

IT9530

DUAL ADJUSTABLE PULLEY

OWNER'S MANUAL

18NV3

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

Table Of Contents

CAUTION!

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

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	22
Assembly Instructions-----	23
Assembly-----	24
Adjust Instructions-----	36
Exercise Instructions-----	37
Maintenance Schedule-----	39
General Maintenance Information-----	40
Weight Training Tips-----	41

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.

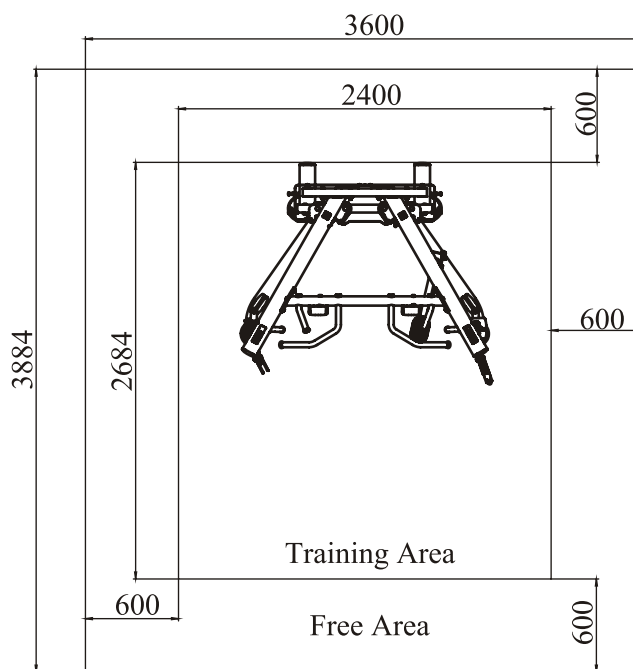
Important Safety Instructions

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: 2*134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1598*1179mm

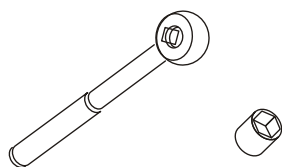
Product Total Mass:

Instructions

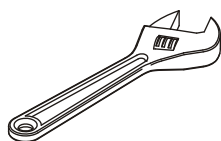
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

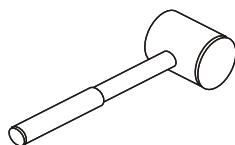
Tools Required



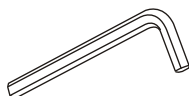
Ratchet Wrench and Socket



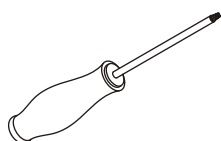
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

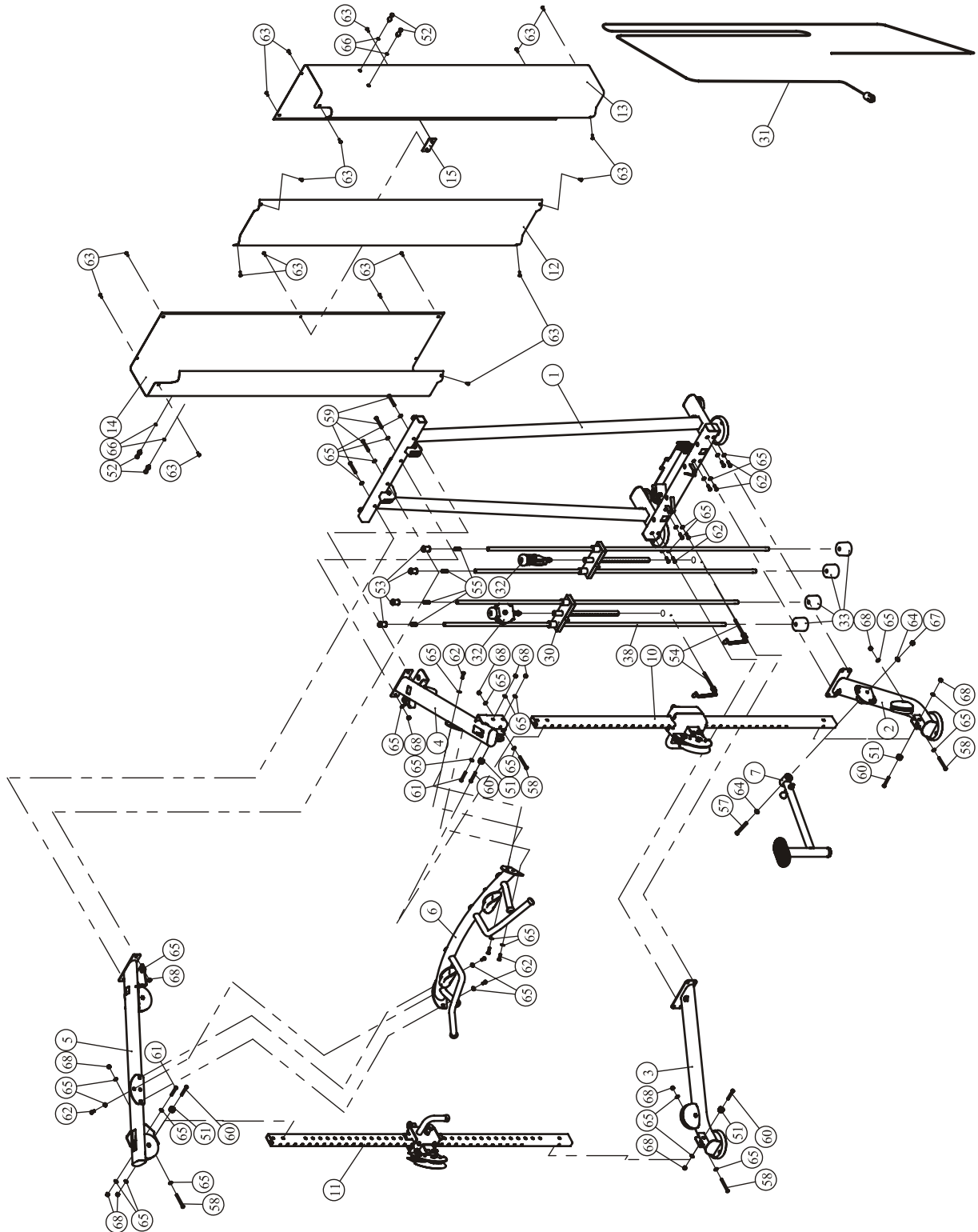
Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	IT953001ASSY	Weight Stack Frame ASSY	1
2	2	IT953002ASSY	Left Bottom Cross Frame ASSY	1
3	3	IT953003ASSY	Right Bottom Cross Frame ASSY	1
4	4	IT953004ASSY	Left Top Cross Frame ASSY	1
5	5	IT953005ASSY	Right Top Cross Frame ASSY	1
6	6	IT953006ASSY	Top Connection Frame ASSY	1
7	7	IT953007ASSY	Pedal Frame ASSY	1
8	10	IT953010ASSY	Right Adjustable Frame ASSY	1
9	11	IT953011ASSY	Left Adjustable Frame ASSY	1
10	12	IT95301200	Front Shroud	1
11	13	IT953013ASSY	Left Front Shroud ASSY	1
12	14	IT953014ASSY	Right Front Shroud ASSY	1
13	15	IT953015ASSY	Connection Plate ASSY	1
14	30	IT95014200	Top Plate	2
15	31	IT95303100	Cable	2
16	32	IT951550ASSY	Pulley Frame ASSY	2
17	33	IN-D10132900	Weight Rubber Bumper $\Phi 76 \times 60$	4
18	34	V310800	Leg Extension/Curl Strap	1
19	35	PTSHILO15000	Long Bar	1
20	36	KFFT2200	Tricep Rope	1
21	37	HV61000	Three Class Strap Handle	2
22	38	CXT-1001800V1	Guide Rod $\Phi 19 \times 1953$	4
23	51	IT95252200	Spacer Bush	4
24	52	IT95274400	Hanger Column	4
25	53	IT95016100	Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$	4
26	54	IT90012000V1	Selector Pin W/Coil	2
27	55	HFOPT900-04A0602	Spring	4
28	56	HLG8N9	Gear Hook $\Phi 8$	6
29	57	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	1
30	58	GB70BTM10*90DN18	Socket Head Cap Screw M10*90	4
31	59	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	4
32	60	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	4
33	61	GB70BTM10*60DN18	Socket Head Cap Screw M10*60	2
34	62	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	14
35	63	GB818M6*20*20DHS2	Cross Recessed Pan Head Screw M6*20	18
36	64	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
37	65	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	38
38	66	GB938N19	Spring Washer $\Phi 8$	4
39	67	NM12DN2	Nylon Lock Nut M12	1
40	68	NM10DN2	Nylon Lock Nut M10	14
41	69	NBS6DHS	Hex Key S=6	1
42	70	NBS8DHS	Hex Key S=8	1
43	71	LW200BS	Wrench $\Phi 6 \times 117$	1
44	72	YHY	Lube	1
45	73	NBS0.188DHS	Hex Key S=3/16"	1

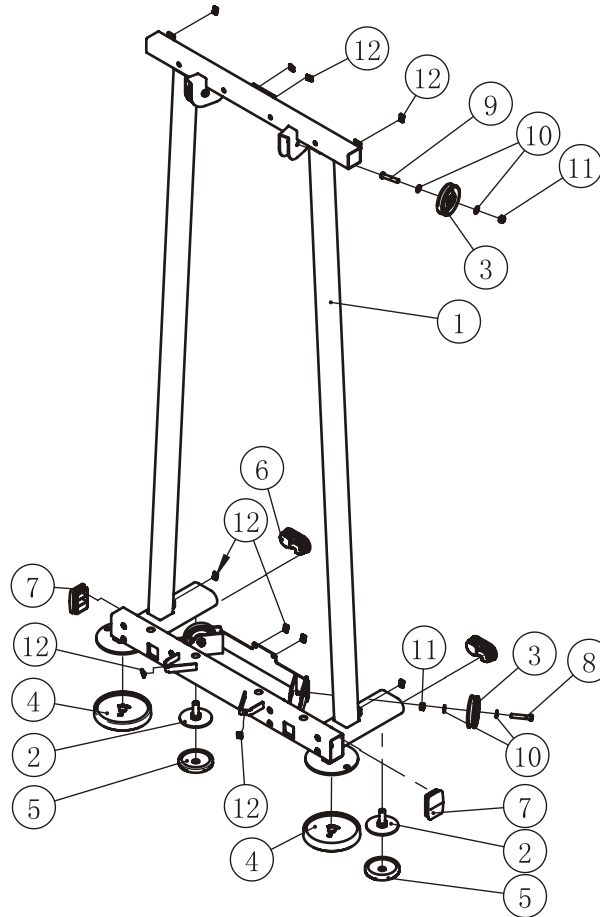
Exploded View and Parts List

Overall



Exploded View and Parts List

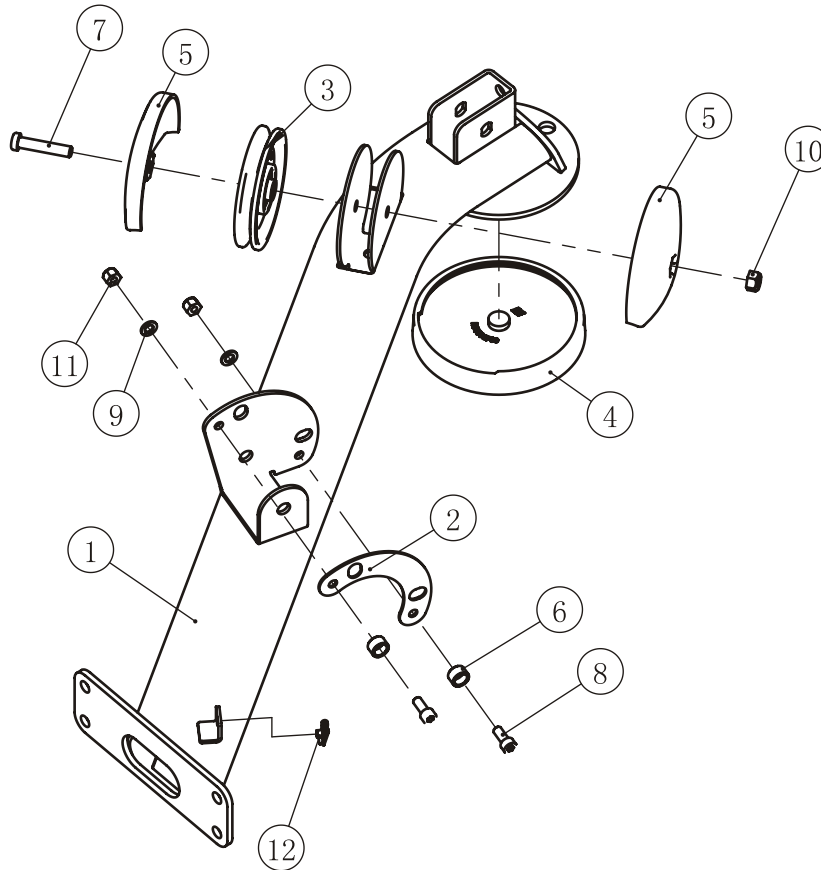
Weight Stack Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IT95300100	Weight Stack Frame	1
2	1.2	PE3000900	Adjustable Frame	2
3	1.3	M01004800V5	Pulley $\Phi 89 \times 25.8$	4
4	1.4	IT95015700	Foot Plate	2
5	1.5	PE3001200	Rubber Bumper	2
6	1.6	IT90013800P11C	Plug RT50*100	2
7	1.7	KPSFID2800	Plug $\square 50.8 \times 76.2$	2
8	1.8	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	2
9	1.9	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	2
10	1.10	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	8
11	1.11	NM10DN2	Nylon Lock Nut M10	4
12	1.12	AC32705800	U-nut M6	10

