

TABLE OF CONTENTS

Chapter 1 — Safety Instructions.....	1
1.1 Safety Precautions.....	1
Chapter 2 — Instructions.....	2
2.1 Dimensions.....	2
2.2 Part List For Box A.....	3
2.3 Part List For Box B.....	4
2.4 Part List For Box C.....	5
2.5 Components in the Hardware Kit.....	5
2.6 Components of the Product.....	6
Chapter 3 — Assembly Instructions.....	7
STEP 1 Connector Installation.....	7
STEP 2 Weight Plate Installation.....	10
STEP 3 Apply the Weight Stack Sticker.....	18
STEP 4 Install the CAM.....	20
STEP 5 Cable Installation.....	22
STEP 6 Install the Rotator Arm and Cylindrical Cushion Arm.....	28
STEP 7 Cable Adjustment.....	29
STEP 8 Upper Cushion Arm Installation.....	30
STEP 9 Cylindrical Cushion and Seat Bottom Installation.....	31
STEP 10 Seat Back Installation.....	33
STEP 11 Tower Back Cover Installation.....	34
STEP 12 Front Top Cover Installation.....	36
STEP 13 Rear Top Cover Installation.....	37
STEP 14 Install Bottle Holders.....	38
STEP 15 Counterweight (4kg) Installation.....	39
STEP 16 Stack Fork.....	40
Chapter 4 — Operation Instructions.....	41
4.1 Operating the Product.....	41
4.2 Testing.....	45
4.3 Maintenance.....	46

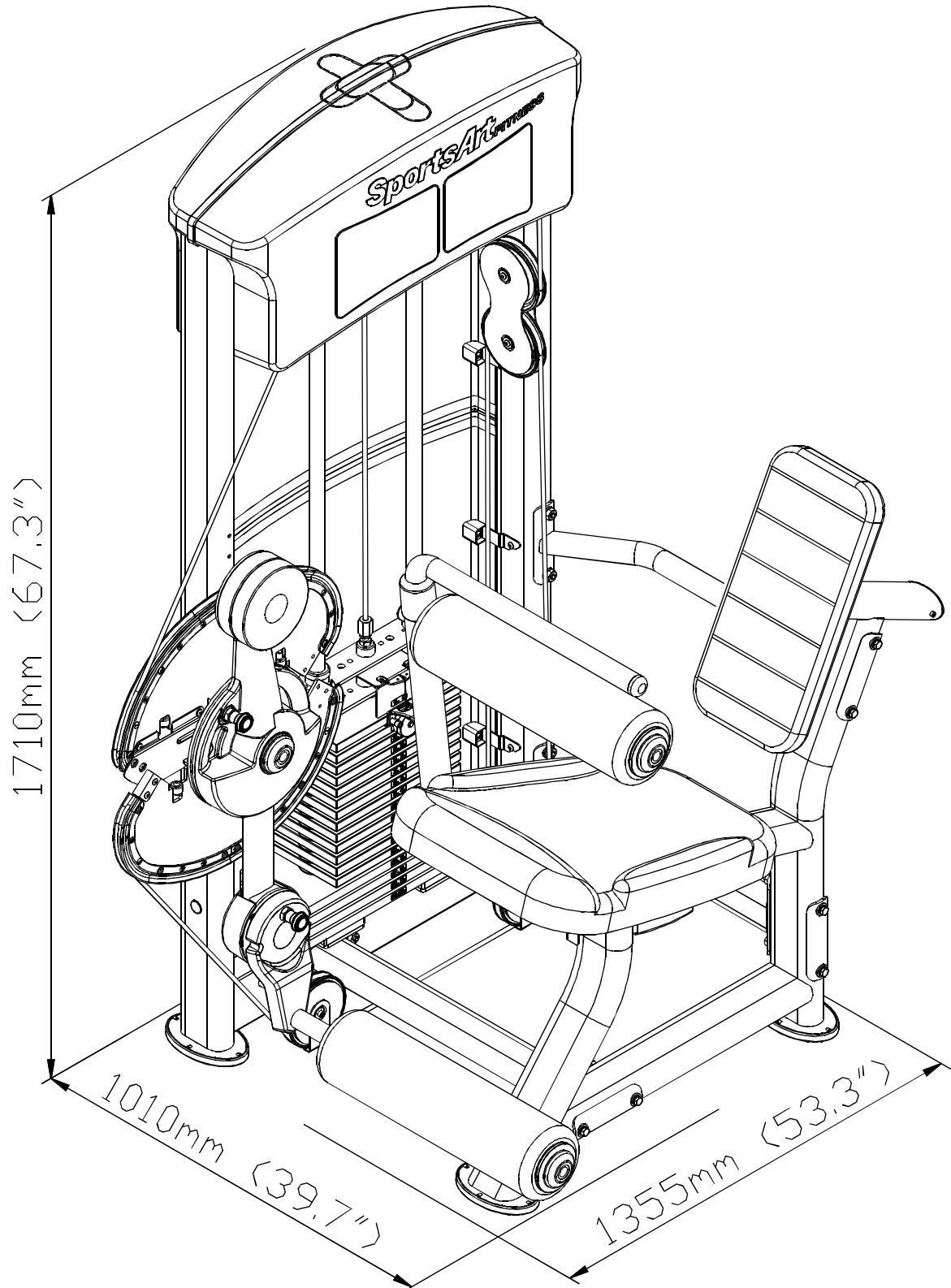
CHAPTER 1 — SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

