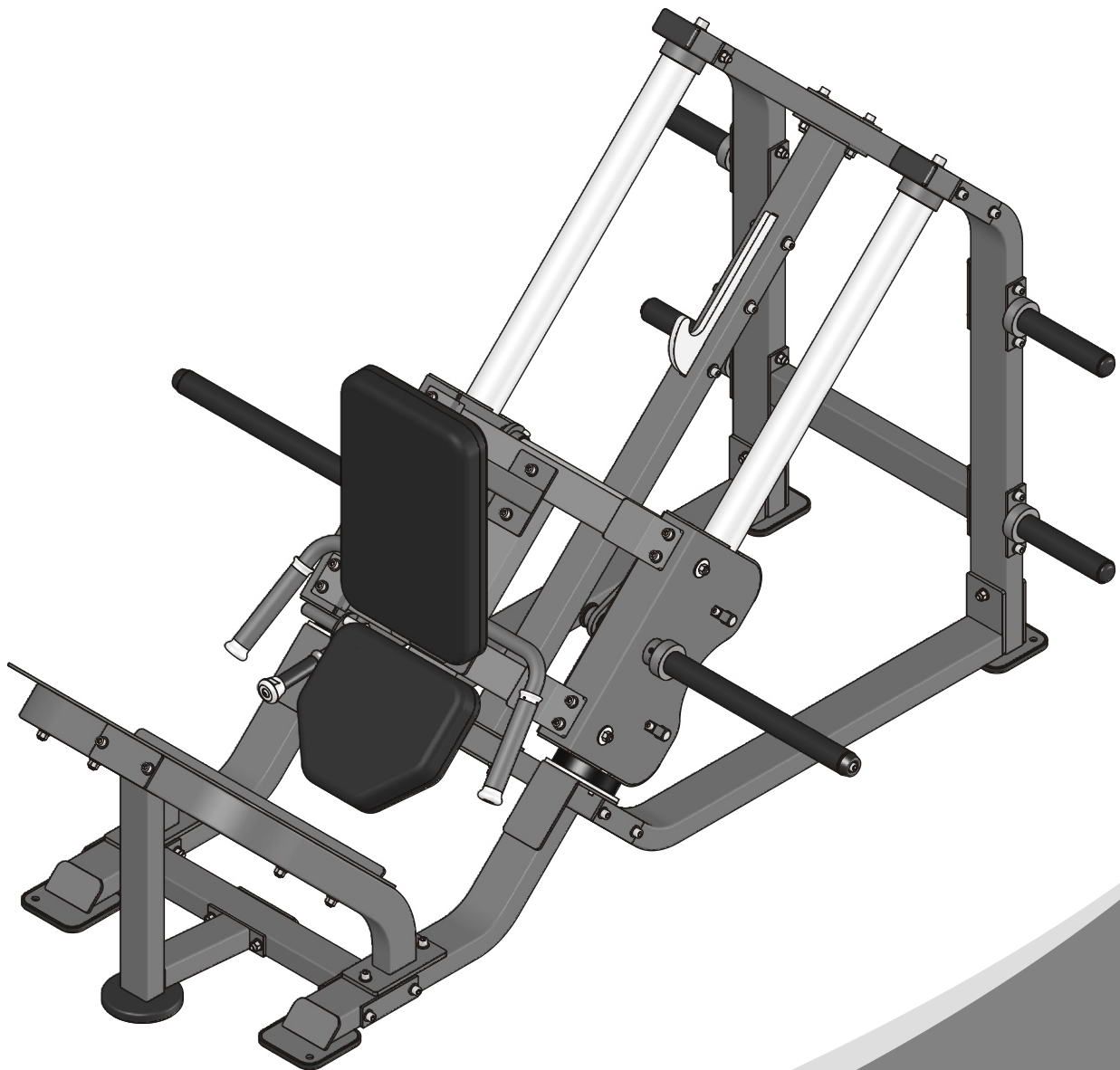


SL7021

HACK SQUAT

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

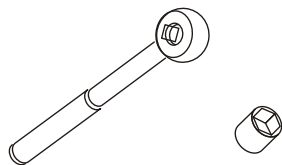
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

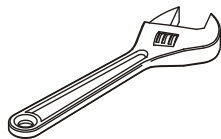
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

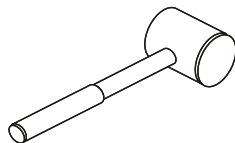
Tools Required



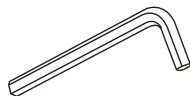
Ratchet Wrench and Socket



Adjustable Wrench



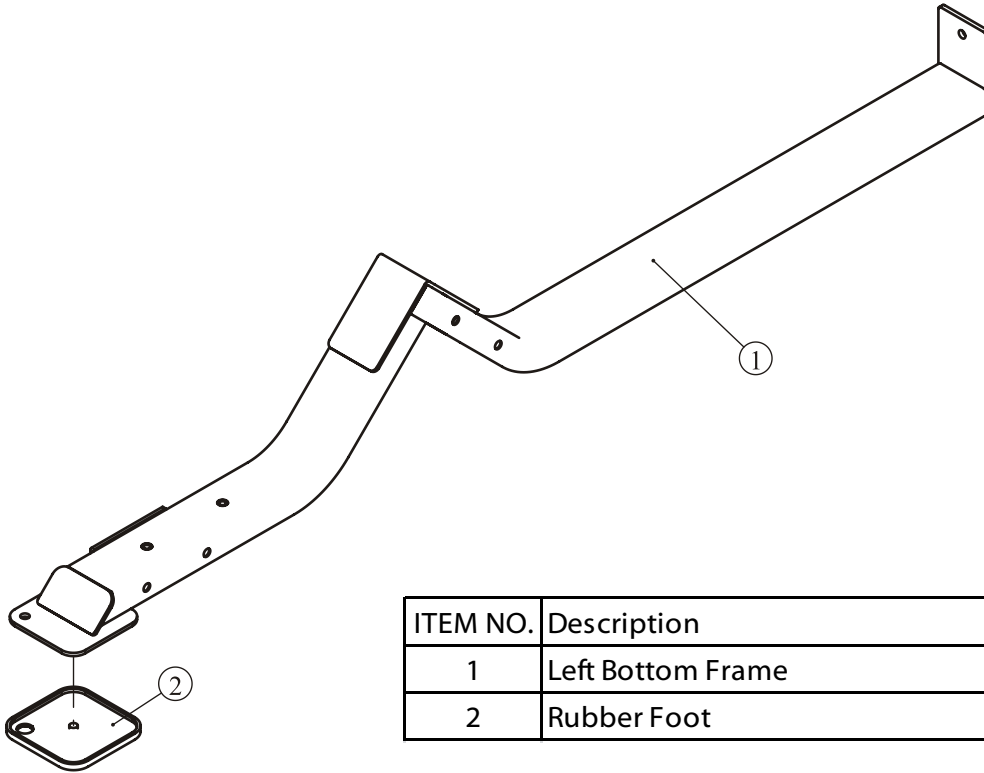
Rubber Mallet



Hex Key Wrench Set

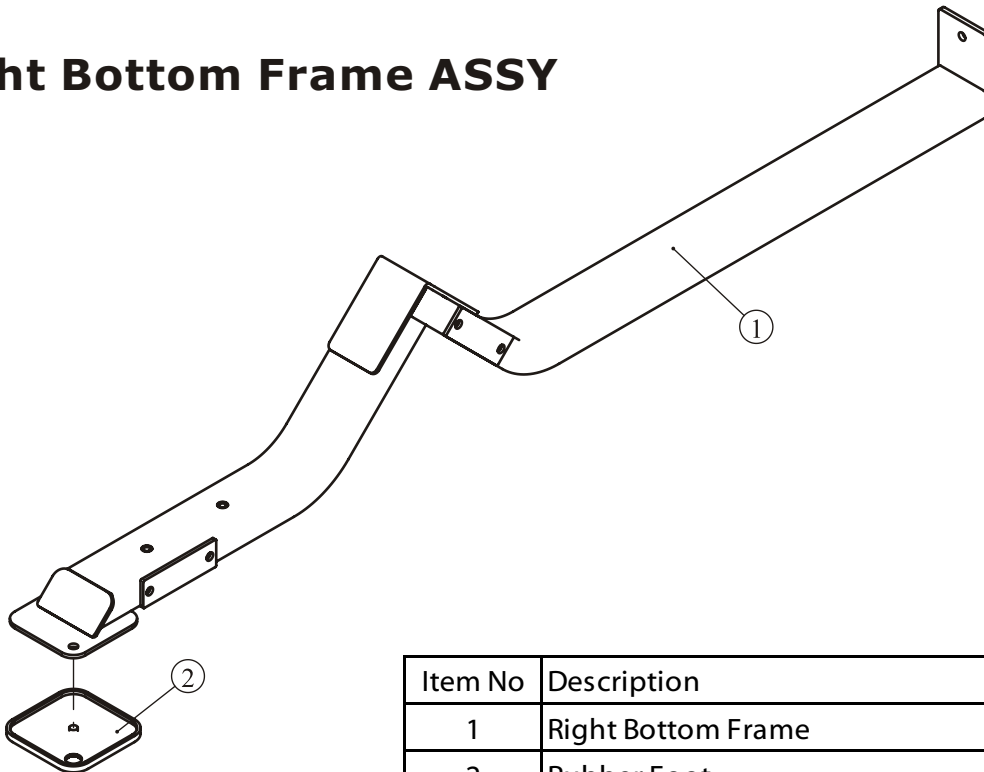
Exploded View and Parts List

Left Bottom Frame ASSY



| ITEM NO. | Description | QTY |
|----------|-------------------|-----|
| 1 | Left Bottom Frame | 1 |
| 2 | Rubber Foot | 1 |

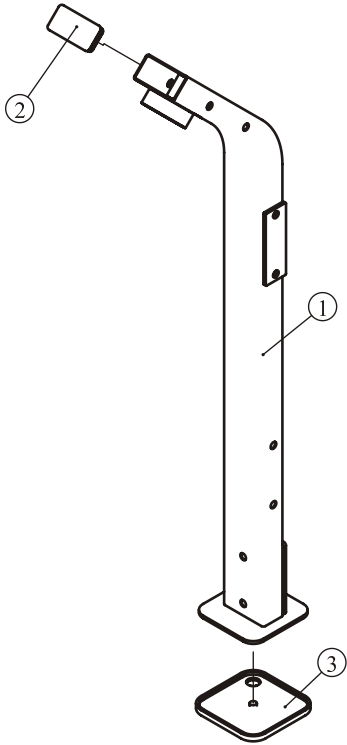
Right Bottom Frame ASSY



| Item No | Description | Qty |
|---------|--------------------|-----|
| 1 | Right Bottom Frame | 1 |
| 2 | Rubber Foot | 1 |

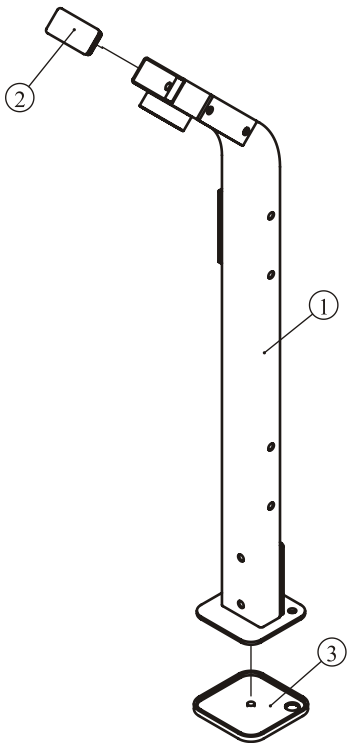
Exploded View and Parts List

Left Union Frame ASSY



| Item No | Description | Qty |
|---------|------------------|-----|
| 1 | Left Union Frame | 1 |
| 2 | Plug □ 50*100 | 1 |
| 3 | Rubber Foot | 1 |

