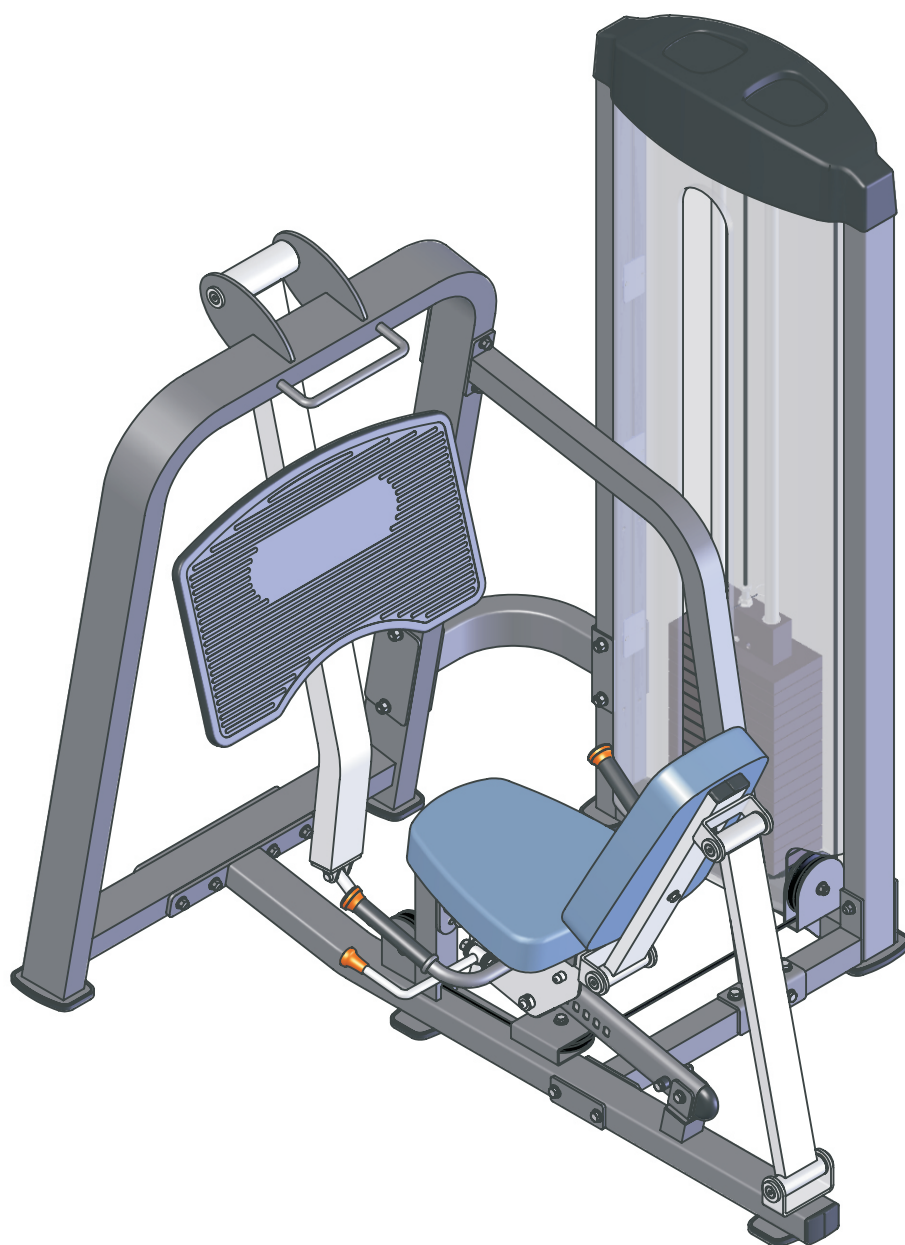


IF8 / 10

LEG PRESS/CALF RAISE

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

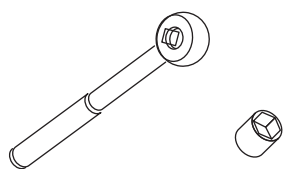
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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.

Instructions

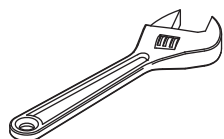
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

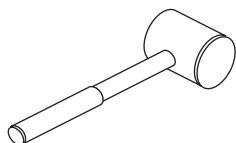
Tools Required



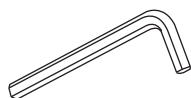
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item NO.	Part NO.	Description	Qty
1	IF81100100	Weight Stack Frame	1
2	IF81100200	Main Frame	1
3	IF81100300	Stand Frame	1
4	IF81100400	Sway Frame	1
5	IF81100500	Seat Pad Frame	1
6	IF81100600	Back Pad Frame	1
7	IF81100700	Back Pad Support	1
8	IF81100800	Seat Pad Support	1
9	IF81100900	Left Handle	1
10	IF81101000	Right Handle	1
11	IF81101100	Lower Crossbeam	1
12	IF81101200	Stand Crossbeam	1
13	IF81101300	Upper Crossbeam	1
14	IT90101000	Footplate	1
15	IT90101800	Rubber Footplate Cover	1
16	IF81211900	Shaft I $\phi 25 \times 178$	1
17	IF81101700	Adjustable Handle	1
18	IF81021800	High Rear Shroud 1493*550*3	1
19	IF81101900	High Front Shroud 1493*550*3	1
20	IF81162200	Top Shroud	1
21	SG500110400	4.5" Pulley	5
22	CWRVL0052100P166C	Handball	1
23	IF81102300	Cable	1
24	IF81162700	Plastic Plate 128.5*121.9*1.5	2
25	IF81102500	Seat Pad	1
26	IF18602500	Back Pad	1
27	FS543400	Wheel	4
28	ROC-IT4014500	Grip $\phi 30 \times \phi 22 \times 160$	2
29	M01402000	Bushing $\phi 25 \times \phi 12.2 \times 13$	2
30	IF81162000	Foot Cover	6
31	IF81162100	Shroud Clip	6
32	IF81020800	Guide Rod $\phi 25 \times 2.5 \times 1529$	2
33	PL90165400	Top Plate	1
35	IF81163500	Selector Pin W/Coil	1
36	PTSHILO12800	Weight Rubber Bumper $\phi 76.2 \times \phi 26.9 \times 38.1$	2
37	IN-D10154900	Pin $\phi 18.2 \times 92$	1
38	KPS18002701	Nut M20*1.5*18	1
39	IN-D10152400	Spring $\phi 2 \times \phi 13 \times 38$	1
40	GB1243.112A-1CLDG2	Connect Plate P=19.05	1
41	IF81211700	Shaft $\phi 25.4 \times 120$	3
42	IF81165000	Nut 25*2.5*21.6	2
43	IF81162300	Plastic Knob - Cap $\phi 25$	2
44	IF81162400	Plastic Knob - Base $\phi 25$	2
45	IF81212000	End Cap $\phi 38 \times \phi 11 \times 6$	8
46	AP55600	Adjustable End	1
47	GB2766005-2Z	Bearing 6005-2Z	2
48	M02502000	Bushing $\phi 38 \times \phi 25.4 \times 18$	6
49	BNH0738	Bushing $\phi 12.7 \times \phi 9.5 \times 9.5$	2