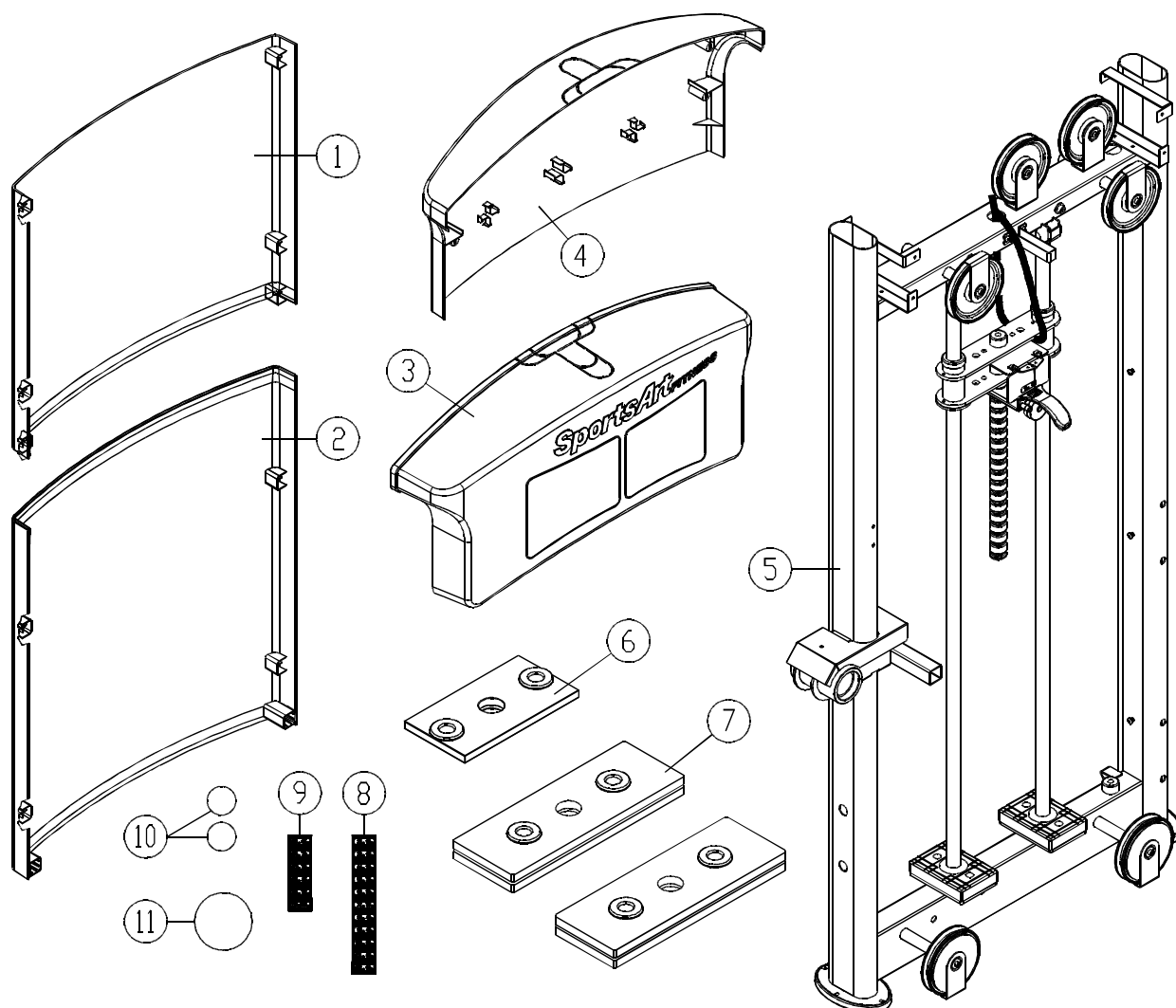
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assembly and operate this product on a solid, level surface. Do not use outdoors or near water.
- 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.
- User care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacture. 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.

