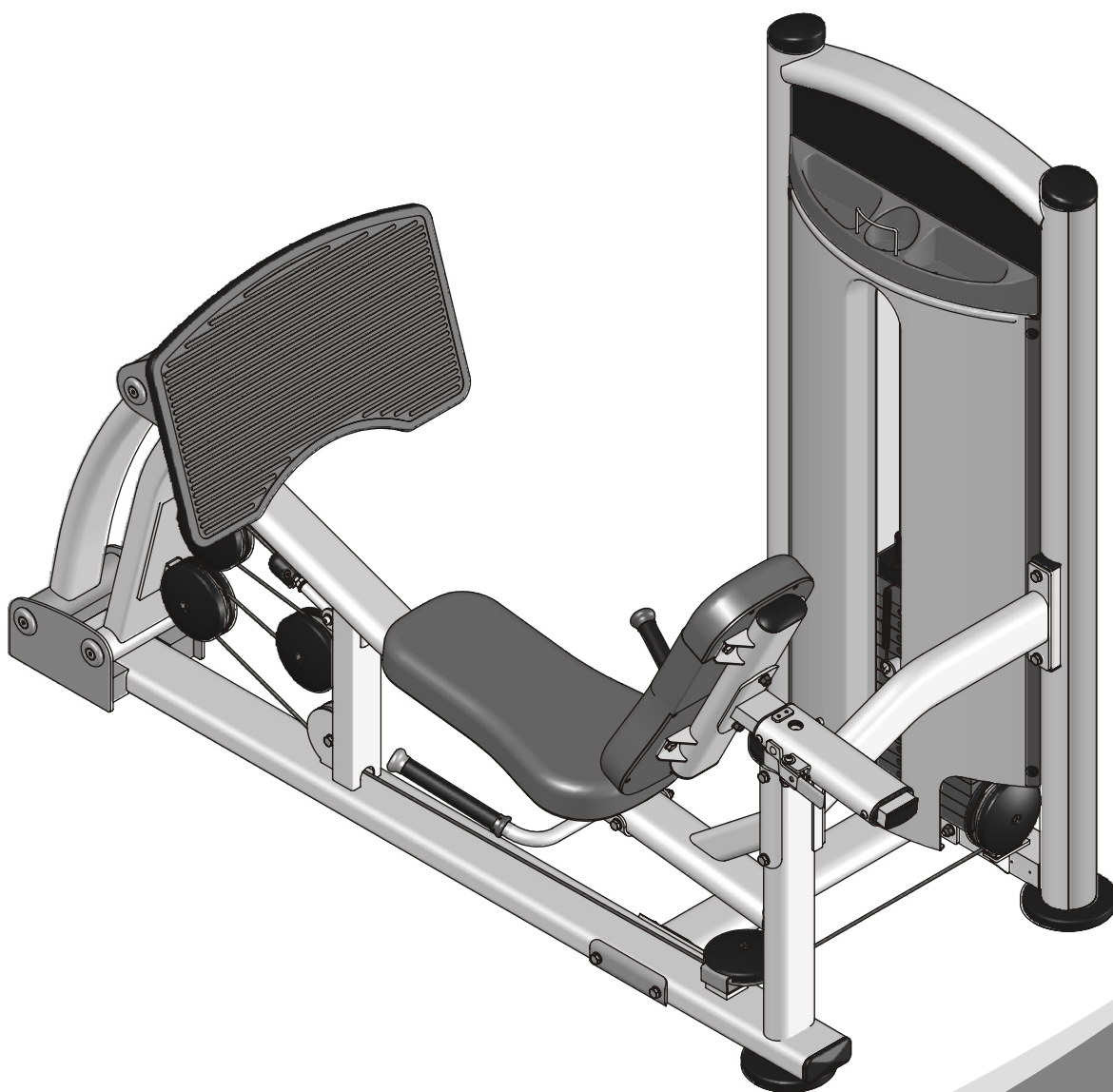


# IT9310

LEG PRESS / CALF RAISE

## OWNER'S MANUAL



### **! CAUTION**

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

14Z Rev G

## **! CAUTION**

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

## **Table Of Contents**

Important Safety Instructions-----	3
Instructions-----	5
Parts List-----	6
Exploded View-----	8
Measurement Guide-----	10
Assembly Instructions-----	11
Assembly-----	12
Adjust Instructions-----	23
Exercise Instructions-----	24
Maintenance Schedule-----	25
General Maintenance Information-----	26
Weight Training Tips-----	27

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.

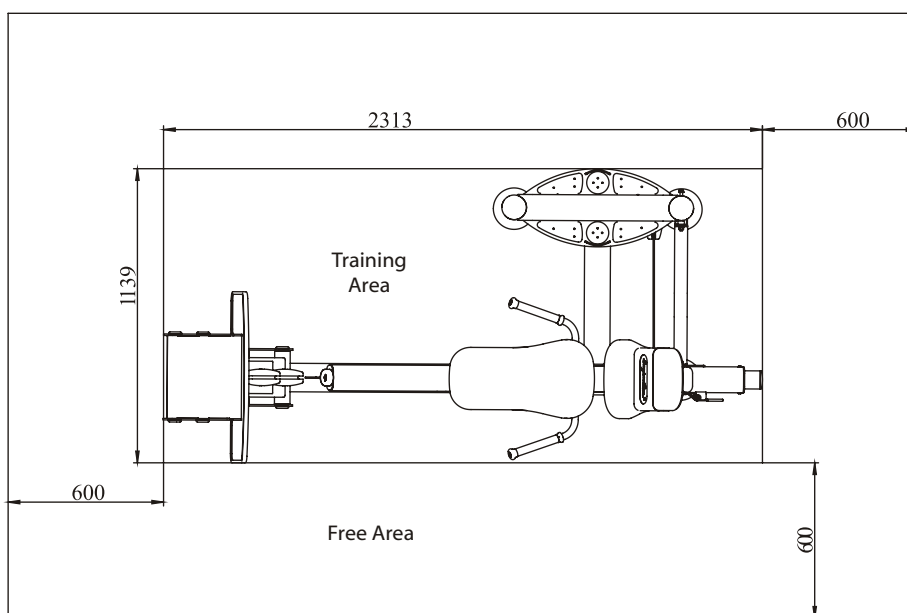
## Important Safety Instructions

### 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: 136kg/ 300lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 2313\*1139mm

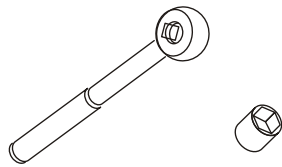
Product Total Mass (Short Shroud): 145.3kg/ 320lbs

## Instructions

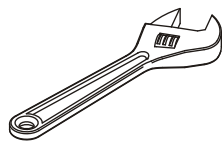
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

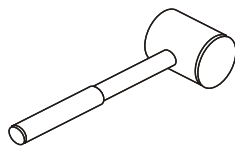
## Tools Required



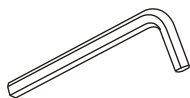
Ratchet Wrench and Socket



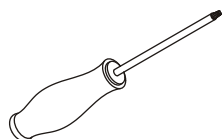
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