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item NO.	Part NO.	Description	Qty
50	IF81223900	Mount Sleeve $\phi 40 \times 25$	2
51	TLP-2002100	Damping Pad $\phi 45 \times 16.5$	1
52	FS544600	Plastic Spacer $\phi 20 \times \phi 10 \times 16$	4
53	IF81212600	Adjustable Spacer 1	4
54	FS547700	Adjustable Spacer 2	4
55	IF81105500	Bolt $\phi 9.5 \times M8$	1
56	IF81212500	Bolt $\phi 9.4 \times 86$	4
57	IN-D10134700	Plastic Spacer $\phi 10 \times \phi 6.5 \times 6$	4
58	KFFID2800	Plug $\square 50.8 \times 76.2$	2
59	KF18606200	Plug $\square 50.8$	1
60	KFLPHS3000	Plug $\square 30 \times 60$	4
61	KFCR1800	Plug $\square 25.4 \times 76.2$	1
62	IN-S21003000	Plug RT30*70	1
63	GB9512DS2	Flat Washer $\phi 13 \times \phi 24 \times 2.5$	16
65	DQ10DS2A	Flat Washer $\phi 11 \times \phi 23 \times 2$	50
66	DQ6DS2A	Flat Washer $\phi 6.6 \times \phi 15 \times 2$	2
67	NM12DS2	Nylon lock Nut M12	9
68	NM10DS2	Nylon lock Nut M10	22
69	NM8DS2	Nylon lock Nut M8	5
70	GB5780M12*105DS20	Hex Head Bolt M12*105	2
71	GB5780M12*80DS20	Hex Head Bolt M12*80	2
72	GB5780M12*65DS20	Hex Head Bolt M12*65	1
73	GB5781M12*30DS20NL	Hex Head Bolt M12*30	2
74	GB5780M10*130DS20	Hex Head Bolt M10*130	2
75	GB5780M10*110DS20	Hex Head Bolt M10*110	4
76	GB5780M10*105DS20	Hex Head Bolt M10*105	3
77	GB5780M10*100DS20	Hex Head Bolt M10*100	2
78	GB5780M10*75DS20	Hex Head Bolt M10*75	3
79	GB5780M10*65DS20NL	Hex Head Bolt M10*65	2
80	GB5780M10*60DS20	Hex Head Bolt M10*60	1
81	GB5780M10*50DS20	Hex Head Bolt M10*50	7
82	GB5781M10*30DS20	Hex Head Bolt M10*30	2
83	CNLM10*30*30DS2NL	Flat Head Cap Screw M10*30	2
84	GB77M8*8DS18	Socket Set Screw M8*8	4
85	PNLM6*15DS2	Button Head Cap Screw M6*15	2
86	GB77M6*6DS18NL	Socket Set Screw M6*6	4
87	GB819M5*15DS2	Flat Philips Screw M5*15	12
88	NBS6DHS	Hex Key s=6	1
89	NBS5DHS	Hex Key s=5	1
90	NBS4DHS	Hex Key s=4	1
91	NBS3DHS	Hex Key s=3	1
92	LW200BS	Wrench	1
93	GB5780M10*110*30DS20NL	Hex Head Bolt M10*110*30	1
94	GB5780M10*80DS20	Hex Head Bolt M10*80	2
95	CNLM10*25*25DS2NL	Flat Head Cap Screw M10*25*25	8
96	GB5780M10*135DS20	Hex Head Bolt M10*135	1
97	YHY	Lube	1

Parts List-Weight Plates

! There are three configuration of weights: 170LBS/200LBS/250LBS, please see following form for details.

Weight Plate 170LBS

Item No.	Part No.	Description	Qty
34	PLWS1000	Weight Plate 10LBS	16

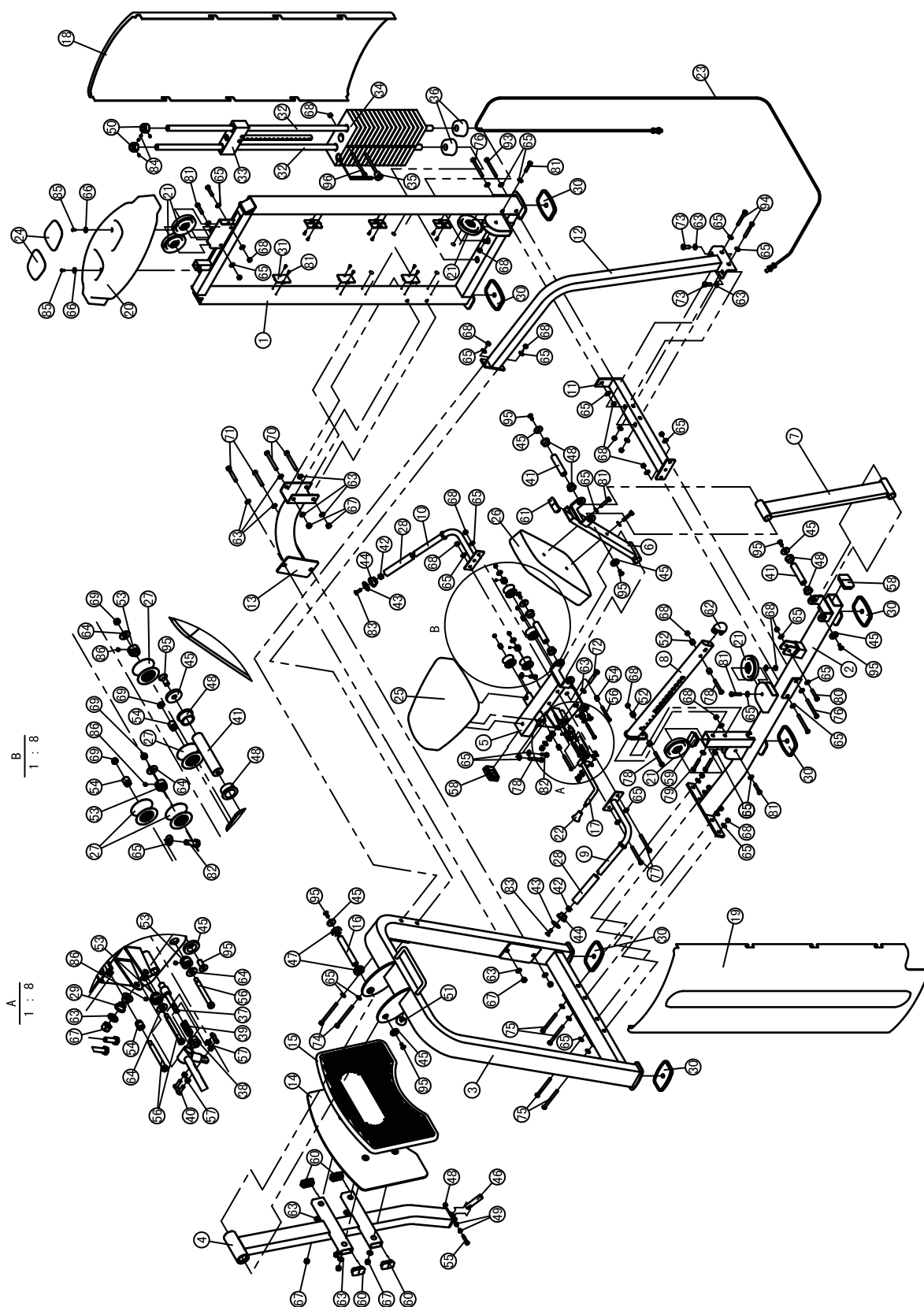
Weight Plate 200LBS

Item No.	Part No.	Description	Qty
34	PLWS1000	Weight Plate 10LBS	10
101	IF8WS1500	Weight Plate 15LBS	6

