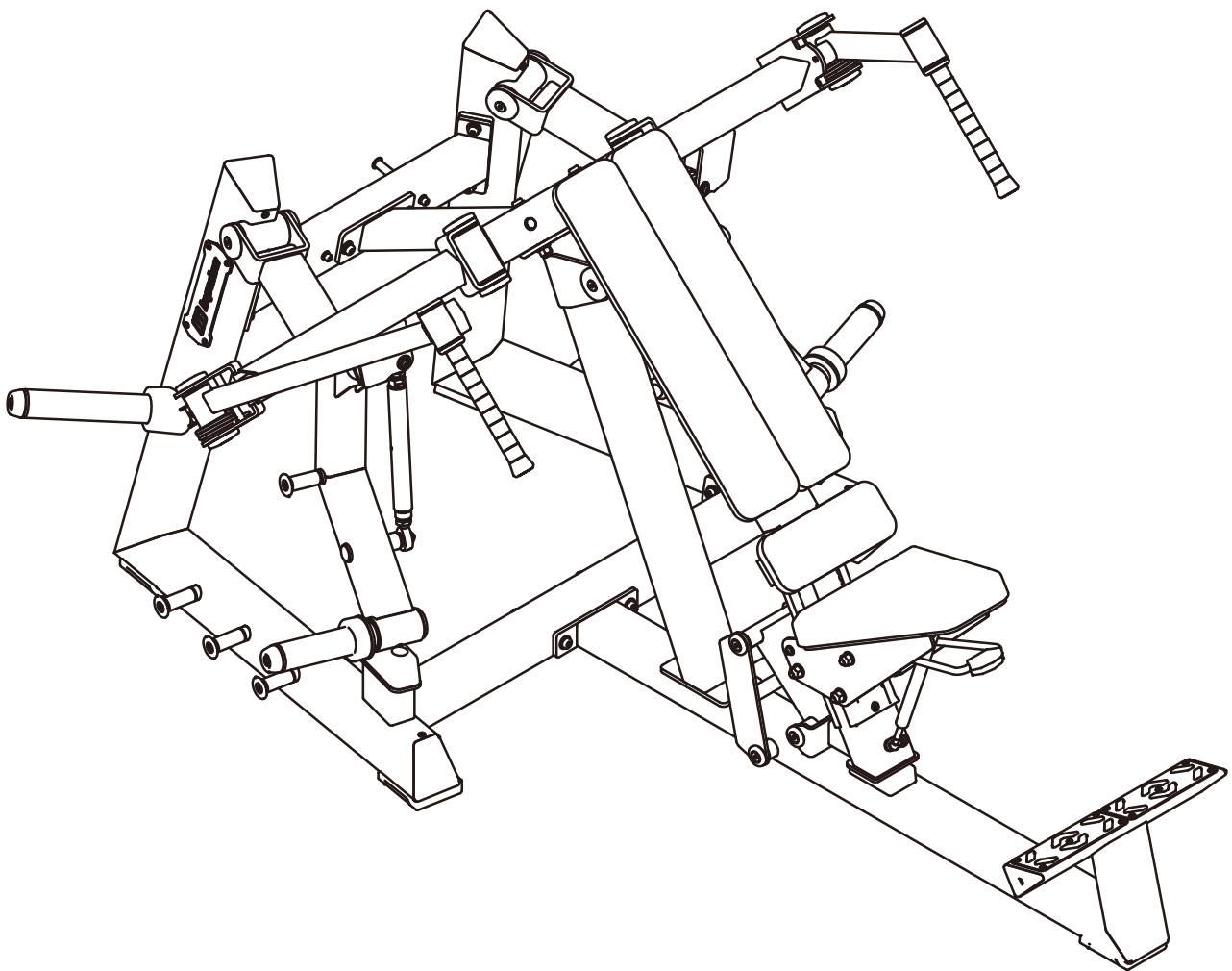




ECP207

HORIZONTAL/ DECLINE PEC FLY

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.

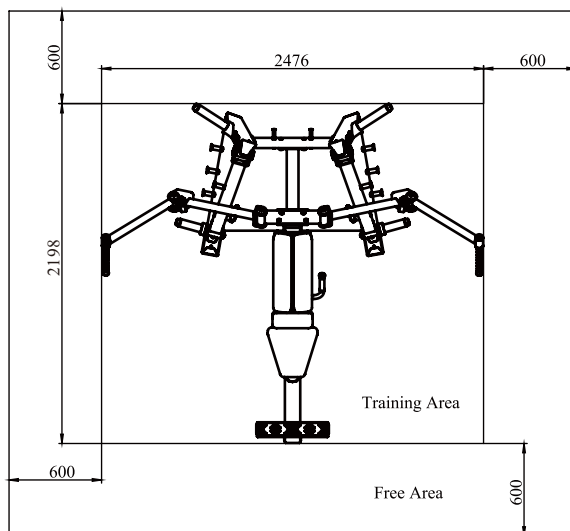
Important Safety Instructions

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: 75kg*2/ 165lbs*2

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1612*2198*1125mm

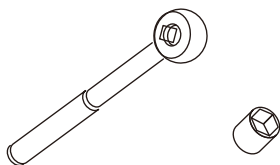
Product Total Surface: 2476*2198mm

Instructions

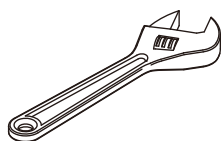
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

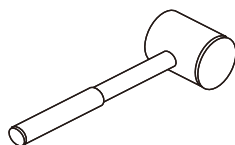
Tools Required



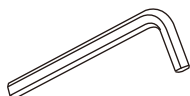
Ratchet Wrench and Socket



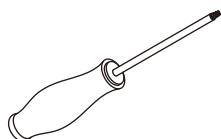
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP20701ASSY	Main Stand Frame I ASSY	1
2	ECP20702ASSY	Main Stand Frame II ASSY	1
3	ECP2070300	Rear Connecting Frame	1
4	ECP2070400	Corss Ground Frame	1
5	ECP20705ASSY	Pedal Frame ASSY	1
6	ECP20706ASSY	Main Supporting Frame ASSY	1
7	ECP20707ASSY	Back Pad Frame ASSY	1
8	ECP20718ASSY	Supporting Frame ASSY	1
9	ECP20719ASSY	Connecting Frame ASSY	1
10	ECP20108ASSY	Seat Frame ASSY	1
11	ECP20118ASSY	Barbell Storage Frame ASSY	2
12	ECP1011600	ShaftΦ25*109	2
13	ECP5011300	ShaftΦ25*114	3
14	ECP2072000	ShaftΦ19.05*162.5	3
15	YQ200-480Fa100	Air Spring	1
16	ECP20133ASSY	Roller ASSY	1
17	ECP2014003	Seat Pad Stop Shaft	1
18	ECP2072400	Right-hand Torsion Spring	1
19	ECP2072500	Left-hand Torsion Spring	1
20	IT95102000	Nylon Ring	2
21	ECP2072300	Short Shaft	2
22	ECP20708ASSY	Swinging Arm I ASSY	1
23	ECP20709ASSY	Swinging Arm II ASSY	1
24	ECP2071000	Supporting Frame	1
25	ECP20711ASSY	Load Bearing ASSY	1
26	ECP20713ASSY	Handle Frame I ASSY	1
27	ECP20715ASSY	Handle Frame II ASSY	1
28	ECP20716ASSY	Connecting Rod Frame ASSY	2
29	ECP2015100V1	Seat Pad	1
30	ECP2075100	Back Pad	2
31	ECP2075200	Hip Pad	1
32	ECP1012200	LOGO Plate	2

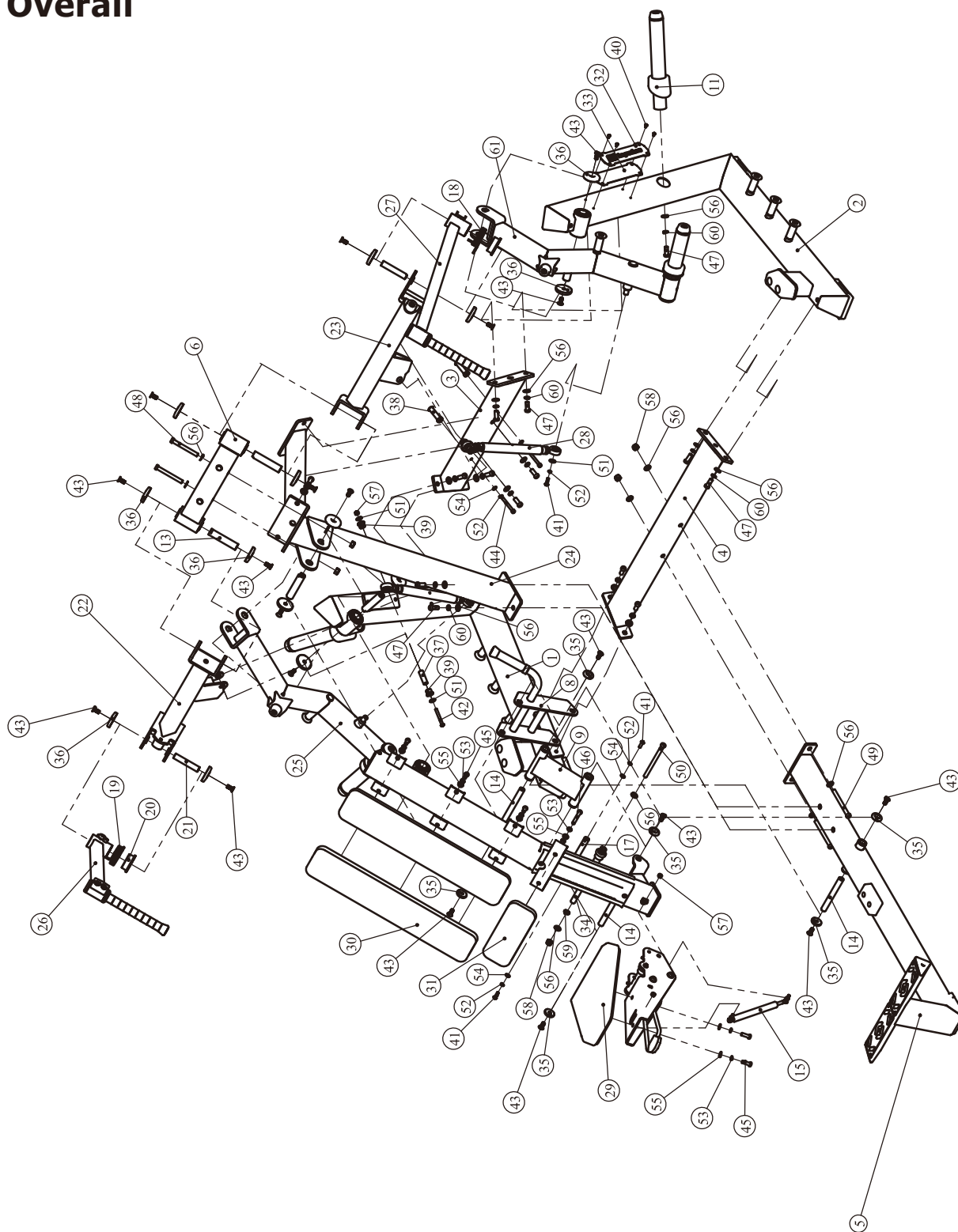
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
33	ECP1012300	LOGO Inner Plate	2
34	ECP2014004	Roller Sleeve	1
35	IN-D21202000	Aluminum Cap $\Phi 38$	6
36	IE950716500	Aluminum Cap $\Phi 60$	14
37	ECP2014005	Short Shaft	2
38	ECP1012500	Elastic Band Hanging Pillar	2
39	ECP2014000	Stair Sleeve	4
40	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
41	PNLM8*25DN20	Button Head Cap Screw M8*25	4
42	PNLM8*70DN20	Button Head Cap Screw M8*70	2
43	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	20
44	GB70M8*65DN20	Socket Head Cap Screw M8*65	2
45	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	8
46	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
47	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	16
48	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
49	GB70BTM12*130DN18	Socket Head Cap Screw M12*130	2
50	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
51	DQ8DN2	Flat Washer $\Phi 9*\Phi 22*1.6$	6
52	GB938N19	Spring Washer $\Phi 8$	6
53	GB9310N19	Spring Washer $\Phi 10$	10
54	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	4
55	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	10
56	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	26
57	NM8DN2	Nylon Lock Nut M8	4
58	NM12DN2	Nylon Lock Nut M12	5
59	ECP2014002	Sleeve	2
60	GB9312N19	Spring Washer $\Phi 12$	16
61	ECP20717ASSY	Load Bearing II ASSY	1
	NBS3DHS	Hex Key S=3	1
	NBS5DHS	Hex Key S=5	1
	NBS6DHS	Hex Key S=6	1
	NBS8DHS	Hex Key S=8	1

