

ES7030

DUAL ADJUSTABLE PULLEY

OWNER'S MANUAL

20V

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.

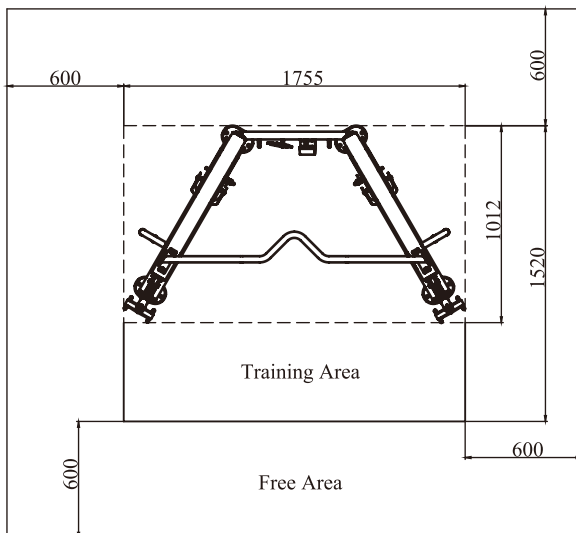
Important Safety Instructions

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: H

Maximum Wt. Capacity: 2*77kg/ 2*170lbs

Maximum User Weight: 150Kg/ 330lbs

Product Dimension: 1755*1012*2145mm

Product Total Surface: 1755*1520mm

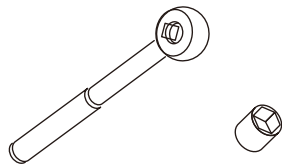
Product Total Mass:

Instructions

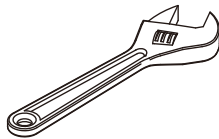
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

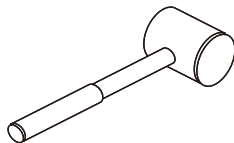
Tools Required



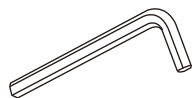
Ratchet Wrench and Socket



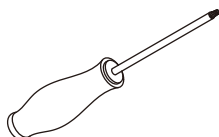
Adjustable Wrench



Rubber Mallet



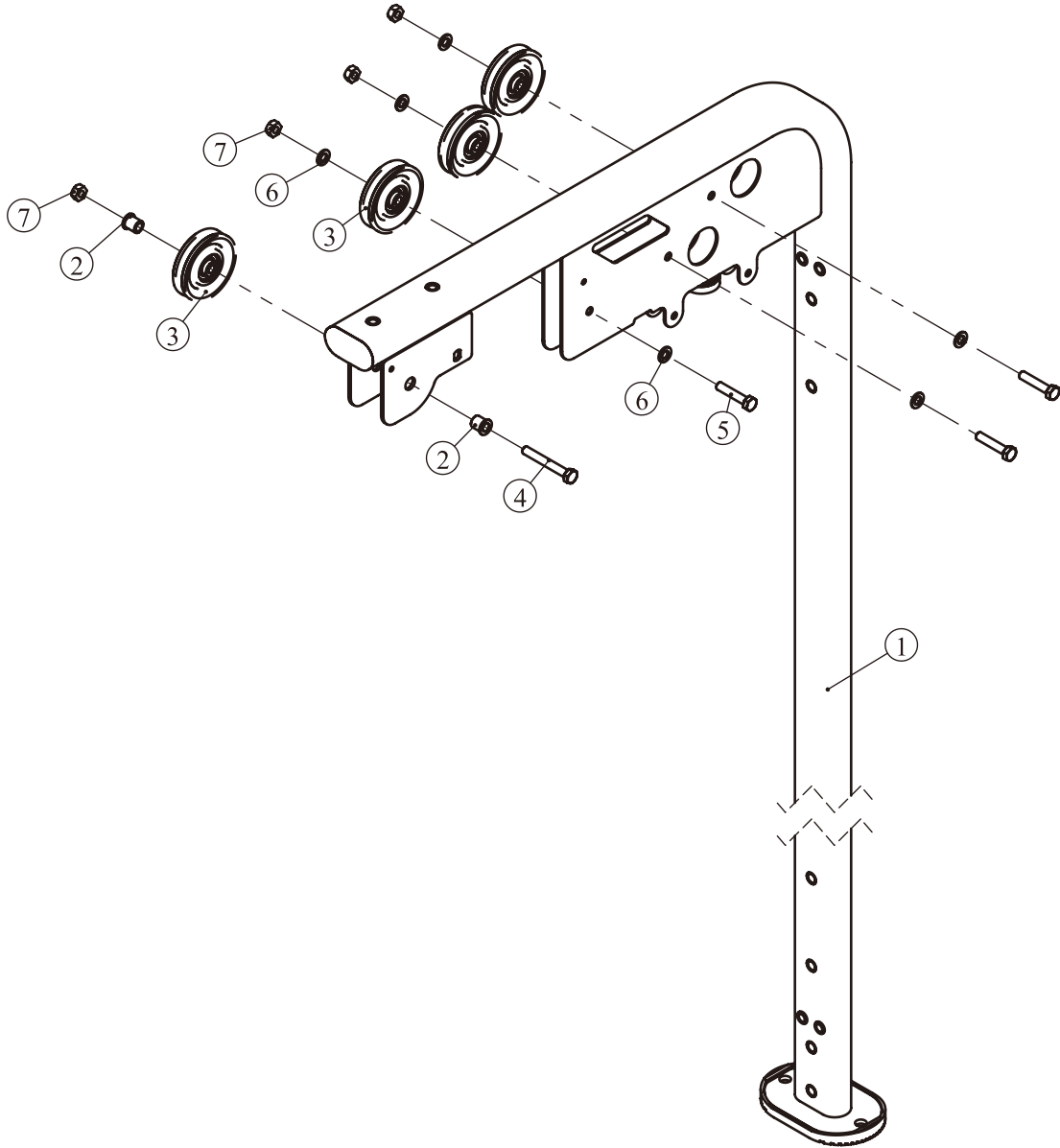
Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

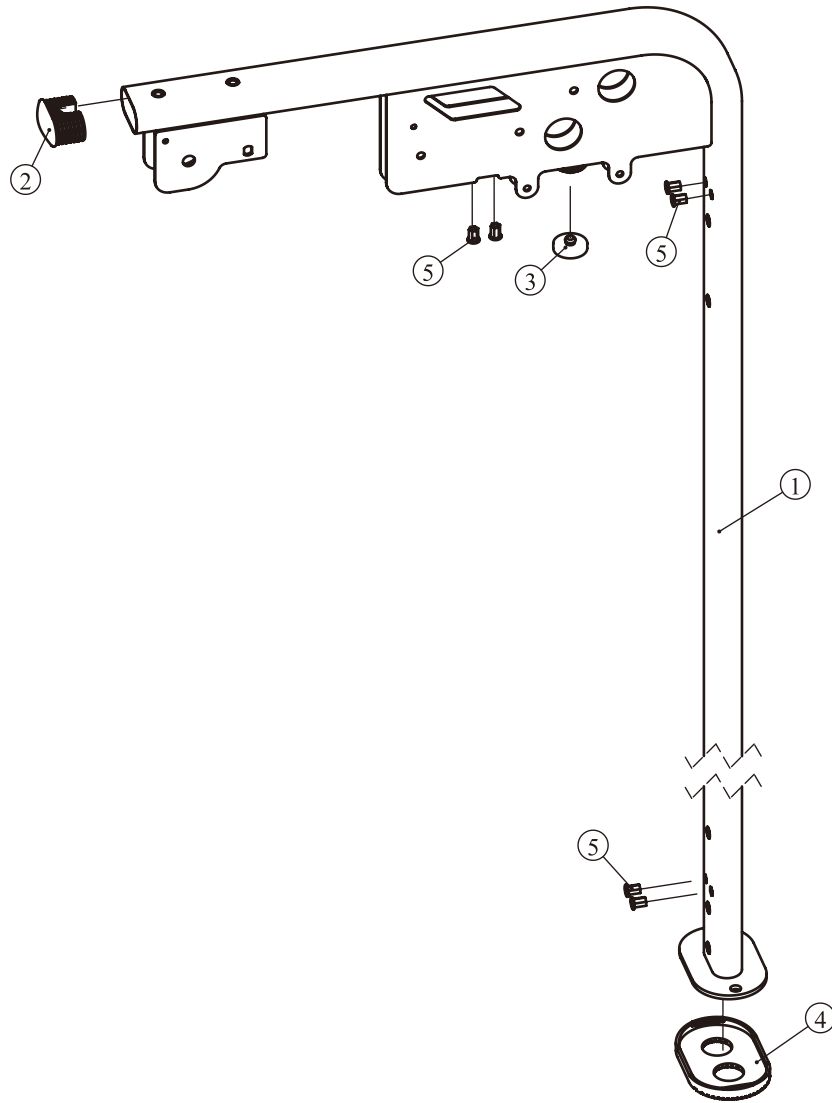
Main Frame ASSY



Item No.	Grade NO.	Part NO.	Description	QTY.
1	1.1	ES70300100ASSY	Sub, Main Frame ASSY	1
2	1.2	PS10002000	Spacer $\Phi 20 \times \Phi 10.5 \times 18.5$	2
3	1.3	M01004800V3	3.5 " Pulley	4
4	1.4	GB5780M10*75DS20	Hex Head Cap Screw M10*75	1
5	1.5	GB5780M10*50DS20	Hex Head Cap Screw M10*50	3
6	1.6	GB9510DS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	6
7	1.7	NM10DS2	Nylon Lock Nut M10	4

