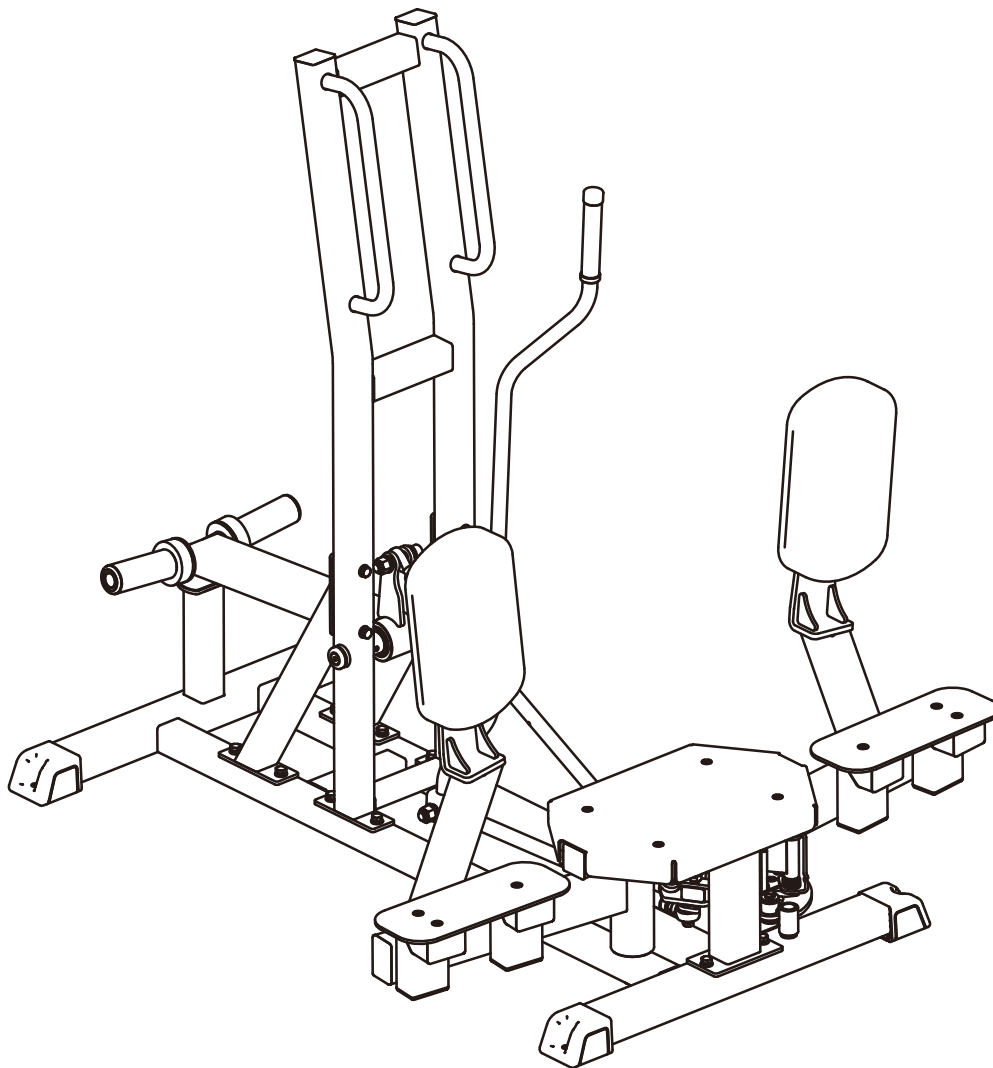




IFP1607

STANDING ADDUCTION 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.

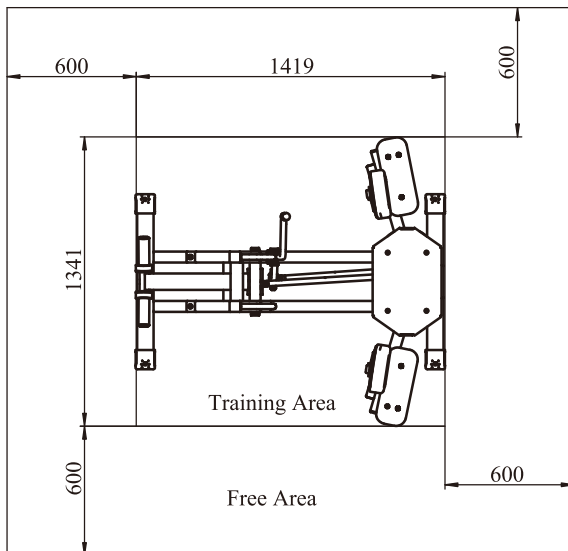
Important Safety Instructions

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: 70kg/ 150lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1419*1341*1461mm

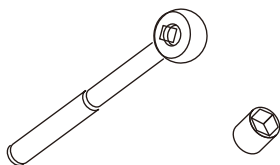
Product Total Surface: 1419*1341mm

Instructions

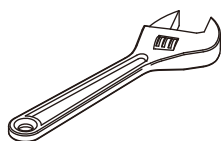
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

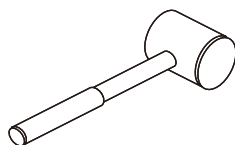
Tools Required



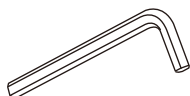
Ratchet Wrench and Socket



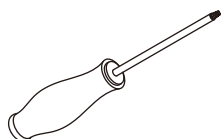
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP160701ASSY	Underframe ASSY	1
2	IFP160702ASSY	Swing Frame I ASSY	1
3	IFP160703ASSY	Swing Frame II ASSY	1
4	IFP160704ASSY	Main Standing Frame ASSY	1
5	IFP16070500	Foot Support Frame	1
6	IFP160706ASSY	Foot Fixed Frame ASSY	1
7	IFP16070700	Support Frame	2
8	IFP160708ASSY	Barbell Rack ASSY	1
9	IFP160709ASSY	Adjustable Handle ASSY	1
10	BB-SPAD07ASSY	Connecting Rod ASSY	1
11	BB-SPAD10ASSY	Ratchet Frame ASSY	1
12	BB-SPAD13ASSY	Adjustment Frame ASSY	1
13	BB-SPAD15ASSY	Adjustment Rod ASSY	1
14	BB-SPAD17ASSY	Short Connecting Rod ASSY	1
15	BB-SPAD1900	Shaft II	1
16	IFP16220800	Foot Rest	1
17	IFP17070900	Limiting Shaft	1
18	IT95261200V3	Arm Cushion	2
19	VST600-PL233500	Rubber Cushion	2
20	GR500A1200	Extension Spring	1
21	IN-D21202000	End Cap	4
22	BB-SPAD2200	Retaining Ring	3
23	GB70M16*60DS20	Socket Head Cap Screw M16*60	1
24	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2
25	GB70M12*70DHS20	Socket Head Cap Screw M12*70	2
26	GB70M16*80DHS2	Socket Head Cap Screw M16*80	2

