



IT9508

ABDUCTOR AND ADDUCTOR OWNER'S MANUAL

16N

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

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

Important Safety Instructions

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

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

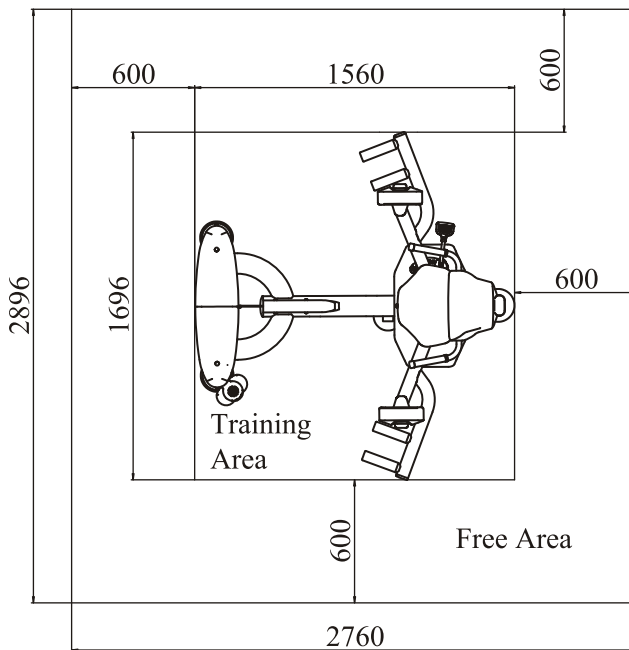
Important Safety Instructions

Personal Safety During Assembly

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

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

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1696*1560mm

Product Total Mass: 131.1kg/ 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



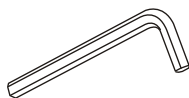
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT950801ASSY	Weight Stack Frame ASSY	1
2	2	IT950121ASSY	Top Bracket ASSY	1
3	3	IT950122ASSY	Bottom Bracket ASSY	2
4	4	IT95014200	Top Plate	1
5	5	IT95012300	Rear Bracket	1
6	6	IT95081700	Guide Rod Φ 19*1097	2
7	7	IT95015100	Top Cover	1
8	8	IT95015200	Training Placard Cover	1
9	9	IT95015500	Top Rear Shroud	1
10	10	IT801210300P11C	Cup Holder	1
11	11	IT950802ASSY	Main Frame ASSY	1
12	12	IT950803ASSY	Back Pad Frame ASSY	1
13	13	IT95080400	Seat Pad Connection Frame	1
14	14	IT95080500	Seat Pad Frame	1
15	15	IT950806ASSY	Left Leg Frame ASSY	1
16	16	IT950807ASSY	Right Leg Frame ASSY	1
17	17	IT950808ASSY	Wheel Frame ASSY	1
18	18	IT95080900	Leg Frame ASSY	2
19	19	IT950810ASSY	Handle Frame ASSY	1
20	20	IT950811ASSY	Swing Frame ASSY	1
21	21	IT950812ASSY	Connecting Frame ASSY	1
22	22	IT95082100	Movable Pulley Frame	1
23	23	IT95081100	Anti slip cover plate	1
24	24	IT95081300	Shaft1	1
25	25	IT95081400	Shaft2	1
26	26	IT95081500	Tension Cable ASSY	1
27	27	IT95081600	Cable ASSY2	1
28	28	IT90081600	Cover Plate	1
29	29	IT95016400	Pulley Cover	1
30	30	SD1000B3000ASSY	Adjustable Foot Plate	1
31	31	IT95057800	Thin 4.5" Pulley	1
32	32	SG500110400V5	4.5" Pulley	6
33	33	IT95081800	Seat Pad	1
34	34	IT950171ASSY	Back Pad ASSY	1
35	35	IT950172ASSY	Head Pad ASSY	2
36	36	IT95085300	Left Front Shroud	1
37	37	IT95085400	Right Front Shroud	1
38	38	IT95015600	Rear Shroud	1
39	39	IT95016100	Guide Rod Fixing Sleeve Φ 25* Φ 19*45	2

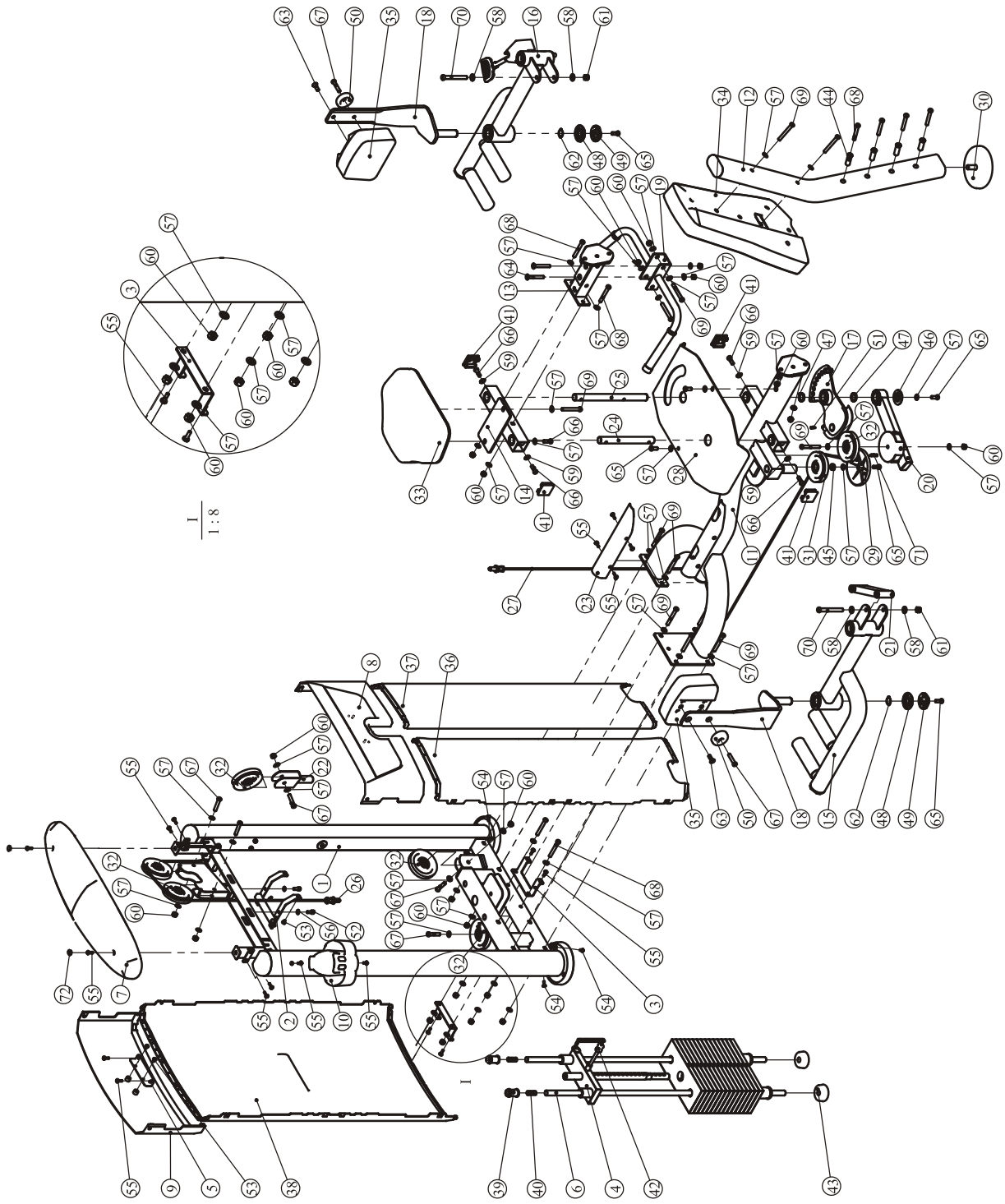
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
40	40	HFOPT900-04A0602	Spring	2
41	41	M02701000	Tube Plug □ 50	4
42	42	IT90012000V1	Selector Pin W/Coil	1
43	43	IT80023000	Weight Rubber Bumper	2
44	44	IT95081900	Support Sleeve	4
45	45	FE97122100	Pulley Spacer1	1
46	46	FE97122100	Cap Φ 55	1
47	47	IT80081900	Bushing Φ 32	1
48	48	FE97212000	Circle Ring Φ 62.5*5	2
49	49	FE97211900	Cap Φ 60	2
50	50	FS552300	Rubber BumperΦ 63.5	2
51	51	GB70M4*15DN2	Socket Head Cap Screw M4*15	1
52	52	GB70M8*20DN19	Socket Head Cap Screw M8*20	2
53	53	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
54	54	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
55	55	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	22
56	56	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	2
57	57	GB9510DN2	Flat Washer Φ 11* Φ 20*2	49
58	58	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	4
59	59	HDQ10DN2	Arc Washer Φ 11* Φ 21*1.5	4
60	60	NM10DN2	Nylon Lock Nut M10	23
61	61	NM12DN2	Nylon Lock Nut M12	2
62	62	GB894.125FH12	Circlips For Shaft Φ 25	3
63	63	CNLM10*30DS2	Flat Head Cap Screw M10*30	2
64	64	CNLM10*75DS2	Flat Head Cap Screw M10*75	2
65	65	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	6
66	66	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	5
67	67	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	7
68	68	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	8
69	69	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	12
70	70	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
71	71	FE97122300	Threaded column	1
72	72	IT95016500	Spout Plug Φ 16.5*6.88	2
73	73	NBS3DHS	Hex Key S=3	1
74	74	NBS6DHS	Hex Key S=6	1
75	75	NBS8DHS	Hex Key S=8	1
76	76	LW200BS	Wrench Φ 6*117	1
77	77	YHY	Lube	1

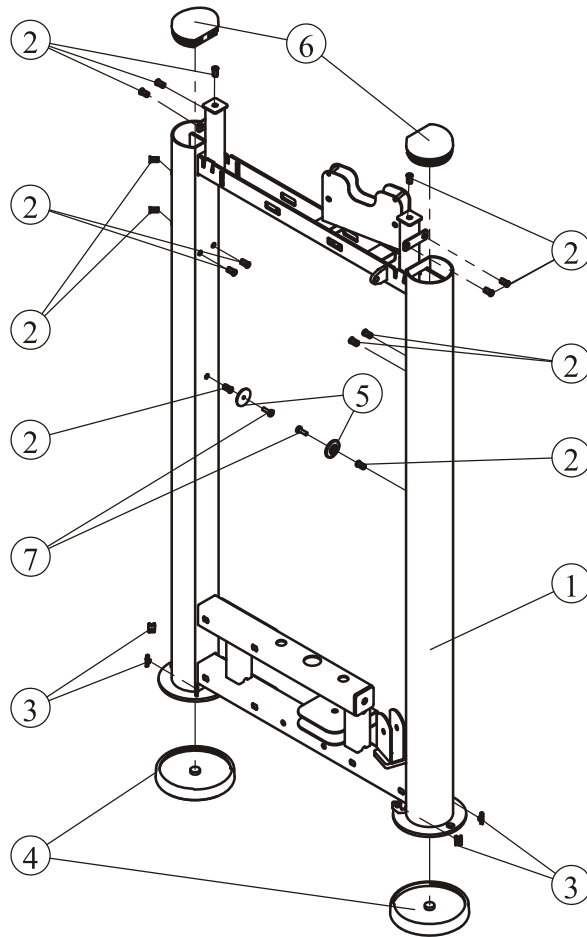
Exploded View and Parts List

Overall



Exploded View and Parts List

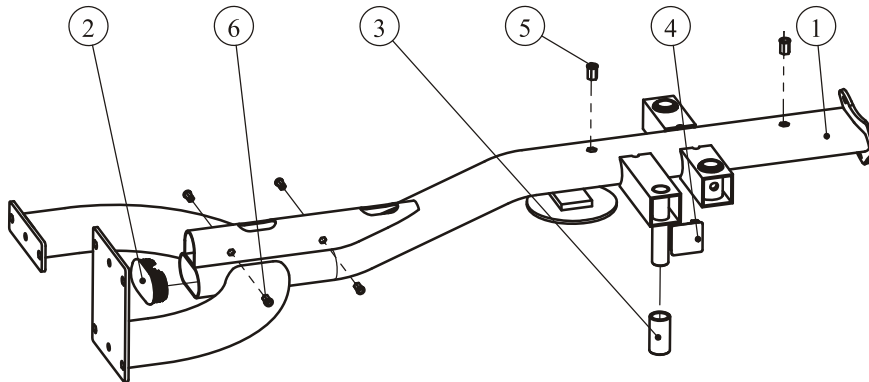
Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95080100	Weight Stack Frame	1
2	1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	14
3	1.3	AC32705800	U-nut M6	4
4	1.4	IT95015700	Foot Plate	2
5	1.5	IT95015900	Plastic Block	2
6	1.6	IT95015800	Plug Φ 95*81.1	2
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

