

# ECP103

## STANDING LATERAL RAISE

### OWNER'S MANUAL

# Table Of Contents

## CAUTION!

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

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	25
Assembly Instructions-----	26
Assembly-----	27
Adjust Instructions and Exercise Instructions-----	31
Maintenance Schedule-----	32
General Maintenance Information-----	33
Weight Training Tips-----	34

---

# 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.

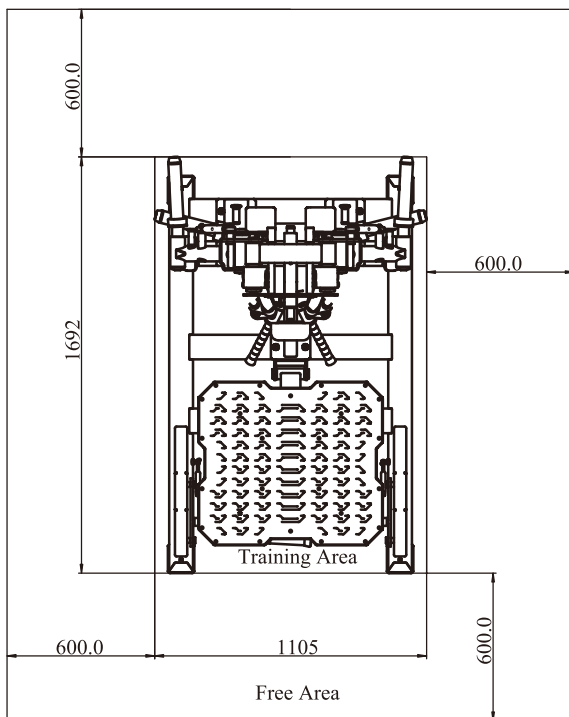
# Important Safety Instructions

## 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: 100kg\*2/ 220lbs\*2

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1105\*1692\*1734mm

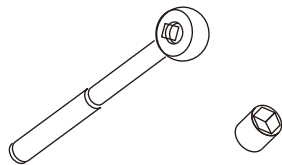
Product Total Surface: 1105\*1692mm

# Instructions

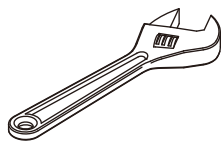
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

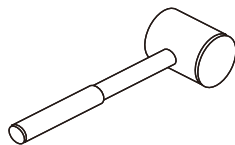
## Tools Required



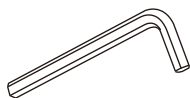
Ratchet Wrench and Socket



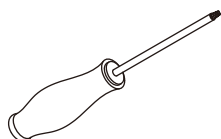
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

ItemNo.	Part No.	Description	QTY
1	ECP10301ASSY	Front Ground Frame Level II ASSY	1
2	ECP10302ASSY	Upper Support Frame ASSY	1
3	ECP10303ASSY	Rear Connecting Frame I ASSY	1
4	ECP10304ASSY	Rear Connecting Frame II ASSY	1
5	ECP10306ASSY	Chest Cushion Fixed Frame ASSY	1
6	ECP20118ASSY	Barbell Storage Frame ASSY	2
7	ECP1030500	Slant Connecting Frame ASSY	1
8	ECP10312ASSY	Swing Frame I ASSY	1
9	ECP10313ASSY	Swing Frame II ASSY	1
10	ECP10314ASSY	Connecting Rod Frame ASSY	2
11	ECP10315ASSY	Handle Frame I ASSY	1
12	ECP10320ASSY	Handle Frame II ASSY	1
13	ECP1032300	Rotating Frame I	1
14	ECP1032400	Rotating Frame II	1
15	L290PB2300V1	Chest Cushion	1
16	ECP1034500	Shaft $\Phi$ 25*155	2
17	ECP1034600	Balance Iron	2
18	ECP1012200	LOGO Plate	1
19	ECP1012300	LOGO Inner Plate	1
20	ECP1034200	LOGO Fixed Plate	1
21	GB70BTM10*35DN18	Socket Head Cap Screw M10*35	1
22	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	6

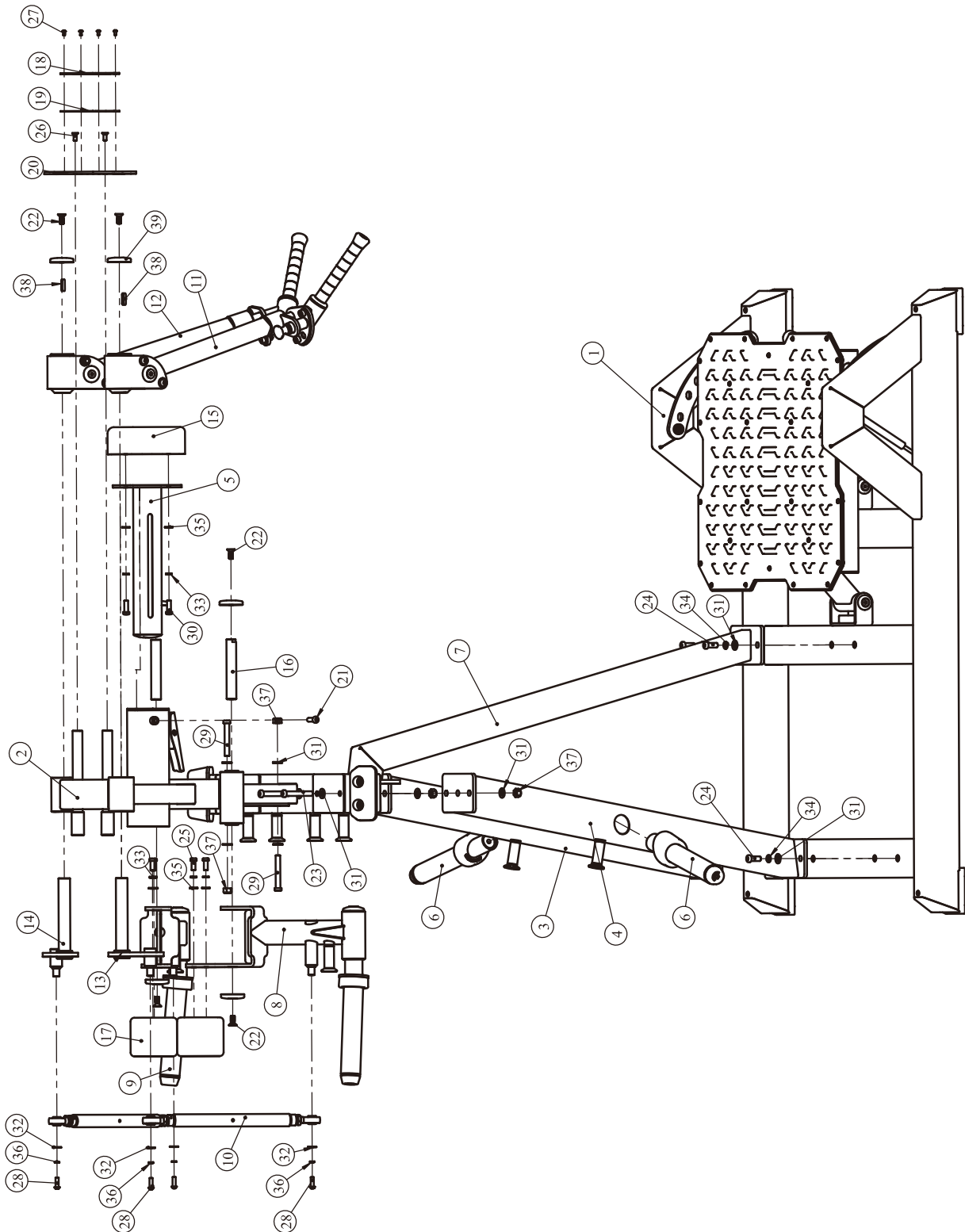
# Exploded View and Parts List

## Overall

ItemNo.	Part No.	Description	QTY
23	GB70BTM12*80DN18	Socket Head Cap Screw M12*80	4
24	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	8
25	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	4
26	CNLM8*20N19NL	Flat Head Cap Screw M8*20	2
27	PNLM5*10DHS20	Button Head Cap Screw M5*10	4
28	PNLM8*25DN20	Button Head Cap Screw M8*25	4
29	GB70BTM12*85DN18	Socket Head Cap Screw M12*85	2
30	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	2
31	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	20
32	DQ8DN2	Flat Washer $\Phi 9*\Phi 22*1.6$	4
33	GB9310N19	Spring Washer $\Phi 10$	6
34	GB9312N19	Spring Washer $\Phi 12$	8
35	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	6
36	GB938N19	Spring Washer $\Phi 8$	4
37	NM12DN2	Nylon Lock Nut M12	6
38	E712700	Flat Key 8*7*30	2
39	IE950716500	Aluminum Cap $\Phi 60$	6
40	NBS3DHS	Hex Key S=3	1
41	NBS5DHS	Hex Key S=5	1
42	NBS6DHS	Hex Key S=6	1
43	NBS8DHS	Hex Key S=8	1

