

IT9525

ADJUSTABLE HI/LO PULLEY OWNER'S MANUAL

17ZV3

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

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

Important Safety Instructions

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

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

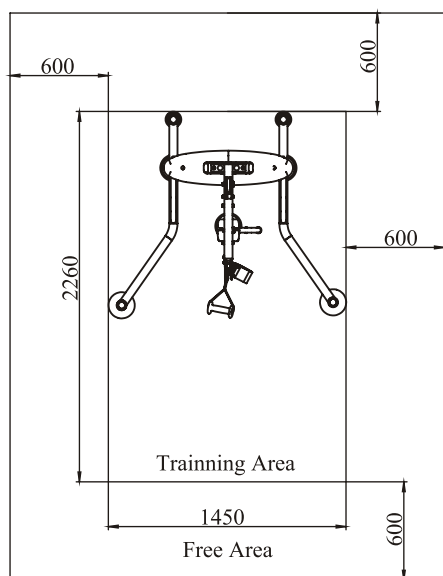
Important Safety Instructions

Personal Safety During Assembly

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

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

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1450*1245mm

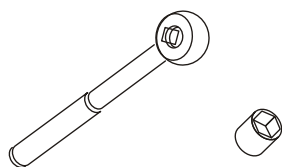
Product Total Mass:

Instructions

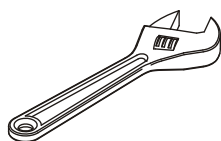
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

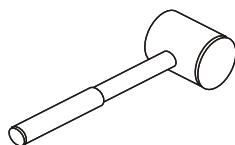
Tools Required



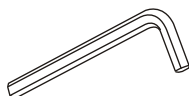
Ratchet Wrench and Socket



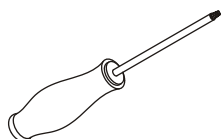
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	IT952501ASSY	Weight Stack Frame ASSY	1
2	2	IT952523ASSY	Rear Bracket ASSY	1
3	3	IT95252400	Front Bracket	1
4	4	IT95255100	Top Cover With Hole	1
5	5	CXT-1001800V1	Guide Rod $\Phi 19 \times 1953$	2
6	6	IT95014200	Top Plate	1
7	7	IT95015200	Training Placard Cover	1
8	8	IT95015500	Rear Cover ASSY	1
9	9	IT952502ASSY	Bottom Frame ASSY	1
10	10	IT95250300	Top Frame	1
11	11	IT952504ASSY	Adjust Frame ASSY	1
12	12	IT952505ASSY	Left Front Frame ASSY	1
13	13	IT952506ASSY	Right Front Frame ASSY	1
14	14	IT952507ASSY	Rear Frame ASSY	2
15	15	IT95250800	Handle Frame	2
16	16	IT95255000	Cable	1
17	17	IT95255200	Strap Handle	1
18	18	IT951550ASSY	Pulley Frame ASSY	1
19	19	SG500110400V5	Pulley $\Phi 114$	2
20	20	V310800	Leg Extension/Curl Strap	1
21	21	IT90013800P11C	Plug RT50*100	1
22	22	IN-D10132900	Weight Rubber Bumper $\Phi 63.5 \times \Phi 19 \times 25.4$	2
23	23	IT95252200	Spacer Bush	2
24	24	IT90012000V1	Selector Pin W/Coil	1
25	25	IT95016100	Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$	2
26	26	HFOPT900-04A0602	Spring	2
27	27	IT95016500	Spout Plug $\Phi 16.5 \times 6.88$	2
28	28	M02903100	Spacer Bush	2

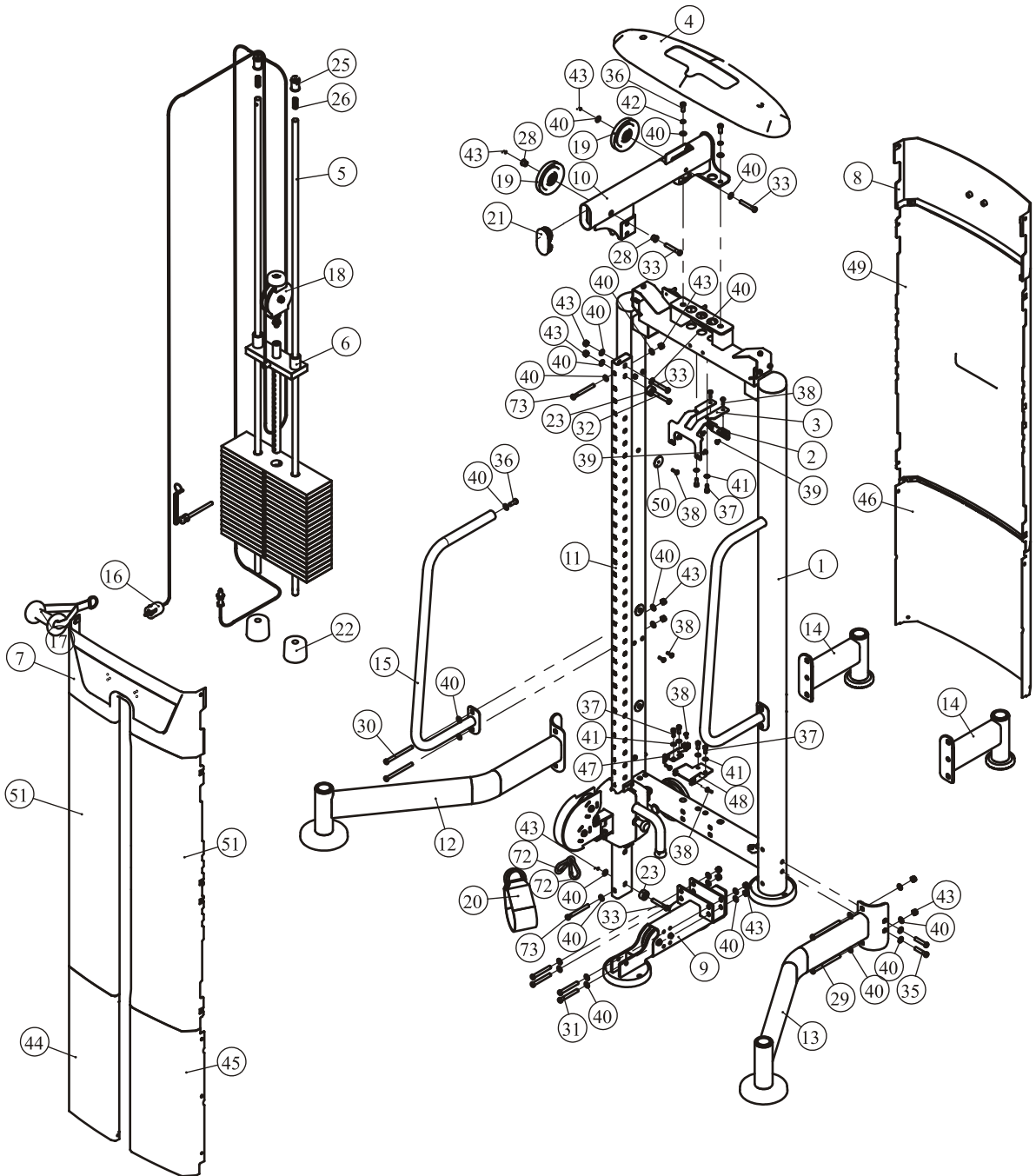
Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
29	29	GB70BTM10*125DN18	Socket Head Cap Screw M10*125	4
30	30	GB70BTM10*120DN18	Socket Head Cap Screw M10*120	4
31	31	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	4
32	33	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	4
33	34	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	1
34	35	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4
35	36	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	4
36	37	GB70M8*20DN20	Socket Head Cap Screw M8*20	8
37	38	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	28
38	39	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
39	40	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	41
40	41	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
41	42	GB9310N19	Split Lock Washer $\Phi 10$	3
42	43	NM10DN2	Nylon Lock Nut M10	18
43	44	IT95250900	Left Front Iron Shroud	1
44	45	IT95251000	Right Front Iron Shroud	1
45	46	IT95251100	Rear Iron Shroud	1
46	47	IT952527ASSY	Side Plate ASSY	2
47	48	IT952528ASSY	Bottom Plate ASSY	1
48	49	IT95015600	Rear Shroud	1
49	50	IT95015900	Plastic Block	6
50	51	IT95015300	Front Shroud	2
51	67	NBS6DHS	Hex Key S=6	1
52	69	LW200BS	Wrench $\Phi 6 \times 117$	1
53	70	YHY	Lube	1
54	71	NBS0.188DHS	Hex Key S=3/16"	1
55	72	HLG8N9	Hoist Hook $\Phi 8$	2
56	73	GB70BTM10*95DN18	Socket Head Cap Screw M10*95	2

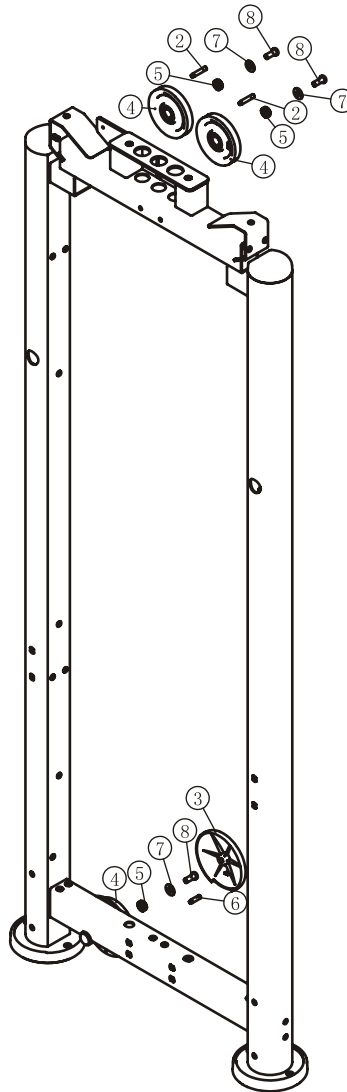
Exploded View and Parts List

Overall



Exploded View and Parts List

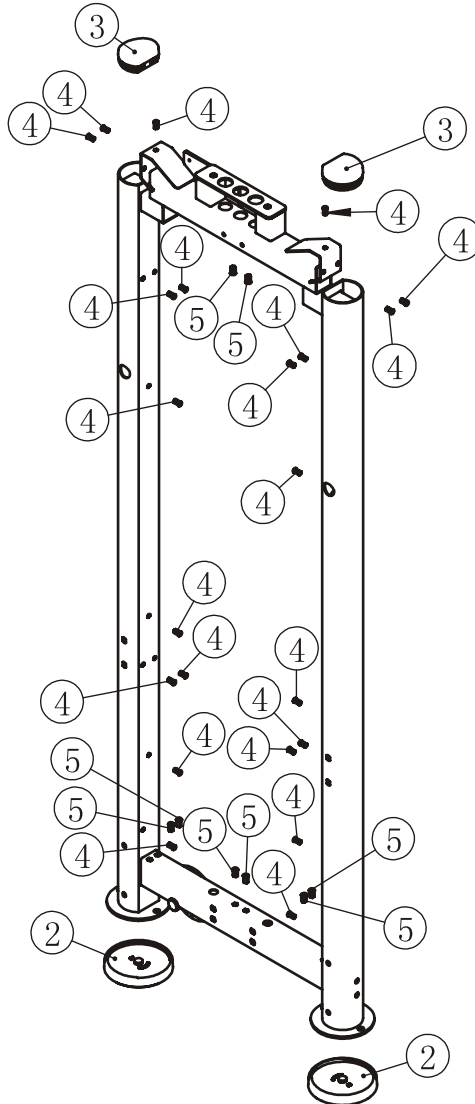
Weight Stack Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IT95250100ASSY	Weight Stack Frame Sub ASSY	1
2	1.2	FE97021800	Limit Shaft $\Phi 8 \times 42$	2
3	1.3	IT95016400	Pulley Cover	1
4	1.4	IT95057800	4.5" Pulley	3
5	1.5	FE97122100	Pulley Spacer1	3
6	1.6	FE97122300	Limit Shaft $\Phi 8 \times 30$	1
7	1.7	DQ10N19B	Flat Washer $\Phi 11 \times \Phi 25 \times 2$	3
8	1.8	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	3

