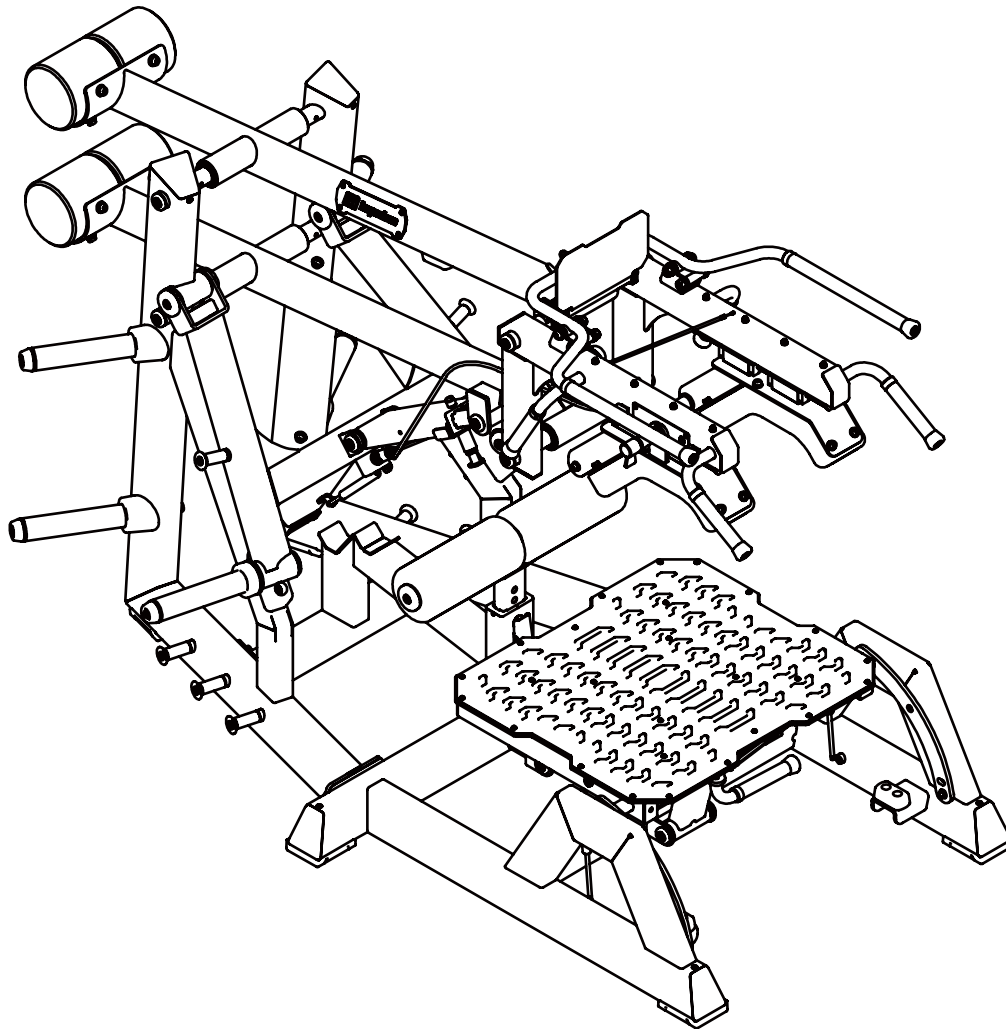




# ECP624

## SUPER SUQAT

### OWNER'S MANUAL

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26C

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**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.

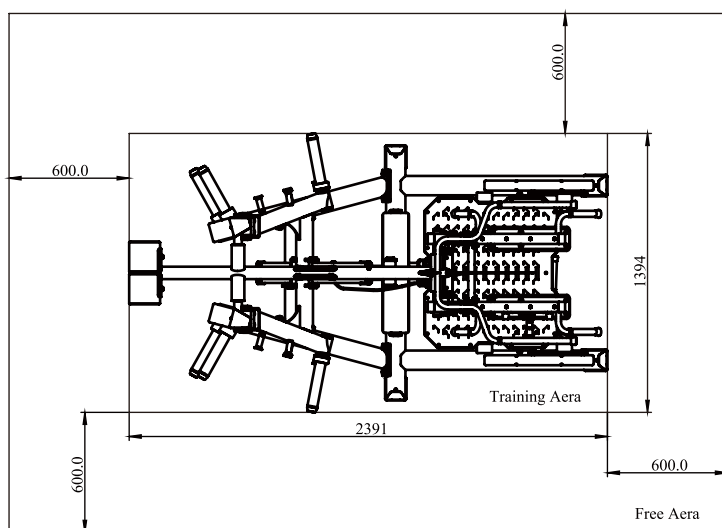
# Important Safety Instructions

## 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: 2391\*1394\*1484mm

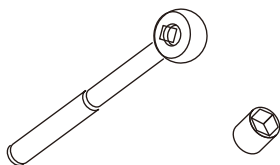
Product Total Surface: 2391\*1394mm

# Instructions

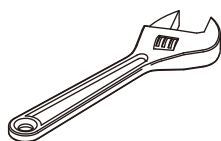
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

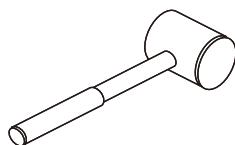
## Tools Required



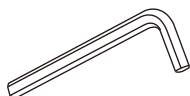
Ratchet Wrench and Socket



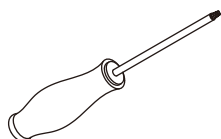
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

| Item No. | Part No.       | Description                           | QTY |
|----------|----------------|---------------------------------------|-----|
| 1        | ECP62401ASSY   | Front Ground Frame ASSY               | 1   |
| 2        | ECP62404ASSY   | Bottom Connecting Frame ASSY          | 1   |
| 3        | ECP62402ASSY   | Ground Standing Frame 1 ASSY          | 1   |
| 4        | ECP62403ASSY   | Ground Standing Frame 2 ASSY          | 1   |
| 5        | ECP6240500     | Adjusting Frame                       | 1   |
| 6        | ECP62420ASSY   | Handle Frame ASSY                     | 1   |
| 7        | ECP20118ASSY   | Barbell Storage Rack ASSY             | 4   |
| 8        | GS2500         | Balance Weight                        | 4   |
| 9        | ECP62406ASSY   | Swing Frame 1 ASSY                    | 1   |
| 10       | ECP62407ASSY   | Swing Frame 2 ASSY                    | 1   |
| 11       | ECP6240800ASSY | Shoulder Pad Frame 1 Secondary ASSY   | 1   |
| 12       | ECP6240900ASSY | Shoulder Pad Frame 2 Secondary ASSY   | 1   |
| 13       | ECP62412ASSY   | Weight Rack Frame ASSY                | 1   |
| 14       | ECP62415ASSY   | Limit Adjustment Frame ASSY           | 1   |
| 15       | ECP62421ASSY   | Cable Connecting Frame ASSY           | 1   |
| 16       | ECP62427ASSY   | Cable ASSY                            | 1   |
| 17       | ECP6242200     | Shoulder Pad Connecting Frame         | 1   |
| 18       | ECP62413ASSY   | Weight Adjustment Frame ASSY          | 1   |
| 19       | ECP6243500     | Rotating Shaft 1 $\Phi 25 \times 568$ | 2   |
| 20       | ECP6243600     | Rotating Shaft 2 $\Phi 25 \times 421$ | 2   |
| 21       | ECP6243900     | Indicator Plate                       | 1   |
| 22       | ECP6245100     | Shoulder Pad                          | 2   |
| 23       | ECP1012200     | LOGO Plate                            | 2   |
| 24       | ECP1012300     | LOGO Back Plate                       | 2   |
| 25       | ECP1011600     | Rotating Shaft $\Phi 25 \times 109$   | 2   |
| 26       | ECP7132200     | Fixed Shaft $\Phi 25 \times 134$      | 3   |

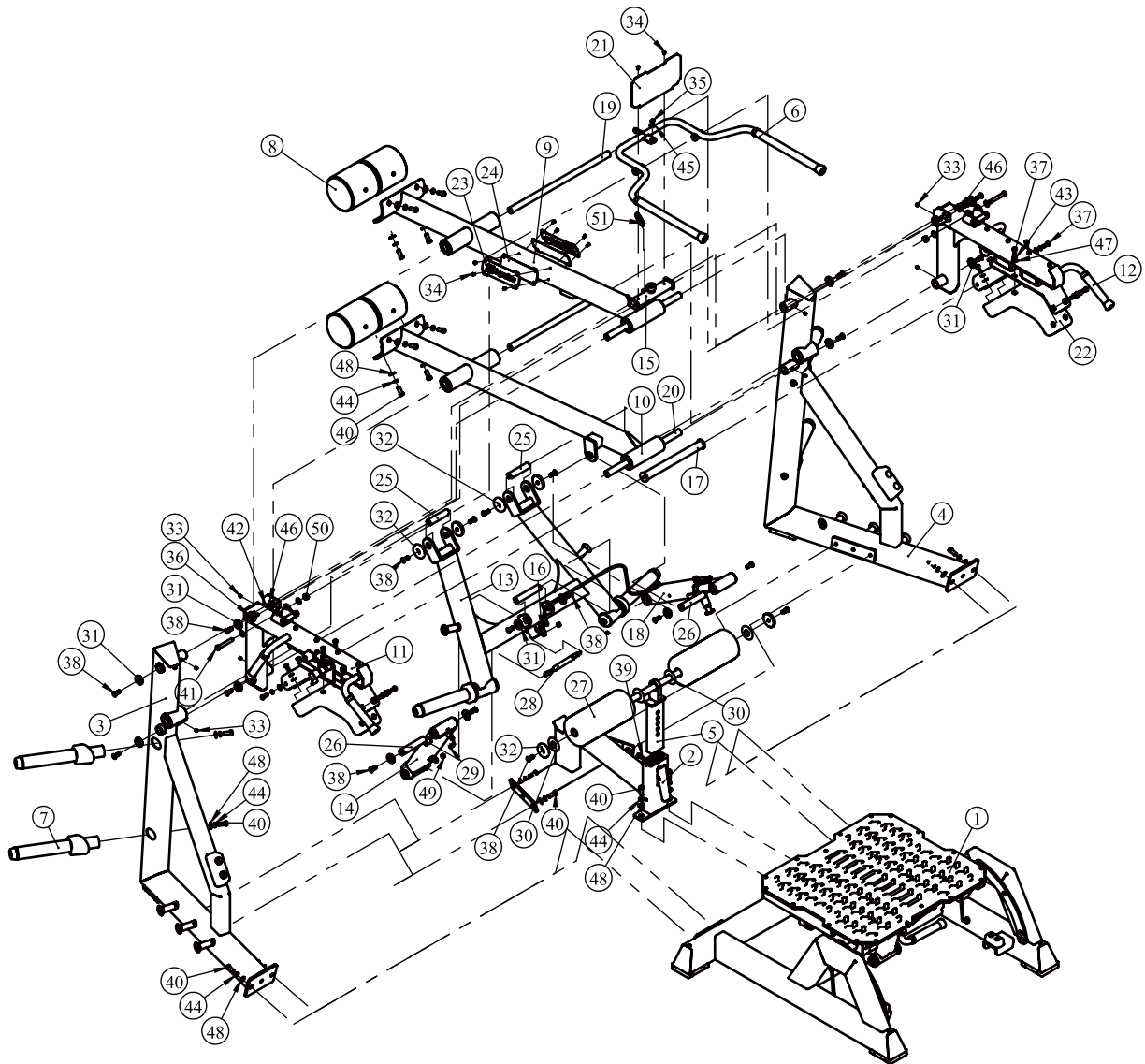
# Exploded View and Parts List

## Overall

| Item No. | Part No.            | Description                   | QTY |
|----------|---------------------|-------------------------------|-----|
| 27       | BB-SPSHT1900        | Leather Covered FOAM          | 2   |
| 28       | QD18-304-10         | Gas Spring                    | 1   |
| 29       | GB/T1243-199708BN19 | Buckle                        | 1   |
| 30       | HF1652100           | Plastic Washer                | 4   |
| 31       | IN-D21202000        | CapΦ38                        | 14  |
| 32       | IE950716500         | CapΦ60                        | 6   |
| 33       | GB77M8*8DHS2        | Hexagon Socket Set Screw M8*8 | 8   |
| 34       | PNLM5*10DHS20       | Button Head Cap Screw M5*10   | 10  |
| 35       | PNLM8*10DN20        | Button Head Cap Screw M8*10   | 1   |
| 36       | GB70M8*20DN20       | Socket Head Cap Screw M8*20   | 4   |
| 37       | GB70BTM10*25DN18    | Socket Head Cap Screw M10*25  | 14  |
| 38       | CNLM10*30*30DS20NL  | Flat Head Cap Screw M10*30    | 20  |
| 39       | GB70BTM10*30DN18NL  | Socket Head Cap Screw M10*30  | 1   |
| 40       | GB70BTM12*30DN18    | Socket Head Cap Screw M12*30  | 22  |
| 41       | GB70BTM12*80DN18    | Socket Head Cap Screw M12*80  | 2   |
| 42       | GB938N19            | Spring Washer Φ8              | 4   |
| 43       | GB9310N19           | Spring Washer Φ10             | 14  |
| 44       | GB9312N19           | Spring Washer Φ12             | 22  |
| 45       | DQ8N2A              | Flat Washer Φ9*Φ22*2          | 1   |
| 46       | GB958DN2            | Flat Washer Φ9*Φ16*1.6        | 4   |
| 47       | GB9510DN2           | Flat Washer Φ11*Φ20*2         | 14  |
| 48       | GB9512DN2           | Flat Washer Φ13*Φ24*2.5       | 26  |
| 49       | NM8DN2              | Nylon Lock Nut M8             | 2   |
| 50       | NM12DN2             | Nylon Lock Nut M12            | 2   |
| 51       | KPSFID2400V1        | Tension Spring                | 1   |
| 52       | SD200*3PBC          | Strap (Black) 200*3           | 2   |

