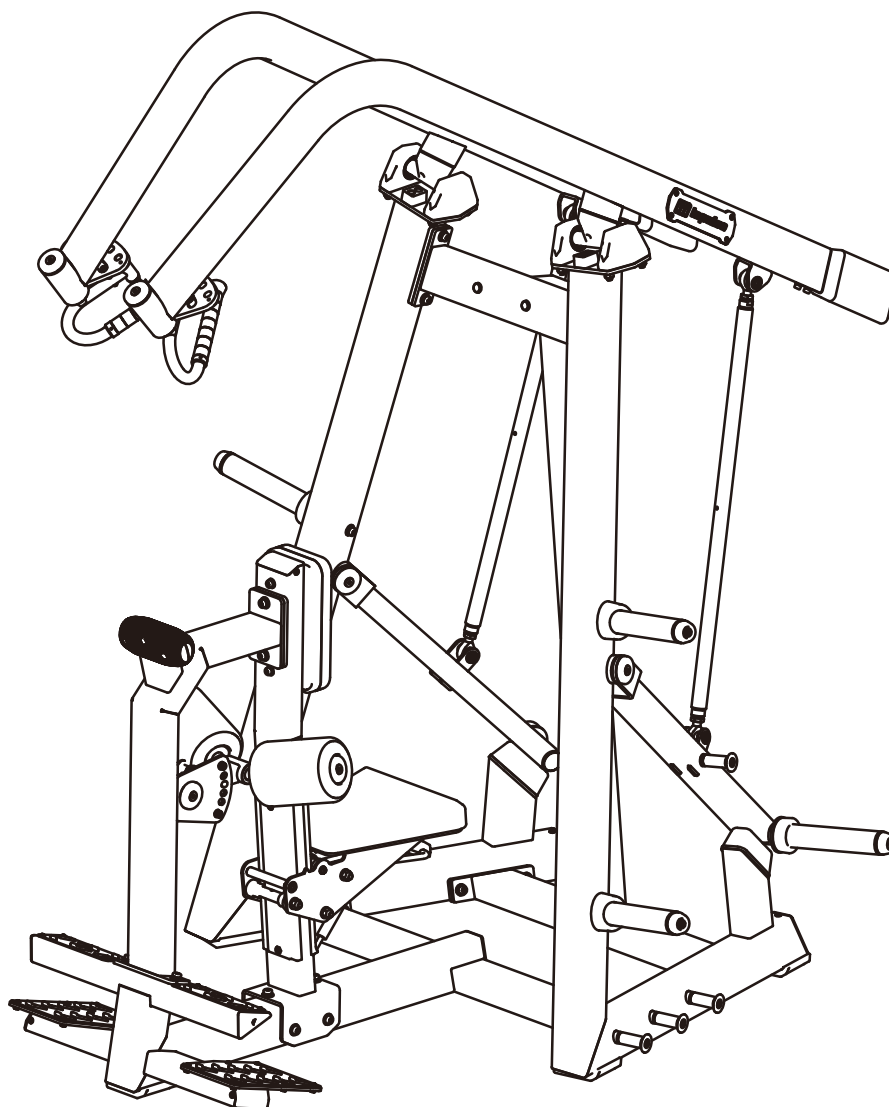




ECP308

HIGH ROW

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.

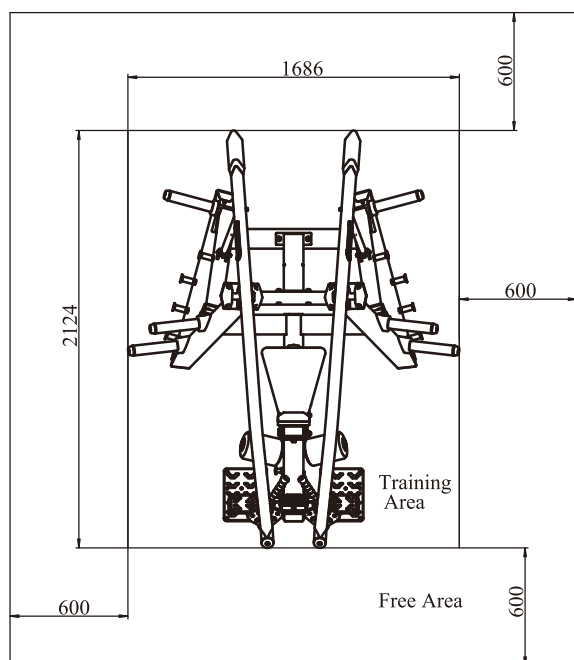
Important Safety Instructions

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: 2124*1686*2298mm

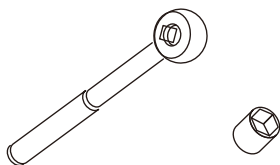
Product Total Surface: 2124*1686mm

Instructions

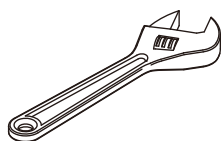
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

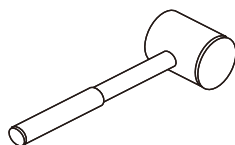
Tools Required



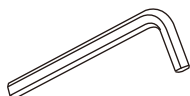
Ratchet Wrench and Socket



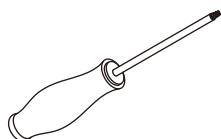
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP30801ASSY	Main frame I ASSY	1
2	ECP30802ASSY	Main frame II ASSY	1
3	ECP30803ASSY	Bottom Support Frame ASSY	1
4	ECP30804ASSY	Bottom Cross Frame ASSY	1
5	ECP30805ASSY	FOAM Frame ASSY	1
6	ECP3080600	Upper Connecting Frame	1
7	ECP30807ASSY	Chest Cushion Fixed Frame ASSY	1
8	ECP3071300	Rear Connection Frame	1
9	ECP20108ASSY	Seat Cushion Frame ASSY	1
10	ECP30706ASSY	Swing Frame I ASSY	1
11	ECP30707ASSY	Swing Frame II ASSY	1
12	ECP3080800	Rear Support Frame	1
13	ECP30809ASSY	Handle Frame	2
14	ECP30810ASSY	Connecting Rod Frame ASSY	2
15	ECP30811ASSY	Arm Frame I ASSY	1
16	ECP30812ASSY	Arm Frame II ASSY	1
17	ECP1011600	Shaft $\Phi 25 \times 109$	2
18	ECP1012100	Balance Iron	2
19	ECP1012200	LOGO Plate	2
20	ECP1012300	LOGO Inner Plate	2
21	ECP20118ASSY	Barbell Storage Frame ASSY	4
22	ECP20121ASSY	Set-Contained Bearing	4
23	ECP20133ASSY	Roller ASSY	1
24	ECP2014003	Limit Shaft $\Phi 19 \times 128$	1
25	ECP2014005	Short Shaft $\Phi 16 \times 54$	4
26	ECP2015100V1	Seat Pad	1
27	ECP30151ASSY	Short FOAM ASSY	2
28	ECP3025100	Chest Cushion	1
29	YQ200-480Fa100	Gas Spring	1
30	SL70202900	Short Shaft $\Phi 25.4 \times 87$	1

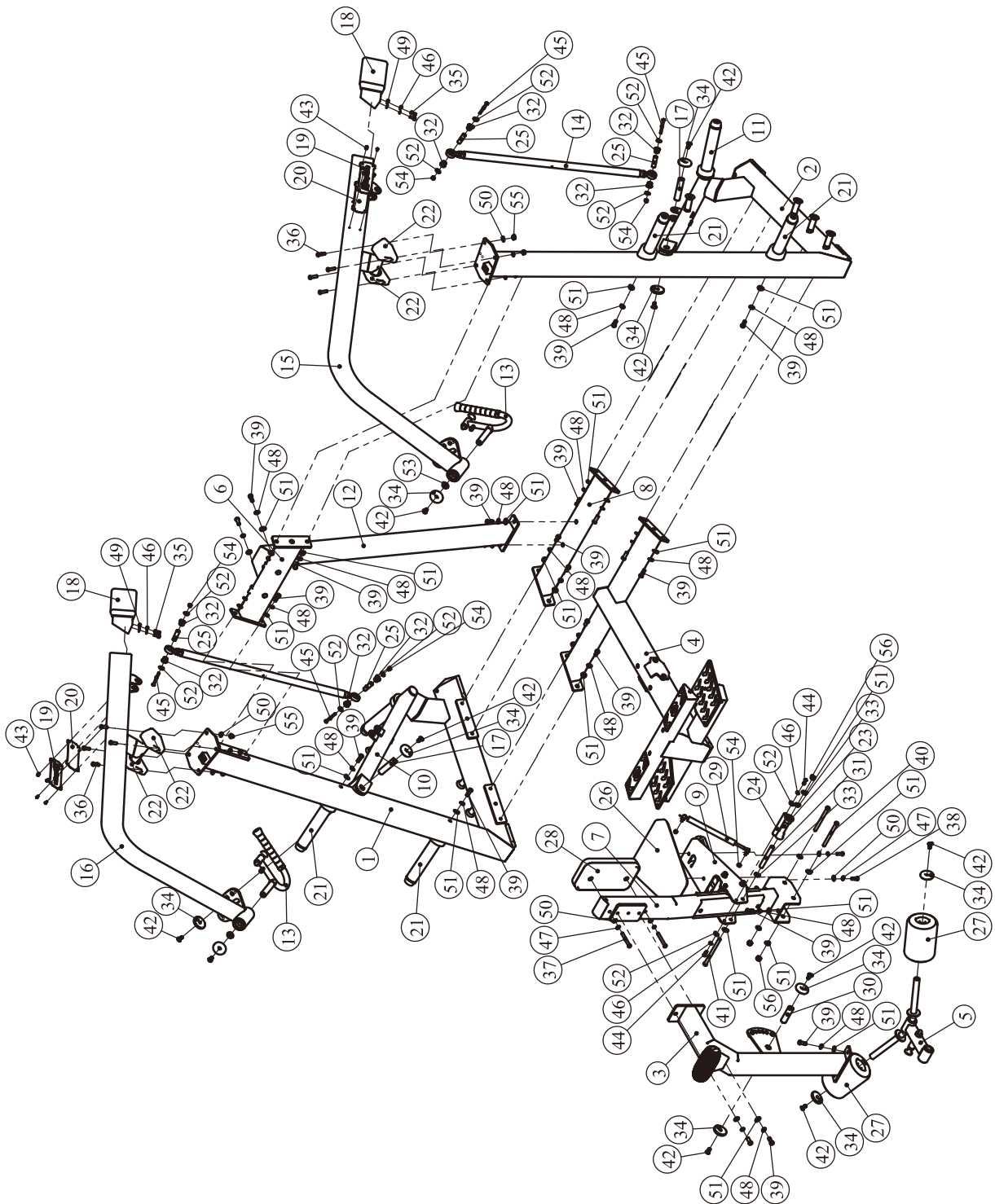
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
31	ECP2014004	Roller Sleeve	1
32	ECP2014000	Step Cover	8
33	ECP2014002	Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$	2
34	IE950716500	Aluminum Cap $\Phi 60$	10
35	GB70M8*20DN20	Socket Head Cap Screw M8*20	4
36	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	8
37	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
38	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
39	GB70BTM12*30DN18NL	Socket Head Cap Screw M12*30	26
40	GB70BTM12*140DN18	Socket Head Cap Screw M12*140	2
41	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
42	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	10
43	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
44	PNLM8*25DN20	Button Head Cap Screw M8*25	2
45	PNLM8*70DN20	Button Head Cap Screw M8*70	4
46	GB938N19	Spring Washer $\Phi 8$	6
47	GB9310N19	Spring Washer $\Phi 10$	4
48	GB9312N19	Spring Washer $\Phi 12$	26
49	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
50	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	12
51	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	32
52	DQ8DN2	Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$	10
53	DQ10DN2C	Flat Washer $\Phi 11 \times \Phi 30 \times 2$	2
54	NM8DN2	Nylon Lock Nut M8	6
55	NM10DN2	Nylon Lock Nut M10	8
56	NM12DN2	Nylon Lock Nut M12	3
	NBS3DHS	Hex Key S=3	1
	NBS5DHS	Hex Key S=5	1
	NBS6DHS	Hex Key S=6	1
	NBS8DHS	Hex Key S=8	1

