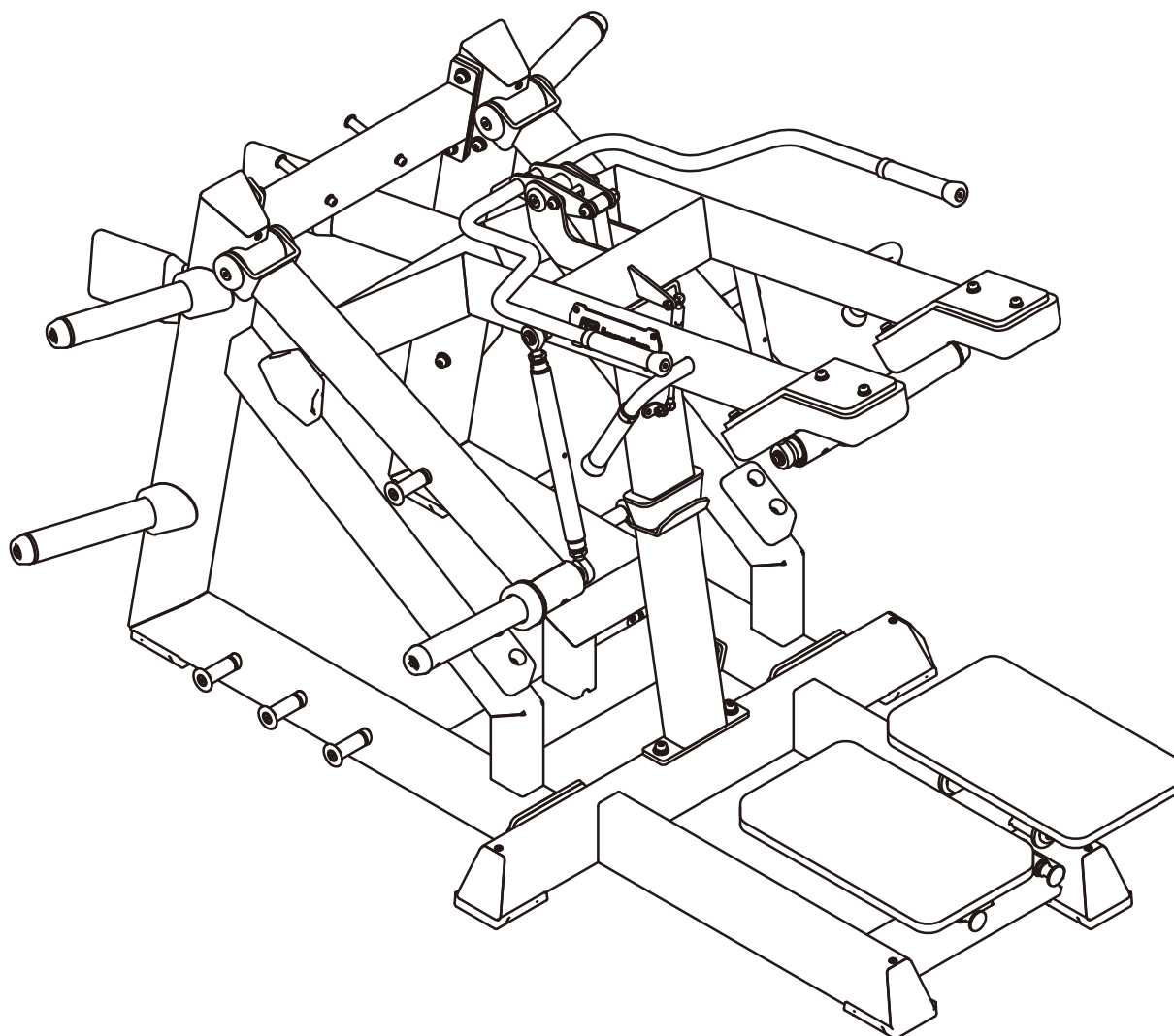




ECP630

KNEEL HIP THRUST

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.

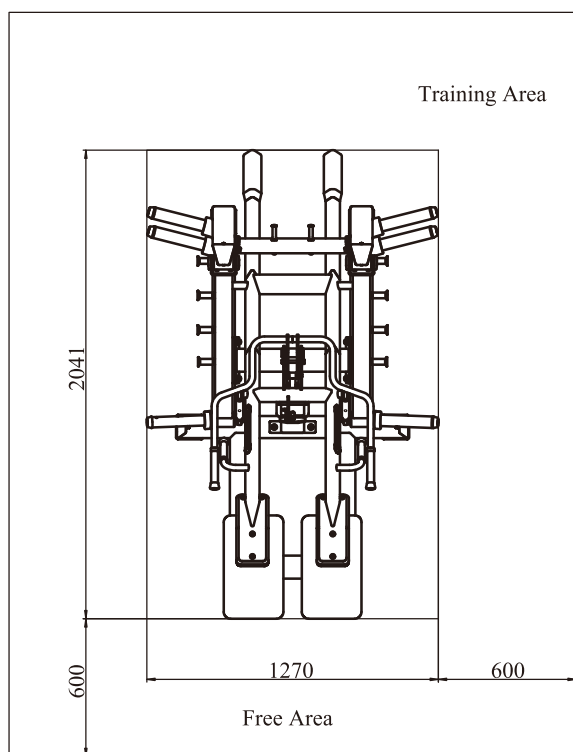
Important Safety Instructions

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: 2041*1270*1168mm

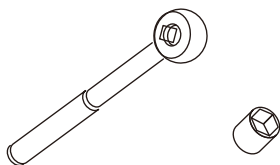
Product Total Surface: 2041*1270mm

Instructions

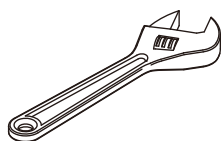
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

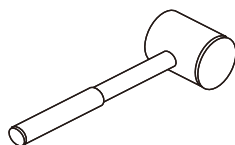
Tools Required



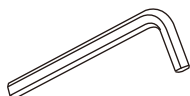
Ratchet Wrench and Socket



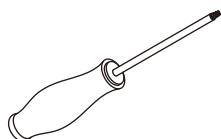
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP71301ASSY	Side Frame ASSY I	1
2	ECP71302ASSY	Side Frame ASSY II	1
3	ECP63007ASSY	Handle Frame ASSY	1
4	ECP20121ASSY	Set-Contained Bearing	2
5	ECP1012100	Balance Iron	2
6	ECP63002ASSY	Floor Bracket Secondary ASSY	1
7	ECP63003ASSY	Limit Adjusting Frame ASSY	1
8	ECP63008ASSY	Pulling Rod Frame ASSY	1
9	ECP7130900	Rear Connecting Frame	1
10	ECP20118ASSY	Barbell Storage Frame ASSY	4
11	ECP63001ASSY	Head Pad Frame ASSY	1
12	ECP71313ASSY	Swing Frame ASSY I	1
13	ECP71314ASSY	Swing Frame ASSY II	1
14	ECP10314ASSY	Connecting Rod ASSY	2
15	ECP6300400	Limit Frame	1
16	ECP7135400	Head Pad	2
17	ECP6305100	Leg PAD	2
18	QD18-304-10	Gas Spring	1
19	ECP7132100	Fixing Shaft I $\Phi 25 \times 79$	1
20	ECP7132200	Fixing Shaft II $\Phi 25 \times 134$	1
21	ECP1011600	Fixing Shaft $\Phi 25 \times 109$	2
22	ECP1012200	LOGO Plate	2
23	ECP1012300	LOGO Inner Plate	2
24	IE950716500	Aluminum Cap $\Phi 60$	4
25	IN-D21202000	Cap $\Phi 38$	4
26	ECP1012500	Elastic Band Hanging Pillar	2

