

ECP301

LAT PULLDOWN

OWNER'S MANUAL

240

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

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CAUTION!

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Important Safety Instructions

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

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

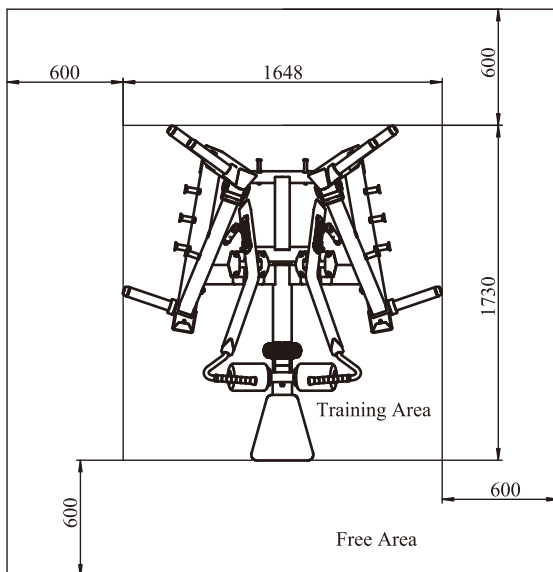
Important Safety Instructions

Personal Safety During Assembly

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

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

Training Area and Free Area



Specifications

Class: S

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

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1648*1730*1906mm

Product Total Surface: 1648*1730mm

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



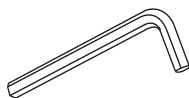
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

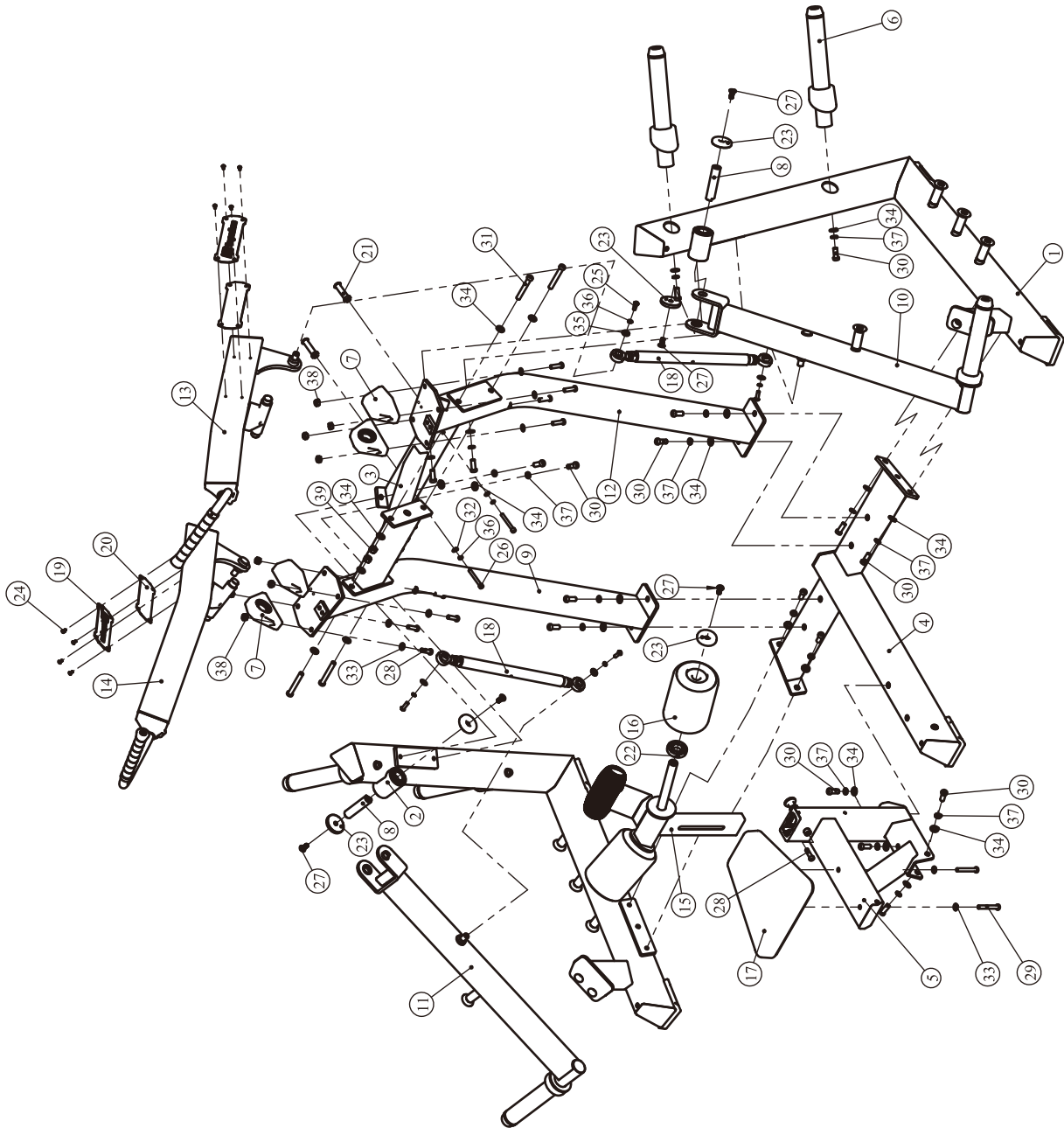
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	ECP30101ASSY	Main Stand Frame I ASSY	1
2	ECP30102ASSY	Main Stand Frame II ASSY	1
3	ECP3010300	Main Connecting Frame	1
4	ECP30104ASSY	Front Ground Frame ASSY	1
5	ECP30108ASSY	Seat Pad Frame ASSY	1
6	ECP20118ASSY	Barbell Storage Frame ASSY	4
7	ECP20121ASSY	Set-Contained Bearing	4
8	ECP1011600	ShaftΦ25*109	2
9	ECP30105ASSY	Front Stand Frame I ASSY	1
10	ECP30106ASSY	Swing Frame I ASSY	1
11	ECP30107ASSY	Swing Frame II ASSY	1
12	ECP30109ASSY	Front Stand Frame II ASSY	1
13	ECP30110ASSY	Recommendation Frame I ASSY	1
14	ECP30111ASSY	Recommendation Frame II ASSY	1
15	ECP30112ASSY	FOAM Frame ASSY	1
16	ECP30151ASSY	Short FOAM ASSY	2
17	ECP2015100V1	Seat Pad	1
18	ECP20143ASSY	Connecting Rod Frame ASSY	2
19	ECP1012200	LOGO Plate	2
20	ECP1012300	LOGO Inner Plate	2
21	ECP1012500	Elastic Band Hanging Pillar	2
22	IE95029100	Plastic Ring	2
23	IE950716500	Aluminum Cap Φ60	6
24	PNLM5*10DHS20	Button Head Cap Screw M5*10	8
25	PNLM8*25DN20	Button Head Cap Screw M8*25	4
26	GB70M8*65DN20	Socket Head Cap Screw M8*65	2
27	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	6
28	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	9
29	GB70BTM10*65DN18	Socket Head Cap Screw M10*65	2
30	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	20
31	GB70BTM12*85DN18	Socket Head Cap Screw M12*85	4
32	GB958N19	Flat Washer Φ9*Φ16*1.6	2
33	GB9510DN2	Flat Washer Φ11*Φ20*2	10
34	GB9512DN2	Flat Washer Φ13*Φ24*2.5	28
35	DQ8DN2	Flat Washer Φ9*Φ22*1.6	4
36	GB938N19	Spring Washer Φ8	6
37	GB9312N19	Spring Washer Φ12	20
38	NM10DN2	Nylon Lock Nut M10	8
39	NM12DN2	Nylon Lock Nut M12	4
	NBS3DHS	Hex Key S=3	1
	NBS5DHS	Hex Key S=5	1
	NBS6DHS	Hex Key S=6	1
	NBS8DHS	Hex Key S=8	1