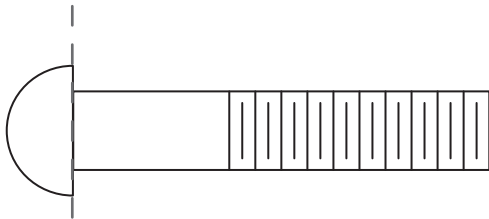
Weight Plate 250LBS

Item No.	Part No.	Description	Qty
101	IF8WS1500	Weight Plate 15LBS	16

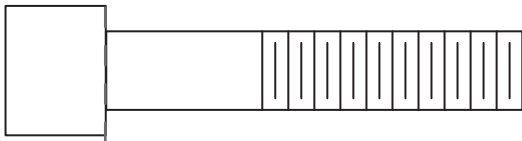
Exploded View



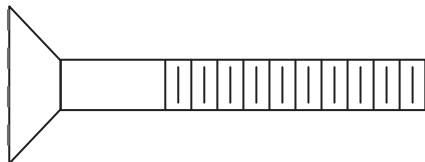
Measurement Guide



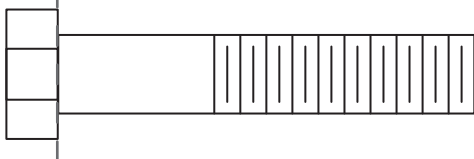
BHCS = Button Head Cap Screw



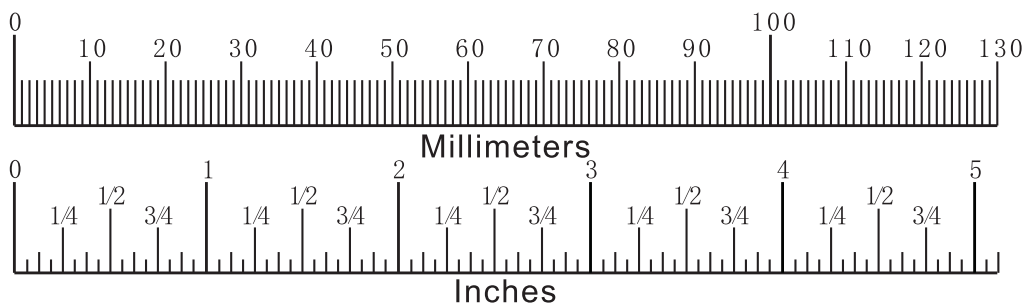
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

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

Assembly

Step 1

1. Attach the Main Frame (#2) and the Lower Crossbeam (#11) to the Weight Stack Frame (#1) using :

three M10*105 HHB (#76)

one M10*110*30 HHB (#93)

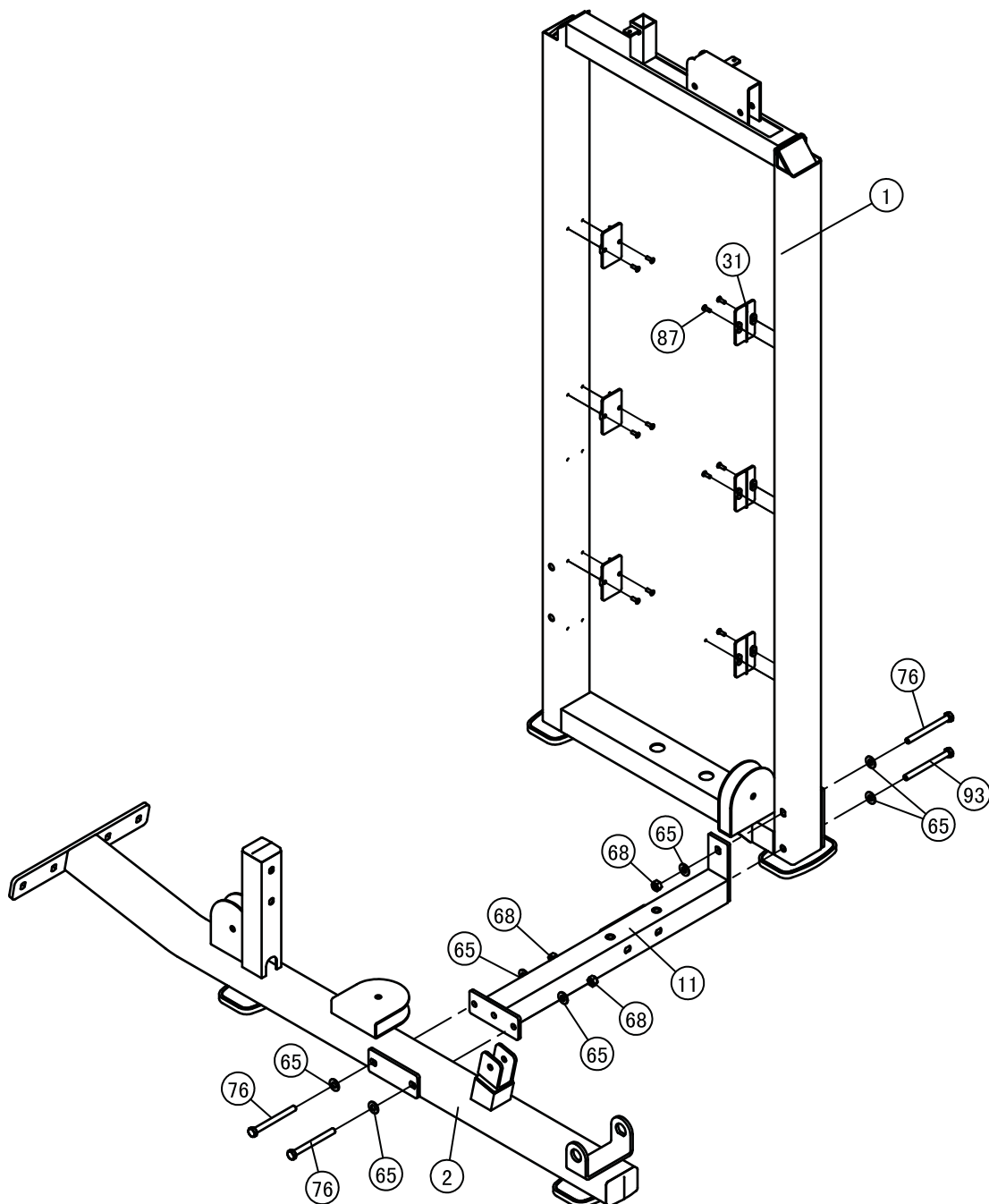
seven $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#65)

three M10 Nylon Lock Nuts (#68)

2. Attach six Shroud Clips (#31) to the Weight Stack Frame (#1) using :

twelve M5*15 Flat Philips Screws (#87)

Note: Hand tighten bolts and nylon lock nuts until machine is fully assembled.

