

# ECP501

## SEATED BICEP

## 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.

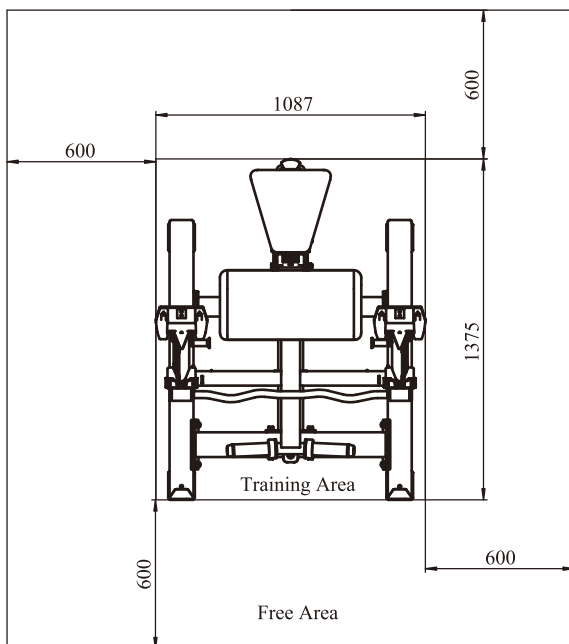
# Important Safety Instructions

## 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: 100kg/ 220lbs

Product Dimension: 1087\*1375\*947mm

Product Total Surface: 1087\*1375mm

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



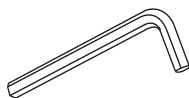
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	ECP50101ASSY	Stand Frame I ASSY	1
2	ECP50102ASSY	Stand Frame II ASSY	1
3	ECP50103ASSY	Cross Connecting Frame ASSY	1
4	ECP5010500	Arm Pad Frame	1
5	ECP5011300	Shaft $\Phi 25 \times 114$	1
6	IF93242100	Shaft $\Phi 25 \times 109$	2
7	ECP20108ASSY	Seat Pad Frame ASSY	1
8	ECP20121ASSY	Set-Contained Bearing	4
9	ECP20133ASSY	Roller ASSY	1
10	ECP2014003	Limit Shaft $\Phi 19 \times 128$	1
11	ECP2014004	Roller Sleeve	1
12	ECP50104ASSY	Seat Pad Support Frame ASSY	1
13	ECP50106ASSY	Swing Frame I ASSY	1
14	ECP50107ASSY	Swing Frame II ASSY	1
15	ECP50108ASSY	Bearing Frame ASSY	1
16	ECP50109ASSY	Small Swing Frame ASSY	2
17	ECP50111ASSY	Handle Frame ASSY	1
18	ECP50112ASSY	Belt Frame ASSY	2
19	ECP2015100V1	Seat pad	1
20	IT95033100V3	Arm pad	1
21	YQ200-480Fa100	Gas Spring	1
22	ECP1012200	LOGO Plate	2
23	ECP1012300	LOGO Inner Plate	2
24	ECP5012500	Aluminum Cap $\Phi 42$	2
25	ECP5012600	Aluminum Cap $\Phi 49$	2
26	ECP2014002	Spacer Sleeve $\Phi 22 \times \Phi 18 \times 2.5$	2

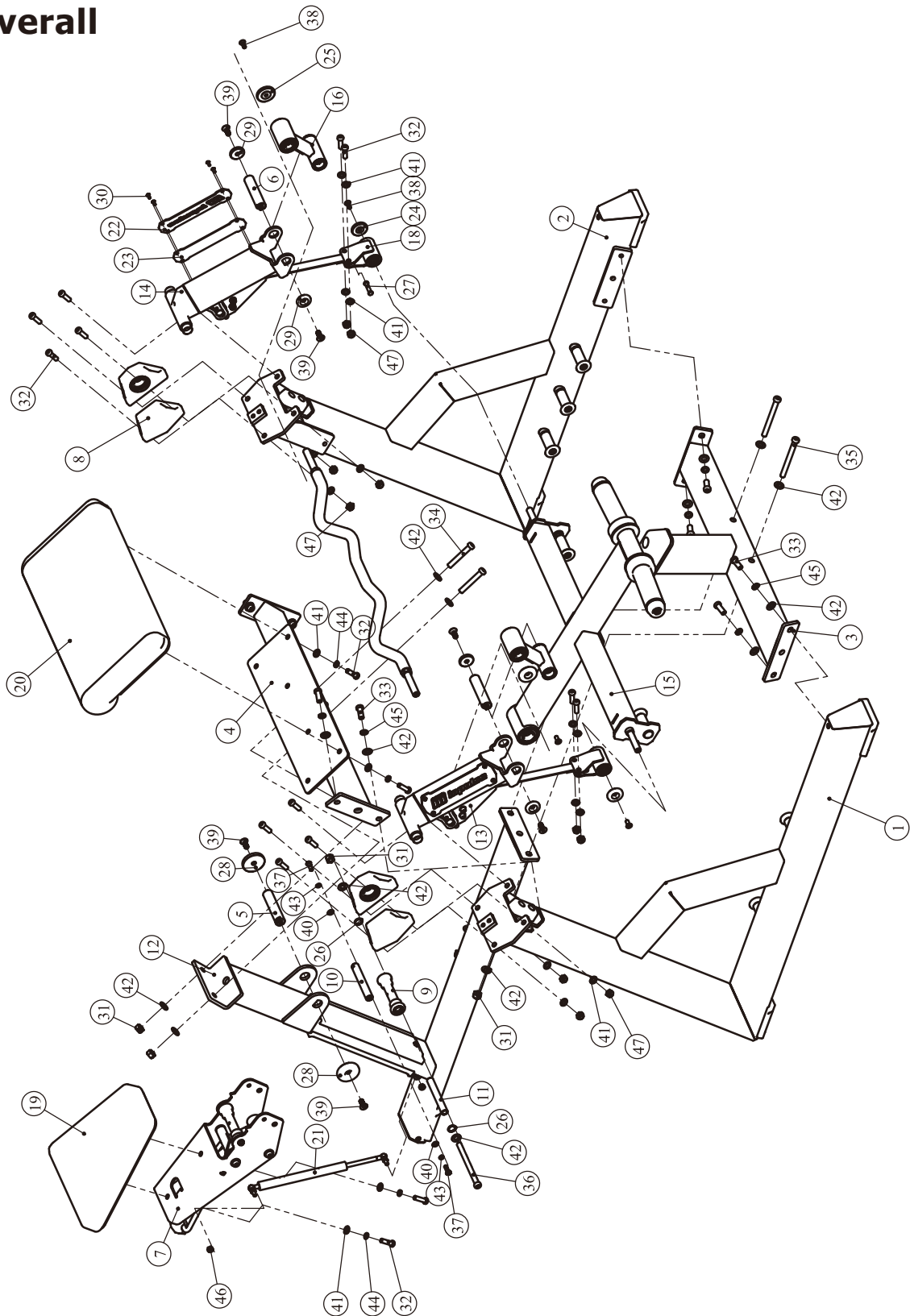
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
27	FE97024501V1	Small Pin	2
28	IE950716500	Aluminum Cap $\Phi$ 60	2
29	IN-D21202000	Aluminum Cap $\Phi$ 38	4
30	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
31	NM12DN2	Nylon Lock Nut M12	5
32	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	18
33	GB70BTM12*30DN18NL	Socket Head Cap Screw M12*30	8
34	GB70BTM12*80DN18	Socket Head Cap Screw M12*80	2
35	GB70BTM12*125DN18	Socket Head Cap Screw M12*125	2
36	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
37	PNLM8*25DN20	Button Head Cap Screw M8*25	2
38	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	4
39	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	6
40	GB958N19	Flat Washer $\Phi$ 9* $\Phi$ 16*1.6	2
41	GB9510DN2	Flat Washer $\Phi$ 11* $\Phi$ 20*2	22
42	GB9512DN2	Flat Washer $\Phi$ 13* $\Phi$ 24*2.5	18
43	GB938N19	Spring Washer $\Phi$ 8	2
44	GB9310N19	Spring Washer $\Phi$ 10	6
45	GB9312N19	Spring Washer $\Phi$ 12	8
46	NM8DN2	Nylon Lock Nut M8	2
47	NM10DN2	Nylon Lock Nut M10	12
48	NBS3DHS	Hex Key S=3	1
49	NBS5DHS	Hex Key S=5	1
50	NBS6DHS	Hex Key S=6	1
51	NBS8DHS	Hex Key S=8	1