CHAPTER 2 — INSTRUCTIONS

2.1 DIMENSIONS

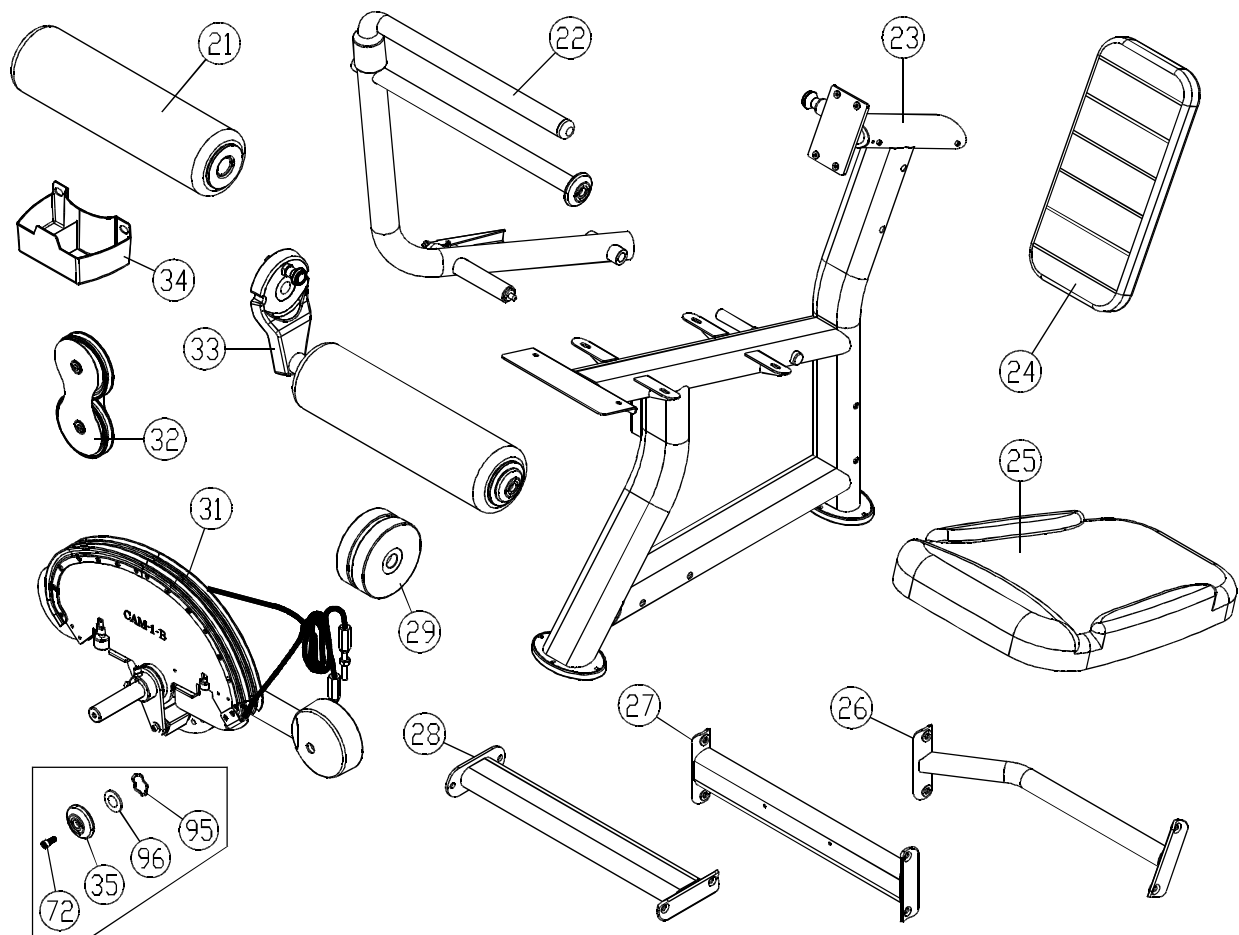


2.2 Part List For Box A



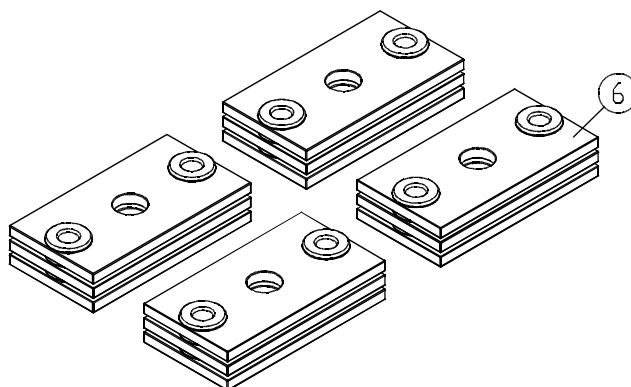
No.	Description	Qty	No.	Description	Qty
1	Upper Rear Cover	1	7	7.5 KG Weight Plate	4
2	Lower Rear Cover	1	8	Weight Plate Sticker (10 60kg)	1
3	Top Front Cover	1	9	Weight Plate Sticker (65 100kg)	1
4	Top Rear Cover	1	10	Sticker Ø25	2
5	Main Frame	1	11	Sticker Ø50	1
6	5 KG Weight Plate	1			

