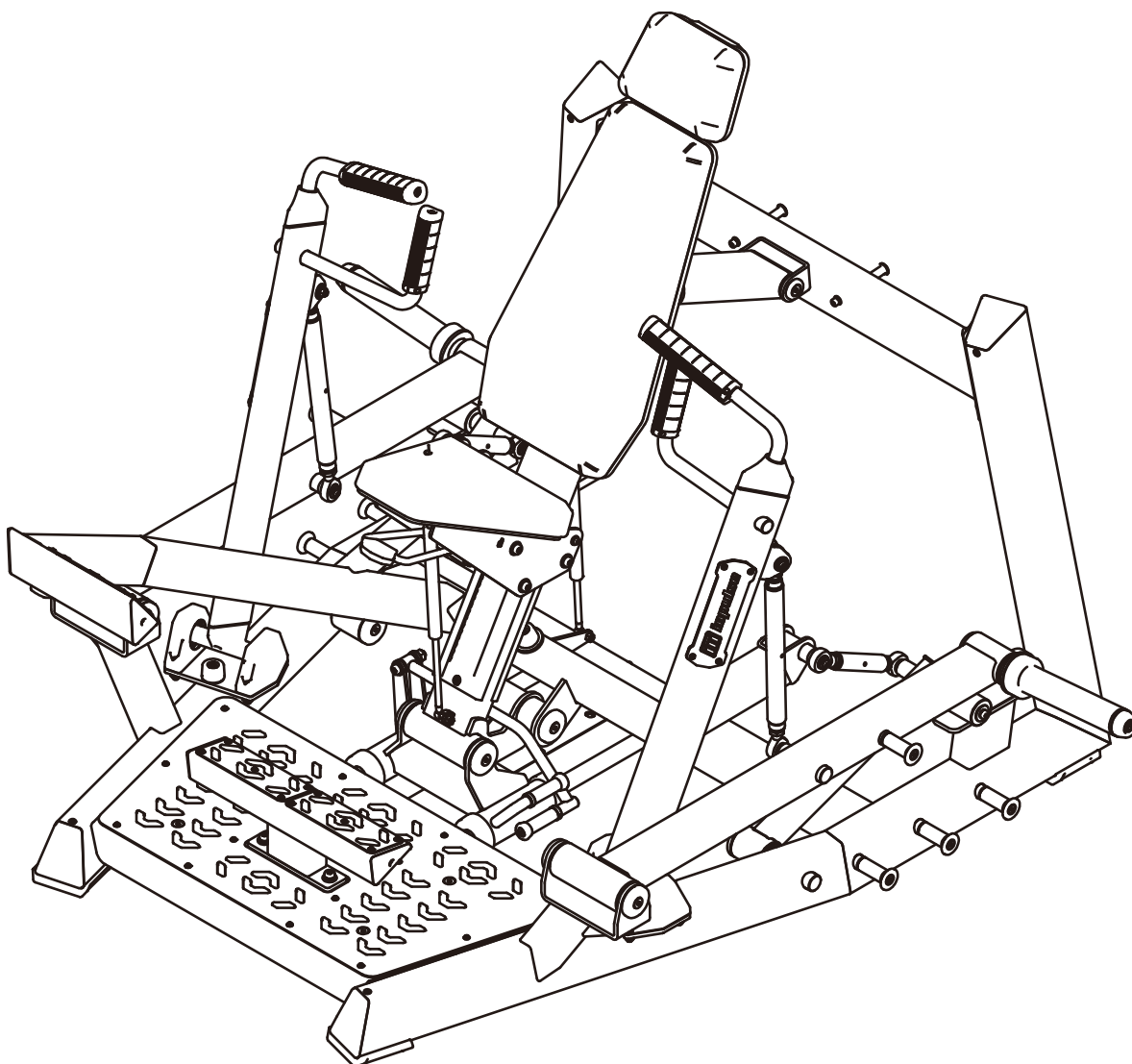




ECP204

HORIZONTAL/ DECLINE CHEST PRESS OWNER'S MANUAL

26C

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.

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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 0.5 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.

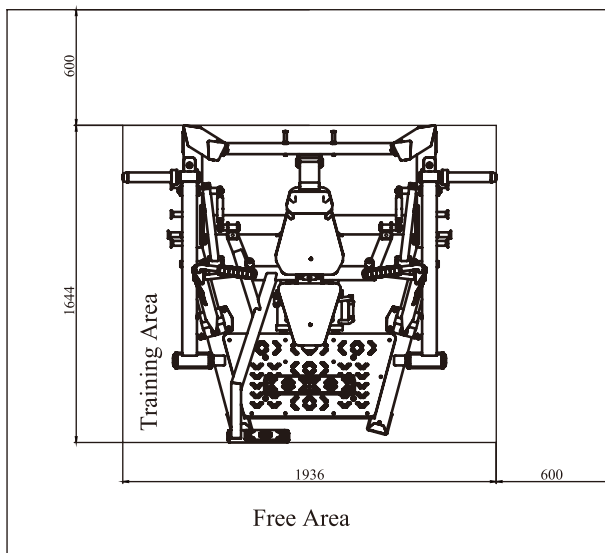
Important Safety Instructions

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: 100kg*2/ 220lbs*2

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1936*1644*1390mm

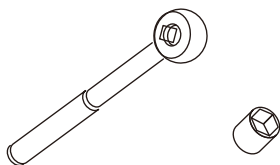
Product Total Surface: 1936*1644mm

Instructions

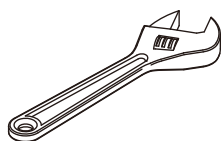
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

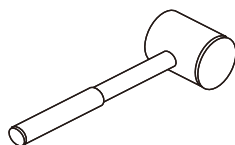
Tools Required



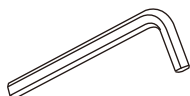
Ratchet Wrench and Socket



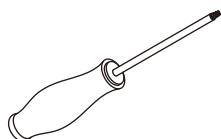
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP20401ASSY	Side Stand Frame I ASSY	1
2	ECP20402ASSY	Side Stand Frame II ASSY	1
3	ECP20403ASSY	Front Bottom Frame ASSY	1
4	ECP2040500	Rear Frame	1
5	ECP20406ASSY	Sliding Frame ASSY	1
6	ECP20408ASSY	Adjusting Frame ASSY	1
7	ECP20409ASSY	Auxiliary Foot Frame ASSY	1
8	ECP20410ASSY	Adjusting Handle Frame ASSY	1
9	ECP20415ASSY	Startup Frame ASSY	2
10	ECP20418ASSY	Foot Pedal Frame ASSY	1
11	ECP20108ASSY	Seat Frame ASSY	1
12	ECP20121ASSY	Set-Contained Bearing	4
13	ECP2040400	Bottom Connecting Frame	1
14	ECP20407ASSY	Back Frame ASSY	1
15	ECP20411ASSY	Arm Frame I ASSY	1
16	ECP20412ASSY	Arm Frame II ASSY	1
17	ECP20413ASSY	Loading Frame I ASSY	1
18	ECP20414ASSY	Loading Frame II ASSY	1
19	ECP20416ASSY	Connecting Rod Frame ASSY	2
20	ECP20417ASSY	Short Connecting Rod Frame ASSY	2
21	ECP20419ASSY	Foot Pedal ASSY	1
22	ECP2042200	Guideway	2
23	ECP2042300	Spring	2
24	ECP2042600	Press Shaft $\Phi 25 \times 185$	2
25	IF81211700	Shaft $\Phi 25.4 \times 120 \times M10$	2
26	IT95160700V1	Long Shaft $\Phi 25 \times 221 \times M10$	1
27	FE97261600	Shaft $\Phi 25 \times 173 \times M10$	1
28	ECP2014003	Limit Shaft $\Phi 19 \times 128$	1
29	ECP2014004	Roller Sleeve	1
30	YQ200-480Fa100	Gas Spring	1
31	YQ200-480Fa250	Gas Spring	1
32	ECP1012300	LOGO Inner Plate	2
33	ECP1012200	LOGO Plate	2
34	ECP2014000	Step Cover	4
35	ECP2014005	Short Shaft $\Phi 16 \times 54$	2
36	ECP20133ASSY	Roller ASSY	1

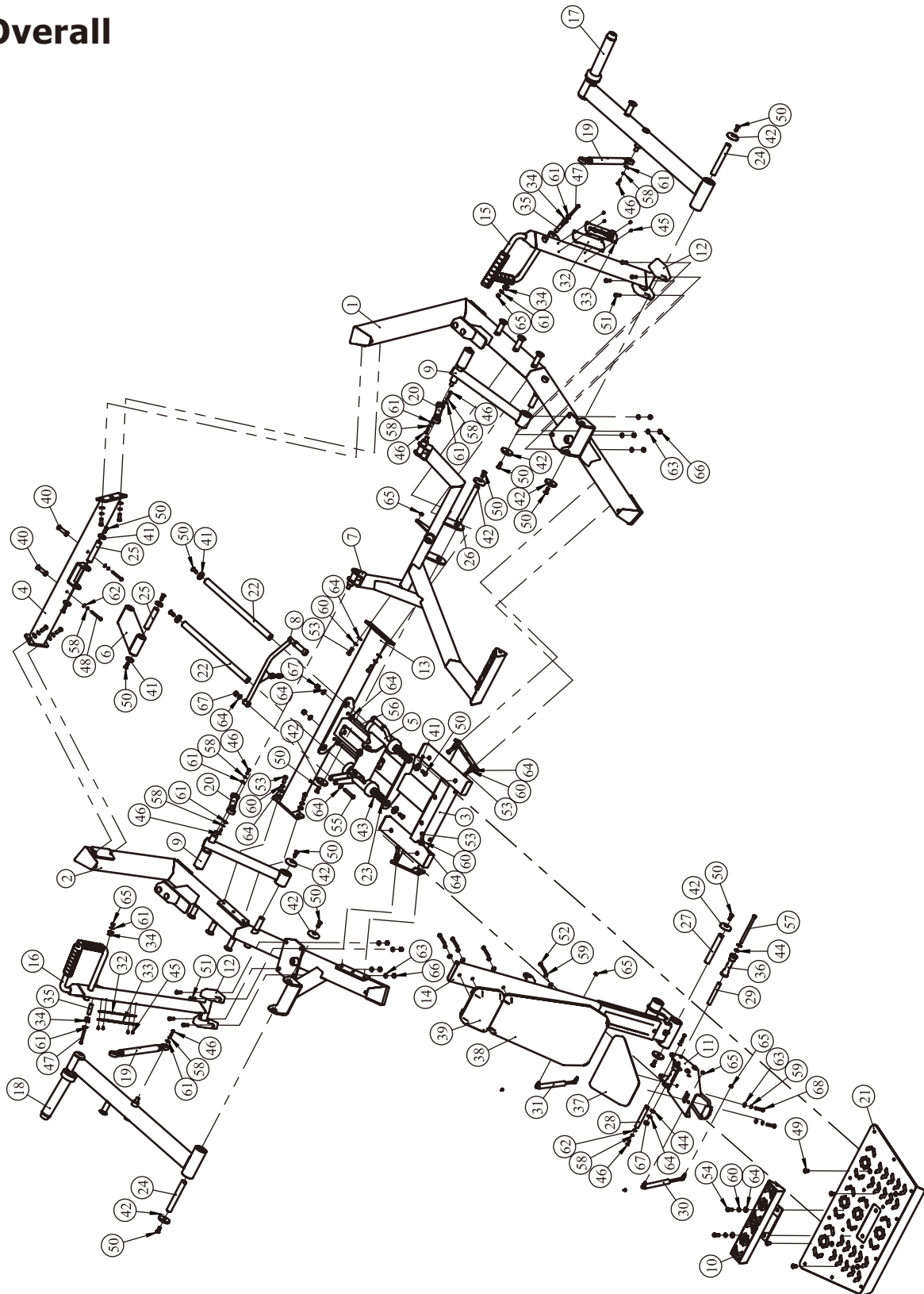
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
37	ECP2015100V1	Seat Pad	1
38	ECP20152ASSY	Back Pad ASSY	1
39	ECP20153ASSY	Head Pad ASSY	1
40	ECP1012500	Elastic Band Hanging Pillar	2
41	IN-D21202000	Cap Φ38	8
42	IE950716500	Aluminum Cap Φ60	10
43	SL70022500	Retaining Ring Φ46	2
44	ECP2014002	Spacer Sleeve Φ22*Φ18*2.5	2
45	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
46	PNLM8*25DN20	Button Head Cap Screw M8*25	8
47	PNLM8*70DN20	Button Head Cap Screw M8*70	2
48	GB70M8*65DN20	Socket Head Cap Screw M8*65	2
49	CNLM10*25DHS18NL	Flat Head Cap Screw M10*25	4
50	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	18
51	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	8
52	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	4
53	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	12
54	GB70BTM12*35DN18	Socket Head Cap Screw M12*35	2
55	GB70BTM12*65DN18	Socket Head Cap Screw M12*65	1
56	GB70BTM12*125DN18	Socket Head Cap Screw M12*125	2
57	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
58	GB938N19	Spring Washer Φ8	10
59	GB9310N19	Spring Washer Φ10	6
60	GB9312N19	Spring Washer Φ12	14
61	DQ8DN2	Flat Washer Φ9*Φ22*1.6	10
62	GB958DN2	Flat Washer Φ9*Φ16*1.6	4
63	GB9510DN2	Flat Washer Φ11*Φ20*2	14
64	GB9512DN2	Flat Washer Φ13*Φ24*2.5	22
65	NM8DN2	Nylon Lock Nut M8	6
66	NM10DN2	Nylon Lock Nut M10	8
67	NM12DN2	Nylon Lock Nut M12	4
68	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	2
69	NBS3DHS	Hex Key S=3	1
70	NBS5DHS	Hex Key S=5	1
71	NBS6DHS	Hex Key S=6	1
72	NBS8DHS	Hex Key S=8	1

