

FE9724

LATERAL RAISE

OWNER'S MANUAL

Rev A1 17ZV3

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.

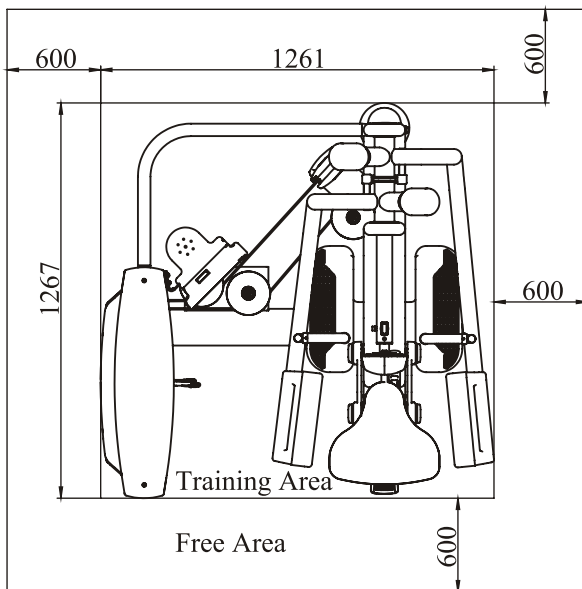
Important Safety Instructions

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: 1261*1267mm

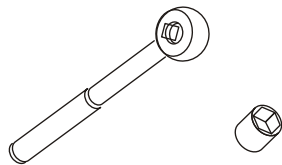
Product Total Mass: 187.5kg/ 413lbs

Instructions

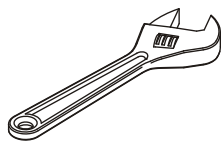
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

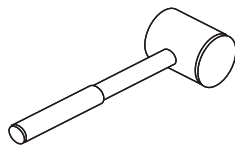
Tools Required



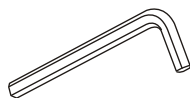
Ratchet Wrench and Socket



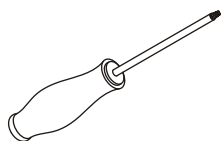
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

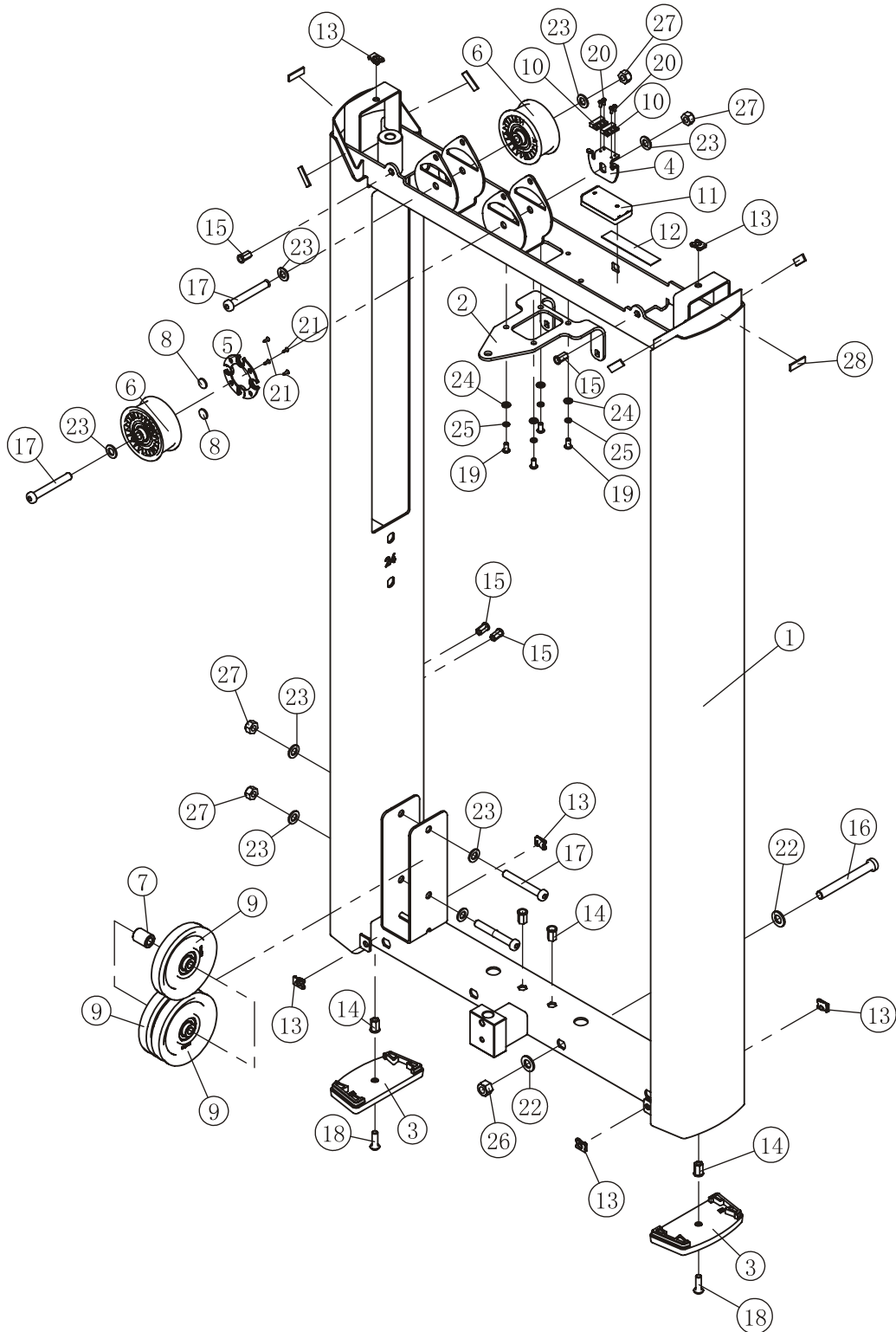
Exploded View and Parts List

Weight Stack Frame Assy

Item No.	Grade No.	Part No.	Description	QTY
1	1.1	FE97240100	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 faced 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



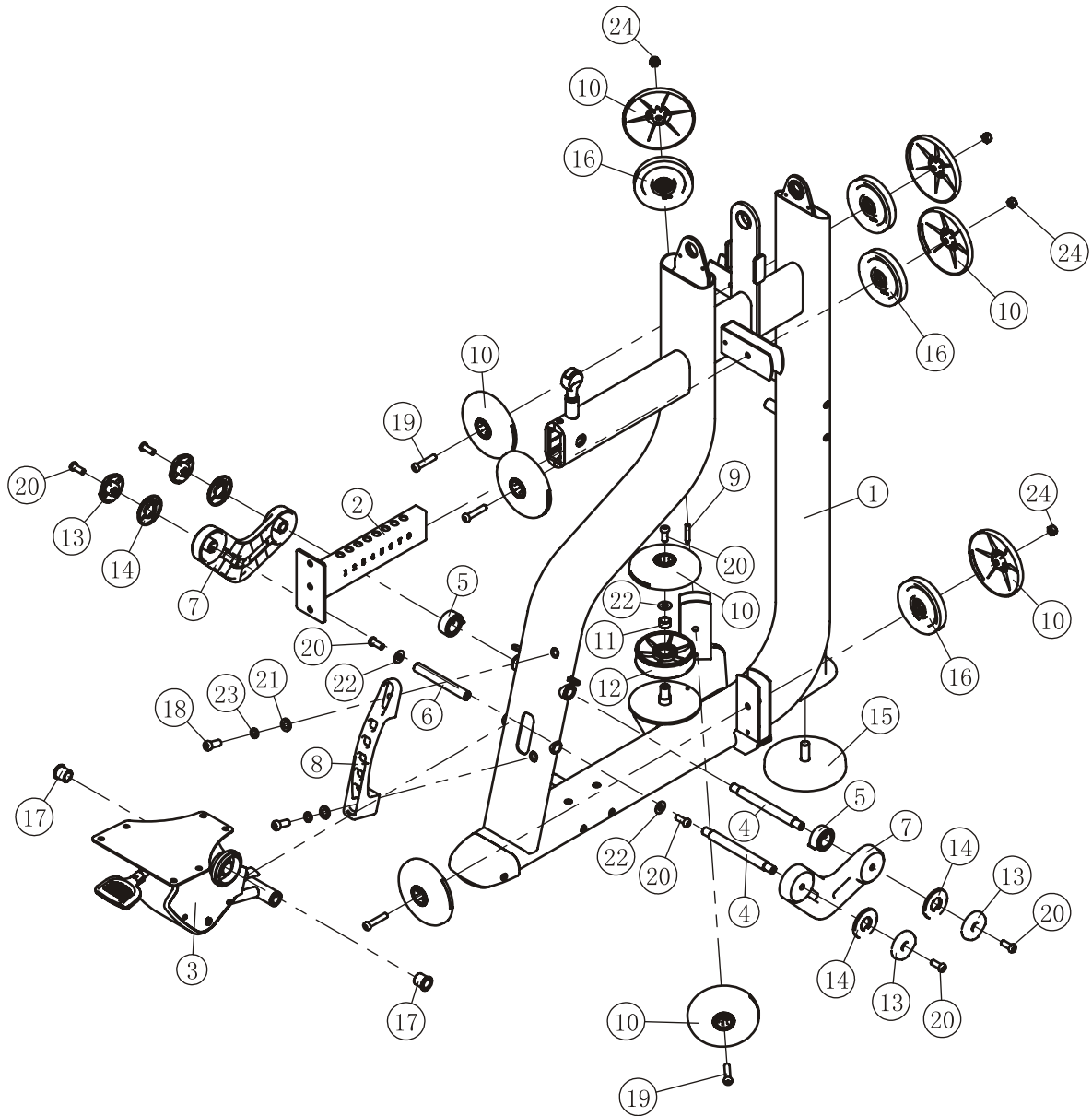
Exploded View and Parts List

Level Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	2.1	FE97240200ASSY	Main Frame ASSY	1
2	2.2	FE97240700	Abdominal Pad Support	1
3	2.3	FE972413ASSY	Seat Cushion Frame	1
4	2.4	FE97011900	Seat Pad Shaft ϕ 18*190	2
5	2.5	FE97012400	Vortex coil spring	2
6	2.6	FE97013000	Shaft ϕ 18*140	1
7	2.7	FE97013100	Seat Cushion Al pillared	2
8	2.8	FE970113800	Seat Adjustment Plate	1
9	2.9	FE97021800	Threaded column	1
10	2.10	FE97023800	Large Pulley Cover ASSY	9
11	2.11	FE97122200	Pulleys Spacer 2	1
12	2.12	FE97123600	V Pulleys	1
13	2.13	FE97211900	Cap ϕ 60	4
14	2.14	FE97212000	Circle Ring ϕ 62.5*5	4
15	2.15	SD1000B3000ASSY	Adjustable Foot Plate	1
16	2.16	SG500110400V2	4.5" Pulleys	4
17	2.17	RS1302C11000	Bushing ϕ 29* ϕ 18*25	2
18	2.18	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
19	2.19	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4
20	2.20	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	7
21	2.21	GB9512DN2	Flat Washer ϕ 13* ϕ 24*2.5	2
22	2.22	DQ10N19B	Flat Washer ϕ 11* ϕ 25*2	3
23	2.23	GB9312N19	Spring Washer ϕ 12	2
24	2.24	NM10DN2	Nylon Lock Nut M10	4