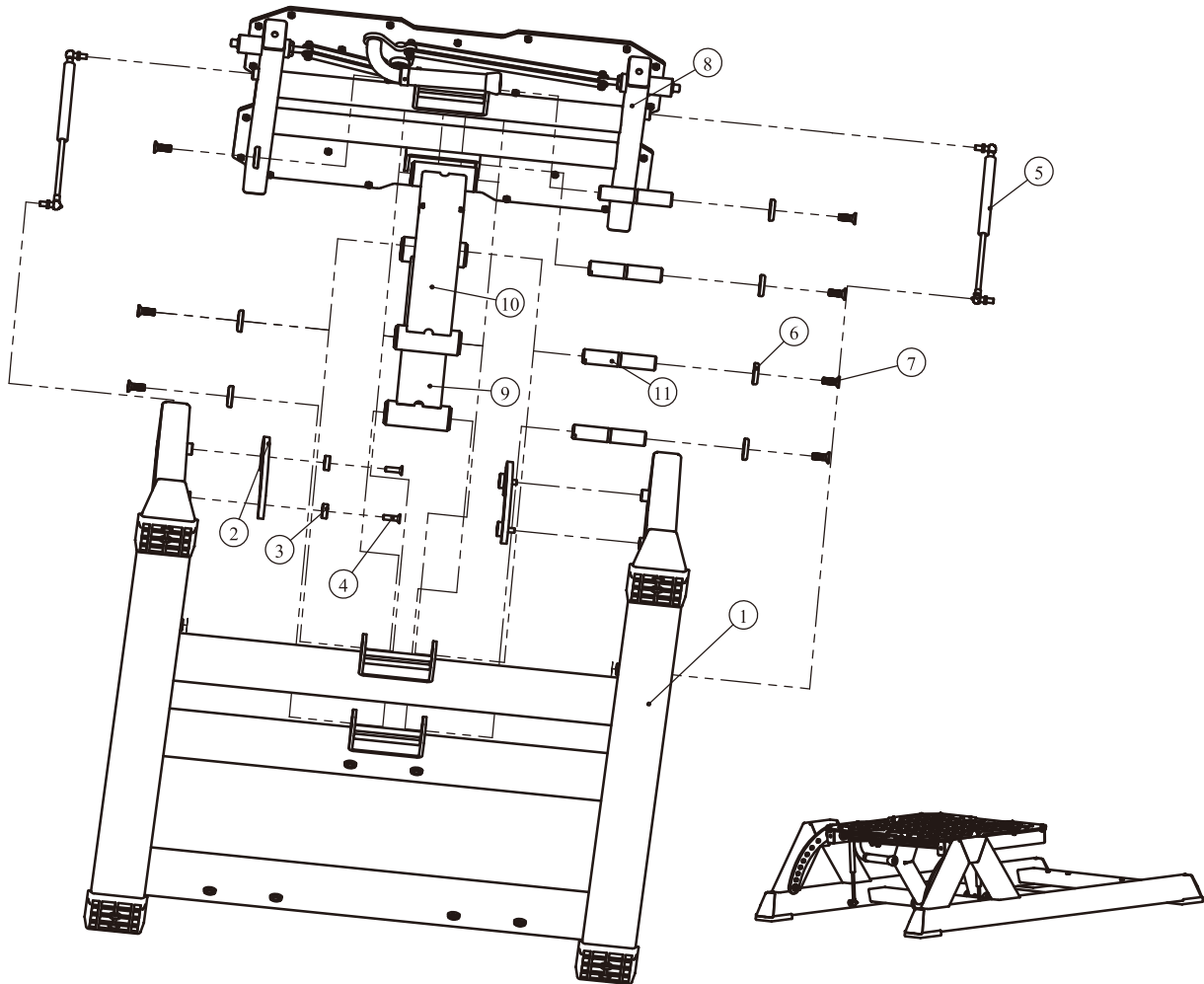
# Exploded View and Parts List

## Overall



# Exploded View and Parts List

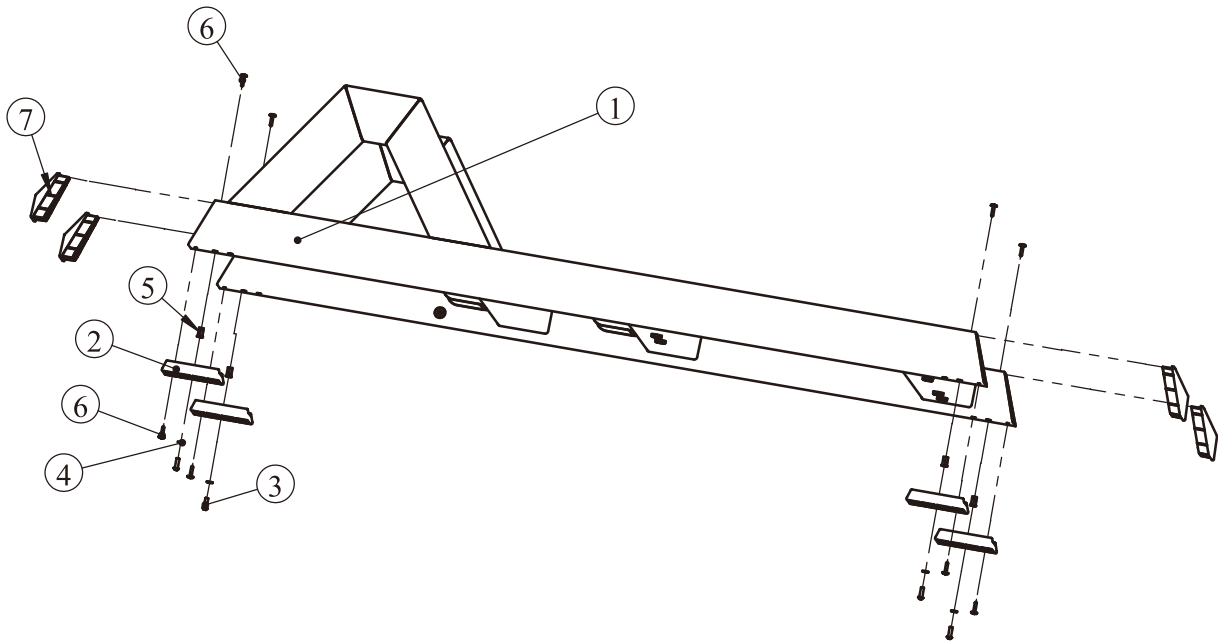
## Front Ground Frame Level II ASSY



GradeNo.	Part No.	Description	QTY
1.1	ECP1030100ASSY	Front Ground Frame Level I ASSY	1
1.2	ECP1034100	Stop Plate	2
1.3	XL2-40001400	Safety Bumper	4
1.4	CNLM8*30DHS20	Flat Head Cap Screw M8*30	4
1.5	YQ116-304-FA480	Gas Spring 250N	2
1.6	IN-D21202000	Aluminum Cap $\Phi$ 38	8
1.7	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	8
1.8	ECP10308ASSY	Pedal Frame Level II ASSY	1
1.9	ECP10309ASSY	Foot rotating Frame I ASSY	1
1.10	ECP10310ASSY	Foot rotating Frame II ASSY	1
1.11	IT95160600V1	Shaft $\Phi$ 25.4*132	4

# Exploded View and Parts List

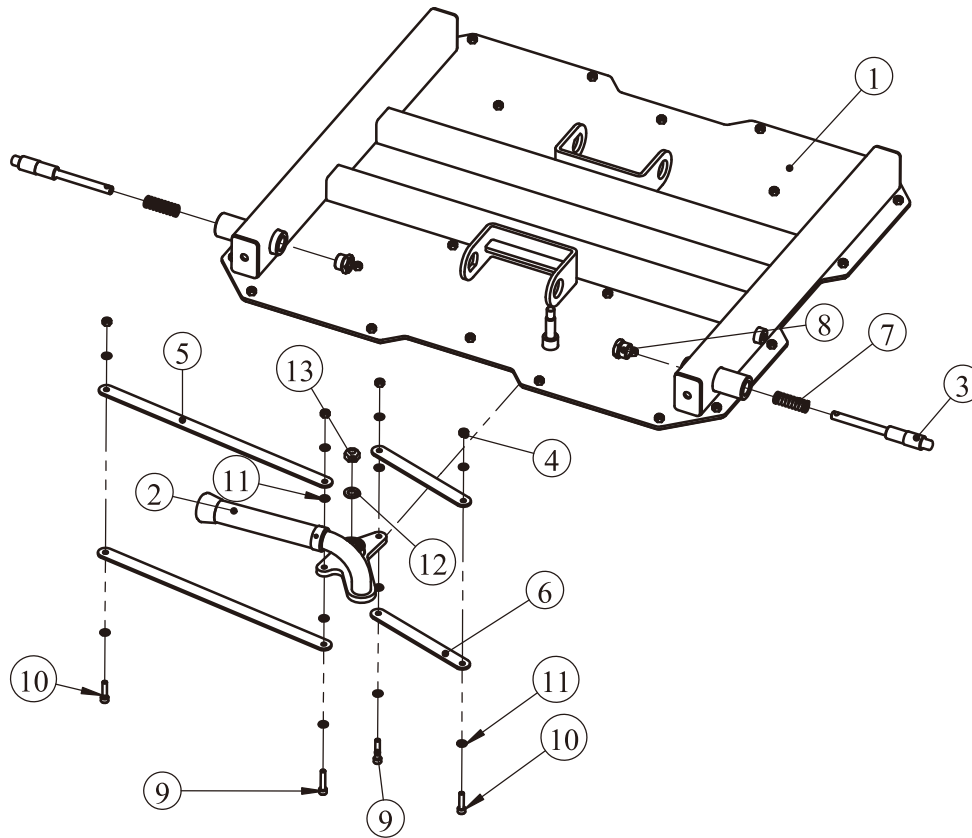
## Front Ground Frame Level I ASSY



GradeNo.	Part No.	Description	QTY
1.1.1	ECP1030100	ront Ground Frame	1
1.1.2	ECP2013400	Floor Mat	4
1.1.3	PNLM6*20DY20	Button Head Cap Screw M6*20	4
1.1.4	GB956DHS2	Flat Washer $\Phi 6.6 * \Phi 12 * 1.6$	4
1.1.5	GB17880.5M6*16.5DS17	Hexagon Rivet Nuts With Flat Head M6	5
1.1.6	GB9074ST4.2*22DHS	Cross Recessed Pan Head Thread Forming Screws ST4.2*22	8
1.1.7	ECP2013500	Slanted Pipe Plug	4

# Exploded View and Parts List

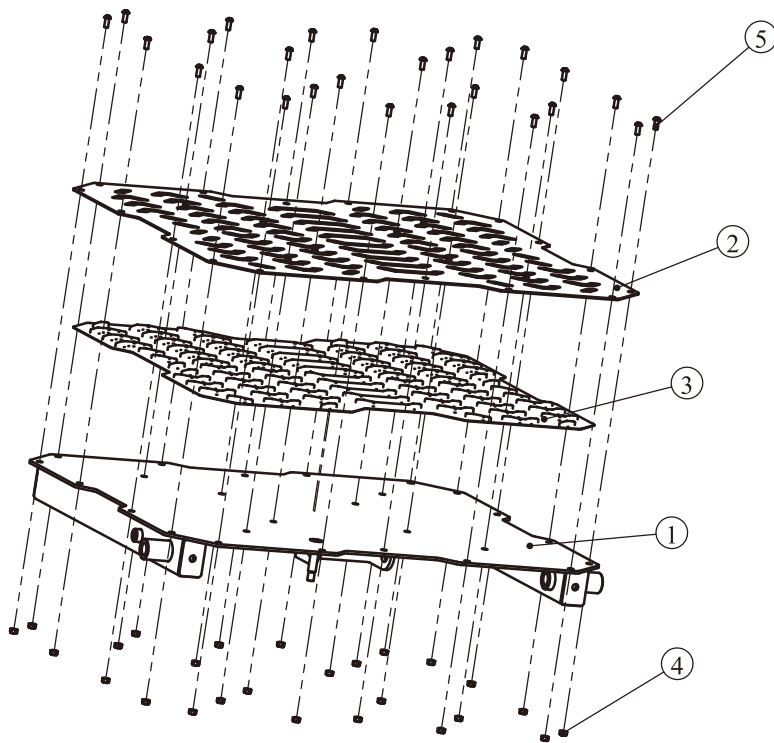
## Pedal Frame Level II ASSY



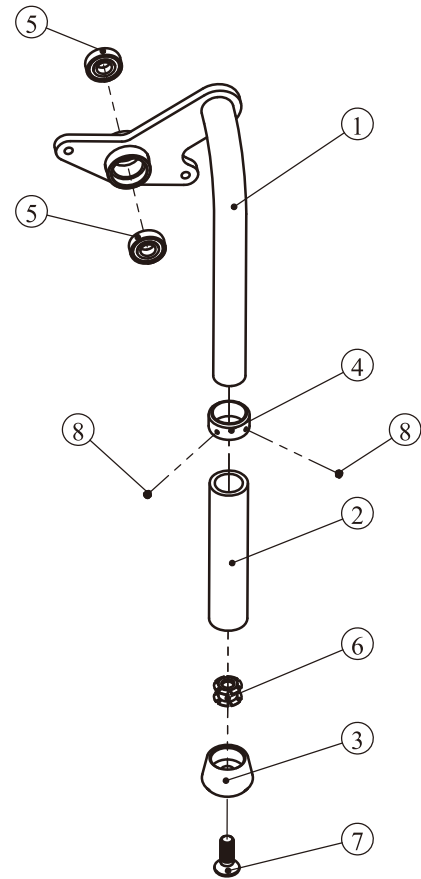
GradeNo.	Part No.	Description	QTY
1.8.1	ECP1030800ASSY	Pedal Frame Level I ASSY	1
1.8.2	ECP71315ASSY	Adjusting Handle Frame ASSY	1
1.8.3	ECP1034800	Plug Pin Shaft $\Phi$ 18.2*147	2
1.8.4	NM6DS2	Nylon Lock Nut M6	4
1.8.5	ECP7132500	Long Pull Plate	2
1.8.6	ECP7132600	Short Pull Plate	2
1.8.7	F2011600	Spring	2
1.8.8	KPS18002701V1	Lock Nut	2
1.8.9	GB70M6*30DS4	Socket Head Cap Screw M6*30	2
1.8.10	GB70M6*25*25DS4	Socket Head Cap Screw M6*25	2
1.8.11	GB956DS2	Flat Washer $\Phi$ 6.6* $\Phi$ 12*1.6	12
1.8.12	GB9510DN2	Flat Washer $\Phi$ 11* $\Phi$ 20*2	1
1.8.13	NM10DN2	Nylon Lock Nut M10	1

