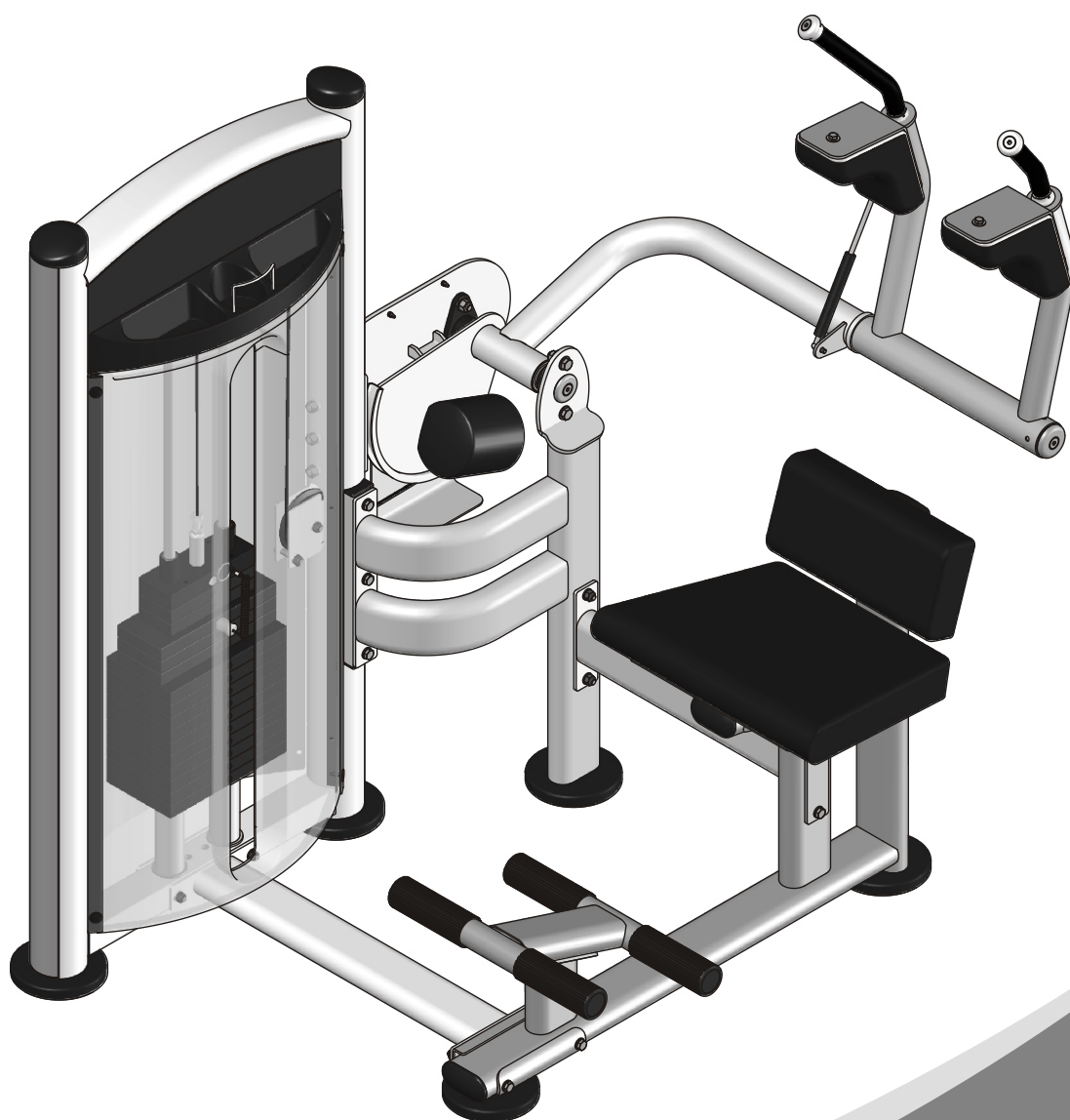


# IT9314

ABDOMINAL

## OWNER'S MANUAL



### **! CAUTION**

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

14Z Rev G

## **! CAUTION**

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

## **Table Of Contents**

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Please assemble according to the actual **Weights and Shroud** you buy !

## 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.

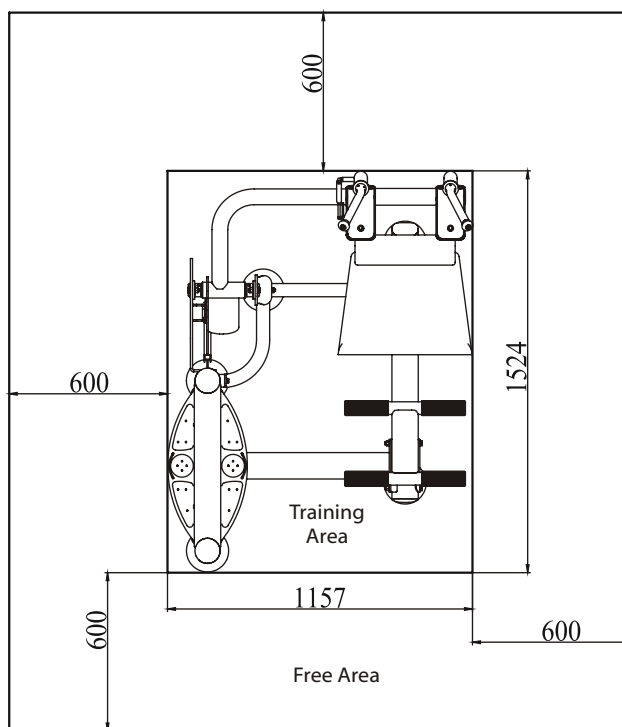
## Important Safety Instructions

### 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: 91kg/ 200lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1524\*1157mm

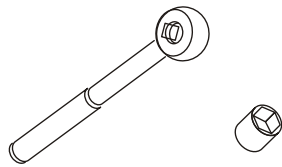
Product Total Mass (Short Shroud): 133.4kg/ 294lbs

## Instructions

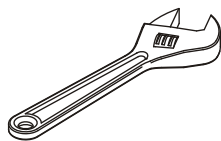
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

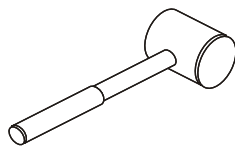
## Tools Required



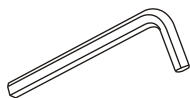
Ratchet Wrench and Socket



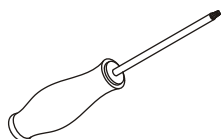
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