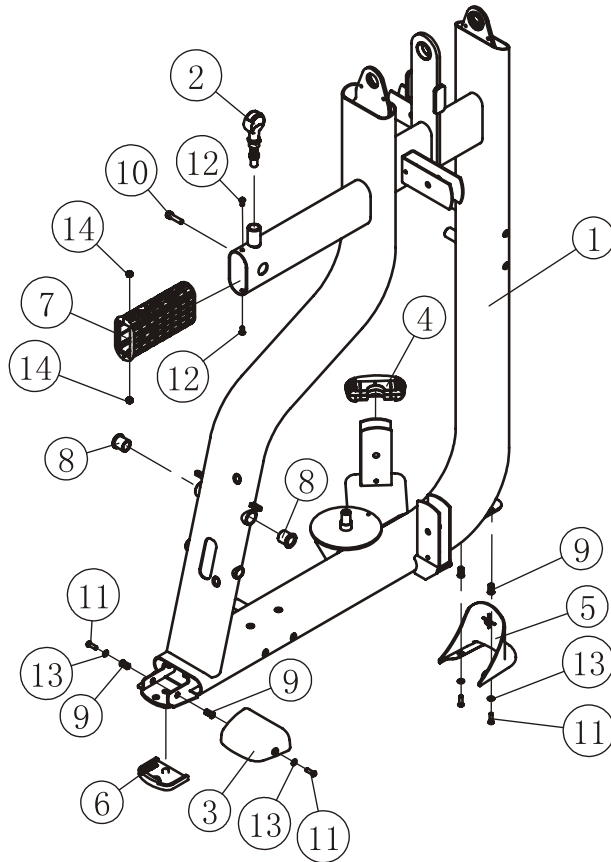
Exploded View and Parts List

Level Main Frame ASSY



Exploded View and Parts List

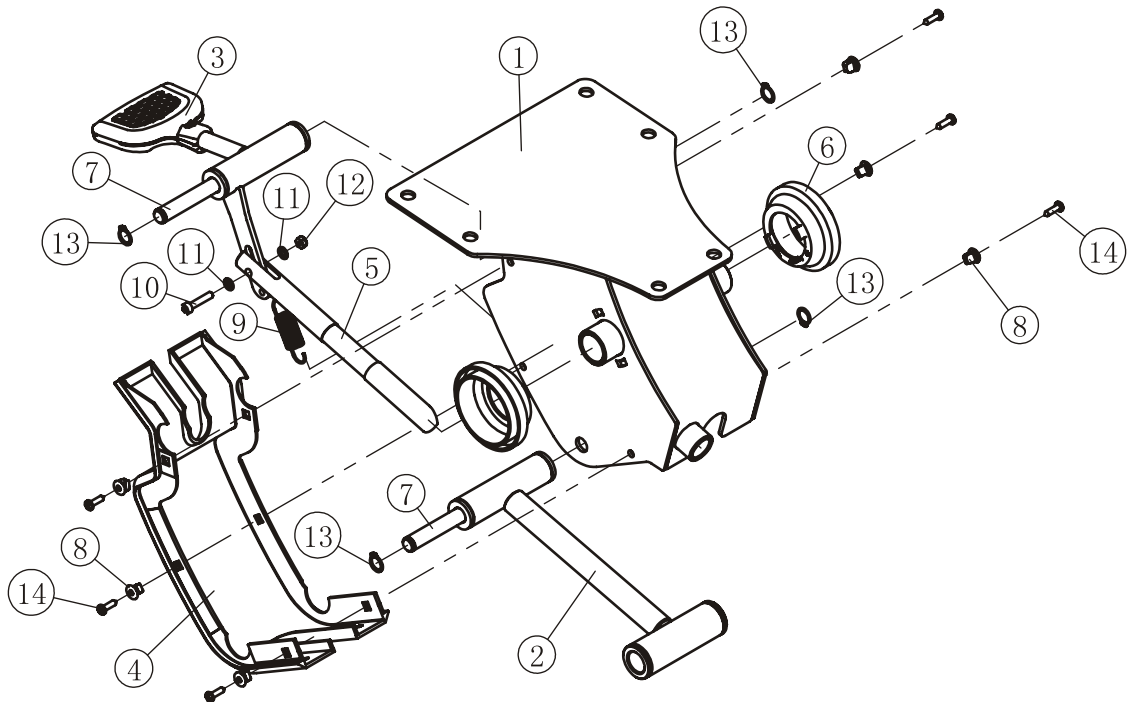
Main Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.1.1	FE97 240200	Main Frame	1
2	2.1.2	FE97 241400	Position Adjustment Pin	1
3	2.1.3	FE97 123700V1	Front ground plastic cover	1
4	2.1.4	FE97 142500	Plug RT40*118*3	1
5	2.1.5	FE97 211700ASSY	Rear ground plastic cover	1
6	2.1.6	FE97 211800	Rubber Foot	1
7	2.1.7	IN-B72011700	Plastic Tube Glide	2
8	2.1.8	RS1302C11000	Bushing $\phi 29 * \phi 18 * 25$	2
9	2.1.9	GB1 7880.5M6*16.5DS17	Rivet Nut M6	4
10	2.1.10	GB70M8*30*30DN20	Socket Head Cap Screw M8*30	1
11	2.1.11	PNLM6*20DN20	Button Head Cap Screw M6*20	4
12	2.1.12	PNLM6*12DN20	Button Head Cap Screw M6*12	2
13	2.1.13	GB956DN2	Flat Washer $\phi 6.6 * \phi 12 * 1.6$	4
14	2.1.14	GB41M6DS2	Lock Nut M6	2

Exploded View and Parts List

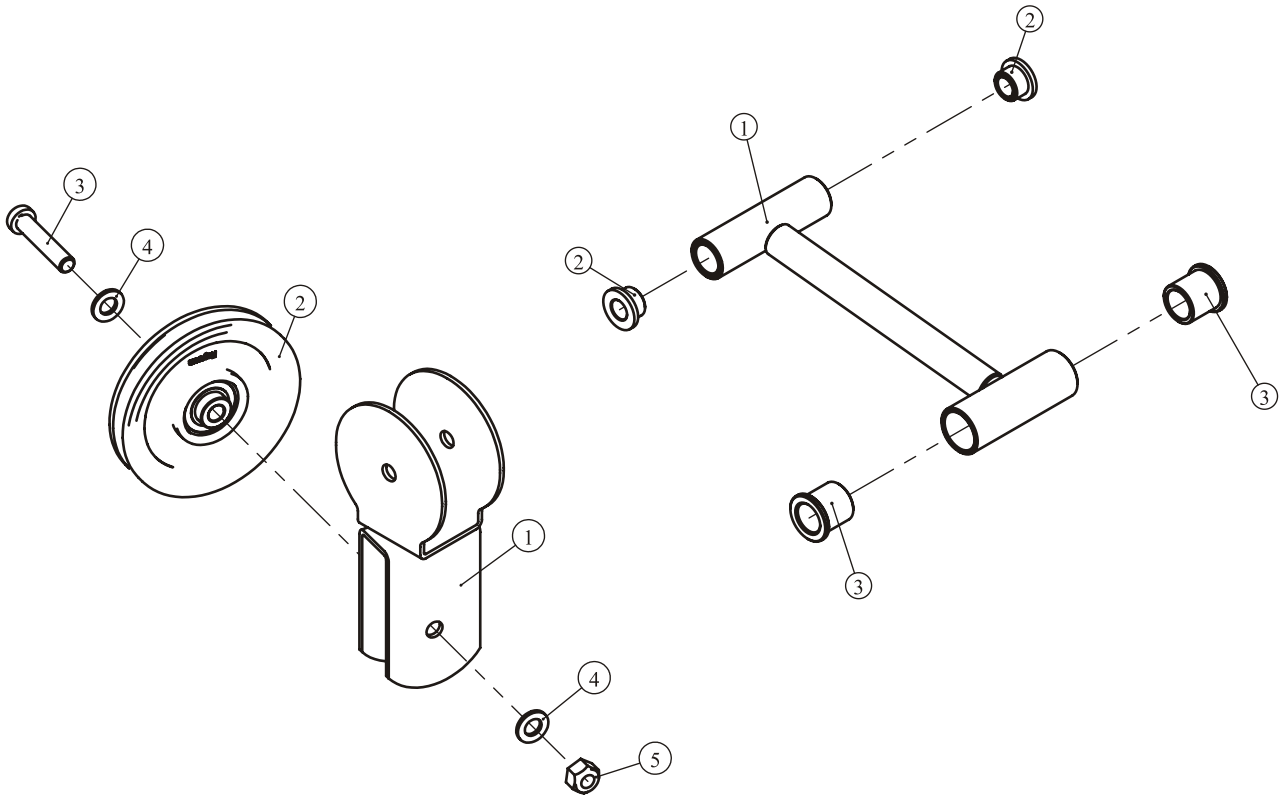
Seat Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.3.1	FE97 241 300	Seat Frame	1
2	2.3.2	FE97011 4ASSY	Lower Rotating Frame ASSY	1
3	2.3.3	FE970128ASSY	Seat Adjustment Handle Frame ASSY	1
4	2.3.4	FE97011 3500	Seat Cover	1
5	2.3.5	FE97012 100	Pin axle	1
6	2.3.6	FE97011 4300	Seat Pad Calibration Board	2
7	2.3.7	FE97012 000	Shaft ϕ 12*109	2
8	2.3.8	ECU7P3500	Plastic Quick Nut	6
9	2.3.9	KPSFID2400	Spring ϕ 1.5* ϕ 13*43	1
10	2.3.10	GB70M5*25N19	Socket Head Cap Screw M5*25	1
11	2.3.11	GB955N19	Flat Washer ϕ 5.5* ϕ 10*1	2
12	2.3.12	NM5N19	Nylon Lock Nut M5	1
13	2.3.13	GB894.112FH12	Cirdlip For Shaft ϕ 12	4
14	2.3.14	GB845ST4.2*16N19	Screw ST4.2*16	6

Exploded View and Parts List

Movable Block Frame ASSY Lower Rotating Frame ASSY



Movable Block Frame ASSY

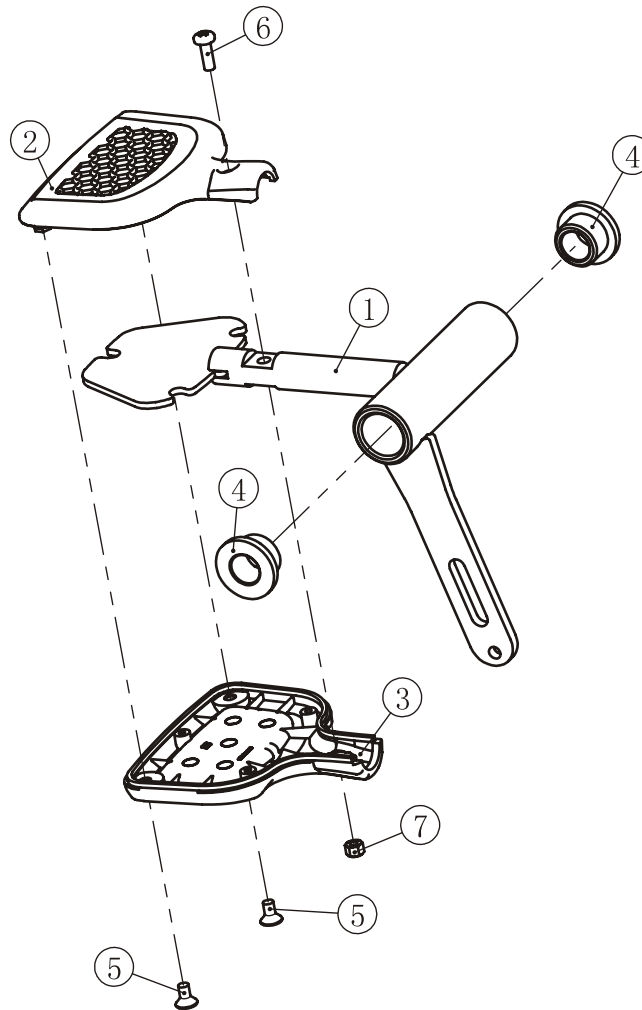
Item No.	Grade No.	Part No.	Description	QTY
1	11.1	FE97120800	Movable Block Frame	1
2	11.2	SG500110400V2	4.5" Pulleys	1
3	11.3	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	4
4	11.4	GB9510DN2	Flat Washer $\phi 11 * \phi 20 * 2$	2
5	11.5	NM10DN2	Nylon Lock Nut M10	1

Lower Rotating Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	2.3.2.1	FE97011400	Lower Rotating Frame	1
2	2.3.2.2	M01402000	Spacer $\phi 25 * \phi 12.2 * 13$	2
3	2.3.2.3	RS1302C11000	Spacer $\phi 29 * \phi 18 * 25$	2

Exploded View and Parts List

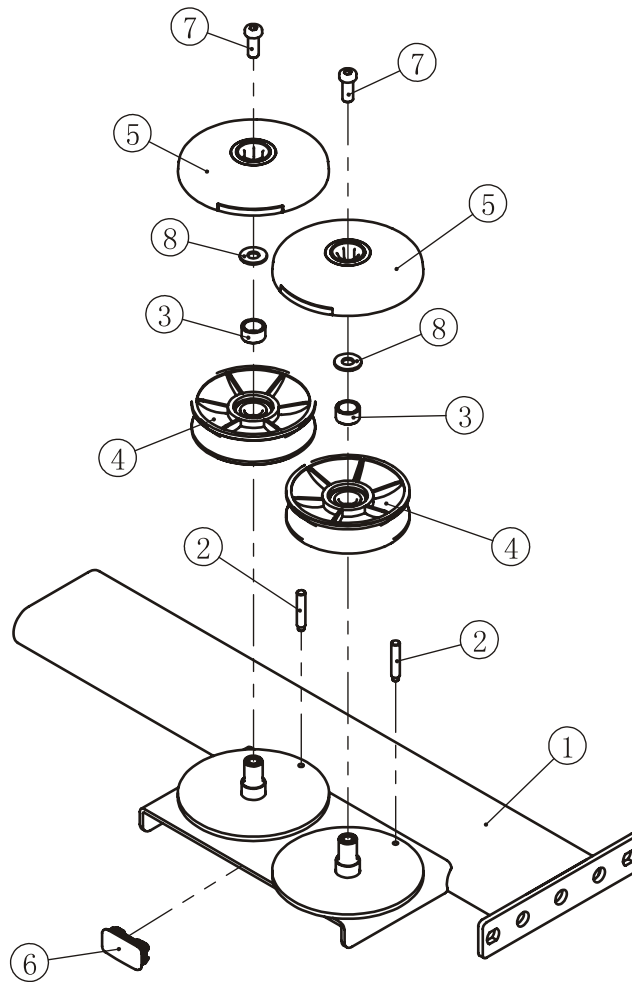
Seat Adjustment Handle Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	2.3.3.1	FE97012800	Seat Adjustment Handle Frame	1
2	2.3.3.2	FE970114200	Upper Regulation cover	1
3	2.3.3.3	FE970114100	Lower Regulation cover	1
4	2.3.3.4	M01402000	Spacer ϕ 25* ϕ 12.2*13	2
5	2.3.3.5	GB819M4*8DN20	Screw M4*8	2
6	2.3.3.6	GB818M4*16DN2	Screw M4*16	1
7	2.3.3.7	GB41M4DN2	Lock Nut M4	1

Exploded View and Parts List

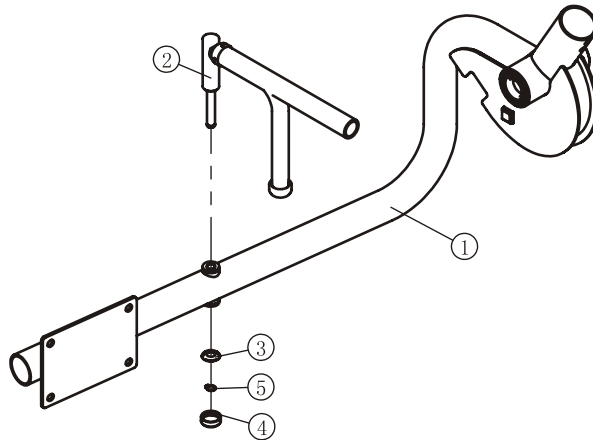
Connect Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	FE97 240300	Connect Frame	1
2	3.2	FE97 021800	Threaded column	2
3	3.3	FE97 122200	Pulleys Spacer 1	2
4	3.4	FE97 123600	4.5" Pulleys	2
5	3.5	FE97 023800	Large Pulley Cover ASSY	2
6	3.6	CHL305WS0900	End Cap	1
7	3.7	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	2
8	3.8	DQ10N19B	Flat Washer $\phi 11 * \phi 25 * 2$	2

