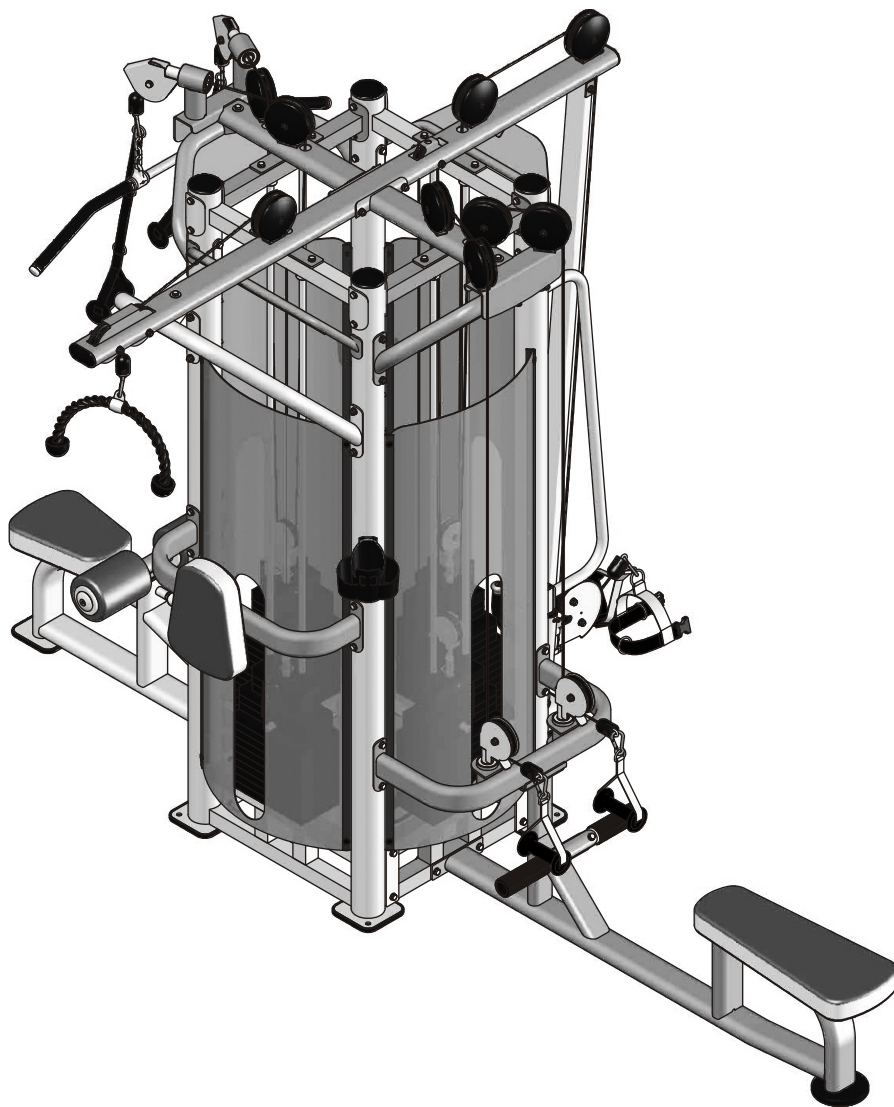


IT9327

4 STACK MULTI-STATION

OWNER'S MANUAL



! CAUTION

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

16M 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.

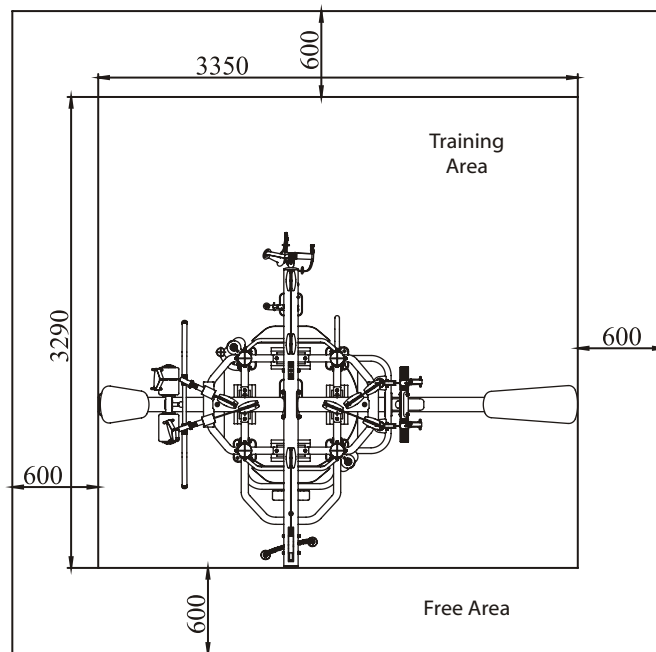
Important Safety Instructions

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: 4*125kg/ 275lbs

Maximum User Weight: 150kg/ 330lbs

Product Total Surface: 3350*2090mm

Product Total Mass (Short Shroud): 297kg/ 655lbs

Instructions

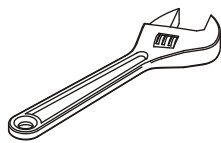
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

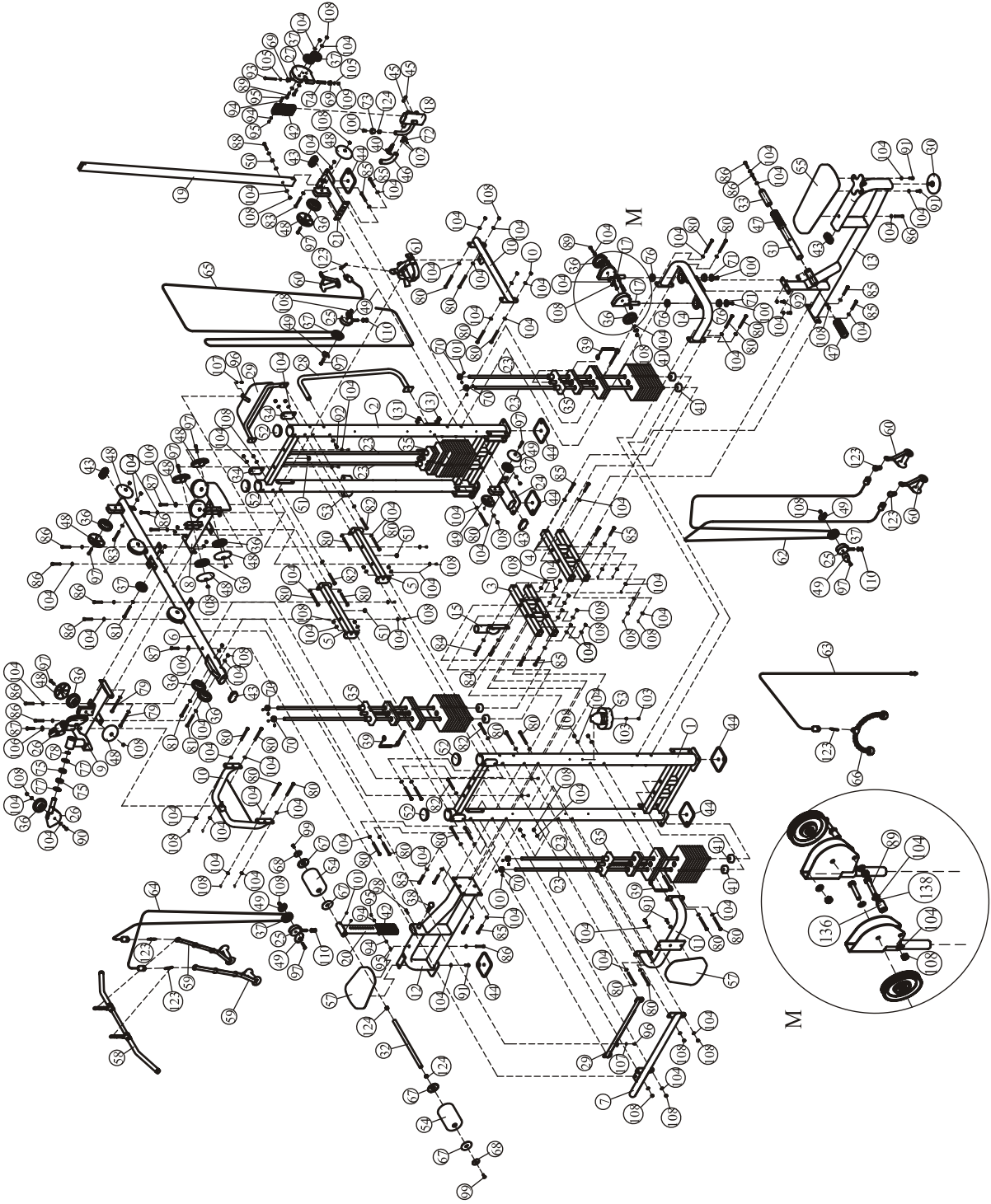
Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame 1	1	34	Cover Plate R47.5*130*6	2
2	Weight Stack Frame 2	1	35	Top Plate	4
3	Left Cross Frame	1	36	4.5" Pulley	16
4	Lower Cross Frame	1	37	3.5" Pulley	7
5	Top Cross Frame 1	2	38	Pop Pin	1
6	Top Cross Frame 2	1	39	Selector Pin W/Coil	4
7	Support Frame	1	40	Pop Pin	1
8	Top Frame 1	1	41	Weight Rubber Bumper	8
9	Top Frame 2	1	42	Plastic Tube Guide	4
10	Support Frame 1	2	43	Plug RT50*100	5
11	Back Pad Support	1	44	Foot Cover	7
12	Seat Support 1	1	45	Bumper	2
13	Seat Support 2	1	46	Grip	1
14	Pulley Cross Frame	1	47	Foot Sleeve	2
15	Handle Support Frame	1	48	Pulley Cover	20
17	Lower Pulley Frame	2	49	3.5" Pulley Cover	8
18	Slip Frame	1	50	Nylon Spacer	1
19	Sliding Tube	1	51	Plug Bumper $\Phi 25 \times 8$	3
20	Foam Support Frame	1	52	Plug $\Phi 95$	4
21	Bottom Cross Brace 1	1	53	Plastic Cap	2
23	Guide Rod	8	54	Upholstered Roller Pad	2
24	Bottom Cross Brace 2	1	55	Big Seat Pad	1
25	Pulley Bracket W/Shaft	3	57	Seat Pad	2
26	Top Pulley Cross Frame	2	58	Long Lat Bar	1
27	Double Pulley Bracket	1	59	Three Class Strap Handle	2
28	Handle	1	60	Strap Handle	3
29	Direction Bracket	2	61	Leg Extension/Curl Strap	1
30	Adjustable Foot plate	1	62	Cable 1	1
31	Foot Tube $\Phi 48 \times 2.5 \times 520$	1	63	Cable 2	1
32	Long Foam Tube	1	64	Cable 3	1
33	Cover Plate	1	65	Cable	1