Exploded View and Parts List

Sub Main Frame ASSY

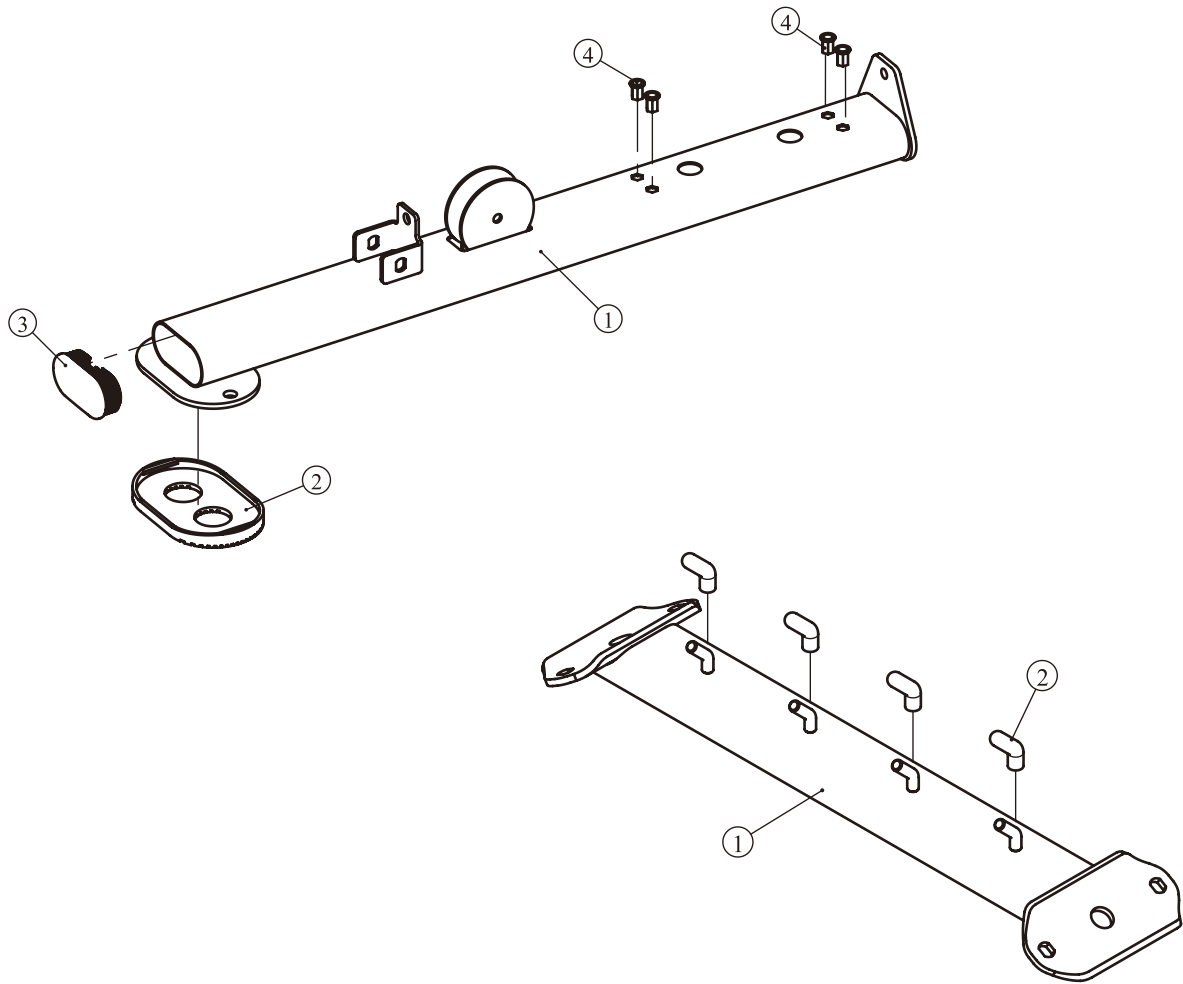


Item No.	Grade NO.	Part NO.	Description	QTY.
1	1.1.1	ES70300100	Main Frame	1
2	1.1.2	B3305400	End Cap R40*80	1
3	1.1.3	TLP-2002100	Stop Bumper	1
4	1.1.4	IT60031600V1	Foot Mat	1
5	1.1.5	GB17880.5M8*16.5DCS17	Rivet Nut M8*16.5	6

Exploded View and Parts List

Ground Frame ASSY

Upper Cross Tube ASSY

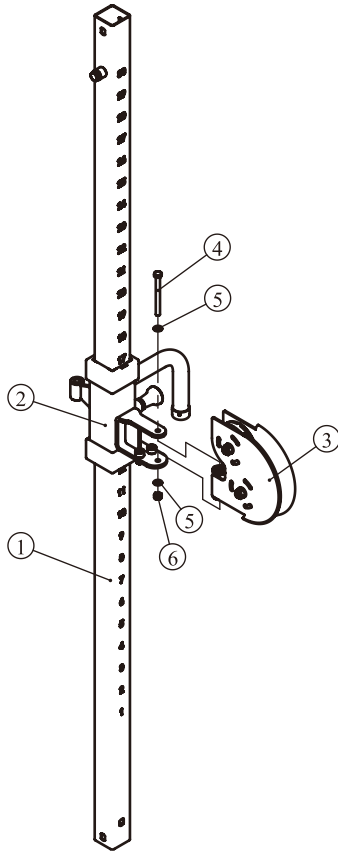


Item No.	Grade NO.	Part NO.	Description	QTY.
1	2.1	ES70300200	Ground Frame	1
2	2.2	IT60031600V1	Foot Mat	1
3	2.3	IT90013800	End Cap R50*100	1
4	2.4	GB17880.5M8*16.5DCS17	Rivet Nut M8*16.5	4

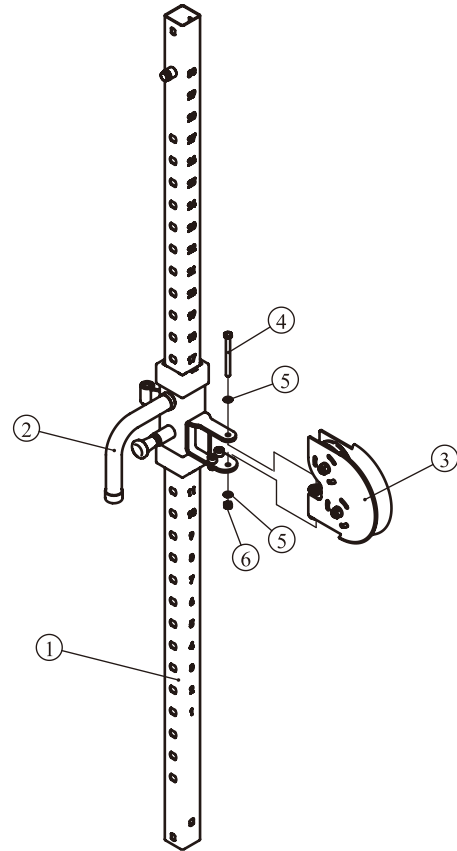
Item No.	Grade NO.	Part NO.	Description	QTY.
1	3.1	ES70300300	Upper Cross Tube	1
2	3.2	V311400	PVC Jacket	4

Exploded View and Parts List

Adjustment Column 1 ASSY



Adjustment Column 2 ASSY

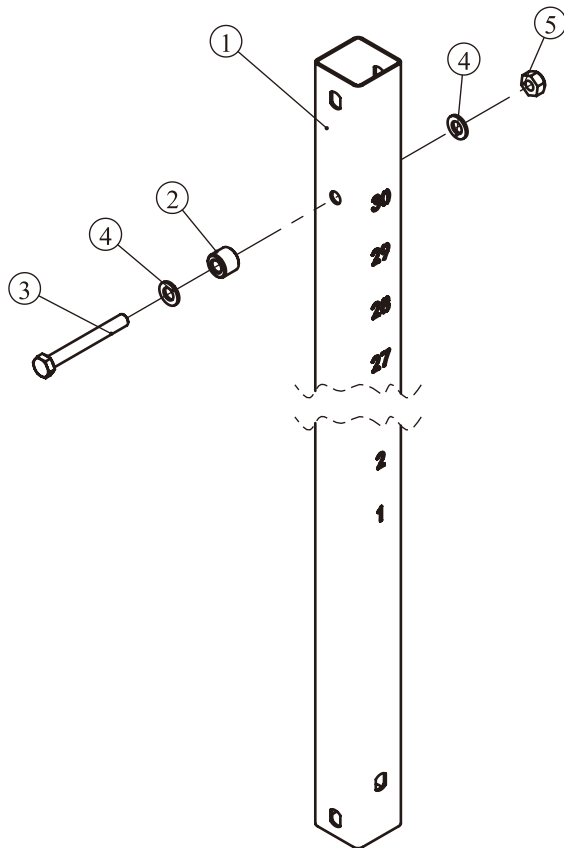


Item No.	Grade NO.	Part NO.	Description	QTY.
1	5.1	ES70300500ASSY	Sub, Adjustment Column 1 ASSY	1
2	5.2	ES70300800ASSY	Sliding Carriage 1 ASSY	1
3	5.3	IT952520V1ASSY	Double Pulley Bracket ASSY	1
4	5.4	GB5780M8*90DS20	Hex Head Cap Screw M8*90	1
5	5.5	GB958DS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
6	5.6	NM8DS2	Nylon Lock Nut M8	1

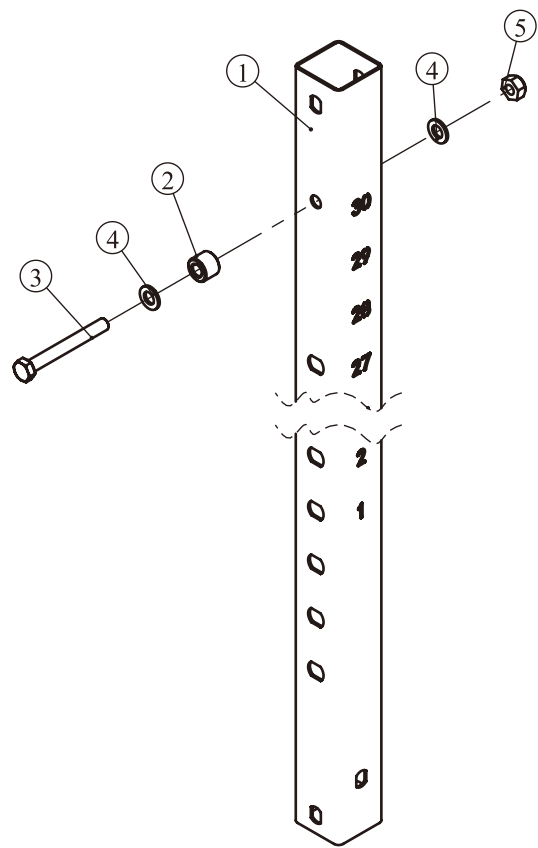
Item No.	Grade NO.	Part NO.	Description	QTY.
1	6.1	ES70300600ASSY	Sub, Adjustment Column 2 ASSY	1
2	6.2	ES70300900ASSY	Sliding Carriage 2 ASSY	1
3	6.3	IT952520V1ASSY	Double Pulley Bracket ASSY	1
4	6.4	GB5780M8*90DS20	Hex Head Cap Screw M8*90	1
5	6.5	GB958DS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
6	6.6	NM8DS2	Nylon Lock Nut M8	1

