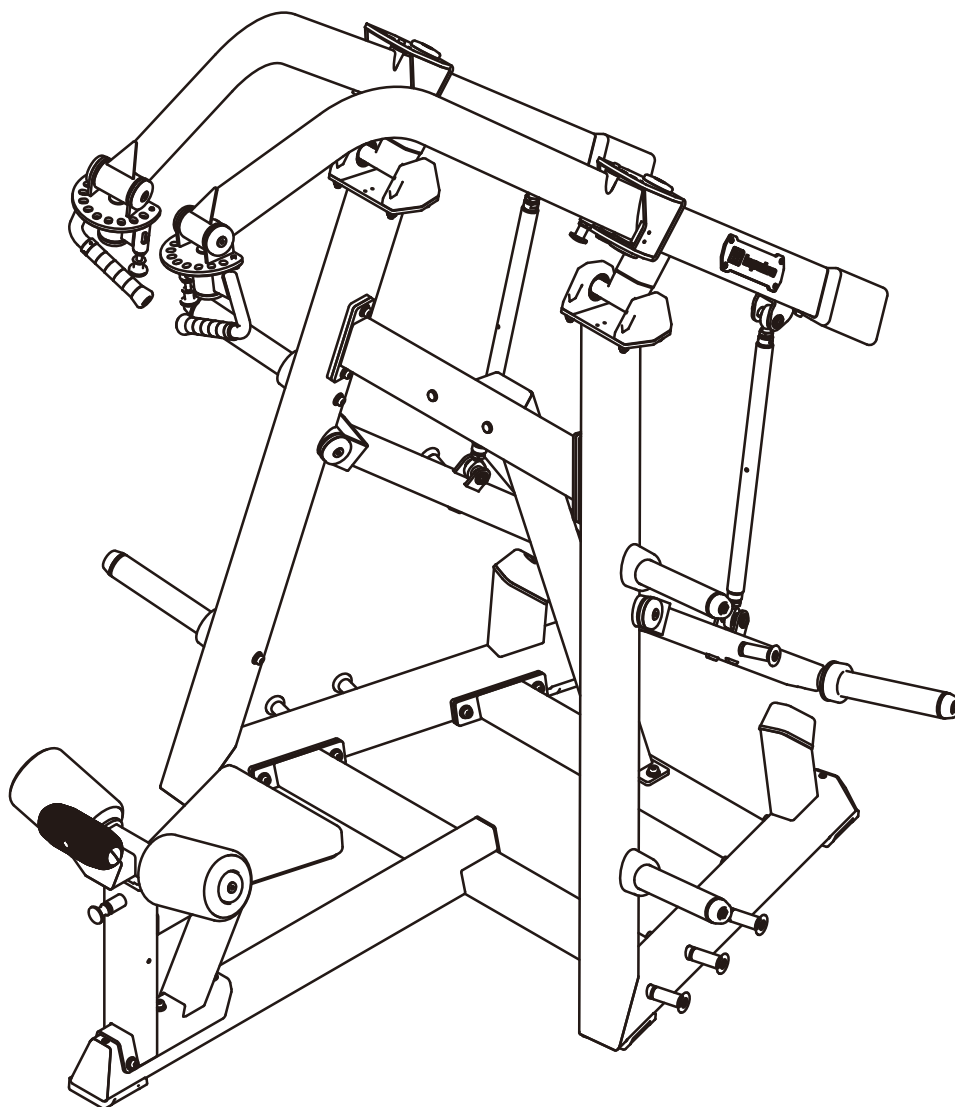




ECP307

MULTI LAT PULLDOWN

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.

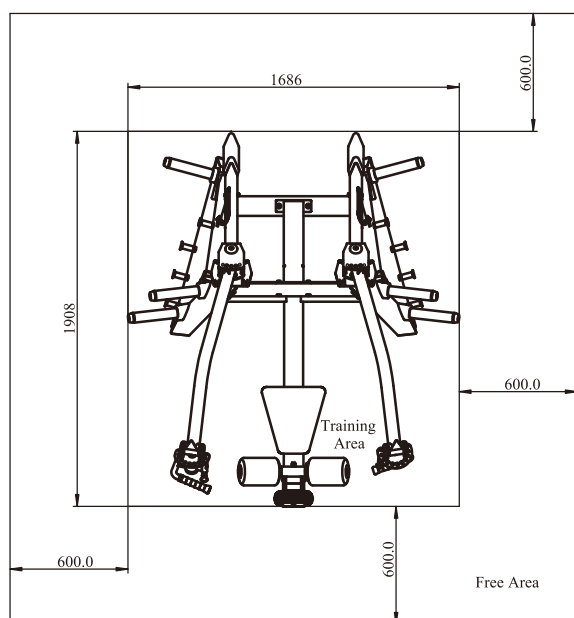
Important Safety Instructions

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: 1686*1908*2201mm

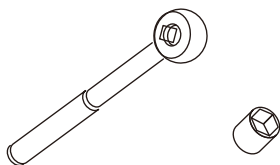
Product Total Surface: 1686*1908mm

Instructions

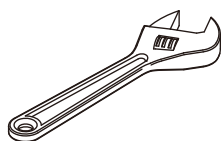
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

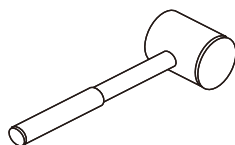
Tools Required



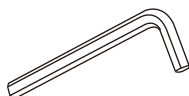
Ratchet Wrench and Socket



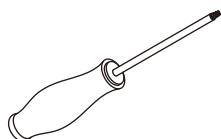
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP30701ASSY	Main Frame ASSY 1	1
2	ECP30702ASSY	Main Frame ASSY 2	1
3	ECP30703ASSY	Seat Cushion Frame ASSY	1
4	ECP30711ASSY	Front Ground Support Frame ASSY	1
5	ECP3071200	Upper Connecting Frame	1
6	ECP3071300	Rear Connecting Frame	1
7	ECP3071600	Rear Support Frame	1
8	ECP20118ASSY	Barbell Storage Frame ASSY	4
9	ECP30112ASSY	Foam Frame ASSY	1
10	ECP20121ASSY	Set-Contained Bearing	4
11	IT95392200	Shaft $\Phi 25 \times 132$	2
12	ECP1011600	Shaft $\Phi 25 \times 109$	2
13	ECP7132700	Shaft $\Phi 25 \times 95$	2
14	ECP2014005	Short Shaft $\Phi 16 \times 54$	4
15	ECP2014000	Step Cover	8
16	ECP30704ASSY	Left Push Frame ASSY	1
17	ECP30717ASSY	Right Push Frame ASSY	1
18	ECP30705ASSY	Front Swing Arm ASSY	2
19	ECP30706ASSY	Rotating Frame ASSY 1	1
20	ECP30707ASSY	Rotating Frame ASSY 2	1
21	ECP30708ASSY	Handle Rotating Frame ASSY 1	1
22	ECP30712ASSY	Handle Rotating Frame ASSY 2	1
23	ECP30709ASSY	Handle Frame ASSY 1	2
24	ECP10110ASSY	Connecting Rod Frame ASSY	2
25	ECP30151ASSY	Short FOAM ASSY	2
26	ECP2015100V1	Seat Pad	1

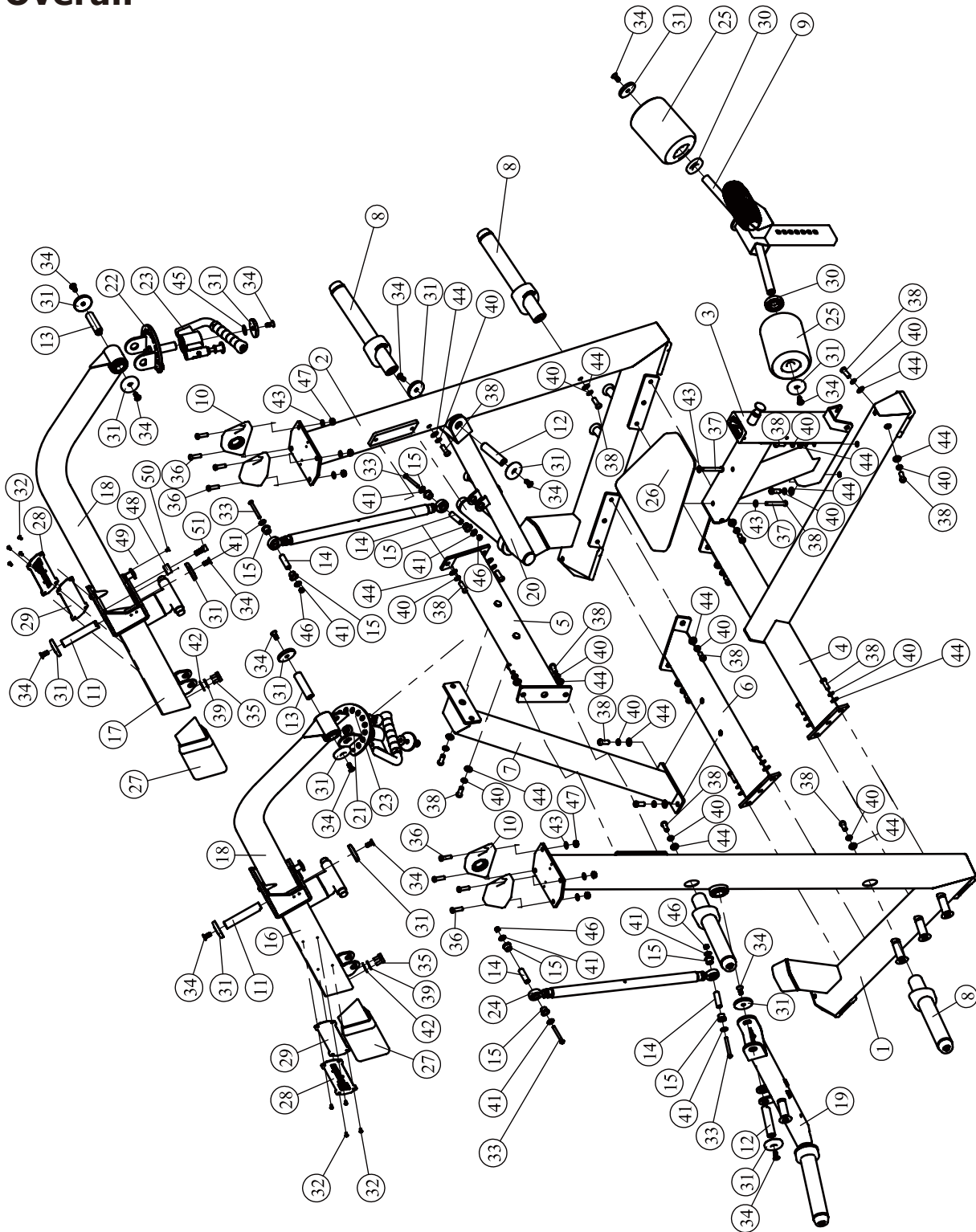
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
27	ECP1012100	Balance Iron	2
28	ECP1012200	LOGO Plate	2
29	ECP1012300	LOGO Inner Plate	2
30	IE95029100	Plastic Ring	2
31	IE950716500	Aluminum CapΦ60	16
32	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
33	PNLM8*70DN20	Button Head Cap Screw M8*70	4
34	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	16
35	GB70M8*20DN20	Socket Head Cap Screw M8*20	4
36	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	8
37	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
38	GB70BTM12*30DN18NL	Socket Head Cap Screw M12*30	24
39	GB938N19	Spring Washer Φ8	4
40	GB9312N19	Spring Washer Φ12	24
41	DQ8DN2	Flat Washer Φ9*Φ22*1.6	8
42	GB958DN2	Flat Washer Φ9*Φ16*1.6	4
43	GB9510DN2	Flat Washer Φ11*Φ20*2	10
44	GB9512DN2	Flat Washer Φ13*Φ24*2.5	24
45	DQ10DN2C	Flat Washer Φ11*Φ30*2	2
46	NM8DN2	Nylon Lock Nut M8	4
47	NM10DN2	Nylon Lock Nut M10	8
48	ECP3073100	Limit Post	2
49	ECP3072100	Anti Scratch Board 1	2
50	GB819M6*10N19	Cross Recessed Pan Head Screws M6*10	4
51	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	2
52	NBS3DHS	Hex Key S=3	1
53	NBS5DHS	Hex Key S=5	1
54	NBS6DHS	Hex Key S=6	1
55	NBS8DHS	Hex Key S=8	1

