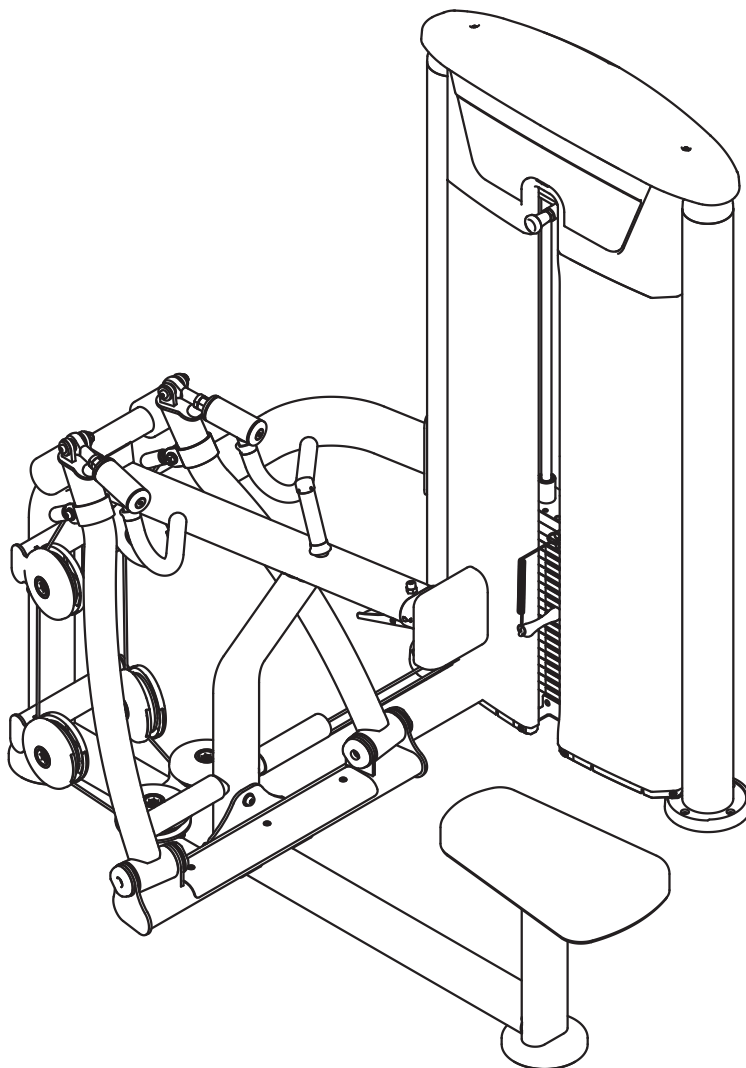




# 7005-G2

VERTICAL ROW

## Owner's Manual



### **! CAUTION**

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

# Table Of Contents

## CAUTION!

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

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	19
Assembly Instructions-----	20
Assembly-----	21
Adjust Instructions-----	36
Exercise Instructions-----	36
Maintenance Schedule-----	37
General Maintenance Information-----	38
Weight Training Tips-----	39

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

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# 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 0.6 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.

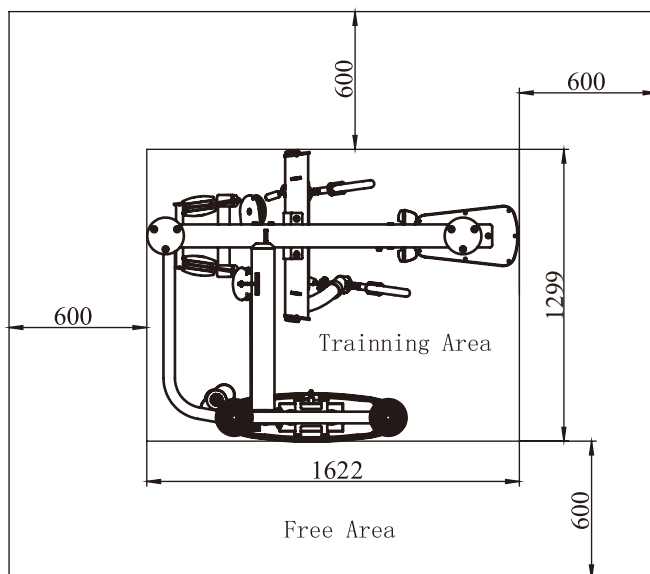
# Important Safety Instructions

## 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 Dimension: 1622\*1299\*1506mm

Product Total Surface: 1622\*1299mm

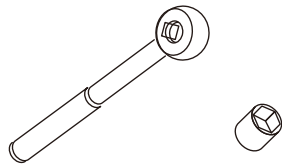
Product Total Mass: 126.5kg/ 279lbs

# Instructions

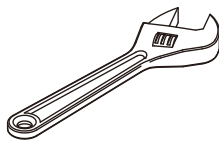
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

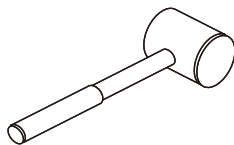
## Tools Required



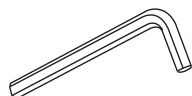
Ratchet Wrench and Socket



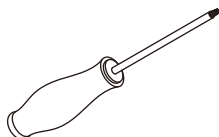
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	IT951901ASSY	Weight Stack Frame ASSY	1
2	2	IT951902ASSY	Main Frame ASSY	1
3	3	IT951903ASSY	Bottom Frame Brace	1
4	4	IT951904ASSY	Left Arm Frame ASSY	1
5	5	IT951905ASSY	Right Arm Frame ASSY	1
6	6	IT951906ASSY	Handle Frame ASSY	2
7	7	IT951908ASSY	Middle Connection Frame ASSY	1
8	8	IT95050300	Rear Connection Frame	1
9	9	IT95191300	Spindle	2
10	10	IT95191400	Seat Pad	1
11	11	IT95191500	Cable 1 ASSY	1
12	12	IT95191600	Cable 2 ASSY	1
13	13	IT95082100	Single Pulley Bracket	1
14	14	IT95016000	Plastic Cover	2
15	15	IT951910ASSY	Chest Pad ASSY	1
16	16	SG500110400V5	4.5" Pulley	6
17	17	SD1000B3000ASSY	Adjustable Foot Plate	2
18	18	IT95016600	Cup Holder	1
19	19	IT950121ASSY	Top Bracket ASSY	1
20	20	IT950122ASSY	Bottom Bracket ASSY	2
21	21	IT95012300	Rear Bracket	1
22	22	IT95014200	Top Plate	1
23	23	IT95014400	Guide Rod $\Phi$ 19*1242	2
24	24	IT95015100	Top Cover	1
25	25	IT95015200	Training Placard Cover	1
26	26	IT95015500	Top Rear Shroud	1
27	27	IT95015300	Front Shroud	1
28	28	IT95055400	Left Front Shroud	1
29	29	IT95015600	Rear Shroud	1

# Exploded View and Parts List

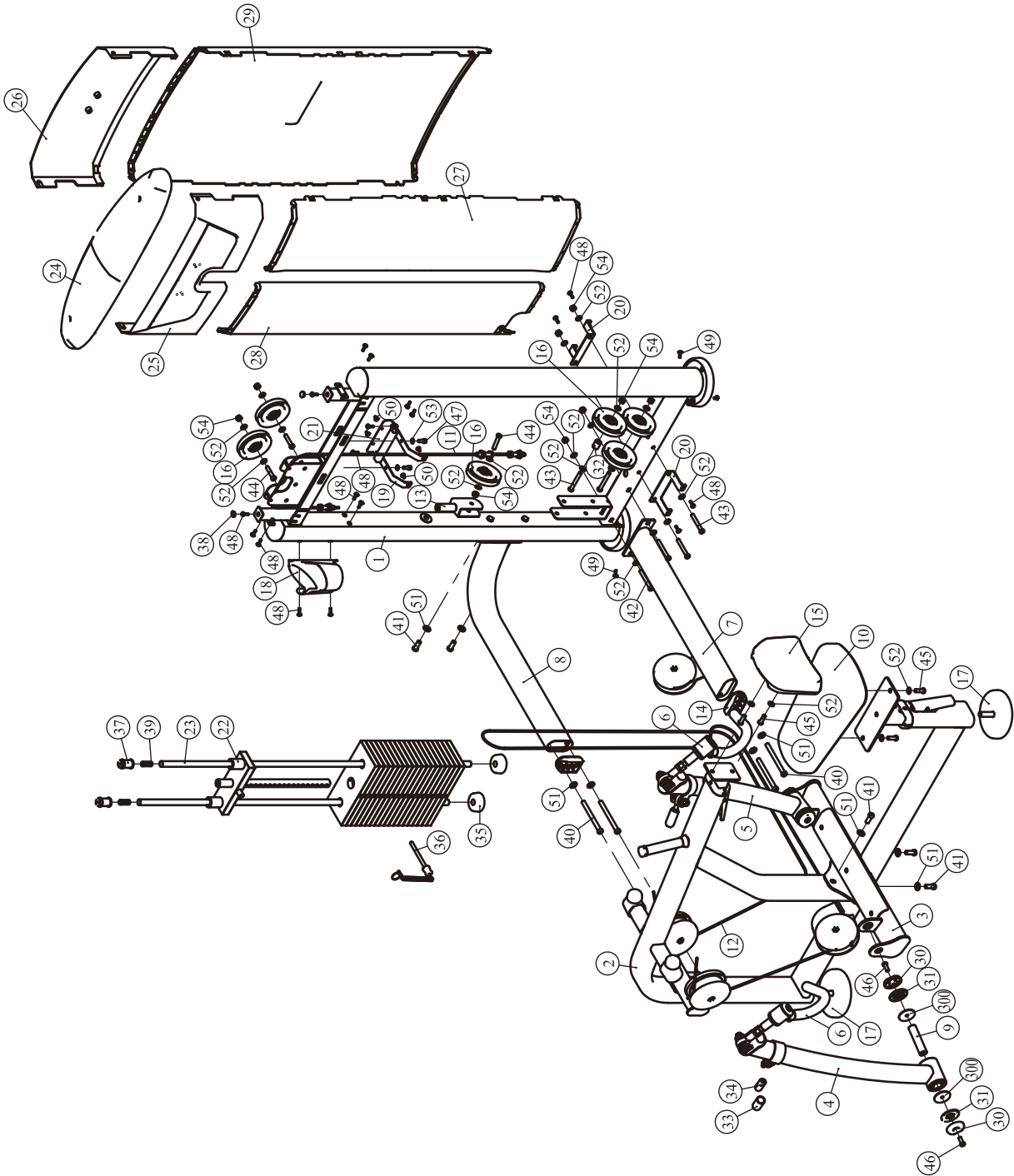
## Overall

ItemNo.	GradeNo.	PartNo.	Description	QTY
30	30	FE97211900	CapΦ60	4
31	31	FE97212000	CircleRingΦ62.5*5	4
32	32	FE97193400	PulleySpacer	1
33	33	FE970113100	Cable ConnectorJacket	2
34	34	FE970113200	CableConnector	2
35	35	IT80023000	Weight RubberBumper	2
36	36	IT90012000V1	Selector PinW/Coil	1
37	37	IT95016100	Guide Rod FixingSleeveΦ25*Φ19*45	2
38	38	IT95016500	Spout PlugΦ16.5*6.88	2
39	39	HFOPT900-04A0602	Spring	2
40	40	GB70BTM12*135DN18	Socket Head Cap ScrewM12*135	4
41	41	GB70BTM12*30DN18	Socket Head Cap ScrewM12*30	5
42	42	GB70BTM10*80DN18	Socket Head Cap ScrewM10*80	2
43	43	GB70BTM10*75DN18	Socket Head Cap ScrewM10*75	4
44	44	GB70BTM10*50DN18	Socket Head Cap ScrewM10*50	3
45	45	GB70BTM10*30DN18	Socket Head Cap ScrewM10*30	4
46	46	GB70BTM10*25DN18	Socket Head Cap ScrewM10*25	4
47	47	GB70M8*20N19	Socket Head Cap ScrewM8*20	2
48	48	GB818M6*20DHS2	CrossRecessedPanHeadScrewM6*20	18
49	49	GB818M6*16DHS2	CrossRecessedPanHeadScrewM6*16	4
50	50	GB818M6*10DHS2	CrossRecessedPanHeadScrewM6*10	4
51	51	GB9512DN2	Flat WasherΦ13*Φ24*2.5	9
52	52	GB9510DN2	Flat WasherΦ11*Φ20*2	22
53	53	GB958DN2	Flat WasherΦ9*Φ16*1.6	2
54	54	NM10DN2	Nylon Lock NutM10	9
55	55	NBS6DHS	Hex KeyS=6	1
56	56	NBS8DHS	Hex KeyS=8	1
57	57	LW200BS	WrenchΦ6*117	1
58	58	YHY	Lube	1
59	300	IF93062200	Big WasherΦ62*Φ10.5*3	4
200	200	IT9501C3100	Little RearShroud	1

