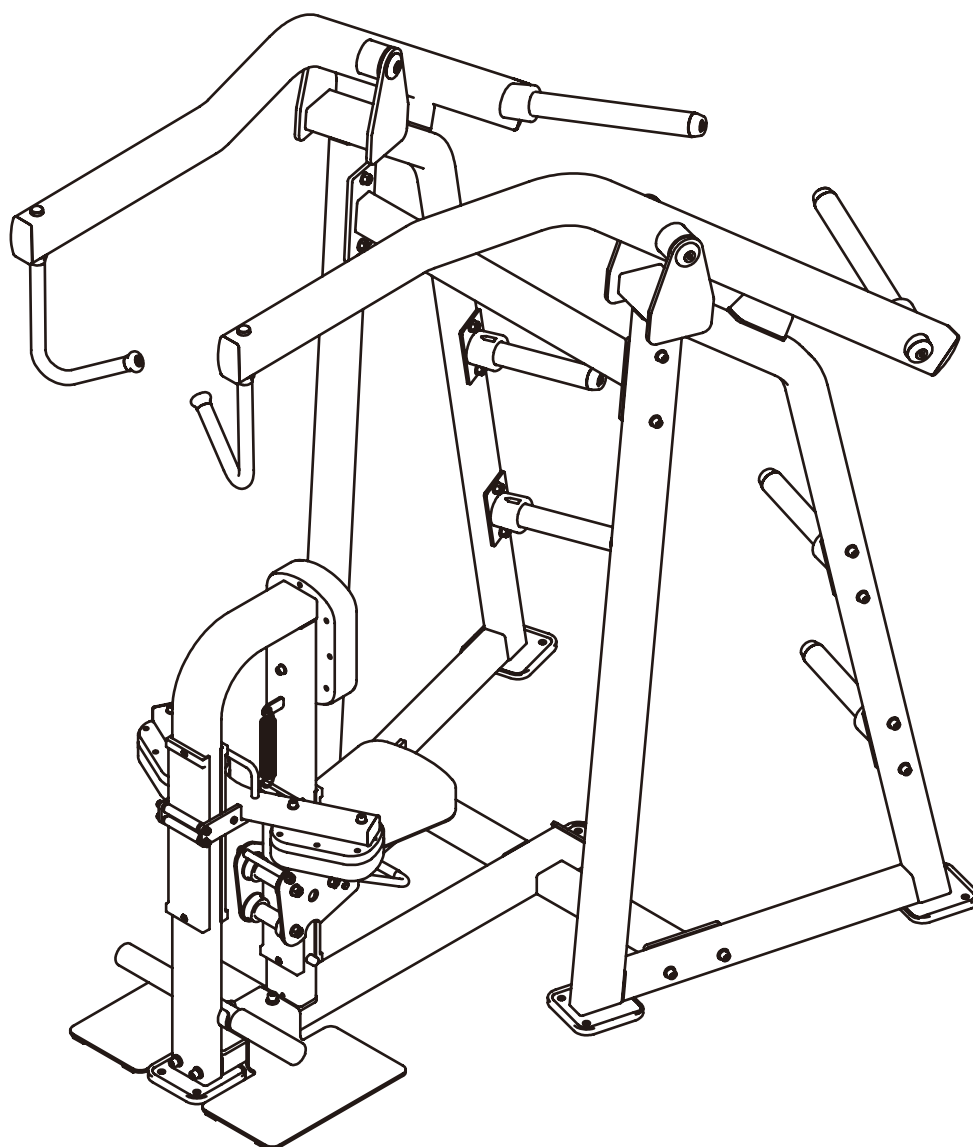




HSP7052

ISO-Lateral High Row

OWNER'S MANUAL

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.

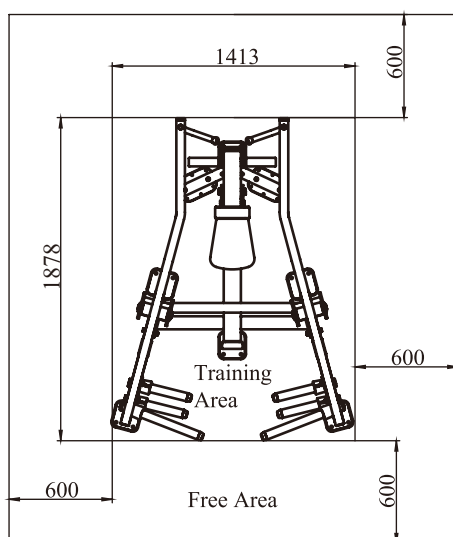
Important Safety Instructions

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*150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1413*1878*2123mm

Product Total Surface: 1413*1878mm

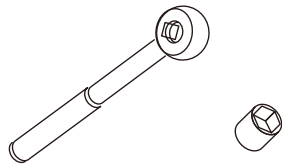
Product Total Mass: 212.2kg/ 467.8lbs

Instructions

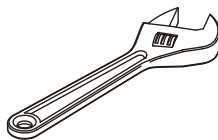
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

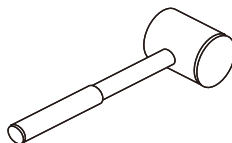
Tools Required



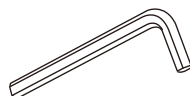
Ratchet Wrench and Socket



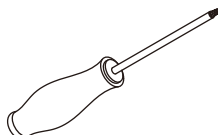
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

