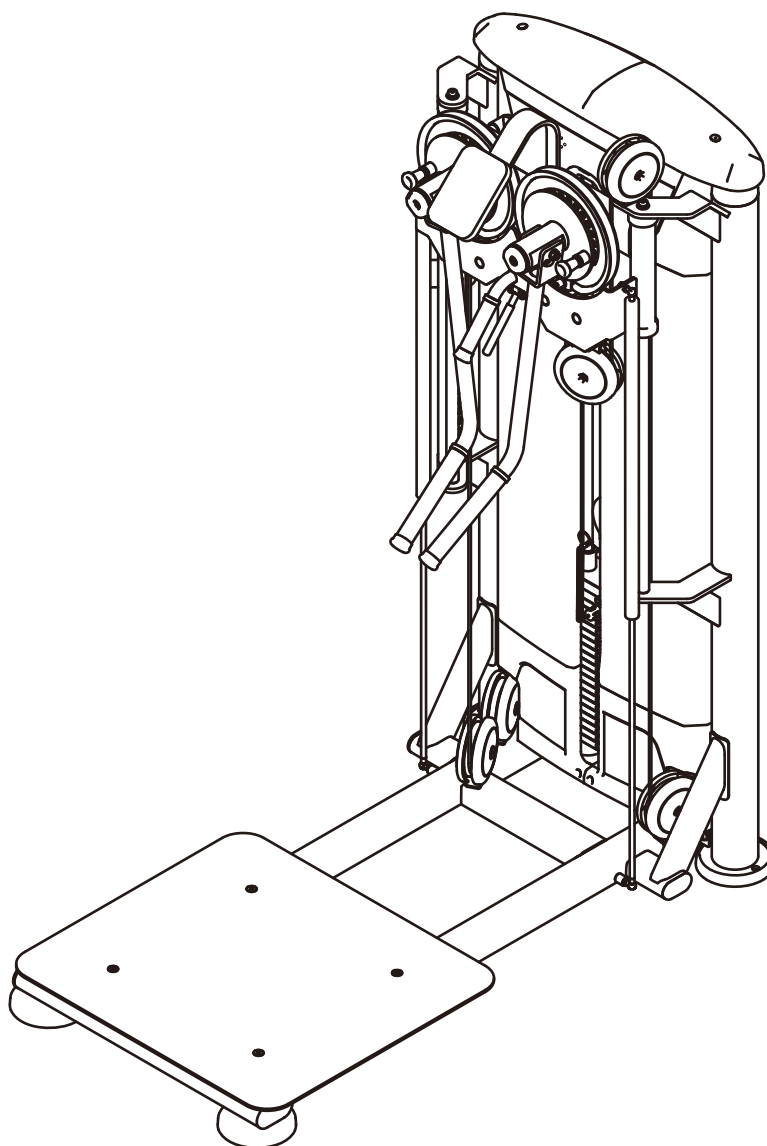




IT9537

STANDING MULTI FLIGHT MACHINE

OWNER'S MANUAL

Table Of Contents

CAUTION!

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

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	17
Assembly Instructions-----	18
Assembly-----	19
Adjust Instructions and Exercise Instructions-----	31
Maintenance Schedule-----	32
General Maintenance Information-----	33
Weight Training Tips-----	34

Please assemble according to the actual **Weights and Shroud** you buy !

Important Safety Instructions

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

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

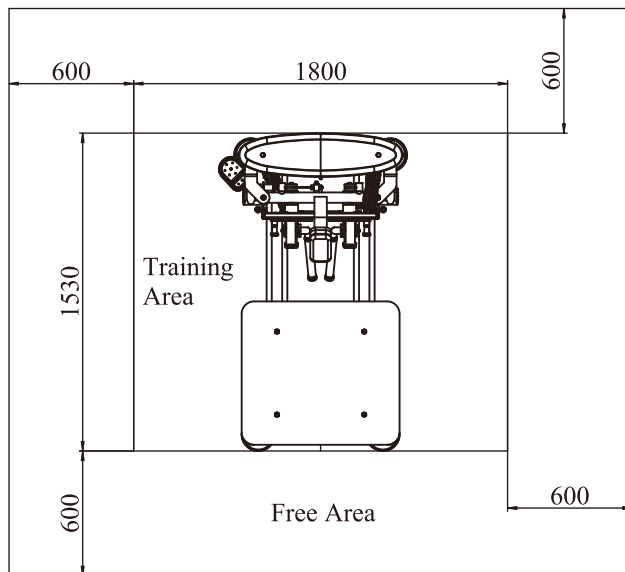
Important Safety Instructions

Personal Safety During Assembly

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

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

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 906*1530*1862mm

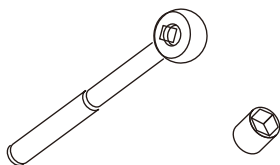
Product Total Surface: 1800*1530mm

Instructions

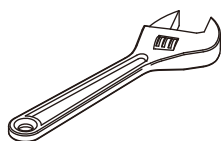
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

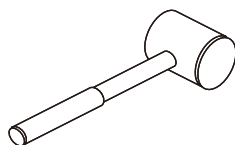
Tools Required



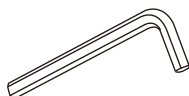
Ratchet Wrench and Socket



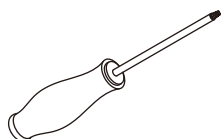
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IT953701ASSY	Weight Stack Frame ASSY	1
2	IT952223ASSY	Rear Bracket ASSY	1
3	IT952224ASSY	Front Bracket ASSY	1
4	IT95222600	Top Bracket	2
5	IT95014200	Top Plate	1
6	IT951550ASSY	Pulley Even Frame ASSY	1
7	IT95371100	Guide Rod $\Phi 19 \times 1547$	2
8	IT95015100	Top Cover	1
9	IT95015200	Training Placard Cover	1
10	IT95015500	Top Rear Shroud	1
11	IT95016600	Cup Holder	1
12	QD28-1490-190	Gas Spring	2
13	IT953702ASSY	Bottom Frame ASSY	1
14	IT953703ASSY	Sliding Adjustment Frame ASSY	1
15	IT953708ASSY	Handle Frame ASSY	2
16	IT95371200	Guide Rod $\Phi 25 \times 950$	2
17	IT95375600	Cable ASSY	1
18	IN-D10132900	Weight Rubber Bumper	2
19	SG500110400V5	4.5" Pulley	7
20	M01004800V7	3.5" Pulley	2
21	IT95016400	Pulley Cover	10
22	IT952225ASSY	Bottom Bracket ASSY	1
23	IT95222700	Bottom Bracket	1
24	IT95225500	Bottom Rear Shroud	1
25	IT95376100	Right Bottom Shroud	1
26	IT95376200	Left Bottom Shroud	1
27	IT95015300	Front Shroud	2
28	IT95015600	Rear Shroud	1

Exploded View and Parts List

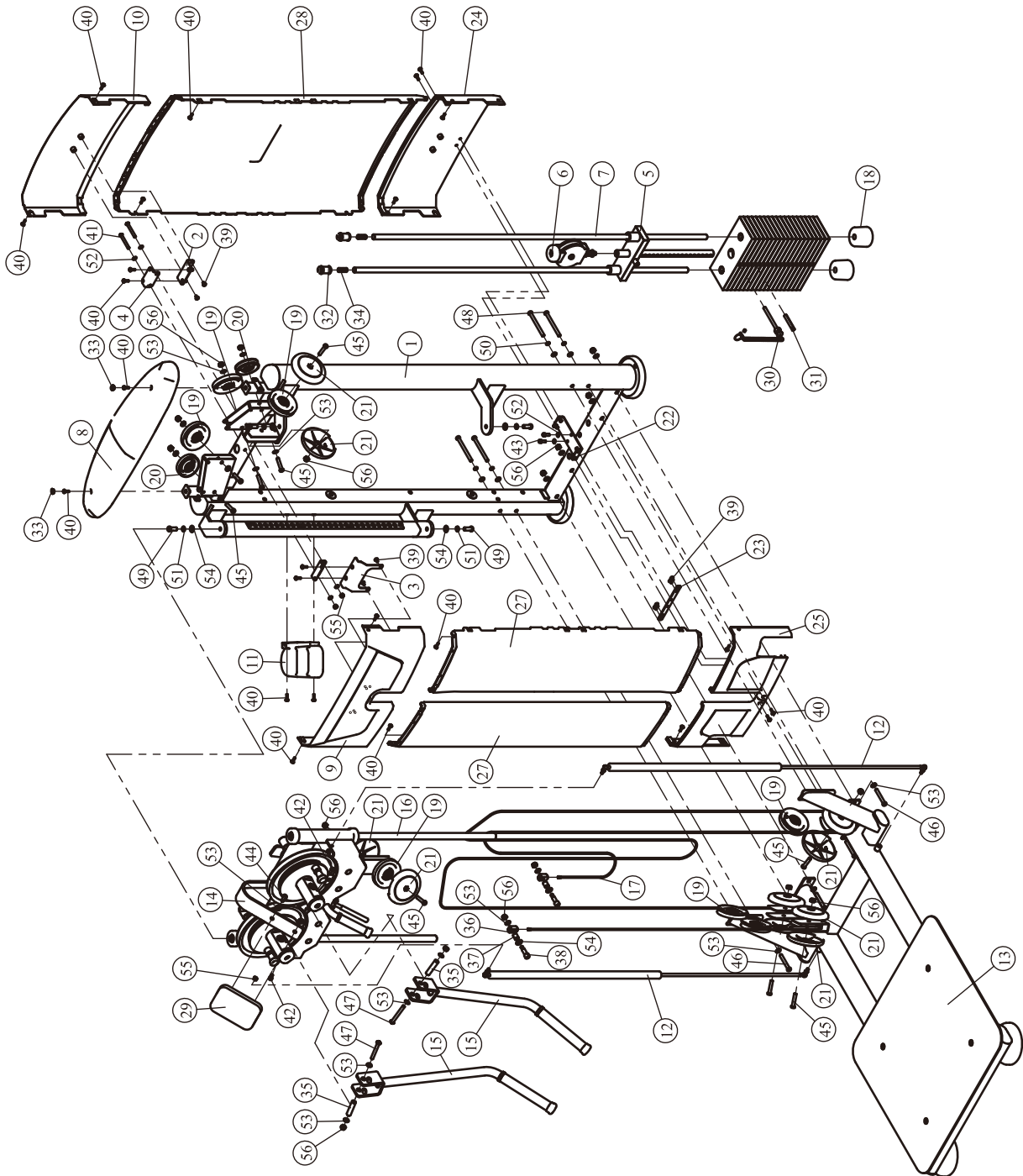
Overall

Item No.	Part No.	Description	QTY
29	IT95375100	Headrest	1
30	IT90012000V1	Selector Pin W/Coil	1
31	IT80124103	Split Pin $\Phi 11 \times 76$	1
32	IT95016100	Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$	2
33	IT95016500	Spout Plug $\Phi 16.5 \times 6.88$	2
34	HFOPT900-04A0602	Spring	2
35	IT95371600	Sleeve $\Phi 15.9 \times \Phi 10.2 \times 68$	2
36	IT95372100	Cable End $\Phi 25 \times 35$	2
37	FS502303	Bushing $\Phi 16 \times 20$	2
38	CHBRUTEX9000	Shoulder Bolt $\Phi 12 \times 28 \times M10$	2
39	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	8
40	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	24
41	PNLM8*70DS2	Button Socket Head Cap Screw M8*70	2
42	GB70M8*15DS20NL	Socket Head Cap Screw M8*15	2
43	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
44	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
45	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	9
46	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	4
47	GB70BTM10*120DN18	Socket Head Cap Screw M10*120	4
48	PNLM10*85DN20	Button Socket Head Cap Screw M10*85	2
49	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	4
50	GB9310N19	Lock Washer $\Phi 10$	4
51	GB9312N19	Lock Washer $\Phi 12$	4
52	GB958DS20	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	6
53	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	28
54	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	6
55	NM8DS2	Nylon Lock Nut M8	4
56	NM10DN2	Nylon Lock Nut M10	17
57	SD1000B3000ASSY	Adjustable Foot Plate	2