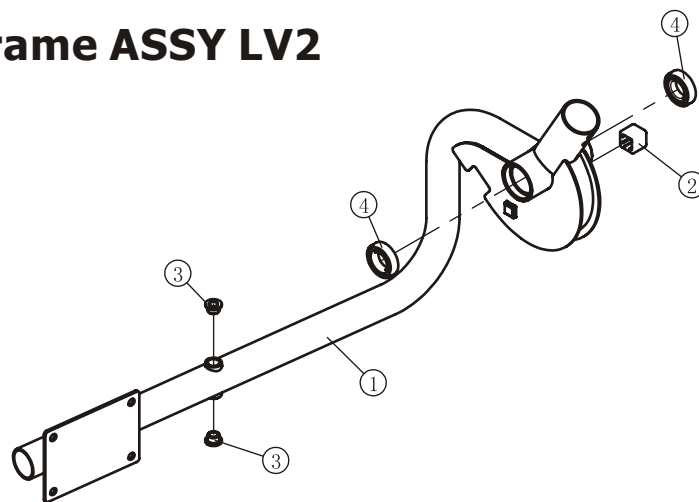
Exploded View and Parts List

Left Arm Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	5.1	FE97240500ASSY	Left Arm Frame ASSY LV2	1
2	5.2	FE972408ASSY	Handle Frame ASSY	1
3	5.3	SG8002A3700	Washer	1
4	5.4	SG8002A5700	Plastic Cap	1
5	5.5	GB894.112FH12	Circlip For Shaft ϕ 12	1

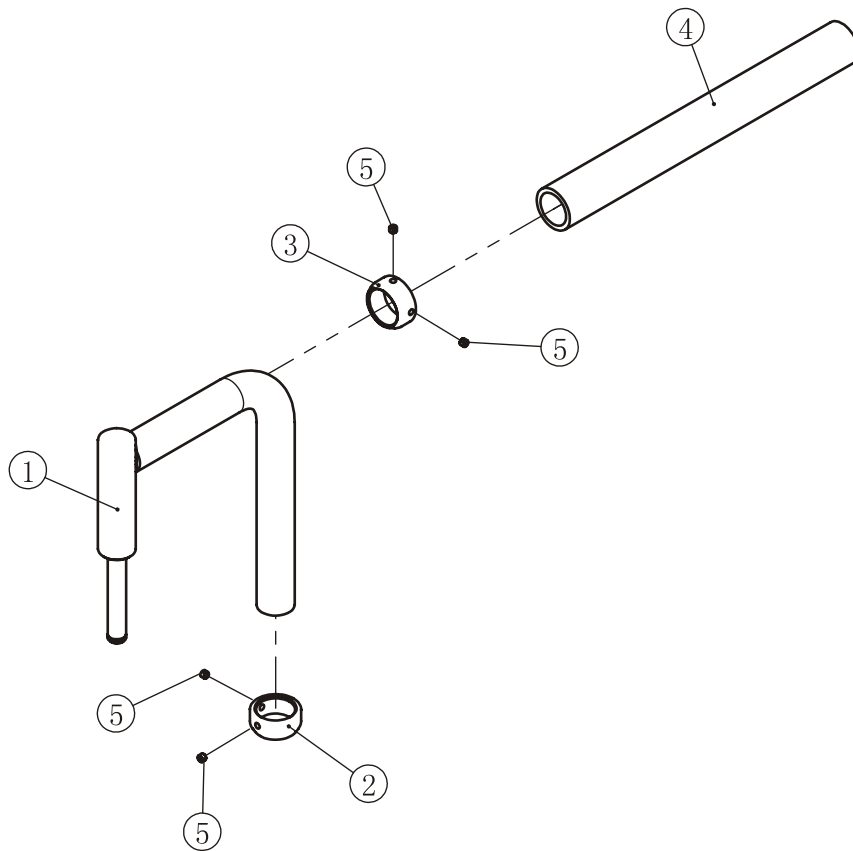
Left Arm Frame ASSY LV2



Item No.	Grade No.	Part No.	Description	QTY
1	5.1.1	FE97240500	Left Arm Frame	1
2	5.1.2	FE97213100	Square Rubber Sleeve	1
3	5.1.3	M01402000	Spacer ϕ 25* ϕ 12.2*13	2
4	5.1.4	GB2766006-2RSC3NBK	Bearing	2

Exploded View and Parts List

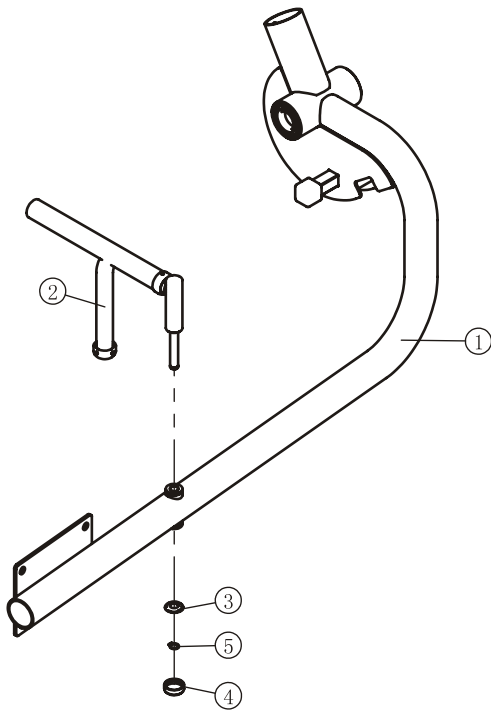
Handle Frame ASSY



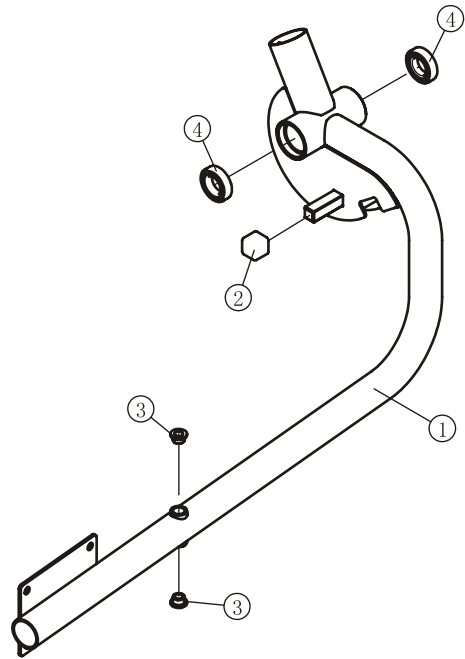
Item No.	Grade No.	Part No.	Description	QTY
1	5.2.1	FE97 240800	Handle Frame	1
2	5.2.2	FE97 201700	Aluminum Grip Cap	1
3	5.2.3	FE97 212700	Aluminum Grip Ring	1
4	5.2.4	C01 1PL2500	Girp	1
5	5.2.5	GB77M5*4N19	Socket Set Screw M5*4	4

Exploded View and Parts List

Right Arm Frame ASSY



Right Arm Frame ASSY LV2



Right Arm Frame ASSY

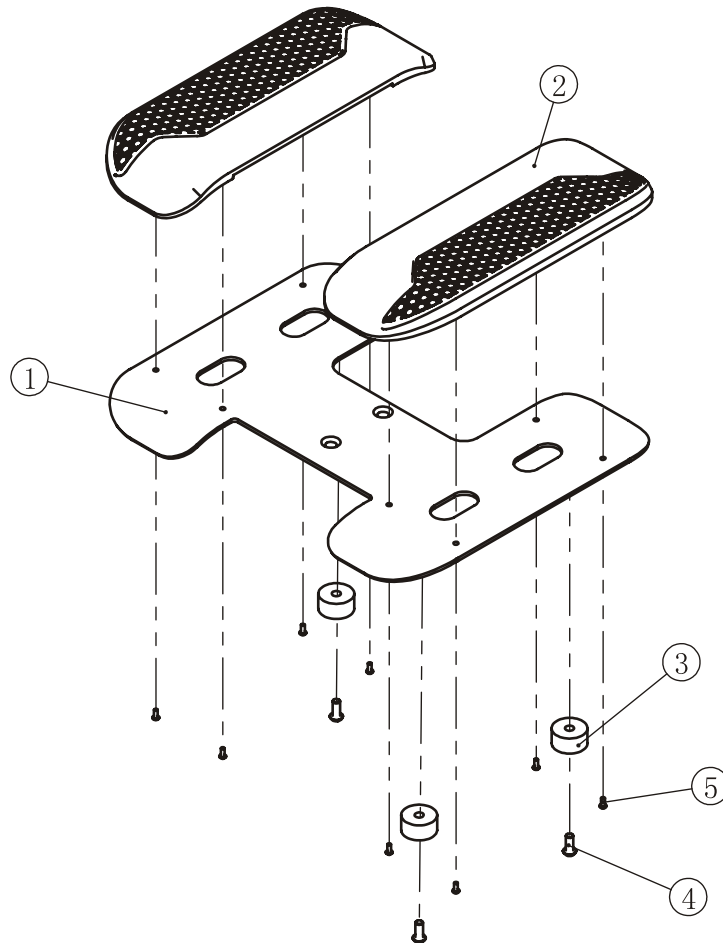
Item No.	Grade No.	Part No.	Description	QTY
1	5.1	FE97 240600ASSY	Right Arm Frame ASSY LV2	1
2	5.2	FE97 2408ASSY	Handle Frame ASSY	1
3	5.3	SG8002A3700	Washer	1
4	5.4	SG8002A5700	Plastic Cap	1
5	5.5	GB894.112FH12	Circlip For Shaft ϕ 12	1

Right Arm Frame ASSY LV2

Item No.	Grade No.	Part No.	Description	QTY
1	5.1.1	FE97 240600	Right Arm Frame	1
2	5.1.2	FE97 213100	Square Rubber Sleeve	1
3	5.1.3	M01402000	Spacer ϕ 25* ϕ 12.2*13	2
4	5.1.4	GB2766006-2RSC3NBK	Bearing	2

Exploded View and Parts List

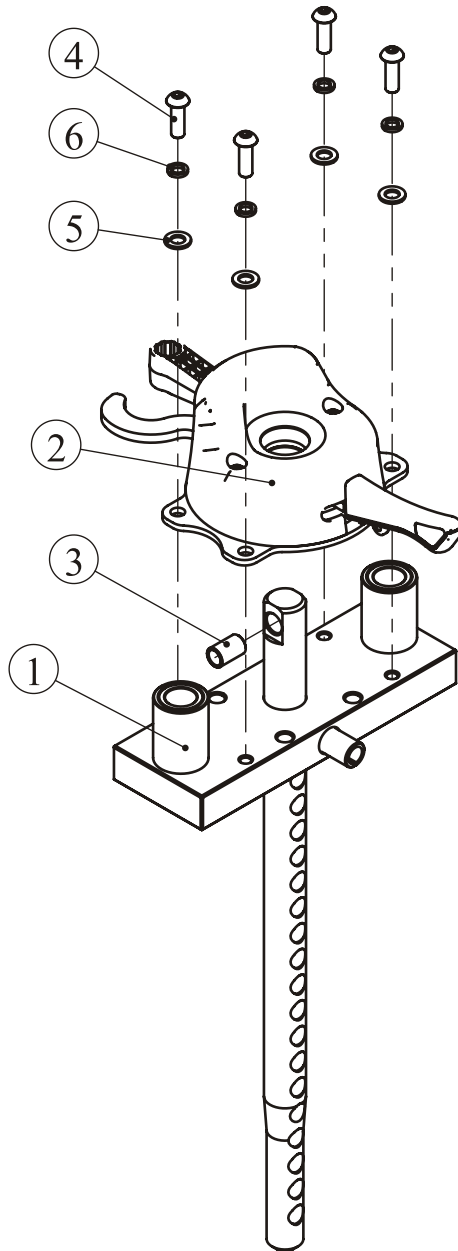
Foot Pedal ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	FE97 241 200	Foot Pedal	1
2	7.2	FE97 192 400	Foot Cover Plate	2
3	7.3	BNH0514	Rubber Mat ϕ 38*19.5	3
4	7.4	PNLM8*20DS20	Button Head Cap Screw M8*20	3
5	7.5	PNLM4*10DN20	Button Head Cap Screw M4*10	8

Exploded View and Parts List

Top plate ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	10.1	FE97193000	Top plate	1
2	10.2	FE971938ASSY	Counter weight ASSY	1
3	10.3	FE972111500	Spacer $\phi 13^* \phi 10.3^*21$	1
4	10.4	PNLM8*25DN20	Button Head Cap Screw M8*25	4
5	10.5	GB958DN2	Flat Washer $\phi 9^* \phi 16^*1.6$	4
6	10.6	GB938N19	Spring Washer $\phi 8$	4

