

ECP306

PULLOVER

OWNER'S MANUAL

25M

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

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CAUTION!

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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.

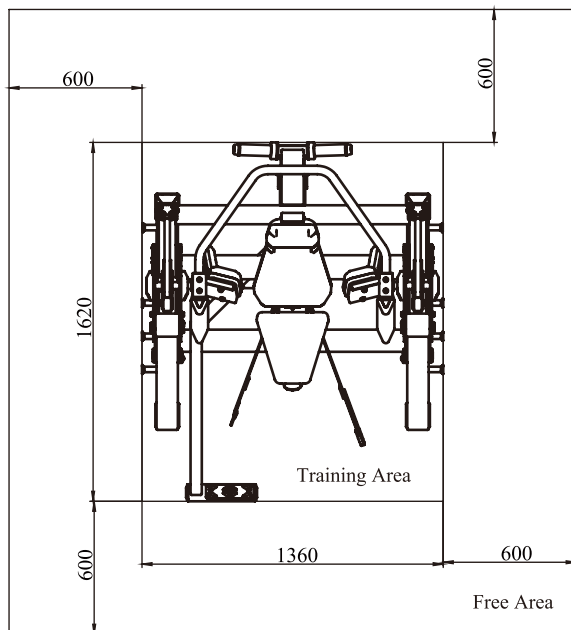
Important Safety Instructions

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: 120kg/ 265lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1360*1620*1453mm

Product Total Surface: 1360*1620mm

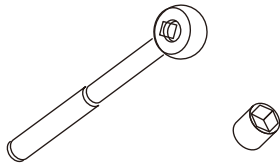
Product Total Mass:

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



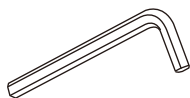
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

| Item No. | Part No. | Description | QTY |
|----------|----------------|-------------------------------|-----|
| 1 | ECP30601ASSY | Main Frame 1 ASSY | 1 |
| 2 | ECP30602ASSY | Main Frame 2 ASSY | 1 |
| 3 | ECP3061100 | Fixed frame1 | 1 |
| 4 | ECP3061200 | Fixed frame2 | 1 |
| 5 | ECP30614ASSY | Armrest ASSY | 1 |
| 6 | ECP3061500 | Fixed frame3 | 1 |
| 7 | ECP3061600 | Fixed frame4 | 1 |
| 8 | ECP30628ASSY | Rhombus Set-Contained Bearing | 4 |
| 9 | ECP3064300 | Safety belt 1 | 1 |
| 10 | ECP3064400 | Safety belt 2 | 1 |
| 11 | ECP20108ASSY | Seat Cushion Frame ASSY | 1 |
| 12 | YQ200-480Fa100 | Gas Spring | 1 |
| 13 | ECP30605ASSY | Rotating frame ASSY 1 | 1 |
| 14 | ECP30606ASSY | Rotating frame ASSY 2 | 1 |
| 15 | ECP30607ASSY | Auxiliary foot ASSY | 1 |
| 16 | ECP30608ASSY | Rear Connecting Frame ASSY | 1 |
| 17 | ECP30610ASSY | Cushion Frame ASSY | 1 |
| 18 | ECP3061300 | Inclined frame | 1 |
| 19 | ECP3060300 | Swing arm 1 | 1 |
| 20 | ECP3060400 | Swing arm 2 | 1 |
| 21 | ECP30609ASSY | Load-bearing frame ASSY | 1 |
| 22 | ECP3065100 | Elbow pad | 2 |
| 23 | ECP3065200 | Small elbow pad | 2 |
| 24 | ECP2015100 | Seat Cushion | 1 |
| 25 | ECP20152ASSY | Back Cushion ASSY | 1 |
| 26 | ECP20153ASSY | Head Cushion ASSY | 1 |
| 27 | ECP50112ASSY | Belt ASSY | 2 |
| 28 | ECP1012100 | Balance Iron | 2 |
| 29 | ECP2014004 | Roller Sleeve | 1 |
| 30 | ECP1011600 | Shaft Φ 25*109 | 2 |
| 31 | ECP2012800 | Shaft Φ 25*222 | 1 |
| 32 | ECP2014003 | Limit Shaft Φ 19*128 | 1 |
| 33 | ECP3062900 | Small Shaft Φ 15*87 | 2 |
| 34 | ECP20133ASSY | Roller ASSY | 1 |

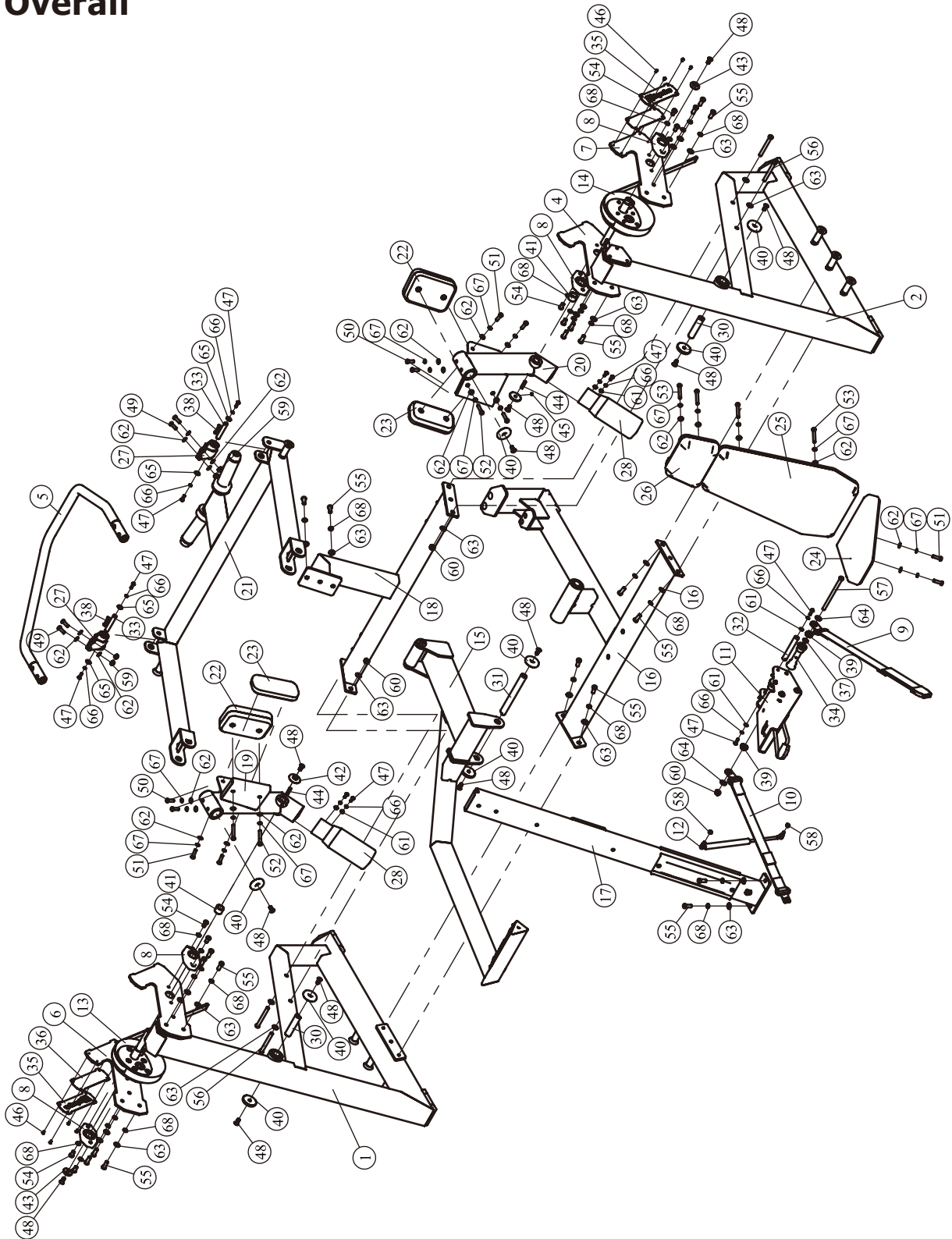
Exploded View and Parts List

Overall

| Item No. | Part No. | Description | QTY |
|----------|---------------------|--------------------------------|-----|
| 35 | ECP1012200 | LOGO Board | 2 |
| 36 | ECP1012300 | LOGO Inner Board | 2 |
| 37 | ECP2014002 | Spacer SleeveΦ22*Φ18*2.5 | 2 |
| 38 | FE97024501V1 | small pin | 2 |
| 39 | ECP3062600 | Safety belt retaining post | 2 |
| 40 | IE950716500 | Aluminum CapΦ60 | 8 |
| 41 | ECP3062700 | Spacer sleeve | 2 |
| 42 | IN-S51102100V1 | Aluminum CapΦ50 | 2 |
| 43 | IN-D21202000 | Aluminum CapΦ38 | 2 |
| 44 | GB1096C8*40 | Single round head plain key | 2 |
| 45 | GB77M8*8DHS18 | Hexagon flat setting screwM8*8 | 2 |
| 46 | PNLM5*10DHS20 | Button Head Cap Screw M5*10 | 8 |
| 47 | PNLM8*25DN20 | Button Head Cap Screw M8*25 | 10 |
| 48 | CNLM10*25DS20NL | Flat Head Cap Screw M10*25 | 12 |
| 49 | GB70BTM10*30DN18 | Socket Head Cap Screw10*30 | 4 |
| 50 | GB70BTM10*30DN18NL | Socket Head Cap Screw10*30 | 4 |
| 51 | GB70BTM10*35DN18 | Socket Head Cap Screw10*35 | 6 |
| 52 | GB70BTM10*65DN18 | Socket Head Cap Screw10*65 | 4 |
| 53 | GB70BTM10*80DN18 | Socket Head Cap Screw10*80 | 4 |
| 54 | GB70BTM12*20DN18NL | Socket Head Cap Screw12*20 | 8 |
| 55 | GB70BTM12*30DN18NL | Socket Head Cap Screw12*30 | 20 |
| 56 | GB70BTM12*105DN18 | Socket Head Cap Screw12*105 | 4 |
| 57 | GB70BTM12*180DN18NL | Socket Head Cap Screw12*180 | 1 |
| 58 | NM8DN2 | Nylon Lock Nut M8 | 2 |
| 59 | NM10DN2 | Nylon Lock Nut M10 | 4 |
| 60 | NM12DN2 | Nylon Lock Nut M12 | 5 |
| 61 | GB958DN2 | Flat Washer Φ9*Φ16*1.6 | 6 |
| 62 | GB9510DN2 | Flat Washer Φ11*Φ20*2 | 26 |
| 63 | GB9512DN2 | Flat Washer Φ13*Φ24*2.5 | 28 |
| 64 | DQ12N19 | Flat Washer Φ13*Φ26*2 | 2 |
| 65 | DQ8DN2 | Flat Washer Φ9*Φ22*1.6 | 4 |
| 66 | GB938N19 | Spring Washer Φ8 | 10 |
| 67 | GB9310N19 | Spring Washer Φ10 | 18 |
| 68 | GB9312N19 | Spring Washer Φ12 | 28 |

