

ITF8201

3-WAY OLYMPIC BENCH OWNER'S MANUAL

251

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 0.6 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.

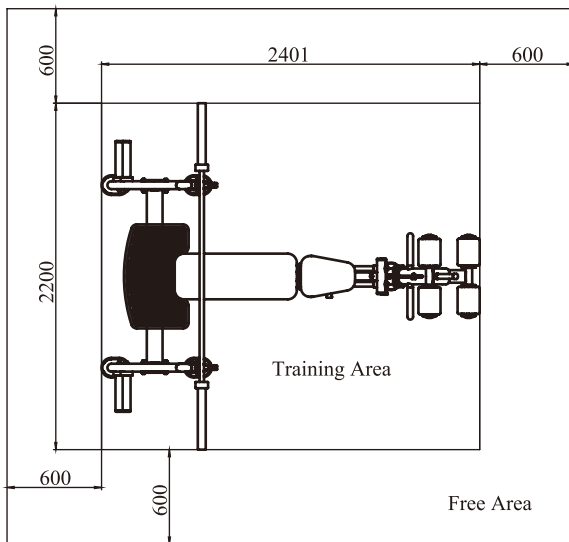
Important Safety Instructions

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 Weight Capacity: 100kg*2/ 220lbs*2

Product Dimension: 2401*1719*1558mm

Product Total Surface: 2401*2200mm

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



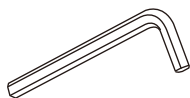
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

| ItemNo. | Part No. | Description | QTY |
|---------|-------------------|--|-----|
| 1 | ITF820101ASSY | Frame I ASSY | 1 |
| 2 | ITF820102ASSY | Frame II ASSY | 1 |
| 3 | ITF82010300 | Back Pad Frame | 1 |
| 4 | ITF820104ASSY | Sliding Frame ASSY | 1 |
| 5 | ITF82012300 | Foot Pedal Plate | 1 |
| 6 | L050PB1800 | Foot Pedal Plate Cover | 1 |
| 7 | IT90021700V1TKO | Short FOAM | 4 |
| 8 | ITF82015100 | Back Pad | 1 |
| 9 | ITF81025200 | Seating Pad | 1 |
| 10 | ITF820105ASSY | Connecting Frame ASSY | 1 |
| 11 | ITF820106ASSY | Main Frame Second Level ASSY | 1 |
| 12 | ITF820107ASSY | Guideway ASSY | 2 |
| 13 | ITF820108ASSY | Swing Frame ASSY | 1 |
| 14 | SL704107ASSY | Supporting Frame ASSY | 2 |
| 15 | ITF840208ASSY | FOAM tube ASSY | 2 |
| 16 | ITF820204ASSY | Garbell Frame ASSY | 4 |
| 17 | SL704116ASSY | Foot Pedal Tube ASSY | 1 |
| 18 | IF81211700 | Lifting Axis $\Phi 25.4 \times 120 \times M10$ | 1 |
| 19 | IT95202000V1 | Axis $\Phi 25.4 \times 146 \times M10$ | 1 |
| 20 | HF985A1500 | Rubber Buffer | 4 |
| 21 | ITF82020203 | Connecting Arc I | 3 |
| 22 | HF6031500 | Handle Cover | 1 |
| 23 | GB70BTM10*80DN18 | Socket Head Cap Screw M10*80 | 8 |
| 24 | GB70BTM10*130DN18 | Socket Head Cap Screw M10*130 | 6 |