Exploded View and Parts List

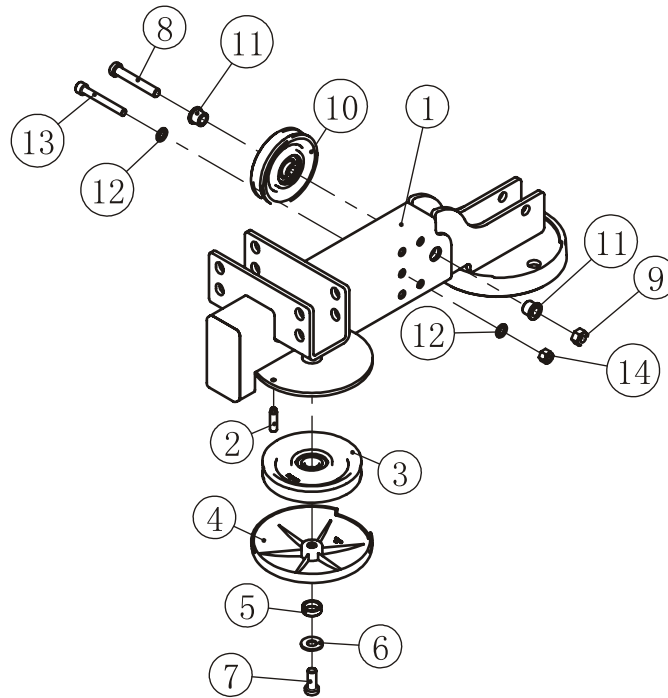
Weight Stack Frame Sub ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.1.1	IT95250100	Weight Stack Frame	1
2	1.1.2	IT95015700	Foot Plate	2
3	1.1.3	IT95015800	Plug $\Phi 95 \times 81.1$	2
4	1.1.4	GB17880.5M6*16.5DS17	Rivet Nut M6	22
5	1.1.5	GB17880.5M8*16.5DCS17	Rivet Nut M8	8

Exploded View and Parts List

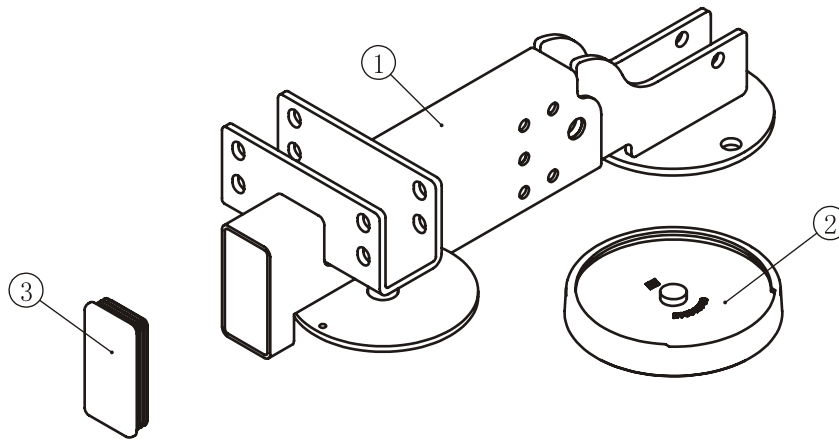
Bottom Frame ASSY



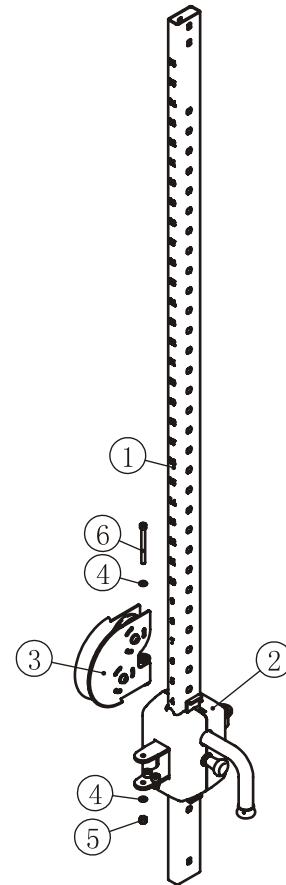
Item No.	Grade No.	Part No.	Description	QTY
1	9.1	IT95250200ASSY	Bottom Frame Sub ASSY	1
2	9.2	FE97122300	Limit Shaft Φ 8*30	1
3	9.3	IT95057800	4.5" Pulley	1
4	9.4	IT95016400	Pulley Cover	1
5	9.5	FE97122100	Pulley Spacer1	1
6	9.6	DQ10N19B	Flat Washer Φ 11* Φ 25*2	1
7	9.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
8	9.8	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
9	9.9	NM10DN2	Nylon Lock Nut M10	1
10	9.10	M01004800V5	3.5" Pulley	1
11	9.11	M02903100	Pulley Spacer	2
12	9.12	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	2
13	9.13	GB70M8*65DN20	Socket Head Cap Screw M8*65	1
14	9.14	NM8DN2	Nylon Lock Nut M8	1

Exploded View and Parts List

Bottom Frame Sub ASSY



Slip Frame ASSY



Bottom Frame Sub ASSY

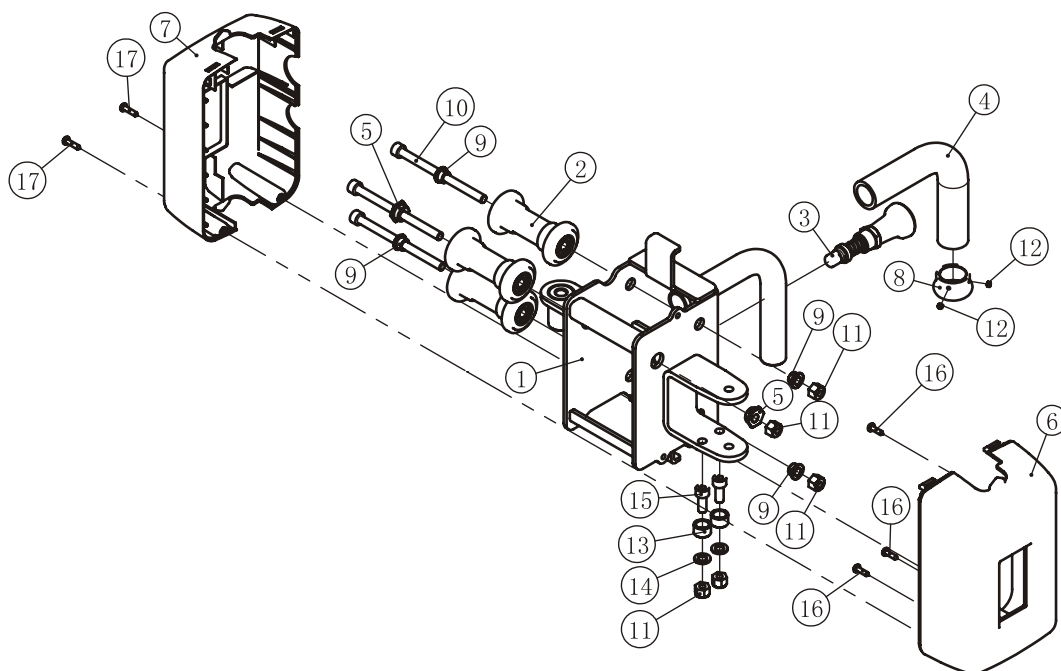
Item No.	Grade No.	Part No.	Description	QTY
1	9.1	IT95250200	Bottom Frame	1
2	9.2	IT95015700	Foot Plate	1
3	9.3	V511200	Pipe □50*100	1

Slip Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	11.1	IT95250400	Slip Tube	1
2	11.2	IT952519ASSY	Slip Frame Sub ASSY	1
3	11.3	IT952520ASSY	Double Pulley Frame ASSY	1
4	11.4	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
5	11.5	NM8DN2	Nylon Lock Nut M8	1
6	11.6	GB70M8*90DN20	Socket Head Cap Screw M8*90	1

Exploded View and Parts List

Slip Frame Sub ASSY

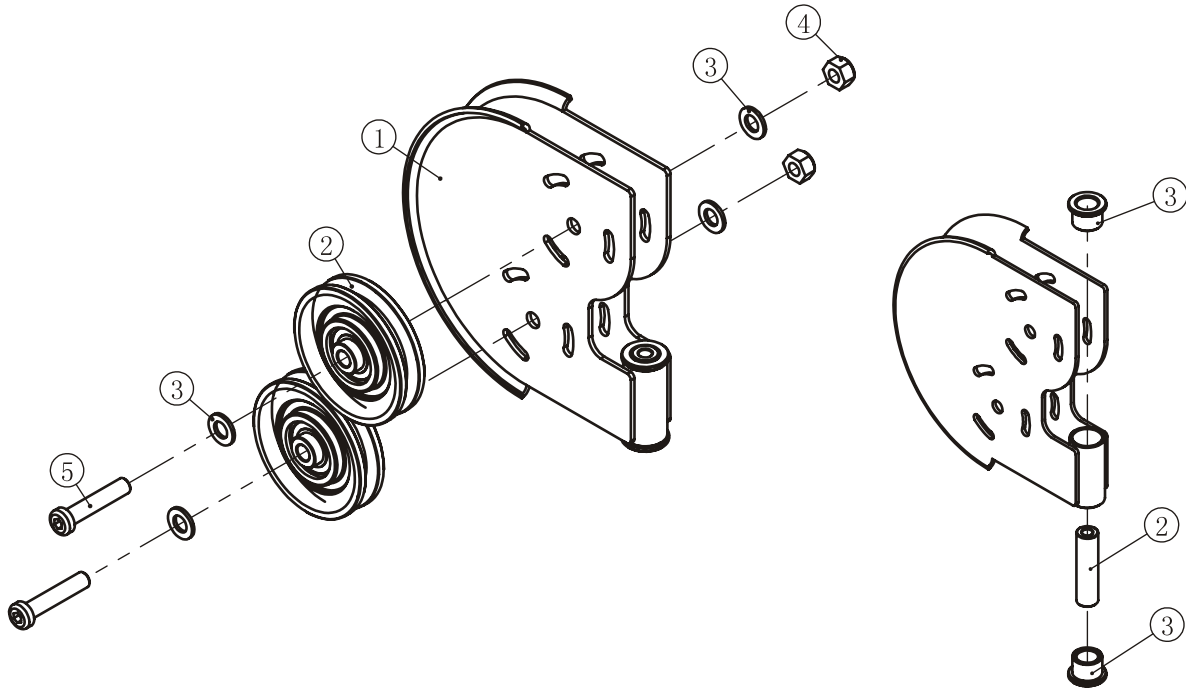


Item No.	Grade No.	Part No.	Description	QTY
1	11.2.1	IT95251900	Slip Frame	1
2	11.2.2	IT95251500	Roller	3
3	11.2.3	IT95251600	Spring Pin	1
4	11.2.4	IT95251700	Grip	1
5	11.2.5	IT95251200	Eccentric Washer	2
6	11.2.6	IT95251300	Front Shroud	1
7	11.2.7	IT95251400	Rear Shroud	1
8	11.2.8	IT95022100	Φ25.4 Aluminum head	1
9	11.2.9	P60015700	Spacer	4
10	11.2.10	GB70M8*115DN20	Socket Head Cap Screw M8*115	3
11	11.2.11	NM8DN2	Nylon Lock Nut M8	5
12	11.2.12	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2
13	11.2.13	IN-S10111200	Stop Collar	2
14	11.2.14	GB958DN2	Flat Washer Φ9*Φ16*1.6	2
15	11.2.15	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
16	11.2.16	GB845ST4.2*16DHS	Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*16	3
17	11.2.17	GB845ST4.2*25DHS	Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*25	2

Exploded View and Parts List

Double Pulley Frame ASSY

Double Pulley Frame Sub ASSY



Double Pulley Frame ASSY

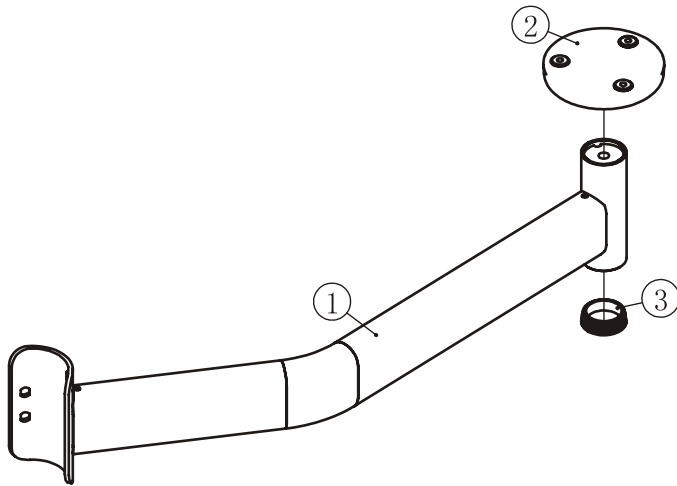
Item No.	Grade No.	Part No.	Description	QTY
1	11.3.1	IT95252000ASSY	Double Pulley Frame Sub ASSY	1
2	11.3.2	M01004800V5	3.5" Pulley	2
3	11.3.3	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
4	11.3.4	NM10DN2	Nylon Lock Nut M10	2
5	11.3.5	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	2