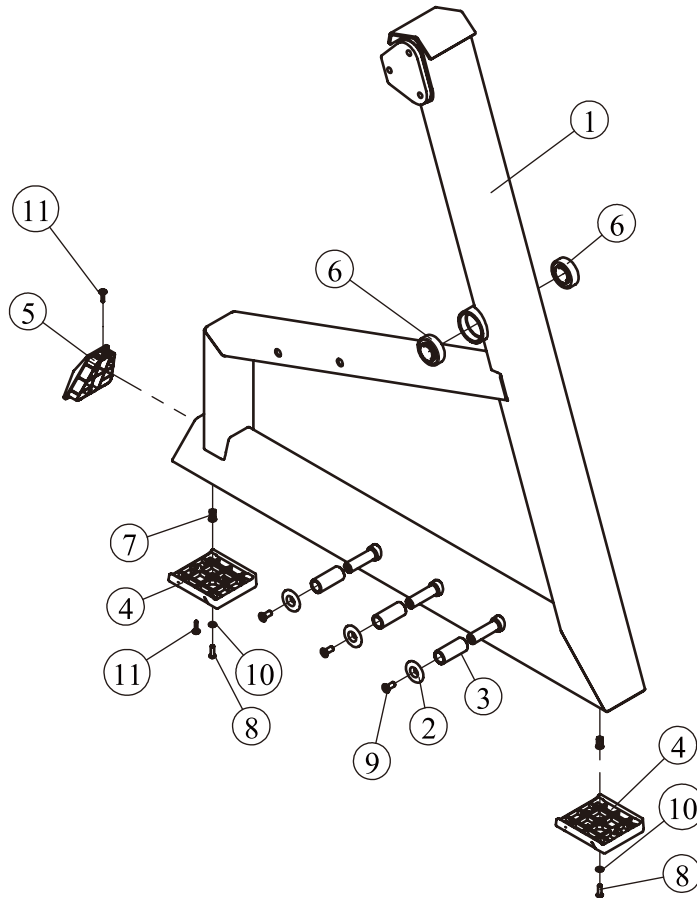
Exploded View and Parts List

Overall



Exploded View and Parts List

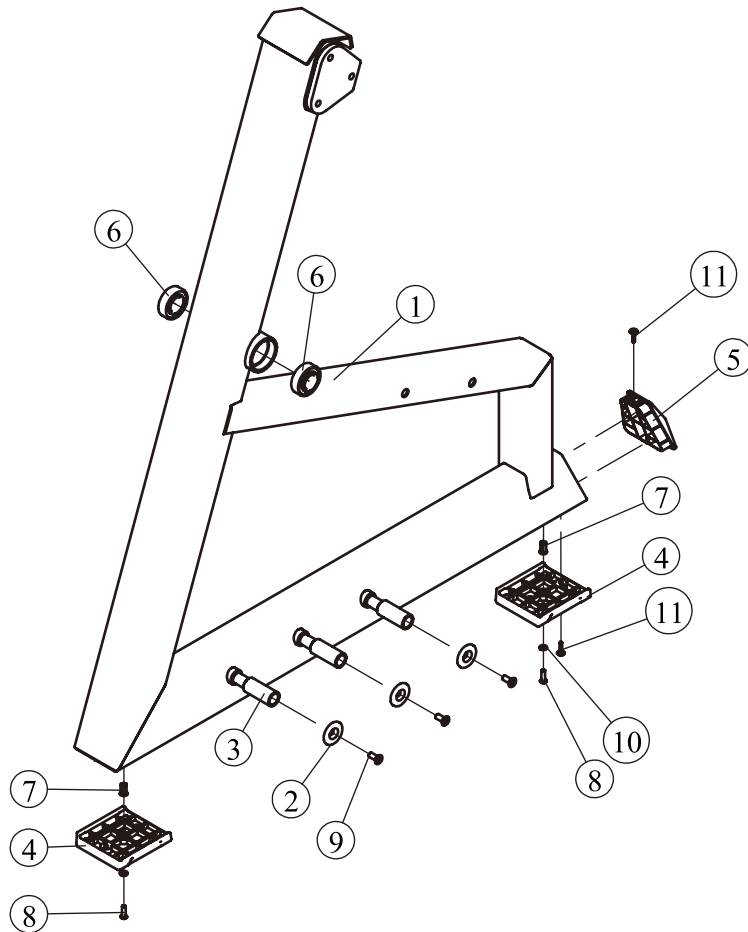
Main Frame 1 ASSY



| GradeNo. | Part No. | Description | QTY |
|----------|----------------------|--|-----|
| 1.1 | ECP3060100 | Main Frame 1 | 1 |
| 1.2 | ECP1012400 | Aluminum CapΦ40 | 3 |
| 1.3 | ECP1013000 | Rotating Sleeve | 3 |
| 1.4 | ECP2013400 | Floor Mat | 2 |
| 1.5 | ECP2013500 | Slanted Pipe Plug | 1 |
| 1.6 | GB2766205-2ZC3NBKTZ | Bearing 6205-2ZC3 | 2 |
| 1.7 | GB17880.5M6*16.5DS17 | Hexagon Rivet Nuts With Flat HeadM6*16.5 | 2 |
| 1.8 | PNLM6*20DHS20 | Button Head Cap Screw M6*20 | 2 |
| 1.9 | CNLM8*20DS20NL | Flat Head Cap Screw M8*20 | 3 |
| 1.10 | GB956DHS2 | Flat Washer Φ6.6*Φ12*1.6 | 2 |
| 1.11 | GB9074ST4.2*22DHS | Cross Recessed Pan Head Thread Forming Screws ST4.2*22 | 2 |

Exploded View and Parts List

Main Frame 2 ASSY

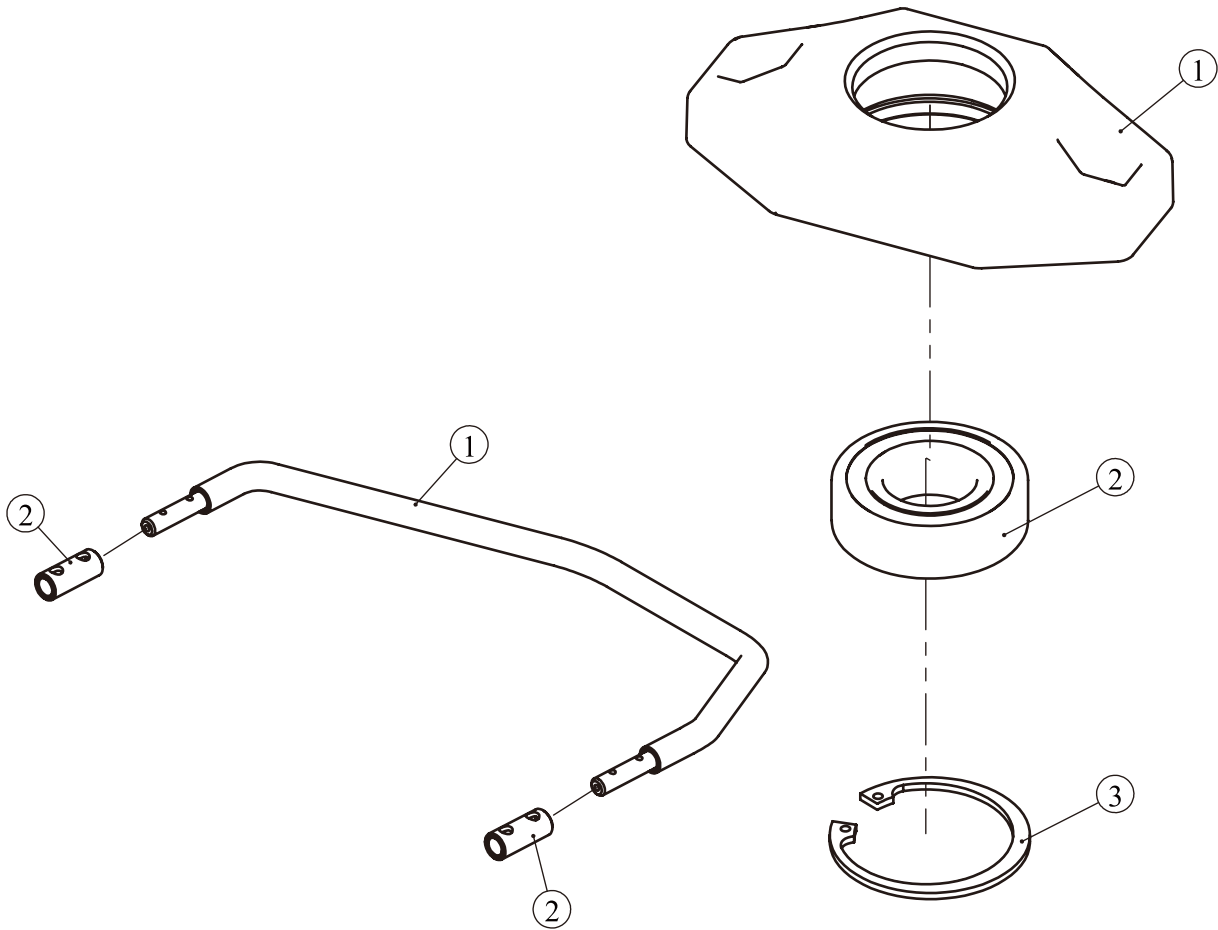


| GradeNo. | Part No. | Description | QTY |
|----------|----------------------|--|-----|
| 2.1 | ECP3060200 | Main Frame 2 | 1 |
| 2.2 | ECP1012400 | Aluminum CapΦ40 | 3 |
| 2.3 | ECP1013000 | Rotating Sleeve | 3 |
| 2.4 | ECP2013400 | Floor Mat | 2 |
| 2.5 | ECP2013500 | Slanted Pipe Plug | 1 |
| 2.6 | GB2766205-2ZC3NBKTZ | Bearing 6205-2ZC3 | 2 |
| 2.7 | GB17880.5M6*16.5DS17 | Hexagon Rivet Nuts With Flat HeadM6*16.5 | 2 |
| 2.8 | PNLM6*20DHS20 | Button Head Cap Screw M6*20 | 2 |
| 2.9 | CNLM8*20DS20NL | Flat Head Cap Screw M8*20 | 3 |
| 2.10 | GB956DHS2 | Flat Washer Φ6.6*Φ12*1.6 | 2 |
| 2.11 | GB9074ST4.2*22DHS | Cross Recessed Pan Head Thread Forming Screws ST4.2*22 | 2 |

Exploded View and Parts List

Armrest ASSY

Rhombus Set-Contained Bearing

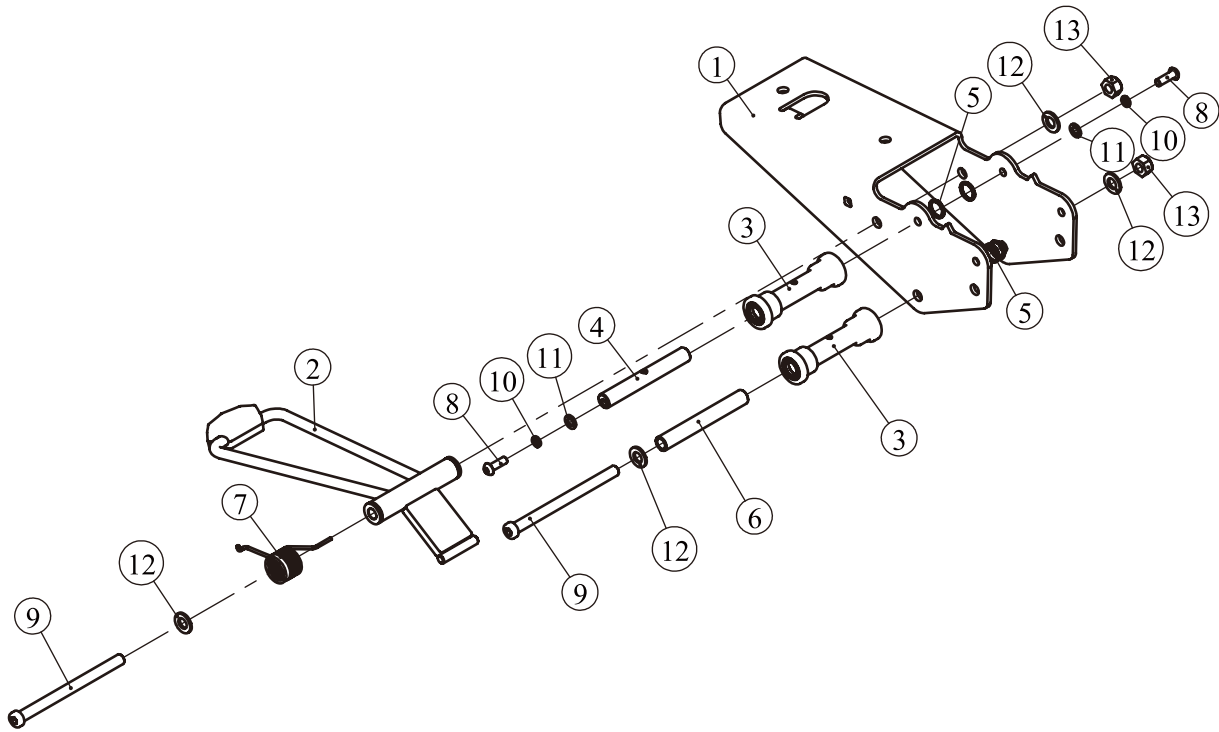


| GradeNo. | Part No. | Description | QTY |
|----------|---------------|----------------|-----|
| 5.1 | Armrest Frame | Armrest Frame | 1 |
| 5.2 | ECP3063300 | Plastic sleeve | 2 |

| Grade No. | Part No. | Description | QTY |
|-----------|----------------|-------------------------------|-----|
| 8.1 | ECP2012100 | Rhombus Bearing Seat | 1 |
| 8.2 | GB2766205-2ZC3 | Bearing 6205-2ZC3 | 1 |
| 8.3 | GB893.152FH12 | Hole Retaining Ring Φ 52 | 1 |

