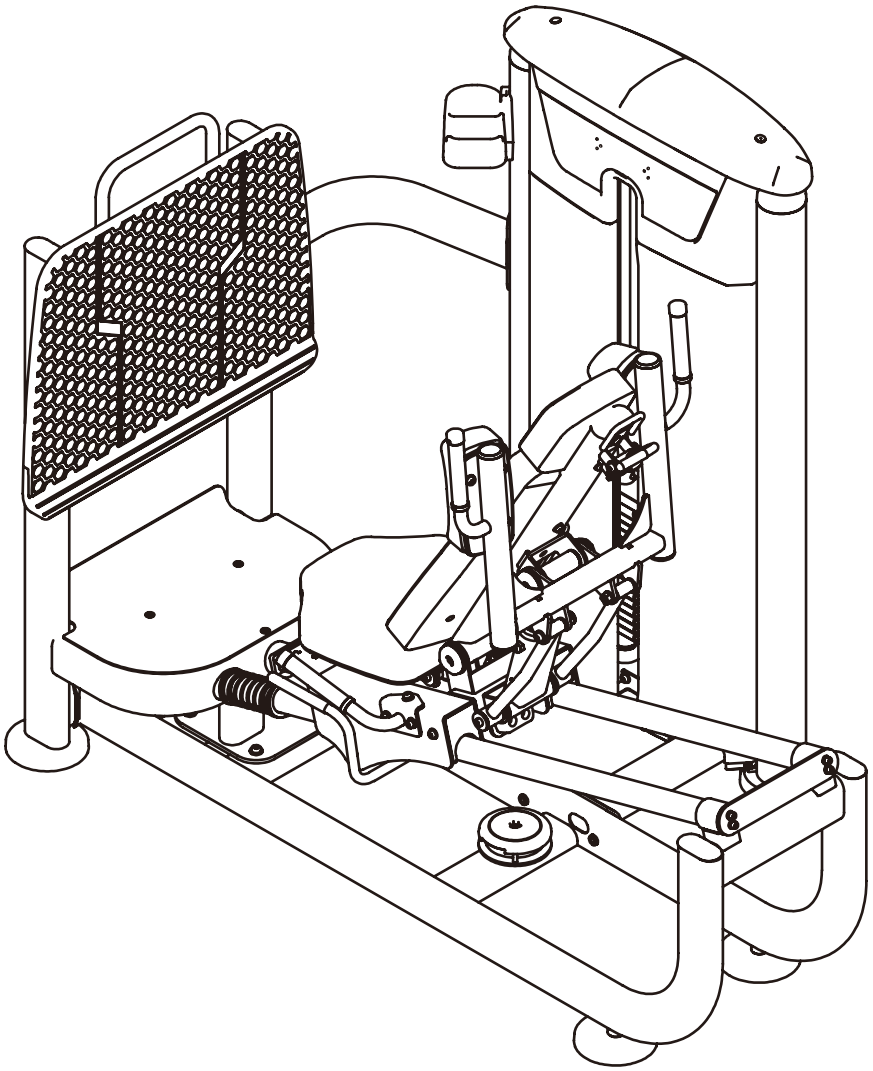


IT9539

HORIZONTAL ADJUSTABLE LEG PRESS
OWNER'S MANUAL

25A

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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Instructions---------- 5

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

Important Safety Instructions

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

1. Read all instructions before using the equipment.
   These instructions are written to ensure your safety and to protect the unit.

2. Use the equipment only for its intended purpose as described in this guide.
   Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.

3. The product should only be used on a level surface and is with 0.5 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.

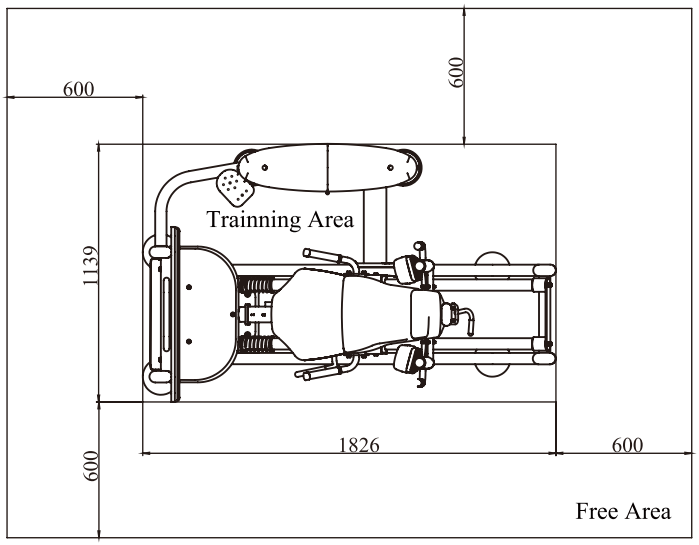
Important Safety Instructions

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 Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1826*1139*1504mm

Product Total Surface: 1826*1139mm

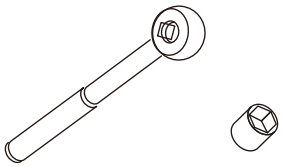
Product Total Mass: 235.4kg/ 519lbs

Instructions

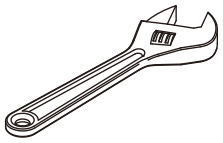
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

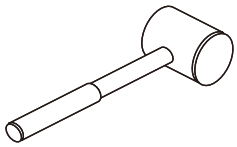
Tools Required



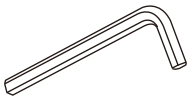
Ratchet Wrench and Socket



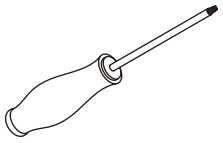
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IT951001ASSY	Weight Stack Frame ASSY	1
2	IT95014200	Top Plate	1
3	IT950122ASSY	Bottom Bracket ASSY	2
4	IT95015500	Top Rear Shroud	1
5	IT950121ASSY	Top Bracket ASSY	1
6	IT95014400	Guide Rod	2
7	IT95012300	Rear Bracket	1
8	IT95015100	Top Cover	1
9	IT95016600	Cup Holder	1
10	IT953901ASSY	Seat Carriage Frame ASSY	1
11	IT953902ASSY	Main Frame ASSY	1
12	IT953903ASSY	Back pad rack ASSY	1
13	IT953904ASSY	Shoulder mount ASSY	1
14	IT953907ASSY	Support frame ASSY	2
15	IT953908ASSY	Adjusting frame ASSY	1
16	IT95391300	Seat cushion	1
17	IT951004ASSY	Front Frame ASSY	1
18	IT95101000	Sliding Guide Rods	2
19	IT953909ASSY	Auxiliary handle frame ASSY 1	1
20	IT953910ASSY	Auxiliary handle frame ASSY 2	1
21	IT95392000	Long shaft	1
22	IT95392100	Back pad shaft	1
23	IT95392200	Shoulder mount shaft	1
24	IT95392500	Connecting Plate	1
25	LJ6460GC0600	Round catch shaft	1
26	IT951012ASSY	Pedal ASSY	1
27	IT95100300	Bottom Frame Brace	1
28	IT95100500	Front Connection Frame	1
29	IT95101600	Auxiliary Pedal	1
30	IT95101900	Big Springs	2
31	IT95102000	Nylon Baffle Ring	4
32	SD1000B3000ASSY	Adjustable Foot Plates	4
33	SG500110400V5	4.5" Pulleys	3
34	IT95101800	Cable ASSY	1
35	IT95031200	Ellipse Plate	1
36	IT95395100	Seat Pad	1
37	IT95015200	Training Placard Cover	1
38	IT95015300	Front Shroud	1

Exploded View and Parts List

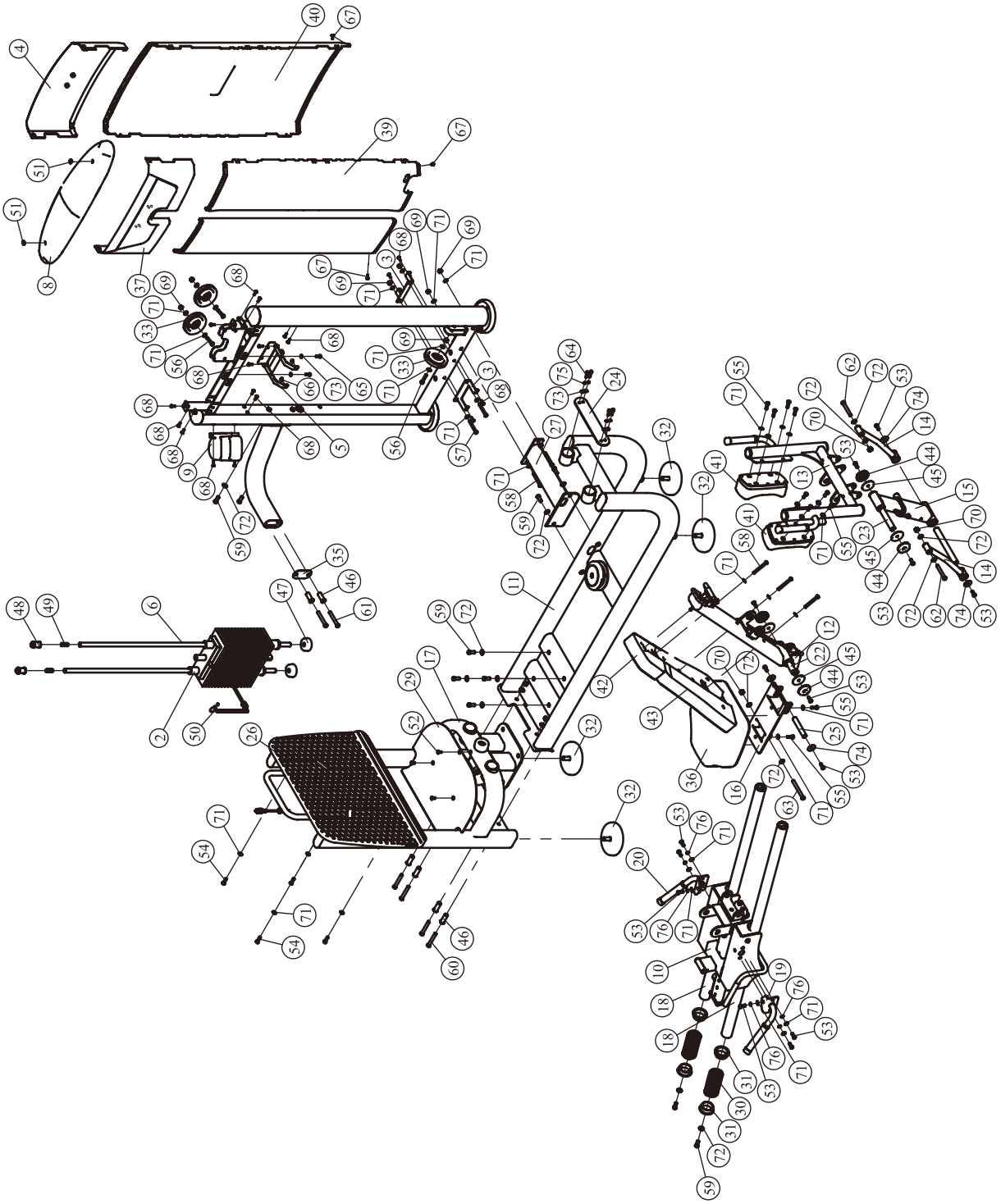
Overall

Item No.	Part No.	Description	QTY
39	IT95015400	Right Front Shroud	1
40	IT95015600	Rear Shroud	1
41	SL70343700V2	Shoulder pad	2
42	IT950172ASSY	Head Pad ASSY	1
43	IT950171ASSY	Back Pad ASSY	1
44	IT95062000	Cap Φ60	4
45	IF93062200	Big Washe	4
46	IT95031300	Support Sleeve	6
47	IT80023000	Weight Rubber Bumper	2
48	IT95016100	Guide Rod Fixing Sleeve	2
49	HFOPT900-04A0602	Spring	2
50	IT90012000V1	Selector Pin W/Coil	1
51	IT95016500	Spout Plug	2
52	CNLM8*20N19	Flat Head Cap Screw M8*20	3
53	GB70BTM10*25DN18NL	Socket Head Cap Screw With patchM10*25	14
54	GB70BTM10*30DN18NL	Socket Head Cap Screw With patchM10*30	4
55	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	10
56	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	3
57	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
58	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	5
59	GB70BTM12*30DN18NL	Socket Head Cap Screw With patch M12*30	10
60	GB70BTM12*80DN18	Socket Head Cap Screw M12*80	4
61	GB70BTM12*90DN18NL	Socket Head Cap Screw With patch M12*90	2
62	GB70BTM12*85DN18NL	Socket Head Cap Screw M12*85	2
63	GB70BTM12*115DN18	Socket Head Cap Screw M12*115	1
64	GB70M8*30*30DN20	Socket Head Cap Screw M8*30	4
65	GB70M8*20N19NL	Socket Head Cap Screw M8*20	2
66	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
67	GB818M6*16DHS20	Cross Recessed Pan Head ScrewM6*16	4
68	GB818M6*20DHS2	Cross Recessed Pan Head ScrewM6*20	18
69	NM10DN2	M10 Nylon Lock Nut	7
70	NM12DN2	M12 Nylon Lock Nut	5
71	GB9510DN2	Flat Washer Φ11*Φ20*2	37
72	GB9512DN2	Flat WasherΦ13*Φ24*2.5	18
73	GB958DN2	Flat Washer Φ9*Φ16*1.6	6
74	DQ10DG2D	Flat WasherΦ11*Φ38*2	4
75	GB938N19	Spring Washer Φ8	4
76	GB9310N19	Spring Washer Φ10	6