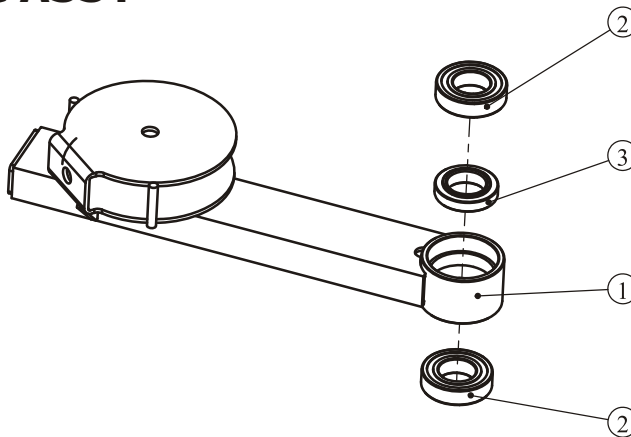
Exploded View and Parts List

Main Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	IT95080200	Main Frame	1
2	11.2	IT90013800P11C	Plug RT50*100	1
3	11.3	IN-D10135000	Rubber Sleeve Φ 32*60	1
4	11.4	M02701000	Tube Plug \square 50	1
5	11.5	GB17880.5M10*19.5DCS17	Rivet Nut M10	2
6	11.6	GB17880.5M6*16.5DS17	Rivet Nut M6	4

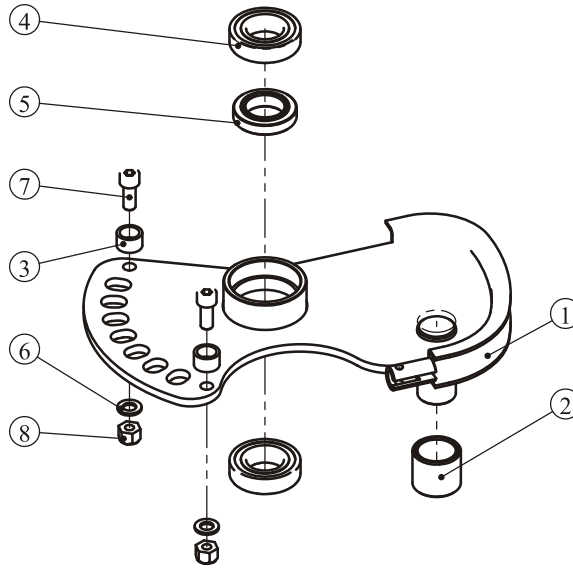
Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	20.1	IT90081000	Swing Frame	1
2	20.2	GB2766005-2ZNBK	Bearing	2
3	20.3	IT80081400	Bushing Φ 42	1

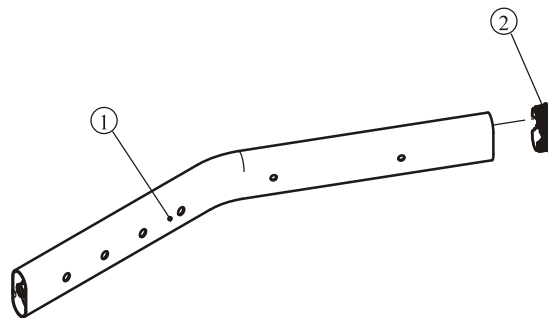
Exploded View and Parts List

Wheel Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	17.1	IT95080800	Wheel Frame	1
2	17.2	IN-D51202800	Rubber Sleeve ϕ 32*28	1
3	17.3	IN-S10111200	Rubber Sleeve ϕ 17*10.5	2
4	17.4	GB2766005-2ZNBK	Bearing	2
5	17.5	IT80081400	Bushing ϕ 42	1
6	17.6	GB958DN2	Flat Washer ϕ 9* ϕ 16*1.6	2
7	17.7	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
8	17.8	NM8DN2	Nylon Lock Nut M8	2

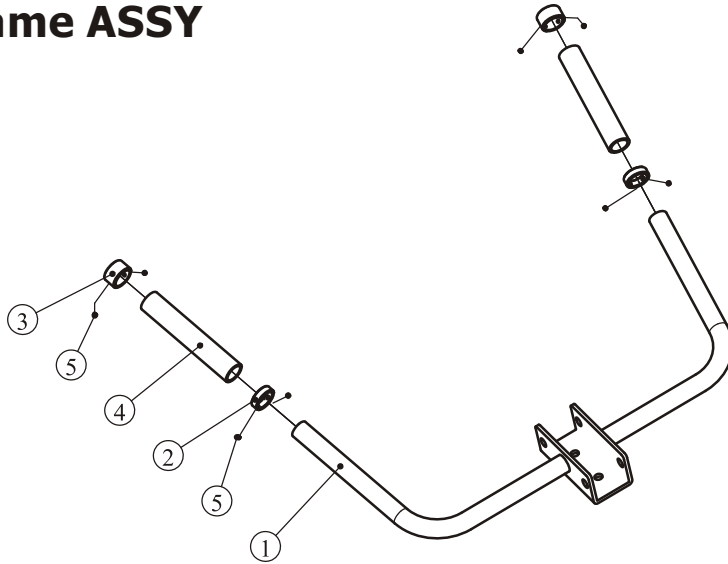
Back Pad Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	IT95080300	Back Pad Frame	1
2	12.2	IT90013800P11C	Plug RT50*100	1

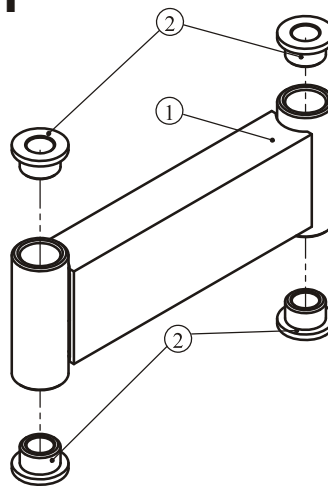
Exploded View and Parts List

Handle Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	19.1	IT95081000	Handle Frame	1
2	19.2	V39500	Aluminum Grip Ring	2
3	19.3	V39600	Aluminum Grip Cap	2
4	19.4	026-01PL0206-12	Grip	2
5	19.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

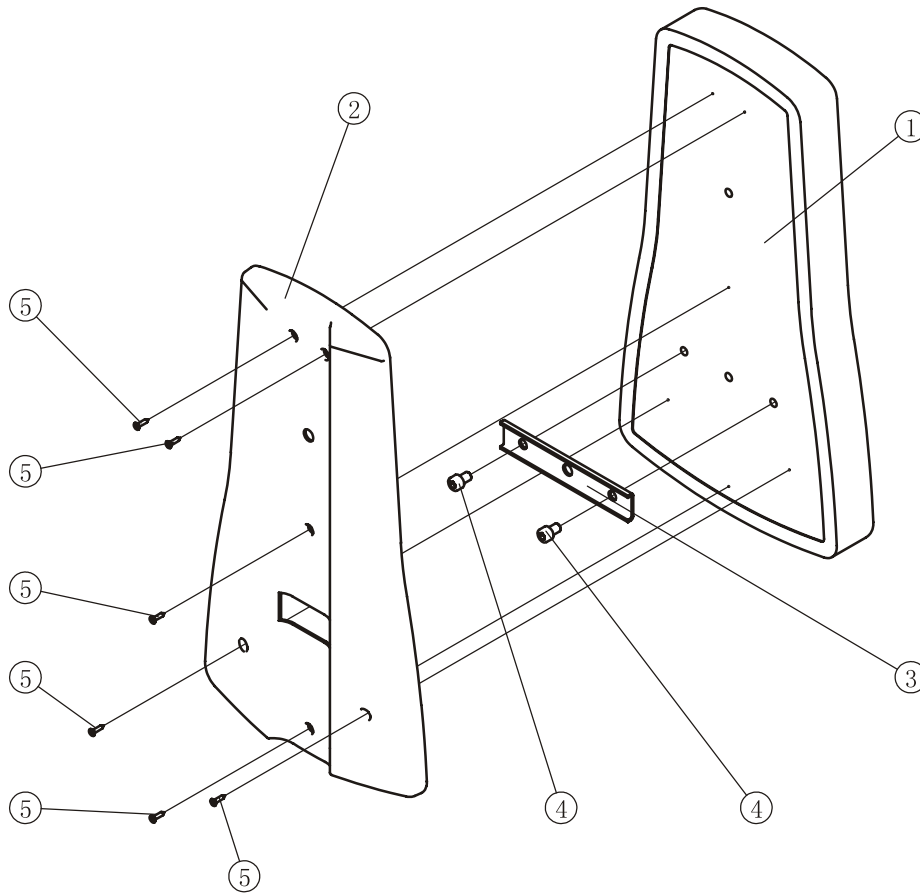
Connecting Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	21.1	FE97082500	Connecting Frame	1
2	21.2	M01402000	Bushing Φ 25	4

Exploded View and Parts List

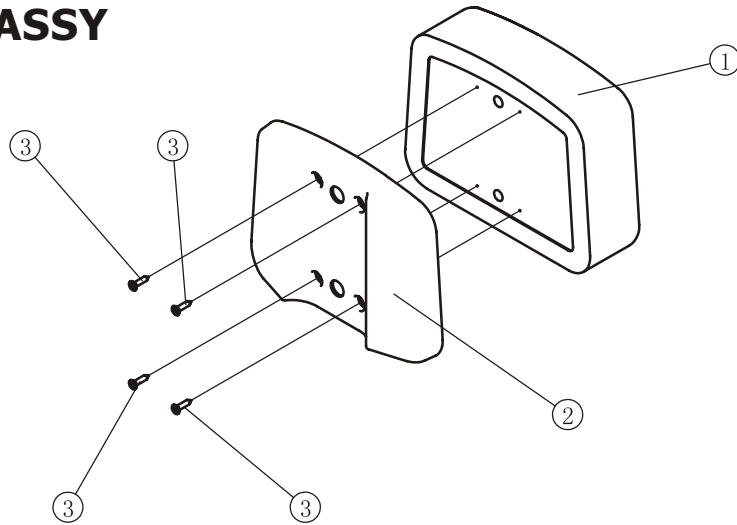
Back Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	34.1	IT95017100	Back Pad	1
2	34.2	IT95017300	Back Pad Cover	1
3	34.3	IT95017500	Back Pad Support Plate	1
4	34.4	GB70M10*15DS20	Socket Head Cap Screw M10*15	2
5	34.5	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	6

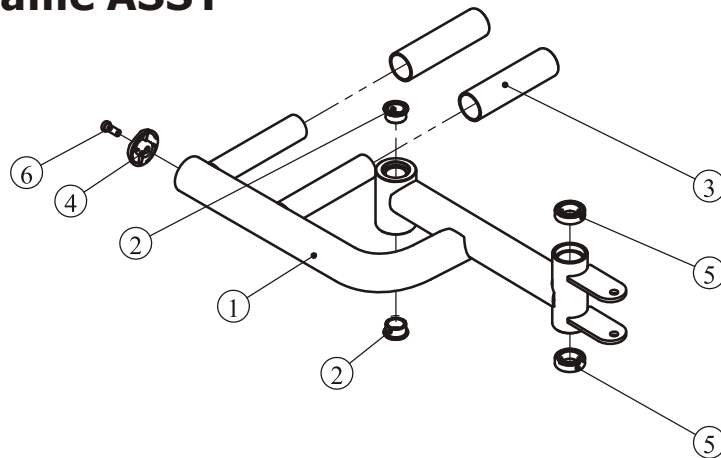
Exploded View and Parts List

Head Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	35.1	IT95017200	Head Pad	1
2	35.2	IT95017400	Head Pad Cover	1
2	35.3	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	4