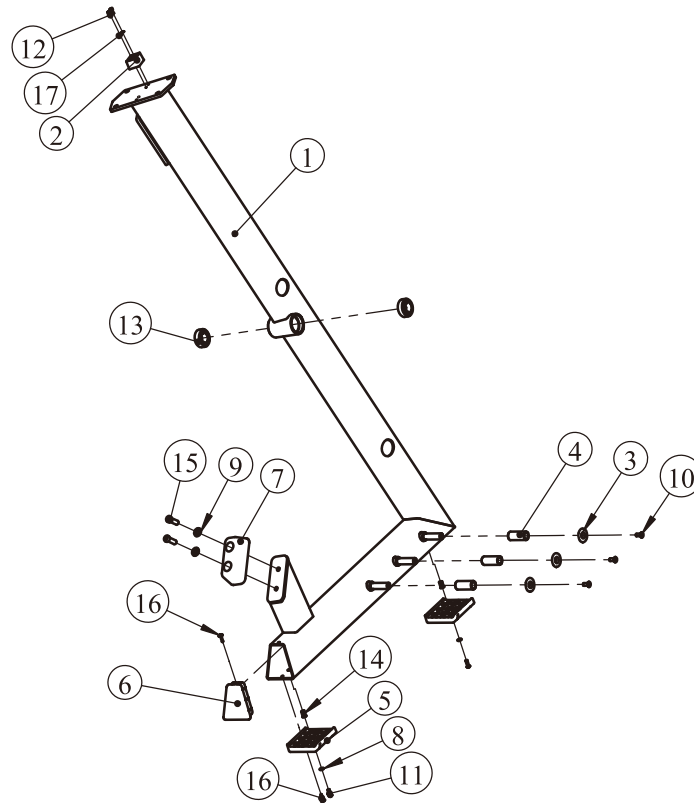
Exploded View and Parts List

Overall



Exploded View and Parts List

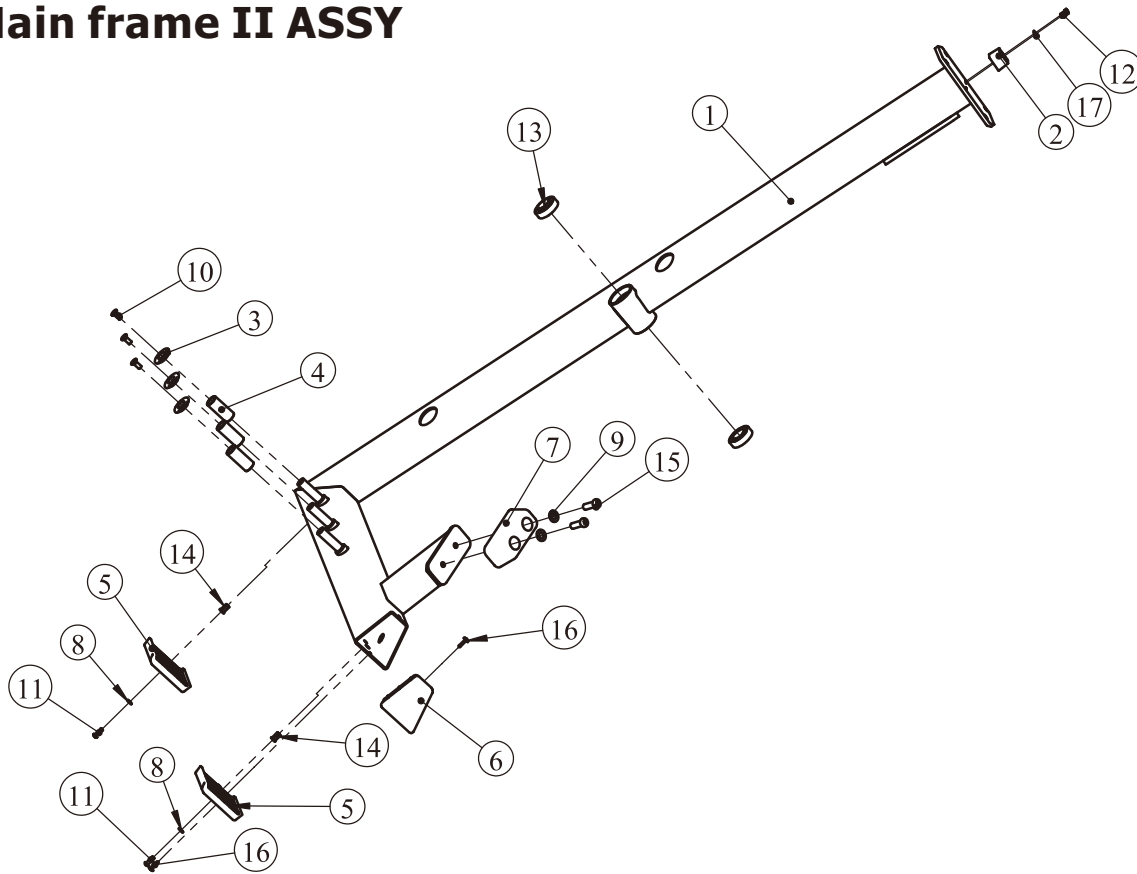
Main frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP3080100	Main frame I	1
1.2	IN-B75052000	Safety Bumper	1
1.3	ECP1012400	Aluminum Cap $\Phi 40$	3
1.4	ECP1013000	Rotating Sleeve	3
1.5	ECP2013400	Rubber Foot	2
1.6	ECP2013500	Slanted Plug	1
1.7	PL380800	Safety Bumper	1
1.8	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	2
1.9	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	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	GB70M5*12DHS20	Socket Head Cap Screw M5*12	2
1.13	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3NBKTZ	2
1.14	GB17880.5M6*16.5DHS17	Rivet Nut M6	2
1.15	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.16	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
1.17	GB955DHS2	Flat Washer $\Phi 5.3 \times \Phi 10 \times 1$	2

Exploded View and Parts List

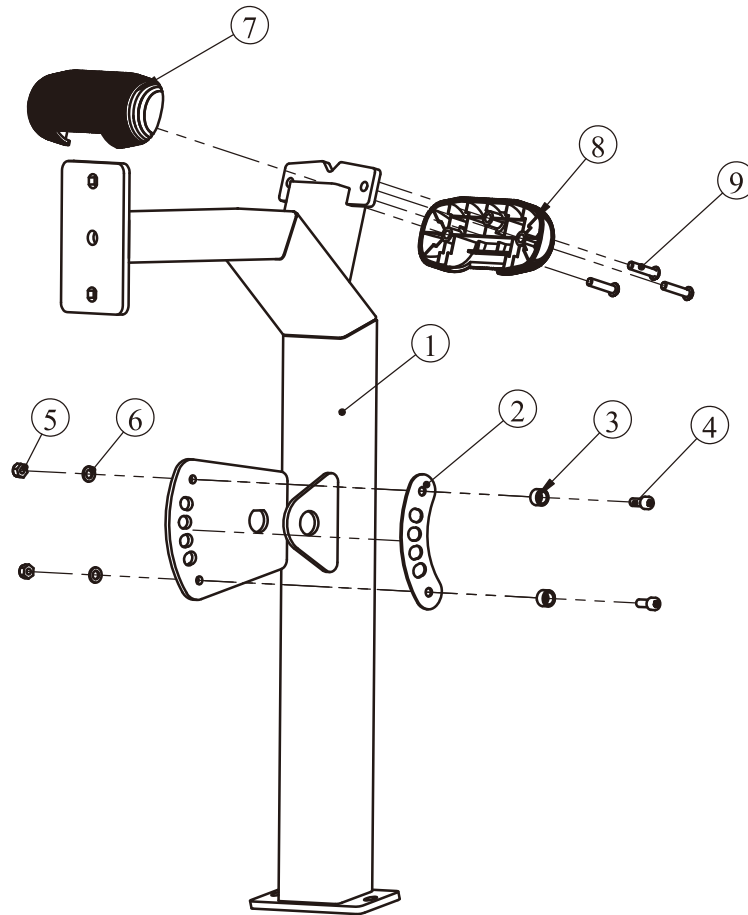
Main frame II ASSY



Grade No.	Part No.	Description	QTY
2.1	ECP3080200	Main frame II	1
2.2	IN-B75052000	Safety Bumper	1
2.3	ECP1012400	Aluminum Cap $\Phi 40$	3
2.4	ECP1013000	Rotating Sleeve	3
2.5	ECP2013400	Rubber Foot	2
2.6	ECP2013500	Slanted Plug	1
2.7	PL380800	Safety Bumper	1
2.8	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	2
2.9	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	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	GB70M5*12DHS20	Socket Head Cap Screw M5*12	2
2.13	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3NBKTZ	2
2.14	GB17880.5M6*16.5DHS17	Rivet Nut M6	2
2.15	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
2.16	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
2.17	GB955DHS2	Flat Washer $\Phi 5.3 \times \Phi 10 \times 1$	2

