

A989 OWNER'S MANUAL CONTENTS

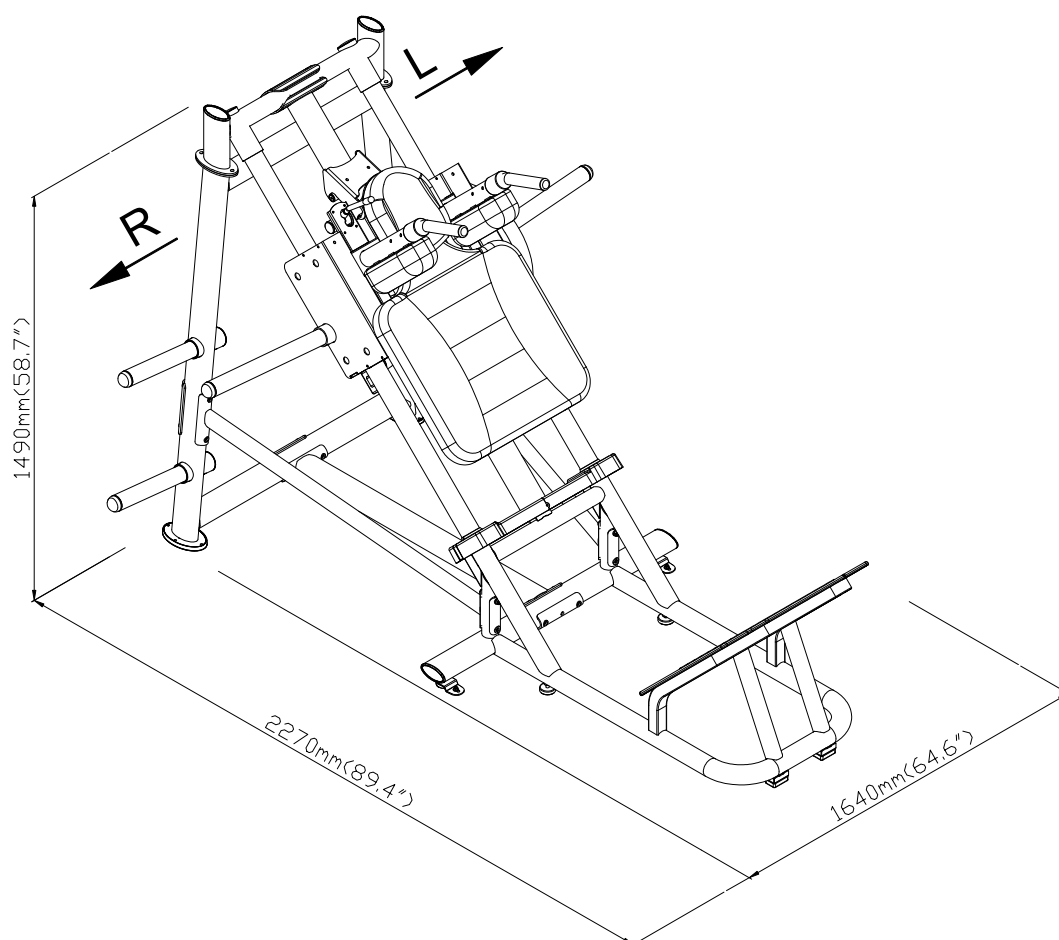
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*We reserve the right to revise this manual at any time without notice.

1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A989 hack squat machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

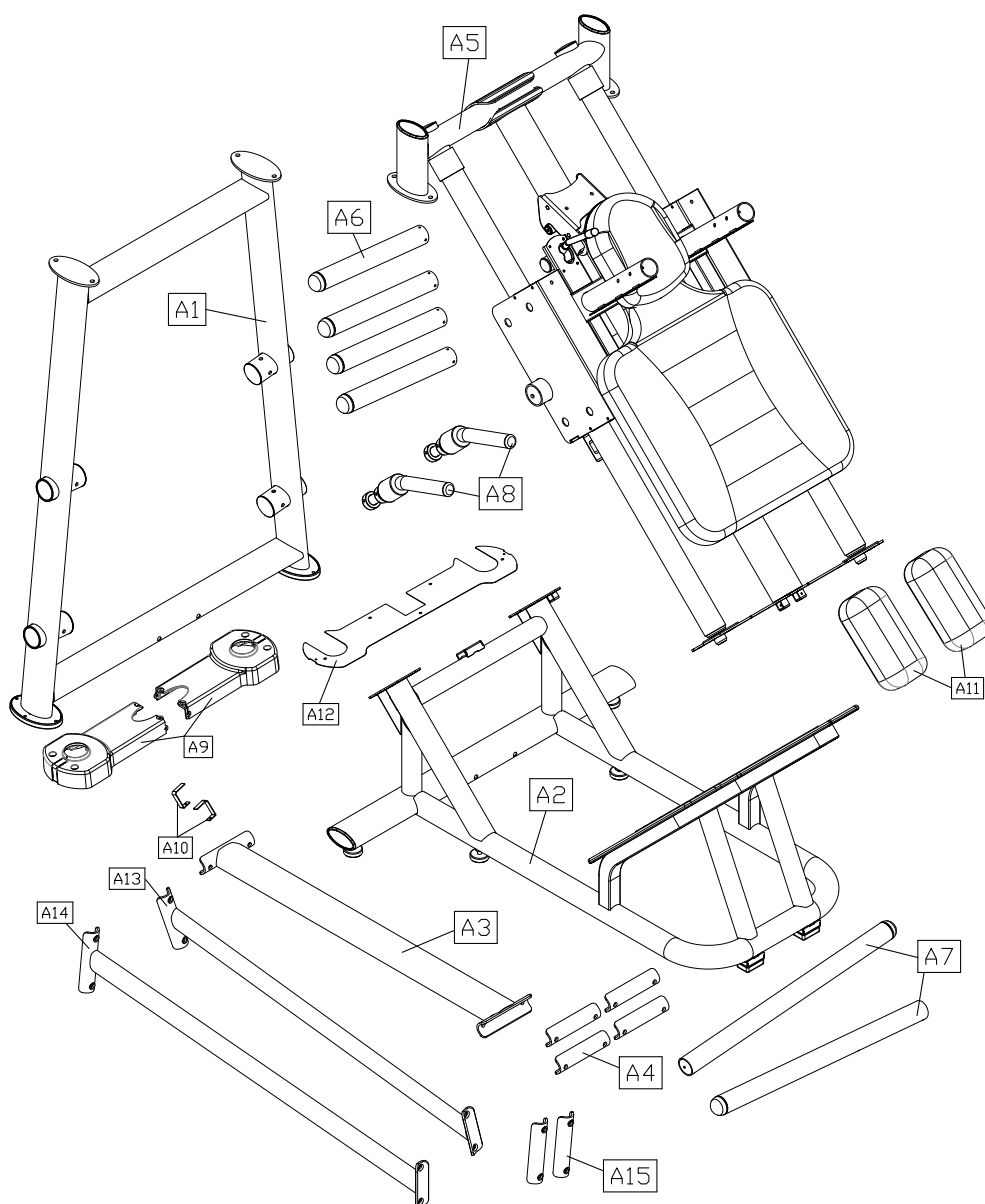
This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- 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 a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Over exercise may result in serious injury or death.

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

NOTE: Each machine provides a different resistance ratio of weight stack.