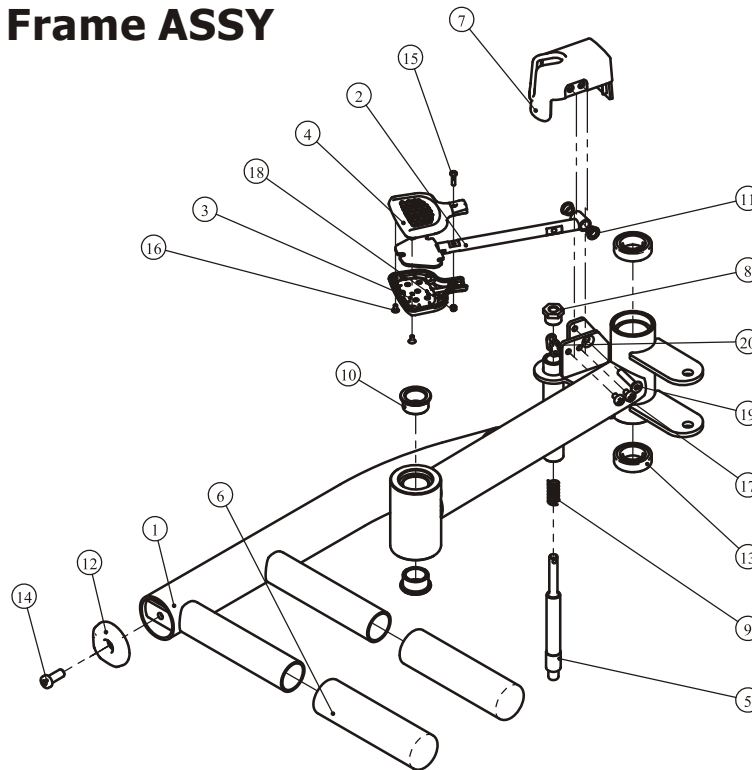
Left Leg Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	IT95080600	Left Leg Frame	1
2	15.2	M02502000	Bushing Φ 25	2
3	15.3	FE97212000	Foot Set	2
4	15.4	FE97211900	Cap Φ 60	1
5	15.5	GB2766005-2ZNBK	Bearing	2
6	15.6	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1

Exploded View and Parts List

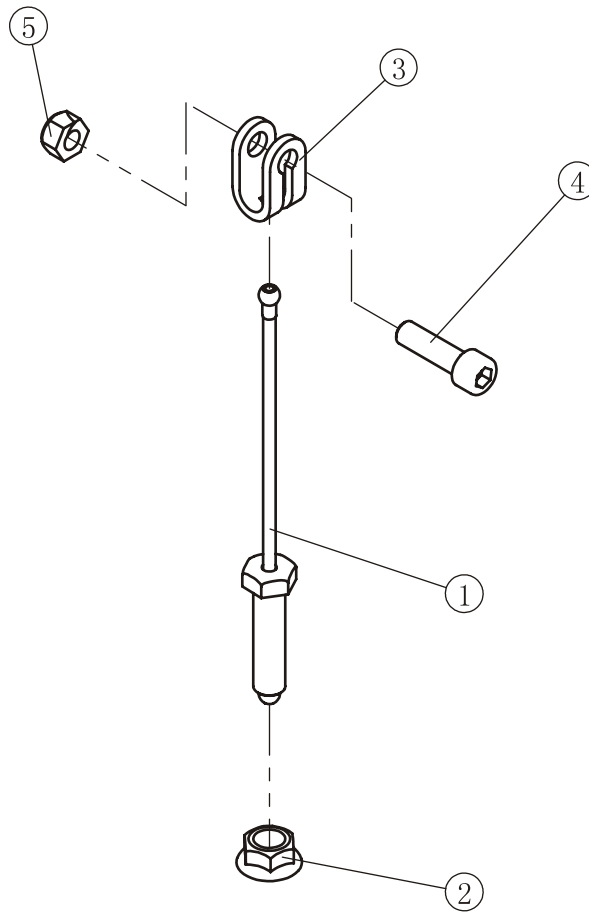
Right Leg Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	16.1	IT95080700	Right Leg Frame	1
2	16.2	FE97082800	Adjustable Handle Frame	1
3	16.3	FE970114100	Adjustable Handle End Cover	1
4	16.4	FE970114200	Adjustable Handle Top Cover	1
5	16.5	IT95081200	Pin	1
6	16.6	FE970112000	Foot Set	2
7	16.7	FE97085300	Adjustable Handle Cover	1
8	16.8	KPS18002701V1	Nut M20*1.5*18	1
9	16.9	SG8007M1200B	Spring	1
10	16.10	M02502000	Bushing Φ 25	2
11	16.11	P60015700	Bushing Φ 8	2
12	16.12	FE97211900	Cap Φ 60	1
13	16.13	GB2766005-2ZNBK	Bearing	2
14	16.14	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
15	16.15	GB818M4*16DN2	Cross Recessed Pan Head Screw M4*16	1
16	16.16	GB819M4*8DN2	Flat Head Cap Screw M4*8	2
17	16.17	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	2
18	16.18	GB41M4DN2	Hex Nuts M4	1
19	16.19	CNLM8*40DS20	Socket Countersunk Head Cap Screw M8*40	1
20	16.20	GB/T1243-199708BN19	Chain	1

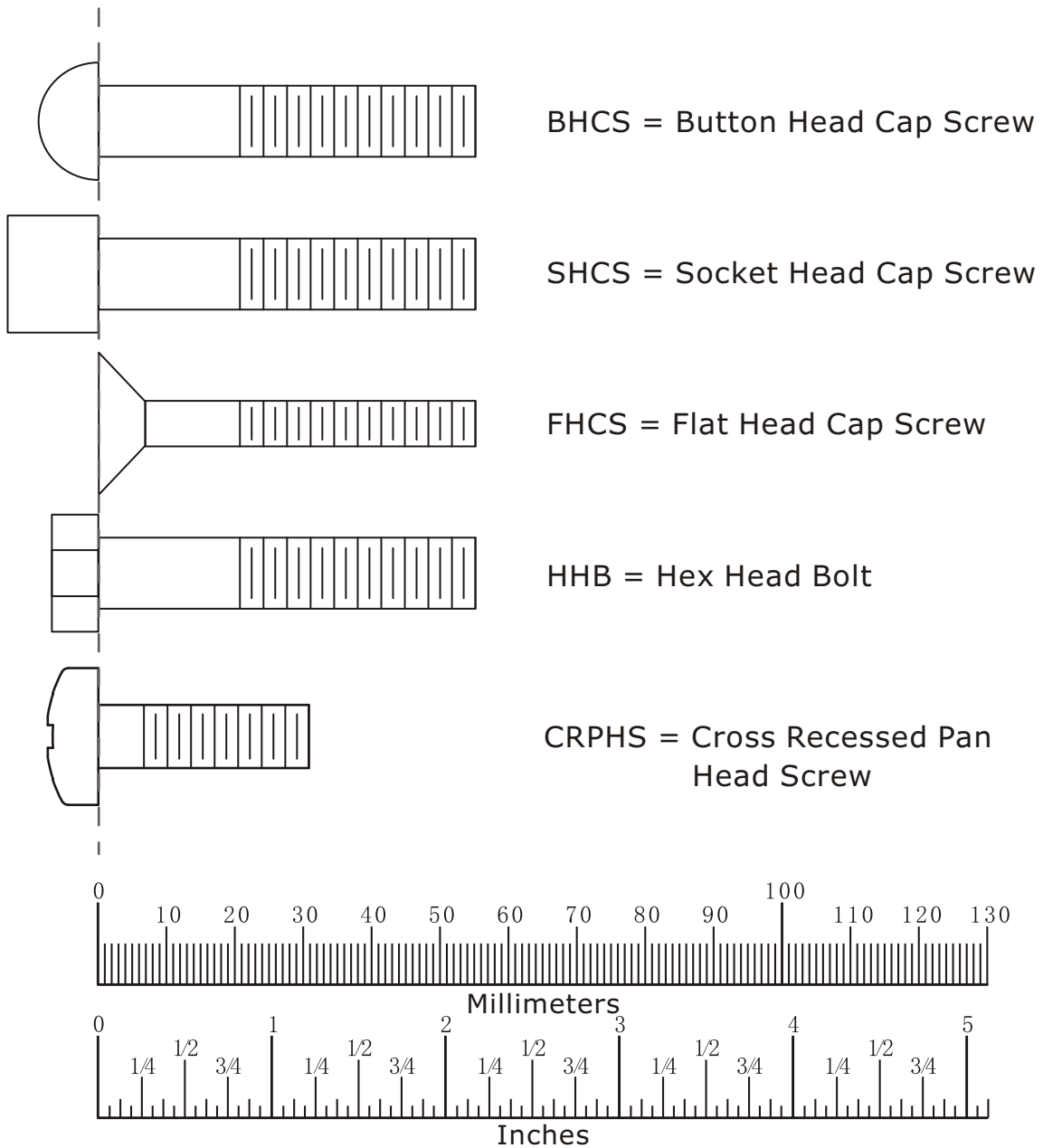
Exploded View and Parts List

Tension Cable ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	26.1	IT95081501	Tension Cable	1
2	26.3	HF900-03A1002	Hex Flange Nut	1
3	26.4	BNH0562	Strap Bracket	1
4	26.5	GB70M10*35*15DN18	Socket Head Cap Screw M10*35	1
5	26.6	NM10DN2	Nylon Lock Nut M10	1

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

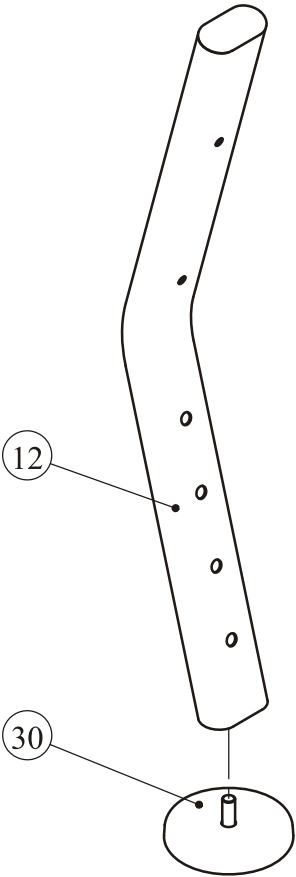
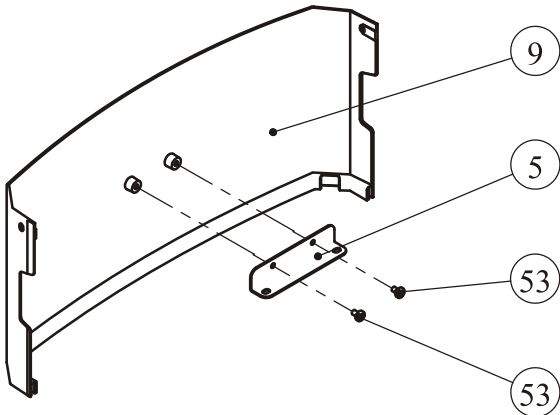
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

- 1. Attach one Adjustable Foot Plates (#30) to the Back Pad Frame ASSY (#12).
- 2. Attach the Rear Bracket (#5) to the Top Rear Shroud (#9) using:
two M6*10 CRPHS (#53)

Note: Wrench Tighten Bolts.