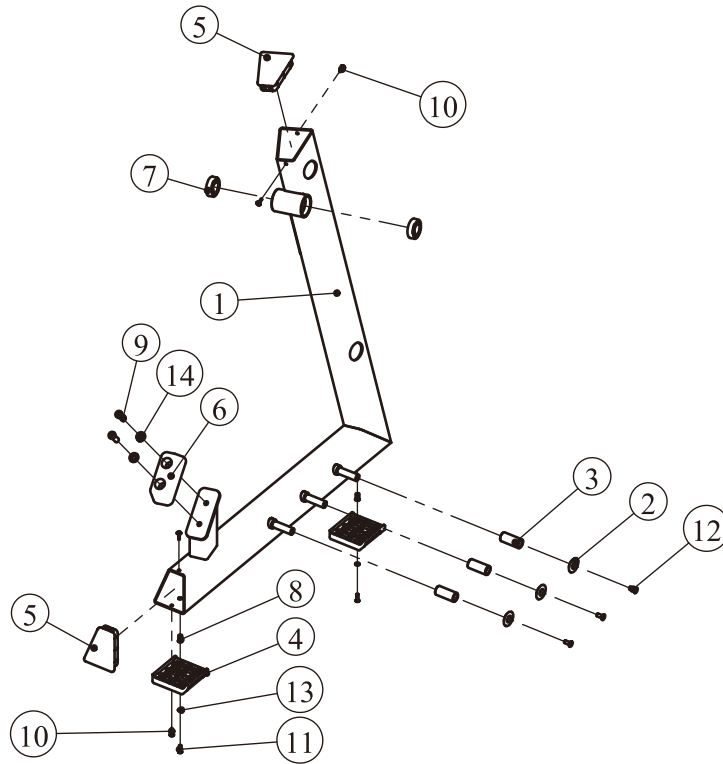
Exploded View and Parts List

Overall



Exploded View and Parts List

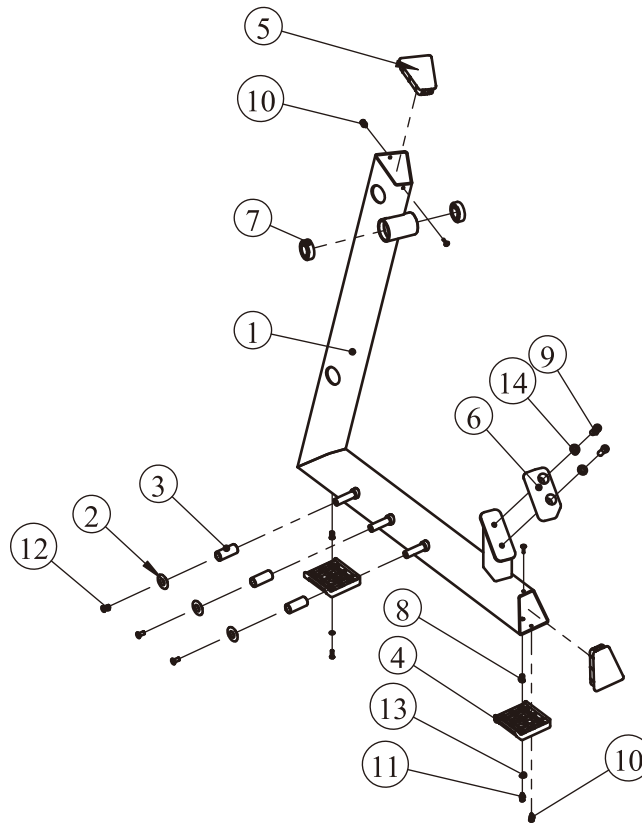
Main Stand Frame I ASSY



Grade No.	Part No.	Description	QTY
1.1	ECP3010100	Main Stand Frame I	1
1.2	ECP1012400	Aluminum Cap $\Phi 40$	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	GB2766205-2ZC3	Bearing 6205-2ZC3	2
1.8	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
1.9	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
1.10	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
1.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
1.12	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.13	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
1.14	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2