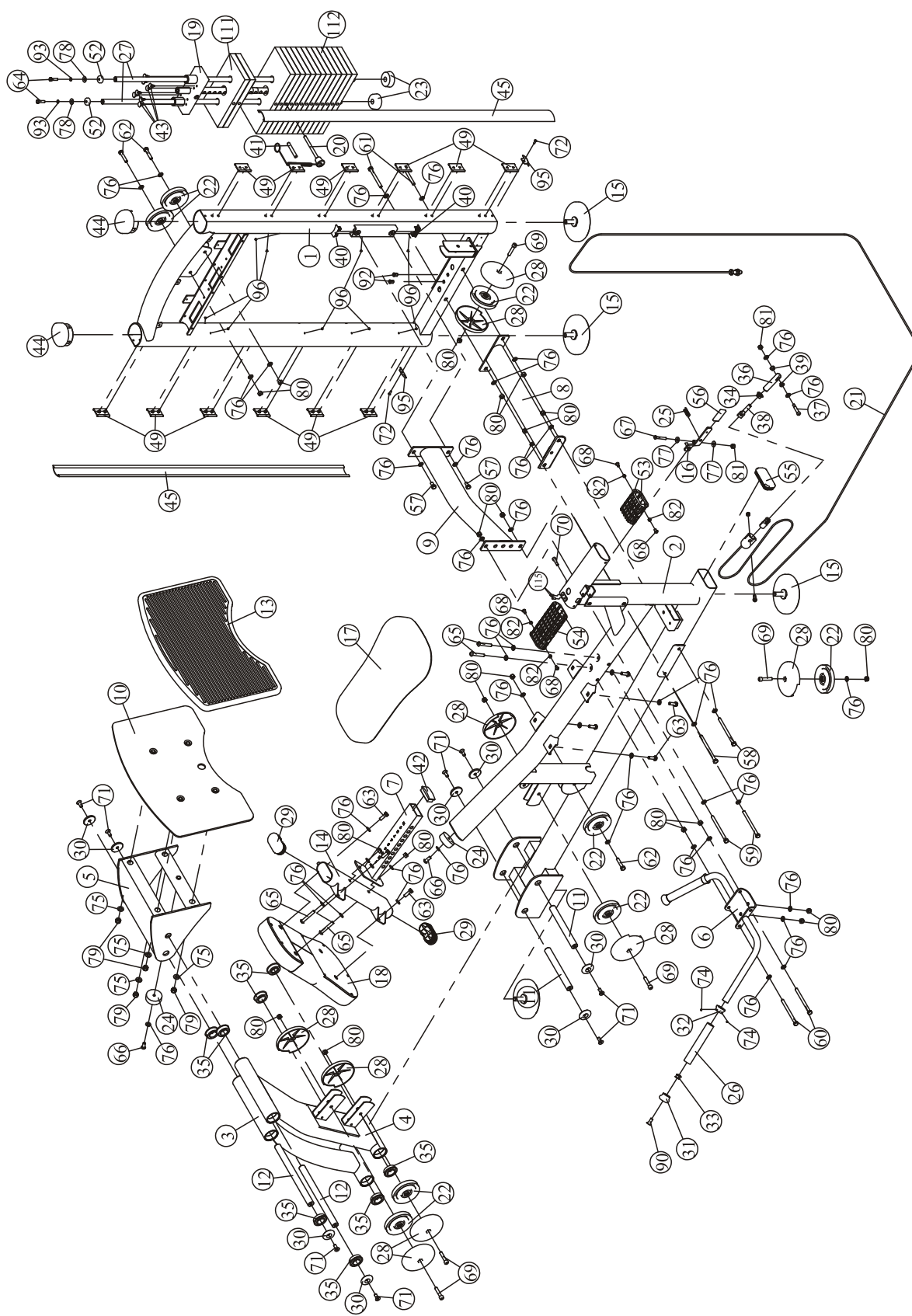
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	28	Pulley Cover $\Phi 140 \times 26$	9
2	Main Fram	1	29	Plug Rt50*100	2
3	Front Sway Frame	1	30	Aluminum End Cap $\Phi 50 \times \Phi 10.5 \times 8$	8
4	Back Sway Frame	1	31	Aluminium Grip Cap	2
5	Connect Frame	1	32	Aluminium Grip Ring	2
6	Handle	1	33	Nut 25*2.5*21.6	2
7	Adjustable Tube	1	34	Hex Flanged Nut 1/2"-13	1
8	Bottom Cross Brace	1	35	Bearing $\Phi 50.8 \times \Phi 25.4 \times 15.9$	8
9	Rear Cross Brace	1	36	Adjustable End $\Phi 21 \times 90$	1
10	Footplate	1	37	Bolt $\Phi 9.4 \times 47.5 \times M8$	1
11	Pivot Axle $\Phi 25.4 \times 222$	2	38	Cable Connector $\Phi 20 \times 77 \times 1/2"-13$	1
12	Pivot Axle $\Phi 25.4 \times 332$	2	39	Bronze Bushing $\Phi 12.7 \times \Phi 9.5 \times 9.5$	2
13	Rubber Foot Plate Cover	1	40	Plug	2
14	Back Pad Support	1	41	Split Pin $\Phi 11 \times 76$	1
15	Adjustable Foot Plate	4	42	Plug $\square 30 \times 70$	1
16	Adjustable Support	1	43	Button $\Phi 8 \times \Phi 20 \times 23$	19
17	Seat Pad	1	44	Plug $\Phi 9.4 \times 61$	2
18	Back Pad	1	45	Side Cover	2
19	Top Plate	1	46	Top Rear Shroud	1
20	Selector Pin W/Coil	1	47	Top Front Shroud	1
21	Cable	1	48	Support	1
22	4.5" Pulley	8	49	Plastic Block	12
23	Weight Rubber Bumper $\Phi 63.5 \times \Phi 19 \times 25.4$	2	50	Short Shroud Retainer Plate	2
24	Rubber Washer	2	51	Shroud	1
25	Spring $\Phi 1.2 \times \Phi 13 \times 38.6$	1	52	Rubber Plug $\Phi 29 \times \Phi 19 \times 10$	2
26	Grip St $\Phi 30 \times \Phi 22 \times 180$	2	53	Little Plastic Tube Guide	2
27	Guide Rod $\Phi 19 \times 1177$	2	54	Plastic Tube Guide	2

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	Qty	Item No.	Description	Qty
55	Plug YJ110*50	1	82	Hex Nut M6	4
56	Adjustable Support Sleeve	1	83	Hex Key S=4	1
57	Hex Head Bolt M10*20	2	84	Hex Key S=5	1
58	Hex Head Bolt M10*140	2	85	Hex Key S=6	1
59	Hex Head Bolt M10*135	2	86	Hex Key S=8	1
60	Hex Head Bolt M10*130	2	87	Hex Key S=3/32"	1
61	Hex Head Bolt M10*100	2	88	Wrench	1
62	Hex Head Bolt M10*50	3	89	Lube	1
63	Hex Head Bolt M10*30	8	90	Flat Head Cap Screw M10*30	2
64	Hex Head Bolt M8*30	2	91	Hex Key S=3/16"	1
65	Button Head Cap Screw M10*65	4	92	Rivet Nut M8	2
66	Button Head Cap Screw M10*25	2	93	Spring Washer Ø8	2
67	Button Head Cap Screw M8*55	1	94	Flat Philips Screw M5*25	2
68	Button Head Cap Screw M6*12	4	95	L Bracket	2
69	Socket Head Cap Screw M10*50	5	96	Button Ø8.1*7	10
70	Socket Head Cap Screw M8*30	1	97	Top Rear Shroud-A	1
71	Flat Head Cap Screw M10*25	8	98	Shroud Retainer Plate	3
72	Flat Philips Screw M5*16	17	99	Right Shroud Retainer Plate	1
73	Self-Tapping Screw St4.2*10	4	100	Front Shroud	1
74	Socket Set Screw 10-32*3.2	4	101	Rear Shroud	1
75	Flat Washer Ø13*Ø24*1.5	4	102	Rear Support	1
76	Flat Washer Ø11*Ø20*2	45	103	Arc Bracket	1
77	Flat Washer Ø9*Ø16*1.6	2	104	Connect Button Ø18*12	4
78	Flat Washer Ø9*Ø22*1.6	2	105	Plastic Cover Ø21*5.7	4
79	Nylon Lock Nut M12	4	106	Plastic Washer Ø13*3	4
80	Nylon Lock Nut M10	20	115	Socket Head Cap Screw M6*15	2
81	Nylon Lock Nut M8	2	116	Hex Key S=3	1