Double Pulley Frame Sub ASSY

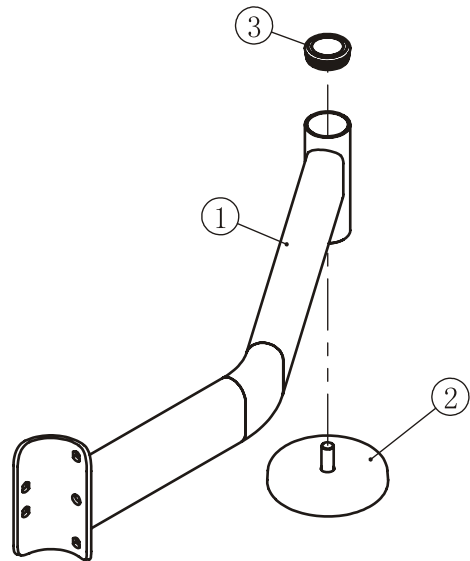
Item No.	Grade No.	Part No.	Description	QTY
1	11.3.1.1	IT95252000	Double Pulley Frame	1
2	11.3.1.2	IT95251800	Pin	1
3	11.3.1.3	L1-6800	Spacer	2

Exploded View and Parts List

Left Front Frame ASSY



Right Front Frame ASSY



Left Front Frame ASSY

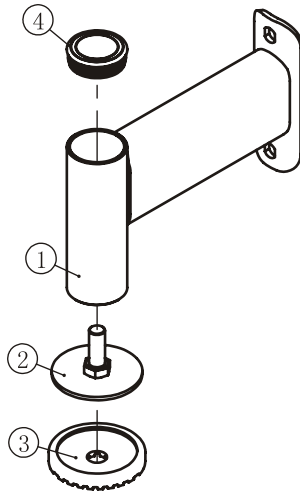
Item No.	Grade No.	Part No.	Description	QTY
1	12.1	IT95250500	Left Front Frame	1
2	12.2	SD1000B3000ASSY	Adjustable Foot Plate	1
3	12.3	PBF40014	Pipe $\Phi 60$	1

Right Front Frame ASSY

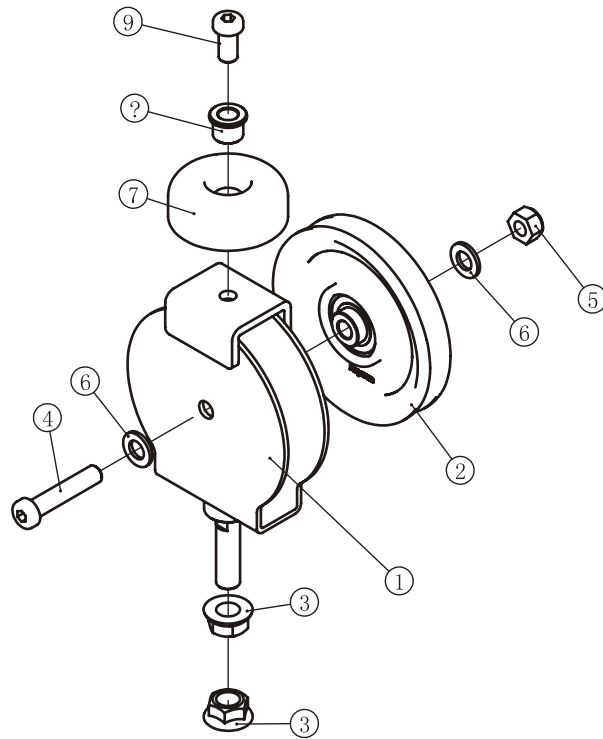
Item No.	Grade No.	Part No.	Description	QTY
1	13.1	IT95250600	Right Front Frame	1
2	13.2	SD1000B3000ASSY	Adjustable Foot Plate	1
3	13.3	PBF40014	Pipe $\Phi 60$	1

Exploded View and Parts List

Rear Frame ASSY



Pulley Frame ASSY



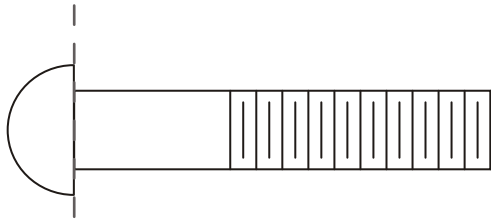
Rear Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	14.1	IT95250700	Rear Frame	1
2	14.2	PE3000900	Adjustable Foot Plate	1
3	14.3	PE3001200	Bumper	1
4	14.4	PBF40014	Pipe Φ60	1

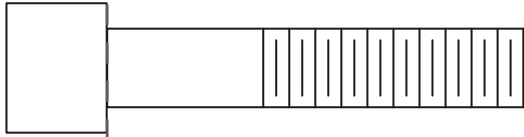
Pulley Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	18.1	IT95155000	Pulley Frame	1
2	18.2	SG500110400V5	4.5" Pulley	1
3	18.3	HF900-03A1002	Hex Flange Nut	2
4	18.4	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
5	18.5	NM10DN2	Nylon Lock Nut M10	1
6	18.6	GB9510DN2	Flat Washer Φ11*Φ20*2	2
7	18.7	PL90221500	Bumper	1
8	18.8	M02903100	Spacer	1
9	18.9	GB70BTM10*20DN18	Socket Head Cap Screw M10*20	1

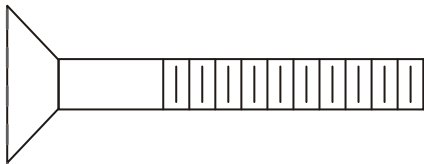
Measurement Guide



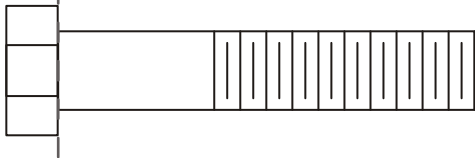
BHCS = Button Head Cap Screw



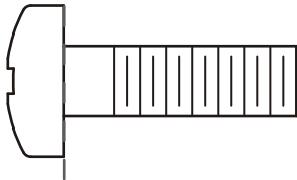
SHCS = Socket Head Cap Screw



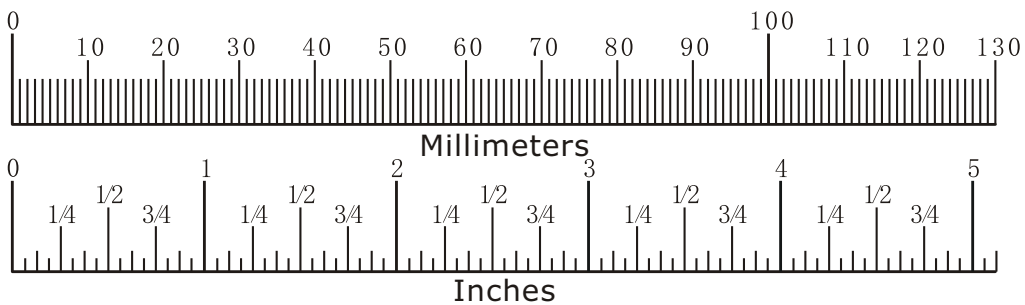
FHCS = Flat Head Cap Screw



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

Attach the Bottom Frame ASSY (#9), the Left Front Frame ASSY (#12), the Right Front Frame ASSY (#13), two Rear Frame ASSY (#14) and two Handle Frame (#15) to the Weight Stack Frame ASSY (#1) using:

four M10*125 SHCS (#29)

four M10*80 SHCS (#31)

two M10*25 SHCS (#36)

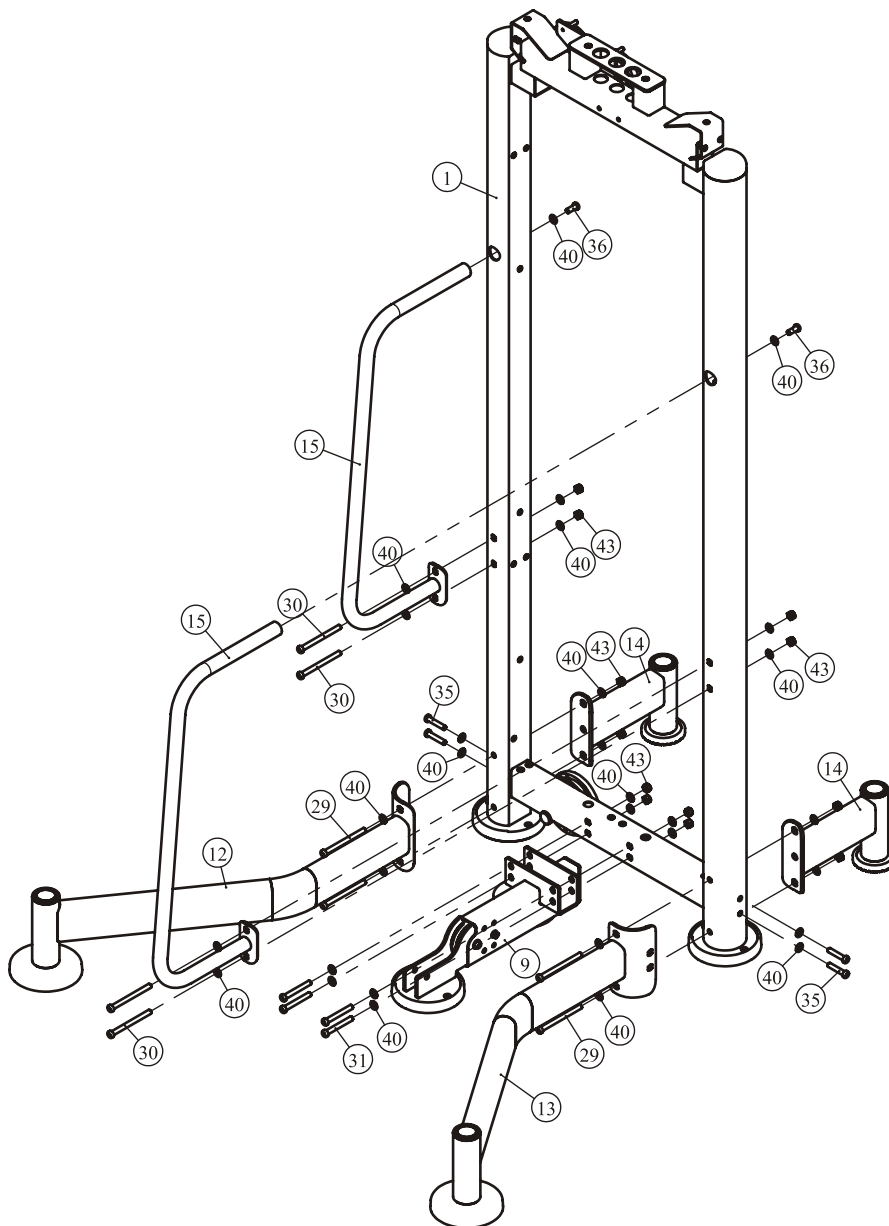
thirty $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#40)

four M10*120 SHCS (#30)

four M10*50 SHCS (#35)

twelve M10 Nylon Lock Nut (#43)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