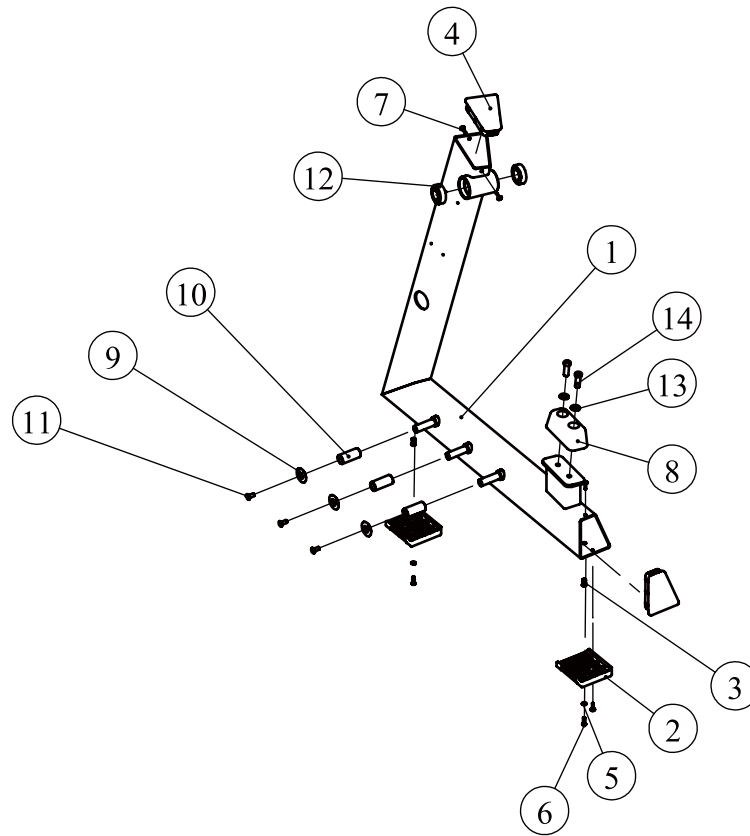
Exploded View and Parts List

Overall



Exploded View and Parts List

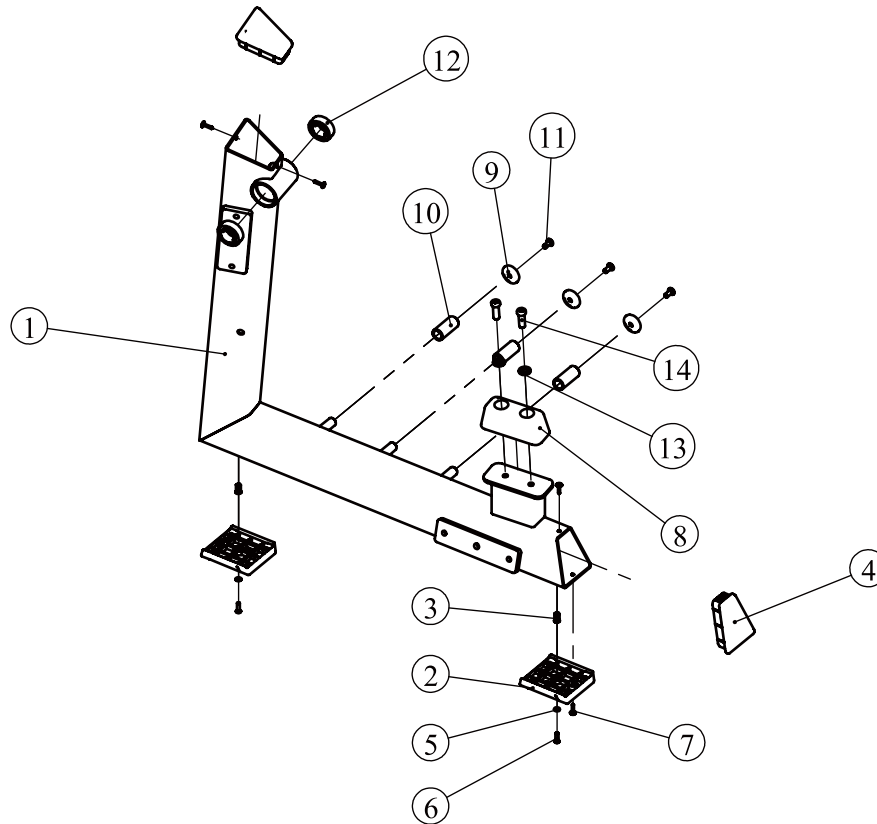
Main Stand Frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP2070100	Main Stand Frame I	1
1.2	ECP2013400	Floor Mat	2
1.3	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
1.4	ECP2013500	Slanted Pipe Plug	2
1.5	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	2
1.6	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.7	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
1.8	PL380800	Safety Bumper	1
1.9	ECP1012400	Aluminum Cap $\Phi 40$	3
1.10	ECP1013000	Rotating Sleeve	3
1.11	CNLM8*20DS20NL	Button Head Cap Screw M6*20	3
1.12	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2
1.13	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
1.14	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2

Exploded View and Parts List

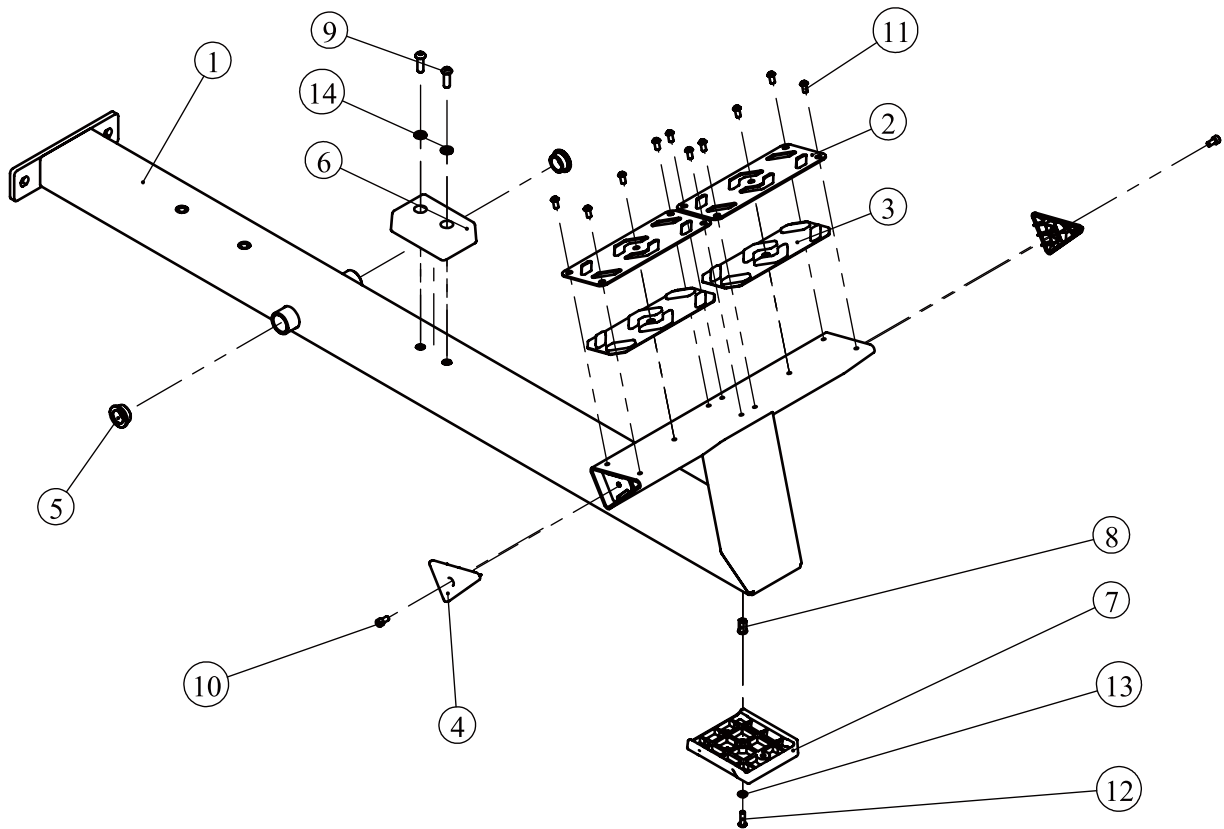
Main Stand Frame II ASSY



Grade No.	Part No.	Description	QTY
2.1	ECP2070200	Main Stand Frame II	1
2.2	ECP2013400	Floor Mat	2
2.3	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
2.4	ECP2013500	Slanted Pipe Plug	2
2.5	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	2
2.6	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.7	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
2.8	PL380800	Safety Bumper	1
2.9	ECP1012400	Aluminum Cap $\Phi 40$	3
2.10	ECP1013000	Rotating Sleeve	3
2.11	CNLM8*20DS20NL	Button Head Cap Screw M6*20	3
2.12	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2
2.13	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
2.14	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2