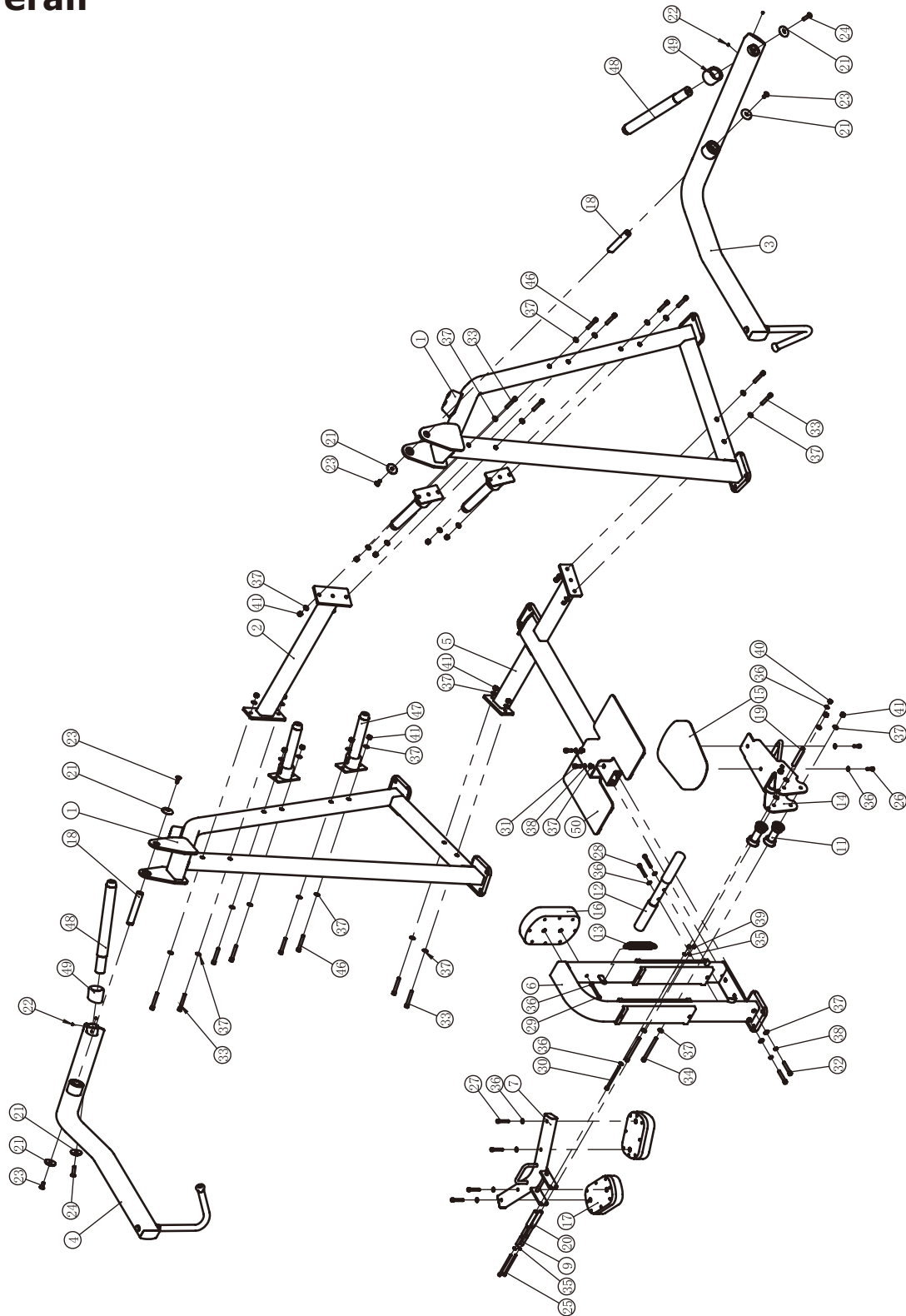
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	HSP705201ASSY	Main Frame ASSY	2
2	2	HSP70520200	Connection Frame	1
3	3	HSP705203ASSY	Left Arm Frame ASSY	1
4	4	HSP705204ASSY	Right Arm Frame ASSY	1
5	5	HSP705205ASSY	Base Frame ASSY	1
6	6	HSP705206ASSY	Seat Pad Frame ASSY	1
7	7	HSP705207ASSY	Leg Pad Frame ASSY	1
8	9	HSP70520900	Support Pillar $\Phi 12.5 \times 54.5$	4
9	11	SL700124ASSY	Idler Wheel ASSY	2
10	12	IT951709ASSY	Circular Foot Frame ASSY	1
11	13	SL70012200	Pull Spring $\Phi 31.5 \times \Phi 2.5 \times 165$	1
12	14	SL700738ASSY	Seat Pad 2 Frame ASSY	1
13	15	SL70013000V1	Seat Pad	1
14	16	SL70041600V1	Chest Pad	1
15	17	SL70170800	Knee Pad	2
16	18	PL1301400	Axis of Rotation $\Phi 30 \times 178$	2
17	19	SL70026700	Plastic Sleeve $\Phi 16 \times 2.0 \times 117$	1
18	20	KPSFD0700	Spacer Sleeve $\Phi 19 \times \Phi 13 \times 97$	2
19	21	SL70011700	Aluminium Cap $\Phi 54 \times \Phi 12.5 \times 10.6$	6
20	22	GB77M8*6DS18	Set Screw M8*6	4
21	23	CNLM12*30DS20	Flat Head Cap Screw M12*30	4
22	24	CNLM12*50*50DS20NL	Socket Head Cap Screw M12*50	2
23	25	GB70M8*135DHS20	Socket Head Cap Screw M8*135	2
24	26	GB70M10*30DHS20	Socket Head Cap Screw M10*30	2
25	27	GB70M10*60DHS20	Socket Head Cap Screw M10*60	4
26	28	GB70M10*70DHS20	Socket Head Cap Screw M10*70	2
27	29	GB70M10*75DHS20	Socket Head Cap Screw M10*75	2
28	30	GB70M10*145DHS20	Socket Head Cap Screw M10*145	1
29	31	GB70M12*30DHS20	Socket Head Cap Screw M12*30	2
30	32	GB70M12*70DHS20	Socket Head Cap Screw M12*70	2
31	33	GB70M12*80DHS20	Socket Head Cap Screw M12*80	8
32	34	GB70M12*145DHS20	Socket Head Cap Screw M12*145	2
33	35	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
34	36	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	12
35	37	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	40
36	38	GB9312DHS12	Spring Washer $\Phi 12$	4
37	39	NM8DHS2	Nylon Lock Nut M8	2
38	40	NM10DHS2	Nylon Lock Nut M10	1
39	41	NM12DHS2	Nylon Lock Nut M12	18
40	42	NBS6DHS	Hex Key S=6	1
41	43	NBS8DHS	Hex Key S=8	1
42	44	NBS10DHS	Hex Key S=10	1
43	45	LW200BS	Wrench $\Phi 6 \times 117$	1
44	46	GB70M12*75DHS20	Socket Head Cap Screw M12*75	8
45	47	PL40014ASSY	Barbell Pole Frame ASSY	4
46	48	HSP705210ASSY	Weight Horn ASSY	2
47	49	PL0702900	Rubber Bumper	2
48	50	HSP705211ASSY	Pedal ASSY	1

