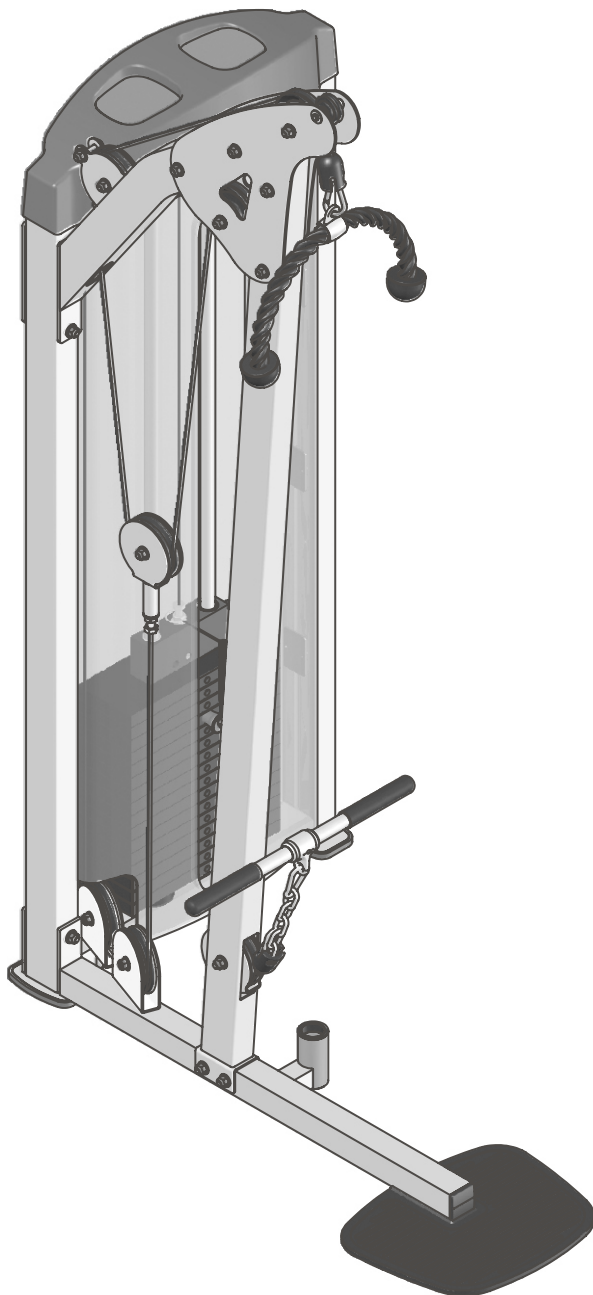


*IF8123*

Bicep/Tricep

# OWNER'S MANUAL



**! CAUTION**

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

**! CAUTION**

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

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## Important Safety Instructions

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

- \* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* 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.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* 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.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### Personal Safety During Assembly

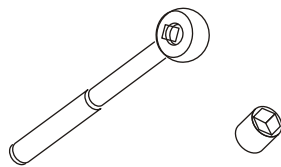
- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the 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.

## Instructions

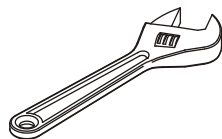
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

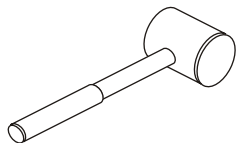
## Tools Required



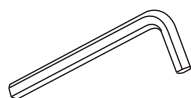
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

## Parts List

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

Item No.	Part No.	Description	Qty
1	IF81020100	Weight Stack Frame	1
2	IF81230200	Bottom Cross Brace	1
3	IF81230300	Upright Frame	1
4	IF81230400	Top Cross Brace	1
5	IF81230500	Cable 1	1
6	IF81230600	Plate	2
7	IF81230700	Cable 2	1
8	IF81230800	Pin $\Phi 18 \times \Phi 9.4 \times 65.3$	1
9	LH $\Phi 5 \times 5$ DS2	Short Chain $\Phi 5 \times 5$	1
10	HLG8DS2	Gear Hook $\Phi 8$	3
11	SG50015300	Short Bar	1
12	BNH0523-1	Grip DT $\Phi 32 \times \Phi 24 \times 154$	2
13	AXT4S1600	Pulley Bracket	1
14	KFFT2200	Tricep Rope	1
15	V511800	Small Guide Pulley	1
16	IF81020800	Guide Rod $\Phi 25 \times 2.5 \times 1529$	2
17	PL90165400	Top Plate	1
18	IF81163500	Selector Pin W/Coil	1
19	PTSHILO12800	Weight Rubber Bumper $\Phi 76.2 \times \Phi 26.9 \times 38.1$	2
20	IF81162200	Top Shroud	1
21	IF81021800	Rear Shroud	1
22	IF81021900	Front Shroud	1
23	IF81162000	Foot Cover 1	2
24	IF81223900	Mount Sleeve	2
25	IF81162700	Plastic Plate	2

