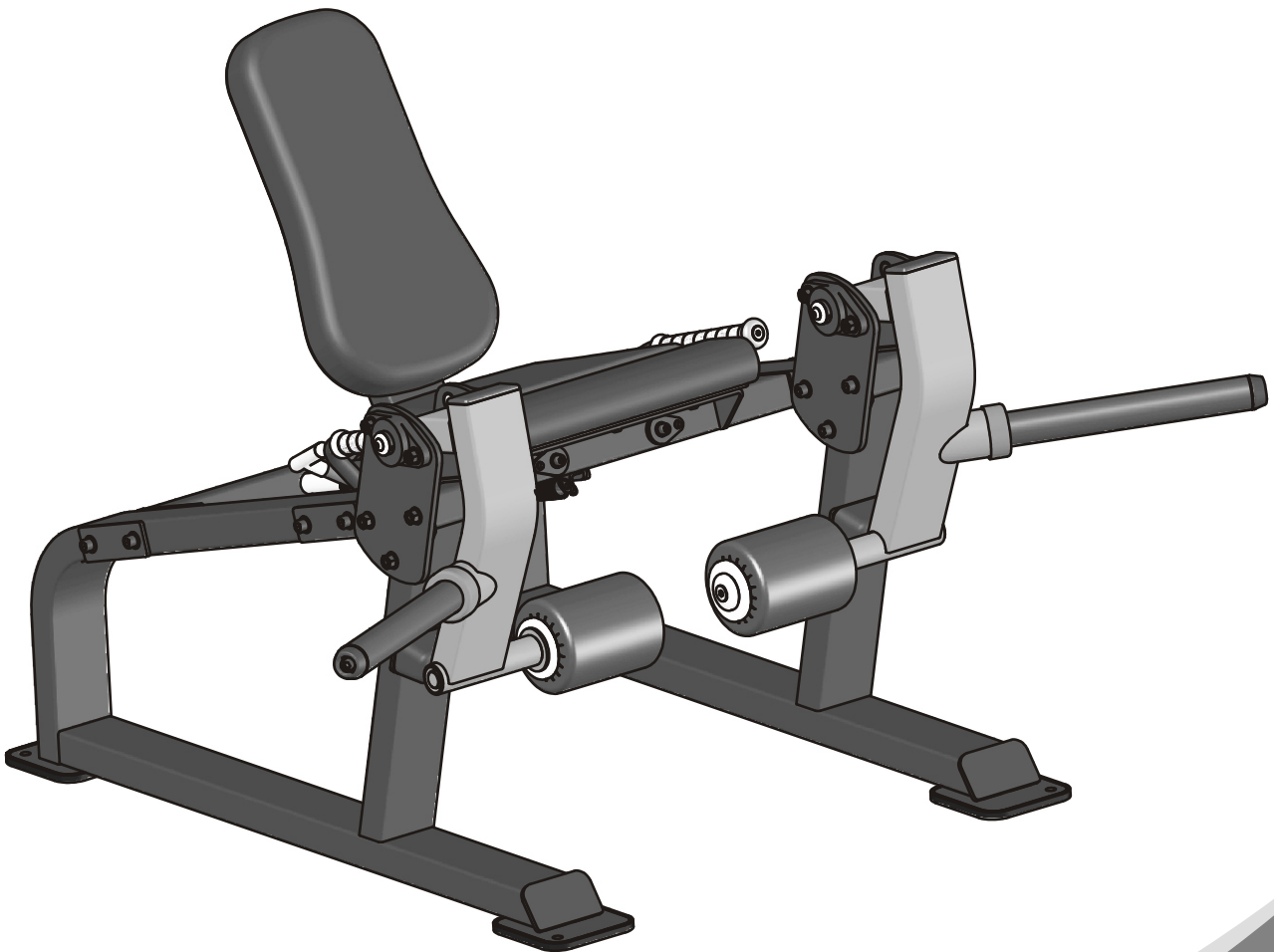


# SL7025

LEG EXTENSION

## OWNER'S MANUAL



### **! CAUTION**

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

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

## **Table Of Contents**

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## Important Safety Instructions

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

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

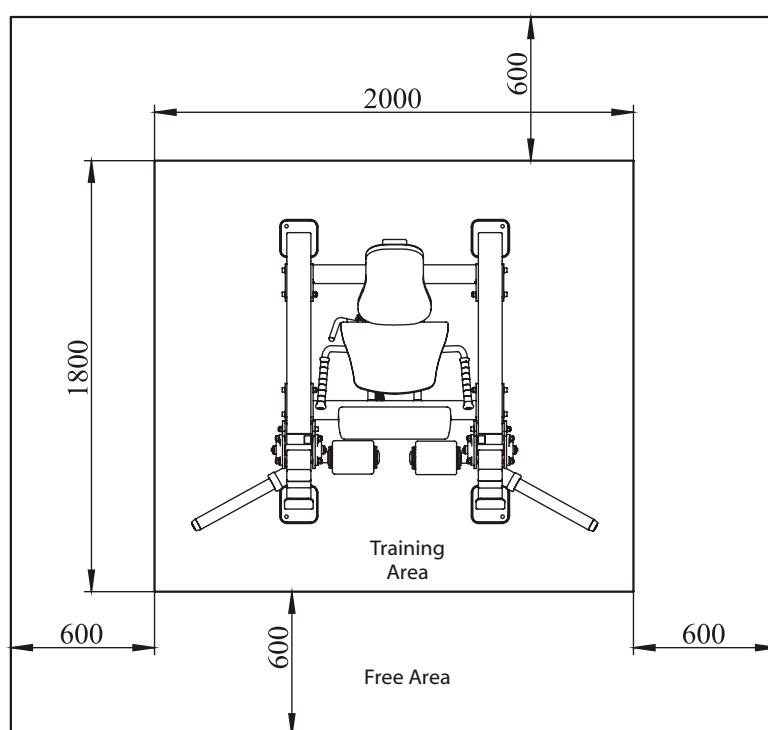
## Important Safety Instructions

### Personal Safety During Assembly

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

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

### Training Area and Free Area



### Specifications

Class: S

Maximum Wt. Capacity: 2\*150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1300\*1697mm

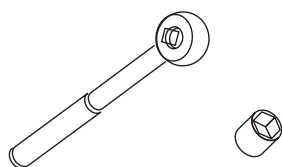
Product Total Mass: 130.9kg/ 289lbs

## Instructions

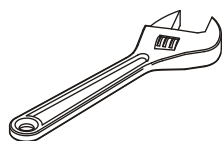
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

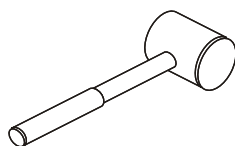
## Tools Required



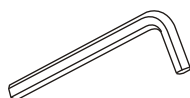
Ratchet Wrench and Socket



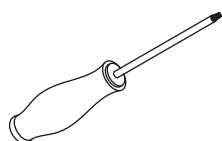
Adjustable Wrench



Rubber Mallet



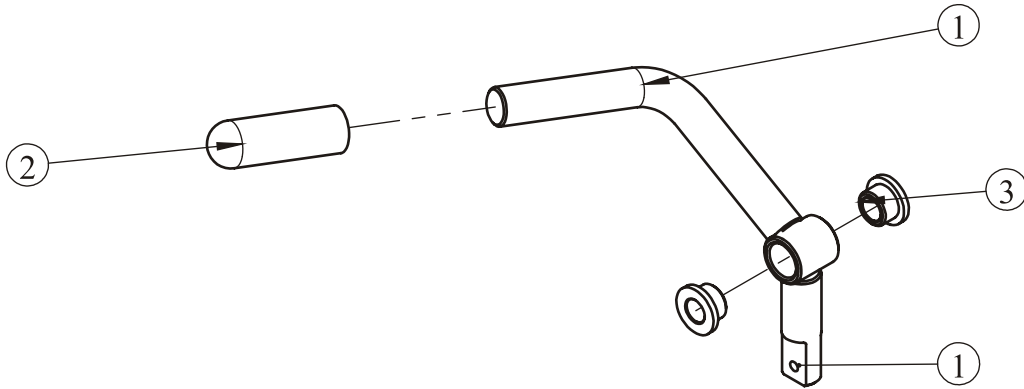
Hex Key Wrench Set



Phillips Screwdriver

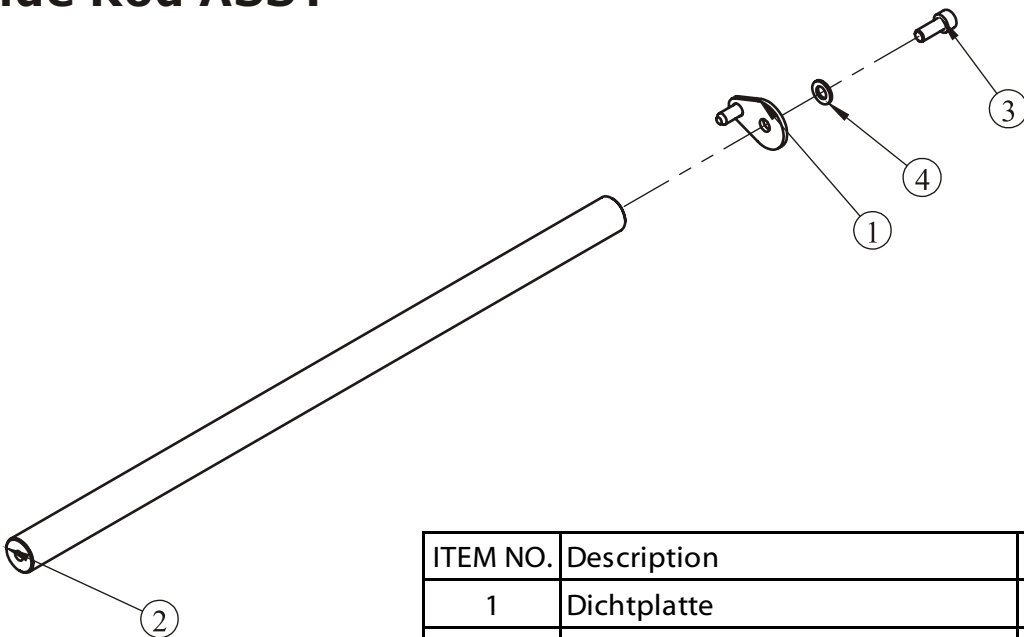
## Exploded View and Parts List

### Adjust Handle ASSY



| ITEM NO. | Description         | QTY |
|----------|---------------------|-----|
| 1        | Adjust Handle Frame | 1   |
| 2        | Rubber Grip         | 1   |
| 3        | Bushing             | 2   |