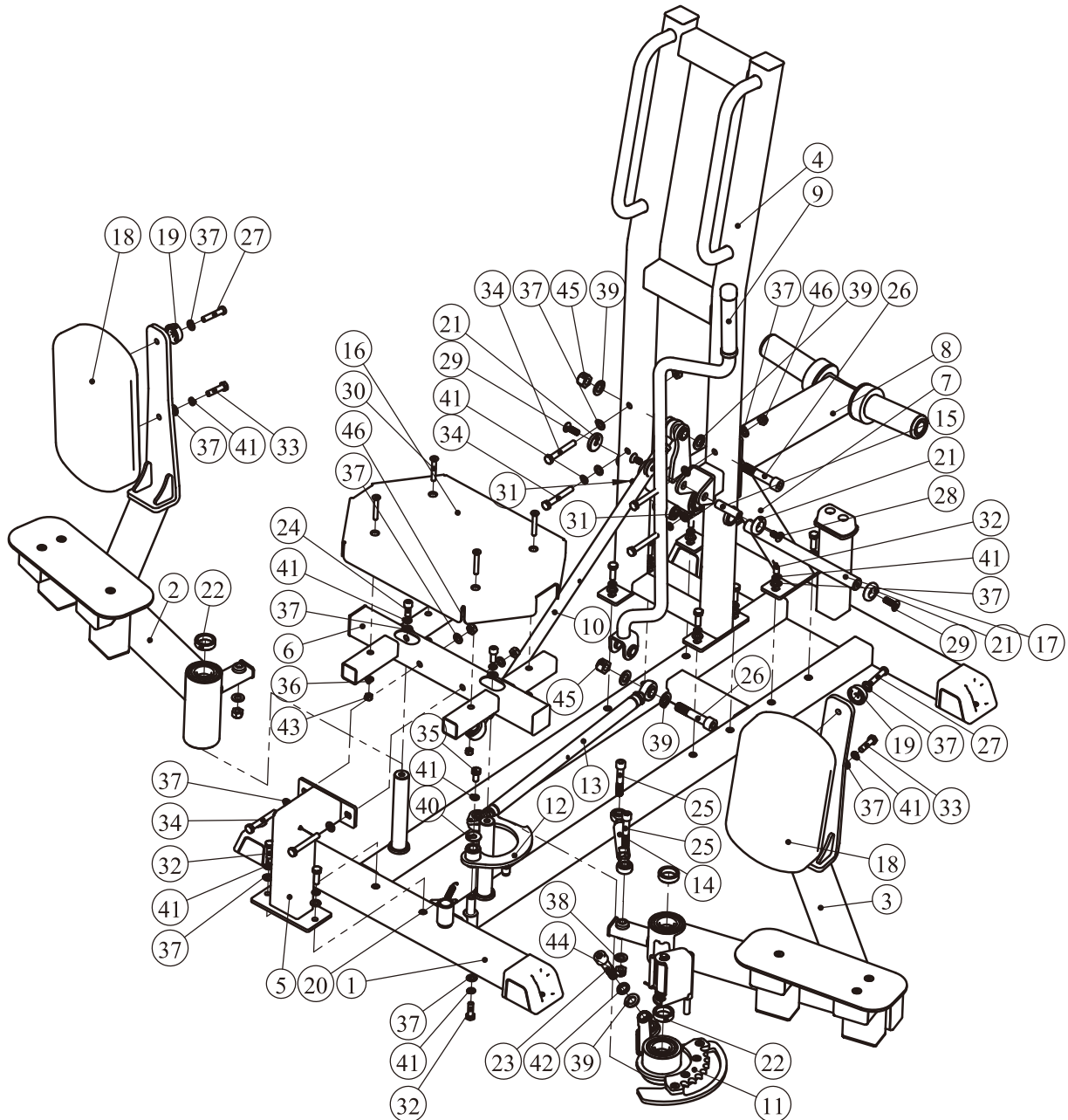
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
27	GB70BTM10*50DHS18	Socket Head Cap Screw M10*50	2
28	CNLM10*20DS20NL	Hexagon Countersunk Screw M10*20	2
29	CNLM10*30*30DS20NL	Hexagon Countersunk Screw M10*30	2
30	CNLM8*55DHS20	Hexagon Countersunk Screw M8*55	4
31	GB77M8*6DHS2	Set Screw M8*6	2
32	GB5780M10*30DHS20NL	Head Cap Screw M10*30	11
33	GB5780M10*40DHS20	Head Cap Screw M10*40	2
34	GB5780M10*75DHS20	Head Cap Screw M10*75	6
35	GB5781M10*20DHS20	Head Cap Screw M10*20	1
36	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
37	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	27
38	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
39	GB9516DHS2	Flat Washer $\Phi 17.5 \times \Phi 30 \times 3$	5
40	DQ10DHS2C	Flat Washer $\Phi 11 \times \Phi 30 \times 2$	1
41	GB9310DHS12	Spring Washer $\Phi 10$	18
42	GB9316DHS12	Spring Washer $\Phi 16$	1
43	NM8DHS2	Nylon Lock Nut M8	4
44	NM12DHS2	Nylon Lock Nut M12	2
45	NM16DHS2	Nylon Lock Nut M16	2
46	NM10DHS2	Nylon Lock Nut M10	4
47	NBS4DHS	Hex Key S=4	1
48	NBS5DHS	Hex Key S=5	1
49	NBS6DHS	Hex Key S=6	1
50	NBS8DHS	Hex Key S=8	1
51	NBS10DHS	Hex Key S=10	1
52	NBS12DHS	Hex Key S=12	1

