



IT9509

TOTAL HIP

OWNER'S MANUAL

17M

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

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CAUTION!

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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:

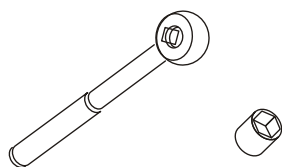
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Instructions

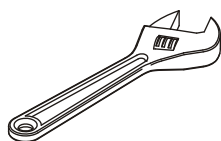
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

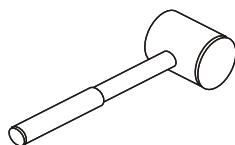
Tools Required



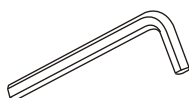
Ratchet Wrench and Socket



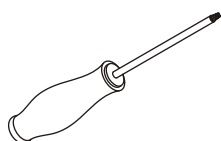
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT950901ASSY	Weight Stack Frame ASSY	1
2	2	IT950902ASSY	Bottom Frame ASSY	1
3	3	IT950903ASSY	Back Support Frame ASSY	1
4	4	IT950913ASSY	Pedal ASSY	1
5	5	IT950905ASSY	Upper Frame ASSY	1
6	6	IT95090700	Pulley Cover	1
7	7	IT950908ASSY	Swinging Frame ASSY	1
8	8	IT95090900	Left Handle	1
9	9	IT95091000	Right Handle	1
10	10	IT95091100	Left Cover	1
11	11	IT95091200	Right Cover	1
12	12	IT95091400	Wire Connection Frame	1
13	13	IT95091600	Long Spacer	1
14	14	IT95093100	Cable ASSY	1
15	15	V37000V1	Wide 4.5" Pulley	1
16	16	L340PB5100	Guide Rod	2
17	17	SD1000B3000ASSY	Adjustable Foot Plate	2
18	18	QD22-420-14	Gas Spring	1
19	19	IE952415ASSY	Foam Assy	1
20	20	FE97211900	Cap Φ60	1
21	21	HFOPT900-04A1400	Terminal Stop	1
22	22	IT95016100	Guide Rod Fixing SleeveΦ25*Φ19*45	2
23	23	HFOPT900-04A0602	Spring	2
24	24	IT95016500	Spout Plug Φ16.5*6.88	2
25	25	IT80023000	Weight Rubber Bumper	2
26	26	SG500110400V5	4.5" Pulley	3
27	27	B701800	Bumper	2
28	28	IT90012000V1	Selector Pin W/Coil	1
29	29	IT95081700	Guide Rod Φ19*1242	2
30	30	IT801210300P11C	Cup Holder	1
31	31	IT95015500	Top Rear Shroud	1
32	32	IT95015200	Training Placard Cover	1
33	33	IT95015100	Top Cover	1
34	34	IT95012300	Rear Bracket	1
35	35	IT95014200	Top Plate	1
36	36	IT950122ASSY	Bottom Bracket ASSY	2

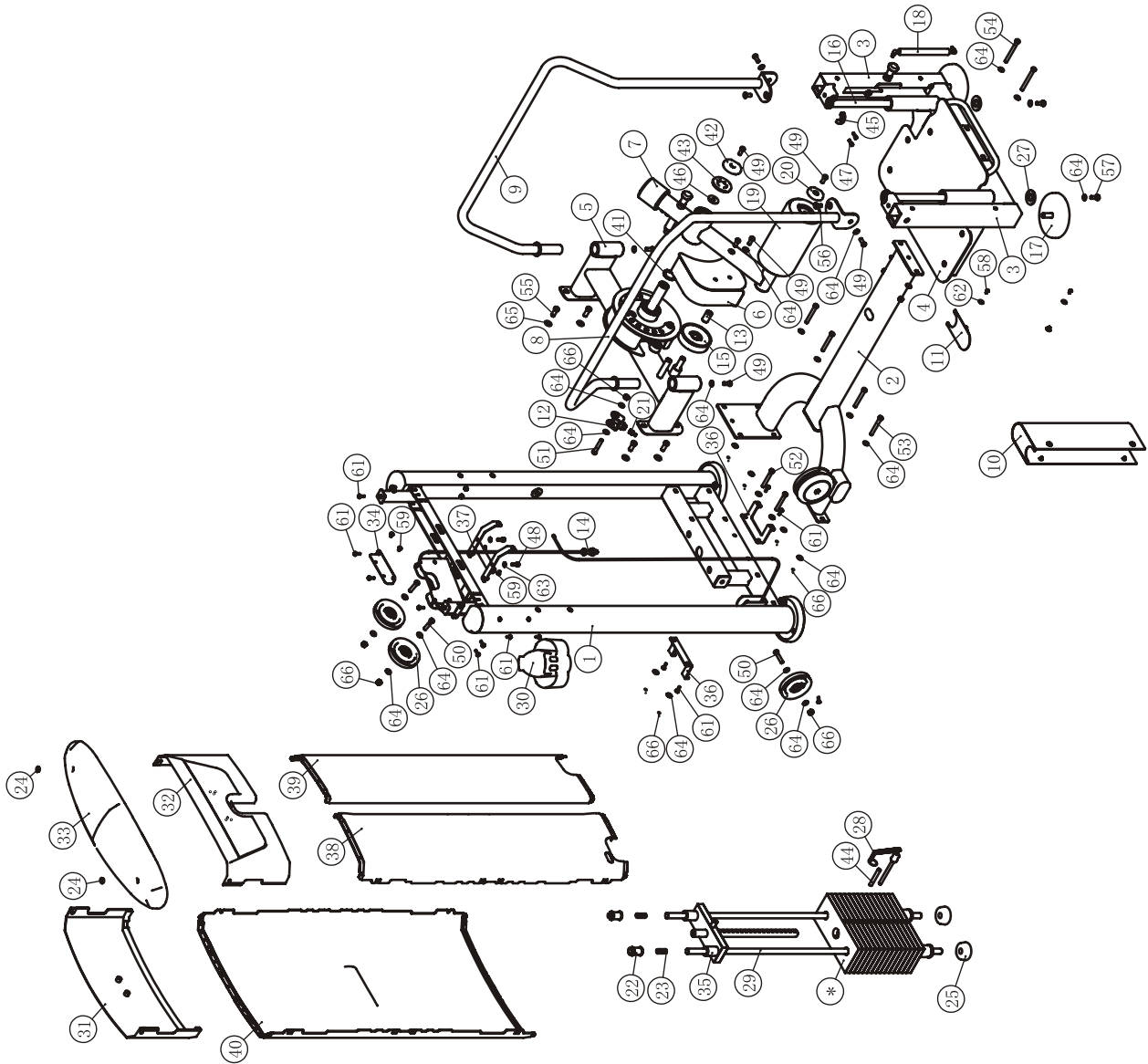
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
37	37	IT950121ASSY	Top Bracket ASSY	1
38	38	IT95055400	Left Front Shroud	1
39	39	IT95085400	Right Front Shroud	1
40	40	IT95015600	Rear Shroud	1
41	41	RPL5301A4700	Stopper	1
42	42	IT95331900	Cap $\Phi 70$	1
43	43	IT95332000	Circle Ring $\Phi 70$	1
44	44	IT80124103	Elastic Cylindrical Pin	1
45	45	TLP-2001800V2	The Semicircle Baffle Ring	2
46	46	YDQ10.5*38*2DN2	Flat Washer $\Phi 10.5 \times \Phi 38 \times 2$	1
47	47	YYNL0.25*28*19DS20	Socket Head Cap Screw 1/4"-28*19	4
48	48	GB70M8*20N19	Socket Head Cap Screw M8*20	2
49	49	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	8
50	50	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	3
51	51	GB70BTM10*60DN18	Socket Head Cap Screw M10*60	1
52	52	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
53	53	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	6
54	54	GB70BTM10*100DN18	Socket Head Cap Screw M10*100	2
55	55	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	4
56	56	CNLM10*25DS20	Flat Head Cap Screw M10*25	2
57	57	GB5781M10*25DS20	Hex Head Bolt M10*25	2
58	58	PNLM6*12DS20	Bottom Head Cap Screw M6*12	8
59	59	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
60	60	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
61	61	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
62	62	GB966DS2	Flat Washer $\Phi 6.6 \times \Phi 18 \times 1.6$	8
63	63	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
64	64	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	36
65	65	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
66	66	NM10DN2	Nylon Lock Nut M10	14
67	67	NBS0.188DHS	Hex Key S=3/16	1
68	68	NBS4DHS	Hex Key S=4	1
69	69	NBS6DHS	Hex Key S=6	1
70	70	NBS8DHS	Hex Key S=8	1
71	71	LW200BS	Wrench $\Phi 6 \times 117$	1
72	72	YHY	Lube	1

