

SL7051

Assisted Nordic Ham

Owner's Manual

24J

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

Table Of Contents

CAUTION!

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

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	17
Assembly Instructions-----	18
Assembly-----	19
Adjust Instructions and Exercise Instructions-----	25
Maintenance Schedule-----	26
General Maintenance Information-----	27
Weight Training Tips-----	28

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.

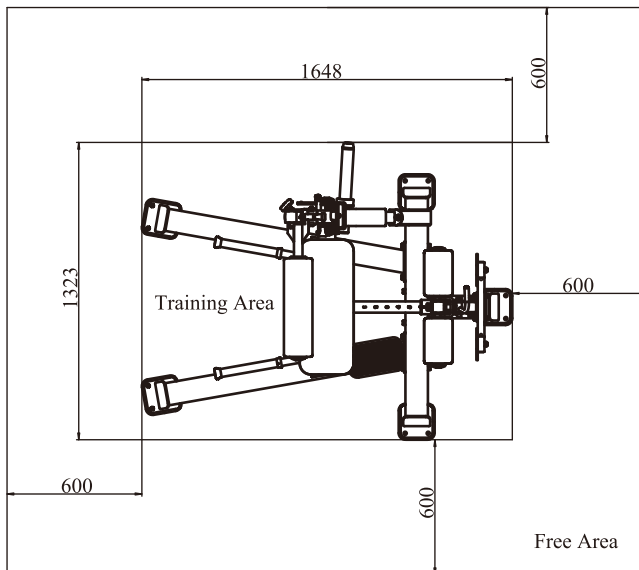
Important Safety Instructions

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/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1648*1323*1698mm

Product Total Surface: 1648*1323mm

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



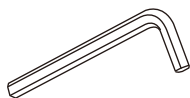
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	SL705101ASSY	Middle Bottom Frame ASSY	1
2	SL705102ASSY	Front Bottom Frame I ASSY	1
3	SL705103ASSY	Front Bottom Frame II ASSY	1
4	SL705104ASSY	Back Bottom Frame ASSY	1
5	SL705105ASSY	Main Frame ASSY	1
6	SL705109ASSY	Handle Frame ASSY	2
7	SL705113ASSY	Machine foot Rack ASSY	1
8	ST70131300V1	Aluminium Pedal	2
9	SL70512100	Lower Regulating Tube	1
10	CNLM10*30*30DS20	Flat Head Cap Screw M10*30	7
11	IT90041700	Aluminium Cap $\Phi 60 \times \Phi 10.5 \times 10.9$	7
12	GB70M10*25DHS20	Socket Head Cap Screw M10*25	7
13	NM10DHS2	Nylon Lock Nut M10	20
14	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	43
15	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	4
16	HD24006300	Plastic Ring $\Phi 76.2 \times \Phi 47 \times 30.5$	2
17	V38400	Plastic Ring $\Phi 60 \times \Phi 26 \times 30$	8
18	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
19	GB70M10*70DHS20	Socket Head Cap Screw M10*70	2
20	GB70M10*75DHS20	Socket Head Cap Screw M10*75	7
21	GB9312DHS12	Spring Washer $\Phi 12$	2
22	GB9310DHS12	Spring Washer $\Phi 10$	6
23	GB70M12*30DHS20	Socket Head Cap Screw M12*30	2
24	GB938DHS12	Spring Washer $\Phi 8$	2
25	GB70M8*20DHS20	Socket Head Cap Screw M8*20	2
26	GB70M10*120DHS20	Socket Head Cap Screw M10*120	6

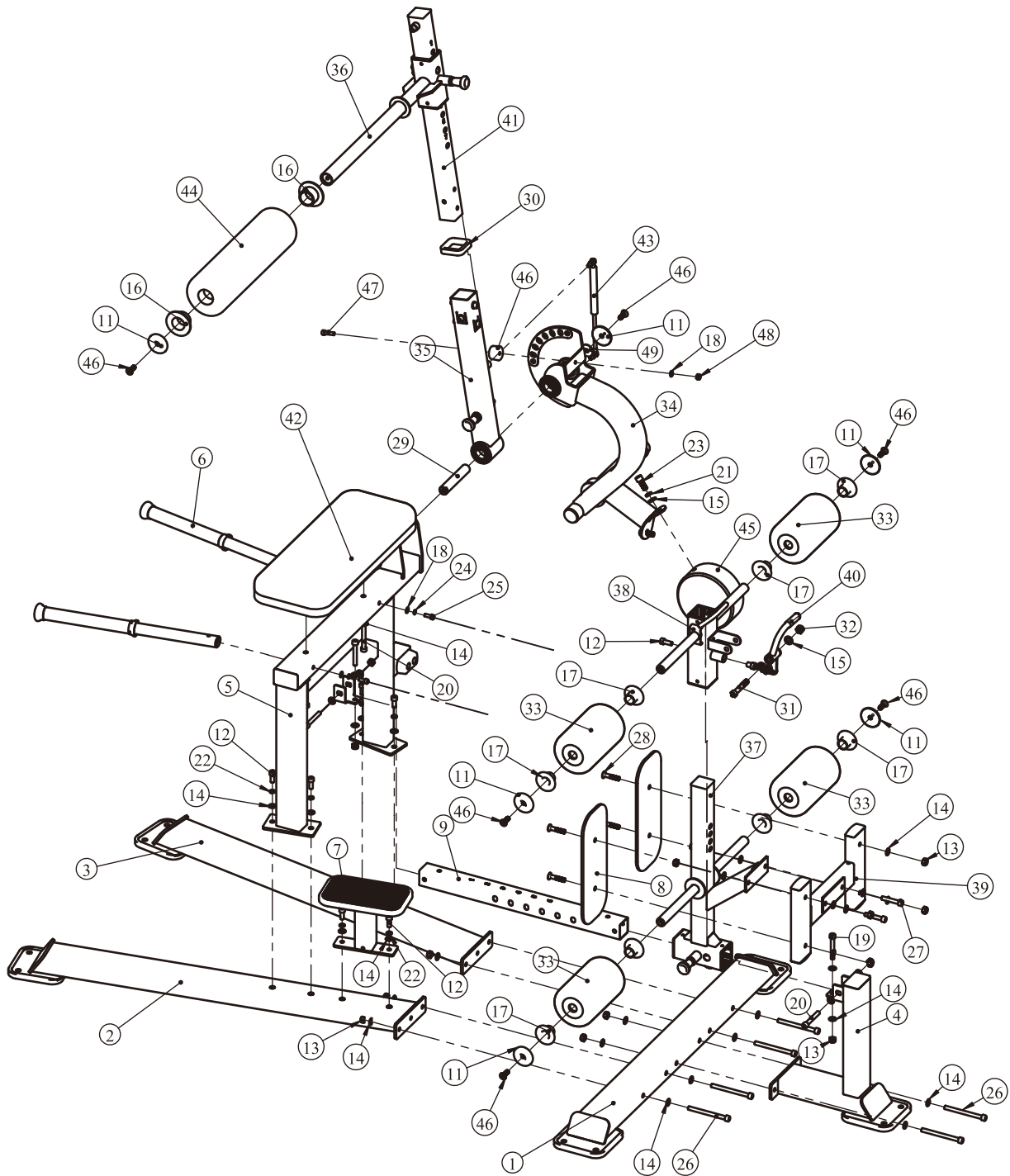
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
27	GB70M10*55*55DHS2	Socket Head Cap Screw M10*55	2
28	CNLM10*50DS20	Flat Head Cap Screw M10*50	4
29	SL70512400	Pivot Shaft Φ 25*143	1
30	IF93272100	Weight Horn Rubber Donut 70*70*15	1
31	GB70M12*75DHS20	Socket Head Cap Screw M12*75	1
32	NM12DHS2	Nylon Lock Nut M12	1
33	SL70131000	Leather Covering FOAM ASSY	4
34	SL705106ASSY	Load Bearing Frame ASSY	1
35	SL705107ASSY	Rotating Frame ASSY	1
36	SL705108ASSY	FOAM Adjuster ASSY	1
37	SL705110ASSY	Foot Rack ASSY	1
38	SL705111ASSY	Adjusting Frame ASSY	1
39	SL705112ASSY	Rear Peda Frame ASSY	1
40	SL705114ASSY	Adjust Handle Frame ASSY	1
41	SL705117ASSY	Upper Regulating Tube ASSY	1
42	SL70515100	Knee Pad	1
43	QD18-304-30	Air Springs	1
44	PL90197600	FOAM ASSY	1
45	SL70512500	Balanced Iron	1
46	KFLPHS4400	Large Rubber Bumper Φ 40*25	1
47	GB70M8*30DHS20	Socket Head Cap Screw M8*30	1
48	NM8DHS2	Nylon Lock Nut M8	1
49	DQ10DG2D	Flat Washer Φ 11* Φ 38*2	1
50	NBS6DHS	Hex Key S=6	1
51	NBS8DHS	Hex Key S=8	1
52	NBS10DHS	Hex Key S=10	1
53	NBS12DHS	Hex Key S=12	1