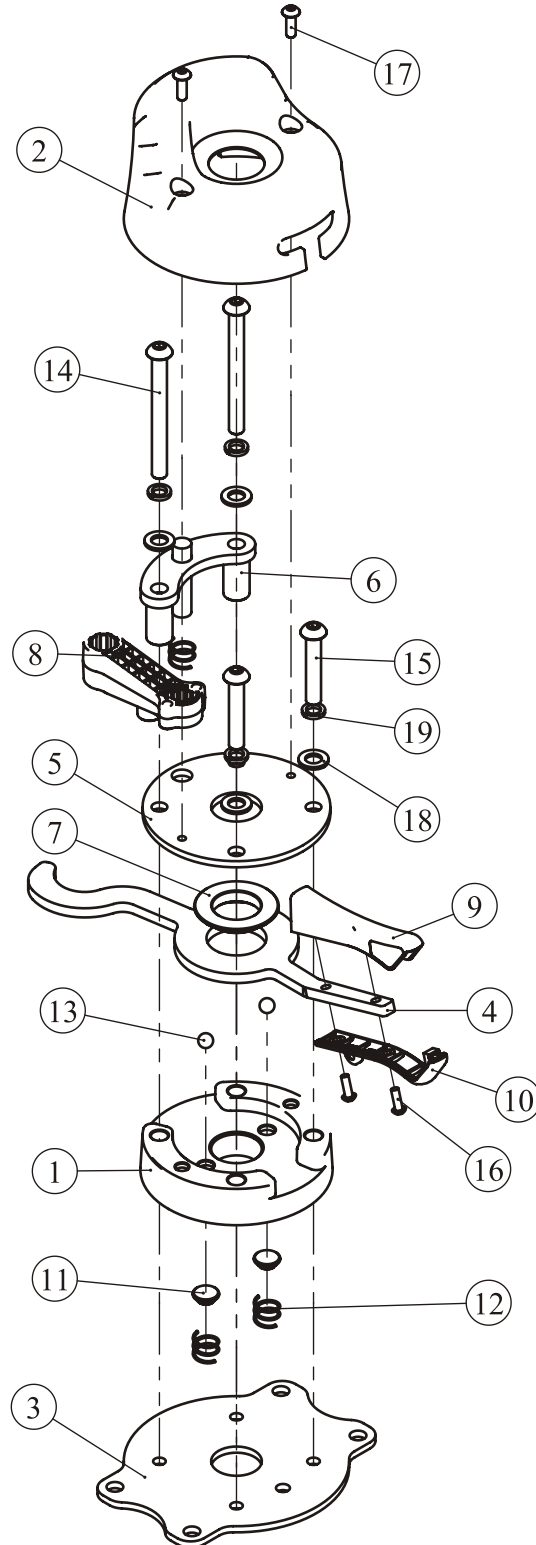
Exploded View and Parts List

Counter weight ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	10.2.1	FE97 192700	Plastic base	1
2	10.2.2	FE97 192800	Counter weight Plastic cover	1
3	10.2.3	FE97 193500	Base plate	1
4	10.2.4	FE97 193600	Shifting fork	1
5	10.2.5	FE97 193700	Top plate	1
6	10.2.6	FE97 193800	Guide Frame	1
7	10.2.7	FE97 193900	Short Spacer $\phi 45^* \phi 26^*7.5$	1
8	10.2.8	FE97 194000	Stop collar	1
9	10.2.9	FE97 194100	Top plastic cover	1
10	10.2.10	FE97 194200	Base plastic cover	1
11	10.2.11	CWRVL025 1800	Steel ball support base	2
12	10.2.12	CWRVL025 1900	Spring $\phi 1.2^* \phi 13^*11$	3
13	10.2.13	GB3088G20	Steel ball	2
14	10.2.14	PNLM8*80DN20	Button Head Cap Screw M8*80	2
15	10.2.15	PNLM8*45DN20	Button Head Cap Screw M8*45	2
16	10.2.16	PNLM4*12DN20	Button Head Cap Screw M4*12	2
17	10.2.17	PNLM5*15DN20	Button Head Cap Screw M5*15	2
18	10.2.18	GB958DN2	Flat Washer $\phi 9^* \phi 16^*1.6$	4
19	10.2.19	GB938N19	Spring Washer $\phi 8$	4

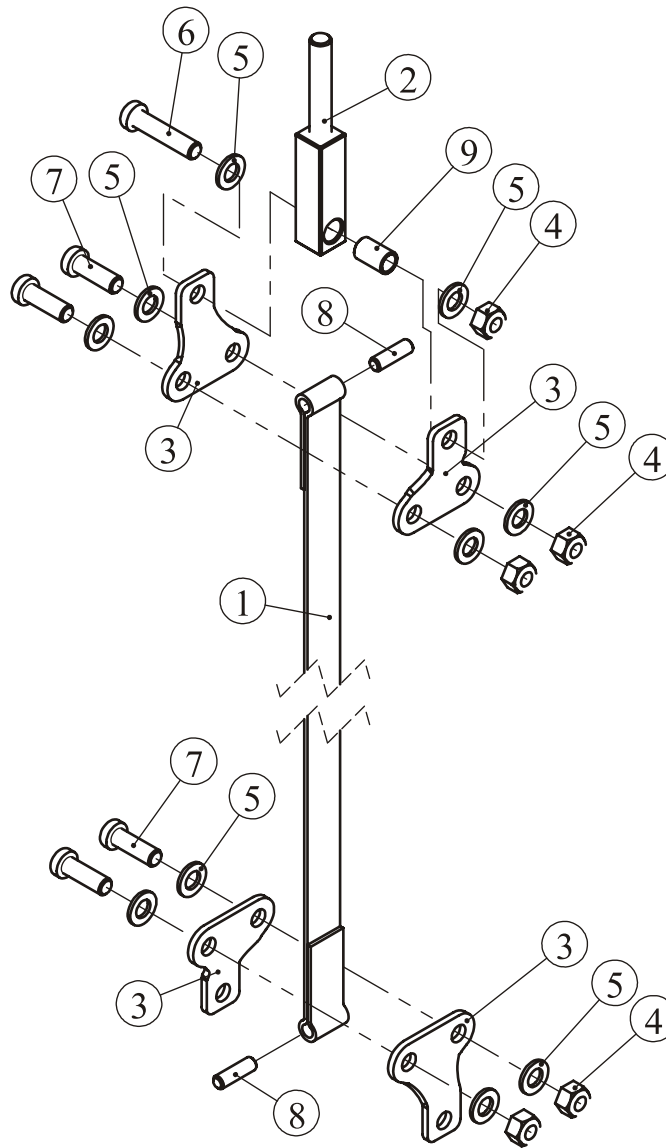
Exploded View and Parts List

Counter weight ASSY



Exploded View and Parts List

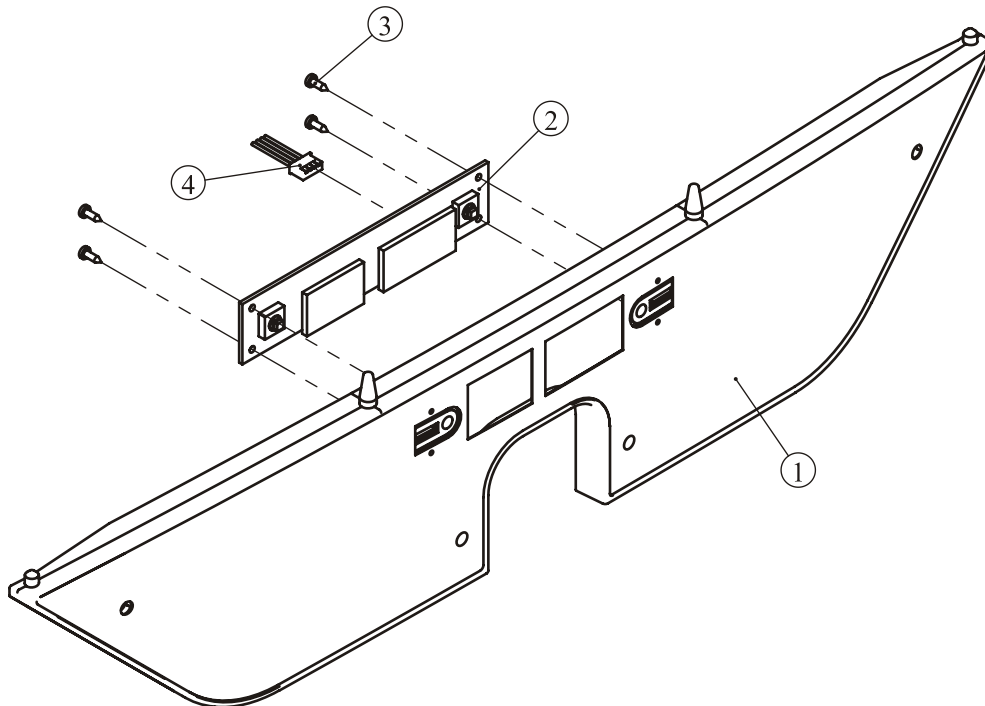
Belt ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	14.1	FE97214500	Belt	1
2	14.2	FE97214700	Square Adjustment Lever	1
3	14.3	FE97193300	Fastening Plate	4
4	14.4	NM10DN2	Nylon Lock Nut M10	5
5	14.5	GB9510DN2	Flat Washer $\phi 11 * \phi 20 * 2$	10
6	14.6	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
7	14.7	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
8	14.8	2.00105E+11	Locating Pin $\phi 8 * 28$	2
9	14.9	FE972111500	Spacer $\phi 13 * \phi 10.3 * 21$	1

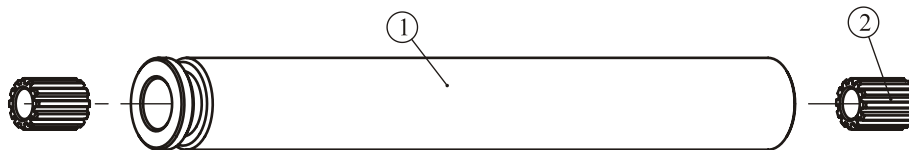
Exploded View and Parts List

Training placard cover ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	30.1	FE97052600	Training placard cover	1
2	30.2	B117	Console PCB	1
3	30.3	GB845ST2.9*9.5DS	Screw ST2.9*9.5	4
4	30.4	L350XHP/SMY-4	Sensor 4C*22# 350mm	1

5LBS Counter Weight ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	21.1	FE97213500	5LBS Counter Weight	1
2	21.2	CXT-1001900V1	Guide Sleeve $\phi 25^* \phi 15^* 32$	2

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	FE972401ASSY	Weight Stack Frame ASSY	1
2	FE972402ASSY	Level Main Frame ASSY	1
3	FE972403ASSY	Connect Frame ASSY	1
4	FE97240400	Rear Cross Brace	1
5	FE972405ASSY	Left Arm Frame ASSY	1
6	FE972406ASSY	Right Arm Frame ASSY	1
7	FE972412ASSY	Foot Pedal ASSY	1
8	FE97021500V1	Shaft A	1
9	FE97213200	Counter weight	2
10	FE971930ASSY	Top plate ASSY	1
11	FE971208ASSY	Movable Block Frame ASSY	1
12	FE97211400	Underside support plate	1
13	FE97214000	Narrow Belt Pulley Φ 76	1
14	FE972145ASSY	Belt ASSY	1
15	FE97241500	Cable ASSY	1
16	FE97215000V1	Guide Rod ϕ 19	2
17	FE97053500	Cup Holder	1
18	FE97053600	Bracket of Cup Holder	1
19	FE97011600V1	Top Cover	1
20	FE97194300	Guide Rod ϕ 14	1
21	FE972135ASSY	5LBS Counter Weight	1
22	FE97192500	Plastic Cover I	2
23	FE97192600	Plastic Cover II	1
24	FE97021700	Plug	2
25	FE970112200V1	Seat Pad	1
26	FE97082000	Leg Pad	1
27	FE97242000	Arm Pad	2
28	IT95241000	Arm Pad Shroud	2
29	FE97052500	Front Shroud	2
30	FE970526ASSY	Training Placard Cover ASSY	1
31	FE97022700	Front Lower Cover	1
32	FE97052800	Back Shroud	1
33	FE97052900	Back Lower Cover	1
34	FE97213400	Rubber Sleeve ϕ 30*65	2
35	FE97214800	Belt Rubber Sleeve ϕ 17*49	2
36	FE97053700	Plastic End Cap	1
37	FE97123800	Selector Pin W/Coil	1