# Exploded View and Parts List

## Pedal Frame Level I ASSY



## Adjusting Handle Frame ASSY



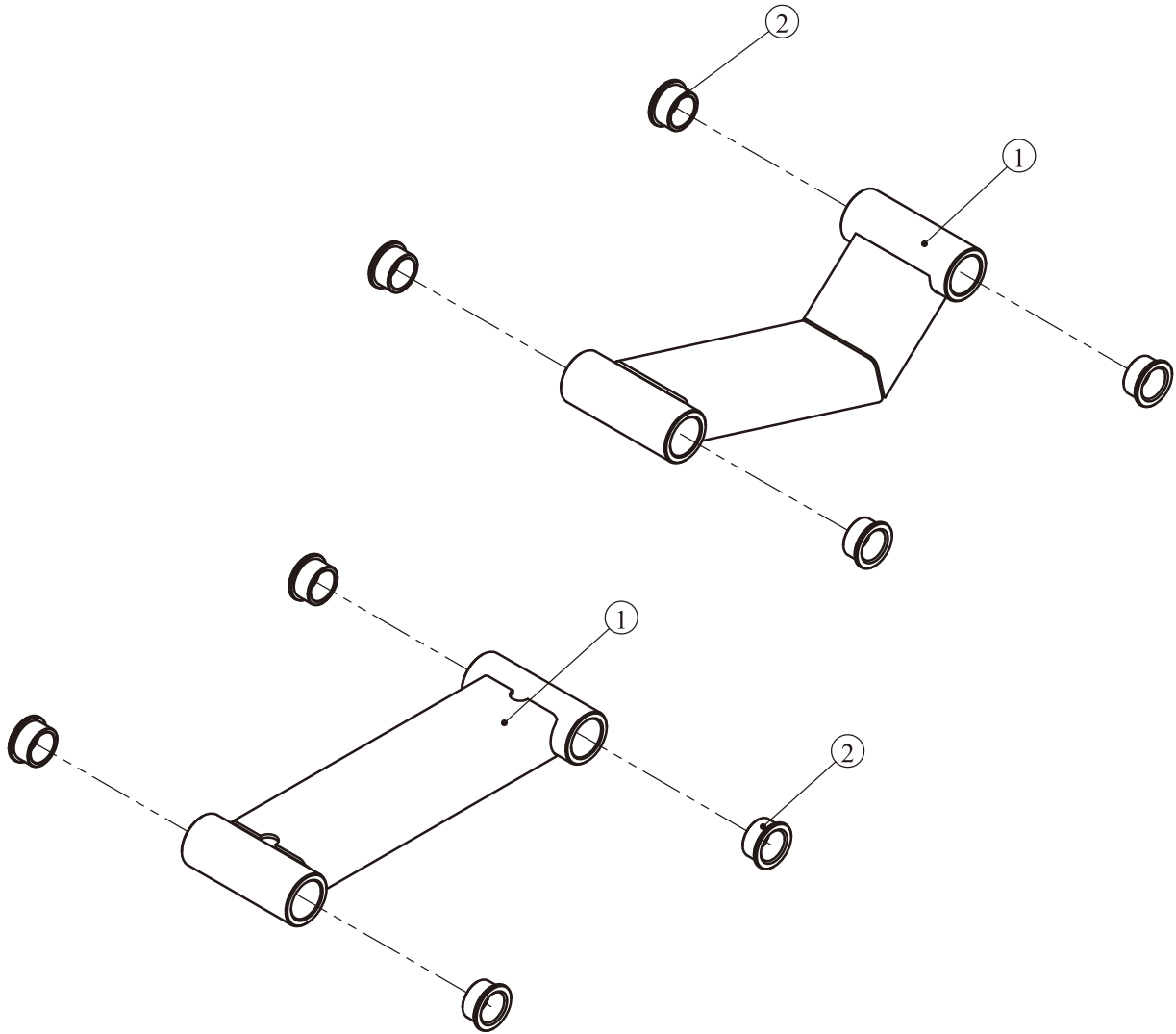
GradeNo.	Part No.	Description	QTY
1.8.1.1	ECP1030800	Pedal Frame	1
1.8.1.2	ECP7132400	Big Foot Pedal	1
1.8.1.3	ECP7133100	Big Rubber foot pedal	1
1.8.1.4	NM6DN2	Nylon Lock Nut M6	26
1.8.1.5	PNLM6*15N19	Button Head Cap Screw M6*15	26

GradeNo.	Part No.	Description	QTY
1.8.2.1	ECP7131500	Adjusting Handle Frame	1
1.8.2.2	FE97031800	Glove $\Phi 31 * \Phi 24 * 140$	1
1.8.2.3	ECP6174500V1	Aluminum Cap $\Phi 43$	1
1.8.2.4	VST600-PL232600V1	Aluminum Retaining Ring $\Phi 32$	1
1.8.2.5	GB2766001-2ZC3	Bearing 6001-2ZC3	2
1.8.2.6	IF81165000	Lock Nut $\Phi 25 * 2.5 * 21.6 * M10$	1

# Exploded View and Parts List

## Foot rotating Frame I ASSY

## Foot rotating Frame II ASSY

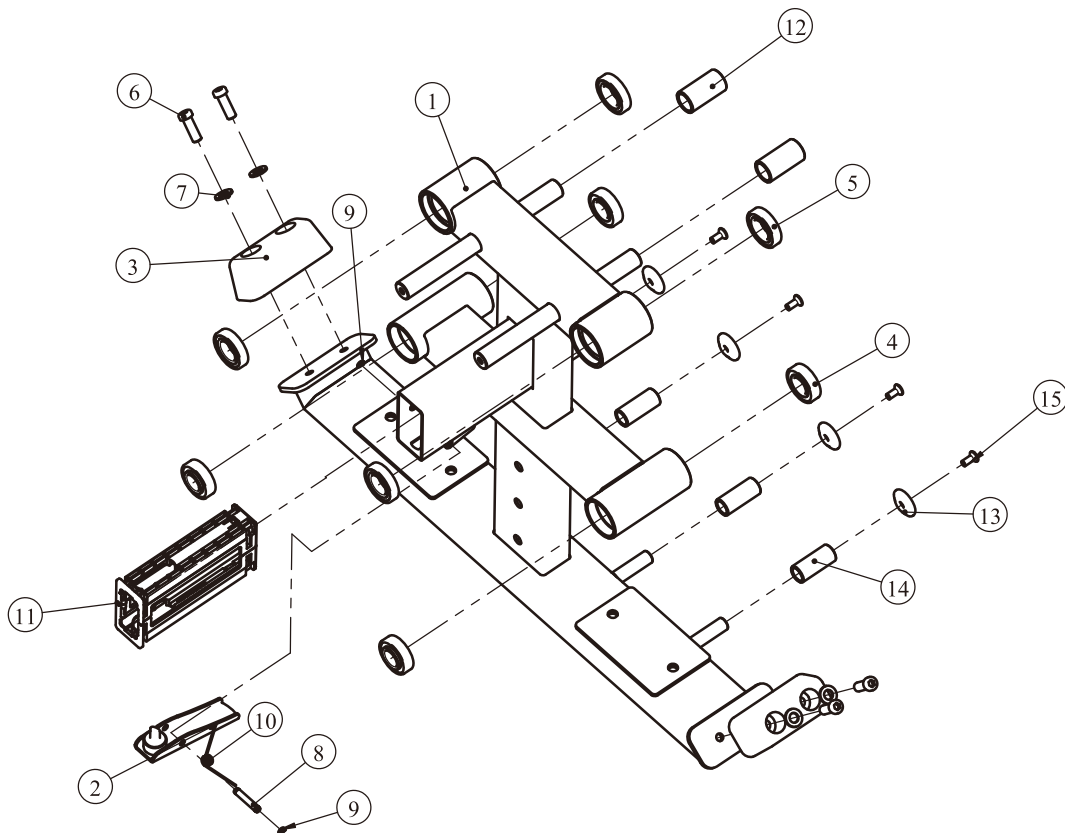


GradeNo.	Part No.	Description	QTY
1.9.1	ECP1030900	Foot rotating Frame I	1
1.9.2	M02502000	Copper Bushing	4

GradeNo.	Part No.	Description	QTY
1.10.1	ECP1031000	Foot rotating Frame II	1
1.10.2	M02502000	Copper Bushing	4

# Exploded View and Parts List

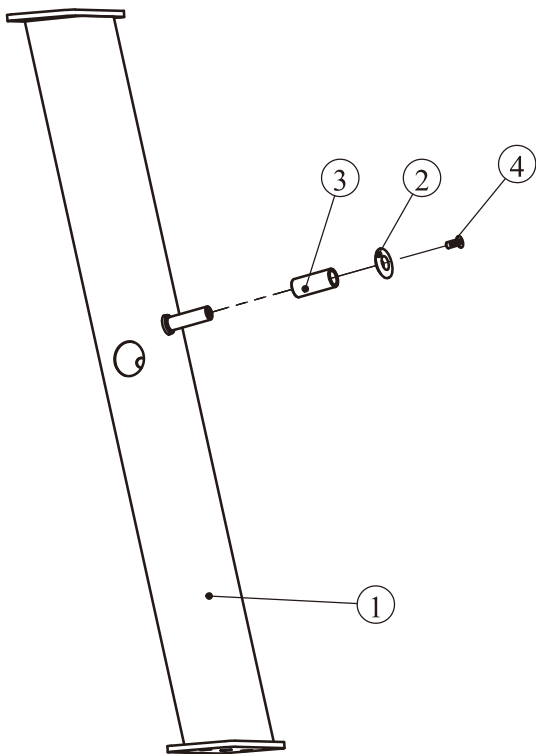
## Upper Support Frame ASSY



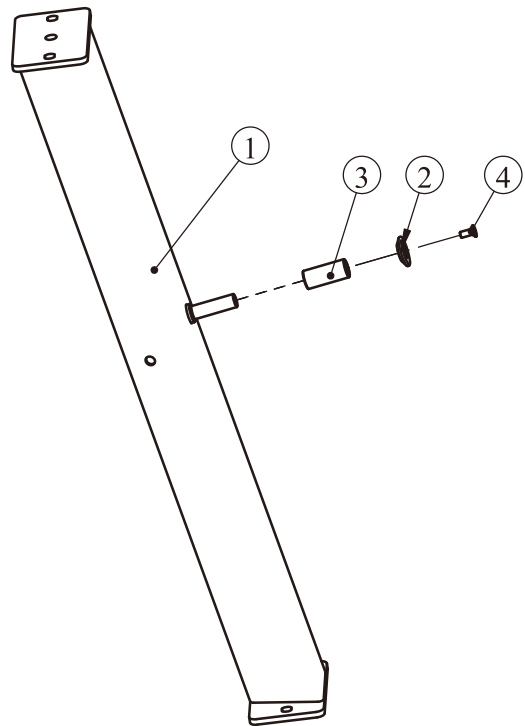
GradeNo.	Part No.	Description	QTY
2.1	ECP1030200	Upper Support Frame	1
2.2	ECP1031100	Adjusting Handle Frame	1
2.3	PL380800	Safety Bumper	2
2.4	GB2766205-2ZC3NBKTZ	Bearing 6205-2ZC3NBKTZ	4
2.5	GB2766006-2RSC3NBK	Bearing 6006-2RSC3NBK	4
2.6	GB70BTM12*35DN18NL	Socket Head Cap Screw M12*35	4
2.7	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
2.8	CWRVL0012200	Plug Pin Shaft	1
2.9	GB894.18FH12	Retaining Ring $\Phi 8$	2
2.10	AXT3S5500	Torsion Spring	1