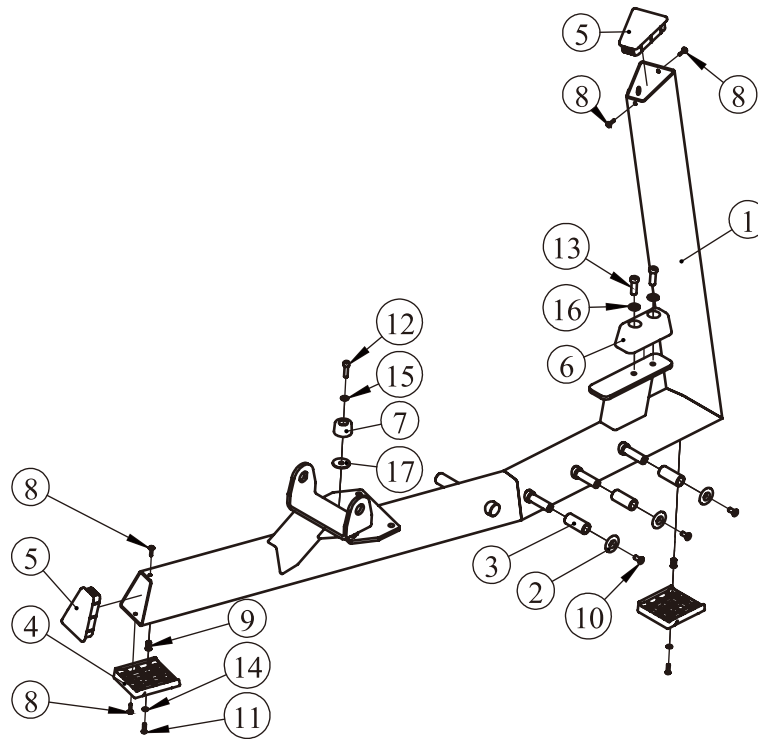
Exploded View and Parts List

Overall



Exploded View and Parts List

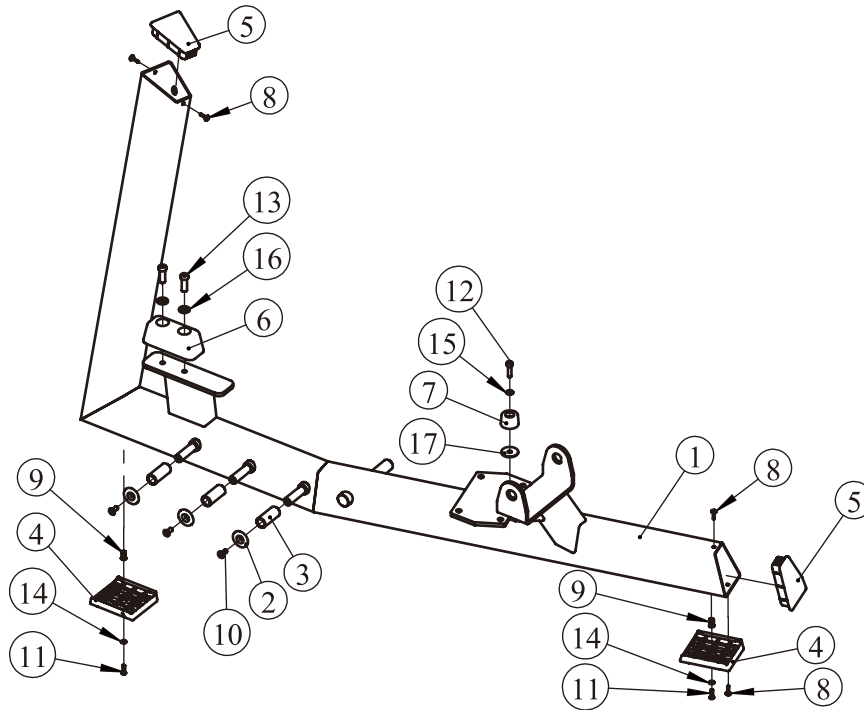
Side Stand Frame I ASSY



ItemNo.	Part No.	Description	QTY
1.1	ECP2040100	Side Stand Frame I	1
1.2	ECP1012400	Aluminum CapΦ40	3
1.3	ECP1013000	Rotating Sleeve	3
1.4	ECP2013400	Floor Mat	2
1.5	ECP2013500	Slanted Pipe Plug	2
1.6	PL380800	Buffer	1
1.7	KFLPHS4400	Buffer	1
1.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
1.9	GB17880.5M6*16.5DS17	Rivet Nut M6	2
1.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.12	GB70M8*30DHS20NL	Socket Head Cap Screw M8*30	1
1.13	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.14	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
1.15	GB958DN2	Flat Washer Φ9*Φ16*1.6	1
1.16	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2
1.17	DQ8DHS2C	Flat Washer Φ9*Φ22*1.6	1

Exploded View and Parts List

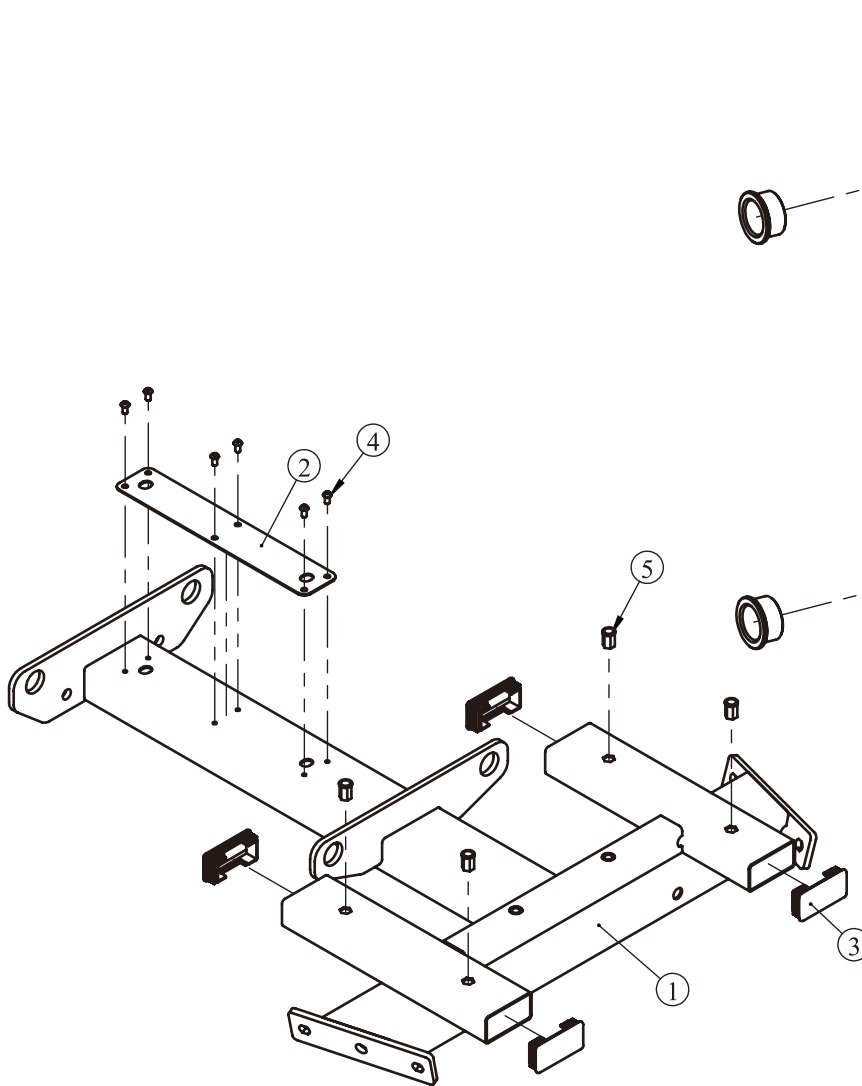
Side Stand Frame II ASSY



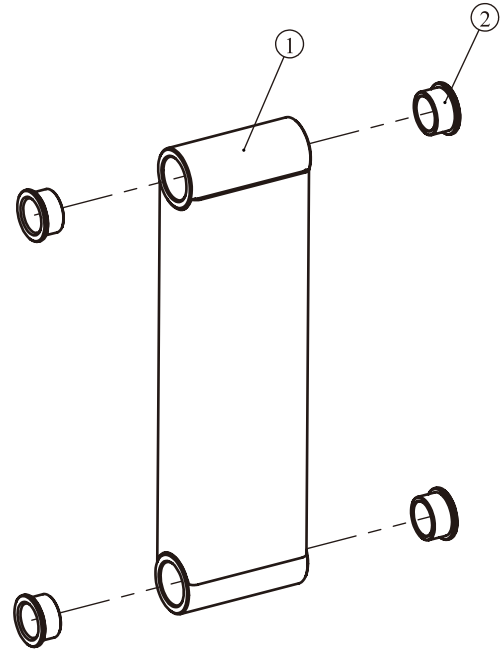
ItemNo.	Part No.	Description	QTY
2.1	ECP2040200	Side Stand Frame II	1
2.2	ECP1012400	Aluminum CapΦ40	3
2.3	ECP1013000	Rotating Sleeve	3
2.4	ECP2013400	Floor Mat	2
2.5	ECP2013500	Slanted Pipe Plug	2
2.6	PL380800	Buffer	1
2.7	KFLPHS4400	Buffer	1
2.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
2.9	GB17880.5M6*16.5DS17	Rivet Nut M6	2
2.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.12	GB70M8*30DHS20NL	Socket Head Cap Screw M8*30	1
2.13	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
2.14	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
2.15	GB958DN2	Flat Washer Φ9*Φ16*1.6	1
2.16	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2
2.17	DQ8DHS2C	Flat Washer Φ9*Φ22*1.6	1

Exploded View and Parts List

Front Bottom Frame ASSY



Adjusting Frame ASSY

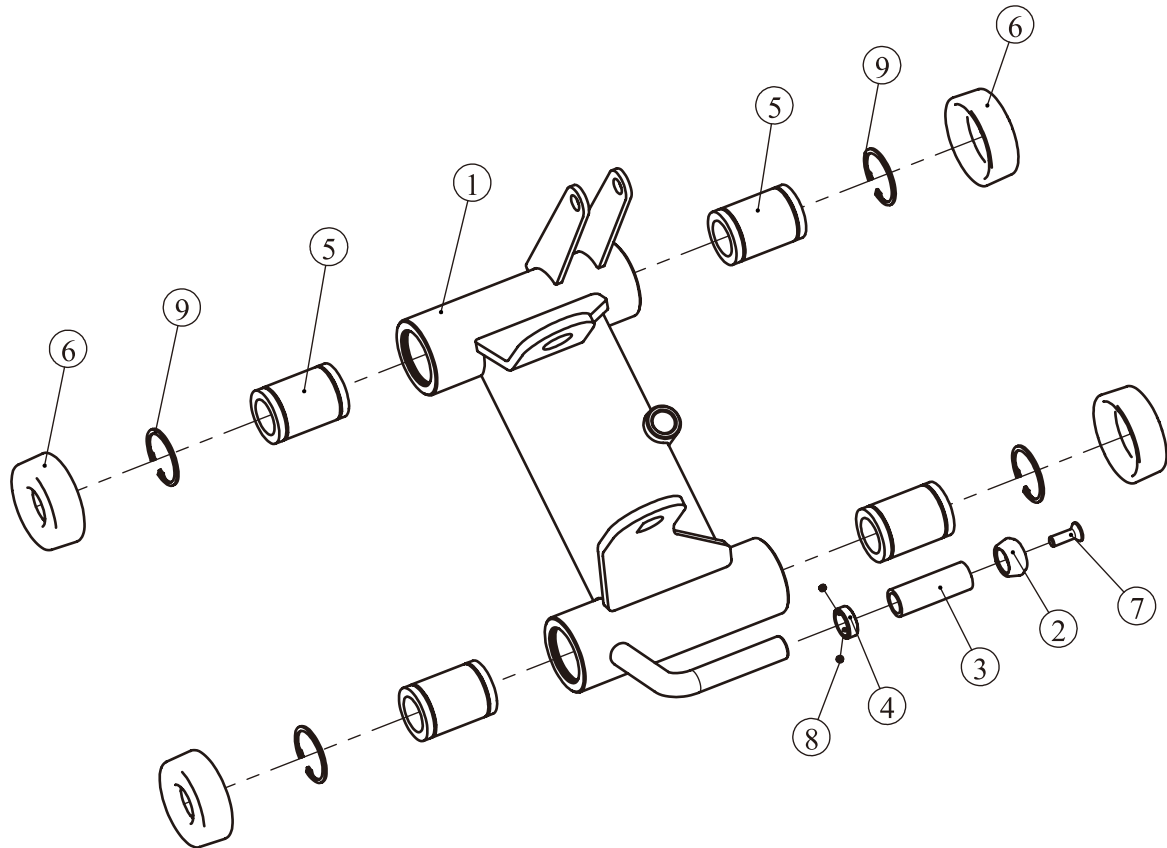


ItemNo.	Part No.	Description	QTY
3.1	ECP2040300	Front Bottom Frame	1
3.2	ECP2042400	Liner	1
3.3	HF1651700B	□40*80 Pipe Plug	4
3.4	PNLM6*12N19	Button Head Cap Screw M6*12	6
3.5	GB17880.5M10*19.5DS17	Rivet Nut M10	4

ItemNo.	Part No.	Description	QTY
6.1	ECP2040800	Adjusting Frame	1
6.2	M02502000	Cu Bearing	4