## Parts List

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

Item No.	Part No.	Description	Qty
26	IF81162100	Shroud Clip	6
27	S9126658	Bronze Bushing $\Phi$ 38	1
28	V23300	Spacer 1	2
29	IF81232900	Foot Cover 2	1
30	F20A10800	Spacer 2	4
31	SG500110400	4.5" Pulley	9
32	KF18606200	Plug $\square$ 50.8	1
33	GB77M8*8DS18	Socket Set Screw M8*8	4
34	GB5780M10*105DS20	Hex Head Bolt M10*105	2
35	GB5780M10*110*30DS20NL	Hex Head Bolt M10*110	2
36	GB5780M10*80DS20	Hex Head Bolt M10*80	2
37	GB5780M10*75DS20	Hex Head Bolt M10*75	6
38	GB5780M10*70DS20	Hex Head Bolt M10*70	1
39	GB5780M10*50DS20	Hex Head Bolt M10*50	7
40	GB819M5*15DS2	Flat Philips Screw M5*15	12
41	GB5780M6*15DS2	Hex Head Bolt M6*15	1
42	PNLM6*15DS2	Button Head Cap Screw M6*15	2
43	DQ6DS2A	Flat Washer $\Phi$ 6.6* $\Phi$ 15*2	3
44	DQ10DS2A	Flat Washer $\Phi$ 11* $\Phi$ 23*2	39
45	NM10DS2	Nylon lock Nut M10	18
46	NBS4DHS	Hex Key s=4	1
47	NBS5DHS	Hex Key s=5	1
48	BNH0371	Hex Key s=3/16"	1
49	LW200BS	Wrench	1
50	YHY	Lube	1

## Parts List-Weight Plates

**! There are three configuration of weights: 170LBS/200LBS/250LBS, please see following form for details.**

### Weight Plate 170LBS

Item No.	Part No.	Description	Qty
56	PLWS1000	Weight Plate 10LBS	16

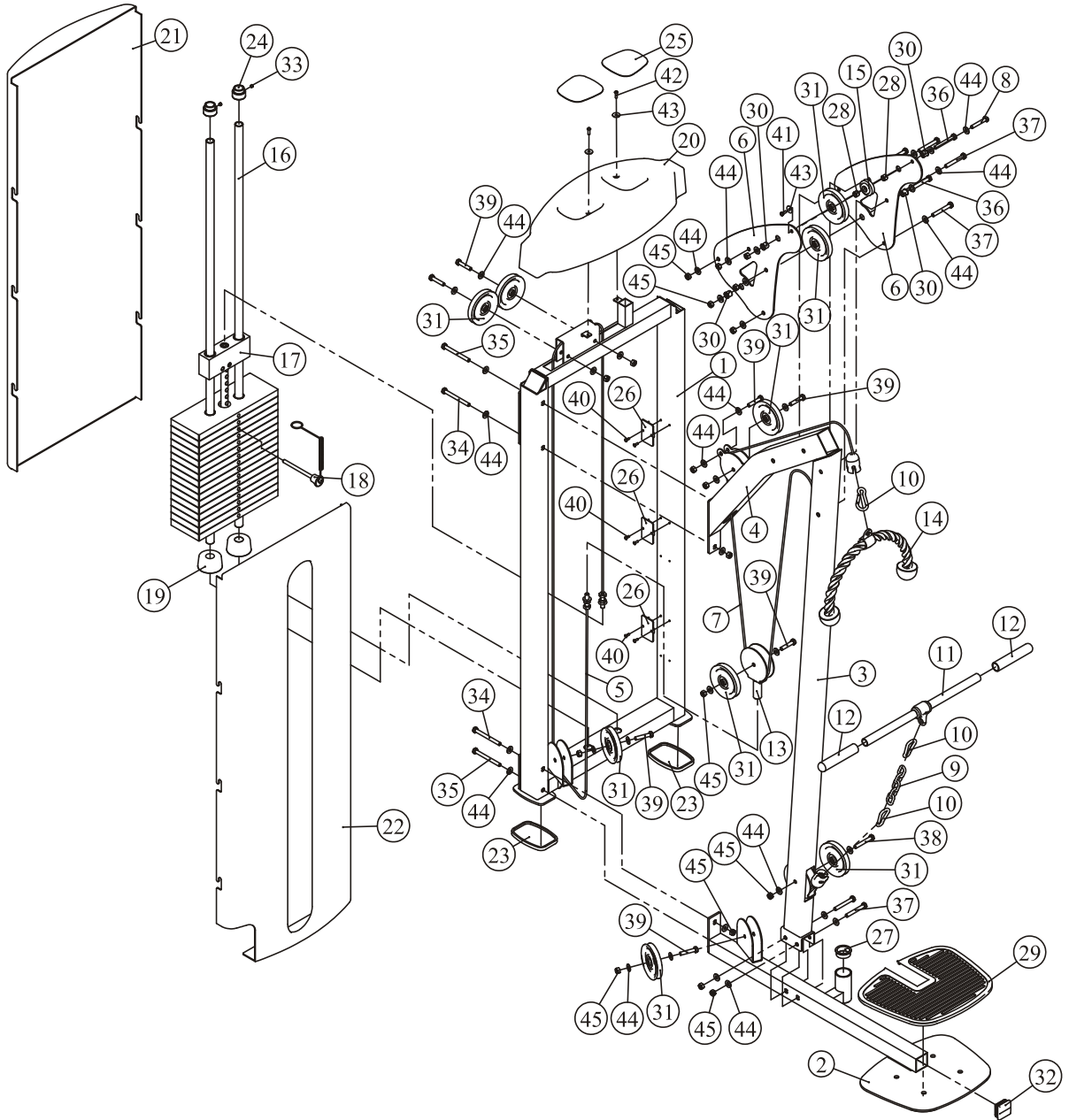
### Weight Plate 200LBS

Item No.	Part No.	Description	Qty
56	PLWS1000	Weight Plate 10LBS	10
57	IF8WS1500	Weight Plate 15LBS	6

