

# ECP302

## SEATED ROW

### OWNER'S MANUAL

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240

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## 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.

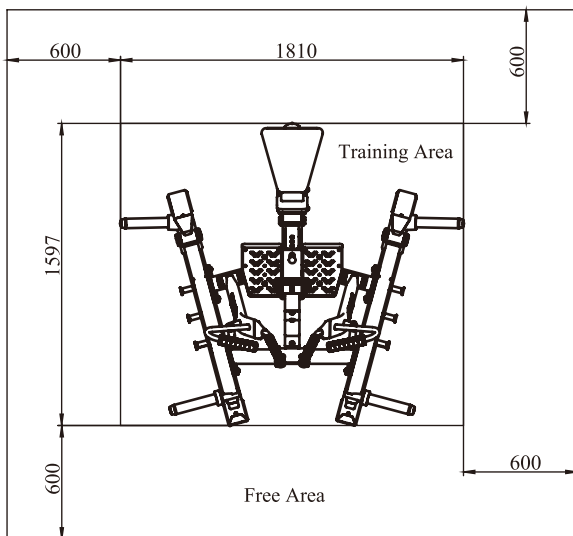
# Important Safety Instructions

## 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: 100\*2kg/ 220\*2lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1810\*1597\*1114mm

Product Total Surface: 1810\*1597mm

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



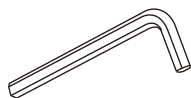
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	ECP30201ASSY	Main Frame 1 ASSY	1
2	ECP30202ASSY	Main Frame 2 ASSY	1
3	ECP30205ASSY	Front Stand ASSY	1
4	ECP30209ASSY	Chest Cushion Frame ASSY	1
5	ECP30211ASSY	Adjusting Frame ASSY	1
6	ECP3021200	Connecting Frame	1
7	ECP3021300	Rear Connecting Frame	1
8	ECP30215ASSY	Foot Pedal 1 ASSY	1
9	ECP30216ASSY	Foot Pedal 2 ASSY	1
10	ECP20108ASSY	Seat Cushion Frame ASSY	1
11	ECP20118ASSY	Barbell Storage Frame ASSY	2
12	ECP20133ASSY	Roller ASSY	1
13	ECP1011600	Shaft $\Phi$ 25*109	4
14	ECP2014003	Limit Shaft $\Phi$ 19*128	1
15	ECP2014004	Roller Sleeve	1
16	IF81211700	Shaft $\Phi$ 25.4*120	2
17	IF93012600	Shaft $\Phi$ 25*133	1
18	ECP30203ASSY	Load Bearing Frame 1 ASSY	1
19	ECP30204ASSY	Load Bearing Frame 2 ASSY	1
20	ECP30206ASSY	Handle Frame 1 ASSY	1
21	ECP30207ASSY	Handle Frame 2 ASSY	1
22	ECP30208ASSY	Rear Frame ASSY	1
23	ECP3021000	Front Connecting Frame	1
24	ECP3021400	Upper Connecting Frame	1
25	ECP30217ASSY	Connecting Rod Frame ASSY	2
26	ECP3025100	Chest Cushion	1

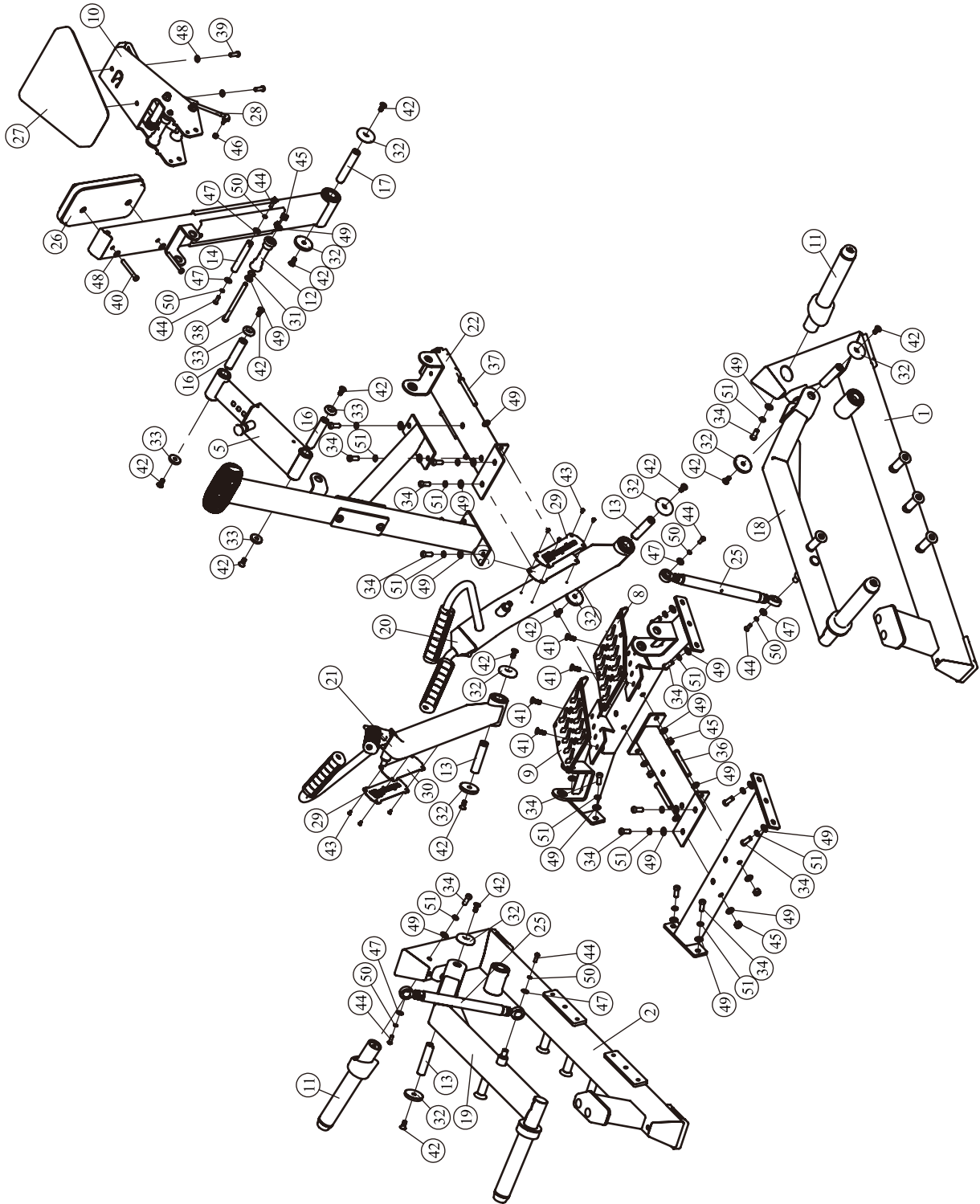
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
27	ECP2015100V1	Seat Cushion	1
28	YQ200-480Fa100	Gas Spring	1
29	ECP1012200	LOGO Board	2
30	ECP1012300	LOGO Inner Board	2
31	ECP2014002	Spacer SleeveΦ22*Φ18*2.5	2
32	IE950716500	Aluminum CapΦ60	10
33	IN-D21202000	Aluminum CapΦ38	4
34	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	18
35	GB70BTM12*80DN18	Socket Head Cap Screw M12*80	2
36	GB70BTM12*100DN18	Socket Head Cap Screw M12*100	2
37	GB70BTM12*110DN18	Socket Head Cap Screw M12*110	2
38	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
39	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
40	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
41	CNLM10*30DHS18NL	Flat Head Cap Screw M10*30	4
42	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	14
43	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
44	PNLM8*25DN20	Button Head Cap Screw M8*25	6
45	NM12DN2	Nylon Lock Nut M12	7
46	NM8DN2	Nylon Lock Nut M8	2
47	DQ8DN2	Flat Washer Φ9*Φ22*1.6	6
48	GB9510DN2	Flat Washer Φ11*Φ20*2	4
49	GB9512DN2	Flat Washer Φ13*Φ24*2.5	32
50	GB938N19	Spring Washer Φ8	6
51	GB9312N19	Spring Washer Φ12	18