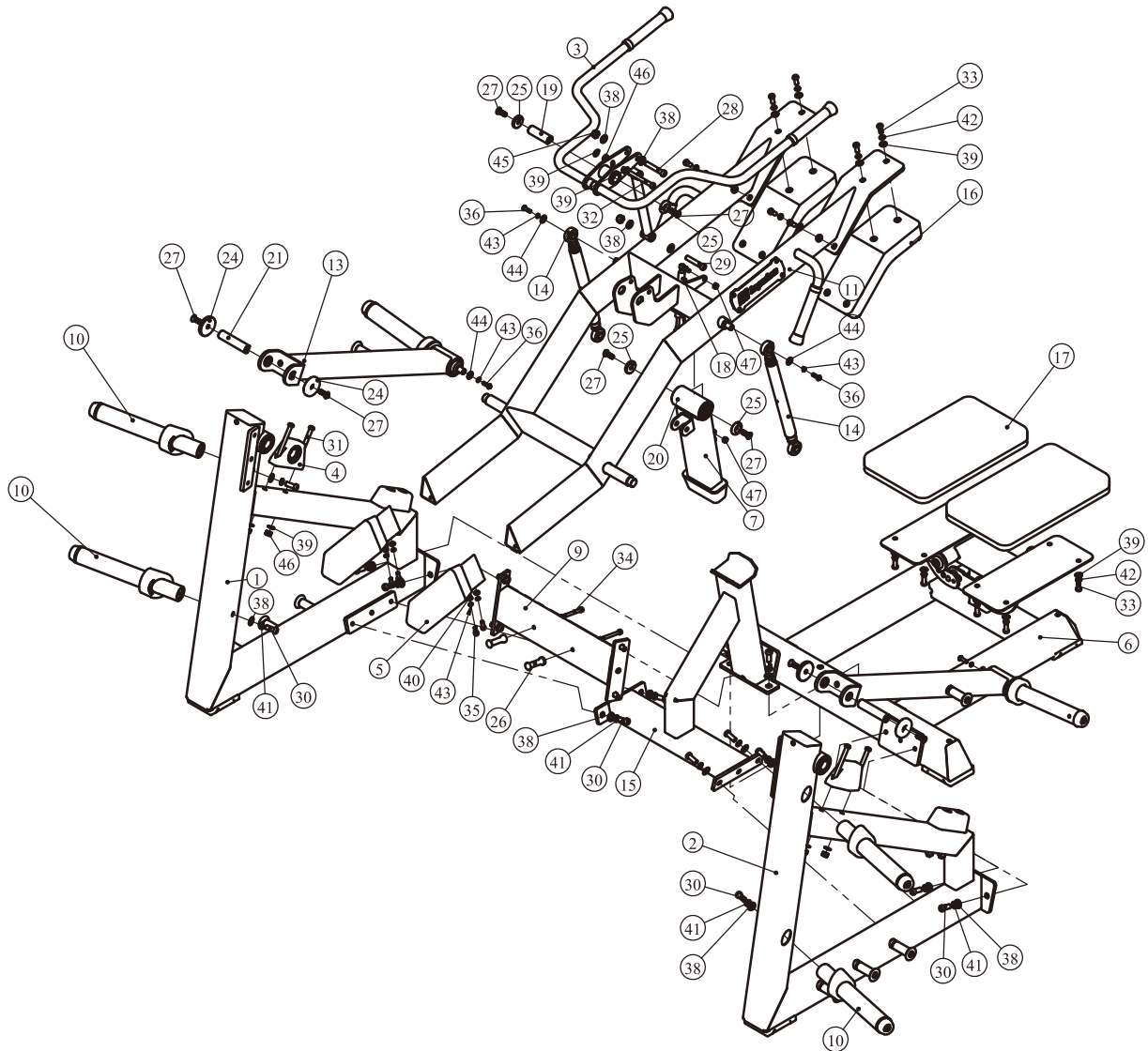
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
27	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	8
28	GB70BTM12*70DN18	Socket Head Cap Screw M12*70	1
29	GB70BTM12*65DN18	Socket Head Cap Screw M12*65	1
30	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	18
31	GB70BTM10*100DN18	Socket Head Cap Screw M10*100	4
32	GB70BTM10*95DN18	Socket Head Cap Screw M10*95	1
33	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	16
34	GB70M8*65DN20	Socket Head Cap Screw M8*65	2
35	GB70M8*20DN20	Socket Head Cap Screw M8*20	4
36	PNLM8*25DN20	Button Head Cap Screw M8*25	4
37	PNLM5*10DHS20	Button Head Cap Screw M8*10	8
38	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	22
39	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	22
40	GB958DN2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	6
41	GB9312N19	Spring Washer $\Phi 12$	18
42	GB9310N19	Spring Washer $\Phi 10$	16
43	GB938N19	Spring Washer $\Phi 8$	10
44	DQ8DN2	Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$	4
45	NM12DN2	Nylon Lock Nut M12	2
46	NM10DN2	Nylon Lock Nut M10	5
47	NM8DN2	Nylon Lock Nut M8	2
48	NBS5DHS	Hex Key S=5	1
49	NBS6DHS	Hex Key S=6	1
50	NBS8DHS	Hex Key S=8	1
51	NBS3DHS	Hex Key S=3	1

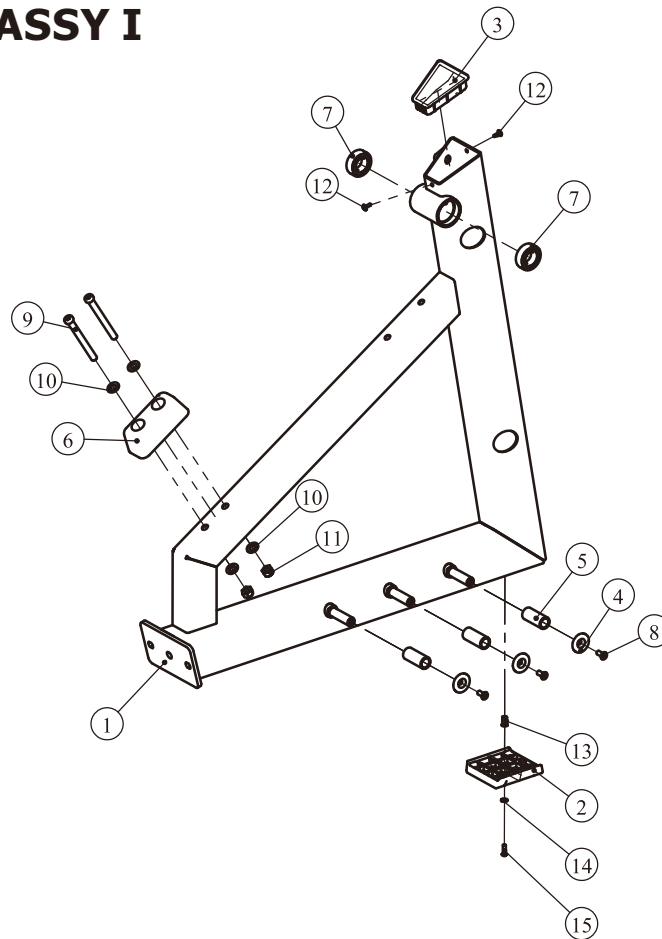
Exploded View and Parts List

Overall



Exploded View and Parts List

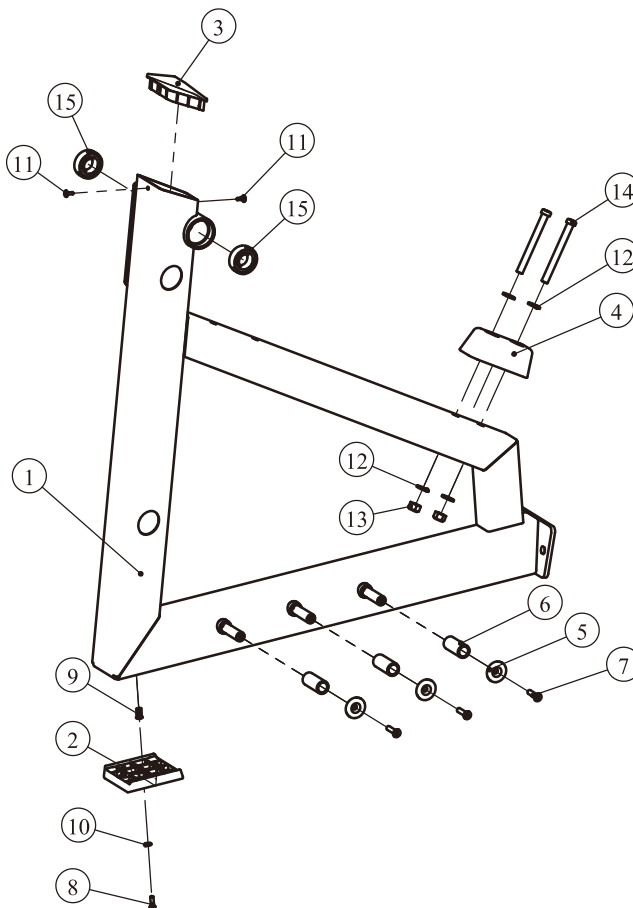
Side Frame ASSY I



Grade No.	Part No.	Description	QTY
1.1	ECP7130100	Frame I	1
1.2	ECP2013400	Floor Mat	1
1.3	ECP2013500	Slanted Pipe Plug	1
1.4	ECP1012400	Aluminum CapΦ40	3
1.5	ECP1013000	Rotating Sleeve	3
1.6	PL380800	Safety Bumper	1
1.7	GB2766205-2ZC3	Bearing6205-2ZC3	2
1.8	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.9	GB70BTM12*120DN18	Socket Head Cap Screw M12*120	2
1.10	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
1.11	NM12DN2	Nylon Lock Nut M12	2
1.12	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
1.13	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	1
1.14	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	1
1.15	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1

