

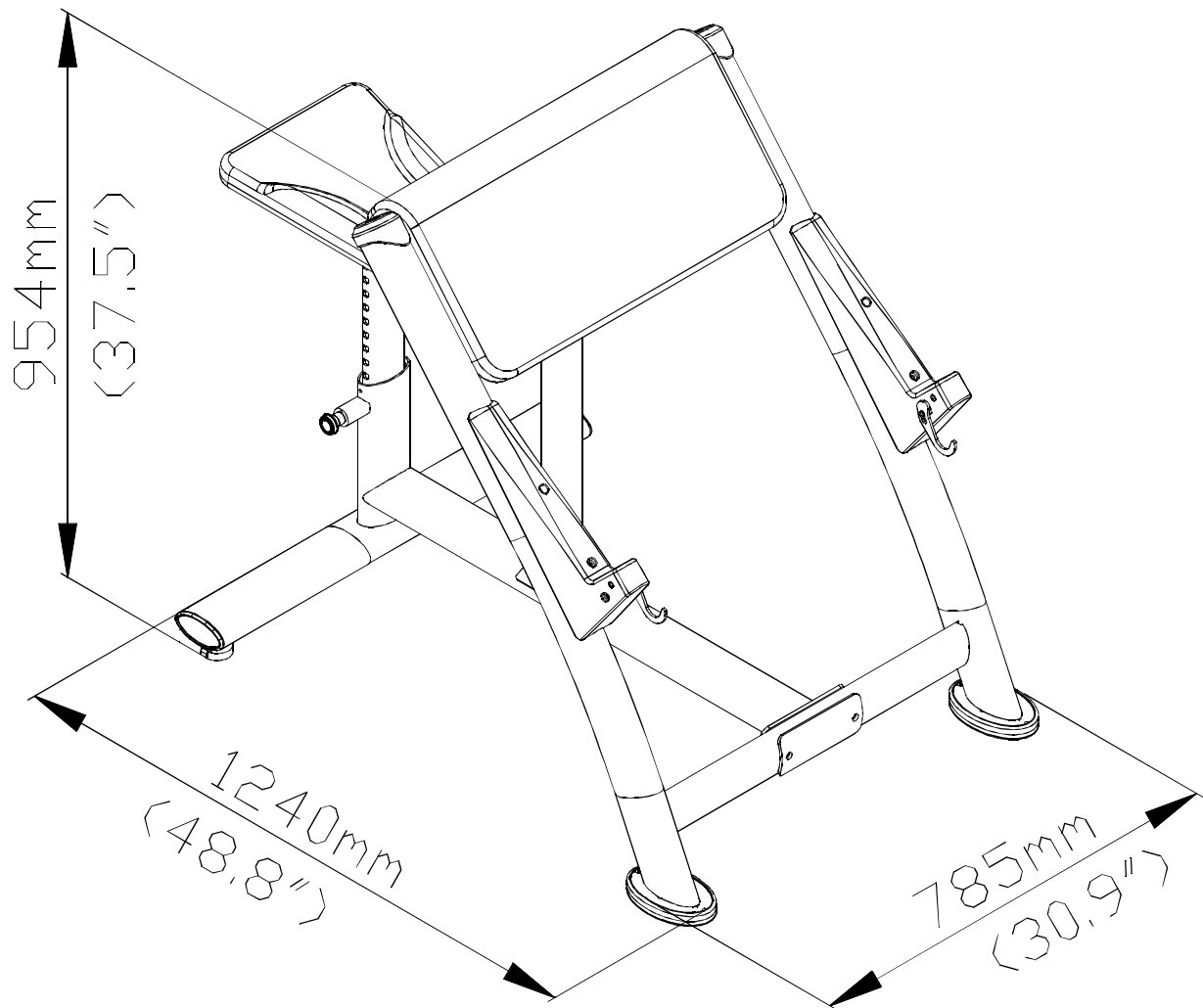
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A. SAFETY INSTRUCTIONS

- 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:

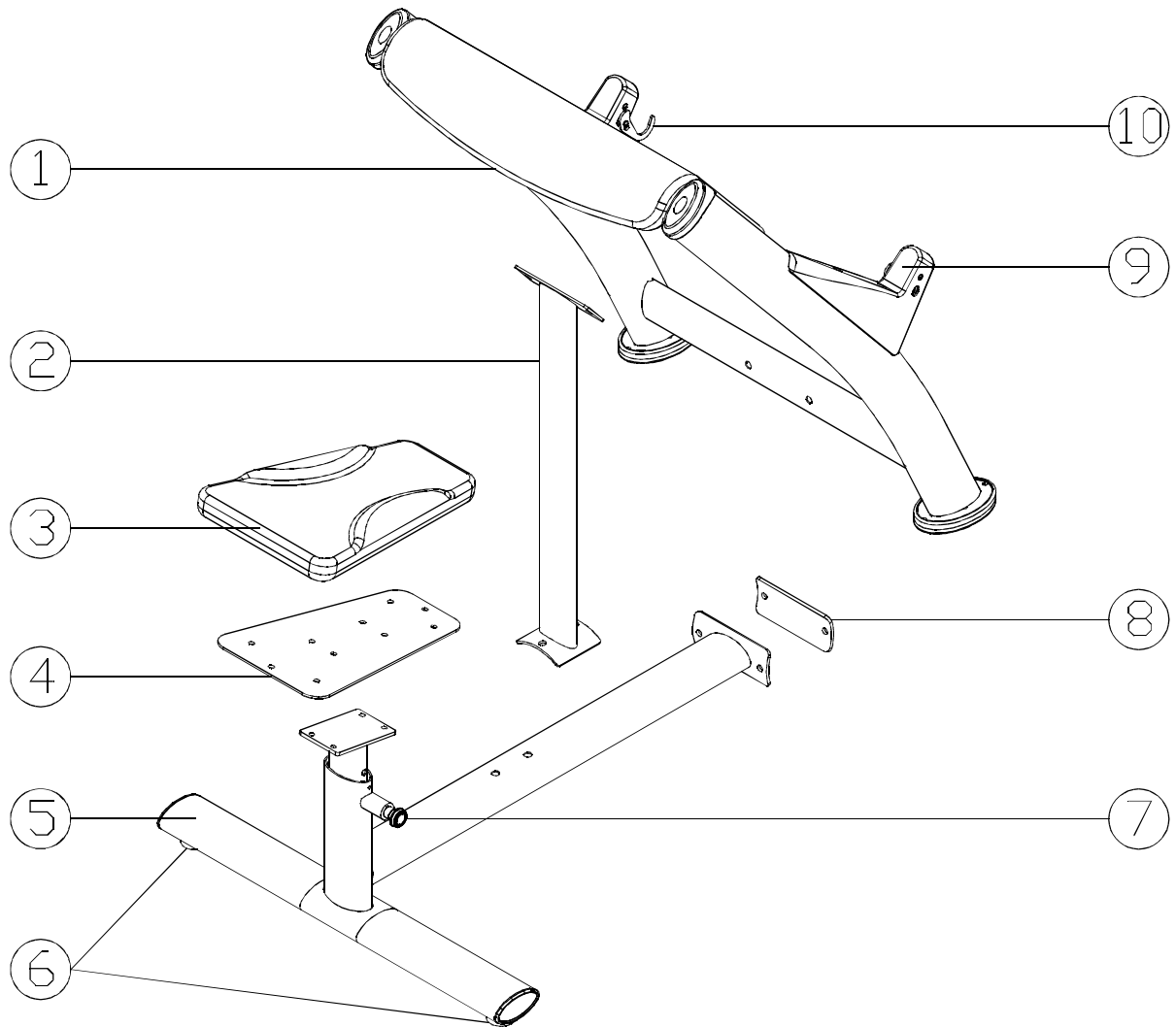


B. LIST of PARTS

Main Components					
No.	Part Name	QTY	No.	Part Name	QTY
1	Main frame	1 set	6	Leveler	2 pcs
2	Vertical support	1 set	7	Seat adjust knob	1 pc
3	Seat cushion	1 pc	8	Connector plate	1 pc
4	Seat plate	1 pc	9	Barbell bracket	2 pcs
5	Rear frame	1 set	10	Safety hook	2 pcs