2.3 Part List For Box B



No.	Description	Qty	No.	Description	Qty
21	Cylindrical Cushion	1	29	4 KG Counterweight	2
22	Upper Cushion Arm	1	30	N/A	0
23	Seat Frame	1	31	Cam and Rotator Arm	1
24	Seat Back	1	32	Floating Pulley	1
25	Seat Bottom	1	33	Cylindrical cushion arm	1
26	Connector B	1	34	Water Bottle Holder	1
27	Connector	1	35	Axle cover (1arge)	1
28	Connector A	1		For part 72,95,96, refer to Parts on the Product	

2.4 Part List For Box C



No.	Description	Qty	No.	Description	Qty
6	5 KG Weight Plate	12			

2.5 Components in the Hardware Kit

A hardware kit is provided in the packaging of this product. Please inspect the hardware kit for the following items.

No.	Description	Qty	Specification	Tool Needed
41	Soft Cap for Cover	5	Small	
42	Soft Cap for Cover	4	Large	
43	Rear Cover Set Plate A	4		
44	Rear Cover Set Plate B	4		
45	Mushroom Top Philips-head Screw	24	M5*L12	
47	Screw Socket	12	SGN-07	
48	Rear Cover Bracket	1		
	L-Shaped Allen Wrench	2	M4	
	L-Shaped Allen Wrench	1	M5	
	L-Shaped Allen Wrench	1	M6	
	L-Shaped Allen Wrench	1	M8	
	Double Open End Wrench	2	13*17	
	Phillips-Head Screwdriver	1		

If you discover items missing or damaged in shipping, please contact the SportsArt Service Department. Keep the hardware kit in a secure place for future use. Tools may be needed to disassemble the product in preparation for moving or other activities.