Exploded View and Parts List

Side Frame ASSY II

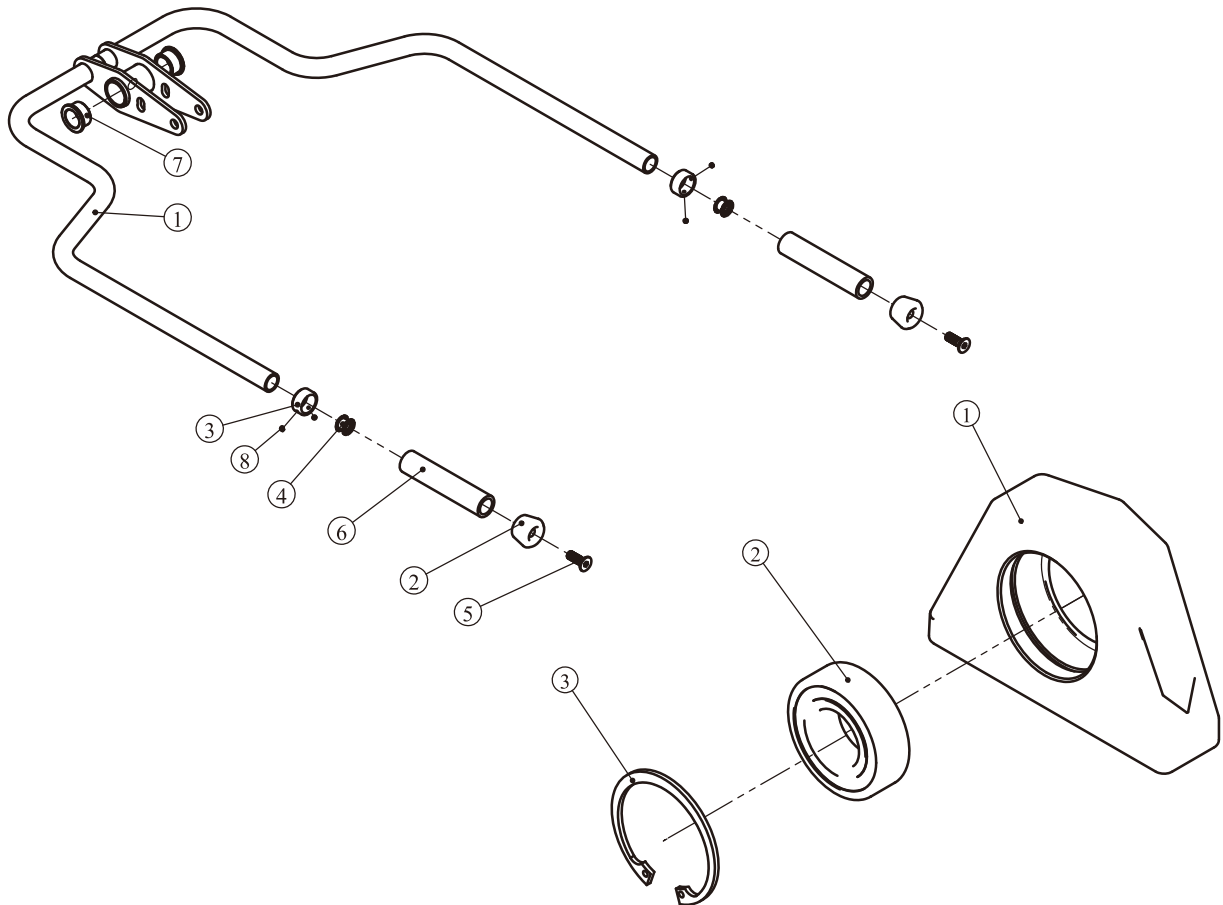


Grade No.	Part No.	Description	QTY
2.1	ECP7130200	Frame II	1
2.2	ECP2013400	Floor Mat	1
2.3	ECP2013500	Slanted Pipe Plug	1
2.4	PL380800	Safety Bumper	1
2.5	ECP1012400	Aluminum CapΦ40	3
2.6	ECP1013000	Rotating Sleeve	3
2.7	CNLM8*35DY18NL	Flat Head Cap Screw M8*20	3
2.8	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1
2.9	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	1
2.10	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	1
2.11	GB9074ST4.2*16DHS	C ross Recessed Pan Head Thread F orming Screw s ST4.2*22	2
2.12	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
2.13	NM12DN2	Nylon Lock Nut M12	2
2.14	GB70BTM12*120DN18	Socket Head Cap Screw M12*120	2
2.15	GB2766205-ZZC3	Bearing6205-ZZC3	2

Exploded View and Parts List

Handle Frame ASSY

Set-Contained Bearing



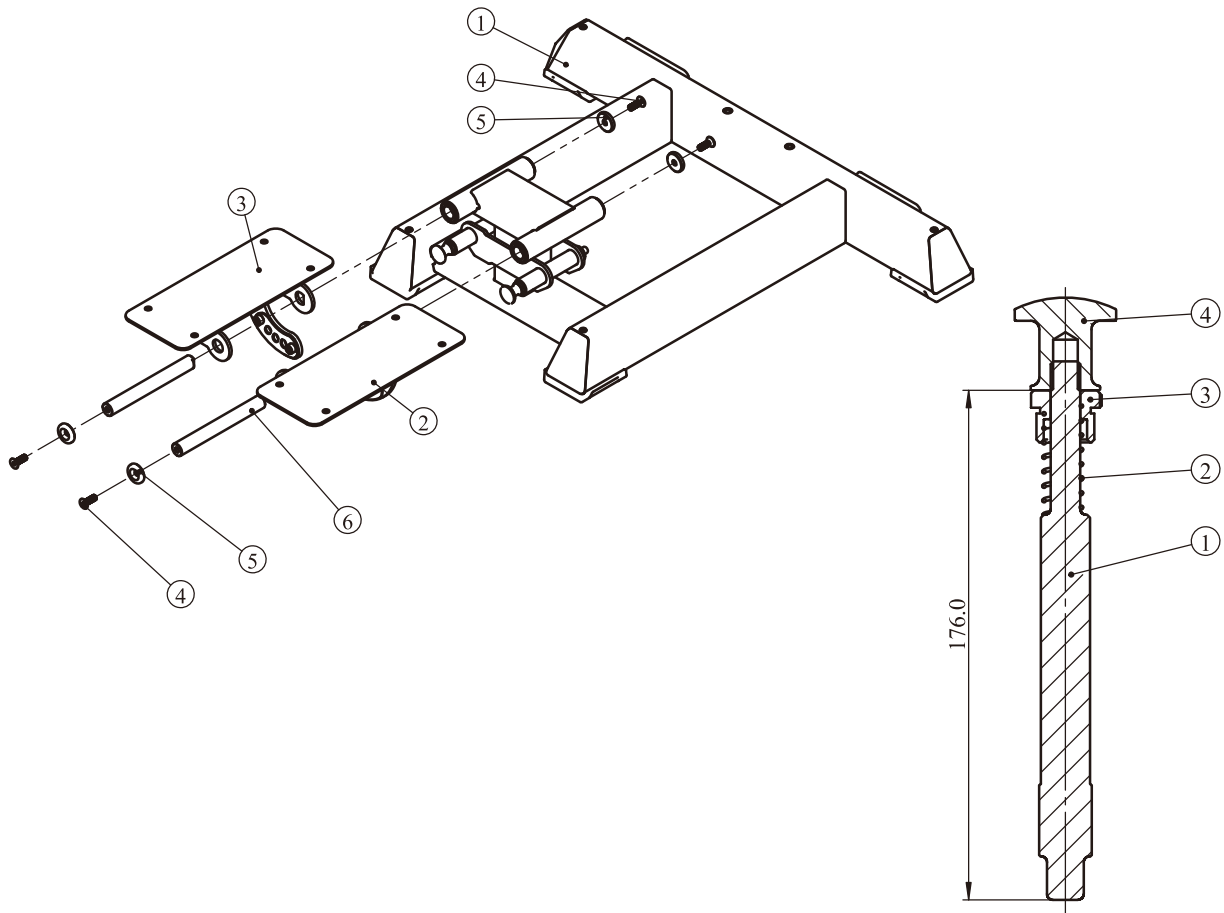
Grade No.	Part No.	Description	QTY
3.1	ECP6300700	Handle Frame	1
3.2	ECP6174500V1	Aluminum Cap	2
3.3	VST600-PL232600V1	Aluminum Retaining Ring	2
3.4	IF81165000	Lock Nut $\Phi 25 \times 2.5 \times 21.6 \times M10$	2
3.5	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
3.6	FE97031800	Glove	2
3.7	CG3000P17000	Copper bearing	2
3.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	4