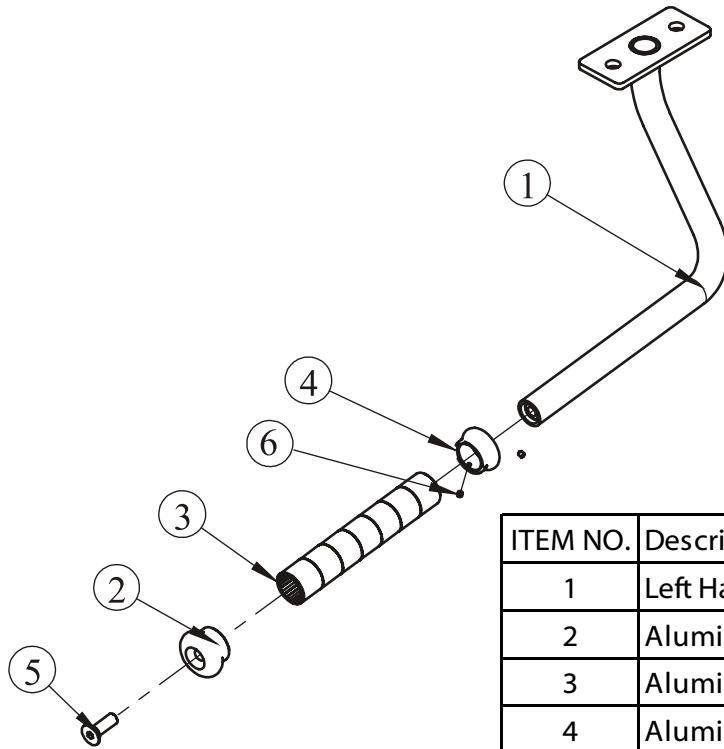
### Guide Rod ASSY



| ITEM NO. | Description                         | QTY |
|----------|-------------------------------------|-----|
| 1        | Dichtplatte                         | 1   |
| 2        | Guide Rod                           | 1   |
| 3        | Socket Head Cap Screw M10*25        | 1   |
| 4        | Flat Washer $\Phi 11 * \Phi 20 * 2$ | 1   |

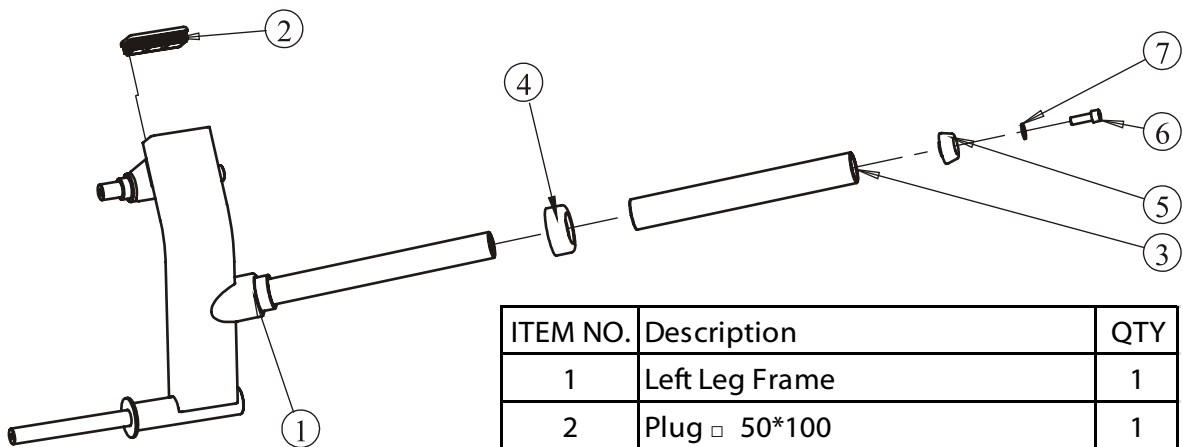
## Exploded View and Parts List

### Left Handle ASSY



| ITEM NO. | Description                | QTY |
|----------|----------------------------|-----|
| 1        | Left Handle                | 1   |
| 2        | Aluminium Cap $\Phi$ 25    | 1   |
| 3        | Aluminium Grip             | 1   |
| 4        | Aluminium Ring $\Phi$ 25   | 1   |
| 5        | Flat Head Cap Screw M10*30 | 1   |
| 6        | Socket Set Screw 10-32*3.2 | 2   |

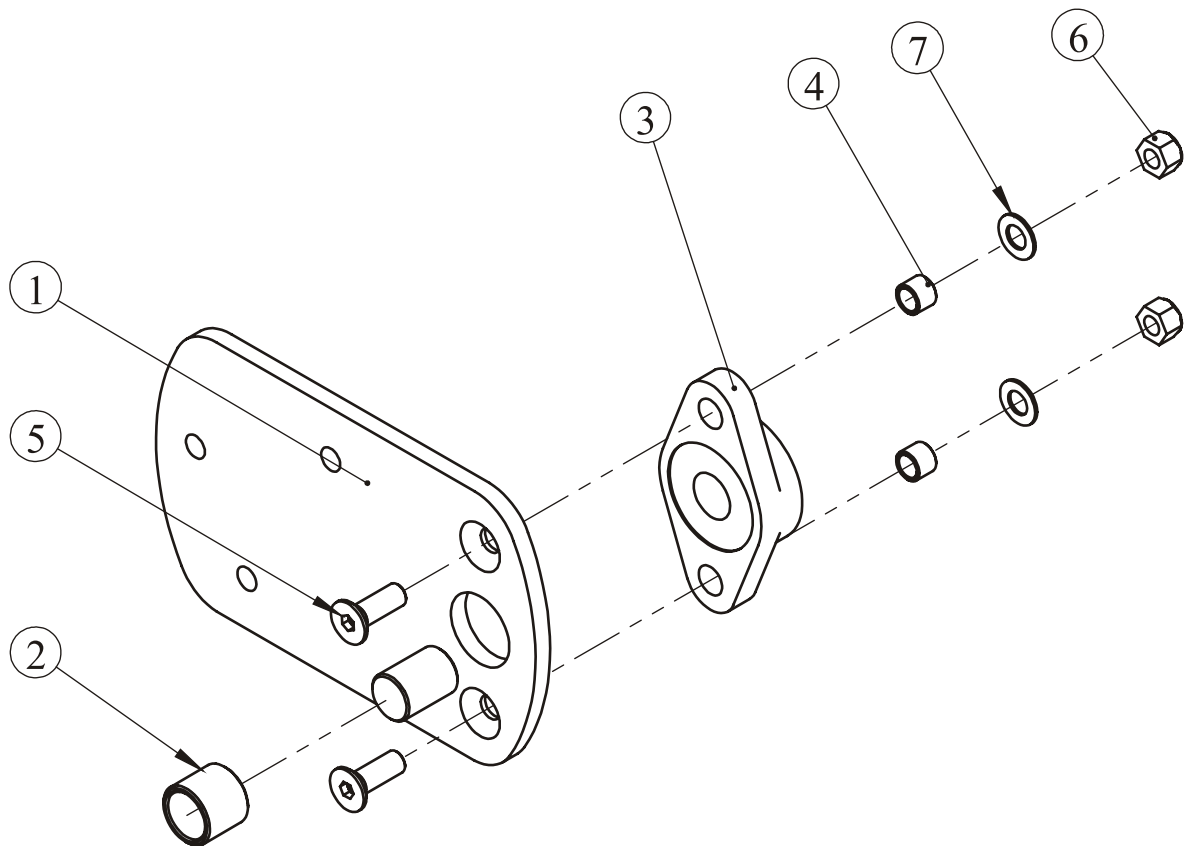
### Left Leg Frame ASSY



| ITEM NO. | Description                          | QTY |
|----------|--------------------------------------|-----|
| 1        | Left Leg Frame                       | 1   |
| 2        | Plug $\square$ 50*100                | 1   |
| 3        | Long Weight Horn Sleeve              | 1   |
| 4        | Rubber Bumper                        | 1   |
| 5        | Weight Horn Plastic Cap              | 1   |
| 6        | Socket Head Cap Screw M12*35         | 1   |
| 7        | Flat Washer $\Phi$ 13* $\Phi$ 24*1.5 | 1   |

## Exploded View and Parts List

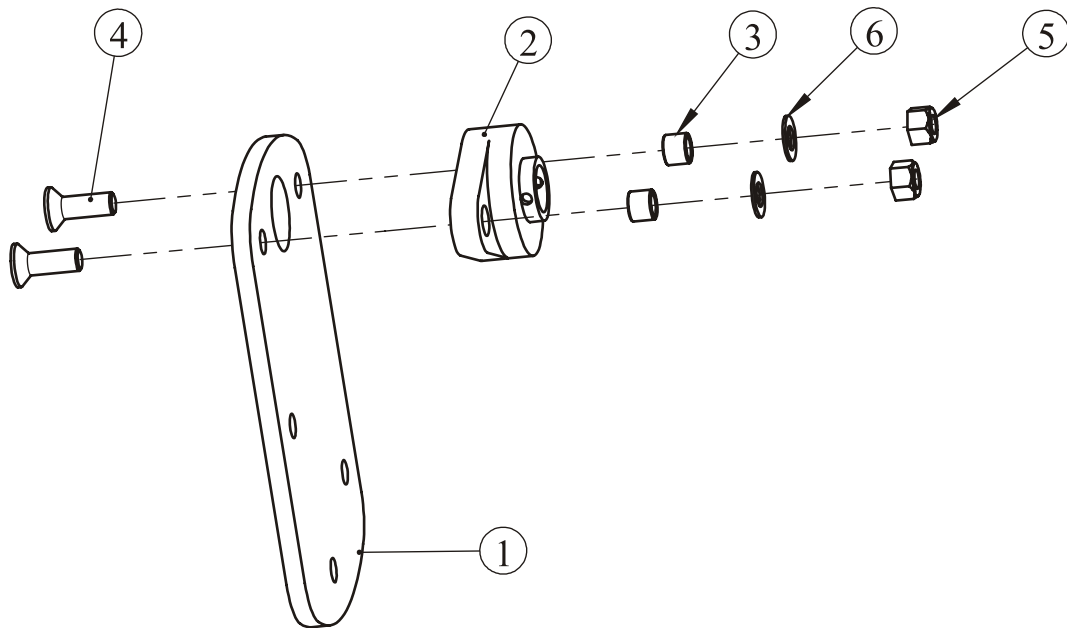
### Left Inside Bearing Fixed Plate ASSY



| ITEM NO. | Description                                     | QTY |
|----------|-------------------------------------------------|-----|
| 1        | Left Inside Bearing Fixed Plate                 | 1   |
| 2        | Bumper                                          | 1   |
| 3        | Pillow Block Bearing                            | 1   |
| 4        | Spacer $\Phi 16 \times \Phi 12.2 \times 12.5$   | 2   |
| 5        | Flat Head Cap Screw M12*35                      | 2   |
| 6        | Nylon lock Nut M12                              | 2   |
| 7        | Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$ | 2   |