Exploded View and Parts List

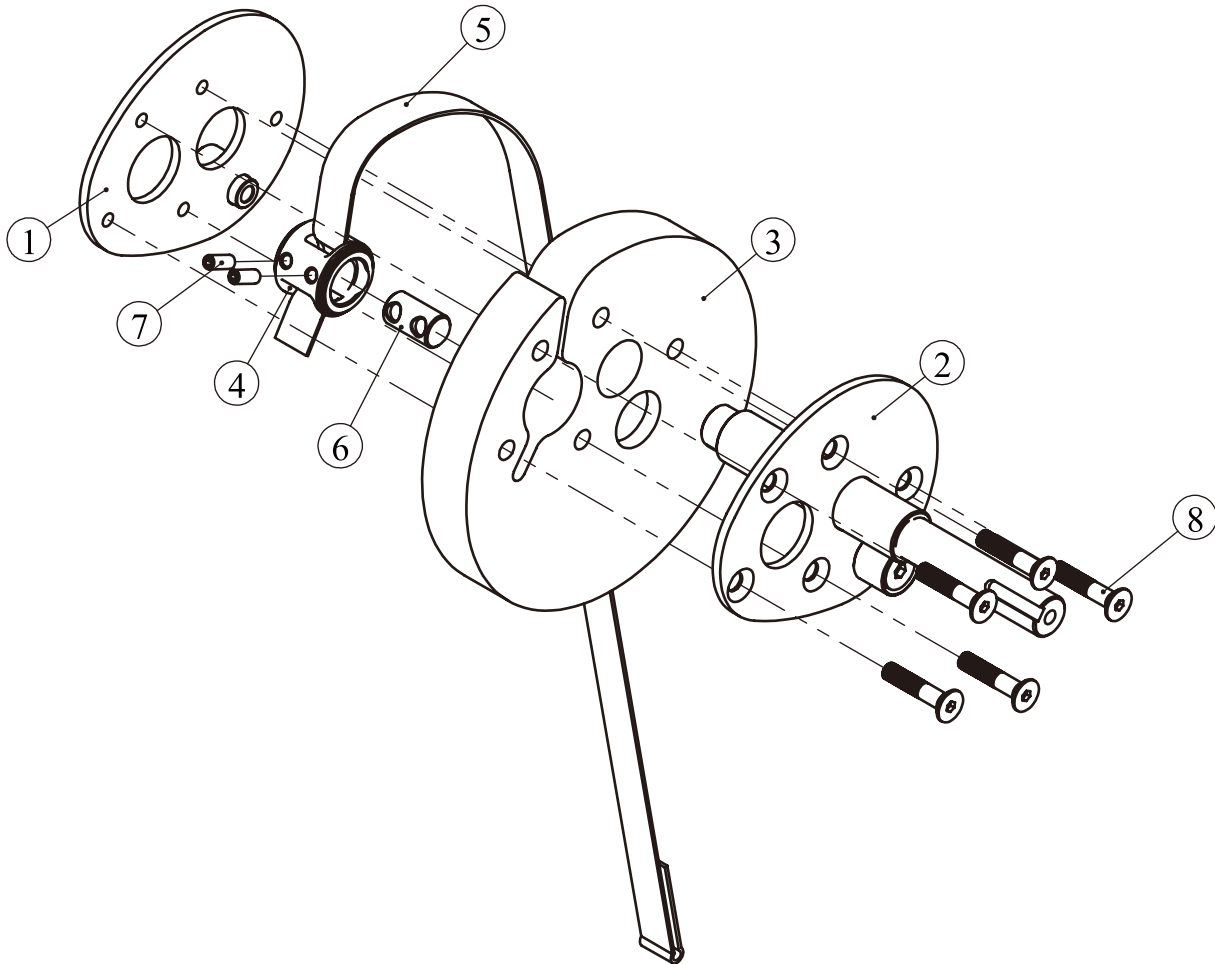
Seat Cushion Frame ASSY



| GradeNo. | Part No. | Description | QTY |
|----------|-------------------|--|-----|
| 11.1 | ECP2010800 | Seat Cushion Plate | 1 |
| 11.2 | ECP20111ASSY | Handle Frame ASSY | 1 |
| 11.3 | ECP20133ASSY | Roller ASSY | 2 |
| 11.4 | ECP2014001 | Eccentric Shaft Φ 17*128 | 1 |
| 11.5 | ECP2014002 | Spacer Sleeve Φ 22* Φ 18*2.5 | 4 |
| 11.6 | ECP2014004 | Roller Sleeve | 1 |
| 11.7 | SL70012600 | Torsion Spring | 1 |
| 11.8 | PNLM8*25DN20 | Button Head Cap Screw M8*25 | 2 |
| 11.9 | GB70BTM12*160DN18 | Socket Head Cap Screw M12*160 | 2 |
| 11.10 | GB938N19 | Spring Washer Φ 8 | 2 |
| 11.11 | GB958DN2 | Flat Washer Φ 9* Φ 16*1.6 | 2 |
| 11.12 | GB9512DN2 | Flat Washer Φ 13* Φ 24*2.5 | 4 |
| 11.13 | NM12DN2 | Nylon Lock Nut M12 | 2 |

Exploded View and Parts List

Rotating frame ASSY 1

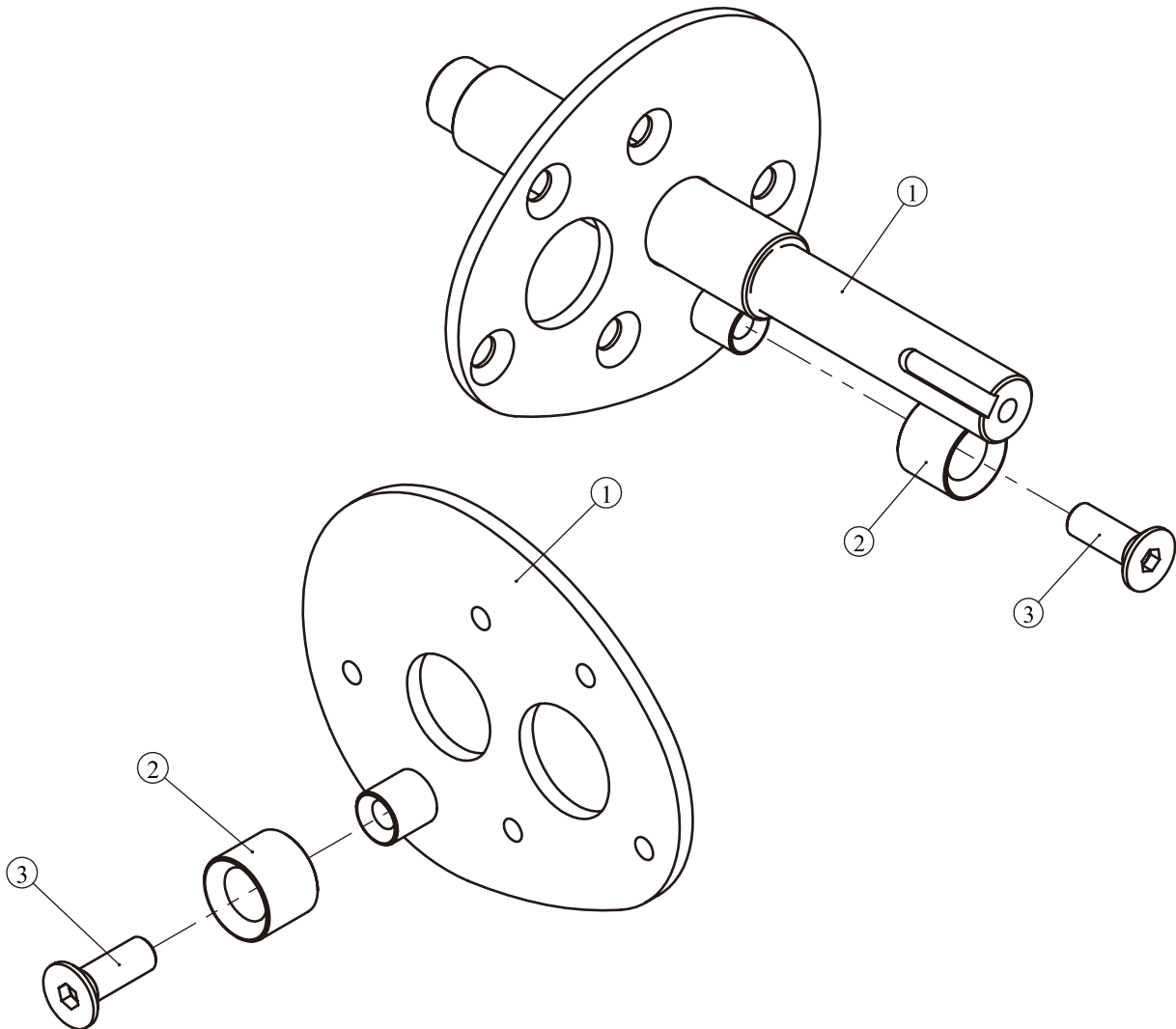


| GradeNo. | Part No. | Description | QTY |
|----------|------------------|-------------------------------------|-----|
| 13.1 | ECP30617ASSY | Flange rack ASSY 1 | 1 |
| 13.2 | ECP30618ASSY | Flange rack ASSY 2 | 1 |
| 13.3 | ECP3063100 | Rotating disc | 1 |
| 13.4 | CWP110504-101AV1 | Belt press sleeve | 1 |
| 13.5 | ECP3064500 | Belt | 1 |
| 13.6 | C011PL1300 | Belt press shaft | 1 |
| 13.7 | GB77M8*20DHS18NL | Hexagon flat end setting screwM8*20 | 2 |
| 13.8 | CNLM10*50DS20NL | Flat Head Cap Screw 10*50 | 5 |

Exploded View and Parts List

Flange rack ASSY 1

Flange rack ASSY 2

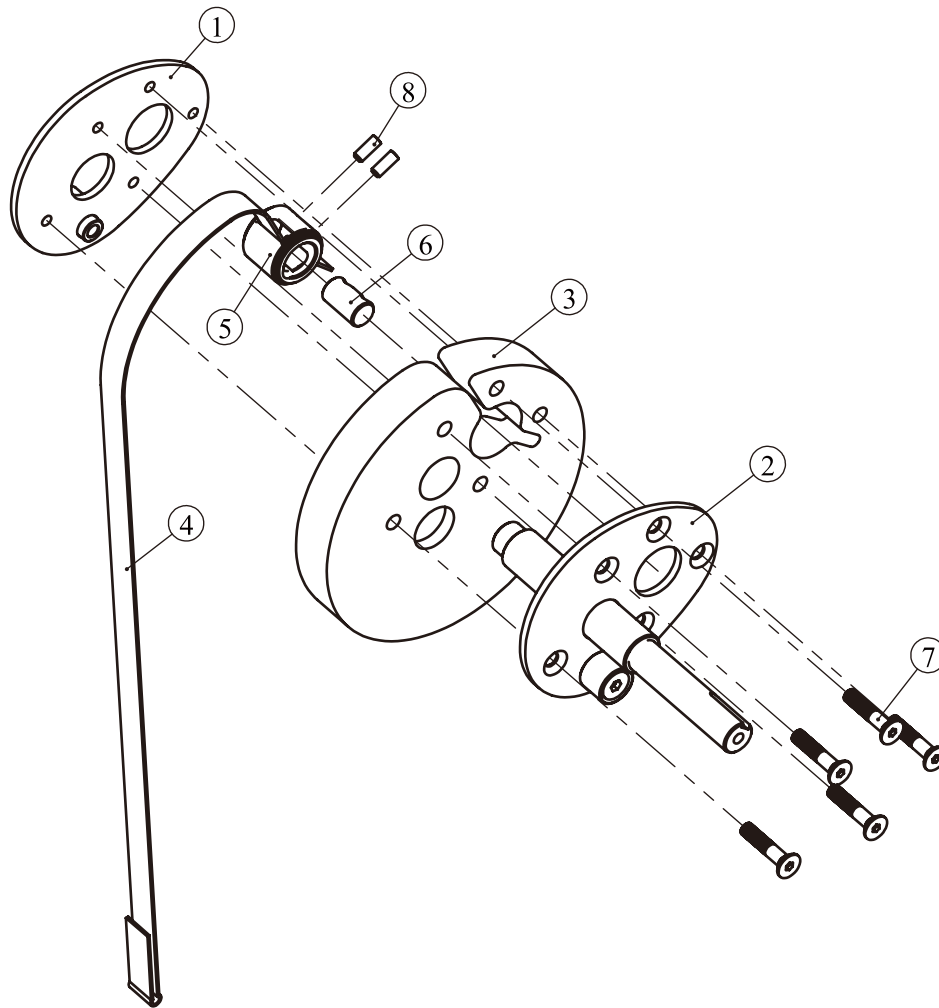


| GradeNo. | Part No. | Description | QTY |
|----------|------------------|---------------------------|-----|
| 13.1.1 | ECP3061700 | Flange rack 1 | 1 |
| 13.1.2 | ECP3063000 | Small Stop sleeve | 1 |
| 13.1.3 | CNLM12*35DHS20NL | Flat Head Cap Screw 12*35 | 1 |

| GradeNo. | Part No. | Description | QTY |
|----------|------------------|---------------------------|-----|
| 13.2.1 | ECP3061700 | Flange rack 2 | 1 |
| 13.2.2 | ECP3063000 | Small Stop sleeve | 1 |
| 13.2.3 | CNLM12*35DHS20NL | Flat Head Cap Screw 12*35 | 1 |