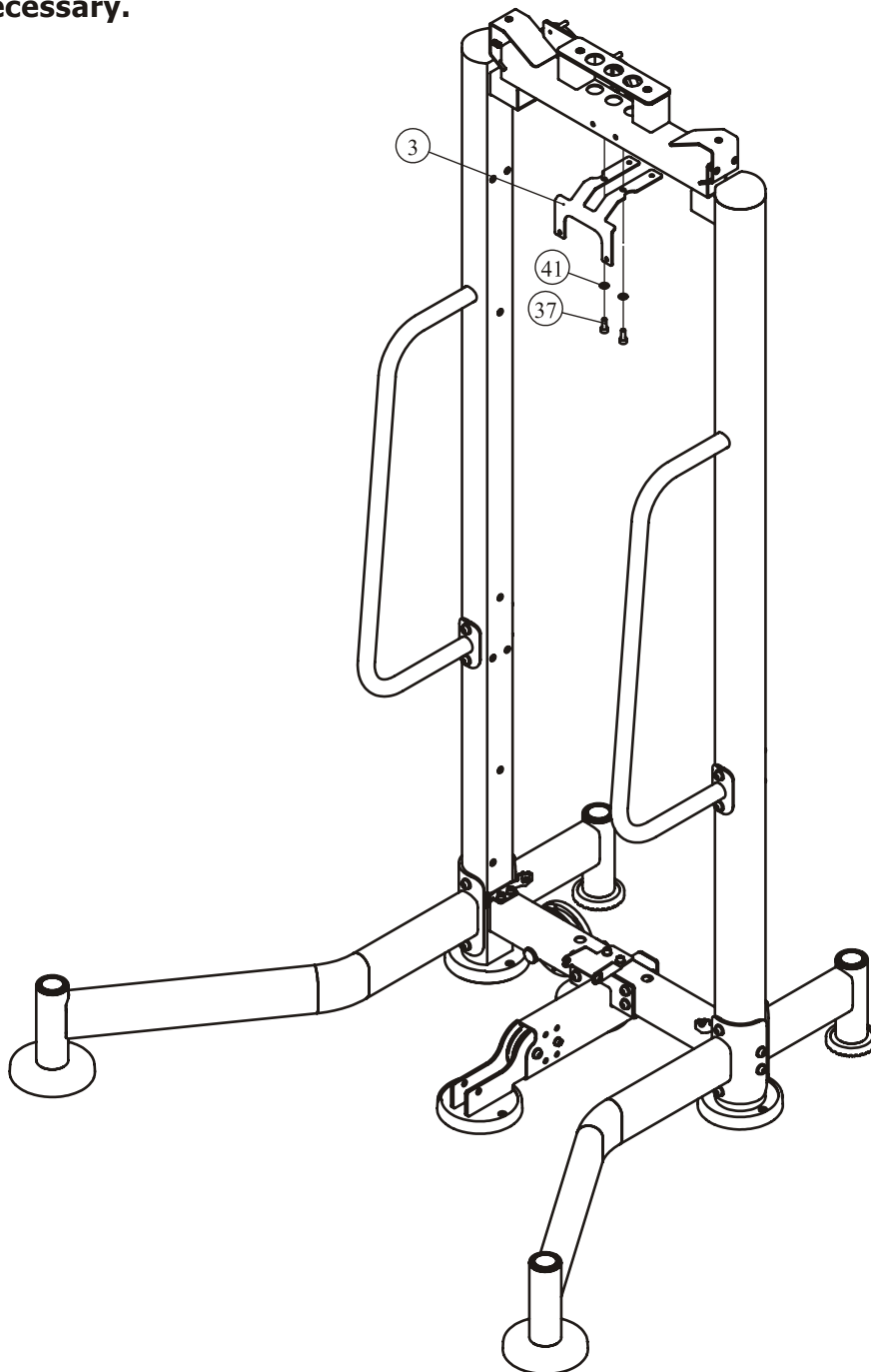
Attach the Front Bracket (#3) to the Weight Stack Frame ASSY using:

two M8*20 SHCS (#37)

two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#41)

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

2. IF you need to assemble the shields of IT9525, This step3 and step4 is necessary.



Assembly

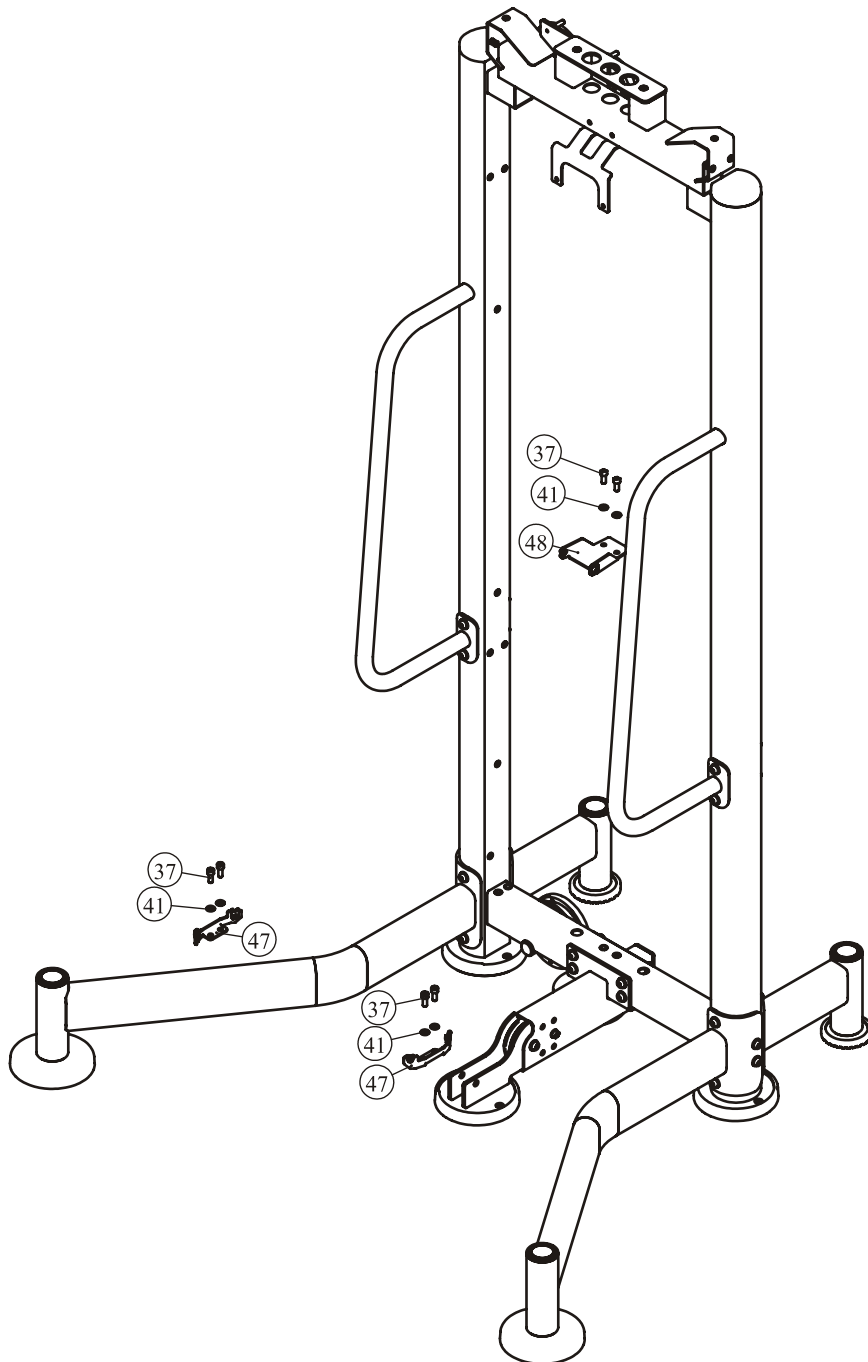
STEP 3

Attach two Side Plate ASSY (#47) and the Bottom Plate ASSY (#48) to the Weight Stack Frame ASSY using:

six M8*20 SHCS (#37)

six $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#41)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

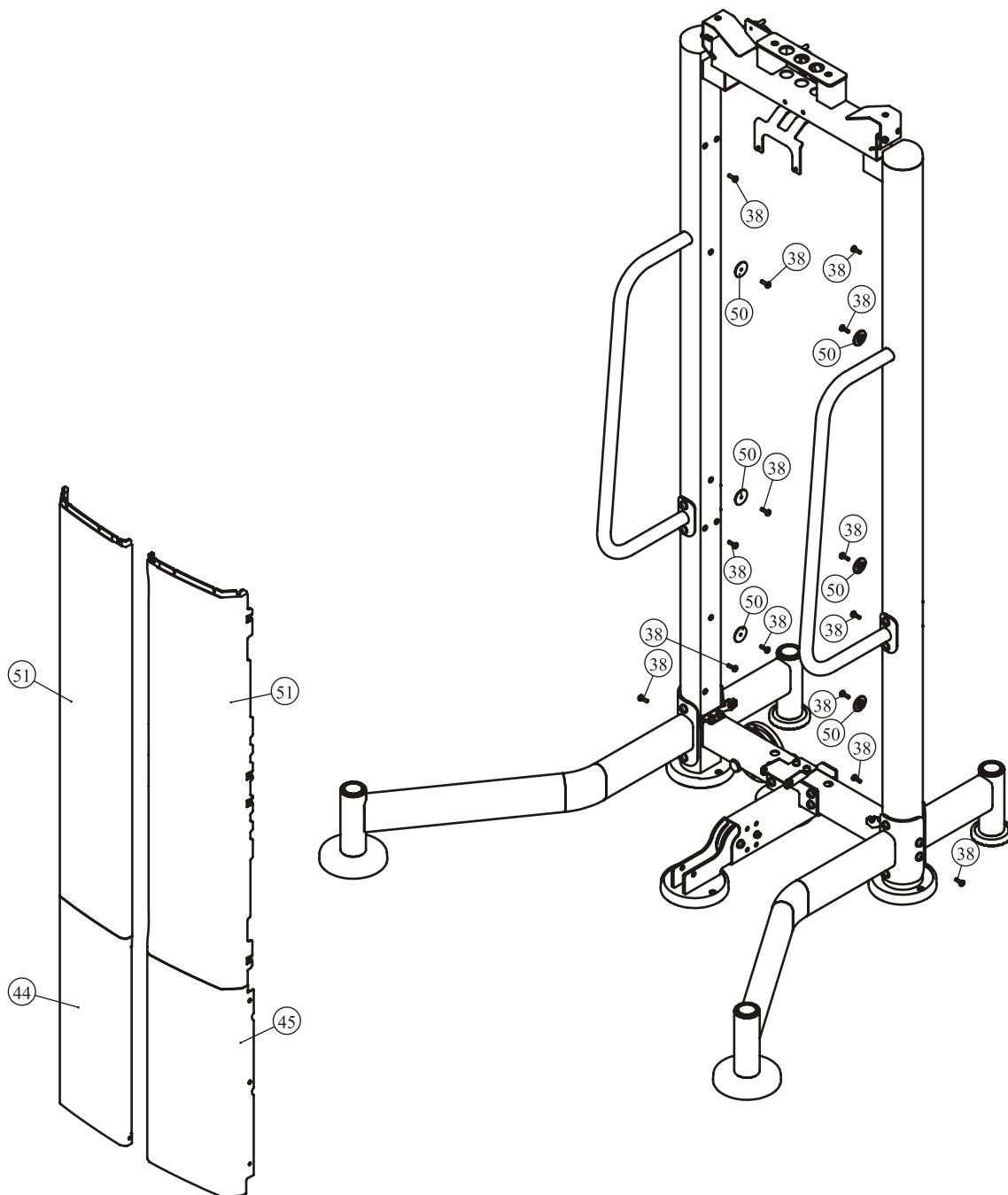
STEP 4

Attach six Plastic Block (#50) to the Weight Stack Frame ASSY (#1).

Attach the Left Front Iron Shroud (#44), the Right Front Iron Shroud (#45) and two Front Shroud (#51) to the Weight Stack Frame ASSY (#1) from bottom up using:

fourteen M6*20 CRPHS (#38)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

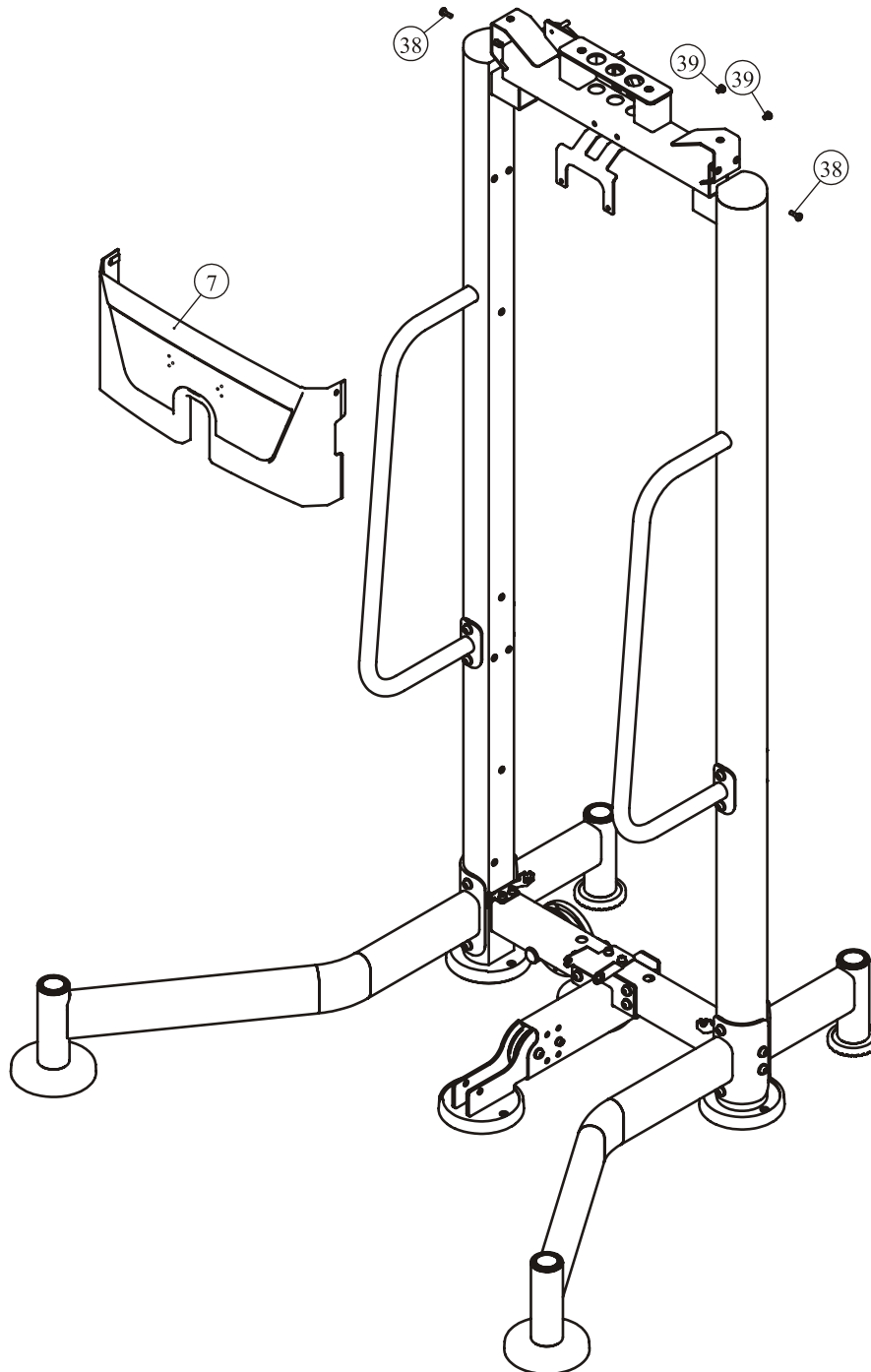
STEP 5-1

Attach the Training Placard Cover (#7) to the Weight Stack Frame ASSY (#1) using:

two M6*20 CRPHS (#38)

two M6*10 CRPHS (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

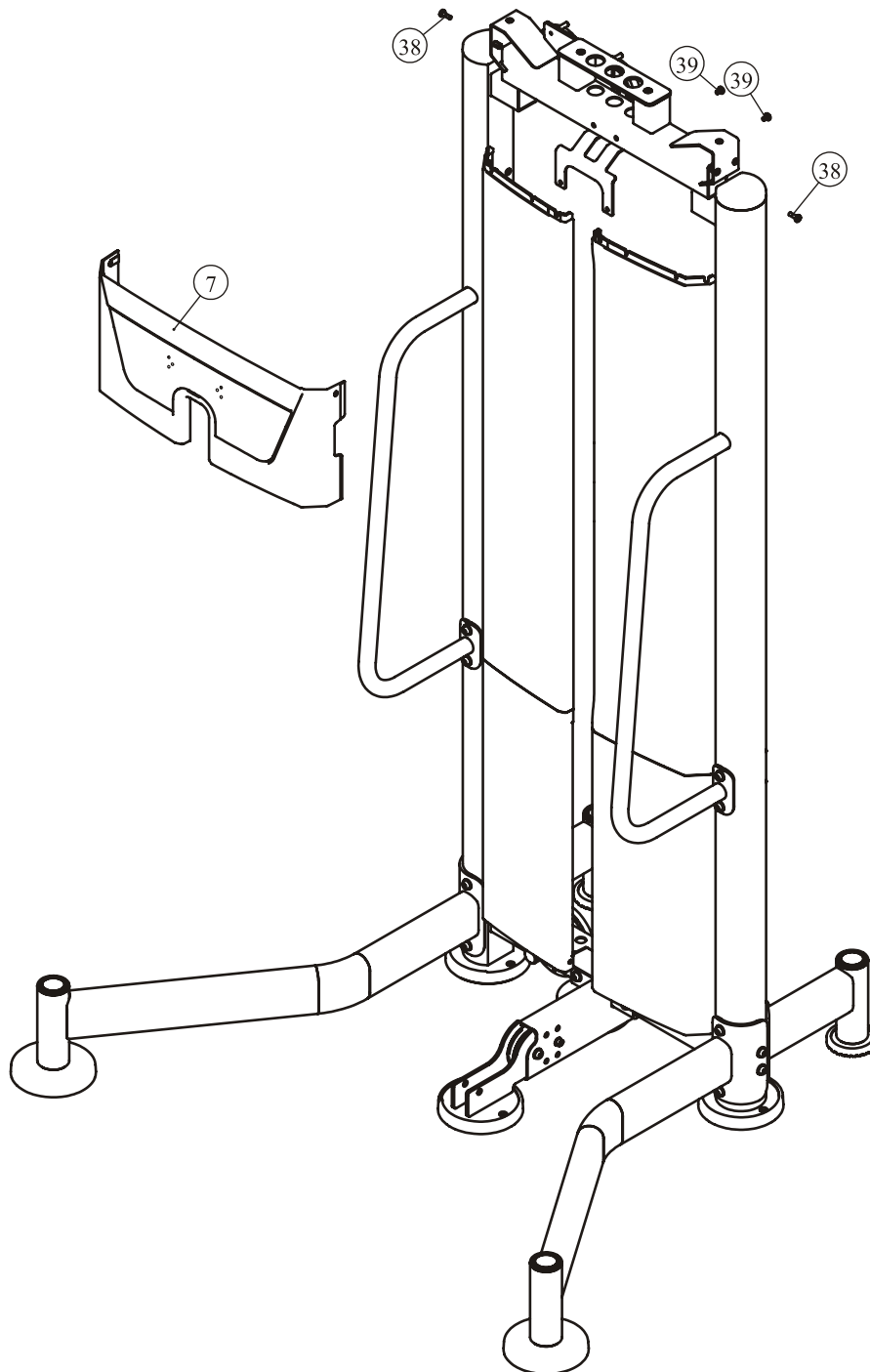
STEP 5-2

Attach the Training Placard Cover (#7) to the Weight Stack Frame ASSY (#1) using:

two M6*20 CRPHS (#38)

two M6*10 CRPHS (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 6

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

1. Attach:

two Guide Rod $\Phi 19 \times 1953$ (#5)
fifteen Weight Plate 10LBS (#78)
two Weight Stack Space (#79)

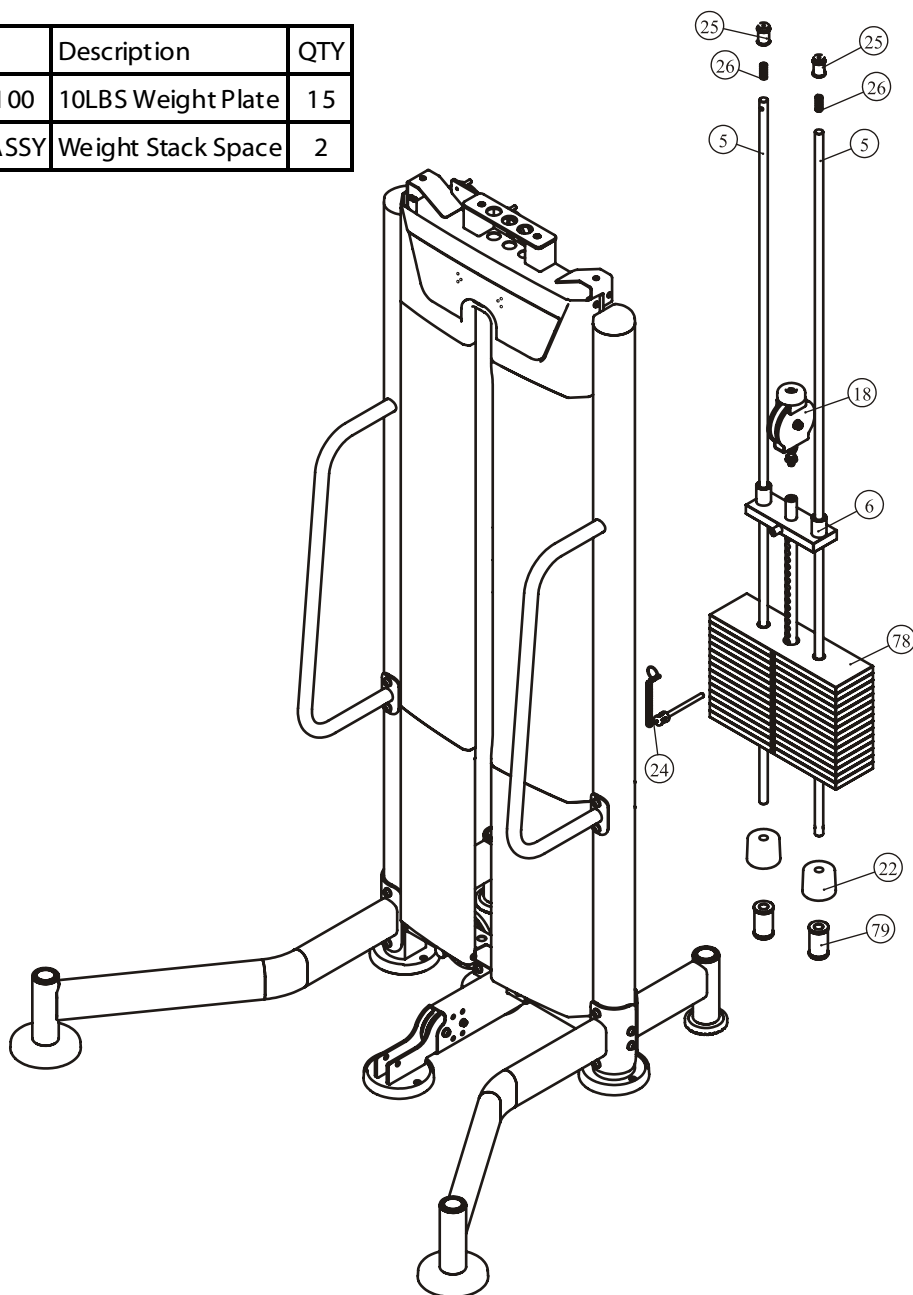
two Weight Rubber Bumper (#22)
one Top Plate (#6)

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

two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#25)
two Spring (#26)

2. Attach the Selector Pin W/Coil (#24) to the Top Plate (#6).

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



Assembly

STEP 6

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

1. Attach:

two Guide Rod $\Phi 19 \times 1953$ (#5)

two Weight Rubber Bumper (#22)

nineteen Weight Plate 10LBS (#78)

one Top Plate (#6)

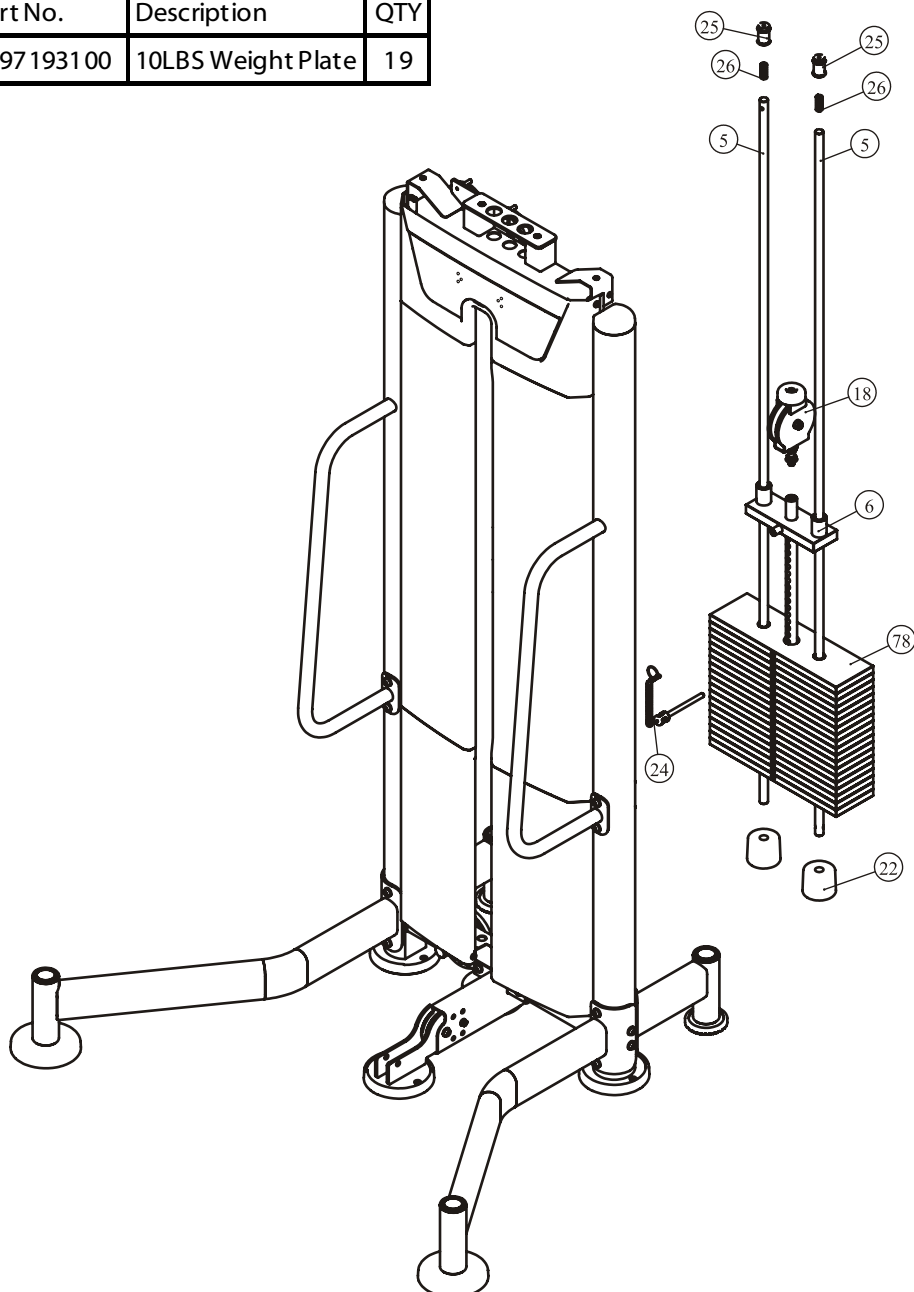
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#25)

two Spring (#26)