Assembly

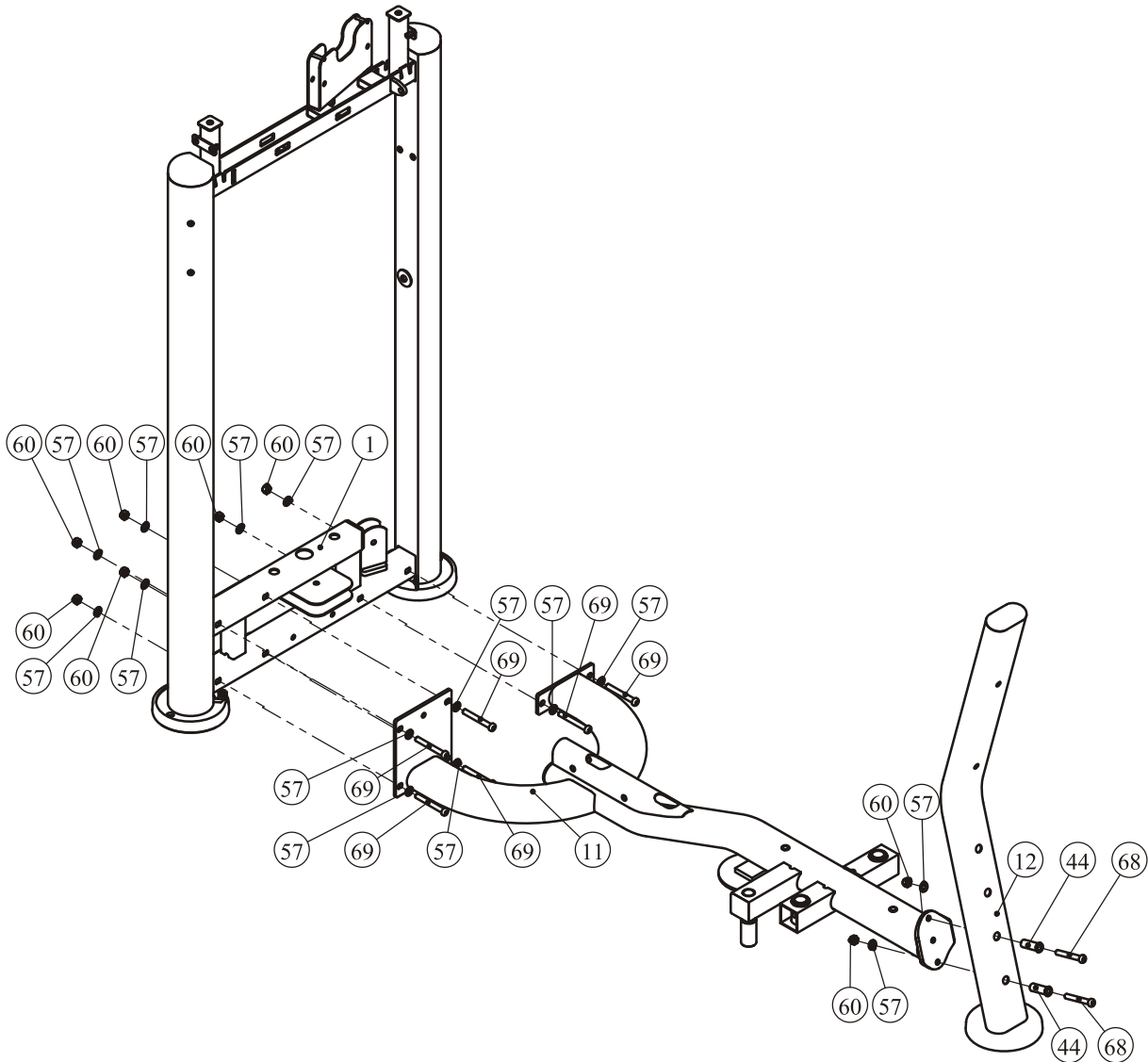
STEP 2

Attach the Main Frame ASSY (#11) and the Back Pad Frame ASSY (#12) to the Weight Stack Frame ASSY (#1) using:

- two Support Sleeve (#44)
- two M10*75 SHCS (#68)
- fourteen $\Phi 11*\Phi 20*2$ Flat Washer (#57)
- six M10*80 SHCS (#69)
- eight M10 Nylon Lock Nut (#60)

Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.

2. Adjust the Adjustable Foot Plates to make the machines stable.



Assembly

STEP 3

1. Attach the Shaft1 (#24) and the Shaft2 (#25) to the Main Frame ASSY (#11) using:
two M10*30 SHCS (#66) two $\Phi 11*\Phi 20*2$ Arc Washer (#59)
2. Attach the Top Bracket ASSY (#2) and two Bottom Bracket ASSY (#3) to the Weight Stack Frame ASSY (#1) using:
two M8*20 SHCS (#52) two $\Phi 9*\Phi 16*1.6$ Flat Washer (#56)
two M10*75 SHCS (#68) four $\Phi 11*\Phi 20*2$ Flat Washer (#57)
two M10 Nylon Lock Nut (#60)
3. Attach the Wheel Frame ASSY (#17) and the Swing Frame ASSY (#20) to the shaft2 (#25) using:
one Cap $\Phi 55$ (#46) two Bushing $\Phi 32$ (#47)
one $\Phi 11*\Phi 20*2$ Flat Washer (#57) one Circlips For Shaft $\Phi 25$ (#62)
one M10*25 SHCS (#65)
4. Put two Tube Plugs $\square 50$ (#41) into the Main Frame ASSY (#11).

Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.

2. Pay attention to the relative location between the Wheel Frame ASSY (#17) and the Swing Frame ASSY (#20).

Step 4

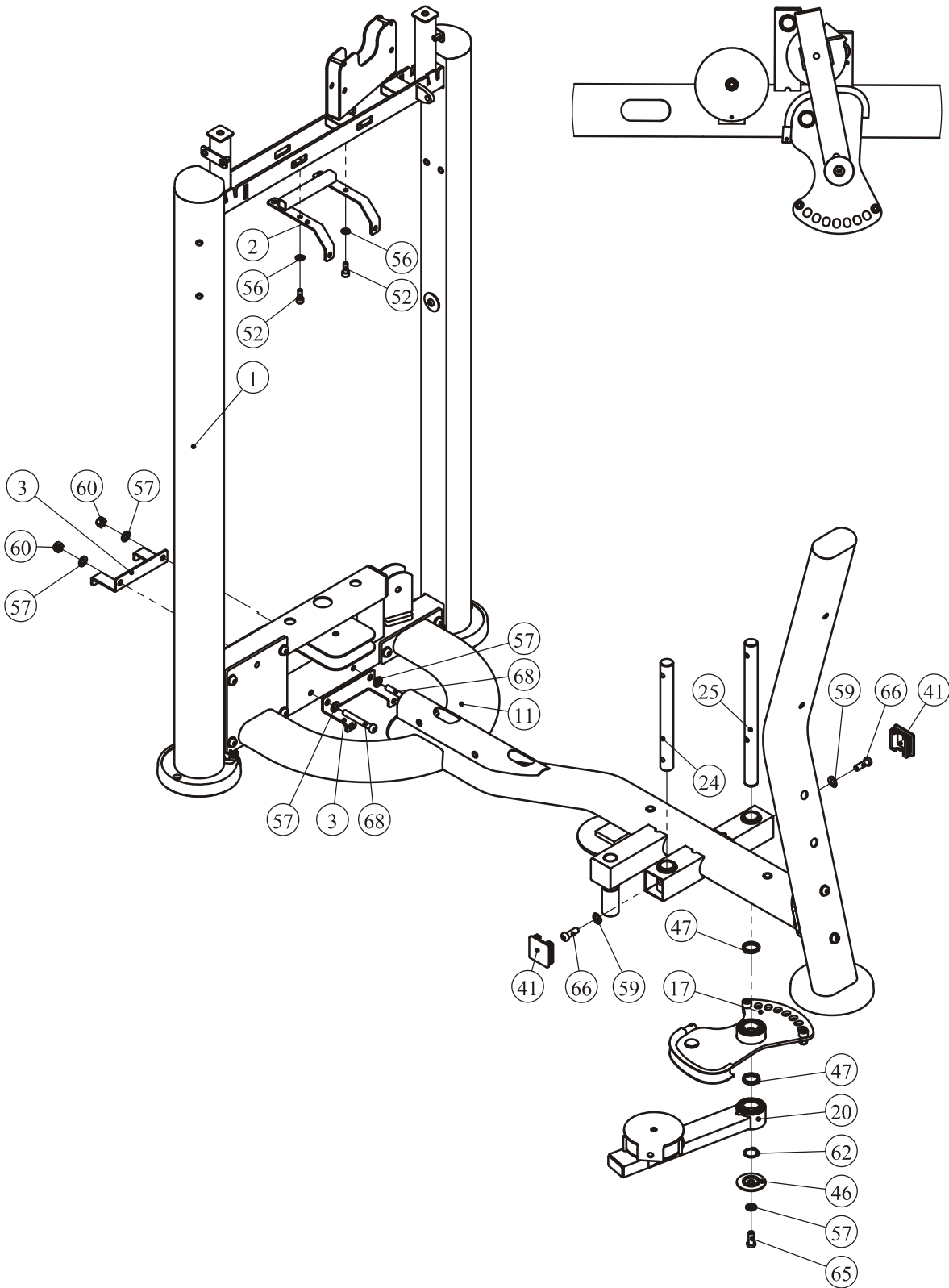
1. Attach the Cover Plate (#28) to the Main Frame ASSY (#11) using:
two M10*25 SHCS (#65) two $\Phi 11*\Phi 20*2$ Flat Washer (#57)
2. Put the Left Leg Frame ASSY (#15) and the Right Leg Frame ASSY (#16) to the Shaft1 (#24) and the Shaft2 (#25), then attach the Left Leg Frame ASSY (#15) and the Right Leg Frame ASSY (#16) to the Connecting Frame ASSY (#21) using:
two M12*105 SHCS (#70) four $\Phi 13*\Phi 24*2.5$ Flat Washer (#58)
two M12 Nylon Lock Nut (#61)
3. Attach the Back Pad Frame ASSY (#12) and the Seat Pad Frame (#14) to the Seat Pad Connection Frame (#13) using:
two Support Sleeve (#44) four M10*75 SHCS (#68)
six $\Phi 11*\Phi 20*2$ Flat Washer (#57) four M10 Nylon Lock Nut (#60)
4. Attach the Shaft1 (#24) and the Shaft2 to the Main Frame ASSY (#11) using:
two M10*30 SHCS (#66) two $\Phi 11*\Phi 20*2$ Arc Washer (#59)
5. Put two Tube Plugs $\square 50$ (#41) into the Seat Pad Frame (#14).

Note: 1. Wrench tighten bolts and Nylon Lock Nuts.

2. Attach the Back Pad Frame ASSY (#12) to the Seat Pad Connection Frame (#13) first. Then Attach the Seat Pad Frame (#14) to the Seat Pad Connection Frame (#13).