3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Upright frame	1	A9	Cover	2
A2	Base	1	A10	Security clip	2
A3	Link tube	1	A11	Cover set plate	2
A4	Connector plate	4	A12	Clip	1
A5	Inclined frame	1	A13	Lower left bracket tube	1
A6	Weight plate peg	4	A14	Lower right bracket tube	1
A7	Weight plate peg (long)	2	A15	Connector plate	2
A8	Handle	2			

Components on the Product				
No.	Name	Qty.	Specification	Notes
31	Mushroom top inner hex screw	8	M8*P1.25*L20	
	Spring washer	8	M8	
	Flat washer	8	D22*d8.2*t2	
32	Mushroom top inner hex screw	8	M8*P1.25*L20	
	Spring washer	8	M8	
	Handle washer	8	D18*d8.5*t2	
33	Mushroom top inner hex screw	16	M6*P1.00*L15	
	Handle washer	16	D20*d7*t2.0	
34	Inner hex screw	13	M5*P0.8*L15	
	Flat washer	13	D16*d6.3*t2	
35	Hex screw	6	M10*P1.5*L30	
	Spring washer	6	M10	
	Flat washer	12	D21*d10.5*t2	
	Hex lock nut	6	M10	
36	Hex nut	4	M10*P1.5*L30	
	Spring washer	4	M10	
	Flat washer	8	D21*d10.5*t2	
	Hex lock washer	4	M10	

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
41	Hex screw	8	M10*P1.5*L130	
	Spring washer	8	M10	
	Washer	16	D16*d10.2*t1.0	
	Hex lock washer	8	M10	
42	Hex screw	4	M10*P1.5*L75	
	Spring washer	4	M10*t1.0	
	Flat washer	8	M16*d10.2*t1	
	Hex lock washer	4	M10	
43	Floor fixing bracket	2		
	L-shaped Allen wrench	1	M6	
	L-shaped Allen wrench	1	M4	
	Double open-end wrench	2	13*17	
	Silicone lubricant (maintenance)	1	50 cc	

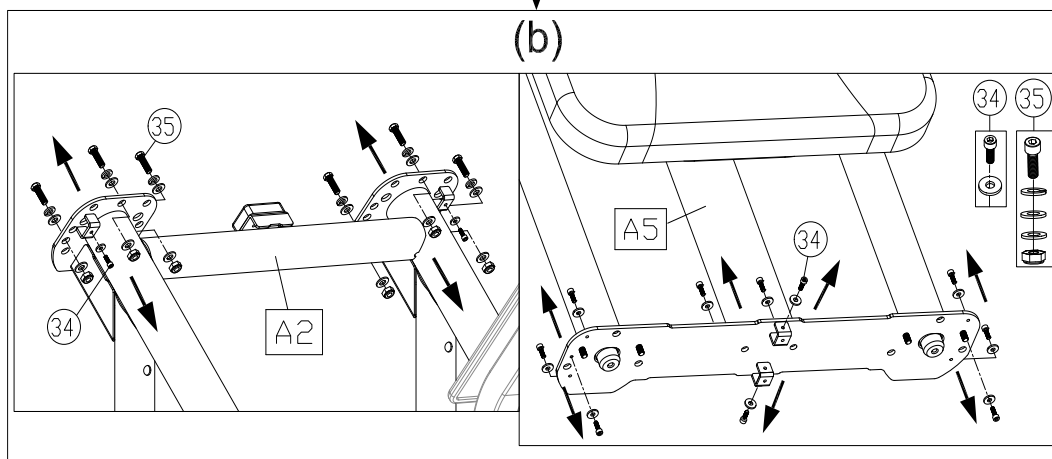
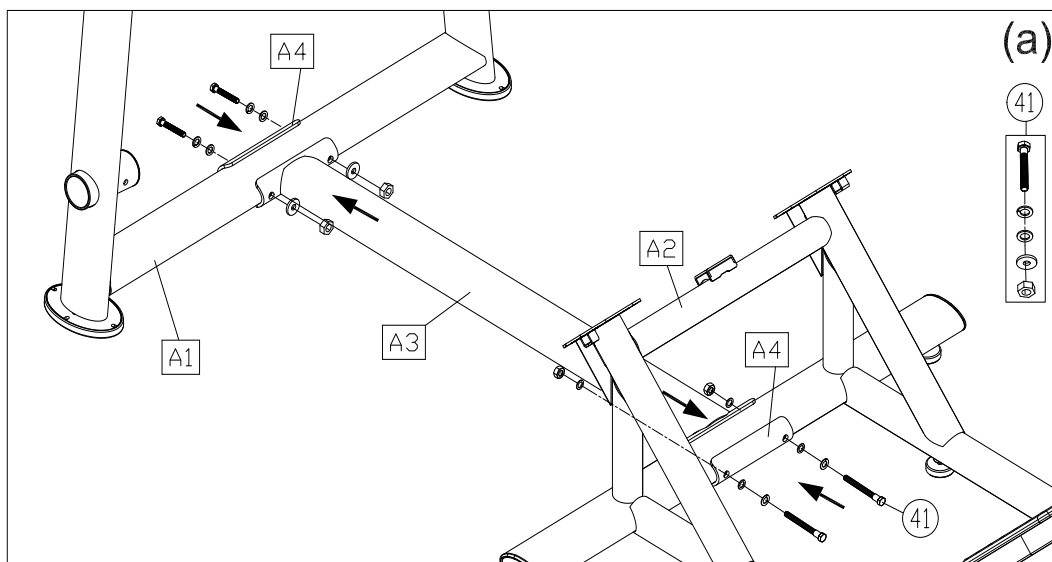
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

STEP 1 Assemble the Main Components

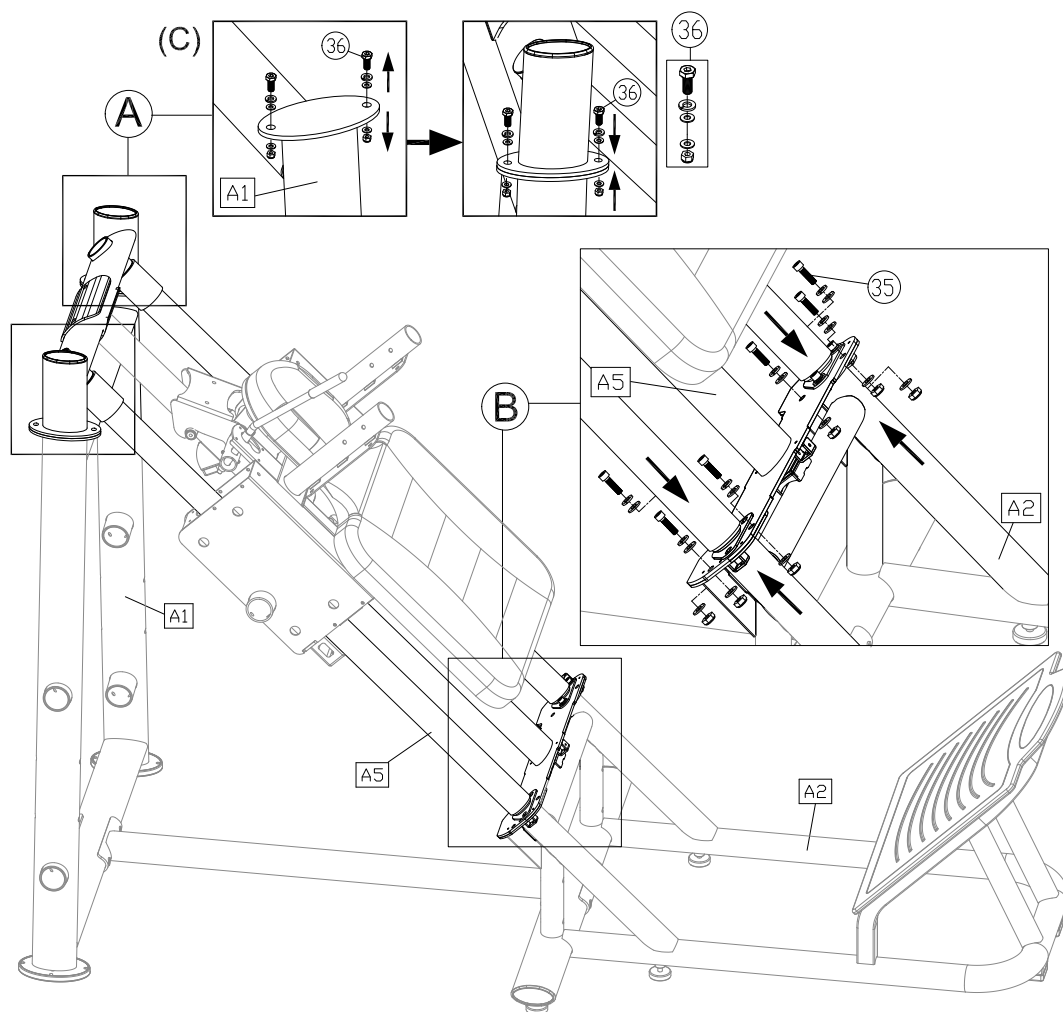
Please follow instructions (a) through (d) to assemble the main components.