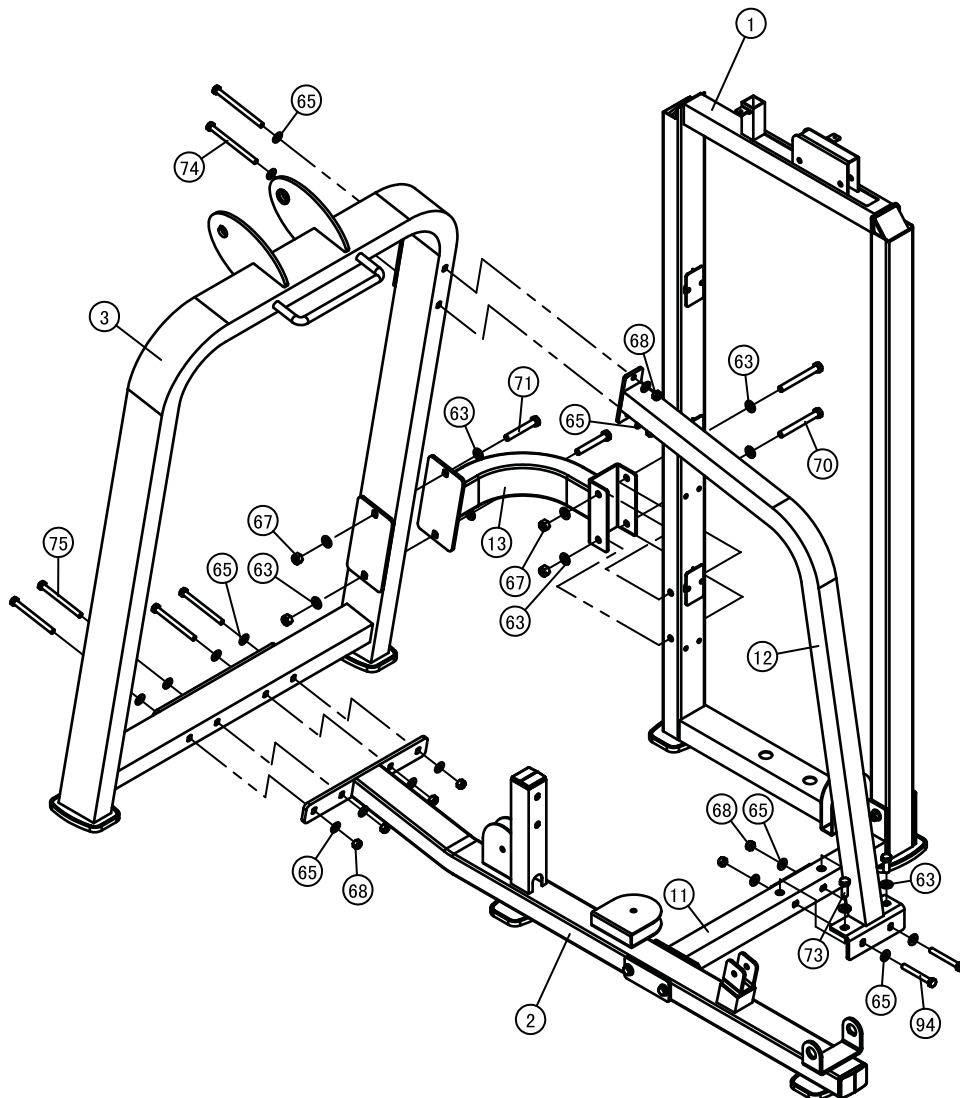


Assembly

Step 2

1. Attach the Stand Frame (#3) to the Main Frame (#2) using :
 - four M10*110 HHB (#75)
 - eight $\Phi 11*\Phi 23*2$ Flat Washers (#65)
 - four M10 Nylon Lock Nuts (#68)
2. Attach the Upper Crossbeam (#13) to the Stand Frame (#3) and the Weight Stack Frame (#1) using :
 - two M12*105 HHB (#70)
 - eight $\Phi 13*\Phi 24*2.5$ Flat Washers (#63)
 - two M12*80 HHB (#71)
 - four M12 Nylon Lock Nuts (#67)
3. Attach the Stand Crossbeam (#12) to the Stand Frame (#3) and the Lower Crossbeam (#11) using :
 - two M12*30 HHB (#73)
 - two M10*80 HHB (#94)
 - eight $\Phi 11*\Phi 23*2$ Flat Washers (#65)
 - two M10*130 HHB (#74)
 - two $\Phi 13*\Phi 24*2.5$ Flat Washers (#63)
 - four M10 Nylon Lock Nuts (#68)

Note: Hand tighten bolts and nylon lock nuts until machine is fully assembled.



Assembly

Step 3

1. Attach the Sway Frame (#4) to the Stand Frame (#3) using:

two M10*25 Flat Head Cap Screws (#95)

two $\Phi 38*6$ End Caps (#45)

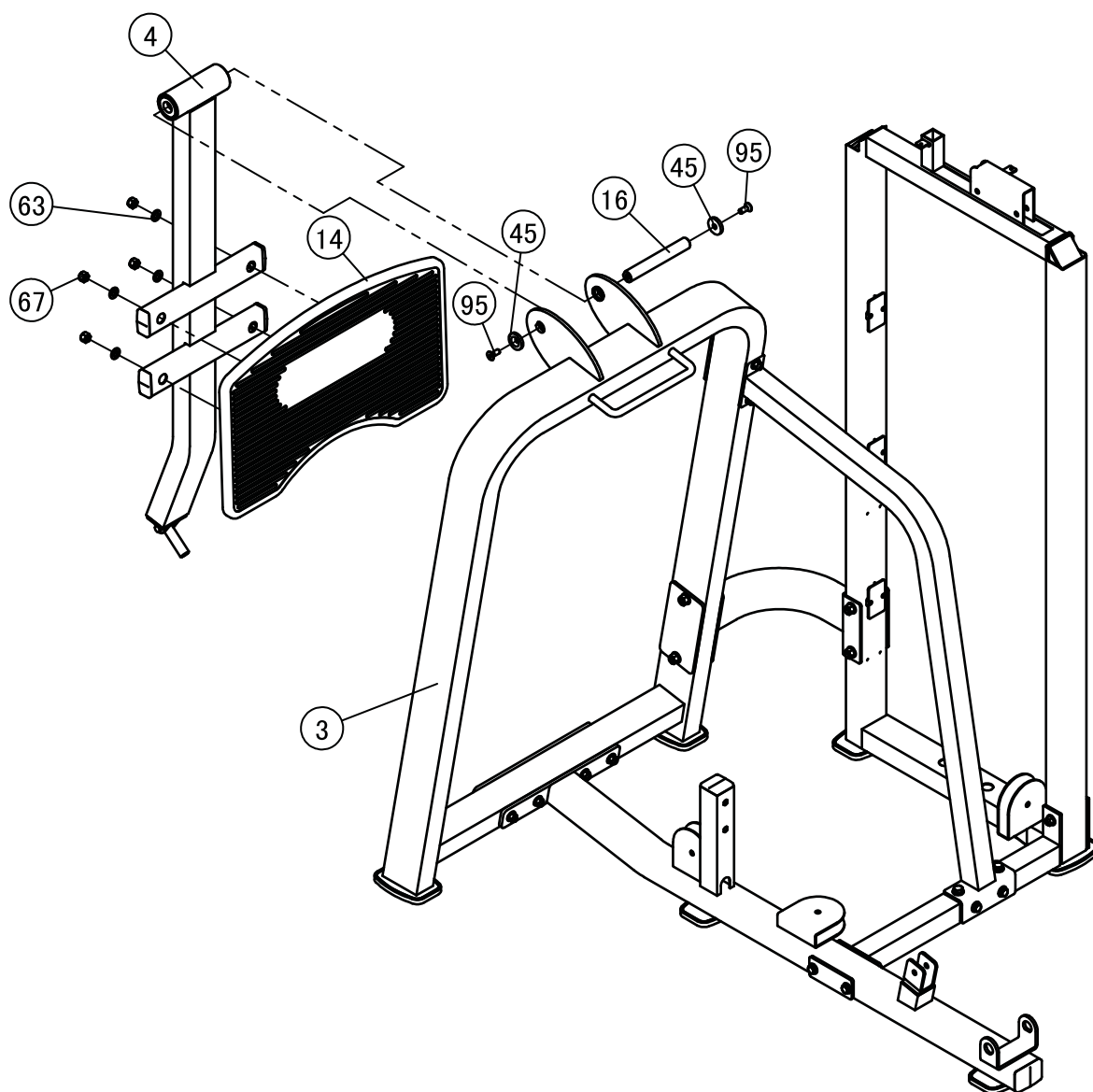
one $\Phi 25*178$ Shaft I (#16)

2. Attach the Footplate (#14) to the Sway Frame (#4) using:

four $\Phi 13*\Phi 4*2.5$ Flat Washers (#63)

four M12 Nylon lock Nuts (#67)

Note: Hand tighten bolts and nylon lock nuts until machine is fully assembled.