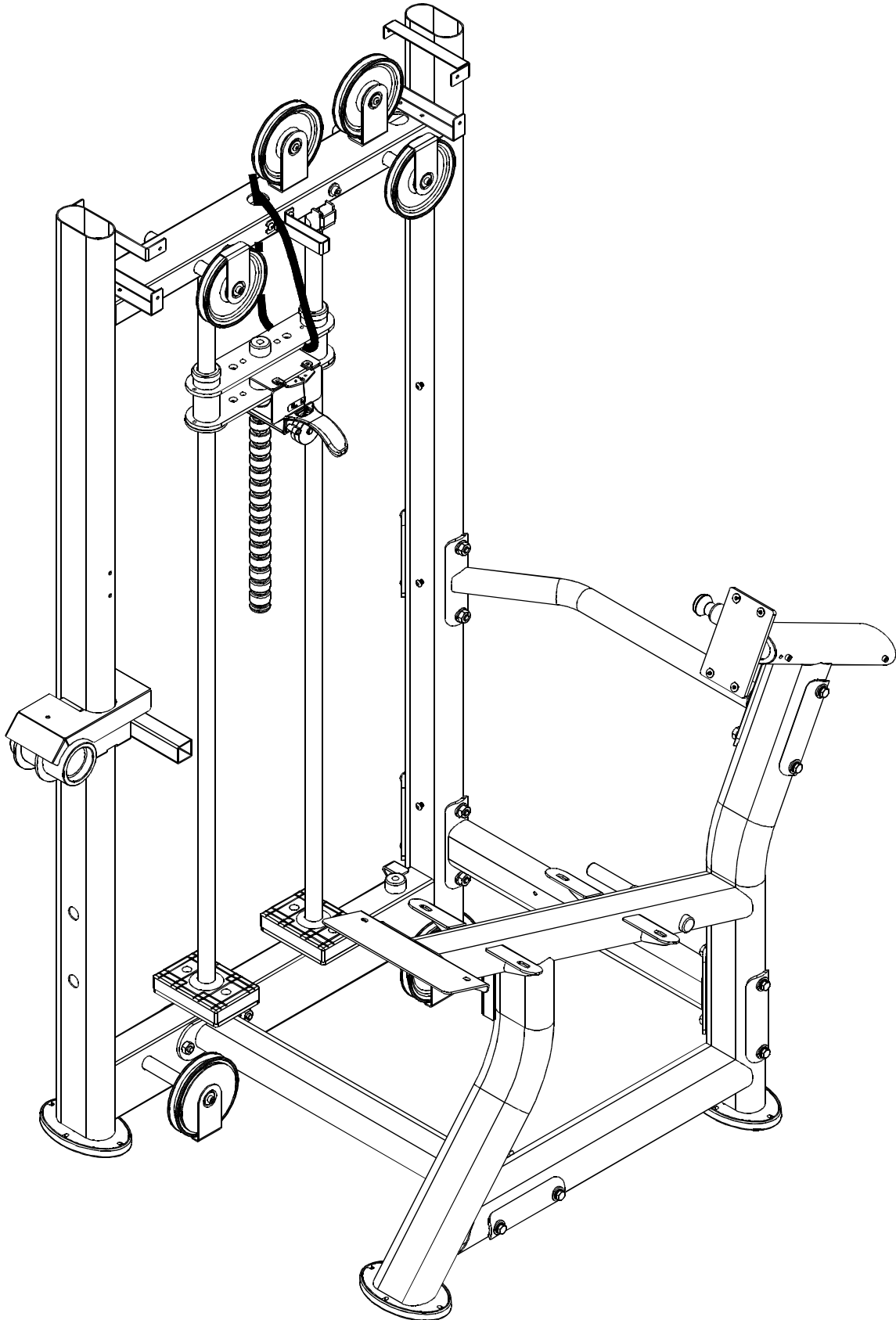
2.6 Components of the Product

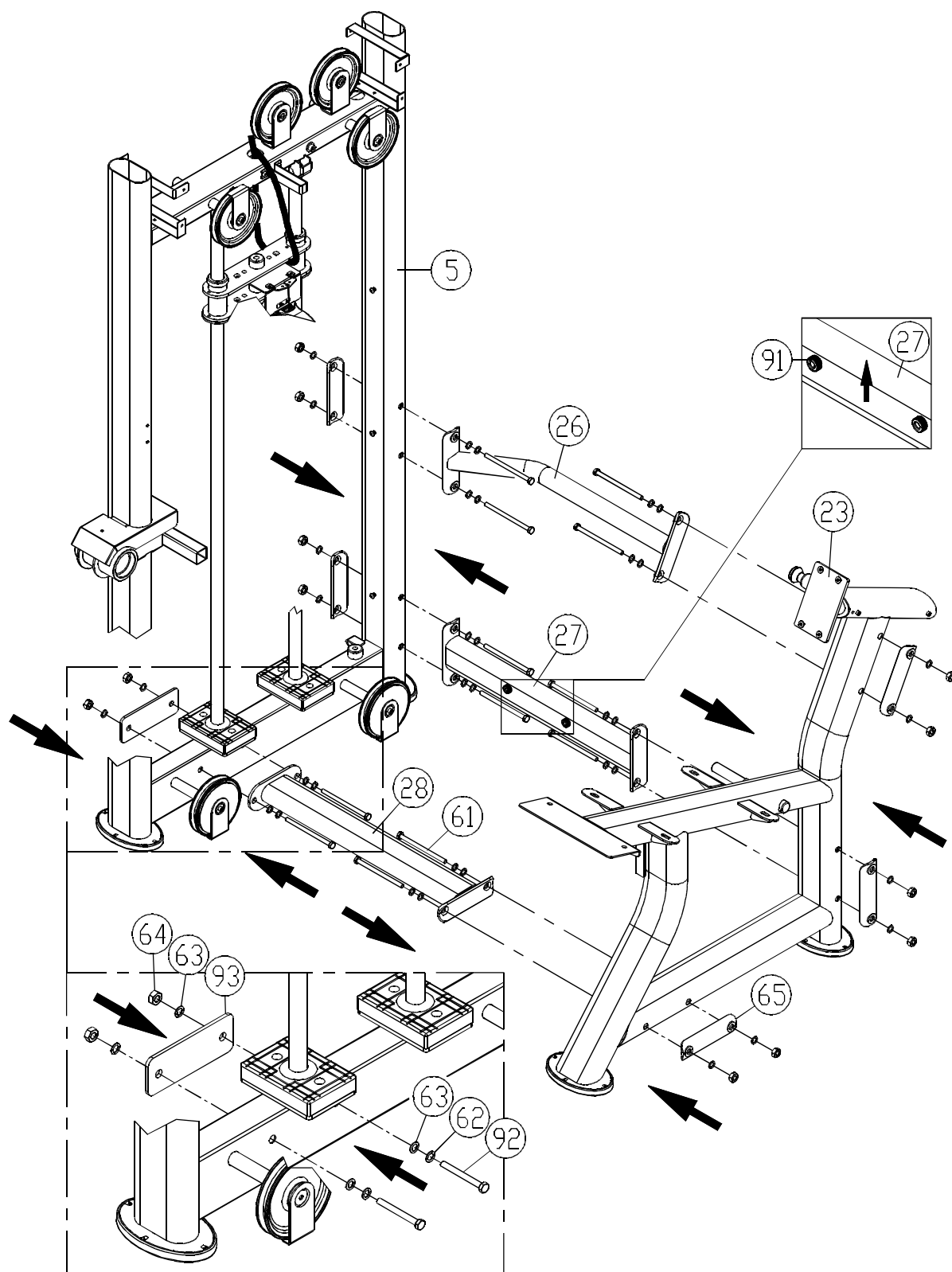
Some components are installed on the product. These items will be needed for product assembly.