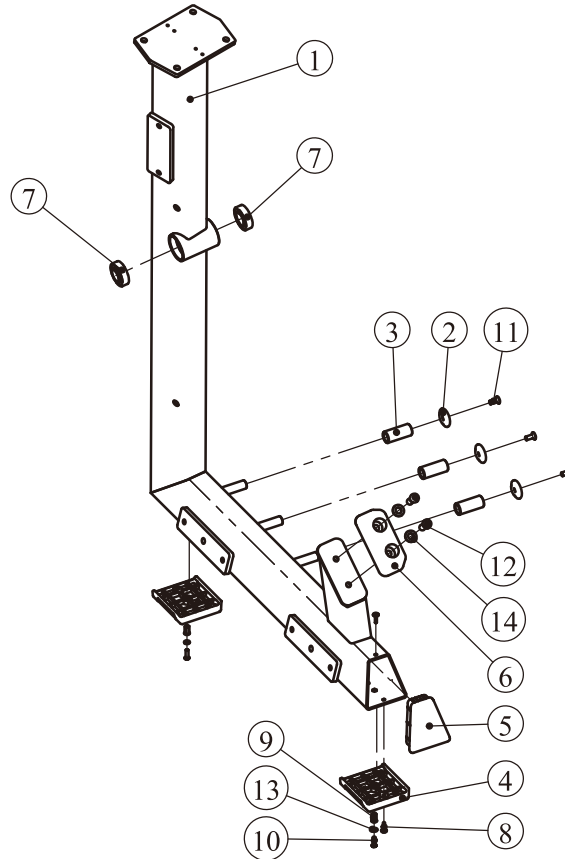
Exploded View and Parts List

Overall



Exploded View and Parts List

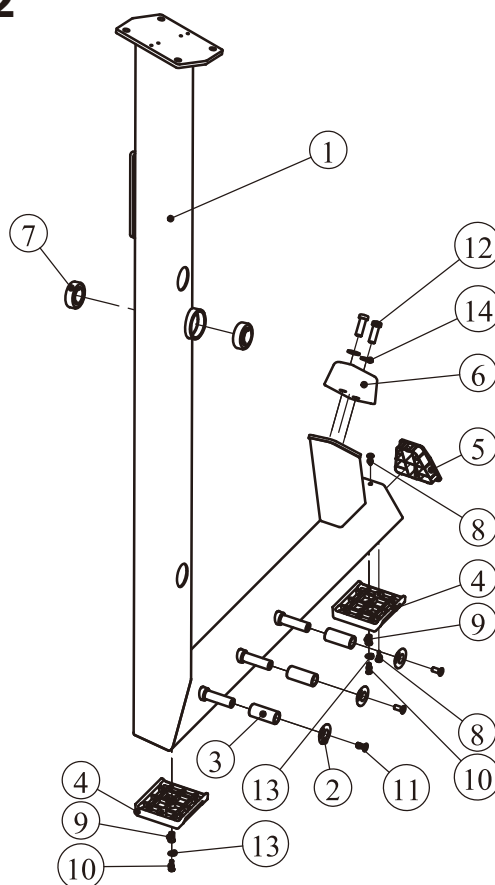
Main Frame ASSY 1



Grade No.	Part No.	Description	QTY
1.1	ECP3070100	Main Frame 1	1
1.2	ECP1012400	Aluminum Cap $\Phi 40$	3
1.3	ECP1013000	Rotating Sleeve	3
1.4	ECP2013400	Rubber Foot	2
1.5	ECP2013500	Slanted Plug	1
1.6	PL380800	Safety Bumper	1
1.7	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2
1.8	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
1.9	GB17880.5M6*16.5DS17	Rivet Nut M6	2
1.10	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.11	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.12	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.13	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
1.14	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2

Exploded View and Parts List

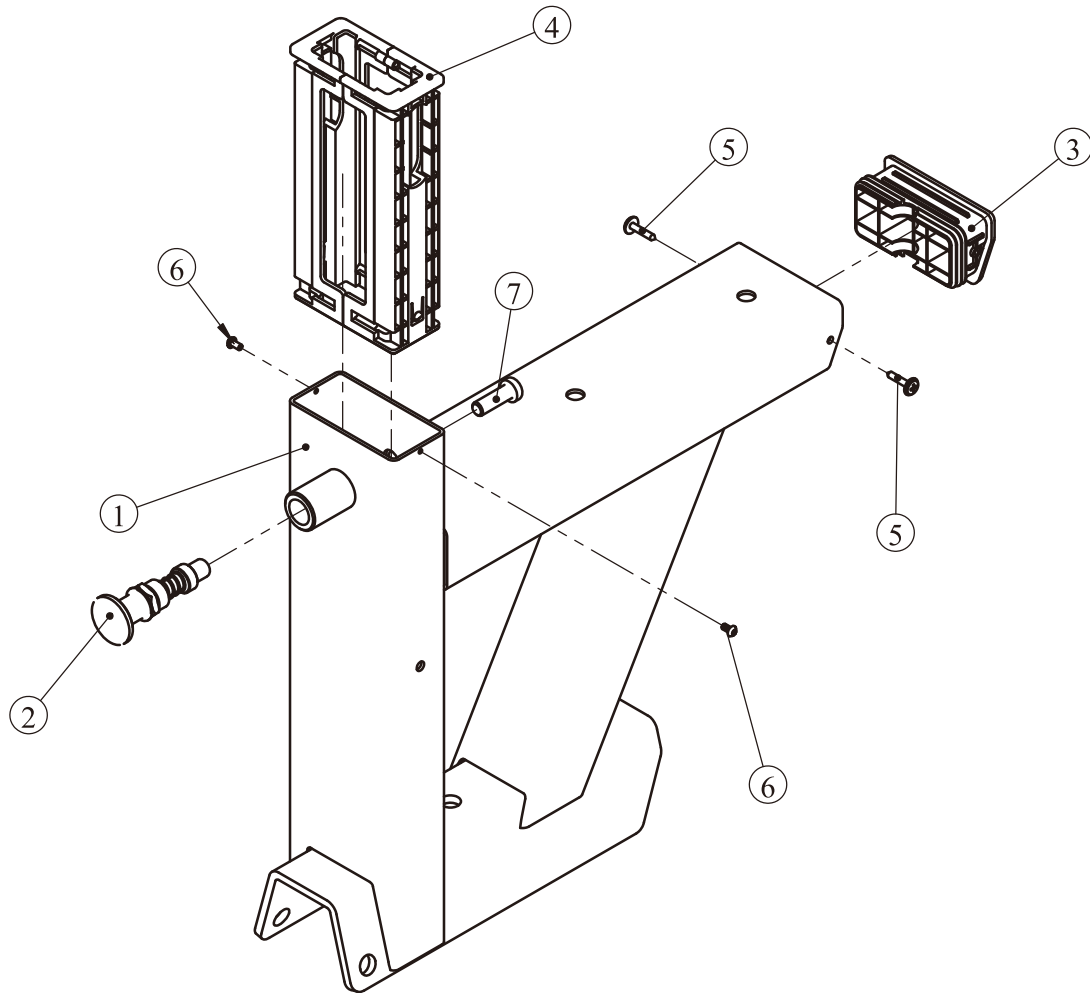
Main Frame ASSY 2



Grade No.	Part No.	Description	QTY
2.1	ECP3070200	Main Frame 2	1
2.2	ECP1012400	Aluminum Cap $\Phi 40$	3
2.3	ECP1013000	Rotating Sleeve	3
2.4	ECP2013400	Rubber Foot	2
2.5	ECP2013500	Slanted Plug	1
2.6	PL380800	Safety Bumper	1
2.7	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2
2.8	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
2.9	GB17880.5M6*16.5DS17	Rivet Nut M6	2
2.10	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.11	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.12	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
2.13	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
2.14	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2

