



FE9702

LAT PULLDOWN

OWNER'S MANUAL

Rev A1 17ZV5

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

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CAUTION!

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

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

Important Safety Instructions

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

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

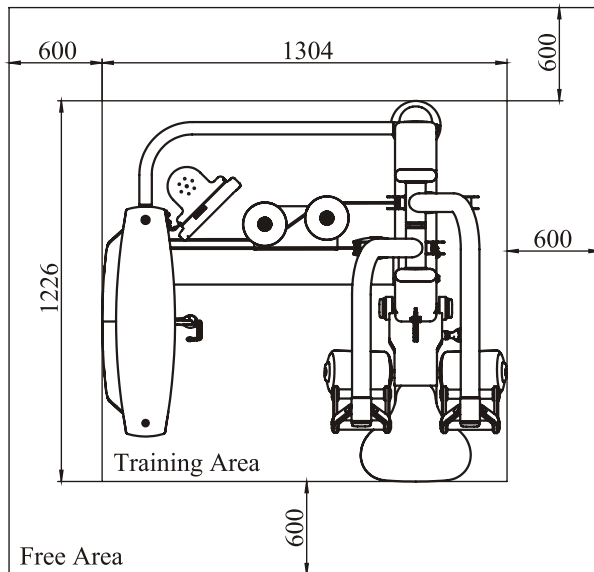
Important Safety Instructions

Personal Safety During Assembly

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

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

Training Area and Free Area



Specifications

Class: S
Maximum Wt. Capacity: 134kg/ 295lbs
Maximum User Weight: 150kg/ 330lbs
Product Total Surface: 1304*1226mm
Product Total Mass: 177.7kg/ 392lbs

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



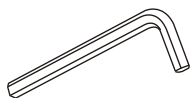
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

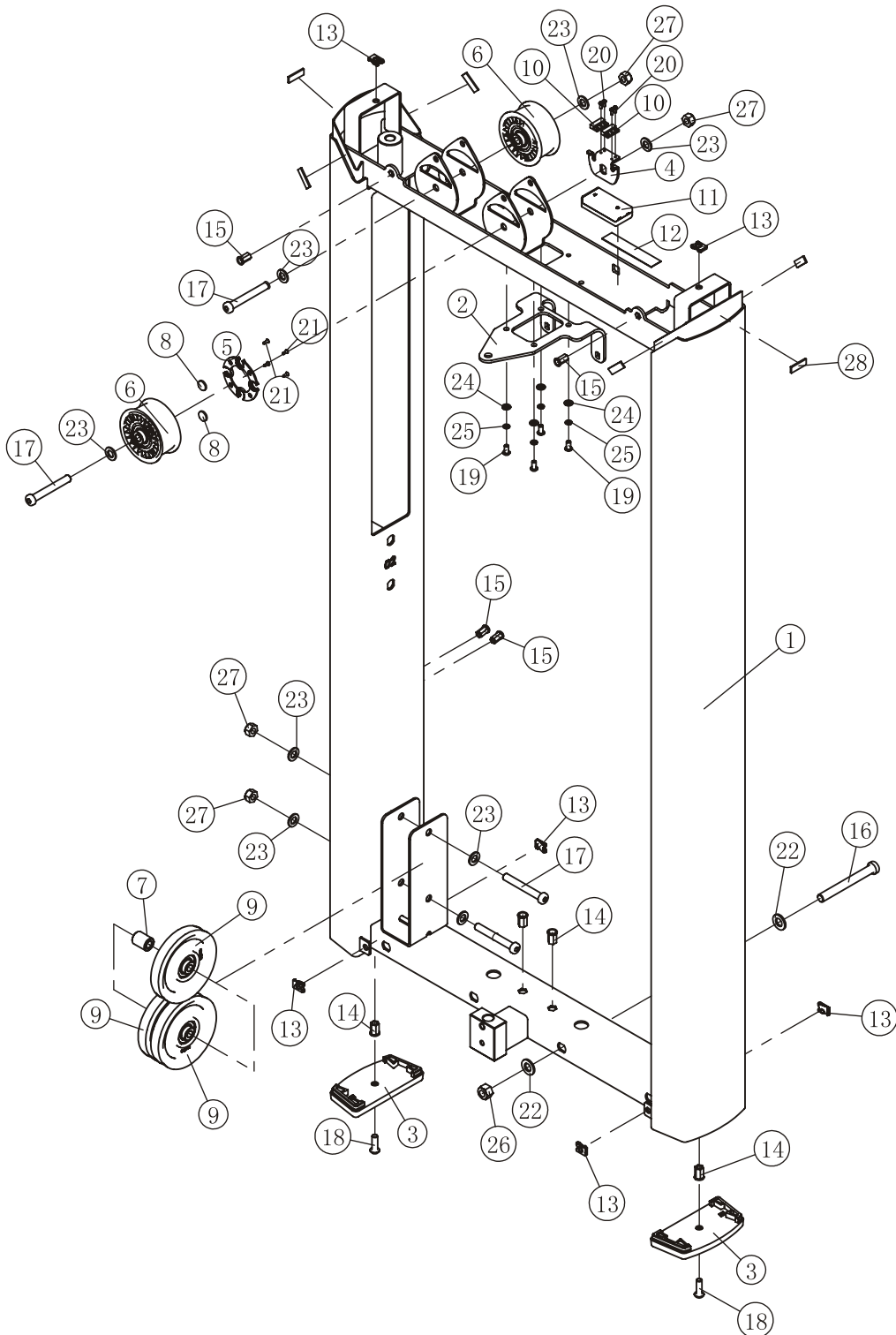
Exploded View and Parts List

Weight Stack Frame Assy

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	FE97020100V1	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	FE97123000	Cover for Magnetic Iron	1
6	1.6	FE97123900	Belt Pulley Φ 76	2
7	1.7	FE97193400	Pulleys Spacer	1
8	1.8	IE951814700	Magnetic Iron	2
9	1.9	SG500110400V2	4.5" Pulleys	3
10	1.10	DQCGQ01	Sensor	2
11	1.11	DQDCH02	Cell Box	1
12	1.12	SMJ20*1*1000	Double face d adhesive tape	0.1
13	1.13	AC32705800	U-nut M6	6
14	1.14	GB17880.5M8*16.5DCS17	Rivet Nut M8	4
15	1.15	GB17880.5M6*16.5DS17	Rivet Nut M6	4
16	1.16	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	1
17	1.17	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	4
18	1.18	PNLM8*25DN20NL	Button Head Cap Screw M8*25	2
19	1.19	PNLM6*12DN20	Button Head Cap Screw M6*12	4
20	1.20	GB818M3*8DS2	Screw M3*8	4
21	1.21	GB846ST2.9*9.5DS	Screw ST2.9*9.5	4
22	1.22	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	2
23	1.23	GB9510DN2	Flat Washer Φ 11* Φ 20*2	8
24	1.24	GB956DN2	Flat Washer Φ 6.6* Φ 12*1.6	4
25	1.25	GB936DN19	Spring Washer Φ 6	4
26	1.26	NM12DN2	Nylon Lock Nut M12	1
27	1.27	NM10DN2	Nylon Lock Nut M10	4
28	1.28	YDMJ12*2*30	Hard Single-sided Adhesive Tape	6

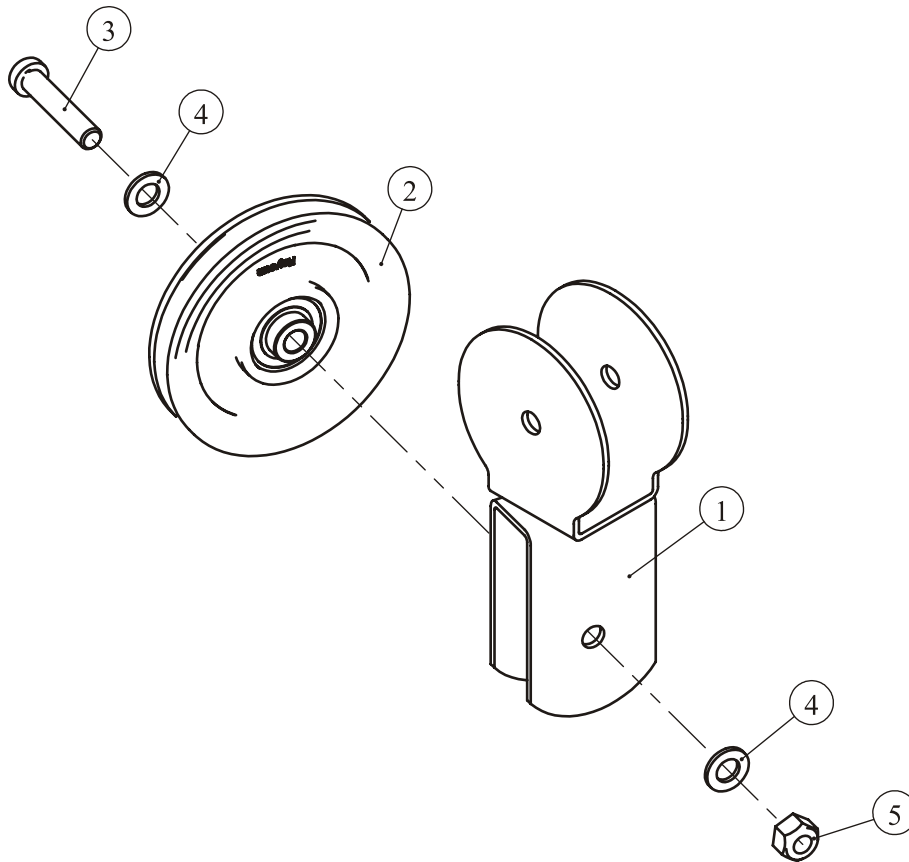
Exploded View and Parts List

Weight Stack Frame Assy



Exploded View and Parts List

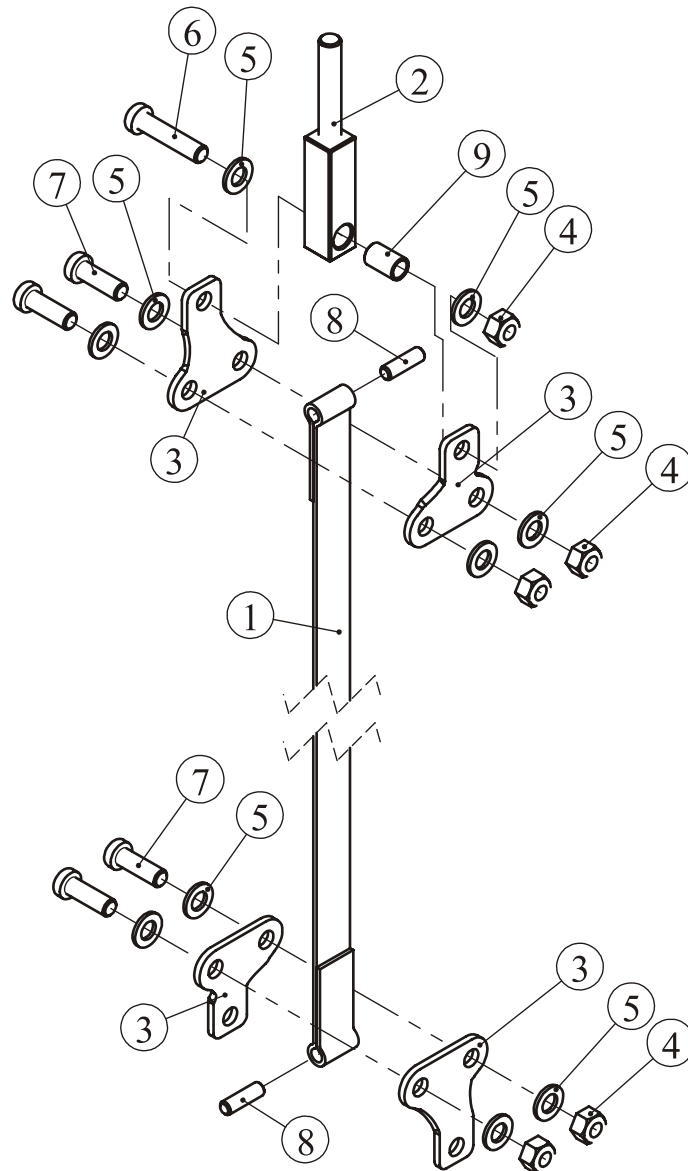
Movable Block Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	FE97120800	Movable Block Frame	1
2	9.2	SG500110400V2	4.5" Pulleys	1
3	9.3	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4
4	9.4	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
5	9.5	NM10DN2	Nylon Lock Nut M10	1