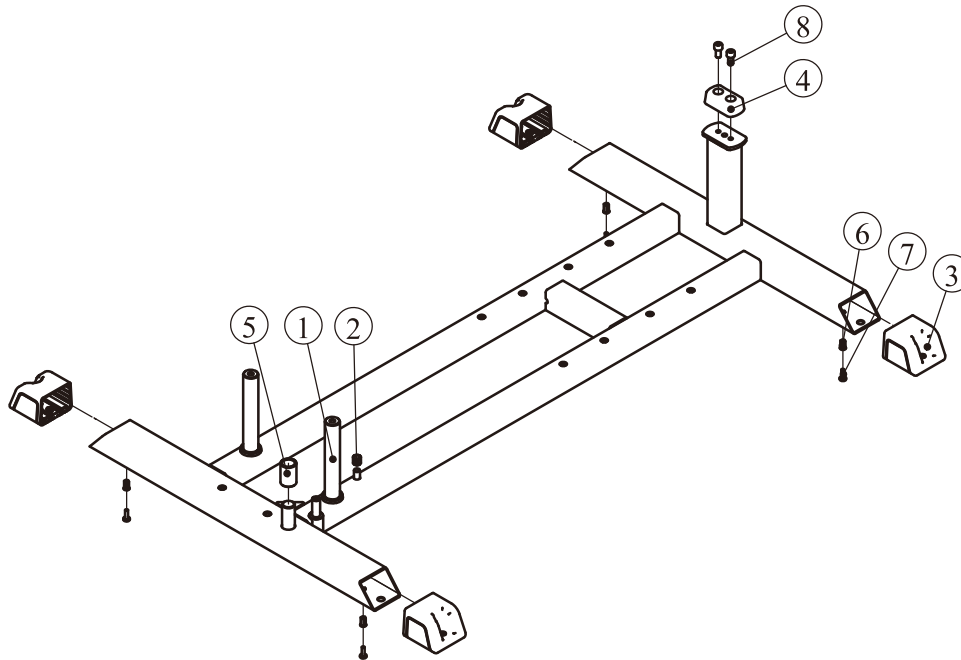
Exploded View and Parts List

Overall



Exploded View and Parts List

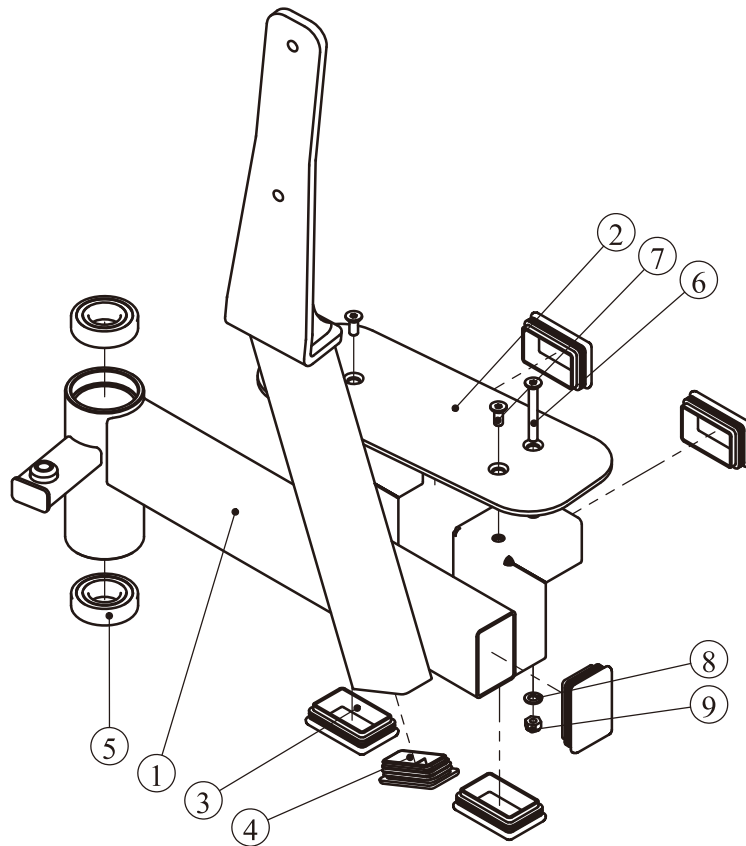
Swing Frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	IFP16070100	Underframe	1
1.2	BB-SPAD2000	Limit Sleeve	1
1.3	IFP12013300	Ground Pipe Plug	4
1.4	RS17000400	Square buffer pad	1
1.5	IN-D10141900	Limit Sleeve	1
1.6	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	4
1.7	GB818M6*20DHS2	Cross-groove head screw M6*20	4
1.8	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2

Exploded View and Parts List

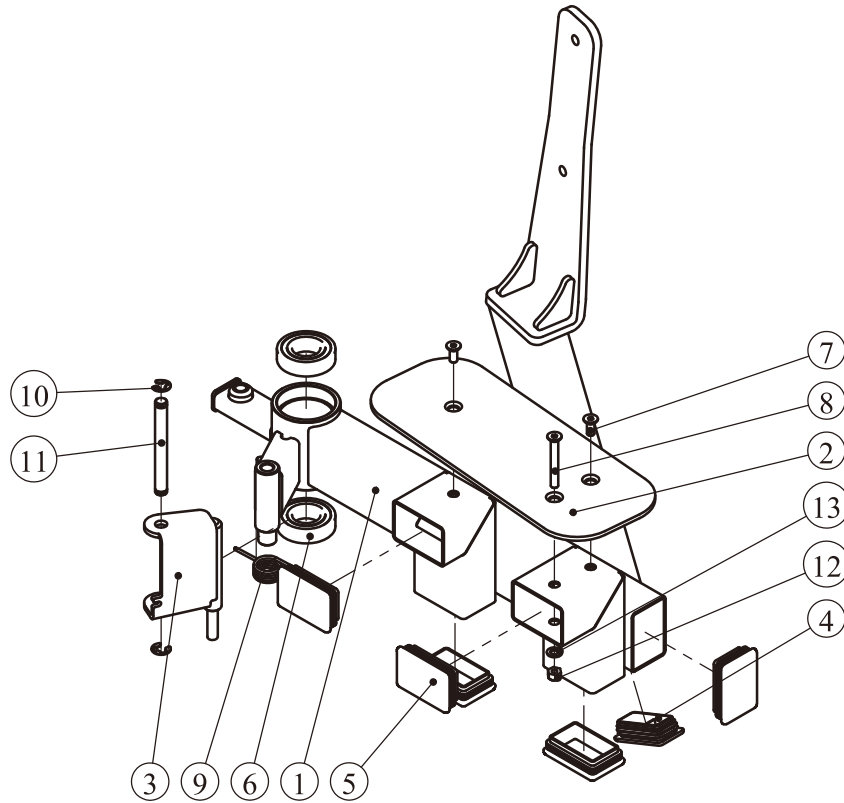
Swing Frame I ASSY



Grade No.	Part No.	Description	QTY
2.1	IFP16070200	Sleeve Frame I	1
2.2	IFP16071000	Foot Pad	1
2.3	KPSFID2800	Pipe Plug	5
2.4	CF37543400	Pipe Plug	1
2.5	GB2766206-2ZC3	Deep Groove Ball Bearing	2
2.6	CNLM8*65DHS20	Hexagon Countersunk Screw M8*65	1
2.7	CNLM8*20DHS20NL	Hexagon Countersunk Screw M8*20	2
2.8	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	1
2.9	NM8DHS2	Nylon Lock Nut M8	1

Exploded View and Parts List

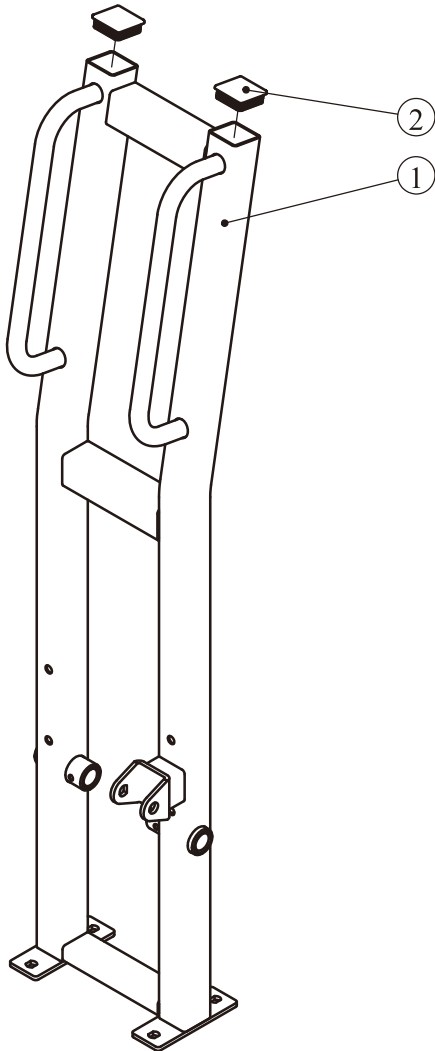
Swing Frame II ASSY



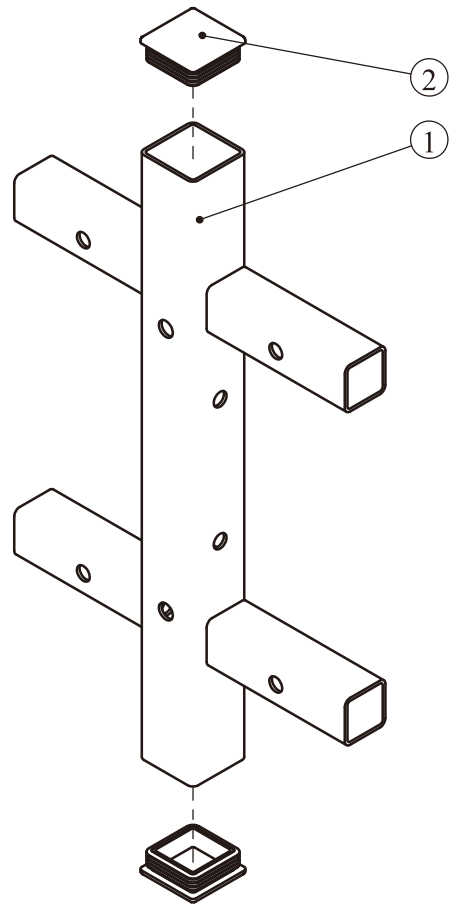
Grade No.	Part No.	Description	QTY
3.1	IFP16070300	Swing Frame II	1
3.2	IFP16071000	Foot Pad	1
3.3	BB-SPAD21ASSY	Adjustment Frame ASSY	1
3.4	CF37543400	Pipe Plug	1
3.5	KPSFID2800	Pipe Plug	5
3.6	GB2766206-2ZC3	Deep Groove Ball Bearing	2
3.7	CNLM8*20DHS20NL	Hexagon Countersunk Screw M8*20	2
3.8	CNLM8*65DHS20	Hexagon Countersunk Screw M8*65	1
3.9	CWS174005-101	Torsion Spring	1
3.10	C001PL2700V2	Split Washer	2
3.11	CWS174021-101	Limiting Shaft	1
3.12	NM8DHS2	Nylon Lock Nut M8	1
3.13	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	1