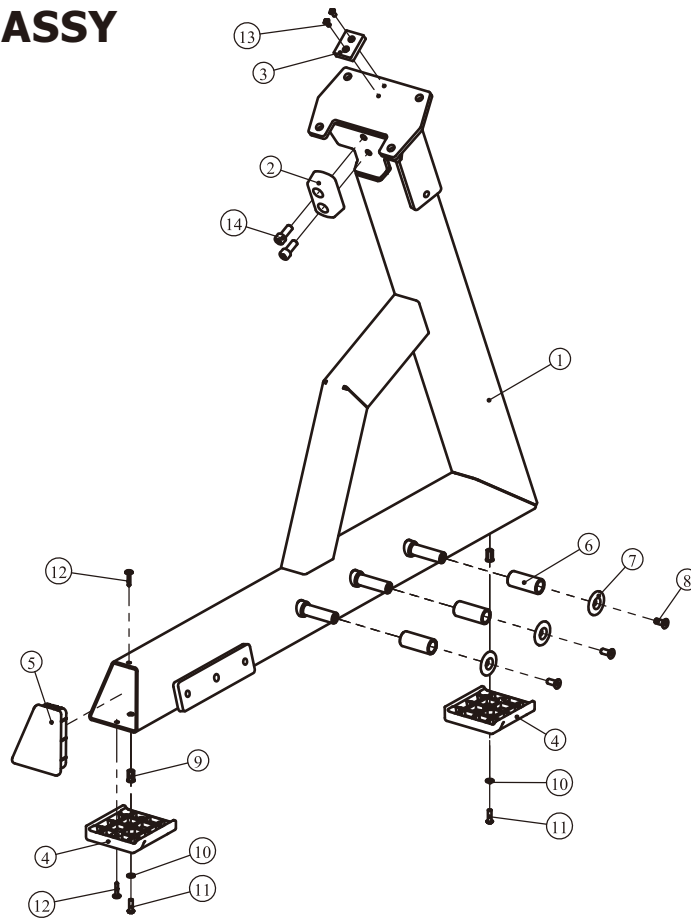
# Exploded View and Parts List

## Overall



# Exploded View and Parts List

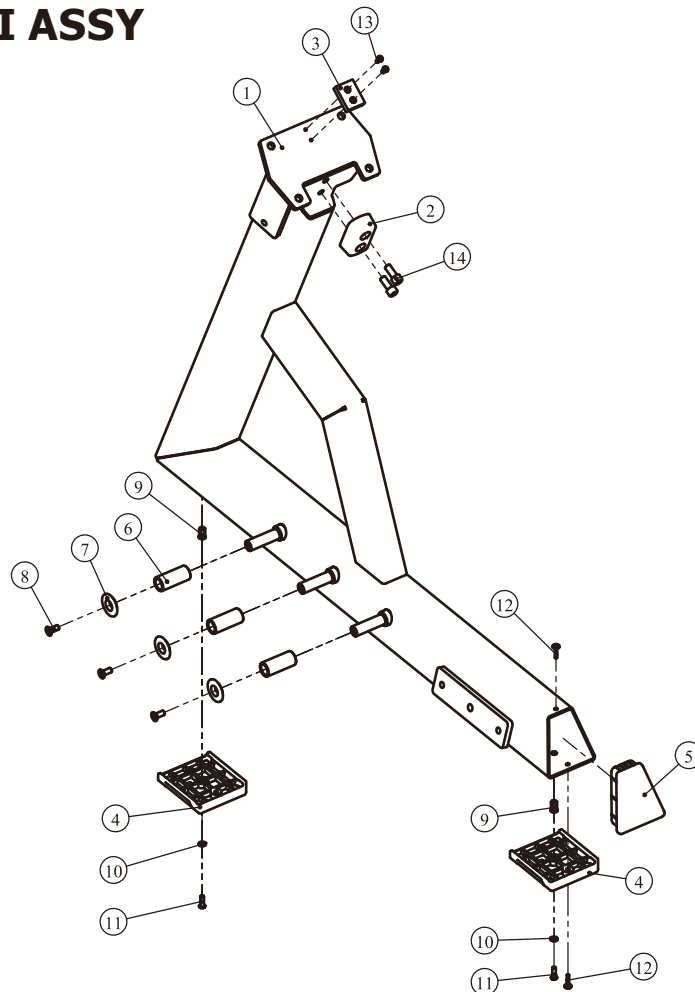
## Stand Frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP5010100	Stand Frame I	1
1.2	RS17000400	Tetragonum Bumper	1
1.3	IT4005000	Rubber Bumper	1
1.4	ECP2013400	Floor Mat	2
1.5	ECP2013500	Slanted Pipe Plug	1
1.6	ECP1013000	Rotating Sleeve	3
1.7	ECP1012400	Aluminum Cap $\Phi 40$	3
1.8	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.9	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
1.10	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
1.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.12	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
1.13	GB818M5*12DHS2	Cross Recessed Pan Head Screws M5*12	2
1.14	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2

# Exploded View and Parts List

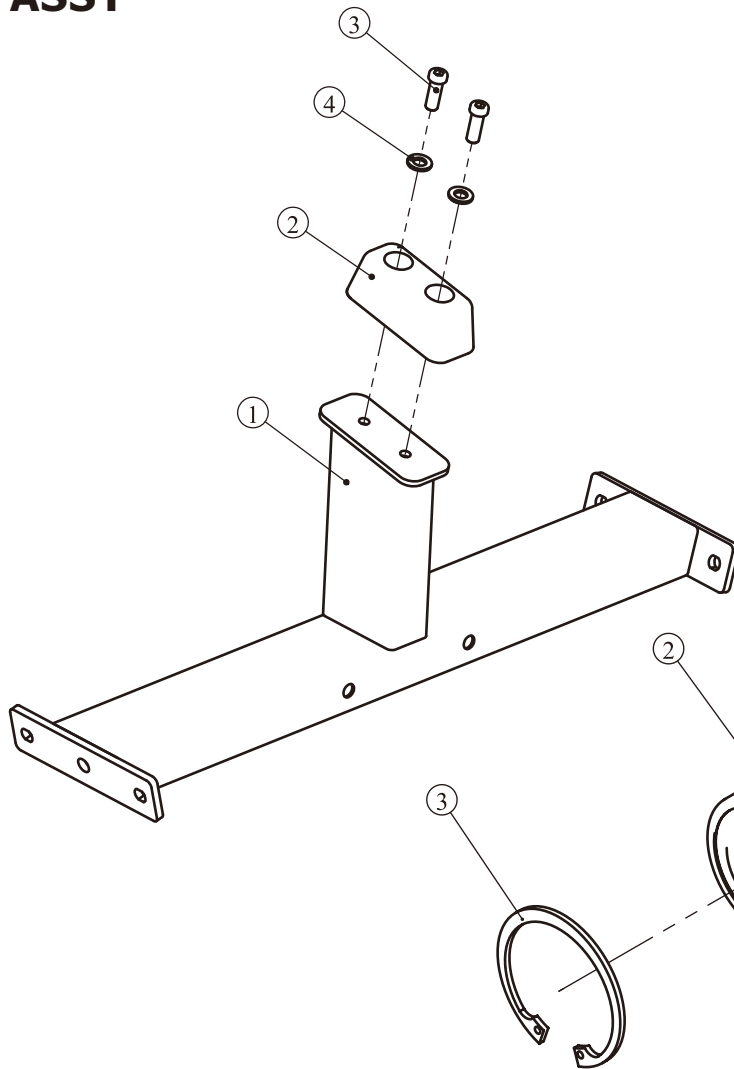
## Stand Frame II ASSY



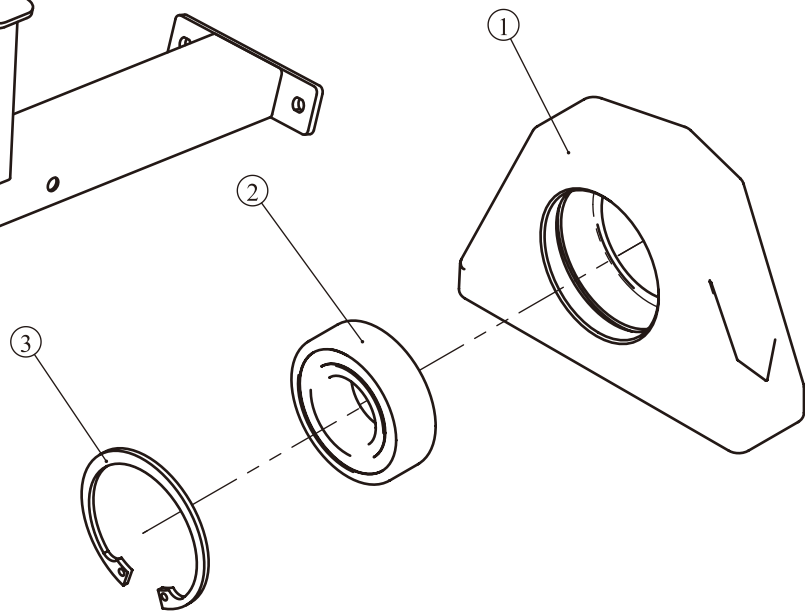
Grade No.	Part No.	Description	QTY
2.1	ECP5010200	Stand Frame II	1
2.2	RS17000400	Tetragonum Bumper	1
2.3	IT4005000	Rubber Bumper	1
2.4	ECP2013400	Floor Mat	2
2.5	ECP2013500	Slanted Pipe Plug	1
2.6	ECP1013000	Rotating Sleeve	3
2.7	ECP1012400	Aluminum Cap $\Phi 40$	3
2.8	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.9	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
2.10	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	2
2.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.12	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
2.13	GB818M5*12DHS2	Cross Recessed Pan Head Screws M5*12	2
2.14	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2

