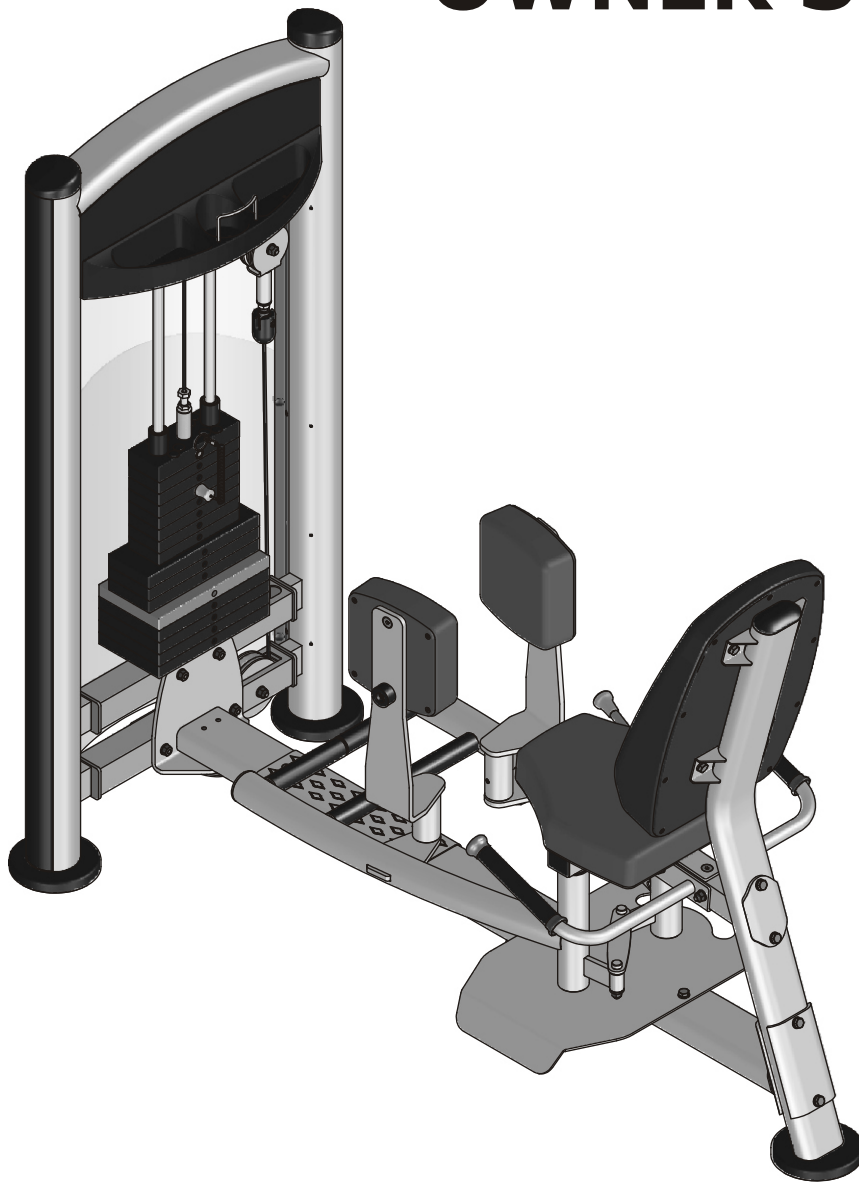


IT9308

ABDUCTOR AND ADDUCTOR

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.

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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.

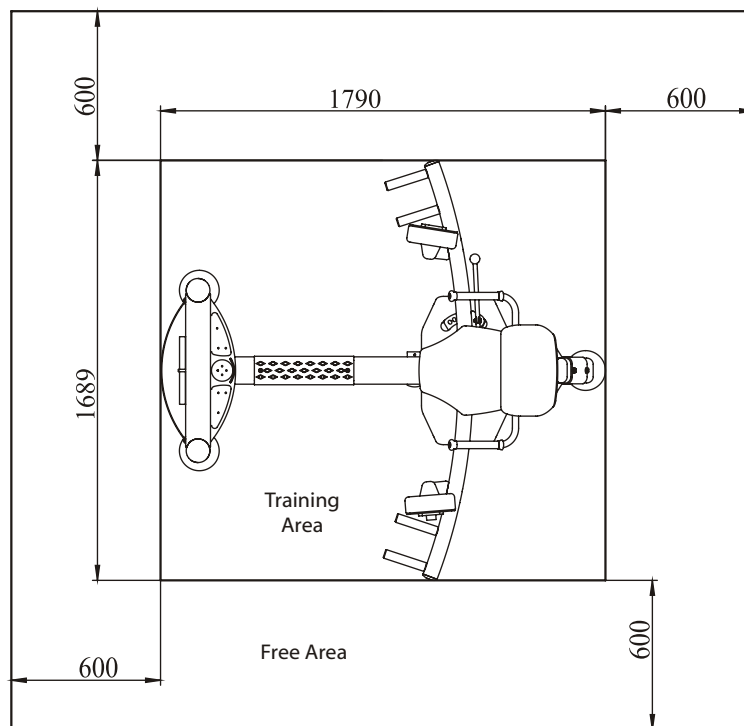
Important Safety Instructions

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: 68kg/ 150lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 1790*1689mm

Product Total Mass (Short Shroud): 125.4kg/ 277lbs

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.

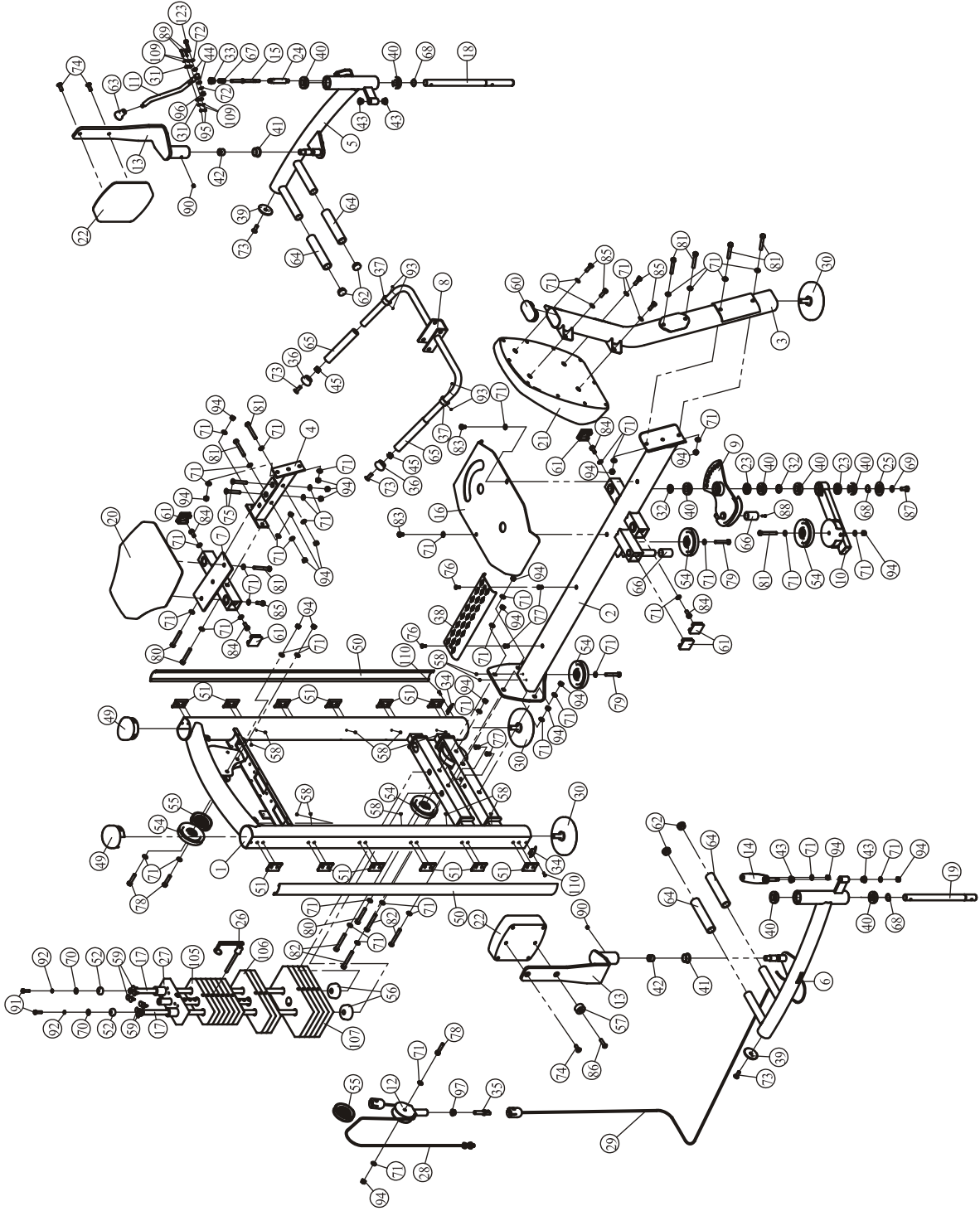
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	31	Connect Plate	2
2	Bottom Cross Brace	1	32	Washer $\Phi 32 \times \Phi 26 \times 5$	2
3	Rear Frame	1	33	Nut M20*1.5*18	1
4	Connect Tube	1	34	L Bracket	2
5	Right Leg Arm	1	35	Cable Connector	1
6	Left Leg Arm	1	36	Aluminium Grip Cap	2
7	Pivot Axle Support Tube	1	37	Aluminium Grip Ring	2
8	Handle	1	38	Foot Pad	1
9	Adjustable Cam	1	39	Aluminium Cap	2
10	Cam Support Tube	1	40	Bearing	8
11	Adjustable Handle	1	41	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	2
12	Adjustable Pulley Bracket	1	42	Bushing $\Phi 25 \times \Phi 19 \times 20$	2
13	Leg Pad Pivot Bracket	2	43	Bushing $\Phi 25 \times \Phi 12.2 \times 13$	4
14	Pivot Actuator Plate	1	44	Bushing $\Phi 8 \times \Phi 12 \times 8$	2
15	Pole	1	45	Nut 25*2.5*21.6	2
16	Cover	1	46	Front Shroud	1
17	Guide Rod $\Phi 19 \times 947$	2	47	Rear Shroud	1
18	Pivot Axle $\Phi 25 \times 449$	1	48	Shroud Retainer Plate	4
19	Pivot Axle $\Phi 25 \times 364$	1	49	Plug	2
20	Seat Pad	1	50	Side Cover	2
21	Back Pad	1	51	Plastic Block	12
22	Leg Pad	2	52	Rubber Plug $\Phi 29 \times \Phi 19 \times 10$	2
23	Sleeve	2	53	Connect Button $\Phi 18 \times 12$	4
24	Pin	1	54	4.5" Pulley	5
25	Big Washer $\Phi 55 \times \Phi 12.2 \times 5$	1	55	3.5" Pulley	2
26	Selector Pin W/Coil	1	56	Weight Rubber Bumper	2
27	Top Plate	1	57	Rubber Bumper $\Phi 38 \times 19.5$	1
28	Cable 1	1	58	Button $\Phi 8.1 \times 7$	12
29	Cable 2	1	59	Button $\Phi 8 \times \Phi 20 \times 23$	19
30	Adjustable Foot Plate	3	60	Plug	1