# Exploded View and Parts List

Overall

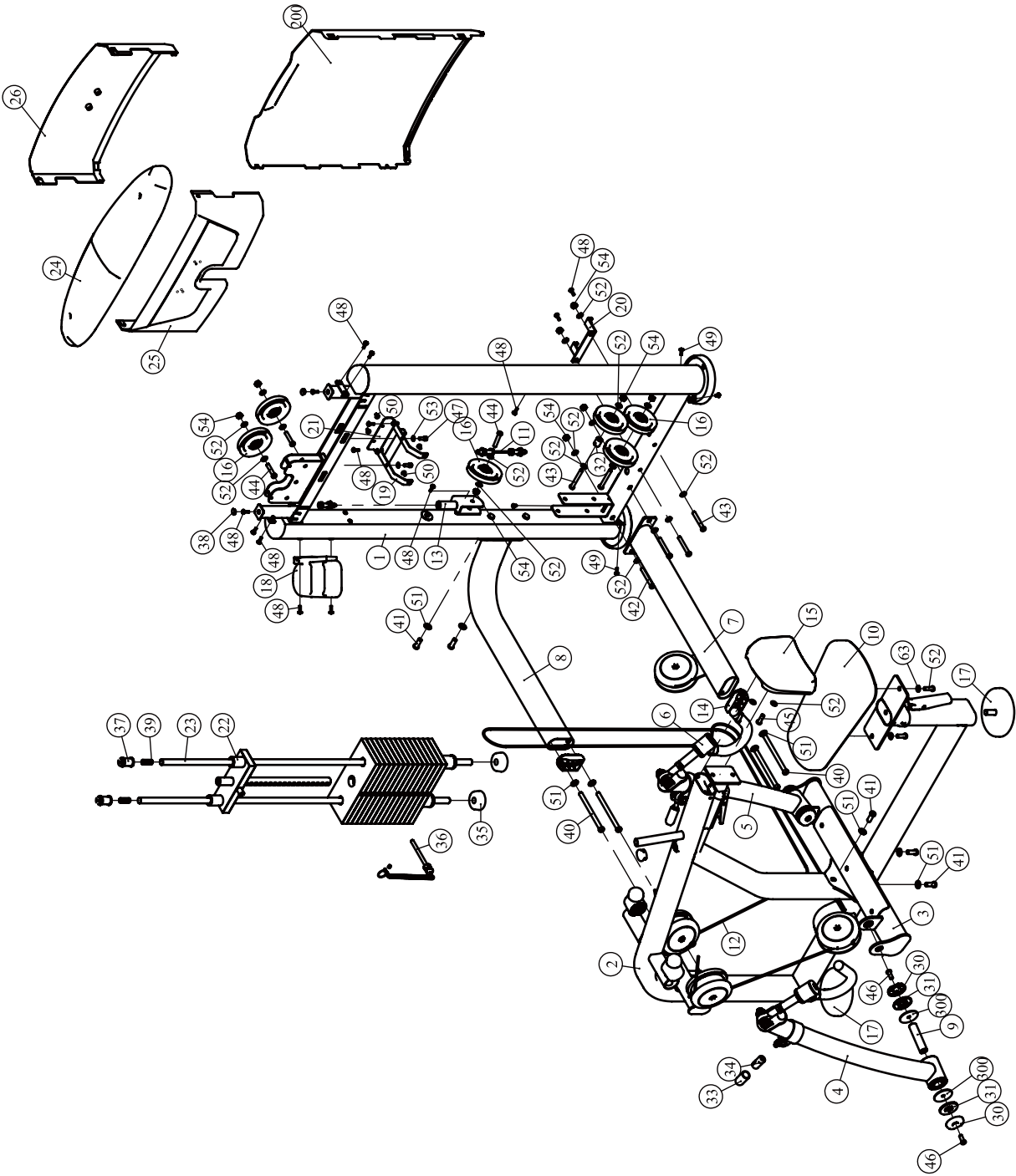
Full Shroud



# Exploded View and Parts List

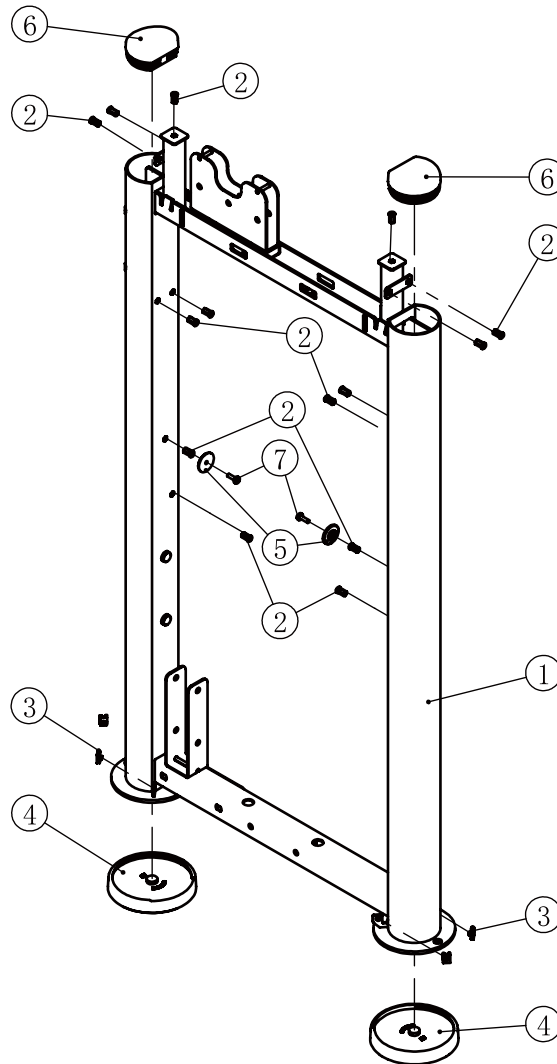
Overall

## Half Rear Shroud



# Exploded View and Parts List

## Weight Stack Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IT95010100	Weight Stack Frame	1
2	1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	16
3	1.3	AC32705800	U-nut M6	4
4	1.4	IT95015700	Foot Plate	2
5	1.5	IT95015900	Plastic Block	2
6	1.6	IT95015800	Plug $\Phi 95^*81.1$	2
7	1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

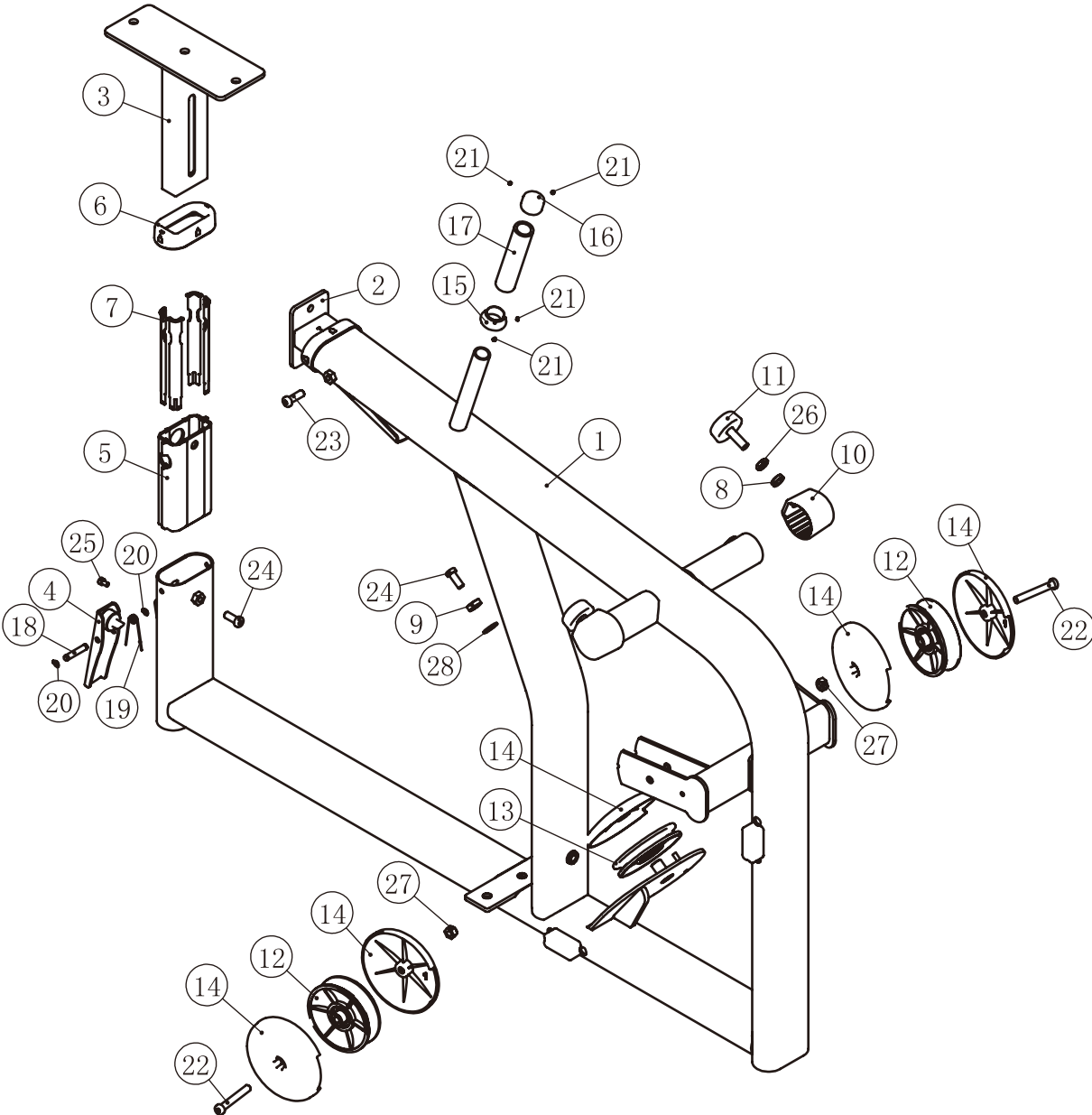
# Exploded View and Parts List

## Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	2.1	IT95190200	Main Frame	1
2	2.2	IT95190700	Chest Pad Support	1
3	2.3	IT95120900	Seat Pad Support	1
4	2.4	IT95014500	Adjustable Support	2
5	2.5	IT95014300	Aluminum Tube Guide	2
6	2.6	IT95016200	Plastic Tube Plug	2
7	2.7	IT95016300	Plastic Corner Tube Glide	8
8	2.8	IT95121400	Bushing $\Phi 20 \times \Phi 14 \times 6$	2
9	2.9	FE97122100	Bushing $\Phi 22 \times \Phi 17.5 \times 7.5$	1
10	2.10	IT95122100	Plastic Plug	2
11	2.11	IT95122200	Urethane Bumper	2
12	2.12	V37000	V-type Pulley	2
13	2.13	IT95057800	4.5" Pulley	1
14	2.14	IT95016400	Pulley Cover	5
15	2.15	IT90102200	Aluminum Grip Cap	1
16	2.16	IT95022100	Aluminum Grip Ring	1
17	2.17	026-01PL0206-12	Grip	1
18	2.18	CWRVL0012200	Roll Pin	2
19	2.19	AXT3S5500	Torsional Spring	2
20	2.20	GB894.18FH12	Circlips For Shaft $\Phi 8$	4
21	2.21	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4
22	2.22	GB70BTM10*70DN18	Socket Head Cap Screw M10*70	2
23	2.23	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	1
24	2.24	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
25	2.25	GB70M6*10N19	Socket Head Cap Screw M6*10	2
26	2.26	GB6172.1M12DN2	Hexagon Thin Nut M12	2
27	2.27	NM10DN2	Nylon Lock Nut M10	2
28	2.28	DQ10N19B	Flat Washer $\Phi 11 \times \Phi 25 \times 2$	1