No.	Description	Qty	Specification	Tool Needed
61	Hex bolt		M10*L130	
62	Spring washer		M10	
63	Washer		$\phi 16^* \phi 10.2$	
64	Hex Locknut		M10	
65	§ 50 connector			
66	Upper stack carriage set			
67	Hex bolt and PU tube			
68	Flat washer		$\phi 17^* \phi 8.3$	
69	Lock nut		M8	
70	Guide rod			
71	Stack fork			
72	Inner hex cap screw		M8*L20	
73	Axle cover (small)			
74	Axle			
75	Spring washer		M6	
76	Mushroom top inner hex screw		M6*L12	
77	Pulley A			
78	Pulley B			
79	Cover Bracket			
80	Inner hex cap screw		M6*L30	
81	Inner hex cap screw		M8*L30	
82	Flat washer		$\phi 28^* \phi 8.5$	
83	Flat washer		$\phi 22^* \phi 8.2$	
84	Spring washer		M8	
85	Mushroom top inner hex screw		M8*L25	
86	Seat back plate			
87	Beveled inner hex screw		M8*L20	
89	Inner hex cap screw		M8*L15	
90	Pulley Cover			
91	Plastic inner hex screw		M6	
92	Hex bolt		M10*L75	
93	Connector D			
94	Flat washer		$\phi 20^* \phi 6.3$	
95	Wave washer		$\phi 38^* \phi 30$	
96	Washer		$\phi 40^* \phi 30.5^* t3$	