Exploded View and Parts List

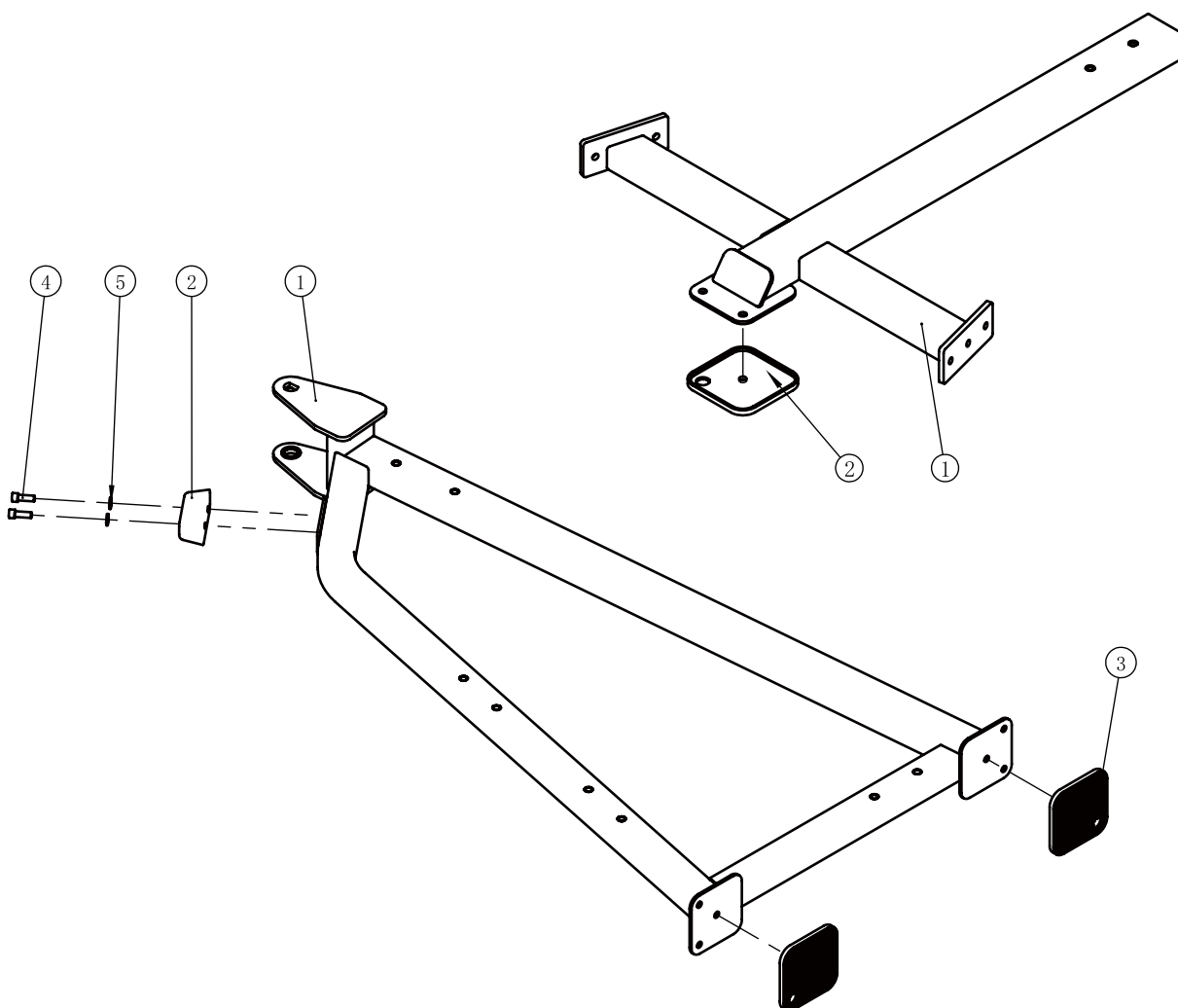
Overall



Exploded View and Parts List

Main Frame ASSY

Base Frame ASSY

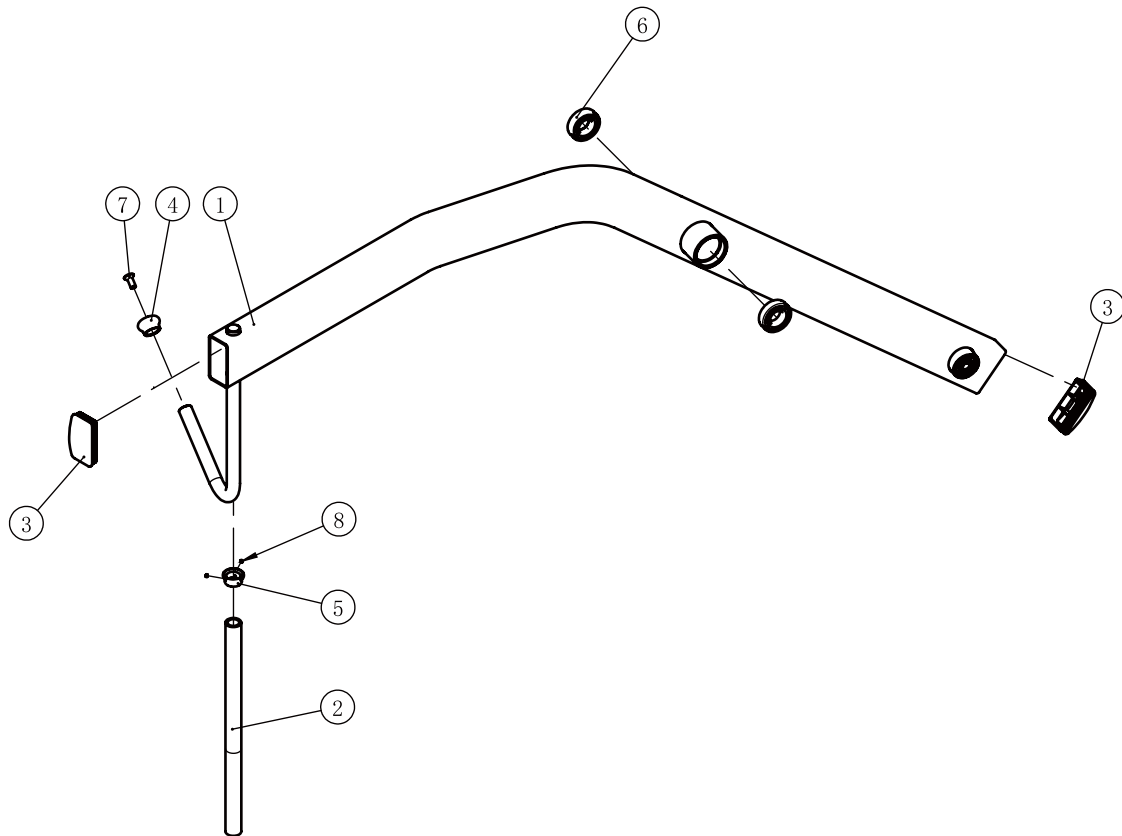


ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	HSP70520100	Main Frame	1
2	1.2	PL380800	Urethane Bumper	1
3	1.3	CWRVL0051200	Rubber Foot	2
4	1.4	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	2
5	1.5	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	HSP70520500	Base Frame	1
2	5.2	CWRVL0051200	Rubber Foot	1

Exploded View and Parts List

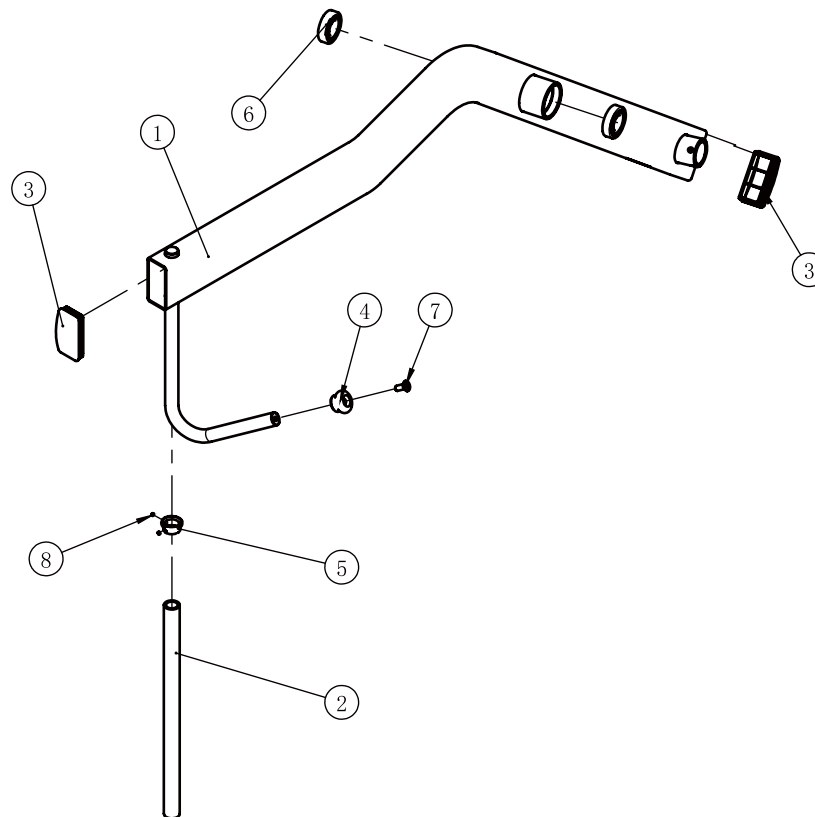
Left Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	HSP70520300	Left Arm Frame	1
2	3.2	026-01PL0206-08	Grip	1
3	3.3	VLP8000	Plug □50*100	2
4	3.4	IT90102100	Aluminum Grip Cap Φ25	1
5	3.5	IT90102200	Aluminum Grip Ring Φ25	1
6	3.6	GB2766206-2ZC3	Deep Groove Ball Bearing	2
7	3.7	CNLM10*25N19	Flat Head Cap Screw M10*25	1
8	3.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