Assembly

Step 4

Attach five 4.5" Pulleys (#21) and the Cable (#23) to the Weight Stack Frame (#1)、the Main Frame (#2) and the Stand Frame (#3) using :

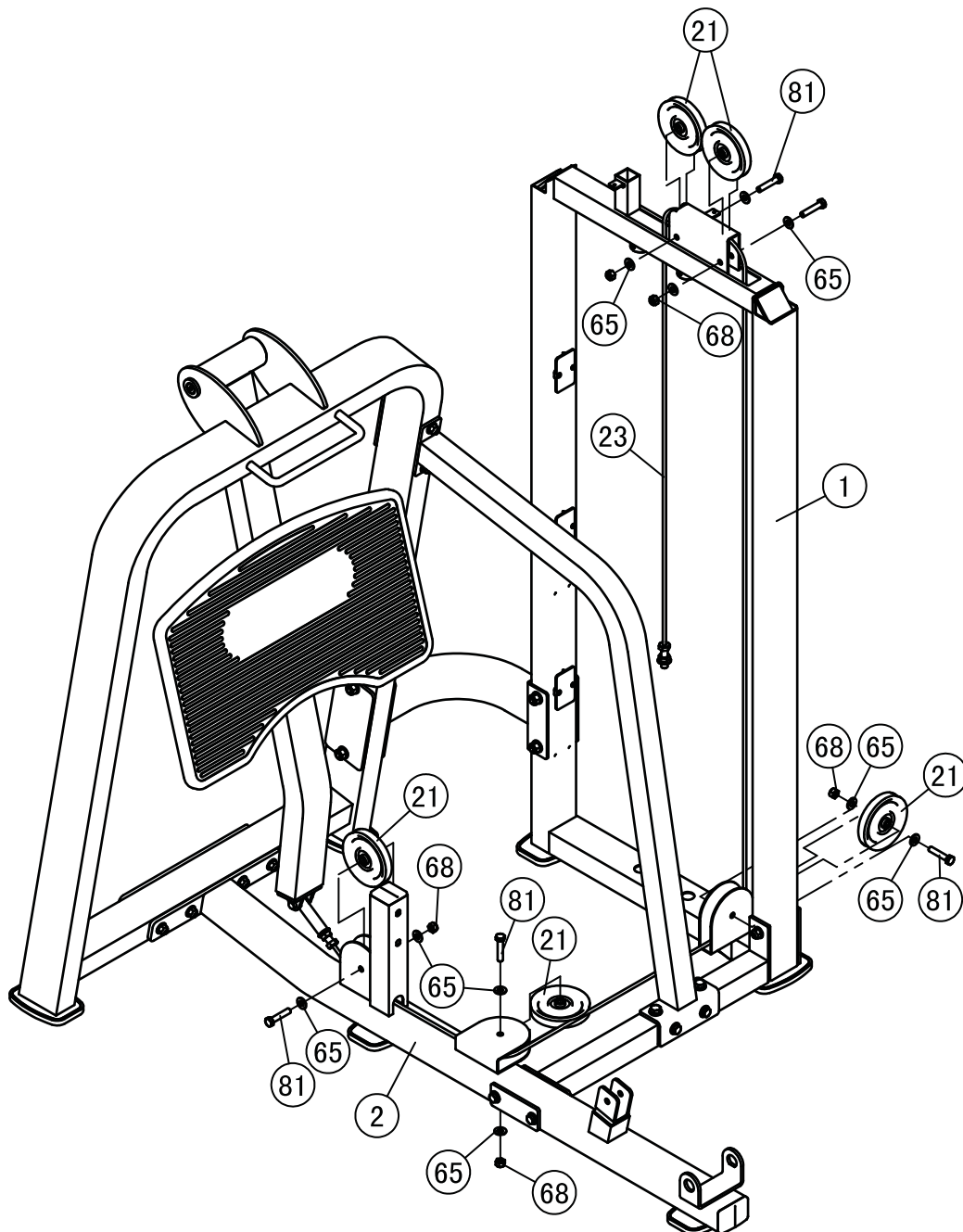
five M10*50 HHB (#81)ten

Φ11*Φ23*2 Flat Washers (#65)

five M10 Nylon Lock Nuts (#68)

The Cable (#23) and the Pulleys (#21) must be placed together, or the Cable (#23) can not be placed correctly.

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly-170LBS

Step 5

1.Attach:

two $\Phi 25 \times 2.5 \times 1529$ Guide Rods (#32) sixteen 10LBS Weight Plates (#34)
one Top Plate (#33) two $\Phi 76.2 \times \Phi 26.9 \times 38.1$ Weight Rubber Bumpers (#36)
to the Weight Stack Frame (#1) using :
two $\Phi 40 \times 25$ Mount Sleeves(#50) four M8*8 Socket Set Screws(#84)

2.Attach the Selector Pin W/Coil (#35) to the Top Plate (#33).

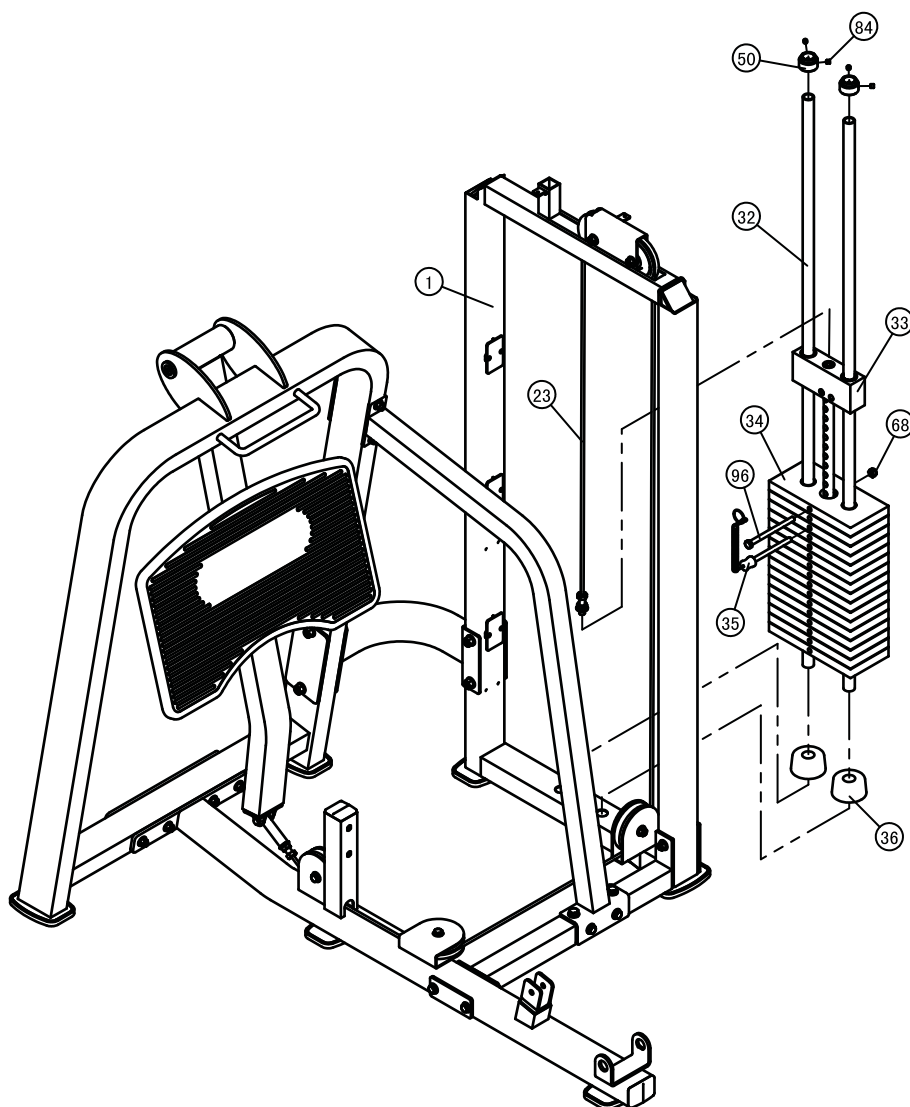
3.Attach the first 10LBS Weight Plate (#34)to the Top Plate (#33) using:

one M10*135 HHB (#96) one M10 Nylon Lock Nut (#68)