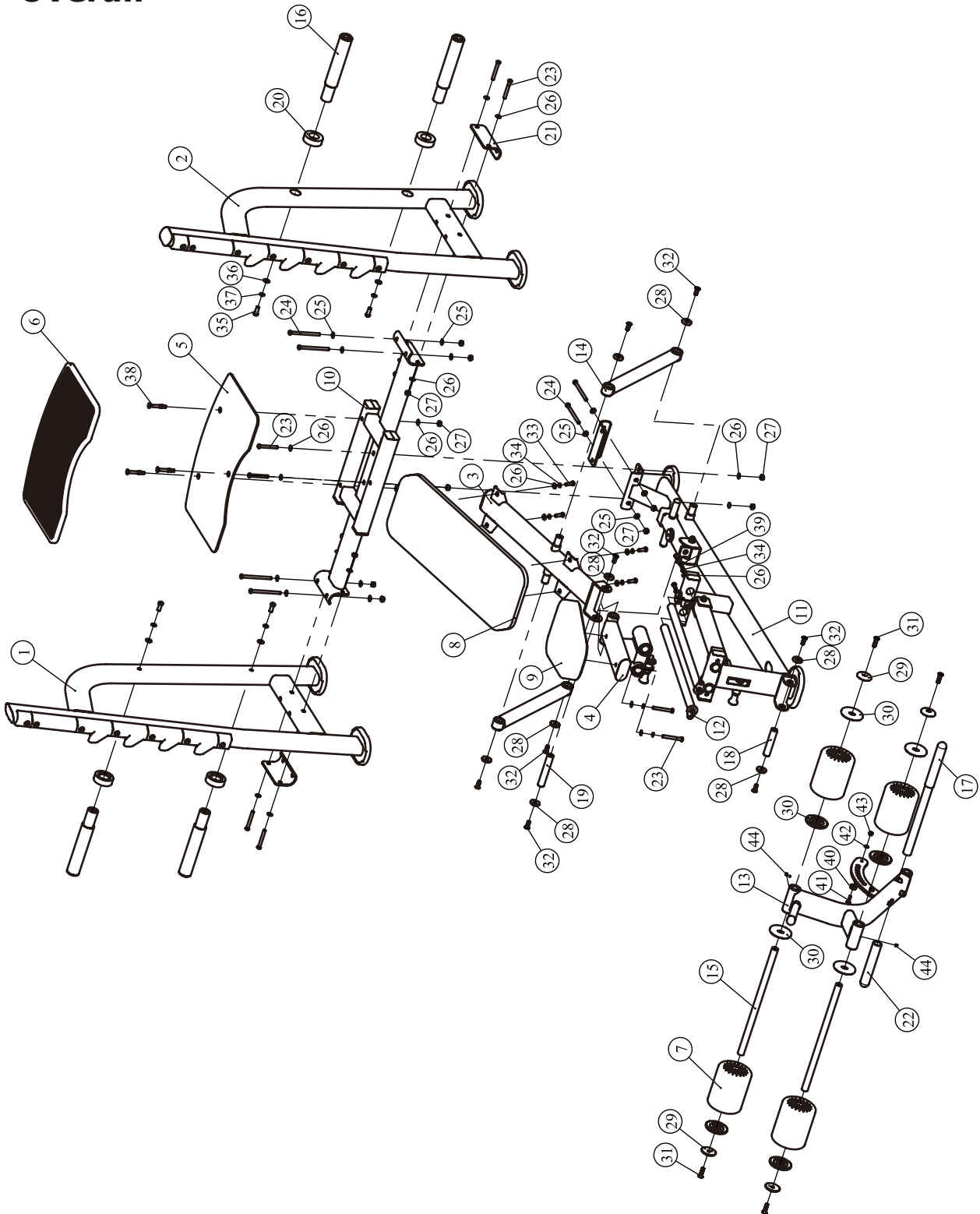
Exploded View and Parts List

Overall

| ItemNo. | Part No. | Description | QTY |
|---------|--------------------|---|-----|
| 25 | HDQ10DN2 | Curved Washer $\Phi 11 * \Phi 21 * 1.5$ | 12 |
| 26 | GB9510DN2 | Flat Washer $\Phi 11 * \Phi 20 * 2$ | 23 |
| 27 | NM10DN2 | Nylon Lock Nut M10 | 15 |
| 28 | IN-D21202000 | Cap $\Phi 38 * \Phi 10.5 * 8$ | 8 |
| 29 | IT90041700 | Alu Cap $\Phi 60 * \Phi 10.5 * 10.9$ | 4 |
| 30 | IT70165000 | Ring | 8 |
| 31 | CNLM10*40*40DS20NL | Flat Head Cap Screw M10*40*40 | 4 |
| 32 | CNLM10*30*30DS20NL | Flat Head Cap Screw M10*30*30 | 8 |
| 33 | GB70BTM10*35DN18 | Socket Head Cap Screw M10*35 | 4 |
| 34 | GB9310N19 | Spring Washer $\Phi 10$ | 8 |
| 35 | GB70BTM12*30DN18 | Socket Head Cap Screw M12*30 | 4 |
| 36 | GB9512DN2 | Flat Washer $\Phi 13 * \Phi 24 * 2.5$ | 4 |
| 37 | GB9312N19 | Spring Washer $\Phi 12$ | 4 |
| 38 | CNLM10*75DN20 | Flat Head Cap Screw M10*75 | 3 |
| 39 | GB70BTM10*25DN18NL | Socket Head Cap Screw M10*25 | 2 |
| 40 | XL2-40001400 | Buffer $\Phi 25.4 * 9.5$ | 1 |
| 41 | CNLM8*30DHS20 | Flat Head Cap Screw M8*30 | 1 |
| 42 | GB958DHS2 | Flat Washer $\Phi 9 * \Phi 16 * 1.6$ | 1 |
| 43 | NM8DHS2 | Nylon Lock Nut M8 | 1 |
| 44 | GB77M8*8DHS18 | Socket Set Screw M8*8 | 2 |
| 45 | NBS4DHS | Hex Key S=4 | 1 |
| 46 | NBS5DHS | Hex Key S=5 | 1 |
| 47 | NBS6DHS | Hex Key S=6 | 1 |
| 48 | NBS8DHS | Hex Key S=6 | 1 |

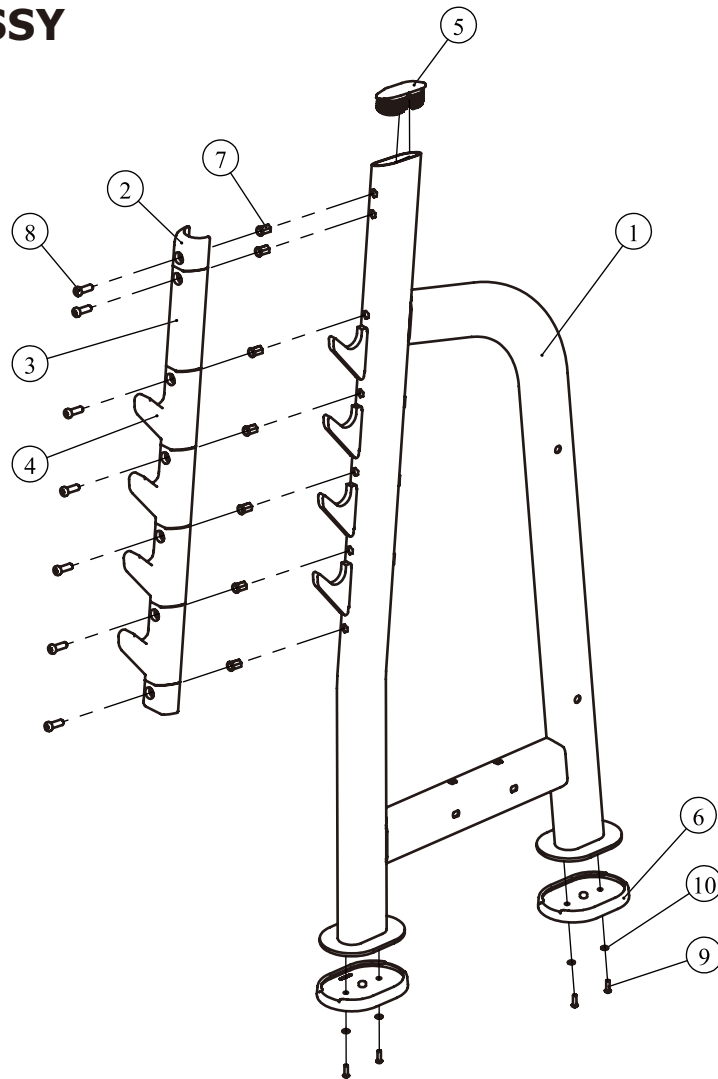
Exploded View and Parts List

Overall



Exploded View and Parts List

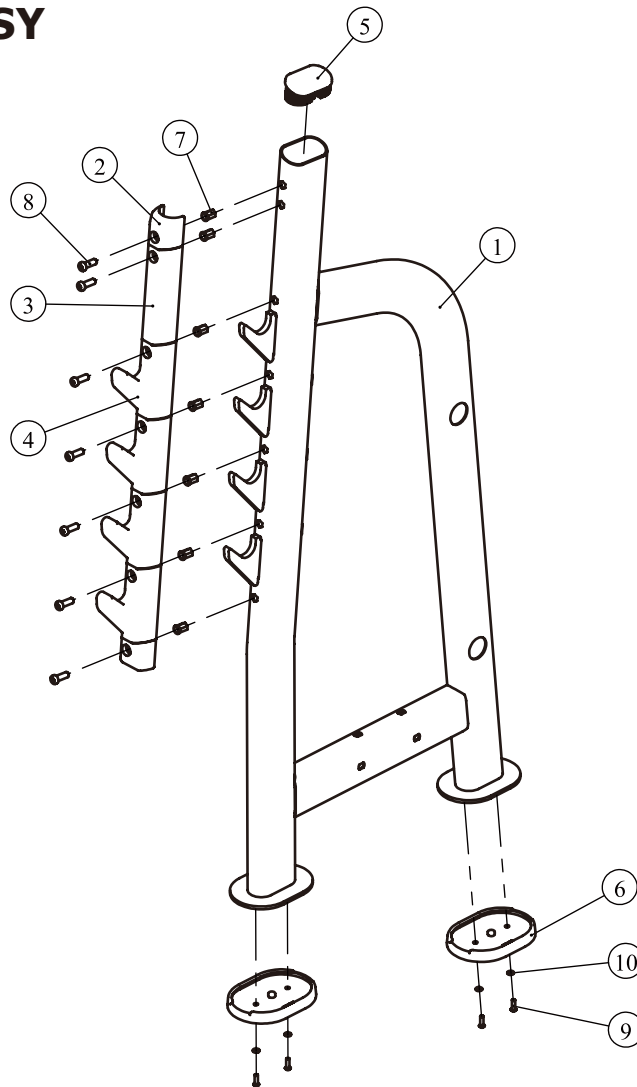
Frame I ASSY



| ItemNo. | Part No. | Description | QTY |
|---------|-----------------------|--|-----|
| 1.1 | ITF82010100 | Frame I | 1 |
| 1.2 | ITF82023100 | End Plastic Sheath | 2 |
| 1.3 | ITF82023400 | Long Sheath | 1 |
| 1.4 | ITF82023500 | Plate Plastic Sheath | 4 |
| 1.5 | ITF88013100 | Pipe Plug | 1 |
| 1.6 | ITF88013200 | Floor Mat | 2 |
| 1.7 | GB17880.5M10*19.5DS17 | Hexagon Rivet Nuts With Flat Head M10*19.5 | 7 |
| 1.8 | GB70BTM10*30DHS18NL | Socket Head Cap Screw M10*30 | 7 |
| 1.9 | PNLM6*20DHS20NL | Button Head Cap Screw M6*20 | 4 |
| 1.10 | GB956DHS2 | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ | 4 |