# Exploded View and Parts List

## Overall





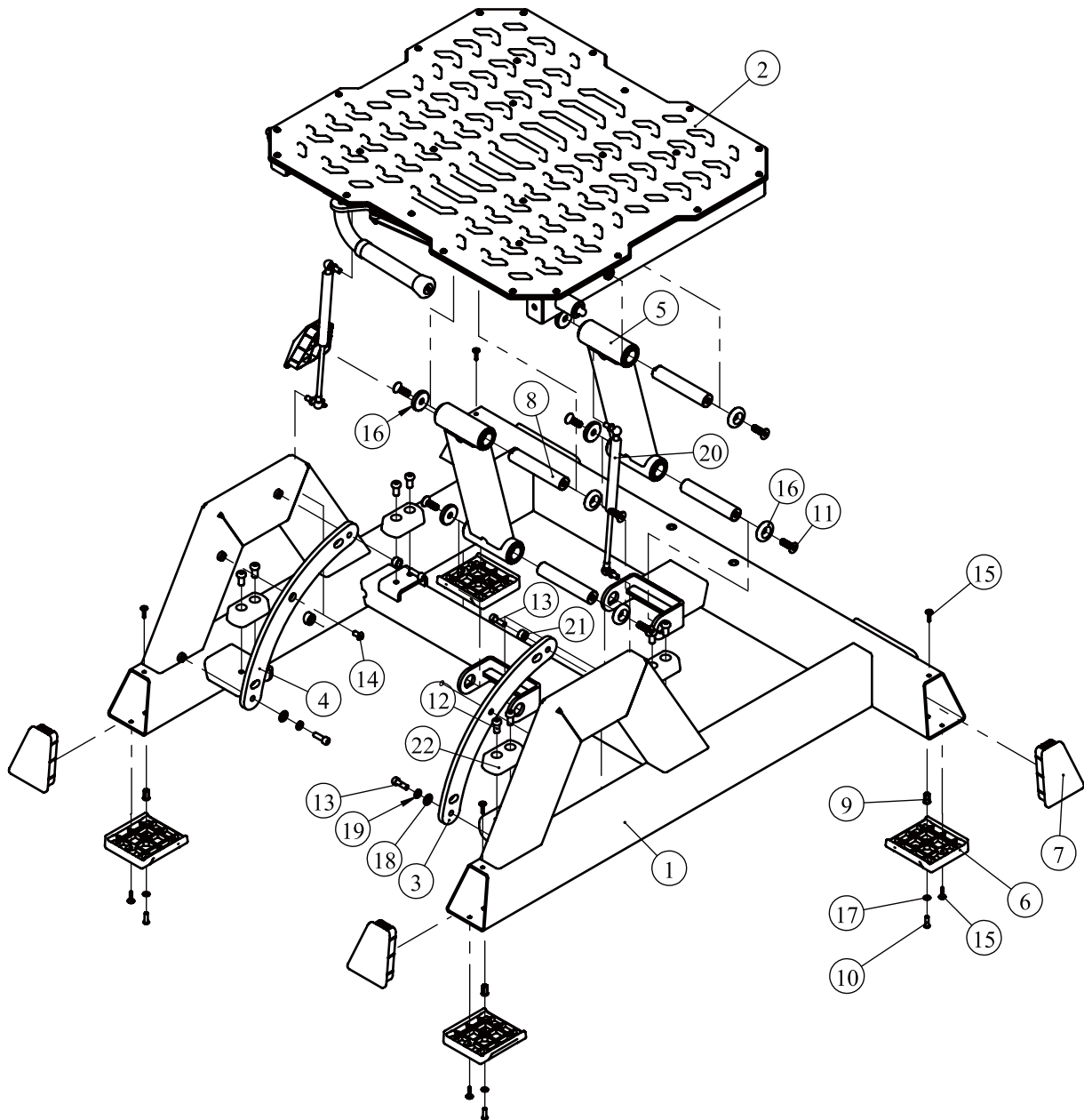
# Exploded View and Parts List

## Front Ground Frame ASSY

| ItemNo. | Part No.             | Description                                          | QTY |
|---------|----------------------|------------------------------------------------------|-----|
| 1.1     | ECP6240100           | Front Ground Support Frame                           | 1   |
| 1.2     | ECP62416ASSY         | Pedal Bracket Secondary ASSY                         | 1   |
| 1.3     | ECP6243100           | Adjustment Plate 1                                   | 1   |
| 1.4     | ECP6243200           | Adjustment Plate 2                                   | 1   |
| 1.5     | ECP10309ASSY         | Pedal Rotating Bracket 1 ASSY                        | 2   |
| 1.6     | ECP2013400           | Floor Pad                                            | 4   |
| 1.7     | ECP2013500           | Angled Tube Plug                                     | 4   |
| 1.8     | VST700-S232100       | Fixed Shaft                                          | 4   |
| 1.9     | GB17880.5M6*16.5DS17 | Flat head rivet nut six angle M6*16.5                | 4   |
| 1.10    | PNLM6*20DHS20NL      | Button Head Cap Screw M6*20                          | 4   |
| 1.11    | CNLM10*30*30DS20NL   | Flat Head Cap Screw M10*30                           | 8   |
| 1.12    | GB70BTM10*20DN18NL   | Socket Head Cap Screw M10*20                         | 8   |
| 1.13    | GB70M8*25DN20        | Socket Head Cap Screw M8*25                          | 4   |
| 1.14    | PNLM8*15DN20         | Button Head Cap Screw M8*15                          | 2   |
| 1.15    | GB9074ST4.2*22DHS    | Cross Recessed Large Pan Head Tapping Screw ST4.2*22 | 8   |
| 1.16    | IN-D21202000         | CapΦ38                                               | 8   |
| 1.17    | GB956DHS2            | Flat Washer Φ6.6*Φ12*1.6                             | 4   |
| 1.18    | GB9510DN2            | Flat Washer Φ11*Φ20*2                                | 2   |
| 1.19    | GB9310N19            | Spring Washer Φ10                                    | 2   |
| 1.20    | QD18-304-30          | Gas Spring                                           | 2   |
| 1.21    | IN-S10111200         | Limit Sleeve                                         | 2   |
| 1.22    | RS17000400           | Square Cushion Pad                                   | 4   |

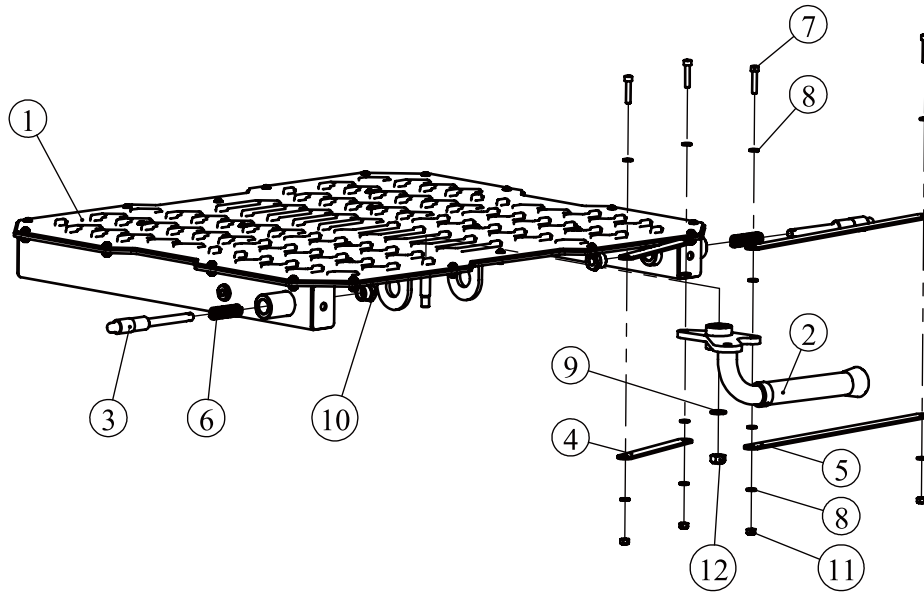
# Exploded View and Parts List

## Front Ground Frame ASSY



# Exploded View and Parts List

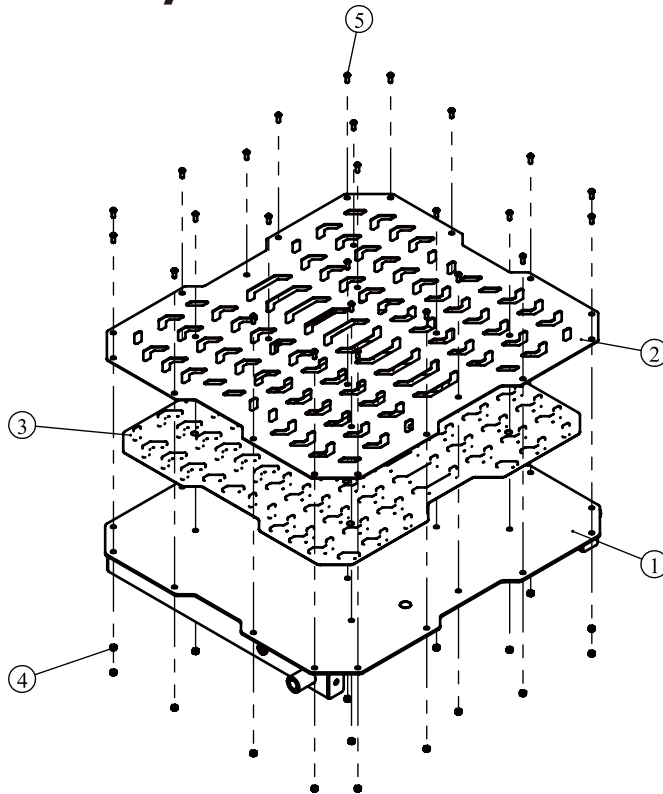
## Pedal Bracket Secondary ASSY



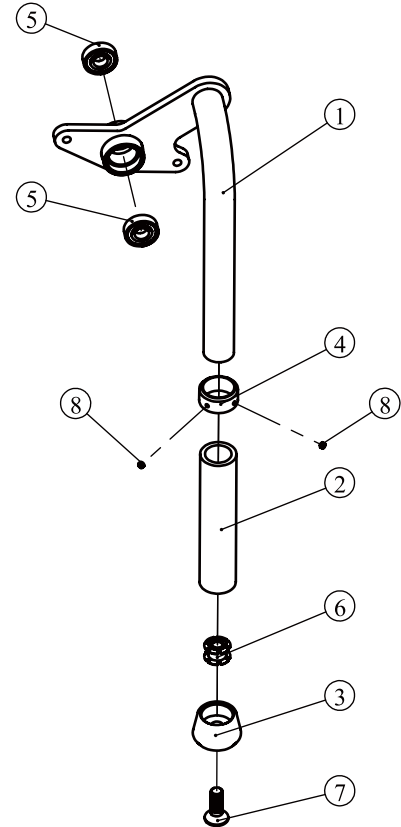
| ItemNo. | Part No.       | Description                                      | QTY |
|---------|----------------|--------------------------------------------------|-----|
| 1.2.1   | ECP6241600ASSY | Pedal Frame Primary ASSY                         | 1   |
| 1.2.2   | ECP71315ASSY   | Rotating Handle Frame ASSY                       | 1   |
| 1.2.3   | ECP1034800     | Insert Pin Shaft                                 | 2   |
| 1.2.4   | ECP7132600     | Short Pull Plate                                 | 2   |
| 1.2.5   | ECP7132500     | Long Pull Plate                                  | 2   |
| 1.2.6   | F2011600       | Spring4                                          | 2   |
| 1.2.7   | GB70M6*30DS4   | Socket Head Cap Screw M6*30                      | 4   |
| 1.2.8   | GB956DS2       | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ | 12  |
| 1.2.9   | GB9510DN2      | Flat Washer $\Phi 11 \times \Phi 20 \times 2$    | 1   |
| 1.2.10  | KPS18002701V1  | Lock Nut                                         | 2   |
| 1.2.11  | NM6DS2         | Nylon Lock Nut M6                                | 4   |
| 1.2.12  | NM10DN2        | Nylon Lock Nut M10                               | 1   |

# Exploded View and Parts List

## Pedal Frame Primary ASSY



## Rotating Handle Frame ASSY



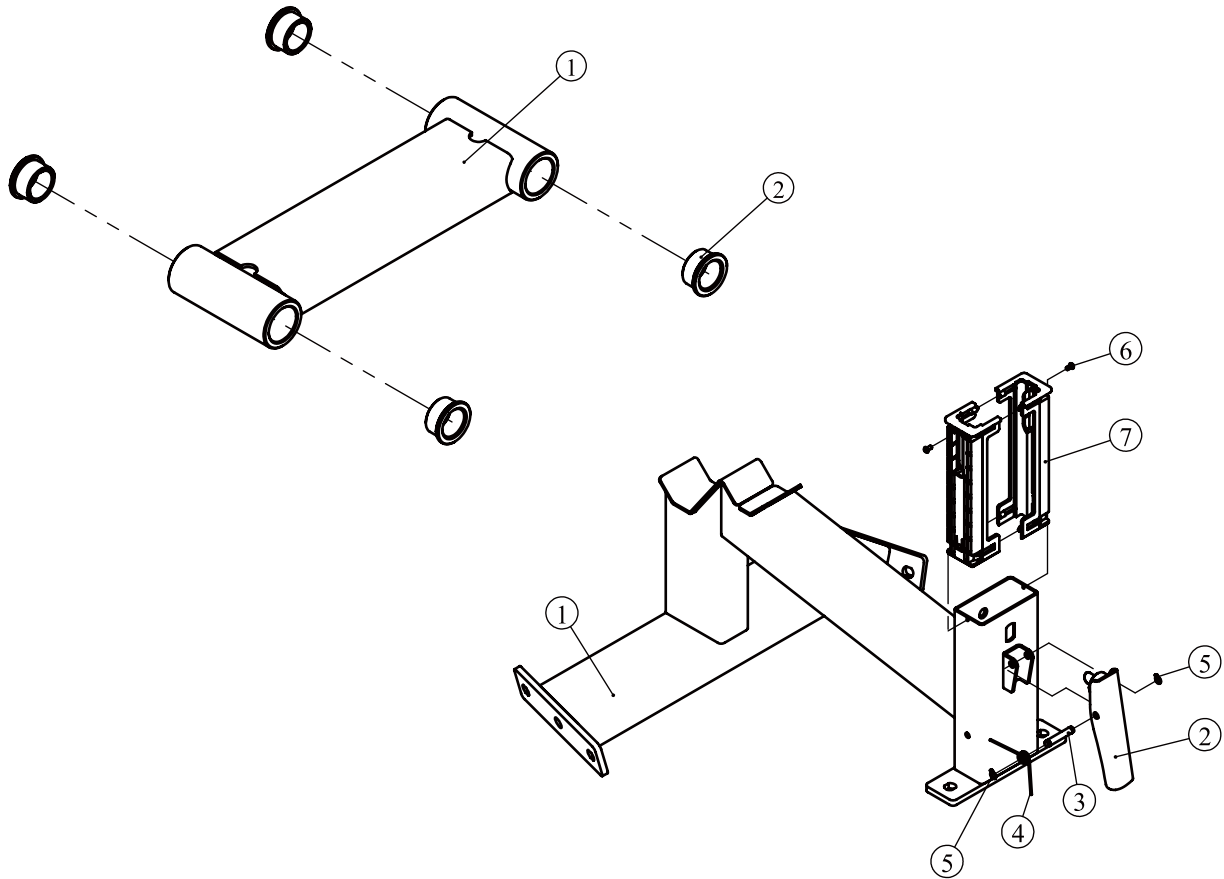
| ItemNo. | Part No.    | Description                  | QTY |
|---------|-------------|------------------------------|-----|
| 1.2.1.1 | ECP6241600  | Pedal Frame                  | 1   |
| 1.2.1.2 | ECP7132400  | Large Foot Pedal Cover Plate | 1   |
| 1.2.1.3 | ECP7133100  | Large Rubber Foot Pedal      | 1   |
| 1.2.1.4 | NM6DN2      | Nylon Lock Nut M6            | 26  |
| 1.2.1.5 | PNLM6*15N19 | Button Head Cap Screw M6*15  | 26  |

| ItemNo. | Part No.           | Description                        | QTY |
|---------|--------------------|------------------------------------|-----|
| 1.2.2.1 | ECP7131500         | Adjusting Handle Frame             | 1   |
| 1.2.2.2 | FE97031800         | Handle Grip                        | 1   |
| 1.2.2.3 | ECP6174500V1       | Aluminum End Cap Φ25               | 1   |
| 1.2.2.4 | VST600-PL232600V1  | Aluminum Retaining Ring            | 1   |
| 1.2.2.5 | GB2766001-2ZC3     | Deep Groove Ball Bearing           | 2   |
| 1.2.2.6 | IF81165000         | Sun Hat                            | 1   |
| 1.2.2.7 | CNLM10*30*30DS20NL | Flat Head Cap Screw M10*30         | 1   |
| 1.2.2.8 | YZGB7710-32*3.2N19 | Hexagon Socket Set Screw 10-32*3.2 | 2   |