Exploded View and Parts List

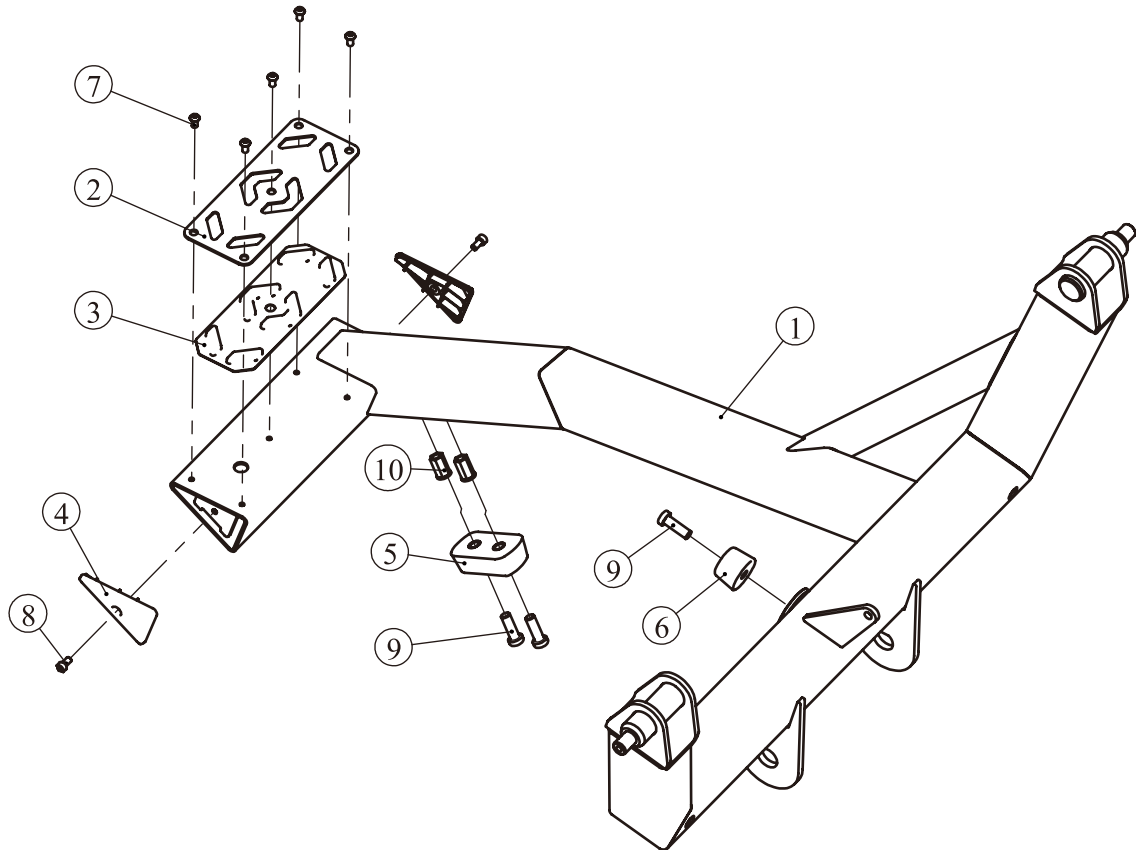
Sliding Frame ASSY



ItemNo.	Part No.	Description	QTY
5.1	ECP2040600	Sliding Frame	1
5.2	ECP2040607	Φ19 Cap	1
5.3	ECP2040608	Φ19 Handle Cover	1
5.4	ECP2040609	Φ19 Ring	1
5.5	LM30UU	Lining Bearing	4
5.6	VST600-PL621400	Buffer	4
5.7	CNLM8*25*25DS20NL	Flat Head Cap Screw M18*25	1
5.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2
5.9	GB893.145FH12	Hole Retaining Ring Φ45	4

Exploded View and Parts List

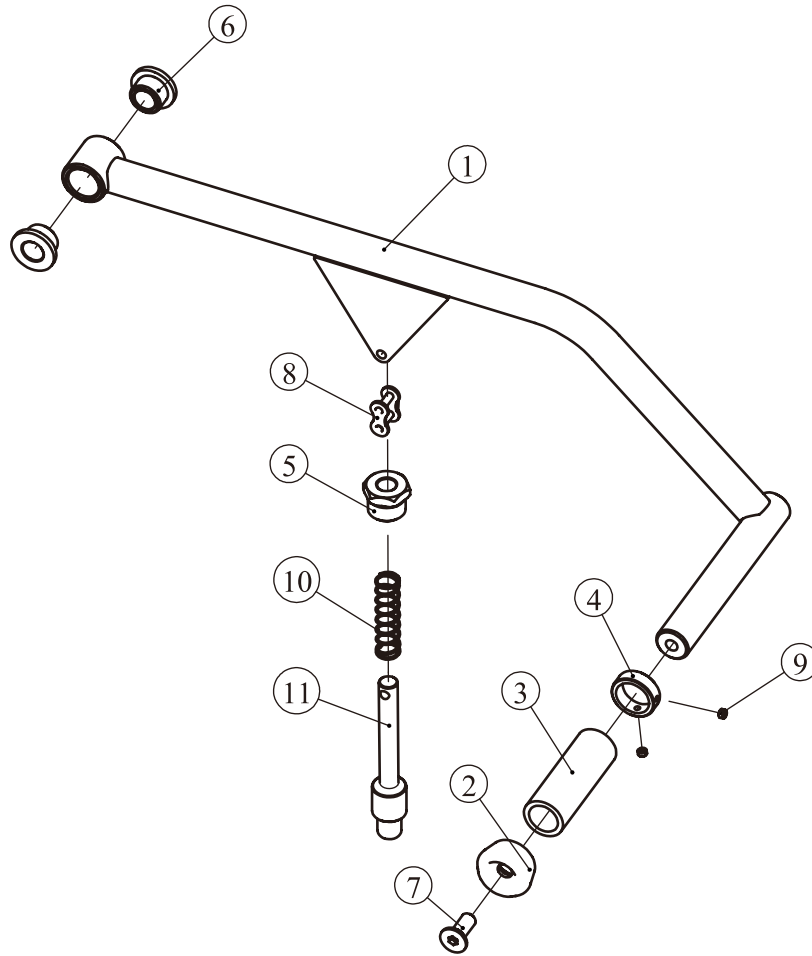
Auxiliary Foot Frame ASSY



ItemNo.	Part No.	Description	QTY
7.1	ECP2040900	Auxiliary Foot Frame	1
7.2	ECP2012400	Foot Pedal Liner	1
7.3	ECP2013900	Rubber Foot	1
7.4	ECP3013100	Triangle Plug	2
7.5	RS17000400	Safety Bumper	1
7.6	PBG10002	Buffer	1
7.7	PNLM6*12N19	Button Head Cap Screw M6*12	5
7.8	GB70M6*12DHS2	Socket Head Cap Screw M6*12	2
7.9	GB70BTM10*30DN18NL	Socket Head Cap Screw M10*30	3
7.10	GB17880.5M10*22.5DS17	Rivet Nut M10	2

Exploded View and Parts List

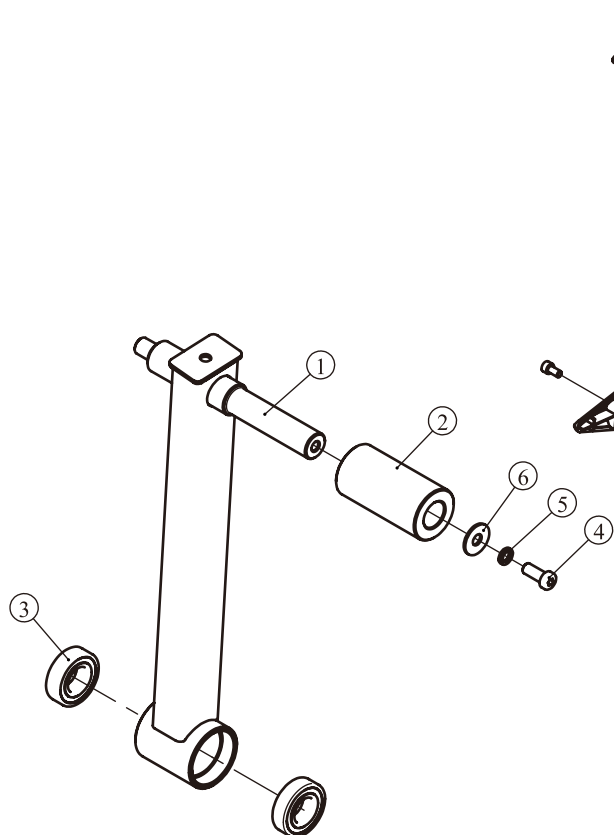
Adjusting Handle Frame ASSY



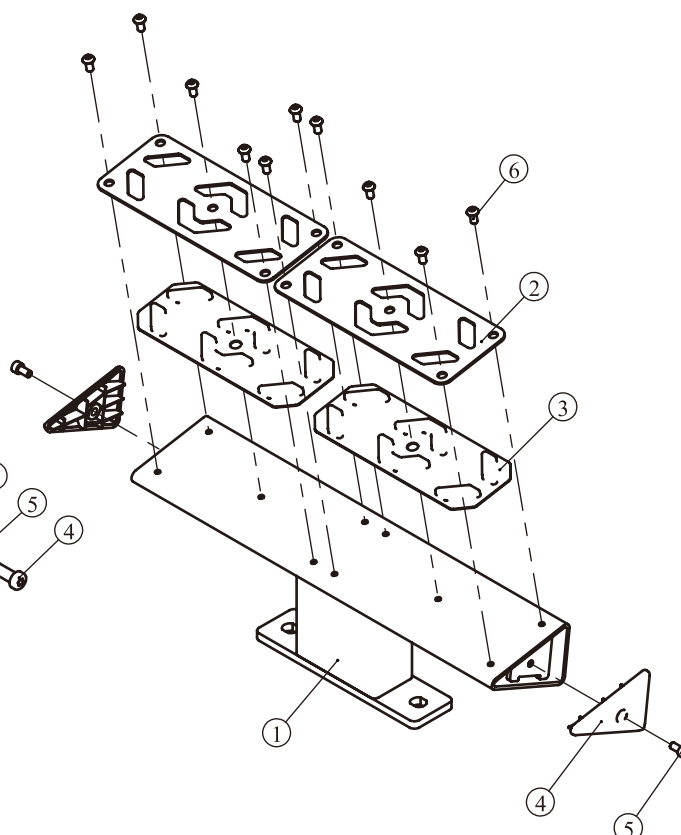
ItemNo.	Part No.	Description	QTY
8.1	ECP2041000	Adjusting Handle Frame	1
8.2	ECP2040607V1	Φ19 Cap	1
8.3	ECP2040608	Φ19 Handle Cover	1
8.4	ECP2040609	Φ19 Ring	1
8.5	KPS18002701V1	Locking Nut	1
8.6	M01402000	Cu Bearing	2
8.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
8.8	GB/T1243-199708BN19	Clip	1
8.9	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2
8.10	PL700BB8400	Spring	1
8.11	ECP6052700	plug pin	1

Exploded View and Parts List

Startup Frame ASSY



Foot Pedal Frame ASSY

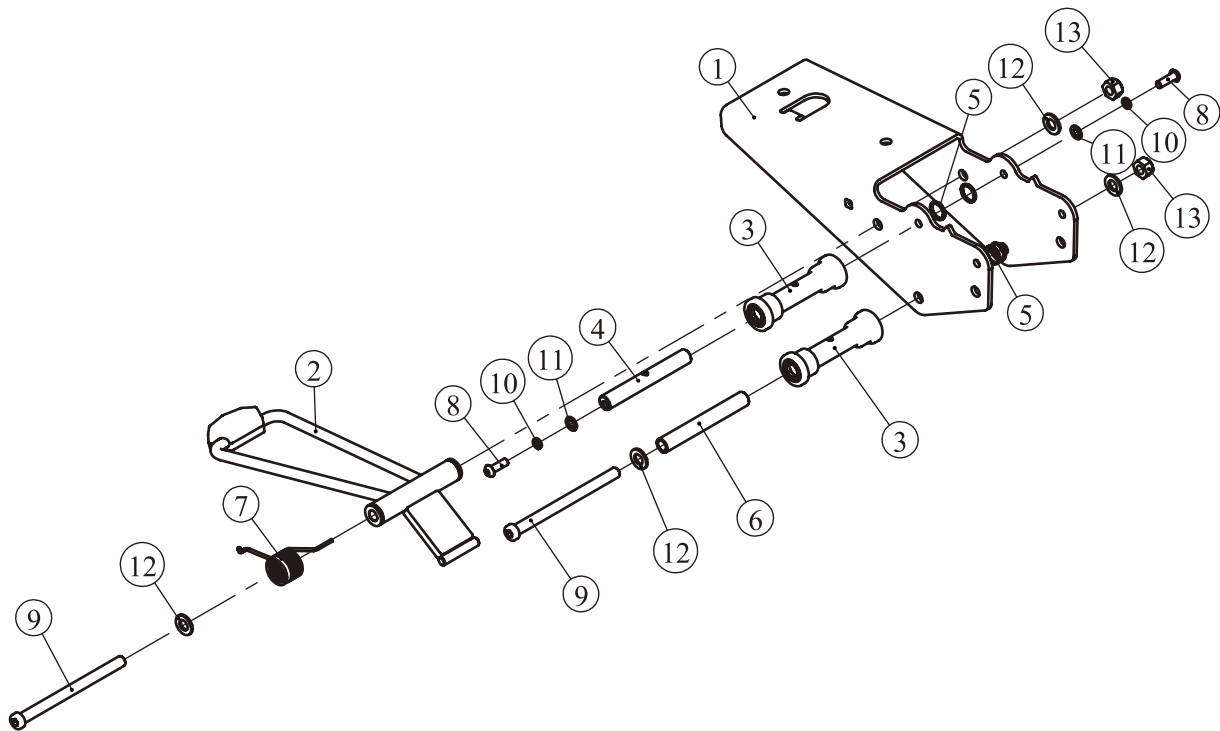


ItemNo.	Part No.	Description	QTY
9.1	ECP2041500	Startup Frame	1
9.2	ECP2013000	Limit Sleeve	1
9.3	GB2766205-2ZC3	Bearing 6205-2ZC3	2
9.4	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
9.5	GB9310N19	Spring Washer Φ10	1
9.6	DQ10DN2C	Flat Washer Φ11*Φ30*2	1