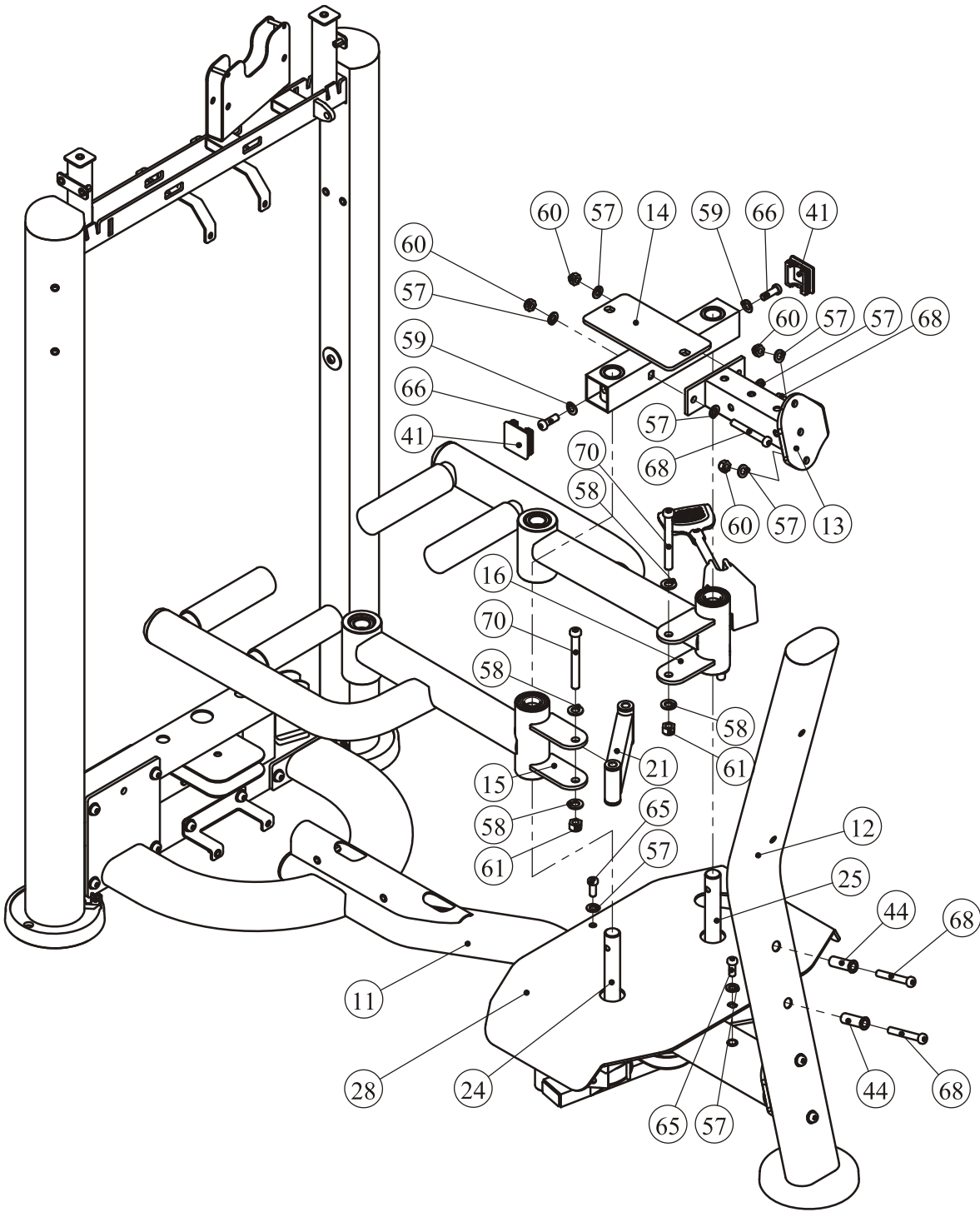
Assembly

STEP 3



Assembly

STEP 4



Assembly

STEP 5

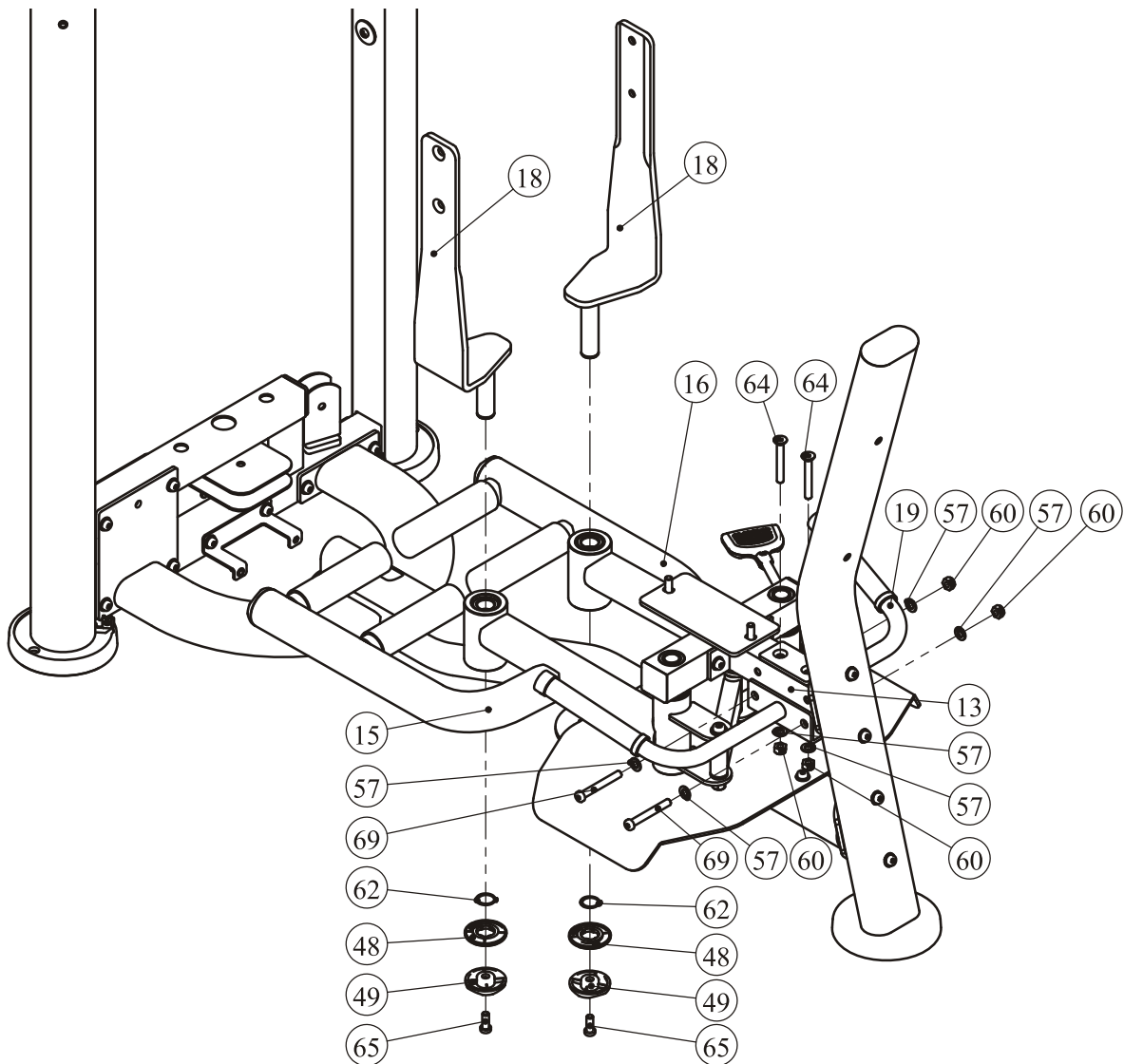
1. Attach two Leg Frame ASSY (#18) to the Left Leg Frame ASSY (#15) and the Right Leg Frame ASSY (#16) using:

- two Circlips For Shaft $\Phi 25$ (#62)
- two Circle Ring $\Phi 62.5 \times 5$ (#48)
- two Cap $\Phi 60$ (#49)
- two M10*25 SHCS (#65)

2. Attach the Handle Frame ASSY (#19) to the Seat Pad Connection Frame (#13) using:

- two M10*75 FHCS (#64)
- two M10*80 SHCS (#69)
- six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57)
- four M10 Nylon Lock Nut (#60)

Note: Wrench tighten bolts and Nylon Lock Nuts.



Assembly

STEP 6

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

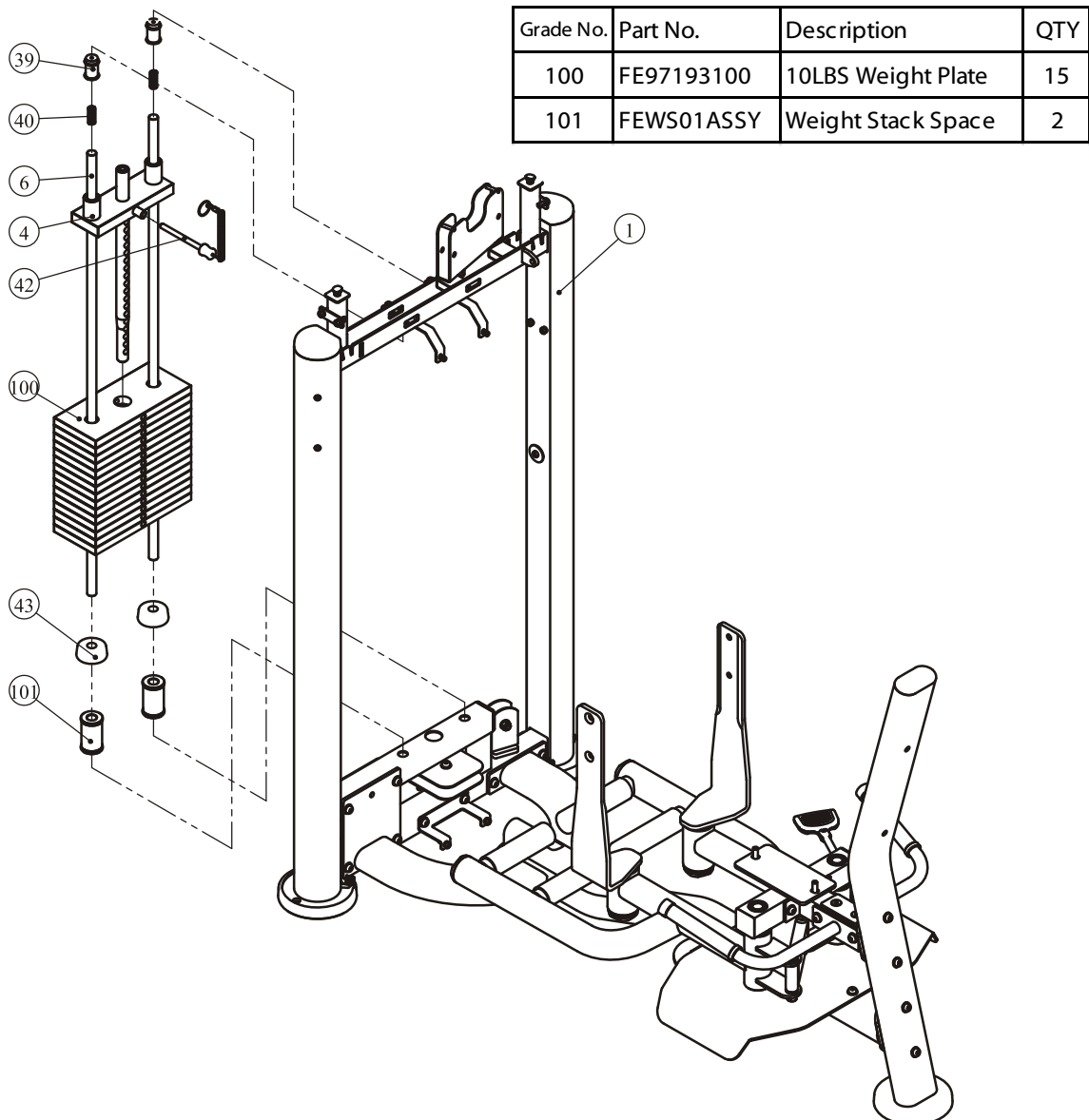
1. Attach:

- two Guide Rod $\Phi 19 \times 1097$ (#6)
- two Weight Rubber Bumper (#43)
- fifteen Weight Plate 10LBS (#100)
- two weight stack space (#101)
- one Top Plate (#4)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#39)
- two Spring (#40)