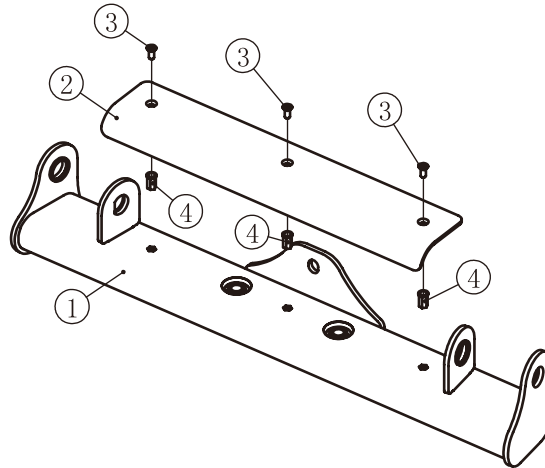
# Exploded View and Parts List

## Main Frame ASSY



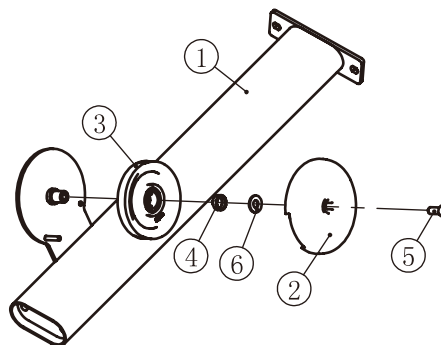
# Exploded View and Parts List

## Bottom Frame Brace



Item No.	Grade No.	Part No.	Description	QTY
1	3.1	IT95190300	Bottom Frame	1
2	3.2	IT95191000	Foot Plate	1
3	3.3	CNLM6*15N19	Flat Head Cap Screw M6*15	3
4	3.4	GB17880.5M6*16.5DS17	Rivet Nut M6	3

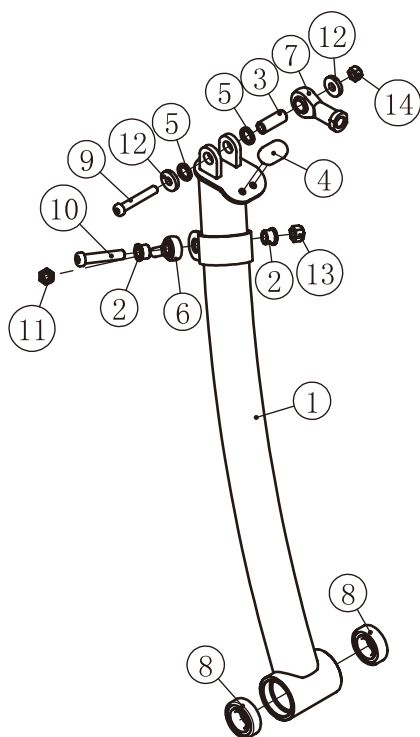
## Middle Connection Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	7.1	IT95190800	Middle Connection Frame	1
2	7.2	IT95016400	Pulley Cover	1
3	7.3	IT95057800	4.5" Pulley	1
4	7.4	FE97122100	Bushing $\Phi 22 * \Phi 17.5 * 7.5$	1
5	7.5	GB70BT M10*25DN18	Socket Head Cap Screw M10*25	1
6	7.6	DQ10N19B	Flat Washer $\Phi 11 * \Phi 25 * 2$	1

# Exploded View and Parts List

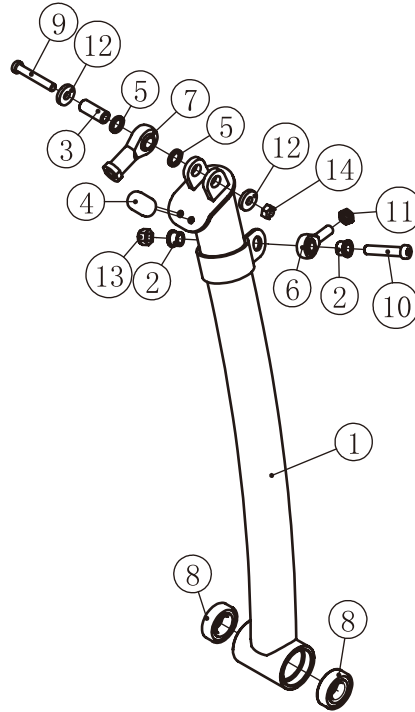
## Left Arm Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.1	IT95190400	Left Arm Frame Sub Assembly	1
2	4.2	IT95121300	Spacer Bushing $\Phi 22 * \Phi 12.2 * 14$	2
3	4.3	L290PB2600	Hollow Shaft	1
4	4.4	BG10004600V1	Bumper	1
5	4.5	IT90194100	Flat Washer $\Phi 23 * \Phi 16.4 * 3$	2
6	4.6	SA12T_K	Joint Bearing M12	1
7	4.7	SIBJK16S	Joint Bearing M16	1
8	4.8	GB2766205-2RSC3NBK	Deep Groove Ball Bearing $\Phi 25 * \Phi 52 * 15$	2
9	4.9	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
10	4.10	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
11	4.11	GB6172.1M12DN2	Hex Thin Nut M12	1
12	4.12	DQ10DG2E	Flat Washer $\Phi 28 * \Phi 10.5 * 5$	2
13	4.13	NM12DN2	Nylon Lock Nut M12	1
14	4.14	NM10DN2	Nylon Lock Nut M10	1

# Exploded View and Parts List

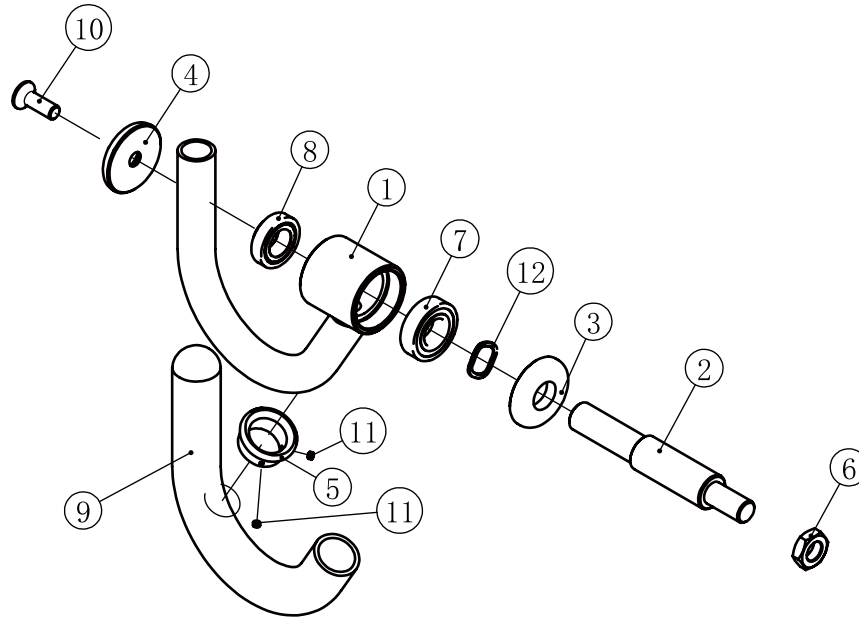
## Right Arm Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	5.1	IT95190500	Right Arm Frame Sub Assembly	1
2	5.2	IT95121300	Spacer Bushing $\Phi 22 * \Phi 12.2 * 14$	2
3	5.3	L290PB2600	Hollow Shaft	1
4	5.4	BG10004600V1	Bumper	1
5	5.5	IT90194100	Flat Washer $\Phi 23 * \Phi 16.4 * 3$	2
6	5.6	SA12T_K	Joint Bearing M12	1
7	5.7	SIBJK16S	Joint Bearing M16	1
8	5.8	GB2766205-2RSC3NBK	Deep Groove Ball Bearing $\Phi 25 * \Phi 52 * 15$	2
9	5.9	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	1
10	5.10	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
11	5.11	GB6172.1M12DN2	Hex Thin Nut M12	1
12	5.12	DQ10DG2E	Flat Washer $\Phi 28 * \Phi 10.5 * 5$	2
13	5.13	NM12DN2	Nylon Lock Nut M12	1
14	5.14	NM10DN2	Nylon Lock Nut M10	1

# Exploded View and Parts List

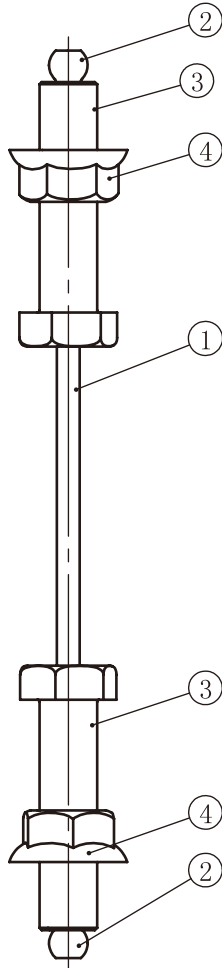
## Handle Frame ASSY



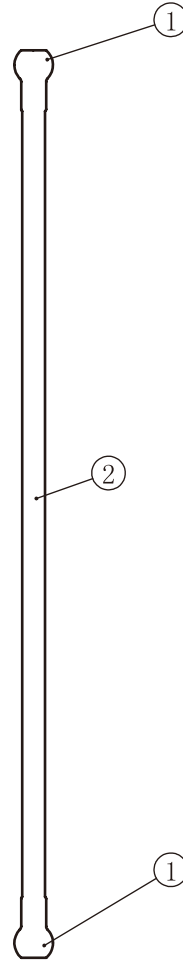
Item No.	Grade No.	Part No.	Description	QTY
1	6.1	L290PB0600	Handle Frame	1
2	6.2	IT95191100	Thread Spindle	1
3	6.3	IT95191200	Aluminum EndΦ50*11	1
4	6.4	IN-S51102100	Aluminum EndΦ50*8	1
5	6.5	IT90102200	Aluminum Grip Cap	1
6	6.6	GB6172.1M16DS2	Hex NutM16	1
7	6.7	GB2766004-2Z	BearingΦ40*Φ20*15	1
8	6.8	GB29732904	BearingΦ37*Φ20*12	1
9	6.9	P8A2800	Grip	1
10	6.10	CNLM10*30*30DN20NL	Flat Head Screw M10*30	1
11	6.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2
12	6.12	BXDQ26*20*1.5	wave washer	1