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

Exploded View and Parts List

Floor Bracket Secondary ASSY

Long Pin ASSY

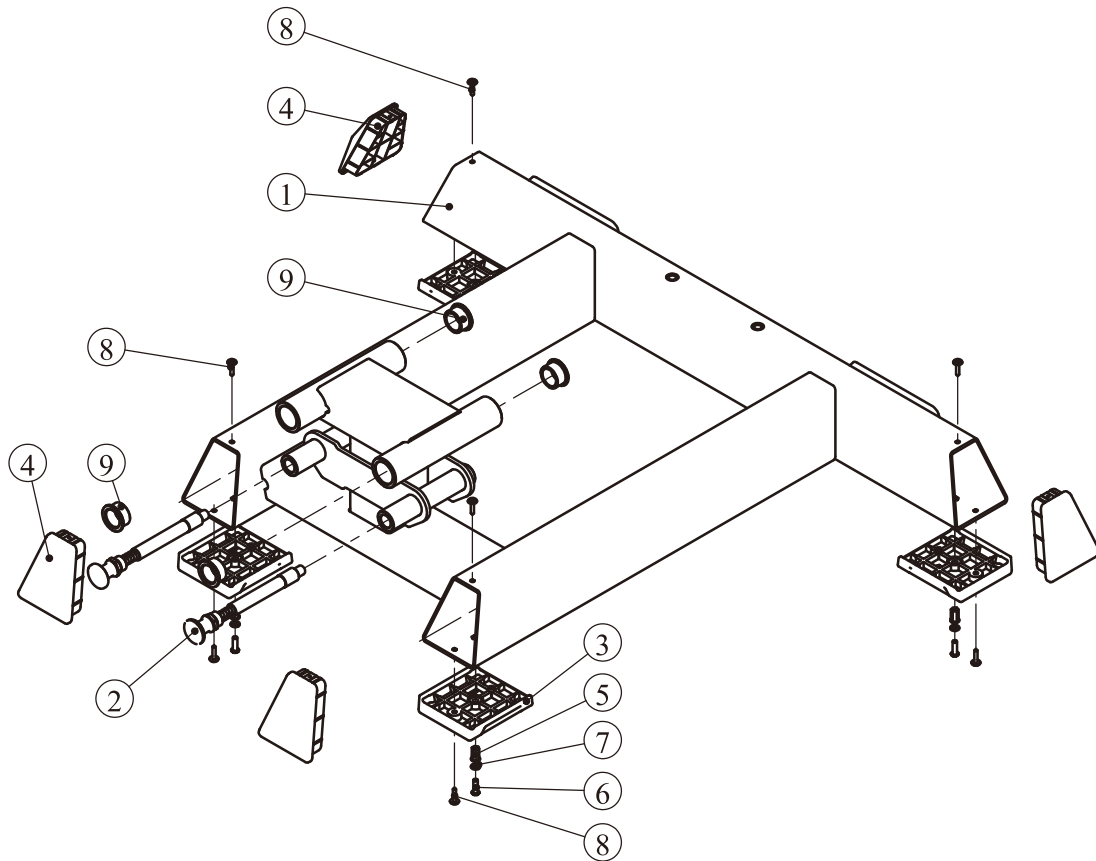


Grade No.	Part No.	Description	QTY
6.1	ECP6300200ASSY	Floor Bracke Frame Primary ASSY	1
6.2	ECP63005ASSY	Leg Pad Frame Assembly 1	1
6.3	ECP63006ASSY	Leg Pad Frame Assembly 2	1
6.4	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	4
6.5	IN-D21202000	CapΦ38	4
6.6	ECP6252200	Rotating Shaft φ25.4*217*M10	2

Grade No.	Part No.	Description	QTY
6.1.2.1	FB581701	Long Handle Frame	1
6.1.2.2	IN-B72001600	Spring	1
6.1.2.3	KPS18002701V1	Lock Nut	1
6.1.2.4	ECP6174600	Handle	1

Exploded View and Parts List

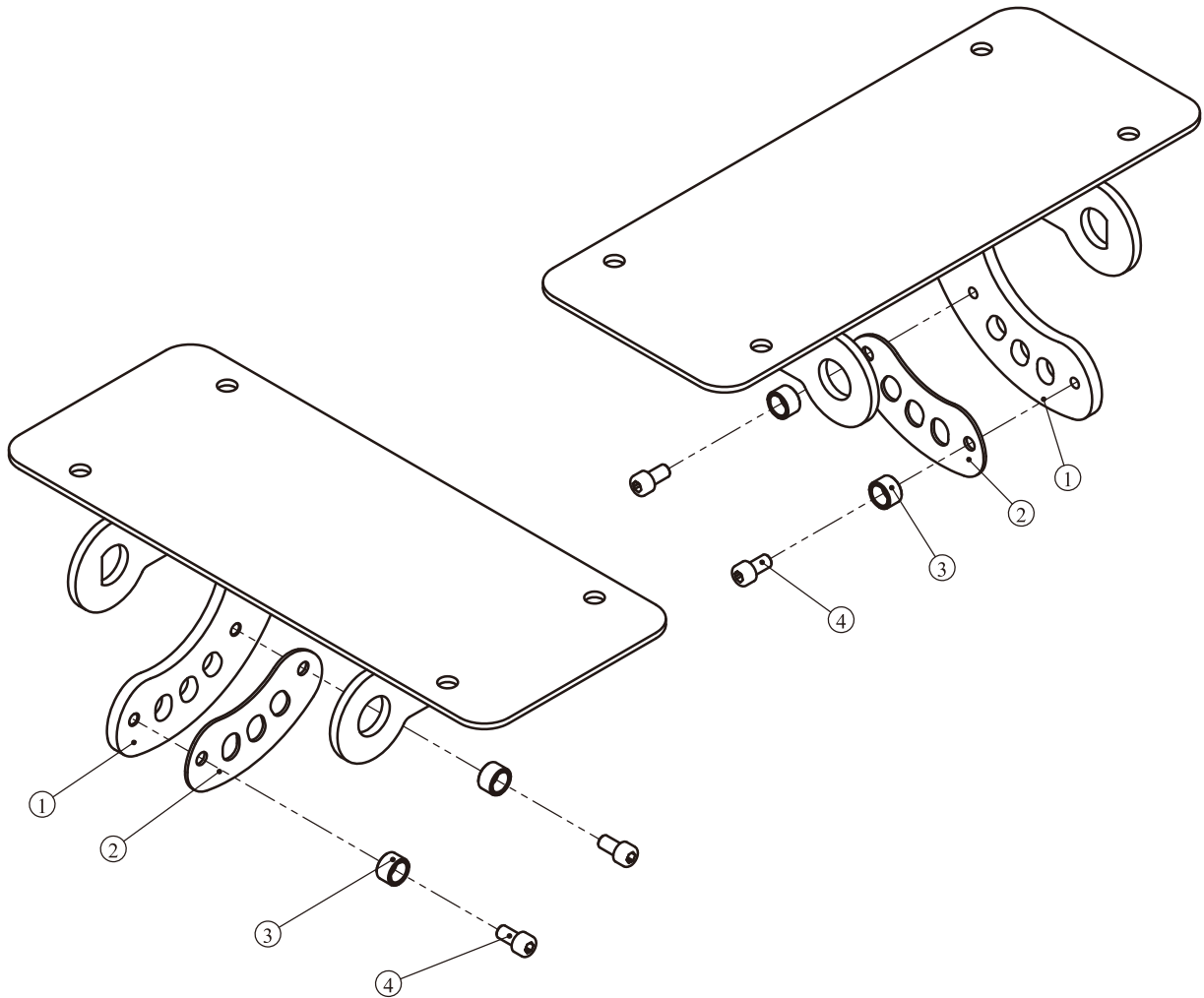
Floor Bracke Frame Primary ASSY



Grade No.	Part No.	Description	QTY
6.1.1	ECP6300200	Floor Bracke Frame	1
6.1.2	ECP63010ASSY	Long Pin ASSY	2
6.1.3	ECP2013400	Floor Mat	4
6.1.4	ECP2013500	Slanted Pipe Plug	4
6.1.5	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	4
6.1.6	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	4
6.1.7	GB956DHS2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
6.1.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	8
6.1.9	M02502000	Cu Bearing	4

Exploded View and Parts List

Leg Pad Frame Assembly 1 Leg Pad Frame Assembly 2

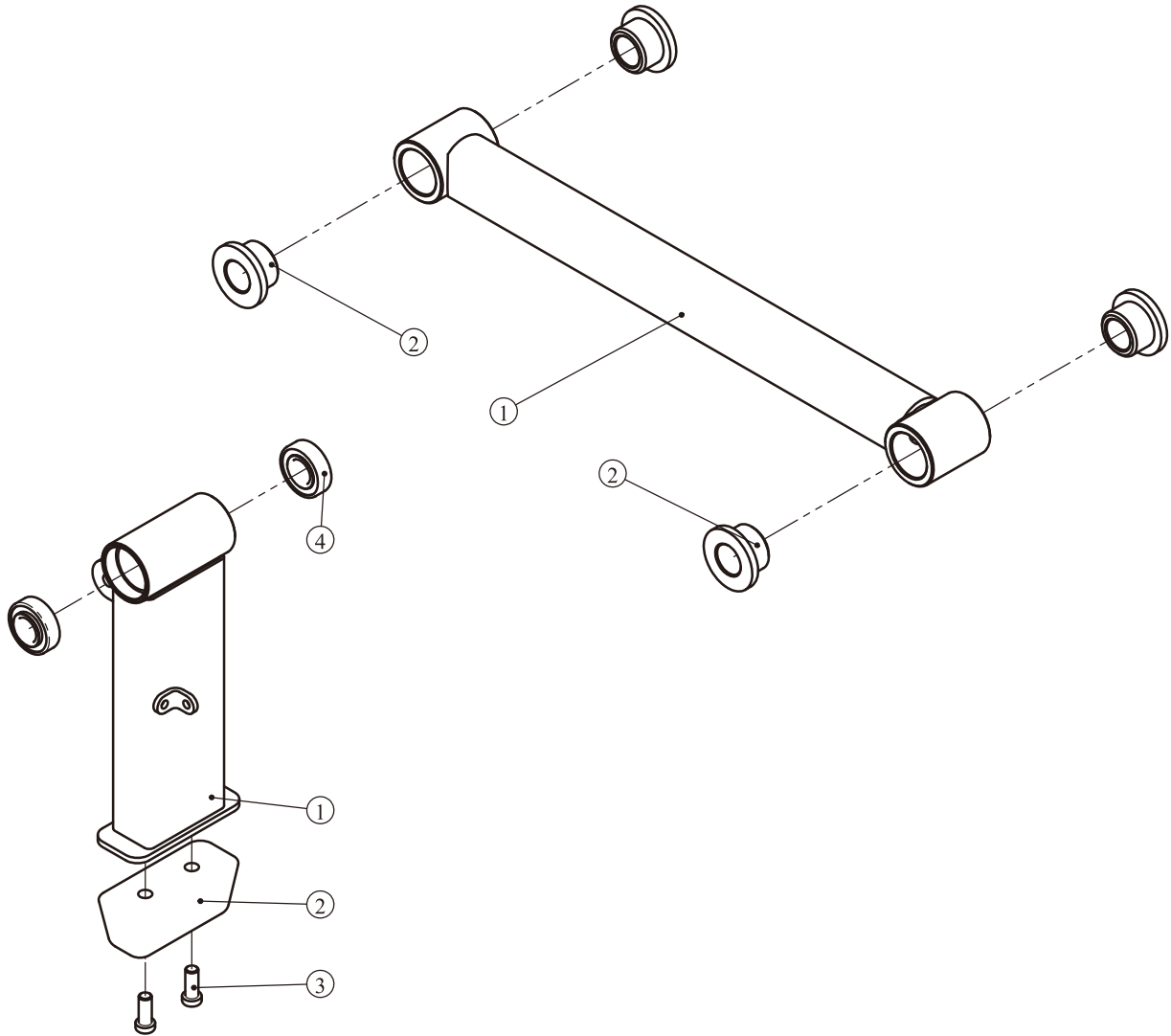


Grade No.	Part No.	Description	QTY
6.2.1	ECP6300500	Leg Pad Adjusting Frame	1
6.2.2	ECP6302100	Liner	1
6.2.3	IN-S10111200	Stop Collar	2
6.2.4	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	2