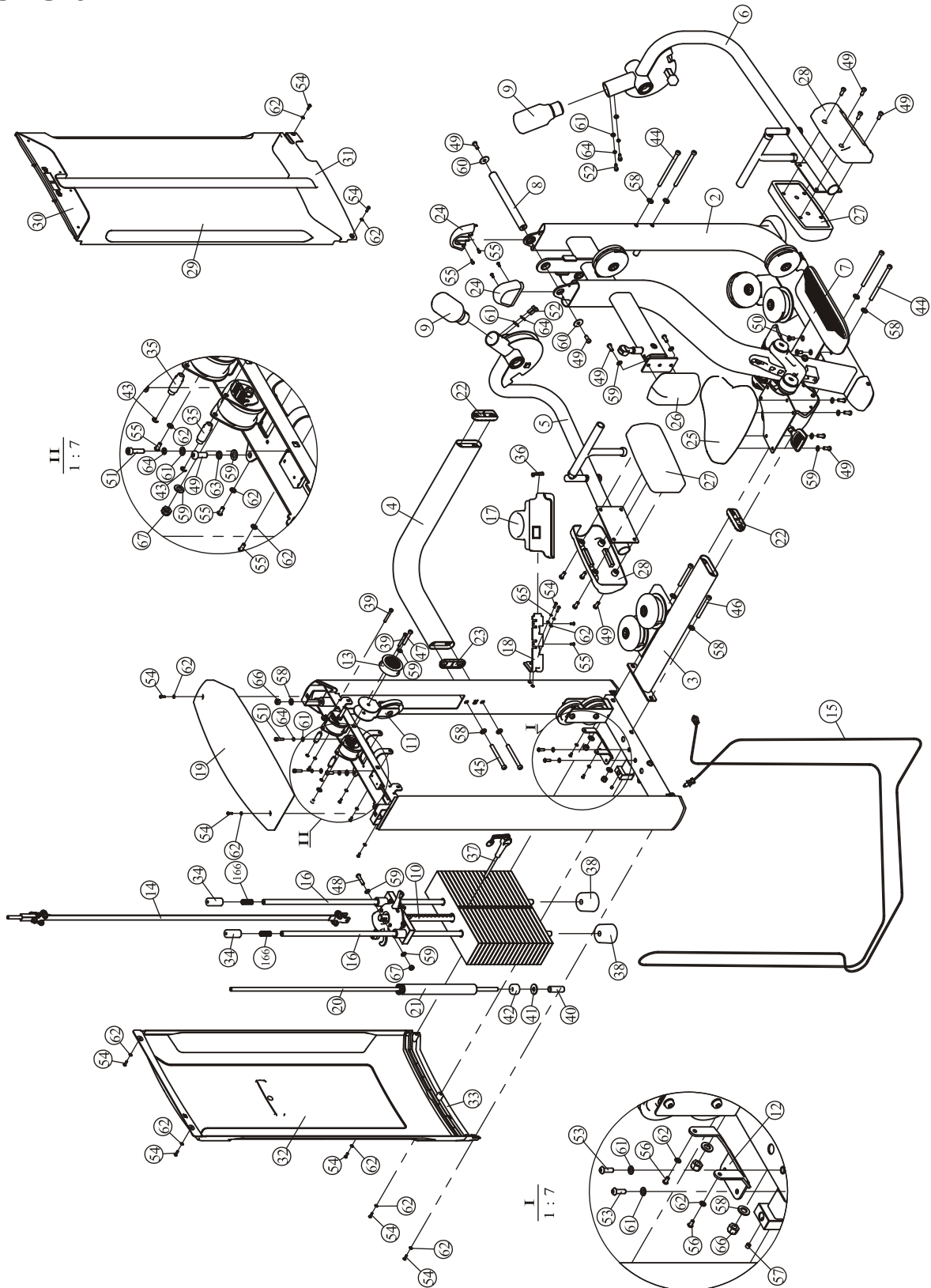
Exploded View and Parts List

Overall

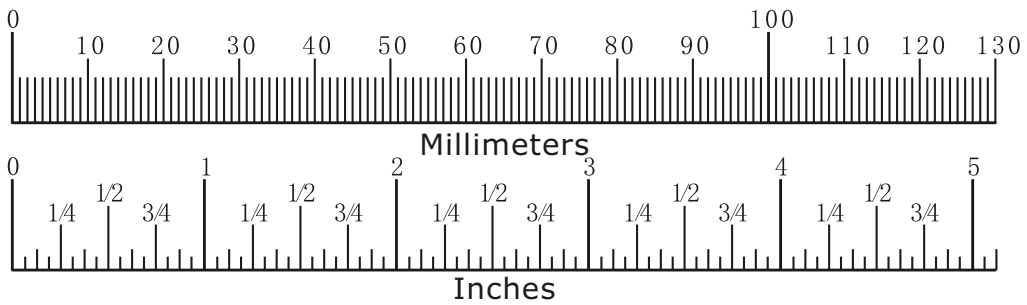
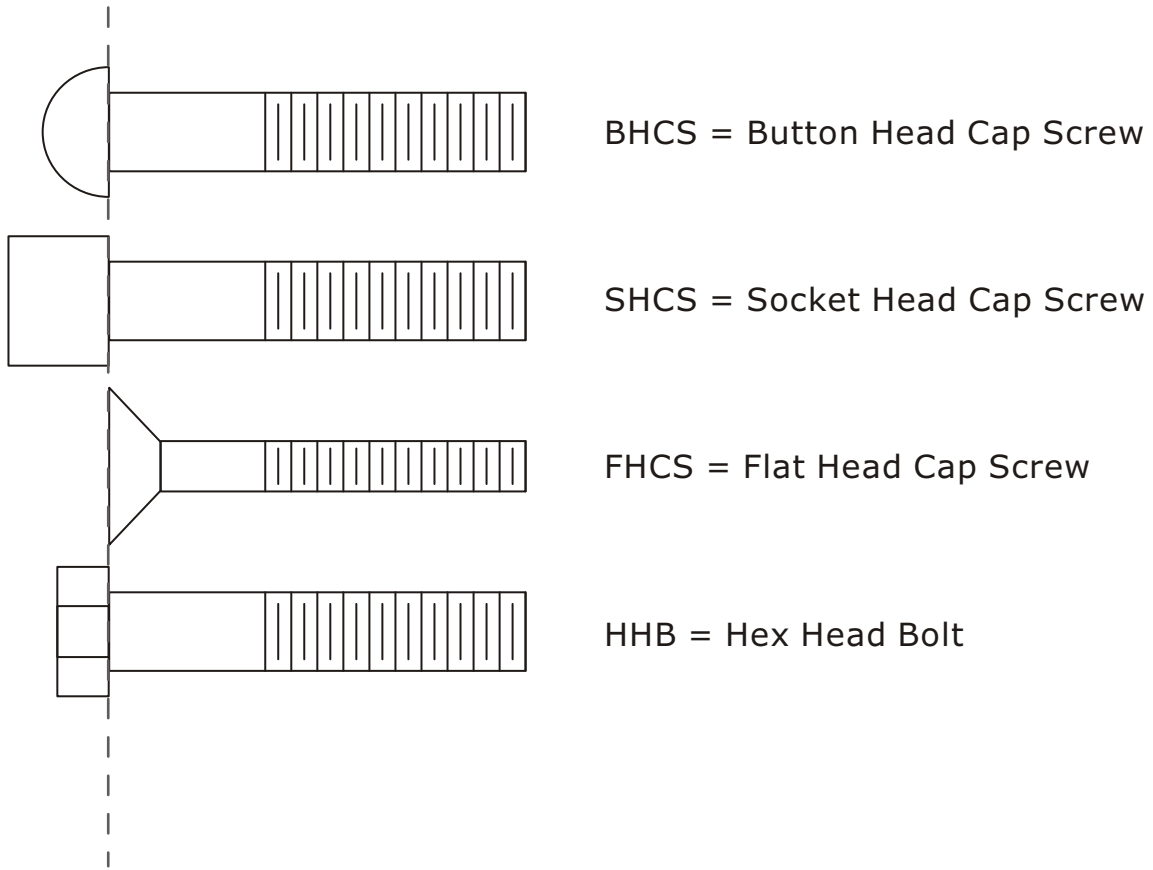
Item No.	Part No.	Description	QTY
38	IN-D10132900	Plug Bumper ϕ 76*60	2
39	FE97216900	Spacer Pin ϕ 15* ϕ 8*65.5	2
40	FE97194400	Limiting tube ϕ 22*2*66	1
41	CWRVL0250900	Flat Washer ϕ 15* ϕ 40*3	1
42	CWRVL0251000	Plug Bumper ϕ 14* ϕ 40*25.4	1
43	GB8966FH12	Shaft Ring Opening ϕ 6	2
44	GB70BTM12*180DN18NL	Socket Head Cap Screw M12*180	4
45	GB70BTM12*120DN18NL	Socket Head Cap Screw M12*120	2
46	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
47	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
48	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	1
49	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	17
50	CNLM10*25DN20	Flat Head Cap Screw M10*25	2
51	GB70M8*45*45N19	Socket Head Cap Screw M8*45	2
52	GB70M8*25DN20	Socket Head Cap Screw M8*25	4
53	PNLM8*25DN20NL	Button Head Cap Screw M8*25	2
54	PNLM6*20DN20	Button Head Cap Screw M6*20	11
55	PNLM6*15DN20	Button Head Cap Screw M6*15	10
56	PNLM6*12DN20	Button Head Cap Screw M6*12	2
57	GB77M8*8DS18	Screw M8*8	1
58	GB9512DN2	Flat Washer ϕ 13* ϕ 24*2.5	11
59	GB9510DN2	Flat Washer ϕ 11* ϕ 20*2	11
60	DQ10DS2D	Flat Washer ϕ 11* ϕ 38*2	2
61	GB958DN2	Flat Washer ϕ 9* ϕ 16*1.6	8
62	GB956DN2	Flat Washer ϕ 6.6* ϕ 12*1.6	17
63	GB9310N19	Spring Washer ϕ 10	1
64	GB938N19	Spring Washer ϕ 8	6
65	GB936N19	Spring Washer ϕ 6	2
66	NM12DN2	Nylon Lock Nut M12	3
67	NM10DN2	Nylon Lock Nut M10	2
68	NBS4DHS	Hex Key S=4	1
69	NBS5DHS	Hex Key S=5	1
70	NBS6DHS	Hex Key S=6	1
71	NBS8DHS	Hex Key S=8	1
72	LW200BS	Wrench ϕ 6*117	1
73	YHY	Lube	1
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.

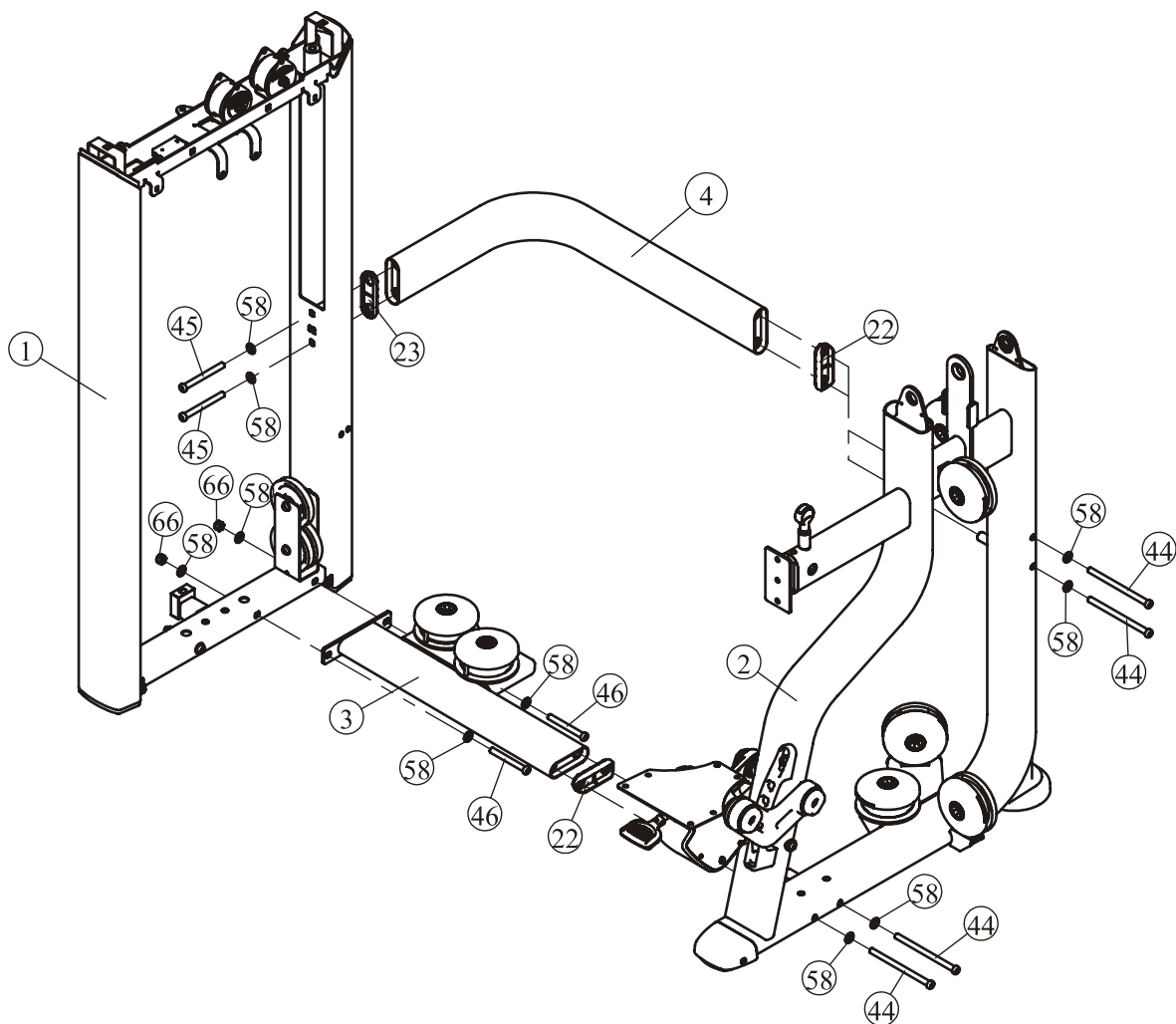
Assembly

STEP 1

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

- two Plastic Cover I (#22)
- one Plastic Cover II (#23)
- four M12*180 SHCS (#44)
- two M12*120 SHCS (#45)
- two M12*105 SHCS (#46)
- two M12 Nylon Lock Nut (#66)
- ten $\phi 13 \times \phi 24 \times 2.5$ Flat Washers (#58)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

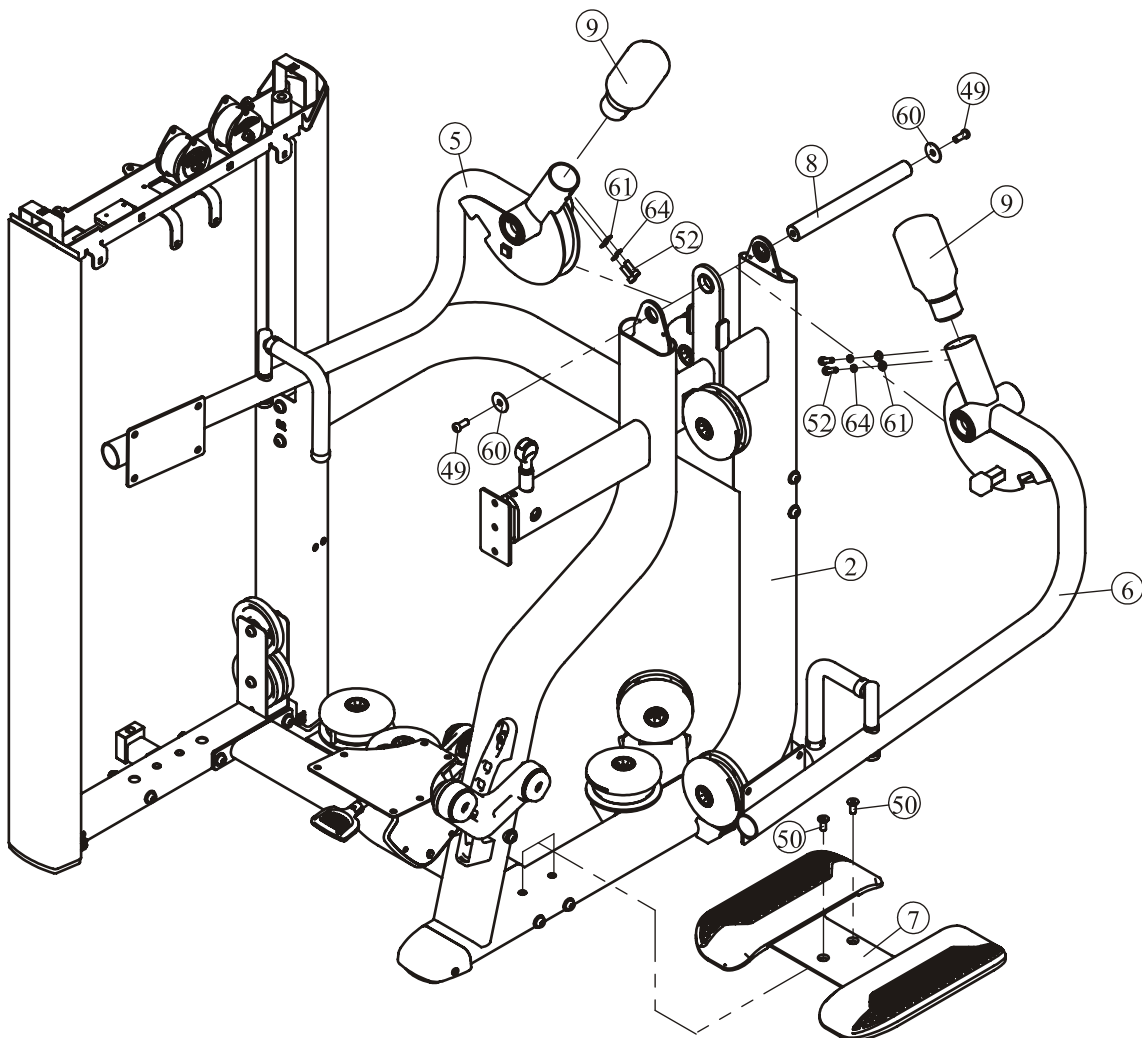


Assembly

STEP 2

1. Attach The Left Arm Frame ASSY (#5) and The Right Arm Frame ASSY (#6) to The Level Main Frame ASSY (#2) using:
 - one $\Phi 30 \times 299$ shaft (#8)
 - two M10*25 SHCS (#49)
 - two $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#60)
2. Attach two Counter weight (#9) to The The Left Arm Frame ASSY (#5) and The Right Arm Frame ASSY (#6) using:
 - four M8*25 SHCS (#52)
 - four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#61)
 - four $\Phi 8$ Spring Washer (#64)
3. Attach The Foot Pedal ASSY (#7) to The Level Main Frame ASSY (#2) using:
 - two M10*25 FHCS (#50)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