Exploded View and Parts List

Rotating frame ASSY 2

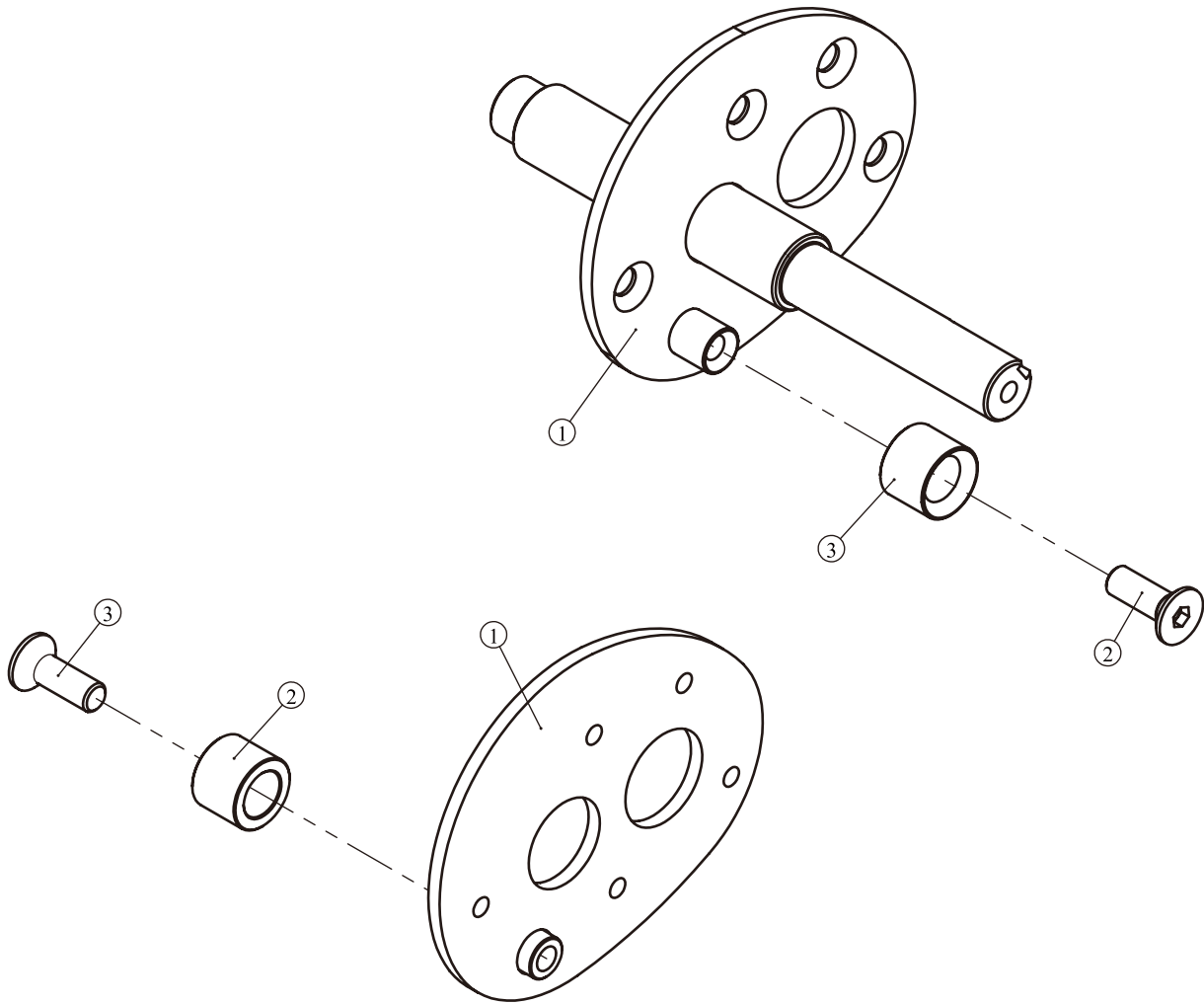


| GradeNo. | Part No. | Description | QTY |
|----------|------------------|-------------------------------------|-----|
| 14.1 | ECP30619ASSY | Flange rack ASSY 3 | 1 |
| 14.2 | ECP30620ASSY | Flange rack ASSY 4 | 1 |
| 14.3 | ECP3063100 | Rotating disc | 1 |
| 14.4 | ECP3064500 | Belt | 1 |
| 14.5 | CWP110504-101AV1 | Belt press sleeve | 1 |
| 14.6 | C011PL1300 | Belt press shaft | 1 |
| 14.7 | GB77M8*20DHS18NL | Hexagon flat end setting screwM8*20 | 2 |
| 14.8 | CNLM10*50DS20NL | Flat Head Cap Screw 10*50 | 5 |

Exploded View and Parts List

Flange rack ASSY 3

Flange rack ASSY 4

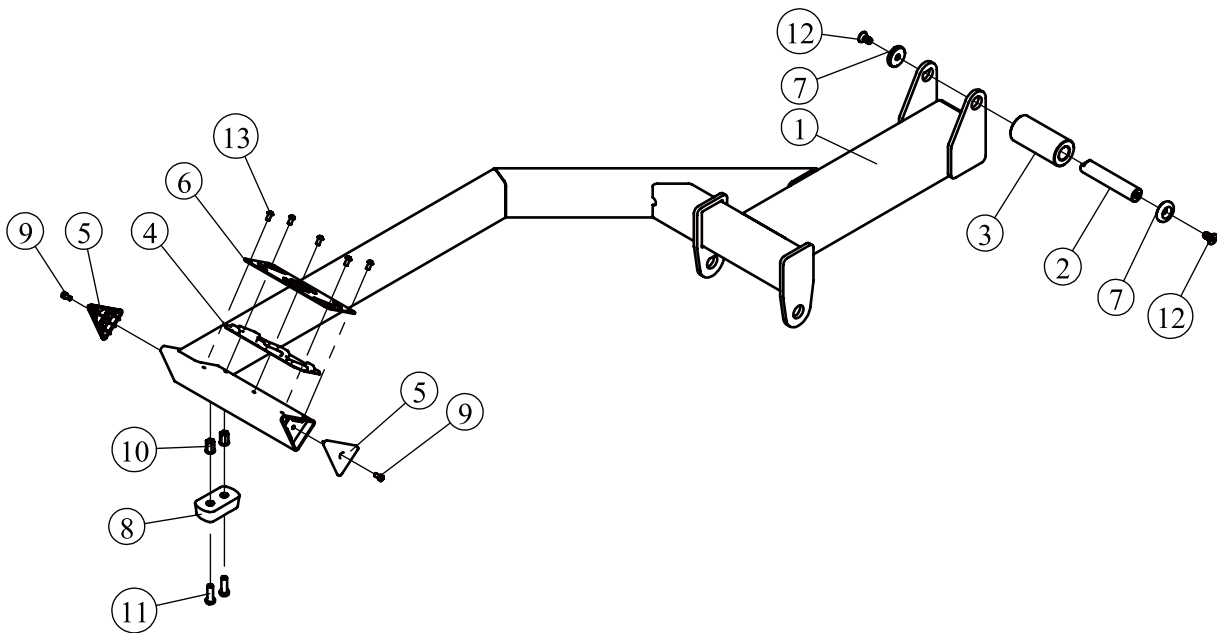


| GradeNo. | Part No. | Description | QTY |
|----------|------------------|---------------------------|-----|
| 14.1.1 | ECP3061700 | Flange rack 3 | 1 |
| 14.1.2 | ECP3063000 | Small Stop sleeve | 1 |
| 14.1.3 | CNLM12*35DHS20NL | Flat Head Cap Screw 12*35 | 1 |

| GradeNo. | Part No. | Description | QTY |
|----------|------------------|---------------------------|-----|
| 14.2.1 | ECP3061700 | Flange rack 4 | 1 |
| 14.2.2 | CNLM12*35DHS20NL | Flat Head Cap Screw 12*35 | 1 |
| 14.2.3 | ECP3063000 | Small Stop sleeve | 1 |

Exploded View and Parts List

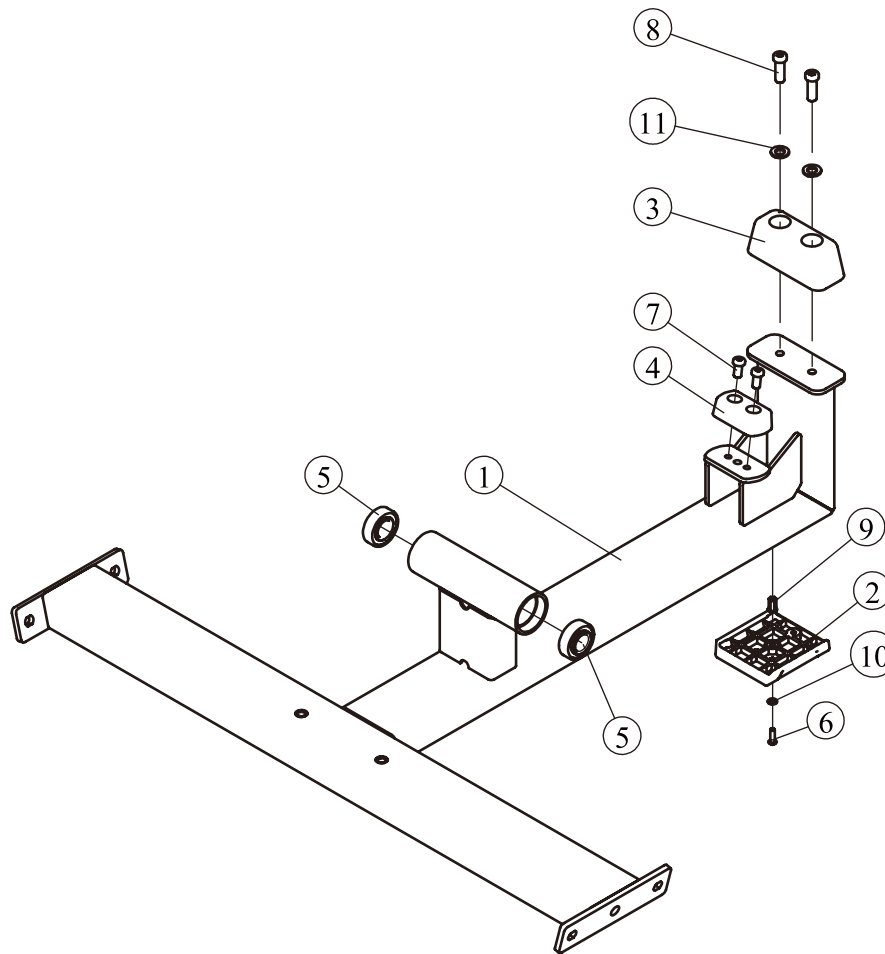
Auxiliary foot ASSY



| GradeNo. | Part No. | Description | QTY |
|----------|------------------------|--|-----|
| 15.1 | ECP3060700 | Auxiliary foot frame | 1 |
| 15.2 | ECP3062500 | ShaftΦ25*129 | 1 |
| 15.3 | ECP3063200 | Stop sleeve | 1 |
| 15.4 | ECP2013900 | Small rubber foot | 1 |
| 15.5 | ECP3013100 | Triangle plug | 1 |
| 15.6 | ECP2012400 | Foot liner | 1 |
| 15.7 | IN-D21202000 | Aluminum CapΦ38 | 1 |
| 15.8 | RS17000400 | Rubber Bumper | 3 |
| 15.9 | GB70M6*12DHS2 | Socket Head Cap ScrewM6*12 | 1 |
| 15.10 | GB17880.5M10*19.5DCS17 | Hexagon Rivet Nuts With Flat Head M10*19.5 | 1 |
| 15.11 | GB70BTM10*30DN18NL | Socket Head Cap Screw 10*30 | 2 |
| 15.12 | CNLM10*25DS20NL | Flat Head Cap Screw M10*20 | 2 |
| 15.13 | PNLM6*12N19 | Button Head Cap Screw M6*12 | 5 |