Parts List

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

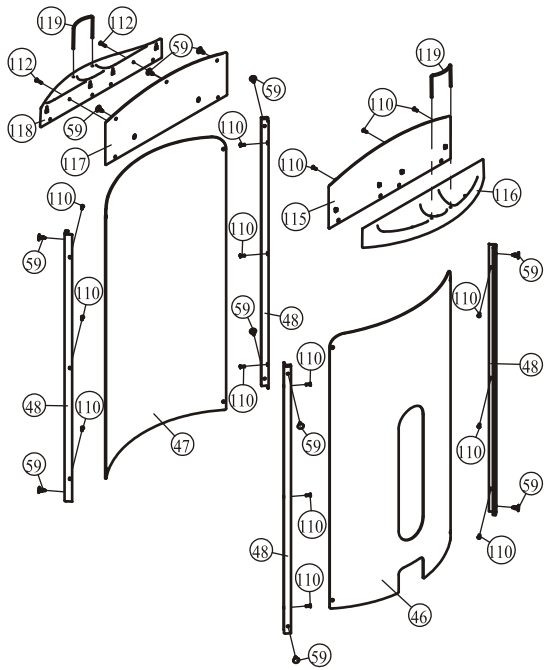
Item No.	Description	Qty	Item No.	Description	Qty
61	Plug □ 50	5	91	Hex Head Bolt M8*30	2
62	Plug Φ32	4	92	Spring Washer Φ8	2
63	Adjusting Handle	1	93	Socket Set Screw 10-32*3.2	4
64	Grip Stφ36*Φ28*170	4	94	Nylon Lock Nut M10	21
65	Grip Stφ30*Φ22*180	2	95	Nylon Lock Nut M5	2
66	Rubber Tube Φ32*Φ25.3*50	2	96	Nylon Lock Nut M8	1
67	Spring	1	97	Hex Flanged Nut 1/2"-13	1
68	Retaining Snap Ring D=25	3	98	Wrench	1
69	Flat Washer Φ13*Φ24*1.5	1	99	Hex Key S=3/32"	1
70	Flat Washer Φ9*Φ22*1.6	2	100	Hex Key S=3	1
71	Flat Washer Φ11*Φ20*2	52	101	Hex Key S=4	1
72	Flat Washer Φ9*Φ16*1.6	2	102	Hex Key S=5	1
73	Flat Head Cap Screw M10*30	4	103	Hex Key S=6	1
74	Flat Head Cap Screw M10*35	3	104	Lube	1
75	Flat Head Cap Screw M10*75	2	108	Hex Key S=S=3/16"	1
76	Flat Head Cap Screw M8*20	2	109	Flat Washer Φ5.5*Φ12*1	4
77	Hex Nut M8	4	110	Flat Philips Screw M5*16	17
78	Hex Head Bolt M10*50	3	111	Self-Tapping Screw St4.2*10	4
79	Hex Head Bolt M10*65	2	112	Flat Philips Screw M5*25	2
80	Hex Head Bolt M10*75	3	113	Plastic Cover Φ21*5.7	4
81	Hex Head Bolt M10*80	8	114	Plastic Washer Φ13*3	4
82	Hex Head Bolt M10*85	4	115	Top Front Shroud	1
83	Hex Head Bolt M10*15	2	116	Support	1
84	Hex Head Bolt M10*26	4	117	Top Rear Shroud-A	1
85	Hex Head Bolt M10*30	5	118	Rear Support	1
86	Button Head Cap Screw M10*40	1	119	Arc Bracket	1
87	Hex Head Bolt M12*25	1	120	Top Rear Shroud	1
88	Socket Head Cap Screw M4*15	1	121	Short Shroud Retainer Plate	2
89	Socket Head Cap Screw M5*25	2	122	Shroud	1
90	Socket Set Screw M10*8	2	123	Hex Head Bolt M8*45	1

Exploded View

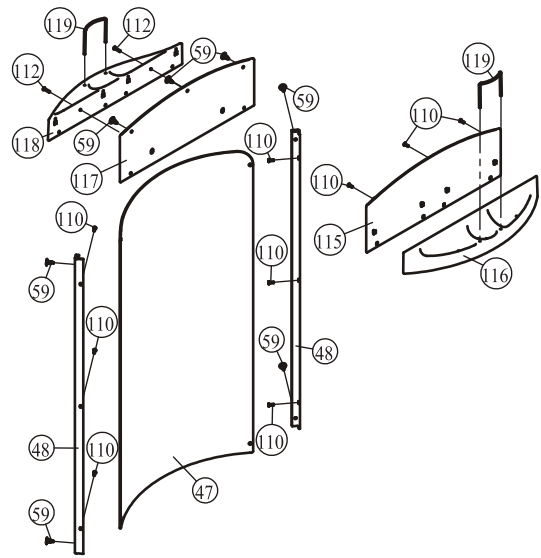


Exploded View

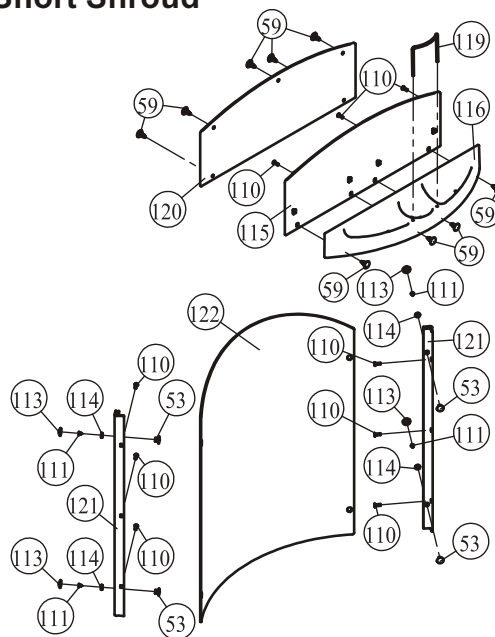
Long Shroud



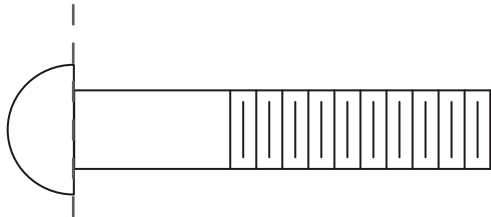
Flat Shroud



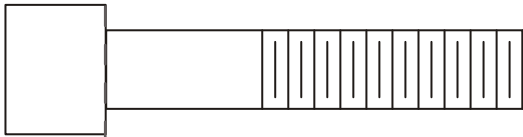
Short Shroud



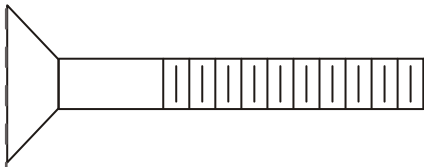
Measurement Guide



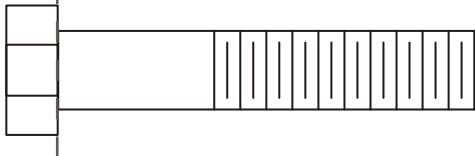
BHCS = Button Head Cap Screw



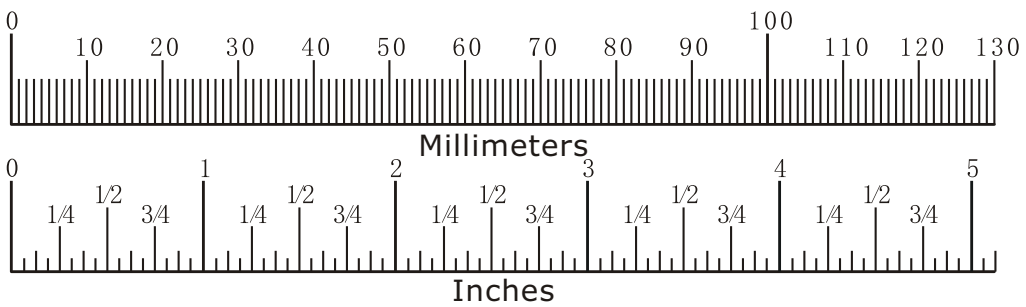
SHCS = Socket Head Cap Screw



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.