Exploded View and Parts List

Pedal Frame ASSY

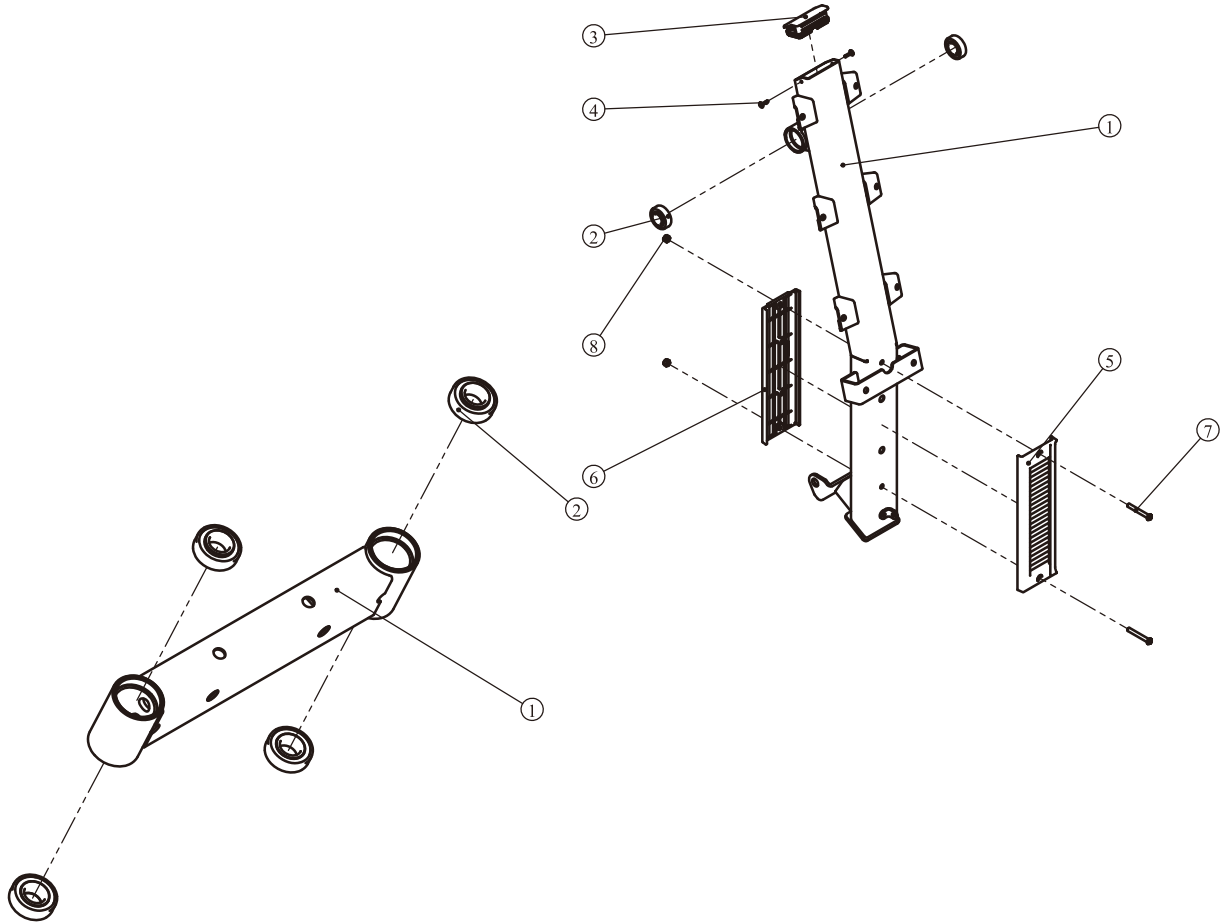


Grade No.	Part No.	Description	QTY
3.1	ECP3010500	Pedal Frame Frame	1
3.2	ECP2012400	Pedal Scaleboard	2
3.3	ECP2013900	Pedal	2
3.4	ECP2013100	Triangle Plug	2
3.5	HVCORE5300	Copper bearing	2
3.6	SC10002100	Cushion Pad	1
3.7	ECP2013400	Floor Mat	1
3.8	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	1
3.9	PNLM8*25DHS20	Button Head Cap Screw M8*25	2
3.10	GB70M6*12DHS2	Socket Head Cap Screw M6*12	2
3.11	PNLM6*12DHS2	Button Head Cap Screw M6*12	10
3.12	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1
3.13	GB956DN2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	1
3.14	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2

Exploded View and Parts List

Main Supporting Frame ASSY

Back Pad Frame ASSY

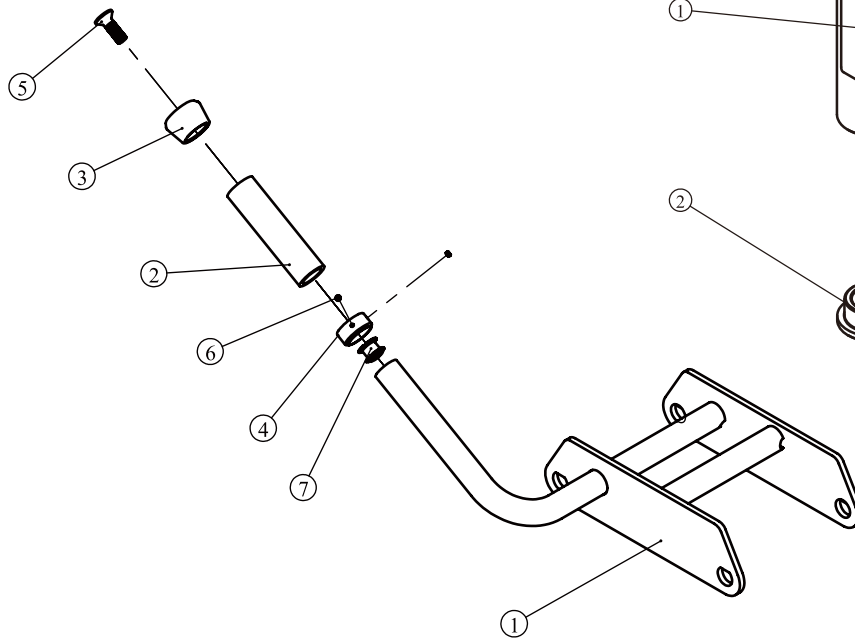


Grade No.	Part No.	Description	QTY
4.1	ECP2070600	Main Supporting Frame	1
4.2	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	4

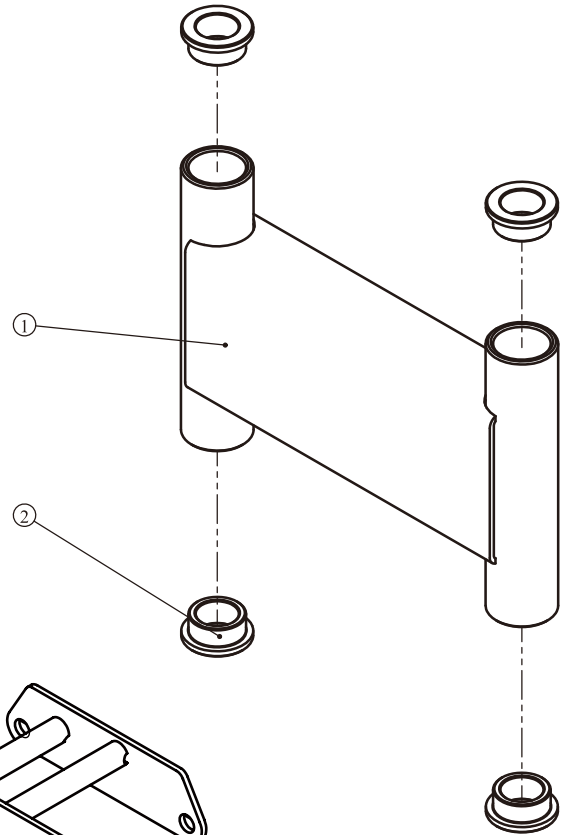
Grade No.	Part No.	Description	QTY
5.1	ECP2070700	Back Pad Frame	1
5.2	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2
5.3	ECP2014500	Plug	1
5.4	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
5.5	ECP2013100	Front Adjusting Plate	1
5.6	ECP2013200	Rear Adjusting Plate	1
5.7	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
5.8	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Supporting ASSY



Connecting Frame ASSY



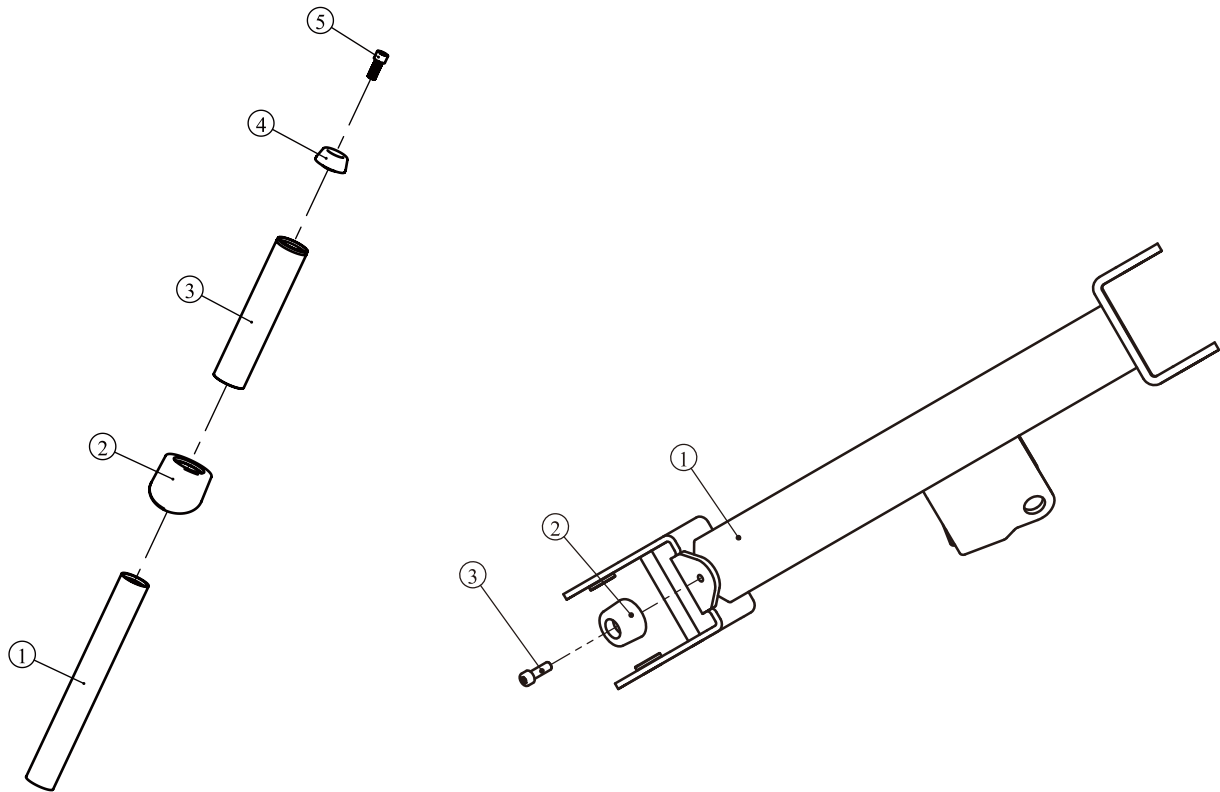
Grade No.	Part No.	Description	QTY
6.1	ECP2071800	Supporting ASSY	1
6.2	026-01PL0206-5	Handle Sleeve	1
6.3	ECP6174500V1	Aluminum Cap	1
6.4	VST600-PL232600V1	Aluminum Ring	1
6.5	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	1
6.6	YZGB7710-32*3.2N19	Flat Point Set Screw 10-32*3.2	2
6.7	IF81165000	Sun Nylon Lock Nut	1