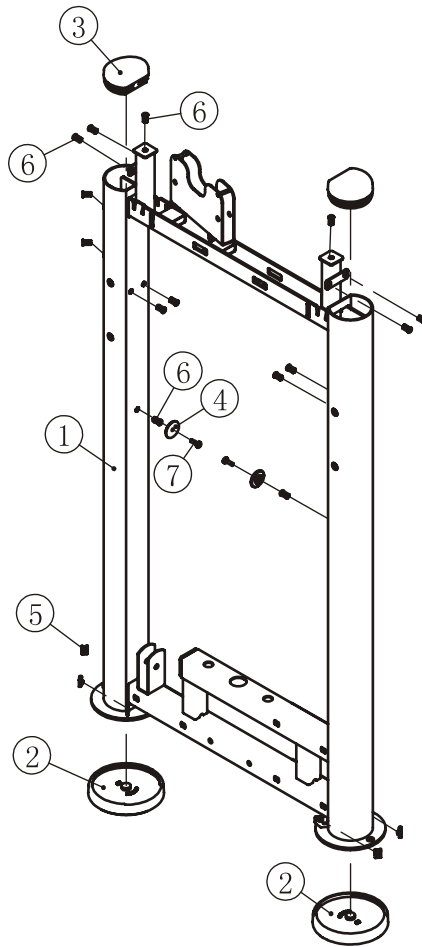
Exploded View and Parts List

Overall



Exploded View and Parts List

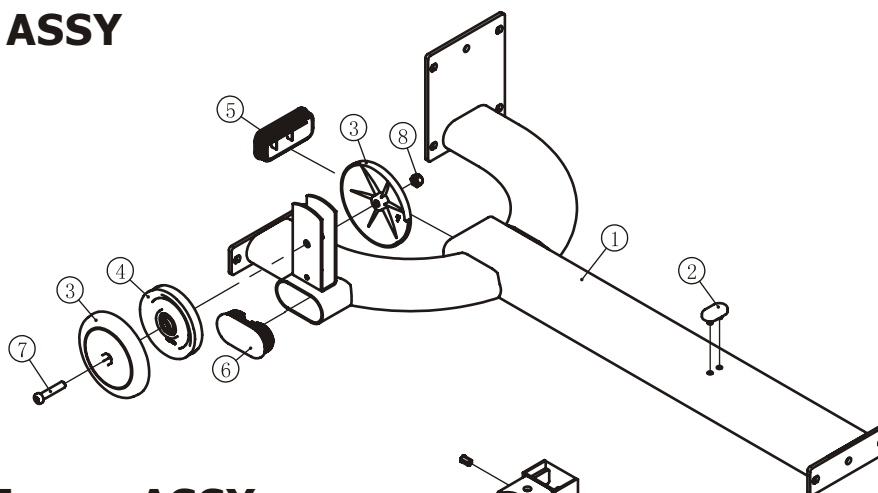
Weight Stack Frame ASSY



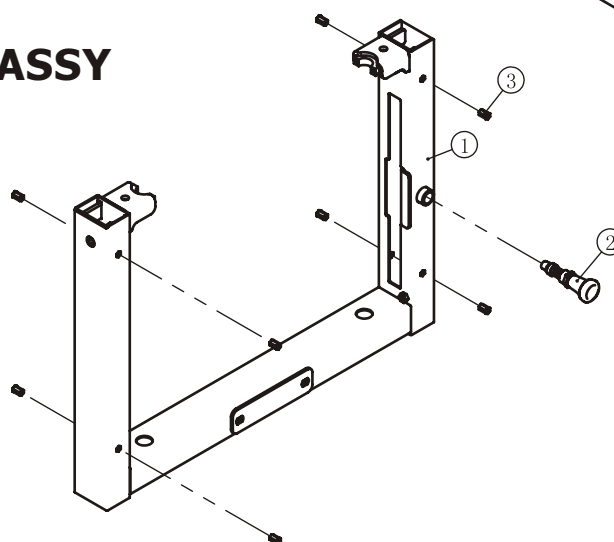
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95090100	Weight Stack Frame	1
2	1.2	IT95015700	Foot Plate	2
3	1.3	IT95015800	Plug $\Phi 95 \times 81.1$	2
4	1.4	IT95015900	Plastic Block	2
5	1.5	AC32705800	U-nut M6	4
6	1.6	GB17880.5M6*16.5DS17	Rivet Nut M6	14
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

Exploded View and Parts List

Bottom Frame ASSY



Back Support Frame ASSY



Bottom Frame ASSY

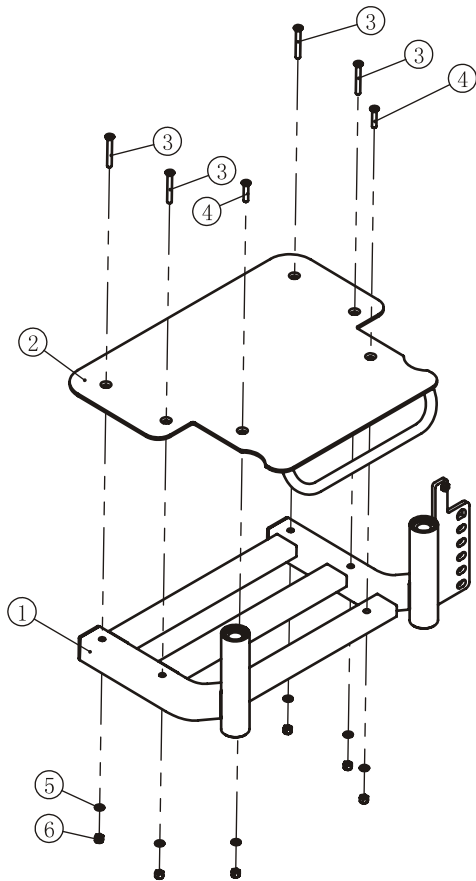
ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95090200	Bottom Frame	1
2	2.2	BG10004600	Double Elliptical Cushion	1
3	2.3	IT95016400	Pulley Cover	2
4	2.4	SG500110400V5	4.5" Pulley	1
5	2.5	IT80101800	Plug YJ110*50	1
6	2.6	IT90013800P11C	Plug RT50*100	1
7	2.7	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
8	2.8	NM10DN2	Nylon Lock Nut M10	1

Back Support Frame ASSY

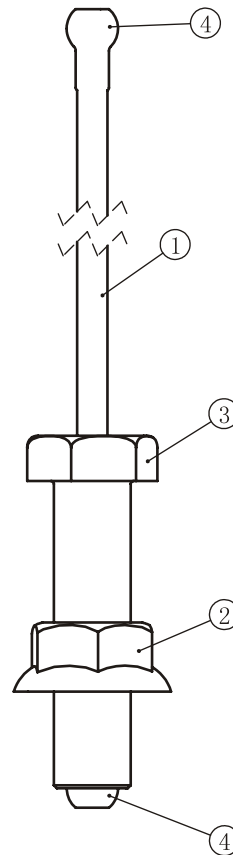
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	IT95090300	Back Support Frame	1
2	3.2	IT95221700	Pin ASSY	1
3	3.3	GB17880.3M6*15DS17	Rivet Nut M6	8

Exploded View and Parts List

Pedal ASSY



Cable ASSY



Pedal ASSY

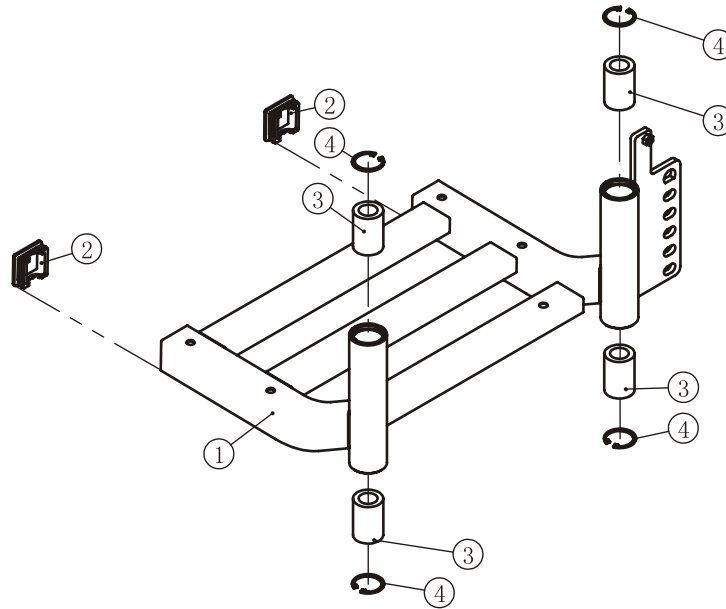
ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	IT950904ASSY	Lifting Platform	1
2	4.2	IT95091300	Pedal	1
3	4.3	CNLM8*65DS20	Flat Head Cap Screw M8*65	4
4	4.4	CNLM8*40DS20	Flat Head Cap Screw M8*40	2
5	4.5	GB958DS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	6
6	4.6	NM8DS2	Nylon Lock Nut M8	6

Cable ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	IT95093101	Cable	1
2	14.2	HF900-03A1002	Hex Flange Nut	1
3	14.3	L1-3102	Screw 1/2" - 13*50.8	1
4	14.4	M01002100	Terminal Block	2

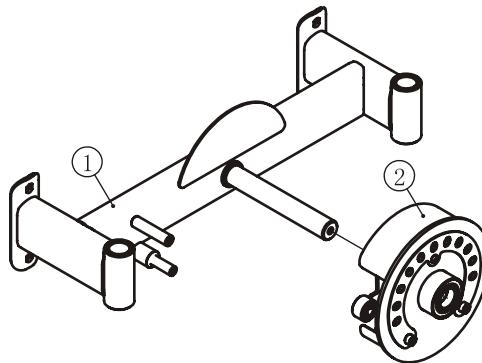
Exploded View and Parts List

Lifting Platform



ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1.1	IT95090400	Pedal Frame	1
2	4.1.2	M02701000	Plug □50	2
3	4.1.3	LM25UU	The Linear Bearing Φ25	4
4	4.1.4	GB893.140FH12	Circlip For Hole	4

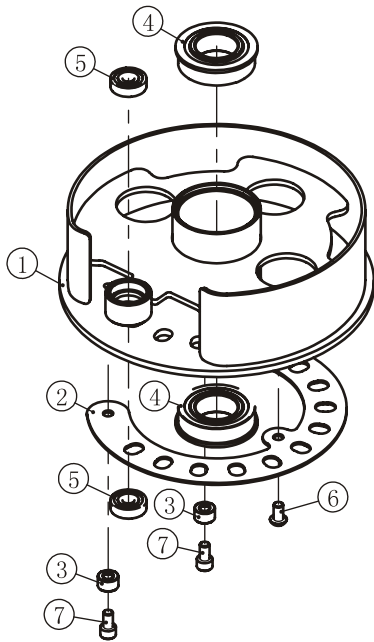
Upper Frame ASSY



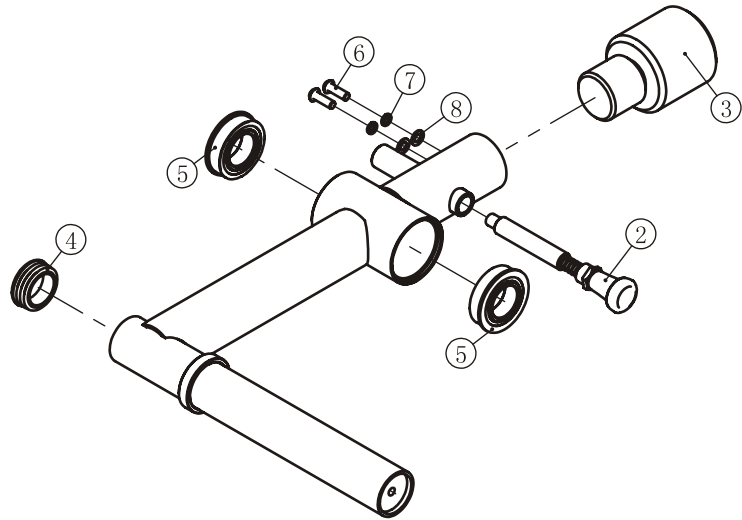
ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95090500	Upper Frame	1
2	5.2	IT950906ASSY	Wheel ASSY	1