Exploded View and Parts List

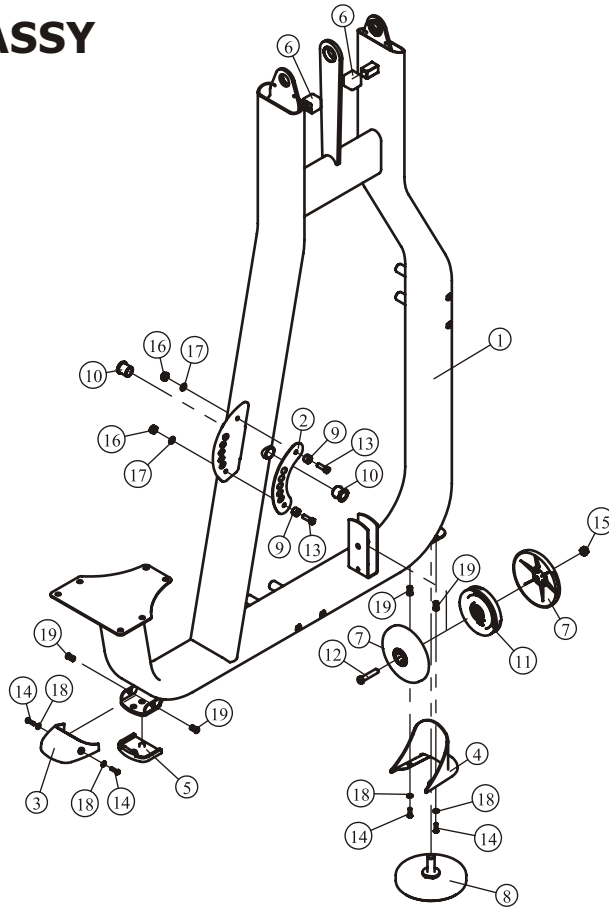
Belt ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	FE97024500	Belt	1
2	11.2	FE97214700	Square Adjustment Lever	1
3	11.3	FE97193300	Fastening Plate	4
4	11.4	NM10DN2	Nylon Lock Nut M10	5
5	11.5	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	10
6	11.6	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
7	11.7	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
8	11.8	FE97024501	Locating Pin $\Phi 8 * 42$	2
9	11.9	FE972111500	Spacer $\Phi 13 * \Phi 10.3 * 21$	1

Exploded View and Parts List

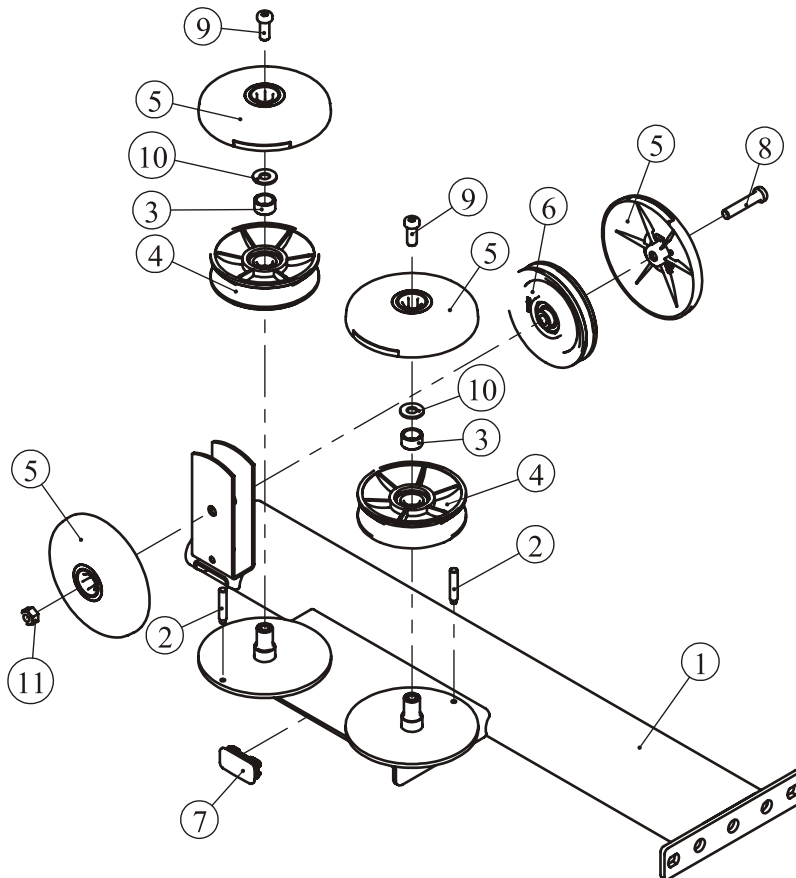
Main Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	FE97020200	Main Frame	1
2	2.2	FE97021900	Scaleboard	1
3	2.3	FE97211600	Front ground plastic cover	1
4	2.4	FE97211700	Rear ground plastic cover	1
5	2.5	FE97211800	Rubber Foot	1
6	2.6	FE97213100	Square Rubber Sleeve	2
7	2.7	FE97023800	Large Pulley Cover ASSY	2
8	2.8	IT93201800	Adjustable Foot plate	1
9	2.9	IN-S10111200	Rubber Sleeve $\Phi 17*10.5$	2
10	2.10	RS1302C11000	Bushing $\Phi 29*\Phi 18*25$	2
11	2.11	SG500110400V2	4.5" Pulleys	1
12	2.12	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
13	2.13	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
14	2.14	PNLM6*20DN20	Button Head Cap Screw M6*20	4
15	2.15	NM10DN2	Nylon Lock Nut M10	1
16	2.16	NM8DN2	Nylon Lock Nut M8	2
17	2.17	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
18	2.18	GB956DN2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	4
19	2.19	GB17880.5M6*16.5DS17	Rivet Nut M6	4

Exploded View and Parts List

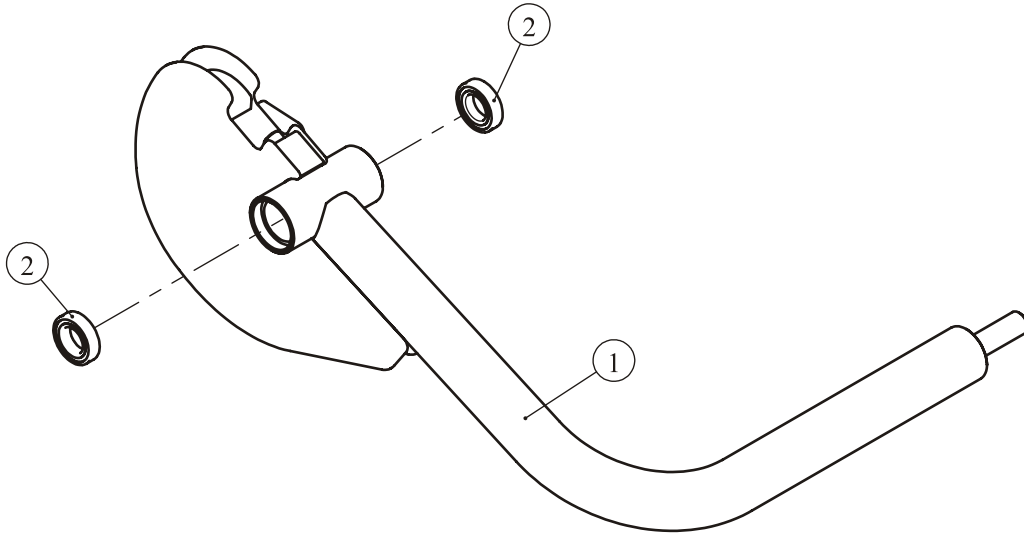
Connect Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	FE97020300	Connect Frame	1
2	3.2	FE97021800	Threaded column	2
3	3.3	FE97122200	Pulleys Spacer 2	2
4	3.4	FE97123600	V Pulleys	2
5	3.5	FE97023800	Large Pulley Cover ASSY	4
6	3.6	SG500110400V2	4.5" Pulleys	1
7	3.7	CHL305WS0900	Plug □ 25*50	1
8	3.8	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
9	3.9	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	2
10	3.10	DQ10N19B	Flat Washer Φ11*Φ25*2	2
11	3.11	NM10DN2	Nylon Lock Nut M10	1

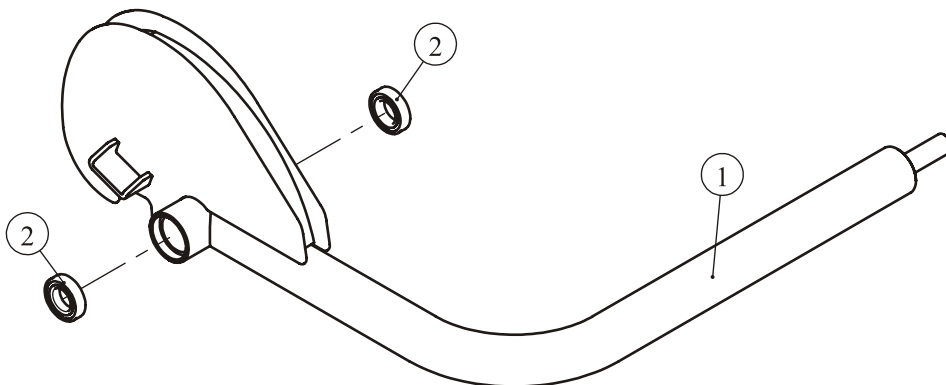
Exploded View and Parts List

Left Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	FE97020500	Left Arm Frame	1
2	5.2	GB2766006-2ZNBK	Bearing 6006-2ZNBK	2

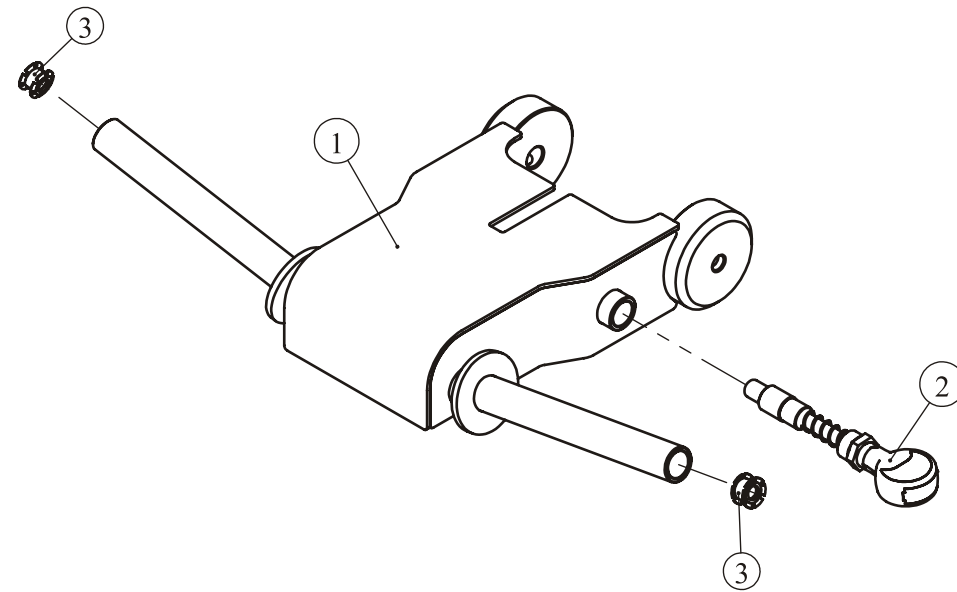
Right Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	FE97020600	Right Arm Frame	1
2	6.2	GB2766006-2ZNBK	Bearing 6006-2ZNBK	2

Exploded View and Parts List

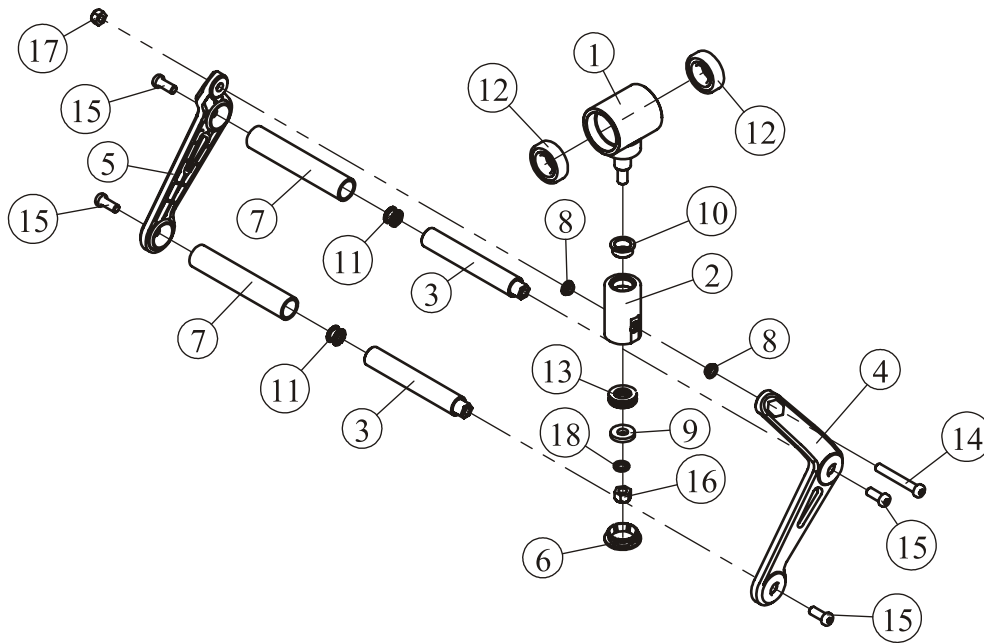
Foam Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	FE97020700	Foam Frame	1
2	7.2	FE97211000	Position Adjustment Pin	2
3	7.3	IF81165000	Sun Nut	2