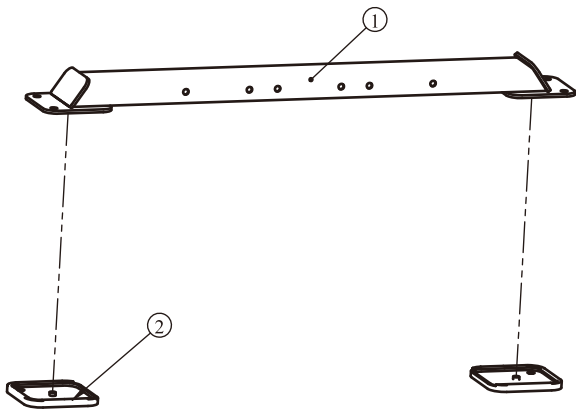
Exploded View and Parts List

Overall

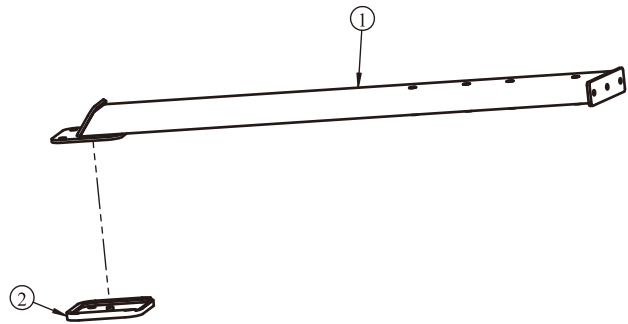


Exploded View and Parts List

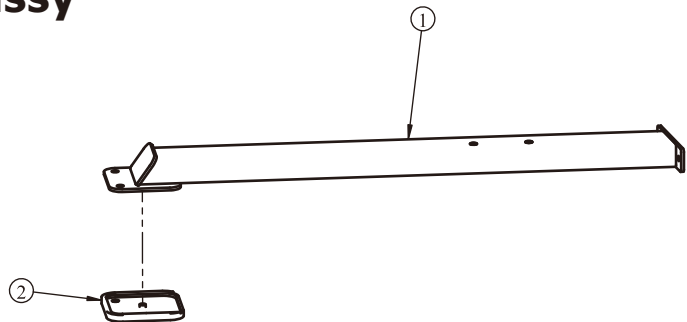
Middle Bottom Frame ASSY



Front Bottom Frame I assy



Front Bottom Frame II assy



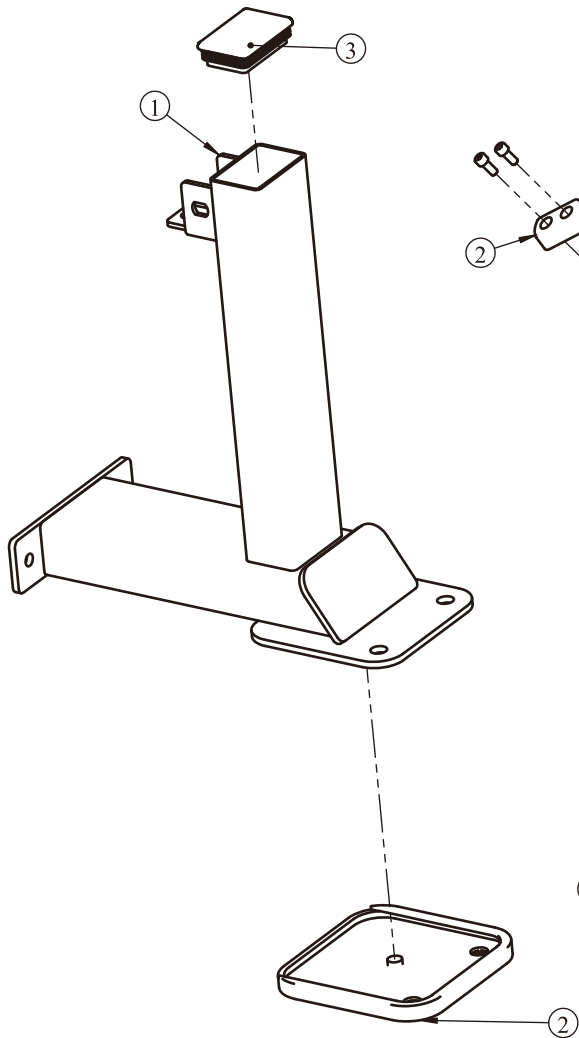
Grade No.	Part No.	Description	QTY
1.1	SL70510100	Middle Bottom Frame	1
1.2	CWRVL0051200V1	Rubber Foot	2

Grade No.	Part No.	Description	QTY
2.1	SL70510200	Front Bottom Frame I	1
2.2	CWRVL0051200V1	Rubber Foot	1

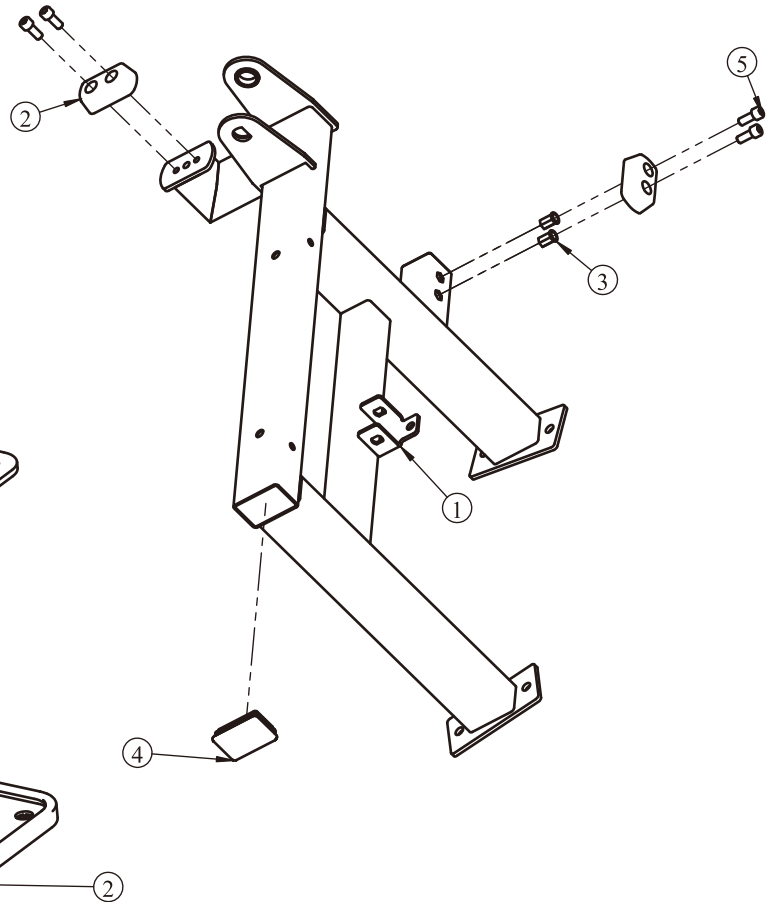
Grade No.	Part No.	Description	QTY
3.1	SL70510200	Front Bottom Frame II	1
3.2	CWRVL0051200V1	Rubber Foot	1

