



FE9701

CHEST PRESS

OWNER'S MANUAL

Rev A2 17ZV3

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.

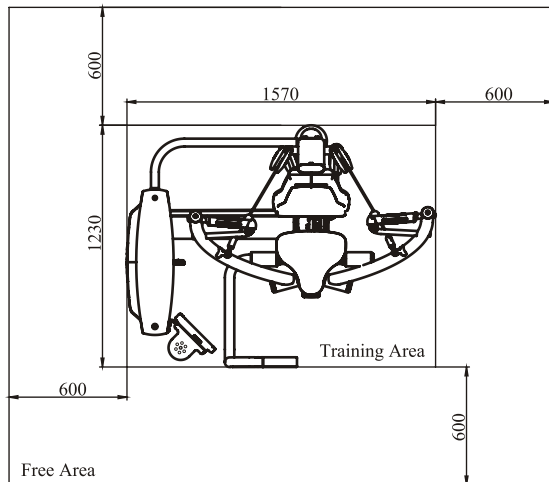
Important Safety Instructions

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: 1570*1230mm

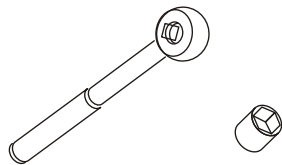
Product Total Mass: 169.7kg/ 374lbs

Instructions

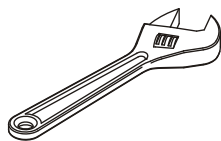
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

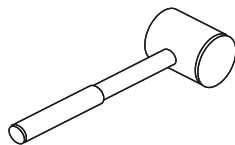
Tools Required



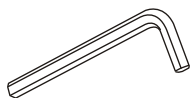
Ratchet Wrench and Socket



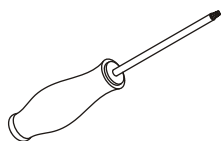
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

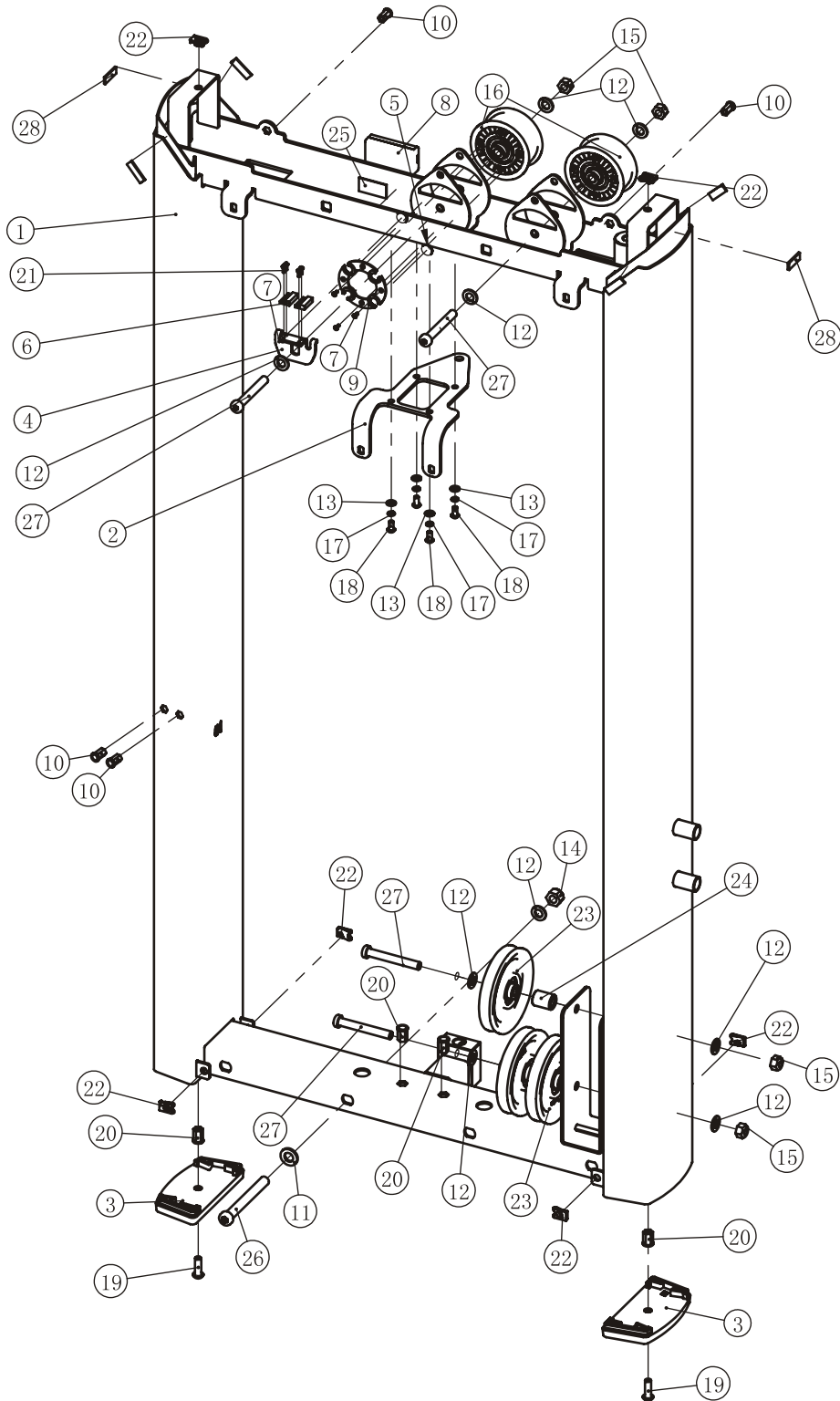
Exploded View and Parts List

Weight Stack Frame Assy

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	FE97010100V1	Weight Stack Frame	1
2	1.2	FE97211200	Top clamping plate	1
3	1.3	FE97011500	Foot Plate	2
4	1.4	FE97122000	Plate for Sensor	1
5	1.5	IE951814700	Magnetic Iron	2
6	1.6	FE97123000	Cover for Magnetic Iron	1
7	1.7	GB846ST2.9*9.5DS	Screw ST2.9*9.5	4
8	1.8	DQDCH02	Cell Box	1
9	1.9	SMJ20*1*1000	Double faced adhesive tape	0.1
10	1.10	DQCGQ01	Sensor	2
11	1.11	GB17880.5M6*16.5DS17	Rivet Nut M6	4
12	1.12	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
13	1.13	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	8
14	1.14	GB956DN2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	4
15	1.15	NM12DN2	Nylon Lock Nut M12	1
16	1.16	NM10DN2	Nylon Lock Nut M10	4
17	1.17	FE97123900	Belt Pulley $\Phi 76$	2
18	1.18	GB936N19	Spring Washer $\Phi 6$	4
19	1.19	PNLM6*12DN20	Button Head Cap Screw M6*12	4
20	1.20	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	1
21	1.21	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	4
22	1.22	PNLM8*25DN20	Button Head Cap Screw M8*25	2
23	1.23	GB17880.5M8*16.5DCS17	Rivet Nut M8	4
24	1.24	GB818M3*8DS2	Screw M3*8	4
25	1.25	AC32705800	U-nut M6	6
26	1.26	SG500110400V2	4.5" Pulleys	3
27	1.27	FE97193400	Pulleys Spacer	1
28	1.28	YDMJ12*2*30	Hard Single-sided Adhesive Tape	6

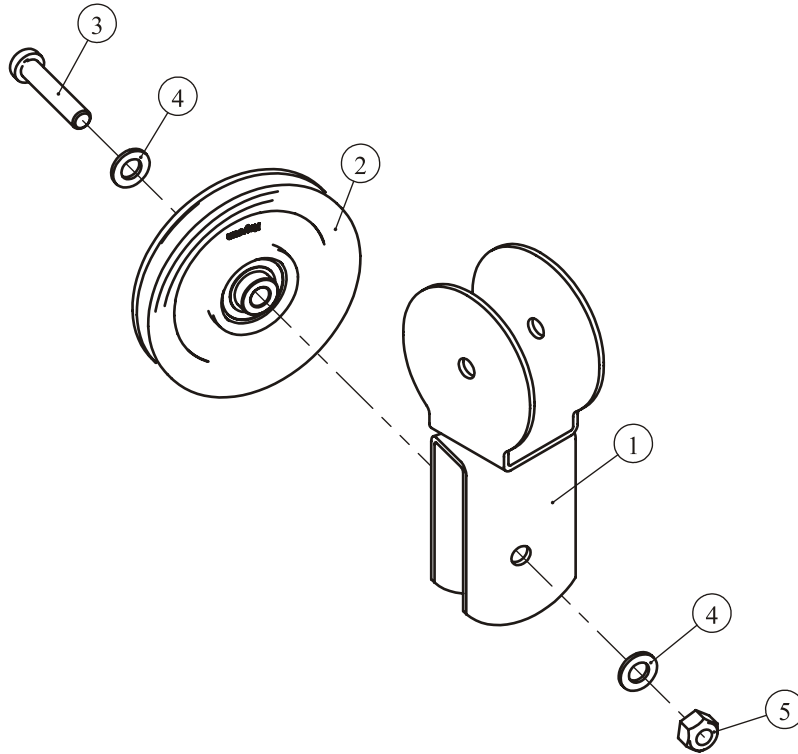
Exploded View and Parts List

Weight Stack Frame Assy



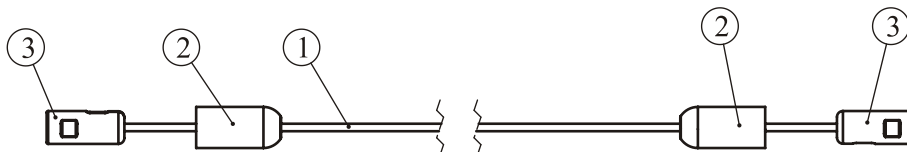
Exploded View and Parts List

Movable Block Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	87.1	FE97120800	Movable Block Frame	1
2	87.2	SG500110400V2	4.5" Pulleys	1
3	87.3	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
4	87.4	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	2
5	87.5	NM10DN2	Nylon Lock Nut M10	1

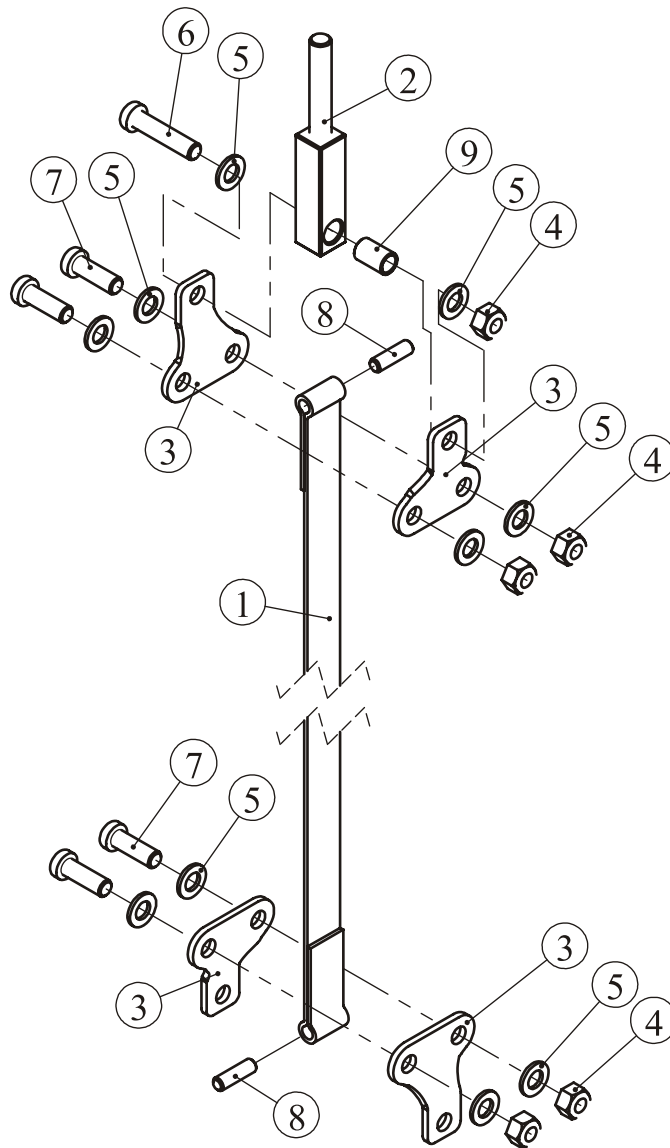
Cable ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	FE97124000	Cable	1
2	11.2	FE970113100	Cable Connector Jacket	2
3	11.3	FE970113200	Cable Connectors	2

Exploded View and Parts List

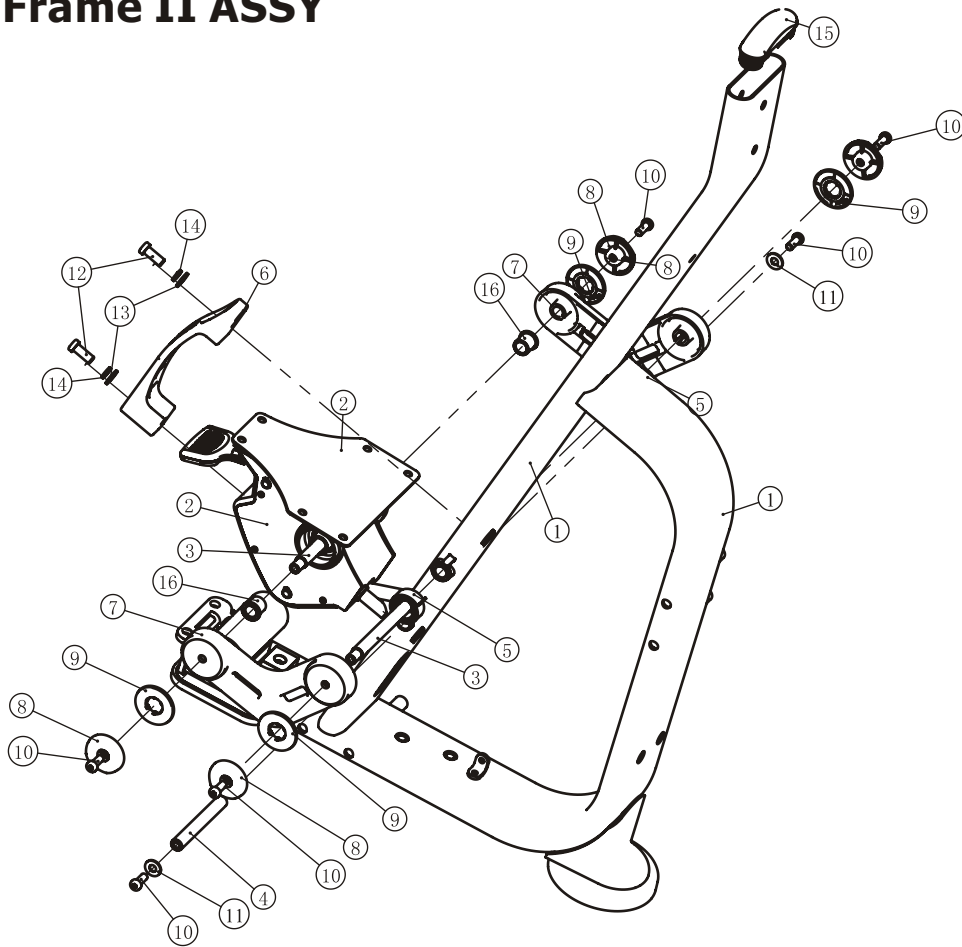
Belt ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	45.1	FE97214500	Belt	1
2	45.2	FE97214700	Square Adjustment Lever	1
3	45.3	FE97193300	Fastening Plate	4
4	45.4	NM10DN2	Nylon Lock Nut M10	5
5	45.5	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	10
6	45.6	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
7	45.7	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
8	45.8	200105110402	Locating Pin $\Phi 8 * 28$	2
9	45.9	FE972111500	Spacer $\Phi 13 * \Phi 10.3 * 21$	1

