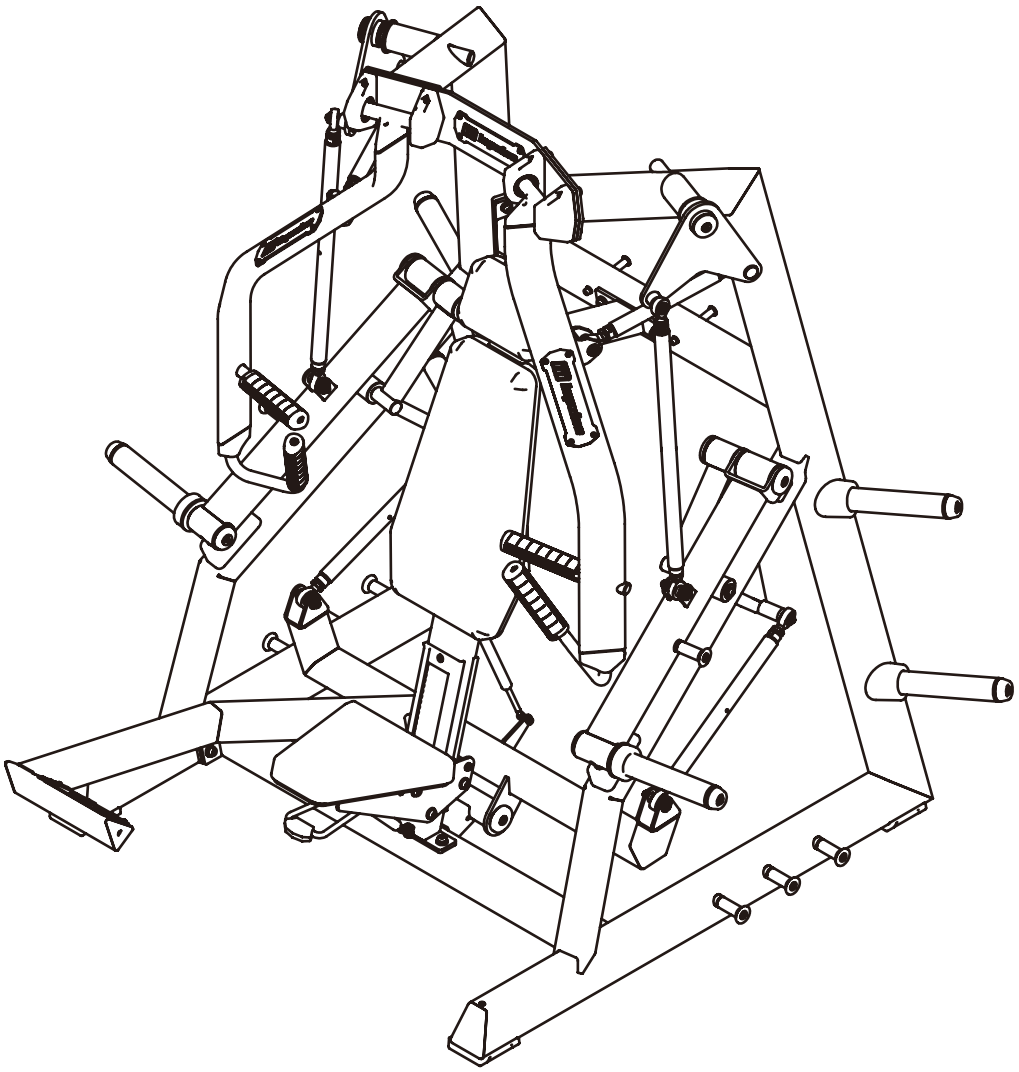

ECP201

SEATED LAT PULLDOWN

OWNER'S MANUAL

240

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.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
   These instructions are written to ensure your safety and to protect the unit.

2. Use the equipment only for its intended purpose as described in this guide.
   Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.

3. The product should only be used on a level surface and is with 0.5 meters space around the product.
   Do not use the equipment outdoors.

4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
   Teenagers should use this equipment with adult supervision.

5. Do not overexert yourself or work to exhaustion.
   Do not attempt to lift more weight than you can control safely.
   If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

6. This equipment is not used as medical apparatus and instruments.

7. Never operate the unit when it has been dropped or damaged.
   Never drop or insert anything into any opening in the equipment.
   Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
   Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
   Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.

8. Be careful when getting on or off the equipment.

9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

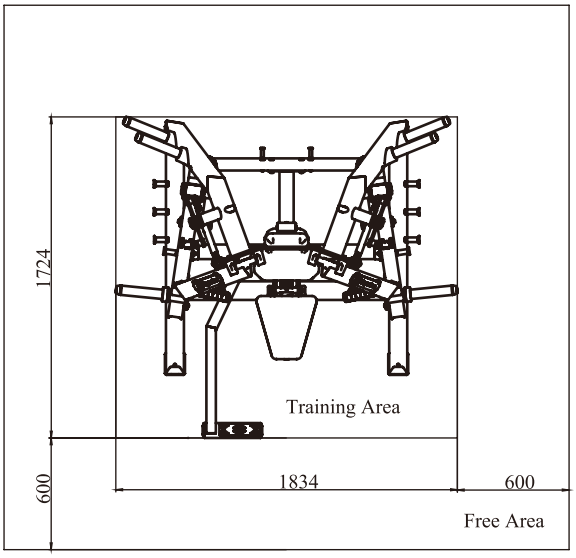
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 100*2kg/ 220*2lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1834*1724*1808mm

Product Total Surface: 1834*1724mm

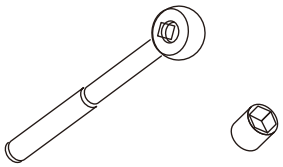
Product Total Mass:

Instructions

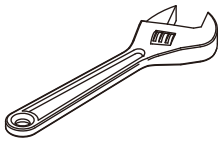
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure 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.

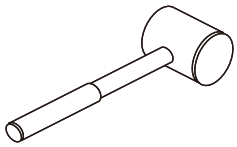
Tools Required



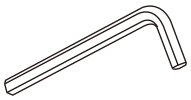
Ratchet Wrench and Socket



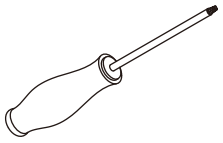
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP20101ASSY	Side Stand Frame Ⅰ ASSY	1
2	ECP20102ASSY	Side Stand Frame Ⅱ ASSY	1
3	ECP20109ASSY	Auxiliary Foot Frame ASSY	1
4	ECP20103ASSY	Bottom Cross Frame ASSY	1
5	ECP2010400	Rear Connection Frame	1
6	ECP20107ASSY	Back Frame ASSY	1
7	ECP20108ASSY	Seat Frame ASSY	1
8	ECP2011000	Bearing Seat Fixation Plate	1
9	ECP20118ASSY	Barbell Storage Frame ASSY	4
10	ECP20121ASSY	Set-Contained Bearing	4
11	ECP20105ASSY	Arm Frame Ⅰ ASSY	1
12	ECP20106ASSY	Arm Frame Ⅱ ASSY	1
13	ECP20112ASSY	Linkage Frame Ⅰ ASSY	1
14	ECP20113ASSY	Linkage Frame Ⅱ ASSY	1
15	ECP20114ASSY	Swing Frame Ⅰ ASSY	1
16	ECP20115ASSY	Swing Frame Ⅱ ASSY	1
17	ECP20116ASSY	Startup Frame Ⅰ ASSY	1
18	ECP20117ASSY	Startup Frame Ⅱ ASSY	1
19	ECP20141ASSY	Short Connecting Rod Frame ASSY	2
20	ECP20142ASSY	Long Connecting Rod Frame ASSY	2
21	ECP20143ASSY	Startup Connecting Rod Frame ASSY	2
22	ECP2015100V1	Seat Pad	1
23	ECP20152ASSY	Back Pad ASSY	1
24	ECP20153ASSY	Head Pad ASSY	1
25	ECP2012900	Shaft Φ25*180*M10	2
26	ECP20133ASSY	Roller ASSY	1
27	ECP2014000	Step Cover	12
28	ECP2014003	Limit Shaft Φ19*128	1
29	ECP2014004	Roller Sleeve	1
30	ECP2014005	Short Shaft Φ16*54	6
31	ECP1012200	LOGO Plate	3
32	ECP1012300	LOGO Inner Plate	3
33	IT95160700V1	Shaft Φ25*221	1

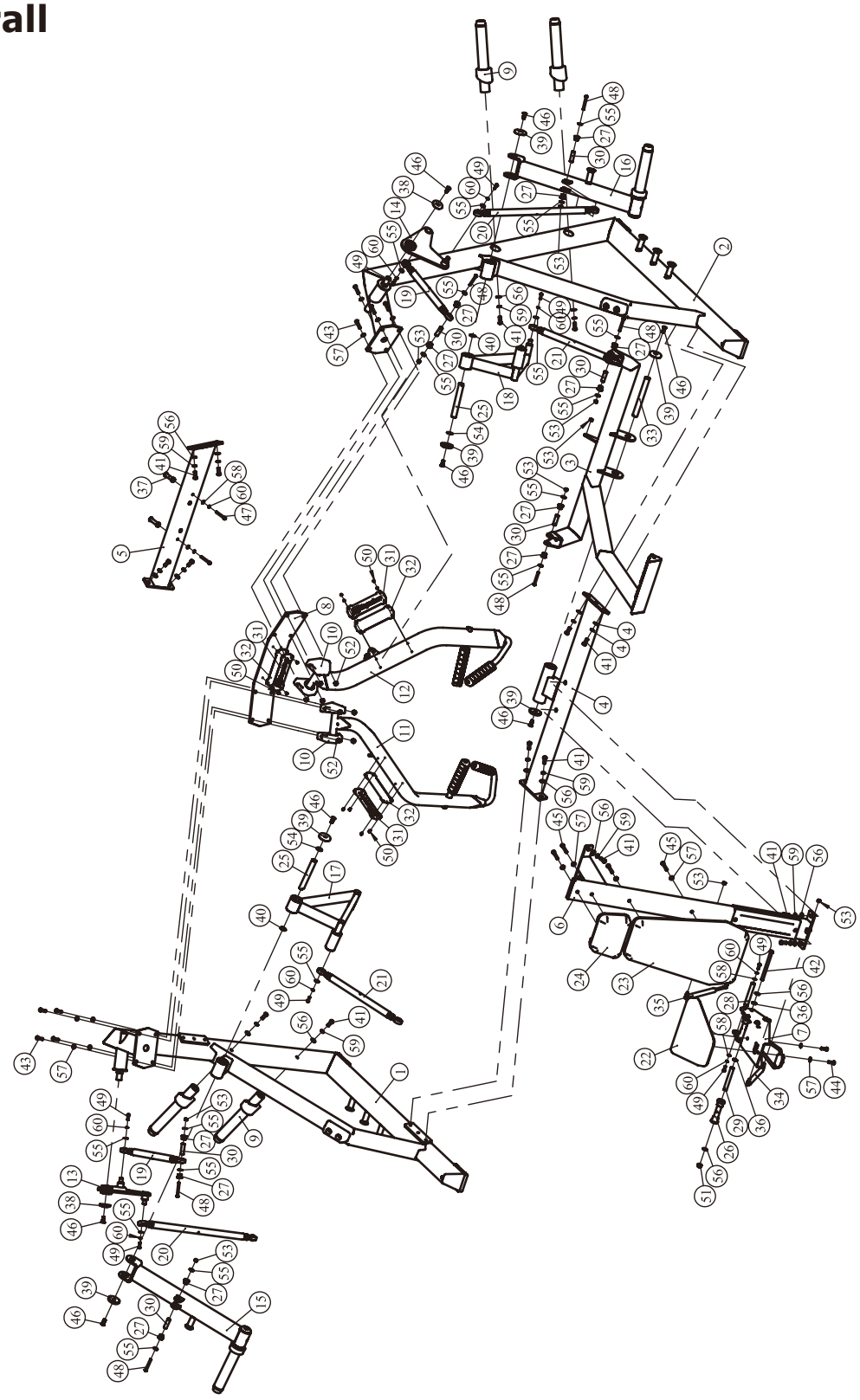
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
34	YQ200-480Fa100	Gas Spring	1
35	YQ200-480Fa250	Gas Spring	1
36	ECP2014002	Spacer Sleeve Φ22*Φ18*2.5	2
37	ECP1012500	Elastic Band Hanging Pillar	2
38	SL70011700	Aluminum Cap Φ54	2
39	IE950716500	Aluminum Cap Φ60	6
40	SG-8005A2100	Closing Ring Φ31*Φ25.5*1.5	2
41	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	16
42	GB70BTM12*160DN18	Socket Head Cap Screw M12*160	1
43	GB70BTM10*45DN18	Socket Head Cap Screw M10*45	8
44	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
45	GB70BTM10*75DN18	Socket Head Cap Screw M10*75	4
46	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	8
47	GB70M8*65DN20	Socket Head Cap Screw M8*65	2
48	PNLM8*70DN20	Button Head Cap Screw M8*70	6
49	PNLM8*25DN20	Button Head Cap Screw M8*25	8
50	PNLM5*10DHS20	Button Head Cap Screw M5*10	12
51	NM12DN2	Nylon Lock Nut M12	1
52	NM10DN2	Nylon Lock Nut M10	8
53	NM8DN2	Nylon Lock Nut M8	10
54	DQ10DN2C	Flat Washer Φ11*Φ30*2	4
55	DQ8DN2	Flat Washer Φ9*Φ22*1.6	18
56	GB9512DN2	Flat Washer Φ13*Φ24*2.5	18
57	GB9510DN2	Flat Washer Φ11*Φ20*2	14
58	GB958DN2	Flat Washer Φ9*Φ16*1.6	4
59	GB9312N19	Spring Washer Φ12	16
60	GB938N19	Spring Washer Φ8	10
61	NBS8DHS	Hex Key S=8	1
62	NBS6DHS	Hex Key S=6	1
65	NBS5DHS	Hex Key S=5	1
66	NBS3DHS	Hex Key S=3	1