2. Attach the Selector Pin W/Coil (#42) to the Top Plate (#4).



Assembly

STEP 6

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

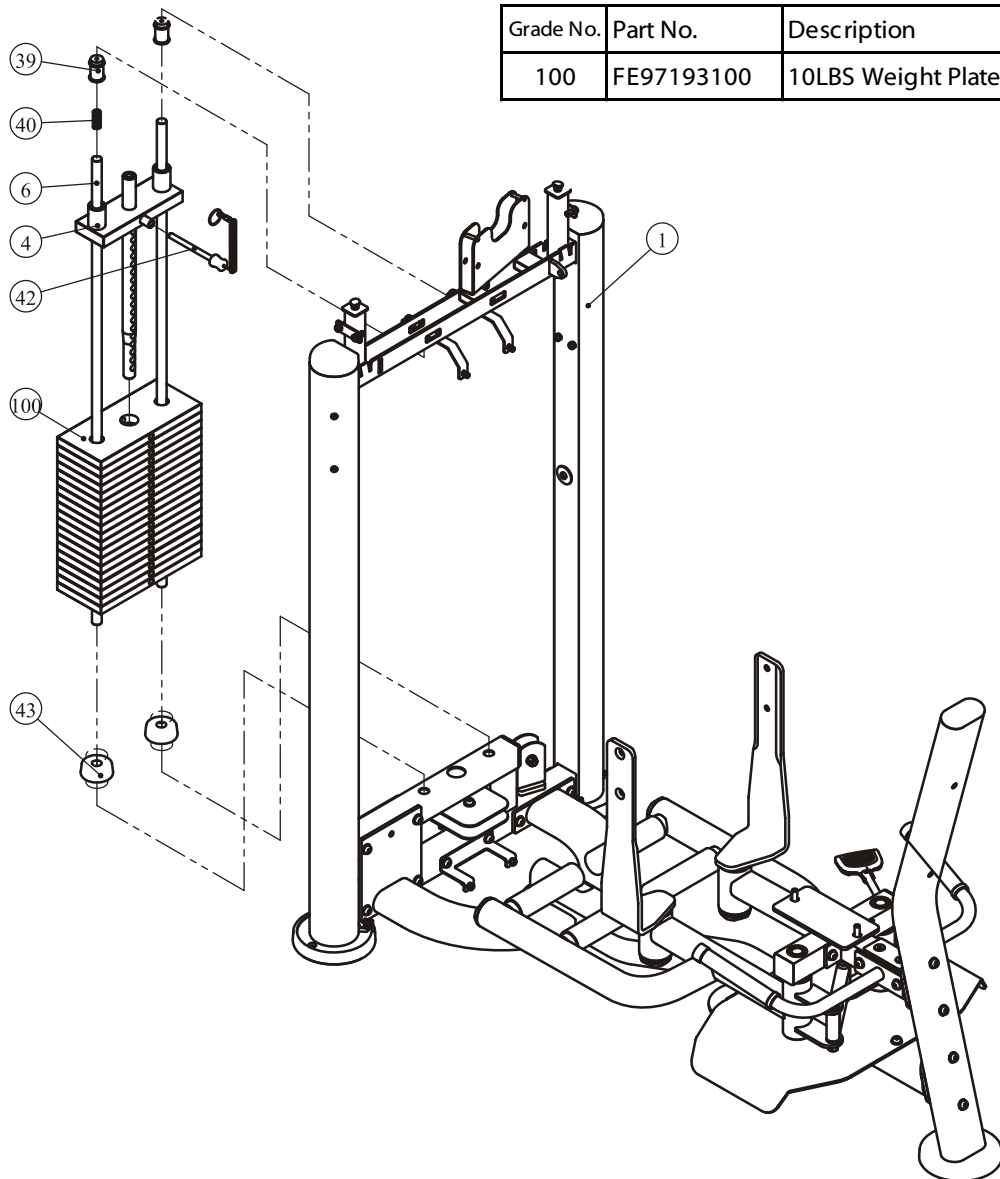
1. Attach:

- two Guide Rod $\Phi 19 \times 1097$ (#6)
- two Weight Rubber Bumper (#43)
- nineteen Weight Plate 10LBS (#100)
- one Top Plate (#4)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#39)
- two Spring (#40)

2. Attach the Selector Pin W/Coil (#42) to the Top Plate (#4).



Assembly

STEP 6

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

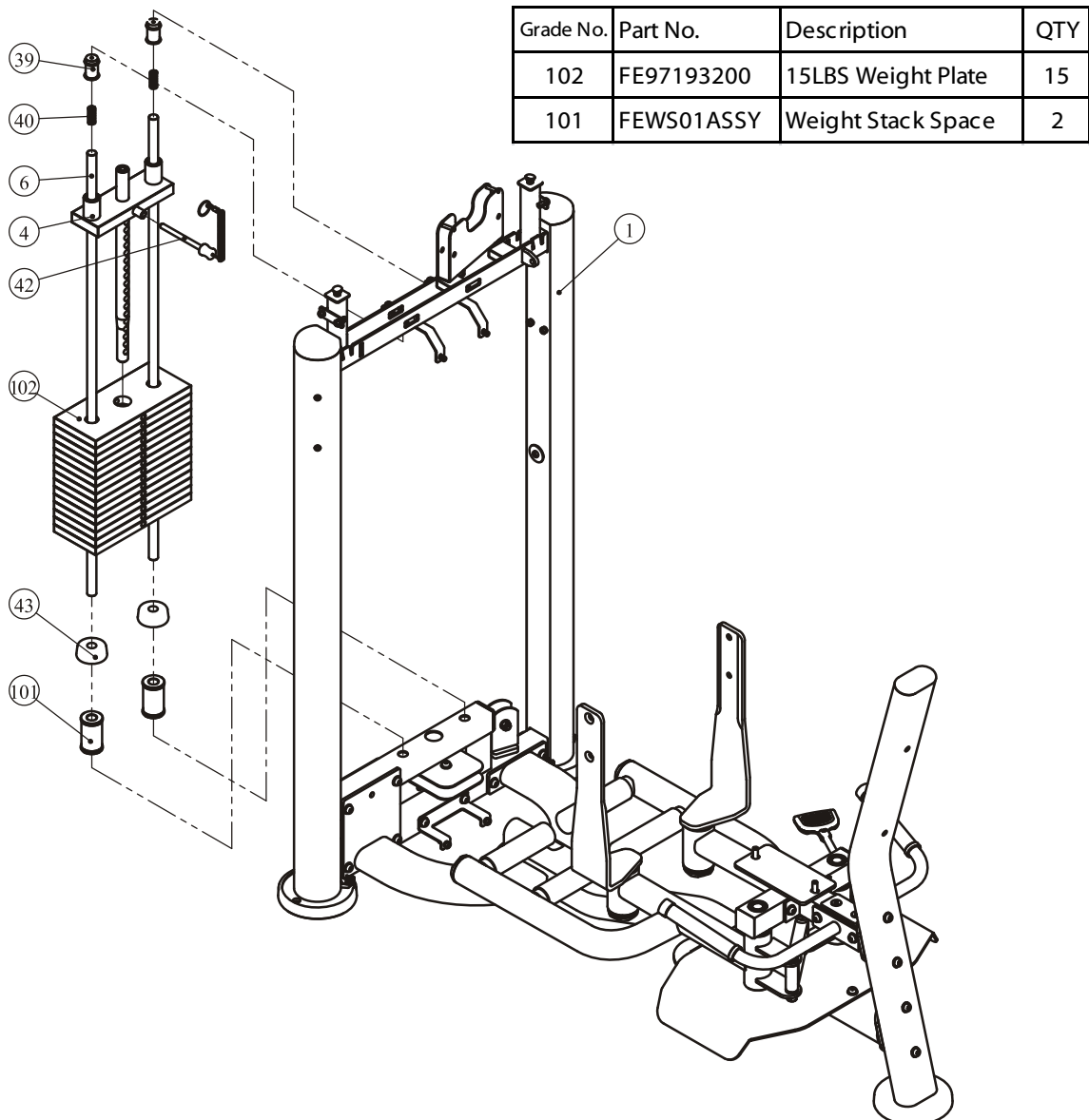
1. Attach:

- two Guide Rod $\Phi 19 \times 1097$ (#6)
- two Weight Rubber Bumper (#43)
- fifteen Weight Plate 15LBS (#102)
- two weight stack space (#101)
- one Top Plate (#4)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#39)
- two Spring (#40)

2. Attach the Selector Pin W/Coil (#42) to the Top Plate (#4).



Assembly

STEP 6

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

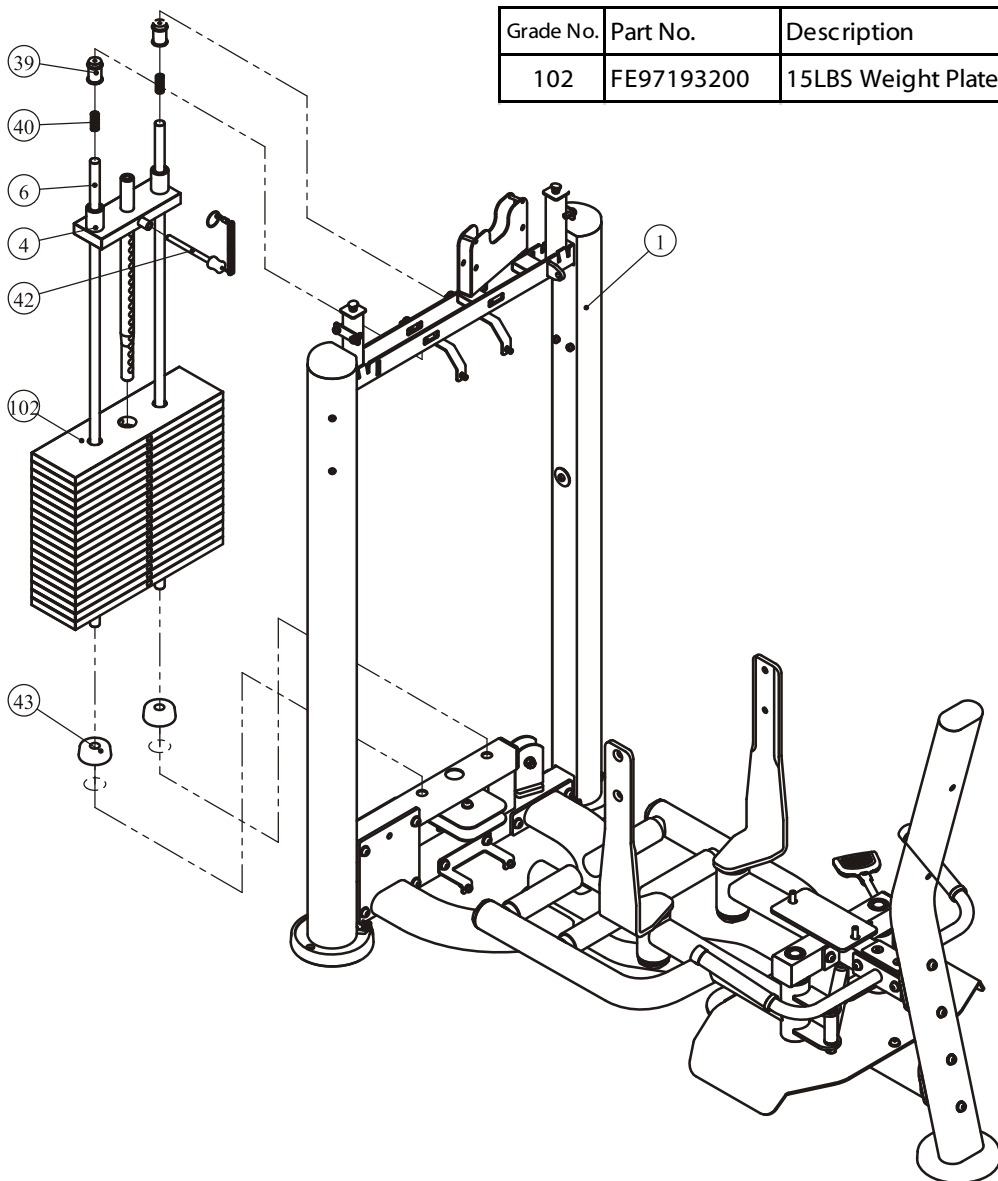
1. Attach:

- two Guide Rod $\Phi 19 \times 1097$ (#6)
- two Weight Rubber Bumper (#43)
- nineteen Weight Plate 15LBS (#102)
- one Top Plate (#4)

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

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#39)
- two Spring (#40)

2. Attach the Selector Pin W/Coil (#42) to the Top Plate (#4).

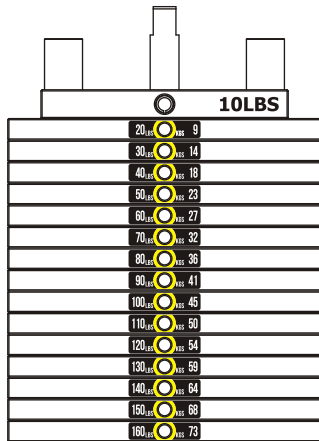


Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19

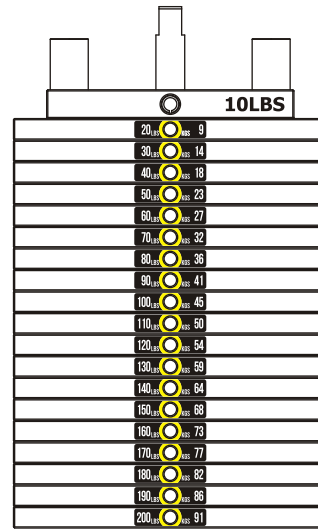
Assembly

All weight plate sticker paste schematic diagram

20 _{LBS}	9
30 _{LBS}	14
40 _{LBS}	18
50 _{LBS}	23
60 _{LBS}	27
70 _{LBS}	32
80 _{LBS}	36
90 _{LBS}	41
100 _{LBS}	45
110 _{LBS}	50
120 _{LBS}	54
130 _{LBS}	59
140 _{LBS}	64
150 _{LBS}	68
160 _{LBS}	73
170 _{LBS}	77
180 _{LBS}	82
190 _{LBS}	86
200 _{LBS}	91
210 _{LBS}	95
220 _{LBS}	100
230 _{LBS}	104

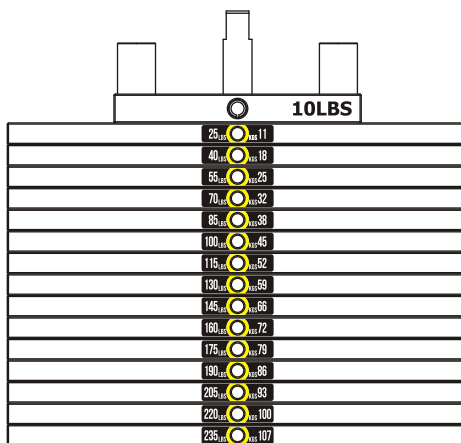


20-160LBS

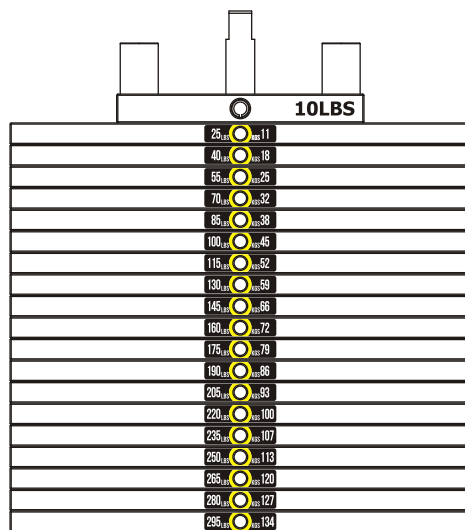


20-200LBS

25 _{LBS}	11
40 _{LBS}	18
55 _{LBS}	25
70 _{LBS}	32
85 _{LBS}	38
100 _{LBS}	45
115 _{LBS}	52
130 _{LBS}	59
145 _{LBS}	66
160 _{LBS}	72
175 _{LBS}	79
190 _{LBS}	86
205 _{LBS}	93
220 _{LBS}	100
235 _{LBS}	107
250 _{LBS}	113
265 _{LBS}	120
280 _{LBS}	127
295 _{LBS}	134
310 _{LBS}	141
325 _{LBS}	147



25-235LBS



25-295LBS

Assembly

STEP 7

1. Attach four 4.5" Pulleys (#32) to the Weight Stack Frame ASSY (#1) using:
four M10*50 SHCS (#67) seven $\Phi 11*\Phi 20*2$ Flat Washer (#57)
three M10 Nylon Lock Nut (#60)
2. Attach one 4.5" Pulley (#32) to the Movable Pulley Frame (#22) using:
one M10*50 SHCS (#67) two $\Phi 11*\Phi 20*2$ Flat Washer (#57)
one M10 Nylon Lock Nut (#60)
3. Attach one Thin 4.5" Pulley (#31) and one Pulley Cover (#29) and one Threaded Column (#71) to the Main Frame ASSY (#11) using:
one M10*25 SHCS (#65) one $\Phi 11*\Phi 20*2$ Flat Washer (#57)
one Pulley Spacer1 (#45)
4. Attach one 4.5" Pulley (#32) to the Swing Frame ASSY (#20) using:
one M10*80 SHCS (#69) two $\Phi 11*\Phi 20*2$ Flat Washer (#57)
one M10 Nylon Lock Nut (#60)
5. Take down one M10 Nylon Lock Nut and one M10*35 SHCS from the Tension Cable ASSY (#26), Attach the Tension Cable ASSY (#26) to the Top Plate (#4) and the Weight Stack Frame ASSY (#1) using:
one M10 Nylon Lock Nut (Down off) one M10*35 SHCS (Down off)
6. Attach the Cable ASSY (#27) to the Movable Pulley Frame (#22) and the Wheel Frame ASSY (#17).
7. Attach one M4*15 SHCS to the Wheel Frame ASSY (#17).

Note: Wrench tighten bolts and Nylon Lock Nuts.

Step 8

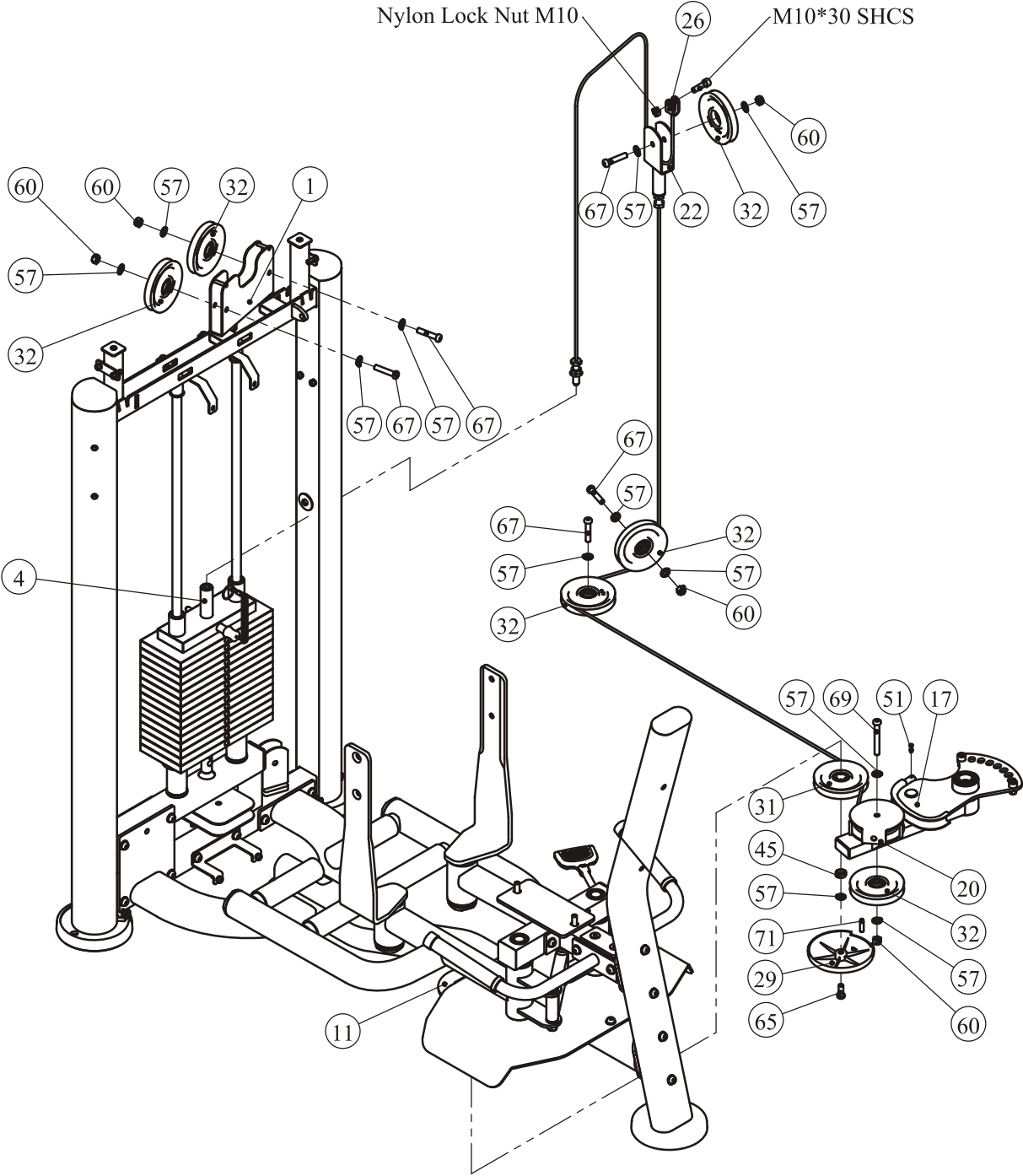
Tips: Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Left Front Shroud (#36) and the Right Front Shroud (#37) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
four M6*20 CRPHS (#55) two M6*16 CRPHS (#54)
2. Attach the Rear Shroud (#38) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:
four M6*20 CRPHS (#55) two M6*16 CRPHS (#54)
3. Attach the Training Placard Cover (#8) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:
two M6*20 CRPHS (#55) two M6*10 CRPHS (#53)
4. Attach the Top Rear Shroud (#9) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#2) using:
four M6*20 CRPHS (#55)
5. Attach the Top Cover (#7) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#55) two Spout Plug $\Phi 16.5*6.88$ (#72)
6. Attach the Anti slip cover plate (#23) to the Main Frame ASSY (#11) using:
four M6*20 CRPHS (#55)
7. Attach the Cup Holder (#10) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#55)

Note: Wrench tighten bolts.