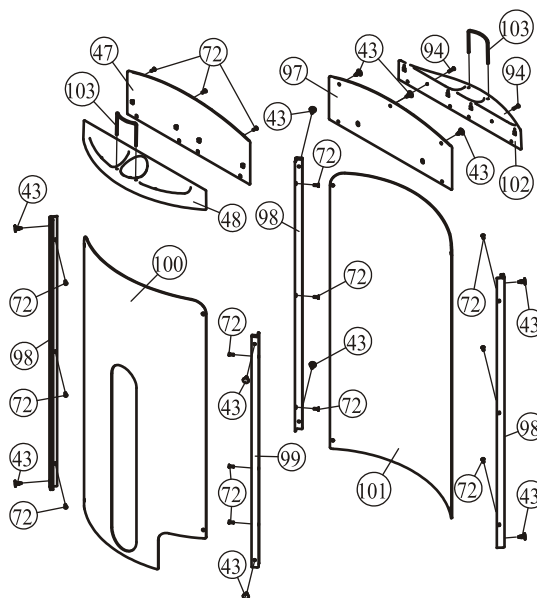
# Exploded View



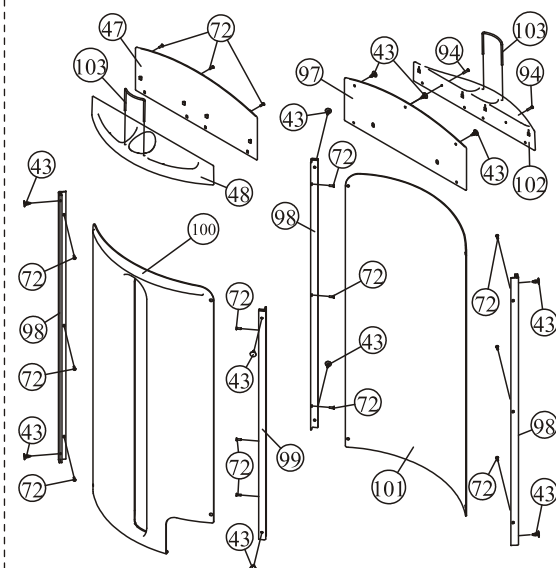


# Exploded View

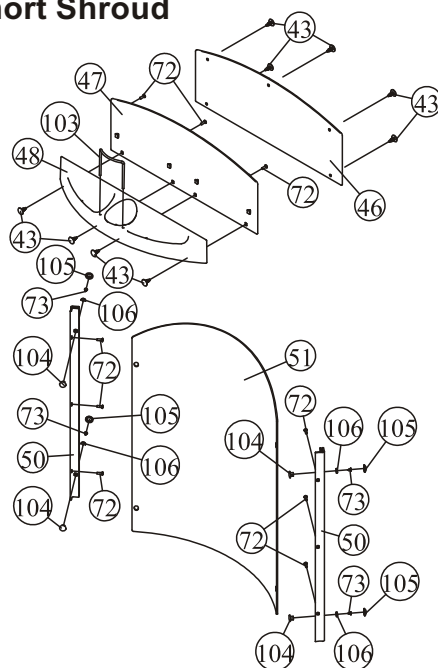
## Flat Shroud



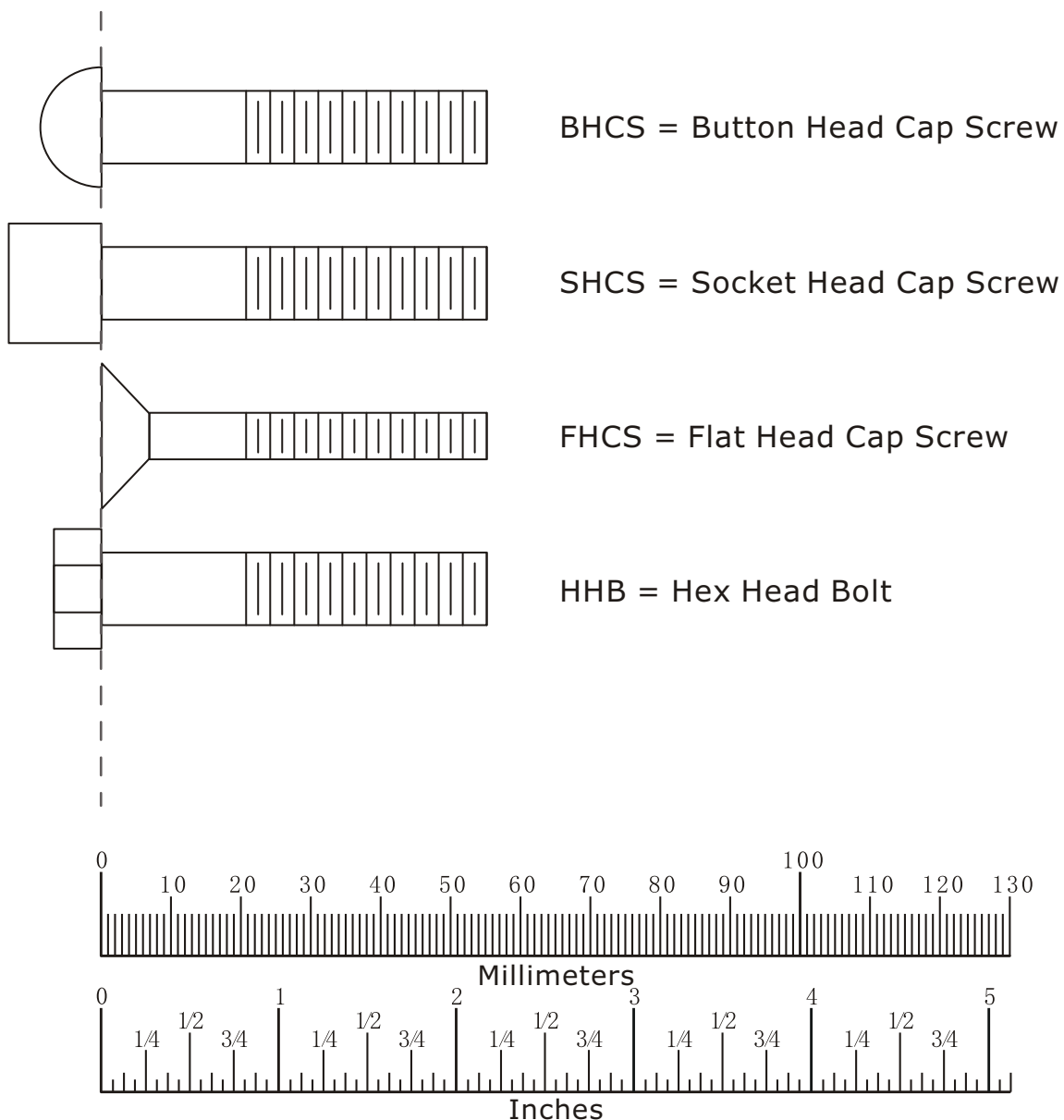
## Molding Shroud



## Short Shroud



## 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.

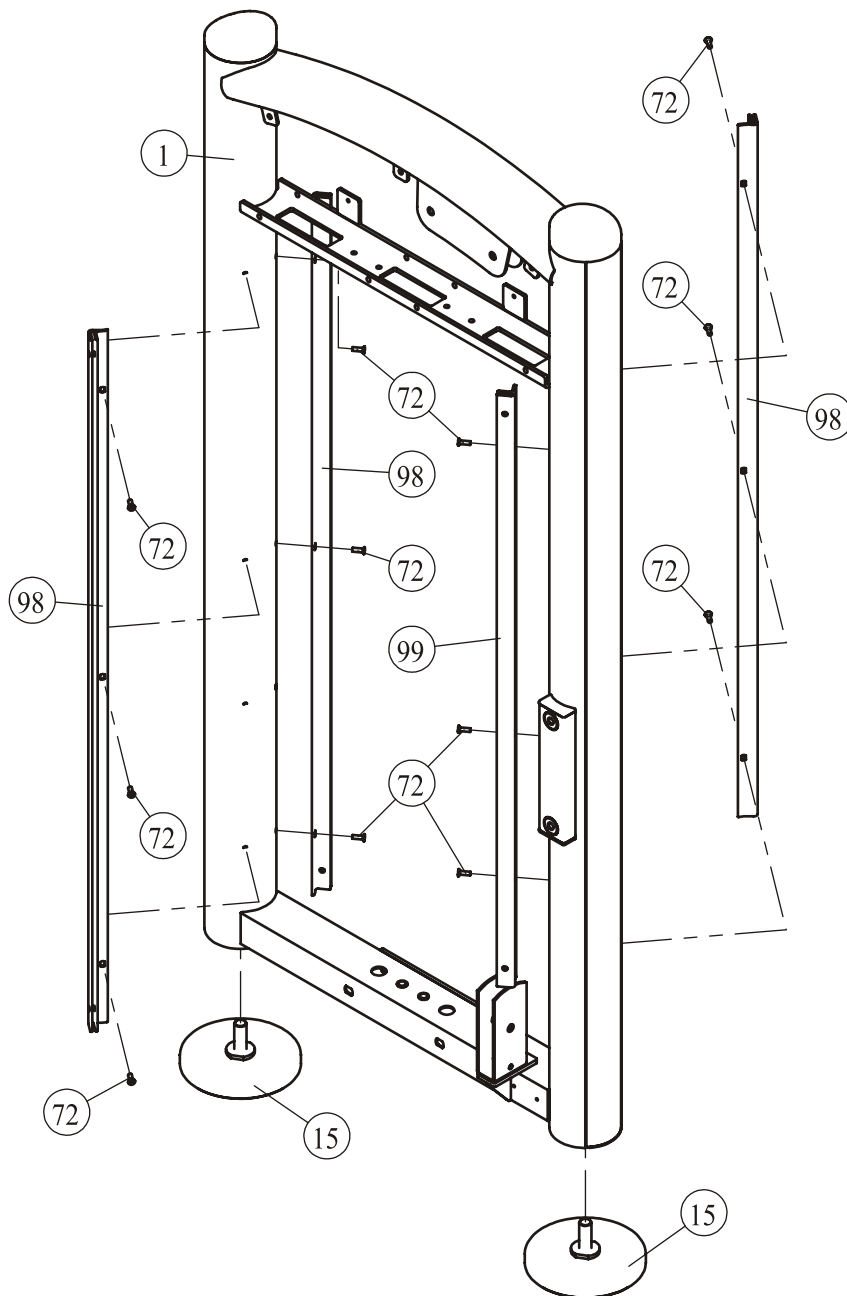
# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#15) to the Weight Stack Frame (#1).
2. Attach three Shroud Retainer Plates (#98) and one Right Shroud Retainer Plate (#99) to the Weight Stack Frame (#1) using:  
twelve M5\*16 Flat Philips Screws (#72)

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Flat Shroud and Molding Shroud** !



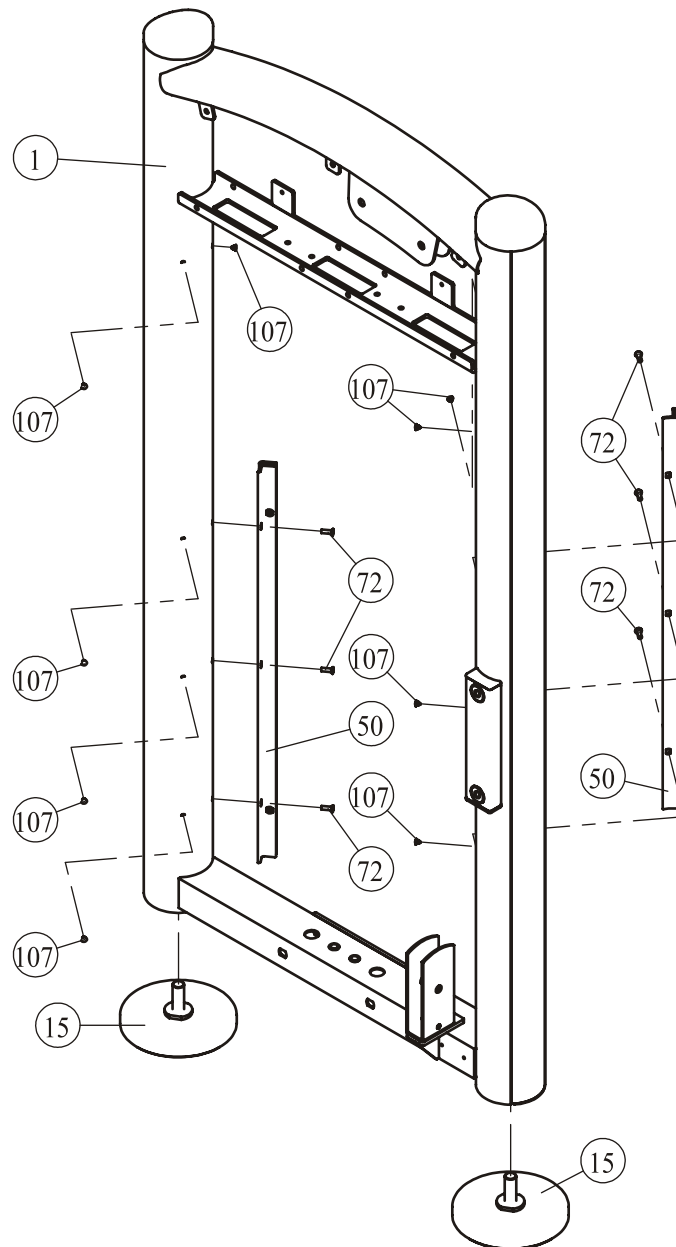
# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#15) to the Weight Stack Frame (#1).
2. Attach two Short Shroud Retainer Plates (#50) to the Weight Stack Frame (#1) using:  
six M5\*16 Flat Philips Screws (#72)
3. Attach nine Buttons (#107) to the Weight Stack Frame (#1).