Exploded View and Parts List

Wheel ASSY



Swinging Frame ASSY



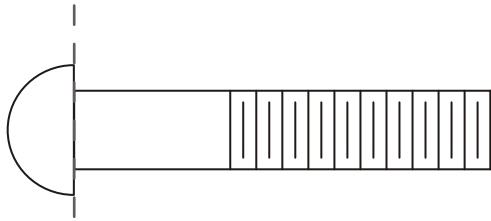
Wheel ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	5.2.1	IT95090600	Wheel Frame	1
2	5.2.2	IT95091500	Scaleboard	1
3	5.2.3	IN-S10111200	Stop	2
4	5.2.4	F35635ZZNBK	Φ35 Bearing	2
5	5.2.5	GB2766200-2ZNBK	Bearing	2
6	5.2.6	GB70M8*15N19NL	Socket Head Cap Screw M8*15	2
7	5.2.7	PNLM8*15DN20	Bottom Head Cap Screw M8*15	1

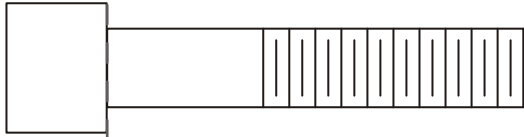
Swinging Frame ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	IT95090800	Swinging Frame	1
2	7.2	IT95091700	Pin ASSY	1
3	7.3	IT95051100	Counter Poise Block	1
4	7.4	PBF40013	Plug Φ50	1
5	7.5	F35635ZZNBK	Φ35 Bearing	2
6	7.6	PNLM8*25DN20	Bottom Head Cap Screw M8*25	2
7	7.7	GB938N19	SPLIT LOCK WASHER Φ8	2
8	7.8	GB958DN2	Flat Washer Φ9*Φ16*1.6	2

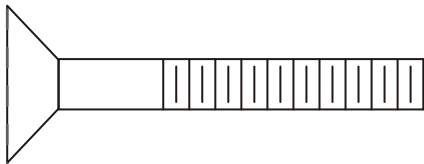
Measurement Guide



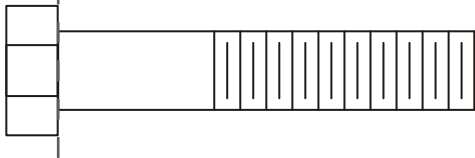
BHCS = Button Head Cap Screw



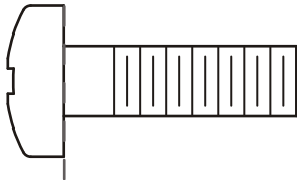
SHCS = Socket Head Cap Screw



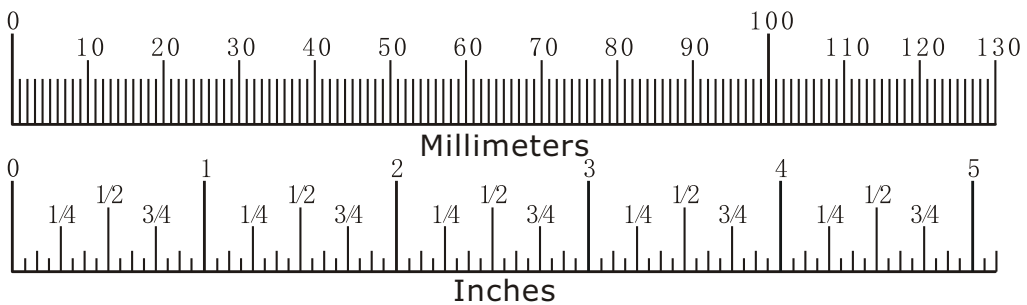
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



CRPHS = Cross Recessed Pan Head Screw



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.

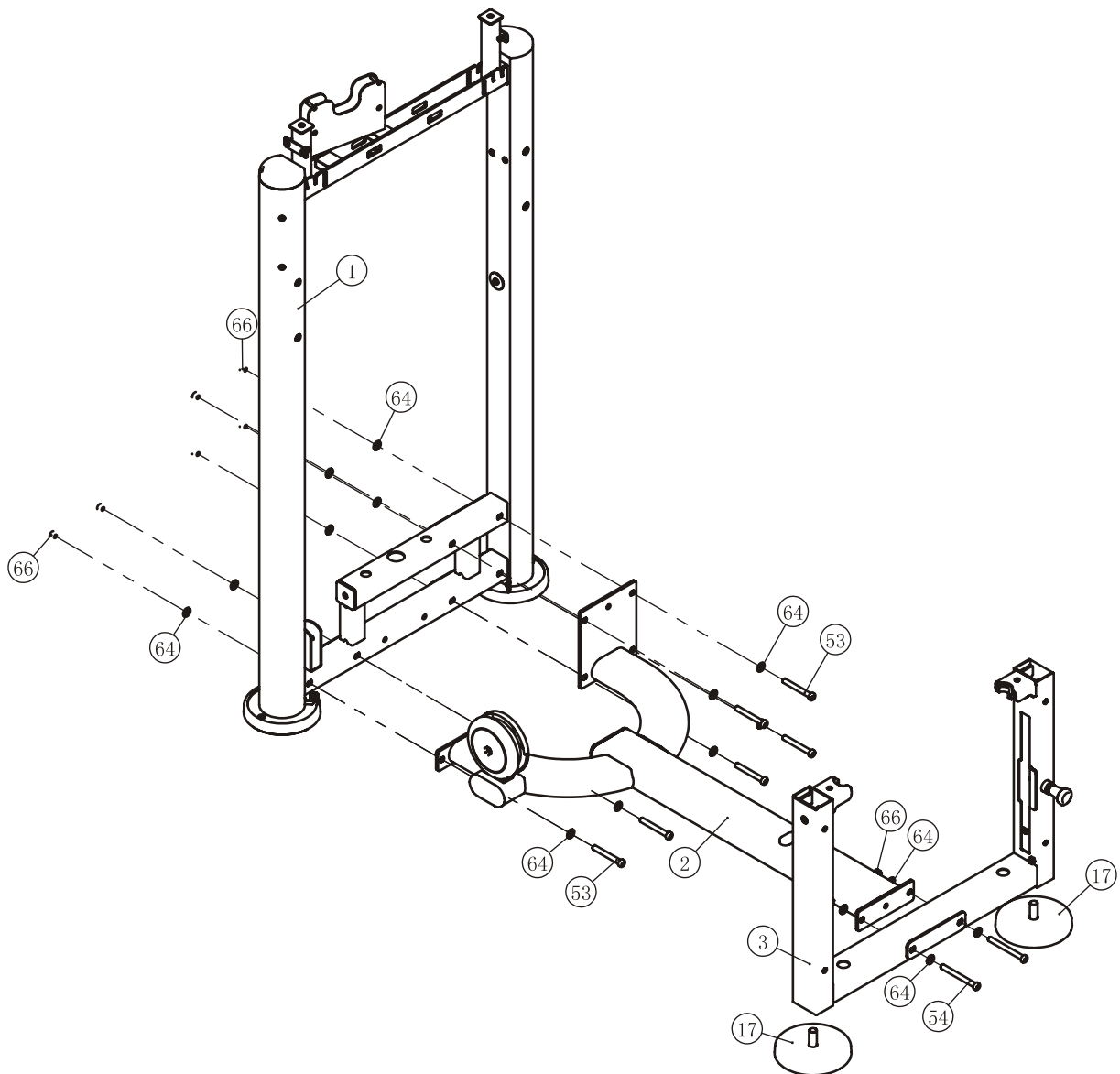
NOTE

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 (#17) to Back Support Frame ASSY (#3).
2. Attach the Back Support Frame ASSY (#3) and the Weight Stack Frame ASSY (#1) with the Bottom Frame ASSY (#2) using:
 - two M10*100 SHCS (#54)
 - six M10*80 SHCS (#53)
 - eight M10 Nylon Lock Nut (#66)
 - sixteen $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#64)

