

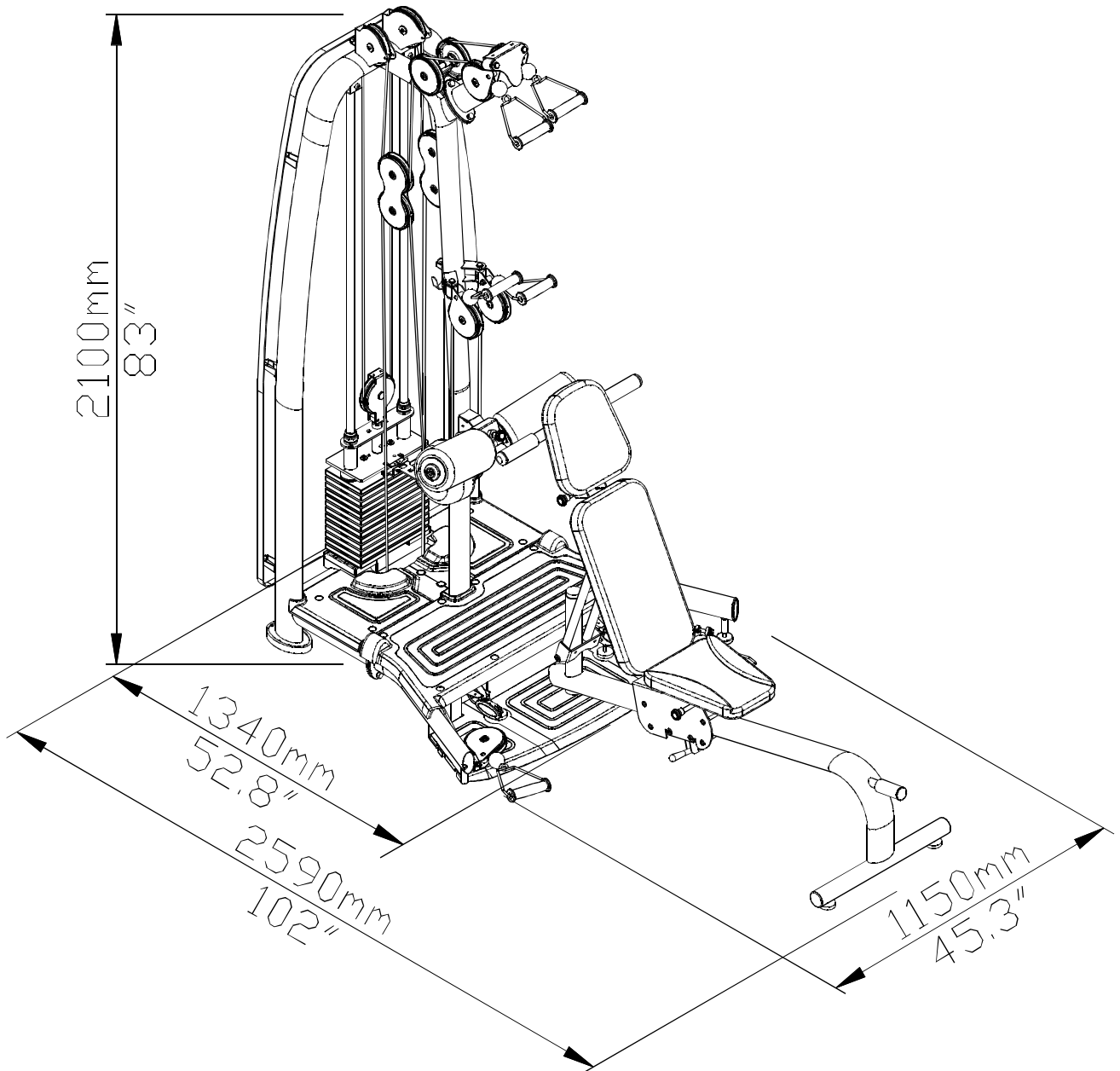
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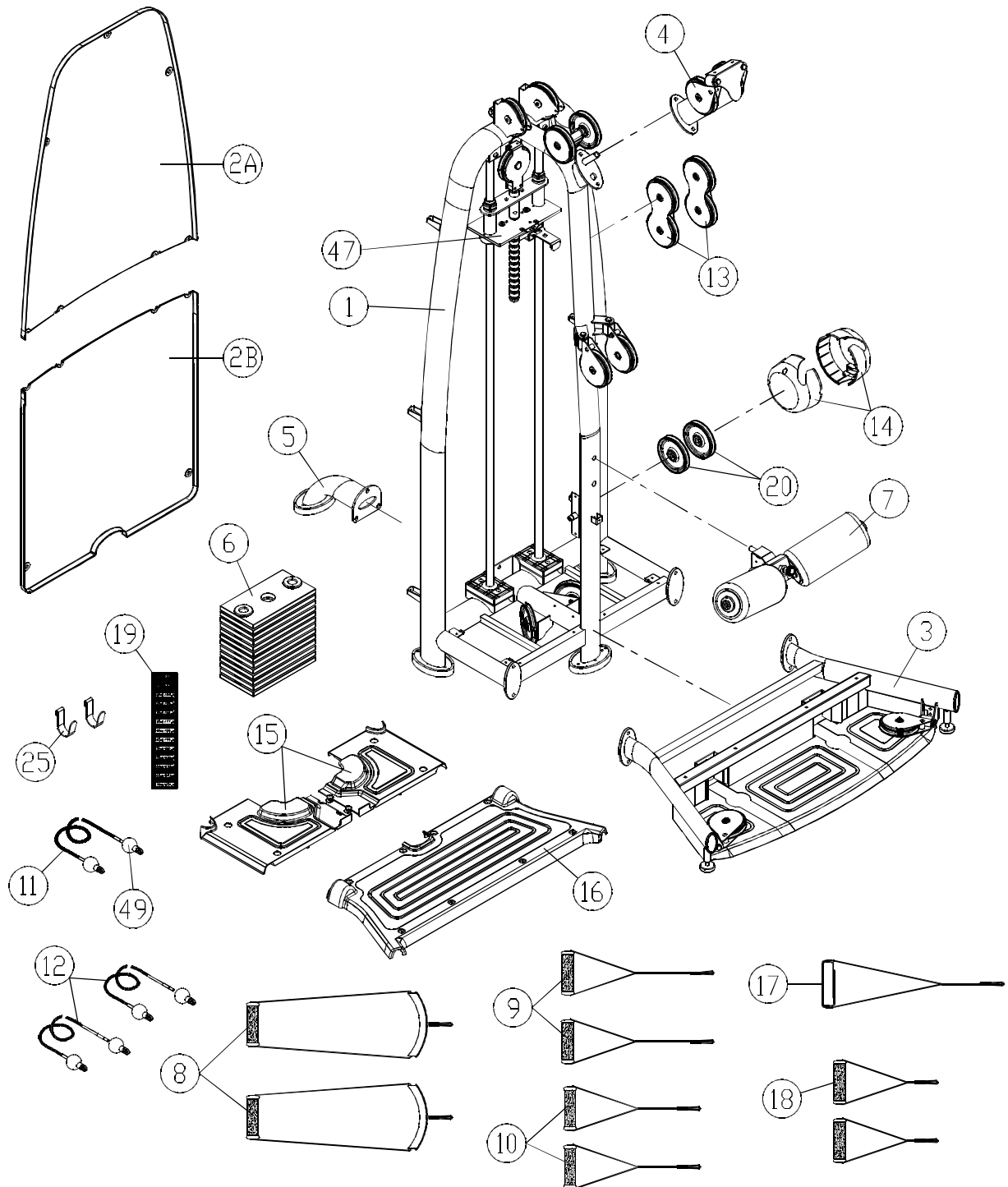
## **A. SAFETY INSTRUCTIONS**

- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper use of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assemble and operate this product on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the equipment.
- Make sure all fasteners are properly tightened for safety. DO NOT use the product if the unit is disassembled in any way.
- Keep your head, body, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising and consult your physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. Aftermarket accessories might cause injuries or cause the unit to fall.
- Close supervision is necessary when this product is used by, on, or near adolescents, invalids and disabled persons.
- Use this product only for its intended use as described in this manual.
- Never operate this product if it has been damaged in any way. If it is not working properly or has been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Contact a qualified fitness product technician.
- Never drop or insert any object into any opening.

## Dimensions:



## B. INTRODUCTION





## **C. LIST of PARTS**

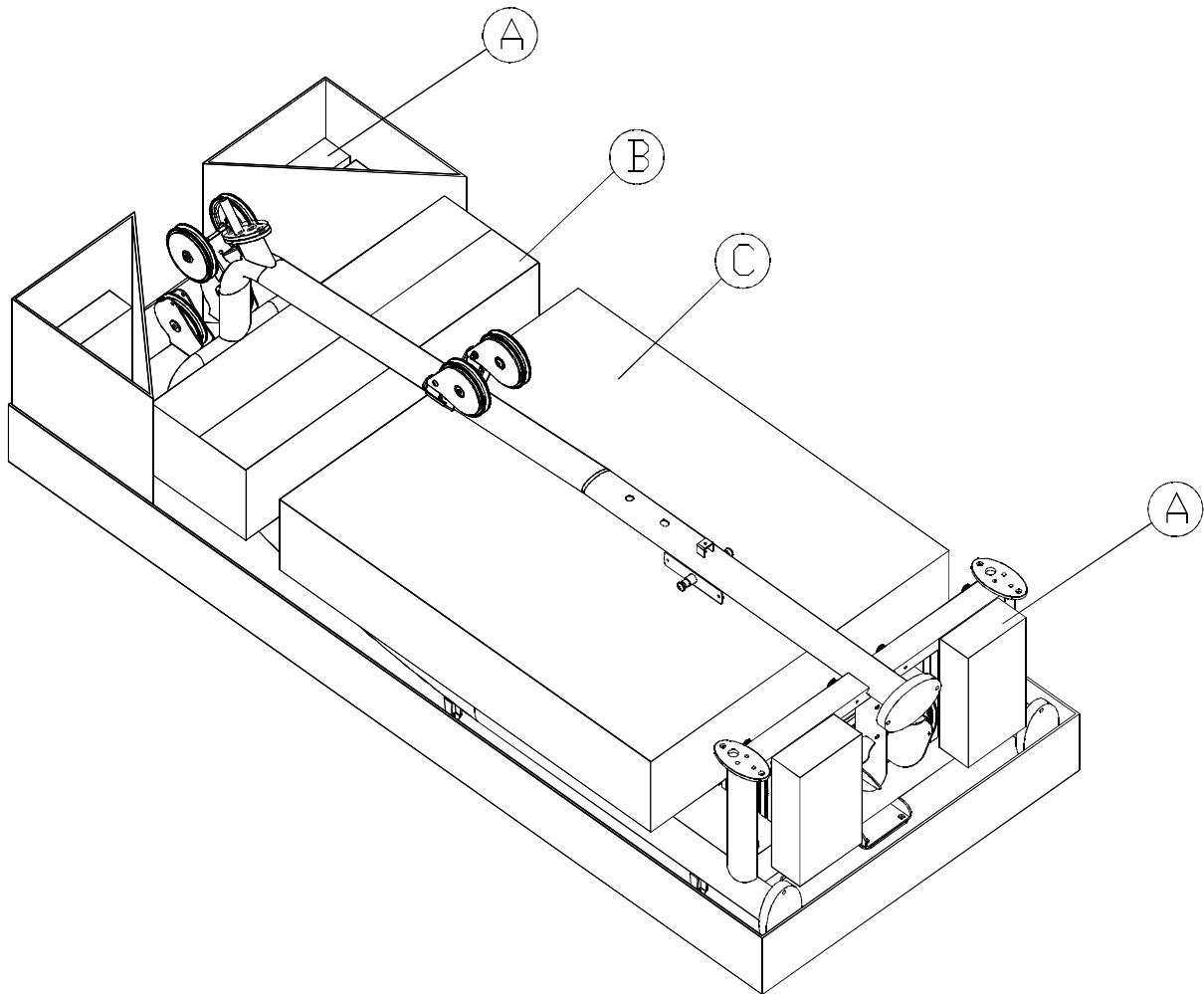
<b>Main Components</b>					
No.	Part Name	QTY	No.	Part Name	QTY
1	Main frame	1	11	Upper cable	1
2	Back cover	1	12	Lower cable	2
3	Front platform	1	13	Moving pulleys	1
4	Front pulley bracket	1	14	L/R pulley cover	1
5	Rear support	1	15	L/R rear platforms	1
6	Weight plate	13	16	Central platform	1
7	Cylindrical pad	1	17	Leg strap	1
8	D-shaped handle	2	18	Handle	2
9	A A-shaped handle	2	19	Weight stack number sticker & cardboard	1
10	B Handle B	2	20	Pulley	2

<b>Components in the Hardware Kit</b>				
No.	Part Name	QTY	Specification	Tool needed
21	Round-head inner hex screw	6	M10* P1.5* L35	L-shaped Allen wrench(M8)
	Wave washer	6	M10	
	Washer	12	$\Phi 16^* \varphi 10.2^* t1$	
	Lock nut	6	M10	Double-end open wrench-8mm*17mm
22	Soft cap	15	some spares	
23	M4 metal screw	14	Some spares	Phillips-head screwdriver
24	Screw socket	14	some spares	
25	Hook bracket	2		
26	Soft cap for cover A/B	2	1 spare	
27	Plastic washer	7		
	Ring	7	$\varphi 11^* t2$	
	Phillips-head screwdriver	1		
	Open double end wrench	1	8mm*17mm	
	L-shaped Allen wrench	1	M8	
	L-shaped Allen wrench	1	M4	
	Clip	2		

Components on the Product			
No.	Part Name	Specification	Tool needed
41	Plastic inner hex screw	M6	L-shaped Allen wrench(M5)
44	Rubber washer	$\varphi 11^* t2$	
45	Hairpin cotter pin	t 1.6	
46	Clevis pin		
47	Top weight plate	1 set	
48	Round-head inner hex screw screw	M6	
	Wave washer	M6	
	Flat washer	d7* t3	L-shaped Allen wrench(M5)
49	Rubber ball clip		
50	Round-head inner hex screw	M10	
	Washer	$\varphi 10^* t3$	
51	Round-head Phillips screw	M5	L-shaped Allen wrench(M5)
52	Round-head inner hex screw	M10	
	Wave washer	M10	Phillips-head screwdriver
	Washer	$\varphi 10^* t1$	L-shaped Allen wrench(M5)
53	Stack fork		
54	Leveler		
55	Pulley		
56	Rubber foot for frame		
57	Guide rod		
58	Knob		

## **D. ASSEMBLY INSTRUCTIONS**

### **Open the Box Cover**



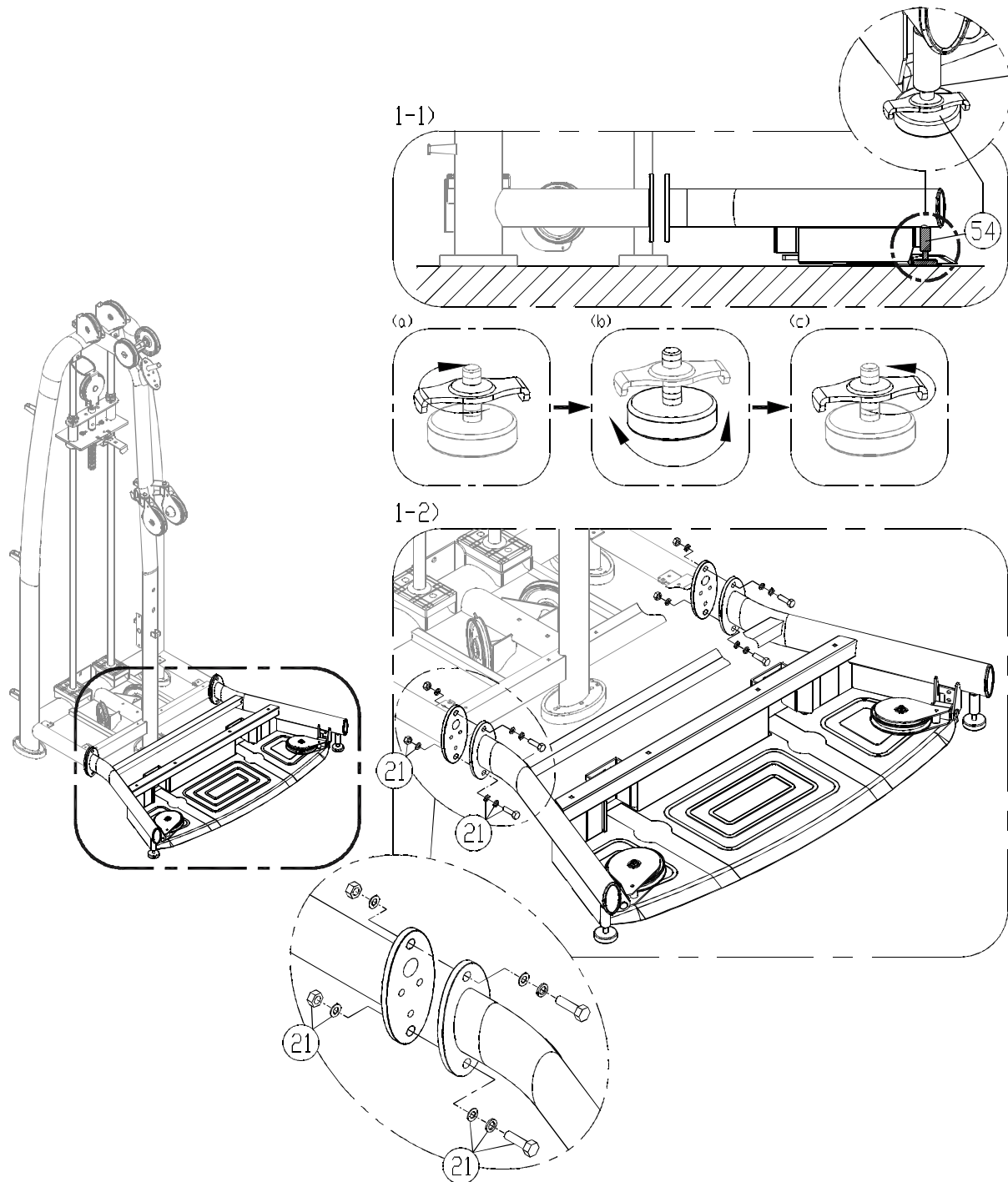
Remove the box cover. The unit will appear as shown above. Remove boxes A, B, and C. Then remove parts from the boxes. ( A\*4PCS; B\*1PCS; C\*1PCS )

## **1. Platform Installation**

1-1. Place the front platform frame (3) on the floor.