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Short Shroud** !



# Assembly

## STEP 2

1. Attach two Adjustable Foot Plate (#15) to the Main Frame (#2).
2. Attach the Bottom Cross Brace (#8) to the Weight Stack Frame (#1) and the Main Frame (#2) using:

two M10\*140 HHB (#58)

two M10\*110 HHB (#61)

eight  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)

four M10 Nylon Lock Nuts (#80)

3. Attach the Rear Cross Brace (#9) to the Weight Stack Frame (#1) and the Main Frame (#2) using:

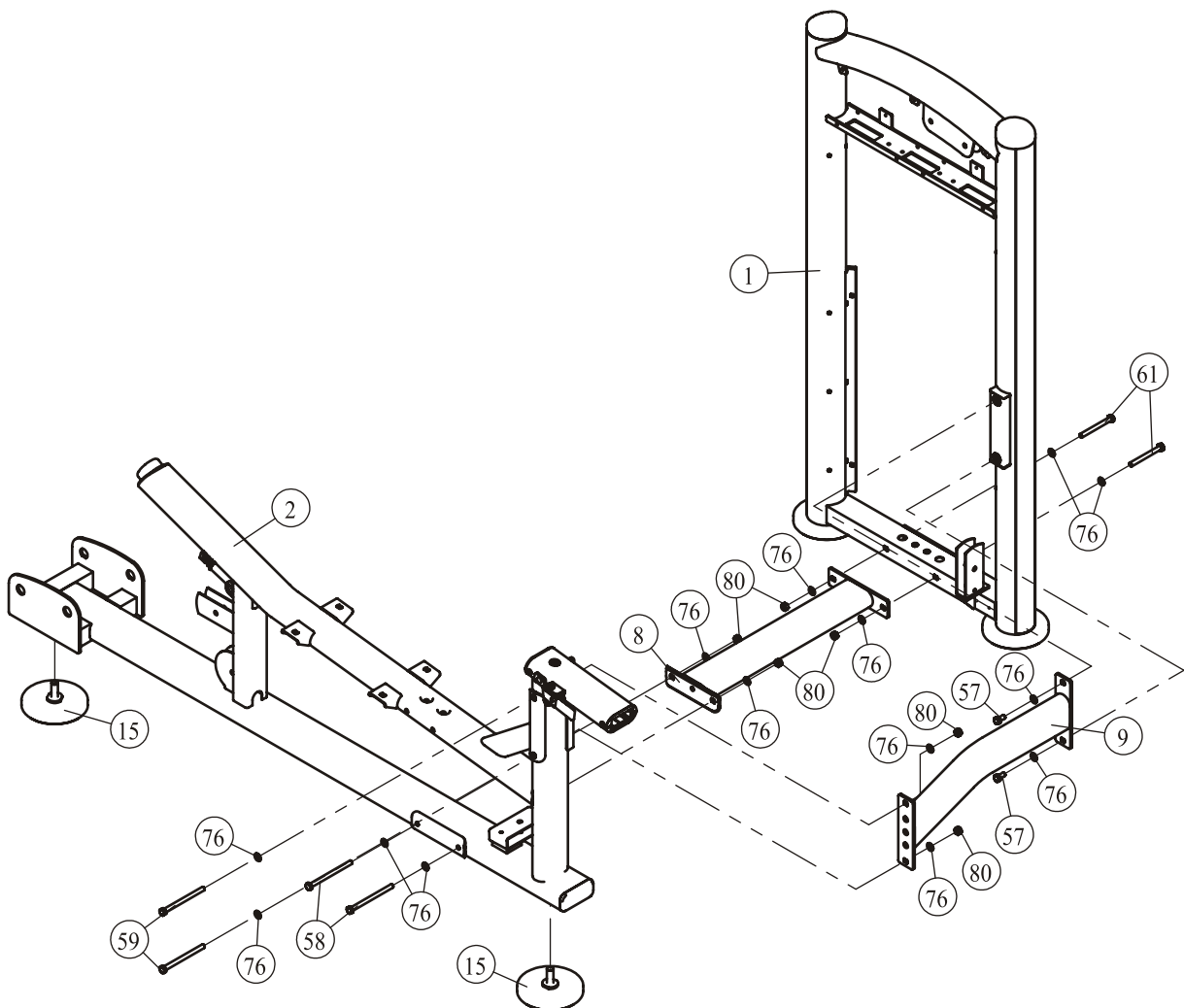
two M10\*20 HHB (#57)

two M10\*135 HHB (#59)

six  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)

two M10 Nylon Lock Nuts (#80)

**Note: Hand tighten Bolts and Nylon Lock nuts.**

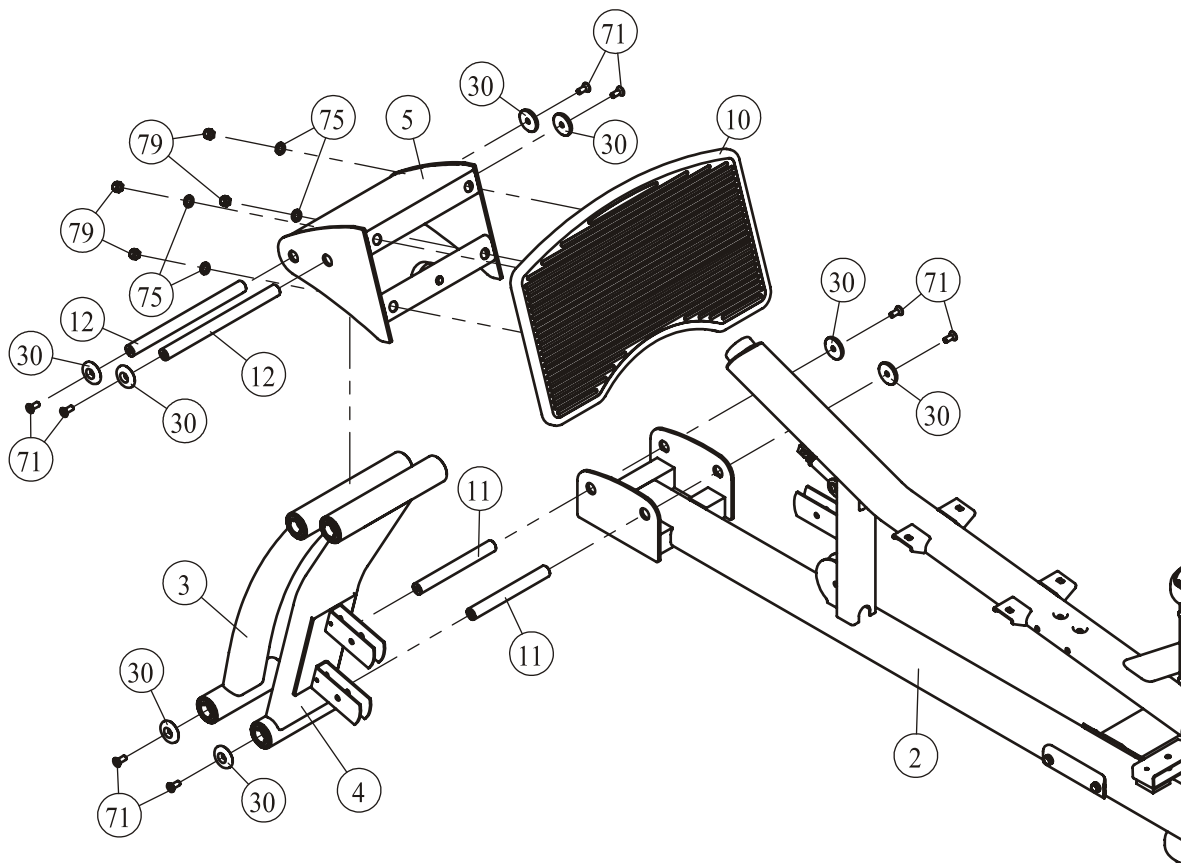


# Assembly

## STEP 3

1. Attach the Footplate (#10) to the Connect Frame (#5) using:  
four  $\Phi 13 \times \Phi 24 \times 1.5$  Flat Washers (#75)      four M12 Nylon Lock Nuts (#79)
2. Attach the Back Sway Frame (#4) and the Front Sway Frame (#3) to the Main Frame (#2) using:  
two  $\Phi 25.4 \times 222$  Pivot Axles (#11)      four  $\Phi 50 \times \Phi 10.5 \times 8$  Aluminium Caps (#30)  
four M10\*25 FHCS (#71)
3. Attach the Connect Frame (#5) to the Back Sway Frame (#4) and the Front Sway Frame (#3) using:  
two  $\Phi 25.4 \times 332$  Pivot Axles (#12)      four  $\Phi 50 \times \Phi 10.5 \times 8$  Aluminium Caps (#30)  
four M10\*25 FHCS (#71)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**