Exploded View and Parts List

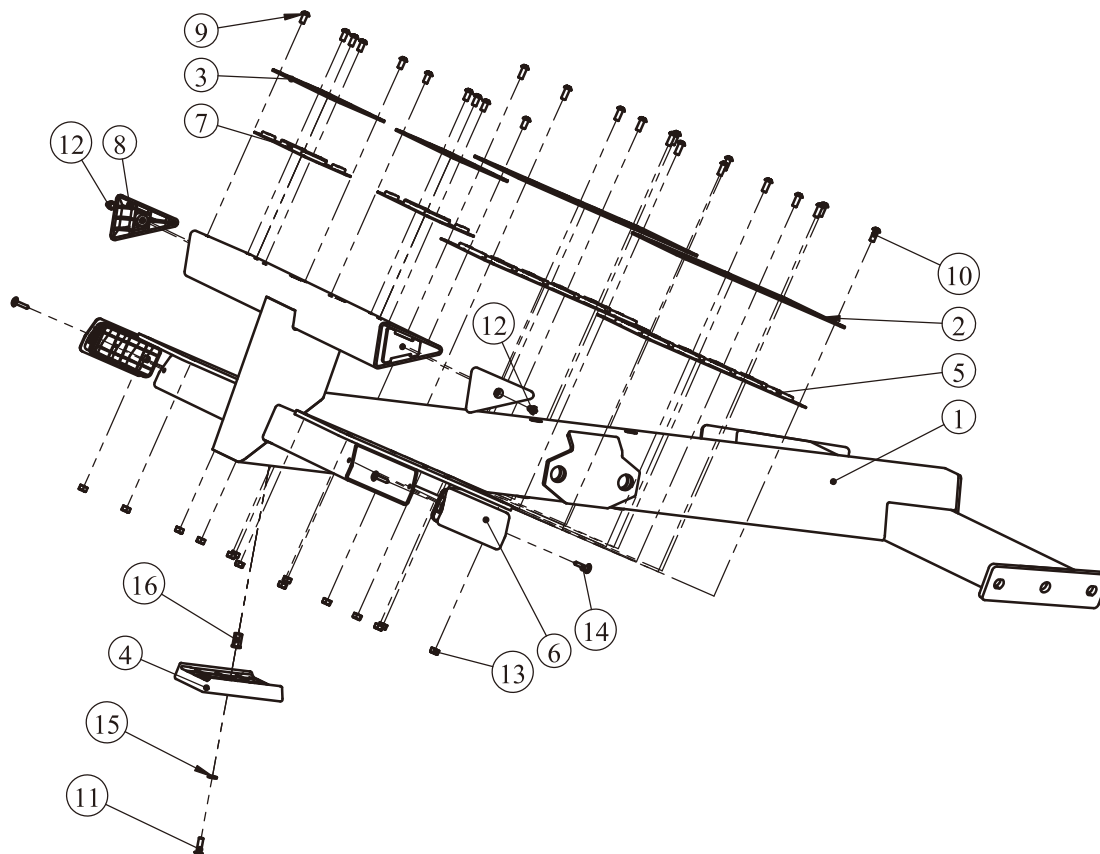
Bottom Support Frame ASSY



Grade No.	Part No.	Description	QTY
3.1	ECP3080300	Bottom Support Frame	1
3.2	ECP3082200	Back Veneer	1
3.3	IN-S10111200	Stop Collar	2
3.4	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
3.5	NM8DN2	Nylon Lock Nut M8	2
3.6	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
3.7	ECP3013600	Down Handle	1
3.8	ECP3013500	Up Handle	1
3.9	PNLM8*35DHS20NL	Button Head Cap Screw M8*35	3

Exploded View and Parts List

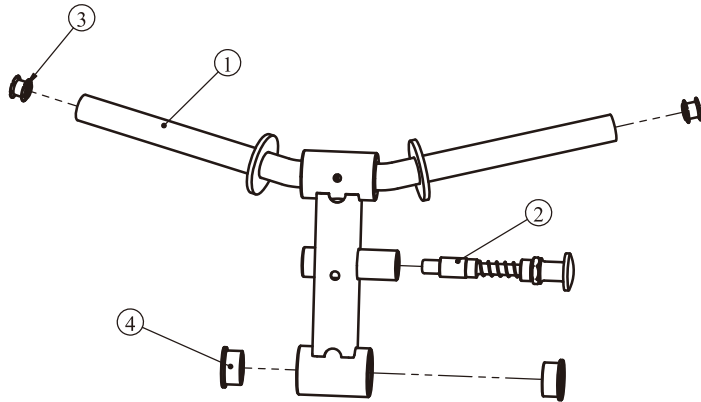
Bottom Cross Frame ASSY



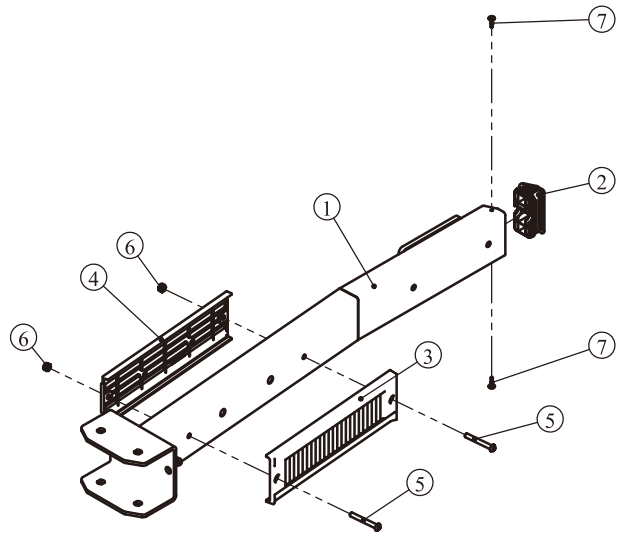
Grade No.	Part No.	Description	QTY
4.1	ECP3080400	Bottom Cross Frame	1
4.2	ECP3082100	Foot Cover Plate	2
4.3	ECP2012400	Covering Plate	2
4.4	ECP2013400	Rubber Foot	1
4.5	ECP3023100	Rubber Foot	2
4.6	ECP2014500	End Cap	2
4.7	ECP2013900	Rubber Foot	2
4.8	ECP3013100	Triangle Plug	2
4.9	PNLM6*12N19	Button Head Cap Screw M6*12	10
4.10	PNLM6*15N19	Button Head Cap Screw M6*15	14
4.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1
4.12	GB70M6*12DHS2	Socket Head Cap Screw M6*12	2
4.13	NM6DN2	Nylon Lock Nut M6	14
4.14	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	4
4.15	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	1
4.16	GB17880.5M6*16.5DHS17	Rivet Nut M6	1

Exploded View and Parts List

FOAM Frame ASSY



Chest Cushion Fixed Frame ASSY

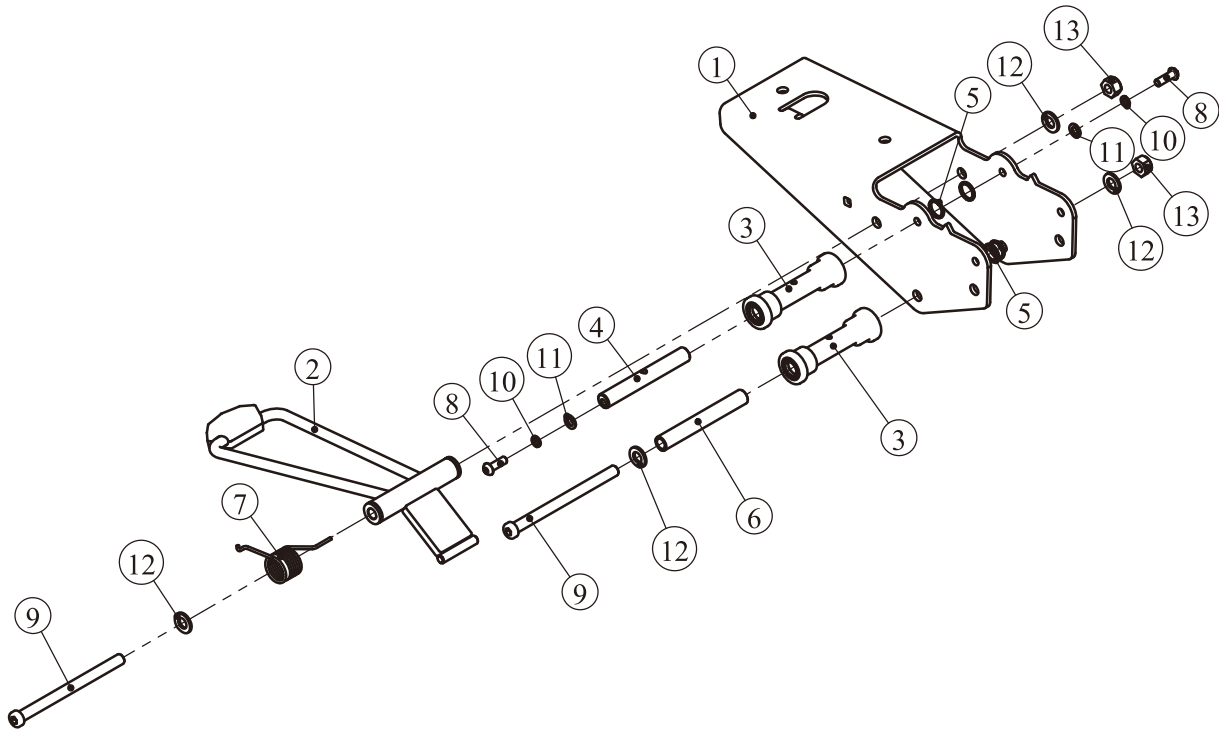


Grade No.	Part No.	Description	QTY
5.1	ECP3080500	FOAM Frame	1
5.2	ECP30815ASSY	Pin ASSY	1
5.3	IF81165000	Sun Nylon Lock Nut	2
5.4	M02502000	Copper Bushing	2

Grade No.	Part No.	Description	QTY
7.1	ECP3080700	Chest Cushion Fixed Frame	1
7.2	ECP2014500	End Cap	1
7.3	ECP2013100	Front Adjusting Plate	1
7.4	ECP2013200	Rear Adjusting Plate	1
7.5	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
7.6	NM8DHS2	Nylon Lock Nut M8	2
7.7	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2

Exploded View and Parts List

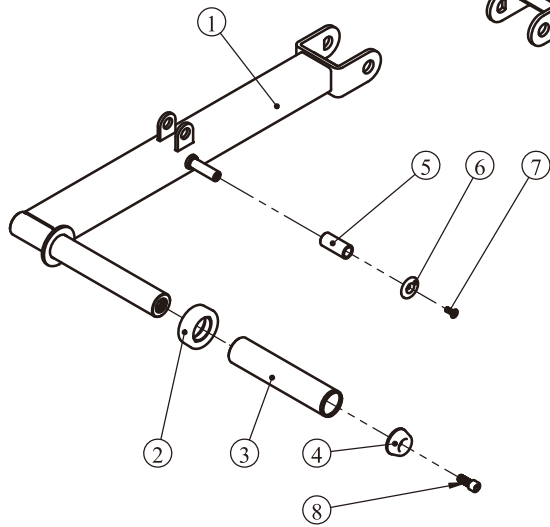
Seat Frame ASSY



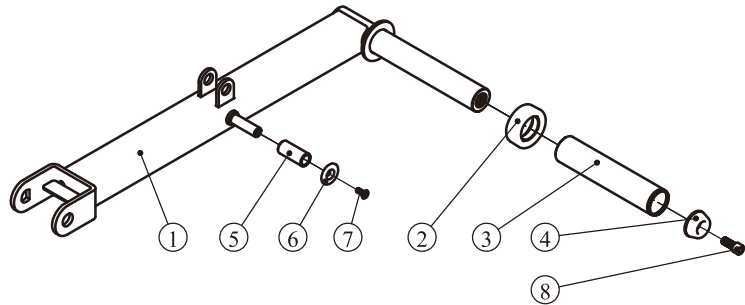
Grade No.	Part No.	Description	QTY
9.1	ECP2010800	Seat Frame	1
9.2	ECP20111ASSY	Adjustable Handle Frame ASSY	1
9.3	ECP20133ASSY	Roller ASSY	2
9.4	ECP2014001	Eccentric Shaft $\Phi 17 \times 128$	1
9.5	ECP2014002	Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$	4
9.6	ECP2014004	Roller Sleeve	1
9.7	SL70012600	Torsion Spring	1
9.8	PNLM8*25DN20	Button Head Cap Screw M8*25	2
9.9	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	2
9.10	GB938N19	Spring Washer $\Phi 8$	2
9.11	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
9.12	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
9.13	NM12DN2	Nylon Lock Nut M12	2