Components in the Hardware Kit				
No.	Part Name	QTY	Specification	Tool needed
21	Inner hex (Allen) screw	4pcs	M10	Open double end wrench- 13mm* 15mm
22	Washer	8pcs	M10	
23	Wave washer	6pcs	M10	Open double end wrench- 8mm* 17mm
24	Lock nut	2pcs	M10	
25	Hex bolt	2pcs	M10	L-shaped Allen wrench (M8)
26	Beveled inner hex screw	4pcs	M8	
27	Lock nut	4pcs	M8	L-shaped Allen wrench(M5) Open double end wrench- 13mm* 15mm
28	Mushroom top inner hex screw	4pcs	M8	
29	Wave washer	4pcs	M8	L-shaped Allen wrench(M5)
30	Screw cover	2pcs		

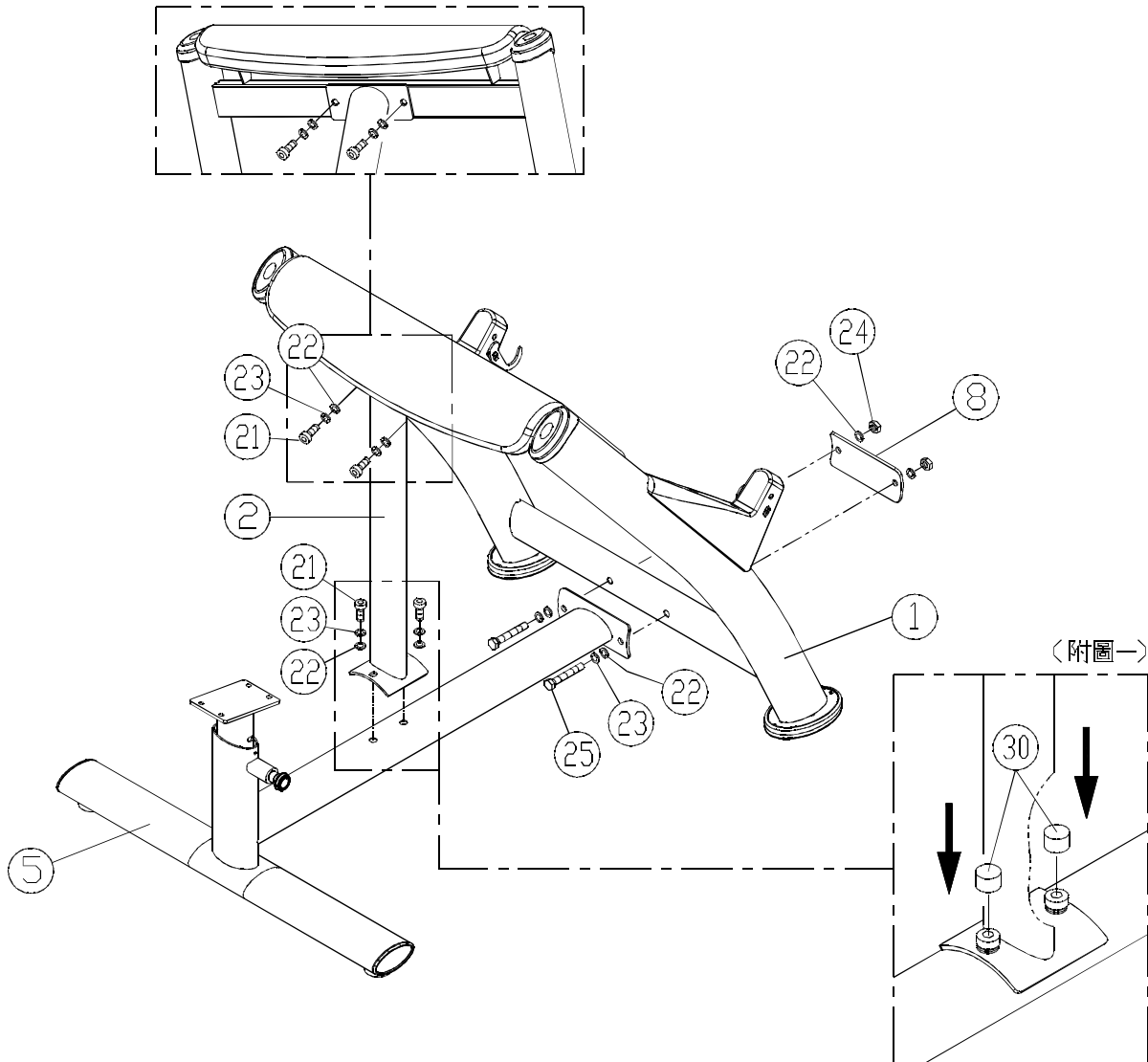
C. INTRODUCTION



D. ASSEMBLY INSTRUCTIONS

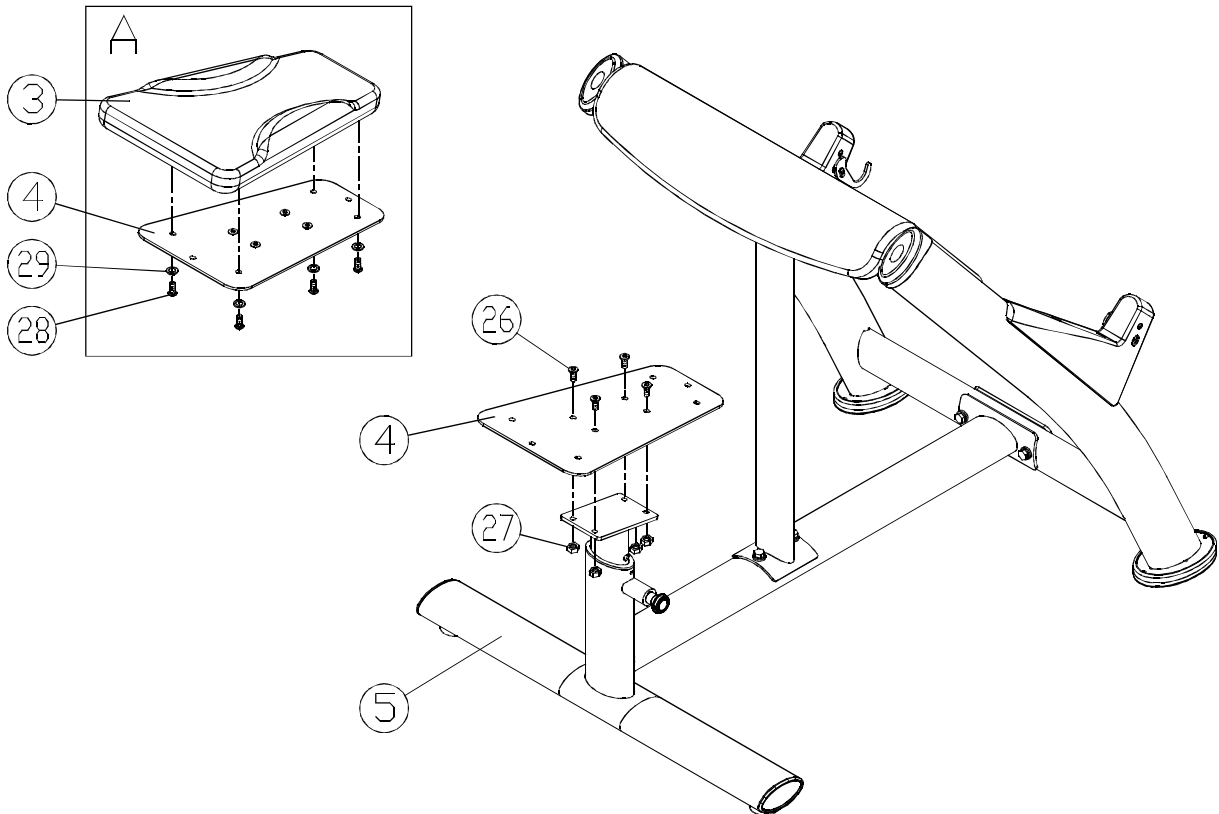
1. Main Frame Installation

Step 1. Assemble the main frame (1), rear frame (5), vertical support (2) and connector plate (8) as shown. Loosely secure the hardware to hold all the parts in place. After all parts are in place, tighten the hardware. Insert both screw covers as shown in Fig.1.