Exploded View and Parts List

Sub, Adjustment Column 1 ASSY



Sub, Adjustment Column 2 ASSY

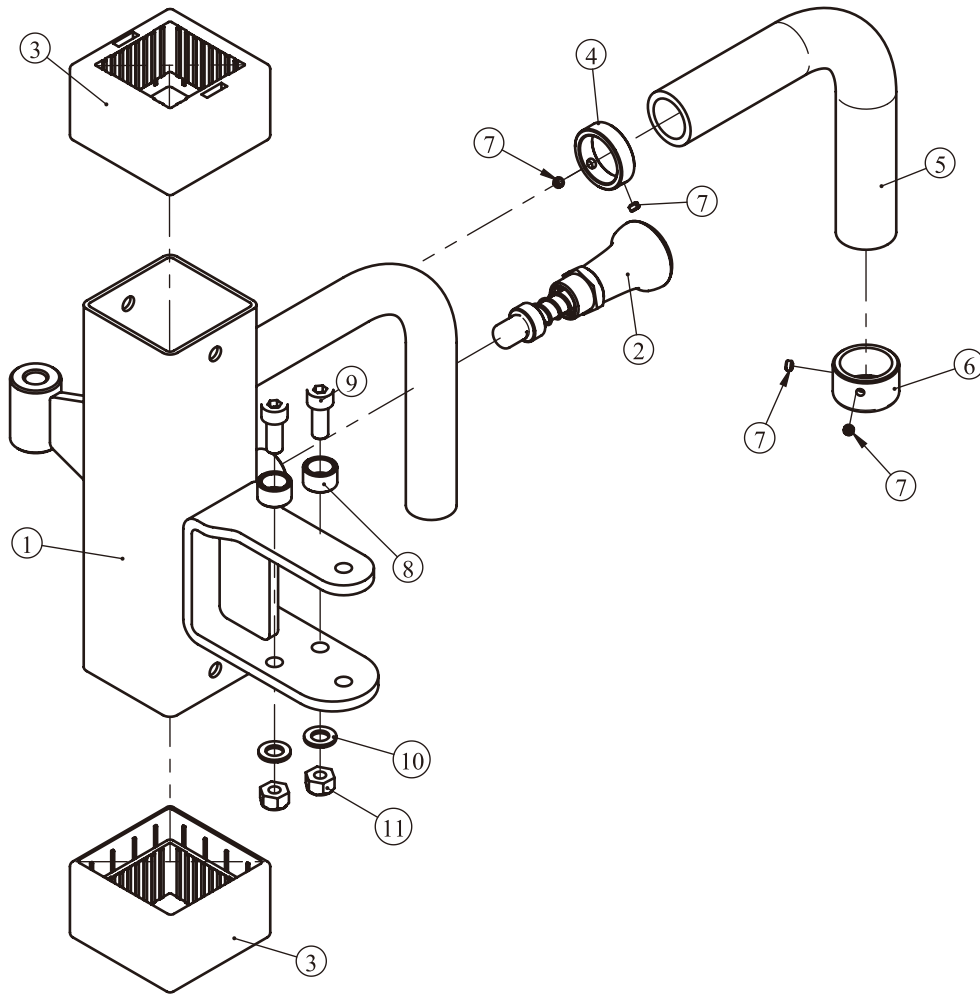


Item No.	Grade NO.	Part NO.	Description	QTY.
1	5.1.1	ES70300500	Adjustment Tube 1	1
2	5.1.2	FS544600	Stop Nylon SleeveΦ20*Φ10*16	1
4	5.1.3	GB5780M10*85DS20	Hex Head Cap Screw M10*85	1
5	5.1.4	GB9510DS2	Flat Washer Φ11*Φ20*2	2
6	5.1.5	NM10DS2	Nylon Lock Nut M10	1

Item No.	Grade NO.	Part NO.	Description	QTY.
1	6.1.1	ES70300600	Adjustment Tube 2	1
2	6.1.2	FS544600	Stop Nylon SleeveΦ20*Φ10*16	1
4	6.1.3	GB5780M10*85DS20	Hex Head Cap Screw M10*85	1
5	6.1.4	GB9510DS2	Flat Washer Φ11*Φ20*2	2
6	6.1.5	NM10DS2	Nylon Lock Nut M10	1

Exploded View and Parts List

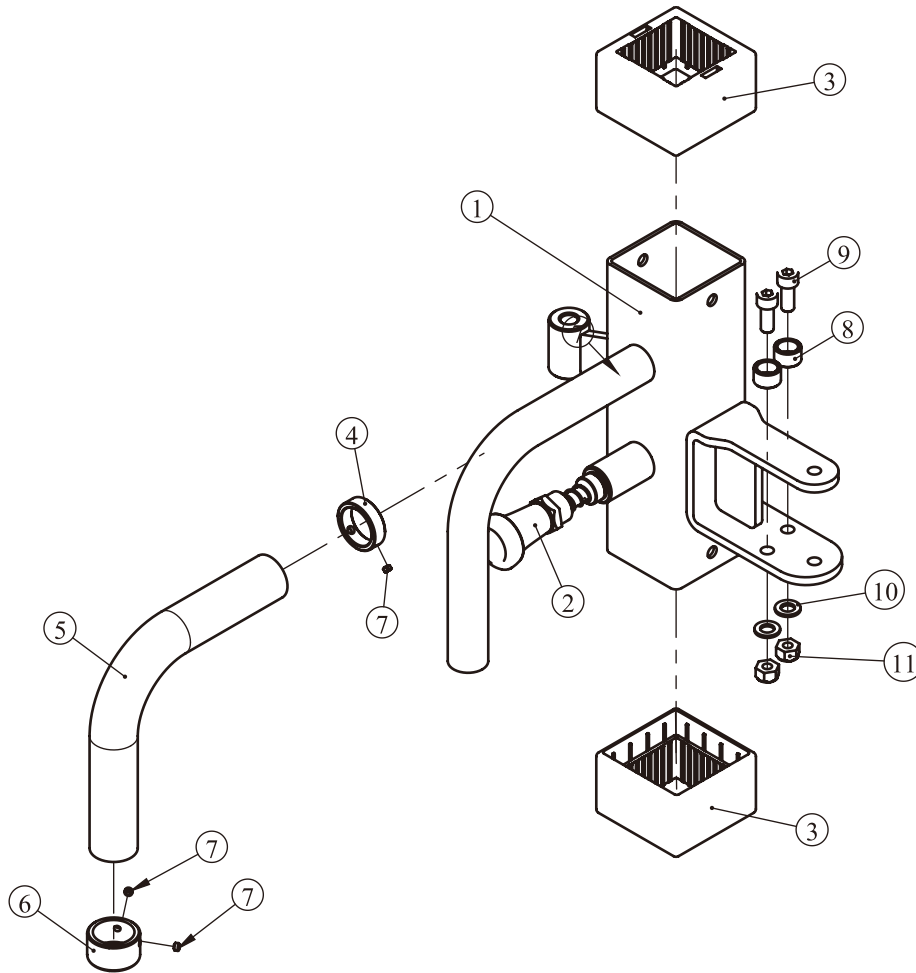
Sliding Carriage 1 ASSY



Item No.	Grade NO.	Part NO.	Description	QTY.
1	5.2.1	ES70300800	Sliding Carriage 1	1
2	5.2.2	IT95251600	Adjustment Pin ASSY	1
3	5.2.3	KPSOB2100V1	Wear Sleeve	2
4	5.2.4	V39500	Collar $\Phi 25.4, AL$	1
5	5.2.5	C011PL2500	Grip	1
6	5.2.6	V39600	End Cap $\Phi 25.4, AL$	1
7	5.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
8	5.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9	5.2.9	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
10	5.2.10	GB958DS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11	5.2.11	NM8DS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Sliding Carriage 2 ASSY

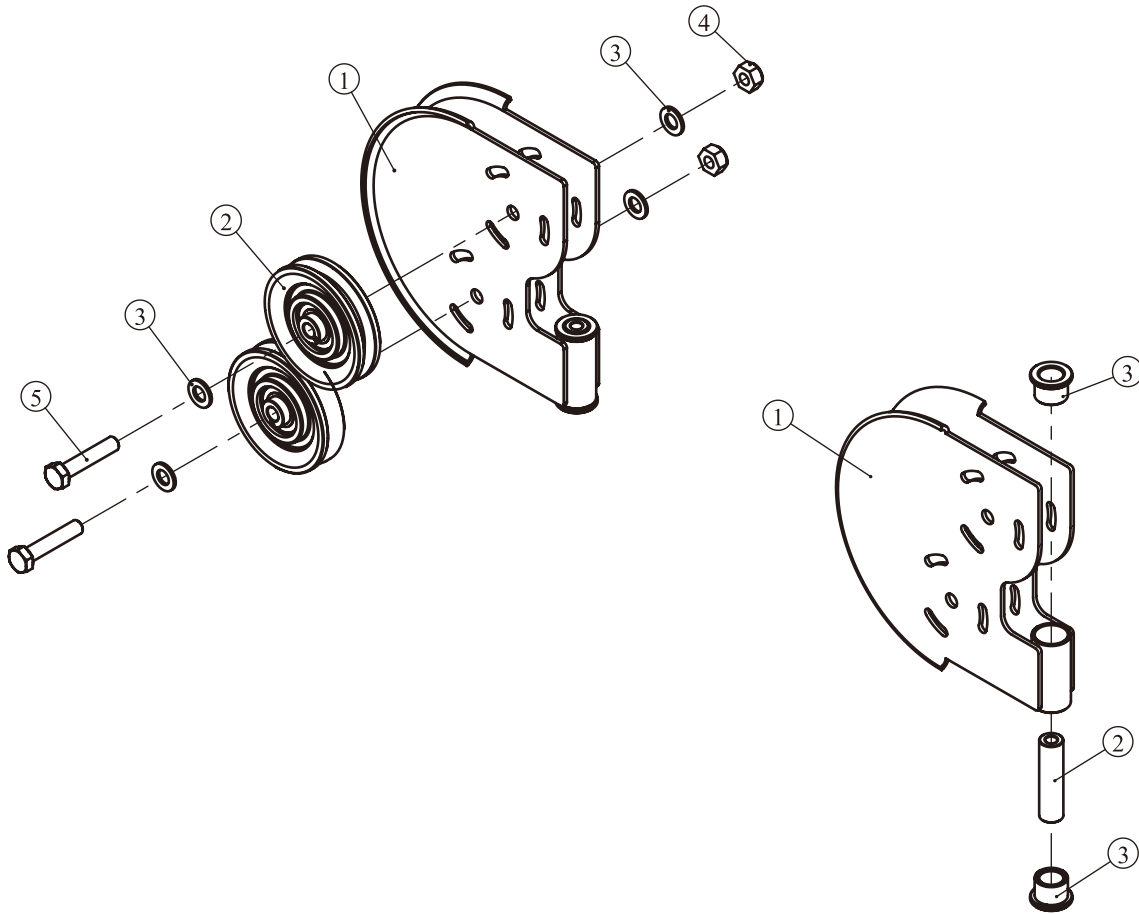


Item No.	Grade NO.	Part NO.	Description	QTY.
1	6.2.1	ES70300900	Sliding Carriage 2	1
2	6.2.2	IT95251600	Adjustment Pin ASSY	1
3	6.2.3	KPSOB2100V1	Wear Sleeve	2
4	6.2.4	V39500	Collar $\Phi 25.4, AL$	1
5	6.2.5	C011PL2500	Grip	1
6	6.2.6	V39600	End Cap $\Phi 25.4, AL$	1
7	6.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
8	6.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9	6.2.9	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
10	6.2.10	GB958DS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11	6.2.11	NM8DS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Double Pulley Bracket ASSY