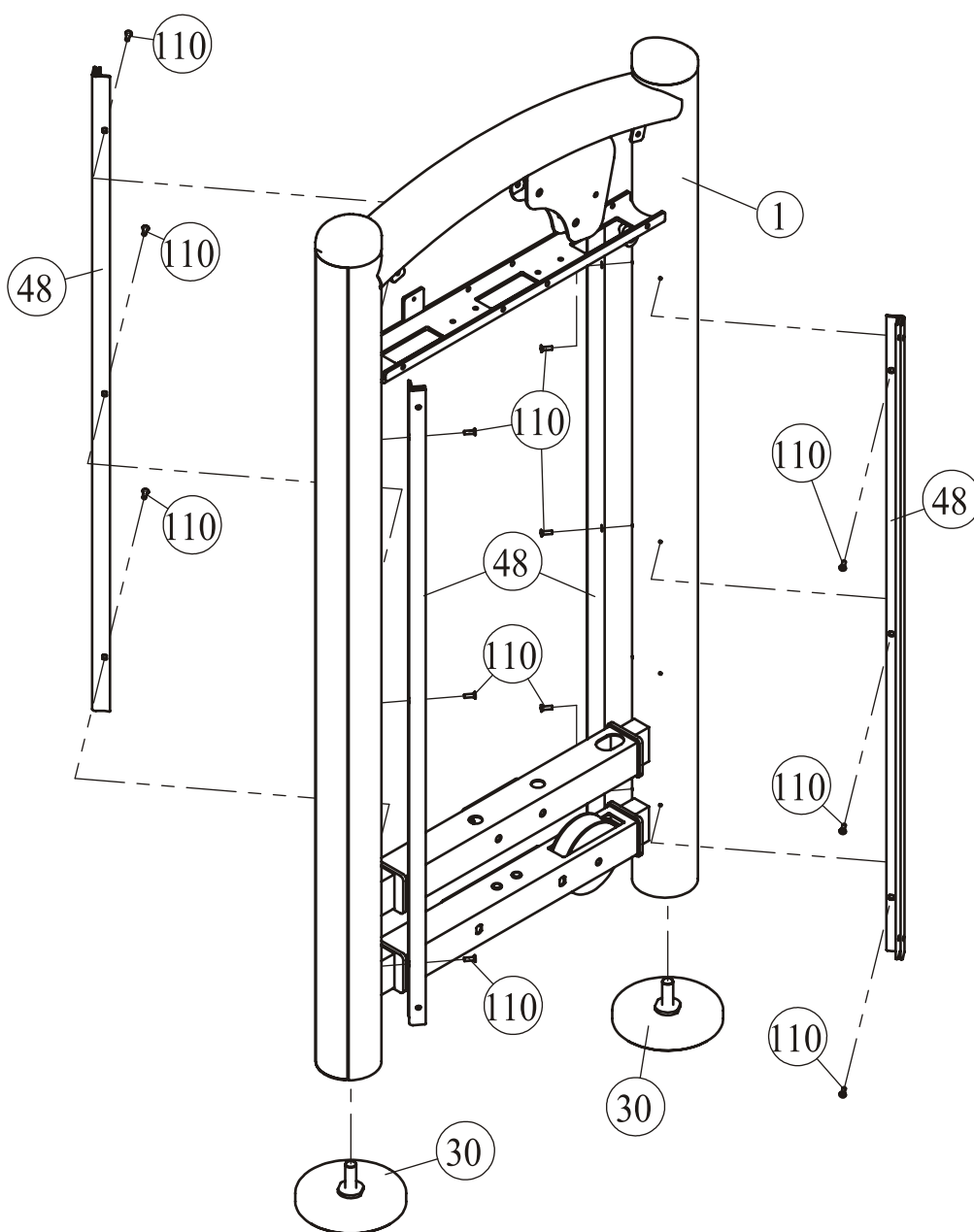
Assembly

STEP 1

1. Attach two Adjustable Foot plates (#30) to the Weight Stack Frame (#1).
2. Attach four Shroud Retainer Plates (#48) to the Weight Stack Frame (#1) using:
twelve M5*16 Flat Philips Screws (#110)

Note: Wrench Tighten Screws.

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



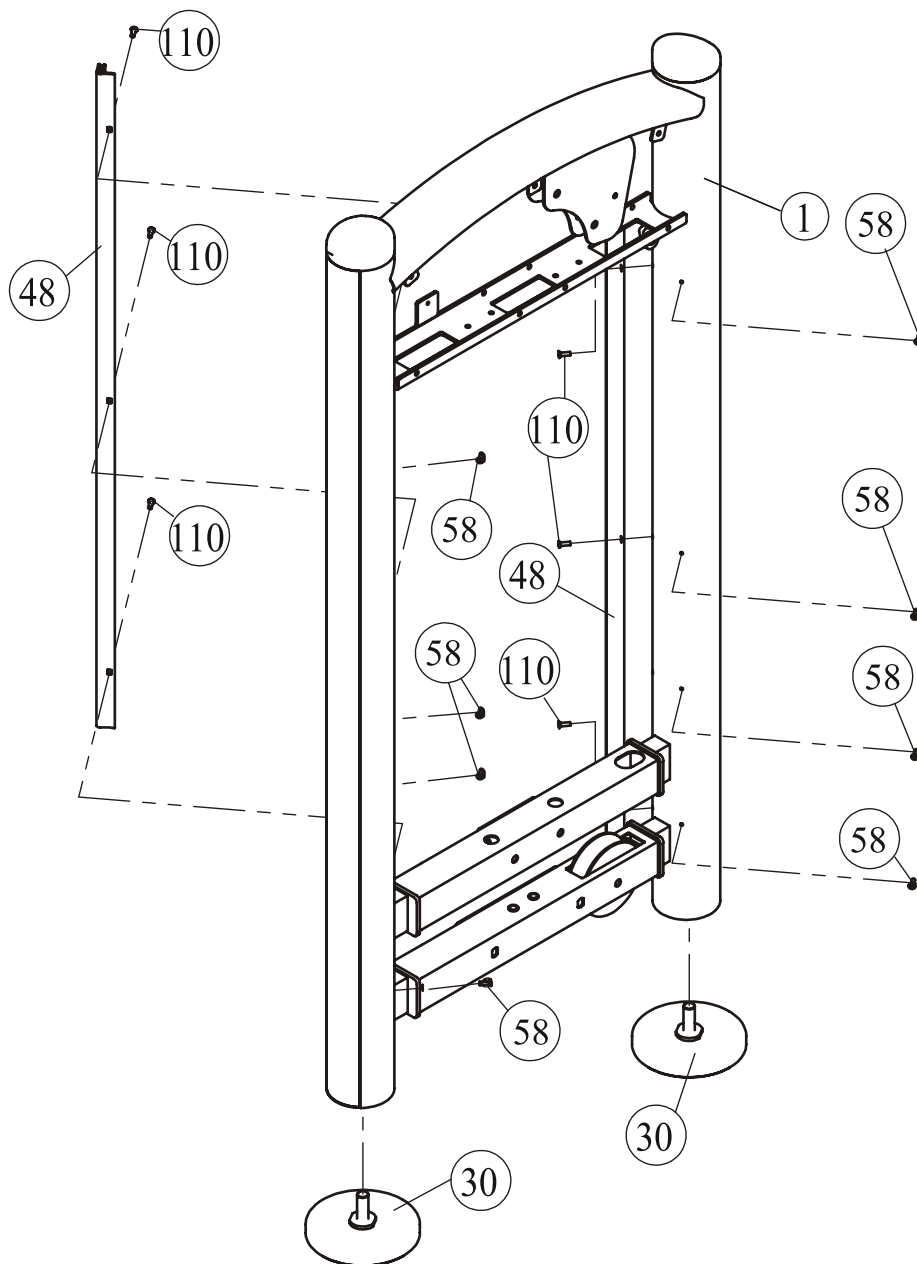
Assembly

STEP 1

1. Attach two Adjustable Foot plates (#30) to the Weight Stack Frame (#1).
2. Attach four Shroud Retainer Plates (#48) to the Weight Stack Frame (#1) using:
six M5*16 Flat Philips Screws (#110)
3. Attach eight Button (#58) to the Weight Stack Frame (#1).

Note: Wrench Tighten Screws.