Exploded View and Parts List

Main Standing Frame ASSY



Foot Fixed Frame ASSY

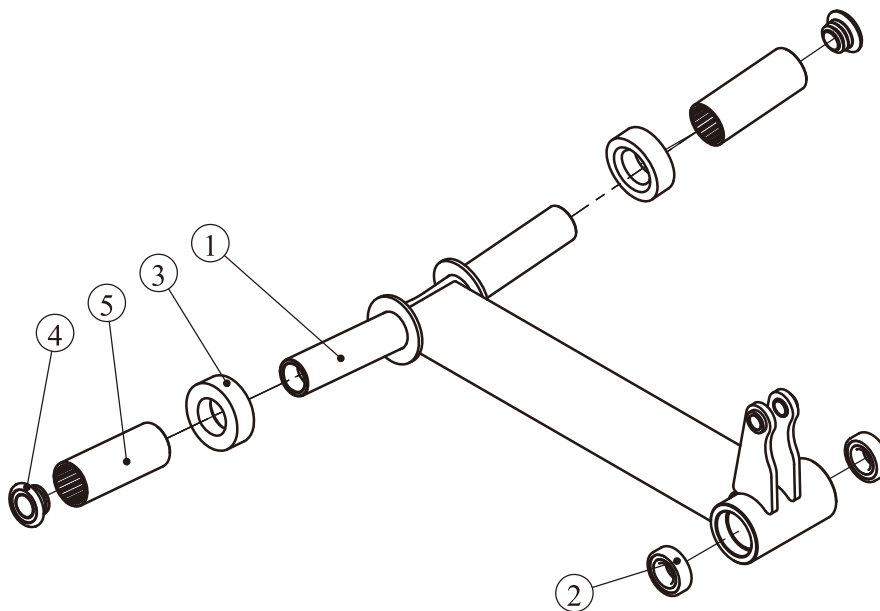


Grade No.	Part No.	Description	QTY
4.1	IFP16070400	Main Standing Frame	1
4.2	KPSFID3000	Pipe Plug	2

Grade No.	Part No.	Description	QTY
6.1	IFP16070600	Foot Fixed Frame	1
6.2	KPSFID3000	Pipe Plug	2

Exploded View and Parts List

Barbell Rack ASSY

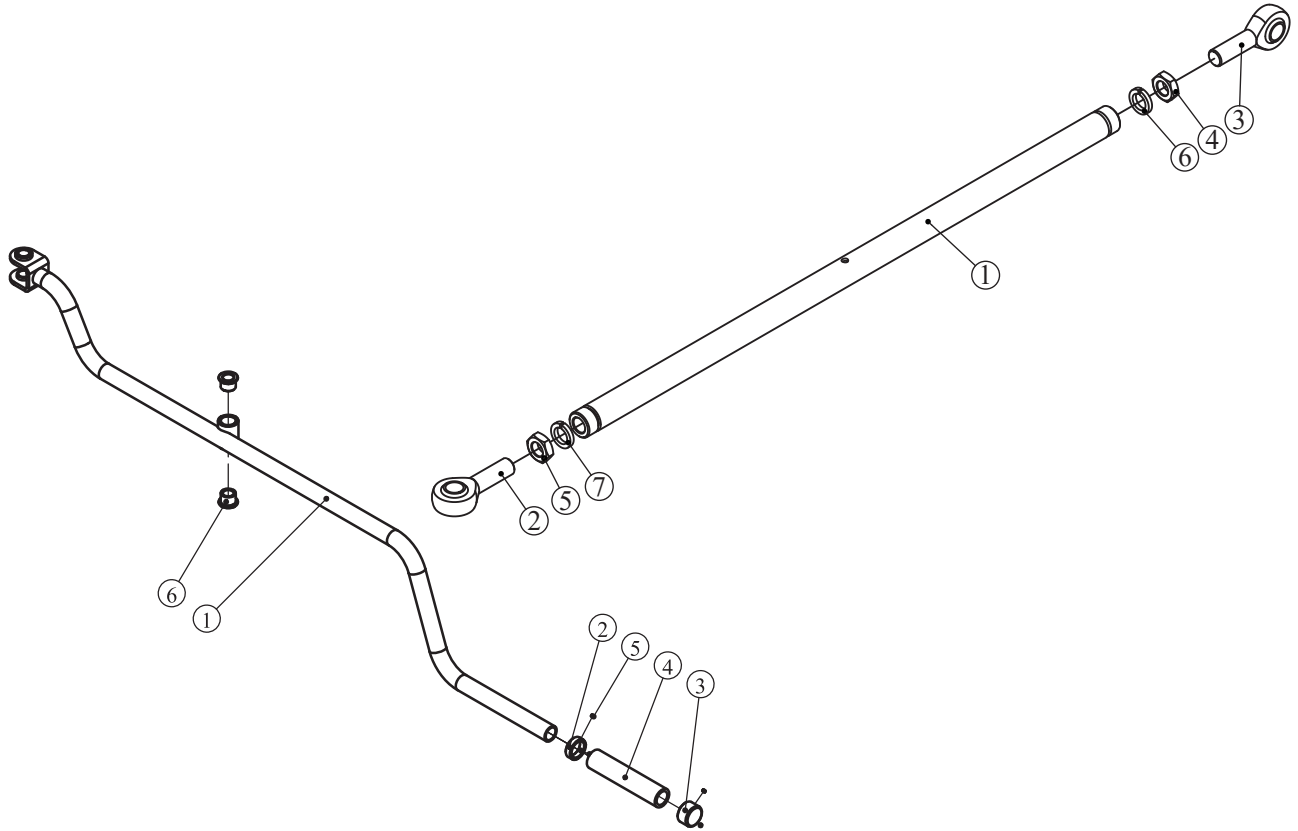


Grade No.	Part No.	Description	QTY
8.1	IFP16070800	Barbell Rack	1
8.2	GB2766205-2ZC3	Deep Groove Ball Bearing	2
8.3	HF985A1500	Rubber Cushion	2
8.4	IFP16053100	Round Pipe Plug	2
8.5	BB-AD1600	Barbell Sleeve	2

Exploded View and Parts List

Adjustable Handle ASSY

Connecting Rod ASSY

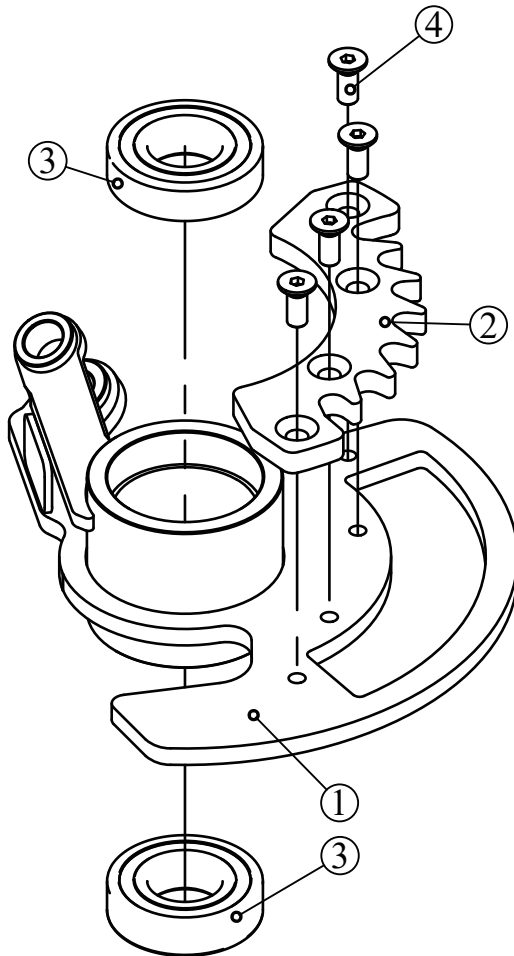


Grade No.	Part No.	Description	QTY
9.1	BB-SPAD1400	Adjustable Handle	1
9.2	V39500	Aluminum Grip Ring $\Phi 25.4$	1
9.3	V39600	Aluminum Grip Cap $\Phi 25.4$	1
9.4	FE97031800	Grip ST $\Phi 31 \times \Phi 24 \times 140$	1
9.5	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32UNF*3.2	4
9.6	L1-6800	Copper Bearing	2