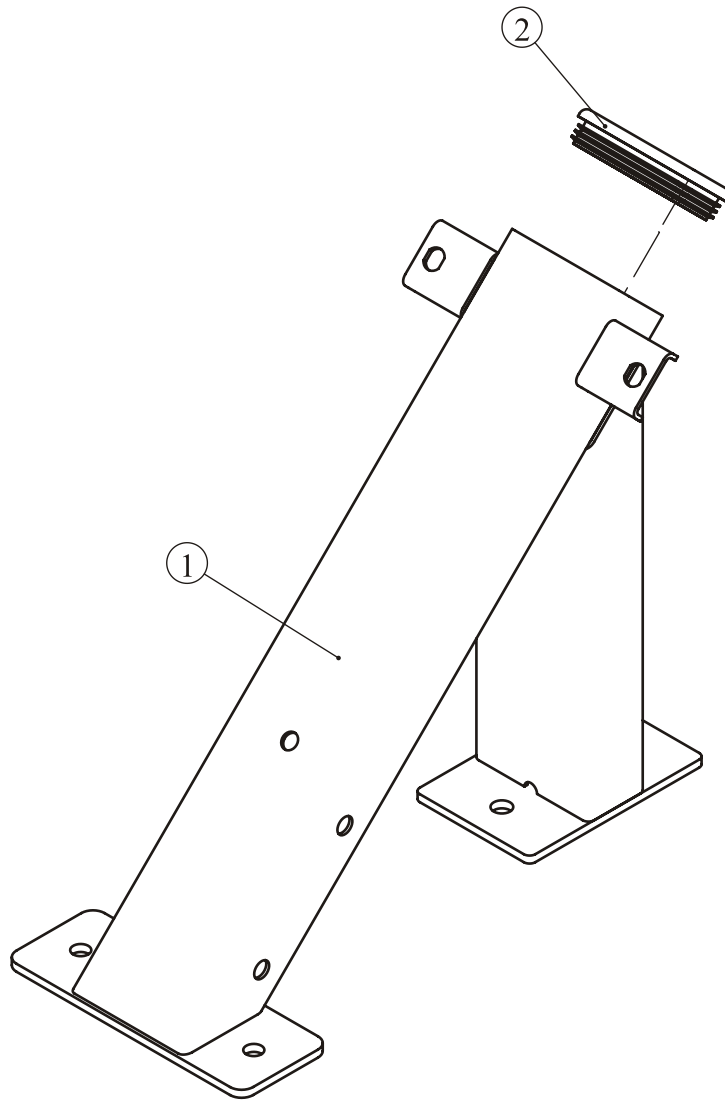
Right Union Frame ASSY



| Item No | Description | Qty |
|---------|-------------------|-----|
| 1 | Right Union Frame | 1 |
| 2 | Plug □ 50*100 | 1 |
| 3 | Rubber Foot | 1 |

Exploded View and Parts List

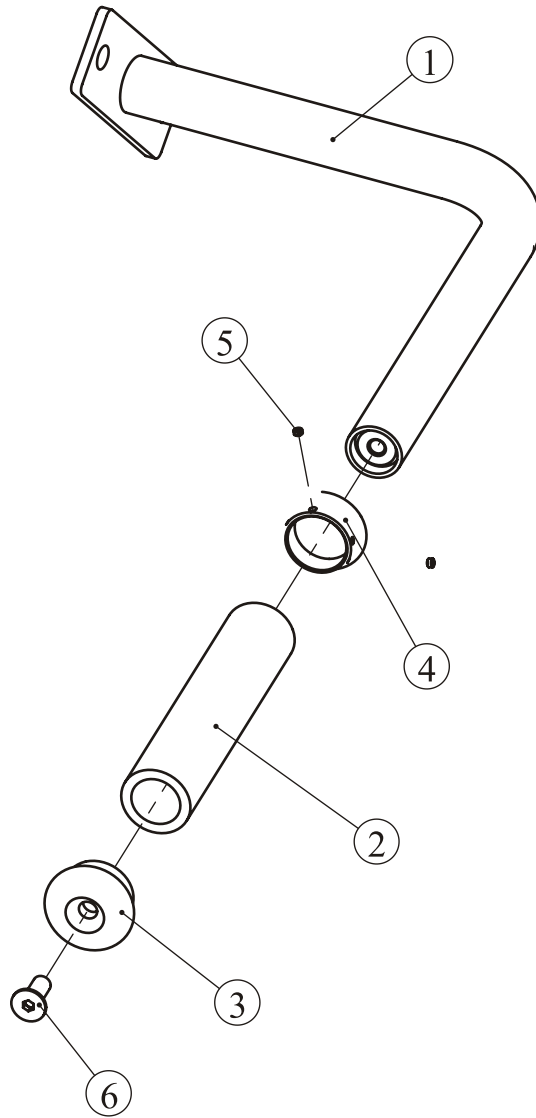
Arm Pad Frame ASSY



| Item No | Description | Qty |
|---------|---------------|-----|
| 1 | Arm Pad Frame | 1 |
| 2 | Plug □ 50*100 | 1 |

Exploded View and Parts List

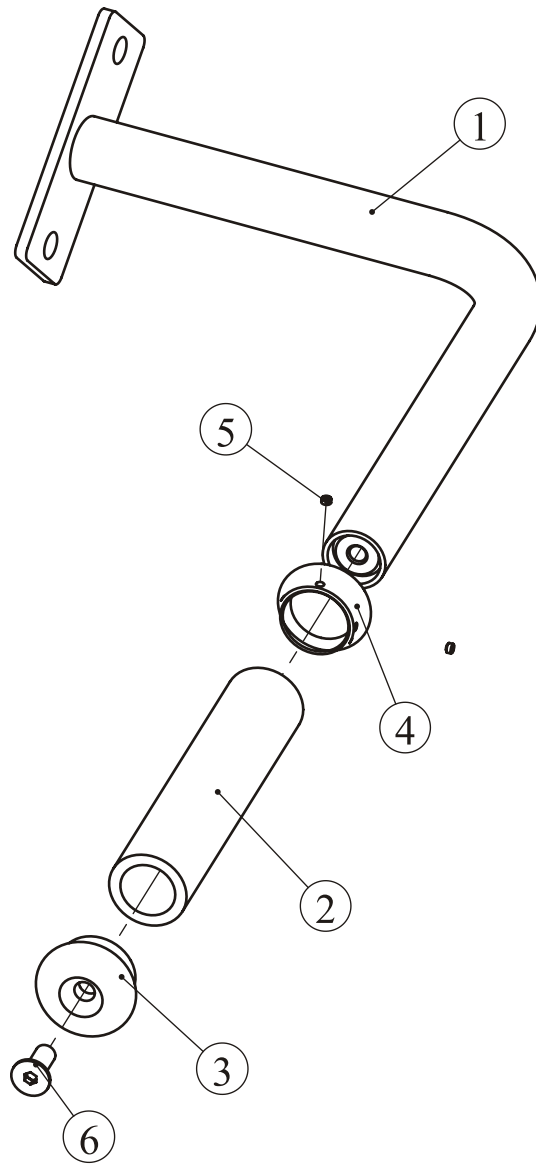
Left Handle ASSY



| Item No | Description | Qty |
|---------|----------------------------|-----|
| 1 | Left Handle | 1 |
| 2 | Handle Casing | 1 |
| 3 | Aluminium Cap Φ 32 | 1 |
| 4 | Aluminium Ring Φ 32 | 1 |
| 5 | Socket Set Screw 10-32*3.2 | 2 |
| 6 | Flat Head Cap Screw M10*25 | 1 |

Exploded View and Parts List

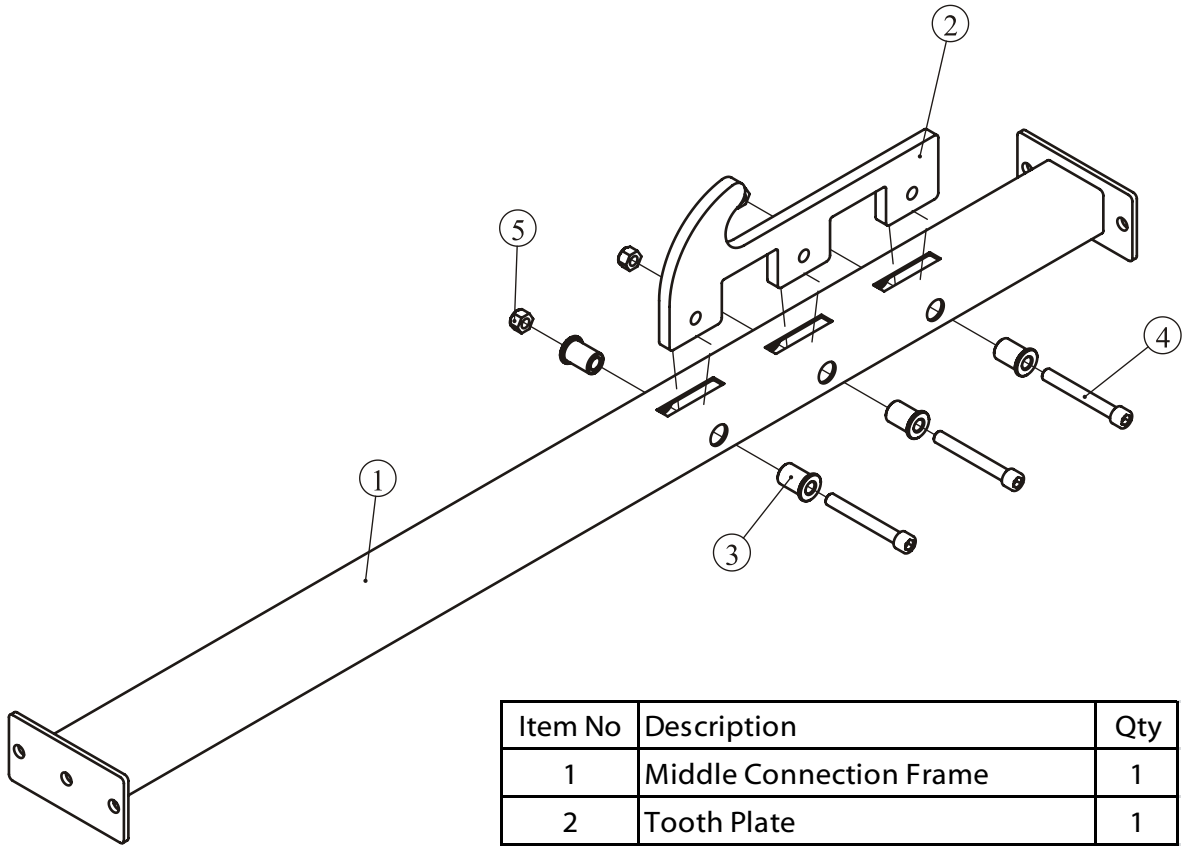
Right Handle ASSY



| Item No | Description | Qty |
|---------|----------------------------|-----|
| 1 | Right Handle | 1 |
| 2 | Handle Casing | 1 |
| 3 | Aluminium Cap Φ 32 | 1 |
| 4 | Aluminium Ring Φ 32 | 1 |
| 5 | Socket Set Screw 10-32*3.2 | 2 |
| 6 | Flat Head Cap Screw M10*25 | 1 |

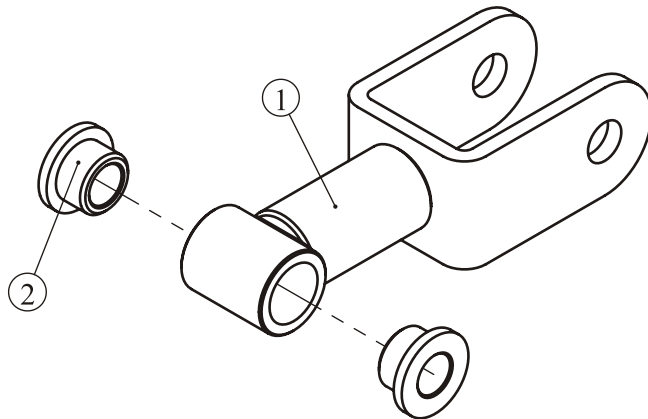
Exploded View and Parts List

Middle Connection Frame ASSY



| Item No | Description | Qty |
|---------|------------------------------|-----|
| 1 | Middle Connection Frame | 1 |
| 2 | Tooth Plate | 1 |
| 3 | Small Bush | 6 |
| 4 | Socket Head Cap Screw M12*95 | 3 |
| 6 | Nylon Lock Nut M12 | 3 |

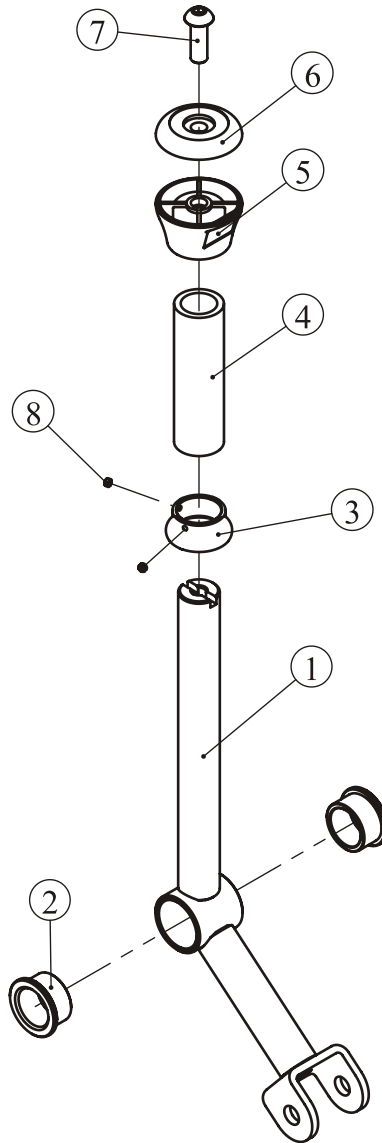
Link Frame ASSY



| Item No | Description | Qty |
|---------|-------------|-----|
| 1 | Link Frame | 1 |
| 2 | Bush | 2 |