Exploded View and Parts List

Main Stand Frame II ASSY

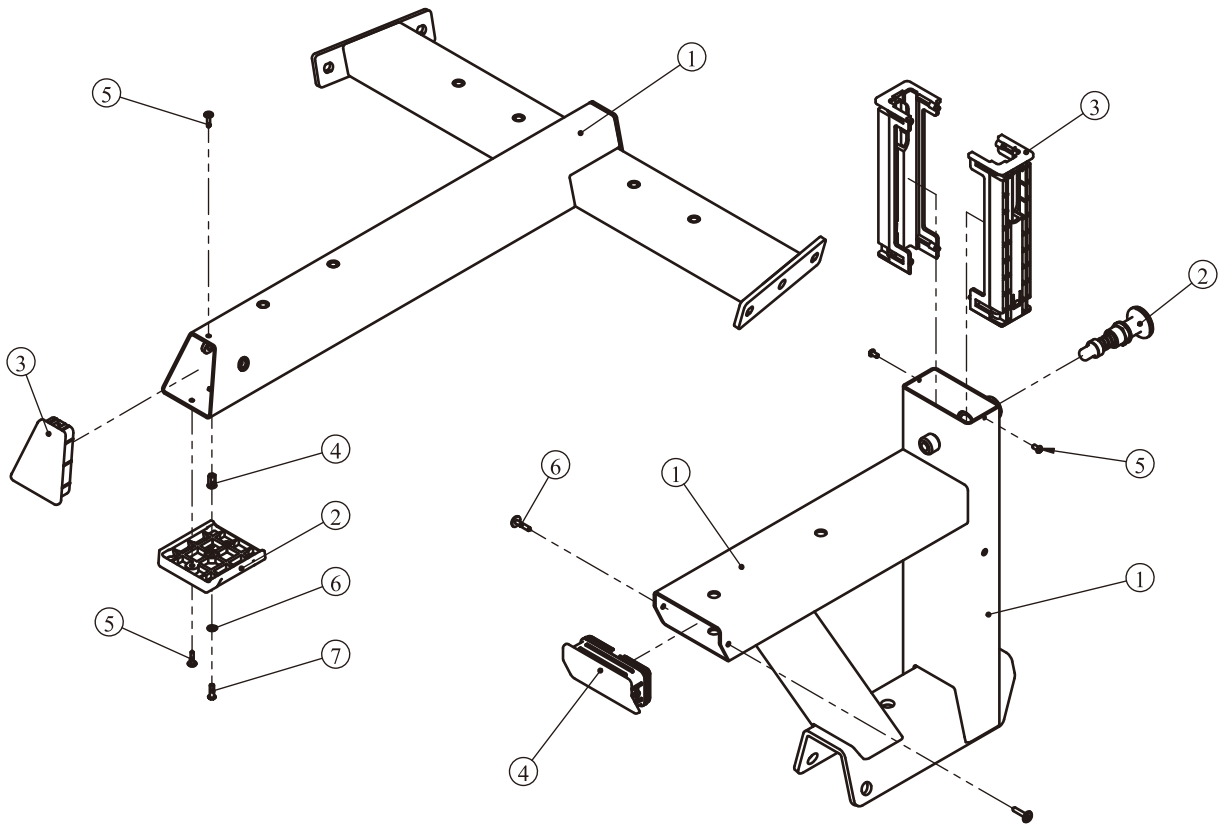


Grade No.	Part No.	Description	QTY
2.1	ECP3010200	Main Stand Frame II	1
2.2	ECP1012400	Aluminum Cap $\Phi 40$	3
2.3	ECP1013000	Rotating Sleeve	3
2.4	ECP2013400	Floor Mat	2
2.5	ECP2013500	Slanted Pipe Plug	2
2.6	PL380800	Safety Bumper	1
2.7	GB2766205-2ZC3	Bearing 6205-2ZC3	2
2.8	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	2
2.9	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	2
2.10	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	4
2.11	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	2
2.12	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.13	GB956DHS2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	2
2.14	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	2

Exploded View and Parts List

Front Ground Frame ASSY

Seat Pad Frame ASSY



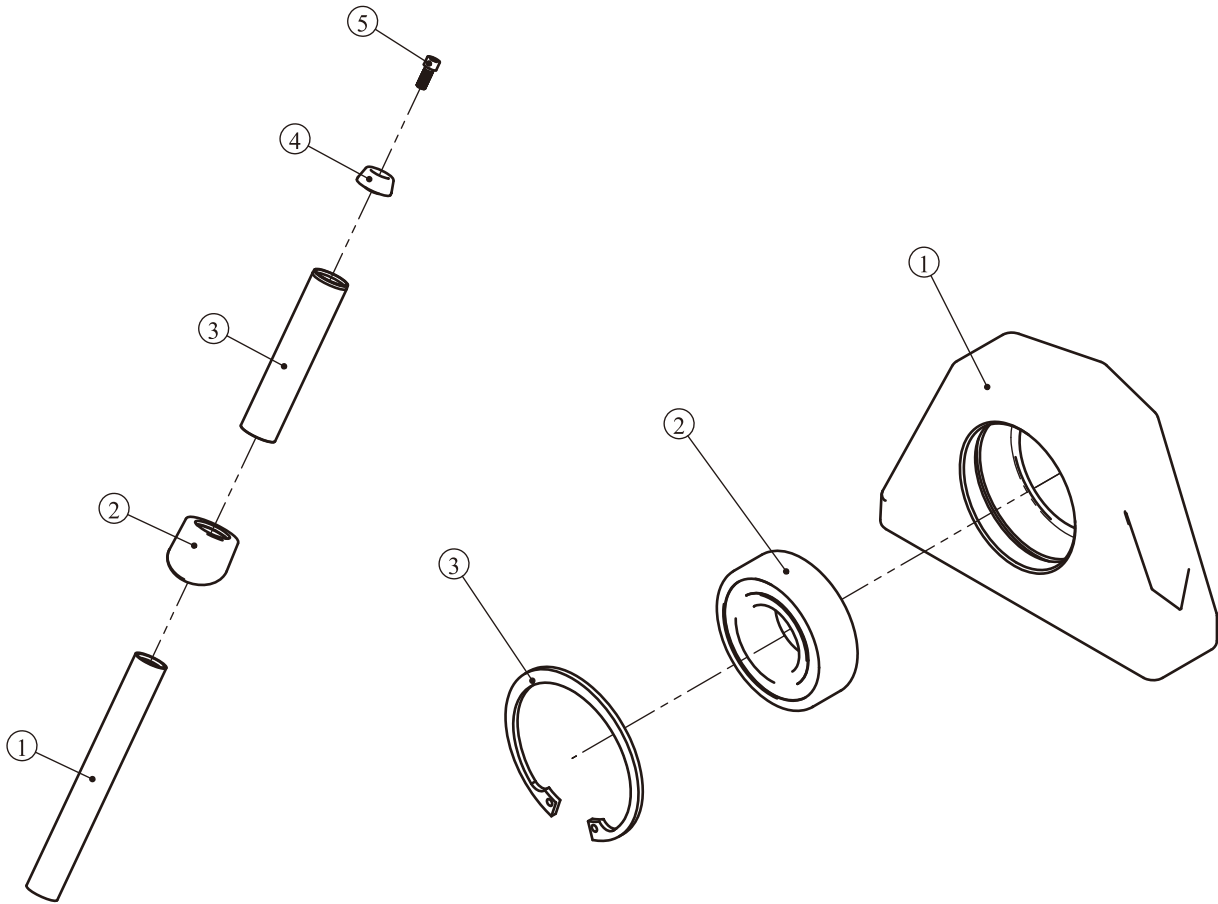
Grade No.	Part No.	Description	QTY
4.1	ECP3010400	Front Ground Frame	1
4.2	ECP2013400	Floor Mat	1
4.3	ECP2013500	Slanted Pipe Plug	1
4.4	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6*16.5	1
4.5	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2
4.6	GB956DHS2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	1
4.7	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	1

Grade No.	Part No.	Description	QTY
5.1	ECP3010800	Seat Pad Frame	1
5.2	ECP10115ASSY	Pin ASSY	1
5.3	IF93035000	Long Half Sleeve	2
5.4	ECP2014500	Pipe Plug	1
5.5	PNLM4*8DHS20	Button Head Cap Screw M4*8	2
5.6	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	2

Exploded View and Parts List

Barbell Storage Frame ASSY

Set-Contained Bearing

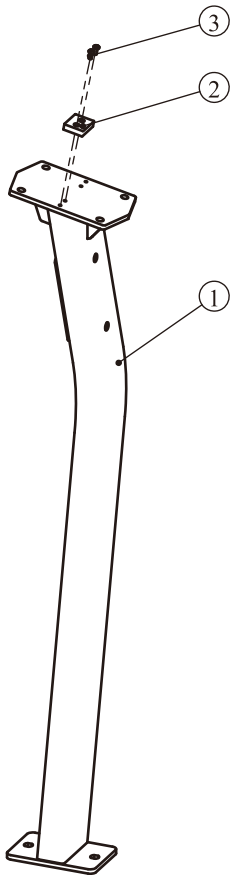


Grade No.	Part No.	Description	QTY
6.1	ECP2011800	Barbell Storage Frame	1
6.2	ECP2013800	Slanted Rubber Bumper	1
6.3	HZ70022000V1	Short Barbell Casing	1
6.4	SL70012000	Plastic Cap	1
6.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