Exploded View and Parts List

Swing Frame I ASSY



Swing Frame II ASSY

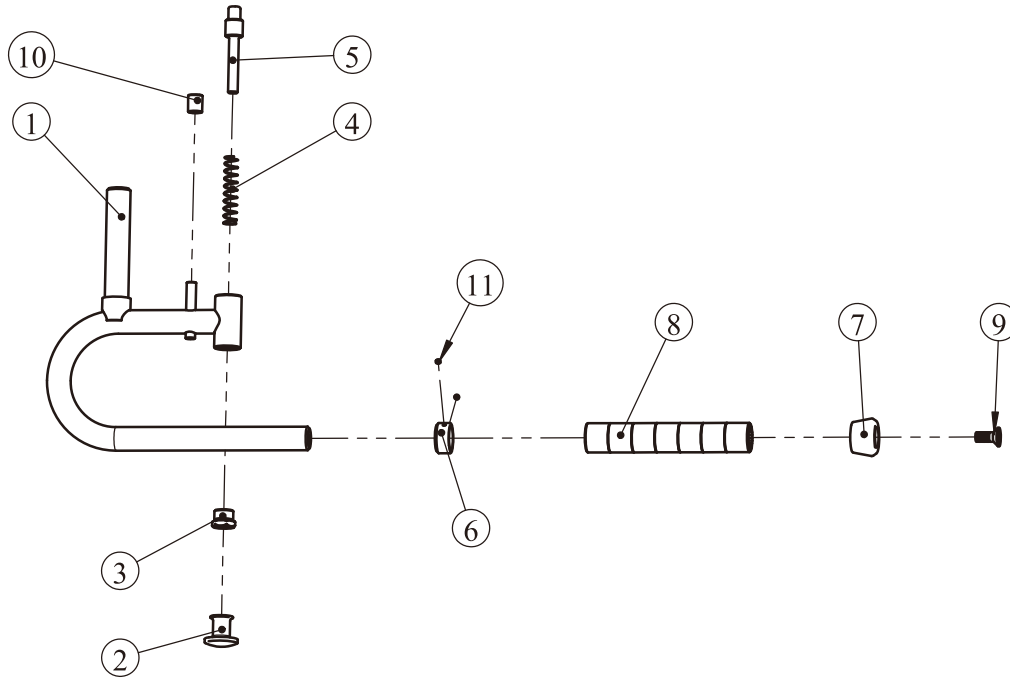


Grade No.	Part No.	Description	QTY
10.1	ECP3070600	Swing Frame I	1
10.2	PL1301600	Slanted Rubber Bumper	1
10.3	HZ70022000V1	Short Barbell Casing	1
10.4	SL70012000	Plastic Cap	1
10.5	ECP1013000	Rotating Sleeve	1
10.6	ECP1012400	Aluminum Cap Φ40	1
10.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
10.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Grade No.	Part No.	Description	QTY
11.1	ECP3070700	Swing Frame II	1
11.2	PL1301600	Slanted Rubber Bumper	1
11.3	HZ70022000V1	Short Barbell Casing	1
11.4	SL70012000	Plastic Cap	1
11.5	ECP1013000	Rotating Sleeve	1
11.6	ECP1012400	Aluminum Cap Φ40	1
11.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
11.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Exploded View and Parts List

Handle Frame ASSY

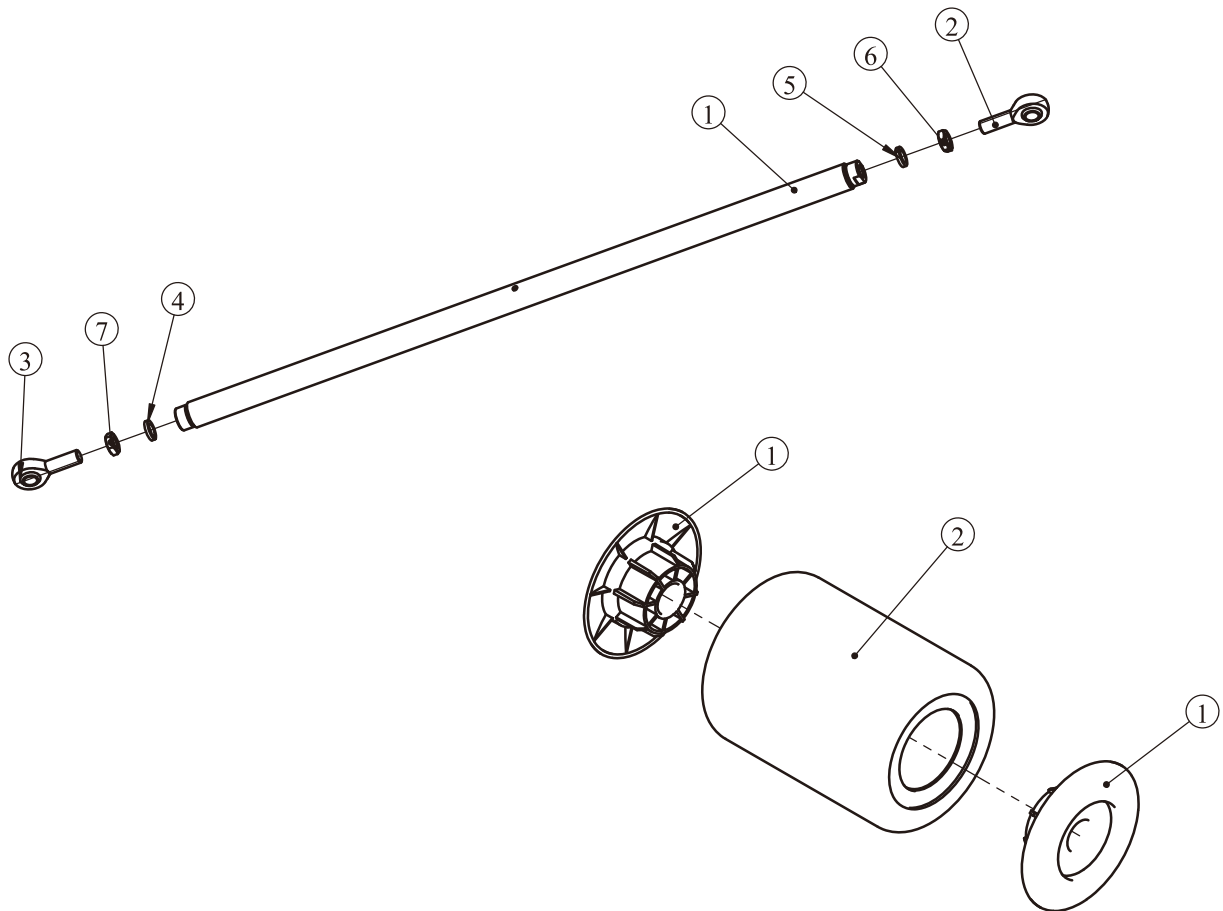


Grade No.	Part No.	Description	QTY
13.1	ECP3080900	Handle Frame	1
13.2	ECP6174600	Handle	1
13.3	KPS18002701V1	Lock Nut	1
13.4	IT80151502	Spring	1
13.5	ECP1034900	Short Plug Pin Shaft	1
13.6	VST600-PL232600V1	Aluminum Retaining Ring	1
13.7	ECP6174500	Aluminum Cap	1
13.8	SL70012100V1	Aluminium Handle	1
13.9	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	1
13.10	C015PL2300	Stop Collar	1
13.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	2

Exploded View and Parts List

Connecting Rod Frame ASSY

Short FOAM ASSY



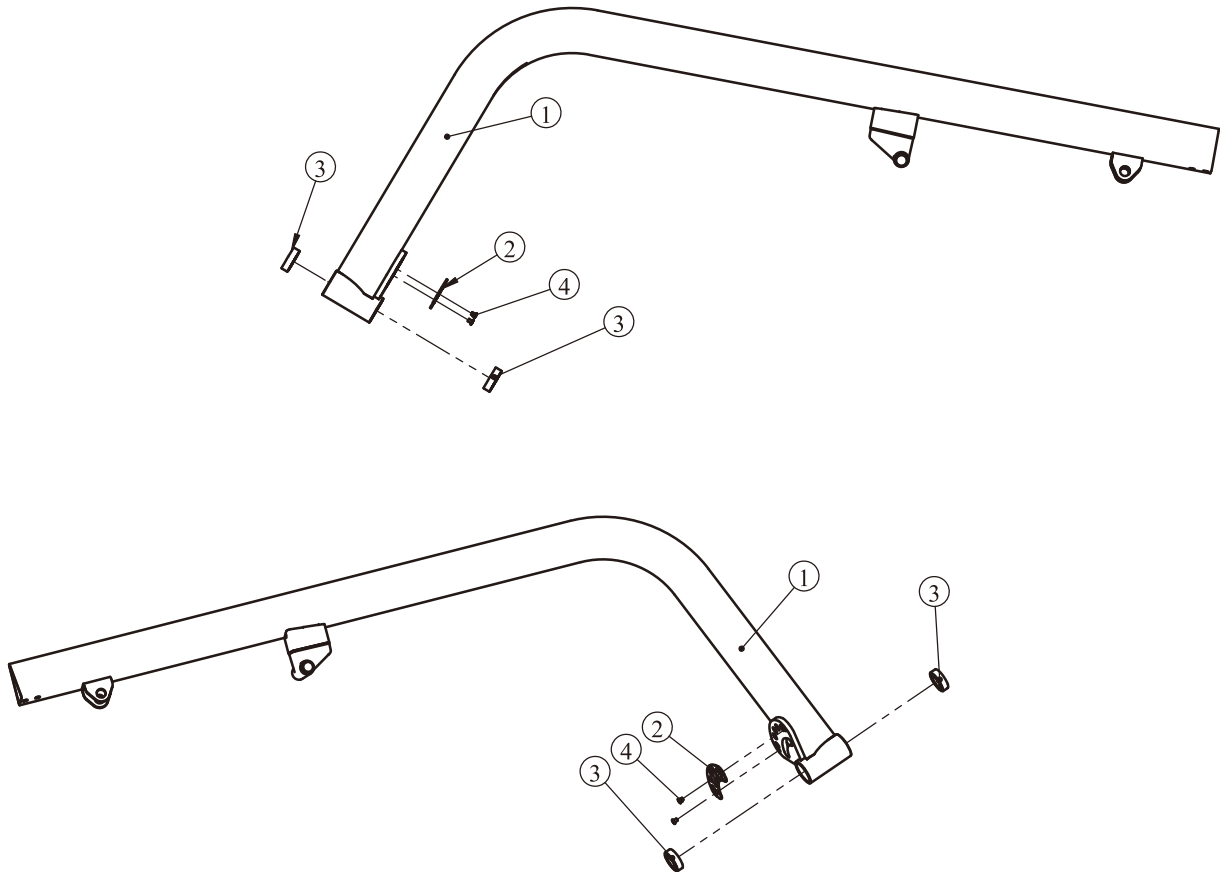
Grade No.	Part No.	Description	QTY
14.1	ECP3081000	Connecting Rod Frame	1
14.2	SAL16	Oscillating Bearing(LH)	1
14.3	SA16	Oscillating Bearing	1
14.4	GB9316DS12	Spring Washer $\Phi 16$	1
14.5	GB93L16DS12	Spring Washer $\Phi 16$ (LH)	1
14.6	GB6172.1LM16DS2	Hex Nut M16(LH)	1
14.7	GB6172.1M16DS2	Hex Nut M16	1