Grade No.	Part No.	Description	QTY
7.1	ECP2070900	Connecting Frame I	1
7.2	HVCORE5300	Copper bearing	4

Exploded View and Parts List

Barbell Storage Frame ASSY

Swinging Arm I ASSY



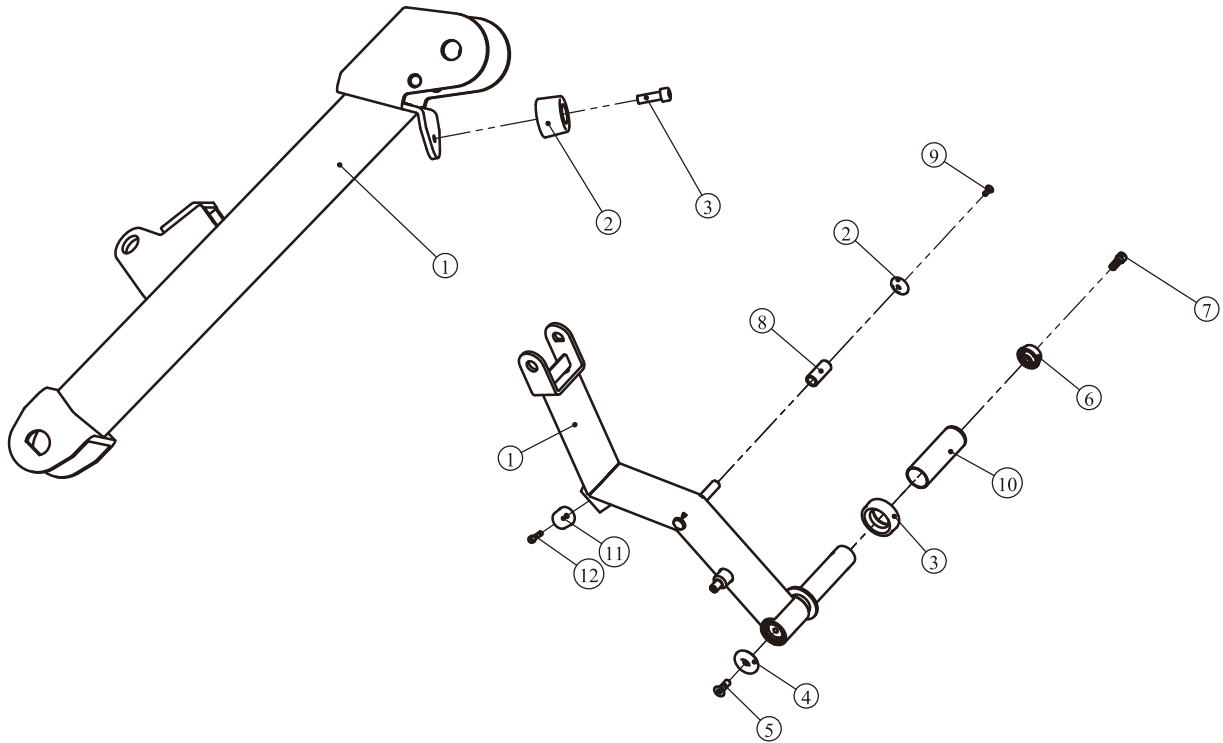
Grade No.	Part No.	Description	QTY
8.1	ECP2011800	Barbell Storage Frame	1
8.2	ECP2013800	Slanted Rubber Bumper	1
8.3	HZ70022000V1	Short Barbell Casing	1
8.4	SL70012000	Plastic Cap	1
8.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Grade No.	Part No.	Description	QTY
9.1	ECP2070800	Connecting Frame I	1
9.2	KFLPHS4400	Copper bearing	1
9.3	GB70M8*25DY20NL	Socket Head Cap Screw M8*25	1

Exploded View and Parts List

Swinging Arm II ASSY

Load Bearing ASSY

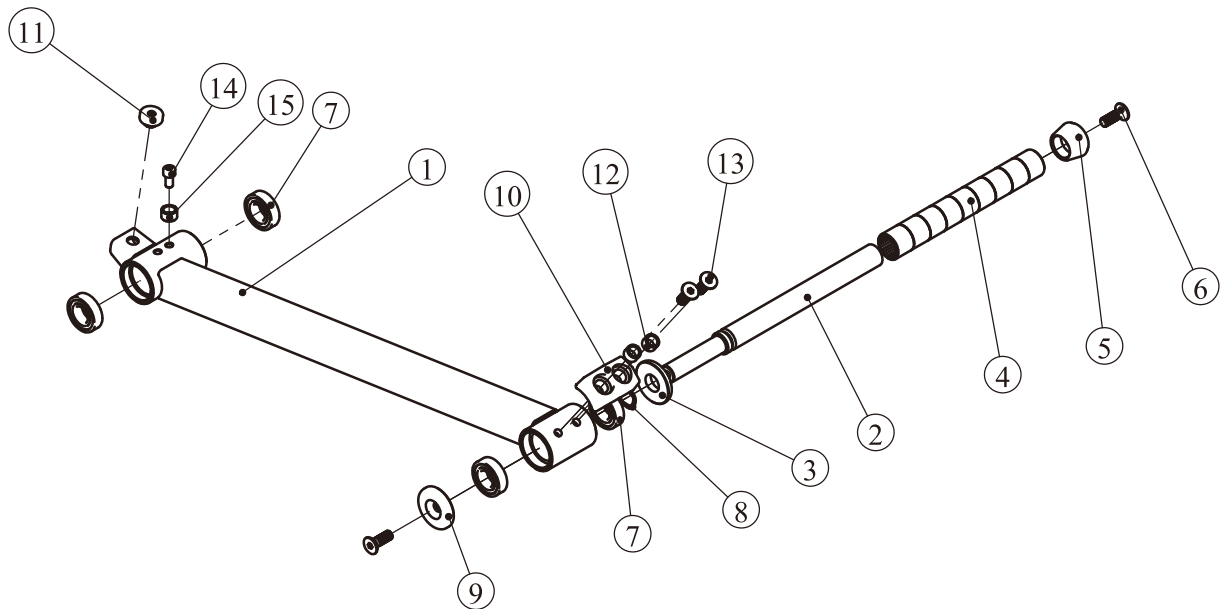


Grade No.	Part No.	Description	QTY
10.1	ECP2070900	Connecting Frame II	1
10.2	KFLPHS4400	Copper bearing	1
10.3	GB70M8*25DY20NL	Socket Head Cap Screw M8*25	1

Grade No.	Part No.	Description	QTY
11.1	ECP2071100	Load Bearing ASSY	1
11.2	ECP1012400	Rubber Bumper	1
11.3	PL1301600	Short Barbell Casing	1
11.4	SL70011700	Aluminum Cap	1
11.5	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
11.6	SL70012000	Plastic Cap	1
11.7	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
11.8	ECP1013000	Rotating Sleeve	1
11.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
11.10	ECP50102100	Aluminum Cap	1
11.11	KFLPHS4400	Copper bearing	1
11.12	GB70M8*30DHS20NL	Socket Head Cap Screw M8*30	1

Exploded View and Parts List

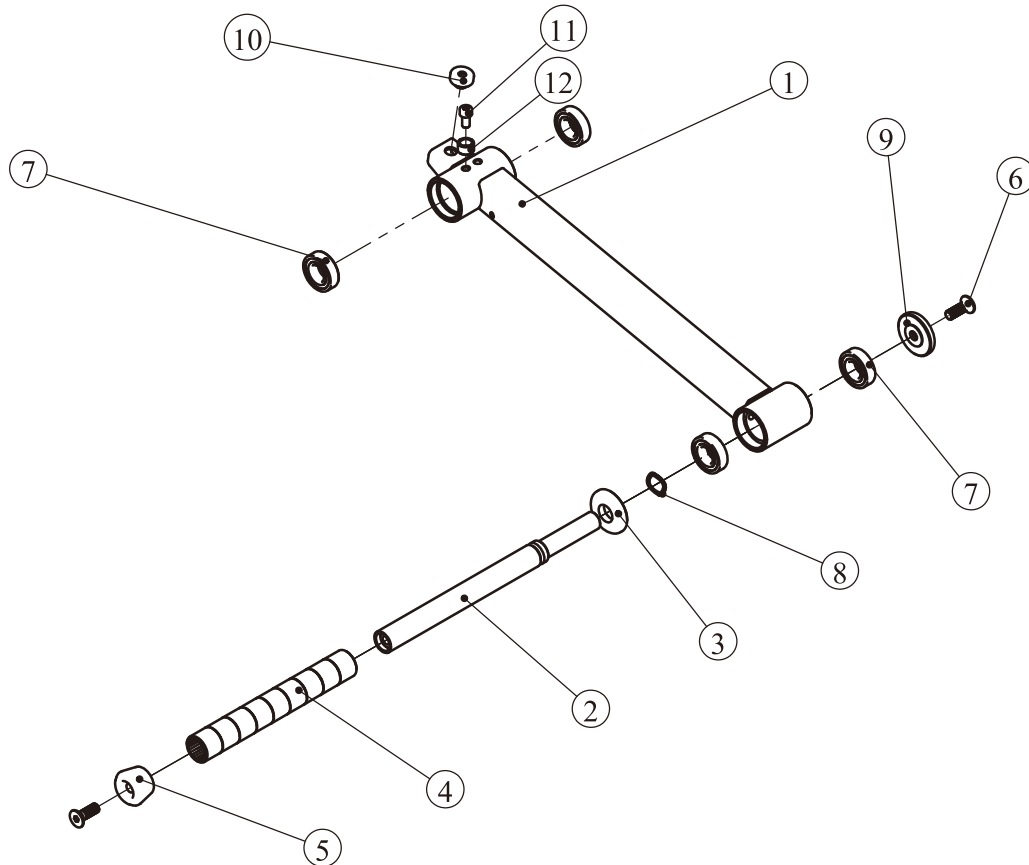
Handle Frame I ASSY



Grade No.	Part No.	Description	QTY
12.1	ECP2071300	Swing Frame II	1
12.2	ECP2071400	Rubber Bumper	1
12.3	IT95191200	Short Barbell Casing	1
12.4	ECP2072100	Plastic Cap	1
12.5	ECP6174500	Rotating Sleeve	1
12.6	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
12.7	GB2766004-2ZC3	Bearing 6004-2ZC3	4
12.8	BXDQ26*20*1.5	wave washer	1
12.9	ECP2072600	Cap	1
12.10	ECP1033200	Safety Bumper	1
12.11	ROC-IT1012400	Safety Bumper	1
12.12	IT90041600	Stop Sleeve	2
12.13	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	2
12.14	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	1
12.15	IN-S10111200	limit sleeve	1