1-2. Use hardware (21) to secure the front platform (3) onto the main frame (1).

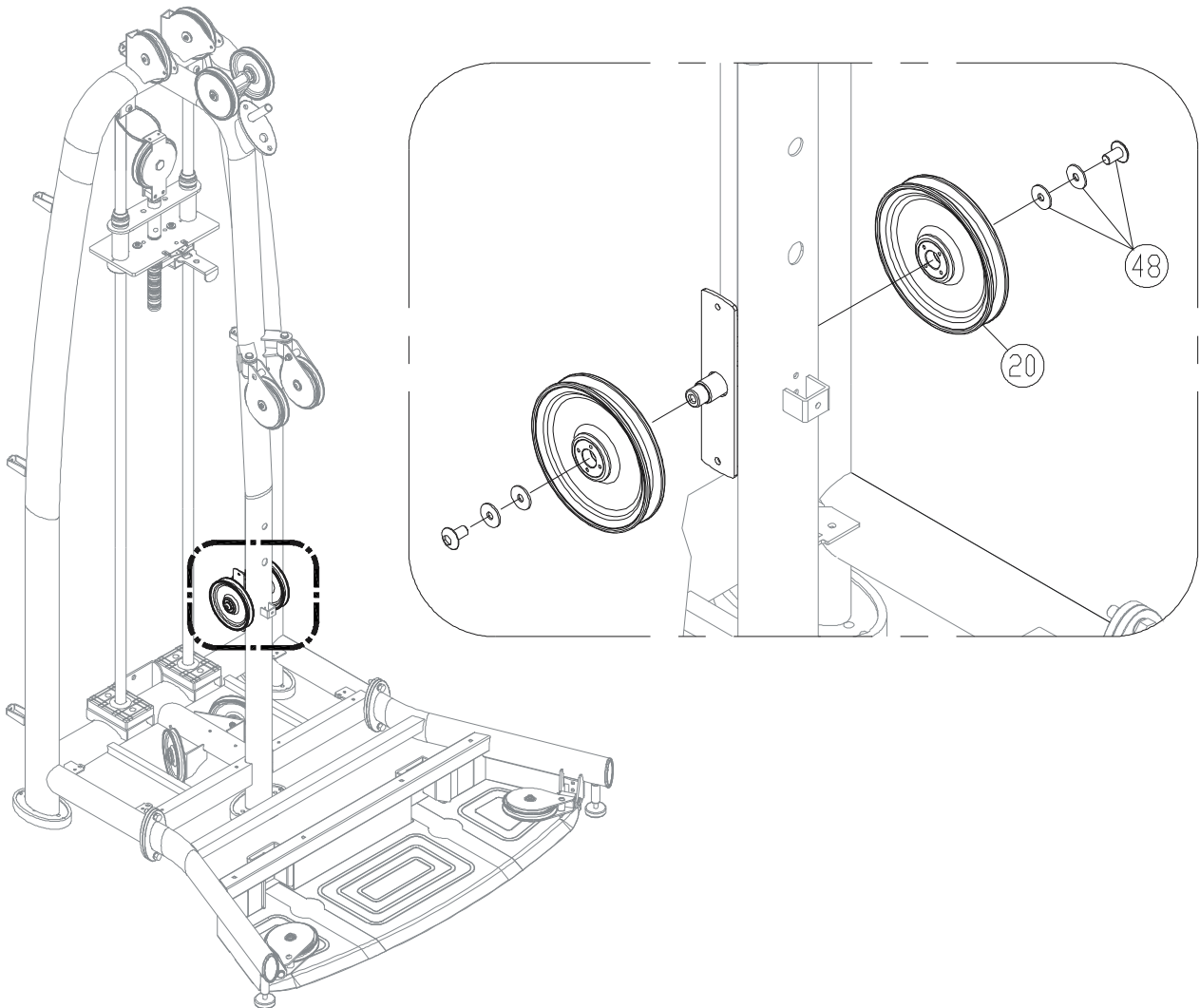
1-3. Adjust levelers (54) so they touch the floor. Do not let the front platform hang suspended in the air.



## **2. Pulley Installation**

2-1. Remove hardware (48) from the unit.

2-2. Use hardware (48) to secure the moveable pulleys (20) as shown.

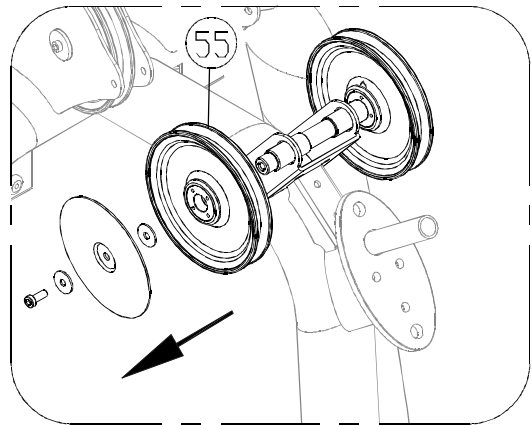
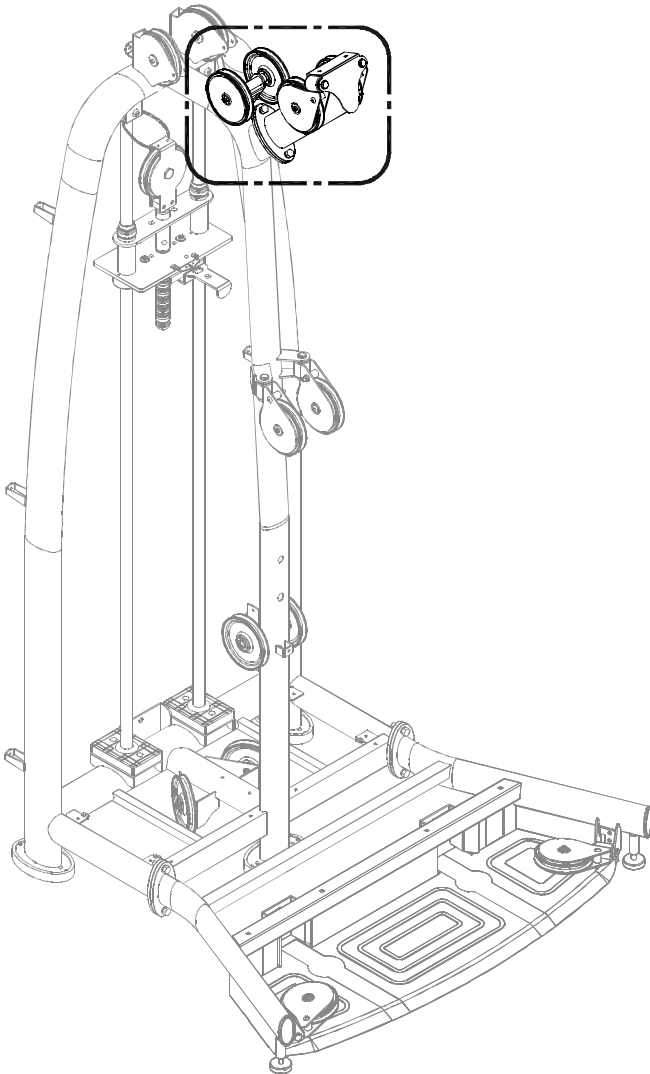


### **3. Front Pulley Bracket Installation**

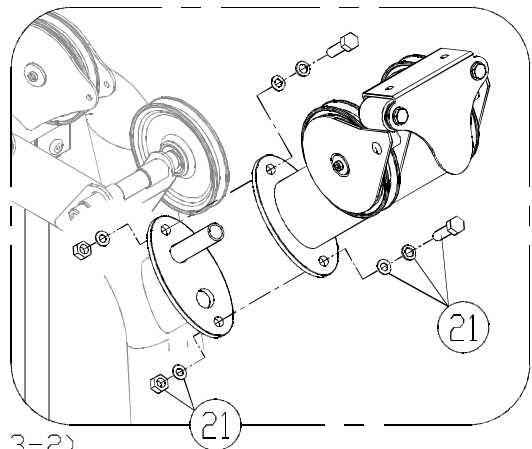
3-1. To access the front pulley bracket plate, first disconnect one upper pulley (55) (which is already attached to the machine) from the other.

3-2. Hold the front pulley bracket in place. Use hardware (21) to secure the front pulley bracket (4) onto the main frame (1).

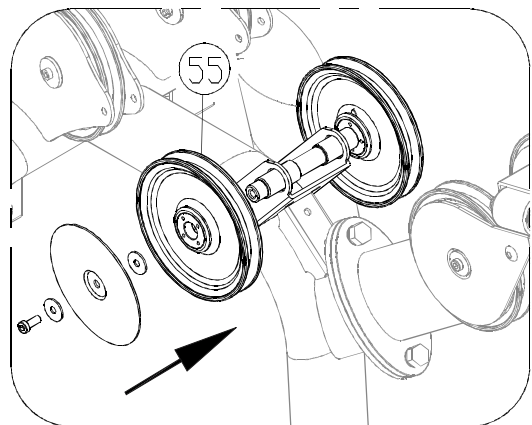
3-3. Then put the upper pulley (55) back in place and secure it.



3-1)



3-2)



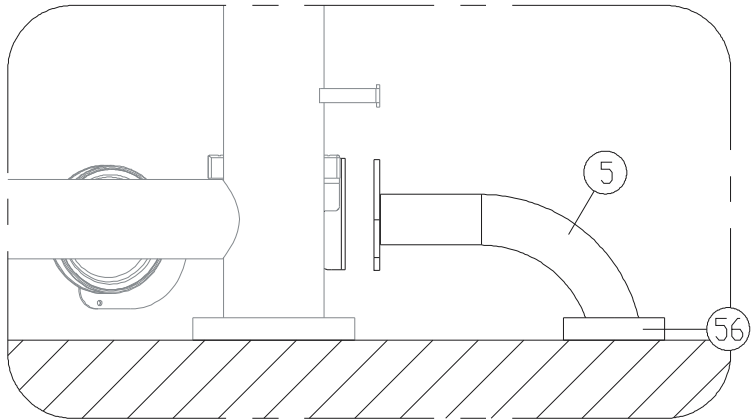
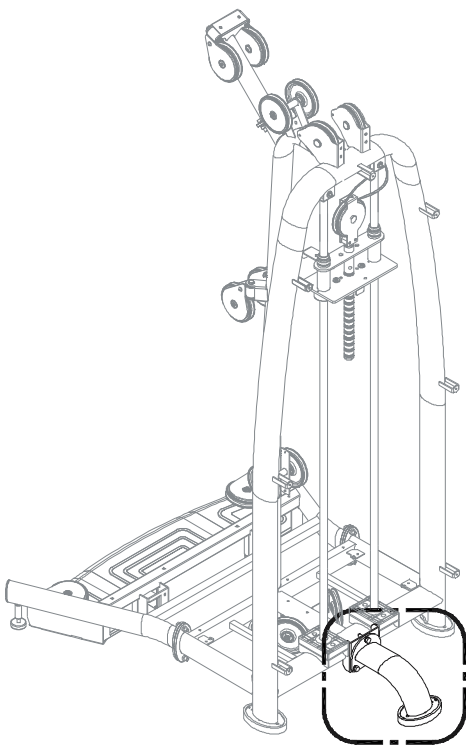
3-3)

## **4. Lower Support Installation**

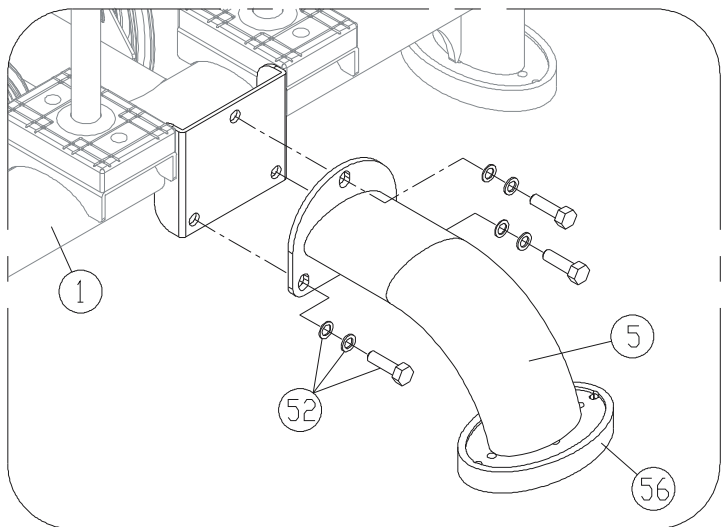
4-1. First, remove screws (52) from the unit.

4-2. Place the rear support (5) with its rubber foot (56) flat on the ground.

4-3. Use hardware (52) to secure the rear support (5) to the main frame(1).