- (a) Use screws (41) to secure the link tube (A3) and connector plate (A4) onto the upright frame (A1) and base (A2).
- (b) Hold the inclined frame (A5) onto the base (A2), and loosely secure screws (34,35).



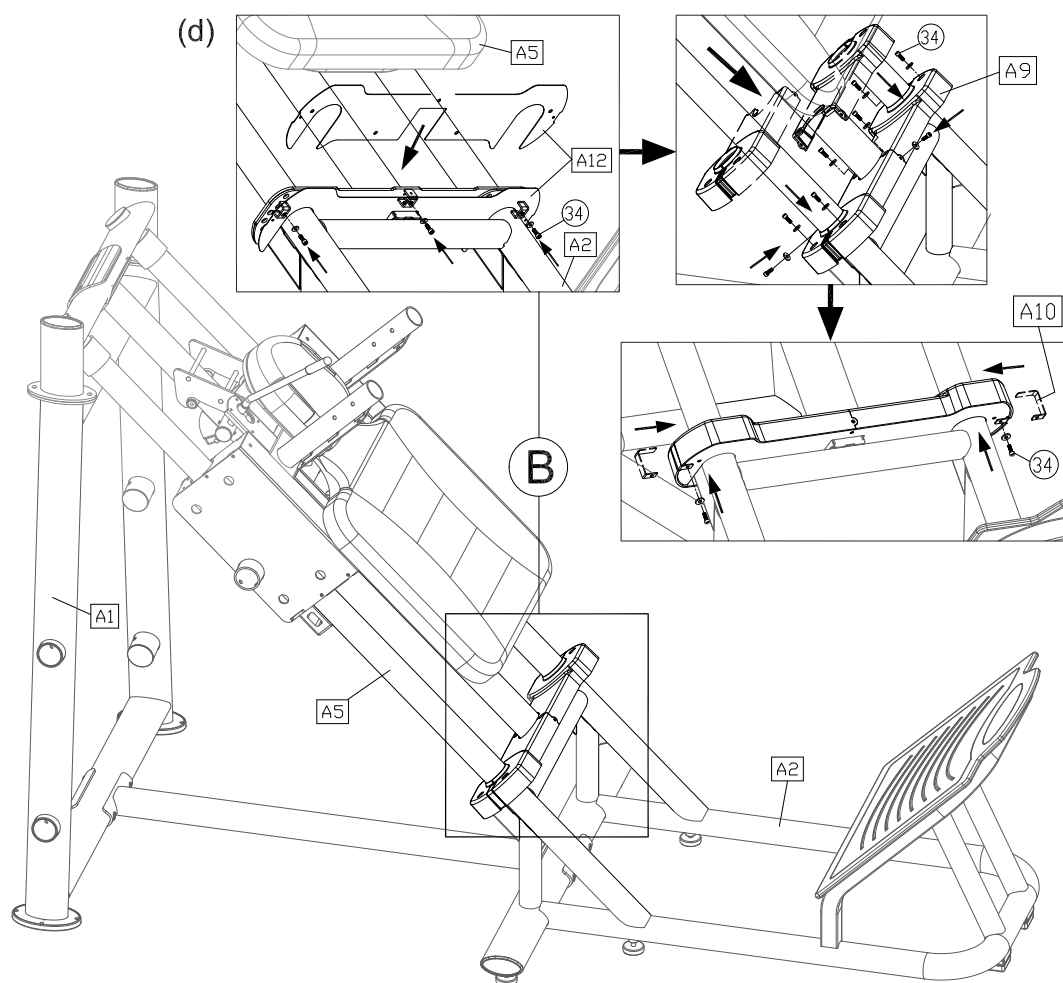
STEP 1 Assemble the Main Components (Continued)

- (c) First remove the screws (36) from upright frame (A1). In area (A), align the holes of the inclined frame (A5) with the top of the upright frame (A1), then loosely secure both frames with the screws (36). In area (B), align the holes of the bottom of the incline frame (A5) with the base frame (A2), then tighten the screws (35). Lastly, tighten the screws (36) in area (A).



STEP 1 Assemble the Main Components (Continued)

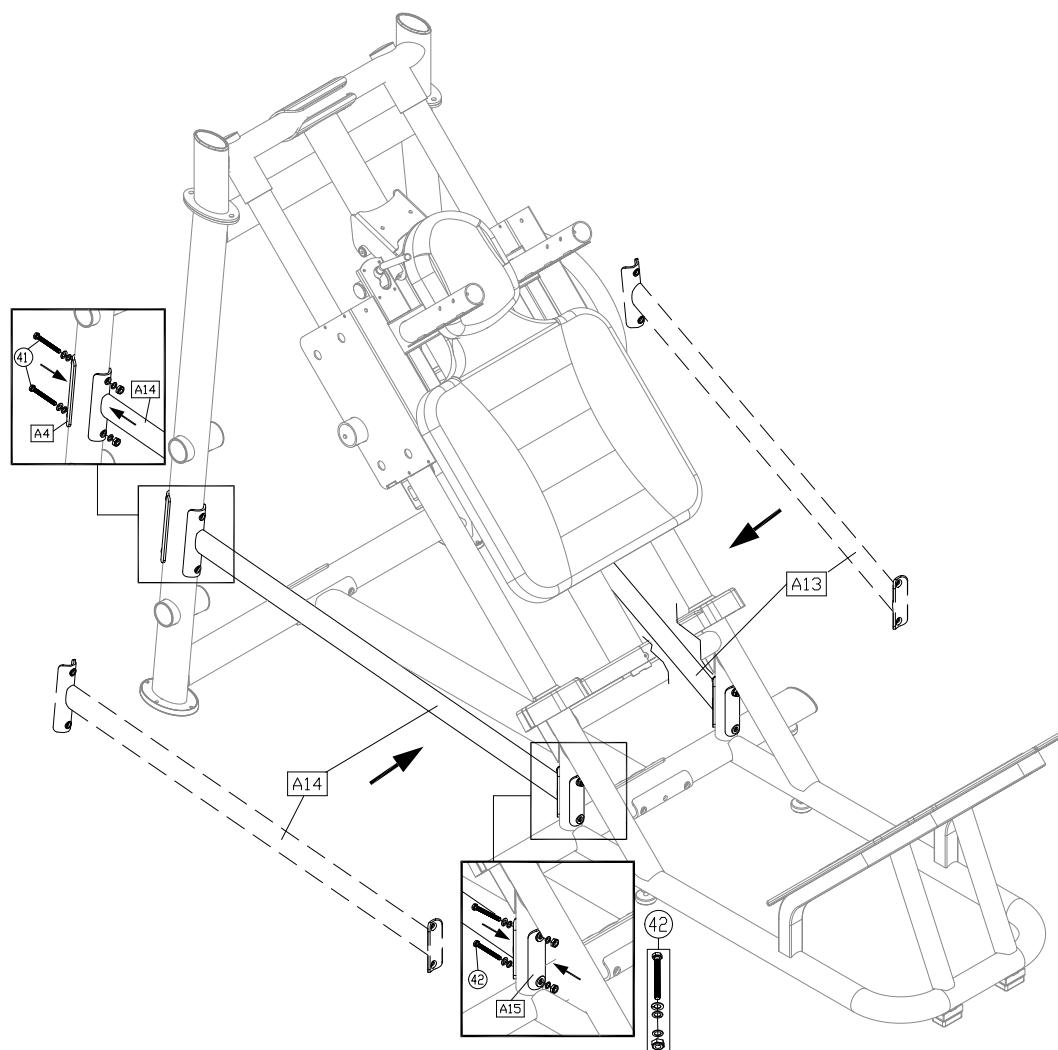
(d) In area B, Insert the clip (A12) under the metal plate of the inclined frame (A5), then secure the clip with 3 screws (34) from the bottom. Attach both covers (A9) onto the connecting plate under the Inclined frame (A5), secure the covers with the other 8 screws (34). Lastly, secure the security clips (A10) on the either side of the covers with the remaining 2 screws (34).