# Exploded View and Parts List

## Cable1 ASSY



## Cable2 ASSY

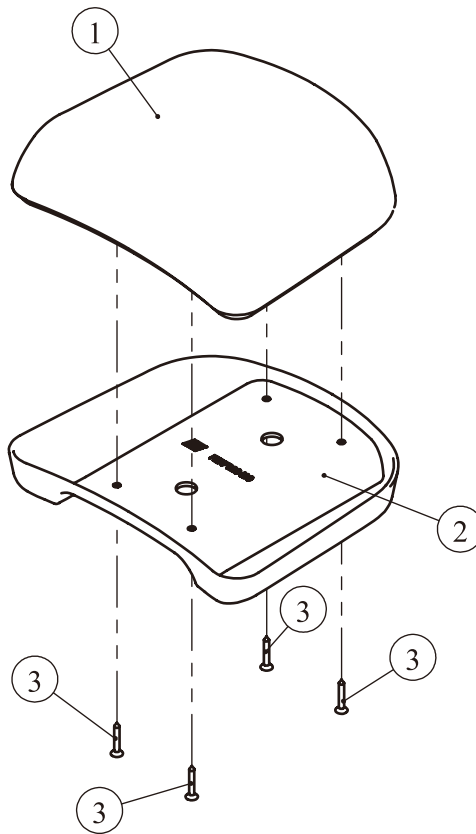


Item No.	Grade No.	Part No.	Description	QTY
1	11.1	IT95191501	Cable1	1
2	11.2	L1-3102	Screw1/2"-13*50.8	2
3	11.3	HF900-03A1002	Hex Flange Nut	2
4	11.4	M01002100	Terminal Block	2

Item No.	Grade No.	Part No.	Description	QTY
1	12.1	IT95191601	Cable1	1
2	12.2	M01002100	Terminal Block	2

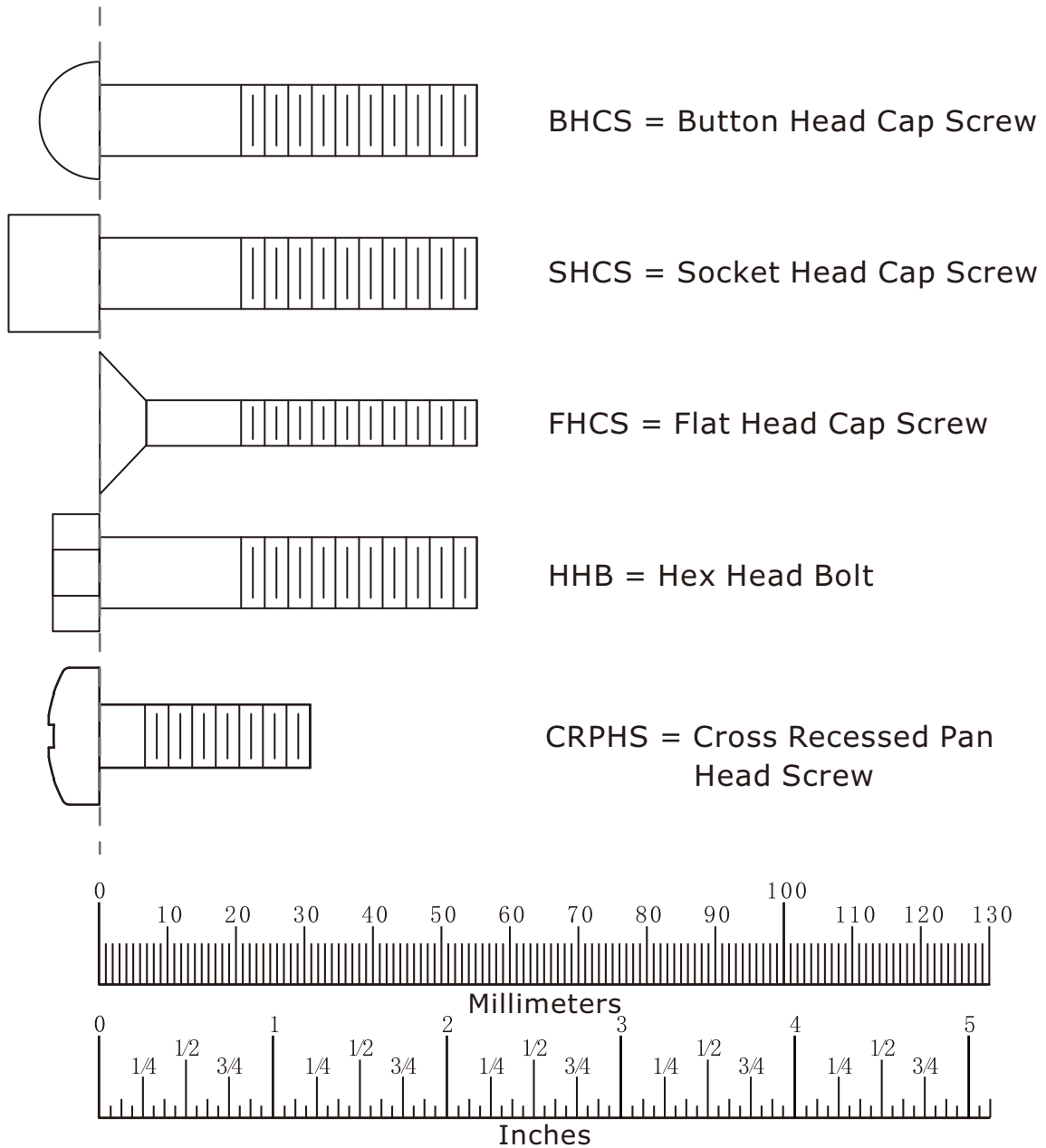
# Exploded View and Parts List

## Chest Pad ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	15.1	IT95191800	Head Pad	1
2	15.2	FE97123400	Head Pad Cover	1
3	15.3	GB846ST3.5*25DN	Cross Recessed Countersunk Head Tapping Screw ST3.5*25	4

# 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**

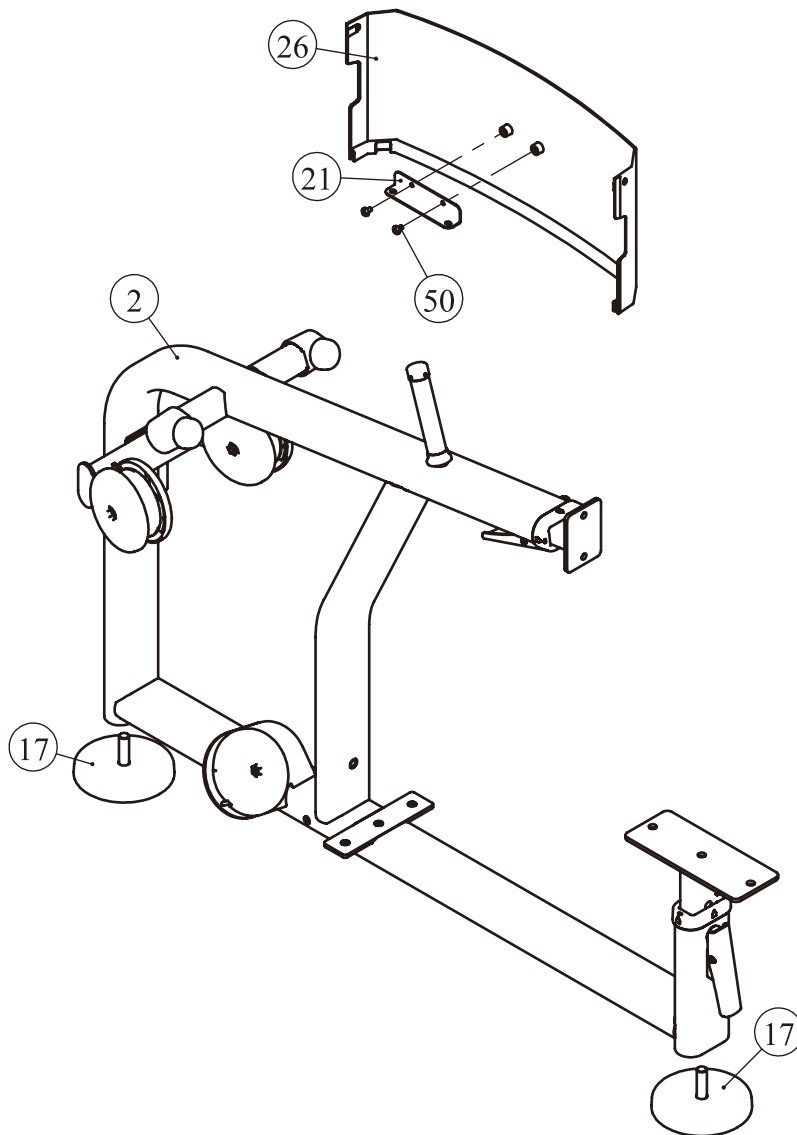
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#11) to the Main Frame ASSY (#2).
2. Attach the Rear Bracket (#21) to the Top Rear Shroud (#26) using:  
two M6\*10 CRPHS (#50)

**Note: Wrench Tighten Bolts.**



# Assembly

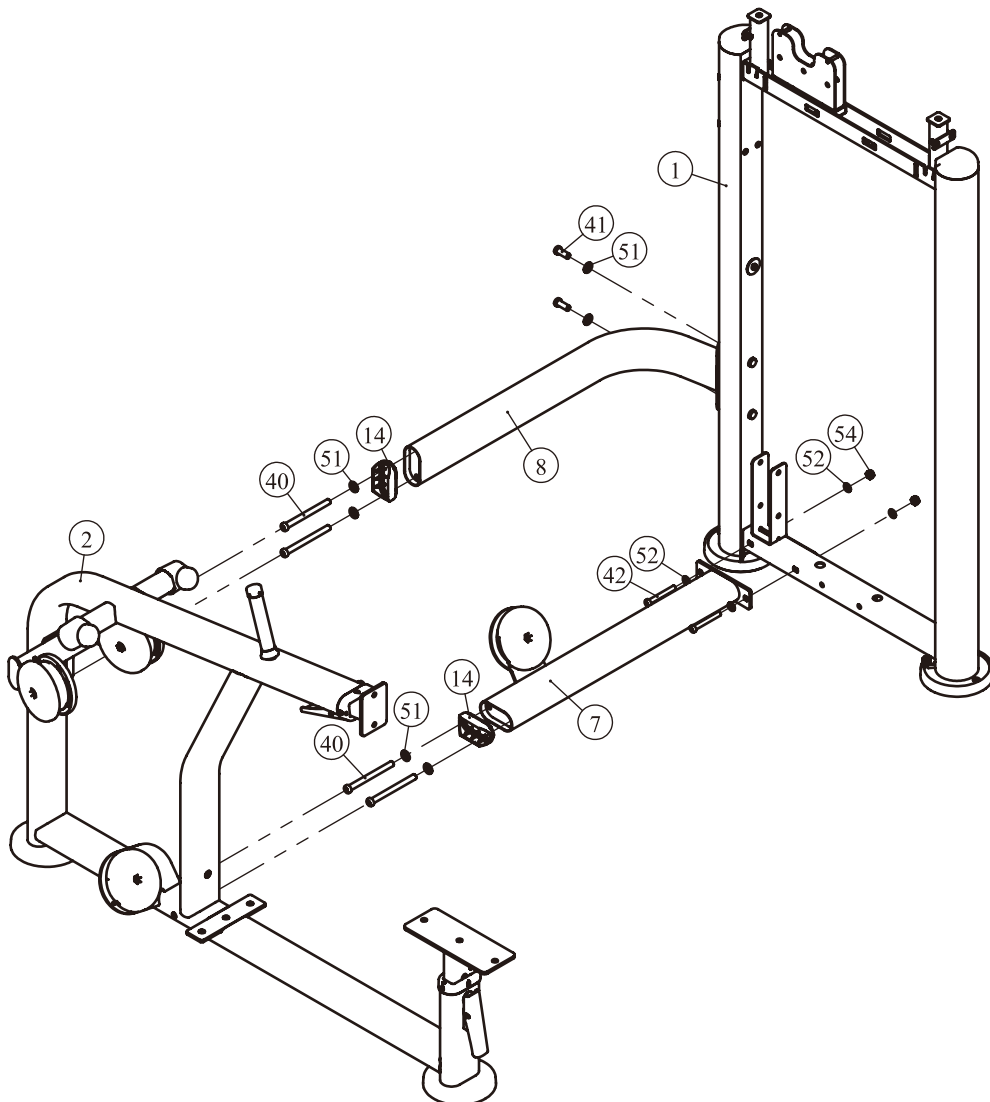
## STEP 2

Attach the Rear Connection Frame (#8) and the Middle Connection Frame ASSY (#7) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#2) using:

- two Plastic Cover (#14)
- four M12\*135 SHCS (#40)
- two M12\*30 SHCS (#41)
- two M10\*80 SHCS (#42)
- two M10 Nylon Lock Nut (#54)
- four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)
- six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#51)

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

**2. Adjust the Adjustable Foot Plates to make the machines stable.**



# Assembly

## STEP 3

1. Attach three 4.5" Pulleys (#16) to the Weight Stack Frame ASSY (#1) using:
  - two M10\*75 SHCS (#43)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)
  - one Pulley Spacer (#32)
  - two M10 Nylon Lock Nut (#54)
2. Attach the Top Bracket ASSY (#19) and two/one Bottom Bracket ASSY (#20) to the Weight Stack Frame ASSY (#1) using:
  - two M8\*20 SHCS (#47)
  - two  $\Phi 9*\Phi 16*1.6$  Flat Washer (#53)
  - two M10\*75 SHCS (#43)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)
  - two M10 Nylon Lock Nut (#54)
3. Attach Bottom Frame Brace (#3) to the Main Frame ASSY (#2) using:
  - three M12\*30 SHCS (#41)
  - three  $\Phi 13*\Phi 24*2.5$  Flat Washer (#51)
4. Attach the Left Arm Frame ASSY (#4), the Right Arm Frame ASSY (#5) to the Bottom Frame Brace (#3) using:
  - two Spindles (#9)
  - four Cap  $\Phi 60$  (#30)
  - four Circle Ring  $\Phi 62.5*5$  (#31)
  - four M10\*25 SHCS (#46)
  - four Big Washer  $\Phi 62*\Phi 10.5*3$  (#300)
5. Attach two Handle Frame ASSY (#6) to the Left Arm Frame ASSY (#4), the Right Arm Frame ASSY (#5).

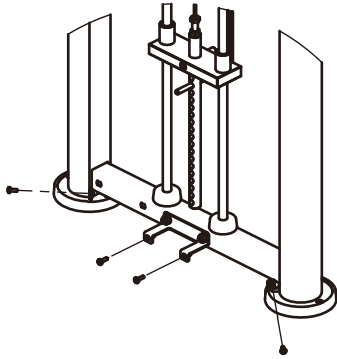
**Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.**

**2. The Handle Frame ASSY (#6) Is Twisted Into The Depth Of 15mm.**

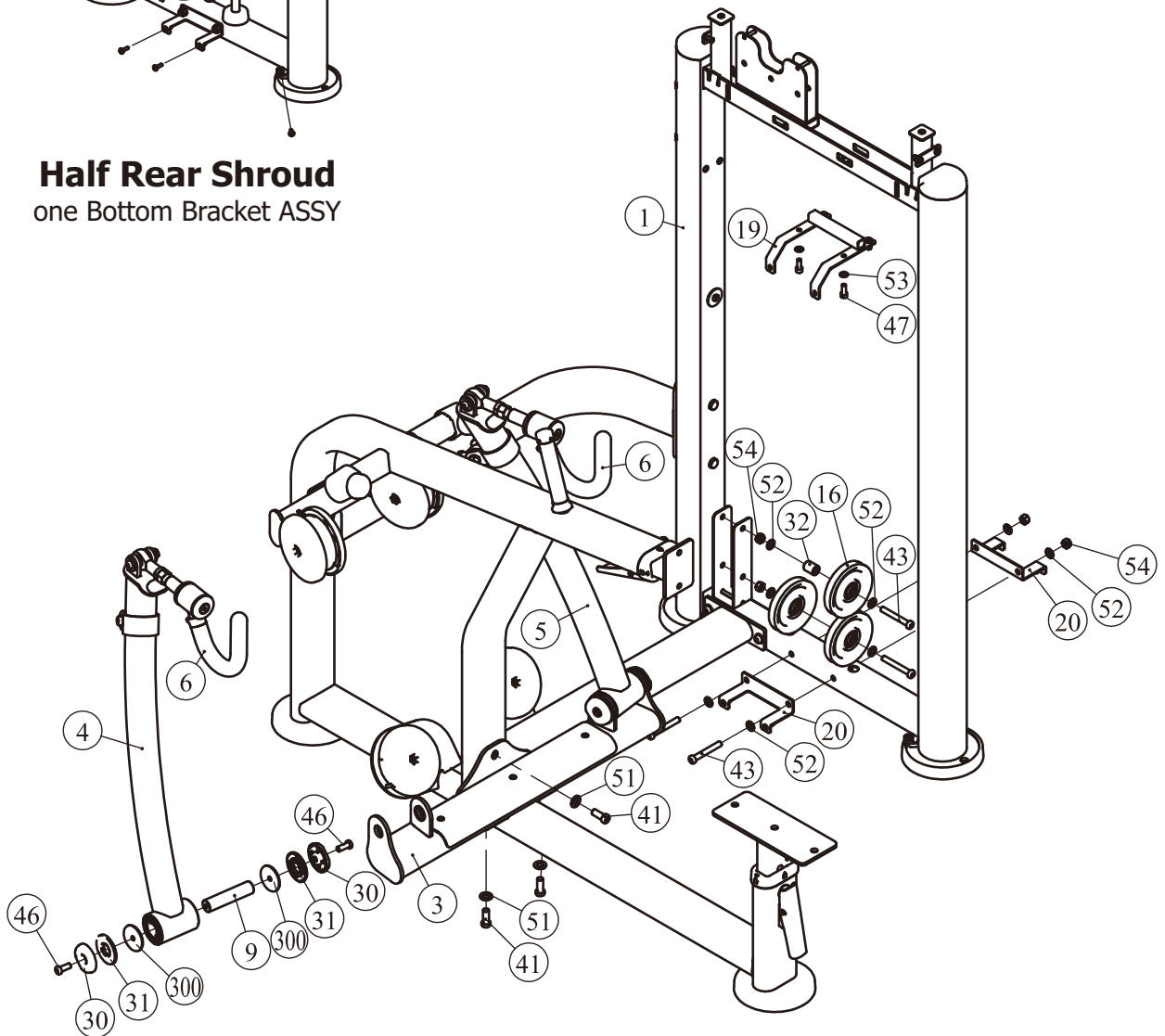
**3. Adjust the two Urethane Bumper on the Main Frame ASSY (#2), to make sure the two handle bars of the Left Arm Frame ASSY (#4) and Right Arm Frame ASSY (#5) on the same height.**

# Assembly

## STEP 3



**Half Rear Shroud**  
one Bottom Bracket ASSY



**Full Shroud**  
two Bottom Bracket ASSY

# Assembly

## STEP 4

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

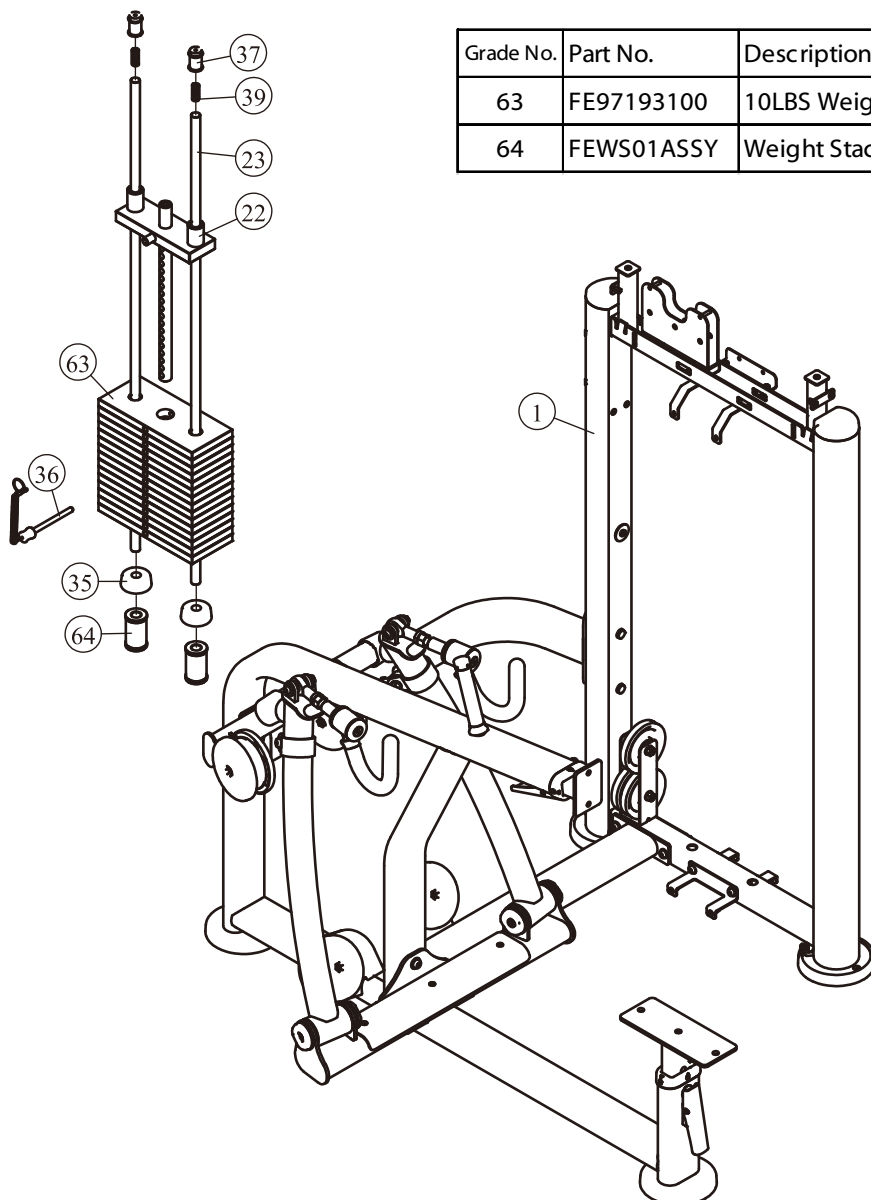
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#23)
- two Weight Rubber Bumper (#35)
- fifteen Weight Plate 10LBS (#63)
- two weight stack space (#64)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#37)
- two Spring (#39)