Exploded View and Parts List

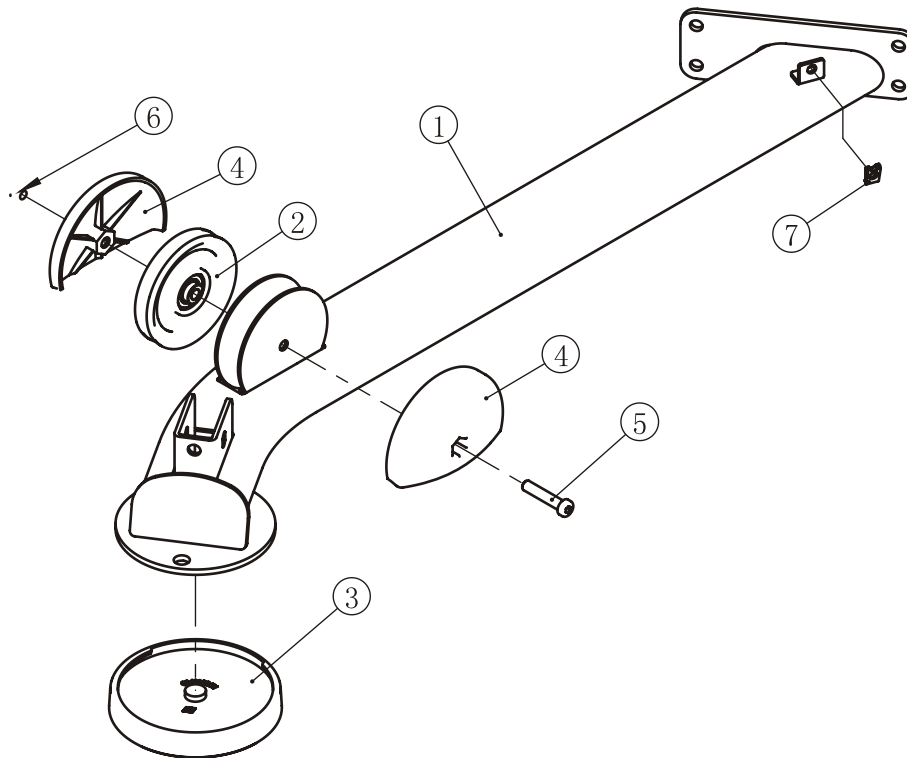
Left Bottom Cross Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1	IT95300200	Left Bottom Cross Frame	1
2	2.2	IT95302100	Lining Board	1
3	2.3	SG500110400V5	Pulley $\Phi 114 \times 26.4$	1
4	2.4	IT95015700	Foot Plate	1
5	2.5	IT80033800B	Half Pulley Cover	2
6	2.6	IN-S10111200	Stop Collar	2
7	2.7	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
8	2.8	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
9	2.9	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
10	2.10	NM10DN2	Nylon Lock Nut M10	1
11	2.11	NM8DN2	Nylon Lock Nut M8	2
12	2.12	AC32705800	U-nut M6	1

Exploded View and Parts List

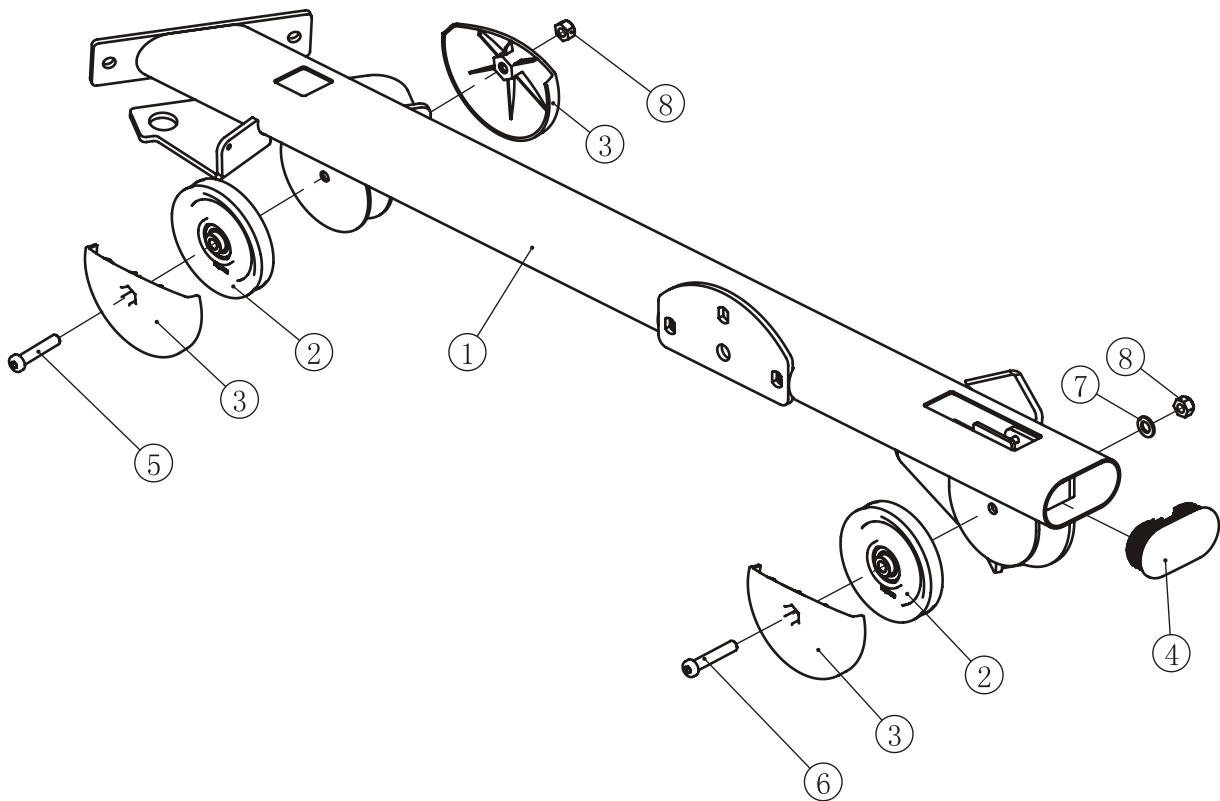
Right Bottom Cross Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	IT95300300	Right Bottom Cross Frame	1
2	3.2	SG500110400V5	Pulley $\Phi 114 \times 26.4$	1
3	3.3	IT95015700	Foot Plate	1
4	3.4	IT80033800B	Half Pulley Cover	2
5	3.5	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
6	3.6	NM10DN2	Nylon Lock Nut M10	1
7	3.7	AC32705800	U-nut M6	1

Exploded View and Parts List

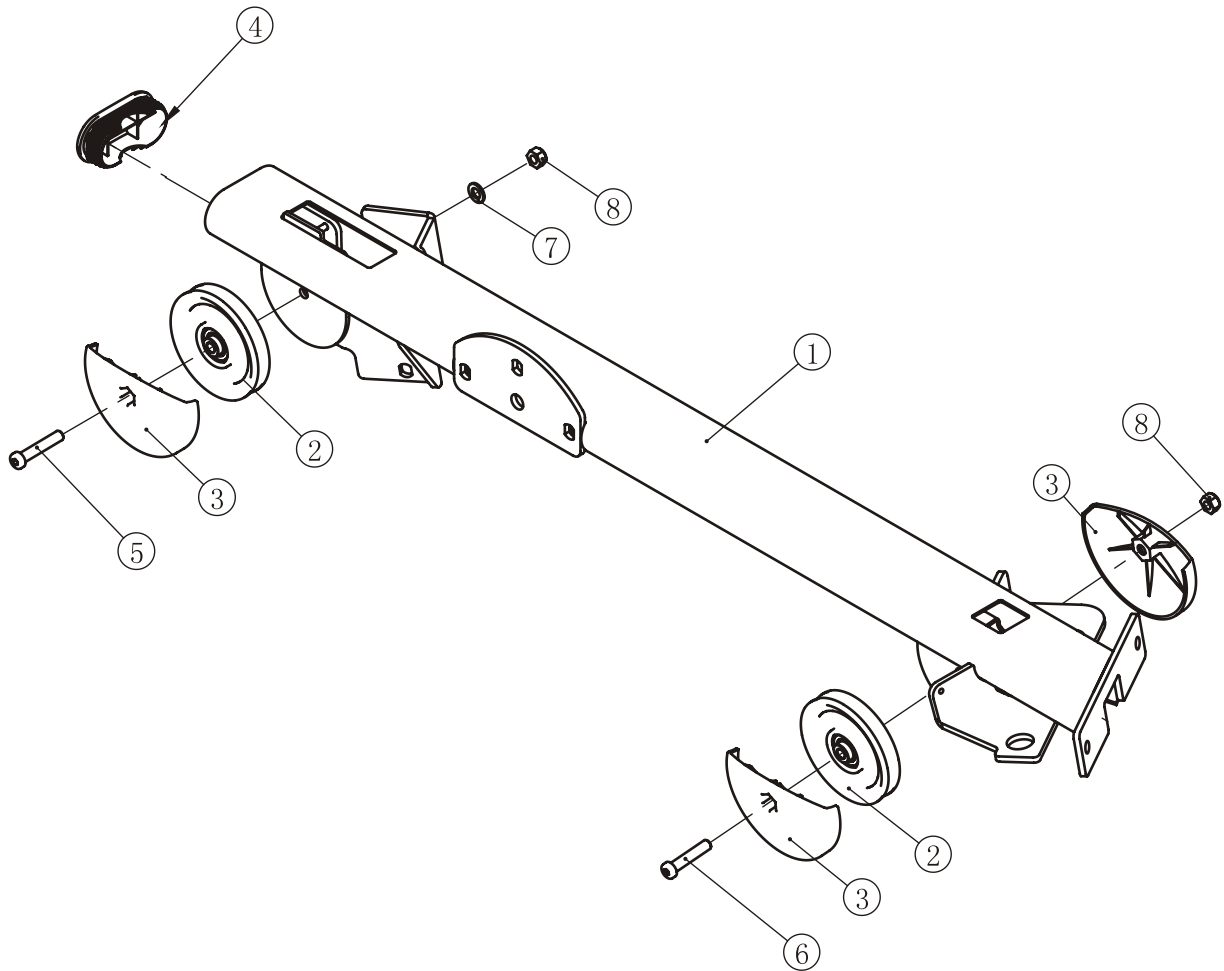
Left Top Cross Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	IT95300400	Left Top Cross Frame	1
2	4.2	SG500110400V5	Pulley $\Phi 114 \times 26.4$	2
3	4.3	IT80033800B	Half Pulley Cover	3
4	4.4	IT90013800P11C	Plug RT50*100	1
5	4.5	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
6	4.6	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	1
7	4.7	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	1
8	4.8	NM10DN2	Nylon Lock Nut M10	2

Exploded View and Parts List

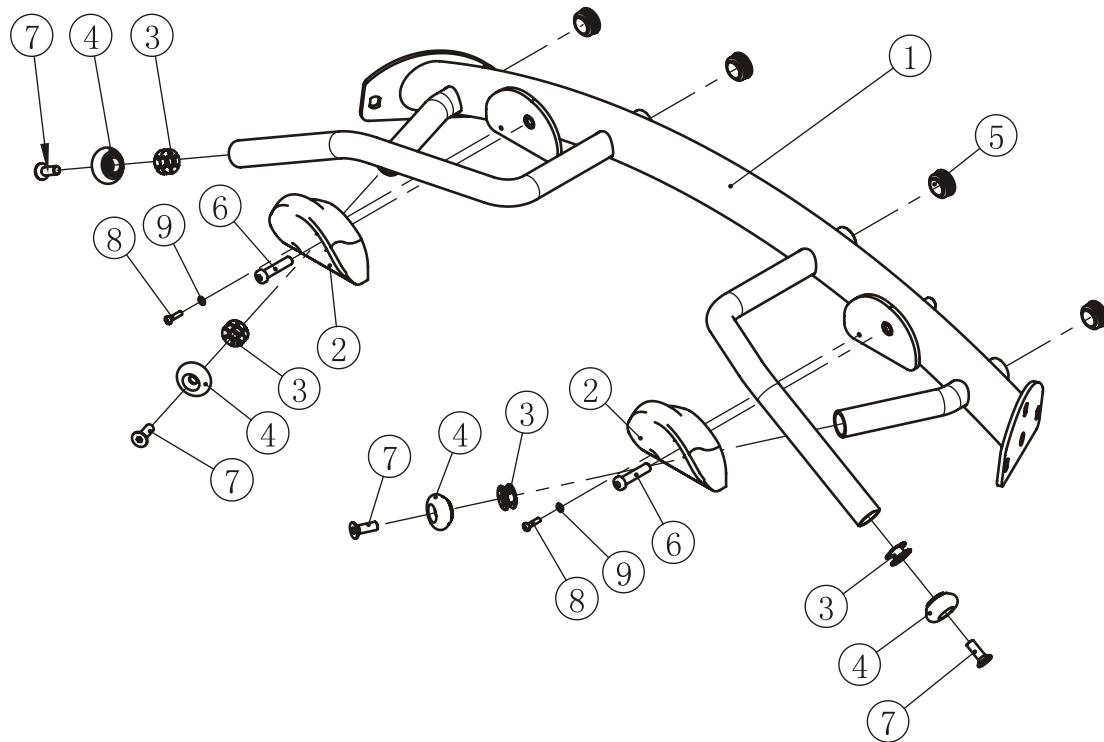
Right Top Cross Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	5.1	IT95300500	Right Top Cross Frame	1
2	5.2	SG500110400V5	Pulley $\Phi 114 \times 26.4$	2
3	5.3	IT80033800B	Half Pulley Cover	3
4	5.4	IT90013800P11C	Plug RT50*100	1
5	5.5	GB70BTM10*55DN18	Socket Head Cap Screw M10*55	1
6	5.6	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
7	5.7	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	1
8	5.8	NM10DN2	Nylon Lock Nut M10	2