Grade No.	Part No.	Description	QTY
6.3.1	ECP6300600	Leg Pad Adjusting Frame 2	1
6.3.2	ECP6302100	Liner	1
6.3.3	IN-S10111200	Stop Collar	2
6.3.4	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	2

Exploded View and Parts List

Limit Adjusting Frame ASSY Pulling Rod Frame ASSY



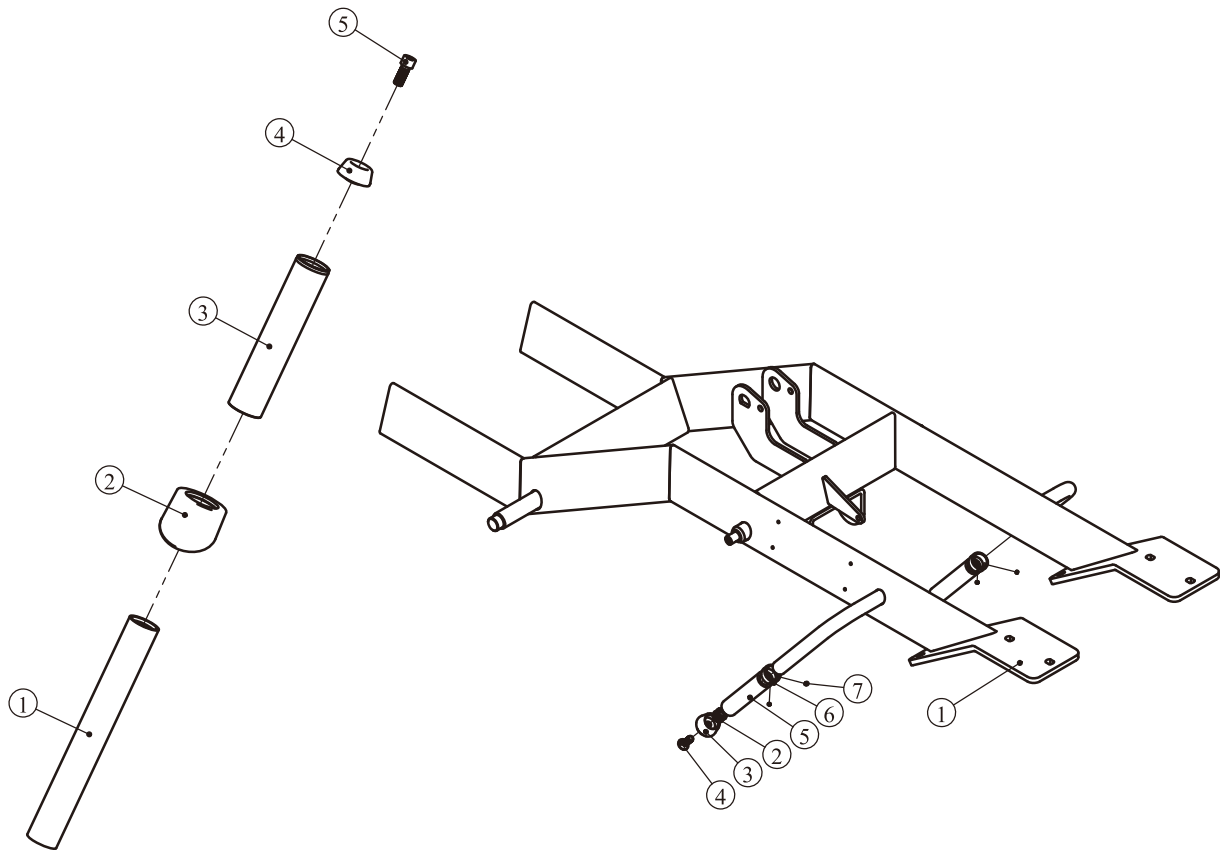
Grade No.	Part No.	Description	QTY
7.1	ECP6300300	Limit Adjusting Frame	1
7.2	PL380800	Safety Bumper	1
7.3	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	2
7.4	GB2766205-2ZC3NBKTZ	Bearing61805-2ZC3NBKTZ	2

Grade No.	Part No.	Description	QTY
8.1	ECP6300800	Pulling Rod Frame	1
8.2	M01402000	Bbushing	4

Exploded View and Parts List

Barbell Storage Frame ASSY

Head Pad Frame ASSY

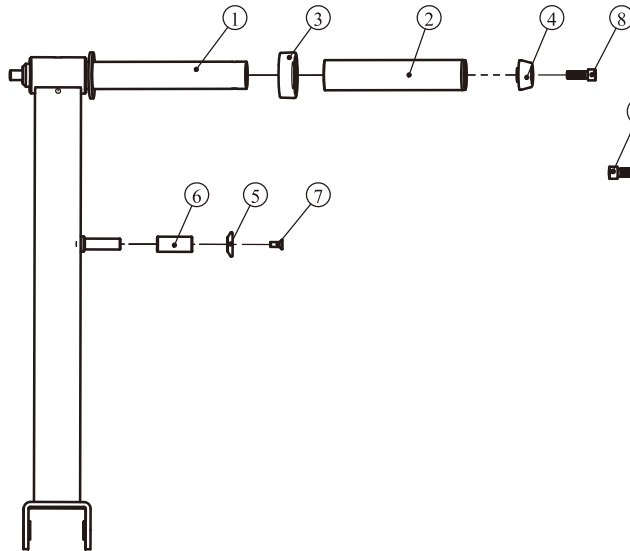


Grade No.	Part No.	Description	QTY
10.1	ECP2011800	Barbell Storage Frame	1
10.2	ECP2013800	Slanted Rubber Bumper	1
10.3	HZ70022000V1	Short Barbell Casing	1
10.4	SL70012000	Plastic Cap	1
10.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

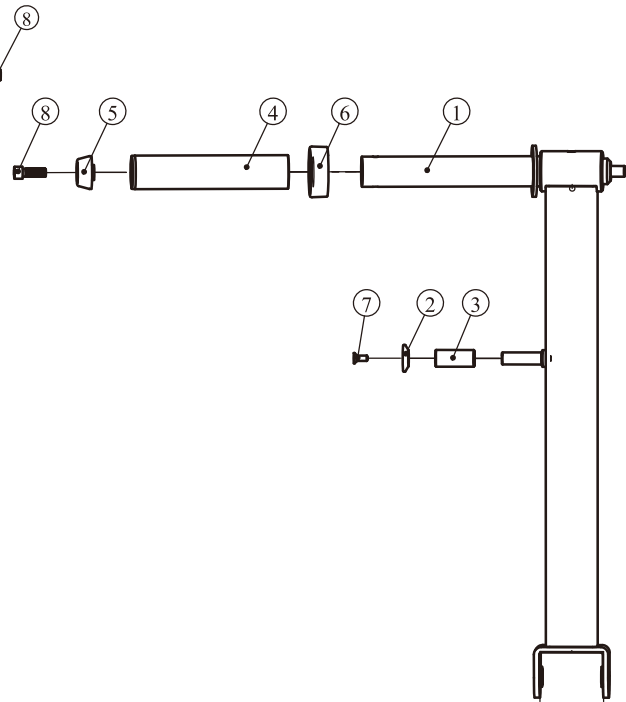
Grade No.	Part No.	Description	QTY
11.1	ECP6300100	Head Pad Frame	1
11.2	IF81165000	Lock Nut $\Phi 25*2.5*21.6*M10$	2
11.3	ECP6174500	Aluminum Cap	2
11.4	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
11.5	FE97031800	Glove	2
11.6	VST600-PL232600V1	Aluminum Retaining Ring	2
11.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	4