Exploded View and Parts List

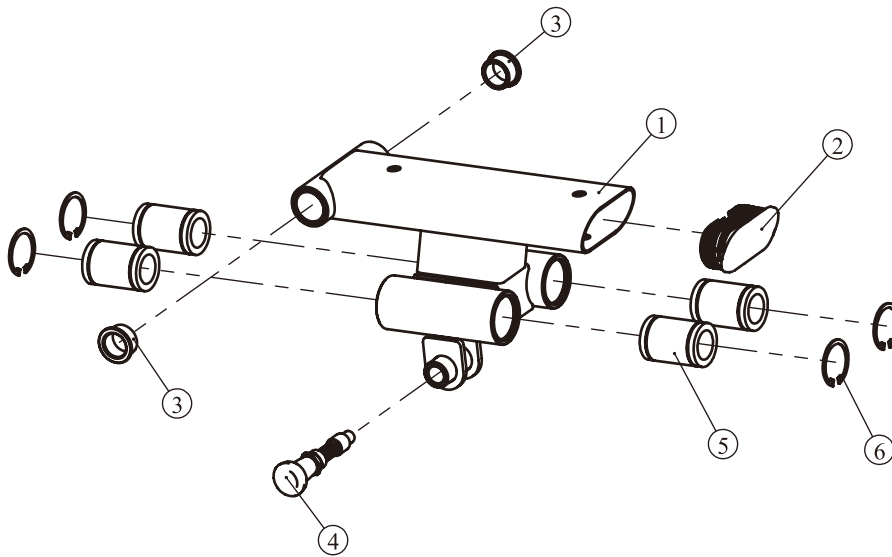
Frame II ASSY



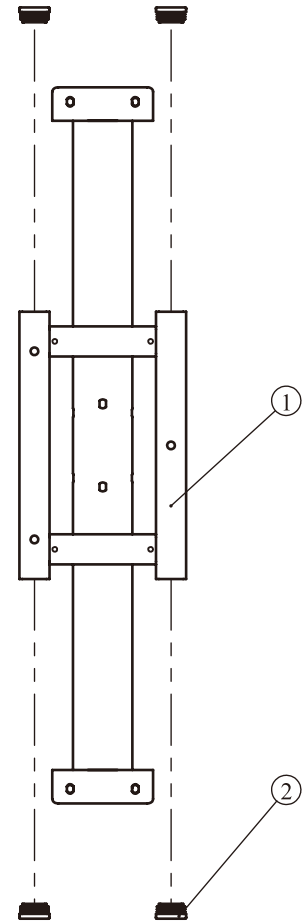
| ItemNo. | Part No. | Description | QTY |
|---------|-----------------------|--|-----|
| 2.1 | ITF82010200 | Frame II | 1 |
| 2.2 | ITF82023100 | End Plastic Sheath | 2 |
| 2.3 | ITF82023400 | Long Sheath | 1 |
| 2.4 | ITF82023500 | Plate Plastic Sheath | 4 |
| 2.5 | ITF88013100 | Pipe Plug | 1 |
| 2.6 | ITF88013200 | Floor Mat | 2 |
| 2.7 | GB17880.5M10*19.5DS17 | Hexagon Rivet Nuts With Flat Head M10*19.5 | 7 |
| 2.8 | GB70BTM10*30DHS18NL | Socket Head Cap Screw M10*30 | 7 |
| 2.9 | PNLM6*20DHS20NL | Button Head Cap Screw M6*20 | 4 |
| 2.10 | GB956DHS2 | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ | 4 |

Exploded View and Parts List

Sliding Frame ASSY



Connecting Frame ASSY

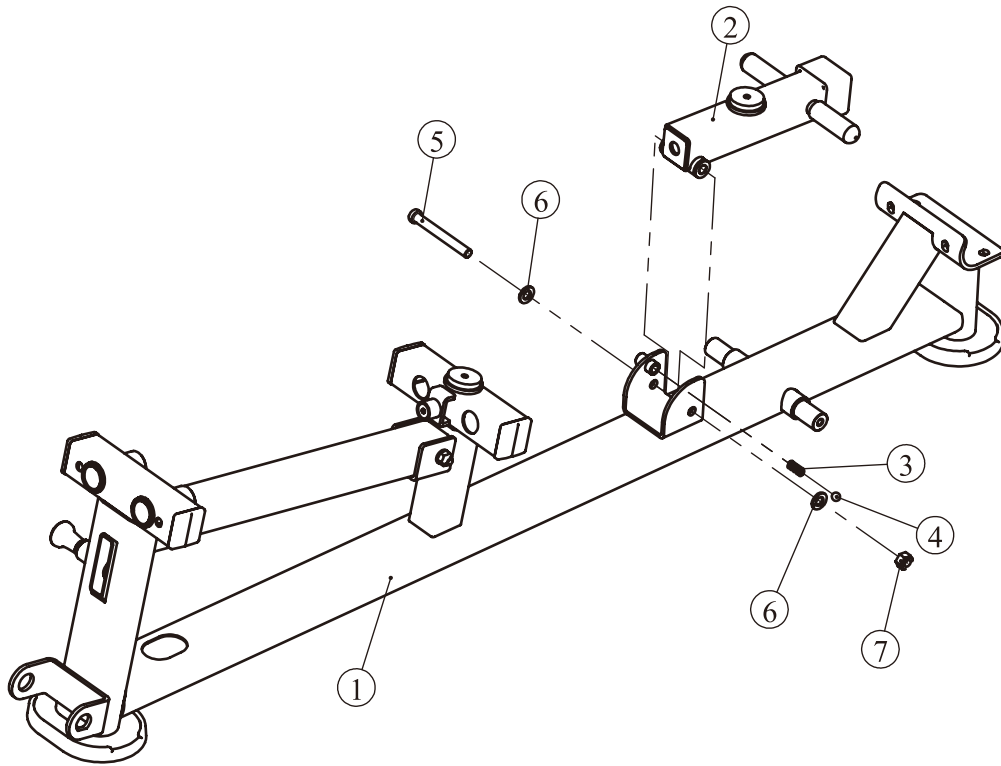


| ItemNo. | Part No. | Description | QTY |
|---------|---------------|--------------------|-----|
| 4.1 | ITF82010400 | Sliding Frame | 1 |
| 4.2 | ITF88013100 | Pipe Plug | 1 |
| 4.3 | M02502000 | Cu Bearing | 2 |
| 4.4 | ITF820109ASSY | Elastic Plug | 1 |
| 4.5 | LM30UU | Linear Bearing | 4 |
| 4.6 | GB893.145FH12 | Circlips for shaft | 4 |

| ItemNo. | Part No. | Description | QTY |
|---------|-------------|------------------|-----|
| 10.1 | ITF82010500 | Connecting Frame | 1 |
| 10.2 | KF18606200 | F50.8 Pipe Plug | 4 |