Exploded View and Parts List

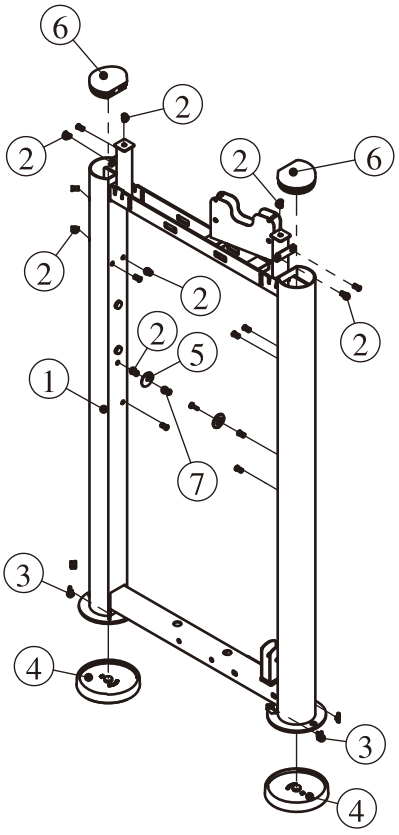
Overall

Full Shroud

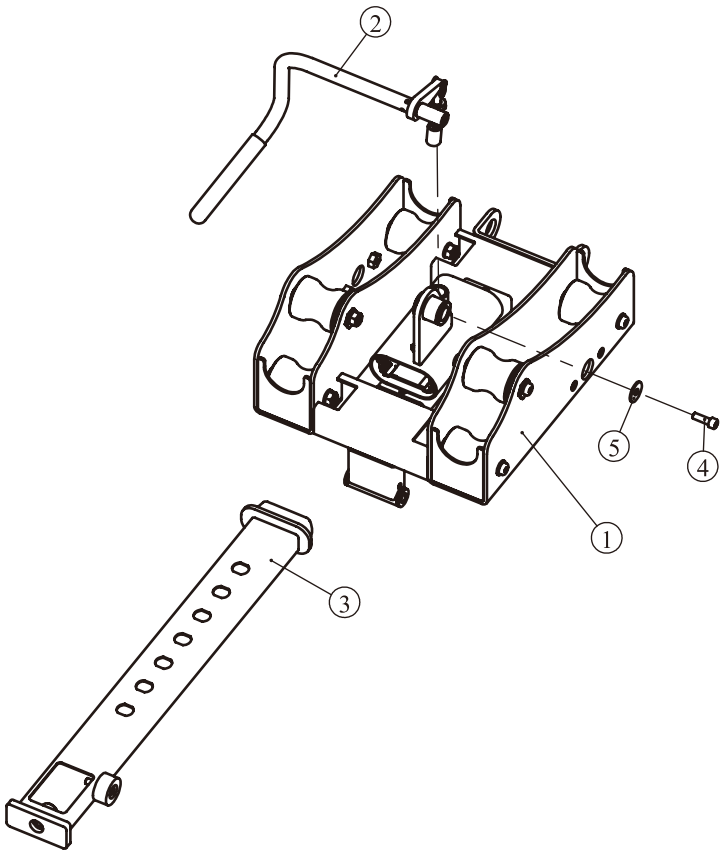


Exploded View and Parts List

Weight Stack Frame ASSY



Seat Carriage Frame ASSY



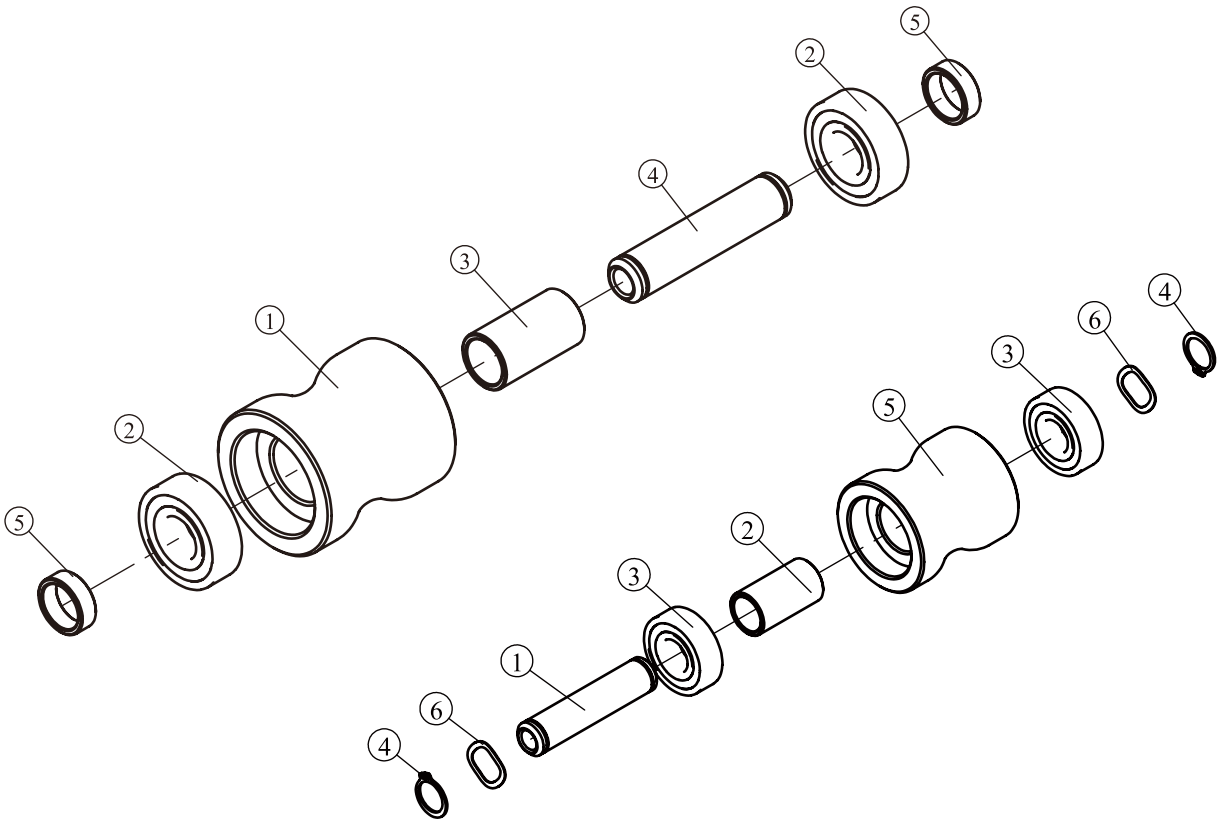
Grade No.	Part No.	Description	QTY
1.1	IT95100100	Weight Stack Frame	1
1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	16
1.3	AC32705800	U-nut M6	4
1.4	IT95015700	Foot Plate	2
1.5	IT95015900	Plastic Block	2
1.6	IT95015800	Plug φ95*81.1	2
1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Grade No.	Part No.	Description	QTY
10.1	IT953912ASSY	Seat Frame ASSY	1
10.2	IT951007ASSY	Adjustable Handle Frame ASSY	1
10.3	IT951009ASSY	Sliding Frame ASSY	1
10.4	GB70M8*25DS20NL	Socket Head Cap Screw M8*25	1
10.5	DQ8DS2B	Flat Washer Φ9*Φ16*1.6	1

Exploded View and Parts List

Roller Group 1

Roller Group 2

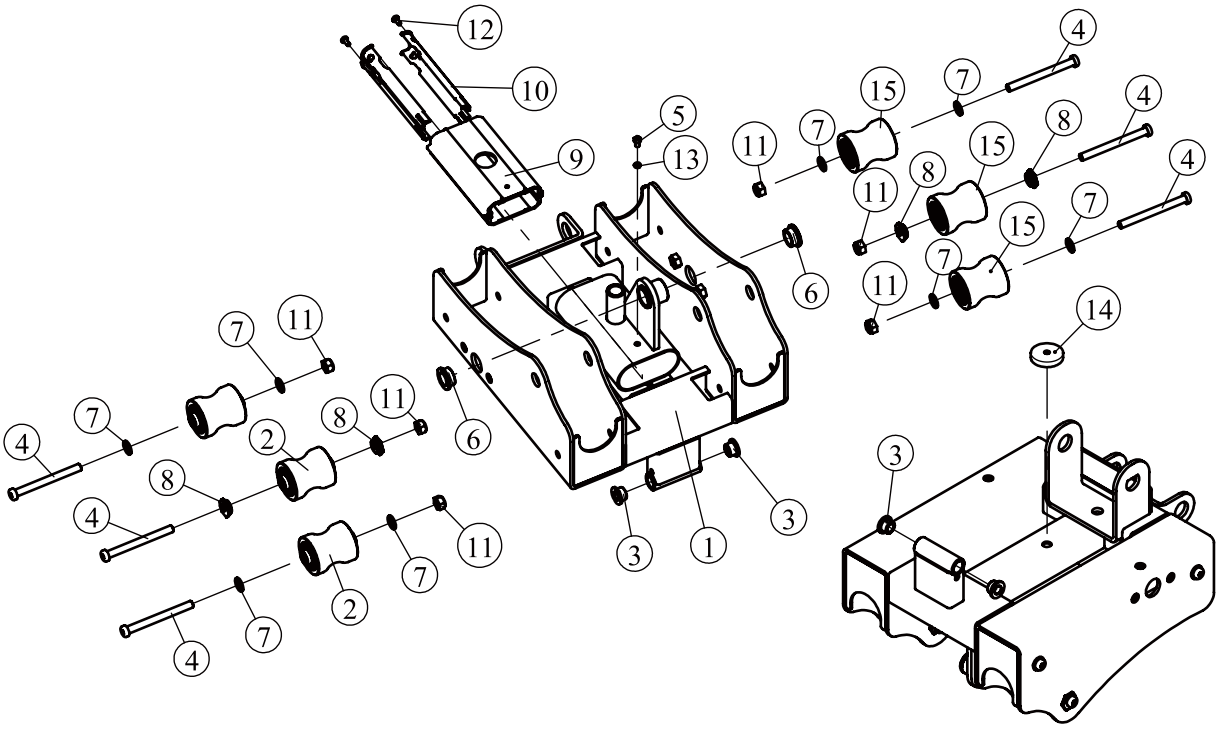


Grade No.	Part No.	Description	QTY
10.1.2.1	BNH2472-01V2	Roller	1
10.1.2.2	GB2766203-2Z	Deep Groove Ball Bearing Φ17*Φ40*12	2
10.1.2.3	BNH2472-03	Roller Spacer	1
10.1.2.4	IT95102200	Pin	1
10.1.2.5	FE97122100	Pulley Spacer1	2

ItemNo.	Part No.	Description	QTY
10.1.15.1	IT95102200	Pin	1
10.1.15.2	BNH2472-03	Roller Spacer	1
10.1.15.3	GB2766203-2Z	Deep Groove Ball bearing Φ17*Φ40*12	2
10.1.15.4	GB894.117FH12	Circlip For Shaft	2
10.1.15.5	BNH2472-01V2	Roller	1
10.1.15.6	YBDQ23*17.3*0.4DHS12	Corrugated washer	2

Exploded View and Parts List

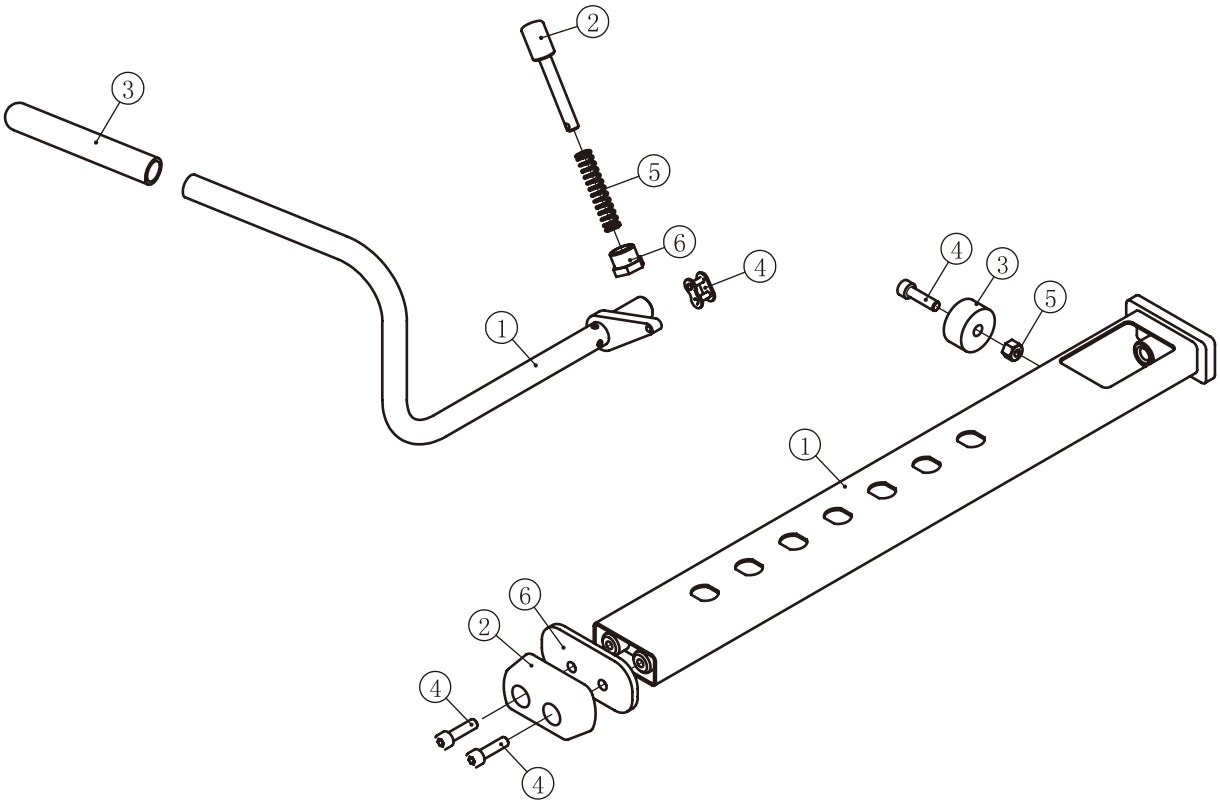
Seat Frame ASSY



Grade No.	Part No.	Description	QTY
10.1.1	IT95391200	Seat Frame	1
10.1.2	IT951010ASSY	Roller Group1	6
10.1.3	M01402000	Bushing Φ12.2	2
10.1.4	GB70BTM10*105DN18	Socket Head Cap Screw M10*105	6
10.1.5	GB70M6*10DS20	Socket Head Cap Screw M6*10	1
10.1.6	HVCORE5300	Bushing Φ19	2
10.1.7	GB9510DN2	Flat Washer Φ11*Φ20*2	8
10.1.8	IT95101200	Eccentric Washer	4
10.1.9	IT95102300	Aluminum Tube Guide	1
10.1.10	IT95016300	Plastic Corner Tube Glide	4
10.1.11	NM10DN2	M10 Nylon Lock Nut	6
10.1.12	GB845ST4.8*13DS2	Cross Recessed Pan Head Self-drilling Tapping Screw ST4.8*13	2
10.1.13	GB936DS12	SPLIT LOCK WASHERΦ6	1
10.1.14	TLP-2002100	Cushion	1
10.1.15	IT951011ASSY	Roller Group 1	3