Exploded View and Parts List

Swing Frame ASSY I



Swing Frame ASSY II

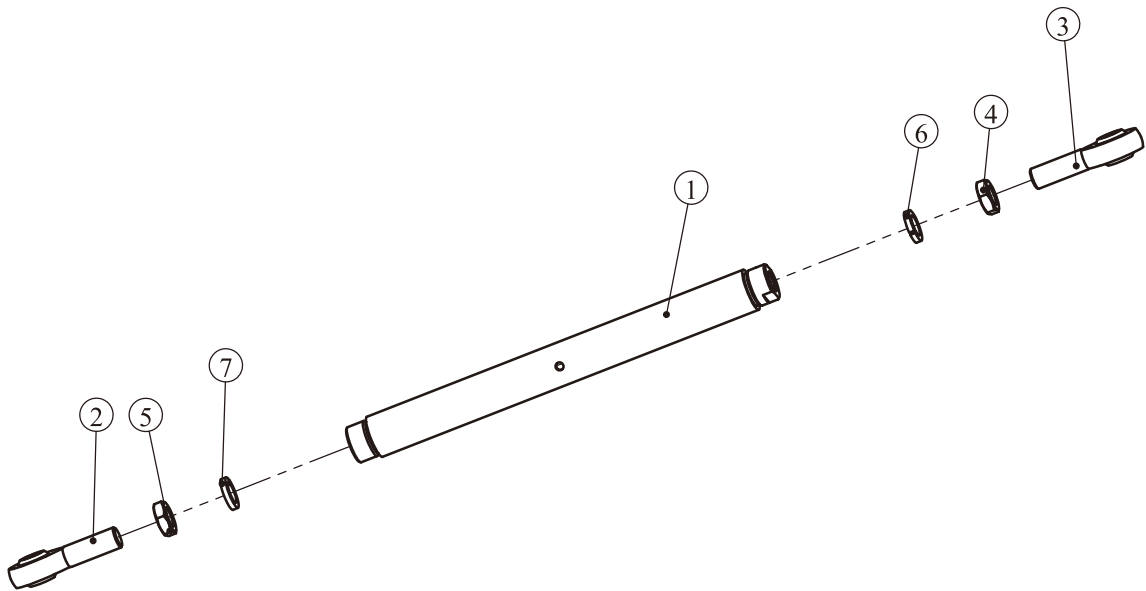


Grade No.	Part No.	Description	QTY
12.1	ECP7131300	Swing Frame I	1
12.2	HZ70022000V1	Short Barbell Casing	1
12.3	PL1301600	Rubber Bumper	1
12.4	SL70012000	Plastic Cap	1
12.5	ECP1012400	Aluminum CapΦ40	1
12.6	ECP1013000	Rotating Sleeve	1
12.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
12.8	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	1

Grade No.	Part No.	Description	QTY
13.1	ECP7131400	Swing Frame II	1
13.2	ECP1012400	Aluminum CapΦ40	1
13.3	ECP1013000	Rotating Sleeve	1
13.4	HZ70022000V1	Short Barbell Casing	1
13.5	SL70012000	Plastic Cap	1
13.6	PL1301600	Rubber Bumper	1
13.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
13.8	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	1

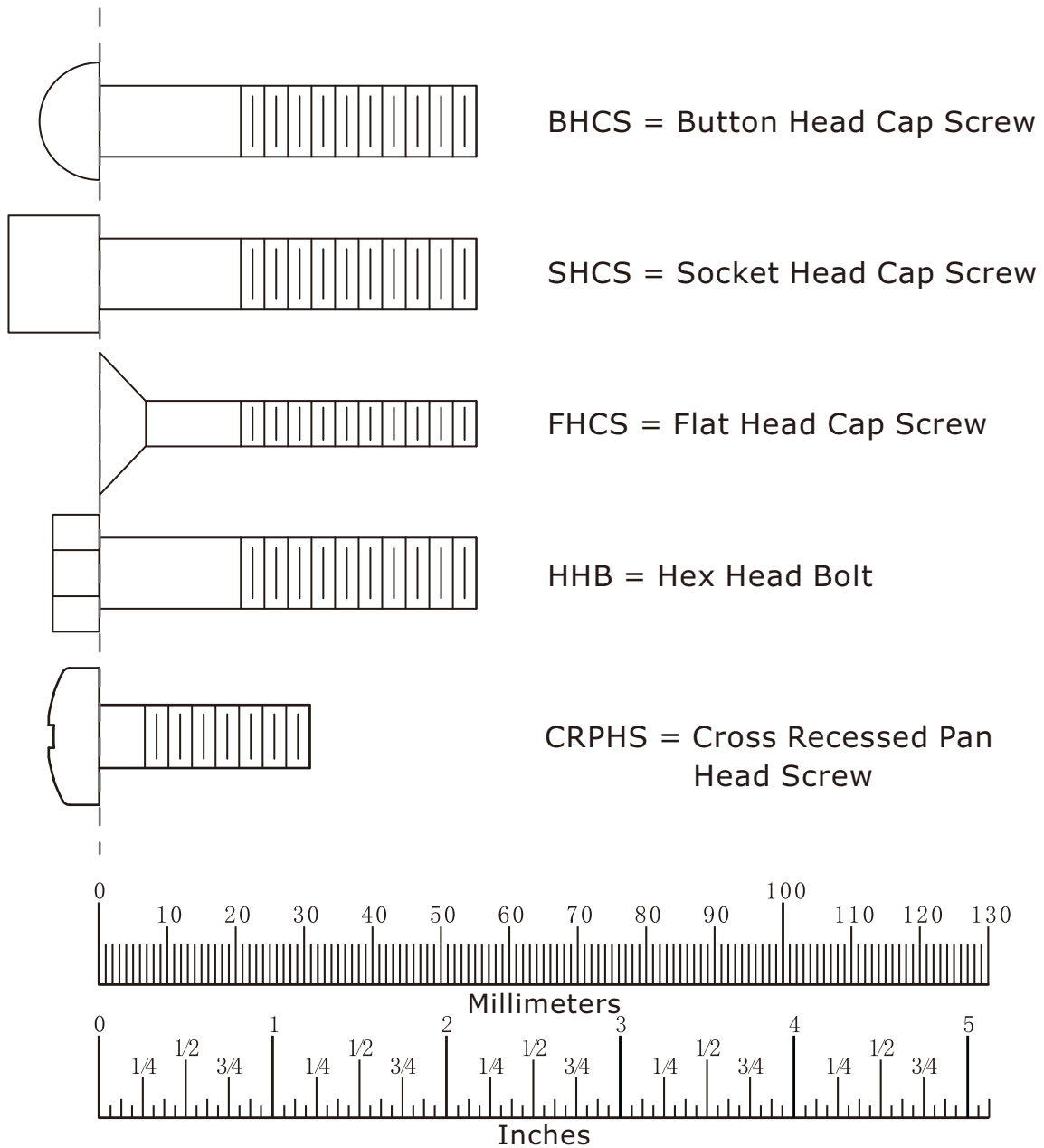
Exploded View and Parts List

Connecting Rod ASSY



Grade No.	Part No.	Description	QTY
14.1	ECP1031400	Connecting Rod Frame	1
14.2	SA16	Oscillating Bearing	1
14.3	SAL16	Left Oscillating Bearing	1
14.4	GB6172.1LM16DS2	Left Hex Nut M16	1
14.5	GB6172.1M16DS2	Hex Nut M16	1
14.6	GB93L16DS12	Left Spring Washer $\Phi 16$	1
14.7	GB9316DS12	Spring Washer $\Phi 16$	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

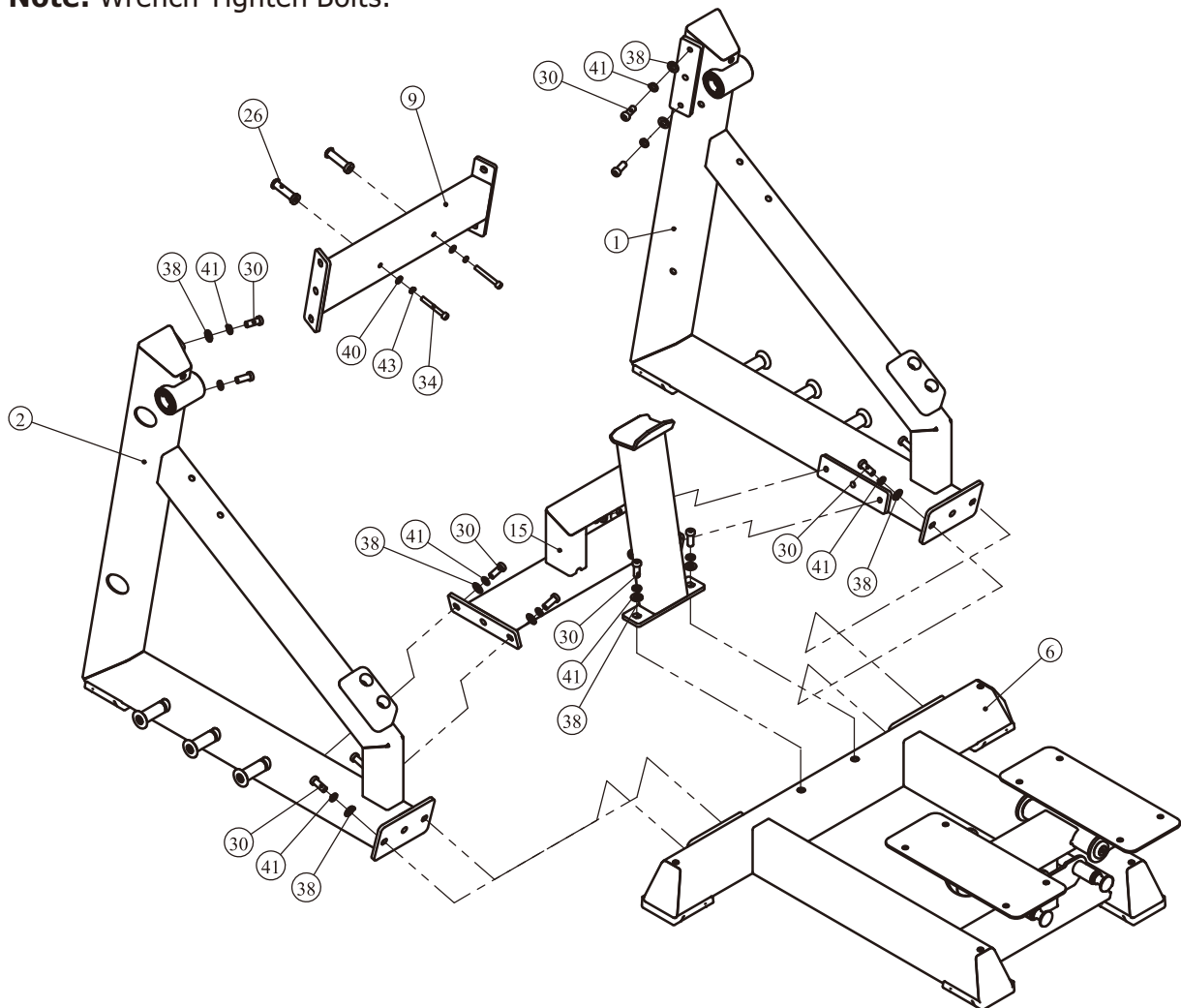
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Rear Connecting Frame (#9) and Limit Frame (#15) to the Side Frame ASSY I (#1) and the Side Frame ASSY II (#2) using:
eight M12*30 SHCS (#30)
eight Spring Washer Φ12 (#41)
eight Φ13*Φ24*2.5 Flat Washer (#38)
2. Attach the Floor Bracket Secondary ASSY (#6) to the Limit Frame (#15), Side Frame ASSY I (#1) and the Side Frame ASSY II (#2) using:
six M12*30 SHCS (#30)
six Spring Washer Φ12 (#41)
six Φ13*Φ24*2.5 Flat Washer (#38)
3. Attach the two Elastic Band Hanging Pillar (#26) to the Rear Connecting Frame (#9) using:
two M8*65 SHCS (#34)
two Spring Washer Φ8 (#43)
two Φ9*Φ16*1.6 Flat Washer (#40)