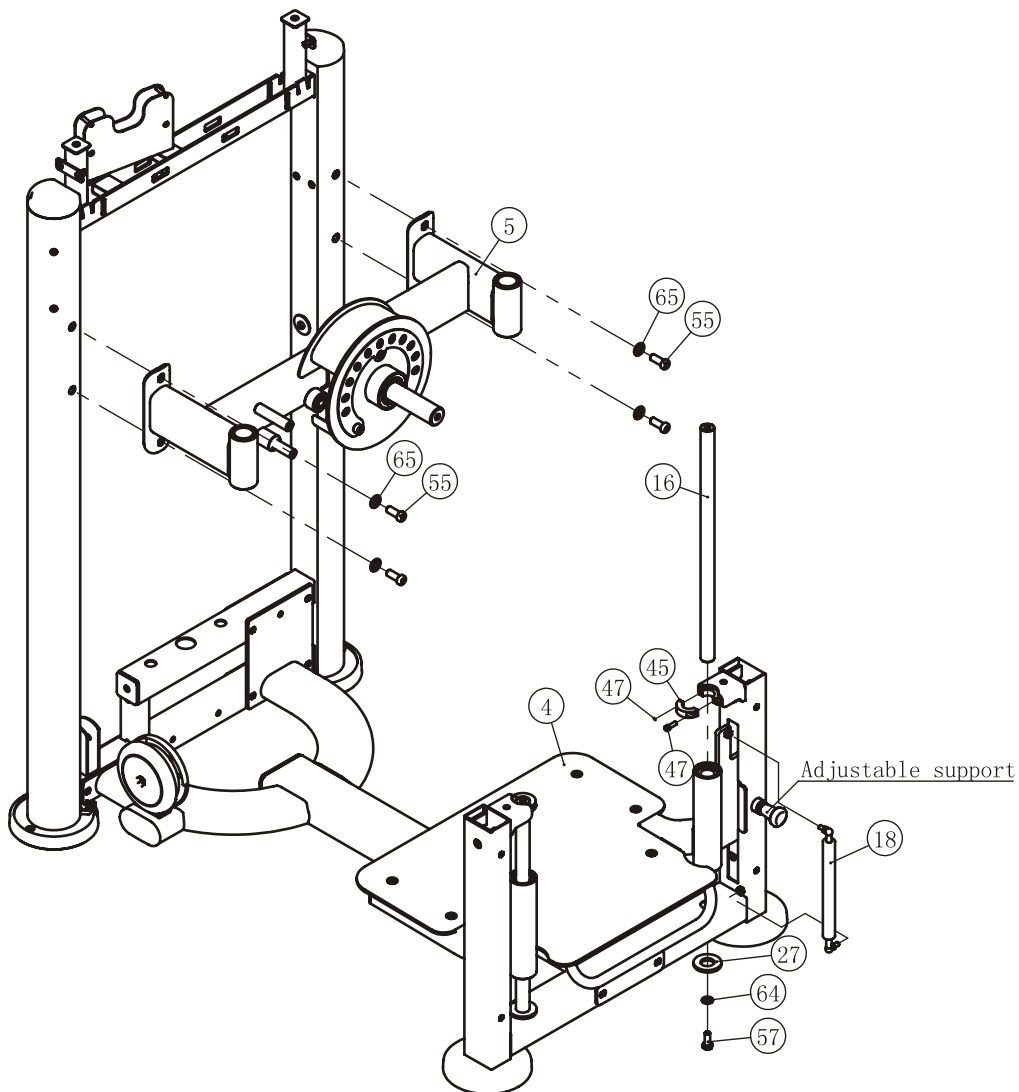


Assembly

STEP 2

1. Attach Upper Frame ASSY (#5) to the Weight Stack Frame ASSY (#1), using:
four M12*30 SHCS (#55) four $\Phi 13*\Phi 24*2.5$ Flat Washer (#65)
2. The gas spring (#18) at both ends of the screw into the corresponding nut, pull out the adjustable support, place the Pedal ASSY (#4) to the right place, Insert the adjustable support.
3. Put two Guide Rods (#16) through the Pedal ASSY (#4) with one Bumper (#27) below each side, into the hole of the Back Support Frame (#3). Fix the two sides of the Guide Rods, using:
two Semicircle Baffle Rings (#45) two 1/4"-28*19 SHCS (#47)
two M10*25 Hex Head Bolt (#57) two $\Phi 11*\Phi 20*2$ Flat Washer (#64)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3

1. Attach the Left Handle (#8) and the Right Handle (#9) to the Back Support Frame (#3) and the Upper Frame (#5), using:

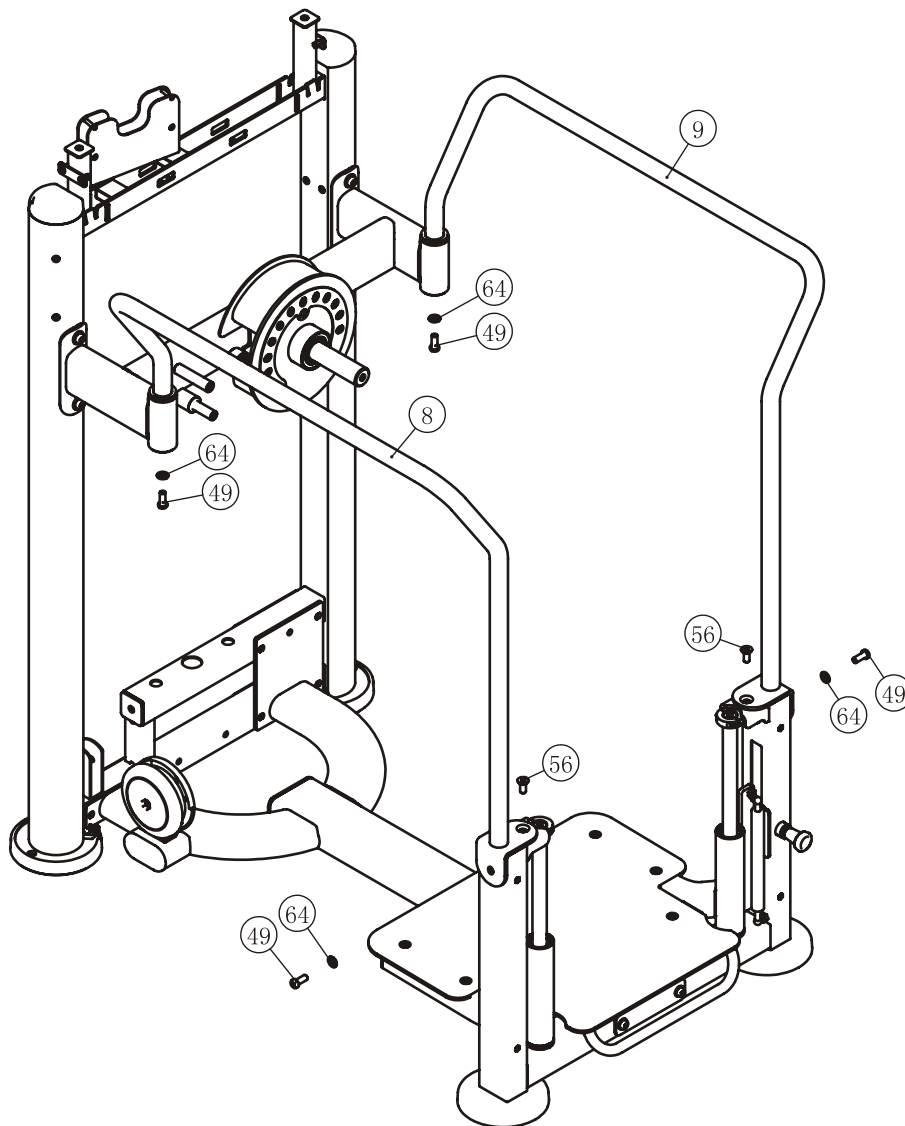
four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#64)

four M10*25 SHCS (#49)

two M10*25 FHCS (#56)

Note: Wrench Tighten all the Bolts and Nylon Lock Nuts.

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



Assembly

STEP 4

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

1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#29)
- two Weight Rubber Bumper (#25)
- fifteen Weight Plate 10LBS (#98)
- two weight stack space(#99)
- one Top Plate (#35)

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

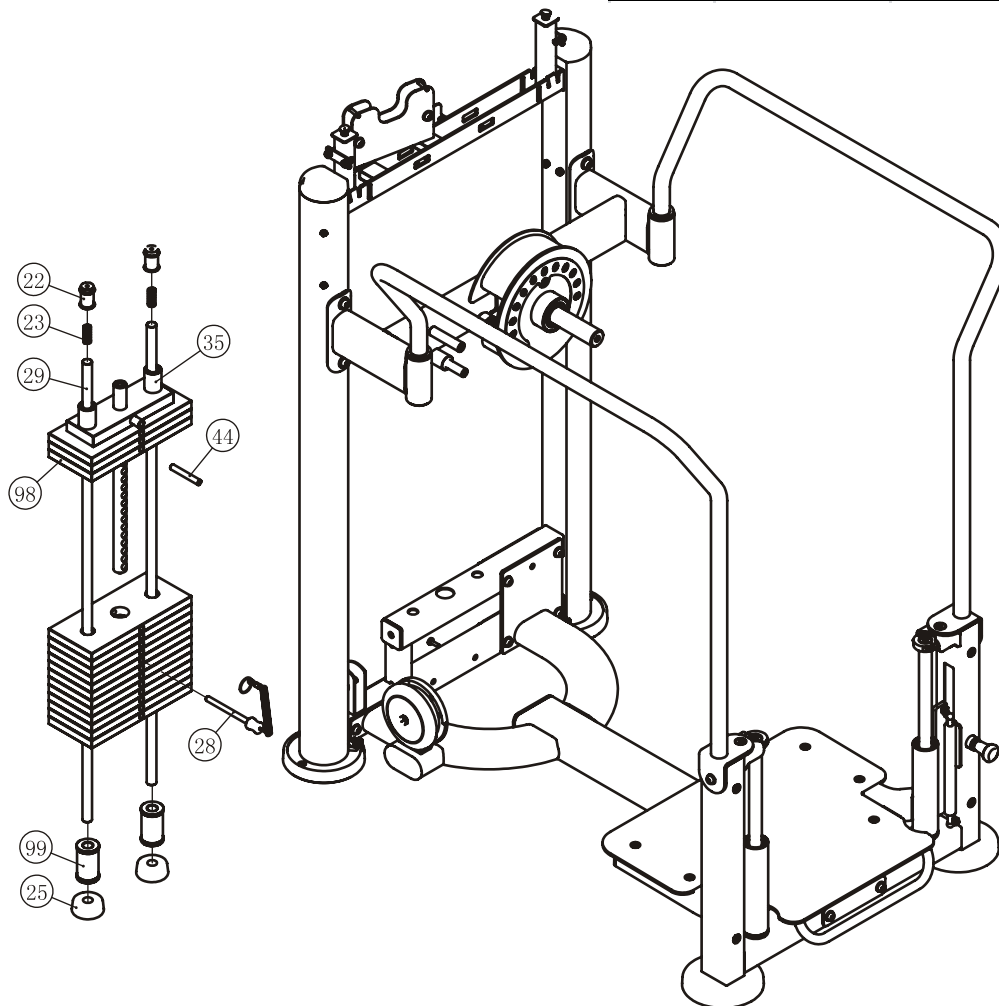
- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#22)
- two Spring (#23)