# Exploded View and Parts List

## Pedal Rotating Bracket 1 ASSY

## Main Frame ASSY

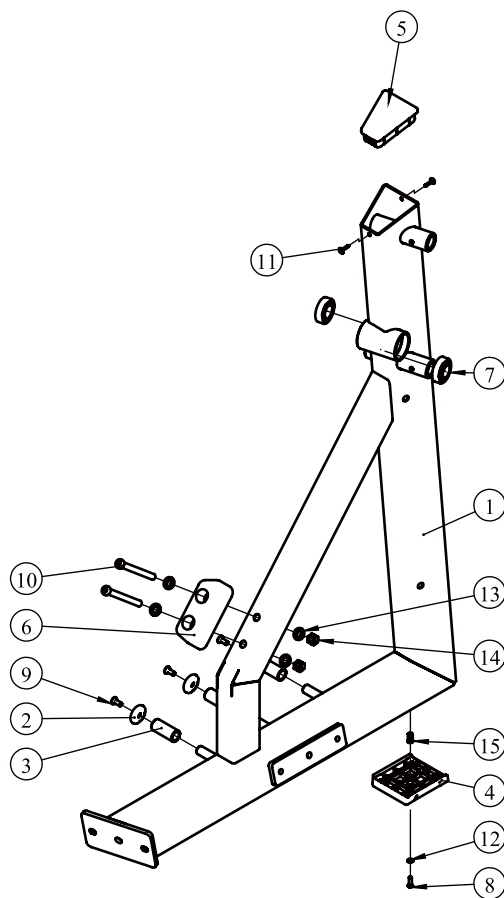


| ItemNo. | Part No.   | Description            | QTY |
|---------|------------|------------------------|-----|
| 1.5.1   | ECP1030900 | Pedal Rotating Frame 1 | 1   |
| 1.5.2   | M02502000  | Copper Bearing         | 4   |

| ItemNo. | Part No.     | Description                | QTY |
|---------|--------------|----------------------------|-----|
| 2.1     | ECP6240400   | Bottom Connecting Frame    | 1   |
| 2.2     | IT95014500   | Adjusting Handle Frame     | 1   |
| 2.3     | CWRVL0012200 | Insert Pin Shaft           | 1   |
| 2.4     | AXT3S5500    | Torsion Spring             | 1   |
| 2.5     | GB894.18FH12 | Circlip For Shaft          | 2   |
| 2.6     | PNLM4*8DHS20 | Button Head Cap Screw M4*8 | 2   |
| 2.7     | IF93035000   | Long Half Sleeve           | 2   |

# Exploded View and Parts List

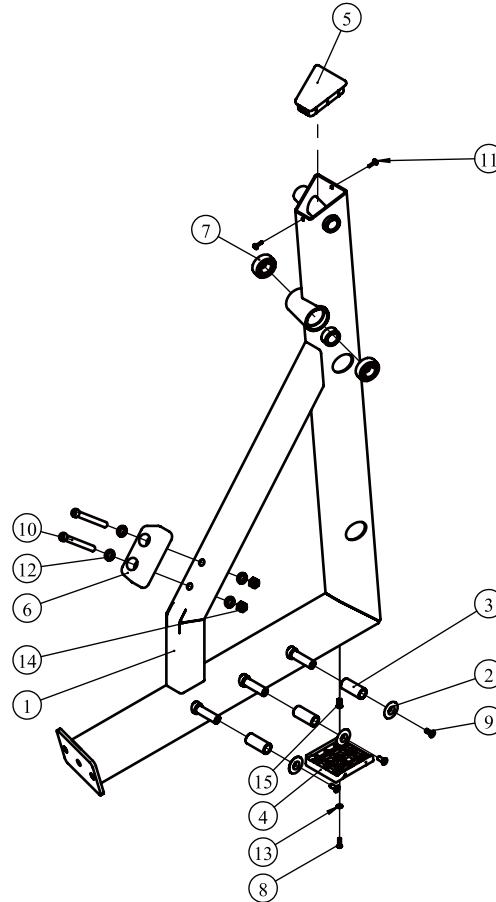
## Ground Standing Frame 1 ASSY



| ItemNo. | Part No.             | Description                                          | QTY |
|---------|----------------------|------------------------------------------------------|-----|
| 3.1     | ECP6240200           | Ground Standing Frame 1                              | 1   |
| 3.2     | ECP1012400           | Aluminum End Cap                                     | 3   |
| 3.3     | ECP1013000           | Rotating Sleeve                                      | 3   |
| 3.4     | ECP2013400           | Floor Mat                                            | 1   |
| 3.5     | ECP2013500           | Angled Tube Plug                                     | 1   |
| 3.6     | PL380800             | Cushion Pad                                          | 1   |
| 3.7     | GB2766205-2ZC3NBKTZ  | Deep Groove Ball Bearing (Bpecial Type)              | 2   |
| 3.8     | PNLM6*20DHS20NL      | Button Head Cap Screw M6*20                          | 1   |
| 3.9     | CNLM8*20DS20NL       | Flat Head Cap Screw M8*20                            | 3   |
| 3.10    | GB70BTM12*120DN18    | Socket Head Cap Screw M12*120                        | 2   |
| 3.11    | GB9074ST4.2*22DHS    | Cross Recessed Large Pan Head Tapping Screw ST4.2*22 | 2   |
| 3.12    | GB956DHS2            | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$     | 1   |
| 3.13    | GB9512DN2            | Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$      | 4   |
| 3.14    | NM12DN2              | Nylon Lock Nut M12                                   | 2   |
| 3.15    | GB17880.5M6*16.5DS17 | Flat head rivet nut six angle M6*16.5                | 1   |

# Exploded View and Parts List

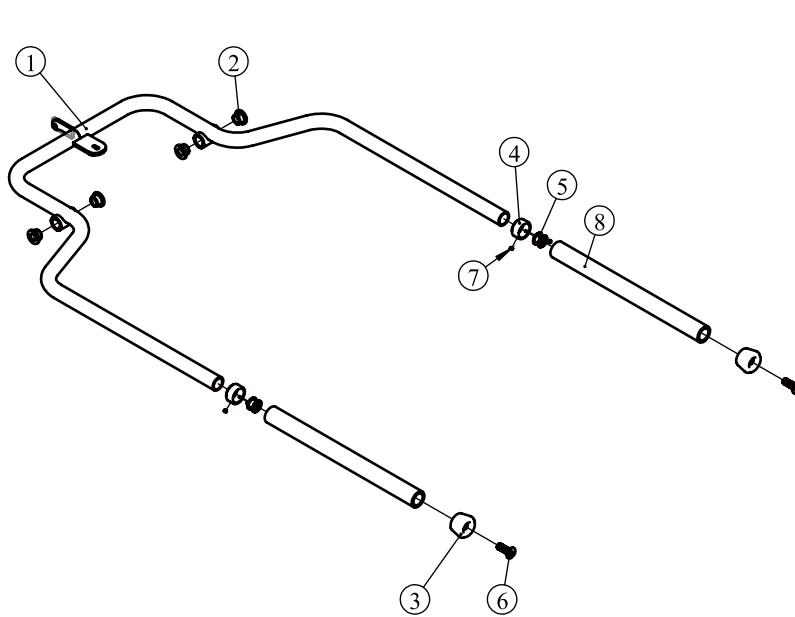
## Ground Standing Frame 2 ASSY



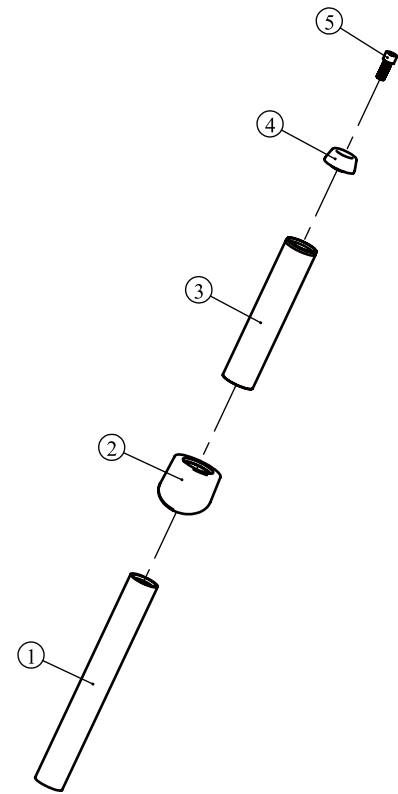
| ItemNo. | Part No.             | Description                                          | QTY |
|---------|----------------------|------------------------------------------------------|-----|
| 4.1     | ECP6240300           | Ground Standing Frame 2                              | 1   |
| 4.2     | ECP1012400           | Aluminum End Cap                                     | 3   |
| 4.3     | ECP1013000           | Rotating Sleeve                                      | 3   |
| 4.4     | ECP2013400           | Floor Mat                                            | 1   |
| 4.5     | ECP2013500           | Angled Tube Plug                                     | 1   |
| 4.6     | PL380800             | Cushion Pad                                          | 1   |
| 4.7     | GB2766205-2ZC3NBKTZ  | Deep Groove Ball Bearing (Bpecial Type)              | 2   |
| 4.8     | PNLM6*20DHS20NL      | Button Head Cap Screw M6*20                          | 1   |
| 4.9     | CNLM8*20DS20NL       | Flat Head Cap Screw M8*20                            | 3   |
| 4.10    | GB70BTM12*120DN18    | Socket Head Cap Screw M12*120                        | 2   |
| 4.11    | GB9074ST4.2*22DHS    | Cross Recessed Large Pan Head Tapping Screw ST4.2*22 | 2   |
| 4.12    | GB956DHS2            | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$     | 1   |
| 4.13    | GB9512DN2            | Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$      | 4   |
| 4.14    | NM12DN2              | Nylon Lock Nut M12                                   | 2   |
| 4.15    | GB17880.5M6*16.5DS17 | Flat head rivet nut six angle M6*16.5                | 1   |

# Exploded View and Parts List

## Handle Frame ASSY



## Barbell Storage Rack ASSY



| ItemNo. | Part No.           | Description                        | QTY |
|---------|--------------------|------------------------------------|-----|
| 6.1     | ECP6242000         | Handle Frame                       | 1   |
| 6.2     | M01402000          | Bushing                            | 4   |
| 6.3     | ECP6174500V1       | Aluminum End Cap $\Phi 25$         | 2   |
| 6.4     | VST600-PL232600V1  | Aluminum Retaining Ring            | 2   |
| 6.5     | IF81165000         | Sun Hat                            | 2   |
| 6.6     | CNLM10*30*30DS20NL | Flat Head Cap Screw M10*30         | 2   |
| 6.7     | YZGB7710-32*3.2N19 | Hexagon Socket Set Screw 10-32*3.2 | 4   |
| 6.8     | IT95032100         | Handle Grip                        | 2   |

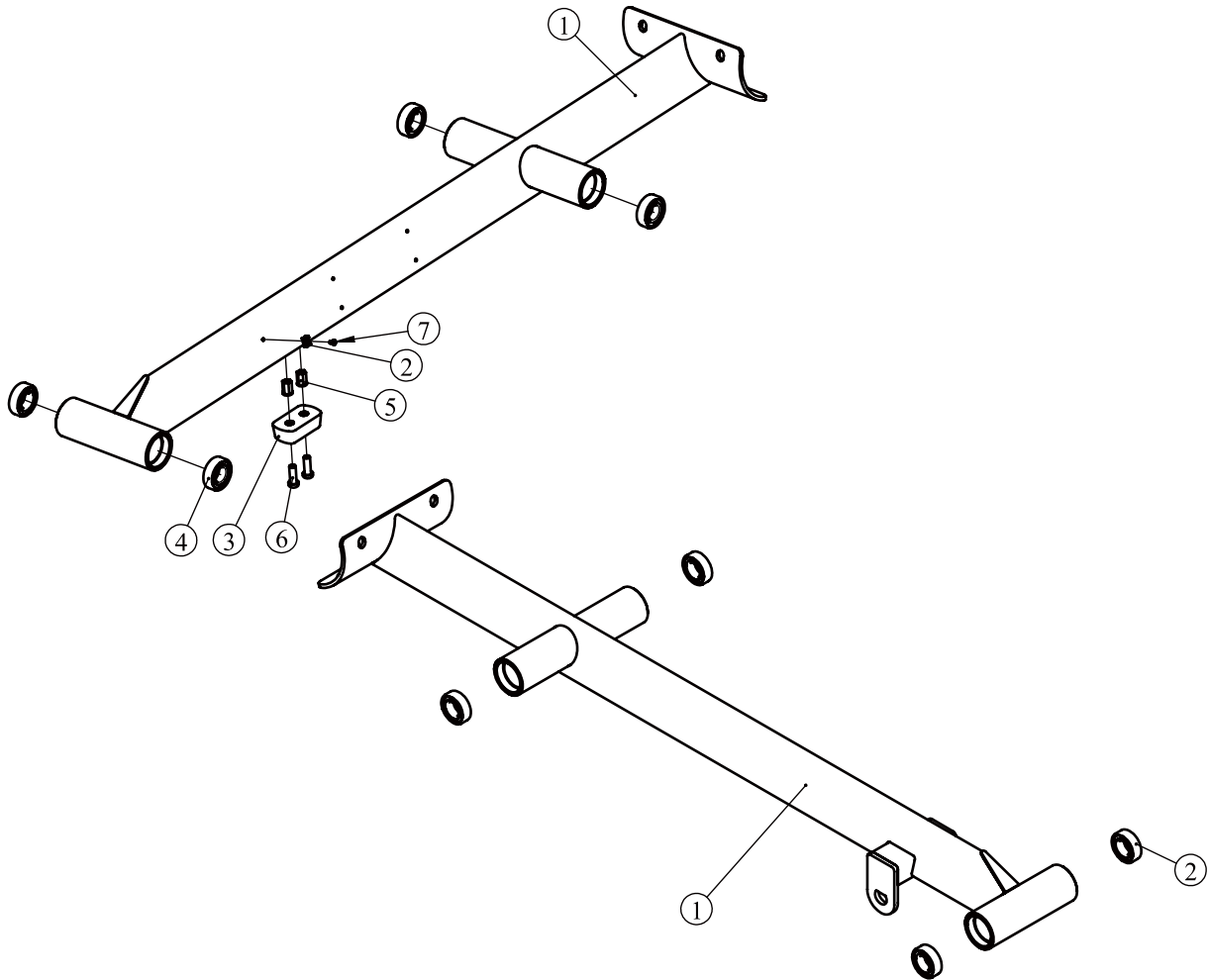
| ItemNo. | Part No.          | Description                  | QTY |
|---------|-------------------|------------------------------|-----|
| 7.1     | ECP2011800        | Barbell Storage Rack         | 1   |
| 7.2     | ECP2013800        | Angled Cushion Pad           | 1   |
| 7.3     | HZ70022000V1      | Short Barbell Sleeve         | 1   |
| 7.4     | SL70012000        | Head                         | 1   |
| 7.5     | GB70M12*30DHS20NL | Socket Head Cap Screw M12*30 | 1   |