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



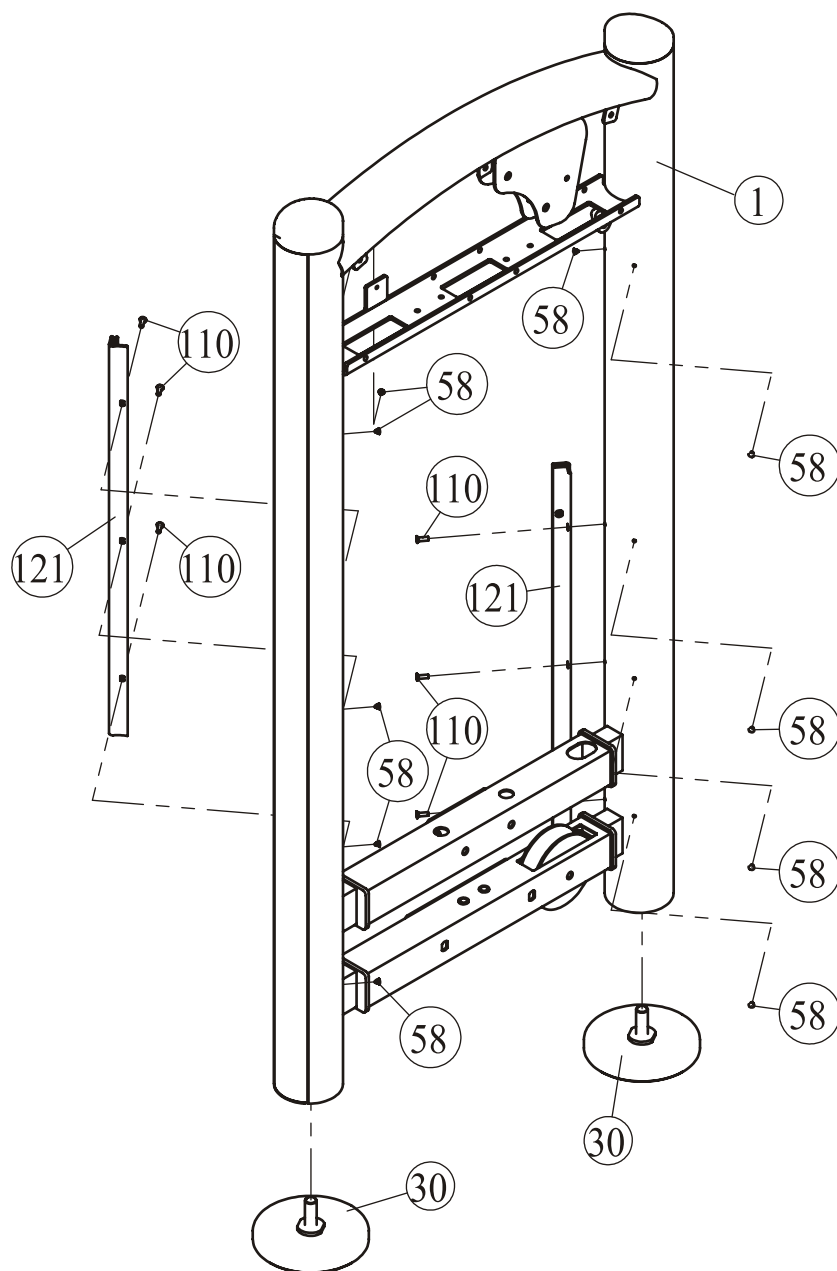
Assembly

STEP 1

1. Attach two Adjustable Foot plates (#30) to the Weight Stack Frame (#1).
2. Attach two Short Shroud Retainer Plates (121) to the Weight Stack Frame (#1) using:
six M5*16 Flat Philips Screws (#110)
3. Attach ten Buttons (#58) to the Weight Stack Frame (#1).

Note: Wrench Tighten Screws.

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



Assembly

STEP 2

1. Attach one Adjustable Foot plate (#30) to the Rear Frame (#3).
2. Attach the Bottom Cross Brace (#2) to the Weight Stack Frame (#1) and the Rear Frame (#3) using:

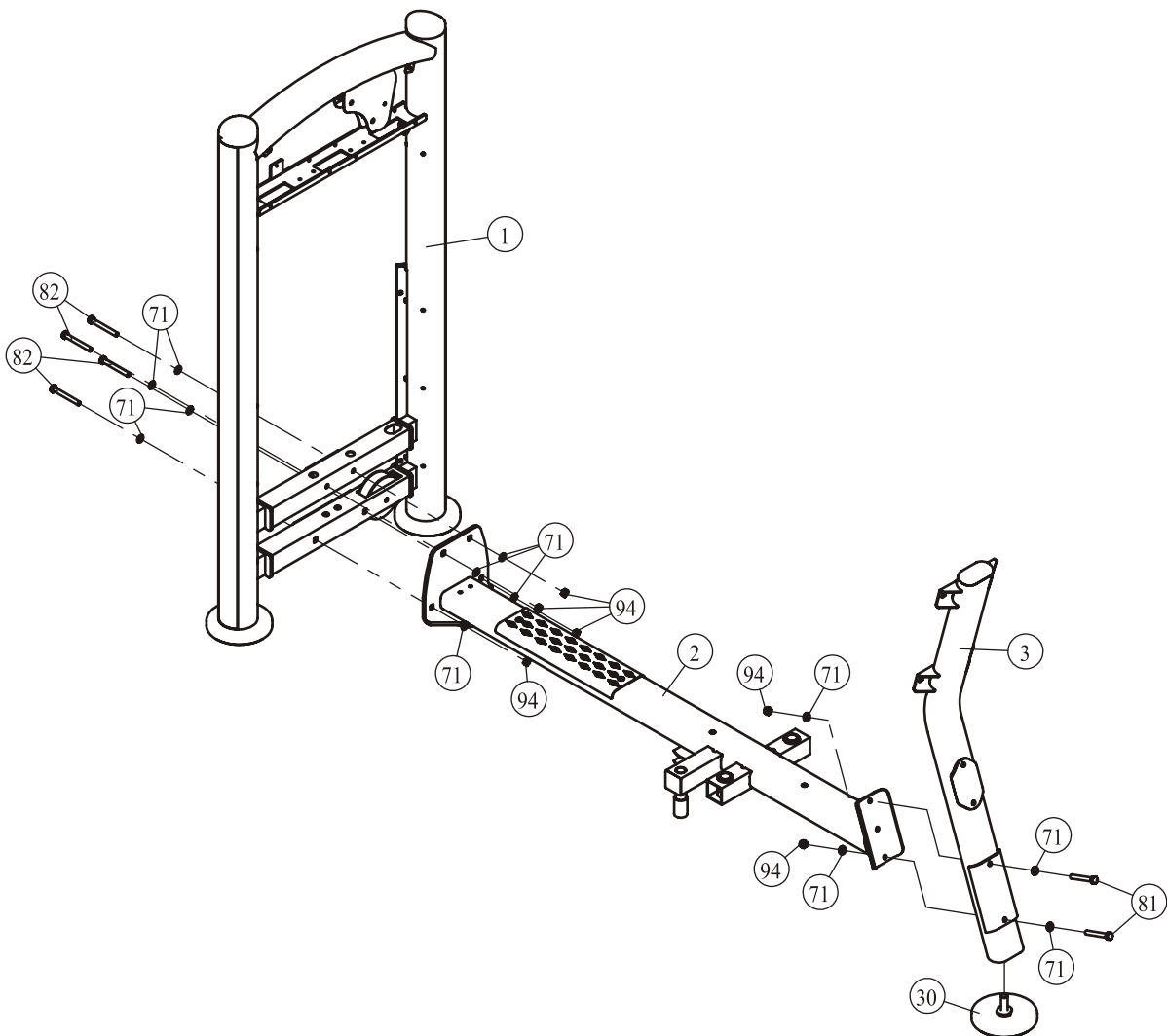
four M10*85 HHB (#82)

two M10*80 HHB (#81)

twelve $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71)

six M10 Nylon Lock Nuts (#94)

Note: Hand tighten Bolts and Nylon Lock nuts.

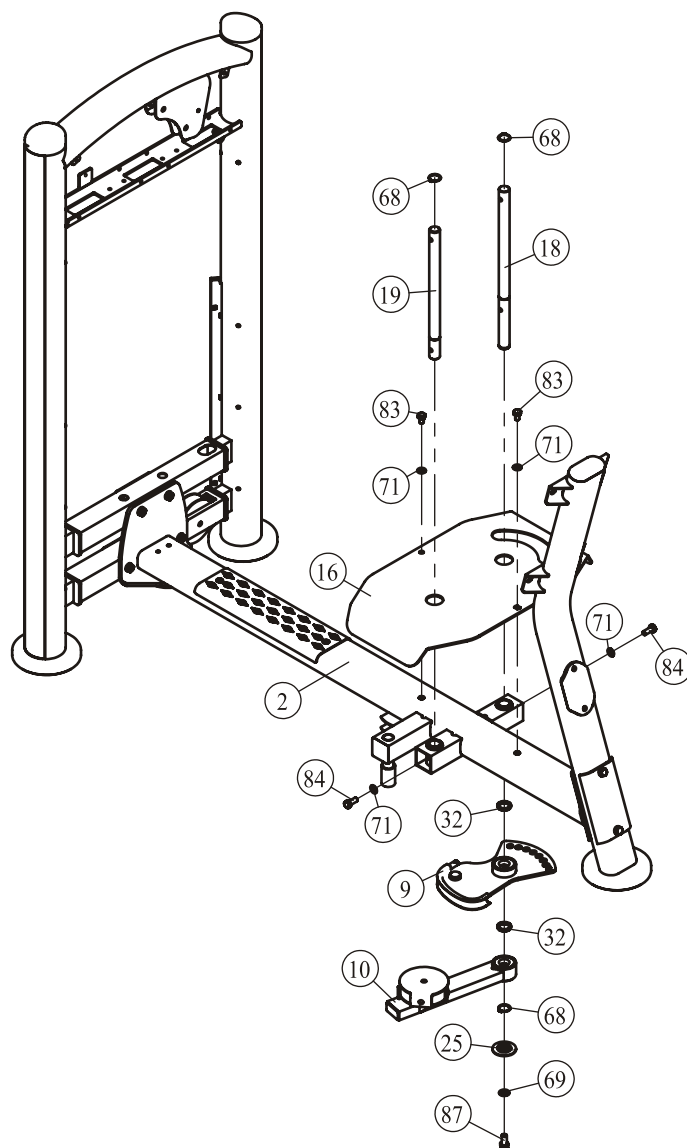


Assembly

STEP 3

1. Attach the Pivot Axle $\Phi 25 \times 364$ (#19) to the Bottom Cross Brace (#2) using:
one D=25 Retaining Snap Ring (#68) one M10*25 HHB (#84)
one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#71)
2. Attach the Pivot Axle $\Phi 25 \times 449$ (#18) to the Bottom Cross Brace (#2) using:
one D=25 Retaining Snap Ring (#68) one M10*25 HHB (#84)
one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#71)
3. Attach the Adjustable Cam (#9) and the Cam Support Tube (#10) to the Pivot Axle $\Phi 25 \times 449$ (#18) using:
two $\Phi 32 \times \Phi 26 \times 5$ Washers (#32) one D=25 Retaining Snap Ring (#68)
one $\Phi 55 \times \Phi 12.2 \times 5$ Big Washer (#25) one $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washers (#69)
one M12*25 HHB (#87)
4. Attach the Cover (#16) to the Bottom Cross Brace (#2) using:
two M10*15 HHB (#83) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71)