Exploded View and Parts List

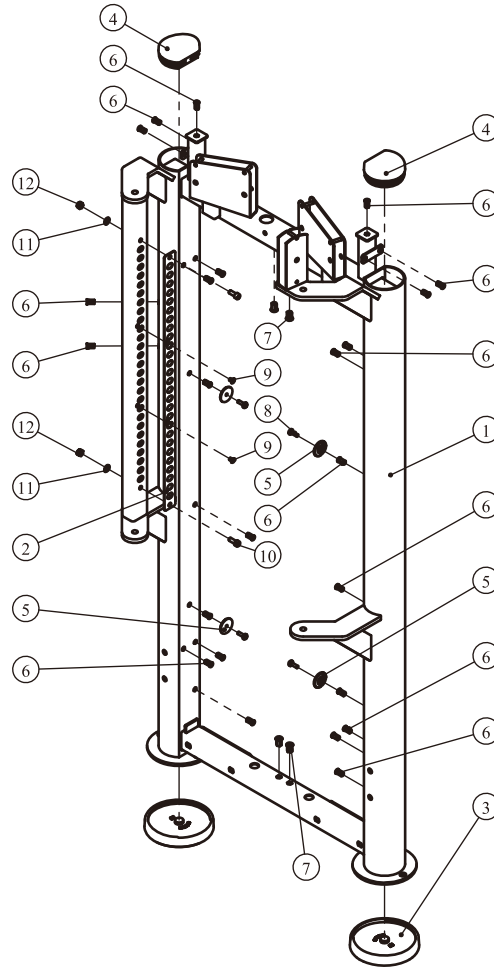
Overall

Full Shroud



Exploded View and Parts List

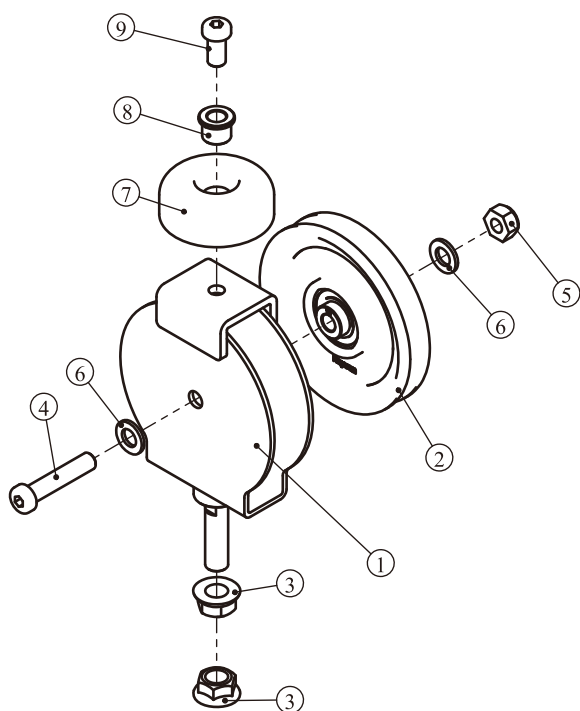
Weight Stack Frame ASSY



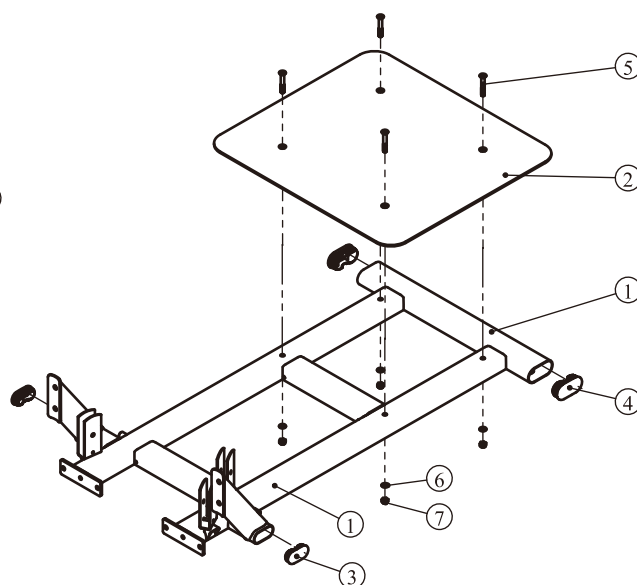
Grade No.	Part No.	Description	QTY
1.1	IT95370100	Weight Stack Frame	1
1.2	IT95371400	Long Anti-Scratch Plate	1
1.3	IT95015700	Foot Plate	2
1.4	IT95015800	Plug $\Phi 95 \times 81.1$	2
1.5	IT95015900	Plastic Block	4
1.6	GB17880.5M6*16.5DS17	Rivet Nut M6	24
1.7	GB17880.5M8*16.5DCS17	Rivet Nut M8	4
1.8	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
1.9	GB819M6*10N19	Cross Recessed Countersunk Head Screws M6*10	2
1.10	GB70M8*20DN20	Cross Recessed Pan Head Screw M6*20	2
1.11	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
1.12	NM8DN2	Nylon Lock Nut M8	2

Exploded View and Parts List

Pulley Even Frame ASSY



Bottom Frame ASSY

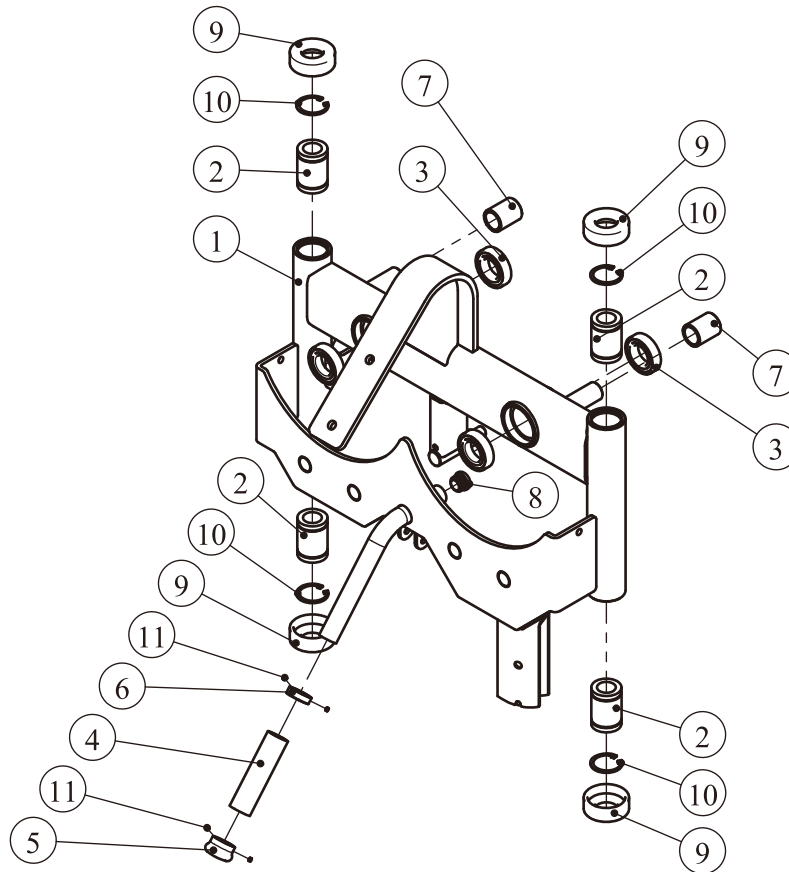


Grade No.	Part No.	Description	QTY
6.1	IT95155000	Pulley Even Frame	1
6.2	SG500110400V5	4.5" Pulley	1
6.3	HF900-03A1002	Hex Nut 1/2"-13	2
6.4	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
6.5	NM10DN2	Nylon Lock Nut M10	1
6.6	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	2
6.7	PL90221500	Plug Bumper $\Phi 63.5 \times 23$	1
6.8	M02903100	Pulleys Spacer $\Phi 20 \times \Phi 10.5 \times 14$	1
6.9	GB70BTM10*20DN18	Socket Head Cap Screw M10*20	1

Grade No.	Part No.	Description	QTY
13.1	IT95370200	Bottom Frame	1
13.2	IT95371300	Foot Plate	1
13.3	026-01PL2565	Plug R40*80	2
13.4	IT90013800P11C	Plug R50*100	2
13.5	CNLM10*70DHS20	Flat Head Cap Screw M10*70	4
13.6	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
13.7	NM10DN2	Nylon Lock Nut M10	4