Exploded View and Parts List

Back Bottom Frame ASSY



Main Frame ASSY



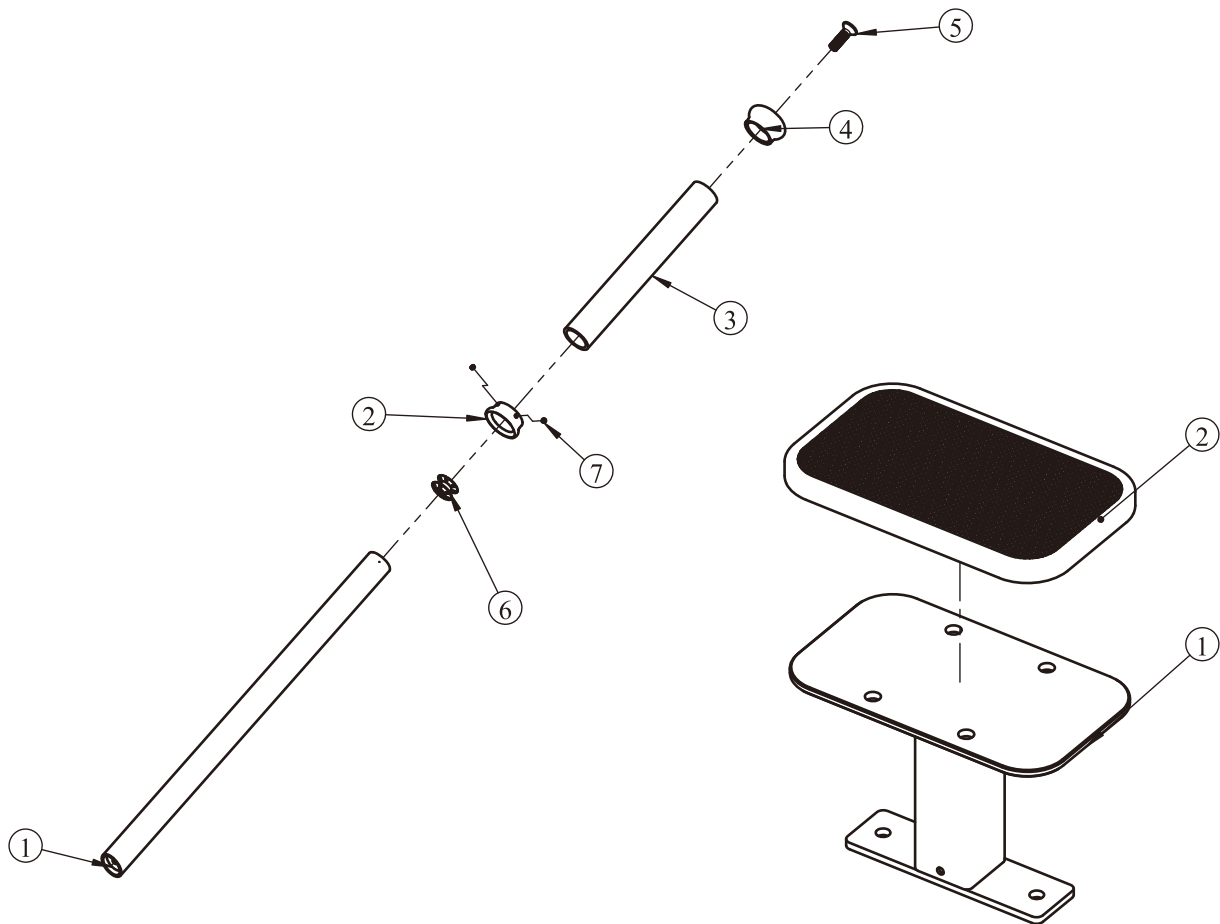
Grade No.	Part No.	Description	QTY
4.1	SL70510400	Back Bottom Frame	1
4.2	CWRVL0051200V1	Rubber Foot	1
4.3	KPSFID2800	Plug J50.8*76.2	1

Grade No.	Part No.	Description	QTY
5.1	SL70510500	Main Frame	1
5.2	RS17000400	Large Rubber Bumper83*44.5*25.4	2
5.3	GB17880.5M10*19.5DHS17	Rivet nut M10*19.5	2
5.4	KPSFID2800	Plug J50.8*76.2	1
5.5	GB70M10*25DHS20	Socket Head Cap Screw M10*25	4

Exploded View and Parts List

Handle Frame ASSY

Machine Foot Rack ASSY

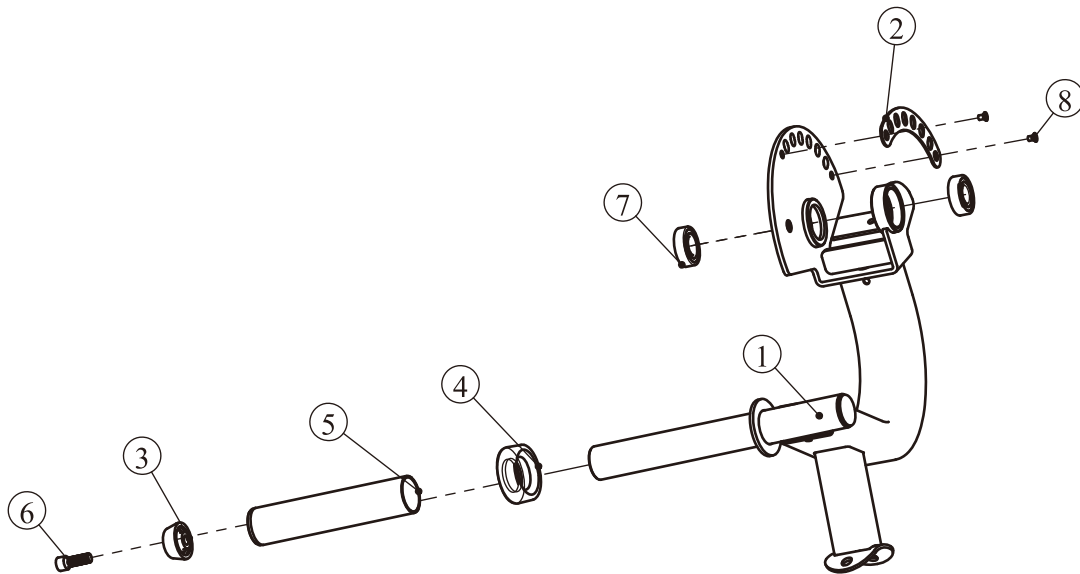


Grade No.	Part No.	Description	QTY
6.1	SL70510900	Handle Frame	1
6.2	IT90122100	Aluminium Grip Ring $\Phi 46.9$	1
6.3	026-01PL0235-10	Grip $\Phi 36$	1
6.4	IT90122000	Aluminium Grip Cap $\Phi 50.3$	1
6.5	CNLM10*35*35DS20	Flat Head Cap Screw M10*35	1
6.6	IF81212700	Sun Nut M10	1
6.7	YZGB7710-32*3.2N19	Socket Set Screw 10-32*3.2	2

Grade No.	Part No.	Description	QTY
7.1	SL70511300	Machine foot Rack	1
7.2	XL2-40003000	Large Foot Pad	1