Note: Wrench Tighten Bolts.



Assembly

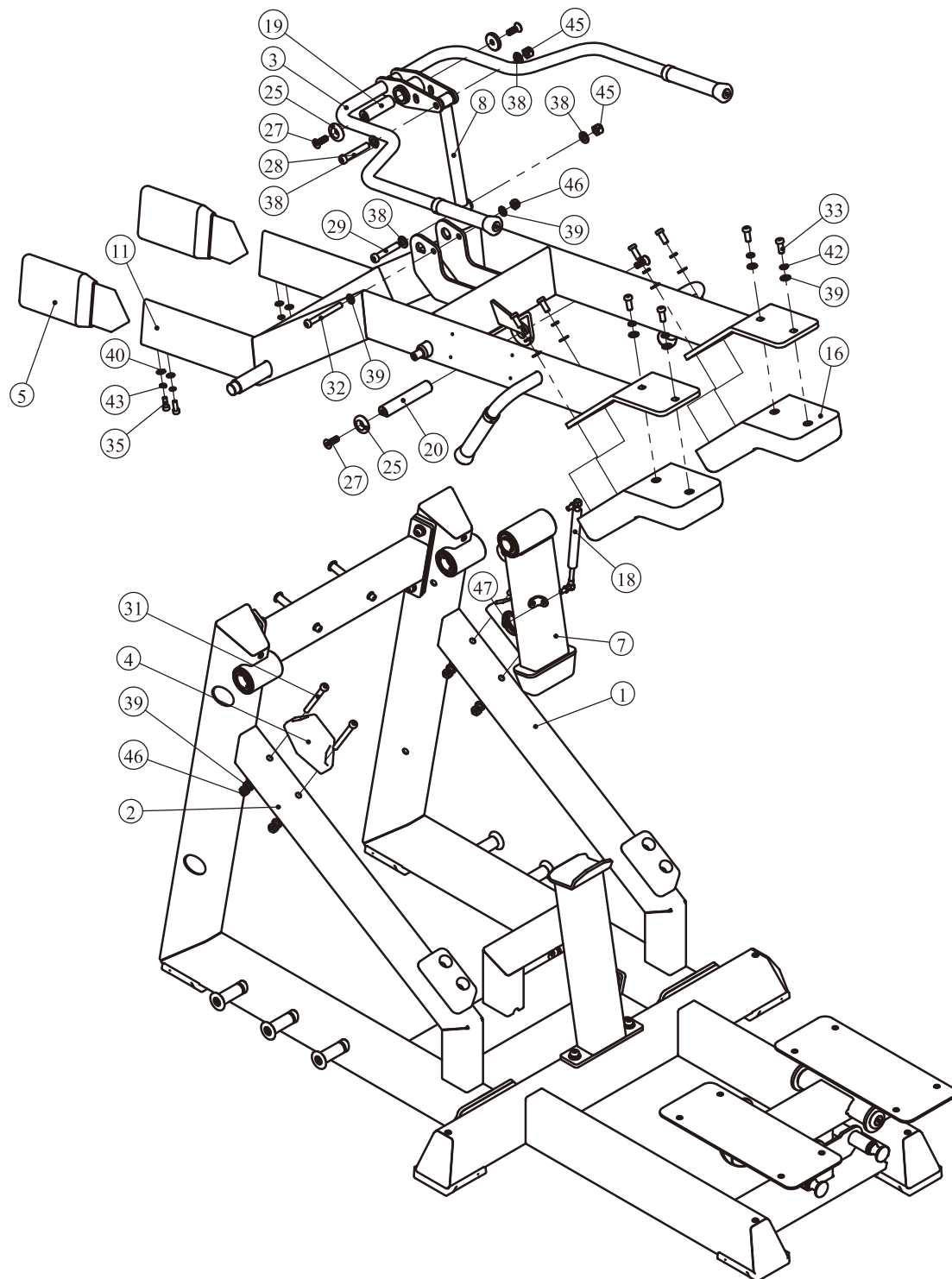
STEP 2

1. Attach Two Set-Contained Bearing (#4) to the Side Frame ASSY I (#1) and the Side Frame ASSY II (#2) using:
 - four M10*100 SHCS (#31)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#39)
 - four M10 Nylon Lock Nut (#46)
2. Attach the Head Pad Frame ASSY (#11) to the Set-Contained Bearing (#4).
3. Attach the Limit Adjusting Frame ASSY (#7) to the Head Pad Frame ASSY (#11) using:
 - two M10*30 FHCS (#27)
 - two Cap $\Phi 38$ (#25)
 - one Fixing Shaft II $\Phi 25 \times 134$ (#20)
4. Attach the Handle Frame ASSY (#3) and the Pulling Rod Frame ASSY (#8) to the Head Pad Frame ASSY (#11) and the Limit Adjusting Frame ASSY (#7) using:
 - two M10*30 FHCS (#27)
 - two Cap $\Phi 38$ (#25)
 - one Fixing Shaft I $\Phi 25 \times 79$ (#19)
 - one M12*70 SHCS (#28)
 - one M12*65 SHCS (#29)
 - four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#38)
 - two M12 Nylon Lock Nut (#45)
 - one M10*95 SHCS (#32)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#39)
 - one M10 Nylon Lock Nut (#46)
5. Attach Two Balance Iron (#5) to the Head Pad Frame ASSY (#11) using:
 - four M8*20 SHCS (#35)
 - four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#40)
 - four Spring Washer $\Phi 8$ (#43)
6. Attach Two Head Pad (#16) to the Head Pad Frame ASSY (#11) using:
 - four M10*25 SHCS (#33)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#39)
 - four Spring Washer $\Phi 10$ (#42)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

