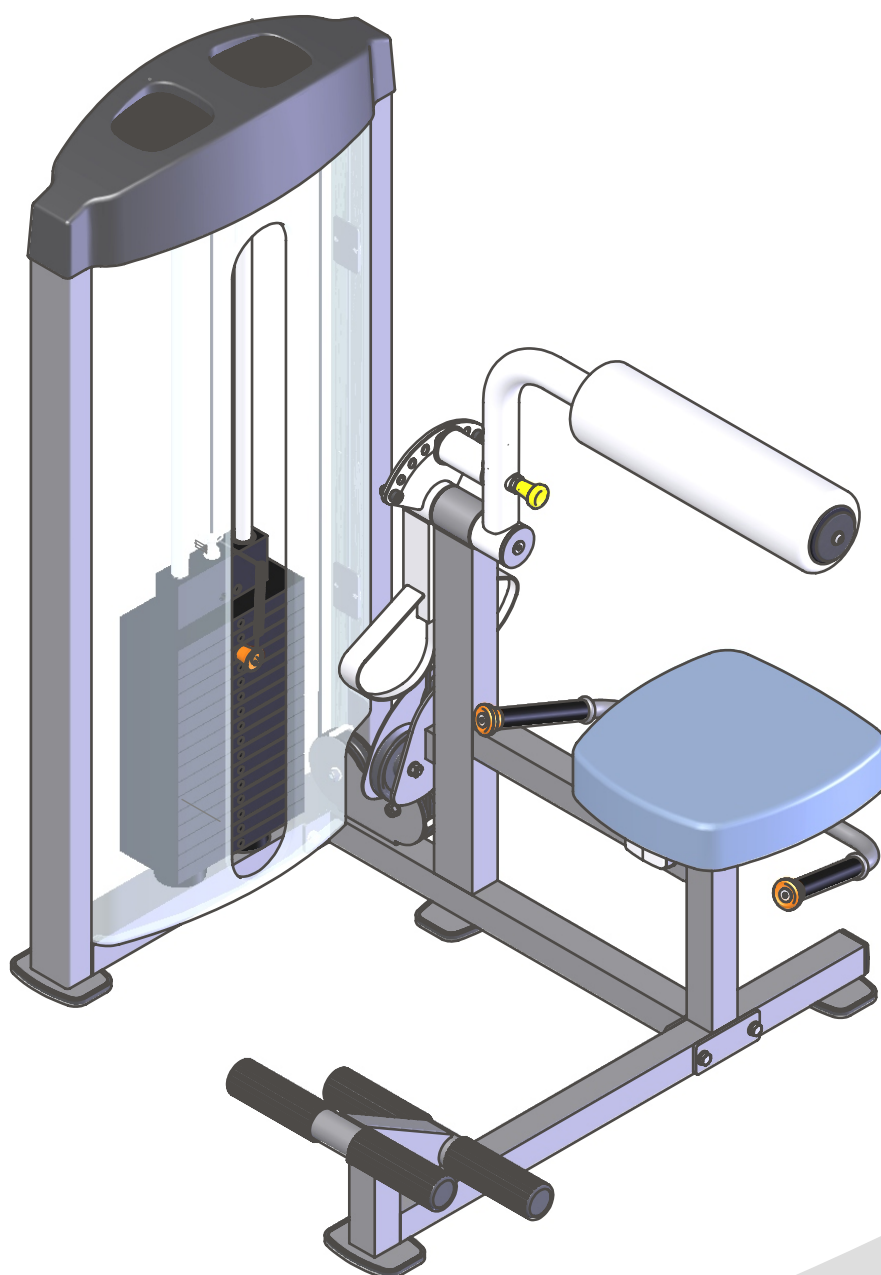


*IF8 I24*

AB/BACK

# 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.

## **Table Of Contents**

Important Safety Instructions-----	3
Instructions-----	4
Parts List-----	5
Exploded View -----	8
Measurement Guide-----	9
Assembly Instructions-----	10
Assembly-----	11
Exercise Instructions-----	18
Maintenance Schedule-----	19
General Maintenance Information-----	20
Weight Training Tips-----	21
Specifications-----	21

## 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

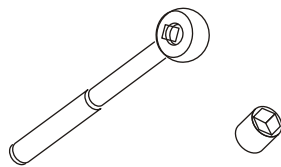
- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the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

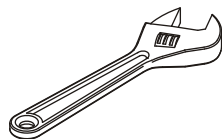
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

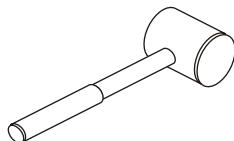
## Tools Required



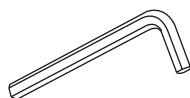
Ratchet Wrench and Socket



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	IF81240100	Weight Stack Frame	1
2	IF81240200	Main Frame	1
3	IF81240300	Seat Frame	1
4	IF81100900	Left Handle	1
5	IF81101000	Right Handle	1
6	IF81240600	Swing Foam Frame	1
7	IF81240700	Foot Tube	1
8	IF81240800	Cam Frame	1
9	IF81240900	End Cap	2
10	IF81163000	Seat Pad	1
11	IF81241100	Foam Assembly	1
12	IF81241200	Pop Pin	1
13	IF81241300	Setting Dial Adjustable Plate	1
14	IF81211400	Guide Rod	2
15	IF81223900	Mount Sleeve	2
16	IF81241600	Cable	1
17	SG-80096900	Pulley Forder	1
18	IF81162000	Foot Cover	5
19	IF81162200	Top Shroud	1
20	IF81211600	Rear Shroud	1
21	IF81211500	Front Shroud	1
22	IF81162100	Shroud Clip	4
23	PTSHILO12800	Weight Rubber Bumper $\phi 76.2 \times \phi 26.9 \times 38.1$	2
24	IF81163500	Selector Pin W/Coil	1
25	PL90165400	Top Plate	1
26	SG500110400	Pulley	6
27	M02502000	Bushing	2
28	GB2766006-2Z	Bearing	2
29	KF18606200	Plug $\square 50$	1
30	KFFID2800	Plug $\square 50 \times 76.2$	2
31	IT80053800	Baffle Ring	1
32	IT80053700	Big Baffle Ring	2
33	IT80125400	Rubber Sleeve	4
34	ROC-RT4014500	Grip	2
35	IF81162300	Plastic Knob - Cap	2
36	IF81162400	Plastic Knob - Base	2
37	IN-S10111200	Spacer	2
38	IF81162700	Plastic Plate	2
39	GB5780M10*105DS20	Hex Head Bolt M10*105	4
40	GB5780M10*80DS20	Hex Head Bolt M10*80	2
41	GB5780M10*75DS20	Hex Head Bolt M10*75	3
42	GB5780M10*50DS20	Hex Head Bolt M10*50	6
43	GB5781M10*30*30DS20NL	Hex Head Bolt M10*30	2
44	PNLM*10*60DS2	Button Head Cap Screw M10*60	1