### Weight Plate 250LBS

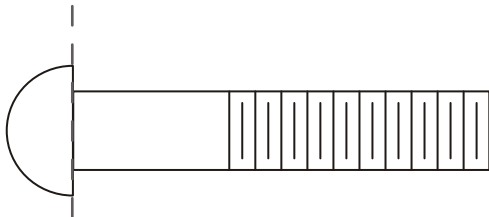
Item No.	Part No.	Description	Qty
57	IF8WS1500	Weight Plate 15LBS	16

# Exploded View

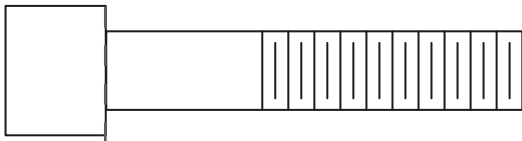




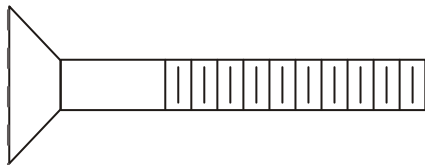
# Measurement Guide



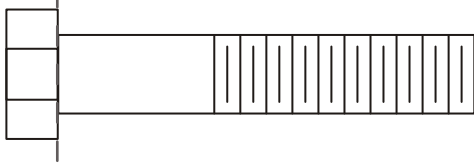
BHCS = Button Head Cap Screw



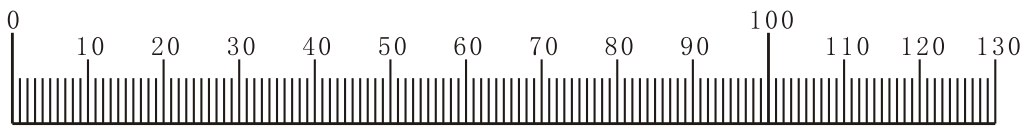
SHCS = Socket Head Cap Screw



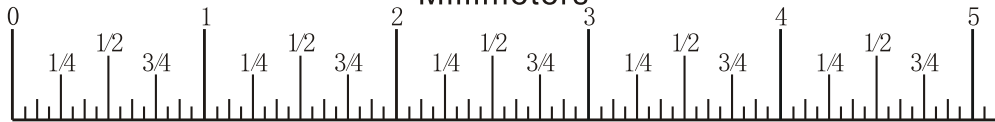
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

## 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 2

1. Attach the Top Cross Brace (#4) to the Weight Stack Frame (#1), using:

one M10\*105 HHB (#34)

one M10\*110 HHB (#35)

three  $\Phi 11*\Phi 23*2$  Flat Washers (#44)

one M10 Nylon lock Nut (#45)