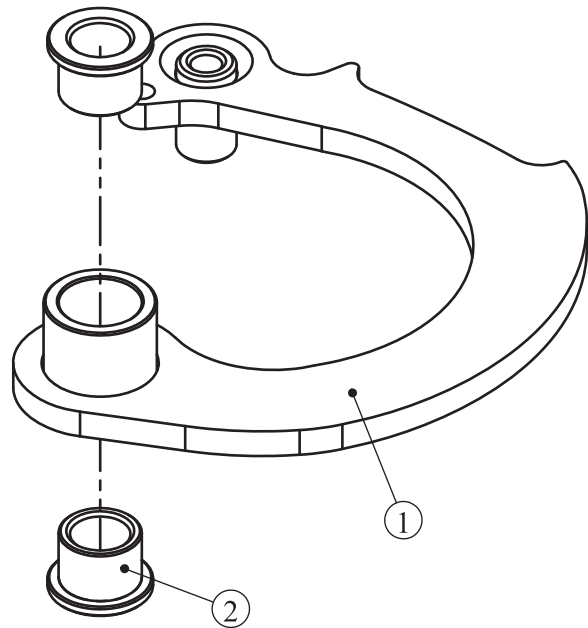
Grade No.	Part No.	Description	QTY
10.1	BB-SPAD0700	Link Rod Frame1	1
10.2	SABJK16C	Rod Ends Bearings	1
10.3	SABJK16CL	Rod Ends Bearings(LH)	1
10.4	GB6172.1LM16CHSN2	Hex Nut M16(LH)	1
10.5	GB6172.1M16CHSN2	Hex Nut M16	1
10.6	GB93L16CHSN12	Lock Washer $\Phi 16$ (LH)	1
10.7	GB9316CHSN12	Lock Washer $\Phi 16$	1

Exploded View and Parts List

Ratchet Frame ASSY



Adjustment Frame ASSY



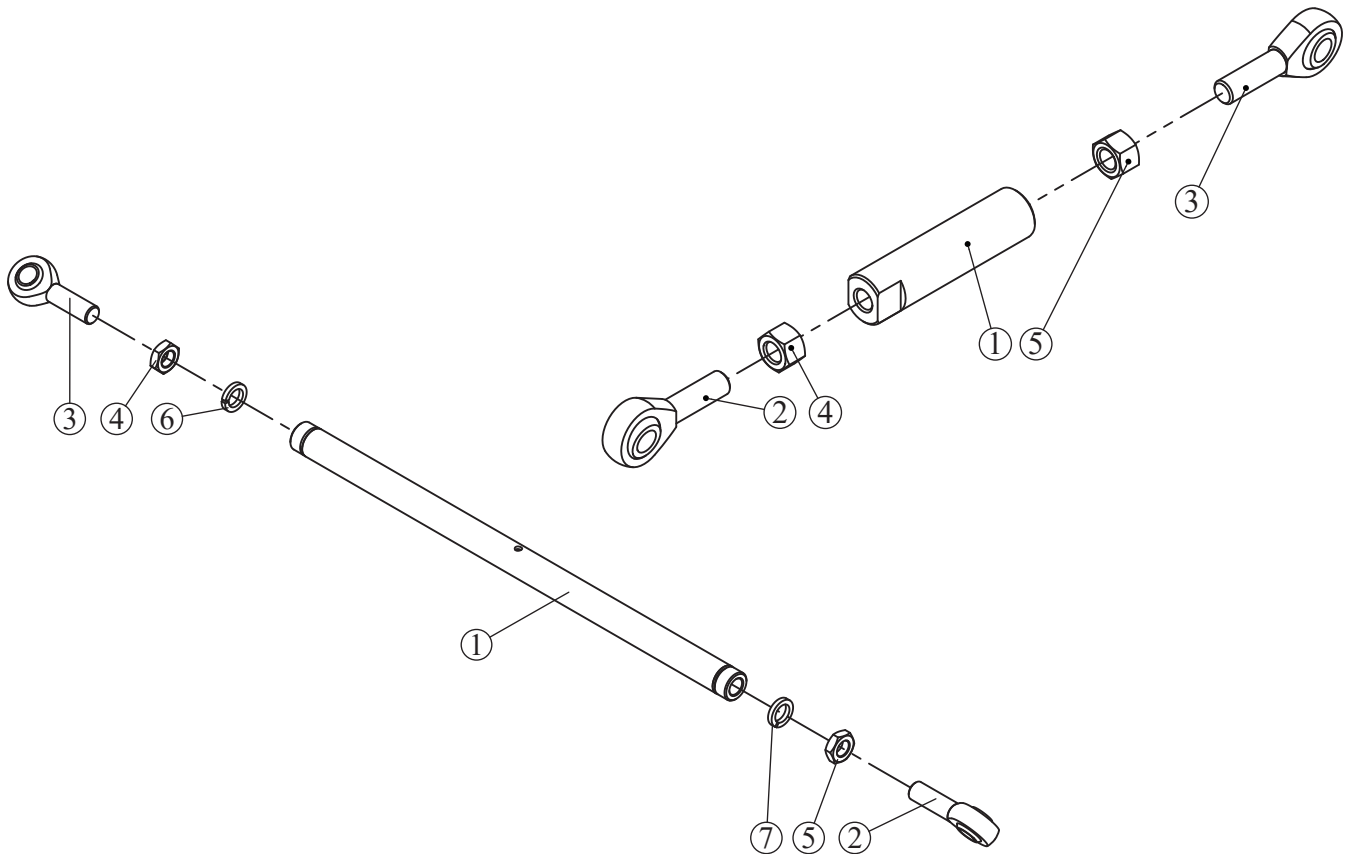
Grade No.	Part No.	Description	QTY
11.1	BB-SPAD1000	Ratchet Rack	1
11.2	BB-SPAD1800	Ratchet Plate	1
11.3	GB2766206-2ZC3	Bearing 6206-2Z	2
11.4	CNLM8*20CHSN20NL	Flat Head Cap Screw M10*25	4

Grade No.	Part No.	Description	QTY
12.1	BB-SPAD1300	Adjustment Frame	1
12.2	L1-6800	Copper Bearing	2