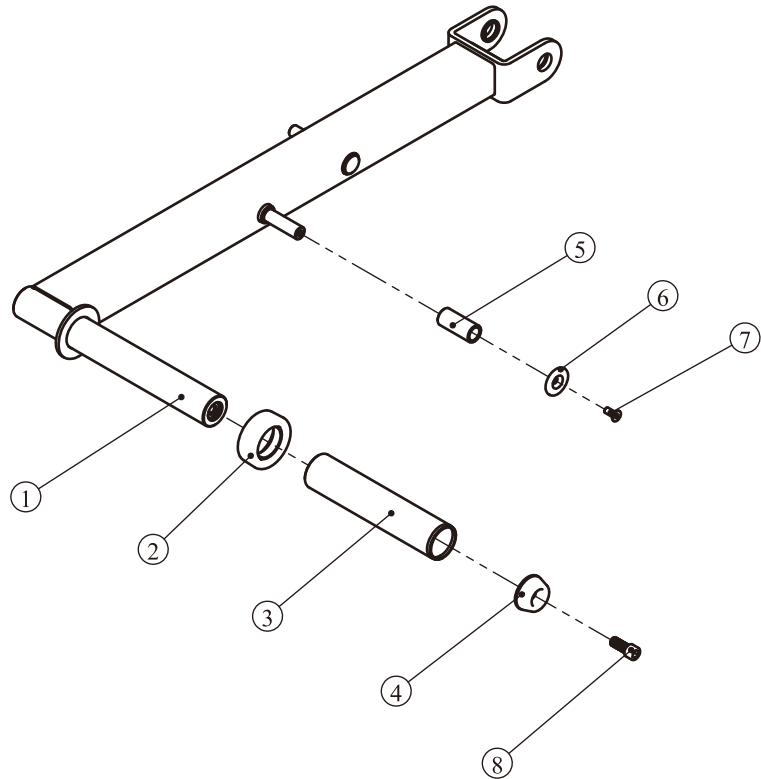
Grade No.	Part No.	Description	QTY
7.1	ECP2012100	Bearing Seat	1
7.2	GB2766205-2ZC3	Bearing 6205-2ZC3	1
7.3	GB893.152FH12	Hole Retaining Ring $\Phi 52$	1

Exploded View and Parts List

Front Stand Frame I ASSY



Swing Frame I ASSY

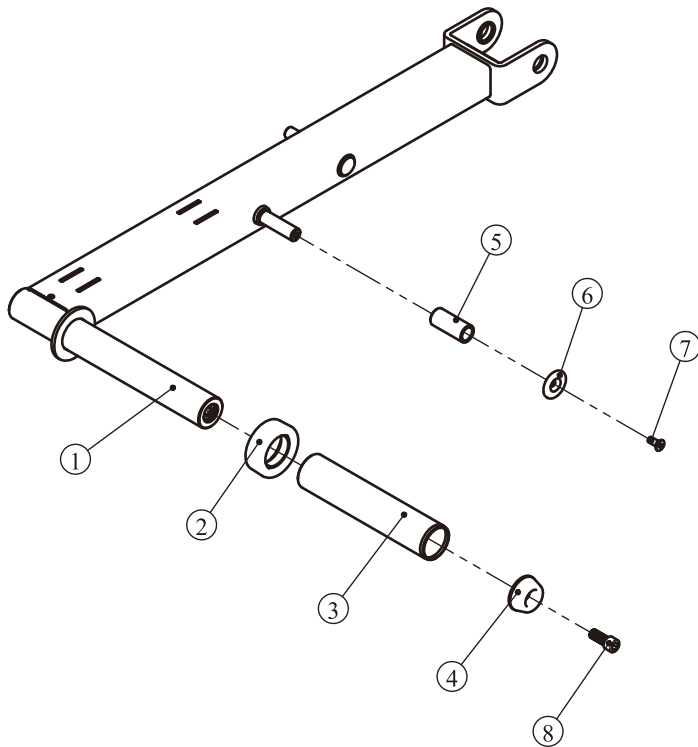


Grade No.	Part No.	Description	QTY
9.1	ECP3010500	Front Stand Frame I	1
9.2	IT4005000	Rubber Bumper	1
9.3	GB818M5*12DHS2	Cross Recessed Pan Head Screws M5*12	2

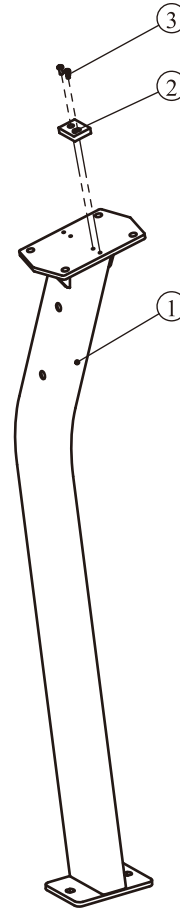
Grade No.	Part No.	Description	QTY
10.1	ECP3010600	Swing Frame I	1
10.2	PL1301600	Rubber Bumper	1
10.3	HZ70022000V1	Short Barbell Casing	1
10.4	SL70012000	Plastic Cap	1
10.5	ECP1013000	Rotating Sleeve	1
10.6	ECP1012400	Aluminum Cap Φ 40	1
10.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
10.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Exploded View and Parts List