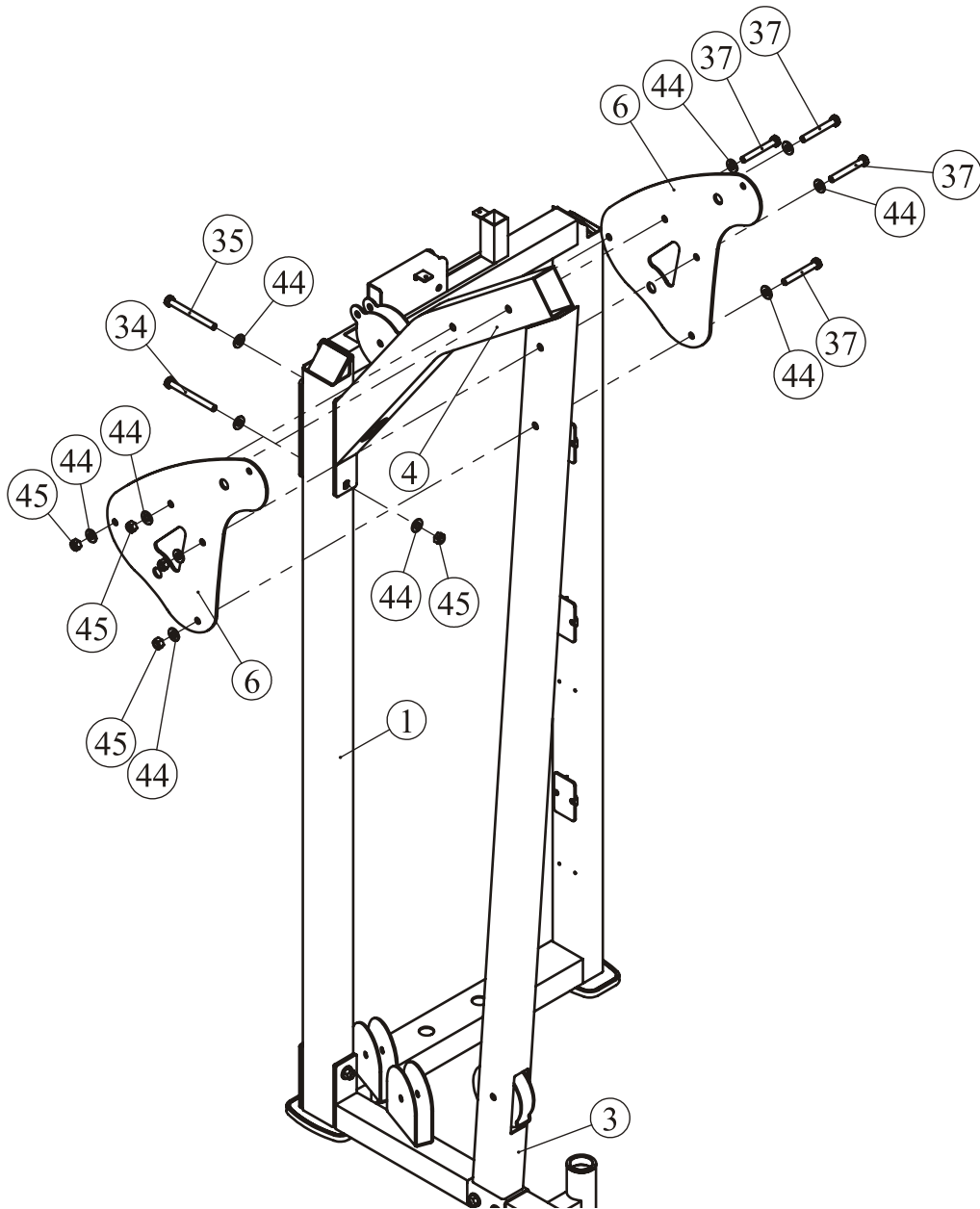
2. Attach two Plate (#6) to the Upright Frame (#3) and the Top Cross Brace (#4), using:

four M10\*75 HHB (#37)

eight  $\Phi 11*\Phi 23*2$  Flat Washers (#44)

four M10 Nylon lock Nuts (#45)

