



SL7032

STANDING CALF RAISE OWNER'S MANUAL

165

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.

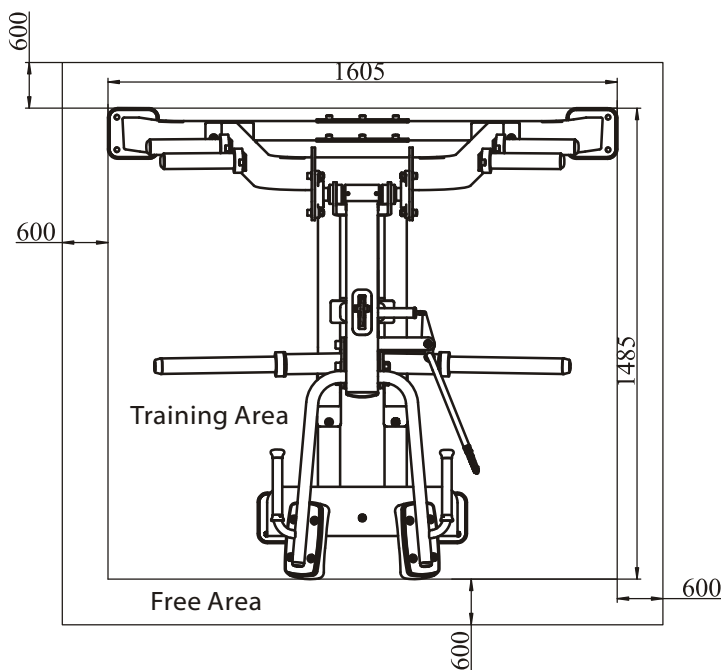
Important Safety Instructions

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: 300kg/ 660lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1605*1485mm

Product Total Mass:

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



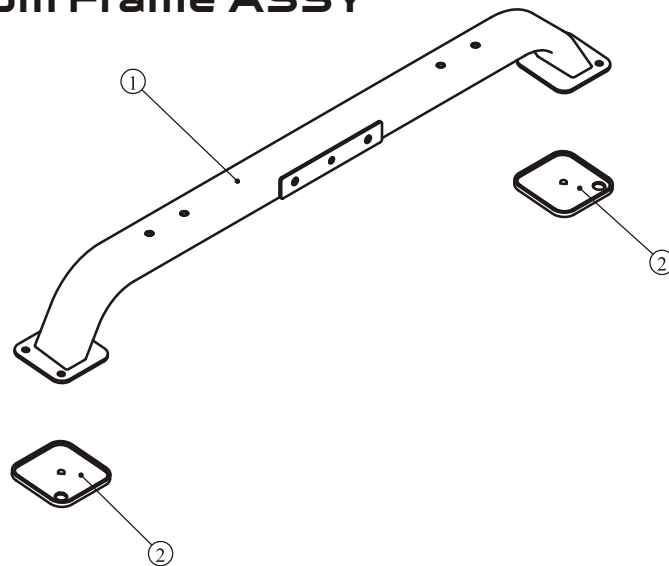
Hex Key Wrench Set



Phillips Screwdriver

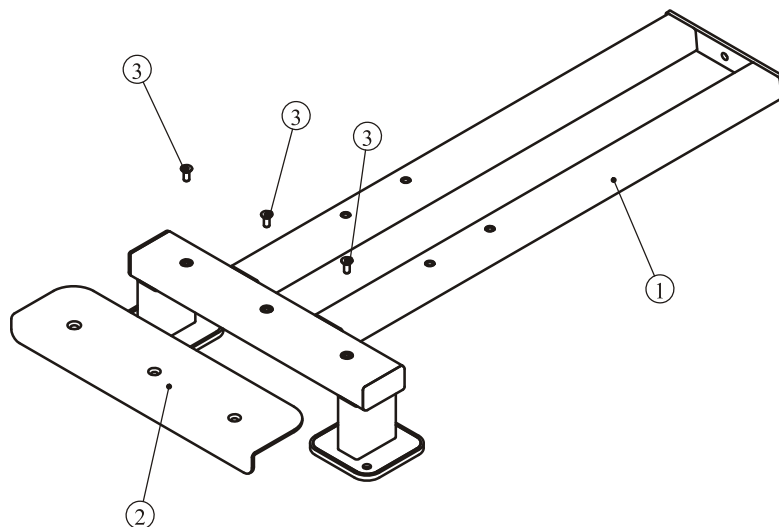
Parts List and Exploded View

Back Bottom Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70320100	Back Frame	1
2	1.2	CWRVL0051200	Rubber Foot	2

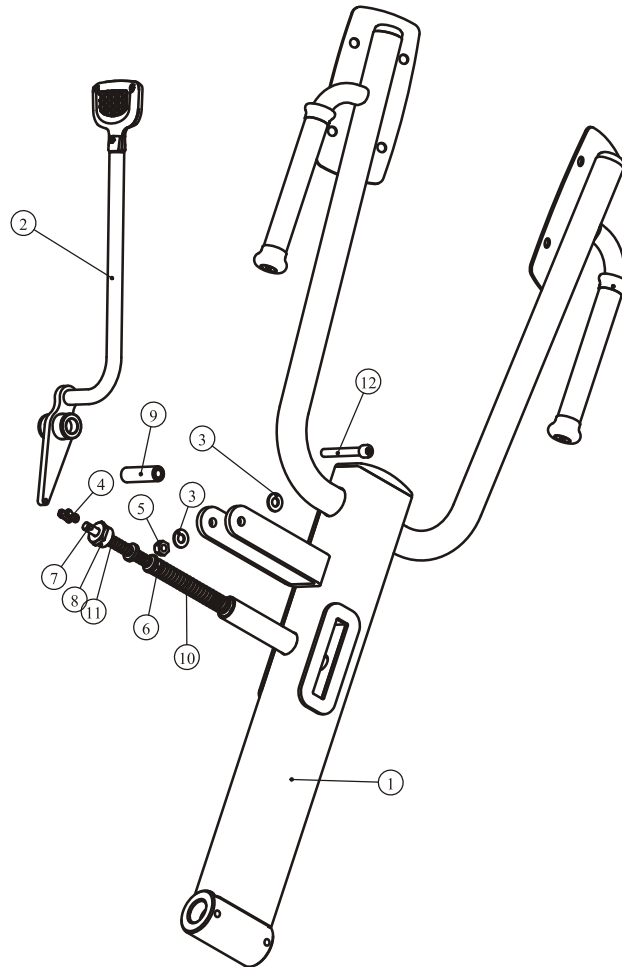
Bottom Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1.1	SL70320300	Bottom Frame	1
2	3.1.2	CWRVL0051200	Rubber Foot	2
3	3.1.3	V511200	End Cap □ 50*100	2
4	3.1.4	SL70321100	Pedal	1
5	3.1.5	CNLM10*25DHS20NL	Flat Head Cap Screw M10*25	3