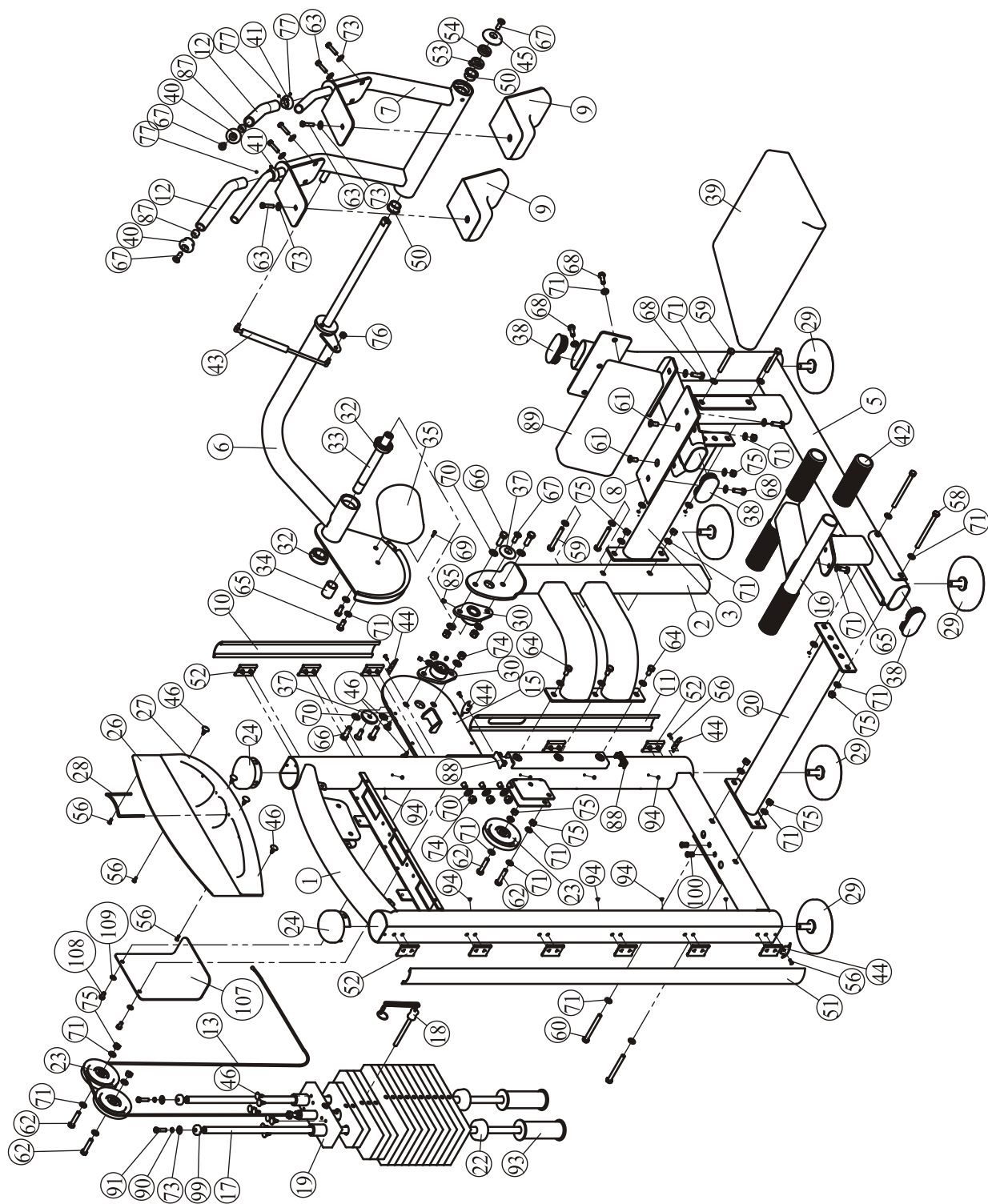
| Item No. | Description                              | Qty | Item No. | Description  | Qty |
|----------|--|-----|----------|--|-----|
| 1        | Weight Stack Frame                       | 1   | 27       | Front Support                                      | 1   |
| 2        | Upright Frame                            | 1   | 28       | Arc Bracket  | 1   |
| 3        | Upper Cross Link Weldment                | 1   | 29       | Adj. Foot Plate                                    | 5   |
| 5        | Seat Frame                               | 1   | 30       | Flange   | 2   |
| 6        | Cam Frame                                | 1   | 31       | Rear Support                                       | 1   |
| 7        | Swivel Frame                             | 1   | 32       | Bearing $\Phi 50.8 \times \Phi 25.4 \times 15.9$   | 2   |
| 8        | Plate                                    | 1   | 33       | Main Shaft $\Phi 25 \times 235.7$                  | 1   |
| 9        | Shoulder Pad                             | 2   | 34       | Bumper $\Phi 32 \times \Phi 25.4 \times 40$        | 1   |
| 10       | Upper Side Cover                         | 1   | 35       | Counter Poise Block                                | 1   |
| 11       | Lower Side Cover                         | 1   | 36       | Shroud   | 1   |
| 12       | Grip $\Phi 30 \times \Phi 22 \times 270$ | 2   | 37       | Aluminous Cap $\Phi 50 \times \Phi 10.5 \times 8$  | 2   |
| 13       | Cable                                    | 1   | 38       | Plug RT50*100                                      | 3   |
| 14       | Short Shroud Retainer Plate              | 2   | 39       | Seat Pad   | 1   |
| 15       | Main Bracket                             | 1   | 40       | $\Phi 25$ Aluminium Grip Cap                       | 2   |
| 16       | Foot Tube                                | 1   | 41       | $\Phi 25$ Aluminium Grip Ring                      | 2   |
| 17       | Guide Rod $\Phi 19 \times 1177$          | 2   | 42       | Rubber Plug  | 4   |
| 18       | Selector Pin W/Coil                      | 1   | 43       | Gas Spring   | 1   |
| 19       | Top Plate                                | 1   | 44       | L Bracket  | 4   |
| 20       | Lower Cross Link Weldment                | 1   | 45       | Aluminous Cap $\Phi 60 \times \Phi 10.5 \times 10$ | 1   |
| 21       | Front Shroud                             | 1   | 46       | Button $\Phi 8 \times \Phi 20 \times 23$           | 21  |
| 22       | Weight Rubber Bumper                     | 2   | 47       | Connect Button $\Phi 18 \times 12$                 | 4   |
| 23       | 4.5" Pulley                              | 3   | 48       | Plastic Washer $\Phi 13 \times 3$                  | 4   |
| 24       | Plug $\Phi 95.4 \times 61$               | 2   | 49       | Plastic Cover $\Phi 21 \times 5.7$                 | 4   |
| 25       | Top Rear Shroud                          | 1   | 50       | Coppery Spacer                                     | 2   |
| 26       | Top Front Shroud                         | 1   | 51       | Rear Side Cover                                    | 1   |

## Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

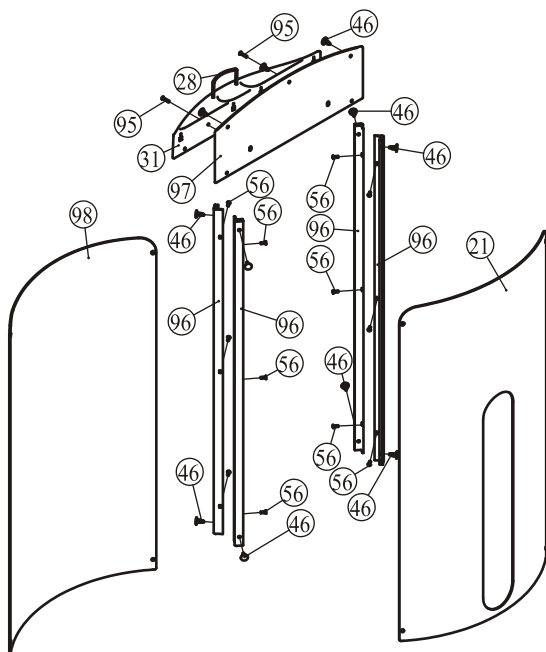
| Item No. | Description  | Qty | Item No. | Description                                    | Qty |
|----------|--|-----|----------|--|-----|
| 52       | Plastic Block  | 11  | 79       | Hex Key S=6                                    | 1   |
| 53       | Location Ring $\Phi 38 \times \Phi 25.6 \times R27 \times 8$ | 1   | 81       | Hex Key 3/32"                                  | 1   |
| 54       | Locking Ring $\Phi 38 \times \Phi 25.6 \times 8$             | 1   | 82       | Wrench $\Phi 6 \times 117$                     | 1   |
| 55       | Self-Tapping Screw ST 4.2*10                                 | 4   | 83       | Lube   | 1   |
| 56       | Flat Philips Screw M5*16                                     | 19  | 85       | Socket Set Screw M8*8                          | 4   |
| 58       | Hex Head Bolt M10*135  | 2   | 86       | Hex Key S=4                                    | 1   |
| 59       | Hex Head Bolt M10*75   | 4   | 87       | Nut  | 2   |
| 60       | Hex Head Bolt M10*100  | 2   | 88       | Plug 48*22.7*R48                               | 2   |
| 61       | Flat Head Cap Screw M10*25                                   | 2   | 89       | Back Pad                                       | 1   |
| 62       | Hex Head Bolt M10*50   | 4   | 90       | Spring Washer $\Phi 8$                         | 2   |
| 63       | Hex Head Bolt M8*35  | 6   | 91       | Hex Head Bolt M8*30                            | 2   |
| 64       | Hex Head Bolt M10*20   | 3   | 93       | Weight Stack Space 300                         | 2   |
| 65       | Hex Head Bolt M10*25   | 4   | 94       | Button $\Phi 8.1 \times 7$                     | 10  |
| 66       | Hex Head Bolt M12*35   | 4   | 95       | Flat Philips Screw M5*25                       | 2   |
| 67       | Flat Head Cap Screw M10*30                                   | 5   | 96       | Shroud Retainer Plate                          | 4   |
| 68       | Hex Head Bolt M10*30   | 6   | 97       | Top Rear Shroud-A                              | 1   |
| 69       | Socket Head Cap Screw M4*15                                  | 1   | 98       | Rear Shroud                                    | 1   |
| 70       | Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$              | 11  | 99       | Rubber Plug $\Phi 29 \times \Phi 19 \times 10$ | 2   |
| 71       | Flat Washer $\Phi 11 \times \Phi 20 \times 2$                | 39  | 100      | Rivet Nut M8                                   | 2   |
| 73       | Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$               | 8   | 104      | Weight Plate 5LBS                              | 2   |
| 74       | Nylon Lock Nut M12   | 7   | 105      | Weight Plate 10LBS                             | 3   |
| 75       | Nylon Lock Nut M10   | 14  | 106      | Weight Plate 15LBS                             | 10  |
| 76       | Nylon Lock Nut M8  | 1   | 107      | Baffle Plate                                   | 1   |
| 77       | Socket Set Screw 10-32*3.2                                   | 4   | 108      | Hex Head Bolt M8*15                            | 2   |
| 78       | Hex Key S=3  | 1   | 109      | Flat Washer $\Phi 9 \times \Phi 16 \times 3$   | 2   |