## Exploded View and Parts List

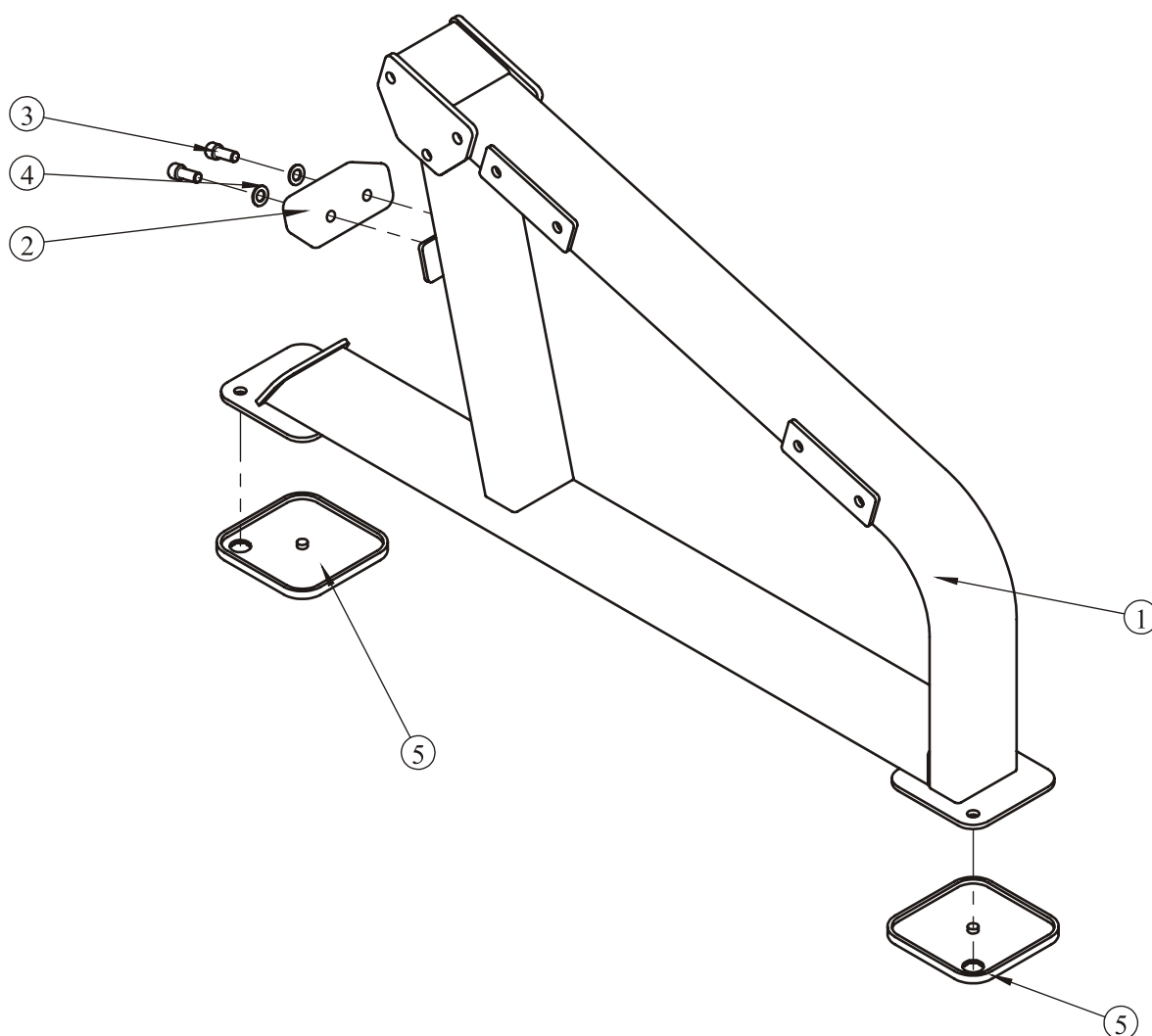
### Left Outside Bearing Fixed Plate ASSY



| ITEM NO. | Description                       | QTY |
|----------|-----------------------------------|-----|
| 1        | Left Outside Bearing Fixed Plate  | 1   |
| 2        | Pillow Block Bearing              | 1   |
| 3        | Spacer $\Phi 16*\Phi 12.2*12.5$   | 2   |
| 4        | Flat Head Cap Screw M12*35        | 2   |
| 5        | Nylon lock Nut M12                | 2   |
| 6        | Flat Washer $\Phi 13*\Phi 24*1.5$ | 2   |

## Exploded View and Parts List

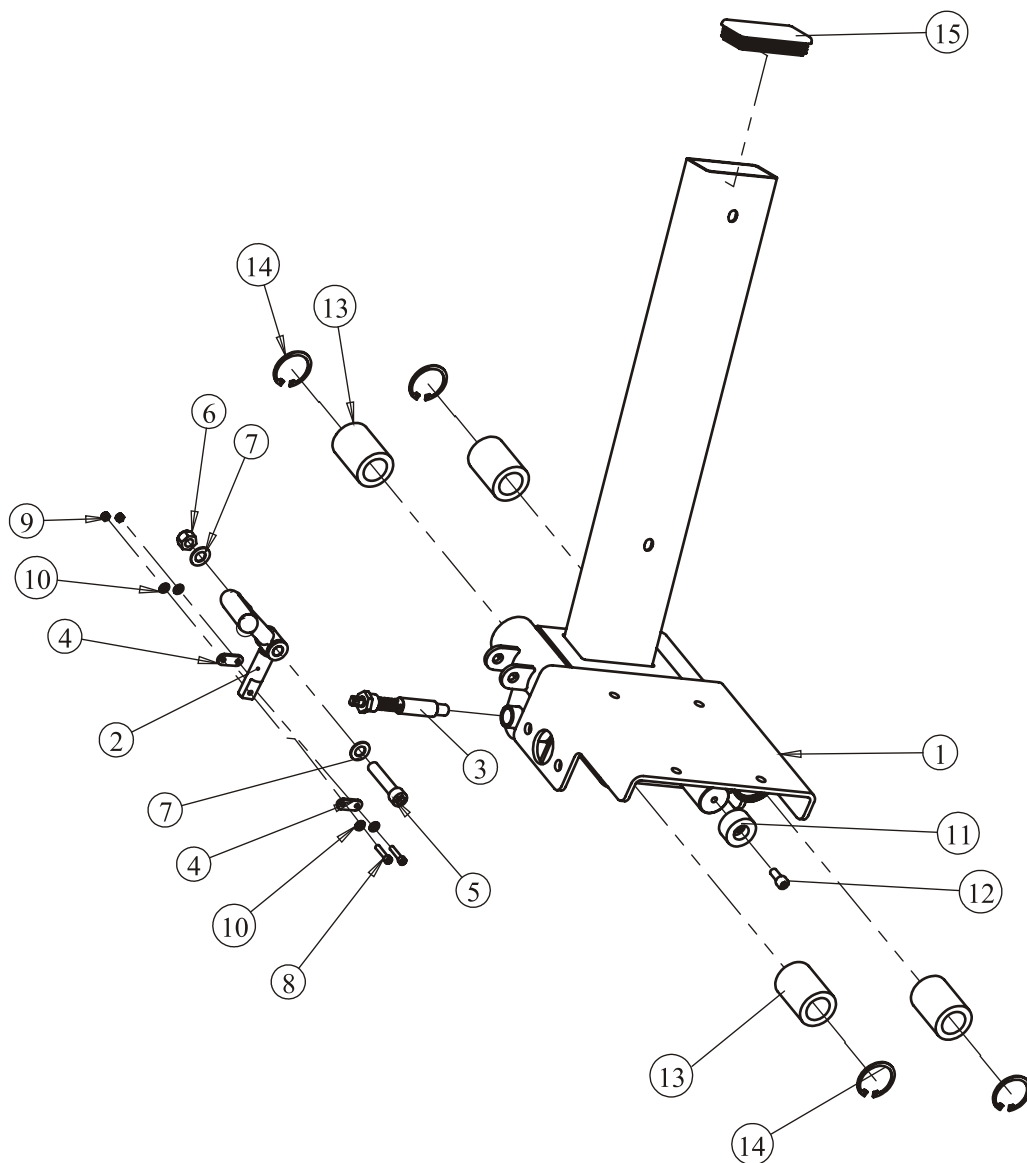
### Left Upright Frame ASSY



| ITEM NO. | Description                       | QTY |
|----------|-----------------------------------|-----|
| 1        | Left Upright Frame                | 1   |
| 2        | Rubber Bumper 140*58*52           | 1   |
| 3        | Socket Head Cap Screw M12*30      | 2   |
| 4        | Flat Washer $\Phi 13*\Phi 24*1.5$ | 2   |
| 5        | Rubber Foot                       | 2   |

## Exploded View and Parts List

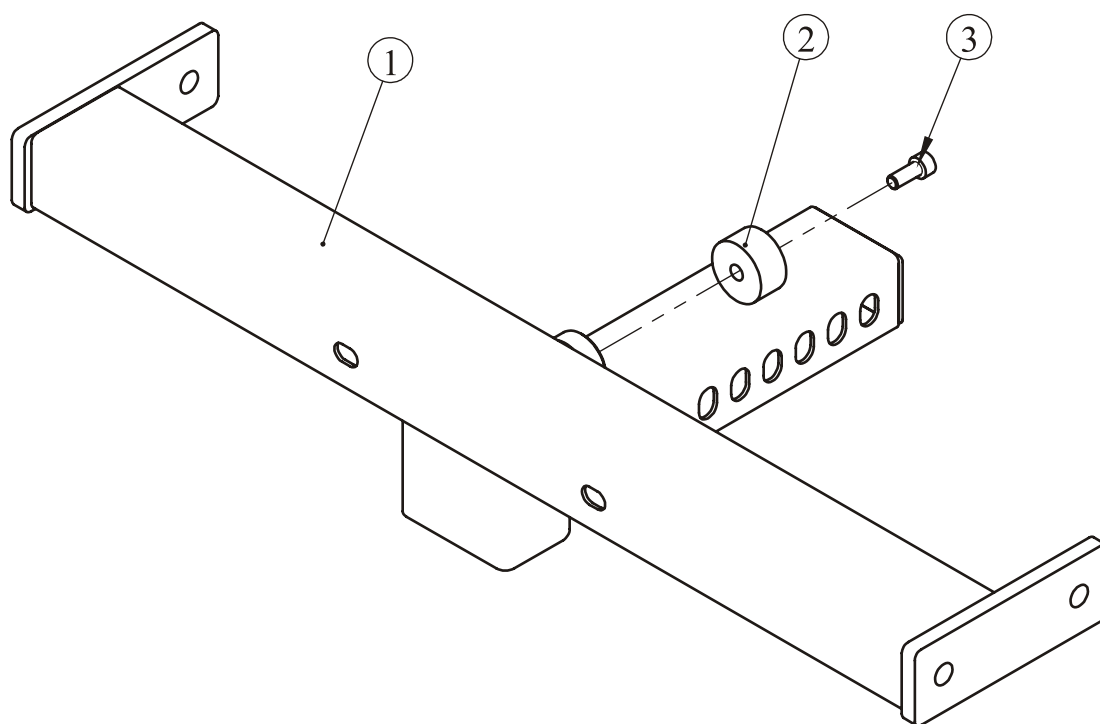
### Moving Seat Pad Frame ASSY



| ITEM NO. | Description                                     | QTY | ITEM NO. | Description                                       | QTY |
|----------|-------------------------------------------------|-----|----------|---------------------------------------------------|-----|
| 1        | Moving seat Pad Frame                           | 1   | 9        | Nylon lock Nut M12                                | 2   |
| 2        | Adjust Handle ASSY                              | 1   | 10       | Flat Washer $\Phi 5.5 \times \Phi 12 \times 1$    | 4   |
| 3        | Spring Pin                                      | 1   | 11       | Rubber Bumper $\Phi 38 \times 19.5$               | 1   |
| 4        | Plate                                           | 2   | 12       | Socket Head Cap Screw M8*20                       | 1   |
| 5        | Socket Head Cap Screw M12*60                    | 1   | 13       | Linear Bearing $\Phi 45 \times \Phi 30 \times 64$ | 4   |
| 6        | Nylon lock Nut M12                              | 1   | 14       | Circlips for hole--Type A $\Phi 45$               | 4   |
| 7        | Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$ | 2   | 15       | Plug $\square 50 \times 100$                      | 1   |
| 8        | Socket Head Cap Screw M5*25                     | 2   |          |                                                   |     |