Exploded View and Parts List

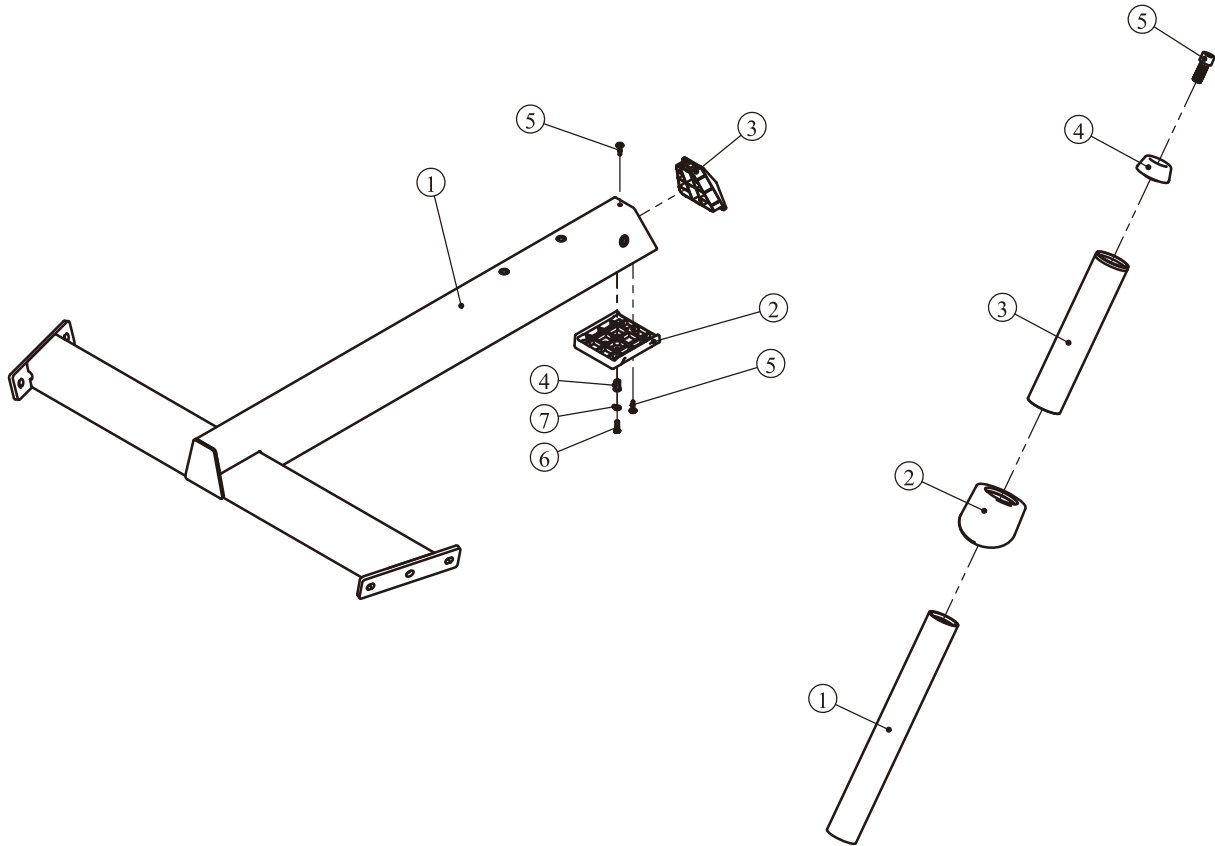
Seat Cushion Frame ASSY



Grade No.	Part No.	Description	QTY
3.1	ECP3070300	Seat Cushion Frame	1
3.2	ECP10115ASSY	Pin ASSY	1
3.3	ECP2014500	End Cap	1
3.4	IF93035000	Long Half Sleeve	2
3.5	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
3.6	PNLM4*8DHS20	Button Head Cap Screw M4*8	2
3.7	GB70BTM10*30DN18NL	Socket Head Cap Screw M10*30	1

Exploded View and Parts List

Barbell Storage Frame ASSY Pulley Fixed Frame ASSY



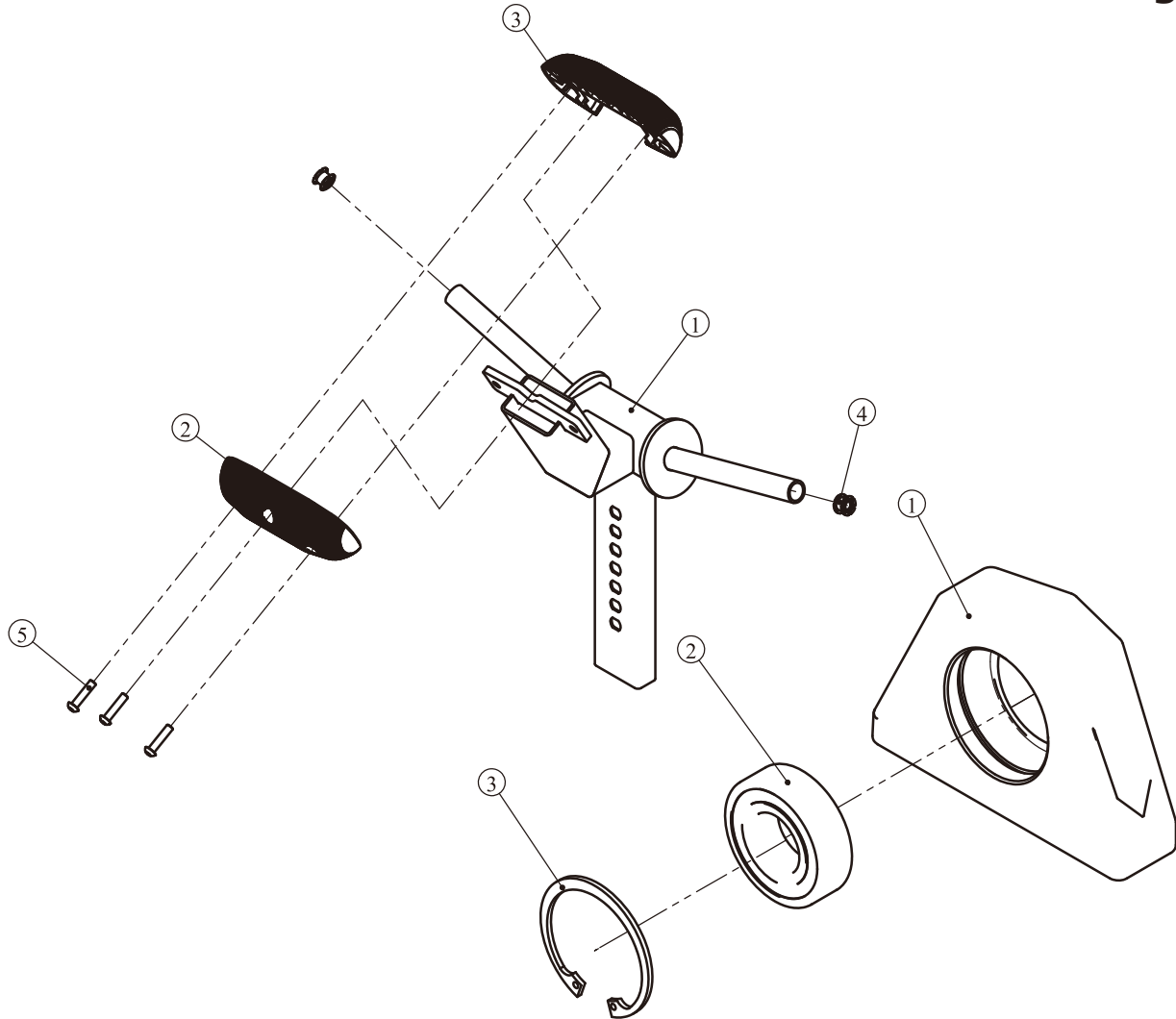
Grade No.	Part No.	Description	QTY
4.1	ECP3071100	Front Ground Support Frame	1
4.2	ECP2013400	Rubber Foot	1
4.3	ECP2013500	Slanted Plug	1
4.4	GB17880.5M6*16.5DS17	Rivet Nut M6	1
4.5	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
4.6	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1
4.7	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	1

