

# ECP504

## FRENCH PRESS

### OWNER'S MANUAL

---

25M

**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.

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	20
Assembly Instructions-----	21
Assembly-----	22
Adjust Instructions and Exercise Instructions-----	30
Maintenance Schedule-----	31
General Maintenance Information-----	32
Weight Training Tips-----	33

---

# 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.

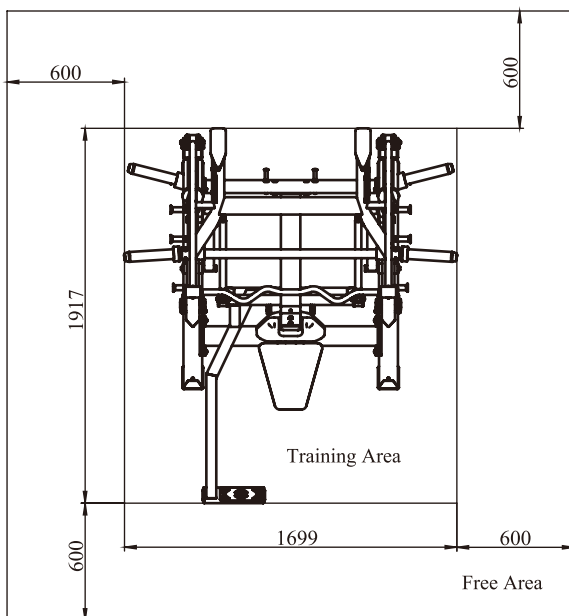
# Important Safety Instructions

## 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: 1699\*1917\*1384mm

Product Total Surface: 1699\*1917mm

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



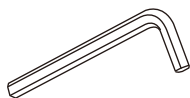
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	ECP50402ASSY	Cushion Frame ASSY	1
2	ECP50403ASSY	Side Stand Frame I ASSY	1
3	ECP50404ASSY	Side Stand Frame II ASSY	1
4	ECP50408ASSY	Auxiliary Starter Frame I ASSY	1
5	ECP50409ASSY	Pedal Frame ASSY	1
6	ECP50410ASSY	Handle Frame ASSY	1
7	ECP50414ASSY	Auxiliary Starter Frame II ASSY	1
8	ECP20108ASSY	Seat Cushion Frame ASSY	1
9	ECP20118ASSY	Barbell Storage Frame ASSY	2
10	ECP50401ASSY	Front Ground Frame ASSY	1
11	ECP50405ASSY	Bearing Frame ASSY	1
12	ECP50406ASSY	Swing Arm Frame ASSY	2
13	ECP5040700	Rear Connecting Frame ASSY	1
14	ECP50411ASSY	Barbell Frame ASSY	2
15	ECP50412ASSY	Connecting Rod Frame ASSY	2
16	ECP50413ASSY	Limit Frame ASSY	2
17	ECP50443ASSY	Starter Connecting Rod Frame ASSY	2
18	ECP20121ASSY	Set-Contained Bearing	2
19	ECP20133ASSY	Roller ASSY	1
20	ECP1012100	Balance Iron	2
21	ECP1012200	LOGO Plate	2
22	ECP1012300	LOGO Inner Plate	2
23	ECP2014004	Roller Sleeve	1
24	ECP5042000	Shaft $\Phi$ 17*97	2
25	ECP5042100	Shaft $\Phi$ 25.4*56	4
26	ECP2014003	Limit Shaft $\Phi$ 19*128	1
27	IT95160700V1	Shaft $\Phi$ 25*221	1
28	IT95191300V1	Shaft $\Phi$ 25*106	2
29	ECP5045100	Little Head Cushion	1
30	ECP2015100V1	Seat Cushion	1
31	ECP20152ASSY	Back Cushion ASSY	1
32	YQ200-480Fa100	Gas Spring100N	1
33	YQ200-480Fa250	Gas Spring250N	1
34	IN-D10132300	Aluminum Cap $\Phi$ 38	8
35	IE950716500	Aluminum Cap $\Phi$ 60	8
36	ECP5012500	Aluminum Cap $\Phi$ 42	4

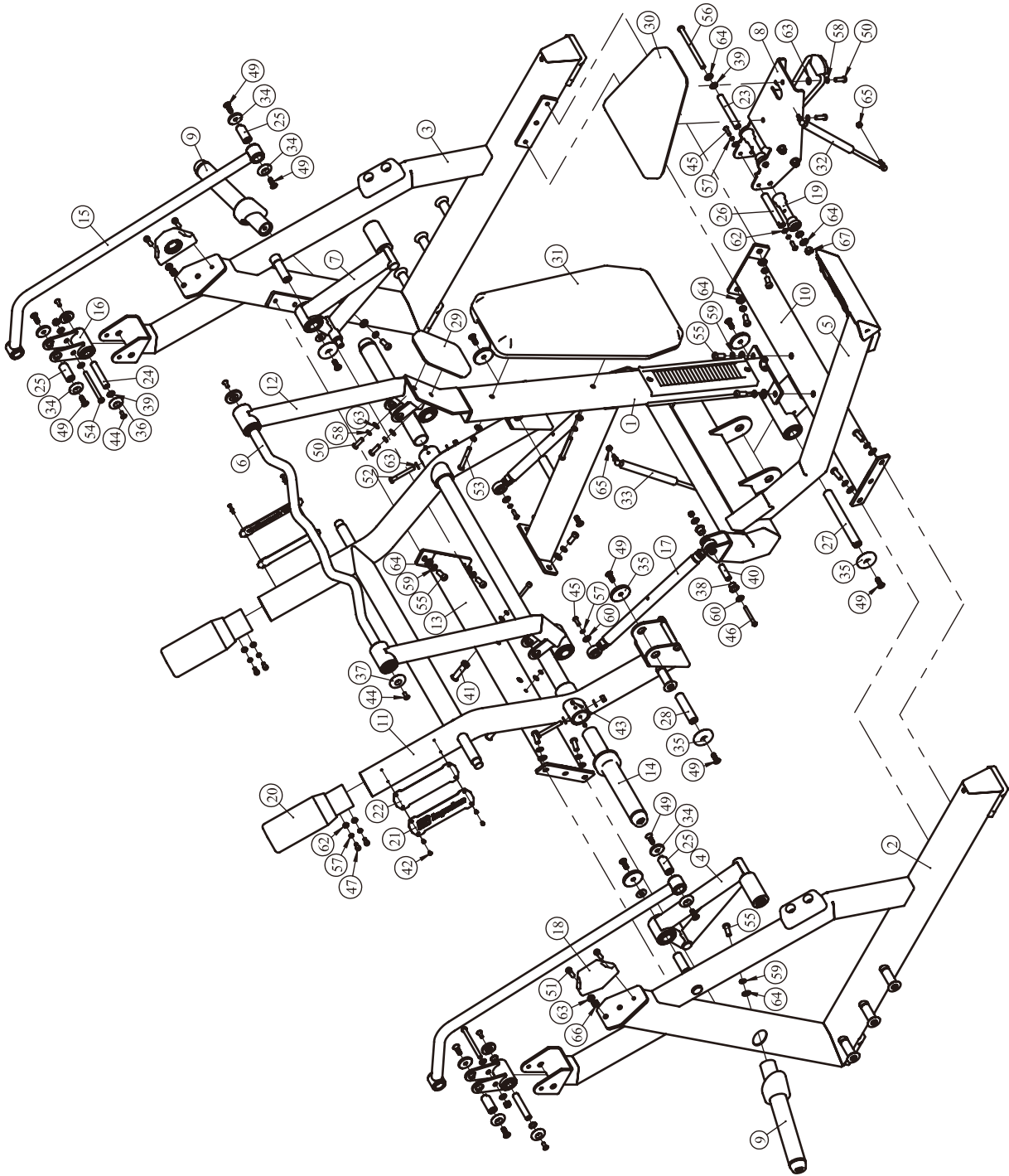
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
37	ECP5012600	Aluminum CapΦ49	2
38	ECP2014000	Step Cover	4
39	ECP2014002	Spacer SleeveΦ22*Φ18*2.5	6
40	ECP2014005	Short ShaftΦ16*54	2
41	ECP1012500	Elastic Band Hanging Pillar	2
42	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
43	GB77M8*8DHS2	Socket Set Screw M8*8	4
44	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	6
45	PNLM8*25DN20	Button Head Cap Screw M8*25	4
46	PNLM8*70DN20	Button Head Cap Screw M8*70	2
47	GB70M8*20DN20	Socket Head Cap Screw M8*20	4
48	GB70M8*65DN20	Socket Head Cap Screw M8*65	2
49	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	16
50	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	4
51	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	4
52	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	2
53	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
54	GB70BTM10*115DN18	Socket Head Cap Screw M10*115	2
55	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	14
56	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
57	GB938N19	Spring Washer Φ8	10
58	GB9310N19	Spring Washer Φ10	6
59	GB9312N19	Spring Washer Φ12	14
60	DQ8DN2	Flat Washer Φ9*Φ22*1.6	6
61	DQ10DN2C	Flat Washer Φ11*Φ30*2	2
62	GB958DN2	Flat Washer Φ9*Φ16*1.6	8
63	GB9510DN2	Flat Washer Φ11*Φ20*2	16
64	GB9512DN2	Flat Washer Φ13*Φ24*2.5	16
65	NM8DN2	Nylon Lock Nut M8	6
66	NM10DN2	Nylon Lock Nut M10	6
67	NM12DN2	Nylon Lock Nut M12	1
68	NBS3DHS	Hex Key S=3	1
69	NBS4DHS	Hex Key S=4	1
70	NBS5DHS	Hex Key S=5	1
71	NBS6DHS	Hex Key S=6	1
72	NBS8DHS	Hex Key S=8	1