# Assembly

## STEP 4

### 1. Attach:

two Guide Rods (#27)

ten Weight Plate 15LBS (#113)

two Weight Plate 5LBS (#111)

to the Weight Stack Frame (#1) using:

two M8\*30 HHB (#64)

two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washers (#78)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumpers (#23)

three Weight Plate 10LBS (#112)

one Top Plate (#19)

two  $\Phi 8$  Spring Washers (#93)

two  $\Phi 29 \times \Phi 19 \times 10$  Rubber Plugs (#52)

Attach the Selector Pin W/Coil (#20) to the Top Plate (#19).

### 2. Attach eight Buttons (#43) to the Top Plate (#19).

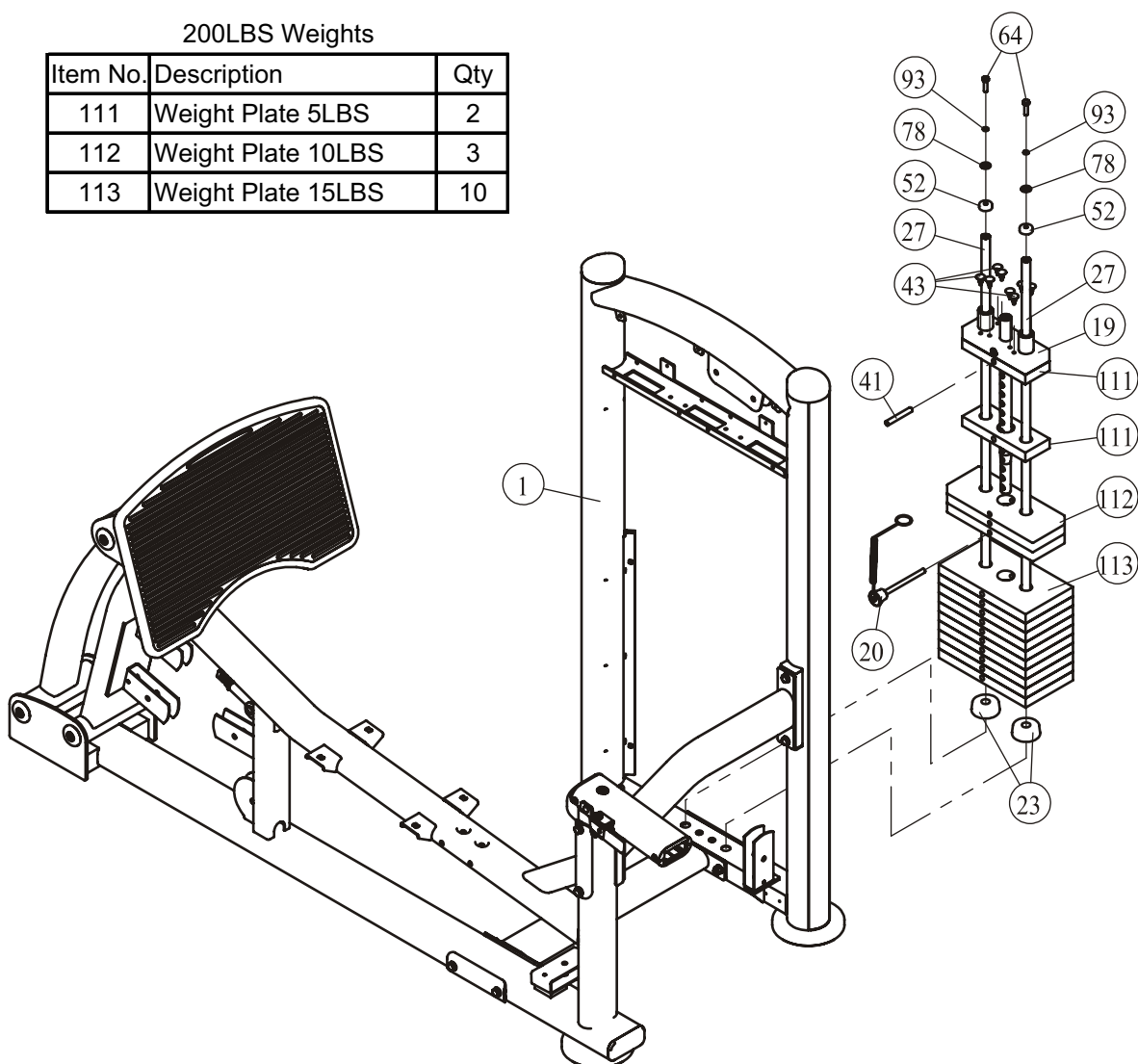
### 3. Put the Top Plate (#19) and first Weight Plate 5LBS (#111) together with the Split Pin $\Phi 11 \times 76$ (#41).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

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

200LBS Weights

Item No.	Description	Qty
111	Weight Plate 5LBS	2
112	Weight Plate 10LBS	3
113	Weight Plate 15LBS	10





# Assembly

## STEP 4

### 1. Attach:

two Guide Rods (#27)

thirteen Weight Plate 20LBS (#112)

one Top Plate (#19)

to the Weight Stack Frame (#1) using:

two M8\*30 HHB (#64)

two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washers (#78)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumpers (#23)

two Weight Plate 15LBS (#111)

two  $\Phi 8$  Spring Washers (#93)

two  $\Phi 29 \times \Phi 19 \times 10$  Rubber Plugs (#52)

Attach the Selector Pin W/Coil (#20) to the Top Plate (#19).

### 2. Attach eight Buttons (#43) to the Top Plate (#19).

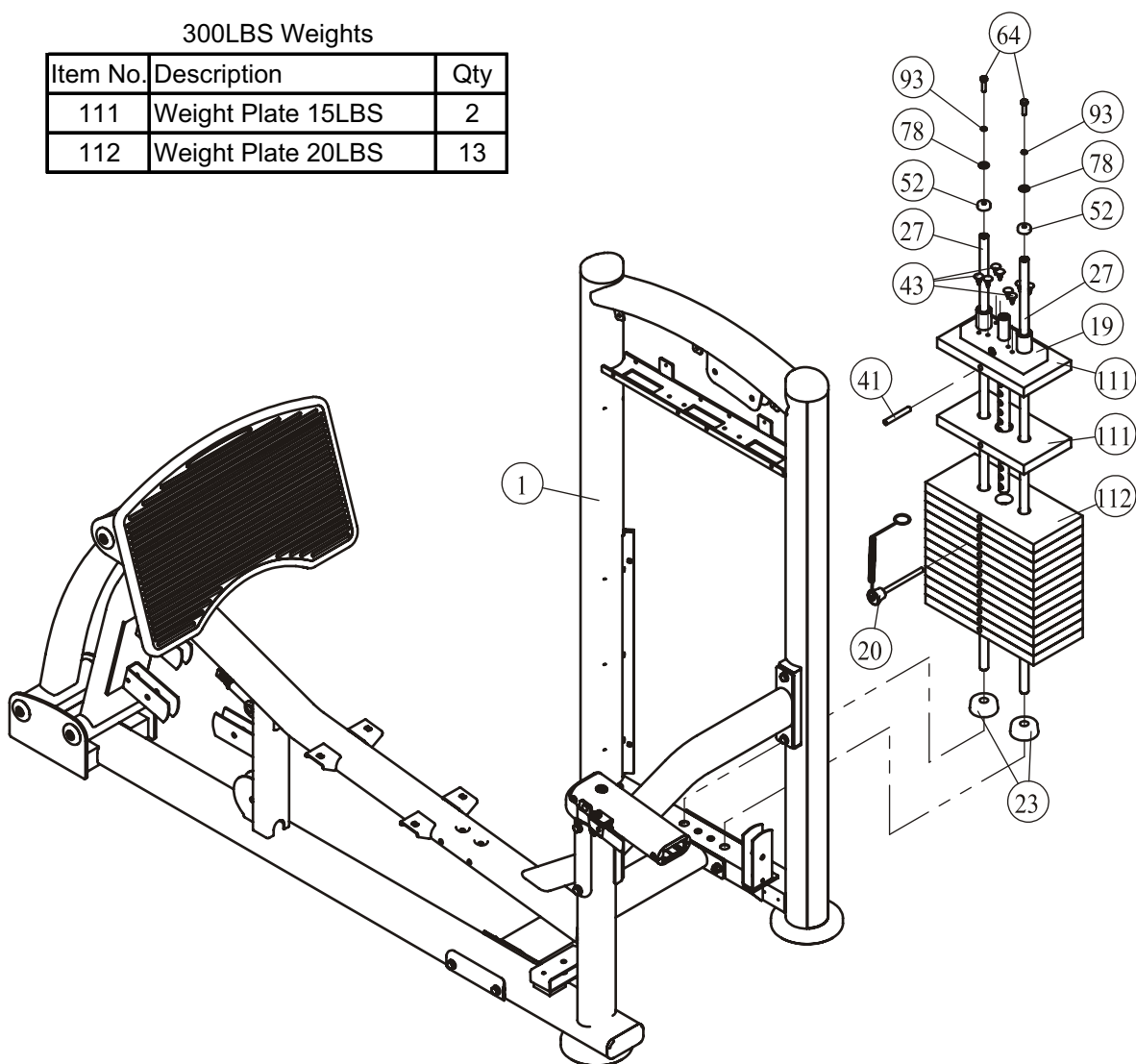
### 3. Put the Top Plate (#19) and first Weight Plate 15LBS (#111) together with the Split Pin $\Phi 11 \times 76$ (#41).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