2. Attach the Selector Pin W/Coil (#28) to the Top Plate (#35).

3. Attach three Weight Plate 10LBS (#98) to the Top Plate (#35), using:

- one $\Phi 11 \times 76$ Split Pin (#44)

Grade No.	Part No.	Description	QTY
98	FE97193100	10LBS Weight Plate	15
99	FEWS01ASSY	Weight Stack Space	2



Assembly

STEP 4

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

1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#29)
- two Weight Rubber Bumper (#25)
- nineteen Weight Plate 10LBS (#98)
- one Top Plate (#35)

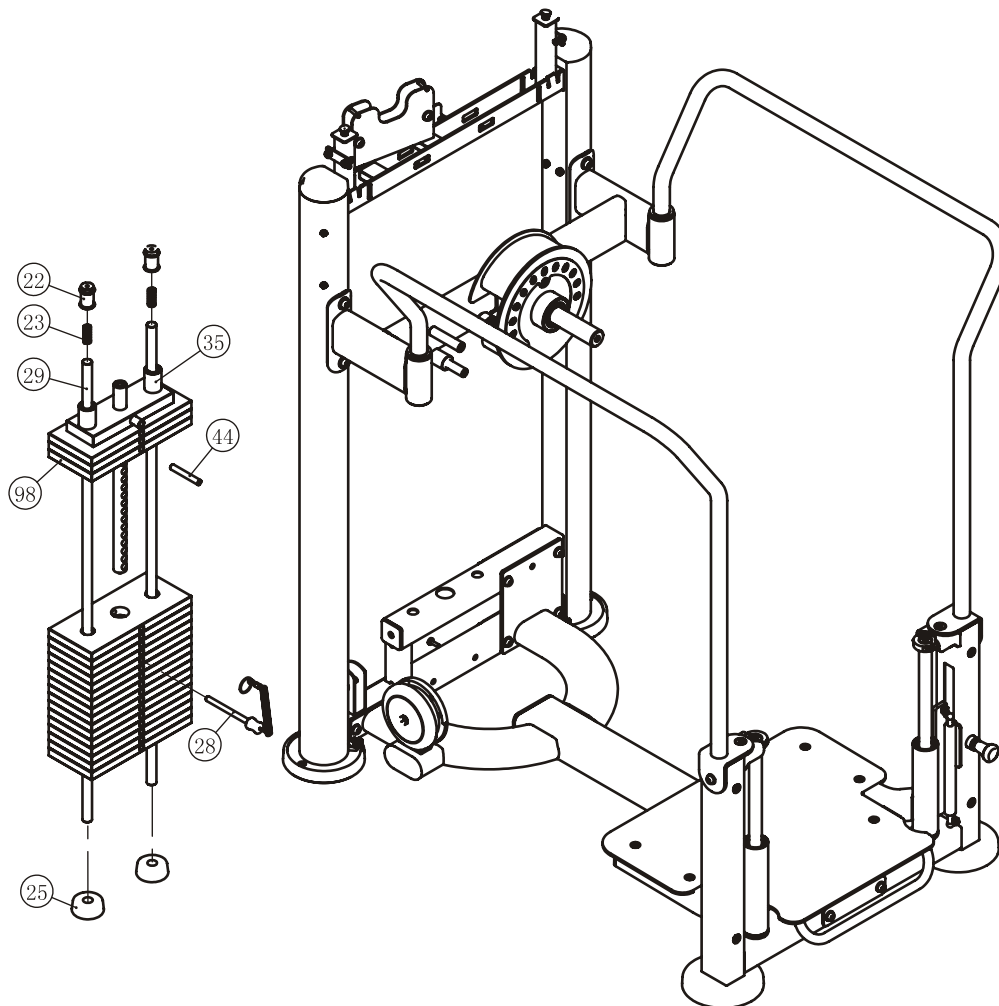
to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#22)
- two Spring (#23)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).

3. Attach three Weight Plate 10LBS (#98) to the Top Plate (#35), using: one $\Phi 11 \times 76$ Split Pin (#44)

Grade No.	Part No.	Description	QTY
98	FE97193100	10LBS Weight Plate	19



Assembly

STEP 4

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

1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#29)
- two Weight Rubber Bumper (#25)
- fifteen Weight Plate 15LBS (#97)
- two weight stack space (#99)
- one Top Plate (#35)

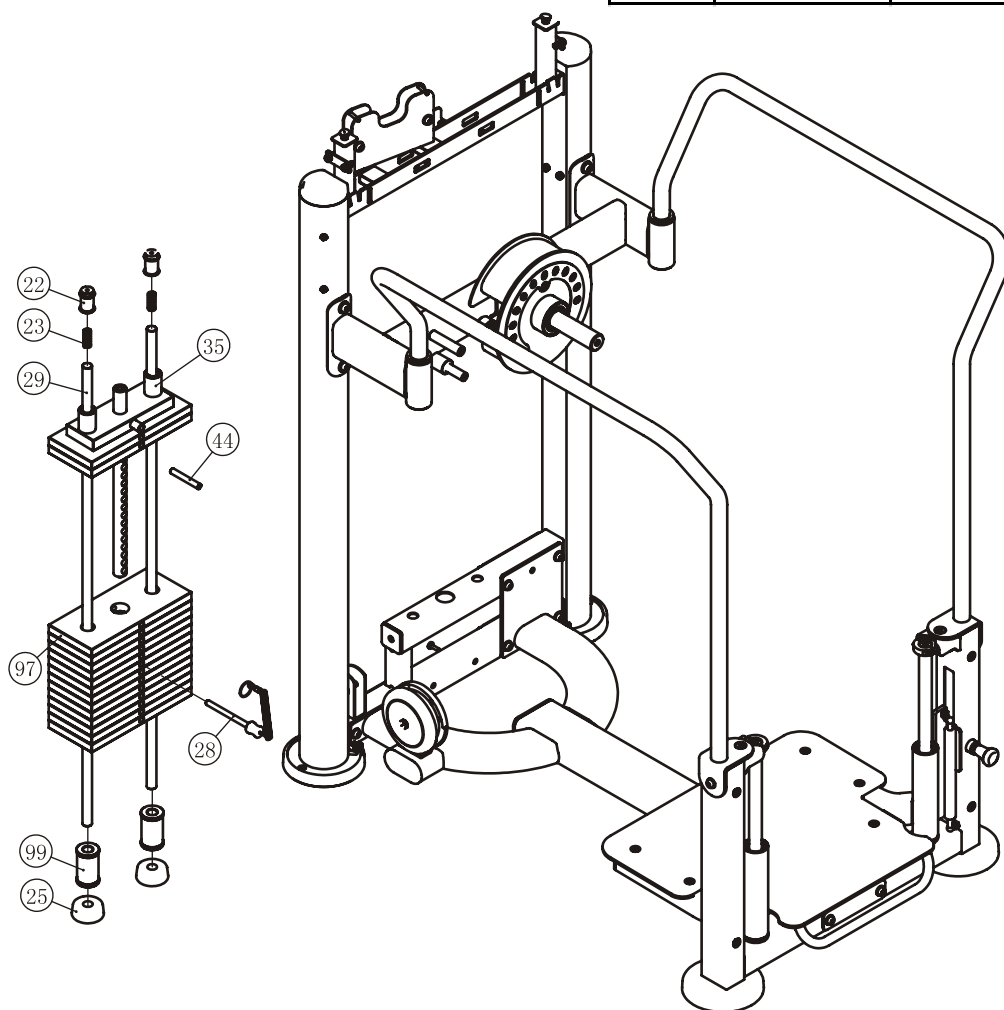
to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#22)
- two Spring (#23)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).

3. Attach two Weight Plate 15LBS (#97) to the Top Plate (#35), using: one $\Phi 11 \times 76$ Split Pin (#44)

Grade No.	Part No.	Description	QTY
97	FE97193200	15LBS Weight Plate	15
99	FEWS01ASSY	Weight Stack Space	2



Assembly

STEP 4

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

1. Attach:

- two Guide Rod $\Phi 19 \times 1242$ (#29)
- two Weight Rubber Bumper (#25)
- nineteen Weight Plate 15LBS (#97)
- one Top Plate (#35)