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

Exploded View and Parts List

Foam Frame ASSY

Set-Contained Bearing



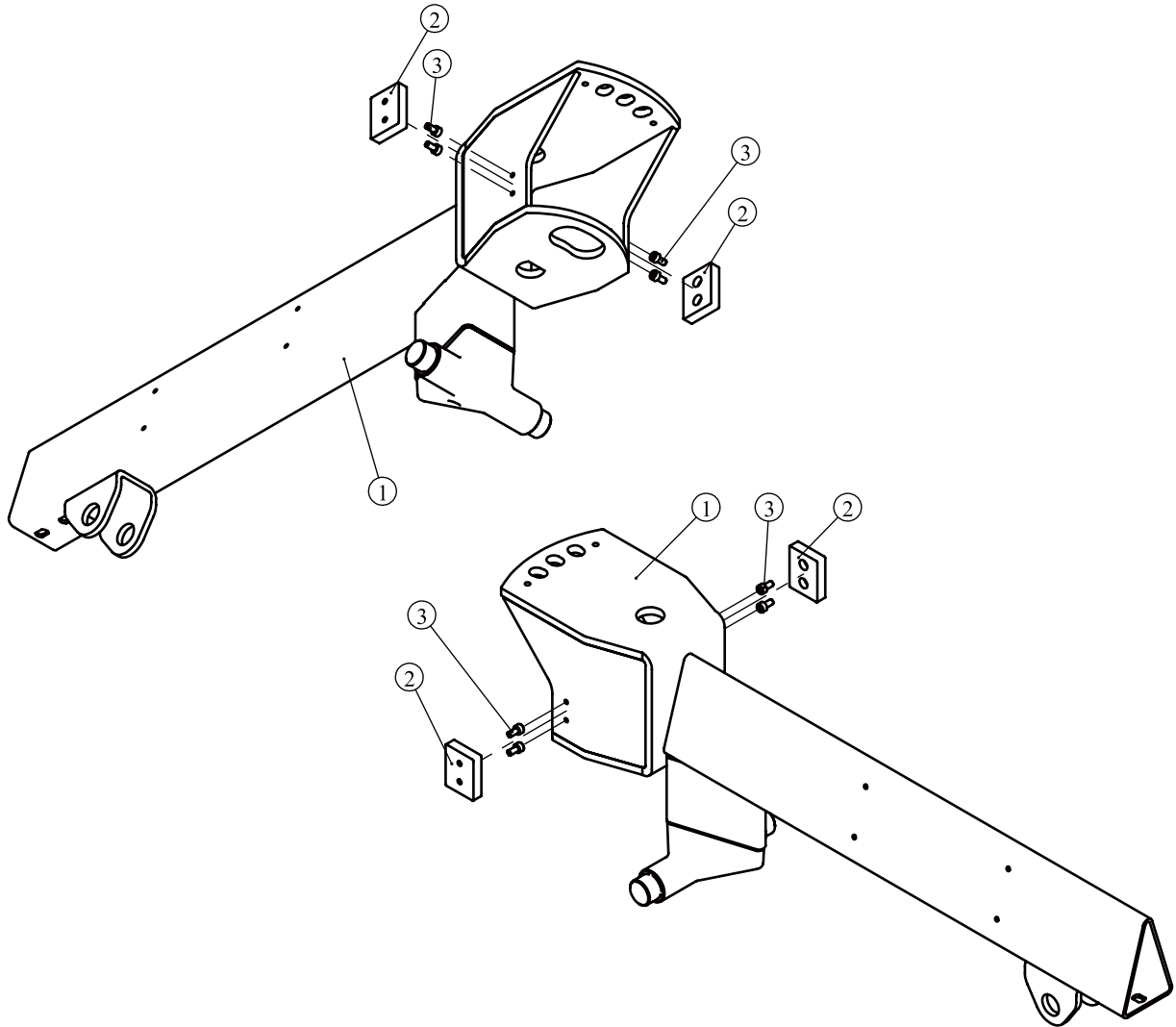
Grade No.	Part No.	Description	QTY
9.1	ECP3011200	FOAM Frame	1
9.2	ECP3013500	Down Handle	1
9.3	ECP3013600	Up Handle	1
9.4	IF81165000	Sun Nylon Lock Nut	2
9.5	PNLM8*35DHS20NL	Button Head Cap Screw M8*35	3

Grade No.	Part No.	Description	QTY
10.1	ECP2012100	Bearing Seat	1
10.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
10.3	GB893.152FH12	Hole Retaining Ring Φ52	1

Exploded View and Parts List

Left Push Frame ASSY

Right Push Frame ASSY

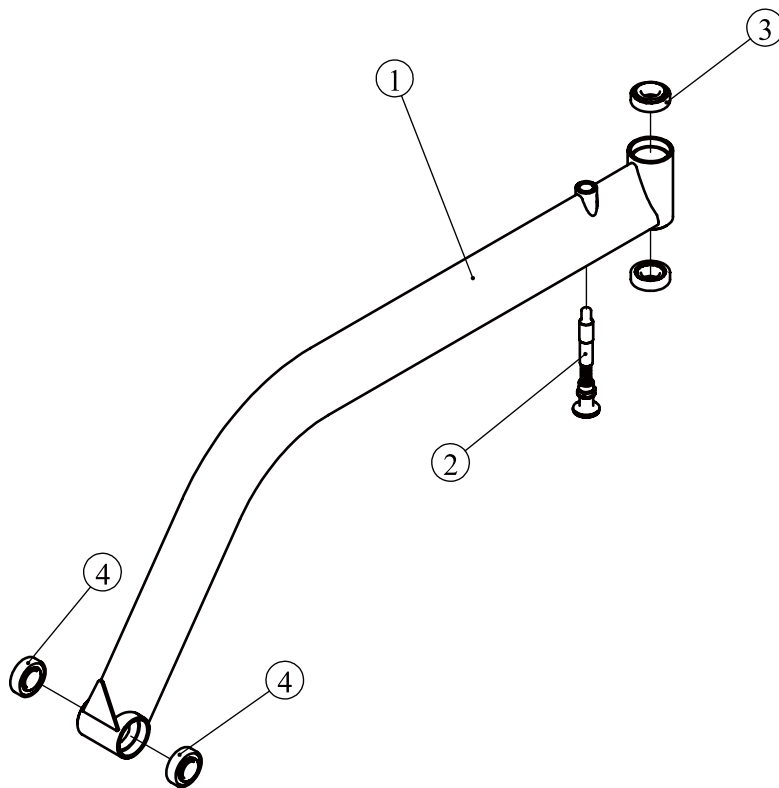


Grade No.	Part No.	Description	QTY
16.1	ECP3070400	Left Push Frame	1
16.2	IT4005000	Rubber Bumper	2
16.3	GB70M5*10DHS20	Socket Head Cap Screw M5*10	4

Grade No.	Part No.	Description	QTY
17.1	ECP3071700	Right Push Frame	1
17.2	IT4005000	Rubber Bumper	2
17.3	GB70M5*10DHS20	Socket Head Cap Screw M5*10	4

Exploded View and Parts List

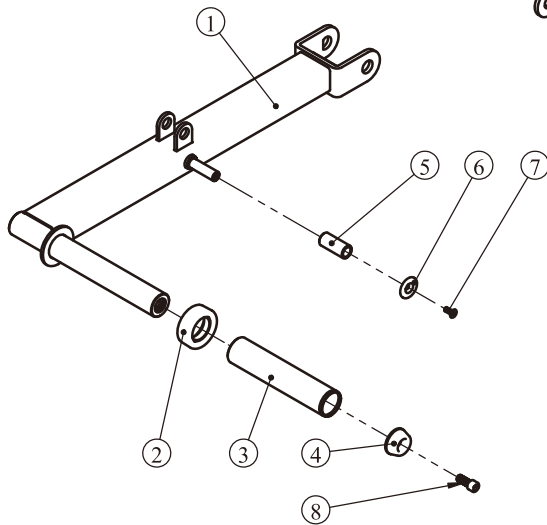
Front Swing Arm ASSY



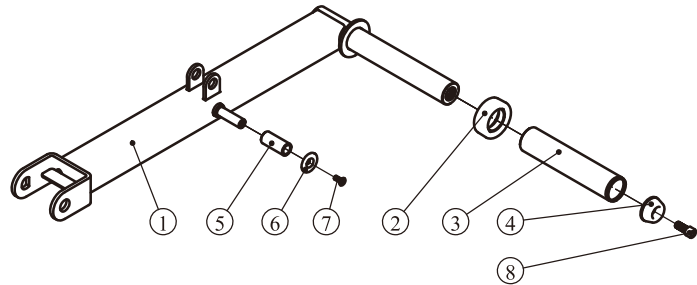
Grade No.	Part No.	Description	QTY
18.1	ECP3070500	Front Swing Arm	1
18.2	ECP30714ASSY	Pin ASSY	1
18.3	GB2977205E-2ZHEB	Bearing 7205E	2
18.4	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2

Exploded View and Parts List

Rotating Frame ASSY 1



Rotating Frame ASSY 2

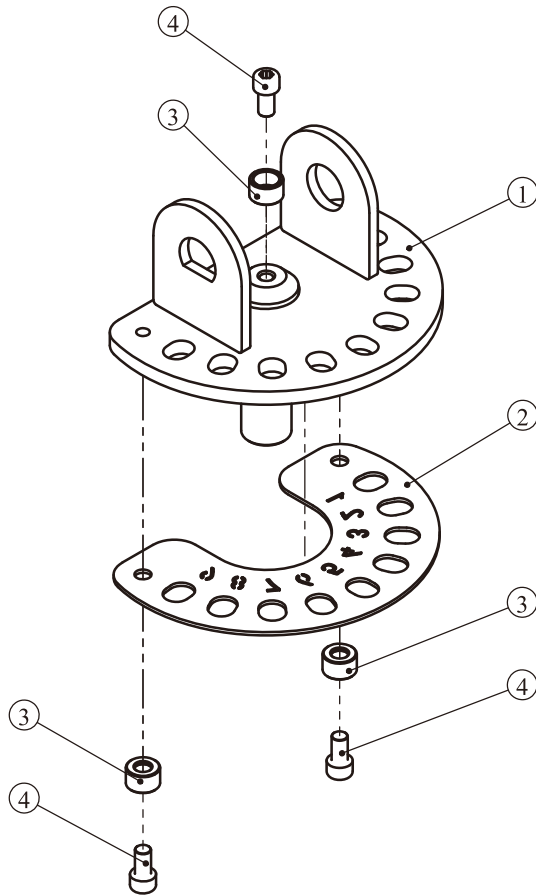


Grade No.	Part No.	Description	QTY
19.1	ECP3070600	Rotating Frame 1	1
19.2	PL1301600	Rubber Bumper	1
19.3	HZ70022000V1	Short Barbell Casing	1
19.4	SL70012000	Plastic Cap	1
19.5	ECP1013000	Rotating Sleeve	1
19.6	ECP1012400	Aluminum Cap $\Phi 40$	1
19.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
19.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