ItemNo.	Part No.	Description	QTY
10.1	ECP2041800	Foot Pedal Frame	1
10.2	ECP2012400	Foot Pedal Liner	2
10.3	ECP2013900	Small Rubber Foot	2
10.4	ECP3013100	Triangle Plug	2
10.5	GB70M6*12DHS2	Socket Head Cap Screw M6*12	2
10.6	PNLM6*12N19	Button Head Cap Screw M6*12	10

Exploded View and Parts List

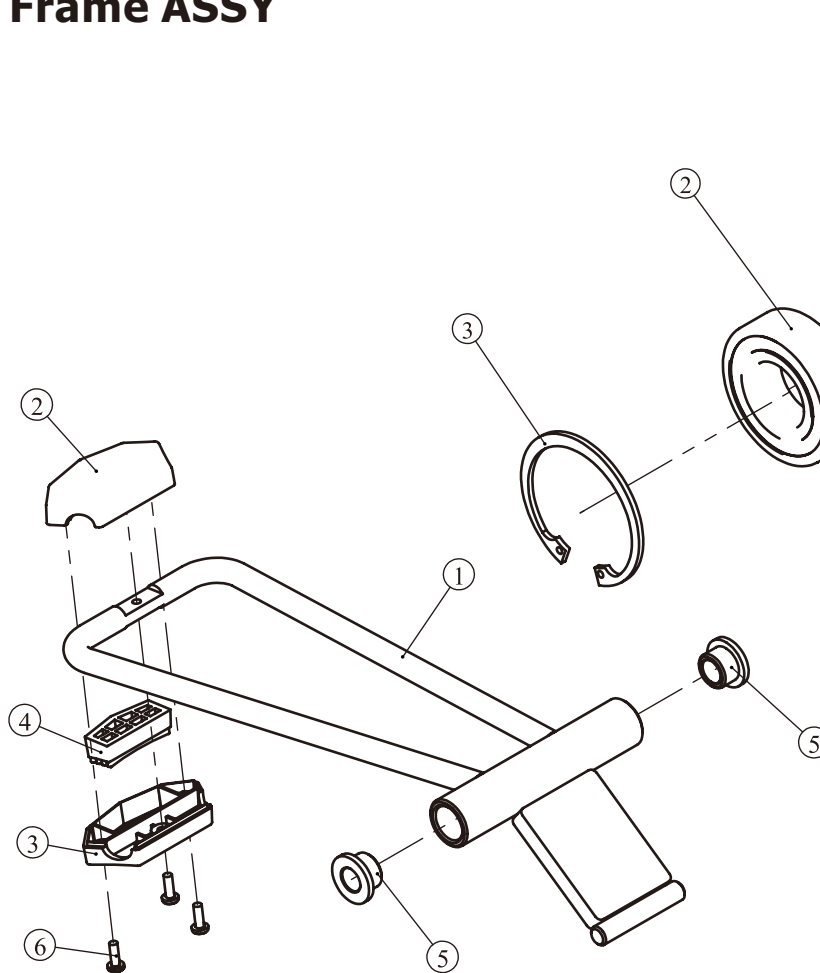
Seat Frame ASSY



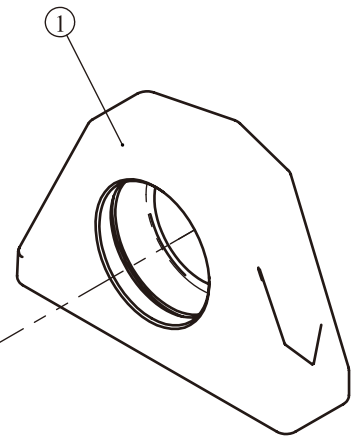
ItemNo.	Part No.	Description	QTY
11.1	ECP2010800	Seat Frame	1
11.2	ECP20111ASSY	Adjustable Handle Frame ASSY	1
11.3	ECP20133ASSY	Roller ASSY	2
11.4	ECP2014001	Eccentric Shaft $\Phi 17 \times 128$	1
11.5	ECP2014002	Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$	4
11.6	ECP2014004	Roller Sleeve	1
11.7	SL70012600	Torsion Spring	1
11.8	PNLM8*25DN20	Button Head Cap Screw M8*25	2
11.9	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	2
11.10	GB938N19	Spring Washer $\Phi 8$	2
11.11	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
11.12	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
11.13	NM12DN2	Nylon Lock Nut M12	2

Exploded View and Parts List

Adjustable Handle Frame ASSY



Set-Contained Bearing

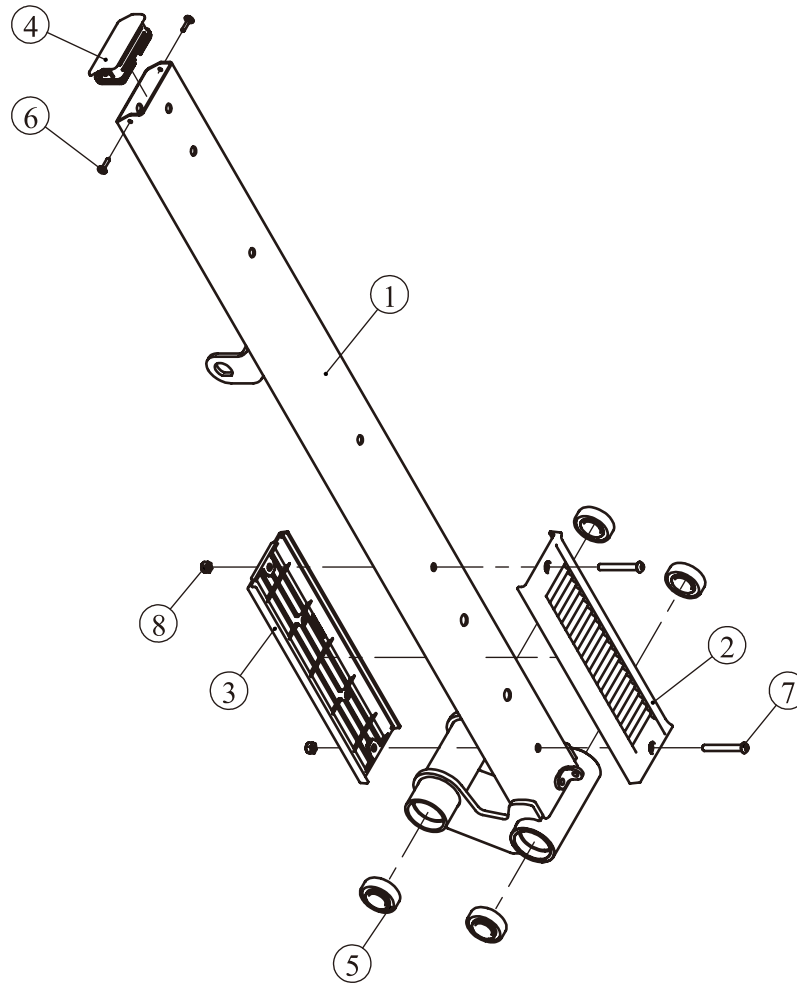


ItemNo.	Part No.	Description	QTY
11.2.1	ECP2011100	Adjustable Handle Frame	1
11.2.2	ECP3012600	Handle Top Cap	1
11.2.3	ECP3012700	Handle Bottom Cap	1
11.2.4	ECP3012800	Handle Rubber Bumper	1
11.2.5	M01402000	Copper Bushing $\Phi 25 * \Phi 12.2 * 13$	2
11.2.7	GB818M4*12DS4	Cross Recessed Pan Head Screw M4*12	3

ItemNo.	Part No.	Description	QTY
12.1	ECP2012100	Bearing Seat	1
12.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
12.3	GB893.152FH12	Hole Retaining Ring $\Phi 52$	1

Exploded View and Parts List

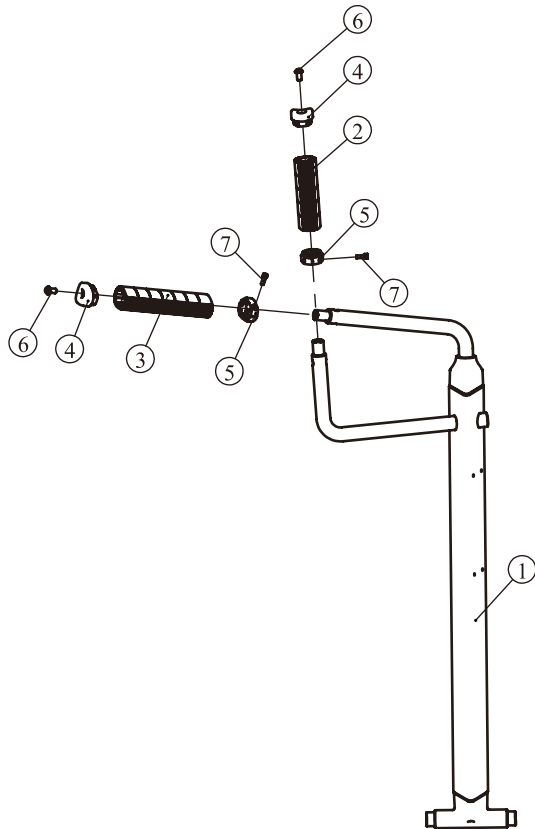
Back Frame ASSY



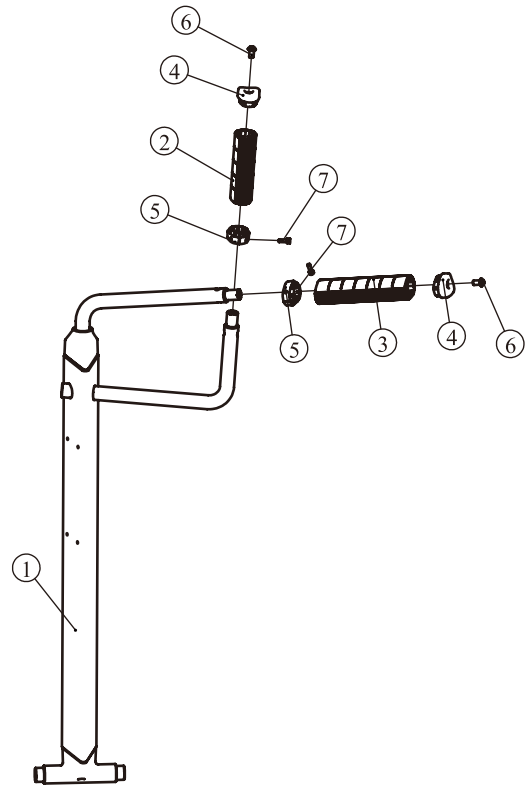
ItemNo.	Part No.	Description	QTY
14.1	ECP2040700	Back Frame	1
14.2	ECP2013100	Front Adjusting Plate	1
14.3	ECP2013200	Rear Adjusting Plate	1
14.4	ECP2014500	End Cap	1
14.5	GB2766205-2ZC3NBKTZ	Bearing 6205-2Z	4
14.6	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
14.7	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
14.8	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Arm Frame I ASSY



Arm Frame II ASSY

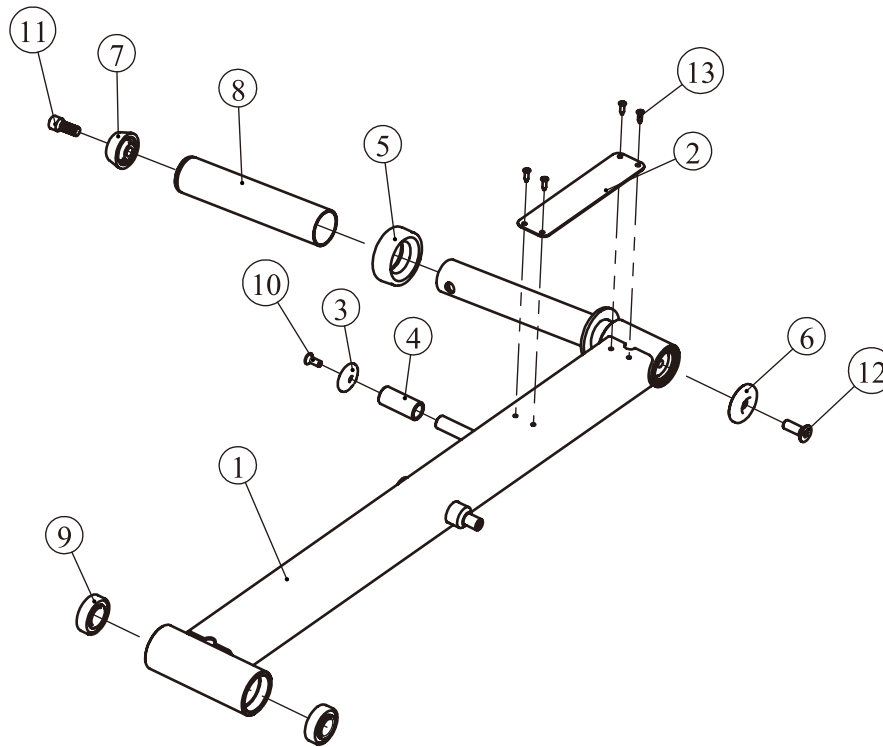


ItemNo.	Part No.	Description	QTY
15.1	ECP2041100	Arm Frame I	1
15.2	ECP2042500	Short Aluminium Handle	1
15.3	ECP2012500	Aluminium Handle	1
15.4	ECP2012600	Aluminum Cap	2
15.5	ECP2012700	Aluminum Retaining Ring	2
15.6	PNLM8*15N19	Button Head Cap Screw M8*15	2
15.7	GB70M5*15N19	Socket Head Cap Screw M5*15	2