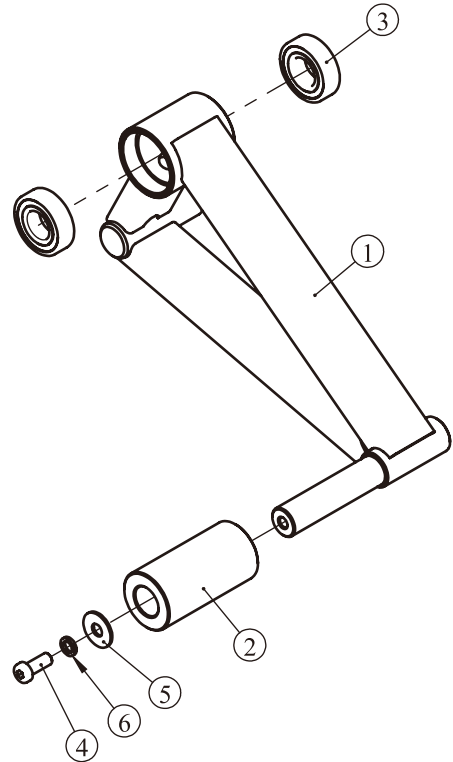
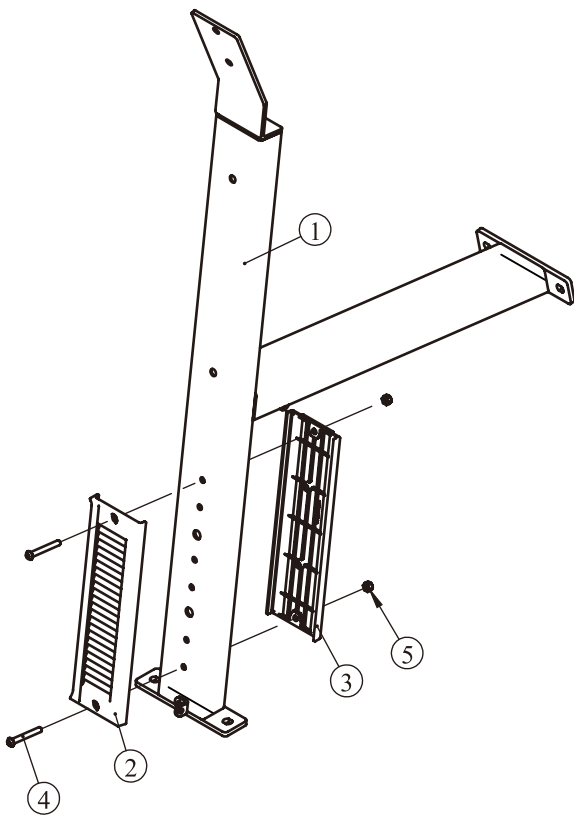
# Exploded View and Parts List

## Overall



# Exploded View and Parts List

## Cushion Frame ASSY      Auxiliary Starter Frame I ASSY

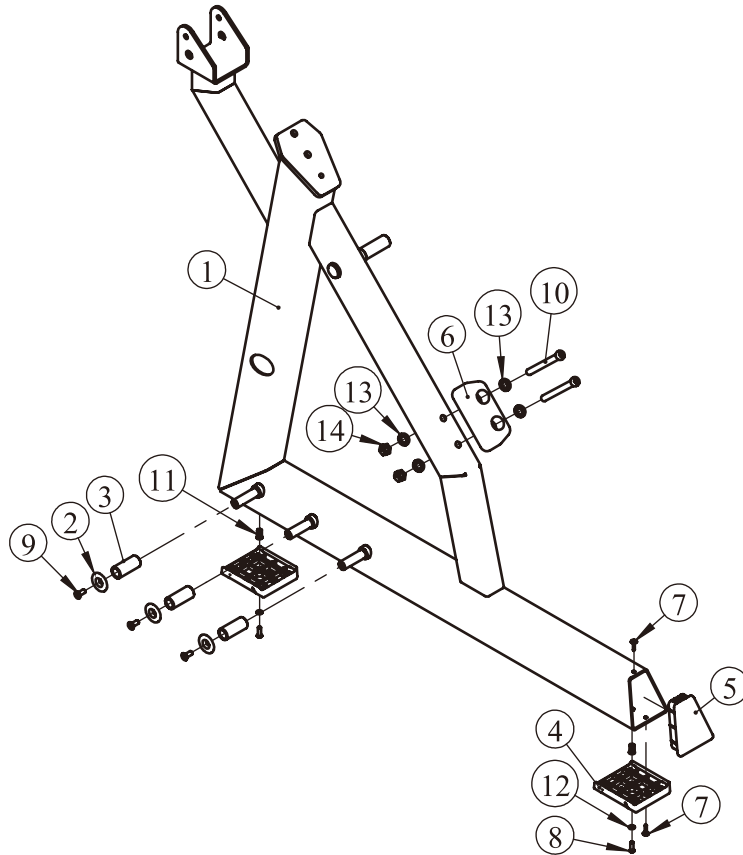


GradeNo.	Part No.	Description	QTY
1.1	ECP5040200	Cushion Frame	1
1.2	ECP2013100	Front Adjusting Plate	1
1.3	ECP2013200	Rear Adjusting Plate	1
1.4	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
1.5	NM8DHS2	Nylon Lock Nut M8	2

GradeNo.	Part No.	Description	QTY
4.1	ECP5040800	Auxiliary Starter Frame I	1
4.2	ECP2013000	Stop Collar	1
4.3	GB2766205-2ZC3	Bearing6205-2ZC3	2
4.4	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
4.5	DQ10DN2C	Flat Washer $\Phi 11*\Phi 30*2$	1
4.6	GB9310N19	Spring Washer $\Phi 10$	1

# Exploded View and Parts List

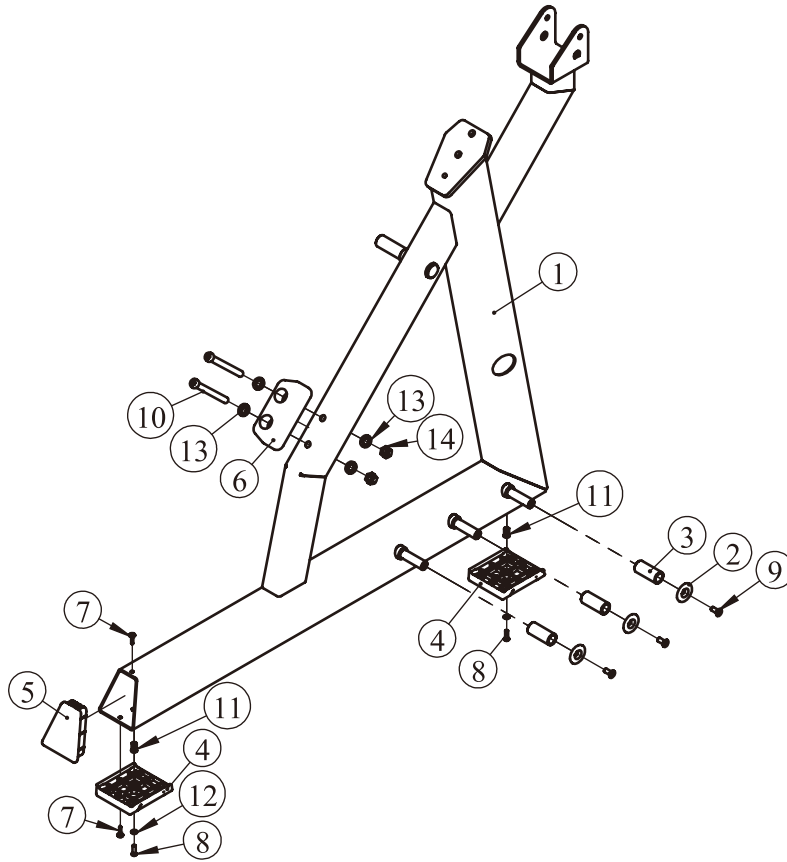
## Side Stand Frame I ASSY



GradeNo.	Part No.	Description	QTY
2.1	ECP5040300	Side Stand Frame I	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	PL380800	Safety Bumper	1
2.7	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
2.8	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.10	GB70BTM12*120DN18	Socket Head Cap Screw M12*120	2
2.11	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6	2
2.12	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
2.13	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
2.14	NM12DN2	Nylon Lock Nut M12	2