Swing Frame II ASSY



Front Stand Frame II ASSY



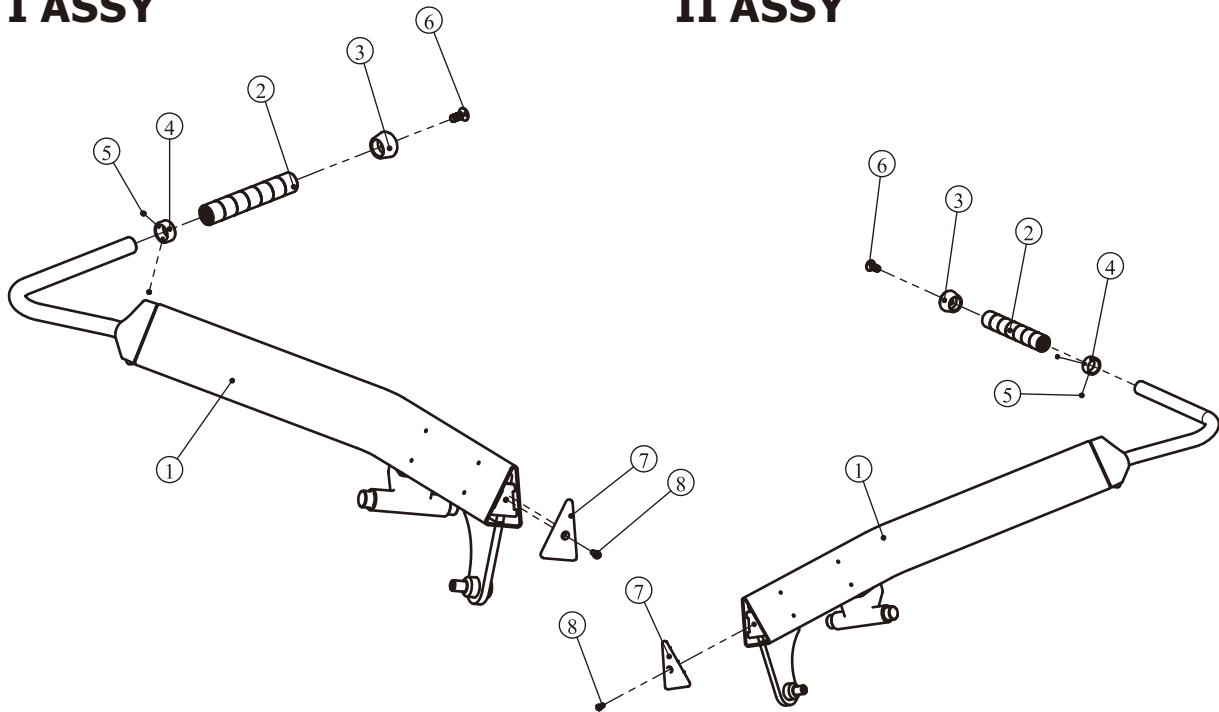
Grade No.	Part No.	Description	QTY
11.1	ECP3010700	Swing Frame II	1
11.2	PL1301600	Rubber Bumper	1
11.3	HZ70022000V1	Short Barbell Casing	1
11.4	SL70012000	Plastic Cap	1
11.5	ECP1013000	Rotating Sleeve	1
11.6	ECP1012400	Aluminum Cap Φ 40	1
11.7	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
11.8	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Grade No.	Part No.	Description	QTY
12.1	ECP3010900	Front Stand Frame II	1
12.2	IT4005000	Rubber Bumper	1
12.3	GB818M5*12DHS2	Cross Recessed Pan Head Screws M5*12	2

Exploded View and Parts List

Recommendation Frame I ASSY

Recommendation Frame II ASSY



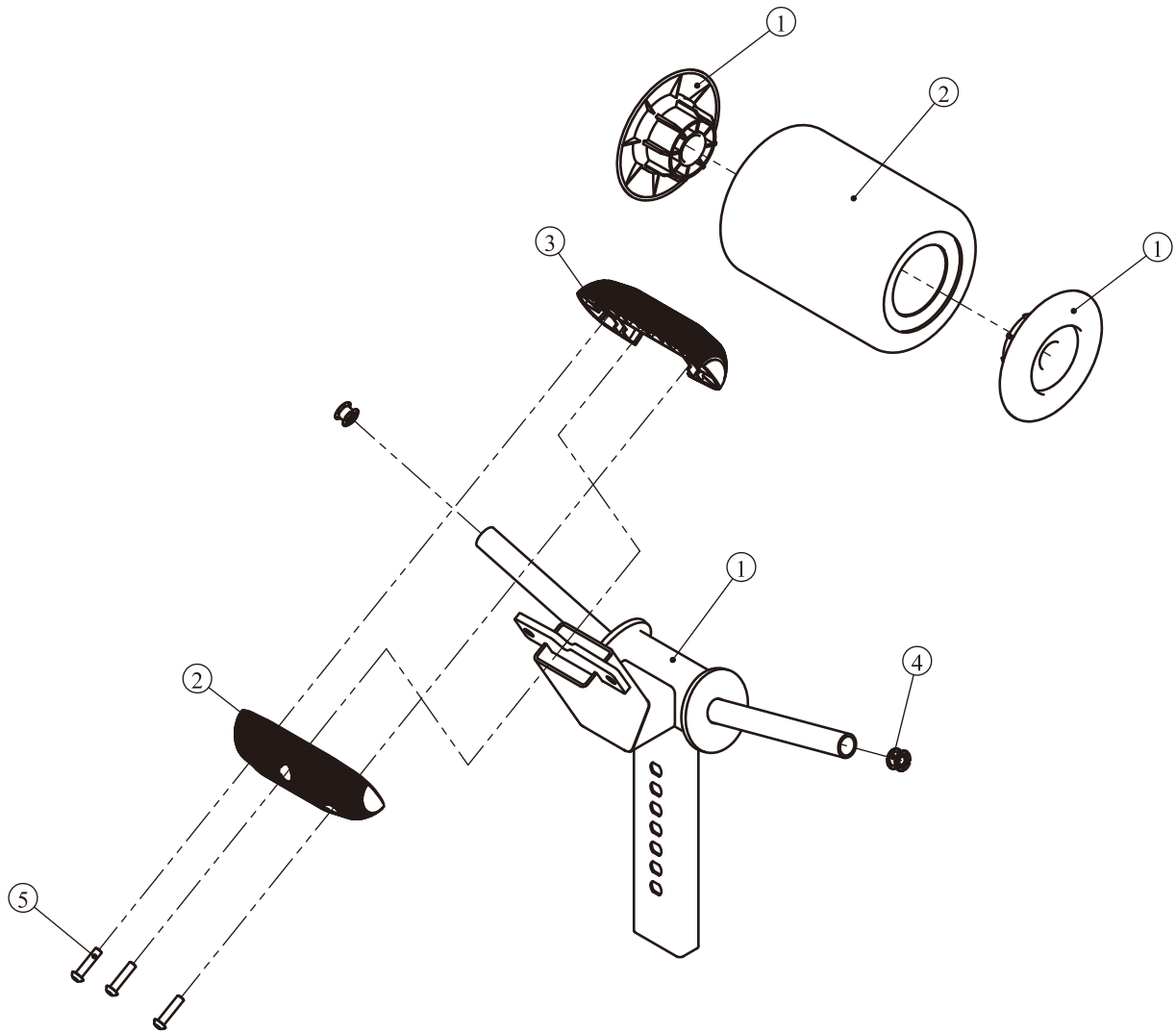
Grade No.	Part No.	Description	QTY
13.1	ECP3011000	Recommendation Frame I	1
13.2	SL70012100V1	Aluminium Handle	1
13.3	ECP6174500	Aluminum Cap	1
13.4	VST600-PL232600V1	Aluminum Retaining Ring	1
13.5	YZGB7710-32*3.2N19	Flat Point Set Screw 10-32*3.2	2
13.6	CNLM10*25N19	Flat Head Cap Screw M10*25	1
13.7	ECP3013100	Triangle Plug	1
13.8	GB70M6*12DHS2	Socket Head Cap Screw M6*12	1

Grade No.	Part No.	Description	QTY
14.1	ECP3011100	Recommendation Frame II	1
14.2	SL70012100V1	Aluminium Handle	1
14.3	ECP6174500	Aluminum Cap	1
14.4	VST600-PL232600V1	Aluminum Retaining Ring	1
14.5	YZGB7710-32*3.2N19	Flat Point Set Screw 10-32*3.2	2
14.6	CNLM10*25N19	Flat Head Cap Screw M10*25	1
14.7	ECP3013100	Triangle Plug	1
14.8	GB70M6*12DHS2	Socket Head Cap Screw M6*12	1