Sub Double Pulley Bracket ASSY

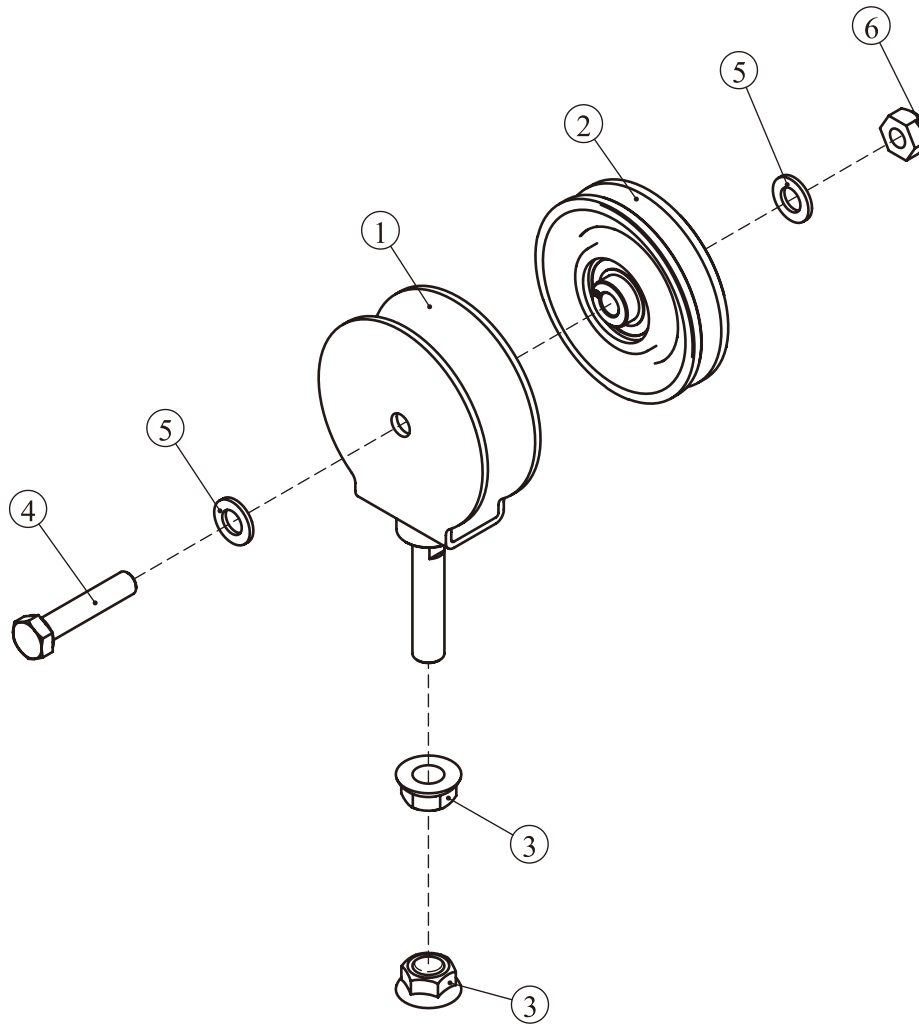


Item No.	Grade NO.	Part NO.	Description	QTY.
1	5.3.1	IT95252000ASSY	Sub, Double Pulley Bracket ASSY	1
2	5.3.2	M01004800V3	3.5 " Pulley	2
3	5.3.3	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
4	5.3.4	NM10DS2	Nylon Lock Nut M10	2
5	5.3.5	GB5780M10*50DS20	Hex Head Cap Screw M10*50	2

Item No.	Grade NO.	Part NO.	Description	QTY.
1	5.3.1.1	IT95252000	Double Pulley Bracket	1
2	5.3.1.2	IT95251800	Shaft $\Phi 16 * \Phi 8.5 * 62$	1
3	5.3.1.3	L1-6800	Bushing $\Phi 28 * \Phi 22 * \Phi 16 * 18$	2

Exploded View and Parts List

Pulley Bracket ASSY



Item No.	Grade NO.	Part NO.	Description	QTY.
1	7.1	PL90221800	Pulley Bracket	1
2	7.2	M01004800V3	3.5 " Pulley	1
3	7.3	HF900-03A1002	Nut 1/2"-13	2
4	7.4	GB5780M10*50DS20	Hex Head Cap Screw M10*50	1
5	7.5	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
6	7.6	NM10DS2	Nylon Lock Nut M10	1

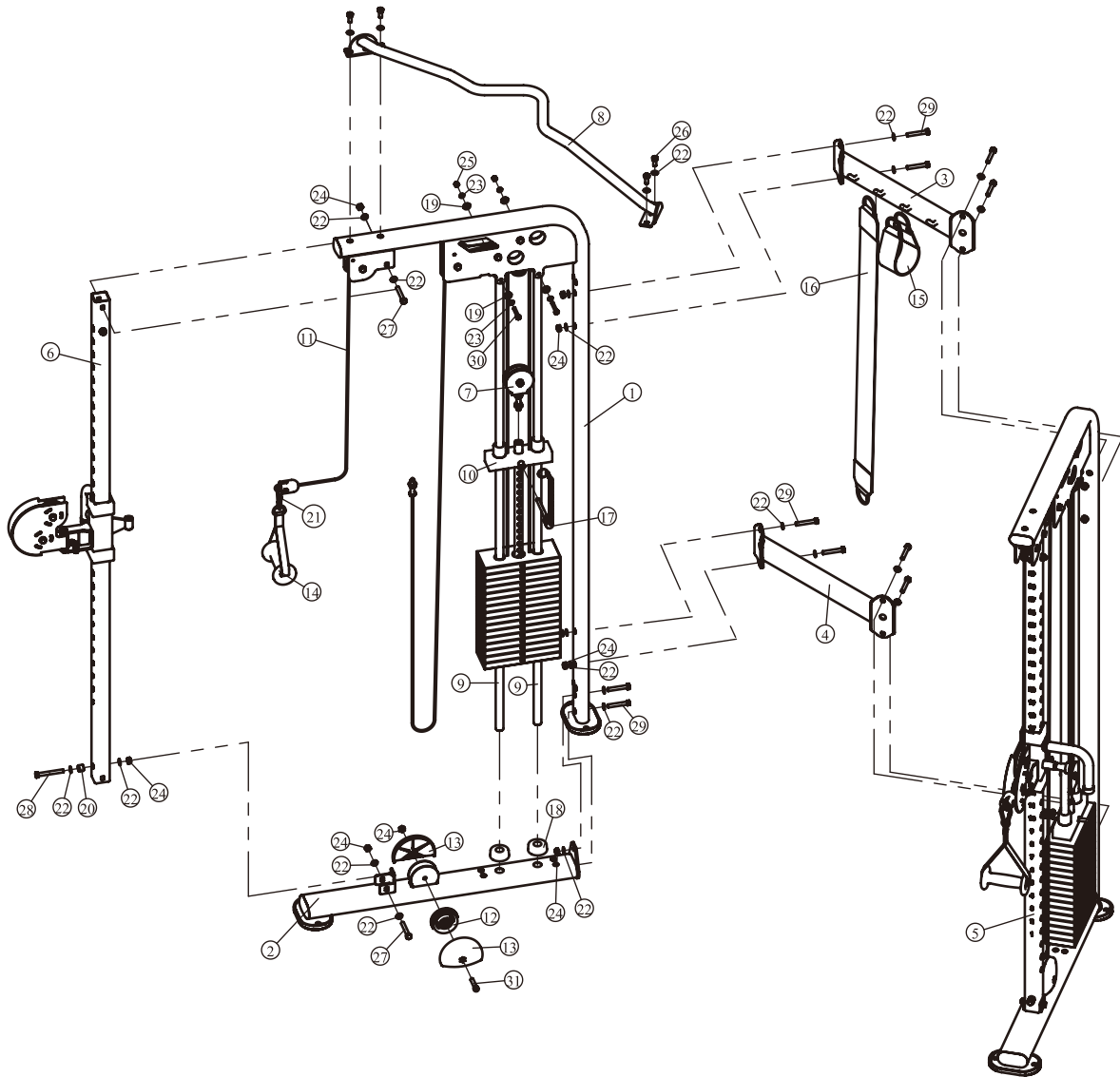
Exploded View and Parts List

ES7030ZJ Overall

Item No.	Grade NO.	Part NO.	Description	QTY.
1	1	ES703001ASSY	Main Frame ASSY	2
2	2	ES703002ASSY	Ground Frame ASSY	2
3	3	ES703003ASSY	Upper Cross Tube ASSY	1
4	4	ES70300400	Lower Cross Tube	1
5	5	ES703005ASSY	Adjustment Column 1 ASSY	1
6	6	ES703006ASSY	Adjustment Column 2 ASSY	1
7	7	ES300032V1ASSY	Pulley Bracket ASSY	2
8	8	ES90300400	Handle Frame	1
9	9	ES90301200	Guide Rod $\Phi 25 \times 1805$	4
10	10	ES70301000	Top Plate	2
11	11	ES70301600	Cable ASSY	2
12	12	M01004800V3	3.5 " Pulley	2
13	13	IT80033800B	3.5 " Pulley Cover	4
14	14	IT95255200	D-Strap	2
15	15	V310800	Leg EXT/Curl Strap	1
16	16	IFFTB7500	Retractable Strap	1
17	17.1	IE95191400	Selector Pin W/Coil	2
18	17.2	PBG10003	Rubber Bumper $\Phi 62 \times \Phi 25.2 \times 25$	4
19	17.3	BNH0248	Plastic Washer $\Phi 23 \times \Phi 9.5 \times 1.5$	8
20	17.4	FS544600	Stop Nylon Sleeve $\Phi 20 \times \Phi 10 \times 16$	2
21	17.5	HLG8DS2	Gear Hook	2
22	17.6	GB9510DS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	38
23	17.7	GB958DS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
24	17.8	NM10DS2	Nylon Lock Nut M10	18
25	17.9	NM8DS2	Nylon Lock Nut M8	4
26	17.10	GB5781M10*25DS20	Hex Head Cap Screw M10*25	4
27	17.11	GB5780M10*75DS20	Hex Head Cap Screw M10*75	4
28	17.12	GB5780M10*85DS20	Hex Head Cap Screw M10*85	2
29	17.13	GB5780M10*65DS20	Hex Head Cap Screw M10*65	12
30	17.14	GB5780M8*50DS20	Hex Head Cap Screw M8*50	4
31	17.15	GB70M10*50DS20	Socket Head Cap Screw M10*50	2
38	17.16	NBS8DHS	Hex Key S=8	1
39	17.17	NBS0.188DHS	Hex Key S=3/16"	1
40	17.18	YHY	Lube	1