## Parts List

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

Item NO.	Part NO.	Description	Qty
45	PNLM10*30*30DS2NL	Button Head Cap Screw M10*30	1
46	PNLM6*15DS2	Button Head Cap Screw M6*15	2
47	CNLM10*30*30DS2NL	Flat Head Cap Screw M10*30	2
48	CNLM10*25*25DS2NL	Flat Head Cap Screw M10*25	2
49	GB70M8*20DS2	Socket Head Cap Screw M8*20	2
50	GB77M8*8DS18	Socket Set Screw M8*8	4
51	GB819M5*15DS2	Flat Philips Screw M5*15	8
52	GB9510DS2	Flat Washer $\phi 11 \times \phi 20 \times 2$	33
53	GB958DS2	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
54	DQ6DS2A	Flat Washer $\phi 6.6 \times \phi 15 \times 1.6$	2
56	NM10DS2	Nylon lock Nut M10	15
57	NM8DS2	Nylon lock Nut M8	2
58	NBS4DHS	Hex Key s=4	1
59	NBS4DHS	Hex Key s=5	1
60	NBS6DHS	Hex Key s=6	1
61	LW200BS	Wrench	1
62	YHY	Lube	1
63	IF81165000	Nut	2
64	CWRVL0014000	Y Bracket	2
65	GB5780M10*135DS20	Hex Head Bolt M10*135	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
68	PLWS1000	Weight Plate 10LBS	16

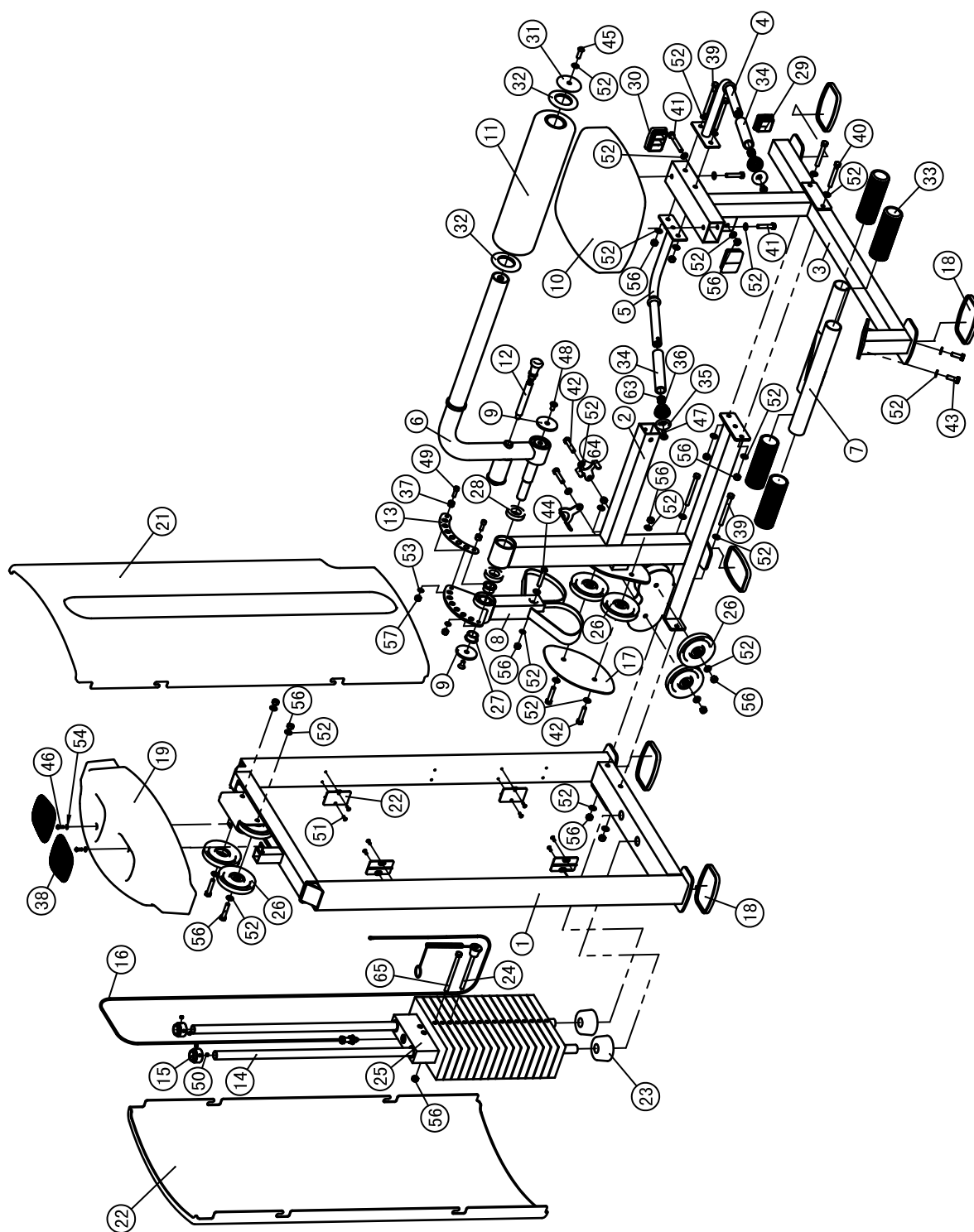
### Weight Plate 200LBS

Item No.	Part No.	Description	QTY
68	PLWS1000	Weight Plate 10LBS	10
69	IF8WS1500	Weight Plate 15LBS	6

### Weight Plate 250LBS

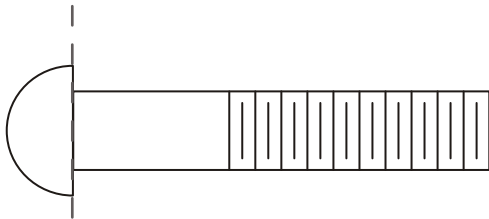
Item No.	Part No.	Description	QTY
69	IF8WS1500	Weight Plate 15LBS	16