Exploded View and Parts List

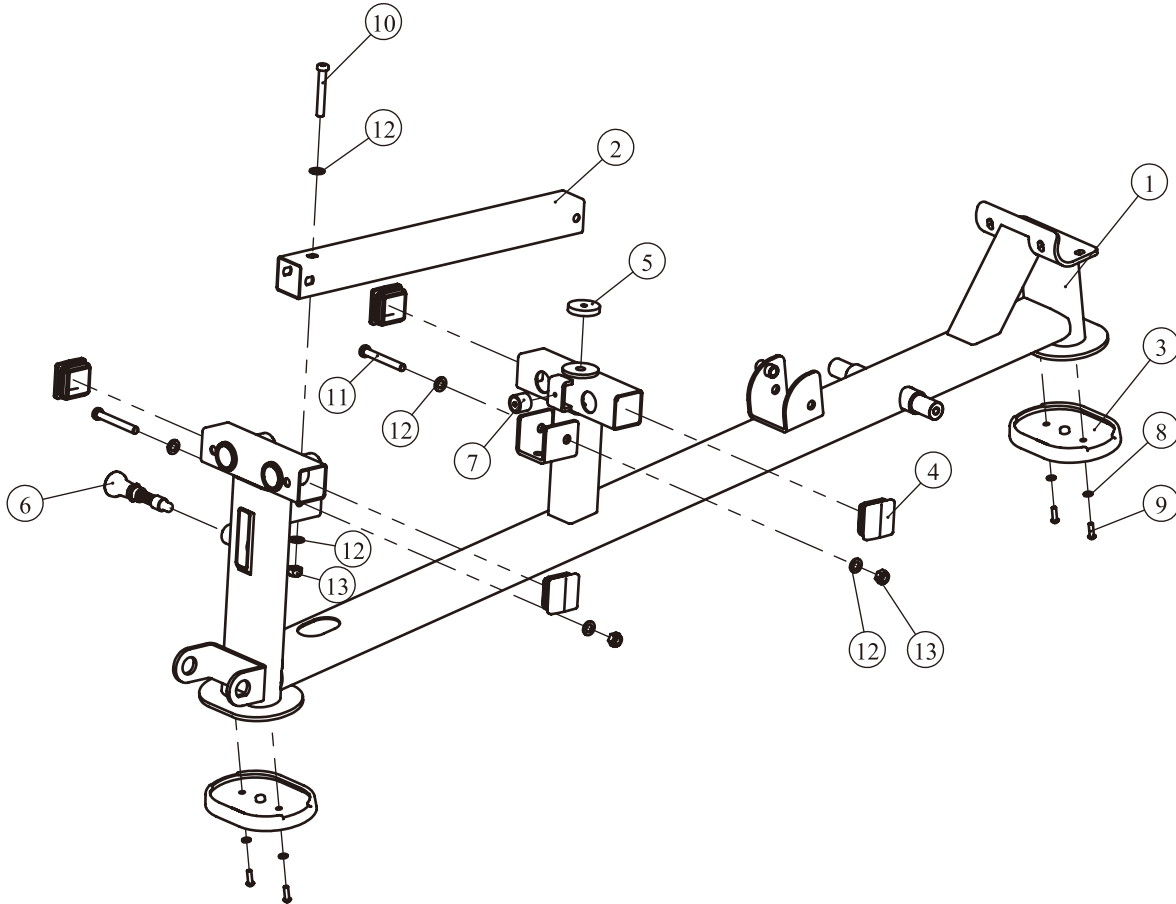
Main Frame Second Level ASSY



| ItemNo. | Part No. | Description | QTY |
|---------|-------------------|---------------------------------------|-----|
| 11.1 | ITF82010600ASSY | Main Frame First Level ASSY | 1 |
| 11.2 | SL70410800ASSY | Swing Frame ASSY | 1 |
| 11.3 | SL70412500 | Spring $\Phi 11 * \Phi 1.4 * 23$ | 1 |
| 11.4 | PBF9001803 | Ball | 1 |
| 11.5 | GB70BTM12*105DN18 | Socket Head Cap Screw M12*105 | 1 |
| 11.6 | GB9512DN2 | Flat Washer $\Phi 13 * \Phi 24 * 2.5$ | 2 |
| 11.7 | NM12DN2 | Nylon Lock Nut M12 | 1 |