Grade No.	Part No.	Description	QTY
27.1	IE95026400	FOAM Stopper Ring	2
27.2	FE97026300V3	Short FOAM	1

Exploded View and Parts List

Arm Frame I ASSY

Arm Frame II ASSY



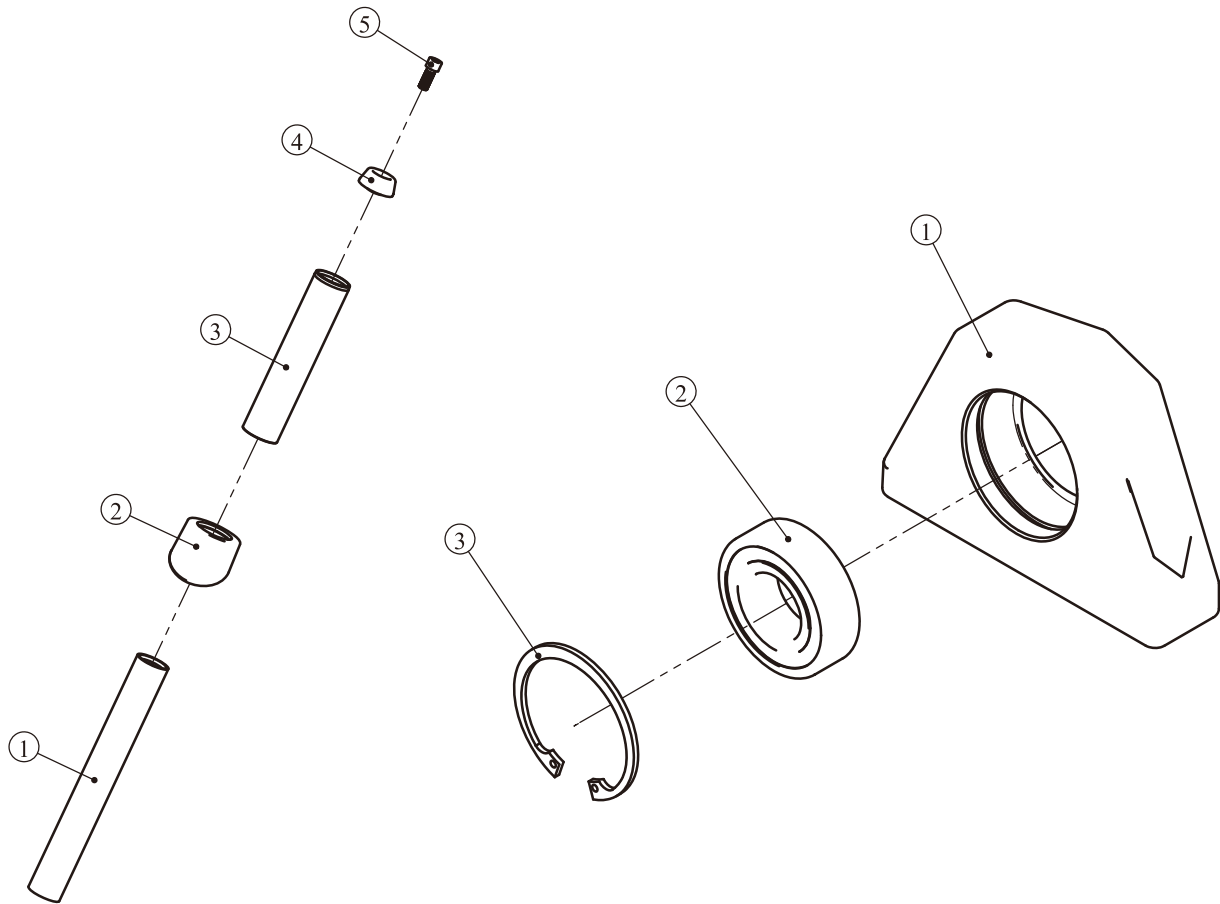
Grade No.	Part No.	Description	QTY
15.1	ECP3081100	Arm Frame I	1
15.2	ECP3082400	Back Veneer II	1
15.3	GB2766205-2ZC3	Bearing 6205-2ZC3	2
15.4	GB819M6*10N19	Phillips flat head screw M6*10	2

Grade No.	Part No.	Description	QTY
16.1	ECP3081200	Arm Frame II	1
16.2	ECP3082300	Back Veneer I	1
16.3	GB2766205-2ZC3	Bearing 6205-2ZC3	2
16.4	GB819M6*10N19	Phillips flat head screw M6*10	2

Exploded View and Parts List

Barbell Storage Frame ASSY

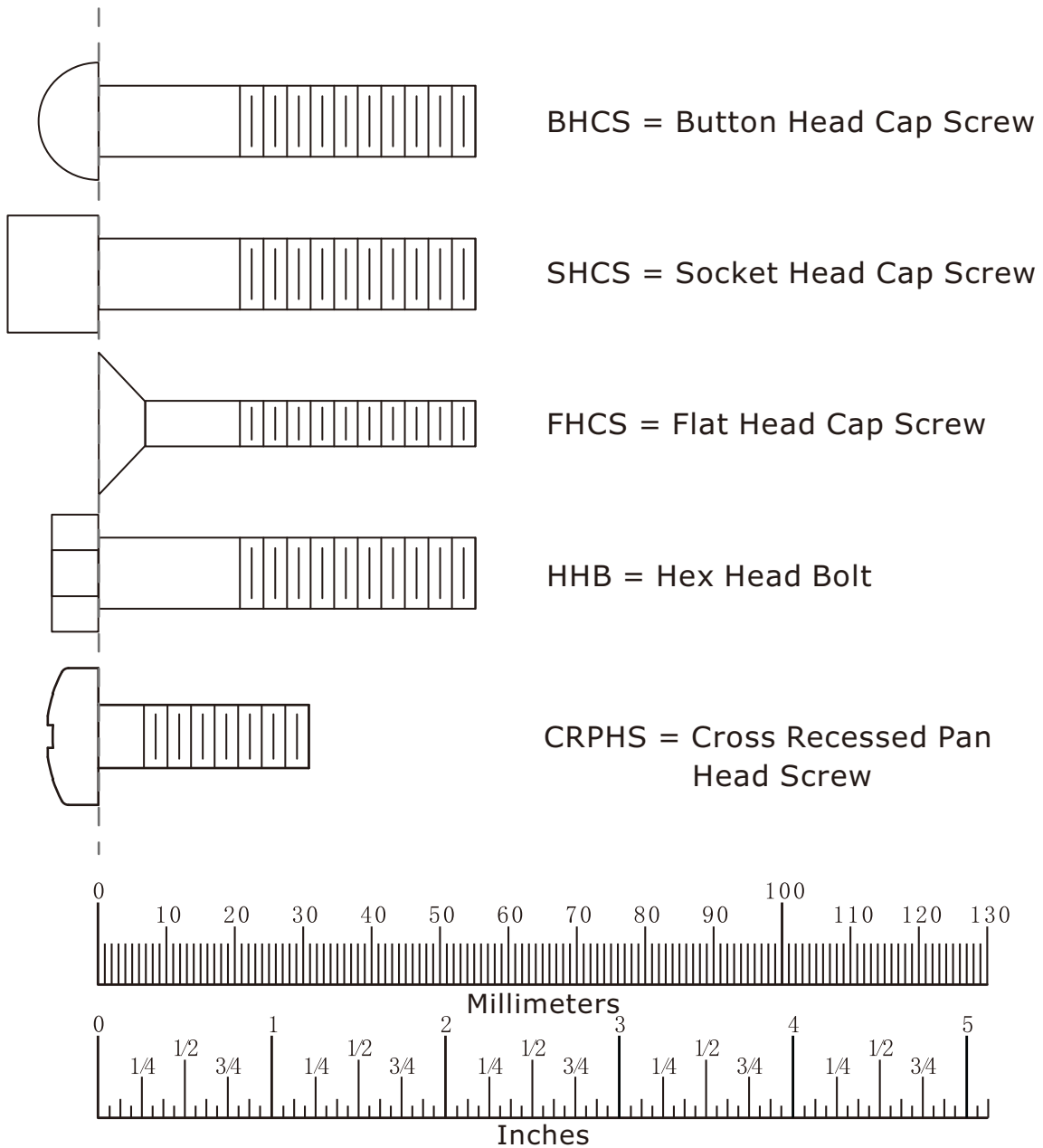
Set-Contained Bearing



Grade No.	Part No.	Description	QTY
21.1	ECP2011800	Barbell Storage Frame	1
21.2	CP2013800	Slanted Rubber Bumper	1
21.3	HZ70022000V1	Short Barbell Casing	1
21.4	SL70012000	Plastic Cap	1
21.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Grade No.	Part No.	Description	QTY
22.1	ECP2012100	Bearing Seat	1
22.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
22.3	GB893.152FH12	Hole Retaining Ring $\Phi 52$	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

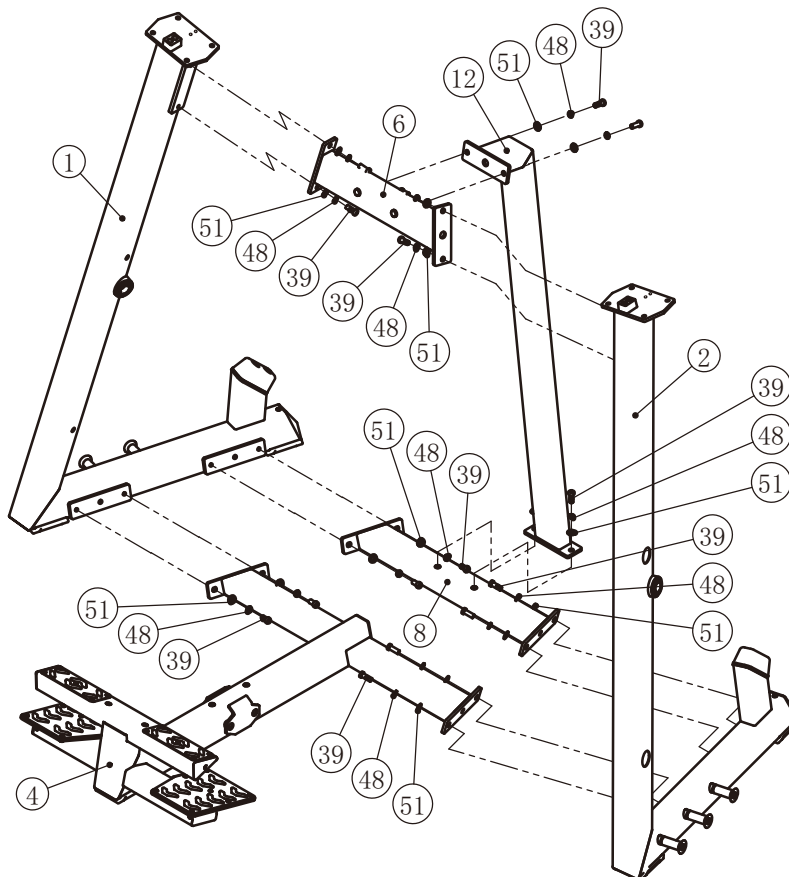
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Place the Bottom Cross Frame ASSY (#4) in the appropriate positions, fix the Main frame I ASSY (#1) and the Main frame II ASSY (#2) to the Bottom Cross Frame ASSY (#4) using:
Four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51) Four Spring Washer $\Phi 12$ (#48)
Four Socket Head Cap Screw M12*30 (#39)
2. Fix the Upper Connecting Frame (#6) to the Main frame I ASSY (#1) and the Main frame II ASSY (#2) using:
Four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51) Four Spring Washer $\Phi 12$ (#48)
Four Socket Head Cap Screw M12*30 (#39)
3. Attach the Rear Connection Frame (#8) to the Main frame I ASSY (#1) and the Main frame II ASSY (#2) using:
Four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51) Four Spring Washer $\Phi 12$ (#48)
Four Socket Head Cap Screw M12*30 (#39)
4. Attach the Rear Support Frame (#12) to the Upper Connecting Frame (#6) and the Rear Connection Frame (#8) using:
Four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51) Four Spring Washer $\Phi 12$ (#48)
Four Socket Head Cap Screw M12*30 (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