**Here is the assembly instruction for 300LBS Weights !**

300LBS Weights

Item No.	Description	Qty
111	Weight Plate 15LBS	2
112	Weight Plate 20LBS	13

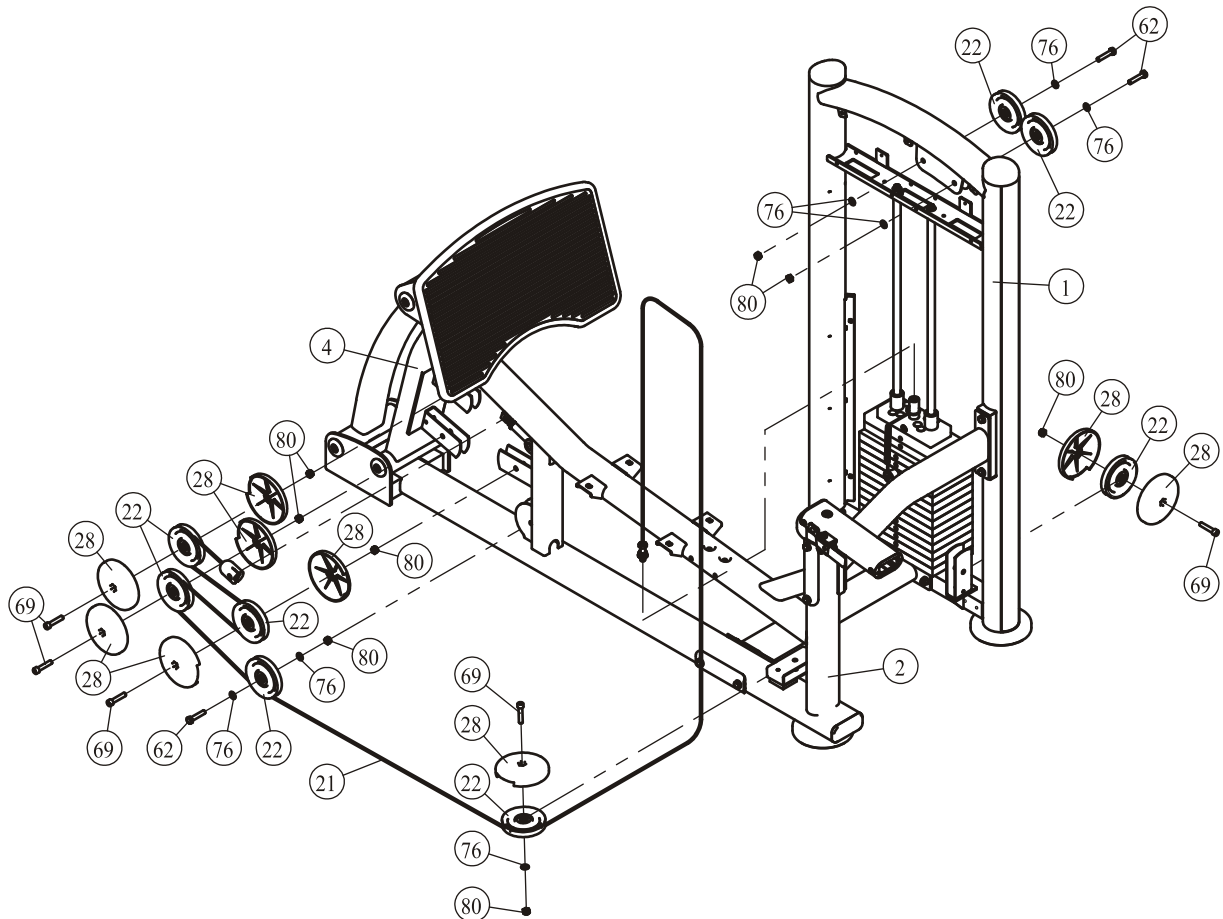


# Assembly

## STEP 5

1. Attach three 4.5" Pulleys (#22) to the Weight Stack Frame (#1) using:  
two M10\*50 HHB (#62)                      one M10\*50 SHCS (#69)  
four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)                      three M10 Nylon Lock Nuts (#80)  
two  $\Phi 140 \times 26$  Pulley Covers (#28)
2. Attach three 4.5" Pulleys (#22) to the Main Frame (#2) using:  
one M10\*50 HHB (#62)                      two M10\*50 SHCS (#69)  
three  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)                      three M10 Nylon lock Nuts (#80)  
three  $\Phi 140 \times 26$  Pulley Covers (#28)
3. Attach two 4.5" Pulleys (#22) to the Back Sway Frame (#4) using:  
two M10\*50 SHCS (#69)                      two M10 Nylon lock Nuts (#80)  
four  $\Phi 140 \times 26$  Pulley Covers (#28)
4. Attach the Cable (#21) to the Top Plate (#19) and the Main Frame (#2).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

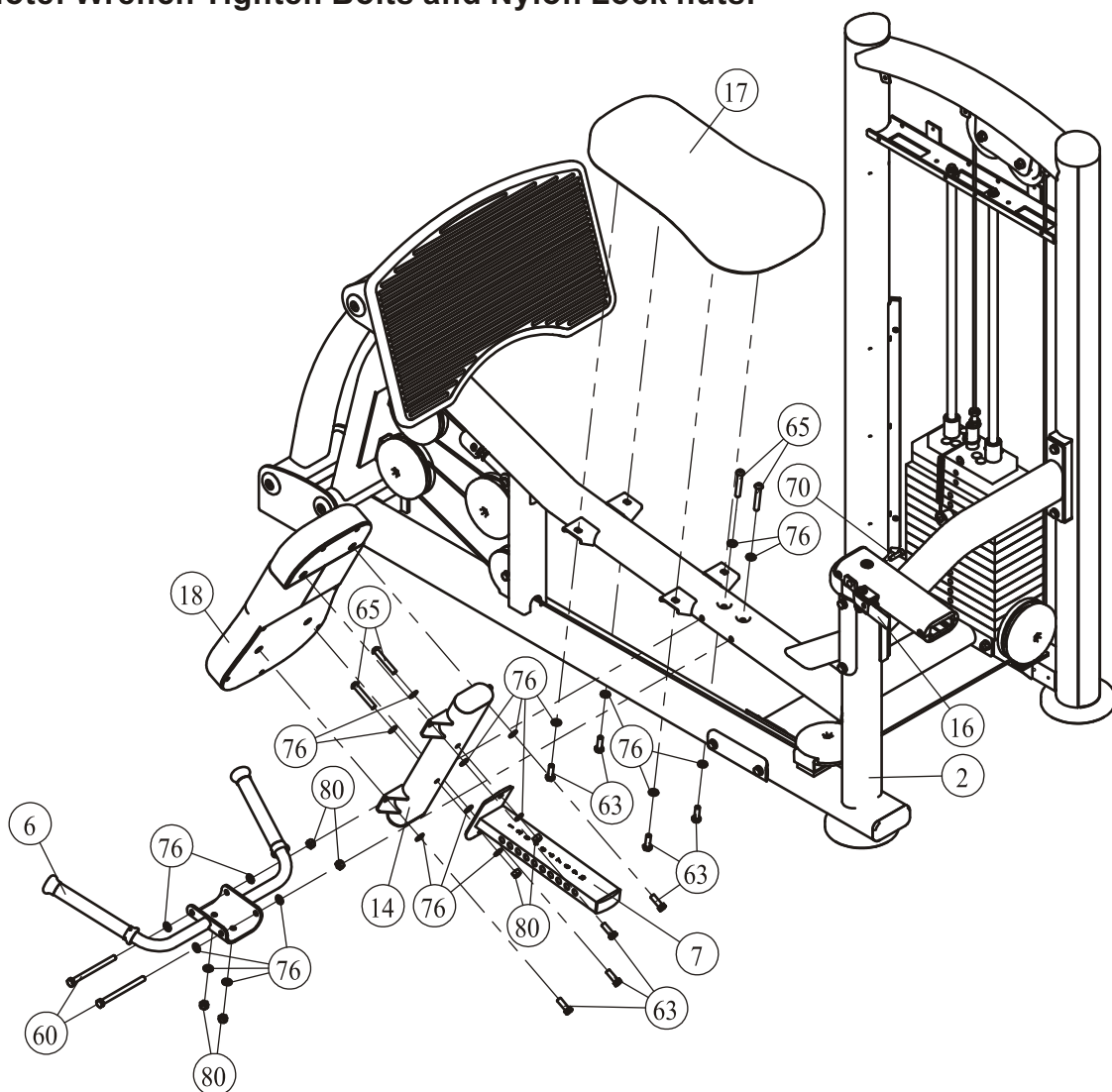


# Assembly

## STEP 6

1. Attach the Handle (#6) to the Main Frame (#2) using:  
 two M10\*130 HHB (#60)                      two M10\*65 HHB (#65)  
 eight  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)                      four M10 Nylon Lock Nuts (#80)
2. Attach the Adjustable Tube (#7) to the Back Pad Support (#14) using:  
 two M10\*65 HHB (#65)                      four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)  
 two M10 Nylon Lock Nuts (#80)
3. Insert the Adjustable tube (#7) into the Main Frame (#2) and secure it into place with the Adjustable Support (#16), then fully tighten the M8\*30 SHCS (#70).
4. Attach the Seat Pad (#17) to the Main Frame (#2) using:  
 four M10\*30 HHB (#63)                      four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)
5. Attach the Back Pad (#18) to the Back Pad Support (#14) using:  
 four M10\*30 HHB (#63)                      four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#76)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**