### 2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



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

# Assembly

## STEP 4

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

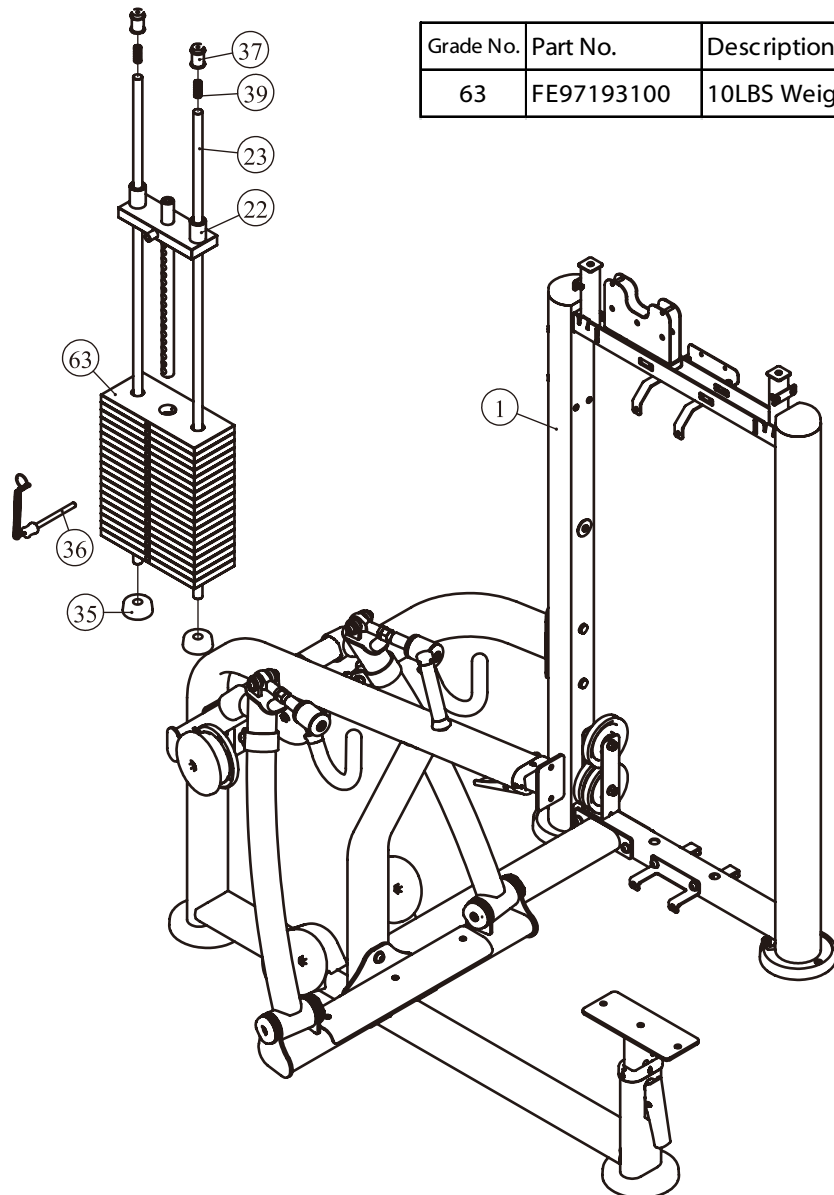
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#23)
- two Weight Rubber Bumper (#35)
- nineteen Weight Plate 10LBS (#63)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#37)
- two Spring (#39)

### 2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



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

# Assembly

## STEP 4

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

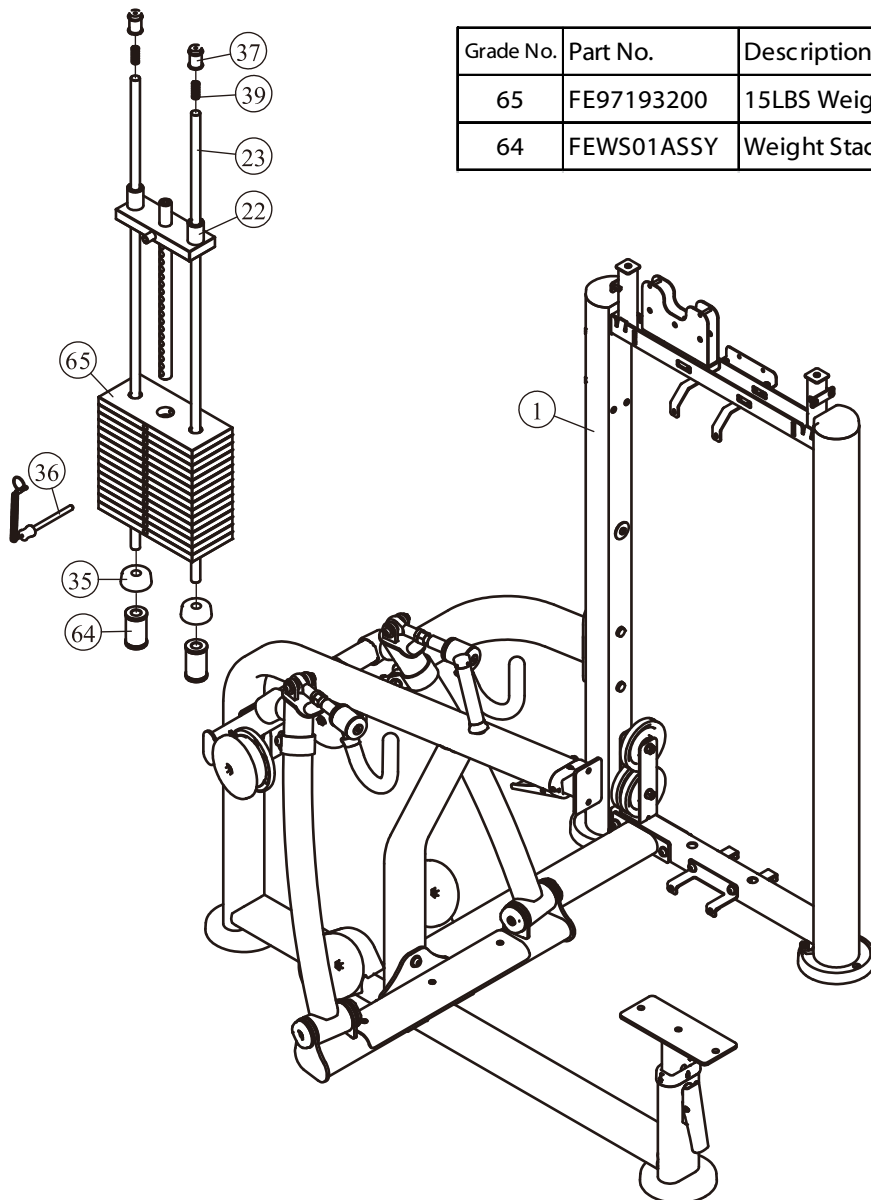
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#23)
- two Weight Rubber Bumper (#35)
- fifteen Weight Plate 15LBS (#65)
- two weight stack space (#64)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#37)
- two Spring (#39)

### 2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



Grade No.	Part No.	Description	QTY
65	FE97193200	15LBS Weight Plate	15
64	FEWS01ASSY	Weight Stack Space	2

# Assembly

## STEP 4

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

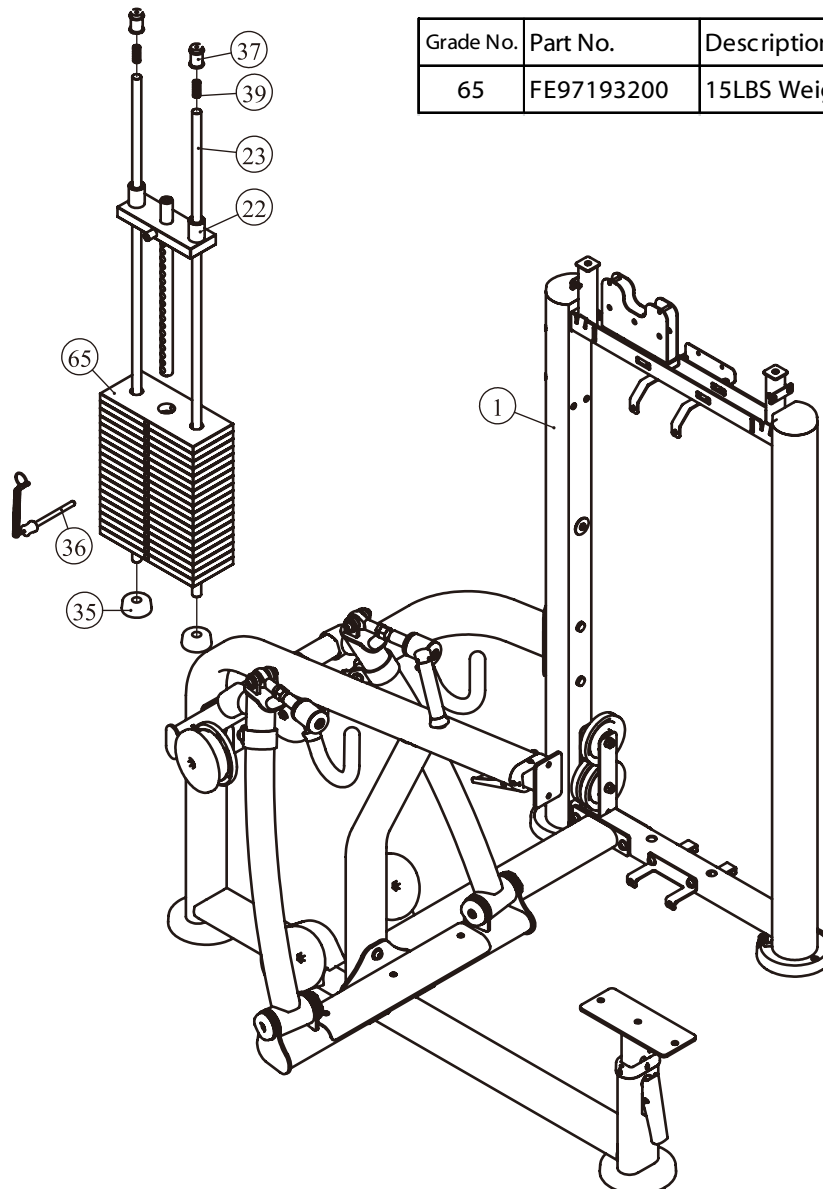
### 1. Attach:

- two Guide Rod  $\Phi 19 \times 1242$  (#23)
- two Weight Rubber Bumper (#35)
- nineteen Weight Plate 15LBS (#65)
- one Top Plate (#22)

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

- two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#37)
- two Spring (#39)

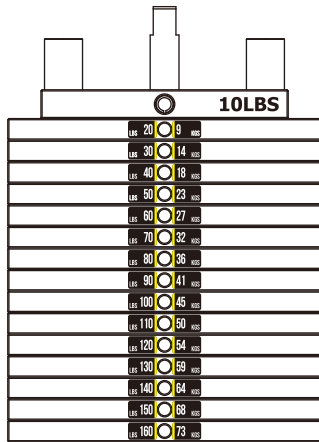
### 2. Attach the Selector Pin W/Coil (#36) to the Top Plate (#22).