# Exploded View and Parts List

## Cross Connecting Frame ASSY



## Set-Contained Bearing

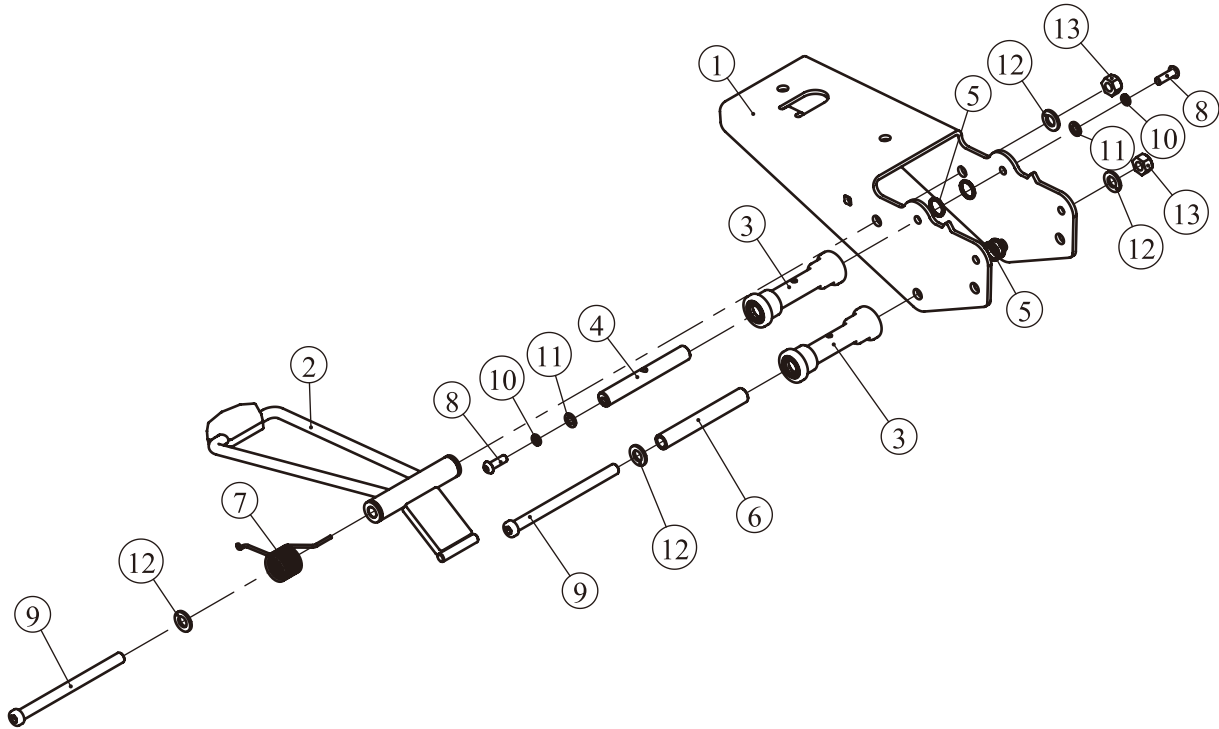


Grade No.	Part No.	Description	QTY
3.1	ECP5010300	Cross Connecting Frame	1
3.2	PL380800	Safety Bumper	1
3.3	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
3.4	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2

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

# Exploded View and Parts List

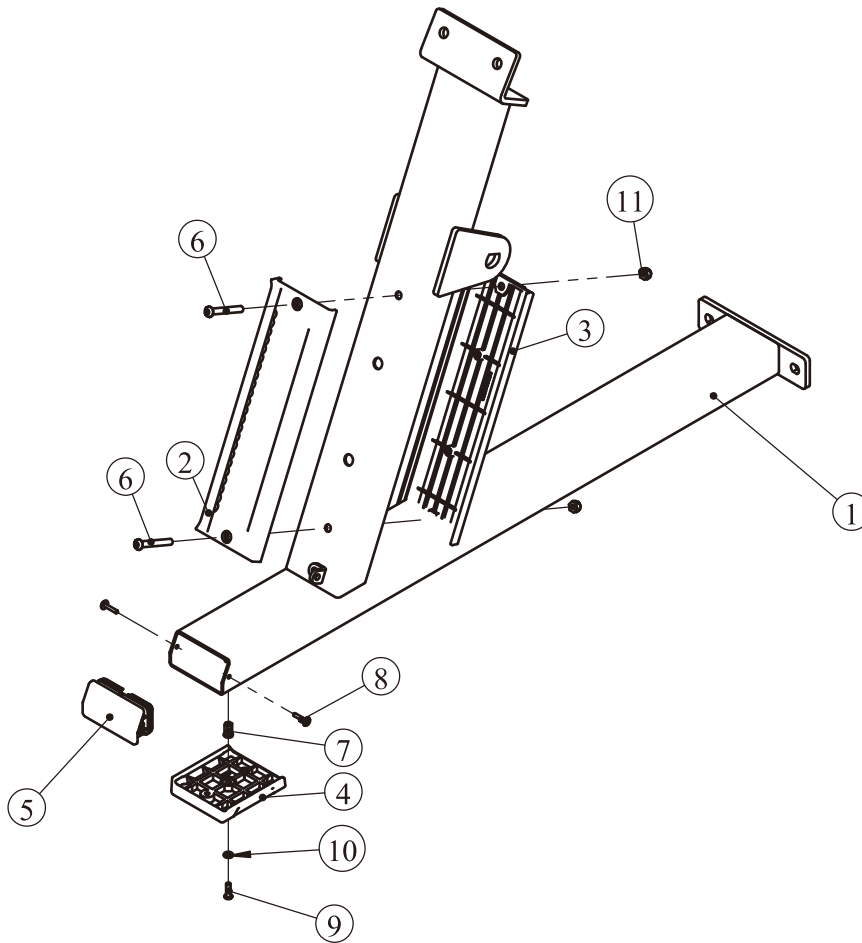
## Seat Cushion Frame ASSY



GradeNo.	Part No.	Description	QTY
7.1	ECP2010800	Seat Cushion Plate	1
7.2	ECP20111ASSY	Handle Frame ASSY	1
7.3	ECP20133ASSY	Roller ASSY	2
7.4	ECP2014001	Eccentric ShaftΦ17*128	1
7.5	ECP2014002	Spacer SleeveΦ22*Φ18*2.5	4
7.6	ECP2014004	Roller Sleeve	1
7.7	SL70012600	Torsion Spring	1
7.8	PNLM8*25DN20	Button Head Cap Screw M8*25	2
7.9	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	2
7.10	GB938N19	Spring Washer Φ8	2
7.11	GB958DN2	Flat Washer Φ9*Φ16*1.6	2
7.12	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
7.13	NM12DN2	Nylon Lock Nut M12	2