2. Attach the Selector Pin W/Coil (#24) to the Top Plate (#6).

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



Assembly

STEP 6

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

1. Attach:

two Guide Rod $\Phi 19 \times 1953$ (#5)
fifteen Weight Plate 15LBS (#77)
two Weight Stack Space (#79)

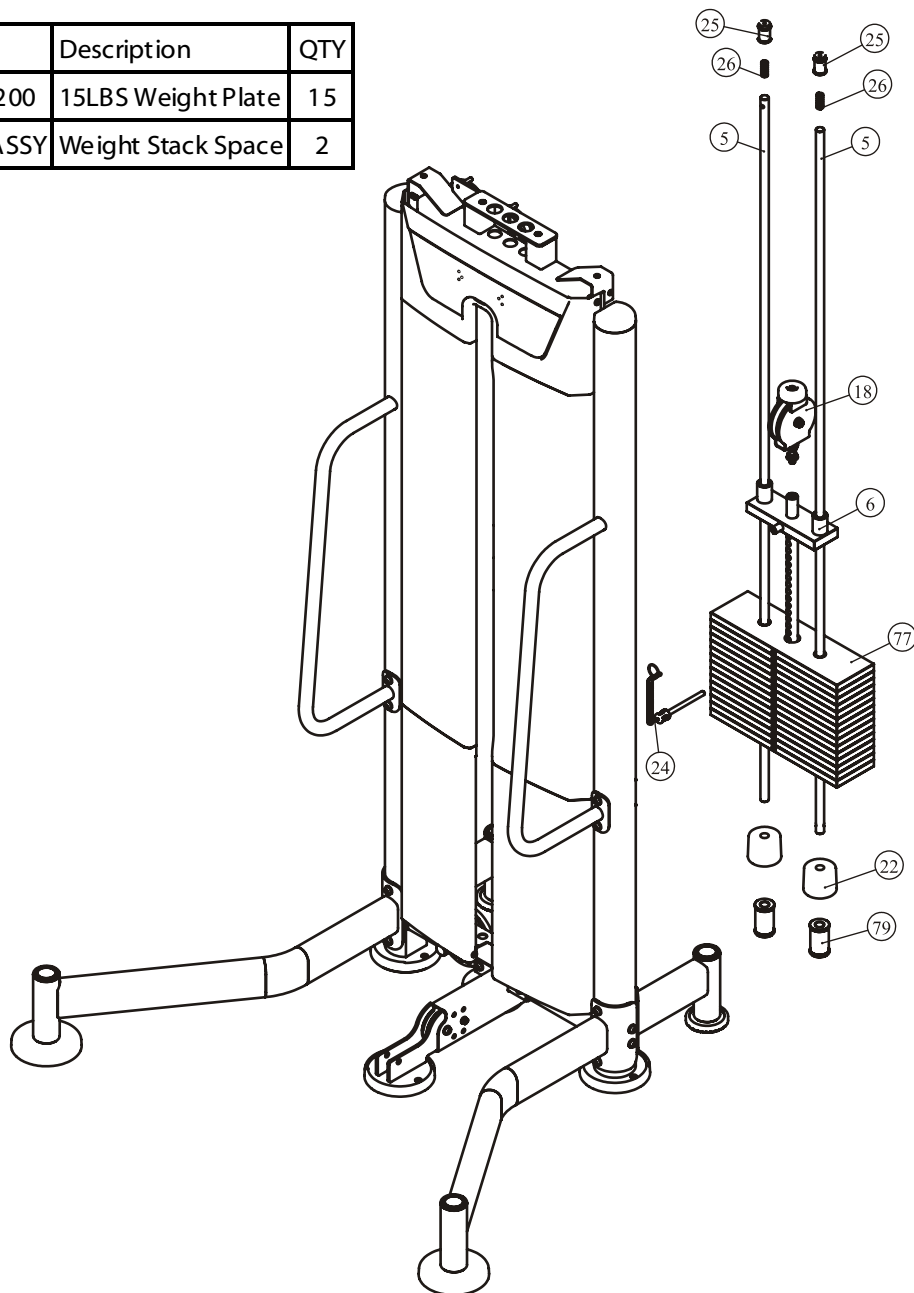
two Weight Rubber Bumper (#22)
one Top Plate (#6)

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

two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#25)
two Spring (#26)

2. Attach the Selector Pin W/Coil (#24) to the Top Plate (#6).

Grade No.	Part No.	Description	QTY
77	FE97193200	15LBS Weight Plate	15
79	FEWS01ASSY	Weight Stack Space	2



Assembly

STEP 6

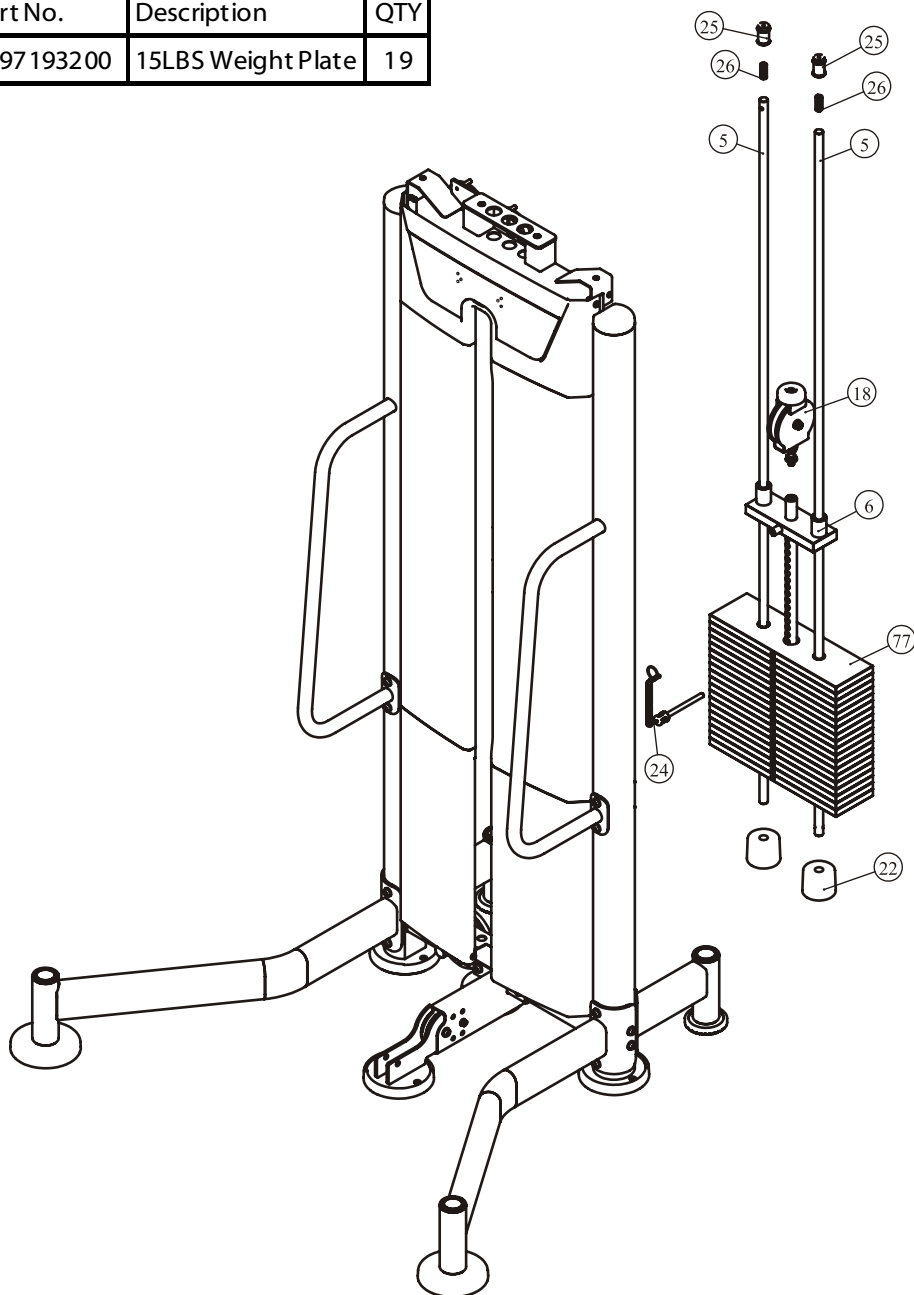
Here is the assembly instruction for **295LBS Weights !**

1. Attach:

- two Guide Rod $\Phi 19 \times 1953$ (#5)
 - two Weight Rubber Bumper (#22)
 - nineteen Weight Plate 15LBS (#77)
 - one Top Plate (#6)
- to the Weight Stack Frame ASSY (#1) using:
- two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#25)
 - two Spring (#26)

2. Attach the Selector Pin W/Coil (#24) to the Top Plate (#6).

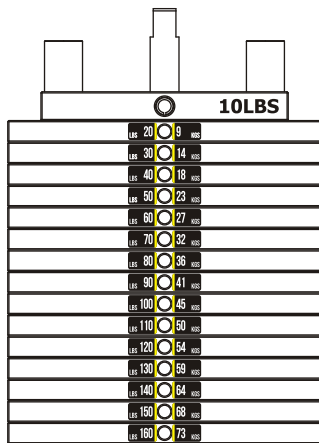
Grade No.	Part No.	Description	QTY
77	FE97193200	15LBS Weight Plate	19



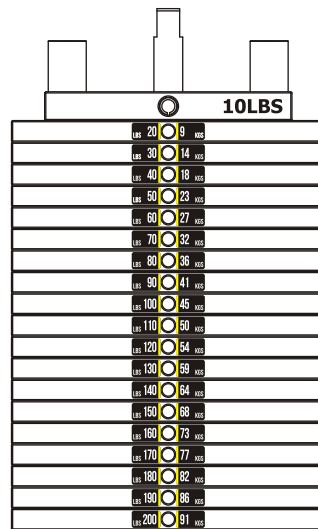
Assembly

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

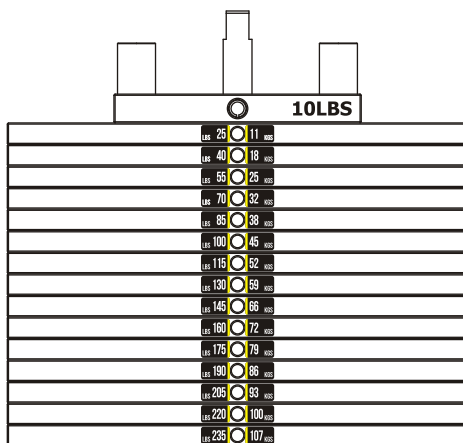


20-160LBS

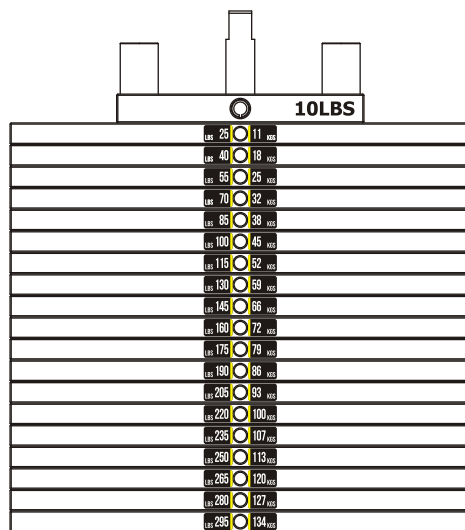


20-200LBS

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 7

1. Attach the Top Cover With Hole (#4) to the Weight Stack Frame ASSY (#1) using:
 - two M6*20 CRPHS (#38)
 - two Spout Plug $\Phi 16.5 \times 6.88$ (#27)

Note: Not Wrench Tighten Bolts.