STEP 1 Assemble the Main Components (Continued)

Assemble the bracket tubes

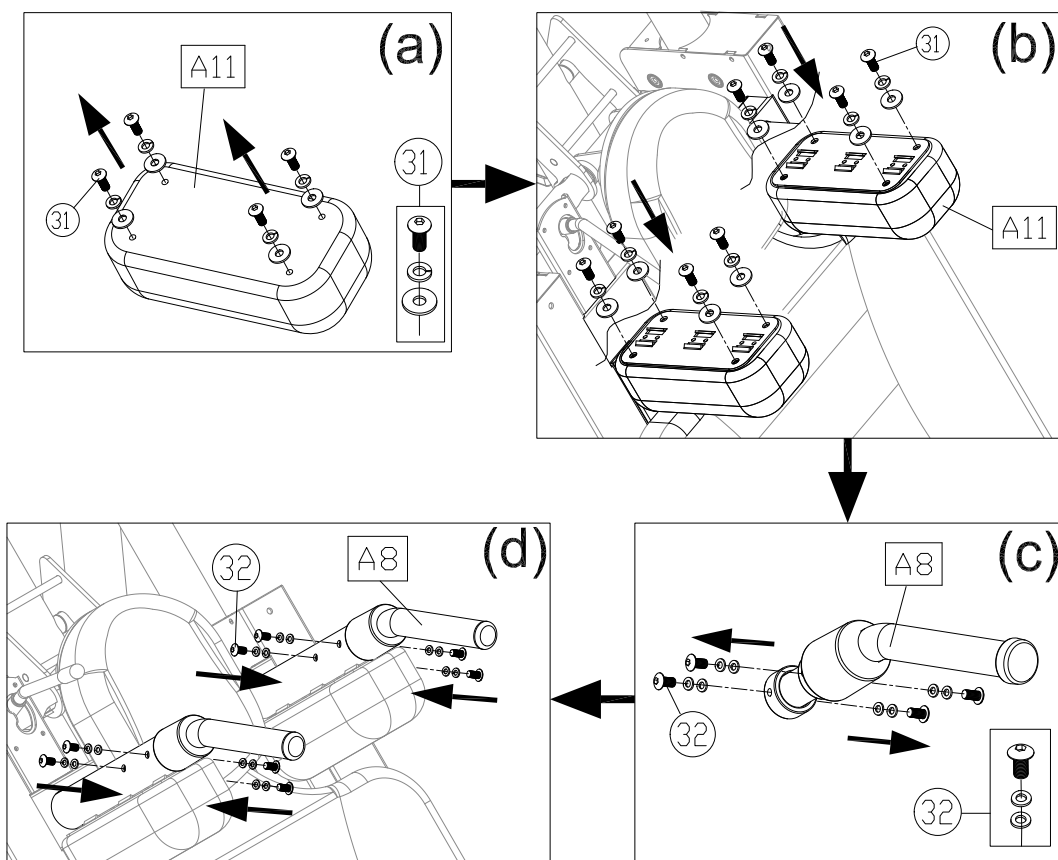
Attach the front end of the lower right bracket tube (A14) and the connector plate (A4) onto the upright frame (A1), secure tightly with screws (41) and then attach the back end of the lower right bracket tube (A14) and the connector plate (A4) onto the base frame (A2), secure tightly with screw (41). Use the same methods to assemble the lower left bracket tube (A13)



STEP 2 Install Cushions and Handles

Please follow instructions (a) through (d) to install shoulder cushions and handles.

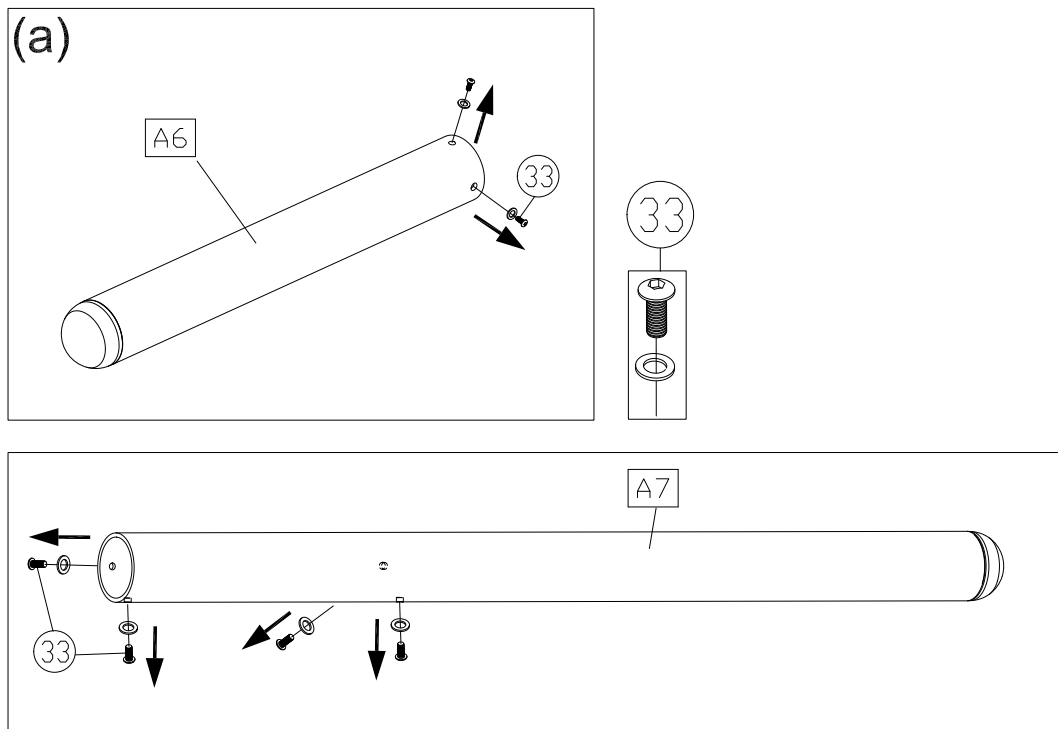
- (a) Remove screws (31) from shoulder cushions (A11).
- (b) Hold shoulder cushions onto their mount plates and secure them with screws (31).
- (c) Remove screws (32) from handles (A8), and push covers toward the handles.
- (d) Insert the handle ends (A8) into their mounts, and use screws (32) to secure the handles. Then push the covers into place.