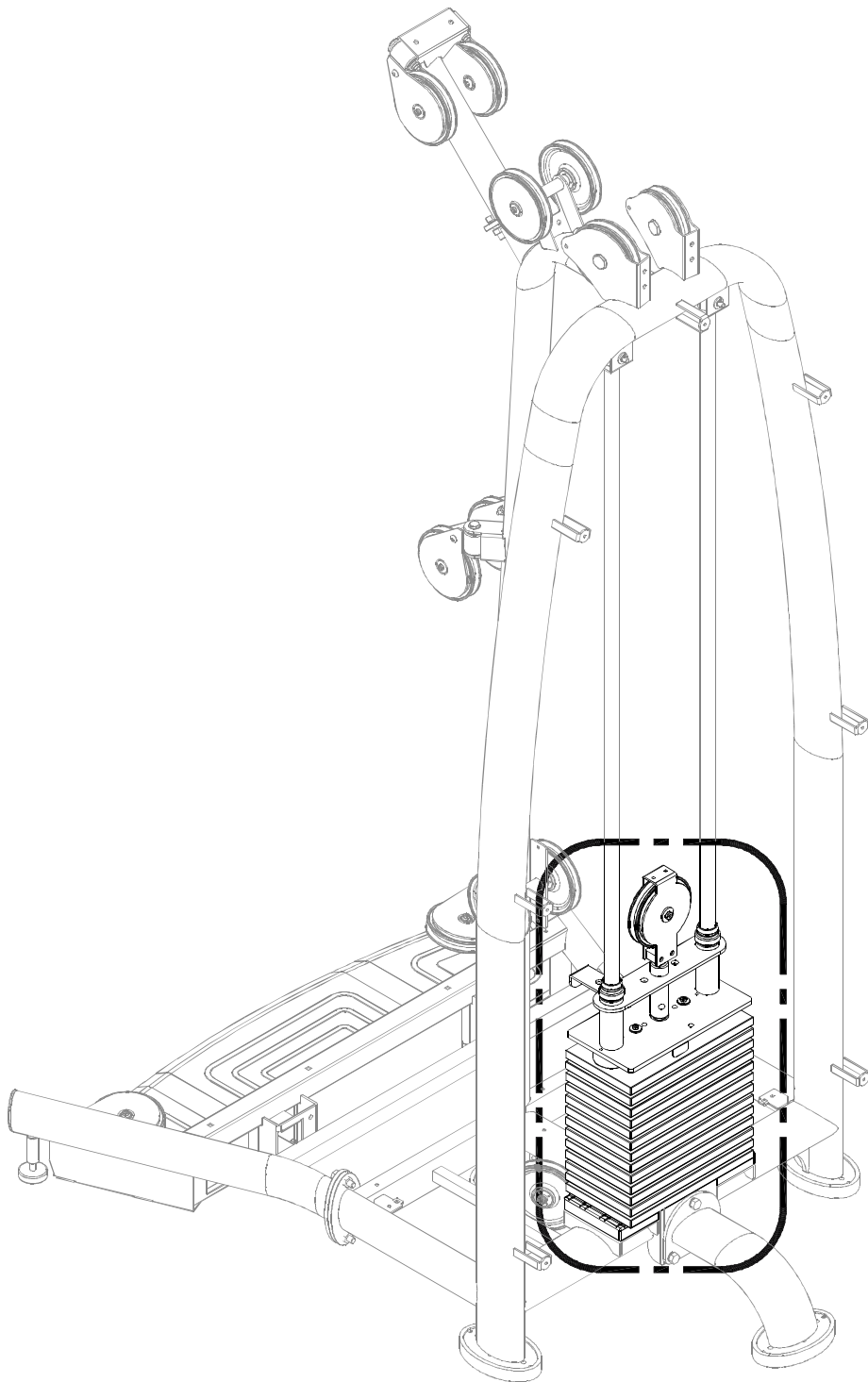


4-1>



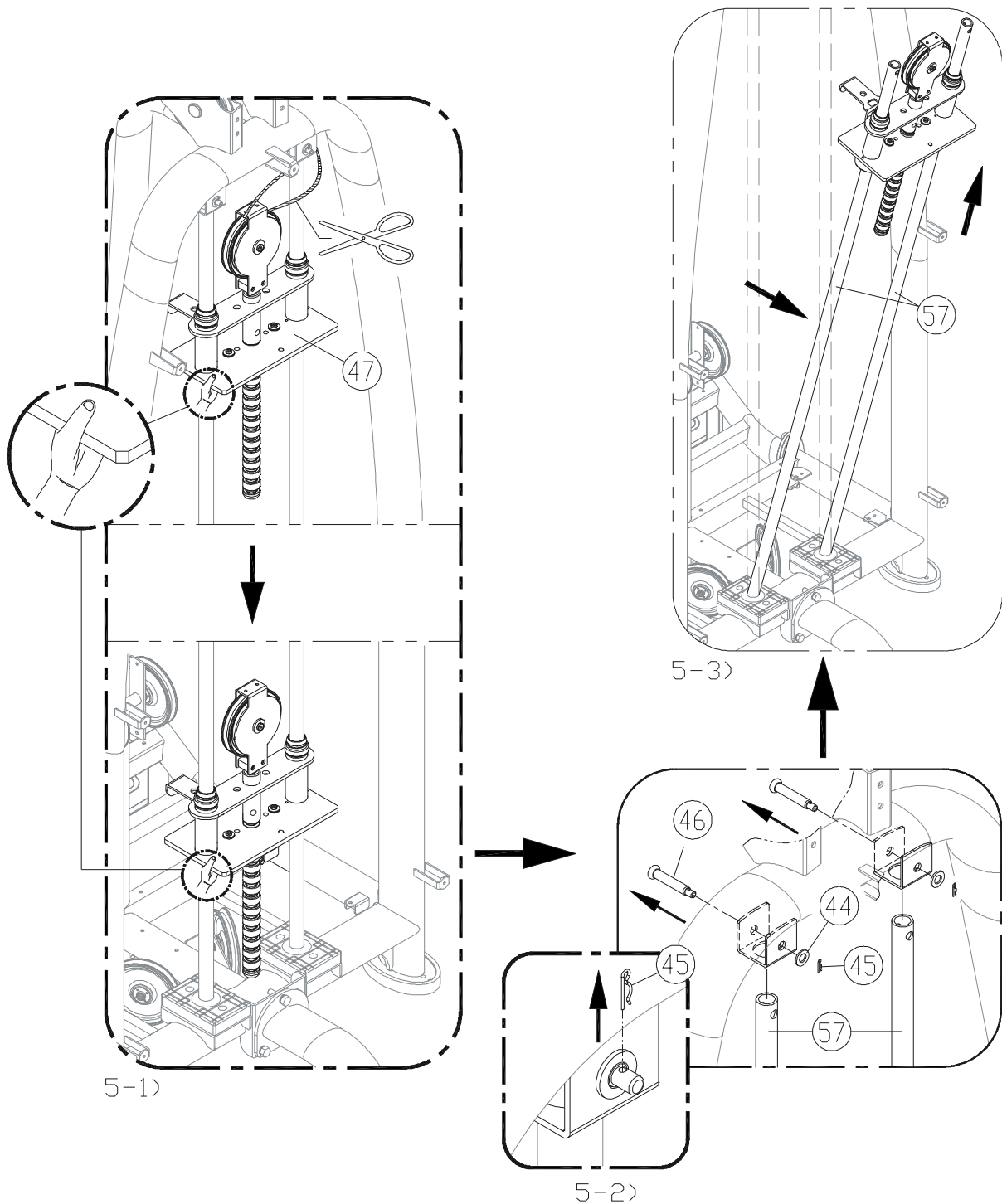
4-2>

## **5. Weight Stack Installation**





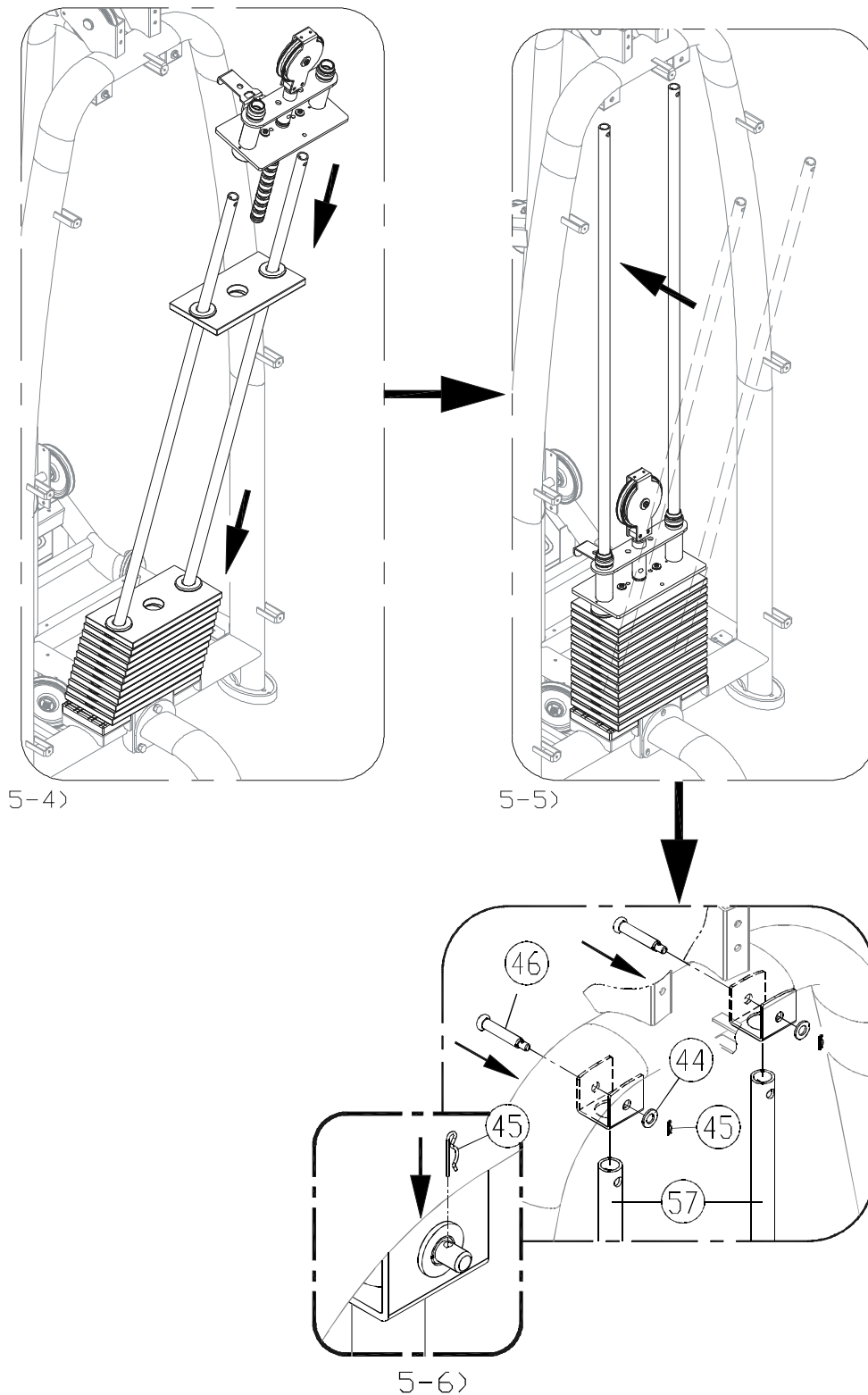
- 5-1. Support the upper weight plate (47). Cut the zip tie. Then carefully set down the upper weight plate.
- 5-2. Remove the hairpin cotter pin (45), clevis pin (46), and washer (44). Push the guide rod (57) downward.
- 5-3. With your hand, push out the guide rod (57) (See Figure 5-3) and remove the upper weight plate. (Carefully set aside the upper weight plate).



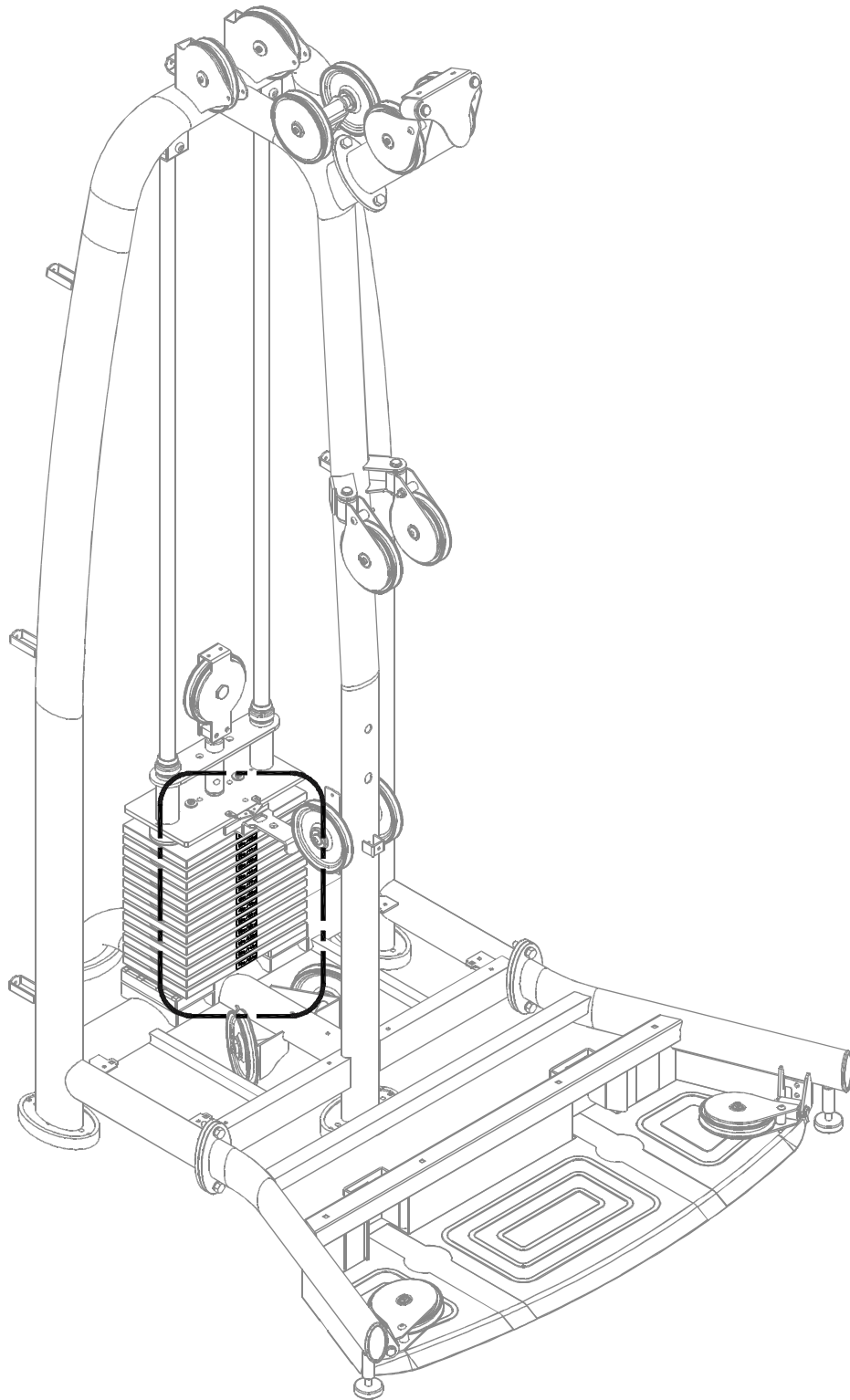
5-4. Carefully slide the weight plates (6) into place. After all 13 weight plates are in place, slide the upper weight plate (47) into place. (Note: Insert the stack fork (53) in front.)

5-5. Put the guide rod (57) back into place, centering it properly into the slot.

5-6. Secure the clevis pin (46), washer (44), and hairpin cotter pin (45) in place as shown in Fig. 5-6.



## **6. Weight Plate Number Installation**

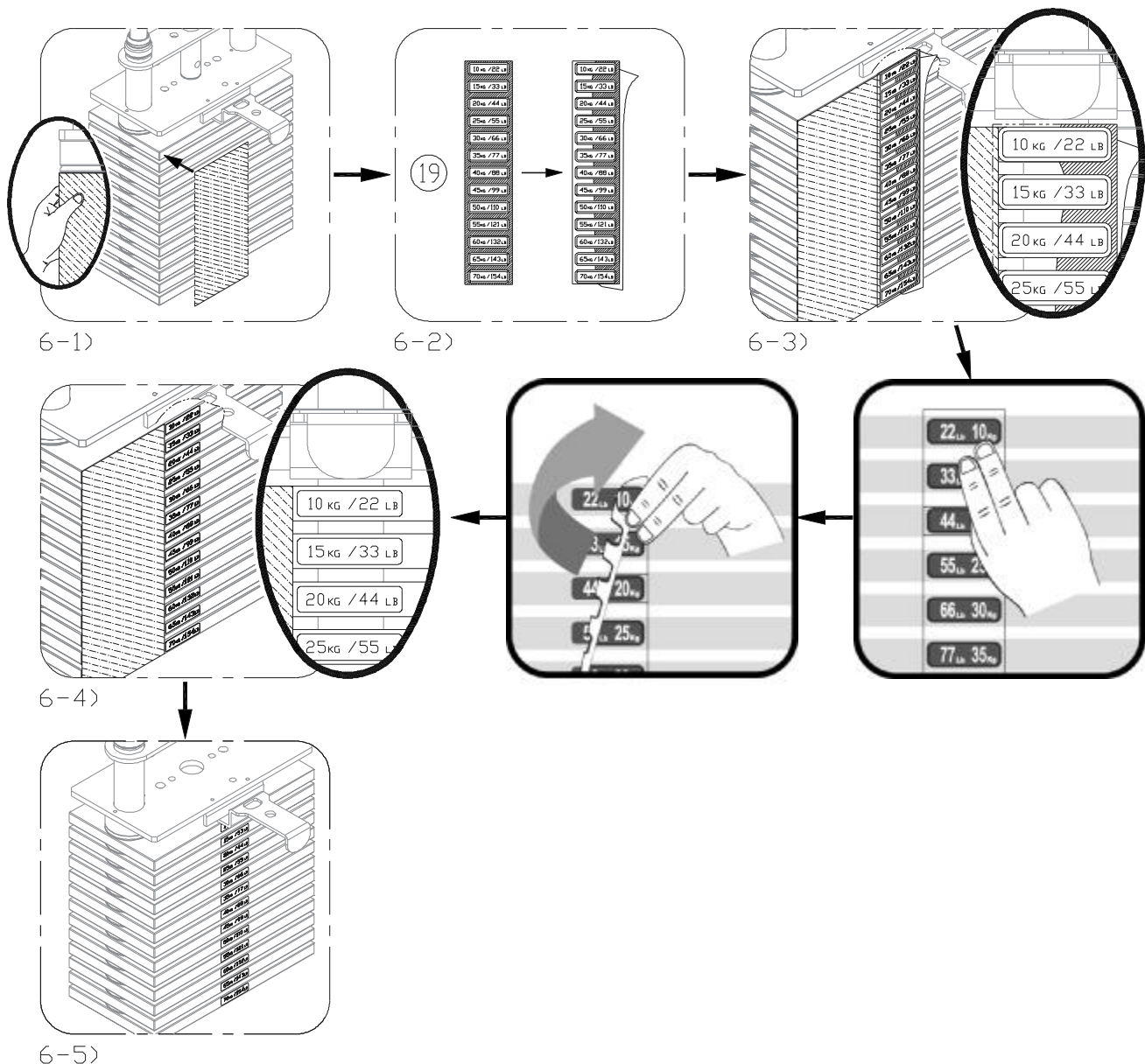


6-1. Prepare to put the weight plate numbers on the weight plates. Align the cardboard to the upper left side of the weight stack. Use tape to secure the cardboard to this location as shown in Fig. 6-1.