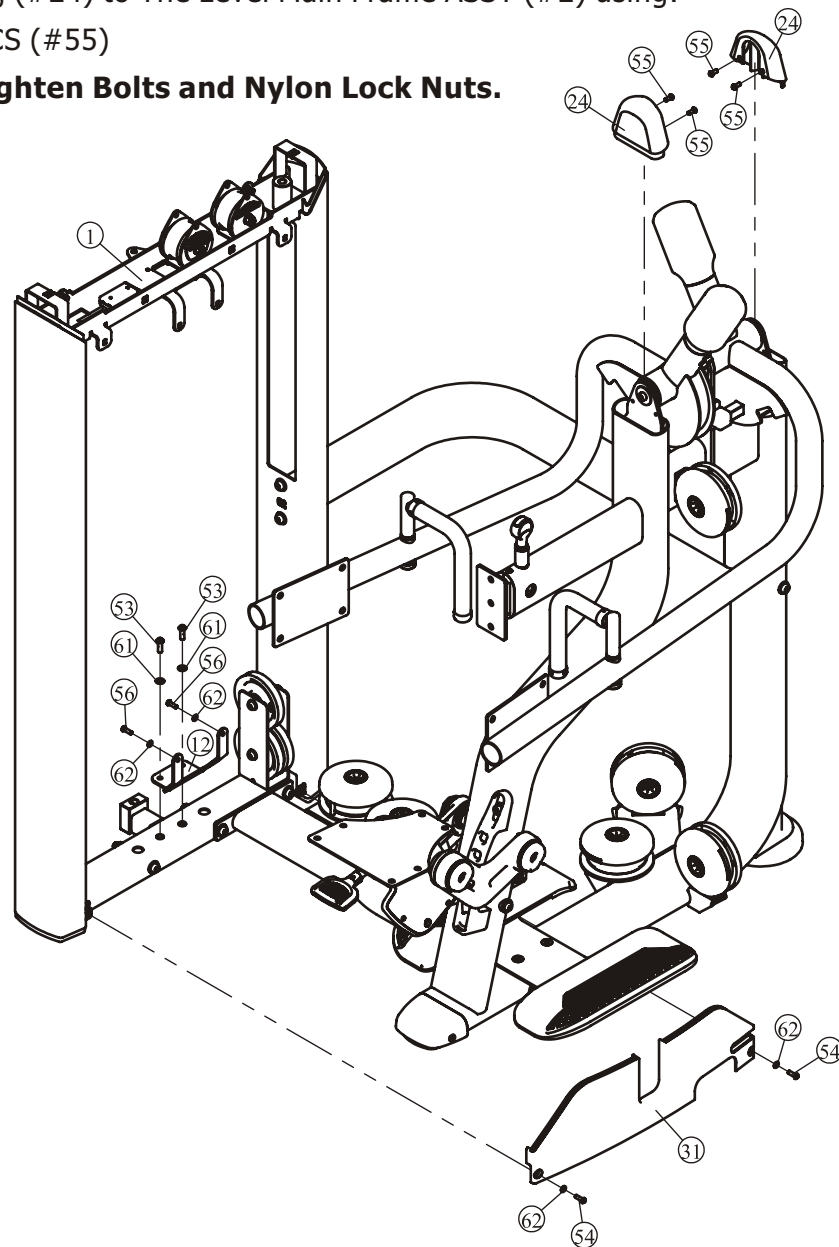


Assembly

STEP 3

1. Attach The Underside Support Plate (#12) to The Weight Stack Frame ASSY (#1) using:
two M8*25 BHCS (#53)
two $\Phi 9*\Phi 16*1.6$ Flat Washers (#61)
2. Attach The Front Lower Cover (#31) to The Weight Stack Frame ASSY (#1) and The Underside Support Plate (#12) using:
two M6*12 BHCS (#56)
four $\Phi 6.6*\Phi 12*1.6$ Flat Washers (#62)
two M6*20 BHCS (#54)
3. Attach two Plug (#24) to The Level 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 10LBSx15PCS Weights !

1. Attach:

two $\Phi 19$ Guide Rods (#16)

fifteen Weight Plate 10LBS (#98)

one Top Plate ASSY (#10)

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

two M8*45 SHCS (#51)

two $\Phi 30*65$ Rubber Sleeve (#34)

two Tension Spring (#166)

two $\Phi 76*60$ Weight Rubber Bumpers (#38)

two Weight Stack Space (#99)

two $\Phi 9*\Phi 16*1.6$ Flat Washers (#64)

two $\Phi 8$ Spring Washer (#64)

2. Attach The Selector Pin W/Coil (#37) to The Top Plate ASSY (#10).

3. Loosen one M8*8 Screw (#57), and Attach:

one $\Phi 14*1296$ Guide Rod (#20)

one 5LBS Counter Weight (#21)

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

one $\Phi 22*2*66$ Limiting Tube (#40)

one $\Phi 15*\Phi 40*3$ Flat Washer (#41)

one $\Phi 14*\Phi 40*25.4$ Plug Bumper (#42)

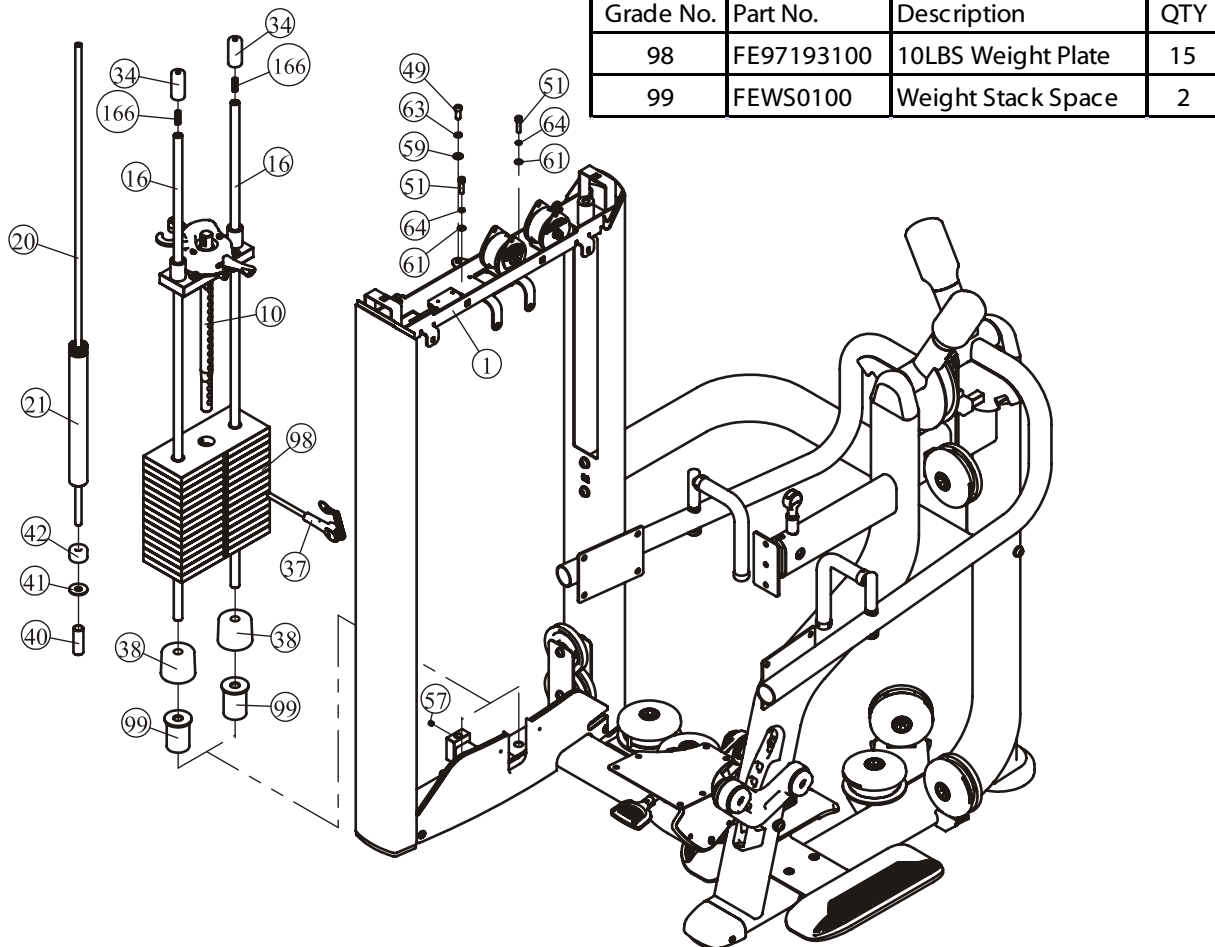
one M10*25 SHCS (#49)

one $\Phi 10$ Spring Washer (#63)

one $\Phi 11*\Phi 20*2$ Flat Washer (#59)

4. Wrench Tighten M8*8 Screw (#57).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 4 Here is the assembly instruction for 10LBSx19PCS Weights !

1. Attach:

two $\Phi 19$ Guide Rods (#16)

nineteen Weight Plate 10LBS (#98)

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

two M8*45 SHCS (#51)

two $\Phi 30 \times 65$ Rubber Sleeve (#34)

two Tension Spring (#166)

two $\Phi 76 \times 60$ Weight Rubber Bumpers (#38)

one Top Plate ASSY (#10)

two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#64)

two $\Phi 8$ Spring Washer (#64)

2. Attach The Selector Pin W/Coil (#37) to The Top Plate ASSY (#10).

3. Loosen one M8*8 Screw (#57), and Attach:

one $\Phi 14 \times 1296$ Guide Rod (#20)

one 5LBS Counter Weight (#21)

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

one $\Phi 22 \times 2 \times 66$ Limiting Tube (#40)

one $\Phi 15 \times \Phi 40 \times 3$ Flat Washer (#41)

one $\Phi 14 \times \Phi 40 \times 25.4$ Plug Bumper (#42)

one M10*25 SHCS (#49)

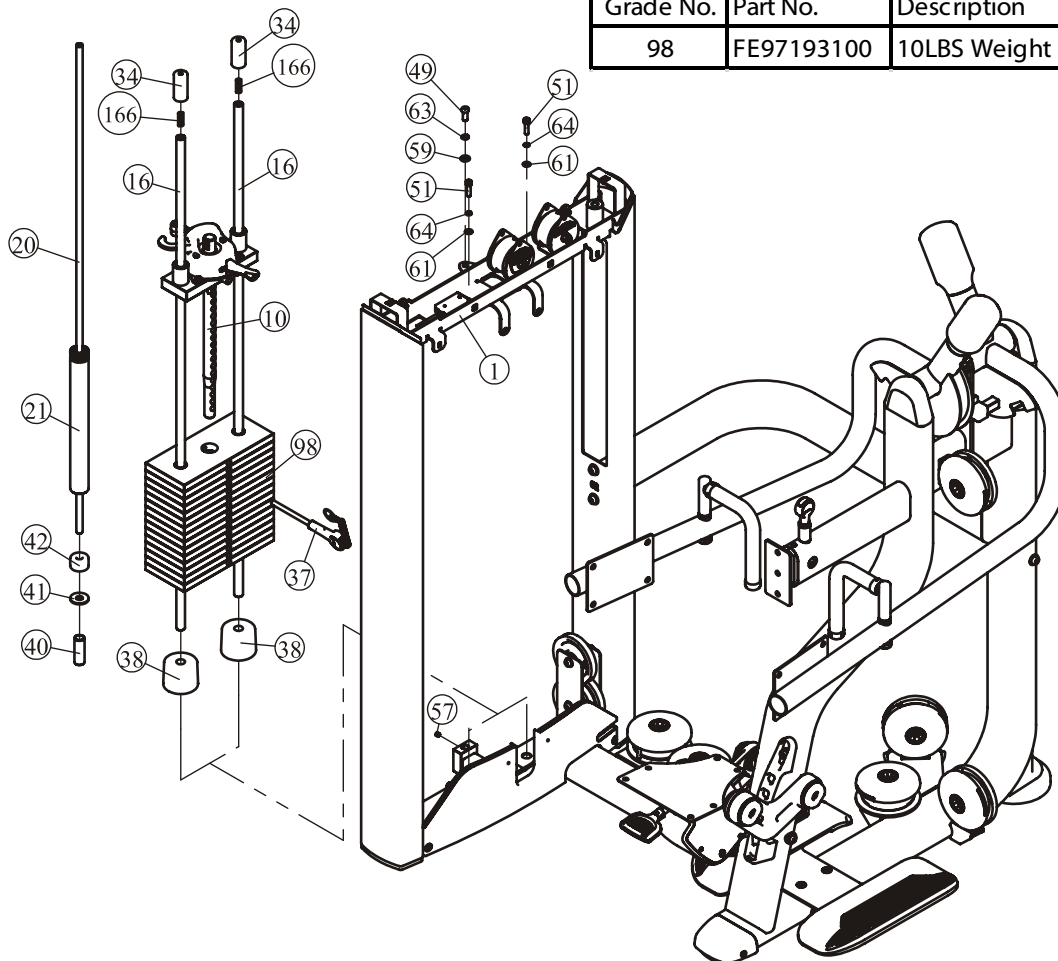
one $\Phi 10$ Spring Washer (#63)

one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#59)