## Exploded View and Parts List

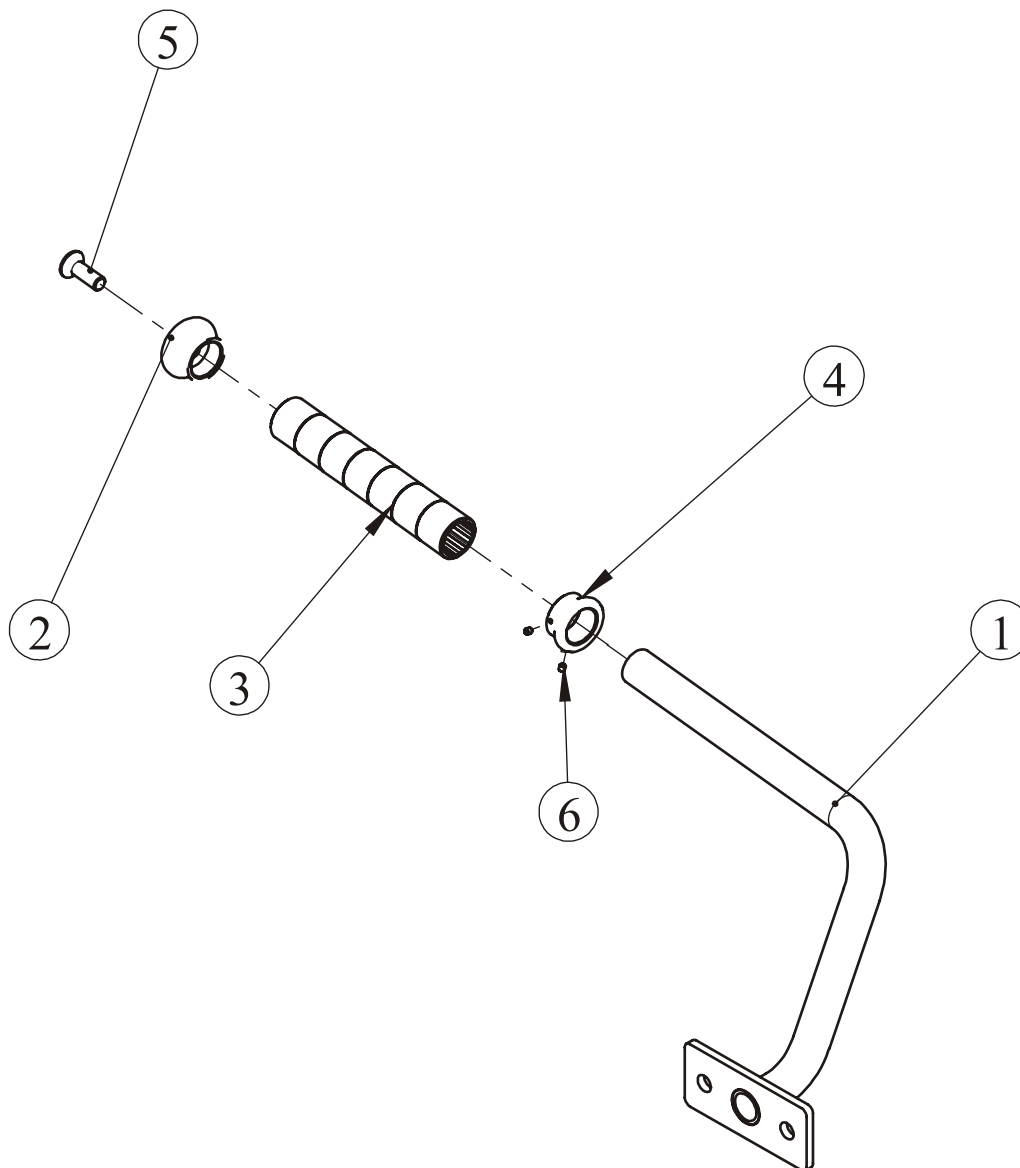
### Rear Link Frame ASSY



| ITEM NO. | Description                  | QTY |
|----------|------------------------------|-----|
| 1        | Rear Link Frame              | 1   |
| 2        | Rubber Bumper $\Phi 38*19.5$ | 1   |
| 3        | Socket Head Cap Screw M8*20  | 1   |

## Exploded View and Parts List

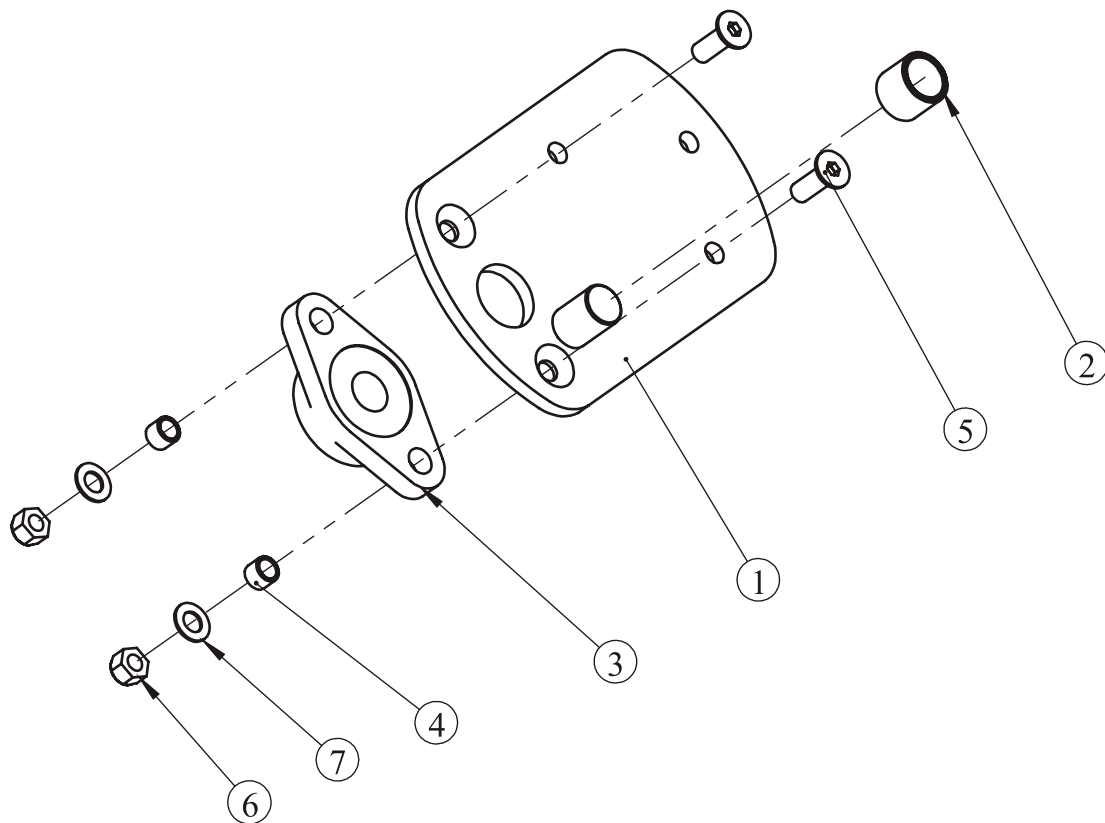
### Right Handle ASSY



| ITEM NO. | Description                | QTY |
|----------|----------------------------|-----|
| 1        | Right Handle               | 1   |
| 2        | Aluminium Cap $\Phi$ 25    | 1   |
| 3        | Aluminium Grip             | 1   |
| 4        | Aluminium Ring $\Phi$ 25   | 1   |
| 5        | Flat Head Cap Screw M10*30 | 1   |
| 6        | Socket Set Screw 10-32*3.2 | 2   |

## Exploded View and Parts List

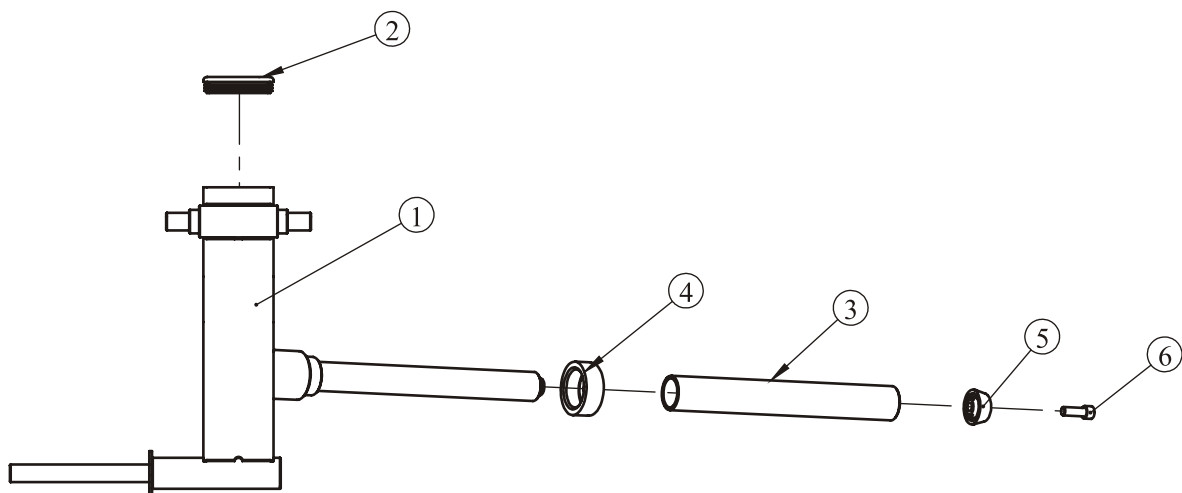
### Right Inside Bearing Fixed Plate ASSY



| ITEM NO. | Description                                     | QTY |
|----------|-------------------------------------------------|-----|
| 1        | Right Inside Bearing Fixed Plate                | 1   |
| 2        | Bumper                                          | 1   |
| 3        | Pillow Block Bearing                            | 1   |
| 4        | Spacer $\Phi 16 \times \Phi 12.2 \times 12.5$   | 2   |
| 5        | Flat Head Cap Screw M12*35                      | 2   |
| 6        | Nylon lock Nut M12                              | 2   |
| 7        | Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$ | 2   |

## Exploded View and Parts List

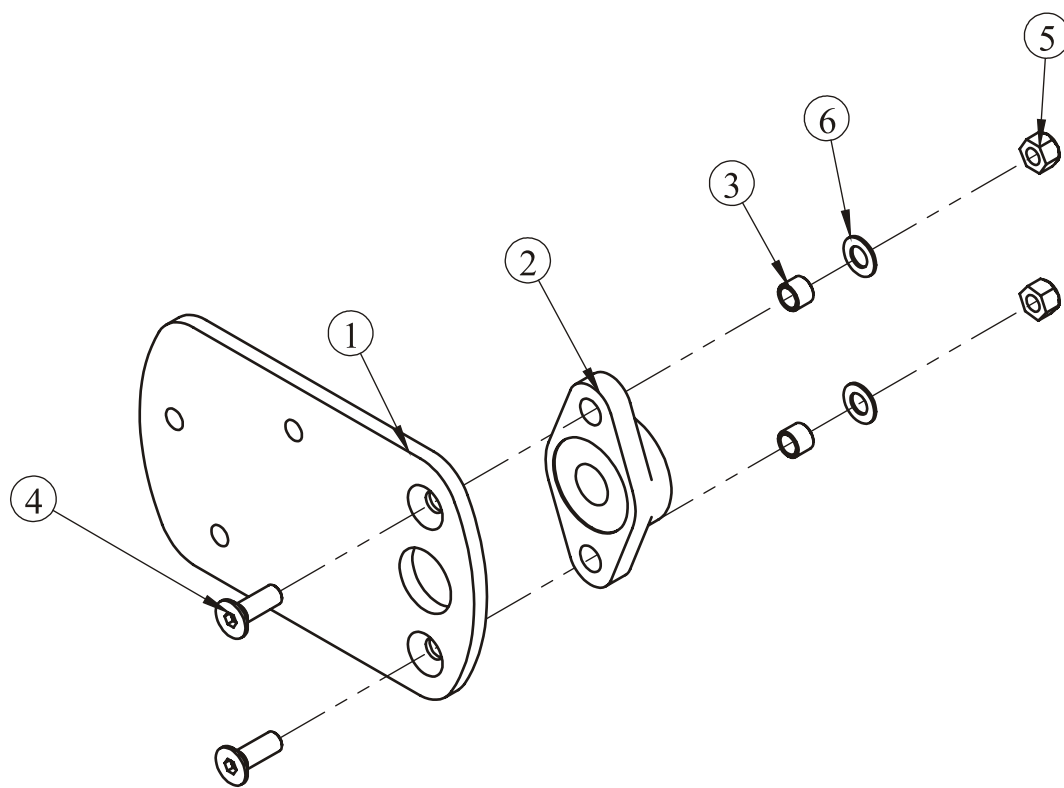
### Right Leg Frame ASSY



| ITEM NO. | Description                       | QTY |
|----------|-----------------------------------|-----|
| 1        | Right Leg Frame                   | 1   |
| 2        | Plug □ 50*100                     | 1   |
| 3        | Long Weight Horn Sleeve           | 1   |
| 4        | Rubber Bumper                     | 1   |
| 5        | Weight Horn Plastic Cap           | 1   |
| 6        | Socket Head Cap Screw M12*35      | 1   |
| 7        | Flat Washer $\Phi 13*\Phi 24*1.5$ | 1   |

