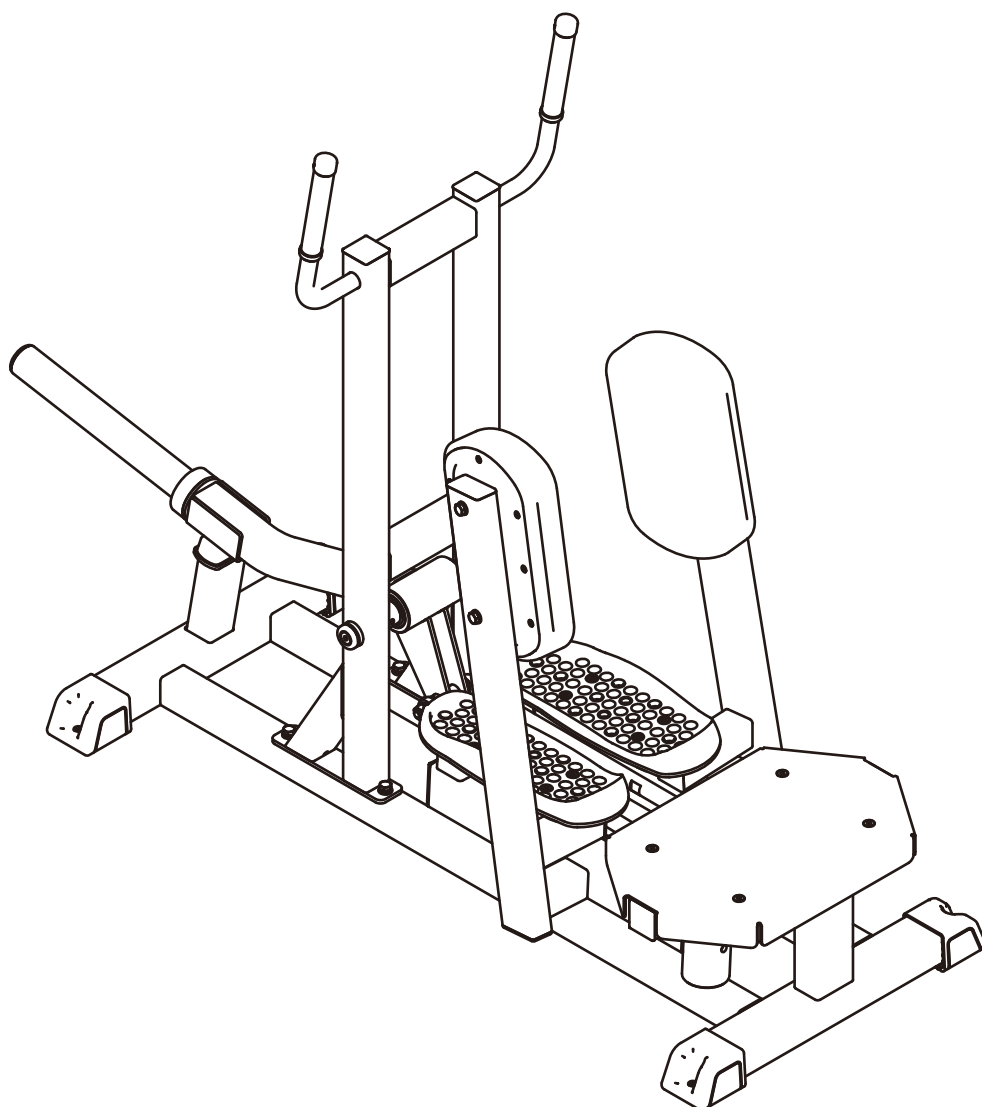
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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.





IFP1622

Standing Hip Abductor

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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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.

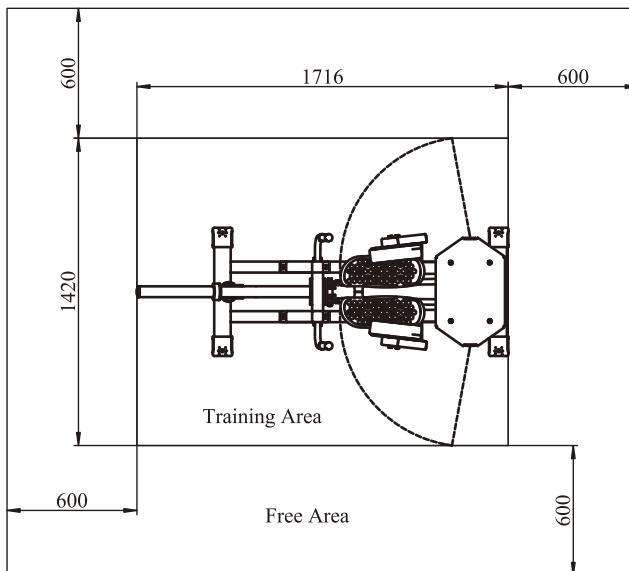
Important Safety Instructions

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: 150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1716*592*1280mm

Product Total Surface: 1716*1420mm

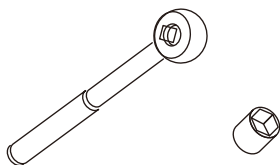
Product Total Mass:

Instructions

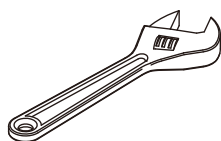
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

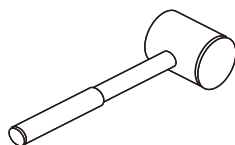
Tools Required



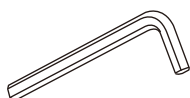
Ratchet Wrench and Socket



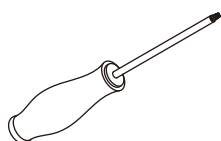
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

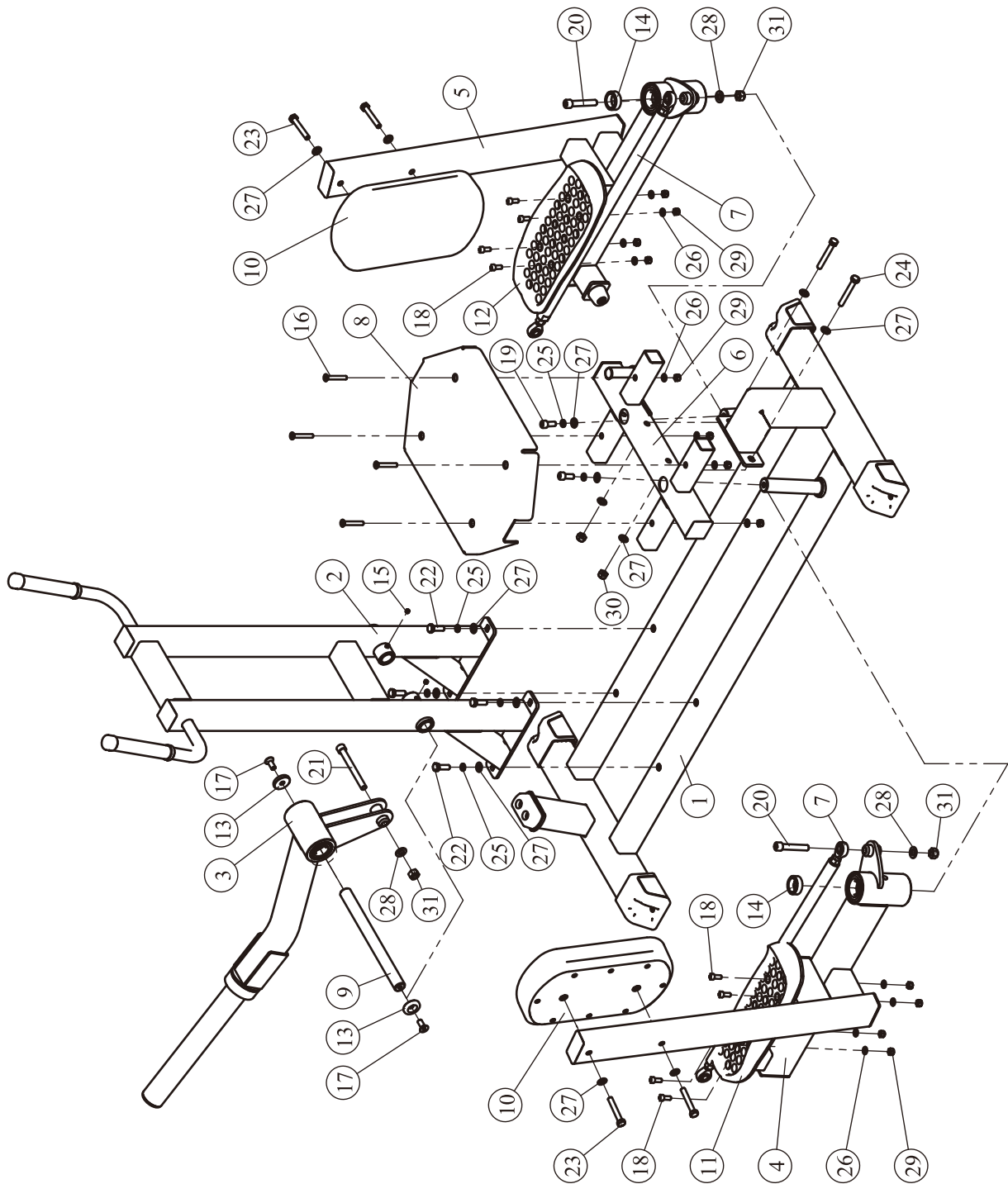
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP162201ASSY	Bottom Frame ASSY	1
2	IFP162202ASSY	Stand Frame ASSY	1
3	IFP162203ASSY	Barbell Bar Rack ASSY	1
4	IFP162204ASSY	Left Swing Frame ASSY	1
5	IFP162205ASSY	Right Swing Frame ASSY	1
6	IFP162206ASSY	Pedal Fixed Mount ASSY	1
7	IFP162207ASSY	Link Rod ASSY	2
8	IFP16220800	Foot Plate	1
9	IFP17070900	Shaft	1
10	IT95261200V3	Leg Pad	2
11	IW38700	Left Pedal	1
12	IW38800	Right Pedal	1
13	IN-D21202000	Cap $\Phi 38$	2
14	SL0011000	Circle Ring $\Phi 40 \times \Phi 30.2 \times 14.5$	2
15	GB77M8*6DHS2	Socket Set Screw M8*6	2
16	CNLM8*55DHS20	Flat Head Cap Screw M8*55	4
17	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	2
18	GB70M8*20DHS20	Socket Head Cap Screw M8*20	8
19	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2
20	GB70M12*70DHS20	Socket Head Cap Screw M12*70	2
21	GB70M12*115DHS20	Socket Head Cap Screw M12*115	1
22	GB5780M10*30DHS20NL	Hex Head Bolt M10*30	4
23	GB5780M10*65DHS20	Hex Head Bolt M10*65	4
24	GB5780M10*75DHS20	Hex Head Bolt M10*75	2
25	GB9310DHS12	Spring Washer $\Phi 10$	6
26	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	12
27	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	14
28	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	3
29	NM8DHS2	Nylon Lock Nut M8	12
30	NM10DHS2	Nylon Lock Nut M10	2
31	NM12DHS2	Nylon Lock Nut M12	3

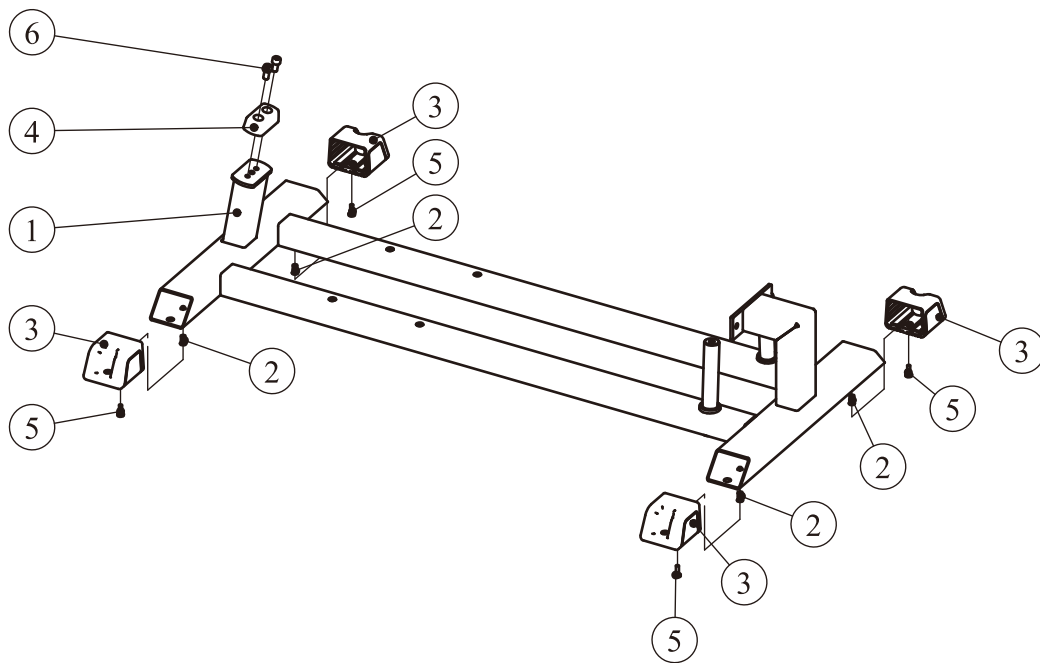
Exploded View and Parts List

Overall



Exploded View and Parts List

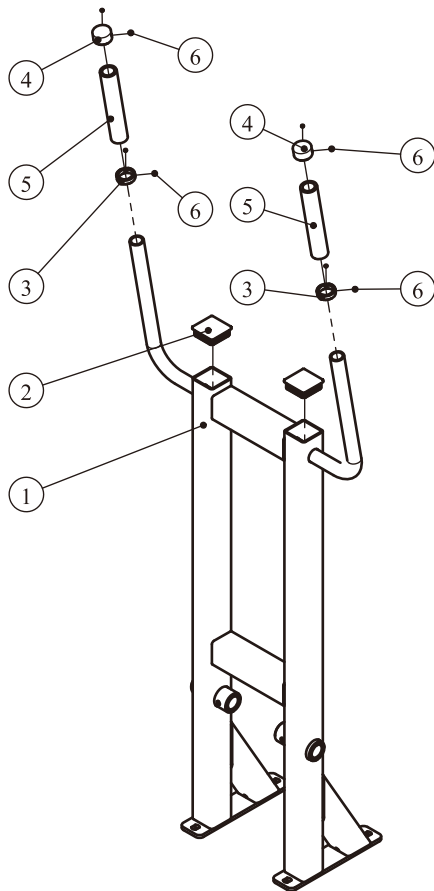
Bottom Frame ASSY



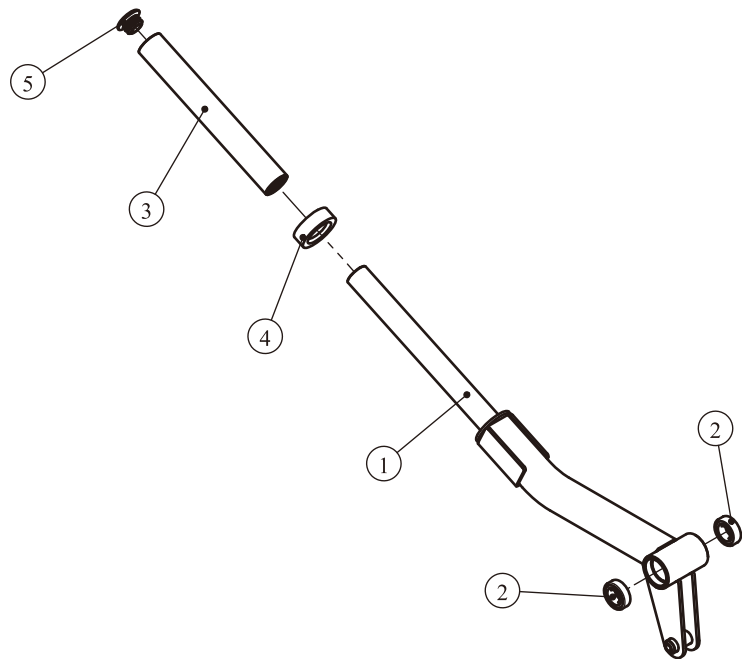
Grade No.	Part No.	Description	QTY
1.1	IFP16220100	Bottom Frame	1
1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	4
1.3	IFP12013300	Foot Cap	4
1.4	RS17000400	Rubber Bumper	1
1.5	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
1.6	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2

Exploded View and Parts List

Stand Frame ASSY



Barbell Bar Rack ASSY

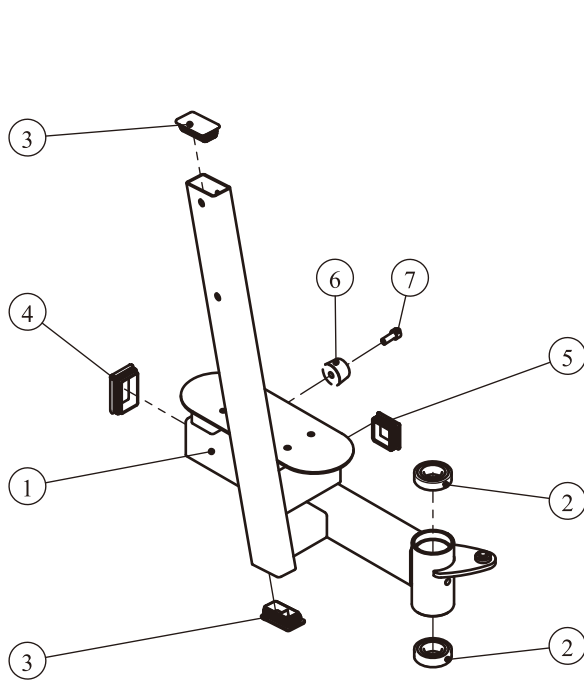


Grade No.	Part No.	Description	QTY
2.1	IFP16220200	Stand Frame	1
2.2	KPSFID3000	Tube Plug □50.8	2
2.3	V39500	Aluminum Grip Ring Φ25.4	2
2.4	V39600	Aluminum Grip Cap Φ25.4	2
2.5	026-01PL0206-14	Grip	2
2.6	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

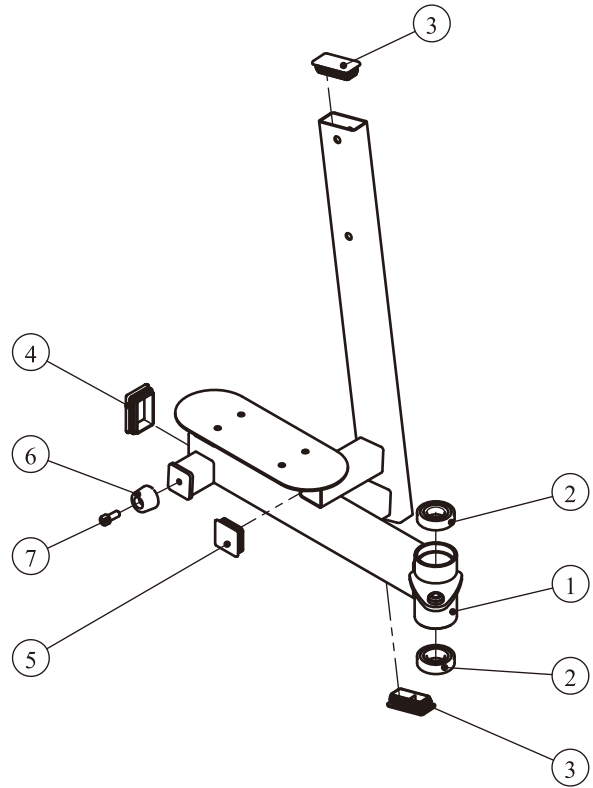
Grade No.	Part No.	Description	QTY
3.1	IFP16220300	Barbell Bar Rack	1
3.2	GB2766205-2ZC3	Bearing 6205	2
3.3	IFP16053000	Weight Horn Sleeve	1
3.4	HF985A1500	Rubber Bumper	1
3.5	IFP16053100	Tube Plug Φ45	1

Exploded View and Parts List

Left Swing Frame ASSY



Right Swing Frame ASSY



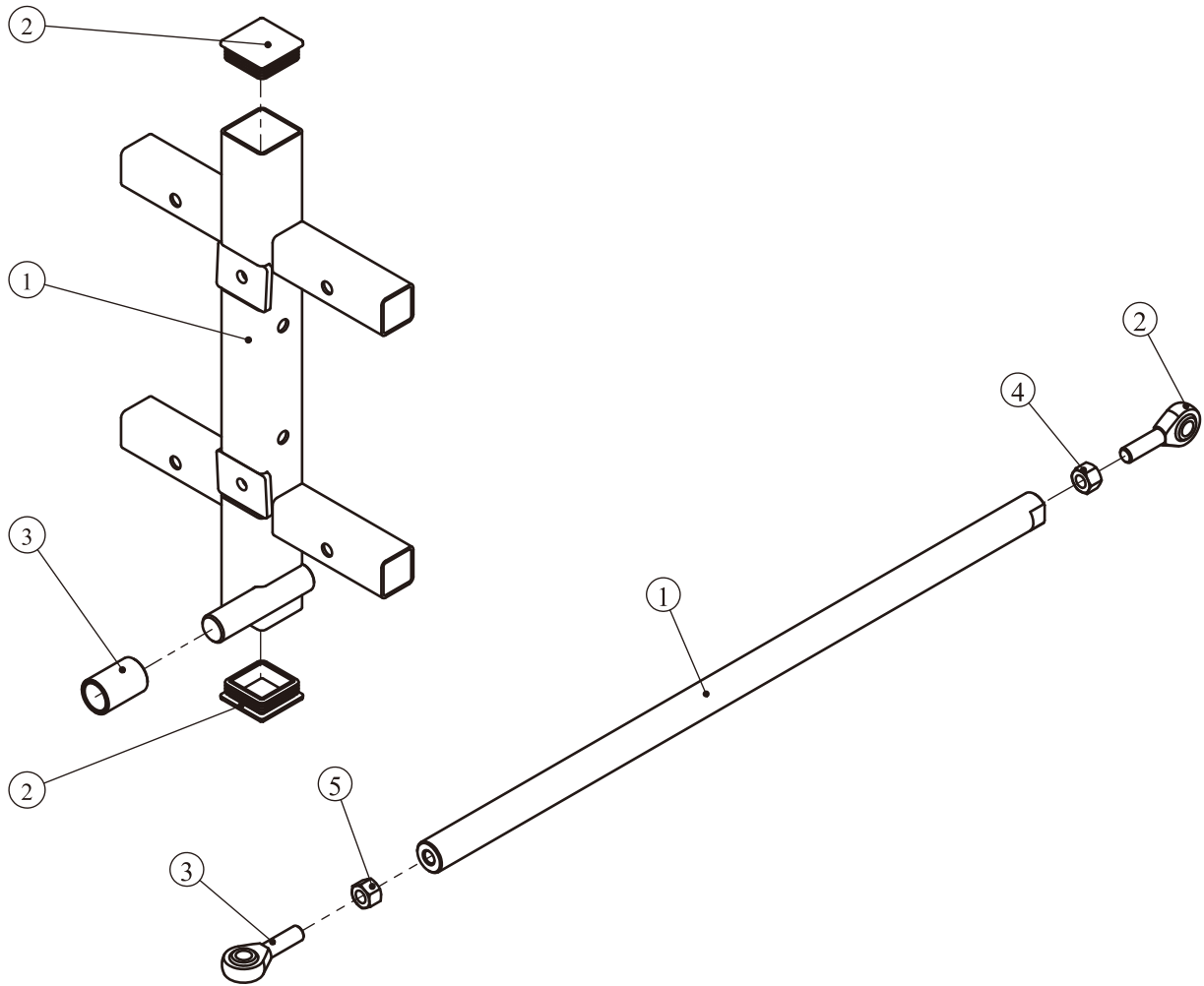
Grade No.	Part No.	Description	QTY
4.1	IFP16220400	Left Swing Frame	1
4.2	GB2766206-2ZC3	Bearing 6206	2
4.3	CF37543400	Tube Plug □38.1*76.2	2
4.4	KPSFID2800	Tube Plug □50.8*76.2	1
4.5	KPSFID3000	Tube Plug □50.8	1
4.6	PBG10002	Rubber Bumper	1
4.7	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	1

Grade No.	Part No.	Description	QTY
5.1	IFP16220500	Right Swing Frame	1
5.2	GB2766206-2ZC3	Bearing 6206	2
5.3	CF37543400	Tube Plug □38.1*76.2	2
5.4	KPSFID2800	Tube Plug □50.8*76.2	1
5.5	KPSFID3000	Tube Plug □50.8	1
5.6	PBG10002	Rubber Bumper	1
5.7	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	1

Exploded View and Parts List

Pedal Fixed Mount ASSY

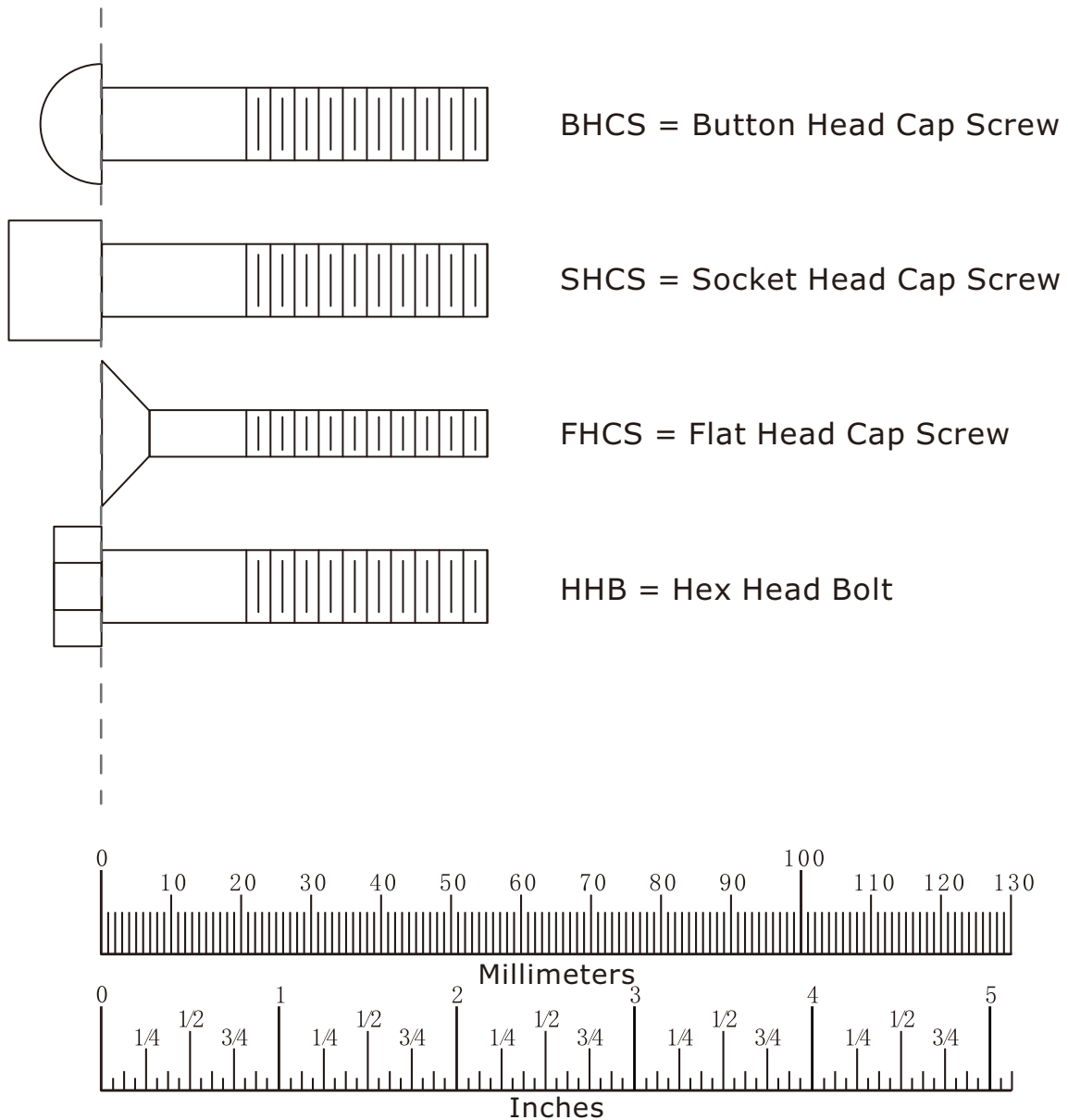
Link Rod ASSY



Grade No.	Part No.	Description	QTY
6.1	IFP16220600	Pedal Fixed Mount	1
6.2	KPSFID3000	Tube Plug □50.8	2
6.3	IN-D10141900	Nylon Sleeve	1

Grade No.	Part No.	Description	QTY
7.1	IFP16220700	Link Rod	1
7.2	SA12T_K	Rod Rnds Bearings	1
7.3	SA12T_KL	Rod Rnds Bearings(LH)	1
7.4	GB41M12DS2	Hex Nut M12	1
7.5	GB41LM12DS2	Hex Nut M12(LH)	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

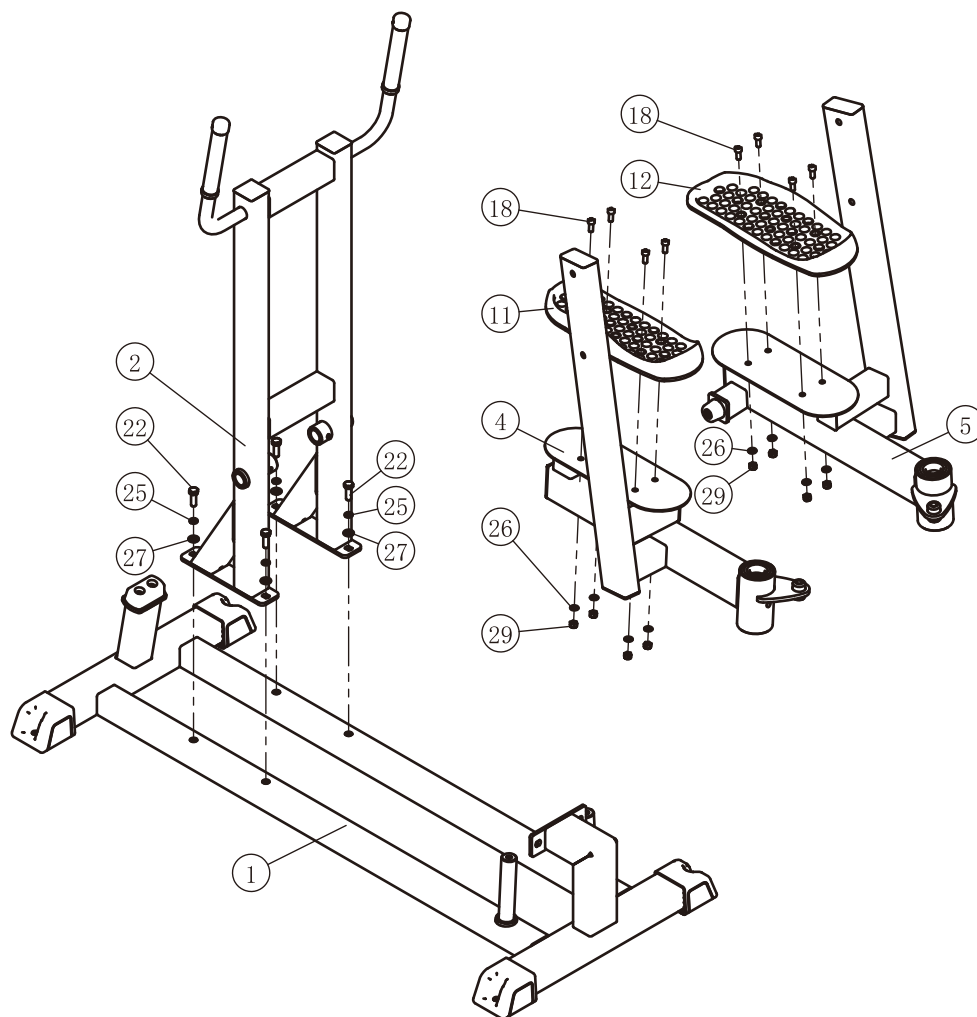
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Stand Frame ASSY (#2) to the Bottom Frame ASSY (#1) using:
 - four M10*30 HHB (#22)
 - four $\Phi 10$ Spring Washer (#25)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#27)
2. Attach the Left Pedal (#11) to the Left Swing Frame ASSY (#4) using:
 - four M8*20 SHCS (#18)
 - four $\Phi 9*\Phi 16*1.6$ Flat Washer (#26)
 - four M8 Nylon Lock Nut (#29)
3. Attach the Right Pedal (#12) to the Right Swing Frame ASSY (#5) using:
 - four M8*20 SHCS (#18)
 - four $\Phi 9*\Phi 16*1.6$ Flat Washer (#26)
 - four M8 Nylon Lock Nut (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

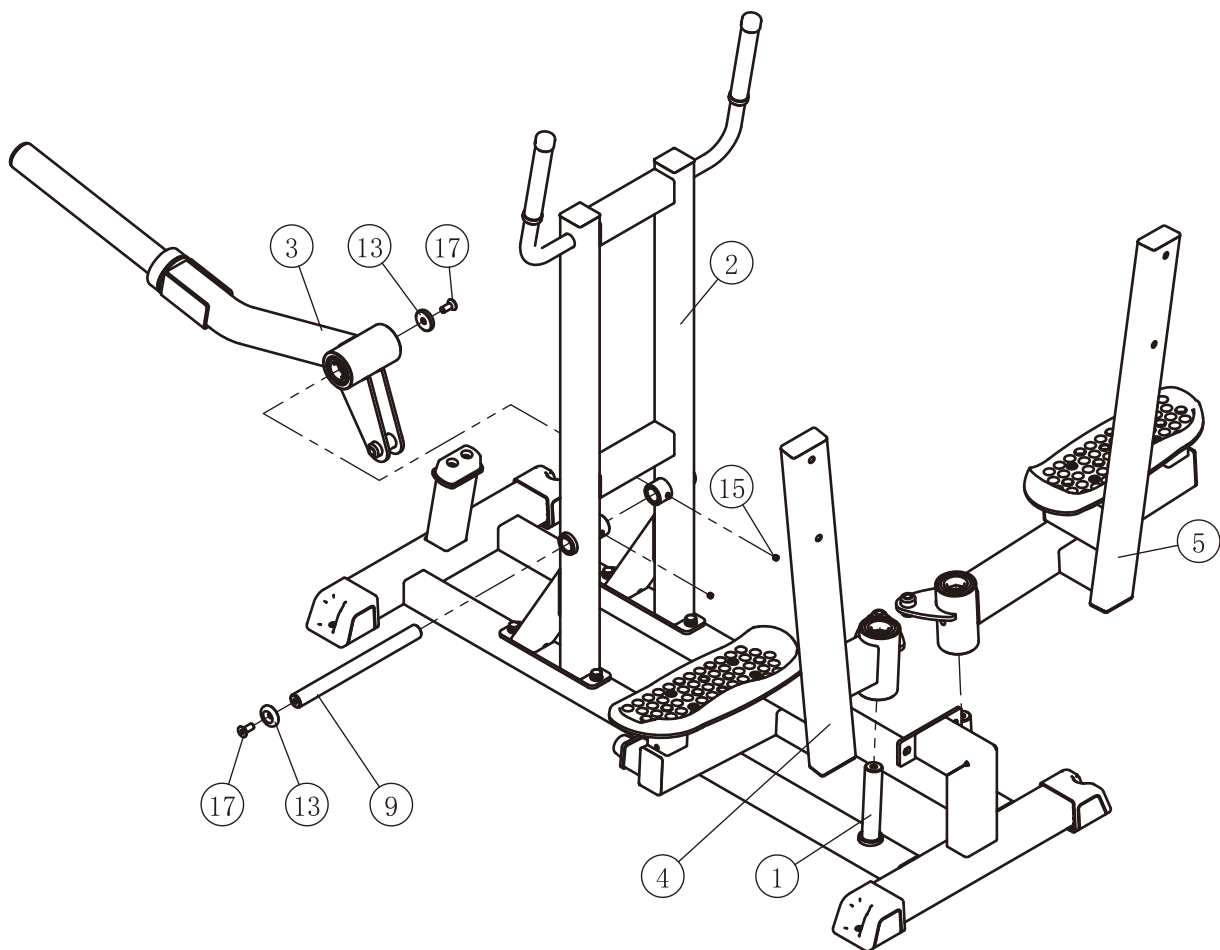


Assembly

STEP 2

1. Attach the Barbell Bar Rack ASSY (#3) to the Stand Frame ASSY (#2) using:
one Shaft (#9) two $\Phi 38$ Cap (#13)
two M8*6 Socket Set Screw (#15)
two M10*25 FHCS (#17)
2. Attach the Left Swing Frame ASSY (#4) and the Right Swing Frame ASSY (#5) to the Bottom Frame ASSY (#1).

Note: Wrench Tighten Bolts.



Assembly

STEP 3

Attach two Link Rod ASSY (#7) to the Barbell Bar Rack ASSY (#3) and the Left Swing Frame ASSY (#4) and the Right Swing Frame ASSY (#5) using:

two M12*70 SHCS (#20)

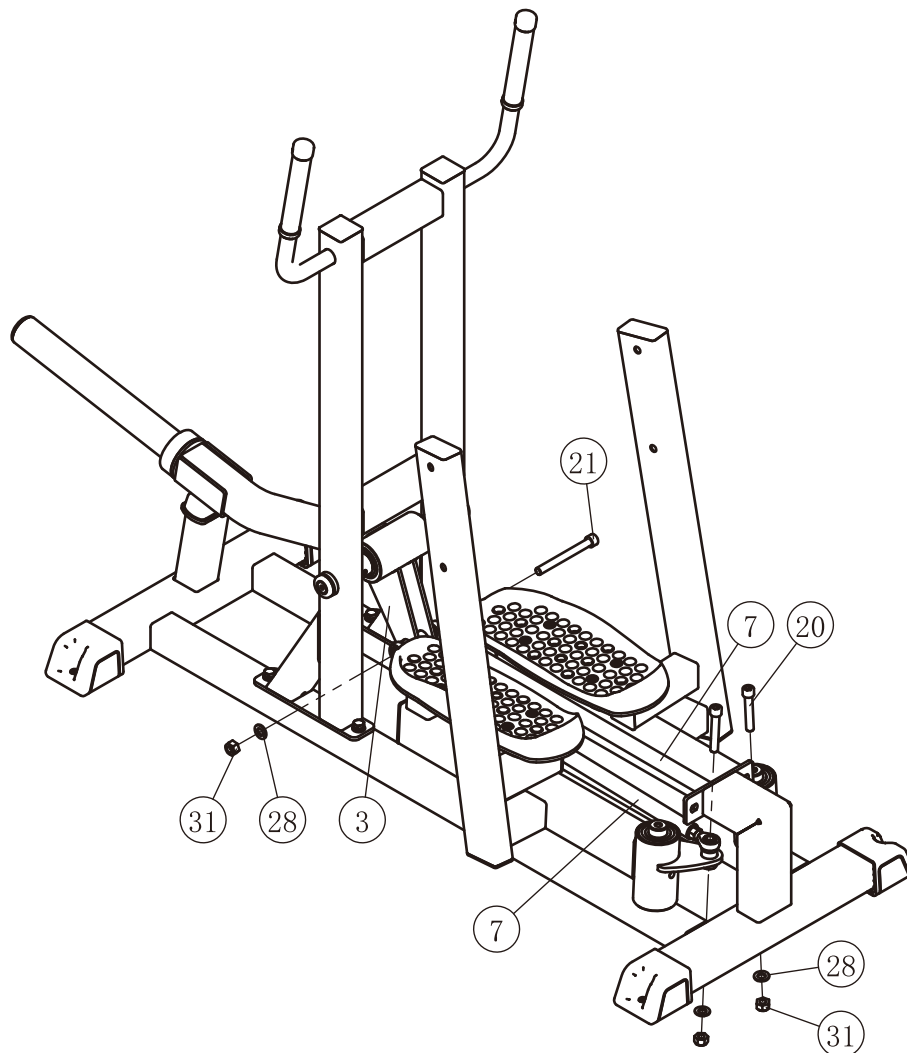
one M12*115 SHCS (#21)

three $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#28)

three M12 Nylon Lock Nut (#31)

Note: 1.Wrench Tighten Bolts.