## Exploded View

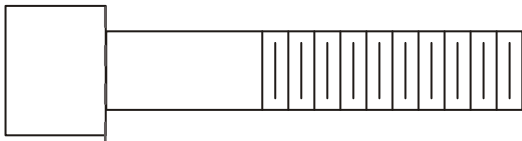




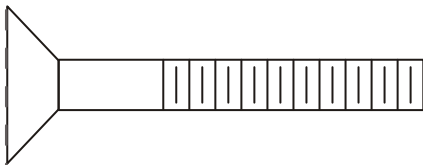
## Measurement Guide



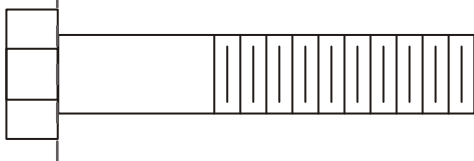
BHCS = Button Head Cap Screw



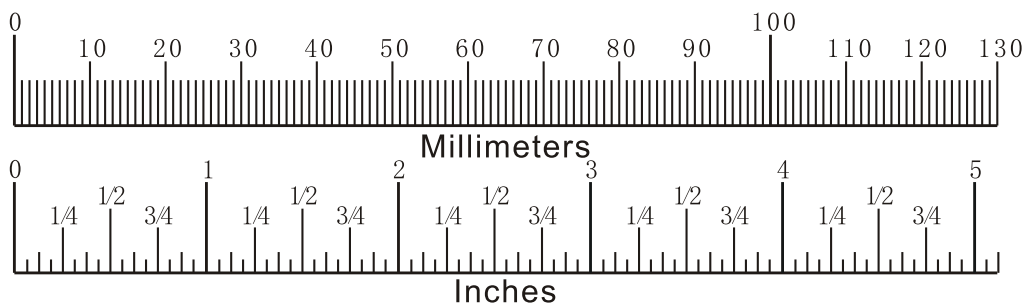
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



## 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**

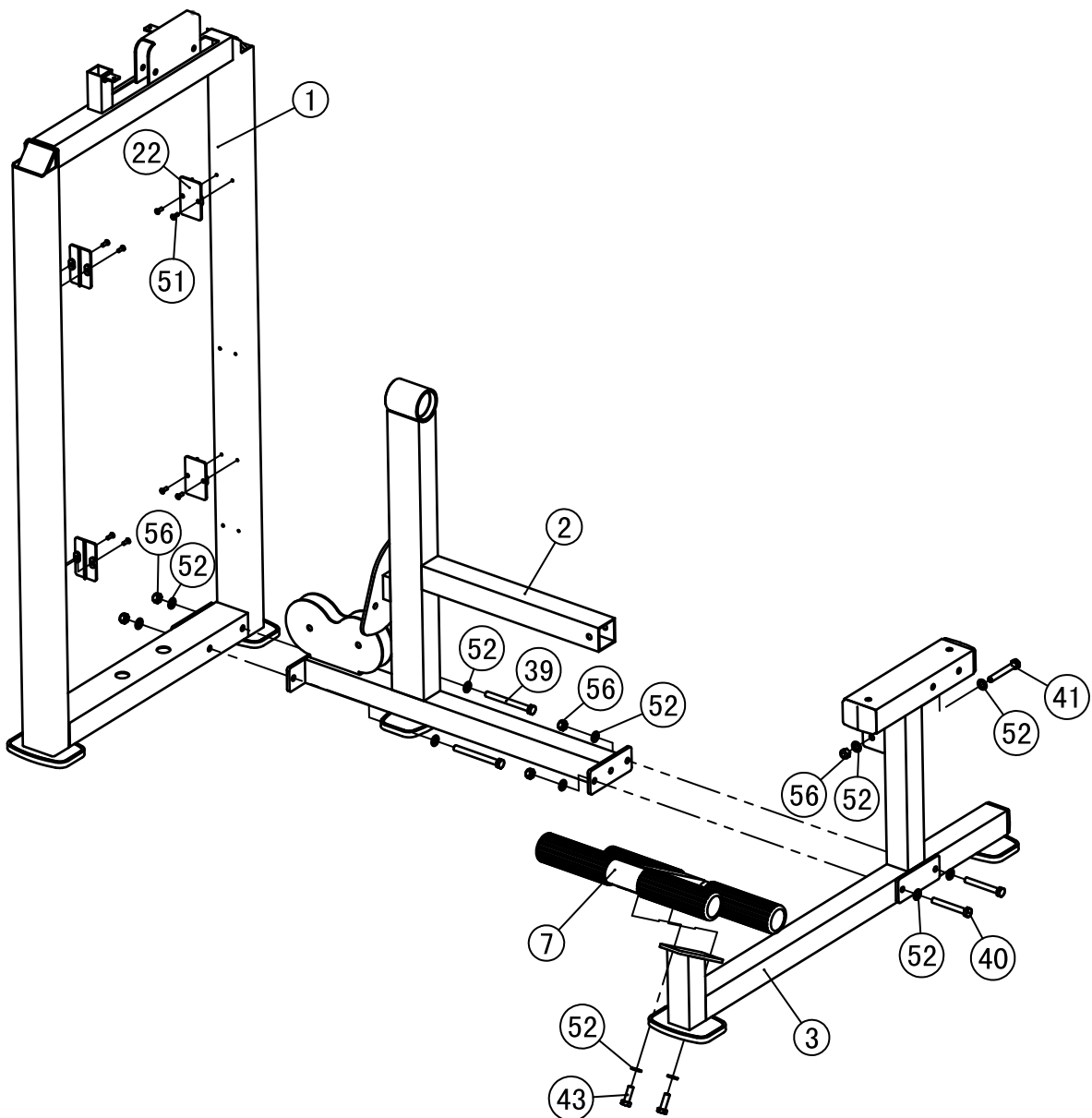
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## Step 1

1. Attach four Shroud Clips (#22) to the Weight Stack Frame (#1), using:  
eight Flat Philips Screws M5\*15 (#51)
2. Attach the Foot Tube (#7) to the Seat Frame (#3), using:  
two M10\*30 HHB (#43) two  $\Phi 11*\Phi 20*2$  Flat Washers (#52)
3. Attach Seat Frame (#3) to the Main Frame (#2), using:  
two M10\*80 HHB (#40) one M10\*75 HHB (#41)  
six  $\Phi 11*\Phi 20*2$  Flat Washers (#52) three M10 Nylon lock Nuts (#56)
4. Attach Main Frame (#2) to the Weight Stack Frame (#1), using:  
two M10\*105 HHB (#39) four  $\Phi 11*\Phi 20*2$  Flat Washers (#52)  
two M10 Nylon lock Nuts (#56)

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



## Assembly

### Step 2

1. Attach the Swing Foam Frame (#6) and the Cam Frame (#8) to the Main Frame (#2), using:

two M10\*30 FHCS (#47)

two End Caps (#9)

