

# ECP605

## SEATED LEG EXTENSION

### OWNER'S MANUAL

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25M

**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.

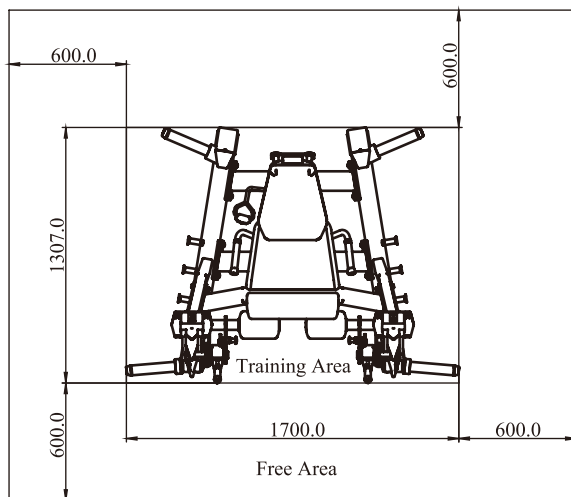
# Important Safety Instructions

## 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 User Weight: 150kg/ 330lbs

Maximum Training Load: 100\*2kg/ 220\*2lbs

Product Dimension: 1700\*1307\*1102mm

Product Total Surface: 1700\*1307mm

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



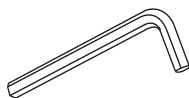
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	ECP60501ASSY	Main Frame 1 ASSY	1
2	ECP60502ASSY	Main Frame 2 ASSY	1
3	ECP60508ASSY	Cushion Frame ASSY	1
4	ECP60509ASSY	Seat Cushion Frame ASSY	1
5	ECP6051200	Front connecting frame	1
6	ECP6051400	Rear Connecting Frame	1
7	ECP20121ASSY	Set-Contained Bearing	4
8	SL70180105	External fixing plate	2
9	FE97211100	Seat cushion plate	1
10	ECP60503ASSY	Kicking frame ASSY 1	1
11	ECP60504ASSY	Kicking frame ASSY 2	1
12	ECP60505ASSY	Load bearing frame ASSY 1	1
13	ECP60506ASSY	Load bearing frame ASSY 1	1
14	ECP60507V1ASSY	FOAM frame ASSY	2
15	ECP60510ASSY	Armrest ASSY	1
16	ECP60511ASSY	Adjusting handle ASSY	1
17	ECP6051300	Front seat rack	1
18	ECP60531ASSY	Short FOAM ASSY	2
19	ECP20152ASSY	Back Cushion ASSY	1
20	IT95211000V1	Seat Cushion	1
21	SL70251200V1	Front seat cushion	1
22	ECP20118ASSY	Barbell Storage Frame ASSY	2
23	ECP1012300	LOGO Inner Board	2

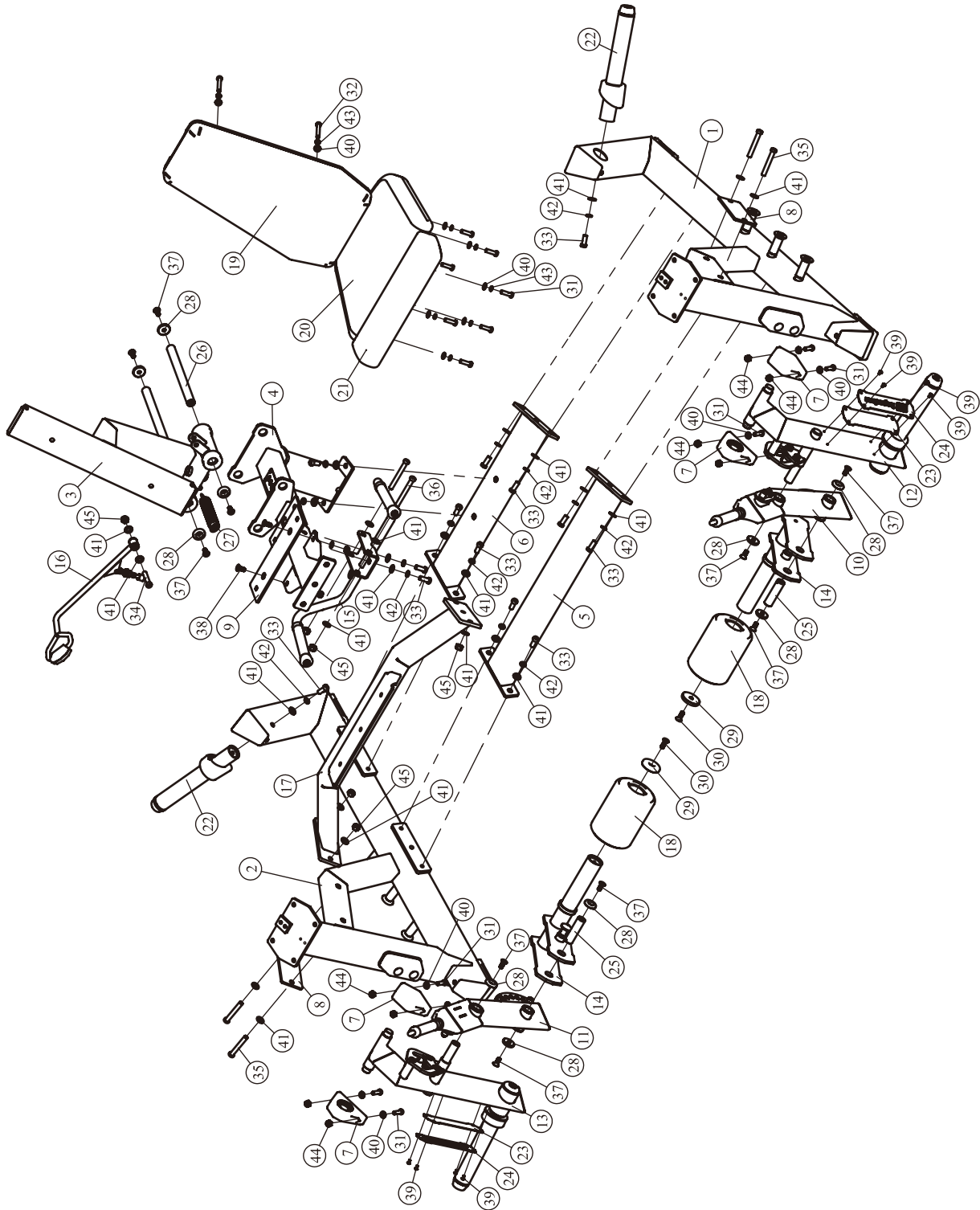
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
24	ECP1012200	LOGO Board	2
25	FE97214100V1	Shaft	2
26	JB95502400	Guide shaft	2
27	SL70012200	Tension spring	1
28	IN-D21202000	Aluminum CapΦ38	10
29	IE950716500	Aluminum CapΦ60	2
30	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
31	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	15
32	GB70BTM10*80DN18	Socket Head Cap Screw M10*80	2
33	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	14
34	GB70BTM12*65DN18	Socket Head Cap Screw M12*65	1
35	GB70BTM12*85DN18	Socket Head Cap Screw M12*85	4
36	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	4
37	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	10
38	CNLM10*25DS20	Flat Head Cap Screw M10*25	2
39	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
40	GB9510DN2	Flat Washer Φ11*Φ20*2	19
41	GB9512DN2	Flat Washer Φ13*Φ24*2.5	32
42	GB9312N19	Spring Washer Φ12	14
43	GB9310N19	Spring Washer Φ10	9
44	NM10DN2	Nylon Lock Nut M10	10
45	NM12DN2	Nylon Lock Nut M12	9