6-2. Keep the sticker (19) margin attached to the weight stack number sticker. Peel the sticker away from the backing; Stop peeling when the bottom half of the backing is still attached to the sticker. (Note: Do not peel off the margin of the sticker.)

6-3. Align the sticker with the top of the weight stack and the cardboard at the left side. The margin of the sticker should hang over the cardboard slightly. Press the sticker onto the weight stack. See Fig. 6-3. Work your way down, peeling the sticker off the backing and pressing it onto the stack plate.

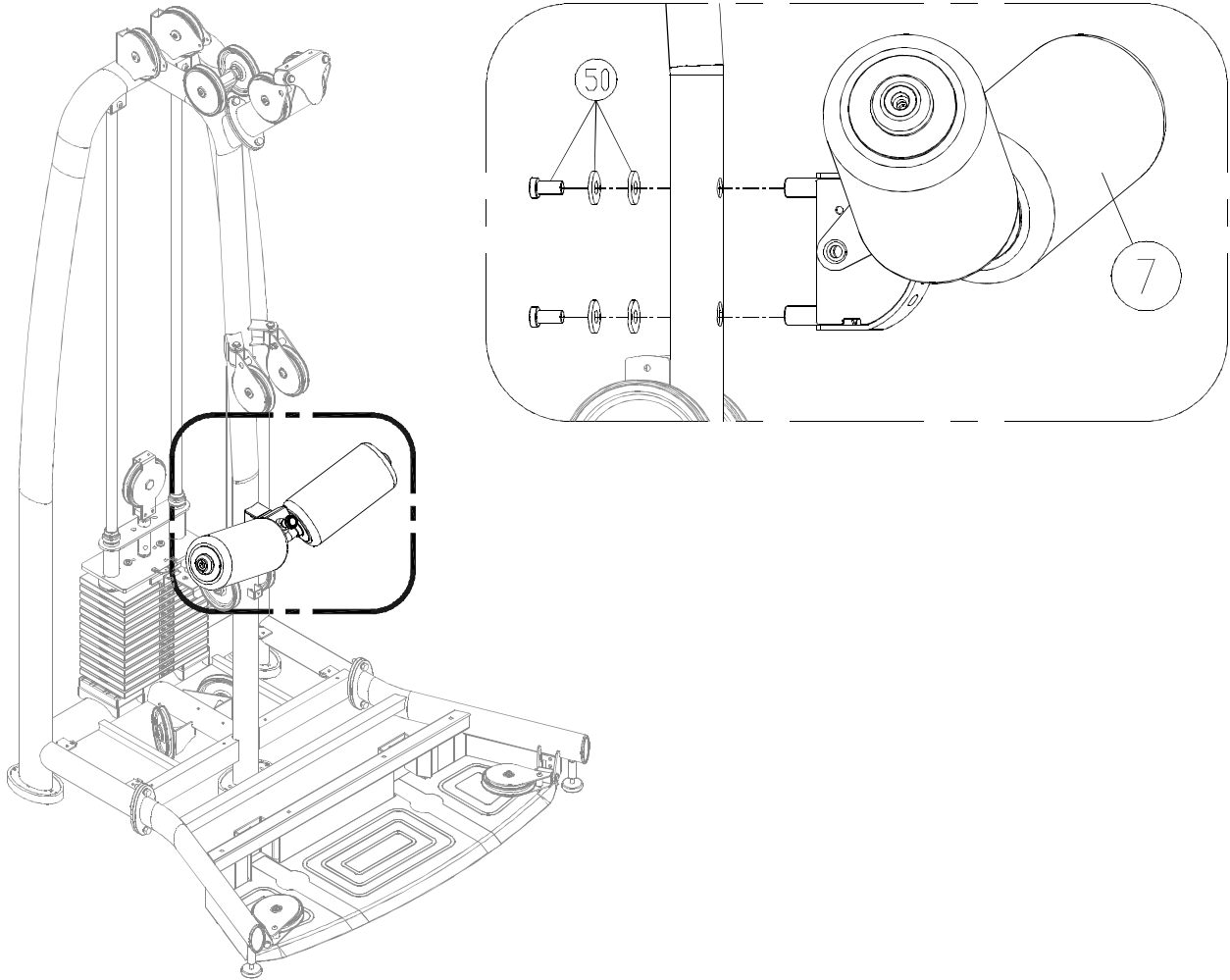
6-4. Once the sticker numbers are firmly in place, remove the sticker margin and the cardboard.



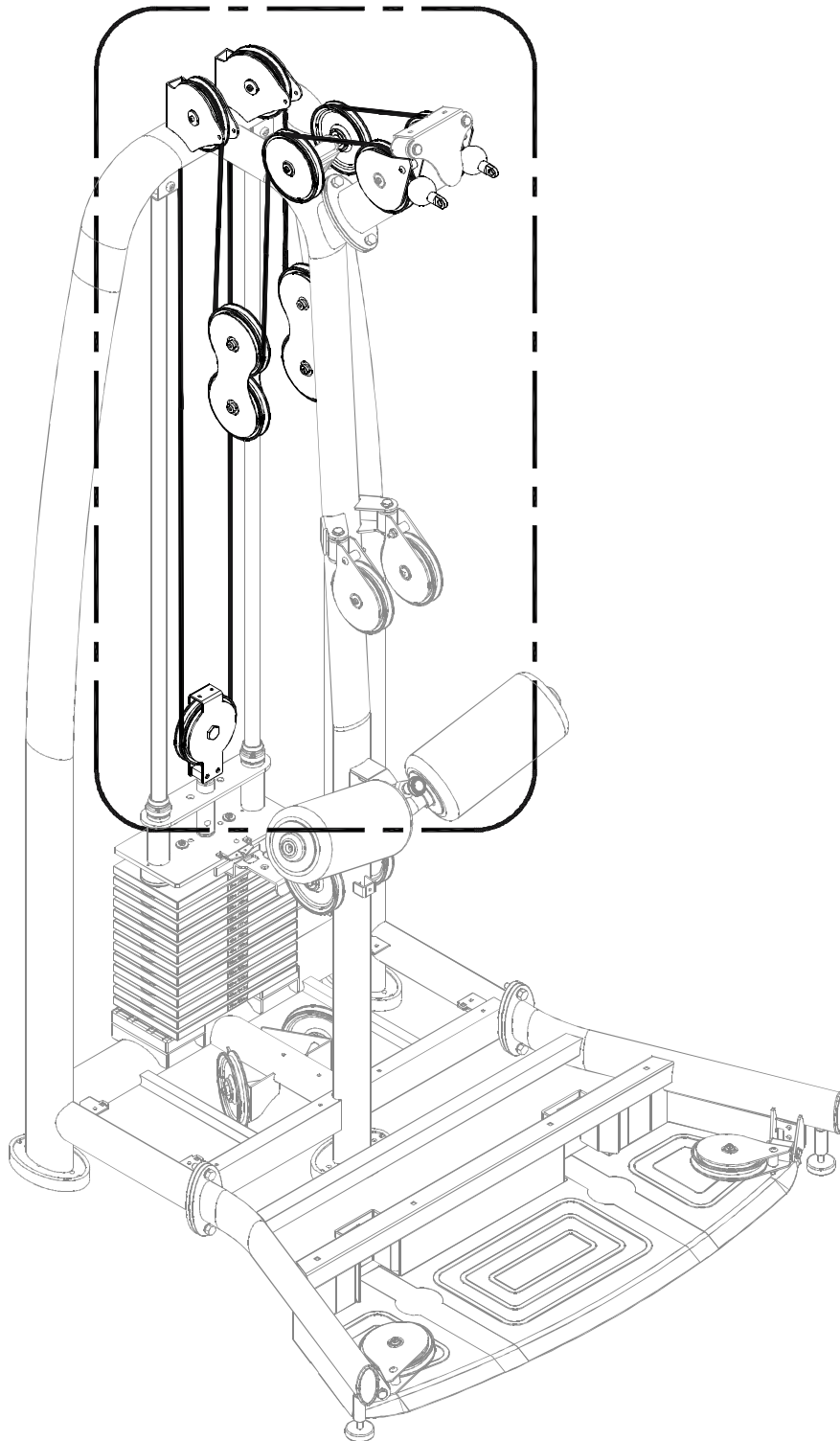
## **7. Cushion Bracket Installation**

7-1. First, remove the hardware (50) from the cushion bracket.

7-2. Use the hardware (50) to secure the cushion bracket as shown. Note the proper direction of the curve on the cushion bracket.



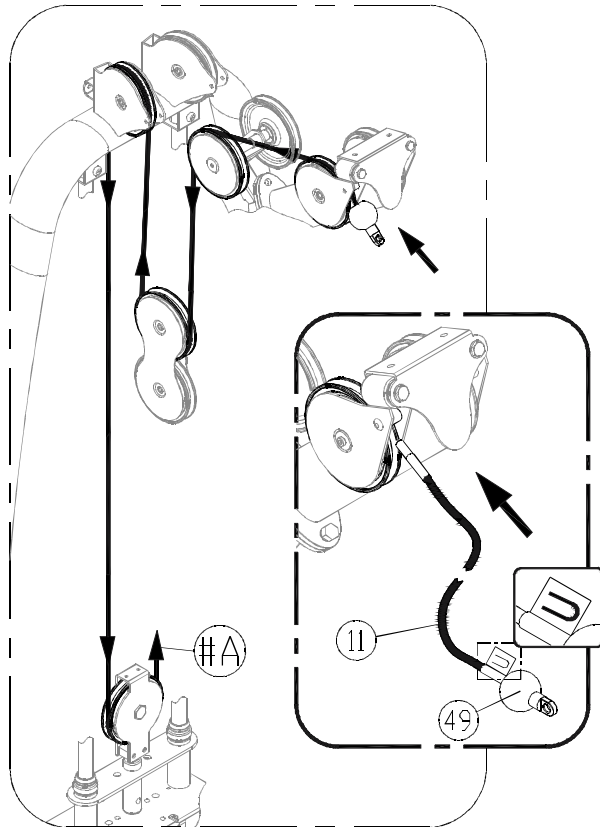
## **8. Upper Cable Installation**



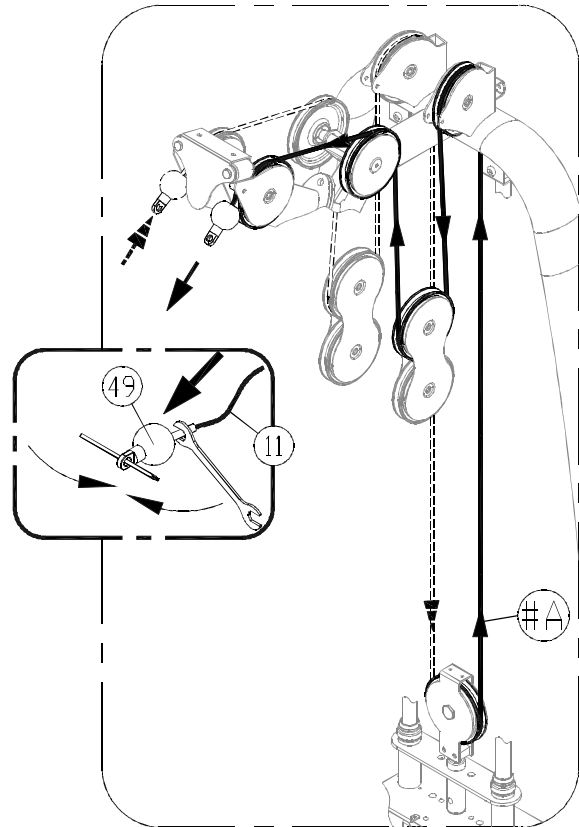
8-1. First, remove the rubber ball clip (49) from the upper cable (11).

8-2. Thread the upper cable in place as indicated by the arrow. See Fig. 8-1 and 8-2.

8-3. After threading the upper cable properly, secure the rubber ball clip (49) to the upper cable (11), using the 8mm open wrench.

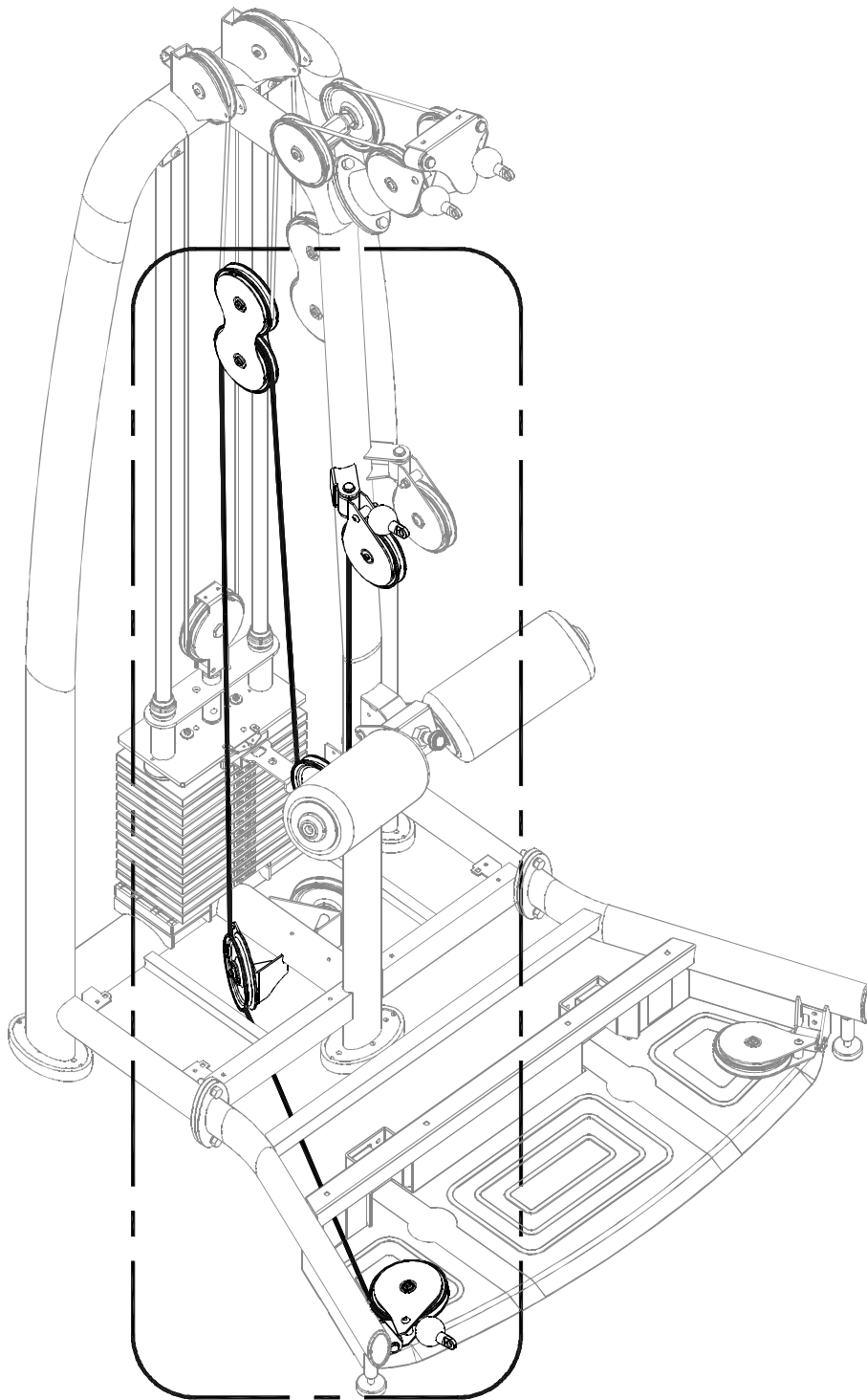


(8-1)