STEP 3 Install Weight Plate Pegs

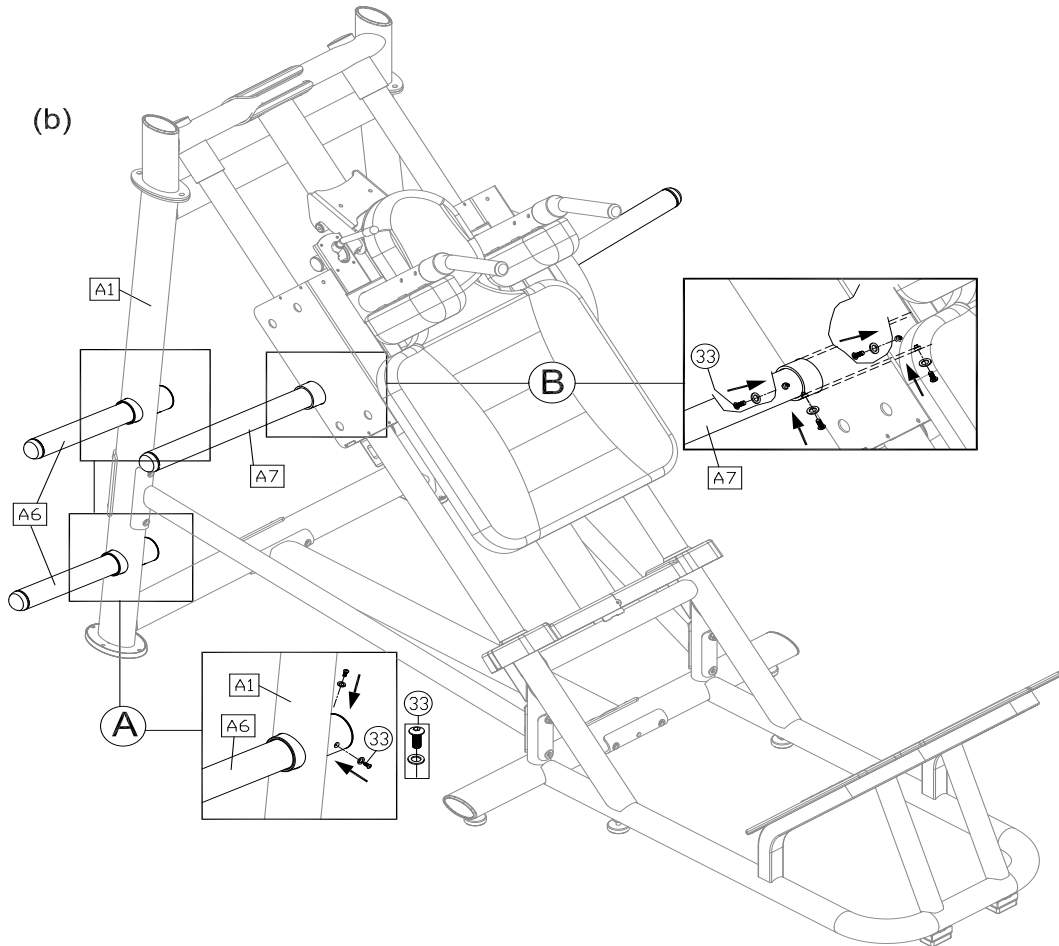
Please follow instructions (a) through (b) to install weight plate pegs.

(a) First, remove screws (33) from weight plate pegs (A6) and (A7).



STEP 3 Install Weight Plate Pegs (Continued)

- (b) Insert weight plate short pegs (A6) into area (A). Insert the weight plate long pegs (A7) into area (B) on both sides of the unit. Use screws (33) to secure them into place. Follow the same procedure to secure these parts onto both sides of the unit.

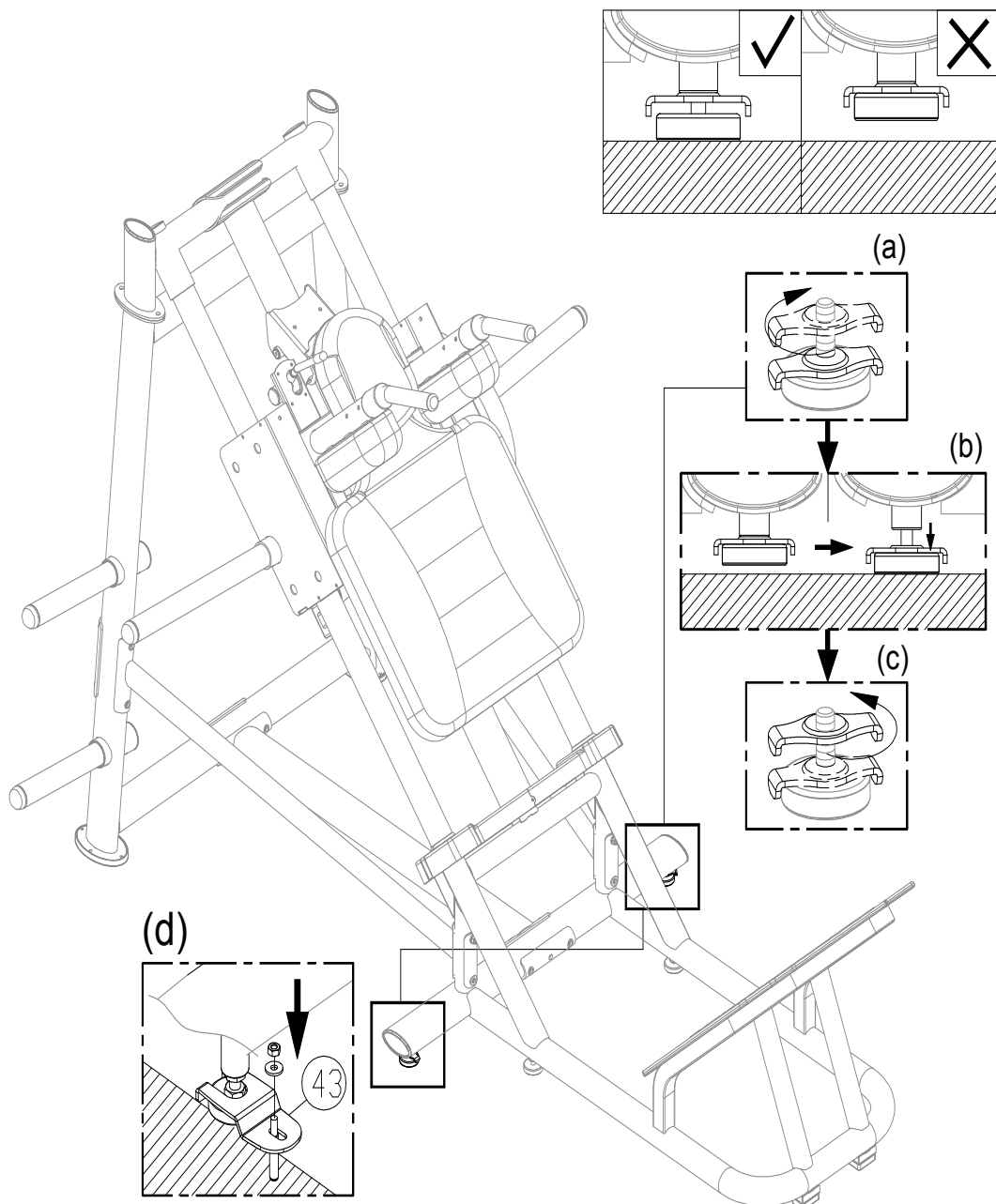


STEP 4 Level and Secure the Unit

Follow instructions (a) through (d) to level and secure the unit.

- (a) Rotate the set screw to allow adjustment of the leveler foot.
- (b) Rotate the leveler foot downward against the floor.
- (c) Rotate the set screw upward against the frame to secure this position.
- (d) Secure the floor fixing bracket (43) to the floor with the floor fixing bolt, nut and washer as shown to make sure the machine is firmly fixed to the floor when operating. (Level the machine before securing the floor fixing bolt.)