Exploded View and Parts List

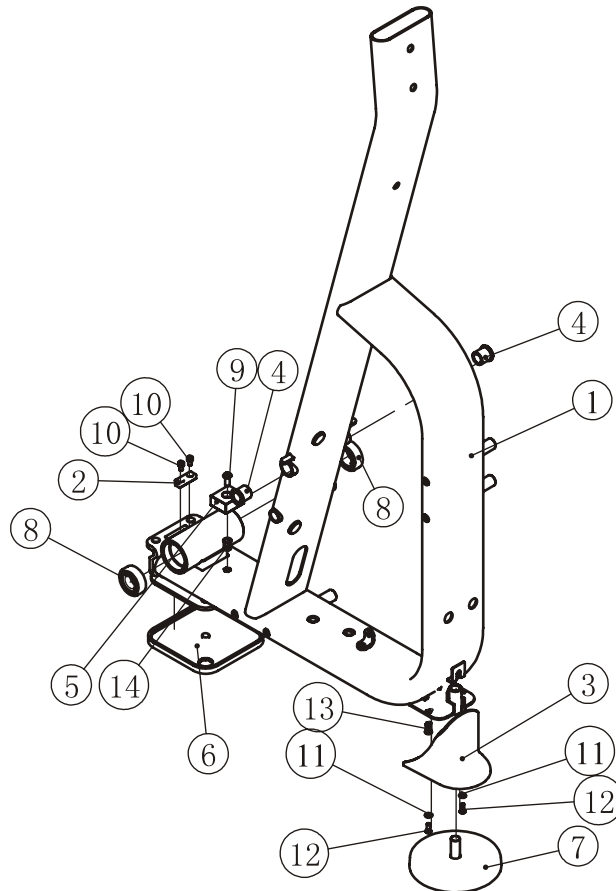
Main Frame II ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	FE97010200V1ASSY	Main Frame I ASSY	1
2	2.2	FE970113ASSY	Seat Frame ASSY	1
3	2.3	FE97011900	Seat Pad Shaft $\Phi 18*190$	2
4	2.4	FE97013000	Shaft $\Phi 18*140$	1
5	2.5	FE97012400	Scroll Spring	2
6	2.6	FE970113800	Seat Adjustment Plate	1
7	2.7	FE97013100	Aluminum Support	2
8	2.8	FE97211900	Cap $\Phi 60$	4
9	2.9	FE97212000	Circle Ring $\Phi 62.5*5$	4
10	2.10	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	6
11	2.11	DQ10N19B	Flat Washer $\Phi 11*\Phi 25*2$	2
12	2.12	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
13	2.13	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
14	2.14	GB9312N19	Spring Washer $\Phi 12$	2
15	2.15	FE97211500	Plug RT40*133*3	1
16	2.16	RS1302C11000	Spacer $\Phi 29*\Phi 18*25$	2

Exploded View and Parts List

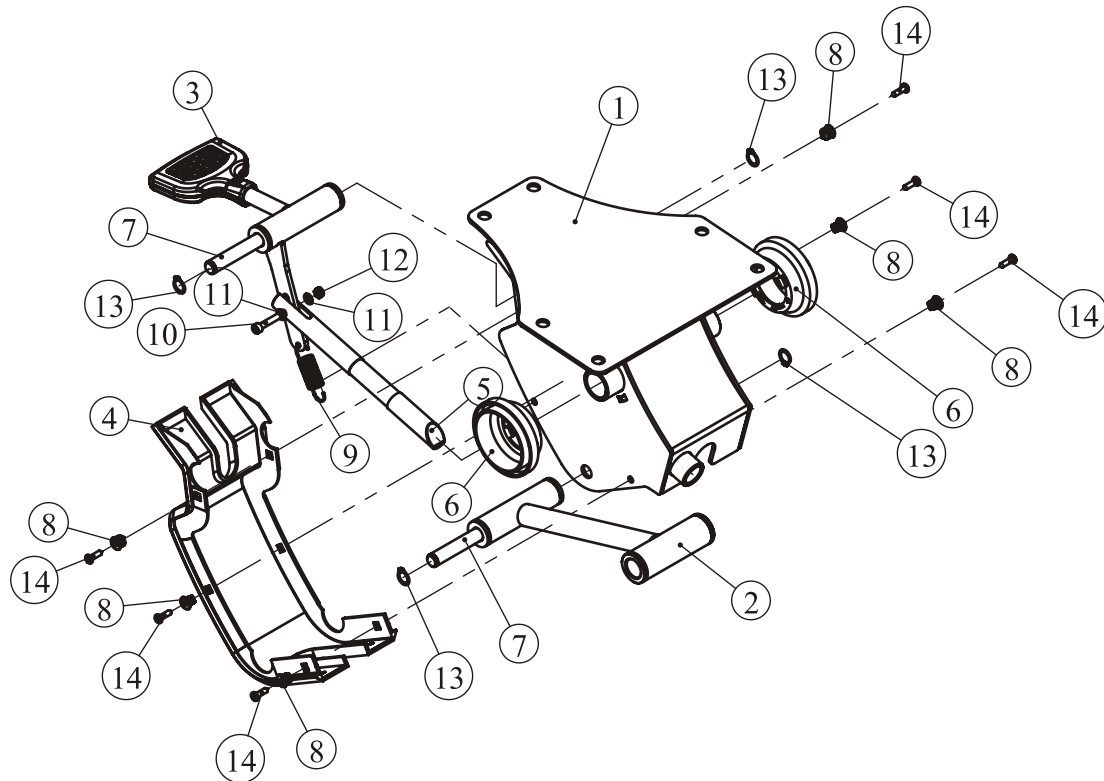
Main Frame I ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1.1	FE97010200	Main Frame	1
2	2.1.2	FE970114400	Rubber Bumper 16*40*9.8	1
3	2.1.3	FE97211700	Rear ground plastic cover	1
4	2.1.4	RS1302C11000	Spacer $\Phi 29 * \Phi 18 * 25$	2
5	2.1.5	BNH0514	Plug Bumper $\Phi 38 * 19.5$	1
6	2.1.6	CWRVL0051200	Foot Plate	1
7	2.1.7	IT93201800	Adjustable Foot plate	1
8	2.1.8	GB2766205-2Z	Bearing 6205-2Z	2
9	2.1.9	PNLM8*20N19	Button Head Cap Screw M8*20	1
10	2.1.10	GB70M6*10N19	Socket Head Cap Screw M6*10	2
11	2.1.11	GB956DN2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	2
12	2.1.12	PNLM6*15DN20	Button Head Cap Screw M6*15	2
13	2.1.13	GB17880.5M6*16.5DS17	Rivet Nut M6	2

Exploded View and Parts List

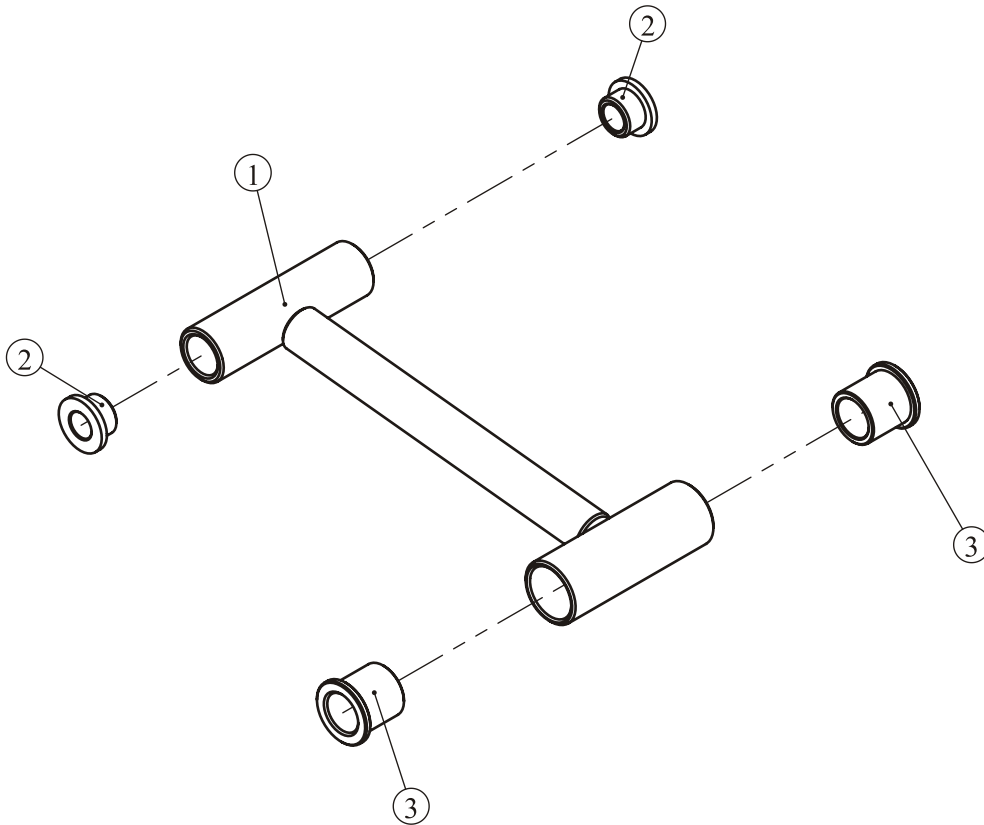
Seat Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.2.1	FE97011300	Seat Frame	1
2	2.2.2	FE970114ASSY	Lower Rotating Frame ASSY	1
3	2.2.3	FE970128ASSY	Seat Adjustment Handle Frame ASSY	1
4	2.2.4	FE970113500	Seat Cover	1
5	2.2.5	FE97012100	Pin axle	1
6	2.2.6	FE970114300	Seat Pad Calibration Board	2
7	2.2.7	FE97012000	Shaft $\Phi 12*109$	2
8	2.2.8	ECU7P3500	Plastic Quick Nut	6
9	2.2.9	KPSFID2400	Spring $\Phi 1.5*\Phi 13*43$	1
10	2.2.10	GB70M5*25N19	Socket Head Cap Screw M5*25	1
11	2.2.11	GB955N19	Flat Washer $\Phi 5.5*\Phi 10*1$	2
12	2.2.12	NM5N19	Nylon Lock Nut M5	1
13	2.2.13	GB894.112FH12	Circlip For Shaft $\Phi 12$	4
14	2.2.14	GB845ST4.2*16N19	Screw ST4.2*16	6

Exploded View and Parts List

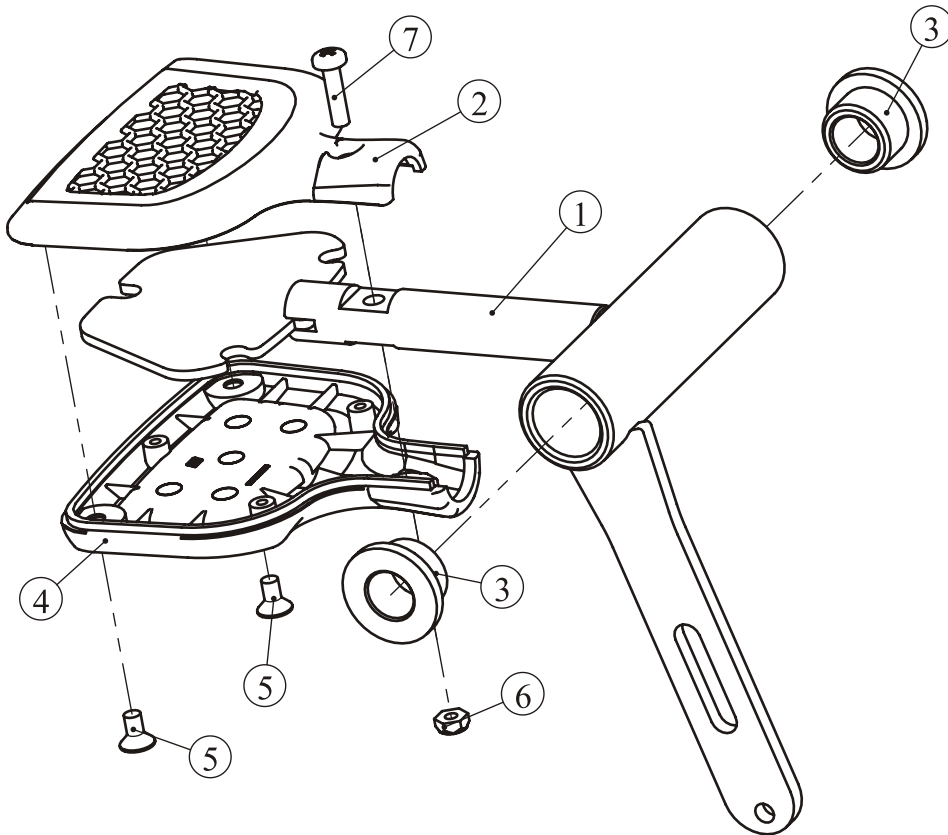
Lower Rotating Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.2.2.1	FE97011400	Lower Rotating Frame	1
2	2.2.2.2	M01402000	Spacer $\Phi 25 * \Phi 12.2 * 13$	2
3	2.2.2.3	RS1302C11000	Spacer $\Phi 29 * \Phi 18 * 25$	2