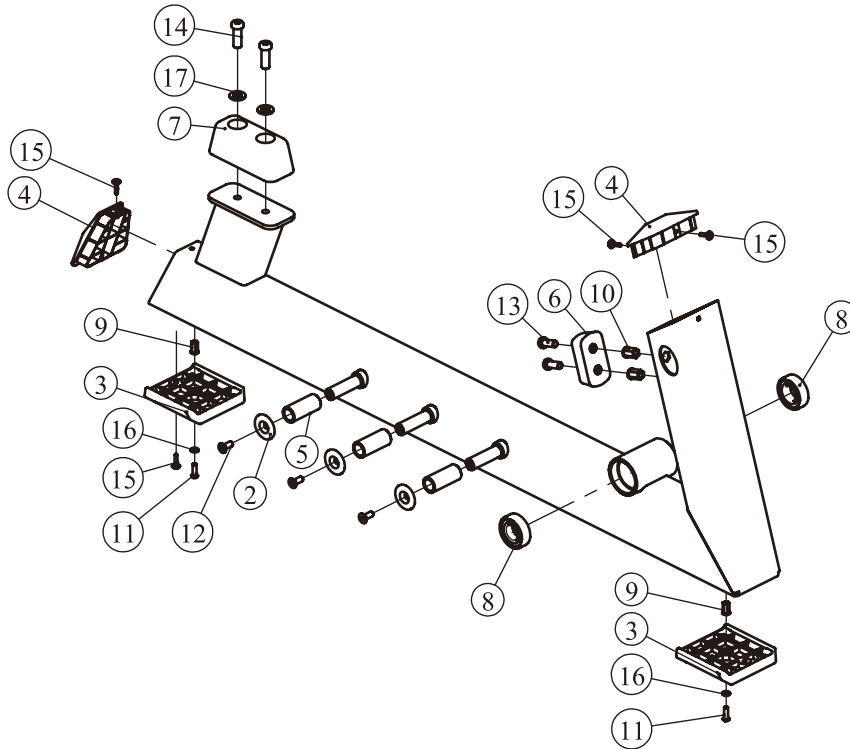
# Exploded View and Parts List

## Overall



# Exploded View and Parts List

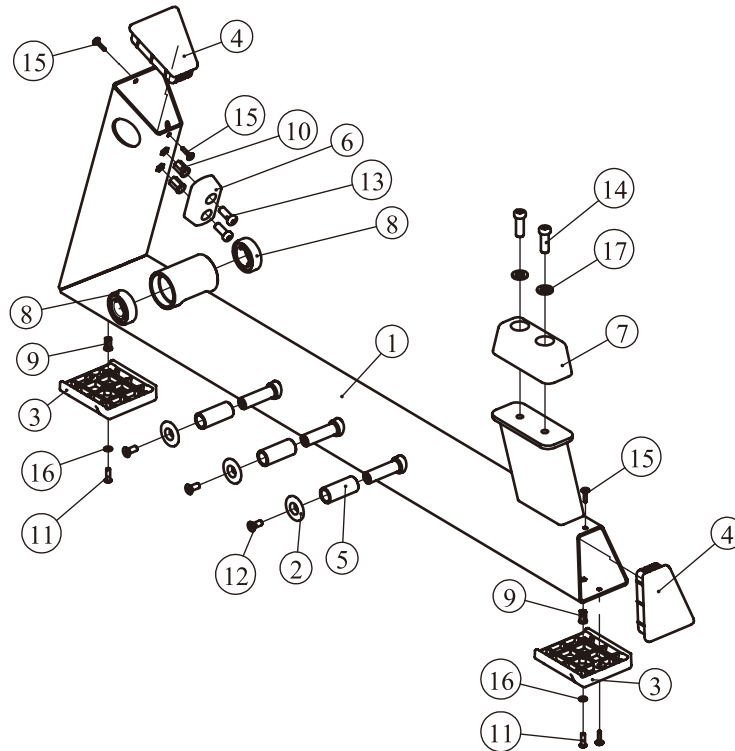
## Main Frame 1 ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP3020100	Main Frame 1	1
1.2	ECP1012400	Aluminum CapΦ40	3
1.3	ECP2013400	Floor Mat	2
1.4	ECP2013500	Slanted Pipe Plug	2
1.5	ECP1013000	Rotating Sleeve	3
1.6	RS17000400	Square Cushion	1
1.7	PL380800	Safety Bumper	1
1.8	GB2766205-2ZC3	Bearing6205-2ZC3	2
1.9	GB17880.5M6*16.5DHS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	2
1.10	GB17880.5M10*19.5DHS17	Hexagon Rivet Nuts With Flat Head M10*19.5	2
1.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.12	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.13	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	2
1.14	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.15	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
1.16	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
1.17	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2

# Exploded View and Parts List

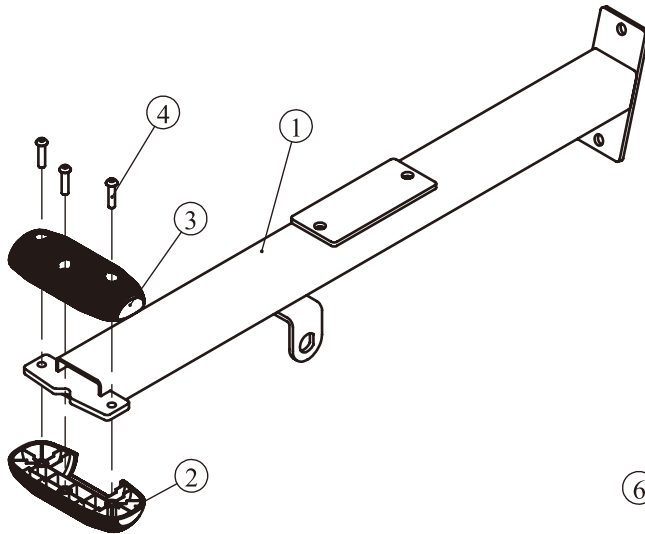
## Main Frame 2 ASSY



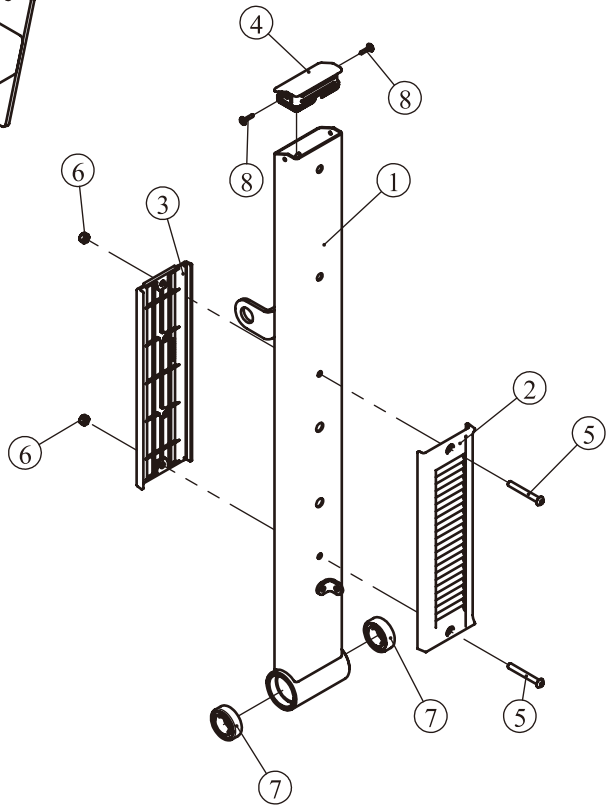
Grade No.	Part No.	Description	QTY
2.1	ECP3020200	Main Frame 2	1
2.2	ECP1012400	Aluminum CapΦ40	3
2.3	ECP2013400	Floor Mat	2
2.4	ECP2013500	Slanted Pipe Plug	2
2.5	ECP1013000	Rotating Sleeve	3
2.6	RS17000400	Square Cushion	1
2.7	PL380800	Safety Bumper	1
2.8	GB2766205-2ZC3	Bearing6205-2ZC3	2
2.9	GB17880.5M6*16.5DHS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	2
2.10	GB17880.5M10*19.5DHS17	Hexagon Rivet Nuts With Flat Head M10*19.5	2
2.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.12	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.13	GB70BTM10*25DN18NL	Socket Head Cap Screw M10*25	2
2.14	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
2.15	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
2.16	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
2.17	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2

# Exploded View and Parts List

## Front Stand ASSY



## Chest Cushion Frame ASSY



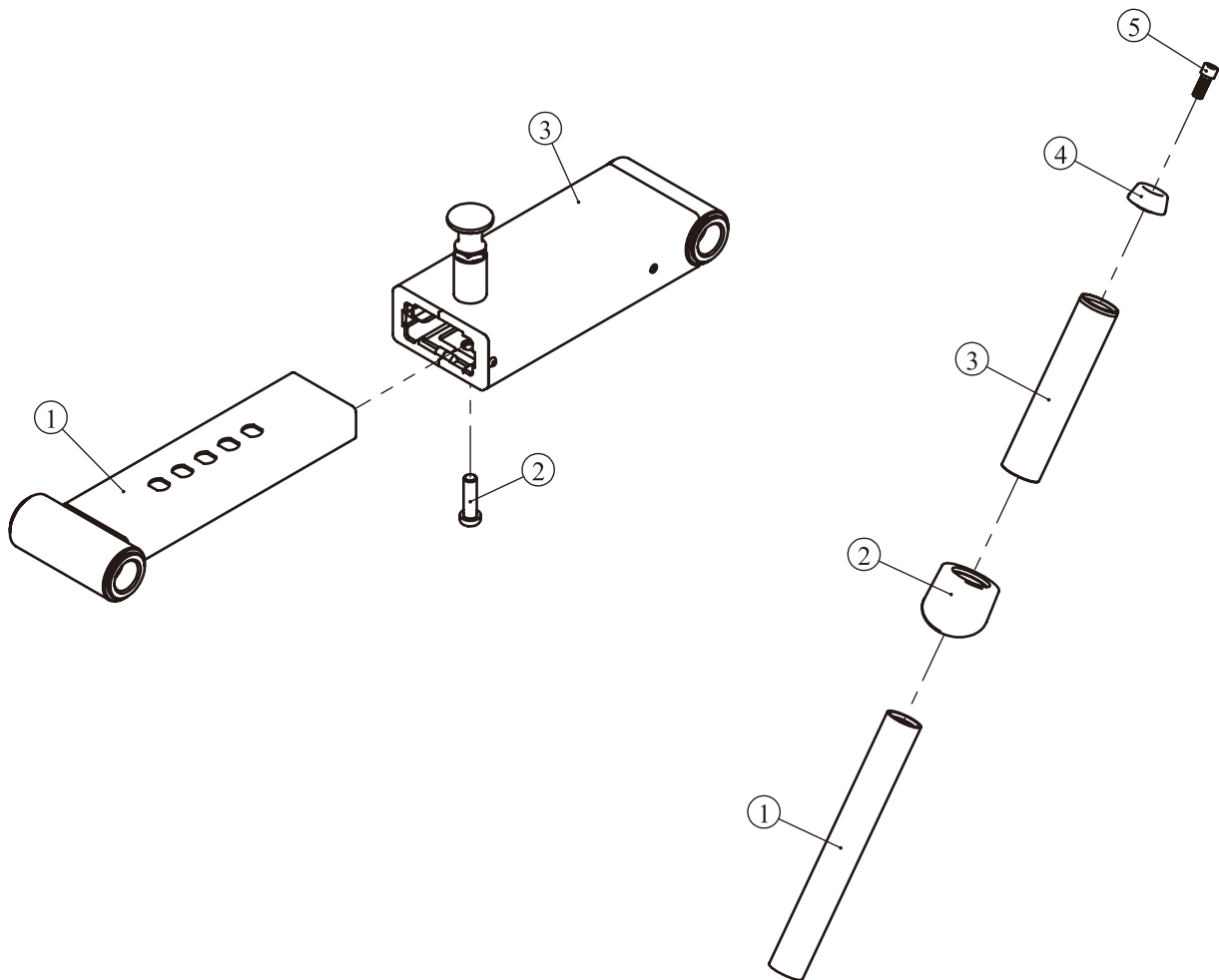
Grade No.	Part No.	Description	QTY
3.1	ECP3020500	Front Stand Frame	1
3.2	ECP3013600	Up Handle	1
3.3	ECP3013500	Down Handle	1
3.4	PNLM8*35DHS20NL	Button Head Cap Screw M8*35	3