# Exploded View and Parts List

## Side Stand Frame II ASSY

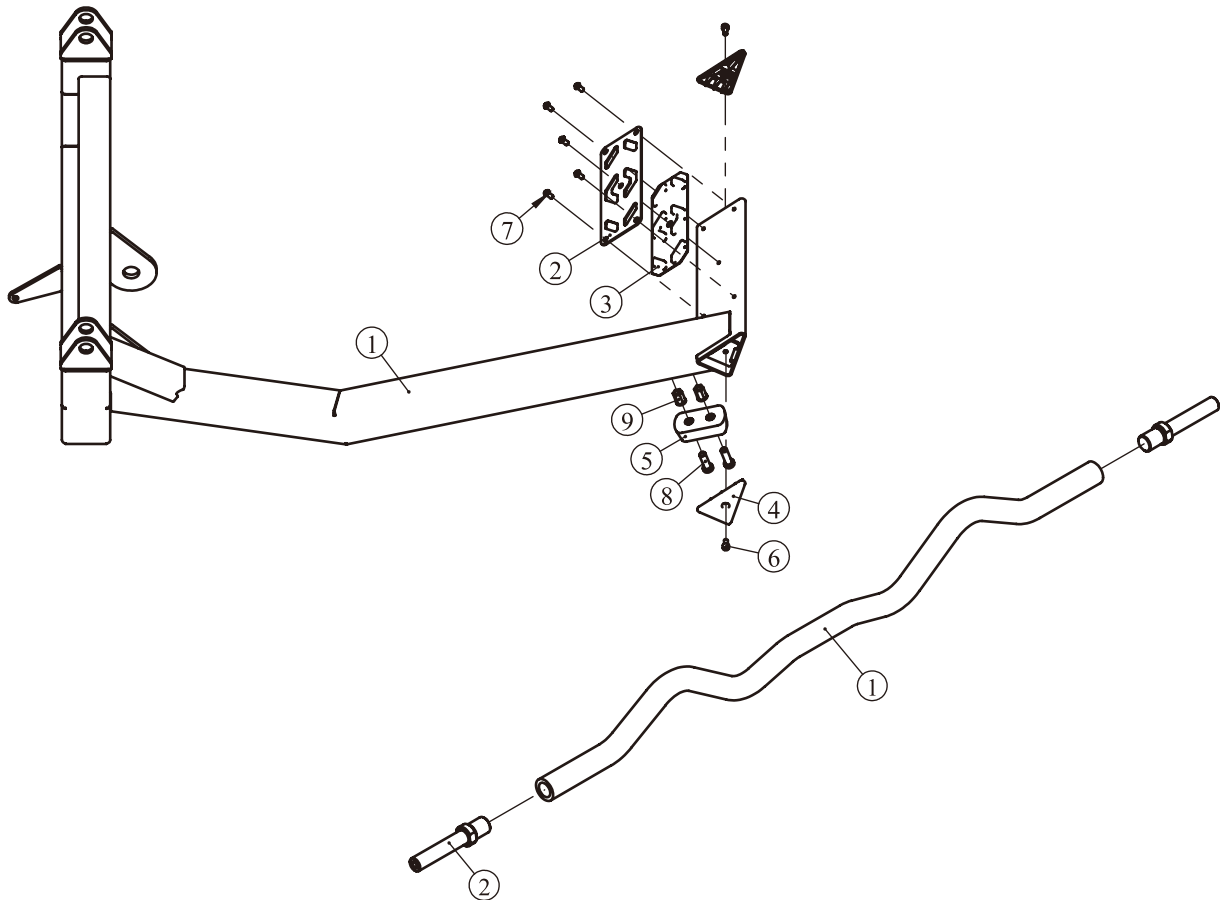


GradeNo.	Part No.	Description	QTY
3.1	ECP5040400	Side Stand Frame II	1
3.2	ECP1012400	Aluminum CapΦ40	3
3.3	ECP1013000	Rotating Sleeve	3
3.4	ECP2013400	Floor Mat	2
3.5	ECP2013500	Slanted Pipe Plug	1
3.6	PL380800	Safety Bumper	1
3.7	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
3.8	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
3.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
3.10	GB70BTM12*120DN18	Socket Head Cap Screw M12*120	2
3.11	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6	2
3.12	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
3.13	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
3.14	NM12DN2	Nylon Lock Nut M12	2

# Exploded View and Parts List

## Pedal Frame ASSY

## Handle Frame ASSY

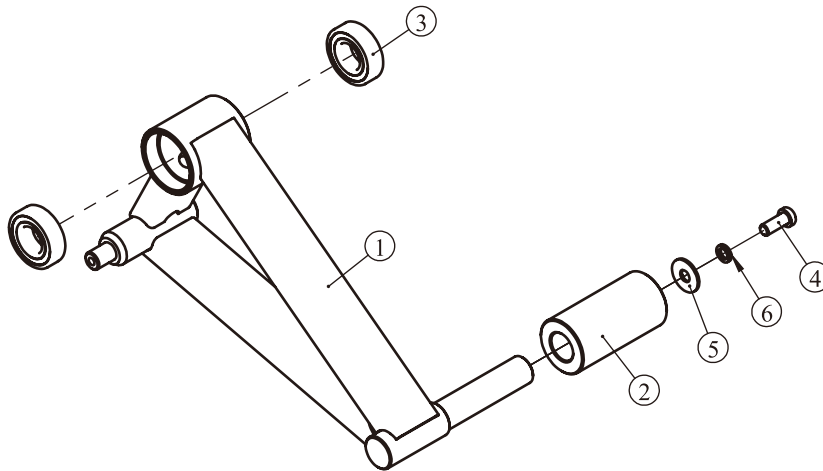


GradeNo.	Part No.	Description	QTY
5.1	ECP5040900	Pedal Frame	1
5.2	ECP2012400	Covering Plate	1
5.3	ECP2013900	Rubber Foot	1
5.4	ECP3013100	Triangle Plug	2
5.5	RS17000400	Safety Bumper	1
5.6	GB70M6*12DHS2	Socket Head Cap Screw M6*12	2
5.7	PNLM6*12N19	Button Head Cap Screw M6*12	5
5.8	GB70BTM10*30DN18NL	Socket Head Cap Screw M10*30	2
5.9	GB17880.5M10*19.5DCS17	Hexagon Rivet Nuts With Flat Head M10	2

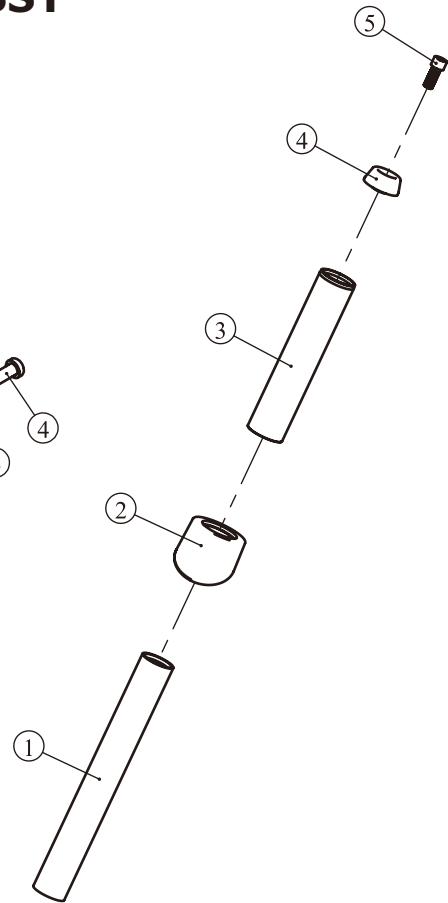
GradeNo.	Part No.	Description	QTY
6.1	ECP5041000	Aluminum Handle Tube	1
6.2	ECP5012400	Rotation AxisΦ25*115	2

# Exploded View and Parts List

## Auxiliary Starter Frame II ASSY



## Barbell Storage Frame ASSY

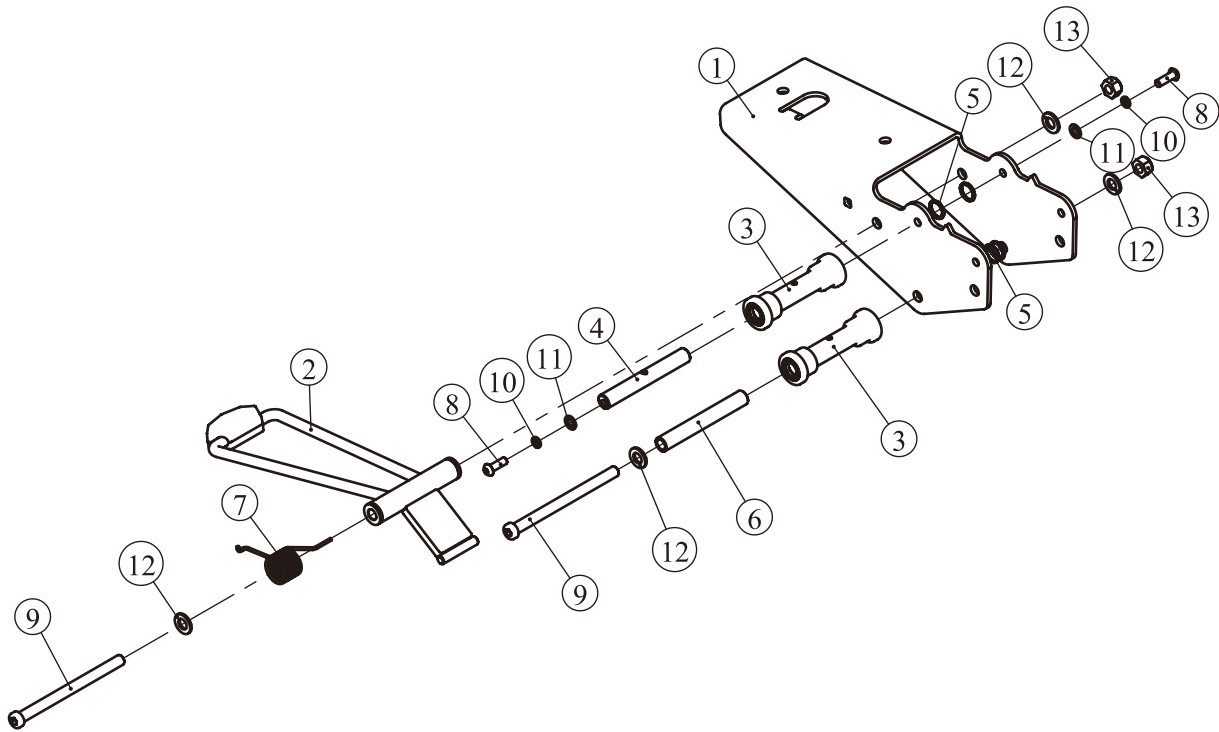


GradeNo.	Part No.	Description	QTY
7.1	ECP5040800	Auxiliary Starter Frame I	1
7.2	ECP2013000	Stop Collar	1
7.3	GB2766205-2ZC3	Bearing6205-2ZC3	2
7.4	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
7.5	DQ10DN2C	Flat Washer $\Phi 11 * \Phi 30 * 2$	1
7.6	GB9310N19	Spring Washer $\Phi 10$	1

GradeNo.	Part No.	Description	QTY
9.1	ECP2011800	Barbell Storage Frame	1
9.2	ECP2013800	Slanted Rubber Bumper	1
9.3	HZ70022000V1	Short Barbell Casing	1
9.4	SL70012000	Plastic Cap	1
9.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