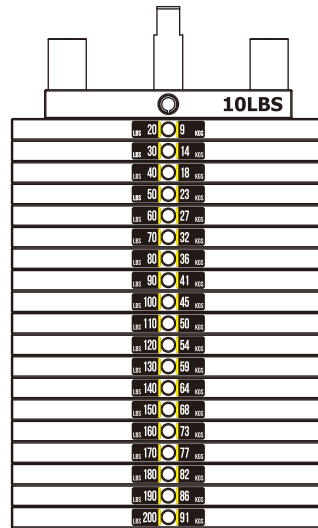
# Assembly

## All weight plate sticker paste schematic diagram

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

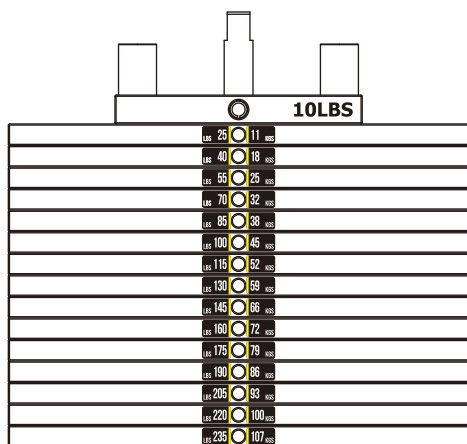


20-160LBS

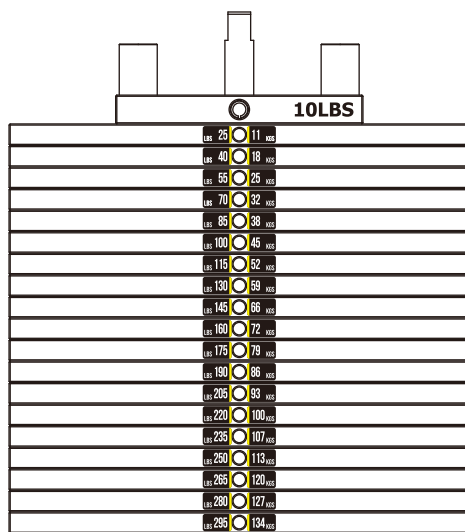


20-200LBS

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



25-235LBS



25-295LBS

# Assembly

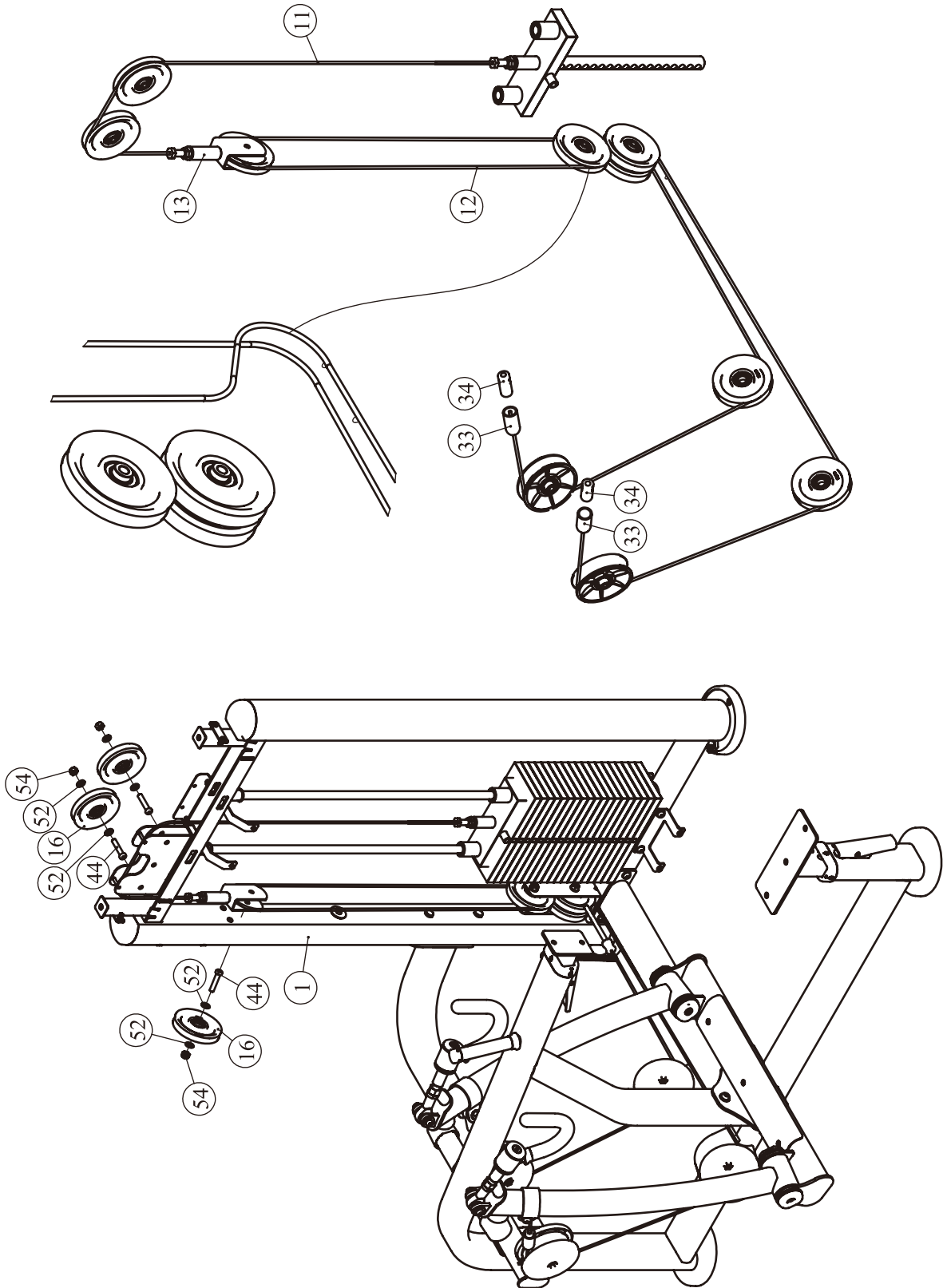
## STEP 5

1. Attach two 4.5" Pulleys (#16) to the Weight Stack Frame ASSY (#1) using:  
two M10\*50 SHCS (#44)                      four  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#52)  
two M10 Nylon Lock Nut (#54)
2. Attach one 4.5" Pulleys (#14) to the Single Pulley Bracket (#13) using:  
one M10\*50 SHCS (#44)                      two  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#52)  
one M10 Nylon Lock Nut (#54)
3. Attach the two ends of the Cable 1 ASSY (#11) to the Single Pulley Bracket (#13) and the Top Plate (#22).
4. Make the Cable 2 ASSY (#12) through the 4.5" Pulleys on Single Pulley Bracket (#13), the 4.5" Pulleys on the Middle Connection Frame ASSY (#7), the 4.5" Pulleys on Main Frame ASSY (#2), Then attach to the Left Arm Frame ASSY (#4) and the Right Arm Frame ASSY (#5) using:  
two Cable Connector (#34)                      two Cable Connector Jacket (#33)

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

# Assembly

## STEP 5



# Assembly

## Full Shroud

### STEP 6

**Tips:** Pre-assemble the 8 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Left Front Shroud (#28) and the Front Shroud (#27) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#20) using:

four M6\*20 CRPHS (#48)                      two M6\*16 CRPHS (#49)

2. Attach the Rear Shroud (#29) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#20) using:

four M6\*20 CRPHS (#48)                      two M6\*16 CRPHS (#49)

3. Attach the Training Placard Cover (#25) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#19) using:

two M6\*20 CRPHS (#48)                      two M6\*10 CRPHS (#50)

4. Attach the Top Rear Shroud (#26) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#19) using:

four M6\*20 CRPHS (#48)

5. Attach the Top Cover (#24) to the Weight Stack Frame ASSY (#1) using:

two M6\*20 CRPHS (#48)                      two Spout Plug  $\Phi$ 16.5\*6.88 (#38)

**Note: Wrench tighten bolts.**

## Half Rear Shroud

### STEP 7

**Tips:** Pre-assemble the 4 bolt into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on. Then wrench tighten Bolts.

1. Attach the Half Rear Shroud (#200) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#20) using:

four M6\*20 CRPHS (#48)                      two M6\*16 CRPHS (#49)

2. Attach the Training Placard Cover (#25) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#19) using:

two M6\*20 CRPHS (#48)                      two M6\*10 CRPHS (#50)

3. Attach the Top Rear Shroud (#26) to the Weight Stack Frame ASSY (#1) and the Top Bracket ASSY (#19) using:

four M6\*20 CRPHS (#48)

4. Attach the Top Cover (#24) to the Weight Stack Frame ASSY (#1) using:

two M6\*20 CRPHS (#48)                      two Spout Plug  $\Phi$ 16.5\*6.88 (#38)

5. Attach the Cup Holder (#18) to the Weight Stack Frame ASSY (#1) using:

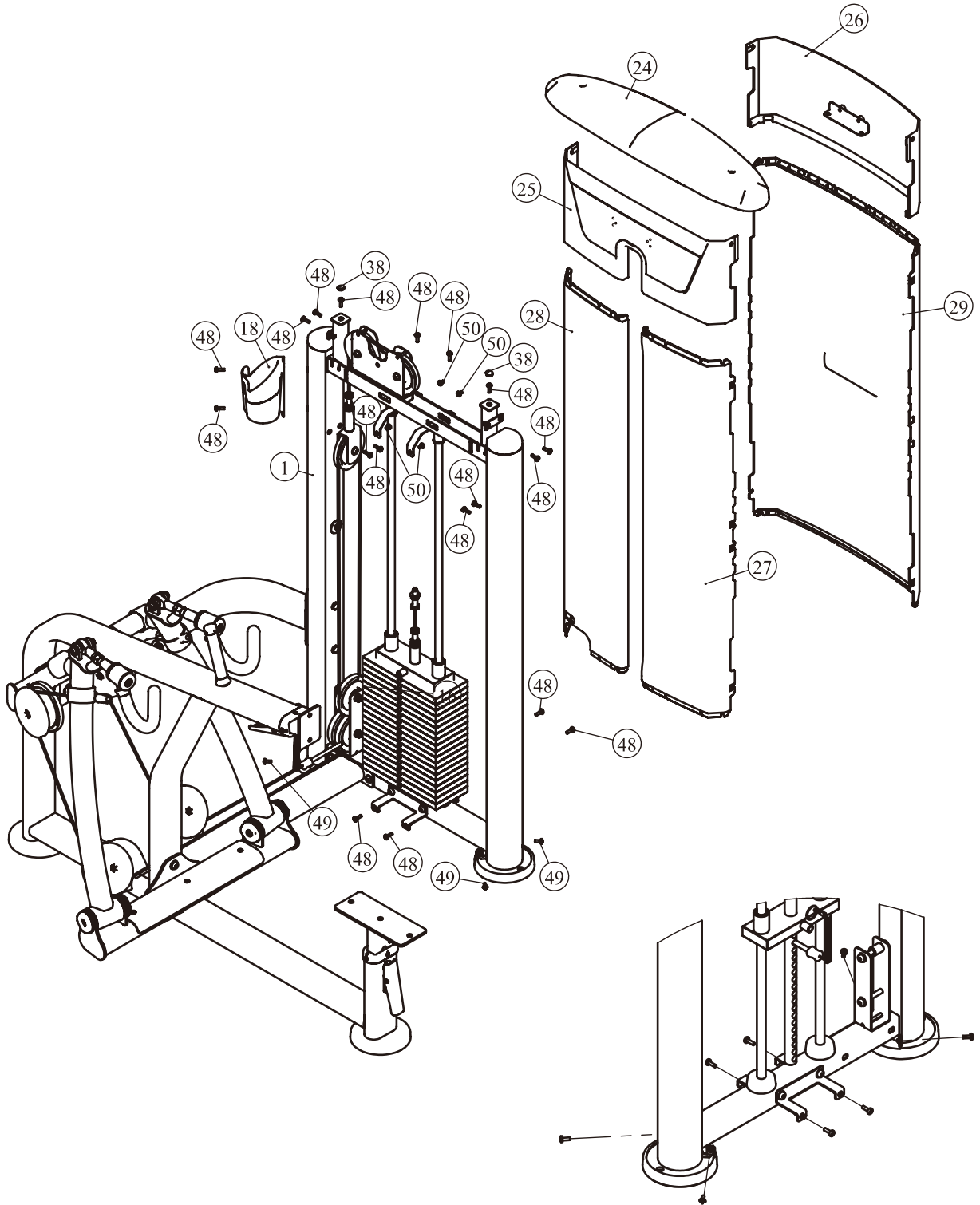
two M6\*20 CRPHS (#48)