2. Attach the Top Frame (#10) to the Weight Stack Frame ASSY (#1) using:
 - two M10*25 SHCS (#36)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#40)
 - two Split Lock Washer $\Phi 10$ (#42)
3. Attach the Adjust Frame ASSY (#11) to the Top Frame (#10) and the Bottom Frame ASSY (#9) using:
 - one M10*55 SHCS (#32)
 - one M10*65 SHCS (#33)
 - one M10*60 SHCS (#34)
 - two M10*95 SHCS (#73)
 - seven $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#40)
 - four M10 Nylon Lock Nut (#43)
 - two Spacer Bush (#23)
4. Attach the cable (#16) according to the view.

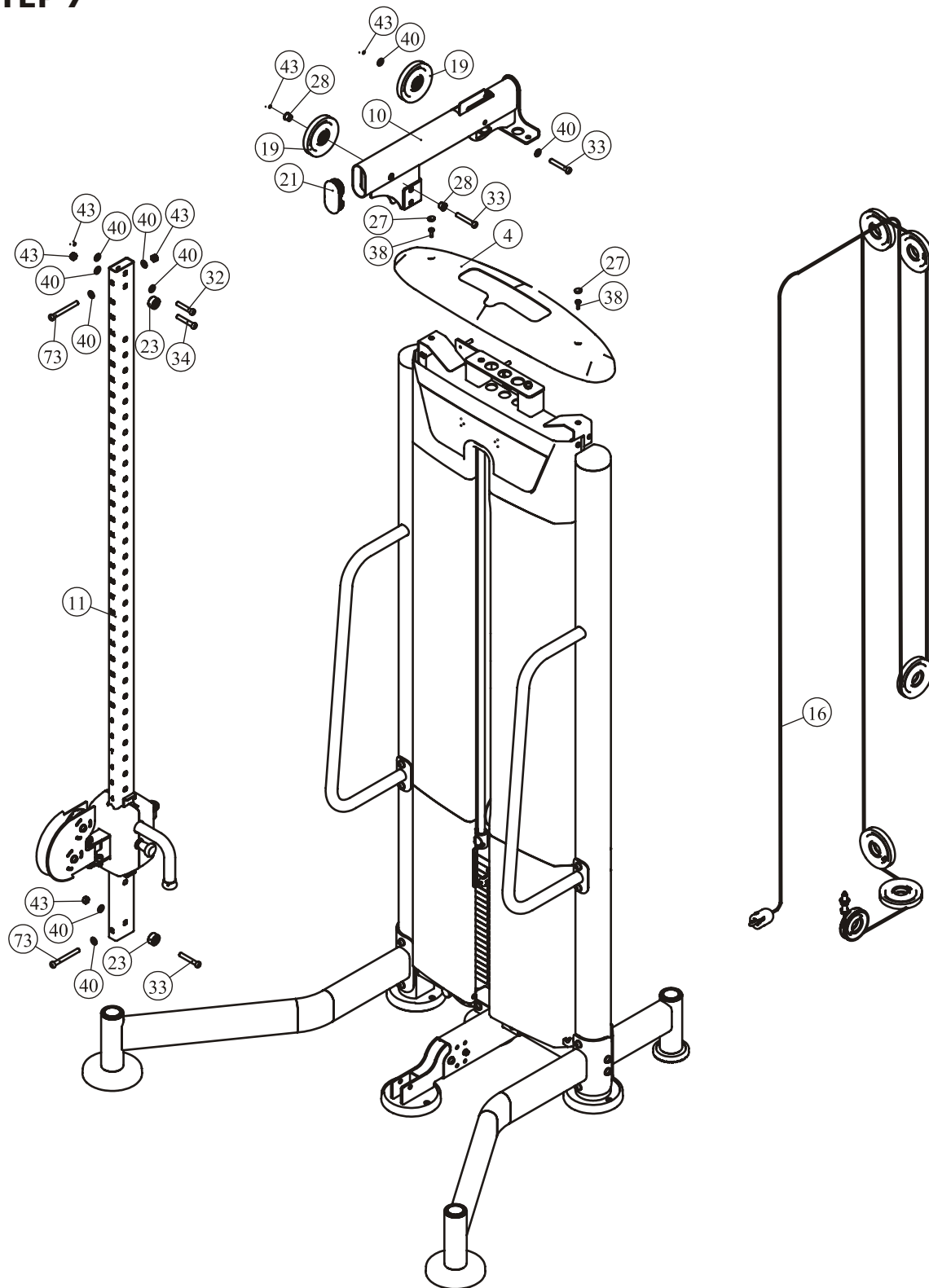
Note: 1. Before attach the cable, you should Unlock the Bolt using Hex Key $S=3/16"$ (#70).

2. Pay attention to the position.

5. Attach two 4.5" Pulleys (#19) a to the Top Frame (#10) using:
 - two M10*65 SHCS (#33)
 - two Spacer Bush (#28)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#40)
 - two M10 Nylon Lock Nut (#43)
6. Attach the Plug RT50*100 (#21) to the Top Frame (#10).

Assembly

STEP 7



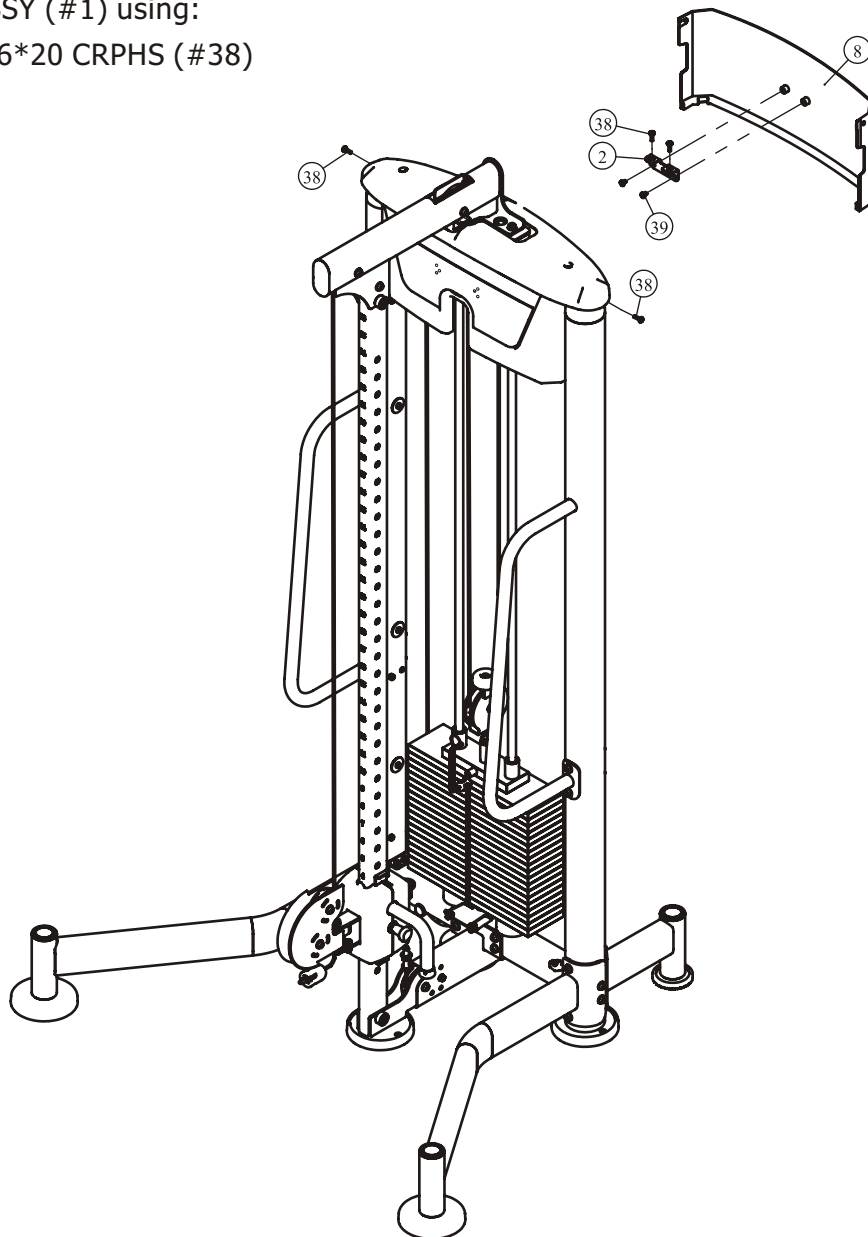
Assembly

STEP 8-1

1. Attach the Rear Bracket ASSY to the Rear Cover ASSY (#8) using:
two M6*10 CRPHS (#39)
2. Attach the Rear Cover ASSY (#8) to the Weight Stack Frame ASSY using:
four M6*20 CRPHS (#38)

Note:

1. Wrench Tighten Bolts including the Bolts of the Top Cover With Hole.
2. IF you need to assemble the shields of IT9525, go on with the serial number 3.
3. Attach the Rear Iron Shroud (#46) and the Rear Shroud (#49) to the Weight Stack Frame ASSY (#1) using:
six M6*20 CRPHS (#38)



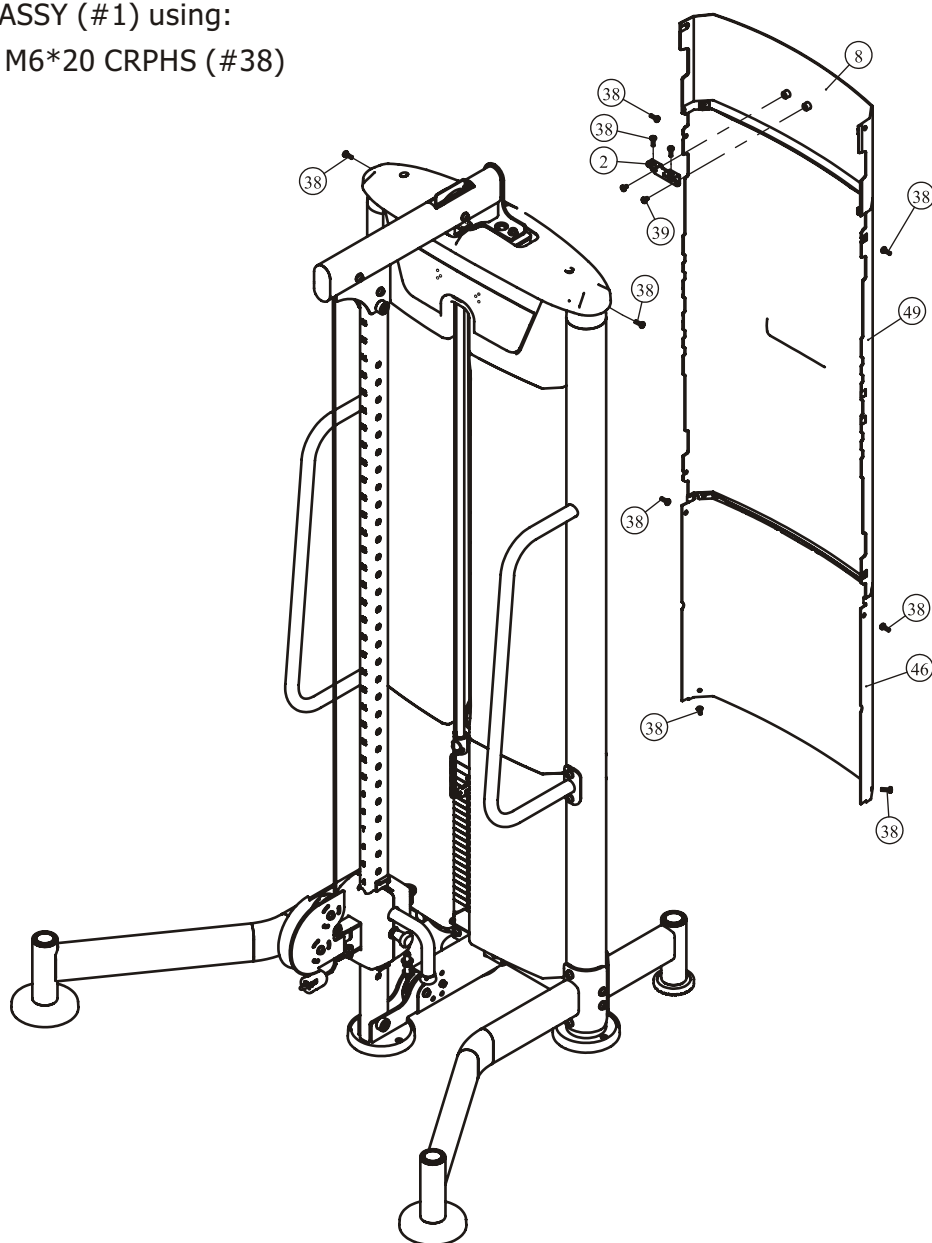
Assembly

STEP 8-2

1. Attach the Rear Bracket ASSY to the Rear Cover ASSY (#8) using:
two M6*10 CRPHS (#39)
2. Attach the Rear Cover ASSY (#8) to the Weight Stack Frame ASSY using:
four M6*20 CRPHS (#38)