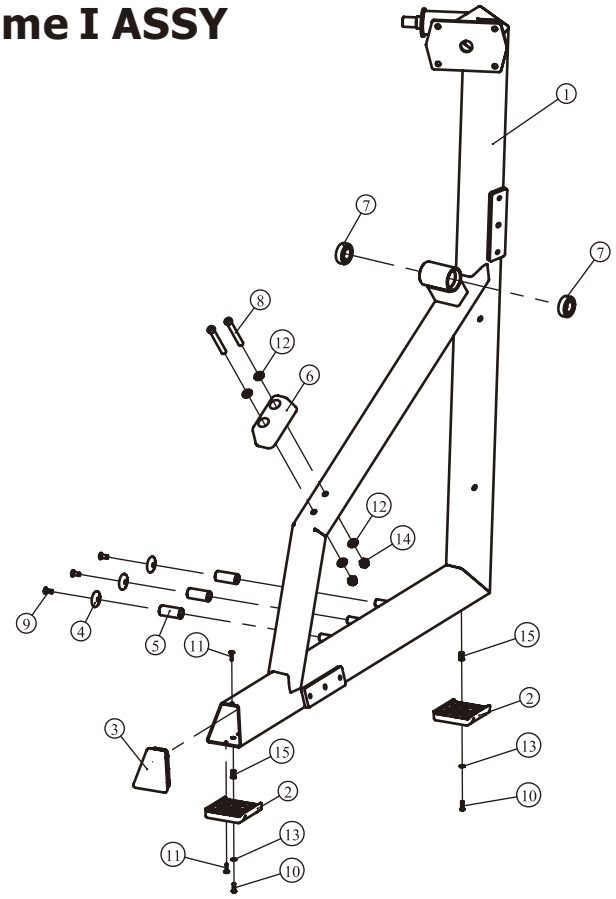
Exploded View and Parts List

Overall



Exploded View and Parts List

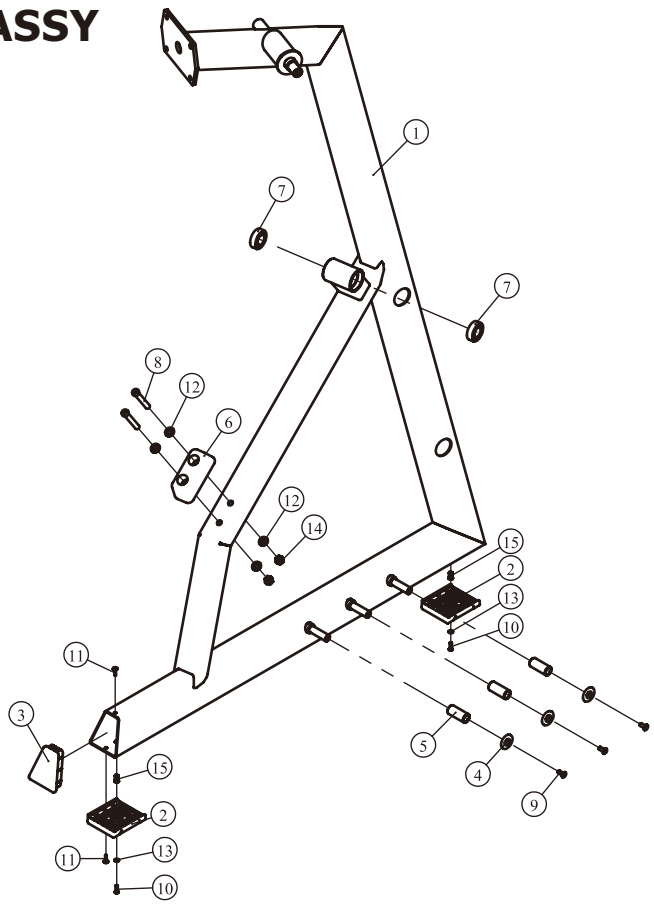
Side Stand Frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP2010100	Side Stand Frame I	1
1.2	ECP2013400	Rubber Foot	2
1.3	ECP2013500	Slanted Plug	1
1.4	ECP1012400	Aluminum Cap Φ40	3
1.5	ECP1013000	Rotating Sleeve	3
1.6	PL380800	Safety Bumper	1
1.7	GB2766205-2ZC3	Bearing 6205-2ZC3	2
1.8	GB70BTM12*90DN18	Socket Head Cap Screw M12*90	2
1.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.10	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.11	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
1.12	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
1.13	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
1.14	NM12DN2	Nylon Lock Nut M12	2
1.15	GB17880.5M6*16.5DHS17	Rivet Nut M6	2

Exploded View and Parts List

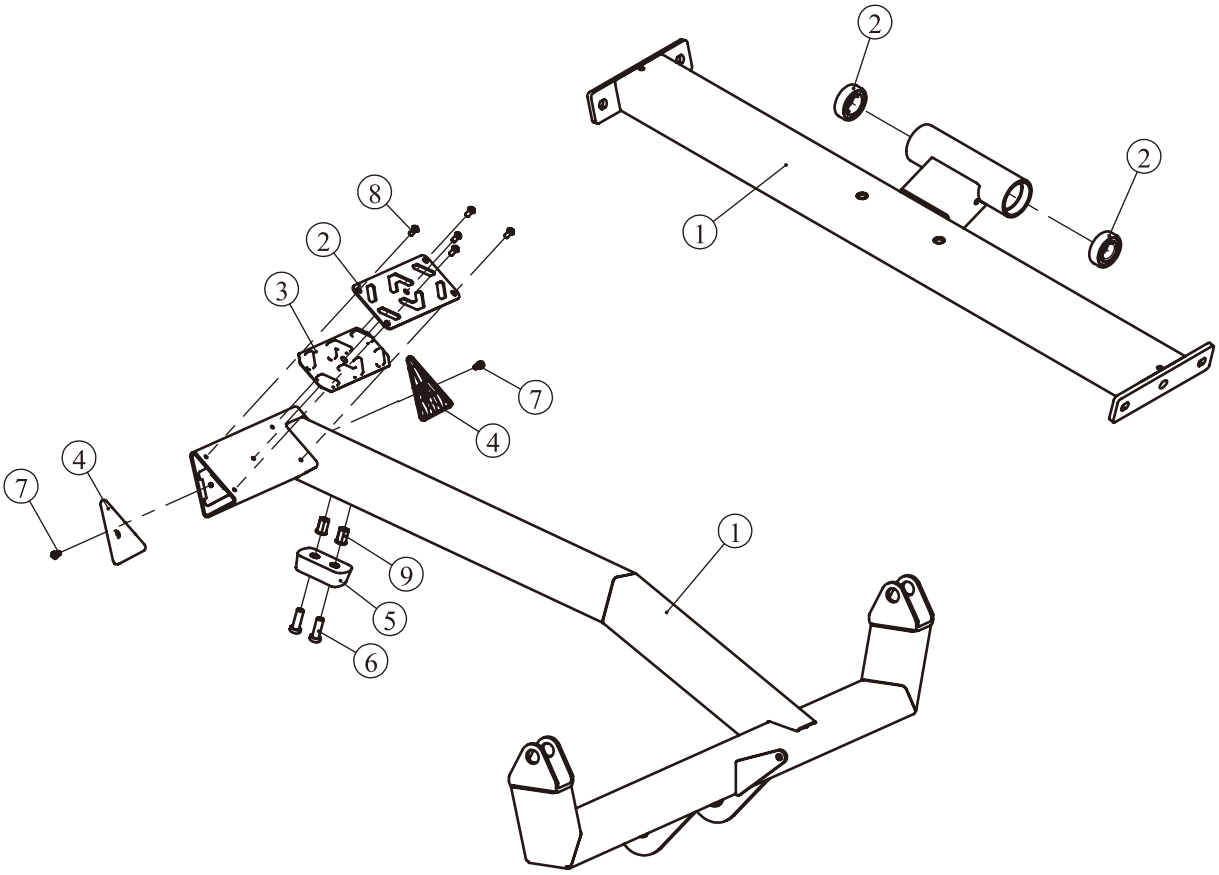
Side Stand Frame II ASSY



Grade No.	Part No.	Description	QTY
2.1	ECP2010200	Side Stand Frame II	1
2.2	ECP2013400	Rubber Foot	2
2.3	ECP2013500	Slanted Plug	1
2.4	ECP1012400	Aluminum Cap Φ40	3
2.5	ECP1013000	Rotating Sleeve	3
2.6	PL380800	Safety Bumper	1
2.7	GB2766205-2ZC3	Bearing 6205-2ZC3	2
2.8	GB70BTM12*90DN18	Socket Head Cap Screw M12*90	2
2.9	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.10	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.11	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
2.12	GB9512DN2	Flat Washer Φ13*Φ24*2.5	4
2.13	GB956DHS2	Flat Washer Φ6.6*Φ12*1.6	2
2.14	NM12DN2	Nylon Lock Nut M12	2
2.15	GB17880.5M6*16.5DHS17	Rivet Nut M6	2

Exploded View and Parts List

Auxiliary Foot Frame ASSY Bottom Cross Frame ASSY

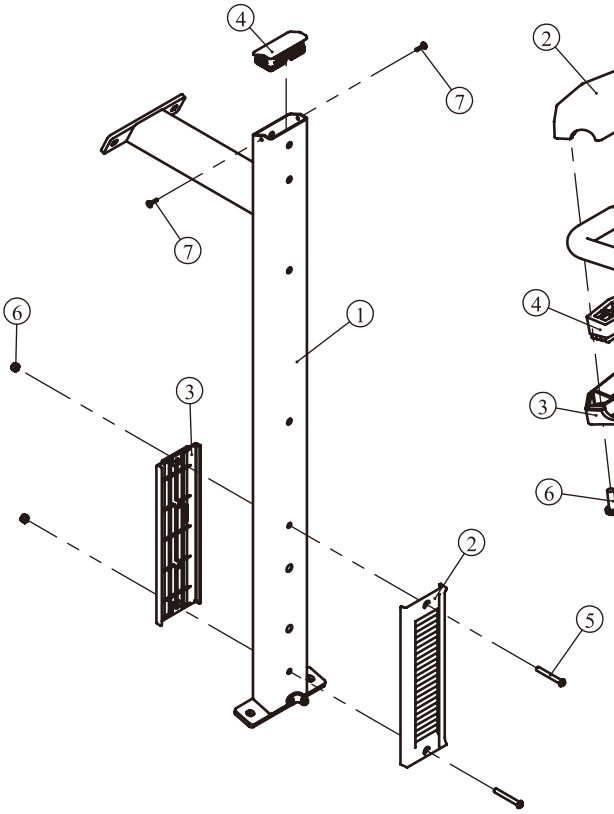


Grade No.	Part No.	Description	QTY
3.1	ECP2010900	Auxiliary Foot Frame	1
3.2	ECP2012400	Covering Plate	1
3.3	ECP2013900	Rubber Foot	1
3.4	ECP3013100	Triangle Plug	2
3.5	RS17000400	Safety Bumper	1
3.6	GB70BTM10*30DN18NL	Socket Head Cap Screw M10*30	2
3.7	GB70M6*12DHS2	Socket Head Cap Screw M6*12	2
3.8	PNLM6*12N19	Button Head Cap Screw M6*12	5
3.9	GB17880.5M10*19.5DCS17	Rivet Nut M10	2