Exploded View and Parts List

Right Arm Frame ASSY

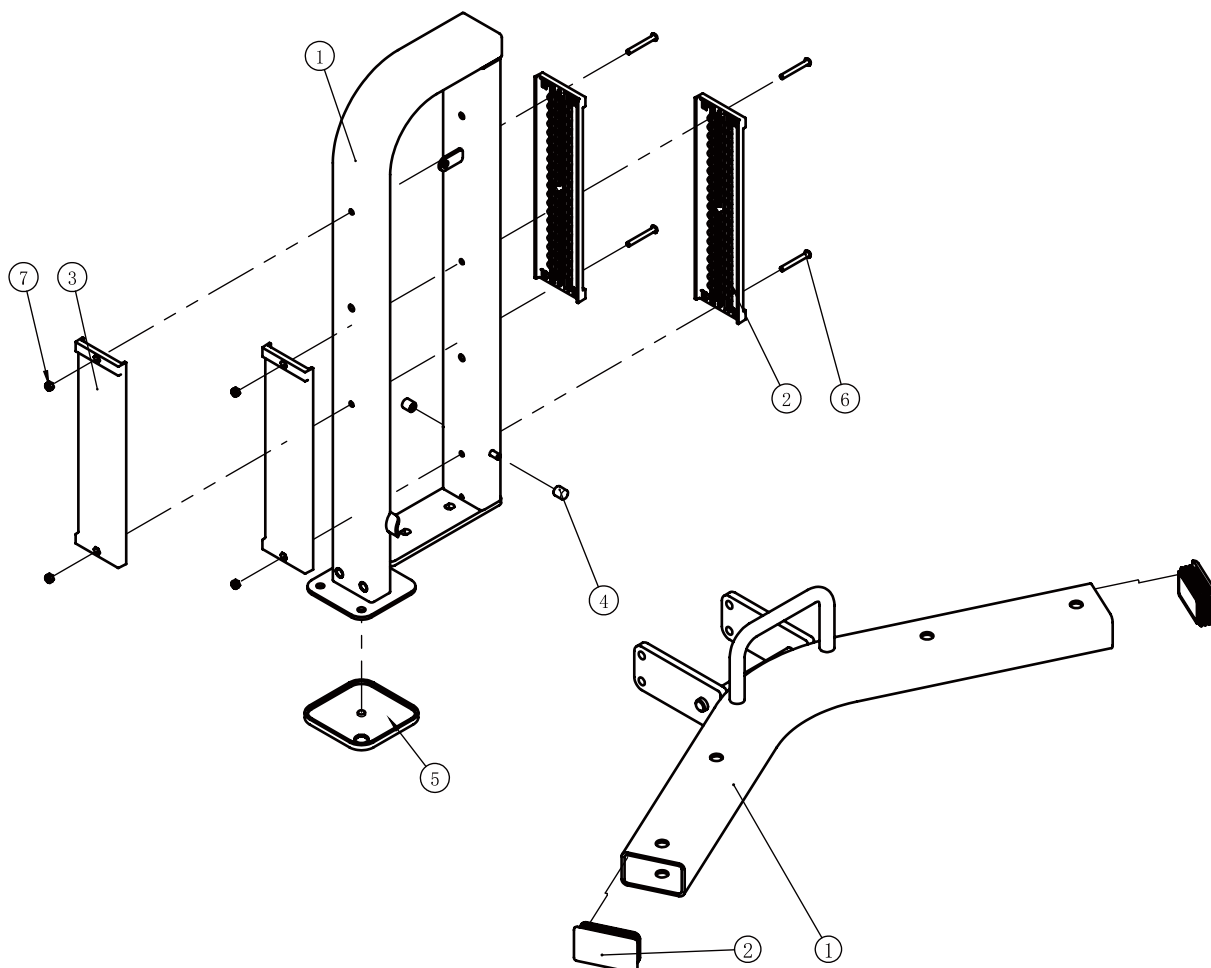


ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	HSP70520400	Right Arm Frame	1
2	4.2	026-01PL0206-08	Grip	1
3	4.3	VLP8000	Plug □50*100	2
4	4.4	IT90102100	Aluminum Grip Cap Φ25	1
5	4.5	IT90102200	Aluminum Grip Ring Φ25	1
6	4.6	GB2766206-2ZC3	Deep Groove Ball Bearing	2
7	4.7	CNLM10*25N19	Flat Head Cap Screw M10*25	1
8	4.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

Exploded View and Parts List

Seat Pad Frame ASSY

Leg Pad Frame ASSY

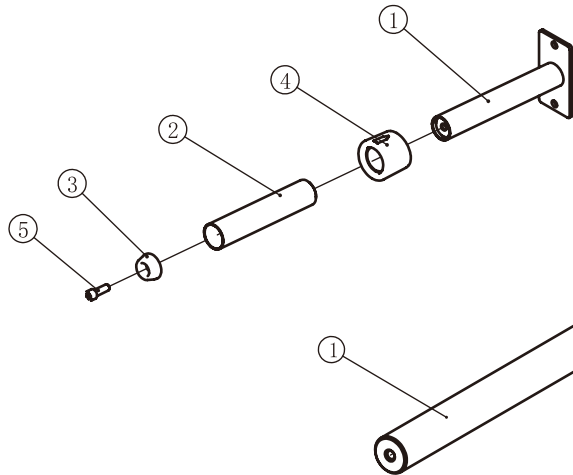


ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	HSP70520600	Seat Pad Frame	1
2	6.2	SL70011100	Front Plastic Plate	2
3	6.3	SL70011200	Rear Plastic Plate	2
4	6.4	SL70013200	Plastic Sleeve	2
5	6.5	CWRVL0051200	Rubber Foot	1
6	6.6	PNLM8*65DHS20	Button Head Cap Screw M8*65	4
7	6.7	NM8DHS2	Nylon Lock Nut M8	4

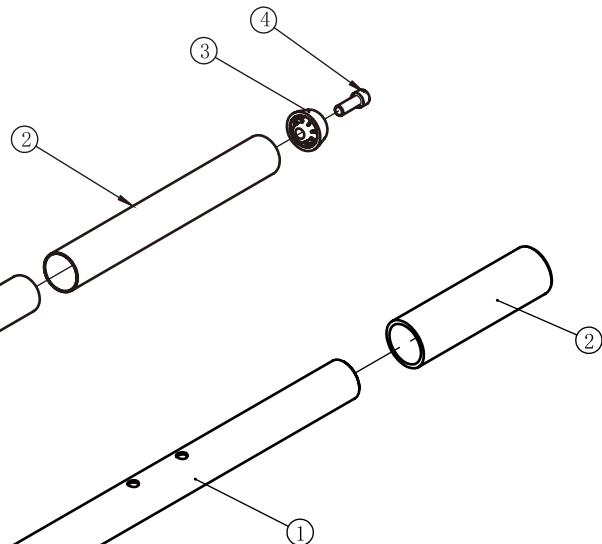
ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	HSP70520700	Leg Pad Frame	1
2	7.2	V38200	Plug □38*63.5	2

Exploded View and Parts List

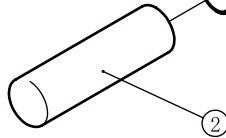
Barbell Pole Frame ASSY



Weight Horn ASSY



Circular Foot Frame ASSY



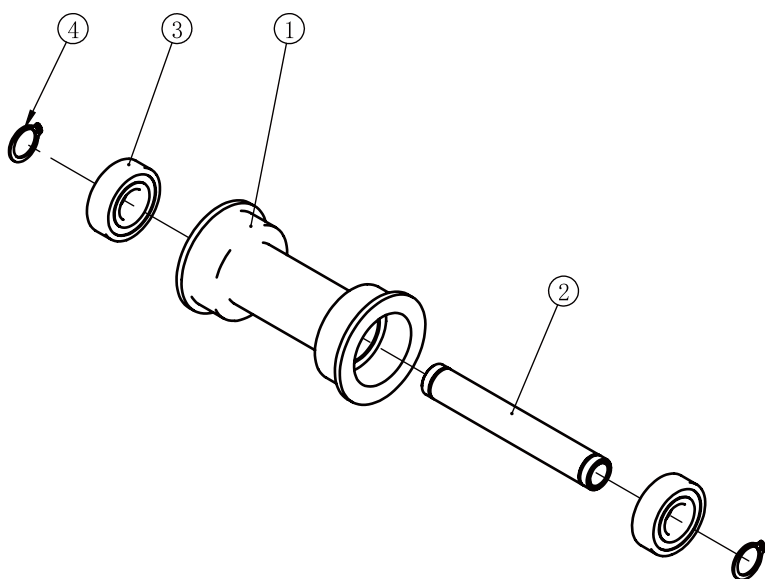
ItemNo.	Grade No.	Part No.	Description	QTY
1	47.1	PL4001400	Barbell Pole Frame	1
2	47.2	PL0702800	Weight Horn Sleeve $\Phi 48 \times \Phi 45 \times 233$	1
3	47.3	PL0702300	Grip Cap $\Phi 47.5 \times \Phi 12.5 \times 28$	1
4	47.4	PL4003200	Rubber Bumper $\Phi 76.2 \times 62.2$	1
5	47.5	GB70M12*35N19	Socket Head Cap Screw M12*35	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	48.1	HSP70521000	Weight Horn	1
2	48.2	HSP70522000	Long Weight Horn Sleeve	1
3	48.3	SL70012000	Grip Cap	1
4	48.4	GB70M12*35N19	Socket Head Cap Screw M12*30	1

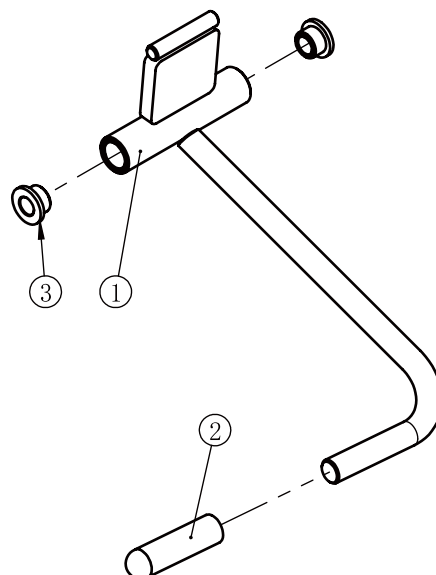
ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	IT95170900	Foot Set Tube	1
2	12.2	FE970112000	Foot Set	2