# Exploded View

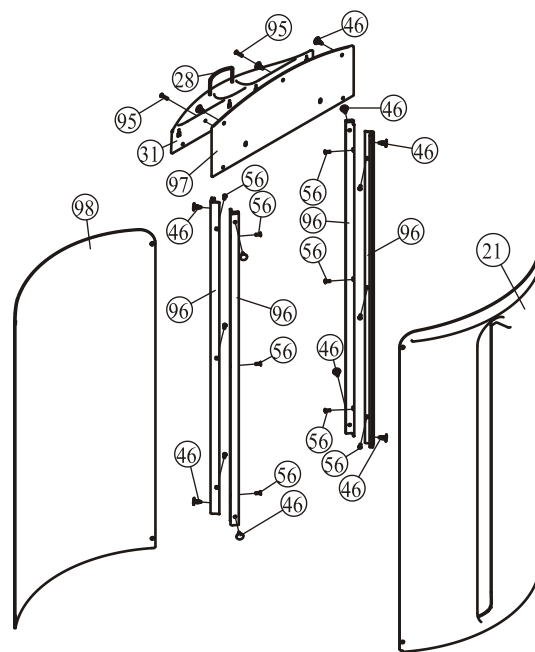


# Exploded View

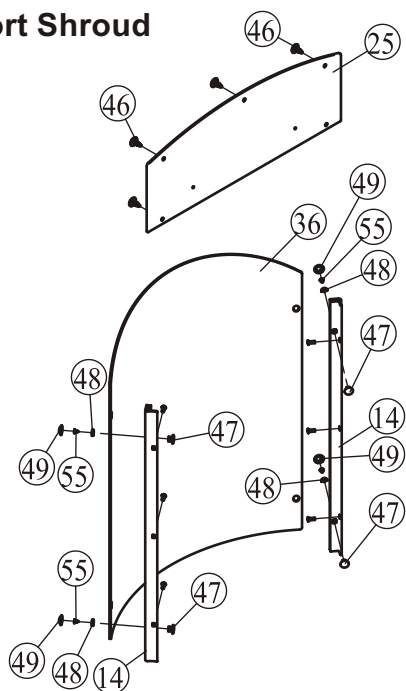
## Flat Shroud



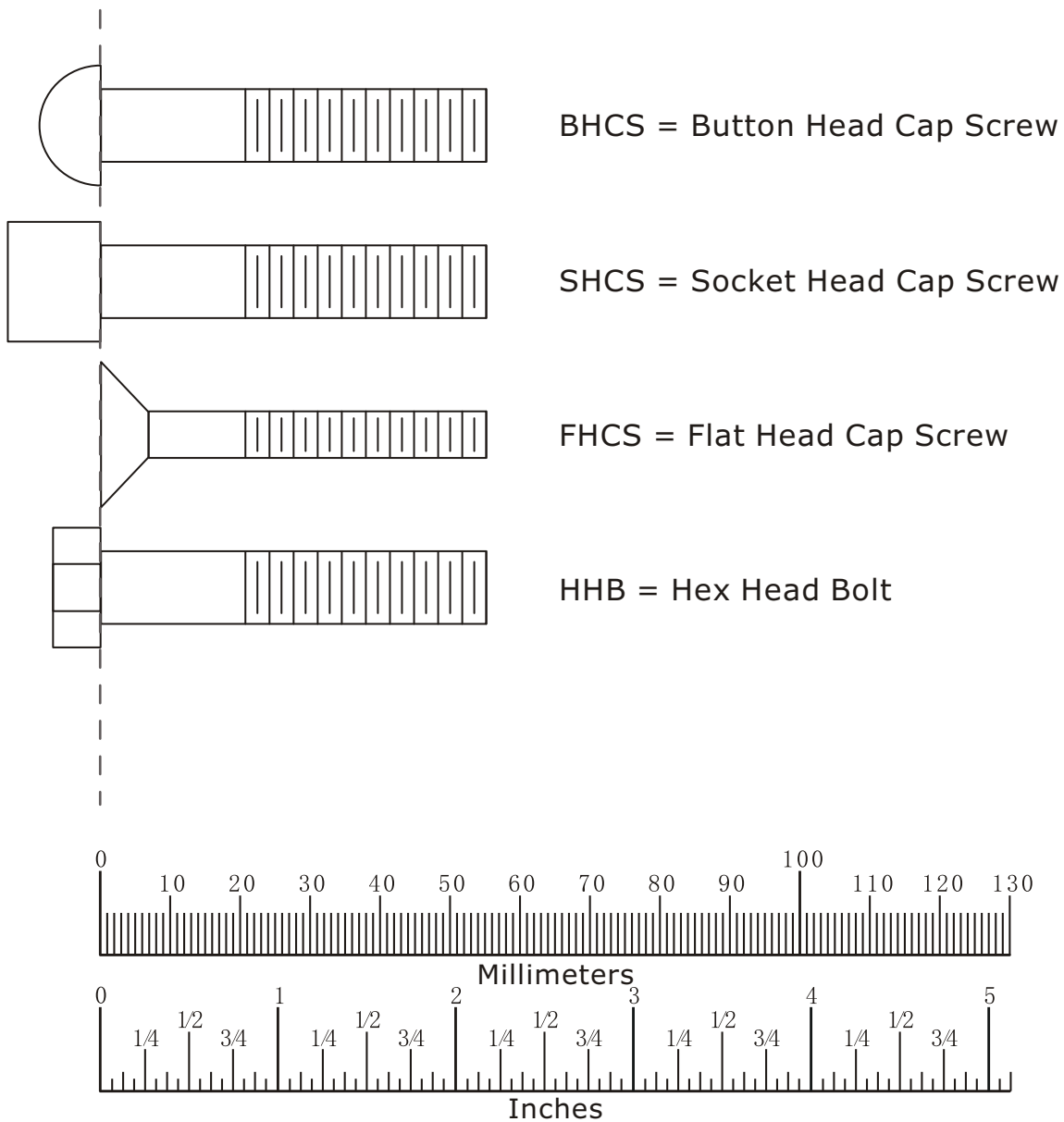
## Molding Shroud



## Short Shroud



## 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.

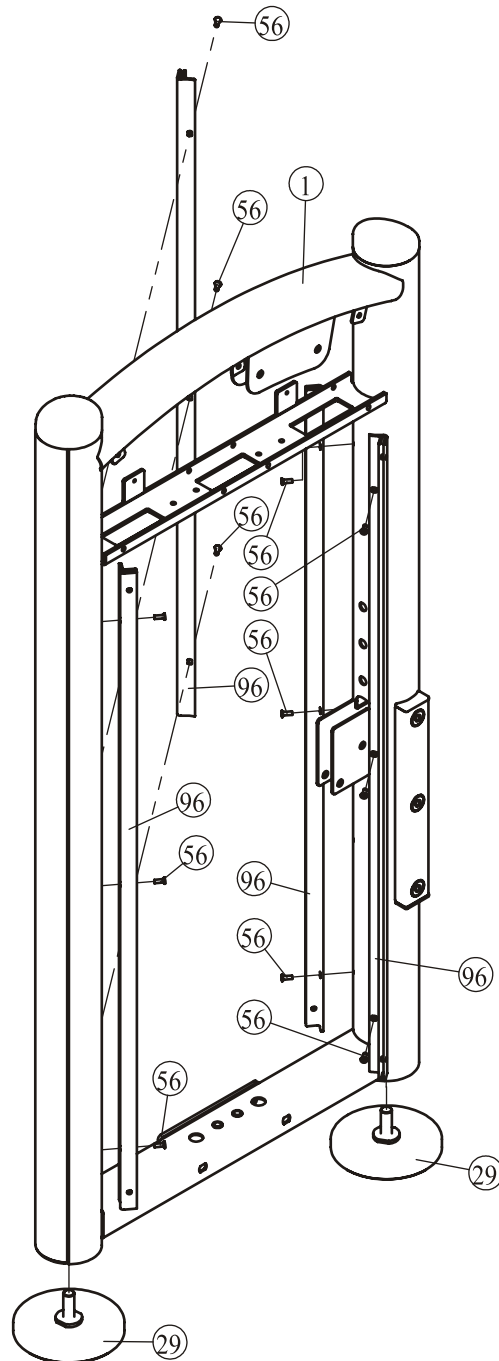
# Assembly

## STEP 1

1. Attach two Adjustable Foot plate (#29) to the Weight Stack Frame (#1).
2. Attach four Shroud Retainer Plate (#96) to the Weight Stack Frame (#1) using:  
twelve M5\*16 Flat Philips Screws (#56)

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Flat Shroud and Molding Shroud** !



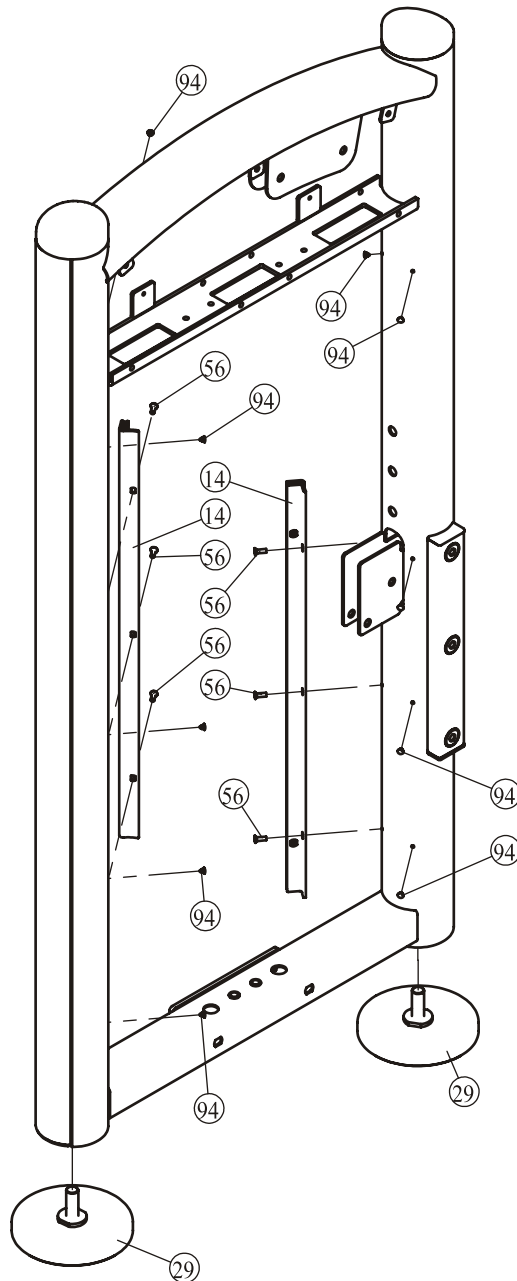
# Assembly

## STEP 1

1. Attach two Adjustable Foot plate (#29) to the Weight Stack Frame (#1).
2. Attach two Short Shroud Retainer Plate (#14) to the Weight Stack Frame (#1) using:  
six M5\*16 Flat Philips Screws (#56)
3. Attach ten  $\Phi 8.1 \times 7$  Buttons (#94) to the Weight Stack Frame (#1).