1. Attach the Chest Cushion Fixed Frame ASSY (#7) to the Bottom Cross Frame ASSY (#4) using:

Six Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51)

Two Spring Washer $\Phi 12$ (#48)

Two Socket Head Cap Screw M12*30 (#39) Two Socket Head Cap Screw M12*140 (#40)

Two Nylon Lock Nut M12 (#56)

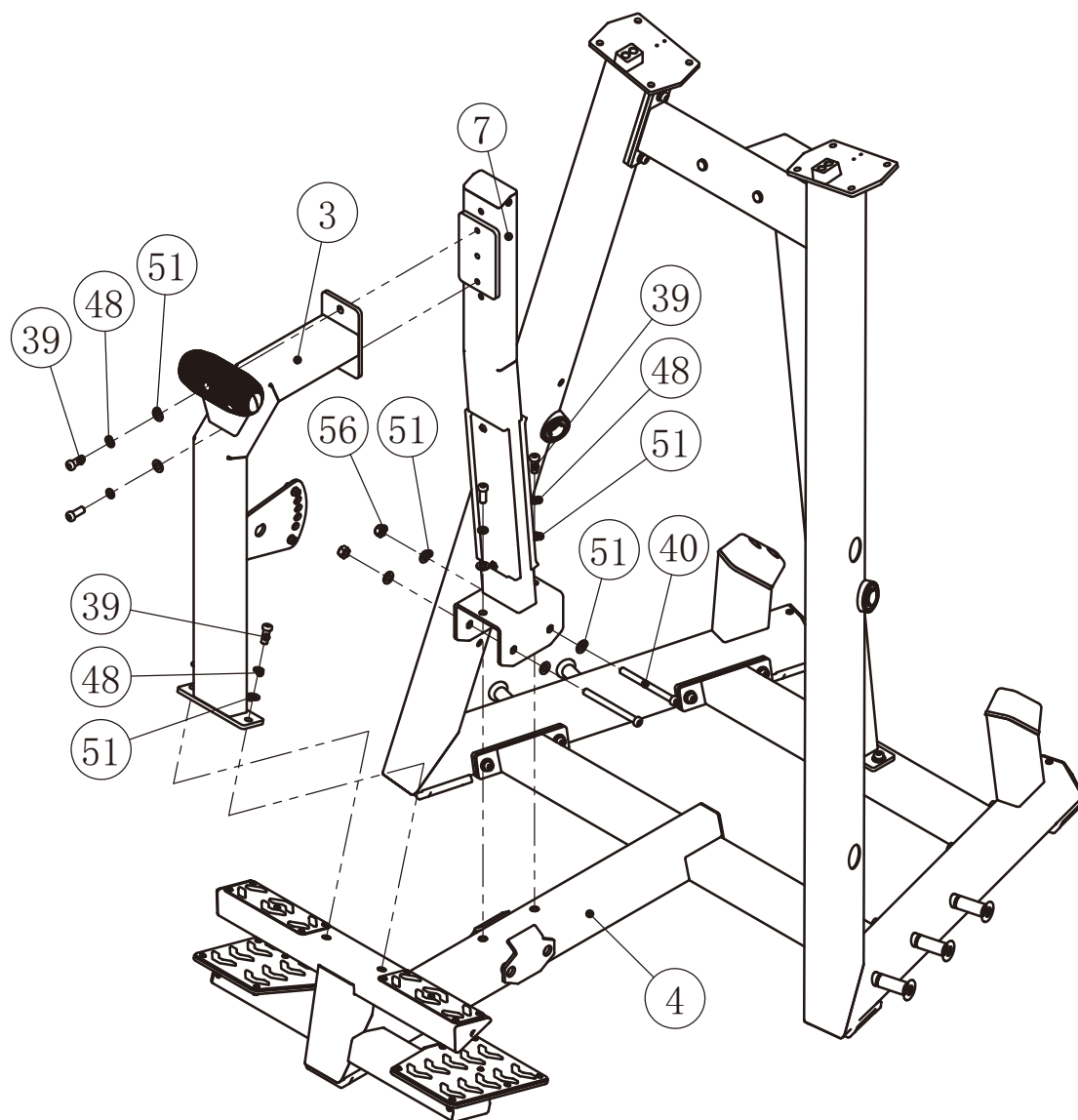
2. Attach the Bottom Support Frame ASSY (#3) to the Bottom Cross Frame ASSY (#4) and the Chest Cushion Fixed Frame ASSY (#7) using:

Four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51)

Four Spring Washer $\Phi 12$ (#48)

Four Socket Head Cap Screw M12*30 (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 3

1. Attach the Seat Cushion Frame ASSY (#9) to the Chest Cushion Fixed Frame ASSY (#7) using:

One Roller Sleeve (#31)

One Roller ASSY (#23)

Two Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$ (#33)

Two Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51)

One Socket Head Cap Screw M12*160 (#41)

One Nylon Lock Nut M12 (#56)

2. Attach the Limit Shaft $\Phi 19 \times 128$ (#24) to the Seat Cushion Frame ASSY (#9) using:

Two Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$ (#52)

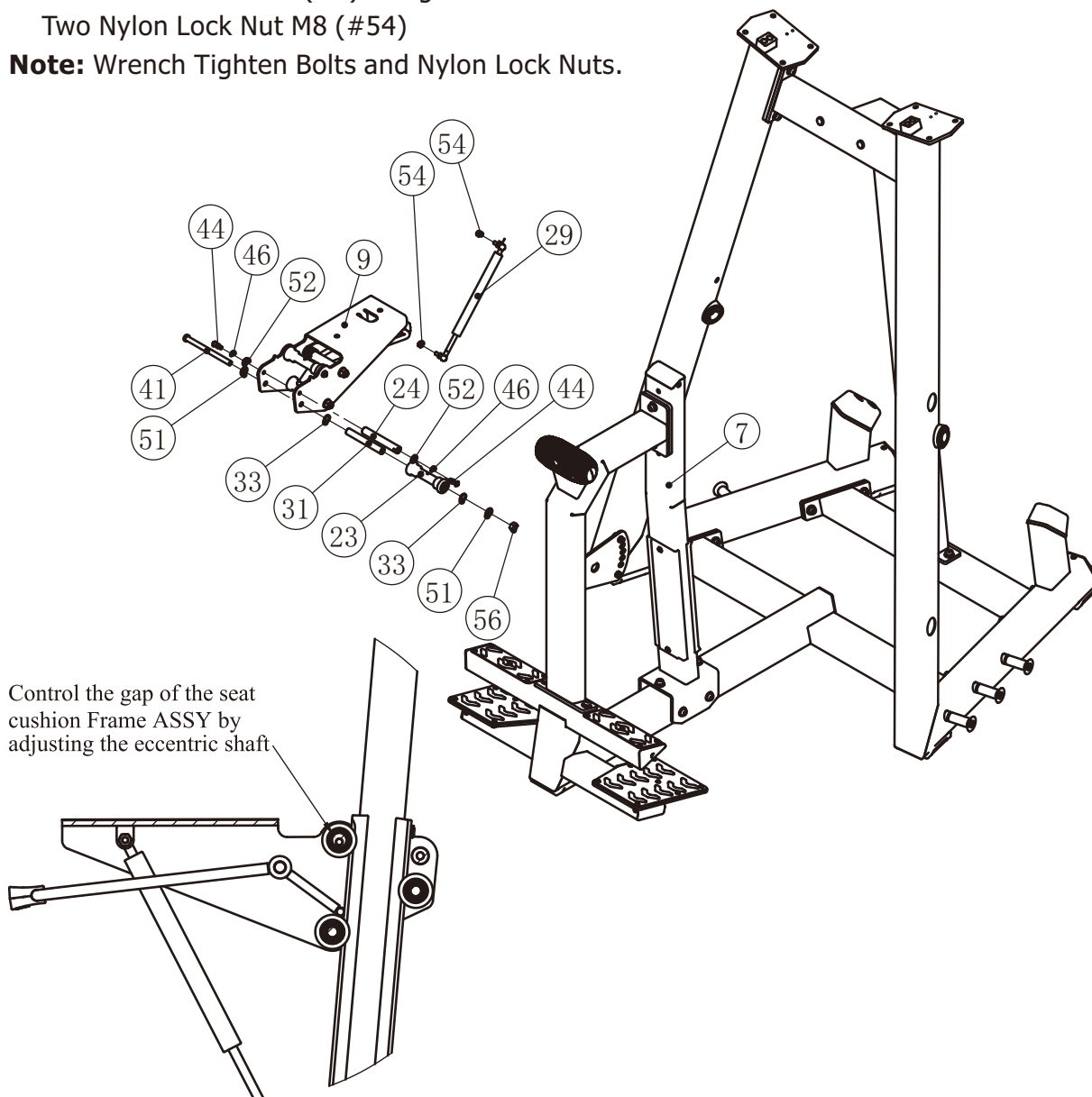
Two Spring Washer $\Phi 8$ (#46)

Two Button Head Cap Screw M8*25 (#44)