Parts List

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

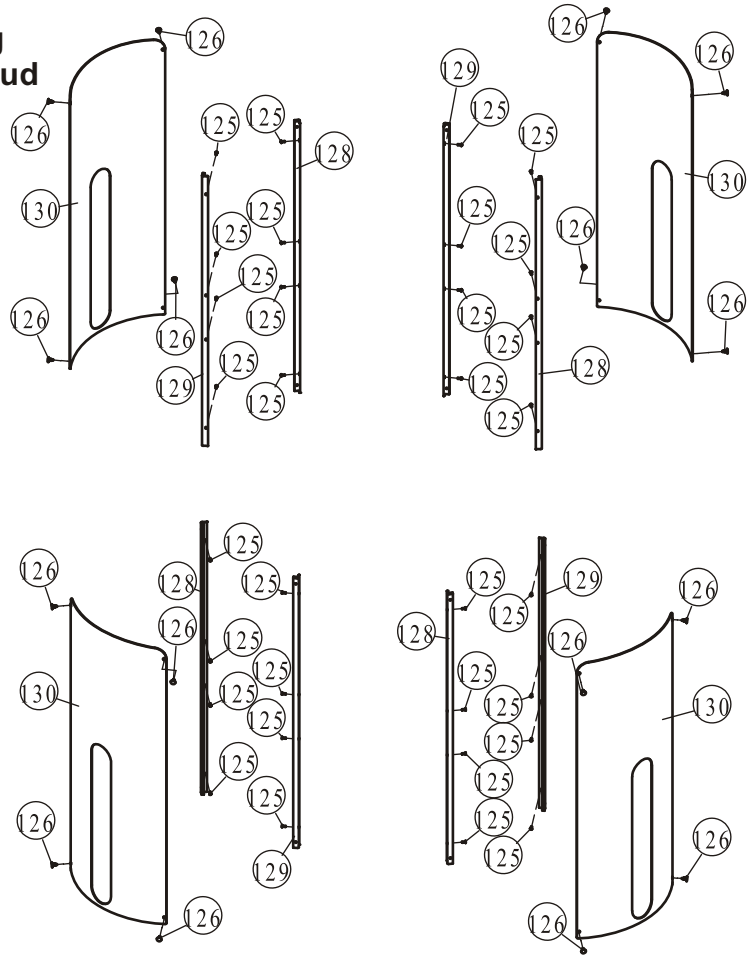
Item No.	Description	Qty	Item No.	Description	Qty
66	Tricep Rope	1	97	Socket Head Cap Screw M10*50	14
67	Aluminium Tube Ring	4	98	Socket Head Cap Screw M8*30	1
68	Aluminium Cap	2	99	Flat Head Cap Screw M10*30	2
69	Spacer	2	100	Flat Head Cap Screw M10*25	3
70	Mount Sleeve	8	101	Socket Set Screw M8*8	18
71	Aluminium Cap	2	102	Socket Set Screw 10-32*3.2	2
72	Aluminium Grip Ring	1	103	Screw M6*16	4
73	Aluminium Grip Cap	1	104	Flat Washer $\Phi 11*\Phi 20*2$	156
74	Shaft For Pulley Bracket	1	105	Flat Washer $\Phi 9*\Phi 16*1.6$	2
75	Bearing	4	106	Flat Washer $\Phi 11*\Phi 30*2$	3
76	Bearing $\Phi 50.8*\Phi 25.4*15.9$	4	107	Flat Washer $\Phi 5.5*\Phi 12*1$	2
77	Hole Clip	4	108	Nylon lock Nut M10	84
78	Retaining Snap Ring	2	109	Nylon lock Nut M8	1
79	Hex Head Bolt M10*130	2	110	Hex Flanged Nut 1/2"-13	6
80	Hex Head Bolt M10*125	29	111	Hex Key S=3	1
81	Hex Head Bolt M10*115	3	112	Hex Key S=4	1
82	Hex Head Bolt M10*105	4	113	Hex Key S=5	1
83	Hex Head Bolt M10*95	2	114	Hex Key S=6	1
84	Hex Head Bolt M10*85	2	115	Hex Key S=8	1
85	Hex Head Bolt M10*80	14	116	Hex Key S=3/16"	1
86	Hex Head Bolt M10*75	12	117	Hex Key S=3/32"	1
87	Hex Head Bolt M10*65	3	118	Wrench	1
88	Hex Head Bolt M10*60	1	119	Lube	2
89	Hex Head Bolt M10*50	6	123	Gear Hook	6
90	Hex Head Bolt M10*45	2	124	Nut	3
91	Hex Head Bolt M10*30	5	125	Flat Head Cap Screw M10*25	32
92	Hex Head Bolt M10*25	3	126	Button	16
93	Hex Head Bolt M8*100	1	127	Button $\Phi 8.1*7$	32
94	Hex Nut M6	4	128	Plug	2
95	Button Head Cap Screw M6*12	4	129	Pulley Spacer	2
96	Button Head Cap Screw M5*15	2	130	Spacer	2