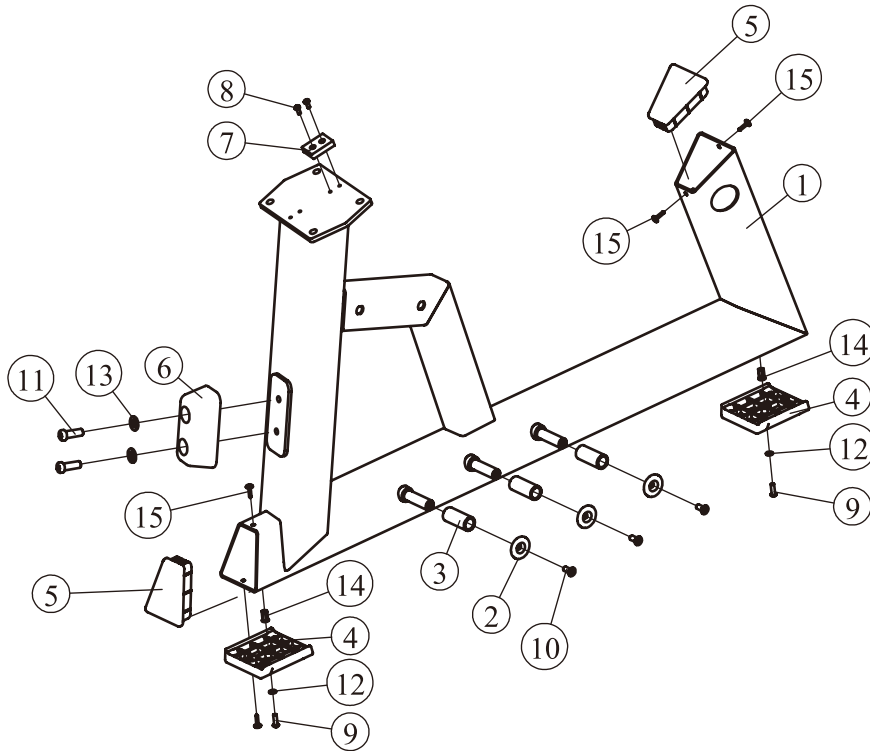
# Exploded View and Parts List

## Overall



# Exploded View and Parts List

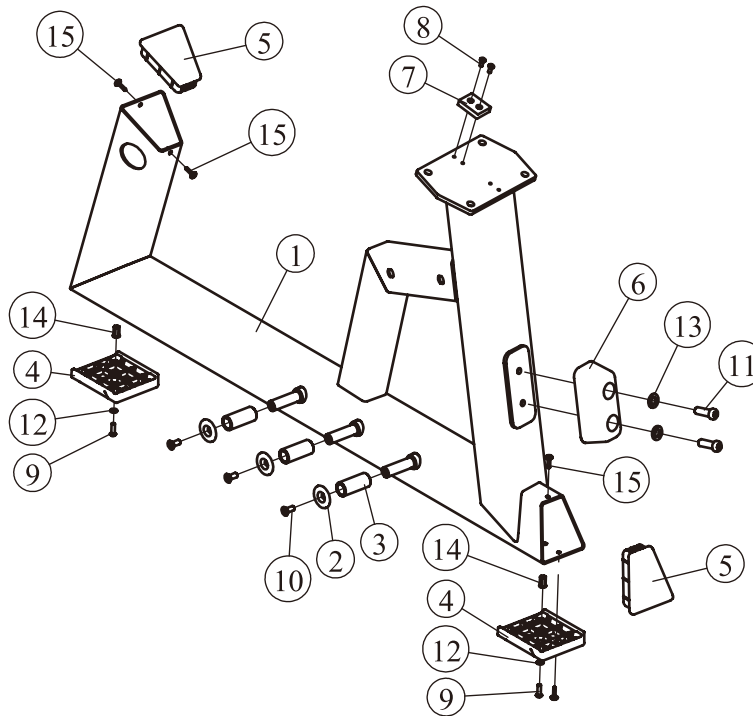
## Main Frame 1 ASSY



GradeNo.	Part No.	Description	QTY
1.1	ECP6050100	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	2
1.6	PL380800	Safety Bumper	1
1.7	IT4005000	Rubber Bumper	1
1.8	GB818M5*12DHS2	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
1.9	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.11	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.12	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
1.13	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2
1.14	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	2
1.15	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4

# Exploded View and Parts List

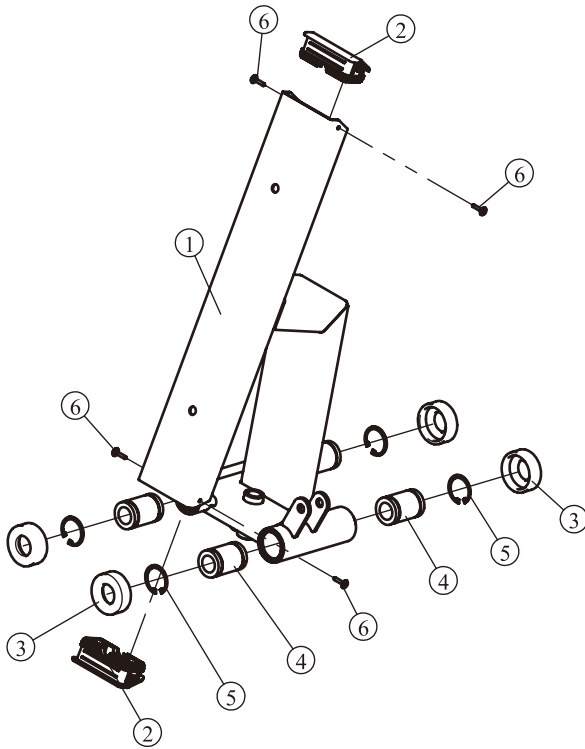
## Main Frame 2 ASSY



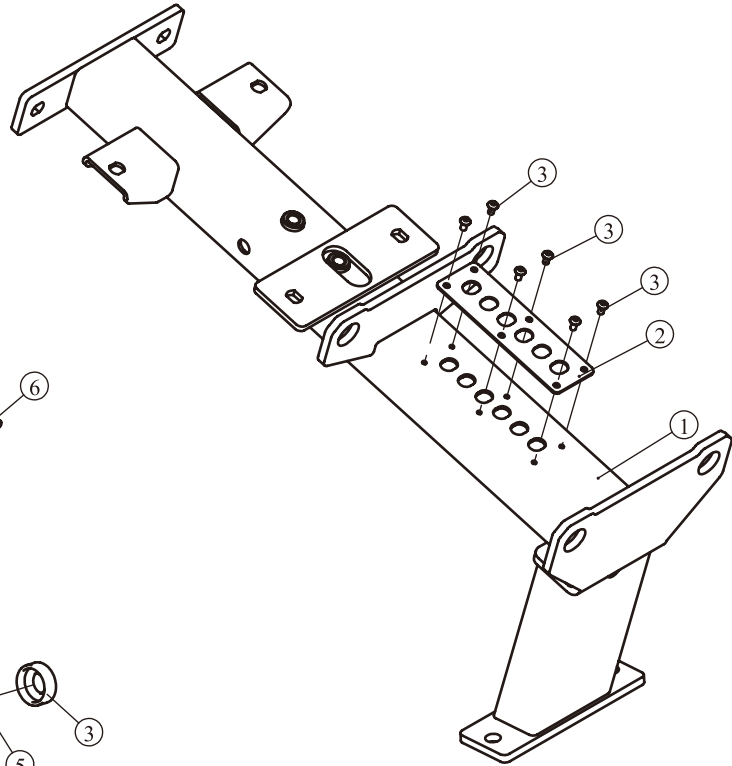
GradeNo.	Part No.	Description	QTY
2.1	ECP6050200	Main Frame 2	1
2.2	ECP1012400	Aluminum CapΦ40	3
2.3	ECP1013000	Rotating Sleeve	2
2.4	ECP2013400	Floor Mat	2
2.5	ECP2013500	Slanted Pipe Plug	3
2.6	PL380800	Safety Bumper	1
2.7	IT4005000	Rubber Bumper	1
2.8	GB818M5*12DHS2	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
2.9	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	2
2.11	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
2.12	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	3
2.13	GB9512DN2	Flat Washer Φ13*Φ24*2.5	2
2.14	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat HeadM6*16.5	2
2.15	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4

# Exploded View and Parts List

## Cushion Frame ASSY



## Seat Cushion Frame ASSY

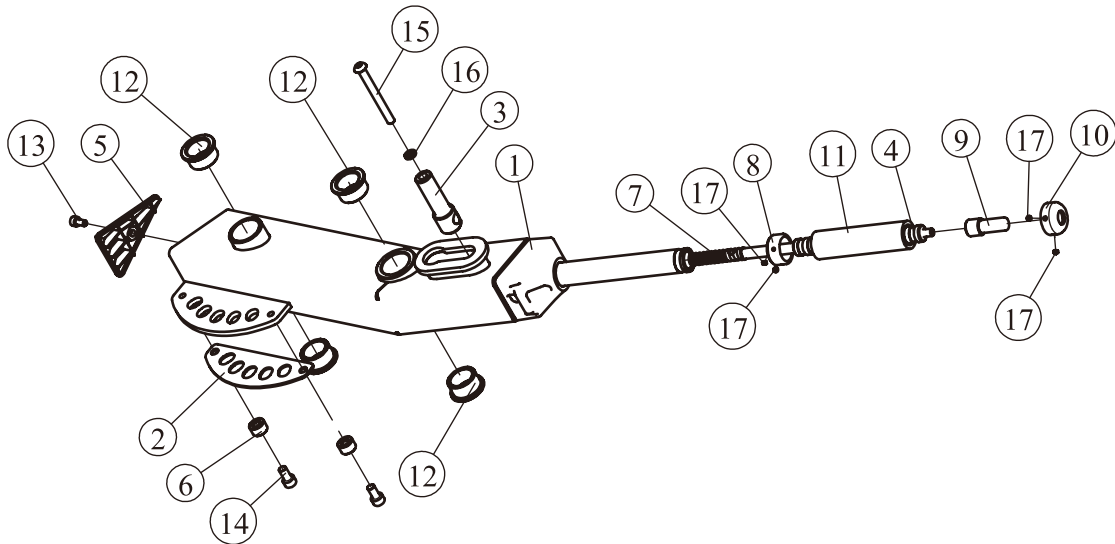


GradeNo.	Part No.	Description	QTY
3.1	ECP6050800	Cushion Frame	1
3.2	ECP2014500	Pipe Plug	2
3.3	ES20003700	Cushion	4
3.4	LM25UU	Linear bearing	4
3.5	GB893.140FH19	Elastic retainer for hole	4
3.6	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4

GradeNo.	Part No.	Description	QTY
4.1	ECP6050900	Seat Cushion Frame	1
4.2	ECP6052400	Long anti-scratch plate	1
4.3	PNLM5*10DN20NL	Button Head Cap Screw M5*10	6