# Exploded View and Parts List

## Seat Cushion Frame ASSY

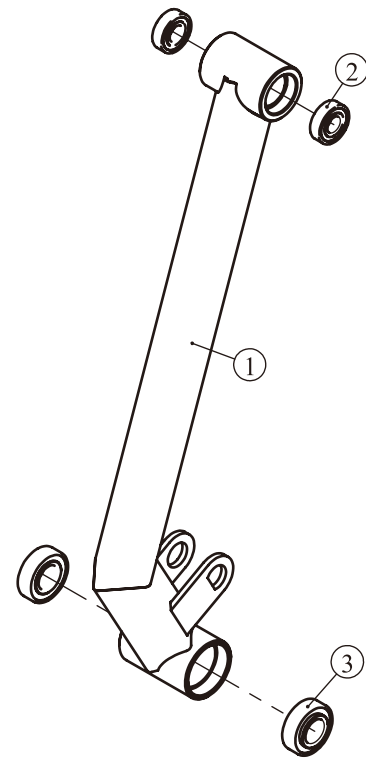
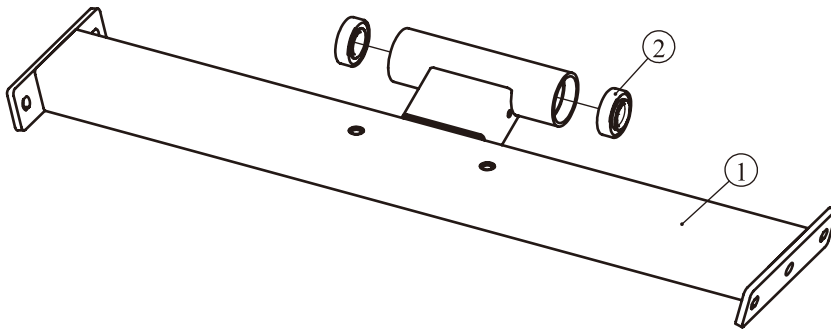


GradeNo.	Part No.	Description	QTY
8.1	ECP2010800	Seat Cushion Plate	1
8.2	ECP20111ASSY	Handle Frame ASSY	1
8.3	ECP20133ASSY	Roller ASSY	2
8.4	ECP2014001	Eccentric Shaft $\Phi$ 17*128	1
8.5	ECP2014002	Spacer Sleeve $\Phi$ 22* $\Phi$ 18*2.5	4
8.6	ECP2014004	Roller Sleeve	1
8.7	SL70012600	Torsion Spring	1
8.8	PNLM8*25DN20	Button Head Cap Screw M8*25	2
8.9	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	2
8.10	GB938N19	Spring Washer $\Phi$ 8	2
8.11	GB958DN2	Flat Washer $\Phi$ 9* $\Phi$ 16*1.6	2
8.12	GB9512DN2	Flat Washer $\Phi$ 13* $\Phi$ 24*2.5	4
8.13	NM12DN2	Nylon Lock Nut M12	2

# Exploded View and Parts List

## Front Ground Frame ASSY

## Swing Arm Frame ASSY

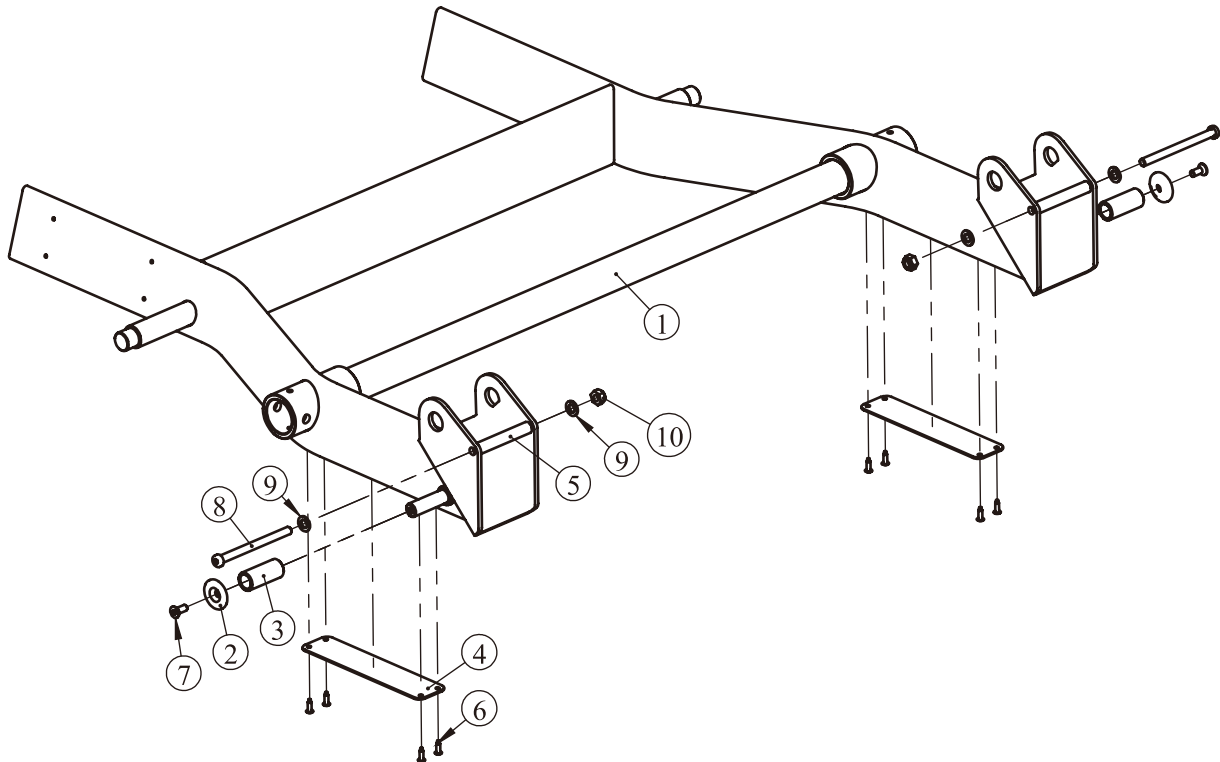


GradeNo.	Part No.	Description	QTY
10.1	ECP5040100	Front Ground Frame	1
10.2	GB2766205-2ZC3NBKTZ	Bearing6205-2ZC3NBKTZ	2

GradeNo.	Part No.	Description	QTY
12.1	ECP5040600	Swing Arm Frame	1
12.2	GB2766203-2Z	Bearing6203-2Z	2
12.3	GB2766205-2ZC3NBKTZ	Bearing6205-2ZC3NBKTZ	2

# Exploded View and Parts List

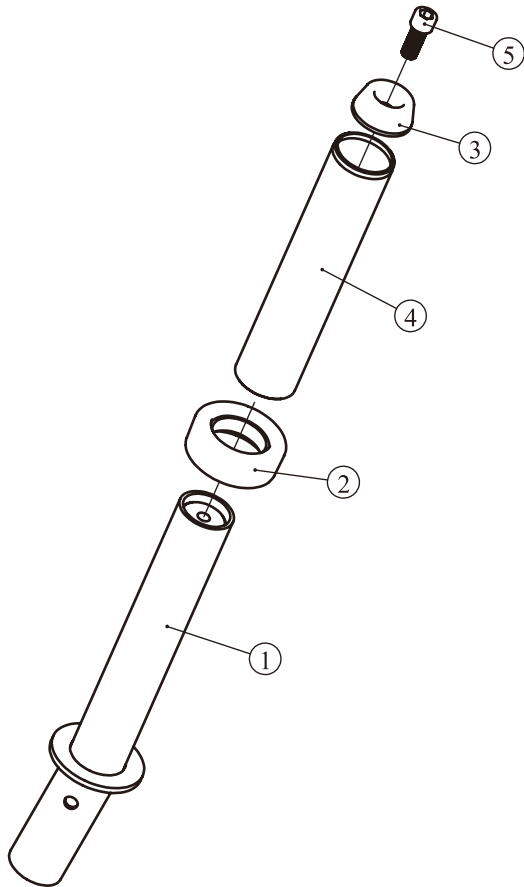
## Bearing Frame ASSY



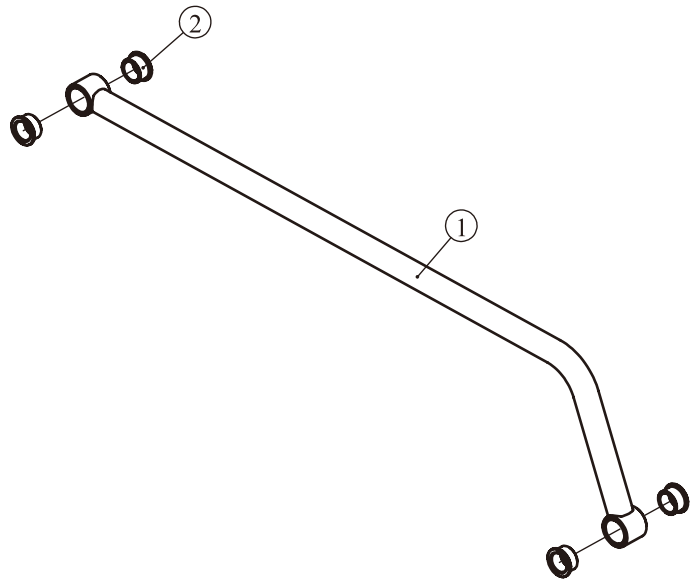
GradeNo.	Part No.	Description	QTY
11.1	ECP5040500	Bearing Frame	1
11.2	ECP1012400	Aluminum CapΦ40	2
11.3	ECP1013000	Rotating Sleeve	2
11.4	ECP5042200	Anti scratch board	2
11.5	MS-LAT1300	Stop Collar	2
11.6	GB126185*13N11	Blind Rivet 5*13	8
11.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	2
11.8	GB70BTM10*125DN18	Socket Head Cap Screw M10*125	2
11.9	GB9510DN2	Flat Washer Φ11*Φ20*2	4
11.10	NM10DN2	Nylon Lock Nut M10	2