# Exploded View and Parts List

## Rear Connecting Frame I ASSY



## Rear Connecting Frame II ASSY

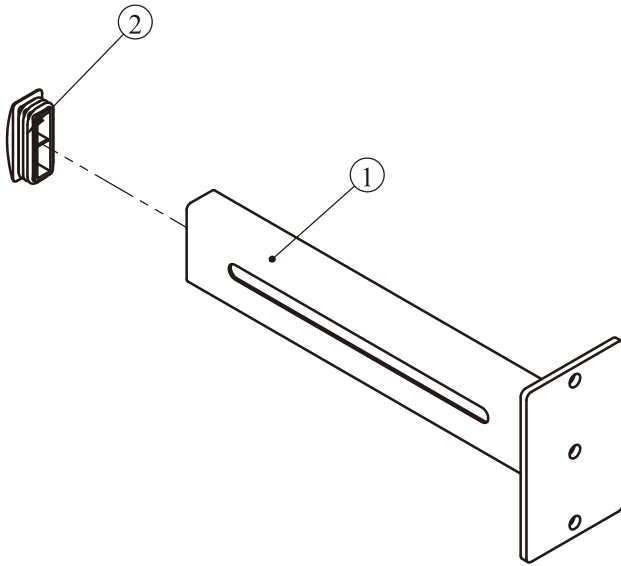


GradeNo.	Part No.	Description	QTY
3.1	ECP1030300	Rear Connecting Frame I	1
3.2	ECP1012400	Aluminum CapΦ40	1
3.3	ECP1013000	Rotating Sleeve	1
3.4	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1

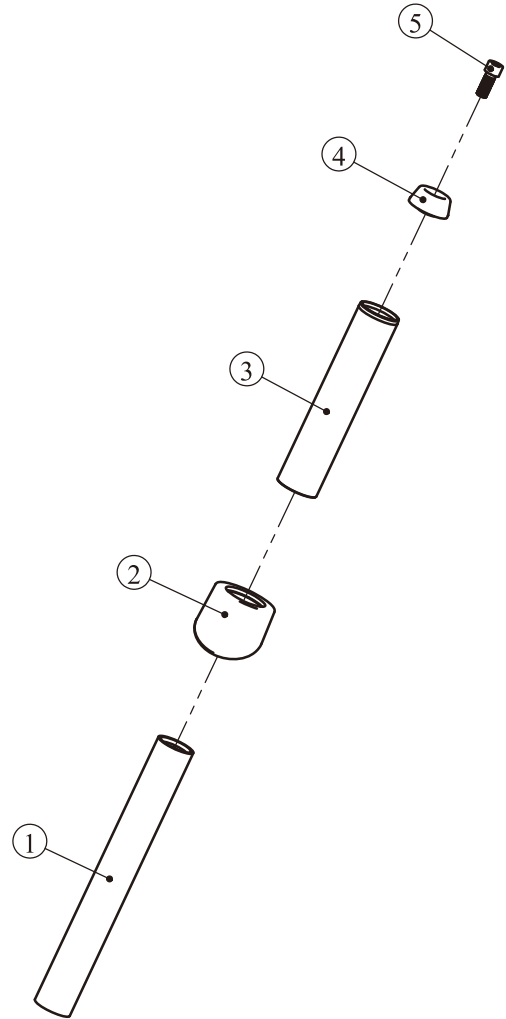
GradeNo.	Part No.	Description	QTY
4.1	ECP1030400	Rear Connecting Frame II	1
4.2	ECP1012400	Aluminum CapΦ40	1
4.3	ECP1013000	Rotating Sleeve	1
4.4	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1

# Exploded View and Parts List

## Chest Cushion Fixed Frame ASSY



## Barbell Storage Frame ASSY

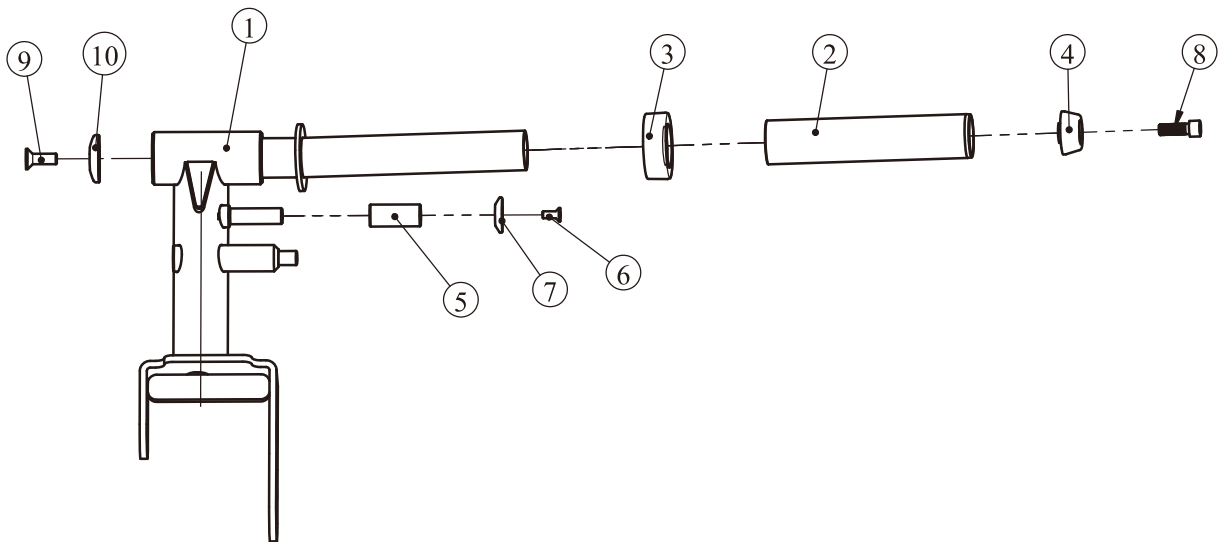


GradeNo.	Part No.	Description	QTY
5.1	ECP1030600	Chest Cushion Fixed Frame	1
5.2	IN-D10134200	Plug 30*70	1

GradeNo.	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

# Exploded View and Parts List

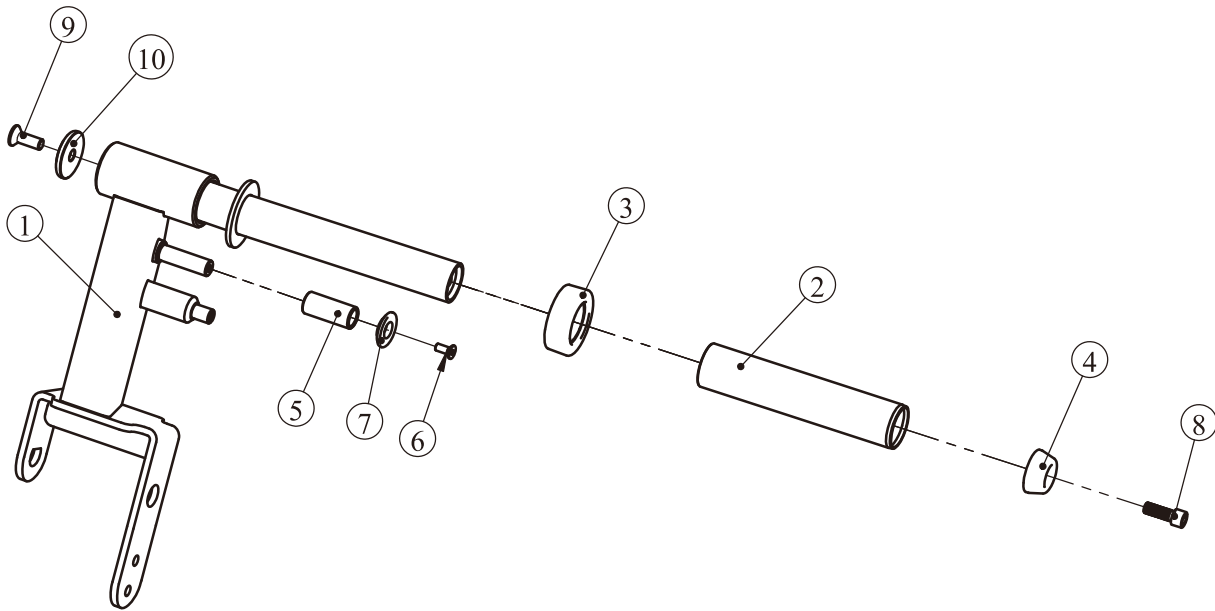
## Swing Frame I ASSY



GradeNo.	Part No.	Description	QTY
8.1	ECP1031200	Swing Frame I	1
8.2	HZ70022000V1	Short Barbell Casing	1
8.3	PL1301600	Rubber Bumper	1
8.4	SL70012000	Plastic Cap	1
8.5	ECP1013000	Rotating Sleeve	1
8.6	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
8.7	ECP1012400	Aluminum CapΦ40	1
8.8	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	1
8.9	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
8.10	SL70011700	Aluminum CapΦ54	1

# Exploded View and Parts List

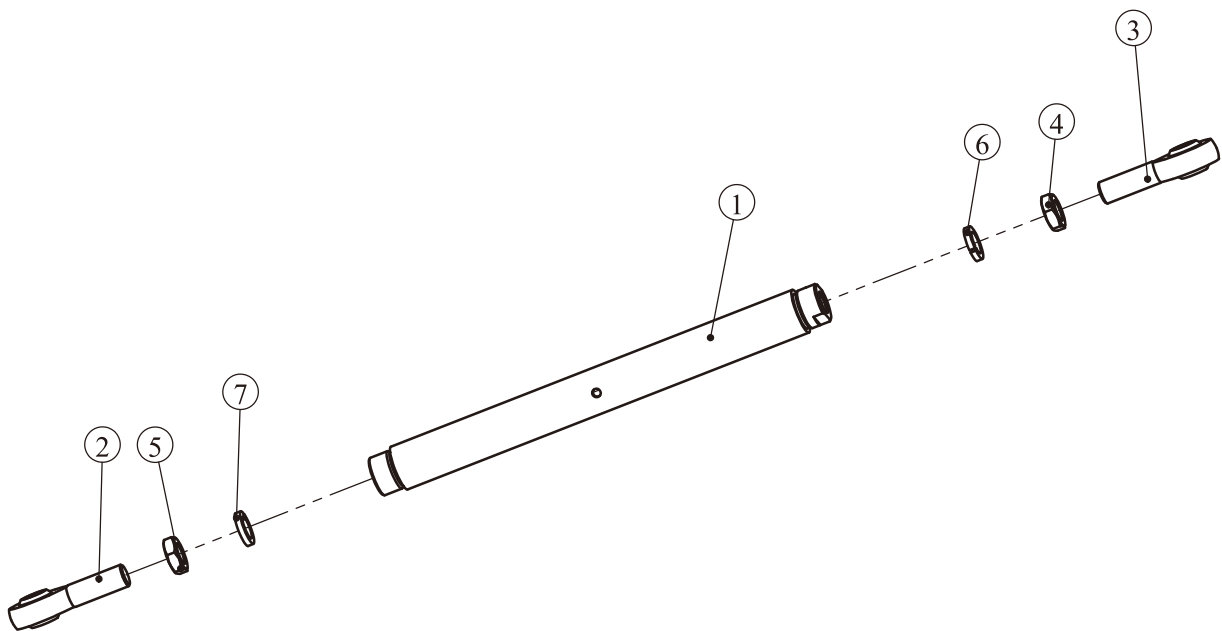
## Swing Frame II ASSY



GradeNo.	Part No.	Description	QTY
9.1	ECP1031300	Swing Frame II	1
9.2	HZ70022000V1	Short Barbell Casing	1
9.3	PL1301600	Rubber Bumper	1
9.4	SL70012000	Plastic Cap	1
9.5	ECP1013000	Rotating Sleeve	1
9.6	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	1
9.7	ECP1012400	Aluminum CapΦ40	1
9.8	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	1
9.9	CNLM12*35DS20NL	Flat Head Cap Screw M12*35	1
9.10	SL70011700	Aluminum CapΦ54	1