Exploded View and Parts List

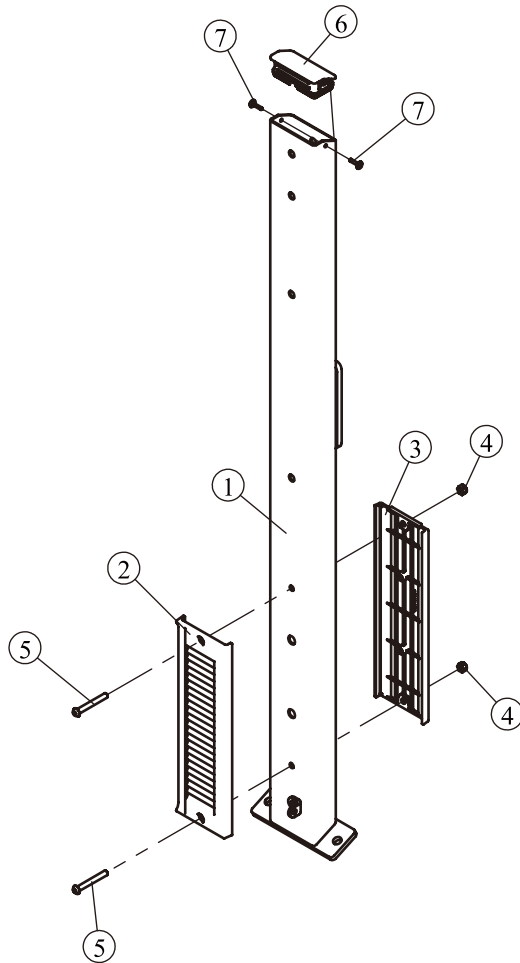
Rear Connecting Frame ASSY



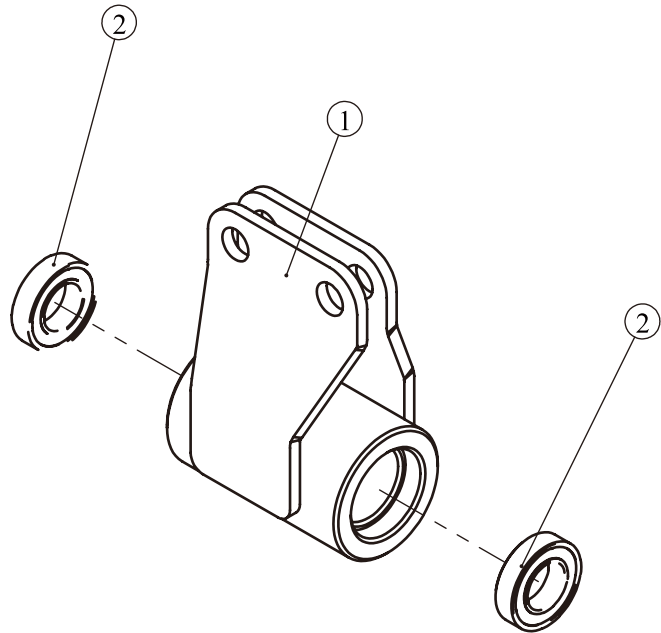
| GradeNo. | Part No. | Description | QTY |
|----------|----------------------|--|-----|
| 16.1 | ECP3060800 | Rear Connecting Frame | 1 |
| 16.2 | ECP2013400 | Floor Mat | 1 |
| 16.3 | PL380800 | Safety Bumper | 1 |
| 16.4 | RS17000400 | Square cushion | 1 |
| 16.5 | GB2766205-2ZC3NBKTZ | Bearing 6205-2ZC3 | 2 |
| 16.6 | PNLM6*20DHS20 | Button Head Cap Screw M6*20 | 1 |
| 16.7 | GB70BTM10*20DN18NL | Socket Head Cap Screw10*20 | 2 |
| 16.8 | GB70BTM12*35DN18 | Socket Head Cap Screw12*35 | 2 |
| 16.9 | GB17880.5M6*16.5DS17 | Hexagon Rivet Nuts With Flat HeadM6*16.5 | 1 |
| 16.10 | GB956DHS2 | Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$ | 1 |
| 16.11 | GB9512DN2 | Flat Washer $\Phi 13 * \Phi 24 * 2.5$ | 2 |

Exploded View and Parts List

Cushion Frame ASSY



Belt Frame ASSY

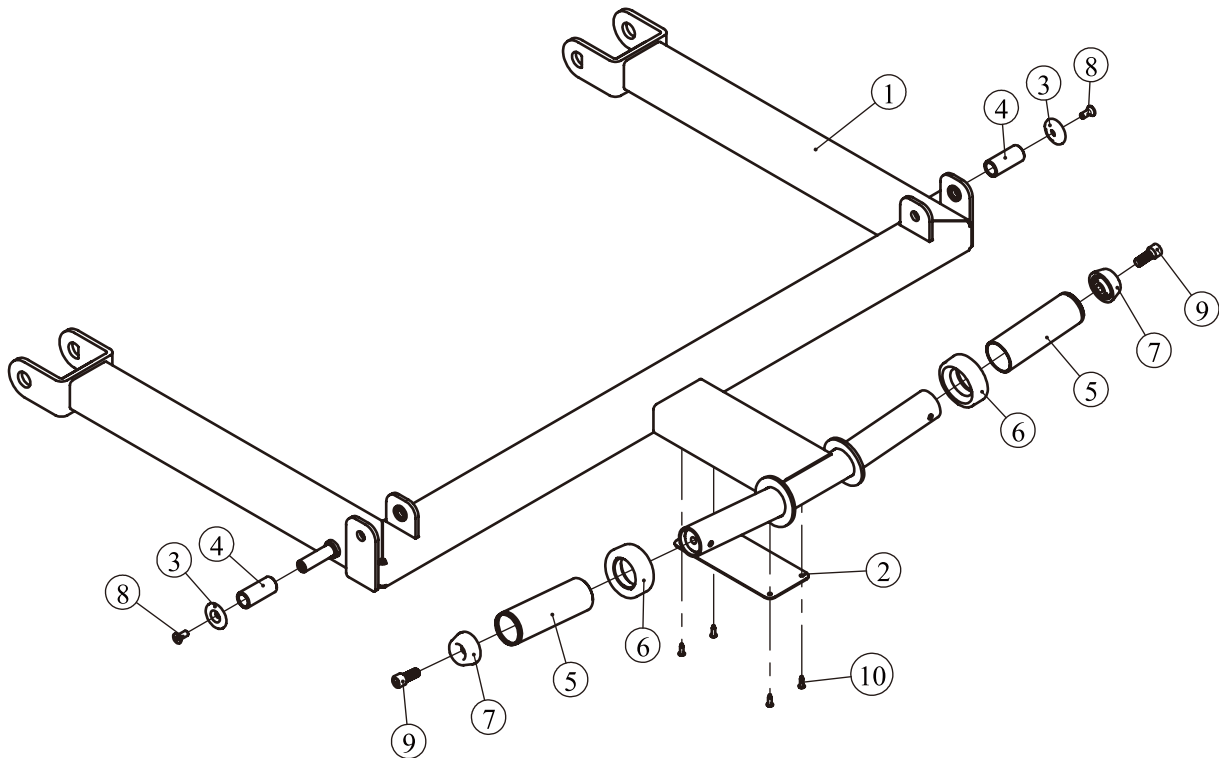


| GradeNo. | Part No. | Description | QTY |
|----------|-------------------|--|-----|
| 17.1 | ECP3061000 | Cushion Frame | 1 |
| 17.2 | ECP2013100 | Front Adjusting Plate | 1 |
| 17.3 | ECP2013200 | Rear Adjusting Plate | 1 |
| 17.4 | NM8DHS2 | Nylon Lock Nut M8 | 2 |
| 17.5 | PNLM8*65DHS20 | Button Head Cap Screw M8*65 | 2 |
| 17.6 | ECP2014500 | Pipe Plug | 1 |
| 17.7 | GB9074ST4.2*22DHS | Cross Recessed Pan Head Thread Forming Screws ST4.2*22 | 2 |

| Grade No. | Part No. | Description | QTY |
|-----------|-----------------|--------------------|-----|
| 27.1 | ECP5011200 | Belt Frame | 1 |
| 27.2 | GB27661902-2ZC3 | Bearing 61902-2ZC3 | 2 |

Exploded View and Parts List

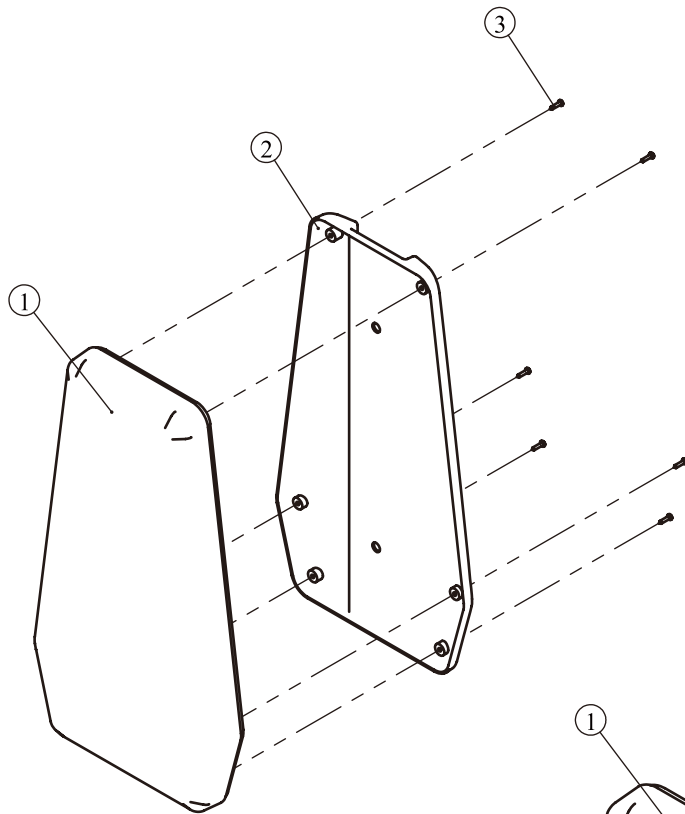
Load-bearing frame ASSY



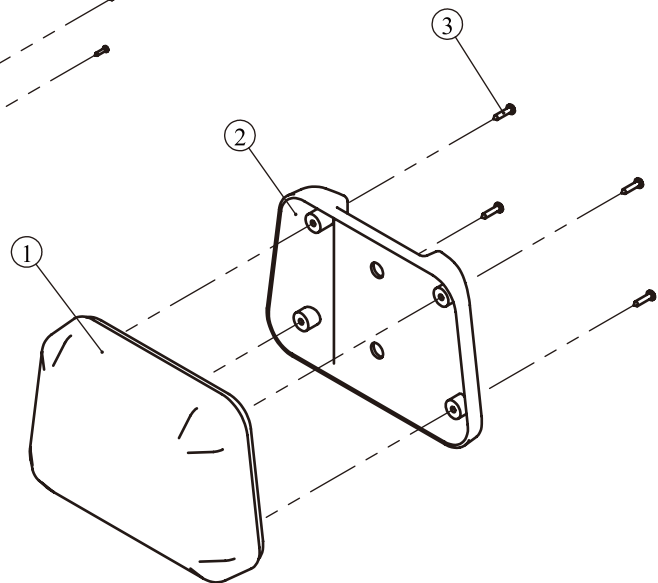
| GradeNo. | Part No. | Description | QTY |
|----------|-------------------|--------------------------------------|-----|
| 21.1 | ECP3060900 | Load-bearing frame | 1 |
| 21.2 | ECP3062400 | Scratch guard | 1 |
| 21.3 | ECP1012400 | Aluminum Cap $\Phi 40$ | 2 |
| 21.4 | ECP1013000 | Rotating Sleeve | 2 |
| 21.5 | ECP5012100 | Short barbell casing | 2 |
| 21.6 | PL1301600 | Safety Bumper | 2 |
| 21.7 | SL70012000 | Plastic Cap | 2 |
| 21.8 | CNLM8*20DS20NL | Flat Head Cap Screw M8*20 | 2 |
| 21.9 | GB70M12*30DHS20NL | Socket Head Cap Screw M12*30 | 2 |
| 21.10 | GB126185*13N11 | Open-mouth oval head core rivet 5*13 | 4 |