Grade No.	Part No.	Description	QTY
4.1	ECP3020900	Chest Cushion Frame	1
4.2	ECP2013100	Front Adjusting Plate	1
4.3	ECP2013200	Rear Adjusting Plate	1
4.4	ECP2014500	Pipe Plug	1
4.5	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
4.6	NM8DHS2	Nylon Lock Nut M8	2
4.7	GB2766205-2ZC3	Bearing6205-2ZC3	2
4.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2

# Exploded View and Parts List

## Adjusting Frame ASSY

## Barbell Storage Frame ASSY

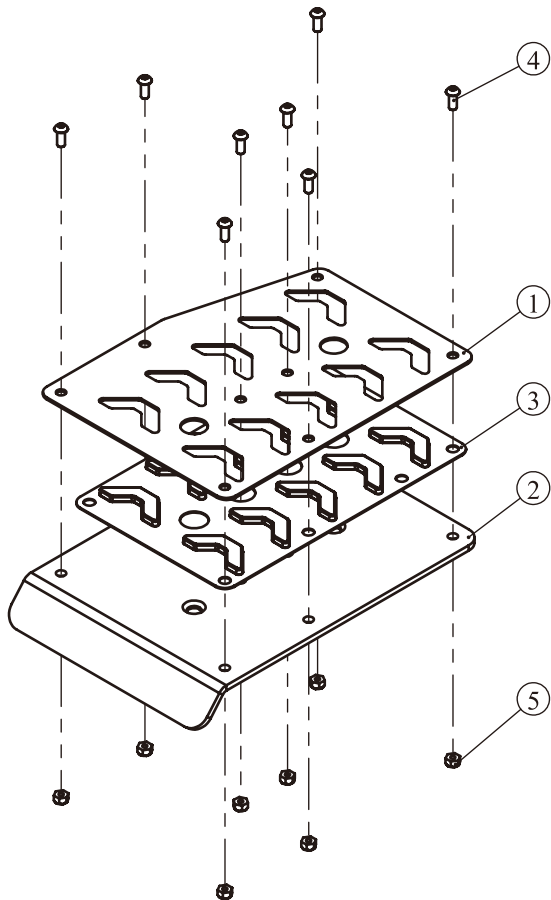


Grade No.	Part No.	Description	QTY
5.1	ECP30218ASSY	Internal Adjusting Frame	1
5.2	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	1
5.3	ECP10111ASSY	Adjusting Frame I ASSY	1

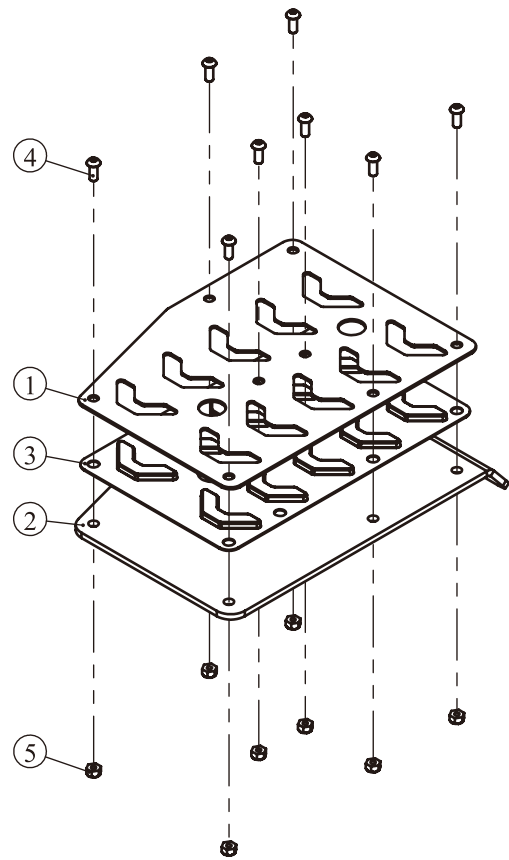
Grade No.	Part No.	Description	QTY
11.1	ECP2011800	Barbell Storage Frame	1
11.2	ECP2013800	Slanted Rubber Bumper	1
11.3	HZ70022000V1	Short Barbell Casing	1
11.4	SL70012000	Plastic Cap	1
11.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

# Exploded View and Parts List

## Foot Pedal 1 ASSY



## Foot Pedal 2 ASSY

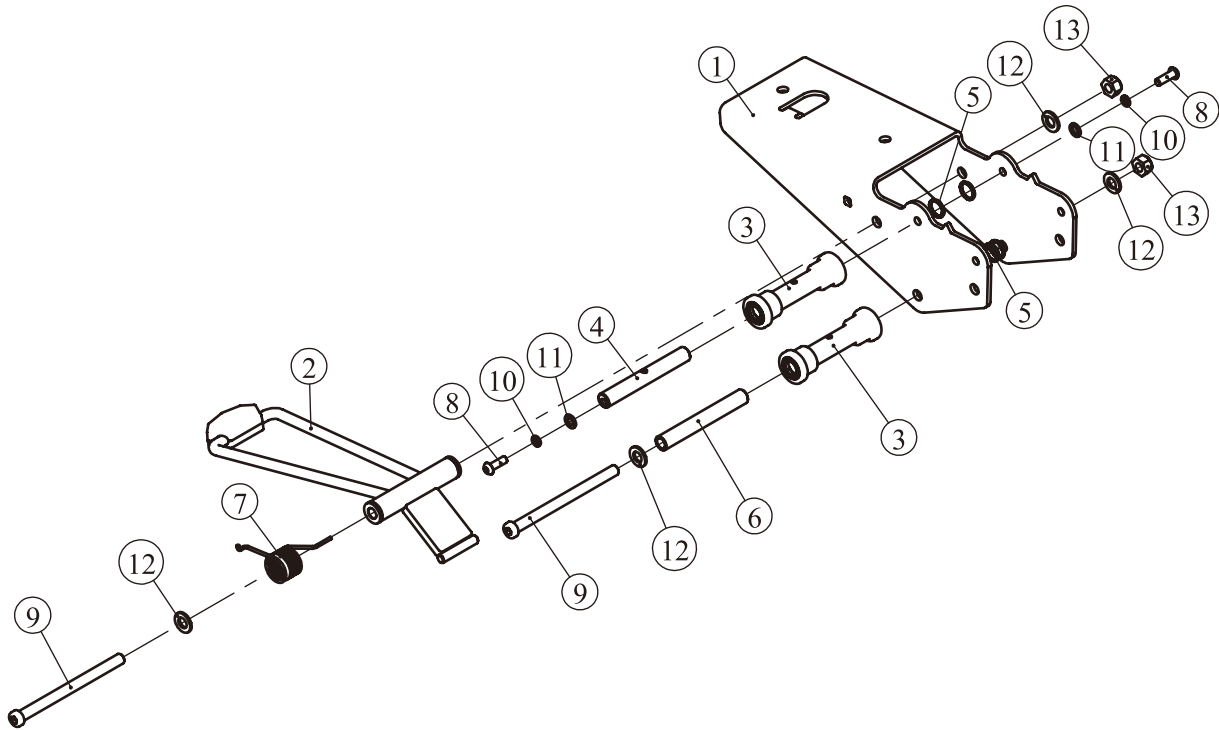


Grade No.	Part No.	Description	QTY
8.1	ECP3022200	Foot Pedal 1	1
8.2	ECP3022100	Foot Cover Plate	1
8.3	ECP3023100	Rubber Foot	1
8.4	PNLM6*15DHS20	Button Head Cap Screw M6*15	8
8.5	NM6DHS2	Nylon Lock Nut M6	8

Grade No.	Part No.	Description	QTY
9.1	ECP3022300	Foot Pedal 2	1
9.2	ECP3022100	Foot Cover Plate	1
9.3	ECP3023100	Rubber Foot	1
9.4	PNLM6*15DHS20	Button Head Cap Screw M6*15	8
9.5	NM6DHS2	Nylon Lock Nut M6	8