# Exploded View and Parts List

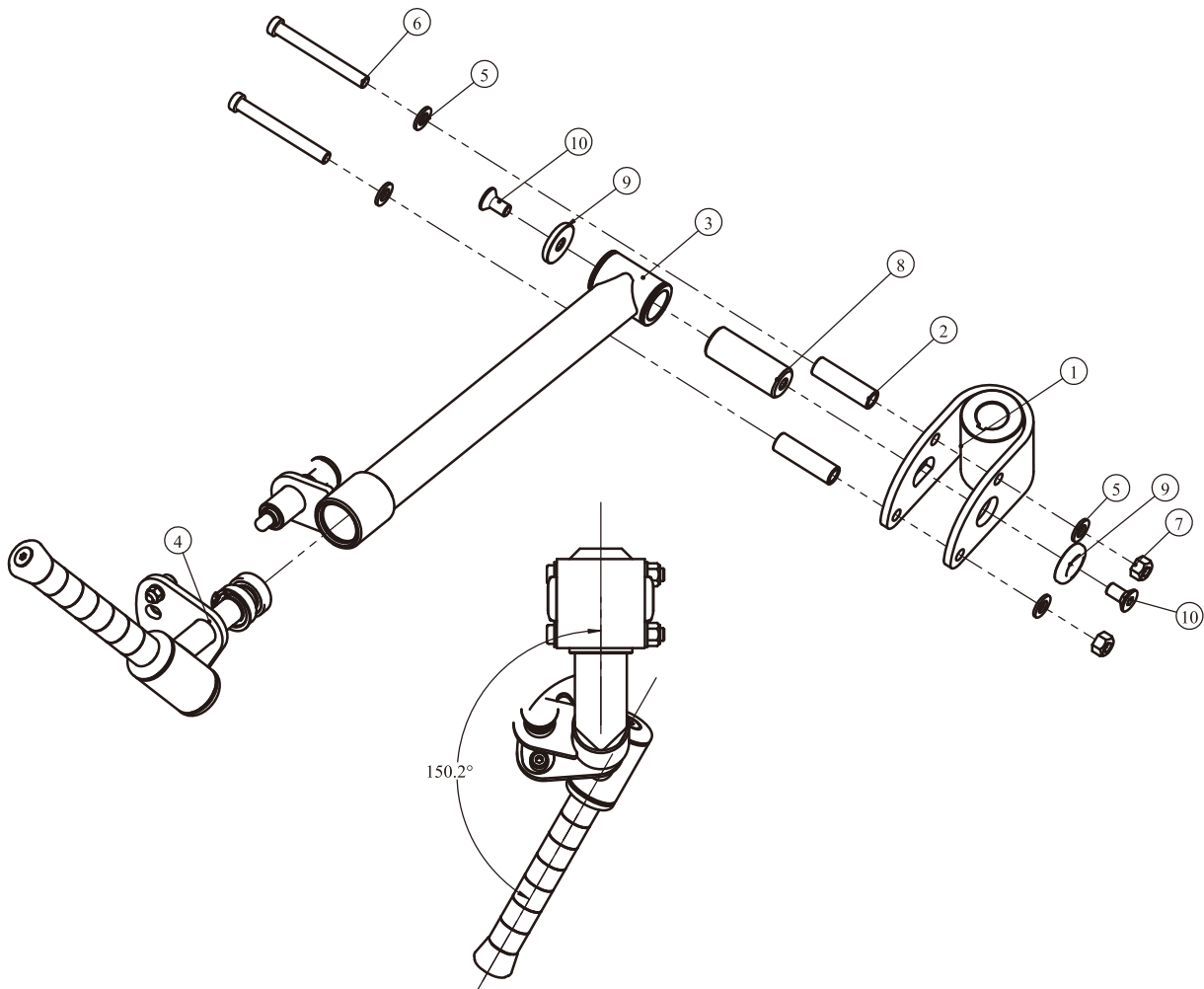
## Connecting Rod Frame ASSY



GradeNo.	Part No.	Description	QTY
10.1	ECP1031400	Connecting Rod Frame	1
10.2	SA16	Oscillating Bearing	1
10.3	SAL16	Left Oscillating Bearing	1
10.4	GB6172.1LM16DS2	Left Hex Nut M16	1
10.5	GB6172.1M16DS2	Hex Nut M16	1
10.6	GB93L16DS12	Left Spring Washer $\Phi$ 16	1
10.7	GB9316DS12	Spring Washer $\Phi$ 16	1

# Exploded View and Parts List

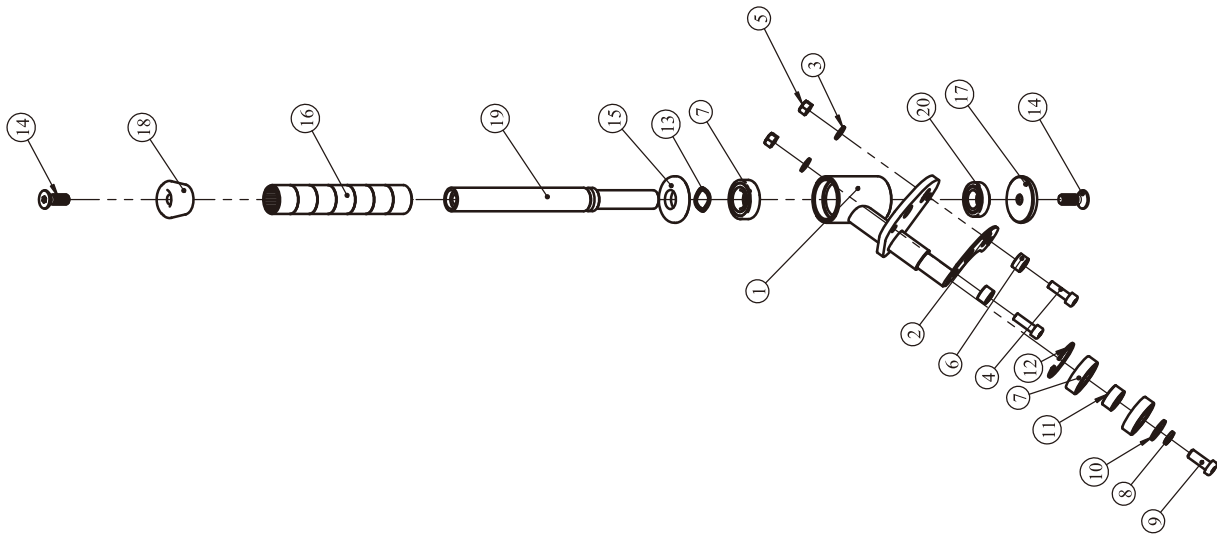
## Handle Frame I ASSY



GradeNo.	Part No.	Description	QTY
11.1	ECP1031500	Top Swivel Frame	1
11.2	ECP1033100	Nylon Cover	2
11.3	ECP10316ASSY	Handle Frame I Level I ASSY	1
11.4	ECP10319ASSY	Swivel Handle Frame I ASSY	1
11.5	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	4
11.6	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
11.7	NM12DN2	Nylon Lock Nut M12	2
11.8	ECP1034400	Shaft $\Phi 32*83$	1
11.9	VST600-PL331600V2	Aluminum Cap $\Phi 42$	2
11.10	CNLM12*25DS20NL	Flat Head Cap Screw M12*25	2