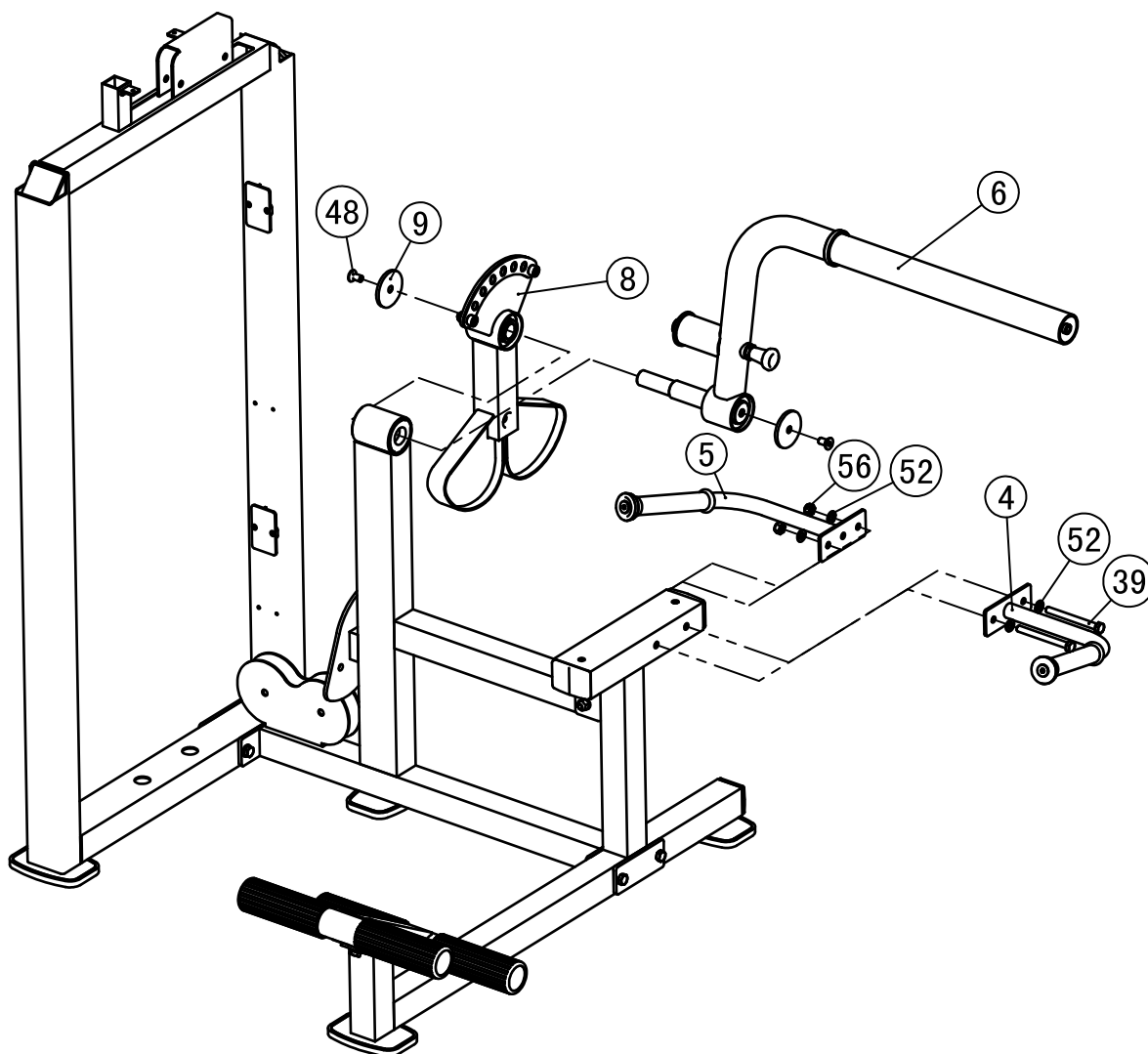
2. Attach Left Handle (#4) and Right Handle (#5) to the Main Frame (#2), using:

two M10\*105 HHB (#39)

four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#52)

two M10 Nylon lock Nuts (#56)