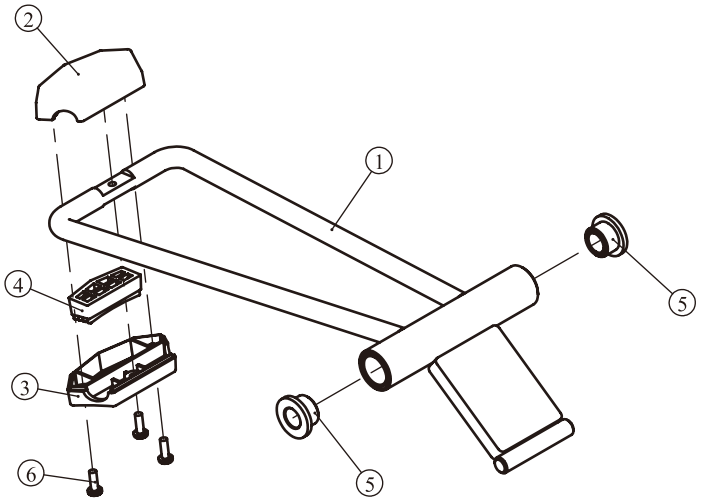
Grade No.	Part No.	Description	QTY
4.1	ECP2010300	Bottom Cross Frame	1
4.2	GB2766205-2ZC3	Bearing 6205-2ZC3	2

Exploded View and Parts List

Back Frame ASSY



Adjustable Handle Frame ASSY

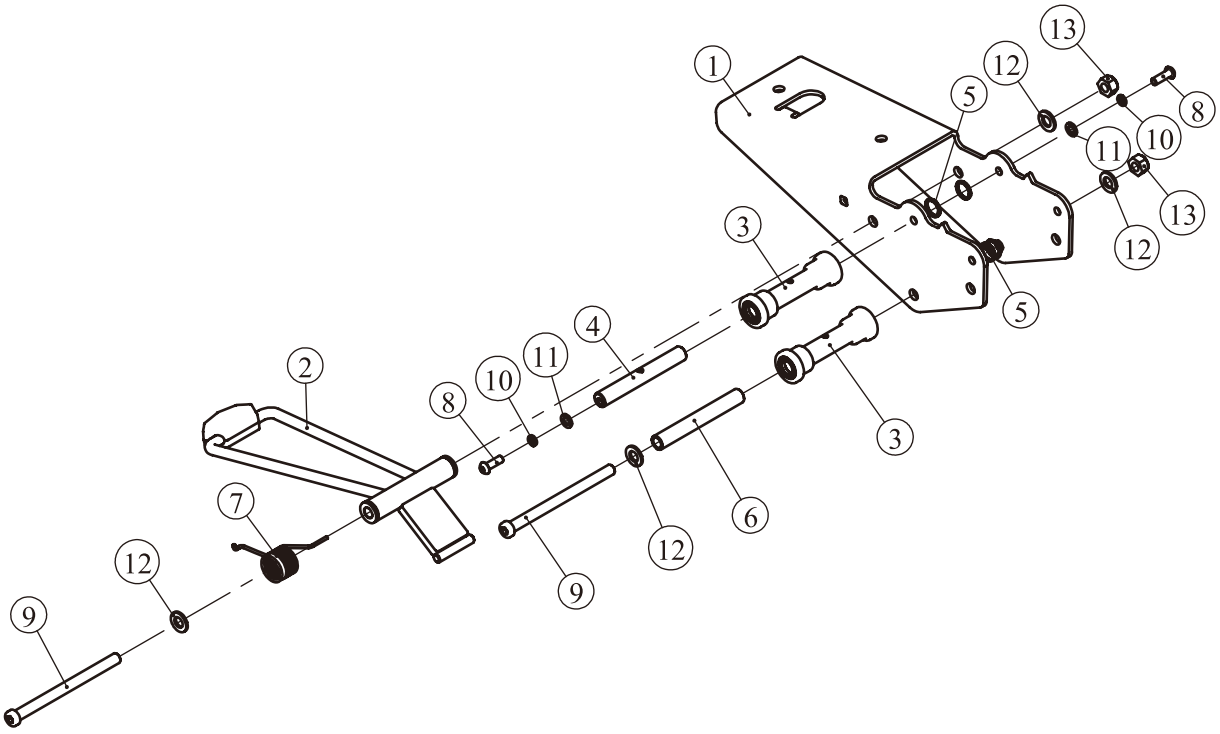


Grade No.	Part No.	Description	QTY
6.1	ECP2010700	Back Frame	1
6.2	ECP2013100	Front Adjusting Plate	1
6.3	ECP2013200	Rear Adjusting Plate	1
6.4	ECP2014500	End Cap	1
6.5	PNLM8*65DHS20	Button Head Cap Screw M8*65	2
6.6	NM8DHS2	Nylon Lock Nut M8	2
6.7	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2

Grade No.	Part No.	Description	QTY
7.2.1	ECP2011100	Adjustable Handle Frame	1
7.2.2	ECP3012600	Handle Top Cap	1
7.2.3	ECP3012700	Handle Bottom Cap	1
7.2.4	ECP3012800	Handle Rubber Bumper	1
7.2.5	M01402000	Copper Bushing Φ25*Φ12.2*13	2
7.2.6	GB818M4*12DS4	Cross Recessed Pan Head Screw M4*12	3

Exploded View and Parts List

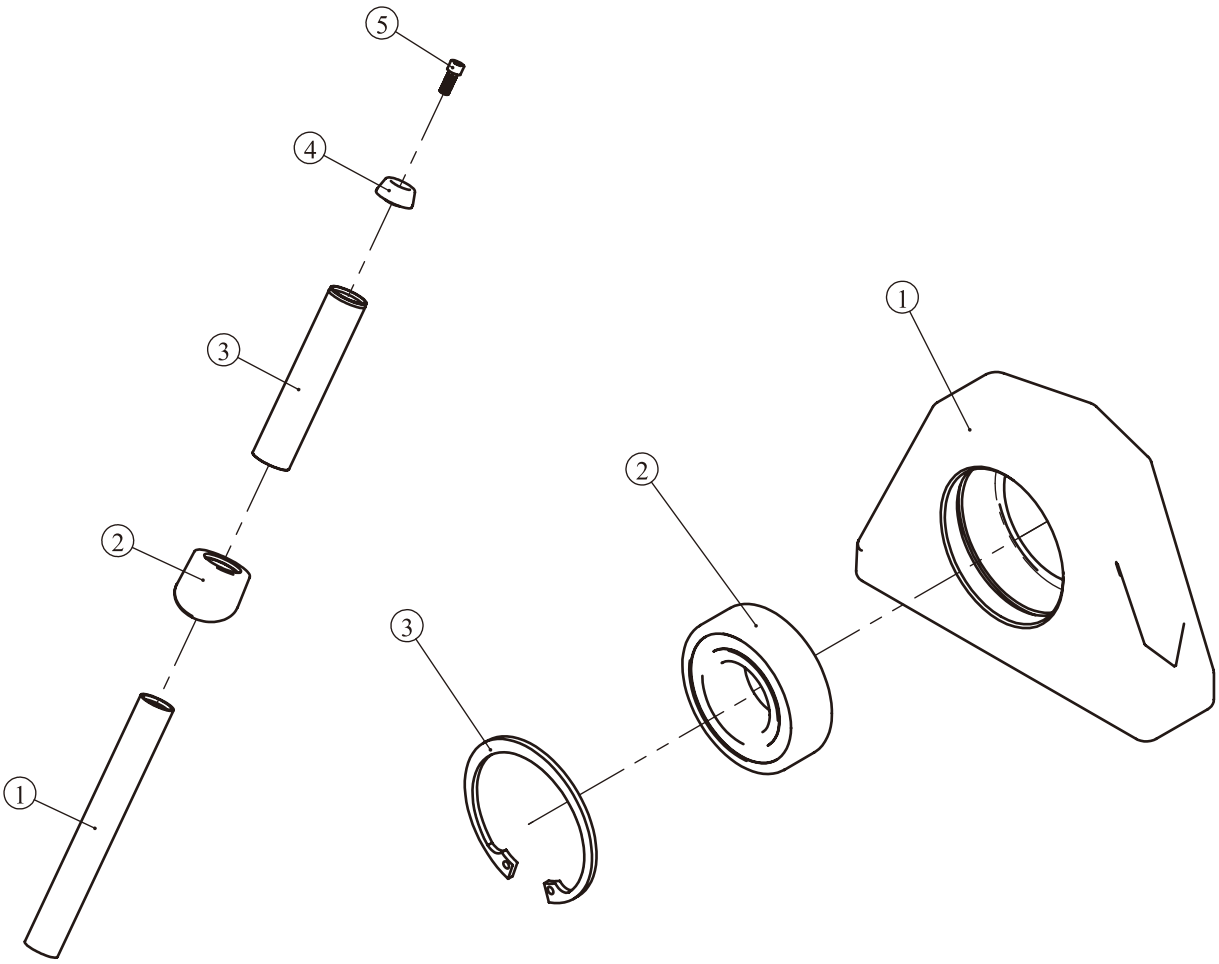
Seat Frame ASSY



Grade No.	Part No.	Description	QTY
7.1	ECP2010800	Seat Frame	1
7.2	ECP20111ASSY	Adjustable Handle Frame ASSY	1
7.3	ECP20133ASSY	Roller ASSY	2
7.4	ECP2014001	Eccentric Shaft Φ17*128	1
7.5	ECP2014002	Spacer Sleeve Φ22*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