# Exploded View and Parts List

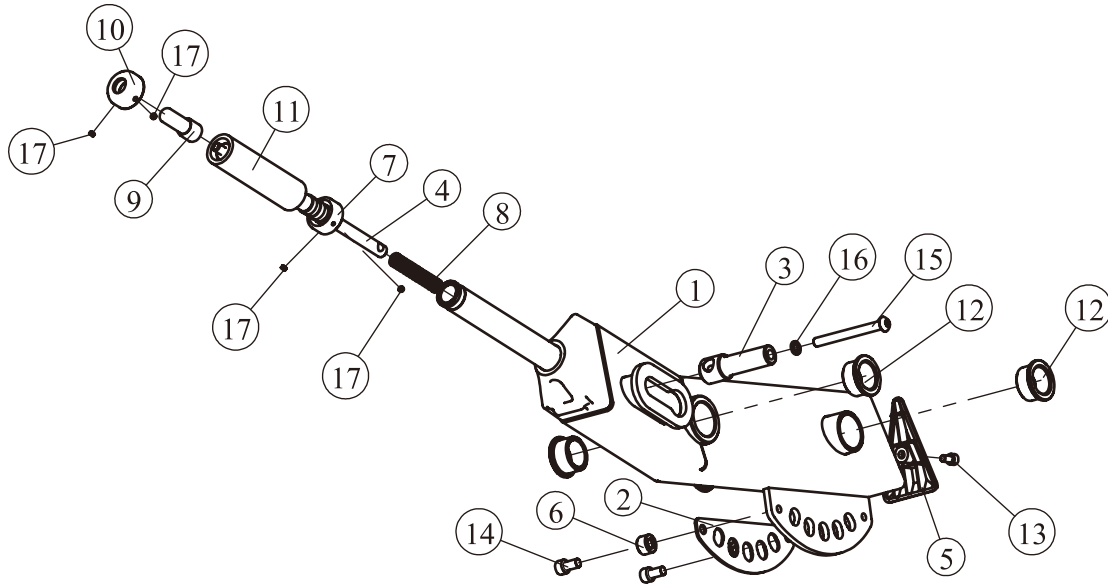
## Kicking frame ASSY 1



GradeNo.	Part No.	Description	QTY
10.1	ECP6050300	Kicking frame1	1
10.2	ECP6052100	anti-scratch plate	1
10.3	ECP6052500	Latch shaft	1
10.4	FE97322200	Strength transfer rod	1
10.5	ECP3013100	Triangle plug	1
10.6	IN-S10111200	Stop sleeve	2
10.7	SG80071200B	spring	1
10.8	VST600-PL232600V1	Aluminium Grip ring	1
10.9	FE97212400	Press button	1
10.10	FE97212600V1	Aluminium Grip CAP	1
10.11	026-01PL0206-5	GloveΦ31*Φ24*111	1
10.12	M02502000	Copper Bushing	4
10.13	GB70M6*12DHS2	Socket Head Cap ScrewM6*12	1
10.14	GB70M8*15DS20NL	Socket Head Cap ScrewM8*15	2
10.15	PNLM8*80DN20	Button Head Cap Screw M8*80	1
10.16	GB938N19	Spring Washer Φ8	1
10.17	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32UNF*3.2	4

# Exploded View and Parts List

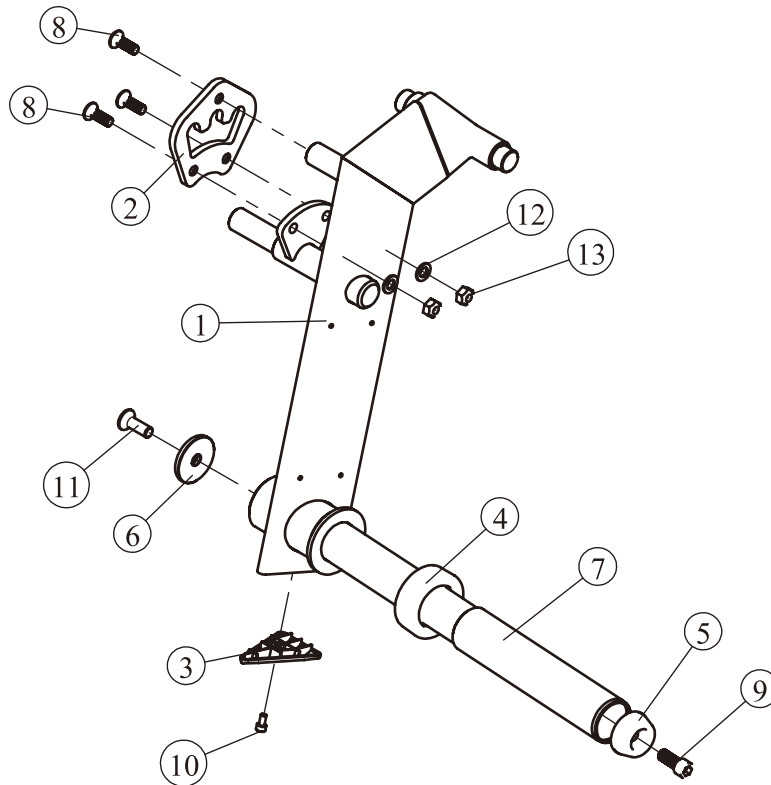
## Kicking frame ASSY 2



GradeNo.	Part No.	Description	QTY
11.1	ECP6050400	Kicking frame2	1
11.2	ECP6052100	anti-scratch plate	1
11.3	ECP6052500	Latch shaft	1
11.4	FE97322200	Strength transfer rod	1
11.5	ECP3013100	Triangle plug	1
11.6	IN-S10111200	Stop sleeve	2
11.7	VST600-PL232600V1	Aluminium Grip ring	1
11.8	SG80071200B	spring	1
11.9	FE97212400	Press button	1
11.10	FE97212600V1	Aluminium Grip CAP	1
11.11	026-01PL0206-5	GloveΦ31*Φ24*111	1
11.12	M02502000	Copper Bushing	4
11.13	GB70M6*12DHS2	Socket Head Cap ScrewM6*12	1
11.14	GB70M8*15DS20NL	Socket Head Cap ScrewM8*15	2
11.15	PNLM8*80DN20	Button Head Cap Screw M8*80	1
11.16	GB938N19	Spring Washer Φ8	1
11.17	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32UNF*3.2	4

# Exploded View and Parts List

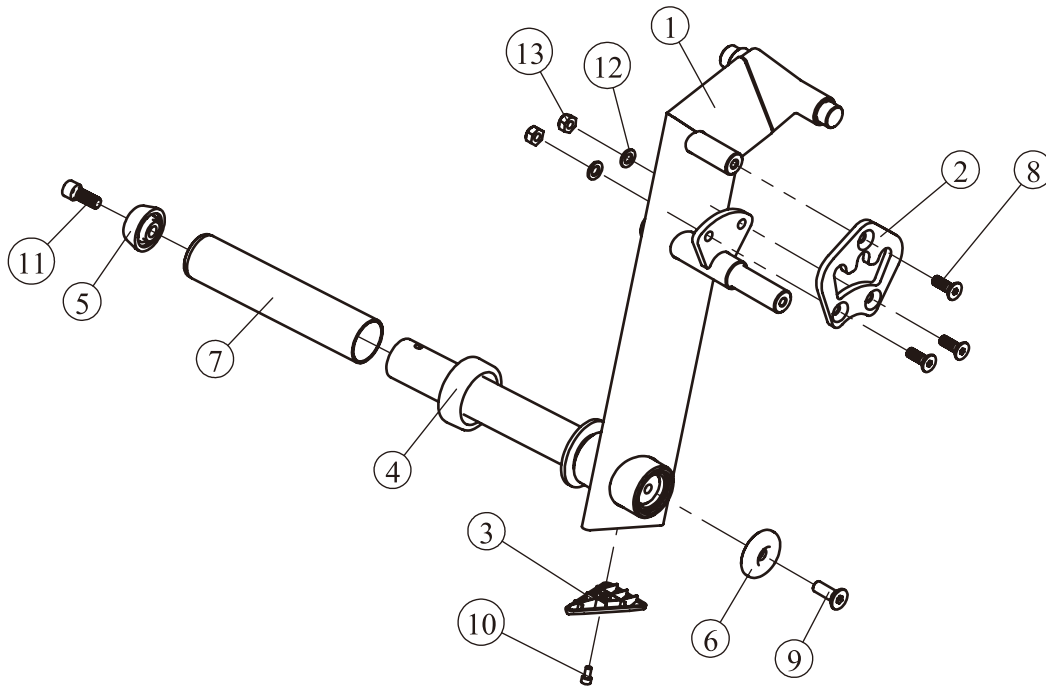
## Load bearing frame ASSY 1



GradeNo.	Part No.	Description	QTY
12.1	ECP6050500	Load bearing frame1	1
12.2	ECP6052200	Regulating plate	1
12.3	ECP3013100	Triangle plug	1
12.4	PL1301600	Rubber Bumper	1
12.5	SL70012000	Plastic Cap	1
12.6	SL70011700	Aluminum CapΦ54	1
12.7	HZ70022000	Short Barbell Casing	1
12.8	CNLM10*30*30DN20NL	Socket Head Cap Screw M10*30	3
12.9	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
12.10	GB70M6*12DHS2	Socket Head Cap Screw M6*12	1
12.11	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	2
12.12	GB9510DN2	Flat Washer Φ11*Φ20*2	2
12.13	NM10DN2	Nylon Lock Nut M10	