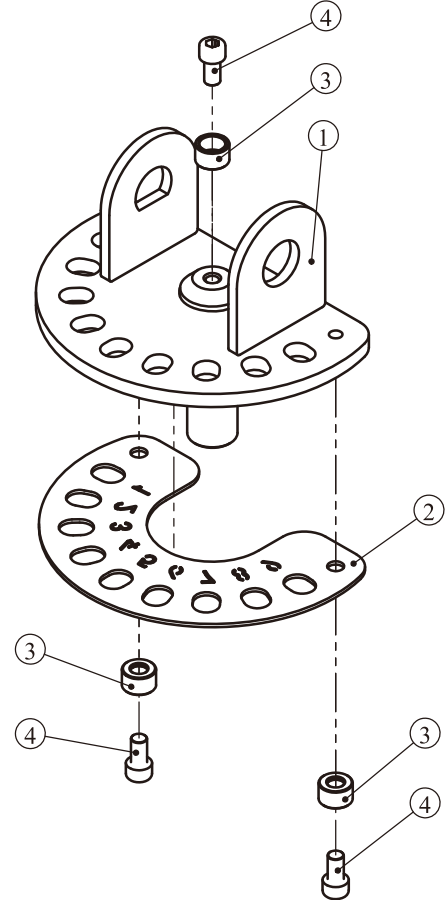
Grade No.	Part No.	Description	QTY
20.1	ECP3070700	Rotating Frame 2	1
20.2	PL1301600	Rubber Bumper	1
20.3	HZ70022000V1	Short Barbell Casing	1
20.4	SL70012000	Plastic Cap	1
20.5	ECP1013000	Rotating Sleeve	1
20.6	ECP1012400	Aluminum Cap $\Phi 40$	1
20.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
20.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Exploded View and Parts List

Handle Rotating Frame ASSY 1



Handle Rotating Frame ASSY 2

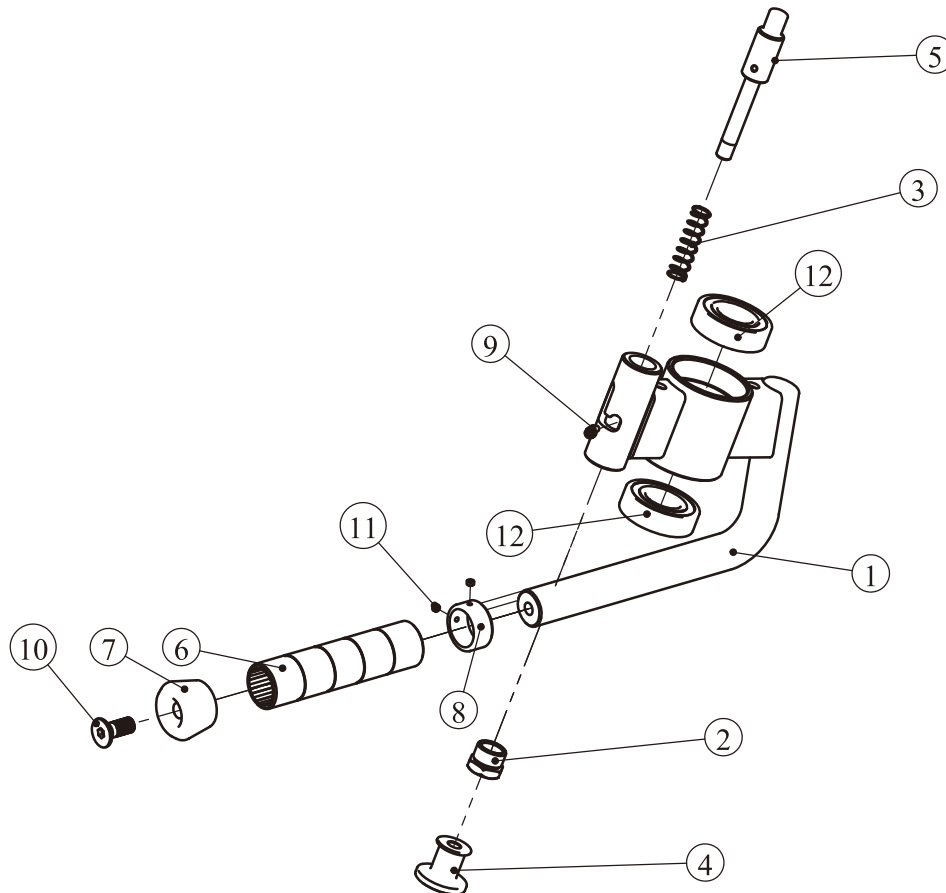


Grade No.	Part No.	Description	QTY
21.1	ECP3070800	Handle Rotating Frame 1	1
21.2	ECP3072300	Anti Scratch Board 3	1
21.3	IN-S10111200	Limit Sleeve	3
21.4	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	3

Grade No.	Part No.	Description	QTY
22.1	ECP3070800	Handle Rotating Frame 1	1
22.2	ECP3072200	Anti Scratch Board 2	1
22.3	IN-S10111200	Limit Sleeve	3
22.4	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	3

Exploded View and Parts List

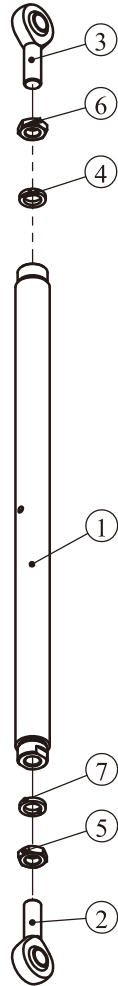
Handle Frame ASSY 1



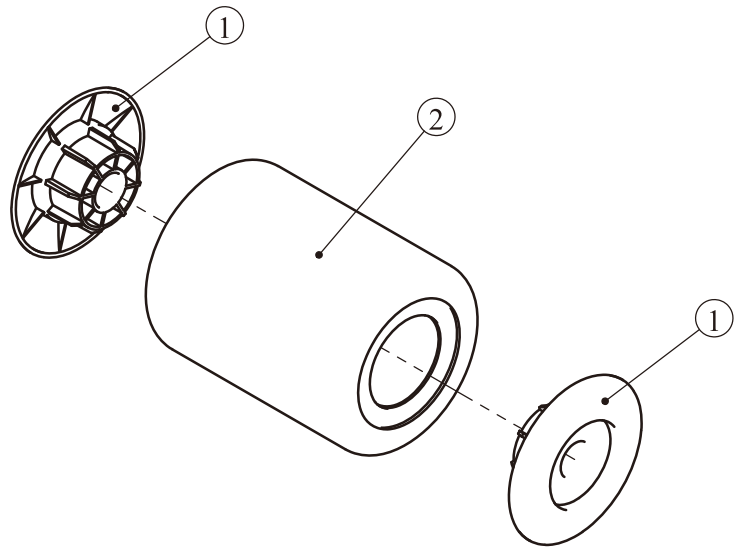
Grade No.	Part No.	Description	QTY
23.1	ECP3070900	Handle Frame 1	1
23.2	KPS18002701V1	Lock Nut	1
23.3	PL700BB8400	Spring	1
23.4	ECP6174600	Handle	1
23.5	ECP3072600	Shaft $\Phi 18.2 \times 102$	1
23.6	ECP3073000	Aluminium Handle	1
23.7	ECP6174500	Aluminum Cap	1
23.8	VST600-PL232600V1	Aluminum Retaining Ring	1
23.9	GB70M4*10DHS19	Socket Head Cap Screw M4*10	1
23.10	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	1
23.11	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	2
23.12	GB2766205-2ZC3	Bearing 6205-2ZC3	2