Exploded View and Parts List

Adjustable Handle Frame ASSY Sliding Frame ASSY



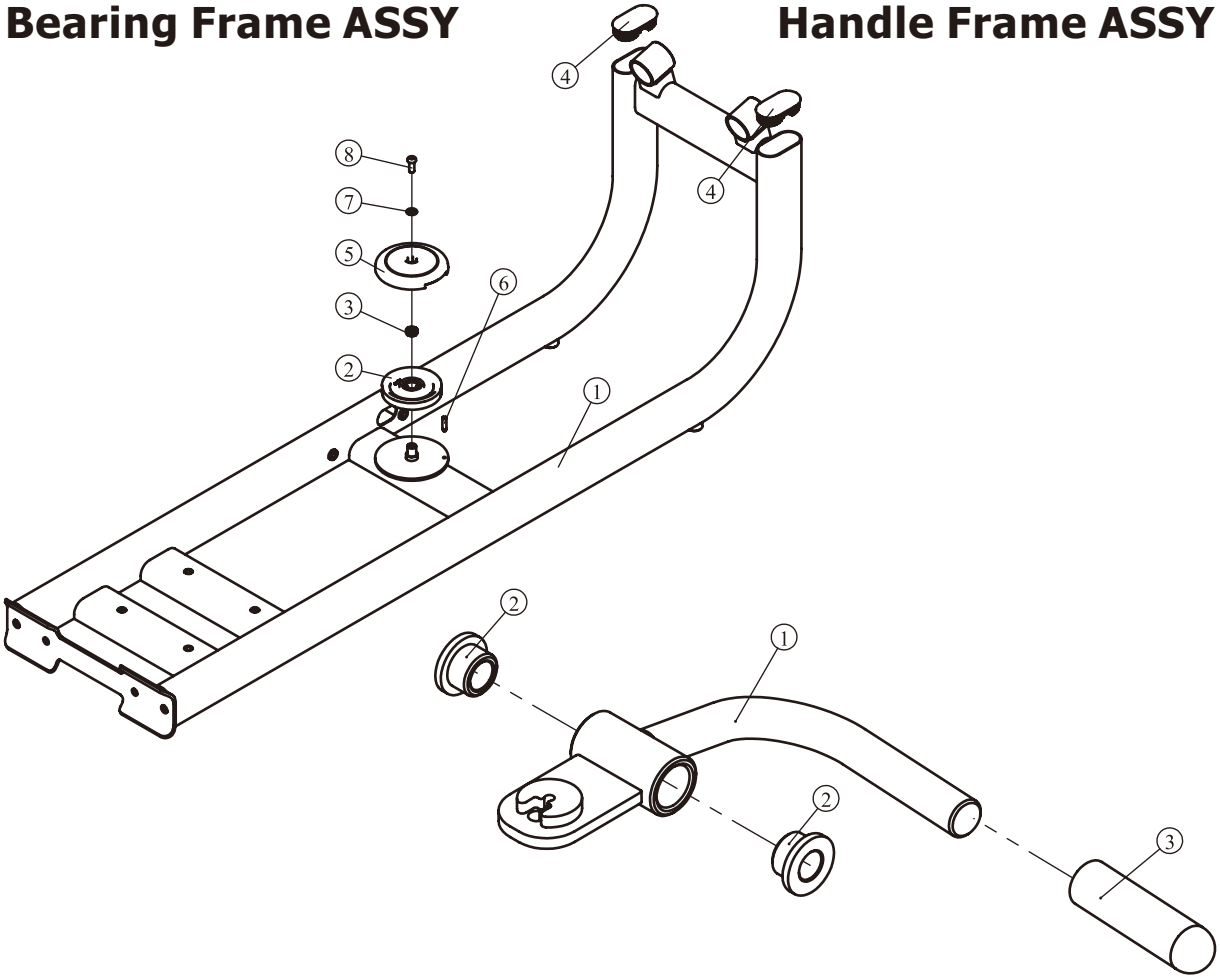
Grade No.	Part No.	Description	QTY
10.2.1	IT95100700	Adjustable Handle Frame	1
10.2.2	IT95101100	Pin	1
10.2.3	FS522800	Grip	1
10.2.4	GB/T1243-199708BN19	Chain	1
10.2.5	SG80071200B	Spring	1
10.2.6	KPS18002701V1	Nut M20*1.5*18	1

Grade No.	Part No.	Description	QTY
10.3.1	IT95100900	Sliding Frame	1
10.3.2	RS17000400	Bumper	1
10.3.3	BNH0514	Bumper	1
10.3.4	GB70M8*30N19	Socket Head Cap Screw M8*30	3
10.3.5	NMM8DN2	Nylon Lock Nut M8	1
10.3.6	IT95101300	Securing plate	1

Exploded View and Parts List

Bearing Frame ASSY

Handle Frame ASSY

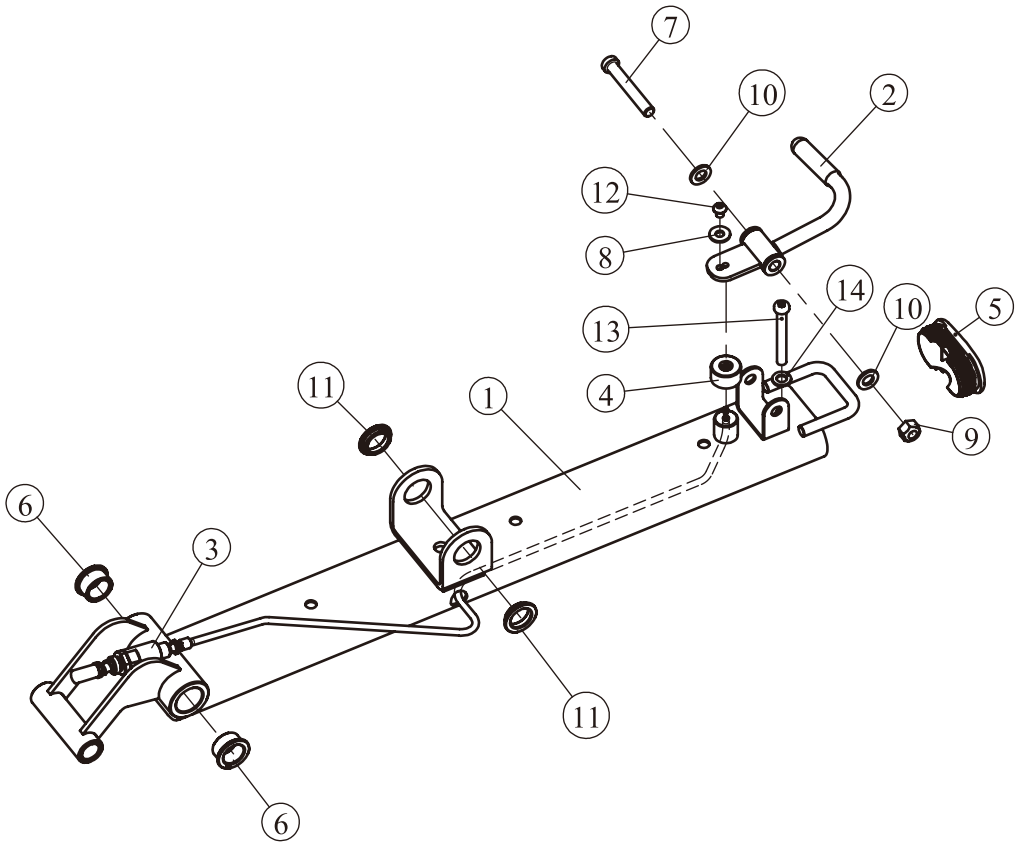


Grade No.	Part No.	Description	QTY
11.1	IT95390200	Bottom Frame	1
11.2	IT95057800	4.5" Pulley	1
11.3	FE97122100	Bushing Φ22*Φ17.5*7.5	1
11.4	IT90013800P11C	Plug RT50*100	2
11.5	IT95016400	Pulley Cover	1
11.6	FE97122300	Limit Shaft	1
11.7	DQ10DS2	Flat Washer Φ11*Φ25*2	1
11.8	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	1

Grade No.	Part No.	Description	QTY
12.2.1	IT95391100	Handle frame	1
12.2.2	M01402000	Bushing Φ12.2	2
12.2.3	CG50001700	Grip	1

Exploded View and Parts List

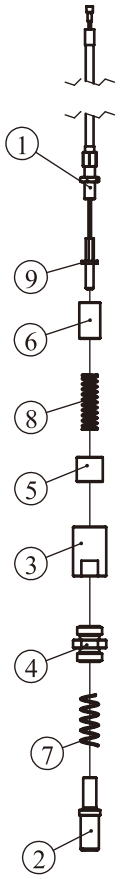
Front Main Frame ASSY



Grade No.	Part No.	Description	QTY
12.1	IT95390300	Front main frame	1
12.2	IT953911ASSY	Handle frame ASSY	1
12.3	C015PL6540ASSY	Gate wire ASSY	1
12.4	IT95391400	Buffer cover	1
12.5	IT90013800P11C	Plug RT50*100	1
12.6	SL70441200	Bushing Φ25	2
12.7	GB70BTM12*80DN18	Socket Head Cap Screw M12*80	1
12.8	DQ8DHS2A	Flat Washer Φ9*Φ22*2	1
12.9	NM12DHS2	M12 Nylon Lock Nut	1
12.10	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2
12.11	FE97085100	Thin BushingΦ25	2
12.12	PNLM8*10DN2	Button Head Cap Screw M8*10	1

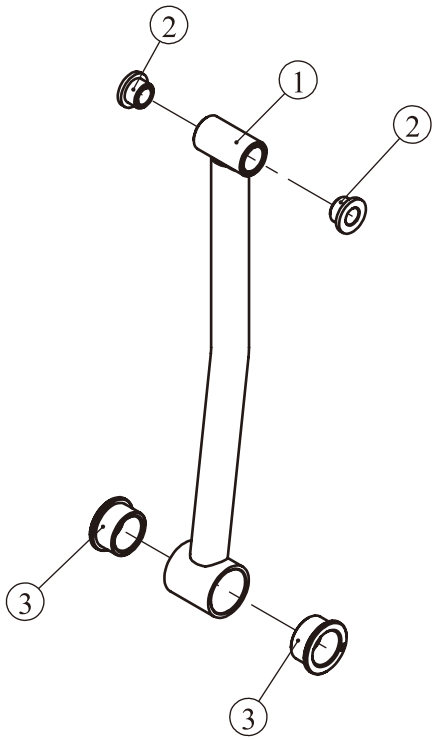
Exploded View and Parts List

Gate Wire ASSY



Grade No.	Part No.	Description	QTY
12.3.1	IT95393500	Gate wire	1
12.3.2	IT95393600	Wire plug	1
12.3.3	C015PL3200	Guide sleeve	1
12.3.4	C015PL3300	Screw joint	1
12.3.5	C015PL3400	Bushing	1
12.3.6	C015PL3500	Sliding sleeve	1
12.3.7	BNH05165	SpringΦ12.7*38	1
12.3.8	DC1500A1703	SpringΦ12*Φ1.2*42	1
12.3.9	GB938DS12	Spring Washer Φ8	1

Support Frame ASSY

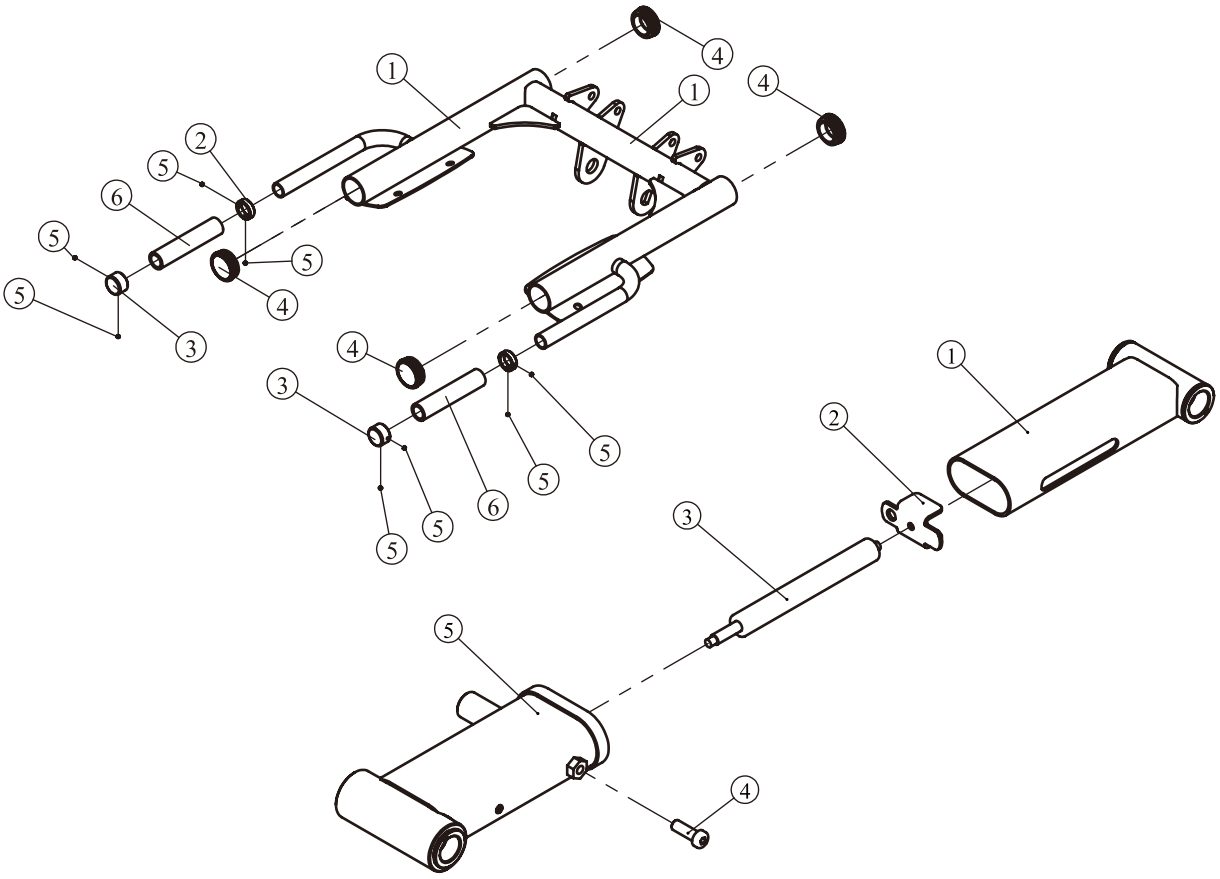


Grade No.	Part No.	Description	QTY
14.1	IT95390700	Support frame	1
14.2	M01402000	Bushing Φ12.2	2
14.3	SL70441200	Bushing Φ25	2

Exploded View and Parts List

Shoulder Mount ASSY

Adjusting Frame ASSY

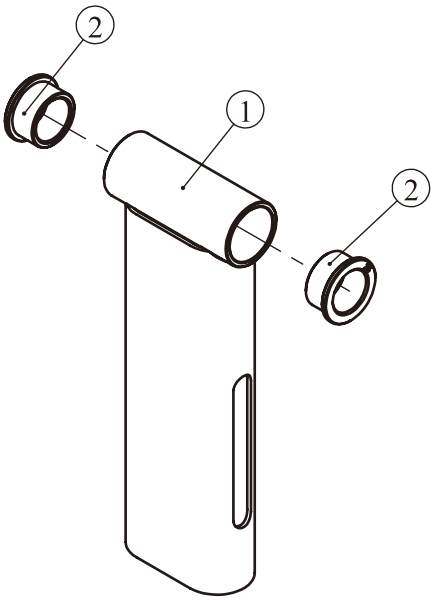


Grade No.	Part No.	Description	QTY
13.1	IT95390400	Shoulder mount	1
13.2	V39500	Aluminum Grip Ring	2
13.3	IT95022100	Aluminum Grip Cap	2
13.4	B10009900	Plug Φ50.8	4
13.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8
13.6	FE97031800	Grip	2

Grade No.	Part No.	Description	QTY
15.1	IT953906ASSY	Inner adjusting frame ASSY	1
15.2	IT95392600	Gas spring seat	1
15.3	QD22-300-120-400	Gas spring	1
15.4	GB70BTM10*30DHS18	Socket Head Cap Screw M10*30	1
15.5	IT953905ASSY	Outer adjusting frame ASSY	1