Exploded View and Parts List

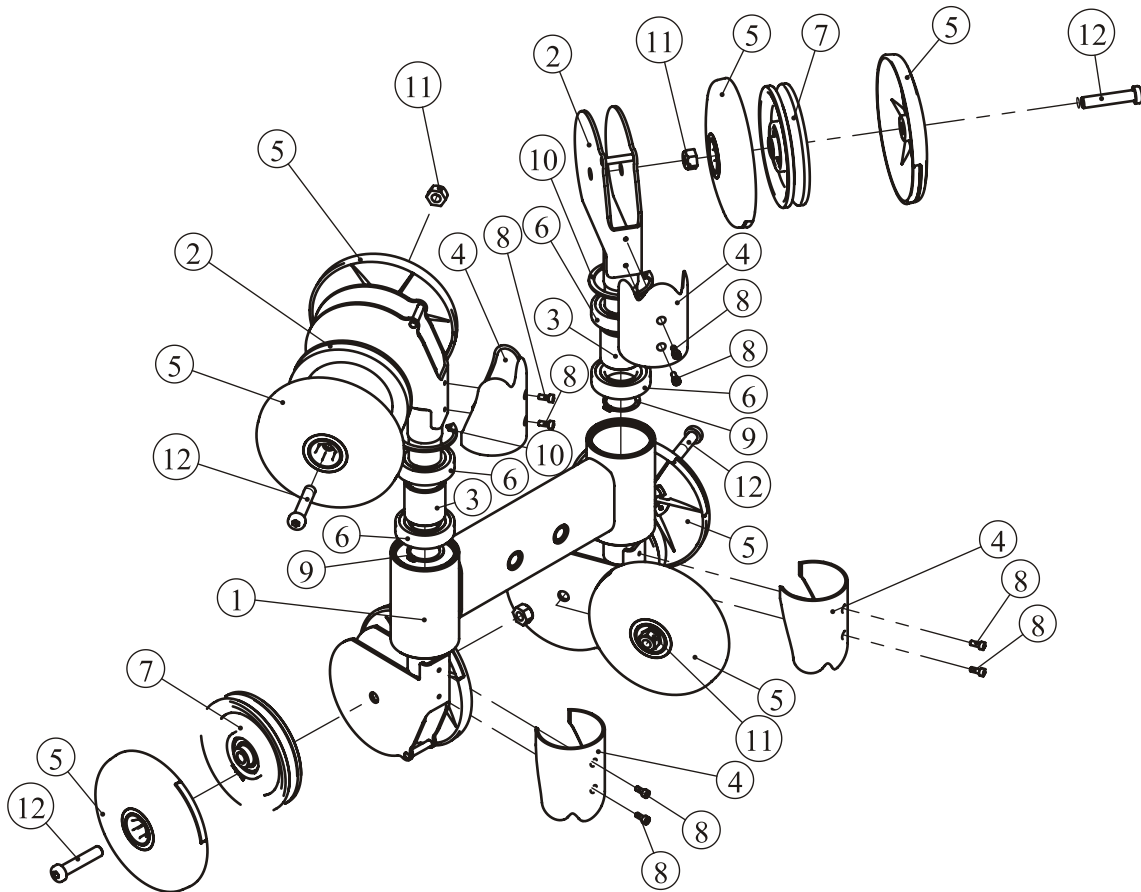
Seat Adjustment Handle Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.2.3.1	FE97012800	Seat Adjustment Handle Frame	1
2	2.2.3.2	FE970114200	Upper Regulation cover	1
3	2.2.3.3	M01402000	Spacer $\Phi 25 * \Phi 12.2 * 13$	2
4	2.2.3.4	FE970114100	Lower Regulation cover	1
5	2.2.3.5	GB819M4*8DN20	Screw M4*8	2
6	2.2.3.6	GB41M4DN2	Hexagon Nut M4	1
7	2.2.3.7	GB818M4*16DN2NL	Screw M4*16	1

Exploded View and Parts List

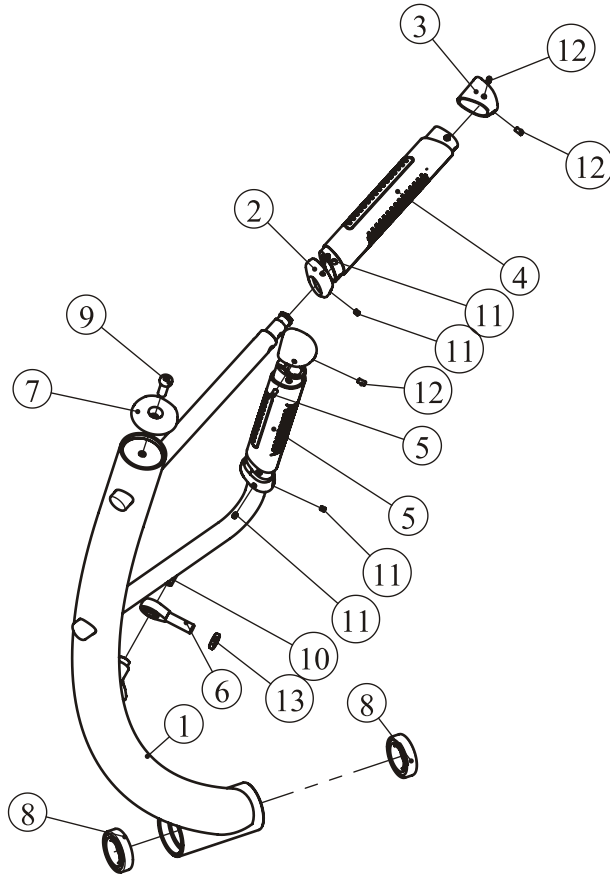
Pulley Bracket ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	FE97010300	Pulley Bracket	1
2	5.2	FE97011000	Rotating Pulley Bracket	2
3	5.3	FE97011700	Spacer	2
4	5.4	FE970113600	Wheel Pulley Cover	4
5	5.5	FE97023800	Pulley Cover	8
6	5.6	GB2766006-2ZNBK	Bearing 6006-2Z	4
7	5.7	SG500110400V2	4.5" Pulleys	4
8	5.8	GB70M4*10N19	Socket Head Cap Screw M4*10	8
9	5.9	GB894.130FH12	Circlip For Shaft Φ 30	2
10	5.10	GB893.155FH12	Circlip For Hole Φ 55	2
11	5.11	NM10DN2	Nylon Lock Nut M10	4
12	5.12	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4

Exploded View and Parts List

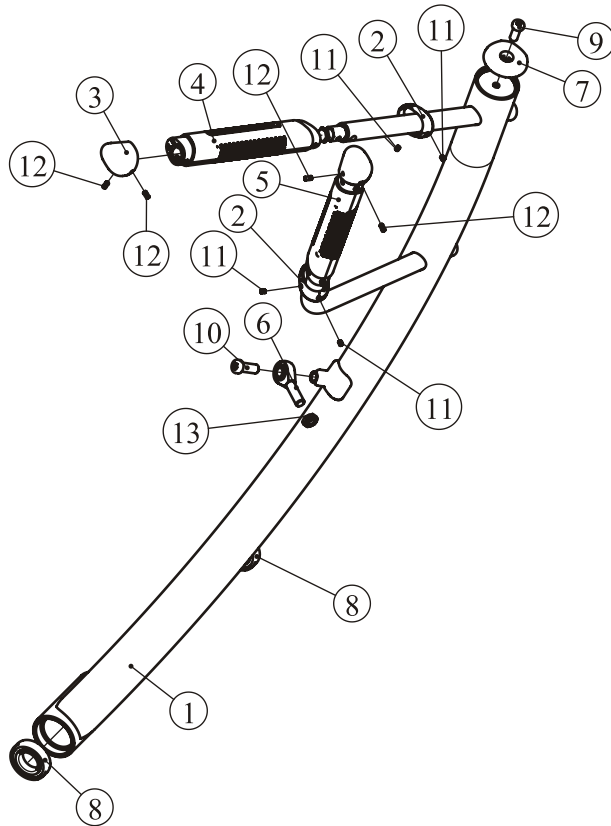
Left Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	FE97010800	Left Arm Frame	1
2	7.2	FE970114500	Aluminium Grip Ring	2
3	7.3	FE970114600	Aluminium Grip Cap	2
4	7.4	FE970114800	200mm Grip	1
5	7.5	FE970115000	150mm Grip	1
6	7.6	SA12T_K	Joint Bearing	1
7	7.7	FE97211900	Cap Φ 60	1
8	7.8	GB2766006-2ZNBK	Bearing 6006-2Z	2
9	7.9	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	1
10	7.10	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	1
11	7.11	GB77M5*6N19	Screw M5*6	4
12	7.12	GB77M5*10N19	Screw M5*10	4
13	7.13	GB6172.1M12N25	Nut M12	1

Exploded View and Parts List

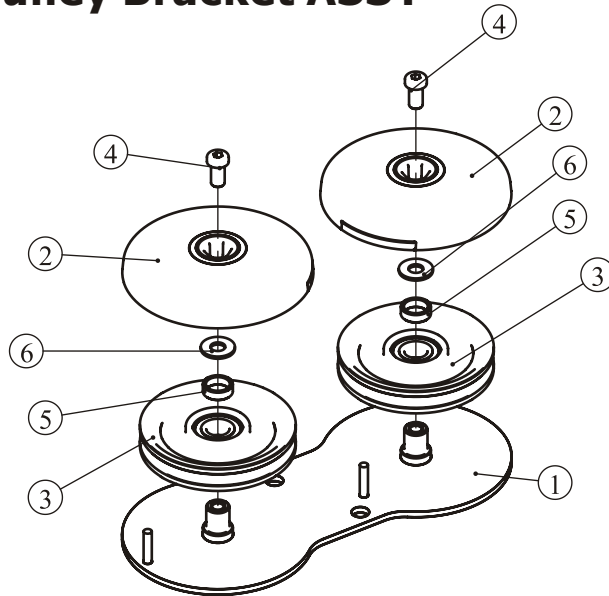
Right Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	FE97010900	Right Arm Frame	1
2	8.2	FE970114500V1	Aluminium Grip Ring Right	1
3	8.3	FE970114600V1	Aluminium Grip Cap Right	1
4	8.4	FE970114800	200mm Grip	1
5	8.5	FE970115000	150mm Grip	1
6	8.6	SA12T_K	Joint Bearing	1
7	8.7	FE97211900	Cap Φ 60	1
8	8.8	GB2766006-2ZNBK	Bearing 6006-2Z	2
9	8.9	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	1
10	8.10	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	1
11	8.11	GB77M5*6N19	Screw M5*6	4
12	8.12	GB77M5*10N19	Screw M5*10	4
13	8.13	GB6172.1M12N25	Nut M12	1

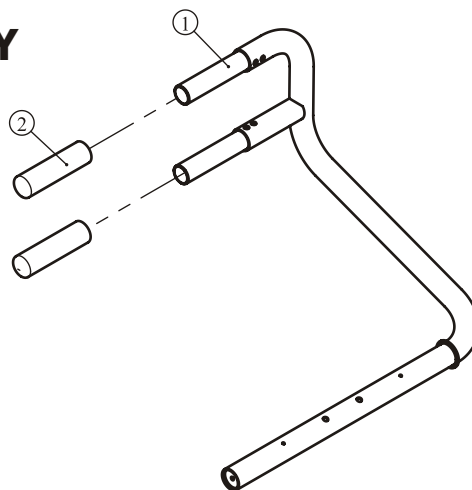
Exploded View and Parts List

Detachable Pulley Bracket ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	10.1	FE97191000	Detachable Pulley Bracket	1
2	10.2	FE97023800	Pulley Cover	2
3	10.3	FE97123500	4.5" Pulleys	2
4	10.4	GB70BTM10*20DN18	Socket Head Cap Screw M10*20	2
5	10.5	FE97122100	Pulleys Spacer 1	2
6	10.6	DQ10N19B	Flat Washer $\Phi 11 * \Phi 25 * 2$	2

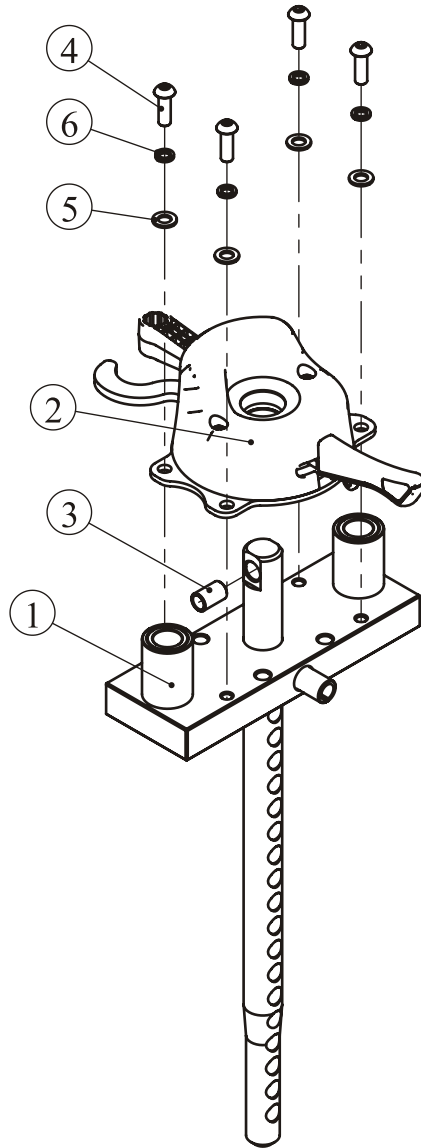
Foot Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	FE97011200	Foot Frame	1
2	9.2	FE970112000	Foot Set	2

Exploded View and Parts List

Top plate ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	FE97193000	Top plate	1
2	15.2	FE971938ASSY	Counter weight ASSY	1
3	15.3	FE972111500	Spacer $\Phi 13 * \Phi 10.3 * 21$	1
4	15.4	PNLM8*25DN20	Button Head Cap Screw M8*25	4
5	15.5	GB958DN2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	4
6	15.6	GB938N19	Spring Washer $\Phi 8$	4

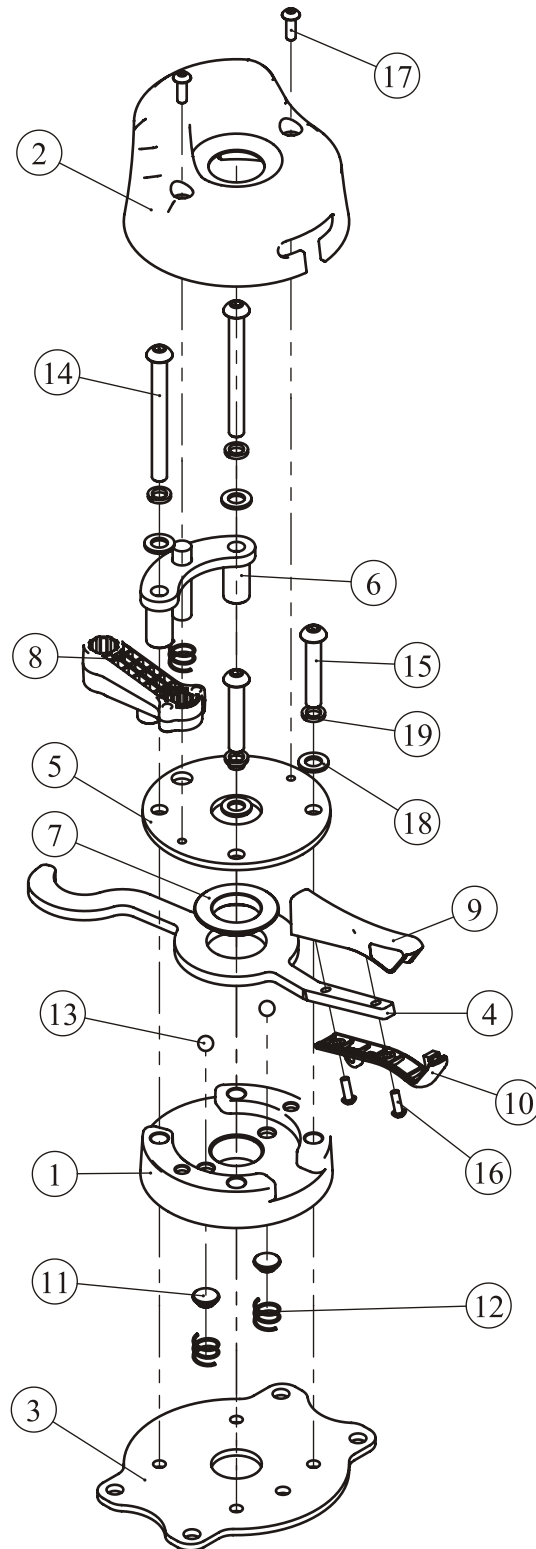
Exploded View and Parts List

Counter weight ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	15.2.1	FE97192700	Plastic base	1
2	15.2.2	FE97192800	Counter weight Plastic cover	1
3	15.2.3	FE97193500	Base plate	1
4	15.2.4	FE97193600	Shifting fork	1
5	15.2.5	FE97193700	Top plate	1
6	15.2.6	FE97193800	Guide Frame	1
7	15.2.7	FE97193900	Short Spacer $\Phi 45^* \Phi 26^*7.5$	1
8	15.2.8	FE97194000	Stop collar	1
9	15.2.9	FE97194100	Top plastic cover	1
10	15.2.10	FE97194200	Base plastic cover	1
11	15.2.11	CWRVL0251800	Steel ball support base	2
12	15.2.12	CWRVL0251900	Spring $\Phi 1.2^* \Phi 13^*11$	3
13	15.2.13	GB3088G20	Steel ball	2
14	15.2.14	PNLM8*80DN20	Button Head Cap Screw M8*80	2
15	15.2.15	PNLM8*45DN20	Button Head Cap Screw M8*45	2
16	15.2.16	PNLM4*12DN20	Button Head Cap Screw M4*12	2
17	15.2.17	PNLM5*15DN20	Button Head Cap Screw M5*15	2
18	15.2.18	GB958DN2	Flat Washer $\Phi 9^* \Phi 16^*1.6$	4
19	15.2.19	GB938N19	Spring Washer $\Phi 8$	4