Exploded View and Parts List

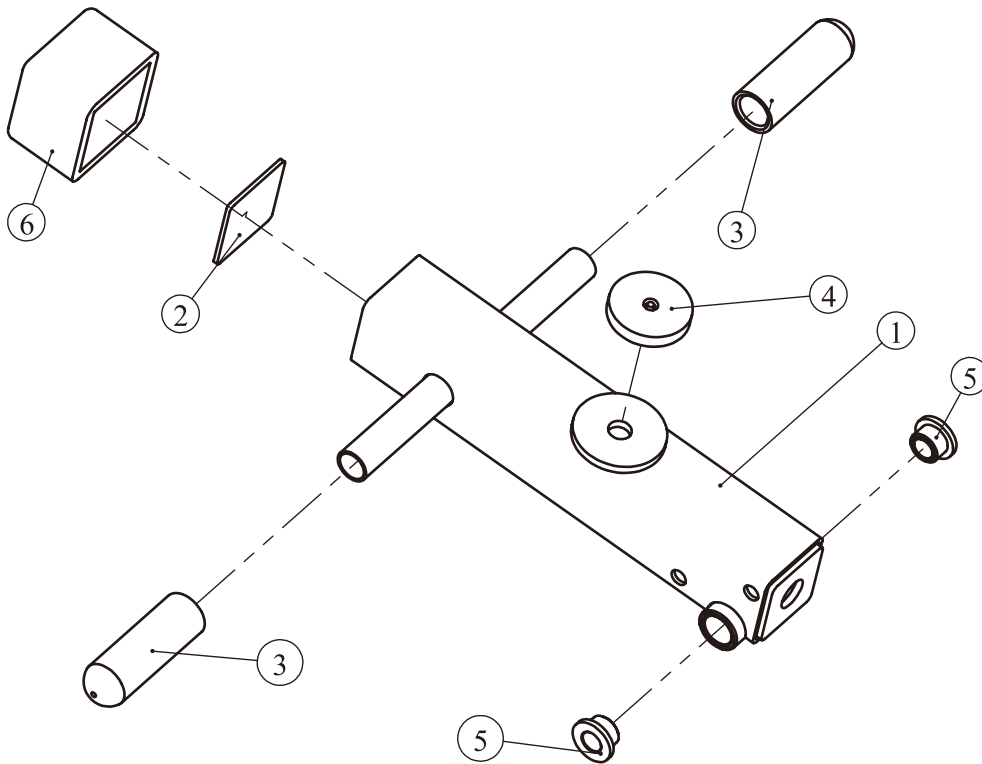
Main Frame First Level ASSY



| ItemNo. | Part No. | Description | QTY |
|---------|------------------|--|-----|
| 11.1.1 | ITF82010600 | Main Frame | 1 |
| 11.1.2 | ITF82012100 | Adjusting Pipe | 1 |
| 11.1.3 | ITF88013200 | Floor Mat | 2 |
| 11.1.4 | KF18606200 | F50.8 Pipe Plug | 4 |
| 11.1.5 | TPF-533000 | Buffer | 1 |
| 11.1.6 | ITF820109ASSY | Elastic Plug | 1 |
| 11.1.7 | HT502T.12300V1 | Buffer | 1 |
| 11.1.8 | GB956DHS2 | Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$ | 4 |
| 11.1.9 | PNLM6*20DHS20NL | Button Head Cap Screw M6*20 | 4 |
| 11.1.10 | GB70BTM10*70DN18 | Socket Head Cap Screw M10*70 | 1 |
| 11.1.11 | GB70BTM10*80DN18 | Socket Head Cap Screw M10*80 | 2 |
| 11.1.12 | GB9510DN2 | Flat Washer $\Phi 11 \times \Phi 20 \times 2$ | 6 |
| 11.1.13 | NM10DN2 | Nylon Lock Nut M10 | 3 |

Exploded View and Parts List

Swing Frame ASSY

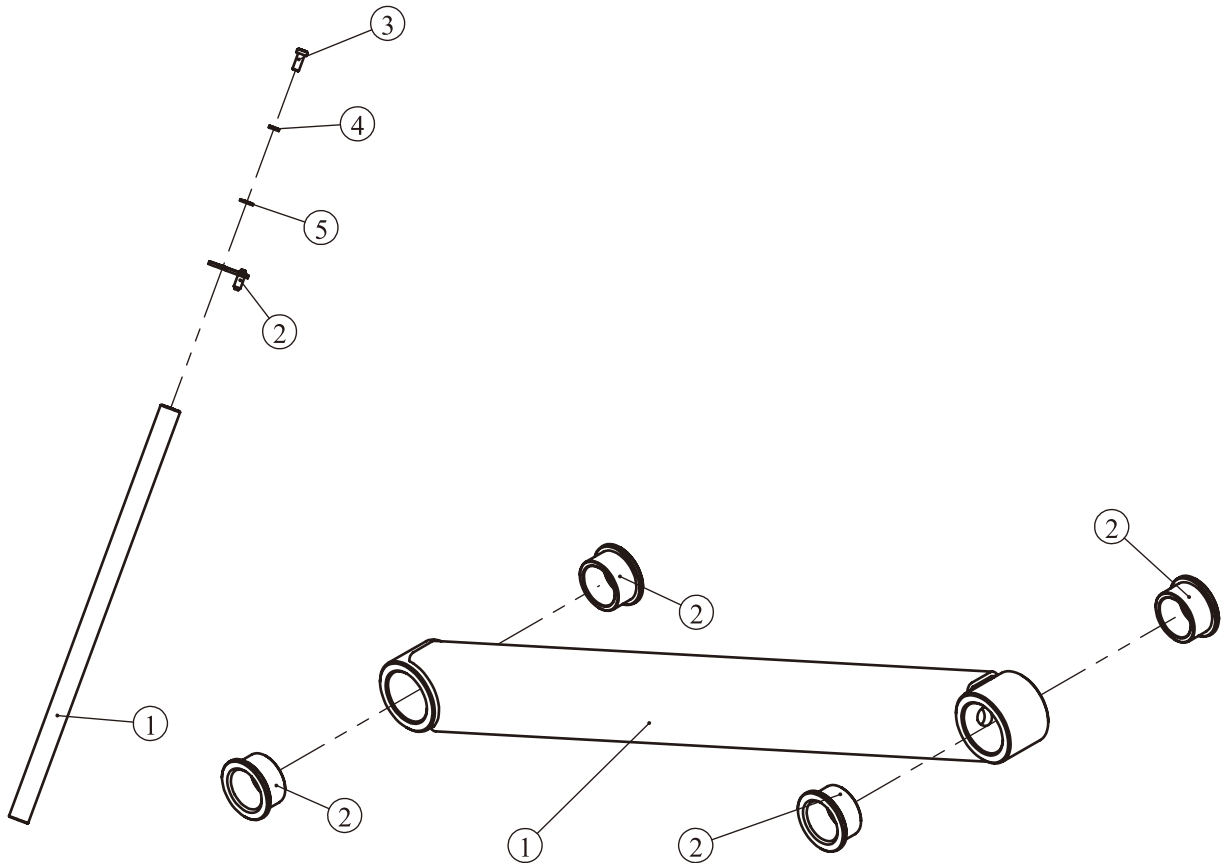


| ItemNo. | Part No. | Description | QTY |
|---------|--------------|---------------|-----|
| 11.2.1 | SL70410800 | Swing Frame | 1 |
| 11.2.2 | CHBRUTEX0703 | Sealing Plate | 1 |
| 11.2.3 | PBF70001Y | Handle Cover | 2 |
| 11.2.4 | TPF-533000 | Buffer | 1 |
| 11.2.5 | M01402000 | Cu Bearing | 2 |
| 11.2.6 | PBF60101 | Pipe Cover | 1 |