Barbell Storage Frame ASSY Set-Contained Bearing



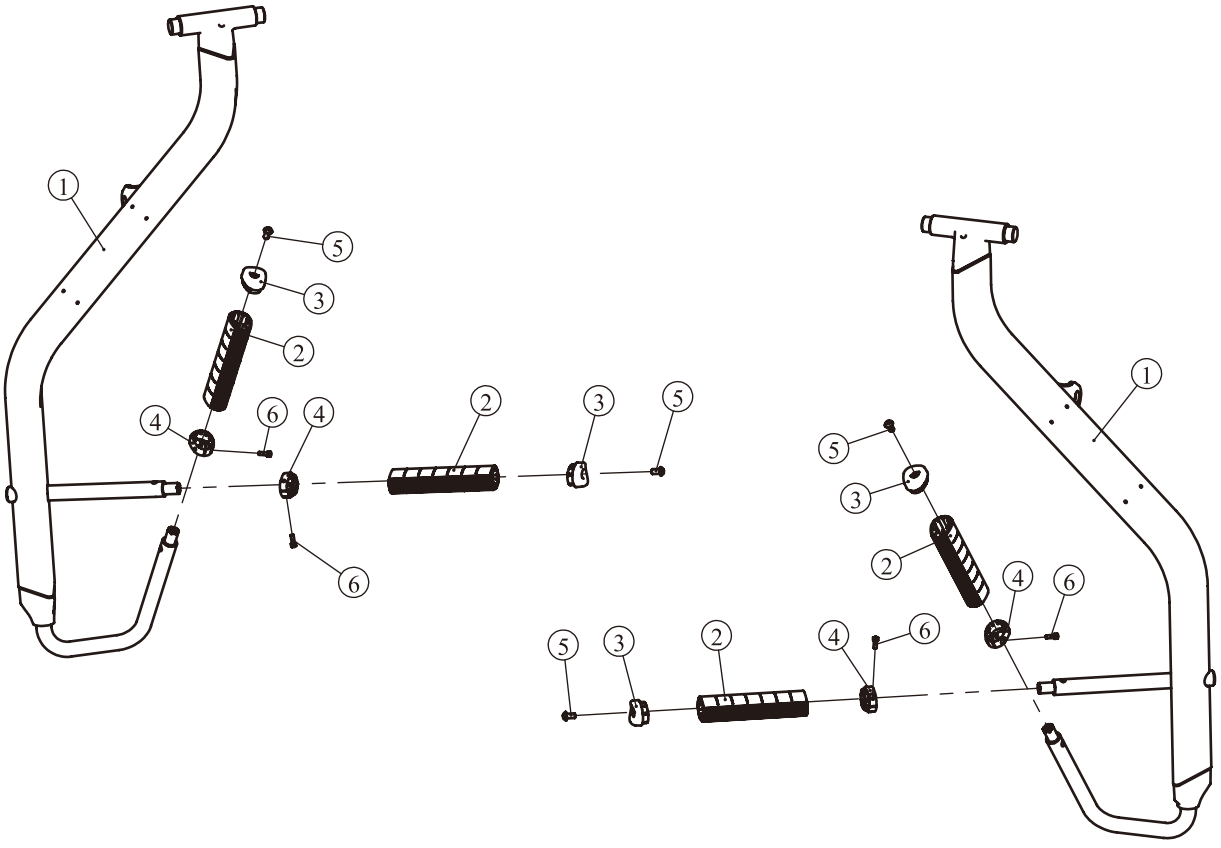
Grade No.	Part No.	Description	QTY
9.1	ECP2011800	Barbell Storage Frame	1
9.2	ECP2013800	Slanted Rubber Bumper	1
9.3	HZ70022000V1	Short Barbell Casing	1
9.4	SL70012000	Plastic Cap	1
9.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Grade No.	Part No.	Description	QTY
10.1	ECP2012100	Bearing Seat	1
10.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
10.3	GB893.152FH12	Hole Retaining Ring Φ52	1

Exploded View and Parts List

Arm Frame I ASSY

Arm Frame II ASSY



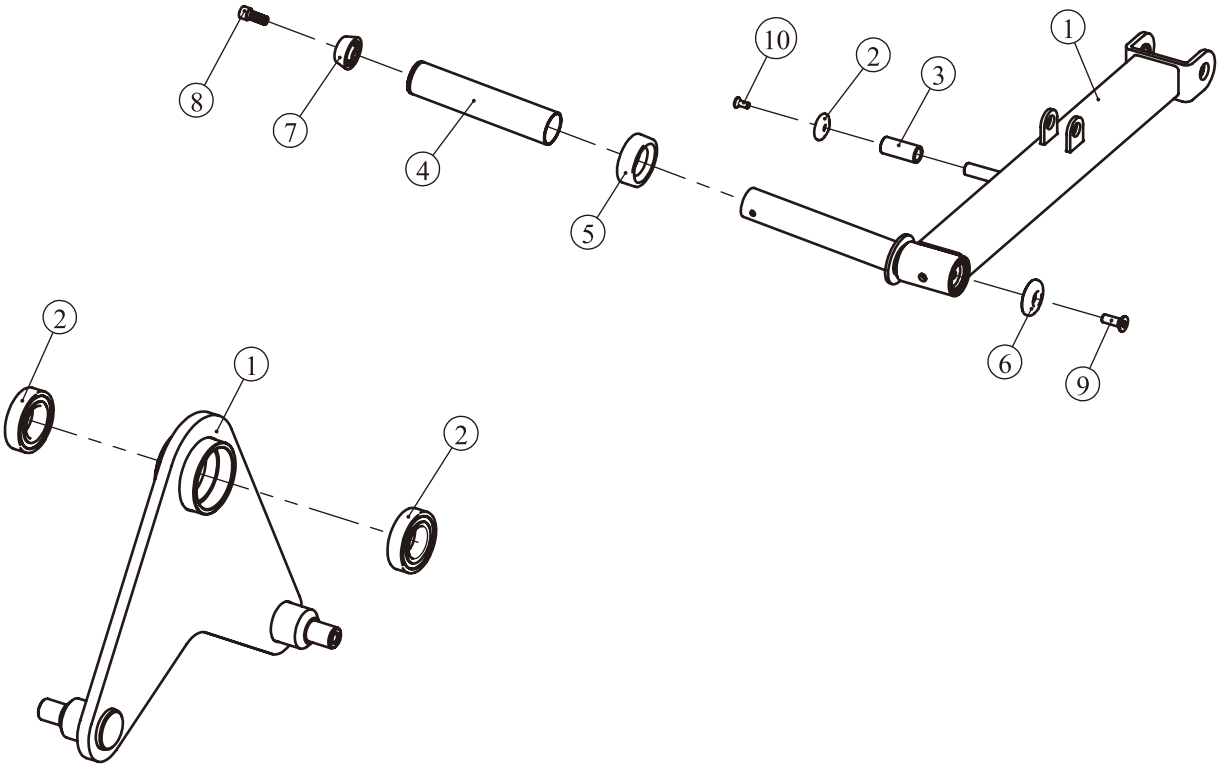
Grade No.	Part No.	Description	QTY
11.1	ECP2010500	Arm Frame Ⅰ	1
11.2	ECP2012500	Aluminium Handle	2
11.3	ECP2012600	Aluminum Cap	2
11.4	ECP2012700	Aluminum Retaining Ring	2
11.5	PNLM8*15N19	Button Head Cap Screw M8*15	2
11.6	GB70M5*15N19	Socket Head Cap Screw M5*15	2

Grade No.	Part No.	Description	QTY
12.1	ECP2010600	Arm Frame Ⅱ	1
12.2	ECP2012500	Aluminium Handle	2
12.3	ECP2012600	Aluminum Cap	2
12.4	ECP2012700	Aluminum Retaining Ring	2
12.5	PNLM8*15N19	Button Head Cap Screw M8*15	2
12.6	GB70M5*15N19	Socket Head Cap Screw M5*15	2

Exploded View and Parts List

Linkage Frame I ASSY

Swing Frame I ASSY



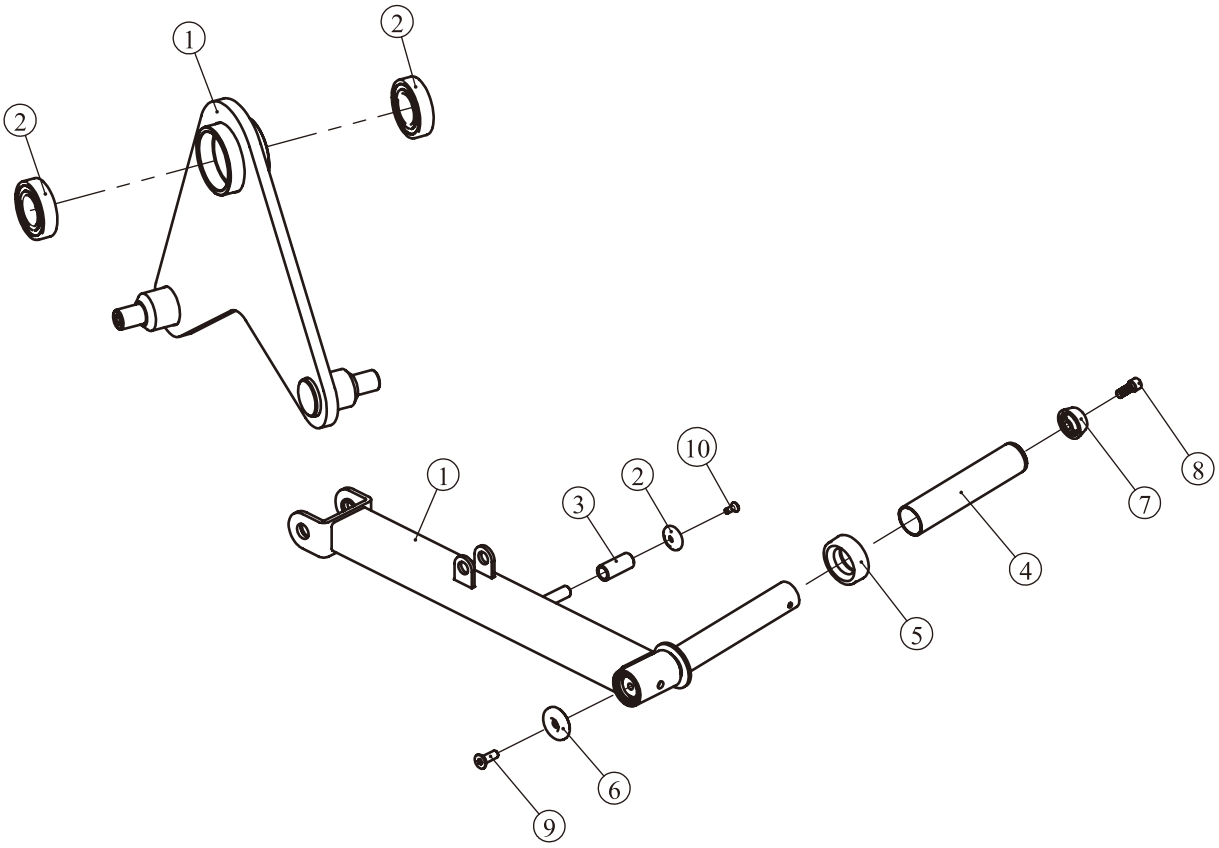
Grade No.	Part No.	Description	QTY
13.1	ECP2011200	Linkage Frame Ⅰ	1
13.2	GB2766005-2ZC3	Bearing 6005-2ZC3	2

Grade No.	Part No.	Description	QTY
15.1	ECP2011400	Swing Frame Ⅰ	1
15.2	ECP1012400	Aluminum Cap Φ40	1
15.3	ECP1013000	Rotating Sleeve	1
15.4	HZ70022000V1	Short Barbell Casing	1
15.5	PL1301600	Rubber Bumper	1
15.6	SL70011700	Aluminum Cap Φ54	1
15.7	SL70012000	Plastic Cap	1
15.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
15.9	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
15.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1