# Exploded View and Parts List

## Seat Cushion Frame ASSY

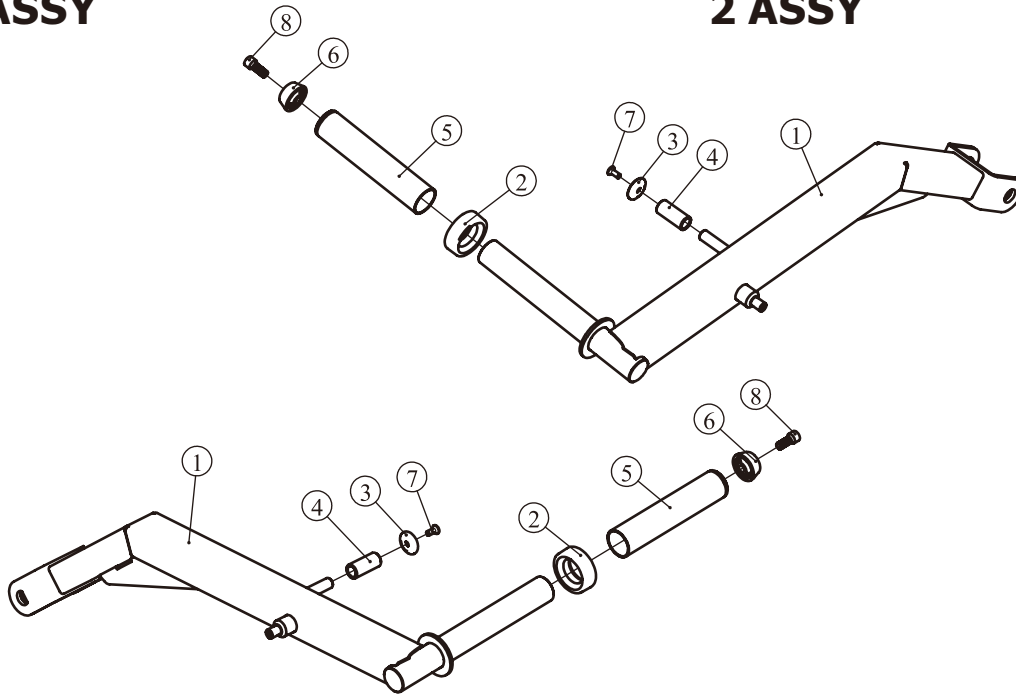


Grade No.	Part No.	Description	QTY
10.1	ECP2010800	Seat Cushion Plate	1
10.2	ECP20111ASSY	Handle Frame ASSY	1
10.3	ECP20133ASSY	Roller ASSY	2
10.4	ECP2014001	Eccentric Shaft $\Phi 17*128$	1
10.5	ECP2014002	Spacer Sleeve $\Phi 22*\Phi 18*2.5$	4
10.6	ECP2014004	Roller Sleeve	1
10.7	SL70012600	Torsion Spring	1
10.8	PNLM8*25DN20	Button Head Cap Screw M8*25	2
10.9	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	2
10.10	GB938N19	Spring Washer $\Phi 8$	2
10.11	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
10.12	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	4
10.13	NM12DN2	Nylon Lock Nut M12	2

# Exploded View and Parts List

## Load Bearing Frame 1 ASSY

## Load Bearing Frame 2 ASSY

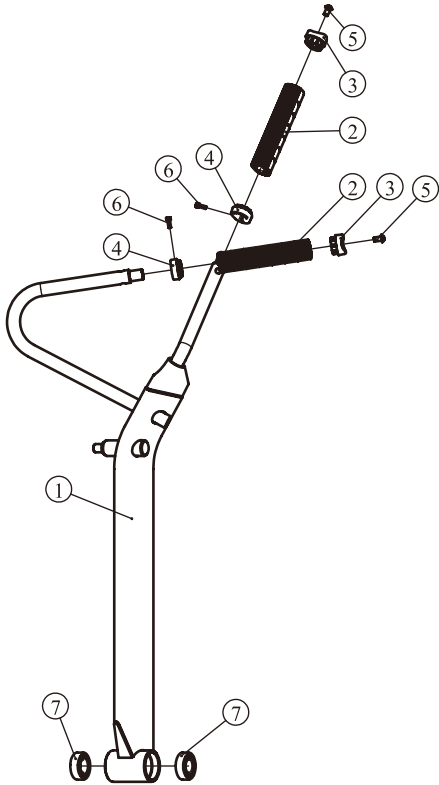


Grade No.	Part No.	Description	QTY
18.1	ECP3020300	Load Bearing Frame 1	1
18.2	PL1301600	Rubber Bumper	1
18.3	ECP1012400	Aluminum CapΦ40	1
18.4	ECP1013000	Rotating Sleeve	1
18.5	HZ70022000V1	Short Barbell Casing	1
18.6	SL70012000	Plastic Cap	1
18.7	CNLM8*20DS20NL	Socket Head Cap Screw M12*30	1
18.8	GB70M12*30DHS20NL	Flat Head Cap Screw M12*35	1

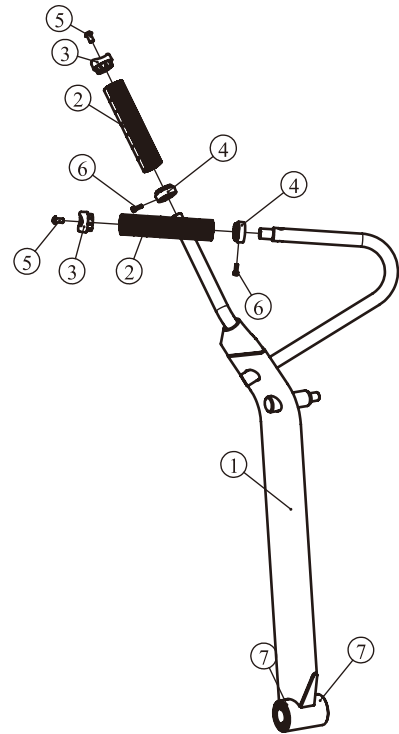
Grade No.	Part No.	Description	QTY
19.1	ECP3020400	Load Bearing Frame 2	1
19.2	PL1301600	Rubber Bumper	1
19.3	ECP1012400	Aluminum CapΦ40	1
19.4	ECP1013000	Rotating Sleeve	1
19.5	HZ70022000V1	Short Barbell Casing	1
19.6	SL70012000	Plastic Cap	1
19.7	CNLM8*20DS20NL	Socket Head Cap Screw M12*30	1
19.8	GB70M12*30DHS20NL	Flat Head Cap Screw M12*35	1

# Exploded View and Parts List

## Handle Frame 1 ASSY



## Handle Frame 2 ASSY

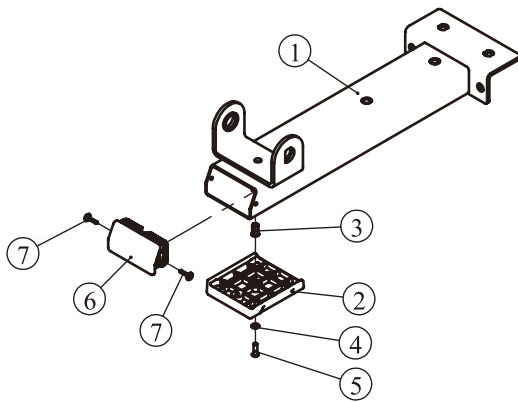


Grade No.	Part No.	Description	QTY
20.1	ECP3020600	Handle Frame 1	1
20.2	ECP2012500	Aluminium Handle	2
20.3	ECP2012600	Aluminum Cap	2
20.4	ECP2012700	Aluminum Retaining Ring	2
20.5	PNLM8*15N19	Button Head Cap Screw M8*15	2
20.6	GB70M5*15N19	Socket Head Cap Screw M5*15	2
20.7	GB2766205-2ZC3	Bearing6205-2ZC3	2

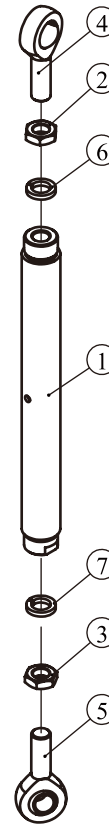
Grade No.	Part No.	Description	QTY
21.1	ECP3020700	Handle Frame 2	1
21.2	ECP2012500	Aluminium Handle	2
21.3	ECP2012600	Aluminum Cap	2
21.4	ECP2012700	Aluminum Retaining Ring	2
21.5	PNLM8*15N19	Button Head Cap Screw M8*15	2
21.6	GB70M5*15N19	Socket Head Cap Screw M5*15	2
21.7	GB2766205-2ZC3	Bearing6205-2ZC3	2

# Exploded View and Parts List

## Rear Frame ASSY



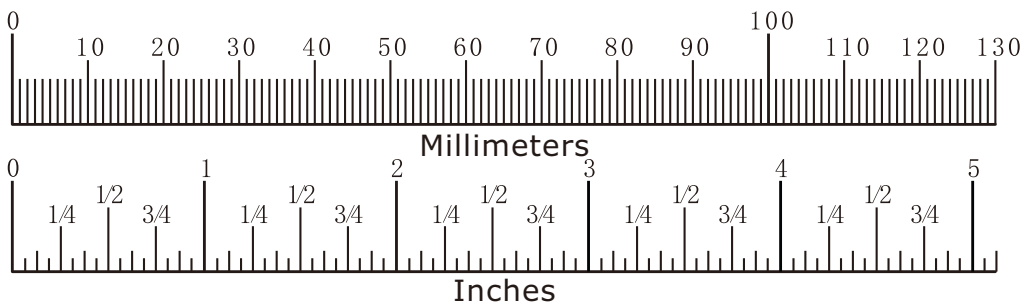
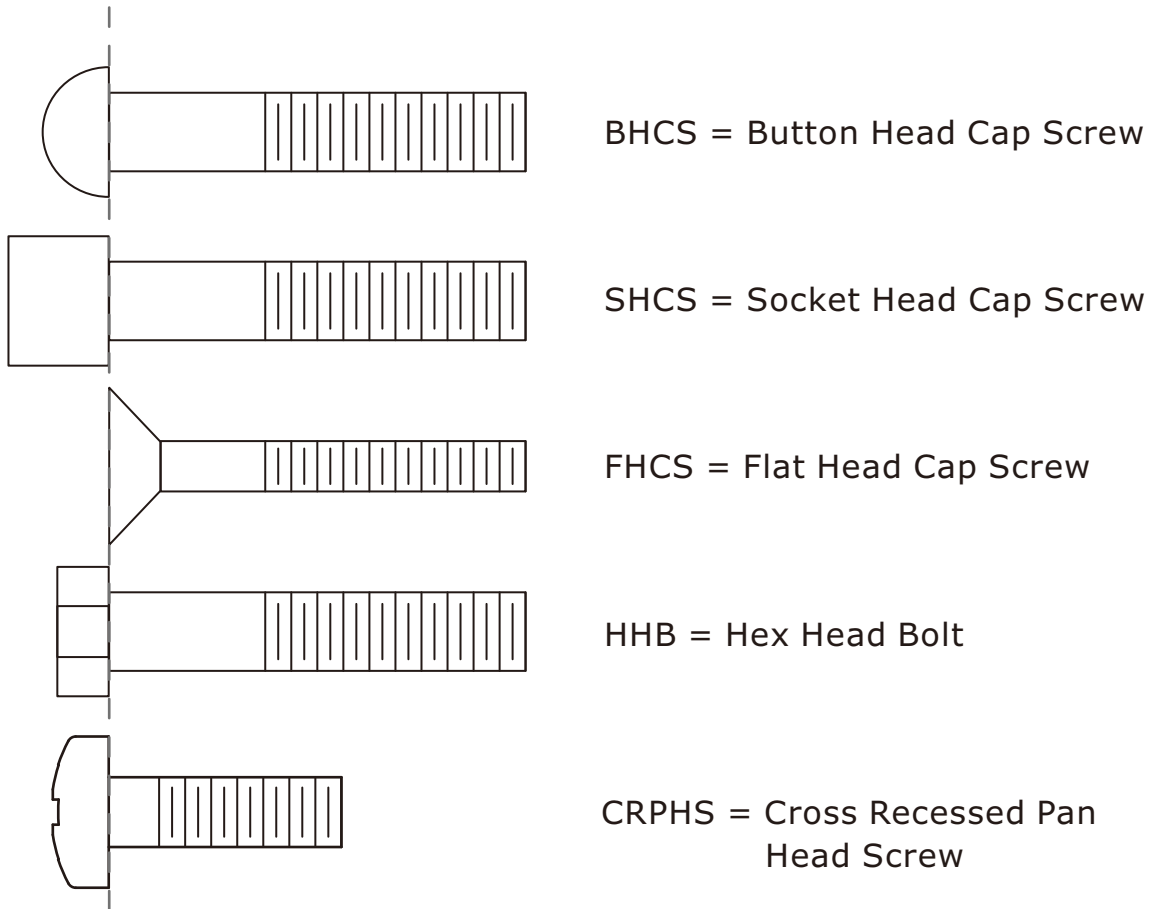
## Connecting Rod Frame ASSY