Exploded View and Parts List

Adjustment Rod ASSY

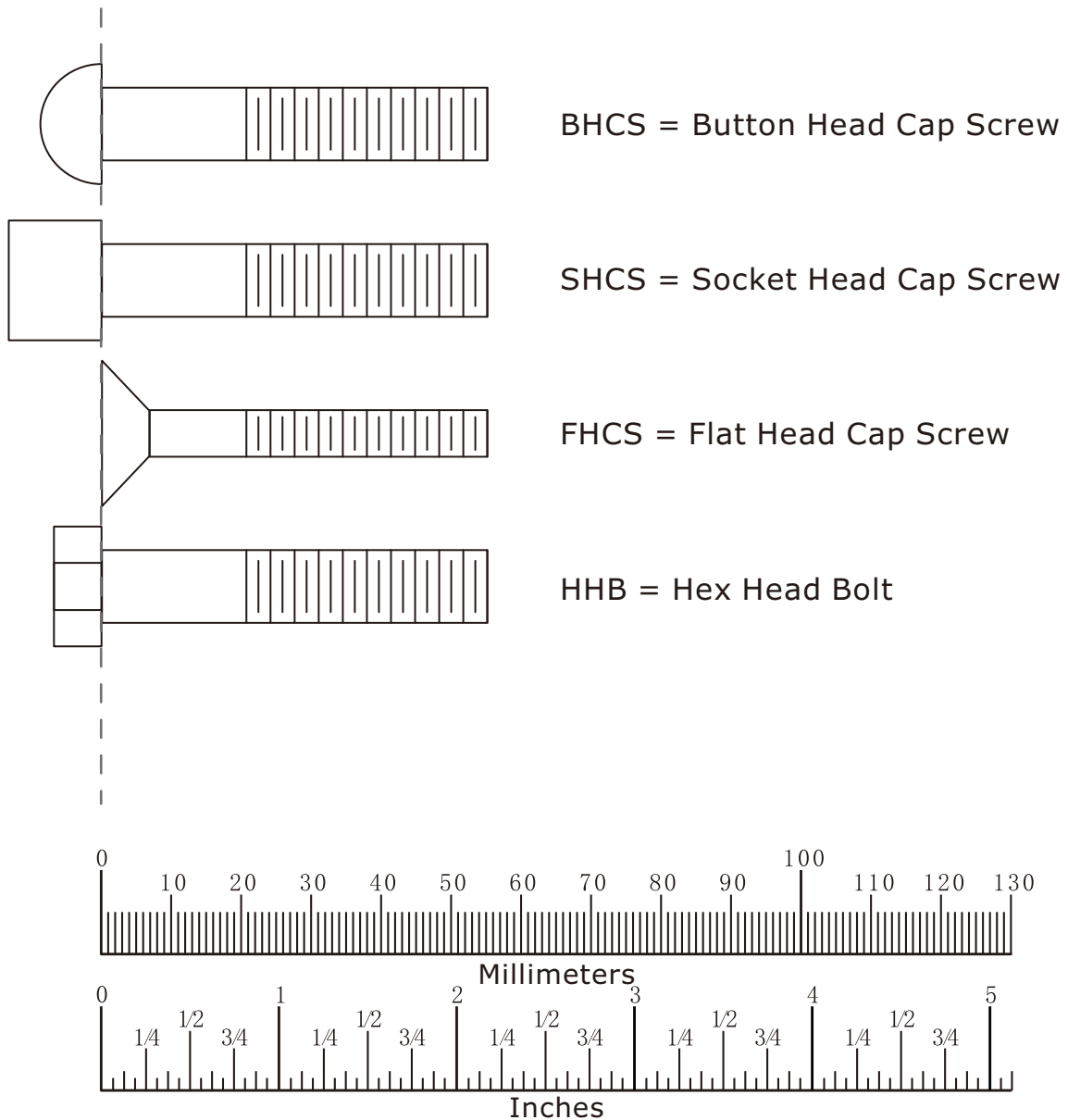
Short Connecting Rod ASSY



Grade No.	Part No.	Description	QTY
13.1	BB-SPAD1500	Adjusting rod	1
13.2	SABJK16C	Rod Ends Bearings	1
13.3	SABJK16CL	Rod Ends Bearings(LH)	1
13.4	GB6172.1LM16CHSN2	Hex Nut M16(LH)	1
13.5	GB6172.1M16CHSN2	Hex Nut M16	1
13.6	GB93L16CHSN12	Lock Washer $\Phi 16$ (LH)	1
13.7	GB9316CHSN12	Lock Washer $\Phi 16$	1

Grade No.	Part No.	Description	QTY
14.1	BB-SPAD1700	Short Link Rod	1
14.2	SA12T_K	Rod Ends Bearings	1
14.3	SA12T_KL	Rod Ends Bearings(LH)	1
14.4	GB41M12CHSN2	Hex Nut M12	1
14.5	GB41LM12CHSN2	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