Parts List and Exploded View

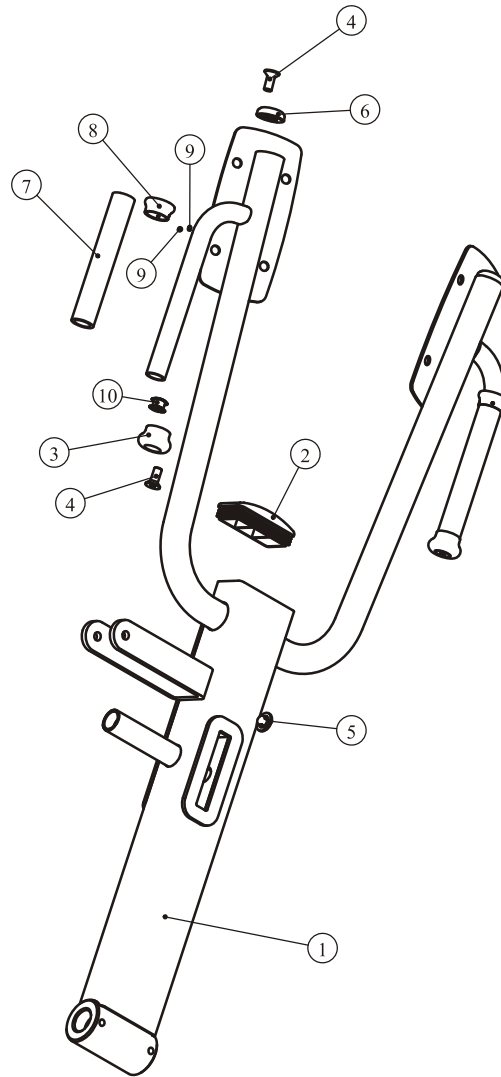
Back Frame Second ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70320600ASSY	Back Frame frist ASSY	1
2	6.2	SL70320800ASSY	Handle Frame ASSY	1
3	6.3	SL70342700	Pin Shaft	1
4	6.4	SL70342800	Slide Shaft	1
5	6.5	SL70343100	Locknut	1
6	6.6	SL70342600	Shaft Bushing	1
7	6.7	DQ10DHS2A	Flat Washer $\phi 11 * \phi 20 * 2$	2
8	6.8	NM10DHS2	Nylon Nut M10	1
9	6.9	GB70M10*80DHS20	Socket Head Cap Screw M10*80	1
10	6.10	GB/T1243-199708B	Link	1
11	6.11	SL70342900	Thick Spring	1
12	6.12	SL70343000	Liny Spring	1

Parts List and Exploded View

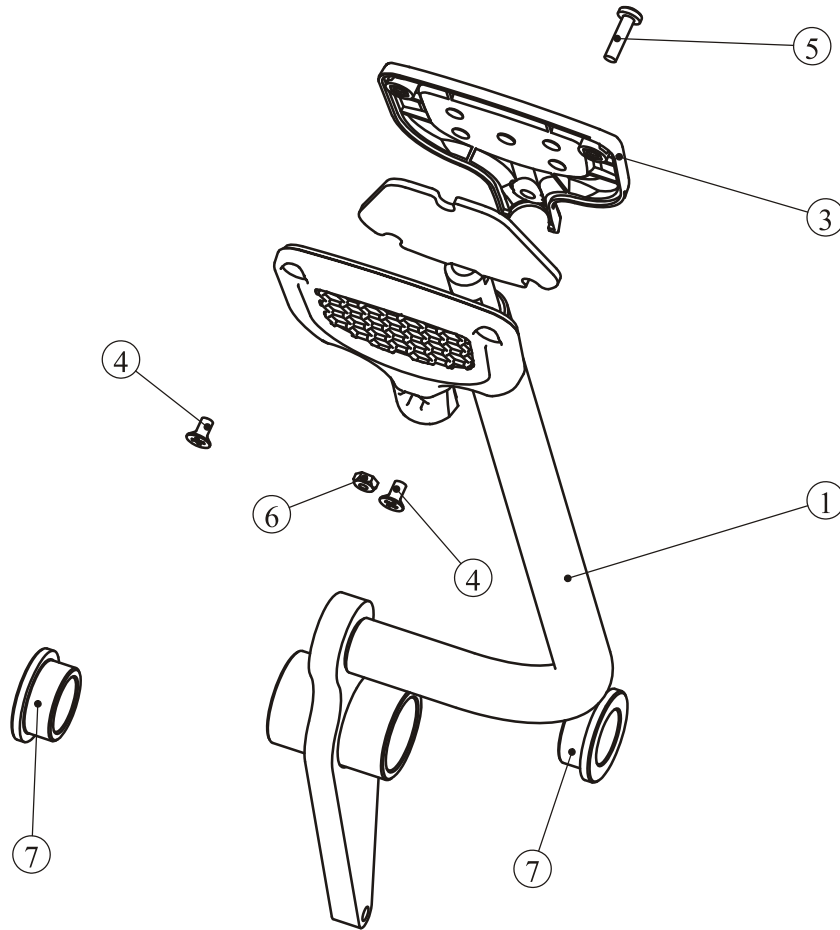
Back Frame Frist ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1.1	SL70320600	Back Frame	1
2	6.1.2	VLP8000	End Cap □ 50*100	1
3	6.1.3	IT90102100	Aluminum Cap Φ 25	2
4	6.1.4	CNLM10*25DHS20NL	Flat Head Cap Screw M10*25	4
5	6.1.5	BNH0547	Slide Pad	2
6	6.1.6	SL70342200	Plastic End Cap	2
7	6.1.7	IT90101900	Grip	2
8	6.1.8	IT90102200	Aluminum Ring Φ 25	2
9	6.1.9	YZGB7710-32*3.2DS2	Socket Set Screw 10-32*3.2	4
10	6.1.10	IF81165000	Nut M10	2