# Exploded View and Parts List

## Load bearing frame ASSY 2

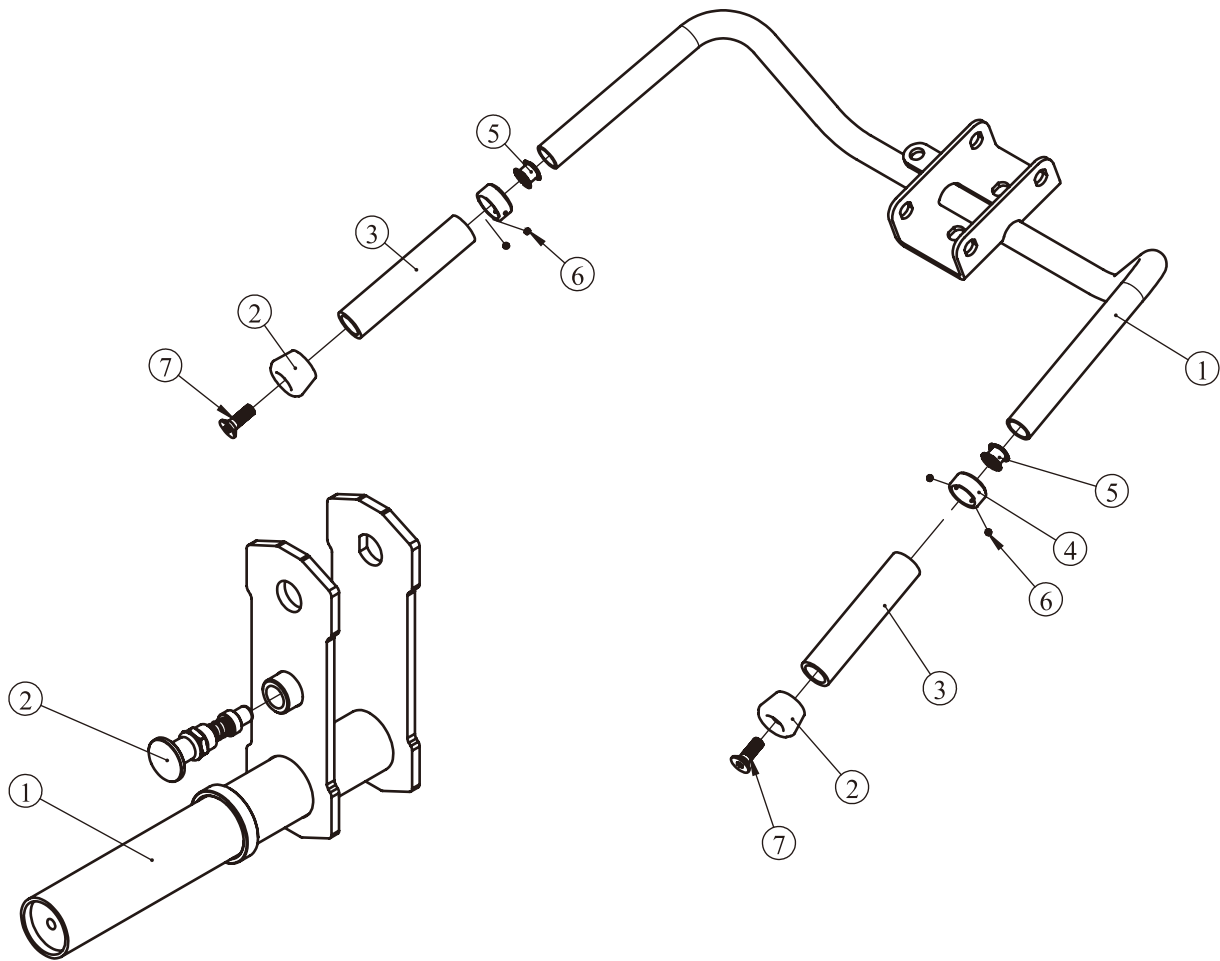


GradeNo.	Part No.	Description	QTY
13.1	ECP6050600	Load bearing frame2	1
13.2	ECP6052200	Regulating plate	1
13.3	ECP3013100	Triangle plug	1
13.4	PL1301600	Rubber Bumper	1
13.5	SL70012000	Plastic Cap	1
13.6	SL70011700	Aluminum CapΦ54	1
13.7	HZ70022000	Short Barbell Casing	1
13.8	CNLM10*30*30DN20NL	Socket Head Cap Screw M10*30	3
13.9	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
13.10	GB70M6*12DHS2	Socket Head Cap Screw M6*12	1
13.11	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	2
13.12	GB9510DN2	Flat Washer Φ11*Φ20*2	2
13.13	NM10DN2	Nylon Lock Nut M10	

# Exploded View and Parts List

## FOAM frame ASSY

## Armrest ASSY



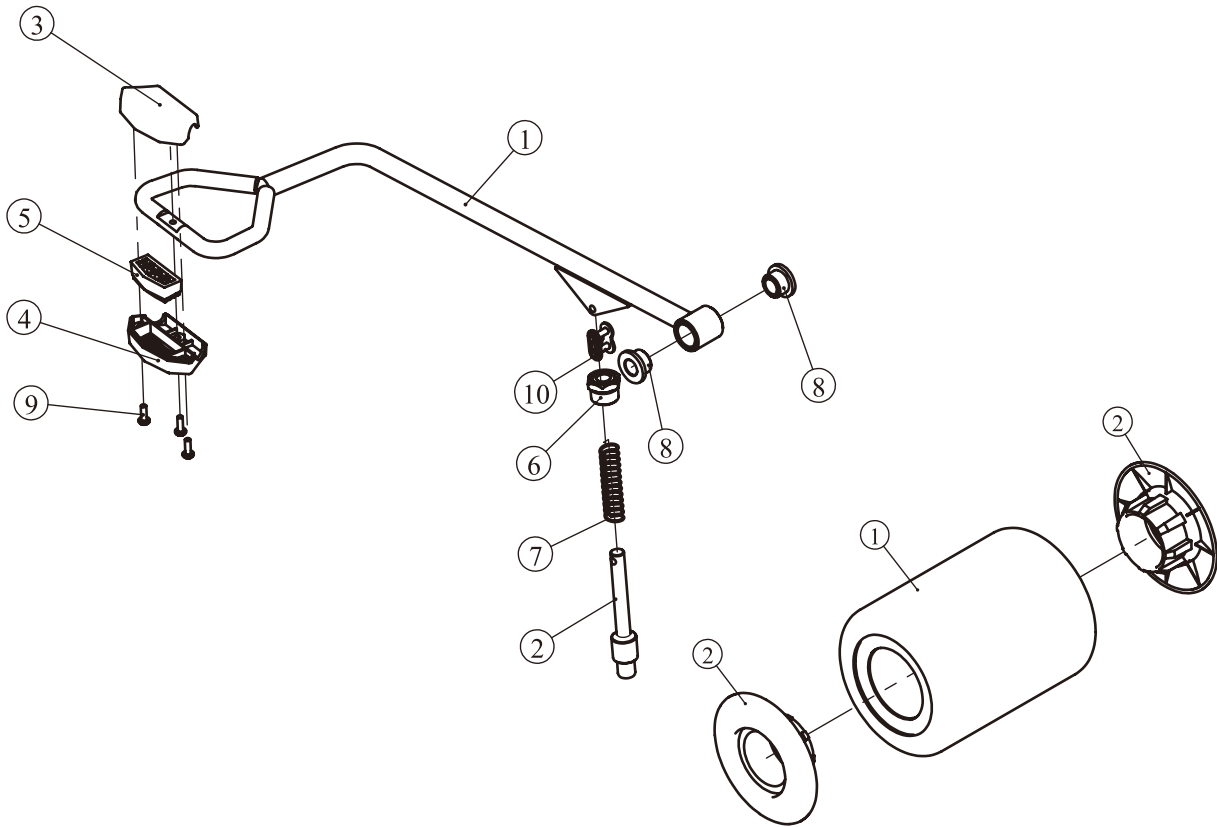
GradeNo.	Part No.	Description	QTY
14.1	ECP6050700V1	FOAM frame	1
14.2	ECP10115ASSY	Plug Pin ASSY	1

GradeNo.	Part No.	Description	QTY
15.1	ECP6051000	Armrest frame	1
15.2	ECP6174500		2
15.3	FE97031800	GloveΦ31*Φ24*111	2
15.4	VST600-PL232600V1	Aluminum Retaining Ring	2
15.5	IF81165000	Lock Nut Φ25*2.5*21.6*M10	2
15.6	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32*3.2	4
15.7	CNLM10*30*30DN20NL	Flat Head Cap Screw M10*30	2