**Note: Wrench Tighten Screws.**

Here is the assembly instruction for **Short Shroud** !

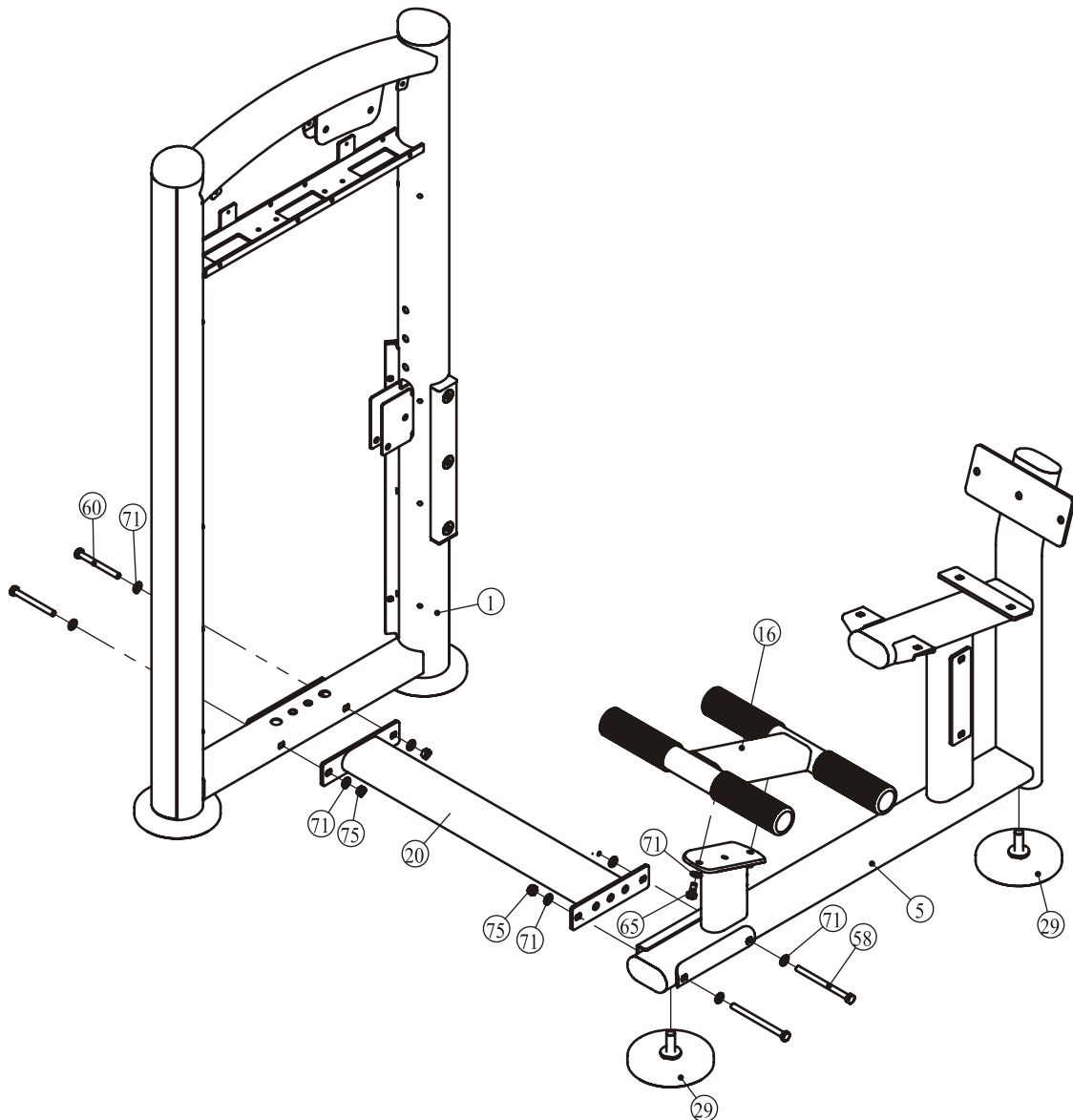


# Assembly

## STEP 2

1. Attach two Adjustable Foot plate (#29) to the Seat Frame (#5).
2. Attach The Lower Cross Link Weldment (#20) to the Weight Stack Frame (#1) using:  
two M10\*100 HHB (#60)                      four  $\Phi 11*\Phi 20*2$  Flat Washers (#71)  
two M10 Nylon Lock Nuts (#75)
3. Attach The Lower Cross Link Weldment (#20) to the Seat Frame (#5) using:  
two M10\*135 HHB (#58)                      four  $\Phi 11*\Phi 20*2$  Flat Washers (#71)  
two M10 Nylon Lock Nuts (#75)
4. Attach the Foot Tube (#16) to the Seat Frame (#5) using:  
two M10\*25 HHB (#65)                      two  $\Phi 11*\Phi 20*2$  Flat Washers (#71)

**Note: Hand tighten Bolts and Nylon Lock nuts.**



# Assembly

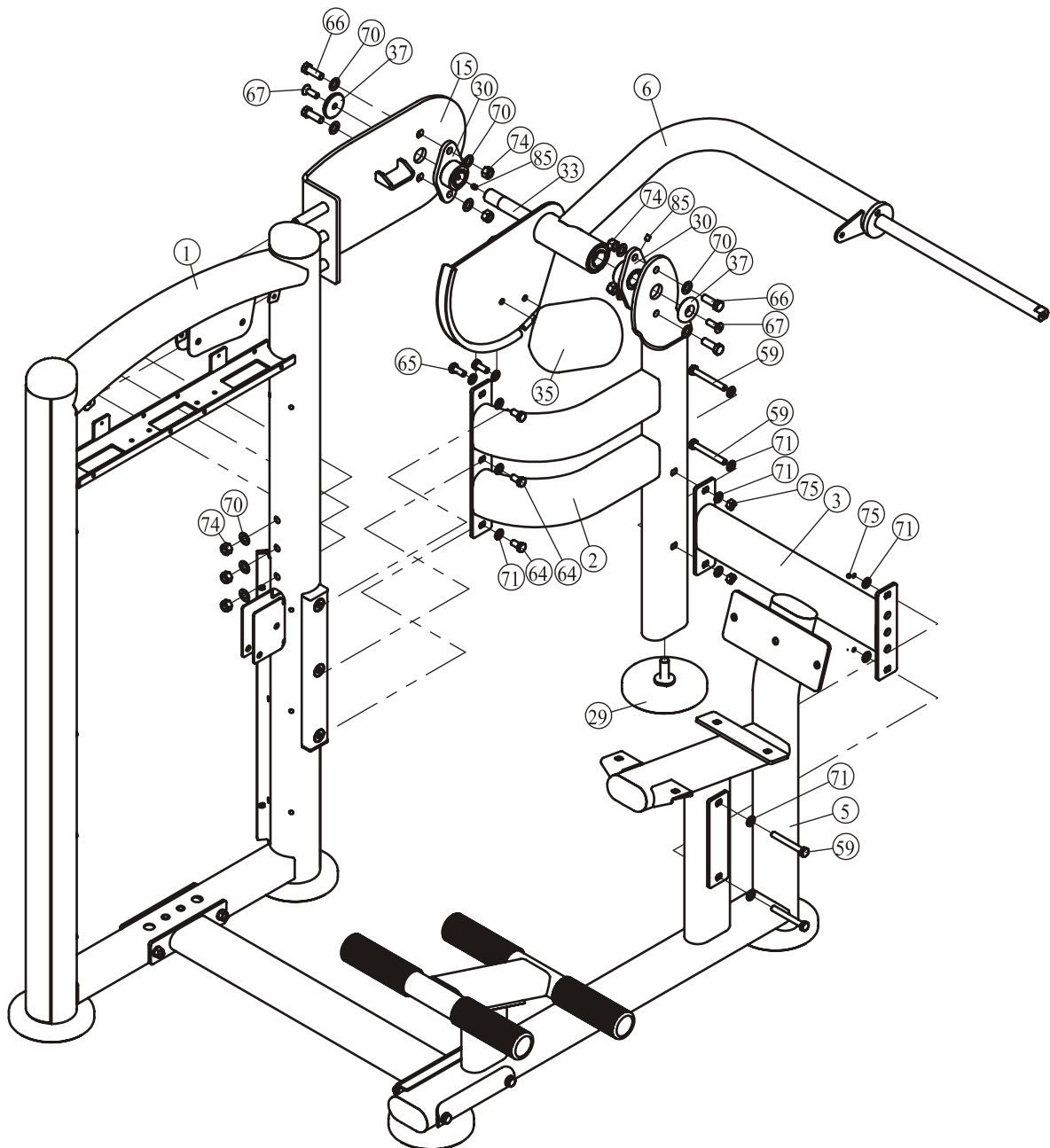
## STEP 3

1. Attach one Adjustable Foot plate (#29) to the Upright Frame (#2).
2. Attach the Upright Frame (#2) and Upper Cross Link Weldment (#3) to the Weight Stack Frame (#1), the Seat Frame (#5) using:  
four M10\*75 HHB (#59)                      three M10\*20 HHB (#64)  
eleven  $\Phi 11 \times \Phi 20 \times 2$  Flat Washers (#71)                      four M10 Nylon Lock Nuts (#75)
3. Attach one Flange (#30) to the Upright Frame (#2) using:  
two M12\*35 HHB (#66)                      four  $\Phi 13 \times \Phi 24 \times 1.5$  Flat Washers (#70)  
two M12 Nylon Lock Nuts (#74)
4. Attach another Flange (#30) to the Main Bracket (#15) using:  
two M12\*35 HHB (#66)                      four  $\Phi 13 \times \Phi 24 \times 1.5$  Flat Washers (#70)  
two M12 Nylon Lock Nuts (#74)
5. Attach one Main Shaft (#33) to the Cam Frame (#6).
6. Attach the Main Shaft (#33) to the Upright Frame (#2) and one Flange (#30) using:  
one  $\Phi 50 \times \Phi 10.5 \times 8$  Aluminous Cap (#37)                      one M10\*30 FHCS (#67)  
two M8\*8 Socket Set Screws (#85)
7. Attach the Main Bracket (#15) to the Weight Stack Frame (#1) and the Main Shaft (#33) using:  
one  $\Phi 50 \times \Phi 10.5 \times 8$  Aluminous Cap (#37)                      one M10\*30 FHCS (#67)  
two M8\*8 Socket Set Screws (#85)                      three  $\Phi 13 \times \Phi 24 \times 1.5$  Flat Washers (#70)  
three M12 Nylon Lock Nuts (#74)
8. Attach the Counter Poise Block (#35) to the Cam Frame (#6) using:  
two M10\*25 HHB (#65)                      two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#71)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