(8-2)

## **9. Lower Cable Installation**

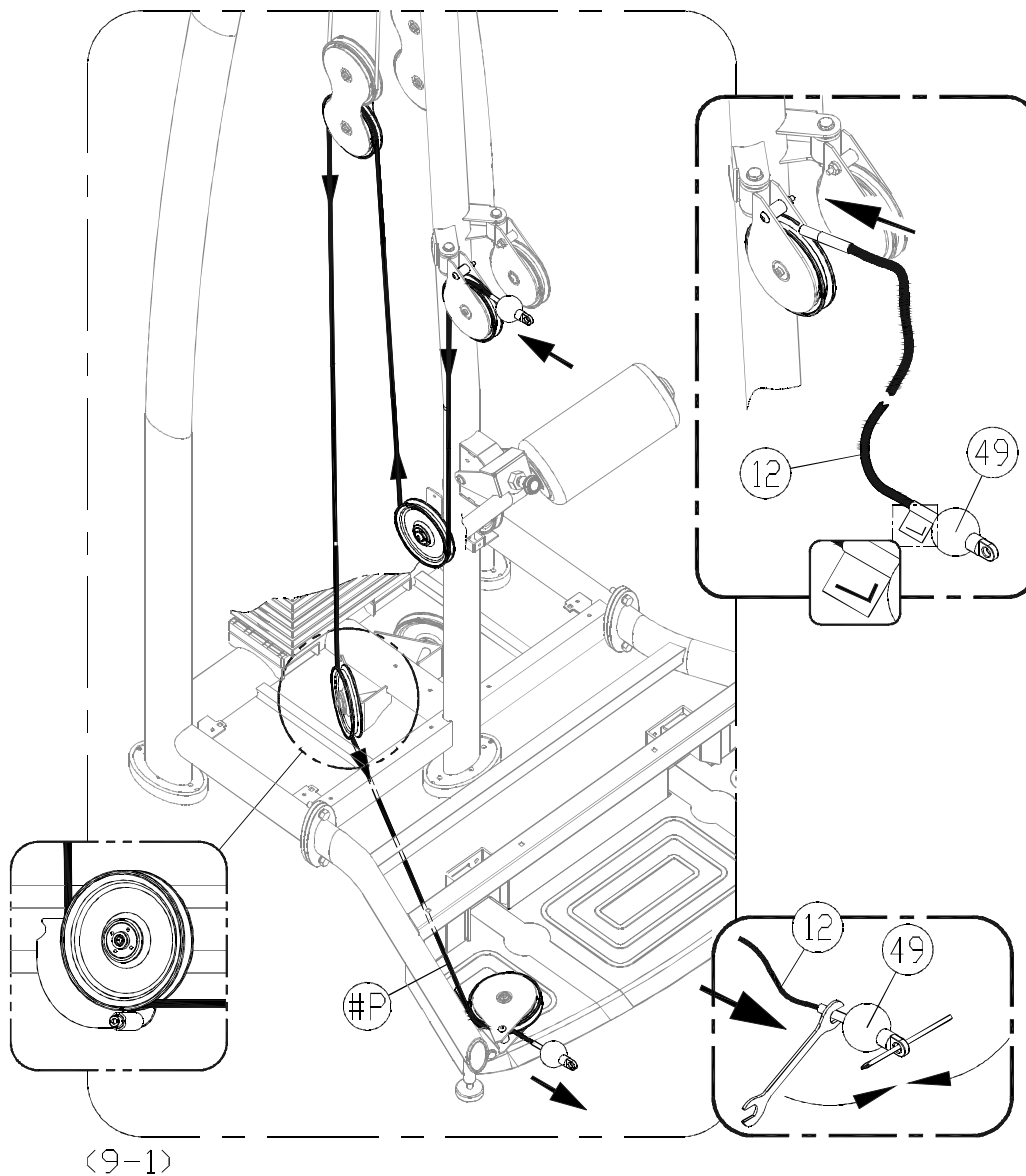




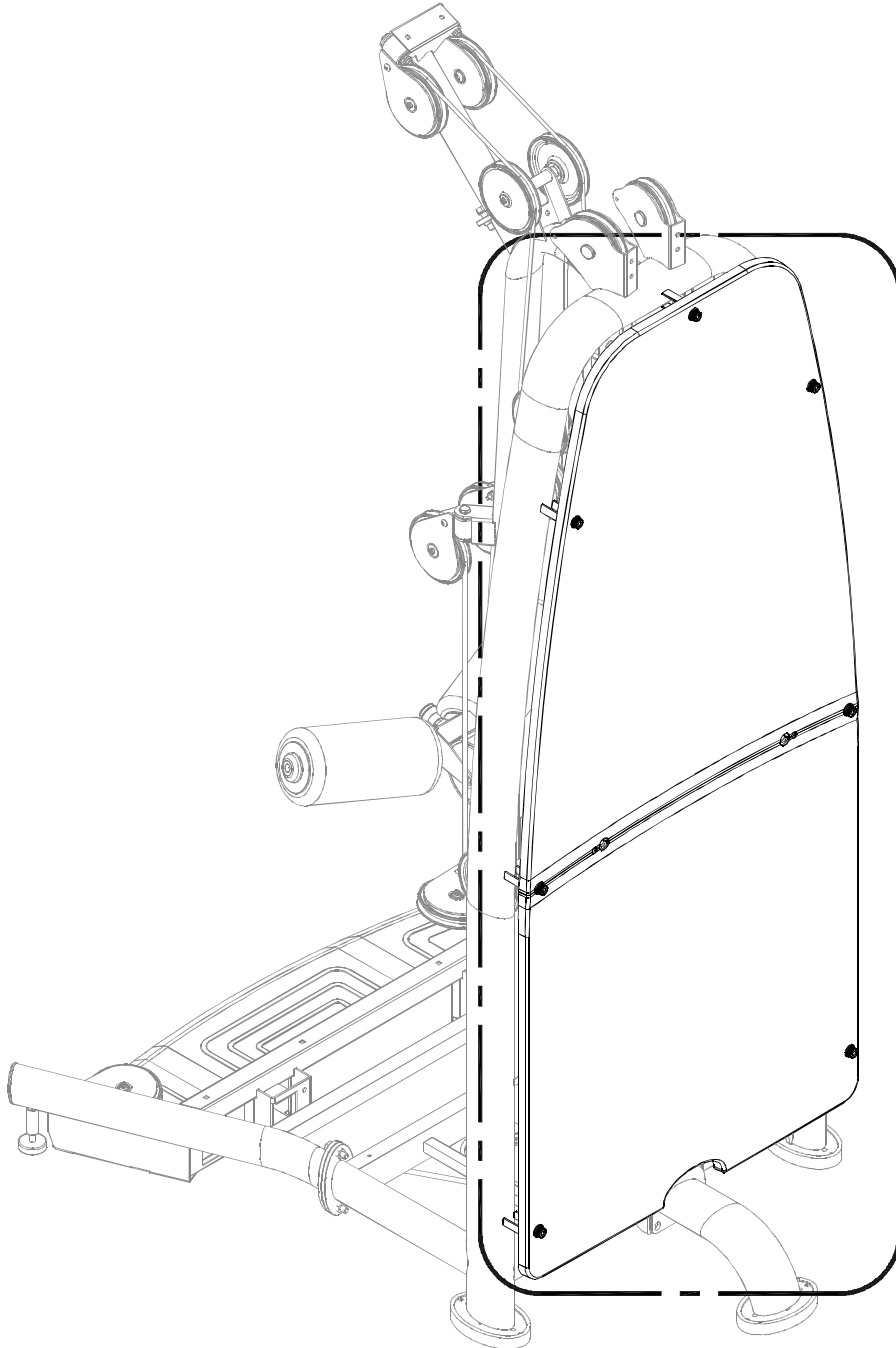
9-1. First, use the 8 mm open wrench to detach the rubber ball clip (49) from the lower cable (12).

9-2. Thread the lower cable into place, as indicated by the arrow.

9-3. Once the lower cable (12) is in place, use the 8 mm open wrench to secure it to the rubber ball clip (49).



## **10. Rear Cover Installation**

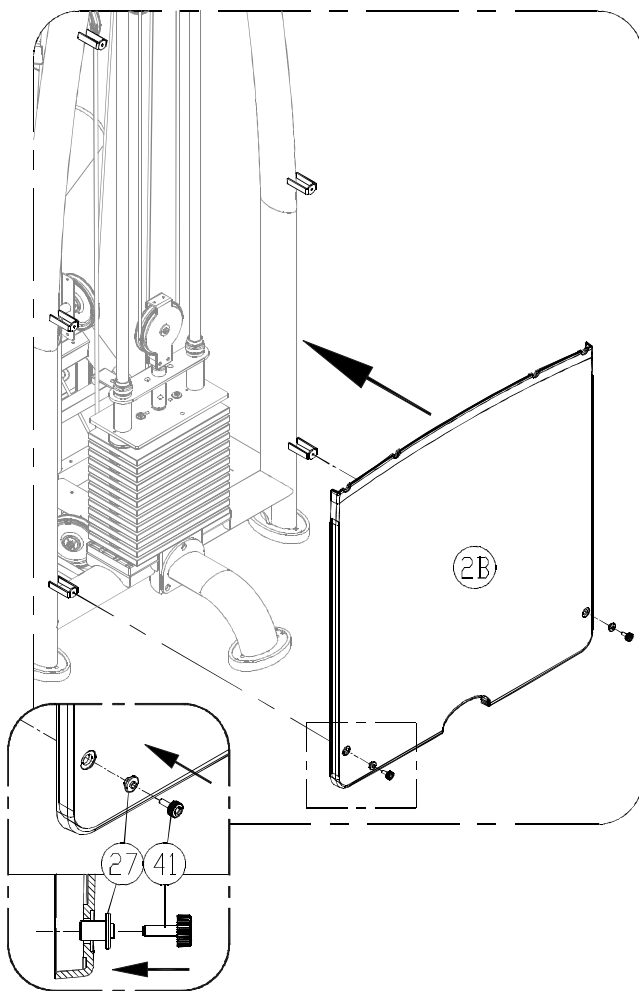


Once upper and lower cables are in place, remove cover screws and washers (41) from the frame.

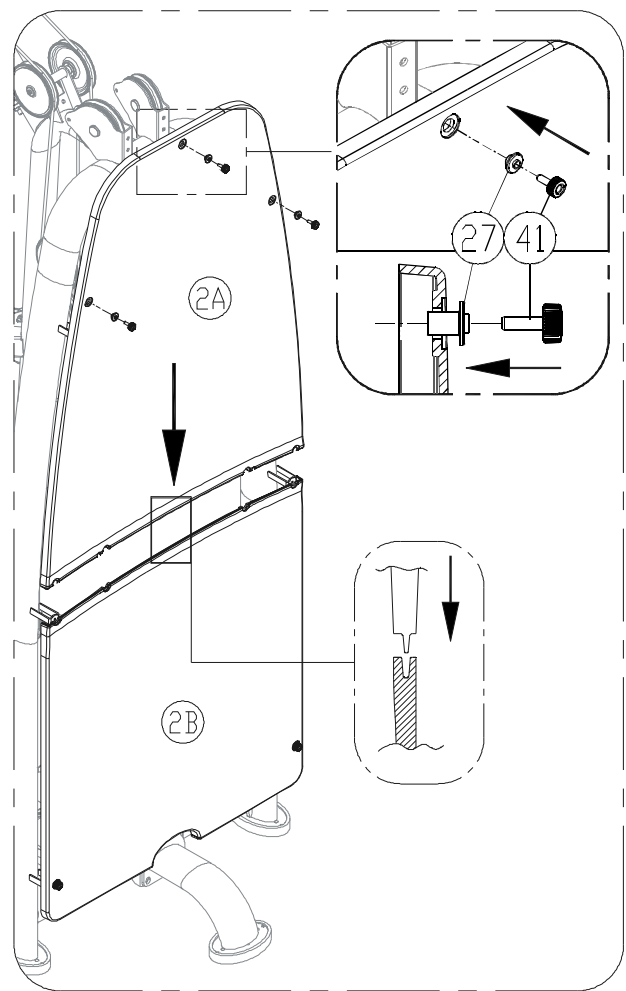
10-1. Put the lower back cover (2B) in place. Then loosely secure two sets of fasteners (27) (41) in the lower holes.

10-2. Insert the upper back cover (2A) into the lower back cover (2B). Secure both covers with the fasteners (27) (41). Note: If the upper screws are secured, the rubber washers cannot be inserted in the cover. Adjust the lower cover (2B) to insert these washers.

Hand-tighten these screws to avoid over tightening and cracking the covers.

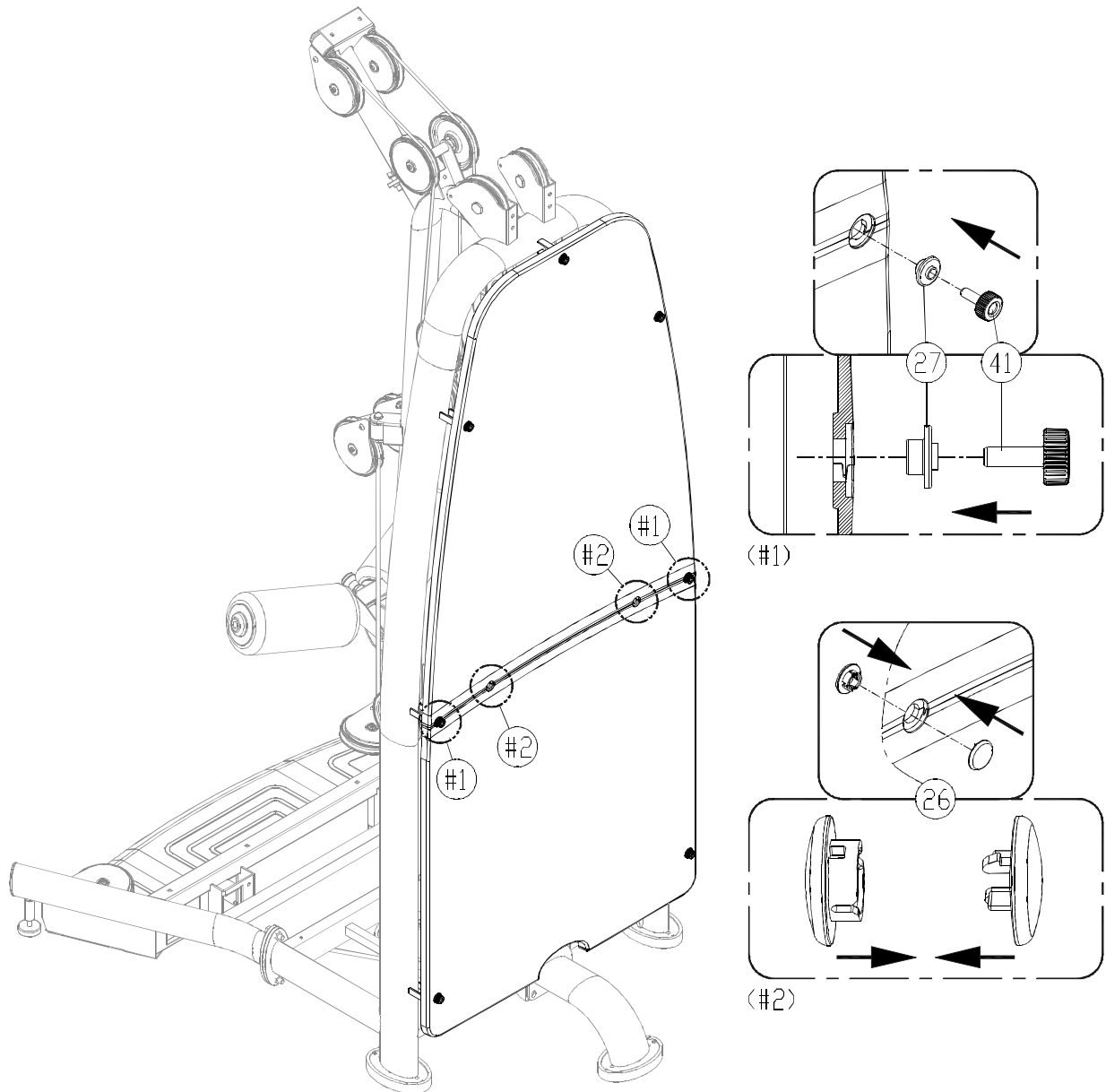


10-1>



10-2>

10-3. Once the upper and lower back covers are in place, secure the seam between both covers with two sets of fasteners (27)(41). Then insert both back cover soft caps (26) into place. See Figures #1 and #2.