# Exploded View and Parts List

## Barbell Frame ASSY



## Connecting Rod Frame ASSY

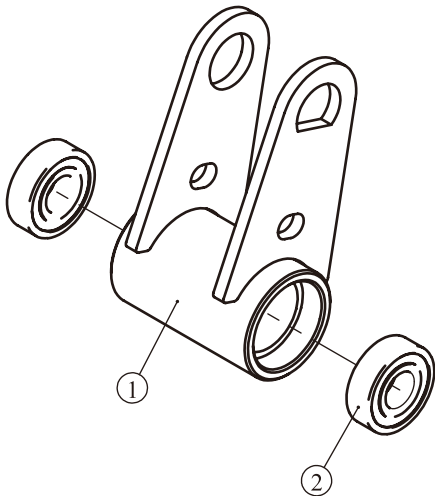


GradeNo.	Part No.	Description	QTY
14.1	ECP5041100	Barbell Frame	1
14.2	PL1301600	Rubber Bumper	1
14.3	SL70012000	Plastic Cap	1
14.4	HZ70022000V1	Short Barbell Casing	1
14.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

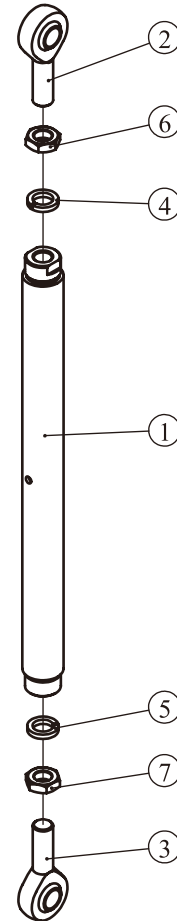
GradeNo.	Part No.	Description	QTY
15.1	ECP5041200	Connecting Rod Frame	1
15.2	M02502000	Copper Bushing	4

# Exploded View and Parts List

## Limit Frame ASSY



## Starter Connecting Rod Frame ASSY



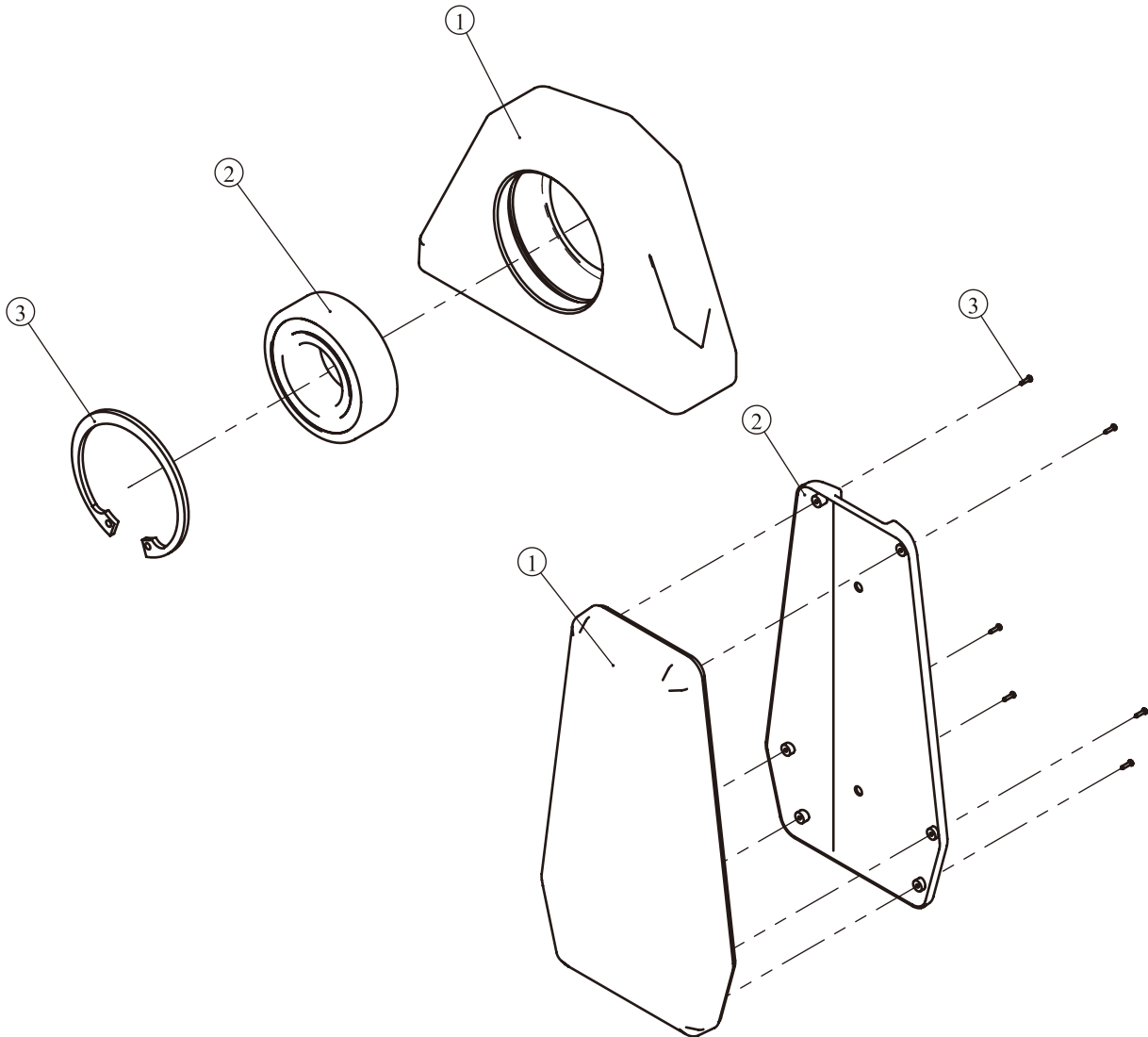
GradeNo.	Part No.	Description	QTY
16.1	ECP5041300	Limit Frame	1
16.2	GB2766203-2Z	Bearing6203-2Z	2

GradeNo.	Part No.	Description	QTY
17.1	ECP2014300	Starter Connecting Rod Frame	1
17.2	SAL16	Left Oscillating Bearing	1
17.3	SA16	Oscillating Bearing	1
17.4	GB93L16DS12	Left Spring Washer $\Phi$ 16	1
17.5	GB9316DS12	Spring Washer $\Phi$ 16	1
17.6	GB6172.1LM16DS2	Left Hex Nut M16	1
17.7	GB6172.1M16DS2	Hex Nut M16	1

# Exploded View and Parts List

## Set-Contained Bearing

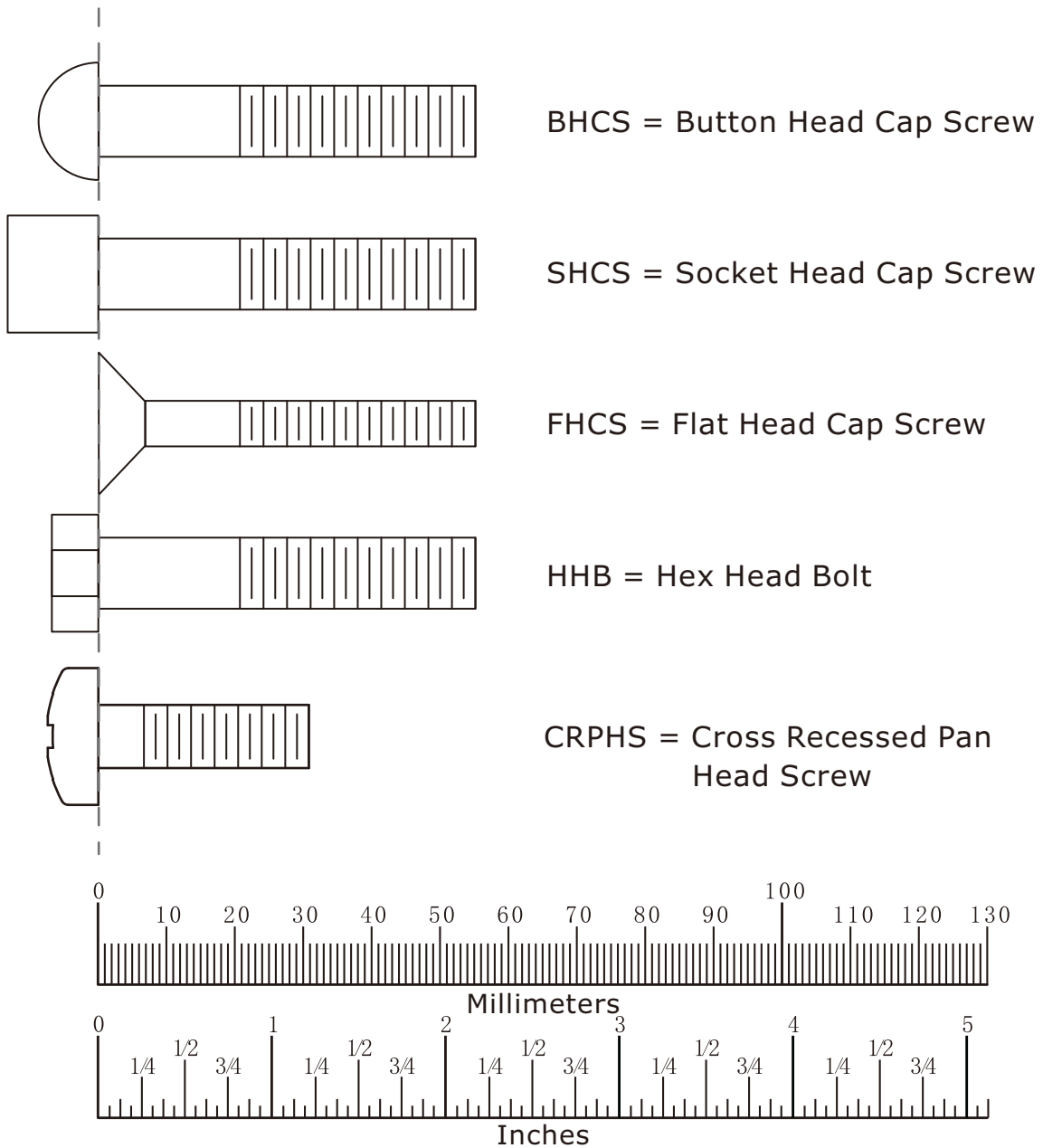
## Back Cushion ASSY



GradeNo.	Part No.	Description	QTY
18.1	ECP2012100	Bearing Seat	1
18.2	GB2766205-2ZC3	Bearing6205-2ZC3	1
18.3	GB893.152FH12	Hole Retaining RingΦ52	1