Exploded View and Parts List

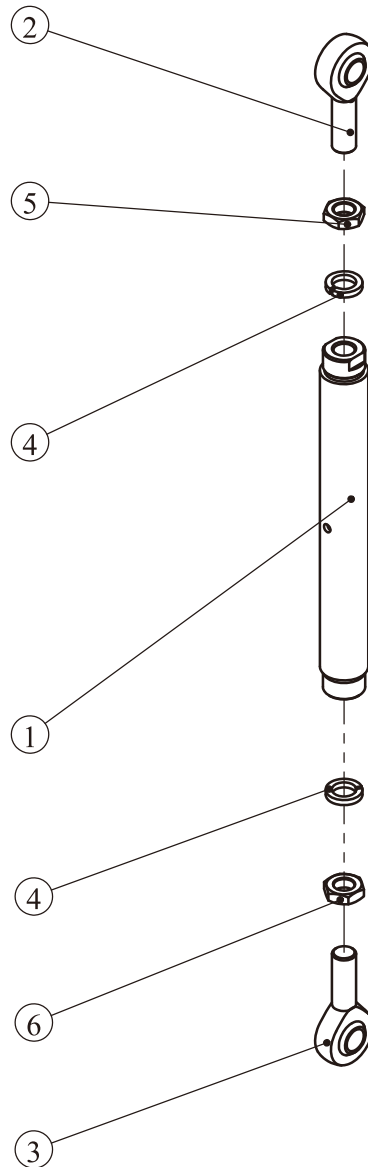
Handle Frame II ASSY



Grade No.	Part No.	Description	QTY
13.1	ECP2071500	Swing Frame II	1
13.2	ECP2071400	Rubber Bumper	1
13.3	IT95191200	Short Barbell Casing	1
13.4	ECP2072100	Plastic Cap	1
13.5	ECP6174500	Rotating Sleeve	1
13.6	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
13.7	GB2766004-2ZC3	Bearing 6004-2ZC3	4
13.8	BXDQ26*20*1.5	wave washer	1
13.9	ECP2072600	Cap	1
13.10	ROC-IT1012400	Safety Bumper	1
13.11	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	1
13.12	IN-S10111200	limit sleeve	1

Exploded View and Parts List

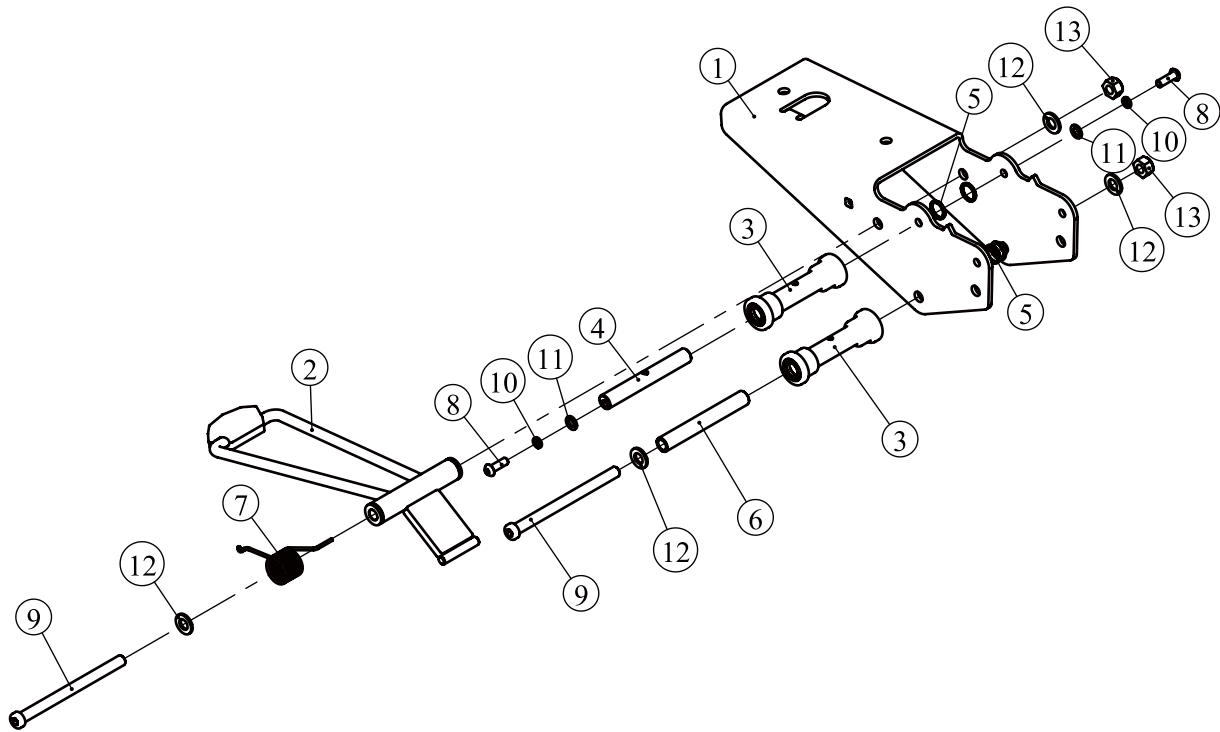
Connecting Rod Frame ASSY



Grade No.	Part No.	Description	QTY
14.1	ECP2071600	Connecting Rod Frame	1
14.2	SAL16	Left Oscillating Bearing	1
14.3	SA16	Oscillating Bearing	1
14.4	GB9316DS12	Spring Washer Φ16	2
14.5	GB6172.1LM16DS2	Left Hex Nut M16	1
14.6	GB6172.1M16DS2	Hex Nut M16	1

Exploded View and Parts List

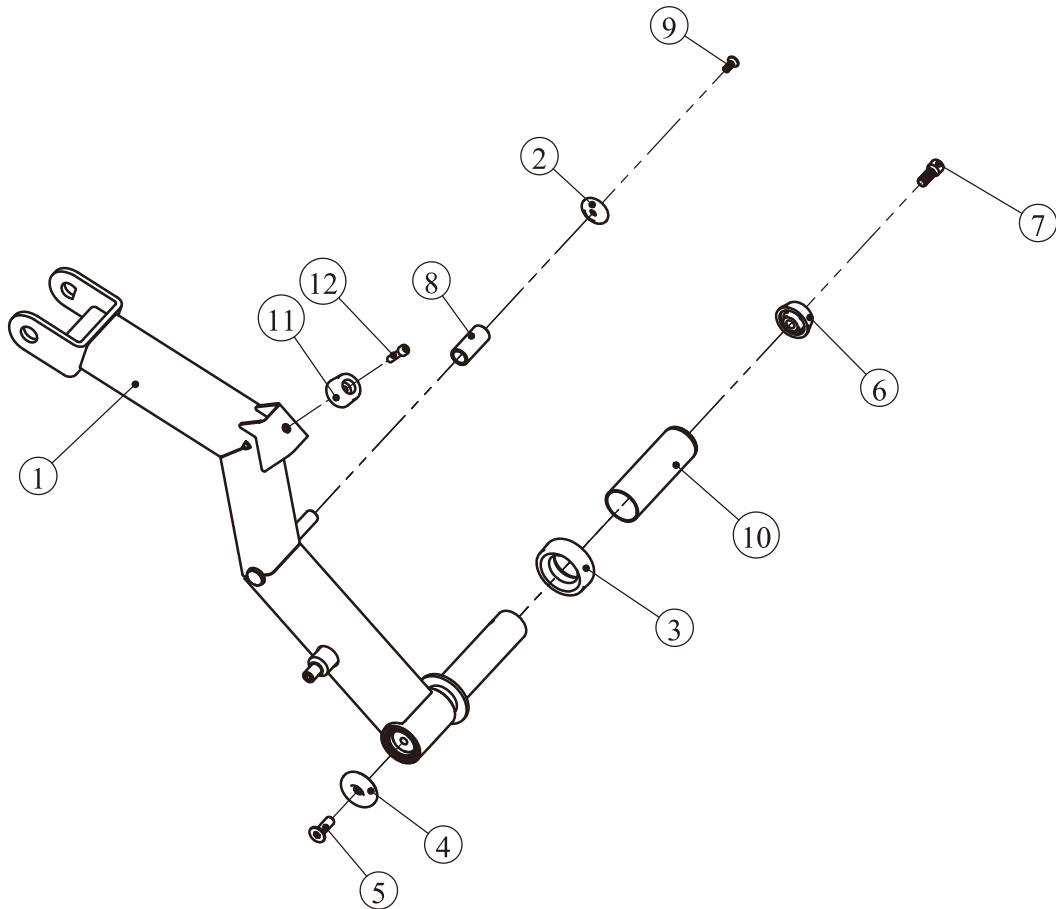
Seat Frame ASSY



Grade No.	Part No.	Description	QTY
15.1	ECP2010800	Seat Frame	1
15.2	ECP20111ASSY	Adjustable Handle Frame ASSY	1
15.3	ECP20133ASSY	Roller ASSY	2
15.4	ECP2014001	Eccentric Shaft $\Phi 17 \times 128$	1
15.5	ECP2014002	Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$	4
15.6	ECP2014004	Roller Sleeve	1
15.7	SL70012600	Torsion Spring	1
15.8	PNLM8*25DN20	Button Head Cap Screw M8*25	2
15.9	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	2
15.10	GB938N19	Spring Washer $\Phi 8$	2
15.11	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
15.12	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
15.13	NM12DN2	Nylon Lock Nut M12	2