4. Wrench Tighten M8*8 Screw (#57).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

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



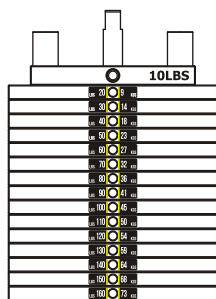
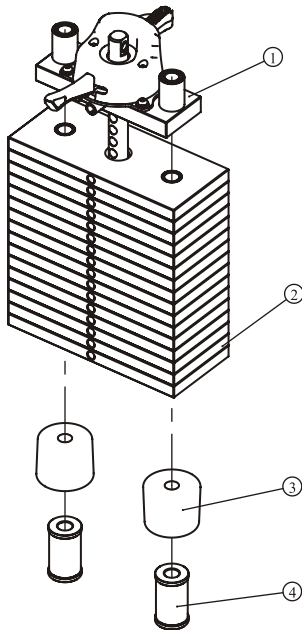
Assembly

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

10LBS×15PCS

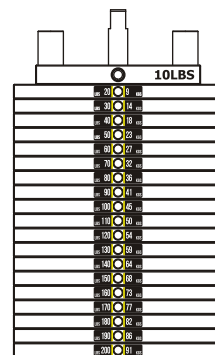
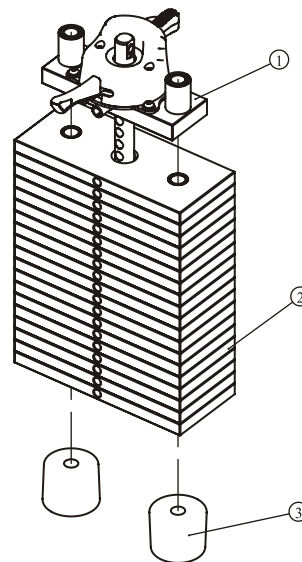
10LBS×19PCS

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

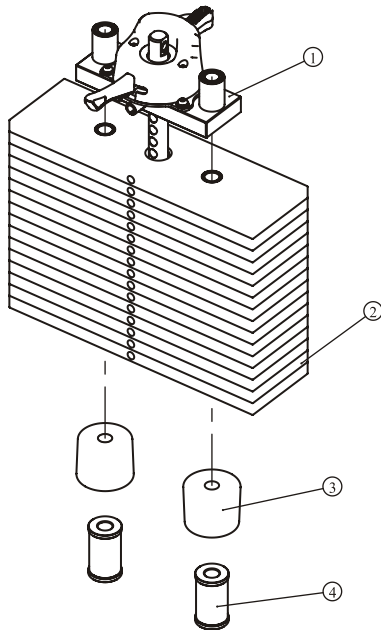
Assembly

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

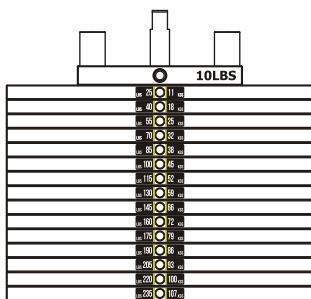
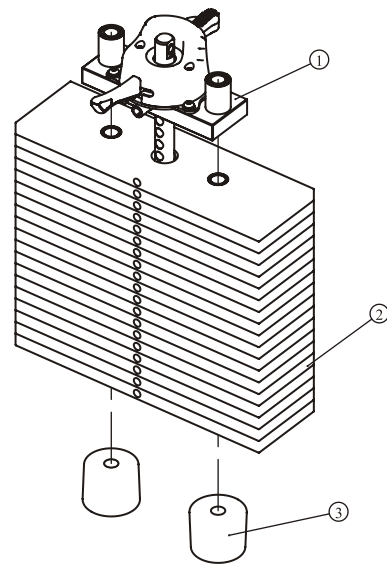
15LBS×15PCS

15LBS×19PCS

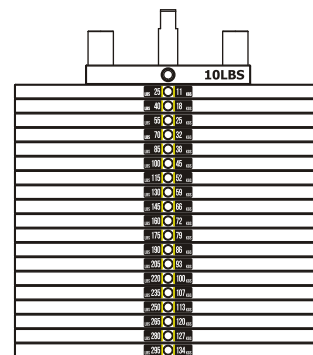
Grade No.	Part No.	Description	QTY	Grade No.	Part No.	Description	QTY
1	FE971930ASSY	10LBS Top Plate ASSY	1	1	FE971930ASSY	10LBS Top Plate ASSY	1
2	FE97193200	15LBS Weight Plate	15	2	FE97193200	15LBS Weight Plate	19
3	IN-D10132900	Weight Rubber Bumpers	2	3	IN-D10132900	Weight Rubber Bumpers	2
4	FEWS01ASSY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