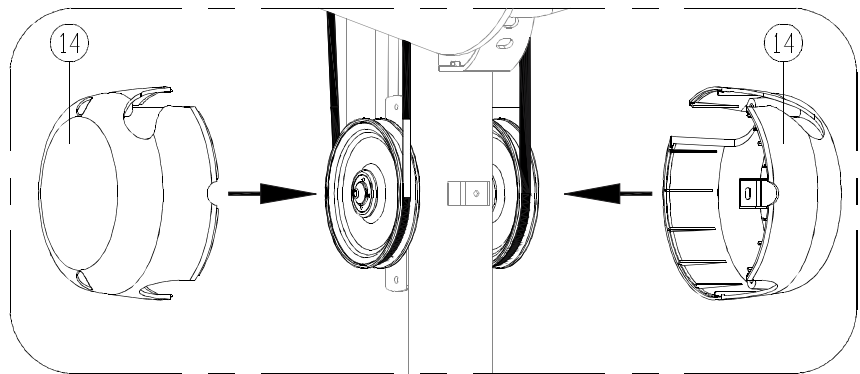


## **11. Pulley Cover Installation**

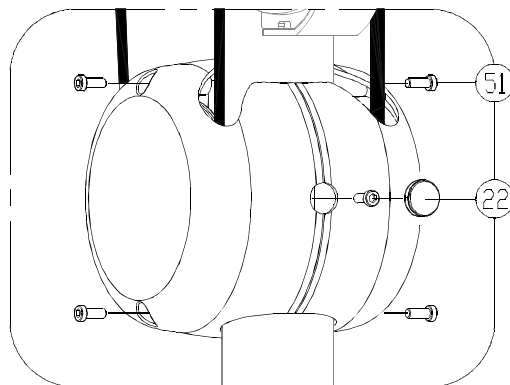
11-1. First, remove screws (51) from the unit.

11-2. Put pulley left/right covers (14) together as indicated by the arrows.

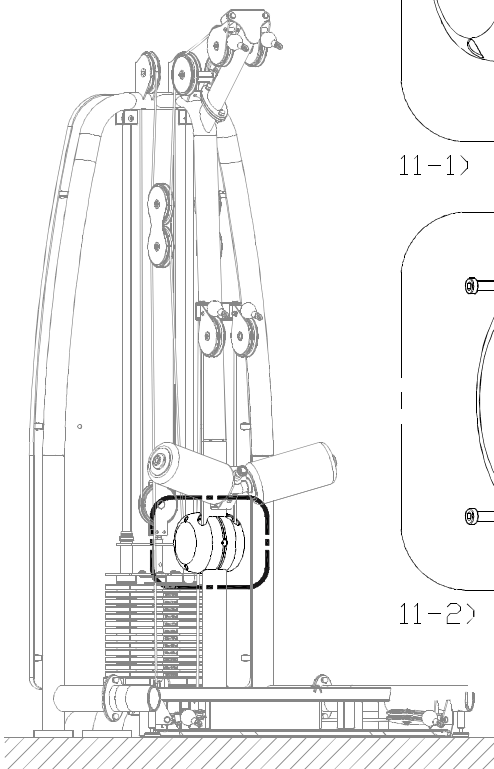
11-3. Loosely secure screws (51) into the sides of the left/right covers. After tightening the middle screw, insert the rubber cap (22) into place. Then tighten screws in the left/right cover sides.



11-1>

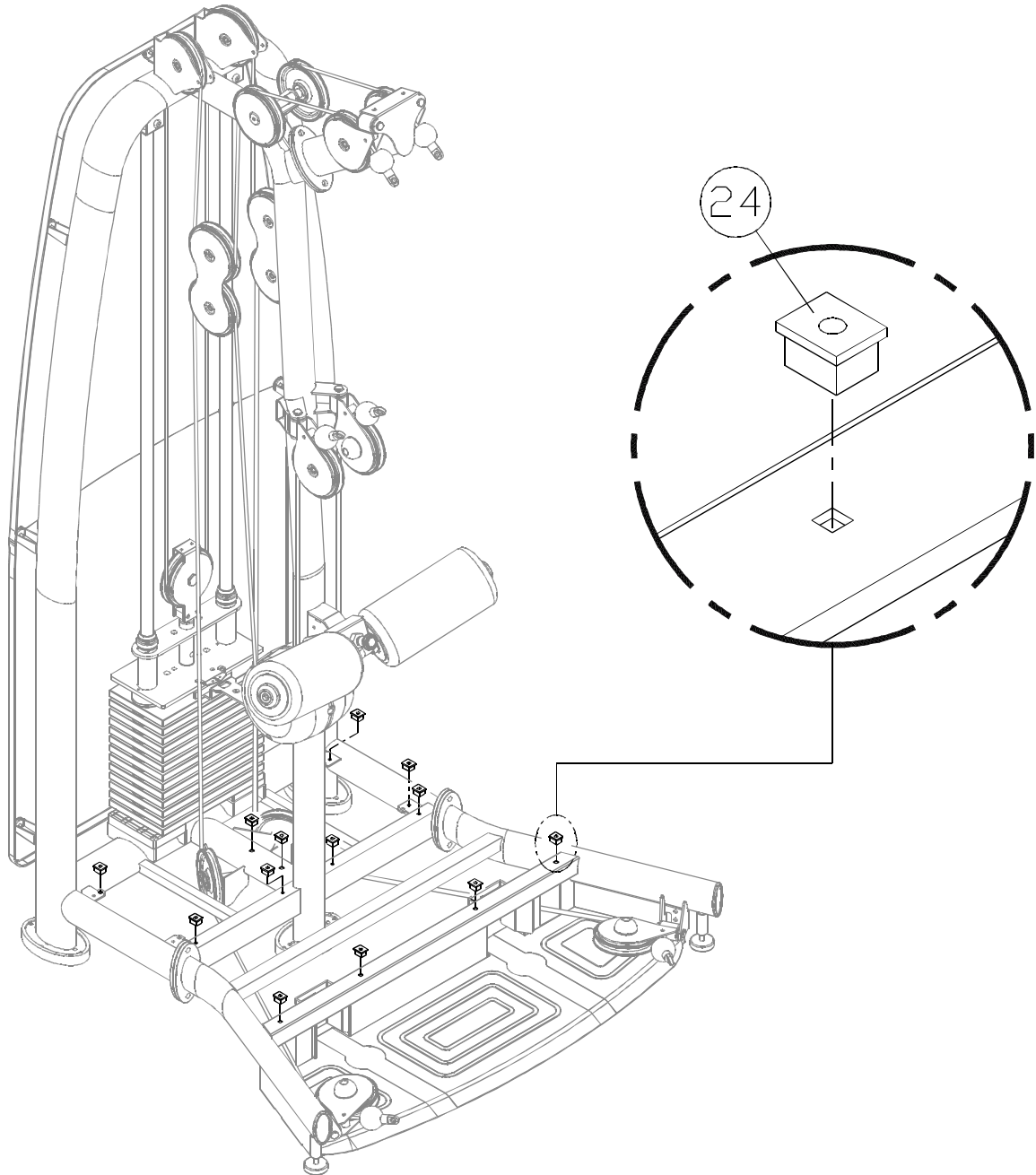


11-2>



## **12. Platform Installation**

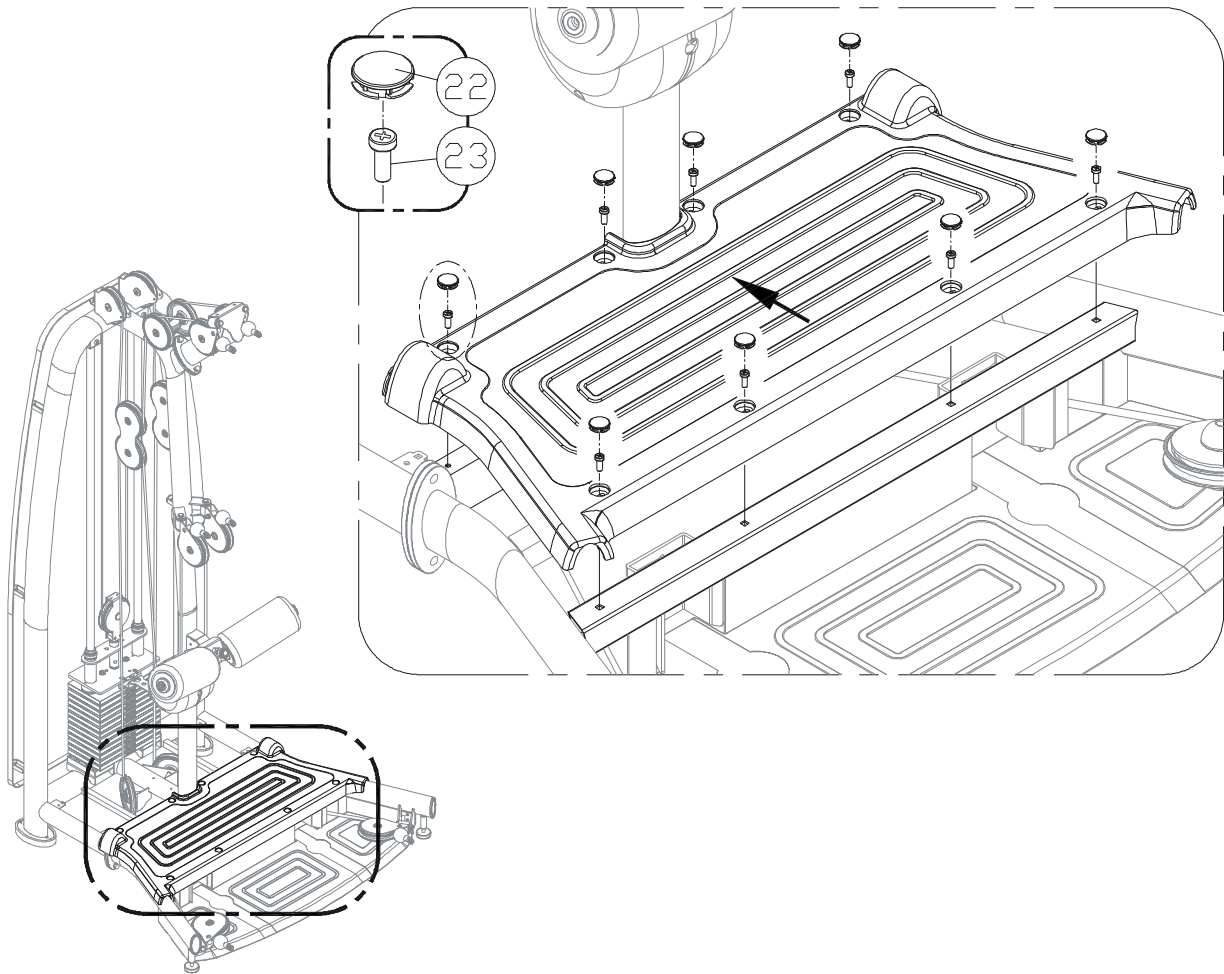
12-1. Insert screw sockets (24) into the holes made for the screw sockets in the frame.



12-2. Put the middle platform (16) in place and hand-tighten the screws(23).

12-3. Push the middle platform (16) toward the back as indicated by the arrows.  
Then secure the screws firmly (23).

12-4. Press the rubber caps (22) into place.

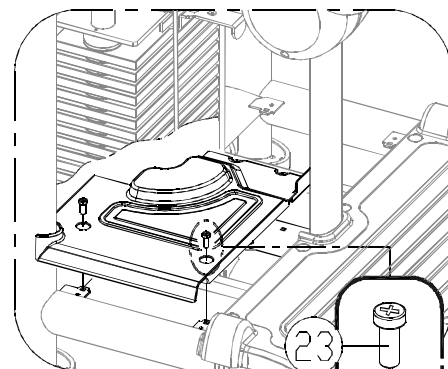
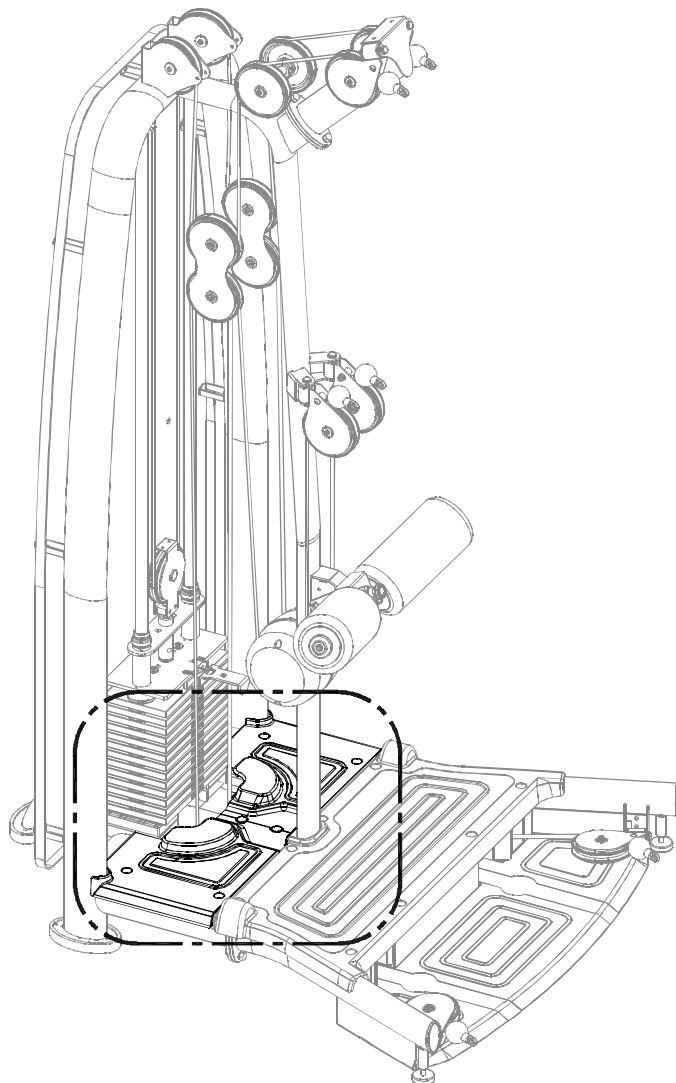


## 13. Rear Platform Installation

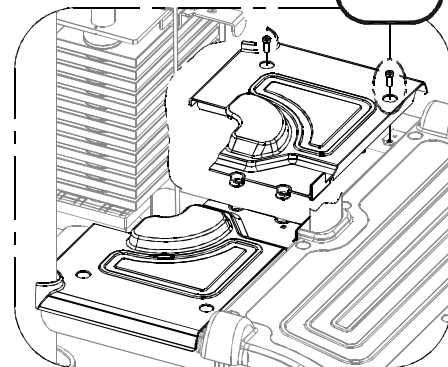
13-1;13-2. First, put the right rear platform (15) in place. Then put the left rear platform (15) in place, then hand-tighten the screws (23).

13-3. Push the left/right rear platforms (15) toward the front as indicated by the arrows. Secure the center screws first. Then secure all the screws.

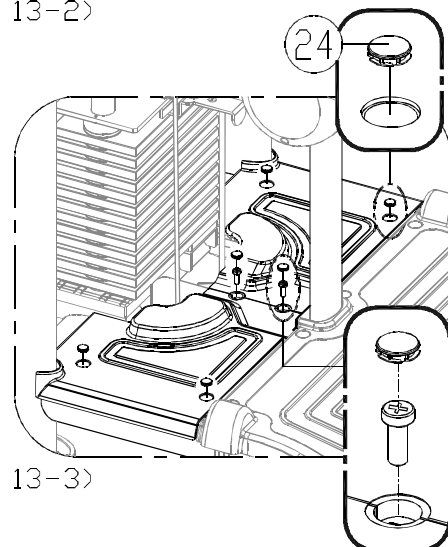
13-4. Press the rubber caps (22) into place.