(Note: The screw hole of floor fixing bracket is Ø9mm, please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)



STEP 5 Unit Inspection

After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

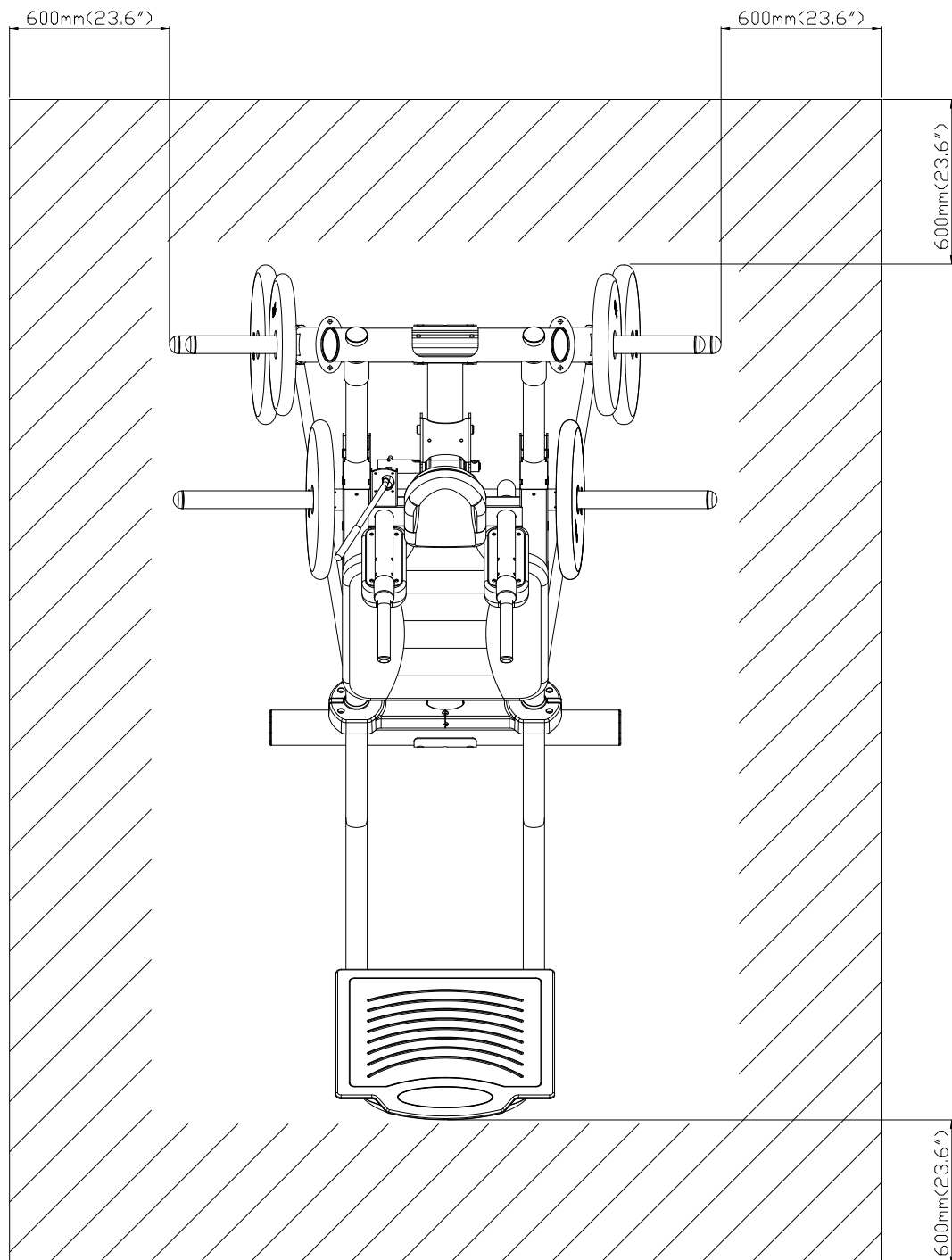
- (a) Make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions “Level the Unit” of this manual.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Please follow operating instructions to test operation and confirm that the equipment is working properly. (Please refer to “Operate the Product” of this manual.)

5. OPERATE THE PRODUCT

This section includes operational instructions.

OPERATION Safety Operating Area

- (a) Safety clearance required as below shown. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.
- (c) Over exercise or improper workout position may result in serious injury.
- (d) This product is intended for exercise legs.



OPERATION Operate the Product

- (a) Select the appropriate weight plates placed on both sides of the weight plate pegs, and then secure the weight plates with safety clamps.
- (b) Open foot stance slightly wider than shoulder width, perpendicular to the foot mat.
- (c) Lay back flat on the back support cushion, keep shoulder secure under the shoulder cushion with straight posture while exercising.
- (d) Once ready to exercise, raise the back support cushion while extending both legs, and then release the positioning handles.
- (e) Inhale while the extending legs straight, exhale slowly back to the original position.

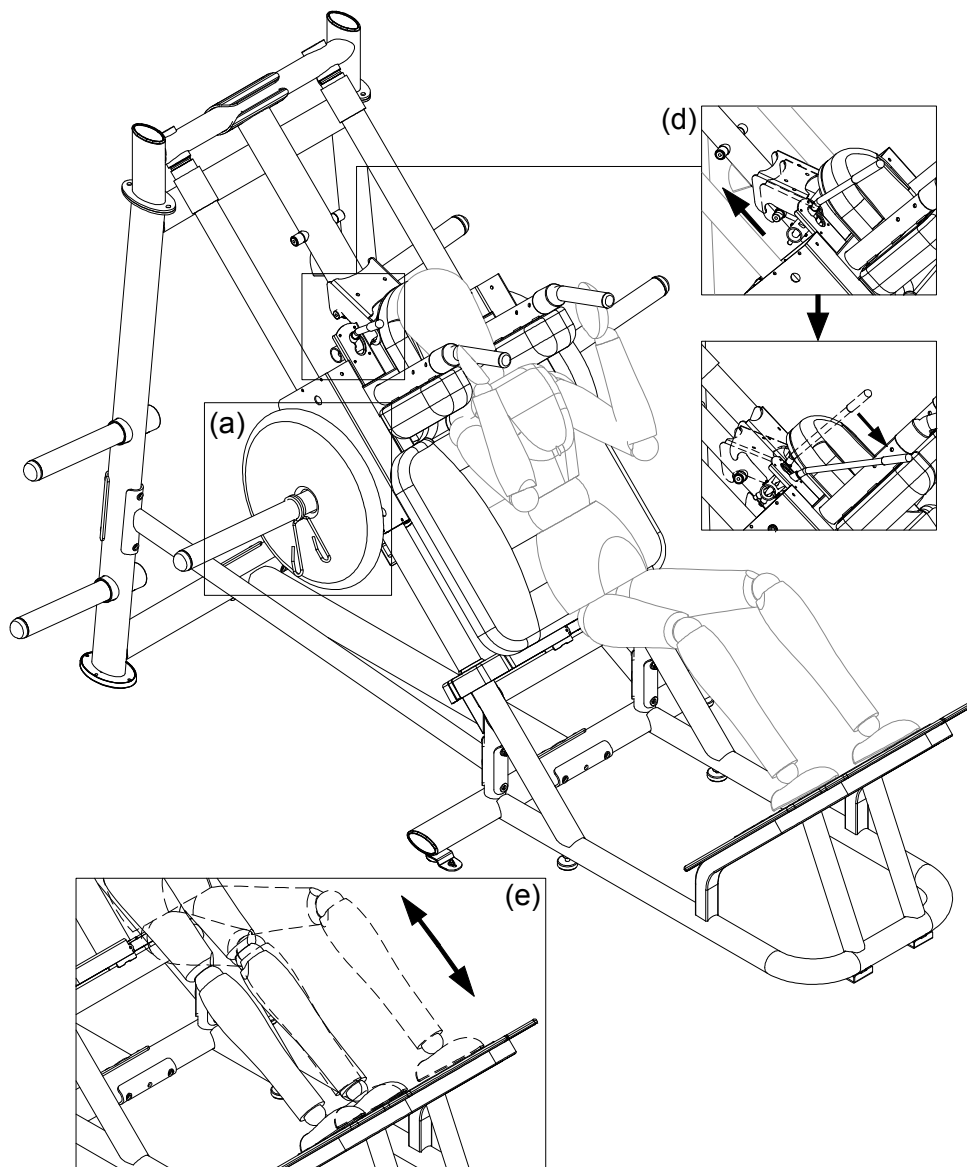
*Note: While operating the machine, if the weight plate is moving around.