ItemNo.	Part No.	Description	QTY
16.1	ECP2041200	Arm Frame II	1
16.2	ECP2042500	Short Aluminium Handle	1
16.3	ECP2012500	Aluminium Handle	1
16.4	ECP2012600	Aluminum Cap	2
16.5	ECP2012700	Aluminum Retaining Ring	2
16.6	PNLM8*15N19	Button Head Cap Screw M8*15	2
16.7	GB70M5*15N19	Socket Head Cap Screw M5*15	2

Exploded View and Parts List

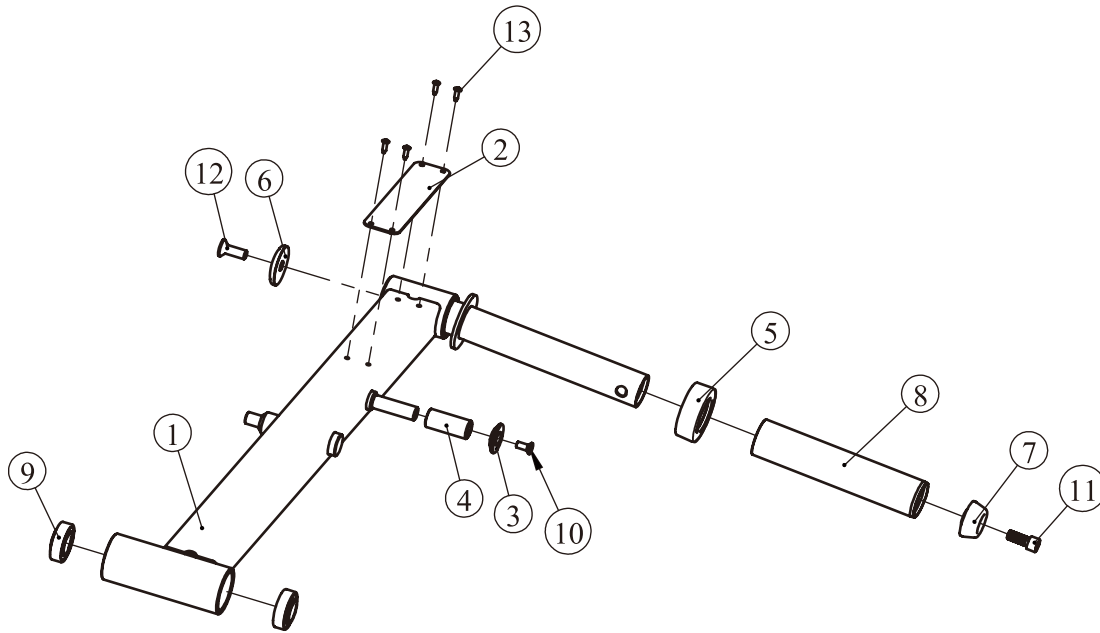
Loading Frame I ASSY



ItemNo.	Part No.	Description	QTY
17.1	ECP2041300	Loading Frame I	1
17.2	ECP5042200	Liner	1
17.3	ECP1012400	Aluminum Cap $\Phi 40$	1
17.4	ECP1013000	Rotating Sleeve	1
17.5	PL1301600	Rubber Bumper	1
17.6	SL70011700	Aluminum Cap $\Phi 54$	1
17.7	SL70012000	Plastic Cap	1
17.8	HZ70022000V1	Short Barbell Casing	1
17.9	GB2766205-2ZC3NBKTZ	Bearing 6205-2Z	2
17.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
17.11	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
17.12	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
17.13	GB126185*13N11	Open End Dome Head Blind Rivet 5*13	4

Exploded View and Parts List

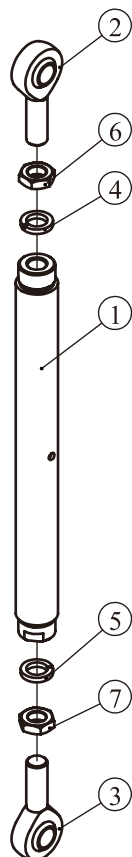
Loading Frame II ASSY



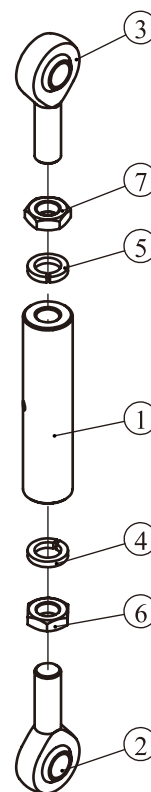
ItemNo.	Part No.	Description	QTY
18.1	ECP2041400	Loading Frame II	1
18.2	ECP5042200	Liner	1
18.3	ECP1012400	Aluminum Cap $\Phi 40$	1
18.4	ECP1013000	Rotating Sleeve	1
18.5	PL1301600	Rubber Bumper	1
18.6	SL70011700	Aluminum Cap $\Phi 54$	1
18.7	SL70012000	Plastic Cap	1
18.8	HZ70022000V1	Short Barbell Casing	1
18.9	GB2766205-2ZC3NBKTZ	Bearing 6205-2Z	2
18.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
18.11	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
18.12	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
18.13	GB126185*13N11	Open End Dome Head Blind Rivet 5*13	4

Exploded View and Parts List

Connecting Rod Frame ASSY



Short Connecting Rod Frame ASSY

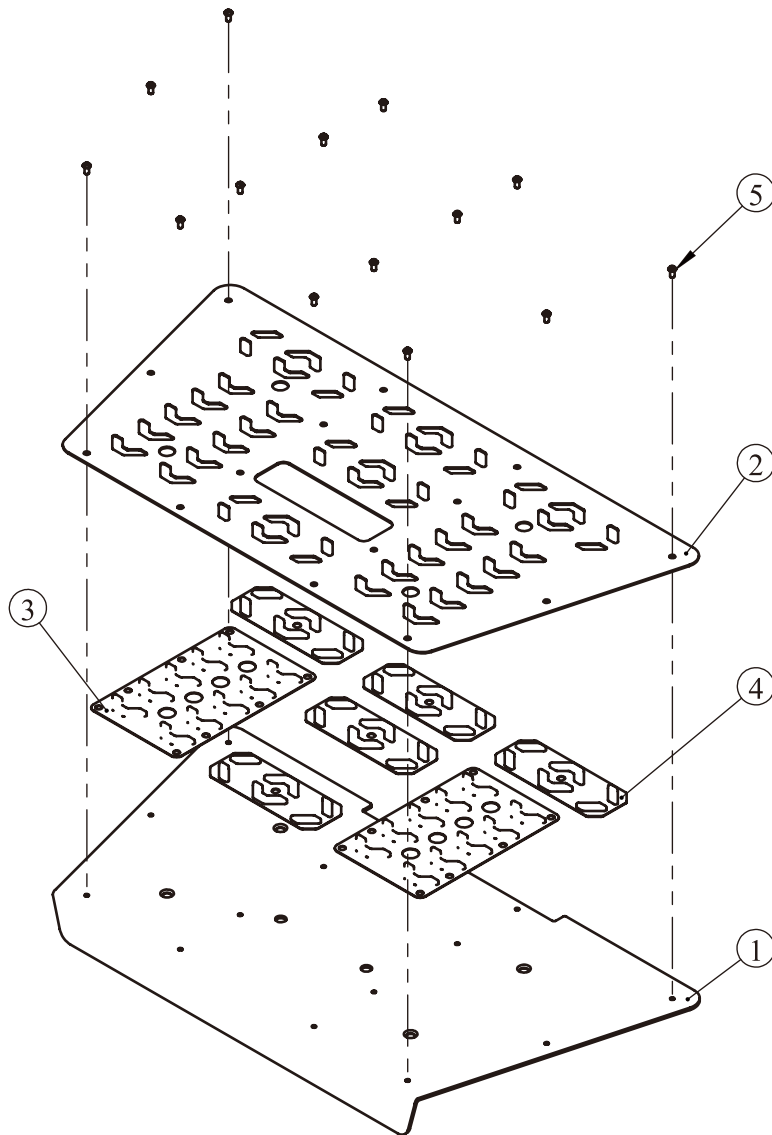


ItemNo.	Part No.	Description	QTY
19.1	ECP1031400	Connecting Rod Frame	1
19.2	SA16	Oscillating Bearing	1
19.3	SAL16	Oscillating Bearing(LH)	1
19.4	GB9316DS12	Spring Washer Φ16	1
19.5	GB93L16DS12	Spring Washer Φ16(LH)	1
19.6	GB6172.1M16DS2	Hex Nut M16	1
19.7	GB6172.1LM16DS2	Hex Nut M16(LH)	1

ItemNo.	Part No.	Description	QTY
20.1	ECP2041700	Connecting Rod Frame	1
20.2	SA16	Oscillating Bearing	1
20.3	SAL16	Oscillating Bearing(LH)	1
20.4	GB9316DS12	Spring Washer Φ16	1
20.5	GB93L16DS12	Spring Washer Φ16(LH)	1
20.6	GB6172.1M16DS2	Hex Nut M16	1
20.7	GB6172.1LM16DS2	Hex Nut M16(LH)	1

Exploded View and Parts List

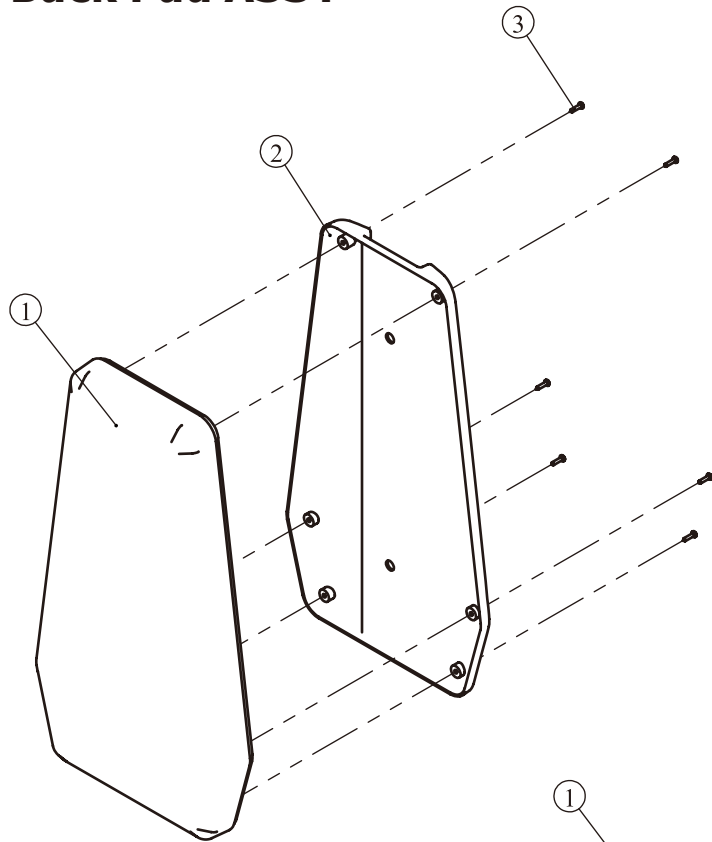
Foot Pedal ASSY



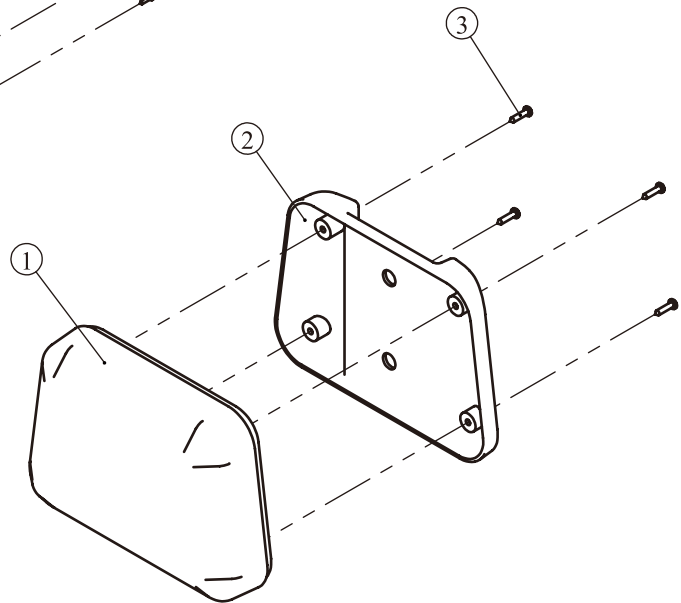
ItemNo.	Part No.	Description	QTY
21.1	ECP2042000	Foot Pedal Plate	1
21.2	ECP2042100	Foot Pedal Cover	1
21.3	ECP3023100	Rubber Foot	2
21.4	ECP2013900	Small Rubber Foot	5
21.5	PNLM6*12N19NL	Button Head Cap Screw M6*12	14