Exploded View and Parts List

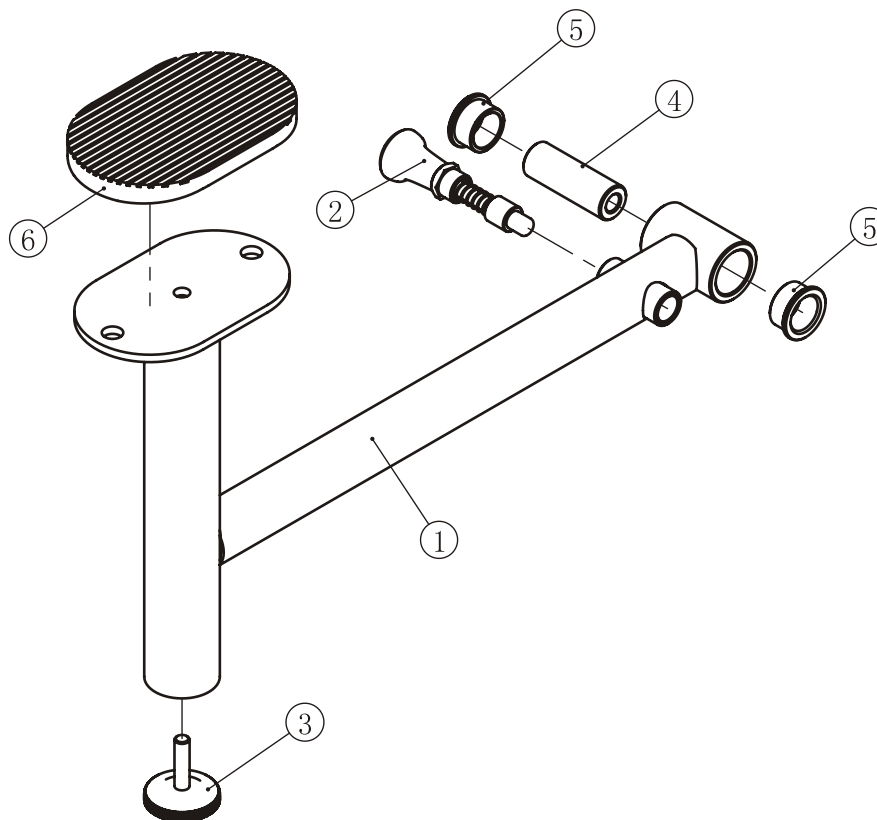
Top Connection Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	6.1	IT95300600	Top Connection Frame	1
2	6.2	XZ72300	Rock Bit	2
3	6.3	IF81212700	Bolt $\Phi 32 \times 2.5 \times 29$	4
4	6.4	IT9030B9500	Aluminum Grip Cap	4
5	6.5	BNH0573	Plug $\Phi 32$	4
6	6.6	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
7	6.7	CNLM10*40N19	Hexagon Socket Head Screws M10*40	4
8	6.8	GB818M5*20*20DS2	Cross Recessed Pan Head Screw M5*20	2
9	6.9	GB955DS2	Flat Washer $\Phi 5.3 \times \Phi 10 \times 1$	2

Exploded View and Parts List

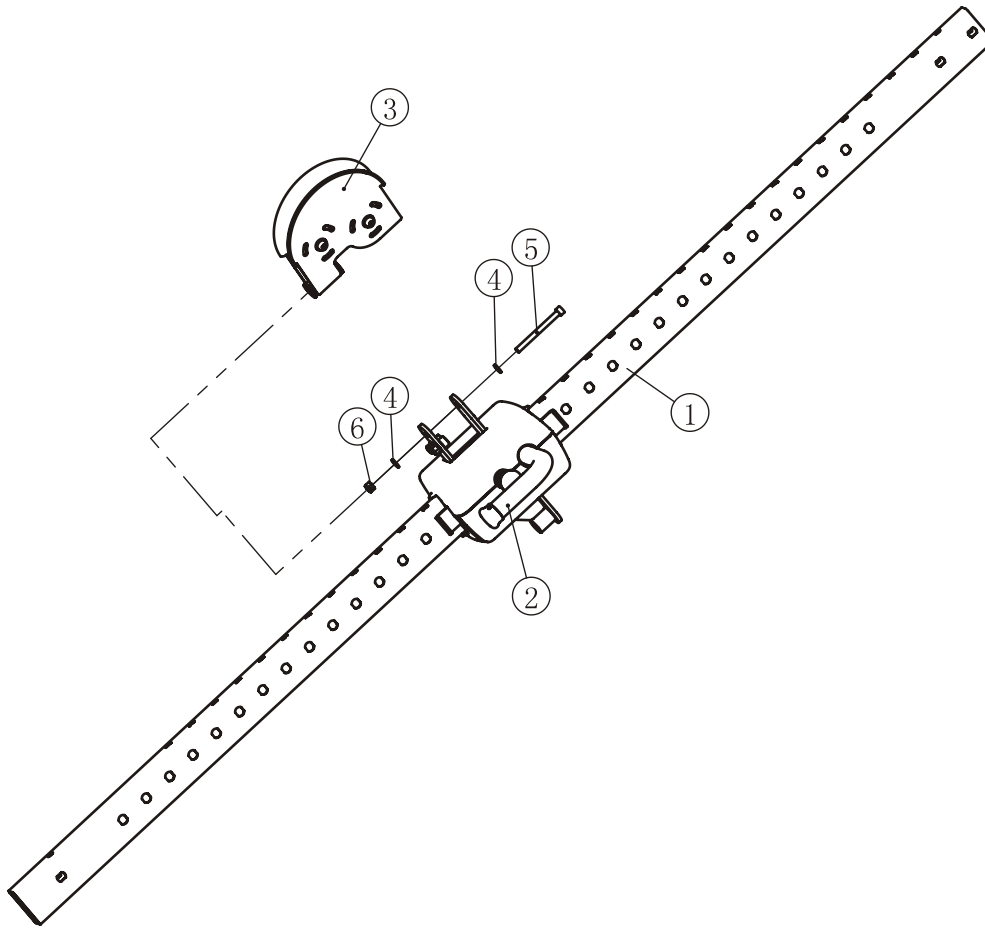
Pedal Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	IT95300700	Pedal Frame	1
2	7.2	IT95021600	Pin	1
3	7.3	ASCENT2900	Adjustable Plate	1
4	7.4	IT90021200V1	Axle $\Phi 25.4 \times \Phi 12.5 \times 72.5$	1
5	7.5	M02502000	Spacer $\Phi 38 \times \Phi 32 \times \Phi 25.4 \times 18$	2
6	7.6	SPT-62200	Rubber Plate	1

Exploded View and Parts List

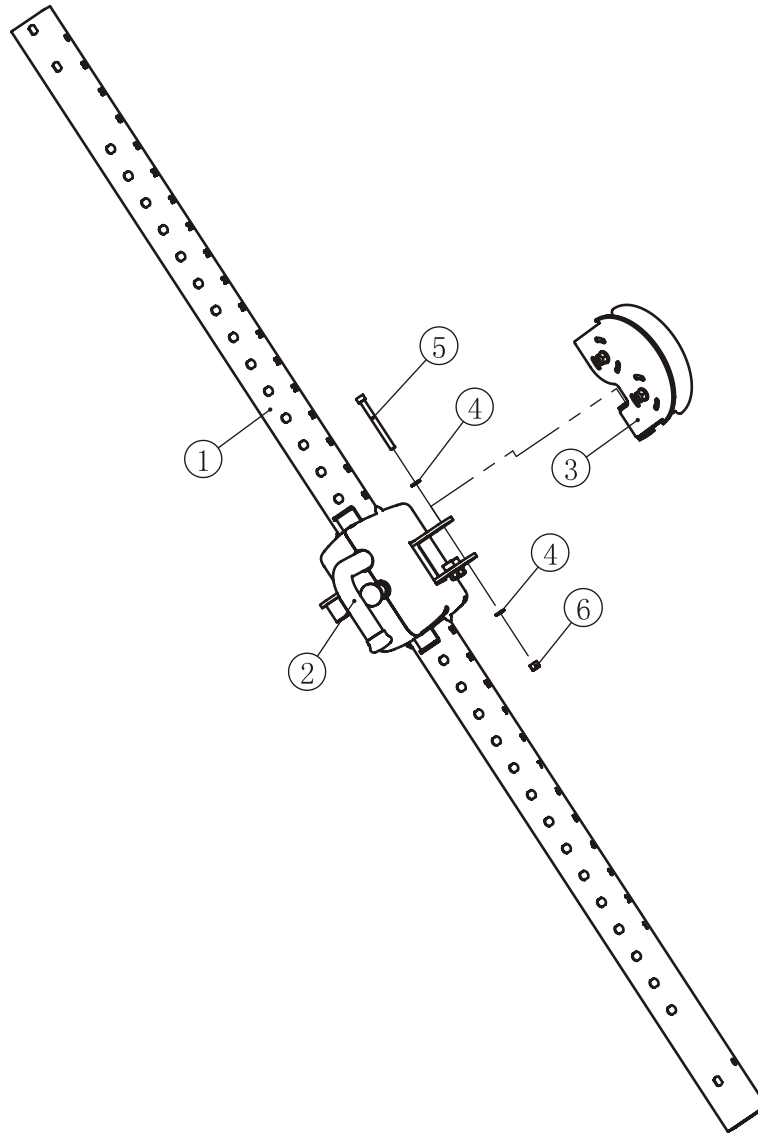
Right Adjustable Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	10.1	IT95301000	Right Slip Tube	1
2	10.2	IT952519ASSY	Slip Frame Sub ASSY	1
3	10.3	IT952520ASSY	Double Pulley Frame ASSY	1
4	10.4	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
5	10.5	GB70M8*90DN20	Socket Head Cap Screw M8*90	1
6	10.6	NM8DN2	Nylon Lock Nut M8	1

Exploded View and Parts List

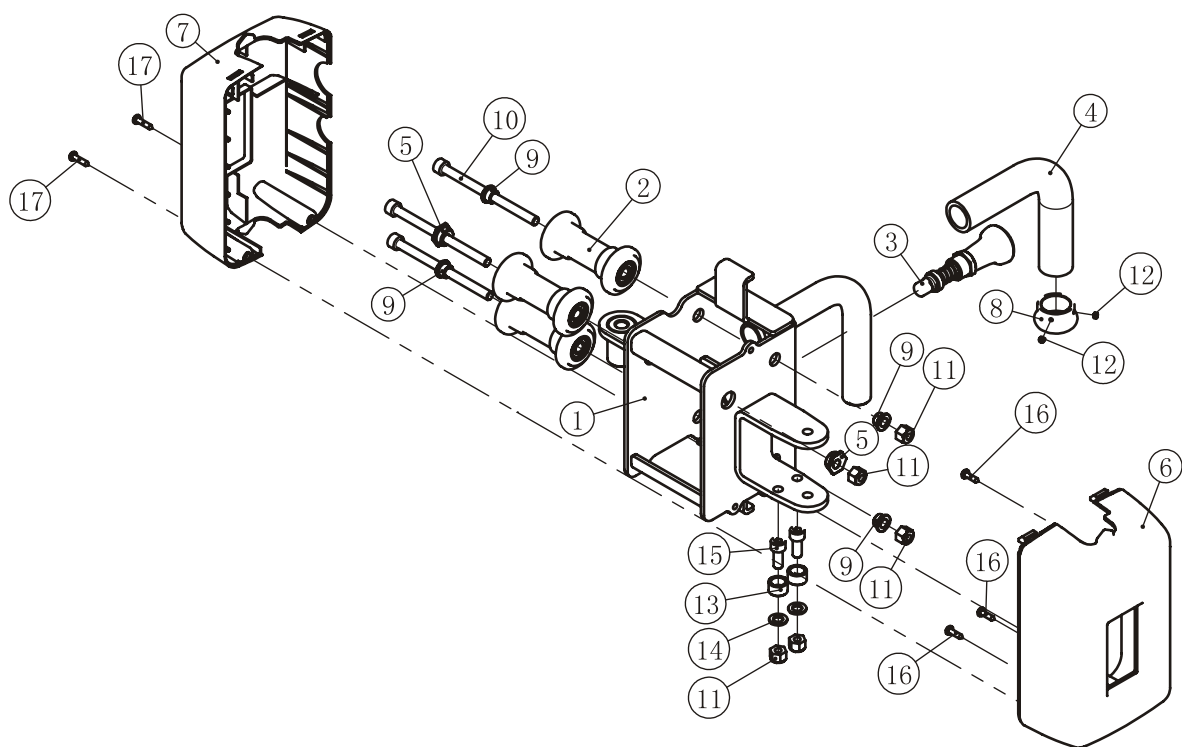
Left Adjustable Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	11.1	IT95301100	Left Slip Tube	1
2	11.2	IT953008ASSY	Left 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	GB70M8*90DN20	Socket Head Cap Screw M8*90	1
6	11.6	NM8DN2	Nylon Lock Nut M8	1

Exploded View and Parts List

Slip Frame Sub ASSY

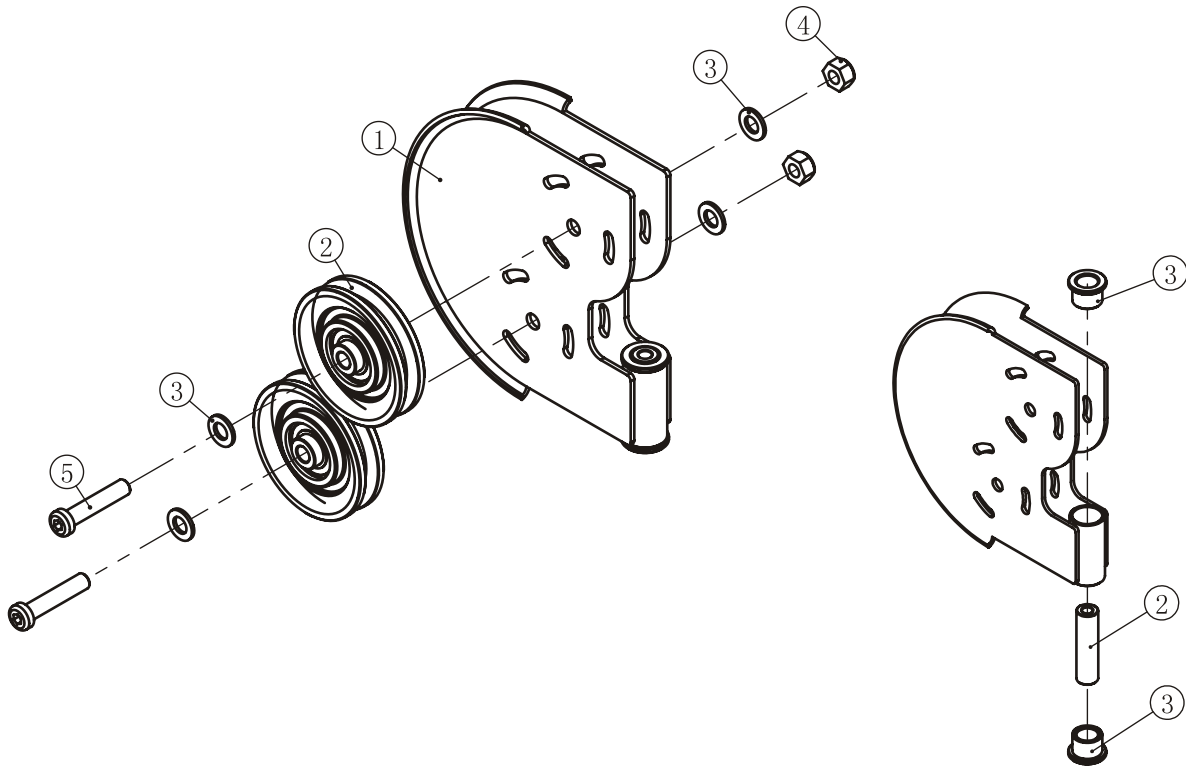


Item No.	Grade No.	Part No.	Description	QTY
1	10.2.1	IT95251900	Slip Frame	1
2	10.2.2	IT95251500	Roller	3
3	10.2.3	IT95251600	Spring Pin	1
4	10.2.4	IT95251700	Grip	1
5	10.2.5	IT95251200	Eccentric Washer	2
6	10.2.6	IT95251300	Front Shroud	1
7	10.2.7	IT95251400	Rear Shroud	1
8	10.2.8	IT95022100	Φ25.4 Aluminum head	1
9	10.2.9	P60015700	Spacer	4
10	10.2.10	GB70M8*115DN20	Socket Head Cap Screw M8*115	3
11	10.2.11	NM8DN2	Nylon Lock Nut M8	5
12	10.2.12	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2
13	10.2.13	IN-S10111200	Stop Collar	2
14	10.2.14	GB958DN2	Flat Washer Φ9*Φ16*1.6	2
15	10.2.15	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
16	10.2.16	GB845ST4.2*16DHS	Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*16	3
17	10.2.17	GB845ST4.2*19DHS	Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*19	2