Please stop immediately, re-position the weight plate before continuing.

* Weight limit: weight plate limit of 400Kg (unilateral 200Kg)

* Please exercise within the range of your skill and training.

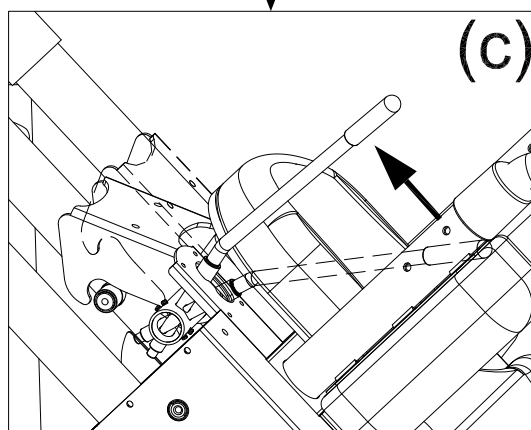
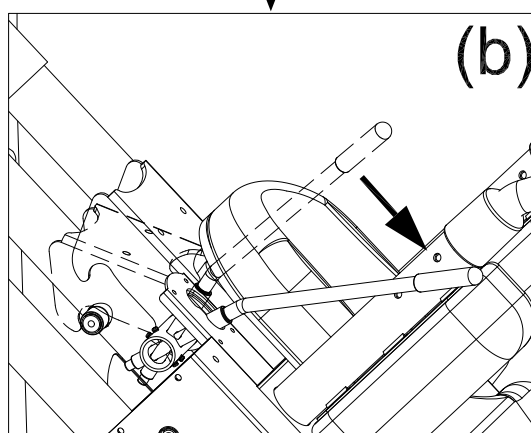
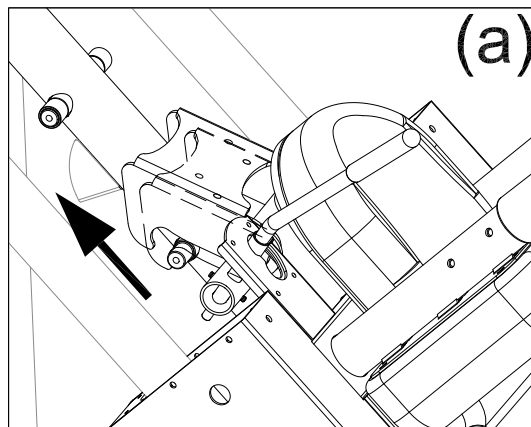
* Operate this machine must be supervised under coaches instructions in order for safety.



OPERATION Placement Settings

Follow instructions (a) through (c) below to establish placement settings for your height.

- (a) Push the inclined frame upward and hold it there.
- (b) Press the placement setting lever downward, making the hook rise. Then slide the inclined frame into the desired position.
- (c) After checking the position, press the placement setting lever upward, making the hook latch into place.



6. MAINTENANCE

This section covers maintenance topics and includes a maintenance schedule, task list, and log.

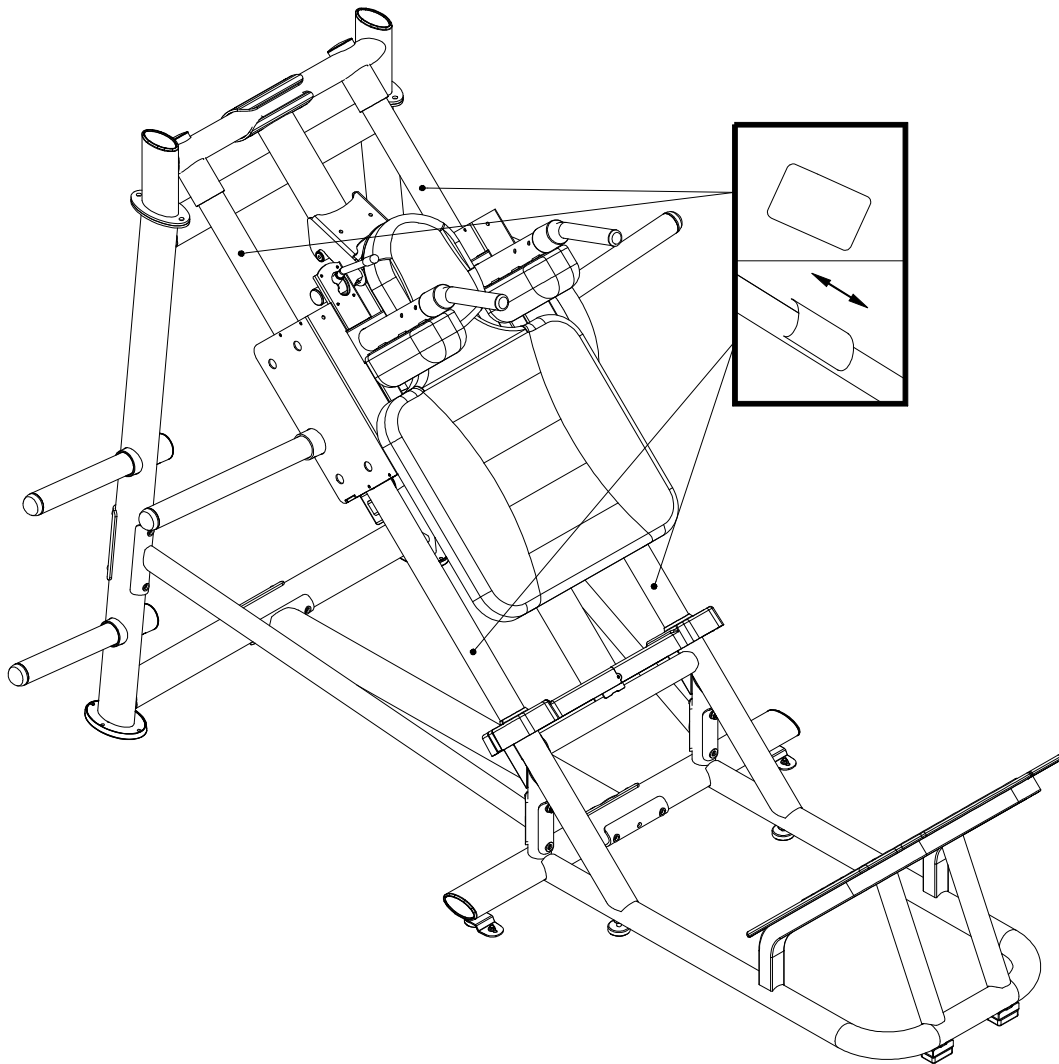
MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.

MAINTENANCE Glide Rail Cleaning

Please follow instructions below to clean glide rails every day.