Exploded View and Parts List

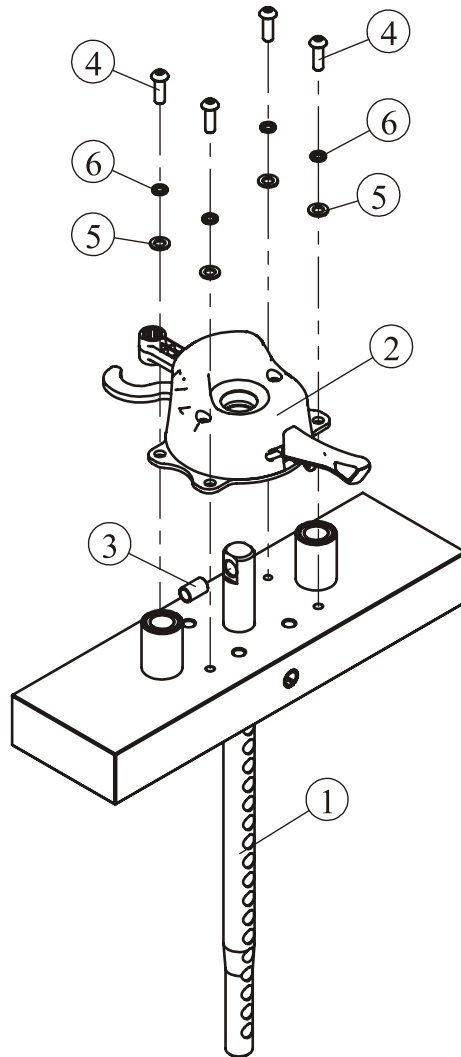
Drawing Hand ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	FE97020800	The Bogie	1
2	8.2	FE97020900	Handle the sleeve	1
3	8.3	FE97021000	Hand Lever	2
4	8.4	FE97021100	AL Handle Left	1
5	8.5	FE97021200	AL Handle Right	1
6	8.6	FE97021300	Plastic gland	1
7	8.7	026-01PL0206-14	Grip $\Phi 31^* \Phi 24^* 160$	2
8	8.8	PBE10008	Bushing $\Phi 10.2^* \Phi 14^* 6$	2
9	8.9	IN-D21200504V1	Circular plate	1
10	8.10	S9126988	Teleflex $\Phi 20$	1
11	8.11	IF81165000	Sun Nut	2
12	8.12	GB2766205-2ZNBK	Bearing 6205-2ZNBK	2
13	8.13	GB30151104	Thrust bearing	1
14	8.14	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	1
15	8.15	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	4
16	8.16	NM12DN2	Nylon Lock Nut M12	1
17	8.17	NM10DN2	Nylon Lock Nut M10	1
18	8.18	GB9312N19	Spring Washer $\Phi 12$	1

Exploded View and Parts List

Top plate ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	36.1	FE97023000	40LBS Top plate	1
2	36.2	FE971938ASSY	Counter weight ASSY	1
3	36.3	FE972111500	Spacer $\Phi 13 * \Phi 10.3 * 21$	1
4	36.4	PNLM8*25DN20	Button Head Cap Screw M8*25	4
5	36.5	GB958DN2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	4
6	36.6	GB938N19	Spring Washer $\Phi 8$	4

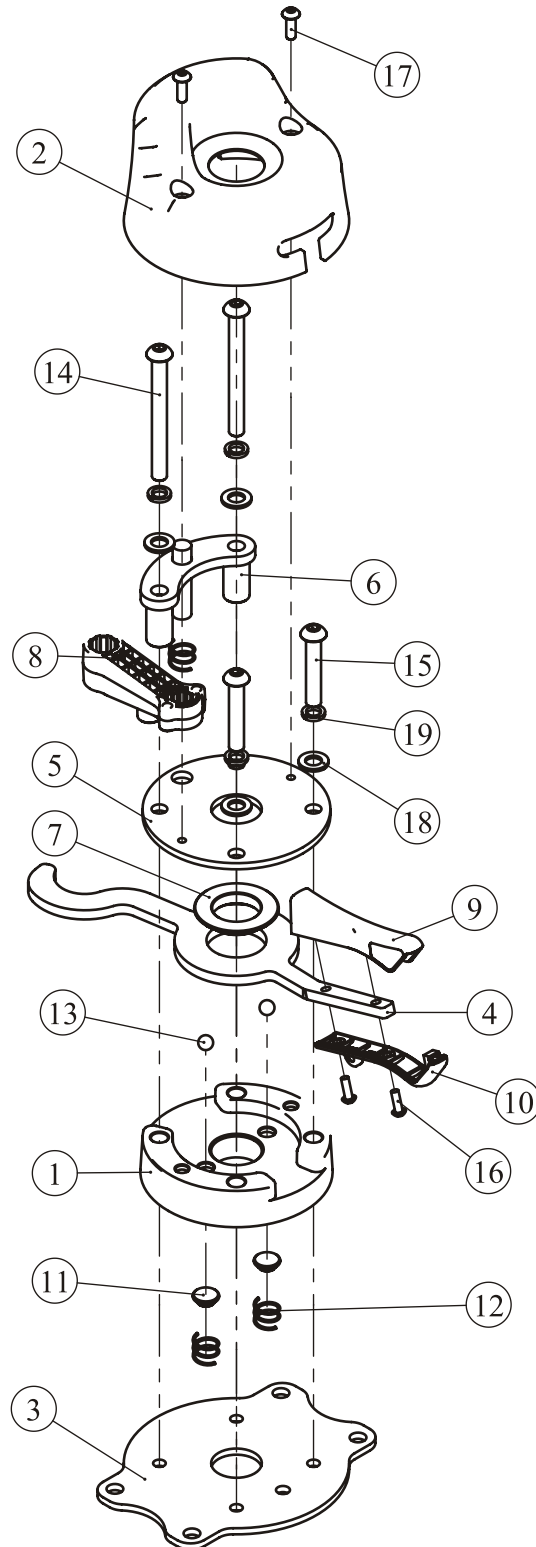
Exploded View and Parts List

Counter weight ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	36.2.1	FE97192700	Plastic base	1
2	36.2.2	FE97192800	Counter weight Plastic cover	1
3	36.2.3	FE97193500	Base plate	1
4	36.2.4	FE97193600	Shifting fork	1
5	36.2.5	FE97193700	Top plate	1
6	36.2.6	FE97193800	Guide Frame	1
7	36.2.7	FE97193900	Short Spacer $\Phi 45^* \Phi 26^*7.5$	1
8	36.2.8	FE97194000	Stop collar	1
9	36.2.9	FE97194100	Top plastic cover	1
10	36.2.10	FE97194200	Base plastic cover	1
11	36.2.11	CWRVL0251800	Steel ball support base	2
12	36.2.12	CWRVL0251900	Spring $\Phi 1.2^* \Phi 13^*11$	3
13	36.2.13	GB3088G20	Steel ball	2
14	36.2.14	PNLM8*80DN20	Button Head Cap Screw M8*80	2
15	36.2.15	PNLM8*45DN20	Button Head Cap Screw M8*45	2
16	36.2.16	PNLM4*12DN20	Button Head Cap Screw M4*12	2
17	36.2.17	PNLM5*15DN20	Button Head Cap Screw M5*15	2
18	36.2.18	GB958DN2	Flat Washer $\Phi 9^* \Phi 16^*1.6$	4
19	36.2.19	GB938N19	Spring Washer $\Phi 8$	4

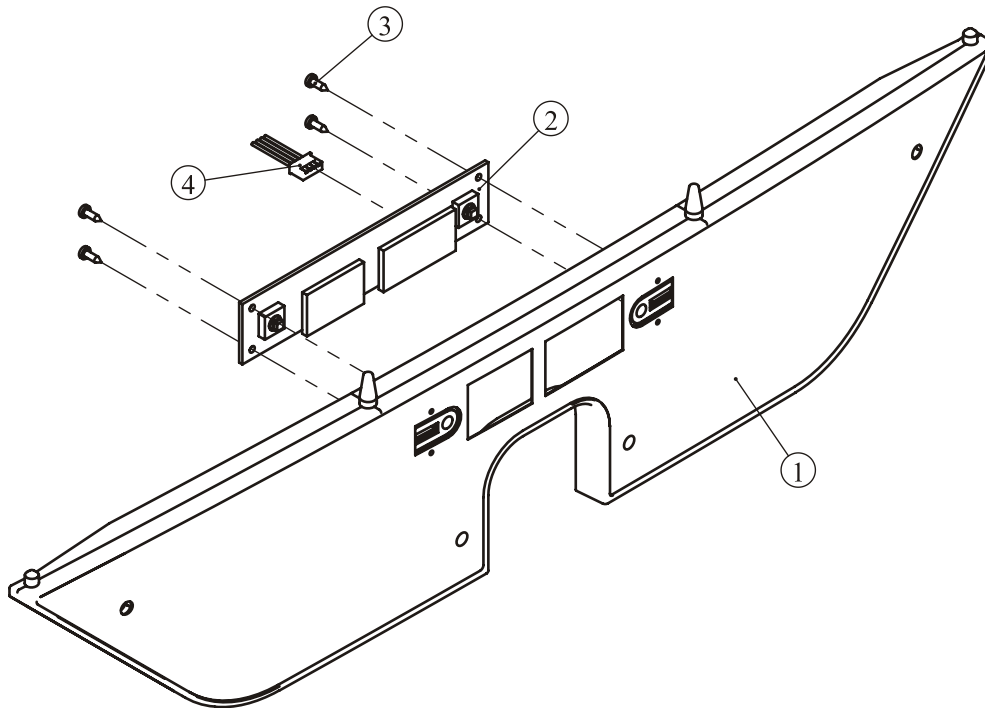
Exploded View and Parts List

Counter weight ASSY



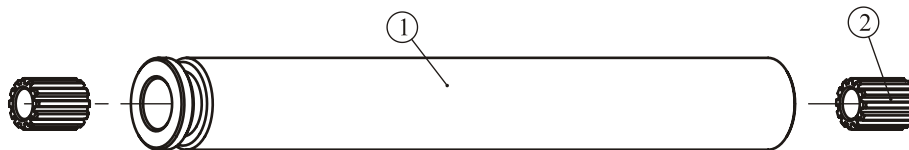
Exploded View and Parts List

Training placard cover ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	40.1	FE97052600	Training placard cover	1
2	40.2	B117	Console PCB	1
3	40.3	GB845ST2.9*9.5DS	Screw ST2.9*9.5	4
4	40.4	L350XHP/SMY-4	Sensor 4C*22#350mm	1

5LBS Counter Weight ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	19.1	FE97213500	5LBS Counter Weight	1
2	19.2	CXT-1001900V1	Guide Sleeve $\Phi 25 * \Phi 15 * 32$	2