# Exploded View and Parts List

## Adjusting handle ASSY

## Short FOAM ASSY



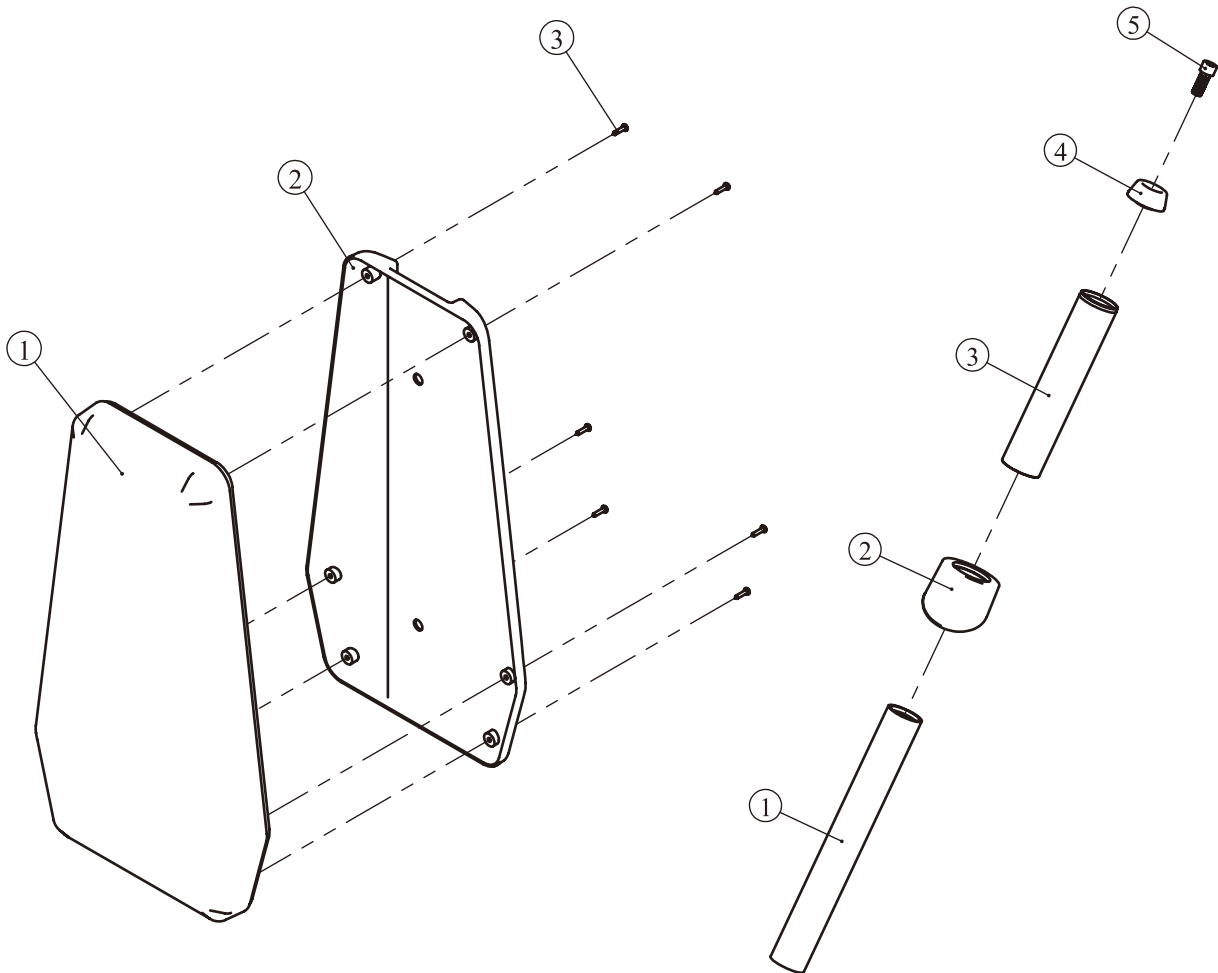
GradeNo.	Part No.	Description	QTY
16.1	ECP6051100	Adjusting handle Frame	1
16.2	ECP6052700	Plug Pin Shaft	1
16.3	ECP3012600	Handle cover	1
16.4	ECP3012700	Handle plate	1
16.5	ECP3012800	Cushion	1
16.6	KPS18002701V1	Lock nut	1
16.7	SG8007M1200B	Spring	1
16.8	M01402000	Copper Bushing	2
16.9	GB818M4*12DS4	Cross recessed pan head screwsM4*12	3
16.10	GB-T1243-199708BN19	Chain link	1

GradeNo.	Part No.	Description	QTY
18.1	FE97026300V3	Short FOAM	1
18.2	IE95054500	FOAM cover	1

# Exploded View and Parts List

## Back Cushion ASSY

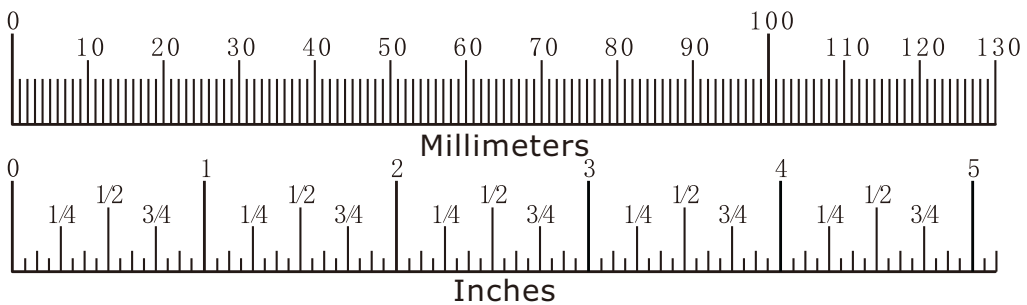
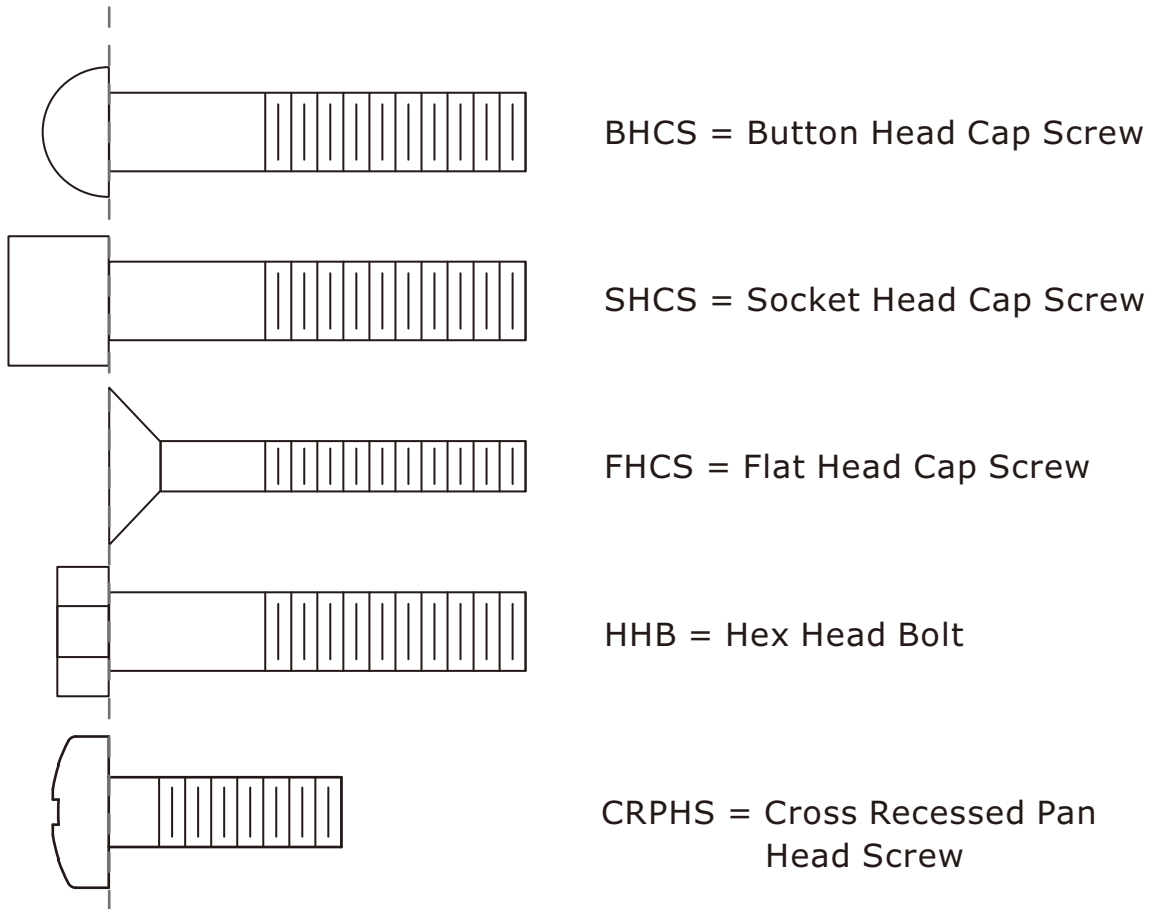
## Barbell Storage Frame ASSY



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

GradeNo.	Part No.	Description	QTY
22.1	ECP2011800	Barbell Storage Frame	1
22.2	ECP2013800	Slanted Rubber Bumper	1
22.3	HZ70022000V1	Short Barbell Casing	1
22.4	SL70012000	Plastic Cap	1
22.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	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.

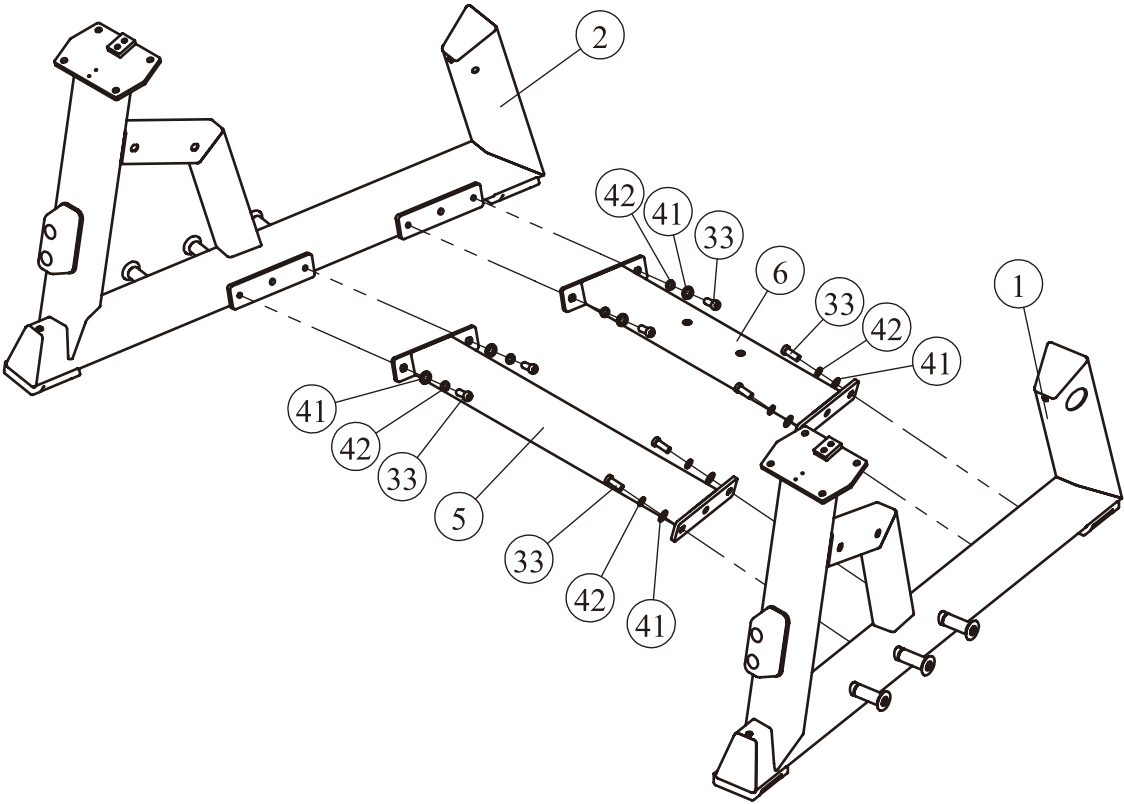
# Assembly

## STEP 1

Attach the Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), Front connecting frame (#5) and Rear Connecting Frame (#6), using:

- eight M12\*30 SHCS (#33)
- eight  $\Phi 13*\Phi 24*2.5$  Flat Washer (#41)
- eight  $\Phi 12$  Spring Washer (#42)

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

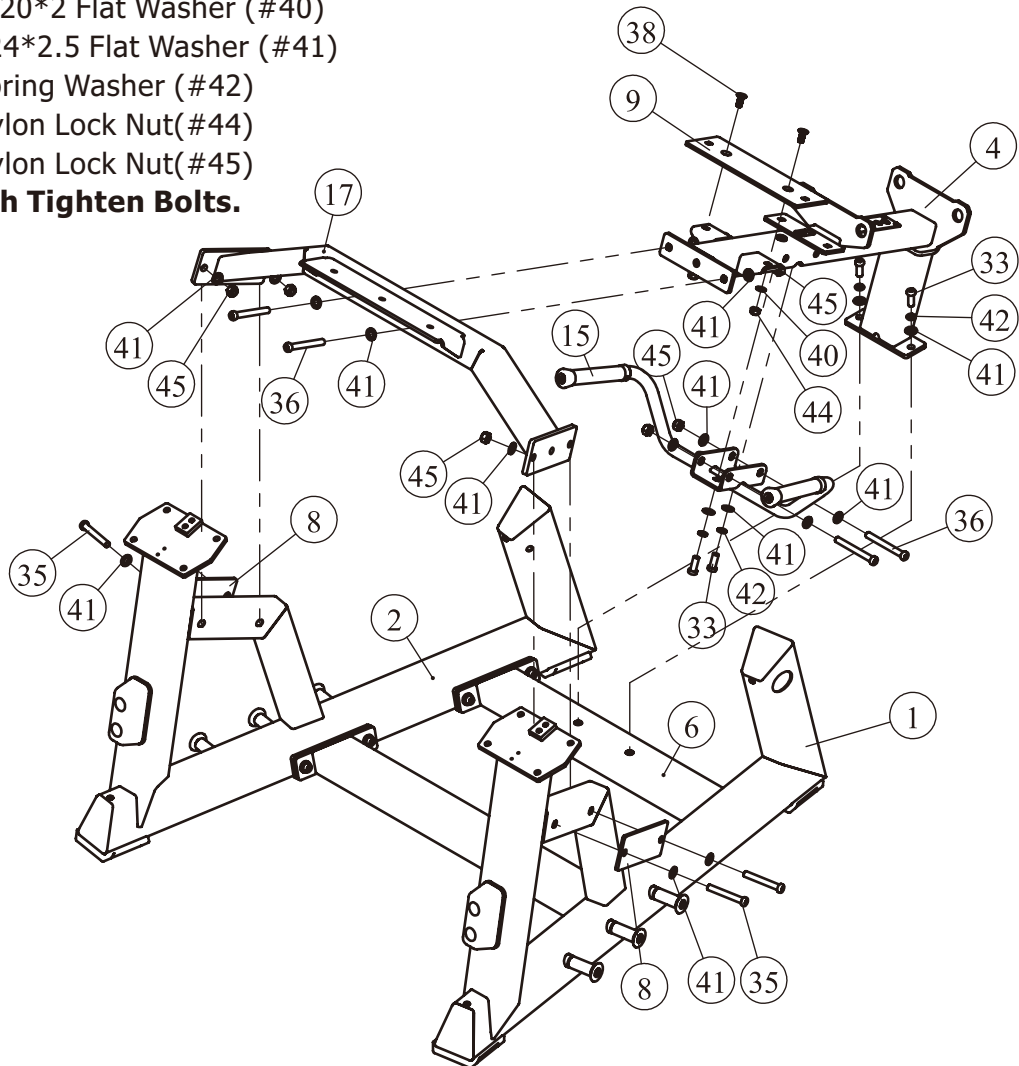


# Assembly

## STEP 2

1. Attach the Seat Cushion Frame ASSY (#4), Front seat rack (#17) to Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2) and Rear Connecting Frame (#6), using:
  - two External fixing plate (#8)
  - two M12\*30 SHCS (#33)
  - four M12\*85 SHCS (#35)
  - two M12\*105 SHCS (#36)
  - six M12 Nylon Lock Nut (#45)
  - fourteen  $\Phi 13*\Phi 24*2.5$  Flat Washer (#41)
  - two  $\Phi 12$  Spring Washer (#42)
2. Attach the Seat cushion plate (#9), Armrest ASSY (#15) to Seat Cushion Frame ASSY (#4), using:
  - two M12\*30 SHCS (#33)
  - two M12\*105 SHCS (#36)
  - two M10\*25 FHCS (#38)
  - two  $\Phi 11*\Phi 20*2$  Flat Washer (#40)
  - six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#41)
  - two  $\Phi 12$  Spring Washer (#42)
  - two M10 Nylon Lock Nut(#44)
  - two M12 Nylon Lock Nut(#45)

**Note: Wrench Tighten Bolts.**

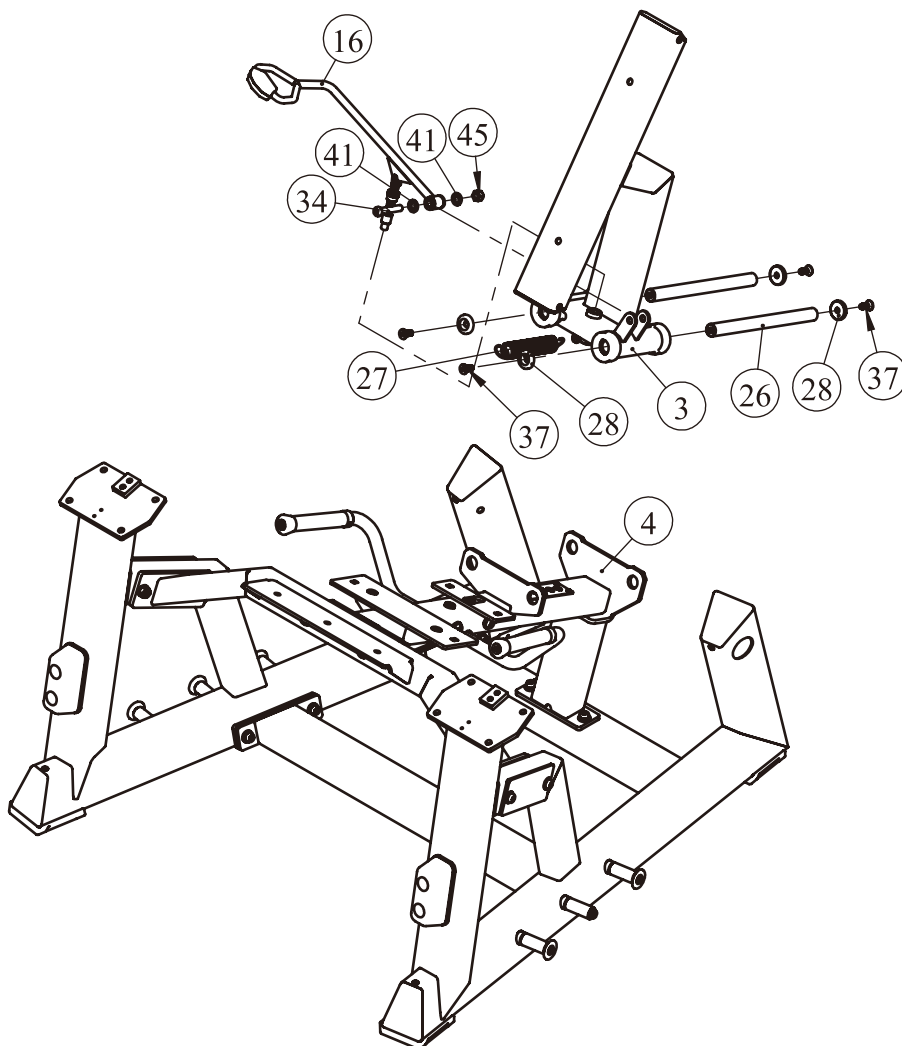


# Assembly

## STEP 3

1. Attach the Cushion Frame ASSY (#3) to Seat Cushion Frame ASSY (#4), using:
  - two  $\Phi 25 \times 306$  Guide shaft (#26)
  - four  $\Phi 38$  Aluminum Cap (#28)
  - four M10\*25 FHCS (#37)
2. Attach the Adjusting handle ASSY (#16) to Back Cushion ASSY (#19), using:
  - one M12\*65 SHCS (#34)
  - two  $\Phi 13 \times \Phi 24 \times 2.5$  Flat Washer (#41)
  - one M12 Nylon Lock Nut(#45)
3. Attach the Tension spring (#27) to Cushion Frame ASSY (#3) and Armrest ASSY (#15)