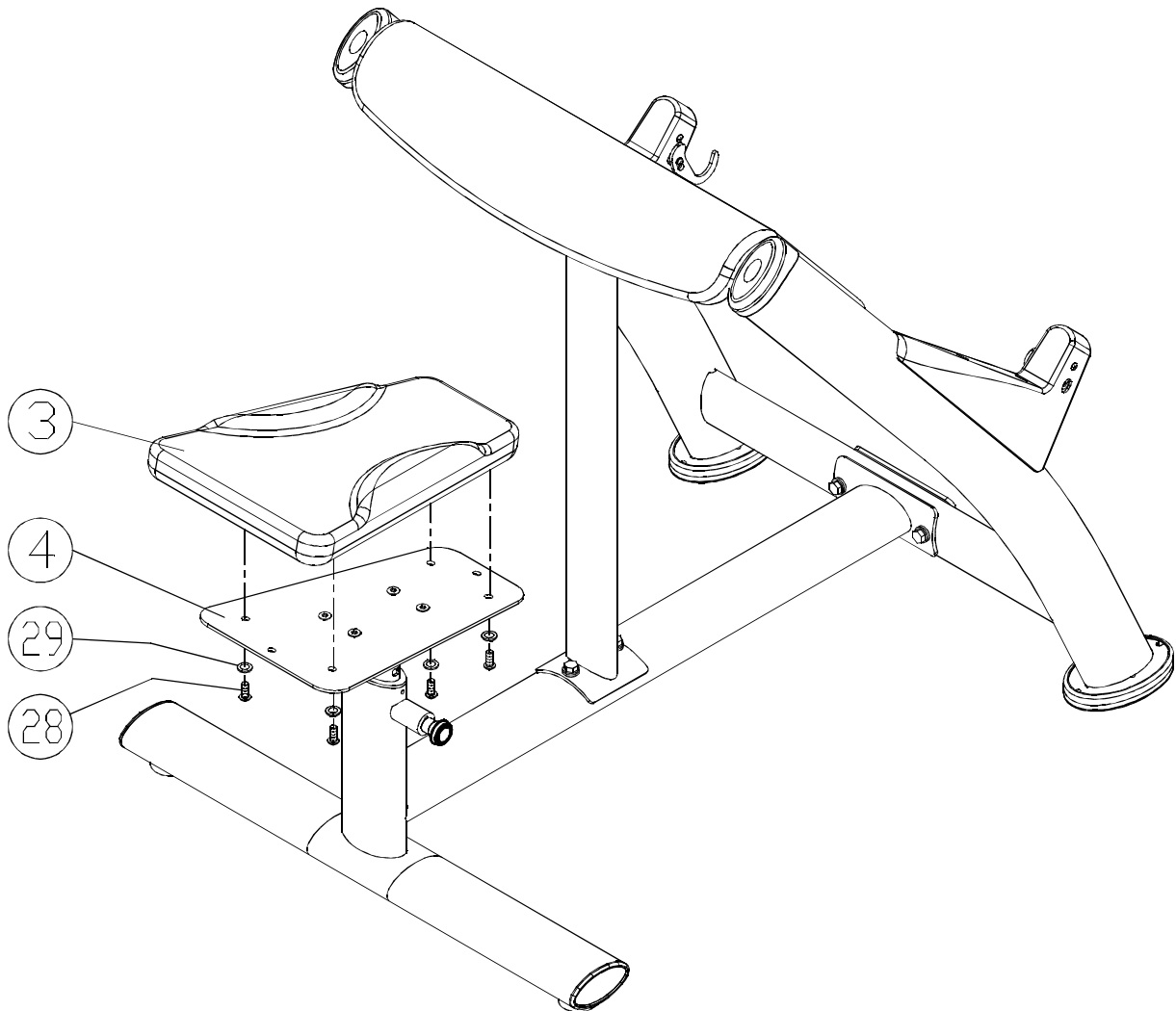
2. Seat Plate Installation

Step 2. Remove screws and nuts as shown in Fig. A. Put the seat plate (4) on the post (5) and secure it with the hardware.