Grade No.	Part No.	Description	QTY
22.1	ECP3020800	Rear Frame	1
22.2	ECP2013400	Floor Mat	1
22.3	GB17880.5M6*16.5DHS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	1
22.4	GB956DHS2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	2
22.5	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1
22.6	ECP2014500	Pipe Plug	1

GradeNo.	Part No.	Description	QTY
25.1	ECP3021700	Connecting Rod Frame	1
25.2	GB6172.1M16DS2	Hex Nut M16	1
25.3	GB6172.1LM16DS2	Left Hex Nut M16	1
25.4	SA16	Oscillating Bearing	1
25.5	SAL16	Left Oscillating Bearing	1
25.6	GB9316DS12	Spring Washer $\Phi 16$	1
25.7	GB93L16DS12	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.

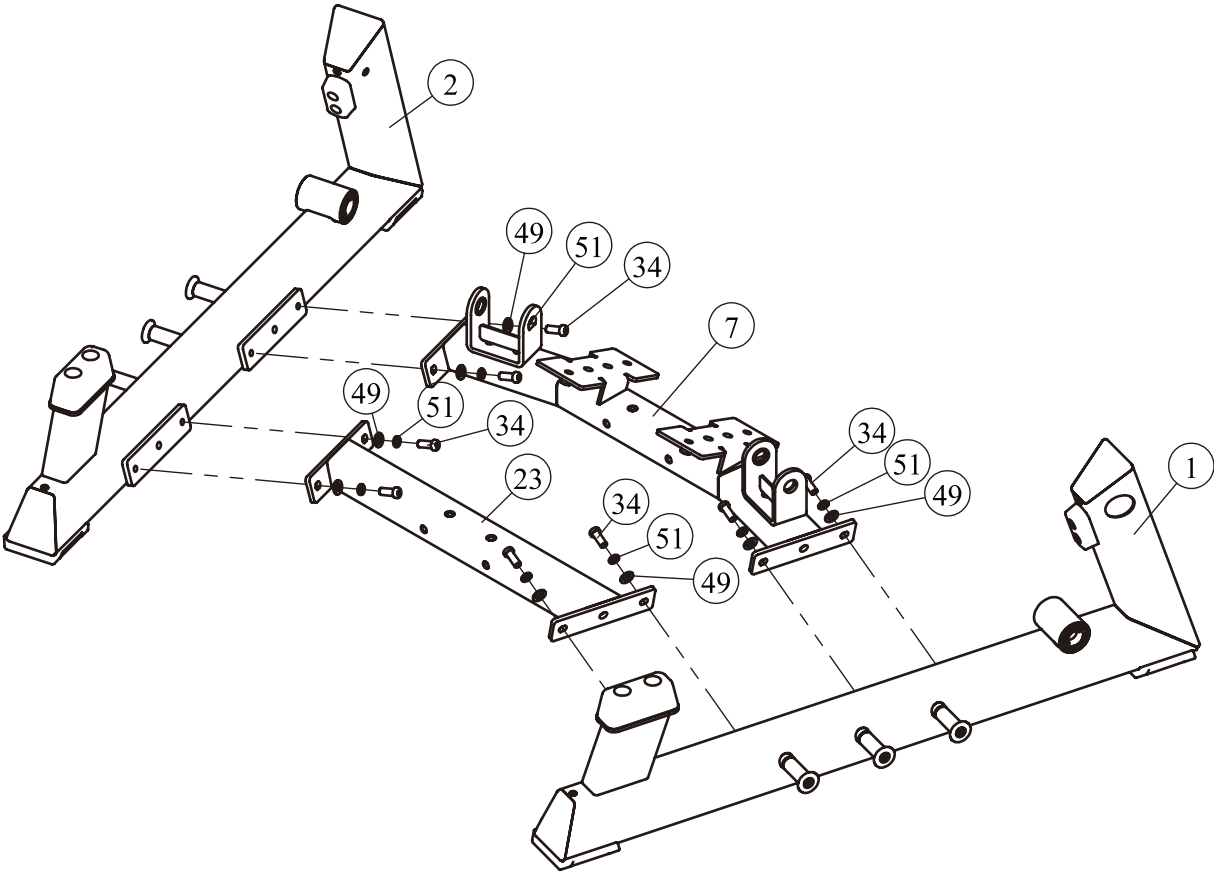
# Assembly

## STEP 1

Attach the Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), Rear Connecting Frame (#7) and Front Connecting Frame (#23), using:

- eight M12\*30 SHCS (#34)
- eight  $\Phi 13*\Phi 24*2.5$  Flat Washer (#49)
- eight  $\Phi 12$  Spring Washer (#51)

**Note: No Need To Tighten Bolts.**



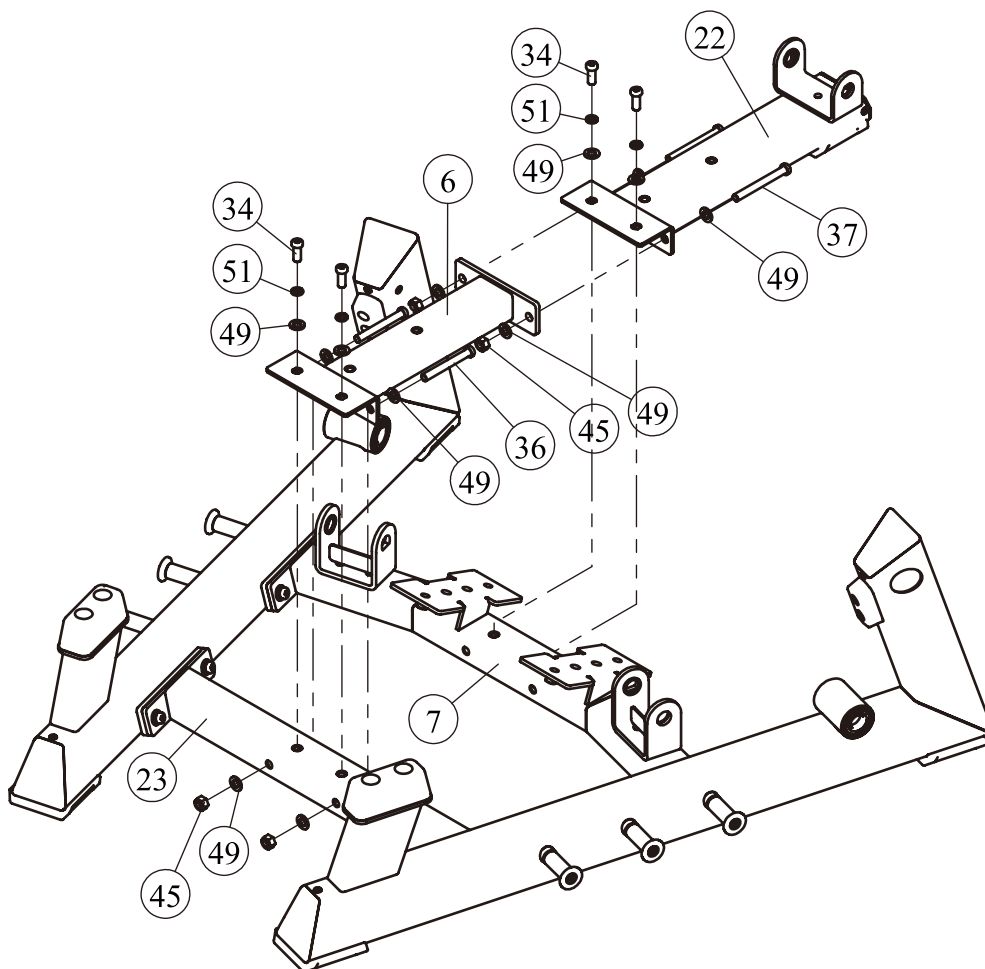
# Assembly

## STEP 2

Attach the Connecting Frame (#6), Rear Frame ASSY (#22) to Rear Connecting Frame (#7) and Front Connecting Frame (#23), using:

- four M12\*30 SHCS (#34)
- two M12\*100 SHCS (#36)
- two M12\*110 SHCS (#37)
- four M12 Nylon Lock Nut(45)
- twelve  $\Phi 13*\Phi 24*2.5$  Flat Washer (#49)
- four  $\Phi 12$  Spring Washer (#51)

**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 3

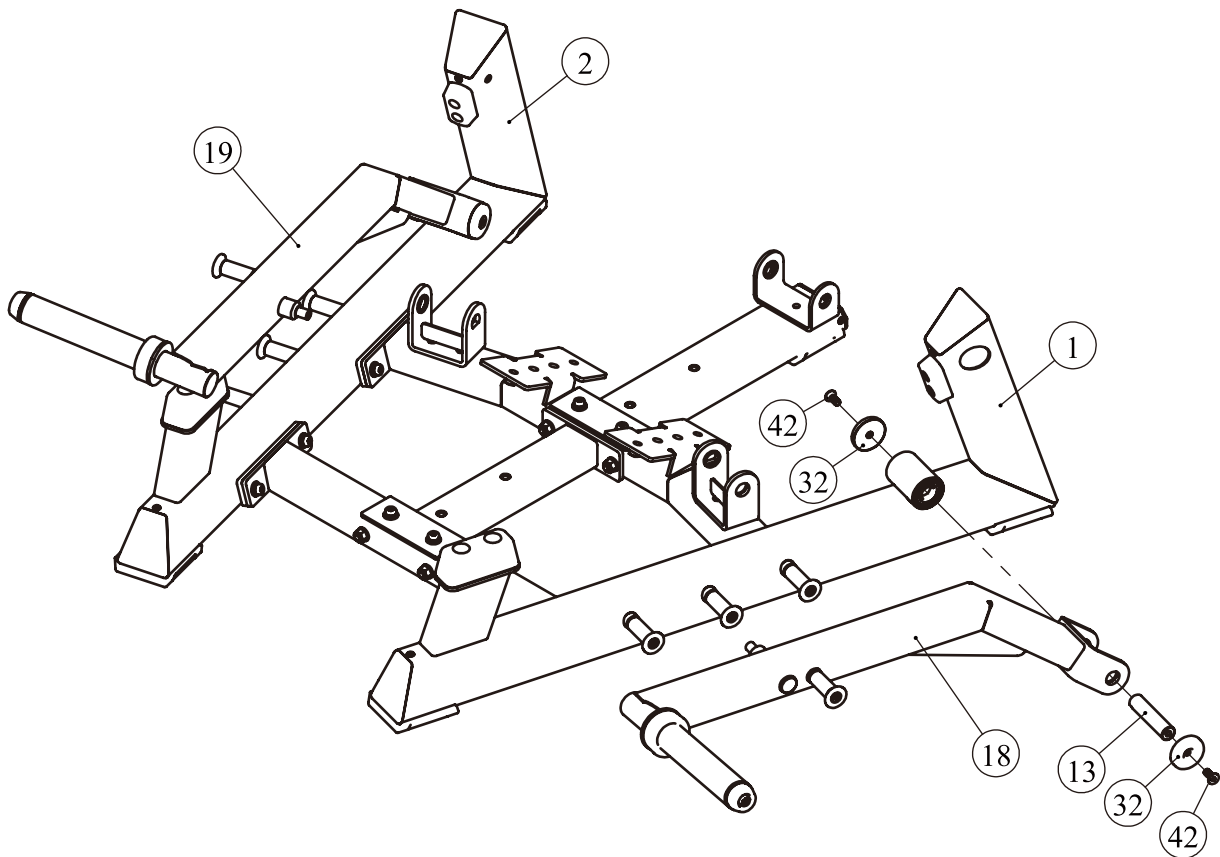
Attach the Load Bearing Frame 1 ASSY (#18) and the Load Bearing Frame 1 ASSY (#19) to Main Frame 1 ASSY (#1) and Main Frame 2 ASSY (#2), using:

two  $\Phi 25 \times 109$  Shaft (#13)

four  $\Phi 60$  Aluminum Cap (#32)

four M10\*25 FHCS (#42)

**Note: Adjust the smooth use of #8 and Wrench Tighten Bolts.**

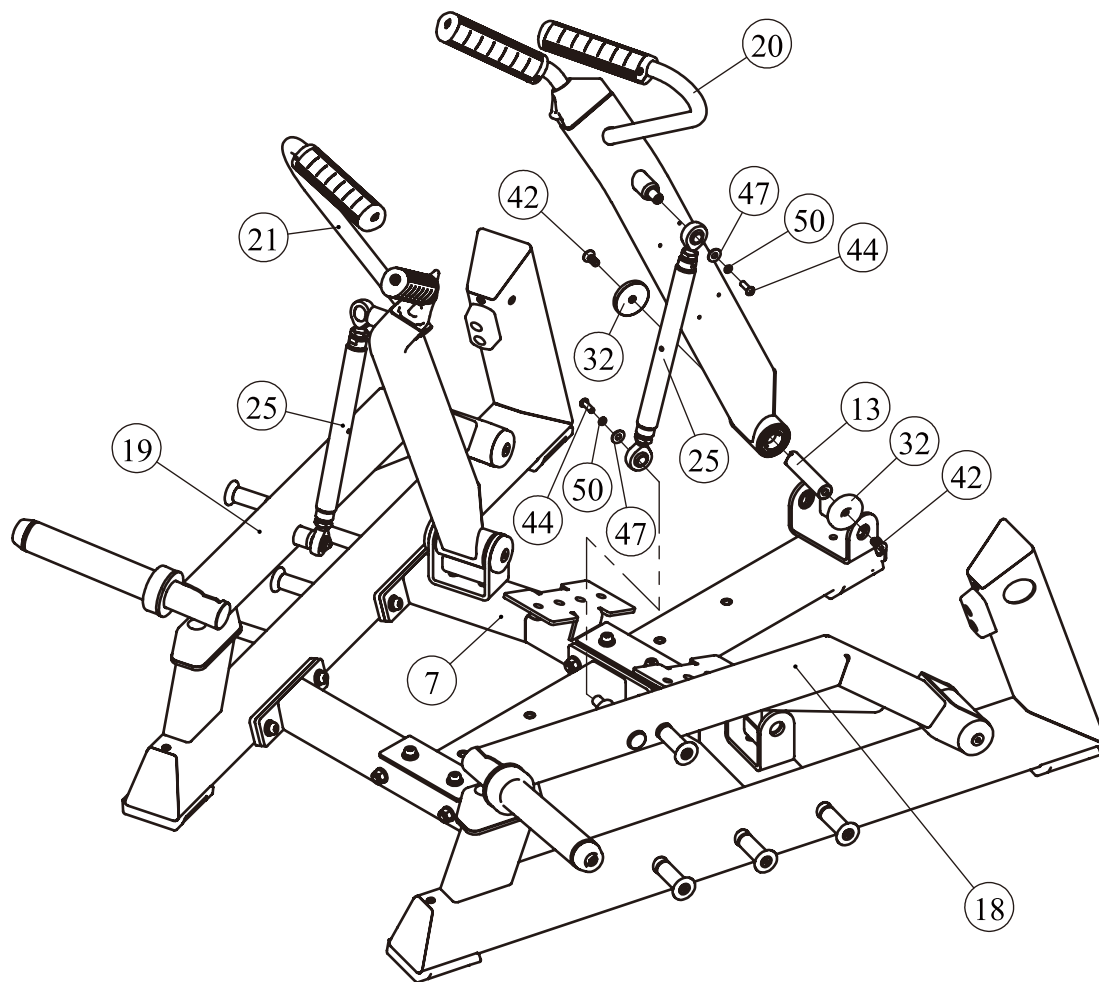


# Assembly

## STEP 4

1. Attach the Handle Frame 1 ASSY (#20) and the Handle Frame 2 ASSY (#21) to Rear Connecting Frame (#7), using:
  - two  $\Phi 25 \times 109$  Shaft (#13)
  - four  $\Phi 60$  Aluminum Cap (#32)
  - four M10\*25 FHCS (#42)
2. Attach two Connecting Rod Frames ASSY (#25) to two Handle Frame ASSY and two Load Bearing Frame ASSY, using:
  - four M8\*25 BHCS (#44)
  - four  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washer (#47)
  - four  $\Phi 8$  Spring Washer (#50)