3. Attach one Gas Spring (#29) to the Chest Cushion Fixed Frame ASSY (#7) and the Seat Cushion Frame ASSY (#9) using:

Two Nylon Lock Nut M8 (#54)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

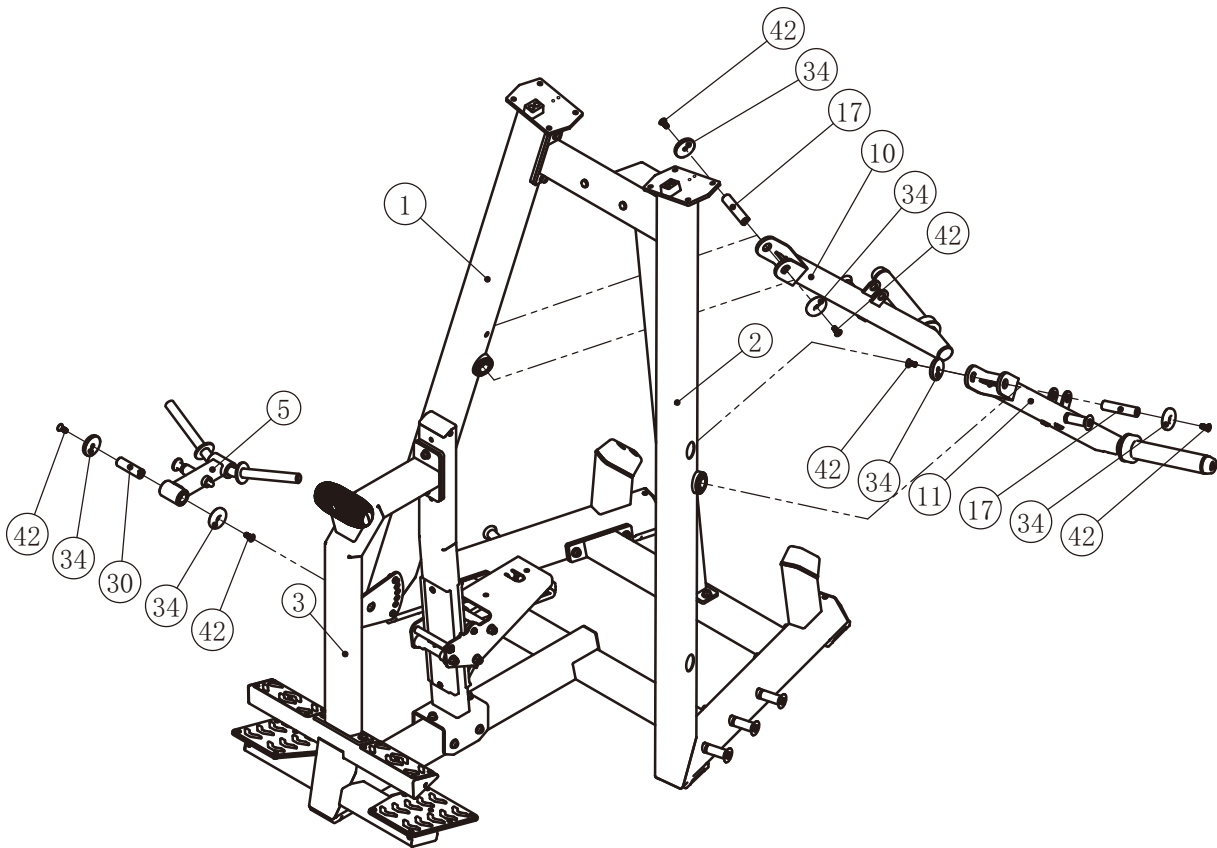


Assembly

STEP 4

1. Install the Swing Frame I ASSY (#10) and the Swing Frame II ASSY (#11) separately onto the Main frame I ASSY (#1) and the Main frame II ASSY (#2) using:
Two Shaft $\Phi 25 \times 109$ (#17) Four Aluminum Cap $\Phi 60$ (#34)
Four Flat Head Cap Screw M10 $\times$ 25 (#42)
2. Attach the FOAM Frame ASSY (#5) to the Bottom Support Frame ASSY (#3) using:
One Short Shaft $\Phi 25.4 \times 87$ (#30) Two Aluminum Cap $\Phi 60$ (#34)
Two Flat Head Cap Screw M10 $\times$ 25 (#42)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

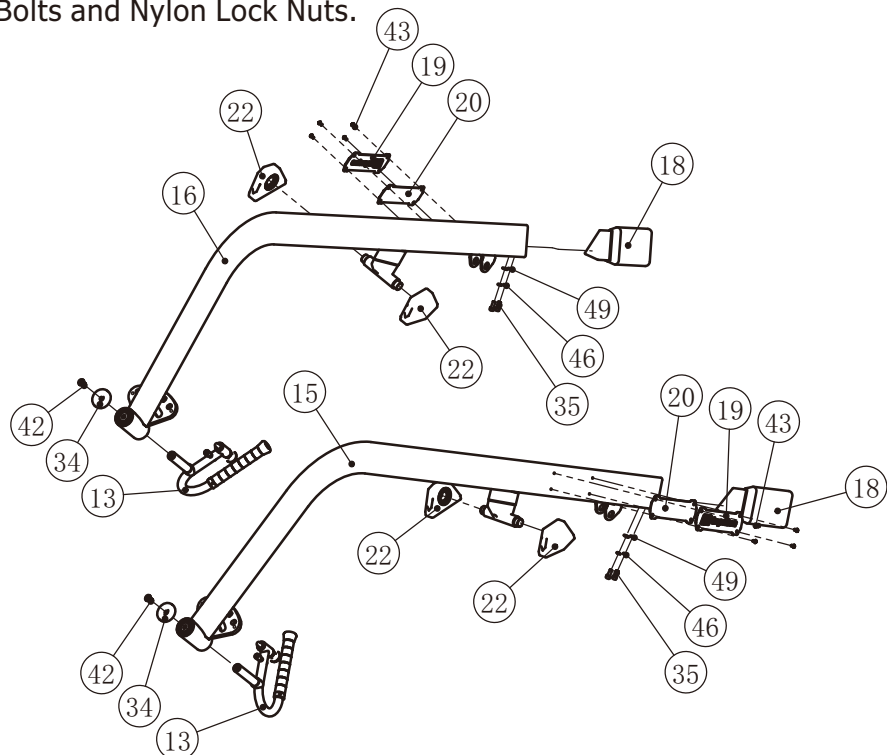


Assembly

STEP 5

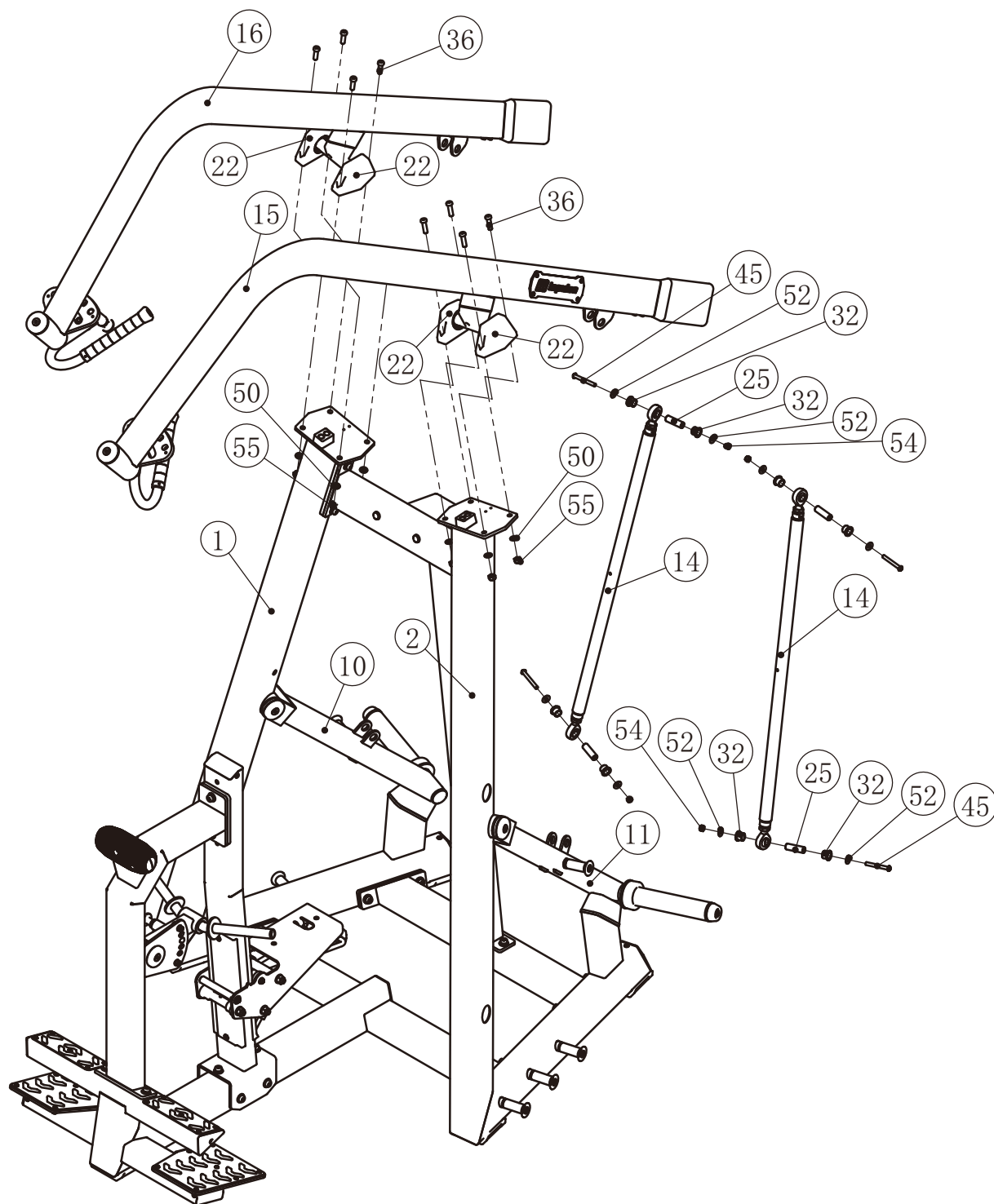
1. Install two LOGO Inner Plates (#20) and two LOGO Plates (#19) separately onto the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16) using:
Eight Button Head Cap Screw M5*10 (#43)
2. Install two Balance Iron (#18) separately onto the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16) using:
Four Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (#49) Four Spring Washer $\Phi 8$ (#46)
Four Socket Head Cap Screw M8*20 (#35)
3. Install two Handle Frames (#13) separately onto the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16) using:
Two Aluminum Cap $\Phi 60$ (#34) Two Flat Head Cap Screw M10*25 (#42)
4. Use four Set-Contained Bearing (#22) to install the Arm Frame I ASSY (#15) and the Arm Frame II ASSY (#16) separately onto the Main frame I ASSY (#1) and the Main frame II ASSY (#2) using:
Eight Socket Head Cap Screw M10*35 (#36) Eight Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (#50)
Eight Nylon Lock Nut M10 (#55)
5. Attach one Connecting Rod Frame ASSY (#14) to the Arm Frame II ASSY (#16) and the Swing Frame I ASSY (#10), another Connecting Rod Frame ASSY (#14) to the Arm Frame I ASSY (#15) and the Swing Frame II ASSY (#11) using:
Four Nylon Lock Nut M8 (#54) Eight Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$ (#52)
Eight Step Cover (#32) Four Short Shaft $\Phi 16 \times 54$ (#25)
Four Button Head Cap Screw M8*70 (#45)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 5