Parts List and Exploded View

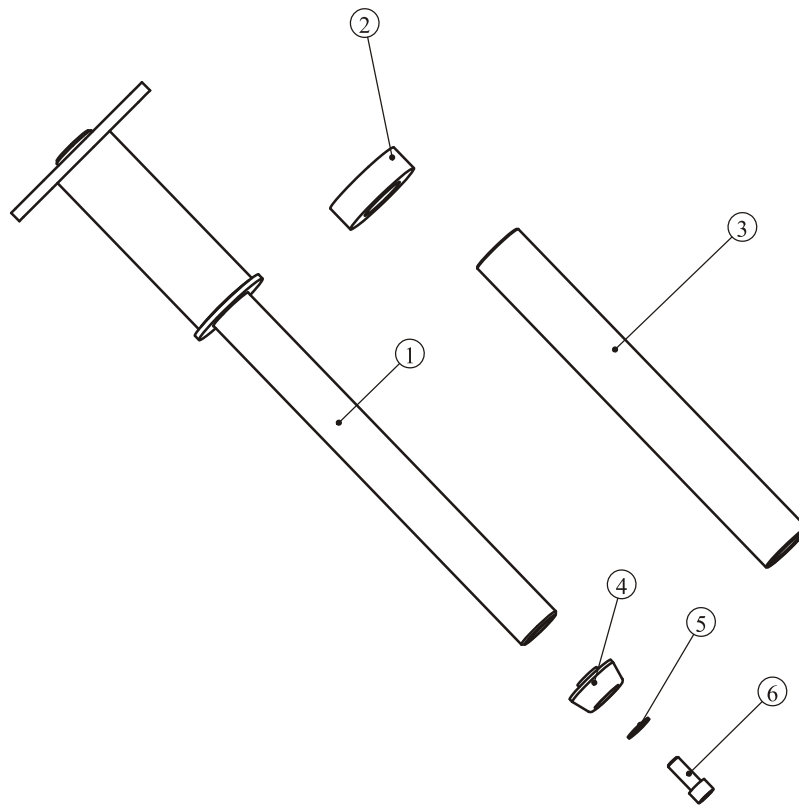
Hand Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	6.2.1	SL70320800	Handle Frame	1
2	6.2.2	FE970114100	Upper Regulation Cover	1
3	6.2.3	FE970114200	Lower Regulation Cover	1
4	6.2.4	GB819M4*8DN2	Screw M4*8	2
5	6.2.5	GB818M4*16DN2NL	Screw M4*16	1
6	6.2.6	NM10DHS2	Nylon Nut M10	1
7	6.2.7	HVCORE5300	Bushing Φ 19	2

Parts List and Exploded View

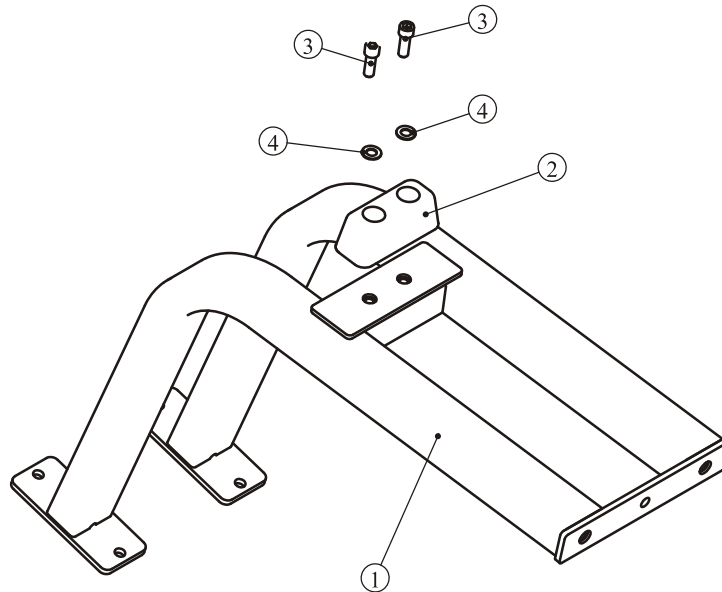
Long WT Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	SL70320700	Long WT Bar	1
2	7.2	HF985A1500	Weight Horn Rubber Donut ϕ 76	1
3	7.3	SL70011800	Long Weight Horn Sleeve	1
4	7.4	SL70012000	End Plug	1
5	7.5	DQ12DHS2A	Flat Washer Φ 13* Φ 24*1.5	1
6	7.6	GB70M12*30DHS20	Socket Head Cap Screw M12*30	1

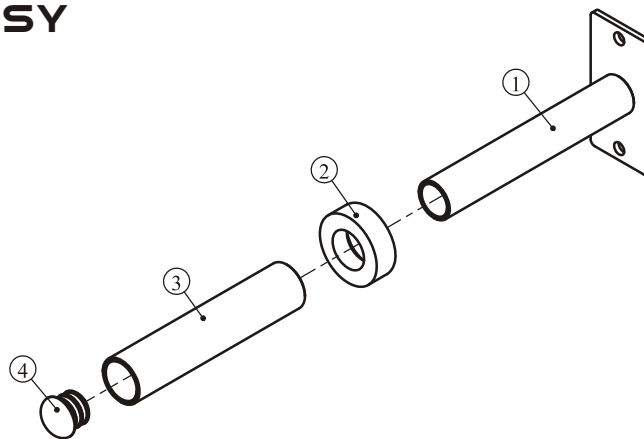
Parts List and Exploded View

Support Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	SL70320400	Support Frame	1
2	4.2	PL380800	Crash Pad	1
6	4.3	GB70M12*35DHS20	Flat Head Cap Screw M10*25	2
3	4.4	DQ12DHS2A	Flat Washer $\Phi 13*\Phi 24*1.5$	2