**Note: Wrench Tighten Bolts.**

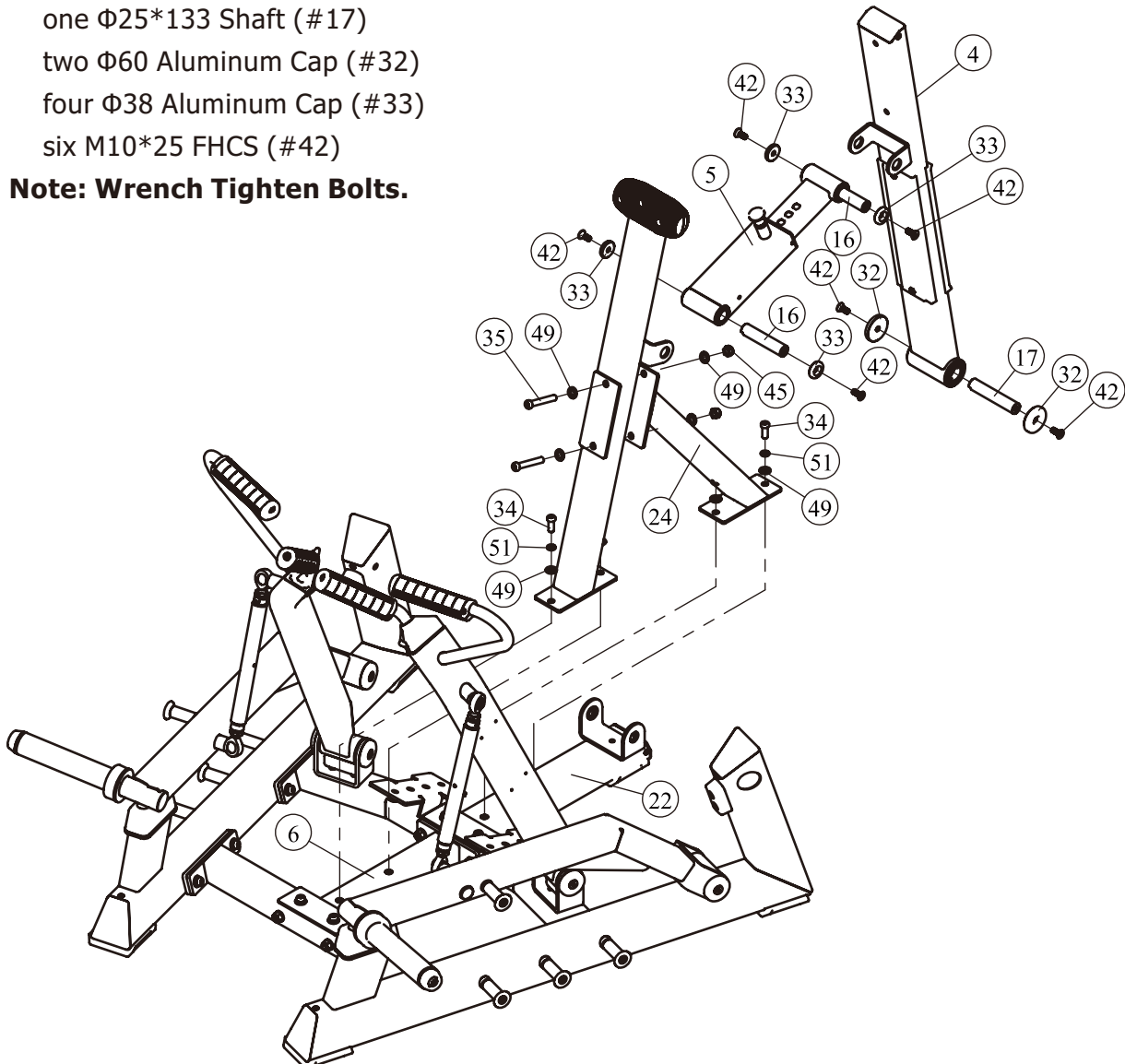


# Assembly

## STEP 5

1. Attach the Front Stand ASSY (#3) and Upper Connecting Frame (#24) to Connecting Frame (#6) And Rear Frame ASSY (#22), using:
  - four M12\*30 SHCS (#34)
  - two M12\*80 SHCS (#35)
  - two M12 Nylon Lock Nut (#45)
  - eight  $\Phi 13*\Phi 24*2.5$  Flat Washer (#49)
  - four  $\Phi 12$  Spring Washer (#51)
2. Attach the Chest Cushion Frame ASSY (#4) and Adjusting Frame ASSY (#5) to Front Stand ASSY (#3) and Rear Frame ASSY (#22) , using:
  - two  $\Phi 25*120$  Shaft (#16)
  - one  $\Phi 25*133$  Shaft (#17)
  - two  $\Phi 60$  Aluminum Cap (#32)
  - four  $\Phi 38$  Aluminum Cap (#33)
  - six M10\*25 FHCS (#42)

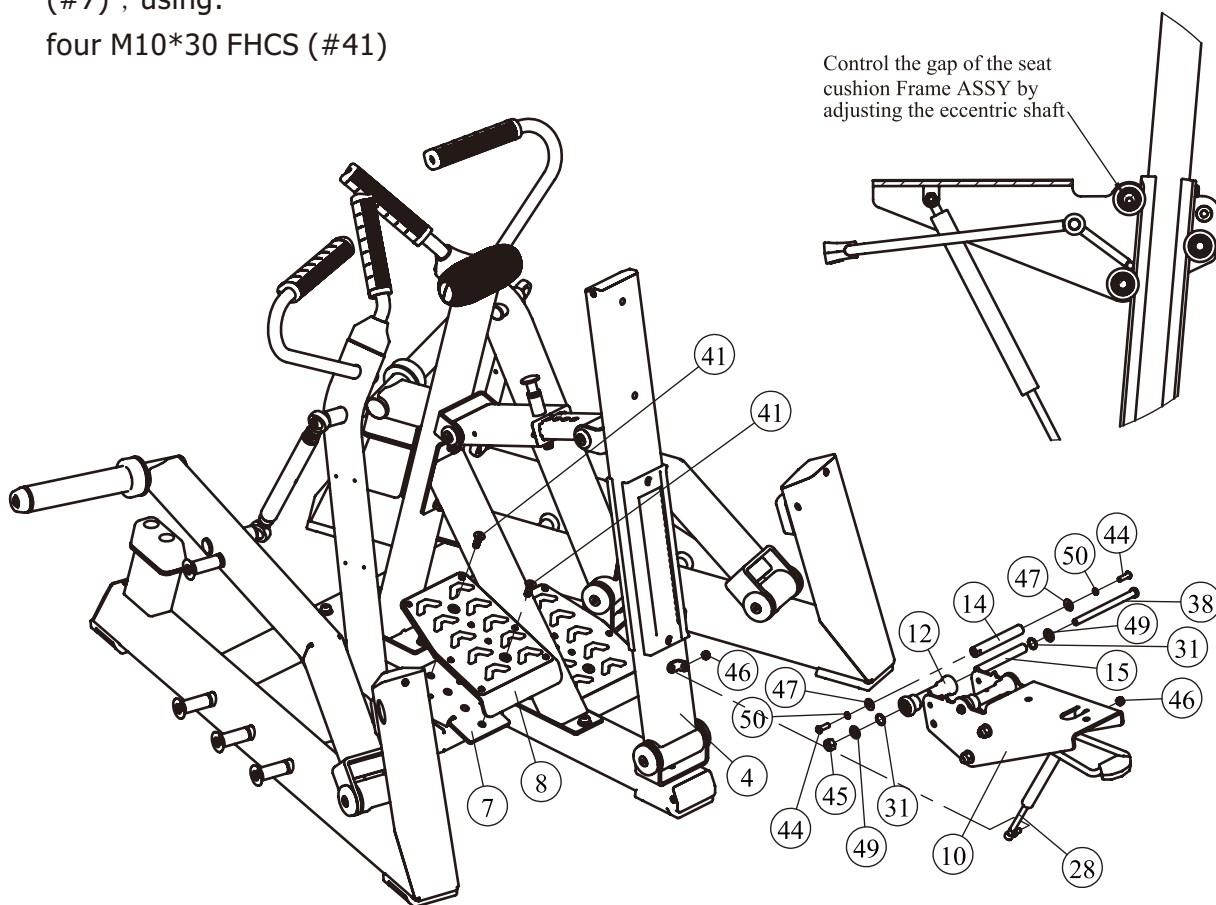
**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 6

1. Attach the Seat Cushion Frame ASSY (#10) to Chest Cushion Frame ASSY (#4), using:
  - one Roller ASSY (#12)
  - one  $\Phi 19 \times 128$  Limit Shaft (#14)
  - one Roller Sleeve (#15)
  - two  $\Phi 22 \times \Phi 18 \times 2.5$  Spacer Sleeve (#31)
  - two M8\*25 BHCS (#44)
  - one M12\*160 SHCS (#38)
  - two  $\Phi 8$  Spring Washer (#50)
  - two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washer (#47)
  - two  $\Phi 13 \times \Phi 24 \times 2.5$  Flat Washer (#49)
  - one M12 Nylon Lock Nut (#45)
2. Attach the Gas Spring (#28) to Chest Cushion Frame ASSY (#4) and Seat Cushion Frame ASSY (#10), using:
  - two M8 Nylon Lock Nut (#46)
3. Attach the Foot Pedal 1 ASSY (#8), Foot Pedal 2 ASSY (#9) to Rear Connecting Frame (#7), using:
  - four M10\*30 FHCS (#41)