Exploded View and Parts List

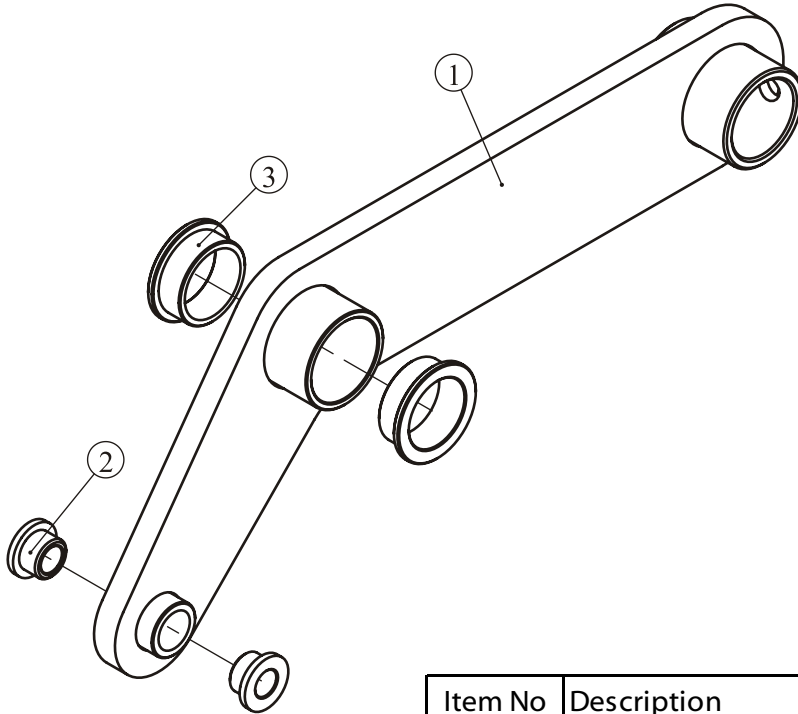
Adjustable Handle Frame ASSY



| Item No | Description | Qty |
|---------|---------------------------------|-----|
| 1 | Adjustable Handle Frame | 1 |
| 2 | Copper Bearing | 2 |
| 3 | Aluminium Ring $\Phi 25$ | 1 |
| 4 | Handle Casing | 1 |
| 5 | Plastic Head Holder | 1 |
| 6 | Plastic Seal Bonnet | 1 |
| 7 | Button Head Cap Screw 3/8-16*32 | 1 |
| 8 | Socket Set Screw 10-32*3.2 | 2 |

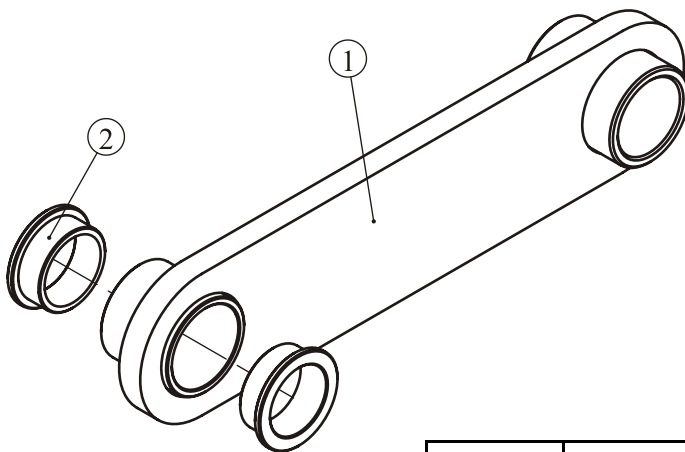
Exploded View and Parts List

Left Extend Frame ASSY



| Item No | Description | Qty |
|---------|-------------------|-----|
| 1 | Left Extend Frame | 1 |
| 2 | Bush | 2 |
| 3 | Copper Bearing | 2 |

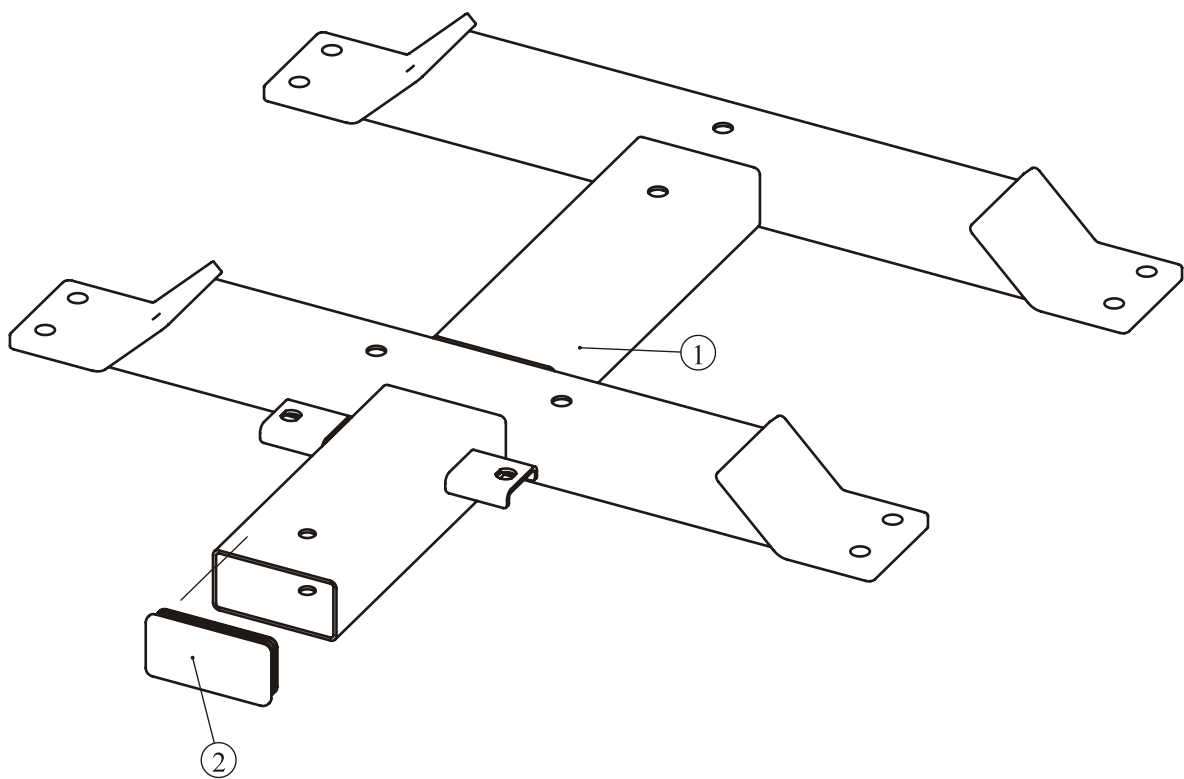
Right Extend Frame ASSY



| Item No | Description | Qty |
|---------|--------------------|-----|
| 1 | Right Extend Frame | 1 |
| 2 | Copper Bearing | 2 |

Exploded View and Parts List

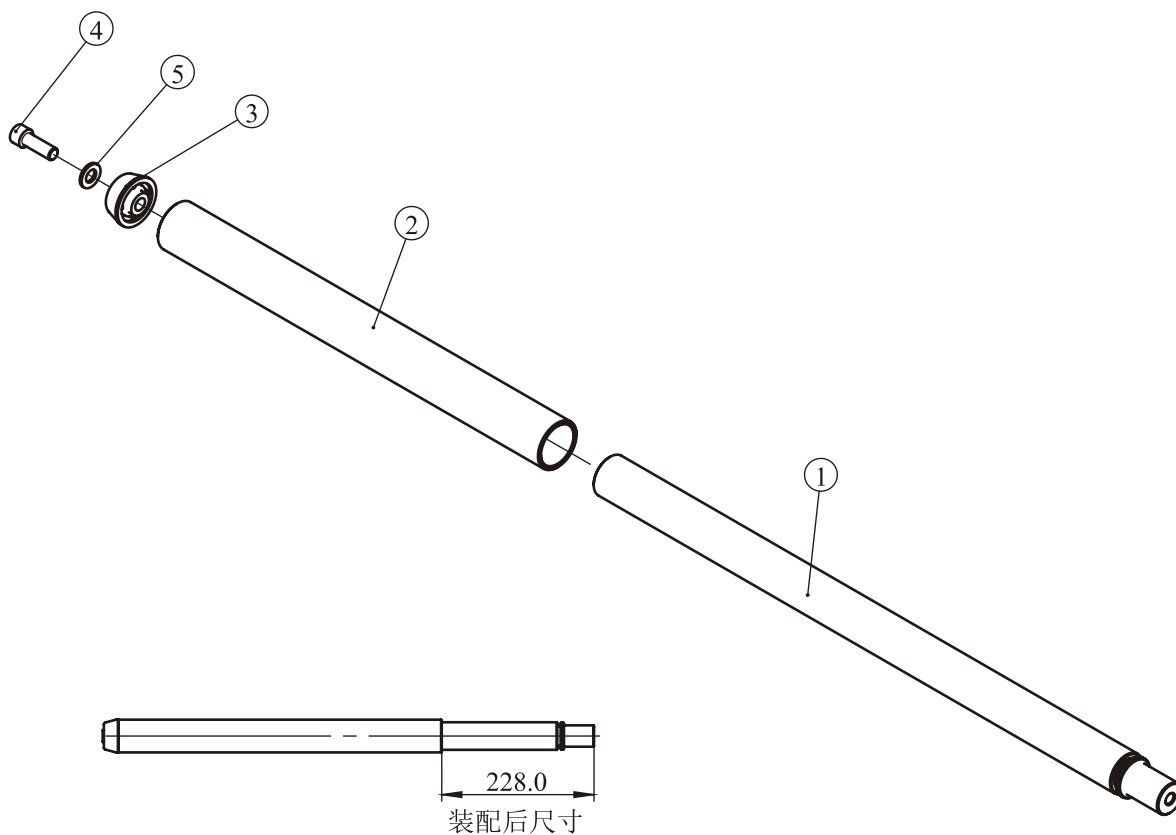
Connection Frame ASSY



| Item No | Description | Qty |
|---------|------------------|-----|
| 1 | Connection Frame | 1 |
| 2 | Plug □ 50*100 | 1 |