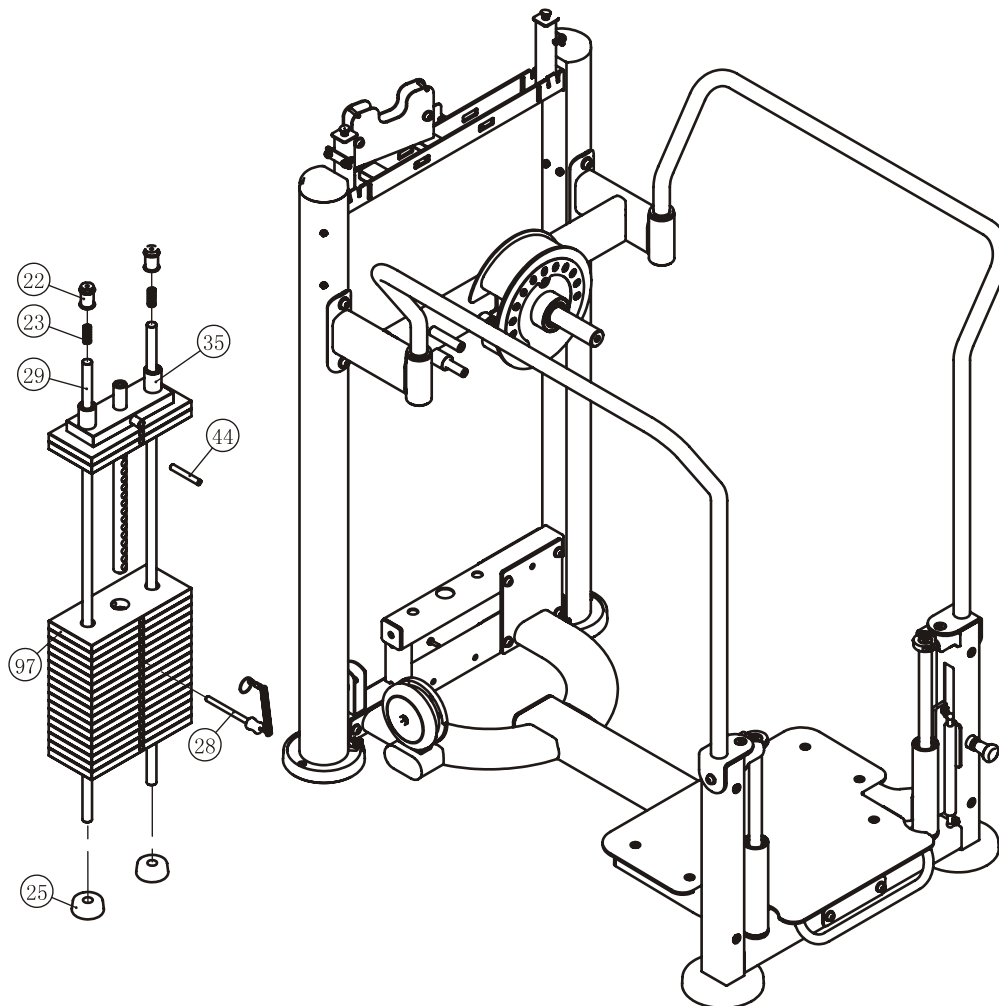
to the Weight Stack Frame ASSY (#1) using:

- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#22)
- two Spring (#23)

2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).

3. Attach two Weight Plate 15LBS (#97) to the Top Plate (#35), using: one $\Phi 11 \times 76$ Split Pin (#44)

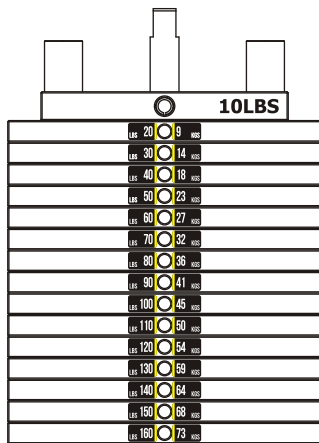
Grade No.	Part No.	Description	QTY
97	FE97193200	15LBS Weight Plate	19



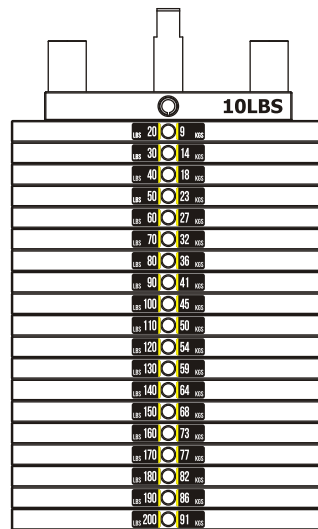
Assembly

All weight plate sticker paste schematic diagram

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

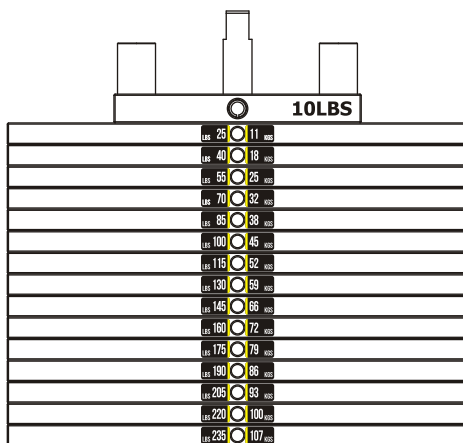


20-160LBS

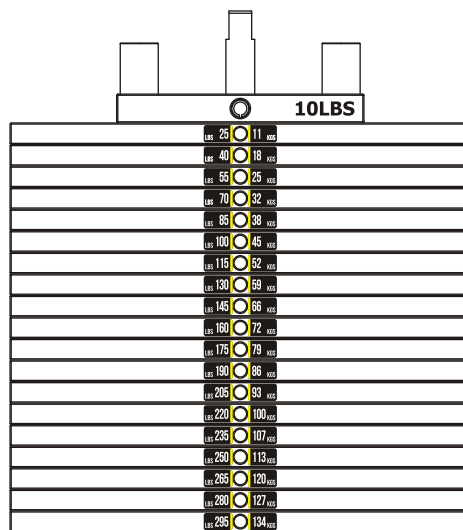


20-200LBS

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



25-235LBS

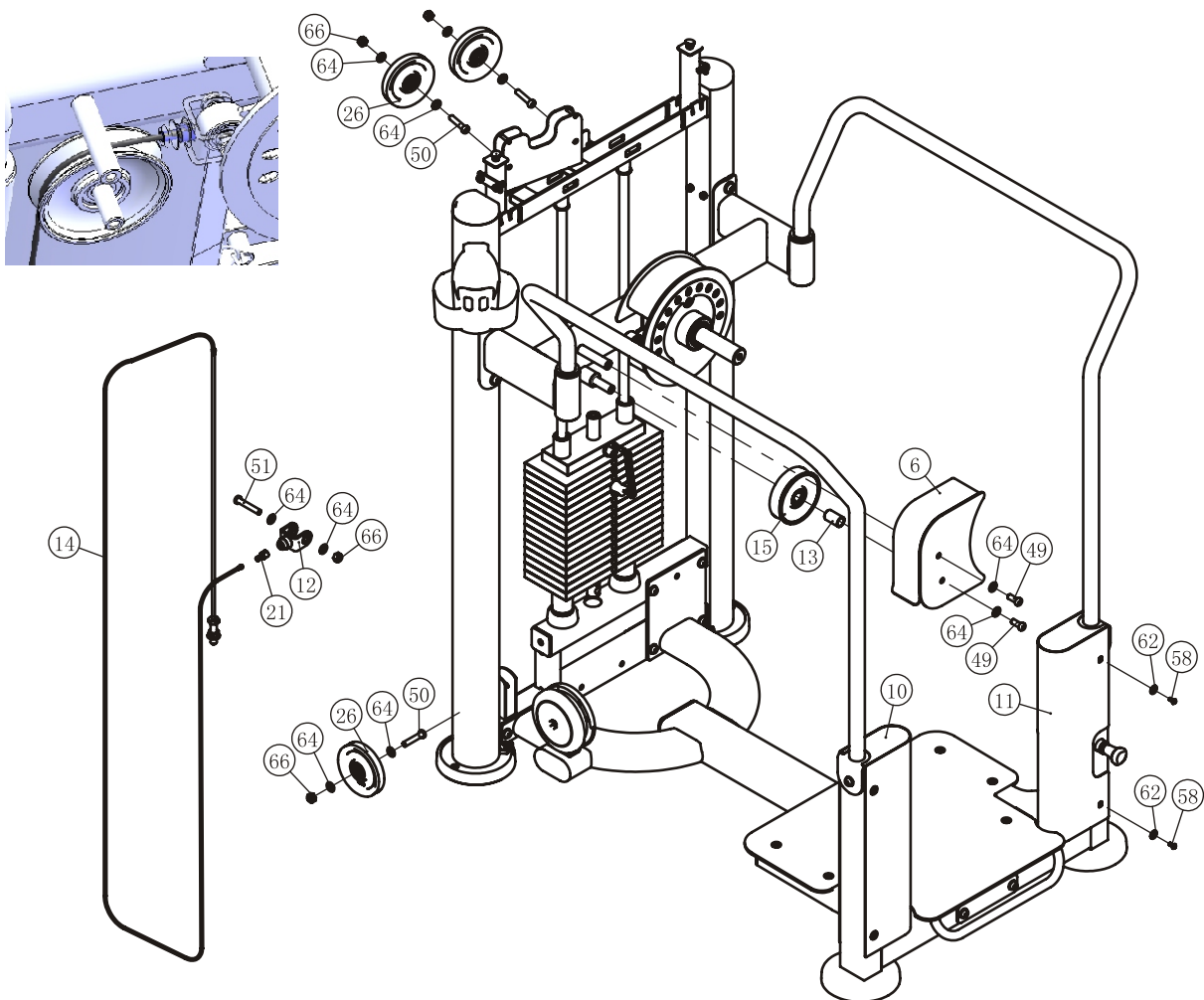


25-295LBS

Assembly

STEP 5

1. Attach three 4.5" Pulleys (#26) to the Weight Stack Frame ASSY (#1) using:
three M10*50 SHCS (#50) six $\Phi 11*\Phi 20*2$ Flat Washer (#64)
three M10 Nylon Lock Nut (#66)
2. Attach one Wide 4.5" Pulleys (#15) to the Upper Frame ASSY (#5), Attach the Cable ASSY (#14) through the Pulleys to the Wire Connection Frame (#12) and Top Plate (#35), Attach the Wire Connection Frame (#12) to the Upper Frame ASSY (#5), using:
one Guide Rod Fixing Sleeve $\Phi 25*\Phi 19*45$ (#22) one M10*75 SHCS (#51)
two $\Phi 11*\Phi 20*2$ Flat Washer (#64) one M10 Nylon Lock Nut (#66)
3. Attach the Pulley Cover (#6) to the Upper Frame ASSY (#5), using:
one Long Spacer (#13) two M10*25 SHCS (#49)
two $\Phi 11*\Phi 20*2$ Flat Washer (#64)
4. Attach the Left Cover (#10), the Right Cover (#11) to the Back Support Frame (#3), using:
eight M6*12 BHCS (#58) eight $\Phi 6.6*\Phi 18*1.6$ Flat Washer (#62)