13-1>



13-2>

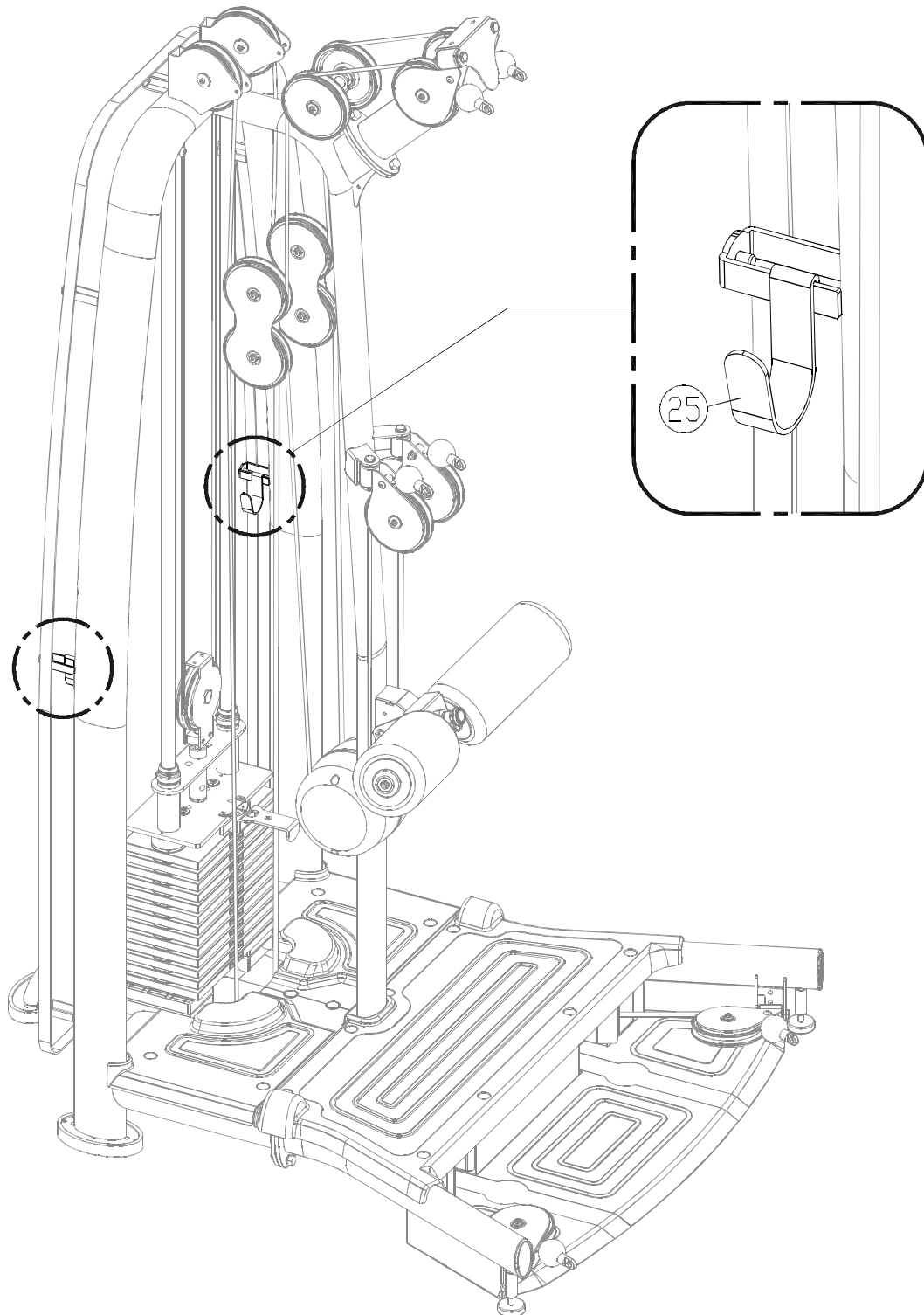


13-3>



## **14. Bracket Installation**

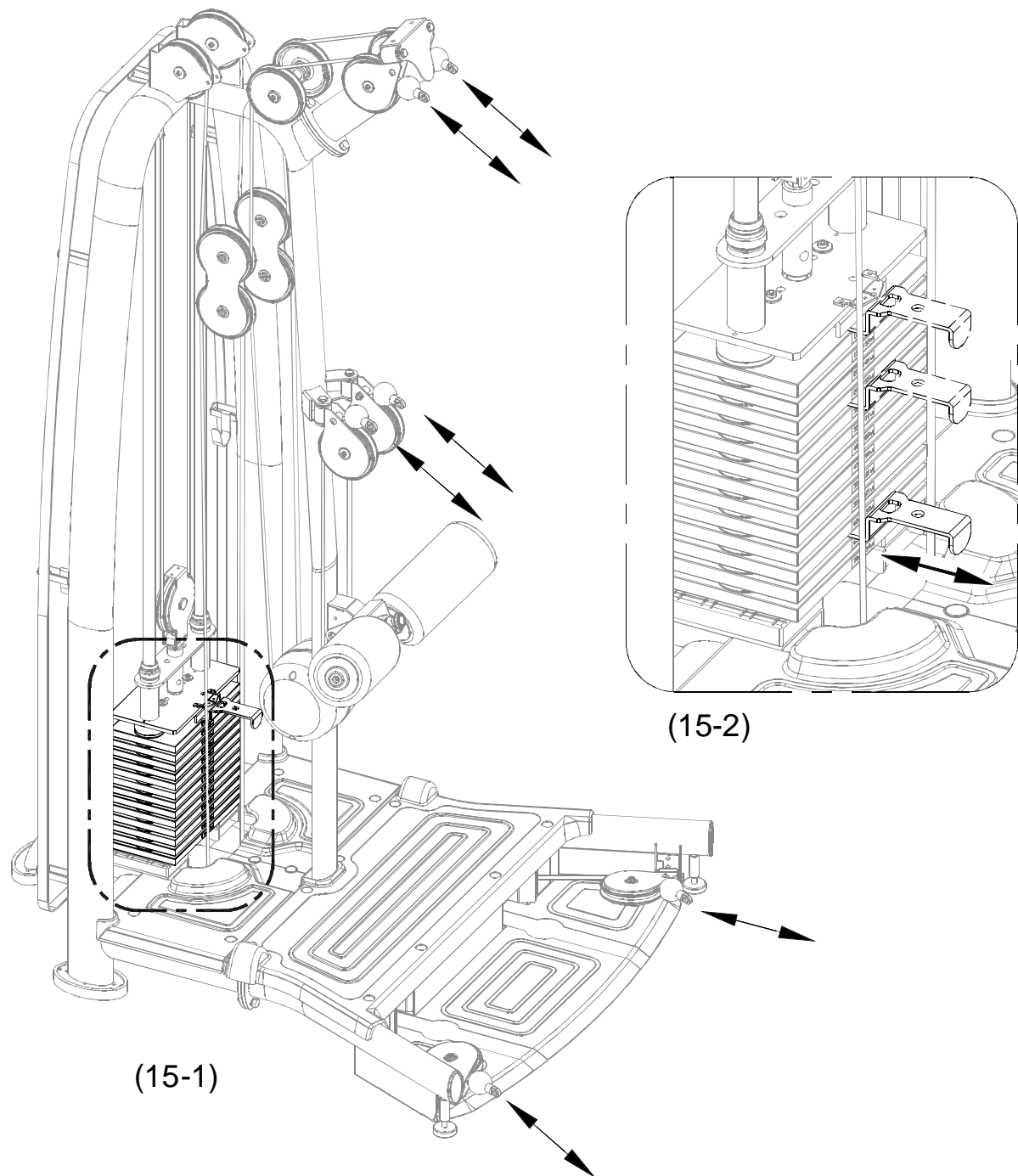
14-1. After assembling the unit, put brackets (25) in place on both sides as shown.



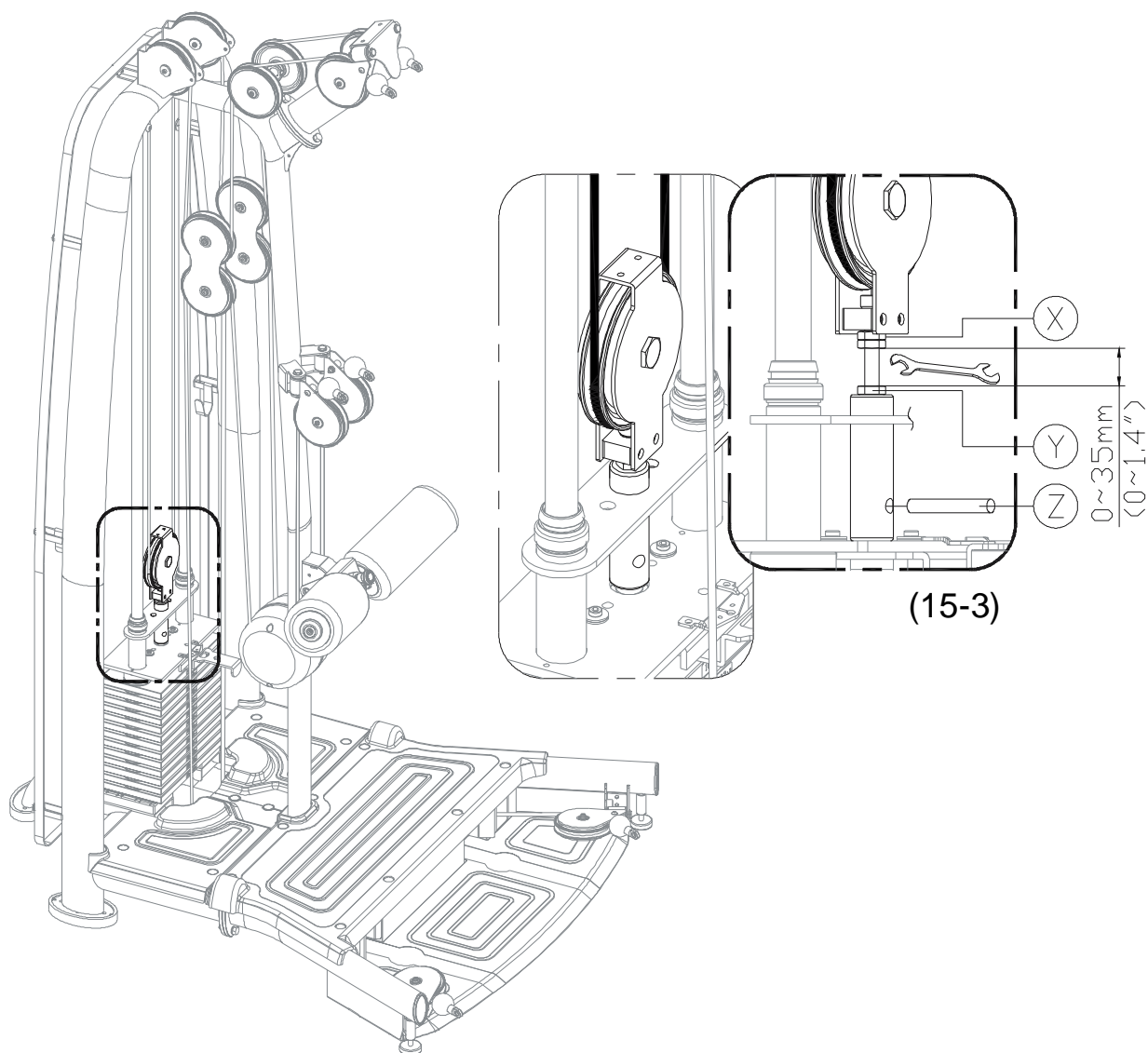
## **15. Testing Unit Operation**

15-1. Choose a handle (8)(9)(10)(17)(18) to use in testing unit operation at top, middle, and lower rubber ball connectors.

15-2. Try inserting the stack fork between the weights as indicated in Fig. 15-2.

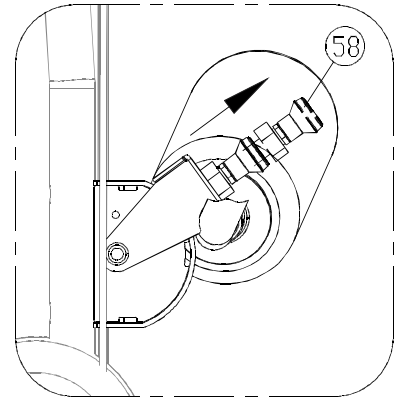
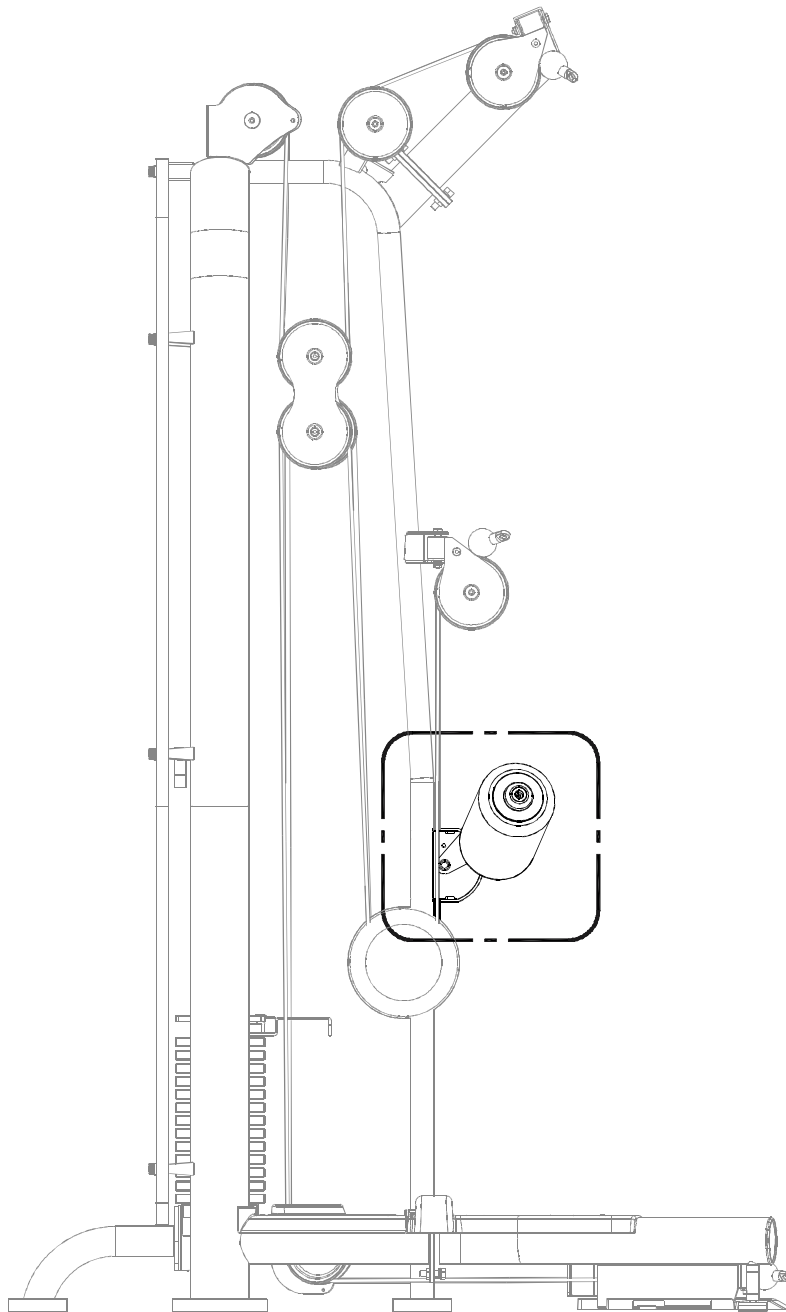


- 15-3. If the belt is too tight or too loose as shown in Fig. 15-3, secure rod (Z), loosen nut (Y), then adjust nut (X). If the cable is too loose, adjust downward. (Use the 17 mm open wrench.)  
If too tight, adjust upward. When adjusted properly, secure nut (Y).

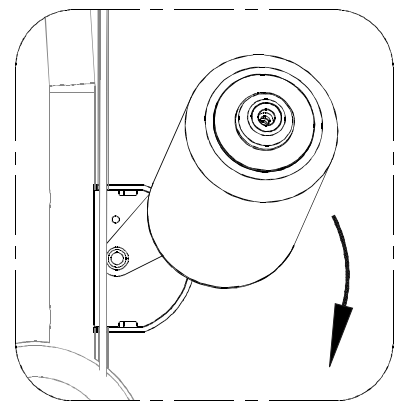


## **16 Cylindrical Cushion Height Adjustment**

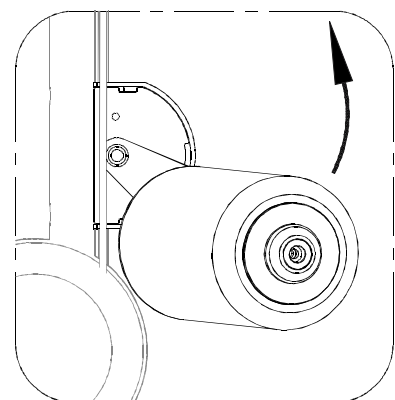
16-1. Pull out the knob on the cylindrical cushion bracket. Adjust the cylindrical cushion position. See Fig. 16-1 to 16-3.