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

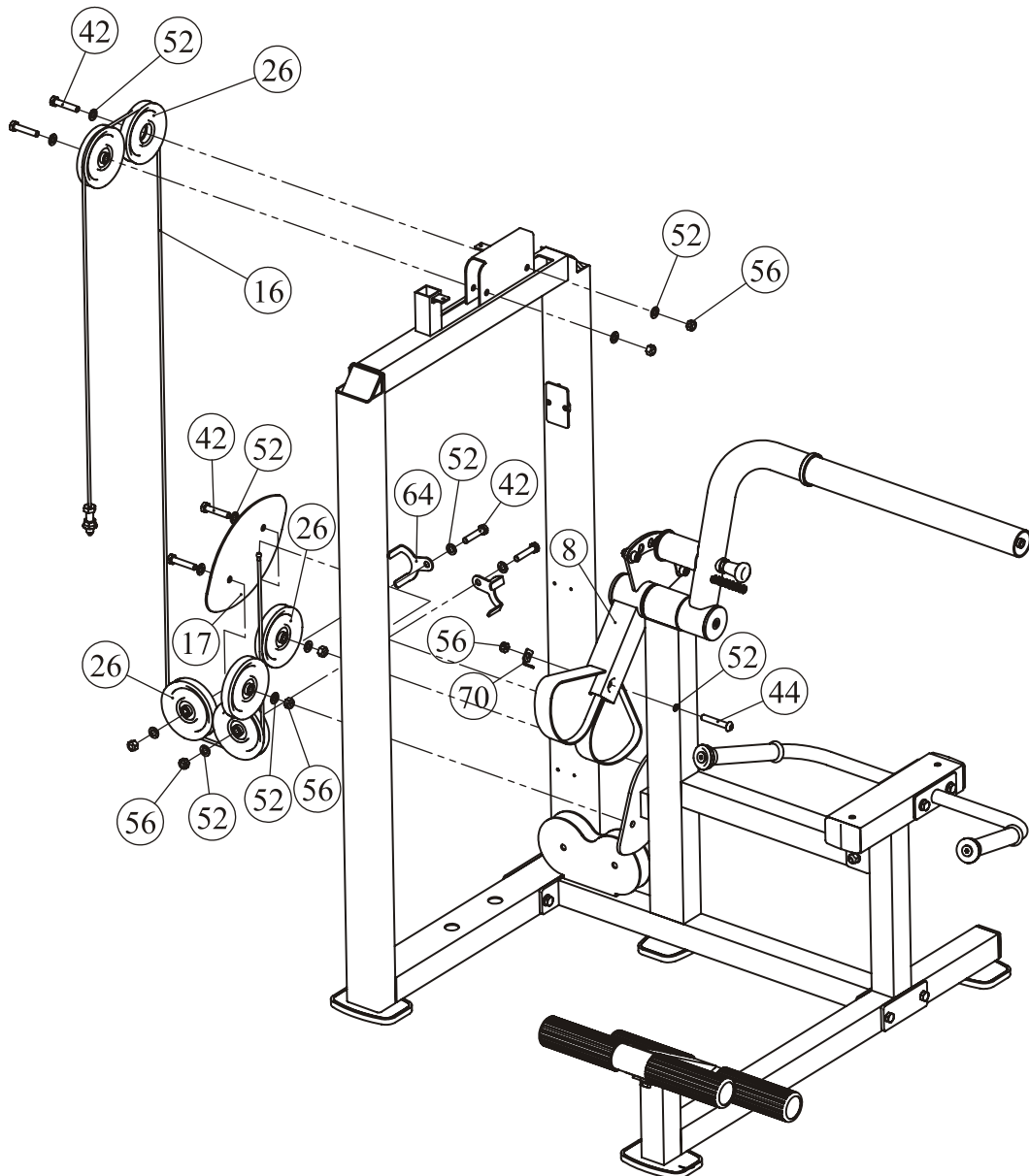


# Assembly

### Step 3

1. Attach two Pulley (#26) to the Weight Stack Frame (#1), using:  
two M10\*50 HHB (#42) four  $\Phi 11 * \Phi 20 * 2$  Flat Washers (#52)  
two M10 Nylon lock Nuts (#56)
2. Attach four Pulley (#26)、two Y Brackets (#64) & one Pulley Forder (#17) to the Main Frame (#2), using:  
four M10\*50 HHB (#42) eight  $\Phi 11 * \Phi 20 * 2$  Flat Washers (#52)  
four M10 Nylon Lock Nuts (#56)
3. Attach the Cable (#16) to the Cam Frame (#8) .Using:  
one M10\*60 BHCS (#44) one  $\Phi 11 * \Phi 20 * 2$  Flat Washers (#52)  
one M10 Nylon lock Nut (#56) one 20\*8\*2 "L" Plate (#70)

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



## Assembly-170LBS

### Step 4

#### 1.Attach:

two  $\Phi 25 \times \Phi 2.5 \times 1229$  Guide Rods(#14)

two  $\Phi 76.2 \times \Phi 26.9 \times 38.1$  Weight Rubber Bumpers(#23)

sixteen 10LBS Weight Plates (#68)

one Top Plate(#25)

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

two Mount Sleeves (#15)

four M8\*8 Socket Set Screws (#50)

#### 2.Attach the first 10LBS Weight Plate (#69) to the Top Plate (#25),using:

one M10\*135 HHB(#65)

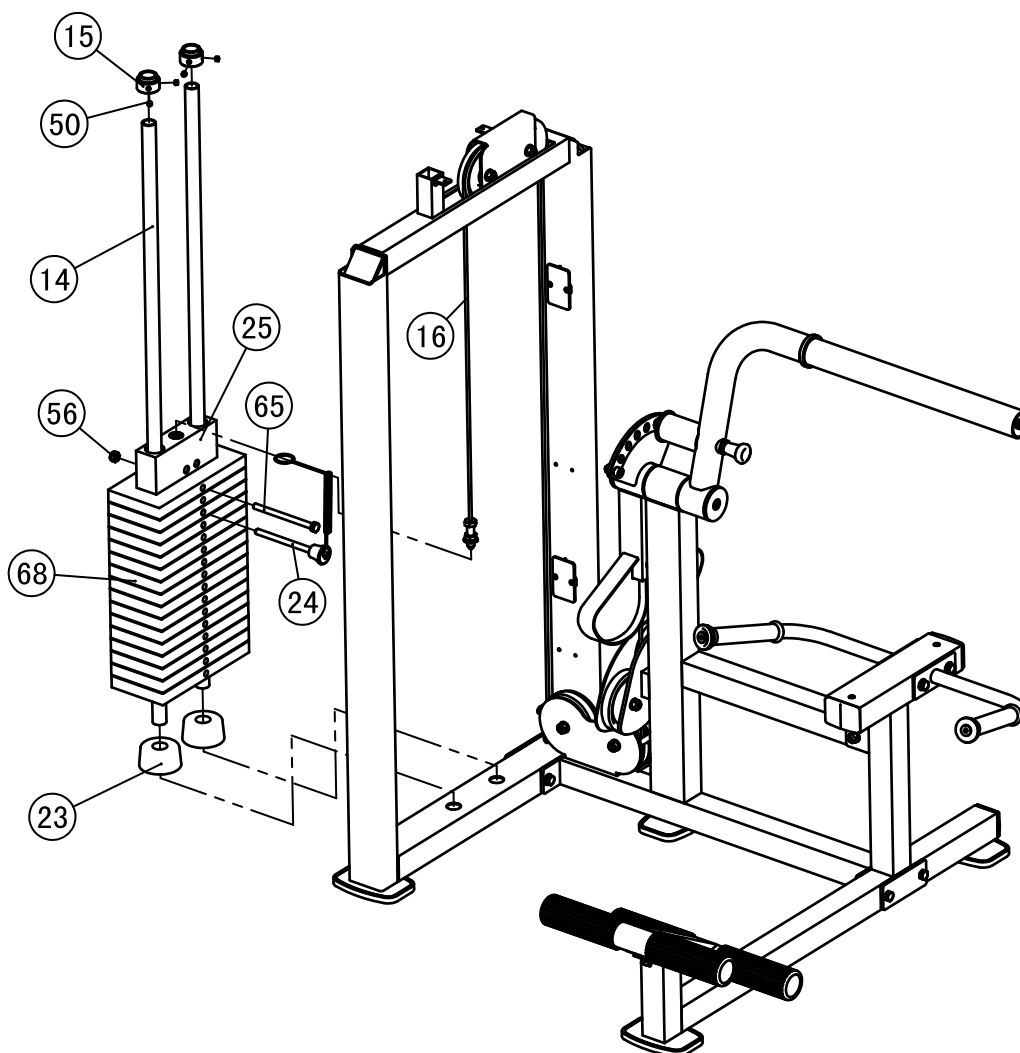
one M10 Nylon lock Nut(#56)

#### 3.Attach the Selector Pin W/Coil (#24) to the Top Plate (#25).

#### 4.Attach the Cable(#16) to the Top Plate (#25).

**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 4

#### 1.Attach:

two  $\Phi 25 \times \Phi 2.5 \times 1229$  Guide Rods (#14)

ten 10LBS Weight Plates (#68)

one Top Plate (#25)

two  $\Phi 76.2 \times \Phi 26.9 \times 38.1$  Weight Rubber Bumpers (#23)

six 15LBS Weight Plates (#69)

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

two Mount Sleeves(#15)

four M8\*8 Socket Set Screws (#50)

#### 2.Attach the first 10LBS Weight Plate (#69) to the Top Plate (#25).using:

one M10\*135 HHB(#65)