4.Attach the Cable (#23) to the Top Plate (#33).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

*Here is the assembly instruction for 170LBS weights.
Please assemble according to the actual weights you buy.*



Assembly-200LBS

Step 5

1. Attach :

two $\Phi 25 \times 2.5 \times 1529$ Guide Rods (#32)

ten 10LBS Weight Plates (#34)

six 15LBS Weight Plates (#101)

one Top Plate (#33)

two $\Phi 76.2 \times \Phi 26.9 \times 38.1$ Weight Rubber Bumpers (#36)

to the Weight Stack Frame (#1) using :

two $\Phi 40 \times 25$ Mount Sleeves(#50)

four M8*8 Socket Set Screws(#84)

2. Attach the Selector Pin W/Coil (#35) to the Top Plate (#33).

3. Attach the first 10LBS Weight Plate (#34) to the Top Plate (#33) using :

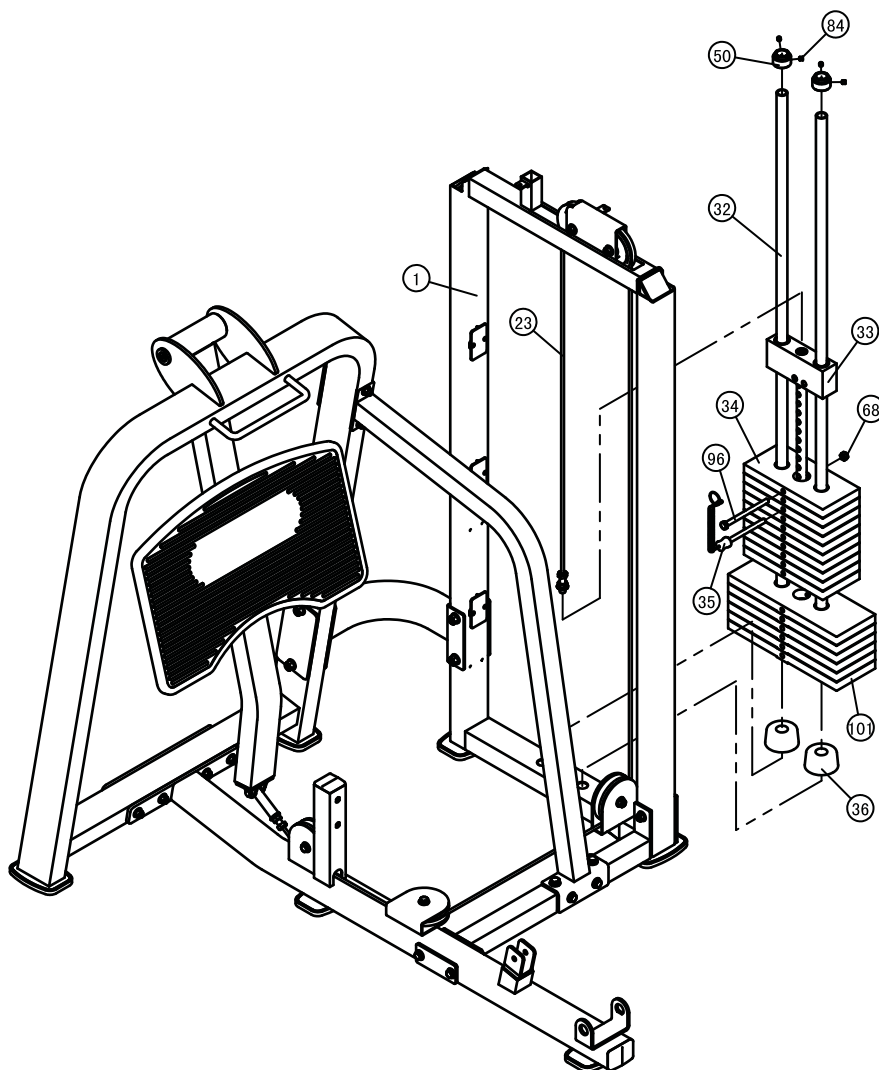
one M10*135 HHB (#96)

one M10 Nylon Lock Nut (#68)

4. Attach the Cable (#23) to the Top Plate (#33).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

*Here is the assembly instruction for 200LBS weights.
Please assemble according to the actual weights you buy.*



Assembly-250LBS

Step 5

1. Attach :

two $\Phi 25 \times 2.5 \times 1529$ Guide Rods (#32)

sixteen 15LBS Weight Plates (#101)

one Top Plate (#33)

two $\Phi 76.2 \times \Phi 26.9 \times 38.1$ Weight Rubber Bumpers (#36)

to the Weight Stack Frame (#1) using :

two $\Phi 40 \times 25$ Mount Sleeves(#50)

four M8*8 Socket Set Screws(#84)

2. Attach the Selector Pin W/Coil (#35) to the Top Plate (#33).

3. Attach the first 15LBS Weight Plate (#101) to the Top Plate (#33) using :

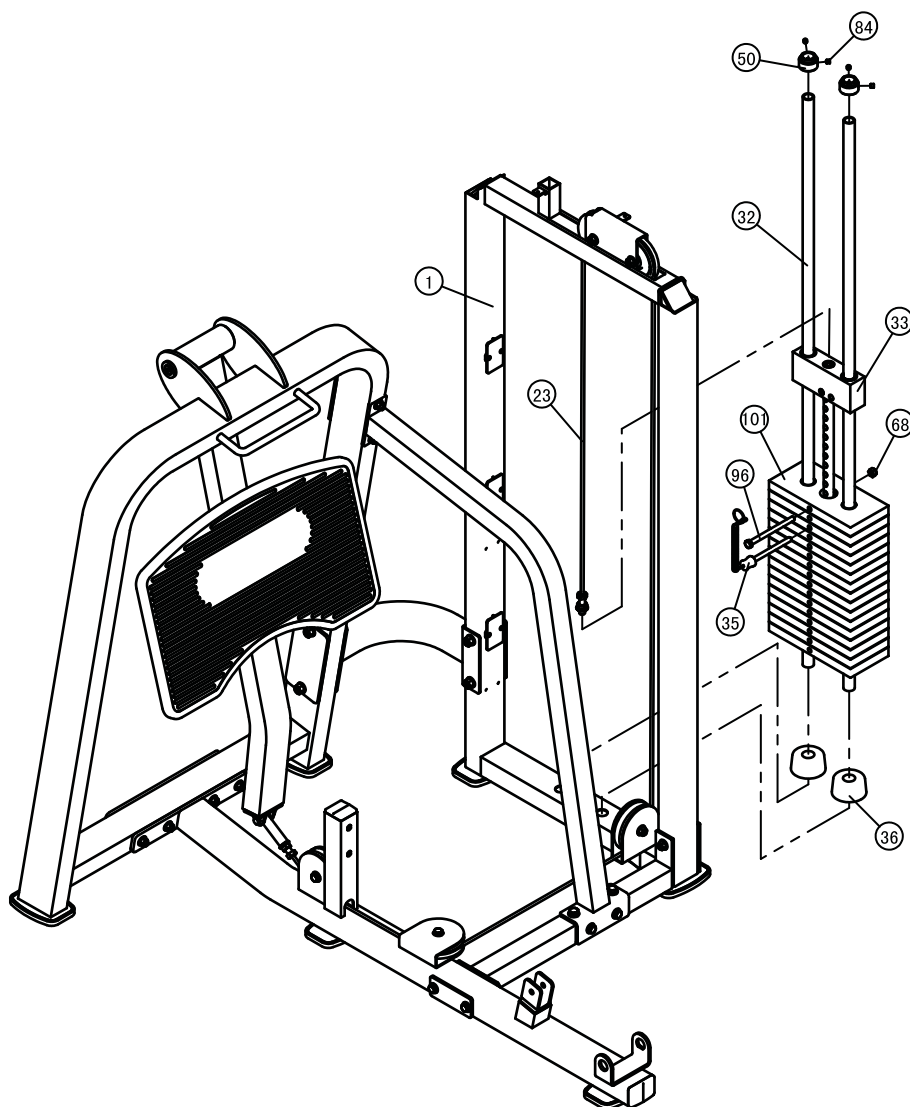
one M10*135 HHB (#96)

one M10 Nylon Lock Nut (#68)