**Note: Wrench Tighten Bolts.**

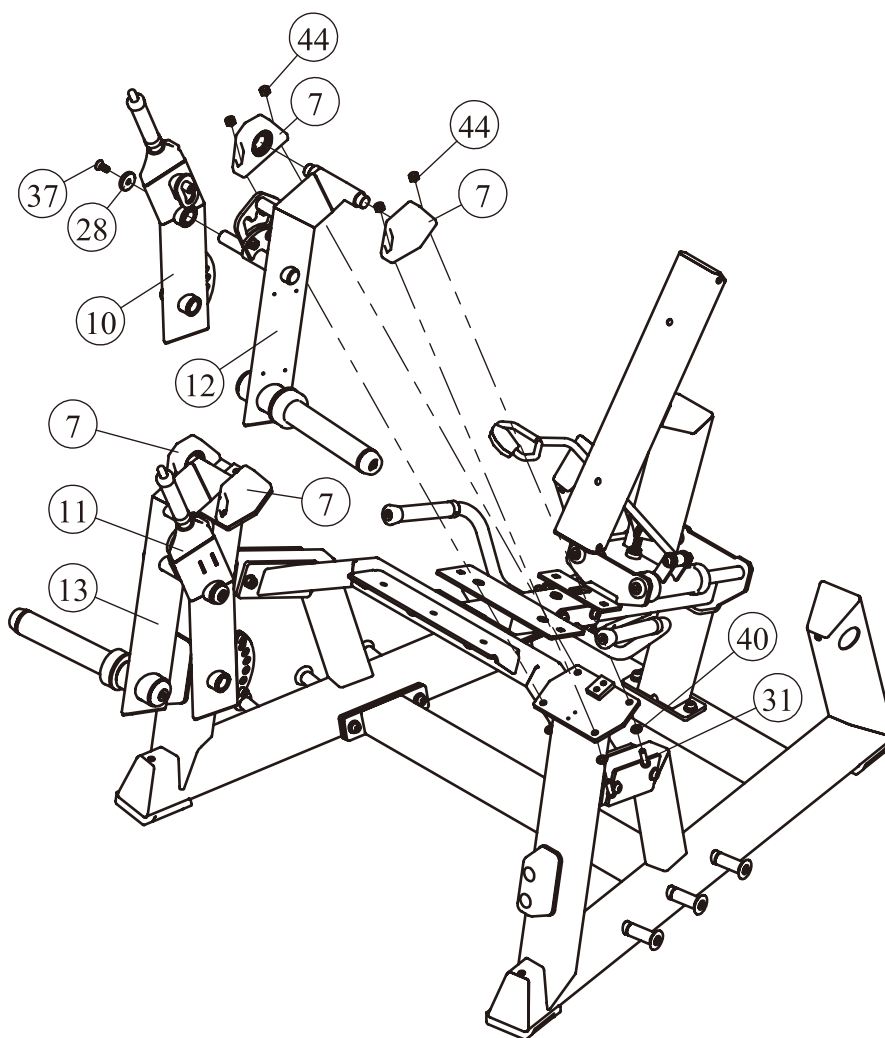


# Assembly

## STEP 4

1. Attach the Load bearing frame ASSY 1 (#12), Load bearing frame ASSY 1 (#13) to Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), using:
  - Eight Set-Contained Bearing (#7)
  - eight M10\*35 SHCS (#31)
  - eight  $\Phi 11*\Phi 20*2$  Flat Washer (#40)
  - eight M10 Nylon Lock Nut (#44)
2. Attach the Kicking frame ASSY 1 (#10), Kicking frame ASSY 2 (#11) to Load bearing frame ASSY 1 (#12), Load bearing frame ASSY 1 (#13), using:
  - two  $\Phi 38$  Aluminum Cap (#28)
  - two M10\*25 FHCS (#37)

**Note: Wrench Tighten Bolts.**



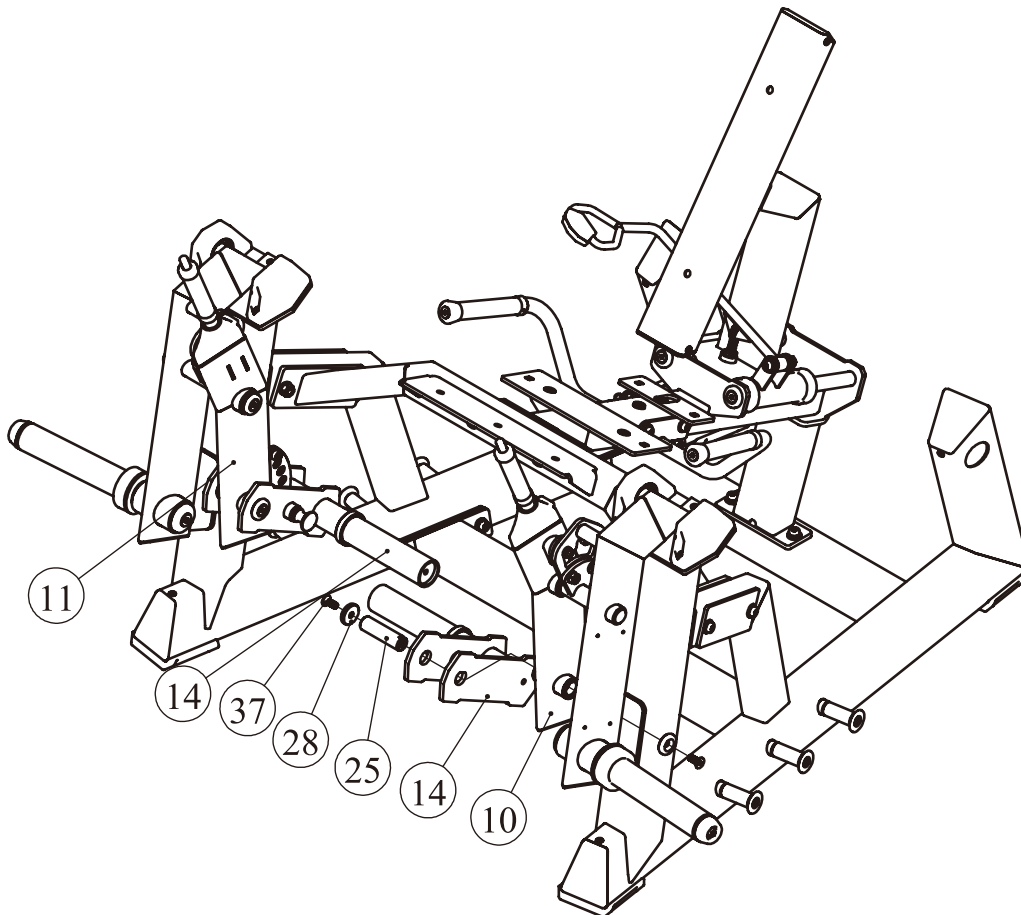
# Assembly

## STEP 5

Attach two FOAM frame ASSY (#14) to Kicking frame ASSY 1 (#10), Kicking frame ASSY 2 (#11), using:

- four  $\Phi 25.4 \times 92.5$  shaft (#25)
- four  $\Phi 38$  Aluminum Cap (#28)
- four M10\*25 FHCS (#37)

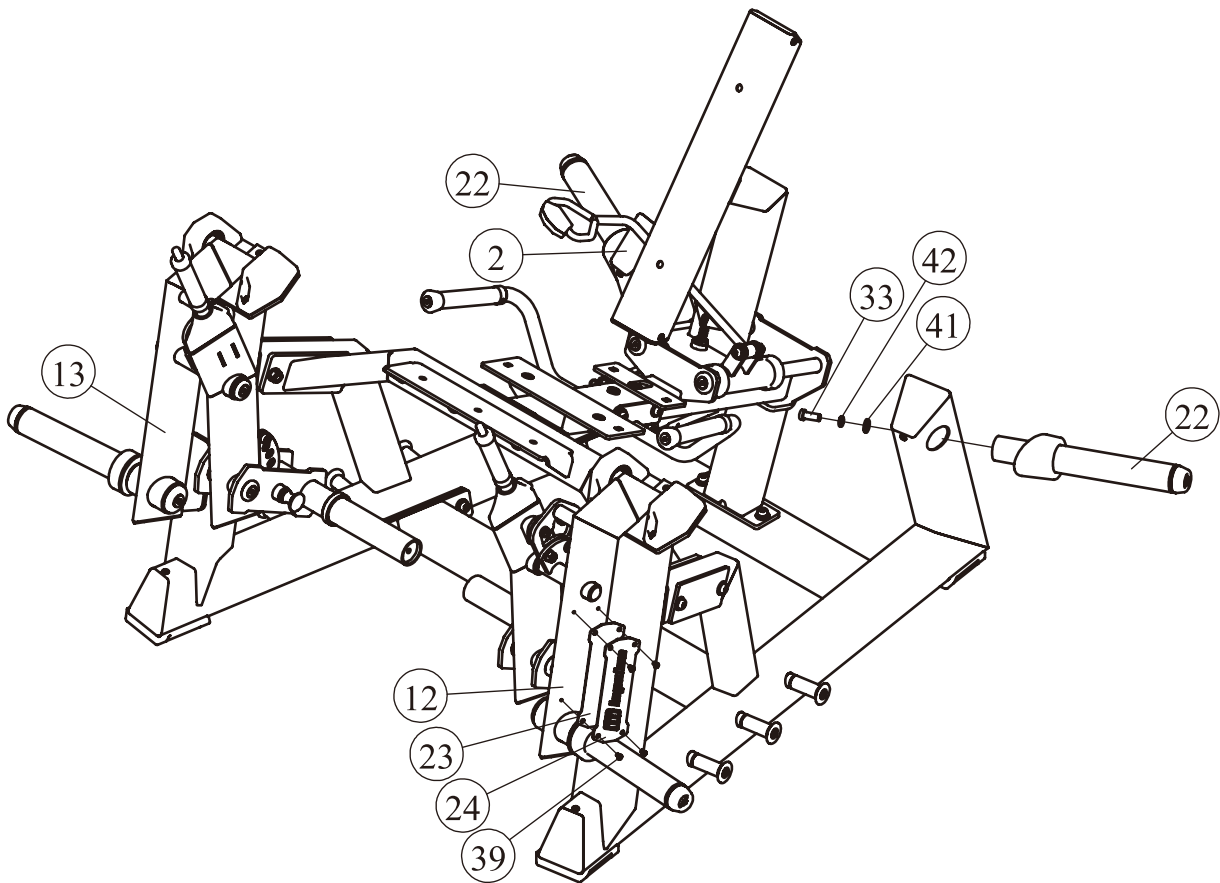
**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 6