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



## Assembly

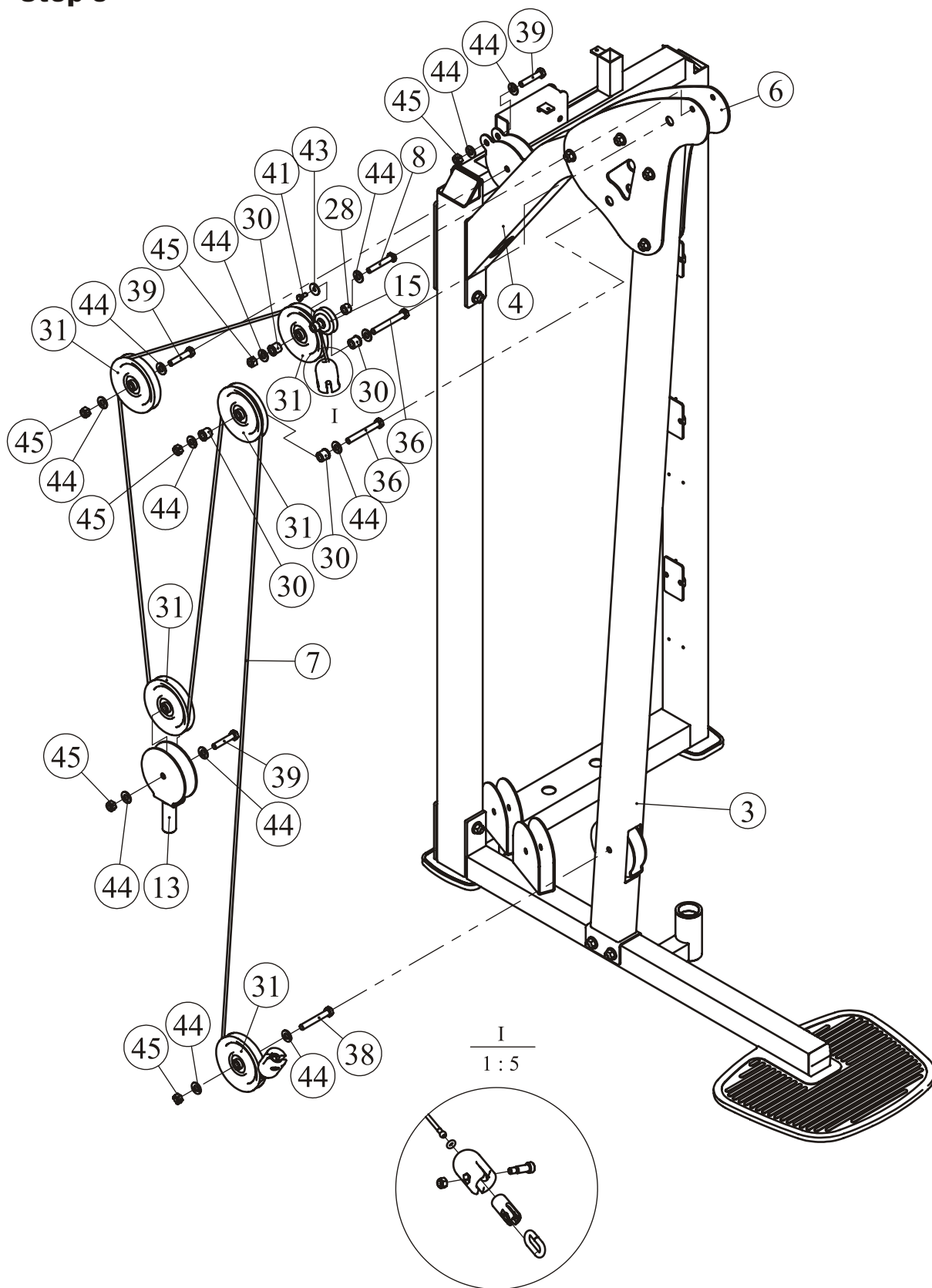
### Step 3

1. Follow the diagram and Remove hardware and ball from the Cable 2 (#7).
2. Attach one 4.5" Pulley (#31) to the Upright Frame (#3), using:
  - one M10\*70 HHB (#38)
  - two  $\Phi 11*\Phi 23*2$  Flat Washers (#44)
  - one M10 Nylon lock Nut (#45)
3. Attach three 4.5" Pulley (#31), one Small Guide Pulley (#15) to two Plate (#6) and the Top Cross Brace (#4), using:
  - two M10\*50 HHB (#39)
  - two M10\*80 HHB (#36)
  - one  $\Phi 18*\Phi 9.4*65.3$  Pin (#8)
  - four  $\Phi 20*\Phi 10.5*17.5$  Spacer 2 (#30)
  - two  $\Phi 17*\Phi 10*12$  Spacer 1(#28)
  - nine  $\Phi 11*\Phi 23*2$  Flat Washers (#44)
  - four M10 Nylon lock Nuts (#45)
  - one M6\*15 HHB (#41)
  - one  $\Phi 6.6*\Phi 15*2$  Flat Washer (#43)
4. Attach one 4.5" Pulley (#31) to the Pulley Bracket (#13), using:
  - one M10\*50 HHB (#39)
  - two  $\Phi 11*\Phi 23*2$  Flat Washers (#44)
  - one M10 Nylon lock Nut (#45)
5. Follow the diagram, Finished the Cable 2 (#7) assembly, and Attach hardware and ball to the Cable 2 (#7).