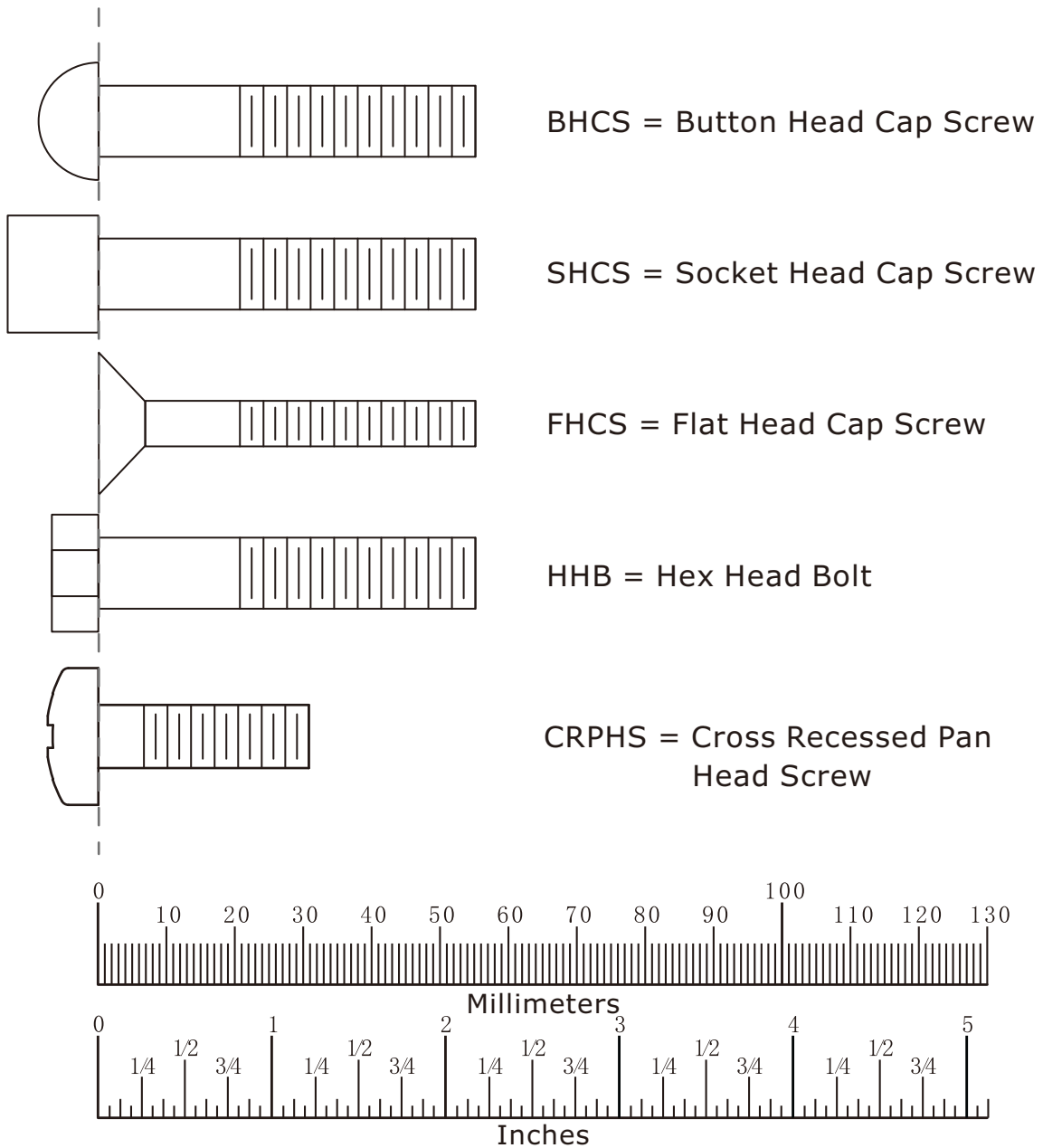
Exploded View and Parts List

Load Bearing II ASSY



Grade No.	Part No.	Description	QTY
61.1	ECP2071700	Load Bearing II ASSY	1
61.2	ECP1012400	Rubber Bumper	1
61.3	PL1301600	Short Barbell Casing	1
61.4	SL70011700	Aluminum Cap	1
61.5	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
61.6	SL70012000	Plastic Cap	1
61.7	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
61.8	ECP1013000	Rotating Sleeve	1
61.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
61.10	ECP50102100	Aluminum Cap	1
61.11	KFLPHS4400	Copper bearing	1
61.12	GB70M8*30DHS20NL	Socket Head Cap Screw M8*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

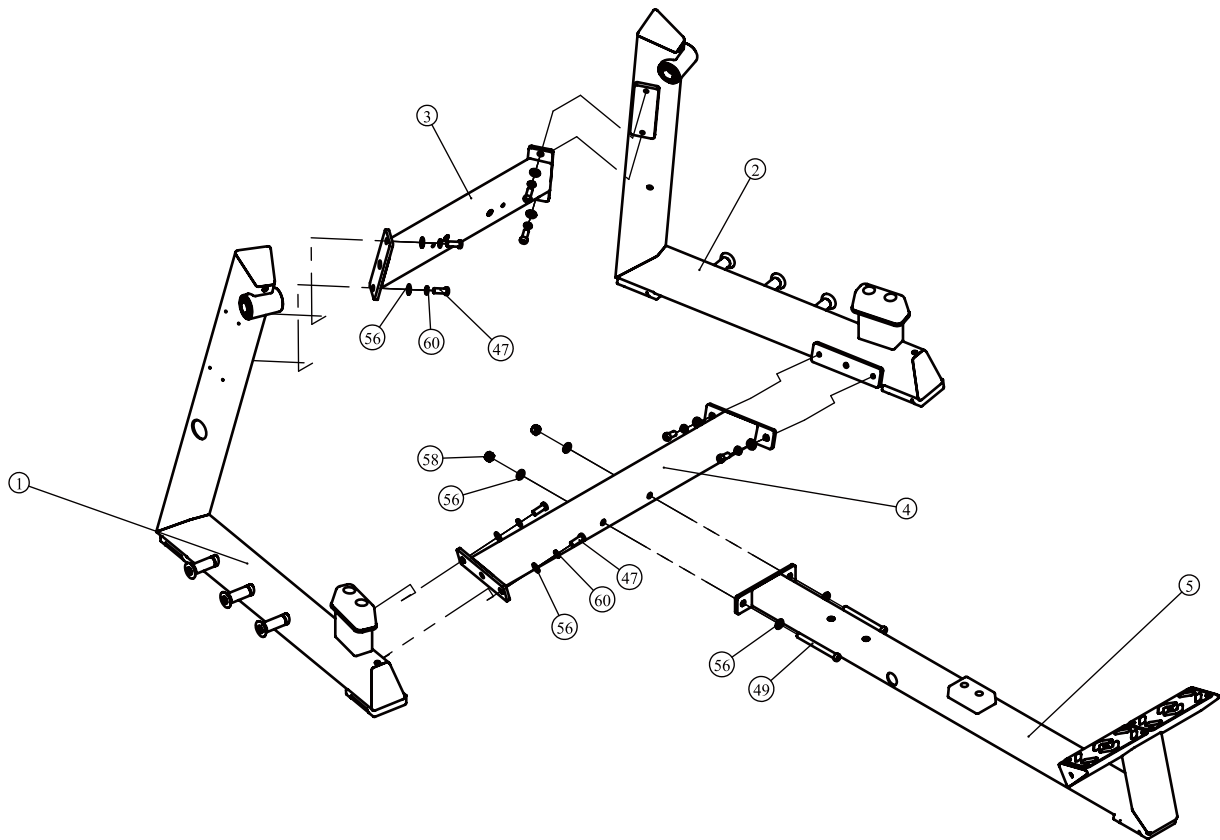
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Main Stand Frame I ASSY (#1) and the Main Stand Frame II ASSY (#2) to the Rear Connecting Frame (#3) and Cross Ground Frame (#4) using:
eight Socket Head Cap Screw M12*30 (#47)
eight Flat Washer $\Phi 13*\Phi 24*2.5$ (#56)
eight Spring Washer $\Phi 12$ (#60)
2. Attach the Pedal Frame ASSY (#5) to the Cross Ground Frame (#4) using:
two Socket Head Cap Screw M12*130 (#49)
four Flat Washer $\Phi 13*\Phi 24*2.5$ (#56)
two Nylon Lock Nut M12 (#58)

Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.



Assembly

STEP 2

1. Attach the Supporting Frame (#24) to the Rear Connecting Frame (#3) and Pedal Frame ASSY (#5) using:
 - four Socket Head Cap Screw M12*30 (#47)
 - four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#56)
 - four Spring Washer $\Phi 12$ (#60)
2. Attach the Load Bearing ASSY (#25) and the Load Bearing II ASSY (#61) to the Main Stand Frame I ASSY (#1) and the Main Stand Frame II ASSY (#2) using:
 - four Flat Head Cap Screw M10*25 (#43)
 - four Aluminum Cap $\Phi 60$ (#36)
 - two Shaft $\Phi 25 \times 109$ (#12)
3. Attach the Main Supporting Frame ASSY (#6) to the Supporting Frame (#24) using:
 - two Socket Head Cap Screw M12*105 (#48)
 - two Nylon Lock Nut M12 (#58)
 - six Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#56)
 - two Spring Washer $\Phi 12$ (#60)
 - two Socket Head Cap Screw M12*30 (#47)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.