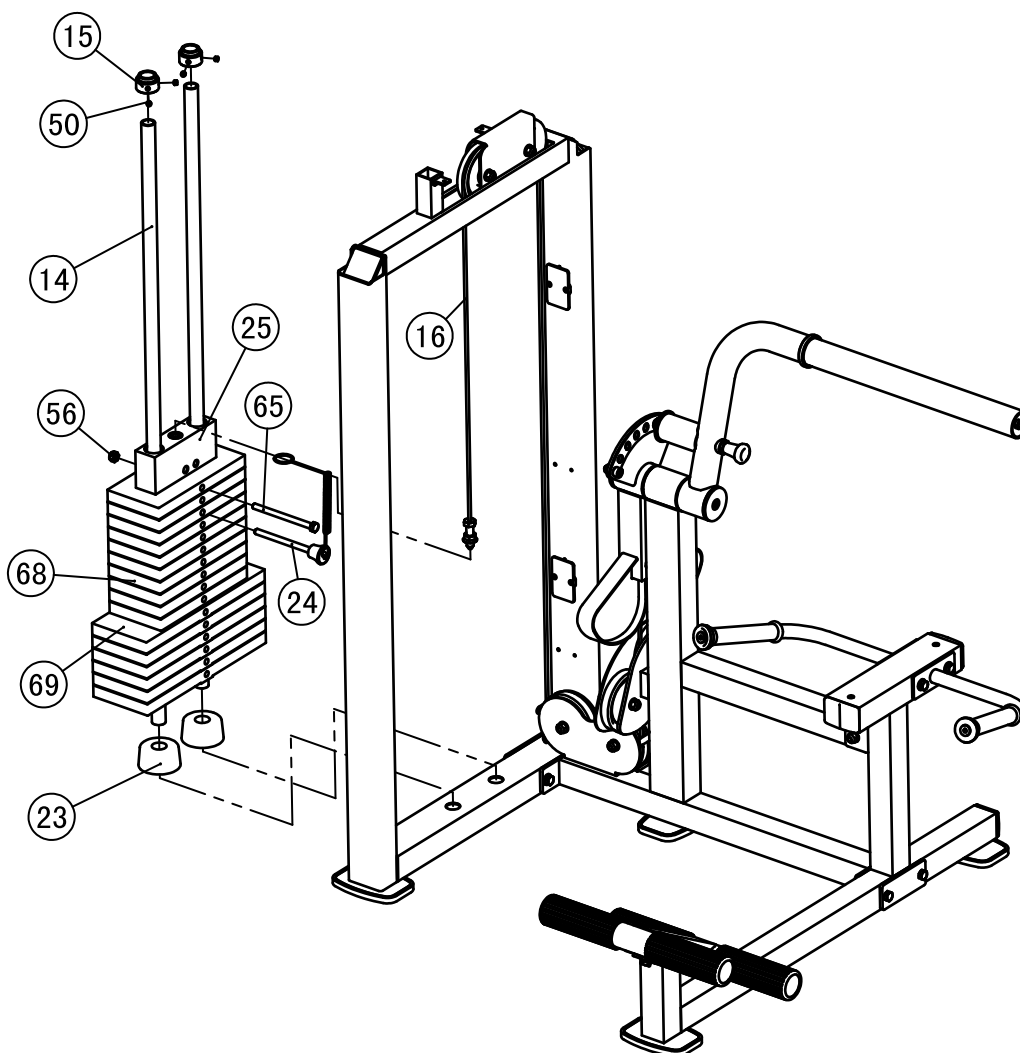
one M10 Nylon lock Nut (#56)

#### 3.Attach the Selector Pin W/Coil (#24) to the Top Plate (#25)

#### 4.Attach the Cable(#16) to the Top Plate (#25)

**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 4

#### 1.Attach:

two  $\Phi 25 \times \Phi 2.5 \times 1229$  Guide Rods (#14)      two  $\Phi 76.2 \times \Phi 26.9 \times 38.1$  Weight Rubber Bumpers (#23)  
sixteen 15LBS Weight Plates (#69)      one Top Plate (#25)  
to the Weight Stack Frame (#1),using:

two Mount Sleeves(#15)      four M8\*8 Socket Set Screws (#50)

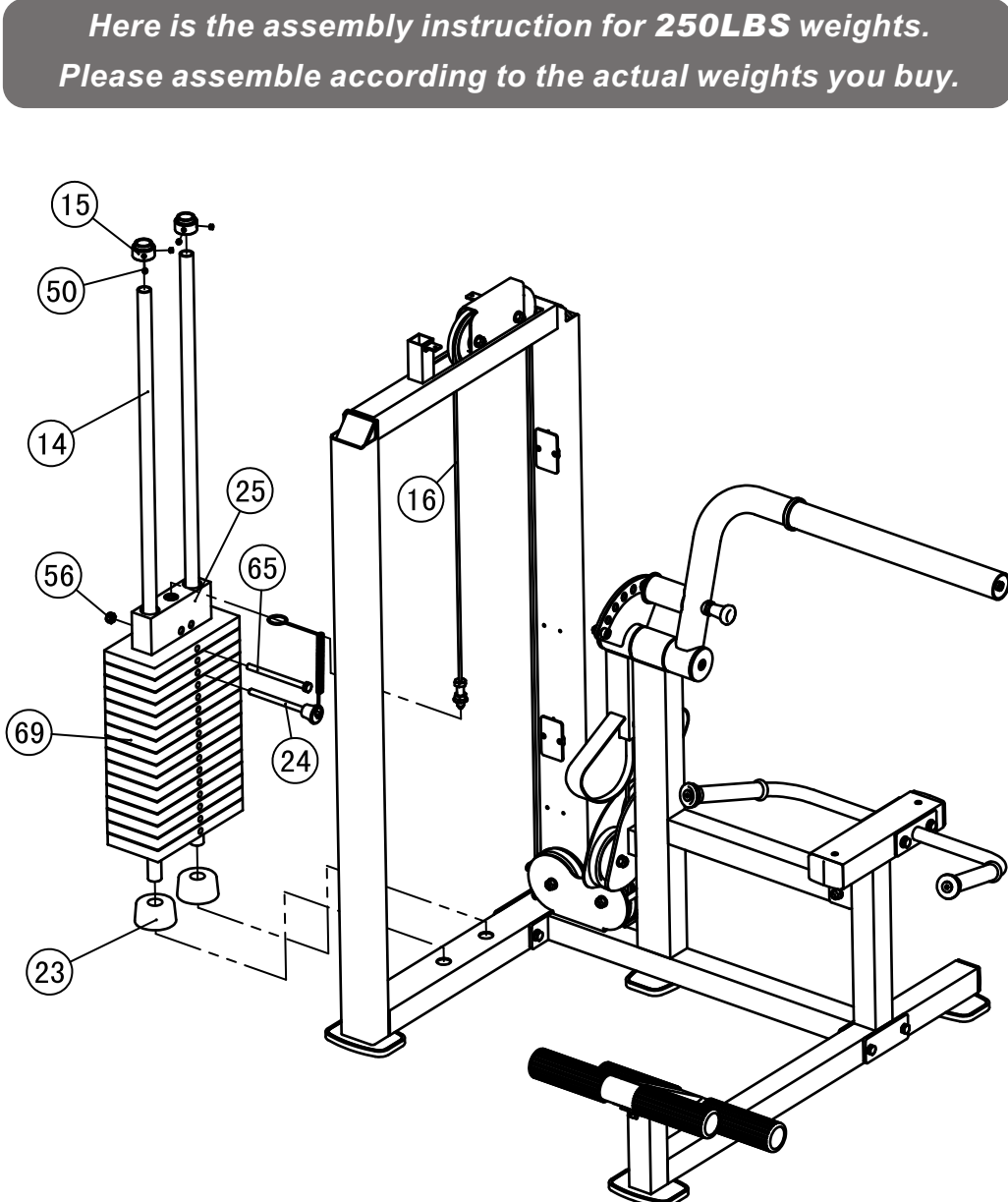
#### 2.Attach the first 15LBS Weight Plate (#69) to the Top Plate (#25).using:

one M10\*135 HHB(#65)      one M10 Nylon lock Nut (#56)

#### 3.Attach the Selector Pin W/Coil (#24) to the Top Plate (#25)

#### 4.Attach the Cable(#16) to the Top Plate (#25)

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





## Assembly

### Step 5

1. Attach Foam Assembly(#11)to the Swing Foam Frame (#6),using:

one M10\*30 BHCS(#45)

one  $\Phi 11*\Phi 20*2$  Flat Washer(#52)

two Big Baffle Rings (#32)

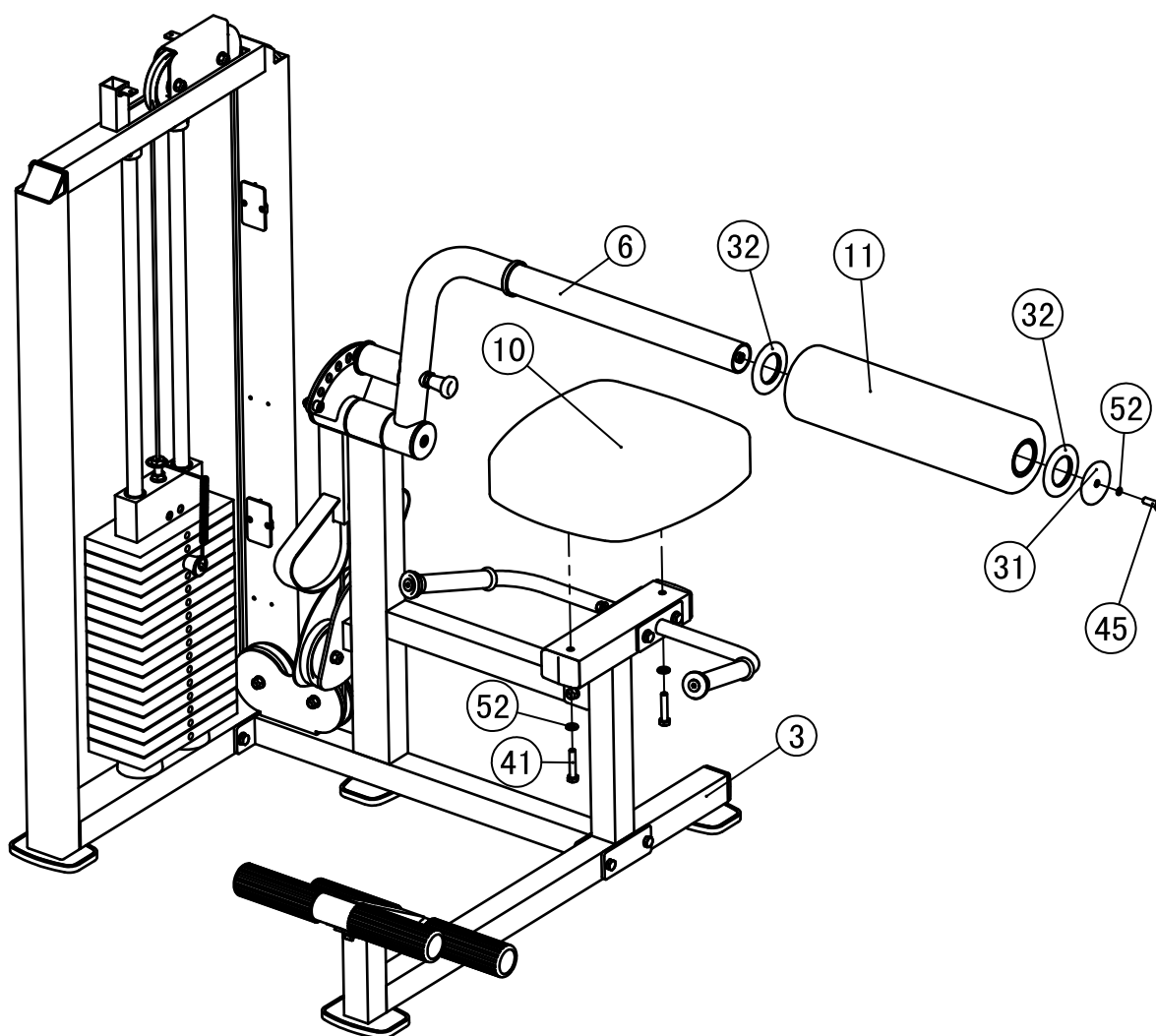
two Baffle Rings(#31)

2. Attach the Seat Pad(#10)to the Seat Frame(#3),using:

two M10\*75 HHB(#41)

two  $\Phi 11*\Phi 20*2$  Flat Washers(#52)