Exploded View and Parts List

Double Pulley Frame ASSY

Double Pulley Frame Sub ASSY

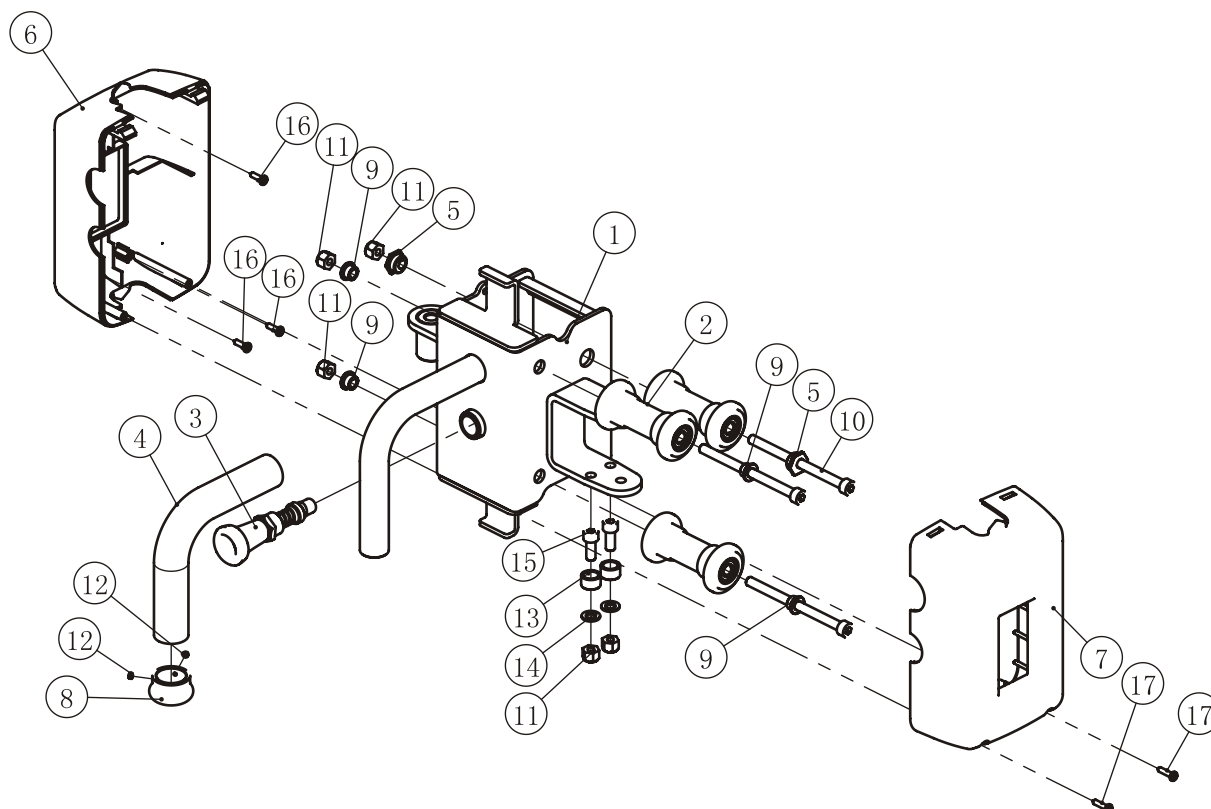


Item No.	Grade No.	Part No.	Description	QTY
1	10.3.1	IT95252000ASSY	Double Pulley Frame Sub ASSY	1
2	10.3.2	M01004800V5	3.5" Pulley	2
3	10.3.3	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	4
4	10.3.4	NM10DN2	Nylon Lock Nut M10	2
5	10.3.5	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	2

Item No.	Grade No.	Part No.	Description	QTY
1	10.3.1.1	IT95252000	Double Pulley Frame	1
2	10.3.1.2	IT95251800	Pin	1
3	10.3.1.3	L1-6800	Spacer	2

Exploded View and Parts List

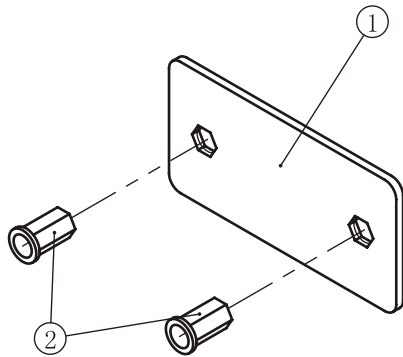
Left Slip Frame Sub ASSY



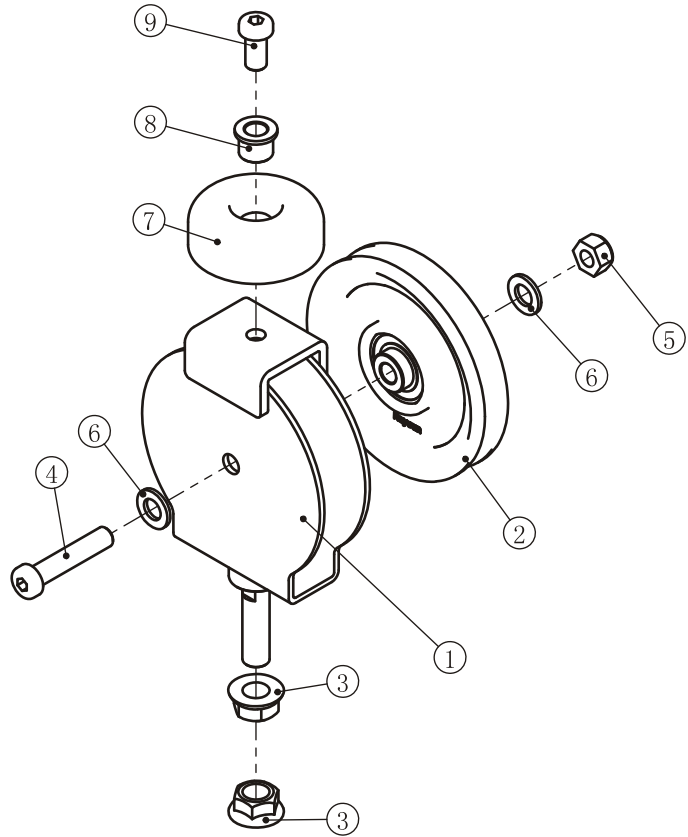
Item No.	Grade No.	Part No.	Description	QTY
1	11.2.1	IT95300800	Left Slip Frame	1
2	11.2.2	IT95251500	Roller	3
3	11.2.3	IT95251600	Spring Pin	1
4	11.2.4	IT95251700	Grip	1
5	11.2.5	IT95251200	Eccentric Washer	2
6	11.2.6	IT95251300	Front Shroud	1
7	11.2.7	IT95251400	Rear Shroud	1
8	11.2.8	IT95022100	Φ25.4 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*19DHS	Cross Recessed Pan Head Self-drilling Tapping Screw ST4.2*19	2

Exploded View and Parts List

Connection Plate ASSY



Pulley Frame ASSY

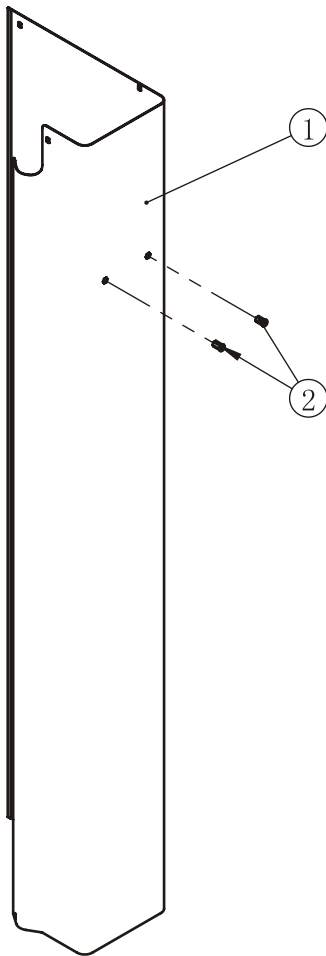


Item No.	Grade No.	Part No.	Description	QTY
1	15.1	IT95301500	Connection Plate	1
2	15.2	GB17880.5M6*16.5DS17	Rivet Nut M6*16.5	2

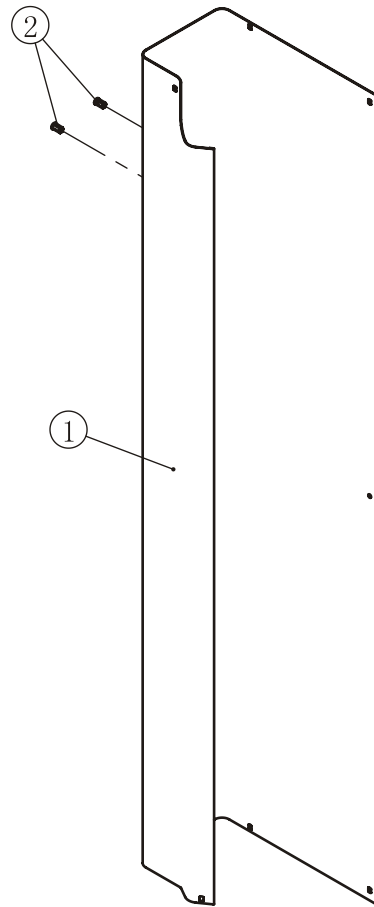
Item No.	Grade No.	Part No.	Description	QTY
1	32.1	IT95155000	Pulley Frame	1
2	32.2	SG500110400V5	4.5" Pulley	1
3	32.3	HF900-03A1002	Hex Flanged Nut	2
4	32.4	GB70BTM10DN18	Socket Head Cap Screw M10*50	1
5	32.5	NM10DN2	Nylon Lock Nut M10	1
6	32.6	GB9510DN2	Flat WasherΦ11*Φ25*2	2
7	32.7	PL90221500	Rubber Bumper	1
8	32.8	M02903100	Spacer Bush	1
9	32.9	GB70BTM10*20DN18	Socket Head Cap Screw M10*20	1

Exploded View and Parts List

Left Front Shroud ASSY



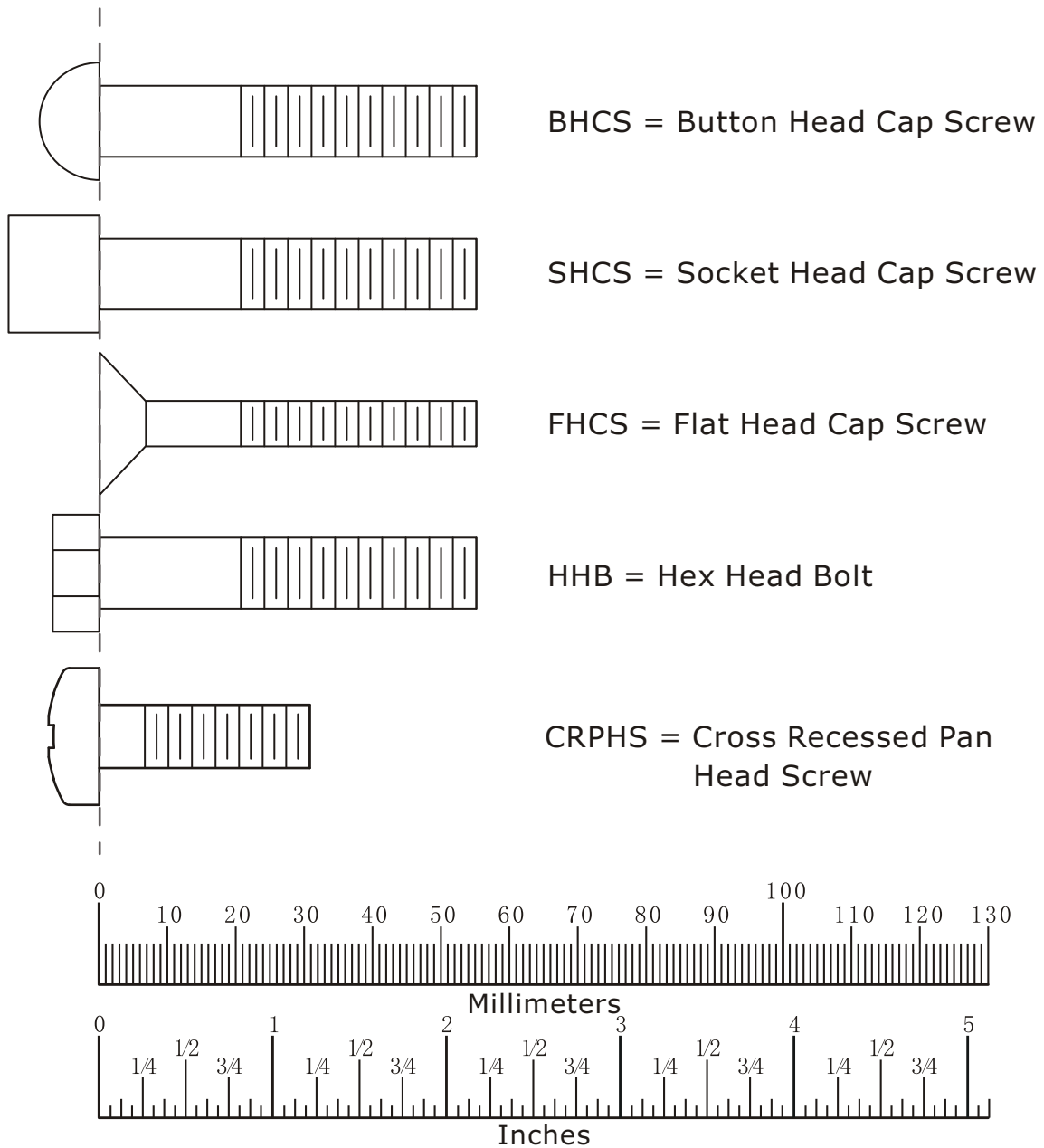
Right Front Shroud ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	13.1	IT95301300	Left Front Shroud	1
2	13.2	GB17880.5M8*19.5DS2	Rivet Nut M8*19.5	2