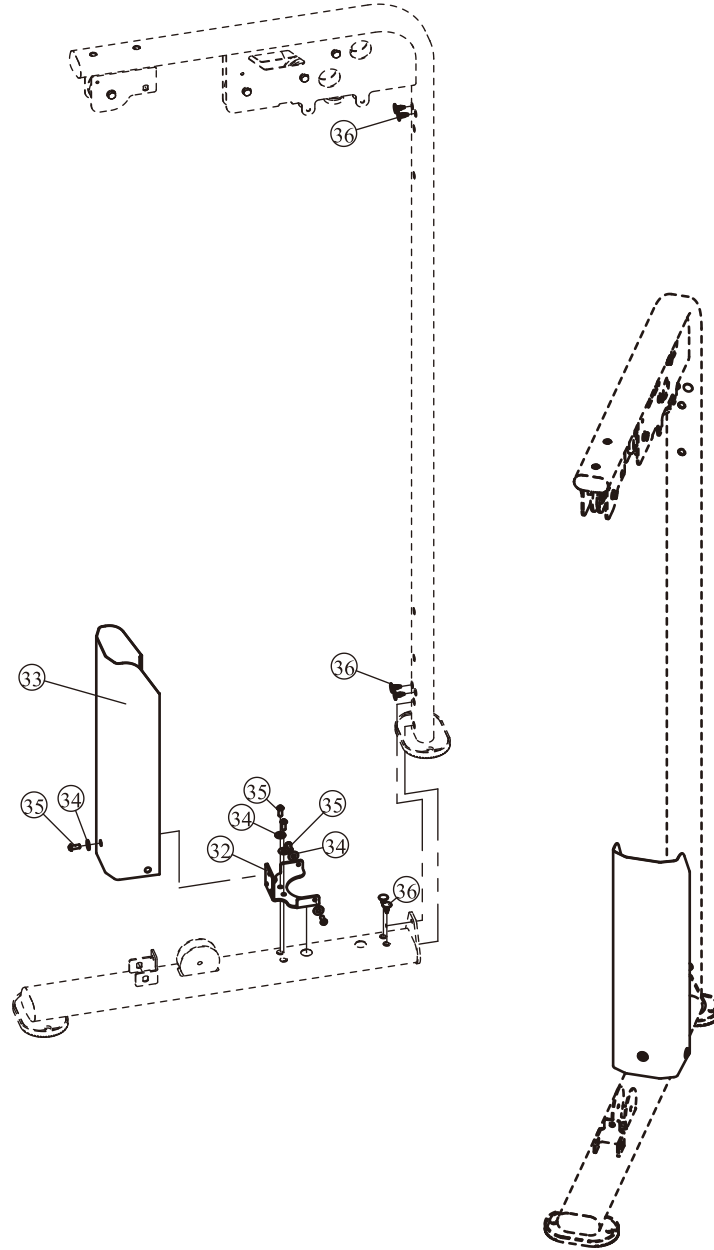
Exploded View and Parts List

ES7030ZJ Overall



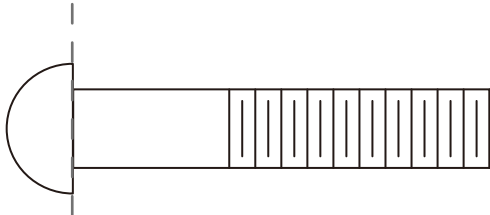
Exploded View and Parts List

ES7030KBX Overall

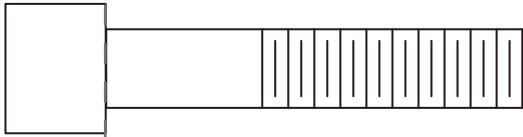


Item No.	Grade NO.	Part NO.	Description	QTY.
32	32	ES90306300	Mounted Plate	2
33	33	ES90308000	Low Shroud	2
34	34.1	DQ8DS2	Flat Washer $\Phi 9 * \Phi 22 * 1.6$	10
35	34.2	PNLM8*20DS20	Button Head Cap Screw M8*20	10
36	34.3	IT90014300	Hole Plug	12
37	34.4	NBS5DHS	Hex Key S=5	1

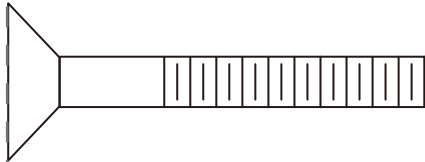
Measurement Guide



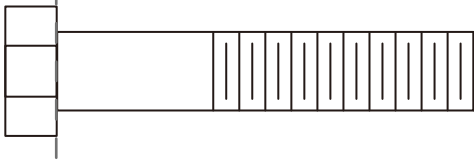
BHCS = Button Head Cap Screw



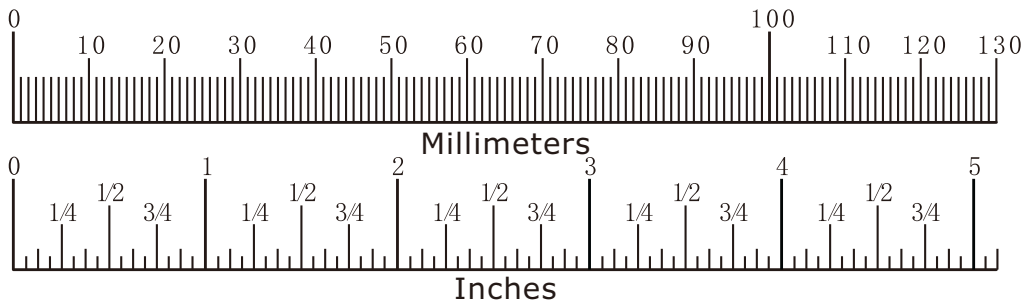
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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

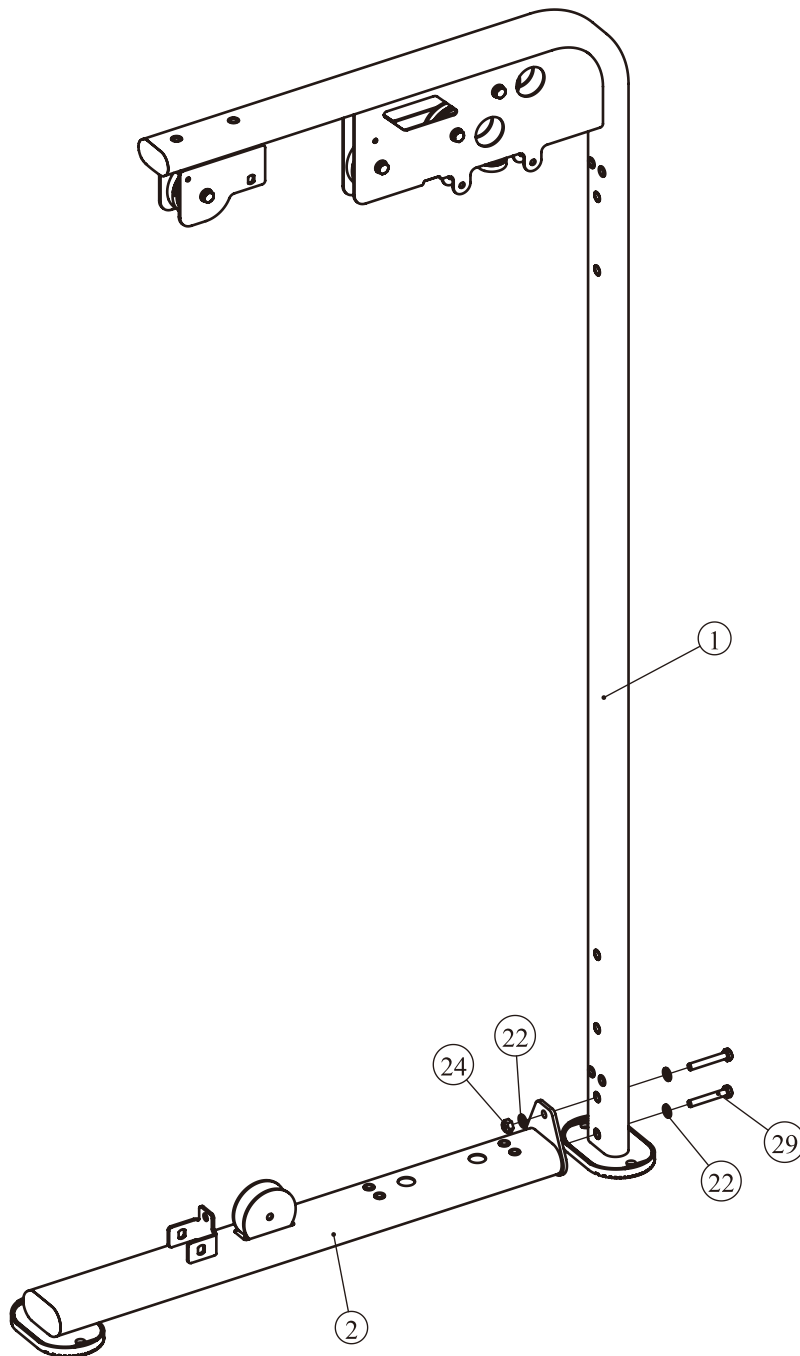
Attach Two Main Frame ASSY (#1) to Two Ground Frame ASSY (#2), using:

four M10*65 HHCS (#29)

six $\Phi 11*\Phi 20*2$ Flat Washers (#22)

two M10 Nylon lock Nuts (#24)

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.