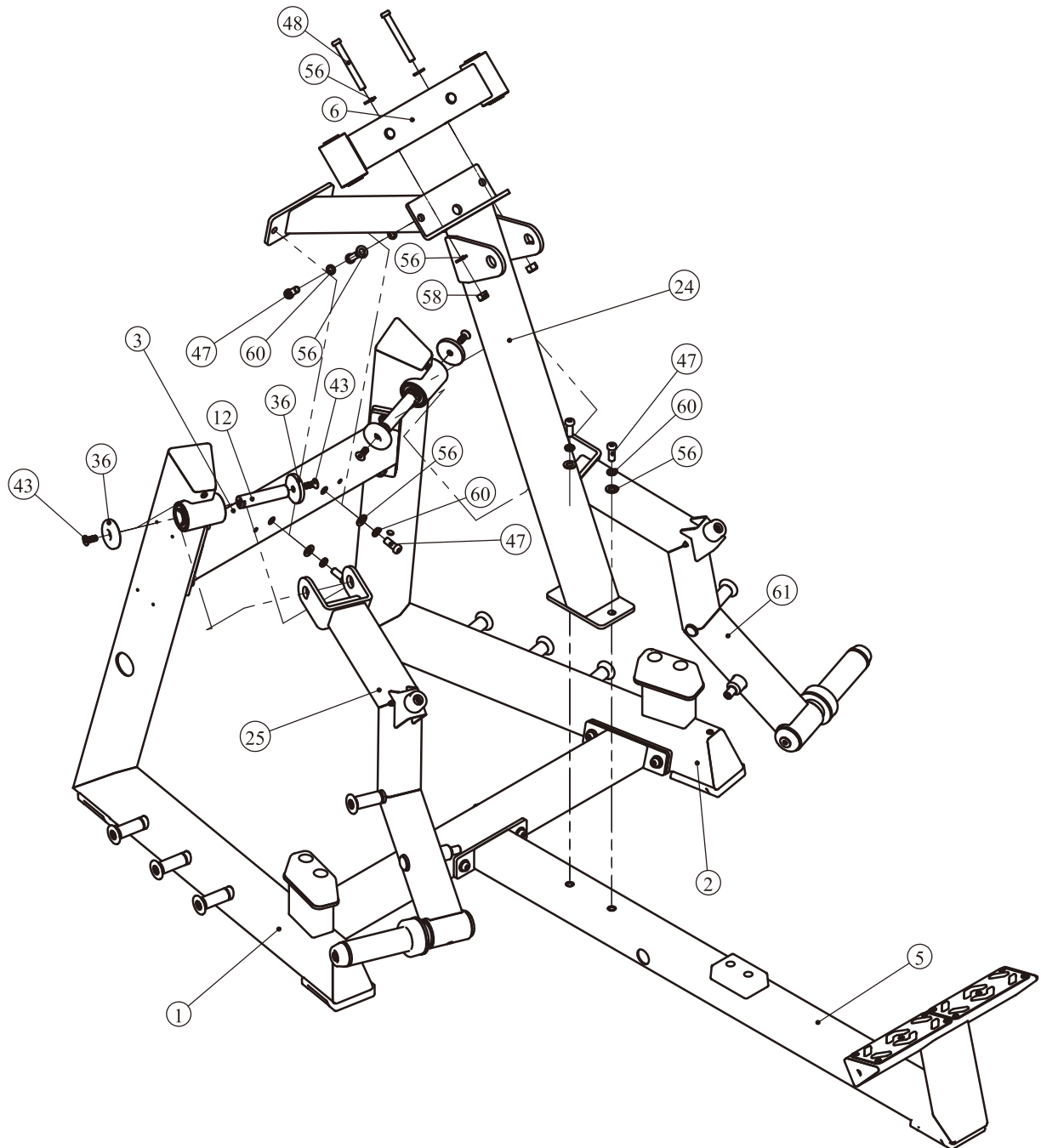
STEP 3

1. Attach the Back Pad Frame ASSY (#7) to the Supporting Frame (#24) using:
 - two Flat Head Cap Screw M10*25 (#43)
 - two Aluminum Cap $\Phi 60$ (#36)
 - one Shaft $\Phi 25 \times 114$ (#13)
2. Attach the Supporting Frame ASSY (#8) to the Pedal Frame ASSY (#5) using:
 - two Flat Head Cap Screw M10*25 (#43)
 - two Aluminum Cap $\Phi 38$ (#35)
 - one Shaft $\Phi 19.05 \times 162.5 \times M10$ (#14)
3. Attach Connecting Frame ASSY (#9) to the Back Pad Frame ASSY (#7) and the Supporting Frame ASSY (#8) using:
 - four Flat Head Cap Screw M10*25 (#43)
 - four Aluminum Cap $\Phi 38$ (#35)
 - two Shaft $\Phi 19.05 \times 162.5 \times M10$ (#14)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.