Exploded View and Parts List

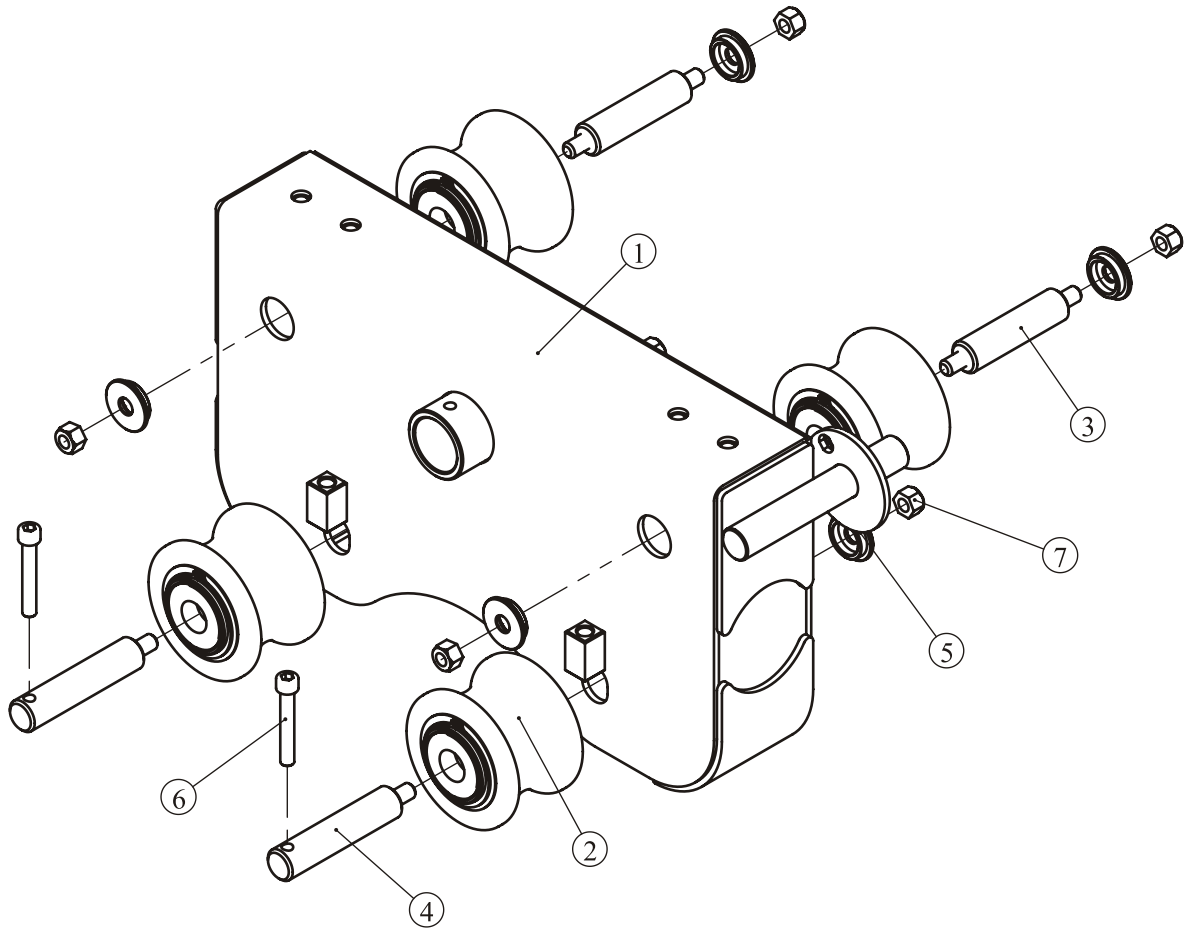
Weight Horn ASSY



| Item No | Description | Qty |
|---------|-----------------------------------|-----|
| 1 | Weight Horn | 1 |
| 2 | Barbell sleeve | 1 |
| 3 | Cap | 1 |
| 4 | Socket Head Cap Screw M12*35 | 1 |
| 5 | Flat Washer $\Phi 13*\Phi 24*2.5$ | 1 |

Exploded View and Parts List

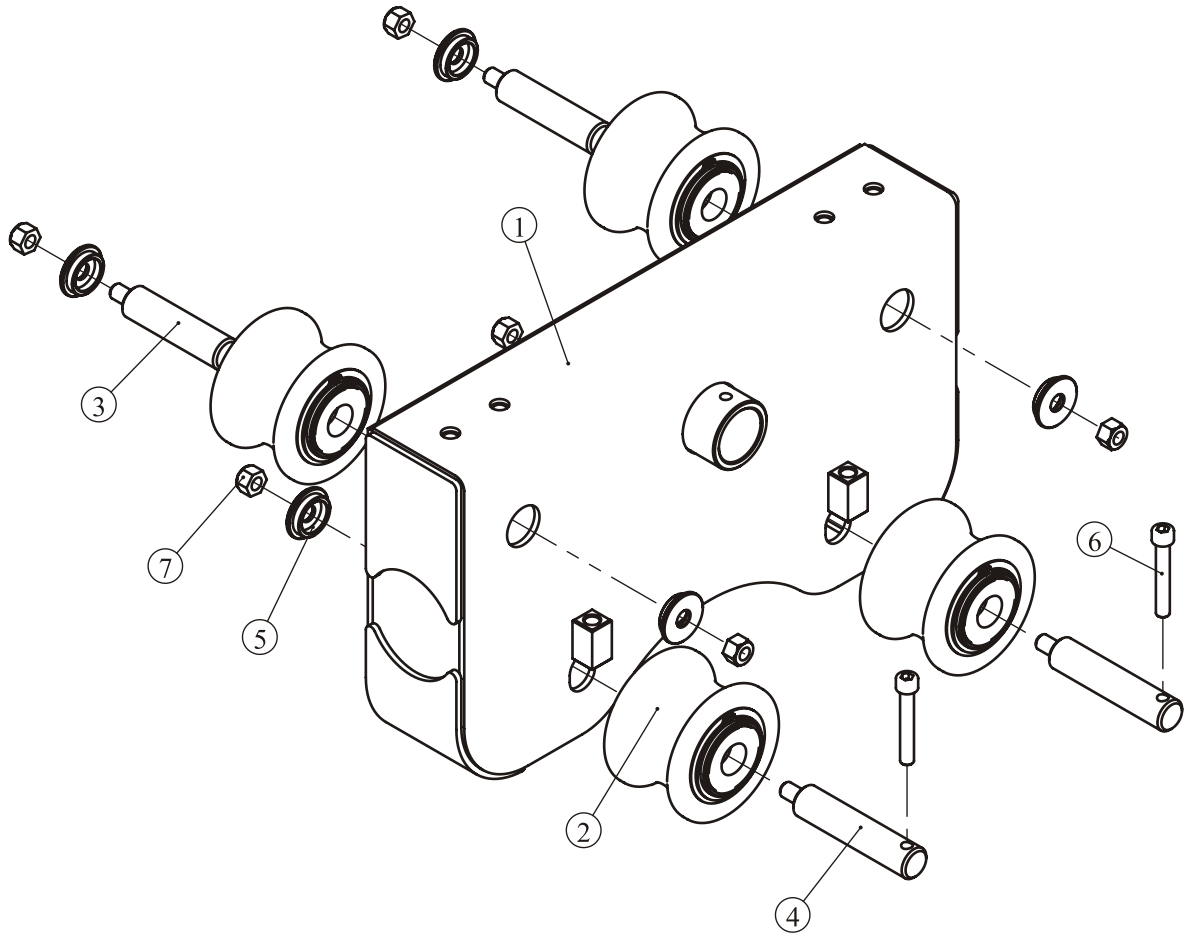
Left Idler Wheel Frame ASSY



| Item No | Description | Qty |
|---------|-----------------------------|-----|
| 1 | Left Idler Wheel Frame | 1 |
| 2 | Roller | 4 |
| 3 | Externally Threaded Sshaft | 2 |
| 4 | Internal Threaded Shaft | 2 |
| 5 | Bush | 6 |
| 6 | Socket Head Cap ScrewM10*65 | 2 |
| 7 | Nylon Lock Nut M12 | 6 |

Exploded View and Parts List

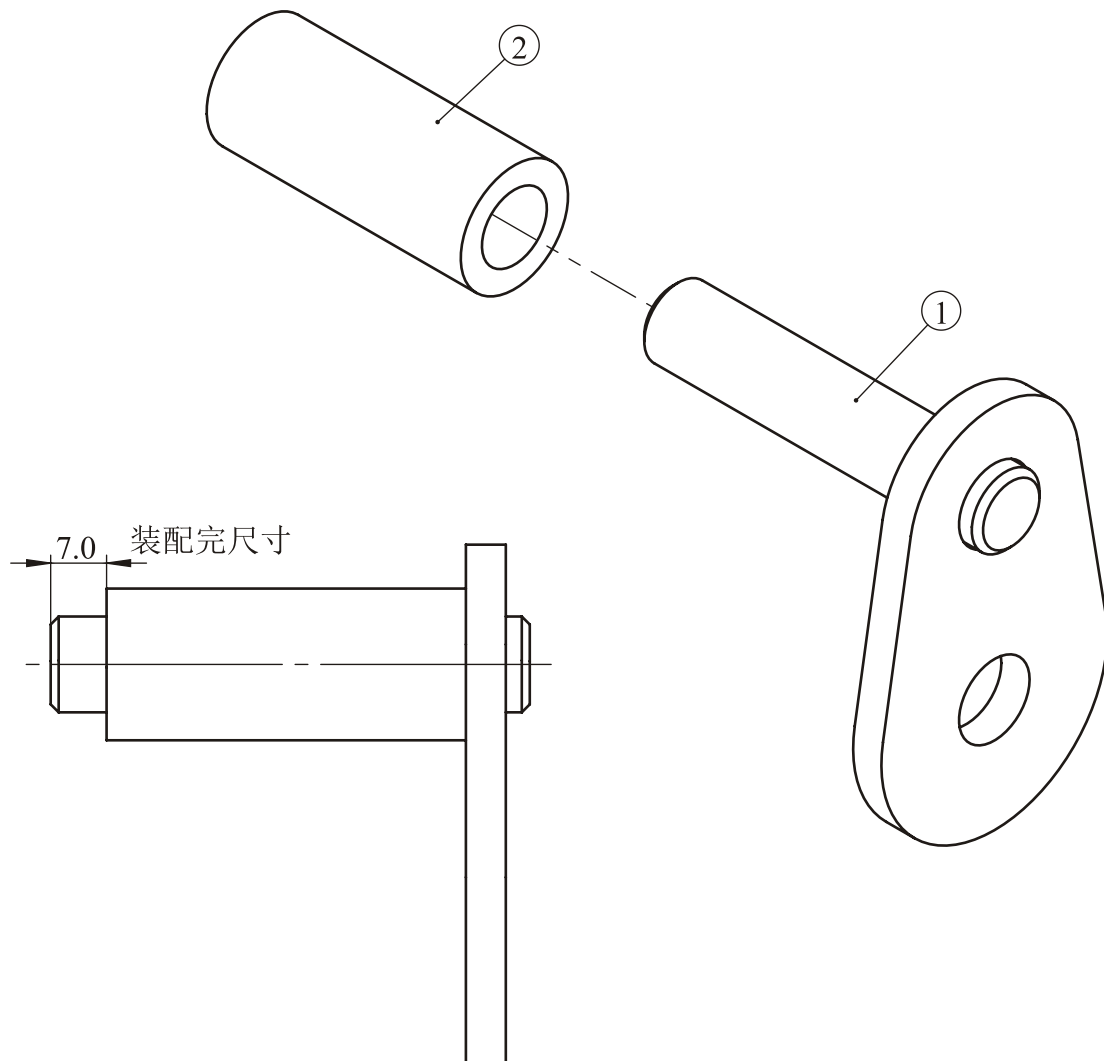
Right Idler Wheel Frame ASSY



| Item No | Description | Qty |
|---------|------------------------------|-----|
| 1 | Right Idler Wheel Frame | 1 |
| 2 | Roller | 4 |
| 3 | Externally Threaded Sshaft | 2 |
| 4 | Internal Threaded Shaft | 2 |
| 5 | Bush | 6 |
| 6 | Socket Head Cap Screw M10*65 | 2 |
| 7 | Nylon Lock Nut M12 | 6 |

Exploded View and Parts List

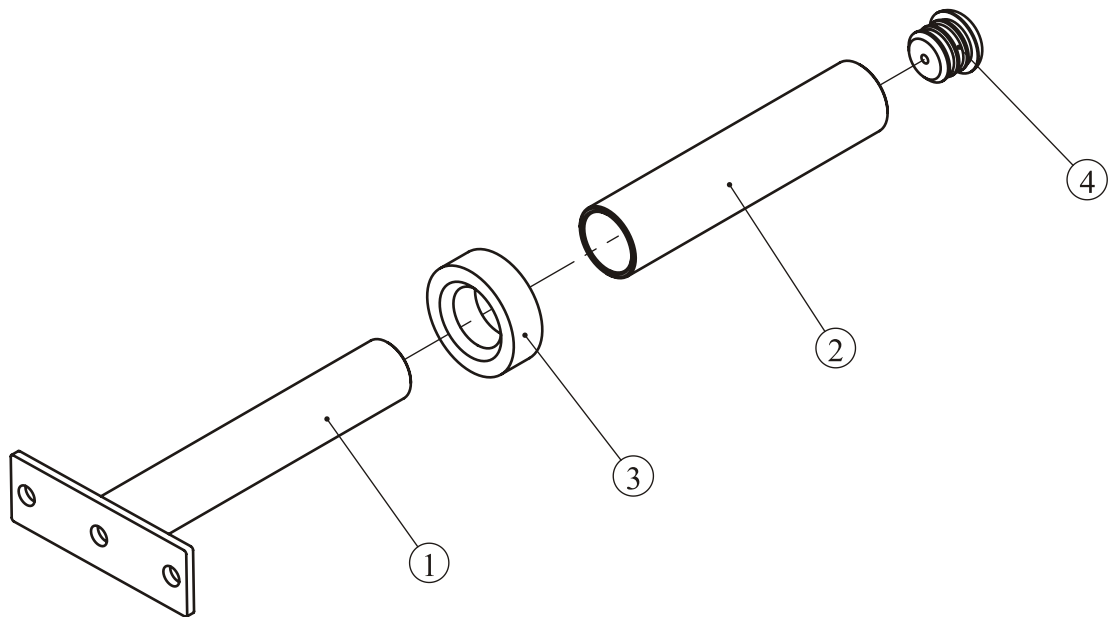
Small Limit Frame ASSY



| Item No | Description | Qty |
|---------|-------------------|-----|
| 1 | Small Limit Frame | 1 |
| 2 | Casing | 1 |