GradeNo.	Part No.	Description	QTY
31.1	ECP2015200V1	Back Cushion	1
31.2	ECP2013600	Back Cushion Cover	1
31.3	GB845ST4.2*19DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*19	6

# Measurement Guide



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

# Assembly Instructions

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

## **NOTE**

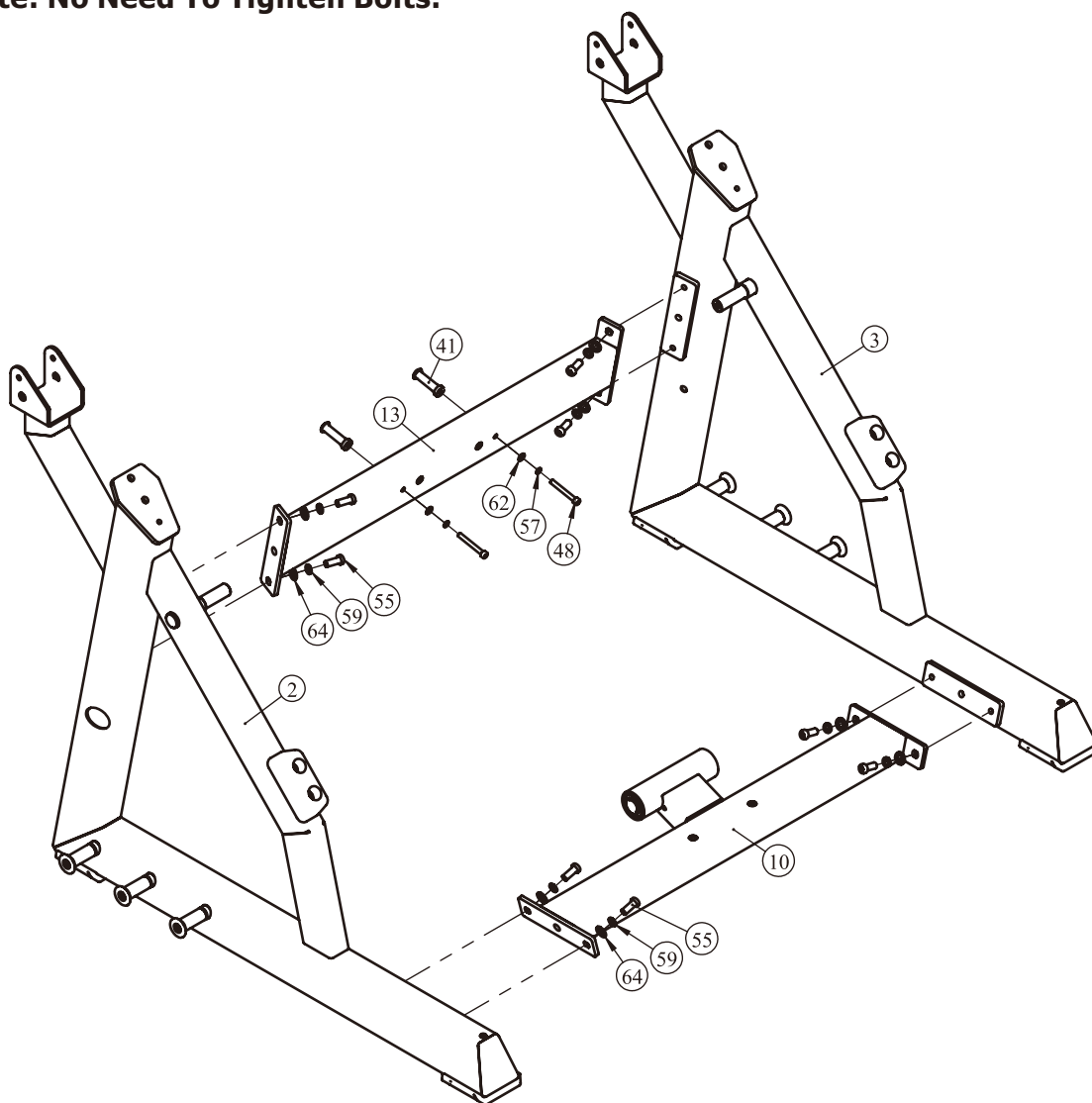
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach the Front Ground Frame ASSY(#10) and the Rear Connecting Frame ASSY(#13) to the Side Stand Frame I ASSY(#2) and the Side Stand Frame II ASSY(#3), using:  
eight M12\*30 SHCS(#55)  
eight  $\Phi$ 12 Spring Washer(#59)  
eight  $\Phi$ 13\* $\Phi$ 24\*2.5 Flat Washer(#64)
2. Attach two Elastic Band Hanging Pillar(#41) to the Rear Connecting Frame ASSY(#13), using:  
two M8\*65 SHCS(#48)  
two  $\Phi$ 8 Spring Washer(#57)  
two  $\Phi$ 9\* $\Phi$ 16\*1.6 Flat Washer(#62)

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

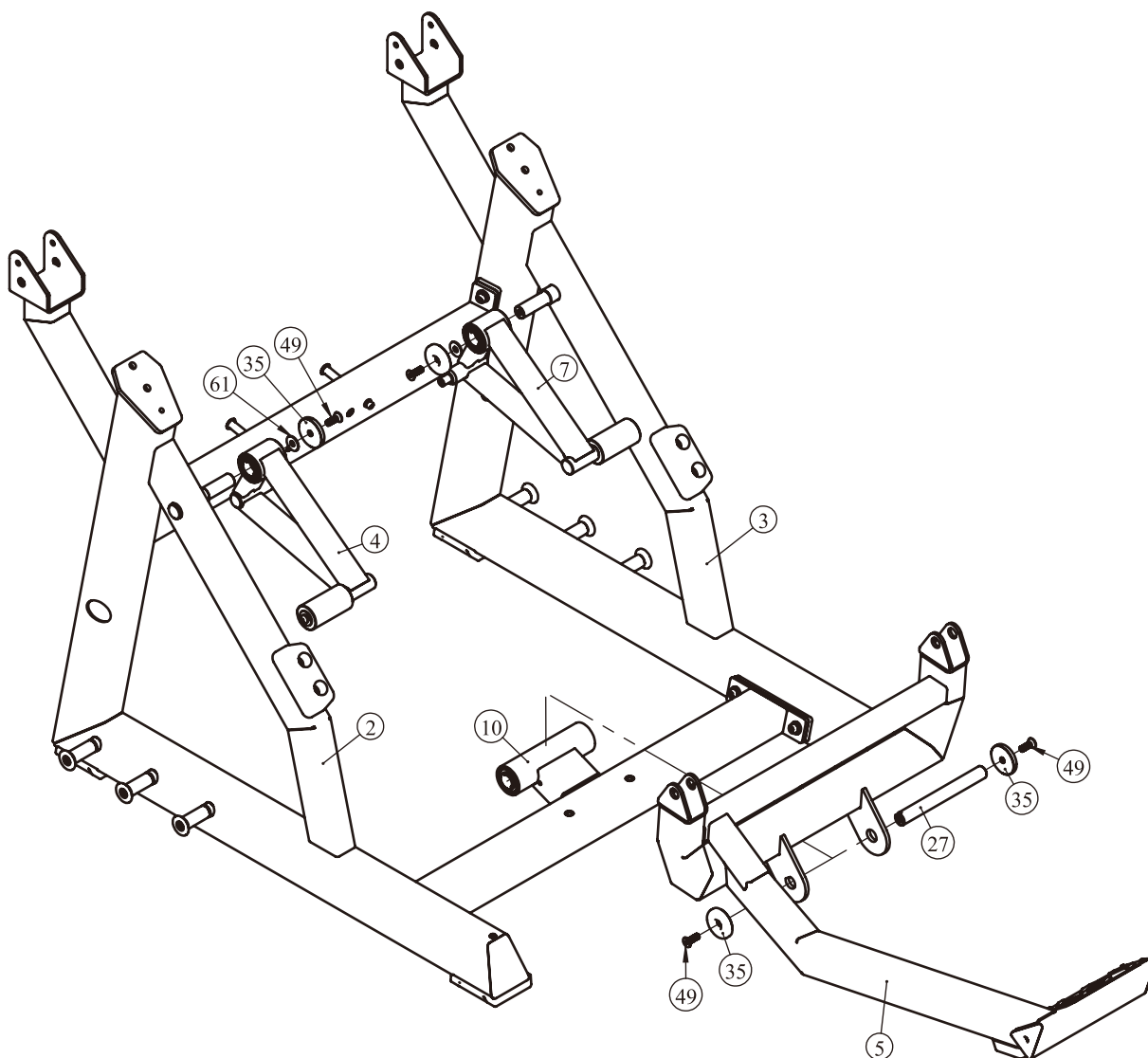


# Assembly

## STEP 2

1. Attach the Pedal Frame ASSY(#5) to the Front Ground Frame ASSY(#10), using:
  - one  $\Phi 25 \times 221$  Shaft(#27)
  - two  $\Phi 60$  Aluminum Cap(#35)
  - two M10\*30 FHCS(#49)
2. Attach the Auxiliary Starter Frame I ASSY(#4) and the Auxiliary Starter Frame II ASSY(#7) to the Side Stand Frame I ASSY(#2) and the Side Stand Frame II ASSY(#3), using:
  - two  $\Phi 60$  Aluminum Cap(#35)
  - two M10\*30 FHCS(#49)
  - two  $\Phi 11 \times \Phi 30 \times 2$  Flat Washer(#61)