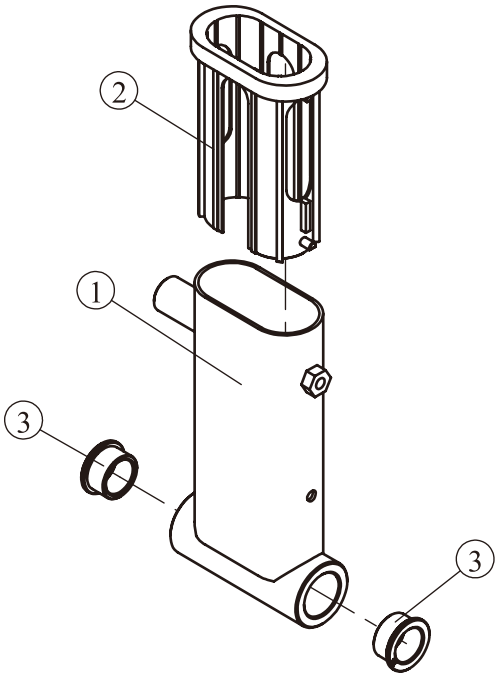
Exploded View and Parts List

Inner Adjusting Frame ASSY



Grade No.	Part No.	Description	QTY
15.1.1	IT95390600	Inner adjusting frame	1
15.1.2	SL70441200	Bushing Φ25	2

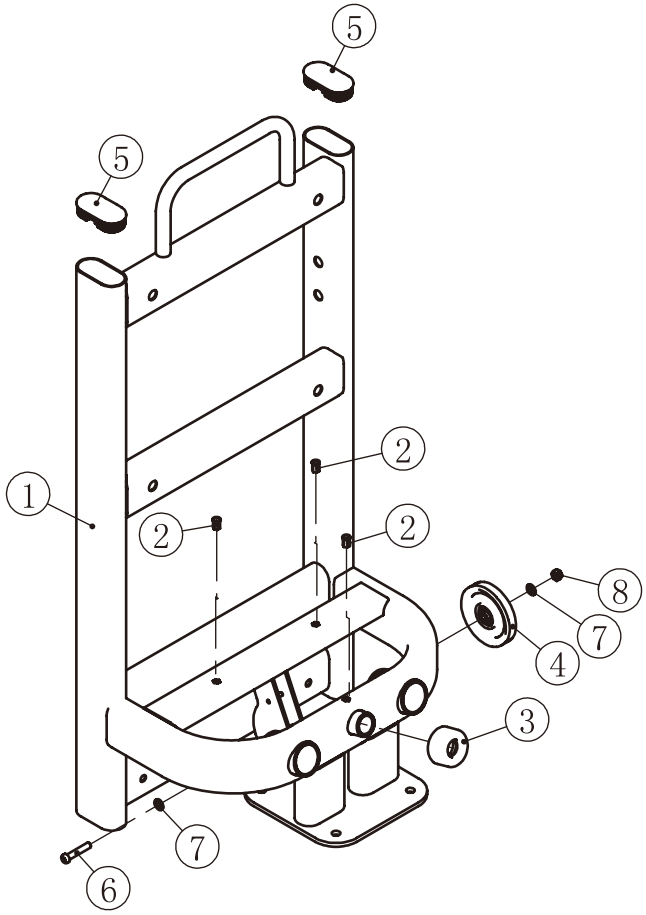
Outer Adjusting Frame ASSY



Grade No.	Part No.	Description	QTY
15.5.1	IT95390500	Outer adjusting frame	1
15.5.2	IT80125200	Hollow pipe sleeve	1
15.5.3	SL70441200	Bushing Φ25	2

Exploded View and Parts List

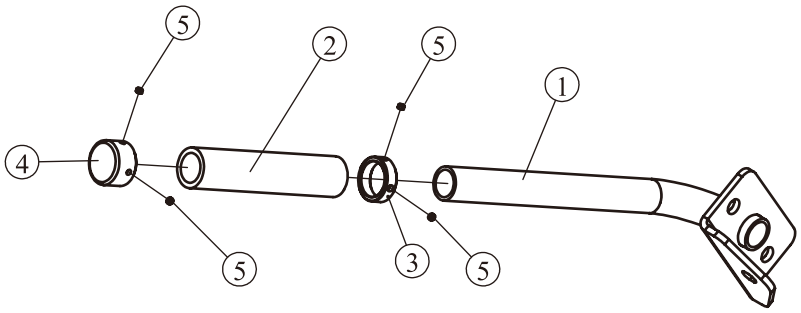
Front Frame ASSY



Grade No.	Part No.	Description	QTY
17.1	IT95100400	Front Frame	1
17.2	GB17880.5M8*16.5DCS17	Rivet Nut M8	3
17.3	IT95102100	Urethane Bumper	1
17.4	SG500110400V5	4.5" Pulley	1
17.5	IT90013800P11C	Plug RT50*100	2
17.6	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	1
17.7	GB9510DN2	Flat Washer Φ11*Φ20*2	2
17.8	NM10DN2	Nylon Lock Nut M10	1

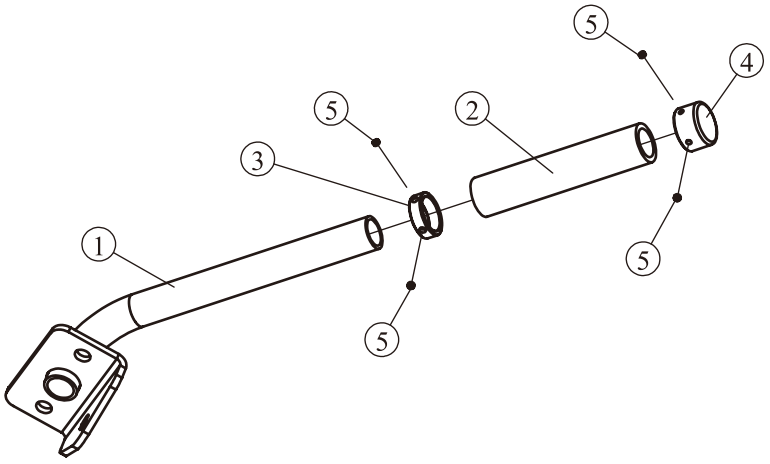
Exploded View and Parts List

Auxiliary Handle Frame ASSY 1



Grade No.	Part No.	Description	QTY
19.1	IT95390900	Auxiliary handle frame 1	1
19.2	FE97031800	Grip	1
19.3	V39500	Aluminum Grip Ring	1
19.4	IT95022100	Aluminum Grip Cap	1
19.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

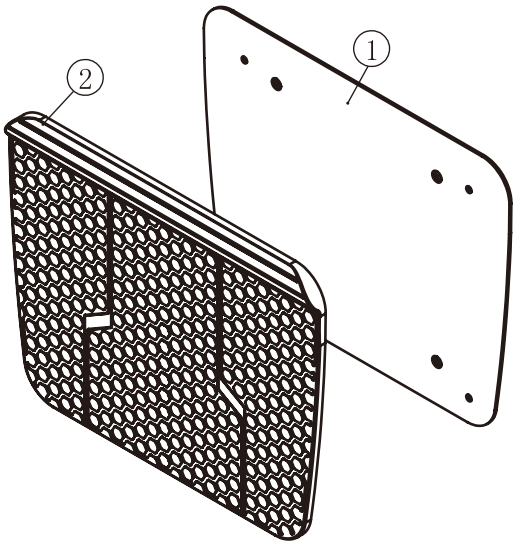
Auxiliary Handle Frame ASSY 2



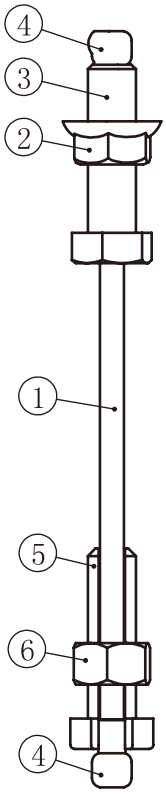
Grade No.	Part No.	Description	QTY
20.1	IT95391000	Auxiliary handle frame 2	1
20.2	FE97031800	Grip	1
20.3	V39500	Aluminum Grip Ring	1
20.4	IT95022100	Aluminum Grip Cap	1
20.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

Front Pedal ASSY



Cable ASSY

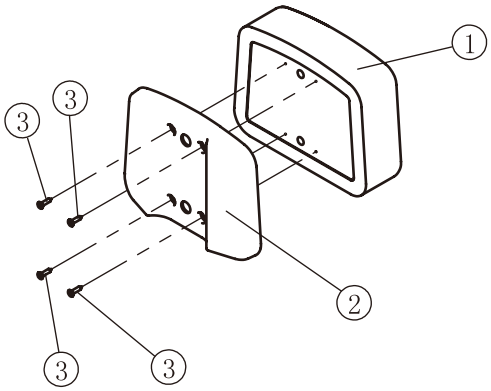


Grade No.	Part No.	Description	QTY
26.1	IT95101500	Front Pedal Frame	1
26.2	FE97102000	Pedal Plate	1

Grade No.	Part No.	Description	QTY
34.1	IT95101801	Cable1	1
34.2	HF900-03A1002	Hex Flange Nut	2
34.3	HS11757602	Screw1/2"-13*50.8	1
34.4	HS11757603	Terminal Block	2
34.5	IT95101400	Screw1/2"-13*45	1
34.6	YLM0.5*13*11DS2	Hex Nut 1/2"-13	1

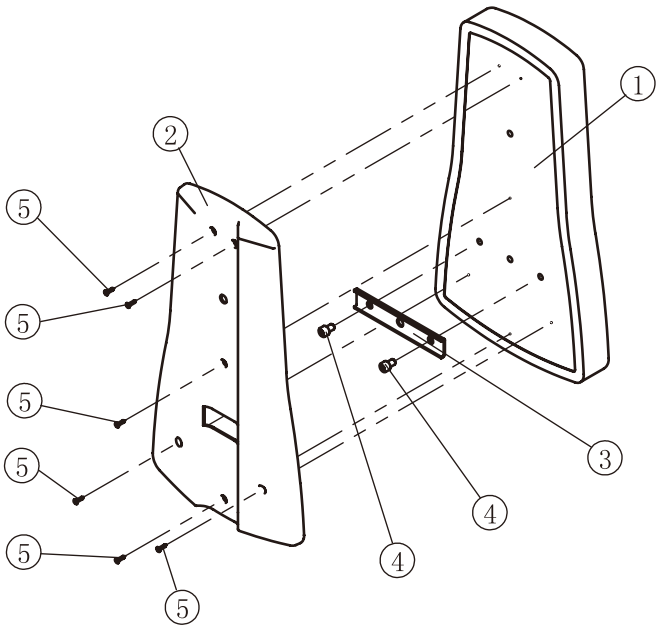
Exploded View and Parts List

Head Pad ASSY



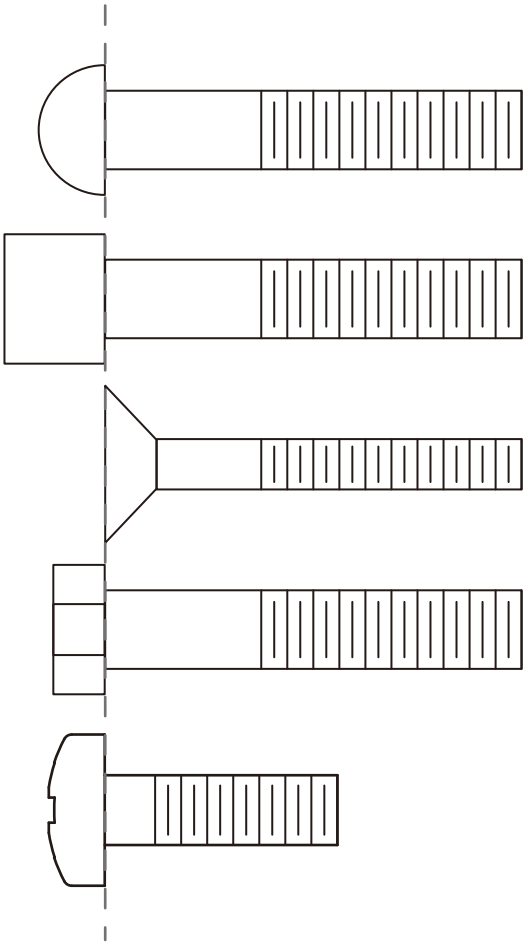
Grade No.	Part No.	Description	QTY
42.1	IT95017200	Head Pad	1
42.2	IT95017400	Head Pad Cover	1
42.3	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	4

Back Pad ASSY



Grade No.	Part No.	Description	QTY
43.1	IT95017100	Back Pad	1
43.2	IT95017300	Back Pad Cover	1
43.3	IT95017500	Back Pad Support Plate	1
43.4	GB70M10*15DS20	Socket Head Cap Screw M10*15	2
43.5	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	6

Measurement Guide



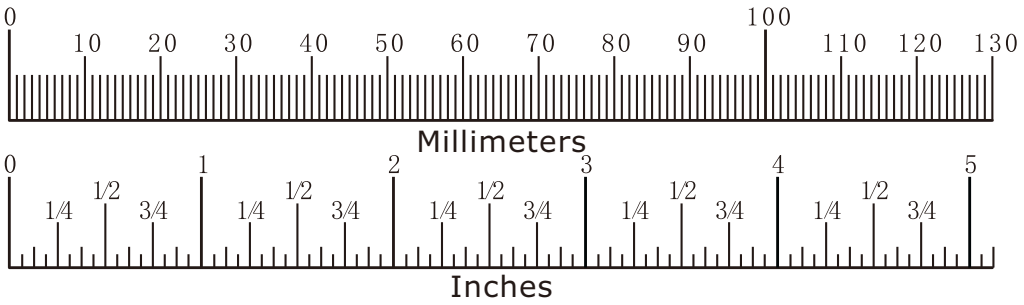
BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt

CRPHS = Cross Recessed Pan Head Screw



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

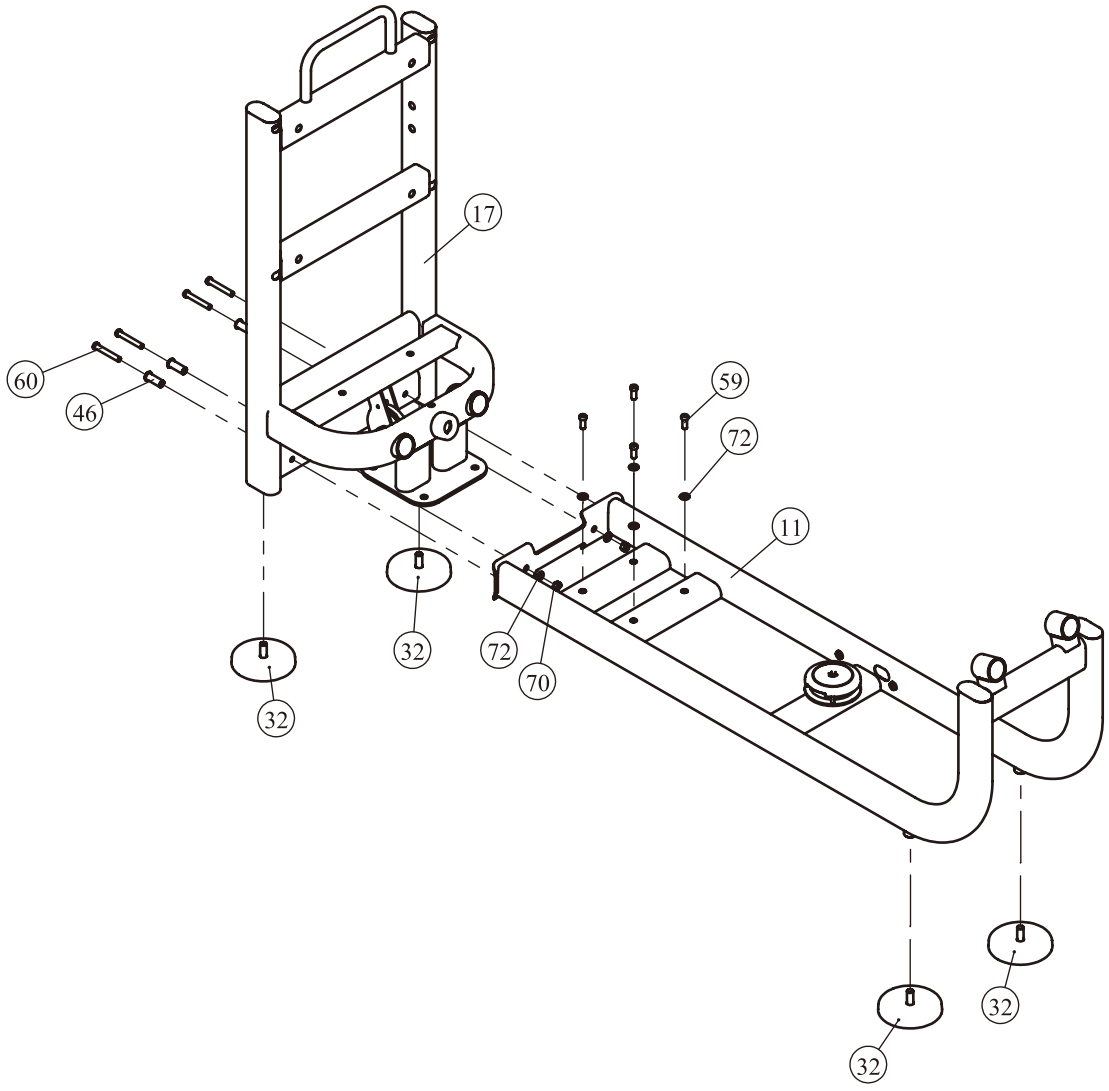
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach four Adjustable Foot Plates (#32) to the Main Frame ASSY (#11) and Front Frame ASSY (#18).
2. Attach the Rear Bracket (#7) to the Top Rear Shroud (#4) using:
   two M6*10 CRPHS (#66)
3. Attach the Main Frame ASSY (#11) to the Front Frame ASSY (#17) using:
   four Support Sleeve (#46)
   four M12*30 SHCS (#59)
   four M12*80 SHCS (#60)
   two M12 Nylon Lock Nut (#70)
   six Φ13*Φ24*2.5 Flat Washer (#72)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



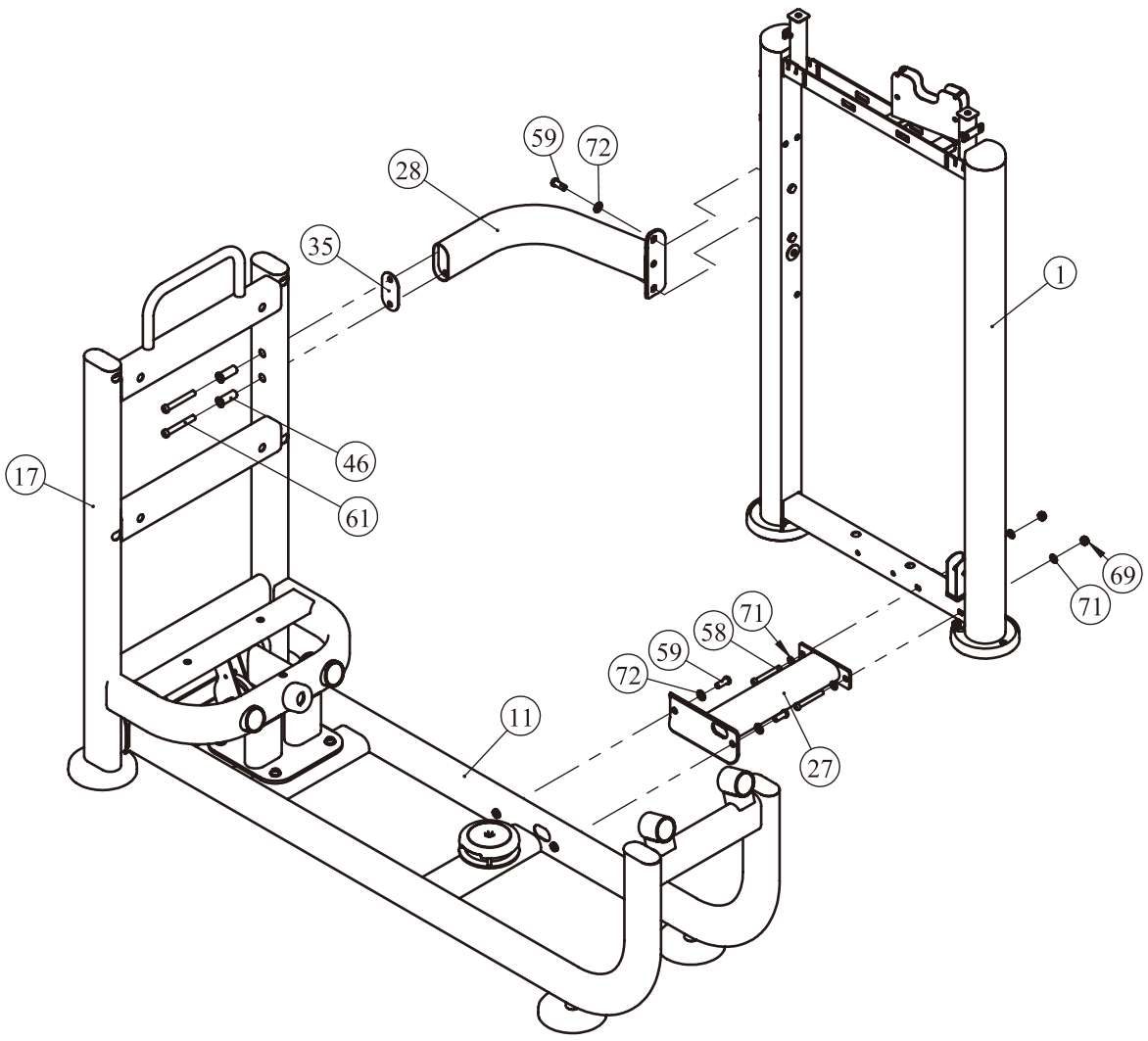
Assembly

STEP 2

Attach Bottom Frame Brace (#27), Front Connection Frame (#28) to the Main Frame ASSY (#11), Front Frame ASSY (#17), Weight Stack Frame ASSY (#1) using:

one Ellipse Plate (#35)
two Support Sleeve (#46)
two M12*90 SHCS (#58)
four M12*30 SHCS (#59)
two M10*80 SHCS (#61)
two M10 Nylon Lock Nut (#69)
four Φ11*Φ20*2 Flat Washer (#71)
four Φ13*Φ24*2.5 Flat Washer (#72)

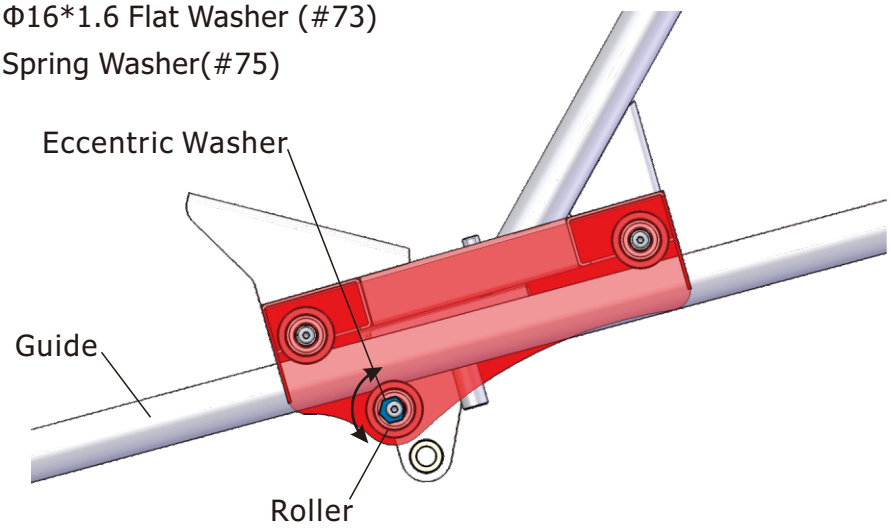
Note: Wrench Tighten Bolts and Nylon Lock Nuts.
Adjust the Adjustable Foot Plates to make the machines stable.



Assembly

STEP 3

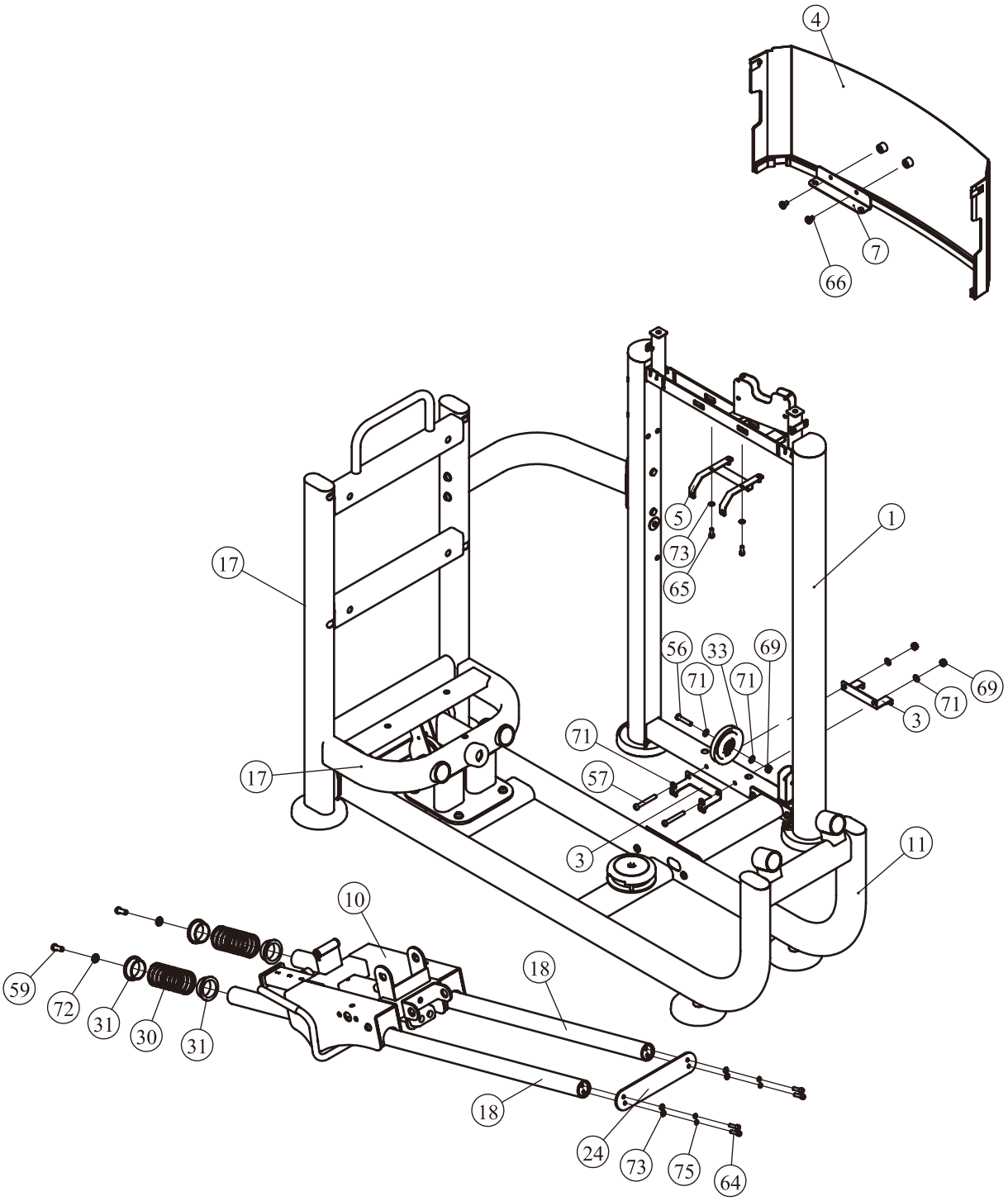
1. Attach one 4.5" Pulleys (#33) to the Weight Stack Frame ASSY (#1) using:
   one M10*50 SHCS (#56)
   two Φ11*Φ20*2 Flat Washer (#71)
   one M10 Nylon Lock Nut (#69)
2. Attach the Top Bracket ASSY (#5) and two Bottom Bracket ASSY (#3) to the Weight Stack Frame ASSY (#1) using:
   two M8*20 SHCS (#65)
   two Φ9*Φ16*1.6 Flat Washer (#73)
   two M10*75 SHCS (#57)
   four Φ11*Φ20*2 Flat Washer (#71)
   two M10 Nylon Lock Nut (#69)
3. Take the two Sliding Guide Rods (#18) Through the rear hole of the Main Frame ASSY (#11), Through the rollers of Seat Carriage Frame ASSY (#10), two Big Springs (#30) four Nylon Baffle Ring (#31) into the hole on the Front Frame ASSY (#17), Attach the Connecting Plate (#24) on, using:
   two M12*30 SHCS (#59)
   four M8*30 SHCS (#64)
   two Φ13*Φ24*2.5 Flat Washer (#72)
   fourΦ9*Φ16*1.6 Flat Washer (#73)
   four Φ8 Spring Washer(#75)



Note: Adjust The Gap between the Rollers and Guide Rod by Adjusting the Eccentric Washer in the Bottom of the Seat Frame ASSY, The Rollers should be Close to the Guide Rod, But not be Tight.