Exploded View

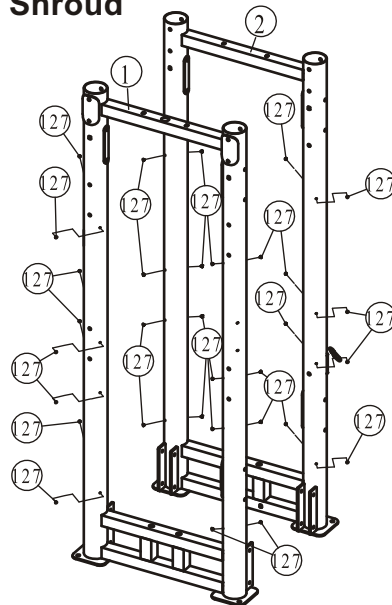


Exploded View

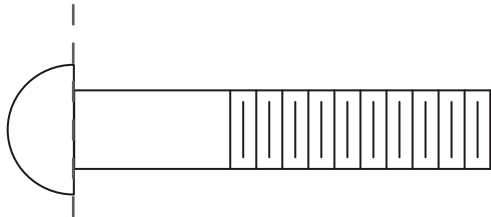
Long Shroud



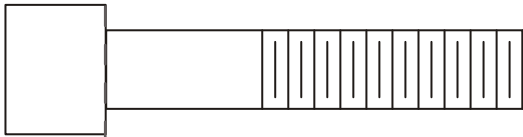
Short Shroud



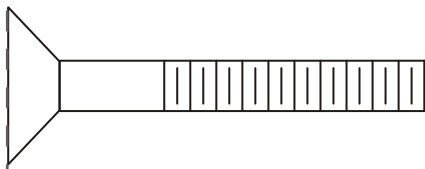
Measurement Guide



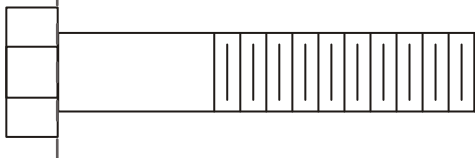
BHCS = Button Head Cap Screw



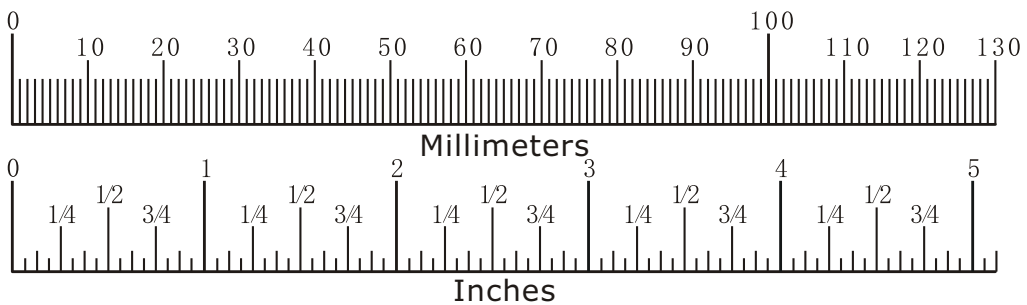
SHCS = Socket Head Cap Screw



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 the Left Cross Frame (#3), Lower Cross Frame (#4), Handle Support Frame (#15) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) using:

six M10*80 HHB (#85)

sixteen $\Phi 11*\Phi 20*2$ Flat Washers (#104)

two M10*85HHB (#84)

eight M10 Nylon lock Nuts (#108)

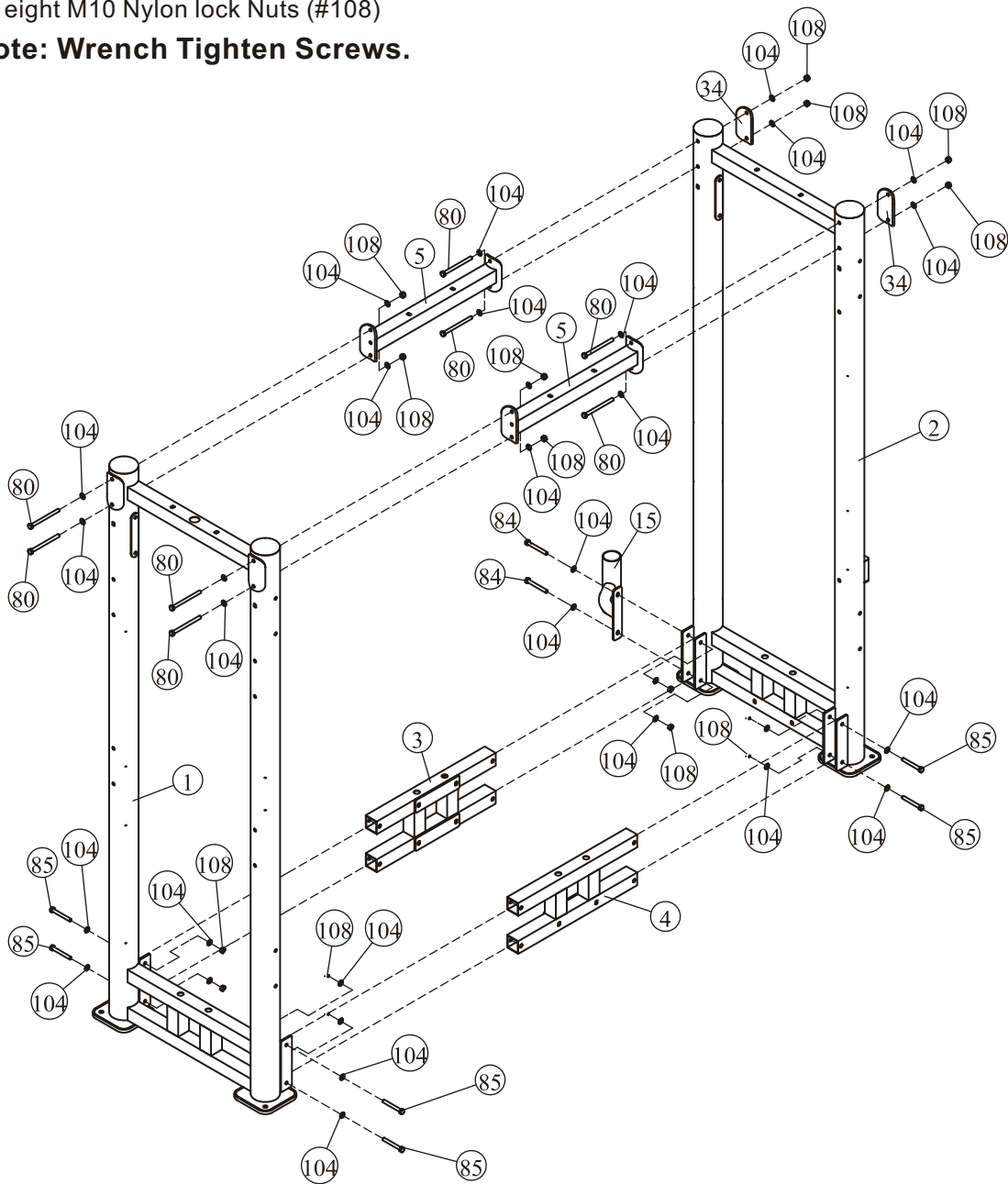
2. Attach two Top Cross Frame 1 (#5) & Two Cover plate R47.5*130*6 (34#) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) using:

eight M10*125 HHB (#80)

sixteen $\Phi 11*\Phi 20*2$ Flat Washers (#104)

eight M10 Nylon lock Nuts (#108)

Note: Wrench Tighten Screws.