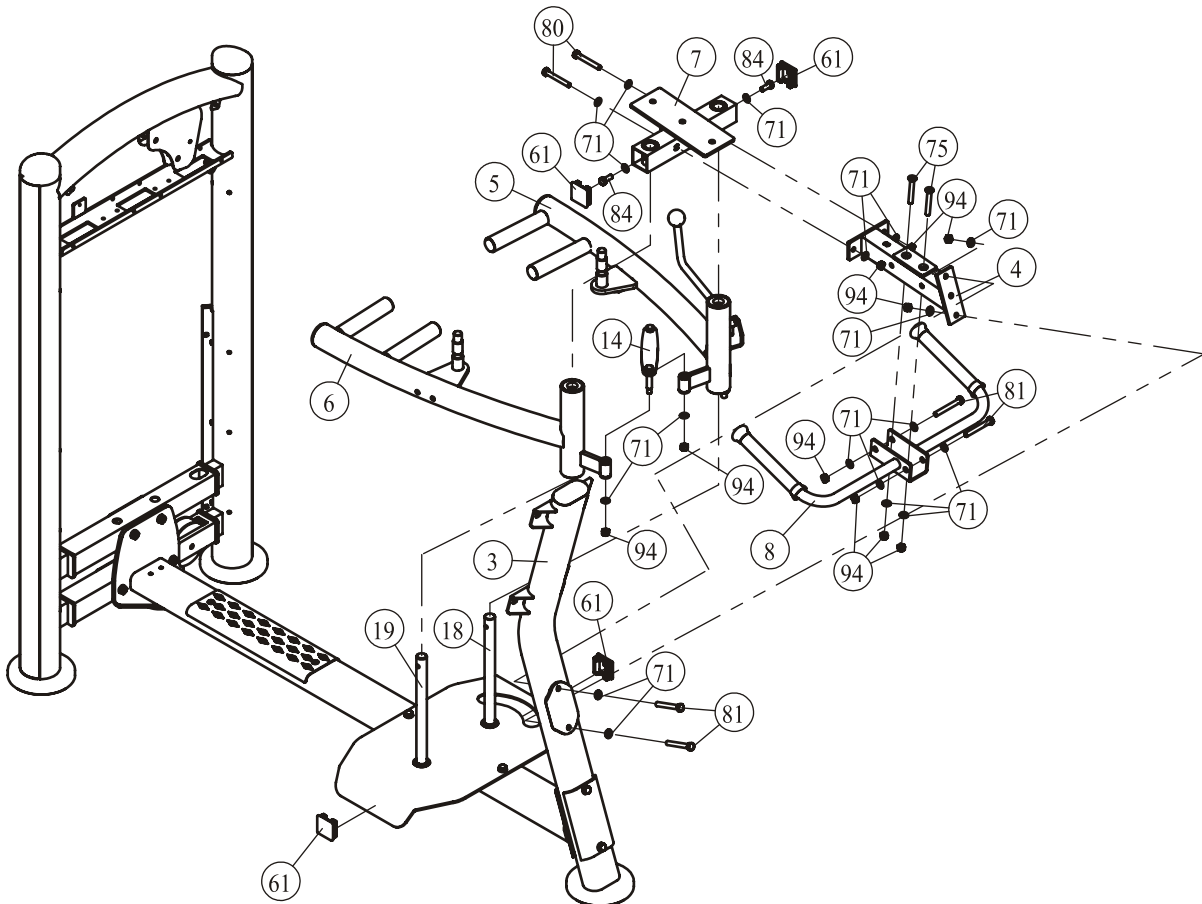
Note: Hand tighten Bolts and Nylon Lock nuts.



Assembly

STEP 4

1. Insert the Left Leg Arm (#6) and the Right Leg Arm (#5) to the $\Phi 25 \times 364$ Pivot Axle (#19) and the $\Phi 25 \times 449$ Pivot Axle (#18), then attach the Pivot Actuator Plate (#14) to the Left Leg Arm (#6) and the Right Leg Arm (#5) using:
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71) two M10 Nylon lock Nuts (#94)
 2. Attach the Pivot Axle Support Tube (#7) to the $\Phi 25 \times 364$ Pivot Axle (#19) and the $\Phi 25 \times 449$ Pivot Axle (#18) using:
two M10*25 HHB (#84) two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71)
 3. Attach the Connect Tube (#4) to the Pivot Axle Support Tube (#7) and the Rear Frame (#3) using:
two M10*75 HHB (#80) two M10*80 HHB (#81)
eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71) four M10 Nylon lock Nuts (#94)
 4. Attach the Handle (#8) to the Connect Tube (#4) using:
two M10*75 FHCS (#75) two M10*80 HHB (#81)
six $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71) four M10 Nylon lock Nuts (#94)
- Note: Wrench Tighten Bolts and Nylon Lock nuts.**
5. Attach four $\square 50$ Plugs (#61) to the Bottom Cross Brace (#2) and the Pivot Axle Support Tube (#7).



Assembly

STEP 5

1. Attach:

two Guide Rod (#17)

five Weight Plate 15LBS (#107)

seven Weight Plate 5LBS (#105)

to the Weight Stack Frame (#1) using:

two M8*30 HHB (#91)

two $\Phi 9 \times \Phi 22 \times 1.6$ Flat Washers (#70)

two $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#56)

three Weight Plate 10LBS (#106)

one Top Plate (#27)

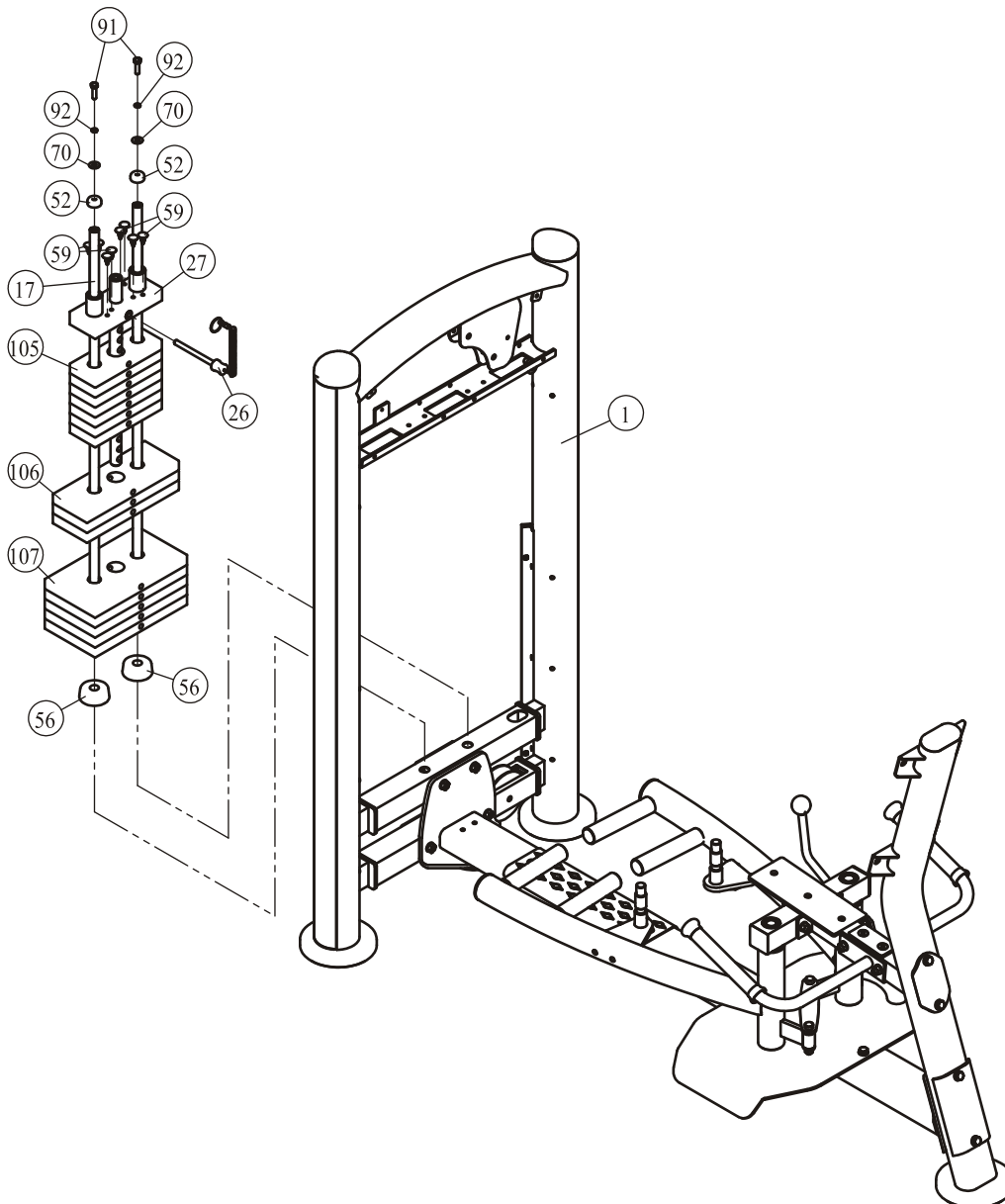
two $\Phi 8$ Spring Washers (#92)

two $\Phi 29 \times \Phi 19 \times 10$ Rubber Plugs (#52)

2. Attach the Selector Pin W/Coil (#26) to the Top Plate (#27).

3. Attach eight Buttons (#59) to the Top Plate (#27).

Note: Wrench Tighten Bolts and Nylon Lock nuts.