(16-1)

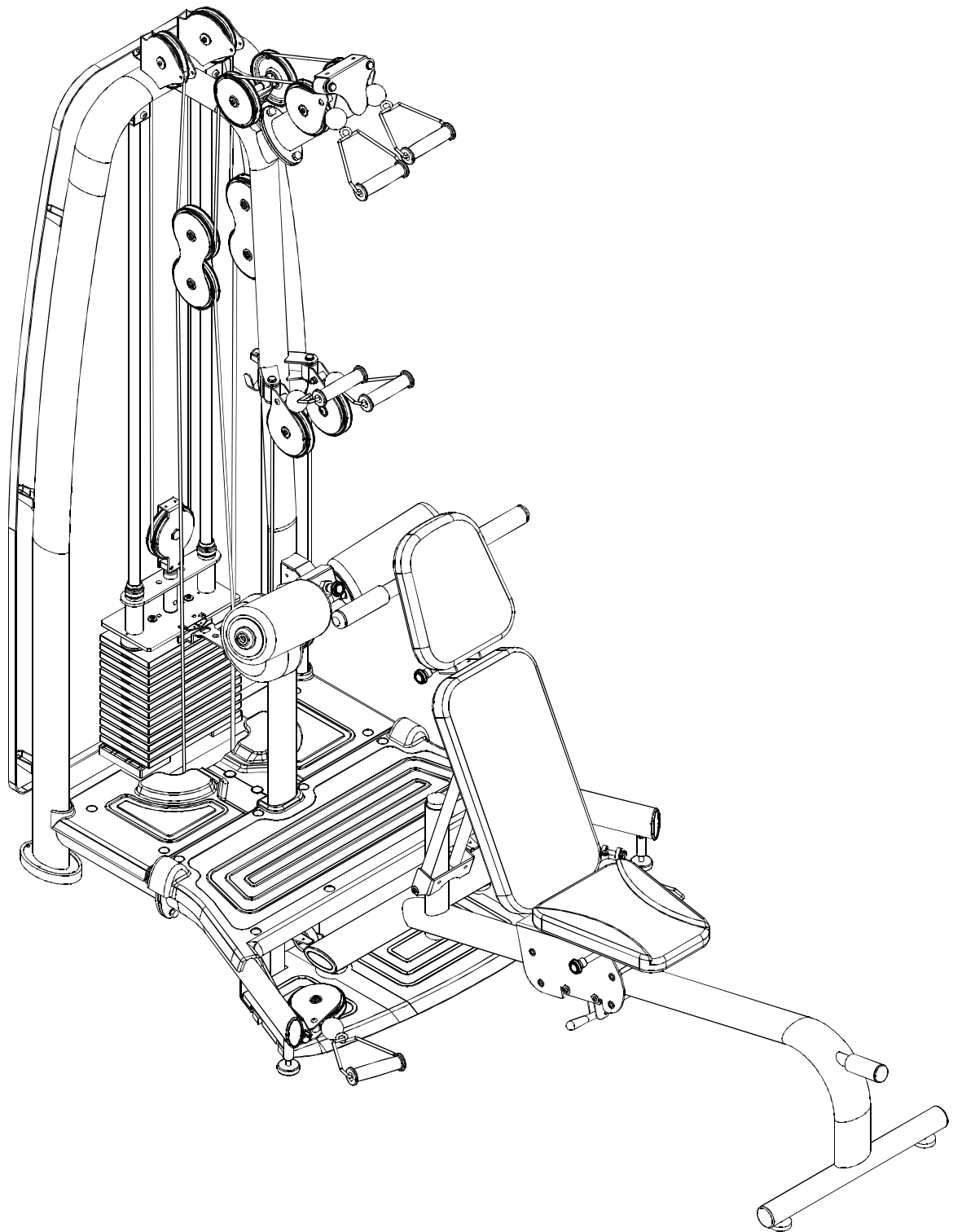


(16-2)

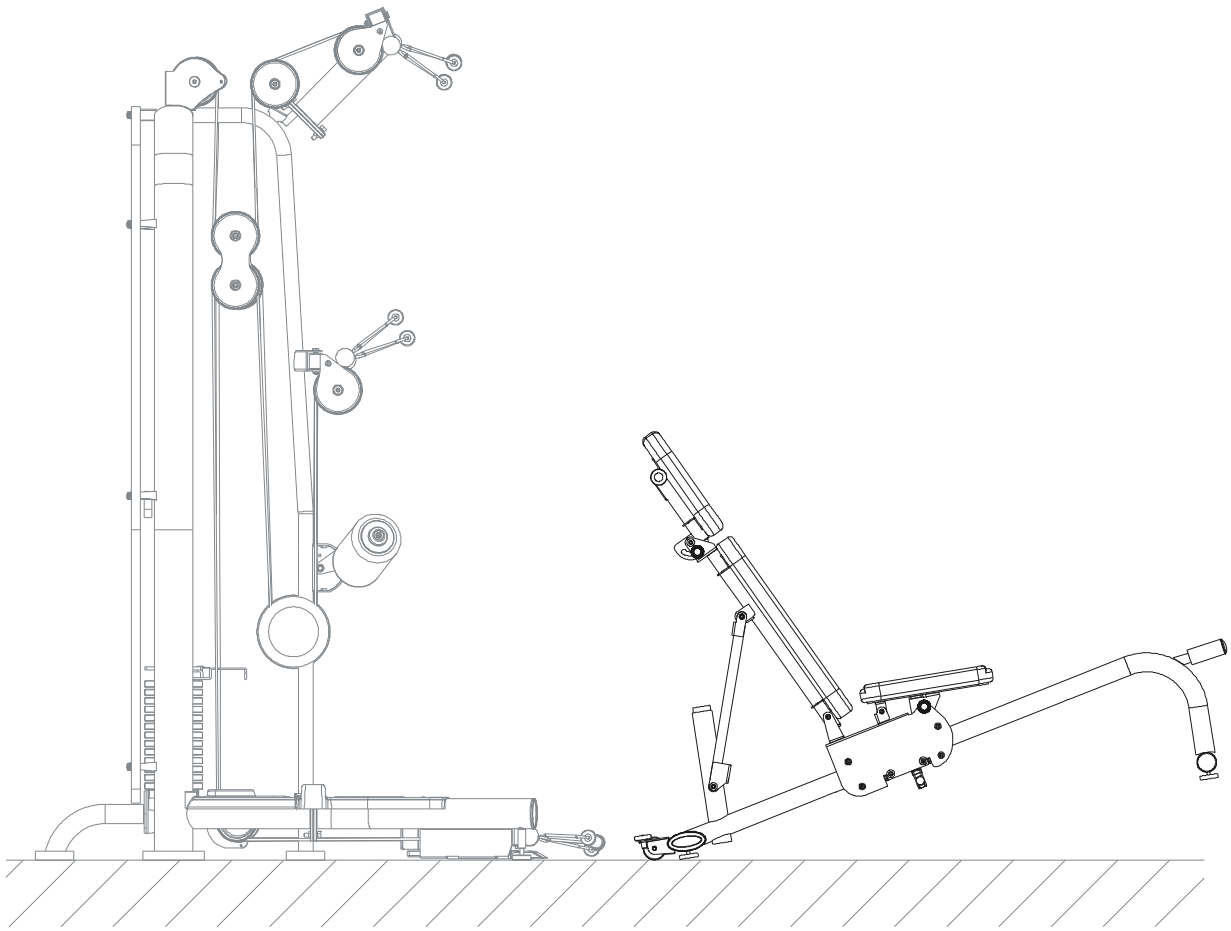


(16-3)

## **17. Using the Bench with the Functional Trainer**

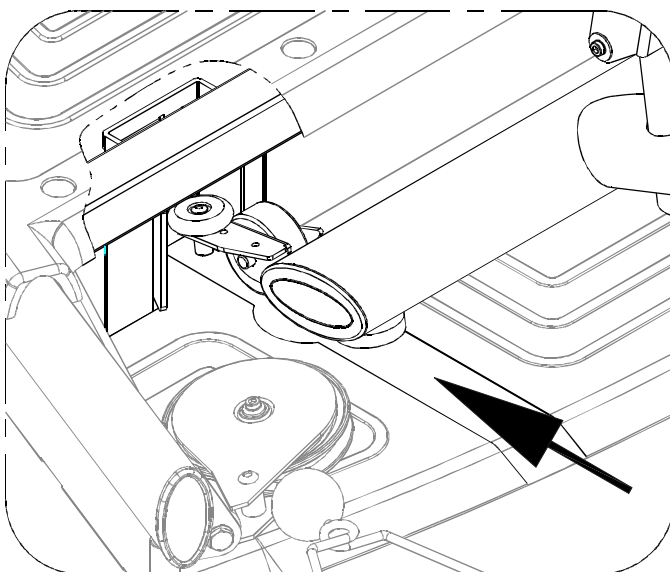
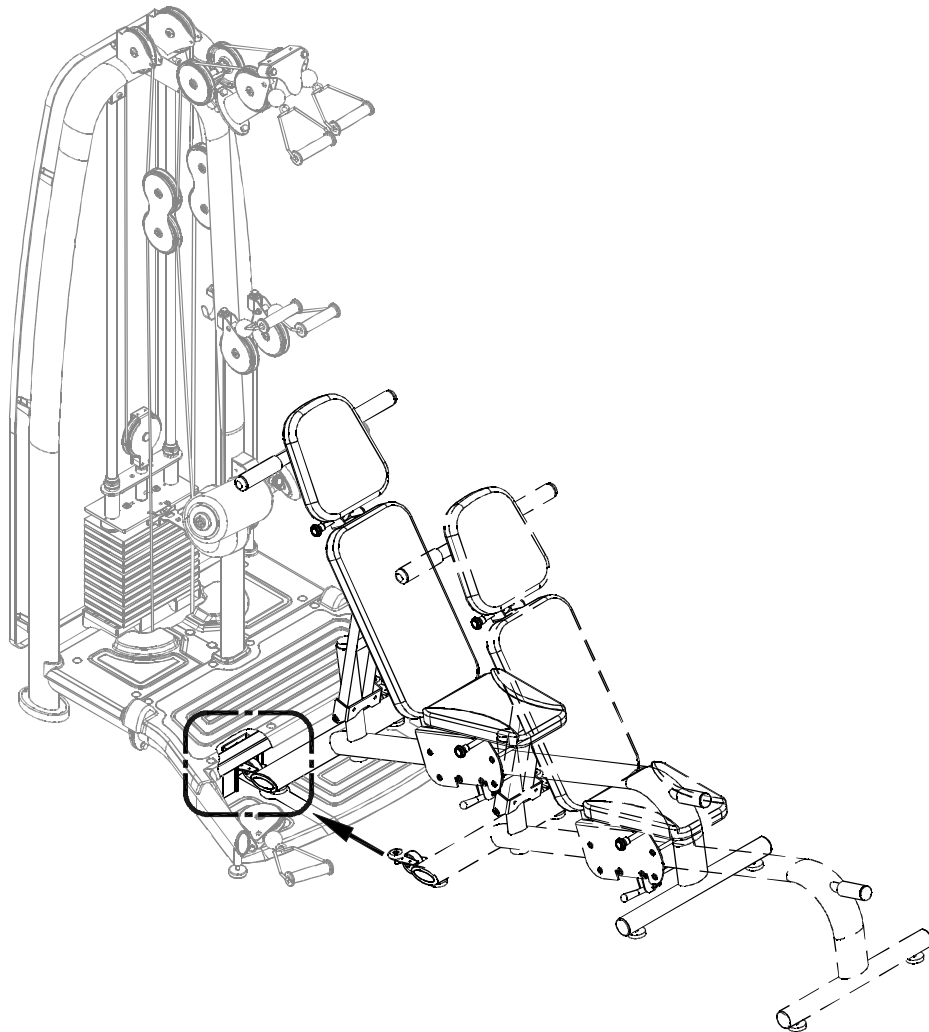


17-1. Lift the bench transport handle.

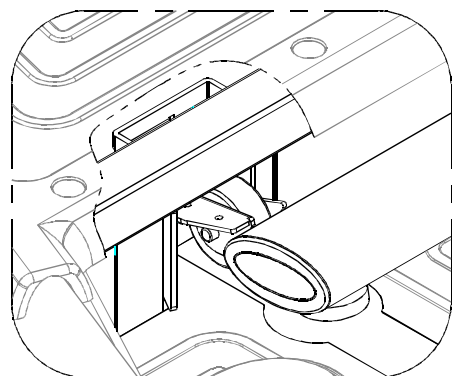


(17-1)

17-2. Slide the bench up the track in the front platform until the wheel enters the hole in the frame. Then gently set the bench down.



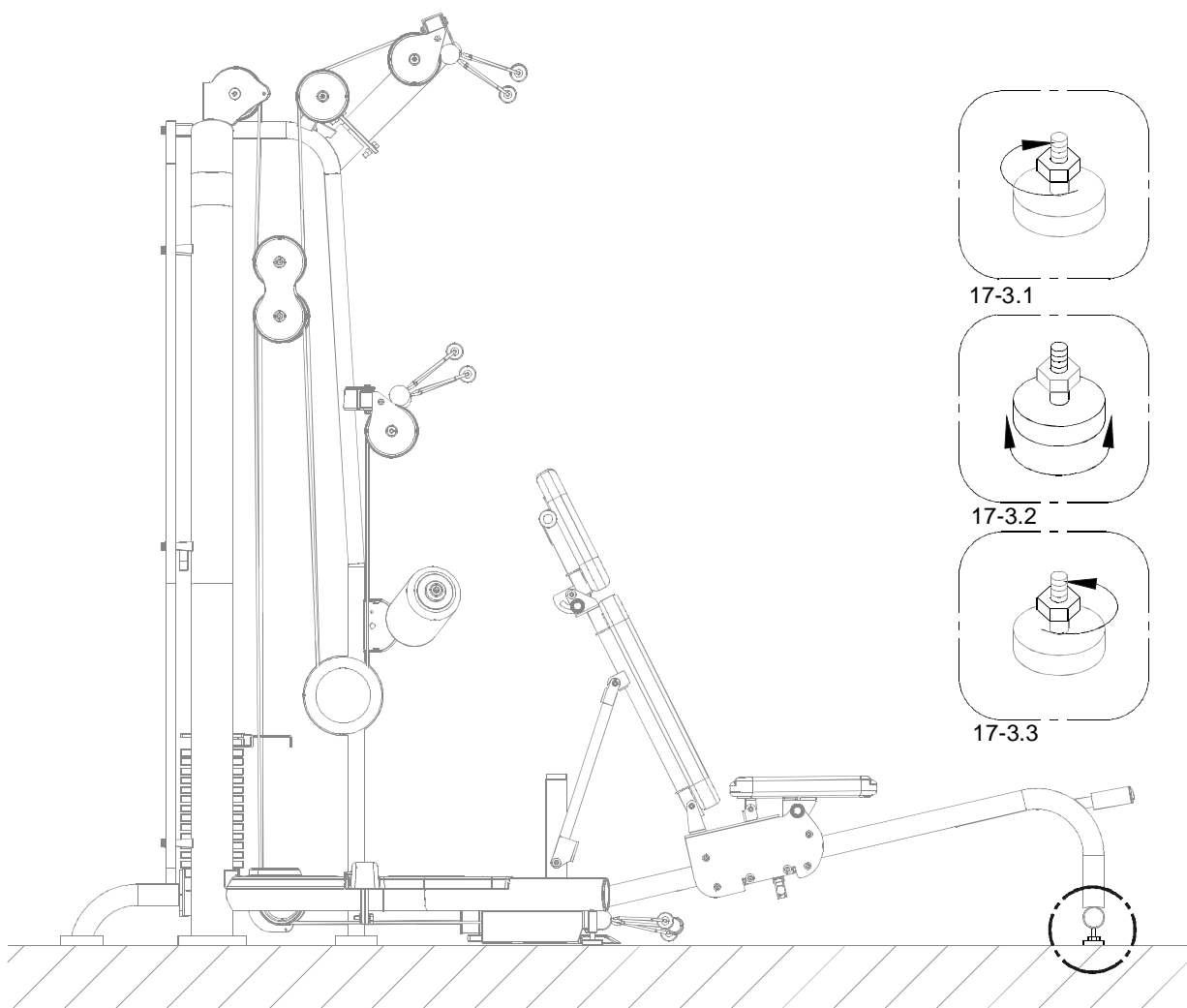
(17-2)



(17-2.1)

17-3. Make sure the bench is level before you start to exercise. Adjust the levelers if necessary. Adjust the seat and back position to suit various exercise positions. Please Note:

- A. Use only the proprietary bench when exercising on the A93 multi-functional trainer. Other benches may damage the multi-functional trainer.
- B. Make sure the foot of the proprietary bench is in the circular part of the frontplatform track before use. See Fig. 17-2.1.
- C. Use the proprietary bench as indicated in the accompanying manual.





## **18. Maintenance**

To keep this product in good condition, apply a clear silicone lubricant to the guide rods (57) every three months as instructed below.

- (1) First, put a few drops of clear silicone lubricant onto a lint-free cloth. Then wipe guide rods with the cloth.
- (2) List some weight to spread the lubricant.
- (3) Repeat steps (1) and (2) two or three times.