Assembly

STEP 6

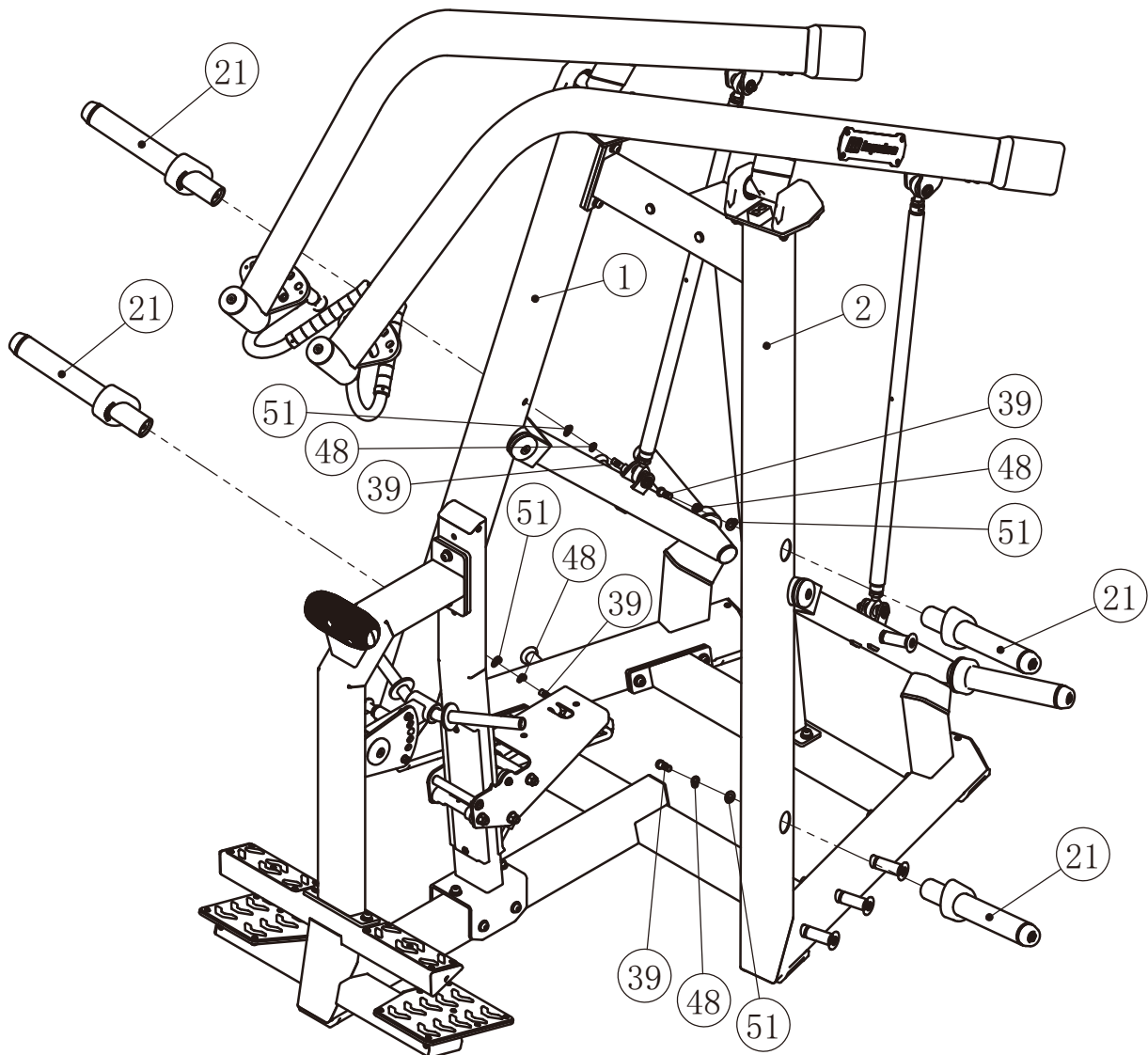
Install four Barbell Storage Frame ASSY (#21) separately onto the Main frame I ASSY (#1) and the Main frame II ASSY (#2) using:

Four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#51)

Four Spring Washer $\Phi 12$ (#48)

Four Socket Head Cap Screw M12*30 (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 7

1. Attach the Seat Pad (#26) to the Seat Cushion Frame ASSY (#9), Attach the Chest Cushion (#28) to the Chest Cushion Fixed Frame ASSY (#7) using:

Four Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (#50)

Four Spring Washer $\Phi 10$ (#47)

Two Socket Head Cap Screw M10*80 (#37)

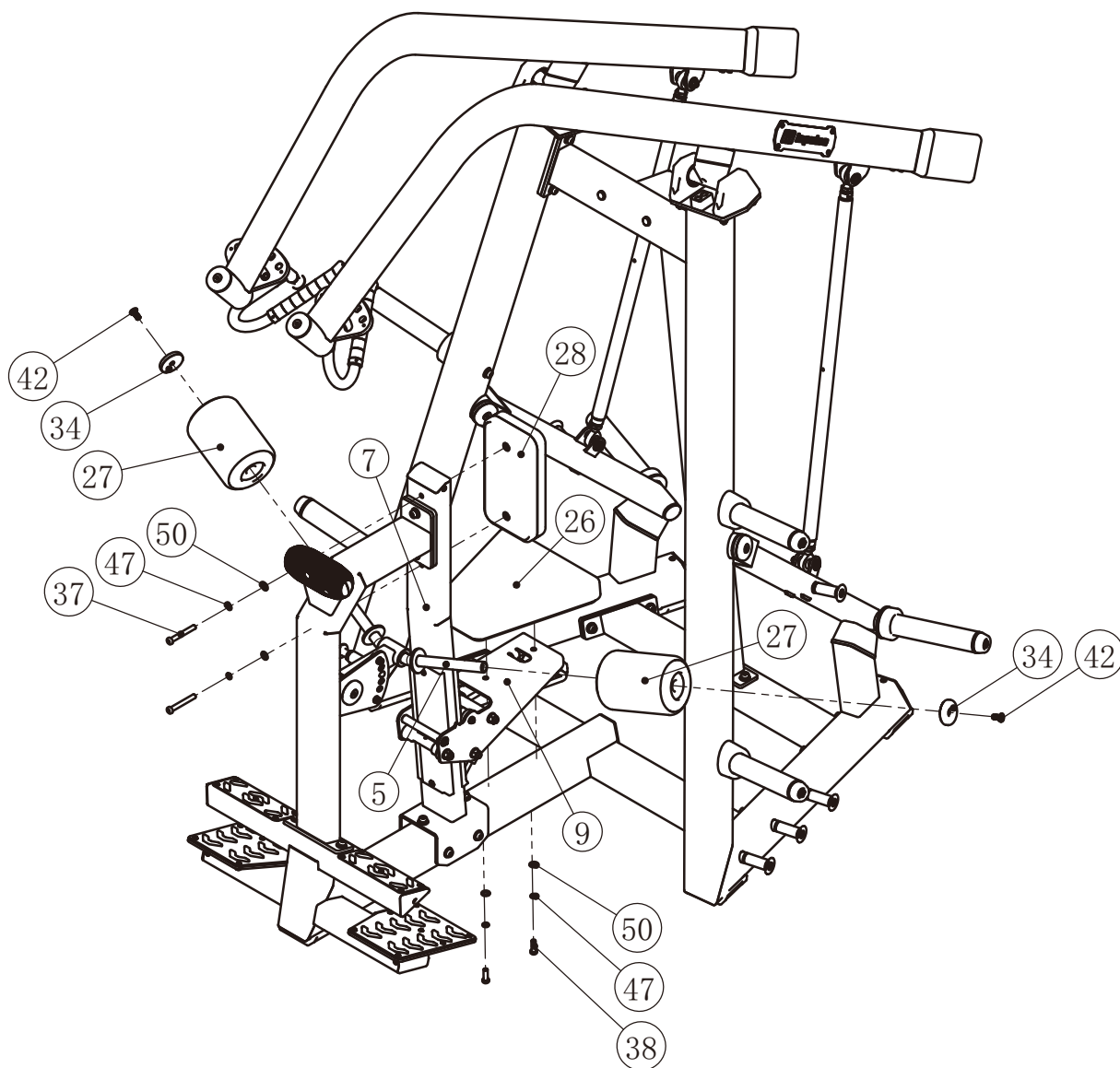
Two Socket Head Cap Screw M10*30 (#38)

2. Attach two Short FOAM ASSY (#27) to the FOAM Frame ASSY (#5) using:

Two Aluminum Cap $\Phi 60$ (#34)

Two Flat Head Cap Screw M10*25 (#42)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



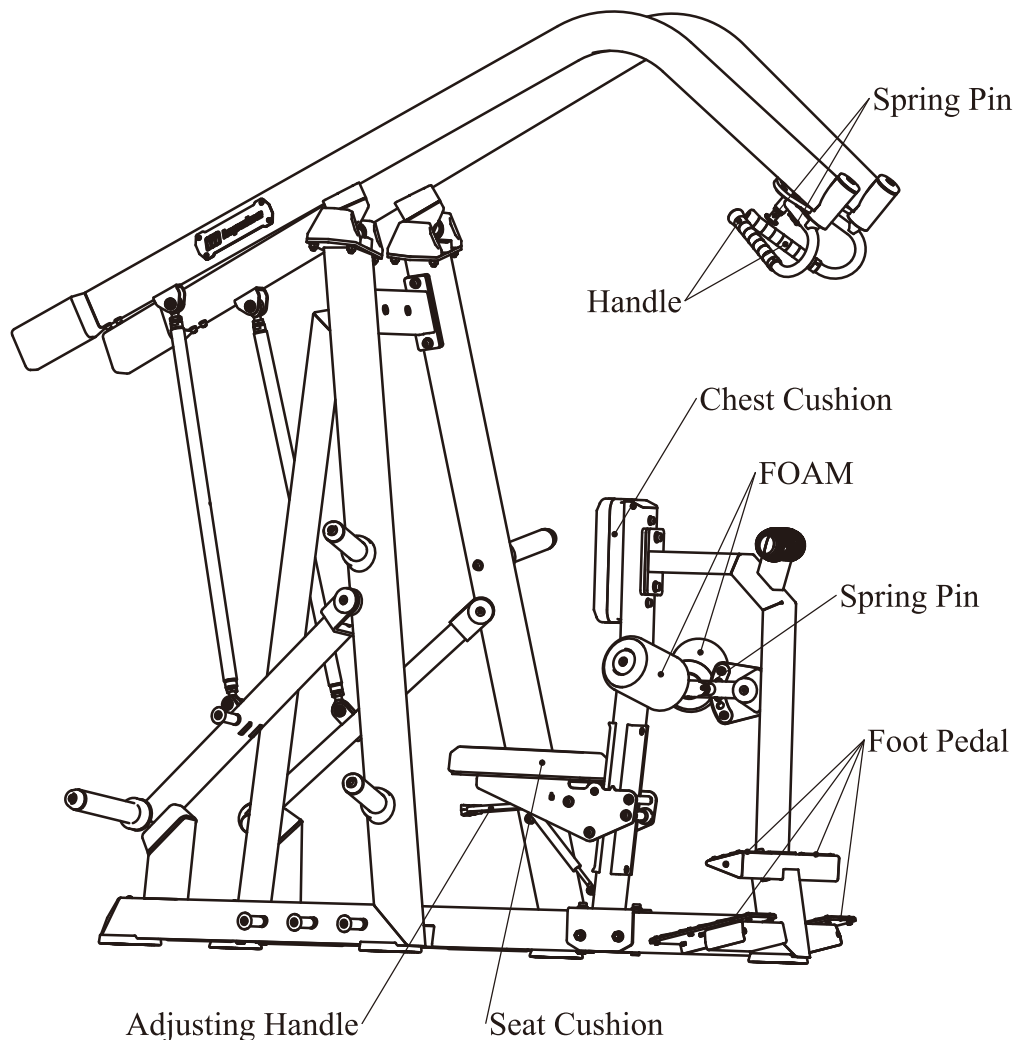
Adjust Instructions and Exercise Instructions

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 on each side can not be greater than 100kg.
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 the handle to the appropriate angle using the spring pin.
3. Hold the adjustable handle, Move the Seat Pad to the desired position and then release the handle, make sure the Seat Pad firmly stuck.
4. Place both feet on the pedals, adjust FOAM to the appropriate position using the spring pin to secure the legs.
5. Sitting on the seat cushion and press the front chest against chest cushion, hold the handle with both hands and pull down forcefully to the lower rib area. After a brief pause, slowly return to the 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 bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

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

Linear Bearings:

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

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

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

Always consult your physician before starting any exercise program.

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

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

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

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

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