Exploded View and Parts List

Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	FE97 020 1V1ASSY	Weight Stack Frame Assy	1
2	2	FE97 020 2ASSY	Main Frame ASSY	1
3	3	FE97 020 3ASSY	Connect Frame ASSY	1
4	4	FE97 020 400	Rear Cross Brace	1
5	5	FE97 020 5ASSY	Left Arm Frame ASSY	1
6	6	FE97 020 6ASSY	Right Arm Frame ASSY	1
7	7	FE97 020 7ASSY	Foam Frame ASSY	1
8	8	FE97 020 8ASSY	Drawing Hand ASSY	2
9	9	FE97 120 8ASSY	Movable Block Frame ASSY	1
10	10	FE97 211 400	Underside support plate	1
11	11	FE97 214 000	Narrow Belt Pulley Φ 76	1
12	12	FE97 024 5ASSY	Belt ASSY	1
13	13	FE97 022 000	Cable	1
14	14	FE97 215 000V1	Guide Rod Φ 19	2
15	15	FE97 053 500	Cup Holder	1
16	16	FE97 053 600	Bracket of Cup Holder	1
17	17	FE97 011 600V1	Top Cover	1
18	18	FE97 194 300	Guide Rod Φ 14	1
19	19	FE97 194 9ASSY	7.5LBS Counter Weight	1
20	20	FE97 192 500	Plastic Cover I	2
21	21	FE97 192 600	Plastic Cover II	1
22	22	FE97 021 700	Plug	2
23	23	FE97 211 900	Cap Φ 60	6
24	24	FE97 212 000	Circle Ring Φ 62.5*5	6
25	25	FE97 213 400	Rubber Sleeve Φ 30*65	2
26	26	FE97 214 800	Belt Rubber Sleeve Φ 17*49	2
27	27	FE97 053 700	Plastic End Cap	1
28	28	FE97 123 800	Selector Pin W/Coil	1
29	29	IN-D1013 2900	Plug Bumper Φ 76*60	2
30	30	FE97 216 900	Spacer Pin Φ 15* Φ 8*65.5	2
31	31	FE97 024 400	Limiting tube Φ 22*2*91.4	1
32	32	CWRVL025 0900	Flat Washer Φ 15* Φ 40*3	1
33	33	CWRVL025 1000	Plug Bumper Φ 14* Φ 40*25.4	1
34	34	FE97 021 500	shaft Φ 30*299	1
35	35	FE97 021 600	shaft Φ 18*195.5	1
36	36	FE97 023 0ASSY	Top plate ASSY	1
37	37	FE97 011 2200	Seat Pad	1

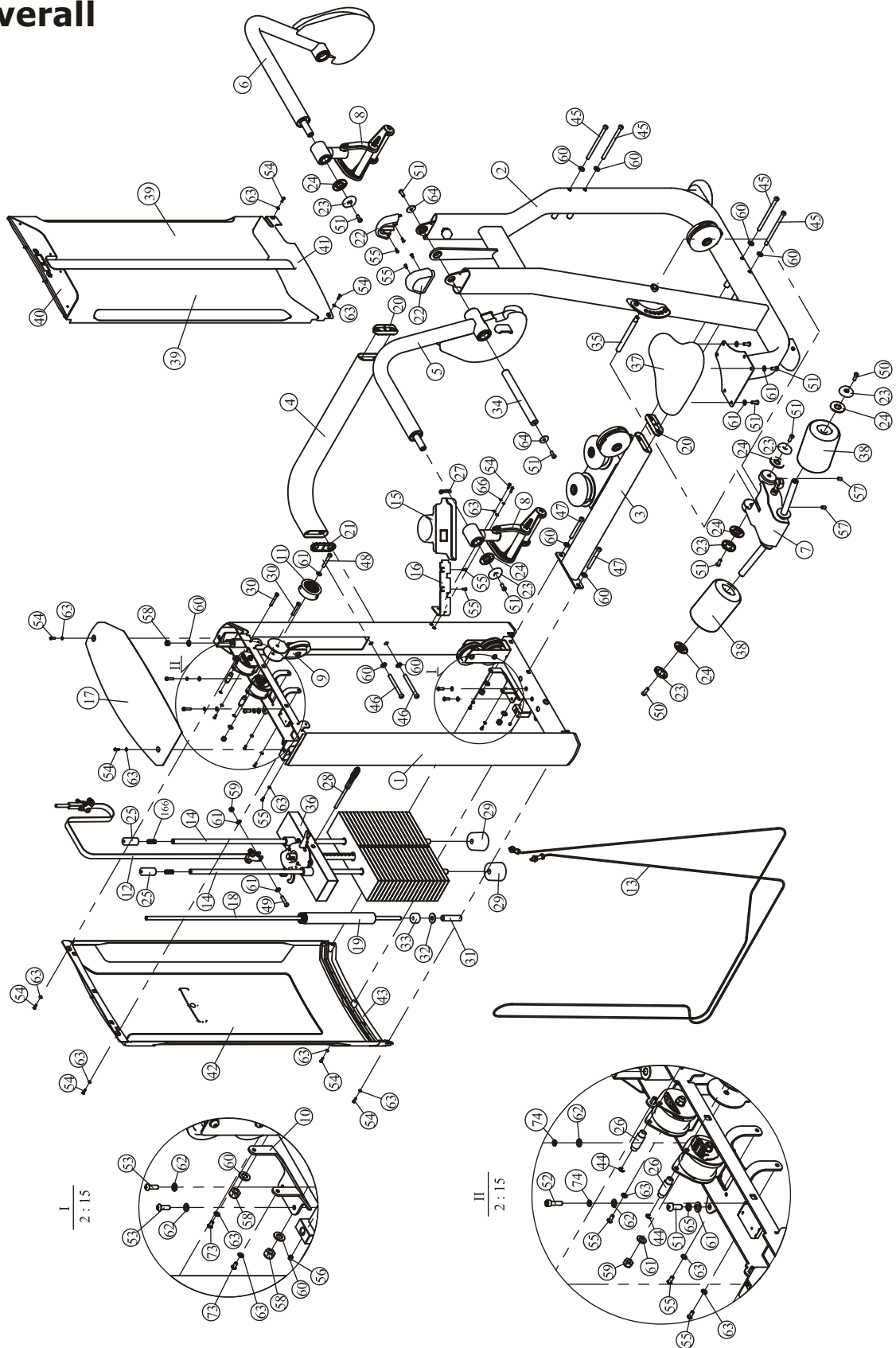
Exploded View and Parts List

Overall

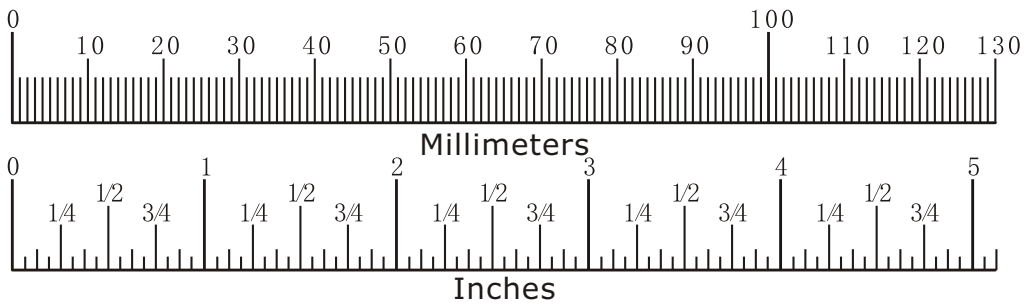
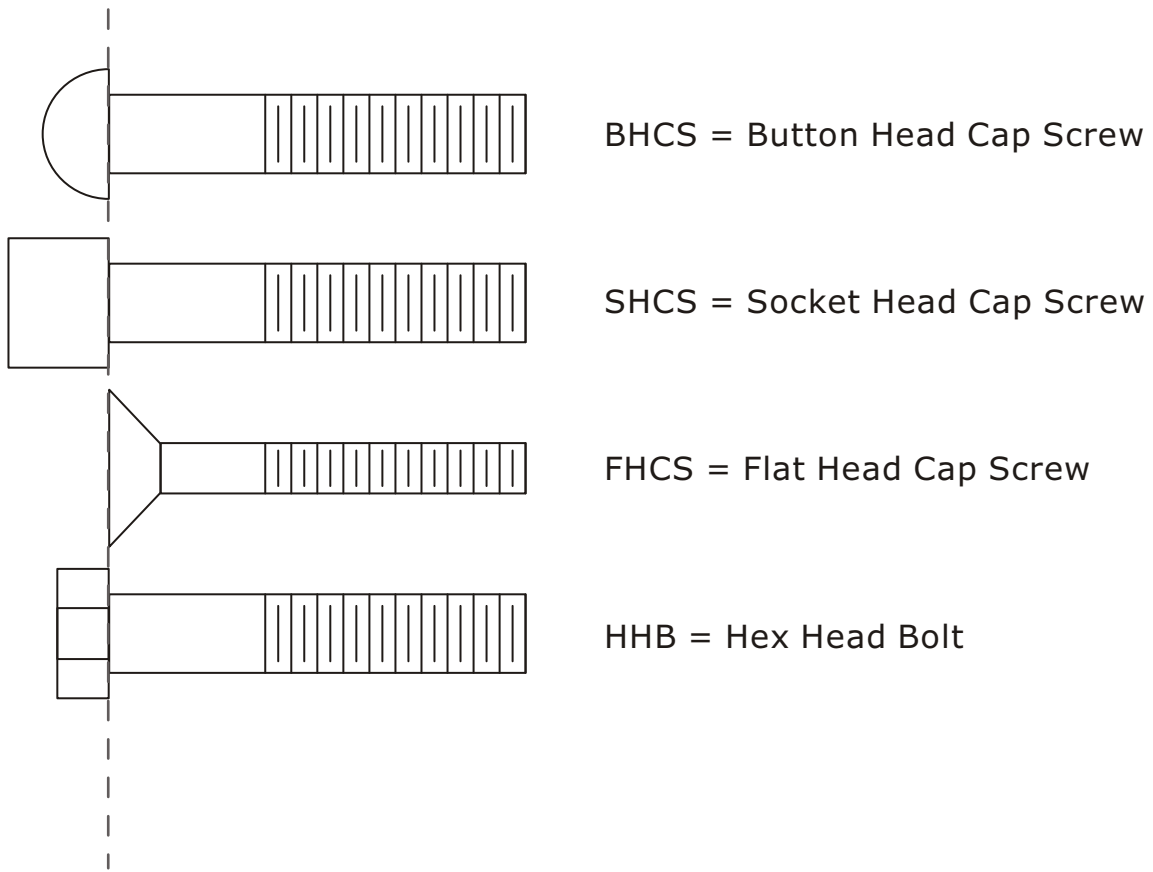
Item No.	Grade No.	Part No.	Description	QTY
38	38	FE970221ASSY	Leather Wrapped Round Foam	2
39	39	FE97052500	Front Shroud	2
40	40	FE970526ASSY	Training Placard Cover ASSY	1
41	41	FE97022700	Front Lower Cover	1
42	42	FE97052800	Back Shroud	1
43	43	FE97052900	Back Lower Cover	1
44	44	GB8966FH12	Shaft Ring Opening Φ 6	2
45	45	GB70BTM12*180DN18NL	Socket Head Cap Screw M12*180	4
46	46	GB70BTM12*120DN18NL	Socket Head Cap Screw M12*120	2
47	47	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
48	48	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
49	49	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
50	50	GB70BTM10*30DN18NL	Socket Head Cap Screw M10*30	2
51	51	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	11
52	52	GB70M8*45*45N19	Socket Head Cap Screw M8*45	2
53	53	PNLM8*25DN20NL	Button Head Cap Screw M8*25	2
54	54	PNLM6*20DN20	Button Head Cap Screw M6*20	11
55	55	PNLM6*15DN20	Button Head Cap Screw M6*15	10
56	56	GB77M8*8DS18	Screw M8*8	1
57	57	GB77M12*16DS18	Screw M12*16	2
58	58	NM12DN2	Nylon Lock Nut M12	3
59	59	NM10DN2	Nylon Lock Nut M10	2
60	60	GB9512DN2	Flat Washer Φ 13* Φ 24*2.5	11
61	61	GB9510DN2	Flat Washer Φ 11* Φ 20*2	9
62	62	GB958DN2	Flat Washer Φ 9* Φ 16*1.6	4
63	63	GB956DN2	Flat Washer Φ 6.6* Φ 12*1.6	17
64	64	DQ10DS2D	Flat Washer Φ 11* Φ 38*2	2
65	65	GB9310N19	Spring Washer Φ 10	1
66	66	GB936N19	Spring Washer Φ 6	2
67	67	NBS4DHS	Hex Key S=4	1
68	68	NBS5DHS	Hex Key S=5	1
69	69	NBS6DHS	Hex Key S=6	1
70	70	NBS8DHS	Hex Key S=8	1
71	71	LW200BS	Wrench Φ 6*117	1
72	72	YHY	Lube	1
73	73	PNLM6*12DN20	Button Head Cap Screw M6*12	2
74	74	GB938N19	Spring Washer Φ 8	2
166	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

Attach The Connect Frame (#3) and The Rear Connecting Frame (#4) to The Weight Stack Frame ASSY (#1) and The Main Frame ASSY (#2) using:

two Plastic Cover I (#20)

one Plastic Cover II (#21)

four M12*180 SHCS (#45)