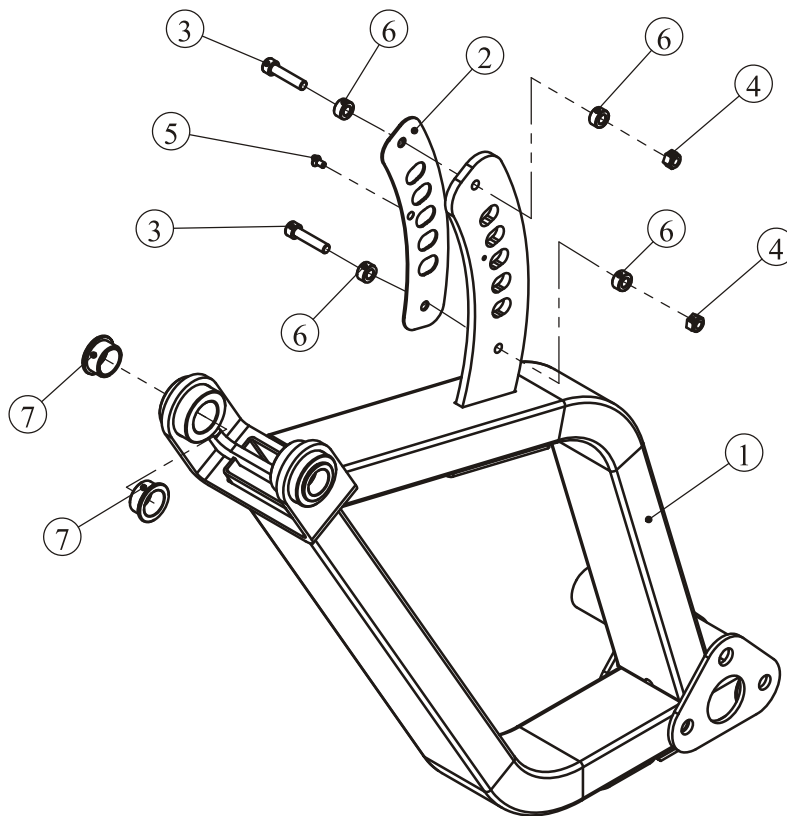
WT Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	SL70340900	WT Bar	1
2	9.2	HF985A1500	Weight Horn Rubber Donut $\phi 76$	1
6	9.3	SL70100400	Weight Horn Sleeve	1
3	9.4	RF-6012500	End Plug	1

Parts List and Exploded View

WT Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1.1	SL70320500	WT Frame	1
2	5.1.2	SL70321000	Stainless Steel Pplate	1
3	5.1.3	GB70M10*45DHS4	Socket Head Cap Screw M10*45	2
4	5.1.4	NM10DHS2	Nylon Nut M10	2
5	5.1.5	CNLM6*12DHS20NL	Flat Head Cap Screw M6*12	1
6	5.1.6	ODY510400	Spacer Bush	4
7	5.1.7	FS573600	Bushing Φ 30	4