Exploded View and Parts List

Back Cushion ASSY



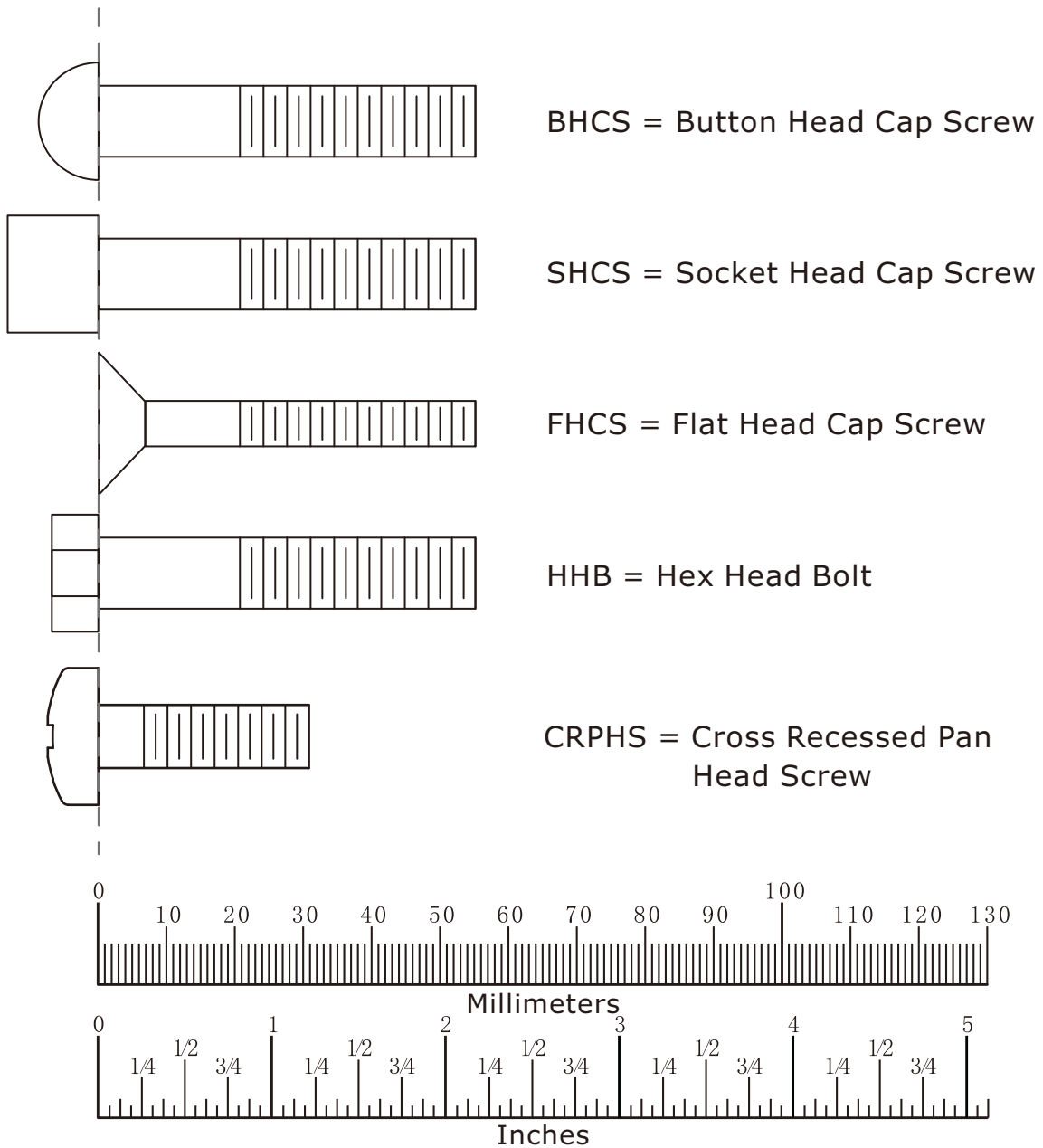
Head Cushion ASSY



| GradeNo. | Part No. | Description | QTY |
|----------|------------------|--|-----|
| 25.1 | ECP2015200V1 | Back Cushion | 1 |
| 25.2 | ECP2013600 | Back Cushion Cover | 1 |
| 25.3 | GB845ST4.2*19DHS | Cross Recessed Pan Head Thread Forming Screws ST4.2*19 | 6 |

| GradeNo. | Part No. | Description | QTY |
|----------|------------------|--|-----|
| 26.1 | ECP2015300V1 | Head Cushion | 1 |
| 26.2 | ECP2013700 | Head Cushion Cover | 1 |
| 26.3 | GB845ST4.2*19DHS | Cross Recessed Pan Head Thread Forming Screws ST4.2*19 | 4 |

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.

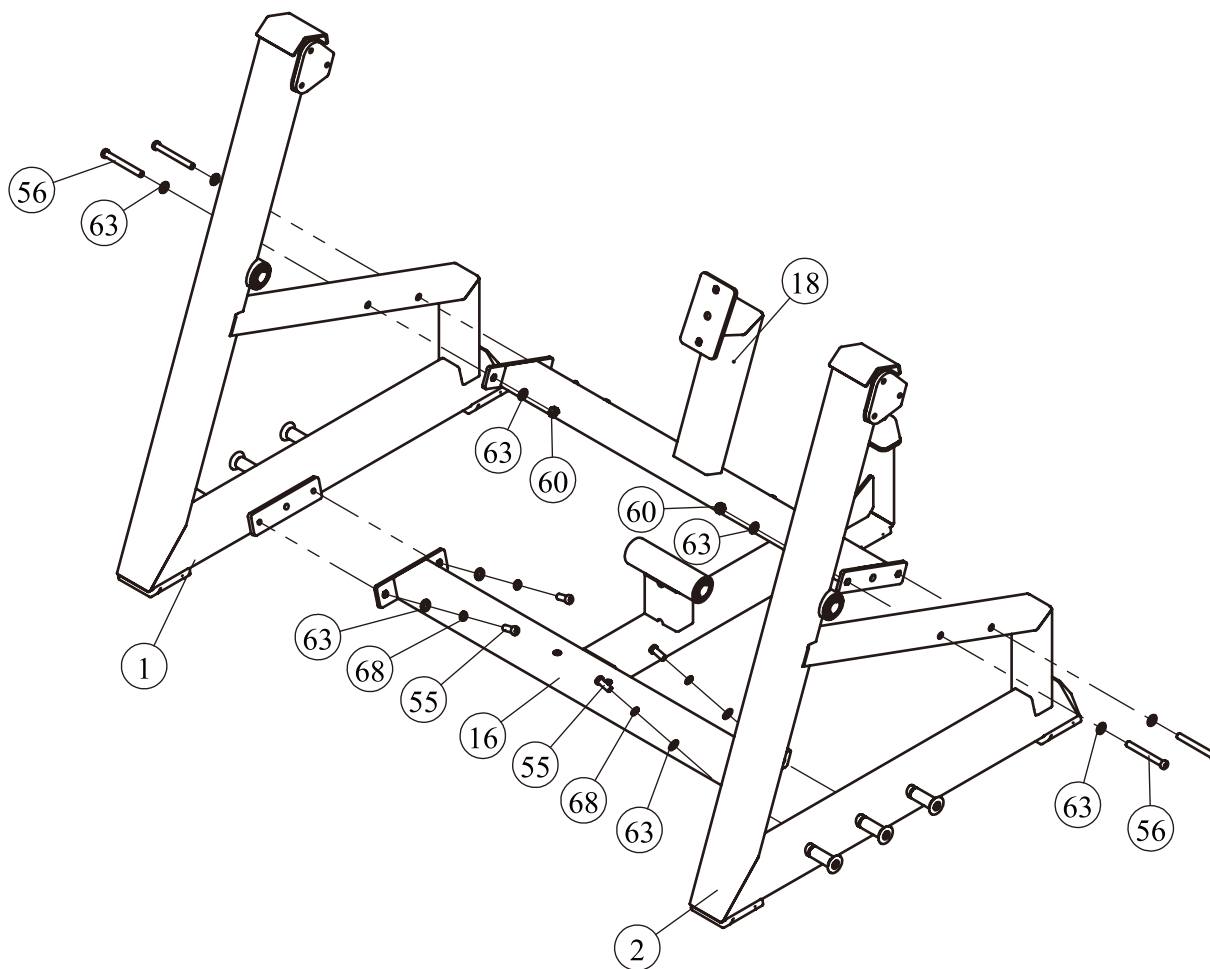
Assembly

STEP 1

Attach the Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), Rear Connecting Frame ASSY (#16) and Inclined Frame (#18), using:

- four M12*30 SHCS (#55)
- four M12*105 SHCS (#56)
- four M12 Nylon Lock Nut (#60)
- twelve $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#63)
- four $\Phi 12$ Spring Washer (#68)

Note: No Need To Tighten Bolts.



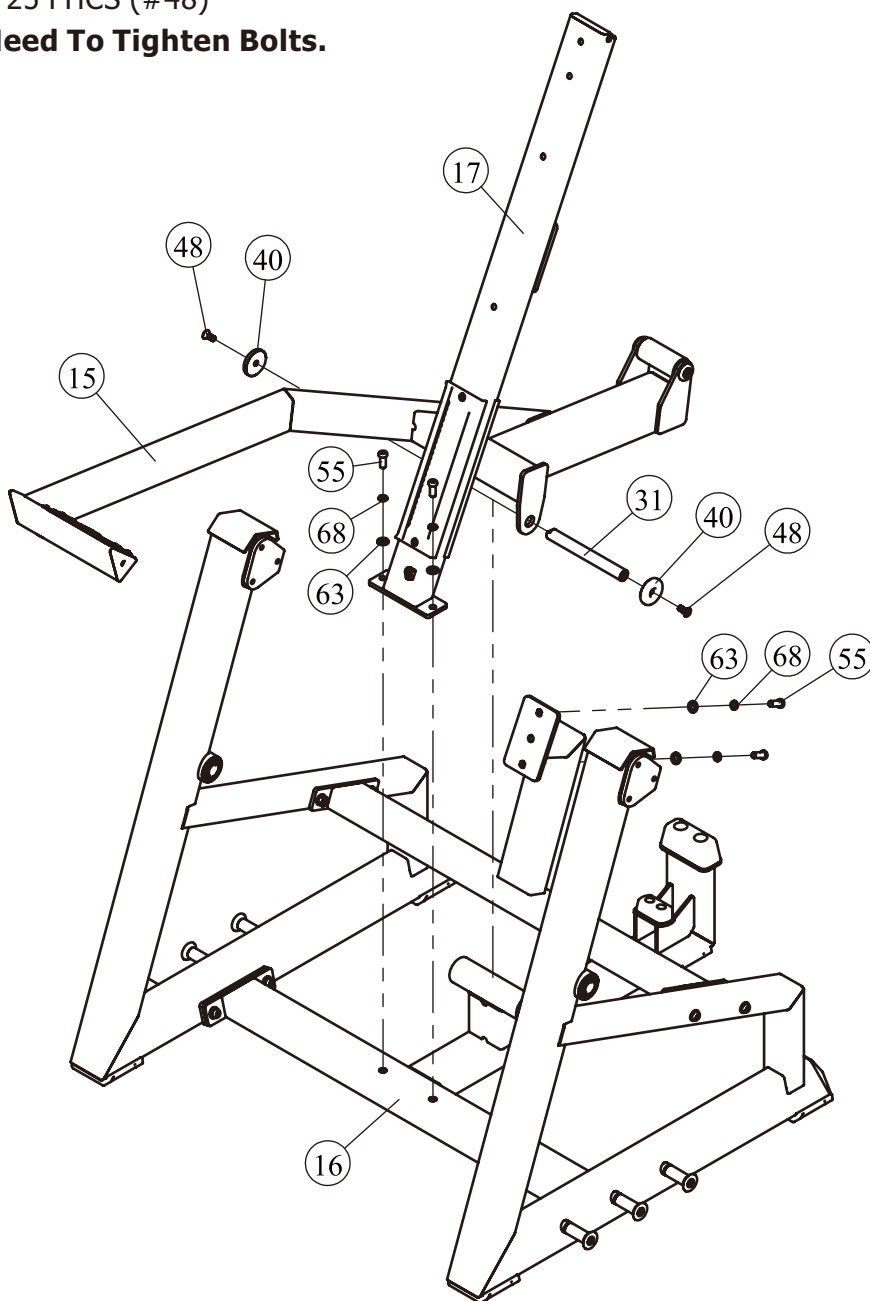
Assembly

STEP 2

Attach the Auxiliary foot ASSY (#15), Cushion Frame ASSY (#17) to Rear Connecting Frame ASSY (#16), using:

- four M12*30 SHCS (#55)
- four $\Phi 13*\Phi 24*2.5$ Flat Washer (#63)
- four $\Phi 12$ Spring Washer (#68)
- one Shaft $\Phi 25*222$ (#31)
- two Aluminum Cap $\Phi 60$ (#40)
- two M10*25 FHCS (#48)

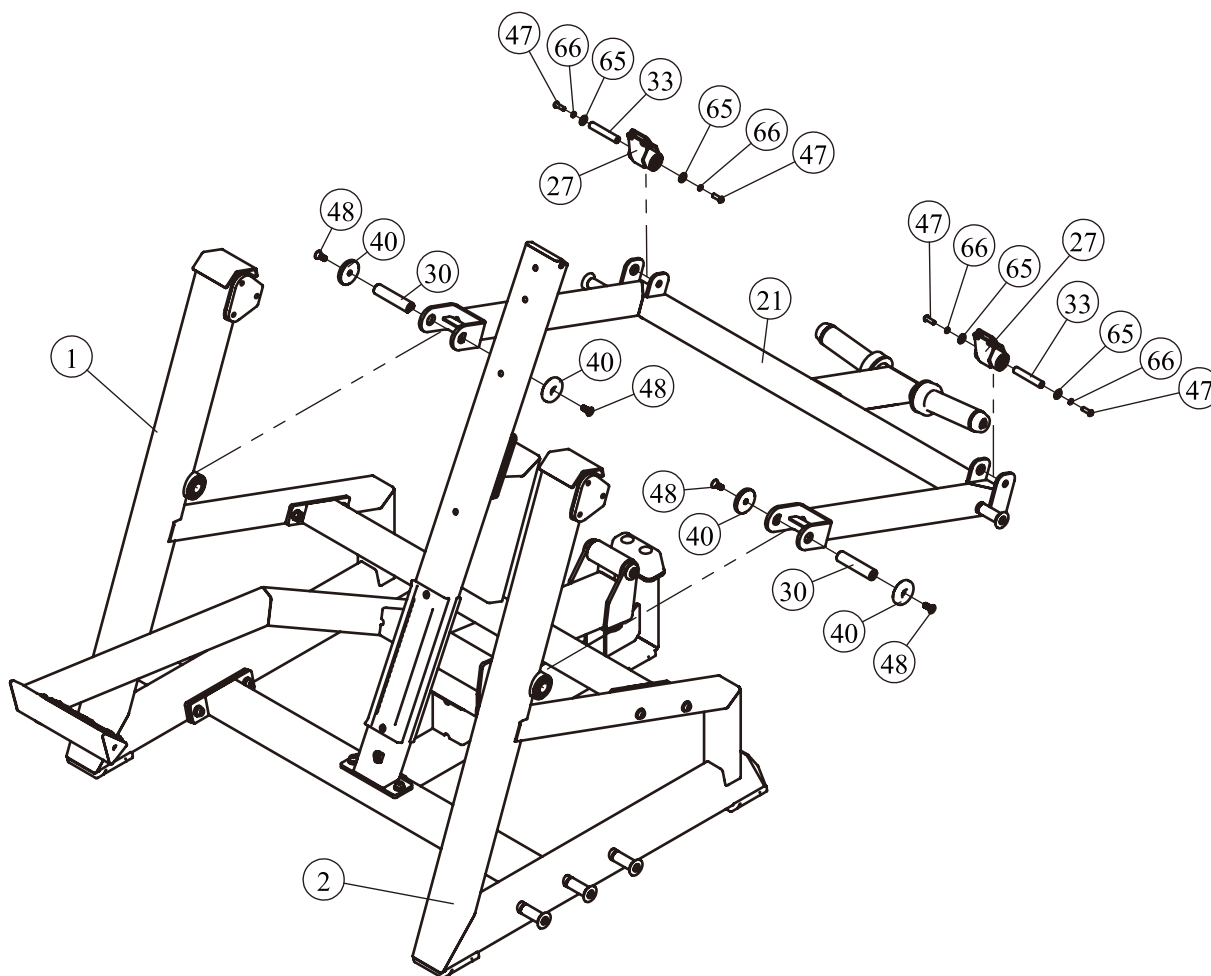
Note: No Need To Tighten Bolts.