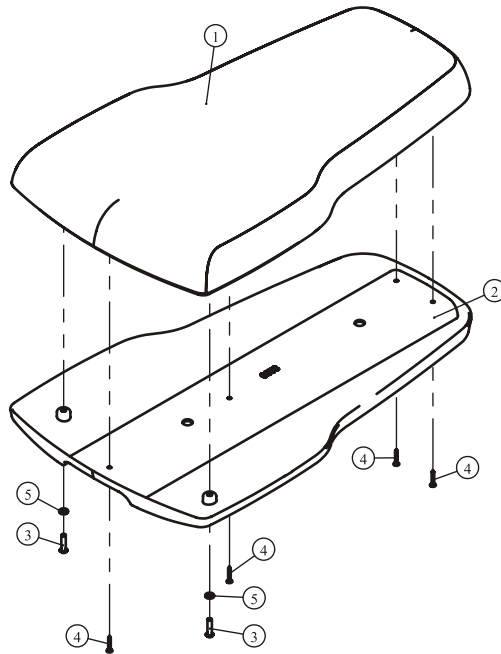
Exploded View and Parts List

Counter weight ASSY



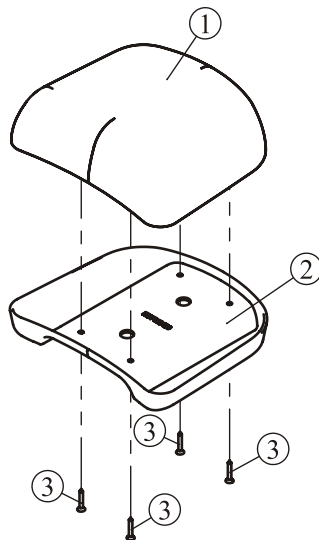
Exploded View and Parts List

Back Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	18.1	FE97123100	Back Pad	1
2	18.2	FE97123200	Back Pad Cover	1
3	18.3	PNLM6*25*25N19	Button Head Cap Screw M6*25	2
4	18.4	GB846ST3.5*25DN	Screw ST3.5*25	4
5	18.5	GB956DN2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	2

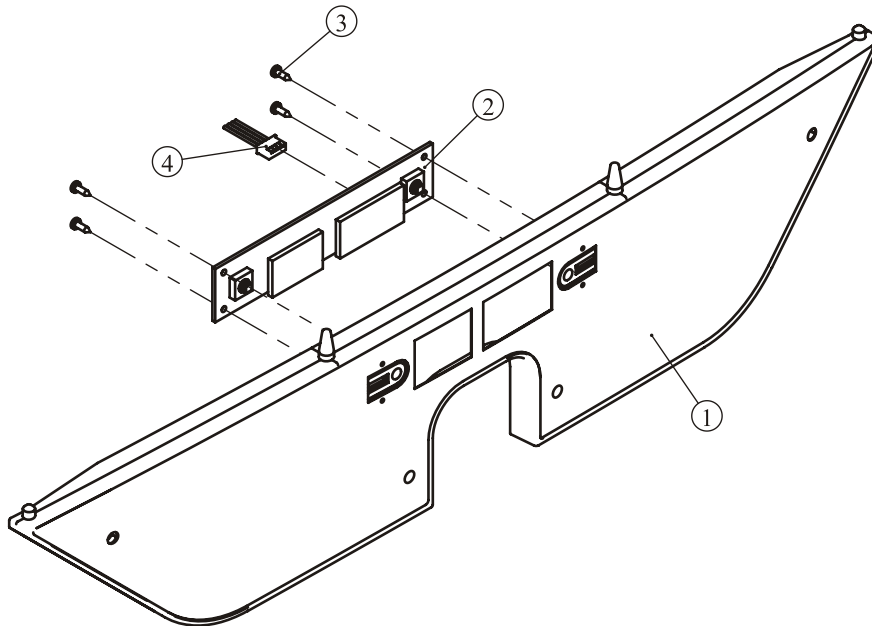
Head Pad ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	19.1	FE97123300	Head Pad	1
2	19.2	FE97123400	Head Pad Cover	1
3	19.3	GB846ST3.5*25DN	Screw ST3.5*25	4

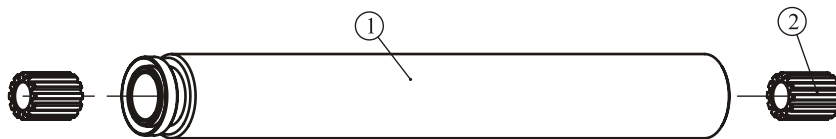
Exploded View and Parts List

Training placard cover ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	20.1	FE97052600	Training placard cover	1
2	20.2	B117	Console PCB	1
3	20.3	GB845ST2.9*9.5DS	Screw ST2.9*9.5	4
4	20.4	L350XHP/SMY-4	Sensor 4C*22#350mm	1

5LBS Counter Weight ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	16.1	FE97213500	5LBS Counter Weight	1
2	16.2	CXT-1001900V1	Guide Sleeve	2

Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	FE970101V1ASSY	Weight Stack Frame Assy	1
2	2	FE970102V1ASSY	Main Frame II ASSY	1
3	3	FE97010400	Connect Frame	1
4	4	FE97010500	Side Connecting Frame	1
5	5	FE970103ASSY	Pulley Bracket ASSY	1
6	6	FE97010600	Power Steering Frame	1
7	7	FE970108ASSY	Left Arm Frame ASSY	1
8	8	FE970109ASSY	Right Arm Frame ASSY	1
9	9	FE970112ASSY	Foot Frame ASSY	1
10	10	FE970111ASSY	Detachable Pulley Bracket ASSY	1
11	11	FE97010700	Shaft Bracket	1
12	13	FE97214000	Narrow Belt Pulley Φ 76	1
13	14	FE970112200	Seat Pad	1
14	15	FE971930ASSY	Top plate ASSY	1
15	16	FE972135ASSY	5LBS Counter Weight ASSY	1
16	17	FE97123800	Selector Pin W/Coil	1
17	18	FE971231ASSY	Back Pad ASSY	1
18	19	FE971233ASSY	Head Pad ASSY	1
19	20	FE970526ASSY	Training Placard Cover ASSY	1
20	21	FE97211900	Cap Φ 60	3
21	22	FE972145ASSY	Belt ASSY	1
22	23	FE97053500	Cup Holder	1
23	24	FE97215000V1	Guide Rod Φ 19	2
24	25	IN-D10132900	Weight Rubber Bumper Φ 76*60	2
25	26	FE970113000	Rotating Sleeve	2
26	27	FE970113700	Opening Plastic Cover	1
27	28	FE97012900V1	Shaft	1
28	29	FE97011800	Casing 1	2
29	30	FE97213400	Rubber Sleeve Φ 30*65	2
30	32	FE970113400V1	Shaft Cover	1
31	34	FE97212000	Circle Ring Φ 62.5*5	2
32	36	FE97192500	Plastic Cover I	1
33	37	FE97192600	Plastic Cover II	1
34	38	FE97214800	Belt Rubber Sleeve Φ 17*49	2
35	39	FE97211400	Underside support plate	1
36	40	FE97216900	Spacer Pin Φ 13* Φ 8*65.5	2
37	41	CWRVL0251000	Plug Bumper Φ 14* Φ 40*25.4	1
38	42	FE97053600	Bracket of Cup Holder	1
39	43	FE97194400	Limiting tube Φ 22*2*66	1
40	44	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
41	45	QD22-310-75V1	Tension Gas Spring	1
42	46	FE97194300	Guide Rod Φ 14	1
43	47	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	4
44	48	GB70M8*45*45N19	Socket Head Cap Screw M8*45	2
46	50	GB70M6*10N19	Socket Head Cap Screw M6*10	4