# Exploded View and Parts List

## Swing Frame 1 ASSY

## Swing Frame 2 ASSY

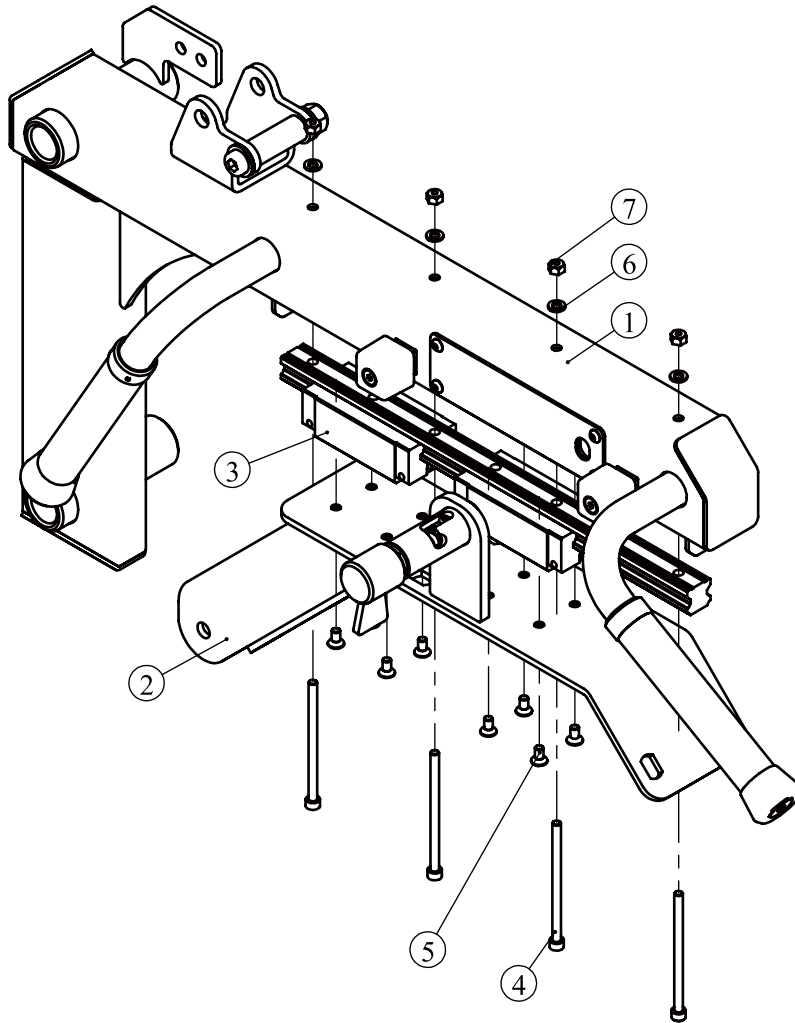


| ItemNo. | Part No.               | Description                            | QTY |
|---------|------------------------|----------------------------------------|-----|
| 9.1     | ECP6240600             | Swing Frame 1                          | 1   |
| 9.2     | SDZ15                  | Strap Holder                           | 1   |
| 9.3     | RS17000400             | Square Cushion Pad                     | 1   |
| 9.4     | GB2766205-2ZC3         | Deep Groove Ball Bearing               | 4   |
| 9.5     | GB17880.5M10*19.5DCS17 | Flat head rivet nut six angle M10*19.5 | 2   |
| 9.6     | GB70BTM10*30DN18NL     | Socket Head Cap Screw M10*30           | 2   |
| 9.7     | GB818M4*8DHS2          | Cross Recessed Pan Head Screw M4*8     | 1   |

| ItemNo. | Part No.       | Description              | QTY |
|---------|----------------|--------------------------|-----|
| 10.1    | ECP6240700     | Swing Frame 2            | 1   |
| 10.2    | GB2766205-2ZC3 | Deep Groove Ball Bearing | 4   |

# Exploded View and Parts List

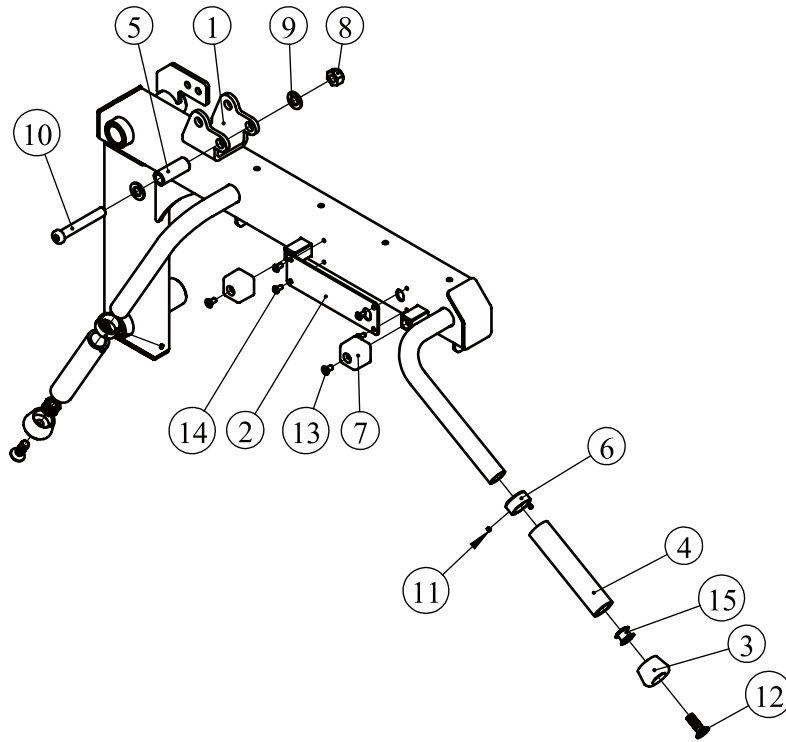
## Shoulder Pad Frame 1 Secondary ASSY



| ItemNo. | Part No.        | Description                                      | QTY |
|---------|-----------------|--------------------------------------------------|-----|
| 11.1    | ECP62408ASSY    | Shoulder Pad Frame 1 First level ASSY            | 1   |
| 11.2    | ECP62410ASSY    | Shoulder Pad Adjustment Frame 1 First level ASSY | 1   |
| 11.3    | TRH25           | Guide Rail Slider Assembly                       | 1   |
| 11.4    | GB70M6*100DN20  | Socket Head Cap Screw M6*100                     | 4   |
| 11.5    | CNLM6*12DHS20NL | Flat Head Cap Screw M6*12                        | 8   |
| 11.6    | GB956DN2        | Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$           | 4   |
| 11.7    | NM6DN2          | Nylon Lock Nut M6                                | 4   |

# Exploded View and Parts List

## Shoulder Pad Frame 1 First level ASSY

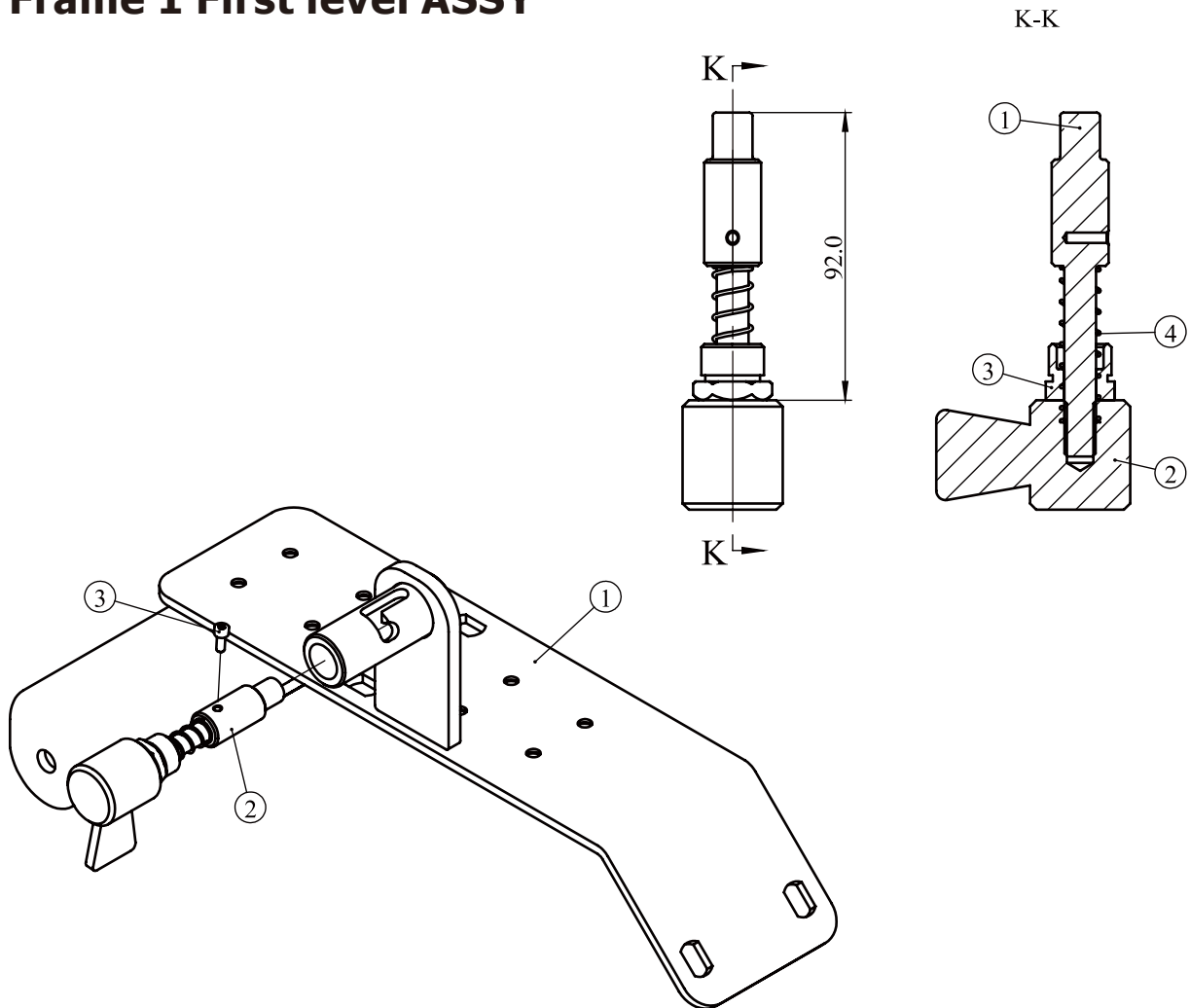


| ItemNo. | Part No.           | Description                        | QTY |
|---------|--------------------|------------------------------------|-----|
| 11.1.1  | ECP6240800         | Shoulder Pad Frame 1               | 1   |
| 11.1.2  | ECP6243000         | Liner Plate                        | 1   |
| 11.1.3  | ECP6174500         | Aluminum End Cap $\Phi 25$         | 2   |
| 11.1.4  | FE97031800         | Handle Grip                        | 2   |
| 11.1.5  | 13786860200        | Nylon Sleeve                       | 1   |
| 11.1.6  | VST600-PL232600V1  | Aluminum Retaining Ring            | 2   |
| 11.1.7  | VST700-S5311600    | Square Limit Sleeve                | 2   |
| 11.1.8  | NM12DN2            | Nylon Lock Nut M12                 | 1   |
| 11.1.9  | GB9512DN2          | Flat Washer $\Phi 13*\Phi 24*2.5$  | 2   |
| 11.1.10 | GB70BTM12*80DN18   | Socket Head Cap Screw M12*80       | 1   |
| 11.1.11 | YZGB7710-32*3.2N19 | Hexagon Socket Set Screw 10-32*3.2 | 4   |
| 11.1.12 | CNLM10*30*30DS20NL | Flat Head Cap Screw M10*30         | 2   |
| 11.1.13 | CNLM6*12DHS20NL    | Flat Head Cap Screw M6*12          | 2   |
| 11.1.14 | PNLM5*10DN20NL     | Button Head Cap Screw M5*10        | 4   |
| 11.1.15 | IF81165000         | Sun Hat                            | 2   |