Exploded View and Parts List

Weight Plate Storage ASSY



| Item No | Description | Qty |
|---------|--------------------------|-----|
| 1 | Weight Plate Storage | 1 |
| 2 | Barbell sleeve | 1 |
| 3 | Weight Horn Rubber Donut | 1 |
| 4 | Pipe Plug | 1 |

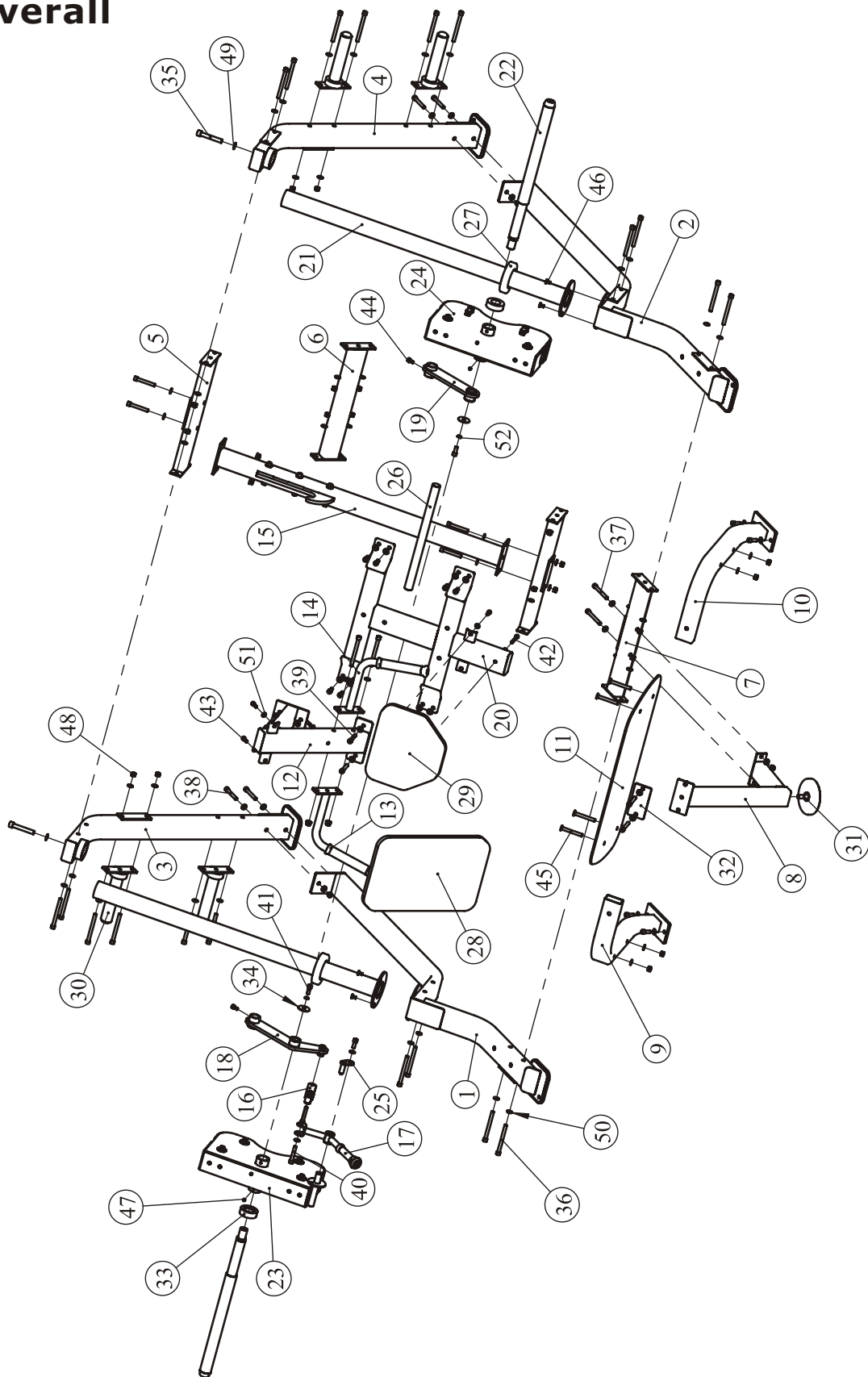
Exploded View and Parts List

Overall

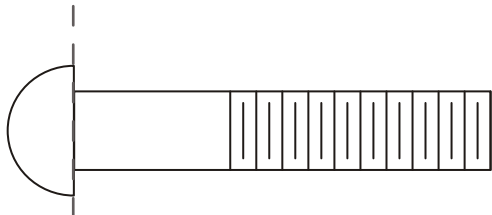
| Item No. | Description | Qty | № parts | Item No. | Description | Qty | № parts |
|----------|----------------------------------|-----|----------------|----------|---|-----|-------------------|
| 1 | Left Bottom Frame Assembly | 1 | SL702101ASSY | 30 | Weight Plate Storage | 4 | SL702025ASSY |
| 2 | Right Bottom Frame Assembly | 1 | SL702102ASSY | 31 | Affixed Frame | 1 | IT93201800 |
| 3 | Left Union Frame Assembly | 1 | SL702103ASSY | 32 | External Fixation Plate | 1 | KPSOB0302 |
| 4 | Right Union Frame Assembly | 1 | SL702104ASSY | 33 | Weight Horn Rubber Donut | 2 | HF985A1500 |
| 5 | Upper Beam Frame | 2 | SL70200500 | 34 | Flat Washer $\Phi 50.8 \times \Phi 13.5 \times 3$ | 2 | ROC-IT4022200 |
| 6 | Lower Beam Frame | 1 | SL70200600 | 35 | Socket Head Cap Screw M16*100 | 2 | GB70M16*100DHS20 |
| 7 | Before Connecting Frame | 1 | SL70210700 | 36 | Socket Head Cap Screw M12*135 | 22 | GB70M12*135DHS20 |
| 8 | Pedal Bracket | 1 | SL70210800 | 37 | Socket Head Cap Screw M12*110 | 2 | GB70M12*110DHS20 |
| 9 | Left Foot Frame | 1 | SL70210900 | 38 | Socket Head Cap Screw M12*85 | 10 | GB70M12*85DHS20 |
| 10 | Right Foot Frame | 1 | SL70211000 | 39 | Socket Head Cap Screw M12*75 | 4 | GB70M12*75DHS20 |
| 11 | Foot Checkered | 1 | SL70211100 | 40 | Socket Head Cap Screw M12*70 | 2 | GB70M12*70DHS20 |
| 12 | Arm Pad Frame Assembly | 1 | SL702112ASSY | 41 | Socket Head Cap Screw M12*30 | 15 | GB70M12*30DHS20 |
| 13 | Left Handle Assembly | 1 | SL702113ASSY | 42 | Socket Head Cap Screw M10*75 | 2 | GB70M10*75DHS20 |
| 14 | Right Handle Assembly | 1 | SL702114ASSY | 43 | Socket Head Cap Screw M10*25 | 4 | GB70M10*25DHS20NL |
| 15 | Middle Connection Frame Assembly | 1 | SL702115ASSY | 44 | Socket Head Cap Screw M10*20 | 2 | GB70M10*20DHS20NL |
| 16 | Link Frame Assembly | 1 | SL702116ASSY | 45 | Flat Head Cap Screw M12*100 | 4 | CNLM12*100DHS20 |
| 17 | Adjustable Handle Frame Assembly | 1 | SL702117ASSY | 46 | Flat Head Cap Screw M10*20 | 6 | CNLM10*20DS20NL |
| 18 | Left Extend Frame Assembly | 1 | SL702118ASSY | 47 | Socket Set Screw M10*8 | 4 | GB77M10*8DS18 |
| 19 | Right Extend Frame Assembly | 1 | SL702119ASSY | 48 | Nylon Lock Nut M12 | 42 | NM12DHS2 |
| 20 | Connection Frame Assembly | 1 | SL702120ASSY | 49 | Flat Washer $\Phi 28 \times \Phi 16.5 \times 2$ | 2 | YDQ16.5*28*2DHS2 |
| 21 | Lead Rail | 2 | SL70202100 | 50 | Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ | 95 | GB9512DHS2 |
| 22 | Weight Horn Assembly | 2 | SL702122V1ASSY | 51 | Flat Washer $\Phi 11 \times \Phi 20 \times 2$ | 6 | GB9510DHS2 |
| 23 | Left Idler Wheel Frame Assembly | 1 | SL702123ASSY | 52 | Split Lock Washer $\Phi 12$ | 2 | GB9312DHS12 |
| 24 | Right Idler Wheel Frame Assembly | 1 | SL702124ASSY | 53 | Hex Key S=5 | 1 | NBS5DHS |
| 25 | Small Limit frame Assembly | 1 | SL702129ASSY | 54 | Hex Key S=6 | 1 | NBS6DHS |
| 26 | Limit Shaft $\Phi 35$ | 1 | SL70203000 | 55 | Hex Key S=8 | 1 | NBS8DHS |
| 27 | Large Rubber Bumper | 2 | SL70203100 | 56 | Hex Key S=10 | 1 | NBS10DHS |
| 28 | Arm Pad | 1 | | 57 | Hex Key S=12 | 1 | NBS12DHS |
| 29 | Seat Pad | 1 | SL70213500 | | | | |

Exploded View and Parts List

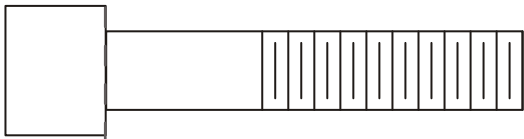
Overall



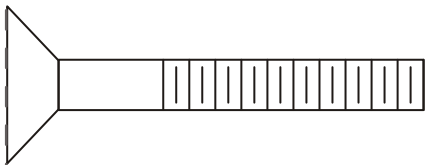
Measurement Guide



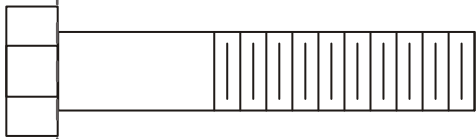
BHCS = Button Head Cap Screw



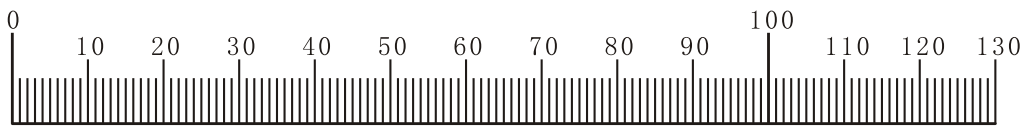
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

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.

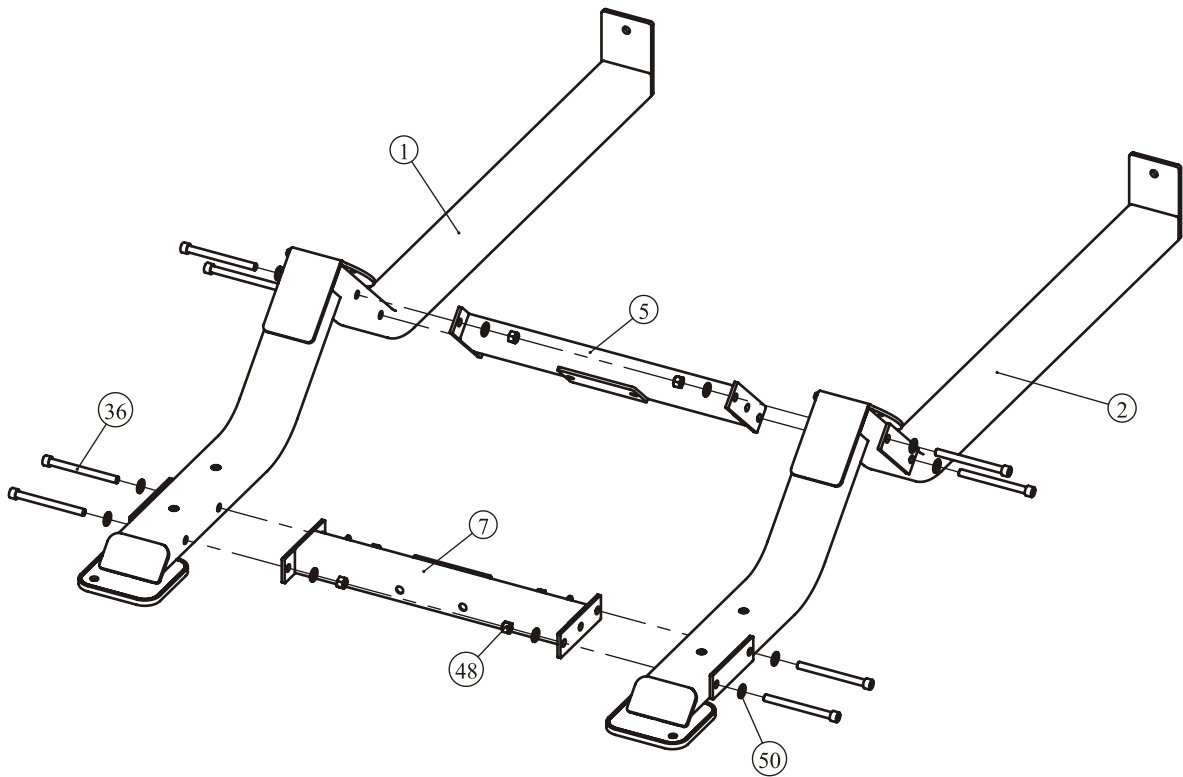
Assembly

STEP 1

The Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2), one piece of Upper Beam Frame (#5) and Before Connecting Frame (#7) connected together using:

- eight M12*135 SHCS (#36)
- sixteen $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- eight M12 Nylon Lock Nuts (#48)

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



Assembly

STEP 2

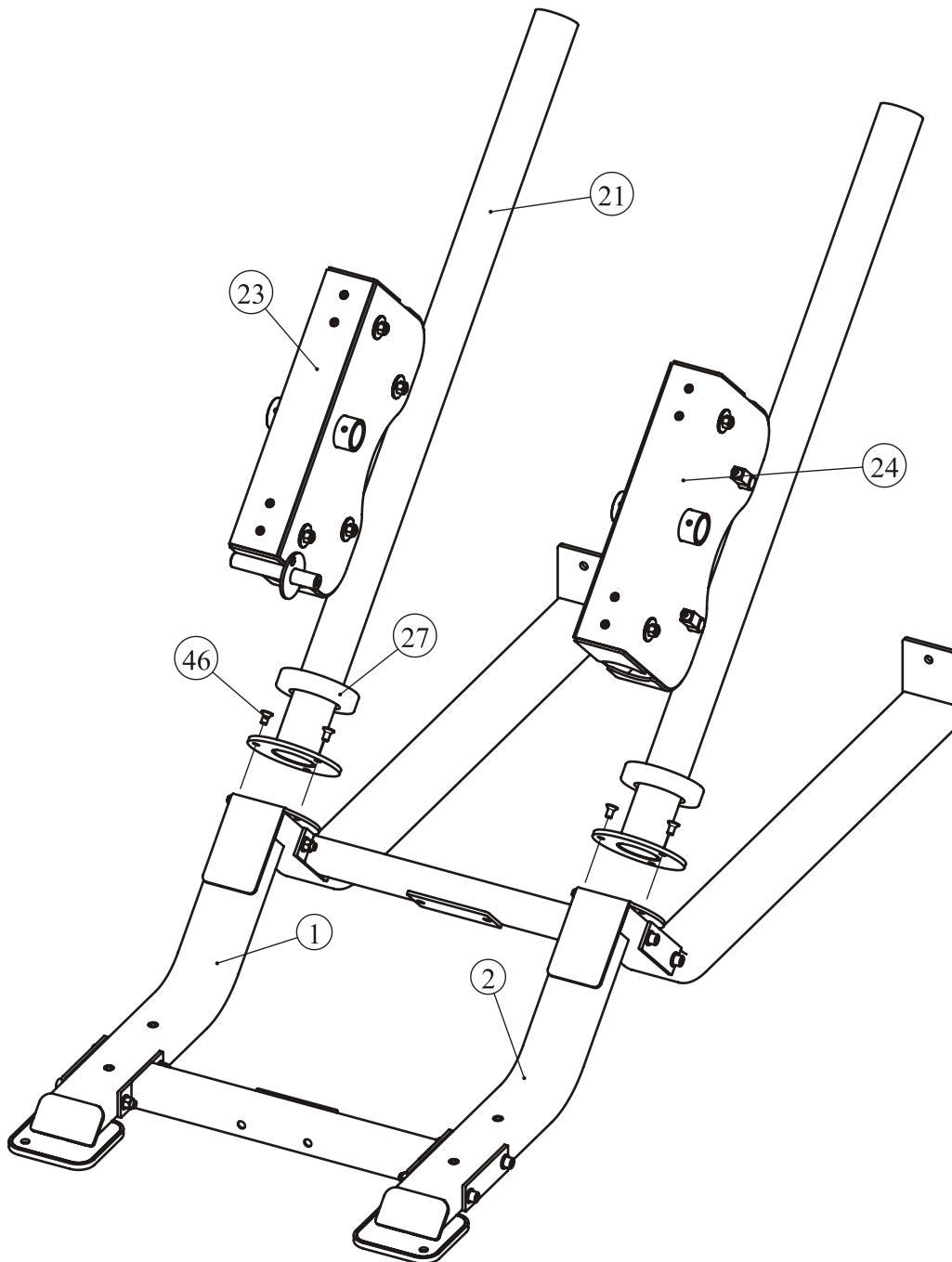
1. Two pieces of Lead Rail (#21) and Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2) connected together using:

- six M10*20 FHCS (#46)

2. Two Large Rubber Bumper (#27), Left Idler Wheel Frame Assembly (#23), Right Idler Wheel Frame Assembly (#24) Wear into the two pieces of Lead Rail (#21).

Note: Two people will be needed to complete this step safely.

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



Assembly

STEP 3

1. The Left Union Frame Assembly (#3), Right Union Frame Assembly (#4) and Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2), Lead Rail (#21) connected together using:

- two M16*100 SHCS (#35)
- four M12*85 SHCS (#38)
- two $\Phi 28*\Phi 16.5*2$ Flat Washers (#49)
- six $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- two M12 Nylon Lock Nuts (#48)

2. The Left Union Frame Assembly (#3), Right Union Frame Assembly (#4) and Lower Beam Frame (#6), four pieces of Weight Plate Storage (#30) connected together using:

- eight M12*135 SHCS (#36)
- sixteen $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- eight M12 Nylon Lock Nuts (#48)

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

STEP 4

The Middle Connection Frame assembly (#15) and two pieces of Upper Beam Frame (#5) connected together, then one pieces of Upper Beam Frame (#5) and Left Union Frame Assembly (#3), Right Union Frame Assembly (#4) connected together using:

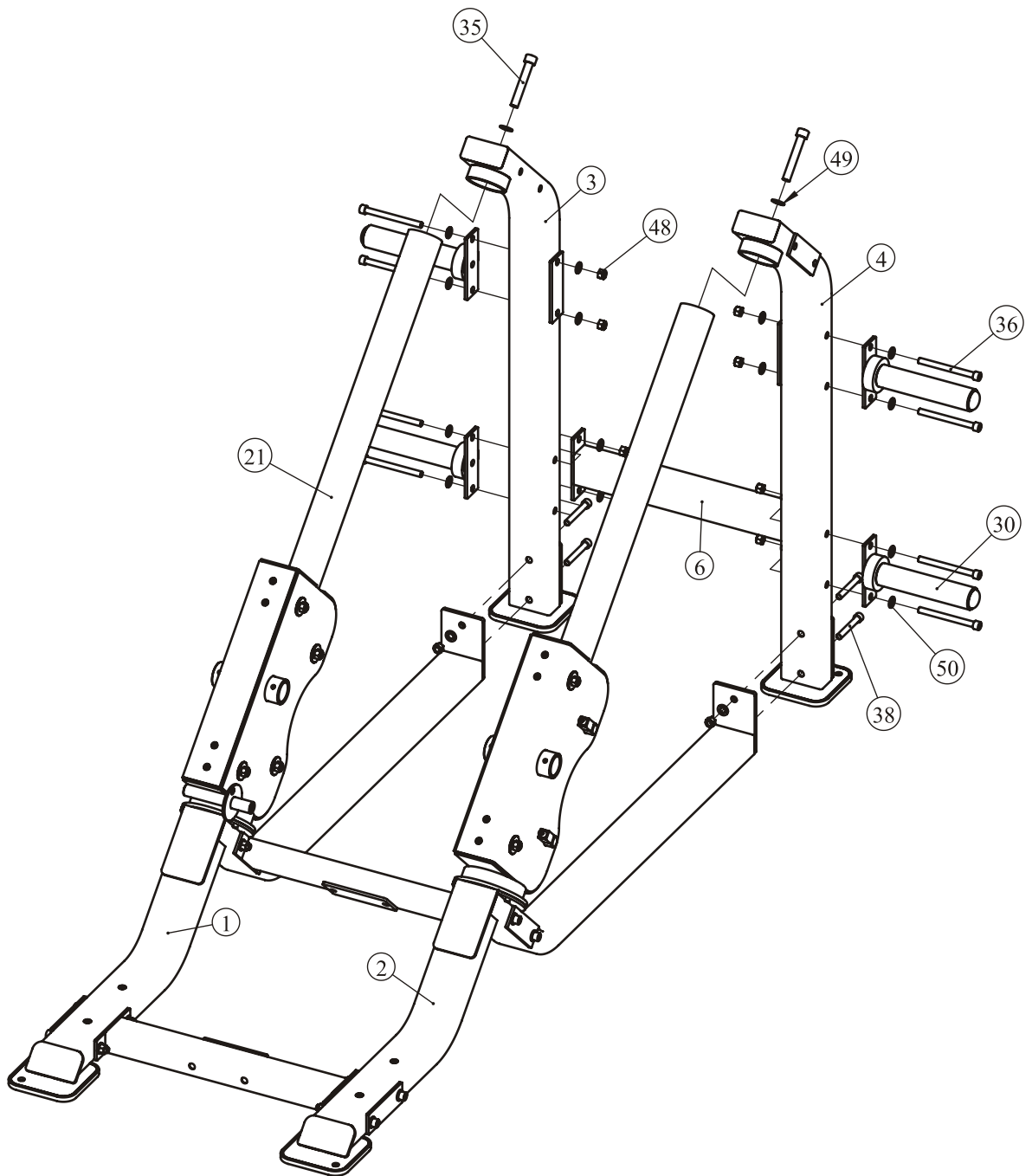
- four M12*135 SHCS (#36)
- four M12*85 SHCS (#38)
- sixteen $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- eight M12 Nylon Lock Nuts (#48)

Note: Two people will be needed to complete this step safely.