Assembly

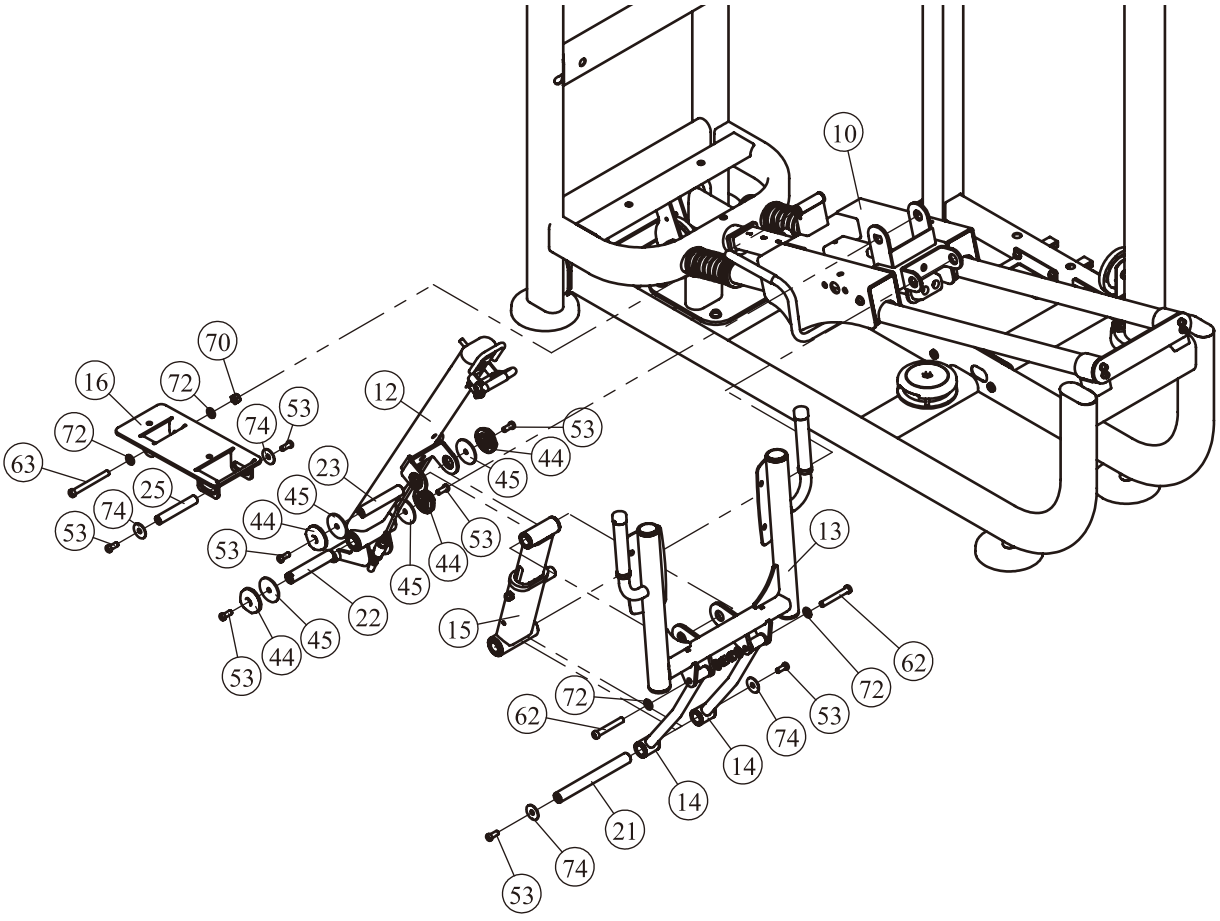
STEP 3



Assembly

STEP 4

1. Attach one Back pad rack ASSY (#12), one Seat cushion (#16) to Seat Carriage Frame ASSY (#10) using:
   one Back pad shaft (#22)
   two Cap Φ60 (#44)
   four M10*25 SHCS (#53)
   one M12 Nylon Lock Nut (#70)
   two Φ11*Φ38*2 Flat Washer (#74)
   one Round catch shaft (#25)
   two Big Washer Φ62*Φ10.5*3 (#45)
   one M12*115 SHCS (#63)
   two Φ13*Φ24*2.5 Flat Washer (#72)
2. Attach one Shoulder mount ASSY (#13), two Support frame ASSY (#14), one Adjusting frame ASSY (#15) to Seat Carriage Frame ASSY (#10) and Back pad rack ASSY (#12) using:
   one Long shaft (#21)
   two Cap Φ60 (#44)
   four M10*25 SHCS (#53)
   two M12 Nylon Lock Nut (#70)
   four Φ13*Φ24*2.5 Flat Washer (#72)
   one Shoulder mount shaft (#23)
   two Big Washer Φ62*Φ10.5*3 (#45)
   two M12*85 SHCS (#62)
   two Φ11*Φ38*2 Flat Washer (#74)



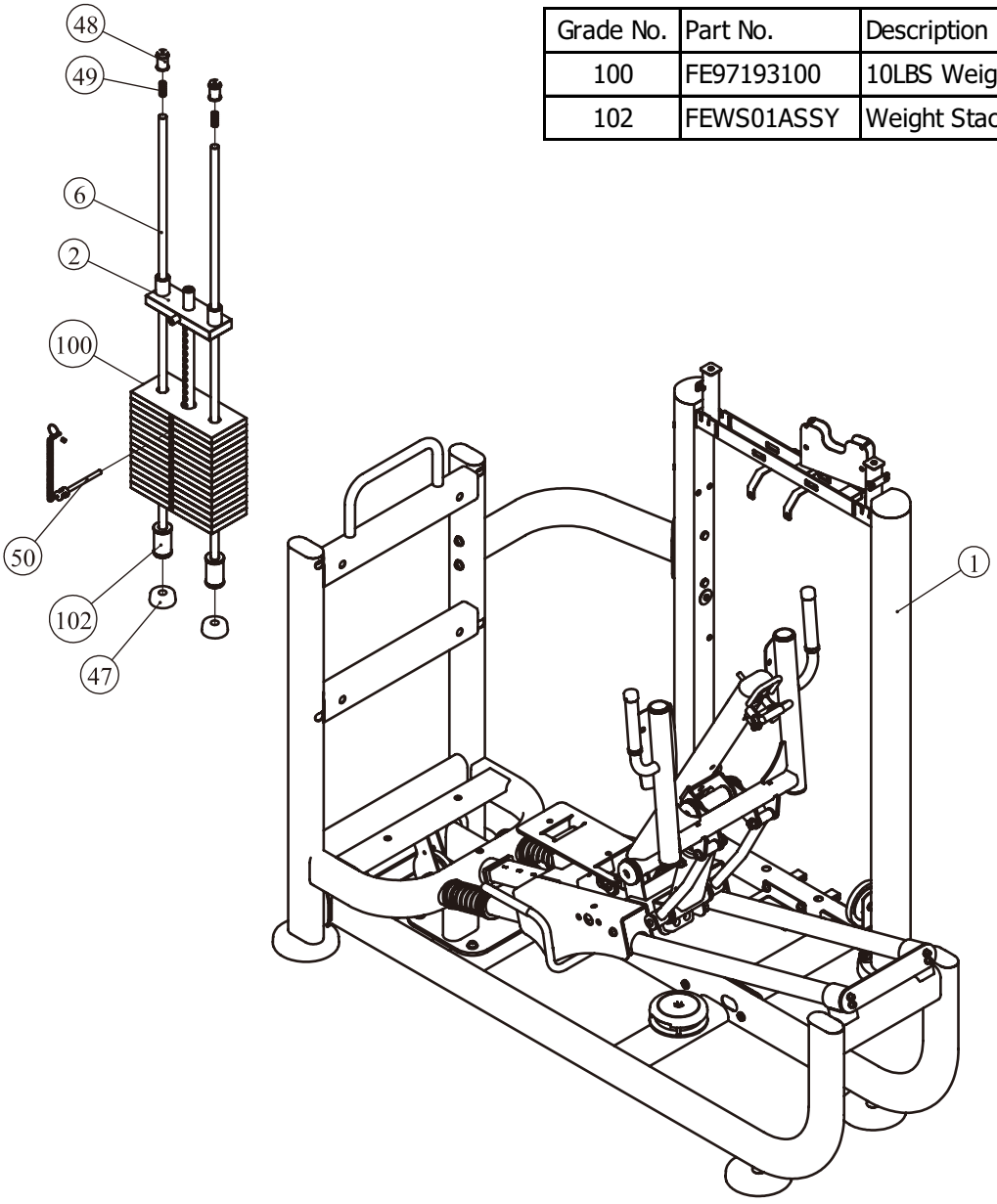
Assembly

STEP 5

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

1. Attach:
   two Guide Rod Φ19*1242 (#6)
   fifteen Weight Plate 10LBS (#100)
   one Top Plate (#2)
   to the Weight Stack Frame ASSY (#1) using:
   two Guide Rod Fixing Sleeve Φ25*Φ19*45 (#48)
   two Spring (#49)
   two Weight Rubber Bumper (#47)
   two weight stack space (#102)
3. Attach the Selector Pin W/Coil (#50) to the Top Plate (#4).

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

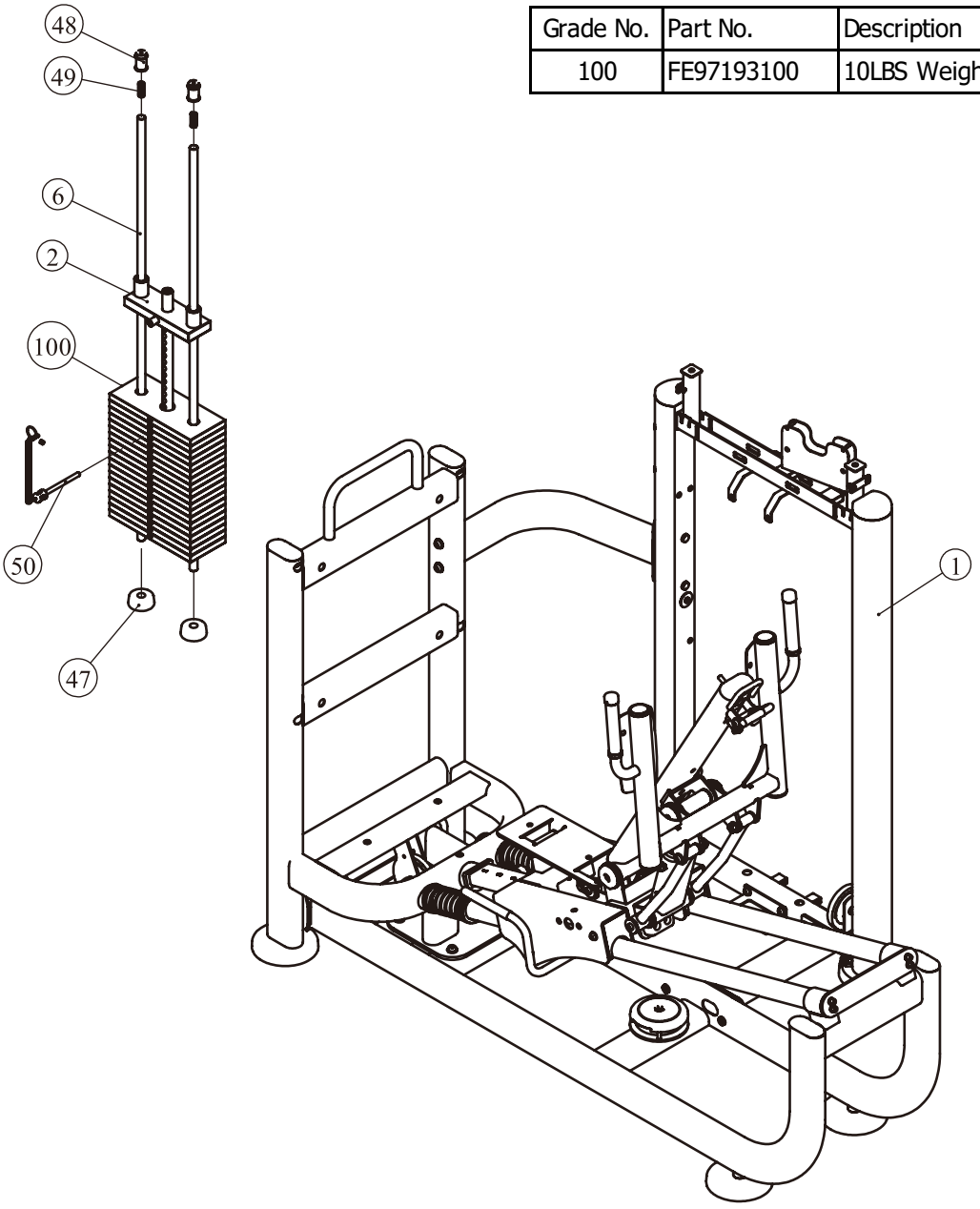


Assembly

STEP 5

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

1. Attach:
   two Guide Rod Φ19*1242 (#6)
   two Weight Rubber Bumper (#47)
   nineteen Weight Plate 10LBS (#100)
   one Top Plate (#2)
   to the Weight Stack Frame ASSY (#1) using:
   two Guide Rod Fixing Sleeve Φ25*Φ19*45 (#48)
   two Spring (#49)
3. Attach the Selector Pin W/Coil (#50) to the Top Plate (#4).



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

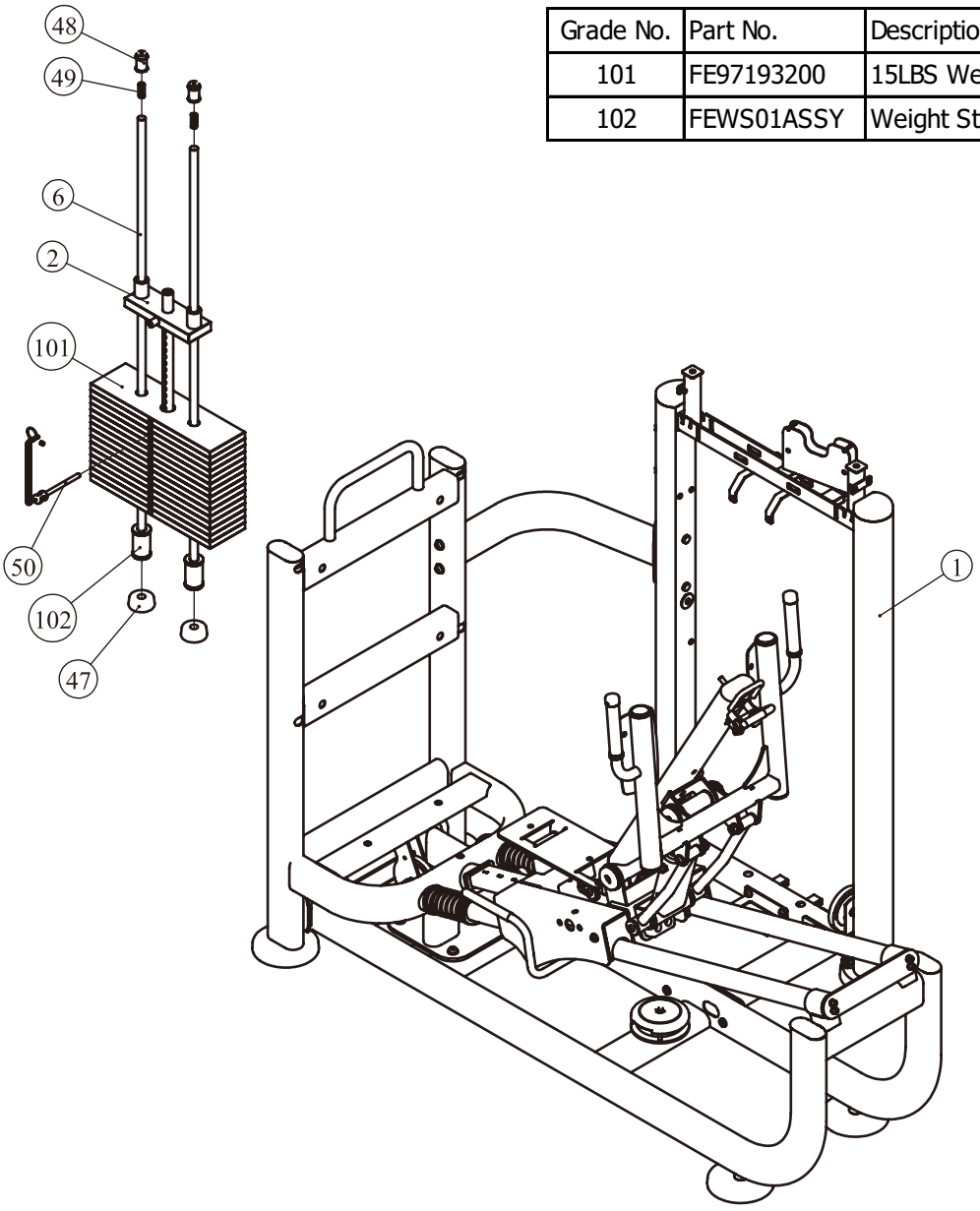
Assembly

STEP 5

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

1. Attach:
   two Guide Rod Φ19*1242 (#6)
   fifteen Weight Plate 15LBS (#101)
   one Top Plate (#2)
   to the Weight Stack Frame ASSY (#1) using:
   two Guide Rod Fixing Sleeve Φ25*Φ19*45 (#48)
   two Spring (#49)
   two Weight Rubber Bumper (#47)
   two weight stack space (#102)
3. Attach the Selector Pin W/Coil (#50) to the Top Plate (#4).