# Exploded View and Parts List

## Shoulder Pad Adjustment Frame 1 First level ASSY

## Locking Pin Set

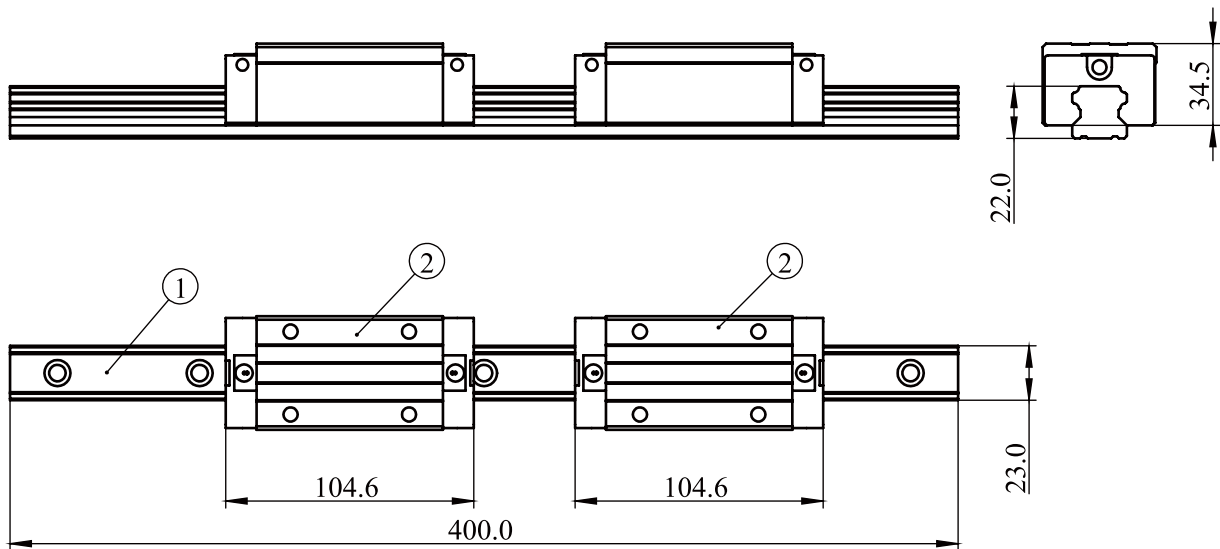


| ItemNo. | Part No.     | Description                     | QTY |
|---------|--------------|---------------------------------|-----|
| 11.2.1  | ECP6241000   | Shoulder Pad Adjustment Frame 1 | 1   |
| 11.2.2  | ECP62426ASSY | Locking Pin Set                 | 1   |
| 11.2.3  | GB70M4*10DS2 | Socket Head Cap Screw M4*10     | 1   |

| ItemNo.  | Part No.      | Description           | QTY |
|----------|---------------|-----------------------|-----|
| 11.2.2.1 | ECP3072600    | Rotary Plug Pin Shaft | 1   |
| 11.2.2.2 | ECP4012000V1  | Pin Head              | 1   |
| 11.2.2.3 | KPS18002701V1 | Lock Nut              | 1   |
| 11.2.2.4 | PL700BB8400   | Spring                | 1   |

# Exploded View and Parts List

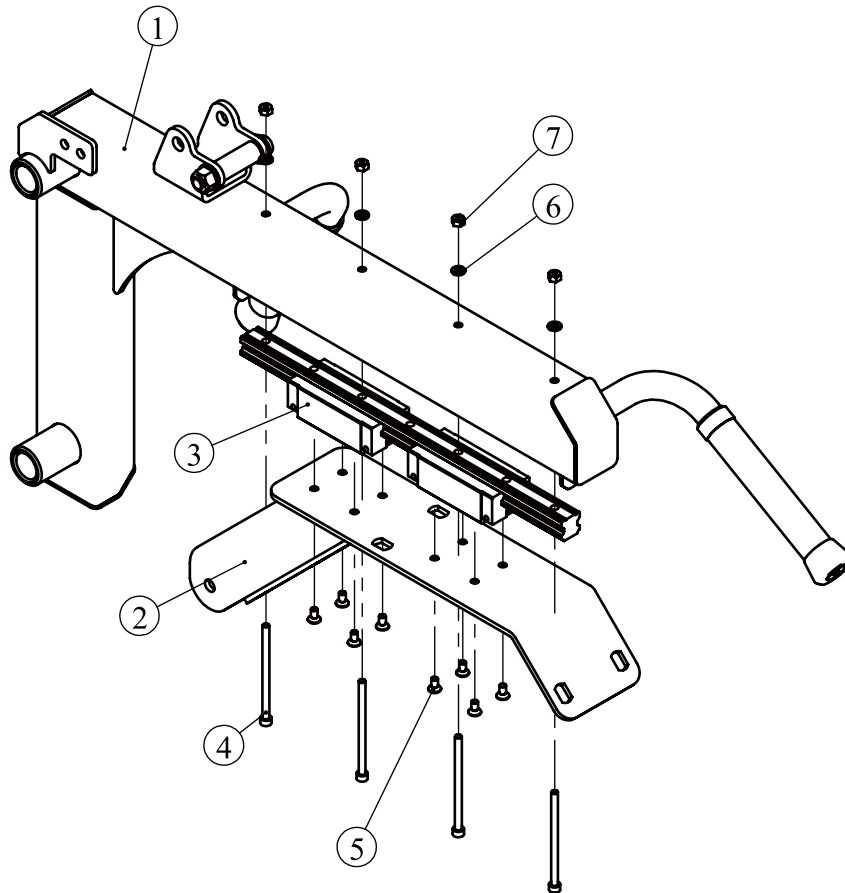
## Guide Rail Slider Assembly



| ItemNo. | Part No.   | Description   | QTY |
|---------|------------|---------------|-----|
| 11.3.1  | TRH25L435N | Linear Guide  | 1   |
| 11.3.2  | TRH25BL    | Linear Slider | 2   |

# Exploded View and Parts List

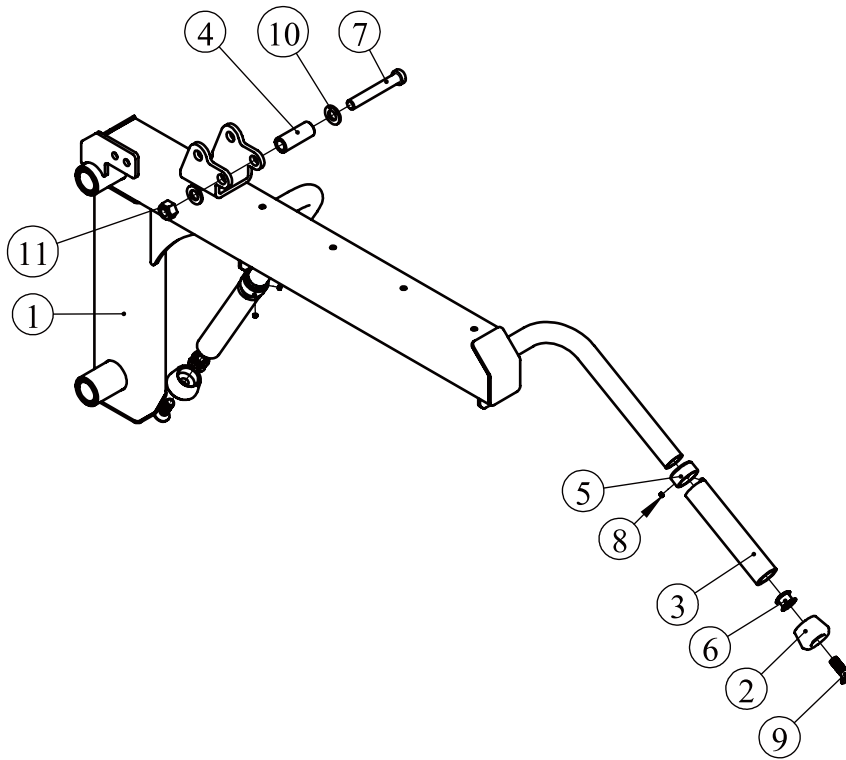
## Shoulder Pad Frame 2 Secondary ASSY



| ItemNo. | Part No.        | Description                                      | QTY |
|---------|-----------------|--------------------------------------------------|-----|
| 12.1    | ECP62409ASSY    | Shoulder Pad Frame 2 First level ASSY            | 1   |
| 12.2    | ECP6241100      | Shoulder Pad Adjustment Frame 2                  | 1   |
| 12.3    | TRH25           | Guide Rail Slider Assembly                       | 1   |
| 12.4    | GB70M6*100DN20  | Socket Head Cap Screw M6*100                     | 4   |
| 12.5    | CNLM6*12DHS20NL | Flat Head Cap Screw M6*12                        | 8   |
| 12.6    | GB956DN2        | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ | 4   |
| 12.7    | NM6DN2          | Nylon Lock Nut M6                                | 4   |

# Exploded View and Parts List

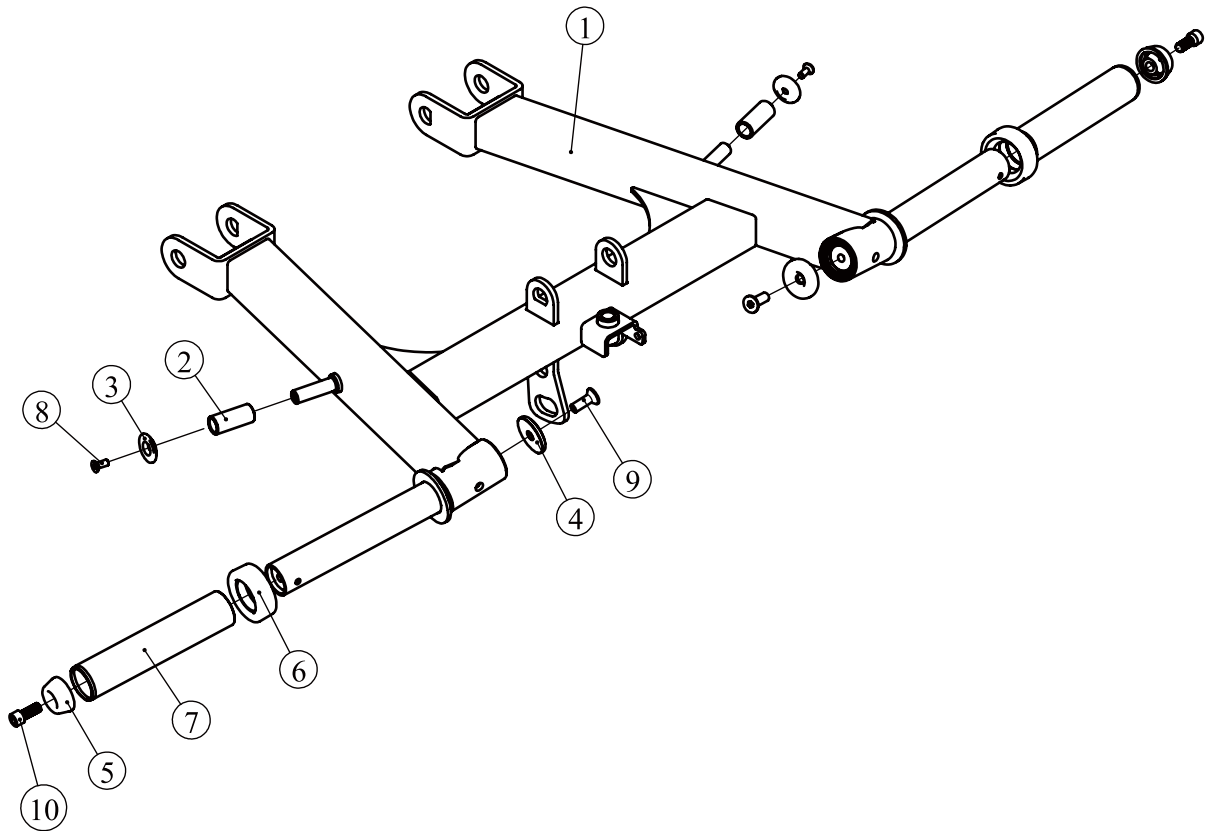
## Shoulder Pad Frame 2 First level ASSY



| ItemNo. | Part No.           | Description                        | QTY |
|---------|--------------------|------------------------------------|-----|
| 12.1.1  | ECP6240900         | Shoulder Pad Frame 2               | 1   |
| 12.1.2  | ECP6174500         | Aluminum End Cap $\Phi 25$         | 2   |
| 12.1.3  | FE97031800         | Handle Grip                        | 2   |
| 12.1.4  | 13786860200        | Nylon Sleeve                       | 1   |
| 12.1.5  | VST600-PL232600V1  | Aluminum Retaining Ring            | 2   |
| 12.1.6  | IF81165000         | Sun Hat                            | 2   |
| 12.1.7  | GB70BTM12*80DN18   | Socket Head Cap Screw M12*80       | 1   |
| 12.1.8  | YZGB7710-32*3.2N19 | Hexagon Socket Set Screw 10-32*3.2 | 4   |
| 12.1.9  | CNLM10*30*30DS20NL | Flat Head Cap Screw M10*30         | 2   |
| 12.1.10 | GB9512DN2          | Flat Washer $\Phi 13*\Phi 24*2.5$  | 2   |
| 12.1.11 | NM12DN2            | Nylon Lock Nut M12                 | 1   |

# Exploded View and Parts List

## Weight Rack Frame ASSY

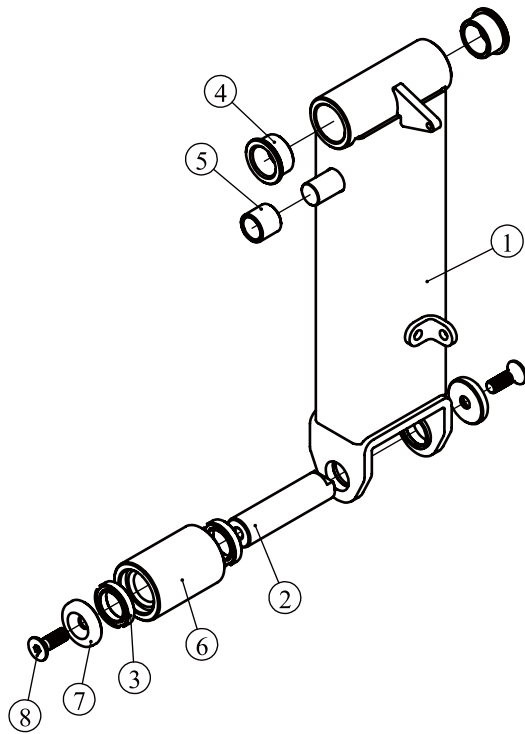


| ItemNo. | Part No.          | Description                  | QTY |
|---------|-------------------|------------------------------|-----|
| 13.1    | ECP6241200        | Weight Rack Frame            | 1   |
| 13.2    | ECP1013000        | Rotating Sleeve              | 2   |
| 13.3    | ECP1012400        | Aluminum End Cap             | 2   |
| 13.4    | SL70011700        | Aluminum End Cap             | 2   |
| 13.5    | SL70012000        | Head                         | 2   |
| 13.6    | PL1301600         | Rubber Cushion Pad           | 2   |
| 13.7    | HZ70022000V1      | Short Barbell Sleeve         | 2   |
| 13.8    | CNLM8*20DS20NL    | Flat Head Cap Screw M8*20    | 2   |
| 13.9    | CNLM12*35DS20NL   | Flat Head Cap Screw M12*35   | 2   |
| 13.10   | GB70M12*30DHS20NL | Socket Head Cap Screw M12*30 | 2   |