4. Attach the Cable (#23) to the Top Plate (#33).

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

*Here is the assembly instruction for 250LBS weights.
Please assemble according to the actual weights you buy.*



Assembly

Step 6

1. Attach the Left Handle (#9) and the Right Handle (#10) to the Seat Pad Frame (#5) using :

two M10*100 HHB (77#)

four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#65)

two M10 Nylon Lock Nuts (#68)

2. Attach the Seat Pad (#25) to the Seat Pad Frame (#5) using :

one M10*75 HHB (#78)

two M10*30 HHB (#82)

three $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#65)

3. Attach the Left Handle (#9) and the Right Handle (#10) to the Seat Pad Frame (#5) using :

two M10*100 HHB (77#)

four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#65)

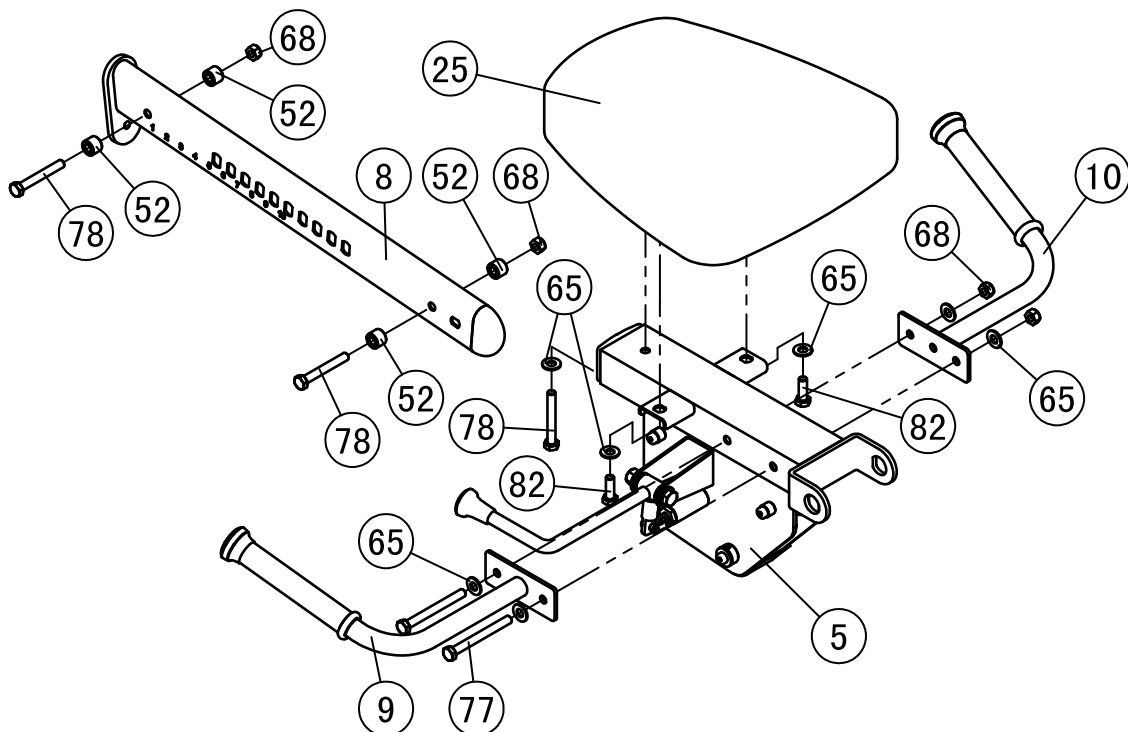
two M10 Nylon Lock Nuts (#68)

4. Insert the Seat Pad Support (#8) to the Seat Pad Frame (#5) and locked with anyone hole, attach four $\Phi 20 \times \Phi 16$ Plastic Spacer (#52) to the Seat Pad Support (#8) ,using:

two M10*75 HHB (#78)

two M10 Nylon Lock Nuts (#68)

Note: Hand tighten bolts and Nnylon lock nuts until machine is fully assembled.

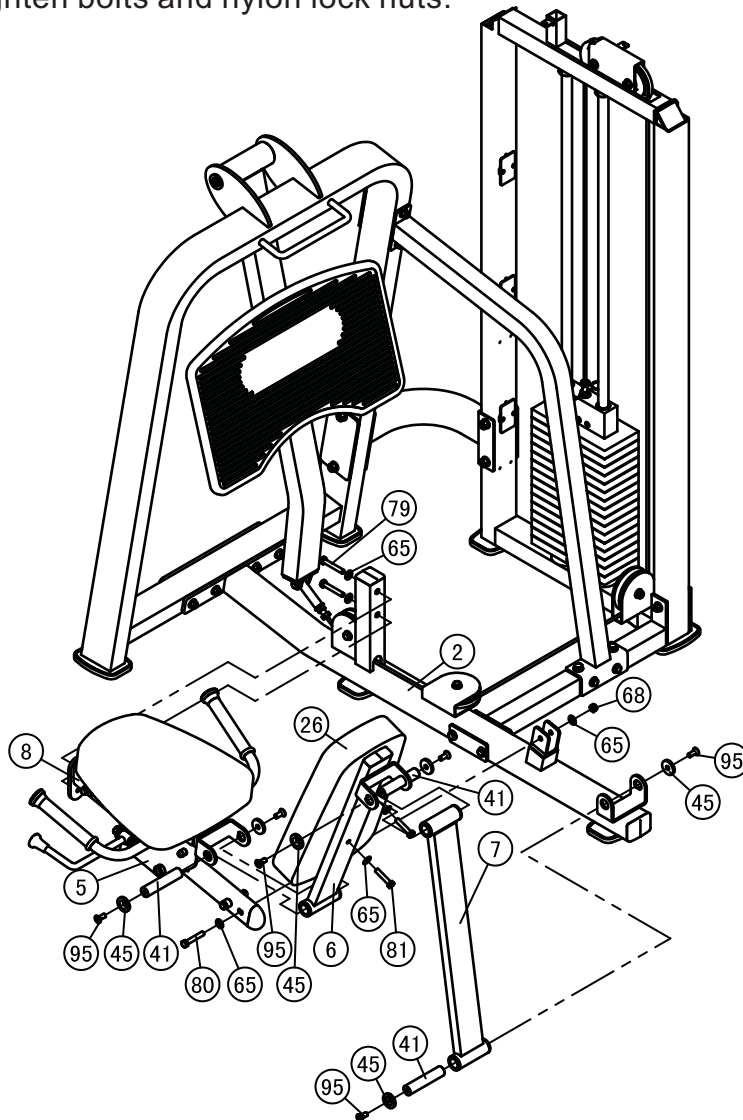


Assembly

Step 7

1. Attach the Seat Pad Support (#8) to the Main Frame (#2) using :
one M10*60 HHB (#80) two M10*65 HHB (#79)
four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#65) one M10 Nylon Lock Nut (#68)
2. Attach the Back Pad Frame (#6) to the Seat Pad Frame (#5) using:
two M10*25 Flat Head Cap Screws (#95) two $\Phi 38 \times 6$ End Caps (#45)
one $\Phi 25.4 \times 120$ Shaft (#41)
3. Attach the Back Pad (#26) to the Back Pad Frame (#6) using:
two M10*50 HHB (#81) two $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#65)
4. Attach the Back Pad Support (#7) to the Back Pad Frame (#6) and the Seat Pad Frame (#5) using:
four M10*25 Flat Head Cap Screws (#95) four $\Phi 38 \times 6$ End Caps (#45)
two $\Phi 25.4 \times 120$ Shafts (#41)

Note: Hand tighten bolts and nylon lock nuts.