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



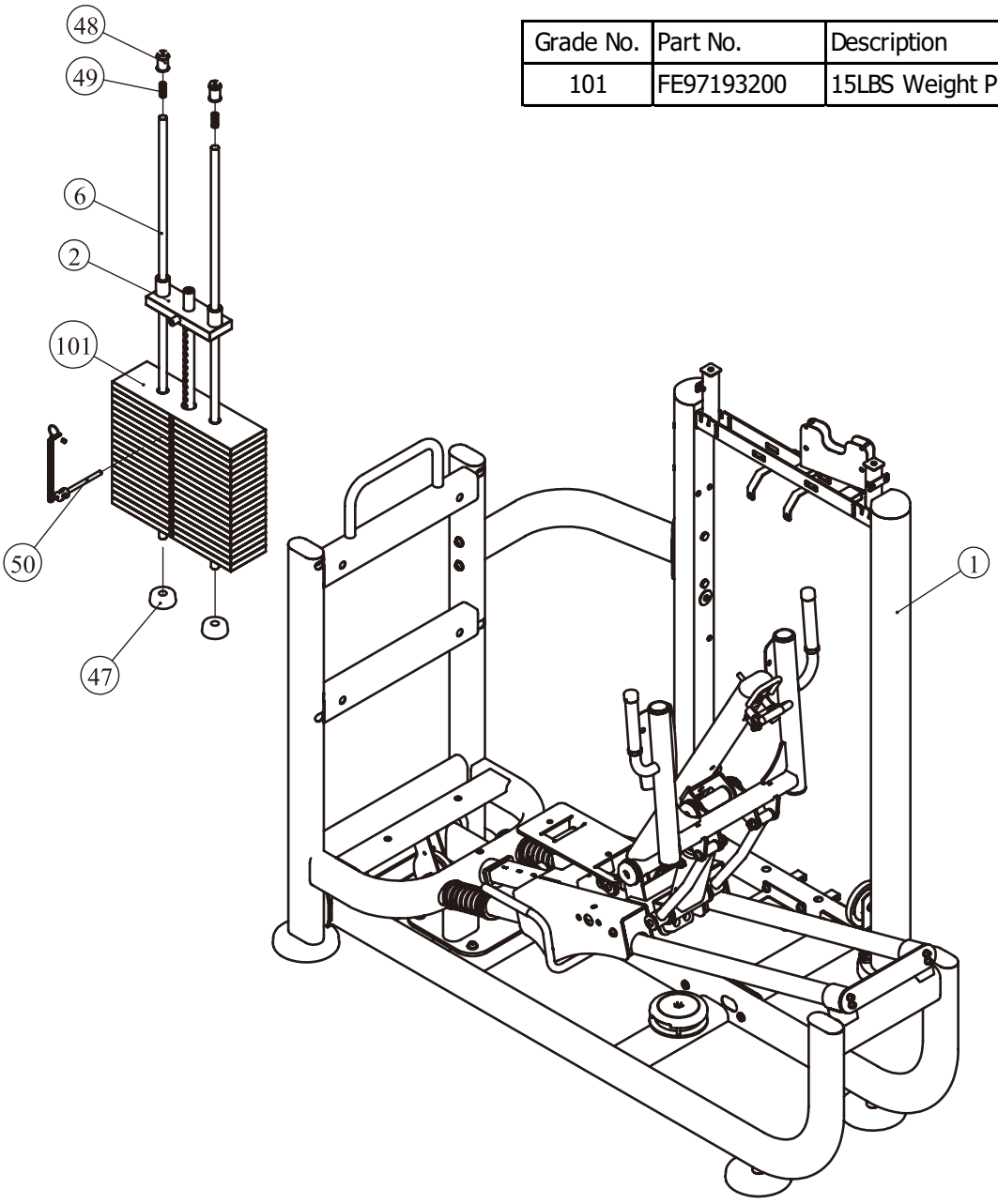
Assembly

STEP 5

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

1. Attach:
   two Guide Rod Φ19*1242 (#6)
   two Weight Rubber Bumper (#47)
   nineteen Weight Plate 15LBS (#101)
   one Top Plate (#2)
   to the Weight Stack Frame ASSY (#1) using:
   two Guide Rod Fixing Sleeve Φ25*Φ19*45 (#48)
   two Spring (#49)
3. Attach the Selector Pin W/Coil (#50) to the Top Plate (#4).

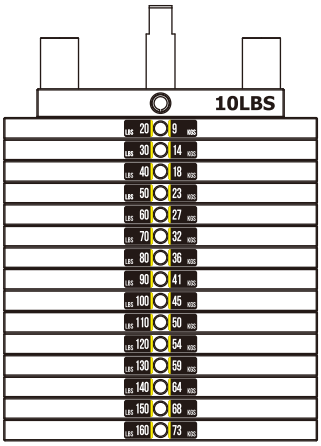
Grade No.	Part No.	Description	QTY
101	FE97193200	15LBS Weight Plate	19



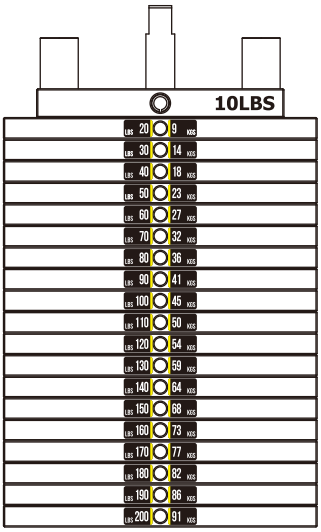
Assembly

All weight plate sticker paste schematic diagram



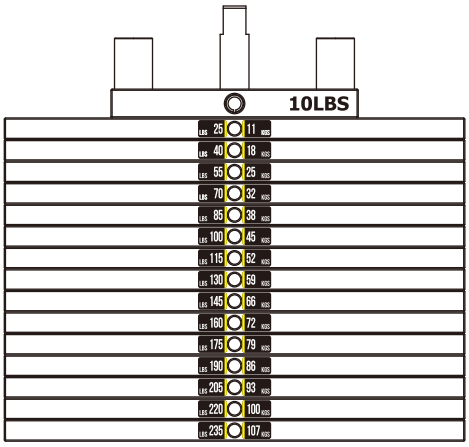


20-160LBS

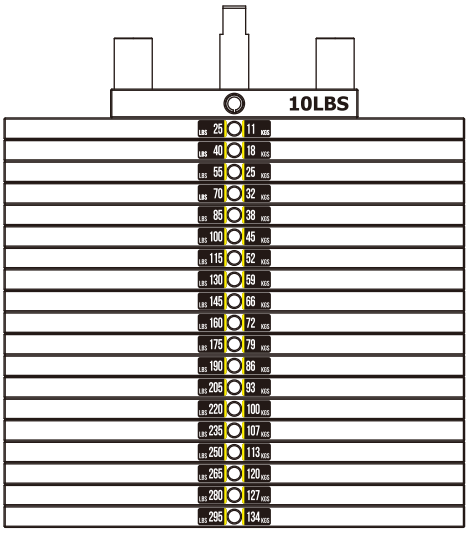


20-200LBS





25-235LBS



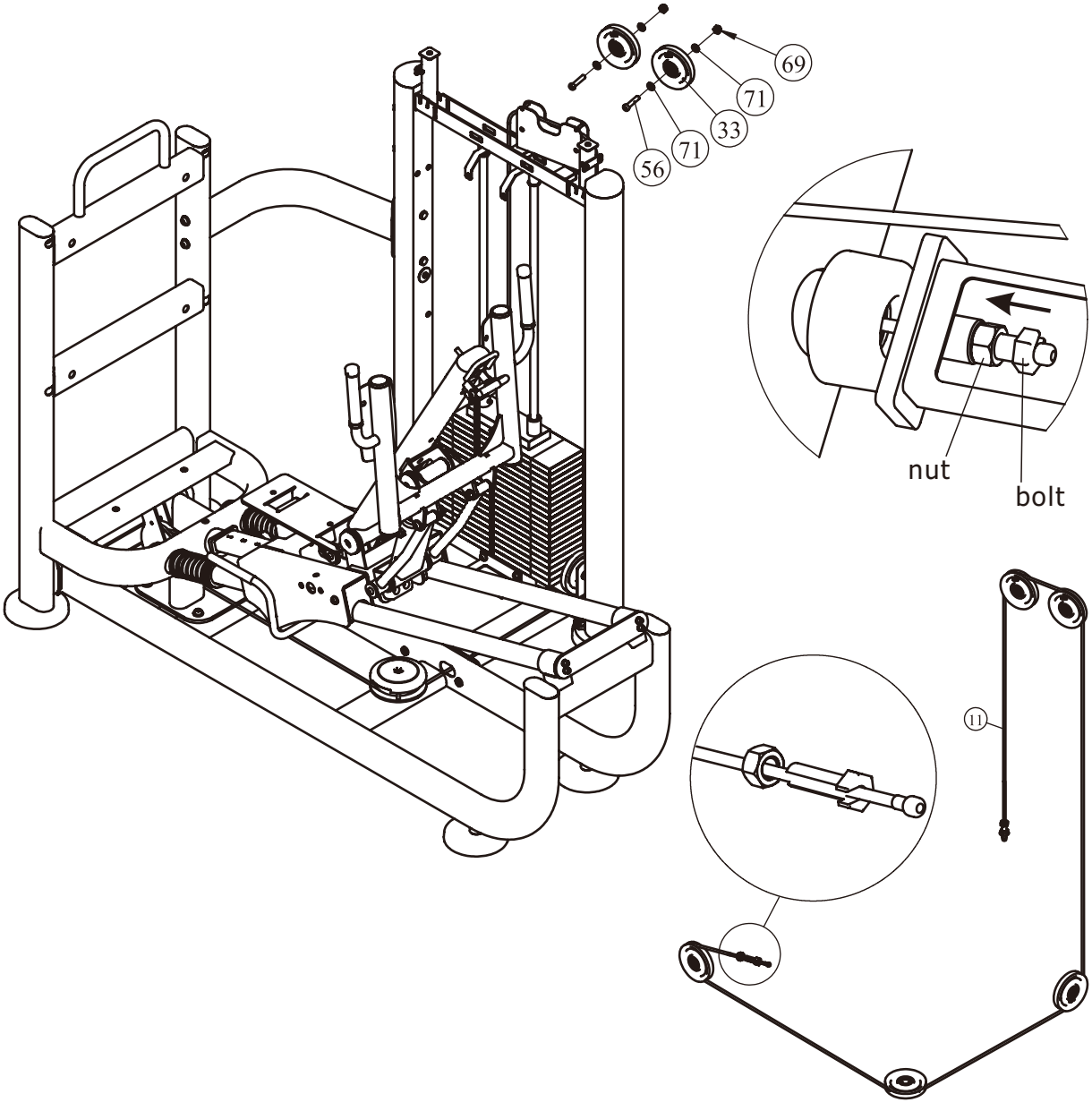
25-295LBS

Assembly

STEP 6

1. Attach two 4.5" Pulleys (#33) to the Weight Stack Frame ASSY (#1) using:
   two M10*50 SHCS (#56)
   four Φ11*Φ20*2 Flat Washer (#71)
   two M10 Nylon Lock Nut (#69)
2. Attach the two ends of the Cable ASSY (#34) to the Top Plate (#2) and the Seat Carriage Frame ASSY (#11).

Note: Wrench tighten bolts and Nylon Lock Nuts. The end of the Cable should be throngh into the tube. Tighten the bolt and the nut from right to left.



Assembly

Full Shroud

STEP 7

Tips: Pre-assemble the four M6*16 CRPHS (#67) and four M6*20 CRPHS (#68) into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

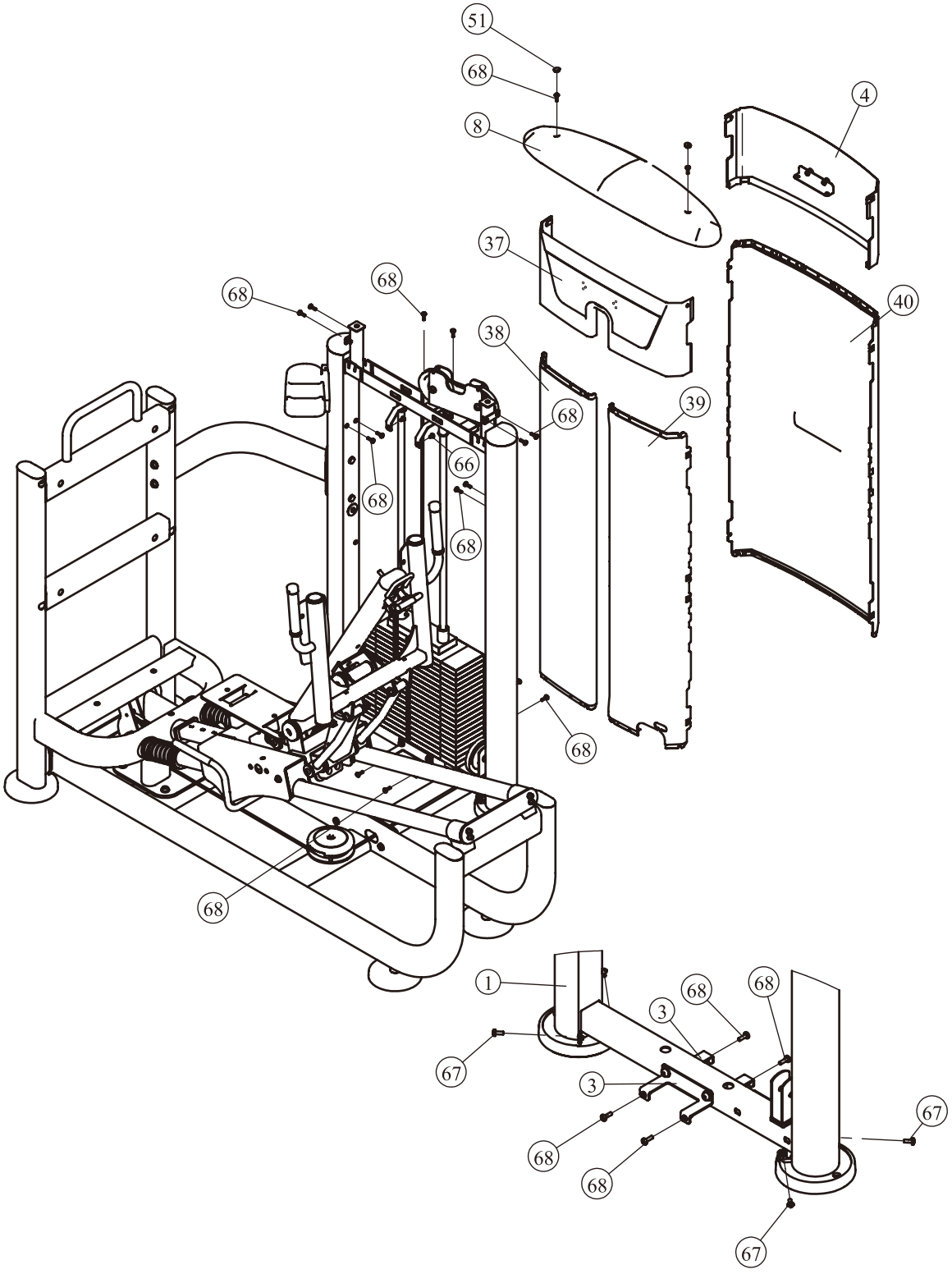
1. Attach the Right Front Shroud (#39) and the Front Shroud (#38) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3)，wrench tighten Bolts:
   two M6*16 CRPHS (#67)
   four M6*20 CRPHS (#68)
2. Attach the Rear Shroud (#40) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) wrench tighten Bolts:
   two M6*16 CRPHS (#67)
   four M6*20 CRPHS (#68)
3. Attach the Training Placard Cover (#10) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#21) using:
   two M6*10 CRPHS (#66)
   two M6*20 CRPHS (#68)
4. Attach the Top Rear Shroud (#4) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#5) using:
   four M6*20 CRPHS (#68)
5. Attach the Top Cover (#8) to the Weight Stack Frame ASSY (#1) using:
   two M6*20 CRPHS (#68)
   two Spout Plug Φ16.5*6.88 (#51)
6. Attach the Cup Holder (#9) to the Weight Stack Frame ASSY (#1) using:
   two M6*20 CRPHS (#68)

Note: Wrench tighten bolts.