**Note: Wrench tighten bolts.**

# Assembly

## STEP 6

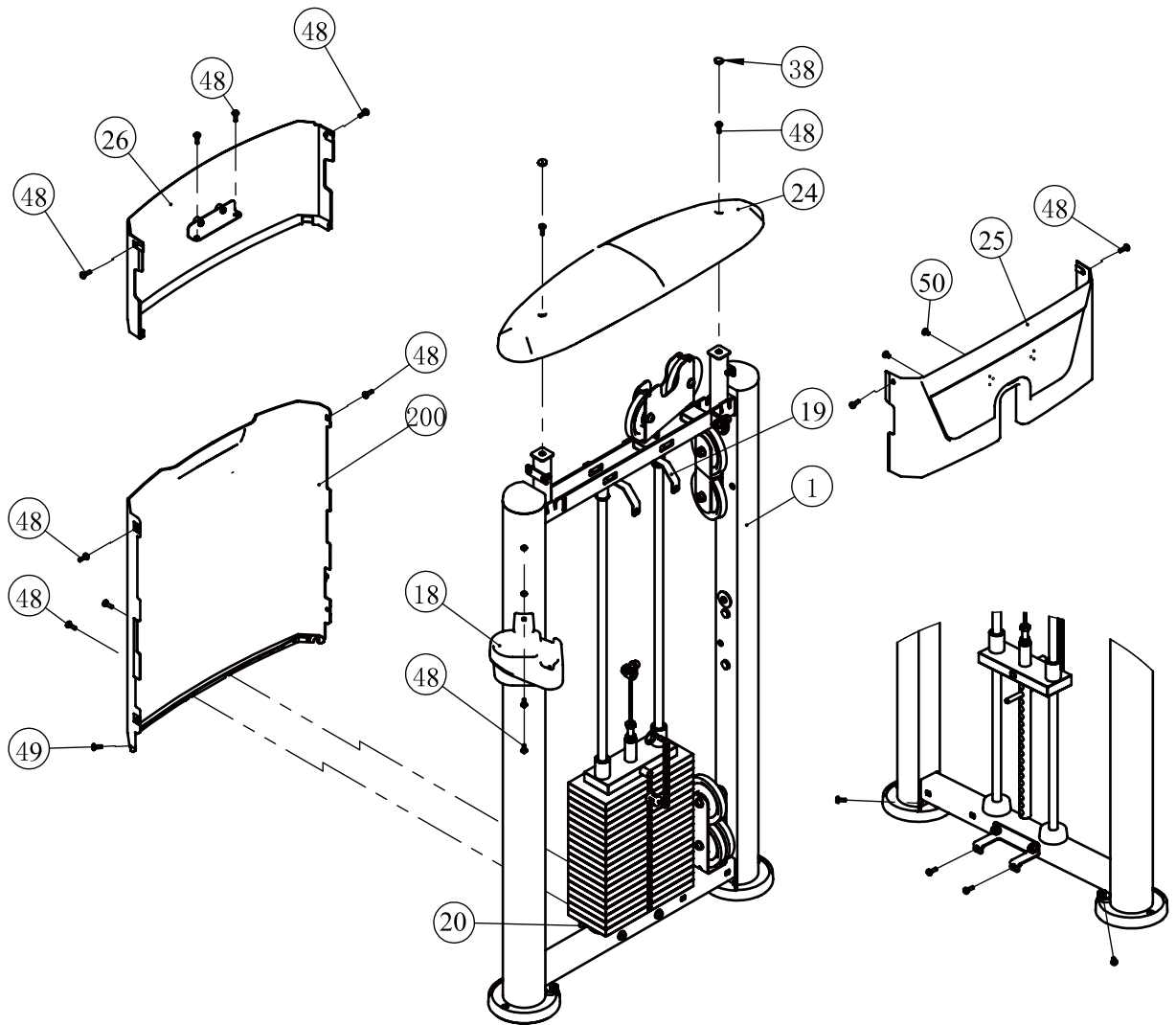
## Full Shroud



# Assembly

## STEP 6

## Half Rear Shroud



# Assembly

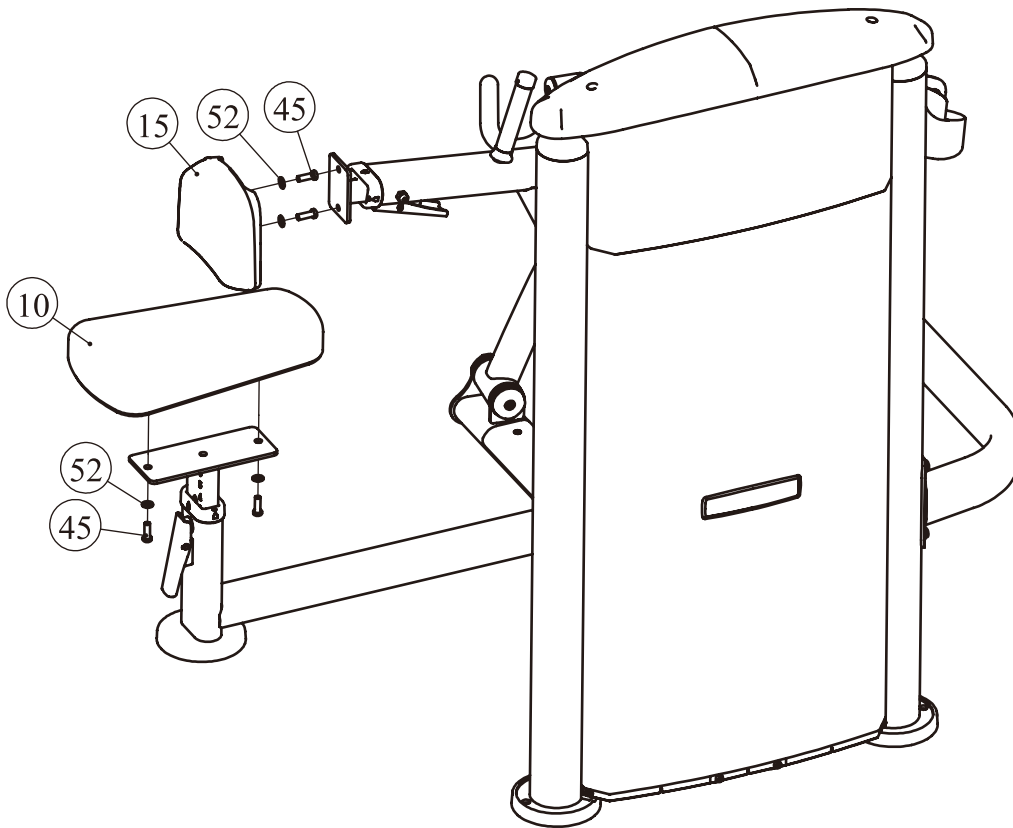
## STEP 7

Attach the Chest Pad ASSY (#15) and the Seat Pad (#10) to the Main Frame ASSY (#2) using:

four M10\*30 SHCS (#45)

four  $\Phi 11*\Phi 20*2$  Flat Washer (#52)

**Note: Wrench tighten bolts and Nylon Lock Nuts.**



# Adjust Instructions

## The Seat Pad adjustment

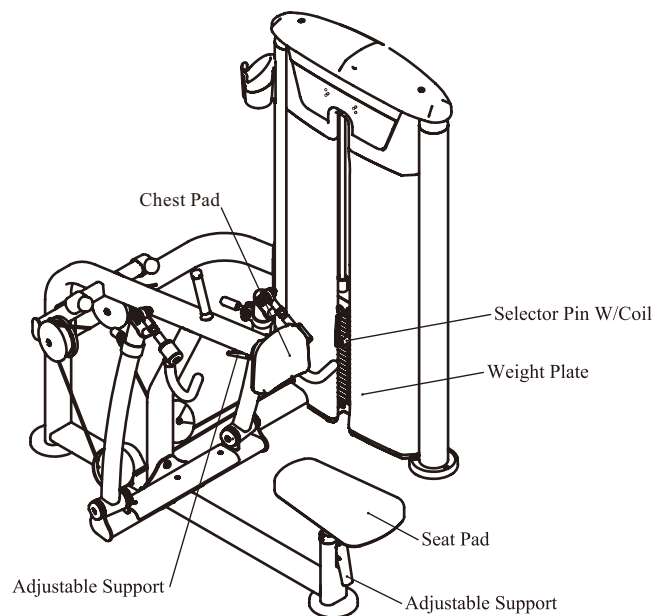
1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The Chest Pad adjustment

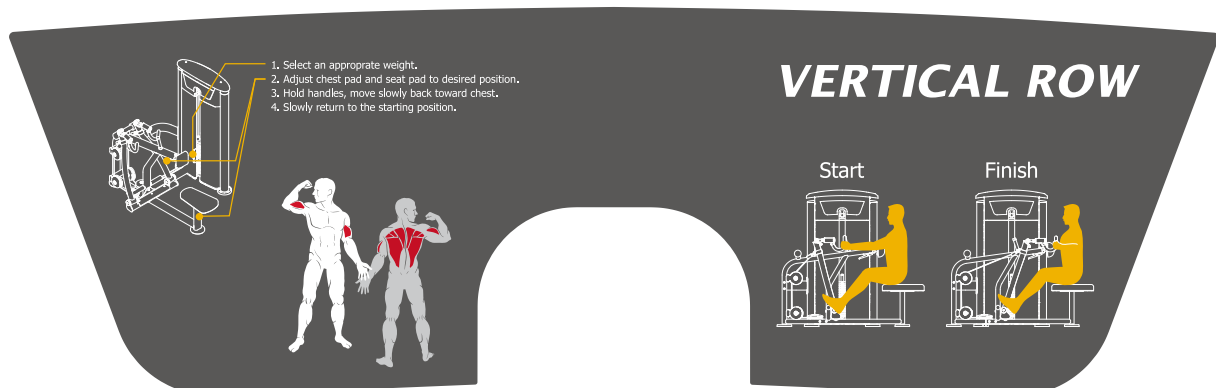
1. Push the Adjustable Support and adjust the Chest Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The use of Selector Pin W/Coil

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



# Exercise Instructions



# Maintenance Schedule

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

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

# General Maintenance Information

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

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

## **Upholstery:**

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

## **Decals:**

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

## **Nuts and Bolts:**

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

## **Anti-Skid Surfaces:**

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

## **Belts and Cables:**

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

## **Belt and Cable Tension:**

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

## **Seat Sleeves, Guide Rods:**

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

## **Linear Bearings:**

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

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

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

Always consult your physician before starting any exercise program.

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

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

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

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

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