Exploded View and Parts List

Connecting Rod Frame ASSY



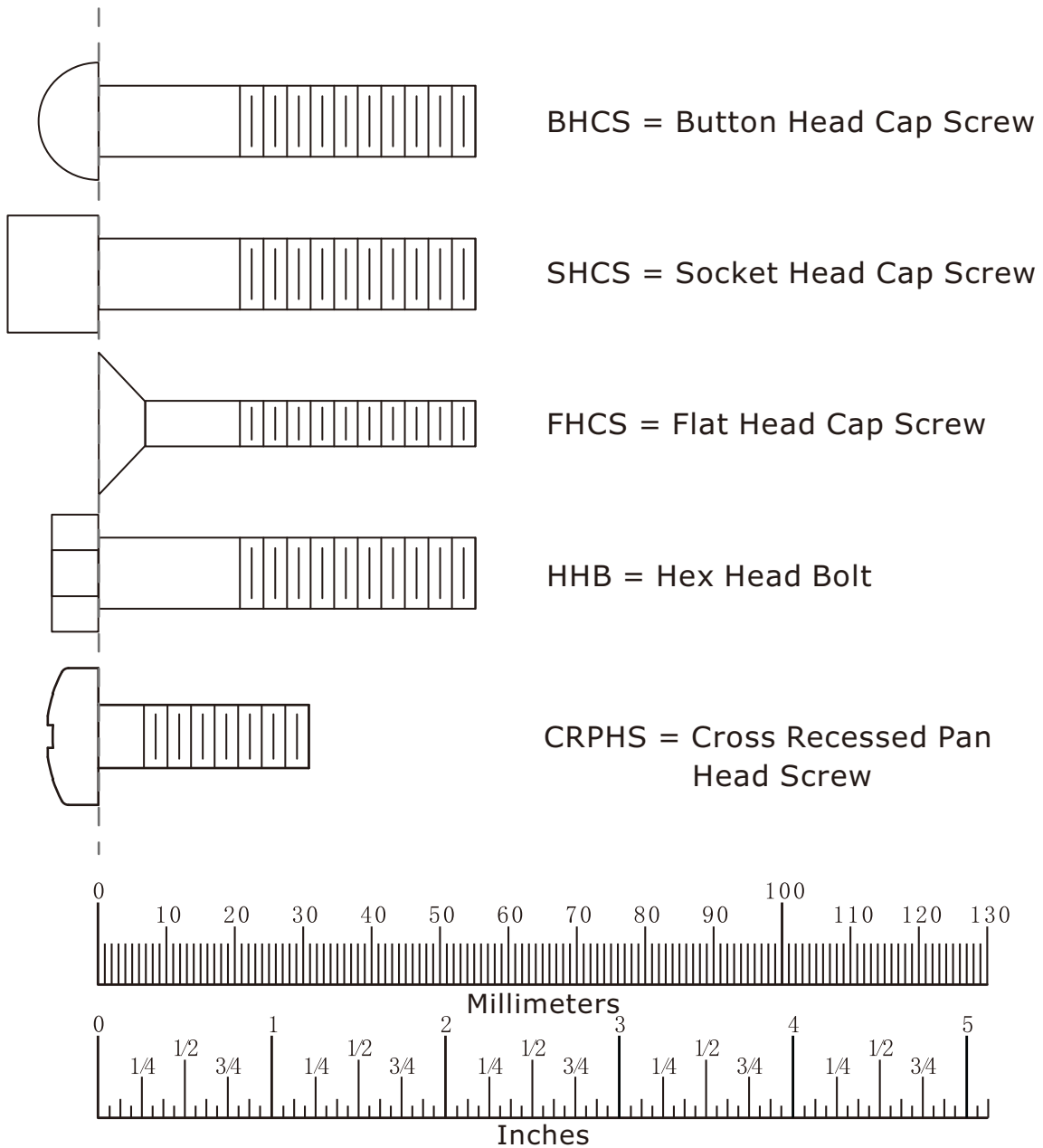
Short FOAM ASSY



Grade No.	Part No.	Description	QTY
24.1	ECP1011000	Startup Connecting Rod Frame	1
24.2	SAL16	Oscillating Bearing(LH)	1
24.3	SA16	Oscillating Bearing	1
24.4	GB9316DS12	Spring Washer $\Phi 16$	1
24.5	GB6172.1LM16DS2	Hex Nut M16(LH)	1
24.6	GB6172.1M16DS2	Hex Nut M16	1
24.7	GB93L16DS12	Spring Washer $\Phi 16$ (LH)	1

Grade No.	Part No.	Description	QTY
25.1	IE95026400	FOAM Stopper Ring	2
25.2	FE97026300V3	Short FOAM	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

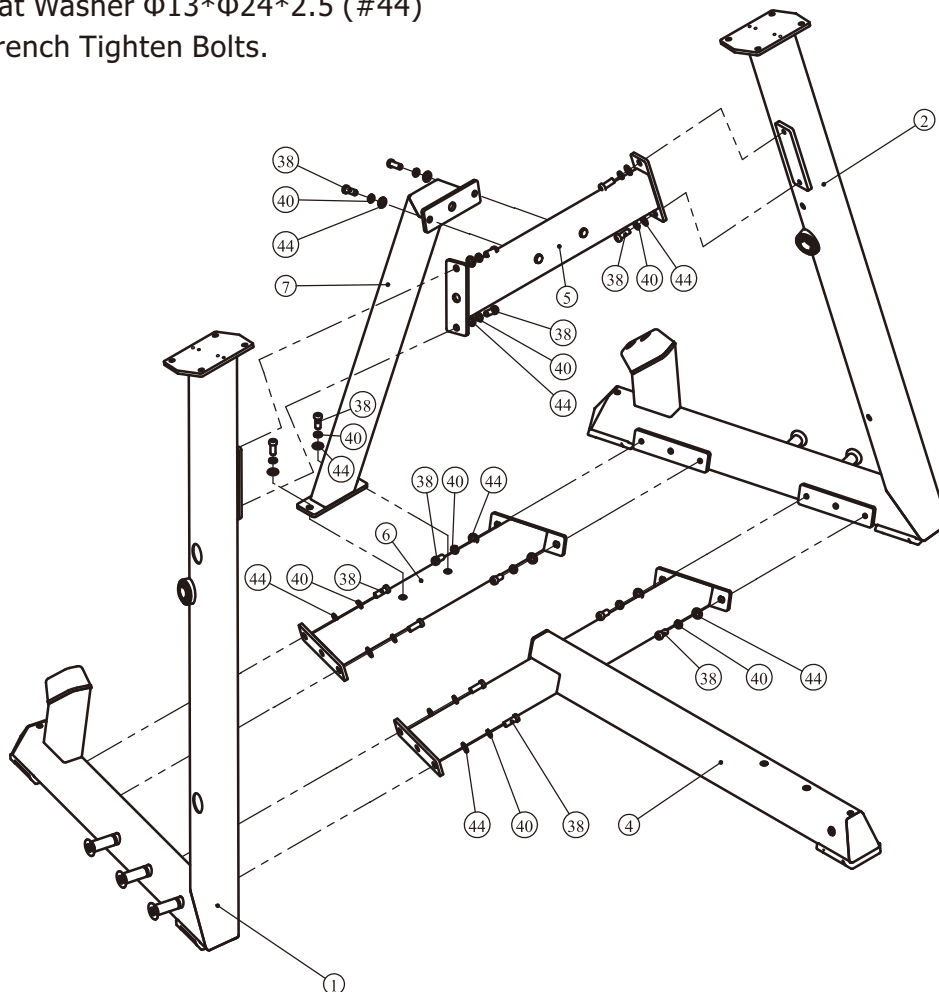
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach Rear Connecting Frame (#6) to the Main Frame ASSY 1 (#1) and Main Frame ASSY 2 (2#) using:
four SHCS M12*30 (#38) four Spring Washer $\Phi 12$ (#40)
four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#44)
2. Attach Front Ground Support Frame ASSY (#4) to the Main Frame ASSY 1 (#1) and Main Frame ASSY 2 (2#) using:
four SHCS M12*30 (#38) four Spring Washer $\Phi 12$ (#40)
four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#44)
3. Attach Upper Connecting Frame (#5) to the Main Frame ASSY 1 (#1) and Main Frame ASSY 2 (2#) using:
four SHCS M12*30 (#38) four Spring Washer $\Phi 12$ (#40)
four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#44)
4. Attach Rear Support Frame (#7) to the Upper Connecting Frame (#5) and Rear Connecting Frame (#6) using:
four SHCS M12*30 (#38) four Spring Washer $\Phi 12$ (#40)
four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#44)

Note: Wrench Tighten Bolts.

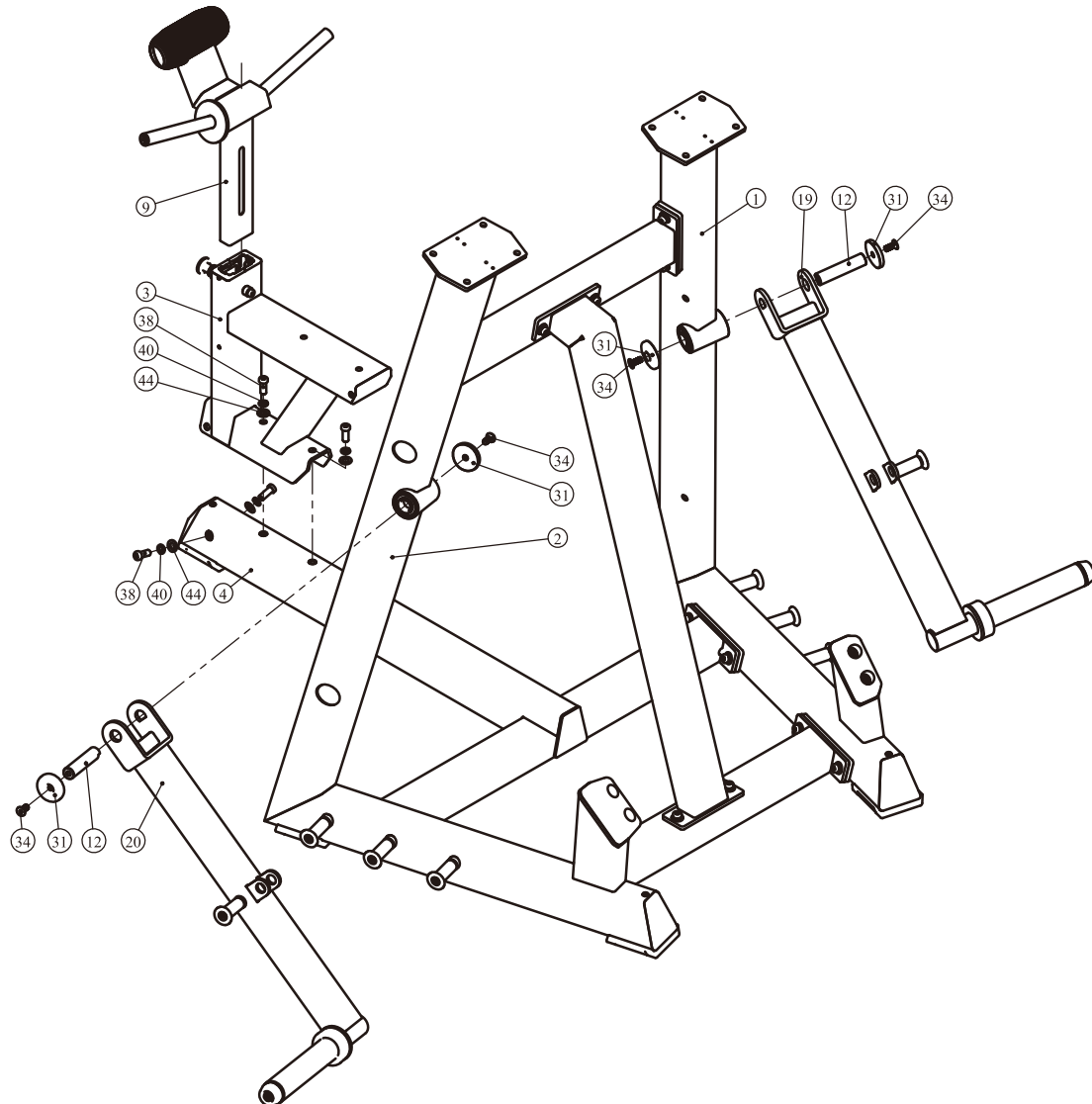


Assembly

STEP 2

1. Attach the Rotating Frame ASSY 1 (#19) to the Main Frame ASSY 1 (#1) using:
two M10*25 FHCS (#34) two Aluminum Cap $\Phi 60$ (#31)
one Shaft $\Phi 25 \times 109$ (#12)
2. Attach the Rotating Frame ASSY 2 (#20) to the Main Frame ASSY 2 (#2) using:
two M10*25 FHCS (#34) two Aluminum Cap $\Phi 60$ (#31)
one Shaft $\Phi 25 \times 109$ (#12)
3. Attach the Seat Cushion Frame ASSY (#3) to the Front Ground Support Frame ASSY (#4) using:
four SHCS M12*30 (#38) four Spring Washer $\Phi 12$ (#40)
four Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ (#44)
4. Attach the Foam Frame ASSY (#9) to the Seat Cushion Frame ASSY (#3)

Note: Wrench Tighten Bolts.