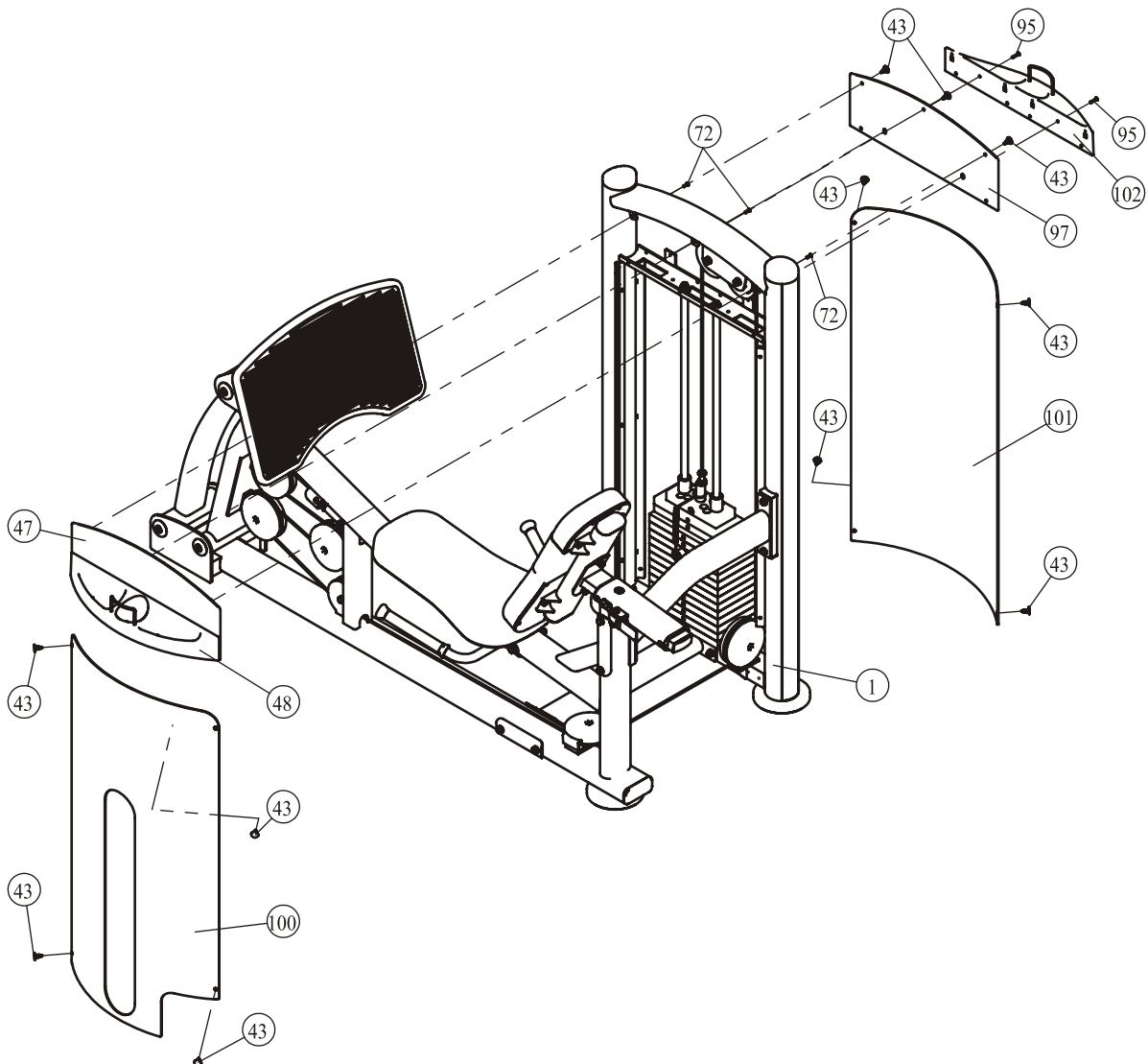
# Assembly

## STEP 7

1. Attach the Front Shroud (#100) and the Rear Shroud (#101) to the Weight Stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)
2. Attach the Top Front Shroud (#47) and the Support (#48) to the Weight Stack Frame (#1) using:  
three M5\*16 Flat Philips Screw (#72)
3. Attach the Top Rear Shroud-A (#97) and the Rear Support (#102) to the Weight Stack Frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)                      two M5\*25 Flat Philips Screw (#95)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **Flat Shroud !**



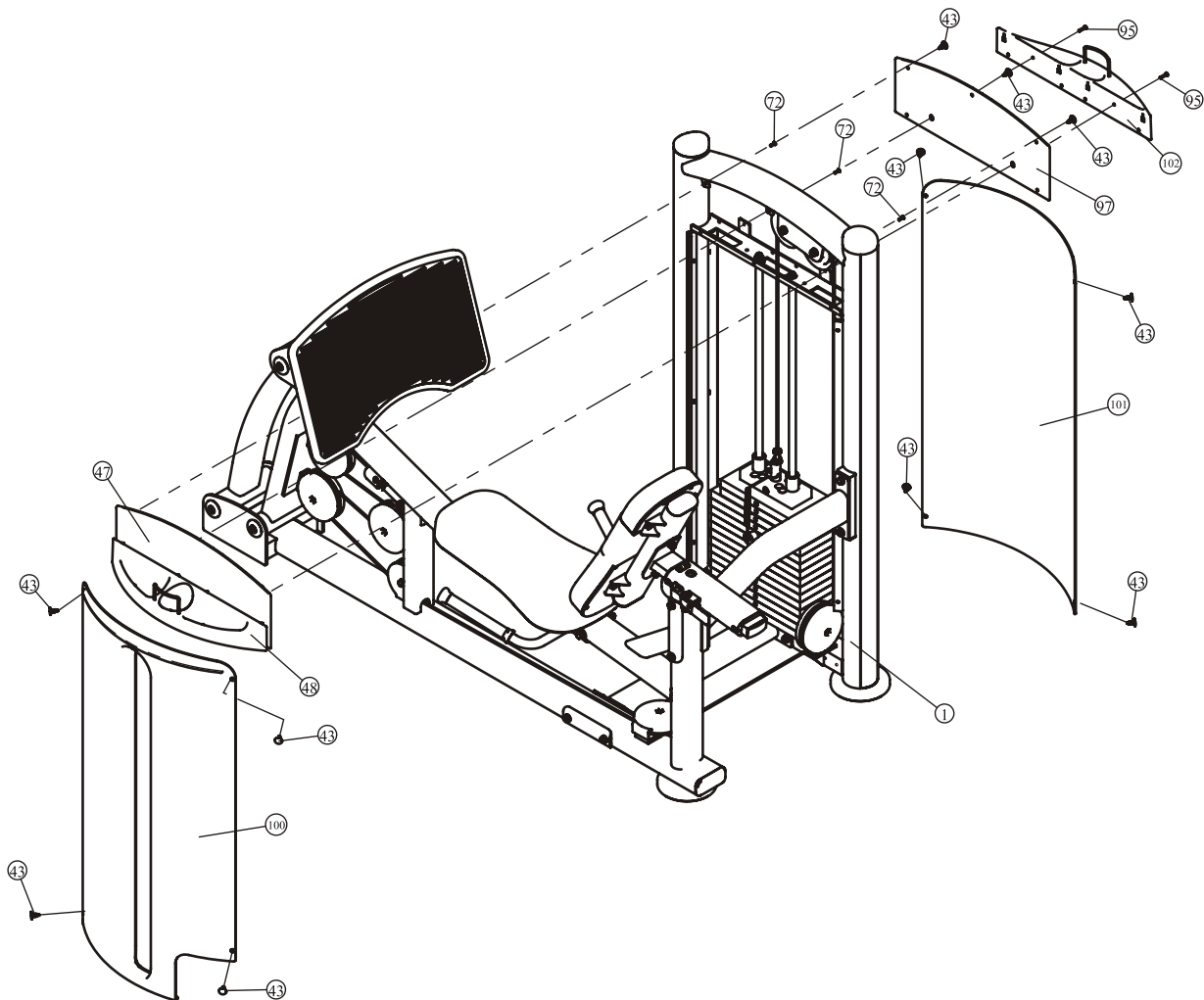
# Assembly

## STEP 7

1. Attach the Front Shroud (#100) and the Rear Shroud (#101) to the Weight Stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)
2. Attach the Top Front Shroud (#47) and the Support (#48) to the Weight Stack Frame (#1) using:  
three M5\*16 Flat Philips Screw (#72)
3. Attach the Top Rear Shroud-A (#97) and the Rear Support (#102) to the Weight Stack Frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)                      two M5\*25 Flat Philips Screw (#95)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