Exploded View and Parts List

Back Pad ASSY



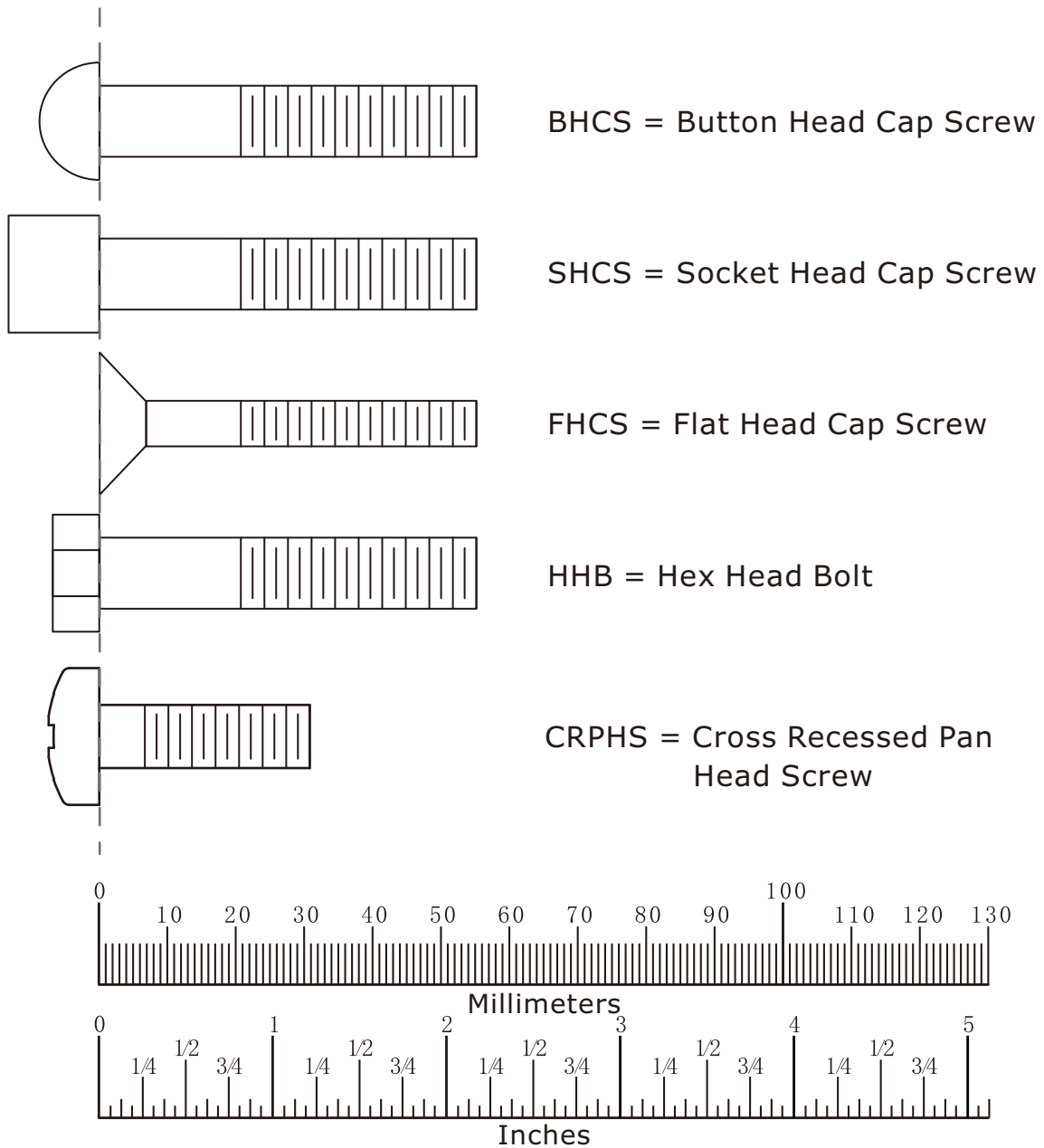
Head Pad ASSY



ItemNo.	Part No.	Description	QTY
38.1	ECP2015200V1	Back Pad	1
38.2	ECP2013600	Back Pad Cover	1
38.3	GB845ST4.2*19DHS	C ross Recessed Pan Head Thread F orming Screw s ST4.2*19	6

ItemNo.	Part No.	Description	QTY
39.1	ECP2015300V1	Head Pad	1
39.2	ECP2013700	Head Pad Cover	1
39.3	GB845ST4.2*19DHS	C ross Recessed Pan Head Thread F orming Screw s ST4.2*19	6

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

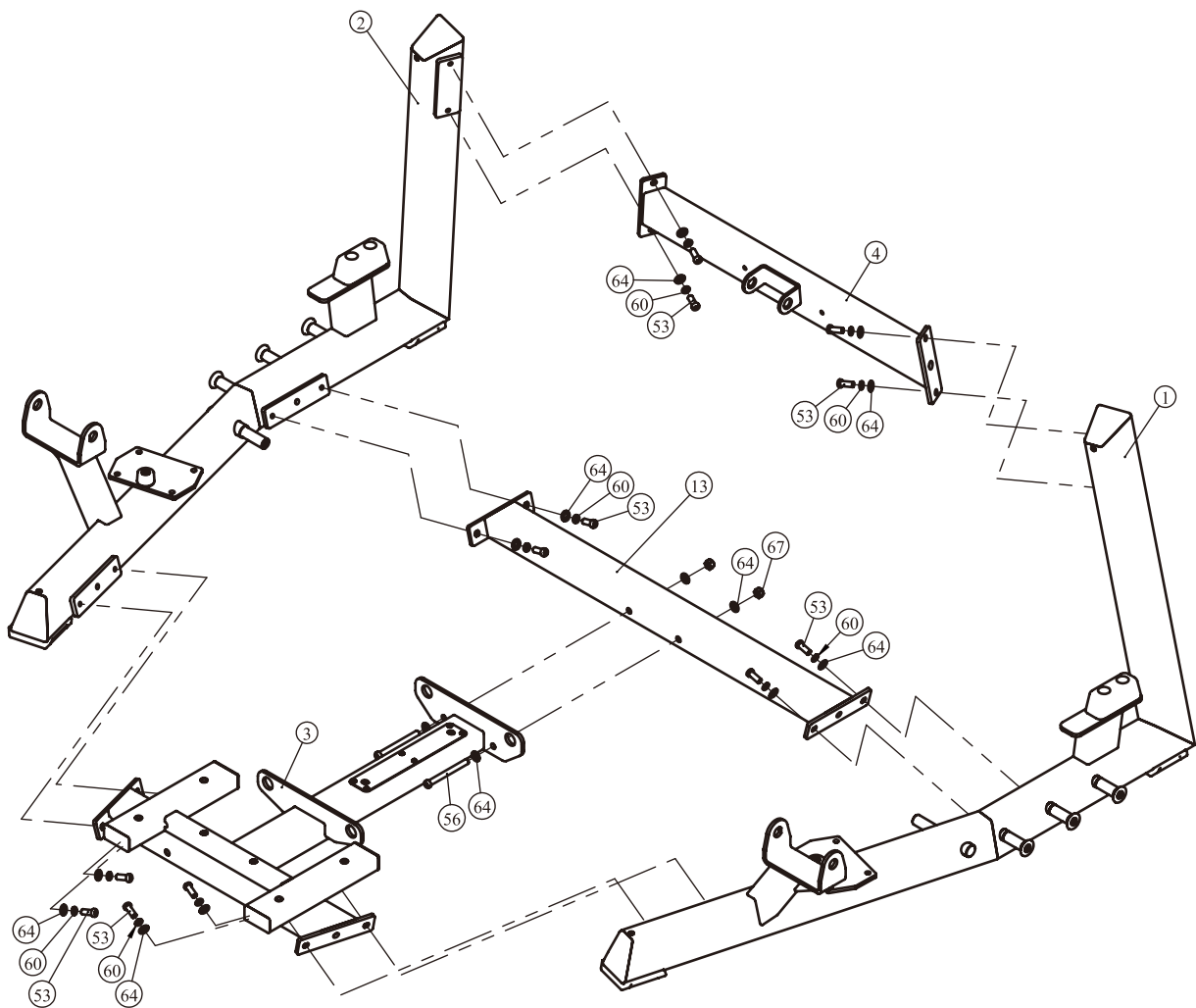
Attach the Front Bottom Frame ASSY (#3) and Rear Frame (#4) and Bottom Connecting Frame (#13) to Side Stand Frame I ASSY (#1) and Side Stand Frame II ASSY (#2) using:

twelve M12*30 SHCS (#53)

twelve $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#64)

twelve Spring Washer $\Phi 12$ (#60)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

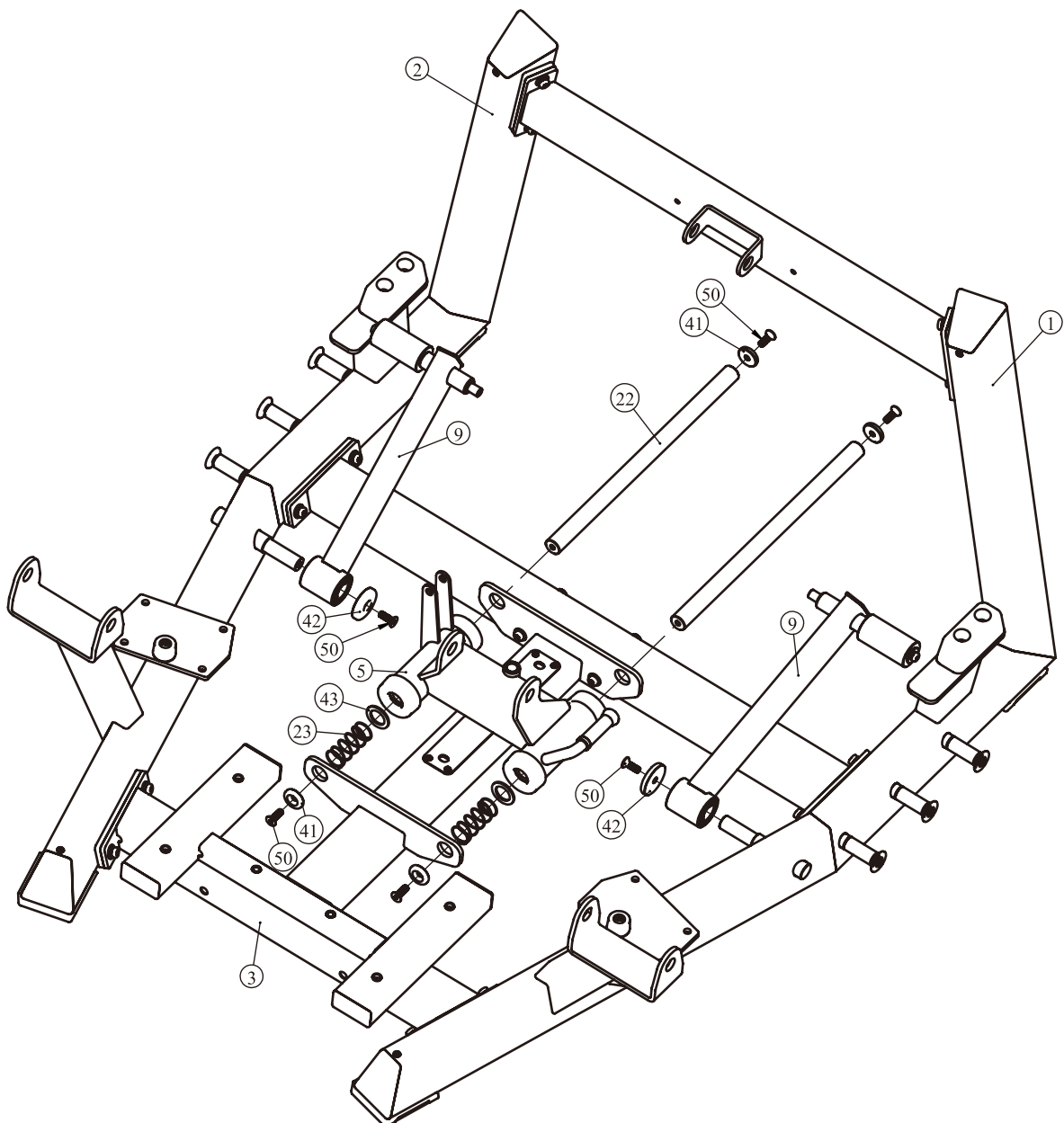


Assembly

STEP 2

1. Pass the two Guideway (#22) through the Rear hole on Front Bottom Frame ASSY (#3).
2. Attach the Sliding Frame ASSY (#5) and two Spring (#23) and two Retaining Ring (#43) to two Guideway (#22).
3. Attach the two Guideway (#22) to Front Bottom Frame ASSY (#3) using:
four M10*30 FHCS (#50) four Aluminum Cap Φ38 (#41)
4. Attach the two Startup Frame ASSY (#9) to Side Stand Frame I ASSY (#1) and Side
Stand Frame II ASSY (#2) using:
two M10*30 FHCS (#50) two Aluminum Cap Φ60 (#42)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