Exploded View and Parts List

Sliding Adjustment Frame Sub ASSY

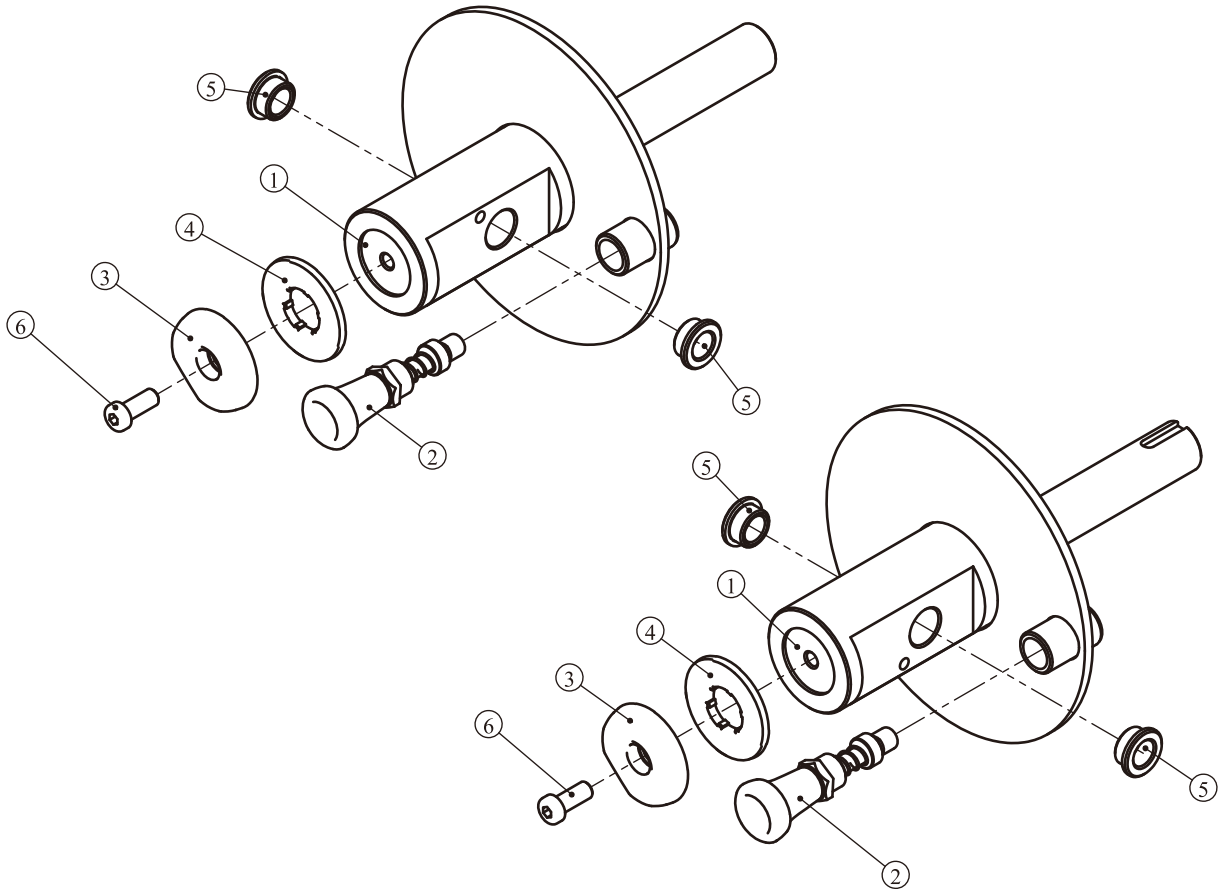


Grade No.	Part No.	Description	QTY
14.1.1	IT95370300	Sliding Adjustment Frame	1
14.1.2	LM25UU	Linear Bearing $\Phi 40 \times \Phi 25 \times 59$	4
14.1.3	GB2766006-2RSC3NBK	Bearing 6006	4
14.1.4	026-01PL0206-5	Grip ST $\Phi 30 \times \Phi 22 \times 111$	1
14.1.5	IT95022100	Aluminum Grip Cap $\Phi 25.4$	1
14.1.6	V39500	Aluminum Grip Ring $\Phi 25.4$	1
14.1.7	IT90054000	Plastic Sleeve $\Phi 32 \times \Phi 25.4 \times 40$	2
14.1.8	BNH0002	Plug $\Phi 25.4$	1
14.1.9	ES20003700	Bumper $\Phi 60 \times \Phi 30 \times 20$	4
14.1.10	GB893.140FH12	Circlip For Hole $d_0=40$	4
14.1.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

Adjustable Frame 1 ASSY

Adjustable Frame 2 ASSY



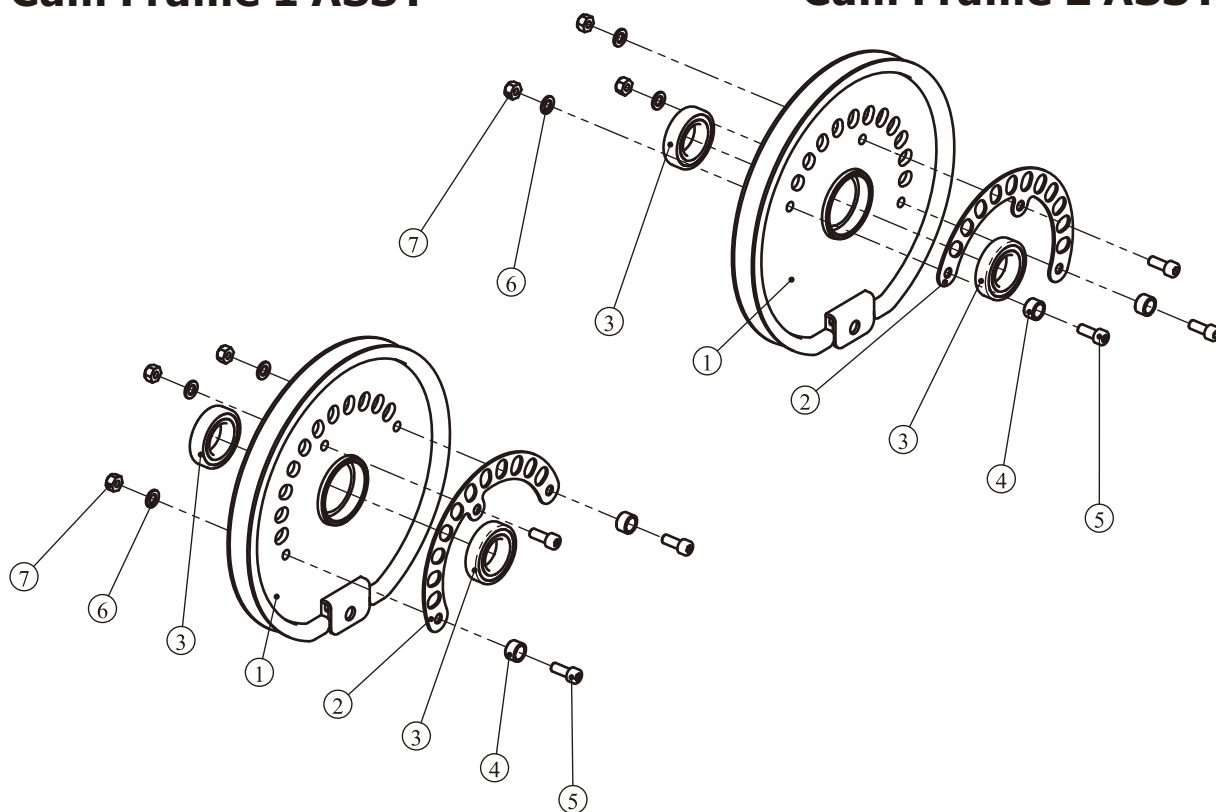
Grade No.	Part No.	Description	QTY
14.2.1	IT95370400	Adjustable Frame 1	1
14.2.2	IT95251600	Adjustable Pin	1
14.2.3	FE97211900	Cap $\Phi 60$	1
14.2.4	FE97212000	Circle Ring $\Phi 62.5 \times 5$	1
14.2.5	HVCORE5200	Bushing $\Phi 28.6 \times \Phi 15.9 \times 12.7$	2
14.2.6	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	1

Grade No.	Part No.	Description	QTY
14.3.1	IT95370500	Adjustable Frame 2	1
14.3.2	IT95251600	Adjustable Pin	1
14.3.3	FE97211900	Cap $\Phi 60$	1
14.3.4	FE97212000	Circle Ring $\Phi 62.5 \times 5$	1
14.3.5	HVCORE5200	Bushing $\Phi 28.6 \times \Phi 15.9 \times 12.7$	2
14.3.6	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	1

Exploded View and Parts List

Cam Frame 1 ASSY

Cam Frame 2 ASSY

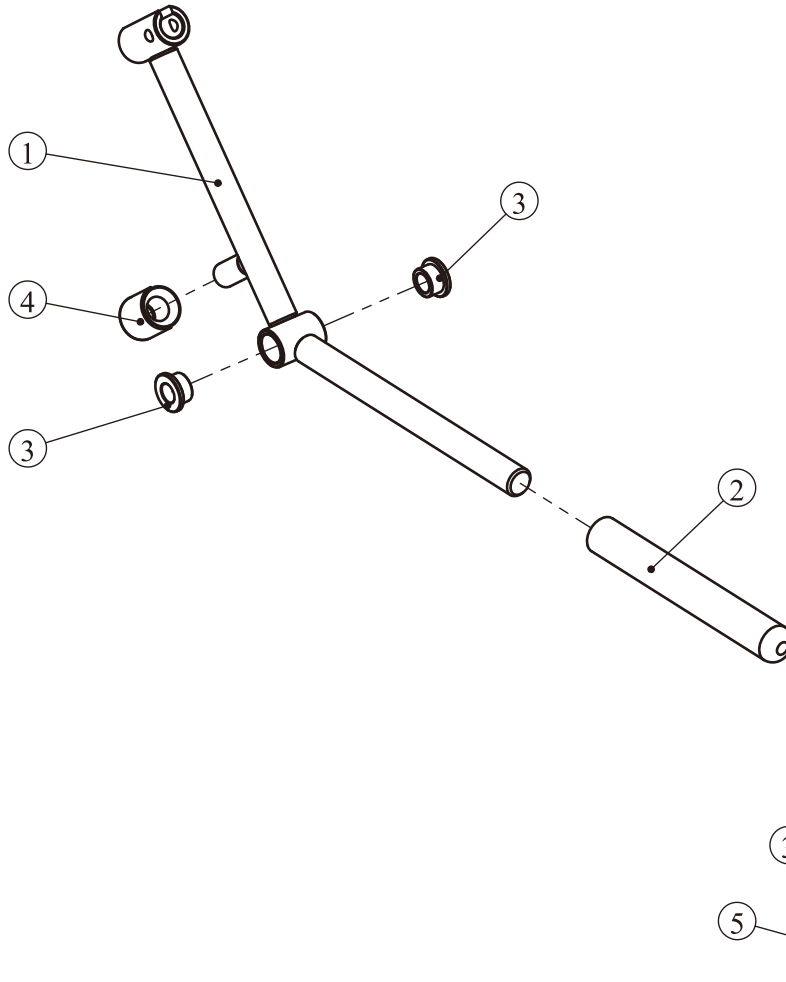


Grade No.	Part No.	Description	QTY
14.4.1	IT95370600	Cam Frame 1	1
14.4.2	IT95371500	Anti-Scratch Plate	1
14.4.3	GB2766006-2RSC3NBK	Bearing 6006	2
14.4.4	IN-S10111200	Stopper $\Phi 17 \times 10.5$	2
14.4.5	GB70M8*20DN20	Socket Head Cap Screw M8*20	3
14.4.6	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
14.4.7	NM8DN2	Nylon Lock Nut M8	3