Assembly

STEP 3

1. Attach the Load-bearing frame ASSY (#21) to Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), using:
 - two Shaft $\Phi 25*109$ (#30)
 - four Aluminum Cap $\Phi 60$ (#40)
 - four M10*25 FHCS (#48)
2. Attach two Belt ASSY (#27) to Load-bearing frame ASSY (#21) , using:
 - two Small Shaft $\Phi 15*87$ (#33)
 - four M8*25BHCS (#47)
 - four $\Phi 9*\Phi 22*1.6$ Flat Washer (#65)
 - four $\Phi 8$ Spring Washer (#66)

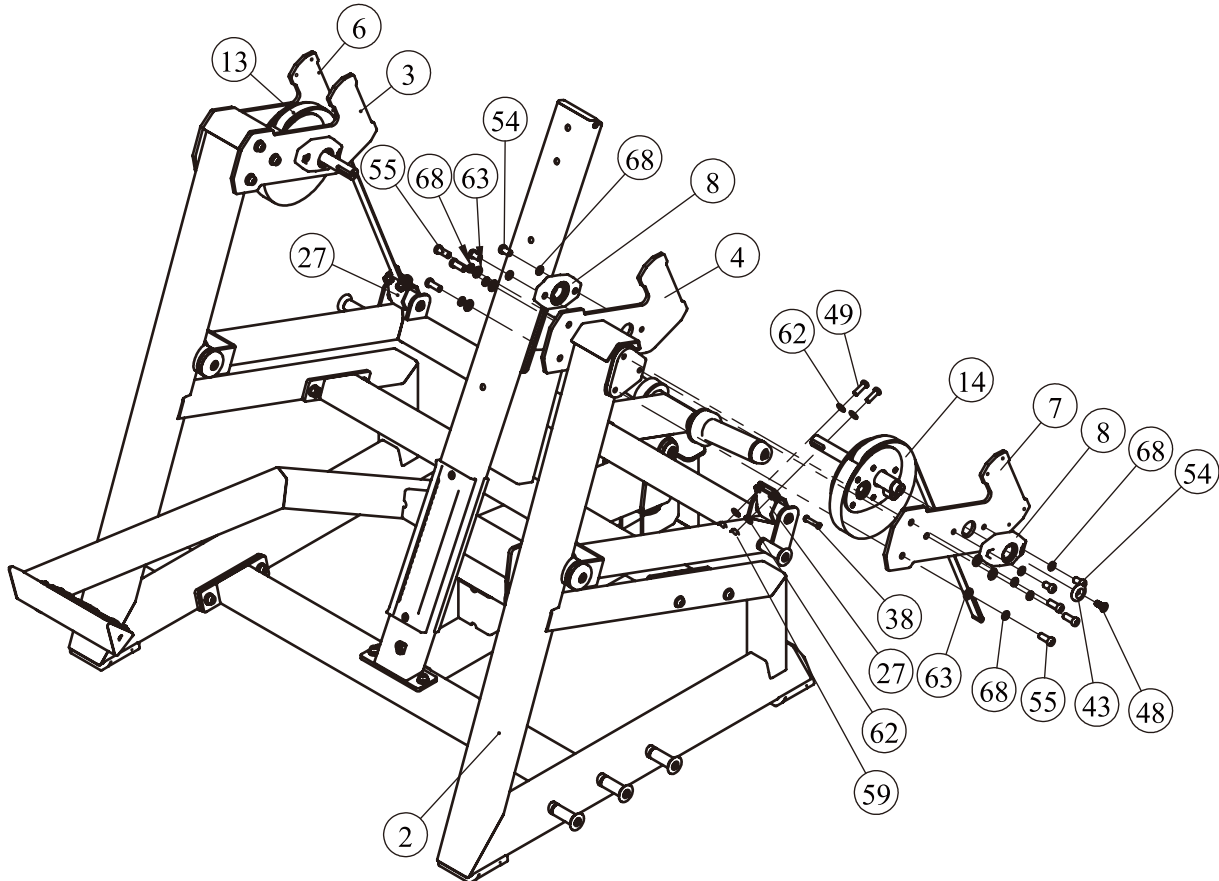


Assembly

STEP 4

1. Attach four Rhombus Set-Contained Bearing (#8) respectively to Fixed frame1 (#3), Fixed frame2 (#4), Fixed frame3 (#6), Fixed frame4(#7), using:
eight M12*20 SHCS (#54)
eight Φ 12 Spring Washer (#68)
2. Attach the Rotating frame ASSY 1 (#13), Rotating frame ASSY 2 (#14), Fixed frame1 (#3), Fixed frame2 (#4), Fixed frame3(#6), Fixed frame4(#7) to Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), using:
two Aluminum Cap Φ 38 (#43)
two M10*25 FHCS (#48)
twelve M12*30 SHCS (#55)
twelve Φ 13* Φ 24*2.5 Flat Washer (#63)
twelve Φ 12 Spring Washer (#68)
3. Attach the Rotating frame ASSY 1 (#13), Rotating frame ASSY 2 (#14) Belt end to Belt ASSY (#27), using:
Two small pin (#38)
four M10*30 SHCS (#49)
four M10 Nylon Lock Nut(#59)
eight Flat Washer Φ 11* Φ 20*2(#62)

Note: Tightening belt, Wrench Tighten Bolts.

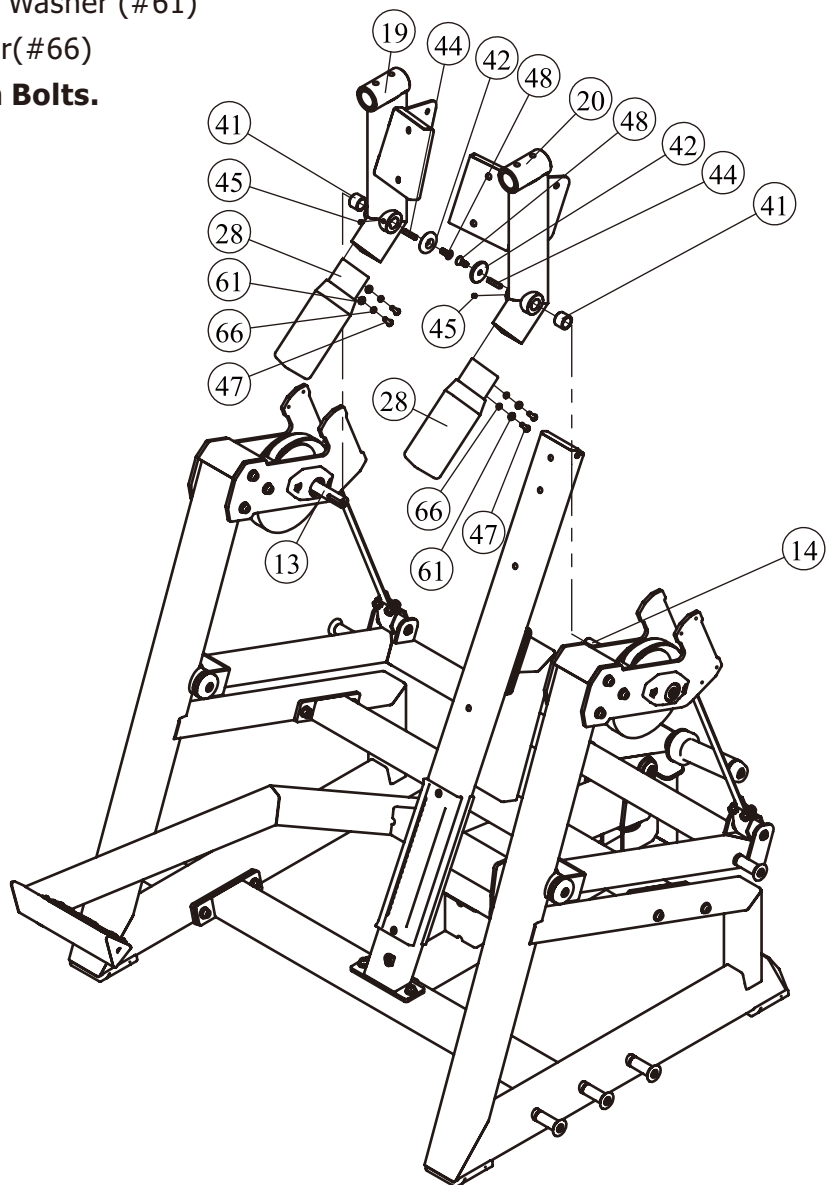


Assembly

STEP 5

1. Attach Swing arm 1 (#19), Swing arm 2 (#20) to Rotating frame ASSY 1 (#13), Rotating frame ASSY 2 (#14), using:
 - two Spacer sleeve (#41)
 - two Aluminum CapΦ50 (#42)
 - two Single round head plain key (#44)
 - two M8*8 HFSS(#45)
 - two M10*25 FHCS (#48)
2. Attach two Balance Iron (#28)to Swing arm 1 (#19), Swing arm 2 (#20), using:
 - four M8*25 BHCS(#47)
 - four Φ9*Φ16*1.6 Flat Washer (#61)
 - four Φ8 Spring Washer(#66)

Note: Wrench Tighten Bolts.



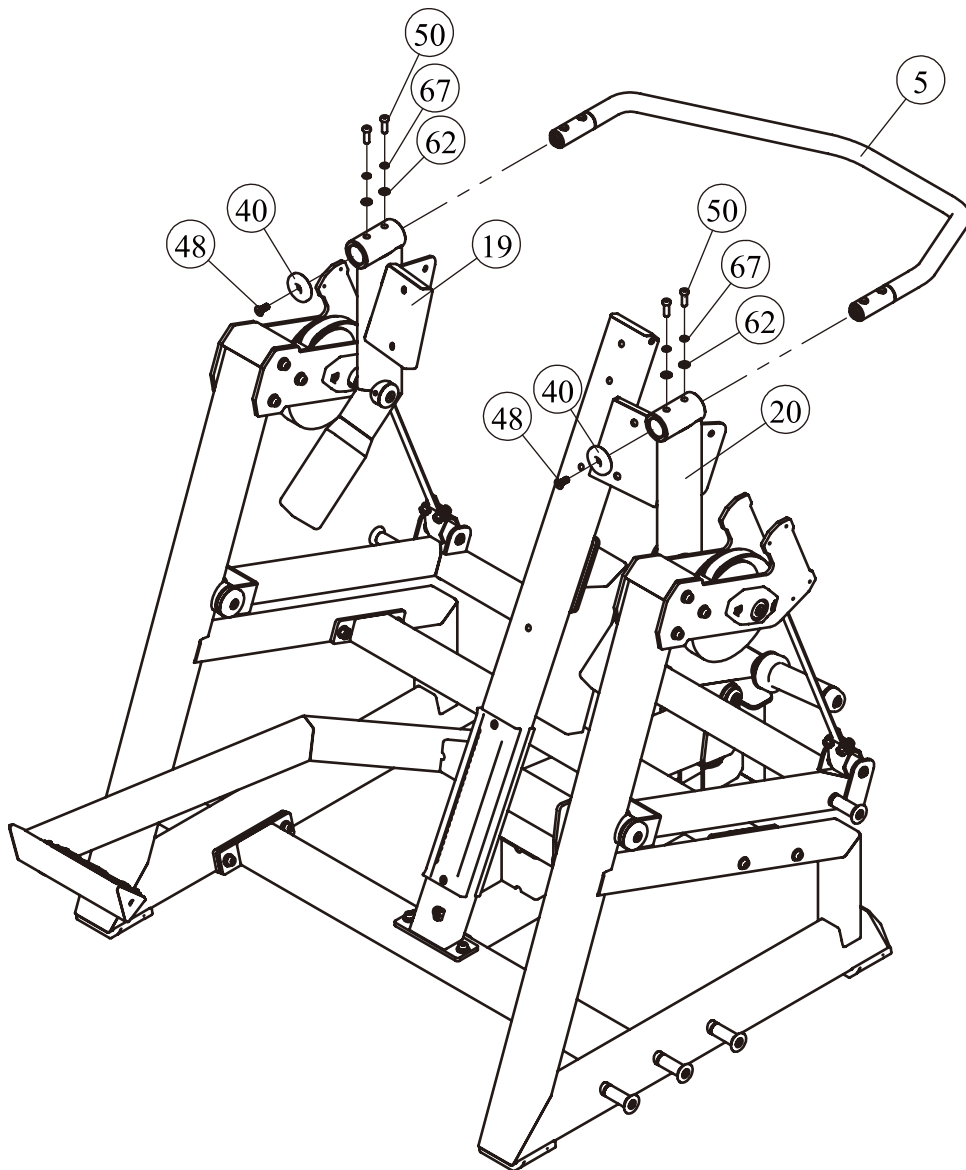
Assembly

STEP 6

Attach Armrest ASSY (#6) to Swing arm 1 (#19), Swing arm 2 (#20), using:

- two Aluminum CapΦ60 (#40)
- two M10*25 FHCS (#48)
- four M10*30 SHCS(#50)
- four Flat Washer Φ11*Φ20*2(#62)
- four Φ12 Spring Washer (#67)

Note: Wrench Tighten Bolts.