Exploded View and Parts List

Guideway ASSY

Supporting Frame ASSY

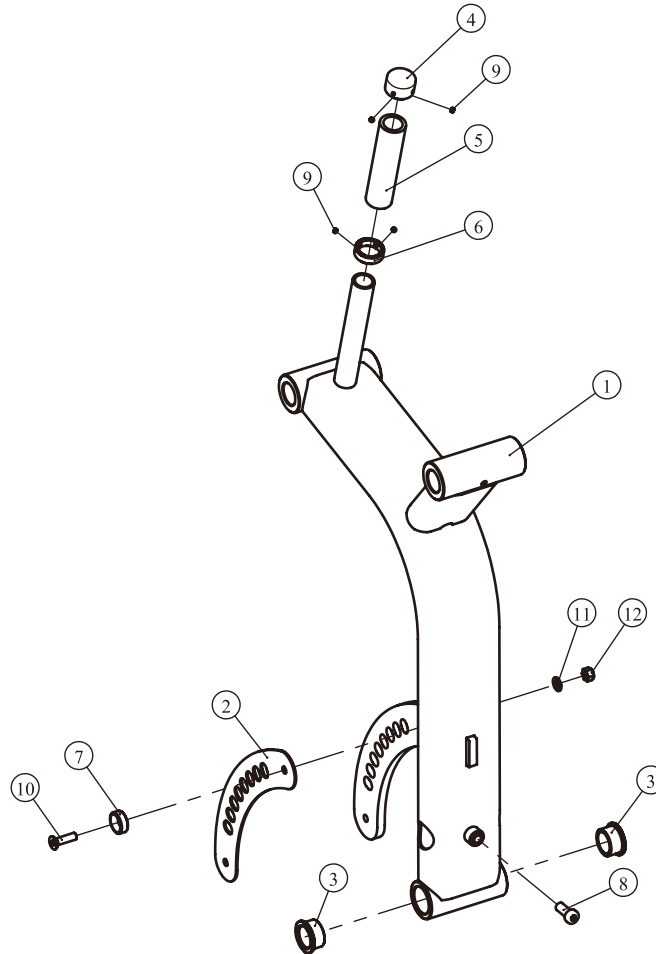


| ItemNo. | Part No. | Description | QTY |
|---------|------------------|---------------------------------|-----|
| 12.1 | ITF82012200 | Guideway | 1 |
| 12.2 | SL70251100 | Guideway Cover | 1 |
| 12.3 | GB70BTM10*25DN18 | Socket Head Cap Screw M10*25 | 1 |
| 12.4 | GB9310N19 | Spring Washer $\Phi 10$ | 1 |
| 12.5 | GB9510DN2 | Flat Washer $\Phi 11*\Phi 20*2$ | 1 |

| ItemNo. | Part No. | Description | QTY |
|---------|------------|------------------|-----|
| 14.1 | SL70410700 | Supporting Frame | 1 |
| 14.2 | M02502000 | Cu Bearing | 4 |

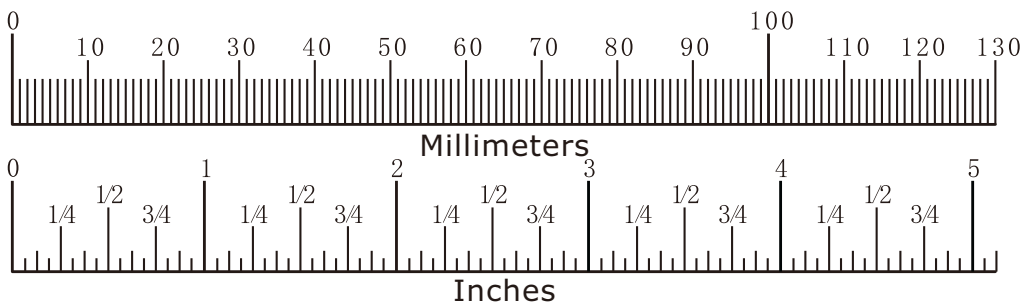
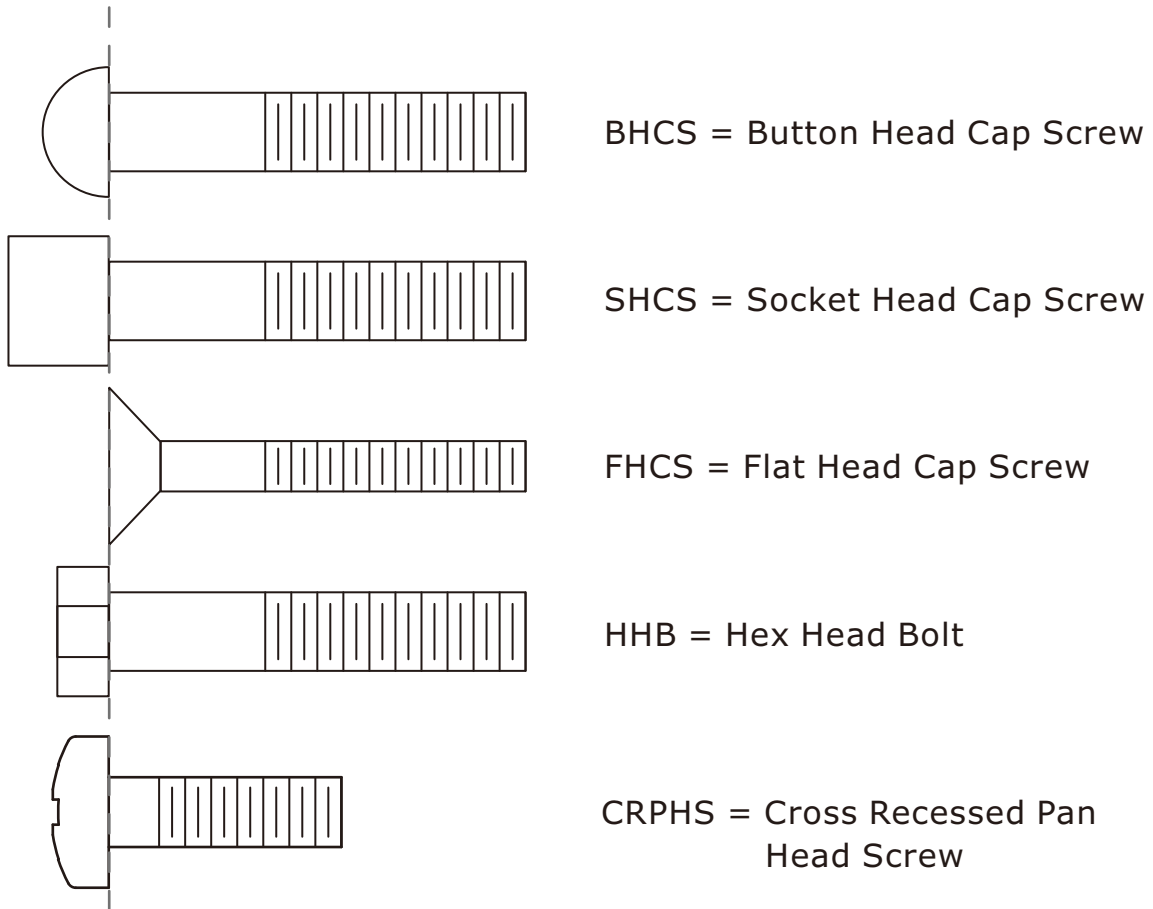
Exploded View and Parts List

Swing Frame ASSY



| ItemNo. | Part No. | Description | QTY |
|---------|--------------------|-------------------------------|-----|
| 13.1 | ITF82010800 | Swing Frame | 1 |
| 13.2 | SL70411700 | Cover | 1 |
| 13.3 | M02502000 | Cu Bearing | 2 |
| 13.4 | V39600 | Φ25.4 Cap | 1 |
| 13.5 | CWRVL0151800 | Φ25 handle Cover | 1 |
| 13.6 | V39500 | Φ25.4 Ring | 1 |
| 13.7 | XL2-40001400 | Buffer | 1 |
| 13.8 | GB70BTM10*25DN18 | Socket Head Cap Screw M10*25 | 1 |
| 13.9 | YZGB7710-32*3.2N19 | Socket Set Screw 10-32UNF*3.2 | 4 |
| 13.10 | CNLM8*30DHS20 | Flat Head Cap Screw M8*30 | 1 |
| 13.11 | GB958DHS2 | Flat Washer Φ9*Φ16*1.6 | 1 |
| 13.12 | NM8DHS2 | Nylon Lock Nut M8 | 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**