Assembly

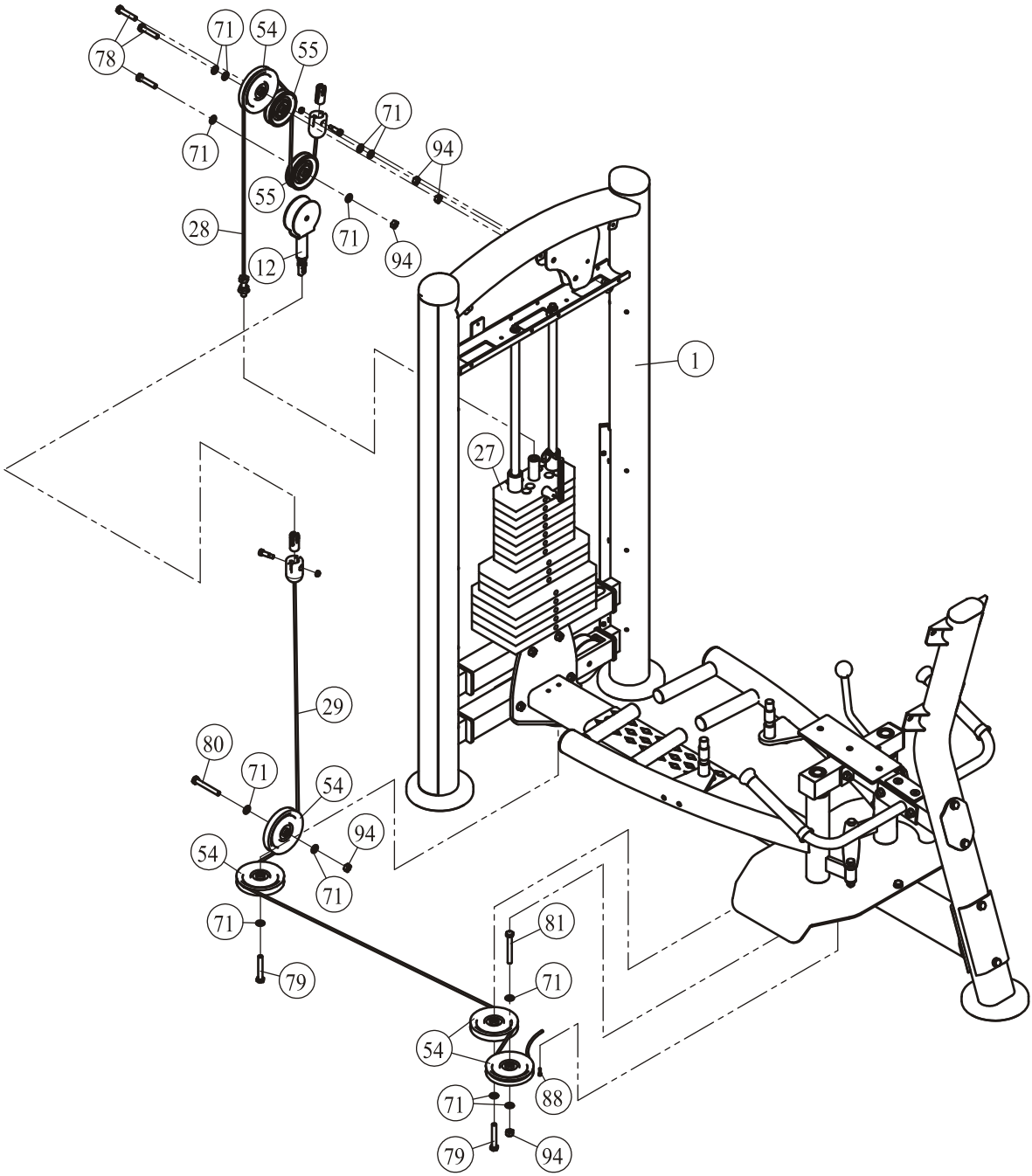
STEP 6

1. Attach two 4.5" Pulleys (#54) and one 3.5" Pulley (#55) to the Weight Stack Frame (#1) using:
 - two M10*50 HHB (#78)
 - one M10*75 HHB (#80)
 - six $\Phi 11*\Phi 20*2$ Flat Washers (#71)
 - three M10 Nylon Lock Nuts (#94)
2. Attach two 4.5" Pulleys (#54) to the Bottom Cross Brace (#2) using:
 - two M10*65 HHB (#79)
 - two $\Phi 11*\Phi 20*2$ Flat Washers (#71)
3. Attach one 4.5" Pulley (#54) to the Cam Support Tube (#10) using:
 - one M10*80 HHB (#81)
 - two $\Phi 11*\Phi 20*2$ Flat Washers (#71)
 - one M10 Nylon lock Nut (#94)
4. Attach one 3.5" Pulley (#55) to the Adjustable Pulley Bracket (#12) using:
 - one M10*50 HHB (#78)
 - two $\Phi 11*\Phi 20*2$ Flat Washers (#71)
 - one M10 Nylon lock Nut (#94)
6. Attach the Cable 1 (#28) to the Top Plate (#27), the Weight Stack Frame (#1) and the Adjustable Pulley Bracket (#12).
7. Attach the Cable 2 (#29) to the Adjustable Pulley Bracket (#12), the Bottom Cross Brace (#2), the Cam Support Tube (#10) and the Adjustable Cam (#9), then tighten the M4*15 SHCS (#88).

Note: Wrench Tighten Bolts and Nylon Lock nuts.