Note:

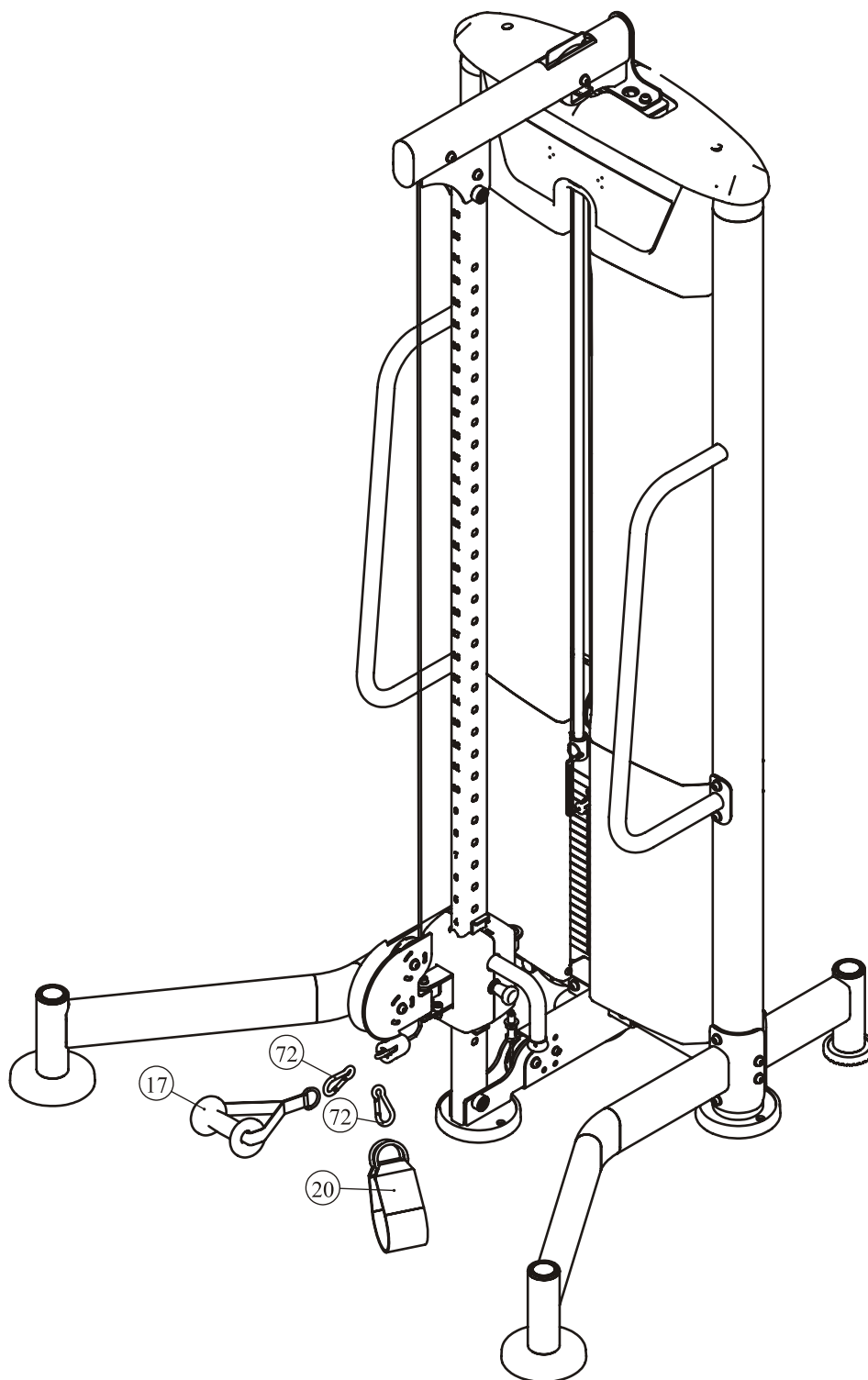
1. Wrench Tighten Bolts including the Bolts of the Top Cover With Hole.
2. IF you need to assemble the shields of IT9525, go on with the serial number 3.
3. Attach the Rear Iron Shroud (#46) and the Rear Shroud (#49) to the Weight Stack Frame ASSY (#1) using:
six M6*20 CRPHS (#38)



Assembly

STEP 9

Attach the Strap Handle (#17), two Gear Hook (#72), the Leg Extension/Curl Strap (#20) to the Cable.



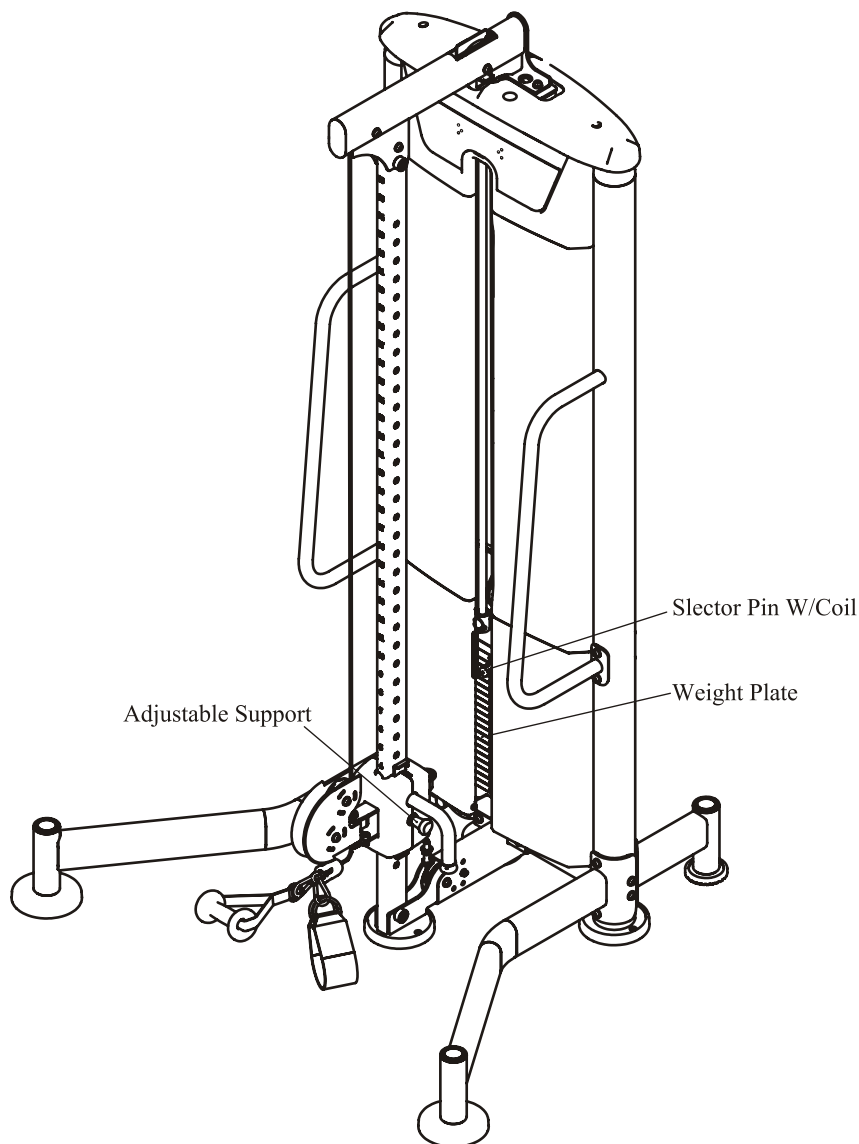
Adjust Instructions

The Slip Frame ASSY adjustment

1. Pull out the Adjustable Support and adjust the Slip Frame ASSY to the desired position.
2. Make sure the pin get into the hole completely.

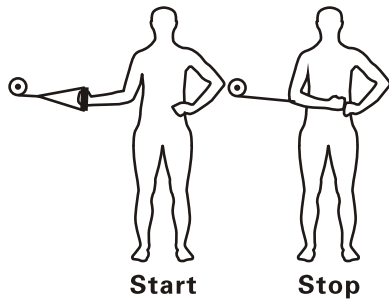
The use of Selector Pin W/Coil

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.

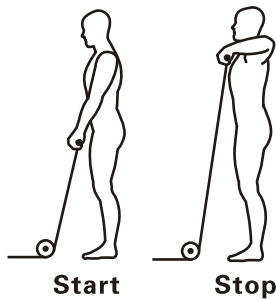


Exercise Instructions

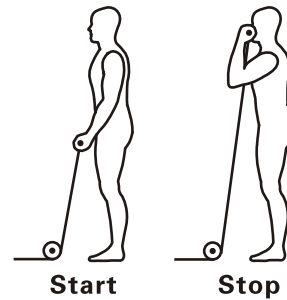
Internal Rotation



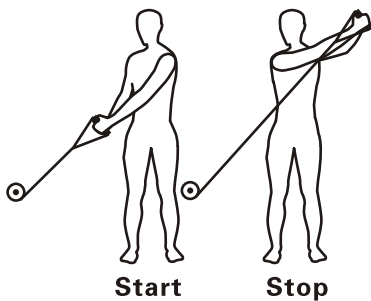
Upright Row



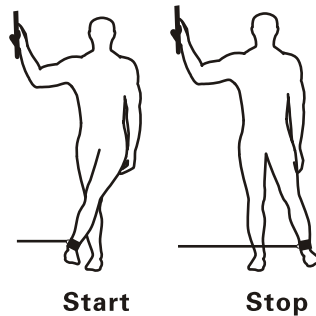
Bicep Curl



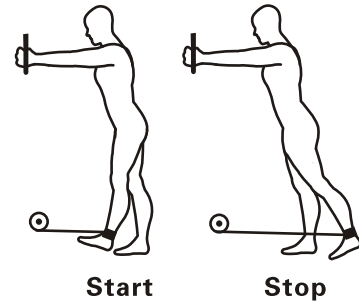
Core Rotation Incline



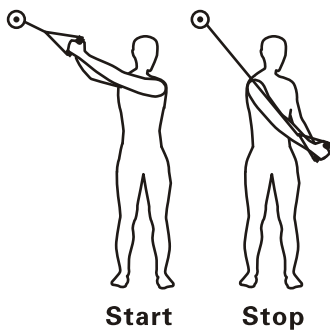
Hip Abduction



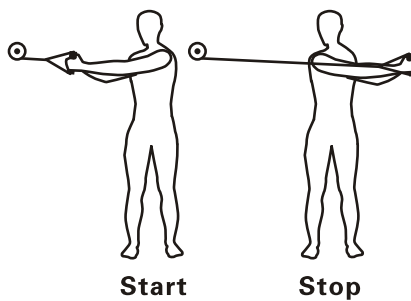
Hip Extension



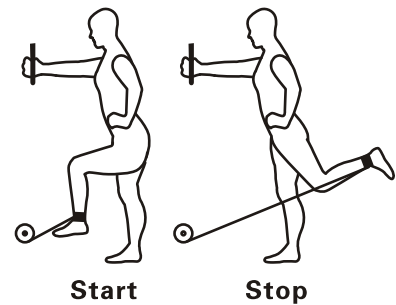
Core Rotation Decline



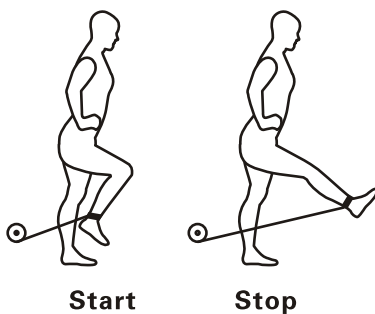
Core Rotation



Kick Back



Leg Extension



Exercise Instructions

1. Select an appropriate weight.
2. Adjust Adjust Frame ASSY for desired position.
3. Push the Strap Handle or the Leg Extension/Curl Strap to do action.
4. 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.