2. Adjust the Link Rod ASSY to make the Swing Frame ASSY symmetry.



Assembly

STEP 4

Attach the Pedal Fixed Mount ASSY (#6) to the Bottom Frame ASSY (#1) and the Left Swing Frame ASSY (#4) and the Right Swing Frame ASSY (#5) using:

two $\Phi 40 \times \Phi 30.2 \times 14.5$ Circle Ring (#14)

two M10*25 SHCS (#19)

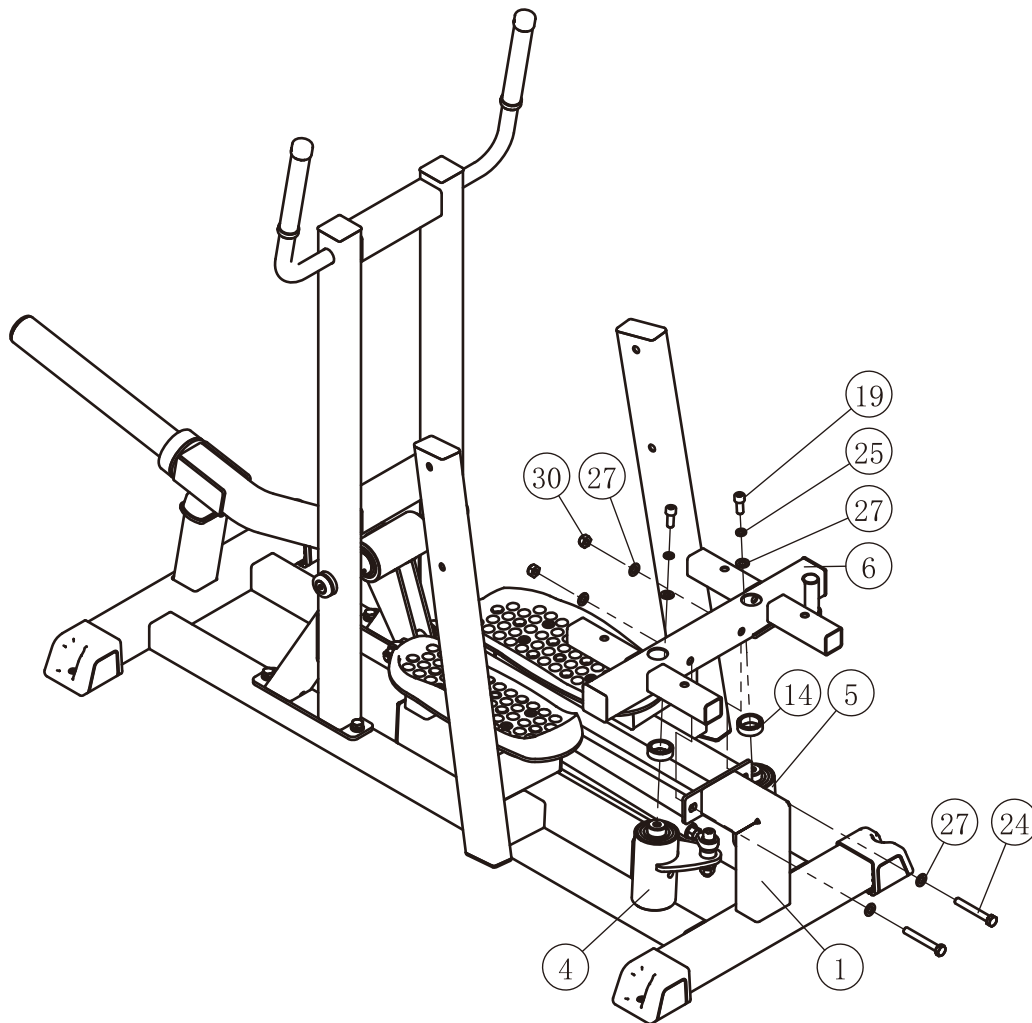
two M10*75 HHB (#24)

two $\Phi 10$ Spring Washer (#25)

six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#27)

two M10 Nylon Lock Nut (#30)

Note: Wrench tighten bolts and Nylon Lock Nuts.

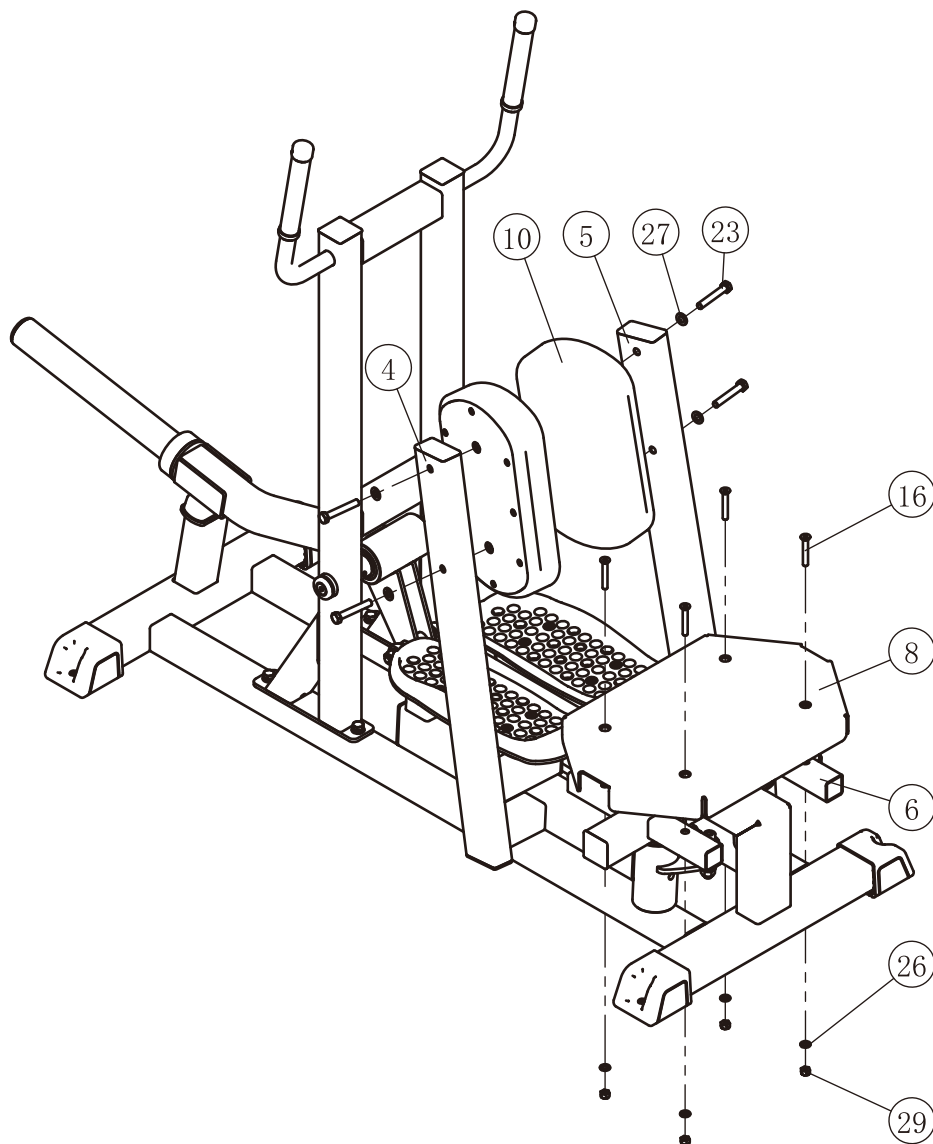


Assembly

STEP 5

1. Attach the Foot Plate (#8) to the Pedal Fixed Mount ASSY (#6) using:
 - four M8*55 FHCS (#16)
 - four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#26)
 - four M8 Nylon Lock Nut (#29)
2. Attach two Leg Pad (#10) to the Left Swing Frame ASSY (#4) and the Right Swing Frame ASSY (#5) using:
 - four M10*65 HHB (#23)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#27)

Note: Wrench tighten bolts and Nylon Lock Nuts.



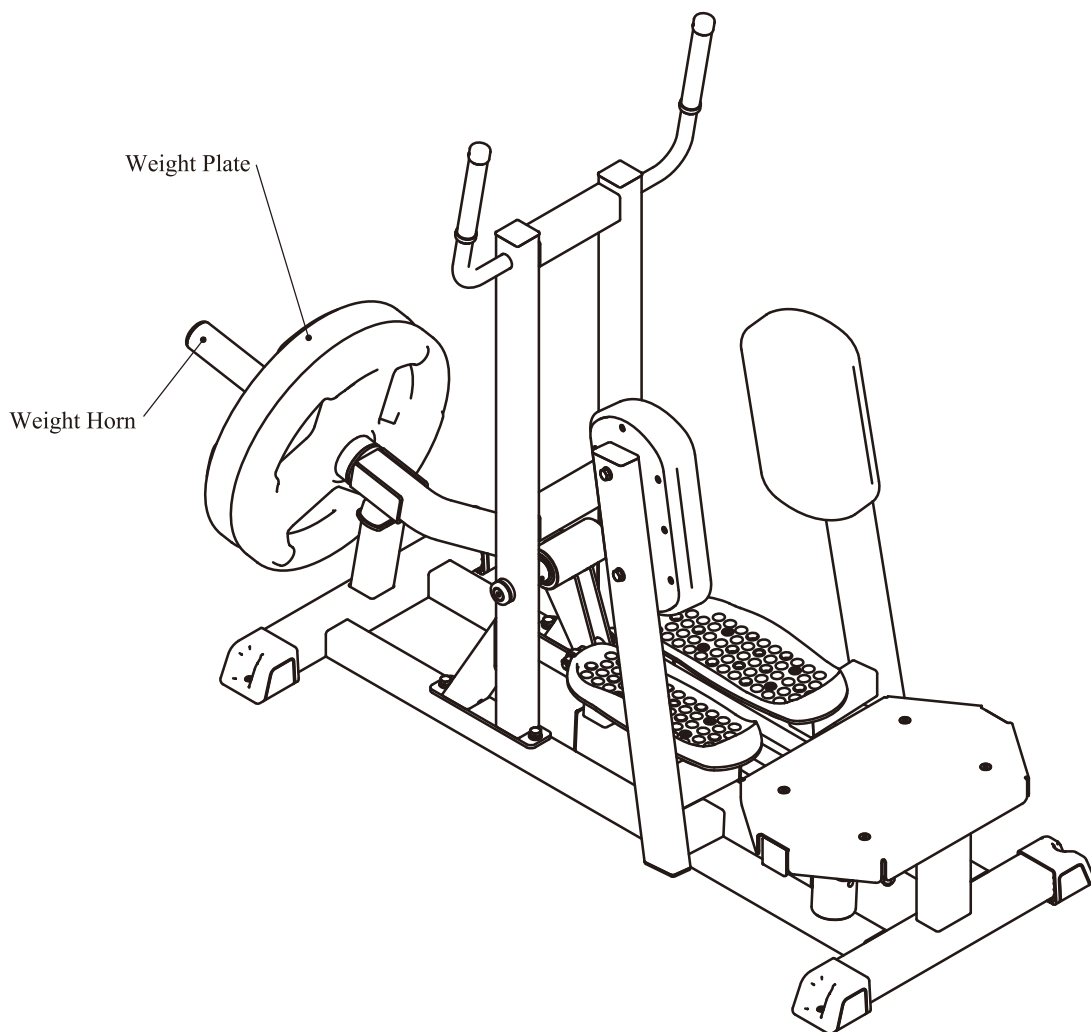
Adjust and Exercise Instruction

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 can not be greater than 150kg.
3. This equipment does not contains Weight Plates.

Exercise Instruction

1. Select an appropriate weight on both weight horns.
2. Grasp the handles, slowly spread legs apart as fa as possible.
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.

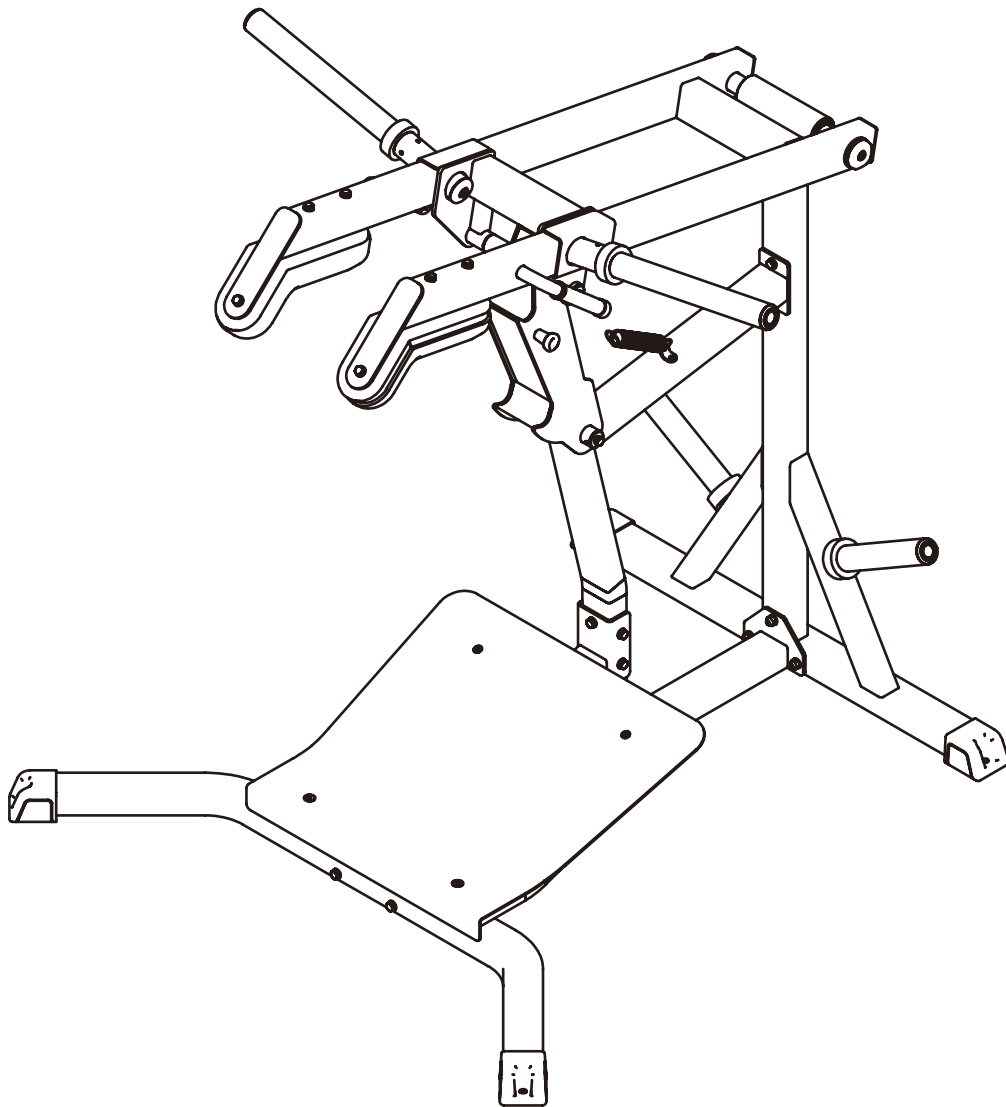
Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

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.





IFP1707

Leverage Squat / Calf

OWNER'S MANUAL

22A

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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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.

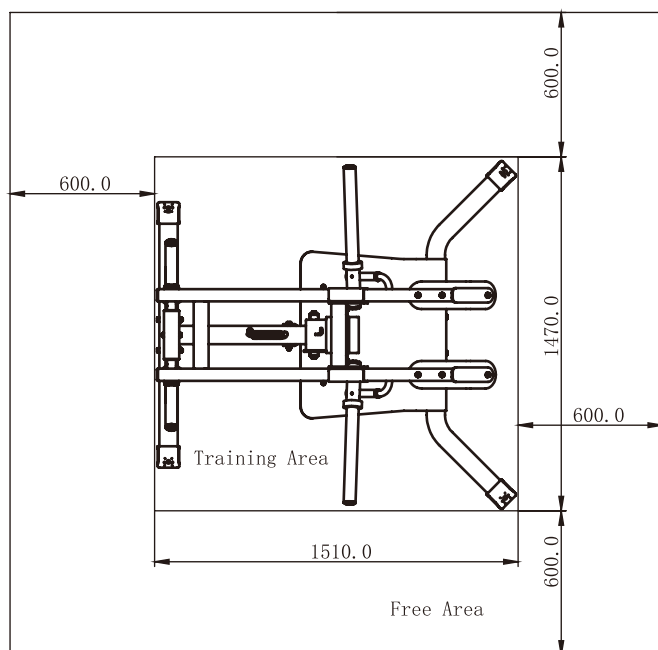
Important Safety Instructions

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*175kg/ 386lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1489*1446*1550mm

Product Total Surface: 1510*1470mm

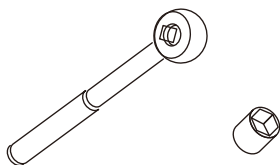
Product Total Mass: 115.5kg/ 255lbs

Instructions

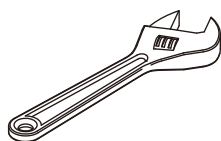
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

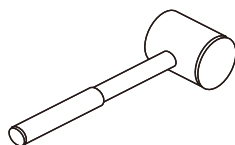
Tools Required



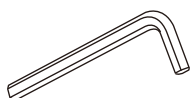
Ratchet Wrench and Socket



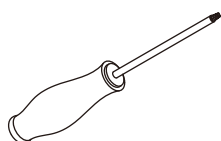
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

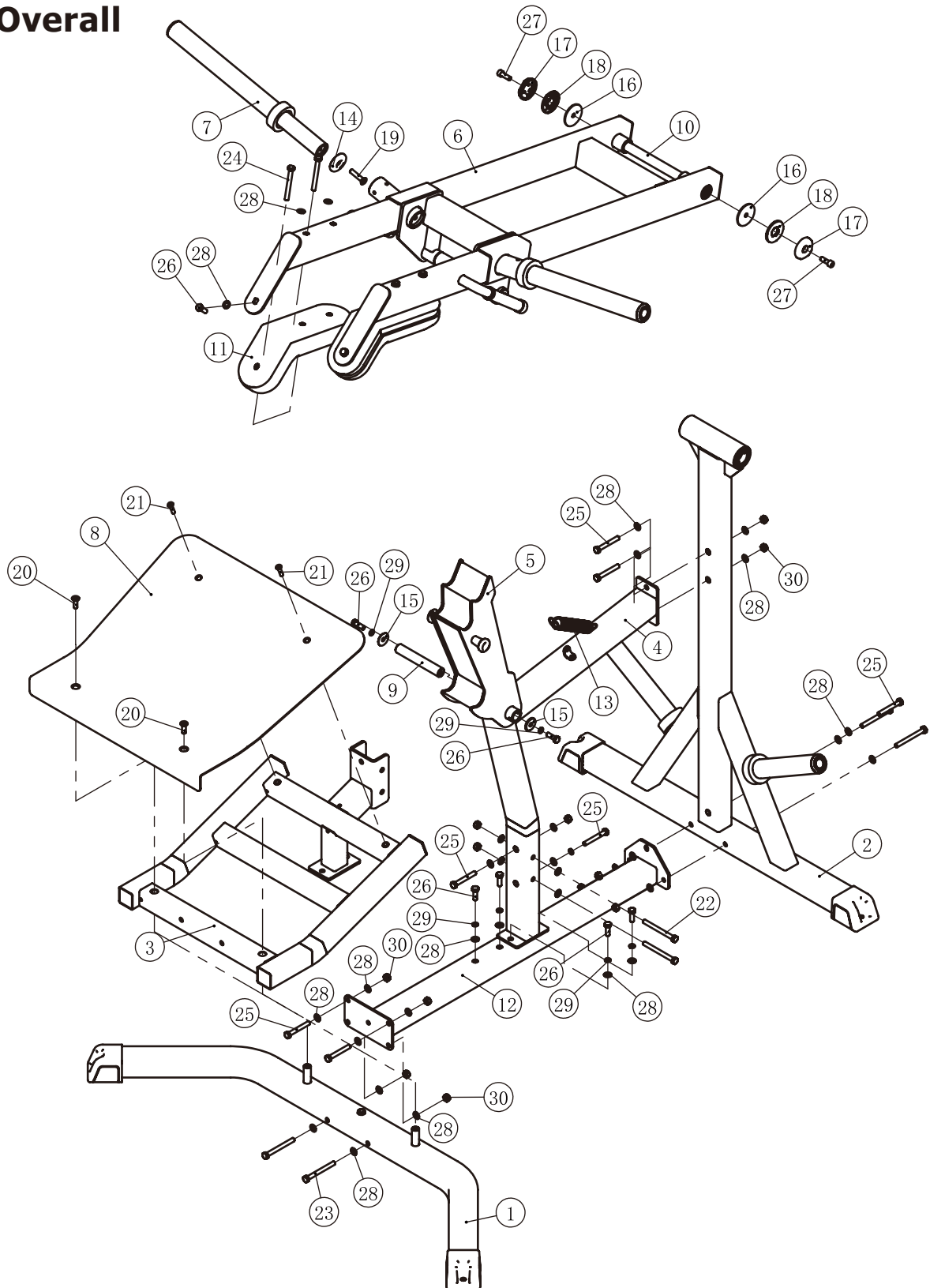
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP170701ASSY	Rear Bottom Frame ASSY	1
2	IFP170702ASSY	Front Frame ASSY	1
3	IFP170703ASSY	Foot Frame ASSY	1
4	IFP170704ASSY	Support Frame ASSY	1
5	IFP170705ASSY	Adjustable Frame ASSY	1
6	IFP170706ASSY	Shoulder Pad Frame ASSY	1
7	IFP170707ASSY	Long Barbell Bar ASSY	2
8	IFP17071000	Foot Plate	1
9	IFP17071100	Shaft $\Phi 25 \times 169 \times M10$	1
10	IFP17071200	Shaft $\Phi 25 \times 379 \times M10$	1
11	IFP17071300	Shoulder Pad	2
12	IFP17071500	Connecting Frame	1
13	SL70012200	Spring $\Phi 31.5 \times \Phi 2.5 \times 165$	1
14	SL70011700	Aluminium End Cap $\Phi 54$	2
15	AC31001301V2	Space $\Phi 36 \times \Phi 11 \times 3$	2
16	IF93062200	Space $\Phi 62 \times \Phi 10.5 \times 3$	2
17	FE97211900	Cap $\Phi 60$	2
18	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
19	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	2
20	CNLM10*30DHS18NL	Flat Head Cap Screw M10*30	2
21	CNLM8*20DHS20NL	Flat Head Cap Screw M8*20	2
22	GB5780M10*110DHS20	Hex Head Bolt M10*110	2
23	GB5780M10*100DHS20	Hex Head Bolt M10*100	4
24	GB5780M10*95DHS20	Hex Head Bolt M10*95	4
25	GB5780M10*75DHS20	Hex Head Bolt M10*75	7
26	GB5781M10*30DHS20	Hex Head Bolt M10*30	8
27	GB70M10*30DHS20	Socket Head Cap Screw M10*30	2
28	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	35
29	GB9310DHS12	Spring Washer $\Phi 10$	7
30	NM10DHS2	Nylon Lock Nut M10	12

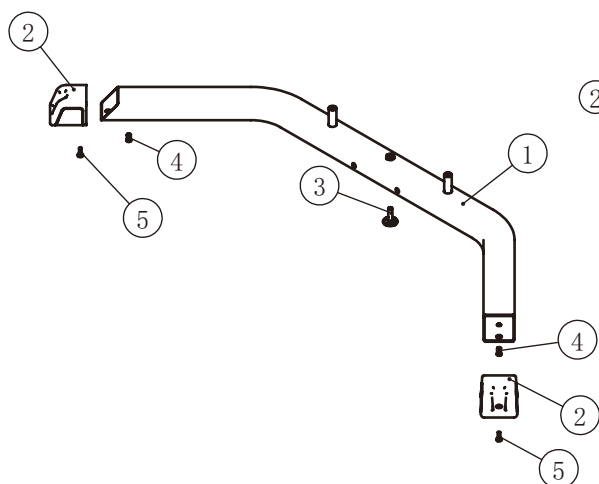
Exploded View and Parts List

Overall

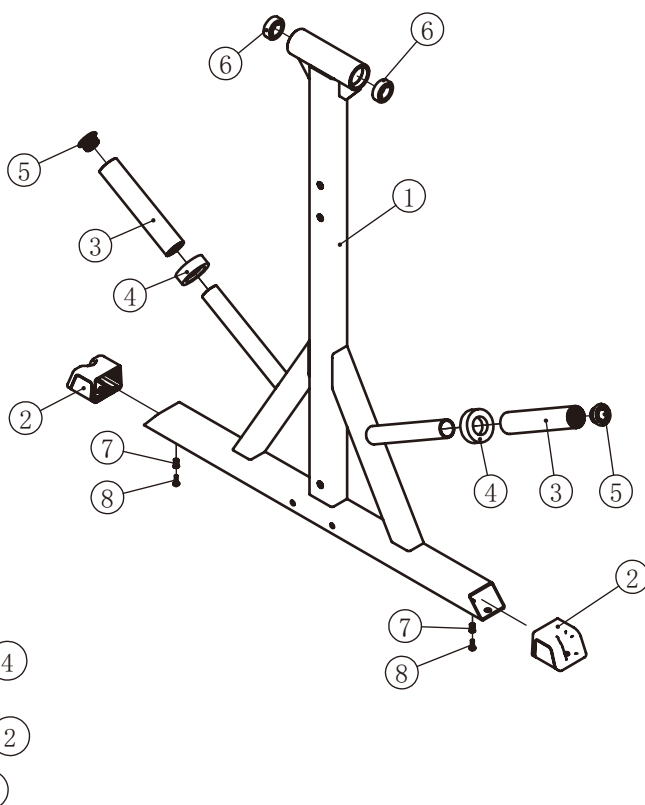


Exploded View and Parts List

Rear Bottom Frame ASSY



Front Frame ASSY

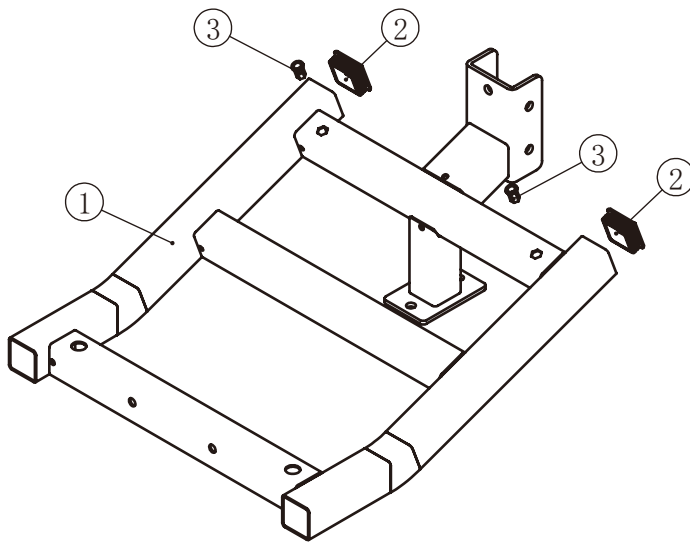


Grade No.	Part No.	Description	QTY
1.1	IFP17070100	Rear Bottom Frame	1
1.2	IFP12013300	Ground Plug	2
1.3	DC135K34000	Adjustable Height Rubber	1
1.4	GB17880.5M6*16.5DS17	Rivet Nut M6	2
1.5	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

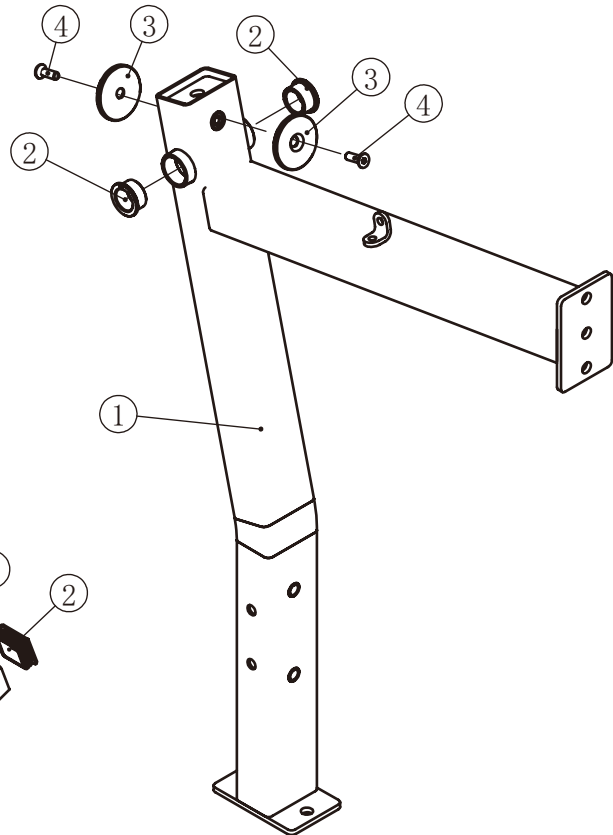
Grade No.	Part No.	Description	QTY
2.1	IFP17070200	Front Frame	1
2.2	IFP12013300	Ground Plug	2
2.3	IFP12013400	Barbell Casing	2
2.4	HF985A1500	Rubber Buffer	2
2.5	IFP12013500	Plug Φ49	2
2.6	GB2766205-2ZC3	Deep Groove Ball Bearing Φ25*Φ52*15	2
2.7	GB17880.5M6*16.5DS17	Rivet Nut M6	2
2.8	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

Foot Frame ASSY



Support Frame ASSY

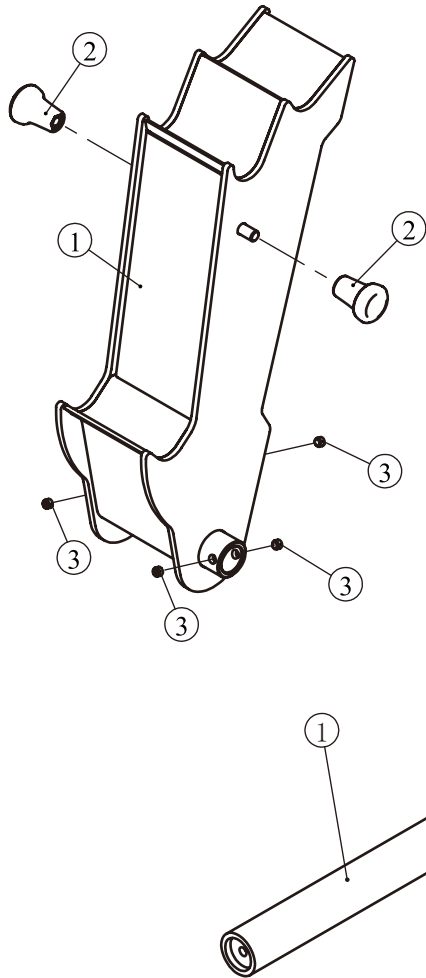


Grade No.	Part No.	Description	QTY
3.1	IFP17070300	Foot Frame	1
3.2	KPSFID3000	Plug	2
3.3	GB17880.5M8*19.5DS2	Rivet Nut M8	2

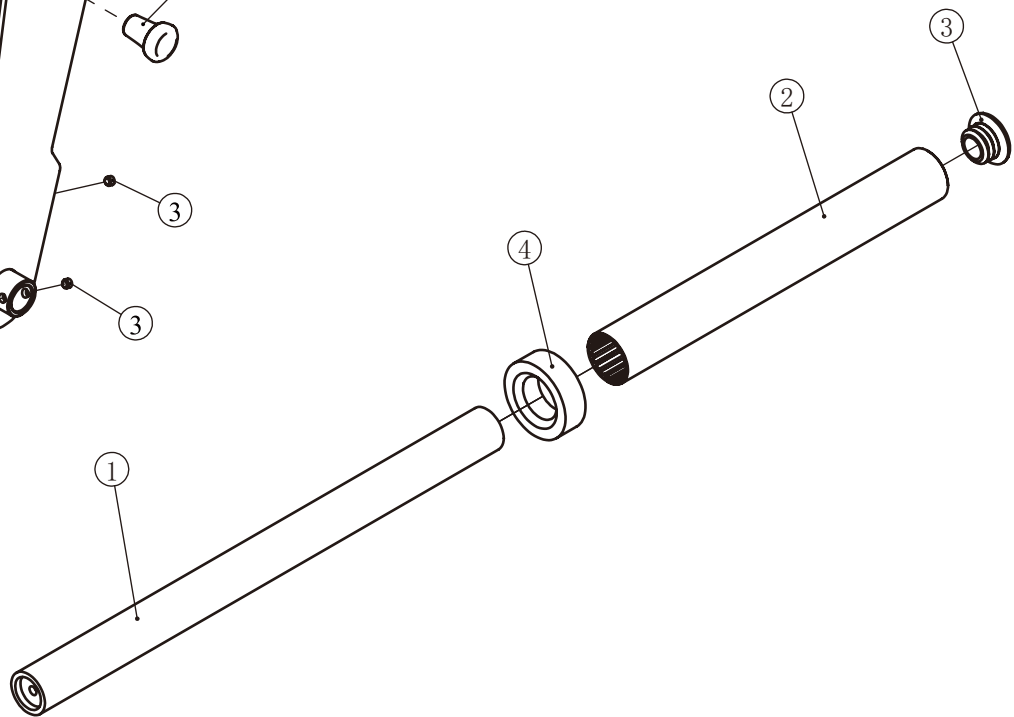
Grade No.	Part No.	Description	QTY
4.1	IFP17070400	Support Frame	1
4.2	IFP17071400	Limit Place Buffer	2
4.3	SL70441200	Bushing $\Phi 38 \times \Phi 25 \times 18$	2
4.4	CNLM8*25*25DHS20	Flat Head Cap Screw M8*25	2

Exploded View and Parts List

Adjustable Frame ASSY



Long Barbell Bar ASSY

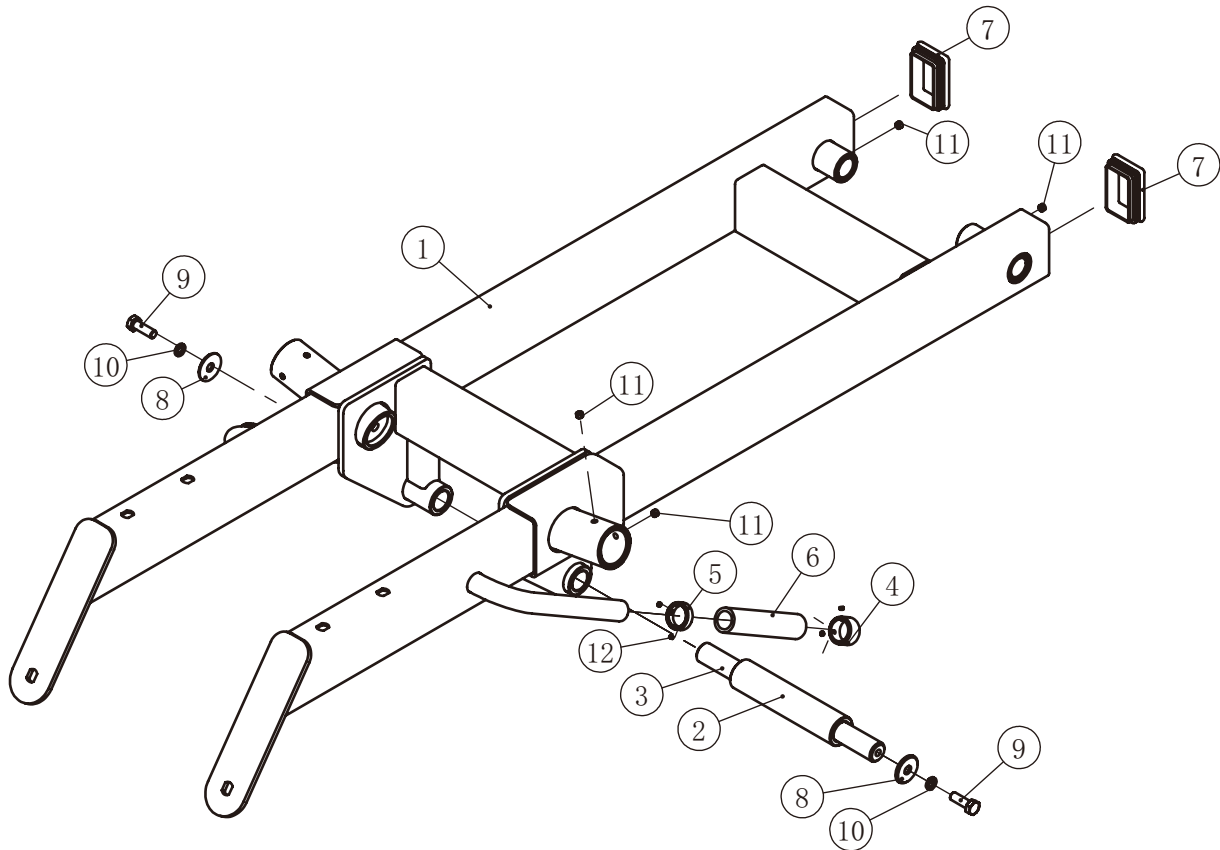


Grade No.	Part No.	Description	QTY
5.1	IFP17070500	Adjustable Frame	1
5.2	CWRVL0052100P116C	Adjustable Handle	2
5.3	GB77M8*6DHS2	Socket Set Screw M8*6	4

Grade No.	Part No.	Description	QTY
7.1	IFP17070700	Long Barbell Bar	1
7.2	IFP17113400	Weight Horn Sleeve	1
7.3	IFP16053100	Plug $\Phi 49$	1
7.4	HF985A1500	Rubber Buffer	1

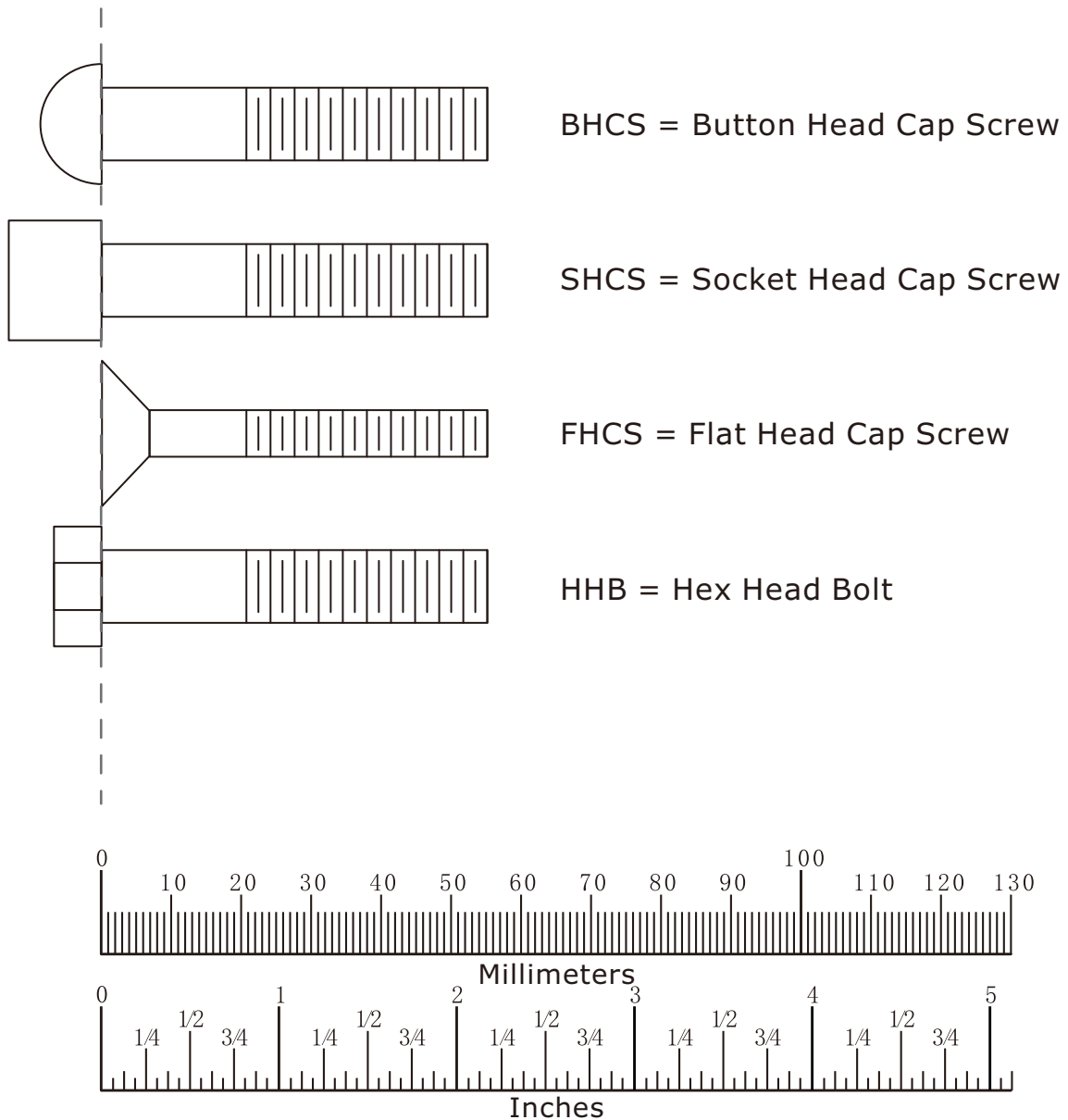
Exploded View and Parts List

Shoulder Pad Frame ASSY



Grade No.	Part No.	Description	QTY
6.1	IFP17070600	Shoulder Pad Frame	1
6.2	IFP17070800	Stop Collar	1
6.3	IFP17070900	Shaft of limit $\Phi 25 \times 296 \times M10$	1
6.4	V39600	Aluminum Grip Cap $\Phi 25.4$	2
6.5	V39500	Aluminum Grip Ring $\Phi 25.4$	2
6.6	FE97031800	Grip ST $\Phi 31 \times \Phi 24 \times 140$	2
6.7	KPSFID2800	Plug $\square 50.8 \times 76.2$	2
6.8	AC31001301V2	Space $\Phi 36 \times \Phi 11 \times 3$	2
6.9	GB5781M10*30DHS20	Hex Head Bolt M10*30	2
6.10	GB9310DHS12	Spring Washer $\Phi 10$	2
6.11	GB77M8*6DHS2	Socket Set Screw M8*6	6
6.12	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	8