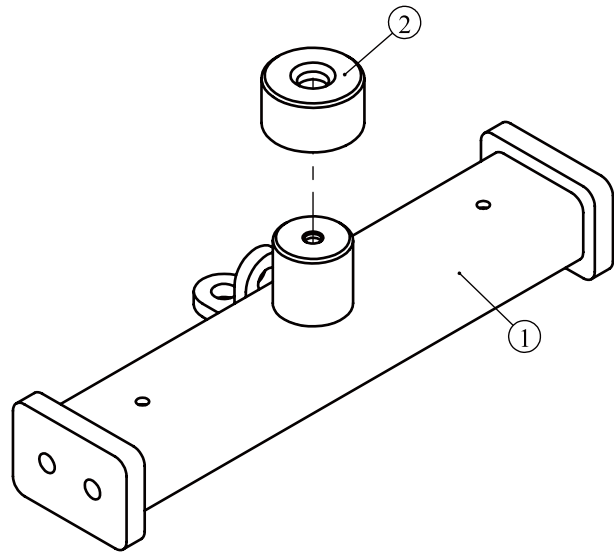


# Exploded View and Parts List

## Limit Adjustment Frame ASSY



## Cable Connecting Frame ASSY

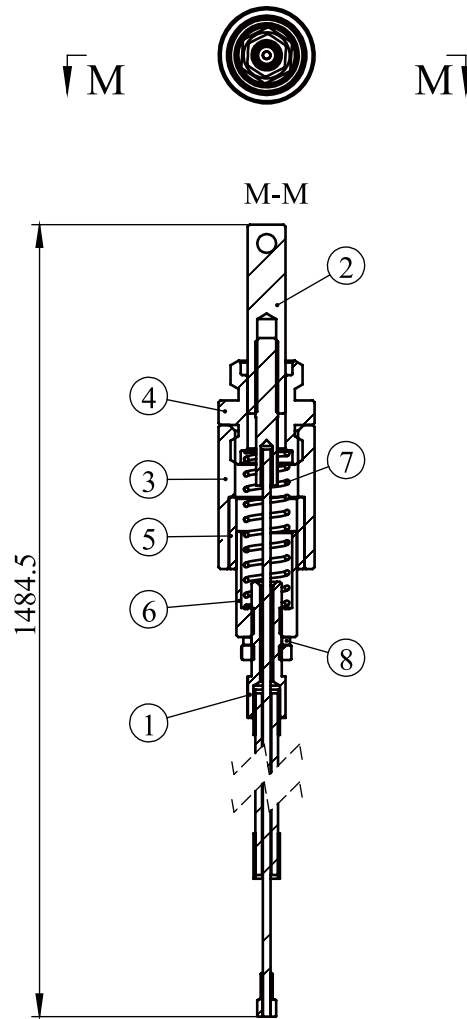


| ItemNo. | Part No.           | Description                | QTY |
|---------|--------------------|----------------------------|-----|
| 14.1    | ECP6241500         | Limit Adjustment Frame     | 1   |
| 14.2    | ECP7132700         | Limit Rotating Shaft       | 1   |
| 14.3    | GB27661805-2ZC3NBK | Deep Groove Ball Bearing   | 2   |
| 14.4    | M02502000          | Copper Bearing             | 2   |
| 14.5    | BH97213100         | Limit Sleeve               | 1   |
| 14.6    | BB-SQ3100V1        | Limit Sleeve               | 1   |
| 14.7    | IN-D21202000       | CapΦ38                     | 2   |
| 14.8    | CNLM10*30*30DS20NL | Flat Head Cap Screw M10*30 | 2   |

| ItemNo. | Part No.   | Description            | QTY |
|---------|------------|------------------------|-----|
| 15.1    | ECP6242100 | Cable Connecting Frame | 1   |
| 15.2    | IT95391400 | Buffer Cover           | 1   |

# Exploded View and Parts List

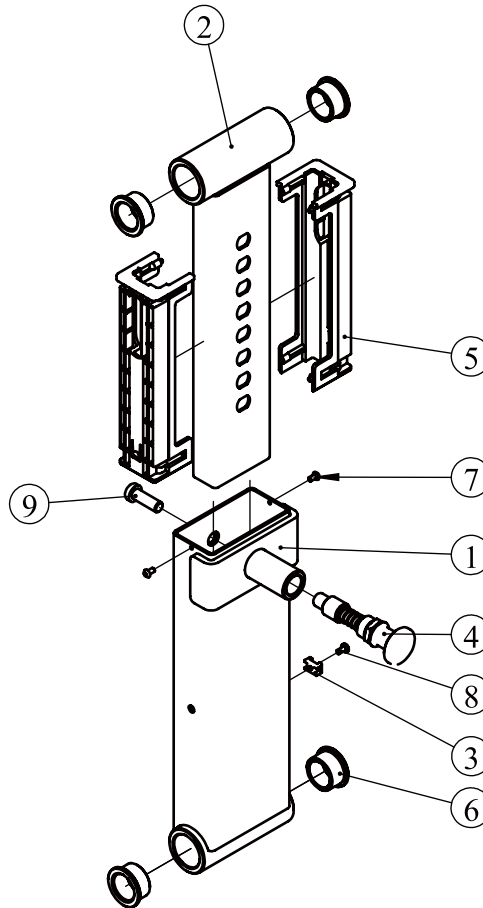
## Cable ASSY



| ItemNo. | Part No.    | Description               | QTY |
|---------|-------------|---------------------------|-----|
| 16.1    | C015PL3100  | Brake Cable Crimping Part | 1   |
| 16.2    | ECP6242800  | Brake Cable Pin           | 1   |
| 16.3    | C015PL3200  | Guide Sleeve              | 1   |
| 16.4    | C015PL3300  | Threaded Connector        | 1   |
| 16.5    | C015PL3400  | Bushing                   | 1   |
| 16.6    | C015PL3500  | Sliding Sleeve            | 1   |
| 16.7    | DC1500A1703 | Spring                    | 1   |
| 16.8    | GB938N19    | Spring Washer             | 1   |

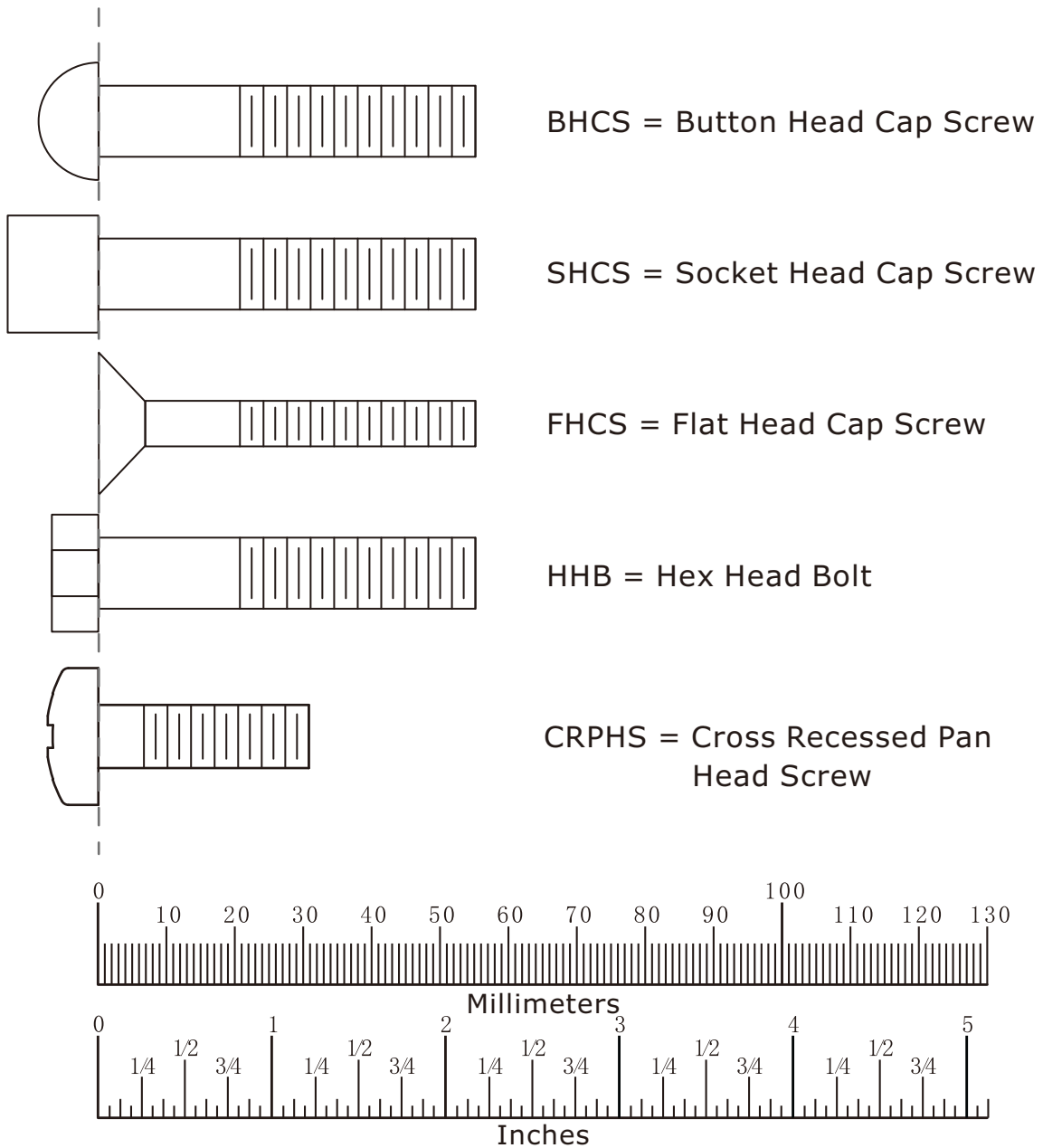
# Exploded View and Parts List

## Weight Adjustment Frame ASSY



| ItemNo. | Part No.           | Description                        | QTY |
|---------|--------------------|------------------------------------|-----|
| 18.1    | ECP6241300         | Weight Adjustment Frame 1          | 1   |
| 18.2    | ECP6241400         | Weight Adjustment Frame 2          | 1   |
| 18.3    | SDZ15              | Strap Holder                       | 1   |
| 18.4    | ECP10318ASSY       | Spring Pin ASSY                    | 1   |
| 18.5    | IF93035000         | Long Half Sleeve                   | 2   |
| 18.6    | M02502000          | Copper Bearing                     | 4   |
| 18.7    | PNLM4*8DHS20       | Button Head Cap Screw M4*8         | 2   |
| 18.8    | GB818M4*8DHS2      | Cross Recessed Pan Head Screw M4*8 | 1   |
| 18.9    | GB70BTM10*30DN18NL | Socket Head Cap Screw M10*30       | 1   |

# 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**

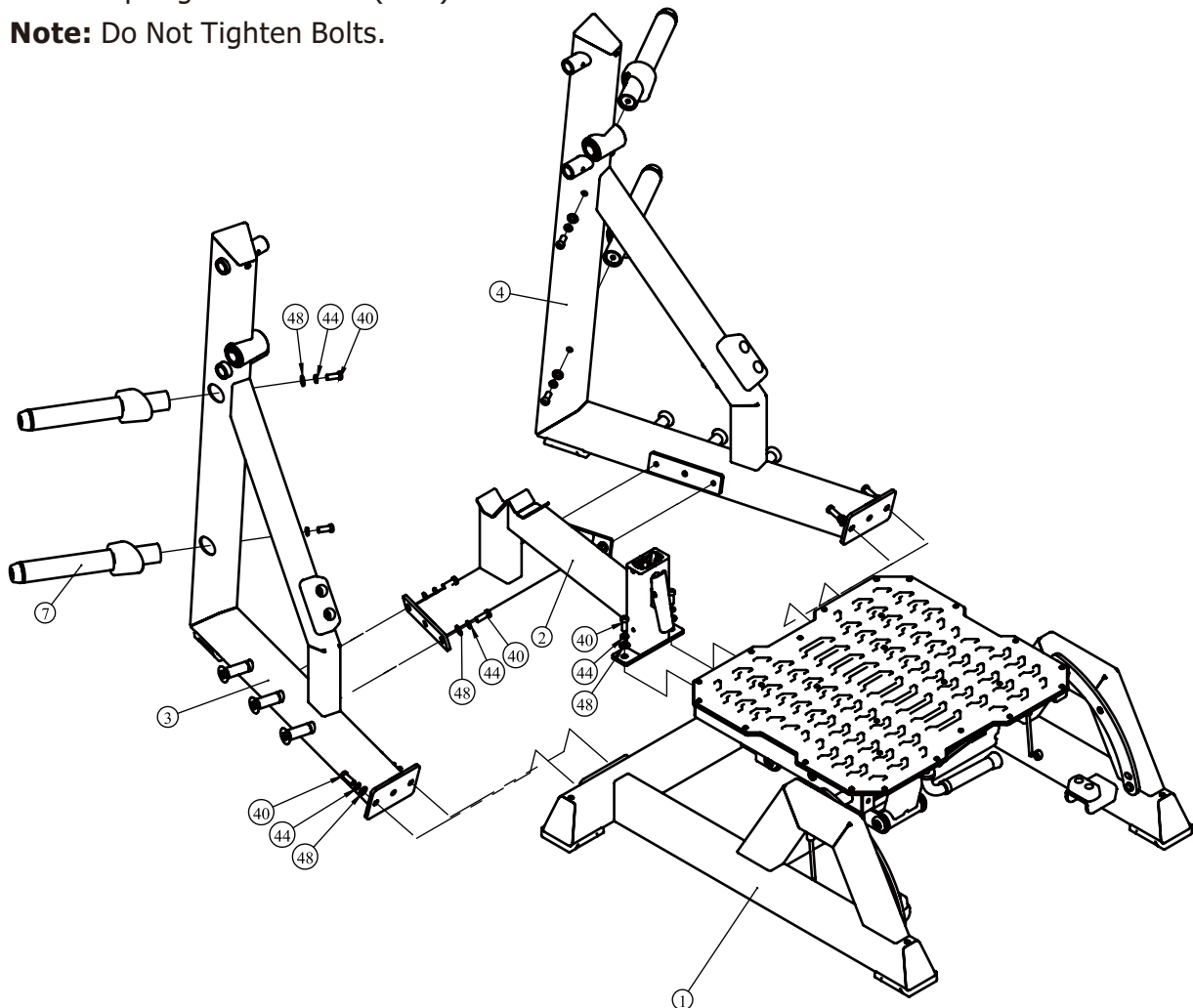
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