# Assembly

## STEP 3



# Assembly

## STEP 4

### 1. Attach:

two  $\Phi 19 \times 1177$  Guide Rods (#17)  
two Weight Stack Space (#93)  
three Weight Plate 10LBS (#105)  
one Top Plate (#19)

two  $\Phi 63.5 \times \Phi 19 \times 25.4$  Weight Rubber Bumper (#22)  
ten Weight Plate 15LBS (#106)  
two Weight Plate 5LBS (#104)

to the Weight Stack Frame (#1) using:

two M8\*30 HHB (#91)

two  $\Phi 8$  Spring Washers (#90)

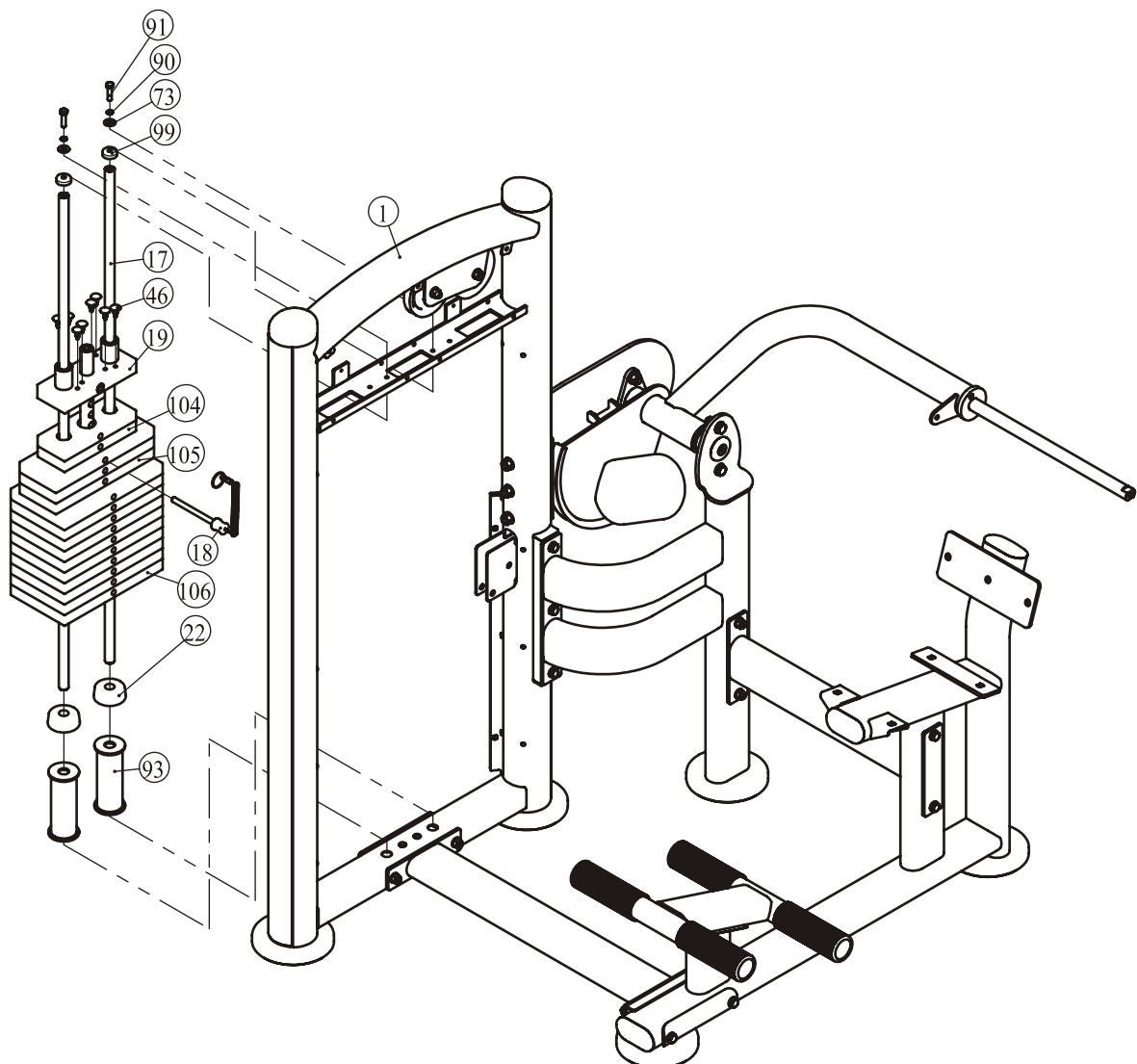
two  $\Phi 9 \times \Phi 22 \times 1.6$  Flat Washers (#73)

two  $\Phi 29 \times \Phi 19 \times 10$  Rubber Plugs (#99)

2. Attach the Selector Pin W/Coil (#18) to the Top Plate (#19).

3. Attach eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46) the Top Plate (#19).

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

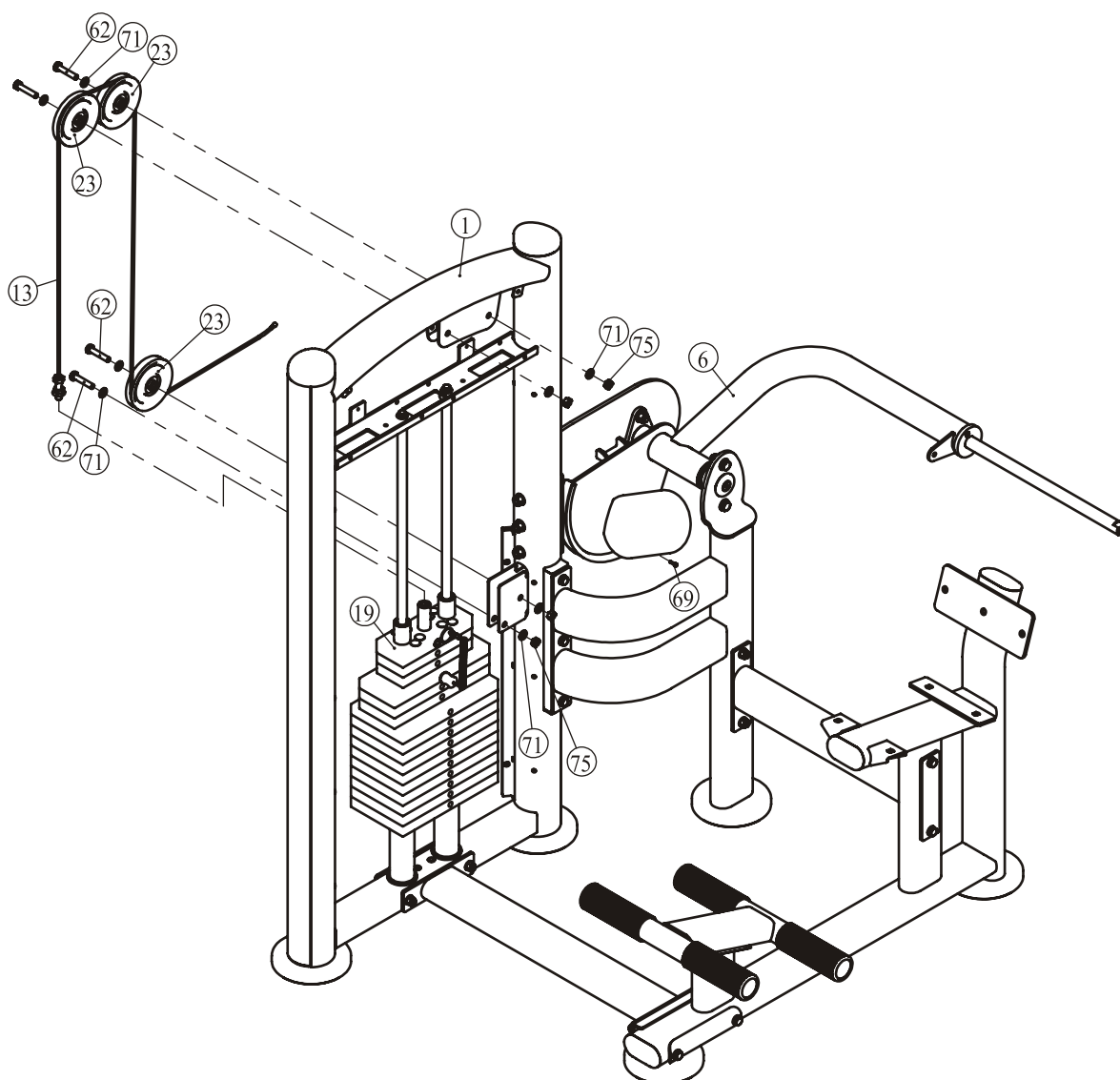


# Assembly

## STEP 5

1. Attach the Cable (#13) to the Top Plate (#19).
2. Attach two 4.5" Pulley (#23) to the Weight Stack Frame (#1) using:  
two M10\*50 HHB (#62) four  $\Phi 11^* \Phi 20^* 2$  Flat Washers (#71)  
two M10 Nylon Lock Nuts (#75)
3. Attach one 4.5" Pulley (#23) to the Weight Stack Frame (#1) using:  
two M10\*50 HHB (#62) four  $\Phi 11^* \Phi 20^* 2$  Flat Washers (#71)  
two M10 Nylon lock Nut (#75)
4. Attach the Cable (#13) to the Cam Frame (#6) using:  
one M4\*15 SHCS (#69)