Exploded View and Parts List

Load Bearing Frame ASSY

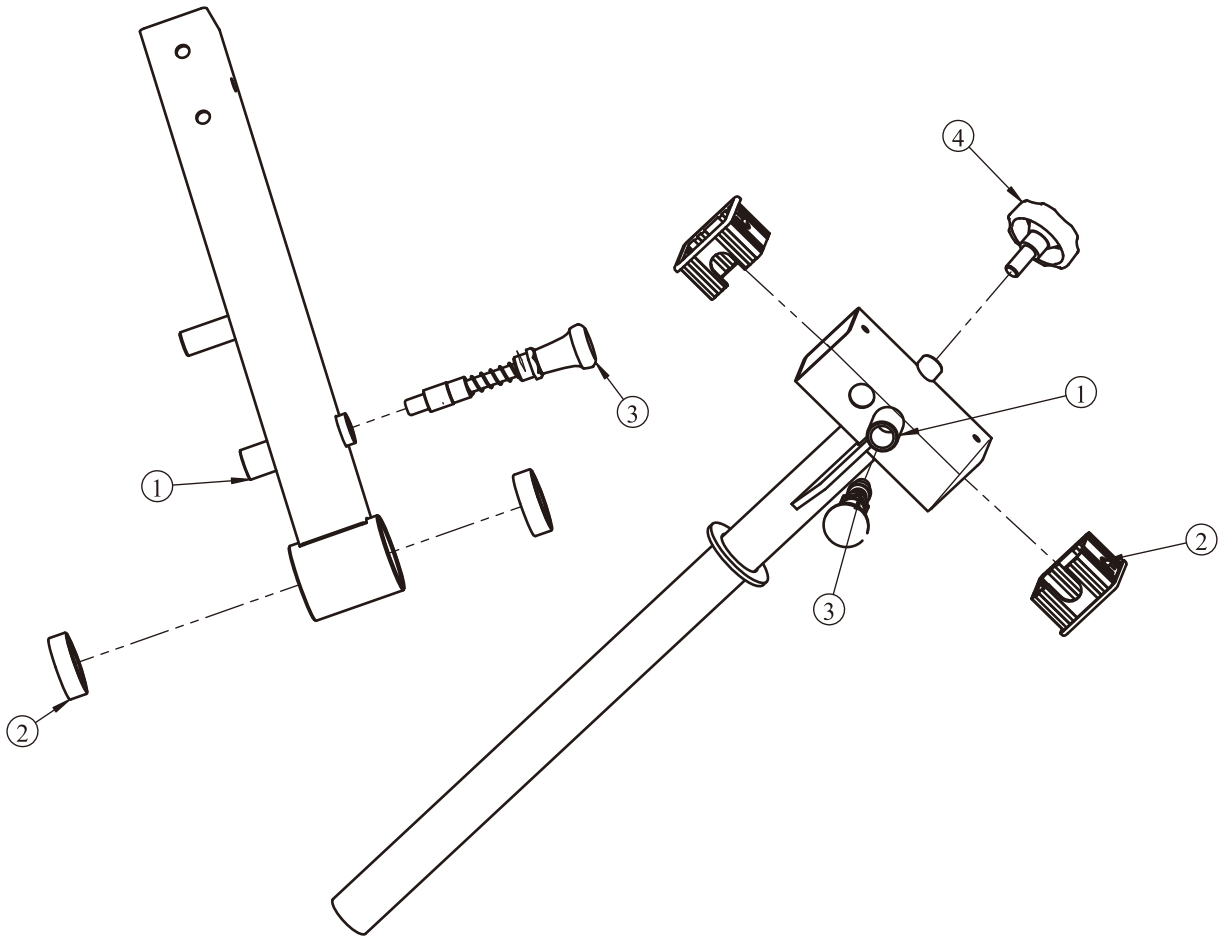


Grade No.	Part No.	Description	QTY
34.1	SL70510600	Load Bearing Frame	1
34.2	SL70512300	Lining Board	1
34.3	SL70012000	Weight Horn Plastic Cap $\Phi 49$	1
34.4	PL1301600	Weight Horn Rubber Donut $\Phi 76*26$	1
34.5	HZ70022000	Short Barbell Casing	1
34.6	GB70M12*35*35DHS20NL	Socket Head Cap Screw M12*35	1
34.7	GB2766205-2ZC3	Bearing	2
34.8	GB819M6*10N19	Phillips Countersunk Screw M6*10	2

Exploded View and Parts List

Rotating Frame ASSY

FOAM Adjuster ASSY

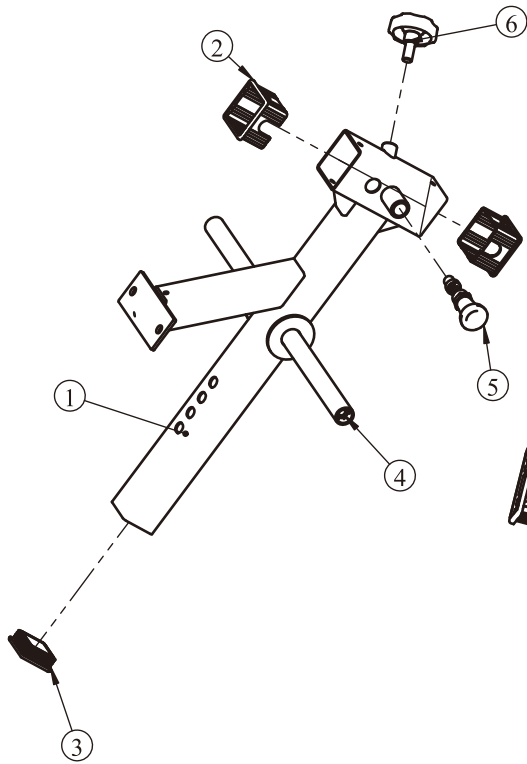


Grade No.	Part No.	Description	QTY
35.1	SL70510700	Rotating Frame	1
35.2	GB2766205-2ZC3	Bearing	2
35.3	SL705115ASSY	Plug Pin ASSY	1

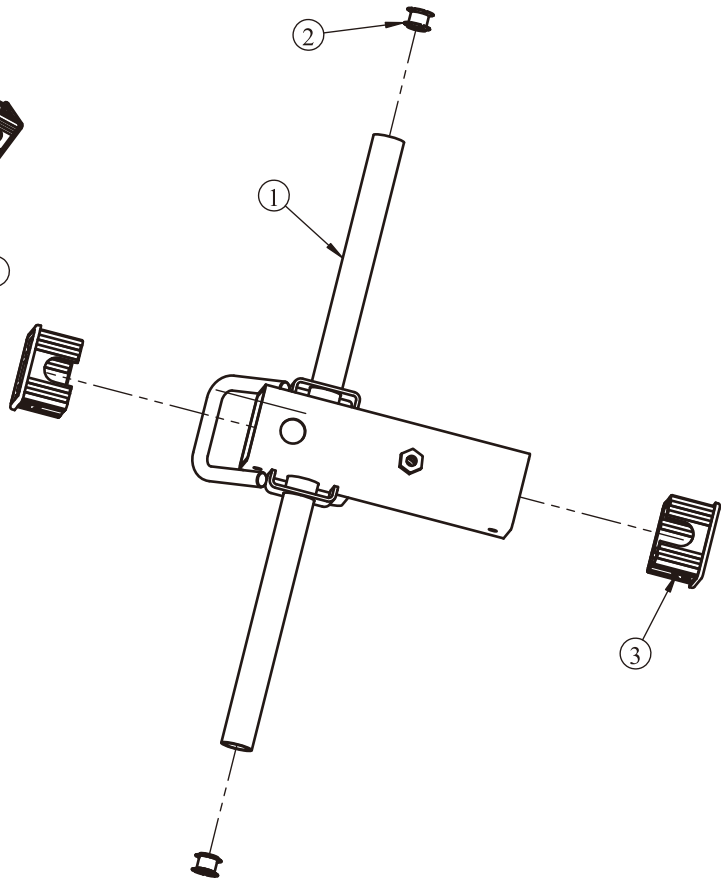
Grade No.	Part No.	Description	QTY
36.1	SL70510800	FOAM Adjuster Frame	1
36.2	ES20004800	Wear Sleeve	2
36.3	IT95251600	Adjustable Handle	1
36.4	PBD10301Y	Joint Bolt	1

Exploded View and Parts List

Foot Rack ASSY



Adjusting Frame ASSY

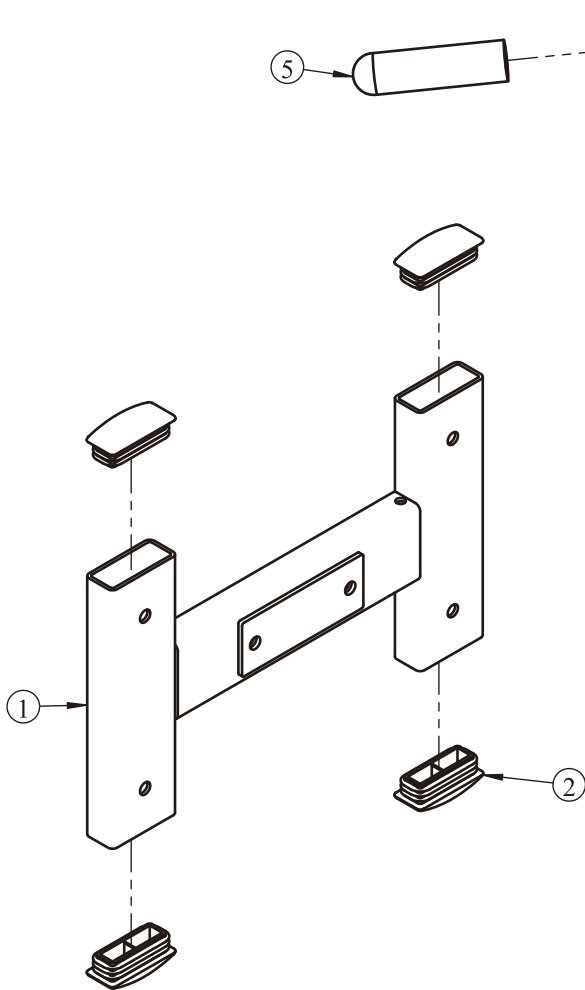


Grade No.	Part No.	Description	QTY
37.1	SL70511000	Pedal Frame	1
37.2	ES20004800	Wear Sleeve	2
37.3	KPSFID3000	Plug □50.8	1
37.4	IF81165000	Sun Nut	2
37.5	IT95251600	Adjustable Handle	1
37.6	PBD10301Y	Joint Bolt	1