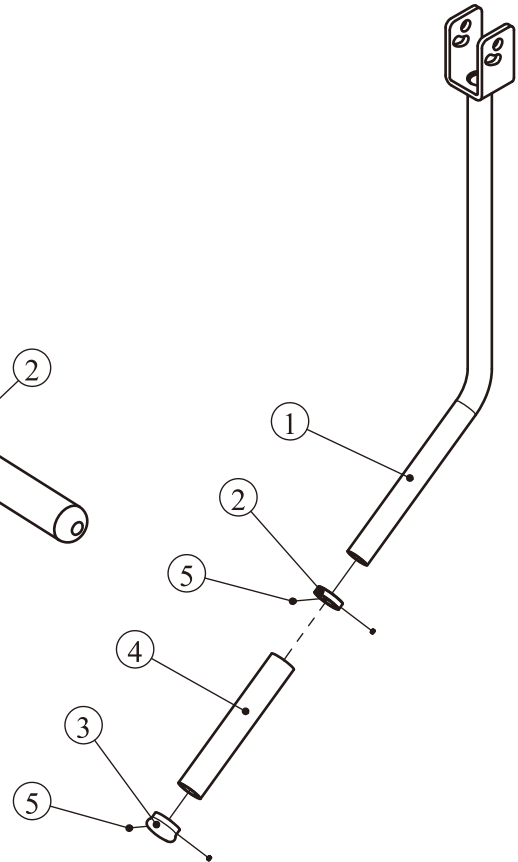
Grade No.	Part No.	Description	QTY
14.5.1	IT95370700	Cam Frame 2	1
14.5.2	IT95371500	Anti-Scratch Plate	1
14.5.3	GB2766006-2RSC3NBK	Bearing 6006	2
14.5.4	IN-S10111200	Stopper $\Phi 17 \times 10.5$	2
14.5.5	GB70M8*20DN20	Socket Head Cap Screw M8*20	3
14.5.6	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
14.5.7	NM8DN2	Nylon Lock Nut M8	3

Exploded View and Parts List

Adjustable Handle ASSY



Handle Frame ASSY



Grade No.	Part No.	Description	QTY
14.6.1	IT95370900	Adjustable Handle	1
14.6.2	DX28002C3700P116C	Grip DTΦ15.5*Φ11.5*113	1
14.6.3	P60015700	Bushing Φ16*Φ8*8	2
14.6.4	SL70013200	Plastic Sleeve Φ18*Φ10*19	1

Grade No.	Part No.	Description	QTY
15.1	IT95370800	Handle Frame	1
15.2	V38900	Aluminum Grip Ring Φ32	1
15.3	IT95013100	Aluminum Grip Cap Φ32	1
15.4	026-01PL0235-23	Grip STΦ36*Φ29*213	1
15.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

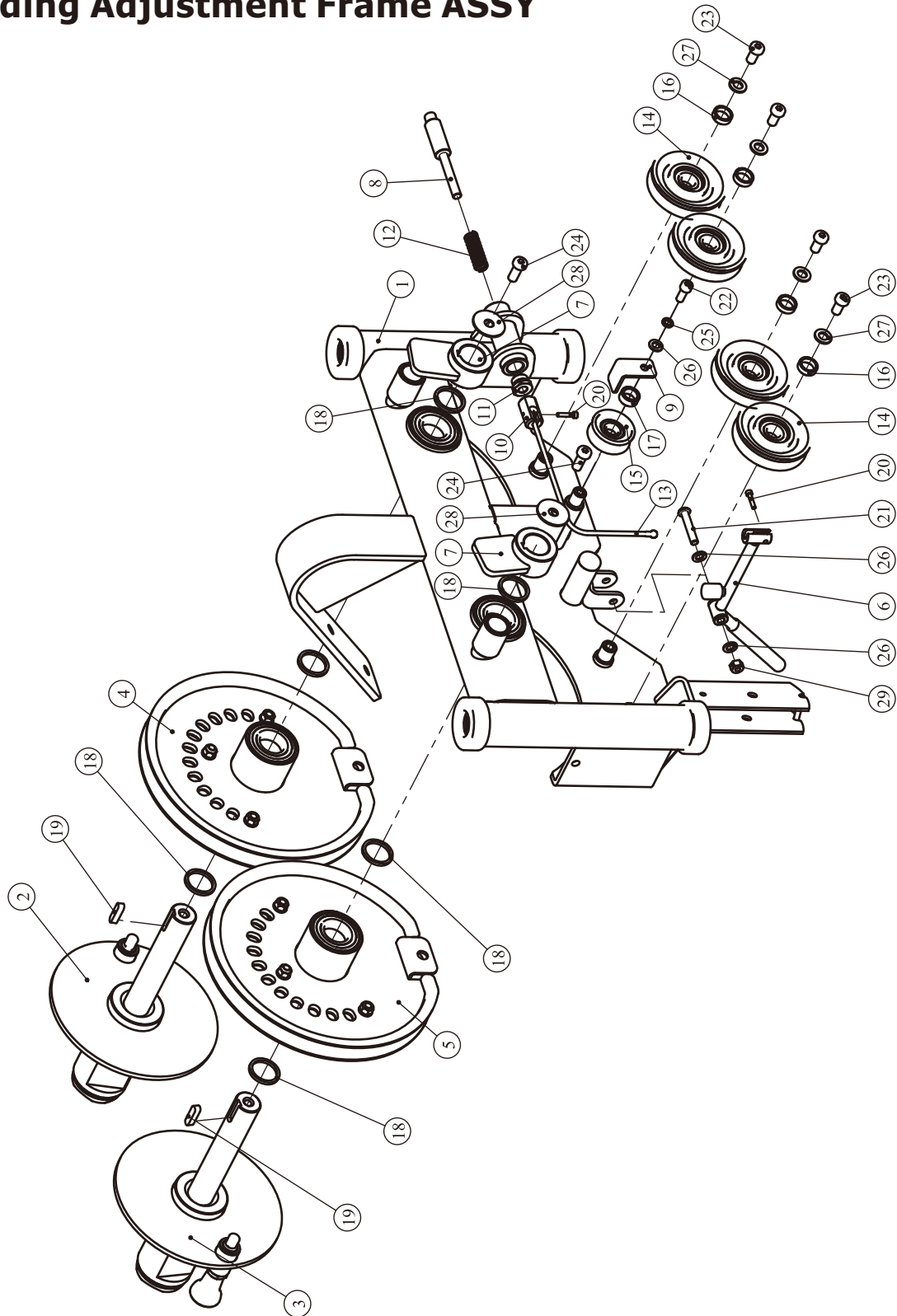
Exploded View and Parts List

Sliding Adjustment Frame ASSY

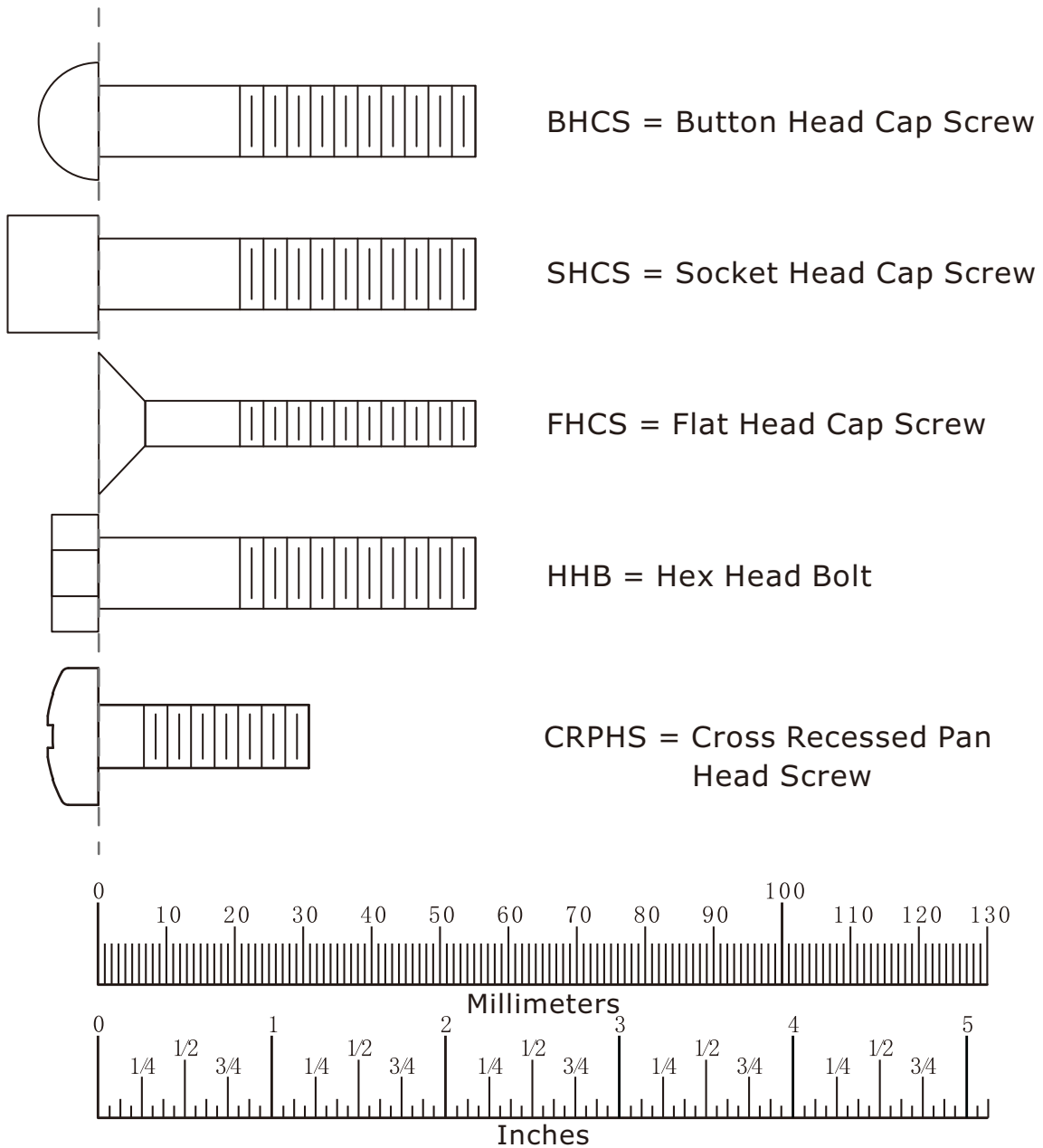
Grade No.	Part No.	Description	QTY
14.1	IT95370300ASSY	Sliding Adjustment Frame Sub ASSY	1
14.2	IT953704ASSY	Adjustable Frame 1 ASSY	1
14.3	IT953705ASSY	Adjustable Frame 2 ASSY	1
14.4	IT953706ASSY	Cam Frame 1 ASSY	1
14.5	IT953707ASSY	Cam Frame 2 ASSY	1
14.6	IT953709ASSY	Adjustable Handle ASSY	1
14.7	IT95371000	Safety Stop	2
14.8	IT95371700	Pin	1
14.9	IT95371900	Caple Keeper	1
14.10	IT95372000	Cable End	1
14.11	BNH05163Q	Lock Nut 3/4"-10*16	1
14.12	F2011600	Spring	1
14.13	IT95375700	Adjusting Cable	1
14.14	M01004800V6	3.5" Pulley	4
14.15	FTX730001V1	2" Pulley	1
14.16	FE97122100	Pulleys Spacer $\Phi 22 \times \Phi 17.5 \times 7.5$	4
14.17	SXT5501404V1	Bushing $\Phi 22 \times \Phi 16 \times 9.5$	1
14.18	FS572400	Distance Bushing $\Phi 36 \times \Phi 30.2 \times 3.5$	6
14.19	E712700	Flat Key 8*7*30	2
14.20	GB70M4*20*20DS20NL	Socket Head Cap Screw M4*20	2
14.21	PNLM8*45DN20	Button Head Cap Screw M8*45	1
14.22	GB70M8*20DN20	Socket Head Cap Screw M8*20	1
14.23	GB70BTM10*20DN18NL	Socket Head Cap Screw M10*20	4
14.24	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	2
14.25	GB938N19	Lock Washer $\Phi 8$	1
14.26	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
14.27	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
14.28	DQ10DS2D	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	2
14.29	NM8DN2	Nylon Lock Nut M8	1