# Exploded View and Parts List

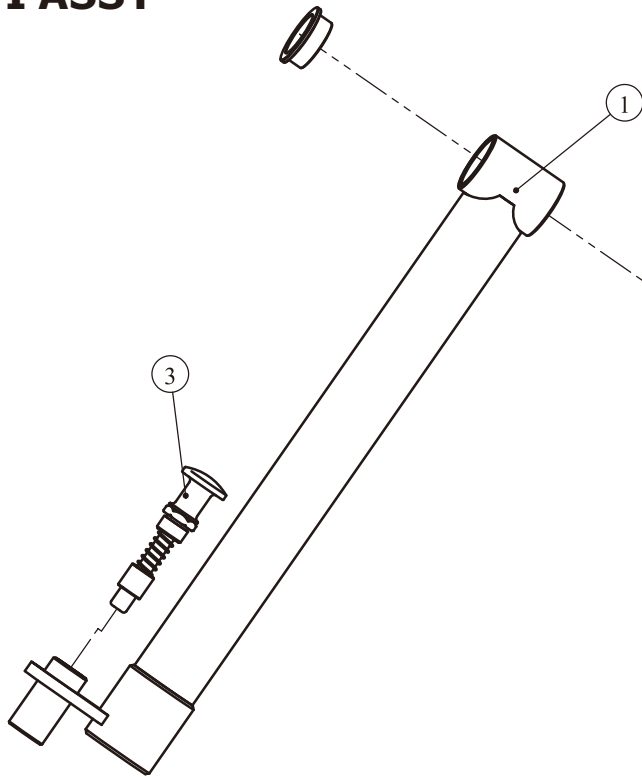
## Swivel Handle Frame I ASSY



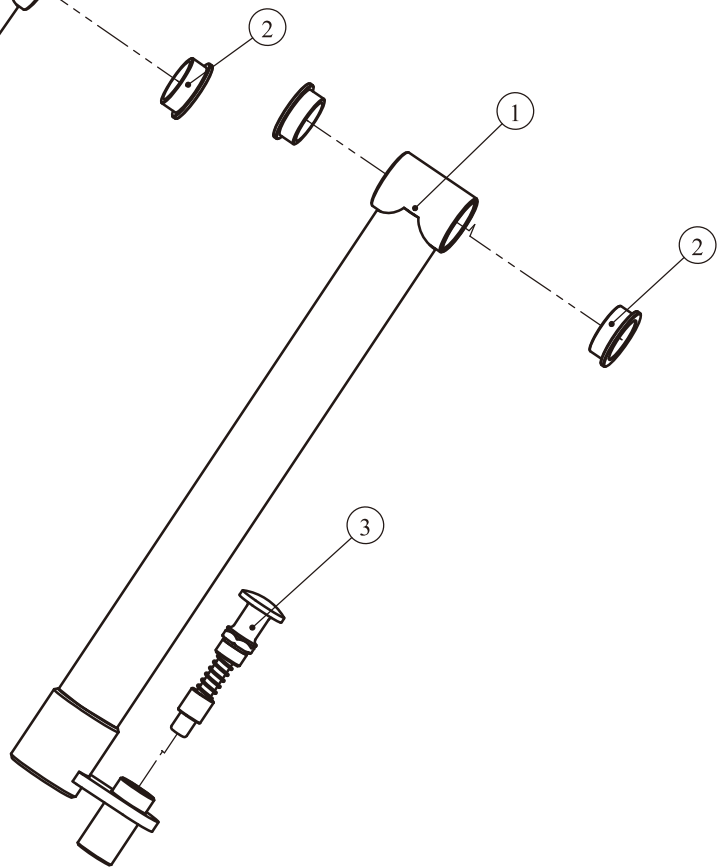
GradeNo.	Part No.	Description	QTY
11.4.1	ECP1031900	Swivel Handle Frame I	1
11.4.2	ECP1034700	Back Veneer	1
11.4.3	GB958N19	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
11.4.4	GB70M8*25DN20	Socket Head Cap Screw M8*25	2
11.4.5	NM8DN2	Nylon Lock Nut M8	2
11.4.6	IN-S10111200	Stop Collar	2
11.4.7	GB2766004-2ZC3	Bearing 6004-2ZC3	3
11.4.8	GB9310N19	Spring Washer $\Phi 10$	1
11.4.9	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
11.4.10	DQ10N19B	Flat Washer $\Phi 11 \times \Phi 25 \times 2$	1
11.4.11	IN-D21101200	Regulating Ring	1
11.4.12	GB893.142FH12	Hole Retaining Ring $\Phi 42$	1
11.4.13	BXDQ26*20*1.5	Corrugated Washer	1
11.4.14	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
11.4.15	IT95191200	Aluminum Cap $\Phi 50 \times \Phi 20.5$	1
11.4.16	SL70012100V1	Aluminum Handle	1
11.4.17	IN-S51102100	Aluminum Cap $\Phi 50$	1
11.4.18	ECP6174500	Aluminum Cap $\Phi 25$	1
11.4.19	ECP1031700	Handle Frame	1
11.4.20	GB29732904	Tapered Roller Bearings	1

# Exploded View and Parts List

## Handle Frame I Level I ASSY



## Handle Frame II Level I ASSY

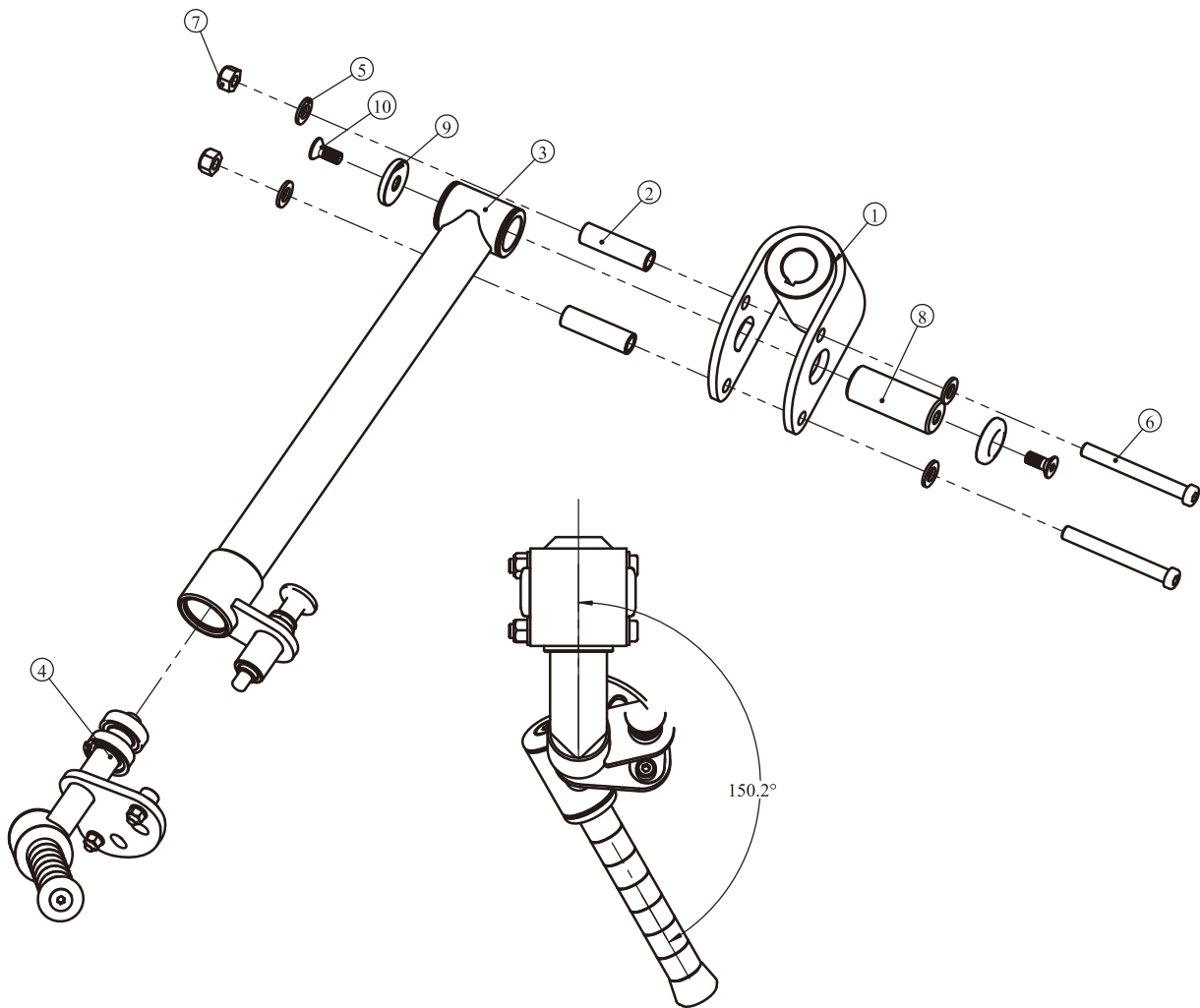


GradeNo.	Part No.	Description	QTY
11.3.1	ECP1031600	Handle Frame I	1
11.3.2	FS521900	Copper Bushing	2
11.3.3	ECP10318ASSY	Plug Pin ASSY	1

GradeNo.	Part No.	Description	QTY
12.3.1	ECP1032100	Handle Frame II	1
12.3.2	FS521900	Copper Bushing	2
12.3.3	ECP10318ASSY	Plug Pin ASSY	1

# Exploded View and Parts List

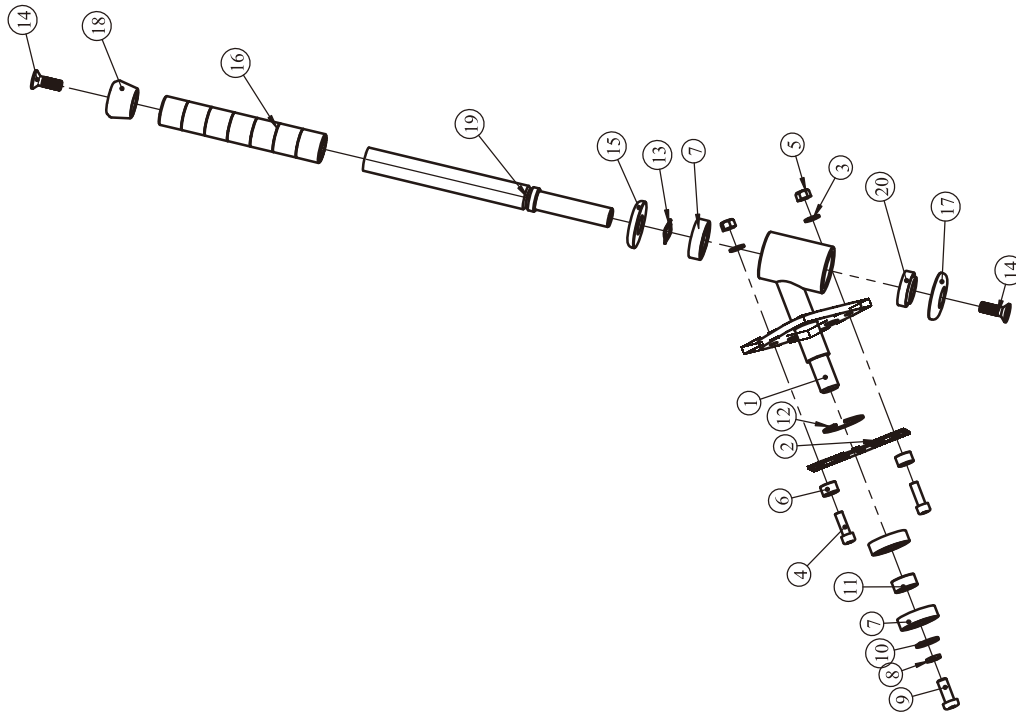
## Handle Frame II ASSY



GradeNo.	Part No.	Description	QTY
12.1	ECP1031500	Top Swivel Frame	1
12.2	ECP1033100	Nylon Cover	2
12.3	ECP10321ASSY	Handle Frame II Level I ASSY	1
12.4	ECP10322ASSY	Swivel Handle Frame II ASSY	1
12.5	GB9512DN2	Flat Washer $\Phi 13*\Phi 24*2.5$	4
12.6	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	2
12.7	NM12DN2	Nylon Lock Nut M12	2
12.8	ECP1034400	Shaft $\Phi 32*83$	1
12.9	VST600-PL331600V2	Aluminum Cap $\Phi 42$	2
12.10	CNLM10*25DS20NL	Flat Head Cap Screw M12*25	2