# Exploded View and Parts List

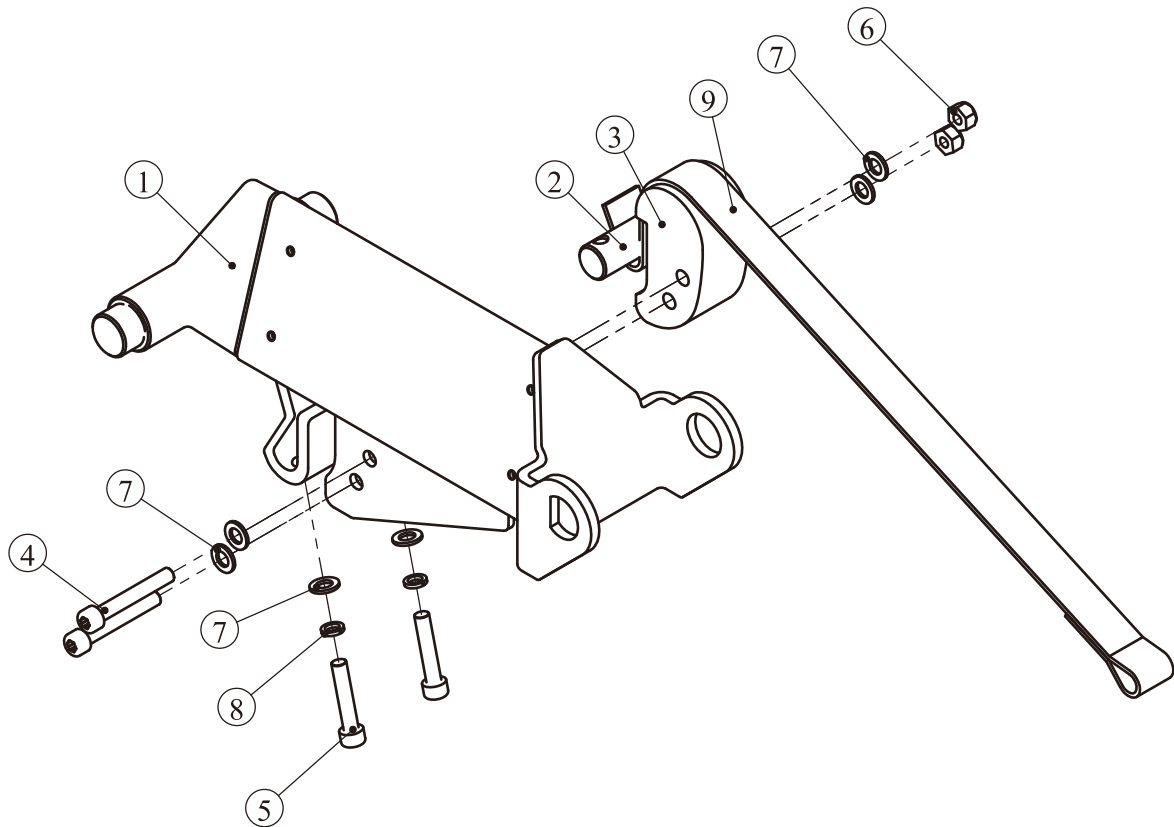
## Seat Pad Support Frame ASSY



Grade No.	Part No.	Description	QTY
12.1	ECP5010400	Seat Pad	1
12.2	ECP2013100	Front Adjusting Plate	1
12.3	ECP2013200	Rear Adjusting Plate	1
12.4	ECP2013400	Floor Mat	1
12.5	ECP2014500	Plug	1
12.6	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
12.7	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	1
12.8	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
12.9	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1
12.10	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	1
12.11	NM8DHS2	Nylon Lock Nut M8	2

# Exploded View and Parts List

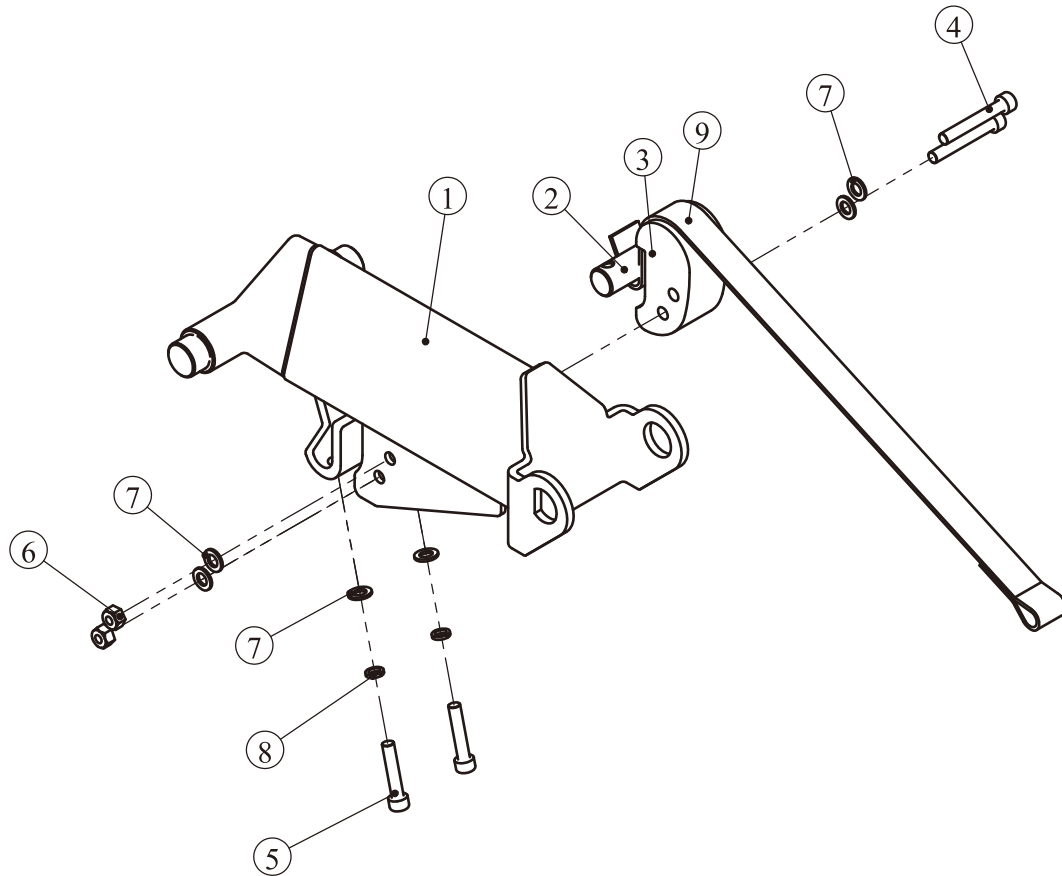
## Swing Frame I ASSY



Grade No.	Part No.	Description	QTY
13.1	ECP5010600	Swing Frame I	1
13.2	ECP5012200	Belt Shaft	1
13.3	ECP5013100	Belt Pulley	1
13.4	GB70M8*55N19	Socket Head Cap Screw M8*55	2
13.5	GB70M8*40N19	Socket Head Cap Screw M8*40	2
13.6	NM8N19	Nylon Lock Nut M8	2
13.7	GB958N19	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	6
13.8	GB938N19	Spring Washer $\Phi 8$	2
13.9	ECP5013200	Belt	1

# Exploded View and Parts List

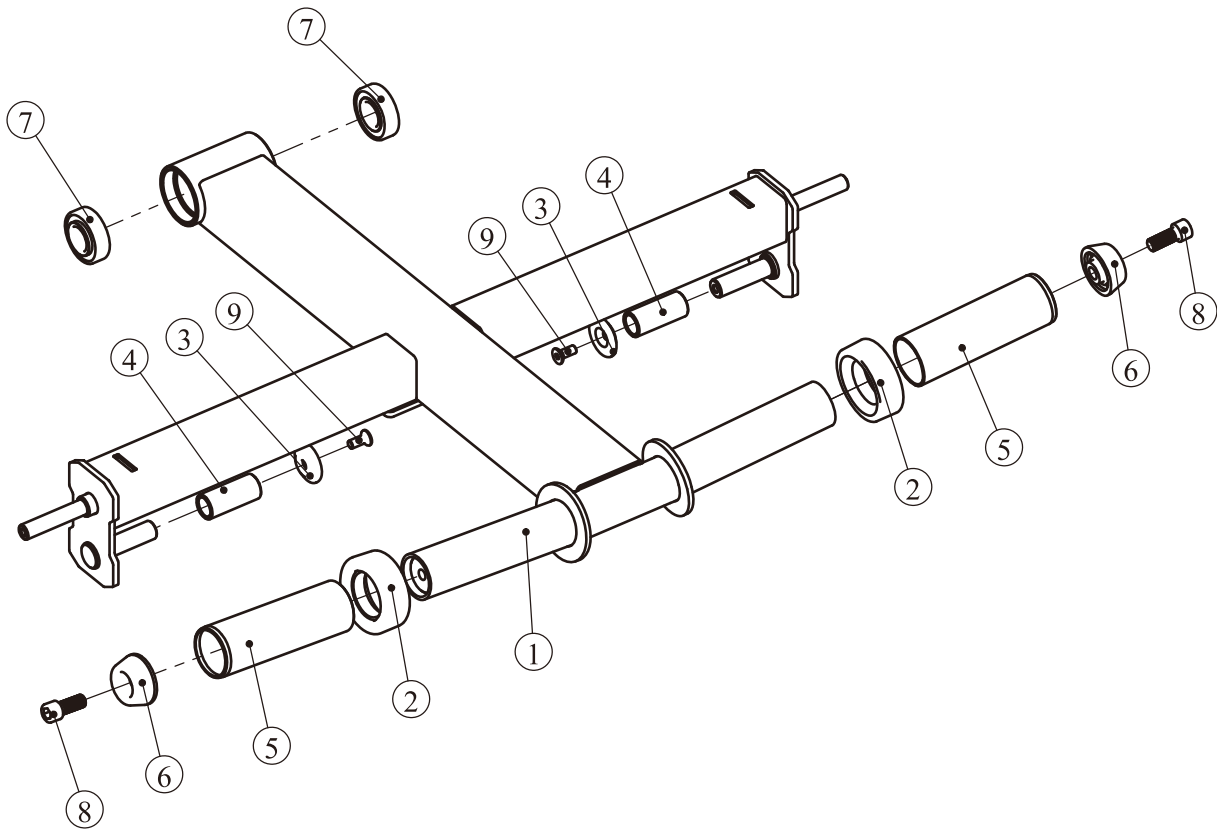
## Swing Frame II ASSY



Grade No.	Part No.	Description	QTY
14.1	ECP5010700	Swing Frame II	1
14.2	ECP5012200	Belt Shaft	1
14.3	ECP5013100	Belt Pulley	1
14.4	GB70M8*55N19	Socket Head Cap Screw M8*55	2
14.5	GB70M8*40N19	Socket Head Cap Screw M8*40	2
14.6	NM8N19	Nylon Lock Nut M8	2
14.7	GB958N19	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	6
14.8	GB938N19	Spring Washer $\Phi 8$	2
14.9	ECP5013200	Belt	1