STEP 2

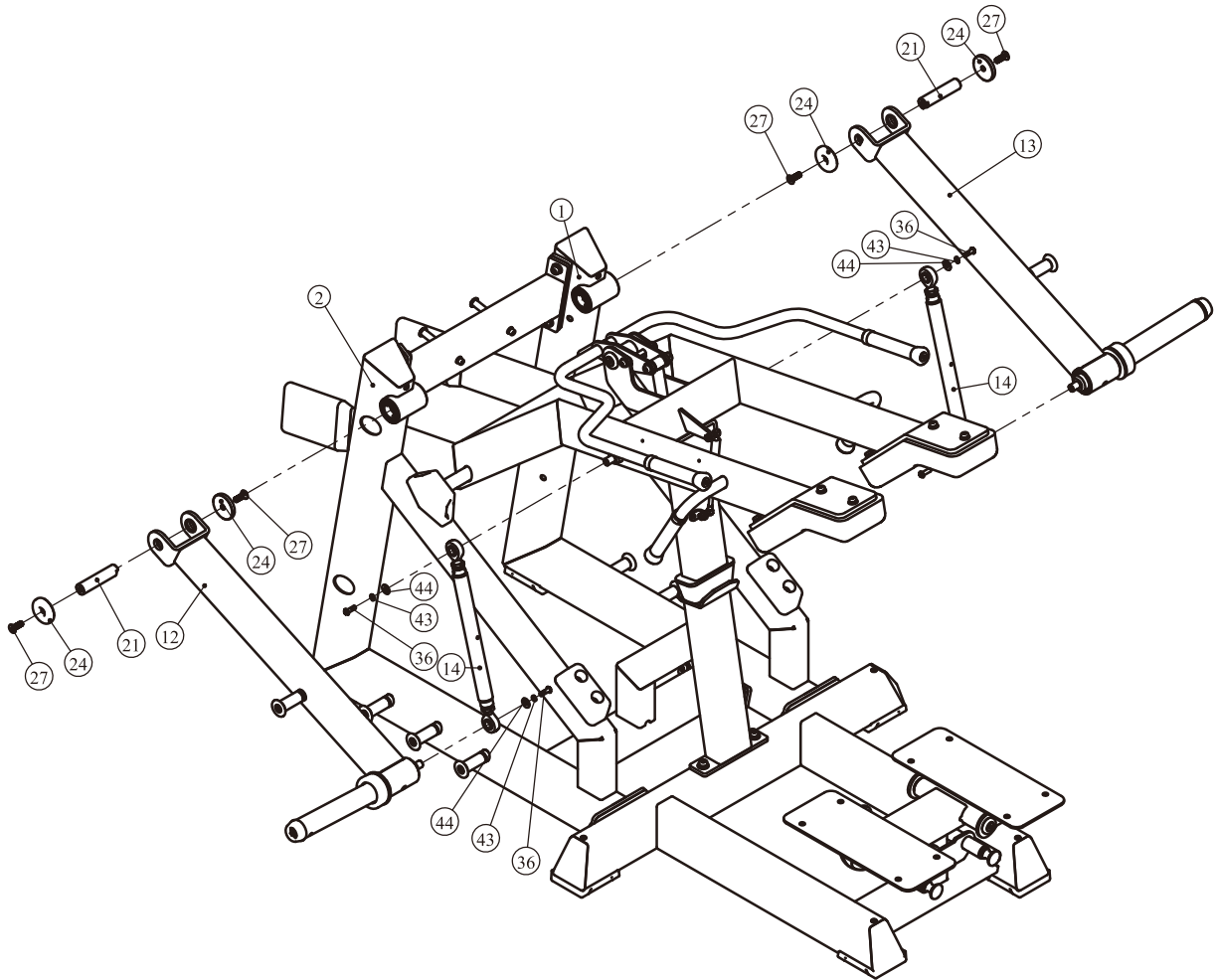


Assembly

STEP 3

1. Attach the Swing Frame ASSY I (#12) and the Swing Frame ASSY II (#13) to the Side Frame ASSY I (#1) and the Side Frame ASSY II (#2) using:
 - four M10*30 FHCS (#27)
 - four Aluminum Cap $\Phi 60$ (#24)
 - two Fixing Shaft $\Phi 25 \times 109$ (#21)
2. Attach two Connecting Rod ASSY (#14) to the Swing Frame ASSY I (#12), the Swing Frame ASSY II (#13), Side Frame Side Frame ASSY I (#1) and the Side Frame ASSY II (#2) using:
 - four M8*25 BHCS (#36)
 - four Spring Washer $\Phi 8$ (#43)
 - four $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washer (#44)

Note: Wrench Tighten Bolts.

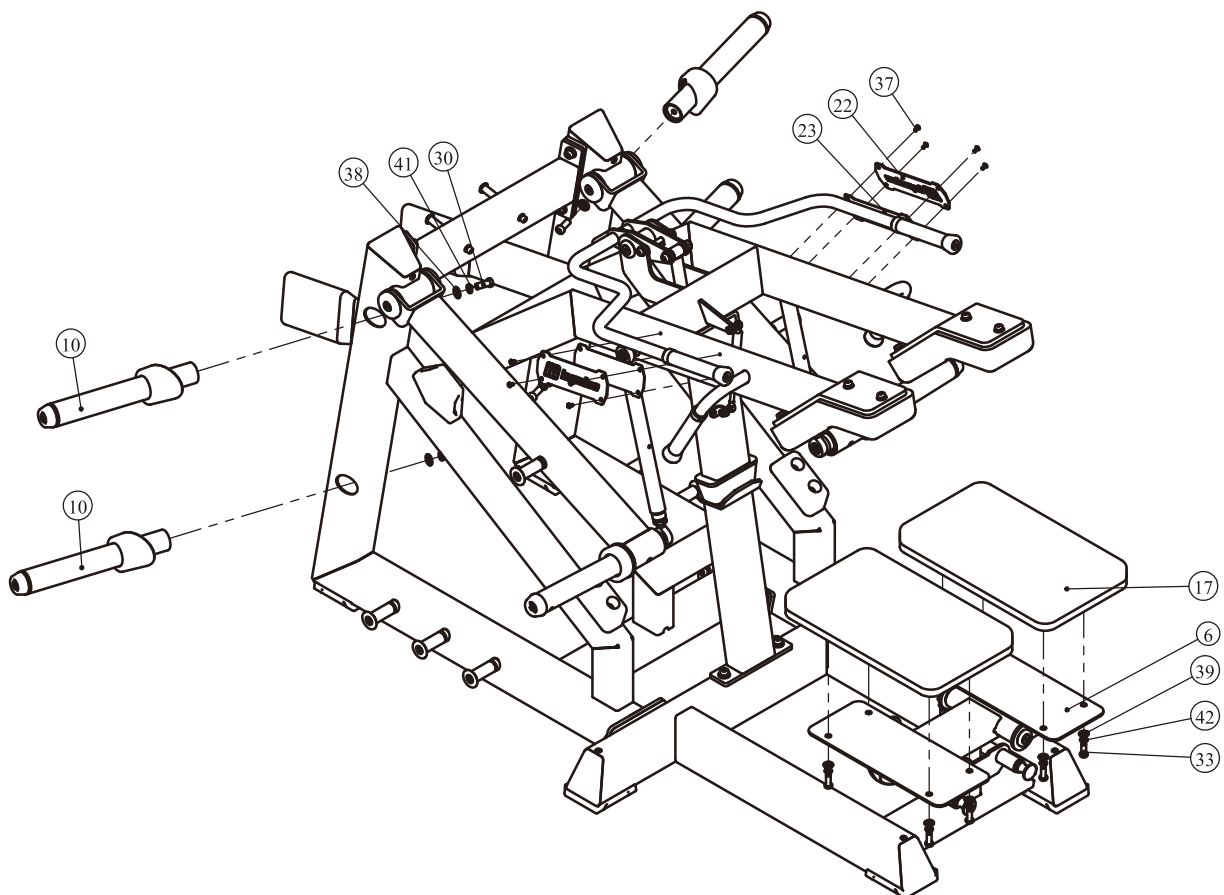


Assembly

STEP 4

1. Attach Four Barbell Storage Frame ASSY (#10) to the Side Frame ASSY I (#1) and the Side Frame ASSY II (#2) using:
four M12*30 SHCS (#30)
four $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#38)
four Spring Washer $\Phi 12$ (#41)
2. Attach two Leg PAD (#17) to the Floor Bracket Secondary ASSY (#6) using:
eight M10*25 SHCS (#33)
eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#39)
eight Spring Washer $\Phi 10$ (#42)
3. Attach Two LOGO Plate (#22) and Two LOGO Inner Plate (#23) to the Head Pad Frame ASSY (#11) using:
eight M8*10 BHCS (#37)

Note: Wrench Tighten Bolts.



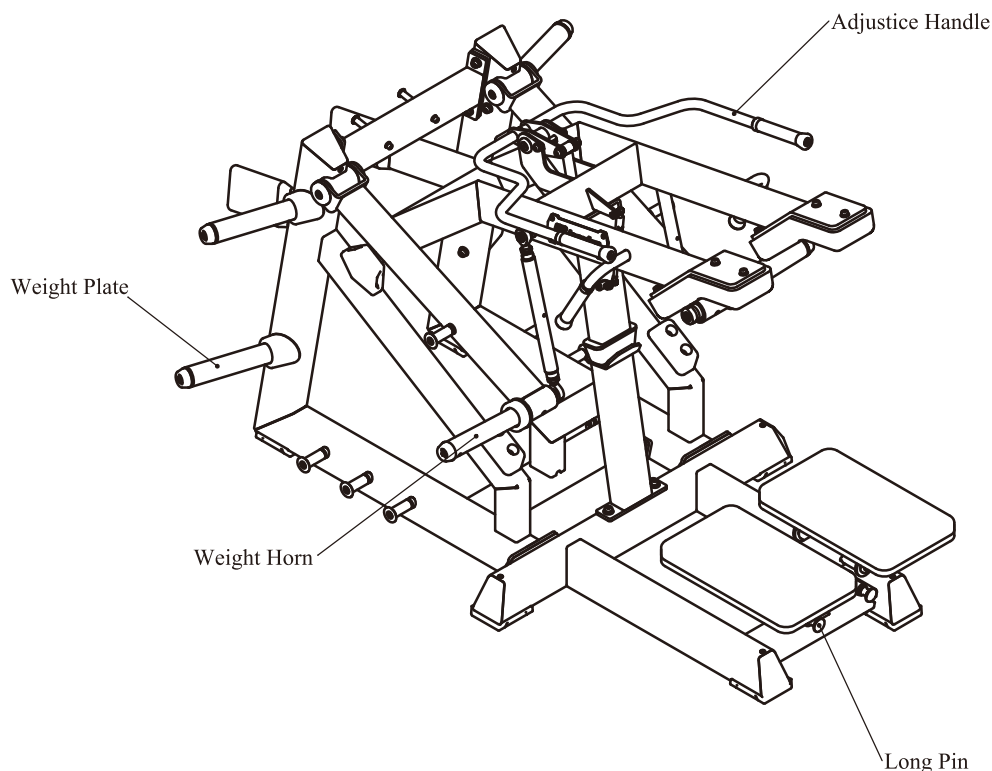
Adjust Instructions and Exercise Instructions

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. Hold the Long Pin and move the Leg PAD to desired position, then release the Long Pin and make sure the pedal firmly stucked.
3. Grasp the handle with both hands, Kneel your legs on the leg pads, Arch your lower back and perform a hip thrust.
4. Slowly return to starting position.
5. Hold the adjust handle and move the back frame on limit frame during temporary rest.



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.