Assembly

STEP 3

1. Attach the Left Push Frame ASSY (#16) to the Main Frame ASSY 1 (#1) using:
two Set-Contained Bearing (#10) four SHCS M10*35 (#36)
four Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (#43) four Nylon Lock Nut M10 (#47)
2. Attach the Right Push Frame ASSY (#17) to the Main Frame ASSY 2 (#2) using:
two Set-Contained Bearing (#10) four SHCS M10*35 (#36)
four Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (#43) four Nylon Lock Nut M10 (#47)
3. Attach the Connecting Rod Frame ASSY (#24) to the Left Push Frame ASSY (#16) and the Rotating Frame ASSY 1 (#19) using:
two M8*70 BHCS (#33) four Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$ (#41)
four Step Cover (#15) two Nylon Lock Nut M8 (#46)
4. Attach the Connecting Rod Frame ASSY (#24) to the Right Push Frame ASSY (#17) and the Rotating Frame ASSY 2 (#20) using:
two M8*70 BHCS (#33) four Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$ (#41)
four Step Cover (#15) two Nylon Lock Nut M8 (#46)
5. Attach two Balance Iron (#27) to the Left Push Frame ASSY (#16) and the Right Push Frame ASSY (#17)
four M8*20 SHCS (#35) four Spring Washer $\Phi 8$ (#39)
four Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ (#42)

Note: Wrench tighten bolts and Nylon Lock Nuts.

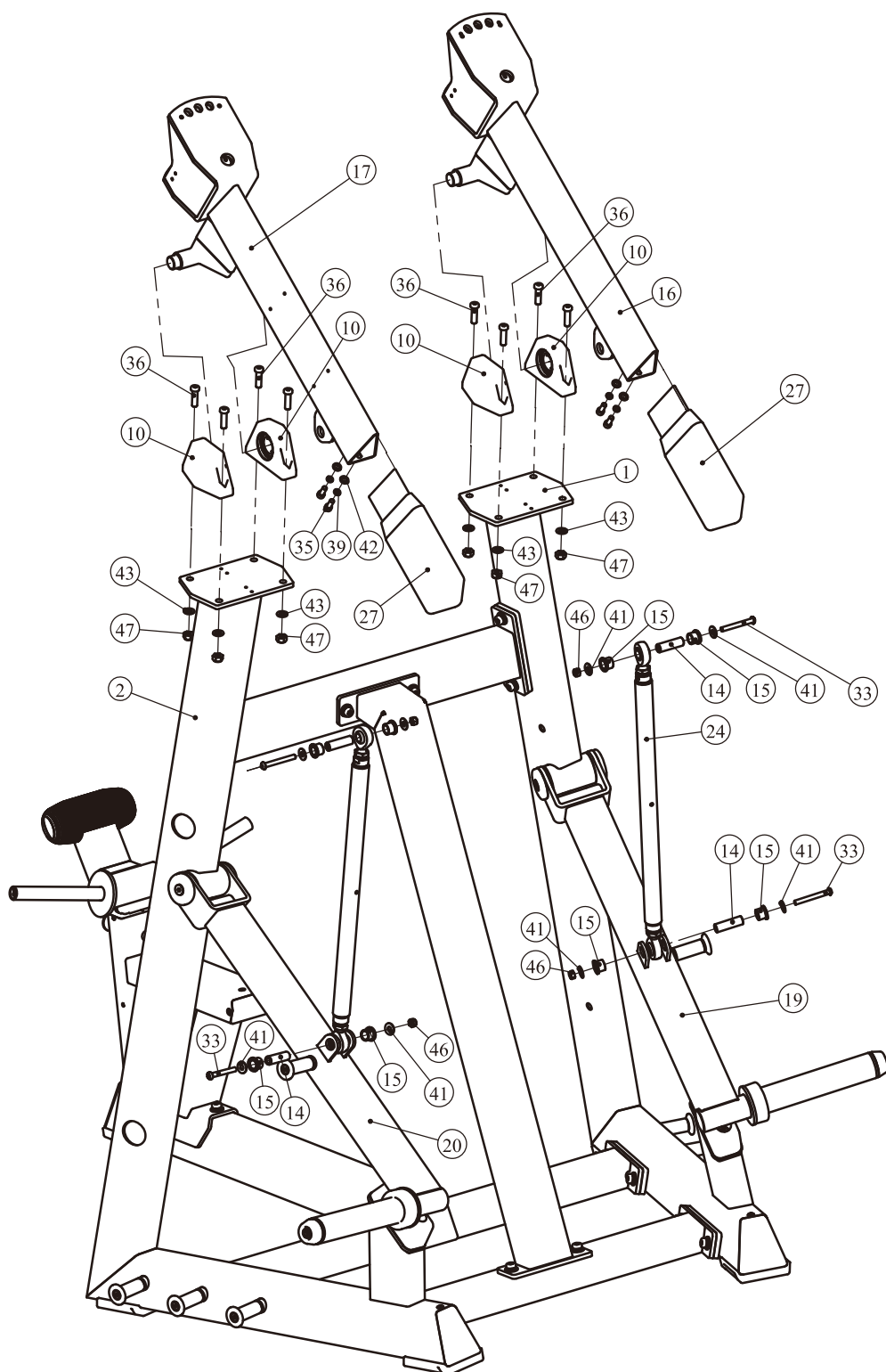
STEP 4

1. Attach two Handle Frame ASSY 1 (#23) to the Handle Rotating Frame ASSY 1 (#21) and the Handle Rotating Frame ASSY 2 (#22) using:
two M10*25 FHCS (#34) two Aluminum Cap $\Phi 60$ (#31)
two Flat Washer $\Phi 11 \times \Phi 30 \times 2$ (#45)
2. Attach the Handle Rotating Frame ASSY 1 (#21) and Handle Rotating Frame ASSY 2 (#22) to the Front Swing Arm ASSY (#18) using:
four M10*25 FHCS (#34) four Aluminum Cap $\Phi 60$ (#31)
two Shaft $\Phi 25 \times 95$ (#13)
3. Attach Front Swing Arm ASSY (#18) to the Left Push Frame ASSY (#16) and the Right Push Frame ASSY (#17) using:
four M10*25 FHCS (#34) four Aluminum Cap $\Phi 60$ (#31)
two Shaft $\Phi 25 \times 132$ (#11)
4. Attach two Limit Post (#48) and two Anti Scratch Board 1 (#49) to Left Push Frame ASSY (#16), Right Push Frame ASSY (#17) and Front Swing Arm ASSY (#18) using:
four M6*10 CRPHS (#50) two M12*30 SHCS (#51)

Note: Wrench tighten bolts.