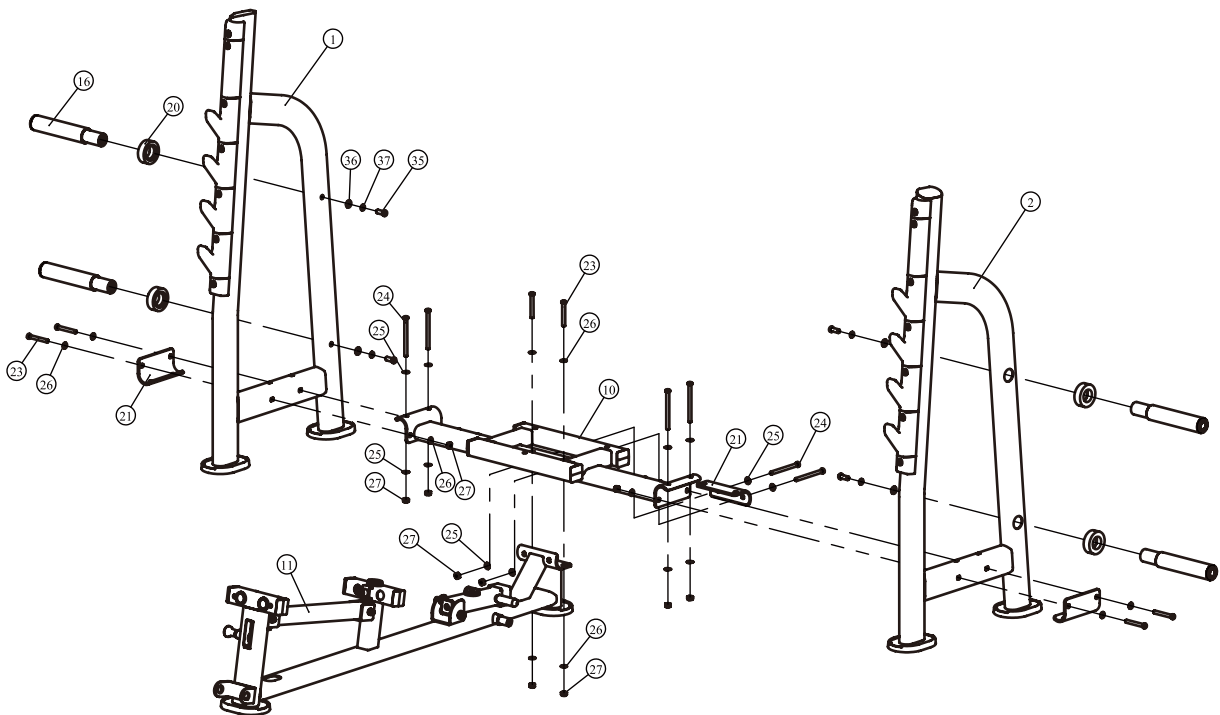
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Main Frame Second Level ASSY (#11) and Connecting Arc I (#21) to Connecting Frame ASSY (#10) using:
 - two M10*80 SHCS (#23)
 - two M10*130 SHCS (#24)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#26)
 - four $\Phi 11*\Phi 21*1.5$ Curved Washer (#25)
 - four M10 Nylon Lock Nut (#27)
2. Attach the Frame I ASSY (#1), Frame II ASSY (#2) and two Connecting Arc I (#21) to Connecting Frame ASSY (#10) using:
 - four M10*80 SHCS (#23)
 - four M10*130 SHCS (#24)
 - eight $\Phi 11*\Phi 20*2$ Flat Washer (#26)
 - eight $\Phi 11*\Phi 21*1.5$ Curved Washer (#25)
 - eight M10 Nylon Lock Nut (#27)
3. Attach the four Garbell Frame ASSY (#16) and Rubber Buffer (#20) to Frame I ASSY (#1) and Frame II ASSY (#2) using:
 - four M12*30 SHCS (#35)
 - four $\Phi 13*\Phi 24*2.5$ Flat Washer (#36)
 - four $\Phi 12$ Spring Washer (#37)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

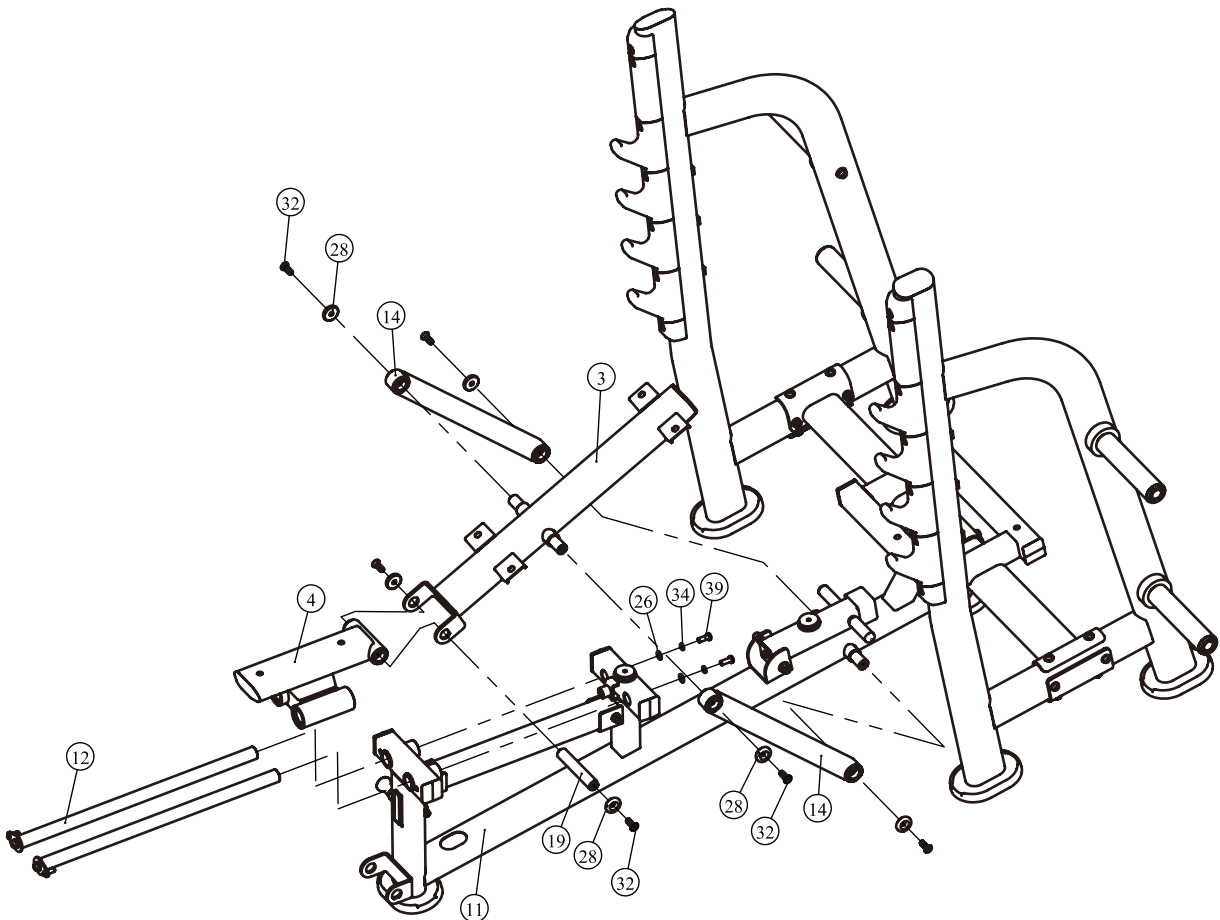


Assembly

STEP 2

1. Put two Guideway ASSY (#12) into the Sliding Frame ASSY (#4).
2. Attach the two Guideway ASSY (#12) to the Main Frame Second Level ASSY (#11) using:
 - two M10*25 SHCS (#39)
 - two $\Phi 11*\Phi 20*2$ Flat Washer (#26)
 - two $\Phi 10$ Spring Washer (#34)
3. Attach the Back Pad Frame (#3) and two Supporting Frame ASSY (#14) to the Main Frame Second Level ASSY (#11) using:
 - four M10*30 FHCS (#32)
 - four $\Phi 38$ Cap (#28)
4. Attach the Back Pad Frame (#3) to the Sliding Frame ASSY (#4) using:
 - one Shaft $\Phi 25.4*146*M10$ (#19)
 - two M10*30 FHCS (#32)
 - two $\Phi 38$ Cap (#28)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