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

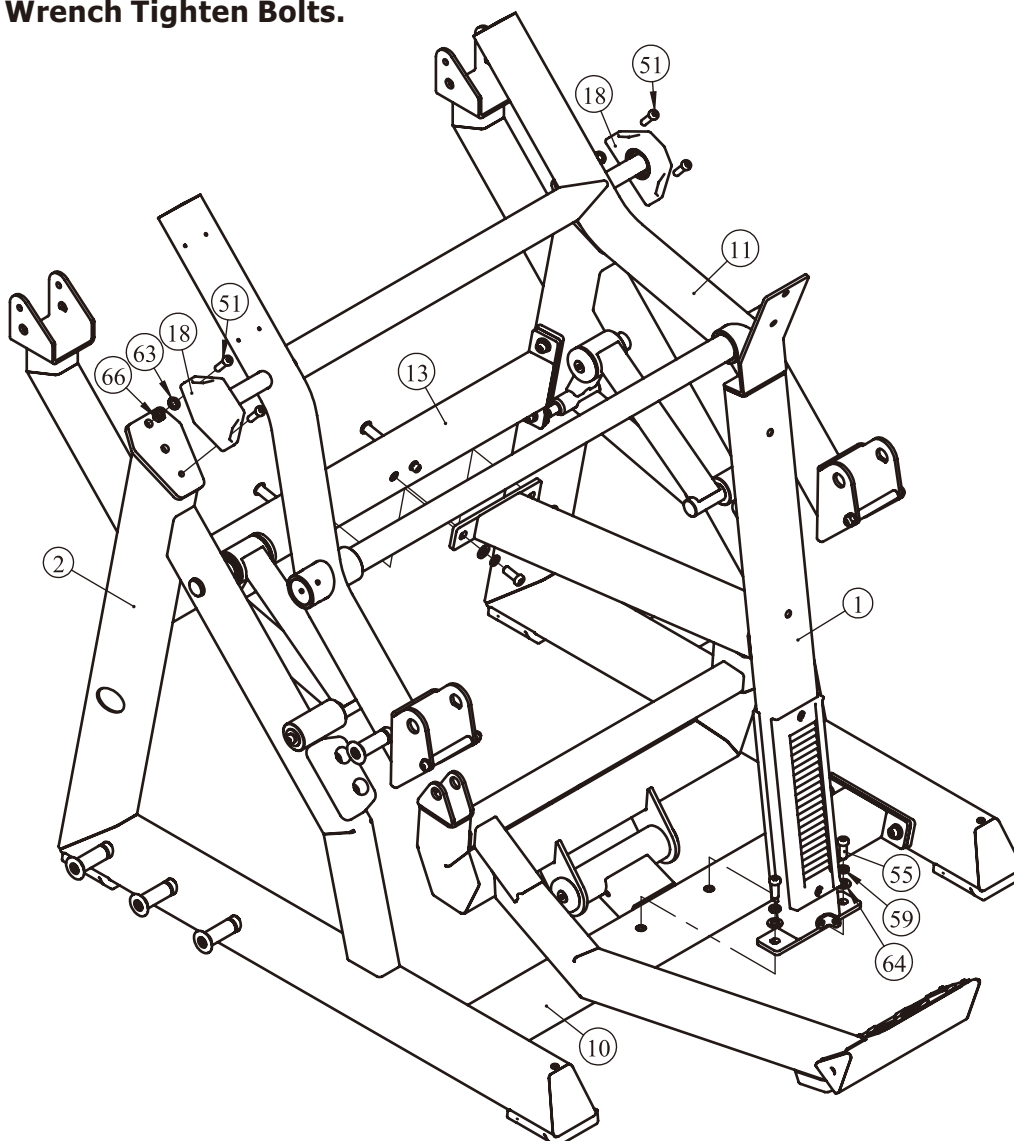


# Assembly

## STEP 3

1. Attach the Bearing Frame ASSY(#11) to the Side Stand Frame I ASSY(#2) and the Side Stand Frame II ASSY(#3), using:
  - two Set-Contained Bearing(#18)
  - four M10\*35 SHCS(#51)
  - two  $\Phi 11*\Phi 20*2$  Flat Washer(#63)
  - two M10 Nylon Lock Nut(#66)
2. Attach the Cushion Frame ASSY(#1) to the Front Ground Frame ASSY(#10) and the Rear Connecting Frame ASSY(#13), using:
  - four M12\*30 SHCS(#55)
  - four  $\Phi 12$  Spring Washer(#59)
  - four  $\Phi 13*\Phi 24*2.5$  Flat Washer(#64)

**Note: Wrench Tighten Bolts.**



# Assembly

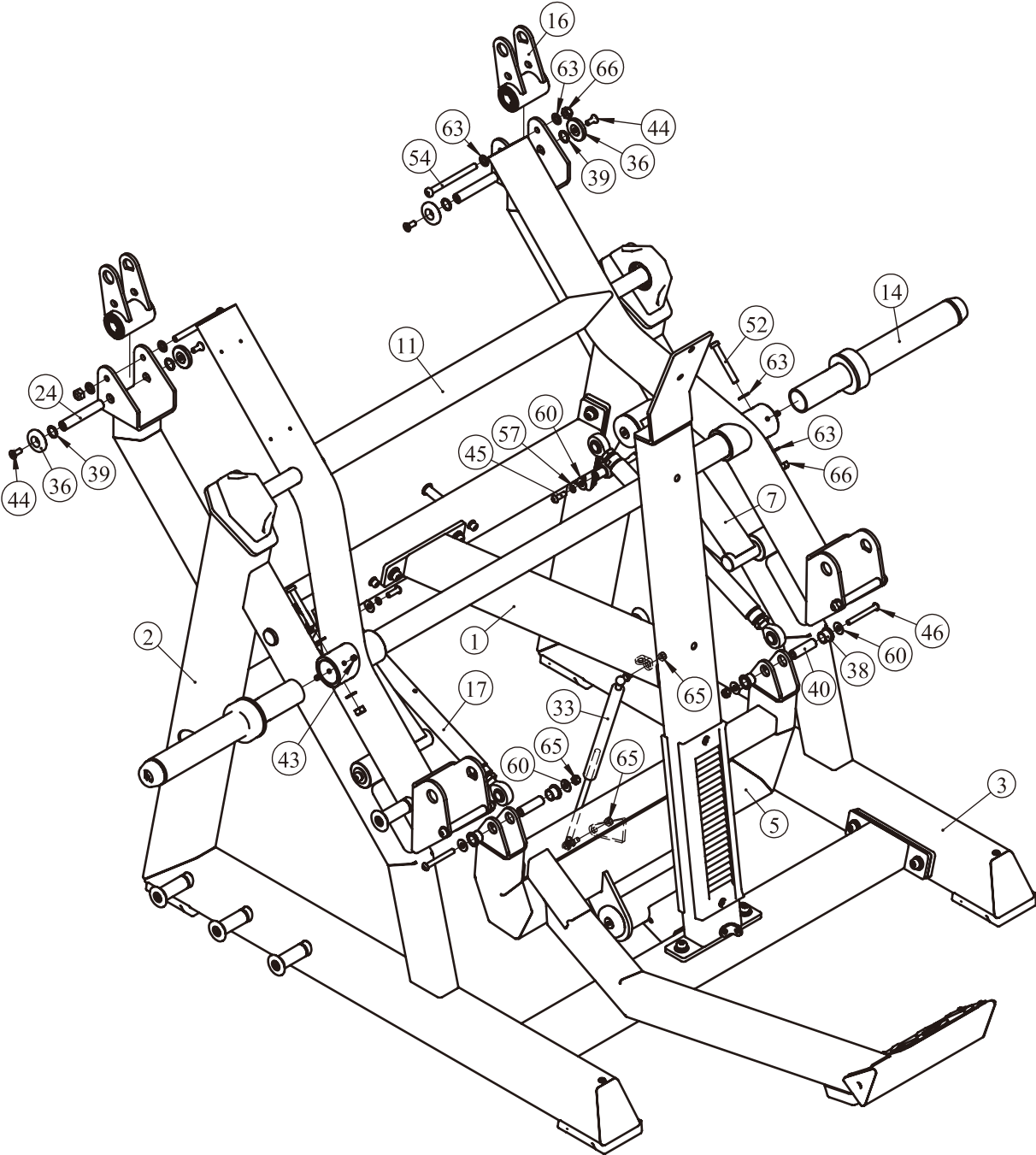
## STEP 4

1. Attach the 250N Gas Spring(#33) to the Cushion Frame ASSY(#1) and the Pedal Frame ASSY(#5) using:  
two M8 Nylon Lock Nut(#65)
2. After installing the gas spring, attach two Starter Connecting Rod Frame ASSY(#17) to the Pedal Frame ASSY(#5) and two Auxiliary Starter Frame ASSY, using:  
four Step Cover(#38)  
two  $\Phi 16 \times 54$  Short Shaft(#40)  
two M8\*25 BHCS(#45)  
two M8\*70 BHCS(#46)  
two  $\Phi 8$  Spring Washer(#57)  
six  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washer(#60)  
two M8 Nylon Lock Nut(#65)
3. Attach two Barbell Frame ASSY(#14) to the Bearing Frame ASSY(#11), using:  
four M8\*8 Socket Set Screw (#43)  
two M10\*75 SHCS(#52)  
four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer(#63)  
two M10 Nylon Lock Nut(#66)
4. Attach two Limit Frame ASSY(#16) to the Side Stand Frame I ASSY(#2) and the Side Stand Frame II ASSY(#3), using:  
two  $\Phi 17 \times 97$  Shaft(#24)  
four  $\Phi 42$  Aluminum Cap(#36)  
four  $\Phi 22 \times \Phi 18 \times 2.5$  Spacer Sleeve(#39)  
four M8\*20 FHCS(#44)
5. Attach the following parts to the Limit Frame ASSY(#16):  
two M10\*115 SHCS(#54)  
four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer(#63)  
two M10 Nylon Lock Nut(#66)