Exploded View and Parts List

Sliding Adjustment Frame ASSY



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

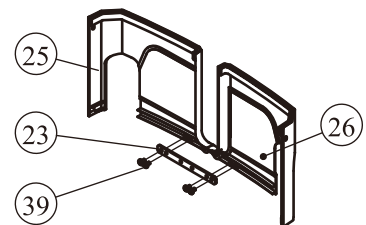
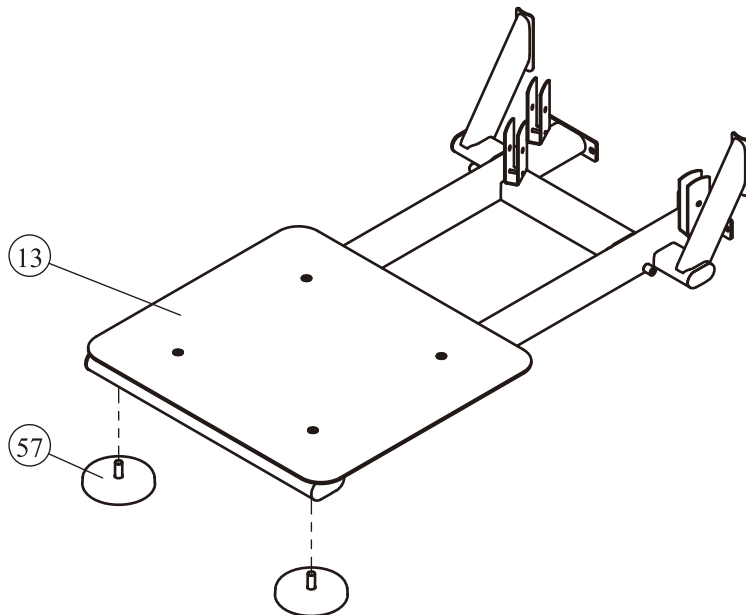
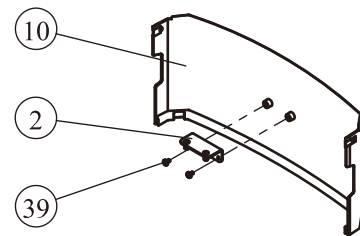
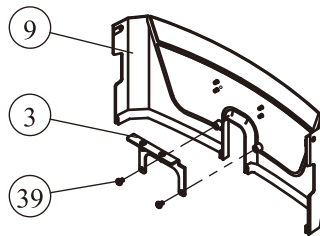
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Front Bracket ASSY (#3) to the Training Placard Cover (#9) using:
two M6*10 CRPHS (#39)
2. Attach the Rear Bracket (#2) to the Top Rear Shroud (#10) using:
two M6*10 CRPHS (#39)
3. Attach two Adjustable Foot Plates (#57) to the Bottom Frame ASSY (#13).
4. Attach the Bottom Bracket (#23) to the Right Shroud (#25) and the Left Shroud (#26) using:
four M6*10 CRPHS (#39)

Note: Wrench Tighten Bolts.



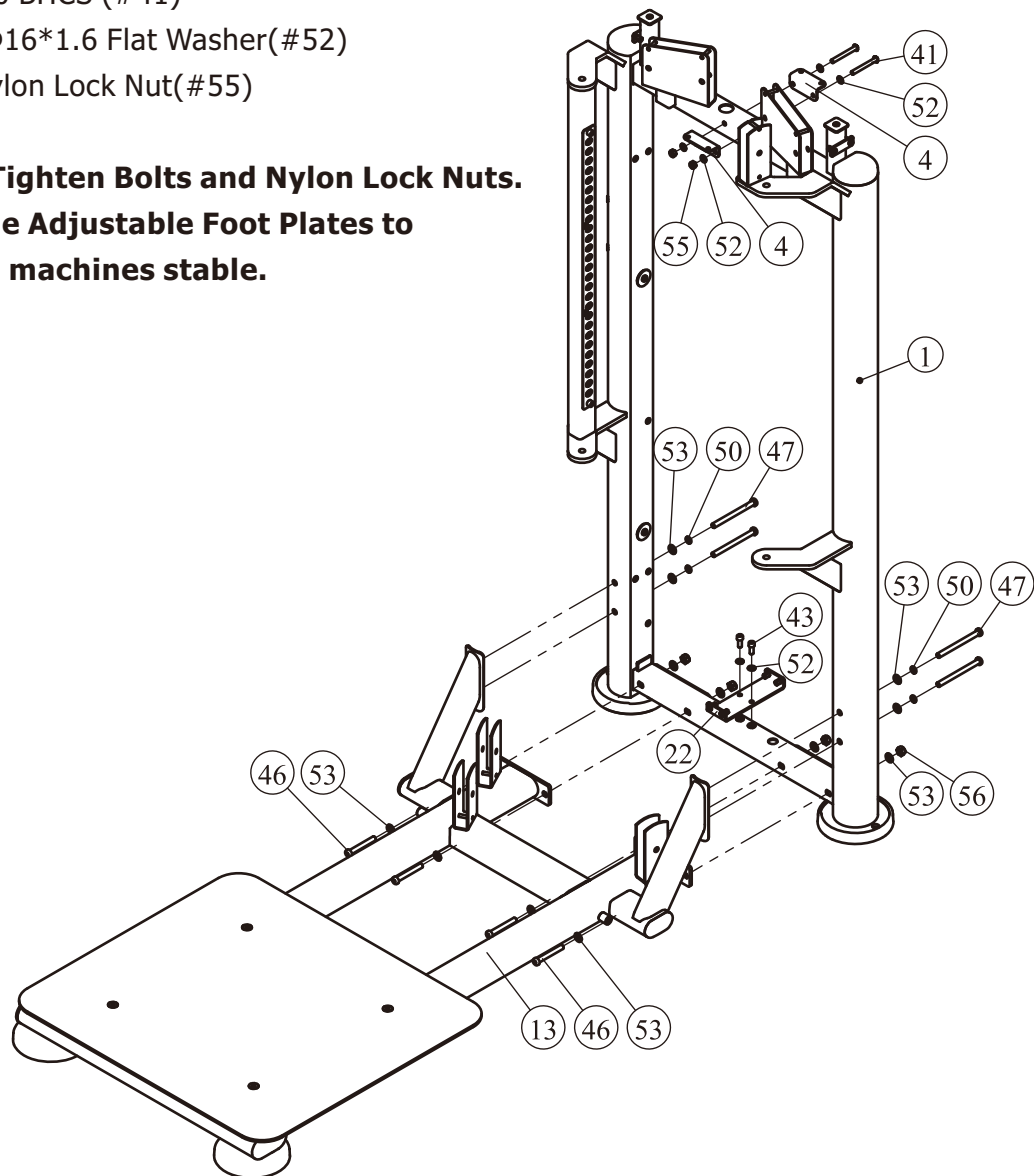
Assembly

STEP 2

1. Attach the Bottom Frame ASSY (#13) to the Weight Stack Frame ASSY (#1) using:
four M10*75 SHCS (#46)
twelve $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)
four M10*120 SHCS (#47)
four $\Phi 10$ Lock Washer(#50)
2. Attach the Bottom Bracket ASSY (#22) to the Weight Stack Frame ASSY(#1) using:
two M8*20 SHCS (#43)
two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#52)
3. Attach two Top Bracket (#4) to the Weight Stack Frame ASSY(#1) using:
two M8*70 BHCS (#41)
four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer(#52)
two M8 Nylon Lock Nut(#55)

Note:

1. Wrench Tighten Bolts and Nylon Lock Nuts.
2. Adjust the Adjustable Foot Plates to make the machines stable.



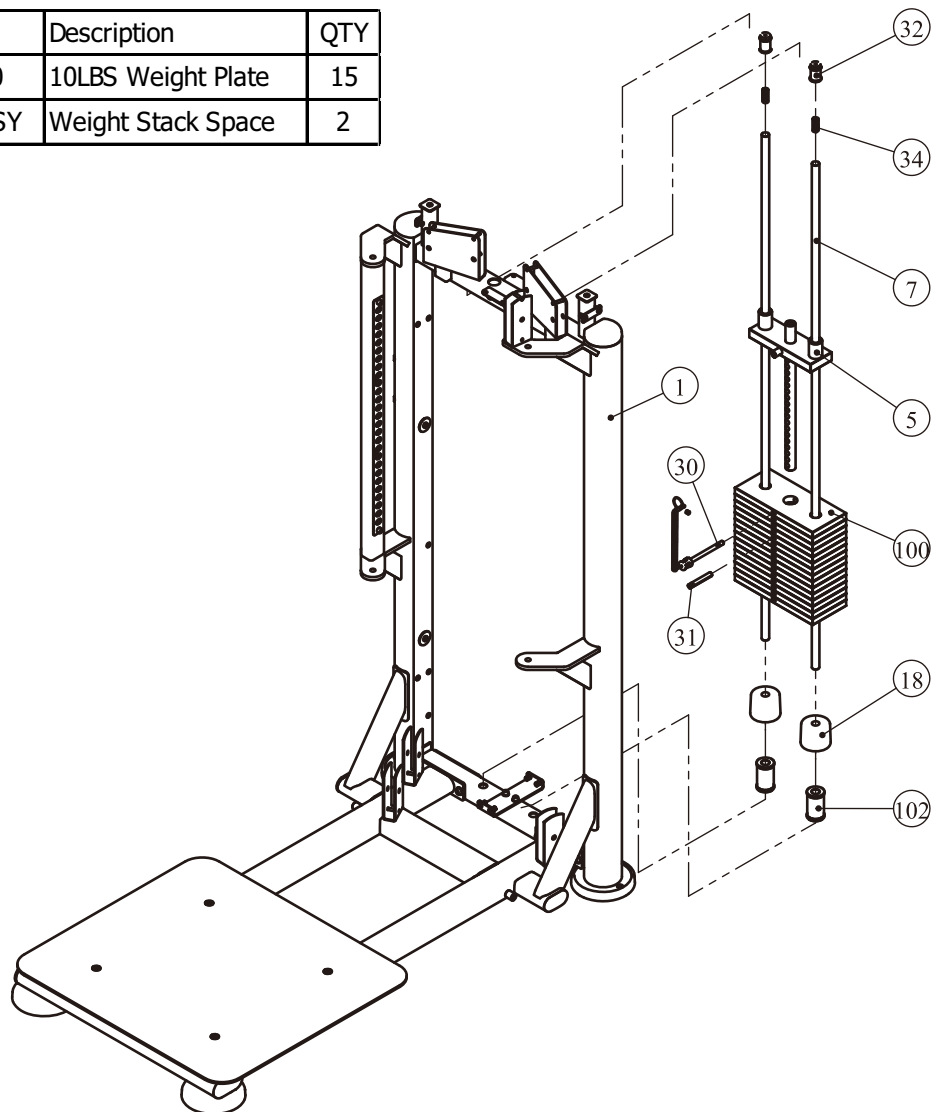
Assembly

STEP 3

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

1. Attach:
two Guide Rod $\Phi 19 \times 1547$ (#7)
two Weight Rubber Bumper (#18)
two Weight Stack Space (#102)
fifteen Weight Plate 10LBS (#100)
one Top Plate (#5)
to the Weight Stack Frame ASSY (#1) using:
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#32)
two Spring (#34)
two Attach the Selector Pin W/Coil (#30) to the Top Plate (#5).
two Attach the Split Pin $\Phi 11 \times 76$ (#31) to the fifth Weight Plate 10LBS (#100).