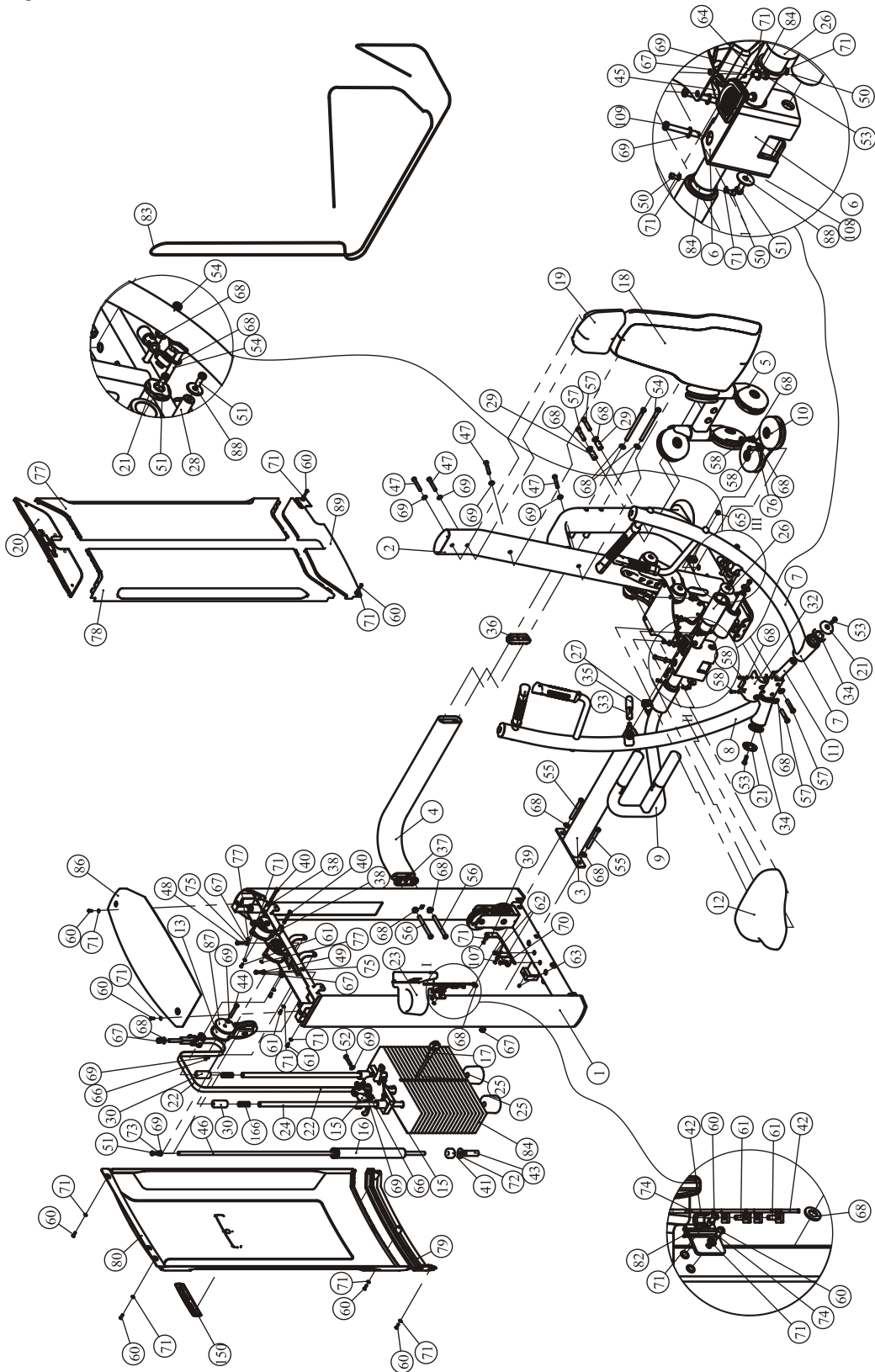
Exploded View and Parts List

Overall

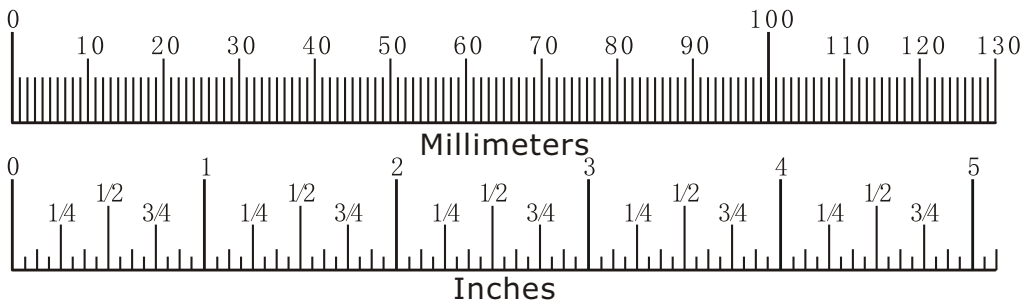
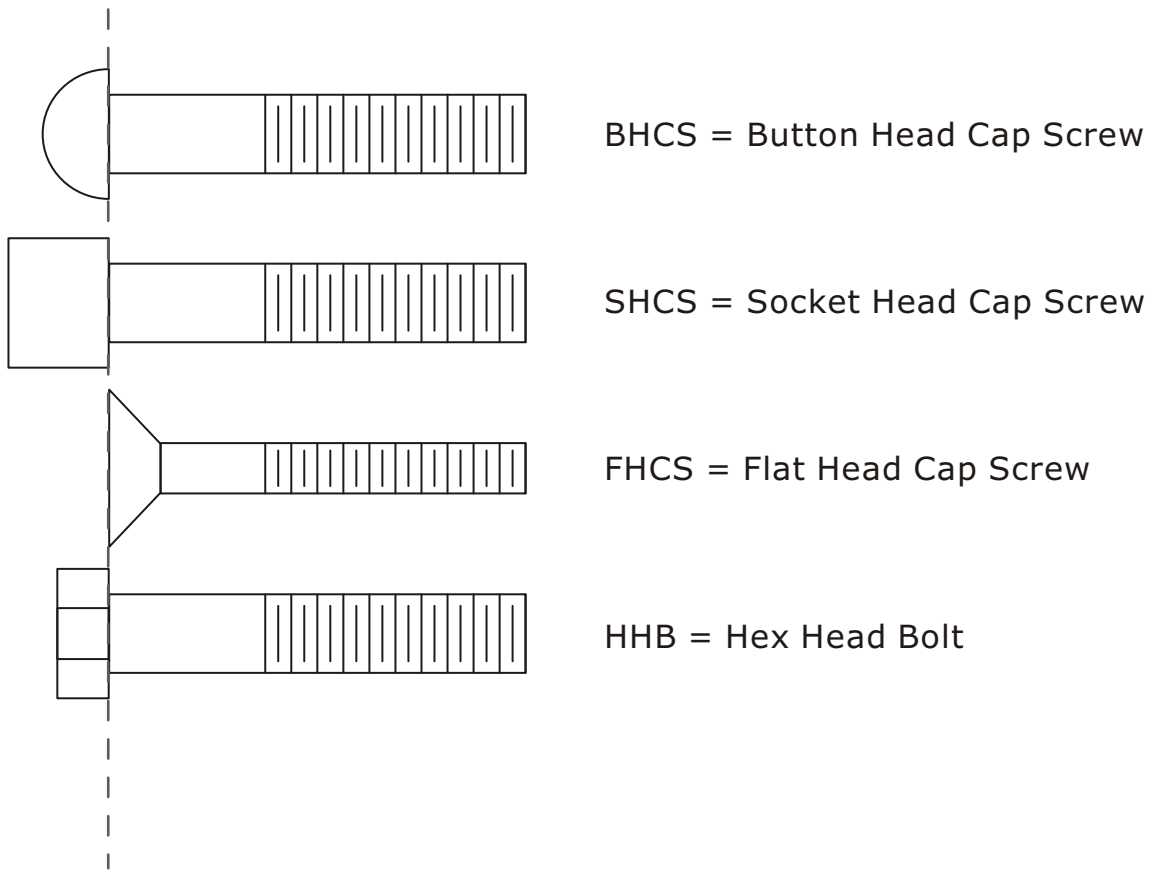
Item No.	Grade No.	Part No.	Description	QTY
47	51	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	4
48	52	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
49	53	GB70BTM10*30DN18NL	Socket Head Cap Screw M10*30	6
50	54	GB70BTM12*180DN18NL	Socket Head Cap Screw M12*180	4
51	55	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
52	56	GB70BTM12*120DN18NL	Socket Head Cap Screw M12*120	2
53	57	GB70BTM12*65DN18NL	Socket Head Cap Screw M12*65	4
54	58	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	4
56	60	PNLM6*20DN20	Button Head Cap Screw M6*20	11
57	61	PNLM6*15DN20	Button Head Cap Screw M6*15	6
58	62	PNLM8*25DN20NL	Button Head Cap Screw M8*25	2
59	63	GB77M8*8DS18	Screw M8*8	1
60	65	NM8DN2	Nylon Lock Nut M8	2
61	66	NM10DN2	Nylon Lock Nut M10	2
62	67	NM12DN2	Nylon Lock Nut M12	3
63	68	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	19
64	69	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	17
65	70	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
66	71	GB956DN2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	22
67	72	CWRVL0250900	Flat Washer $\Phi 15 \times \Phi 40 \times 3$	1
68	73	GB9310N19	Spring Washer $\Phi 10$	1
69	74	GB936N19	Spring Washer $\Phi 6$	2
70	75	GB938N19	Spring Washer $\Phi 8$	2
71	76	GB9312N19	Spring Washer $\Phi 12$	2
72	77	GB8966FH12	Shaft Ring Opening $\Phi 6$	2
73	78	FE97052500	Front Shroud	2
74	79	FE97052900	Back Lower Cover	1
75	80	FE97052800	Back Shroud	1
76	82	FE97053700	Plastic End Cap	1
77	83	FE970146ASSY	Cable ASSY	1
78	84	FE970115100	Limit Stop Ring	2
79	86	FE97011600V1	Top Cover	1
80	87	FE971208ASSY	Moving Block ASSY	1
81	88	AC31001301V1	Motor End Washer	2
82	89	FE97022700	Front Lower Cover	1
83	100	NBS3DHS	Hex Key S=3	1
84	101	NBS4DHS	Hex Key S=4	1
85	102	NBS5DHS	Hex Key S=5	1
86	103	NBS6DHS	Hex Key S=6	1
87	104	NBS8DHS	Hex Key S=8	1
88	105	LW200BS	Wrench $\Phi 6 \times 117$	1
89	106	YHY	Lube	1
90	107	PNLM6*12DN20	Button Head Cap Screw M6*12	2
91	108	GB77M8*6N19	Screw M8*6	4
92	109	GB70BTM10*70DN18NL	Socket Head Cap Screw M10*70	2
93	166	HFOPT900-04A0602	Tension Spring	2

Exploded View and Parts List

Overall



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.

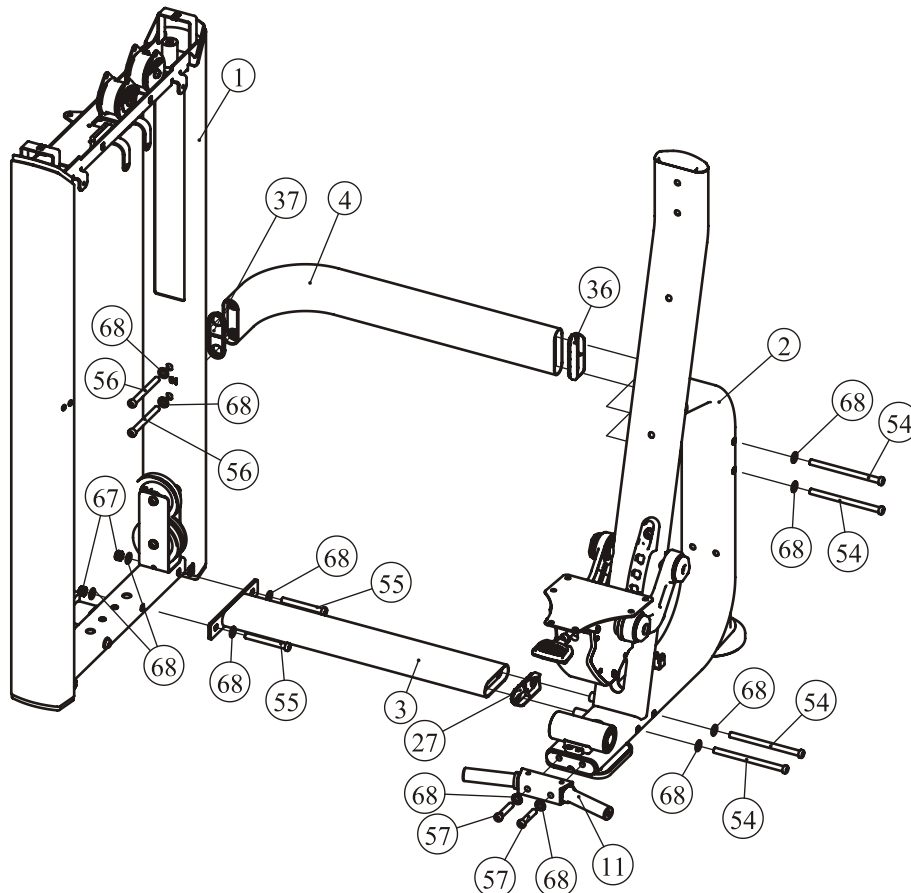
Assembly

STEP 1

1. Attach The Connect Frame (#3) to The Weight Stack Frame Assy (#1) using:
two M12 Nylon Lock Nut (#67) four Flat Washer $\Phi 13*\Phi 24*2.5$ (#68)
two M12*105 Socket Head Cap Screw (#55)
2. Attach The Side Connecting Frame (#4) to The Weight Stack Frame Assy (#1) using:
one Plastic Cover II (#37) two Flat Washer $\Phi 13*\Phi 24*2.5$ (#68)
two M12*120 Socket Head Cap Screw (#56)
3. Attach The Main Frame II ASSY (#2) to the Side Connecting Frame (#4) and the Connect Frame (#3) using:
one Plastic Cover I (#36) one Opening Plastic Cover (#27)
four Flat Washer $\Phi 13*\Phi 24*2.5$ (#68) four M12*180 Socket Head Cap Screw (#54)
4. Attach The Shaft Bracket (#11) to the Main Frame II ASSY (#2) using:
two Flat Washer $\Phi 13*\Phi 24*2.5$ (#68) two M12*65 Socket Head Cap Screw (#57)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

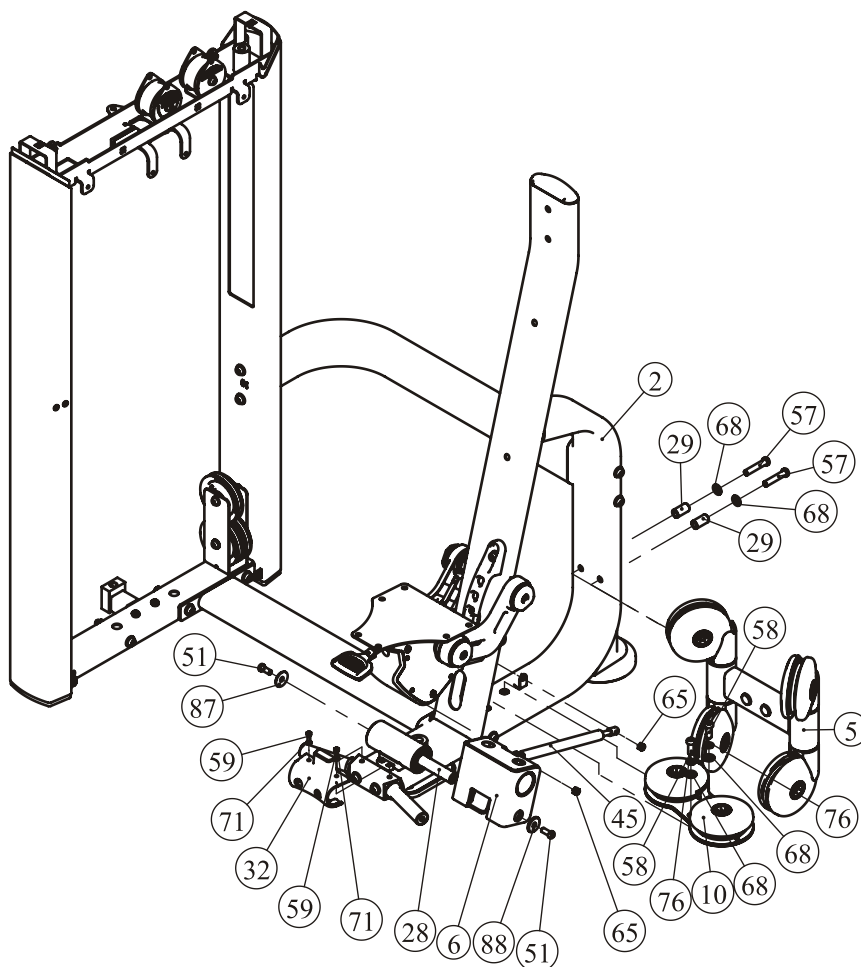


Assembly

STEP 2

1. Attach The Detachable Pulley Bracket ASSY (#10) to the Main Frame II ASSY (#2) using:
two Flat Washer $\Phi 13*\Phi 24*2.5$ (#68) two M12*30 Socket Head Cap Screw (#58)
two $\Phi 12$ Spring Washer (#76)
2. Attach The Pulley Bracket ASSY (#5) to the Main Frame II ASSY (#2) using:
two Flat Washer $\Phi 13*\Phi 24*2.5$ (#68) two M12*65 Socket Head Cap Screw (#57)
two Casing 1 (#29)
3. Attach The Power Steering Frame (#6) to the Main Frame II ASSY (#2) using:
two Motor End Washer (#88) two M10*25 Socket Head Cap Screw (#51)
one Shaft (#28) four M8*6 Screw (#108)
4. Attach The Shaft Cover (#32) to the Shaft Bracket (#11) using:
two M12*30 Socket Head Cap Screw (#58) two $\Phi 13*\Phi 24*2.5$ Flat Washer (#68)
5. Attach The Tension Gas Spring (#45) to the Main Frame II ASSY (#2) and the Power Steering Frame (#6) using:
two M8 Nylon Lock Nut (#65)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

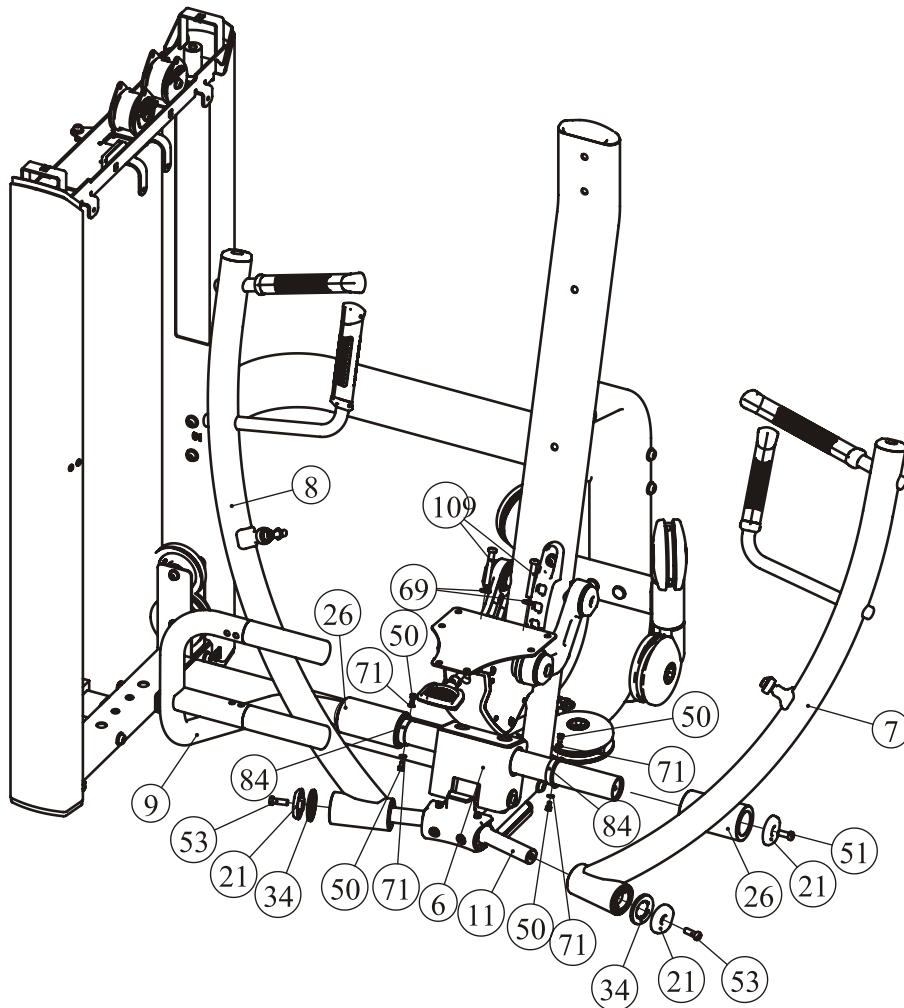


Assembly

STEP 3

1. Attach The Foot Frame ASSY (#9) to the Power Steering Frame (#6) using:
 - two Rotating Sleeve (#26)
 - one M10*25 Socket Head Cap Screw (#51)
 - four M6*10 Socket Head Cap Screw (#50)
 - two M10*70 Socket Head Cap Screw (#109)
 - two Limit Stop Ring (#84)
 - one $\Phi 60$ Cap (#21)
 - four $\Phi 6.6*\Phi 12*1.6$ Flat Washer (#71)
 - two $\Phi 11*\Phi 20*2$ Flat Washer (#69)
2. Attach The Right Arm Frame ASSY (#8) to the Shaft Bracket (#11) using:
 - one $\Phi 62.5*5$ Circle Ring (#34)
 - one M10*30 Socket Head Cap Screw (#53)
3. Attach The Left Arm Frame ASSY (#7) to the Shaft Bracket (#11) using:
 - one $\Phi 62.5*5$ Circle Ring (#34)
 - one $\Phi 60$ Cap (#21)
 - one M10*30 Socket Head Cap Screw (#53)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