Assembly

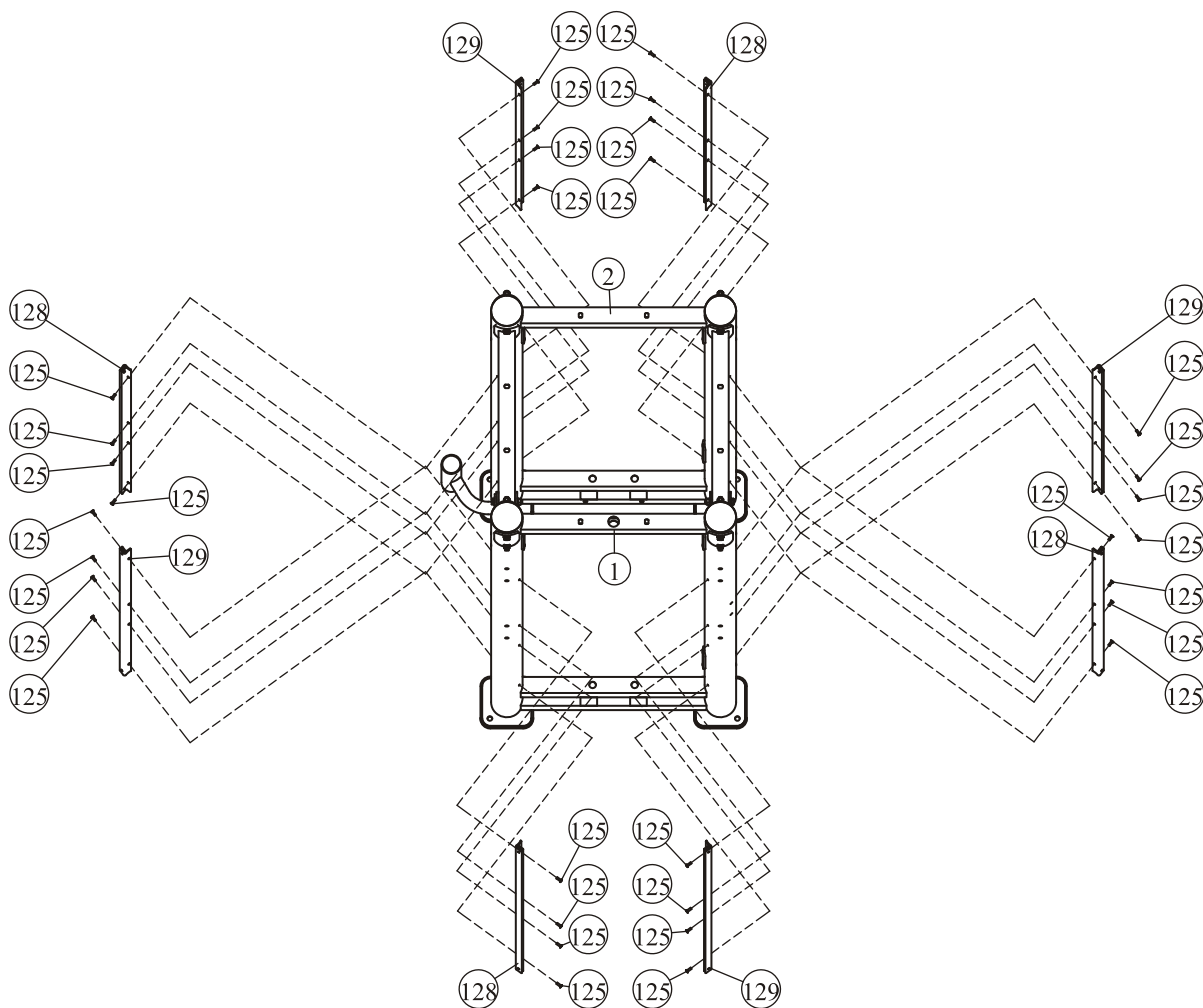
STEP 2

Attach four Left Shroud Retainer Plate (#128) & four Right Shroud Retainer Plate (#129) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) using:

thirty-two M5*16 Flat Philips Screw (#125)

Note: Wrench Tighten Screws.

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

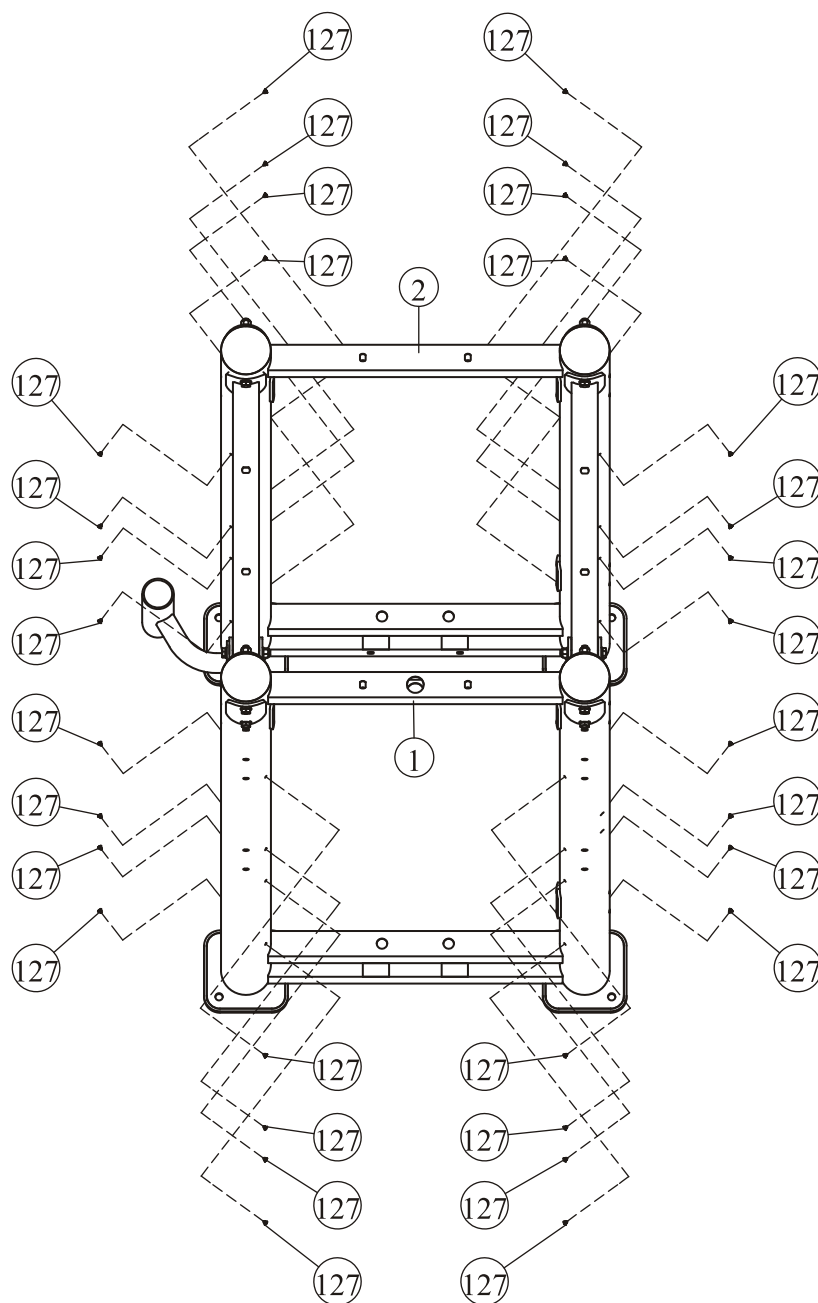


Assembly

STEP 2

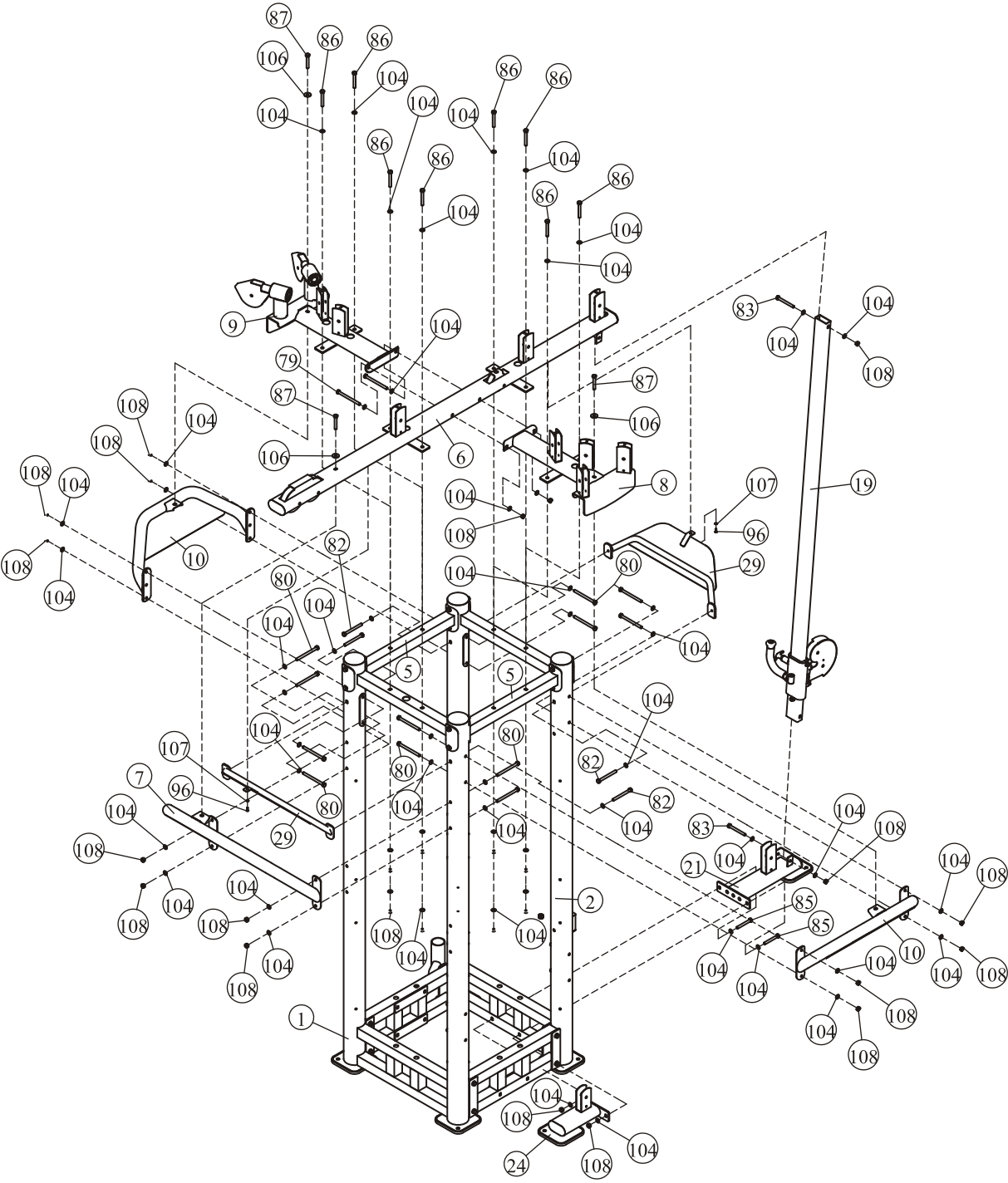
Attach thirty-two $\Phi 8.1 \times 7$ Button (#127) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2).