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



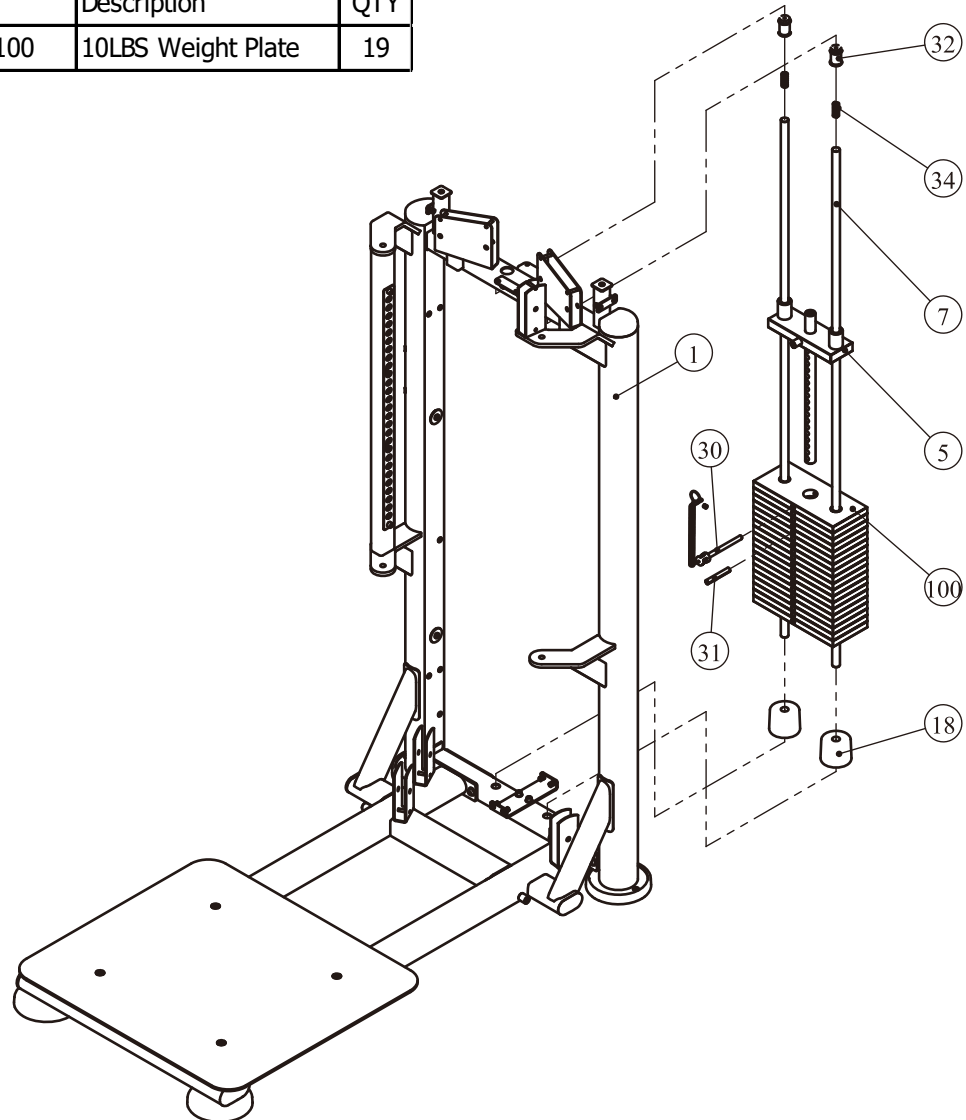
Assembly

STEP 3

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

1. Attach:
two Guide Rod $\Phi 19 \times 1547$ (#7)
two Weight Rubber Bumper (#18)
nineteen Weight Plate 10LBS (#100)
one Top Plate (#5)
to the Weight Stack Frame ASSY (#1) using:
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#32)
two Spring (#34)
two Selector Pin W/Coil (#30) to the Top Plate (#5).
2. Attach the Split Pin $\Phi 11 \times 76$ (#31) to the fifth Weight Plate 10LBS (#100).

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



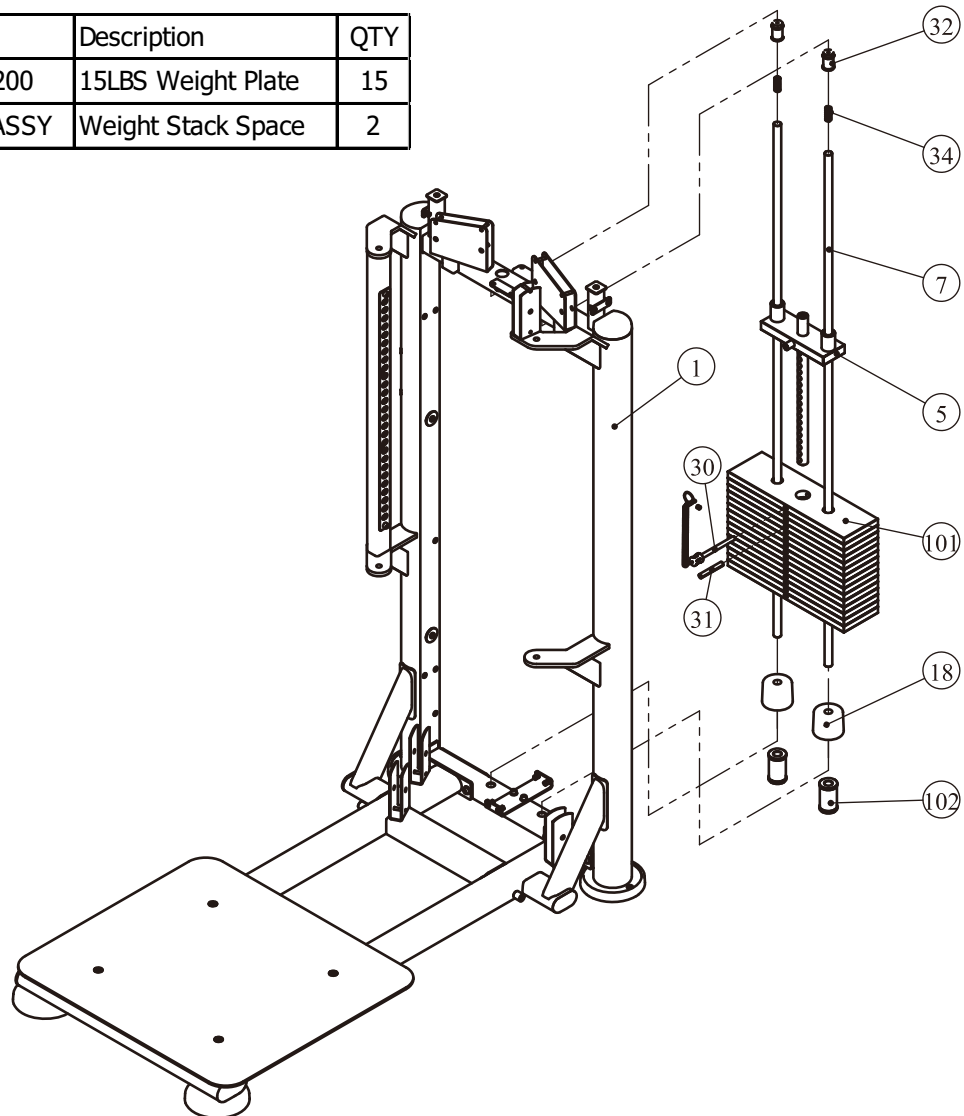
Assembly

STEP 3

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

1. Attach:
two Guide Rod $\Phi 19 \times 1547$ (#7)
two Weight Rubber Bumper (#18)
two Weight Stack Space (#102)
fifteen Weight Plate 15LBS (#101)
one Top Plate (#5)
to the Weight Stack Frame ASSY (#1) using:
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#32)
two Spring (#34)
2. Attach the Selector Pin W/Coil (#30) to the Top Plate (#5).
3. Attach the Split Pin $\Phi 11 \times 76$ (#31) to the fourth Weight Plate 15LBS (#101).