## Exploded View and Parts List

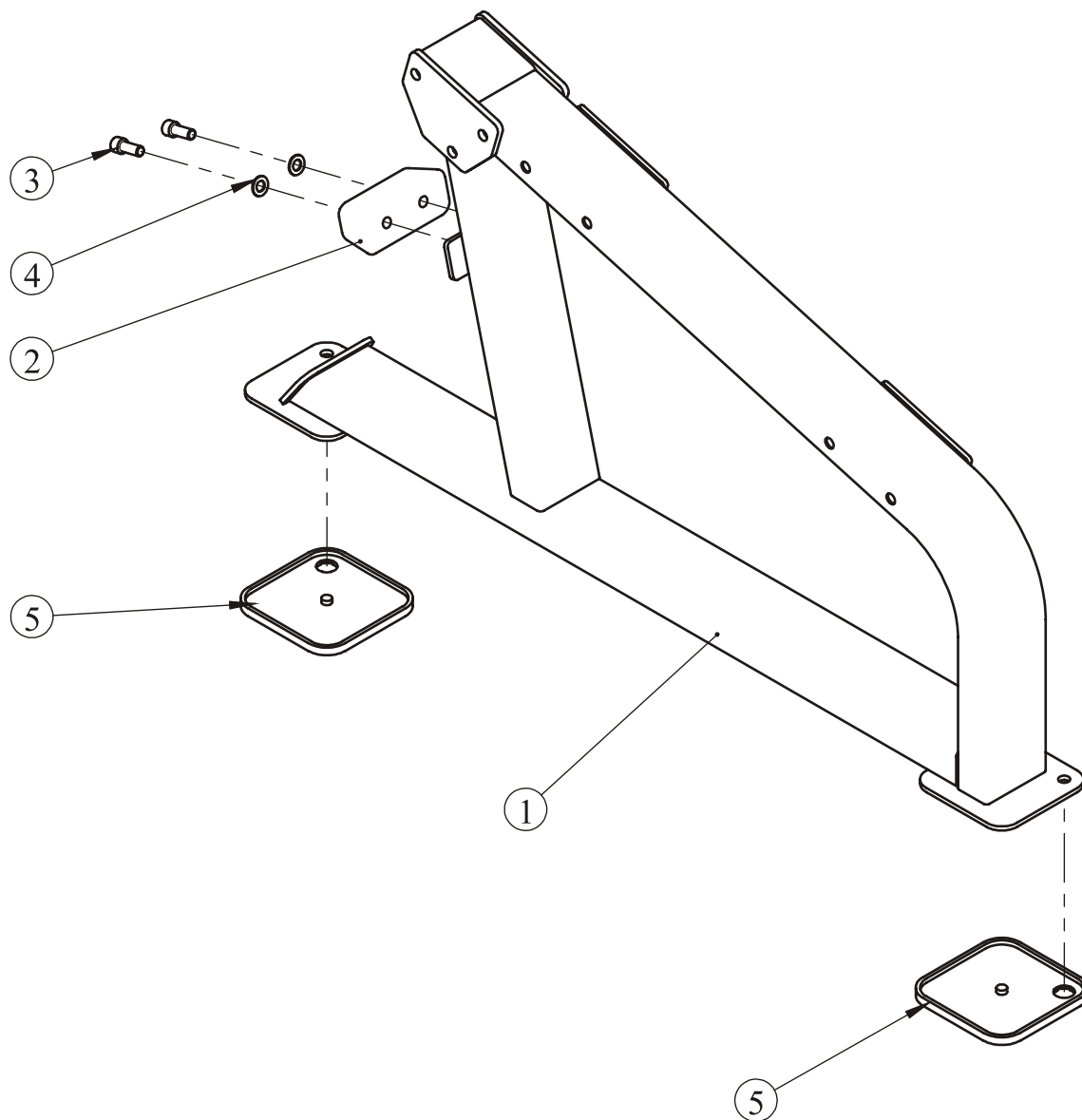
### Right Outside Bearing Fixed Plate ASSY



| ITEM NO. | Description                       | QTY |
|----------|-----------------------------------|-----|
| 1        | Right Outside Bearing Fixed Plate | 1   |
| 2        | Pillow Block Bearing              | 1   |
| 3        | Spacer $\Phi 16*\Phi 12.2*12.5$   | 2   |
| 4        | Flat Head Cap Screw M12*35        | 2   |
| 5        | Nylon lock Nut M12                | 2   |
| 6        | Flat Washer $\Phi 13*\Phi 24*1.5$ | 2   |

## Exploded View and Parts List

### Right Upright Frame ASSY



| ITEM NO. | Description                       | QTY |
|----------|-----------------------------------|-----|
| 1        | Right Upright Frame               | 1   |
| 2        | Rubber Bumper 140*58*52           | 1   |
| 3        | Socket Head Cap Screw M12*30      | 2   |
| 4        | Flat Washer $\Phi 13*\Phi 24*1.5$ | 2   |
| 5        | Rubber Foot                       | 2   |