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



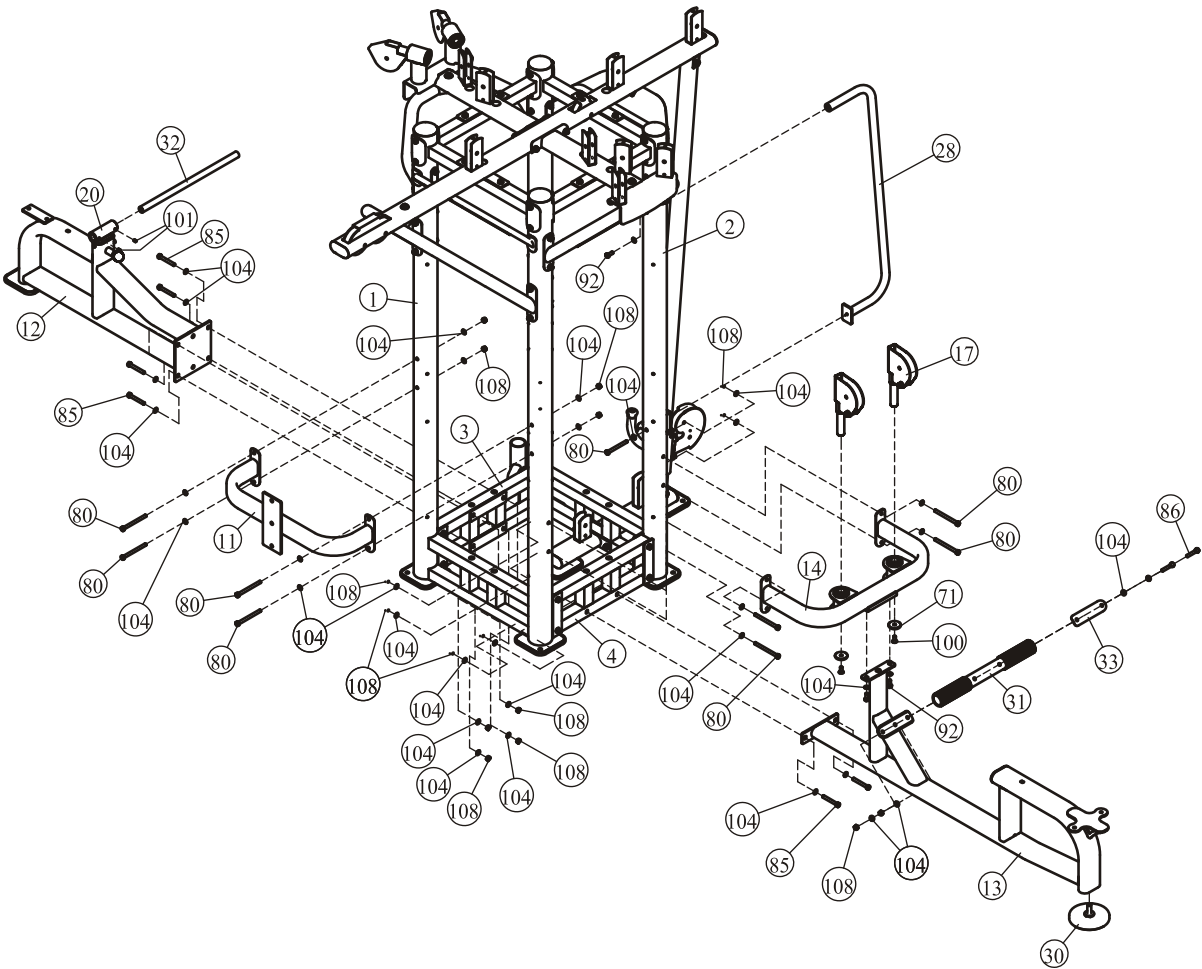
Assembly

STEP 3



Assembly

STEP 4



Assembly

STEP 5

1. Attach:

eight Guide Rods (#23)

forty Weight Plate 15LBS (#122)

eight Weight Plate 5LBS (#120)

to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) & the Left Cross Frame (#3) & the Lower Cross Frame (#4) using:

eight Mount Sleeve (#70)

eight $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#41)

twelve Weight Plate 10LBS (#121)

four Top Plate (#35)

sixteen M8*8 Socket Set Screw (#101)

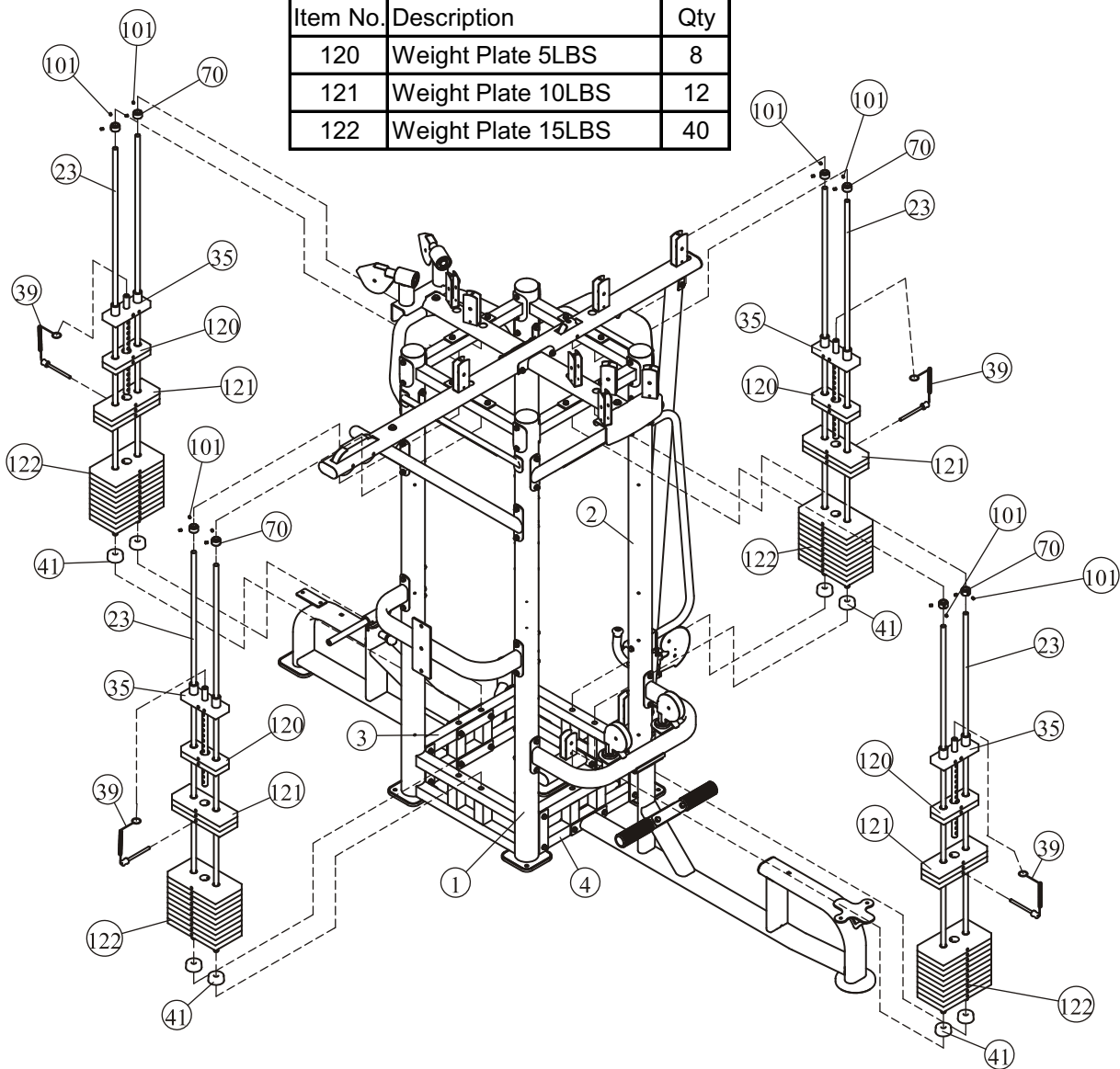
2. Attach the four Selector Pin W/Coil (#39) to the four Top Plate (#35).

Note: Wrench Tighten bolts and Nylon Lock nuts.

Here is the assembly instruction for **200LBS Weights** !