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

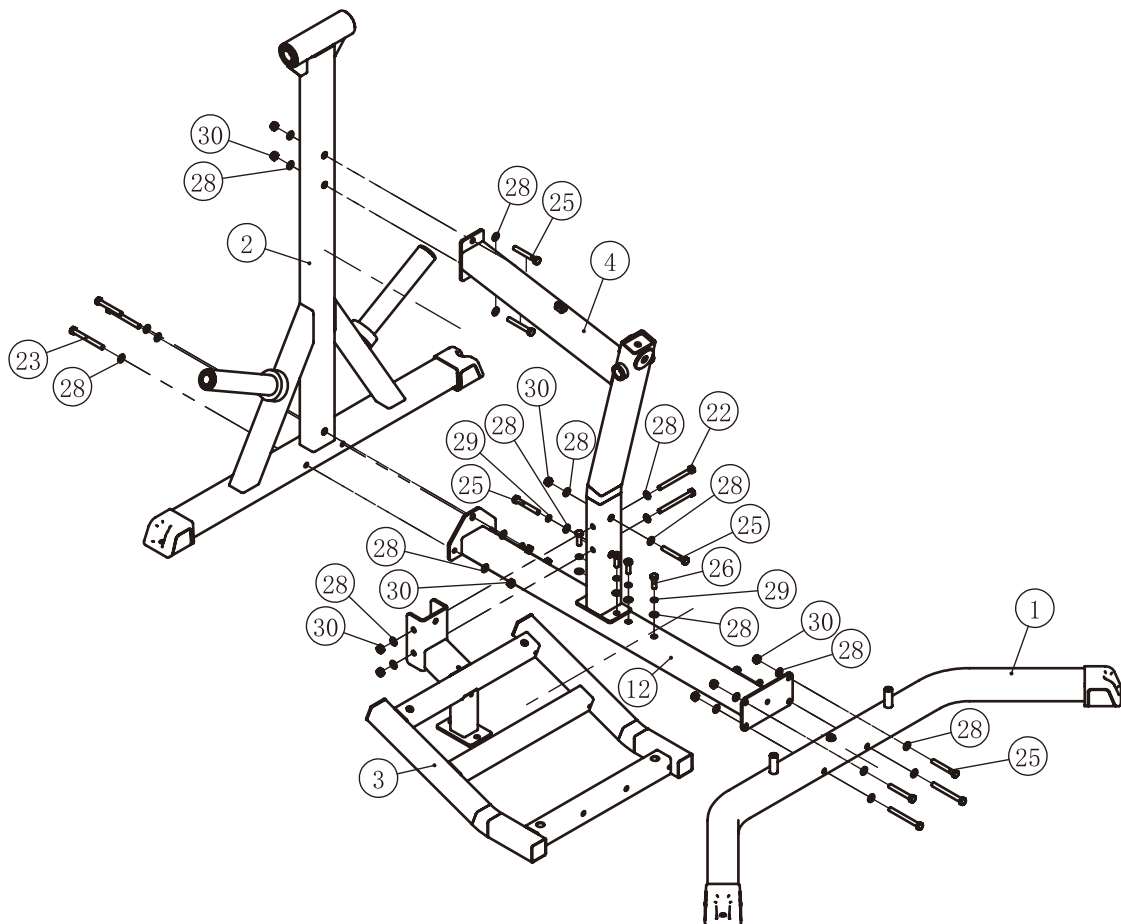
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Rear Bottom Frame ASSY (#1), the Front Frame ASSY (#2) to the Connecting Frame (#12) using:
three M10*100 HHB (#23) two M10*75 HHB (#25)
ten $\Phi 11*\Phi 20*2$ Flat Washer (#28) five M10 Nylon Lock Nut (#30)
2. Attach the Support Frame ASSY (#4) to the Front Frame ASSY (#2) and the Connecting Frame (#12) using:
two M10*75 HHB (#25) two M10*30 HHB (#26)
six $\Phi 11*\Phi 20*2$ Flat Washer (#28) two M10 Nylon Lock Nut (#30)
two $\Phi 10$ Spring Washer (#29)
3. Attach the Foot Frame ASSY (#3) to the Rear Bottom Frame ASSY (#1), the Support Frame ASSY (#4) and the Connecting Frame (#12) using:
two M10*110 HHB (#22) four M10*75 HHB (#25)
two M10*30 HHB (#26) thirteen $\Phi 11*\Phi 20*2$ Flat Washer (#28)
five M10 Nylon Lock Nut (#30) three $\Phi 10$ Spring Washer (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

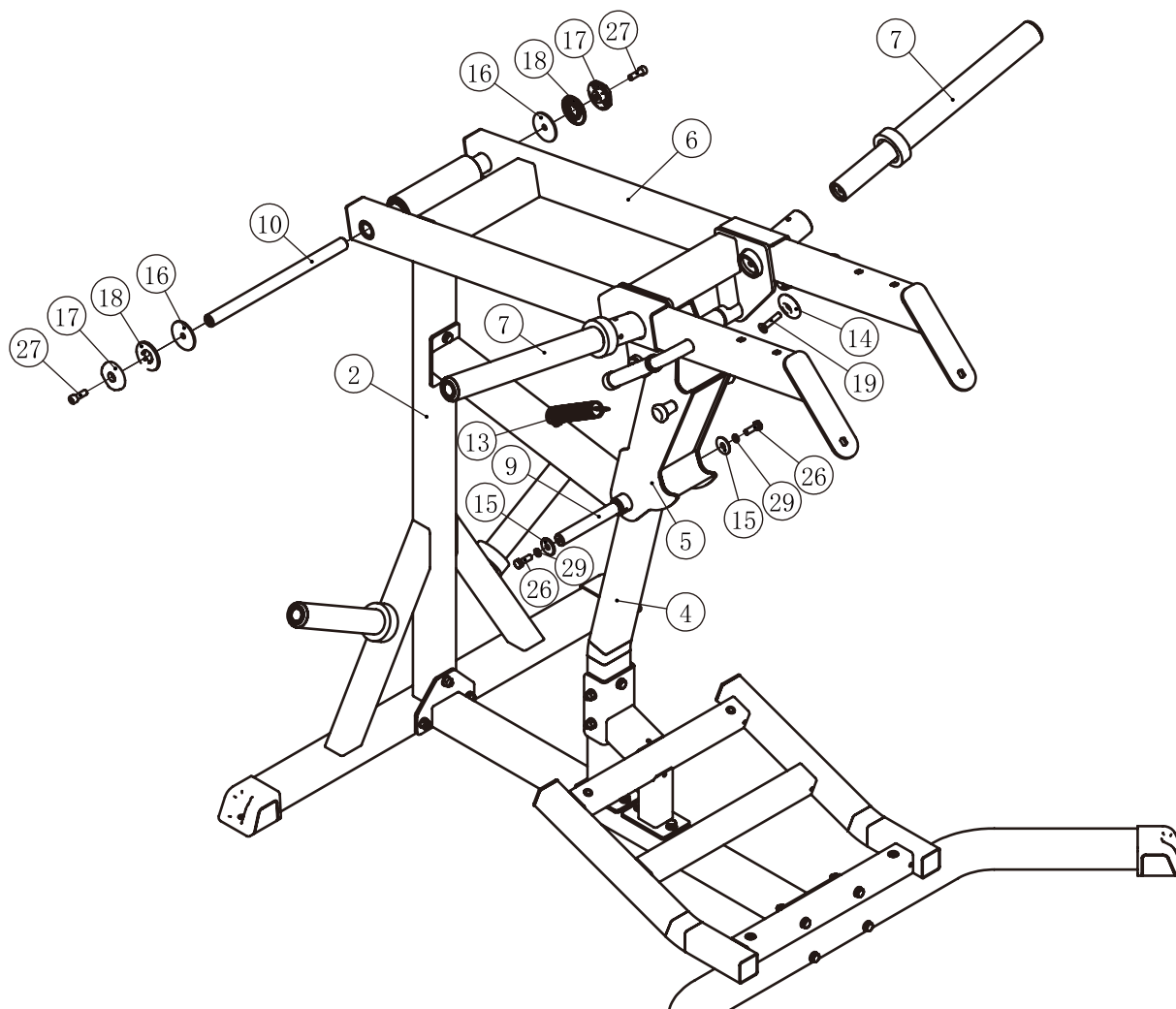


Assembly

STEP 2

1. Attach the Adjustable Frame ASSY (#5) to the Support Frame ASSY (#4) using:
two M10*30 HHB (#26) two $\Phi 10$ Spring Washer (#29)
two two $\Phi 36*\Phi 11*3$ Space (#15) one $\Phi 25*169*M10$ Shaft (#9)
2. Attach the Shoulder Pad Frame ASSY (#6) to the Front Frame ASSY (#2) using:
two M10*30 SHCS (#27) two $\Phi 62*\Phi 10.5*3$ Space (#16)
two $\Phi 60$ Cap (#17) two $\Phi 62.5*5$ Circle Ring (#18)
one $\Phi 25*379*M10$ Shaft (#10)
3. Attach two Long Barbell Bar ASSY (#7) to the Shoulder Pad Frame ASSY (#6) using:
two M10*40 FHCS (#19) two $\Phi 54$ Aluminium End Cap (#14)
4. Attach the $\Phi 31.5*\Phi 2.5*165$ Spring (#13) to the Adjustable Frame ASSY (#5) and the Support Frame ASSY (#4).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

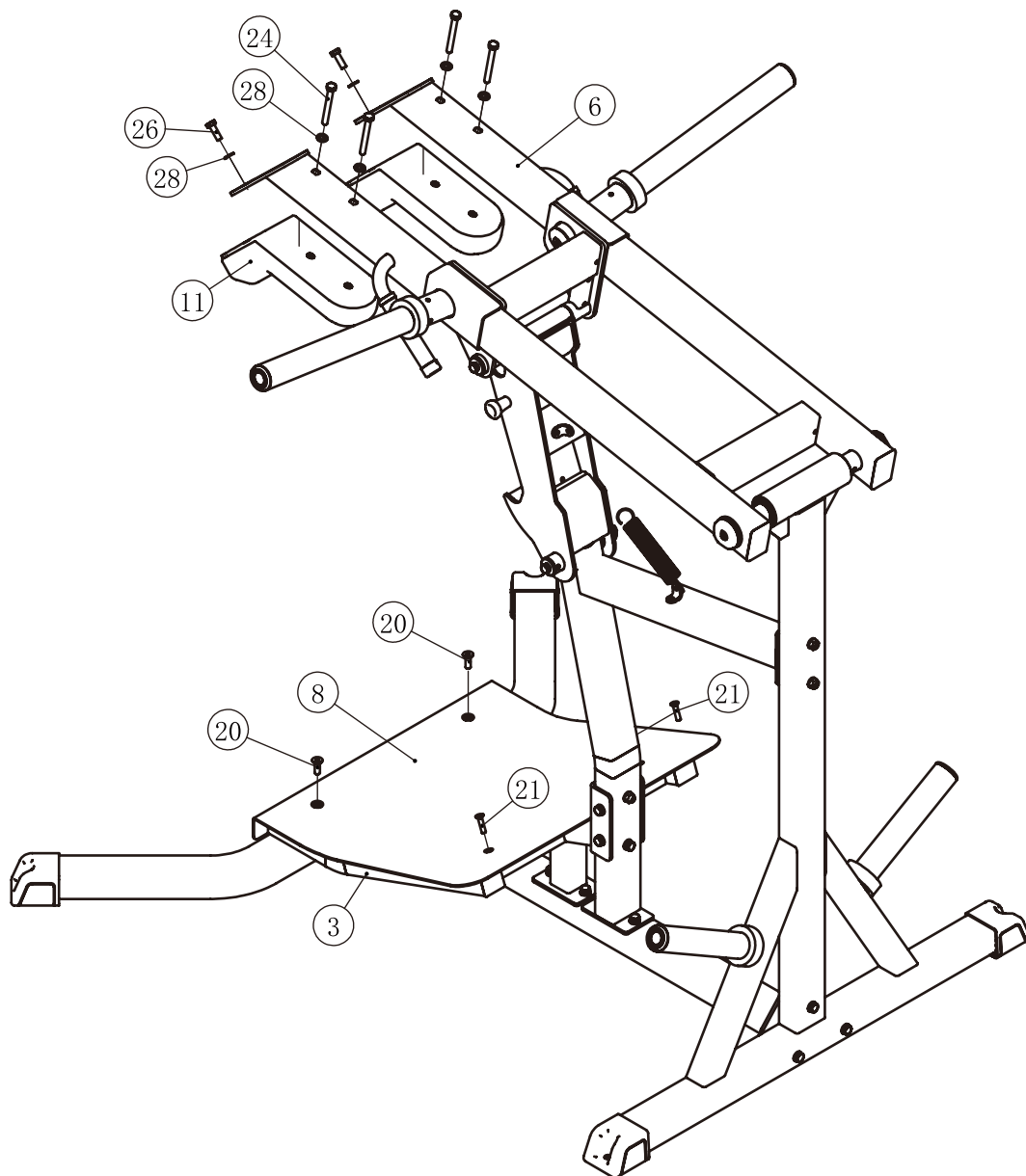


Assembly

STEP 3

1. Attach the Foot Plate (#8) to the Foot Frame ASSY (#3) using:
two M10*30 FHCS (#20)
two M8*20 FHCS (#21)
2. Attach two Shoulder Pad (#11) to the Shoulder Pad Frame ASSY (#6) using:
two M10*30 HHB (#26)
four M10*95 HHB (#24)
six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#28)

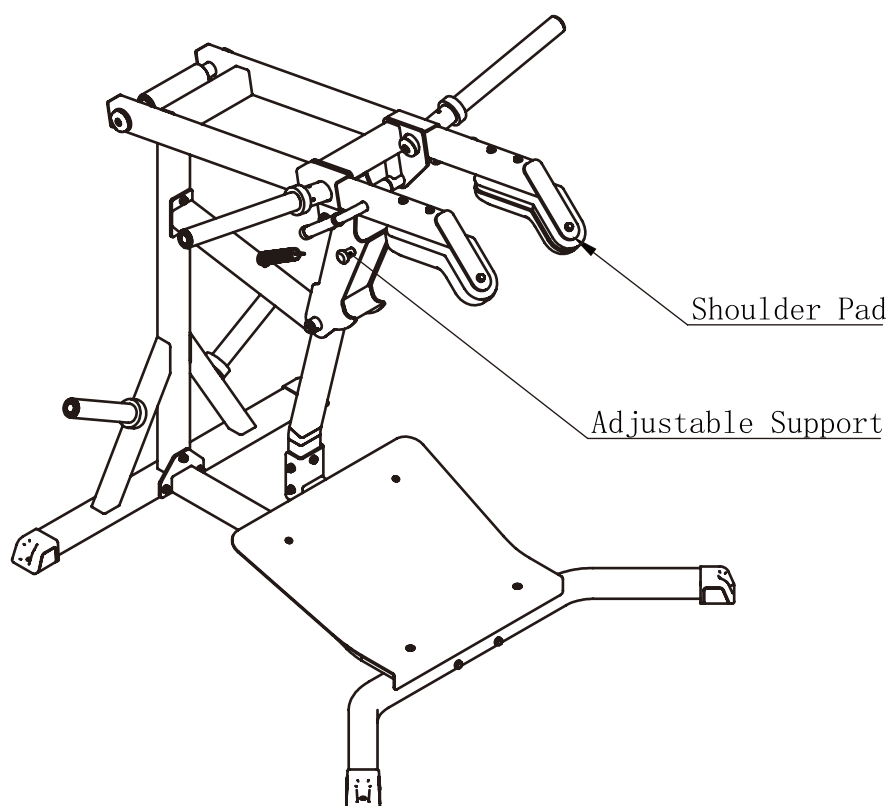
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust and Exercise Instruction

The Shoulder Pad adjustment

1. Pull the Adjustable support and adjust the Shoulder Pad to the desired position.
2. Make sure the limit shaft is in the right place completely.



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.



PL9002

Lat Pulldown/Seated Row

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

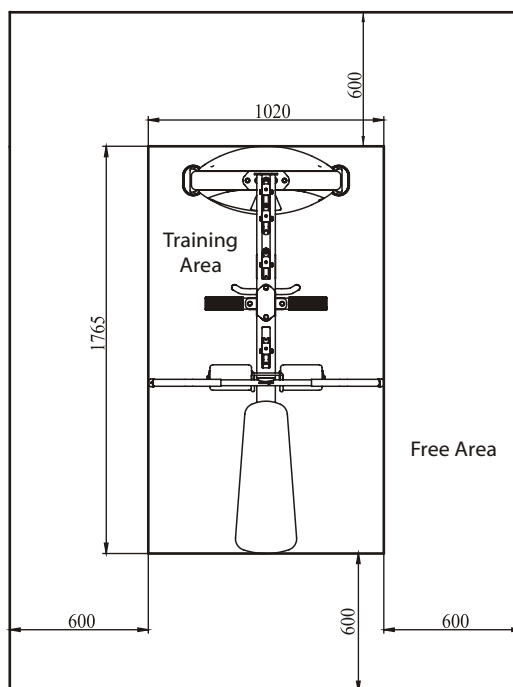
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Wt. Capacity: 113Kg/ 250lbs

Product Total Surface: 1765*1020 mm

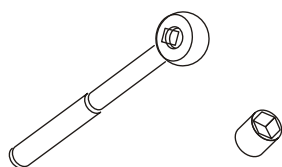
Product Total Mass: 90.5kg/ 200lbs

Instructions

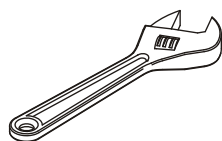
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

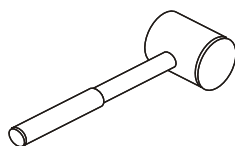
Tools Required



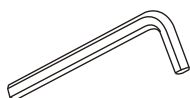
Ratchet Wrench and Socket



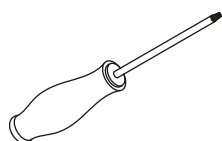
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

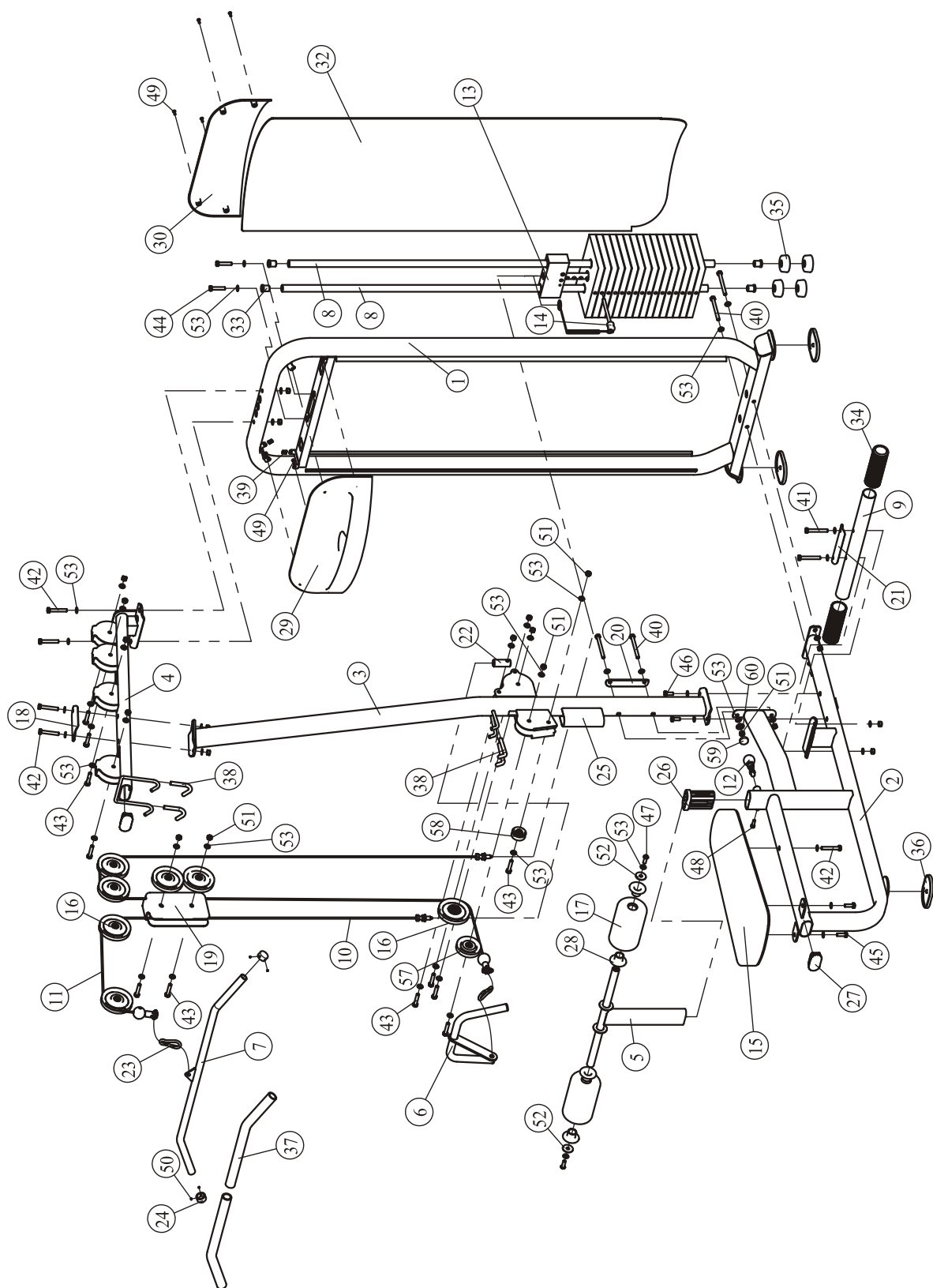
Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

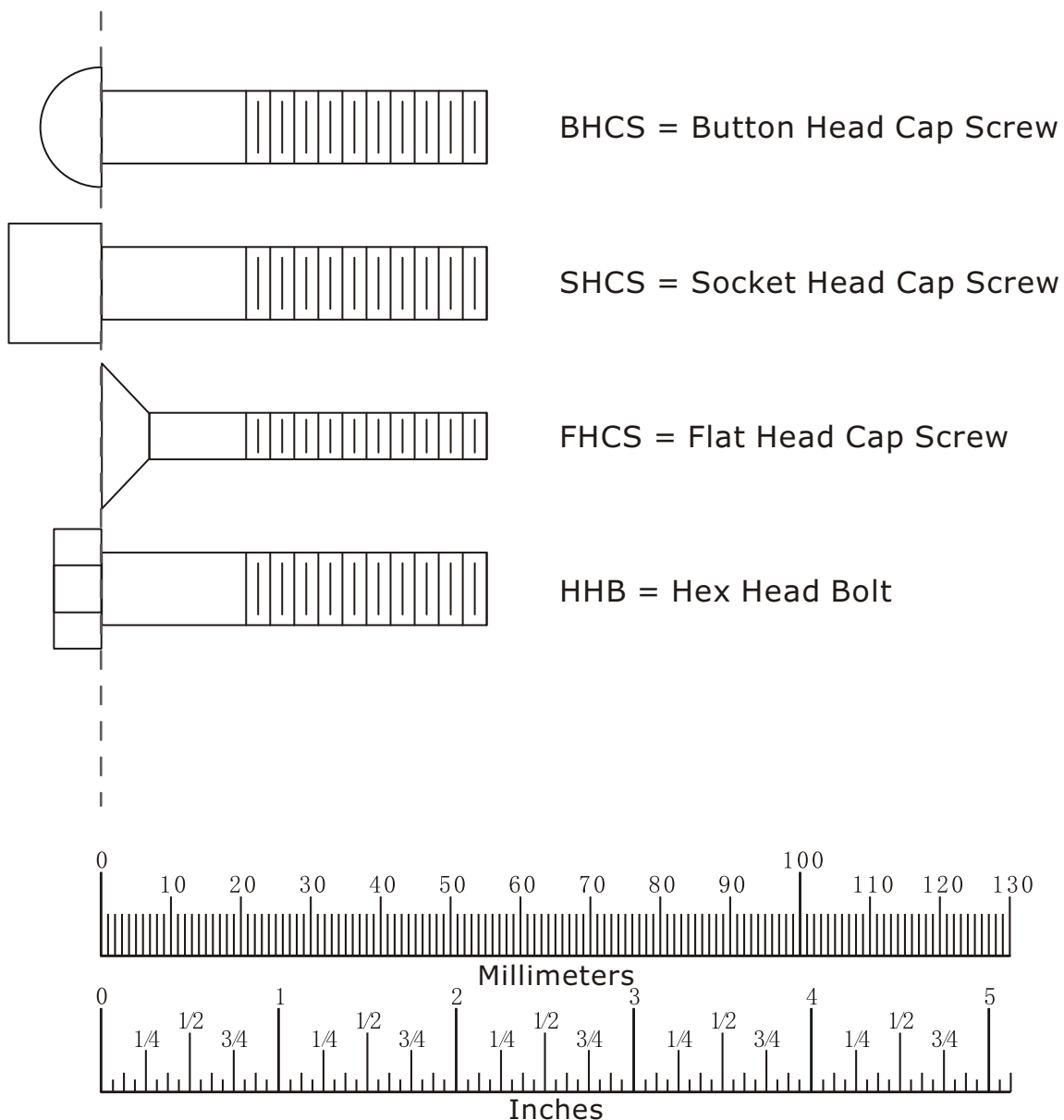
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	31	Bottom Front Shroud	1
2	Seated Frame	1	32	Bottom Rear Shroud	1
3	Front Frame	1	33	Guide Rubber Bumper	4
4	Lat Tube	1	34	Rubber Stopper	2
5	Thigh Frame	1	35	Weight Rubber Bumper	4
6	Row Handle	1	36	Foot Pad	3
7	Lat Handle	1	37	Lat Grip Sheath	2
8	Guide Rod	2	38	Hook Sheath	4
9	Foot Tube	1	39	U-Style Tapped Hole Nut	4
10	Row Cable	1	40	Hex Head Bolt M10*105	4
11	Lat Cable	1	41	Hex Head Bolt M10*75	2
12	Pop Pin	1	42	Hex Head Bolt M10*65	5
13	Top Plate	1	43	Hex Head Bolt M10*50	11
14	Selector Pin W/Coil	1	44	Hex Head Bolt M10*50	2
15	Seat Pad	1	45	Hex Head Bolt M10*30	2
16	4.5" Pulley	7	46	Hex Head Bolt M10*25	2
17	Short Roller Pad	2	47	Button Head Cap Screw M10*30	2
18	Oval Fixed Plate 130	1	48	Socket Head Cap Screw M8*25	1
19	Pulley Bracket	1	49	Pan Head Phillips Screw M5*15	8
20	Arc Fixed Plate	1	50	Socket Set Screw 10-32*3.2	4
21	R24 Fixed Plate	1	51	Nylon lock Nut M10	21
22	Cable Adaptor	1	52	Washer $\Phi 11 \times \Phi 38 \times 2$	2
23	Gear Hook	2	53	Washer $\Phi 11 \times \Phi 20 \times 2$	53
24	Aluminium Grip Cap	2	54	Hex key S=6	1
25	PU Antiskid	1	55	Hex key S=3/16"	1
26	Plastic Tube Guide	1	56	Lube	1
27	Plug RT40*80	2	57	3.5" Pulley	1
28	Plastic Roller Cover	4	58	2" Pulley	1
29	Top Front Shroud	1	59	Plastic Cap $\Phi 30$	1
30	Top Rear Shroud	1	60	Base Washer for Plastic Cap $\Phi 27.6 \times \Phi 13 \times 3.5$	1

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

Exploded View



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.

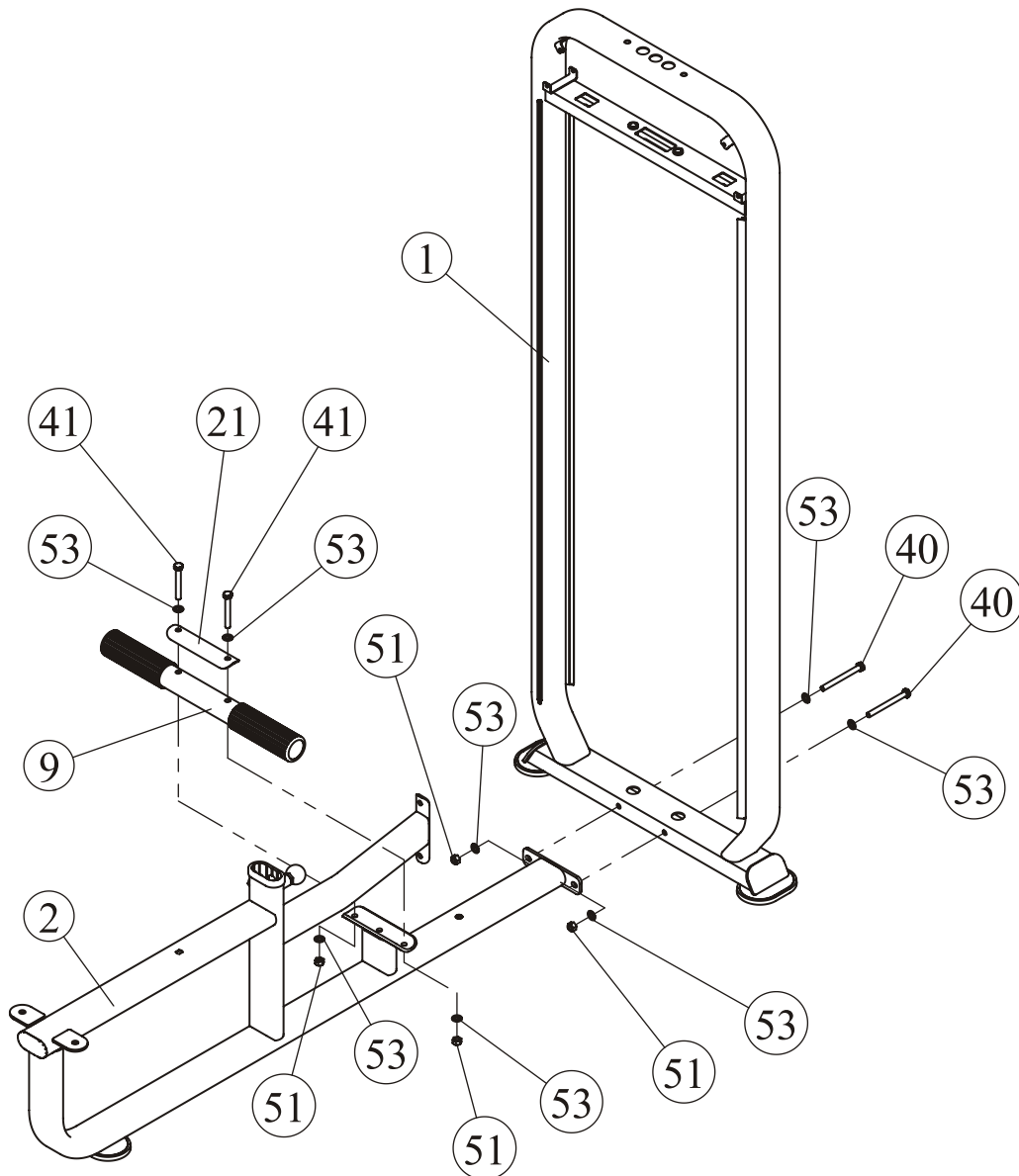
NOTE

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

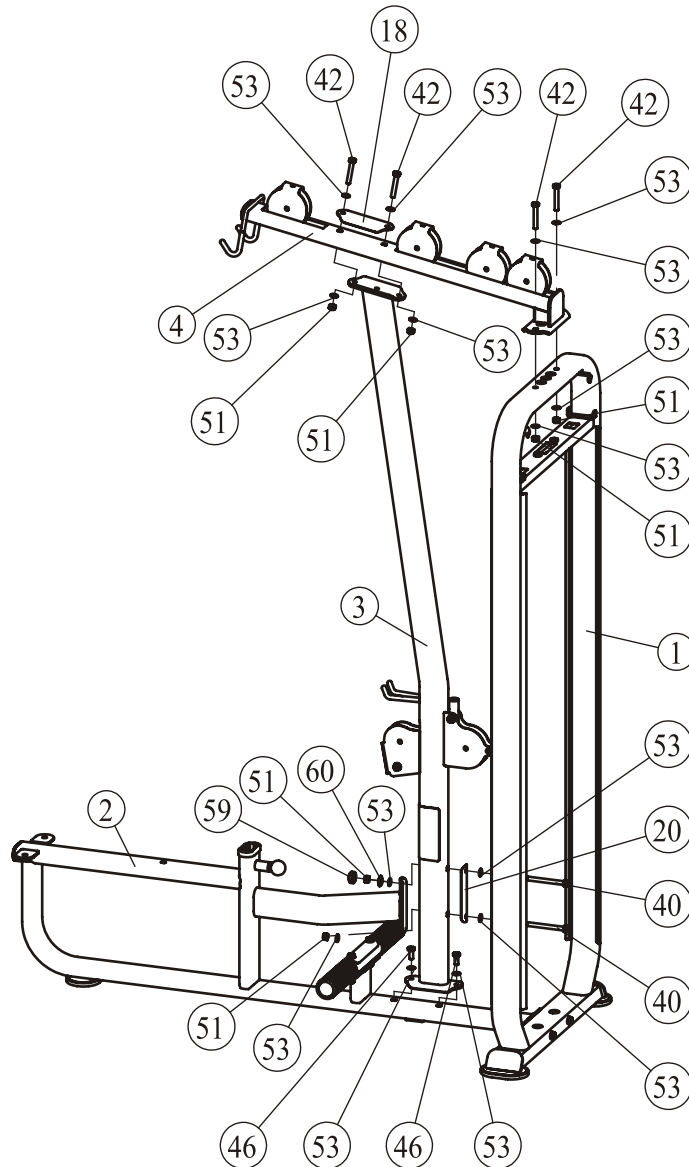
1. Attach the Seated Frame (#2) to the Weight Stack Frame (#1) using:
two M10*105 HHB (#40) four $\Phi 11*\Phi 20*2$ Flat Washer (#53)
two M10 Nylon lock Nut (#51)
2. Attach the Foot Tube (#9) to the Seated Frame (#2) using:
one R24 Fixed Plate (#21) two M10*75 HHB (#41)
four $\Phi 11*\Phi 20*2$ Flat Washer (#53) two M10 Nylon lock Nut (#51)



Assembly

Step 2

1. Attach the Front Frame (#3) to the Seated Frame (#2) using:
 - two M10*25 HHB (#46)
 - one Arc Fixed Plate (#20)
 - Note: Attach it after all bolts are tightened.**
 - one $\Phi 30$ Plastic Cap (#59)
 - two M10 Nylon lock Nut (#51)
 - six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)
 - one $\Phi 27.6 \times \Phi 13 \times 3.5$ Base Washer for Plastic Cap (#60)
 - two M10*105 HHB (#40)
2. Attach the Lat Tube (#4) to the Weight Stack Frame (#1) using:
 - two M10*65 HHB (#42)
 - two M10 Nylon lock Nut (#51)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)
3. Attach the Lat Tube (#4) to Front Frame (#3) using:
 - one Oval Fixed Plate 130 (#18)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)
 - two M10*65 HHB (#42)
 - two M10 Nylon lock Nut (#51)



Assembly

Step 3

1. Attach:

two Guide Rod (#8)

four $\Phi 62 \times \Phi 25.2 \times 25$ Weight Rubber Bumper (#35)

sixteen Weight Plate

one Top Plate (#13)

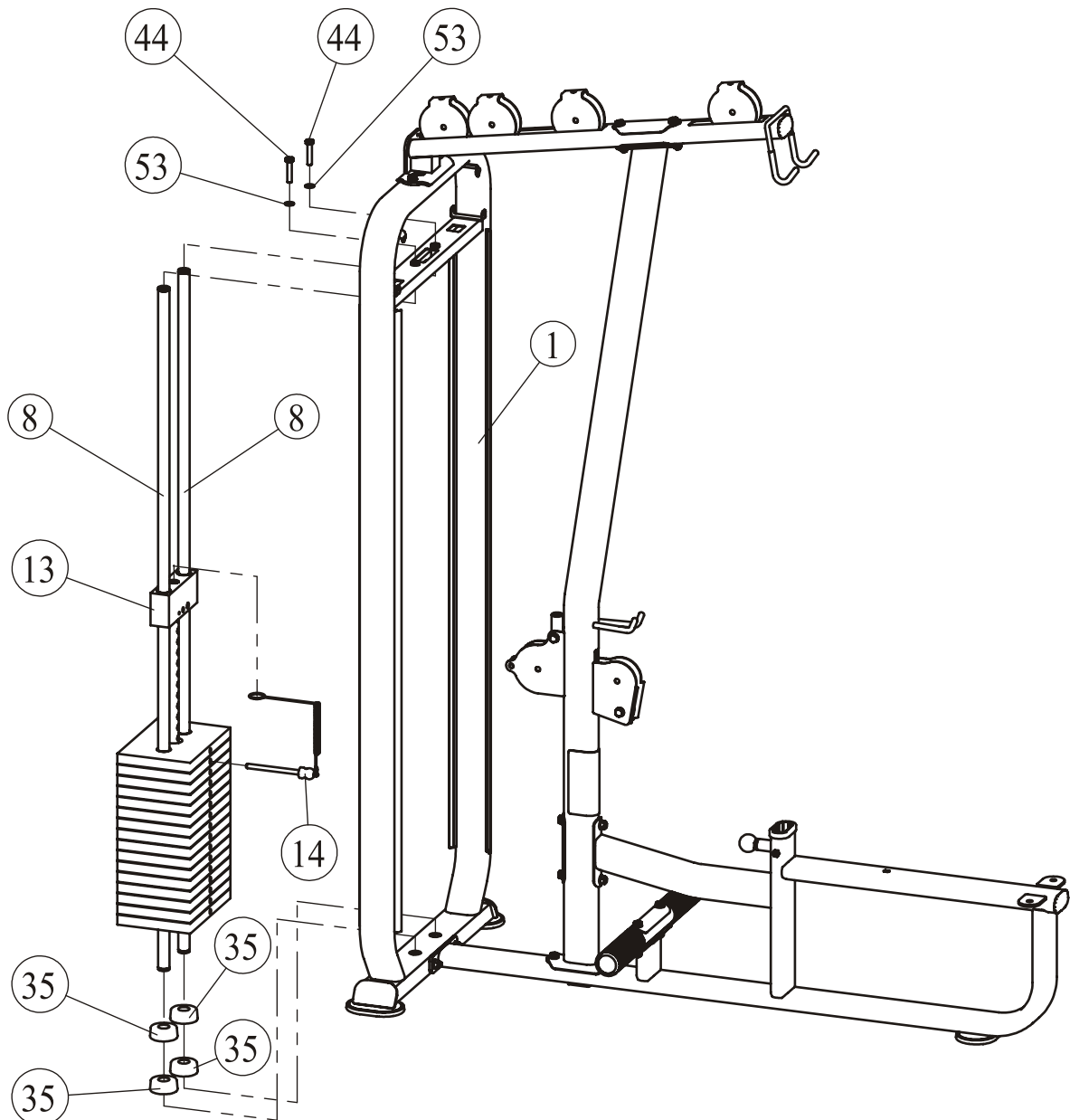
to the Weight Stack Frame (#1) using:

two M10*50 HHB (#44)

two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)