CHAPTER 3 — ASSEMBLY INSTRUCTIONS

STEP 1 Connector Installation

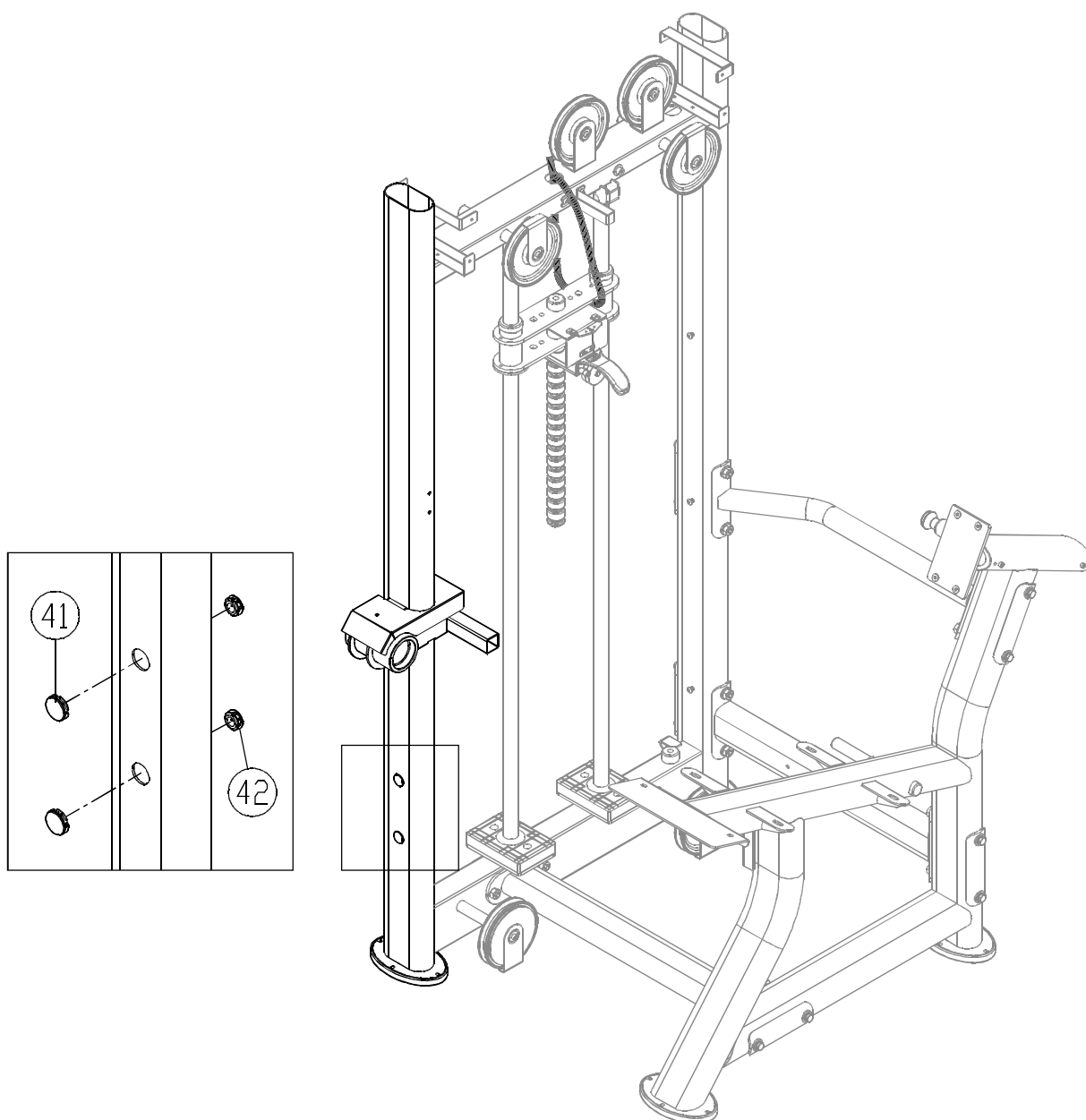




1-1. Connect the main frame (5) and the seat frame (23) using connectors (26, 27, and 28). Secure these parts with hardware (61, 62, 63, 64, 65, 92, and 93).

NOTE: Place the plastic screws (91) face up in the connector (27).

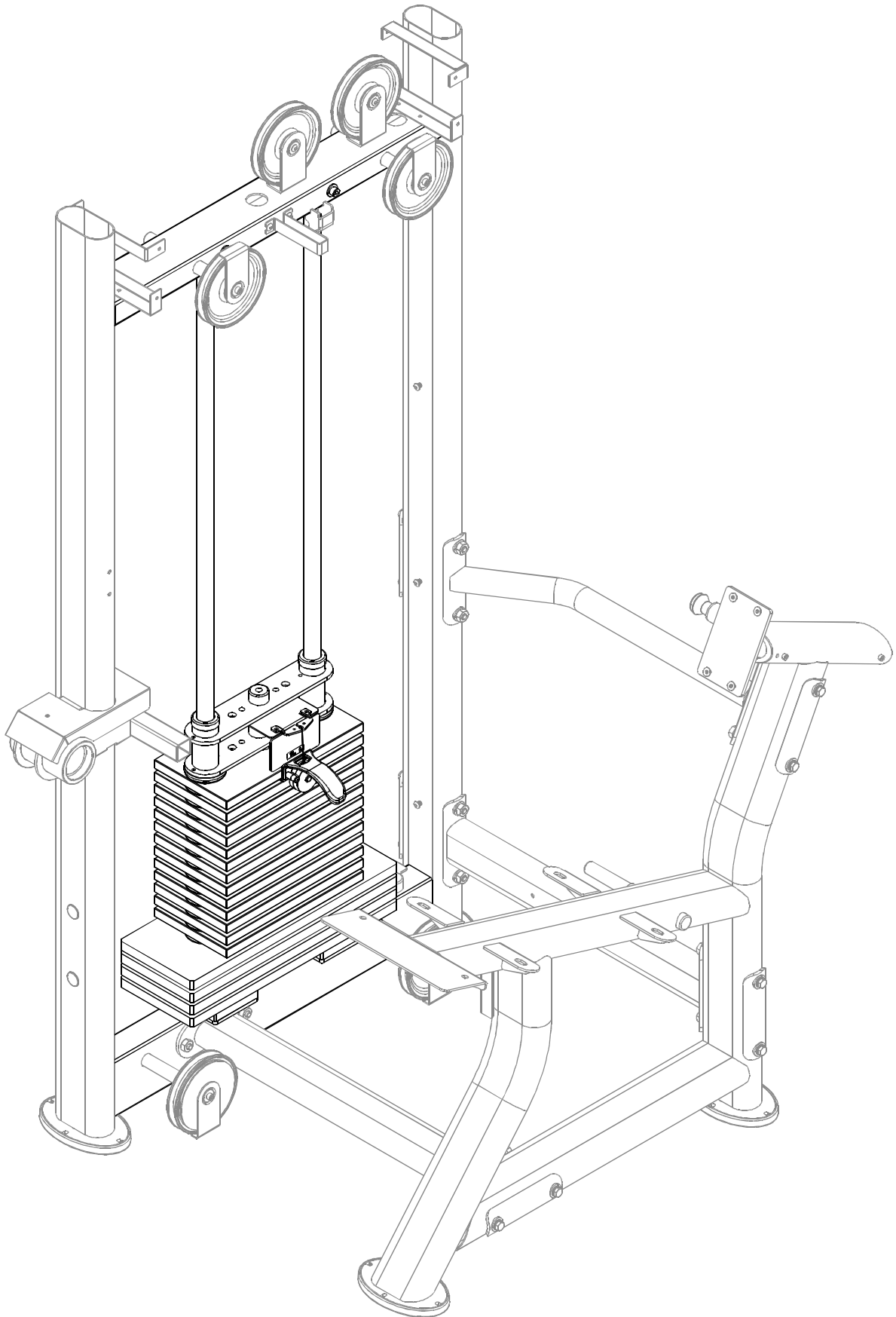
1-2. Place the unit flat on the floor. Then secure hardware (61, 62, 63, 92 and 64).