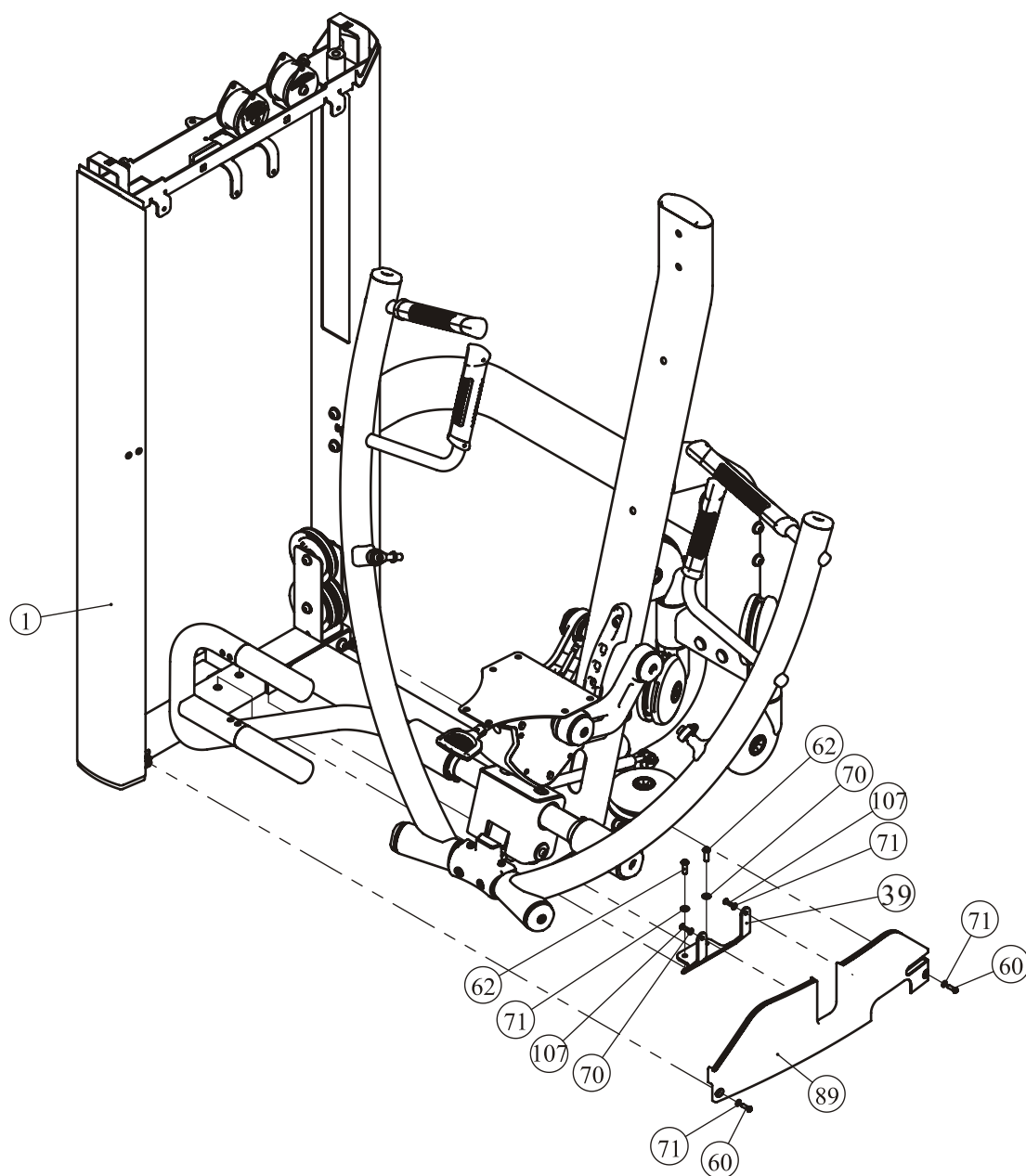


Assembly

STEP 4

1. Attach The Underside support plate (#39) to The Weight Stack Frame Assy (#1) using:
two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#70) two M8*25 BHCS (#62)
2. Attach The Front Lower Cover (#89) to The Weight Stack Frame Assy (#1) and The Underside support plate (#39) using:
four $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#71) two M6*12 BHCS (#107)
two M6*20 BHCS (#60)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 5 Here is the assembly instruction for 15LBSx15PCS Weights !

1. Attach:

- | | |
|--|--|
| two $\Phi 19$ Guide Rods (#19) | two $\Phi 76*60$ Weight Rubber Bumpers (#25) |
| fifteen Weight Plate 15LBS (#84) | one Top plate ASSY (#15) |
| two weight stack space (#181) | |
| to The Weight Stack Frame Assy (#1) using: | |
| two M8*45 SHCS (#48) | two $\Phi 9*\Phi 16*1.6$ Flat Washers (#70) |
| two $\Phi 30*65$ Rubber Sleeve (#30) | two $\Phi 8$ Spring Washer(#75) |
| two Tension Spring (#166) | |

2. Attach The Selector Pin W/Coil (#17) to The Top plate ASSY (#15).

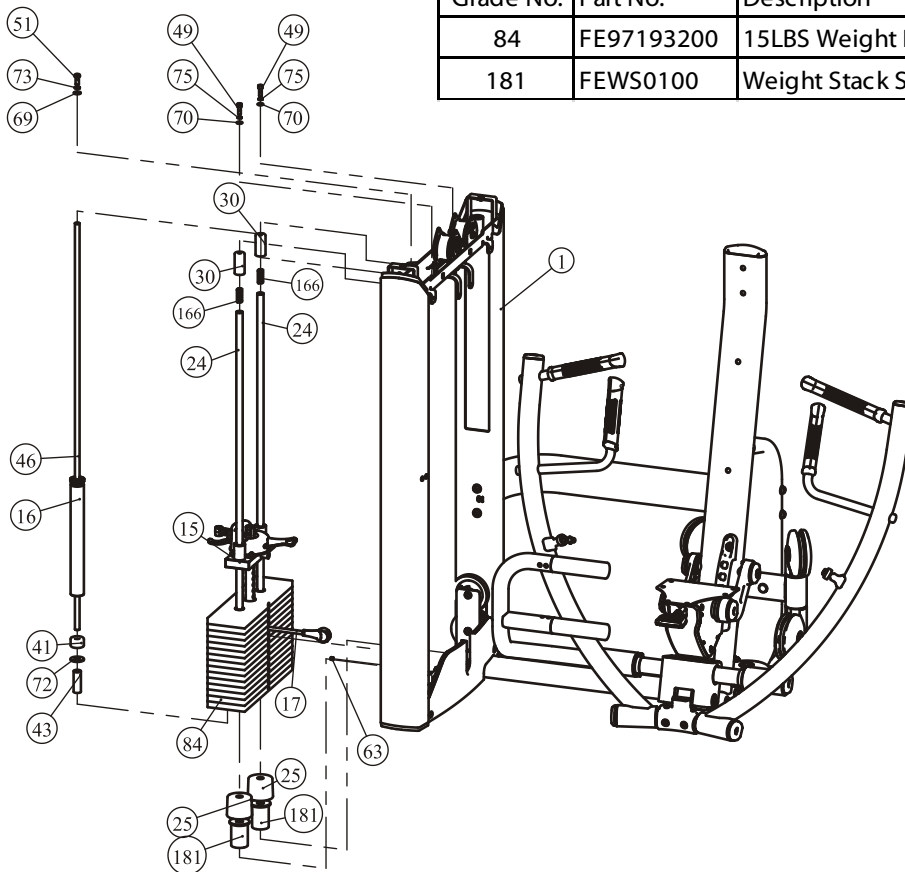
3. Loosen one M8*8 Screw (#63), and Attach:

- | | |
|--|---|
| one $\Phi 14*1296$ Guide Rod (#46) | one 5LBS Counter Weight ASSY (#16) |
| to The Weight Stack Frame Assy (#1) using: | |
| one $\Phi 22*2*66$ Limiting tube (#43) | one $\Phi 15*\Phi 40*3$ Flat Washer (#72) |
| one $\Phi 14*\Phi 40*25.4$ Plug Bumper (#41) | one M10*25 SHCS (#51) |
| one $\Phi 10$ Spring Washer (#73) | one $\Phi 11*\Phi 20*2$ Flat Washer (#69) |

4. Wrench Tighten M8*8 Screw (#63).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Grade No.	Part No.	Description	QTY
84	FE97193200	15LBS Weight Plate	15
181	FEWS0100	Weight Stack Space	2



Assembly

STEP 5 Here is the assembly instruction for 15LBSx19PCS Weights !

1. Attach:

two $\Phi 19$ Guide Rods (#19)

nineteen Weight Plate 15LBS (#84)

to The Weight Stack Frame Assy (#1) using:

two M8*45 SHCS (#48)

two $\Phi 30*65$ Rubber Sleeve (#30)

two Tension Spring (#166)

two $\Phi 76*60$ Weight Rubber Bumpers (#25)

one Top plate ASSY (#15)

two $\Phi 9*\Phi 16*1.6$ Flat Washers (#70)

two $\Phi 8$ Spring Washer (#75)

2. Attach The Selector Pin W/Coil (#17) to The Top plate ASSY (#15).

3. Loosen one M8*8 Screw (#63), and Attach:

one $\Phi 14*1296$ Guide Rod (#46)

to The Weight Stack Frame Assy (#1) using:

one $\Phi 22*2*66$ Limiting tube (#43)

one $\Phi 14*\Phi 40*25.4$ Plug Bumper (#41)

one $\Phi 10$ Spring Washer (#73)

one 5LBS Counter Weight ASSY (#16)

one $\Phi 15*\Phi 40*3$ Flat Washer (#72)

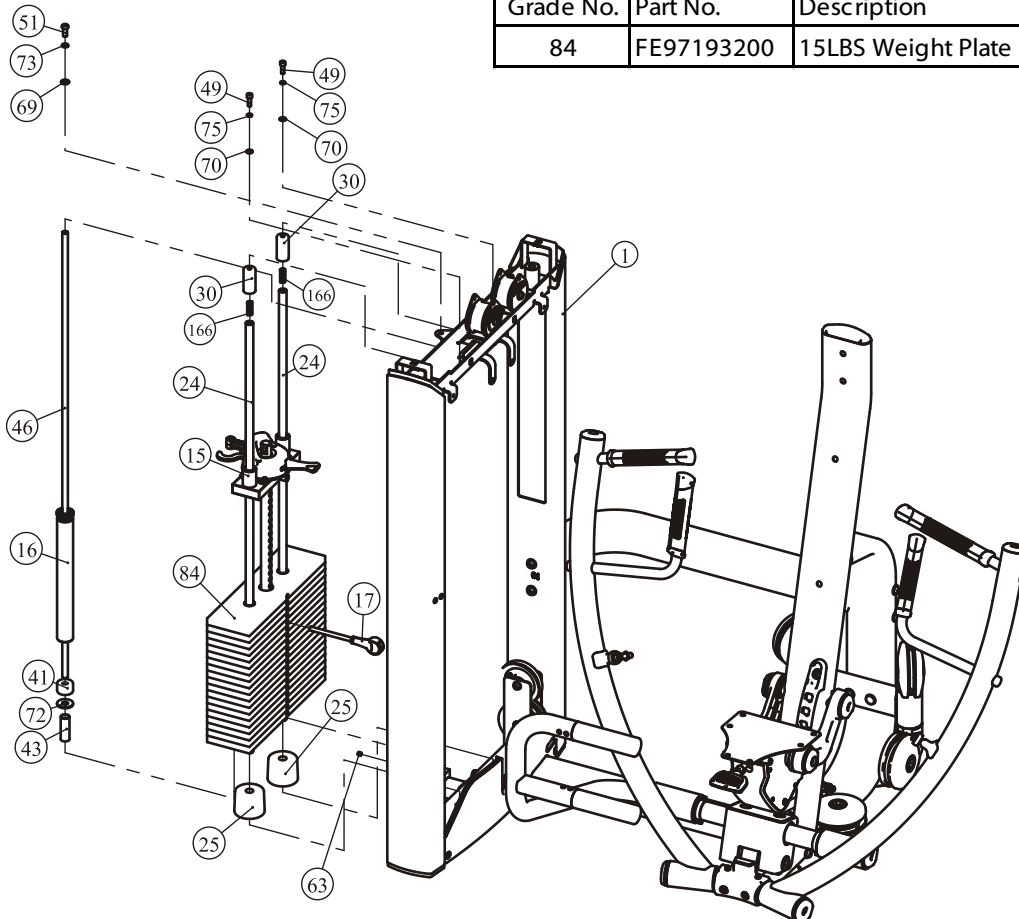
one M10*25 SHCS (#51)

one $\Phi 11*\Phi 20*2$ Flat Washer (#69)

4. Wrench Tighten M8*8 Screw (#63).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

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



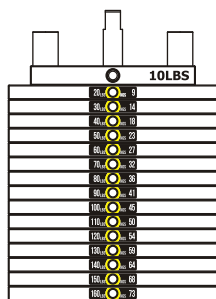
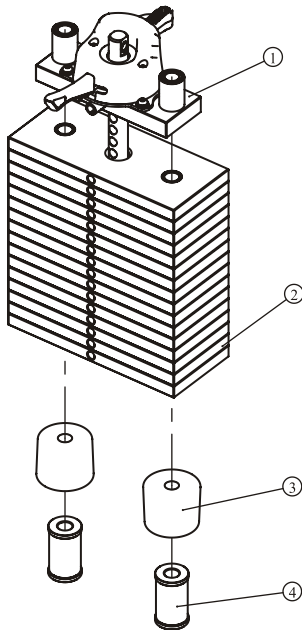
Assembly

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

10LBS×15PCS

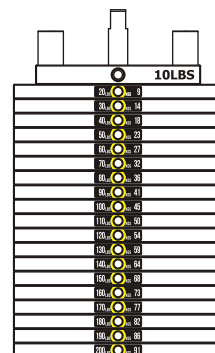
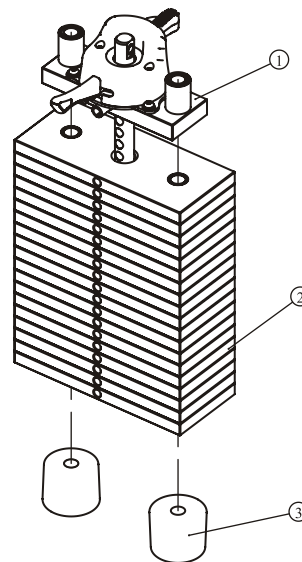
10LBS×19PCS

Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193100	10LBS Weight Plate	15	2	FE97193100	10LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



20-160LBS

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



20-200LBS

Weight plate sticker paste schematic diagram

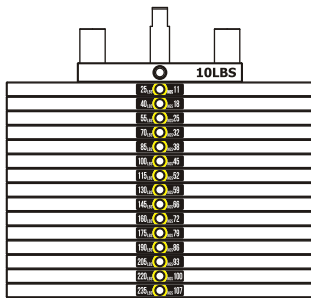
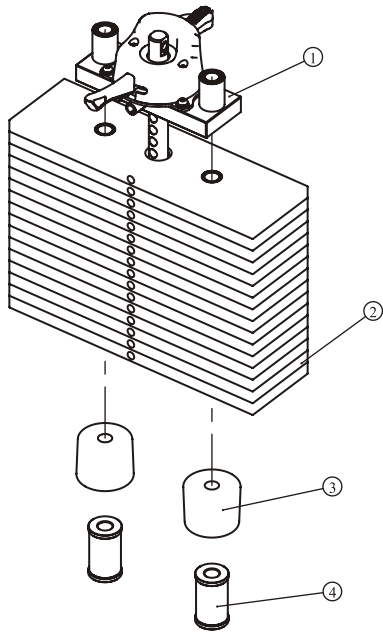
Assembly

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

15LBS×15PCS

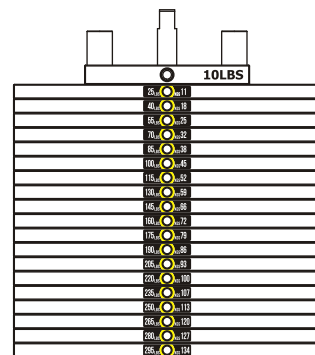
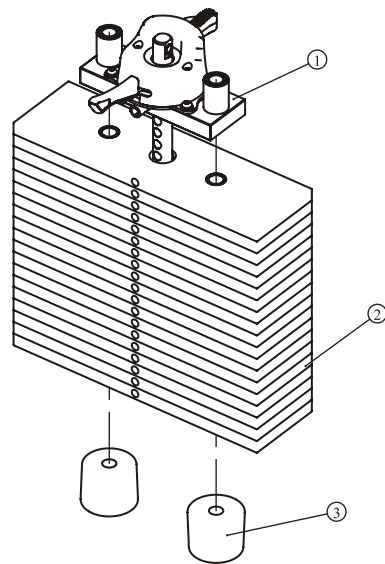
15LBS×19PCS

Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193200	15LBS Weight Plate	15	2	FE97193200	15LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



25-235LBS

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



25-295LBS

Weight plate sticker paste schematic diagram

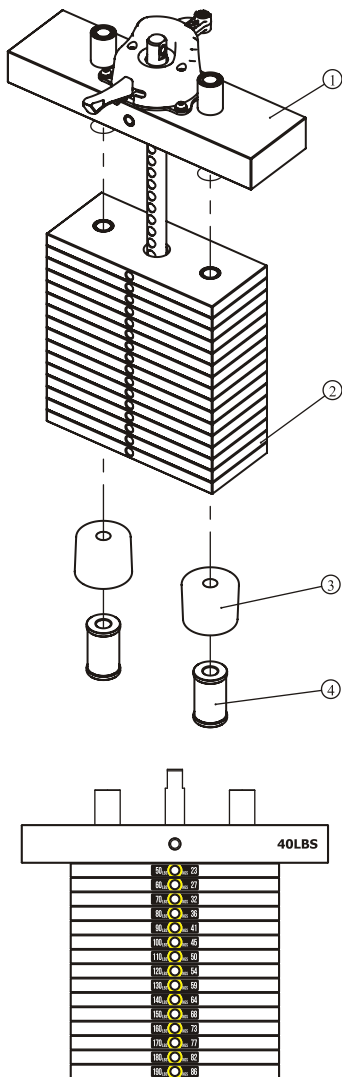
Assembly

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

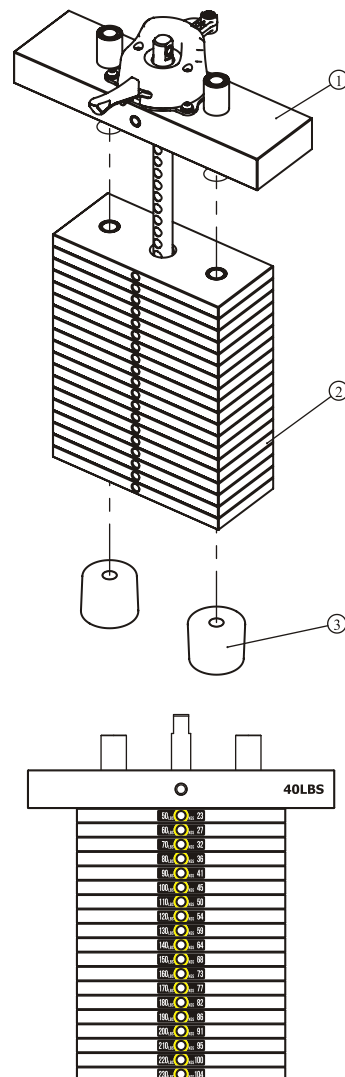
10LBS×15PCS

10LBS×19PCS

Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE970230ASSY	40LBS Top Plate ASSY	1	1	FE970230ASSY	40LBS Top Plate ASSY	1
2	FE97193100	10LBS Weight Plate	15	2	FE97193100	10LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



50-190LBS



50-230LBS

Weight plate sticker paste schematic diagram

Note: 30LBS weight are used the function of balance.

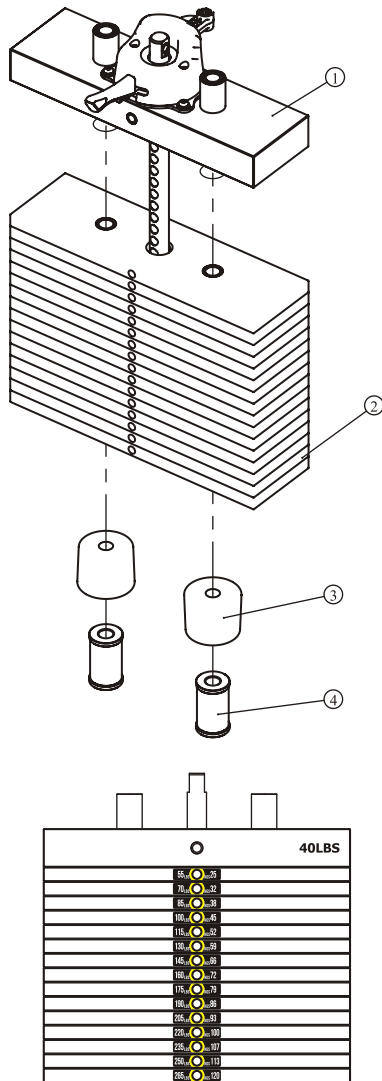
Assembly

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

15LBS×15PCS

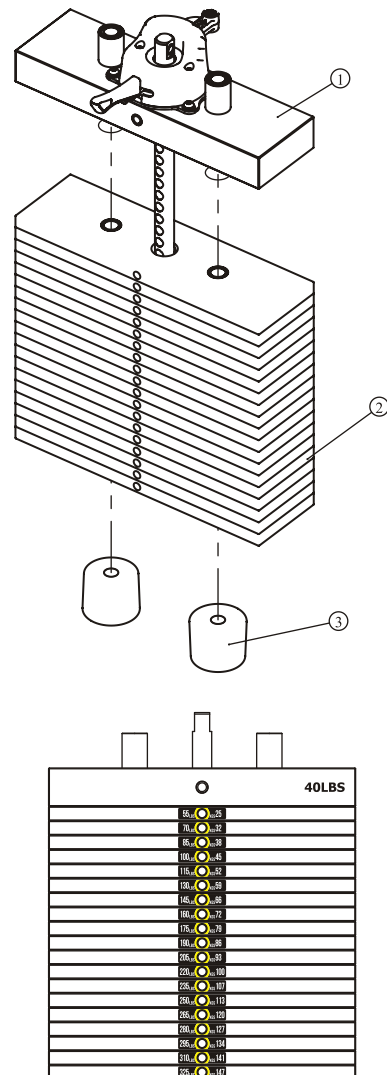
15LBS×19PCS

Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE970230ASSY	40LBS Top Plate ASSY	1	1	FE970230ASSY	40LBS Top Plate ASSY	1
2	FE97193200	15LBS Weight Plate	15	2	FE97193200	15LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY	Weight Stack Space	2				



55-265LBS

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



55-325LBS

Weight plate sticker paste schematic diagram

Note: 30LBS weight are used the function of balance.

Assembly

STEP 6

1. Attach one end of The Belt ASSY (#22) to The Weight Stack Frame Assy (#1) using:
one $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#68) one M12 Nylon Lock Nut (#67)
2. Attach the other end of The Belt ASSY (#22) through the Bracket of Belt Pulley (#87), and assemble the $\Phi 76$ Narrow Belt Pulley (#13) to the Bracket of Belt Pulley (#9) using:
one M10*65 SHCS (#44) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#69)
one M10 Nylon Lock Nut (#66)
And through two Belt Pulleys on the Weight Stack Frame Assy (#1).
3. Attach the other end of The Belt ASSY (#22) to the Top plate ASSY (#15) using:
one M10*45 SHCS (#52) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#69)
one M10 Nylon Lock Nut (#66)
Attach two $\Phi 17 \times 49$ Belt Rubber Sleeves (#38) to the Weight Stack Frame Assy (#1) using:
two $\Phi 13 \times \Phi 8 \times 65.5$ Spacer Pins (#40) two $\Phi 6$ Shaft Ring Opening (#77)
4. Take down two Cable Connector Jacket and two Cable Connectors from the Cable ASSY (#83).
5. Attach the Cable ASSY (#83) to The Left Arm Frame ASSY (#7), The Right Arm Frame ASSY (#8) and The Weight Stack Frame ASSY (#1) using:
two Cable Connector Jacket(Down off) two Cable Connectors(Down off)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

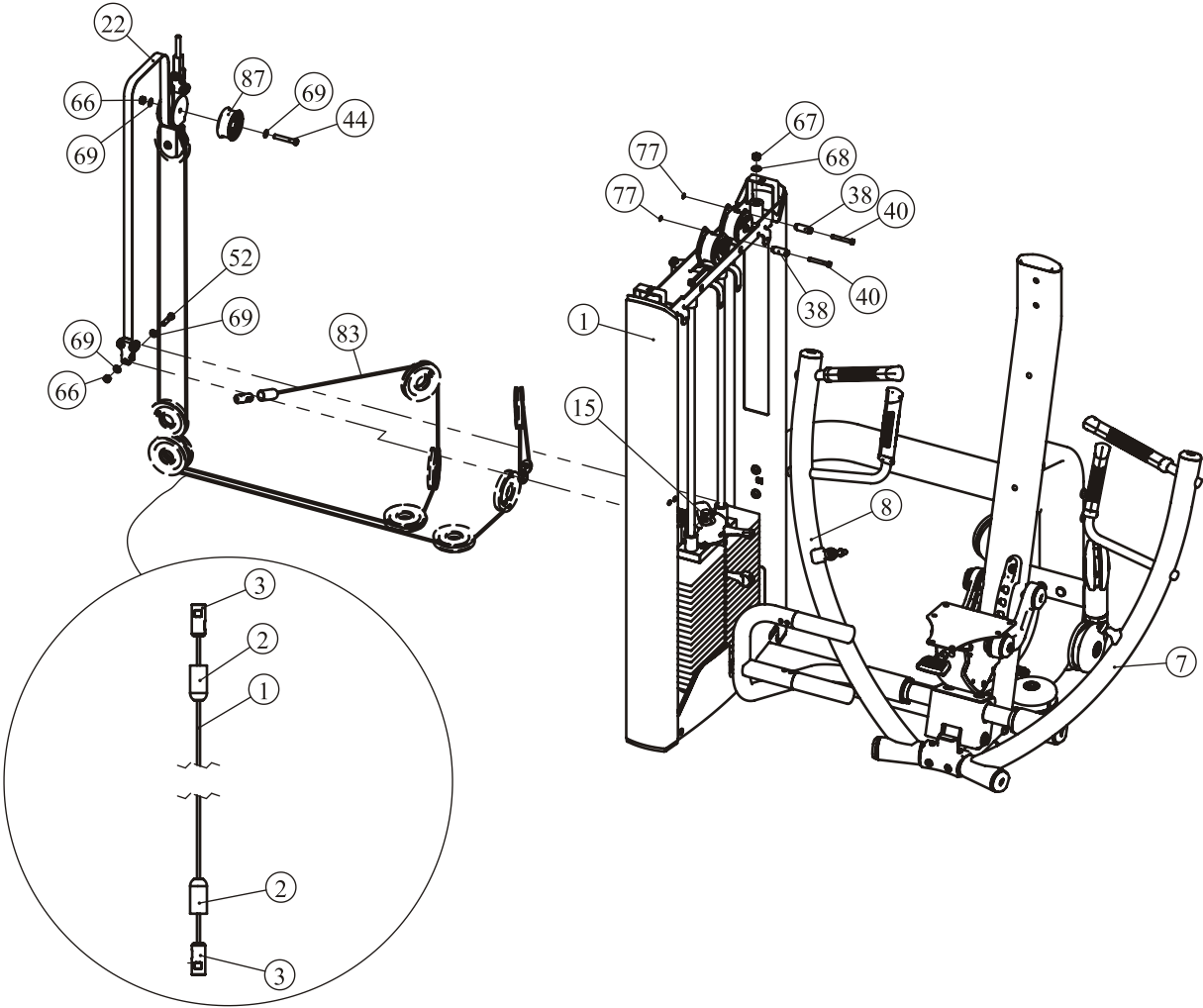
Step 7

1. Attach the Back Lower Cover (#79) to the Weight Stack Frame Assy (#1) using:
three M6*20 BHCS (#60) three $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#71)
2. Attach two Front Shroud (#78) to the Front Lower Cover (#89) on the Weight Stack Frame Assy (#1).
3. Assemble the Console PCB, and attach the Training Placard Cover ASSY (#20) to the Weight Stack Frame Assy (#1) using:
four M6*15 BHCS (#61) four $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#71)
4. Attach the Back Shroud (#80) to the Back Lower Cover (#79) and the Weight Stack Frame Assy (#1) using:
two $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#71) two M6*20 BHCS (#60)
5. Attach the Top Cover (#86) to the Weight Stack Frame Assy (#1) using:
two M6*20 BHCS (#60) two $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#71)

Note: Wrench Tighten Bolts.