200LBS Weights

Item No.	Description	Qty
120	Weight Plate 5LBS	8
121	Weight Plate 10LBS	12
122	Weight Plate 15LBS	40



Assembly

STEP 5

1. Attach:

eight Guide Rods (#23)

forty Weight Plate 20LBS (#122)

eight Weight Plate 10LBS (#120)

to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) & the Left Cross Frame (#3) & the Lower Cross Frame (#4) using:

eight Mount Sleeve (#70)

eight $\Phi 63.5 \times \Phi 19 \times 25.4$ Weight Rubber Bumper (#41)

twelve Weight Plate 15LBS (#121)

four Top Plate (#35)

sixteen M8*8 Socket Set Screw (#101)

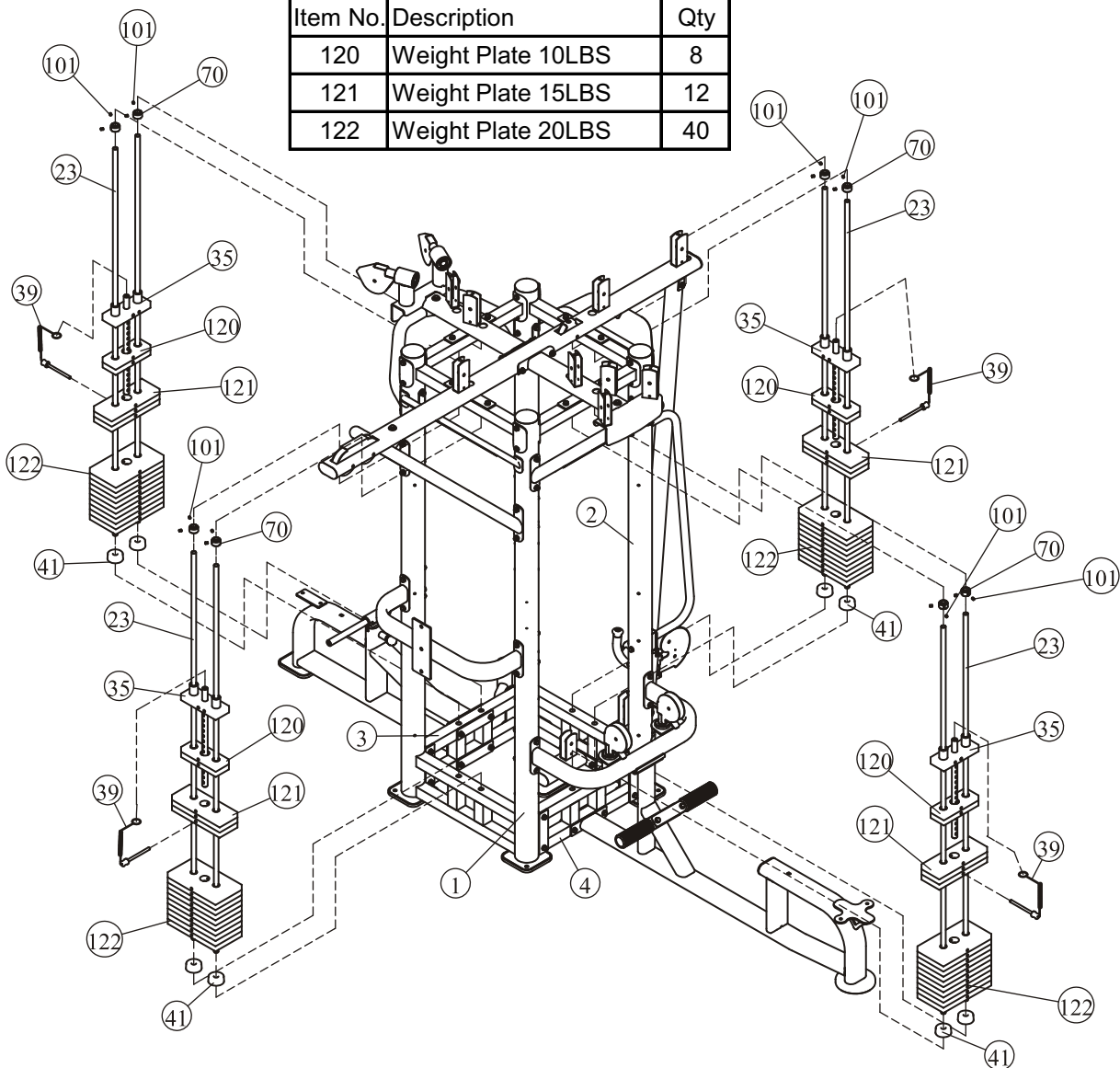
2. Attach the four Selector Pin W/Coil (#39) to the four Top Plate (#35).

Note: Wrench Tighten bolts and Nylon Lock nuts.

Here is the assembly instruction for **275LBS Weights** !

275LBS Weights

Item No.	Description	Qty
120	Weight Plate 10LBS	8
121	Weight Plate 15LBS	12
122	Weight Plate 20LBS	40



Assembly

STEP 6

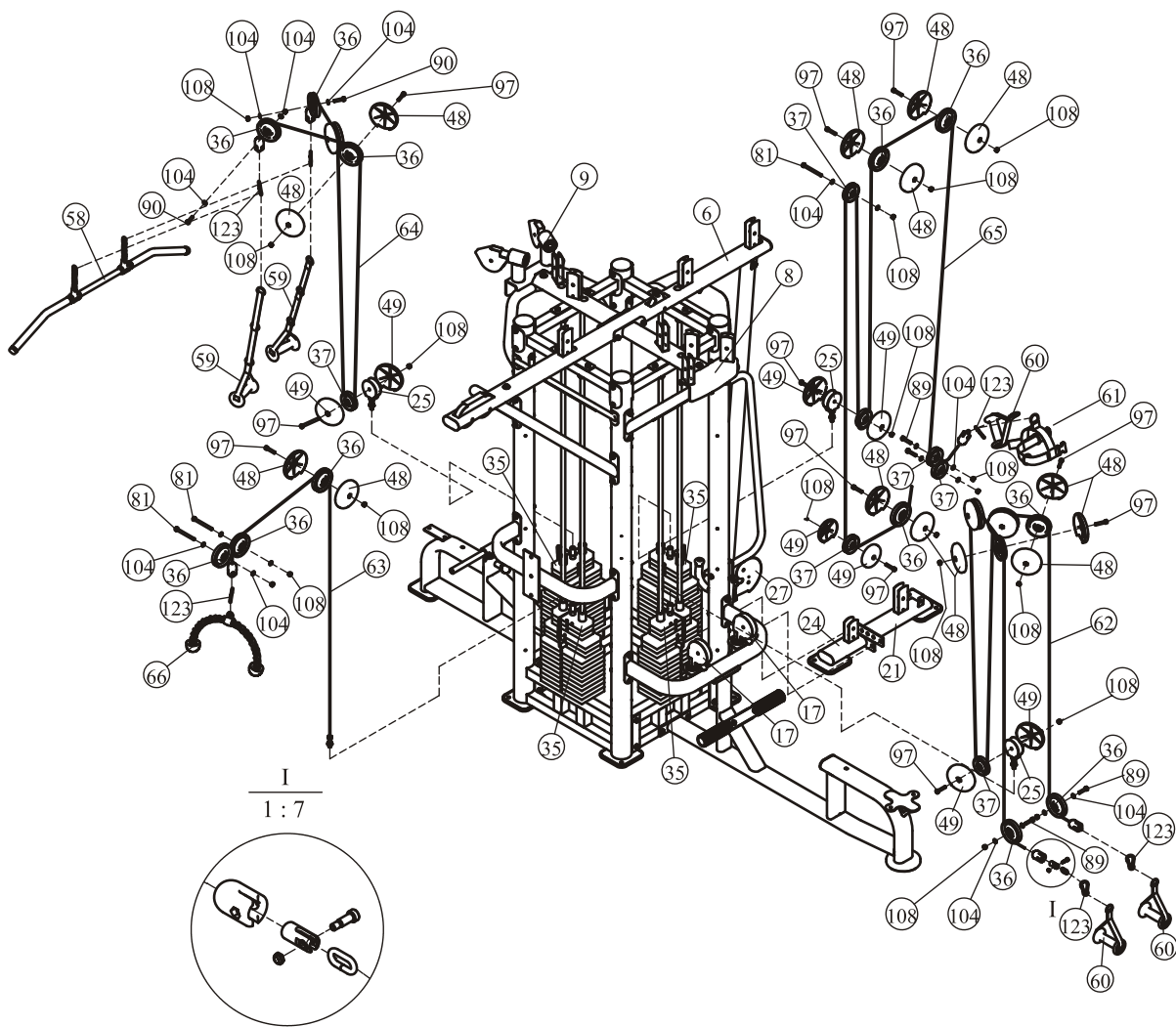
10. Attach two Strap Handle (#60) to Cable 1(#62).