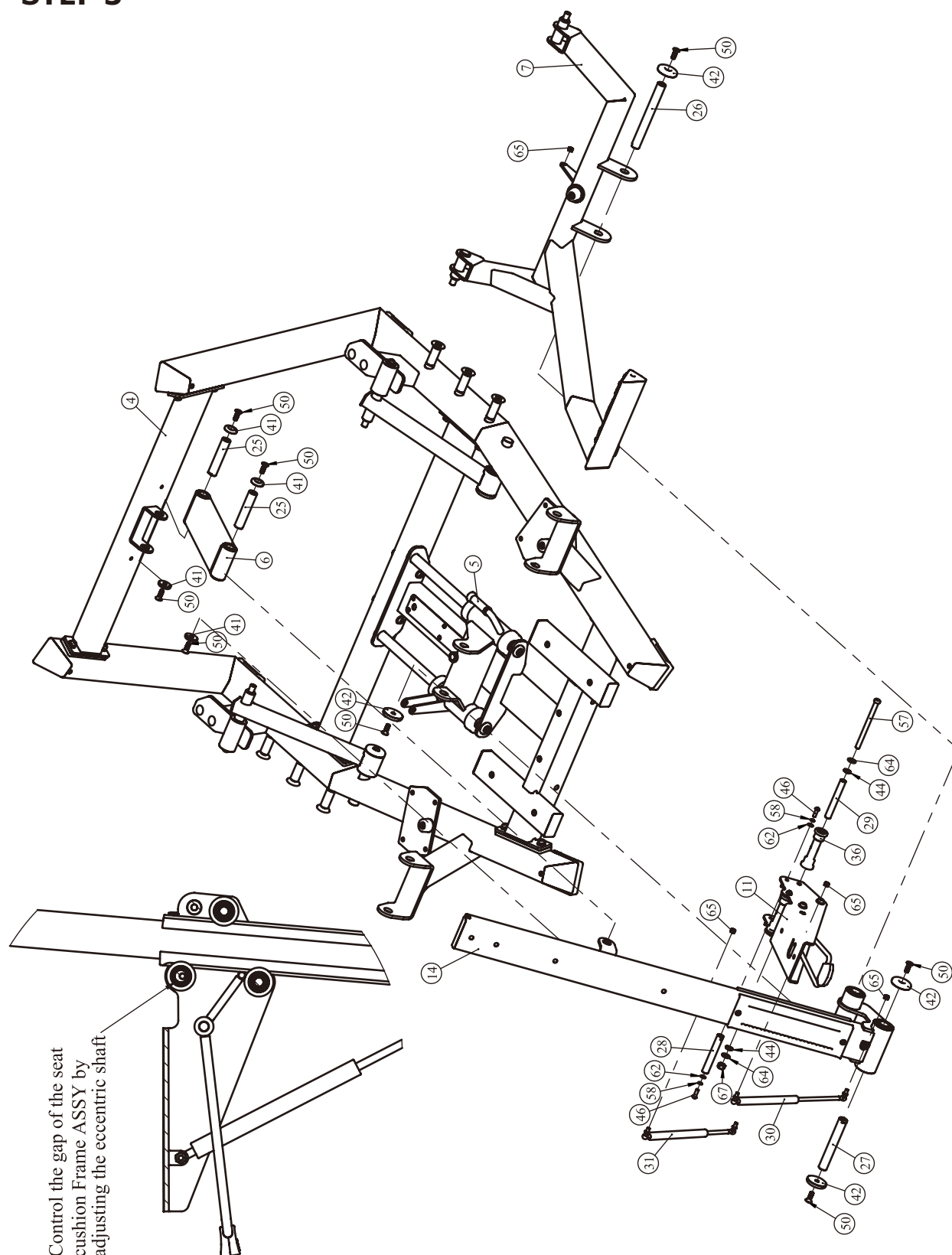
STEP 3

1. Attache the Adjusting Frame ASSY (#6) to Rear Frame (#4) using:
 - one Shaft $\Phi 25.4 \times 120 \times M10$ (#25)
 - two Aluminum Cap $\Phi 38$ (#41)
 - two M10*30 FHCS (#50)
2. Attach the Back Frame ASSY (#14) to Rear Frame (#4) and Sliding Frame ASSY (#5) using:
 - one Shaft $\Phi 25.4 \times 120 \times M10$ (#25)
 - one Shaft $\Phi 25 \times 173 \times M10$ (#27)
 - two Aluminum Cap $\Phi 38$ (#41)
 - two Aluminum Cap $\Phi 60$ (#42)
 - four M10*30 FHCS (#50)
3. Attach the Auxiliary Foot Frame ASSY (#7) to the Back Frame ASSY (#14) using:
 - one Shaft $\Phi 25 \times 221$ (#26)
 - two M10*30 FHCS (#50)
 - two Aluminum Cap $\Phi 60$ (#42)
4. Attach the Gas Spring (#31) to the Auxiliary Foot Frame ASSY (#7) and the Back Frame ASSY (#14) using:
 - two M8 Nylon Lock Nut (#65)
5. Attach the Seat Frame ASSY (#11) to the Back Frame ASSY (#14) using:
 - one Roller Sleeve (#29)
 - one Roller ASSY (#36)
 - two Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$ (#44)
 - one M12*160 SHCS (#57)
 - two $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#64)
 - one M12 Nylon Lock Nut (#67)
6. Attach the Limit Shaft $\Phi 19 \times 128$ (#28) to the Seat Frame ASSY (#11) using:
 - two M8*25 BHCS (#46)
 - two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#62)
 - two Spring Washer $\Phi 8$ (#58)
7. Attach the Gas Spring (#30) to the Seat Frame ASSY (#11) and the Back Frame ASSY (#14) using:
 - two M8 Nylon Lock Nut (#65)

Note: Wrench Tighten Bolts and Nylon.

Assembly

STEP 3



Assembly

STEP 4-1

1. Each attach two Set-Contained Bearing (#12) to the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16).
2. Attach the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16) to the Side Stand Frame I ASSY (#1) and the Side Stand Frame II ASSY (#2) using:
eight M10*35 SHCS (#51)
eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#63)
eight M10 Nylon Lock Nut (#66)
3. Attach the Loading Frame I ASSY (#17) and Loading Frame II ASSY (#18) to the Side Stand Frame I ASSY (#1) and the Side Stand Frame II ASSY (#2) using:
two Shaft $\Phi 25 \times 185$ (#24)
four M10*30 FHCS (#50)
four Aluminum Cap $\Phi 60$ (#42)

Note: Wrench Tighten Bolts and Nylon.

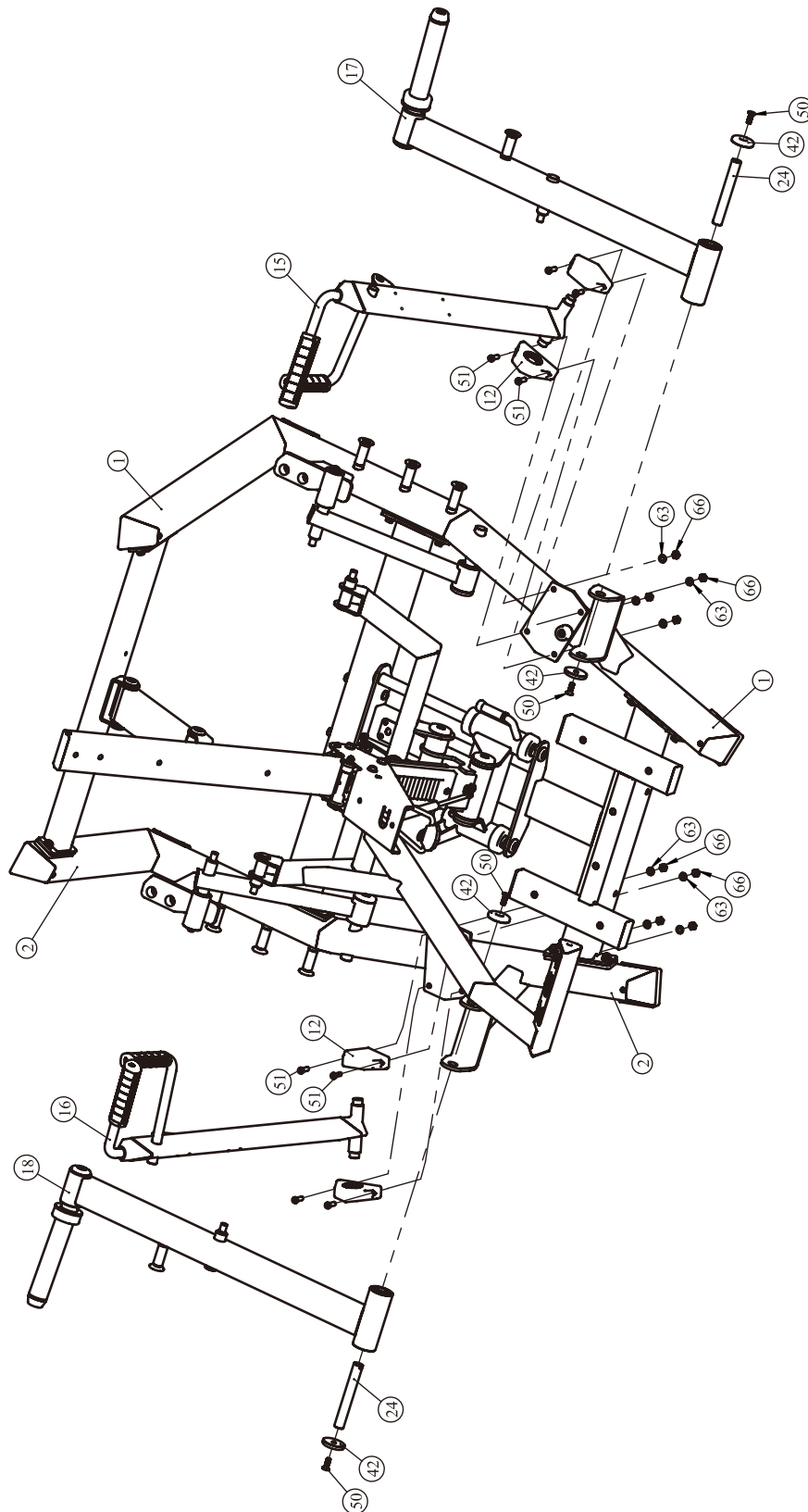
STEP 4-2

1. Attach the Connecting Rod Frame ASSY (#19) to the Arm Frame I ASSY (#15) and the Loading Frame I ASSY (#17) using:
one M8*25 BHCS (#46)
one M8*70 BHCS (#47)
three $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washer (#61)
one Spring Washer $\Phi 8$ (#58)
two Step Cover (#34)
one Short Shaft $\Phi 16 \times 54$ (#35)
one M8 Nylon Lock Nut (#65)
2. Attach the Connecting Rod Frame ASSY (#19) to the Arm Frame II ASSY (#16) and the Loading Frame II ASSY (#18) using:
one M8*25 BHCS (#46)
one M8*70 BHCS (#47)
three $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washer (#61)
one Spring Washer $\Phi 8$ (#58)
two Step Cover (#34)
one Short Shaft $\Phi 16 \times 54$ (#35)
one M8 Nylon Lock Nut (#65)
3. Attach the two Short Connecting Rod Frame ASSY (#20) to the Auxiliary Foot Frame ASSY (#7) and the two Startup Frame ASSY (#9) using:
four M8*25 BHCS (#46)
four $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washer (#61)
four Spring Washer $\Phi 8$ (#58)

Note: Wrench Tighten Bolts and Nylon.