Exploded View and Parts List

FOAM Frame ASSY

Short FOAM ASSY

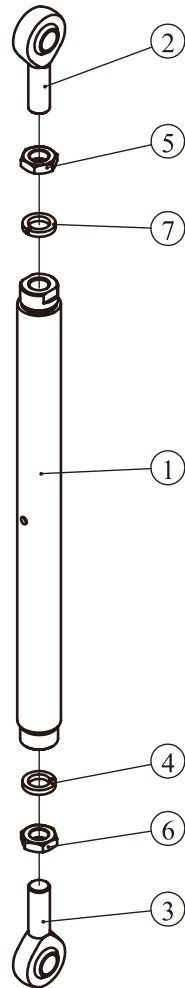


Grade No.	Part No.	Description	QTY
15.1	ECP3011200	FOAM Frame	1
15.2	ECP3013500	Up Handle	1
15.3	ECP3013600	Down Handle	1
15.4	IF81165000	Sun Nylon Lock Nut	2
15.5	PNLM8*35DHS20NL	Button Head Cap Screw M8*35	3

Grade No.	Part No.	Description	QTY
16.1	IE95026400	FOAM Stopper Ring	2
16.2	FE97026300V3	Short FOAM	1

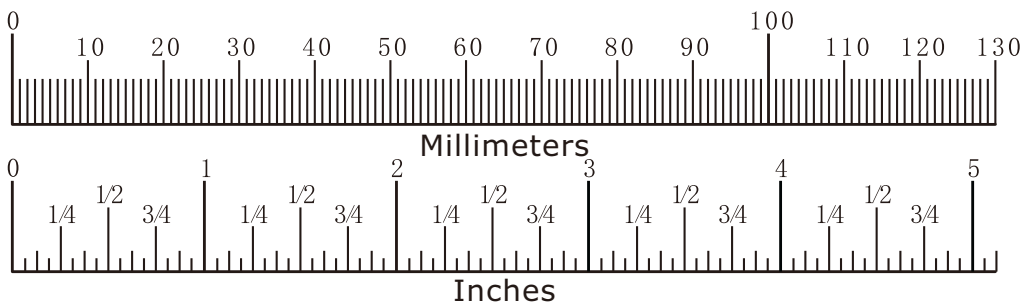
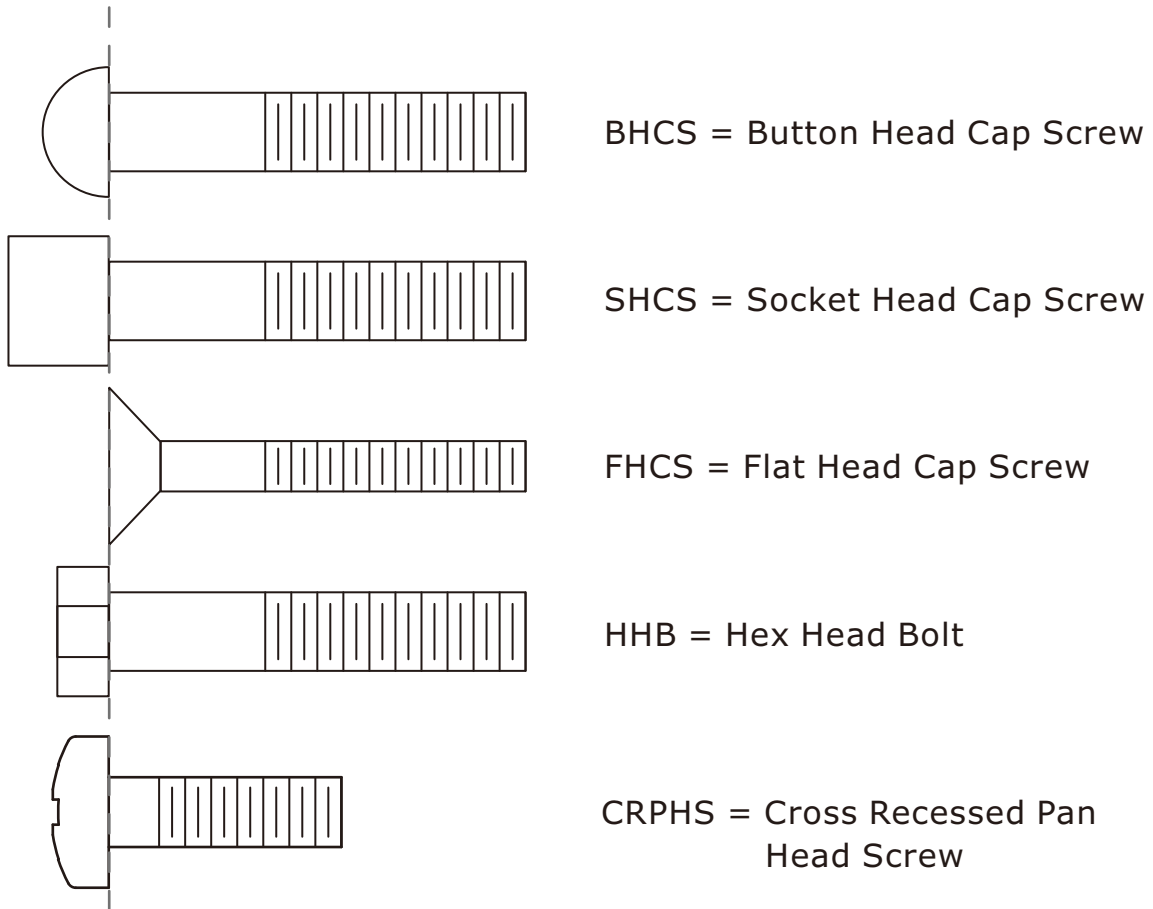
Exploded View and Parts List

Connecting Rod Frame ASSY



Grade No.	Part No.	Description	QTY
18.1	ECP2014300	Startup Connecting Rod Frame	1
18.2	SAL16	Oscillating Bearing(LH)	1
18.3	SA16	Oscillating Bearing	1
18.4	GB9316DS12	Spring Washer Φ 16	1
18.5	GB6172.1LM16DS2	Hex Nut M16(LH)	1
18.6	GB6172.1M16DS2	Hex Nut M16	1
18.7	GB93L16DS12	Spring Washer Φ 16(LH)	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