Item No.	Grade No.	Part No.	Description	QTY
1	14.1	IT95301400	Right Front Shroud	1
2	14.2	GB17880.5M8*19.5DS2	Rivet Nut M8*19.5	2

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

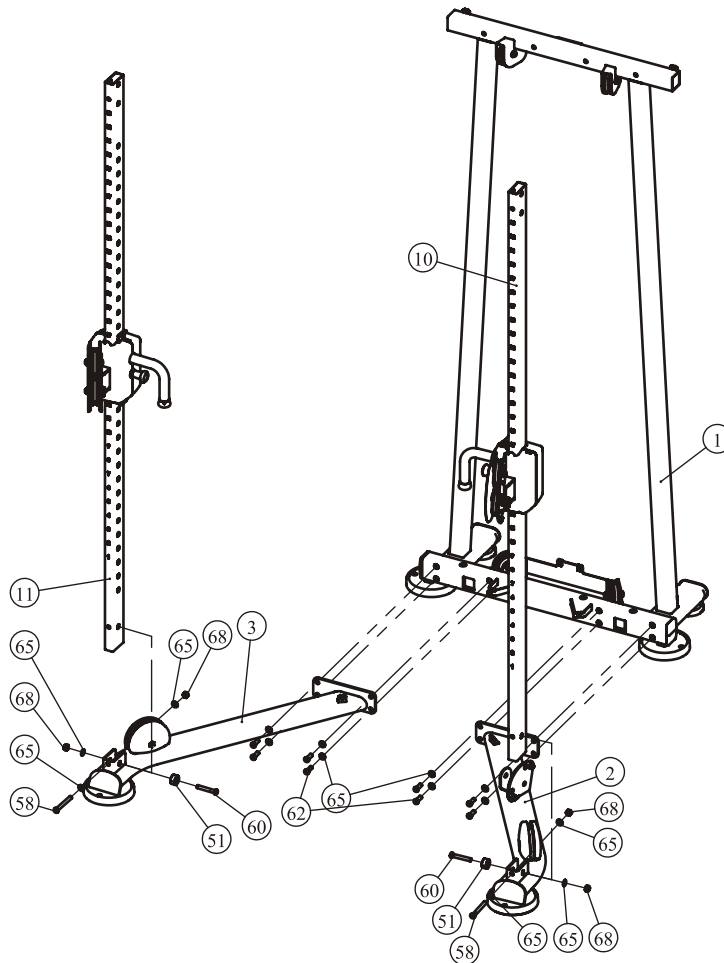
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Left Bottom Cross Frame ASSY (#2) and Right Bottom Cross Frame ASSY (#3) to the Weight Stack Frame ASSY (#1) using:
eight M10*30 SHCS (#62) eight $\Phi 11*\Phi 20*2$ Flat Washer (#65)
2. Attach the Right Adjustable Frame ASSY (#10) to the Left Bottom Cross Frame ASSY (#2) using:
one M10*65 SHCS (#60) one Spacer Bush (#51)
one M10*90 SHCS (#58) three $\Phi 11*\Phi 20*2$ Flat Washer (#65)
two M10 Nylon Lock Nut (#68)
3. Attach the Left Adjustable Frame ASSY (#11) to the Right Bottom Cross Frame ASSY (#3) using:
one M10*65 SHCS (#60) one Spacer Bush (#51)
one M10*90 SHCS (#58) three $\Phi 11*\Phi 20*2$ Flat Washer (#65)
two M10 Nylon Lock Nut (#68)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

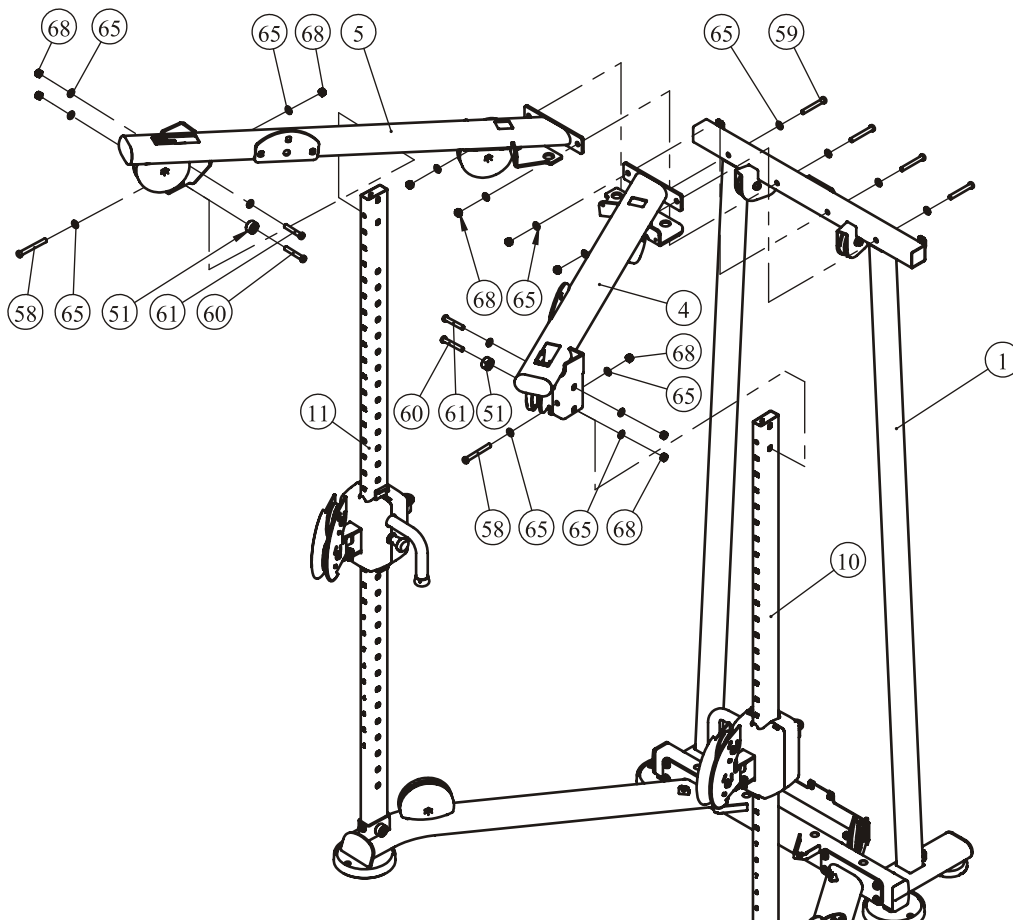
1. Attach the Left Top Cross Frame ASSY (#4) to the Weight Stack Frame ASSY (#1) and the Right Adjustable Frame ASSY (#10) using:

two M10*75 SHCS (#59)	four $\Phi 11*\Phi 20*2$ Flat Washer (#65)
two M10 Nylon Lock Nut (#68)	one M10*90 SHCS (#58)
one M10*65 SHCS (#60)	one M10*60 SHCS (#61)
one Spacer Bush (#51)	five $\Phi 11*\Phi 20*2$ Flat Washer (#65)
three M10 Nylon Lock Nut (#68)	

2. Attach the Right Top Cross Frame ASSY (#5) to the Weight Stack Frame ASSY (#1) and the Left Adjustable Frame ASSY (#11) using:

two M10*75 SHCS (#59)	four $\Phi 11*\Phi 20*2$ Flat Washer (#65)
two M10 Nylon Lock Nut (#68)	one M10*90 SHCS (#58)
one M10*65 SHCS (#60)	one M10*60 SHCS (#61)
one Spacer Bush (#51)	five $\Phi 11*\Phi 20*2$ Flat Washer (#65)
three M10 Nylon Lock Nut (#68)	

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

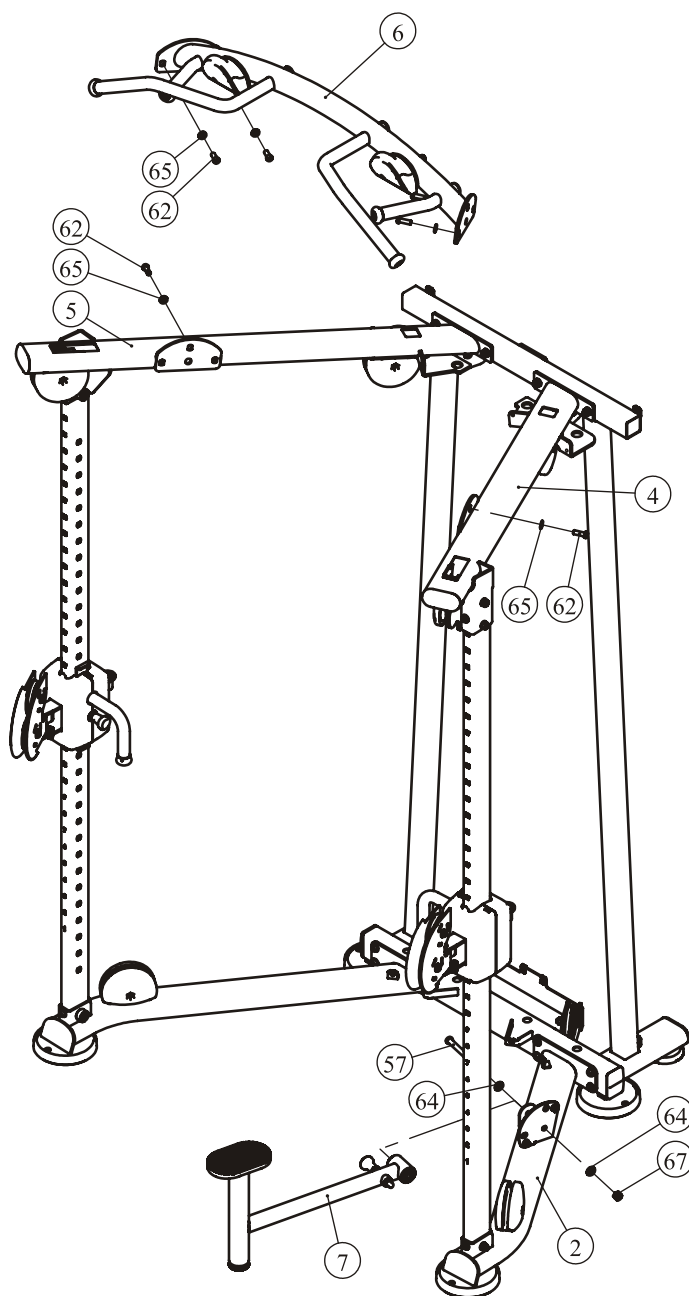


Assembly

STEP 3

1. Attach the Top Connection Frame ASSY (#6) to the Left Top Cross Frame ASSY (#4) and the Right Top Cross Frame ASSY (#5) using:
six M10*30 SHCS (#62) six $\Phi 11*\Phi 20*2$ Flat Washer (#65)
2. Attach the Pedal Frame ASSY (#7) to the Left Bottom Cross Frame ASSY (#2) using:
one M12*105 SHCS (#57) two $\Phi 13*\Phi 24*2.5$ Flat Washer (#64)
one M12 Nylon Lock Nut (#67)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4

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

1. Attach:

four Guide Rod $\Phi 19 \times 1953$ (#38)
four Weight Stack Space (#80)
two Top Plate (#30)

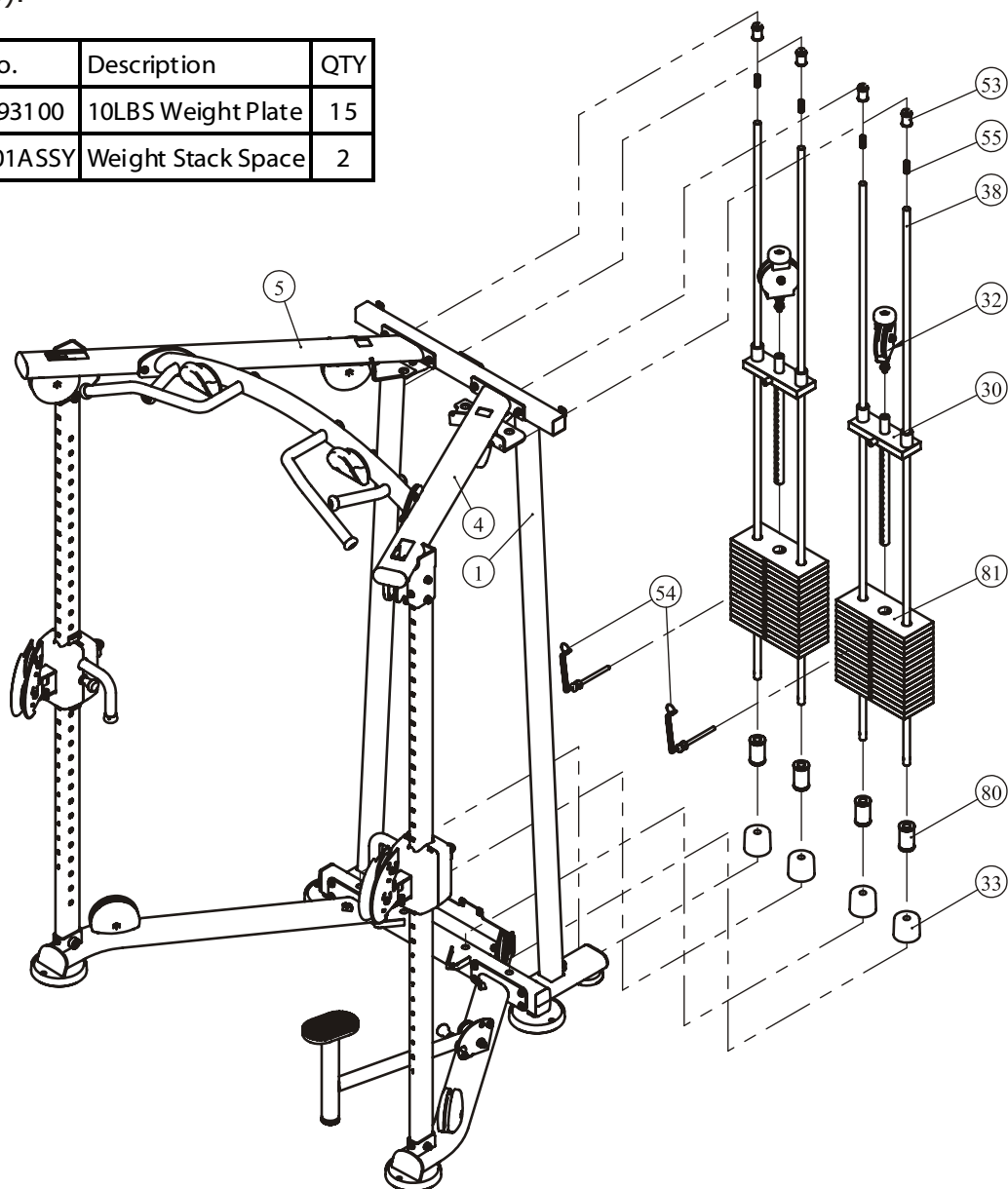
four Weight Rubber Bumper (#33)
thirty Weight Plate 10LBS (#81)

to the Weight Stack Frame ASSY (#1) and the Left Top Cross Frame ASSY (#4)/the Right Top Cross Frame ASSY (#5) using:

four Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#53) four Spring (#55)