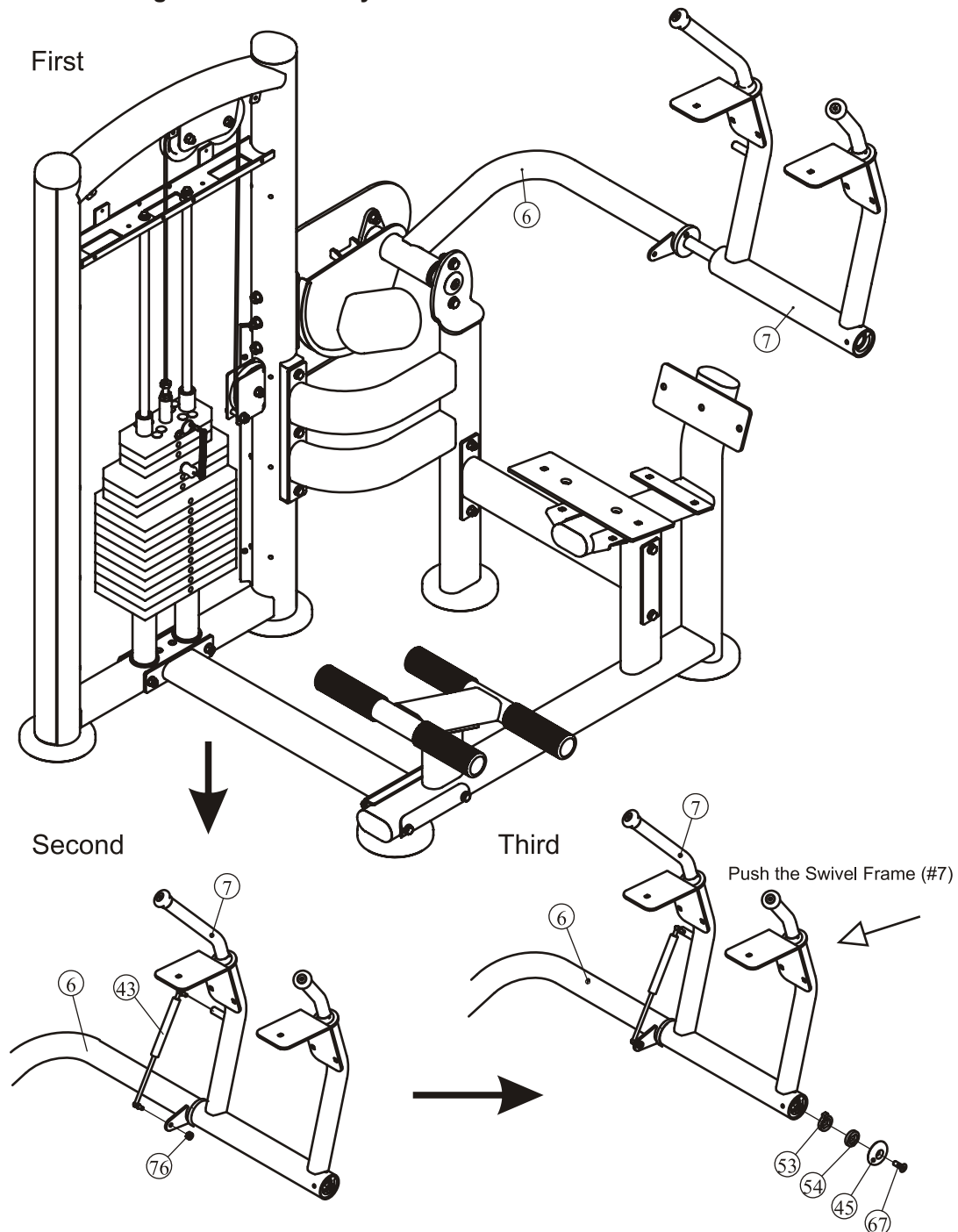
**Note: Wrench Tighten Bolts and Nylon Lock nuts.**



# Assembly

1. Attach the Swivel Frame (#7) to the Cam Frame (#6).
2. Attach the Gas Spring (#43) to the Cam Frame (#6) and the Swivel Frame (#7) using:  
one M8 Nylon Lock Nut (#76)
3. Attach the Location Ring (#53) and the Locking Ring (#54) to the Cam Frame (#6) using:  
one  $\Phi 60 \times \Phi 10.5 \times 10$  Aluminous Cap (#45)  
one M10\*30 FHCS (#67)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

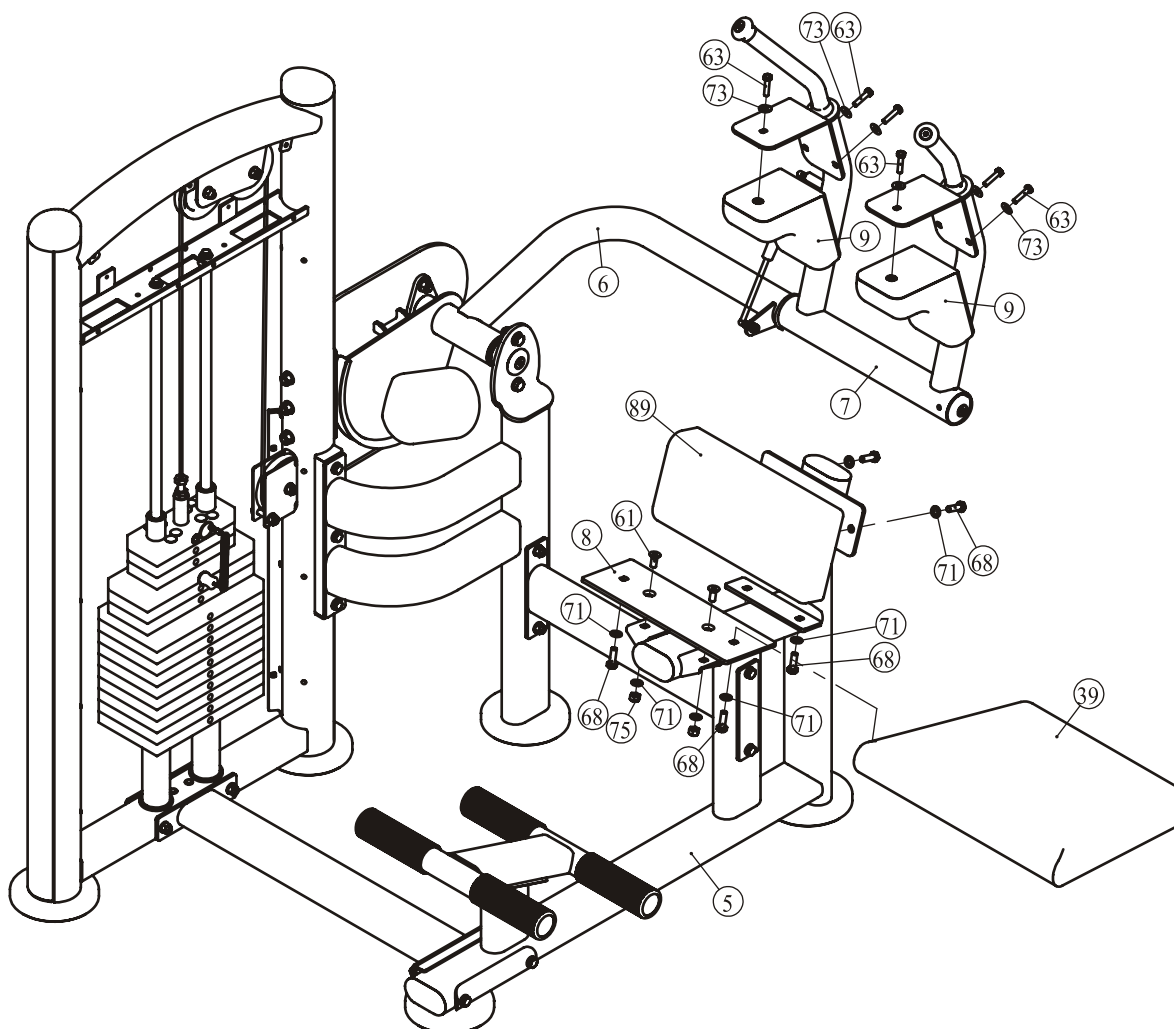


# Assembly

## STEP 7

1. Attach the Plate (#8) to the Seat Frame (#5) using:  
two M10\*25 FHCS (#61)                      two  $\Phi 11*\Phi 20*2$  Flat Washers (#71)  
two M10 Nylon Lock Nuts (#75)
2. Attach the Seat Pad (#39) to the Seat Frame (#5) and the Plate (#8) using:  
four  $\Phi 11*\Phi 20*2$  Flat Washers (#71)                      four M10\*30 HHB (#68)
3. Attach the Back Pad (#89) to the Seat Frame (#5) using:  
two  $\Phi 11*\Phi 20*2$  Flat Washers (#71)                      two M10\*30 HHB (#68)
4. Attach two Shoulder Pad (#9) to the Swivel Frame (#7) using:  
six M8\*35 HHB (#63)                      six  $\Phi 9*\Phi 22*1.6$  Flat Washer (#73)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**