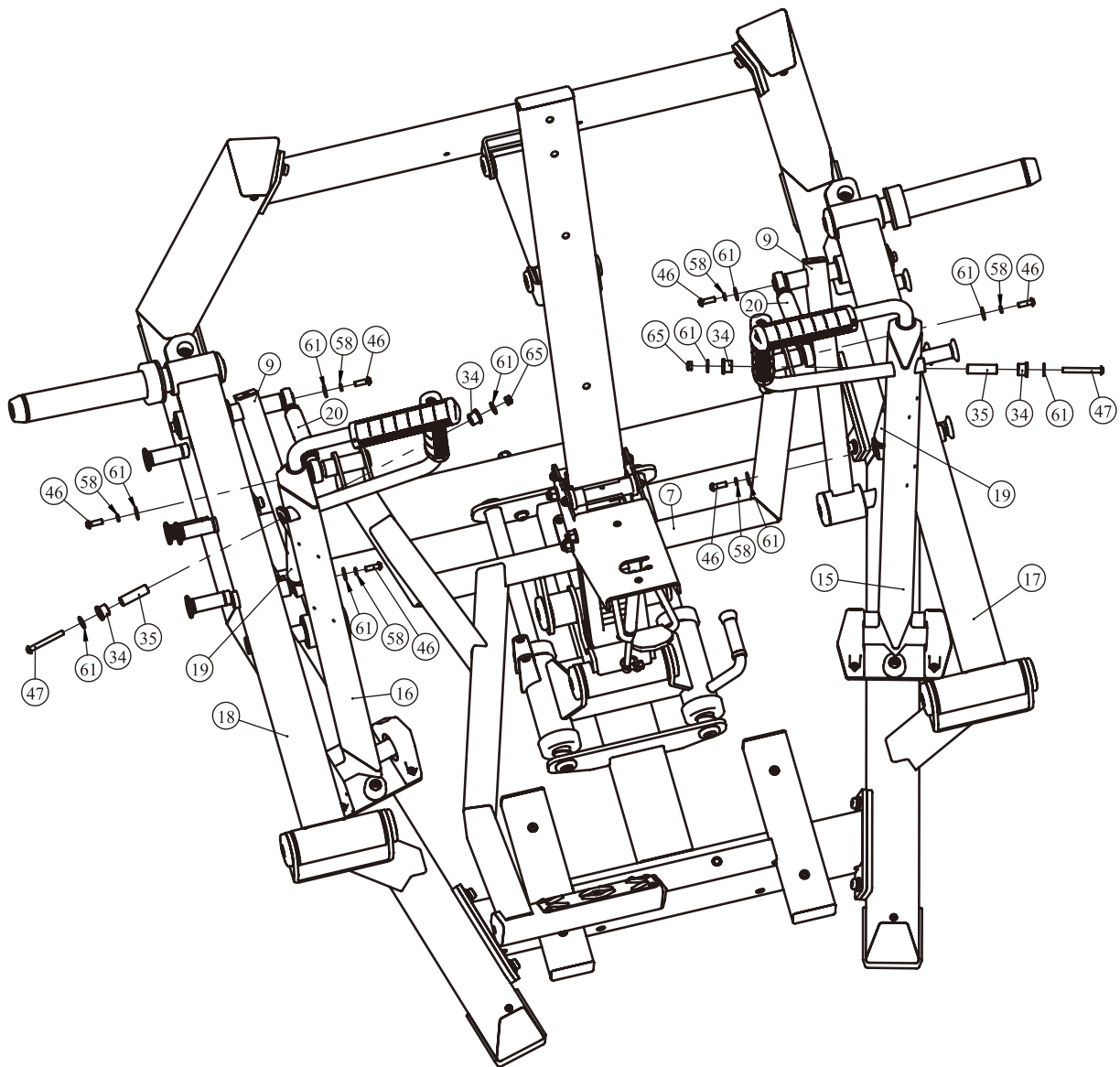
Assembly

STEP 4-1



Assembly

STEP 4-2



Assembly

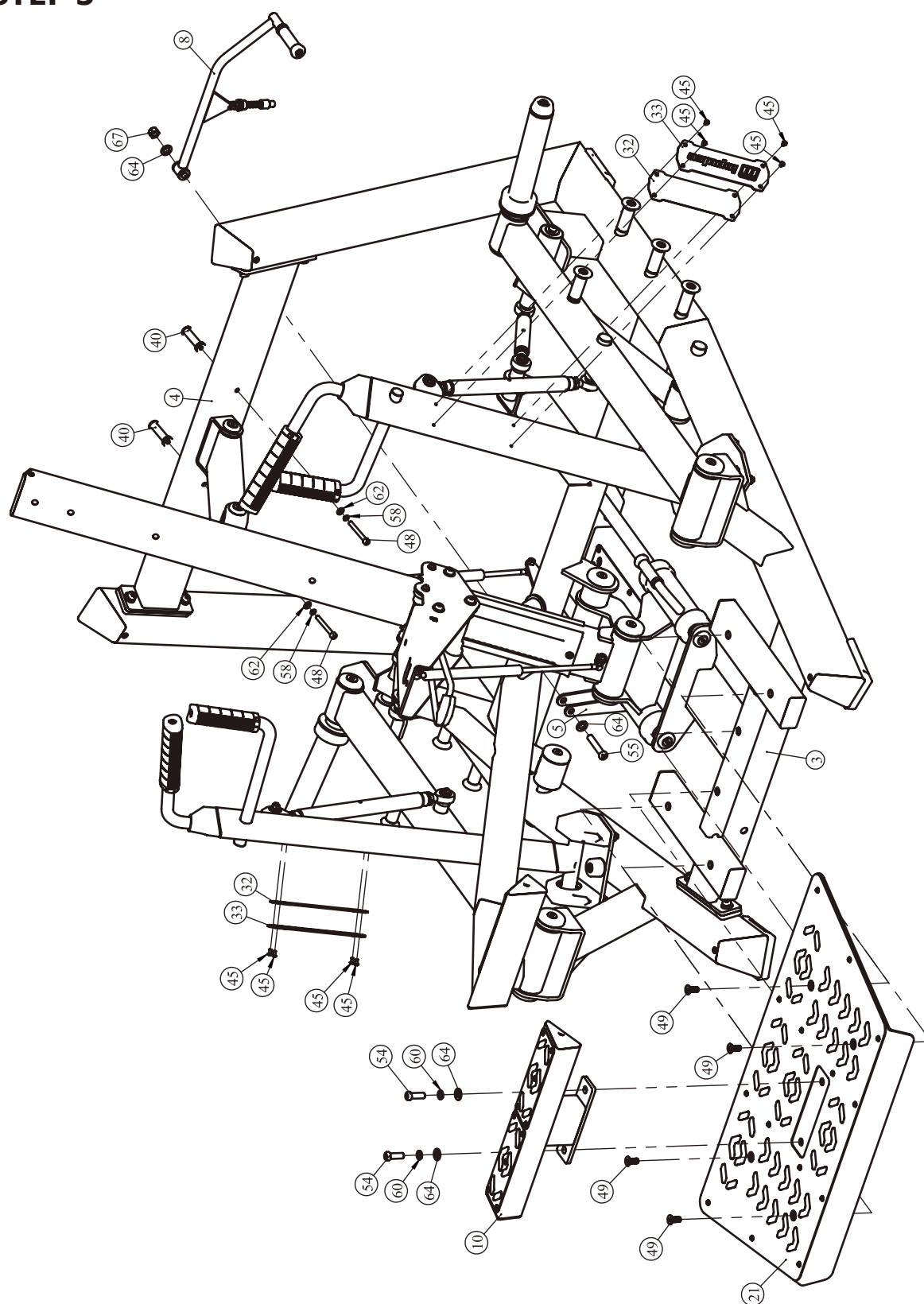
STEP 5

1. Attach the LOGO Plate (#33) and the LOGO Inner Plate (#32) to the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16) using:
eight M5*10 BHCS (#45)
2. Attach two Elastic Band Hanging Pillar (#40) to the Rear Frame (#4) using:
two M8*65 SHCS (#48)
two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#62)
two Spring Washer $\Phi 8$ (#58)
3. Attach the Foot Pedal ASSY (#21) to Front Bottom Frame ASSY (#3) using:
four M10*25 FHCS (#49)
4. Attach Foot Pedal Frame ASSY (#10) to Foot Pedal ASSY (#21) using:
two M12*35 SHCS (#54)
two $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#64)
two Spring Washer $\Phi 12$ (#60)
5. Attach the Adjusting Handle Frame ASSY (#8) to Sliding Frame ASSY (#5) using:
two M12*65 SHCS (#55)
two $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#64)
one M12 Nylon Lock Nut (#67)

Note: Wrench Tighten Bolts and Nylon.

Assembly

STEP 5

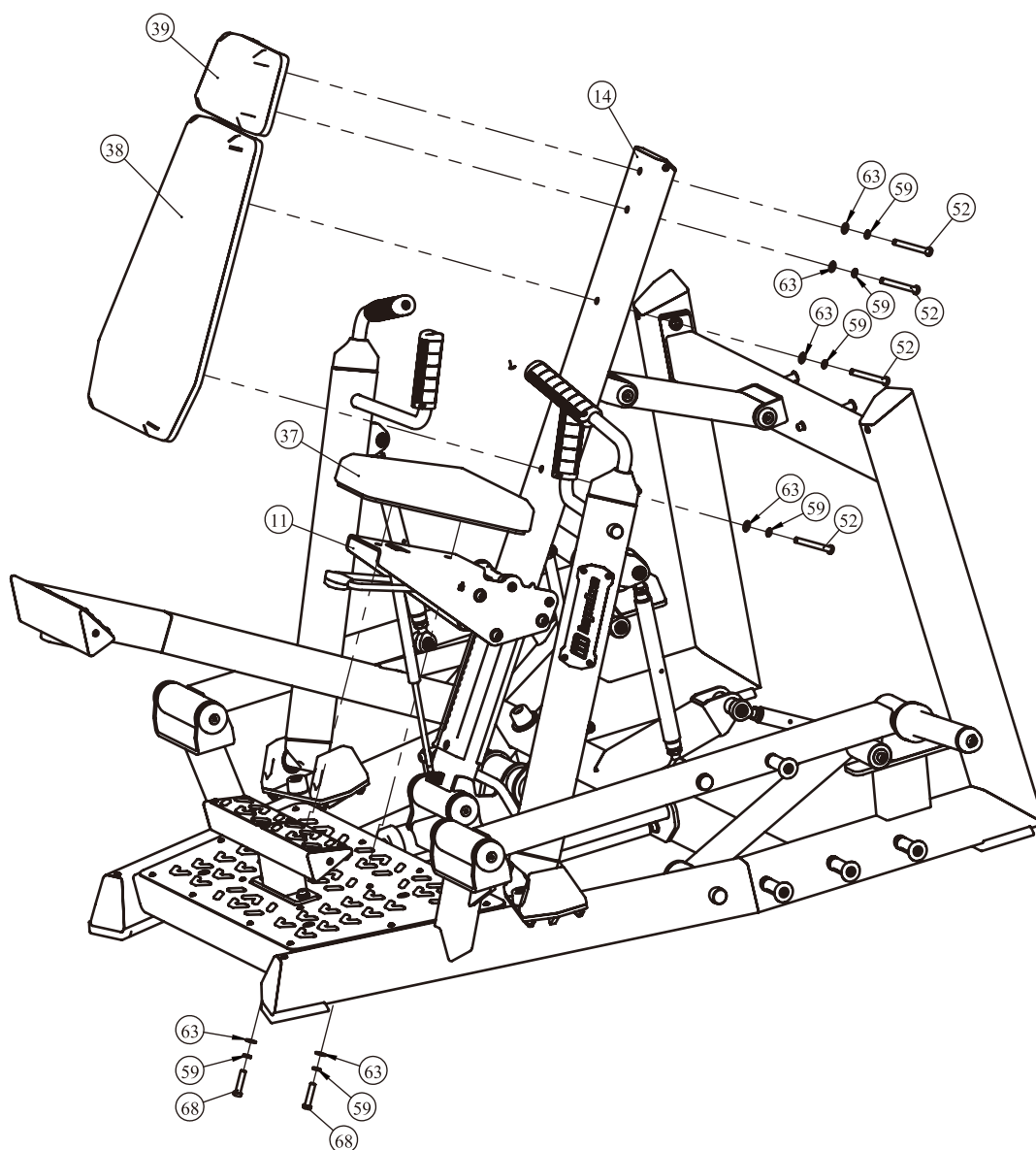


Assembly

STEP 6

1. Attach the Head Pad ASSY (#39) to the Back Frame ASSY (#14) using:
two M10*80 SHCS (#52) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#63)
two Spring Washer $\Phi 10$ (#59)
2. Attach the Back Pad ASSY (#38) to the Back Frame ASSY (#14) using:
two M10*80 SHCS (#52) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#63)
two Spring Washer $\Phi 10$ (#59)
3. Attach the Seat Pad (#37) to the Seat Frame ASSY (#11) using:
two M10*45 SHCS (#68) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#63)
two Spring Washer $\Phi 10$ (#59)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



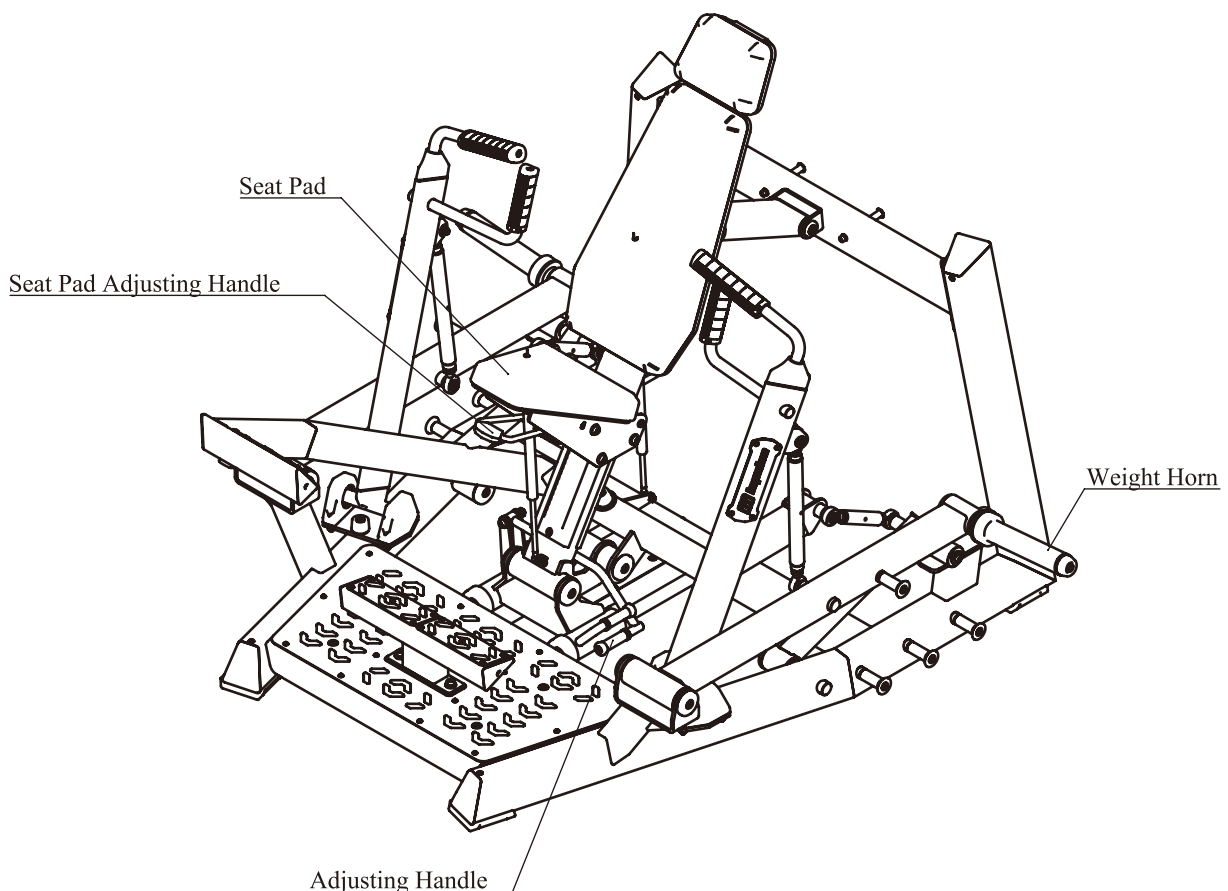
Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of each Weight Horn can not be greater than 100kg.
3. This equipment does not contain Weight Plate.

Adjust & Exercise Instructions

1. Select an appropriate weight or hang a pair of resistance bands on both weight horns.
2. Hold the Adjusting Handle and move the Seat Pad to desired position, then release the handle and make sure the Pad is firmly stuck.
3. Use the Seat Pad Adjusting Handle to make the Seat Pad for suitable height.
4. Grasp the handle with both hands, put your feet on the Foot Pedal, Spread your arms and move the arm frame.
5. Slowly return to starting position.



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.