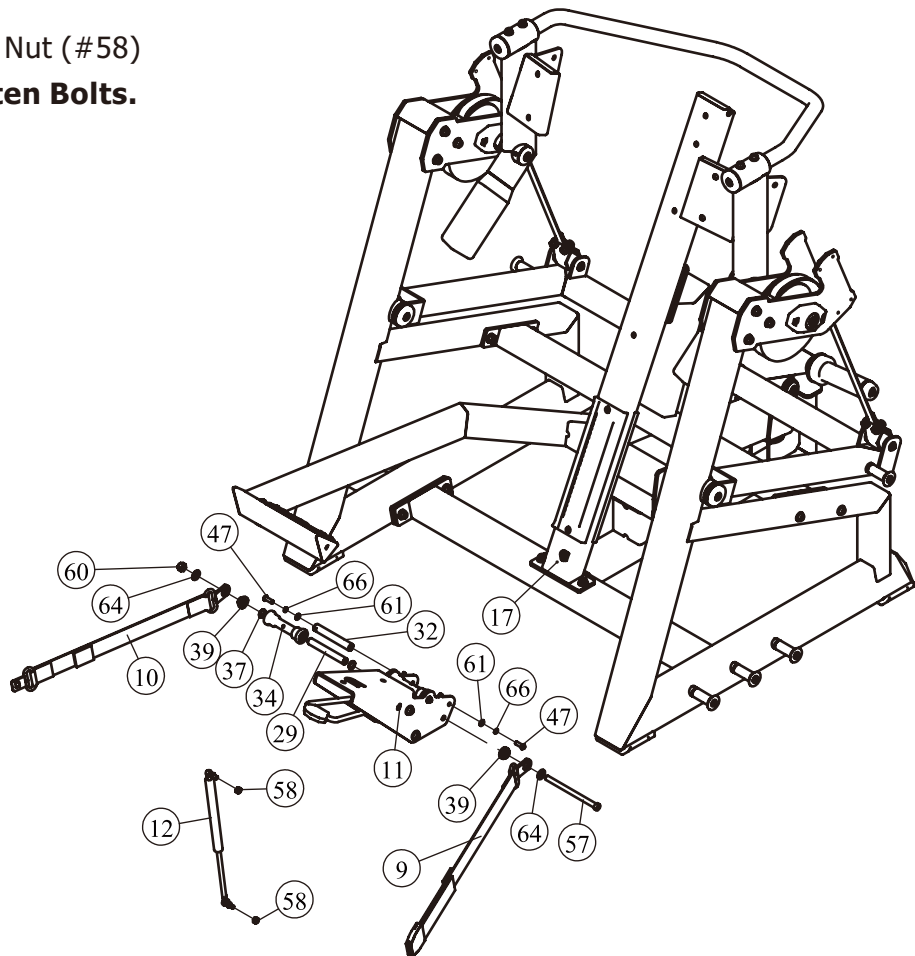


Assembly

STEP 7

1. Attach the Seat Cushion Frame ASSY (#11), Safety belt 1(#9), Safety belt 2(#10) to Cushion Frame ASSY (#17), using:
 - one Roller Sleeve (#29)
 - one $\Phi 19 \times 128$ Limit Shaft (#32)
 - one Roller ASSY (#34)
 - two $\Phi 22 \times \Phi 18 \times 2.5$ Spacer Sleeve (#37)
 - two Safety belt retaining post(#39)
 - two M8*25 BHCS (#47)
 - one M12*180 SHCS (#57)
 - two $\Phi 8$ Spring Washer (#66)
 - one M12 Nylon Lock Nut (#60)
 - two $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washer (#61)
 - two $\Phi 13 \times \Phi 26 \times 2$ Flat Washer (#64)
2. Attach the Gas Spring (#12) to Cushion Frame ASSY (#17) and Seat Cushion Frame ASSY(#11), using:
 - two M8 Nylon Lock Nut (#58)

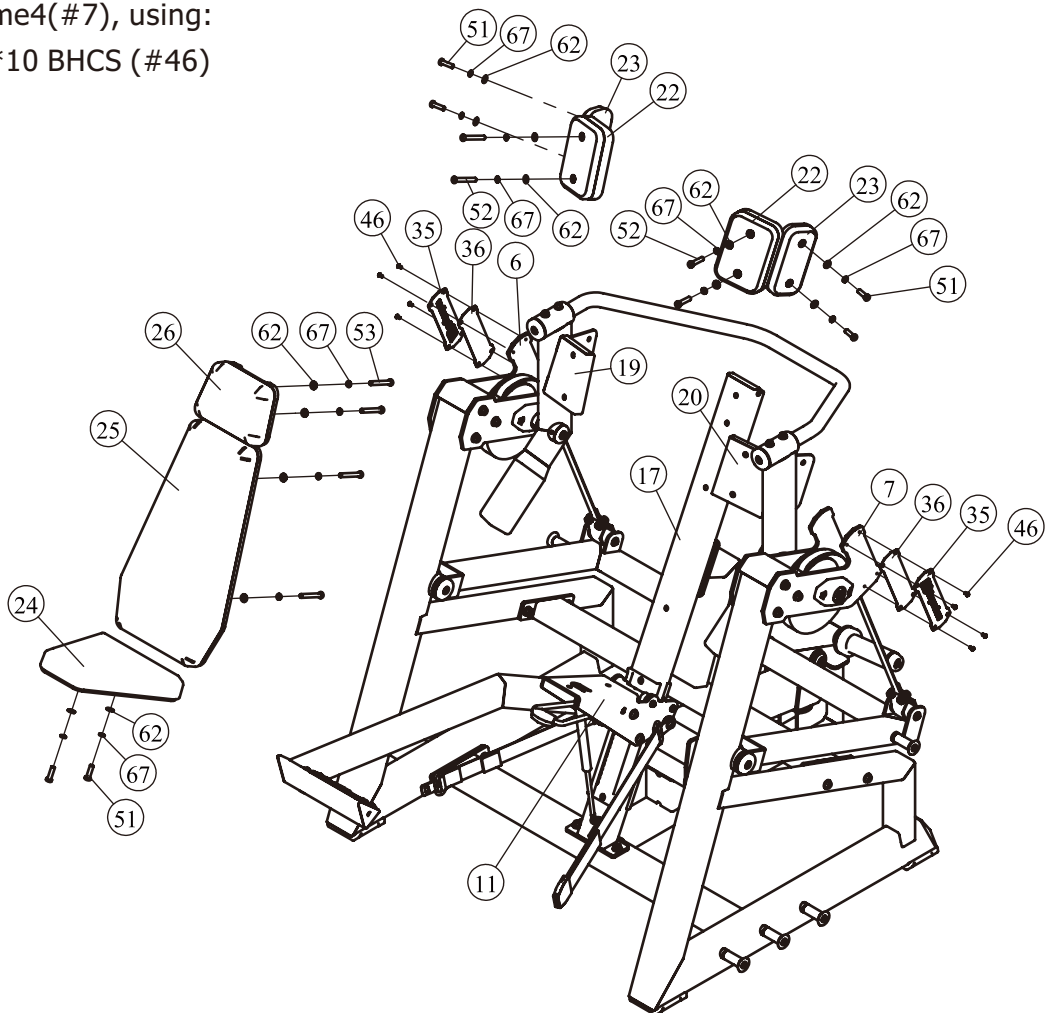
Note: Wrench Tighten Bolts.



Assembly

STEP 8

1. Attach the Seat Cushion (#24), Back Cushion ASSY (#25) Head Cushion ASSY(#26) to Cushion Frame ASSY (#17), Seat Cushion Frame ASSY (#11), using:
two M10*35 SHCS (#51)
Four M10*80 SHCS (#53)
six Flat Washer $\Phi 11*\Phi 20*2$ (#62)
six $\Phi 12$ Spring Washer (#67)
2. Attach the Elbow pad (#22), Small elbow pad (#23) to Swing arm 1 (#19), Swing arm 2 (#20), using:
Four M10*35 SHCS (#51)
Four M10*65 SHCS (#52)
eight Flat Washer $\Phi 11*\Phi 20*2$ (#62)
eight $\Phi 12$ Spring Washer (#67)
3. Attach the LOGO Plate (#35) and the LOGO Inner Plate (#36) to Fixed frame3(#6), Fixed frame4(#7), using:
eight M5*10 BHCS (#46)



Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

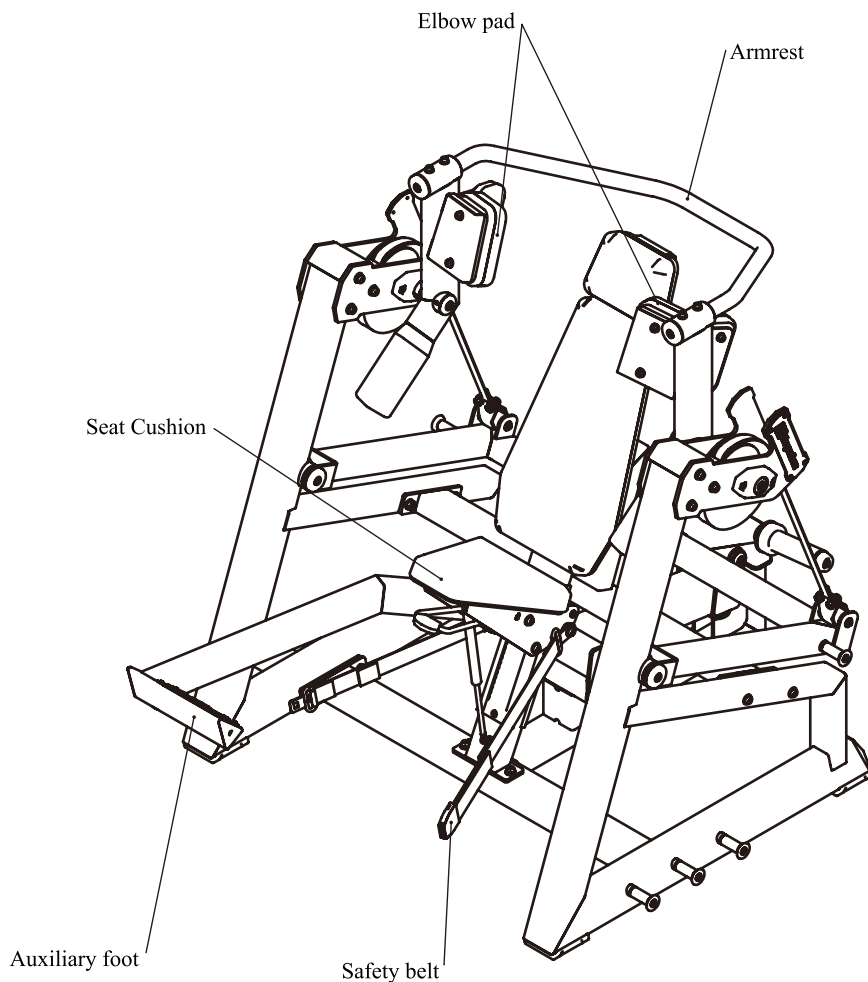
1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight can not be greater than 120kg.
3. This equipment does not contains Weight Plate.

Desired position adjustment

Adjust the seat cushion to fit, Sit on the seat cushion, fasten the Safety belt, press the auxiliary foot, turn the armrest into position, put your arm on the elbow pad, and rest your hand on the armrest.

Exercise Instructions

Use the back muscles to drive the arm to press down, drive the elbow pad, rotate downward for reciprocating training.



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.