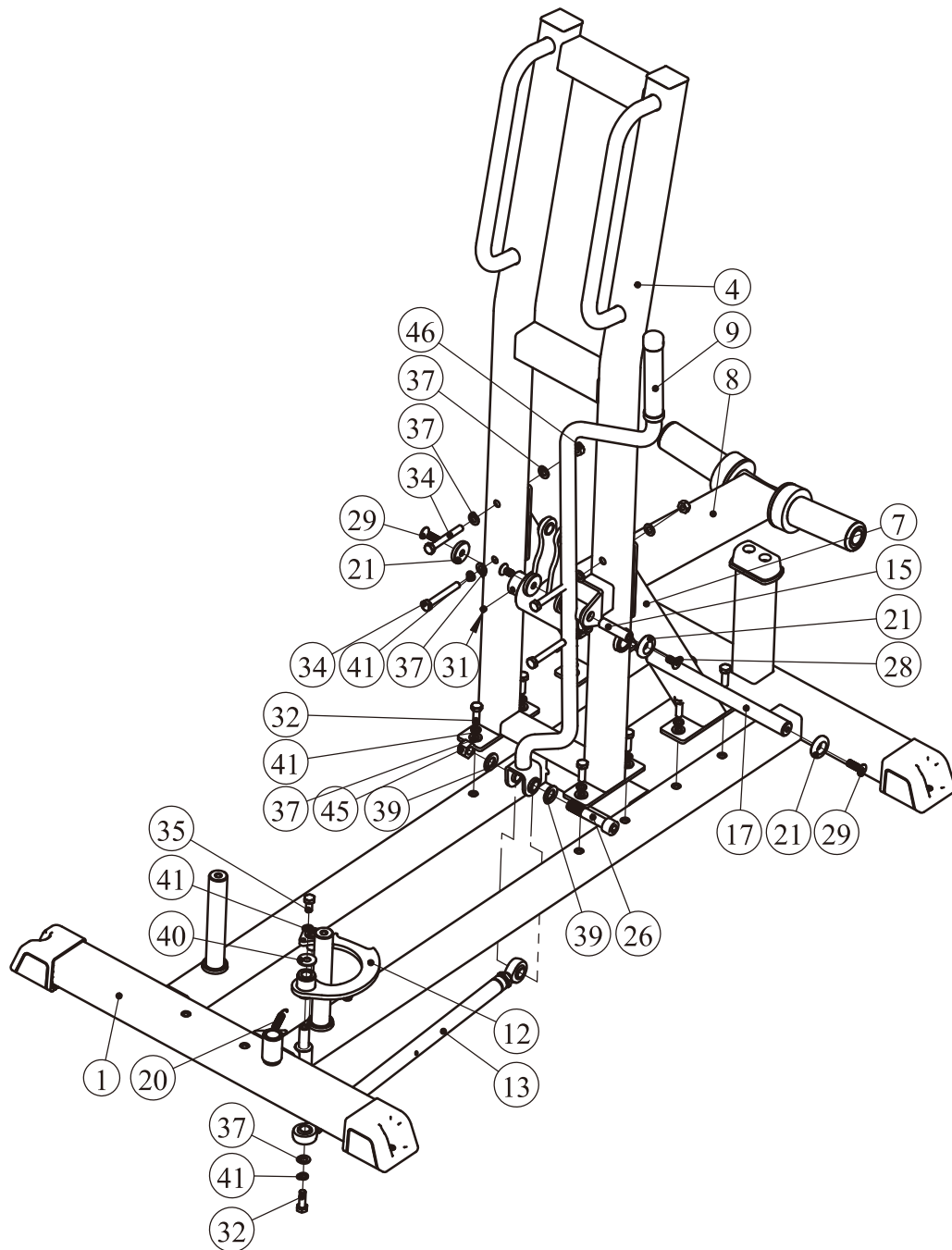
STEP 1

1. Attach the Main Standing Frame ASSY (#4) to Underframe ASSY (#1) using:
 - Four Head Cap Screws M10*30(#32)
 - Four Spring Washers $\Phi 10$ (#41)
 - Four Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#37)
2. Fix one end of the two Support Frames (#7) to the Main Standing Frame ASSY (#4) and the other end to the Underframe ASSY (#1) using:
 - Four Head Cap Screws M10*30(#32)
 - Six Spring Washers $\Phi 10$ (#41)
 - Ten Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#37)
 - Four Head Cap Screws M10*75(#34)
 - Two Nylon Lock Nuts M10(#46)
3. Attach two End Caps (#21), one Limiting Shaft (#17) and the Barbell Rack ASSY (#8) to the Main Standing Frame ASSY (#4) using:
 - Two Hexagon Countersunk Screws M10*30(#29)
 - Two Set Screws M8*6(#31)
4. Attach two End Caps(#21), one Shaft II (#15) and the Adjustable Handle ASSY(#9) to the Main Standing Frame ASSY(#4) using:
 - Two Hexagon Countersunk Screws M10*20(#28)
5. Connect the Adjustment Frame ASSY (#12) to the Adjustment Rod ASSY (#13) using:
 - One Head Cap Screw M10*30(#32)
 - One Spring Washer $\Phi 10$ (#41)
 - One Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (#37)
6. Attach the Adjustment Frame ASSY (#12) to the Underframe ASSY (#1) using:
 - One Head Cap Screw M10*20(#35)
 - One Spring Washer $\Phi 10$ (#41)
 - One Flat Washer $\Phi 11 \times \Phi 30 \times 2$ (#40)
7. Attach one end of the Adjustment Rod ASSY (#13) to the Adjustable Handle ASSY (#9) using:
 - One Nylon Lock Nut M16(#45)
 - Two Flat Washers $\Phi 17.5 \times \Phi 30 \times 3$ (#39)
 - One Socket Head Cap Screw M16*80(#26)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

STEP 1



Assembly

STEP 2

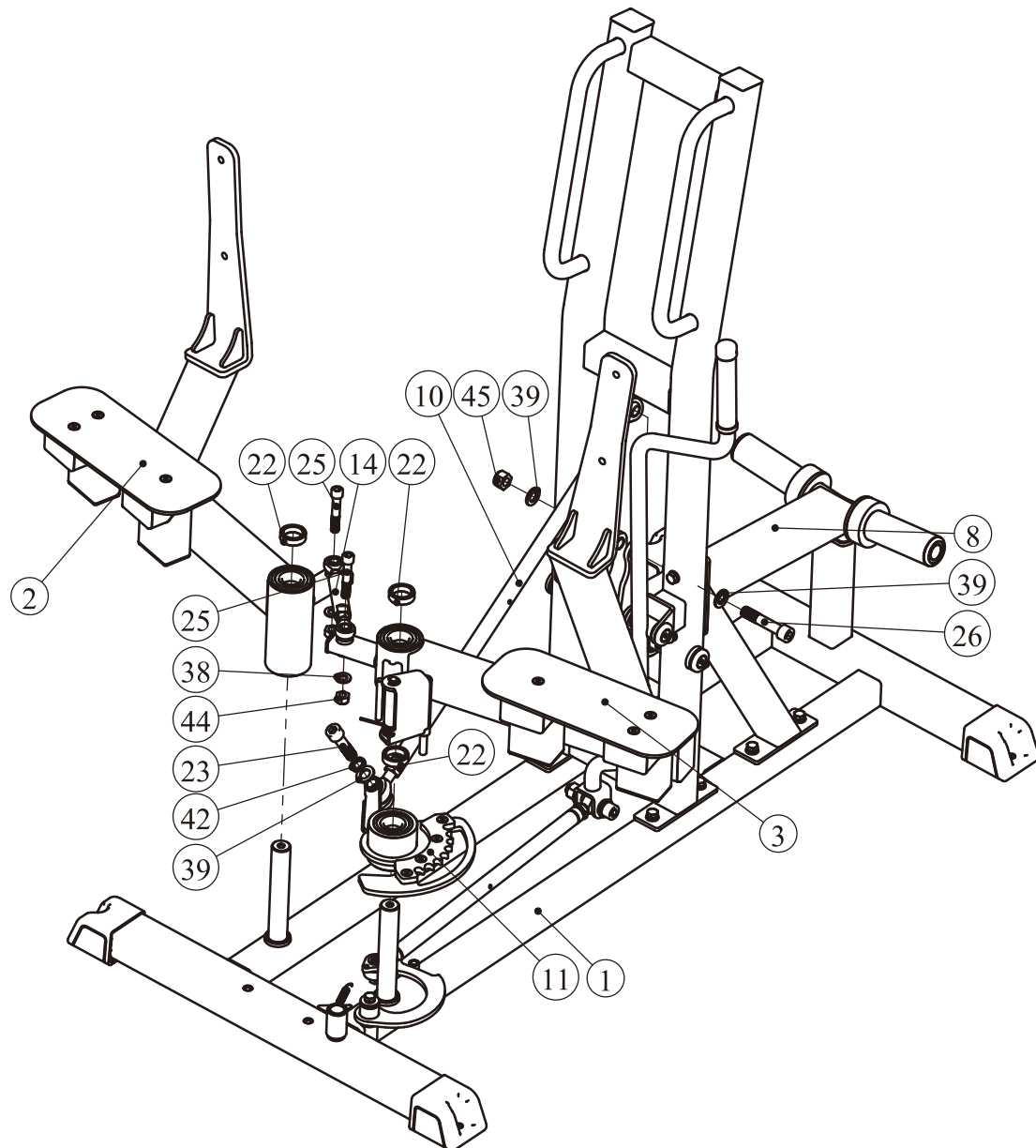
1. Install the Ratchet Frame ASSY (#11) and one Retaining Ring (#22) onto the Underframe ASSY (#1) in turn.
2. Fix one end of the Connecting Rod ASSY (#10) to the Ratchet Frame ASSY (#11) and the other end to the Barbell Rack ASSY (#8) using:
One Socket Head Cap Screw M16*60(#23)
One Spring Washer $\Phi 16$ (#42)
Three Flat Washers $\Phi 17.5 \times \Phi 30 \times 3$ (#39)
One Nylon Lock Nut M16(#45)
One Socket Head Cap Screw M16*80(#26)
3. Attach the Swing Frame I ASSY(#2) and the Swing Frame II ASSY (#3) to the Underframe ASSY (#1).
4. Connect the Swing Frame I ASSY(#2) and the Swing Frame II ASSY (#3) with the Short Connecting Rod ASSY(#14) using:
Two Socket Head Cap Screws M12*70(#25)
Two Flat Washers $\Phi 13 \times \Phi 24 \times 2.5$ (#38)
Two Nylon Lock Nuts M12(#44)
5. Attach two Retaining Rings to the Underframe ASSY (#1).

Note:

1. **When assembling the Swing Frame II ASSY(#3), make sure the pin column is placed in the slot of the ratchet.**
2. **After assembly is completed, check whether the two swing frames are symmetrical. If they are not, adjust the length of the Short Connecting Rod ASSY (#14) to make them symmetrical.**
3. **Wrench Tighten Bolts and Nylon Lock Nuts.**