Assembly

STEP 2

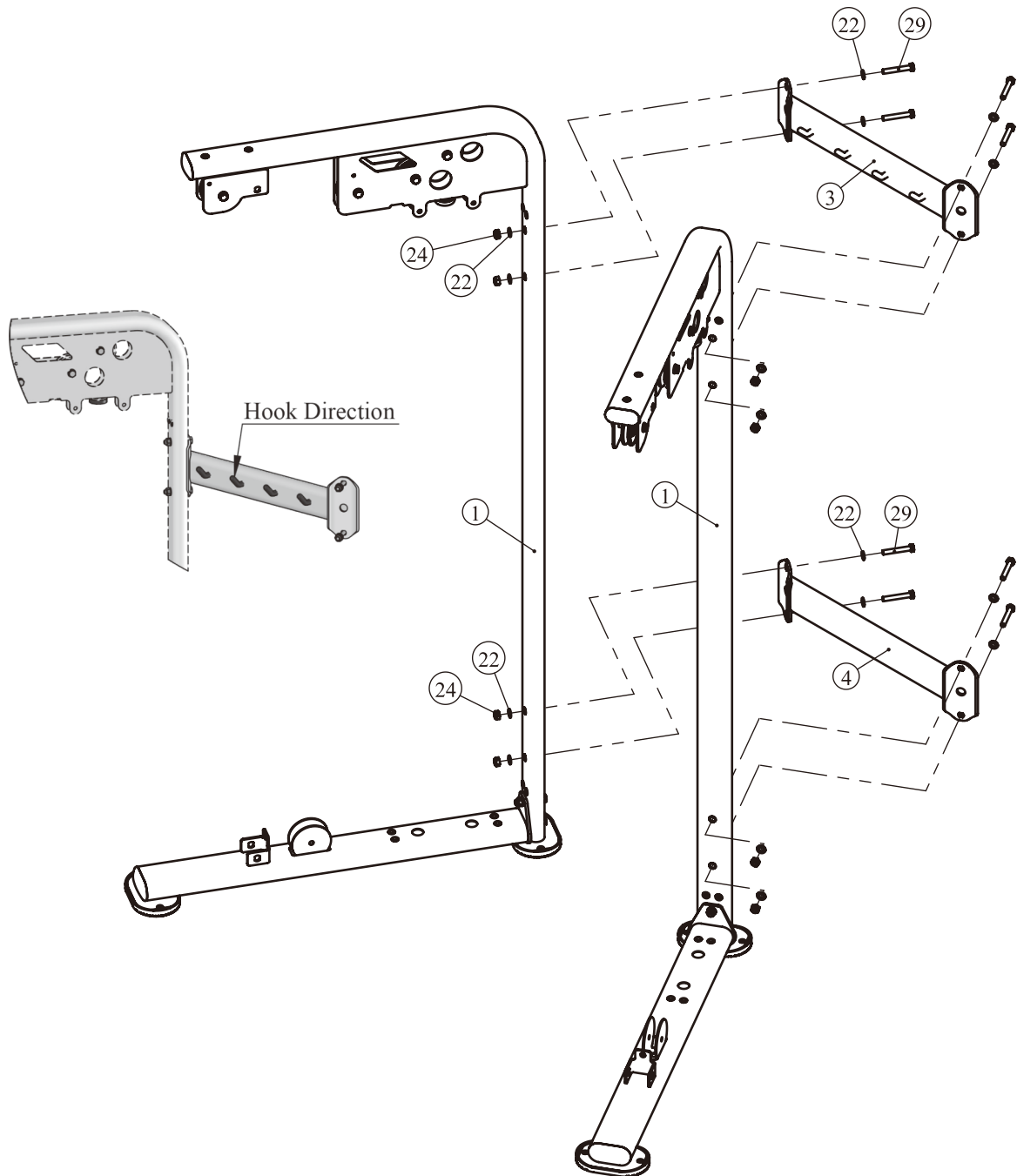
Attach Upper Cross Tube ASSY (#3), Lower Cross Tube (#4) to Main Frame ASSY (#1), using:

eight M10*65 HHCS (#29)

sixteen $\Phi 11*\Phi 20*2$ Flat Washers (#22)

eight M10 Nylon lock Nuts (#24)

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.

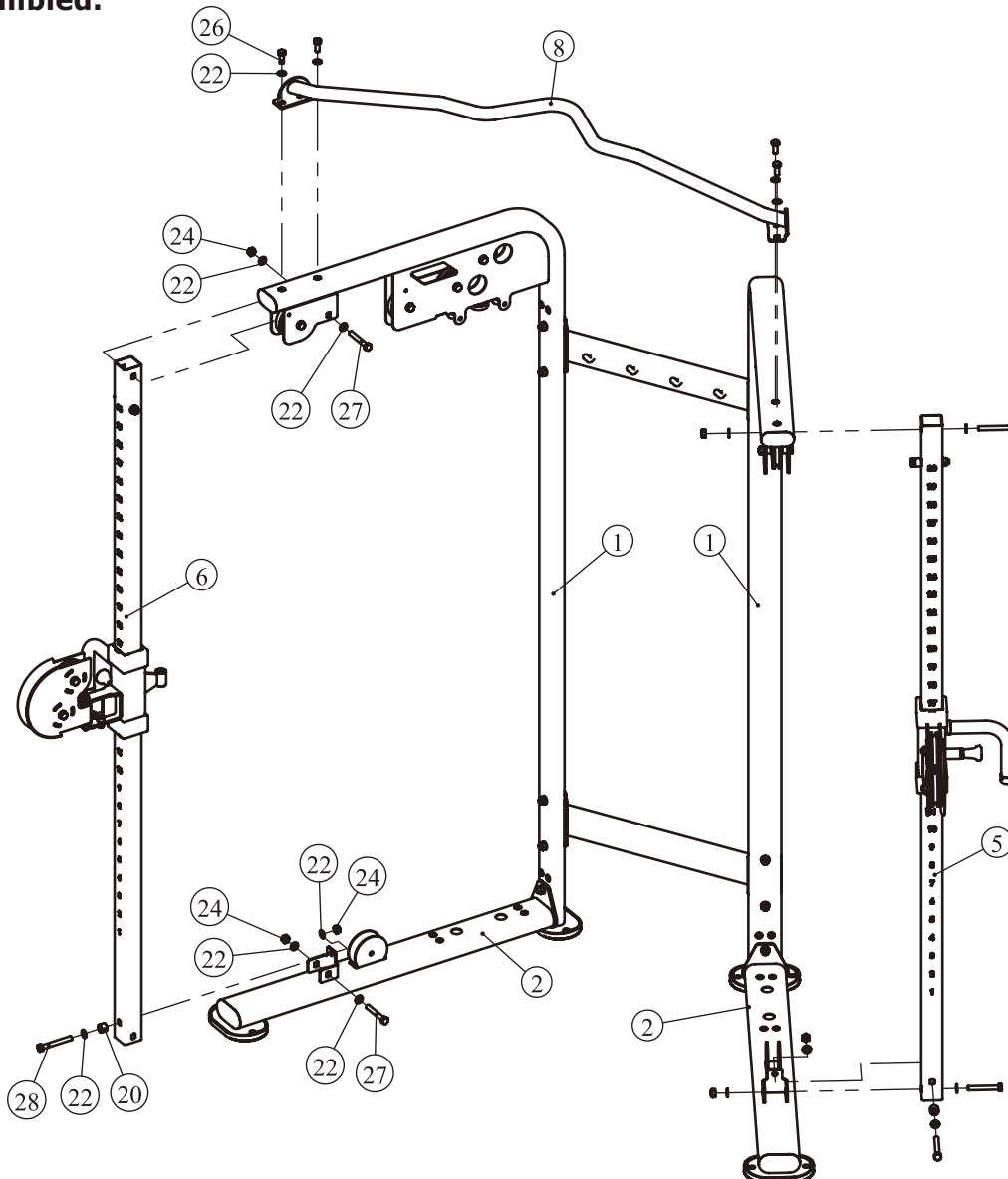


Assembly

STEP 3

1. Attach Adjustment Column 1 ASSY (#5), Adjustment Column 2 ASSY (#6) to Main Frame ASSY (#1) and Ground Frame ASSY (#2), using:
 - four M10*75 HHCS (#27)
 - two M10*85 HHCS (#28)
 - two Stop Nylon Sleeve $\Phi 20 \times \Phi 10 \times 16$ (#20)
 - twelve $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#22)
 - six M10 Nylon lock Nuts (#24)
2. Attach Handdle Frame (#8) to Main Frame ASSY (#1), using:
 - four M10*25 HHCS (#26)
 - four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#22)

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.

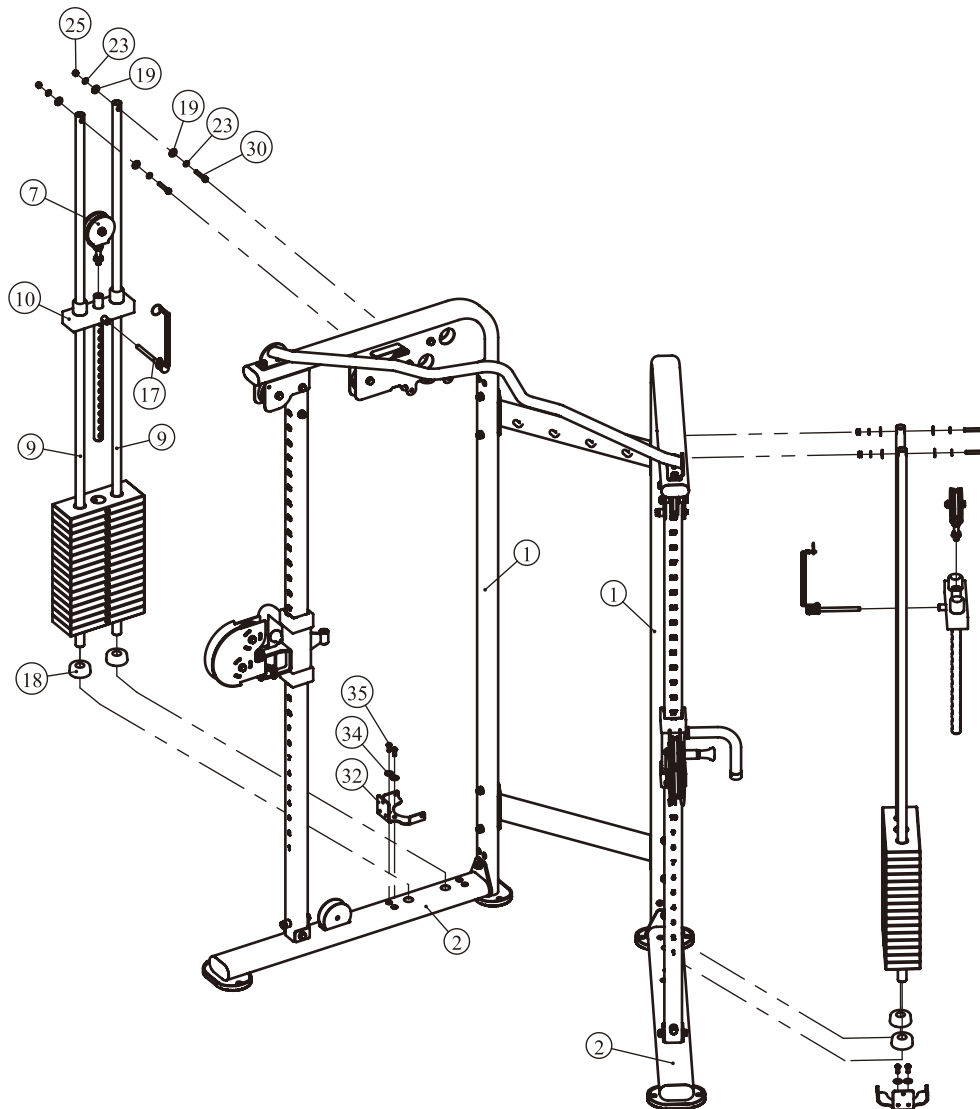


Assembly

STEP 4

1. Attach two Mounted Plate (#32) to two Ground Frame ASSY (#2), using:
four $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washers (#34) four M8*20 BHCS (#35)
2. Attach:
four $\Phi 25 \times 1805$ Guide Rod (#9) four $\Phi 62 \times \Phi 25.2 \times 25$ Rubber Bumper (#18)
thirty-two 10lbs Weight Plate two Top Plate (#10)
to two Main Frame ASSY (#1) and two Ground Frame ASSY (#2), using:
four M8*50 HHCS (#30) eight $\Phi 23 \times \Phi 9.5 \times 1.5$ Plastic Washer (#19)
four M8 Nylon Lock Nuts (#25) eight $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#23)
3. Attach two Pulley Bracket ASSY (#7) to two Top Plate (#10).
4. Attach two Selector Pin W/Coil (#17) to Weight Stack.