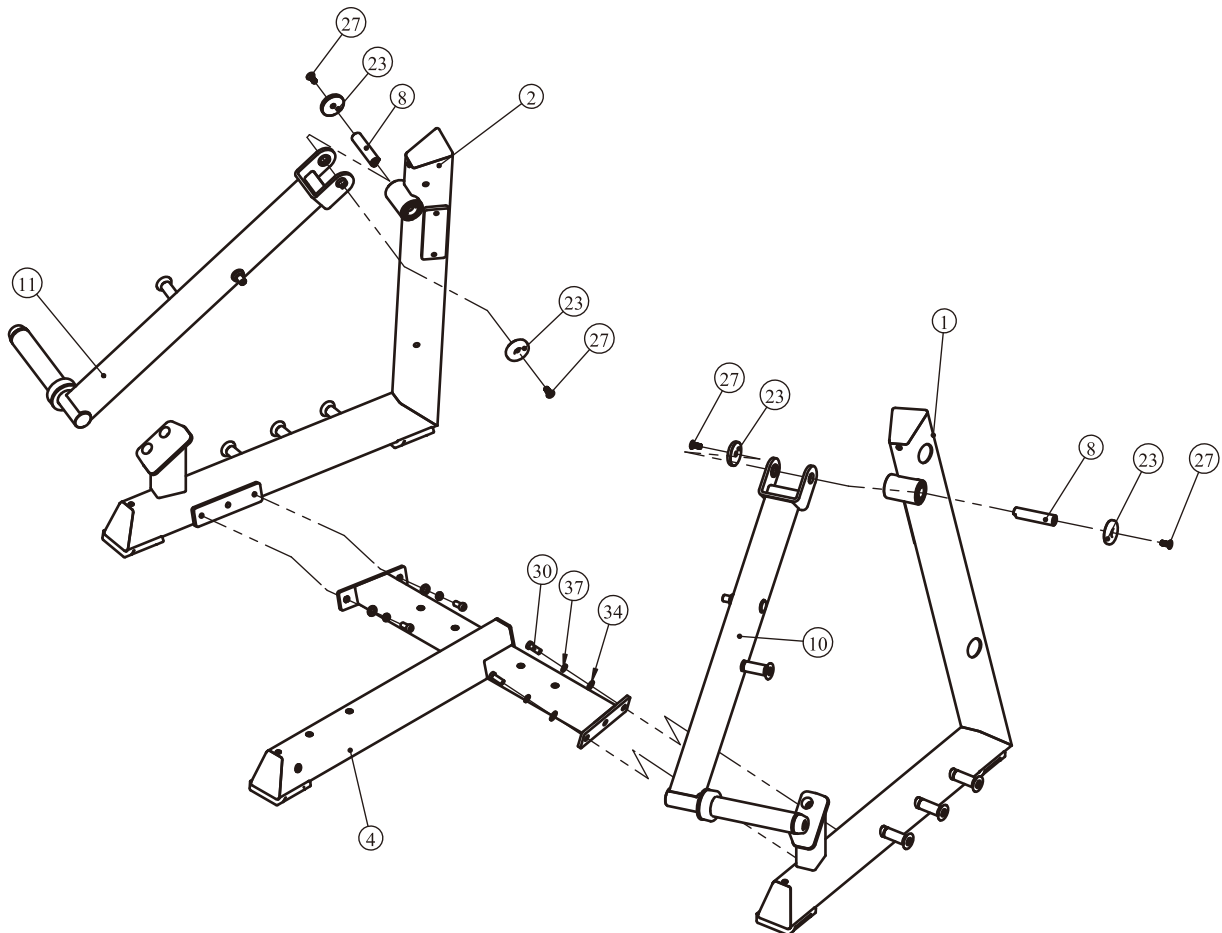
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Main Stand Frame I ASSY (#1) and the Main Stand Frame II ASSY (#2) to the Front Ground Frame ASSY (#4) using:
 - four M12*30 HHB (#30)
 - four $\Phi 13*\Phi 24*2.5$ Flat Washer (#34)
 - four $\Phi 12$ Spring Washer (#37)
2. Attach the Swing Frame I ASSY (#10) to the Main Stand Frame I ASSY (#1) using:
 - two M10*25 HHB (#27)
 - two $\Phi 60$ Aluminum Cap (#23)
 - one $\Phi 25*109$ Shaft (#8)
3. Attach the Swing Frame II ASSY (#11) to the Main Stand Frame II ASSY (#2) using:
 - two M10*25 HHB (#27)
 - two $\Phi 60$ Aluminum Cap (#23)
 - one $\Phi 25*109$ Shaft (#8)

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

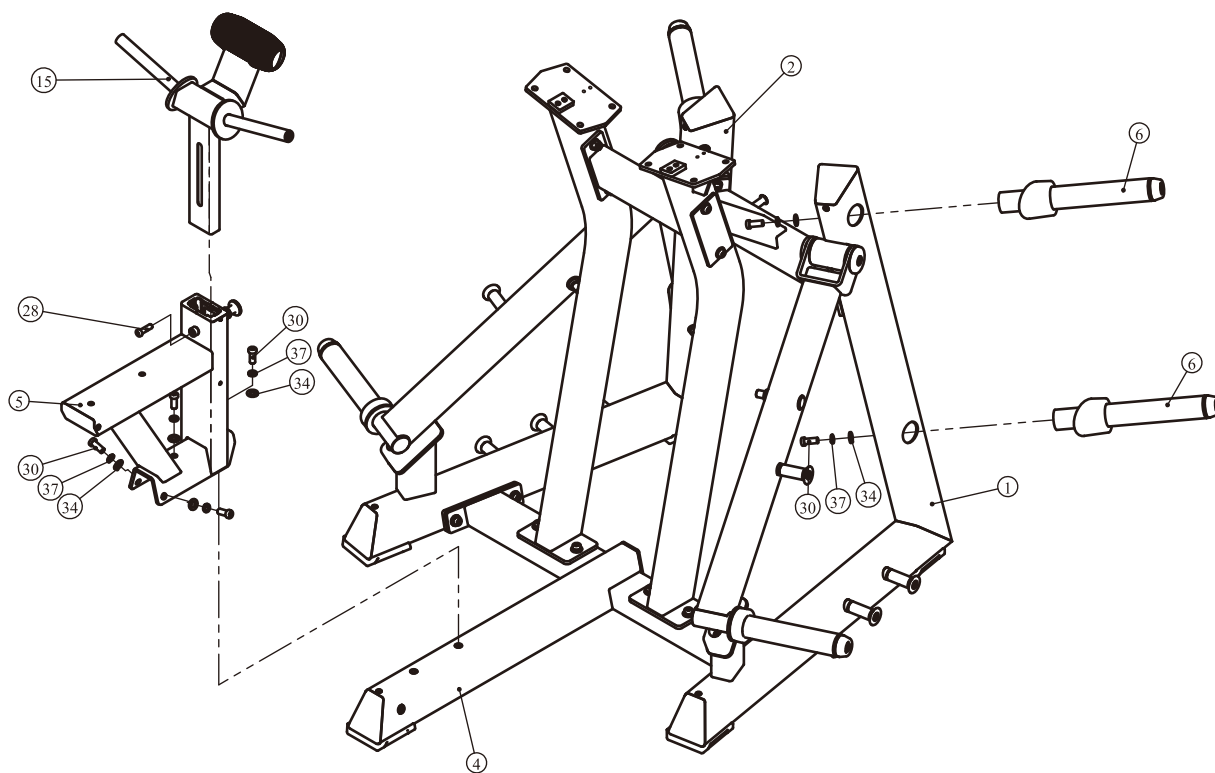


Assembly

STEP 3

1. Attach the Seat Pad Frame ASSY (#5) to the Front Ground Frame ASSY (#4) using:
 - four M12*30 HHB (#30)
 - four Φ 12 Spring Washer (#37)
 - four Φ 13* Φ 24*2.5 Flat Washer (#34)
2. Attach the FOAM Frame ASSY (#15) to the Seat Pad Frame ASSY (#5) using:
 - one M10*35 HHB (#28)
3. Attach four Barbell Storage Frame ASSY (#6) to the Main Stand Frame I ASSY (#1) and the Main Stand Frame II ASSY (#2) using:
 - four M12*30 HHB (#30)
 - four Φ 12 Spring Washer (#37)
 - four Φ 13* Φ 24*2.5 Flat Washer (#34)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.