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



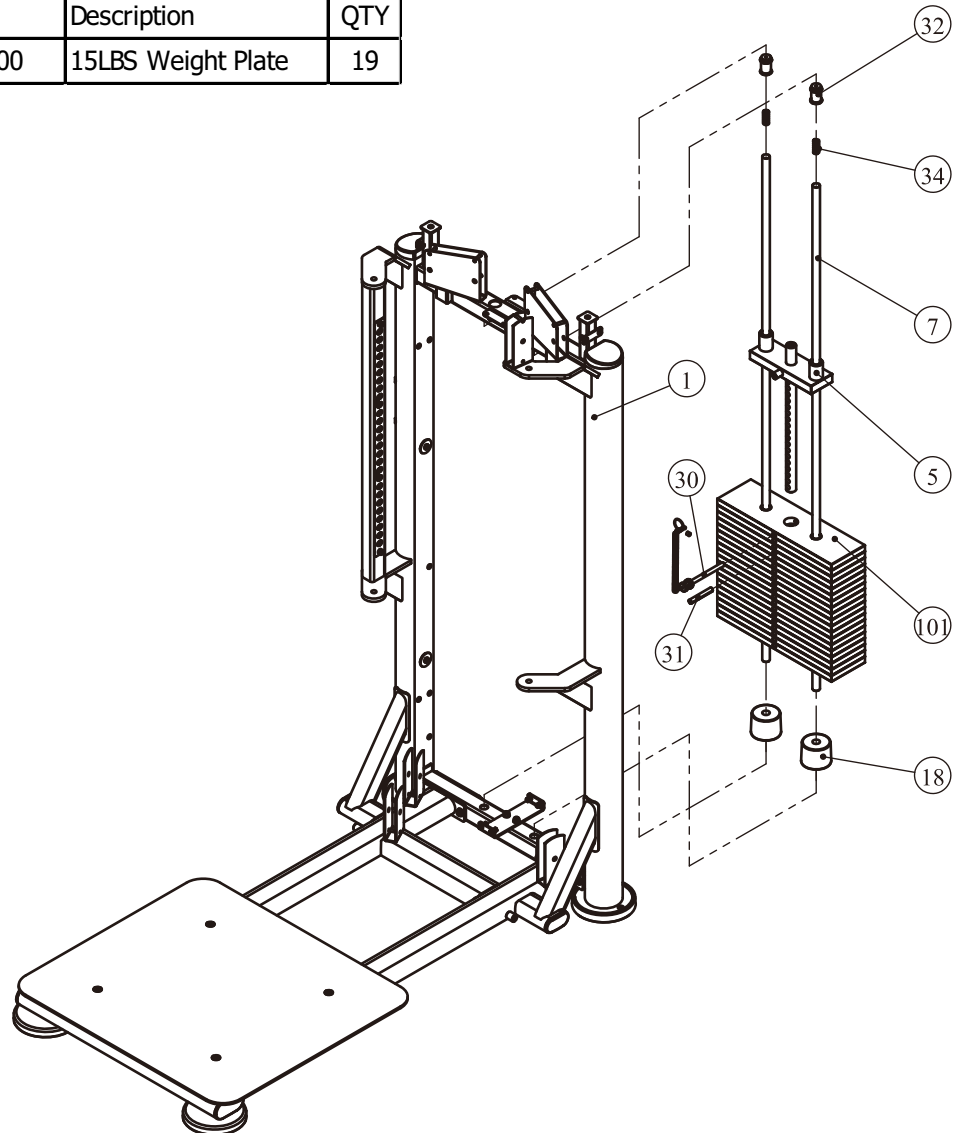
Assembly

STEP 3

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

1. Attach:
two Guide Rod $\Phi 19 \times 1547$ (#7)
two Weight Rubber Bumper (#18)
nineteen Weight Plate 15LBS (#101)
one Top Plate (#5)
to the Weight Stack Frame ASSY (#1) using:
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#32)
two Spring (#34)
2. Attach the Selector Pin W/Coil (#30) to the Top Plate (#5).
3. Attach the Split Pin $\Phi 11 \times 76$ (#31) to the fourth Weight Plate 15LBS (#101).

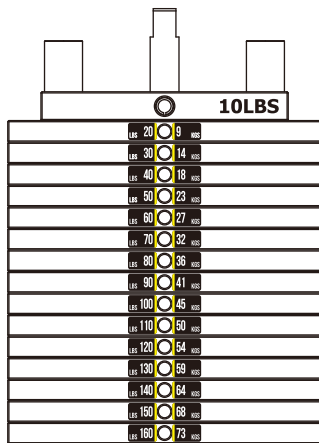
Grade No.	Part No.	Description	QTY
101	FE97193200	15LBS Weight Plate	19



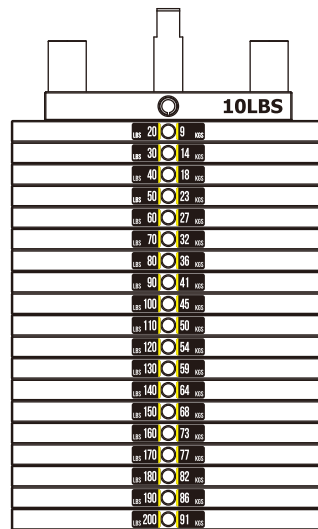
Assembly

All weight plate sticker paste schematic diagram

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

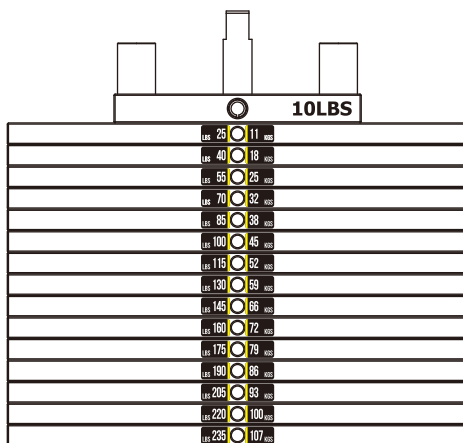


20-160LBS

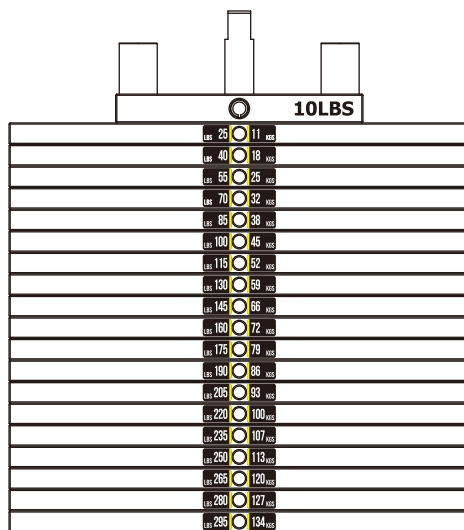


20-200LBS

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



25-235LBS



25-295LBS

Assembly

STEP 4

1. Attach the Sliding Adjustment Frame ASSY (#14) to the Weight Stack Frame ASSY(#1) using:
two $\Phi 25 \times 950$ Guide Rod (#16) four M12*30 SHCS (#49)
four $\Phi 12$ Lock Washer (#51) four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#54)
2. Attach two Gas Spring (#12) to the Sliding Adjustment Frame ASSY (#14) and the Bottom Frame ASSY (#13) using:
two M8 Nylon Lock Nut (#55)
3. Attach two Handle Frame ASSY (#15) to the Sliding Adjustment Frame ASSY (#14) using:
two $\Phi 15.9 \times \Phi 10.2 \times 68$ Sleeve (#35) two M10*85 BHCS(#48)
four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53) two M10 Nylon Lock Nut (#56)
two M8*15 SHCS (#42)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

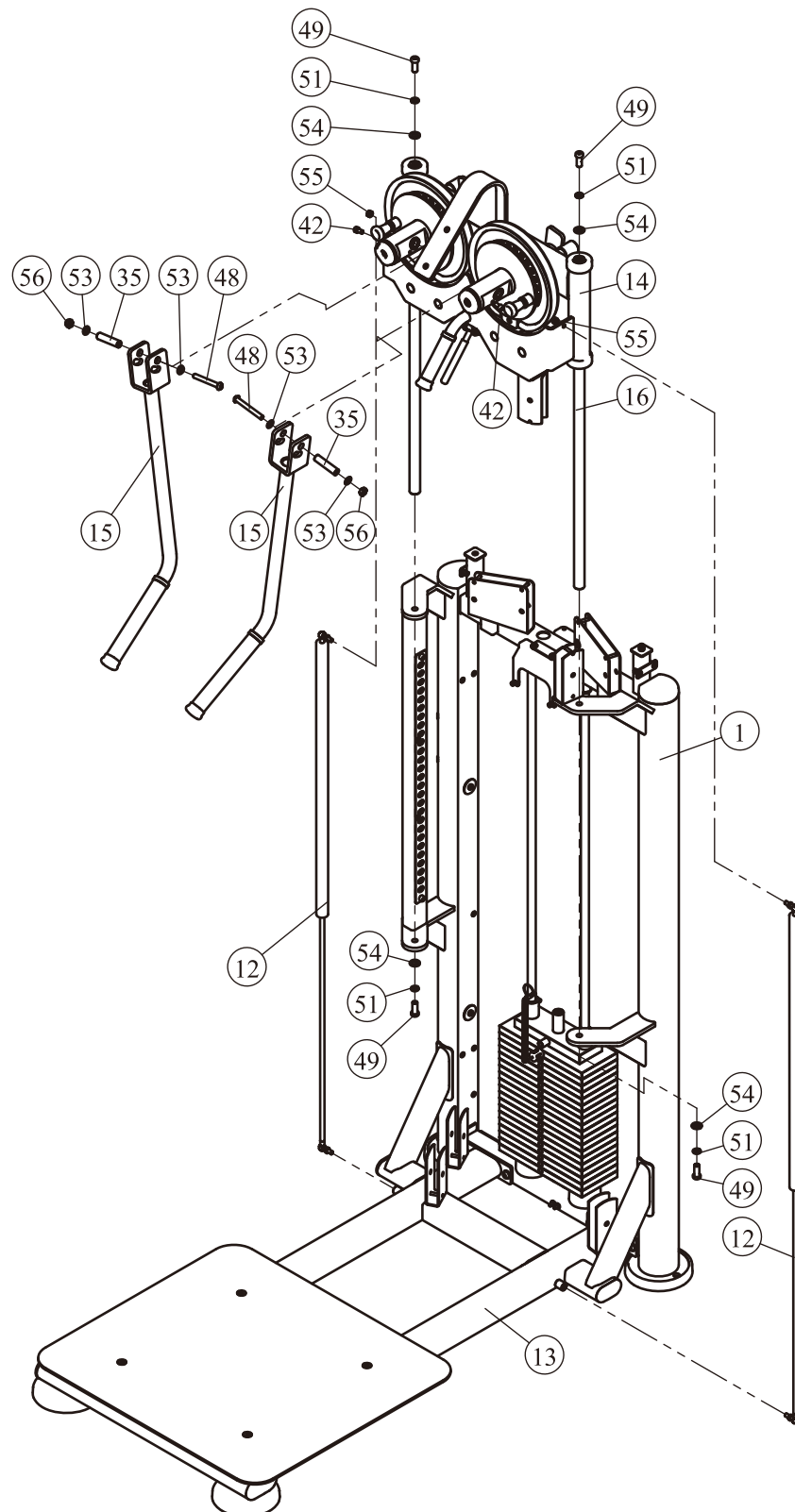
STEP 5

1. Attach three 4.5" Pulley (#19) and two 3.5 " Pulley (#20) to the Weight Stack Frame ASSY (#1) using:
five M10*50 SHCS (#45) eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)
five M10 Nylon Lock Nut (#56) two Pulley Cover (#21)
2. Attach three 4.5" Pulley (#19) to the Bottom Frame ASSY (#13) using:
three M10*50 SHCS (#45) three M10 Nylon Lock Nut (#56)
six Pulley Cover (#21)
3. Attach one 4.5" Pulley (#19) to the Sliding Adjustment Frame ASSY (#14) using:
one M10*50 SHCS (#45) one M10 Nylon Lock Nut (#56)
two Pulley Cover (#21)
4. Attach the Pulley Even Frame ASSY (6#) to the Top Plate (#5).
5. Put the Cable ASSY (#17) through all the pulleys and attach the Cable ASSY (#17) to the Sliding Adjustment Frame ASSY (#14) using:
two $\Phi 16 \times 20$ Bushing (#37) two $\Phi 12 \times 28 \times M10$ Shoulder Bolt (#38)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53) two $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#54)
two M10 Nylon Lock Nut (#56)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