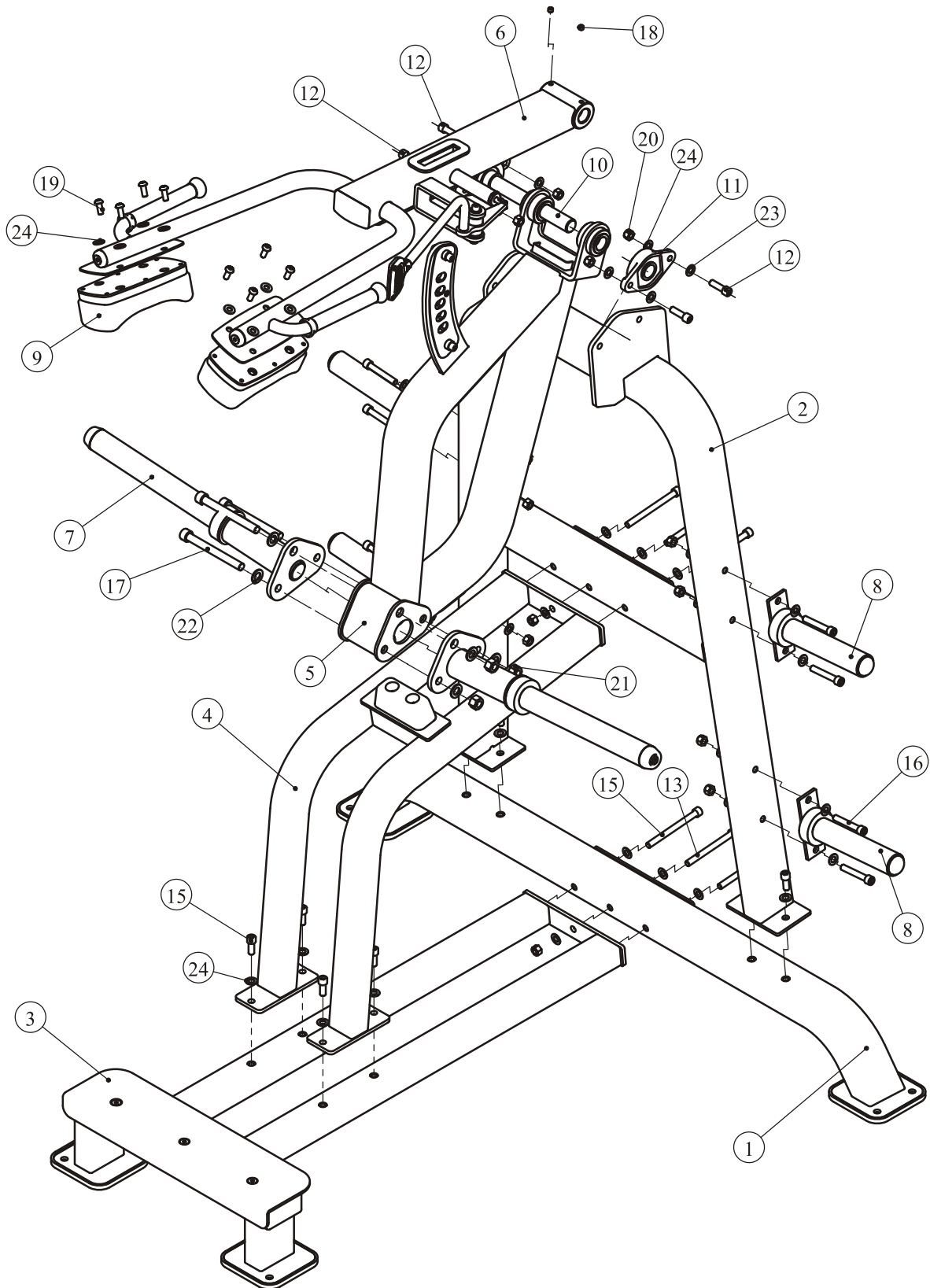
Parts List and Exploded View

Overall

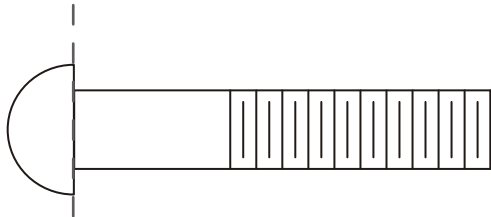
ItemNo.	Grade No.	Part No.	Description	QTY
1	1	SL703201ASSY	Back Bottom Frame ASSY	1
2	2	SL703202ASSY	Rear Stand Frame ASSY	1
3	3	SL703203ASSY	Bottom Frame ASSY	1
4	4	SL703204ASSY	Support Frame ASSY	1
5	5	SL703205ASSY	WT Frame ASSY	1
6	6	SL703206ASSY	Back Frame ASSY	1
7	7	SL703207ASSY	Long WT Bar ASSY	2
8	8	SL701003ASSY	WT Bar ASSY	4
9	9	SL70343700	Shoulder Pad	2
10	10	SL70343300V1	Spindle	1
11	11	UCFLU206	Bearing Units	2
12	12	GB70M12*40DHS20	SHCS	4
13	13	GB70M12*130DHS20	SHCS	2
14	14	GB70M12*140DHS20	SHCS	4
15	15	GB70M12*30DHS20	SHCS	8
16	16	GB70M12*75DHS20	SHCS	8
17	17	GB70M16*155*50DHS18	SHCS	3
18	18	GB77M10*8DS18	Hexagon Socket Set With Flat Point	2
19	19	PNLM10*25DHS20NL	BHCS	8
20	20	NM12DHS2	Nylon lock Nuts	14
21	21	NM16DHS2	Nylon lock Nuts	3
22	22	YDQ16.5*28*2DHS2	Flat Washers	6
23	23	DQ12DHS2A	Flat Washers	40
24	24	DQ10DHS2A	Flat Washers	8
25	25	NBS6DHS	Hex Key	1
26	26	NBS8DHS	Hex Key	1
27	27	NBS10DHS	Hex Key	1
28	28	NBS12DHS	Hex Key	1

Parts List and Exploded View

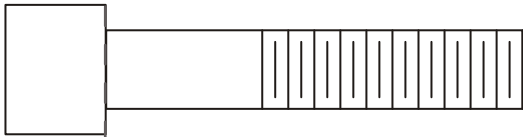
Overall



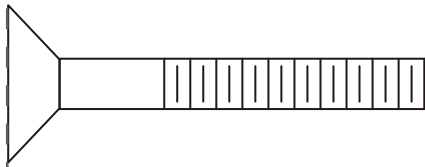
Measurement Guide



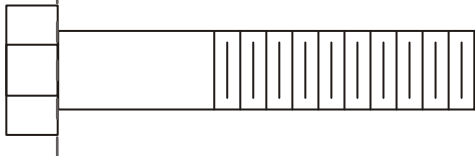
BHCS = Button Head Cap Screw



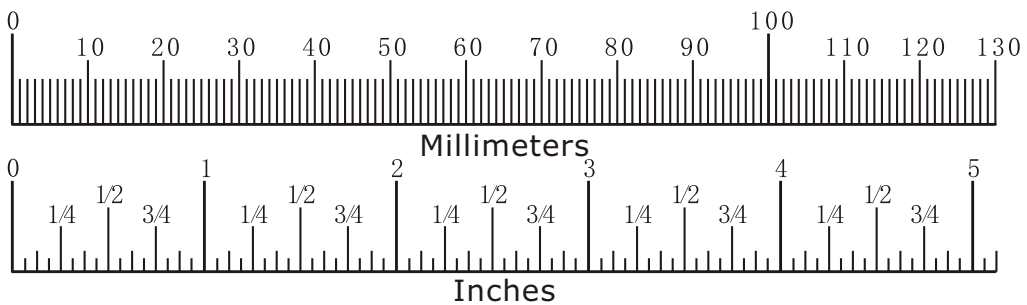
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