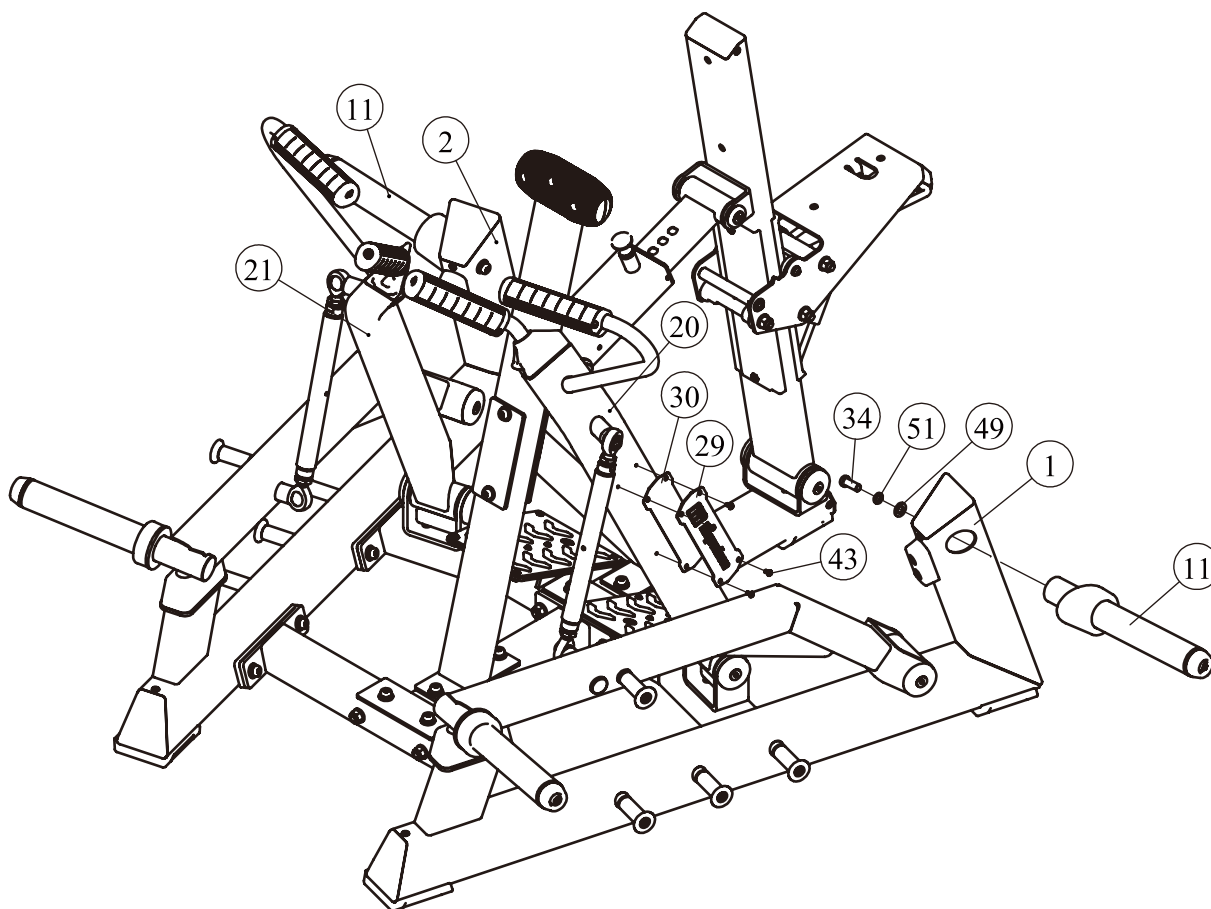


# Assembly

## STEP 7

1. Attach the LOGO Plate (#29) and the LOGO Inner Plate (#30) to Handle Frame 1 ASSY (#20) and the Handle Frame 2 ASSY (#21), using:  
eight M5\*10 BHCS (#43)
2. Attach the Barbell Storage Frame ASSY (#11) to Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), using:  
two M12\*30 SHCS (#34)  
two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#49)  
two  $\Phi 12$  Spring Washer (#51)

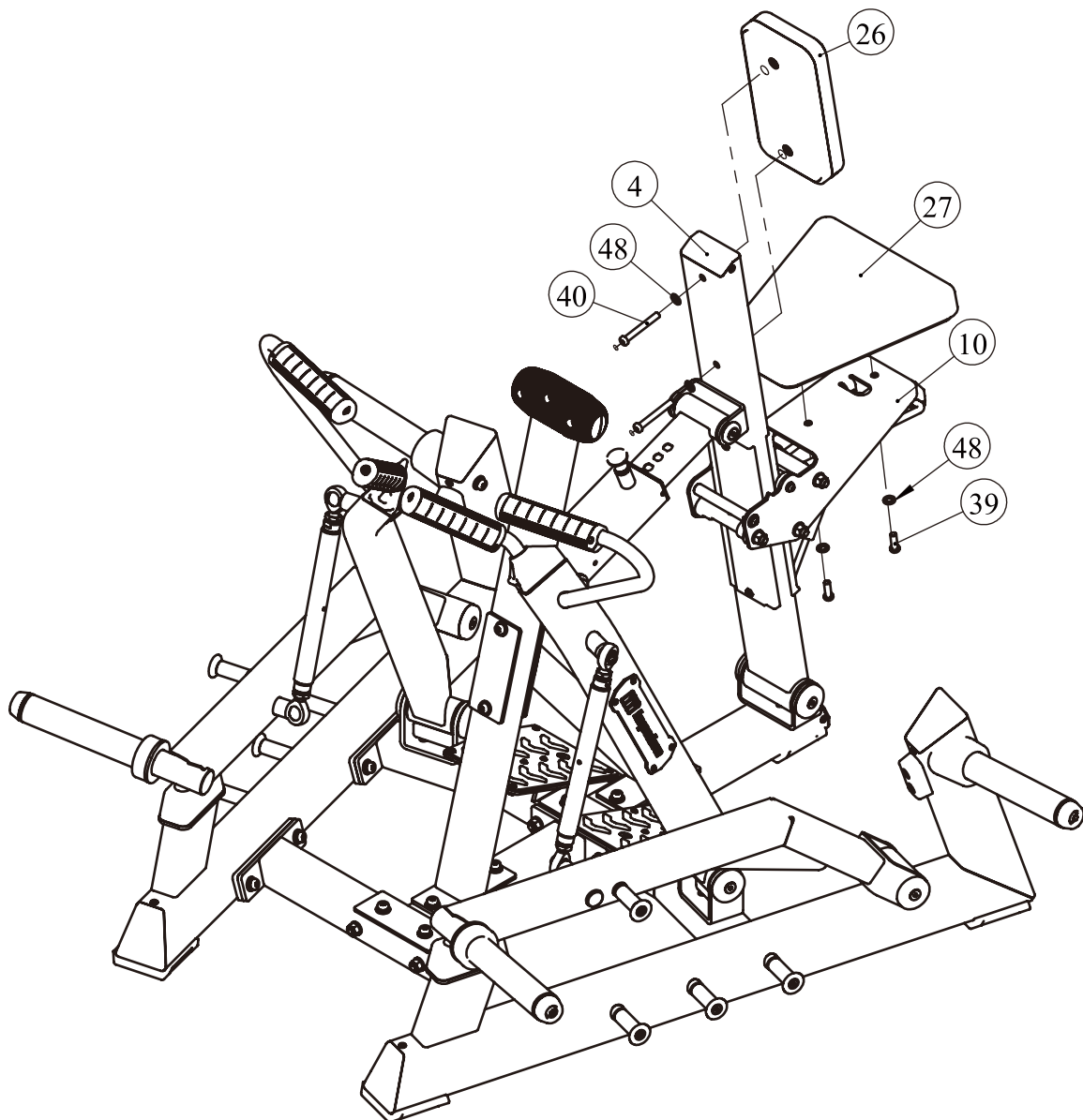
**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 8

1. Attach the Seat Cushion (#27) to the Seat Cushion Frame ASSY (#10), using:  
two M10\*30 SHCS (#39)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#48)
2. Attach the Chest Cushion (#26) to Chest Cushion Frame ASSY (#4), using:  
two M10\*80 SHCS (#40)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#48)



# Adjust Instructions and Exercise Instructions

## Weight Plate Installation Requirements

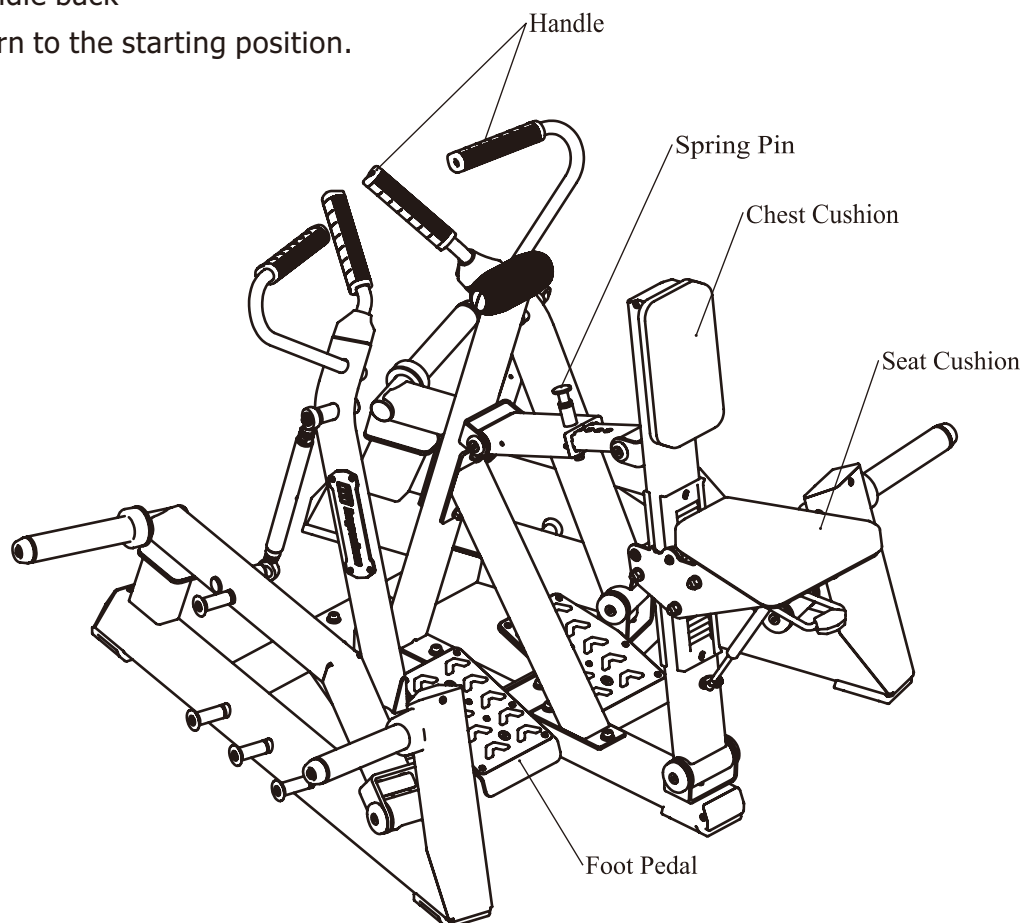
1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight on each side can not be greater than 100kg.
3. This equipment does not contains Weight Plate.

## Desired position adjustment

1. Pull the spring pin, adjust the Back Cushion to the desired position and then release the spring pin.
2. Make sure the pin gets into the hole completely.

## Exercise Instructions

1. Select an appropriate weight.
2. Adjust the spring pin to the desired position.
3. Sit on the seat cushion with your feet on the Foot Pedal, your chest resting on the Chest Cushion, and your hands gripping the handle.
4. Pull the handle back
5. 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.