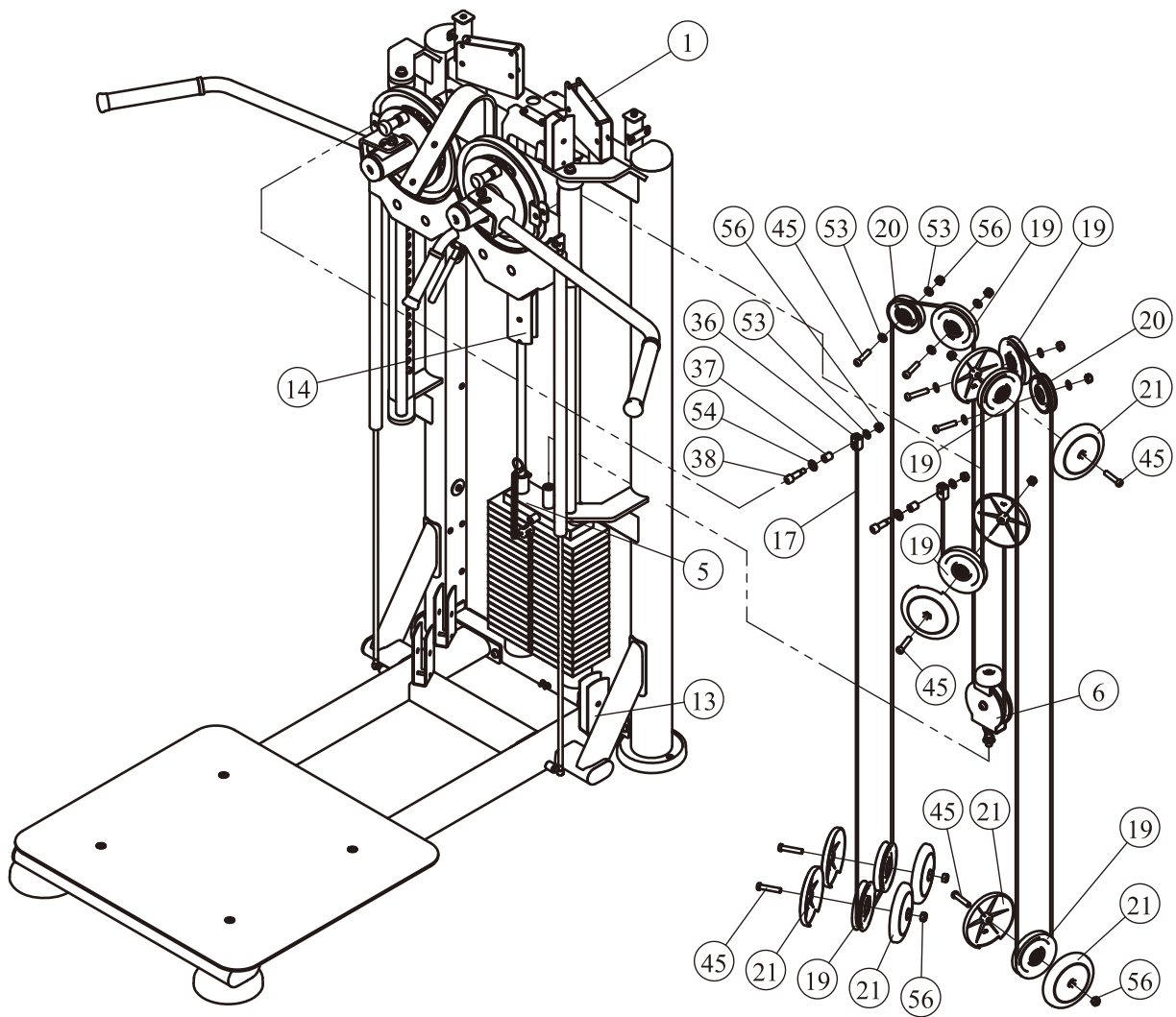
Assembly

STEP 4



Assembly

STEP 5



Assembly

STEP 6

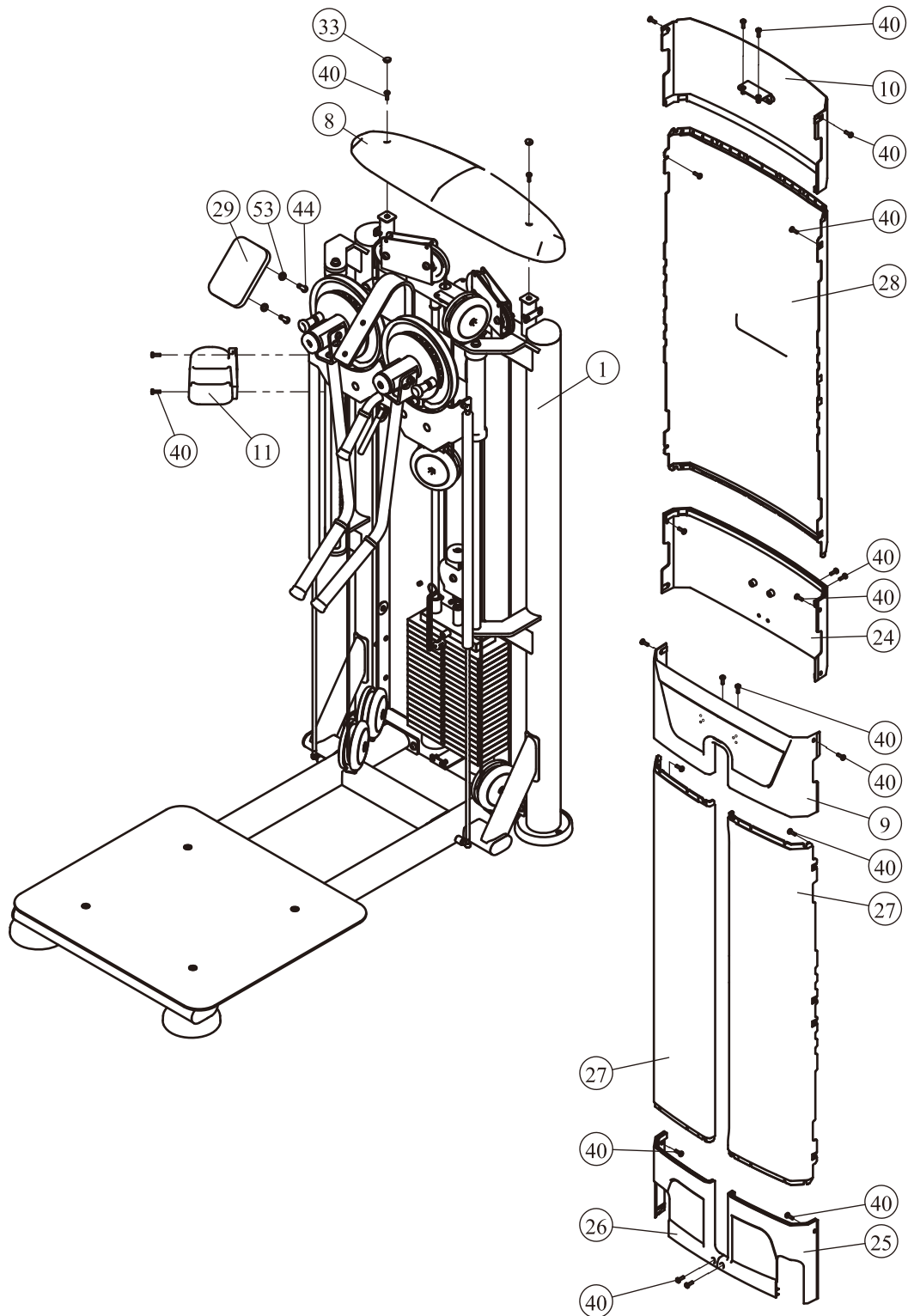
1. Attach the Right Bottom Shroud (#25) and the Left Bottom Shroud (#26) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#40)
2. Attach the Bottom Rear Shroud (#24) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#40)
3. Attach two Front Shroud (#27) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#40)
4. Attach the Rear Shroud (#28) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#40)
5. Attach the Training Placard Cover (#9) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#40)
6. Attach the Top Rear Shroud (#10) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#40)
7. Attach the Top Cover (#8) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#40)
two Spout Plug $\Phi 16.5 \times 6.88$ (#33)
- 8 . Attach the Cup Holder (#11) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#40)
9. Attach the Headrest (#29) to the Sliding Adjustment Frame ASSY (#14) using:
two M10*30 SHCS (#44) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#53)

Note: Wrench tighten bolts.

Assembly

STEP 6

Full Shroud



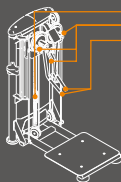
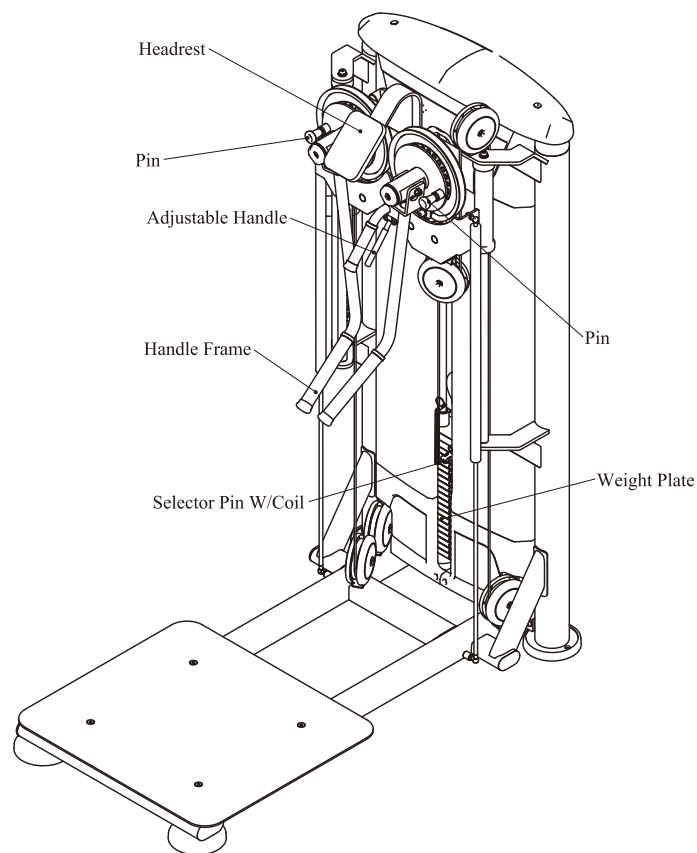
Adjust Instructions and Exercise Instructions

The Use Position adjustment

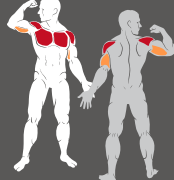
1. Grip the Adjustable Handle and adjust the Sliding Adjustment Frame ASSY to the desired position.
2. Pull out the pin and adjust the Handle Frame ASSY to the desired position.
3. Make sure the pin gets into the hole completely.

The use of Selector Pin W/Coil

1. Select an appropriate weight and put the Selector Pin/Coil into the hole.
2. Make sure the Selector Pin W/Coil gets into the hole completely.



1. Select an appropriate weight.
2. Adjust the handle bar for desired position.
3. Chest Fly:
Holding handle bar, press your arms together in front of your chest with a slow, controlled movement.
- Lateral Raise:
Holding handle bar, rotate your arms upward with slow, controlled movement.
4. Slowly return to the starting position.

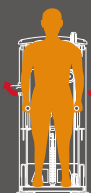


STANDING MULTI FLIGHT MACHINE

Chest Fly



Lateral Raise



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.