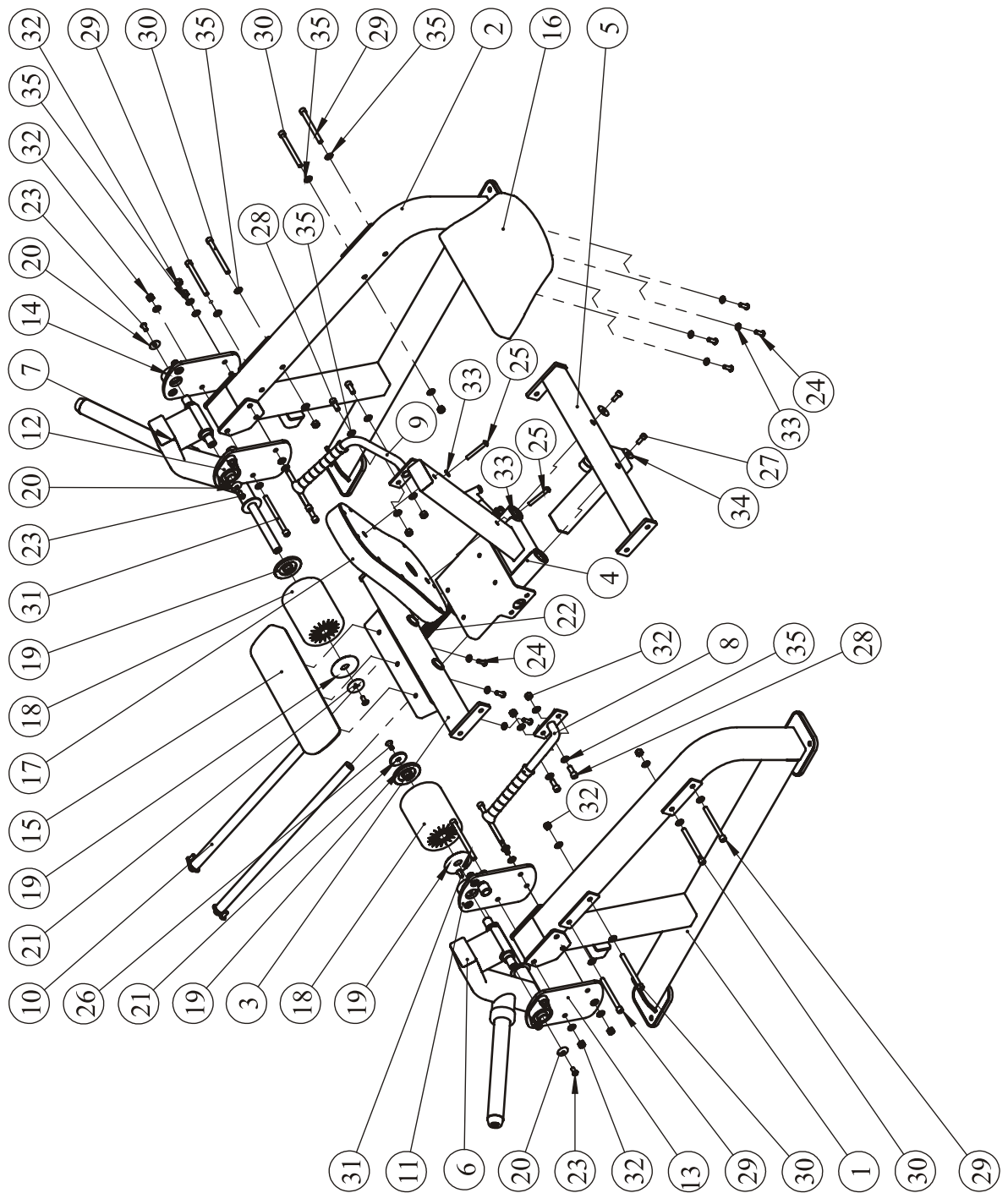
## Exploded View and Parts List

### Overall

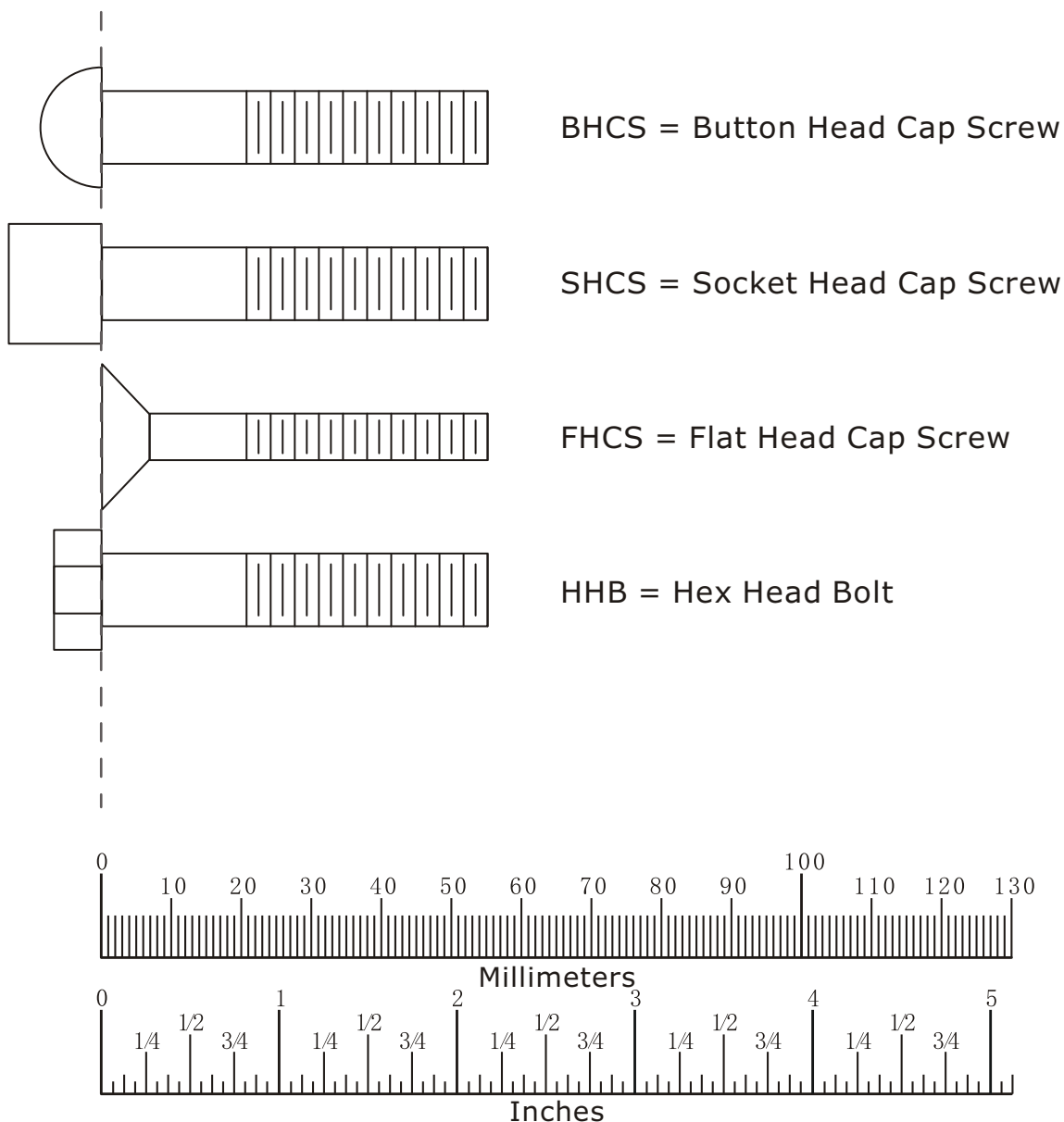
| ITEM NO. | Description                            | QTY | ITEM NO. | Description                          | QTY |
|----------|----------------------------------------|-----|----------|--------------------------------------|-----|
| 1        | Left Upright Frame ASSY                | 1   | 19       | Aluminium Ring $\Phi$ 90             | 4   |
| 2        | Right Upright Frame ASSY               | 1   | 20       | Small Domed Cap                      | 4   |
| 3        | Front seat Pad Frame WeLding ASSY      | 1   | 21       | Domed Aluminium Cap                  | 2   |
| 4        | Moving seat Pad Frame ASSY             | 1   | 22       | Extension Spring                     | 1   |
| 5        | Rear Link Frame ASSY                   | 1   | 23       | Button Head Cap Screw M10*20         | 4   |
| 6        | Left Leg Frame ASSY                    | 1   | 24       | Button Head Cap Screw M10*30         | 7   |
| 7        | Right Leg Frame ASSY                   | 1   | 25       | Button Head Cap Screw M10*75         | 2   |
| 8        | Left Handle ASSY                       | 1   | 26       | Flat Head Cap Screw M10*25           | 2   |
| 9        | Right Handle ASSY                      | 1   | 27       | Socket Head Cap Screw M10*25         | 2   |
| 10       | Guide Rod ASSY                         | 2   | 28       | Socket Head Cap Screw M12*30         | 4   |
| 11       | Left Inside Bearing Fixed Plate ASSY   | 1   | 29       | Socket Head Cap Screw M12*130        | 4   |
| 12       | Right Inside Bearing Fixed Plate ASSY  | 1   | 30       | Socket Head Cap Screw M12*135        | 4   |
| 13       | Left Outside Bearing Fixed Plate ASSY  | 1   | 31       | Socket Head Cap Screw M12*155        | 6   |
| 14       | Right Outside Bearing Fixed Plate ASSY | 1   | 32       | Nylon lock Nut M12                   | 14  |
| 15       | Front Seat Pad                         | 1   | 33       | Flat Washer $\Phi$ 11* $\Phi$ 20*2   | 9   |
| 16       | Rear Seat Pad                          | 1   | 34       | Flat Washer $\Phi$ 11* $\Phi$ 38*2   | 2   |
| 17       | Back Pad                               | 1   | 35       | Flat Washer $\Phi$ 13* $\Phi$ 24*1.5 | 32  |
| 18       | FOAM                                   | 2   |          |                                      |     |

# Exploded View and Parts List

## Overall



## 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

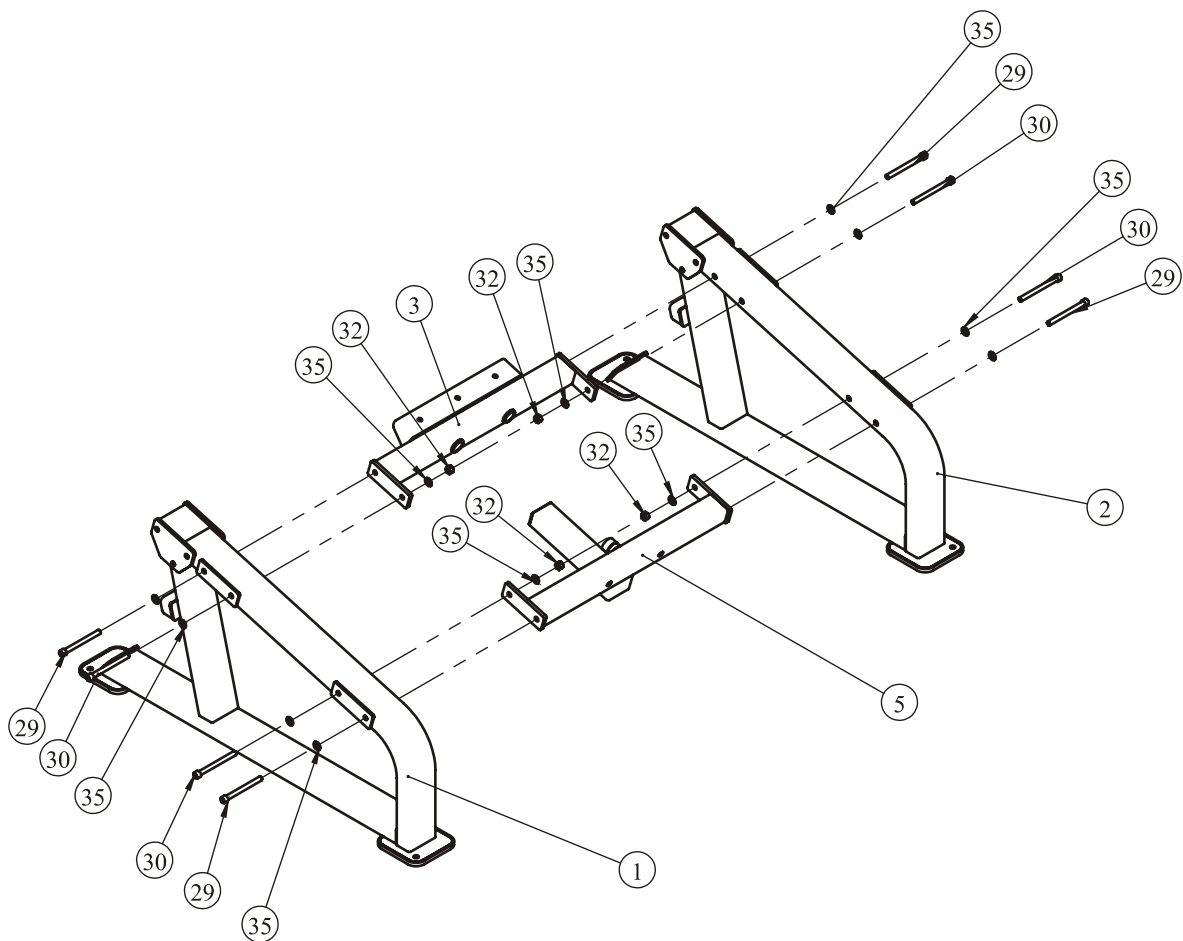
## STEP 1

1. Attach the Front Seat Pad Frame Welding ASSY (#3) to the Left Upright Frame ASSY (#1) and Right Upright Frame ASSY (#2), using:

- two M12\*130 SHCS (#29)
- two M12\*135 SHCS (#30)
- two M12 Nylon lock Nuts (#32)
- six  $\Phi 13*\Phi 24*1.5$  Flat Washers (#35)

2. Attach the Rear Link Frame ASSY (#5) to the Left Upright Frame ASSY (#1) and Right Upright Frame ASSY (#2), using:

- two M12\*130 SHCS (#29)
- two M12\*135 SHCS (#30)
- two M12 Nylon lock Nuts (#32)
- six  $\Phi 13*\Phi 24*1.5$  Flat Washers (#35)

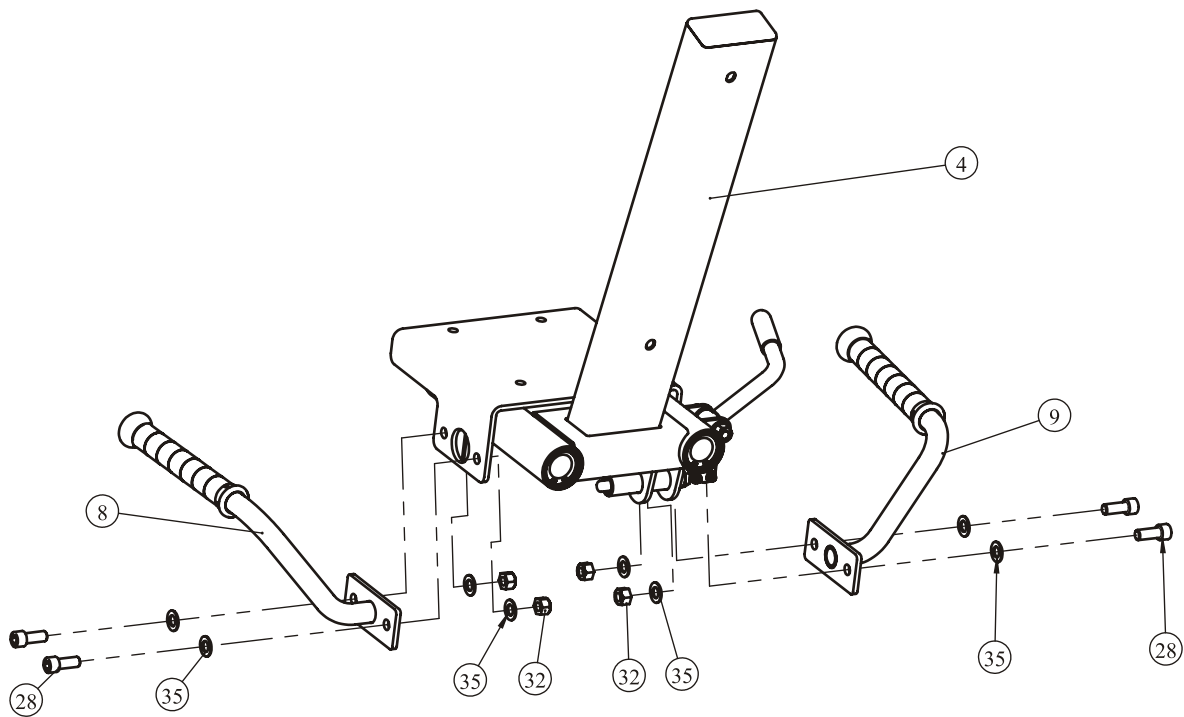


# Assembly

## STEP 2

Attach the Left Handle ASSY (#8) and Right Handle ASSY (#9) to two sides of the Moving Seat Pad Frame ASSY (#4), using:

- four M12\*30 SHCS (#28)
- four M12 Nylon lock Nuts (#32)
- eight  $\Phi 13*\Phi 24*1.5$  Flat Washers (#35)

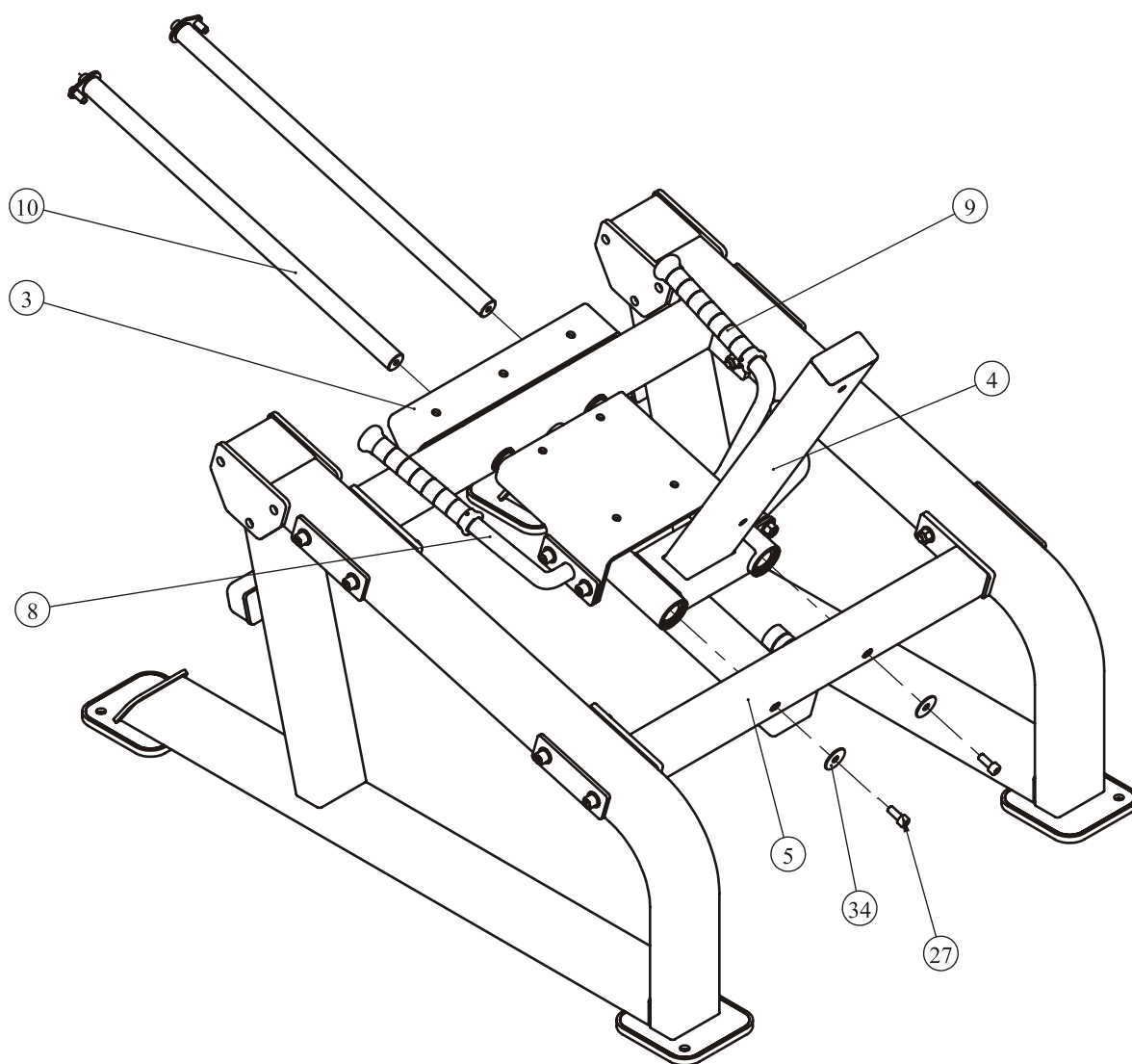


## Assembly

### STEP 3

Attach two Guide Rod ASSY (#10) and Moving Seat Pad Frame ASSY (#4) to the Front Seat Pad Frame WeLding ASSY (#3) and Attach Rear Link Frame ASSY (#5), using:

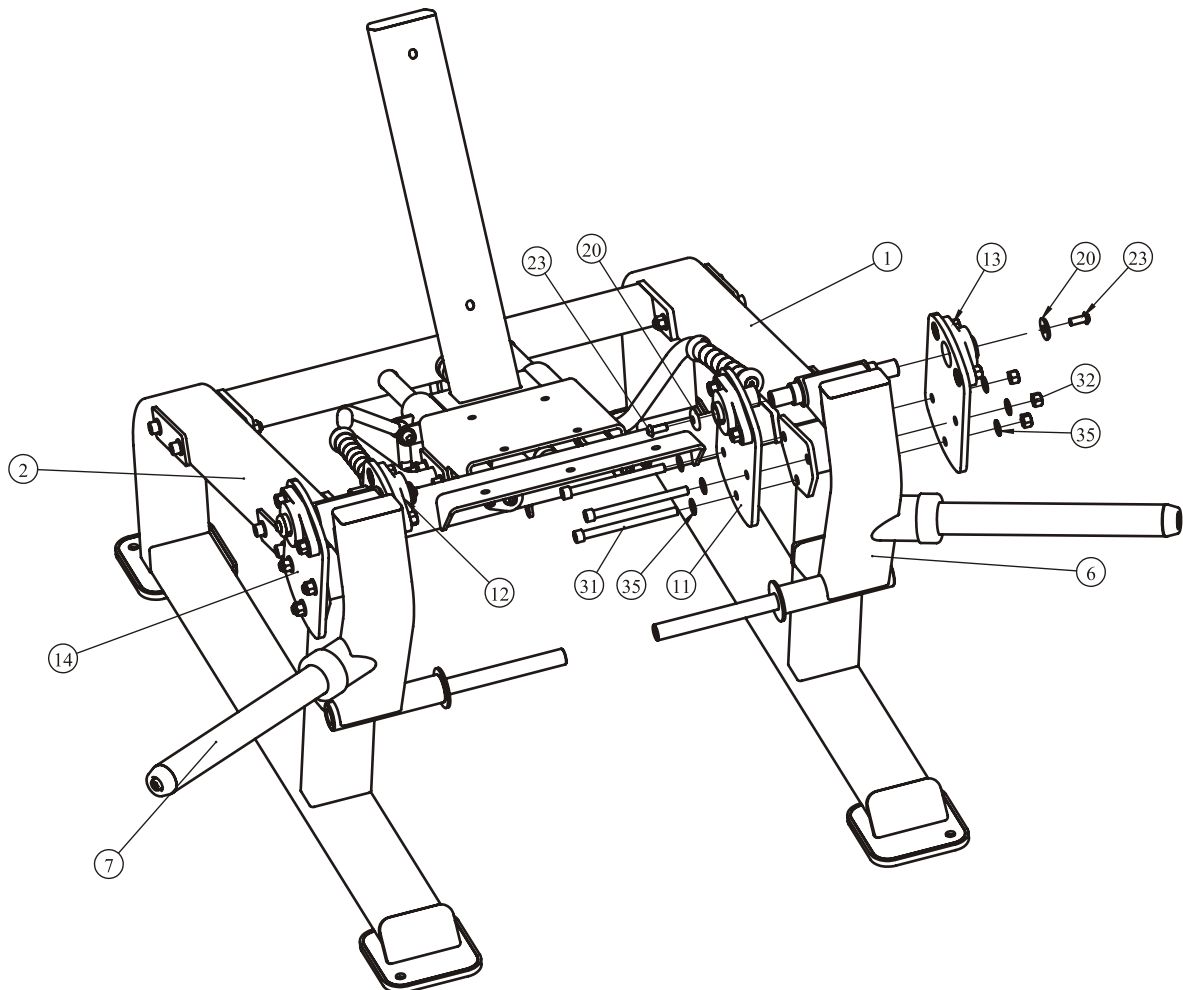
- two M10\*25 SHCS (#27)
- two  $\Phi 11*\Phi 38*2$  Flat Washers (#34)



# Assembly

## STEP 4

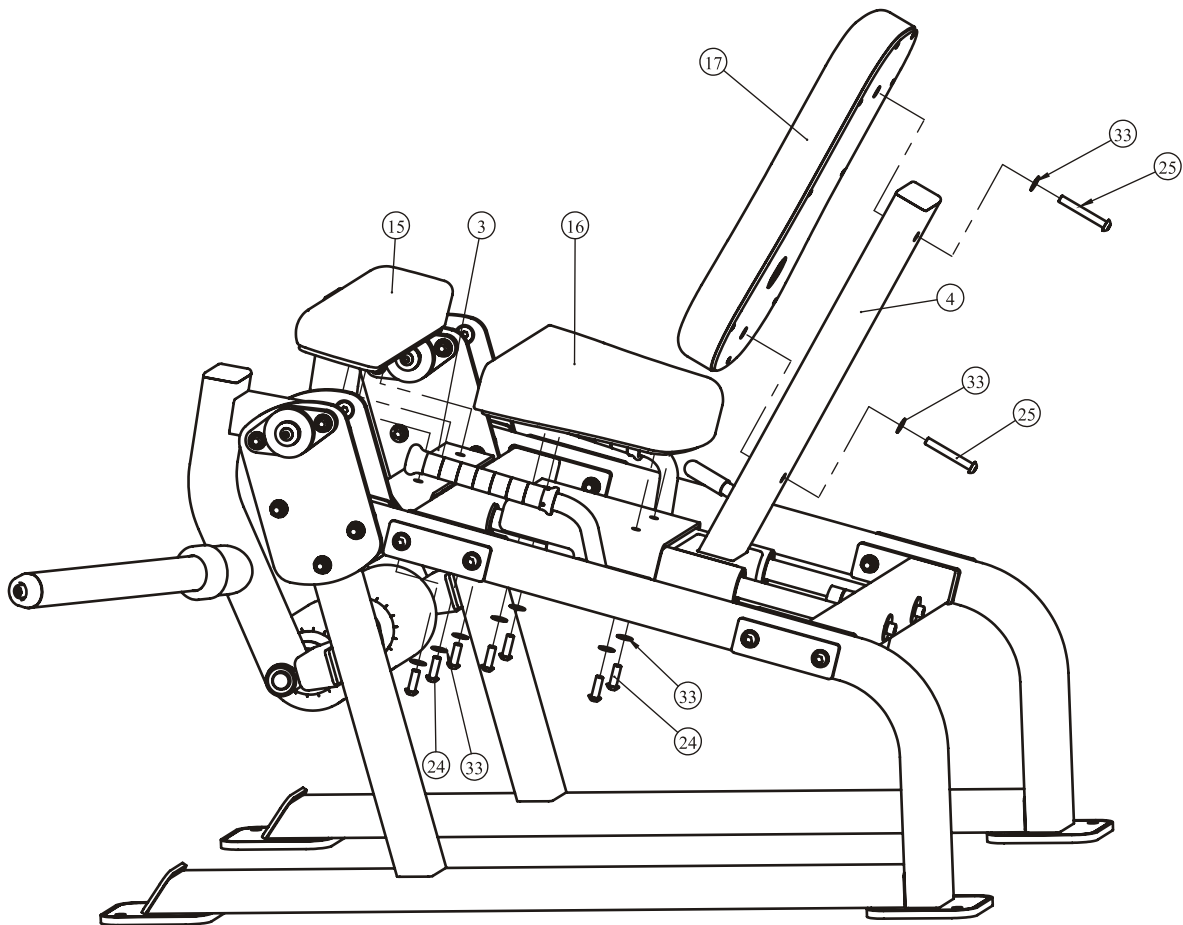
1. Attach the Left Leg Frame ASSY (#6), Left Inside Bearing Fixed Plate ASSY (#11) and Left Outside Bearing Fixed Plate ASSY (#13) to the Left Upright Frame ASSY (#1), using:
  - three M12\*155 SHCS (#31)
  - three M12 Nylon lock Nuts (#32)
  - six  $\Phi 13*\Phi 24*1.5$  Flat Washers (#35)
2. Attach the Right Leg Frame ASSY (#7), Right Inside Bearing Fixed Plate ASSY (#12) and Right Outside Bearing Fixed Plate ASSY (#14) to the Right Upright Frame ASSY (#2), using:
  - three M12\*155 SHCS (#31)
  - three M12 Nylon lock Nuts (#32)
  - six  $\Phi 13*\Phi 24*1.5$  Flat Washers (#35)
3. Attach four Small Domed Caps (#14) to the Left Leg Frame ASSY (#6) and Right Leg Frame ASSY (#7), using:
  - four M10\*20 BHCS (#23)