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

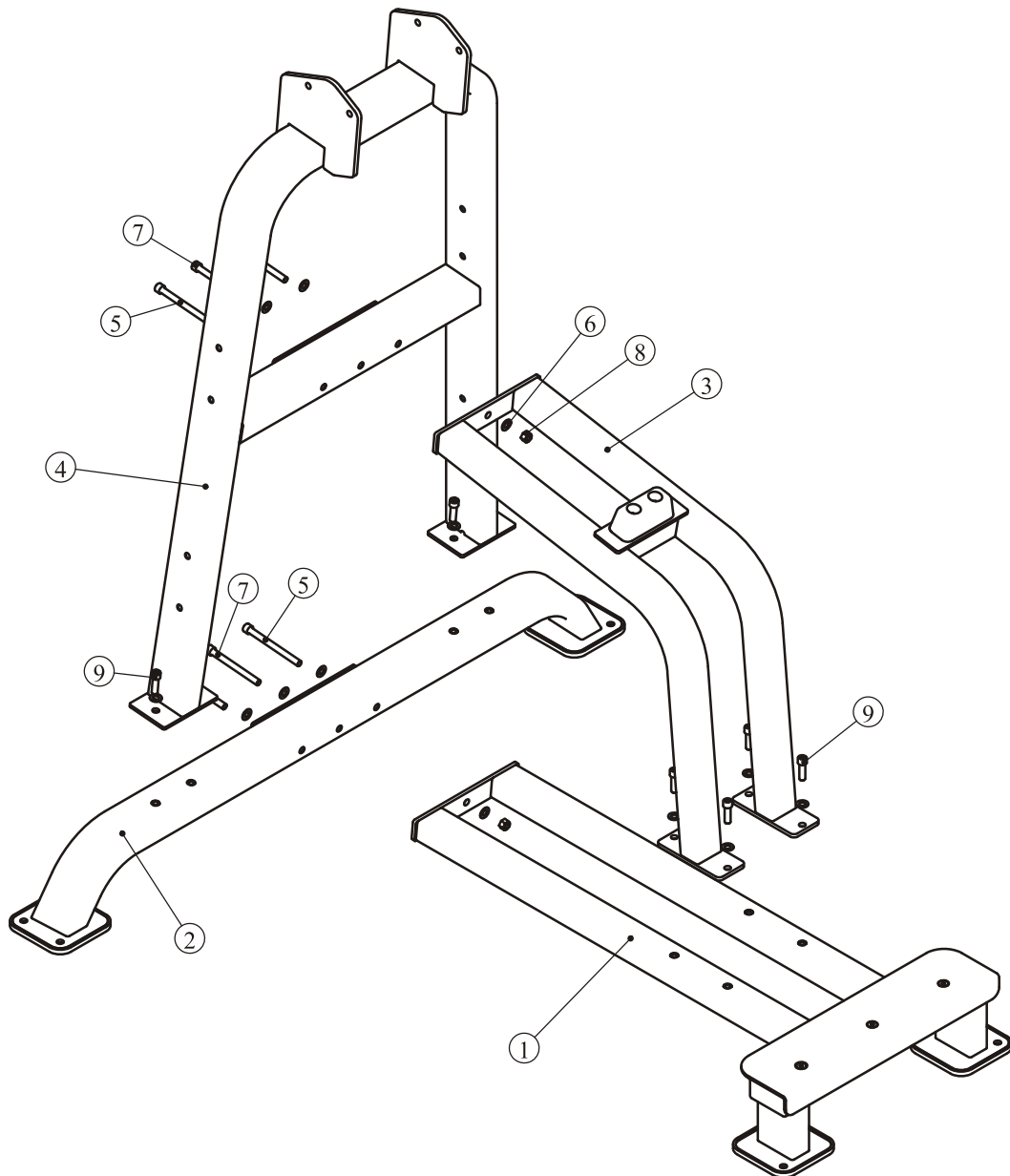
Assembly

Step 1

Attach Rear Stand Frame ASSY (#2), Support Frame ASSY (#3), Back Bottom Frame (#4) to Bottom Frame ASSY (#1), using:

- eight M12*30 SHCS (#9)
- four M12*140 SHCS (#5)
- two M12*130 SHCS (#7)
- two M12 Nylon lock Nuts (#8)
- thirteen $\Phi 13*\Phi 24*1.5$ Flat Washers (#24)

Note: tighten the hardware.

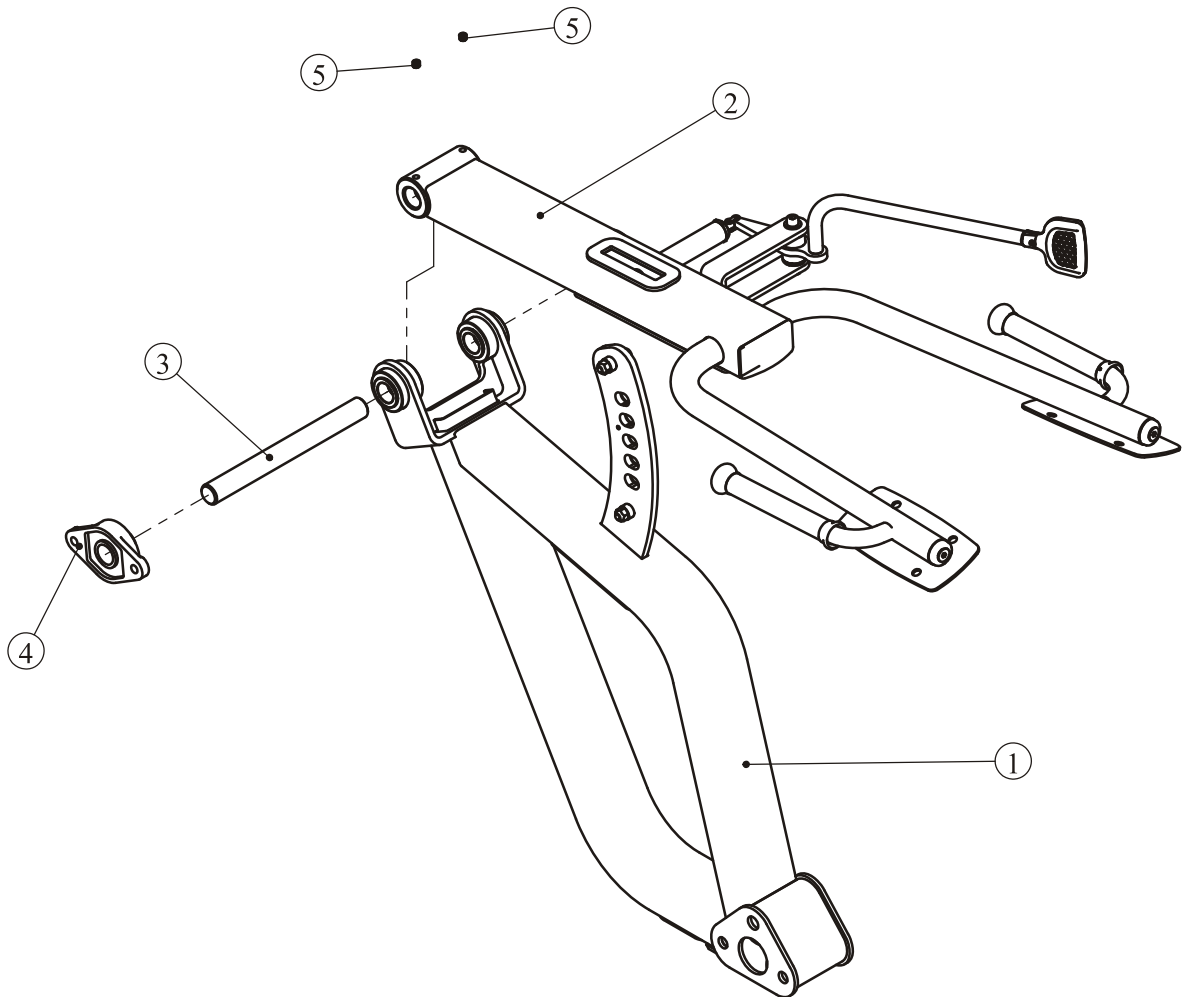


Assembly

Step 2

Attach Back Frame ASSY (#2) to WT Frame ASSY (#1), using:

- one Spindle (#3)
- two Bearing Units (#4)
- two M10*8 Hexagon Socket Set With Flat Point (#5)

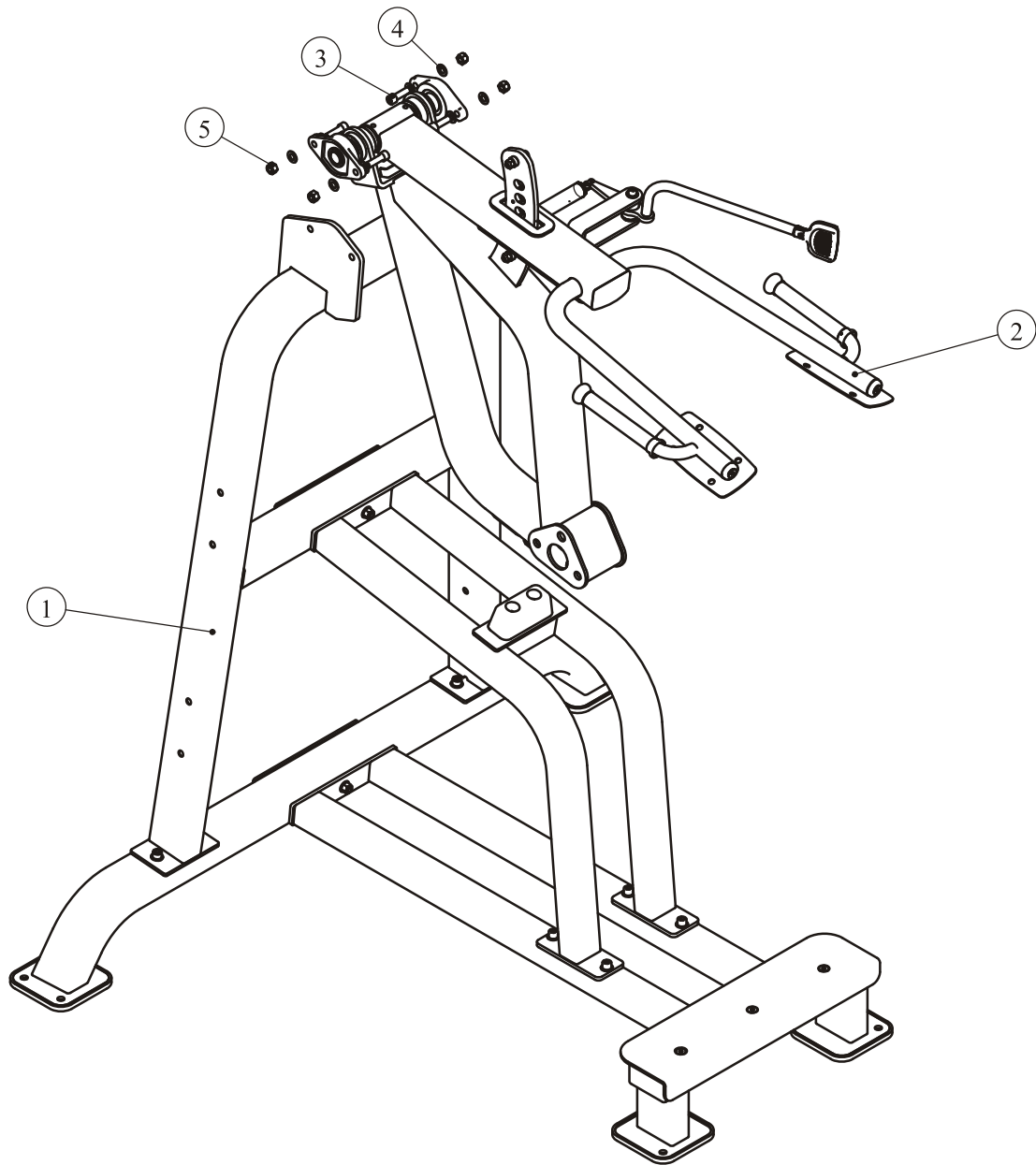


Assembly

Step 3

Attach Step 2 ASSY (#2) to Step 1 ASSY (#1), using:

- four M12*40 SHCS (#3)
- eight $\Phi 13*\Phi 24*1.5$ Flat Washers (#4)
- four M12 Nylon lock Nuts (#5)