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.

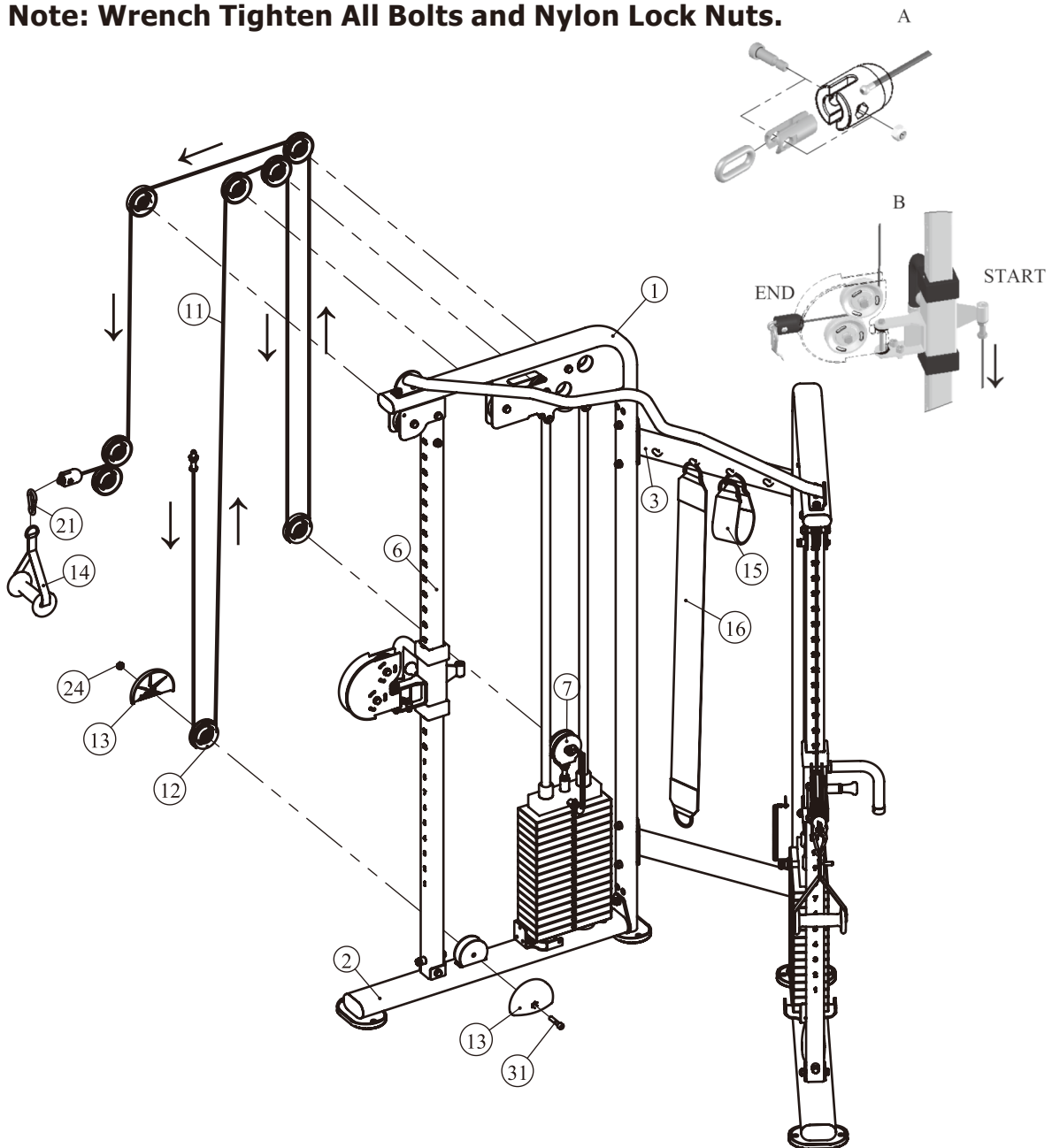


Assembly

STEP 5

1. Disassemble the Cable ASSY (#11) according to Figure A, Install the cable (#11) in the direction of arrow as shown, using:
two M10*50 SHCS (#31) two 3.5" Pulley (#12)
four 3.5" Pulley Cover (#13) two M10 Nylon Lock Nut (#24)
After the cable is installed, Assemble it according to Figure A.
2. Attach two D-Strap (#14) to two Cable ASSY (#11), using:
two Gear Hook (#21)
3. Hung up Leg EXT/Curl Strap (#15), Retractable Strap (#16).

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.

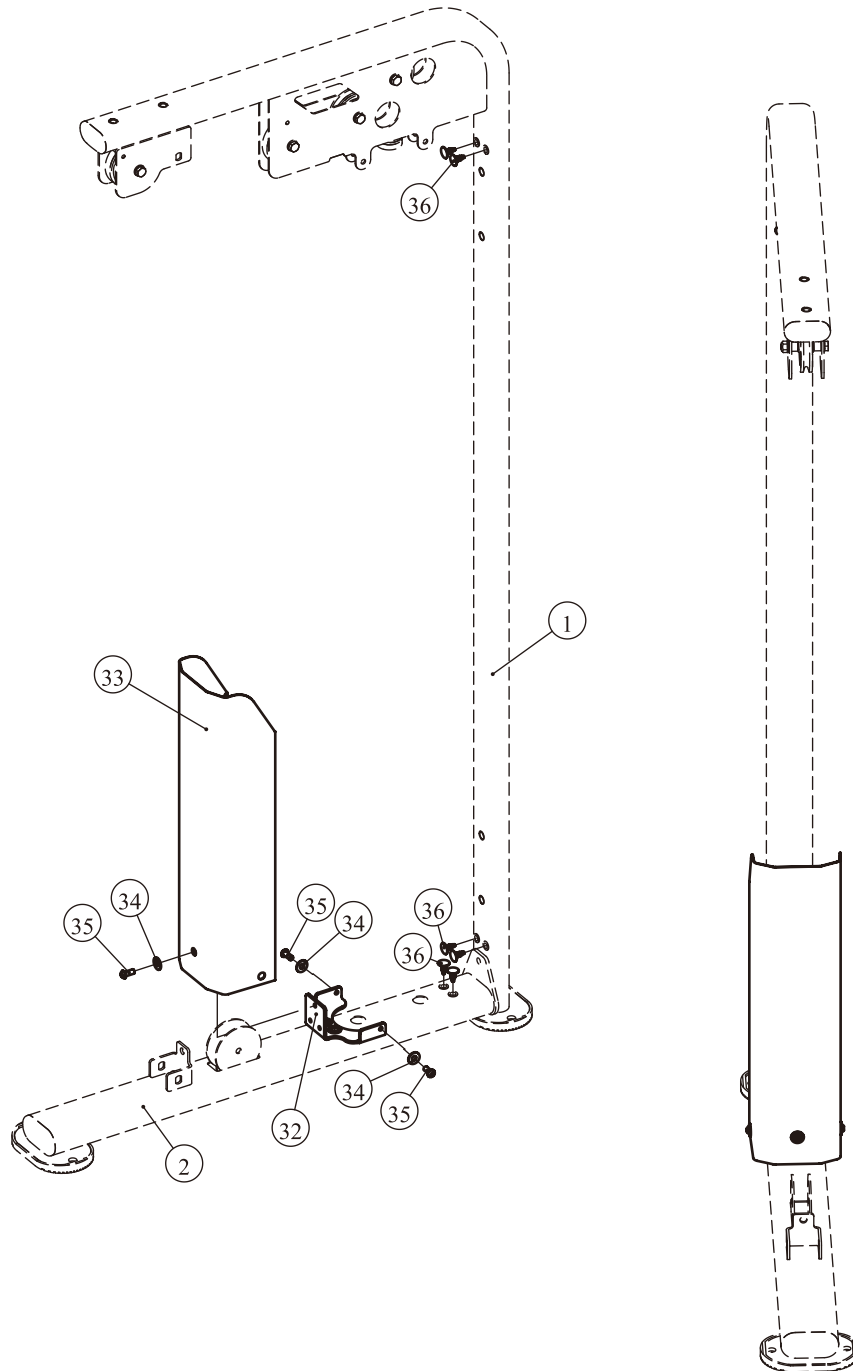


Assembly

STEP 6

1. Attach two Low Shroud (#33) to two Mounted Plate (#32) using:
six $\Phi 9*\Phi 22*1.6$ Flat Washers (#34)
six M8*20 BHCS (#35)
2. Attach twelve Hole Plug (#36) to Two Main Frame ASSY (#1) and Two Ground Frame ASSY (#2).

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.