# Exploded View and Parts List

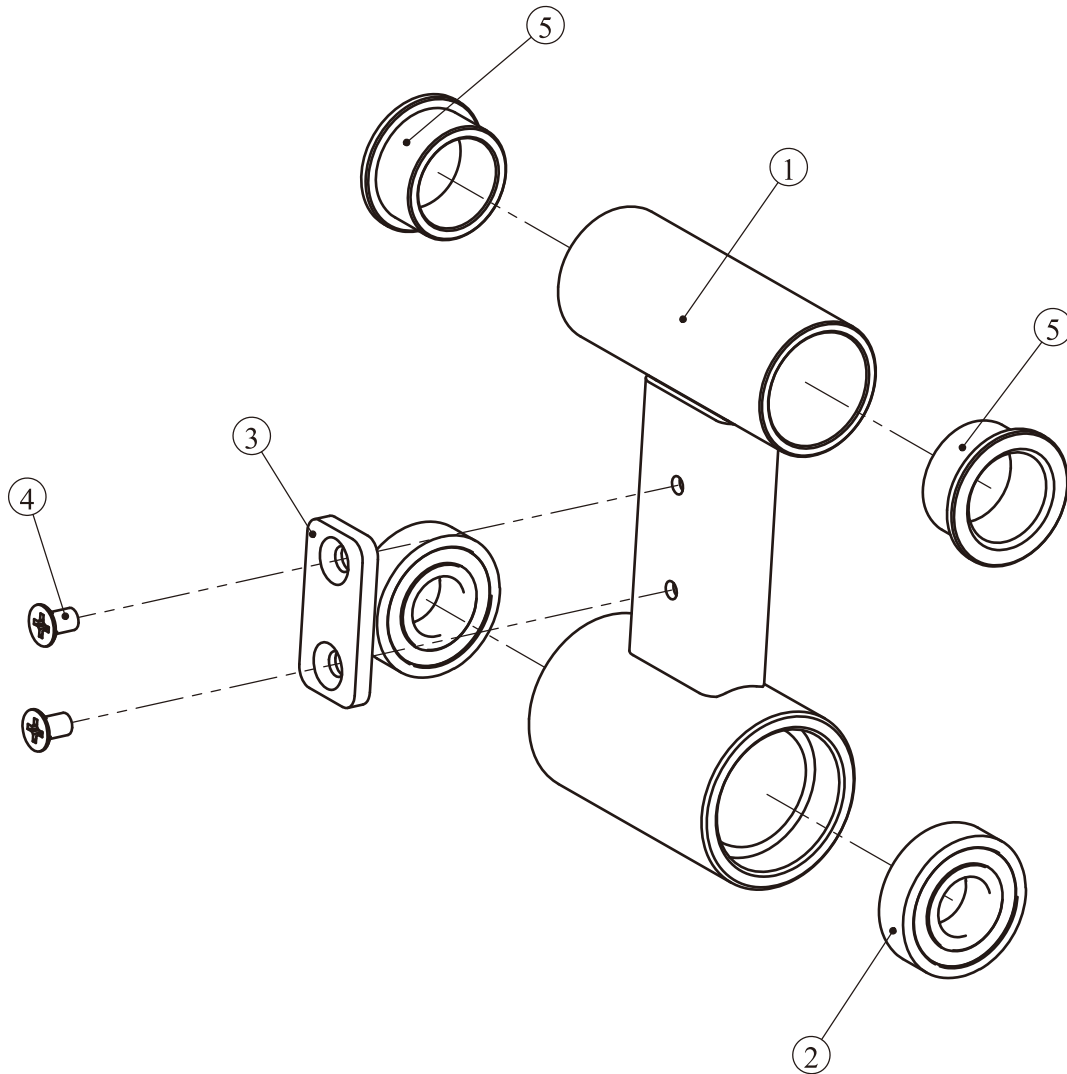
## Bearing Frame ASSY



Grade No.	Part No.	Description	QTY
15.1	ECP5010800	Bearing Frame	1
15.2	PL1301600	Safety Bumper	2
15.3	ECP1012400	Aluminum Cap $\Phi 40$	2
15.4	ECP1013000	Rotating Sleeve	2
15.5	ECP5012100	Short Barbell Casing	2
15.6	SL70012000	Plastic Cap	2
15.7	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3	2
15.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	2
15.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	2

# Exploded View and Parts List

## Small Swing Frame ASSY

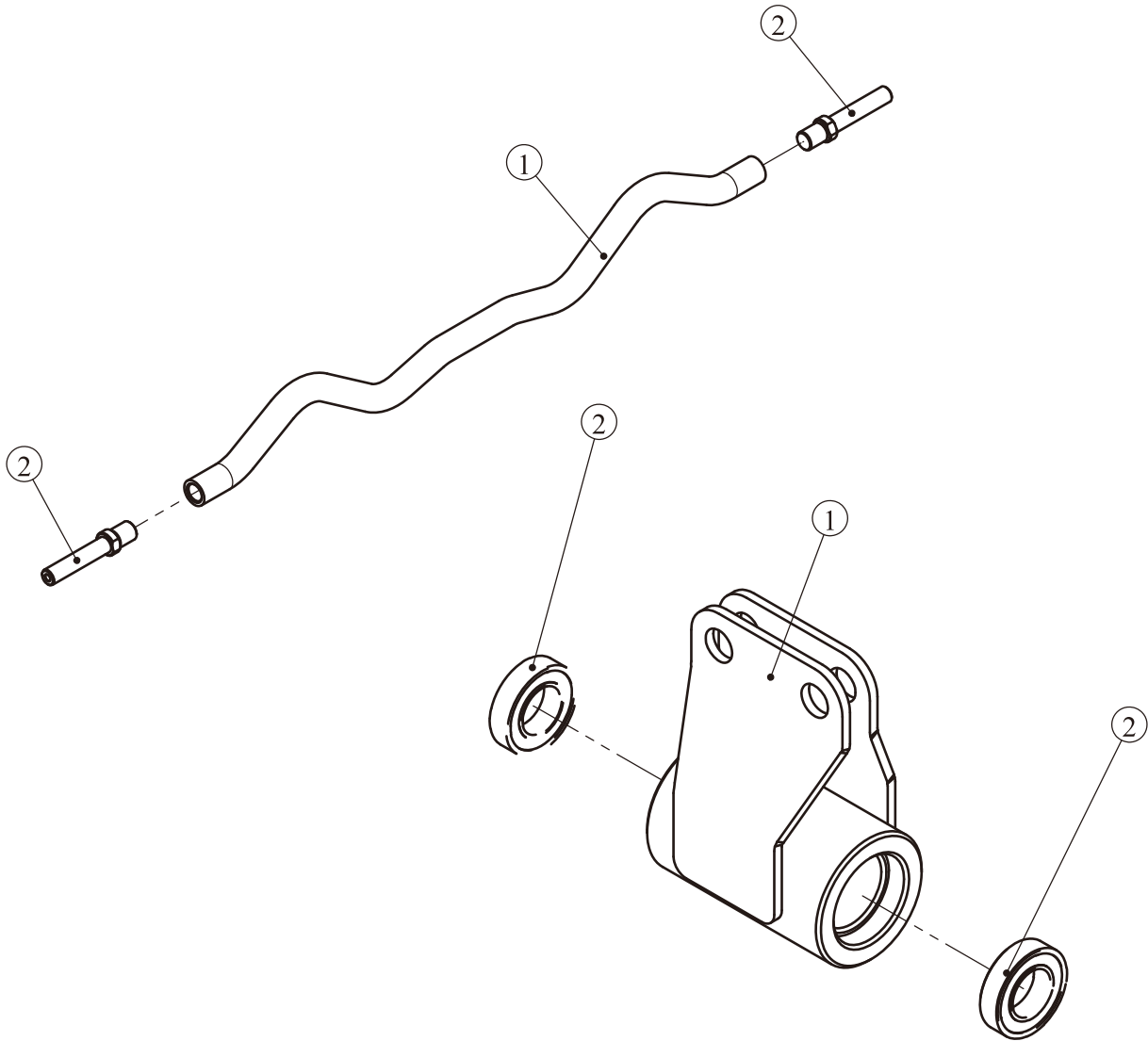


Grade No.	Part No.	Description	QTY
16.1	ECP5010900	Small Swing Frame	1
16.2	GB2766203-2Z	Bearing 6203-2Z	2
16.3	SL70383300	Plastic Plate	1
16.4	GB819M6*10DHS2	Cross Recessed Pan Head Screws M6*10	2
16.5	M02502000	Copper Bushing	2