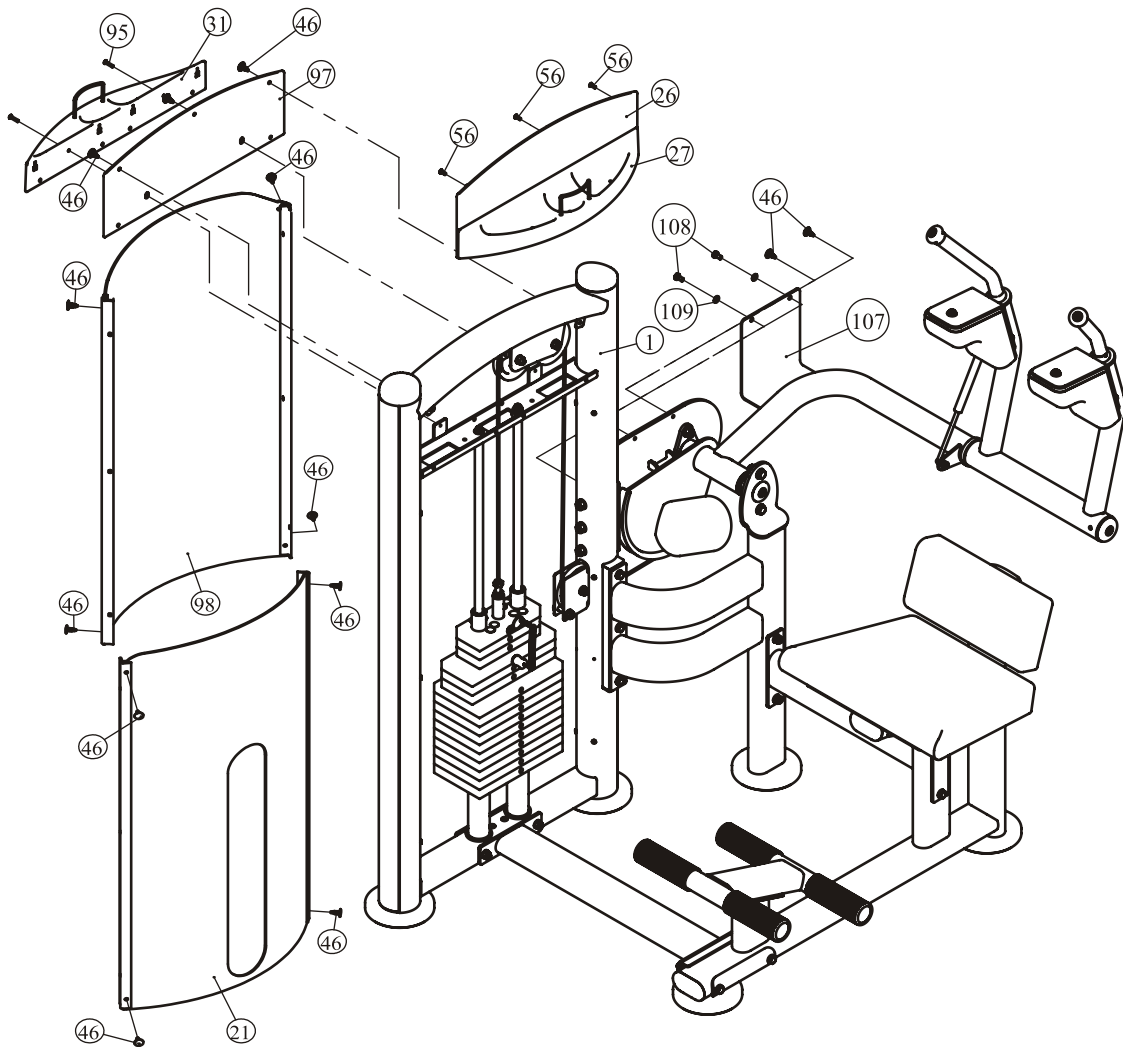
# Assembly

## STEP 8

1. Attach one Front Shroud (#21) and one Rear Shroud (#98) to the Weight Stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46)
2. Attach the Top Front Shroud & The Front Support (#26, #27) to the Weight Stack Frame (#1) using:  
three M5\*16 Flat Philips Screws (#56)
3. Attach the Top Rear Shroud-A (#97) and the Rear Support (#31) to the Weight Stack Frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46)      two M5\*25 Flat Philips Screws (#95)
4. Attach one Baffle Plate (#107) to one Main Bracket (#15) using:  
two M8\*15 Hex Head Bolt (#108)      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#109)  
two  $\Phi 8 \times \Phi 20 \times 23$  Button (#46)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **Flat Shroud !**



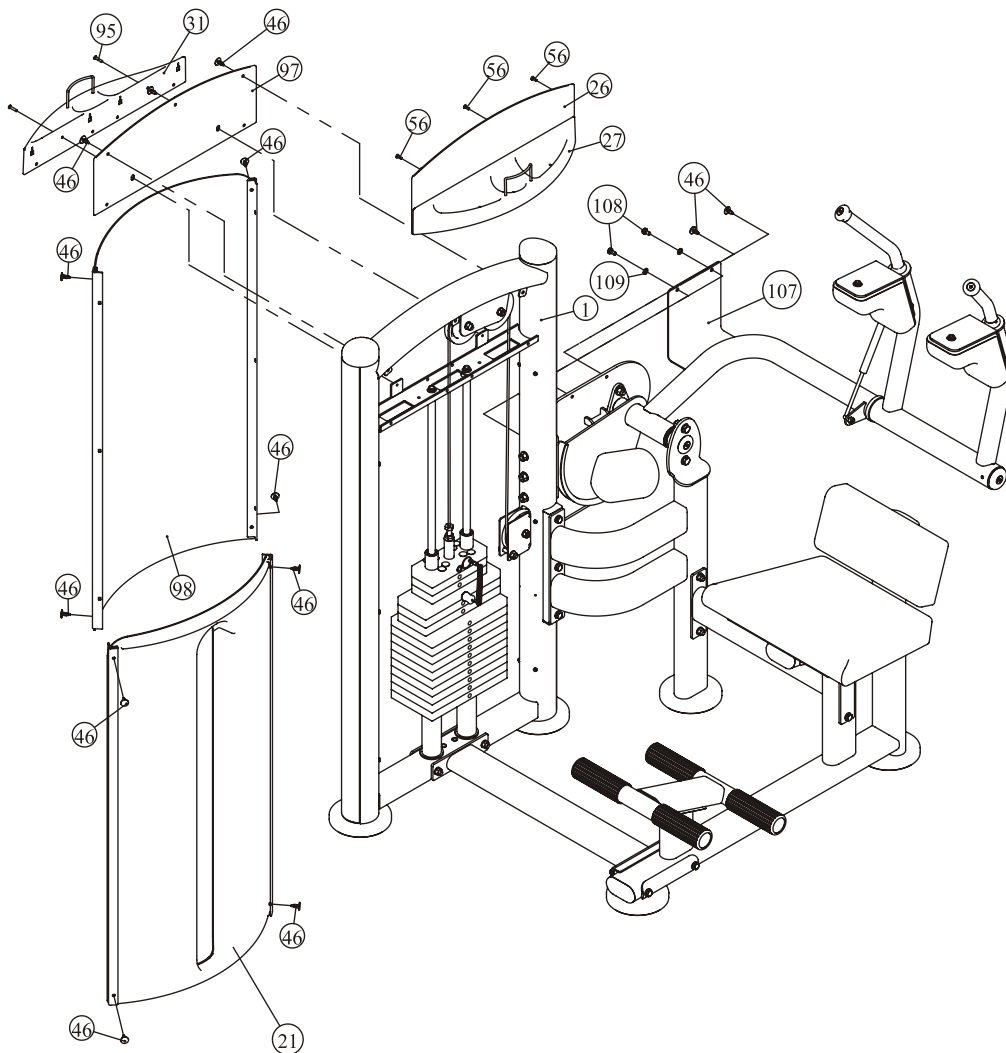
# Assembly

## STEP 8

1. Attach one Front Shroud (#21) and one Rear Shroud (#98) to the Weight Stack Frame (#1) using:  
eight  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46)
2. Attach the Top Front Shroud & The Front Support (#26, #27) to the Weight Stack Frame (#1) using:  
three M5\*16 Flat Philips Screws (#56)
3. Attach the Top Rear Shroud-A (#97) and the Rear Support (#31) to the Weight Stack Frame (#1) using:  
three  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46)      two M5\*25 Flat Philips Screws (#95)
4. Attach one Baffle Plate (#107) to one Main Bracket (#15) using:  
two M8\*15 Hex Head Bolt (#108)      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#109)  
two  $\Phi 8 \times \Phi 20 \times 23$  Button (#46)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