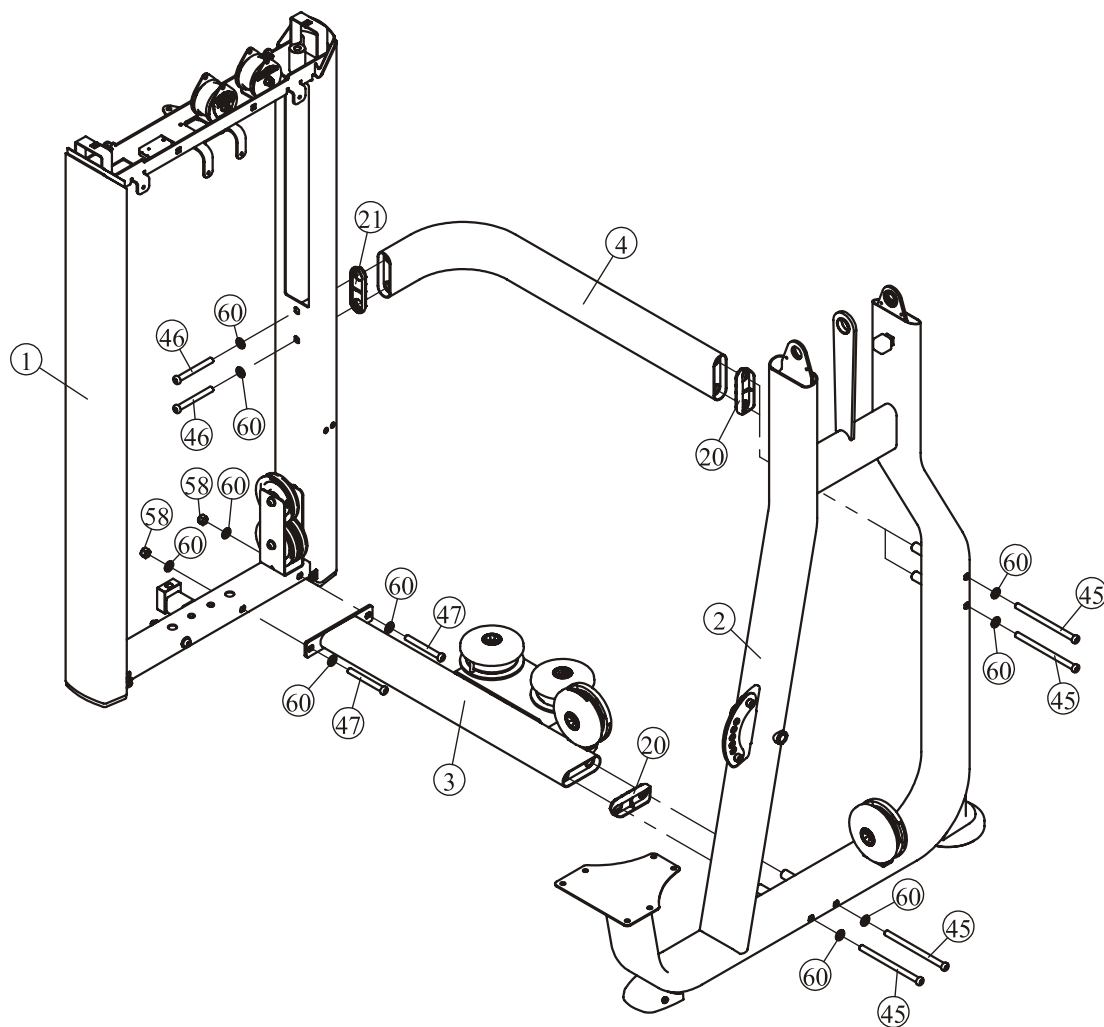
two M12*120 SHCS (#46)

two M12*105 SHCS (#47)

two M12 Nylon Lock Nut (#58)

ten $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#60)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

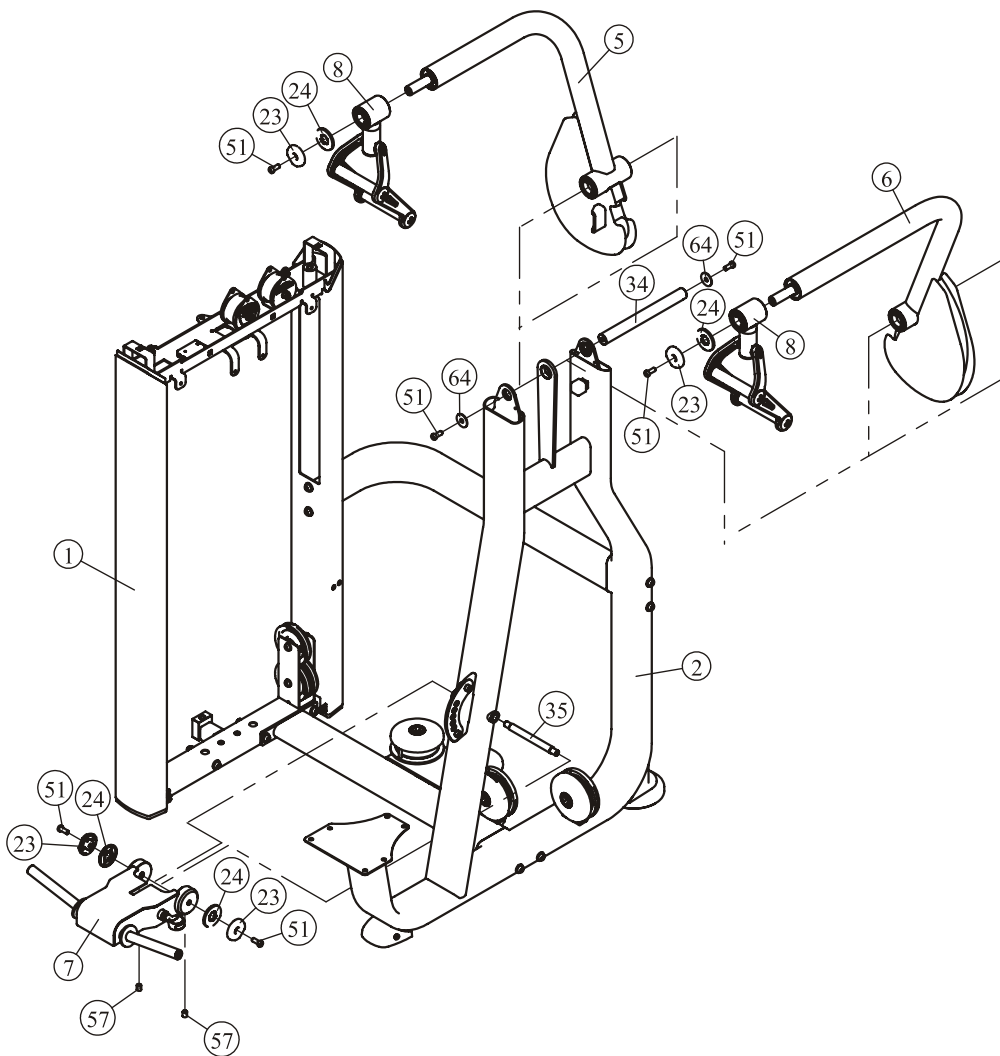


Assembly

STEP 2

1. Attach The Foam Frame ASSY (#7) to The Main Frame ASSY (#2) using:
one $\Phi 18 \times 195.5$ shaft (#35) two $\Phi 60$ Cap(#23)
two $\Phi 62.5 \times 5$ Circle Ring (#24) two M10*25 SHCS (#51)
two M12*16 Screw (#57)
2. Attach The Left Arm Frame ASSY (#5) and The Right Arm Frame ASSY (#6) to The Main Frame ASSY (#2) using:
one $\Phi 30 \times 299$ shaft (#34) two M10*25 SHCS (#51)
two $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#64)
3. Attach two Drawing Hand ASSY (#8) to The Left Arm Frame ASSY (#5) and The Right Arm Frame ASSY (#6) using:
two $\Phi 60$ Cap(#23) two $\Phi 62.5 \times 5$ Circle Ring (#24)
two M10*25 SHCS (#51)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

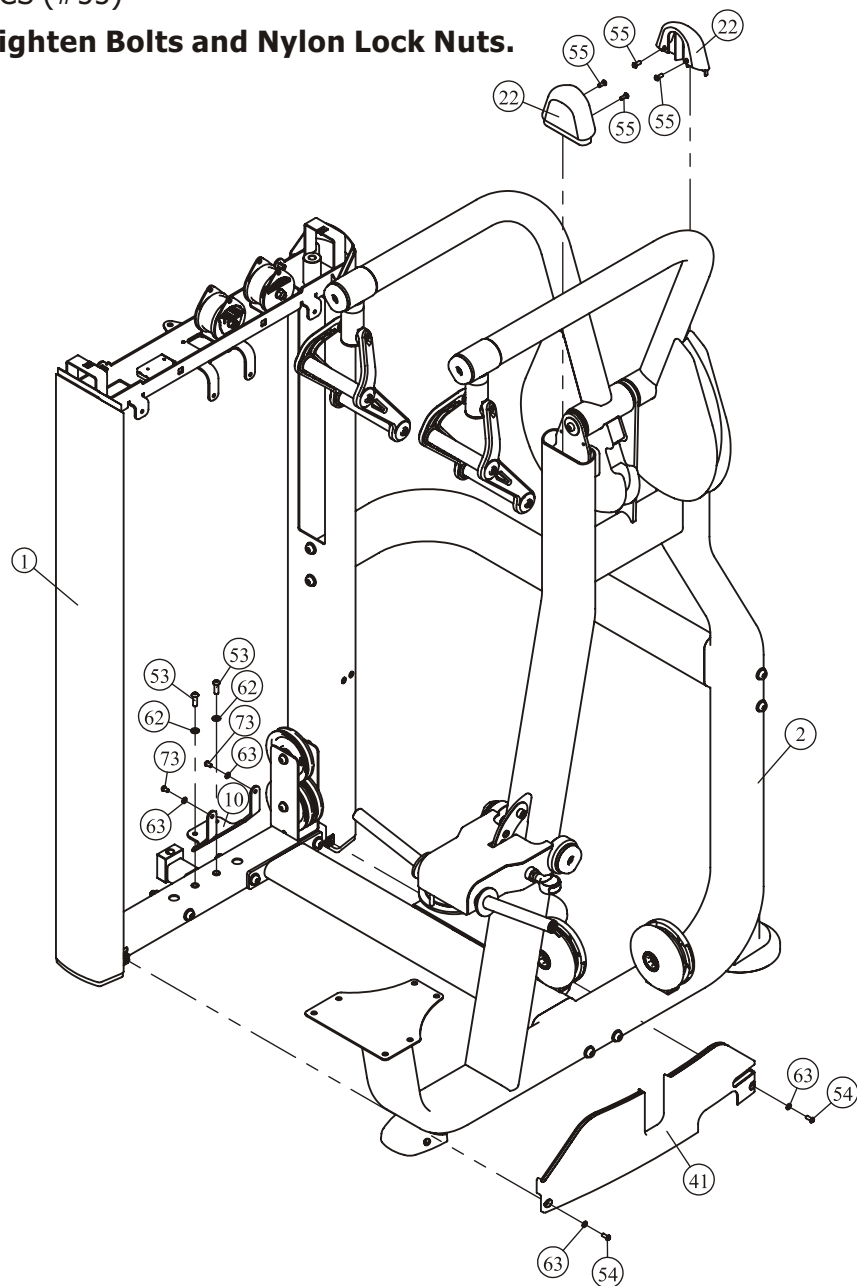


Assembly

STEP 3

1. Attach The Underside Support Plate (#10) to The Weight Stack Frame ASSY (#1) using:
two M8*25 BHCS (#53) two $\Phi 9*\Phi 16*1.6$ Flat Washers (#62)
2. Attach The Front Lower Cover (#41) to The Weight Stack Frame ASSY (#1) and The Underside Support Plate (#10) using:
two M6*12 BHCS (#73) four $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#63)
two M6*20 BHCS (#54)
3. Attach two Plug (#22) to the Main Frame ASSY (#2) using:
four M6*15 BHCS (#55)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4 Here is the assembly instruction for 15LBSx15PCS Weights !