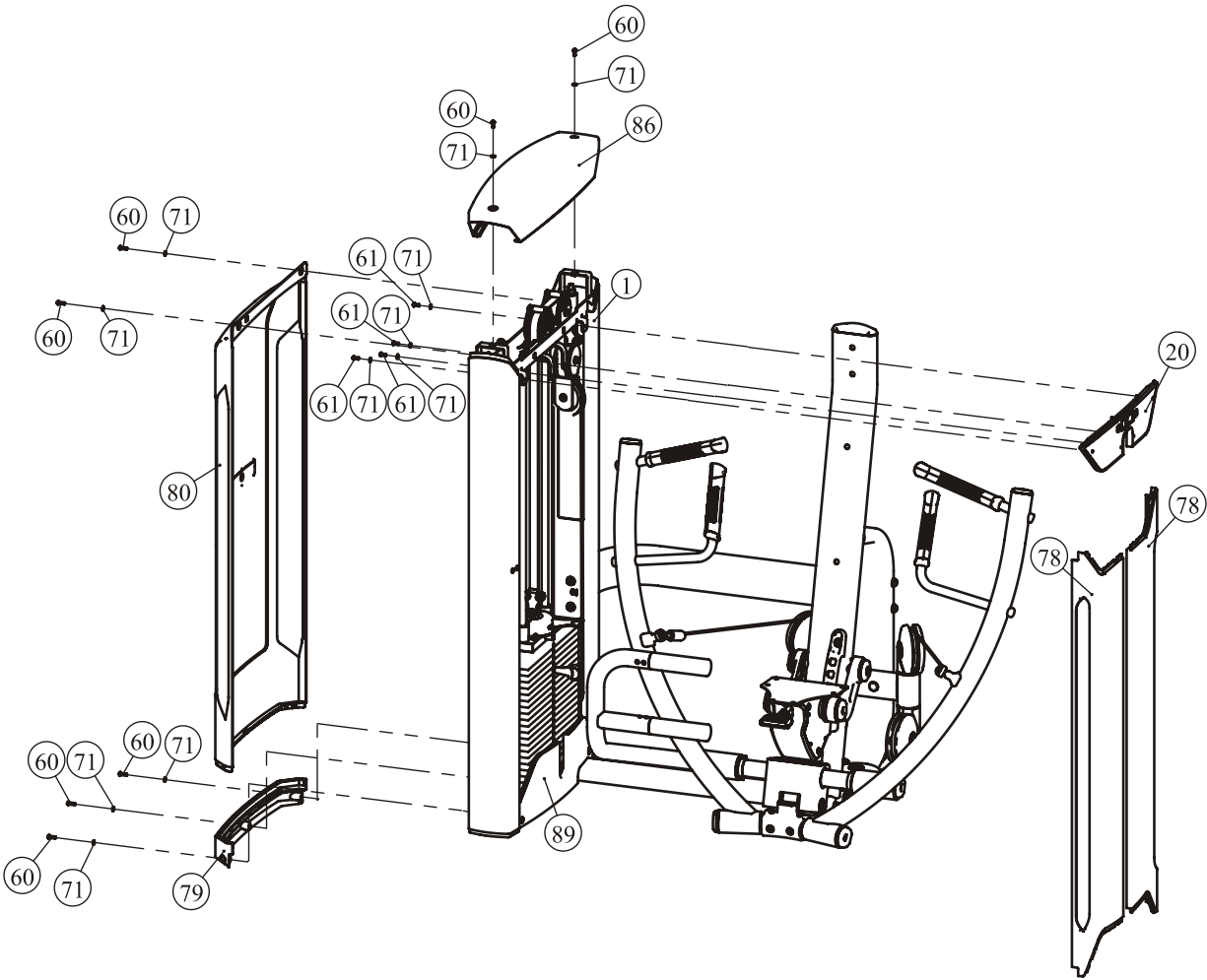
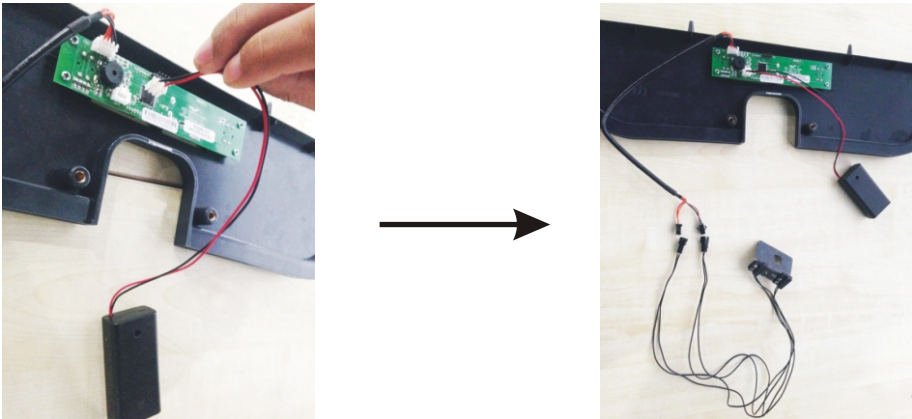
Assembly

STEP 6



Assembly

STEP 7

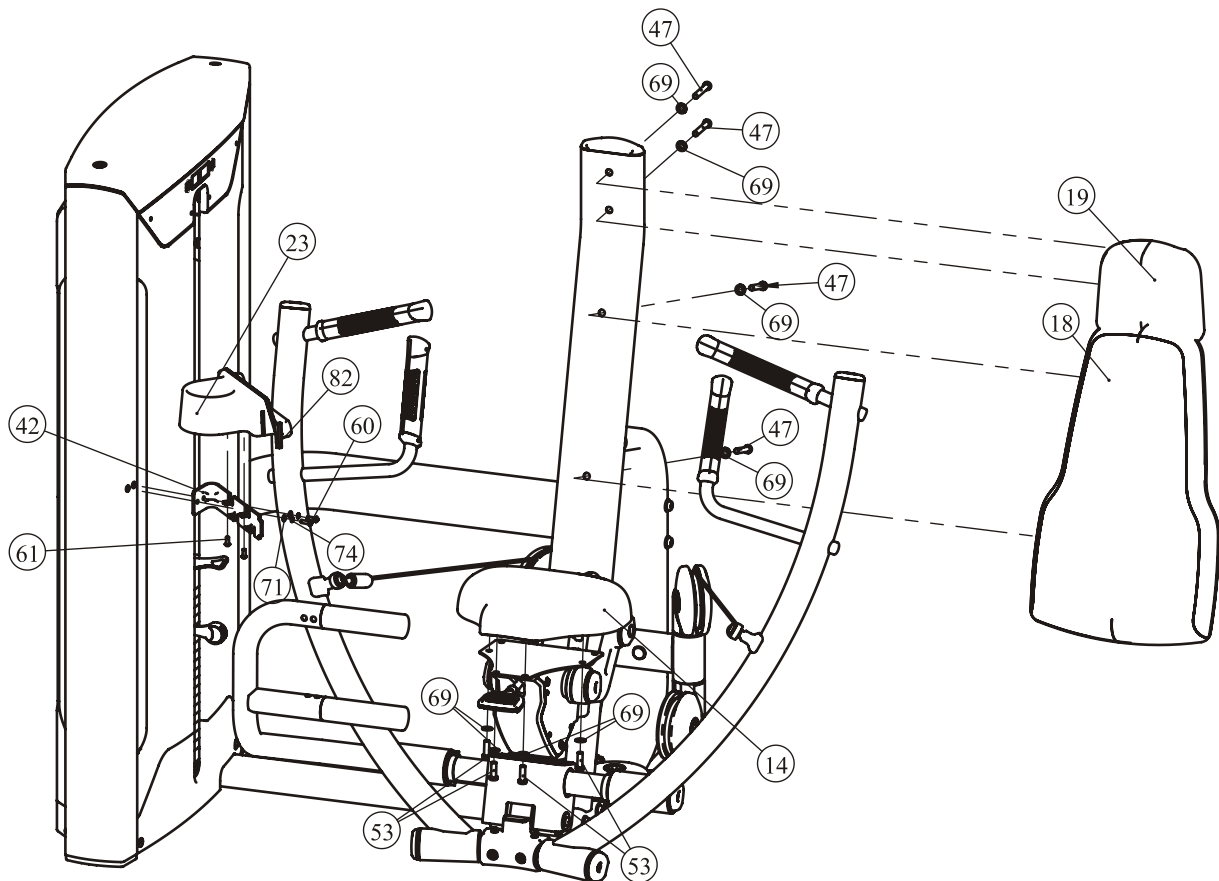


Assembly

STEP 8

1. Attach the Plastic End Cap (#82) to the Cup Holder (#23).
Attach the Plastic End Cap (#82) and the Cup Holder (#23) to the Bracket of Cup Holder (#42) using:
two M6*15 BHCS (#61)
Attach the Assemble good parts (#23/#82/#42) to the Weight Stack Frame Assy (#1) using:
two $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#71) two M6*20 BHCS (#60)
two $\Phi 6$ Spring Washer (#74)
2. Attach the Seat Pad (#14) to the Main Frame II ASSY (#2) using:
four M10*30 SHCS (#53) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#69)
3. Attach the Head Pad ASSY (#19) and the Back Pad ASSY (#18) to the Main Frame II ASSY (#2) using:
four M10*70 FHCS (#47) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#69)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust Instructions

The use of Selector Pin W/Coil

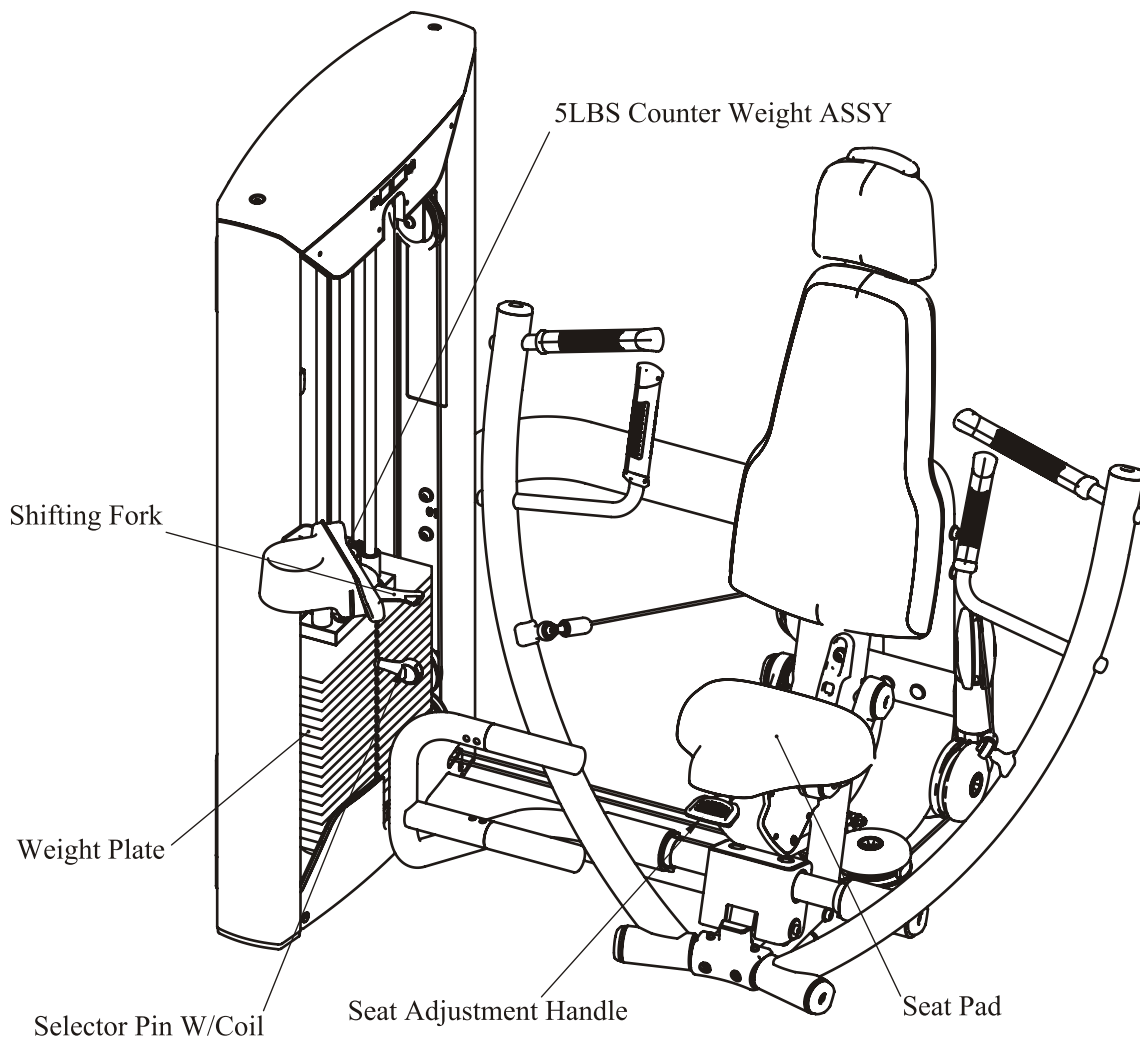
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.

The 5LBS Counter Weight adjustment

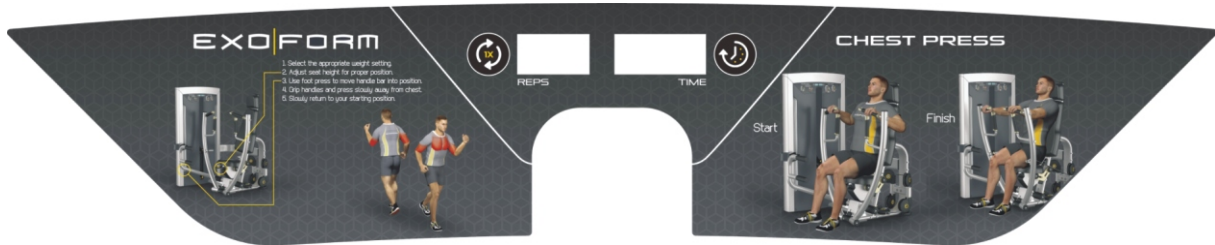
1. Toggle the Shifting Fork to the desired position.
2. Make sure the Shifting Fork get into the Fillister completely.

The Seat Pad adjustment

1. Pull the Seat Adjustment Handle, and adjust the Seat Pad to the desired position.
2. Make sure the pin get into the hole completely.



Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust seat height for proper position.
3. Use foot press to move handle bar into position.
4. Grip handles and press slowly away from chest.
5. Slowly return to your starting position.



Start



Finish



Console Panel Function



1. CONSOLE PANEL FUNCTION

1.1 TIME WINDOW

Indicates elapsed time after pressing start in minutes and seconds (0-99minutes, 0-59seconds).

1.2 REPS WINDOW

Indicates times of workout cycle (0-999).

2. BUTTONS

2.1 REPS RESET: Reset value of REPS window.

2.2 TIME RESET: Reset value of TIME window

3. SAVE POWER MODE

3.1 Switched on automatically when there is signal input.

3.2 The screen turn off of self after 3 minutes in stop station.

Battery Replacement

Battery replacement

For this computer you need 2 pcs. 1.5V AA batteries. If the display quality gets poor, you should replace the battery. Therefore please open the battery case cover on the back side of your computer and replace the old battery by a fitting new one. Close the case cover properly.



You must check the batteries regularly to prevent leakage from damaging console.

Battery-Disposal

Batteries should not be considered as regular garbage. As consumer you are obliged to return finished batteries. The finished batteries can be returned to a collection base at your residential area or at places, where batteries can be bought.



WE RECOMMEND THE USE OF ALCALI-MANGAN BATTERIES.

You will find these symbols on batteries, which contain harmful substances:

Pb = Battery contains lead

Cd = Battery contains cadmium

Hg = Battery contains mercury



Pb



Cd



Hg

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.