Here is the assembly instruction for **Molding Shroud !**



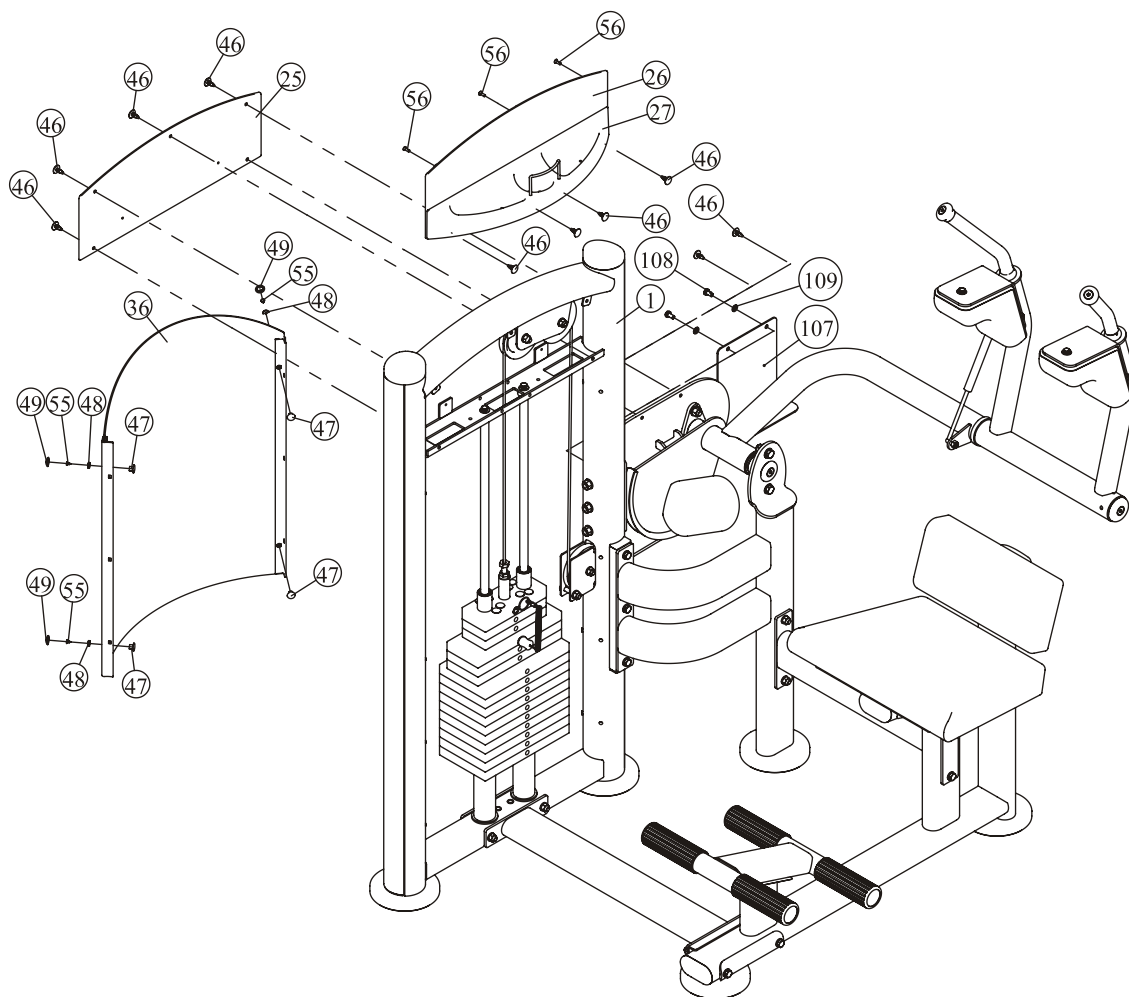
# Assembly

## STEP 8

1. Attach one Shroud (#36) to the Weight Stack Frame (#1) using:  
 four  $\Phi 13 \times 3$  Plastic Washers (#48)      four  $\Phi 21 \times 5.7$  Plastic Covers (#49)  
 four  $\Phi 18 \times 12$  Connect Button (#47)      four ST4.2\*10 Self-Tapping Screws (#55)
2. Attach the Top Front Shroud & The Front Support (#26, #27) to the Weight Stack Frame (#1) using:  
 four  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46)      three M5\*16 Flat Philips Screws (#56)
3. Attach the Top Rear Shroud (#25) to the Weight Stack Frame (#1) using:  
 five  $\Phi 8 \times \Phi 20 \times 23$  Buttons (#46)
4. Attach one Baffle Plate (#107) to one Main Bracket (#15) using:  
 two M8\*15 Hex Head Bolt (#108)      two  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#109)  
 two  $\Phi 8 \times \Phi 20 \times 23$  Button (#46)

**Note: Wrench Tighten Bolts and Nylon Lock nuts.**

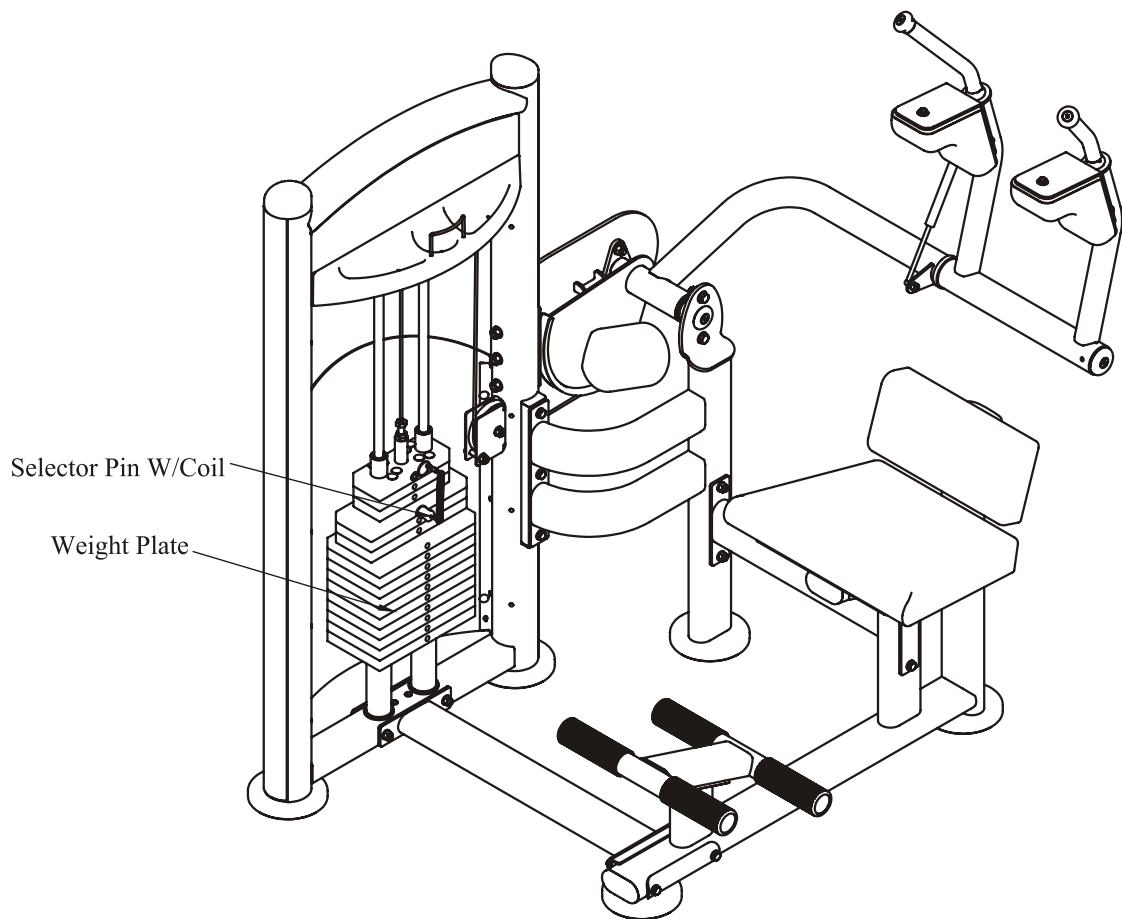
Here is the assembly instruction for **Short Shroud !**



## Adjust Instructions

### The use of Selector Pin

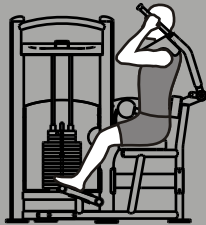
1. Select an appropriate weight and put the Selector Pin into the hole on it.
2. Make sure the Selector Pin gets into the hole completely.



## Exercise Instructions

### ABDOMINAL

Start

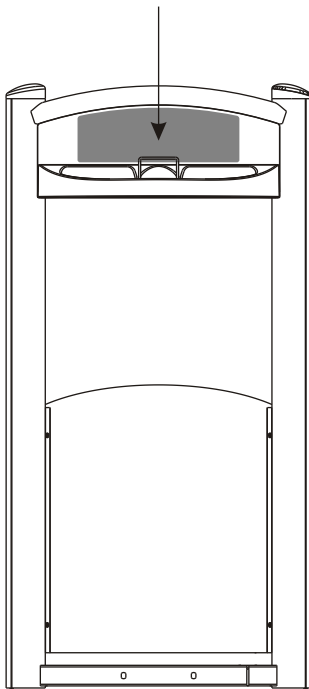
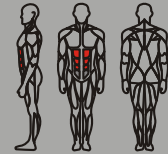


Finish



#### Exercise Instructions

1. Select an appropriate weight.
2. Put both feet on the foot plate hold the handle abut against two shoulder pads and crunch.
3. Slowly return to the starting position.



#### Exercise Instructions

1. Select an appropriate weight.
2. Put both feet on the foot plate hold the handle abut against two shoulder pads and crunch.
3. Slowly return to the starting position.  
(Adjust weight according to the select pin)

## Maintenance Schedule

| ROUTINE  | COMMERCIAL<br>MAINTENANCE | HOME<br>MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |
|--|---------------------------|---------------------|-------------------|--|--|--|--|--|
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Clean;<br>Upholstery   | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension  | DAILY                     | WEEKLY              |                   |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles  | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>All Decals   | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if<br>needed                                 | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface  | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes  | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings   | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting<br>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.