Attach the Tricep Rope (#66) to Cable 2(#63).

Attach the Long Lat Bar (#58) & two Three Class Strap Handle (#59) to Cable 3 (#64).

Attach one Strap Handle (#60) & one Leg Extension/Curl Strap to Cable (#65).

Note: Wrench Tighten bolts and Nylon Lock nuts.



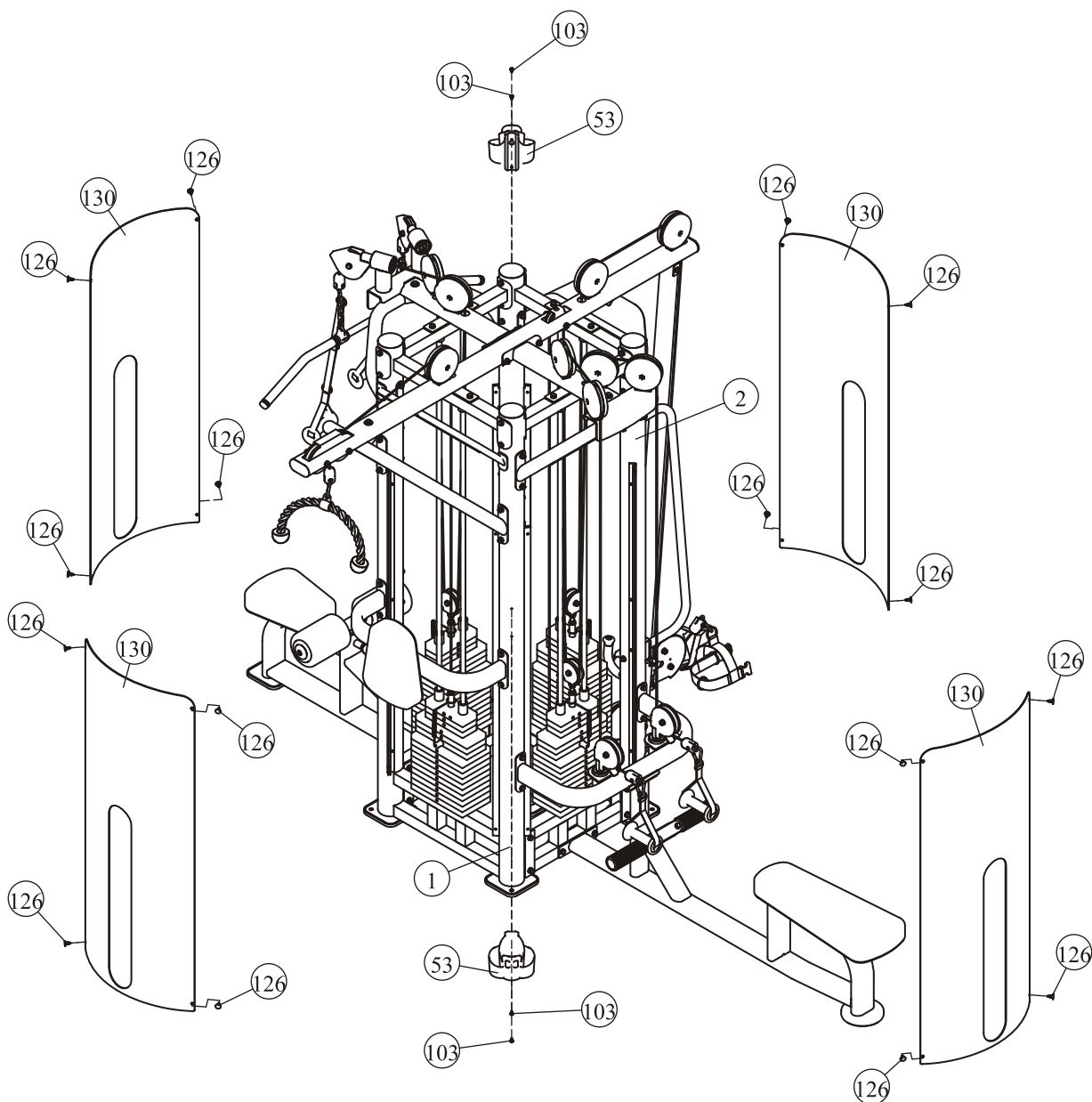
Assembly

STEP 8

1. Attach two Plastic Cap (#53) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) using:
four M6*16 Screw (#103)
2. Attach four Front Shroud (#130) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2).
sixteen Button (#126)

Note: Wrench Tighten bolts and Nylon Lock nuts.

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



Assembly

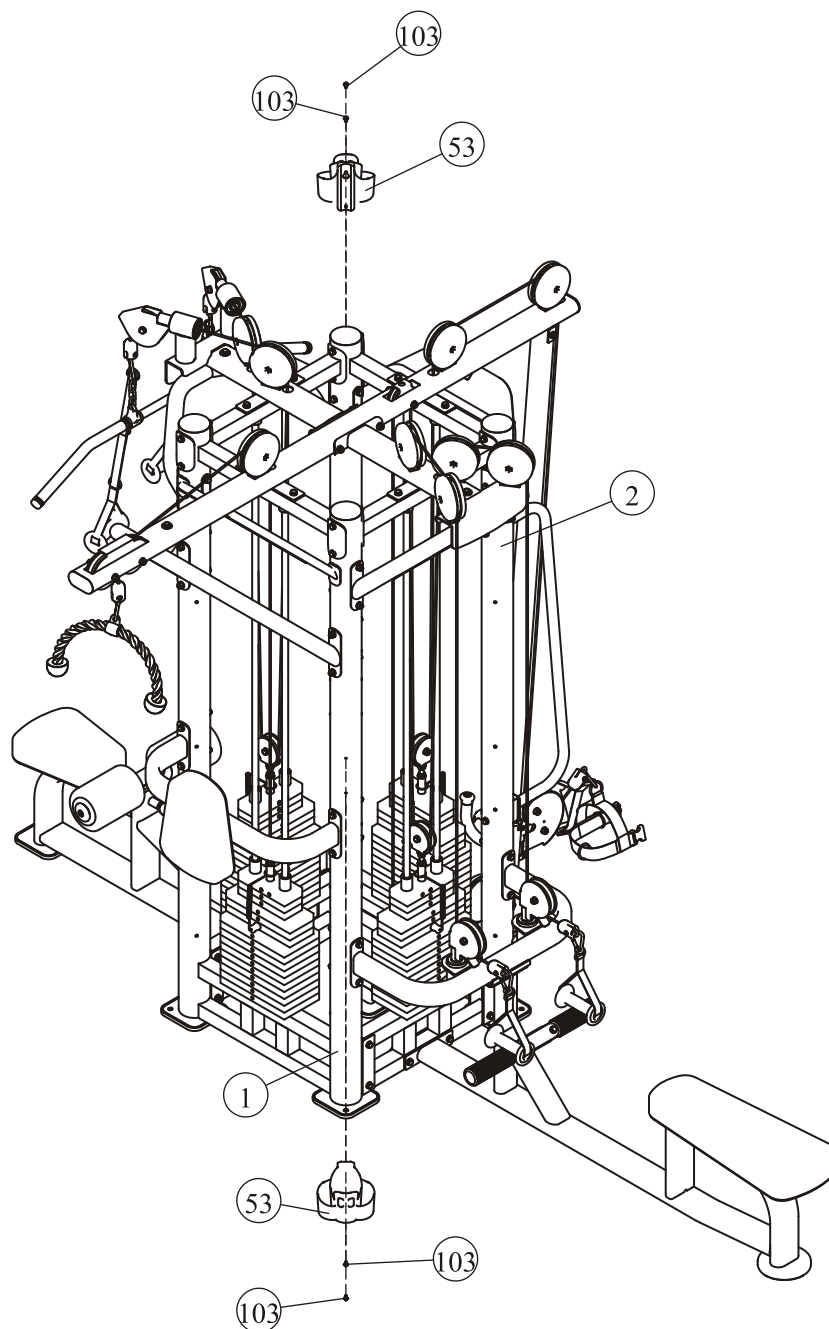
STEP 8

Attach two Plastic Cap (#53) to the Weight Stack Frame 1 (#1) & the Weight Stack Frame 2 (#2) using:

four M6*16 Screw (#103)

Note: Wrench Tighten bolts and Nylon Lock nuts.