2. Attach two Selector Pin W/Coil (#54) and two Pulley Frame ASSY (#32) to the Top Plate (#30).

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



Assembly

STEP 4

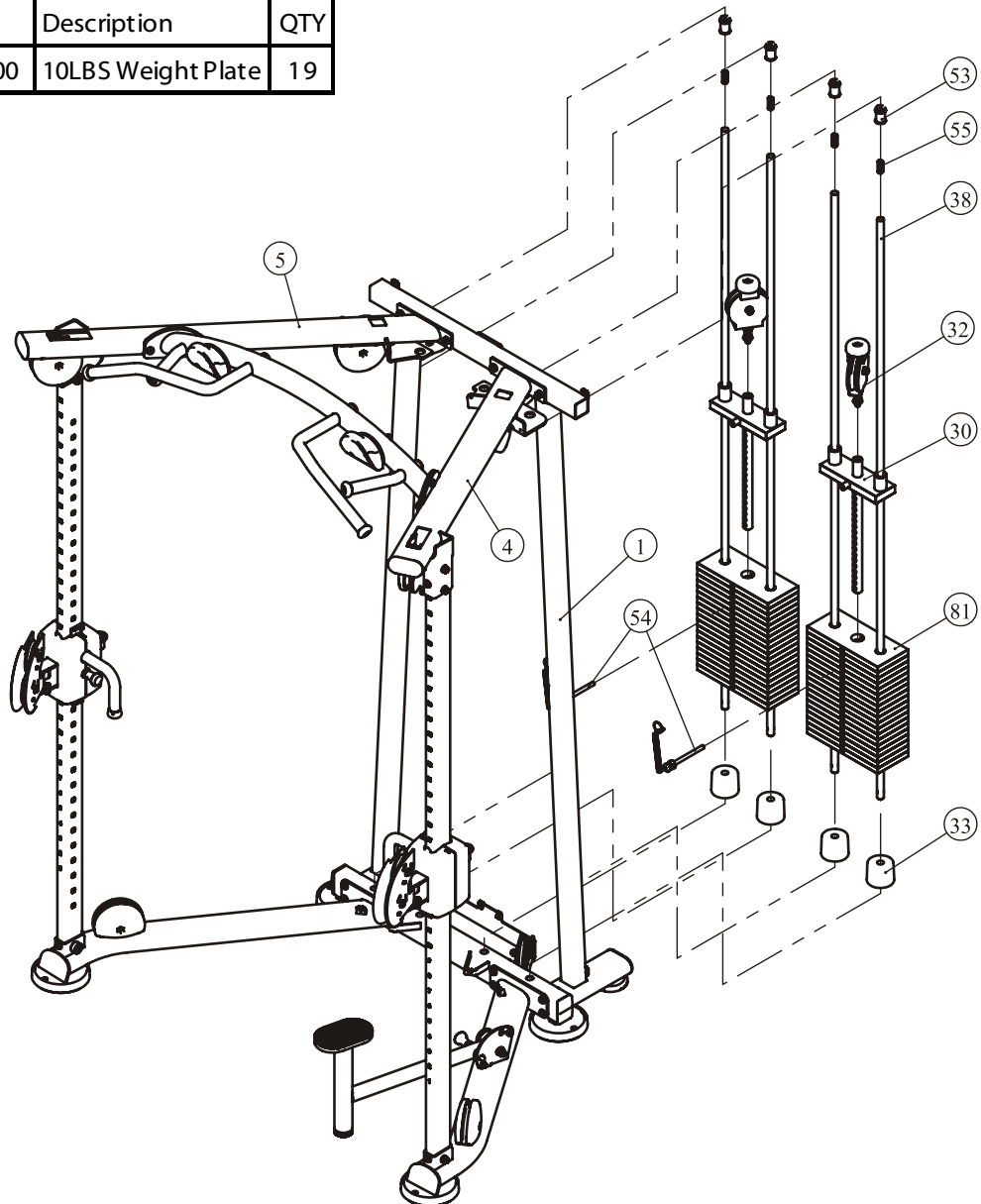
Here is the assembly instruction for **200LBS Weights !**

1. Attach:

four Guide Rod $\Phi 19 \times 1953$ (#38) four Weight Rubber Bumper (#33)
 thirty-eight Weight Plate 10LBS (#81) two Top Plate (#30)
 to the Weight Stack Frame ASSY (#1) and the Left Top Cross Frame ASSY (#4)/the
 Right Top Cross Frame ASSY (#5) using:

four Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#53) four Spring (#55)
 2. Attach two Selector Pin W/Coil (#54) and two Pulley Frame ASSY (#32) to the Top
 Plate (#30).

GradeNo.	Part No.	Description	QTY
81	FE97193100	10LBS Weight Plate	19



Assembly

STEP 4

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

1. Attach:

four Guide Rod $\Phi 19 \times 1953$ (#38)
four Weight Stack Space (#80)
two Top Plate (#30)

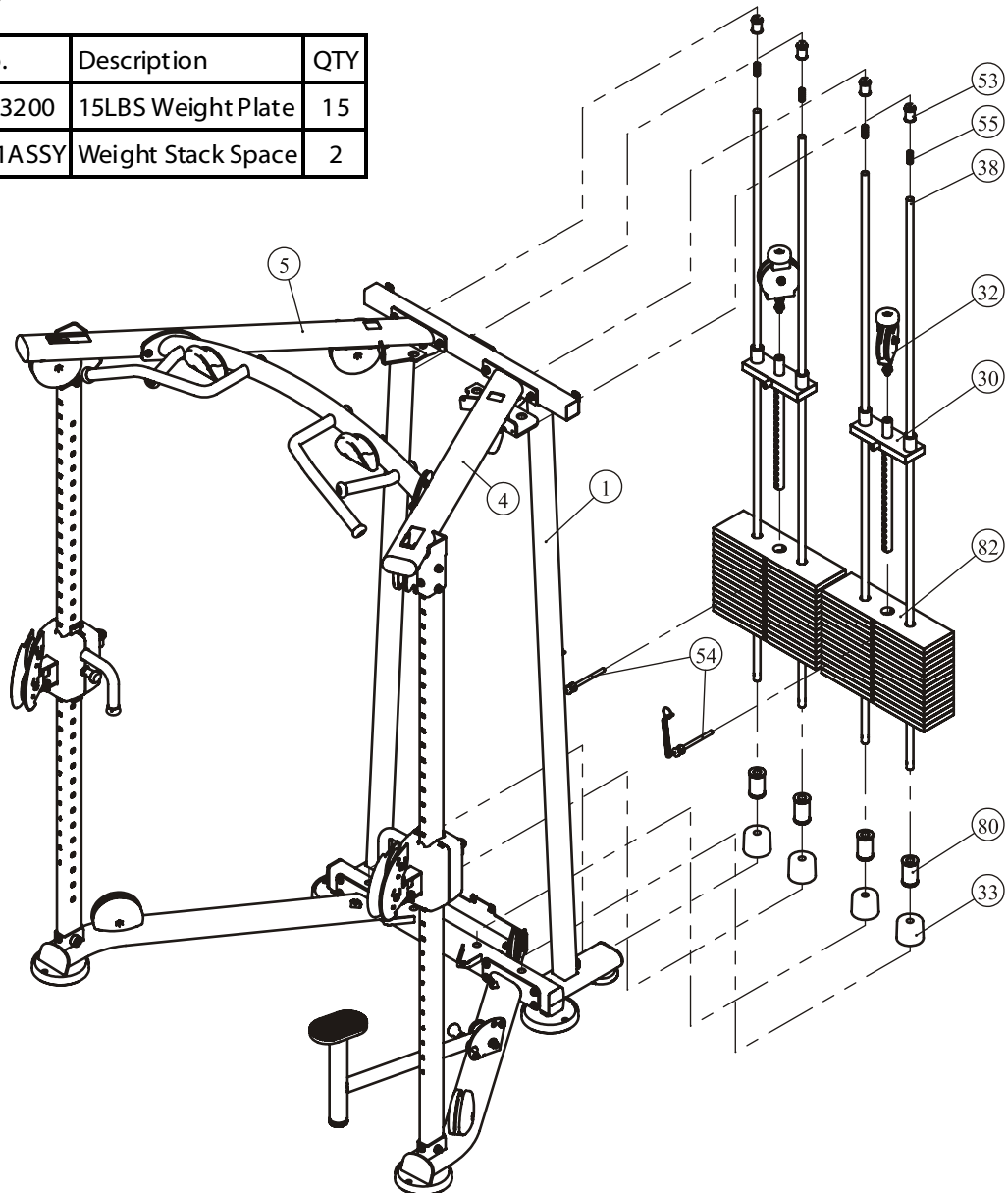
four Weight Rubber Bumper (#33)
thirty Weight Plate 15LBS (#82)

to the Weight Stack Frame ASSY (#1) and the Left Top Cross Frame ASSY (#4)/the Right Top Cross Frame ASSY (#5) using:

four Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#53) four Spring (#55)

2. Attach two Selector Pin W/Coil (#54) and two Pulley Frame ASSY (#32) to the Top Plate (#30).

Grade No.	Part No.	Description	QTY
82	FE97193200	15LBS Weight Plate	15
80	FEWS01ASSY	Weight Stack Space	2



Assembly

STEP 4

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

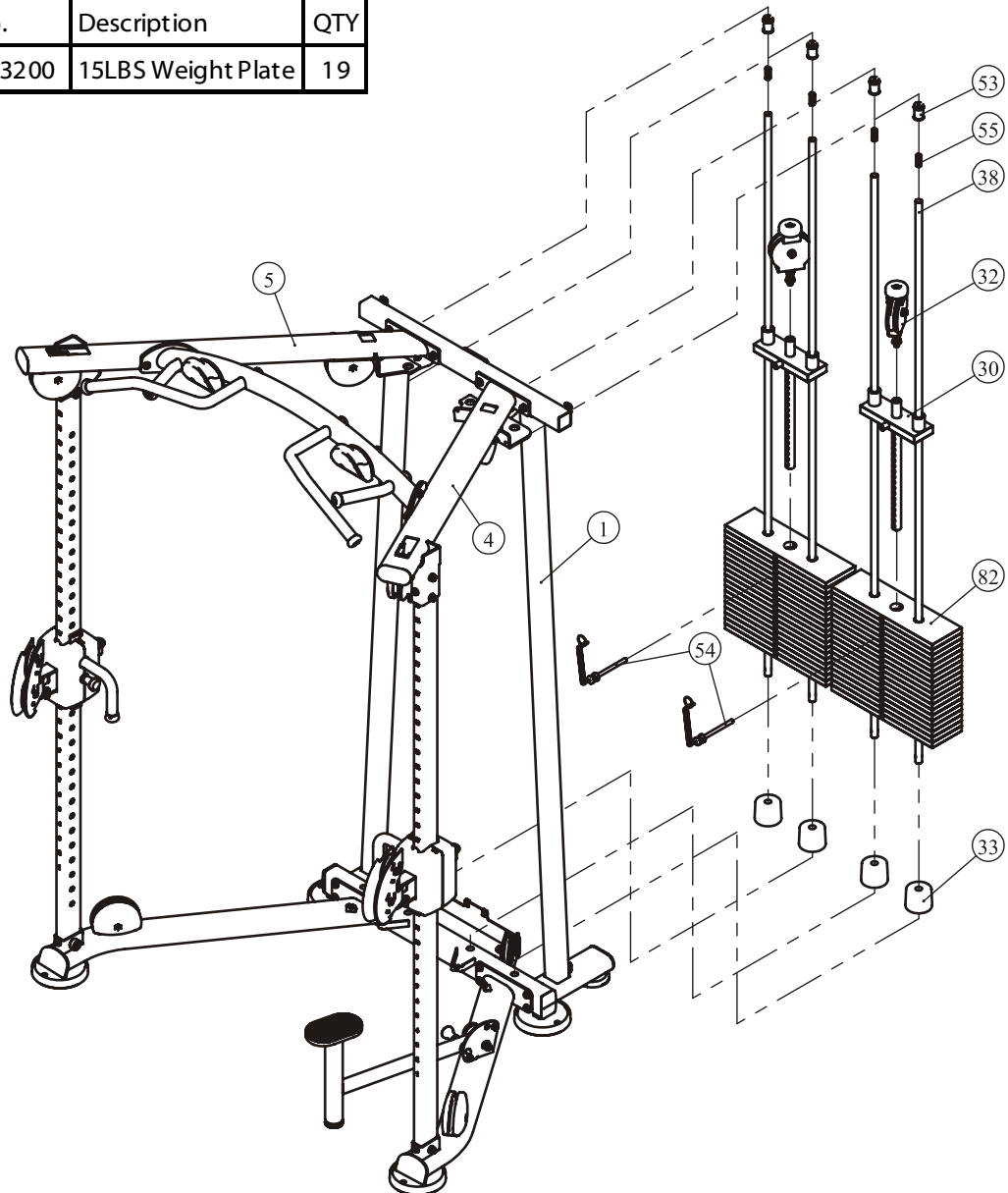
1. Attach:

four Guide Rod $\Phi 19 \times 1953$ (#38) four Weight Rubber Bumper (#33)
 thirty-eight Weight Plate 15LBS (#82) two Top Plate (#30)
 to the Weight Stack Frame ASSY (#1) and the Left Top Cross Frame ASSY (#4)/the
 Right Top Cross Frame ASSY (#5) using:

four Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#53) four Spring (#55)