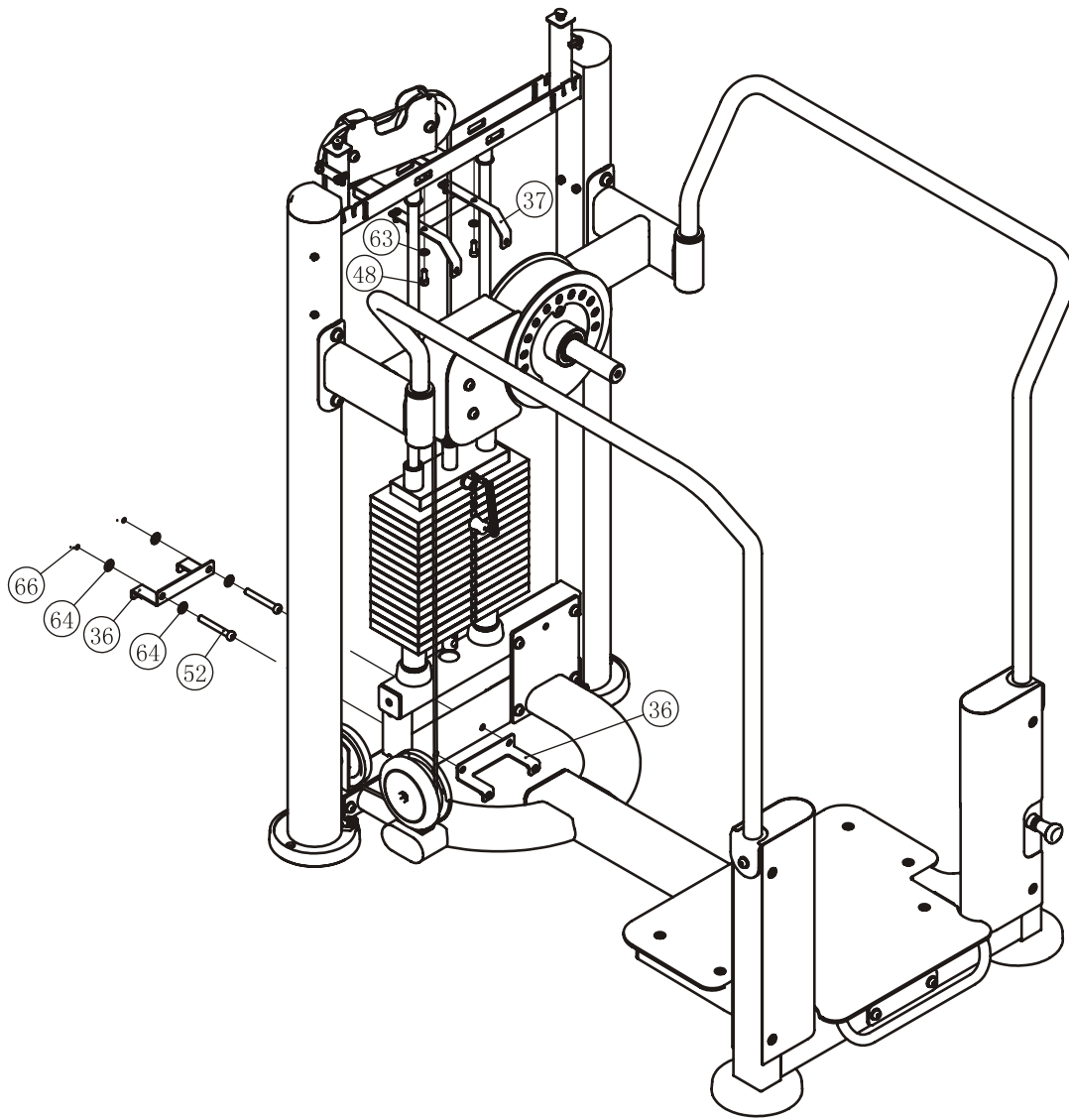


Assembly

STEP 6

Attach the Top Bracket ASSY (#37) and two Bottom Bracket ASSY (#36) to the Weight Stack Frame ASSY (#1) using:

- two M8*20 SHCS (#48)
- two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#63)
- two M10*75 SHCS (#52)
- four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#64)
- two M10 Nylon Lock Nut (#66)



Assembly

STEP 7

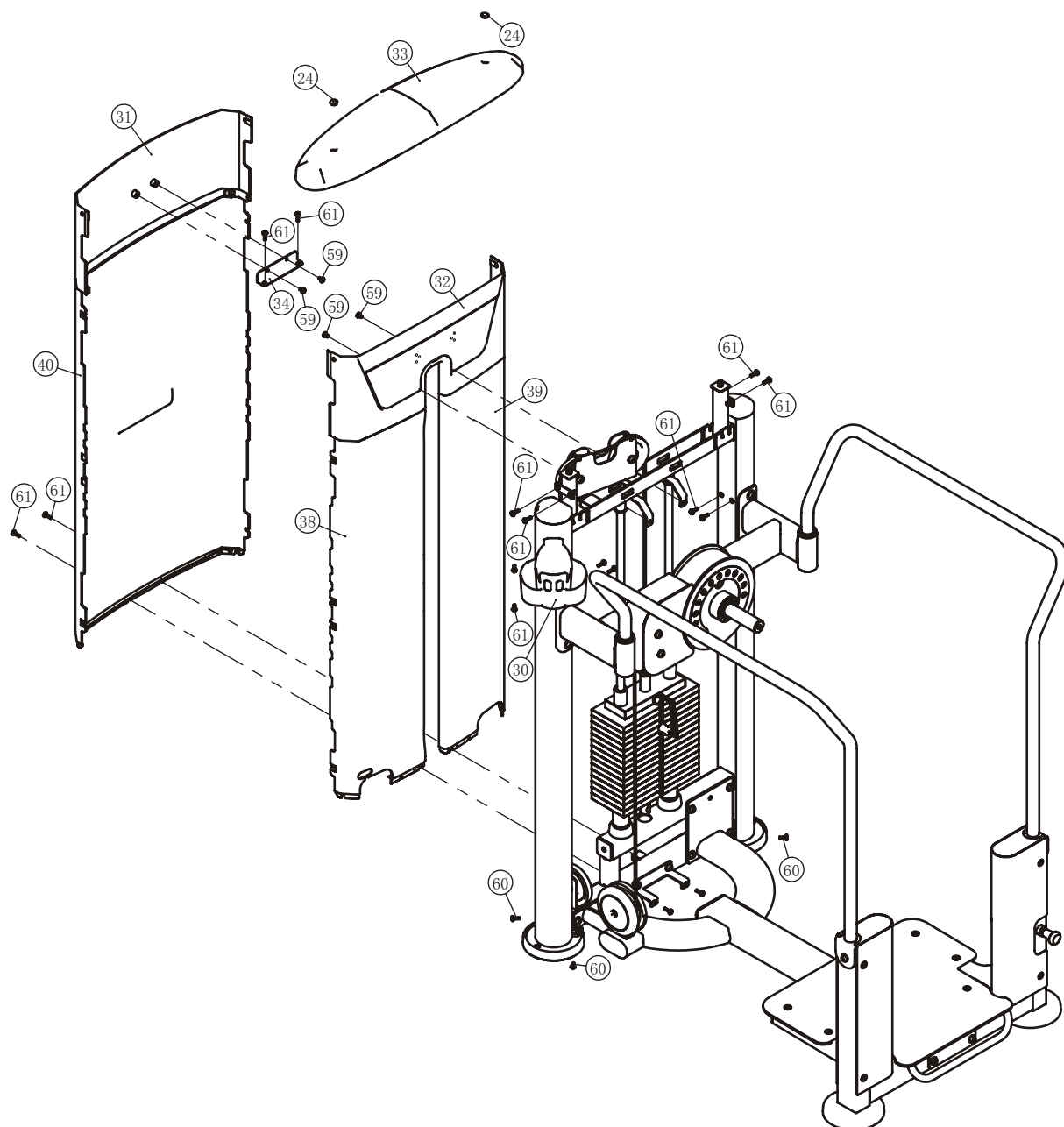
Tips: Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Rear Bracket (#34) to the Top Rear Shroud (#31) using:
two M6*10 CRPHS (#59)
2. Attach the Left Front Shroud (#38) and the Right Front Shroud (#39) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#36) using:
four M6*20 CRPHS (#61) two M6*16 CRPHS (#60)
3. Attach the Rear Shroud (#40) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#36) using:
four M6*20 CRPHS (#61) two M6*16 CRPHS (#60)
4. Attach the Training Placard Cover (#32) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#37) using:
two M6*20 CRPHS (#61) two M6*10 CRPHS (#59)
5. Attach the Top Rear Shroud (#31) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#37) using:
four M6*20 CRPHS (#61)
6. Attach the Top Cover (#33) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#61) two Spout Plug $\Phi 16.5 \times 6.88$ (#24)
7. Attach the Cup Holder (#30) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#61)

Note: Wrench tighten bolts.