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

# Assembly

## Step 3

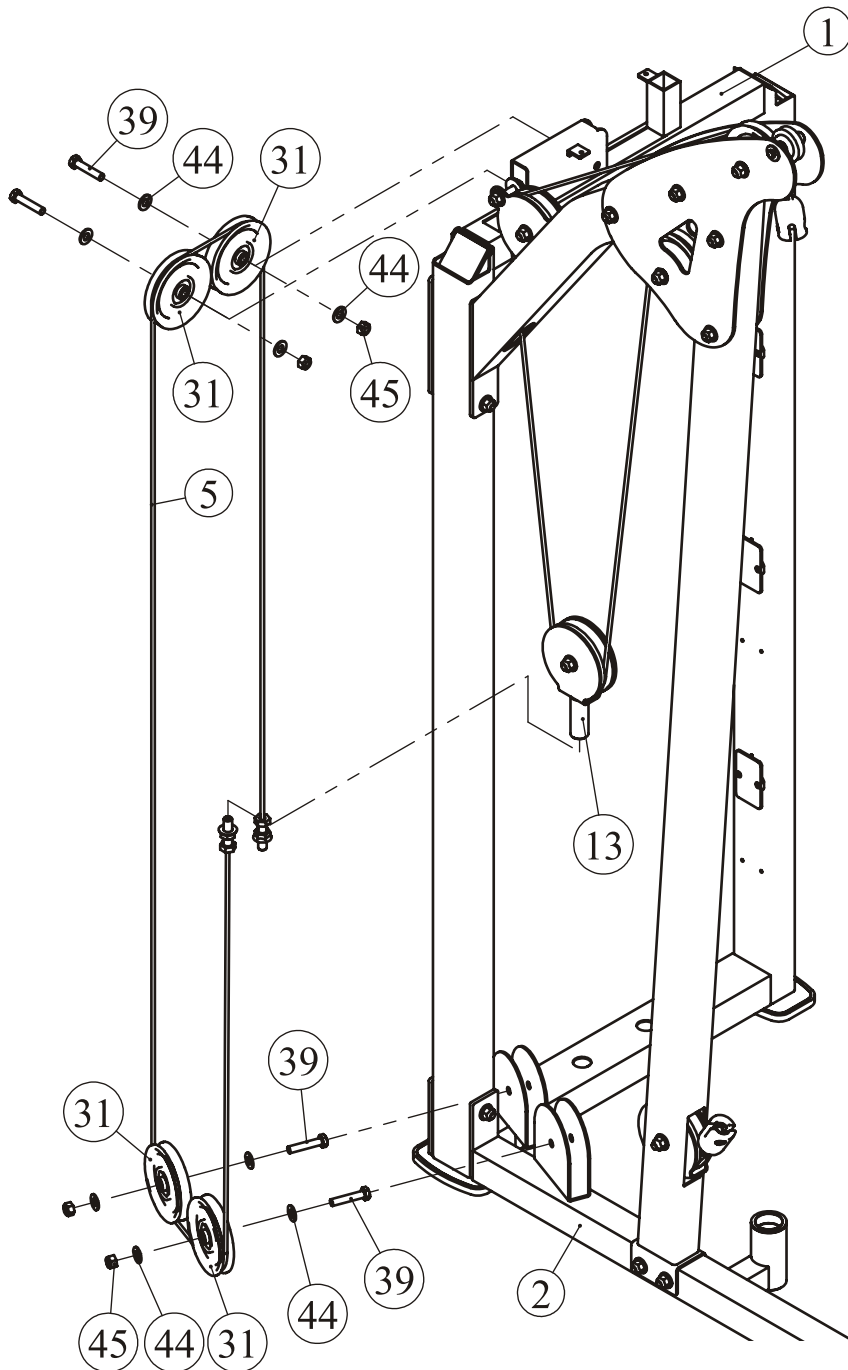


# Assembly

## Step 4

1. Attach the Cable 1 (#5) to the Pulley Bracket (#13).
2. Attach the Cable 1 (#5) and four 4.5" Pulley (#31) to the Weight Stack Frame (#1) and the Bottom Cross Brace (#2), using:
  - four M10\*50 HHB (#39)
  - eight  $\Phi 11*\Phi 23*2$  Flat Washers (#44)
  - four M10 Nylon lock Nuts (#45)

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



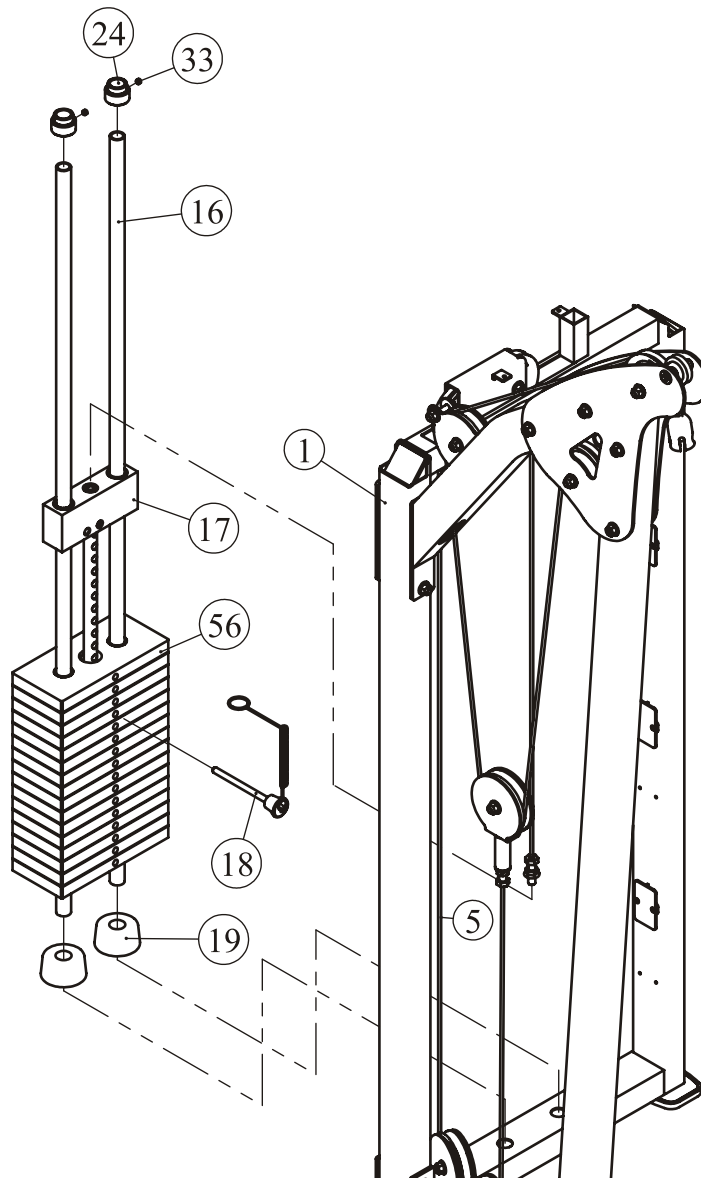
## Assembly-170LBS

### Step 5

1. Attach:  
two  $\Phi 25 \times 2.5 \times 1529$  Guide Rods (#16) two  $\Phi 76.2 \times \Phi 26.9 \times 38.1$  Weight Rubber Bumpers (#19)  
sixteen 10LBS Weight Plates (#56) one Top Plate (#17)  
To the Weight Stack Frame (#1), using:  
two  $\Phi 40 \times 25$  Mount Sleeve (#24) four M8\*8 Socket Set Screws (#33)
2. Attach the Selector Pin W/Coil (#18) to Top Plate (#17).
3. Attach the Cable 1 (#5) to Top Plate (#17).