1. Attach:

- | | |
|--|---|
| two $\Phi 19$ Guide Rods (#14) | two $\Phi 76*60$ Weight Rubber Bumpers(#29) |
| fifteen Weight Plate 15LBS (#98) | two Weight Stack Space (#99) |
| one Top Plate ASSY (#36) | |
| to The Weight Stack Frame ASSY (#1) using: | |
| two M8*45 SHCS (#52) | two $\Phi 9*\Phi 16*1.6$ Flat Washers (#62) |
| two $\Phi 30*65$ Rubber Sleeve (#25) | two $\Phi 8$ Spring Washers (#74) |
| two Tension Spring (#166) | |

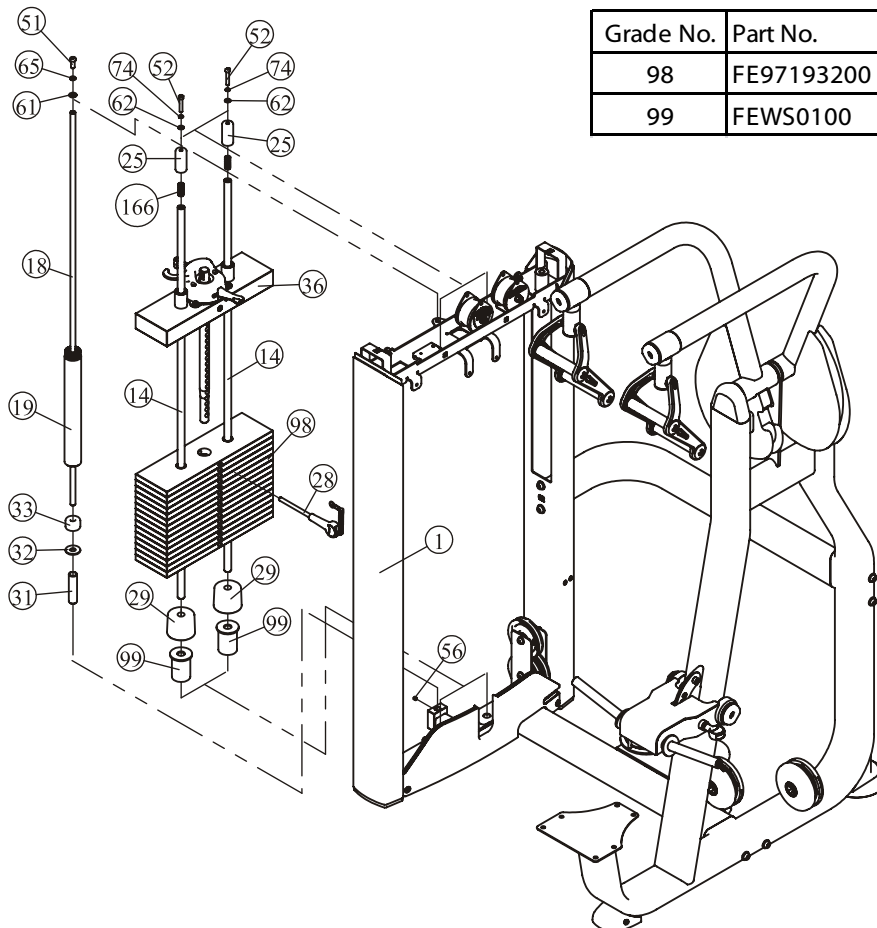
2. Attach The Selector Pin W/Coil (#28) to The Top Plate ASSY (#36).

3. Loosen one M8*8 Screw (#56), and Attach:

- | | |
|--|---|
| one $\Phi 14*1296$ Guide Rod (#18) | one 5LBS Counter Weight (#19) |
| to The Weight Stack Frame ASSY (#1) using: | |
| one $\Phi 22*2*91.4$ Limiting Tube (#31) | one $\Phi 15*\Phi 40*3$ Flat Washer (#32) |
| one $\Phi 14*\Phi 40*25.4$ Plug Bumper (#33) | one M10*25 SHCS (#51) |
| one $\Phi 10$ Spring Washer (#65) | one $\Phi 11*\Phi 20*2$ Flat Washer (#61) |

4. Wrench Tighten M8*8 Screw (#56).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Grade No.	Part No.	Description	QTY
98	FE97193200	15LBS Weight Plate	15
99	FEWS0100	Weight Stack Space	2

Assembly

STEP 4 Here is the assembly instruction for 15LBSx19PCS Weights !

1. Attach:

- | | |
|--|---|
| two $\Phi 19$ Guide Rods (#14) | two $\Phi 76*60$ Weight Rubber Bumpers(#29) |
| nineteen Weight Plate 15LBS (#98) | one Top Plate ASSY (#36) |
| to The Weight Stack Frame ASSY (#1) using: | |
| two M8*45 SHCS (#52) | two $\Phi 9*\Phi 16*1.6$ Flat Washers (#62) |
| two $\Phi 30*65$ Rubber Sleeve (#25) | two $\Phi 8$ Spring Washers (#74) |
| two Tension Spring (#166) | |

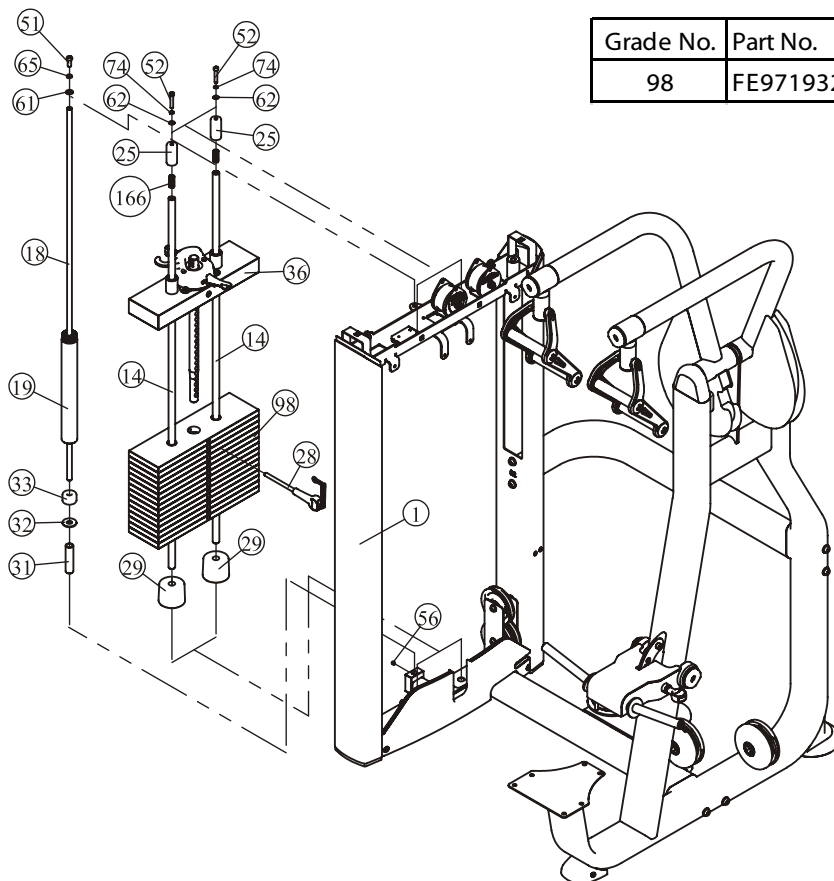
2. Attach The Selector Pin W/Coil (#28) to The Top Plate ASSY (#36).

3. Loosen one M8*8 Screw (#56), and Attach:

- | | |
|--|---|
| one $\Phi 14*1296$ Guide Rod (#18) | one 5LBS Counter Weight (#19) |
| to The Weight Stack Frame ASSY (#1) using: | |
| one $\Phi 22*2*91.4$ Limiting Tube (#31) | one $\Phi 15*\Phi 40*3$ Flat Washer (#32) |
| one $\Phi 14*\Phi 40*25.4$ Plug Bumper (#33) | one M10*25 SHCS (#51) |
| one $\Phi 10$ Spring Washer (#65) | one $\Phi 11*\Phi 20*2$ Flat Washer (#61) |

4. Wrench Tighten M8*8 Screw (#56).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



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

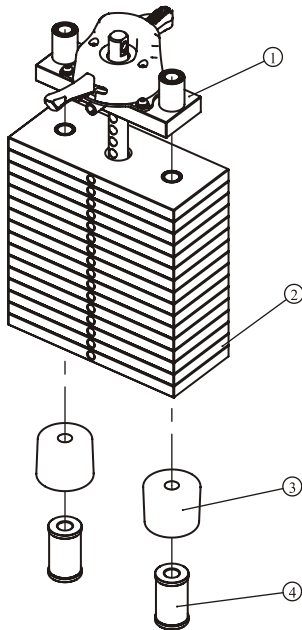
Assembly

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

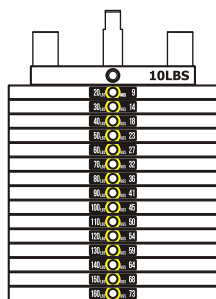
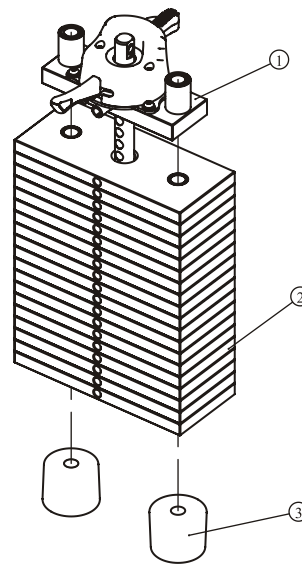
10LBS×15PCS

10LBS×19PCS

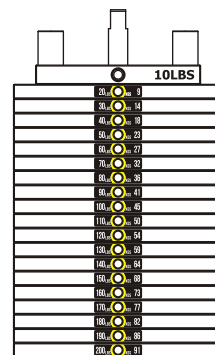
Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193100	10LBS Weight Plate	15	2	FE97193100	10LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY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



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



20-160LBS



20-200LBS

Weight plate sticker paste schematic diagram

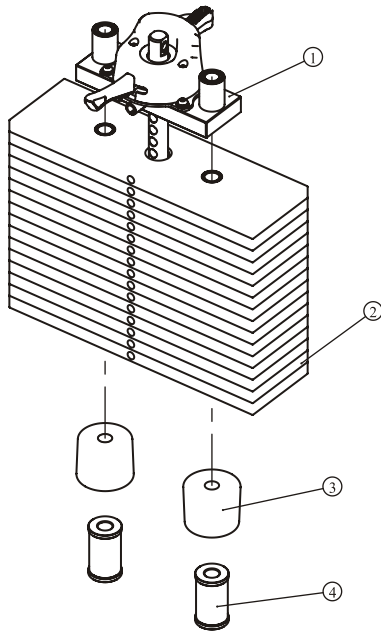
Assembly

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

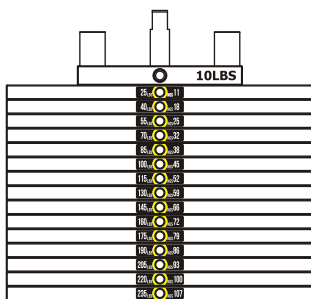
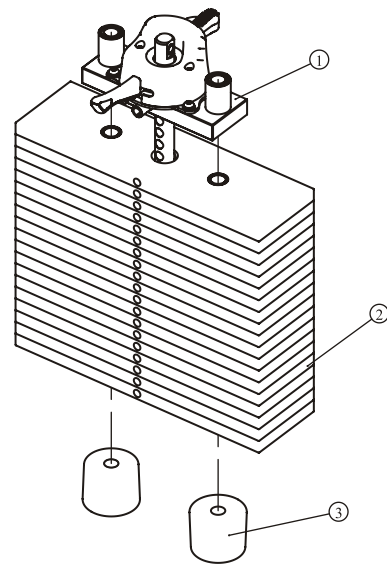
15LBS×15PCS

15LBS×19PCS

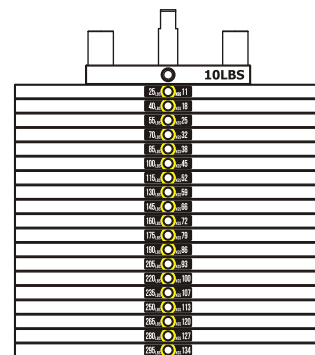
Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193200	15LBS Weight Plate	15	2	FE97193200	15LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY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