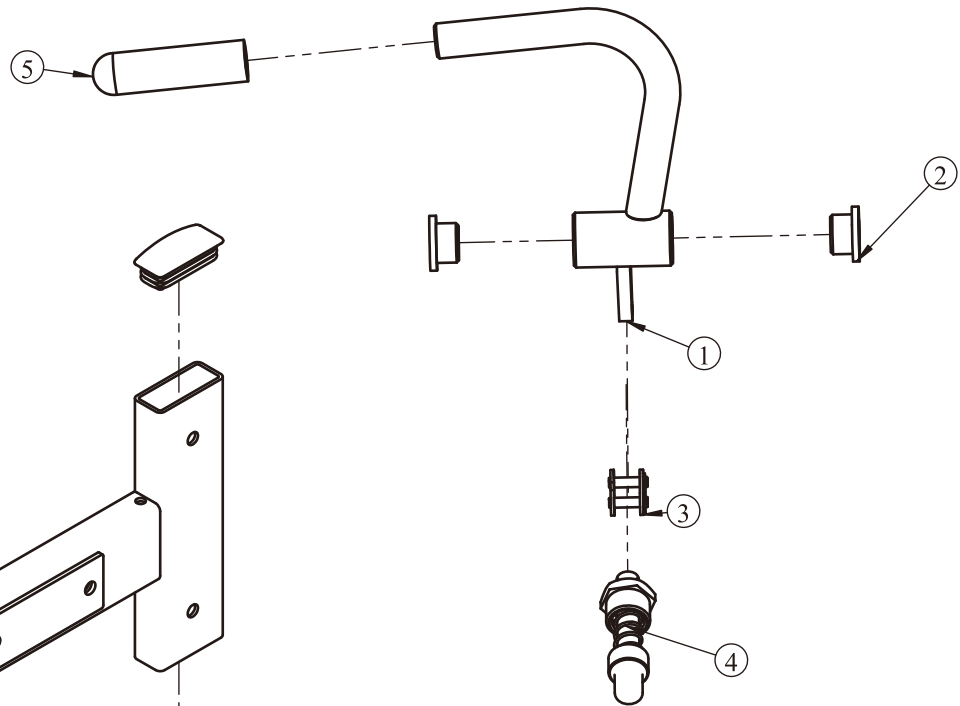
Grade No.	Part No.	Description	QTY
38.1	SL70511100	Adjusting Frame	1
38.2	IF81165000	Sun Nut	2
38.3	ES20004800	Wear Sleeve	2

Exploded View and Parts List

Rear Peda Frame ASSY



Adjust Handle Frame ASSY

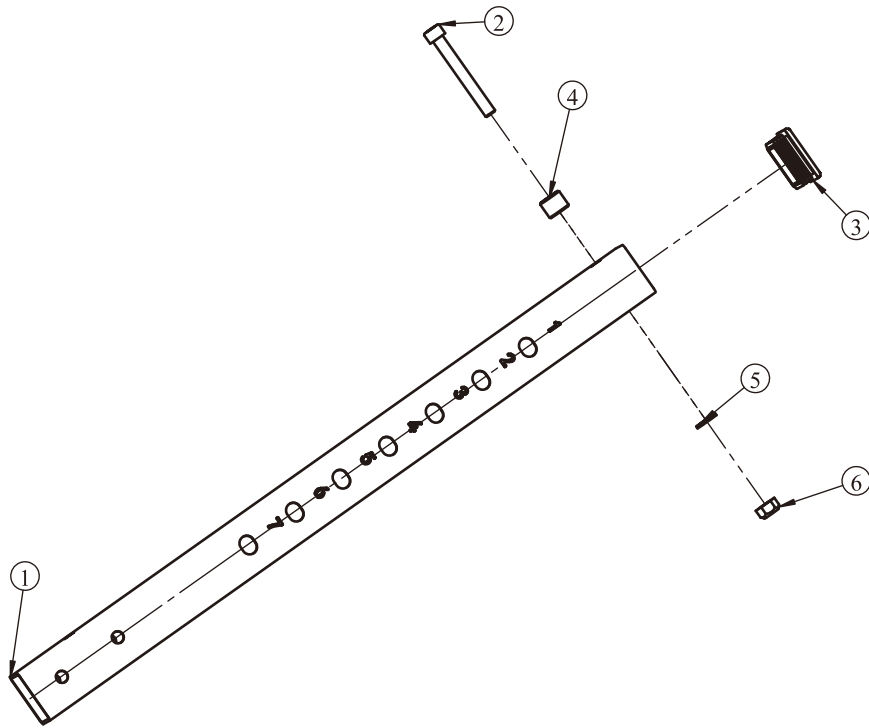


Grade No.	Part No.	Description	QTY
39.1	SL70511200	Rear Peda Frame	1
39.2	IN-D10134200	Plug J30*70	4

Grade No.	Part No.	Description	QTY
40.1	SL70511400	Adjust Handle Frame	1
40.2	M01402000	Bushing	2
40.3	GB-T1243-199708BN19	Chain	1
40.4	SL705116ASSY	Adjustable Handle	1
40.5	CG50001700	Grip $\Phi 19\Phi 14*70$	1

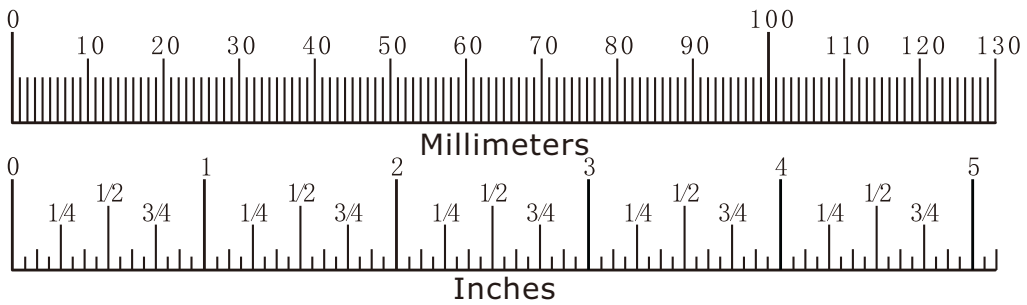
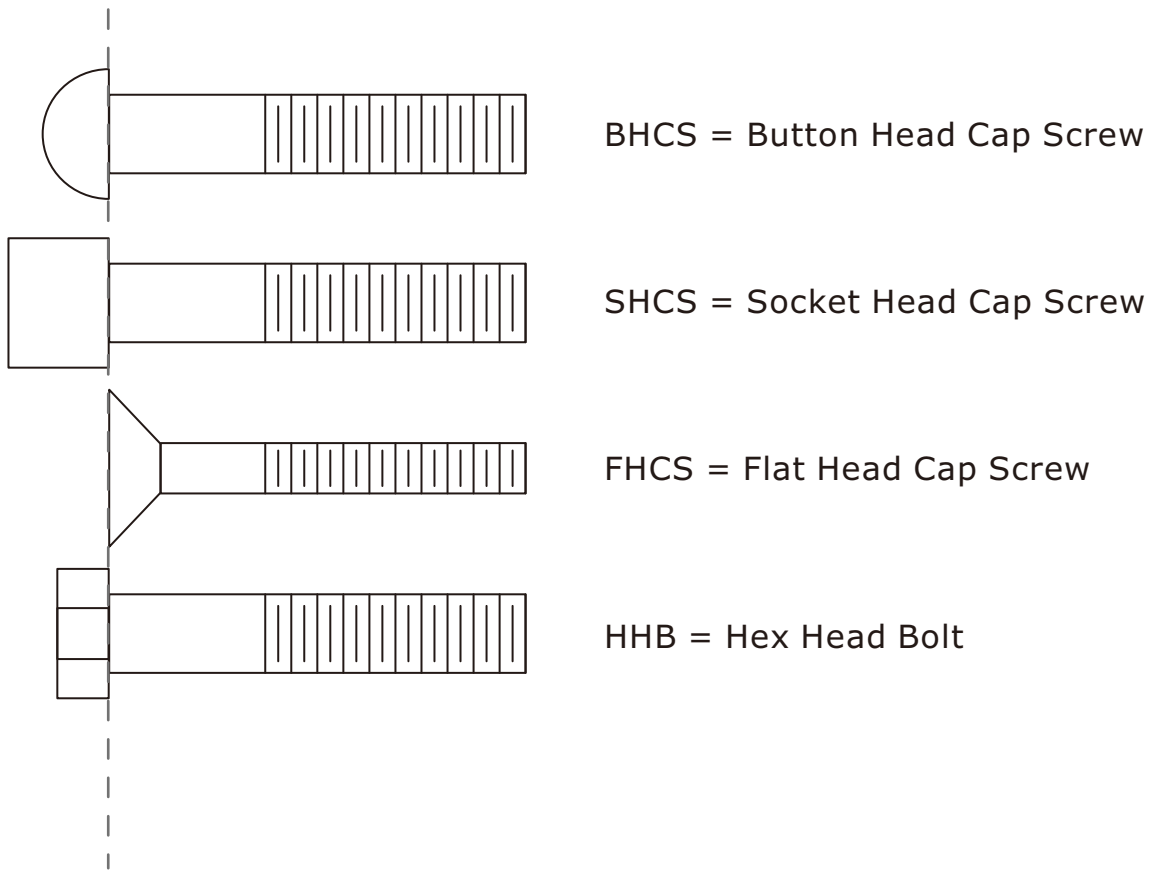
Exploded View and Parts List