Assembly

STEP 7

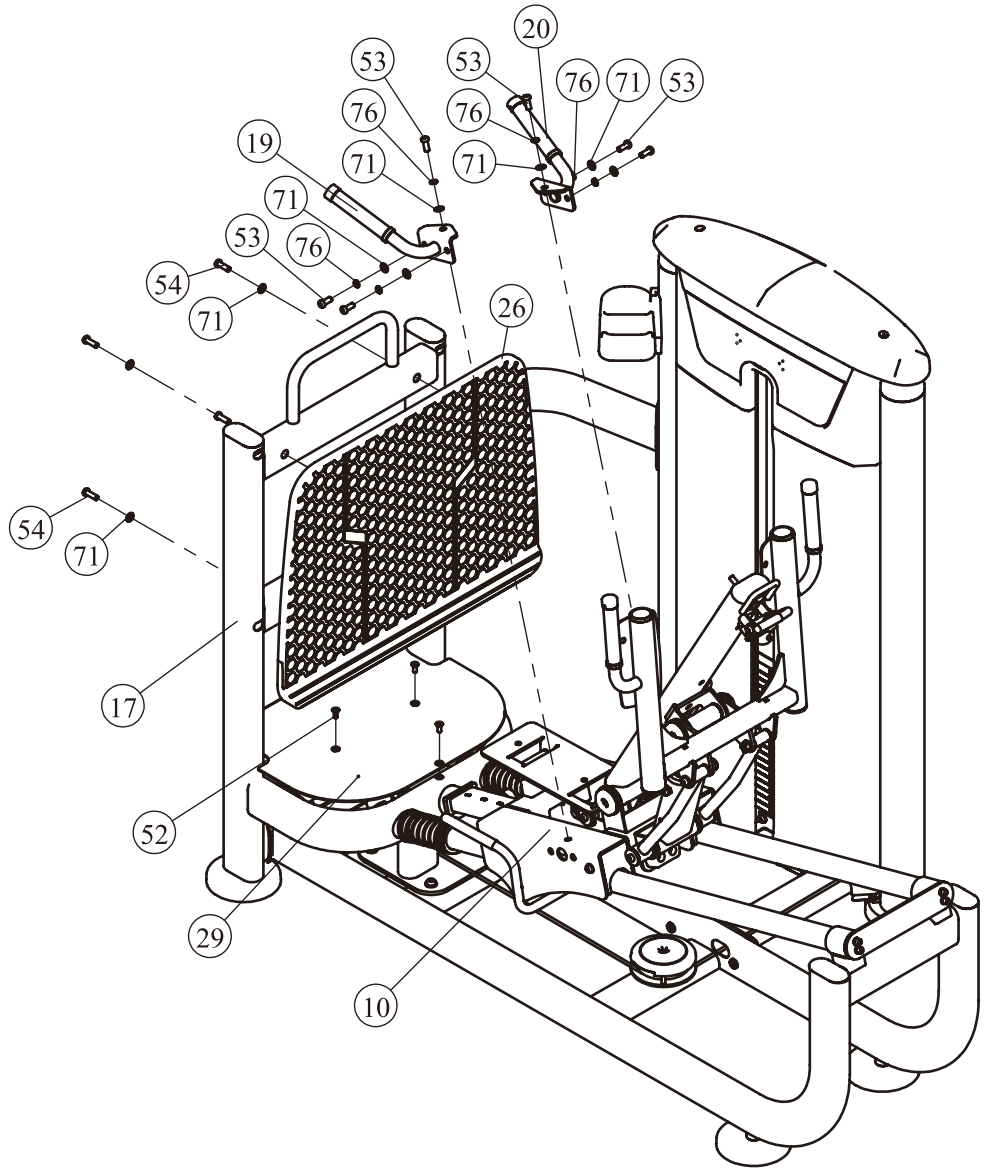
Full Shroud



Assembly

STEP 8

1. Attach the Pedal ASSY (#26) to Front Frame ASSY (#17) using:
   four M10*30 SHCS (#54)
   four Φ11*Φ20*2 Flat Washer (#71)
2. Attach the Auxiliary Pedal (#29) to Front Frame ASSY (#17) using:
   three M8*20 FHCS(#52)
3. Attach Auxiliary handle frame ASSY 1 (#19), Auxiliary handle frame ASSY 2 (#20) to Seat Carriage Frame ASSY (#10), using:
   six M10*25 SHCS (#53)
   six Φ11*Φ20*2 Flat Washer (#71)
   six Φ10 Spring Washer(#76)



Assembly

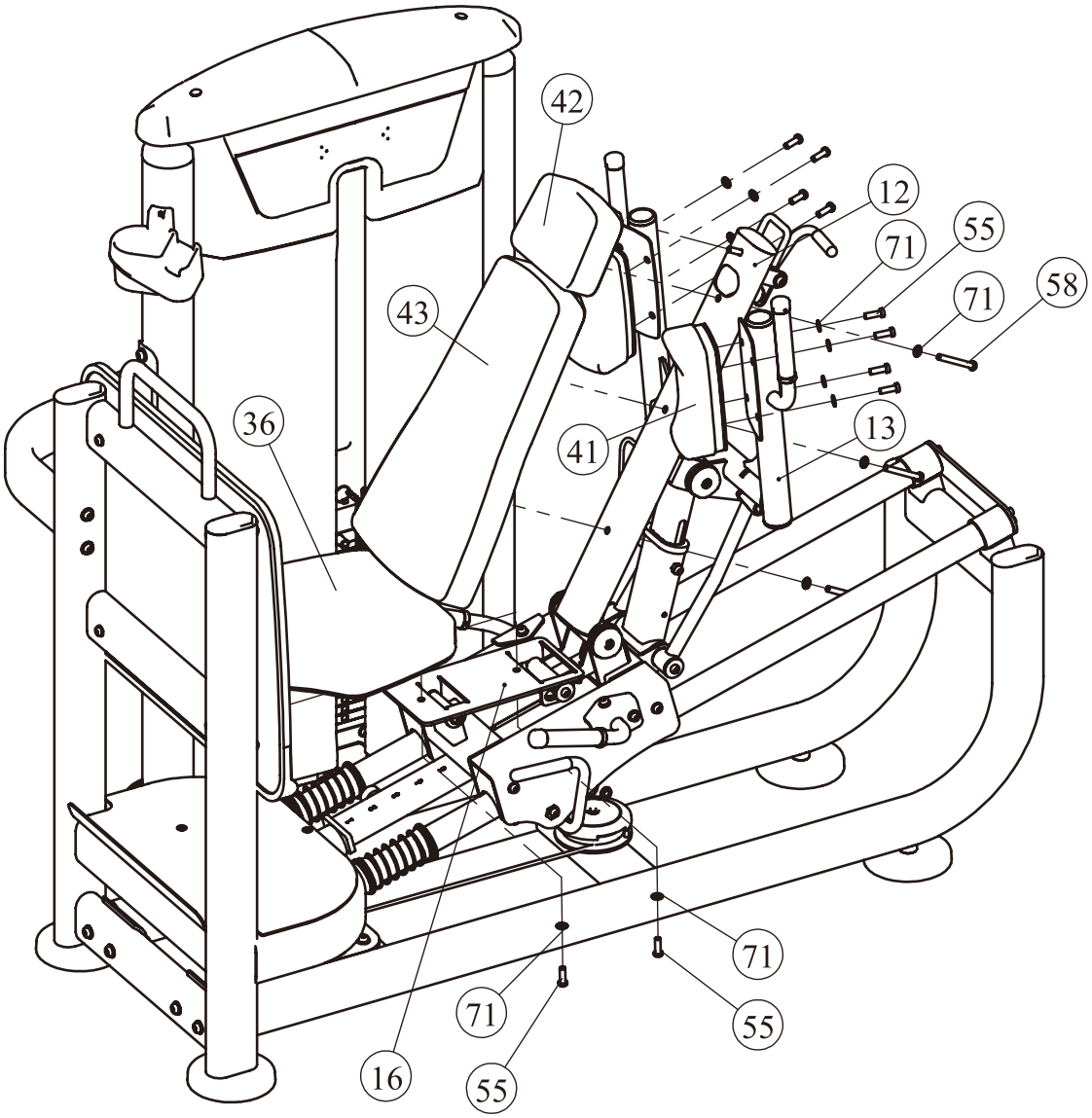
STEP 9

Attach Seat Pad (#36), Head Pad ASSY (#42), Back Pad ASSY (#43), Shoulder pad (#41) to the Back pad rack ASSY (#12), Shoulder mount ASSY (#13), Seat cushion (#16), using:

ten M10*30 SHCS (#55)

four M10*80 SHCS (#58)

fourteen Φ11*Φ20*2 Flat Washer (#71)



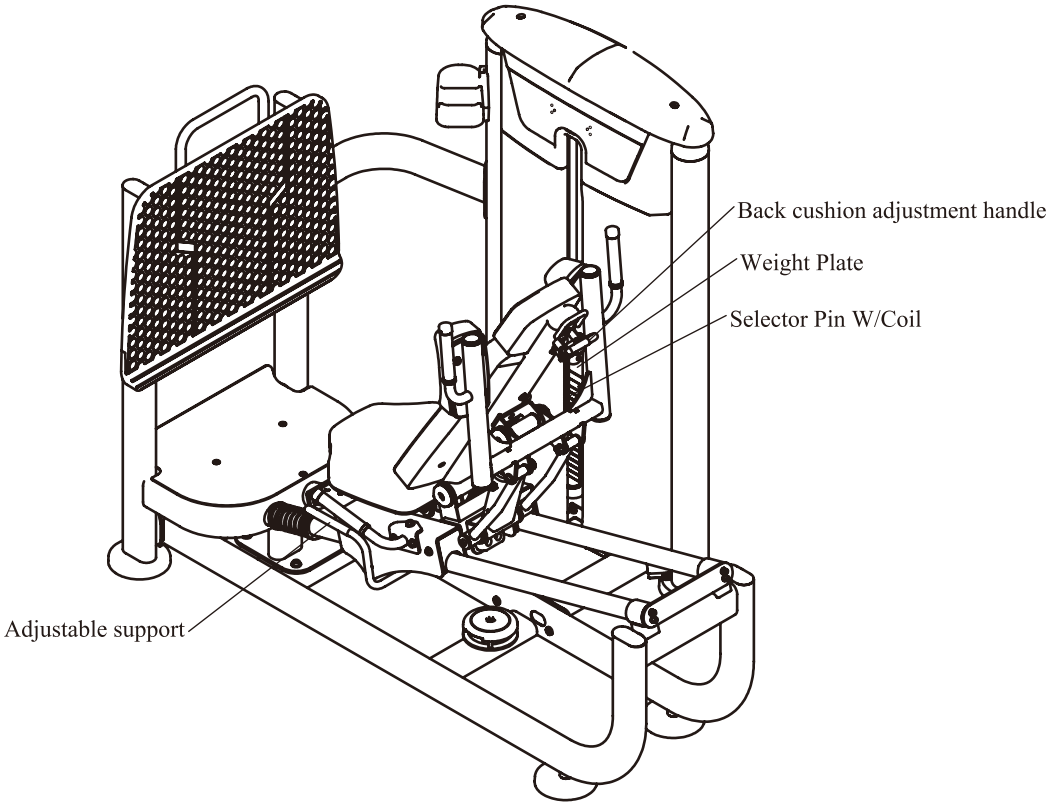
Adjust Instructions and Exercise Instructions

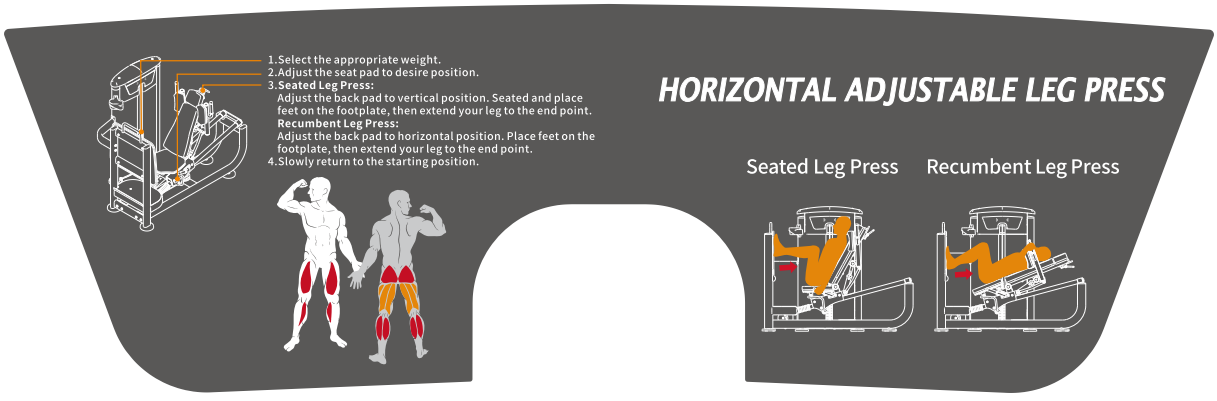
The seat Pad adjustment

1. Push the Adjustable Support and adjust the Chest Pad to the desired position.
2. 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 W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole 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 warn 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 uses 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.


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