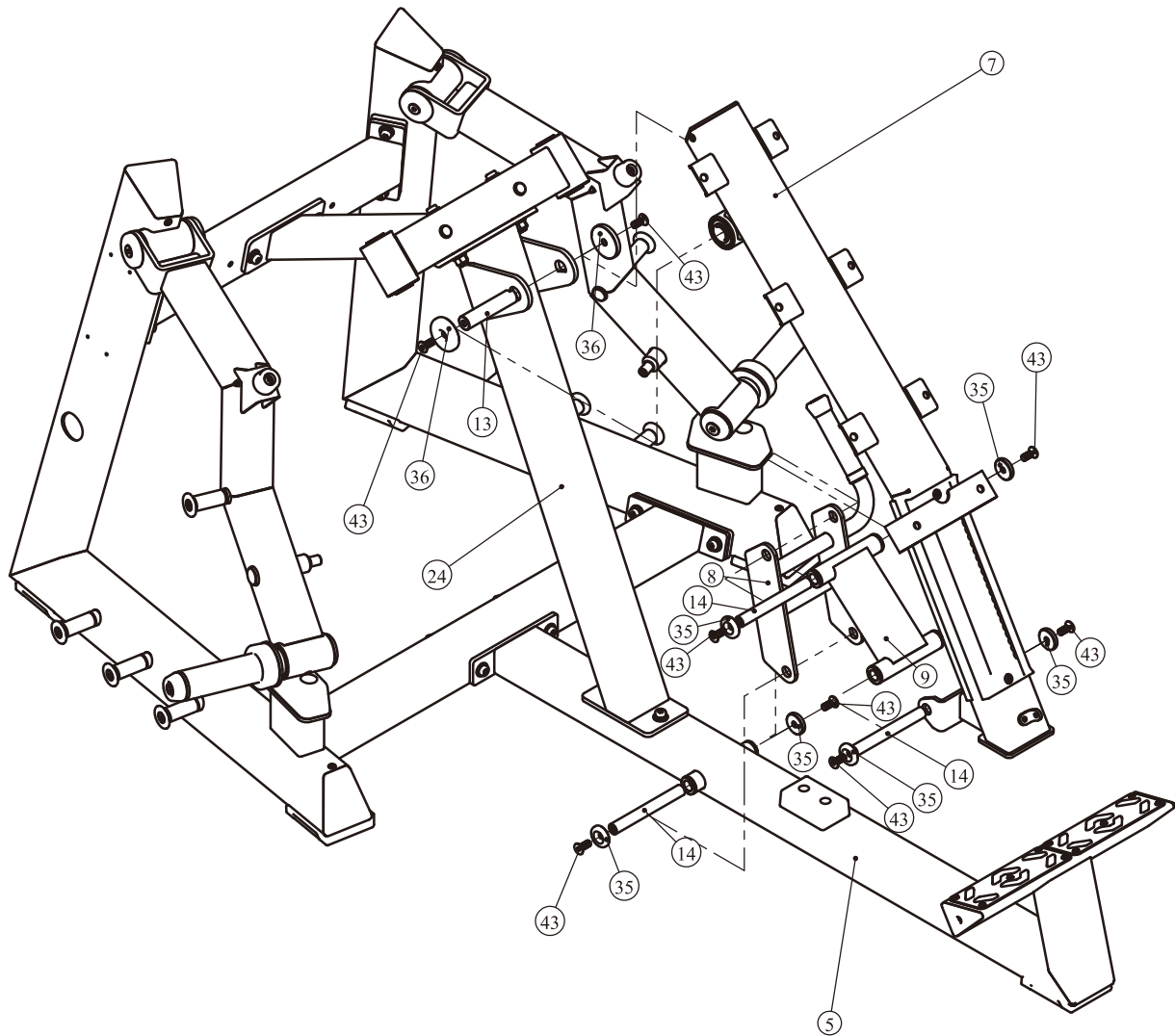
Assembly

STEP 2



Assembly

STEP 3



Assembly

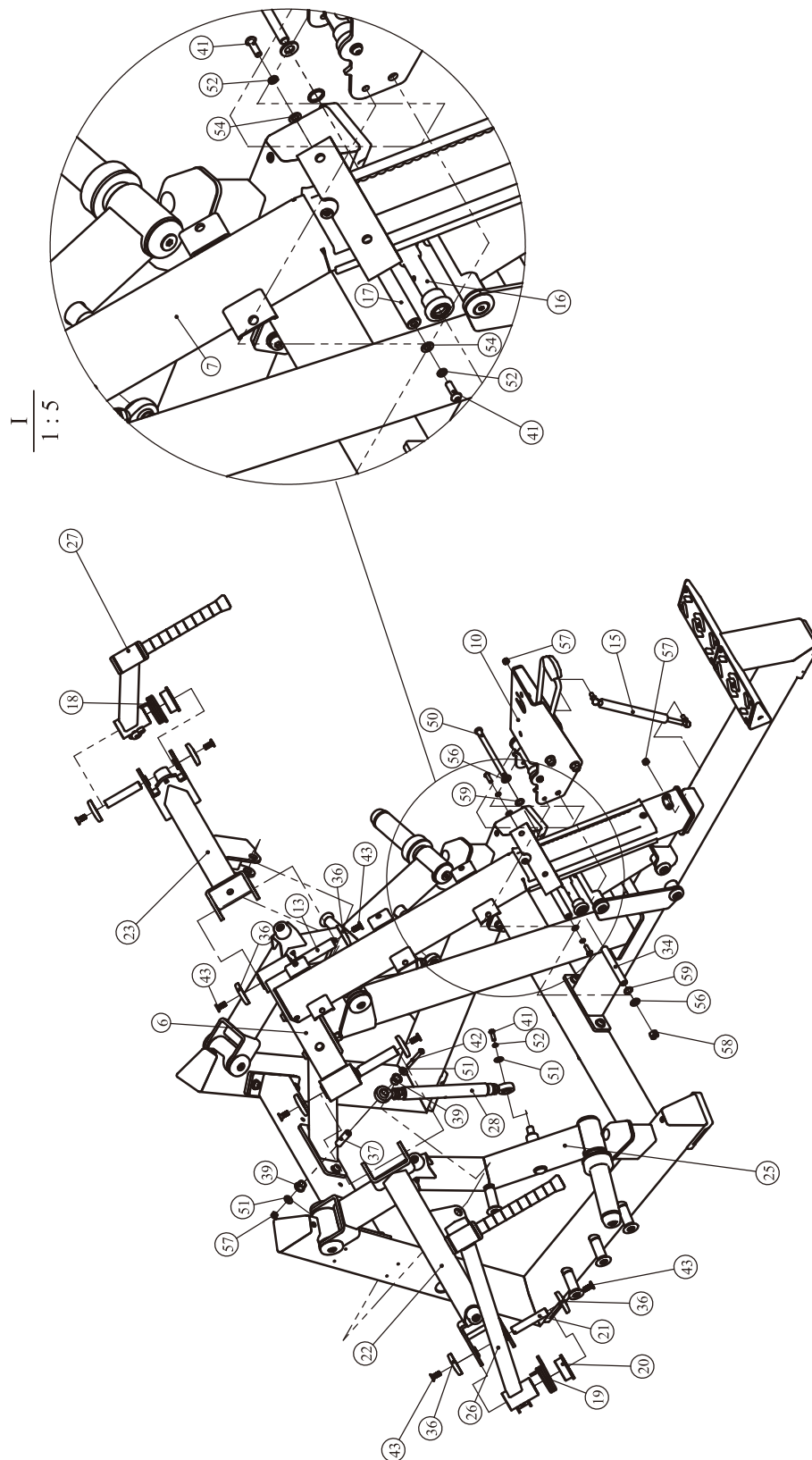
STEP 4

1. Attach the Swinging Arm I ASSY (#22) and Swinging Arm II ASSY (#23) to the Main Supporting Frame ASSY (#6) using:
 - four Flat Head Cap Screw M10*25 (#43)
 - four Aluminum Cap $\Phi 60$ (#36)
 - two Shaft $\Phi 25 \times 114$ (#13)
2. Attach the Handle Frame I ASSY (#26) and Handle Frame II ASSY (#27) to the Swinging Arm I ASSY (#22) and Swinging Arm II ASSY (#23) using:
 - four Flat Head Cap Screw M10*25 (#43)
 - four Aluminum Cap $\Phi 60$ (#36)
 - two Short Shaft (#21)
 - two Nylon Ring (#20)
 - one Right-hand Torsion Spring (#18)
 - one Left-hand Torsion Springs (#19)
3. Attach the two Connecting Rod Frame ASSY (#28) to the Load Bearing ASSY (#25) and the Load Bearing II ASSY (#61), Swinging Arm I ASSY (#22) and Swinging Arm II ASSY (#23) using:
 - four Button Head Cap Screw M8*25 (#41)
 - six Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$ (#51)
 - two Spring Washer $\Phi 8$ (#52)
 - four Stair Sleeve (#39)
 - two Short Shaft (#37)
 - two Nylon Lock Nut M8 (#57)
 - two Button Head Cap Screw M8*70 (#42)
4. Attach the Seat Frame ASSY (#10), Air Spring (#15) and Roller ASSY (#16) to the Back Pad Frame ASSY (#7) using:
 - two Button Head Cap Screw M8*25 (#41)
 - two Spring Washer $\Phi 8$ (#52)
 - two Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (#54)
 - one Seat Pad Stop Shaft (#17)
 - two Sleeve (#59)
 - two Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#56)
 - one Nylon Lock Nut M12 (#58)
 - one Socket Head Cap Screw M12*160 (#50)
 - one Roller Sleeve (#34)
 - two Nylon Lock Nut M8 (#57)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.

Assembly

STEP 4

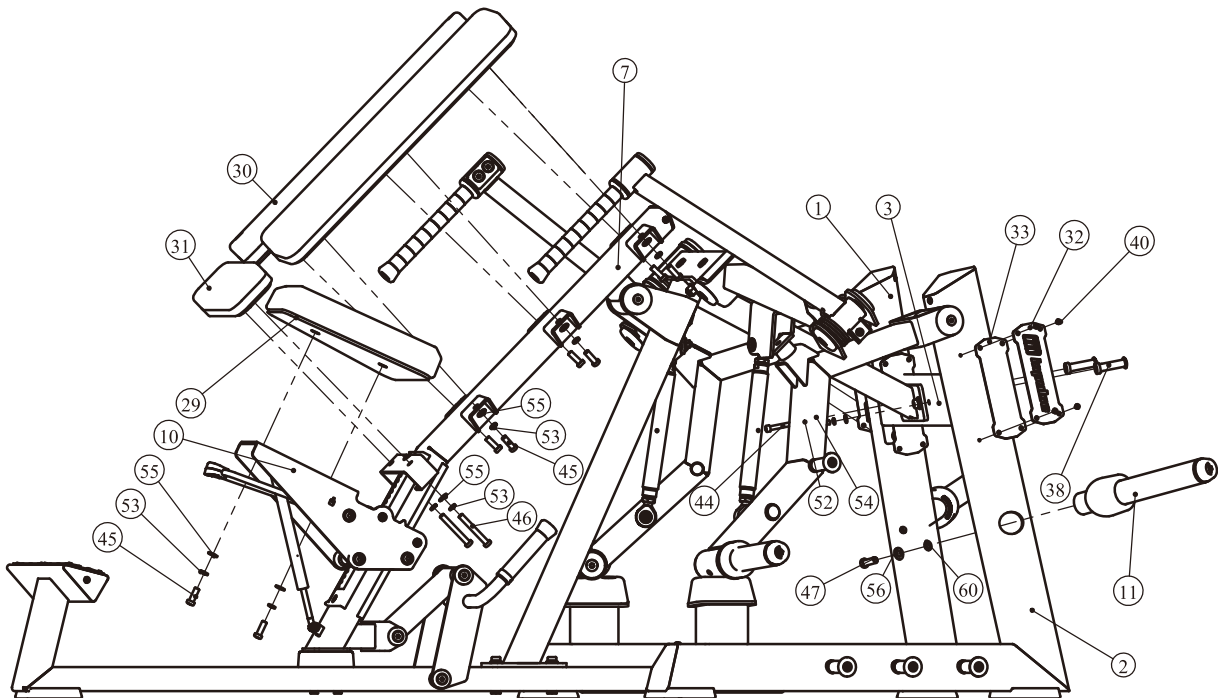


Assembly

STEP 5

1. Attach two LOGO Inner Plate (#33) and two LOGO Plate (#32) to the Main Stand Frame I ASSY (#1) and the Main Stand Frame II ASSY (#2) using:
eight Button Head Cap Screws M5*10 (#40)
2. Attach Elastic Band Hanging Pillar (#38) to the Rear Connecting Frame (#3) using:
two Socket Head Cap Screw M8*65 (#44)
two Spring Washer $\Phi 8$ (#52)
two Flat Washer $\Phi 9*\Phi 16*1.6$ (#54)
3. Attach the Seat Pad (#29) to the Seat Pad Frame ASSY (#10), Attach the two Back Pad (#30) and Hip Pad (#31) to the Back Pad Frame ASSY (#7) using:
two Socket Head Cap Screw M10*80 (#46)
ten $\Phi 11*\Phi 20*2$ Flat Washer (#55)
ten Spring Washer $\Phi 10$ (#53)
eight Socket Head Cap Screw M10*30 (#45)
4. Attach two Barbell Storage Frame ASSY (#11) to the Main Stand Frame I ASSY (#1) and the Main Stand Frame II ASSY (#2) using:
two Socket Head Cap Screw M12*30 (#47)
two Spring Washer $\Phi 12$ (#60)
two Flat Washer $\Phi 13*\Phi 24*2.5$ (#56)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.



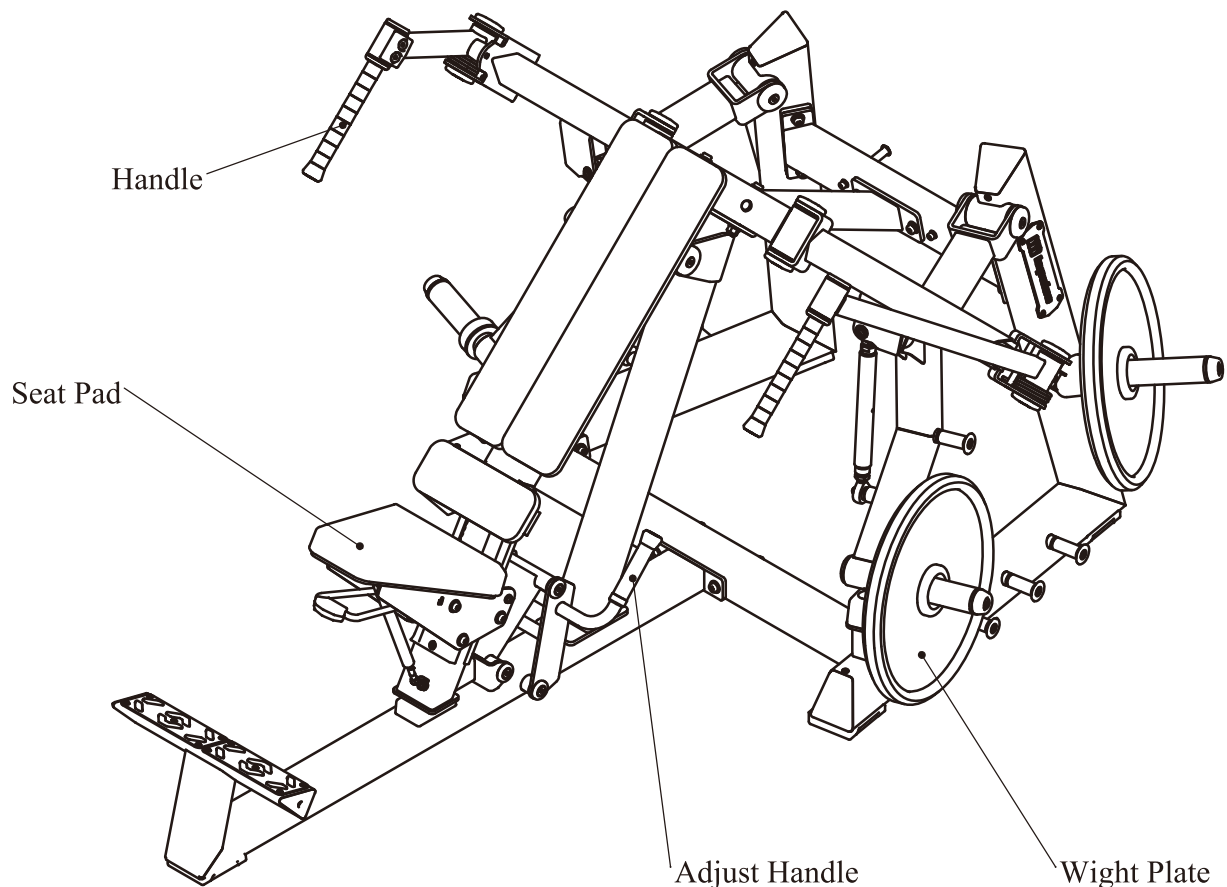
Adjust Instructions and Exercise Instructions

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 single Bearing ASSY total weight can't be greater than 165LBS.
3. This equipment does not contains Weight Plate.

Exercise Instruction

1. Select an appropriate weight.
2. Adjust the adjusting handle to position the back pad at a suitable angle and select desired training mode.
3. Grasp the handles with both hands pull towards the center.
4. Pause slightly then 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 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.