2. Attach the Selector Pin W/Coil (#14) to the Top Plate (#13).

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

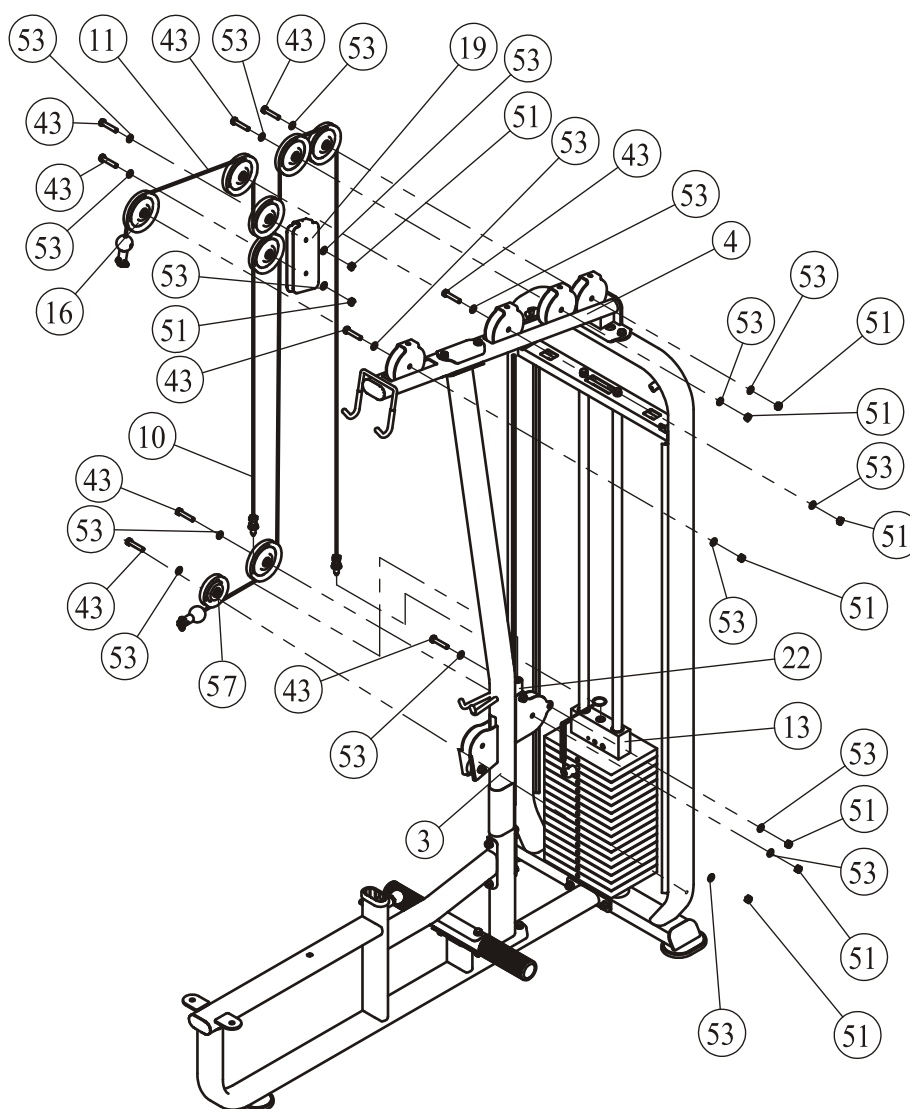


Assembly

Step 4

1. Attach the Lat Cable (#11) to the Top Plate (#13).
2. Attach the Row Cable (#10) to the Cable Adaptor(#22).
3. Attach four 4.5" Pulley (#16) to the Lat Tube (#4) using:
four M10*50 HHB (#43)
four M10 Nylon lock Nut (#51)
eight Φ 11* Φ 20*2 Flat Washer (#66)
4. Attach one 4.5" Pulley (#16) and one 3.5" Pulley (#57) to the Front Frame (#3) using:
three M10*50 HHB (#43)
three M10 Nylon lock Nut (#51)
six Φ 11* Φ 20*2 Flat Washer (#53)
5. Attach two 4.5" Pulley (#16) and one Pulley Bracket (#19) to the Lat Cable (#11) and Row Cable (#10) using:
two M10*50 HHB (#43)
two M10 Nylon lock Nut (#51)
four Φ 11* Φ 20*2 Flat Washer (#53)

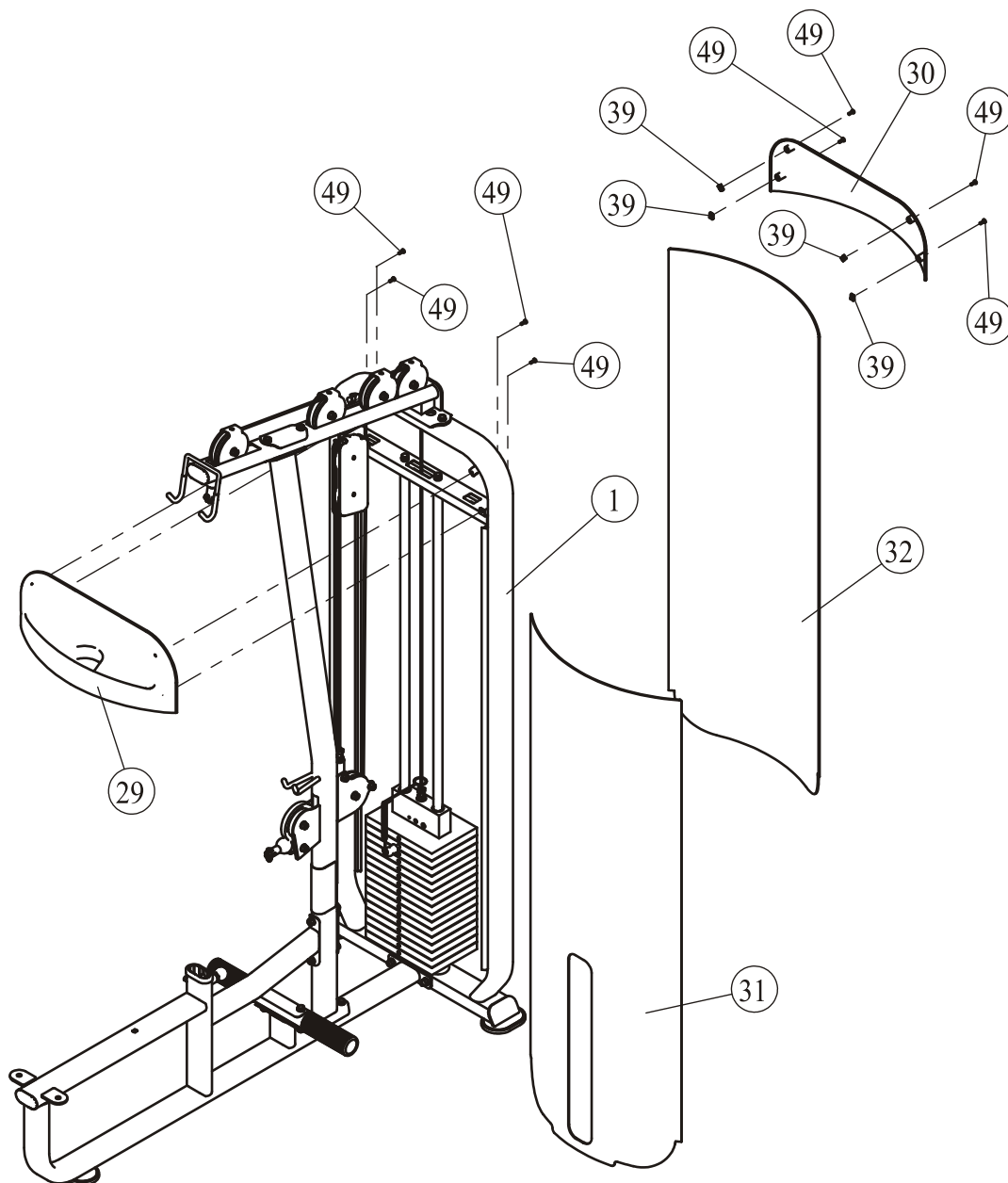
NOTE: Make sure that the Pully Bracket's head up as shown.



Assembly

Step 5

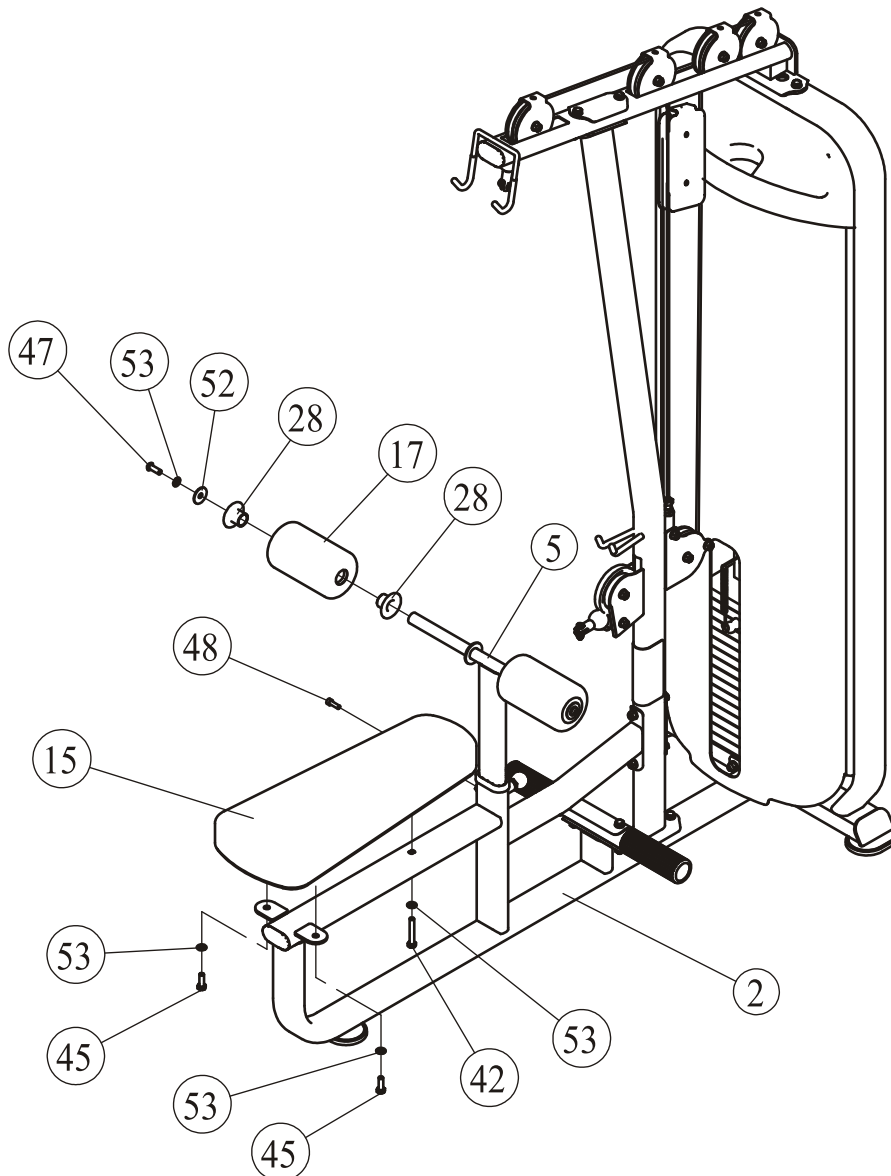
1. Attach the Bottom Front Shroud (#31) and Bottom Rear shroud (#32) to the Weight Stack Frame (#1).
2. Attach the Top Front Shroud (#29) to the Weight Stack Frame (#1) using:
four M5*15 Pan Head Phillips Screw (#49)
3. Attach the Top Rear Shroud (#30) to the Weight Stack Frame (#1) using:
four M5 U-Style Tapped Hole Nut (#39) four M5*15 Pan Head Phillips Screw (#49)



Assembly

Step 6

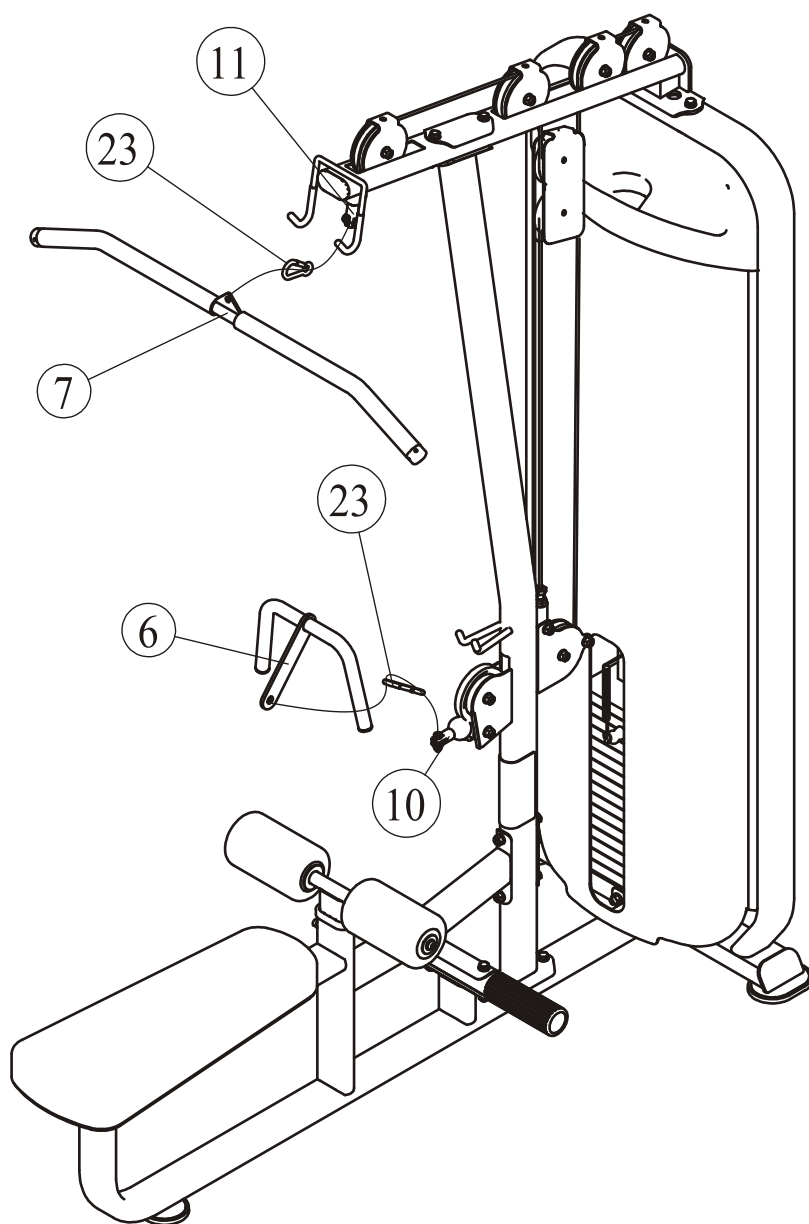
1. Attach the Seat Pad (#15) to the Seated Frame (#2) using:
one M10*65 HHB (#42) two M10*30 HHB (#45)
three $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)
2. Attach the Thigh Frame (#5) and M8*25 SHCS (#48) to the Seated Frame (#2).
3. Attach:
four Plastic Roller Cover (#28) two Short Roller Pad (#17)
two $\Phi 11 \times \Phi 38 \times 2$ Washer (#52)
to the Thigh Frame (#5) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53) two M10*30 BHCS (#47)



Assembly

Step 7

1. Attach the Lat Handle (#7) to the Lat Cable (#11) using:
one Gear Hook (#23)
2. Attach the Row Handle (#6) to the Row Cable (#10) using:
one Gear Hook (#23)



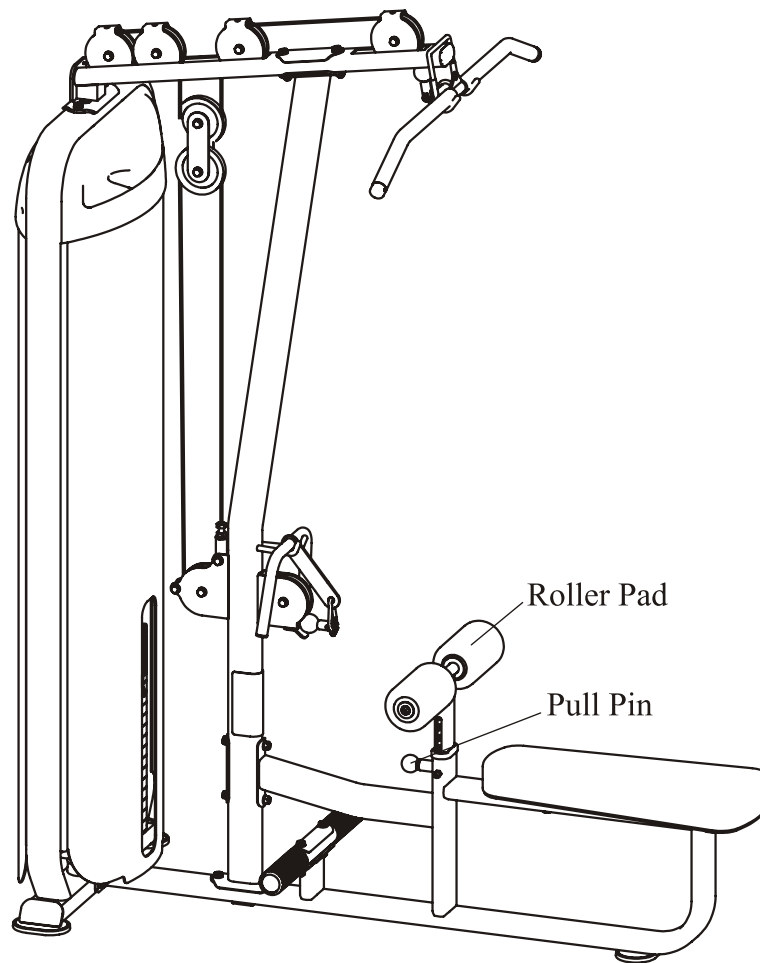
Adjust Instructions

Roller Pad adjustment

1. Pull the Pull Pin and adjust Roller Pad to desired position.
2. Make sure the Pull 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.



Exercise Instructions

LAT PULLDOWN / SEATED ROW

PL9002



Lat pulldown



Seated Row

Exercise Instructions:

SET UP

- 1 Select an appropriate weight.
- 2 Adjust roller pad to the desired position.

EXERCISE

- **Lat pulldown:**
Hold lat bar, pull down slowly toward your upper chest.
- **Seated Row:**
pulling handle towards your mid-chest slowly.
- **Pause slightly then slowly return to the starting position.**



SET UP

- 1 Select an appropriate weight.
- 2 Adjust roller pad to the desired position.

EXERCISE

• **Lat pulldown:**

Hold lat bar, pull down slowly toward your upper chest.

• **Seated Row:**

pulling handle towards your mid-chest slowly.

• **Pause slightly then slowly return to the starting position.**

(Adjust weight according to the select pin)

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.

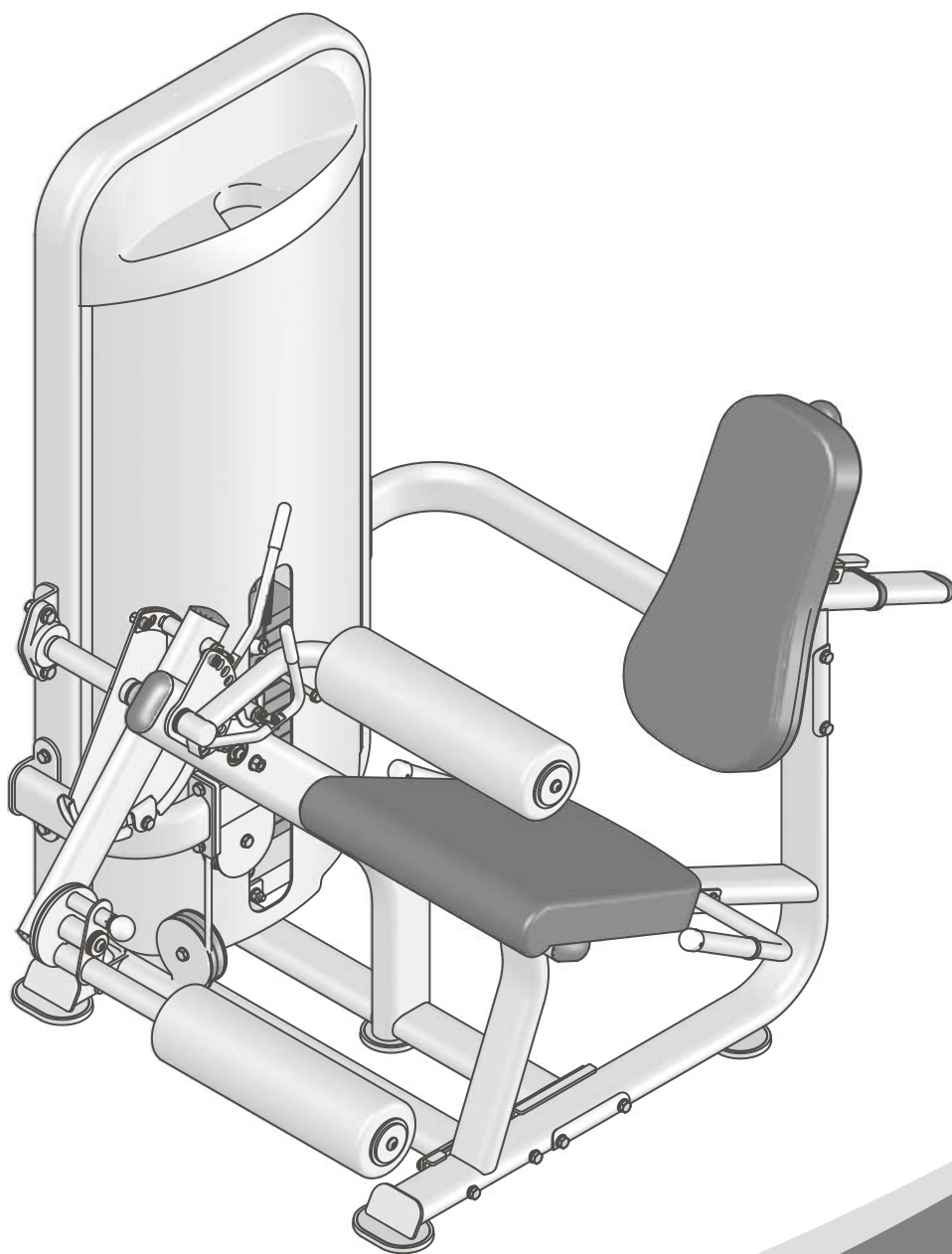
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



PL9019

Leg Extension/Leg Curl

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

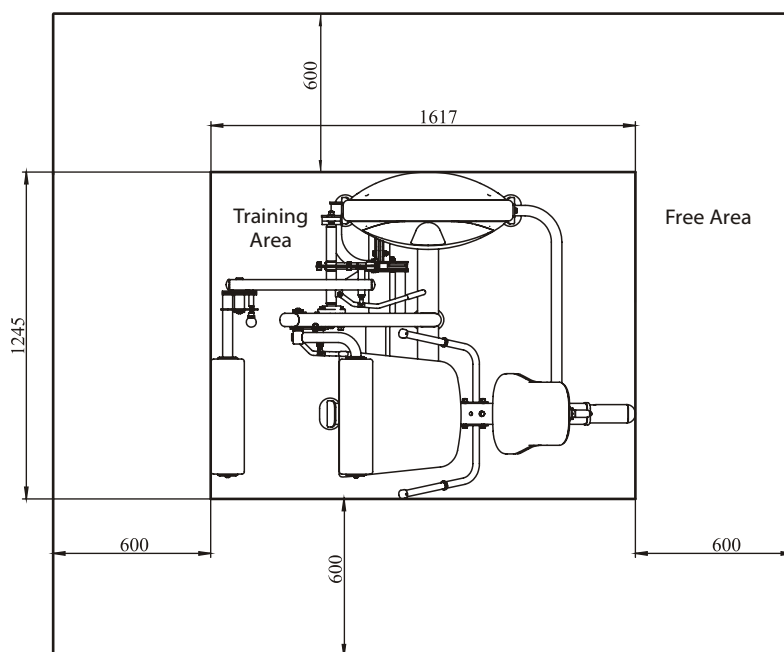
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Wt. Capacity: 113Kg/ 250lbs

Product Total Surface: 1465*1245 mm

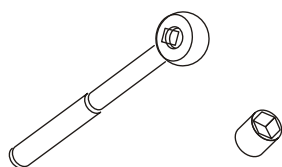
Product Total Mass: 115.5kg/ 255lbs

Instructions

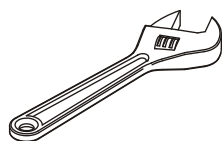
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

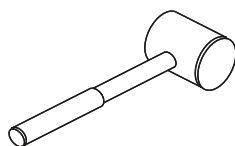
Tools Required



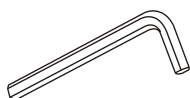
Ratchet Wrench and Socket



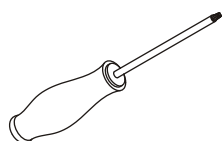
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Parts List

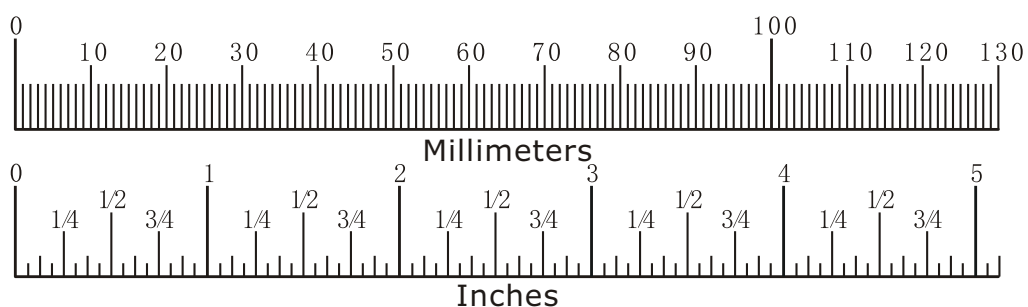
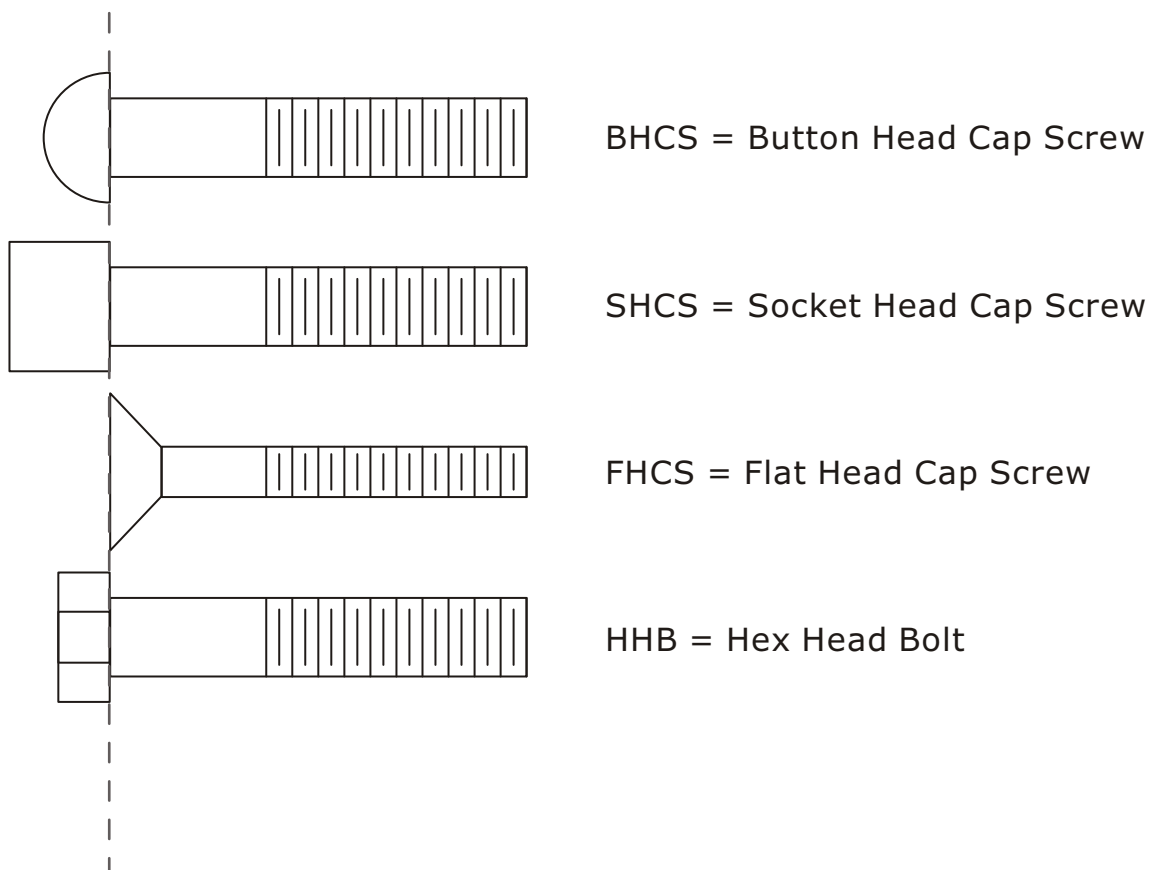
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	51	Hand Cushion	1
2	Seat Pad Frame	1	52	Grip $\Phi 30 \times \Phi 22 \times 270$	2
3	Curl Arm Adjustment, Assy	1	53	Plug RT 40*80	3
4	Extension Arm Adjustment, Assy	1	54	Separate Cap $\Phi 17 \times 10.5$	3
5	Cable Cam	1	55	Socket Head Cap Screw M8*20	3
6	Guide Rod	2	56	Hex Head Bolt M10*115	4
7	Front Frame	1	57	Hex Head Bolt M10*110	6
8	Bottom Cross Brace	1	58	Hex Head Bolt M10*105	4
9	Rear Brace	1	59	Hex Head Bolt M10*25	4
10	Adjustable Plate	1	60	Hex Head Bolt M10*20	2
11	Adjustable Plate	1	61	Hex Head Bolt M10*45	1
12	Ext/Curl Arm	1	62	Hex Head Bolt M10*50	8
13	Ankle Roller Frame	1	63	Hex Head Bolt M10*65	8
14	Side Frame	1	64	Button Head Cap Screw M10*25	2
15	Handle	1	65	Flat Head Cap Screw M10*25	2
16	Back Pad	1	66	Pan Head Phillips Screw M8*55	1
17	Big Washer $\Phi 63.5 \times 4$	2	67	Hex Head Bolt M8*40	2
18	Seat Pad	1	68	Socket Head Cap Screw M8*25	1
19	Weight Stack Base	2	69	Flat Head Cap Screw M5*10	1
20	Adjustable Support	1	70	Pan Head Phillips Screw M5*15	8
21	Adjustment Bush	1	71	Nylon lock Nut M10	27
22	Back Pad Frame	1	72	Nylon lock Nut M8	5
23	Lid Plate $\Phi 38 \times \Phi 10.5 \times 4$	4	73	Washer $\Phi 11 \times \Phi 20 \times 1.5$	70
24	Pin For Extension/ Curl	1	74	Washer $\Phi 18 \times \Phi 9 \times 1.5$	8
25	Pin For Thigh Pad Assy	1	75	M12*40 Hex Head Bolt	2
26	Pop Pin	1	76	FOAM	2
27	Thigh Pad Frame Assy	1	77	Bush of Rolling Pad	4
28	Pin Link Plate	4	78	Hex Head Bolt M12*80	2
29	Long Adjustment Bush	1	79	Socket Head Cap Screw M5*20	4
30	Pulley Prevent Bracket	1	80	Washer $\Phi 5.5 \times \Phi 10 \times 1$	8
31	Top Plate	1	81	Nylon lock Nut M5	4
32	Spring	1	82	Nylon lock Nut M12	4
33	Selector Pin W/Coil	1	83	Washer $\Phi 13 \times \Phi 24 \times 2$	8
34	Pillow Block Bearing UCFL205-25	2	84	Socket Set Screw 10-32*3.2	8
35	Plug RT50*100	1	85	Plug RT 30*70	3
36	Bottom Front Shroud	1	86	$\Phi 25.4$ Ring	2
37	Bottom Rear Shroud	1	87	$\Phi 25.4$ End Cap	2
38	Top Front Shroud	1	88	Oval Fixed Plate	3
39	Top Rear Shroud	1	89	Bushing $\Phi 10 \times \Phi 14 \times 20$	1
40	Guide Rubber Bumper $\Phi 25 \times \Phi 21 \times 28$	4	90	Spacer $\Phi 16 \times \Phi 12.2 \times 12.5$	4
41	Yellow Grip $\Phi 19 \times \Phi 14 \times 70$	2	91	U-Style Tapped Hole Nut M5	4
42	M10*55 Hex Head Bolt	2	92	Hex Head Bolt M10*135	1
43	4.5" Pulley	5	93	Hex Head Bolt M10*190	1
44	3.5" Pulley	1	94	Hex Head Bolt M10*50(Whole Screw)	2
45	Cable	1	95	Hex Key S=6	1
46	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	6	96	Hex Key S=4	1
47	Bushing $\Phi 16 \times \Phi 12 \times 8$	4	97	Lube	1
48	Weight Rubber Bumper	2	98	Cable End	1
49	Foot Pad	5	99	U Bracket	2
50	Plastic Tube Guide	2			

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

[illegible]

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.

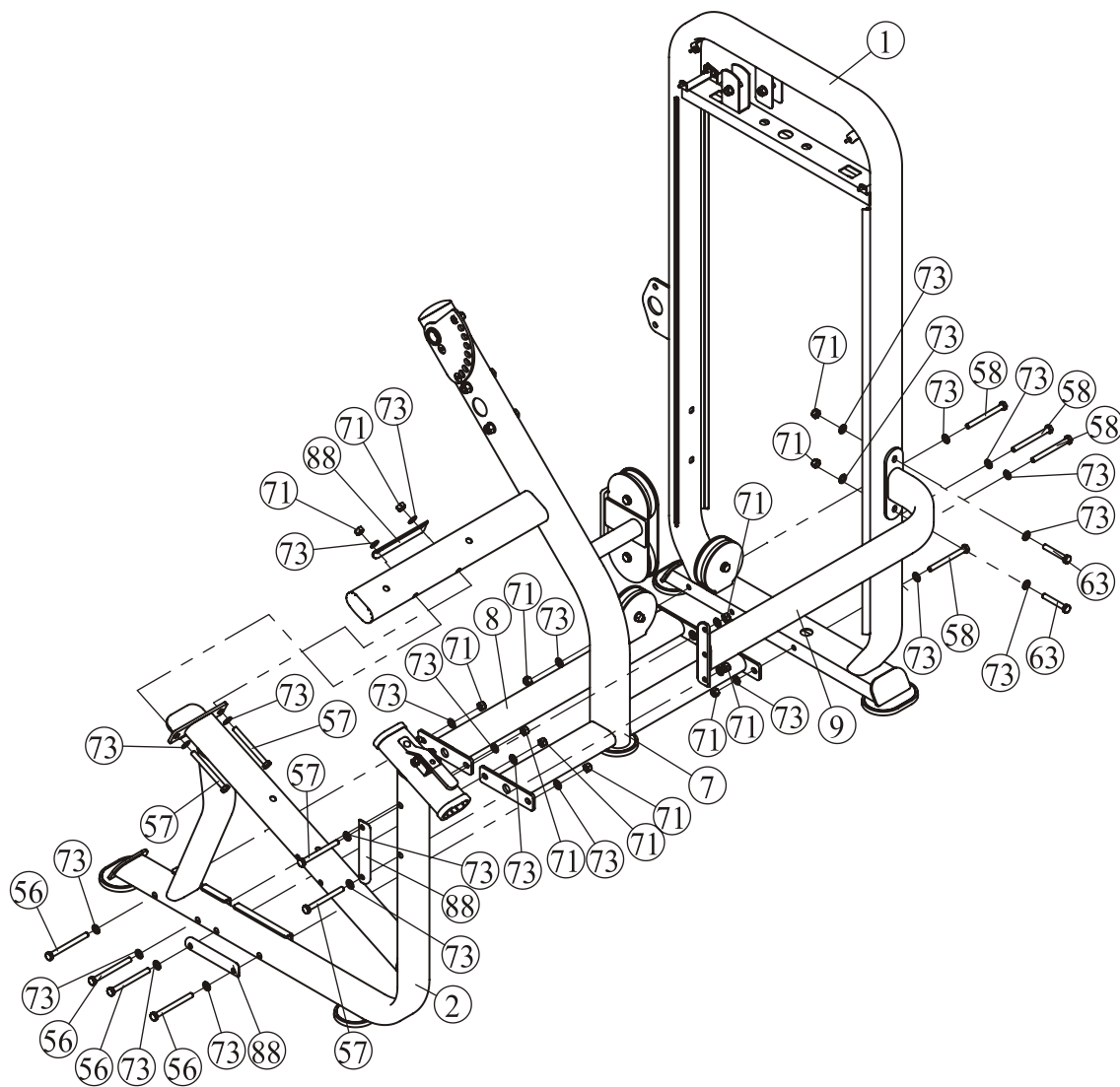
NOTE

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 the Bottom Cross Brace (#8), the Front Frame (#7) to the Weight Stack Frame (#1) using:
four M10*105 HHB (#58) eight $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#73)
four M10 Nylon lock Nut (#71)
2. Attach the Rear Brace (#9) to the Weight Stack Frame (#1) using:
two M10*65 Hex Head Bolt (#63) four $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#73)
two M10 Nylon lock Nut (#71)
3. Attach the Seat Pad Frame (#2) to the Front Frame (#7), the Bottom Cross Brace (#8) using:
two Oval Fixed Plate (#88) four M10*115 HHB (#56)
two M10*110 HHB (#57) twelve $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#73)
six M10 Nylon lock Nut (#71)
4. Attach the Seat Pad Frame (#2), the Rear Brace (#9) to the Weight Stack Frame (#1) using:
one Oval Fixed Plate (#88) two M10*110 HHB (#57)
four $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#73) two M10 Nylon lock Nut (#71)