## Assembly

## STEP 1

1. Attach the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4) to the Front Ground Frame ASSY (#1) using:  
four M12\*30 SHCS (#40) four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#48)  
four Spring Washer  $\Phi 12$  (#44)
2. Attach the Bottom Connecting Frame ASSY (#2) to the Front Ground Frame ASSY (#1) and the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4) using:  
six M12\*30 SHCS (#40) six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#48)  
six Spring Washer  $\Phi 12$  (#44)
3. Attach the four Barbell Storage Rack ASSY (#7) to the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4) using:  
four M12\*30 SHCS (#40) four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#48)  
four Spring Washer  $\Phi 12$  (#44)

**Note:** Do Not Tighten Bolts.



# Assembly

## STEP 2

1. Attach the Weight Rack Frame ASSY (#13) to the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4) using:  
two Rotating Shaft  $\Phi 25 \times 109$  (#25)      four M10\*30 FHCS (#38)  
four Cap  $\Phi 60$  (#32)

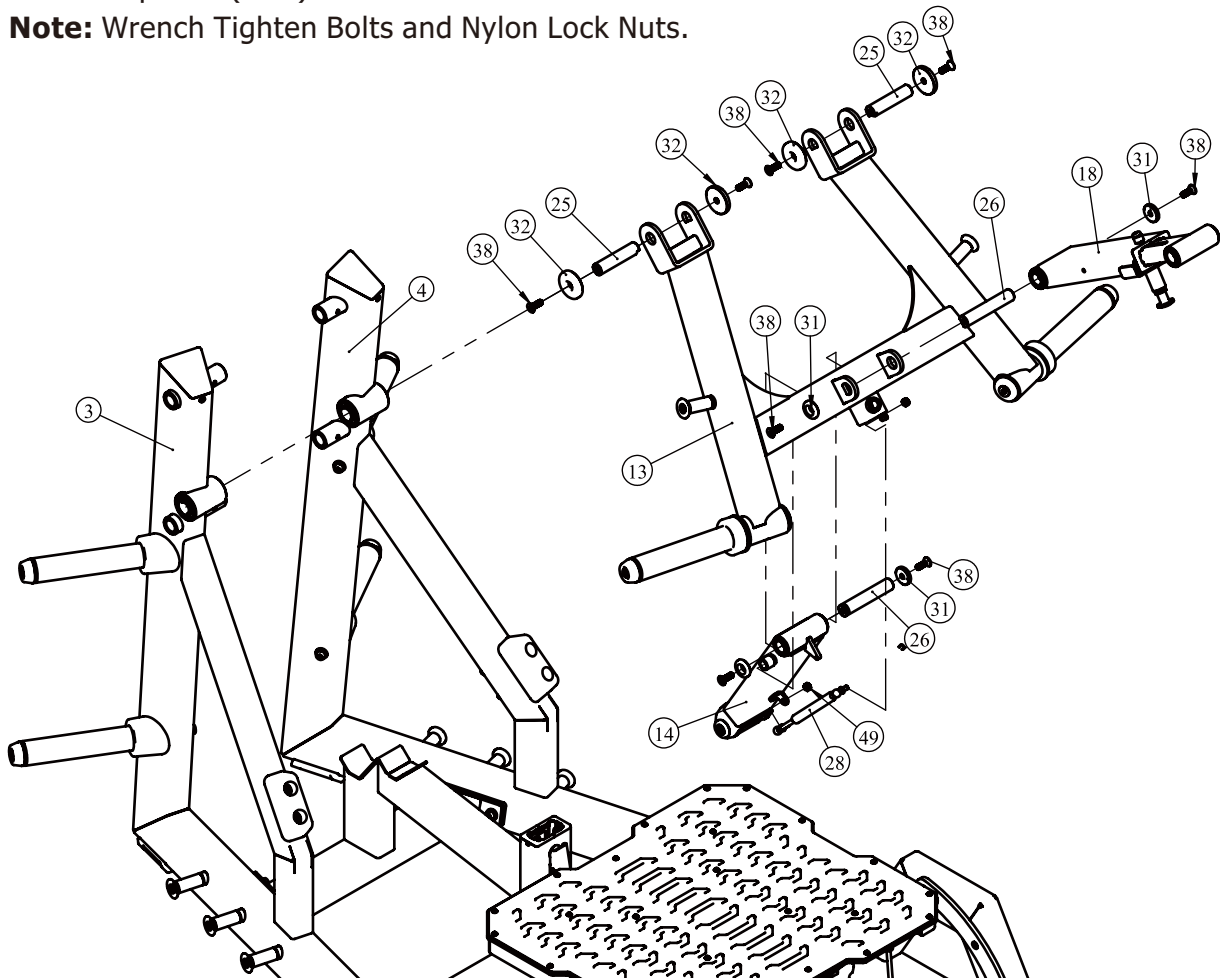
**Note:** Do Not Tighten Bolts.

2. Attach the Limit Adjustment Frame ASSY (#14) to the Weight Rack Frame ASSY (#13) using:  
one Fixed Shaft  $\Phi 25 \times 134$  (#26)      two M10\*30 FHCS (#38)  
two Cap  $\Phi 38$  (#31)

3. Attach the Gas Spring (#28) to the Weight Rack Frame ASSY (#13) and the Limit Adjustment Frame ASSY (#14) using:  
two Nylon Lock Nut M8 (#49)

4. Attach the Weight Adjustment Frame ASSY (#18) to the Weight Rack Frame ASSY (#13) using:  
one Fixed Shaft  $\Phi 25 \times 134$  (#26)      two M10\*30 FHCS (#38)  
two Cap  $\Phi 38$  (#31)

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



# Assembly

## STEP 3

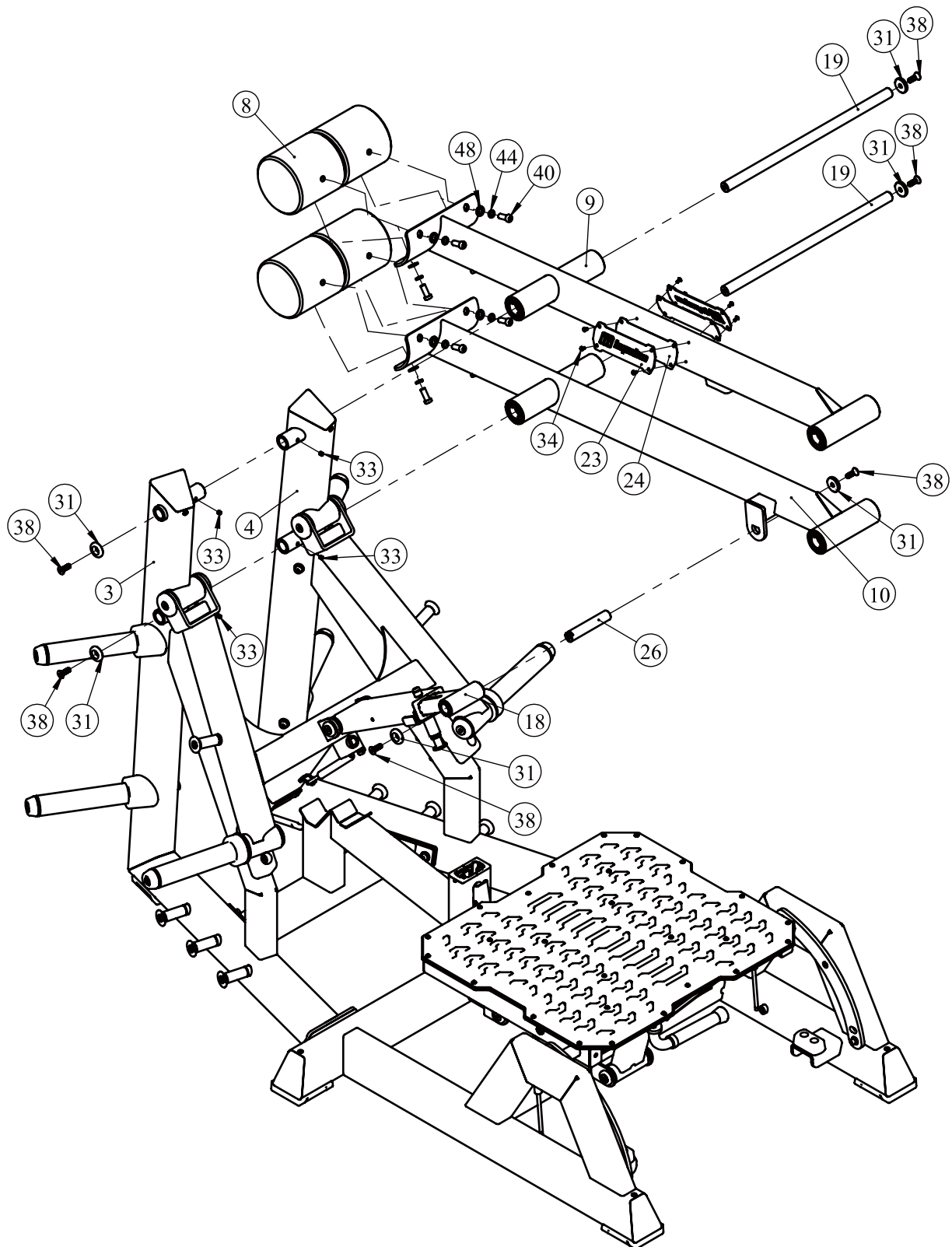
1. Attach the Swing Frame 2 ASSY (#10) to the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4) and the Weight Adjustment Frame ASSY (#18) using:
  - one Rotating Shaft 1  $\Phi 25 \times 568$  (#19)
  - four M10\*30 FHCS (#38)
  - four Cap  $\Phi 38$  (#31)
  - one Fixed Shaft  $\Phi 25 \times 134$  (#26)
2. Attach the Swing Frame 1 ASSY (#9) to the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4) using:
  - one Rotating Shaft 1  $\Phi 25 \times 568$  (#19)
  - two M10\*30 FHCS (#38)
  - two Cap  $\Phi 38$  (#31)
3. Attach the four Balance Weights (#8) to the Swing Frame 1 ASSY (#9) and the Swing Frame 2 ASSY (#10) using:
  - eight M12\*30 SHCS (#40)
  - eight  $\Phi 13 \times \Phi 24 \times 2.5$  Flat Washer (#48)
  - eight Spring Washer  $\Phi 12$  (#44)
4. Attach the four M8\*8 HSSS (#33) to the Ground Standing Frame 1 ASSY (#3) and the Ground Standing Frame 2 ASSY (#4).
5. Attach the two LOGO Plates (#23) and the two LOGO Back Plates (#24) to the Swing Frame 1 ASSY (#9) using:
  - eight M5\*10 BHCS (#34)

**Note:** Wrench all the above-mentioned Tighten Bolts and Nylon Lock Nuts.



## Assembly

### STEP 3



# Assembly

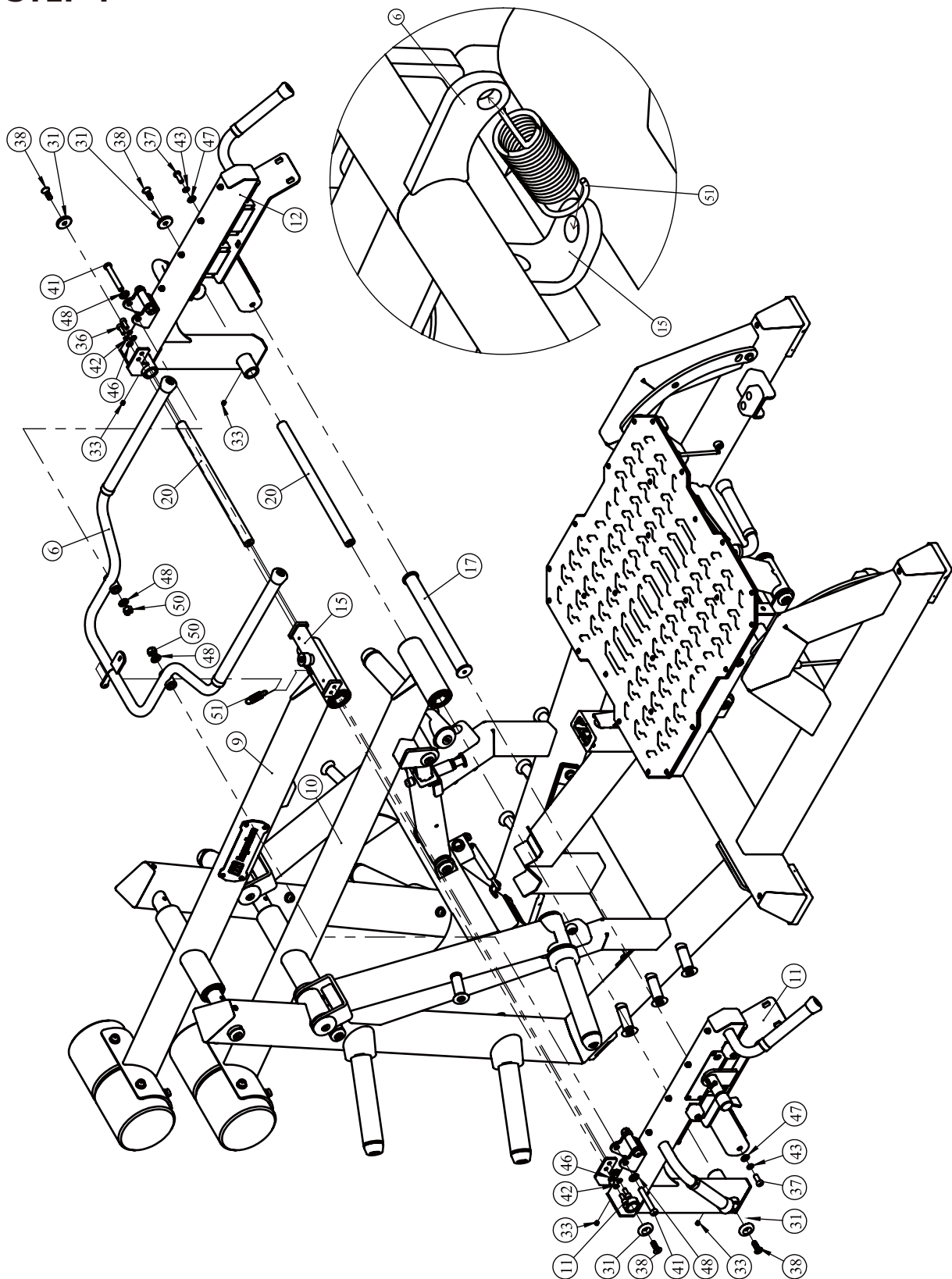
## STEP 4

1. Attach the Shoulder Pad Frame 1 Secondary ASSY (#11) and the Shoulder Pad Frame 2 Secondary ASSY (#12) to the Swing Frame 1 ASSY (#9) and the Swing Frame 2 ASSY (#10) using:  
two Rotating Shaft 2  $\Phi 25 \times 421$  (#25)  
four M10\*30 FHCS (#38)  
four Cap  $\Phi 38$  (#31)
2. Attach the Shoulder Pad Connecting Frame (#17) to the Shoulder Pad Frame 1 Secondary ASSY (#11) and the Shoulder Pad Frame 2 Secondary ASSY (#12) using:  
two M10\*25 SHCS (#37)  
two Spring Washer  $\Phi 10$  (#43)  
two Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#47)
3. Attach the Cable Connecting Frame ASSY (#15) to the Shoulder Pad Frame 1 Secondary ASSY (#11) and the Shoulder Pad Frame 2 Secondary ASSY (#12) using:  
four M8\*20 SHCS (#36)  
four Spring Washer  $\Phi 8$  (#42)  
four Flat Washer  $\Phi 9 \times \Phi 16 \times 1.6$  (#46)
4. Attach the Handle Frame ASSY (#6) to the Shoulder Pad Frame 1 Secondary ASSY (#11) and the Shoulder Pad Frame 2 Secondary ASSY (#12) using:  
two M12\*80 SHCS (#41)  
two Nylon Lock Nut M12 (#50)  
four Flat Washer  $\Phi 13 \times \Phi 24 \times 2.5$  (#48)
5. Attach the four M8\*8 HSSS (#33) to the Shoulder Pad Frame 1 Secondary ASSY (#11) and the Shoulder Pad Frame 2 Secondary ASSY (#12).
6. Attach the Tension Spring (#51) to the Handle Frame ASSY (#6) and the Cable Connecting Frame ASSY (#15).