**Note: Wrench Tighten Bolts.**

# Assembly

## STEP 4



# Assembly

## STEP 5

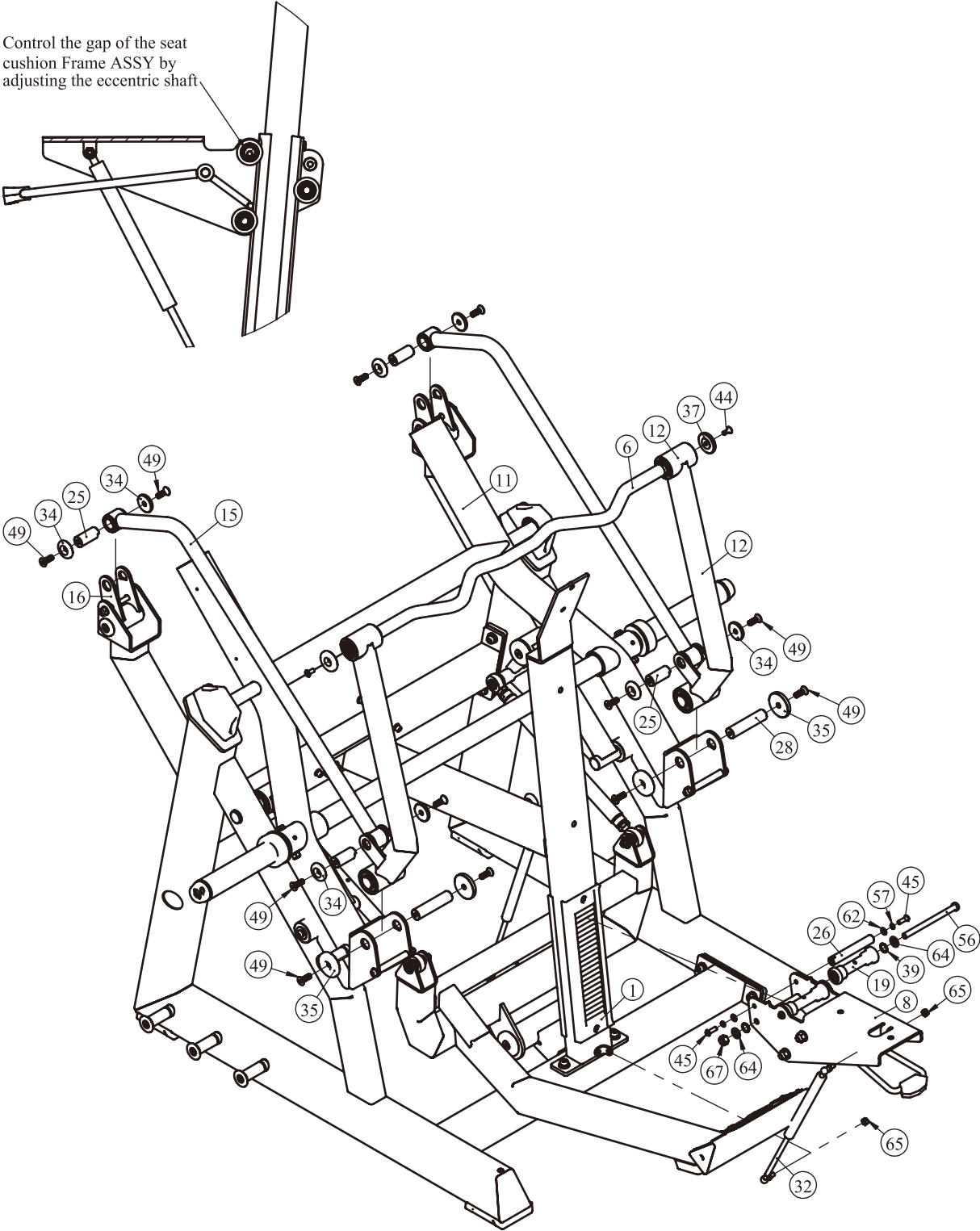
1. Connect two Swing Arm Frame ASSY(#12) with the Handle Frame ASSY(#6), using:
  - two  $\Phi 49$  Aluminum Cap(#37)
  - two M8\*20 FHCS(#44)
2. Attach two Swing Arm Frame ASSY(#12) to the Bearing Frame ASSY(#11) using:
  - two  $\Phi 25*106$  Shaft(#28)
  - four  $\Phi 60$  Aluminum Cap(#35)
  - four M10\*30 FHCS(#49)
3. Attach two Connecting Rod Frame ASSY(#15) to the Swing Arm Frame ASSY(#12) and the Limit Frame ASSY(#16), using:
  - four  $\Phi 25.4*56$  Shaft(#25)
  - eight  $\Phi 38$  Aluminum Cap(#34)
  - eight M10\*30 FHCS(#49)
4. Attach the Seat Cushion Frame ASSY(#8) to the Cushion Frame ASSY(#1), using:
  - one Roller ASSY(#19)
  - one  $\Phi 19*128$ Limit Shaft(#26)
  - two  $\Phi 22*\Phi 18*2.5$  Spacer Sleeve(#39)
  - two M8\*25 BHCS(#45)
  - one M12\*160 SHCS(#56)
  - two  $\Phi 8$  Spring Washer(#57)
  - two  $\Phi 9*\Phi 16*1.6$  Flat Washer(#62)
  - two  $\Phi 13*\Phi 24*2.5$  Flat Washer(#64)
  - one M12 Nylon Lock Nut(#67)
5. Attach the 100N Gas Spring(#32) to the Cushion Frame ASSY(#1) and the Seat Cushion Frame ASSY(#8), using:
  - two M8 Nylon Lock Nut(#65)

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

# Assembly

## STEP 5

Control the gap of the seat cushion Frame ASSY by adjusting the eccentric shaft.





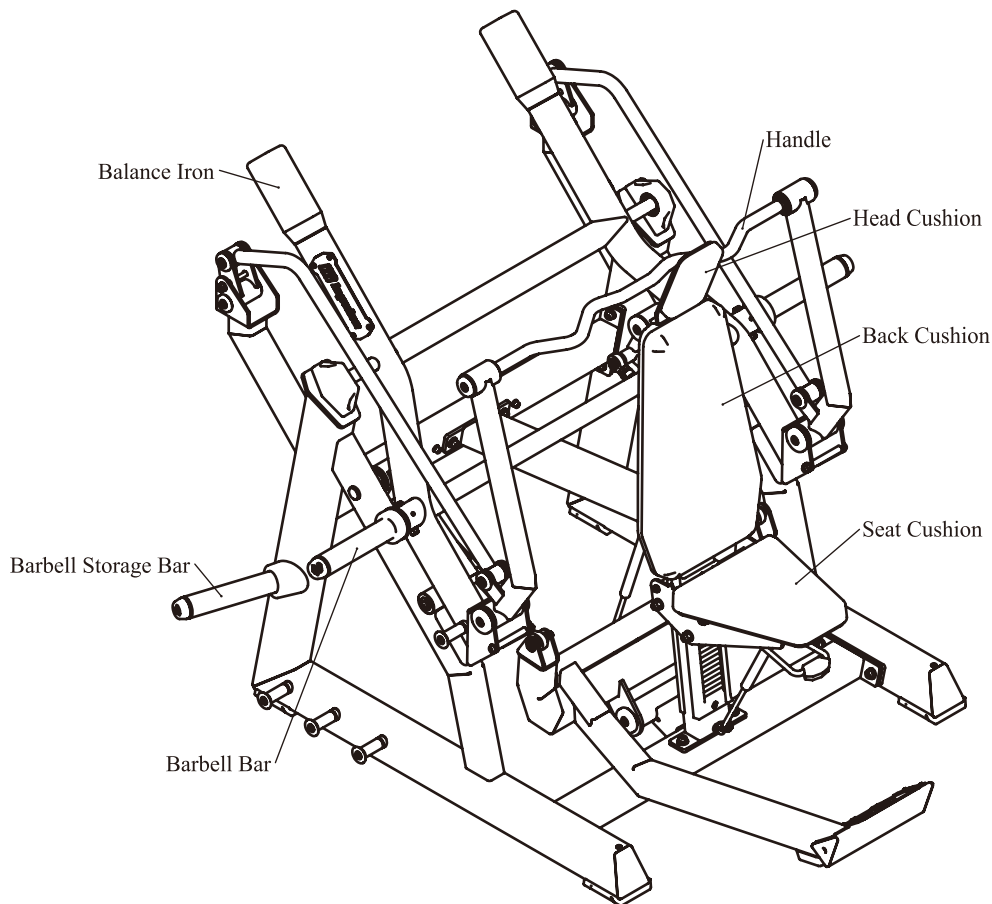
# Adjust Instructions and Exercise Instructions

## 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.

## Exercise Instructions

1. Select an appropriate weight.
2. Sit on the seat cushion and lean the back against the back cushion, grasp the handle in the appropriate position with both hands.
3. Stepping on the foot pedal with the right foot can help us at the beginning of training.
4. Raise the hands above the head.
5. Keep the upper arm still, only bend the elbow joint, slowly return to 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.