Assembly

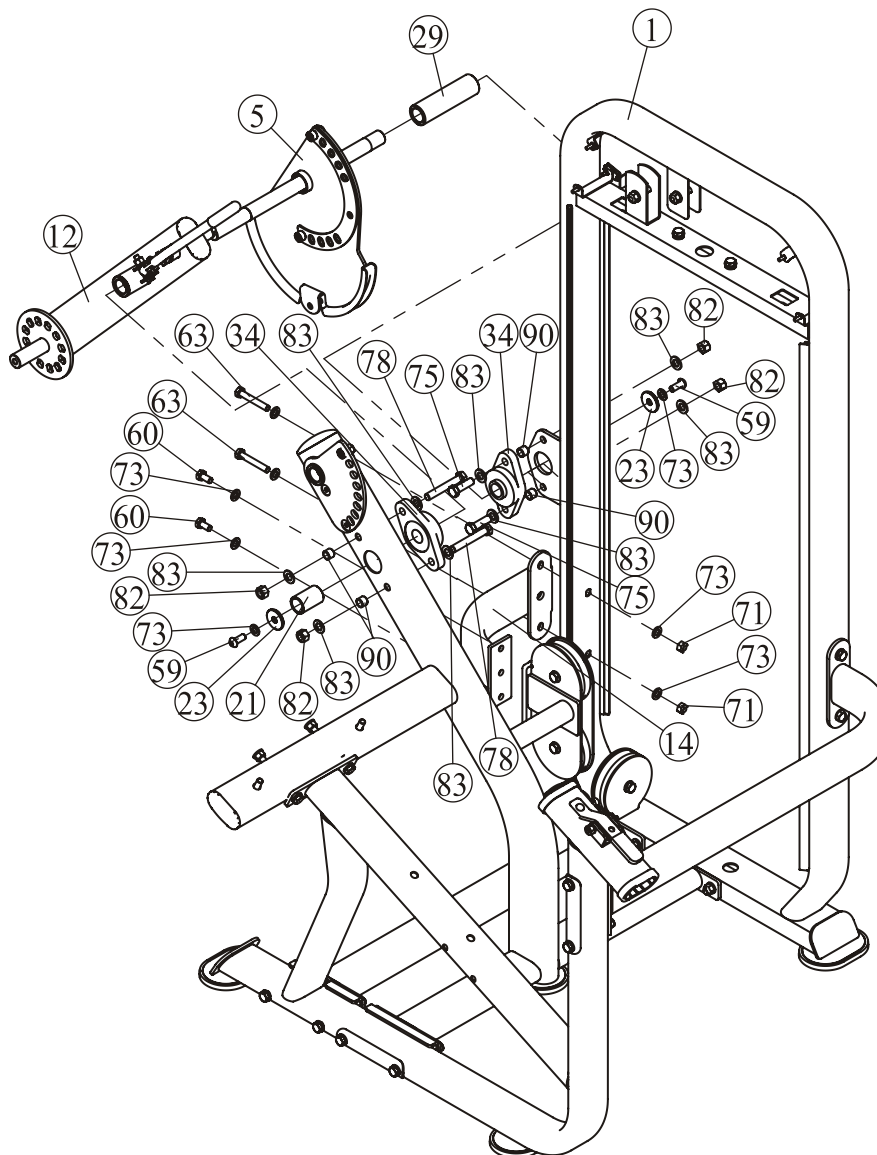
Step 2

1. Attach the Long Adjustment Bush (#29), the Ext/Curl Arm (#12), two Pillow Block Bearing (#34) to Cable Cam (#5) shaft two end.
2. Attach two Pillow Block Bearings (#34) to the Front Frame (#7), the Weight Stack Frame (#1) using:

four Spacer (#90)	two M12*80 HHB (#78)
two M12*40 HHB (#75)	eight $\Phi 13*\Phi 24*2$ Washer (#83)
four M12 Nylon lock Nut (#82)	
3. Fix the Cable Cam (#5) shaft two end. using:

one Adjustment Bush (#21)	two $\Phi 38*\Phi 10.5*4$ Lid Plate (#23)
two $\Phi 20*\Phi 11*1.5$ Washer (#73)	two M10*25 Hex Head Bolt (#59)
4. Attach the Side Frame (#14) to the Weight Stack Frame (#1) and the Front Frame (#7). using:

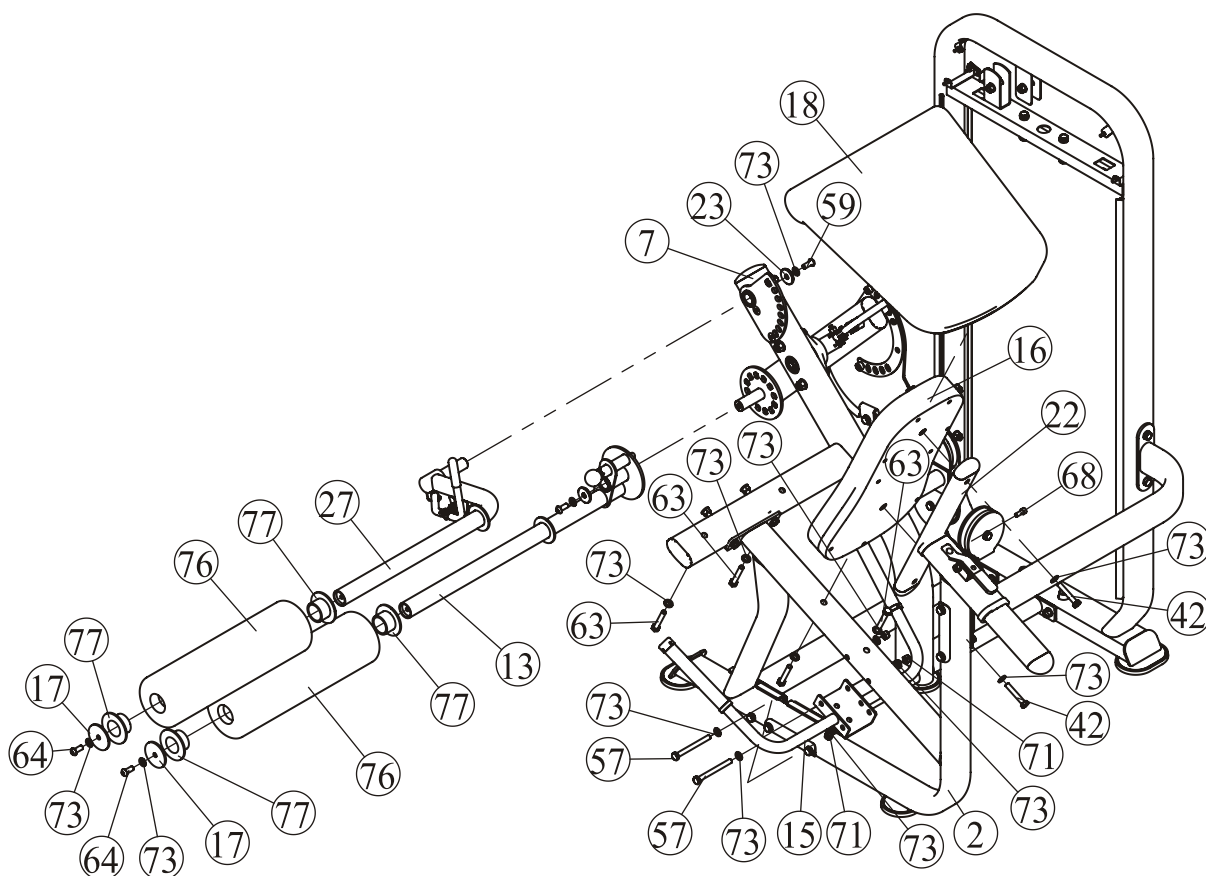
two M10*65 HHB (#63)	two M10*20 HHB (#60)
six $\Phi 11*\Phi 20*1.5$ Washer (#73)	two M10 Nylon lock Nut (#71)



Assembly

Step 3

1. Attach the Thigh Pad Frame Assy (#27) to the Front Fram (#7). using:
 one $\Phi 38 \times \Phi 10.5 \times 4$ Lid Plate (#23) one $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73)
 one M10*25 HHB (#59)
2. Attach the Ankle Roller Frame (#13) to the Ext/Curl Arm (#12), using:
 one $\Phi 38 \times \Phi 10.5 \times 4$ Lid Plate (#23) one $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73)
 one M10*25 HHB (#59)
3. Attach two FOAM (#76) to the Ankle Roller Frame (#13) and the Thigh Pad Frame Assy (#27) using:
 four Bush of Rolling Pad (#77) two $\Phi 63.5 \times 4$ Big Washer (#17)
 two $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73) two M10*25 BHCS (#64)
4. Attach the Handle (#15) to the Seat Pad Frame (#2) using:
 two M10*110 HHB (#57) one M10*65 HHB (#63)
 six $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73) three M10 Nylon lock Nut (#71)
5. Attach the Back Pad Frame (#22) to the Seat Pad Frame (#2) using:
 one M8*25 SHCS (#68)
6. Attach the Back Pad (#16) to the Back Pad Frame (#22) using:
 two M10*55 HHB (#42) two $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73)
7. Attach the Seat Pad (#18) to the Seat Pad Frame (#2), using:
 two M10*65 HHB (#63) two $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73)

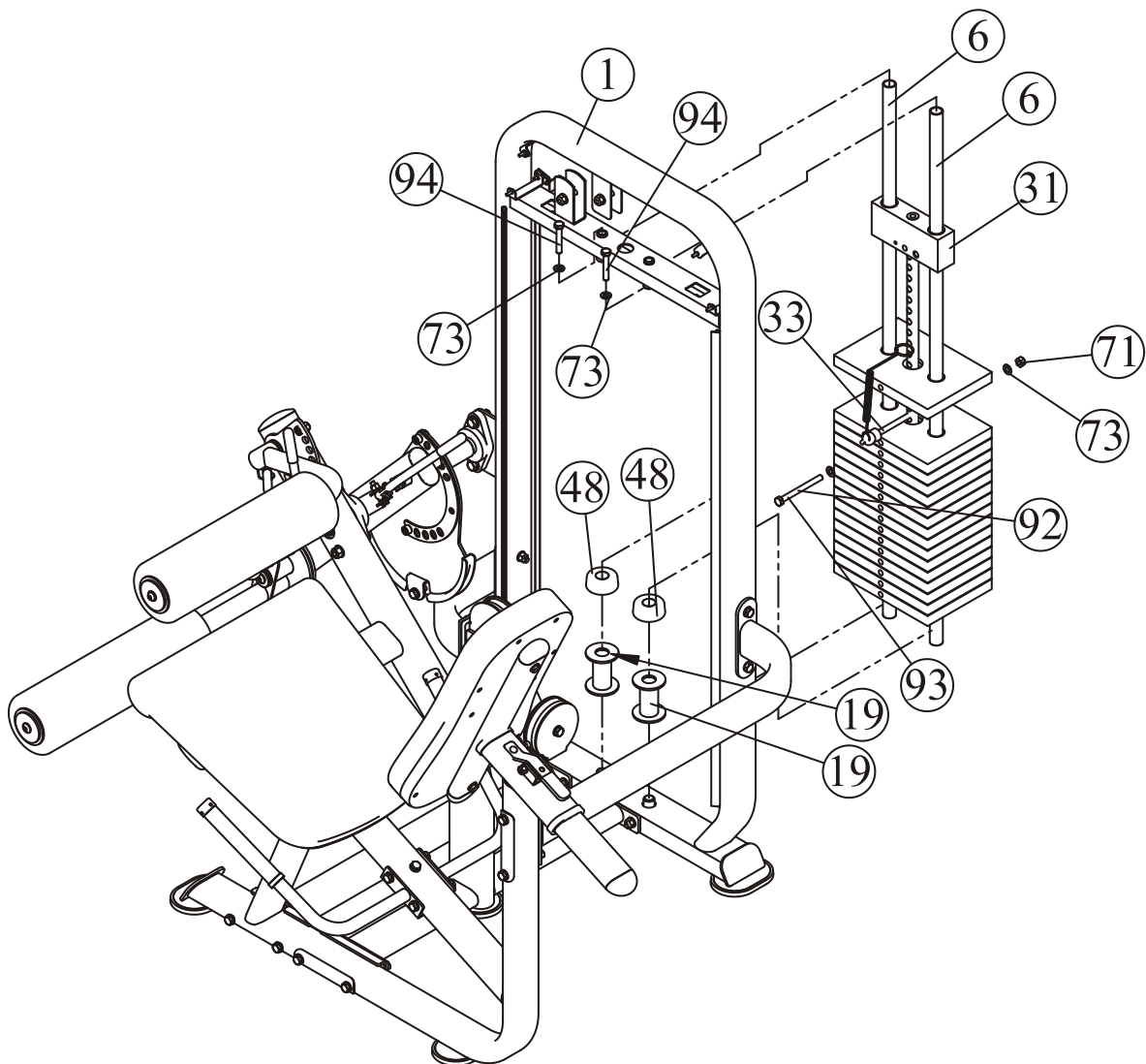


Assembly

Step 4

1. Attach two Weight Stack Base (#19), two Weight Rubber Bumpers (#48), two Guide Rods (#6) to the Weight Stack Frame (#1).
2. Attach sixteen Weight Plate.
3. Attach One Top Plate (#31) and the Selector Pin W/Coil (#33).
4. Fix two Guide Rods (#6) to Weight Stack Frame (#1) using:
two M10*50 (Whole Screw) HHB (#94) two $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73)
5. Attach the second Weight Plate to Top Plate (#31) using:
one M10*190 HHB (#93) (250LBS) one M10*135 HHB (#92) (170LBS)
two $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#73) one M10 Nylon lock Nut (#71)

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

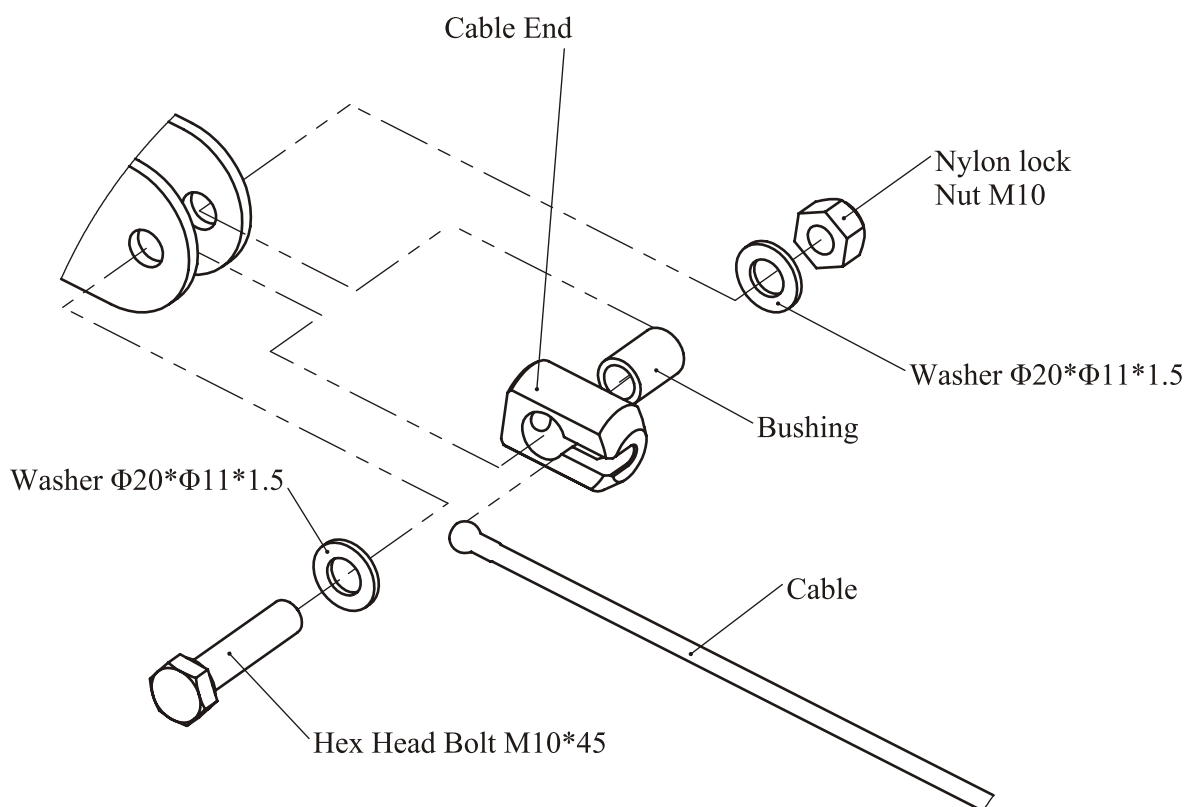


Assembly

Step 5-1

Note:

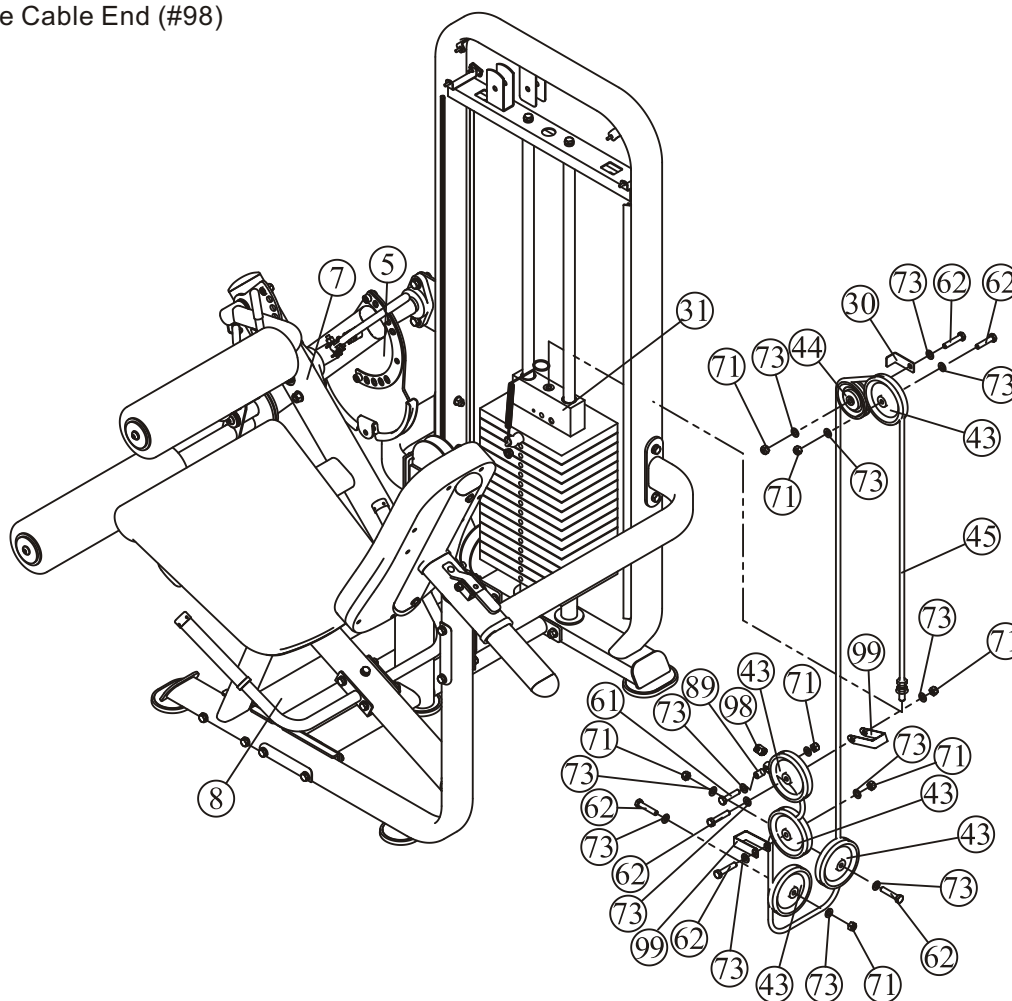
1. First attach Cable End to the Cable.
2. Second attach Bushing to the Cable End.
3. Then attach Cable End to the frame using:
 - one Hex Head Bolt M10*45
 - one Nylon lock Nut M10
 - two Washer $\Phi 20*\Phi 11*1.5$



Assembly

Step 5-2

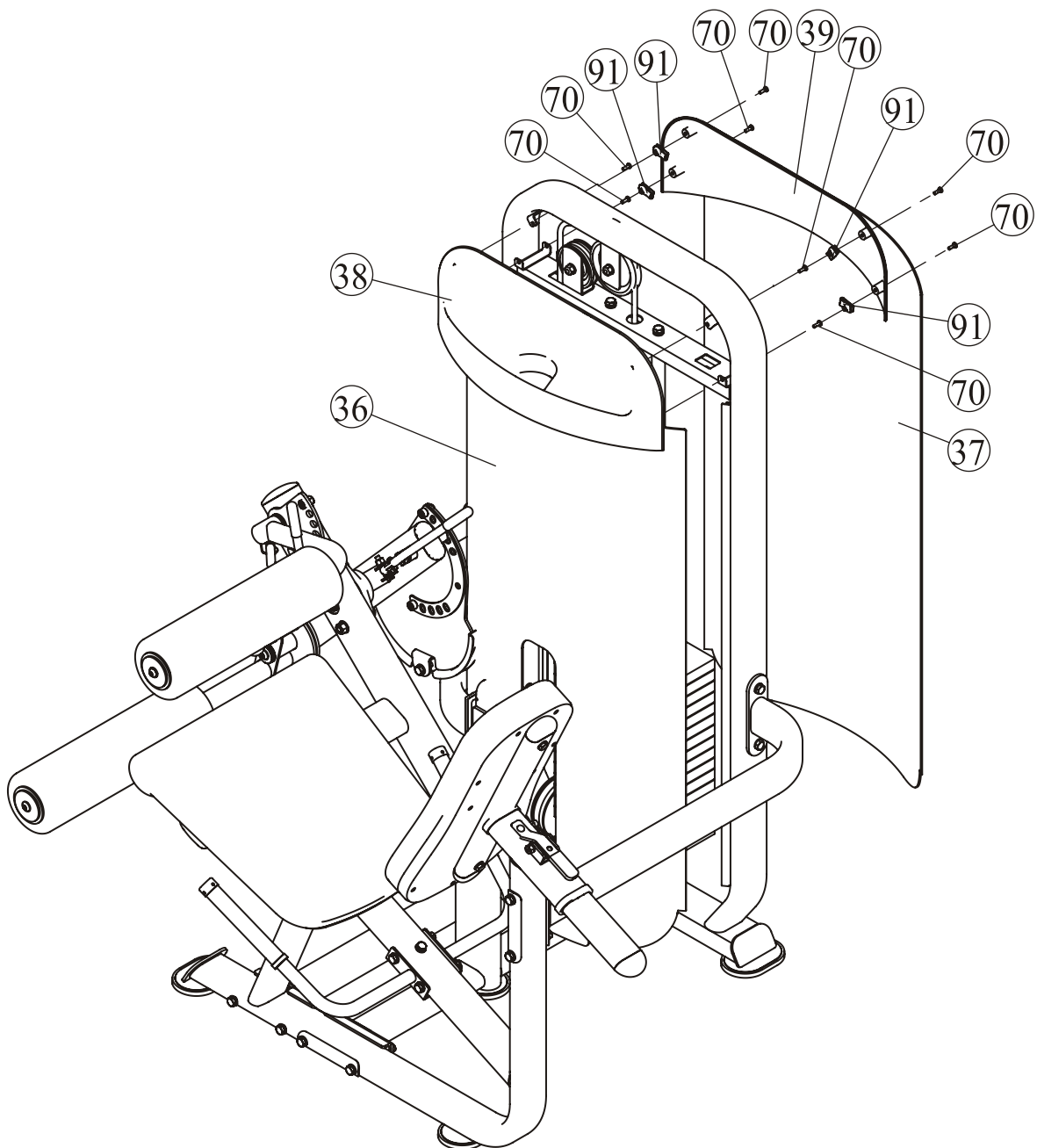
1. Attach the Cable (#45) to the Top Plate (#31).
2. Attach one 4.5" Pulley (#43) to the Weight Stack Frame (#1) top side. using:
one M10*50 HHB (#62) two $\Phi 11*\Phi 20*1.5$ Washer (#73)
one M10 Nylon lock Nut (#71)
3. Attach one 3.5" Pulley (#44) to the Weight Stack Frame (#1) top side. using:
one Pulley Prevent Bracket (#30) one M10*50 HHB (#62)
two $\Phi 11*\Phi 20*1.5$ Washer (#73) one M10 Nylon lock Nut (#71)
3. Attach one 4.5" Pulley (#43) to the Weight Stack Frame (#1) bottom side.
Using:
one M10*50 HHB (#62) two $\Phi 11*\Phi 20*1.5$ Washer (#73)
one M10 Nylon lock Nut (#71)
4. Attach one 4.5" Pulley (#43) to the Bottom Cross Brace (#8) using:
one M10*50 HHB (#62) two $\Phi 11*\Phi 20*1.5$ Washer (#73)
one M10 Nylon lock Nut (#71)
5. Attach two 4.5" Pulleys (#43) to Front Frame (#7) using:
two M10*50 HHB (#62) four $\Phi 11*\Phi 20*1.5$ Washer (#73)
two M10 Nylon lock Nut (#71) two U Bracket (#99)
6. Attach the Cable (#45) end to Cable Cam (#5) using:
one $\Phi 10*\Phi 14*20$ Bushing (#89) one M10*45 HHB (#61)
two $\Phi 11*\Phi 20*1.5$ Washer (#73) one M10 Nylon lock Nut (#71)
one Cable End (#98)



Assembly

Step 6

1. Attach the Bottom Front Shroud (#36) and the Bottom Rear Shroud to the Weight Stack Frame (#1).
2. Attach the Top Front Shroud (#38) to the Weight Stack Frame (#1) using:
four M5*15 PHPS (#70)
3. Attach the Top Rear Shroud (#39) to the Weight Stack Frame (#1) using:
four M5 U-Style Tapped Hole Nut (#91) four M5*15 PHPS (#70)



Adjust Instructions

Back Pad adjustment

1. Push the Adjustable Support and adjust the Back Pad to the desired position.
2. Make sure that the pin gets into the hole completely.

Ankle Roller Pad adjustment

1. Pull the Pull Pin and adjust Ankle Rolling Pad to desired position.
2. Make sure that the Pin gets into the hole completely.

Ext/Curl Arm adjustment

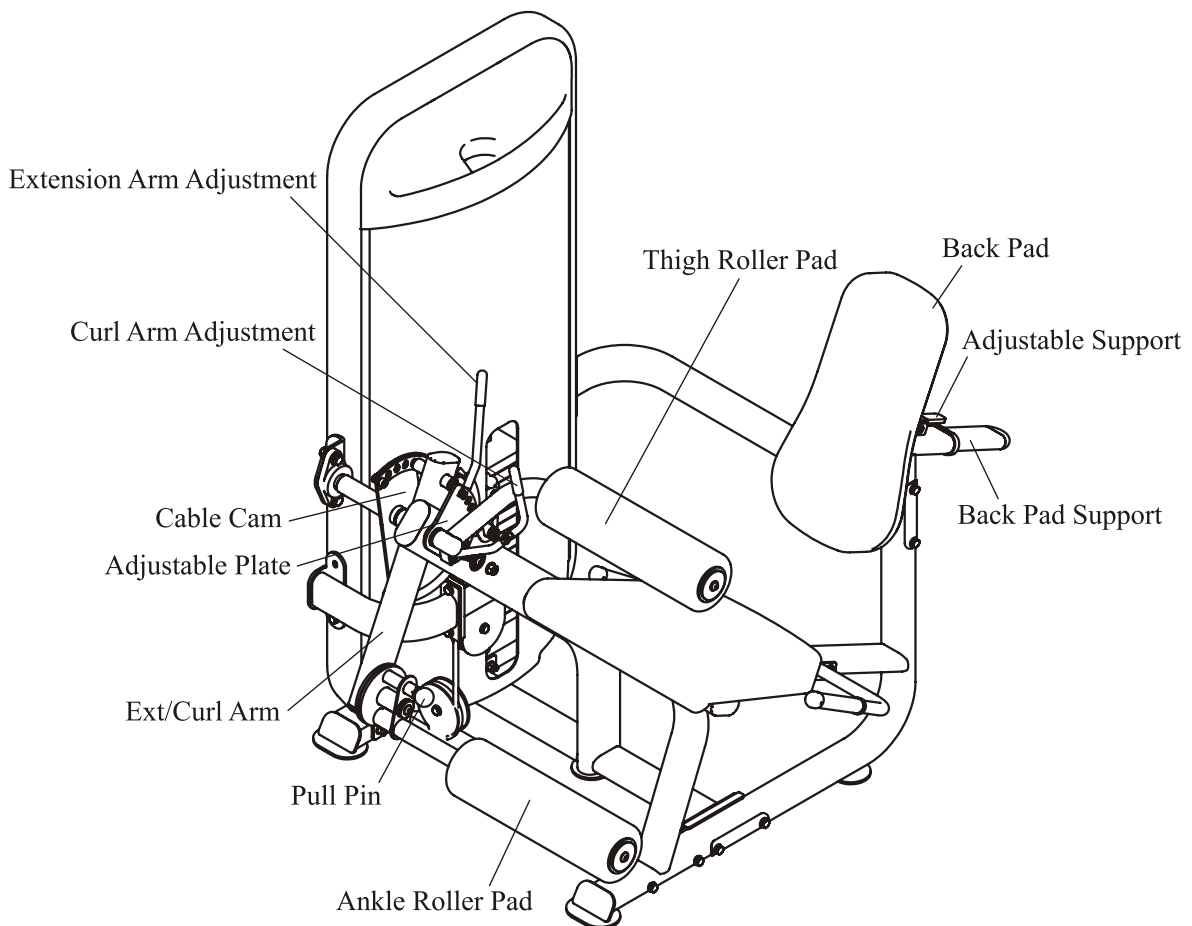
1. Pull the Extension Arm Adjustment and adjust Ext/Curl Arm to desired position.
2. Make sure that the Pin gets into the hole completely.

Thigh Roller Pad adjustment

1. Pull the Curl Arm Adjustment and adjust Thigh Roller Pad to desired position.
2. Make sure that 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 that the Selector Pin gets into the hole completely.



Exercise Instructions

LEG EXTENSION / LEG CURL PL9019



Leg extension



Leg curl

Exercise Instructions:

SET UP

- 1 Select an appropriate weight.
- 2 Adjust back pad to the desired position.

EXERCISE

• Leg extension:

Adjust leg arm to desired lower position, hook both ankles under the roller pad, then extend legs outward.

• Leg curl:

Adjust leg arm to desired higher position, place both ankles on the top of the roller pad, then curl legs inward.

- Pause slightly then slowly return to the starting position.



SET UP

- 1 Select an appropriate weight.
- 2 Adjust back pad to the desired position.

EXERCISE

● Leg extension:

Adjust leg arm to desired lower position, hook both ankles under the roller pad, then extend legs outward.

● Leg curl:

Adjust leg arm to desired higher position, place both ankles on the top of the roller pad, then curl legs inward.

● Pause slightly then slowly return to the starting position.

(Adjust weight according to the select pin)

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.

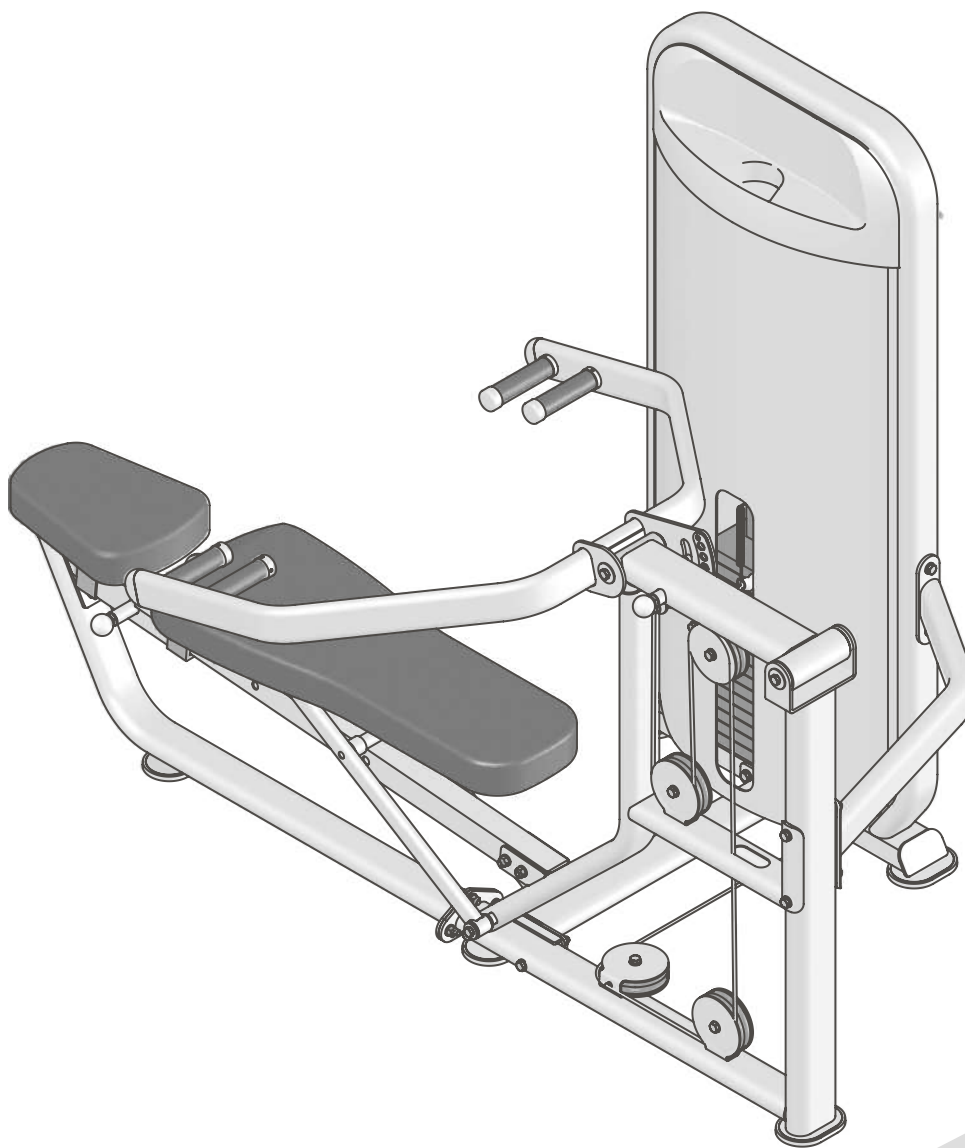
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



PL9021

Multi Press

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

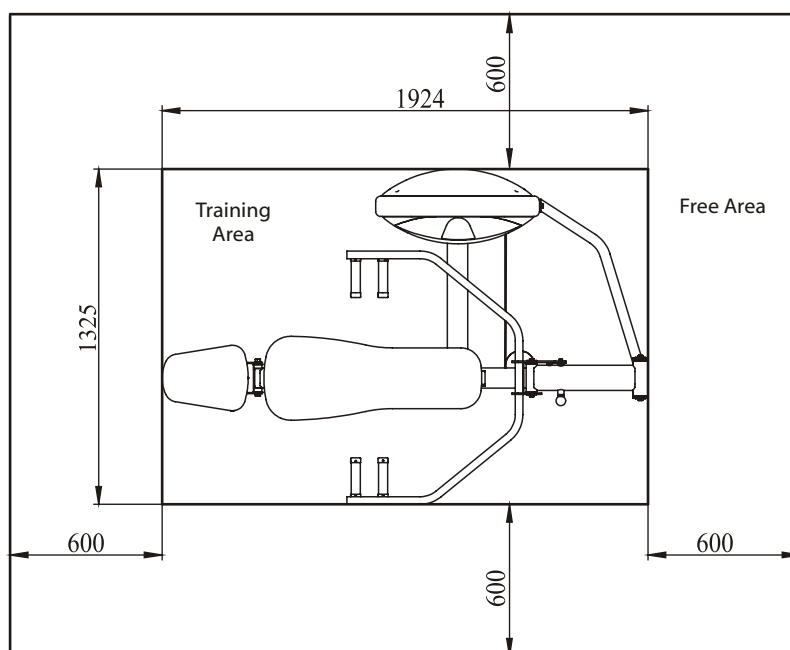
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Wt. Capacity: 113Kg/ 250lbs

Product Total Surface: 1924*1325 mm

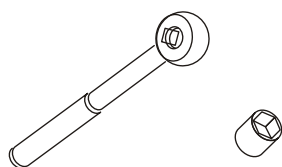
Product Total Mass: 111.5kg/ 246lbs

Instructions

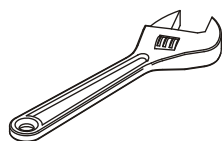
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

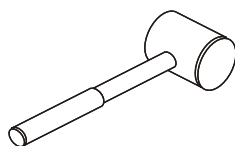
Tools Required



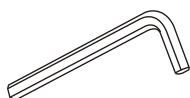
Ratchet Wrench and Socket



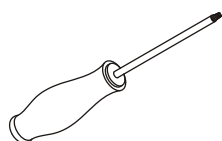
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

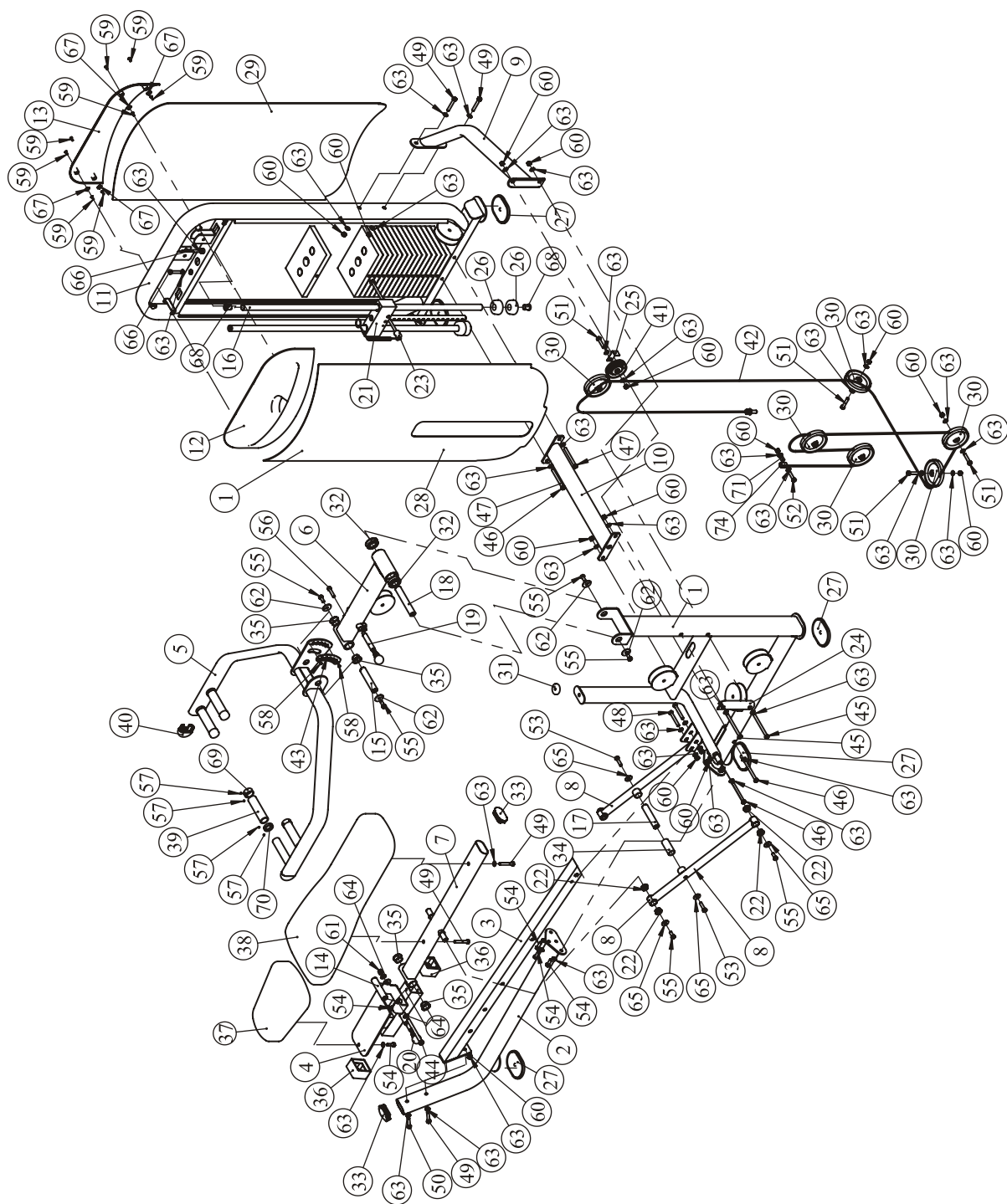
Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

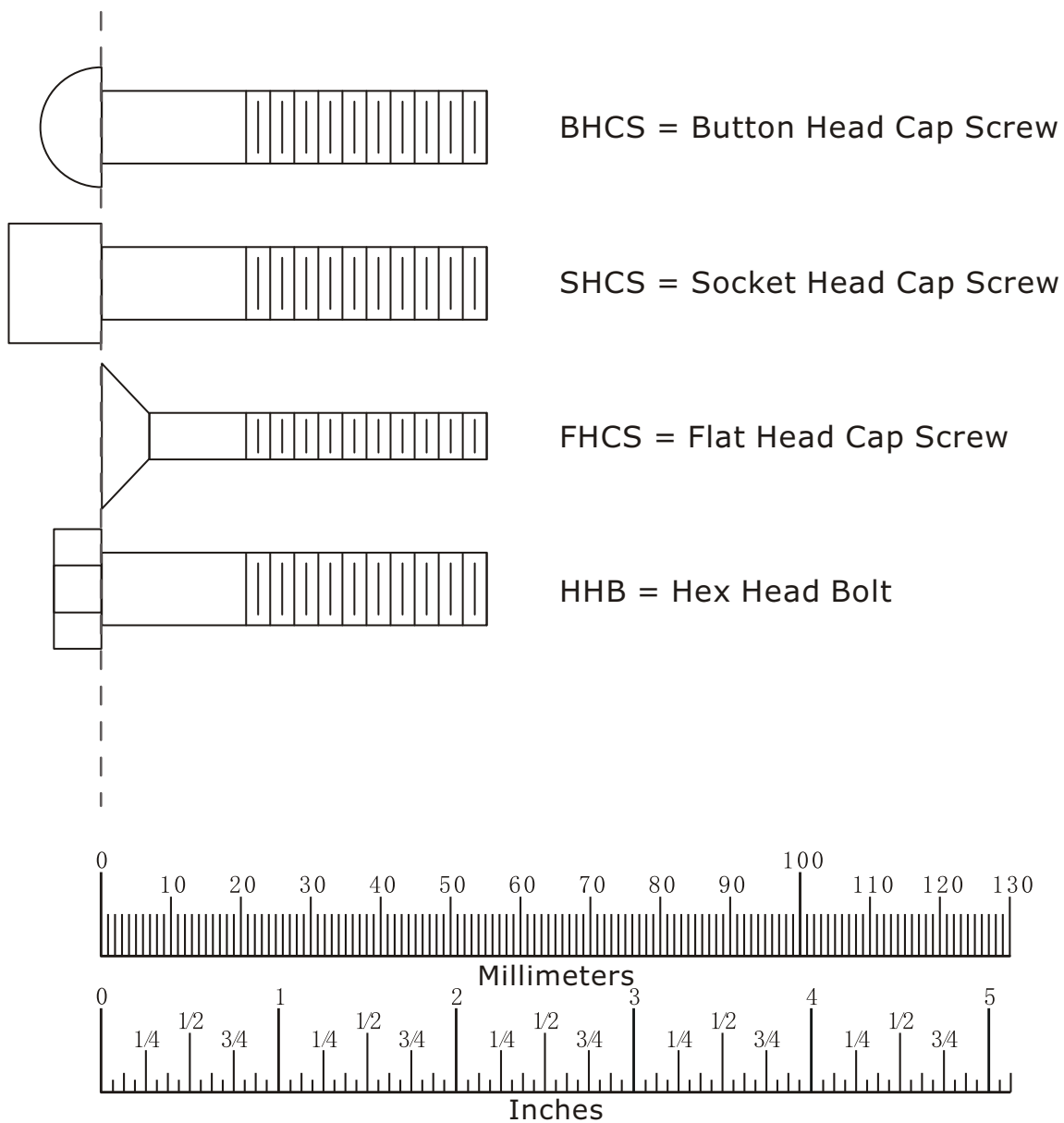
Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	38	Back Pad	1
2	Bace,Main Frame	1	39	Grip $\Phi 36 \times \Phi 28 \times 127$	4
3	Rail	1	40	Plug RT 30*70	2
4	Seat Roller Assembly	1	41	3.5" Pulley	1
5	Press Arm Assembly	1	42	Cable	1
6	Load Arm Assembly	1	43	Adjustable Plate	1
7	Frame Back	1	44	Hex Head Bolt M12*145	1
8	Strut Back Pad Frame	2	45	Hex Head Bolt M10*130	2
9	Brace Main Frame	1	46	Hex Head Bolt M10*110	2
10	Connector,Main Frame	1	47	Hex Head Bolt M10*105	2
11	Weight Stack Frame	1	48	Hex Head Bolt M10*75	2
12	Top Front Shroud	1	49	Hex Head Bolt M10*65	5
13	Top Rear Shroud	1	50	Hex Head Bolt M10*60	1
14	Axle $\Phi 25.4 \times \Phi 12.5 \times 114$	1	51	Hex Head Bolt M10*50	7
15	Axle $\Phi 25.4 \times 130$	1	52	Hex Head Bolt M10*45	1
16	Guide Rod	2	53	Hex Head Bolt M10*40	2
17	Limited Station Axle $\Phi 25 \times 124$	1	54	Hex Head Bolt M10*30	5
18	Axle $\Phi 25.4 \times 158$	1	55	Hex Head Bolt M10*25	8
19	Long Pop Pin	1	56	Socket Head Cap Screw M10*25	1
20	Pop Pin	1	57	Socket Set Screw 10-32*3.2	16
21	Top Plate	1	58	Flat Head Cap Screw M5*10	2
22	Bushing $\Phi 20 \times \Phi 25 \times 12$	8	59	Pan Head Phillips Screw M5*15	8
23	Selector Pin W/Coil	1	60	Nylon lock Nut M10	22
24	Oval Fixed Plate	1	61	Nylon lock Nut M12	1
25	Pulley Prevent Bracket	1	62	Washer $\Phi 38 \times 11 \times 2$	4
26	Weight Rubber Bumper	4	63	Washer $\Phi 20 \times \Phi 11 \times 1.5$	55
27	Foot Pad	5	64	Washer $\Phi 26 \times \Phi 13 \times 1.5$	2
28	Bottom Front Shroud	1	65	Washer $\Phi 30 \times 11 \times 2$	6
29	Bottom Rear Shroud	1	66	Hex Head Bolt M10*50 (Whole Screw)	2
30	4.5" Pulley	6	67	U-Style Tapped Hole NutM5	4
31	Rubber Bumper $\Phi 45 \times 16.5$	1	68	Guide Rubber Bumper	4
32	T type Bearing	2	69	$\Phi 32$ End Cap	4
33	Plug 40*80*20	2	70	$\Phi 32$ Ring	4
34	Limited Station Axle Rubber	1	71	Bushing $\Phi 10 \times \Phi 14 \times 20$	1
35	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	4	72	Lube	1
36	Plastic Tube Guide	2	73	S=8 Hex Key	1
37	Seat Pad	1	74	Cable End	1

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

Exploded View



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.