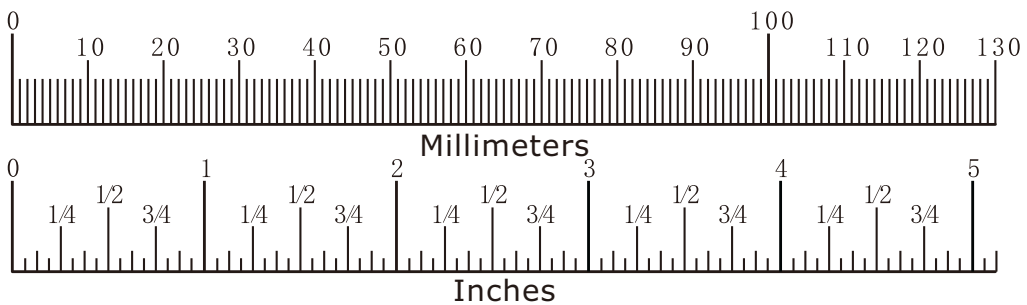
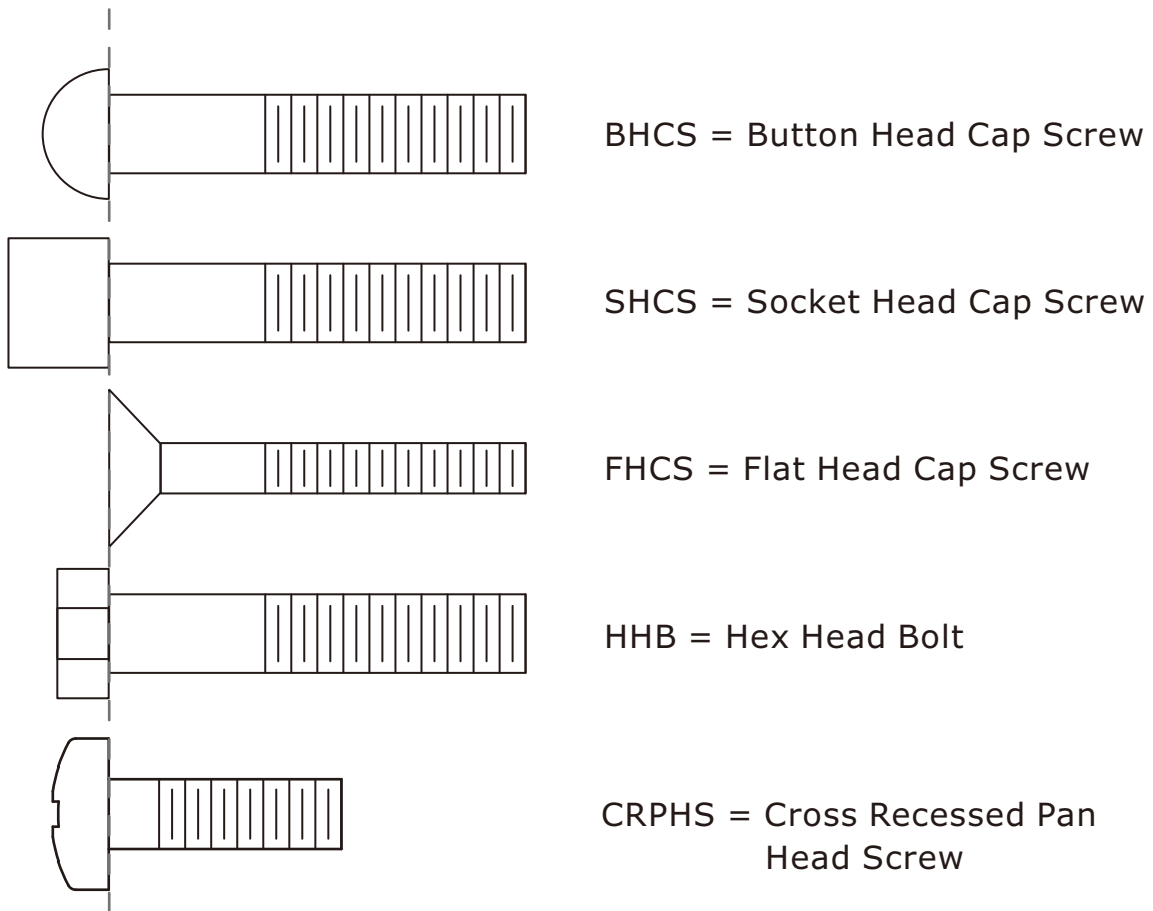
# Exploded View and Parts List

## Swivel Handle Frame II ASSY



GradeNo.	Part No.	Description	QTY
12.4.1	ECP1032200	Swivel Handle Frame II	1
12.4.2	ECP1034700	Back Veneer	1
12.4.3	GB958N19	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
12.4.4	GB70M8*25DN20	Socket Head Cap Screw M8*25	2
12.4.5	NM8DN2	Nylon Lock Nut M8	2
12.4.6	IN-S10111200	Stop Collar	2
12.4.7	GB2766004-2ZC3	Bearing 6004-2ZC3	3
12.4.8	GB9310N19	Spring Washer $\Phi 10$	1
12.4.9	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
12.4.10	DQ10N19B	Flat Washer $\Phi 11 \times \Phi 25 \times 2$	1
12.4.11	IN-D21101200	Regulating Ring	1
12.4.12	GB893.142FH12	Hole Retaining Ring $\Phi 42$	1
12.4.13	BXDQ26*20*1.5	Corrugated Washer	1
12.4.14	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	2
12.4.15	IT95191200	Aluminum Cap $\Phi 50 \times \Phi 20.5$	1
12.4.16	SL70012100V1	Aluminum Handle	1
12.4.17	IN-S51102100	Aluminum Cap $\Phi 50$	1
12.4.18	ECP6174500	Aluminum Cap $\Phi 25$	1
12.4.19	ECP1031700	Handle Frame	1
12.4.20	GB29732904	Tapered Roller Bearings	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 one Rear Connecting Frame I ASSY (#3) and one Rear Connecting Frame II ASSY (#4) and one Slant Connecting Frame ASSY(#7) to one Front Ground Frame Level II ASSY (#1) using:

Six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#31)

Six  $\Phi 12$  Spring Washer (#34)

Six M12\*30 Socket Head Cap Screw (#24)

2. Attach one Upper Support Frame ASSY (#2) to one Rear Connecting Frame I ASSY (#3) and one Rear Connecting Frame II ASSY (#4) and one Slant Connecting Frame ASSY (#7) using:

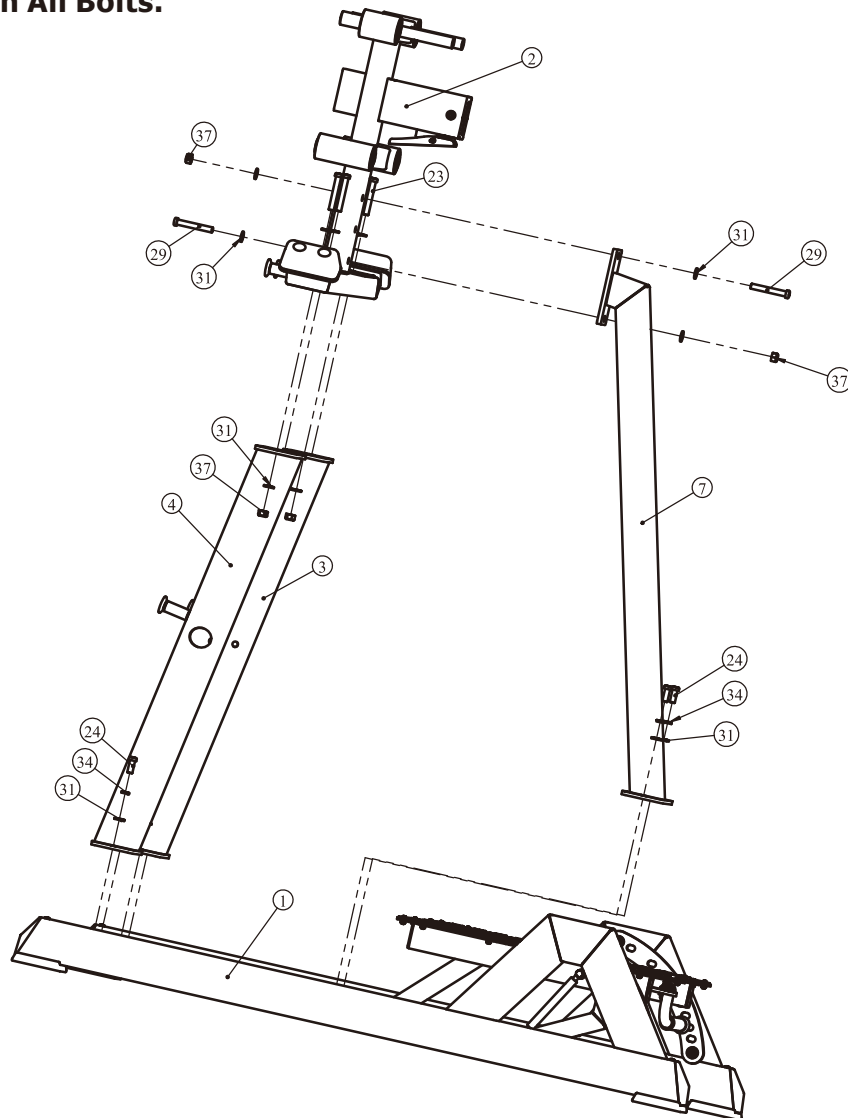
Four M12\*80 Socket Head Cap Screw (#23)

Six M12 Nylon Lock Nut (#37)

Twelve  $\Phi 13*\Phi 24*2.5$  Flat Washer (#31)

Two M12\*85 Socket Head Cap Screw (#29)

**Note: Wrench Tighten All Bolts.**

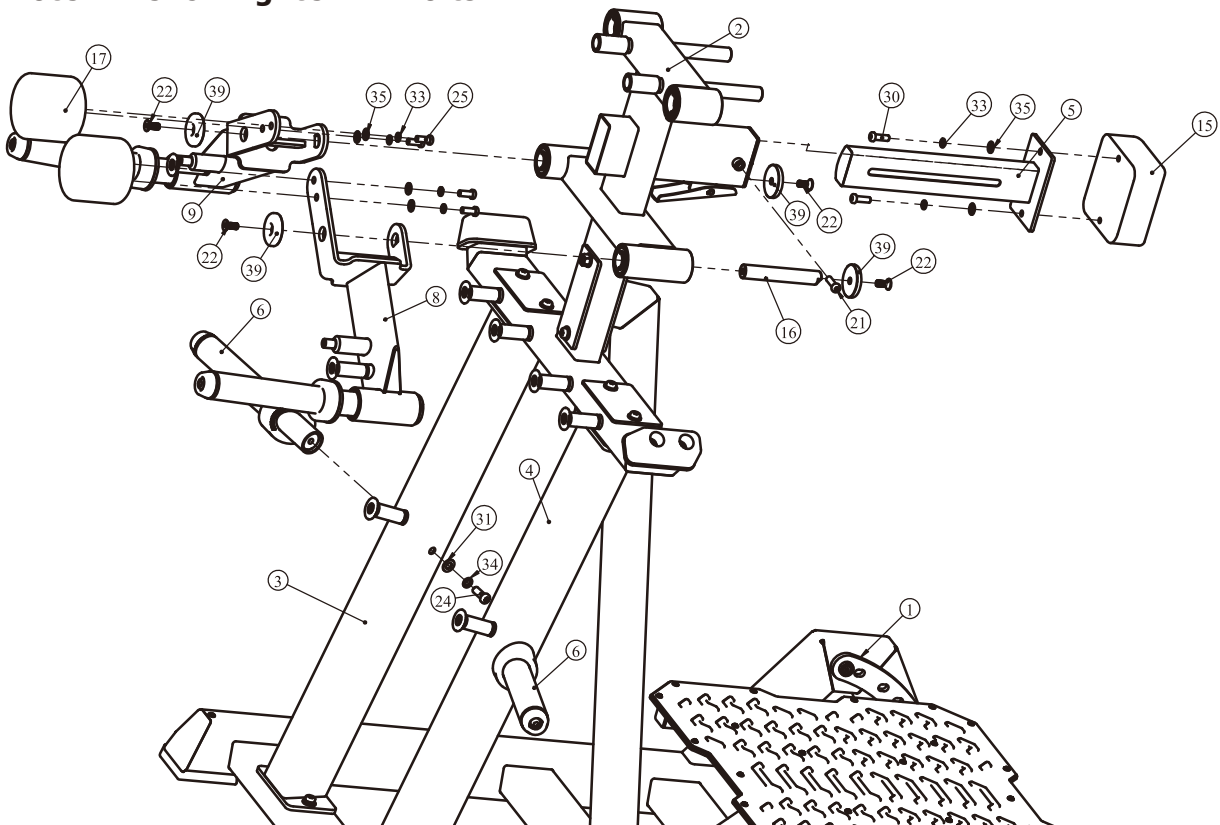


# Assembly

## STEP 2

1. Attach Two Barbell Storage Frame ASSY (#6) to one Rear Connecting Frame I ASSY (#3) and one Rear Connecting Frame II ASSY (#4) using:  
Two  $\Phi 13 \times \Phi 24 \times 2.5$  Flat Washer (#31)      Two  $\Phi 12$  Spring Washer (#34)  
Two M12\*30 Socket Head Cap Screw (#24)
2. Attach one Swing Frame I ASSY (#8) and one Swing Frame II ASSY (#9) to one Upper Support Frame ASSY (#2) using:  
Four M10\*25 Flat Head Cap Screw (#22)      Four  $\Phi 60$  Aluminum Cap (#39)  
Two  $\Phi 25 \times 155$  Shaft (#16)
3. Attach Two Balance Iron (#17) to one Swing Frame I ASSY (#8) and one Swing Frame II ASSY (#9) using:  
Four M10\*25 Socket Head Cap Screw (#25)      Four  $\Phi 10$  Spring Washer (#33)  
Four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#35)
4. Attach one Chest Cushion (#15) to one Chest Cushion Fixed Frame ASSY (#5) using:  
Two M10\*30 Socket Head Cap Screw (#30)      Two  $\Phi 10$  Spring Washer (#33)  
Two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#35)
5. Attach one Chest Cushion Fixed Frame ASSY (#5) to one Upper Support Frame ASSY (#2) using:  
one M10\*35 Socket Head Cap Screw (#21)