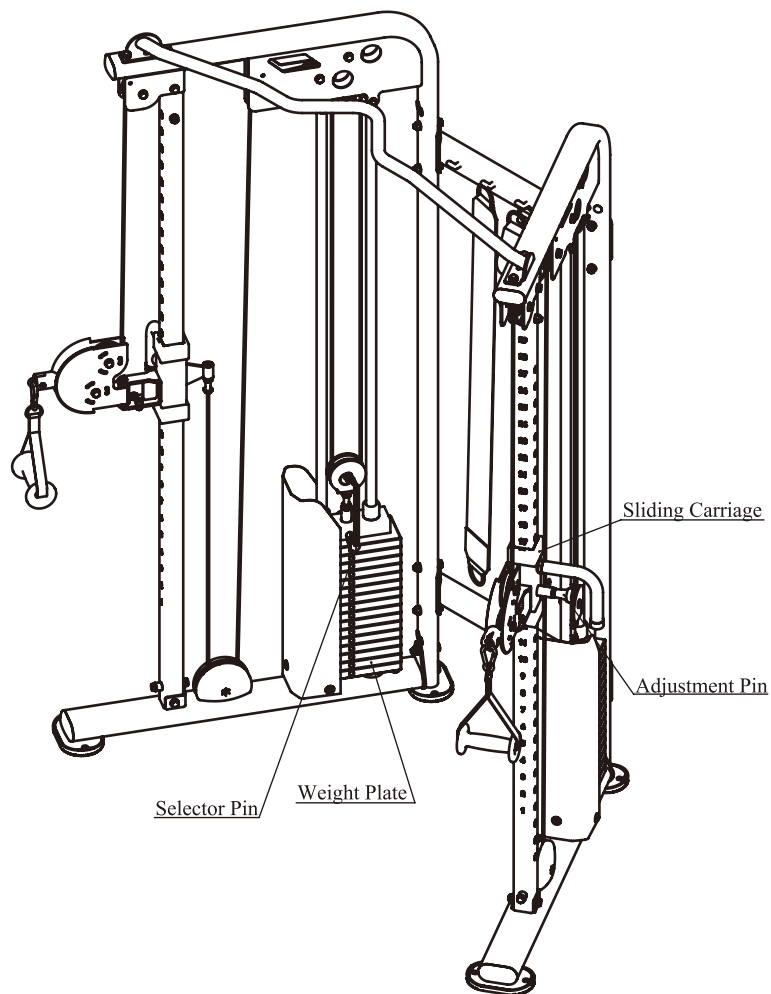
Adjust Instructions

Adjustment of Sliding Carriage

1. Pull the Adjustment Pin and Adjust Sliding Carriage to Desired Position.
2. Make Sure the Pin Gets into the Hole Completely.

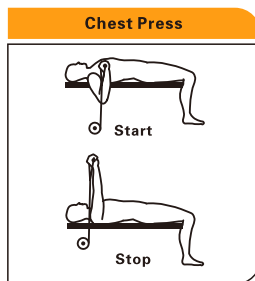
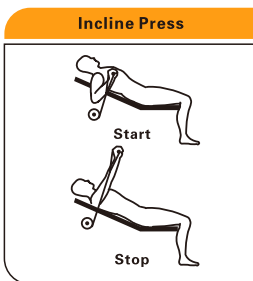
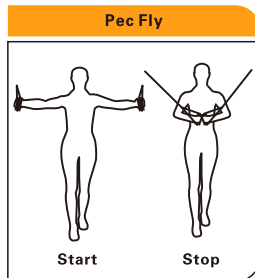
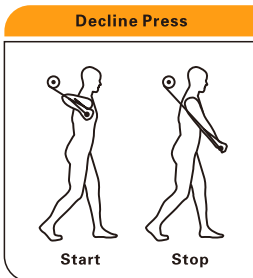
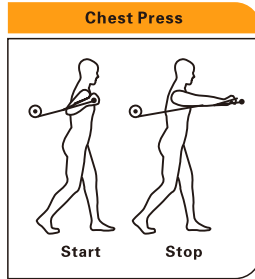
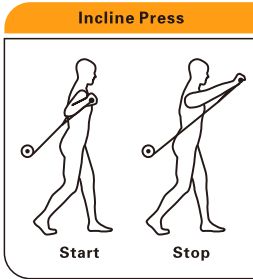
Use of Selector Pin

1. Select an Appropriate Weight and Put the Selector Pin into the Hole.
2. Make Sure the Selector Pin Gets into the Hole Completely.

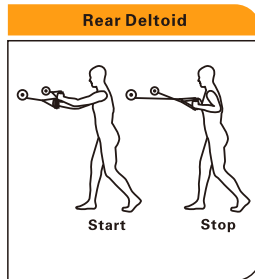
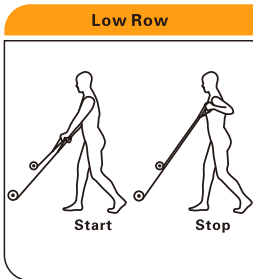
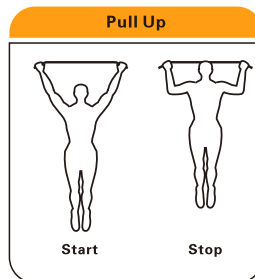
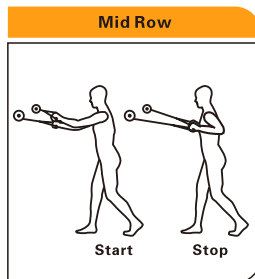
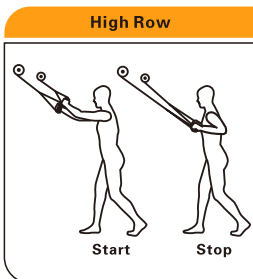


Exercise Instructions

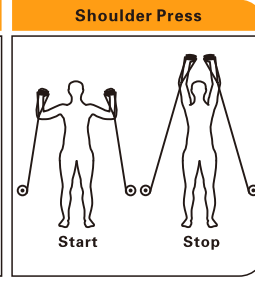
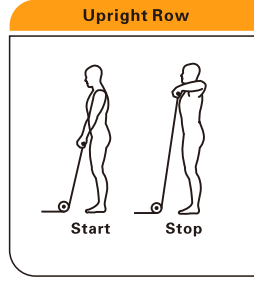
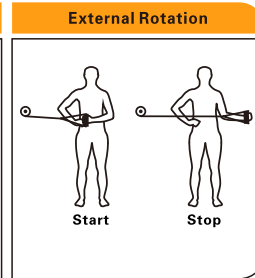
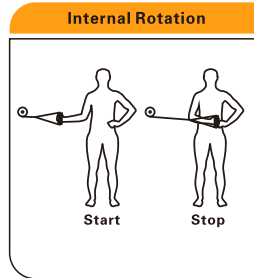
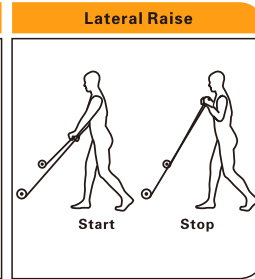
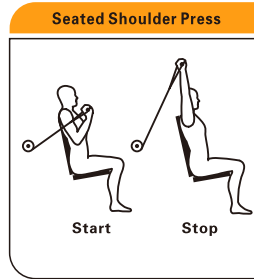
Chest



Back

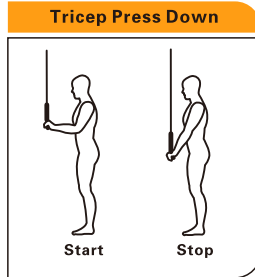
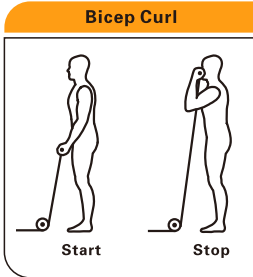


Shoulders

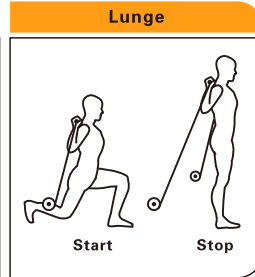
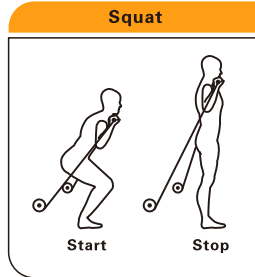


Exercise Instructions

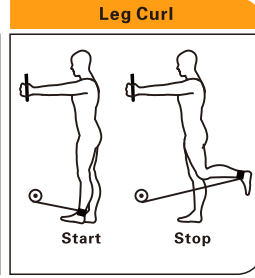
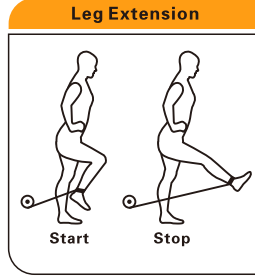
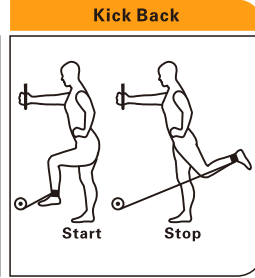
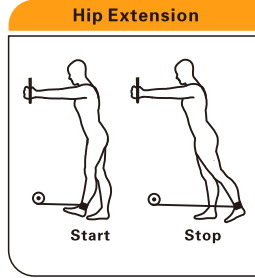
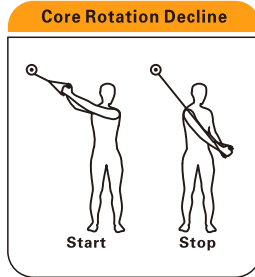
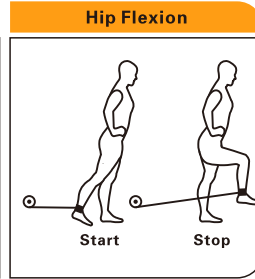
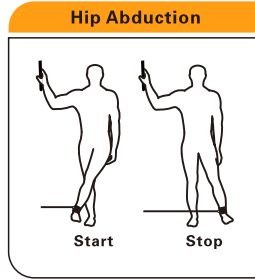
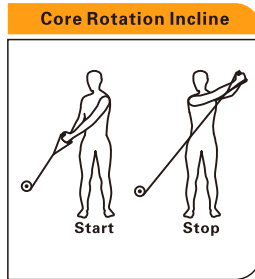
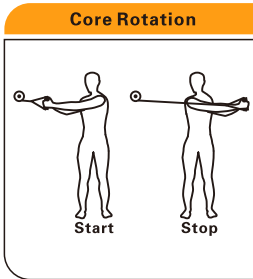
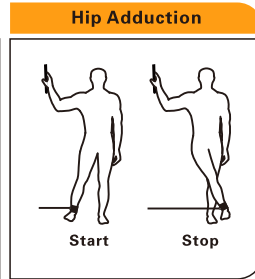
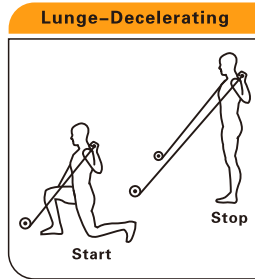
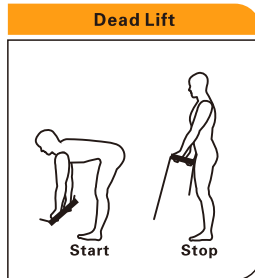
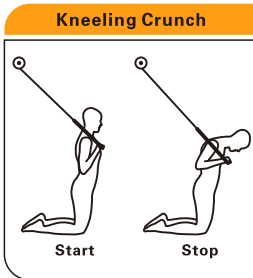
Arms



Lower Body



Core



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 bolt 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.