# Assembly

## STEP 5

1. Attach the Front Seat Pad (#15) to the Front Seat Pad Frame WeLding ASSY (#3), using:
  - three M10\*30 BHCS (#24)
  - three  $\Phi 11*\Phi 20*2$  Flat Washers (#33)
2. Attach the Rear Seat Pad (#16) to the Moving Seat Pad Frame ASSY (#4), using:
  - four M10\*30 BHCS (#24)
  - four  $\Phi 11*\Phi 20*2$  Flat Washers (#33)
3. Attach the back Pad (#17) to the Moving Seat Pad Frame ASSY (#4), using:
  - two M10\*75 BHCS (#25)
  - two  $\Phi 11*\Phi 20*2$  Flat Washers (#33)



# Assembly

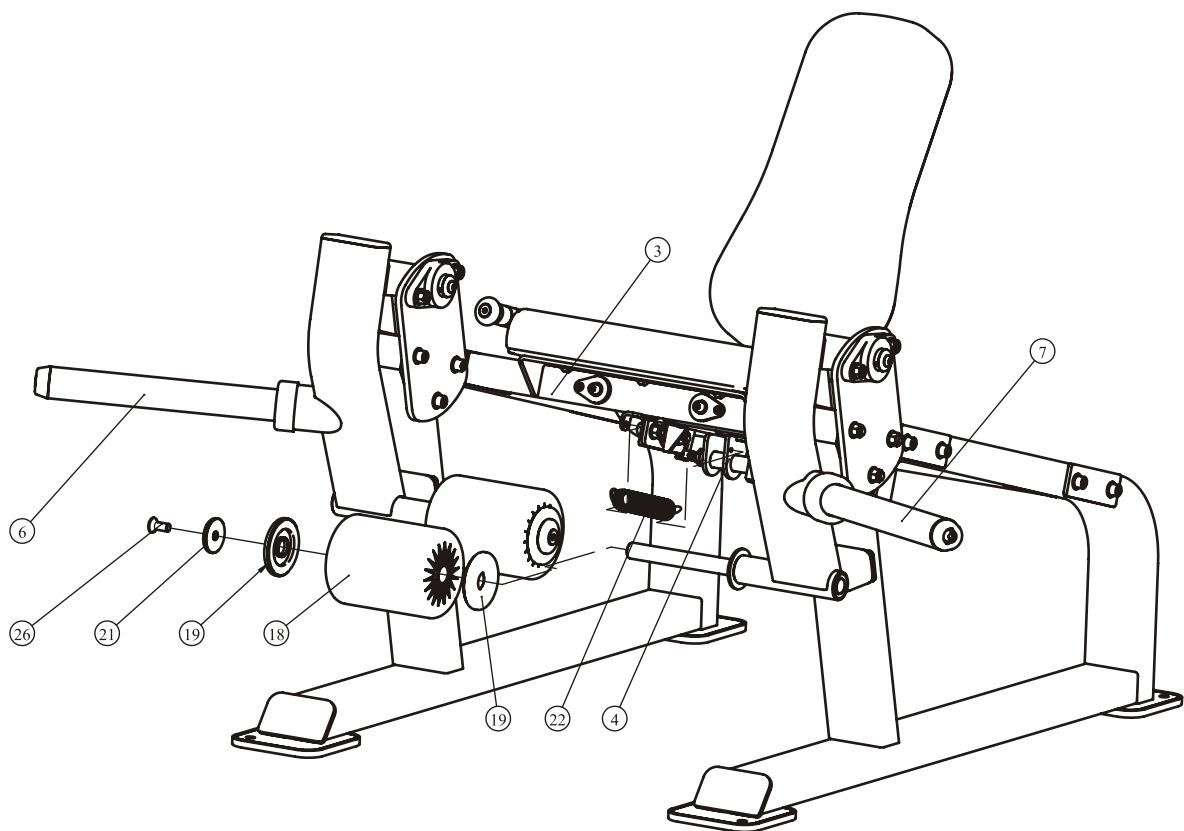
## STEP 6

1. Attach two Foams (#18) to the Left Leg Frame ASSY (#6) and Right Leg Frame ASSY (#7), using:

- four  $\Phi 90$  Aluminium Rings (#19)
- two Domed Aluminium Caps (#21)
- two M10\*25 THCS (#26)

2. Attach the Extension Spring (#22) to the Front Seat Pad Frame Welding ASSY (#3) and the Moving Seat Pad Frame ASSY (#4).

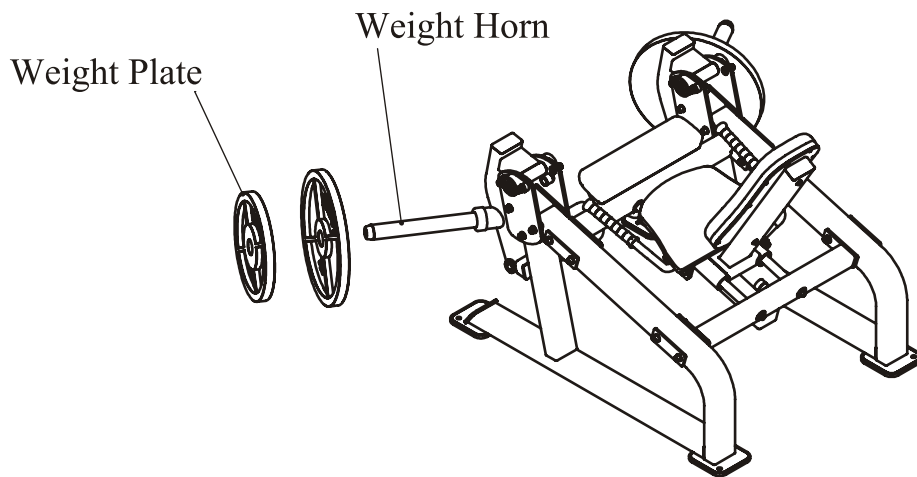
**Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.**



## Adjust Instructions

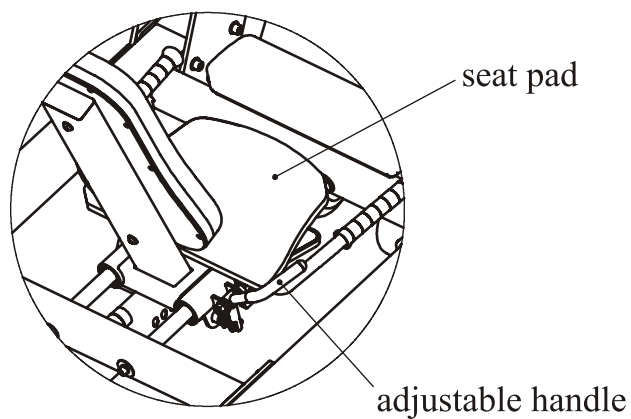
### Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 500\text{mm}$ .
2. The total weight of one side can not be greater than 150kg.
3. This equipment does not contains Weight Plate.

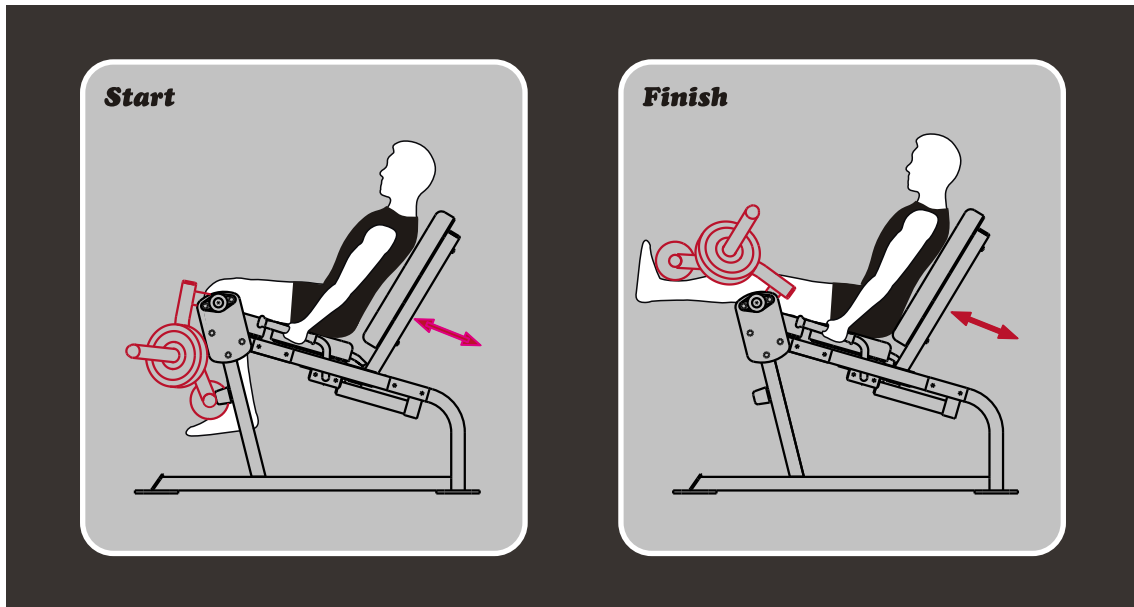


### Seat Pad adjustment

1. Pull the adjustable handle, move the seat pad to desired position, and then release the handle.
2. Make sure the pin gets into the hole completely.



## Exercise Instructions



### Exercise Instructions

1. Select an appropriate weight.
2. Adjust seat pad to the desired position.
3. Hook both ankles under the roller pads, then extend legs outward.
4. Pause slightly then slowly return to the starting position.

## Maintenance Schedule

| ROUTINE                                                                              | COMMERCIAL<br>MAINTENANCE | HOME<br>MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |
|--------------------------------------------------------------------------------------|---------------------------|---------------------|-------------------|--|--|--|--|--|
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Clean;<br>Upholstery                                                                 | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension                                        | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles                                              | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>All Decals                                                               | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if<br>needed                                 | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface                                                        | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes                                                | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings                                               | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting<br>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.