Exploded View and Parts List

Linkage Frame II ASSY

Swing Frame II ASSY



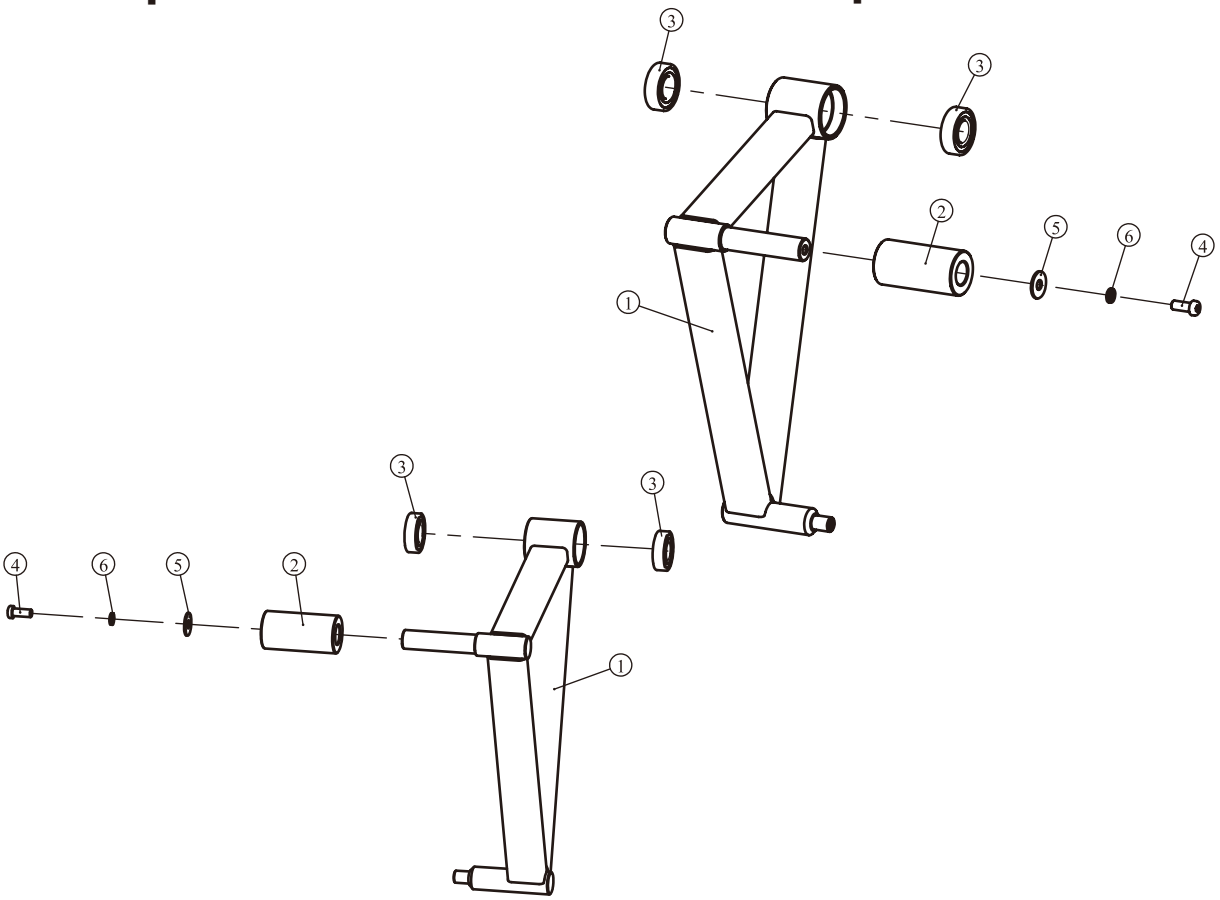
Grade No.	Part No.	Description	QTY
14.1	ECP2011300	Linkage Frame II	1
14.2	GB2766005-2ZC3	Bearing 6005-2ZC3	2

Grade No.	Part No.	Description	QTY
16.1	ECP2011500	Swing Frame II	1
16.2	ECP1012400	Aluminum Cap Φ40	1
16.3	ECP1013000	Rotating Sleeve	1
16.4	HZ70022000V1	Short Barbell Casing	1
16.5	PL1301600	Rubber Bumper	1
16.6	SL70011700	Aluminum Cap Φ54	1
16.7	SL70012000	Plastic Cap	1
16.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1
16.9	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
16.10	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1

Exploded View and Parts List

Startup Frame I ASSY

Startup Frame II ASSY

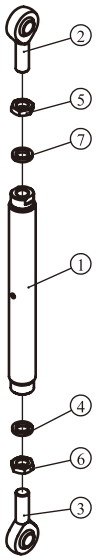


Grade No.	Part No.	Description	QTY
17.1	ECP2011600	Startup Frame Ⅰ	1
17.2	ECP2013000	Limit Sleeve	1
17.3	GB2766205-2ZC3	Bearing 6205-2ZC3	2
17.4	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
17.5	DQ10DN2C	Flat Washer Φ11*Φ30*2	1
17.6	GB9310N19	Spring Washer Φ10	1

Grade No.	Part No.	Description	QTY
18.1	ECP2011700	Startup Frame Ⅱ	1
18.2	ECP2013000	Limit Sleeve	1
18.3	GB2766205-2ZC3	Bearing 6205-2ZC3	2
18.4	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
18.5	DQ10DN2C	Flat Washer Φ11*Φ30*2	1
18.6	GB9310N19	Spring Washer Φ10	1

Exploded View and Parts List

Short Connecting Rod Frame ASSY

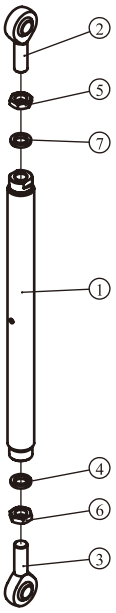


Grade No.	Part No.	Description	QTY
19.1	ECP2014100	Short Connecting Rod Frame	1
19.2	SAL16	Oscillating Bearing(LH)	1
19.3	SA16	Oscillating Bearing	1
19.4	GB9316DS12	Spring Washer Φ16	1
19.5	GB6172.1LM16DS2	Hex Nut M16(LH)	1
19.6	GB6172.1M16DS2	Hex Nut M16	1
19.7	GB93L16DS12	Spring Washer Φ16(LH)	1

Long Connecting Rod Frame ASSY

Grade No.	Part No.	Description	QTY
20.1	ECP2014200	Long Connecting Rod Frame	1
20.2	SAL16	Oscillating Bearing(LH)	1
20.3	SA16	Oscillating Bearing	1
20.4	GB9316DS12	Spring Washer Φ16	1
20.5	GB6172.1LM16DS2	Hex Nut M16(LH)	1
20.6	GB6172.1M16DS2	Hex Nut M16	1
20.7	GB93L16DS12	Spring Washer Φ16(LH)	1

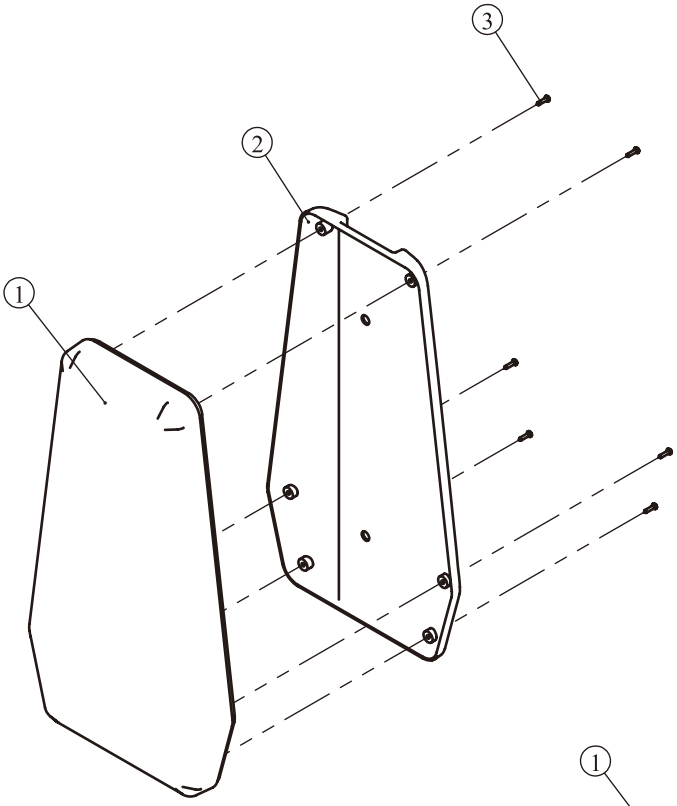
Startup Connecting Rod Frame ASSY



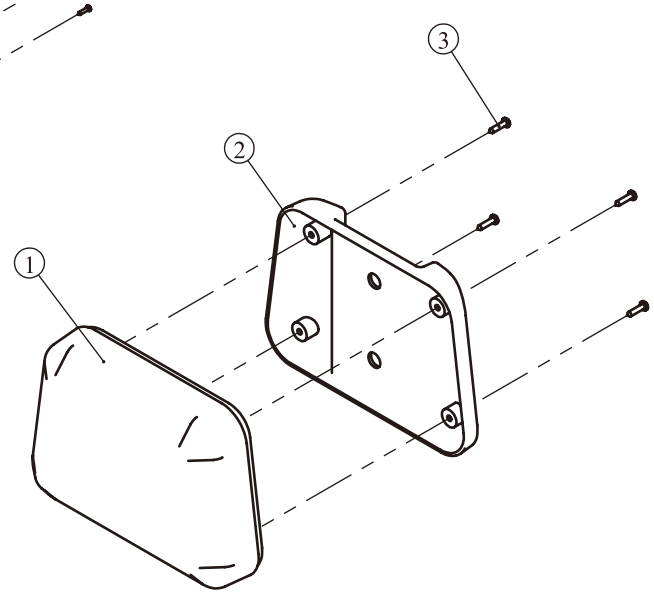
Grade No.	Part No.	Description	QTY
21.1	ECP2014300	Startup Connecting Rod Frame	1
21.2	SAL16	Oscillating Bearing(LH)	1
21.3	SA16	Oscillating Bearing	1
21.4	GB9316DS12	Spring Washer Φ16	1
21.5	GB6172.1LM16DS2	Hex Nut M16(LH)	1
21.6	GB6172.1M16DS2	Hex Nut M16	1
21.7	GB93L16DS12	Spring Washer Φ16(LH)	1

Exploded View and Parts List

Back Pad ASSY



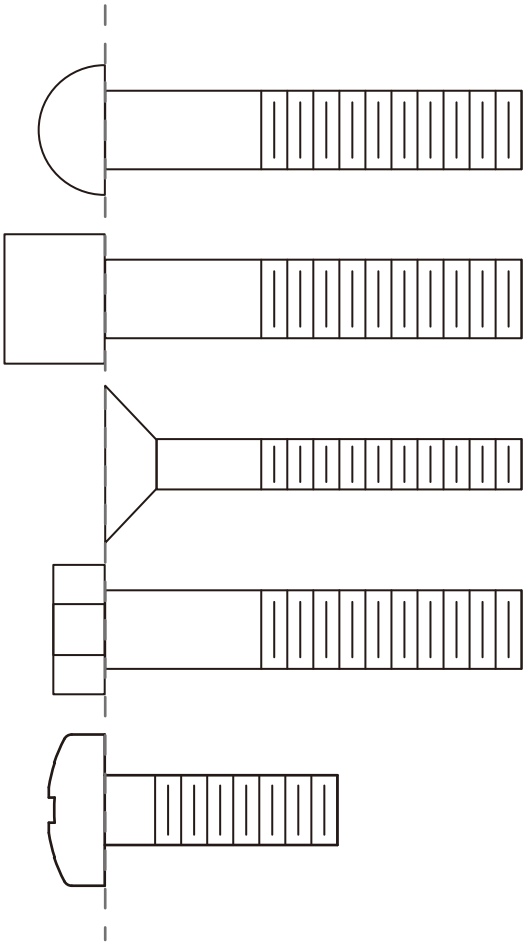
Head Pad ASSY



Grade No.	Part No.	Description	QTY
23.1	ECP2015200V1	Back Pad	1
23.2	ECP2013600	Back Pad Cover	1
23.3	GB845ST4.2*19DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*19	6

Grade No.	Part No.	Description	QTY
24.1	ECP2015200V1	Head Pad	1
24.2	ECP2013700	Head Pad Cover	1
24.3	GB845ST4.2*19DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*9.5	4