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

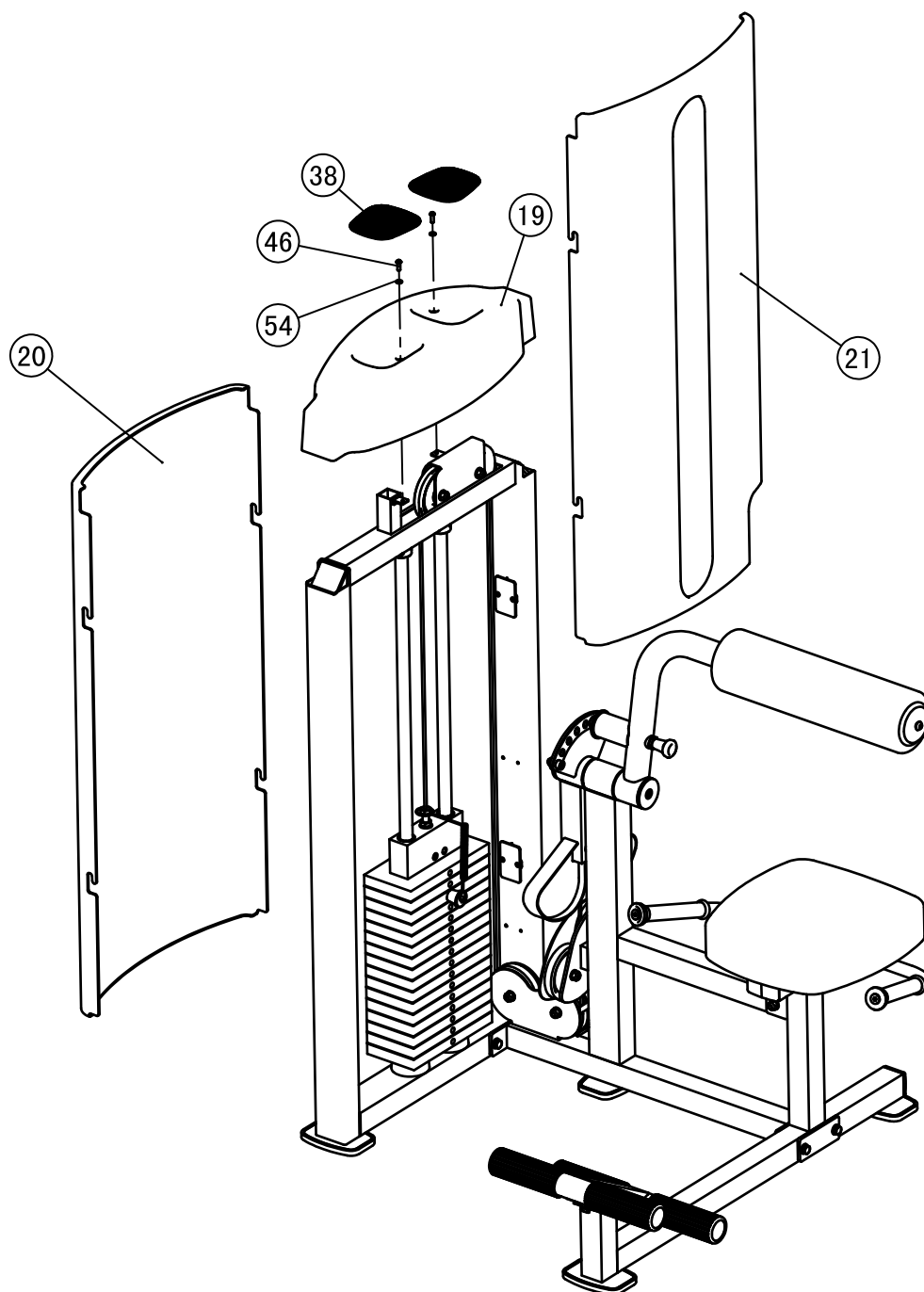


## Assembly

### Step 6

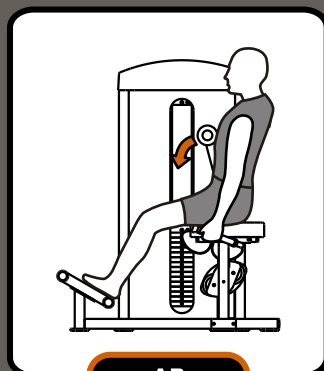
1. Attach one Front Shroud (#21) and one Rear Shroud (#20) to the Weight Stack Frame (#1).
2. Attach one Top Shroud (#19) to the Weight Stack Frame (#1), using two M6\*15 BHCS (#46) two  $\Phi 6.6 \times \Phi 15 \times 1.6$  Flat Washers (#54)

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

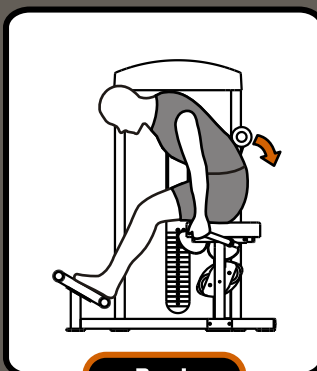


## Exercise Instructions

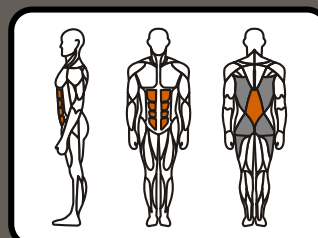
### AB/BACK



**AB**

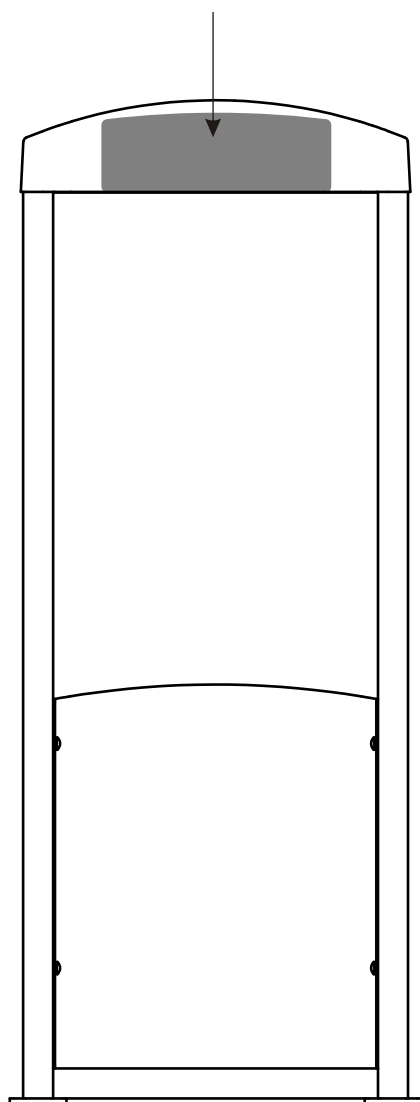


**Back**



1. Select an appropriate weight.
2. **AB:** Adjust the roller pad to desired position, put both feet on the feet plate, hold the roller pad against the chest, then crunch with a control motion.
3. **Back:** Adjust the roller pad to desired position, put both feet on the feet plate, hold the handles, then extend you back with a control motion.
4. Slowly return to the starting position.

112



### Exercise Instructions

1. Select an appropriate weight.
2. **AB:** Adjust the roller pad to desired position, put both feet on the feet plate, hold the roller pad against the chest, then crunch with a control motion.
3. **Back:** Adjust the roller pad to desired position, put both feet on the feet plate, hold the handles, then extend you back with a control motion.
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 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.

***This unit is for gyms, Please consult with a training instructor before using.***

## Specifications

1. Class: S
2. Maximum Wt. Capacity: 113Kg/ 250lbs.
3. Maximum Load of Trainer: 150Kg/ 330lbs.