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

*Here is the assembly instruction for 170LBS weights.  
Please assemble according to the actual weights you buy.*





## Assembly-200LBS

### Step 5

1. Attach: two  $\Phi 25 \times 2.5 \times 1529$  Guide Rods (#16)  
two  $\Phi 76.2 \times \Phi 26.9 \times 38.1$  Weight Rubber Bumpers (#19)  
ten 10LBS Weight Plates (#56) six 15LBS Weight Plates (#57)  
one Top Plate (#17)

To the Weight Stack Frame (#1), using:

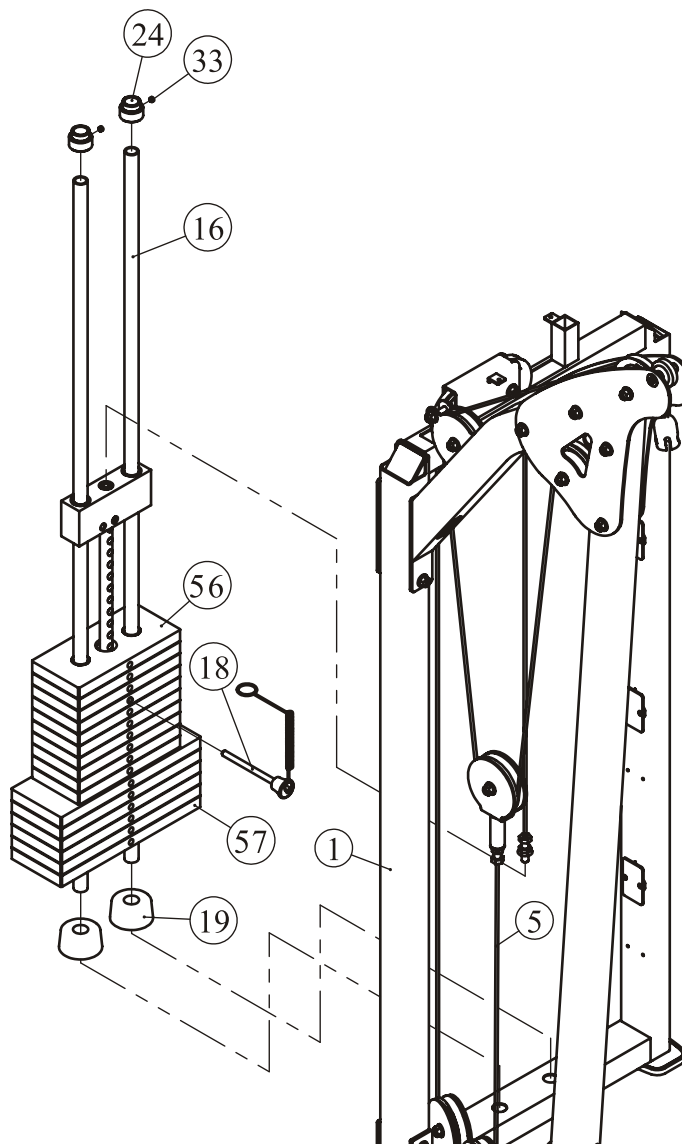
- two  $\Phi 40 \times 25$  Mount Sleeve (#24) four M8\*8 Socket Set Screws (#33)

2. Attach the Selector Pin W/Coil (#18) to Top Plate (#17).

3. Attach the Cable 1 (#5) to Top Plate (#17).

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

*Here is the assembly instruction for 200LBS weights.  
Please assemble according to the actual weights you buy.*