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



Adjust Instructions

Upholstered Roller Pad adjustment

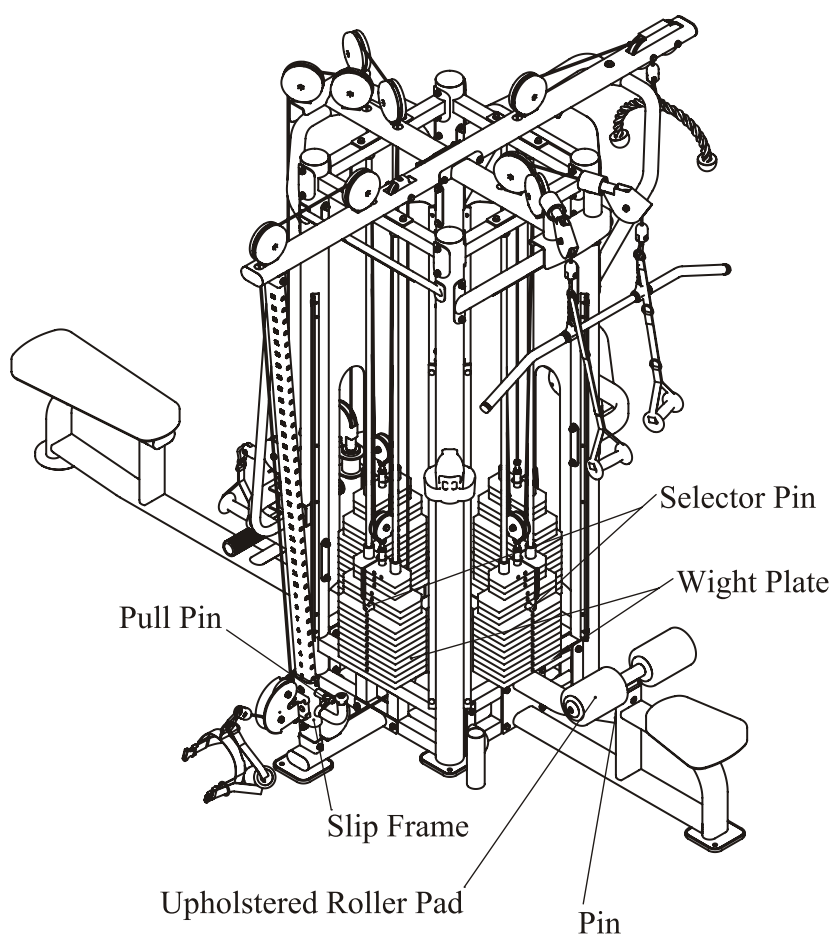
1. Pull out the Pin and adjust the Upholstered Roller Pad to the desired position.
2. Make sure the pin gets into the hole completely.

Slip Frame adjustment

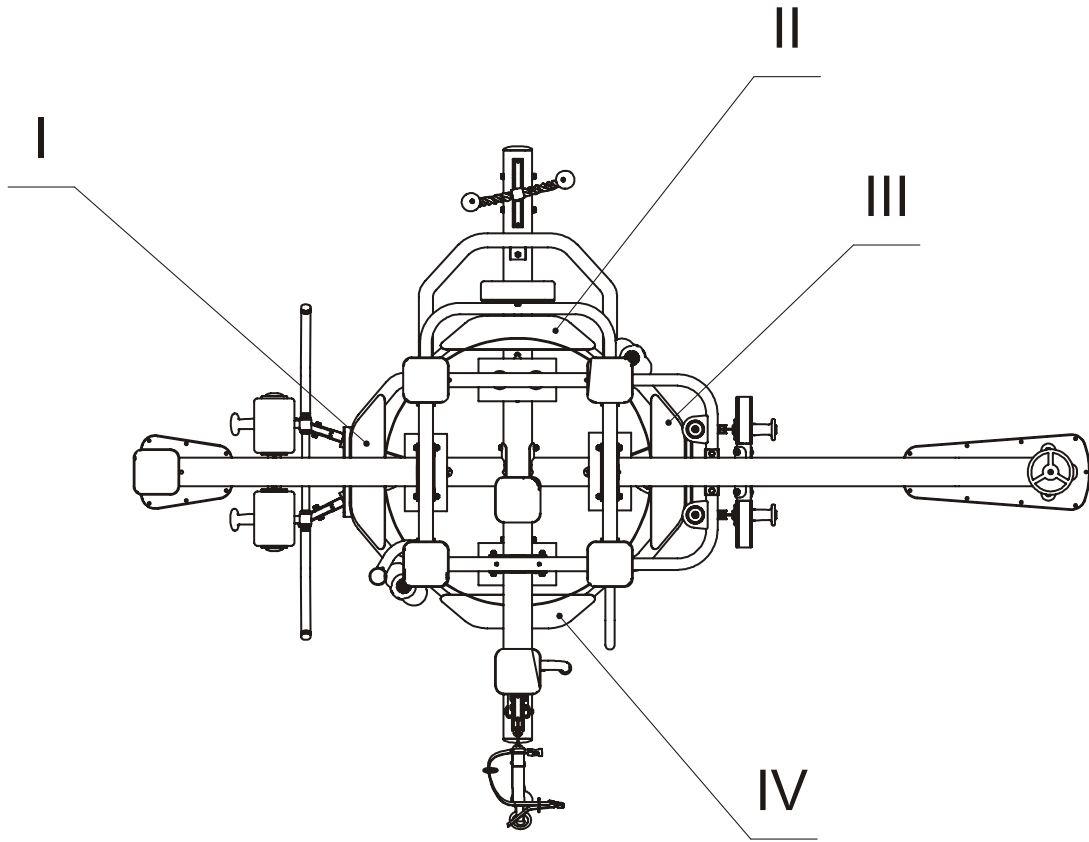
1. Pull out the Pull Pin and adjust the Slip Frame to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin

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

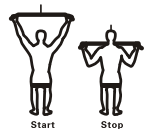
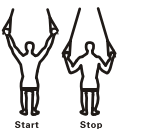


Exercise Instructions



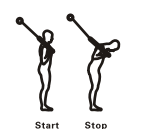
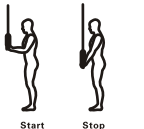
I

4-STACK MULTI-STATION

<p>ATTENTION:</p> <ol style="list-style-type: none"> 1. Read and understand all instructions before using this equipment. Consult a fitness instructor about proper form. Failure to use the equipment properly could result in serious injury. 2. Inspect equipment for loose, worn or frayed parts. If in doubt a certain part DON'T use this machine. 	<p>Lat Pulldown</p>  <p>Start Stop</p> <p>ARMS</p>	<p>Lat Pulldown</p>  <p>Start Stop</p> <p>ARMS</p>	<p>ATTENTION:</p> <ol style="list-style-type: none"> 3. Keep hands and feet away from moving parts. DON'T attempt to free any jammed part by yourself. 4. Always consult a physician before starting any exercise program. 5. Stop your workout immediately if you feel faint or dizzy.
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II

4-STACK MULTI-STATION

<p>ATTENTION:</p> <ol style="list-style-type: none"> 1. Read and understand all instructions before using this equipment. Consult a fitness instructor about proper form. Failure to use the equipment properly could result in serious injury. 2. Inspect equipment for loose, worn or frayed parts. If in doubt a certain part DON'T use this machine. 	<p>Abdominal</p>  <p>Start Stop</p> <p>ABDOMEN</p>	<p>Tricep Press Down</p>  <p>Start Stop</p> <p>ARMS</p>	<p>ATTENTION:</p> <ol style="list-style-type: none"> 3. Keep hands and feet away from moving parts. DON'T attempt to free any jammed part by yourself. 4. Always consult a physician before starting any exercise program. 5. Stop your workout immediately if you feel faint or dizzy.
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Exercise Instructions

III

4-STACK MULTI-STATION

ATTENTION:

1. Read and understand all instructions before using this equipment. Consult a fitness instructor about proper form. Failure to use the equipment properly could result in serious injury.
2. Inspect equipment for loose, worn or frayed parts. If in doubt a certain part DON'T use this machine.

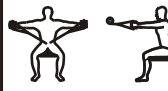
Vertical Row



Start Stop

BACK

Delt



Start Stop

SHOULDER

ATTENTION:

3. Keep hands and feet away from moving parts. DON'T attempt to free any jammed part by yourself.
4. Always consult a physician before starting any exercise program.
5. Stop your workout immediately if you feel faint or dizzy.

IV

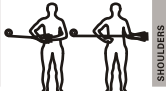
4-STACK MULTI-STATION

Internal Rotation



Start Stop

External Rotation



Start Stop

Upright Row



Start Stop

Bicep Curl



Start Stop

Core Rotation Incline



Start Stop

Core Rotation Decline



Start Stop

Core Rotation



Start Stop

Hip Abduction



Start Stop

Hip Extension



Start Stop

Kick Back



Start Stop

Leg Extension



Start Stop

(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 (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.