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



25-235LBS



25-295LBS

Weight plate sticker paste schematic diagram

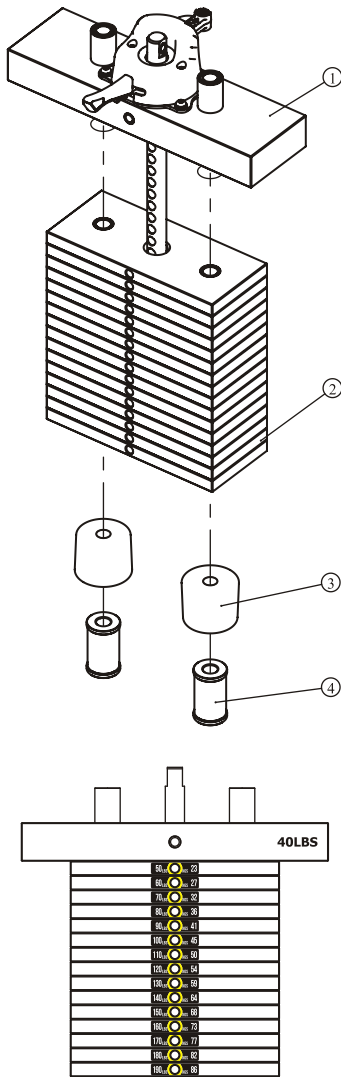
Assembly

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

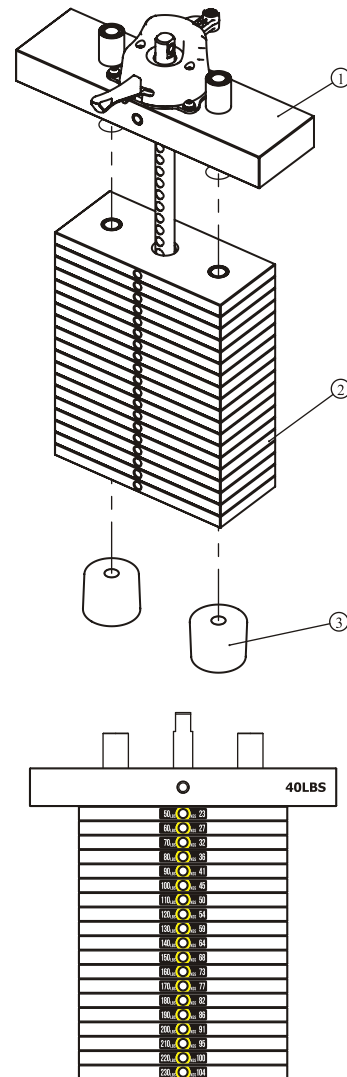
10LBS×15PCS

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				



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



50-190LBS

50-230LBS

Weight plate sticker paste schematic diagram

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

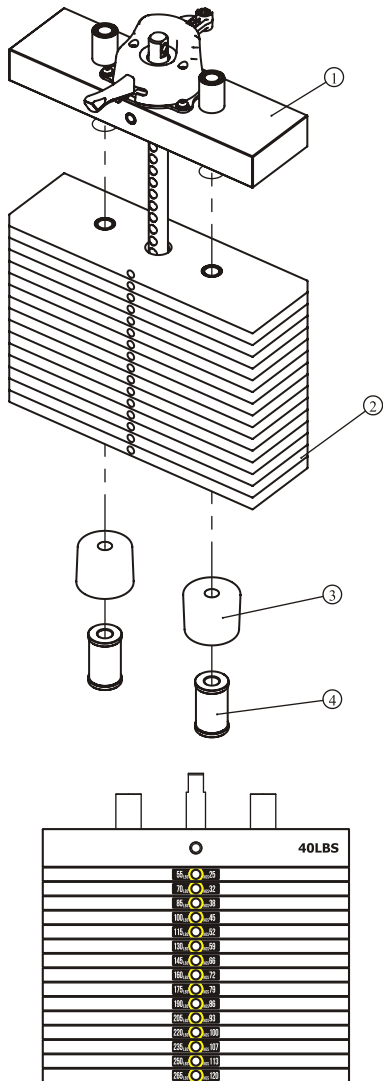
Assembly

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

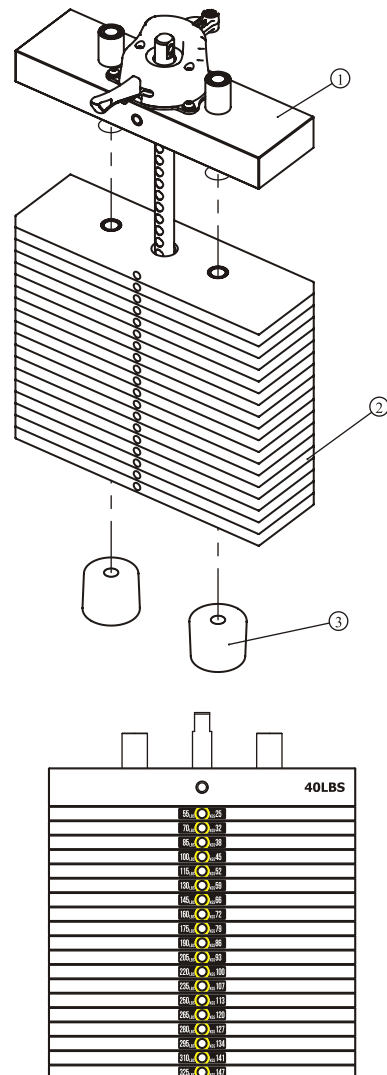
15LBS×15PCS

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



55-325LBS

Weight plate sticker paste schematic diagram

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

Assembly

STEP 5

1. Attach one end of The Belt ASSY (#12) to The Top Plate ASSY (#36) using:
one M10*45 SHCS (#49) two Φ 11* Φ 20*2 Flat Washers (#61)
one M10 Nylon Lock Nut (#59)
2. Attach the other end of The Belt ASSY (#12) to The Movable Block Frame ASSY (#9) using:
one M10*65 SHCS (#48) two Φ 11* Φ 20*2 Flat Washers (#61)
one M10 Nylon Lock Nut (#59)
And through one Narrow Belt Pulleys (#11) on The Weight Stack Frame ASSY (#1) using:
one Φ 13* Φ 24*2.5 Flat Washer (#60) one M12 Nylon Lock Nut (#58)
3. Attach two Φ 17*49 Belt Rubber Sleeves (#26) to The Weight Stack Frame ASSY (#1) using:
two Φ 15* Φ 8*65.5 Spacer Pins (#30) two Φ 6 Shaft Ring Opening (#44)
4. Take down two Slot hex bolt and two Hexagon lock nut from the Cable ASSY (#13).
5. Attach the Cable ASSY (#13) to The Movable Block Frame ASSY (#9) and the Left Arm Frame ASSY (#5) and the Right Arm Frame ASSY (#6) using:
two Slot hex bolt (Down off) two Hexagon lock nut (Down off)

Note: Two Slot hex bolt slot should be outward. Wrench Tighten Bolts and Nylon Lock Nuts.

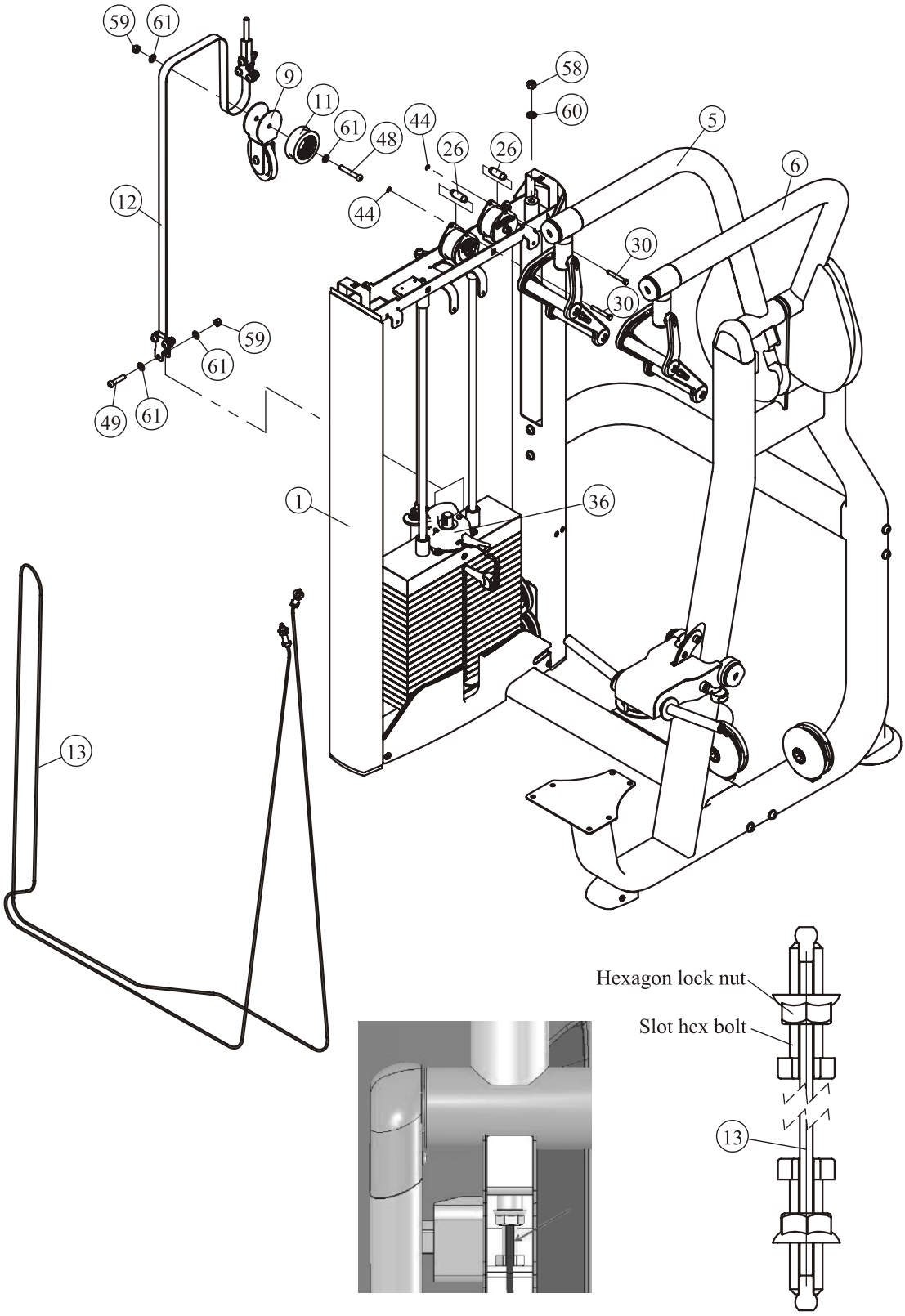
Step 6

1. Attach the Back Lower Cover (#43) to The Weight Stack Frame ASSY (#1) using:
three M6*20 BHCS (#54) three Φ 6.6* Φ 12*1.6 Flat Washers (#63)
2. Attach two Front Shroud (#39) to The Front Lower Cover (#41) on the Weight Stack Frame ASSY (#1).
3. Assemble the Console PCB, and Attach The Training Placard Cover ASSY (#40) to The Weight Stack Frame ASSY (#1) using:
four M6*15 BHCS (#55) four Φ 6.6* Φ 12*1.6 Flat Washers (#63)
4. Attach The Back Shroud (#42) to The Back Lower Cover (#43) and The Weight Stack Frame ASSY (#1) using:
two M6*20 BHCS (#54) two Φ 6.6* Φ 12*1.6 Flat Washers (#63)
5. Attach The Top Cover (#17) to The Weight Stack Frame ASSY (#1) using:
two M6*20 BHCS (#54) two Φ 6.6* Φ 12*1.6 Flat Washers (#63)

Note: Wrench Tighten Bolts.