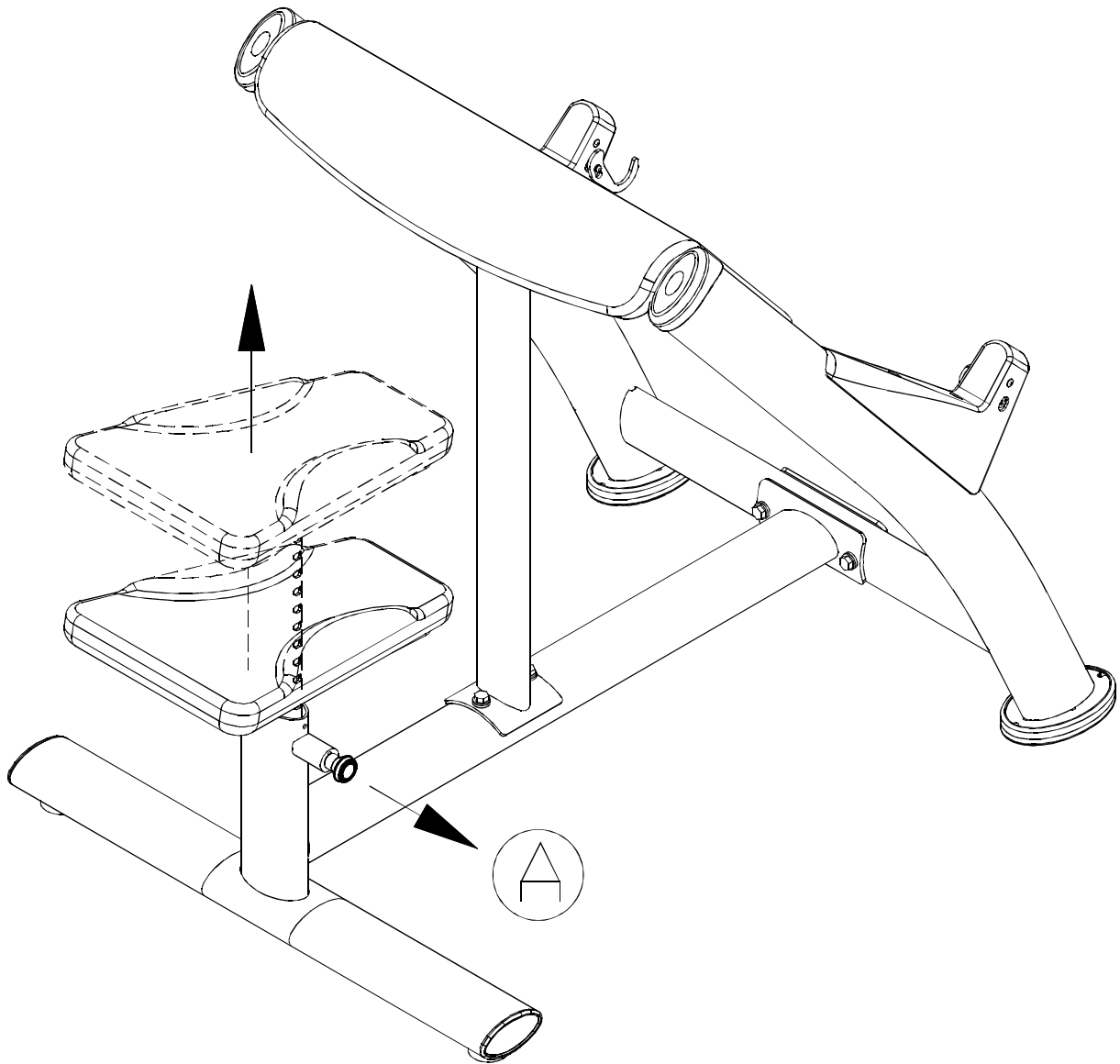
3. Seat Installation

Step 3. Secure the seat bottom (3) to the seat place (4) as shown.