Assembly

STEP 6

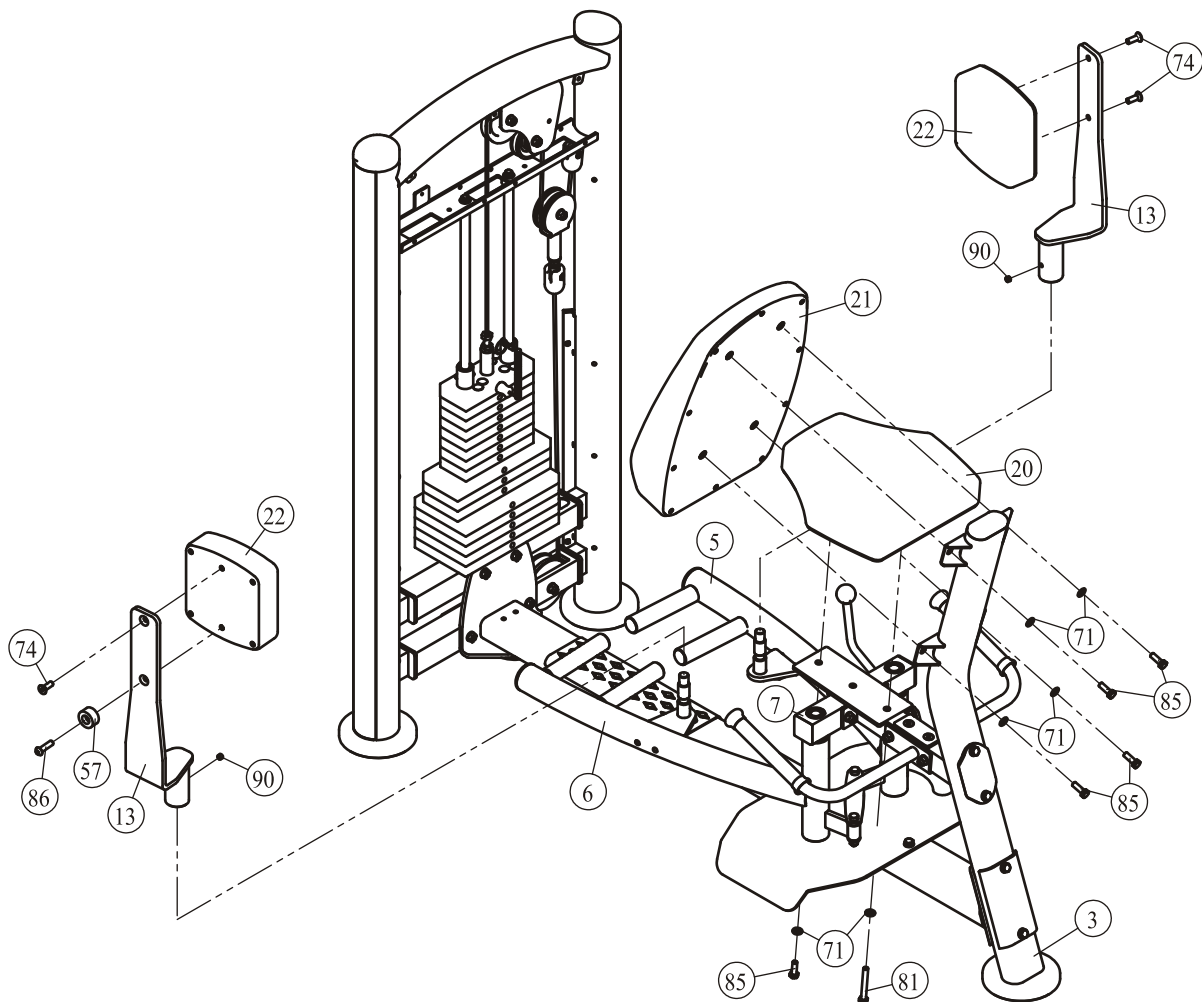


Assembly

STEP 7

1. Attach two Leg Pad (#22) to two Leg Pad Pivot Brackets (#13) using:
three M10*35 FHCS (#74) one M10*40 BHCS (#86)
one $\Phi 38 \times 19.5$ Rubber Bumper (#57)
2. Attach two Leg Pad Pivot Brackets (#13) to the Left Leg Arm (#6) and the Right Leg Arm (#5), then tighten two M10*8 Socket Set Screws (#90).
3. Attach the Seat Pad (#20) to the Pivot Axle Support Tube (#7) using:
one M10*80 HHB (#81) one M10*30 HHB (#85)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71)
4. Attach the Back Pad (#21) to the Rear Frame (#3) using:
four M10*30 HHB (#85) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washers (#71)

Note: Wrench Tighten Bolts and Nylon Lock nuts.



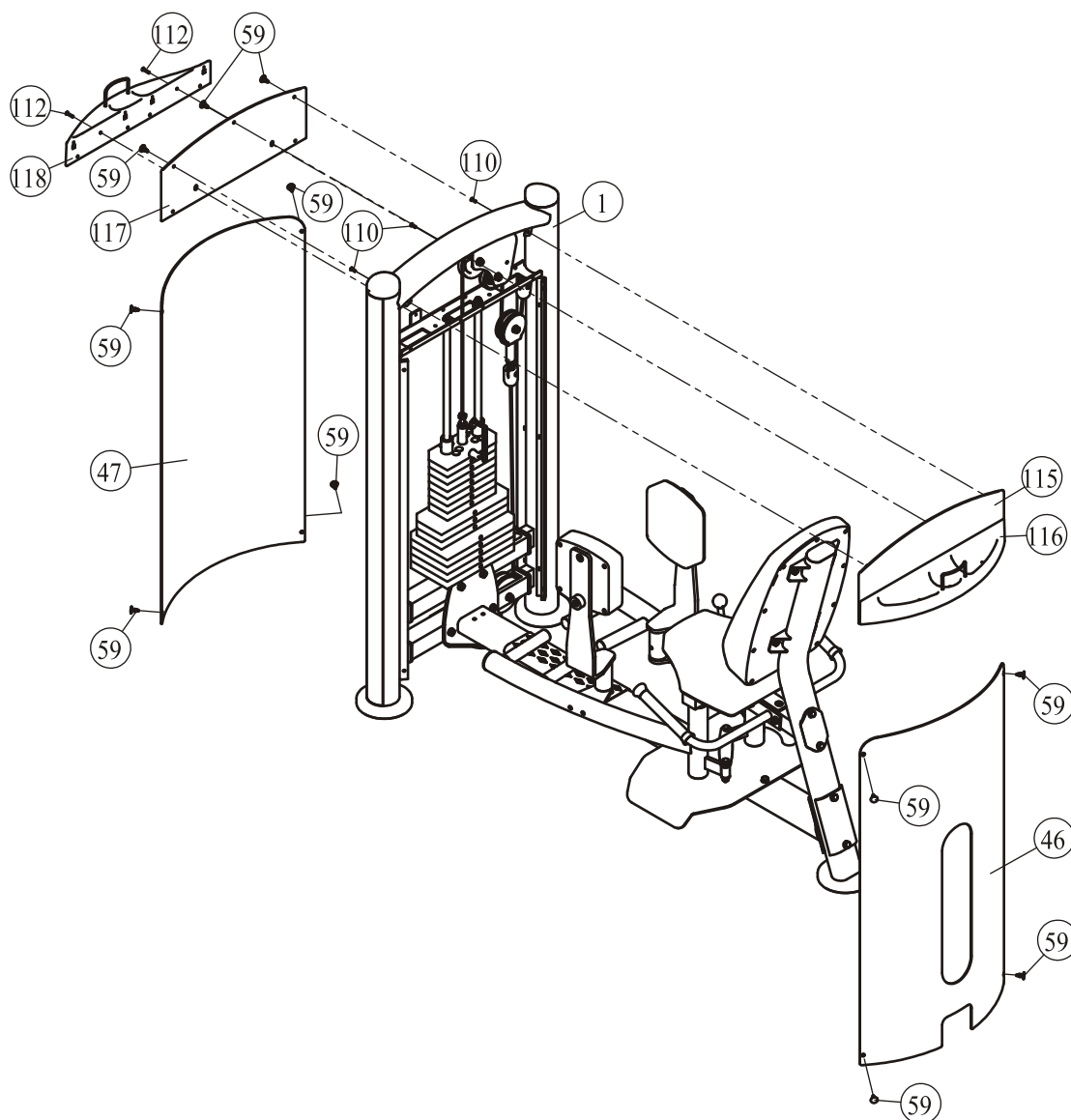
Assembly

STEP 8

1. Attach the Front Shroud (#46) and the Rear Shroud (#47) to the Weight Stack Frame (#1) using:
eight $\Phi 8 \times \Phi 20 \times 23$ Buttons (#59)
2. Attach the Top Front Shroud (#115) and the Support (#116) to the Weight Stack Frame (#1) using:
three M5*16 Flat Philips Screw (#110)
2. Attach the Top Rear Shroud-A (#117) and the Rear Support (#118) to the Weight Stack Frame (#1) using:
three $\Phi 8 \times \Phi 20 \times 23$ Buttons (#59) two M5*25 Flat Philips Screw (#112)

Note: Wrench Tighten Bolts and Nylon Lock nuts.

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



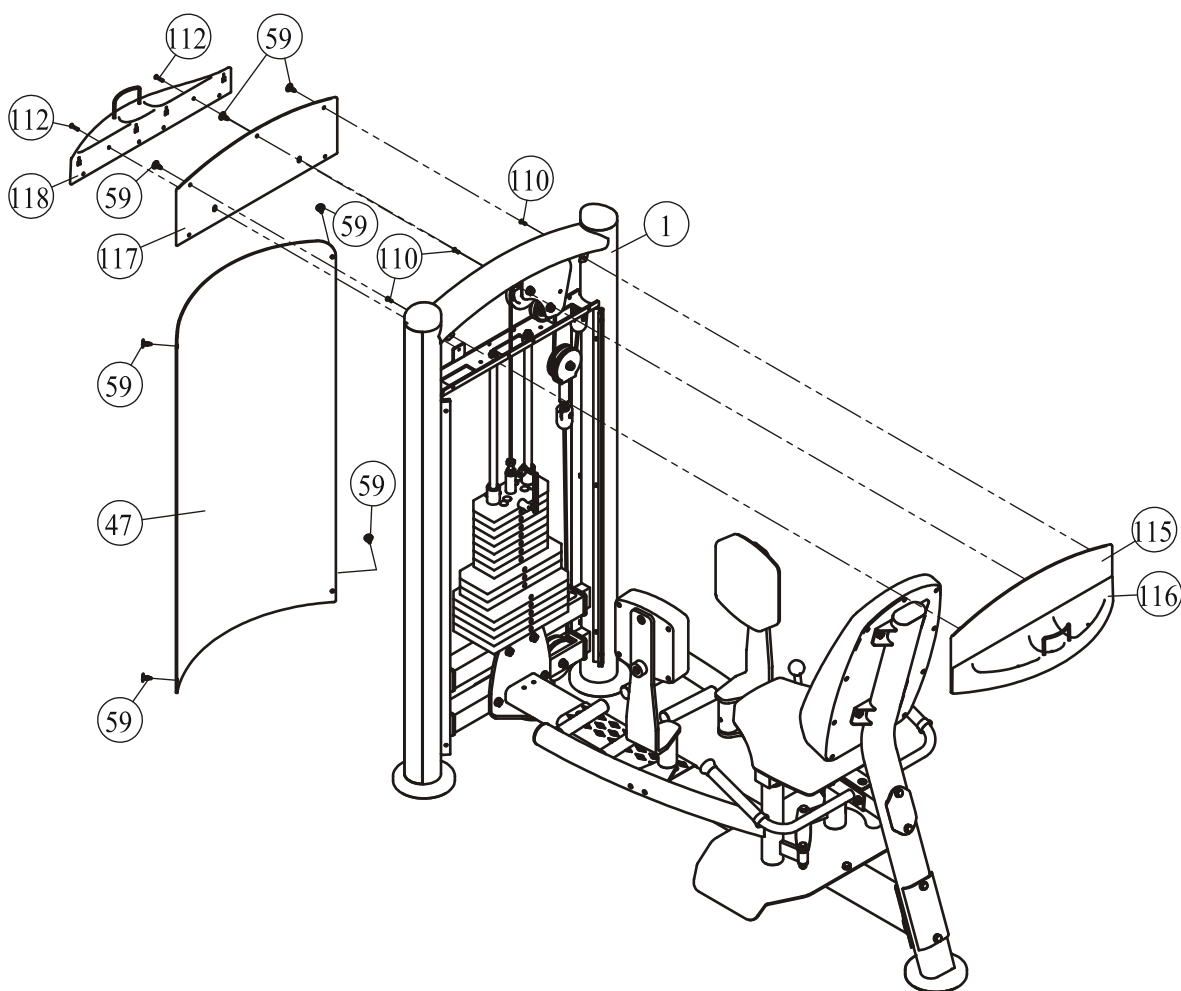
Assembly

STEP 8

1. Attach the Rear Shroud (#47) to the Weight Stack Frame (#1) using:
four $\Phi 8 \times \Phi 20 \times 23$ Buttons (#59)
2. Attach the Top Front Shroud (#115) and the Support (#116) to the Weight Stack Frame (#1) using:
three M5*16 Flat Philips Screw (#110)
2. Attach the Top Rear Shroud-A (#117) and the Rear Support (#118) to the Weight Stack Frame (#1) using:
three $\Phi 8 \times \Phi 20 \times 23$ Buttons (#59) two M5*25 Flat Philips Screw (#112)

Note: Wrench Tighten Bolts and Nylon Lock nuts.