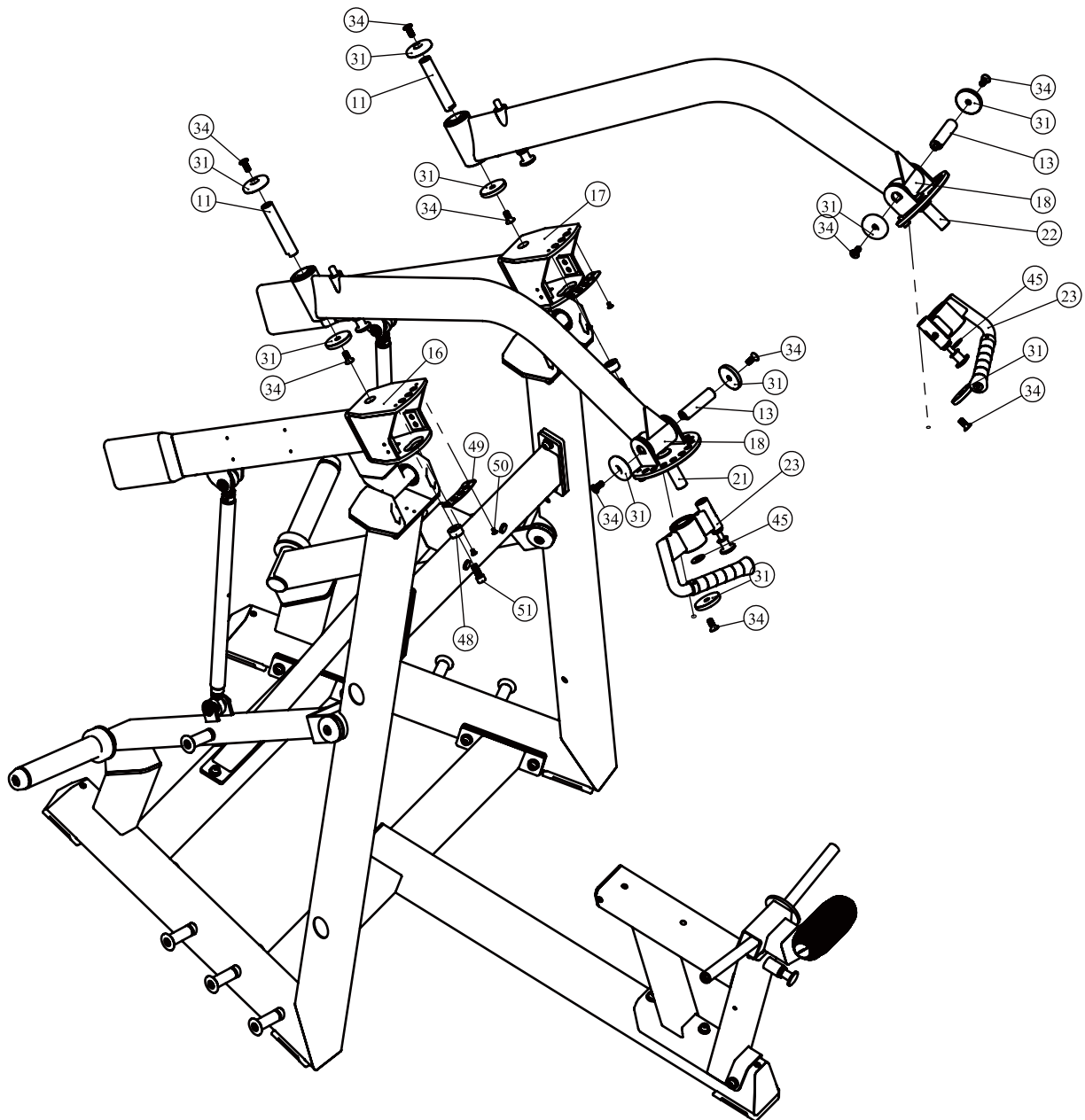
Assembly

STEP 3



Assembly

STEP 4

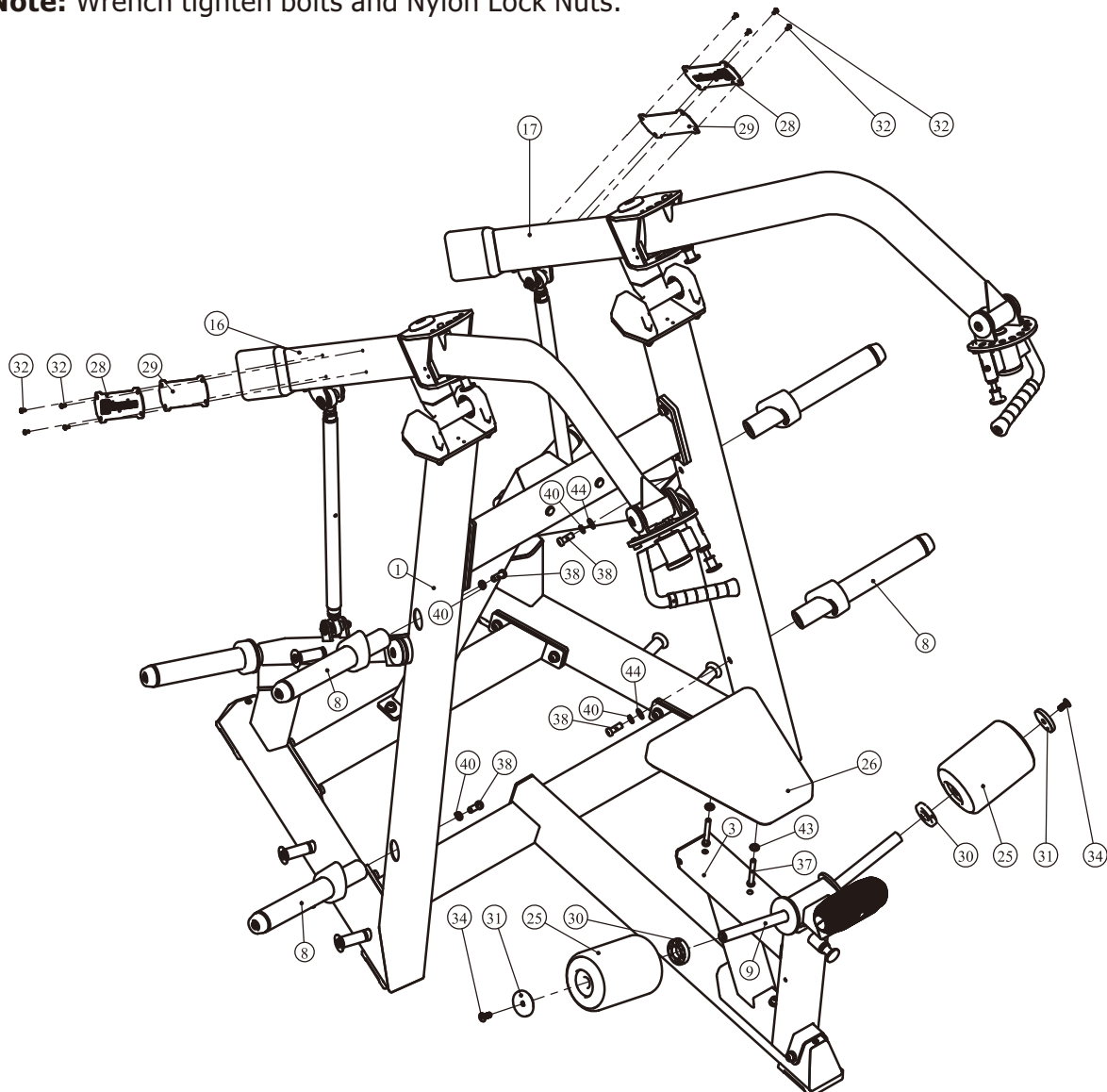


Assembly

STEP 5

1. Attach two LOGO Plate (#28) and two LOGO Inner Plate (#29) to the Left Push Frame ASSY (#16) and the Right Push Frame ASSY (#17) using:
eight M15*10 BHCS (#32)
2. Attach four Barbell Storage Frame ASSY (#8) to the Main Frame ASSY 1 (#1) and the Main Frame ASSY 2 (#2) using:
four M12*30 SHCS (#38)
four Flat Washer Φ13*Φ24*2.5 (#44)
four Spring Washer Φ12 (#40)
3. Attach two Short FOAM ASSY (#25) to the Foam Frame ASSY (#9) using:
two M10*25 FHCS (#34)
two Plastic Ring (#30)
two Aluminum Cap Φ60 (#31)
4. Attach the Cable ASSY 1 (#26) to the Ground Frame (#3) using:
two M10*75 SHCS (#37)
two Flat Washer Φ11*Φ20*2 (#43)

Note: Wrench tighten bolts and Nylon Lock Nuts.



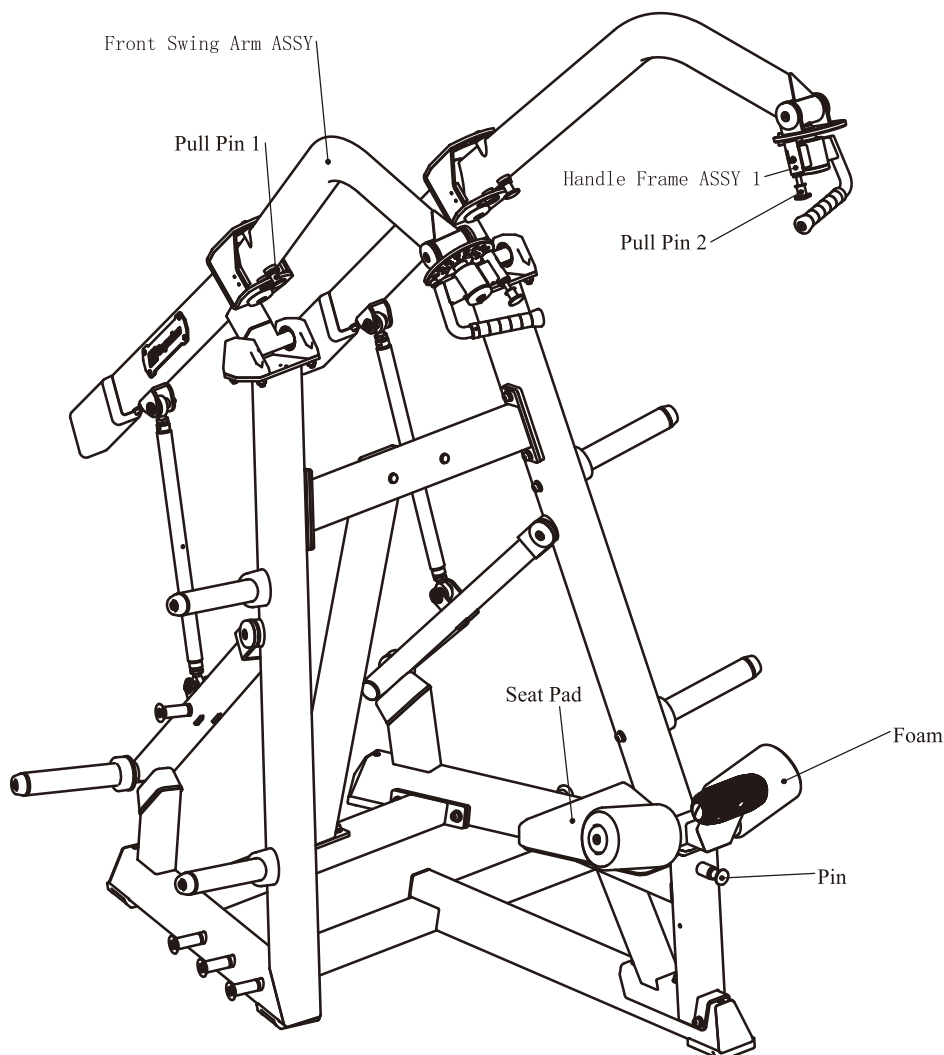
Adjust Instructions and Exercise Instructions

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 can not be greater than 150kg.
3. This equipment does not contains Weight Plate.

Adjust & Exercise Instruction

1. Pull the Pull Pin 1 and adjust the Front Swing Arm ASSY to the desired position.
2. Pull the Pull Pin 2 and adjust the Handle Frame ASSY 1 to the desired position.
3. Pull the Pin and adjust the Foam to the desired position.
4. Sit on the seat cushion with the foam pressing against your legs and hands gripping the handles.
5. Pull the handle downward.
6. 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.