Upper Regulating Tube ASSY



Grade No.	Part No.	Description	QTY
41.1	SL70512200	Upper Regulating Tube	1
41.2	GB70M10*80DHS20	Socket Head Cap Screw M10*80	1
41.3	KPSFID3000	Plug □50.8	1
41.4	FS544600	Stop Nylon SleeveΦ20*Φ10*16	1
41.5	GB9510DHS2	Flat Washer Φ11*Φ20*2	1
41.6	NM10DHS2	Nylon Lock Nut M10	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

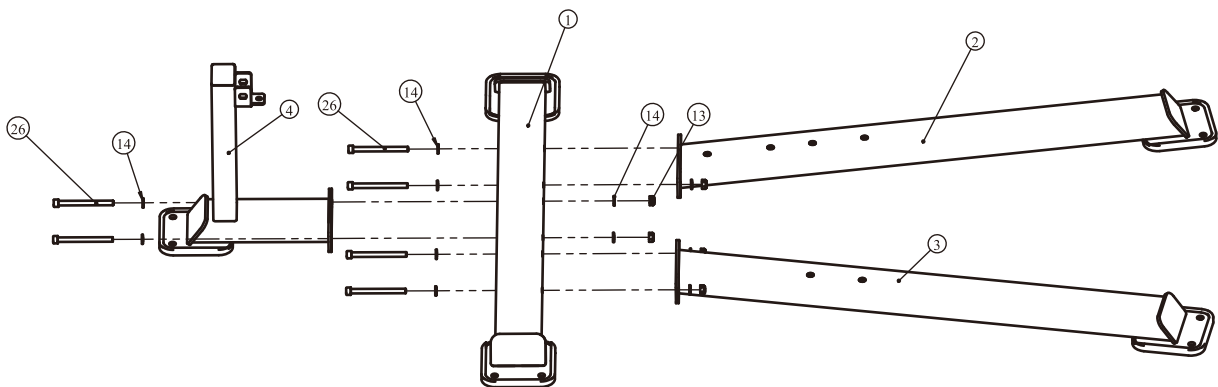
Attach one Front Bottom Frame I ASSY (#2), one Front Bottom Frame II ASSY (#3) and one Back Bottom Frame ASSY (#4) to one Middle Bottom Frame ASSY (#1), using:

six M10*120 Socket Head Cap Screw (#26)

twelve $\Phi 11*\Phi 20*2$ Flat Washer (#14)

six M10 Nylon Lock Nut (#13)

Note: No Need To Tighten Bolts.

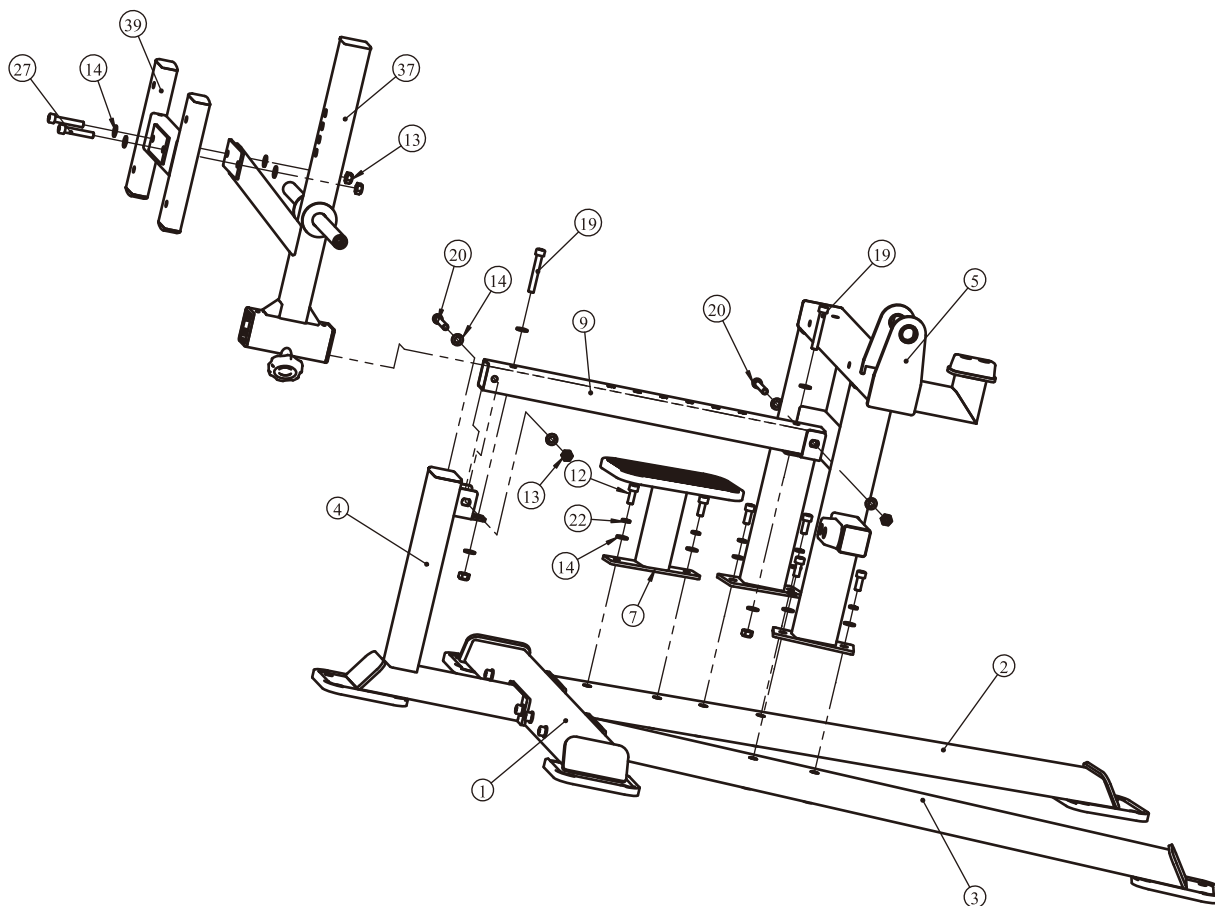


Assembly

STEP 2

1. Attach one Machine foot Rack ASSY (#7), one Main Frame ASSY (#5) to Front Bottom Frame I ASSY (#2) and one Front Bottom Frame II ASSY (#3), using:
six M10*25 Socket Head Cap Screw (#12)
six $\Phi 11*\Phi 20*2$ Flat Washer (#14)
six $\Phi 10$ Spring Washer (#22)
2. Attach one Foot Rack ASSY (#37) to Lower Regulating Tube (#9).
3. Attach one Lower Regulating Tube (#9) to one Back Bottom Frame ASSY (#4) and one Main Frame ASSY (#5), using:
two M10*70 Socket Head Cap Screw (#19)
two M10*75 Socket Head Cap Screw (#20)
eight $\Phi 11*\Phi 20*2$ Flat Washer (#14)
four Nylon Lock Nut M10 (#13)
4. Attach one Rear Peda Frame ASSY (#39) to one BFoot Rack ASSY (#37), using:
two M10*55 Socket Head Cap Screw (#27)
four $\Phi 11*\Phi 20*2$ Flat Washer (#14)
two M10 Nylon Lock Nut (#13)

Note: No Need To Tighten Bolts.