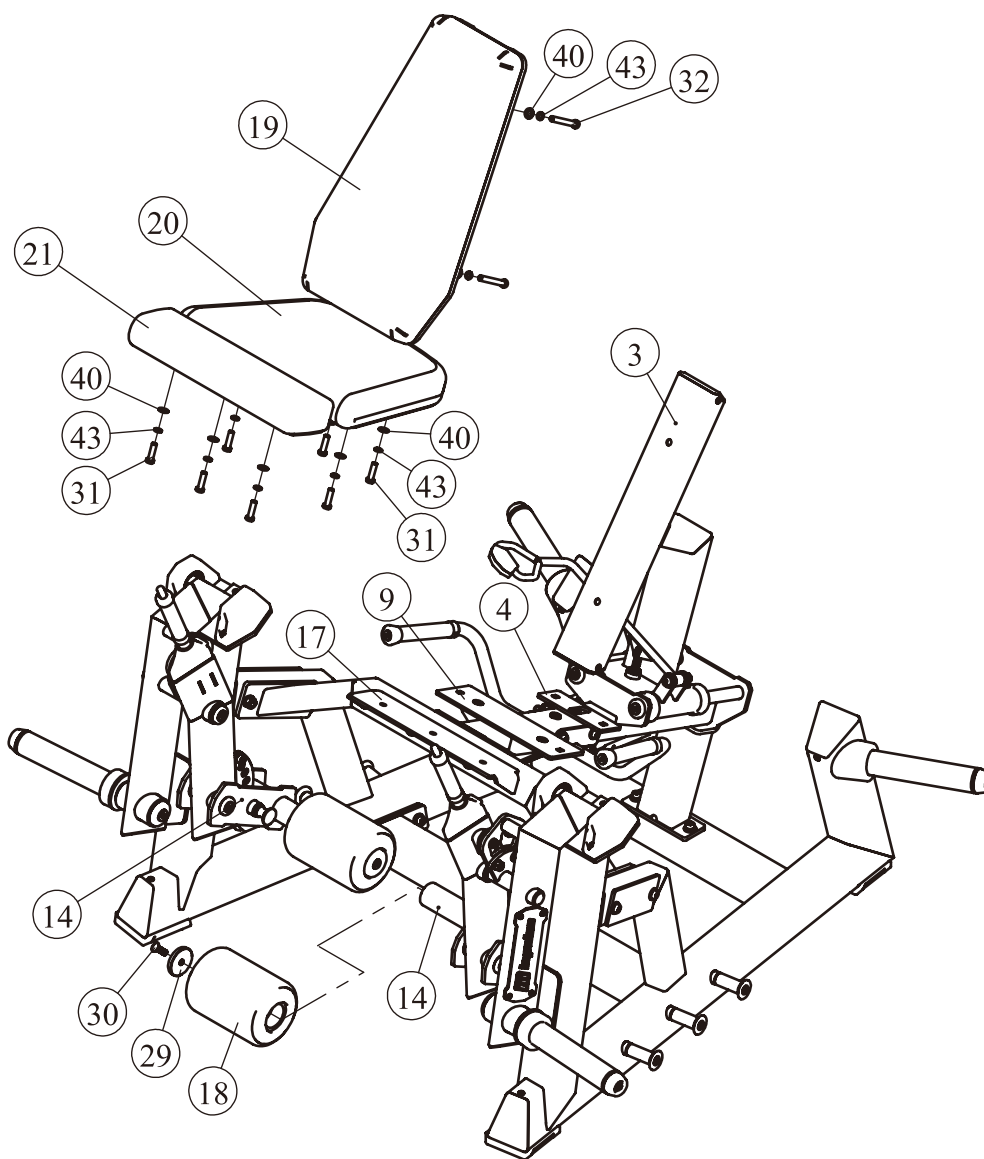
1. Attach the LOGO Plate (#24) and the LOGO Inner Plate (#23) to Load bearing frame ASSY 1 (#12) ,Load bearing frame ASSY 1(#13), using:  
eight M5\*10 BHCS (#39)
2. Attach the Barbell Storage Frame ASSY (#22) to Main Frame 1 ASSY (#1), Main Frame 2 ASSY (#2), using:  
two M12\*30 SHCS (#33)  
two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#41)  
two  $\Phi 12$  Spring Washer (#42)



# Assembly

## STEP 7

1. Attach the Back Cushion ASSY (#19), Seat Cushion (#20), Front seat cushion(#21) to Cushion Frame ASSY (#3), Seat Cushion Frame ASSY (#4), Front seat rack(#17), using:  
Seven M10\*35 SHCS (#31)  
two M10\*80 SHCS (#32)  
nine  $\Phi 11*\Phi 20*2$  Flat Washer (#40)  
nine  $\Phi 10$  Spring Washer (#43)
2. Attach two Short FOAM ASSY (#18) to FOAM frame ASSY (#14), using:  
two  $\Phi 60$  Aluminum Cap(#29)  
two M10\*30 FHCS (#30)



# Adjust Instructions and Exercise Instructions

## Weight Plate Installation Requirements

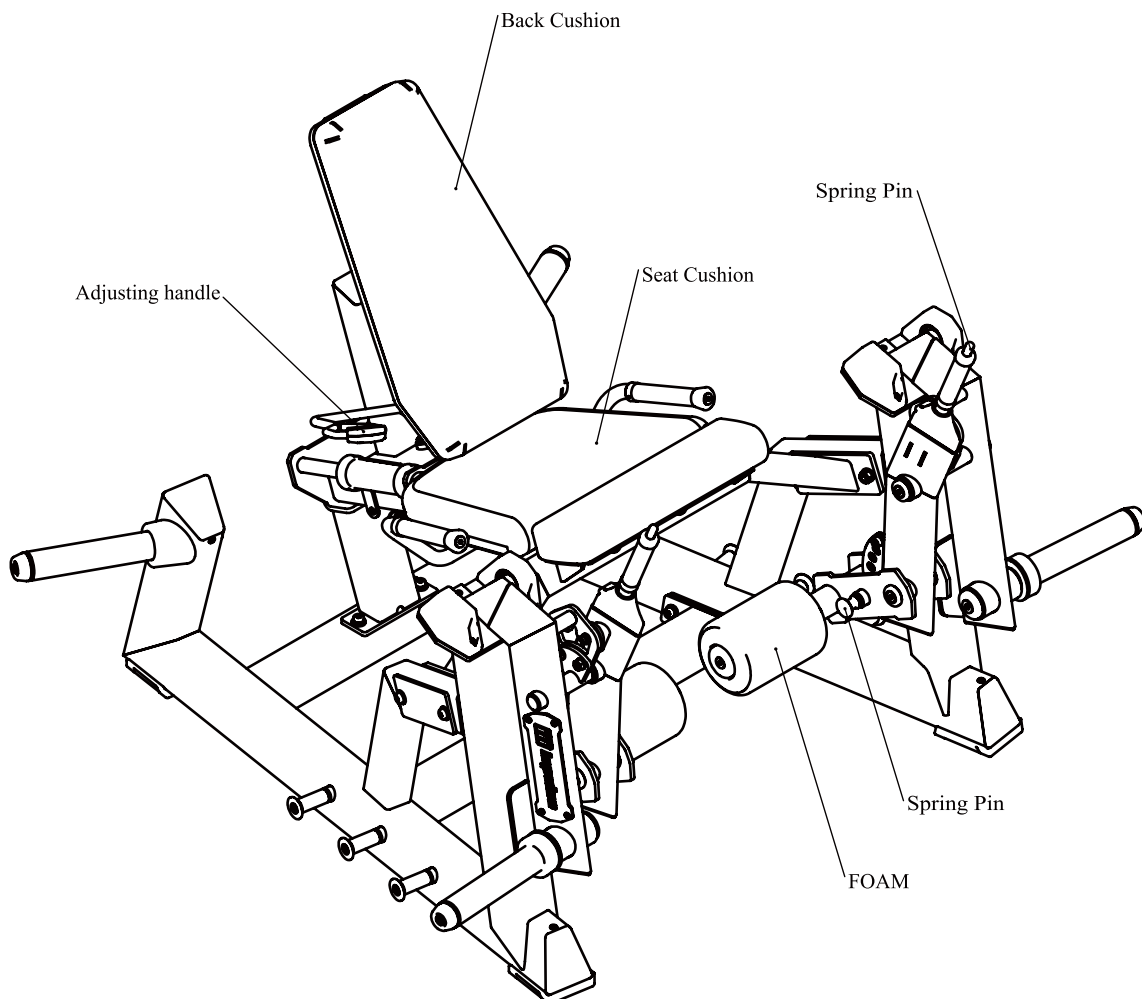
1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 100kg.
3. This equipment does not contains Weight Plate.

## Desired position adjustment

1. Pull the Seat Cushion Frame ASSY Adjusting handle ASSY, Stand back cushion in comfortable position.
2. Pull the Kicking frame ASSY Spring Pin and FOAM frame ASSY Spring Pin, Stand the FOAM to a comfortable leg position.

## Exercise Instructions

Kick the legs on the FOAM to exert force, kick the load-bearing frame up, and do 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.