- (a) Use a clean, lint-free cloth to wipe clean the glide rails on which the inclined frame slide.
- (b) Test the operation of the inclined frame to ensure good movement.
- (c) Repeat steps (a) and (b) two or three times.



MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

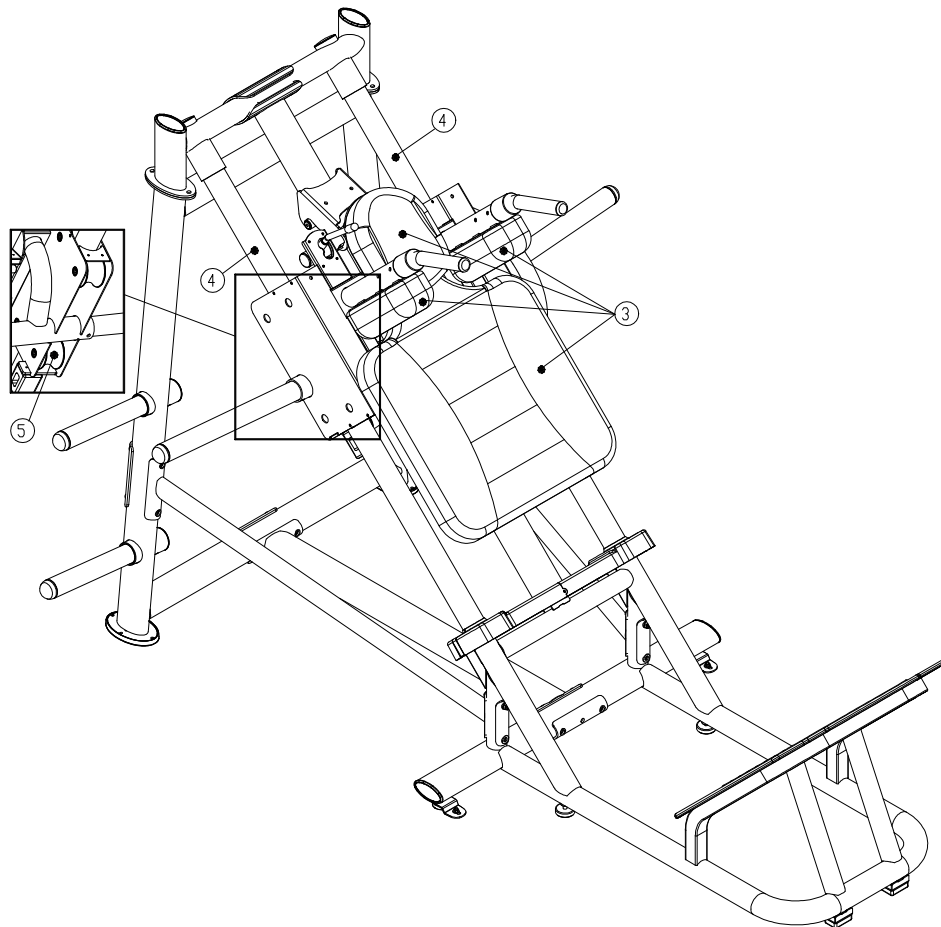
1.directive 93/42/CEE

2.directive biocide 98/8/CEE

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean.
2	Screws	●					Inspect for looseness and secure if necessary.
3	Cushions	●					Wipe with a damp cloth.
4	Glide rails	●					Wipe clean with a cloth.
5	Rollers		●				Apply lubricant and spin rollers.



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Wipe cushions clean with a damp cloth.
4. Wipe glide rails clean with a cloth.

Weekly tasks

1. Apply lubricant to the rollers, and spin them to let the lubricant disperse.

Caution

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

7. CONSIGNES DE SÉCURITÉ IMPORTANTES

Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand le produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

7. CONSIGNES DE SÉCURITÉ (SUITE)

- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement.

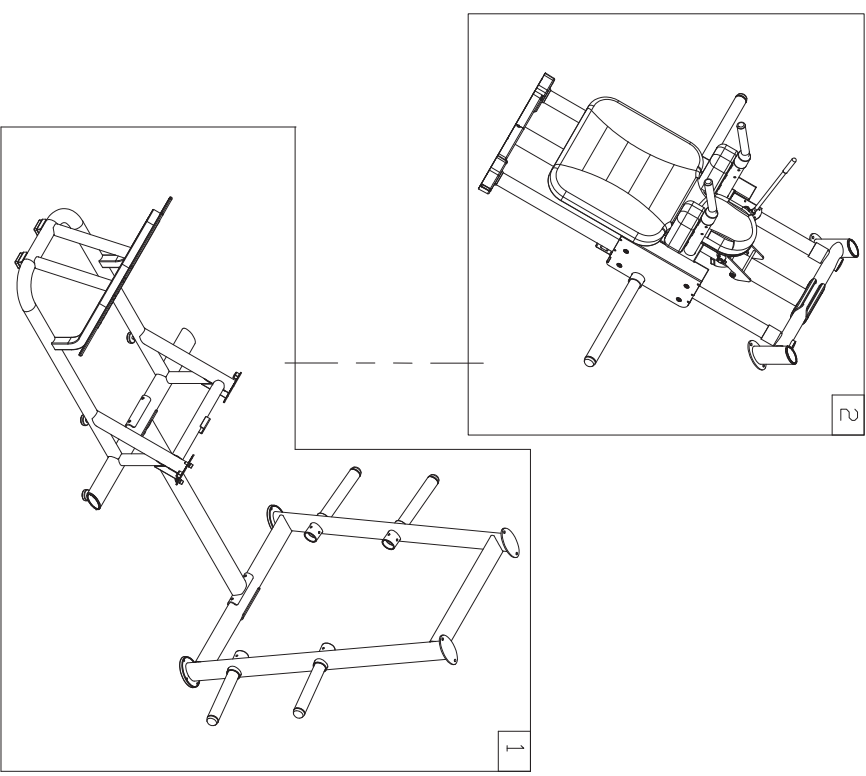
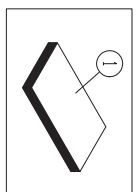

- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

8. APPENDIXES

APPENDIXES Exploded Diagram

Note: We reserve the right to revise the following diagrams at any time without notice or obligation to notify any person of such revisions or changes. Please visit our official website www.gosportsart.com for the latest version.

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME					<table border="1"> <thead> <tr> <th>No.</th> <th>Diagram</th> <th>Tool Needed</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>GGS-F101B</td> <td></td> </tr> <tr> <td>2</td> <td>GGS-F101C</td> <td></td> </tr> </tbody> </table>		No.	Diagram	Tool Needed	1	GGS-F101B		2	GGS-F101C	
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APPENDIXES Exploded Diagram (Continued)

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME

SportsArt
FITNESS

RESTRICTED USAGE,
PLEASE DON'T FORWARD TO ANYONE WHO ISN'T AUTHORIZED

DRAWN BY	UNITS	MM	SALES BLOW UP DIAGRAM	DIAGRAM NO.	GG5-F101B-A
VERIFIED BY	QTY	1	XX	MODEL	A989
	VERSION	A1			
	RATIO	1:1.2			

APPENDICES Exploded Diagram (Continued)

CHANGE DATE

CHANGE DESCRIPTION

CHANGE NO.

NAME

RESTRICTED USAGE,
PLEASE DON'T FORWARD TO ANYONE WHO ISN'T AUTHORIZED

SPORTSART
FITNESS

UNITS: MM

SALES BLOW UP DIAGRAM NO.

MODEL

GG5-F101C-B

VERIFIED BY

DATE

UNITS: MM

SALES BLOW UP DIAGRAM NO.

MODEL

GG5-F101C-B

UNITS: MM

SALES BLOW UP DIAGRAM NO.

MODEL

GG5-F101C-B

Your Authorized Distributor