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

# Assembly

## STEP 4

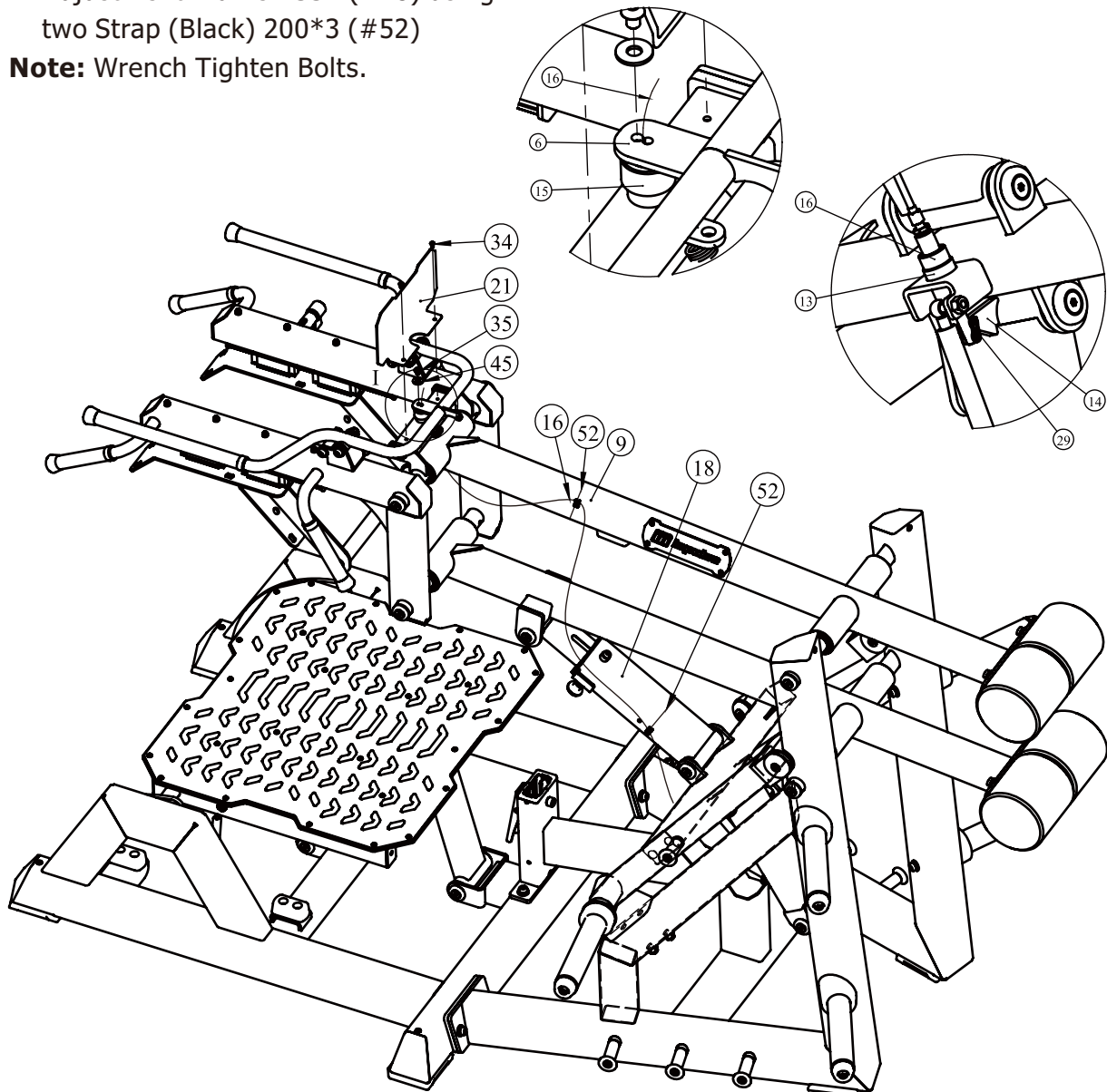


## Assembly

## STEP 5

1. Attach the Cable ASSY (#16) to the Limit Adjustment Frame ASSY (#14) and the Weight Rack Frame ASSY (#13) using:  
one Buckle (#29)
2. Pass the Cable ASSY (#16) through the Cable Connecting Frame ASSY (#15), Attach the Cable ASSY (#16) to the Handle Frame ASSY (#6) using:  
one M8\*10 SHCS (#35)  
one Flat Washer  $\Phi 9 \times \Phi 22 \times 2$  (#45)
3. Attach the Indicator Plate (#21) to the Cable Connecting Frame ASSY (#15) using:  
two M5\*10 BHCS (#34)
4. Attach the Cable ASSY (#16) to the Swing Frame 1 ASSY (#9) and the Weight Adjustment Frame ASSY (#18) using:  
two Strap (Black) 200\*3 (#52)

**Note:** Wrench Tighten Bolts.

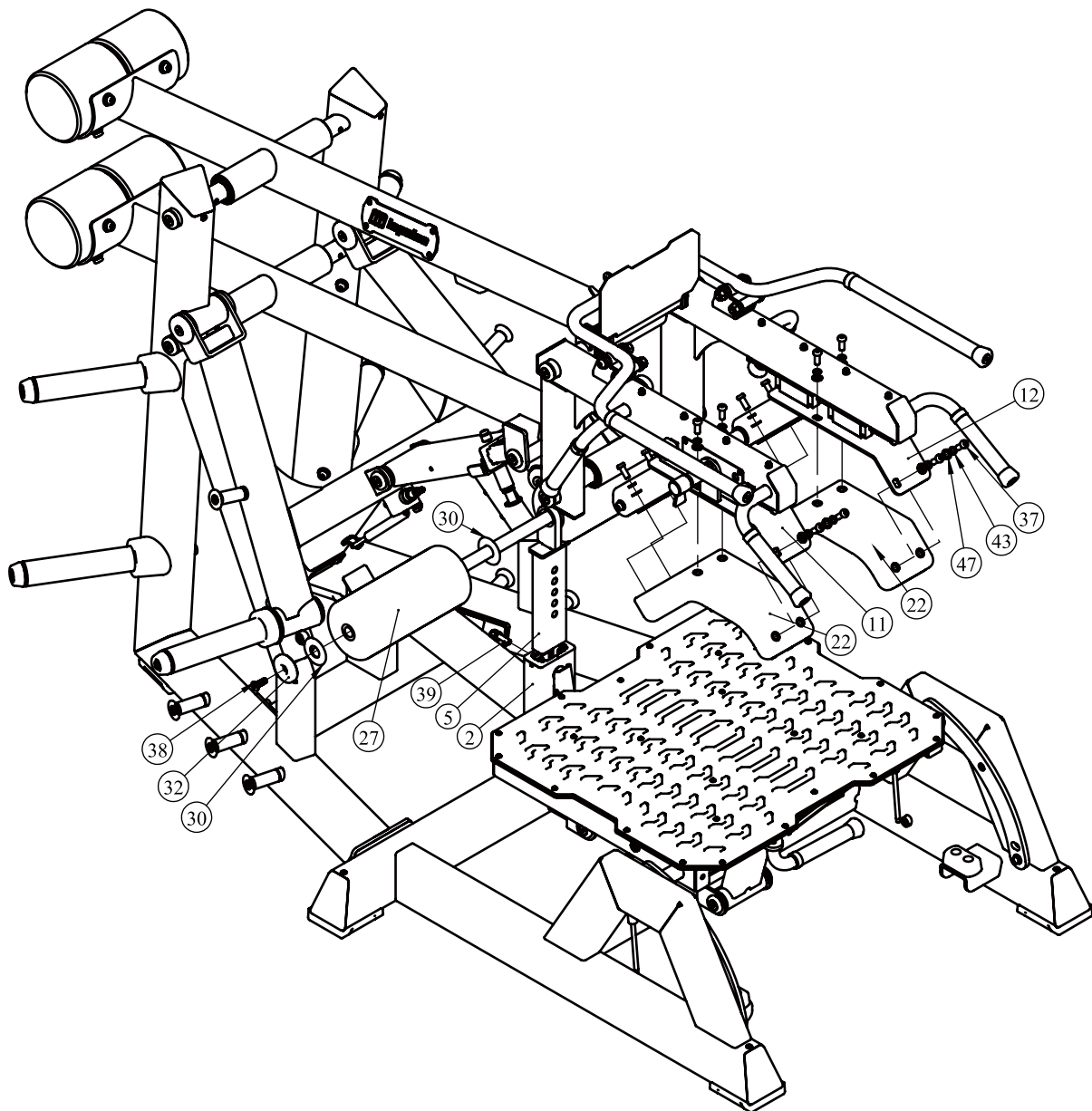


# Assembly

## STEP 6

1. Attach the two Shoulder Pads (#22) to the Shoulder Pad Frame 1 Secondary ASSY (#11) and the Shoulder Pad Frame 2 Secondary ASSY (#12) using:  
twelve M10\*25 SHCS (#37)                      twelve Spring Washer  $\Phi 10$  (#43)  
twelve Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#47)
2. Attach the two Leather Covered FOAMs (#27) to the Adjusting Frame (#5) using:  
two M10\*30 FHCS (#38)                      two Cap $\Phi 60$  (#32)  
four Plastic Washer (#30)
3. Attach the Adjusting Frame (#5) to the Bottom Connecting Frame ASSY (#2) .

**Note:** Wrench Tighten Bolts.



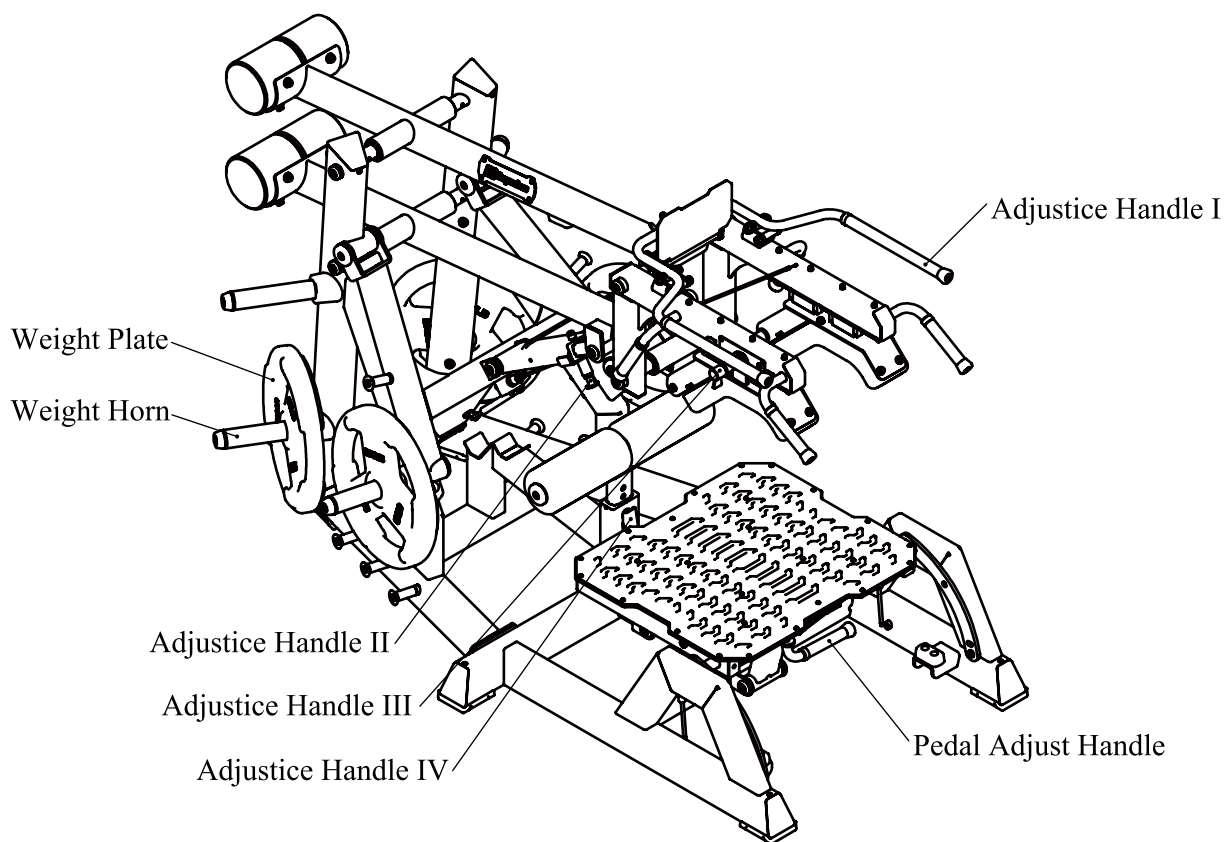
# Adjust Instructions and Exercise Instructions

## 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 on each side can not be greater than 200kg.
3. This equipment does not contains Weight Plate.

## Adjust & Exercise Instruction

1. Select an appropriate weight or hang a pair of resistance bands on both weight horns.
2. Adjust Handle II and Handle III and Handle IV to suitable positions.
3. Hold the pedal adjust handle and move the Foot Pedal to desired position, the release the handle and make sure the pedal firmly stucked.
4. Grasp the handle with both hands, put your feet on the Foot Pedal, Spread your legs and move the back frame.
5. Slowly return to starting position.
6. Hold the adjust handle and move the back frame on limit frame during temporary rest.



# Maintenance Schedule

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