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



25-235LBS



25-295LBS

Weight plate sticker paste schematic diagram

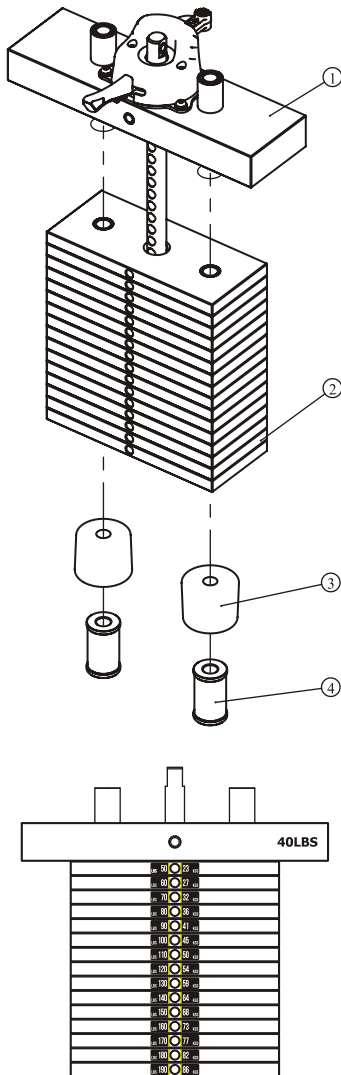
Assembly

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

10LBS×15PCS

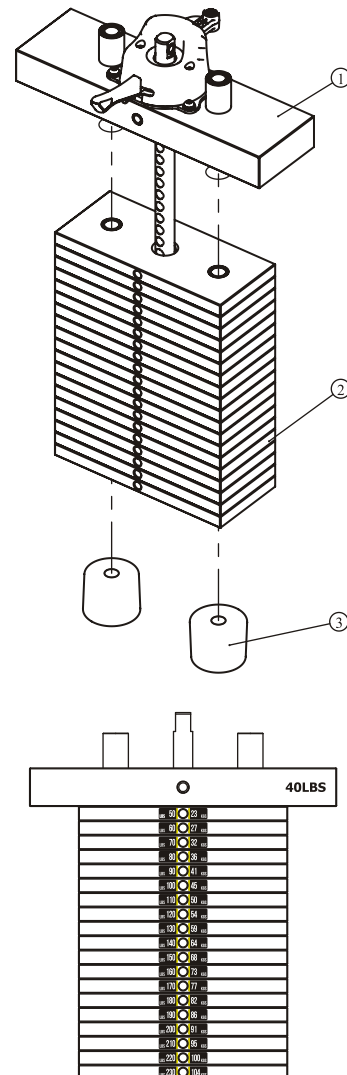
10LBS×19PCS

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				



50-190LBS

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



50-230LBS

Weight plate sticker paste schematic diagram

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

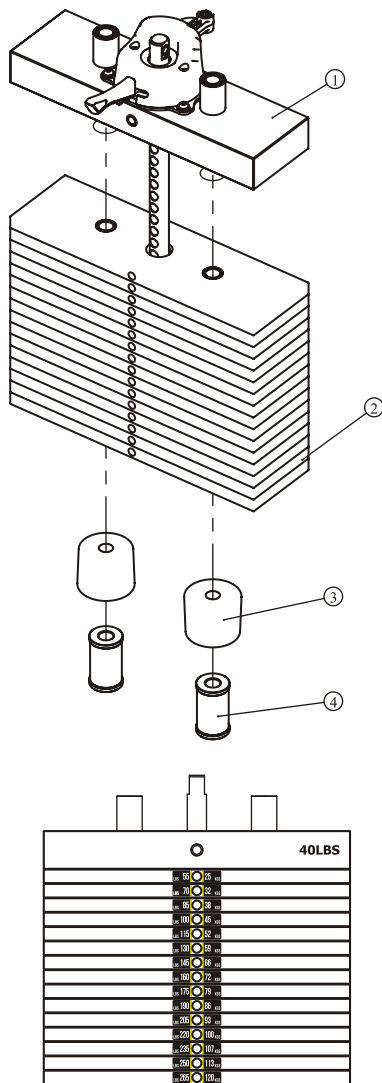
Assembly

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

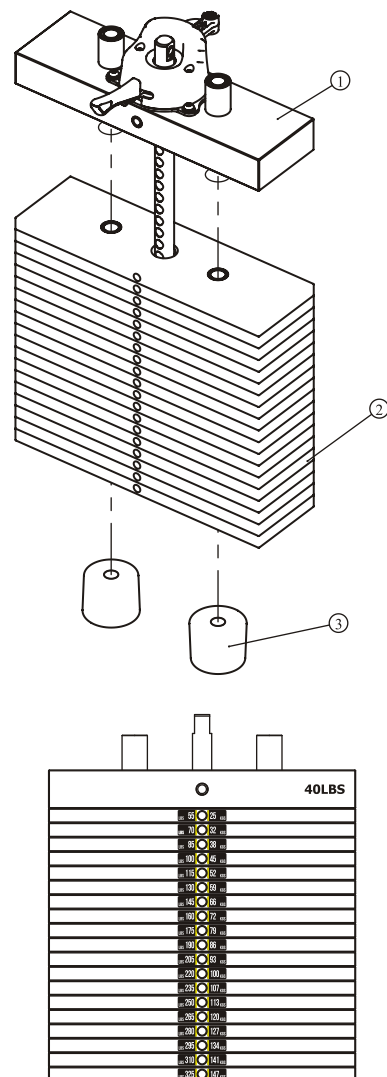
15LBS×15PCS

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



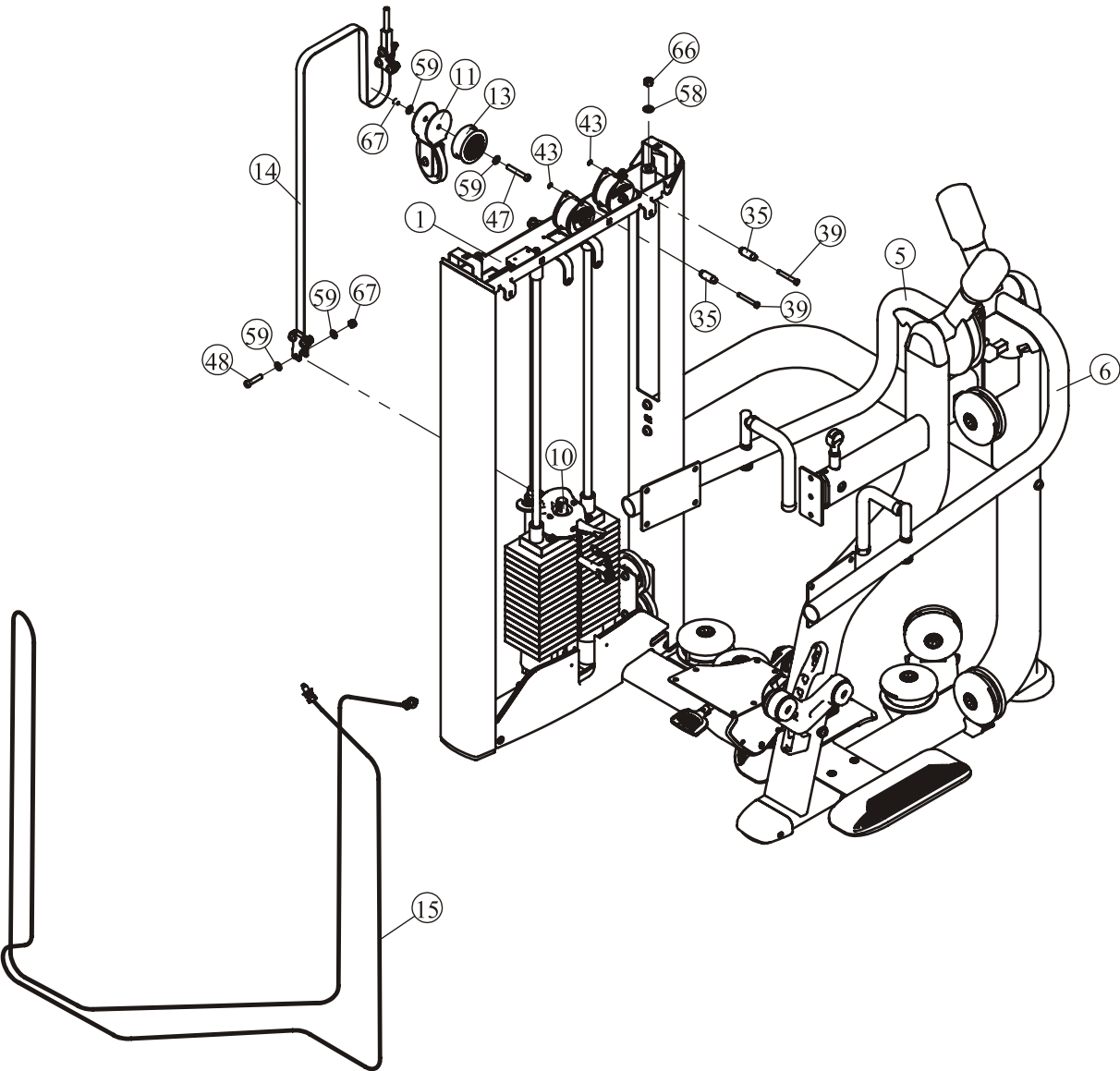
55-325LBS

Weight plate sticker paste schematic diagram

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

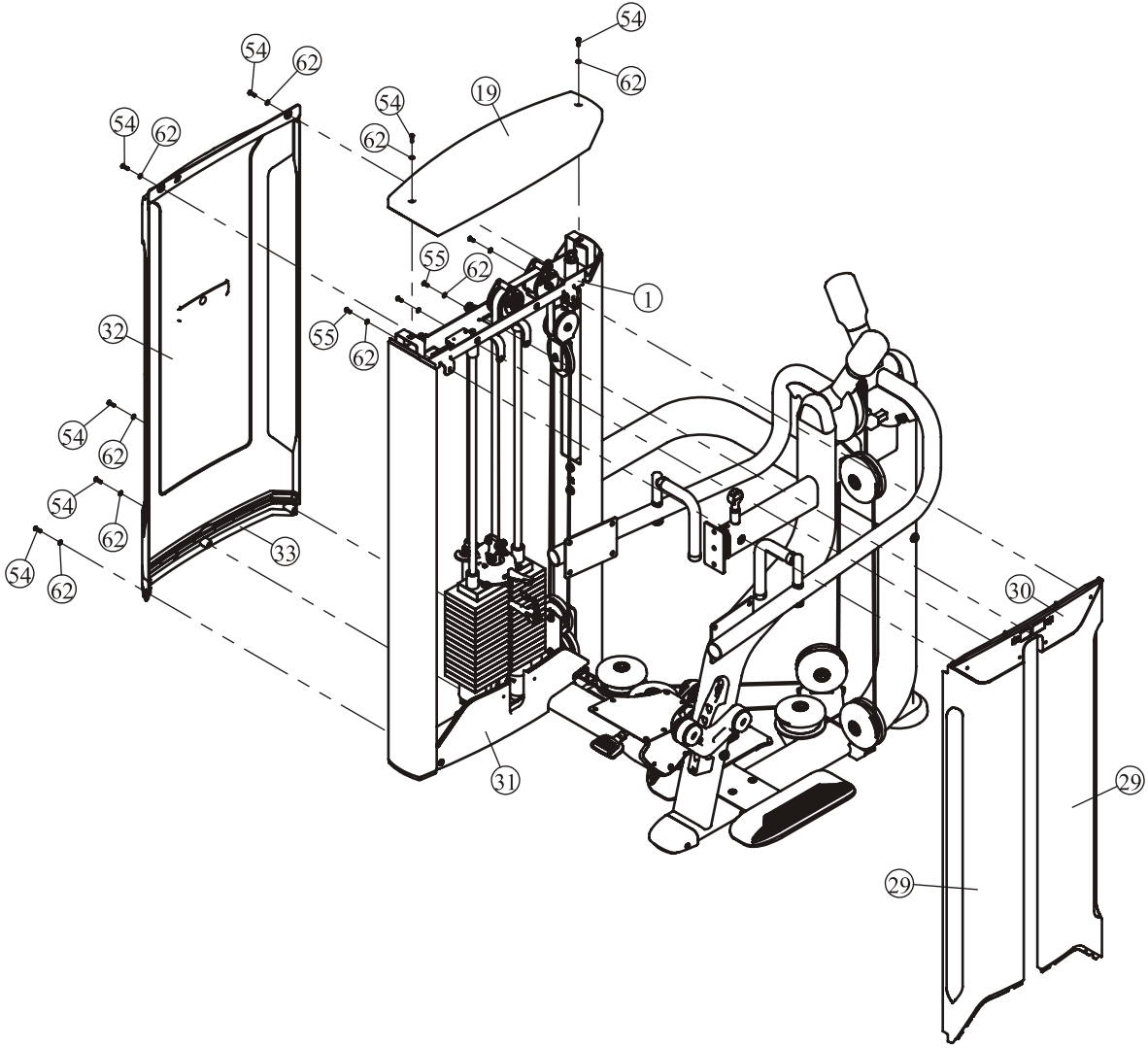
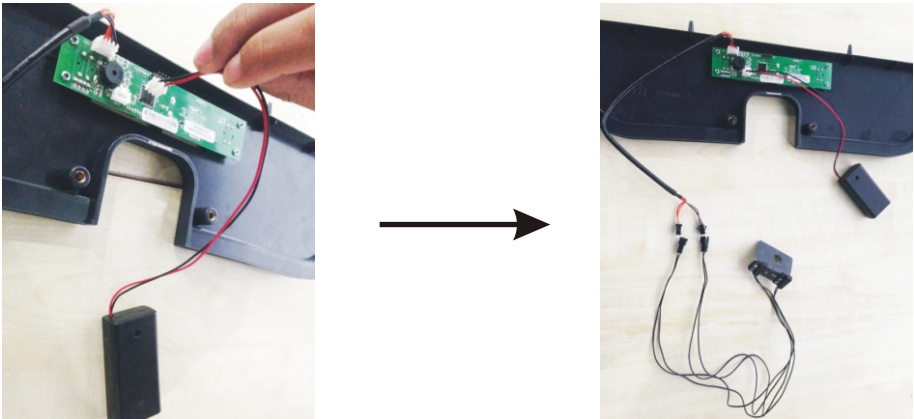
Assembly

STEP 5



Assembly

STEP 6

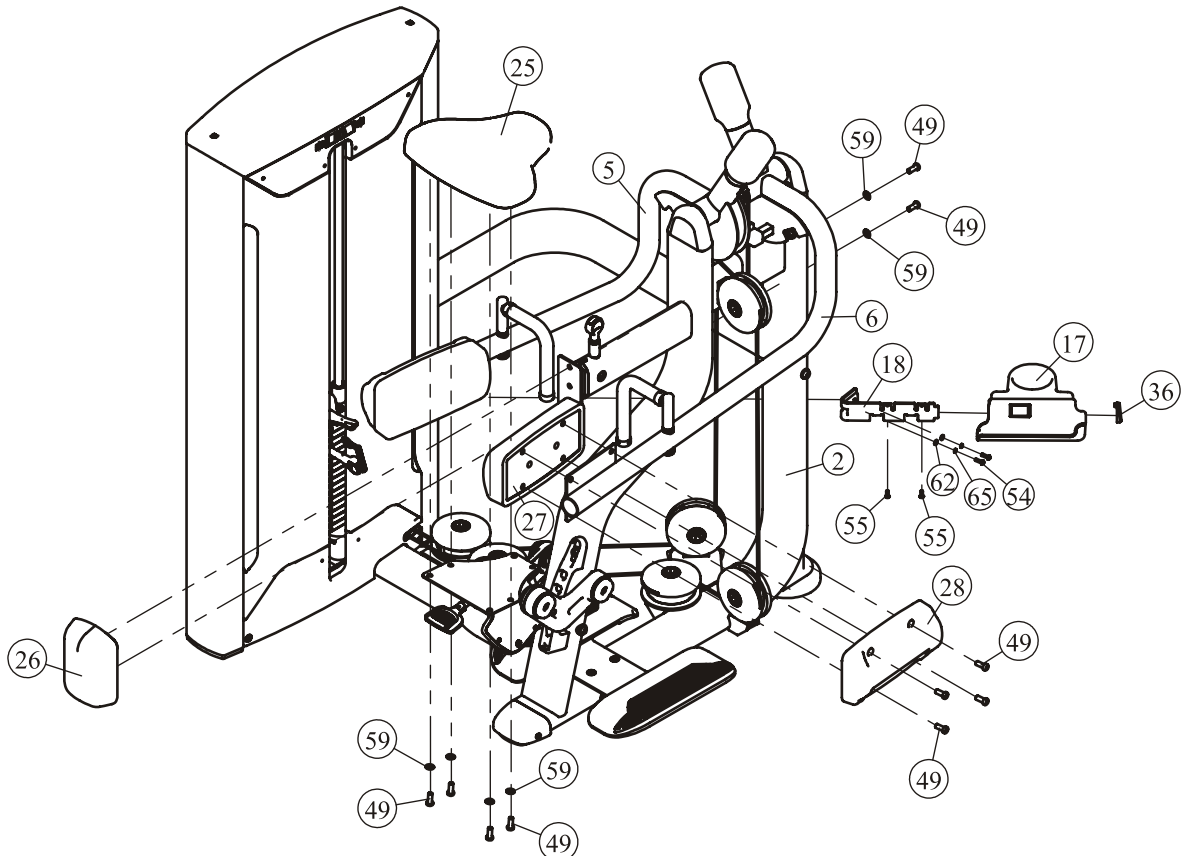


Assembly

STEP 7

1. Attach The Plastic End Cap (#36) to The Cup Holder (#17).
2. Attach The Plastic End Cap (#36) and The Cup Holder (#17) to The Bracket of Cup Holder (#18) using:
two M6*15 BHCS (#55)
3. Attach The Assemble Good Parts 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 (#62)
two $\Phi 6$ Spring Washer (#65)
4. Attach The Seat Pad (#25) to The Level Main Frame ASSY (#2) using:
four M10*25 SHCS (#49) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#59)
5. Attach two Arm Pad (#27) and two Arm Pad Shroud (#28) to The Left Arm Frame ASSY (#5) and The Right Arm Frame ASSY (#6) using:
eight M10*25 SHCS (#49)
6. Attach The Leg Pad (#26) to The Level Main Frame ASSY (#2) using:
two M10*25 SHCS (#49) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#59)

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

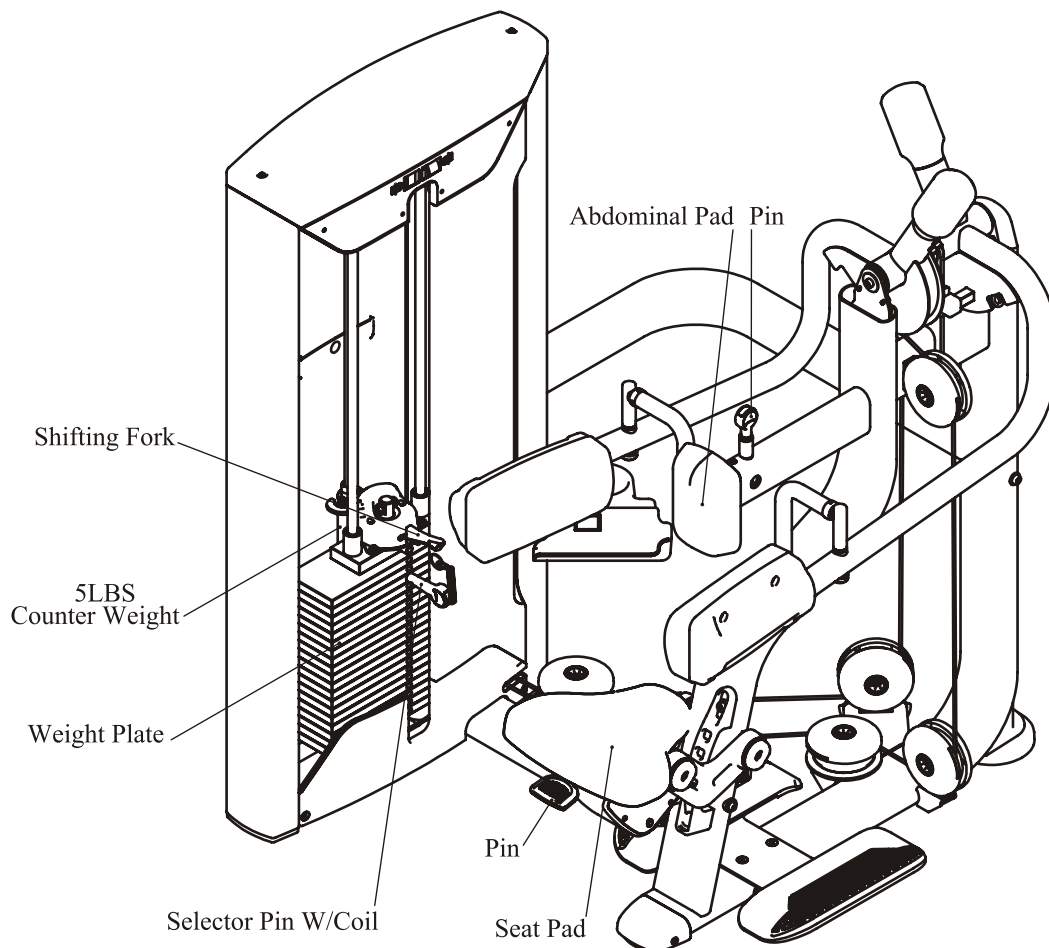
1. Toggle the Shifting Fork to the desired position .
2. Make sure the Shifting Fork get into the Fillister completely.

The Seat Pad adjustment

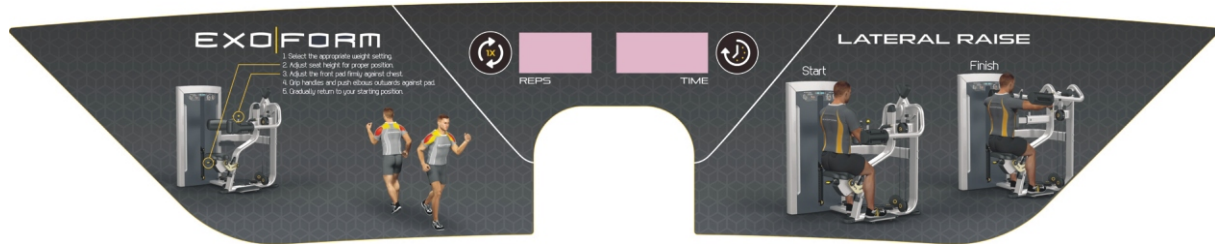
1. Pull out the pin and adjust Seat Pad to the desired position .
2. Make sure the pin get into the hole completely.

The Abdominal Pad adjustment

1. Pull out the pin and adjust Abdominal Pad to the desired position .
2. Make sure the pin get into the hole completely.



Exercise Instructions



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.