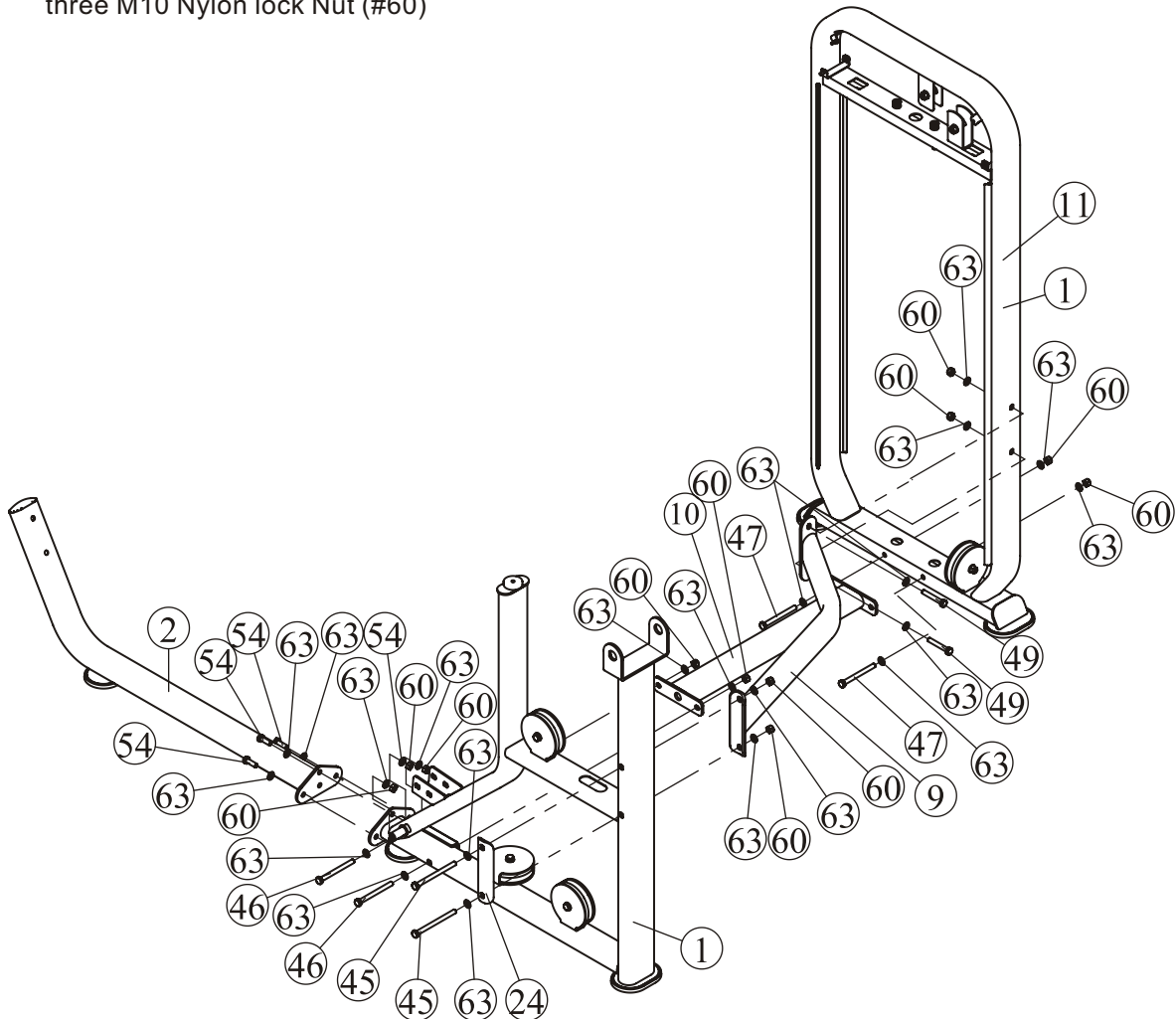
NOTE

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

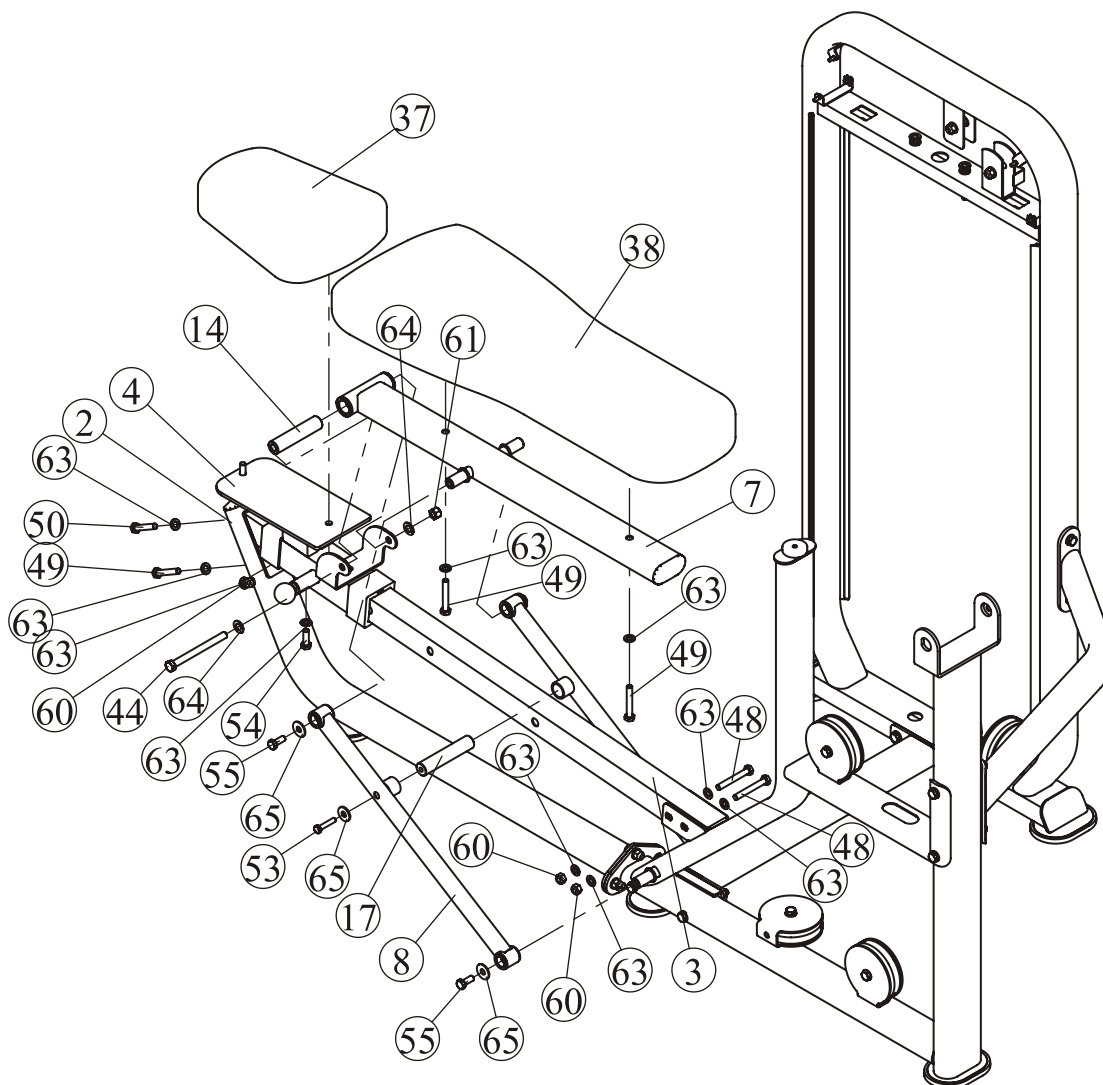
1. Attach Connector, the Main Frame (#10) to the Weight Stack Frame (#11) using:
 two M10*105 HHB (#47) four $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#63)
 two M10 Nylon lock Nut (#60)
2. Attach the Brace Main Frame (#9) to the Weight Stack Frame (#11) using:
 two M10*65 HHB (#49) four $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#63)
 two M10 Nylon lock Nut (#60)
3. Attach the Main Frame (#1) to Connector, the Main Frame (#10), the Brace Main Frame (#9) using:
 one Oval Fixed Plate (#24) two M10*130 HHB (#45)
 two M10*110 HHB (#46) eight $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#63)
 four M10 Nylon lock Nut (#60)
4. Attach the Base, Main Frame (#2) to the Main Frame. using:
 three M10*30 HHB (#54) six $\Phi 20 \times \Phi 11 \times 1.5$ Washer (#63)
 three M10 Nylon lock Nut (#60)



Assembly

Step 2

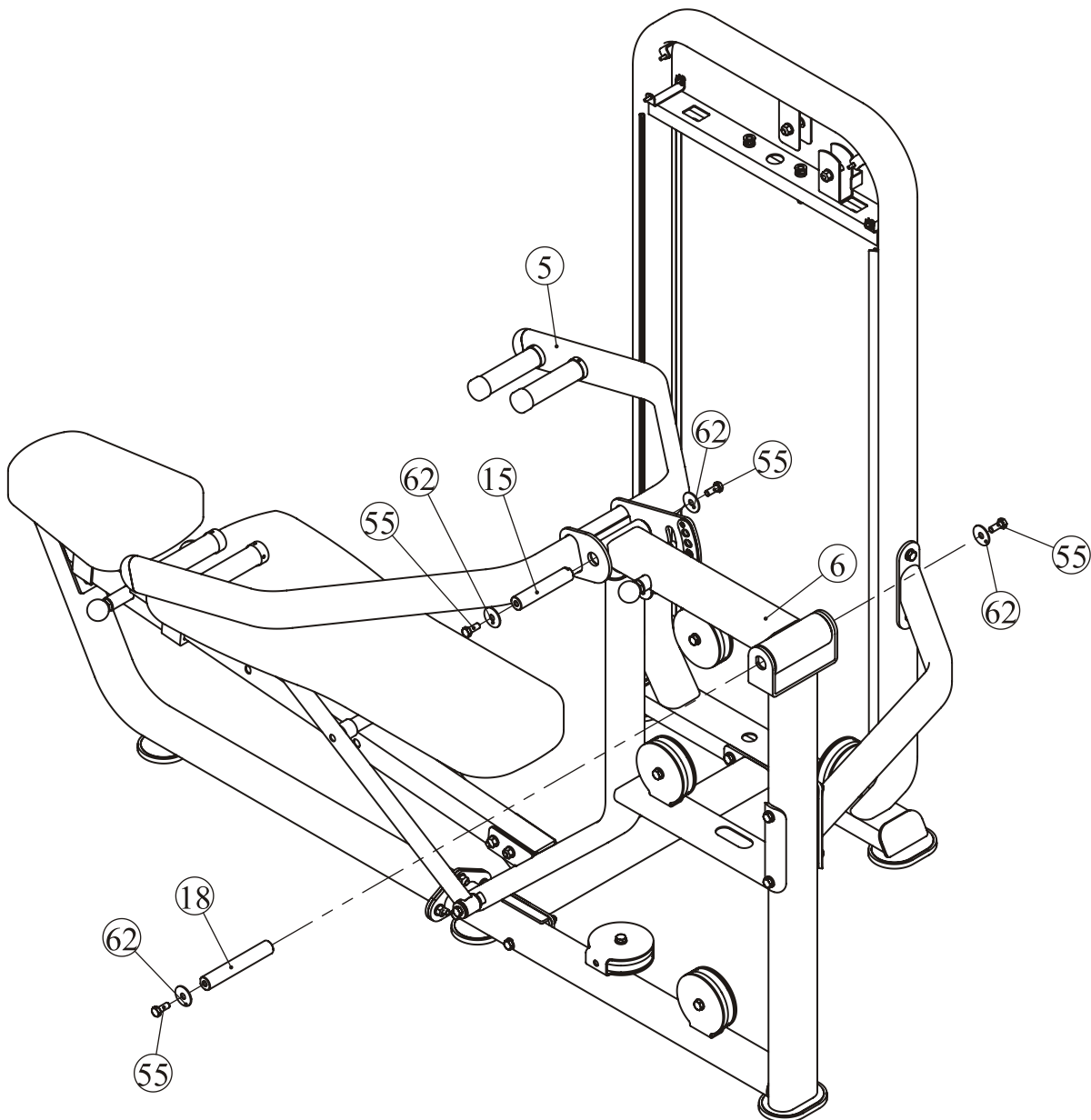
1. Attach the Seat Roller Assembly (#4#) to the Rail (#3).
2. Attach the Rail (#3) to the Bace, Main Frame (#2), the Main Frame (#1). using:
two M10*75 HHB (#48)
one M10*65 HHB (#49)
three M10 Nylon lock Nut (#60)
one M10*60 HHB (#50)
seven Φ20*Φ11*1.5 Washer (#63)
3. Attach the Seat Pad (#37) to the Seat Roller Assembly (#4). using:
two M10*30 HHB (#54)
two Φ20*Φ11*1.5 Washer (#63)
4. Attach the Frame Back (#7) to the Seat Roller Assembly (#4). using:
one Φ25.4*Φ12.5*114 Axle (#14)
two Φ26*Φ13*1.5 Washer (#64)
one M12*145 HHB (#44)
5. Attach two Strut Back Pad Frames (#8) to Main Frame (#1), Frame Back (#7). using:
one Φ25*124 Limited Station Axle (#17)
six M10*25 Hex Head Bolt (#55)
two M10*40 HHB (#53)
six Φ30*11*2 Washer (#65)
6. Attach the Back Pad (#38) to theFrame Back (#7). using:
two M10*65 HHB (#49)
two Φ20*Φ11*1.5 Washer (#63)



Assembly

Step 3

1. Attach the Load Arm Assembly (#6) to the Main Frame (#1). using:
one $\Phi 25.4 \times 158$ Axle (#18) two M10*25 HHB (#55)
two $\Phi 38 \times 11 \times 2$ Washer (#62)
2. Attach the Press Arm Assembly (#5) to the Load Arm Assembly (#6) using:
one $\Phi 25.4 \times 130$ Axle (#15) two M10*25 HHB (#55)
two $\Phi 38 \times 11 \times 2$ Washer (#62) one M10*25 SHCS (#56)

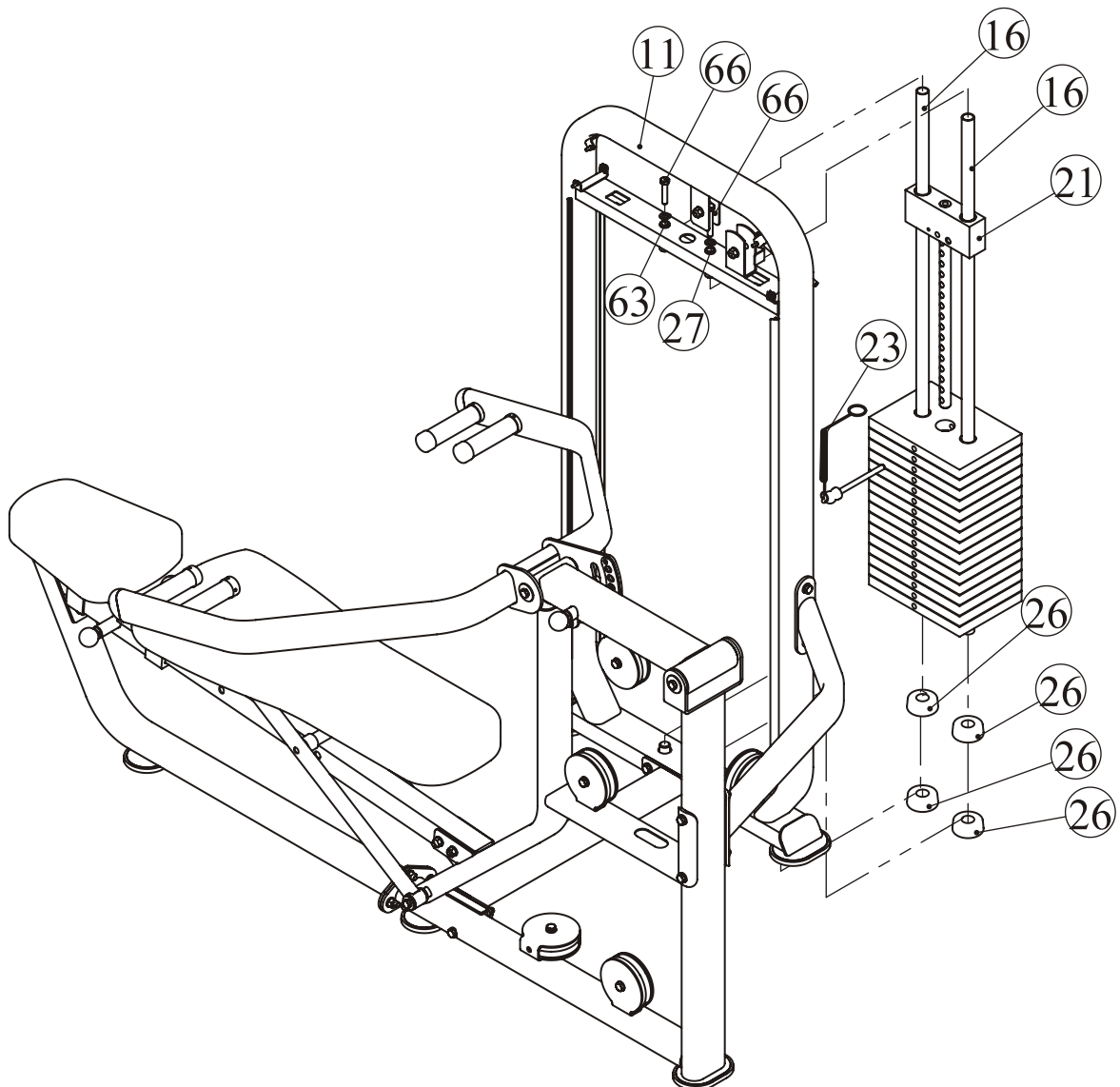


Assembly

Step 4

1. Attach four Weight Rubber Bumpers (#26) two Guide Rods (#16) to Weight Stack Frame (#11).
2. Attach sixteen Weight Plate.
3. Attach one Top Plate (#21) and the Selector Pin W/Coil (#23).
4. Fix two Guide Rods (#16) to Weight Stack Frame (#11) using:
two M10*50 (Whole Screw) HHB (#66) two $\Phi 11 \times \Phi 20 \times 1.5$ Washer (#63)

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

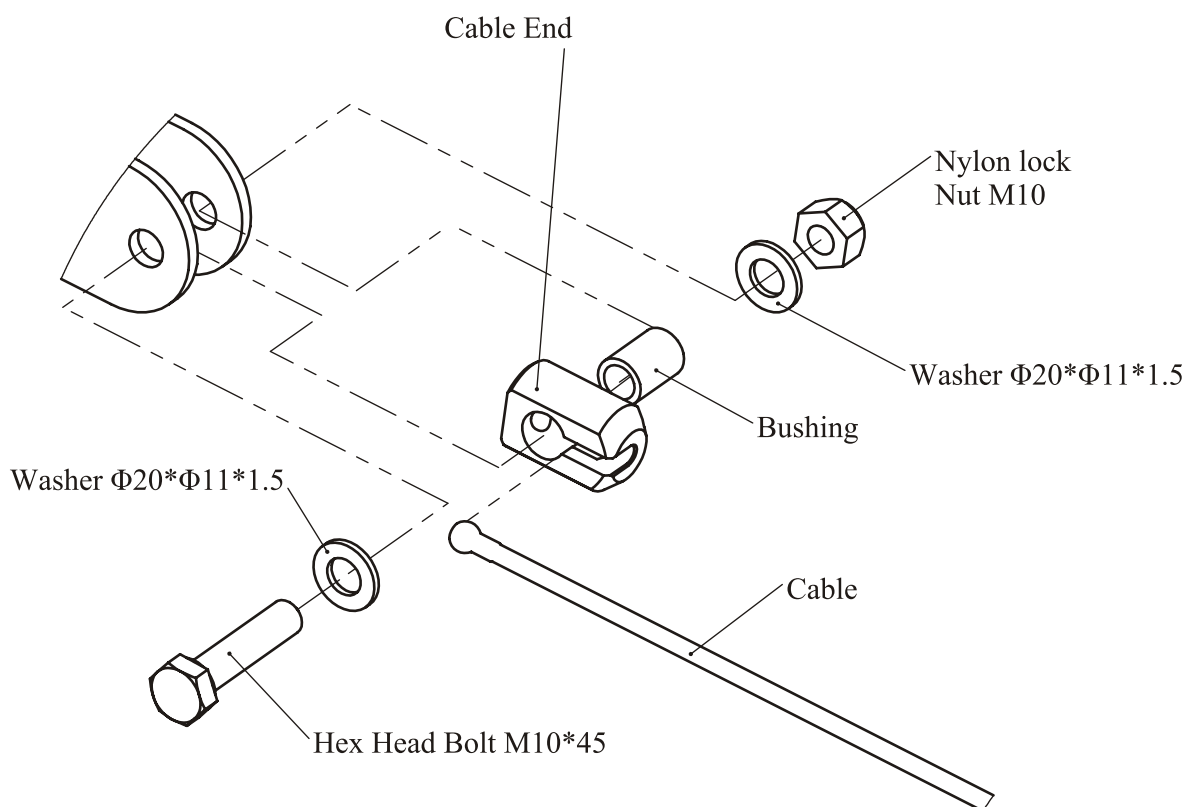


Assembly

Step 5-1

Note:

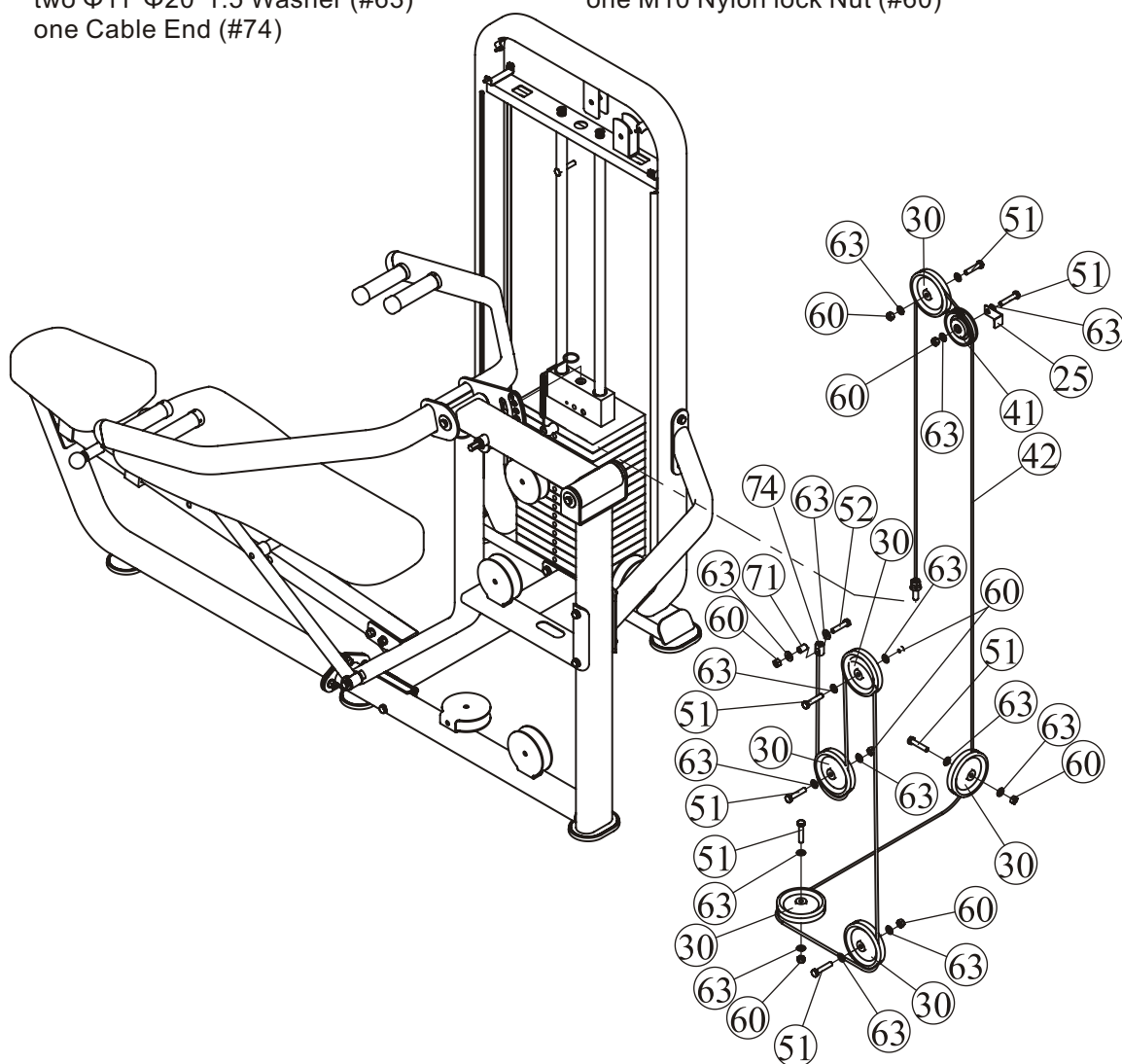
1. First attach Cable End to the Cable.
2. Second attach Bushing to the Cable End.
3. Then attach Cable End to the frame using:
 - one Hex Head Bolt M10*45
 - one Nylon lock Nut M10
 - two Washer $\Phi 20 \times \Phi 11 \times 1.5$



Assembly

Step 5-2

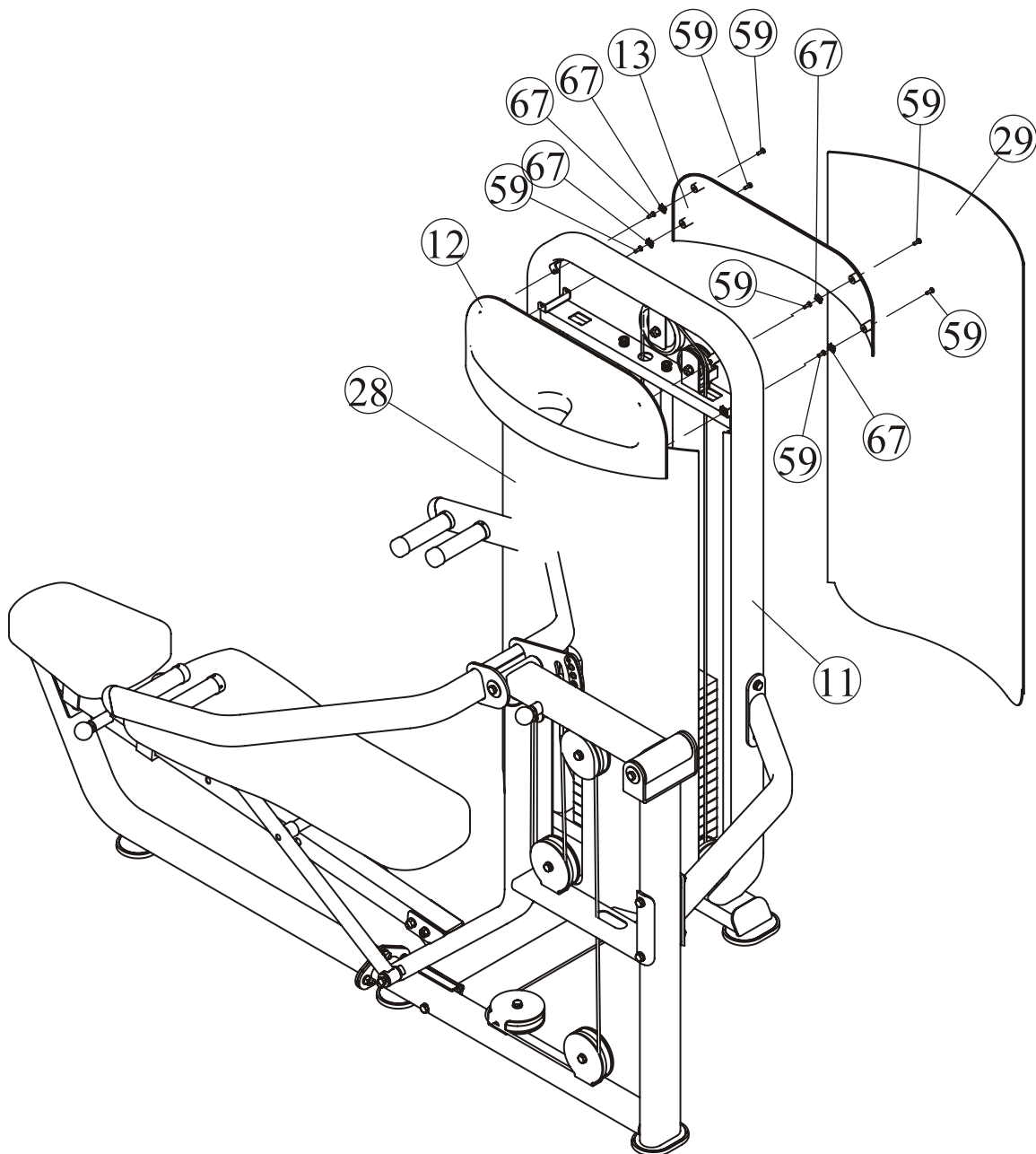
1. Attach the Cable (#42) to the Top Plate (#31).
2. Attach one 4.5" Pulley (#30) to the Weight Stack Frame (#11) top side. using:
one M10*50 HHB (#51) two $\Phi 11*\Phi 20*1.5$ Washer (#63)
one M10 Nylon lock Nut (#60)
3. Attach one 3.5" Pulley (#41) to the Weight Stack Frame (#11) top side. using:
one Pulley Prevent Bracket (#25) one M10*50 HHB (#51)
two $\Phi 11*\Phi 20*1.5$ Washer (#63) one M10 Nylon lock Nut (#60)
4. Attach one 4.5" Pulley (#30) to the Weight Stack Frame (#11) bottom side.
Using:
one M10*50 HHB (#51) two $\Phi 11*\Phi 20*1.5$ Washer (#63)
one M10 Nylon lock Nut (#60)
5. Attach four 4.5" Pulley (#30) to the Main Frame (#1). using:
four M10*50 HHB (#51) eight $\Phi 11*\Phi 20*1.5$ Washer (#63)
four M10 Nylon lock Nut (#60)
6. Attach the Cable (#42) end to the Main Frame (#1) using:
one $\Phi 10*\Phi 14*20$ Bushing (#71) one M10*45 HHB (#52)
two $\Phi 11*\Phi 20*1.5$ Washer (#63) one M10 Nylon lock Nut (#60)
one Cable End (#74)



Assembly

Step 6

1. Attach the Bottom Front Shroud (#28) and Bottom Rear Shroud (#29) to the Weight Stack Frame (#11).
2. Attach the Top Front Shroud (#12) to the Weight Stack Frame (#11) using:
four M5*15 P HPS (#59)
3. Attach the Top Rear Shroud (#13) to the Weight Stack Frame (#11) using:
four M5 U-Style Tapped Hole Nut (#67) four M5*15 PHPS (#59)
two M10*30 BHCS (#47)



Adjust Instructions

Back Pad adjustment

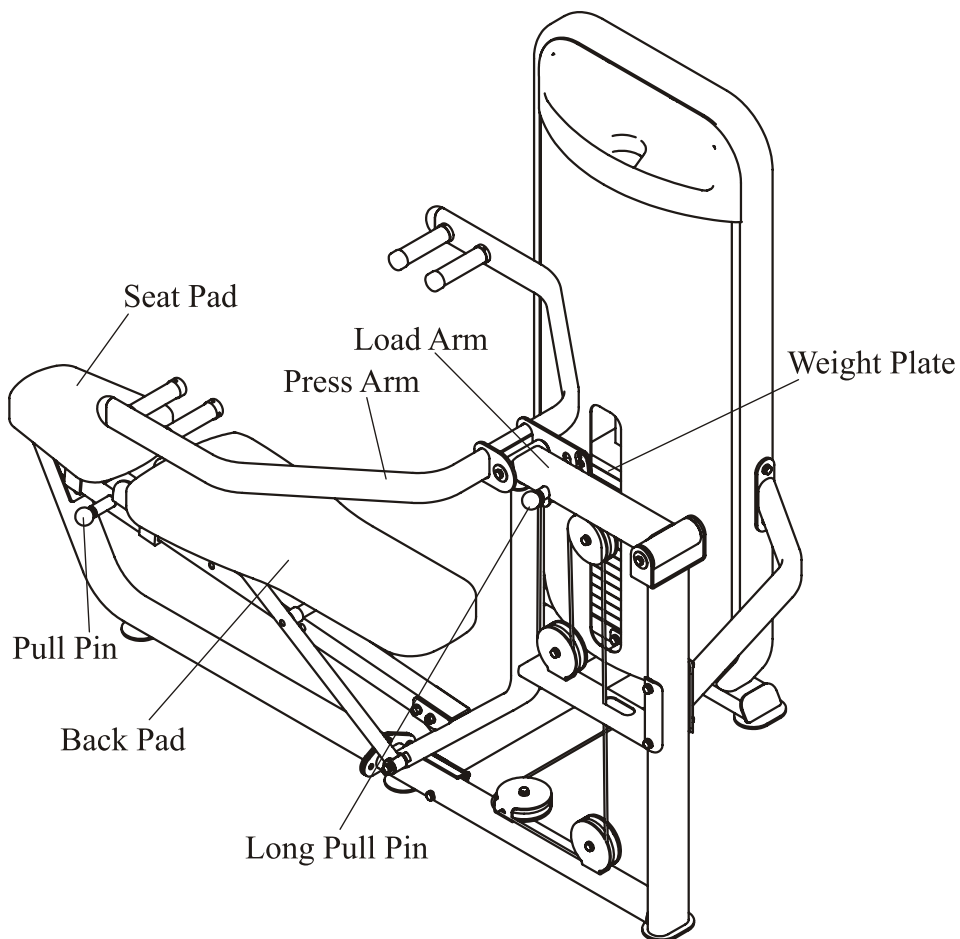
1. Pull the Pull Pin and adjust the Back Pad to the desired position.
2. Make sure that the Pull Pin gets into the hole completely.

Press Arm adjustment

1. Pull the Long Pull Pin and adjust the Press Arm to desired position.
2. Make sure that the Long Pull 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 that the Selector Pin gets into the hole completely.



Exercise Instructions

MULTI PRESS

PL9021



Chest press



Incline press



Shoulder press

Exercise Instructions:

SET UP

- 1 Select an appropriate weight.

EXERCISE

- **Chest press:**
 - 2 Adjust back pad to flat position with handles at chest level press handles straight out.
- **Incline press:**
 - 2 Adjust back pad to incline position with handles at chest level press handles straight out.
- **Shoulder press:**
 - 2 Adjust back pad to upright position with handles at shoulder level press handles straight out.
 - Pause slightly then slowly return to the starting position.



SET UP

- 1 Select an appropriate weight.

EXERCISE

• **Chest press:**

- 2 Adjust back pad to flat position with handles at chest level press handles straight out.

• **Incline press:**

- 2 Adjust back pad to incline position with handles at chest level press handles straight out.