Measurement Guide



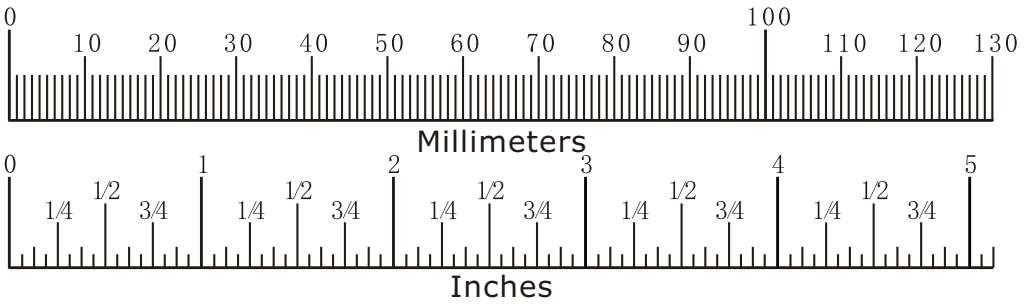
BHCS = Button Head Cap Screw

SHCS = Socket Head Cap Screw

FHCS = Flat Head Cap Screw

HHB = Hex Head Bolt

CRPHS = Cross Recessed Pan Head Screw



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

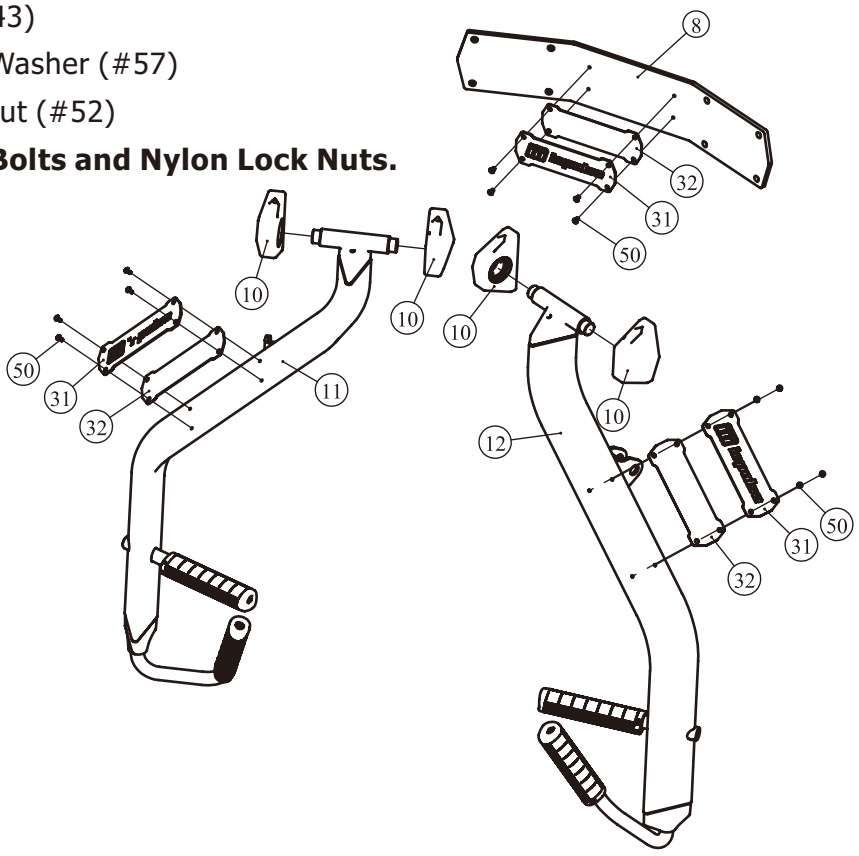
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

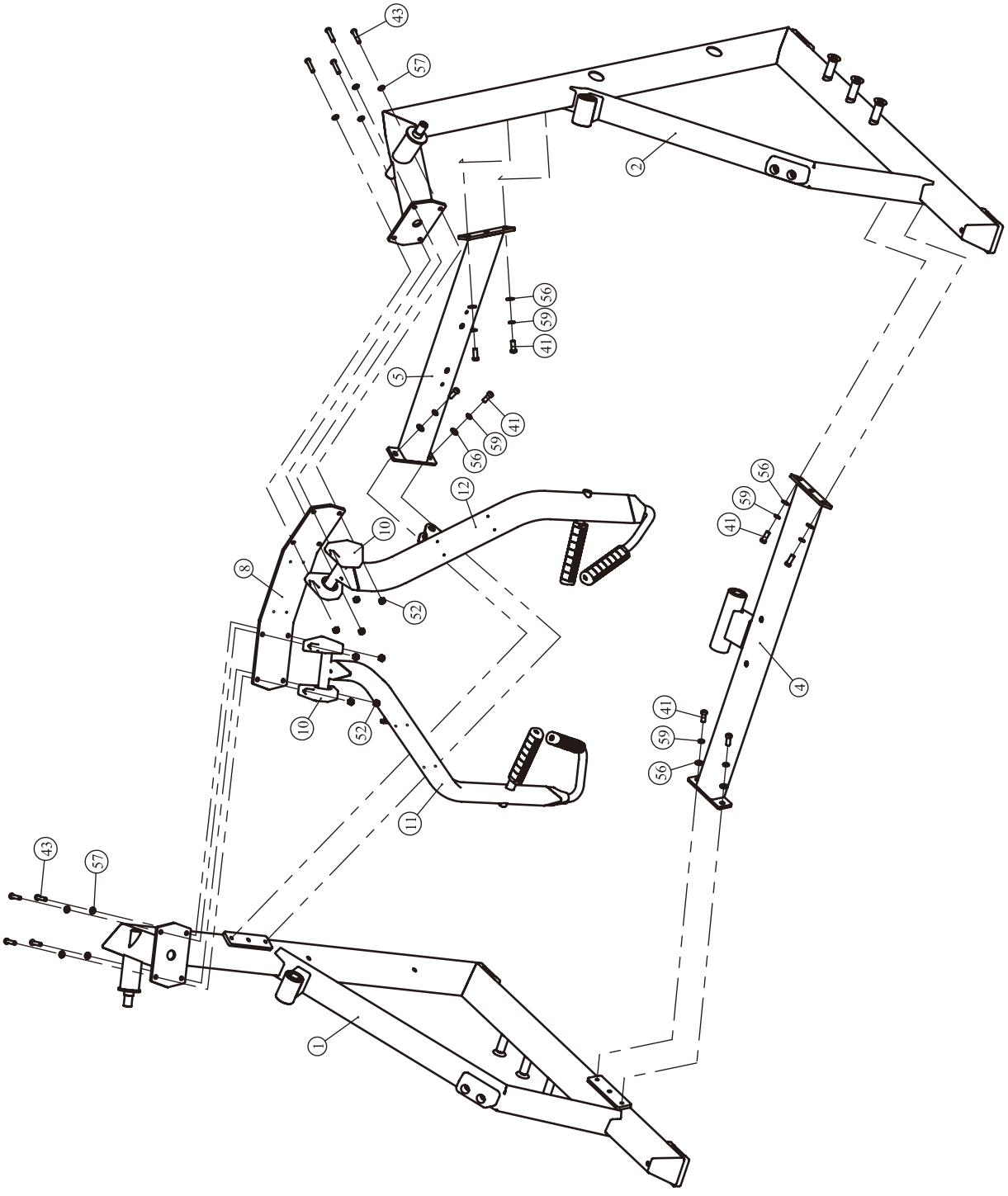
1. Attach the LOGO Plate (#31) and the LOGO Inner Plate (#32) to the Bearing Seat Fixation Plate (#8) using:
   four M5*10 BHCS (#50)
2. Each attach two LOGO Plate (#31) and two LOGO Inner Plate (#32) to the Arm Frame I ASSY (#11) and the Arm Frame II ASSY (#12) using:
   eight M5*10 BHCS (#50)
3. Attach the Bottom Cross Frame ASSY (#4) and the Rear Connection Frame (#5) to the Side Stand Frame I ASSY (#1) and the Side Stand Frame II ASSY (#2) using:
   eight M12*30 SHCS (#41)
   eight Φ13*Φ24*2.5 Flat Washer (#56)
   eight Spring Washer Φ12 (#59)
4. **TIPS:** Firstly, Each attach two Set-Contained Bearing (#10) to the Arm Frame I ASSY (#11) and the Arm Frame II ASSY (#12).
   Attach the Arm Frame I ASSY (#11) and the Arm Frame II ASSY (#12) and the Bearing Seat Fixation Plate (#8) to the Side Stand Frame I ASSY (#1) and the Side Stand Frame II ASSY (#2) using:
   eight M10*45 SHCS (#43)
   eight Φ11*Φ20*2 Flat Washer (#57)
   eight M10 Nylon Lock Nut (#52)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 1



Assembly

STEP 2

1. Attach the Auxiliary Foot Frame ASSY (#3) to the Bottom Cross Frame ASSY (#4) using:
   one Shaft Φ25*221 (#33) two M10*30 FHCS (#46)
   two Aluminum Cap Φ60 (#39)
2. Attach the Back Frame ASSY (#6) to the Bottom Cross Frame ASSY (#4) and the Rear Connection Frame (#5) using:
   four M12*30 SHCS (#41) four Φ13*Φ24*2.5 Flat Washer (#56)
   four Spring Washer Φ12 (#59)
3. Attach the Gas Spring (#35) to the Auxiliary Foot Frame ASSY (#3) and the Back Frame ASSY (#6) using:
   two M8 Nylon Lock Nut (#53)
4. Attach the Seat Frame ASSY (#7) to the Back Frame ASSY (#6) using:
   one Roller Sleeve (#29) one Roller ASSY (#26)
   two Spacer Sleeve Φ22*Φ18*2.5 (#36) one M12*160 SHCS (#42)
   two Φ13*Φ24*2.5 Flat Washer (#56) one M12 Nylon Lock Nut (#51)
5. Attach the Limit Shaft Φ19*128 (#28) to the Seat Frame ASSY (#7) using:
   two M8*25 BHCS (#49) two Φ9*Φ16*1.6 Flat Washer (#58)
   two Spring Washer Φ8 (#60)
6. Attach the Gas Spring (#34) to the Seat Frame ASSY (#7) and the Back Frame ASSY (#6) using:
   two M8 Nylon Lock Nut (#53)

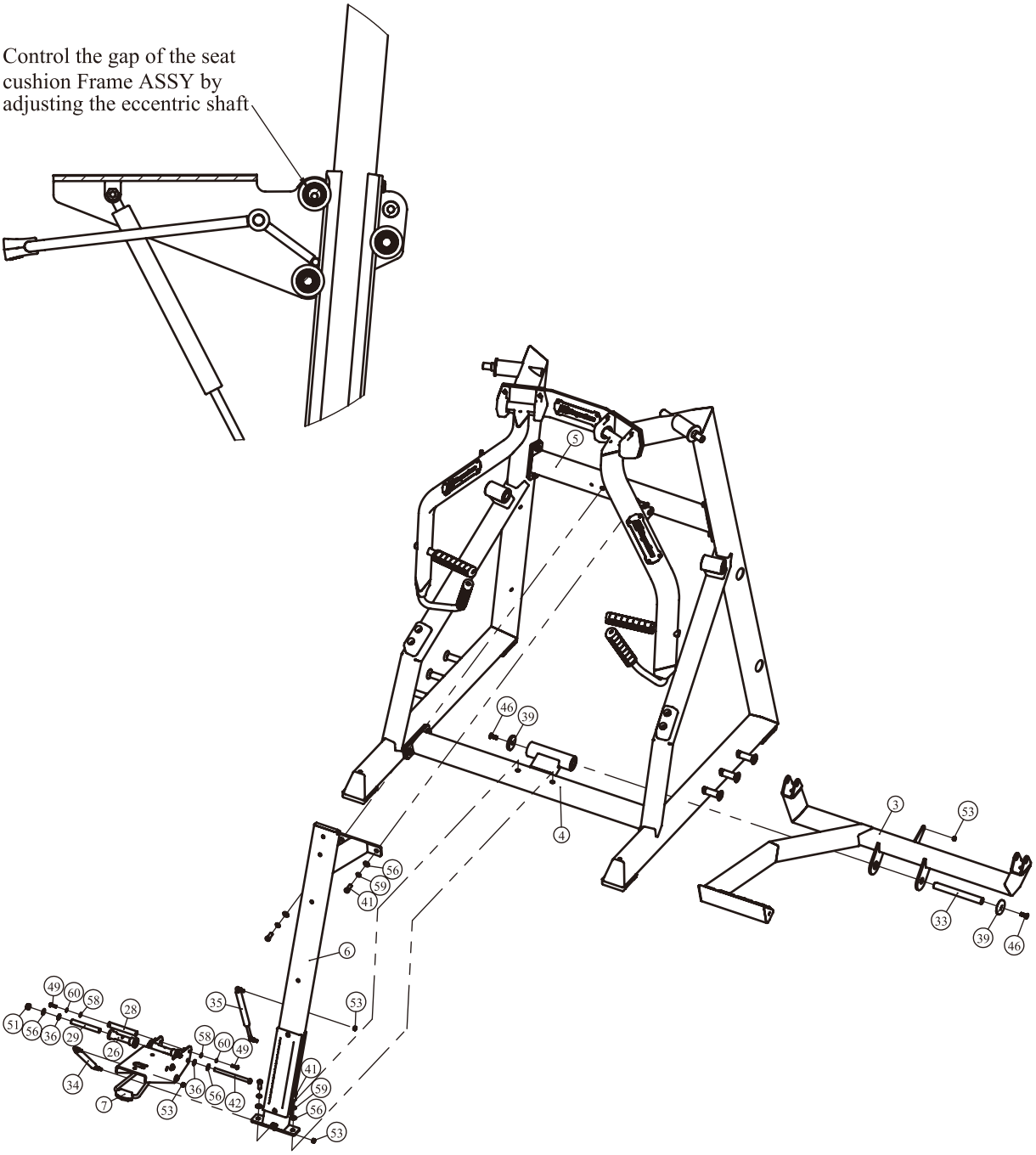
Note: Wrench Tighten Bolts and Nylon Lock Nuts.