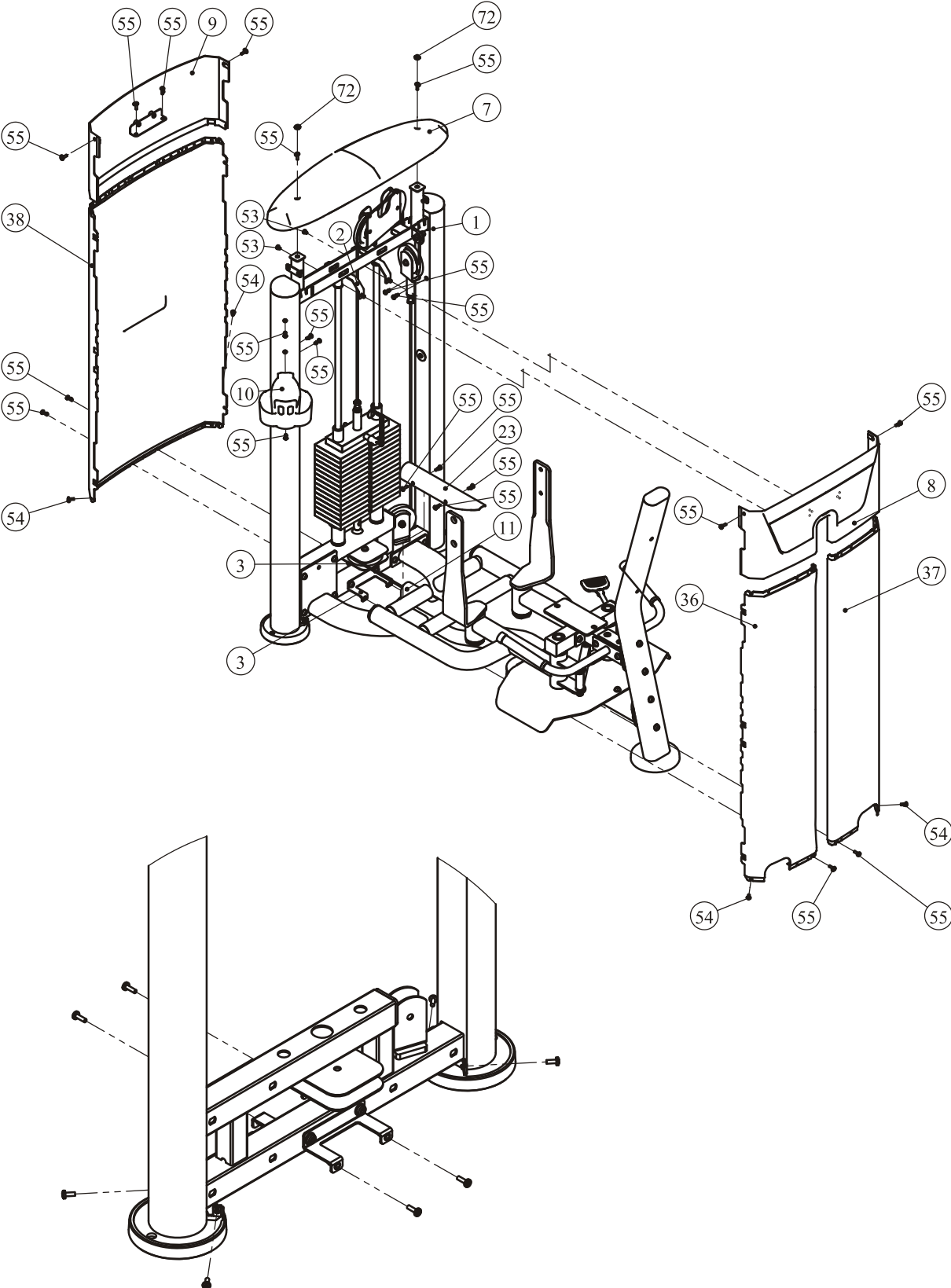
Assembly

STEP 7



Assembly

STEP 8

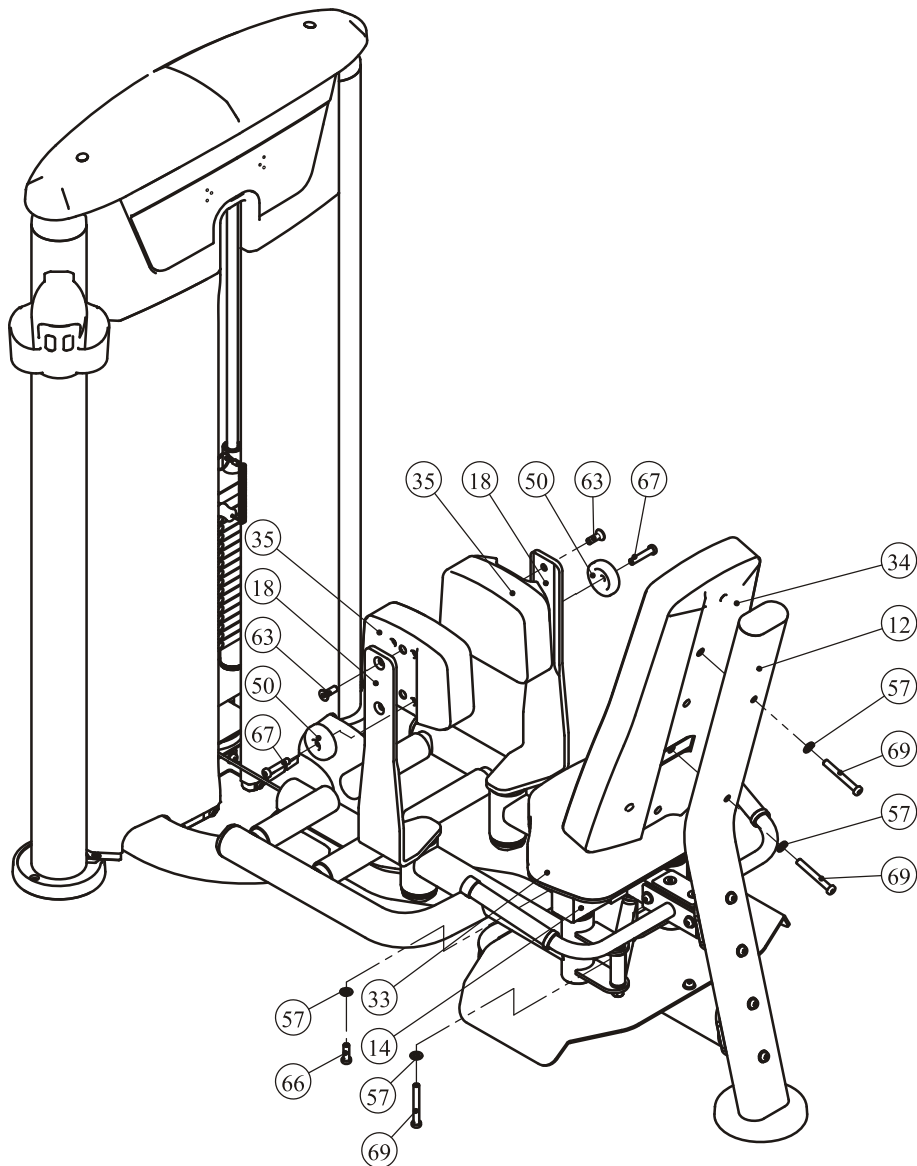


Assembly

STEP 9

1. Attach the Back Pad ASSY (#34) to the Back Pad Frame ASSY (#12) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57) two M10*80 SHCS (#69)
2. Attach the Seat Pad (#33) to the Seat Pad Frame (#14) using:
one M10*30 SHCS (#66) one M10*80 SHCS (#69)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#57)
3. Attach two Head Pad ASSY (#35) and two Rubber Bumper $\Phi 63.5$ (#50) to two Leg
Frame ASSY (#18) using:
two M10*30 FHCS (#63) two M10*50 SHCS (#67)

Note: Wrench tighten bolts.



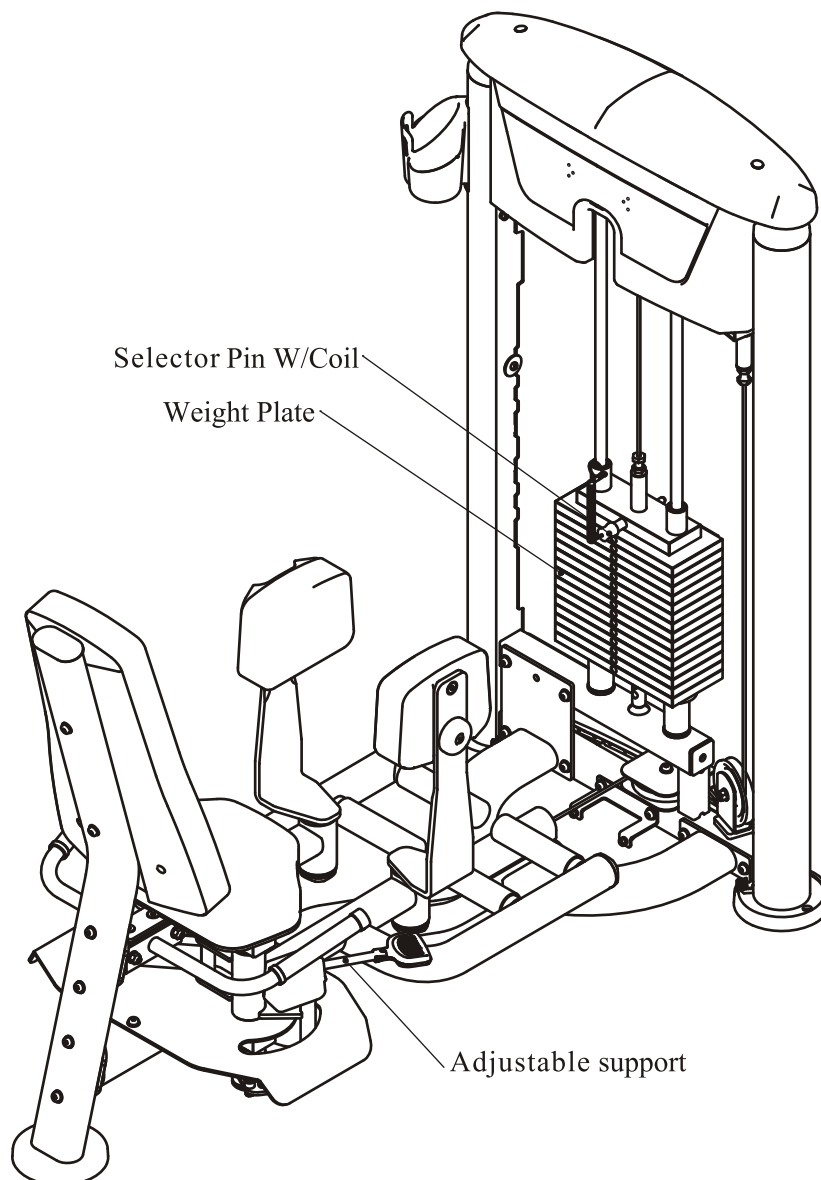
Adjust Instructions

The Use Position adjustment


1. Pull the Adjustable Support and Adjust the Leg Frame to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin W/Coil

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




Exercise Instructions




1. Select an appropriate weight.
2. Adjust the leg arms and should be spaced as far as possible, grasp the handles, slowly squeeze legs as close together as possible and slowly return.
3. Adjust the leg arms and should be spaced as near as possible, grasp the handles, slowly spread legs apart as far as possible.
4. Slowly return to the starting position.

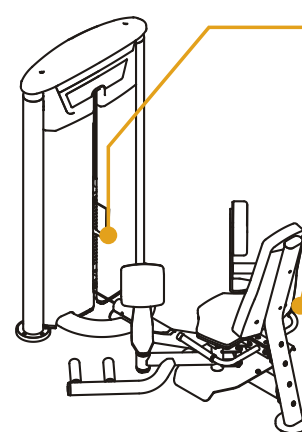
ABDUCTOR AND ADDUCTOR

Abductor

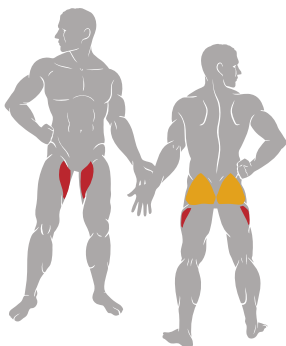


Adductor

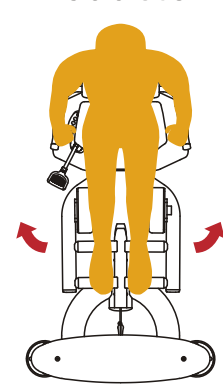




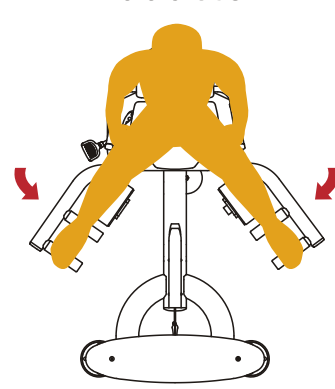
1. Select an appropriate weight.
2. Adjust the leg arms and should be spaced as far as possible, grasp the handles, slowly squeeze legs as close together as possible and slowly return.
3. Adjust the leg arms and should be spaced as near as possible, grasp the handles, slowly spread legs apart as far as possible.
4. Slowly return to the starting position.



Abductor



Adductor



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.