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

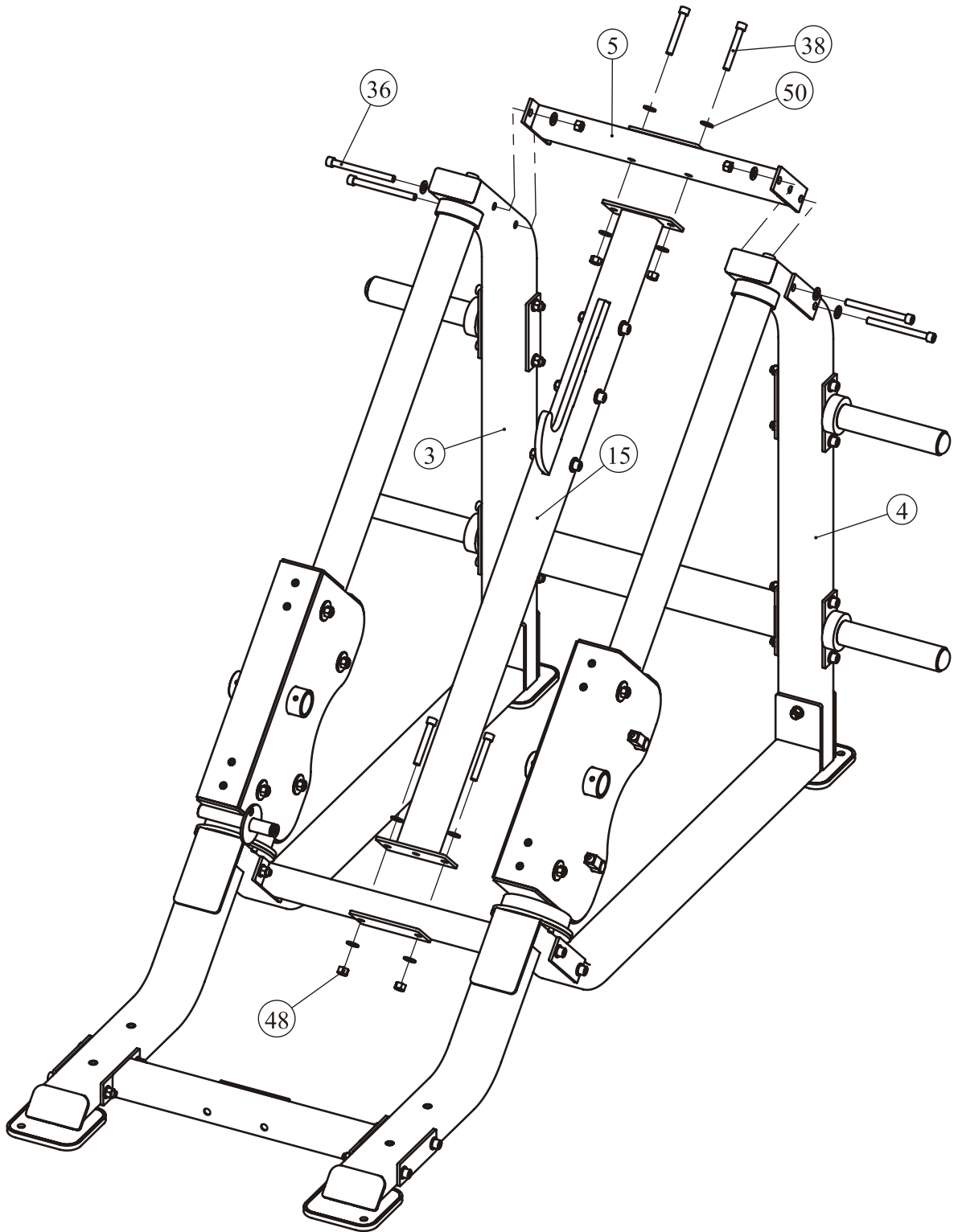
Assembly

STEP 3



Assembly

STEP 4

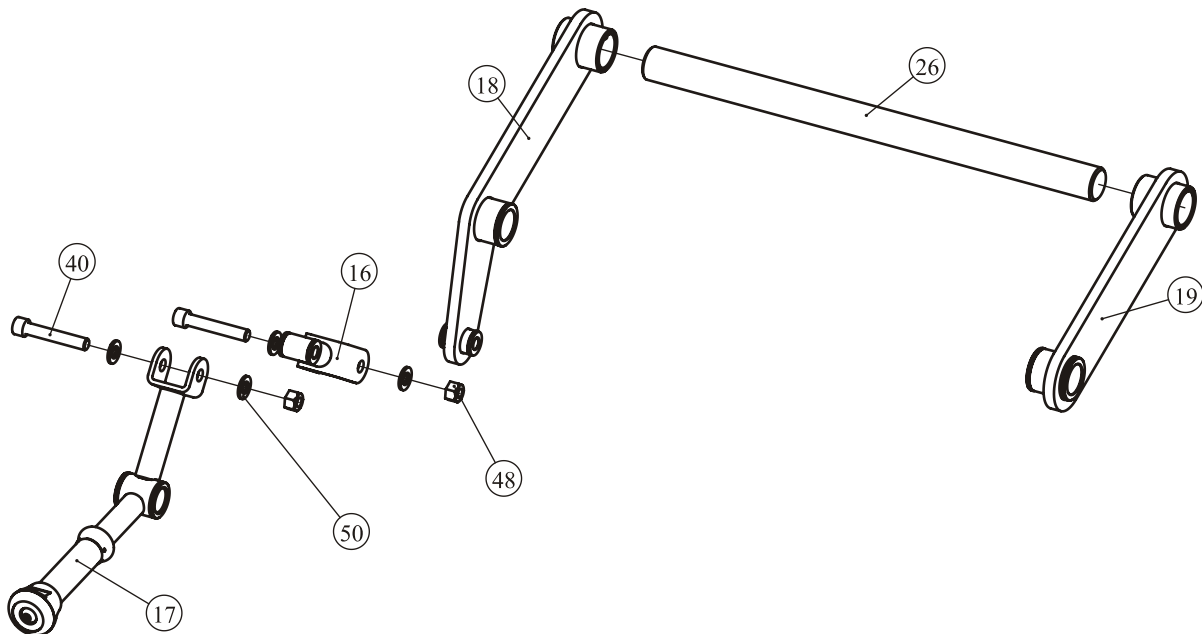


Assembly

STEP 5

1. The Left Extend Frame Assembly (#18), Right Extend Frame Assembly (#19) and Limit Shaft $\Phi 35$ (#26) connected together.
2. The Left Extend Frame Assembly (#18) and Link Frame Assembly (#16), Adjustable Handle Frame Assembly (#17) connected together. Using:
 - two M12*70 SHCS (#40)
 - four $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
 - two M12 Nylon Lock Nuts (#48)

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



Assembly

STEP 6

1. Two pieces of Weight Horn assembly (#22), two pieces of Weight Horn Rubber Donut (#33) and Left Idler Wheel Frame Assembly (#23), Right Idler Wheel Frame Assembly (#24) connected together using:

- four M10*8 Socket Set Screw (#47)

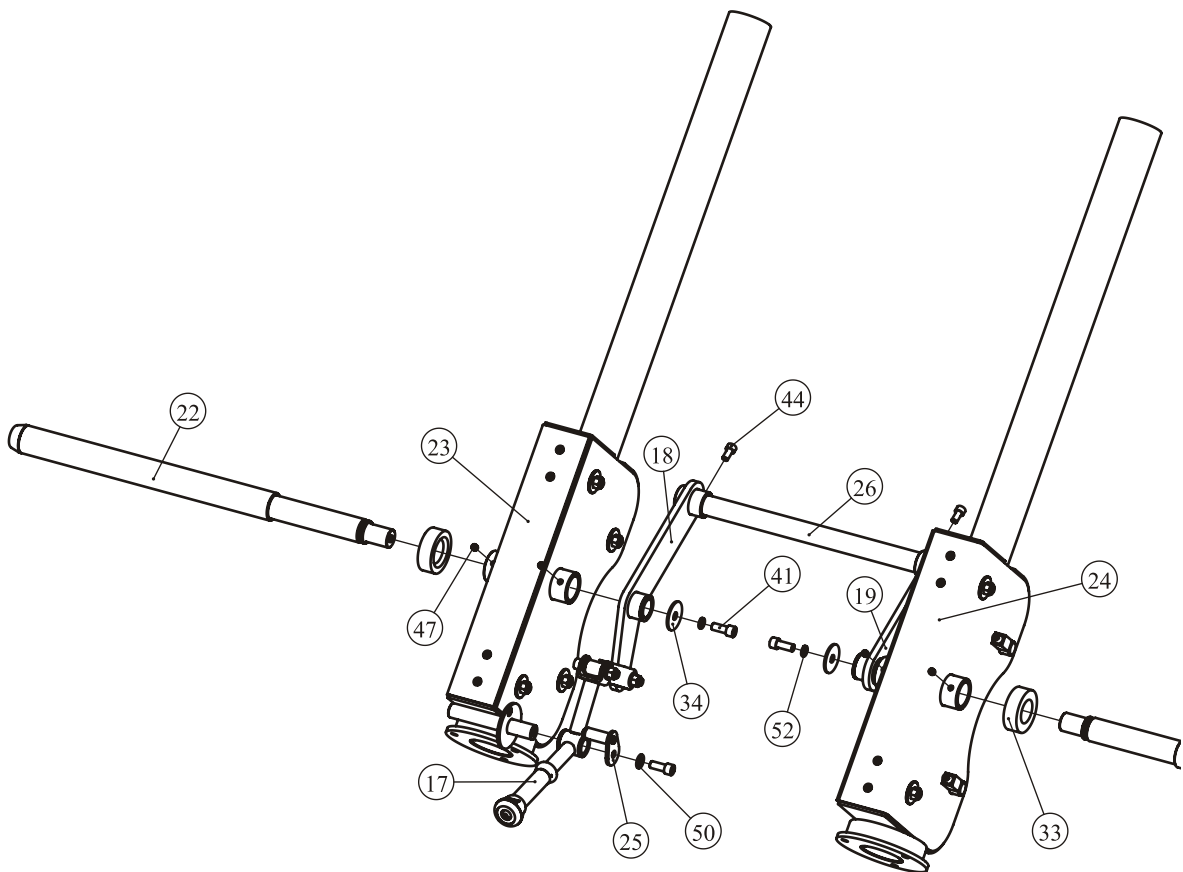
2. The Left Extend Frame Assembly (#18), Right Extend Frame Assembly (#19) and Left Idler Wheel Frame Assembly (#23), Right Idler Wheel Frame Assembly (#24), Small Limit frame Assembly (#25) connected together using:

- three M12*30 SHCS (#41)
- two $\Phi 50.8 \times \Phi 13.5 \times 3$ Flat Washers (#34)
- two $\Phi 12$ Split Lock Washer (#52)
- one $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washers (#50)

3. The Limit shaft $\Phi 35$ (#26) and Left Extend Frame Assembly (#18), Right Extend Frame Assembly (#19) connected together using:

- two M10*20 SHCS (#44)

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



Assembly

STEP 7

1. The Connection Frame Assembly (#20) and Left Idler Wheel Frame Assembly (#23), Right Idler Wheel Frame Assembly (#24) connected together. Using:

- eight M12*30 SHCS (#41)
- eight $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)

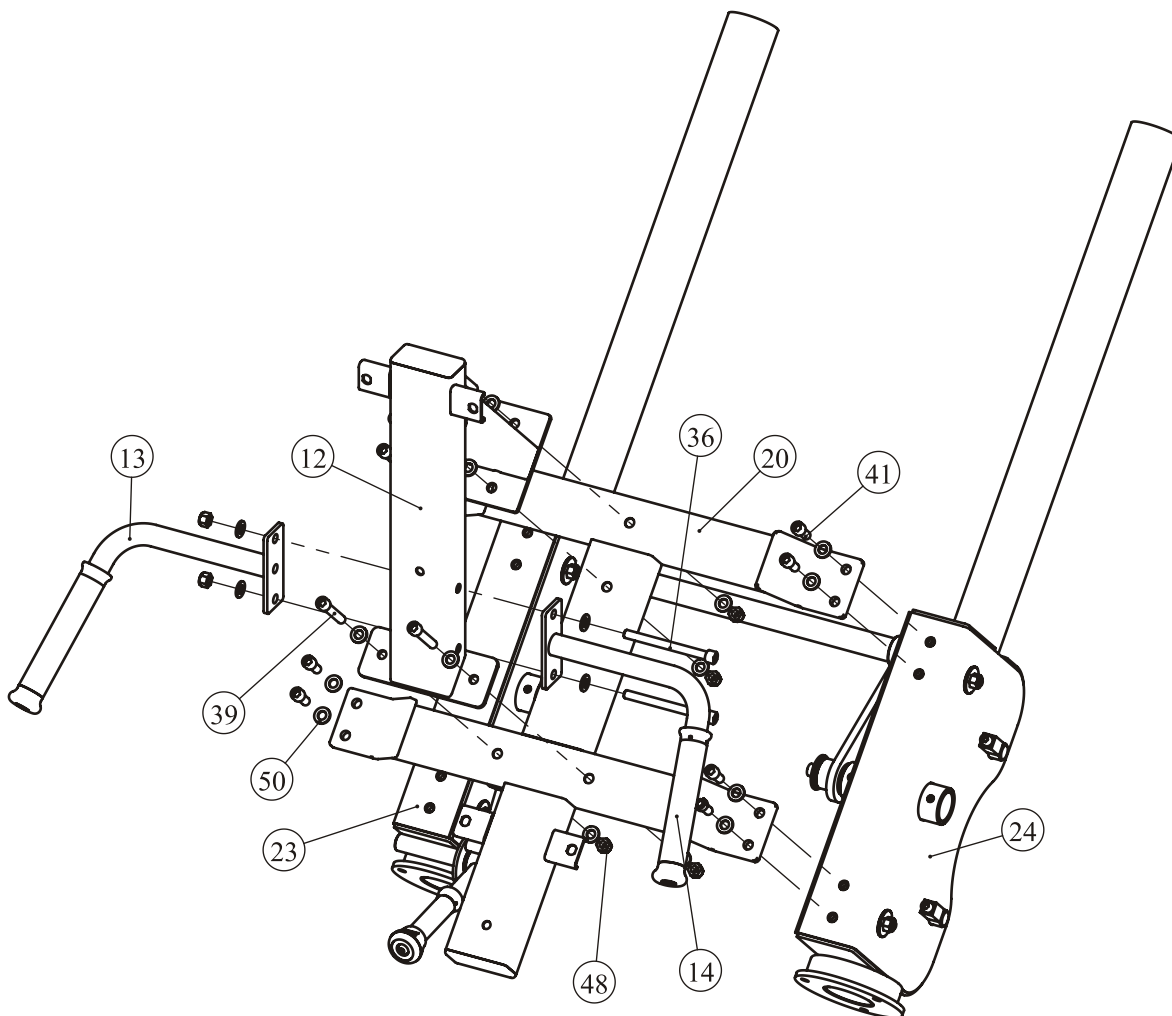
2. The Arm Pad Frame Assembly (#12) and Connection Frame Assembly (#20) connected together. Using:

- four M12*75 SHCS (#39)
- eight $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- four M12 Nylon Lock Nuts (#48)

3. The Left Handle Assembly (#13), Right Handle Assembly (#14) and Arm Pad Frame Assembly (#12) connected together. Using:

- two M12*135 SHCS (#36)
- four $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- two M12 Nylon Lock Nuts (#48)

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



Assembly

STEP 8

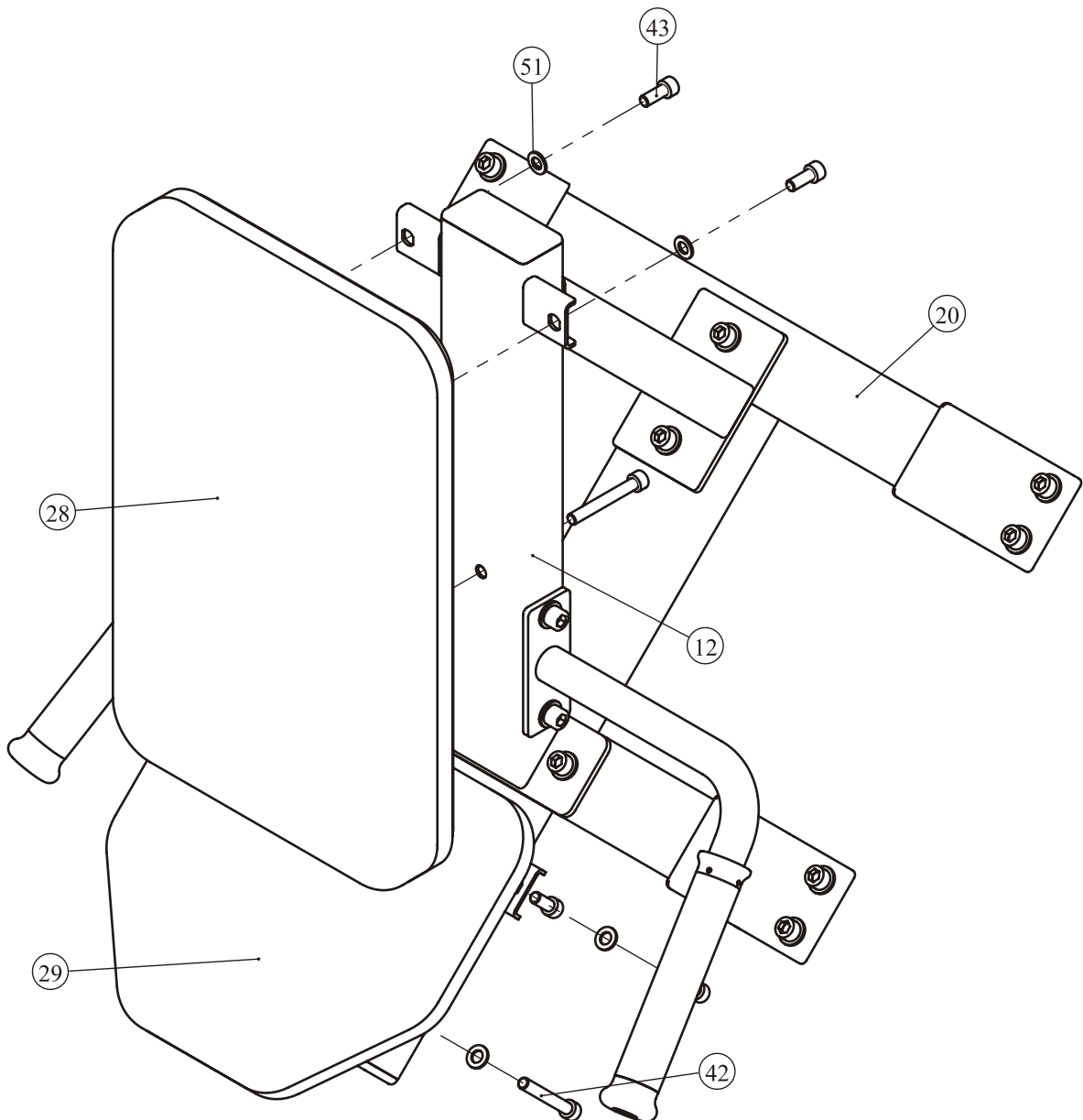
1. The Arm Pad (#28) and Arm Pad Frame Assembly (#12) connected together using:

- two M10*25 SHCS (#43)
- one M10*75 SHCS (#42)
- three $\Phi 11*\Phi 20*2$ Flat Washers (#51)

2. The Seat Pad (#29) and Connection Frame Assembly (#20) connected together using:

- two M10*25 SHCS (#43)
- one M10*75 SHCS (#42)
- three $\Phi 11*\Phi 20*2$ Flat Washers (#51)

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



Assembly

STEP 9

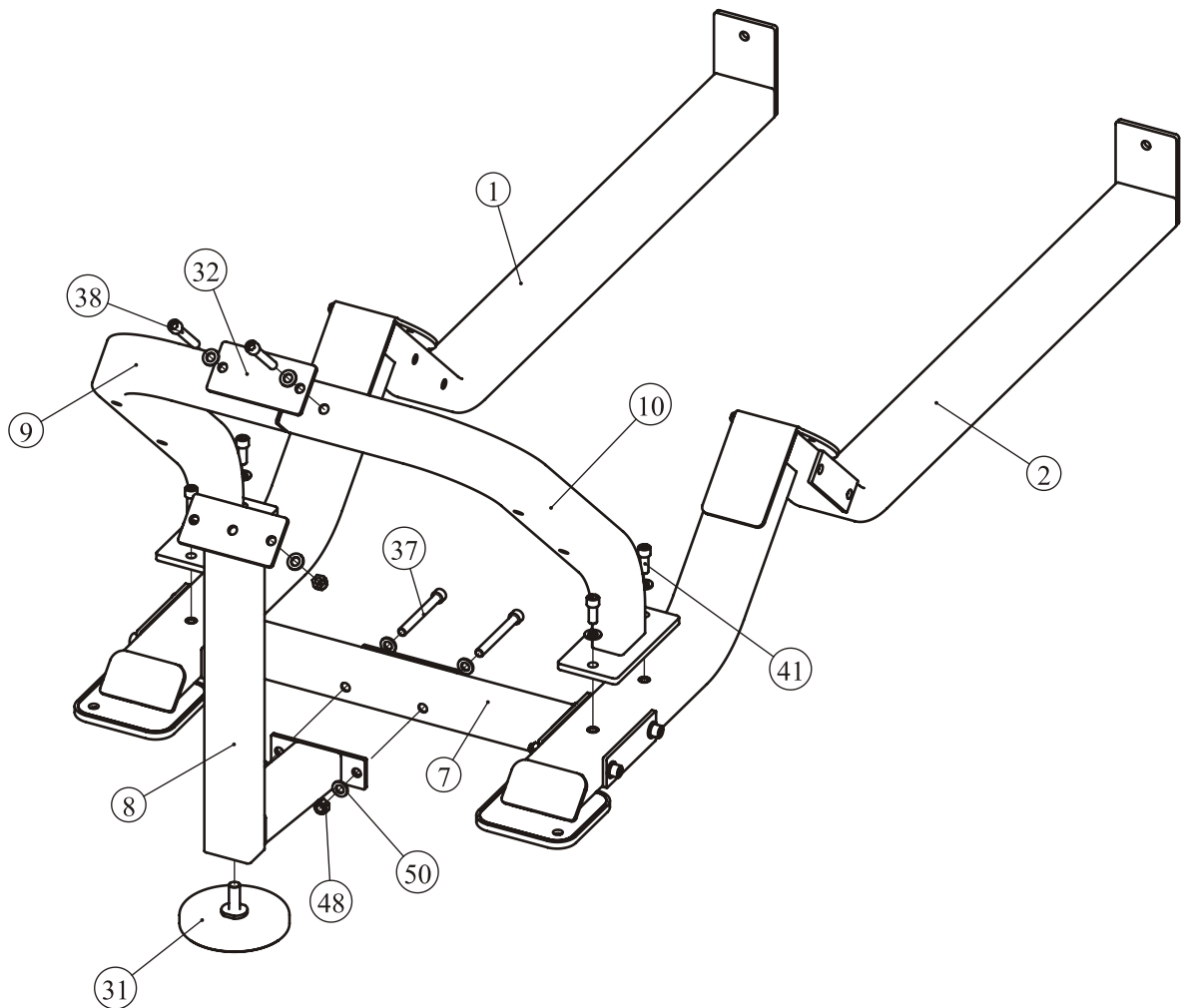
1. The Pedal Bracket (#8), Affixed Frame (#31) and Before Connecting Frame (#7) connected together using:

- two M12*110 SHCS (#37)
- four $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- two M12 Nylon Lock Nuts (#48)

2. The Left Foot Frame (#9), Right Foot Frame (#10) and External Fixation Plate (#32), Left Bottom Frame Assembly (#1), Right Bottom Frame Assembly (#2) connected together using:

- two M12*85 SHCS (#38)
- four M12*30 SHCS (#41)
- eight $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- two M12 Nylon Lock Nuts (#48)

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



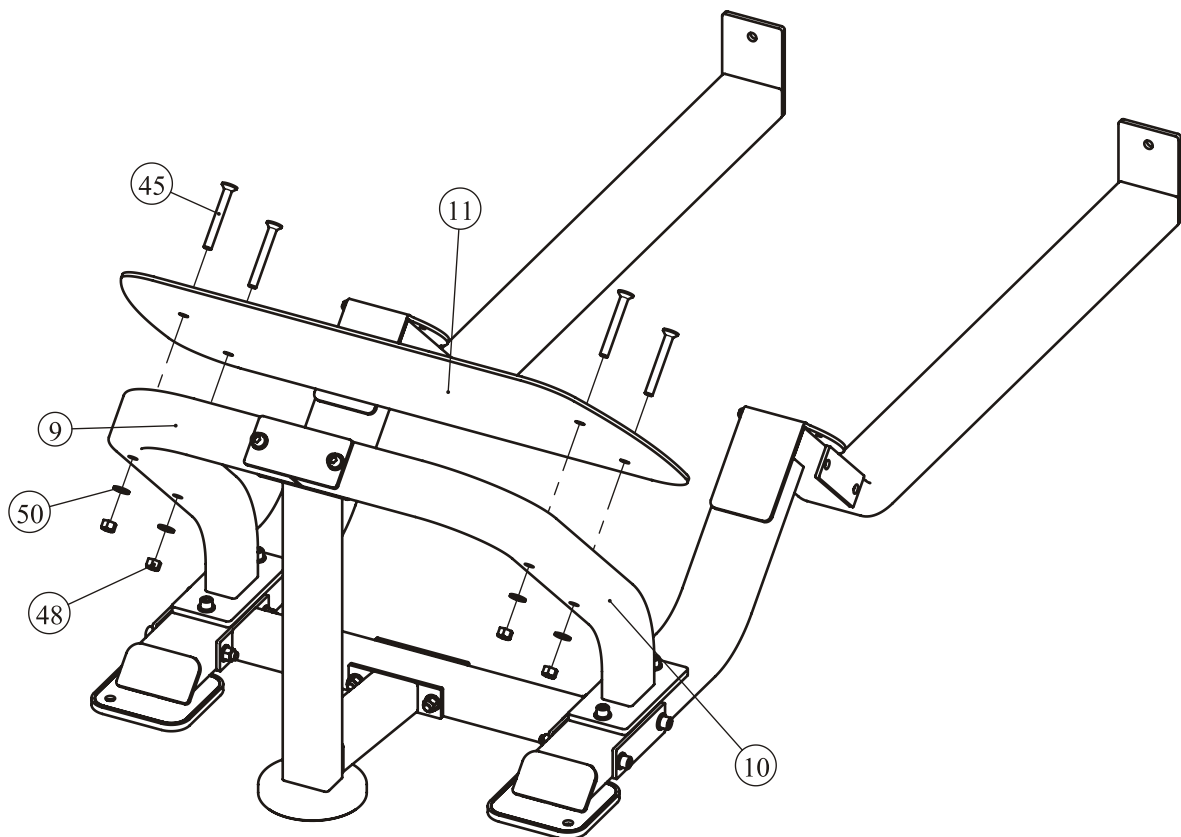
Assembly

STEP 10

The Foot Checkered (#11), and Left Foot Frame (#9), Right Foot Frame (#10) connected together. Using:

- four M12*100 FHCS (#45)
- four $\Phi 13*\Phi 24*2.5$ Flat Washers (#50)
- four M12 Nylon Lock Nuts (#48)

Note: Tighten all bolts and nuts before continuing.



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.

Specifications

Class: S

Maximum Wt. Capacity: 450Kg/ 990lbs.

Maximum User Weight: 150Kg/ 330lbs.