# Exploded View and Parts List

## Handle Frame ASSY

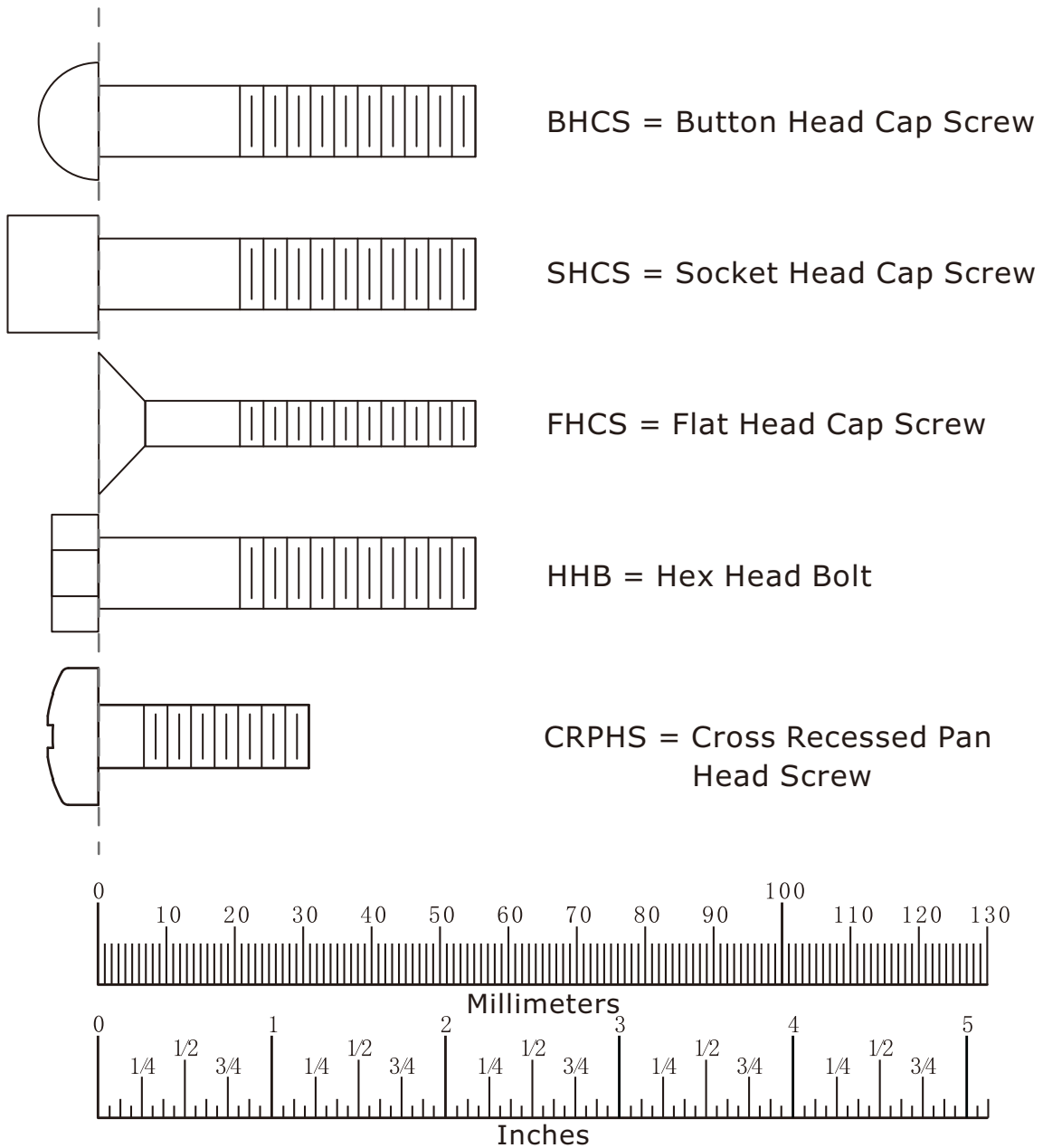
## Belt Frame ASSY



Grade No.	Part No.	Description	QTY
17.1	ECP5011100	Handle Frame	1
17.2	ECP5012400	Rotate Shaft	2

Grade No.	Part No.	Description	QTY
18.1	ECP5011200	Belt Frame	1
18.2	GB27661902-2ZC3	Bearing 61902-2ZC3	2

# 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 Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) to the Cross Connecting Frame ASSY (#3) using:

four M12\*30 HHB (#33)

four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#42)

four  $\Phi 12$  Spring Washer (#45)

2. Attach the Arm Pad Frame (#4) to the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) using:

four M12\*30 HHB (#33)

four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#42)

four  $\Phi 12$  Spring Washer (#45)

3. Attach the Seat Pad Support Frame ASSY (#12) to the Cross Connecting Frame ASSY (#3) using:

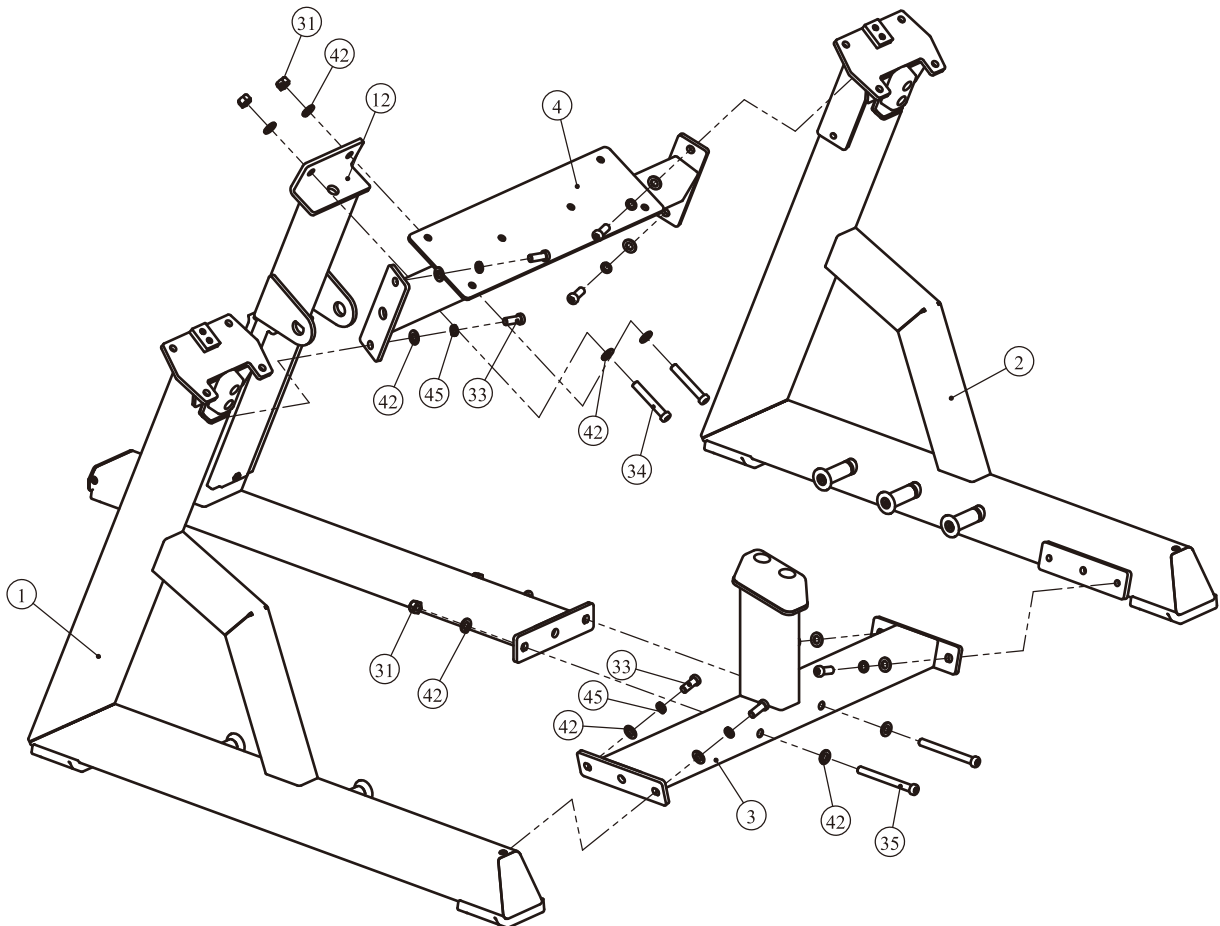
two M12\*80 HHB (#34)

four M12 Nylon Lock Nut (#31)

two M12\*125 HHB (#35)

eight  $\Phi 13*\Phi 24*2.5$  Flat Washer (#42)

**Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.**

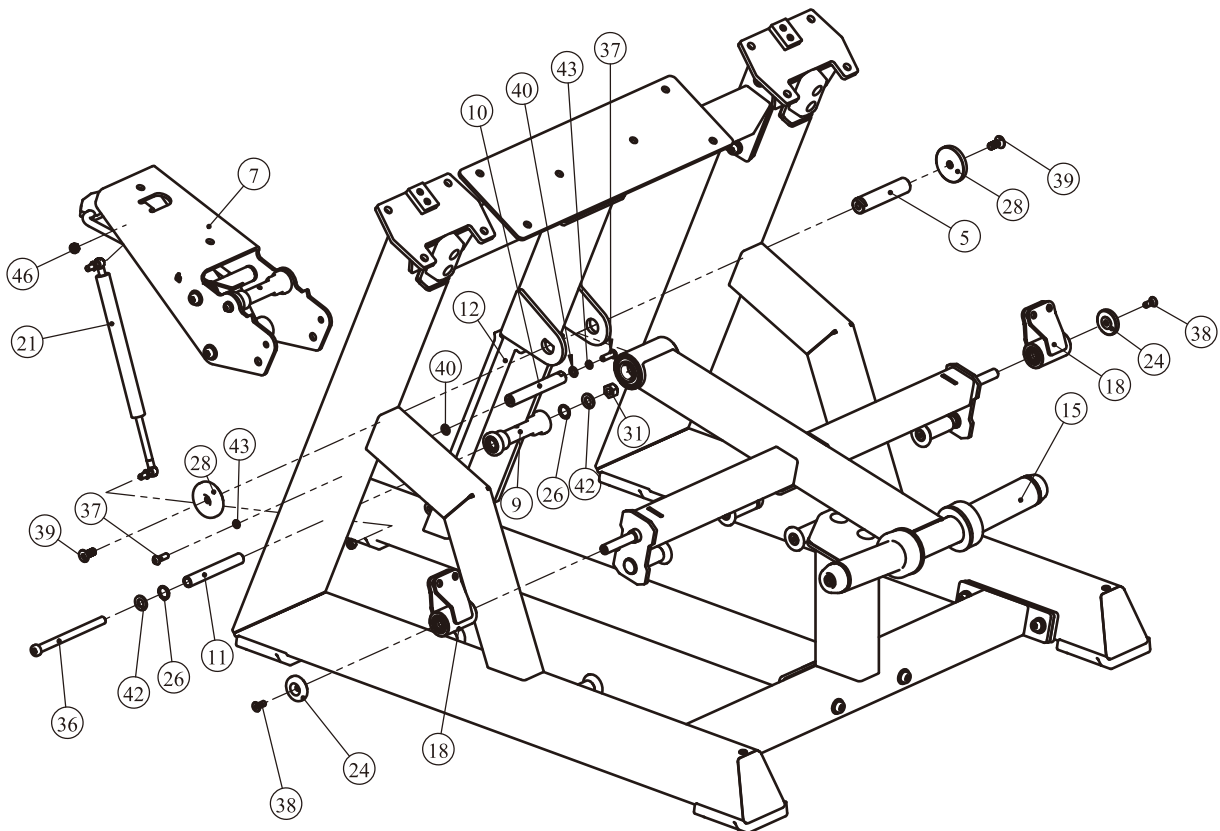


# Assembly

## STEP 2

1. Attach the Seat Pad Frame ASSY (#7) to the Seat Pad Support Frame ASSY (#12) using:
  - one Roller ASSY (#9)
  - one Roller Sleeve (#11)
  - two M8\*25 BHCS (#37)
  - two  $\Phi 8$  Spring Washer (#43)
  - two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#42)
  - one  $\Phi 19*128$  Limit Shaft (#10)
  - two  $\Phi 22*\Phi 18*2.5$  Spacer Sleeve (#26)
  - one M12\*160 SHCS (#36)
  - two  $\Phi 9*\Phi 16*1.6$  Flat Washer (#40)
  - one M12 Nylon Lock Nut (#31)
2. Attach the Gas Spring (#21) to the Seat Pad Frame ASSY (#7) and the Seat Pad Support Frame ASSY (#12) using:
  - two M8 Nylon Lock Nut (#46)
3. Attach the Bearing Frame ASSY (#15) to the Seat Pad Support Frame ASSY (#12) using:
  - two M10\*25 HHB (#39)
  - one  $\Phi 25*114$  Shaft (#5)
  - two  $\Phi 60$  Aluminum Cap (#28)
4. Attach two Belt Frame ASSY (#18) to the Bearing Frame ASSY (#15) using:
  - two M8\*20 HHB (#38)
  - two  $\Phi 42$  Aluminum Cap (#24)

**Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.**

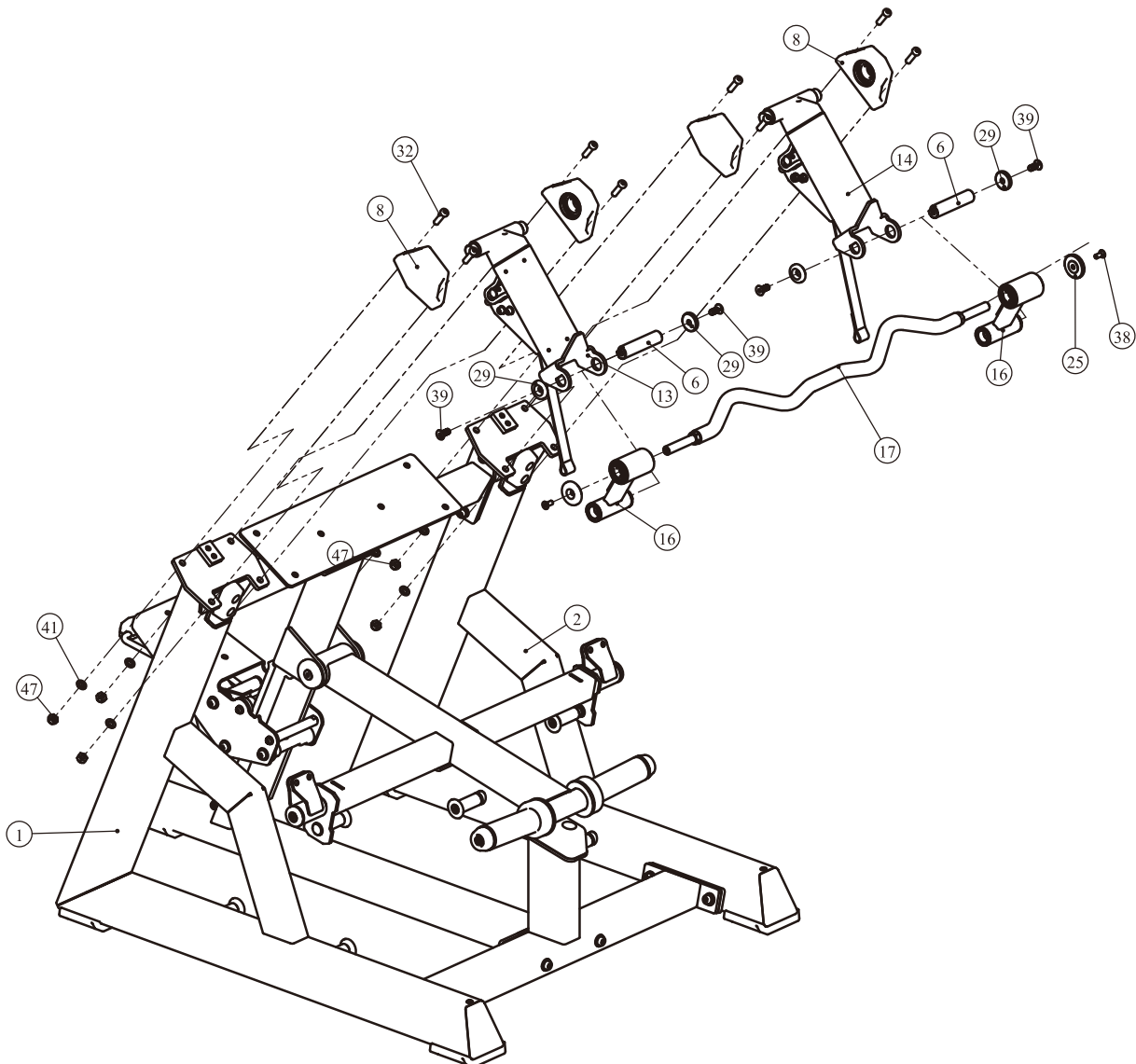


# Assembly

## STEP 3

1. Attach the Swing Frame I ASSY (#13) and the Swing Frame II ASSY (#14) to the Stand Frame I ASSY (#1) and the Stand Frame II ASSY (#2) using:  
eight M10\*35 HHB (#32)                      eight M10 Nylon Lock Nut (#47)  
eight  $\Phi 11*\Phi 20*2$  Flat Washer (#41)      four Set-Contained Bearing (#8)
2. Attach two Small Swing Frame ASSY (#16) and one Handle Frame ASSY (#17) to the Swing Frame I ASSY (#13) and the Swing Frame II ASSY (#14) using:  
two M8\*20 HHB (#38)                      four M10\*25 HHB (#39)  
two  $\Phi 49$  Aluminum Cap (#25)              four  $\Phi 38$  Aluminum Cap (#29)  
two  $\Phi 25*109$  Shaft (#6)