2. Attach two Selector Pin W/Coil (#54) and two Pulley Frame ASSY (#32) to the Top Plate (#30).

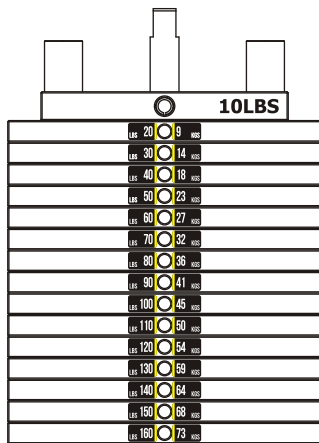
GradeNo.	Part No.	Description	QTY
82	FE97193200	15LBS Weight Plate	19



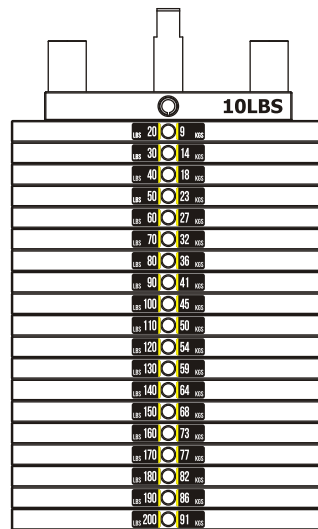
Assembly

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

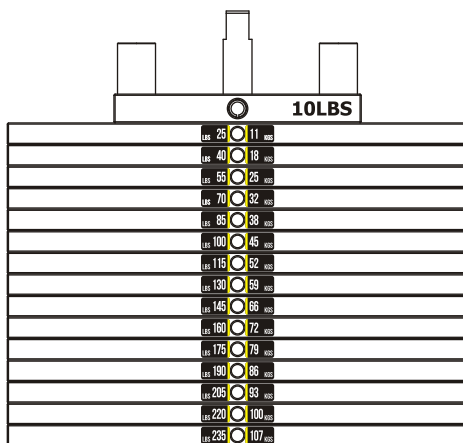


20-160LBS

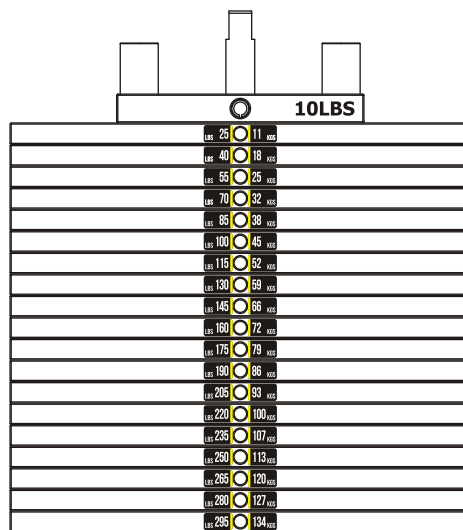


20-200LBS

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

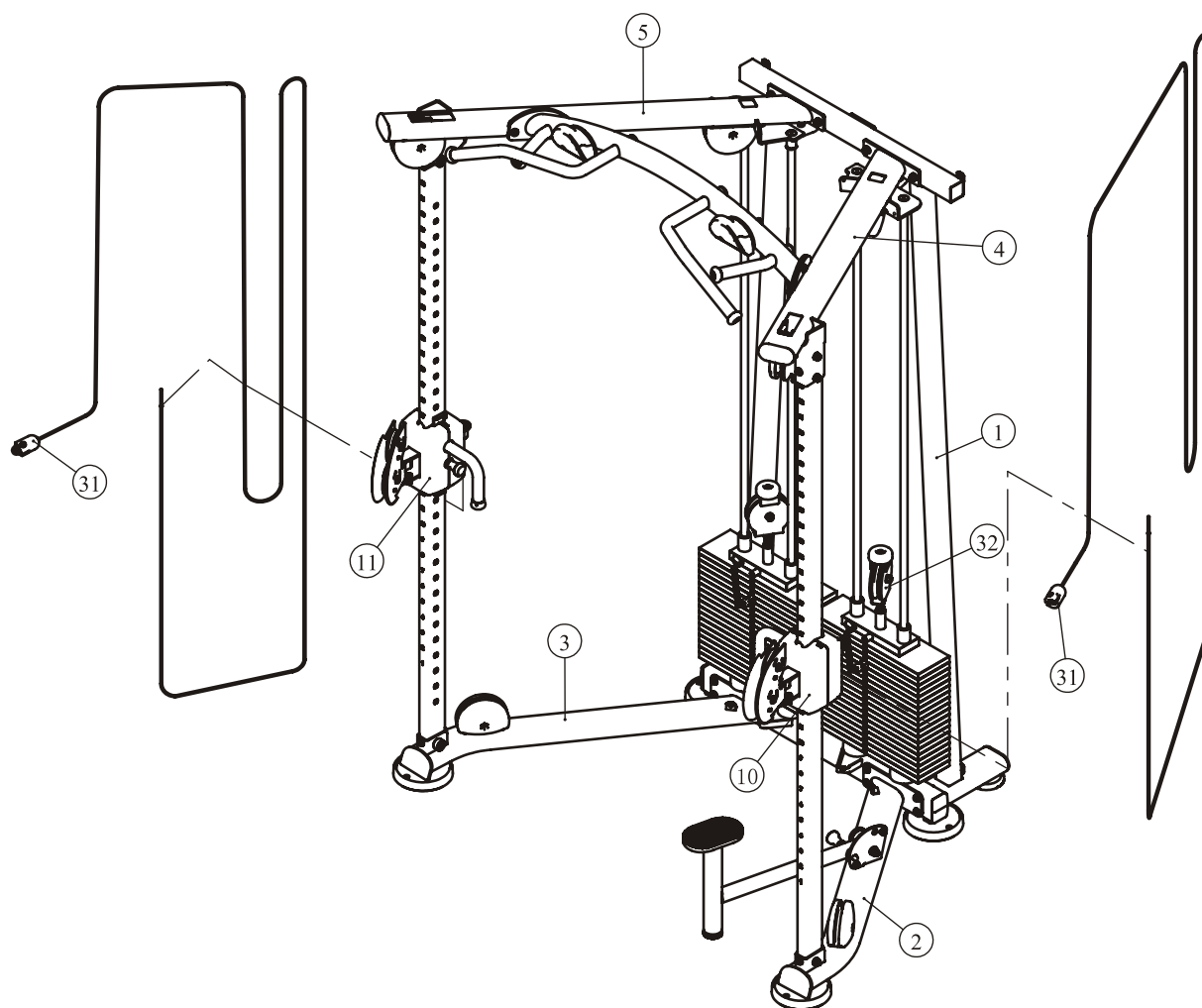
Assembly

STEP 5

Attach the two Cable (#31) according to the view.

Note: 1. Before attach the cable, you should Unlock the Bolt using Hex Key S=3/16" (#73).

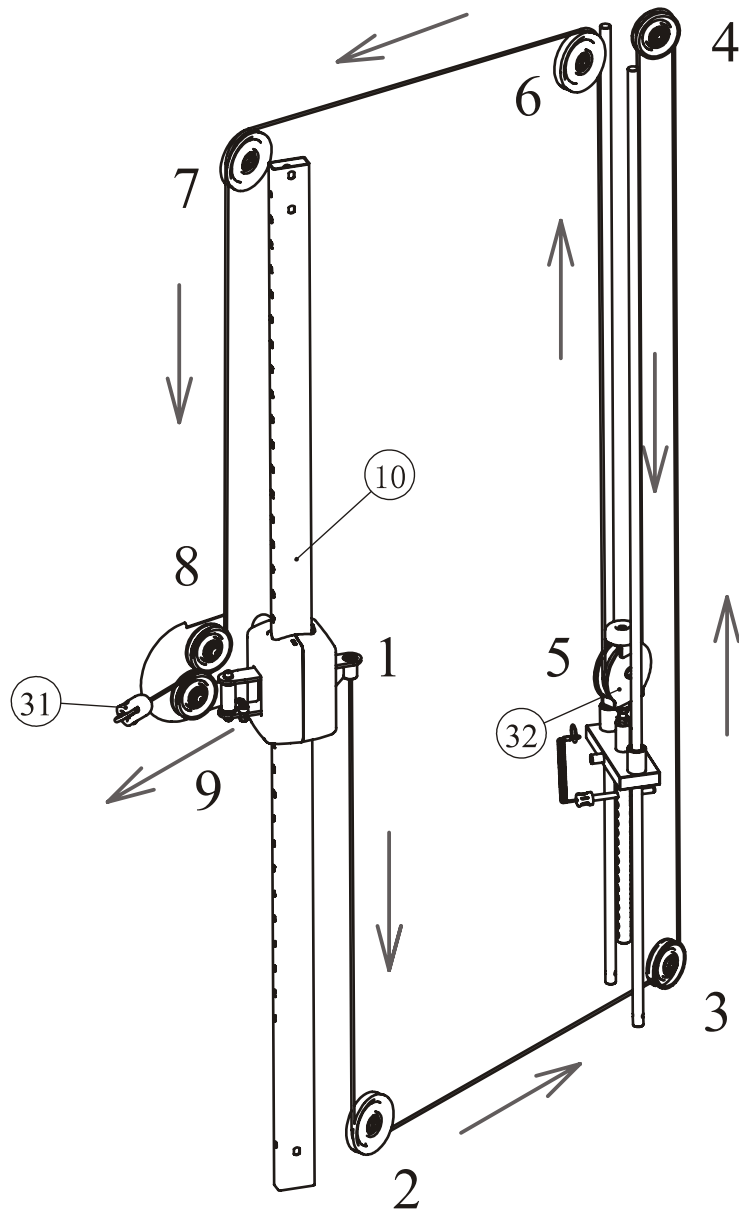
2. Pay attention to the position.



Assembly

STEP 5

Note: Pay attention to the position.

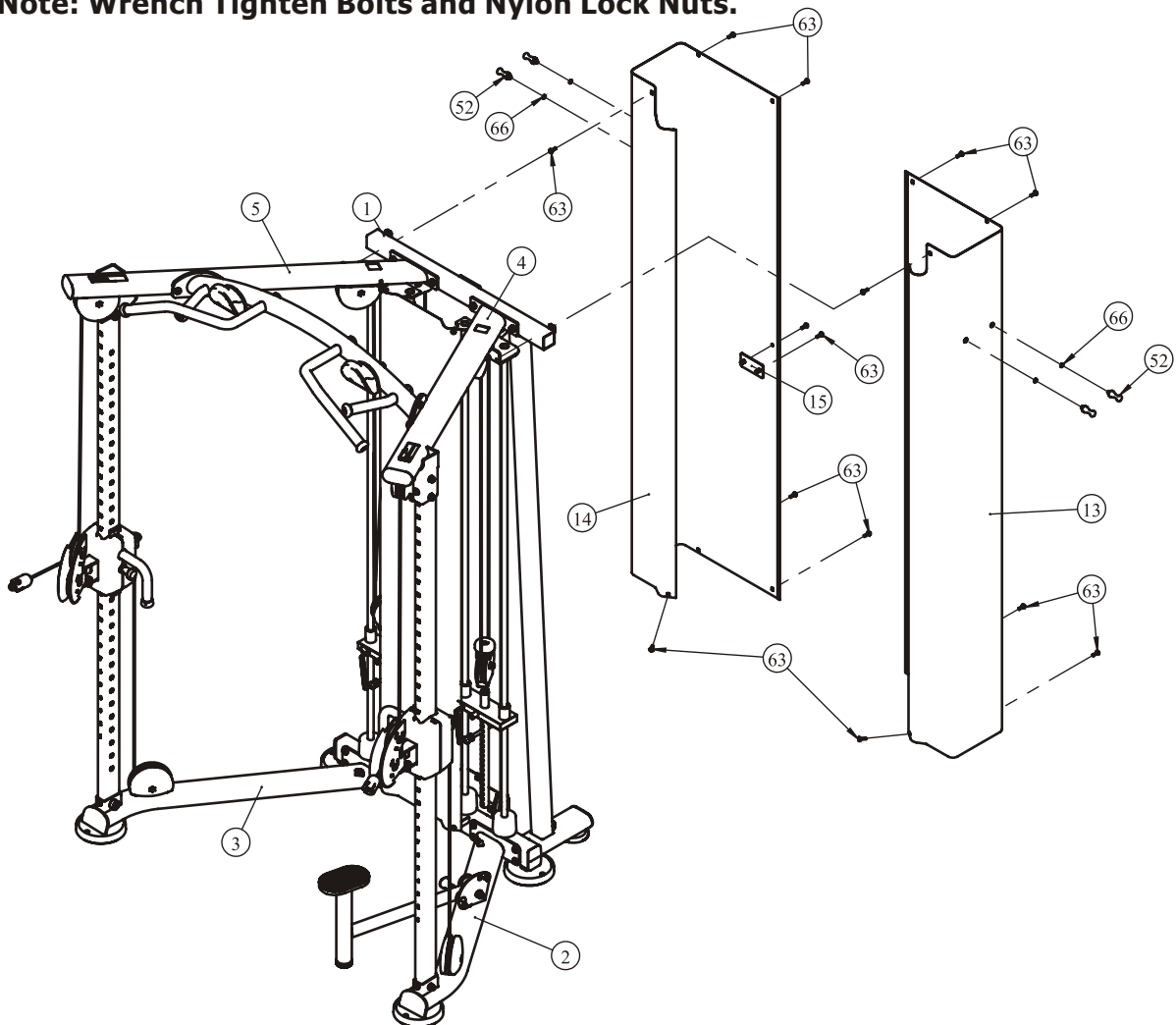


Assembly

STEP 6

1. Attach the Connection Plate ASSY (#15) to the Right Front Shroud ASSY (#14) using:
one M6*20 CRPHS (#63)
2. Attach the four Hanger Column (#52) and four $\Phi 8$ Spring Washer (#66) to the Right Front Shroud ASSY (#14) and the Left Front Shroud ASSY (#13).
3. Attach the Right Front Shroud ASSY (#14) to the Weight Stack Frame ASSY (#1), the Right Bottom Cross Frame ASSY (#3) and the Right Top Cross Frame ASSY (#5) using:
six M6*20 CRPHS (#63)
4. Attach the Left Front Shroud ASSY (#13) to the Weight Stack Frame ASSY (#1), the Left Bottom Cross Frame ASSY (#2) and the Left Top Cross Frame ASSY (#4) using:
six M6*20 CRPHS (#63)
5. Attach the Left Front Shroud ASSY (#13) to the Connection Plate ASSY (#15) using:
one M6*20 CRPHS (#63)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