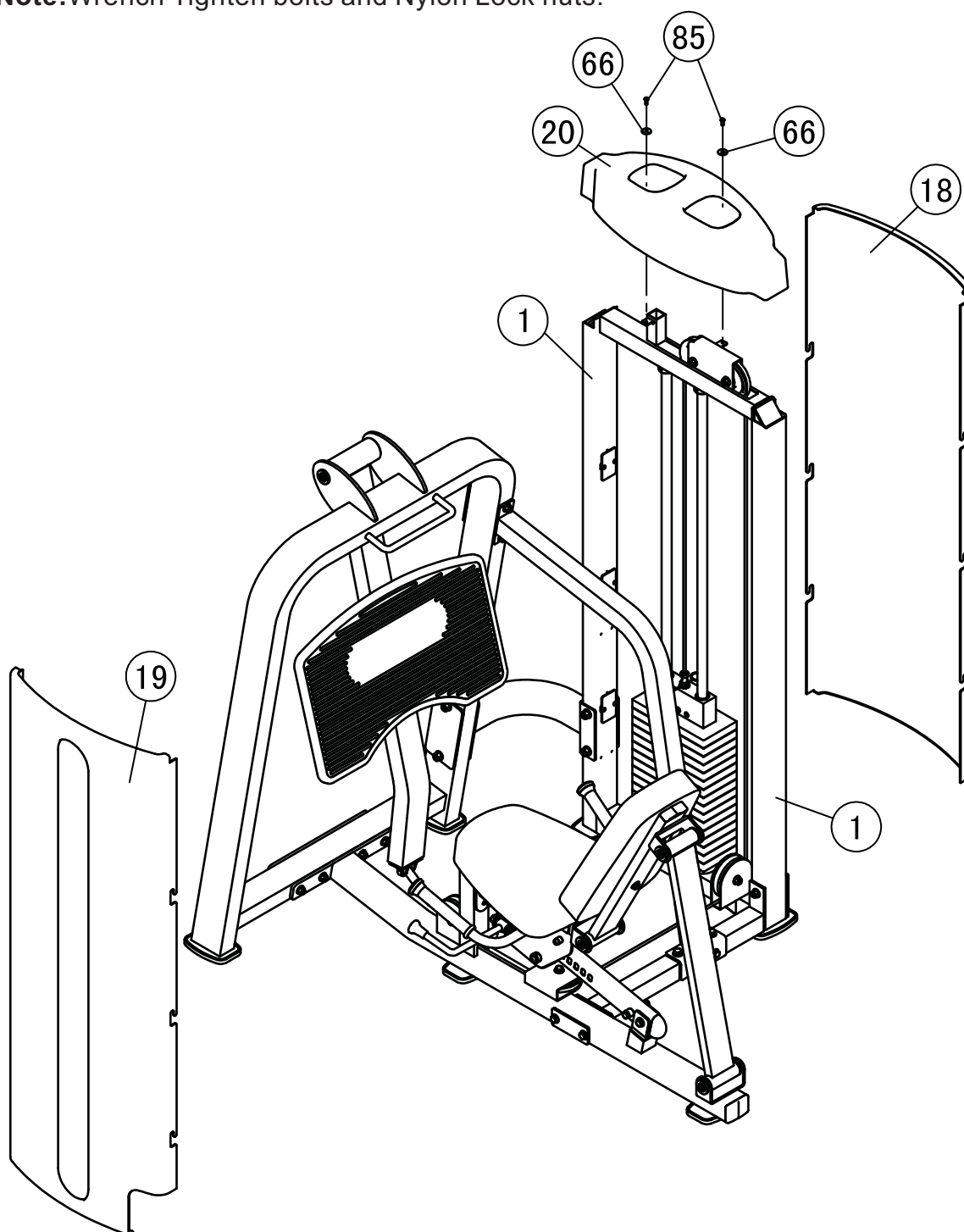


Assembly

Step 8

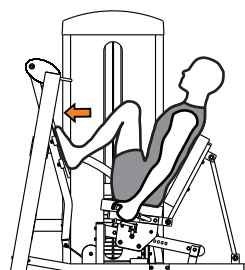
- 1.Attach the High Rear Shroud (#18) and the High Front Shroud (#19) to the Weight Stack Frame (#1).
- 2.Attach the Top Shroud (#20) to the Weight Stack Frame (#1)using:
two M6*15 BHCS(#85)
two Φ6.6*Φ15*2 Flat Washers(#66)

Note:Wrench Tighten bolts and Nylon Lock nuts.

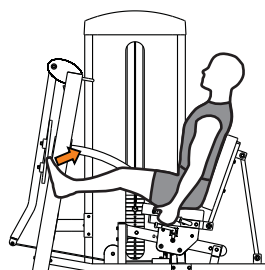


Exercise Instructions

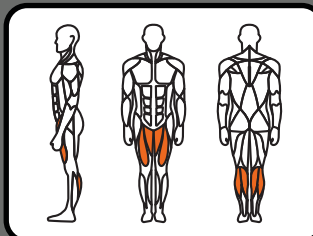
LEG PRESS & CALF RAISE



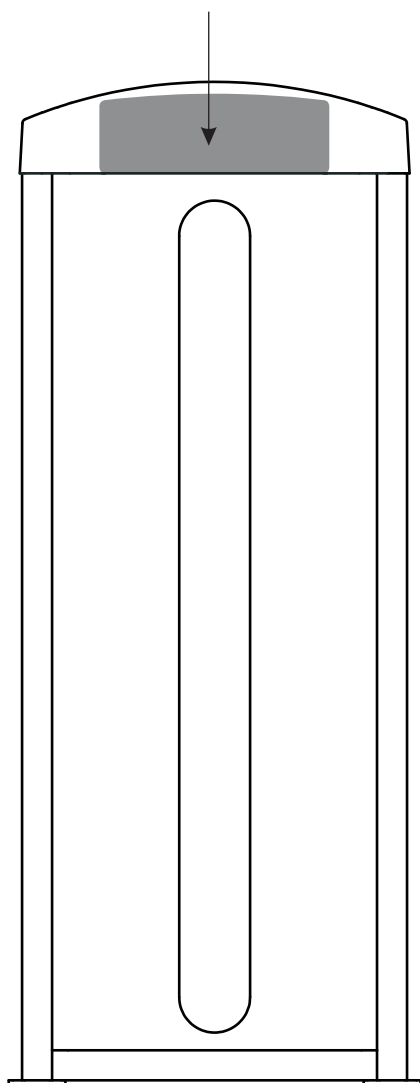
Leg Press



Calf Raise



- 1 Select an appropriate weight.
- 2 Place feet shoulder width on plate, extend legs with a control motion.
- 3 Place balls of feet on upper edge of plate. Legs straight, extend ankles.
- 4 Slowly return to the starting position.



Exercise Instructions

1. Select an appropriate weight.
2. Place feet shoulder width on plate, extend legs with a control motion.
3. Place balls of feet on upper edge of plate. Legs straight, extend ankles.
4. Slowly return to the starting position.

(Adjust weight according to the select pin)

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.

This unit is for gyms, Please consult with a training instructor before using.

Specifications

1. Class: S
2. Maximum Wt. Capacity: 113Kg/ 250lbs.
3. Maximum Load of Trainer: 150Kg/ 330lbs.