• **Shoulder press:**

- 2 Adjust back pad to upright position with handles at shoulder level press handles straight out.
- Pause slightly then slowly return to the starting position.
(Adjust weight according to the select pin)

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.

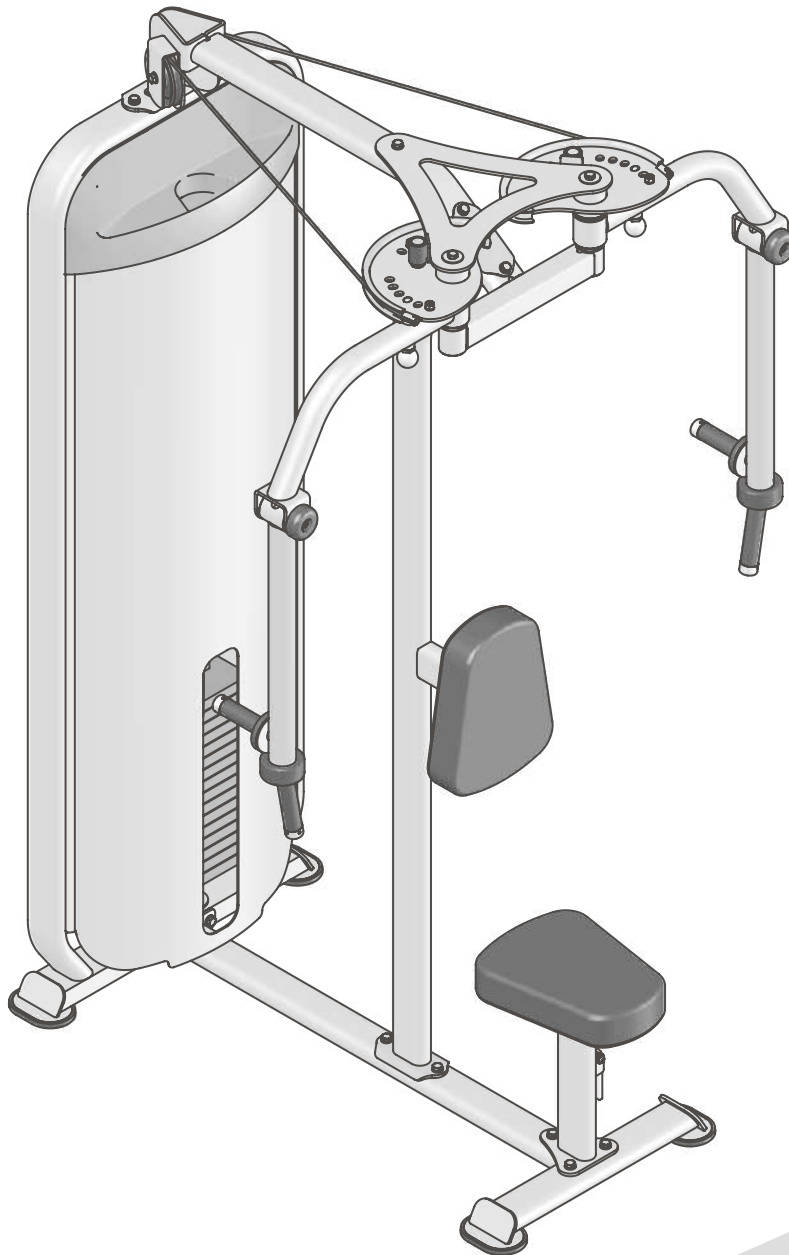
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



PL9022

Rear Deltoid/Pectoral Fly

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

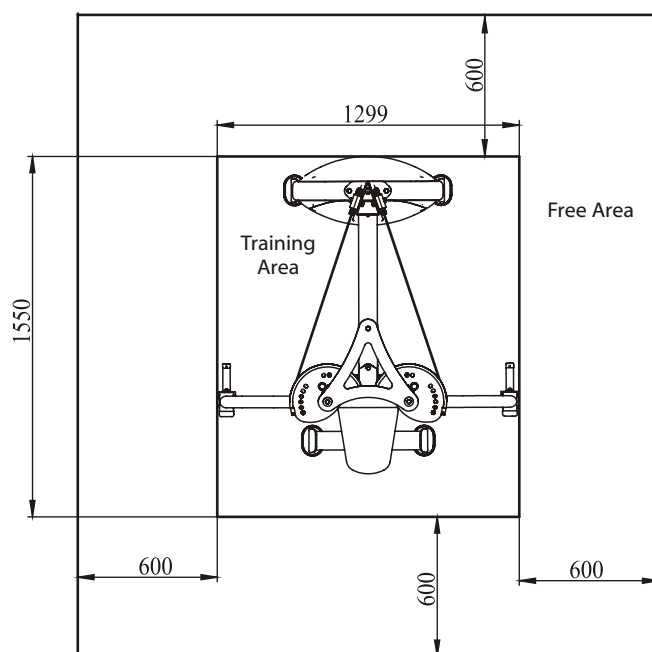
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum User Weight: 150kg/ 330lbs

Maximum Wt. Capacity: 113Kg/ 250lbs

Product Total Surface: 1362*1219 mm

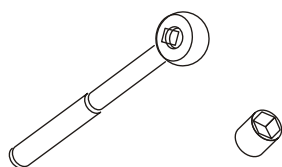
Product Total Mass: 107kg/ 236lbs

Instructions

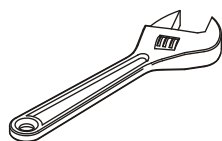
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

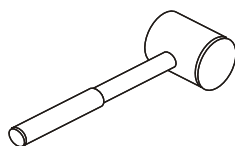
Tools Required



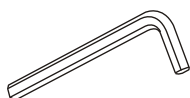
Ratchet Wrench and Socket



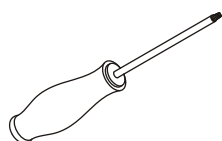
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

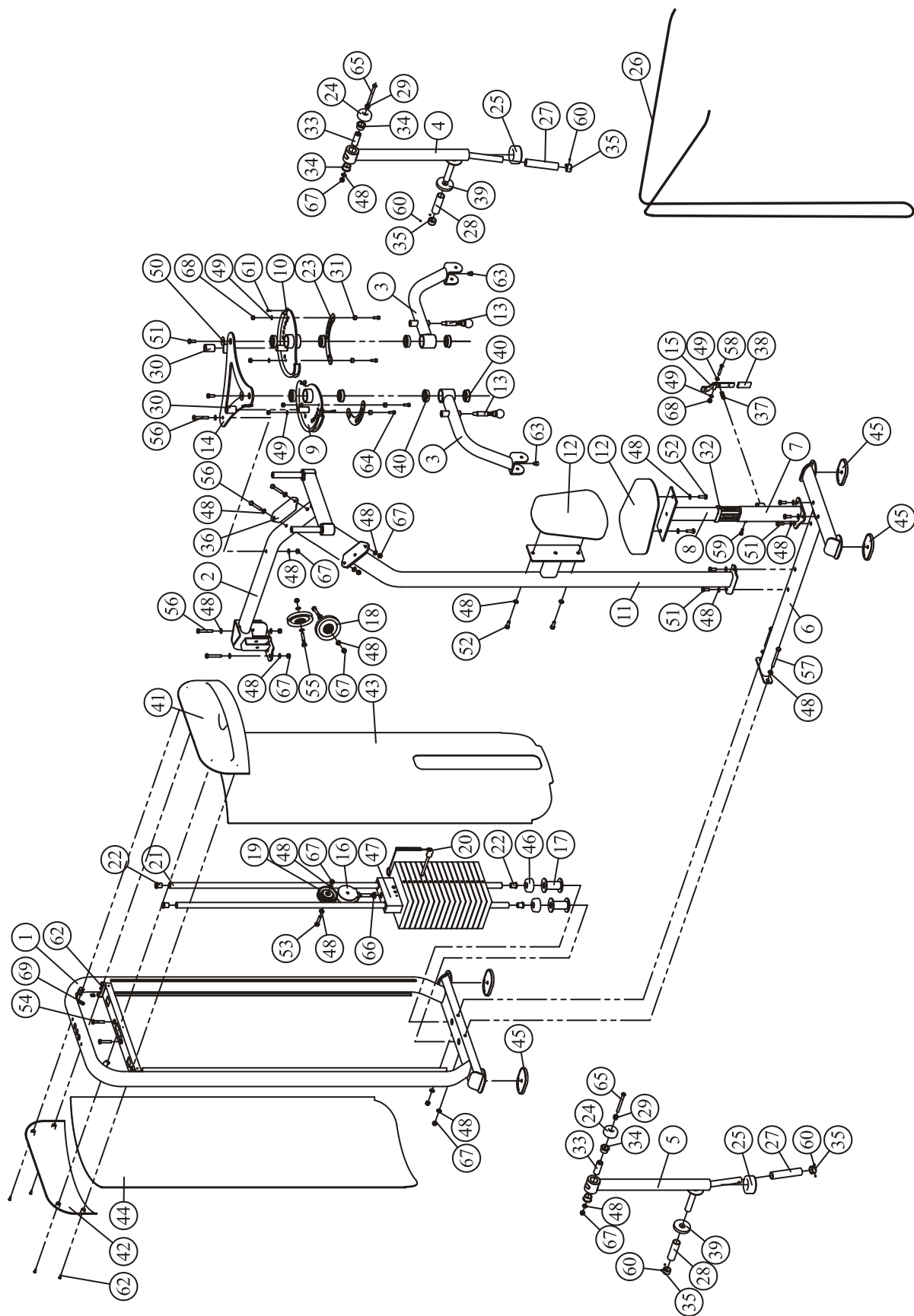
Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

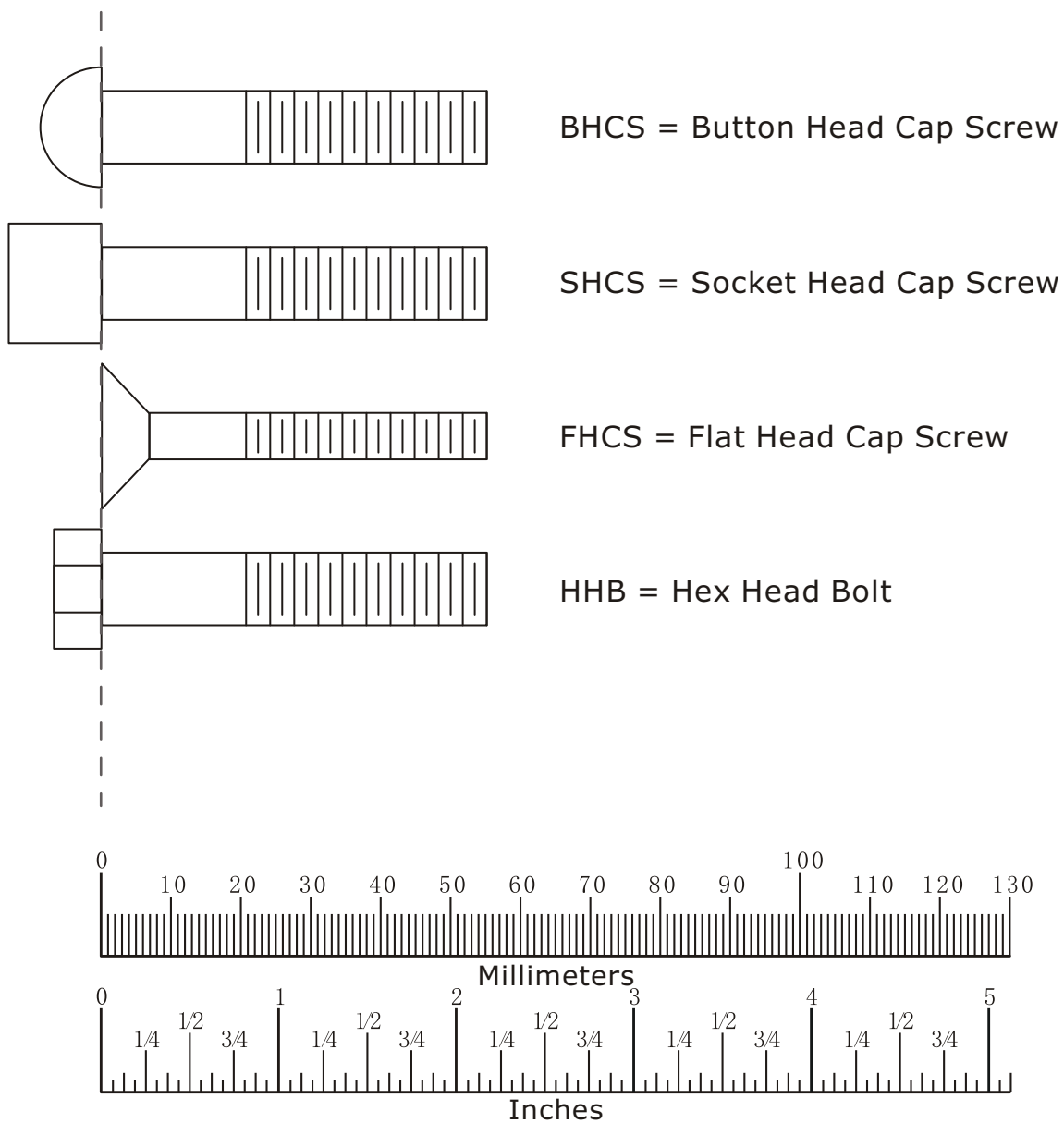
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	37	Spring	1
2	Top Cross Brace	1	38	Adjustable Support Sleeve	1
3	Adjustable Cross Brace	2	39	Rubber Bumper	2
4	Left Rotary Arm	1	40	T- Bearing	8
5	Right Rotary Arm	1	41	Top Front Shroud	1
6	Bottom Cross Brace	1	42	Top Rear Shroud	1
7	Seat Pad Frame	1	43	Bottom Front Shroud	1
8	Telescopic Frame	1	44	Bottom Rear Shroud	1
9	Right Cam	1	45	Foot Pad	4
10	Left Cam	1	46	Weight Rubber Bumper	2
11	Upright Frame	1	47	Top Plate	1
12	Seat Pad	2	48	Washer $\Phi 11 \times \Phi 20 \times 2$	33
13	Pop Pin	2	49	Washer $\Phi 9 \times \Phi 16 \times 1.6$	6
14	Top Frame	1	50	Washer $\Phi 38 \times \Phi 11 \times 1.5$	2
15	Adjustable Support	1	51	Hex Head Bolt M10*25	7
16	Pulley Bracket	1	52	Hex Head Bolt M10*30	4
17	Weight Stack Base	2	53	Hex Head Bolt M10*50	1
18	4.5" Pulley	2	54	Hex Head Bolt M10*50	2
19	3.5" Pulley	1	55	Hex Head Bolt M10*55	2
20	Selector Pin W/Coil	1	56	Hex Head Bolt M10*65	5
21	Guide Rod	1	57	Hex Head Bolt M10*105	2
22	Guide Rubber Bumper	4	58	Button Head Cap Screw M8*55	1
23	Adjustable Plate	2	59	Socket Head Cap Screw M8*25	1
24	Big Bumper	2	60	Socket Set Screw 10-32*3.2	8
25	Hand Cushion	2	61	Pan Head Phillips Screw M4*15	2
26	Cable	1	62	Pan Head Phillips Screw M5*15	8
27	Grip	2	63	Socket Head Cap Screw M10*10	2
28	Grip	2	64	Socket Head Cap Screw M8*20	4
29	Pulley separate cap	2	65	Button Head Cap Screw M10*110	2
30	Rubber Stopper	2	66	Hex Flanged Nut 1/2"-13	1
31	Rubber Limited	4	67	Nylon lock Nut M10	12
32	Plastic Tube Guide	1	68	Nylon lock Nut M8	5
33	Pivot Axle	2	69	U-Style Tapped Hole Nut	4
34	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	4	70	Hex key S=6	1
35	$\Phi 25.4$ End Cap	4	71	Lube	1
36	Oval Fixed Plate 130	1			

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

Exploded View



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.

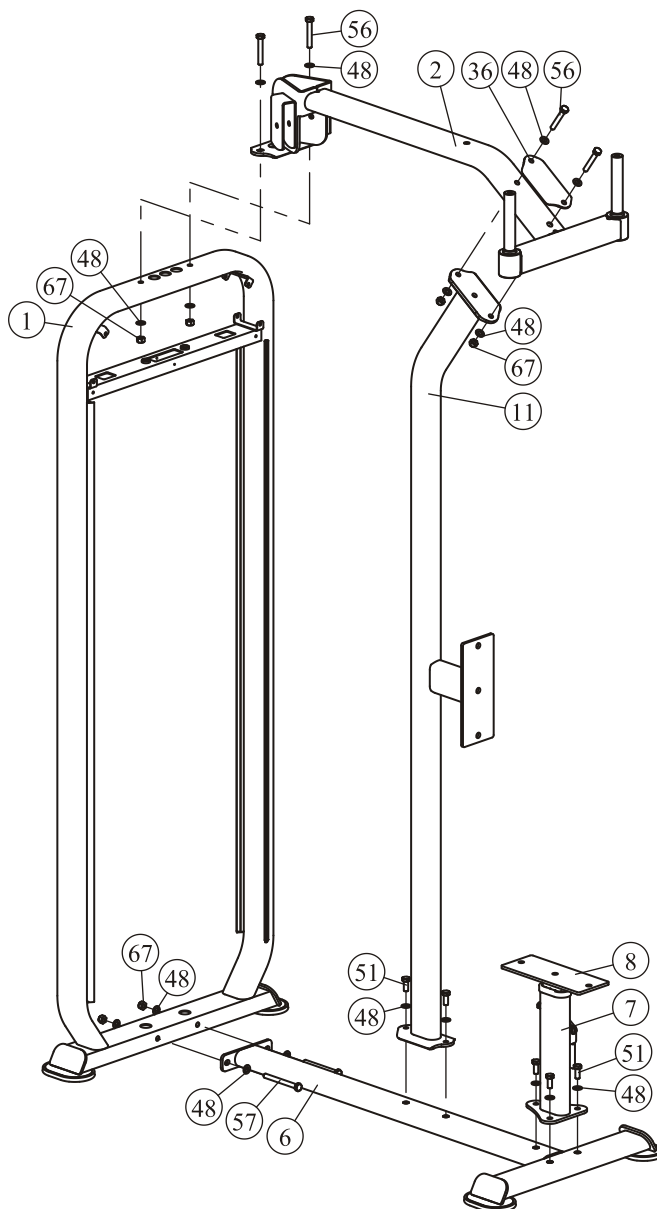
NOTE

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 the Bottom Cross Brace (6#) to the Weight Stack Frame (1#) using:
two M10*105 HHB (57#) four $\Phi 11*\Phi 20*2$ Washer (48#)
two M10 Nylon lock Nut (67#)
2. Attach the Upright Frame (11#) to the Bottom Cross Brace (6#) using:
two M10*25 HHB (51#) two $\Phi 11*\Phi 20*2$ Washer (48#)
3. Attach the Top Cross Brace (2#) to the Upright Frame (11#) using:
two M10*65 HHB (56#) four $\Phi 11*\Phi 20*2$ Washer (48#)
two M10 Nylon lock Nut (67#) one Oval Fixed Plate 130 (36#)
4. Attach the Top Cross Brace (2#) to the Weight Stack Frame (1#) using:
two M10*65 HHB (56#) four $\Phi 11*\Phi 20*2$ Washer (48#)
two M10 Nylon lock Nut (67#)
5. Attach the Seat Pad Frame (7#) to the Bottom Cross Brace (6#) using:
three M10*25 HHB (51#) three $\Phi 11*\Phi 20*2$ Washer (48#)



Assembly

Step 2

1. Attach two Adjustable Cross Brace (3#), the Right Cam (9#), the Left Cam (10#) to the Weight Stack Frame (1#), attach the Top Frame (14#) to the Top Cross Brace (2#) using:

two M10*25 HHB (51#)

two $\Phi 38 \times \Phi 11 \times 1.5$ Washer (50#)

one M10*65 HHB (56#)

one $\Phi 11 \times \Phi 20 \times 2$ Washer (48#)

2. Attach the Left Rotary Arm (4#) to the Adjustable Cross Brace (3#) using:

one M10*110 BHCS (65#)

one $\Phi 20 \times \Phi 10.5 \times 14$ Pulley separate cap (29#)

one Big Bumper (24#)

one $\Phi 11 \times \Phi 20 \times 2$ Washer (48#)

one M10 Nylon lock Nut (67#)

3. Attach the Right Rotary Arm (5#) to the Adjustable Cross Brace (3#) using:

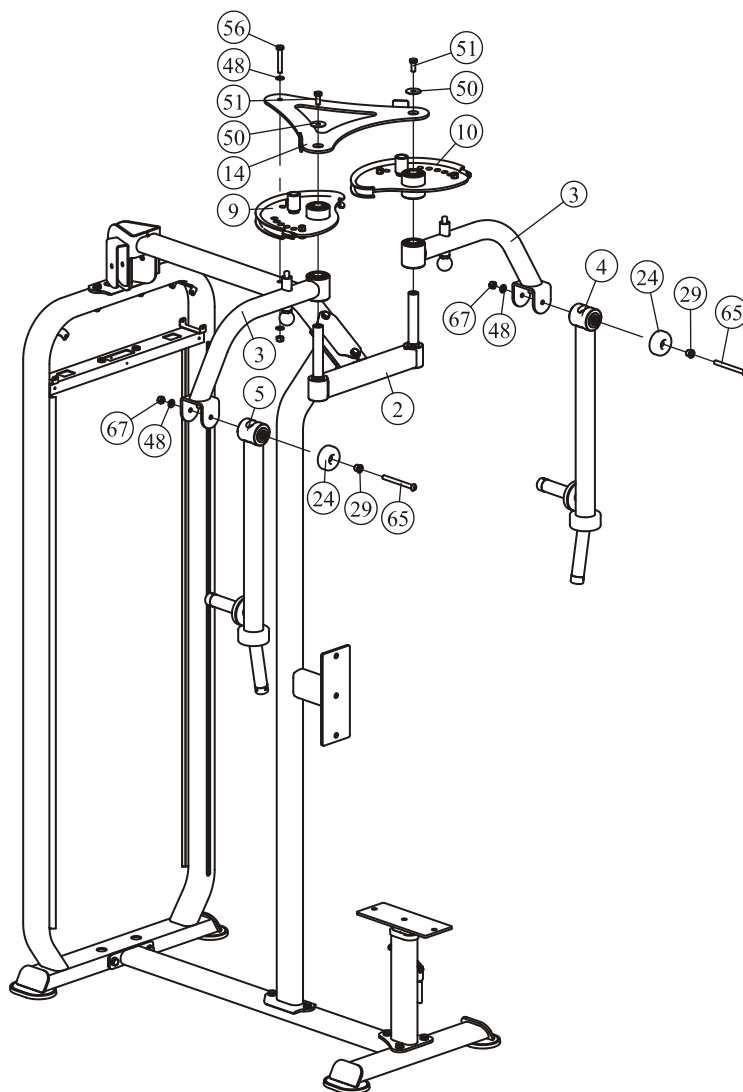
one M10*110 BHCS (65#)

one $\Phi 20 \times \Phi 10.5 \times 14$ Pulley separate cap (29#)

one Big Bumper (24#)

one $\Phi 11 \times \Phi 20 \times 2$ Washer (48#)

one M10 Nylon lock Nut (67#)



Assembly

Step 3

Attach the following Parts:

two Guide Rod (21#)

one Top Plate (47#)

sixteen Weight Plate

to the Weight Stack Frame (1#) using:

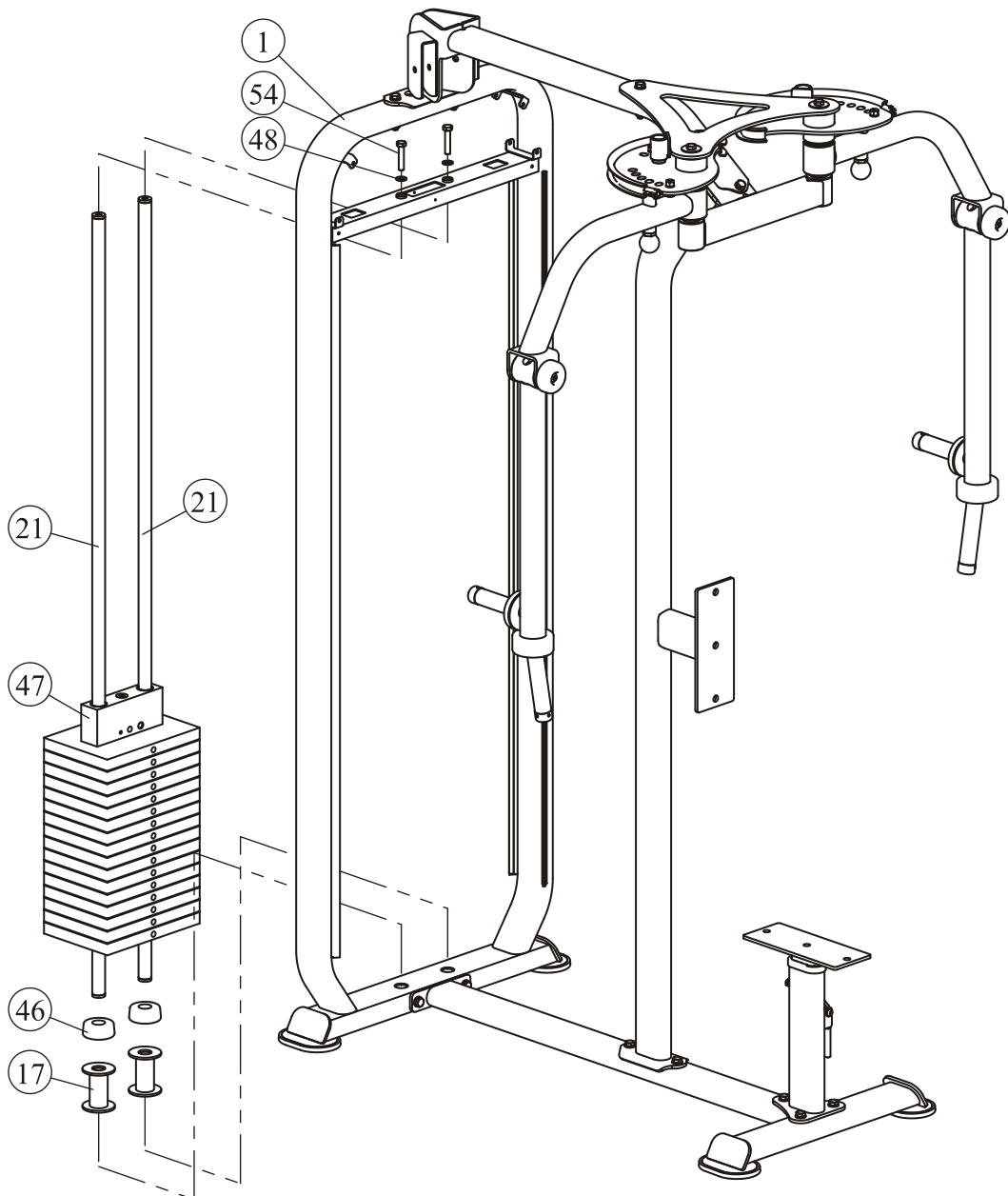
two M10*50 HHB (54#)

two Weight Rubber Bumper (46#)

two Weight Stack Base (17#)

two $\Phi 11 \times \Phi 20 \times 2$ Washer (48#)

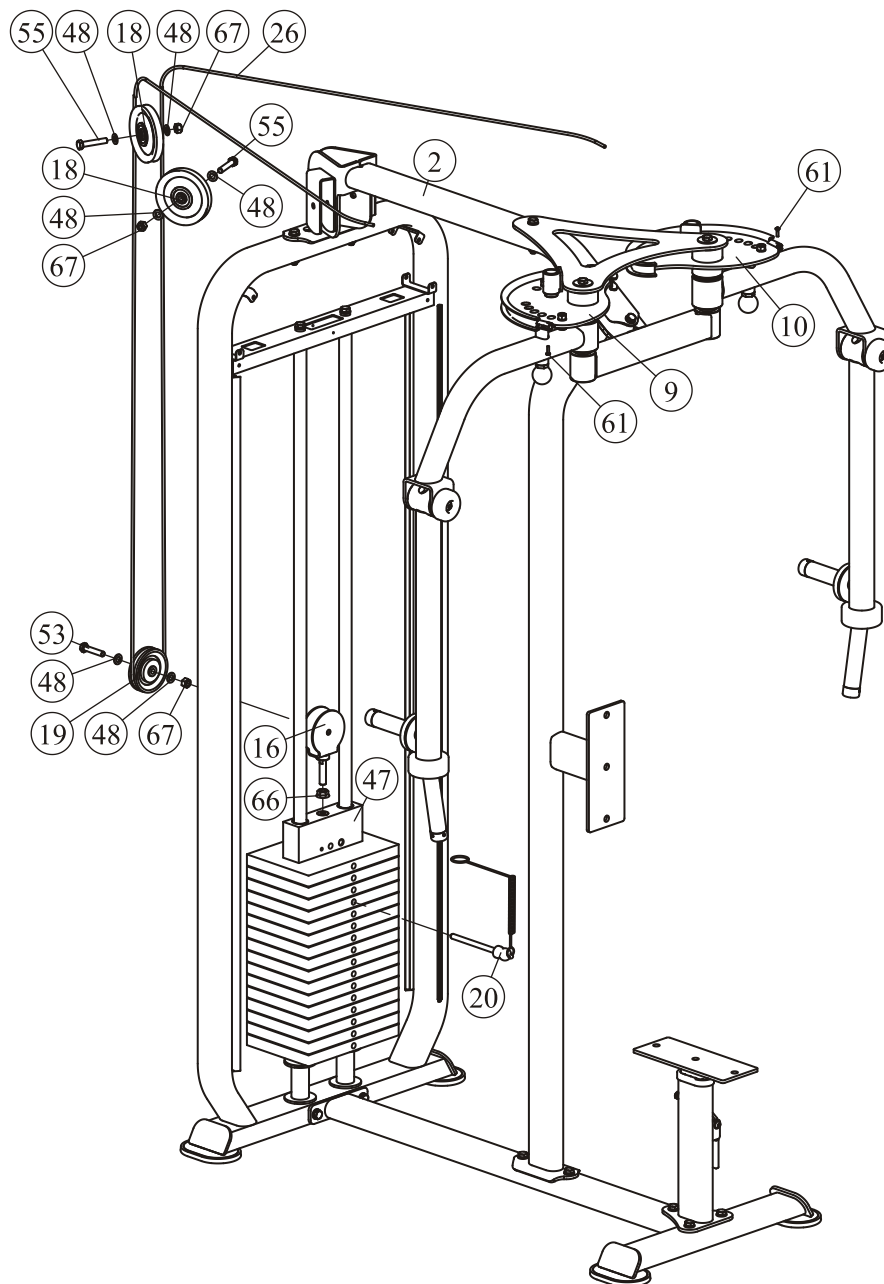
! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.



Assembly

Step 4

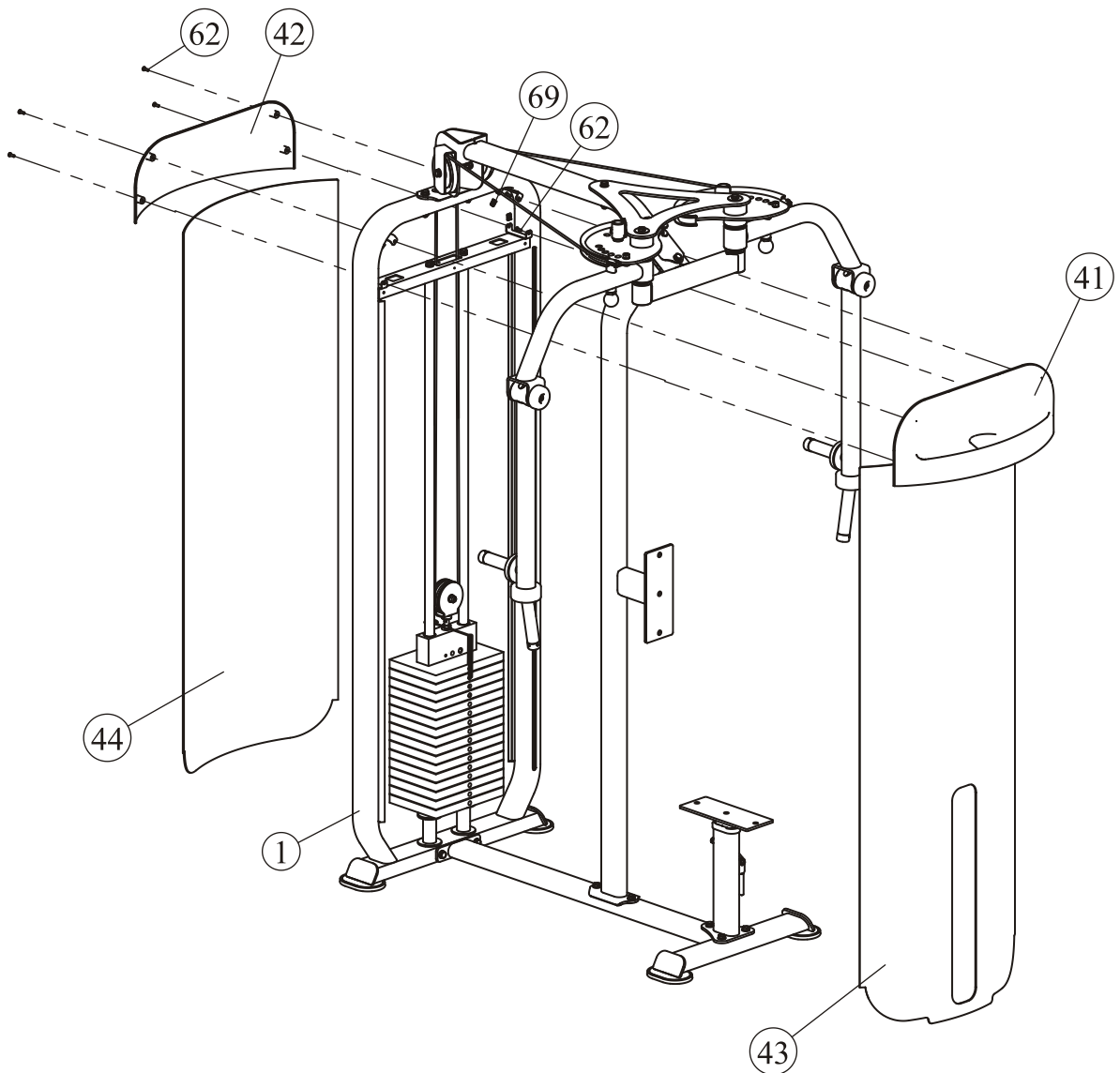
1. Attach two 4.5" Pulley (18#) to the Top Cross Brace (2#) using:
two M10*55 HHB (55#) four $\Phi 11 \times \Phi 20 \times 2$ washer (48#)
two M10 Nylon lock Nut (67#)
2. Attach the Pulley Bracket (16#) to the Top Plate (47#) using:
one Hex Flanged Nut 1/2"-13 (66#)
3. Attach the 3.5" Pulley (19#) to the Pulley Bracket (16#) using:
one M10*50 HHB (53#) two $\Phi 11 \times \Phi 20 \times 2$ washer (48#)
one M10 Nylon lock Nut (67#)
4. Attach the Cable (26#) to the Right Cam (9#) and Left Cam (10#) using:
two M4*15 Pan Head Phillips Screw (61#)



Assembly

Step 5

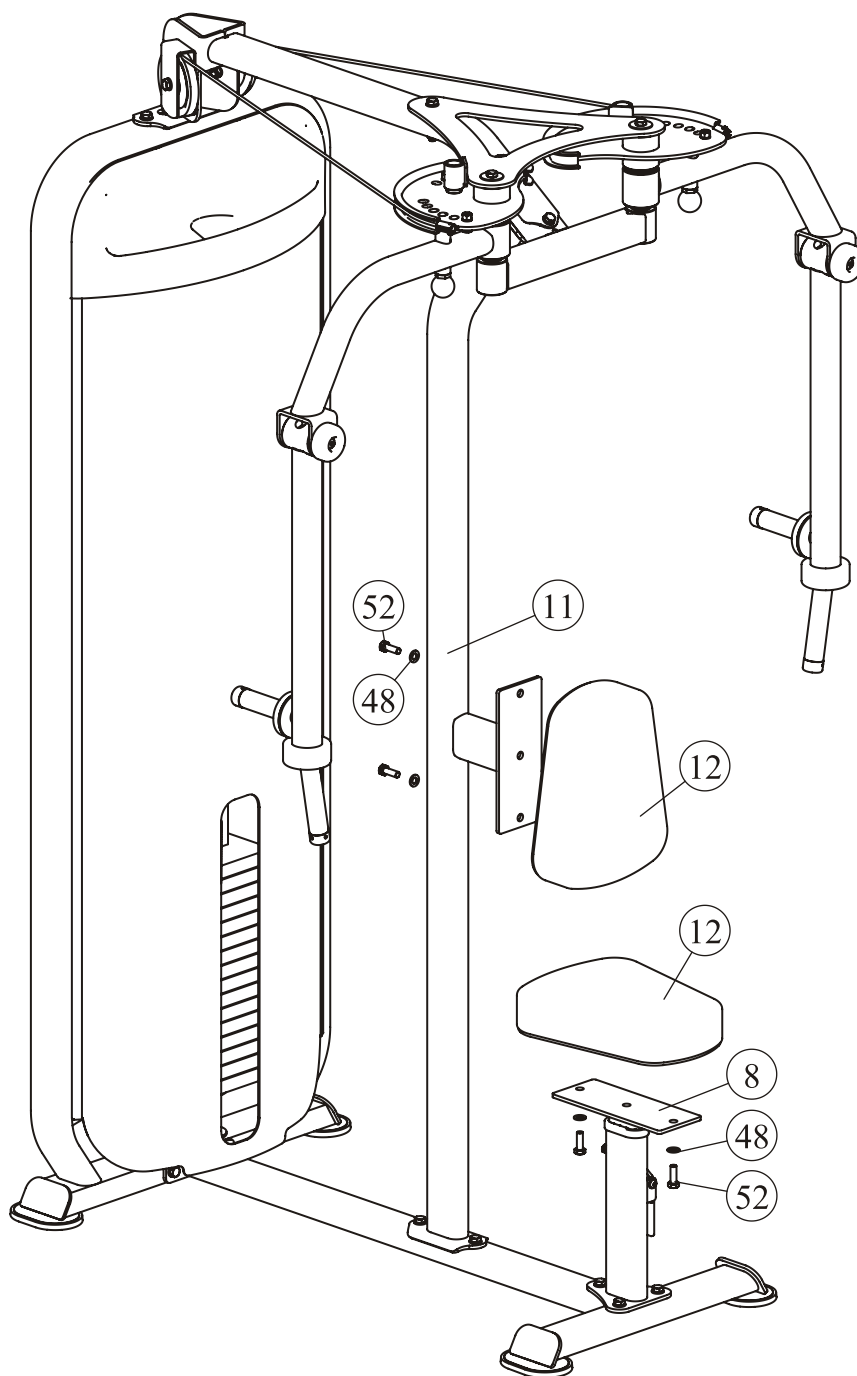
1. Attach the Bottom Front Shroud (43#) to the Weight Stack Frame (1#).
2. Attach the Bottom Rear Shroud (44#) to the Weight Stack Frame (1#).
3. Attach the Top Front Shroud (41#) to the Weight Stack Frame (1#) using:
four M5*15 Pan Head Phillips Screw (62#)
4. Attach the Top Rear Shroud (42#) to the Weight Stack Frame (1#) using:
four M5*15 Pan Head Phillips Screw (62#) four M5 U-Style Tapped Hole Nut (69#)



Assembly

Step 6

1. Attach the Seat Pad (12#) to the Upright Frame (11#) using:
two M10*30 HHB (52#) two $\Phi 11 \times \Phi 20 \times 2$ washer (48#)
2. Attach the Seat Pad (12#) to the Telescopic Frame (8#) using:
two M10*30 HHB (52#) two $\Phi 11 \times \Phi 20 \times 2$ washer (48#)



Adjust Instructions

Seat Pad adjustment

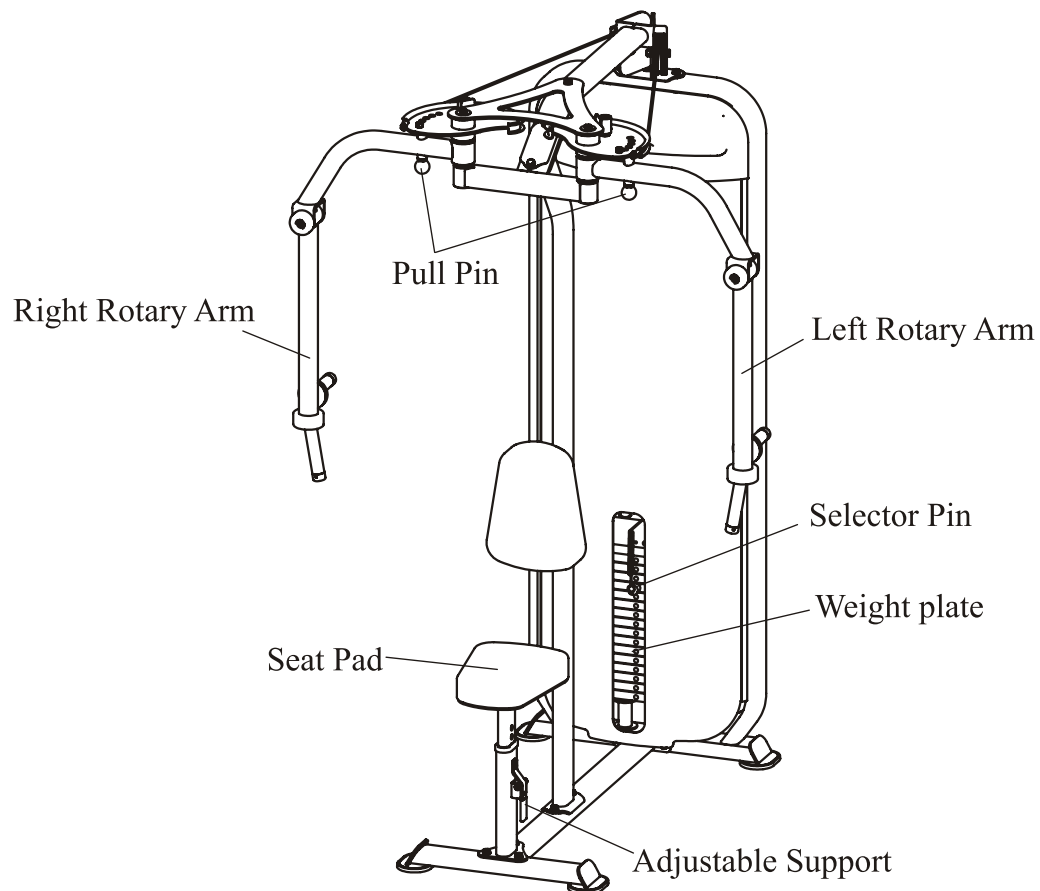
1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure that the pin gets into the hole completely.