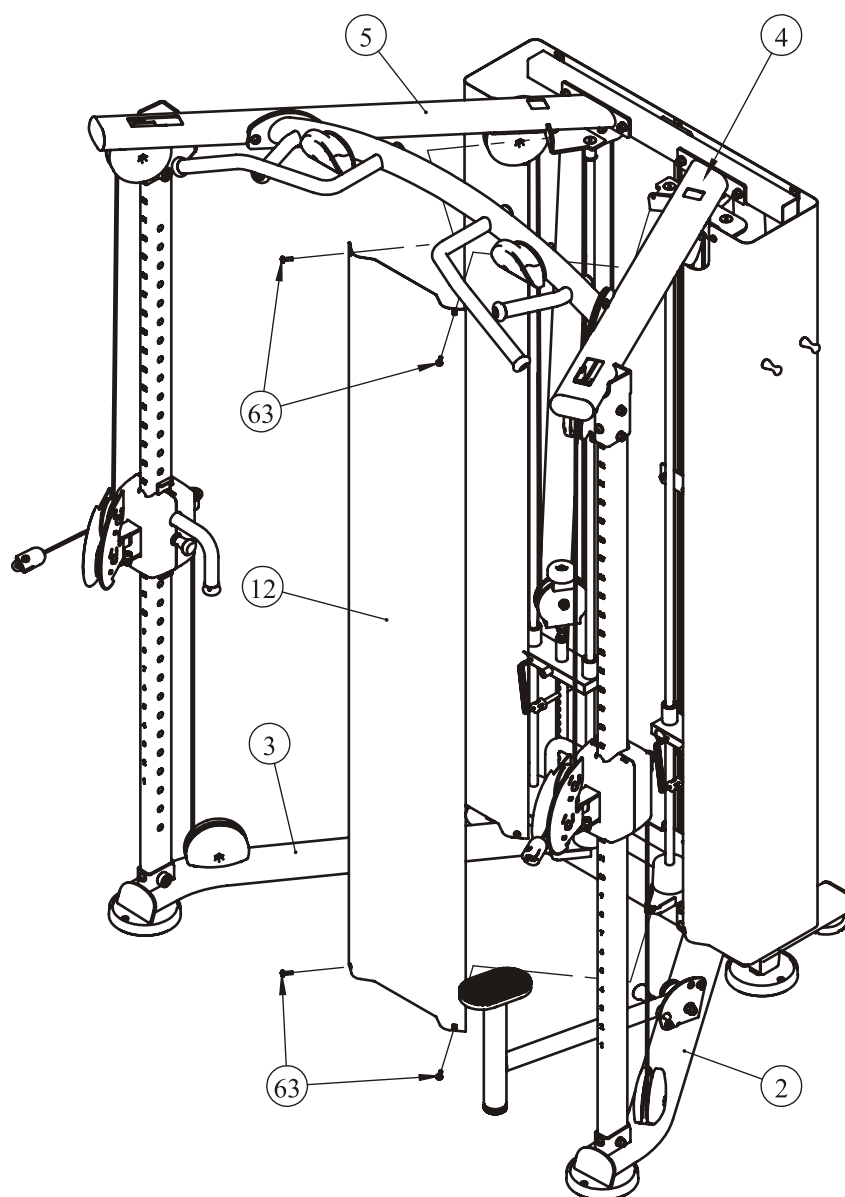
Assembly

STEP 7

Attach the Front Shroud (#12) to the Machine using:

four M6*20 CRPHS (#63)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust Instructions

Two Slip Frame Adjustment

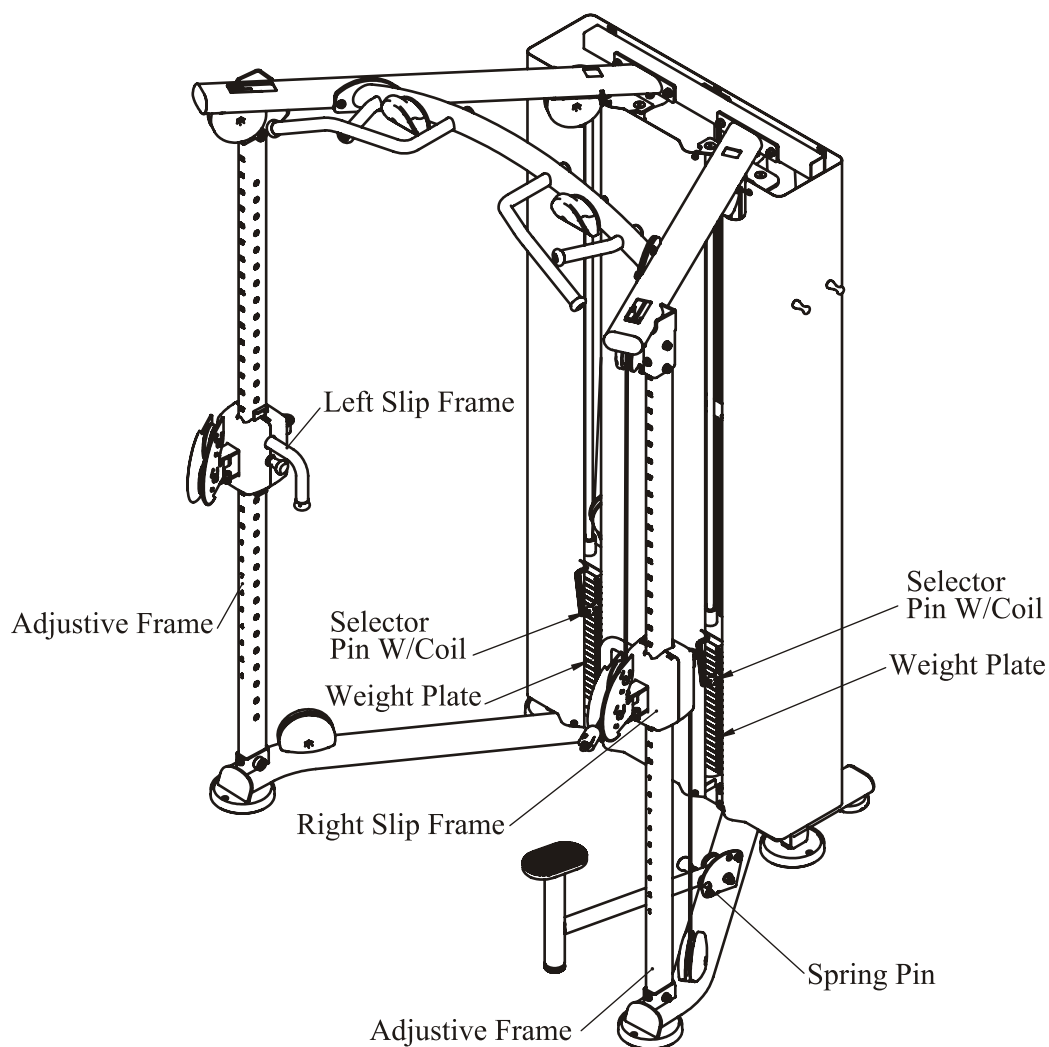
1. Adjust the Left or Right Slip Frame to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin

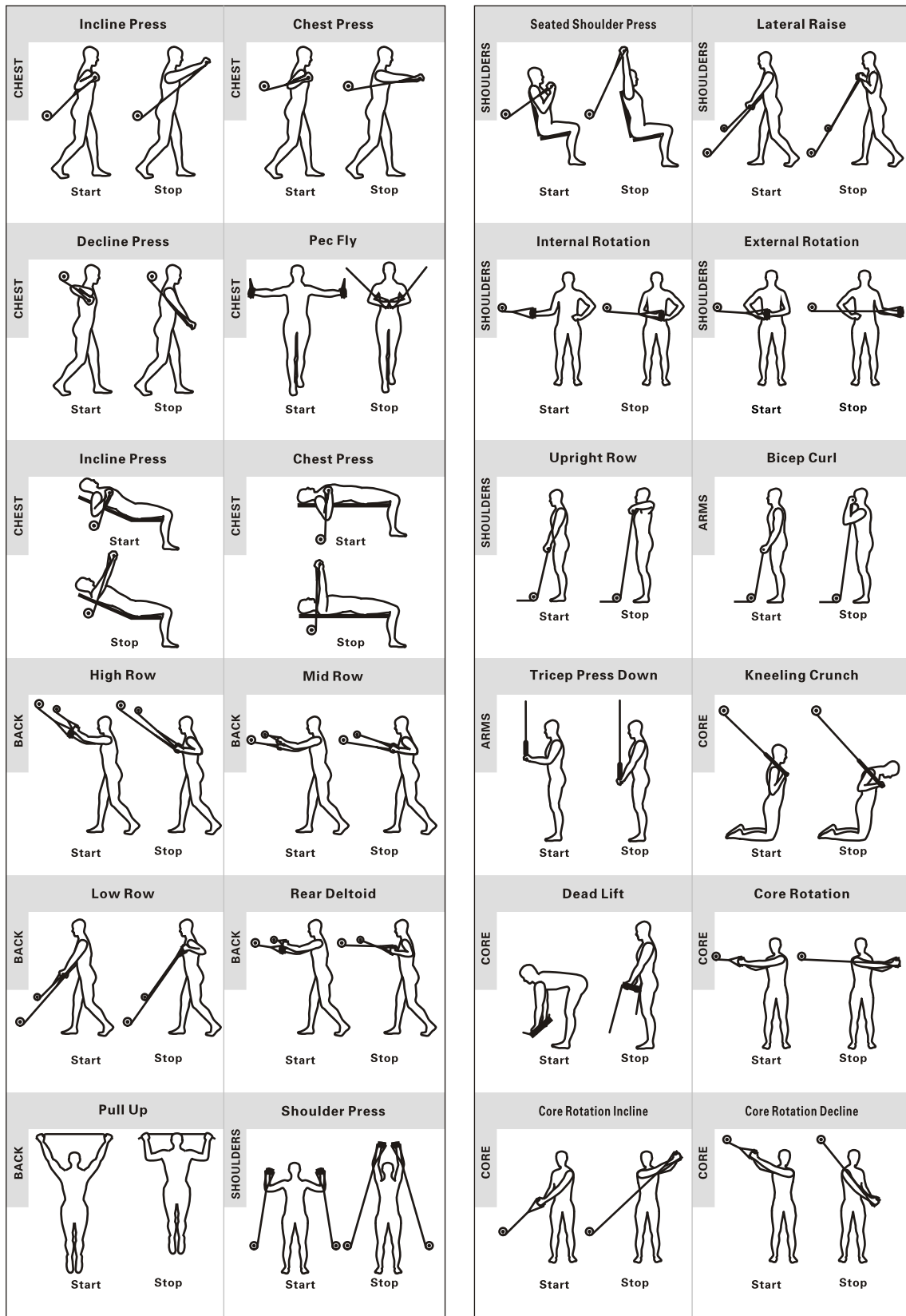
1. Select an appropriate Weight and put the Selector Pin into the hole on it.
2. Make sure the Selector pin gets into the hole completely.

Pedal Frame Adjustment

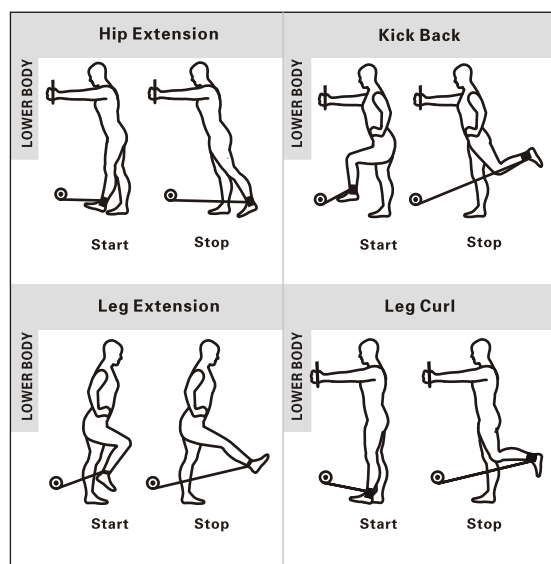
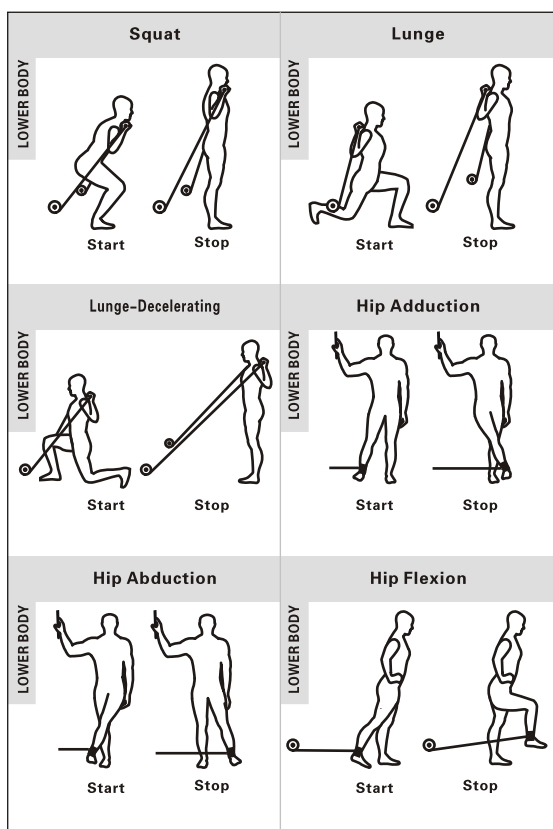
1. Pull the Spring Pin, let down the Pedal Frame and put the Selector Pin into the hole on it.
2. Make sure the Selector pin gets into the hole completely.



Exercise Instructions



Exercise Instructions



Maintenance Schedule

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

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

General Maintenance Information

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

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

Upholstery:

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

Decals:

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

Nuts and Bolts:

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

Anti-Skid Surfaces:

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

Belts and Cables:

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

Belt and Cable Tension:

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

Seat Sleeves, Guide Rods:

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

Linear Bearings:

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

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

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

Always consult your physician before starting any exercise program.

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

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

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

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

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