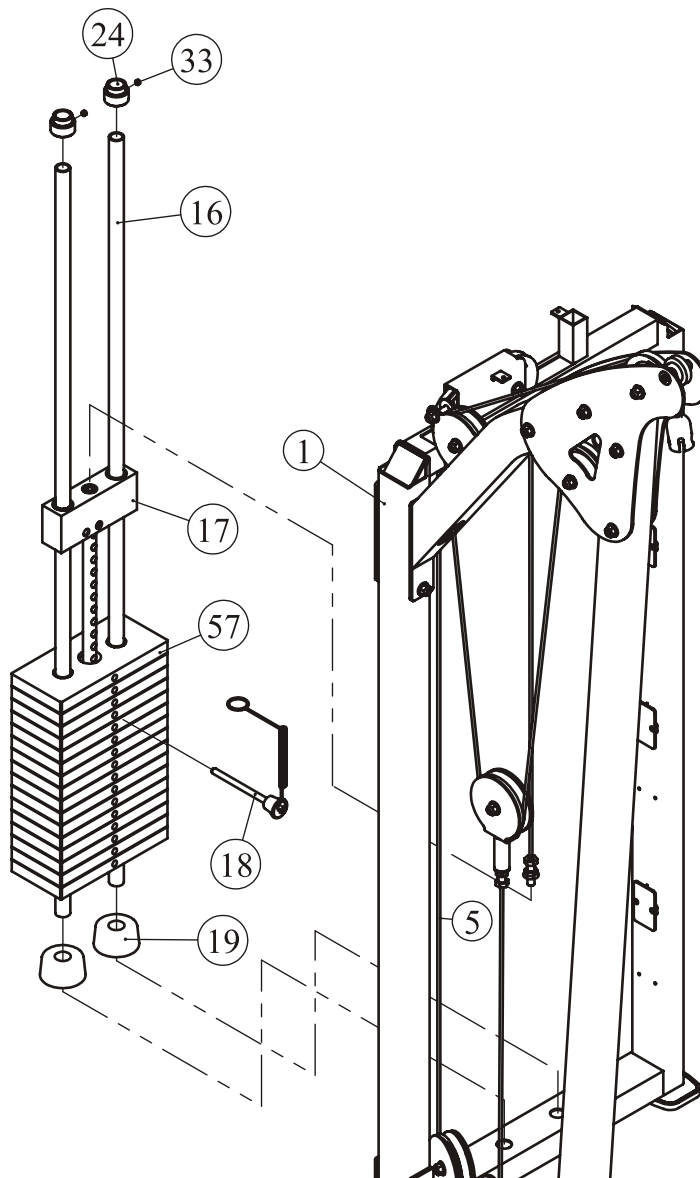
## Assembly-250LBS

### Step 5

1. Attach:  
two  $\Phi 25 \times 2.5 \times 1529$  Guide Rods (#16) two  $\Phi 76.2 \times \Phi 26.9 \times 38.1$  Weight Rubber Bumpers (#19)  
sixteen 15LBS Weight Plates (#57) one Top Plate (#17)  
To the Weight Stack Frame (#1), using:  
two  $\Phi 40 \times 25$  Mount Sleeve (#24) four M8\*8 Socket Set Screws (#33)  
2. Attach the Selector Pin W/Coil (#18) to Top Plate (#17).  
3. Attach the Cable 1 (#5) to Top Plate (#17).

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

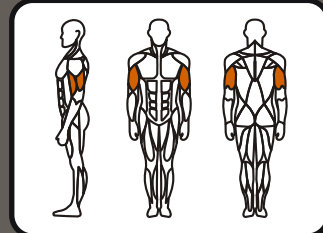
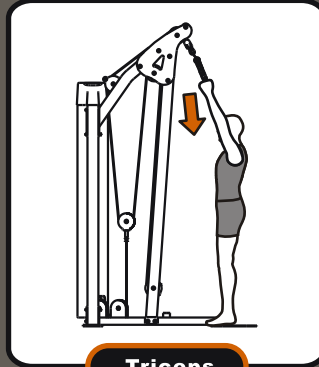
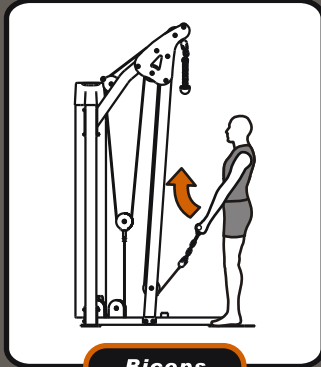
*Here is the assembly instruction for 250LBS weights.  
Please assemble according to the actual weights you buy.*



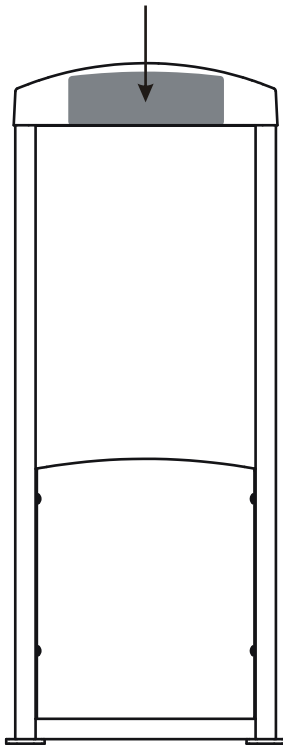


## Exercise Instructions

### BICEPS & TRICEPS



- 1 Select an appropriate weight.
- 2 Biceps: Hold handle and lift with a control motion.
- 3 Triceps: Hold the tricep Rope and slowly press with a control motion.
- 4 Slowly return to the starting position.



- 1 Select an appropriate weight.
- 2 Biceps: Hold handle and lift with a control motion.
- 3 Triceps: Hold the tricep Rope and slowly press with a control motion.
- 4 Slowly return to the starting position.

(Adjust weight according to the select pin)

## Specifications

Class: S

Maximum Wt. Capacity: 113Kg/ 250lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

## Maintenance Schedule

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

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

## General Maintenance Information

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \*Check all pieces for signs of visible wear or damage.
- \*Check springs in snap hooks and pull-pins for proper tension and alignment.
- \*If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \*To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \*Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \*Replace ripped or worn upholstery immediately.
- \*Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \*Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \*Inspect all nuts and bolts for any loosening and tighten if needed.
- \*Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \*These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \*We use only high quality belt, and mil-spec cables.
- \*Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \*While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \*Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \*Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- \*Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \*Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \*Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