Function adjustment

1. Pull the Pull Pin and adjust swing arm to desired position.
2. Make sure that the Pull 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 that the Selector Pin gets into the hole completely.



Exercise Instructions

REAR DELTOID / PECTORAL FLY

PL9022



Pectoral fly



Rear deltoid

Exercise Instructions:

SET UP

- 1 Select an appropriate weight.
- 2 Adjust seat pad to the desired position.

EXERCISE

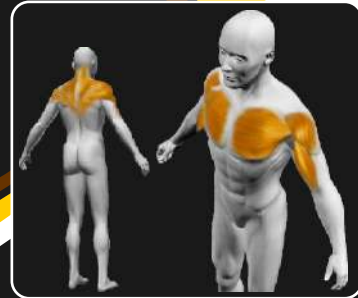
• Pectoral fly:

Adjust swing arm to wide position, back to machine, then grasp lower handles to pull forward together in front of body.

• Rear deltoid:

Adjust swing arm to back position, face to machine, then grasp higher handles to pull backward apart slowly.

- Pause slightly then slowly return to the starting position.



SET UP

- 1 Select an appropriate weight.
- 2 Adjust seat pad to the desired position.

EXERCISE

• Pectoral fly:

Adjust swing arm to wide position, back to machine, then grasp lower handles to pull forward together in front of body.

• Rear deltoid:

Adjust swing arm to back position, face to machine, then grasp higher handles to pull backward apart slowly.

- Pause slightly then slowly return to the starting position.

(Adjust weight according to the select pin)

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.



Разработал / PRT/ Попа Д. _____

Согласовал / PM/ Дудник В. _____

Согласовал /ED/ Ткаченко А. _____

Утвердил /GD/ Смирнов В. _____

Скамья «Гиперэкстензия» РТР 618

PR 09.07 Паспорт РТР 618. ПС

Паспорт предназначен для изучения конструкции Скамьи «Гиперэкстензия» и содержит технические данные, правила и указания, необходимые для обеспечения ее правильной эксплуатации и поддержания в исправном состоянии.

Скамья «Гиперэкстензия» предназначена для развития прямых мышц спины, ягодичных мышц и сгибателей бедра. Благодаря изменяемому вылету верхней опоры скамья подойдет для людей разного роста.

1. Технические характеристики.

Размеры, мм	длина	1234
	ширина	760
	высота (минимальная)	687
Диапазон регулировки вылета верхней опоры, мм		150
Масса, кг		20

2. Конструкция Скамьи «Гиперэкстензия» РТР 618.

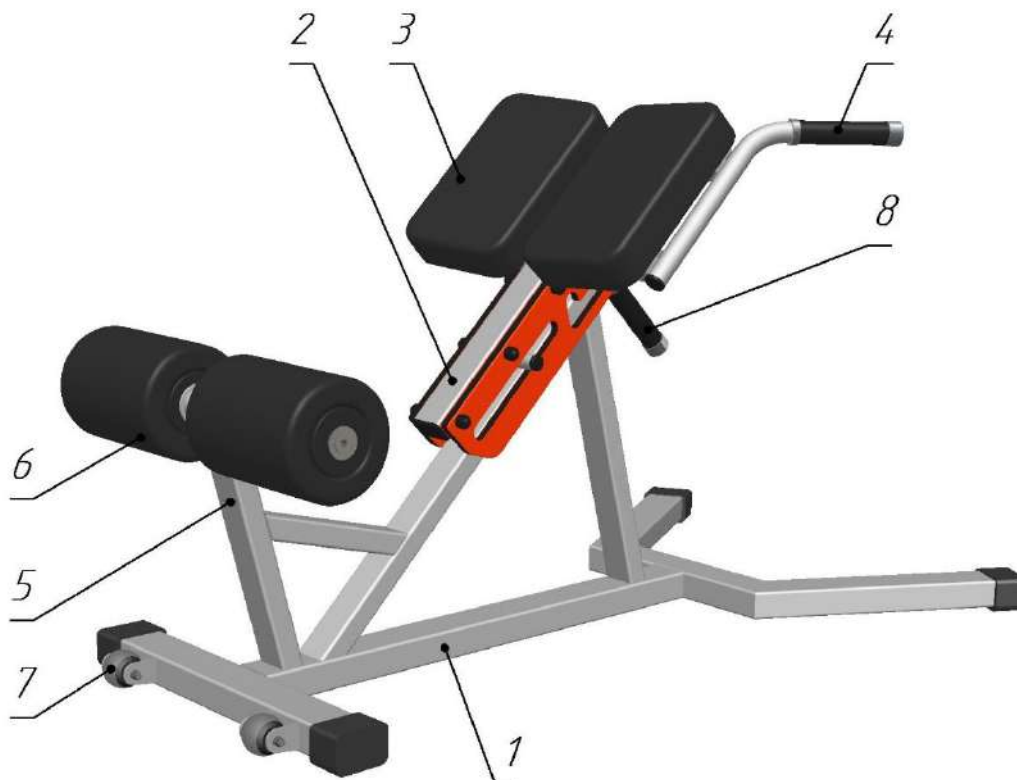


Рис.1 Общий вид Скамьи «Гиперэкстензия» РТР 618

2.1. Скамья «Гиперэкстензия» РТР 618 (см. рис.1) представляет собой разборную конструкцию, состоящую из основания **1**, на котором подвижно закреплена верхняя опора **2**, которая может занимать четыре различных положения. Верхняя опора оснащена мягкими подушками **3** и рукоятками **4**. Нижняя опора **5**, расположенная на основании, оснащена мягкими валиками **6**. Для облегчения перемещения скамьи по полу она оснащена колесами **7** и рукояткой **8**.

3. Установка и монтаж Скамьи «Гиперэкстензия» РТР 618

3.1. Установка Скамьи «Гиперэкстензия» РТР 618 проводить на ровном полу в соответствии с планом размещения всего спортивного оборудования зала с учетом обеспечения зоны безопасности вокруг нее.

3.2. Монтаж скамьи заключается в сборке ее составных частей.

4. Меры безопасности.

4.1. Перед началом каждой тренировки провести визуальный осмотр скамьи, проверить устойчивость ее положения на полу.

4.2. Эксплуатация скамьи с ослабленными креплениями ее отдельных элементов не допускается до полного устранения выявленных недостатков.

5. Комплектность и приемка готового изделия.

5.1. В комплект поставки входит:

- Скамья «Гиперэкстензия» согласно спецификации РТР 618;
- PR 09.07 Паспорт РТР 618. ПС

5.2. Приемку готового изделия заказчик (покупатель) проводит у изготовителя путем сличения фактической комплектности и подписания акта приема-передачи.

6. Гарантии изготовителя.

6.1. Предприятие-изготовитель гарантирует соответствие заявленных характеристик изделия требованиям технической документации в течение 12-ти месяцев с момента его поставки заказчику.

6.2. Отзывы и рекламации о качестве изделия направлять по адресу:

“POWERTEAM” SRL

2001, Р. Молдова, г. Кишинев, ул. Кожокарилор, 13,

Fax.: + / 373 22 / 275076

E-mail: info@powerteam.md

<http://copfer.md>

7. Сведения о приемке и продаже изделия.

Скамья «Гиперэкстензия» РТР 618, сер. номер _____ соответствует требованиям SF-01/М - 38183397-001:2019, технической документации и признана годной для эксплуатации.

Дата изготовления _____

М.П.

Дата продажи _____

Личная подпись

Расшифровка подписи

RR500C

RECUMBENT BIKE

OWNER'S MANUAL



! CAUTION

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

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Important Safety Instructions

Warning

The safety of the product can be maintained only if it is examined regularly for damage and wear. See preventive maintenance section for details.

Location

1. Keep the area around the product clear of any obstructions, including walls and furniture. Provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during workout.
4. Supervise closely any children or disabled persons using the product.

Operation

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit; and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the Bike. If any object fall into this equipment, carefully retrieve it while the unit is not in use. If the object can't be reached, please contact customer services.
4. Never place any containers filled with liquids on the unit, except in the accessory tray or water bottle holder. Containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. Do not wear shoes with high heels, leather shoes, slippers, or spikes. Make sure no sharp stuff is embedded in the soles.
6. Do not use the bike with bare feet.
7. Keep all loose clothing, shoelaces, and towels away from moving parts.
8. Take extra caution when stepping on or off the bike.
9. Never face backward while using the bike.

Save these instructions for future reference

Warm Up Exercises

EXERCISE GUIDELINES

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

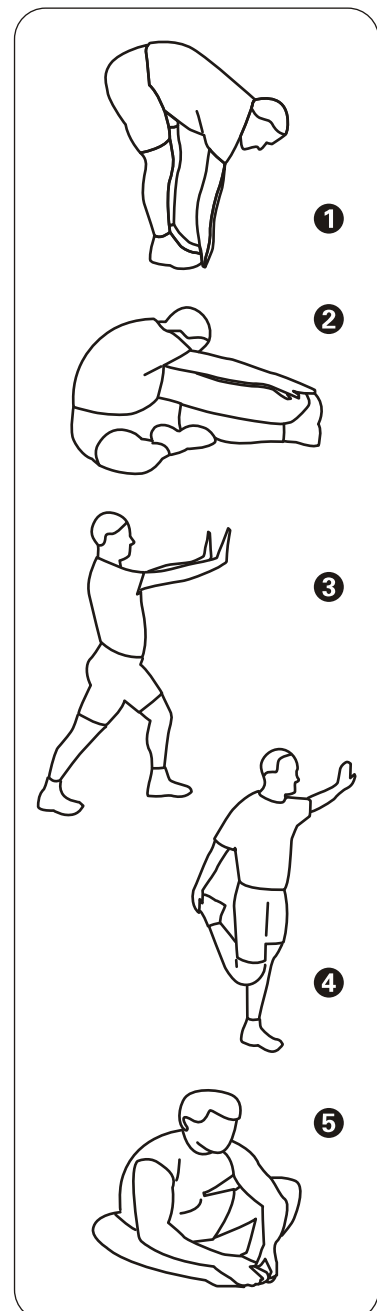
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, 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.



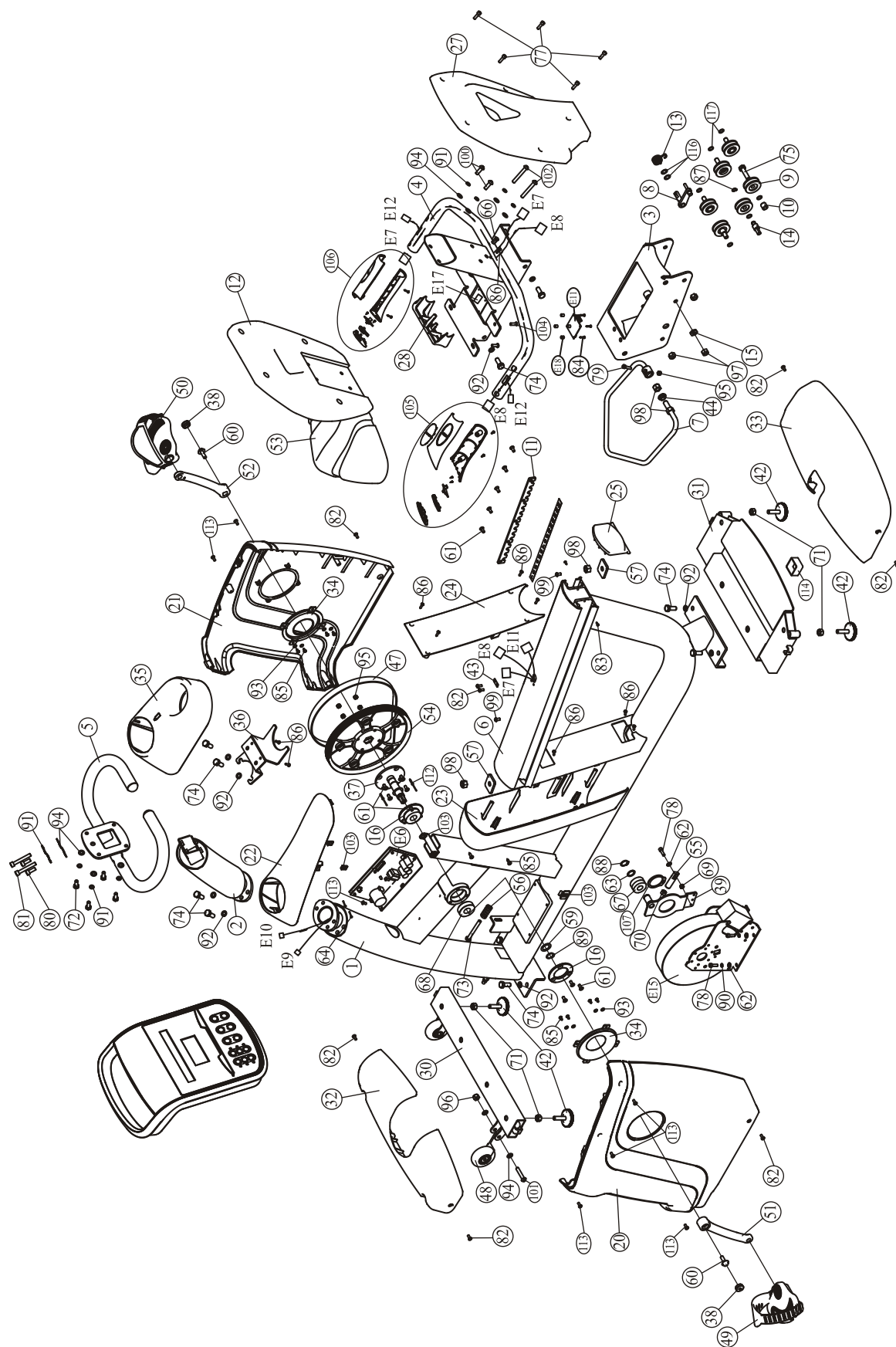
Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Frame	1	37	Shaft	1
2	Upright Frame	1	38	Plug For Crank	2
3	Adjustable Bracket	1	39	Tightener	1
4	Seat Pad Support Frame	1	42	Leveler Foot	4
5	Handlebar	1	43	Pressure Plate	1
6	Leader	1	44	Spacer	1
7	Adjustable Handle	1	47	Poly-V Belt	1
8	Pull Spring	1	48	Pu Wheel	2
9	Nylon Idler Wheel	6	49	Left Pedal	1
10	Bushing	4	50	Right Pedal	1
11	Dentoid Iron	1	51	Left Crank	1
12	Net Back Pad	1	52	Right Crank	1
13	Pull Spring	1	53	Seat Pad	1
14	Adjustable Shaft	2	54	Belt Pulley	1
15	Adjustable Iron	2	55	Tightening Nut	1
16	Bearing End Cover	2	56	Tension Spring	1
20	Left Cover	1	57	To Slow Down Plate	2
21	Right Cover	1	58	Bundle Line	0.55
22	Top Cover	1	59	Undee Washer $\Phi 20$	2
23	Front Cover	1	60	Hex Flange Screw	2
24	Rear Cover	1	61	Allen Screw M6*15	15
25	Plug	1	62	Washer $\Phi 6.6 \times \Phi 15 \times 2$	5
27	Back Cover	1	63	Adjustable Washer	2
28	Decoration Cover	1	64	Rivet $\Phi 3.2 \times 15$	2
30	Front Base	1	66	Rivet Nut M6*16.5	1
31	Rear Base	1	67	Bearing 6203	2
32	Front Base Cover	1	68	Bearing 6204	2
33	Rear Base Cover	1	69	Allen Nut M6	1
34	Crank Ring	2	70	Allen Nut M8	1
35	Water Bottle Holder	1	71	Allen Nut M10	4
36	Water Bottle Holder Bracket	1	72	Hex Head Bolt M8*20	4

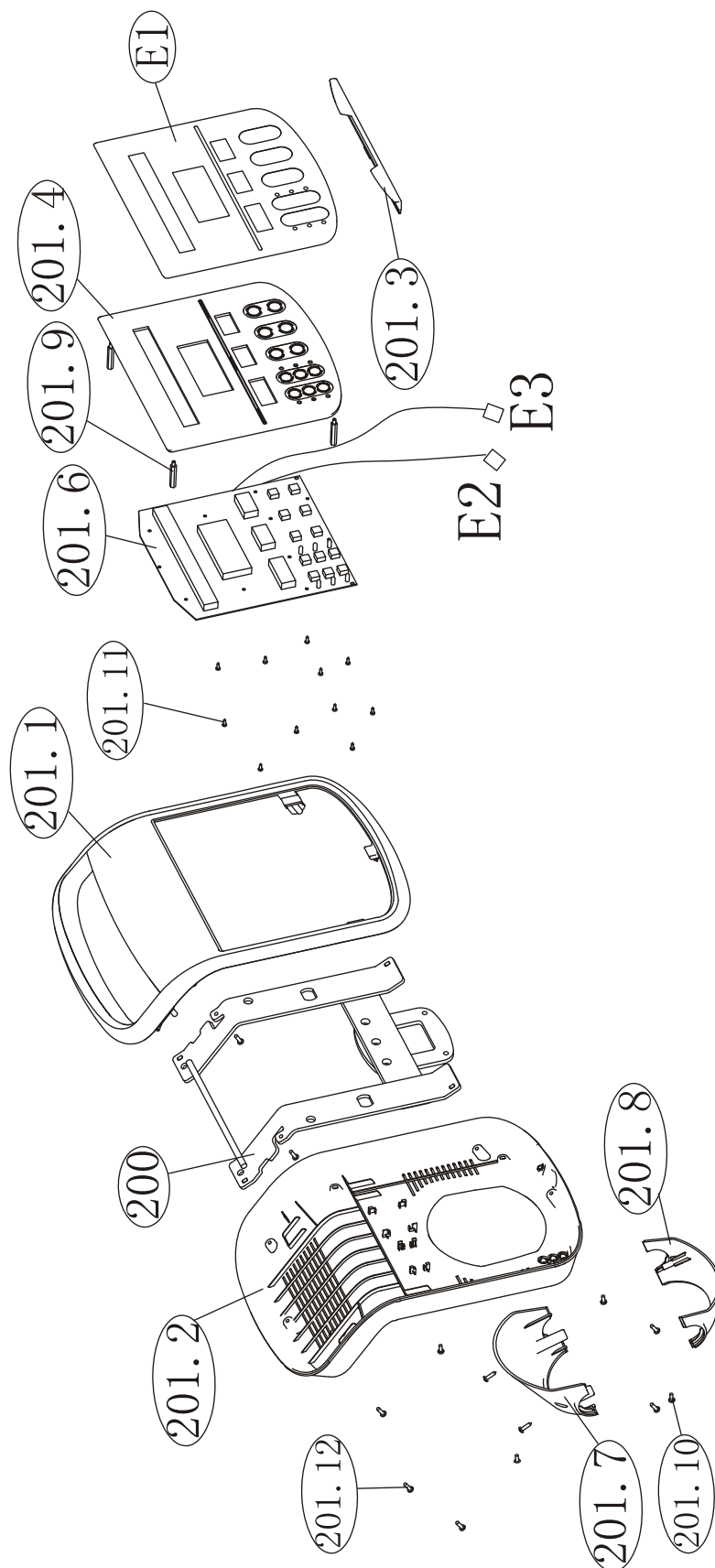
Parts List

Item No.	Description	QTY	Item No.	Description	QTY
73	Hex Head Bolt M8*70	1	105	Pules Plate	1
74	Hex Head Bolt M10*25	12	106	Pules Plate	1
75	Hex Head Bolt M10*40	4	107	Shaft Clip Φ45	1
77	Allen Bolt M6*20	5	108	Open Wrench	1
78	Allen Bolt M6*20	5	109	Open Wrench	1
79	Allen Bolt M6*25	1	110	Hex Key S=5	1
80	Allen Bolt M8*20	2	111	Hex Key S=6	1
81	Allen Bolt M8*55	2	112	Rivet Φ5*13	2
82	Pillip Screw M5*15	8	113	Pillip Screw M5*15	8
83	Pillip Screw St2.9*9.5	2	114	Rubber Knob	1
84	Pillip Screw St2.9*16	4	116	Adjustable Washer	2
85	Pillip Screw St4.2*9.5	10	117	Adjustable Washer	6
86	Pillip Screw St4.2*16	11	200	Console Bracket	1
87	Shaft Clip Φ10	2	201	Console	1
88	Shaft Clip Φ17	1	E1	Console Overlay	1
89	Shaft Clip Φ20	2	E1.1	Console Logo Sticker	1
90	Spring Washer Φ6	4	E2	Console Cable	1
91	Spring Washer Φ8	12	E3	Stopwatch	1
92	Spring Washer Φ10	12	E4	Kam Cap	1
93	Washerφ5.5*Φ10*1	8	E5	Magnet Cord	1
94	Washer Φ9*Φ16*1.6	16	E6	Controllor Pcb	1
95	Nylon Nut M6	5	E7	Switching Cable 1	1
96	Nylon Nut M8	2	E8	Switching Cable 2	1
97	Nylon Nut M10	6	E9	Console Cable	1
98	Nylon Nut M12	4	E10	Stopwatch	1
99	Allen Pan Bolt M6*12	2	E11	EKG	1
100	Allen Pan Bolt M8*25	2	E12	Handle Pules Cable	2
101	Allen Pan Bolt M8*45	2	E15	Hybird	1
102	Allen Pan Bolt M8*60	2	E16	Magnet Cord	2
103	Nut	6	E17	Wireless Receiver	1
104	Allen Pan Bolt 1/4"-20*19	4	E18	Spacer	4

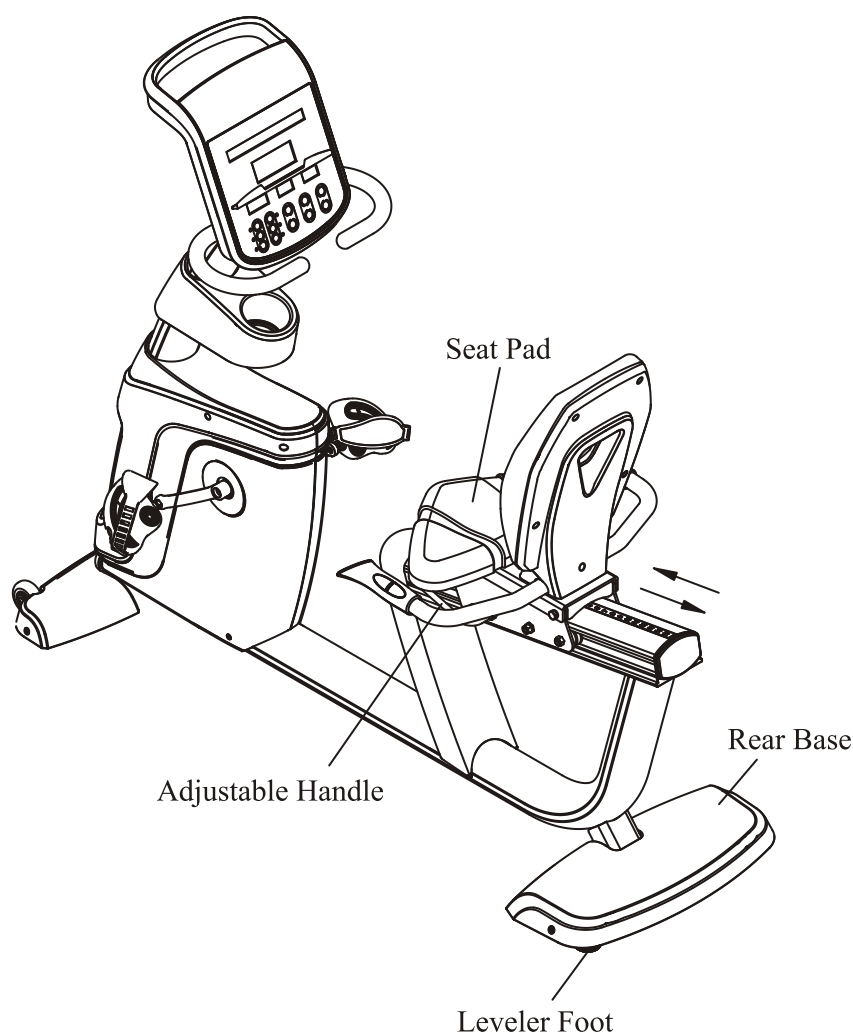
Exploded View



Exploded View



Usage And Maintenance



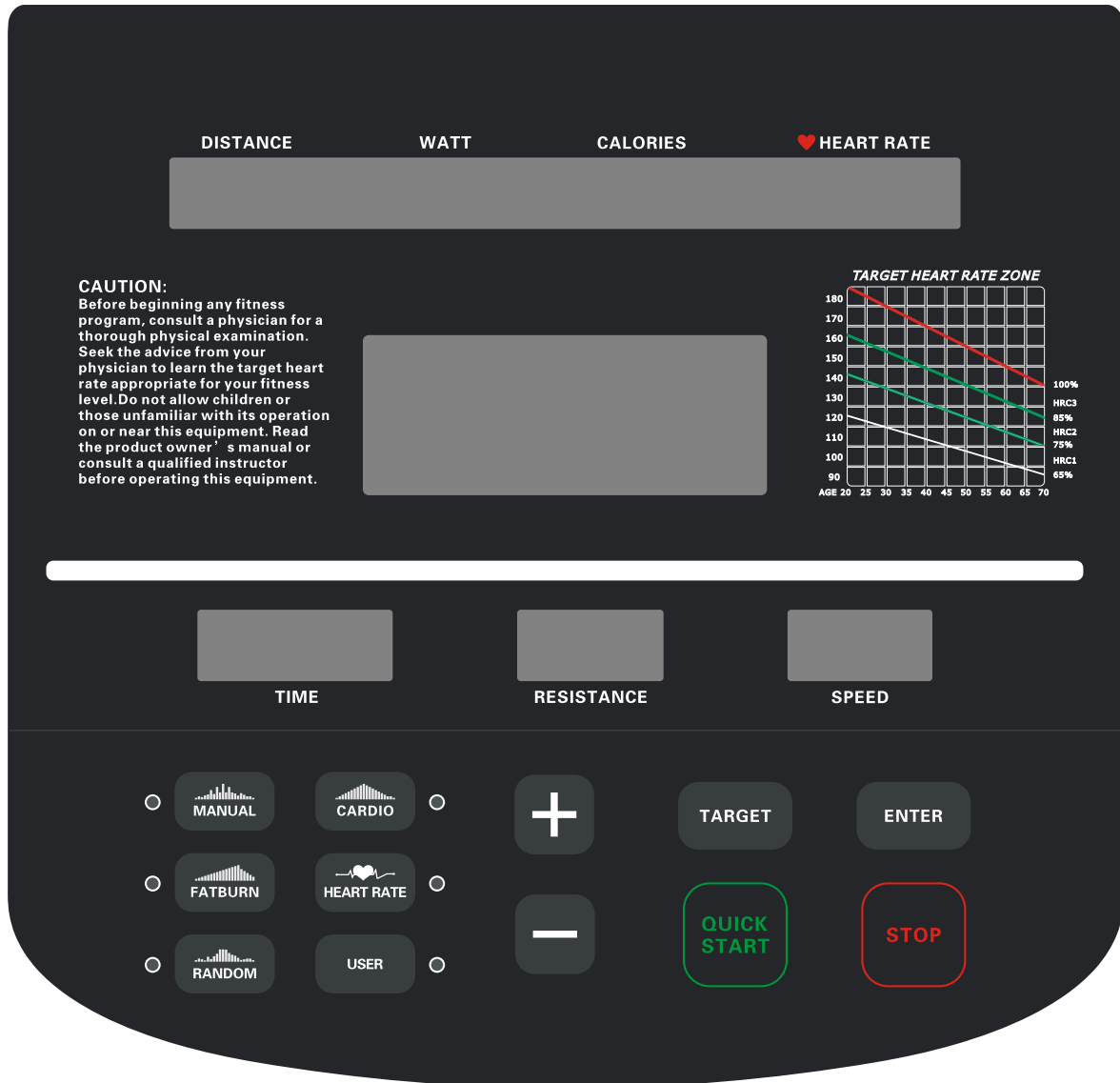
Instruction

1. Max. User Weight is 160 Kg.
2. When moving the machine, grab the Rear Base to lift, then move it.
3. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you must adjust the Leveler Foot.
4. Adjusting the Seat Pad of the machine. Front and back, you must pull up the Adjustable Handle, and move the Seat Pad down along the tube of the machine. When it is ok, you can release the handle.
5. The machine has self-generating system (no power required).

Maintenance

1. Tighten the pedals every 3 months.
2. If the Bolts and Screws have the trend of losing, please lock them timely.

Console Panel Functions



Console Panel Functions

CONSOLE PANEL FUNCTION

DISTANCE

WATT

CALORIES

♥ HEART RATE

1. DISTANCE WINDOW

Indicates Kilometers or Miles traveled in 0.01 increments up to 9.99 and 0.1 increments starting at 10.0 (Range 0.01---999).

2. WATT WINDOW

Indicates user's current power (Watt).

3. CALORIE WINDOW

Indicates estimated calories burned, based on user's weight, speed, resistance, and time.

4. HEART RATE WINDOW

Indicates user's current heart rate (BPM).

5. TIME WINDOW

Indicates elapsed time after press Start in minutes and seconds (0-99minutes, 0-59seconds).

6. RESISTANCE WINDOW

Indicates workout in degree of Resistance L1—L20 in 1 increments.

7. SPEED WINDOW

Indicates workout laps per minute on pedal.

8. DOT MATRIX

8.1 Indicates ENTER WEIGHT KGS (or Lbs) when turn on power.

8.2 Indicates message when enter value.

8.3 Indicates workout curve in Program mode.

CONSOLE BUTTONS

1. START



This button is used to start the current program.

2. STOP



This button is used to stop the current program.

3. + and -

These buttons are used to adjust the degree of Resistance of the machine during workout.



These buttons are also used to adjust the values when setting up your workout.

4. TARGET



This button is used to cycle through to the desired programs (time countdown, calories countdown, distance countdown mode).

Console Panel Functions

5. ENTER

ENTER

This button is used to enter value of program mode.

6. MANUAL ONE TOUCH

This button is used to select workout "manual mode".

7. FAT BURN ONE TOUCH

This button is used to select workout "fat burn mode".

8. RANDOM ONE TOUCH

This button is used to select workout "random mode".

9. CARDIO ONE TOUCH

This button is used to select workout "cardio mode".

10. HEART RATE ONE TOUCH

This button is used to select workout "heart rate mode".

11. USER ONE TOUCH

This button is used to select workout "user mode".



CONSOLE OPERATION

1. QUICK START / MANUAL MODE

1.1 Start the pedal

1.2 Indicates "ENTER WEIGHT KGS" in dot matrix, "68" will flash in degree of Resistance window. Use level of Resistance + or – button to adjust user's weight.

1.3 Press "ENTER", indicates "PRESS START OR SELECT PROGRAM" in dot matrix.

- (1) If press START button through manual mode;
- (2) If press FAT BURN button through fat burn mode;
- (3) If press RANDOM button through random mode;
- (4) If press CARDIO button through cardio mode;
- (5) If press HEART RATE button through heart rate mode;
- (6) If press USER button through user mode.

1.4 If press TARGET button to cycle through to time countdown, distance countdown, calories countdown mode.

1.5 If press STOP button will be reset.

Console Panel Functions

2. PROGRAM MODE

2.1 TIME COUNTDOWN MODE

Press TARGET button to cycle through time countdown mode After enter weight.

- (1) Indicates TIME COUNTDOWN in dot matrix, Time window will be flash 30:00, Use level + or – button to adjust value;
- (2) Indicates ENTER TIME in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.2 DISTANCE COUNTDOWN MODE

Press TARGET button to cycle through distance countdown mode after enter weight.

- (1) Indicates DISTANCE COUNTDOWN in dot matrix, Distance window will be flash "0.00", Use level + or – button to adjust value;
- (2) Indicates ENTER DISTANCE in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.3 CALORIES COUNTDOWN MODE

Press TARGET button to cycle through calories countdown mode after enter weight.

- (1) Indicates CALORIES COUNTDOWN in dot matrix, Distance window will be flash "000", Use level + or – button to adjust value;
- (2) Indicates ENTER CALORIES in dot matrix after 5 seconds;
- (3) Indicates PRESS START in dot matrix after press ENTER button.

2.4 PROGRAM

2.4.1 FAT BURN

Press FAT BURN button

- (1) Indicates FAT BURN MODE in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.2 RANDOM

Press RANDOM button

- (1) Indicates RANDOM MODE in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;

Console Panel Functions

- (3) Indicates ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.3 CARDIO

Press CARDIO button

- (1) Indicates CADIO MODE in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
- (2) Indicates workout curve in dot matrix after 5 seconds;
- (3) Indicates ENTER TIME in dot matrix after 5 seconds;
- (4) Indicates PRESS START in dot matrix after press ENTER button.

2.4.4 HEART RATE

User must wear chest belt when through HEART RATE mode

HR1: Target pulse is 65% of Max. pulse;

HR2: Target pulse is 75% of Max. pulse;

HR3: Target pulse is 85% of Max. pulse.

2.4.4.1 HR1

Press HEART RATE button to cycle through HR1, HR2, HR3

- (1) Indicates HEART RATE 1 in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
- (2) Indicates ENTER TIME in dot matrix after 5 seconds;
- (3) Indicates ENTER AGE in dot matrix after press ENTER button, Pulse window will show target pulse;
- (4) Indicates PRESS START after press ENTER button.

2.4.4.2 HR2-HR3

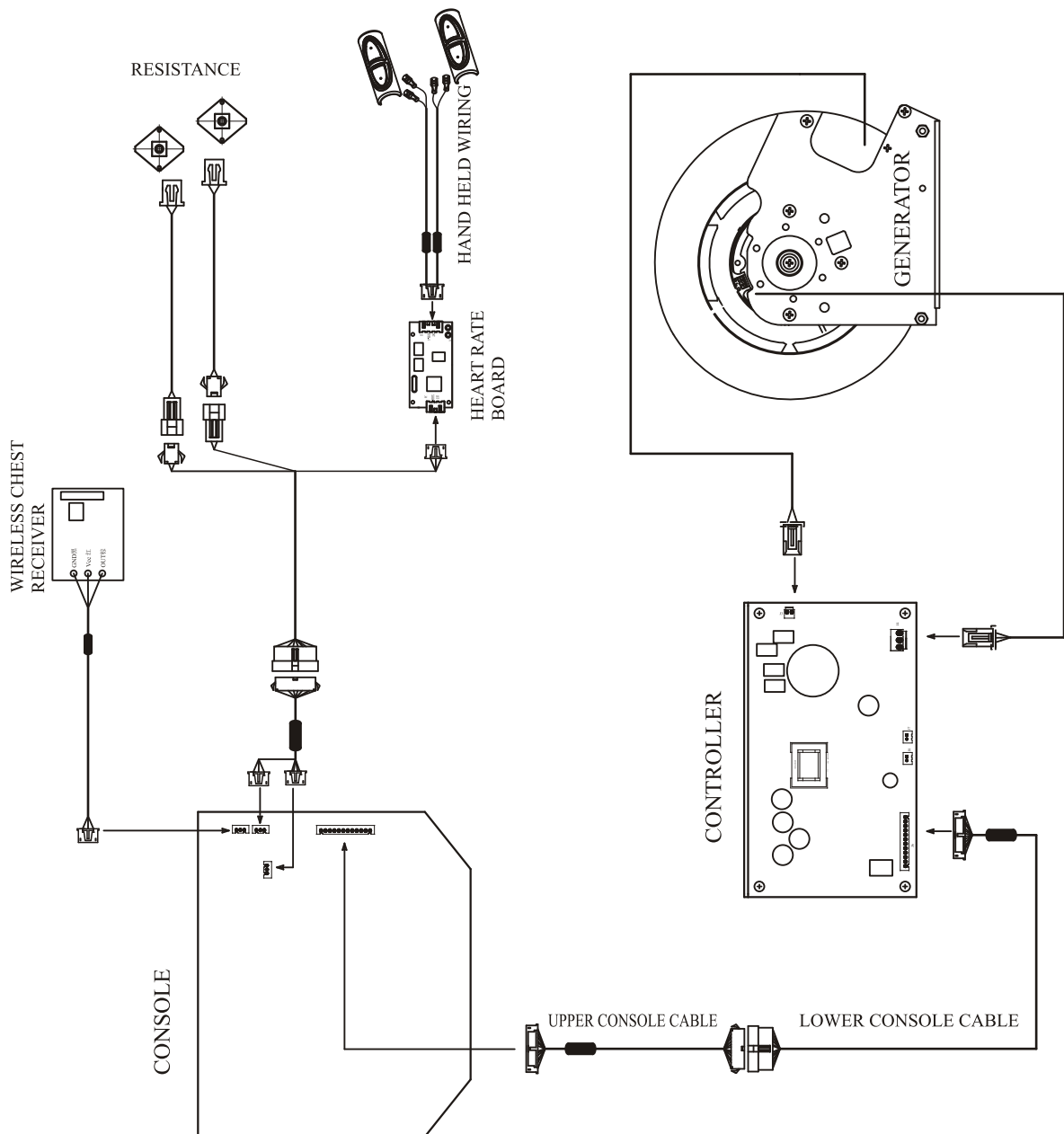
Press HEART RATE button to cycle through HR2, HR3, the same as HR1.

2.4.5 USER

Press USER button

- (1) Indicates USER PROGRAM in dot matrix, Time window will flash "30:00". Use level + or – button to adjust value;
- (2) Indicates workout curve after 5 seconds;
- (3) Indicates ENTER TIME after 5 seconds;
- (4) Indicates ENTER RESISTANCE in dot matrix after press ENTER button, Level window will be flash;
- (5) First segment will be flash, Using level + or – button to adjust value;
- (6) Press ENTER through next segment;
- (7) Finished 20 segments, Indicates PRESS START after press ENTER button.

Wiring Diagram



Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the bike a few inches away from the probable cause, or move the probable cause a few inches away from the bike, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