STEP 3

1. Attach the Linkage Frame I ASSY (#13) to the Side Stand Frame I ASSY (#1) using:
   one M10*30 FHCS (#46) one Aluminum Cap Φ54 (#38)
   one Φ11*Φ30*2 Flat Washer (#54)
2. Attach the Linkage Frame II ASSY (#14) to the Side Stand Frame II ASSY (#2) using:
   one M10*30 FHCS (#46) one Aluminum Cap Φ54 (#38)
   one Φ11*Φ30*2 Flat Washer (#54)
3. Attach the Swing Frame I ASSY (#15) and the Startup Frame I ASSY (#17) to the Side Stand Frame I ASSY (#1) using:
   one Shaft Φ25*180*M10 (#25) two Aluminum Cap Φ60 (#39)
   two M10*30 FHCS (#46) one Closing Ring Φ31*Φ25.5*1.5 (#40)
   one Φ11*Φ30*2 Flat Washer (#54)
4. Attach the Swing Frame II ASSY (#16) and the Startup Frame II ASSY (#18) to the Side Stand Frame II ASSY (#2) using:
   one Shaft Φ25*180*M10 (#25) two Aluminum Cap Φ60 (#39)
   two M10*30 FHCS (#46) one Closing Ring Φ31*Φ25.5*1.5 (#40)
   one Φ11*Φ30*2 Flat Washer (#54)

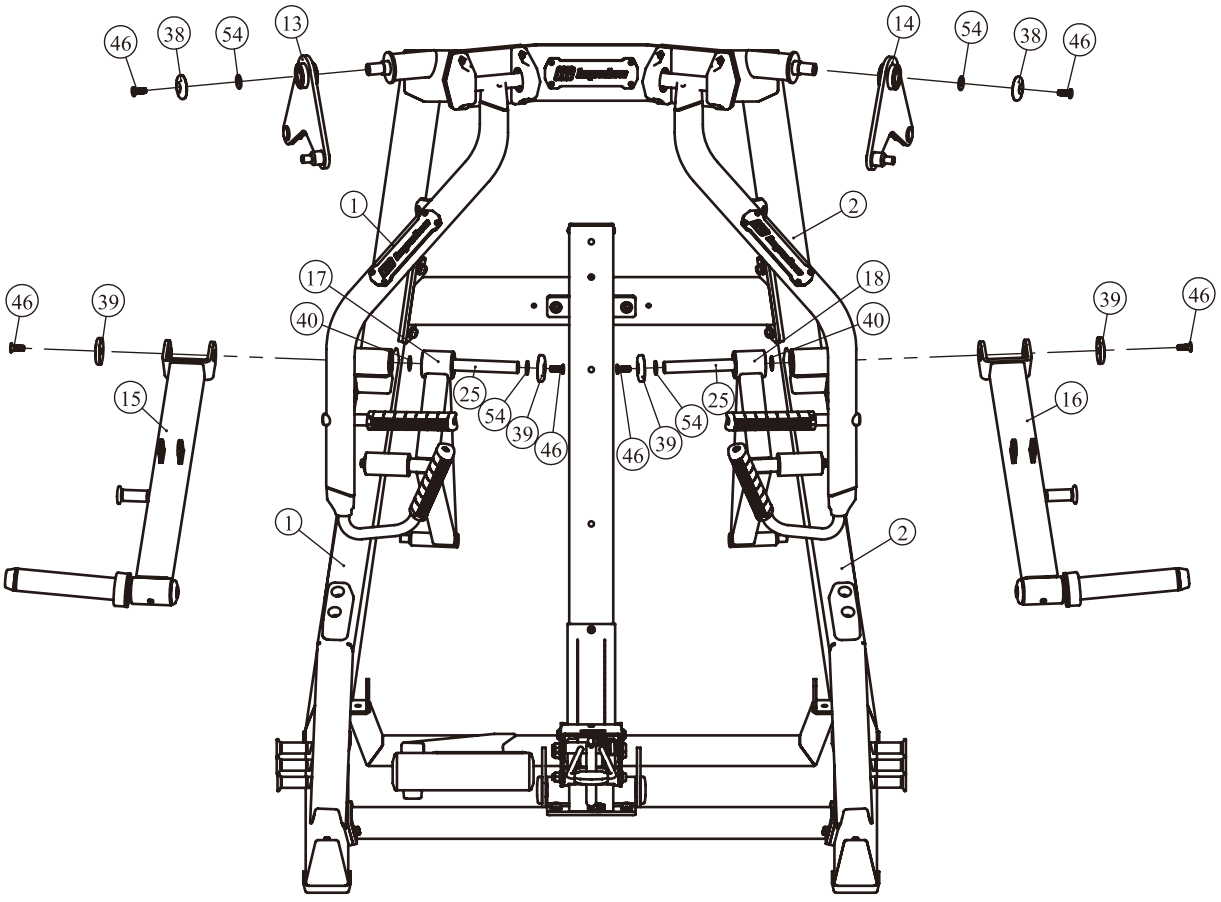
Assembly

STEP 2



Assembly

STEP 3



Assembly

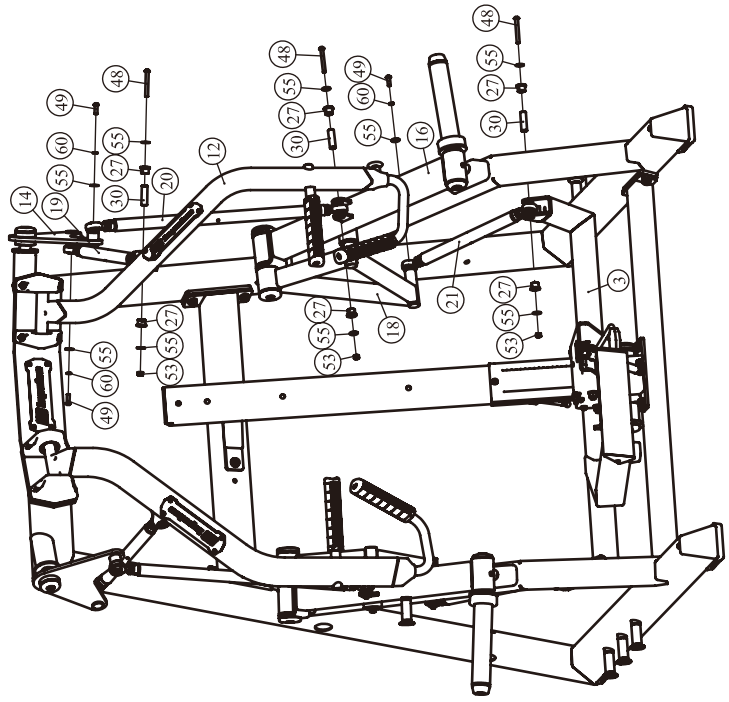
STEP 4

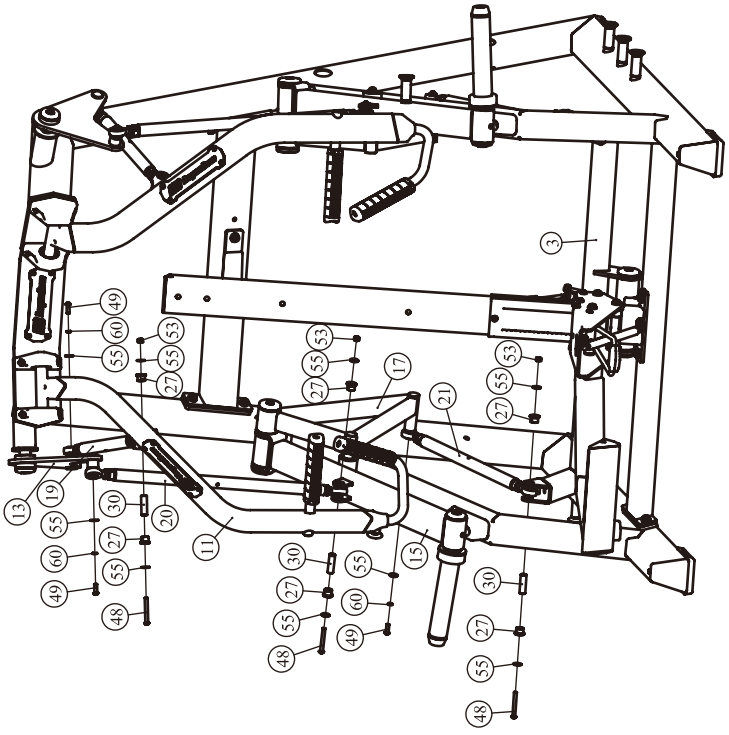
1. Attach the Short Connecting Rod Frame ASSY (#19) to the Arm Frame I ASSY (#11) and the Linkage Frame I ASSY (#13) using:
   one M8*25 BHCS (#49) one M8*70 BHCS (#48)
   three Φ9*Φ22*1.6 Flat Washer (#55) one Spring Washer Φ8 (#60)
   two Step Cover (#27) one Short Shaft Φ16*54 (#30)
   one M8 Nylon Lock Nut (#53)
2. Attach the Short Connecting Rod Frame ASSY (#19) to the Arm Frame II ASSY (#12) and the Linkage Frame II ASSY (#14) using:
   one M8*25 BHCS (#49) one M8*70 BHCS (#48)
   three Φ9*Φ22*1.6 Flat Washer (#55) one Spring Washer Φ8 (#60)
   two Step Cover (#27) one Short Shaft Φ16*54 (#30)
   one M8 Nylon Lock Nut (#53)
3. Attach the Long Connecting Rod Frame ASSY (#20) to the Linkage Frame I ASSY (#13) and the Swing Frame I ASSY (#15) using:
   one M8*25 BHCS (#49) one M8*70 BHCS (#48)
   two Step Cover (#27) one Short Shaft Φ16*54 (#30)
   three Φ9*Φ22*1.6 Flat Washer (#55) one Spring Washer Φ8 (#60)
   one M8 Nylon Lock Nut (#53)
4. Attach the Long Connecting Rod Frame ASSY (#20) to the Linkage Frame II ASSY (#14) and the Swing Frame II ASSY (#16) using:
   one M8*25 BHCS (#49) one M8*70 BHCS (#48)
   two Step Cover (#27) one Short Shaft Φ16*54 (#30)
   three Φ9*Φ22*1.6 Flat Washer (#55) one Spring Washer Φ8 (#60)
   one M8 Nylon Lock Nut (#53)
5. Attach the Startup Connecting Rod Frame ASSY (#21) to the Startup Frame I ASSY (#17) and Auxiliary Foot Frame ASSY (#3) using:
   one M8*25 BHCS (#49) one M8*70 BHCS (#48)
   two Step Cover (#27) one Short Shaft Φ16*54 (#30)
   three Φ9*Φ22*1.6 Flat Washer (#55) one Spring Washer Φ8 (#60)
   one M8 Nylon Lock Nut (#53)
6. Attach the Startup Connecting Rod Frame ASSY (#21) to the Startup Frame II ASSY (#18) and Auxiliary Foot Frame ASSY (#3) using:
   one M8*25 BHCS (#49) one M8*70 BHCS (#48)
   two Step Cover (#27) one Short Shaft Φ16*54 (#30)
   three Φ9*Φ22*1.6 Flat Washer (#55) one Spring Washer Φ8 (#60)
   one M8 Nylon Lock Nut (#53)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