**Here is the assembly instruction for Molding Shroud !**



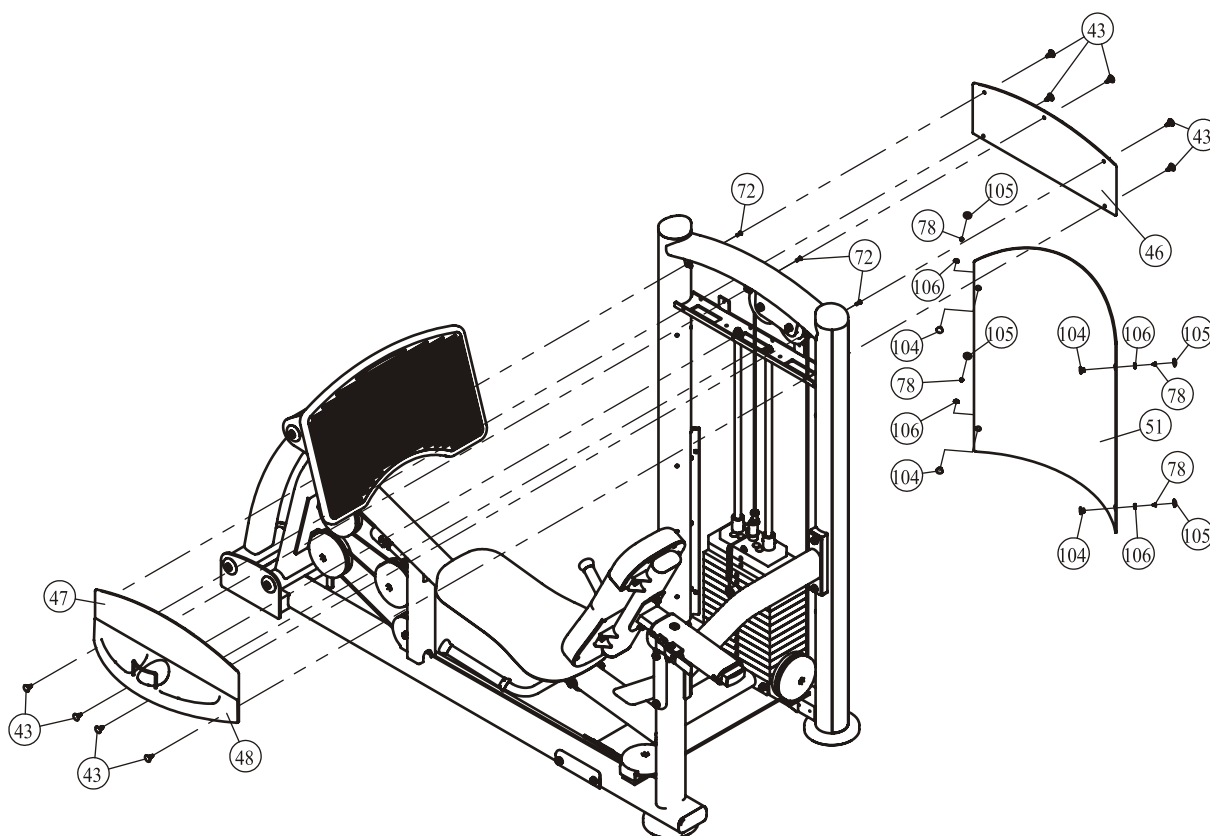
# Assembly

## STEP 7

1. Attach the Shroud (#51) to the Weight Stack Frame (#1) using:  
four  $\Phi 18 \times 12$  Connect Buttons (#104)      four  $\Phi 13 \times 3$  Plastic Washers (#106)  
four ST4.2\*10 Self-Tapping Screws (#78)      four  $\Phi 21 \times 5.7$  Plastic Covers (#105)
2. Attach the Top Front Shroud (#47) and the Support (#48) to the Weight Stack Frame (#1) using:  
four  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)      three M5\*16 Flat Philips Screws (#72)
3. Attach the Top Rear Shroud (#46) to the Weight Stack Frame (#1) using:  
five  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#43)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **Short Shroud !**



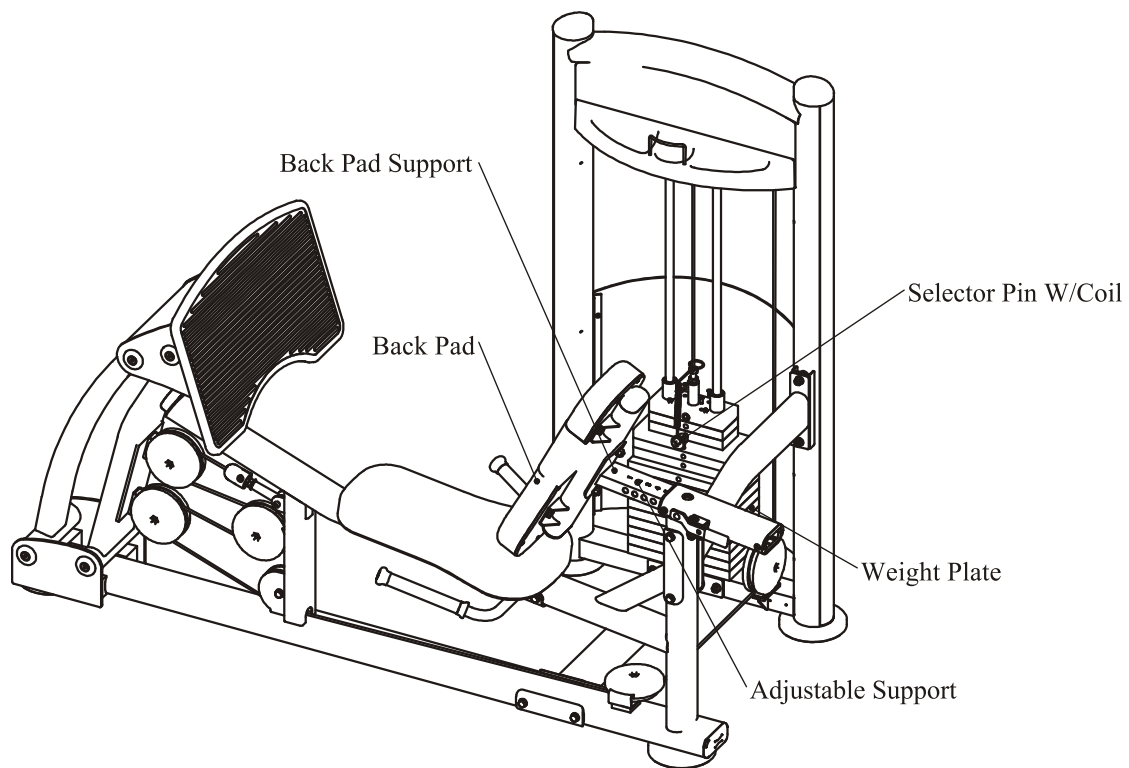
## Adjust Instructions

### Back Pad adjustment

1. Push the Adjustable Support and adjust the Back Pad to the desired position.
2. Make sure the pin gets into the hole completely.

### The use of Selector Pin

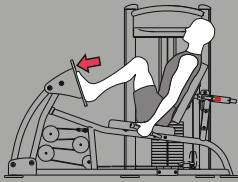
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin gets into the hole completely.



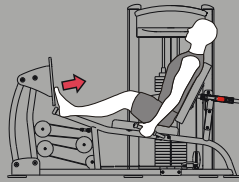
## Exercise Instructions

### LEG PRESS/CALF RAISE

Leg press

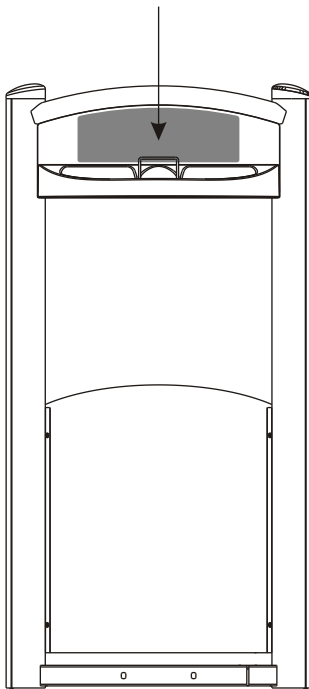
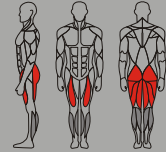


Calf raise



#### Exercise Instructions

1. Select an appropriate weight.
2. Adjust back pad for desired positioning.
3. **Leg press:** Place feet shoulder width on plate, extend legs with a control motion.  
**Calf raise:** Place balls of feet on lower edge of plate. Legs straight, extend ankles.
4. Slowly return to the starting position.



#### Exercise Instructions

1. Select an appropriate weight.
2. Adjust back pad for desired positioning.
3. **Leg press:** Place feet shoulder width on plate, extend legs with a control motion.  
**Calf raise:** Place balls of feet on lower edge of plate. Legs straight, extend ankles.
4. Slowly return to the starting position.  
(Adjust weight according to the select pin)



## 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.