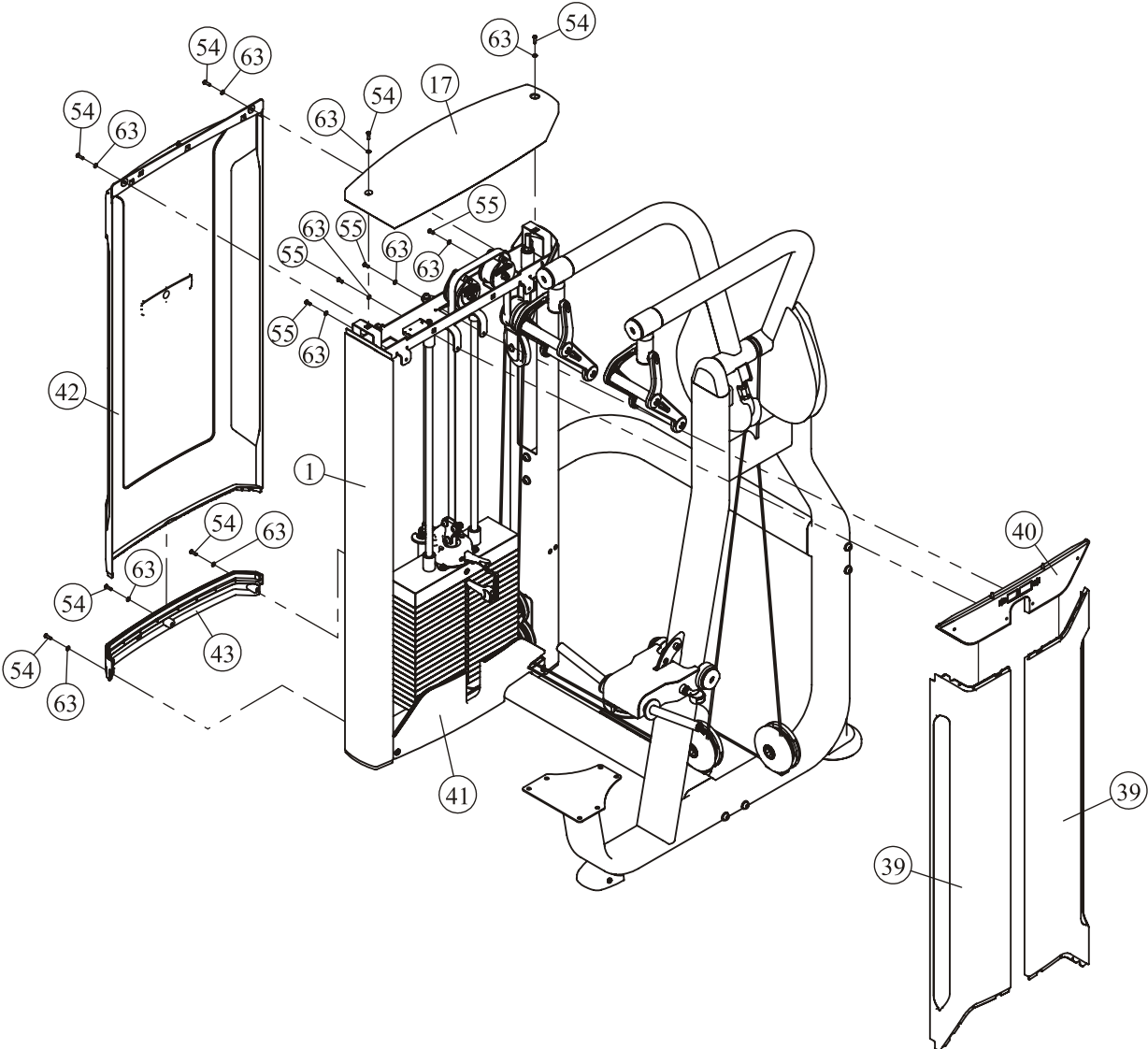
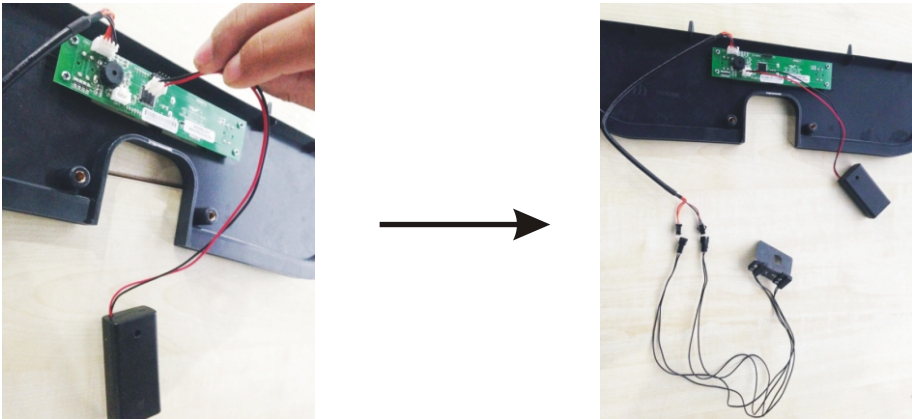
Assembly

STEP 5



Assembly

STEP 6

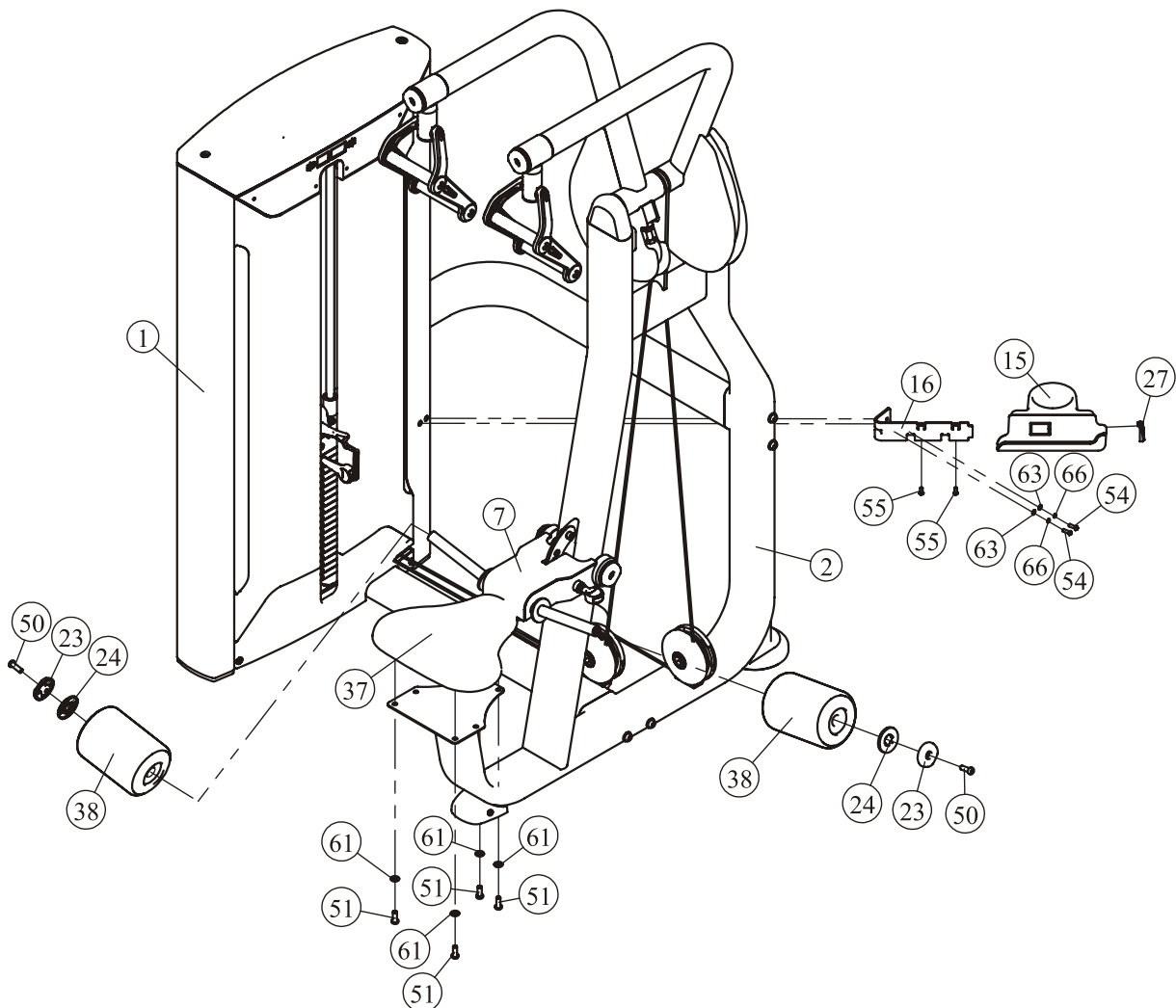


Assembly

STEP 7

1. Attach The Plastic End Cap (#27) to The Cup Holder (#15).
2. Attach The Plastic End Cap (#27) and The Cup Holder (#15) to The Bracket of Cup Holder (#16) using:
two M6*15 BHCS (#55)
3. Attach The Assemble Good Parts (#15/#16/#27) to The Weight Stack Frame ASSY (#1) using:
two M6*20 BHCS (#54) two $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#63)
two $\Phi 6$ Spring Washer (#66)
4. Attach the Seat Pad (#37) to the Main Frame ASSY (#2) using:
four M10*25 SHCS (#51) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#61)
5. Attach two Leather Wrapped Round Foam (#38) to The Foam Frame ASSY (#7) using:
two $\Phi 60$ Cap (#23) two $\Phi 62.5 \times 5$ Circle Ring (#24)
two M10*30 SHCS (#50)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust Instructions

The use of Selector Pin W/Coil

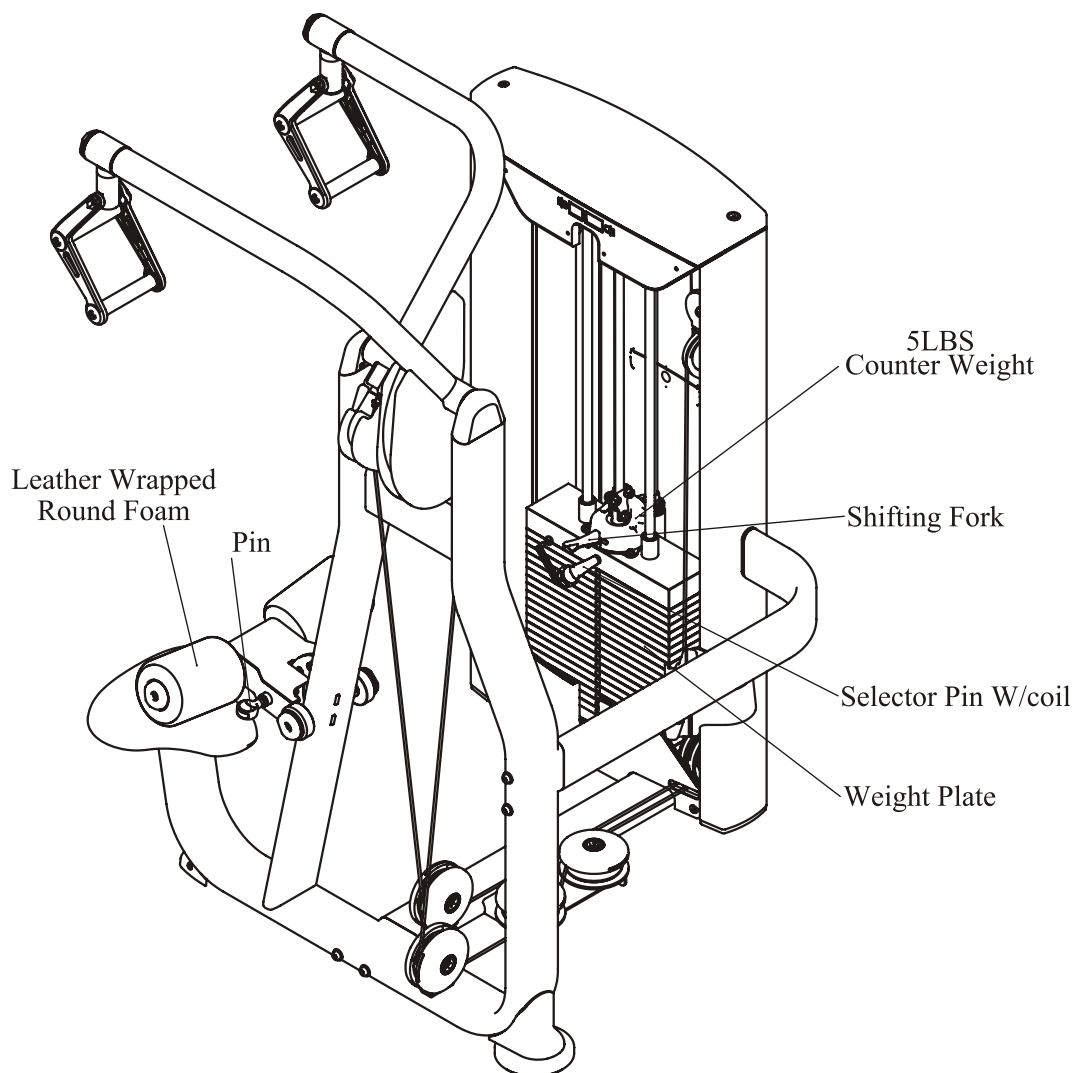
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.

The 5LBS Counter Weight adjustment

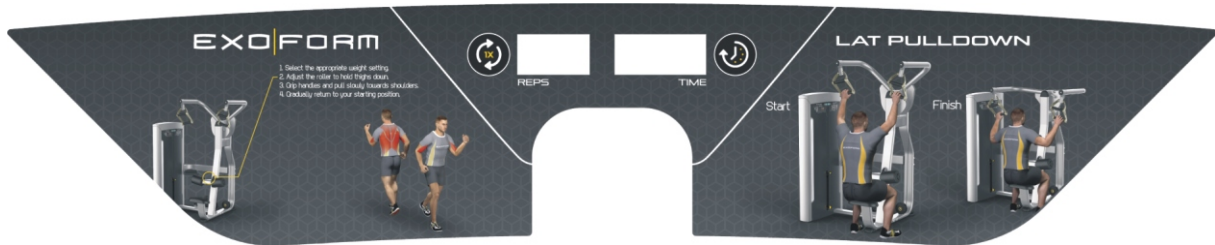
1. Toggle the Shifting Fork to the desired position.
2. Make sure the Shifting Fork get into the Fillister completely.

The Leather Wrapped Round Foam adjustment

1. Pull out the pin and adjust Leather Wrapped Round Foam to the desired position.
2. Make sure the pin get into the hole completely.



Exercise Instructions



1. Select the appropriate weight setting.
2. Adjust the roller to hold thighs down.
3. Grip handles and pull slowly towards shoulders.
4. Gradually 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.