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



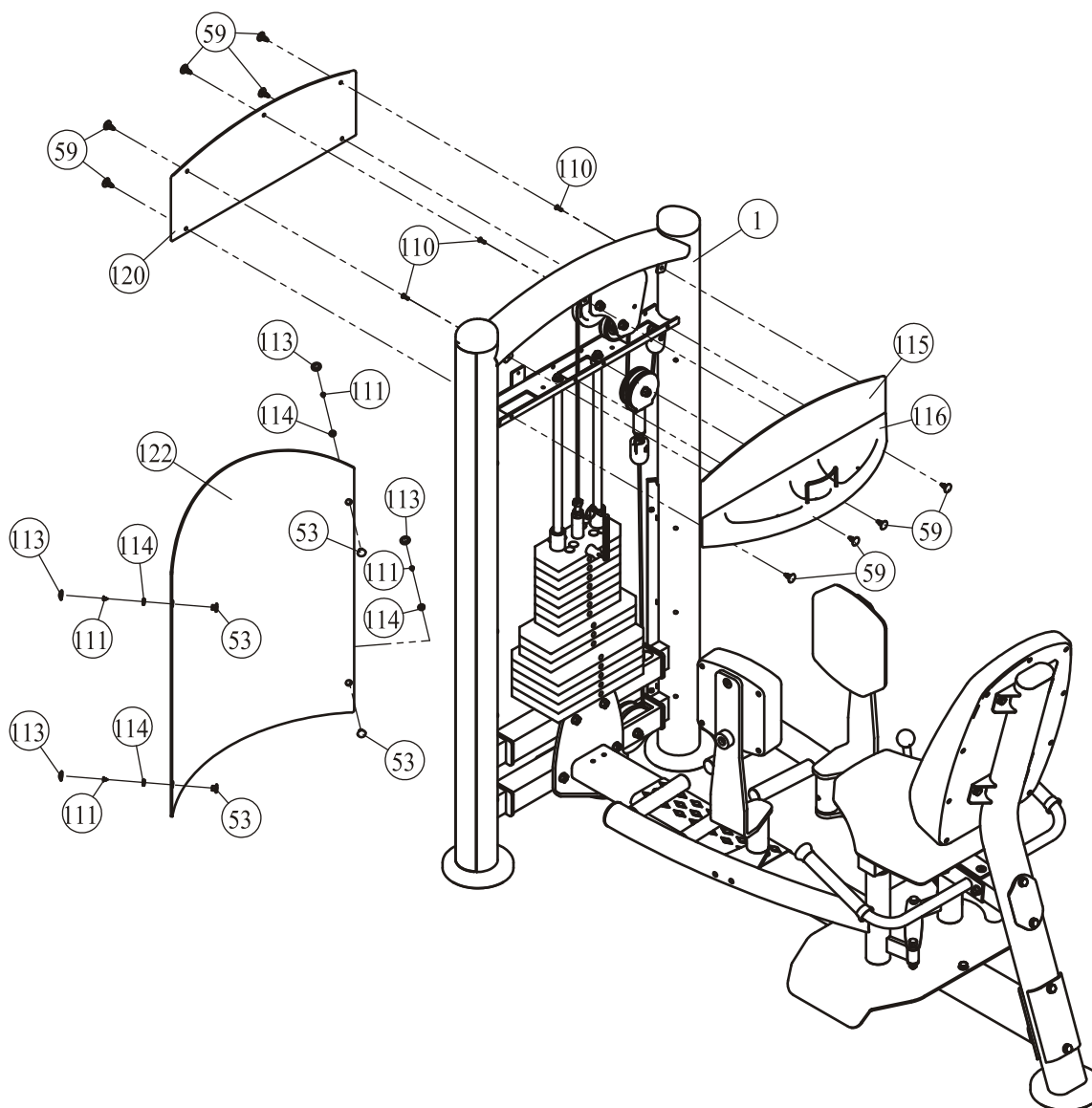
Assembly

STEP 8

1. Attach the Shroud (#122) to the Weight Stack Frame (#1) using:
four $\Phi 18 \times 12$ Connect Buttons (#53) four $\Phi 13 \times 3$ Plastic Washers (#114)
four ST4.2*10 Self-Tapping Screws (#111) four $\Phi 21 \times 5.7$ Plastic Covers (#113)
2. Attach the Top Front Shroud (#115) and the Support (#116) to the Weight Stack Frame (#1) using:
four $\Phi 8 \times \Phi 20 \times 23$ Buttons (#59) three M5*16 Flat Philips Screws (#110)
3. Attach the Top Rear Shroud (#120) to the Weight Stack Frame (#1) using:
five $\Phi 8 \times \Phi 20 \times 23$ Buttons (#59)

Note: Wrench Tighten Bolts and Nylon Lock nuts.

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



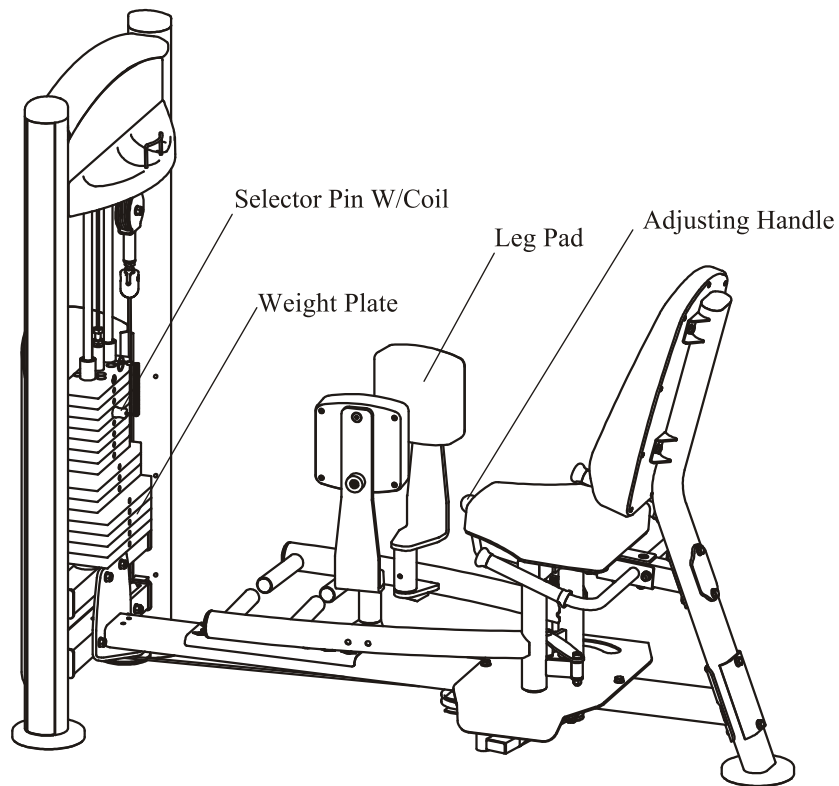
Adjust Instructions

Leg Pad adjustment

1. Pull Adjusting Handle and adjust the Leg Pad to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin

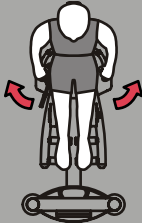
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin gets into the hole completely.



Exercise Instructions

ABDUCTOR AND ADDUCTOR

Abductor

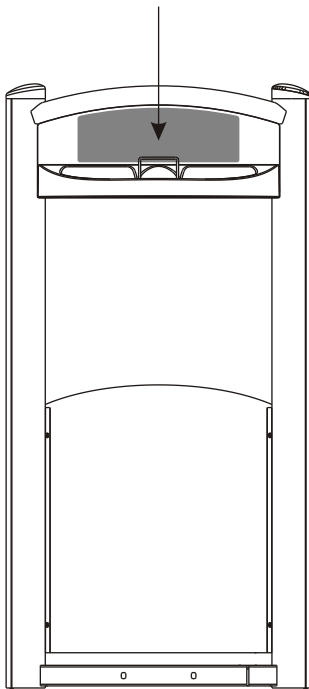
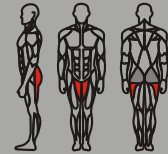


Adductor



Exercise Instructions

1. Select an appropriate weight.
2. Adjust the leg arms and should be spaced as far as possible, grasp the handles, slowly squeeze legs as close together as possible and slowly return.
3. Adjust the leg arms and should be spaced as far as possible, grasp the handles, slowly spread legs apart as far as possible.
4. Slowly return to the starting position.



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4. Slowly return to the starting position.
(Adjust weight according to the select pin)

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 (Supertube)	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.