**Note: Don't Wrench Tighten All Bolts and Nylon Lock Nuts.**

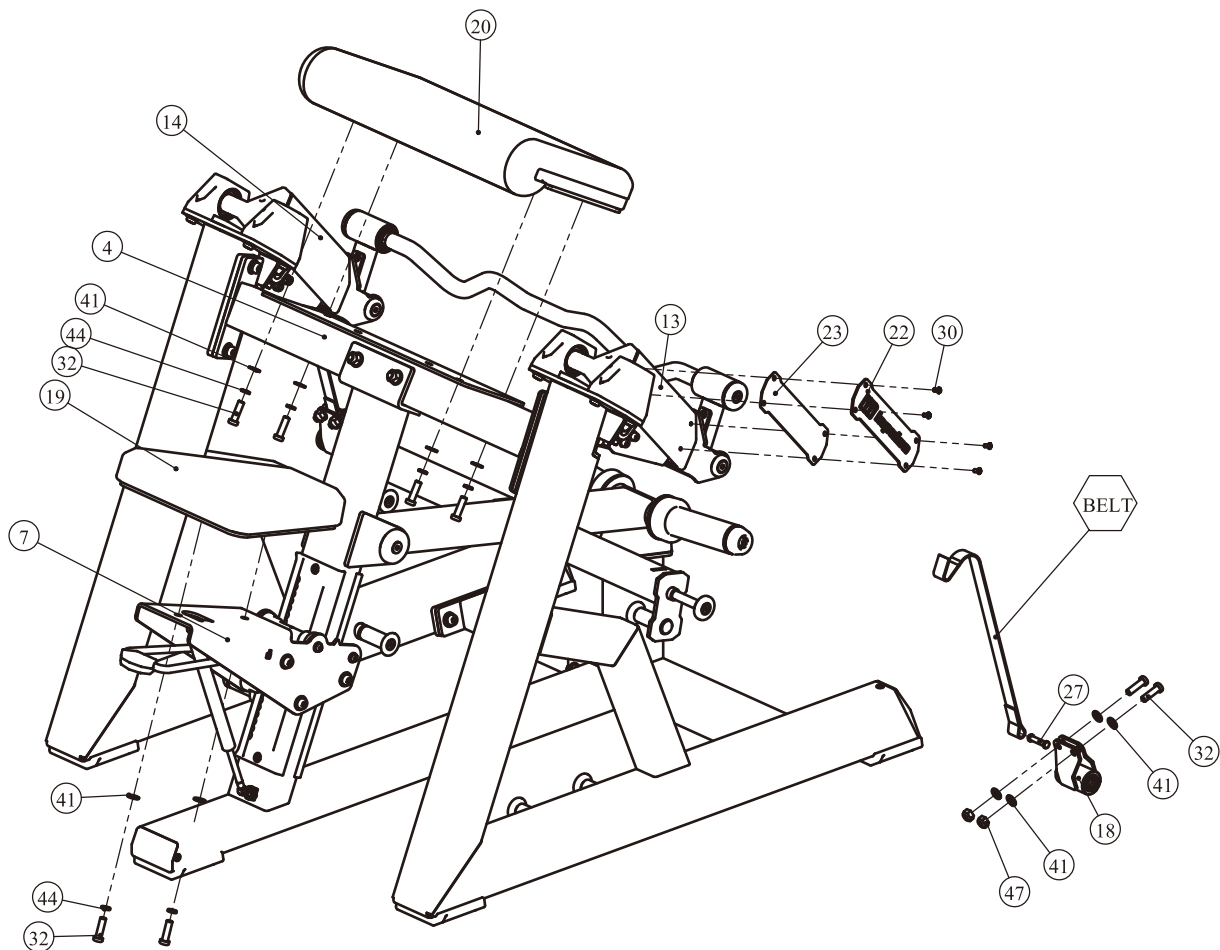


# Assembly

## STEP 4

1. Attach two Belt to two Belt Frame ASSY (#18) using:  
four M10\*35 HHB (#32)                      eight  $\Phi 11*\Phi 20*2$  Flat Washer (#41)  
four M10 Nylon Lock Nut (#47)              two small pin (#27)
2. Attach two LOGO Plate (#22) and two LOGO Inner Plate (#23) to the Swing Frame I ASSY (#13) and the Swing Frame II ASSY (#14) using:  
eight M5\*10 HHB (#30)
3. Attach the Arm pad (#20) to the Arm Pad Frame (#4) using:  
four M10\*35 HHB (#32)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#41)  
four  $\Phi 10$  Spring Washer (#44)
4. Attach the Seat pad (#19) to the Seat Pad Frame ASSY (#7) using:  
two M10\*35 HHB (#32)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#41)  
two  $\Phi 10$  Spring Washer (#44)

**Note: Adjust the handle after smooth rotation, Wrench Tighten All Bolts and Nylon Lock Nuts.**



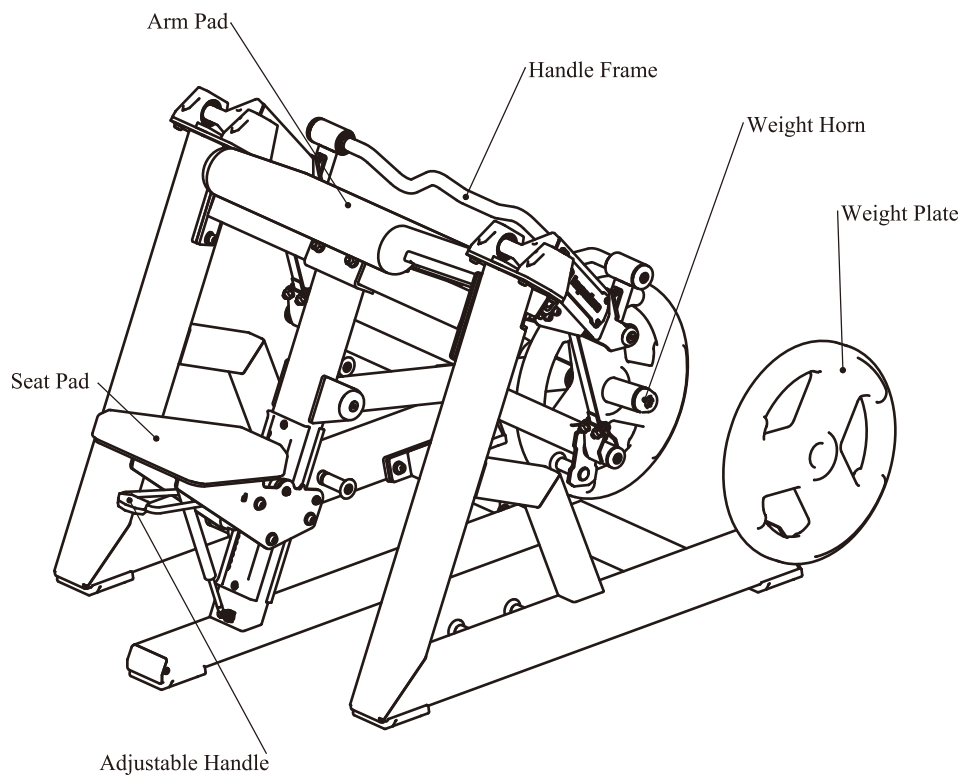
# Adjust Instructions and Exercise Instructions

## Weight Plate Installation Requirements

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

## Exercise Instructions

1. Select an appropriate weight.
2. Hold the adjustable handle, Move the Seat Pad to the desired position and then release the handle, make sure the Seat Pad firmly stucked.
3. Pull handles and do the curl.
4. Pause slightly then 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.