STEP 4

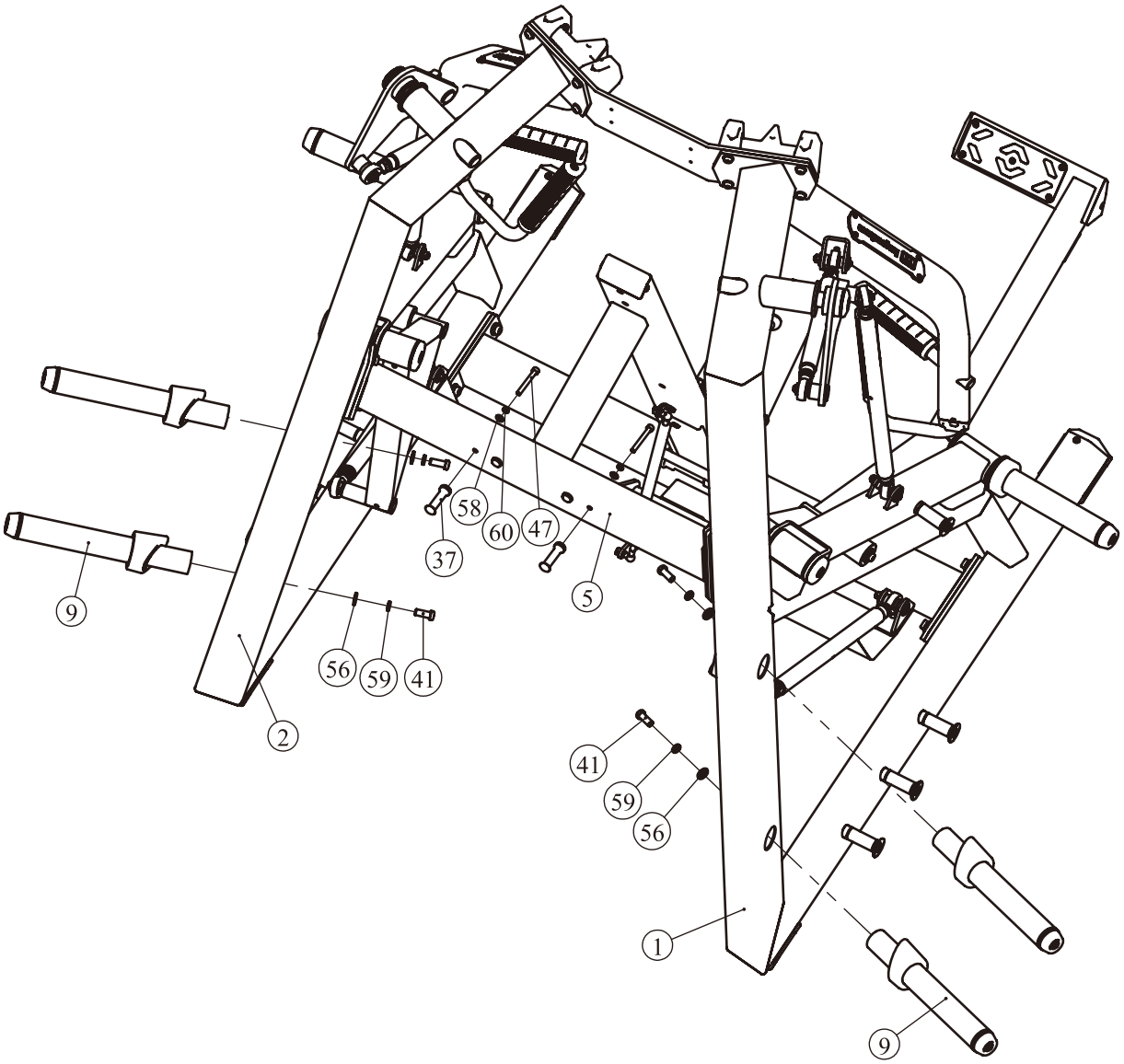




Assembly

STEP 5

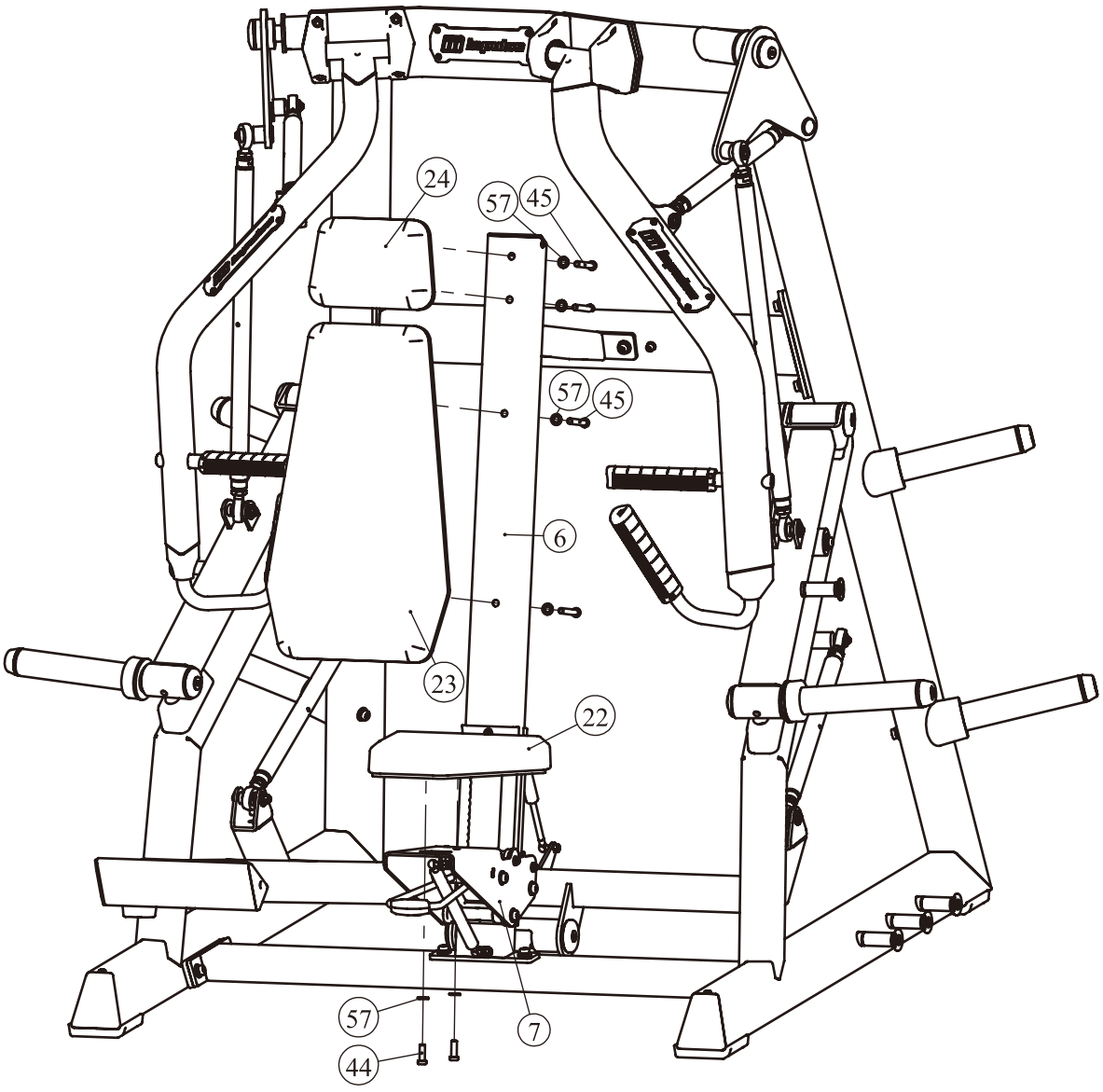
1. Attach two Barbell Storage Frame ASSY (#9) to the Side Stand Frame I ASSY (#1) using:
   two M12*30 SHCS (#41) two Φ13*Φ24*2.5 Flat Washer (#56)
   two Spring Washer Φ12 (#59)
2. Attach two Barbell Storage Frame ASSY (#9) to the Side Stand Frame II ASSY (#2) using:
   two M12*30 SHCS (#41) two Φ13*Φ24*2.5 Flat Washer (#56)
   two Spring Washer Φ12 (#59)
3. Attach two Elastic Band Hanging Pillar (#37) to the Rear Connection Frame (#5) using:
   two M8*70 SHCS (#47) two Φ9*Φ16*1.6 Flat Washer (#58)
   two Spring Washer Φ8 (#60)



Assembly

STEP 6

1. Attach the Seat Pad (#22) to the Seat Frame ASSY (#7) using:
   two M10*30 SHCS (#44) two Φ11*Φ20*2 Flat Washer (#57)
2. Attach the Back Pad ASSY (#23) to the Back Frame ASSY (#6) using:
   two M10*75 SHCS (#45) two Φ11*Φ20*2 Flat Washer (#57)
3. Attach the Head Pad ASSY (#24) to the Back Frame ASSY (#6) using:
   two M10*75 SHCS (#45) two Φ11*Φ20*2 Flat Washer (#57)



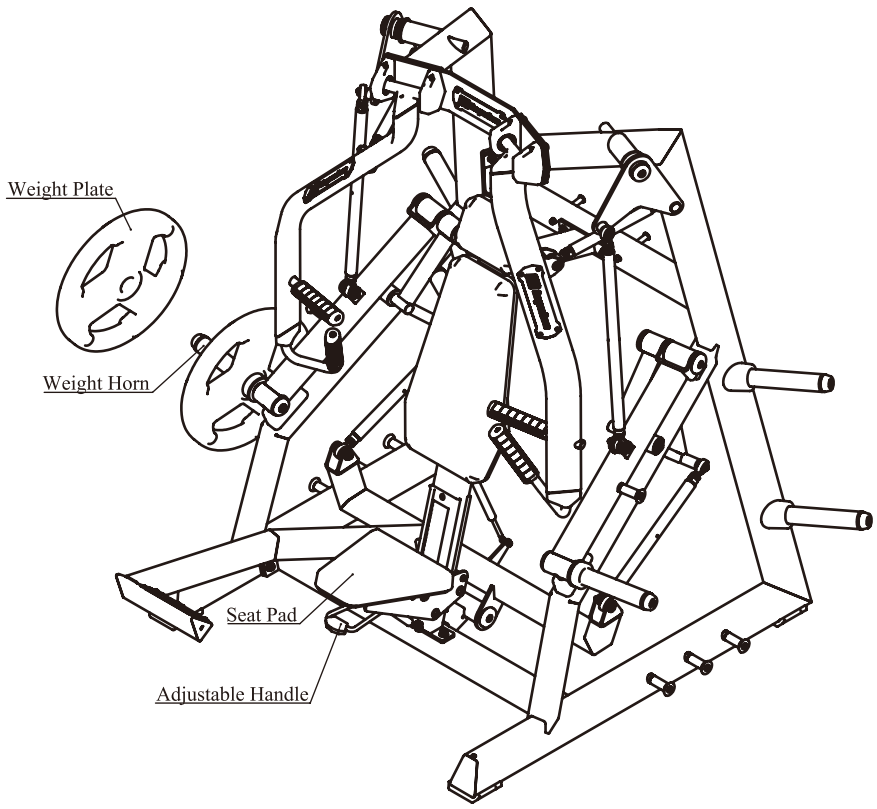
Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than Φ50mm and external diameter is less than Φ450mm.
2. The total weight on each side can not be greater than 100kg.
3. This equipment does not contains Weight Plate.

Adjust & Exercise Instruction

1. Select an appropriate weight or hang a pair of resistance bands on both weight horns.
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. Press handles straight out.
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 warn 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 uses 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.

SYSTEM CERTIFICATION
ISO 9001
SGS
SYSTEM CERTIFICATION
ISO 14001
SGS
SYSTEM CERTIFICATION
OHSAS 18001
SGS
SYSTEM CERTIFICATION
ISO 10015
SGS