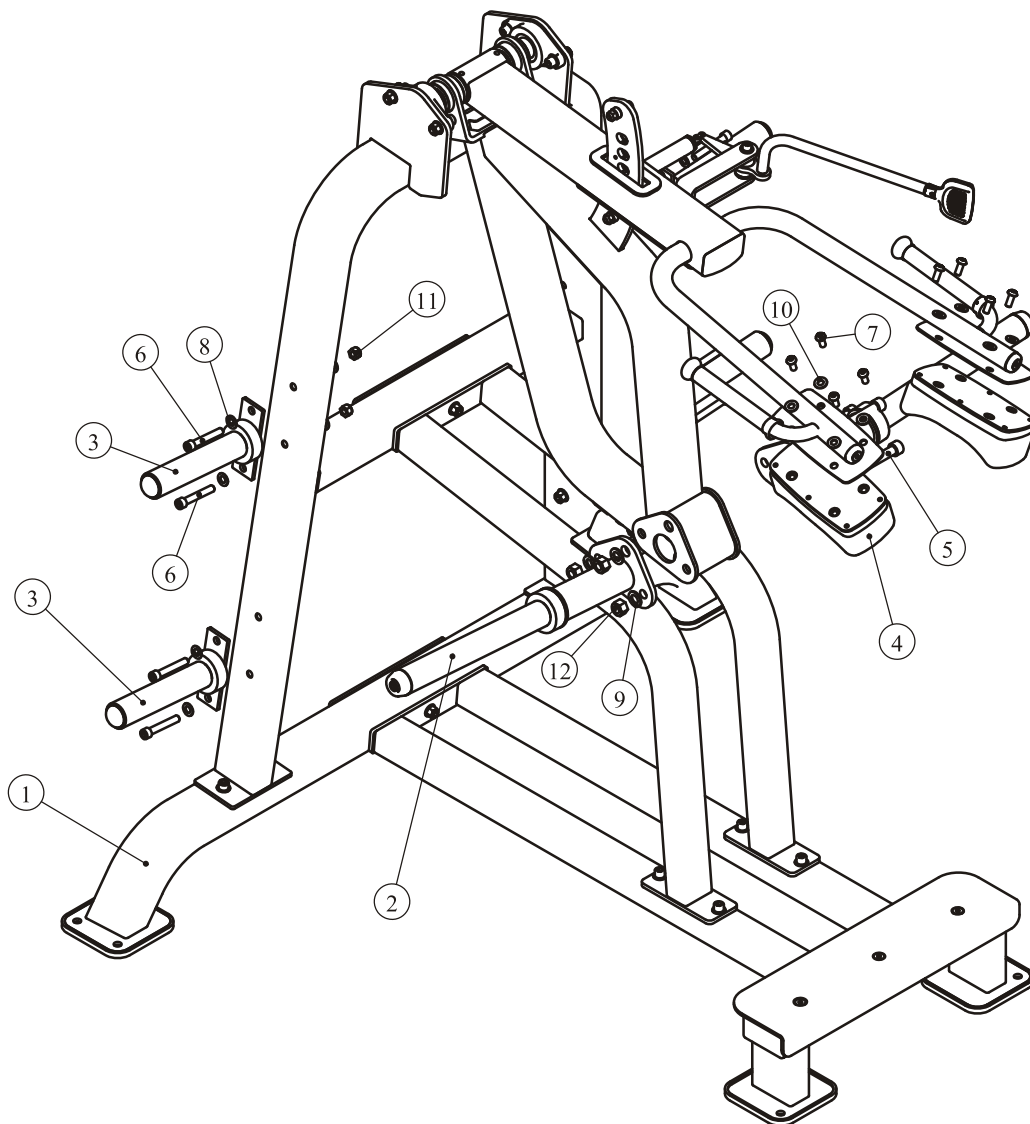
Assembly

Step 4

Attach Long WT Bar Frame ASSY (#2), WT Bar Frame ASSY (#3), Shoulder Pad (#4) to Step 3 ASSY (#1), using:

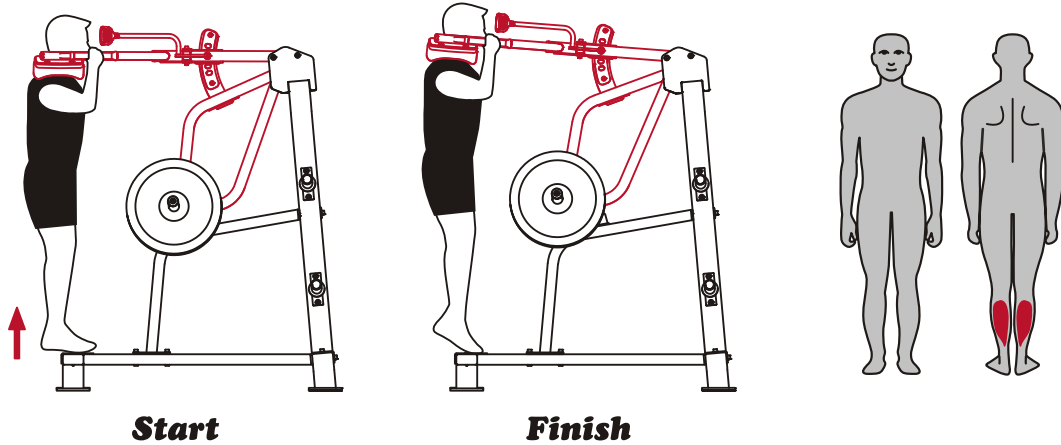
- three M16*155*50 SHCS (#5)
- eight M12*75 SHCS (#6)
- eight M10*25 BHCS (#7)
- sixteen $\Phi 13*\Phi 24*1.5$ Flat Washers (#8)
- six $\Phi 28*16.5*2$ Flat Washers (#9)
- eight $\Phi 11*\Phi 23*2$ Flat Washers (#10)
- eight M12 Nylon lock Nuts (#11)
- three M16 Nylon lock Nuts (#12)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Exercise Instructions and Adjust Instructions

Exercise Instructions

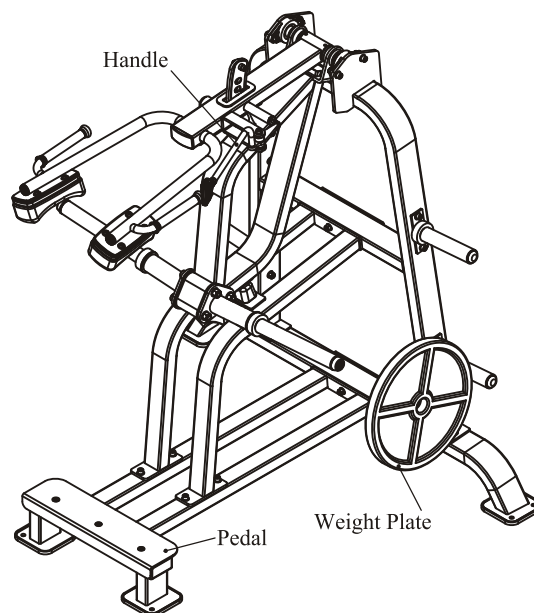


Weight Plate Installation Requirement

1. Please use Olympic weight plate which hole is greater than $\Phi 500$ and external diameter is less than $\Phi 500$.
2. The total weight one of side can not be greater than 150kg.
3. This equipment does not contains weight plate.

Hand Frame Adjustment

1. Standing on the right side of the machine adjust the handle to the right position.
2. Standing on the pedal adjust the handle to a usable position, began to exercise, after the brace is not restricted.



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.