Exploded View and Parts List

Idler Wheel ASSY



Handle ASSY

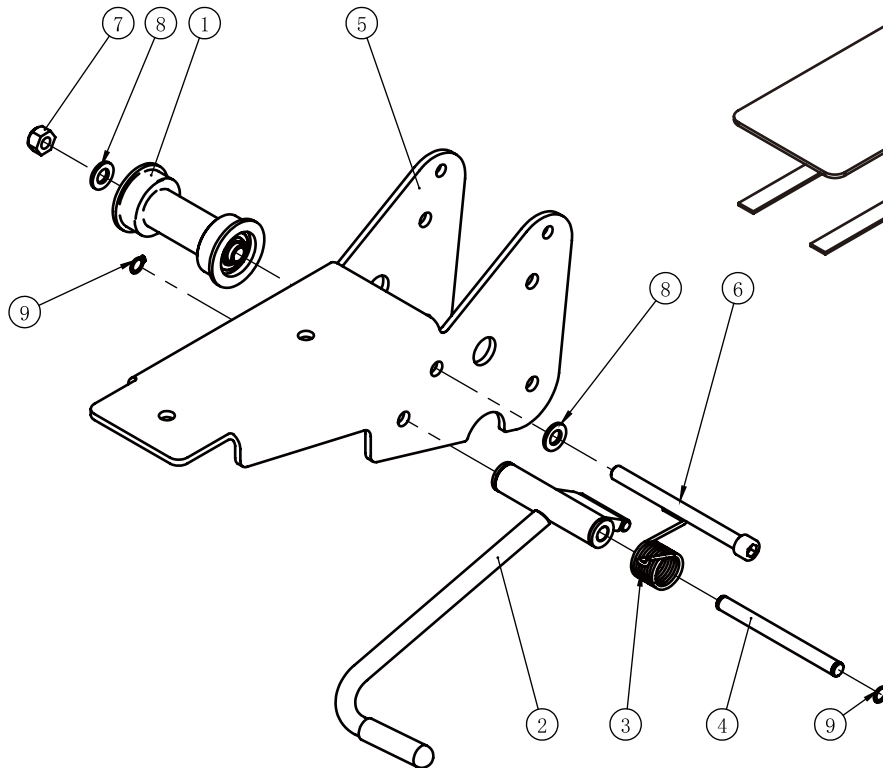


ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	SL70012400	Idler Wheel	1
2	11.2	SL70012500	Idler Wheel Sleeve	1
3	11.3	GB2766203-2Z	Deep Groove Ball Bearing	2
4	11.4	GB894.117FH12	Circlips For Shaft $\Phi 17$	2

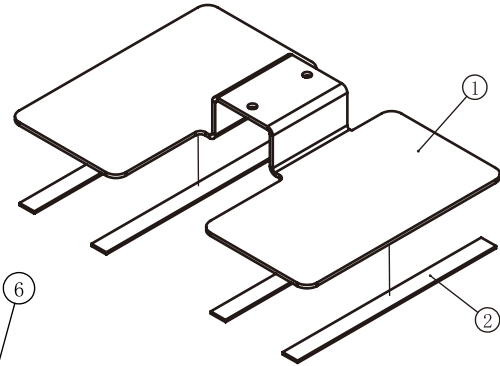
ItemNo.	Grade No.	Part No.	Description	QTY
1	14.2.1	SL70012800	Adjustable Handle	1
2	14.2.2	CG50001700	Rubber Grip	1
3	14.2.3	M01402000	Oilite Bushing $\Phi 25 * \Phi 12.2 * 13$	2

Exploded View and Parts List

Seat Pad 2 Frame ASSY



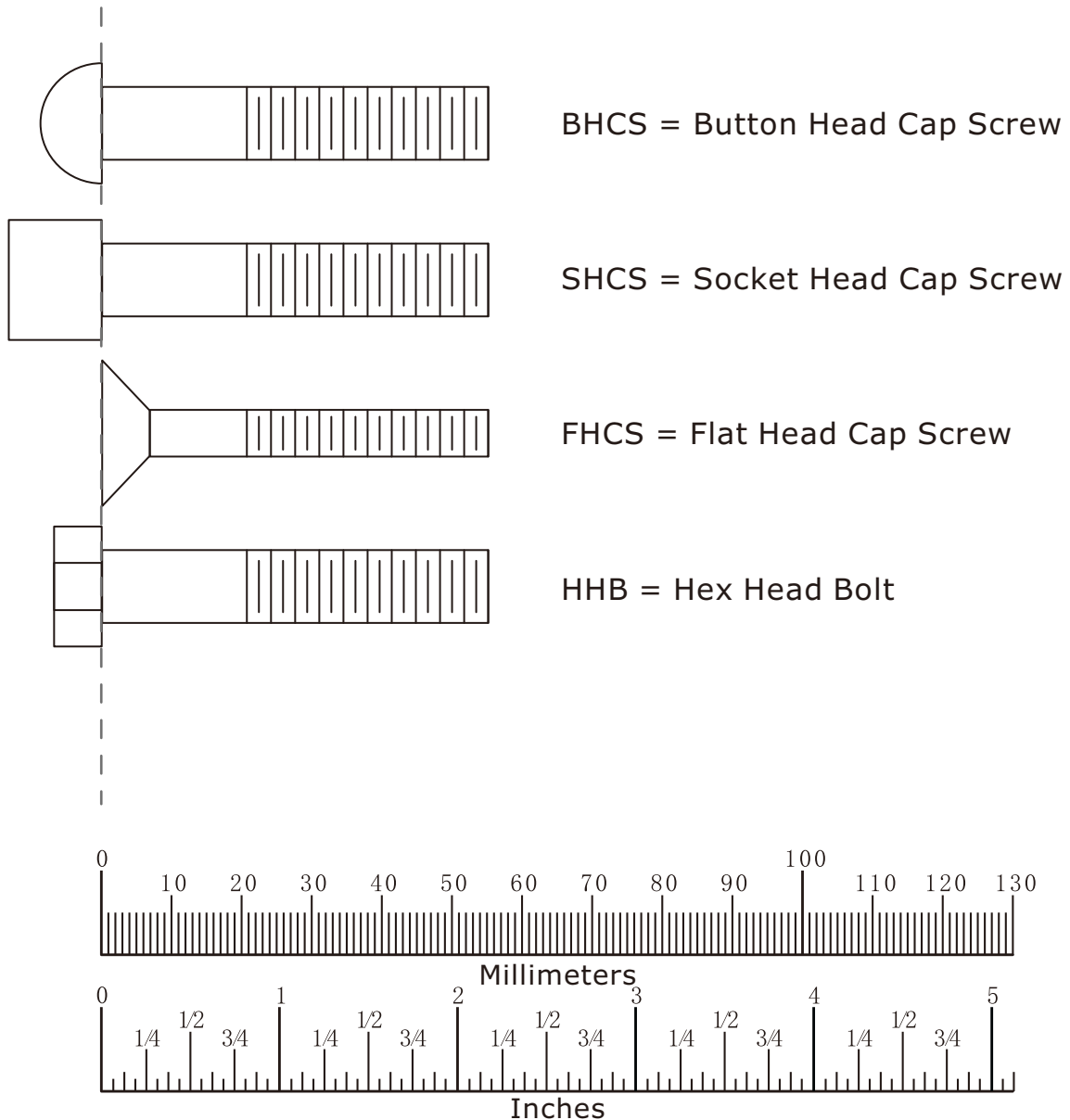
Pedal ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	SL700124ASSY	Idler Wheel ASSY	1
2	14.2	SL700128ASSY	Handle ASSY	1
3	14.3	SL70012600	Wring Spring $\Phi 30 \times \Phi 3 \times 30$	1
4	14.4	SL70012700	Shaft For Adjustable Handle $\Phi 12 \times 135.1$	1
5	14.5	SL70073800	Seat Frame	1
6	14.6	GB70M12*145DHS20	Socket Head Cap Screw M12*145	1
7	14.7	NM12DHS2	Nylon Lock Nut M12	1
8	14.8	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
9	14.9	GB894.112FH12	Circlips For Shaft $\Phi 12$	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	25.1	HSP70521100	Pedal	1
2	25.2	PT300H5200	EVA Hard single-sided adhesive	4

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

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

Assembly

STEP 1

Attach the two Main Frame ASSY (#1) to the Connection Frame (#2) and the Base Frame ASSY (#5) using:

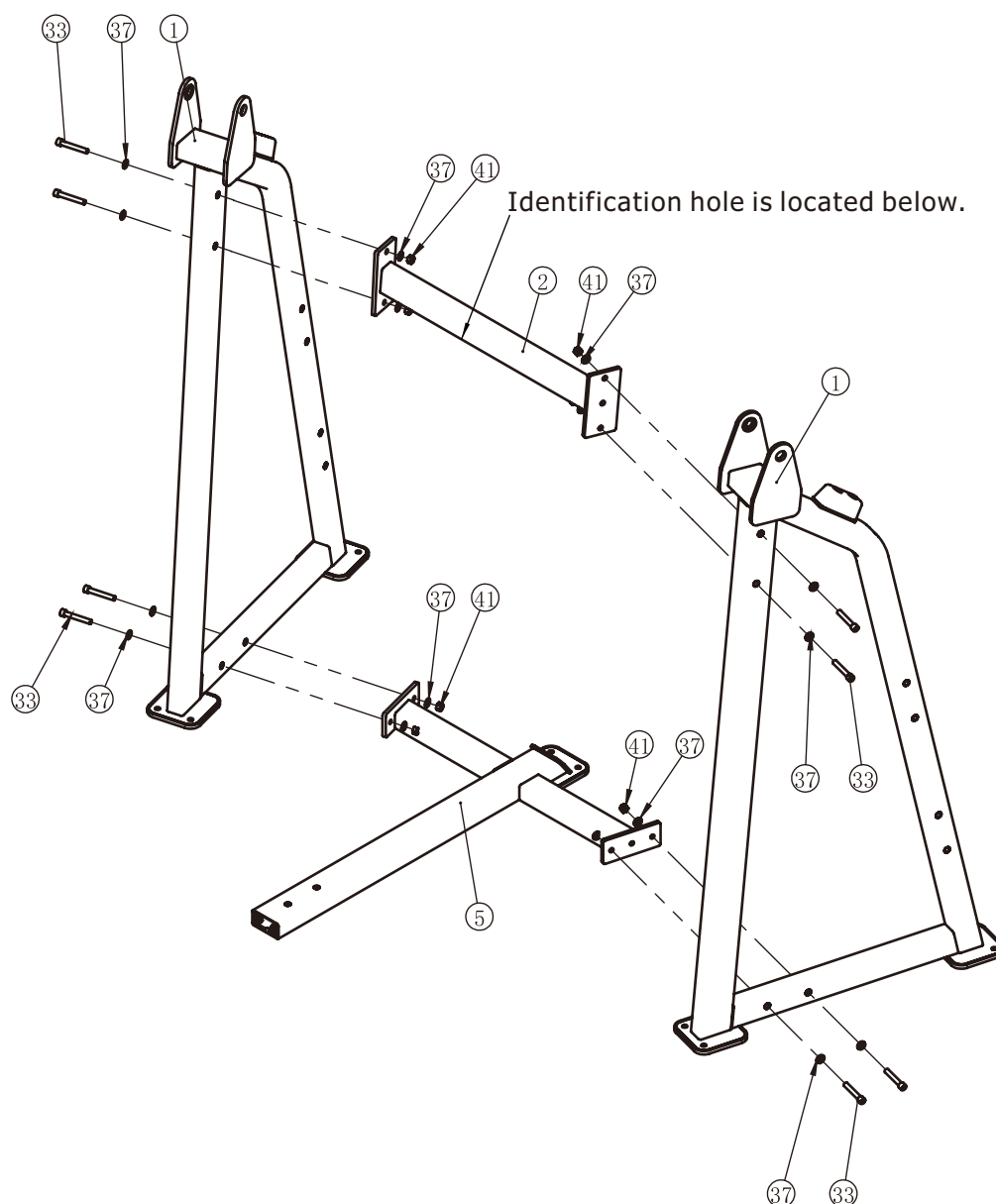
eight M12*80 SHCS (#33)

sixteen $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#37)

eight M12 Nylon Lock Nut (#41)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

When installing the Connection Frame (#2), the identification hole is located below.

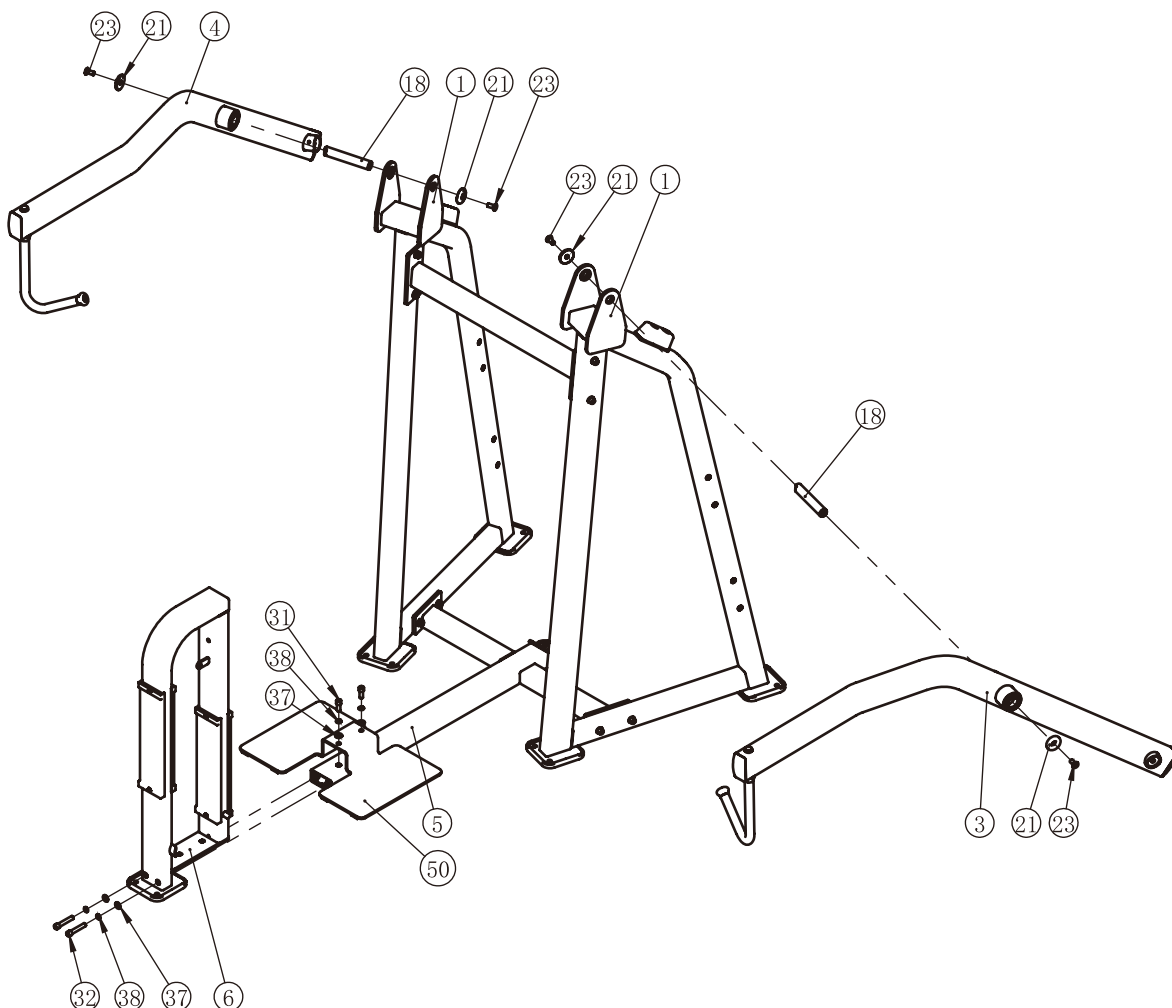


Assembly

STEP 2

1. Attach the Left Arm Frame ASSY (#3) and the Right Arm Frame ASSY (#4) to the two Main Frame ASSY (#1) using:
two $\Phi 30 \times 178$ Axis of Rotation (#18)
four $\Phi 54 \times \Phi 12.5 \times 10.6$ Aluminium Cap (#21)
four M12*30 FHCS (#23)
2. Attach the Seat Pad Frame ASSY (#6) and the Pedal ASSY (#50) to the Base Frame ASSY (#5) using:
two M12*80 SHCS (#31)
two M12*70 SHCS (#32)
four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#37)
four $\Phi 12$ Spring Washer (#38)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