Assembly

STEP 7



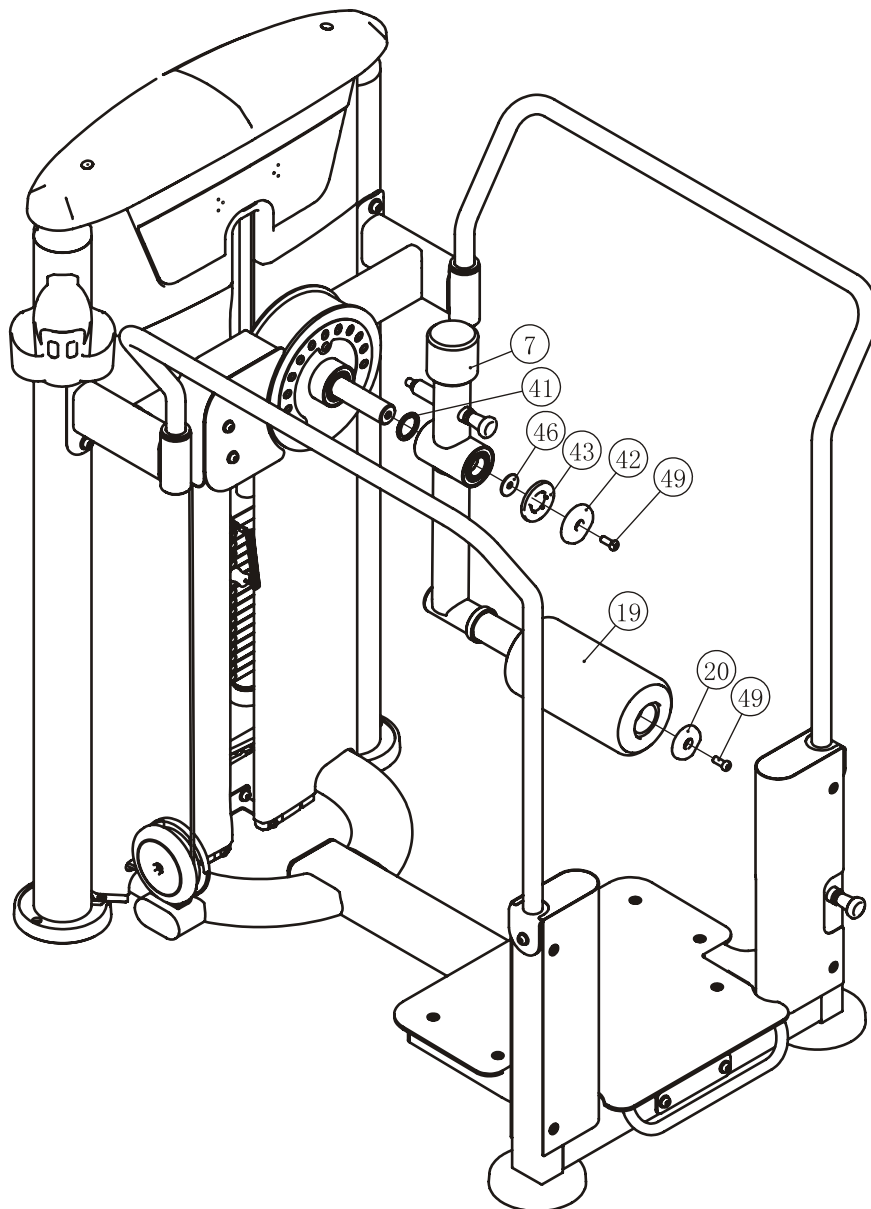
Assembly

STEP 8

Attach the Swinging Frame ASSY (#7) to the Upper Frame ASSY (#5) using:

- one $\Phi 48 \times \Phi 36 \times 3.2$ Stopper (#41)
- one $\Phi 10.5 \times \Phi 38 \times 2$ Flat Washer (#46)
- two M10*25 SHCS (#49)
- one Cap $\Phi 60$ (#20) one Cap $\Phi 70$ (#42)
- one Circle Ring $\Phi 70$ (#43)

Note: Wrench tighten bolts and Nylon Lock Nuts.



Adjust Instructions

The Pedal adjustment

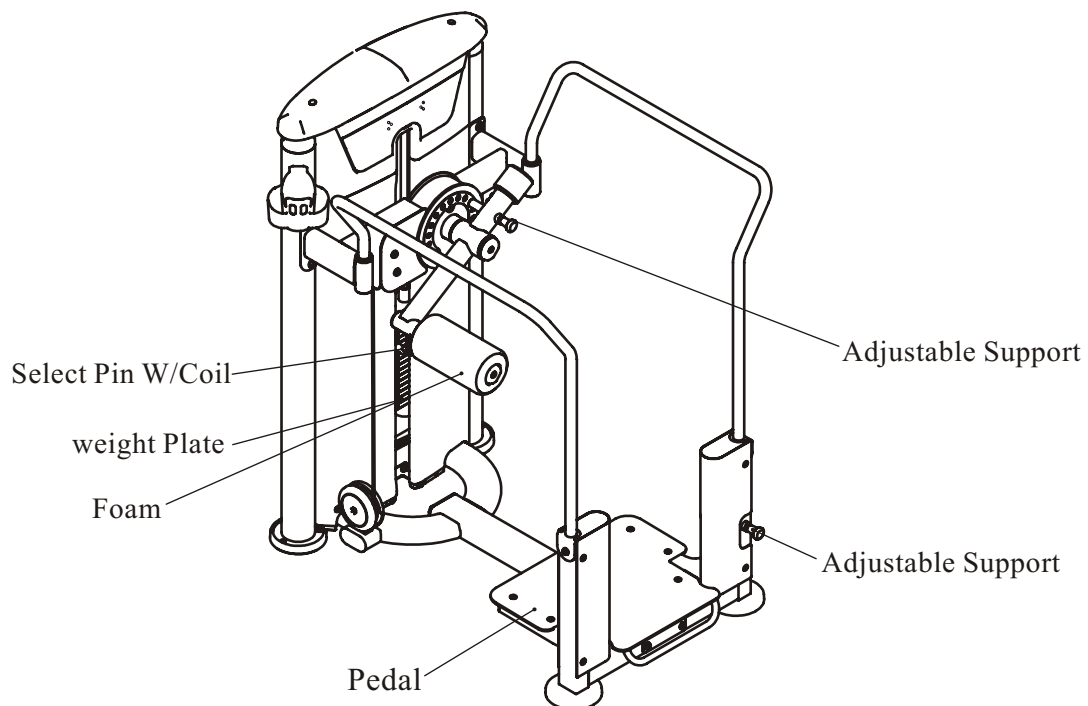
1. Push the Adjustable Support and adjust the Pedal to the desired position.
2. Make sure the pin gets into the hole completely.

The Foam adjustment

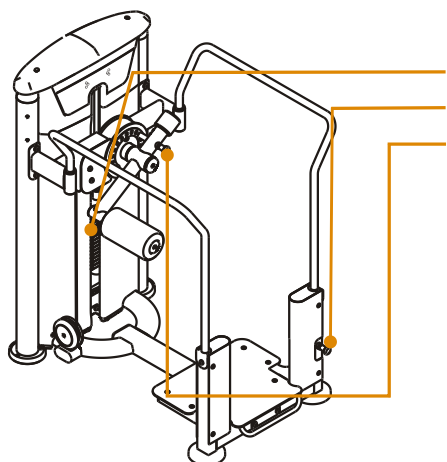
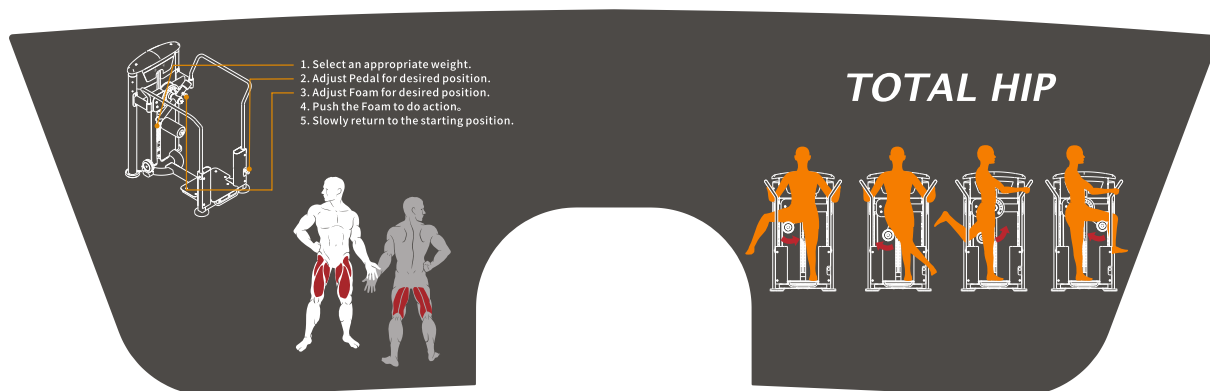
1. Push the Adjustable Support and adjust the Foam to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin W/Coil

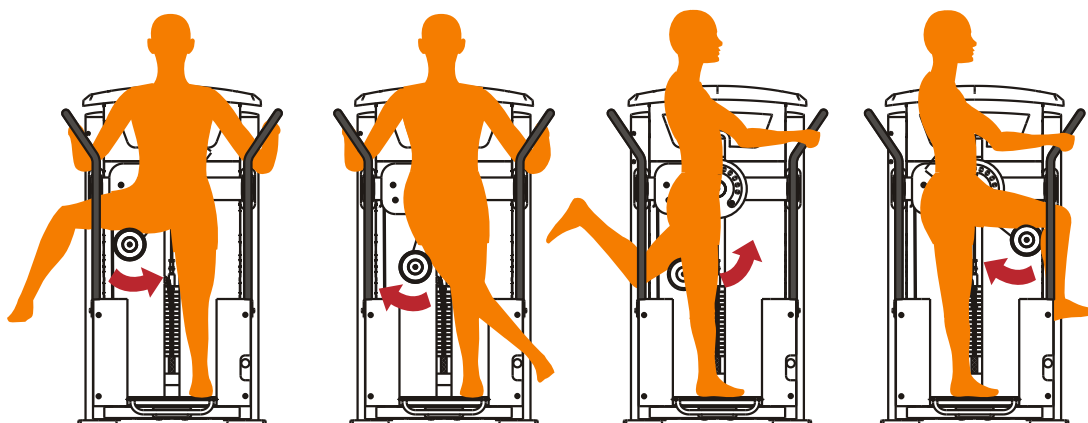
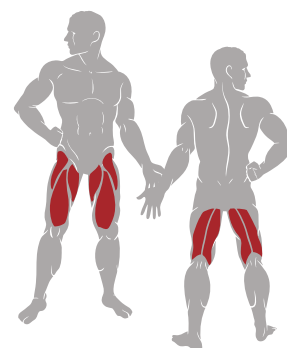
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.



Exercise Instructions



1. Select an appropriate weight.
2. Adjust Pedal for desired position.
3. Adjust Foam for desired position.
4. Push the Foam to do action.
5. Slowly return to the starting position.



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.