Assembly

STEP 2



Assembly

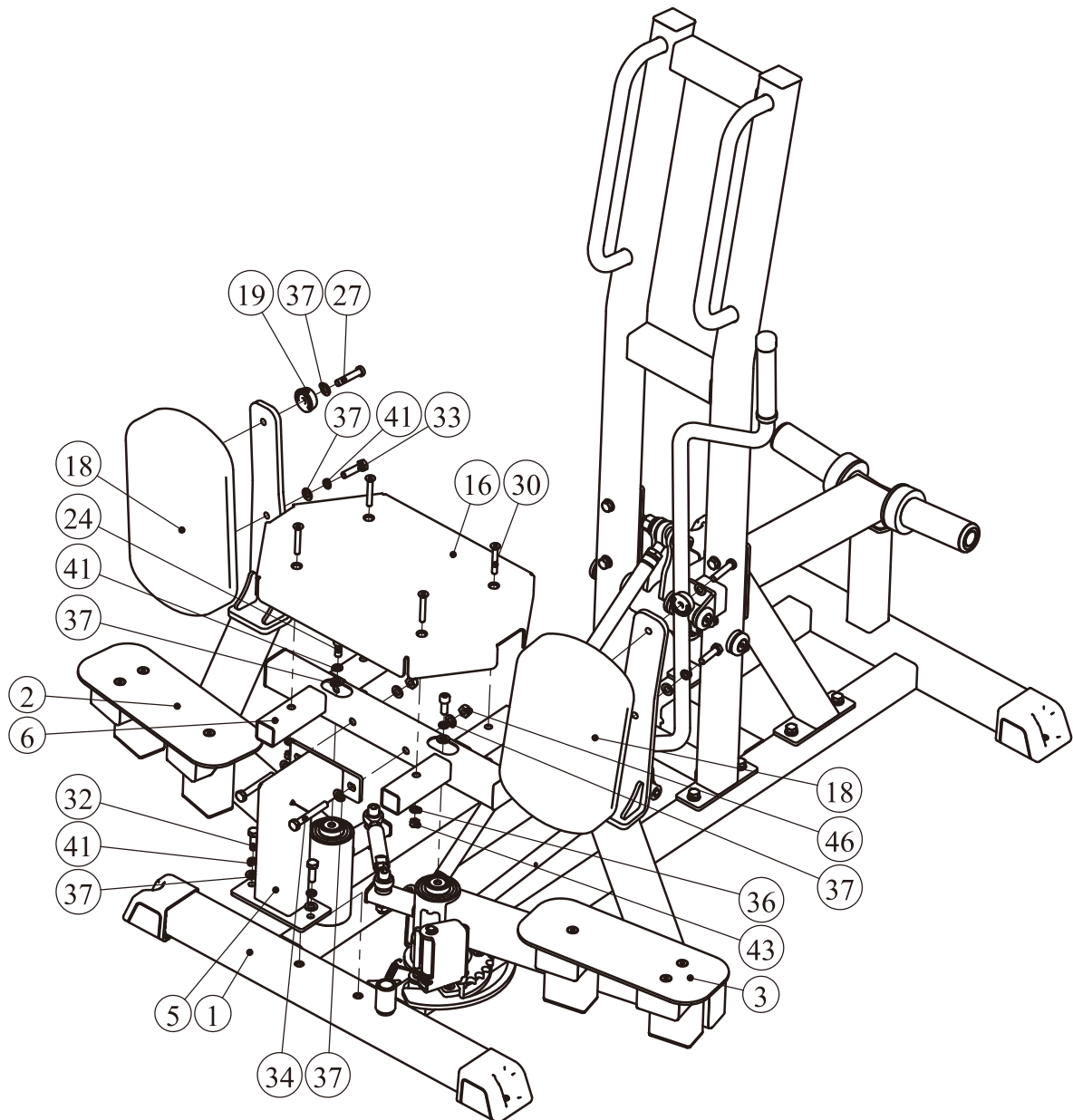
STEP 3

1. Attach the Foot Fixed Frame ASSY (#6) to the Underframe ASSY (#1) using:
 - Two Socket Head Cap Screws M10*25(#24)
 - Two Spring Washers $\Phi 10$ (#41)
 - Two Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#37)
2. Fix one end of the Foot Support Frame (#5) to the Underframe ASSY (#1) and the other end to the Foot Fixed Frame ASSY (#6). After checking for accuracy, tighten the bolts. Using:
 - Two Head Cap Screws M10*75(#34)
 - Two Nylon Lock Nuts M10(#46)
 - Two Head Cap Screws M10*30(#32)
 - Six Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#37)
 - Four Two Spring Washers $\Phi 10$ (#41)
3. Attach the Foot Rest (#16) to the Foot Fixed Frame ASSY (#6) using:
 - Four Hexagon Countersunk Screws M8*55(#30)
 - Four Flat Washers $\Phi 9 \times \Phi 16 \times 1.6$ (#36)
 - Four Nylon Lock Nuts M8(#43)
4. Attach two Arm Cushions (#18) and two Rubber Cushions (#19) to two swing frames.
Using:
 - Two Socket Head Cap Screw M10*50(#27)
 - Two Head Cap Screw M10*40(#33)
 - Two Spring Washers $\Phi 10$ (#41)
 - Four Flat Washers $\Phi 11 \times \Phi 20 \times 2$ (#37)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

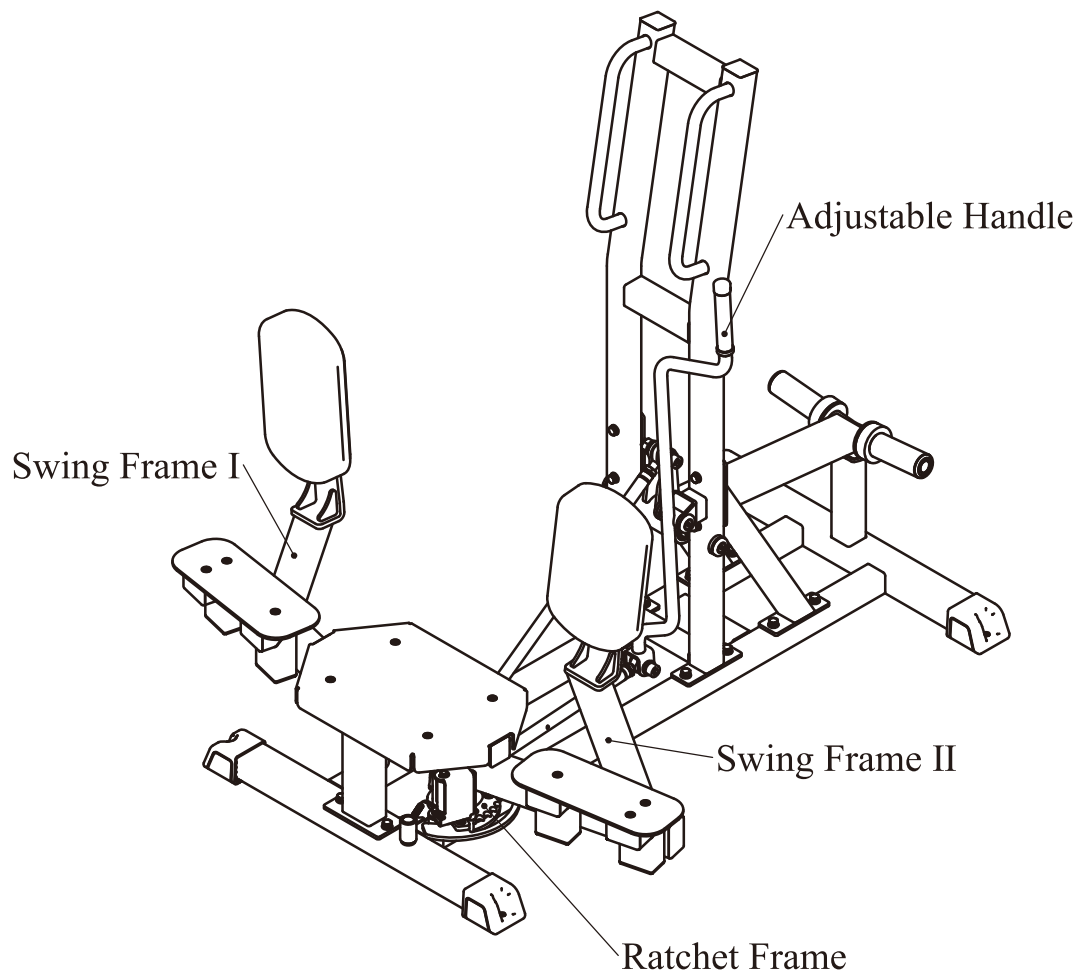
STEP 3



Adjust and Exercise Instruction

Adjust Instructions

1. After the human body stands on the footrest, the legs are spread apart to the maximum Angle, and the Ratchet Frame opens to start the training.
2. After the training is over, pull Adjustable Handle to bring two Swing Frames closer to the middle, and the human body can get off the machine.



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.