**Note: Wrench Tighten All Bolts.**

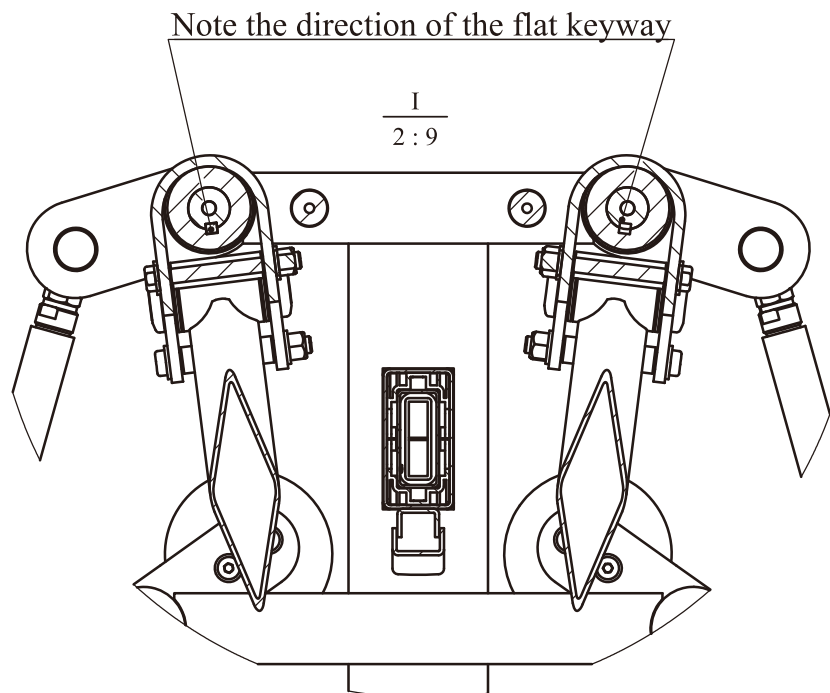


# Assembly

## STEP 3

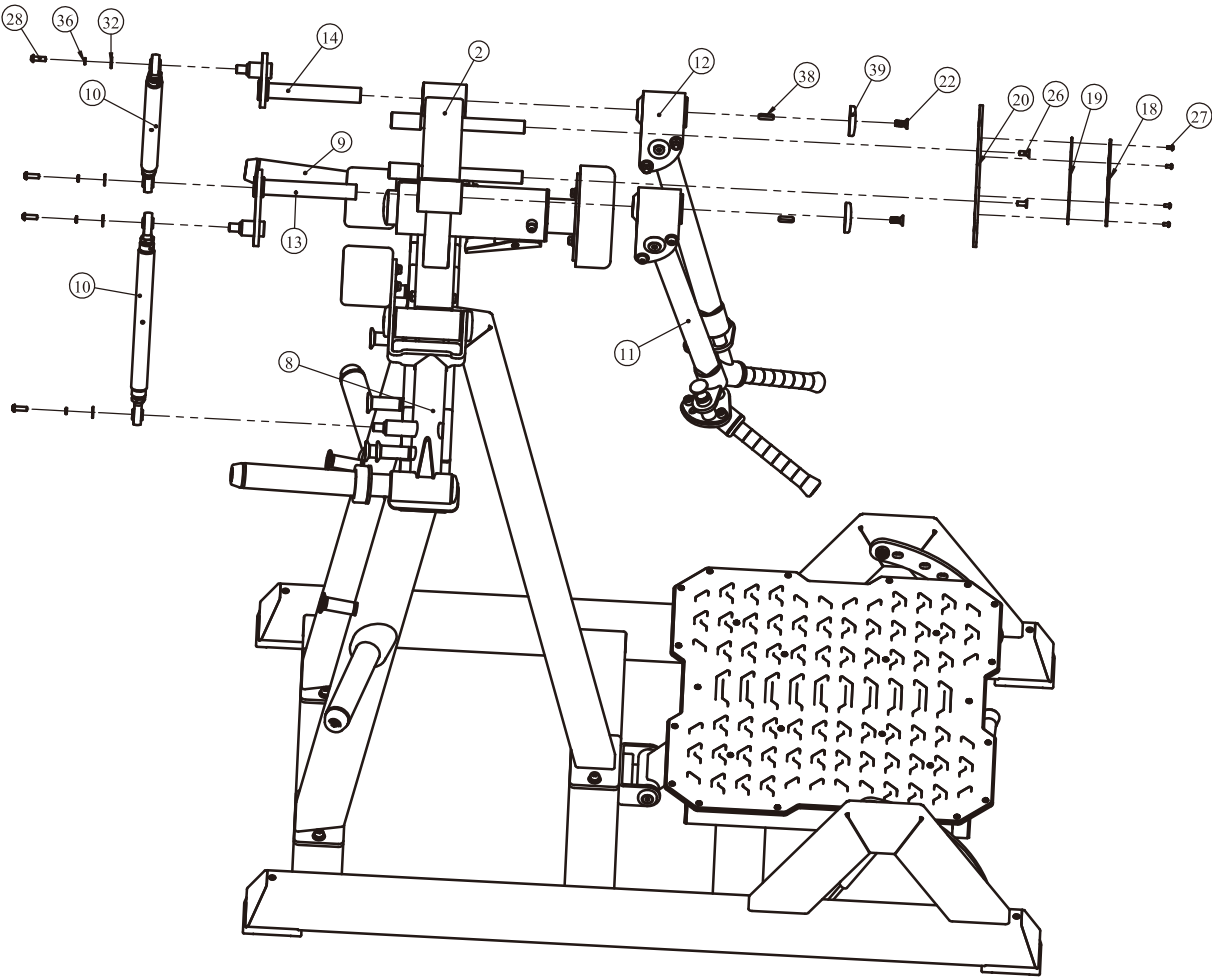
1. Attach one Rotating Frame I (#13) and one Rotating Frame II (#14) to one Upper Support Frame ASSY (#2) (**Note the direction of the flat keyway**).
2. Attach two Connecting Rod Frame ASSY (#10) to one Rotating Frame I (#13) and one Rotating Frame II (#14) and one Swing Frame I ASSY (#8) and one Swing Frame II ASSY (#9) using:
  - Four M8\*25 Button Head Cap Screw (#28)
  - Four  $\Phi 8$  Spring Washer (#36)
  - Two  $\Phi 9*\Phi 22*1.6$  Flat Washer (#32)
3. Attach one Handle Frame I ASSY (#11) and one Handle Frame II ASSY (#12) to one Rotating Frame I (#13) and one Rotating Frame II (#14) using:
  - Two M10\*25 Flat Head Cap Screw (#22)
  - Two  $\Phi 60$  Aluminum Cap (#39)
  - Two 8\*7\*30 Flat Key (#38)
4. Attach one LOGO Fixed Plate (#20) to one Upper Support Frame ASSY (#2) using:
  - Two M8\*20 Flat Head Cap Screw (#26)
5. Attach one LOGO Inner Plate (#19) and one LOGO Plate (#18) to one LOGO Fixed Plate (#20) using:
  - Four M5\*10 Button Head Cap Screw (#27)

**Note: Wrench Tighten All Bolts.**



# Assembly

## STEP 3



# Adjust Instructions and Exercise Instructions

## Weight Plate Installation Requirements

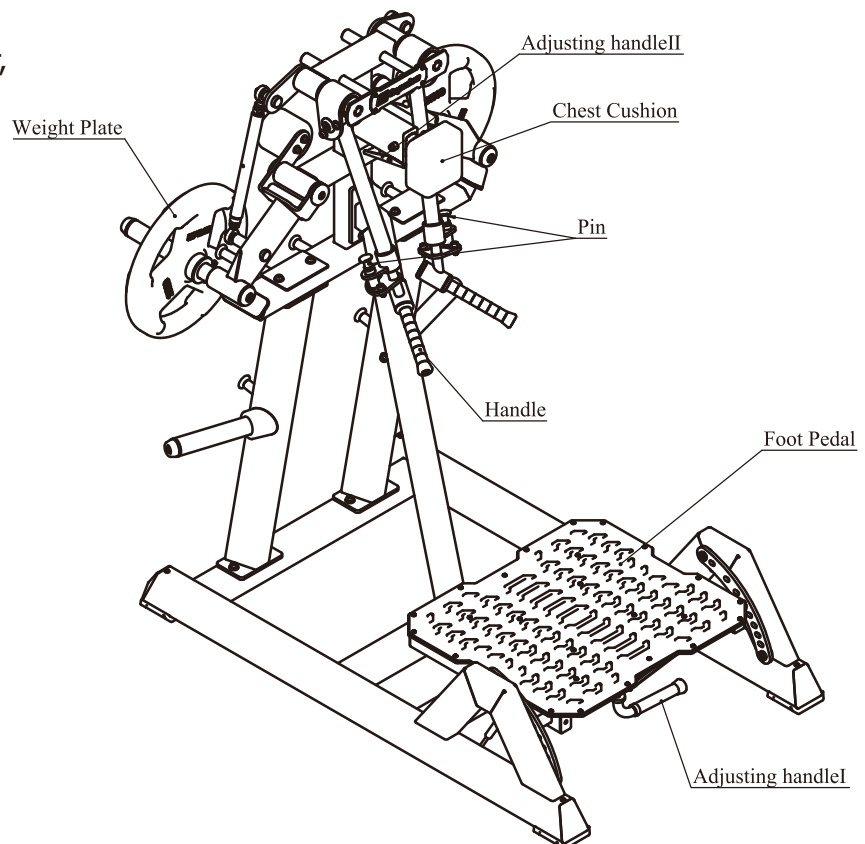
1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 200kg.
3. This equipment does not contains Weight Plate.

## The Use Position adjustment

1. Adjust the Adjusting Handle I, adjust the foot pedal to the appropriate height.
2. Pull out the Pin , adjust the handle to the right Angle.
3. Adjust the Adjusting Handle II, adjust the Chest Cushion to the right position.
4. Make sure the pin gets into the hole completely.

## Adjust & Exercise Instruction

1. Select an appropriate weight or hang a pair of resistance bands on both weight horns.
2. Hold the pedal adjust handle and move the Foot Pedal to desired position, the release the handle and make sure the pedal firmly stucked.
3. Adjust the training handle to the desired position.
4. Hold the handle tightly and rotate your arms up at your sides in slow, controlled movements.
5. When the action is over, 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.