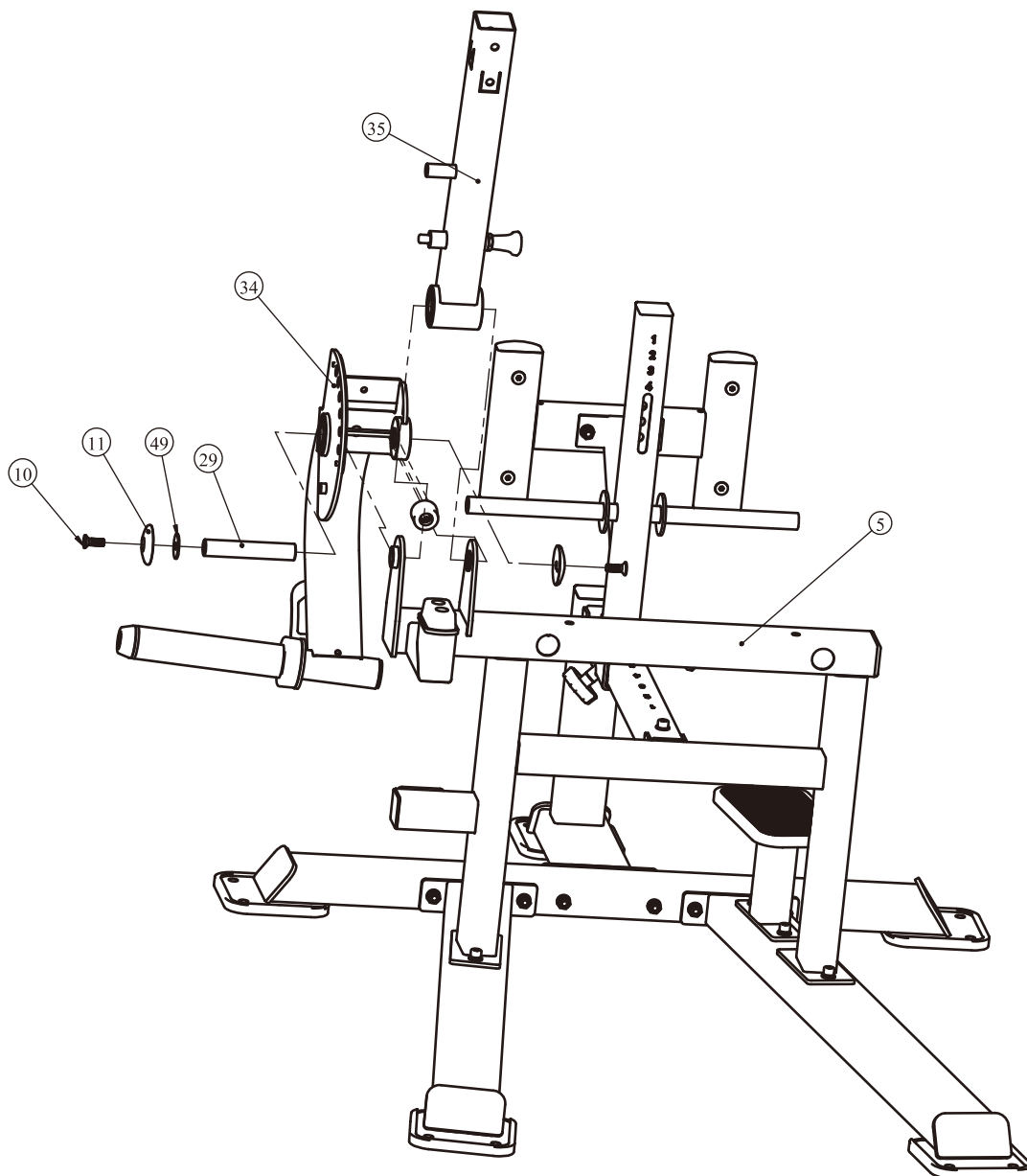
Assembly

STEP 3

Attach one Rotating Frame ASSY (#35) and one Load Bearing Frame ASSY (#34) to one Main Frame ASSY (#5), using:

- two M10*30 Flat Head Cap Screw (#10)
- two $\Phi 60 \times \Phi 10.5 \times 10.9$ Aluminium Cap (#11)
- one $\Phi 25 \times 143$ Pivot Shaft (#29)
- one $\Phi 11 \times \Phi 38 \times 2$ Flat Washer (#49)

Note: No Need To Tighten Bolts.



Assembly

STEP 4

1. Attach one Adjusting Frame ASSY (#38) to one Foot Rack ASSY (#37).
2. Attach one Adjust Handle Frame ASSY (#40) to one Adjusting Frame ASSY (#38), using:
one M12*75 Socket Head Cap Screw (#31) two $\Phi 13*\Phi 24*2.5$ Flat Washer (#15)
one M12 Nylon Lock Nut (#32)
3. Attach one Socket Head Cap Screw M10*25 (#12) to one Adjusting Frame ASSY (#38).
4. Attach two Handle Frame ASSY (#6) to one Main Frame ASSY (#5), using:
two M8*20 Socket Head Cap Screw (#25) two $\Phi 8$ S pring Washer (#24)
two $\Phi 9*\Phi 16*1.6$ Flat Washer (#18)
5. Attach one Air Springs (#43) to one Load Bearing Frame ASSY (#34) and one Rotating Frame ASSY (#35).
6. Attach one Weight Horn Rubber Donut 70*70*15 (#30), one FOAM Adjuster ASSY (#36) and one Upper Regulating Tube ASSY (#41) to one Rotating Frame ASSY (#35), using:
three M10*75 Socket Head Cap Screw (#20) six $\Phi 11*\Phi 20*2$ Flat Washer (#14)
three M10 Nylon Lock Nut (#13)
7. Attach one Large Rubber Bumper $\Phi 40*25$ (#46) to one Load Bearing Frame ASSY (#34), using:
one M8*30 Socket Head Cap Screw (#47) one M8 Nylon Lock Nut (#48)
one $\Phi 9*\Phi 16*1.6$ Flat Washer (#18)

Note: Wrench Tighten Bolts.