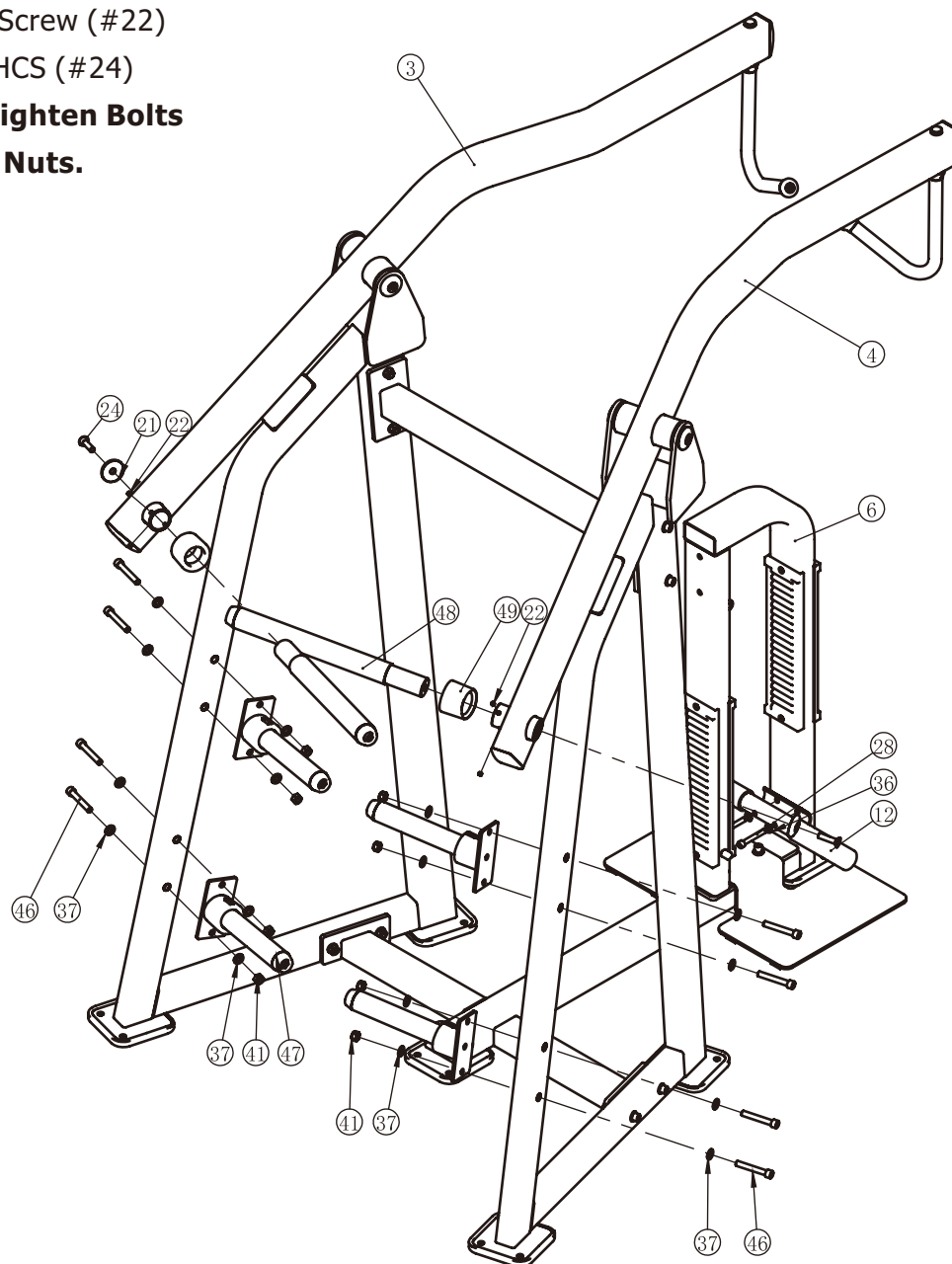


Assembly

STEP 3

1. Attach the four Barbell Pole Frame ASSY (#47) to the two Main Frame ASSY (#1) using:
eight M12*75 SHCS (#46)
sixteen $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#37)
eight M12 Nylon Lock Nut (#41)
2. Attach the two Weight Horn ASSY (#48) and the two Rubber Bumper (#49) to the Left Arm Frame ASSY (#3) and the Right Arm Frame ASSY (#4) using:
two $\Phi 54 \times \Phi 12.5 \times 10.6$ Aluminium Cap (#21)
four M8*6 Set Screw (#22)
two M12*50 SHCS (#24)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



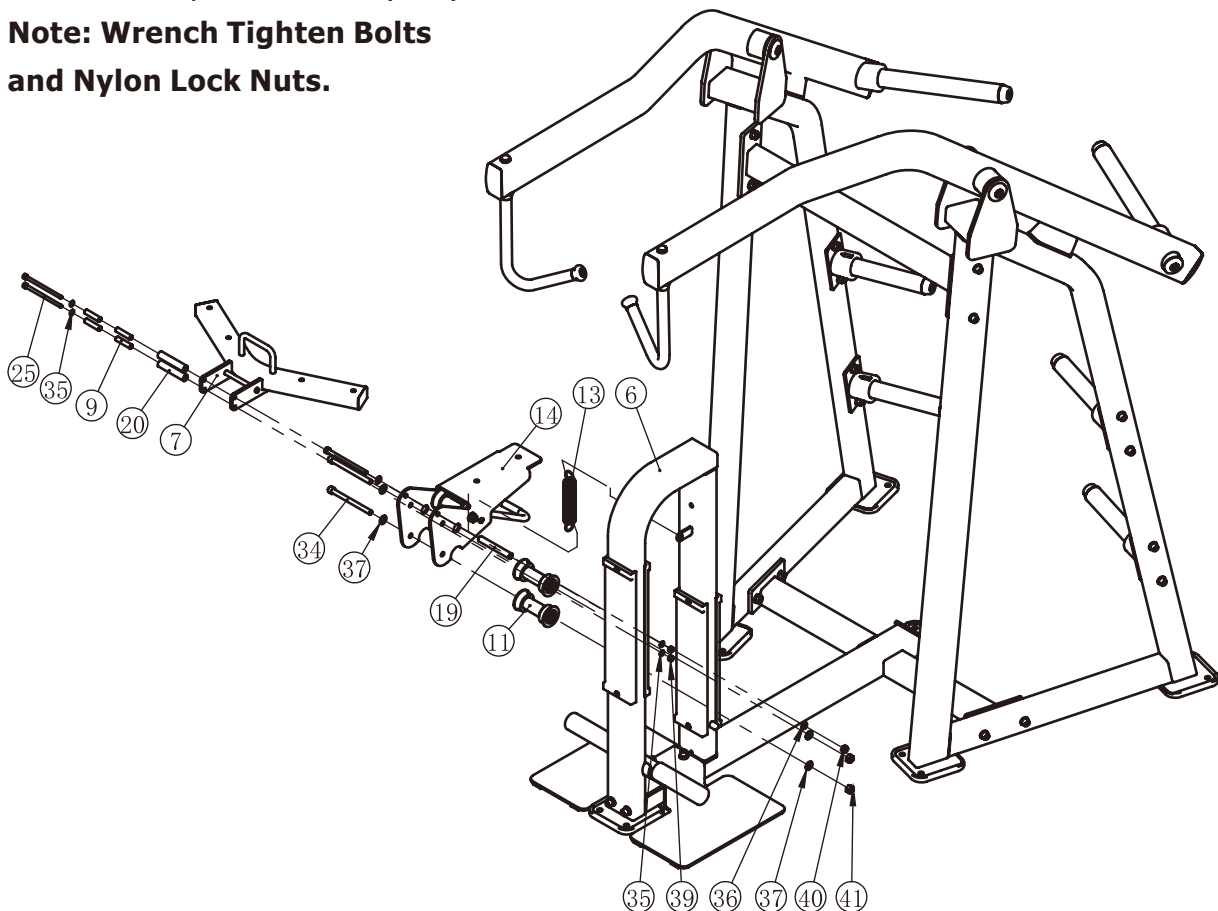
Assembly

STEP 4

Attach the Leg Pad Frame ASSY (#7) and the Seat Pad 2 Frame ASSY (#14) to the Seat Pad Frame ASSY (#6) using:

- four $\Phi 12.5 \times 54.5$ Support Pillar (#22)
- two Idler Wheel ASSY (#11)
- one $\Phi 31.5 \times \Phi 2.5 \times 165$ Pull Spring (#13)
- one $\Phi 16 \times 2.0 \times 117$ Plastic Sleeve (#19)
- two $\Phi 19 \times \Phi 13 \times 97$ Spacer Sleeve (#20)
- two M8*135 SHCS (#25)
- two M12*145 SHCS (#34)
- four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#35)
- one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#36)
- four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#37)
- two M8 Nylon Lock Nut (#39)
- one M10 Nylon Lock Nut (#40)
- two M12 Nylon Lock Nut (#41)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

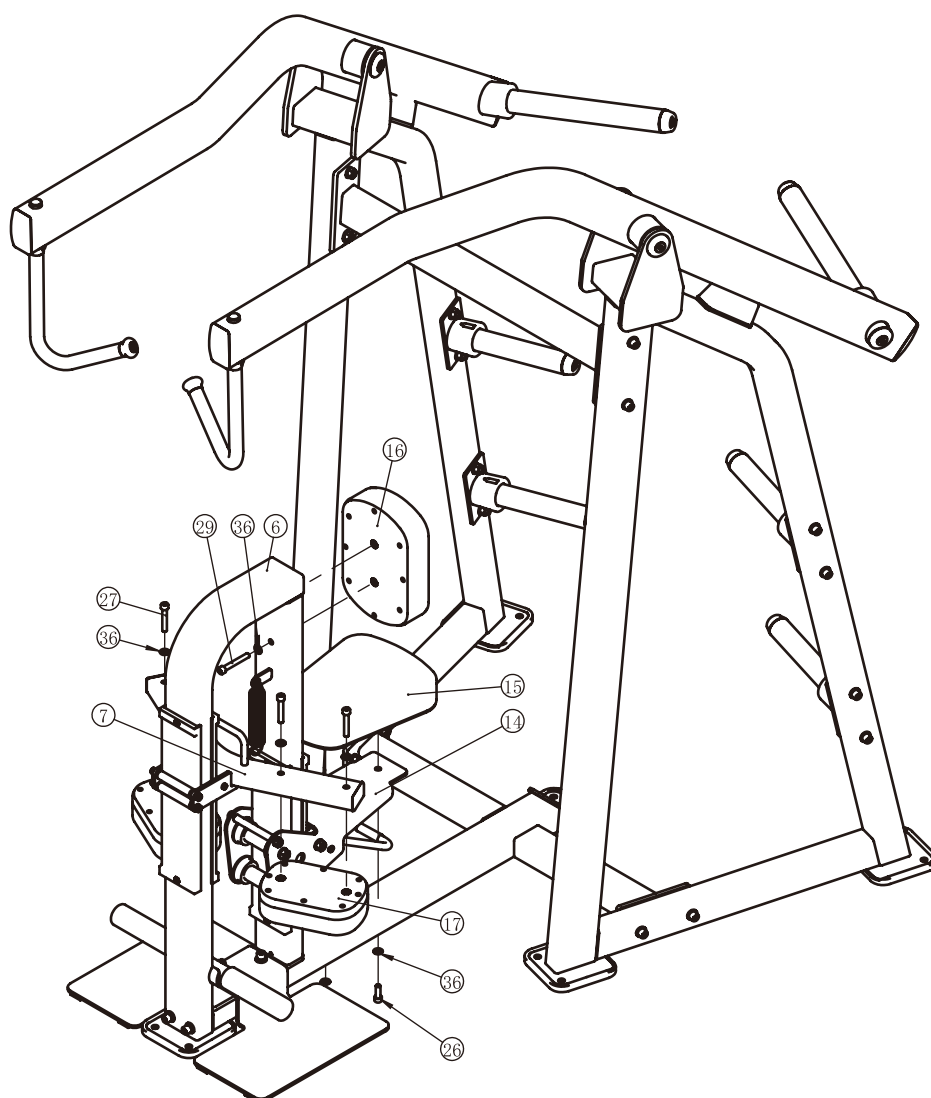


Assembly

STEP 5

1. Attach the Chest Pad (#16) to the Seat Pad Frame ASSY (#6) using:
two M10*75 SHCS (#29)
two $\Phi 11*\Phi 20*2$ Flat Washer (#36)
2. Attach the two Knee Pad (#17) to the Leg Pad Frame ASSY (#7) using:
four M10*60 SHCS (#27)
four $\Phi 11*\Phi 20*2$ Flat Washer (#36)
3. Attach the Seat Pad (#15) to the Seat Pad 2 Frame ASSY (#14) using:
two M10*30 SHCS (#26)
two $\Phi 11*\Phi 20*2$ Flat Washer (#36)

Note: Wrench Tighten Bolts.



Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

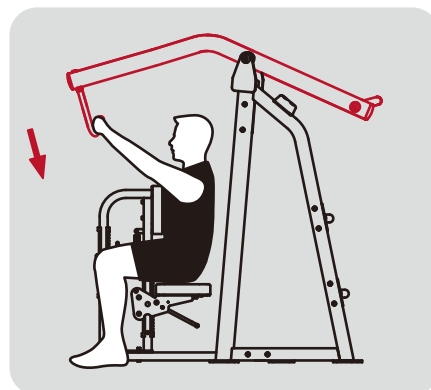
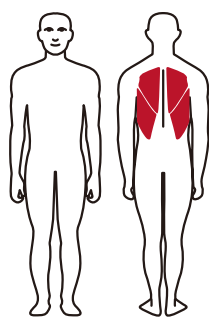
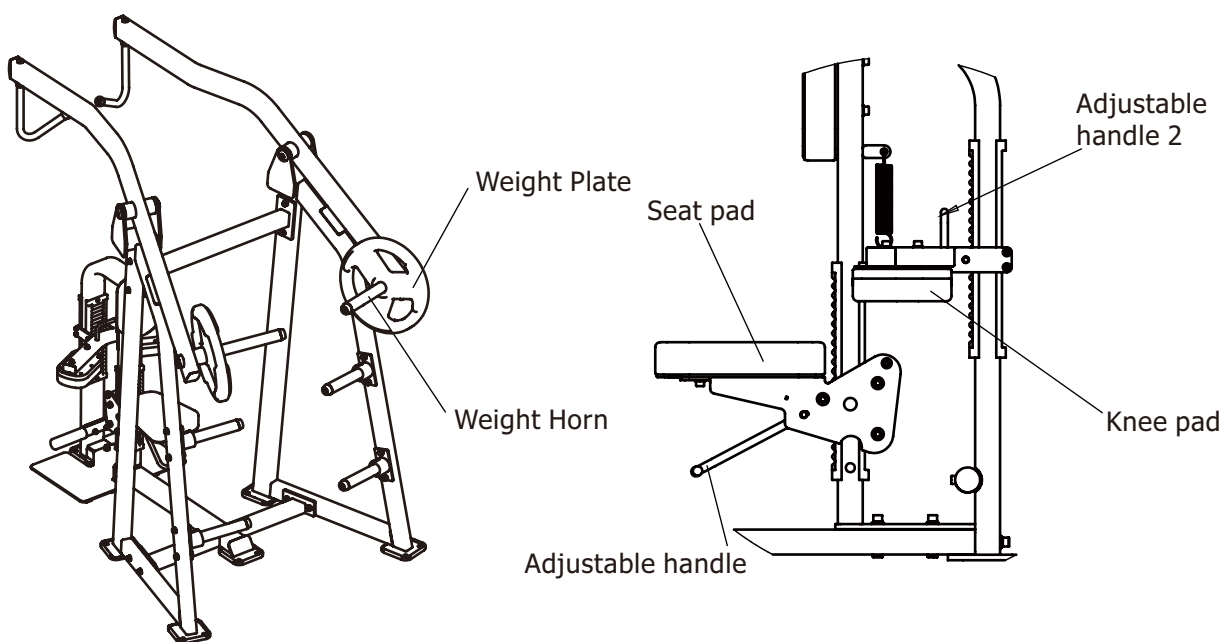
1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side can not be greater than 150kg.
3. This equipment does not contains Weight Plate.

Seat Pad adjustment

Hold the adjustable handle, move the seat pad to desired position, and then release the handle.

Knee Pad adjustment

Hold the adjustable handle 2, move the Knee pad to desired position, and then release the handle. Use your knees to adjust to 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.