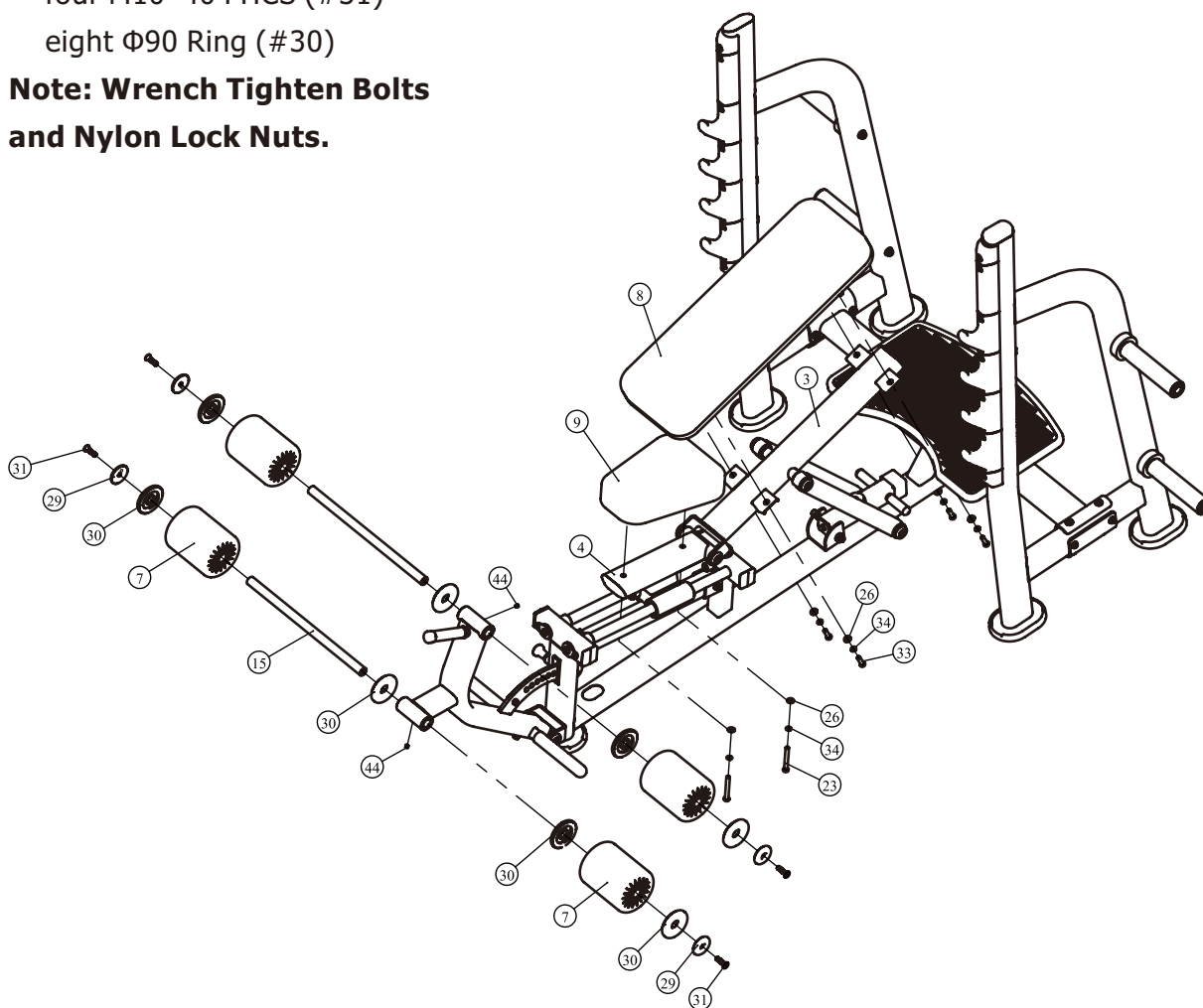


Assembly

STEP 4

1. Attach the Back Pad (#8) to the Back Pad Frame (#3) using:
 - four M10*35 SHCS (#33)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#26)
 - four $\Phi 10$ Spring Washer (#34)
2. Attach the Seating Pad (#9) to the Sliding Frame ASSY (#4) using:
 - two M10*80 SHCS (#23)
 - two $\Phi 11*\Phi 20*2$ Flat Washer (#26)
 - two $\Phi 10$ Spring Washer (#34)
3. Attach the two FOAM tube ASSY (#15) to the Swing Frame ASSY (#13) using:
 - two M8*8 Socket Set Screw (#44)
4. Attach the four Short FOAM (#7) to the FOAM tube ASSY (#15) using:
 - four $\Phi 60$ Cap (#29)
 - four M10*40 FHCS (#31)
 - eight $\Phi 90$ Ring (#30)

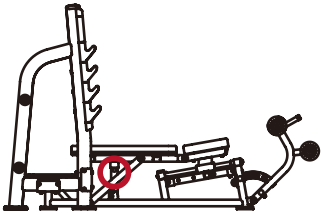
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



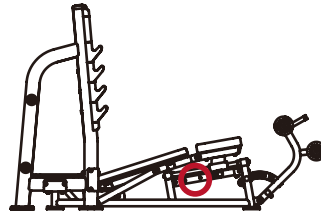
Adjust Instructions and Exercise Instructions

Adjust Instructions

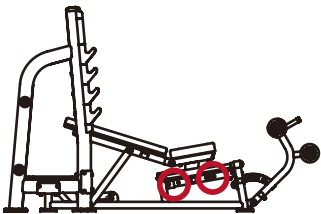
0° Flat Bench



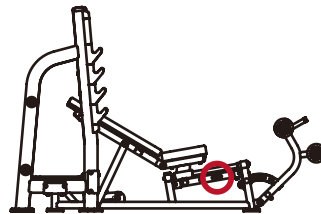
-18° Decline Bench



17° Incline Bench



30° Incline Bench



Exercise Instructions

1. Use Elastic Plug to select proper angle.
2. Lie on pad and do chest press with barbell.
3. The total weight can not be greater than 200kg, Same weight from left to right.
4. This equipment does not contain Barbell and Weight plate.

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.