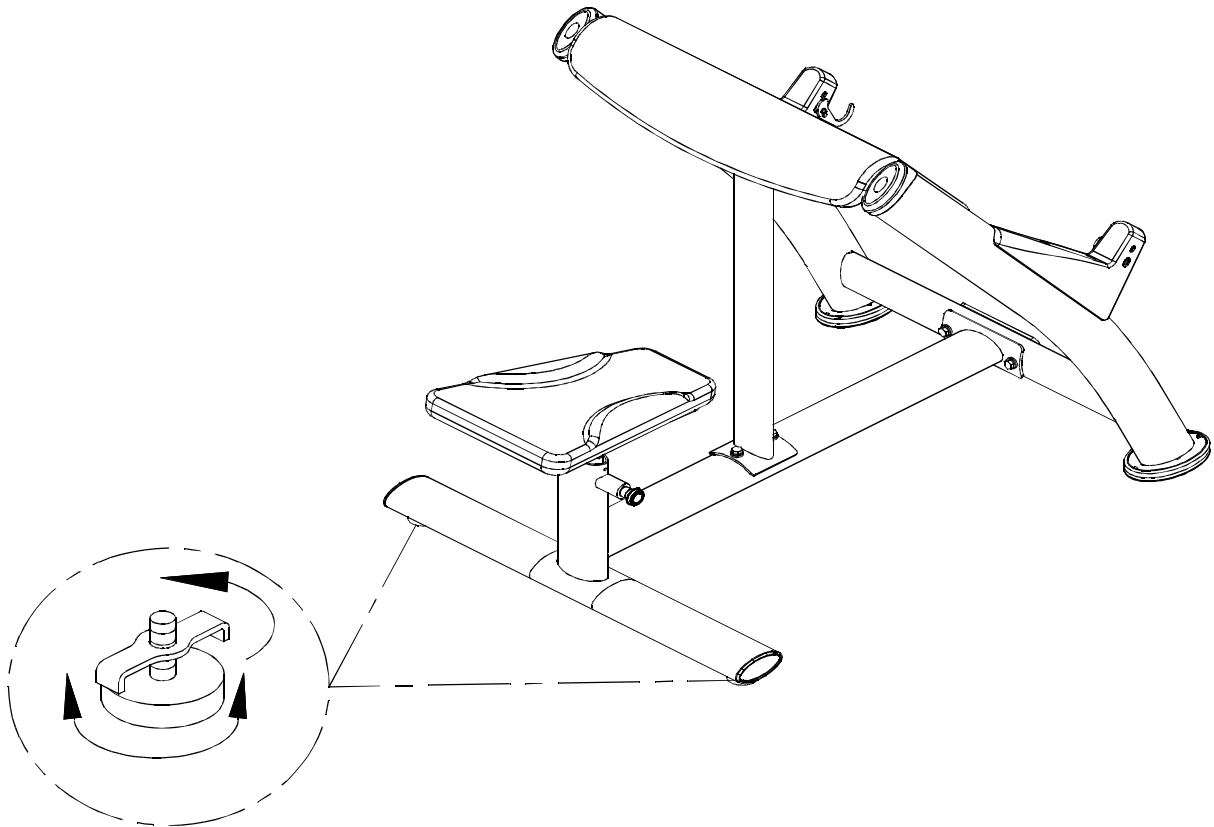
4. Seat Height Adjustment

The seat position can be raised by pulling it upward. To lower the seat position, pull out the adjustment knob (see A), then lower the seat.



5. Leveler Adjustment

Make sure the equipment does not wobble. If it does wobble, adjust levelers. Screw levelers down so they touch the floor. Then screw the nut against the frame to secure this position as shown.



6. Safety Hook Apparatus

Before adding or removing weight disks, clasp both hooks onto the barbell to prevent one side from tipping upward. When you are ready to lift, open the hooks. When not exercising, secure the hooks for safety.