Assembly

STEP 4

1. Attach the Recommendation Frame I ASSY (#13) to the Front Stand Frame II ASSY (#12) using:

four M10*35 HHB (#28)

four $\Phi 11*\Phi 20*2$ Flat Washer (#33)

four M10 Nylon Lock Nut (#38)

two Set-Contained Bearing (#7)

2. Attach the Connecting Rod Frame ASSY (#18) to the Recommendation Frame I ASSY (#13) and the Swing Frame I ASSY (#10) using:

two M8*25 HHB (#25)

two $\Phi 8$ Spring Washer (#36)

two $\Phi 9*\Phi 22*1.6$ Flat Washer (#35)

3. Attach the Recommendation Frame II ASSY (#14) to the Front Stand Frame I ASSY (#9) using:

four M10*35 HHB (#28)

four $\Phi 11*\Phi 20*2$ Flat Washer (#33)

four M10 Nylon Lock Nut (#38)

two Set-Contained Bearing (#7)

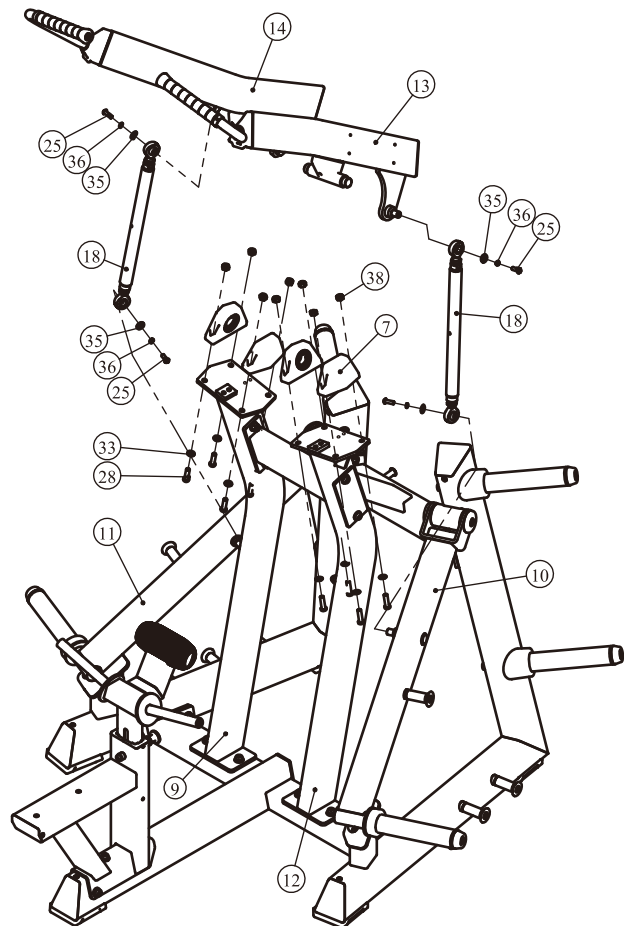
4. Attach the Connecting Rod Frame ASSY (#18) to the Recommendation Frame II ASSY (#14) and the Swing Frame II ASSY (#11) using:

two M8*25 HHB (#25)

two $\Phi 8$ Spring Washer (#36)

two $\Phi 9*\Phi 22*1.6$ Flat Washer (#35)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.



Adjust Instructions and Exercise Instructions

Weight Plate Installation Requirements

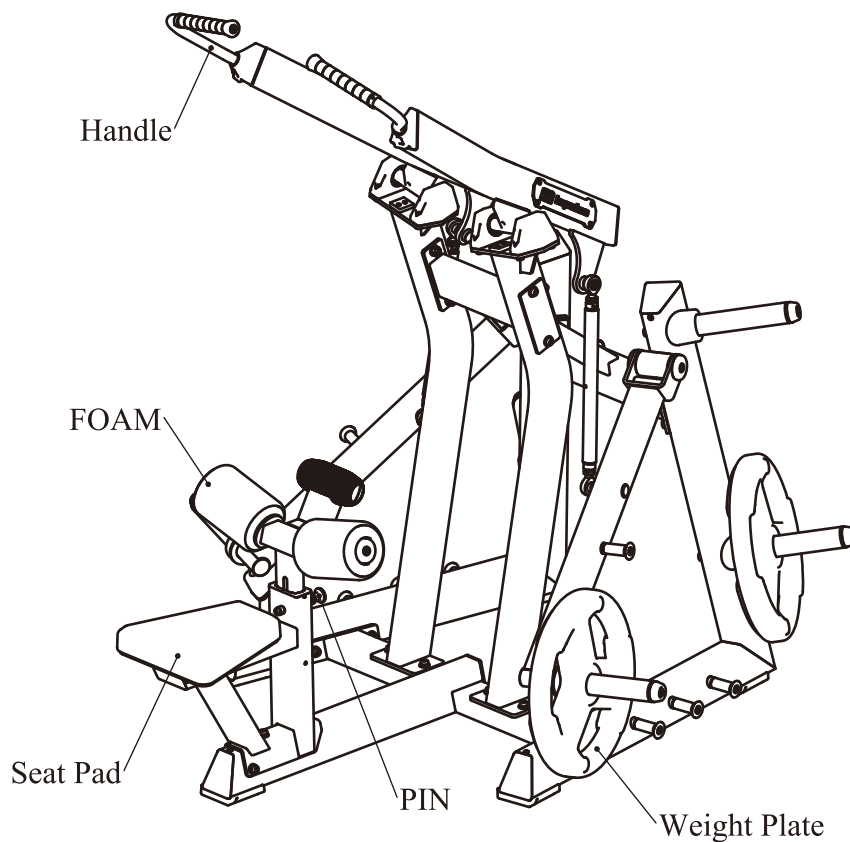
1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight on each side can not be greater than 100kg.
3. This equipment does not contains Weight Plate.

Desired position adjustment

1. Pull the PIN, adjust the FOAM to the desired position and then release the spring pin.
2. Make sure the pin gets into the hole completely.

Exercise Instructions

1. Select an appropriate weight.
2. Pull the FOAM to the desired position.
3. Pull handles straight down.
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.