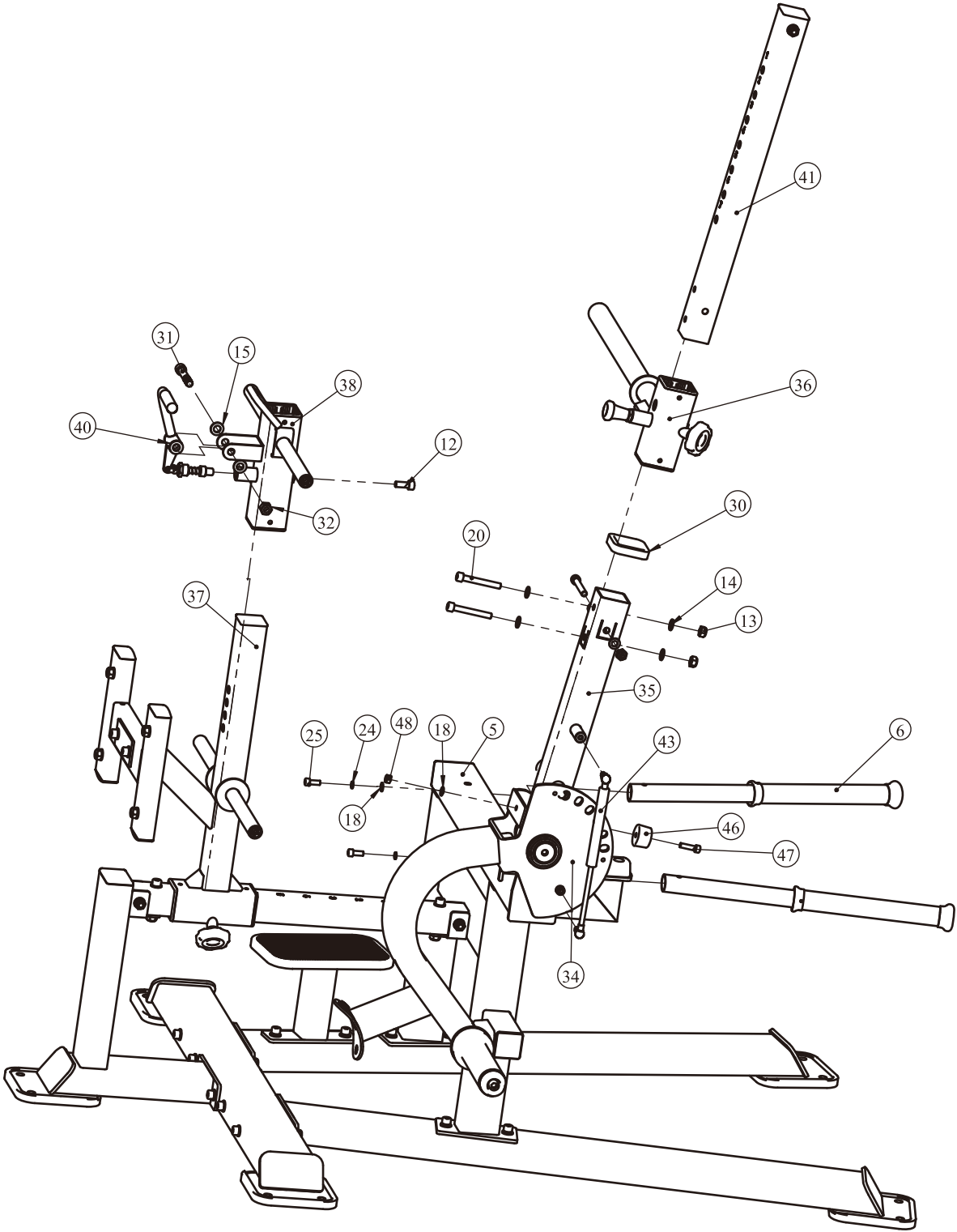
STEP 5

1. Attach two Aluminium Pedal (#8) to one Rear Peda Frame ASSY (#39), using:
four M10*50 Flat Head Cap Screw (#28) four $\Phi 11*\Phi 20*2$ Flat Washer (#14)
four M10 Nylon Lock Nut (#13)
2. Attach four Leather Covering FOAM ASSY (#33) to one Adjusting Frame ASSY (#38) and one Foot Rack ASSY (#37), using:
four M10*30 Flat Head Cap Screw (#10) four $\Phi 60*\Phi 10.5*10.9$ Aluminium Cap (#11)
eight $\Phi 60*\Phi 26*30$ Plastic Ring (#17)
3. Attach one Balanced Iron (#45) to one Load Bearing Frame ASSY (#34), using:
two M12*30 Socket Head Cap Screw (#23) two $\Phi 12$ Spring Washer (#21)
two $\Phi 13*\Phi 24*2.5$ Flat Washer (#15)
4. Attach one Knee Pad (#42) to one Main Frame ASSY (#5), using:
two M10*75 Socket Head Cap Screw (#20) two $\Phi 11*\Phi 20*2$ Flat Washer (#14)
5. Attach one FOAM ASSY (#44) to one FOAM Adjuster ASSY (#36), using:
one M10*30 Flat Head Cap Screw (#10) one $\Phi 60*\Phi 10.5*10.9$ Aluminium Cap (#11)
two $\Phi 76.2*\Phi 47*30.5$ Plastic Ring (#16)

Note: Tighten all the hardware.

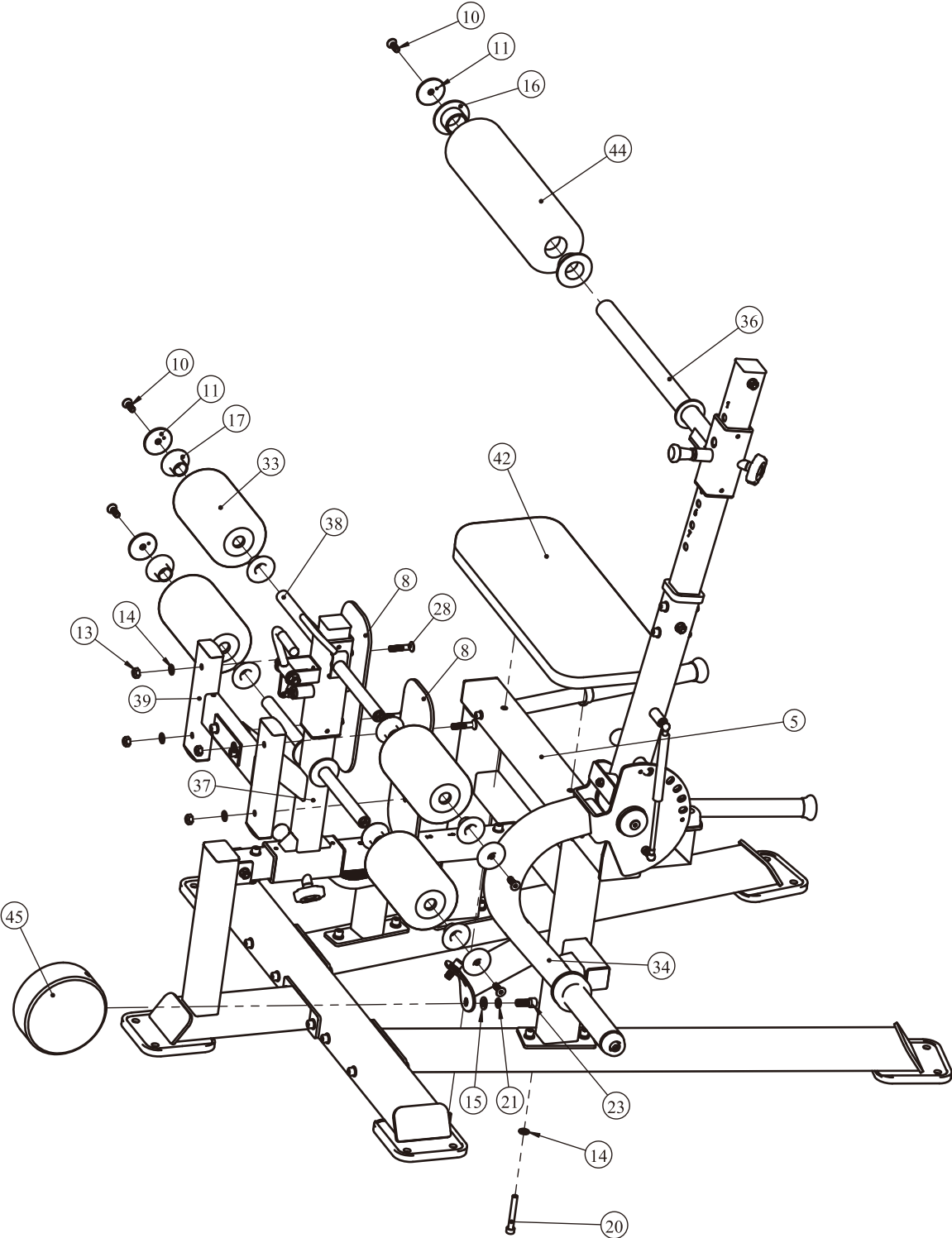
Assembly

STEP 4



Assembly

STEP 5



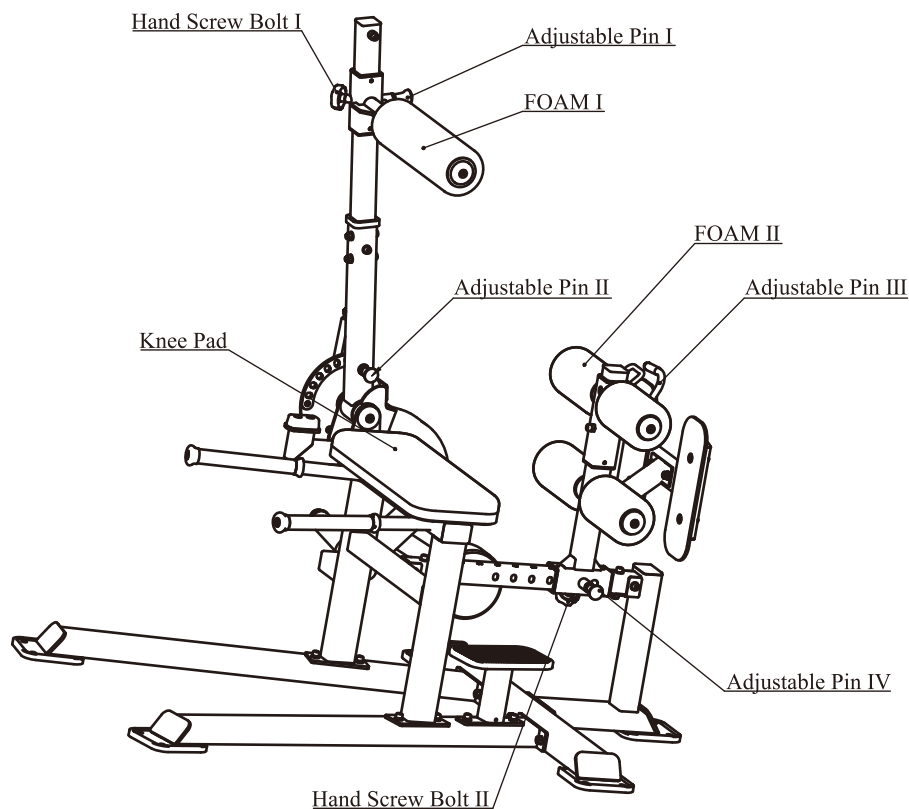
Adjust Instructions and Exercise Instructions

FOAM Adjust Instruction

1. Pull out the Adjustable Pin IV, adjust the front and rear position of the FOAM II, and then tighten the Hand Screw Bolt II.
2. Pull out the Adjustable Pin III to adjust the height of the FOAM II.
3. Pull out the Adjustable Pin II to adjust the angle of the FOAM I.
4. Pull out the Adjustable Pin I, adjust the height position of the FOAM I, and then tighten the Hand Screw Bolt I.

Exercise Instruction

1. Adjust FOAM I and FOAM II to their proper position.
2. Hook your feet into the FOAM, push on the foot, and rest your knee on the knee pad. Place your chest or waist on FOAM I to perform waist and leg flexion exercises.



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.