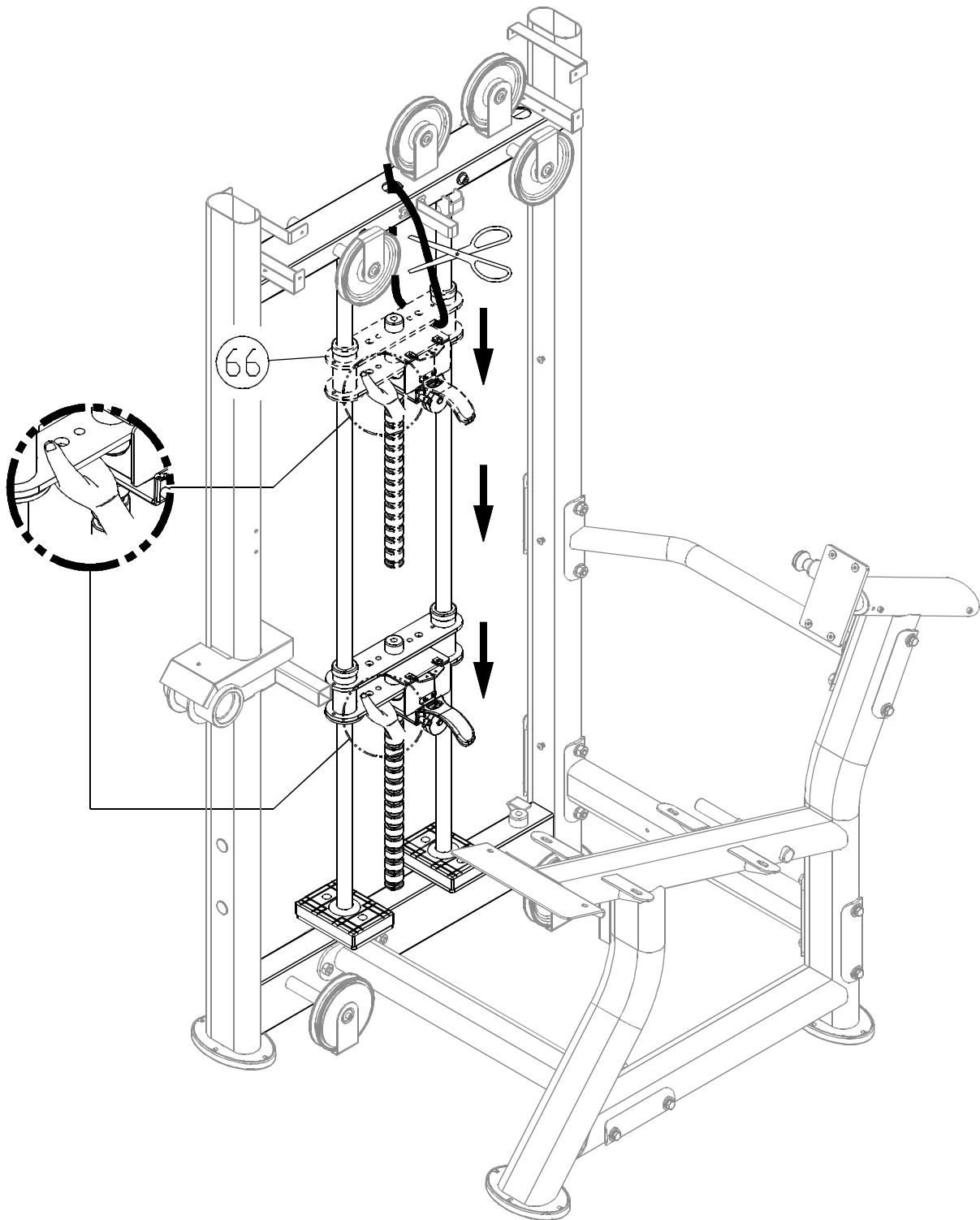


NOTE: After securing connector hardware (26, 27, and 28), press soft caps (41 and 42) into place on the unit.

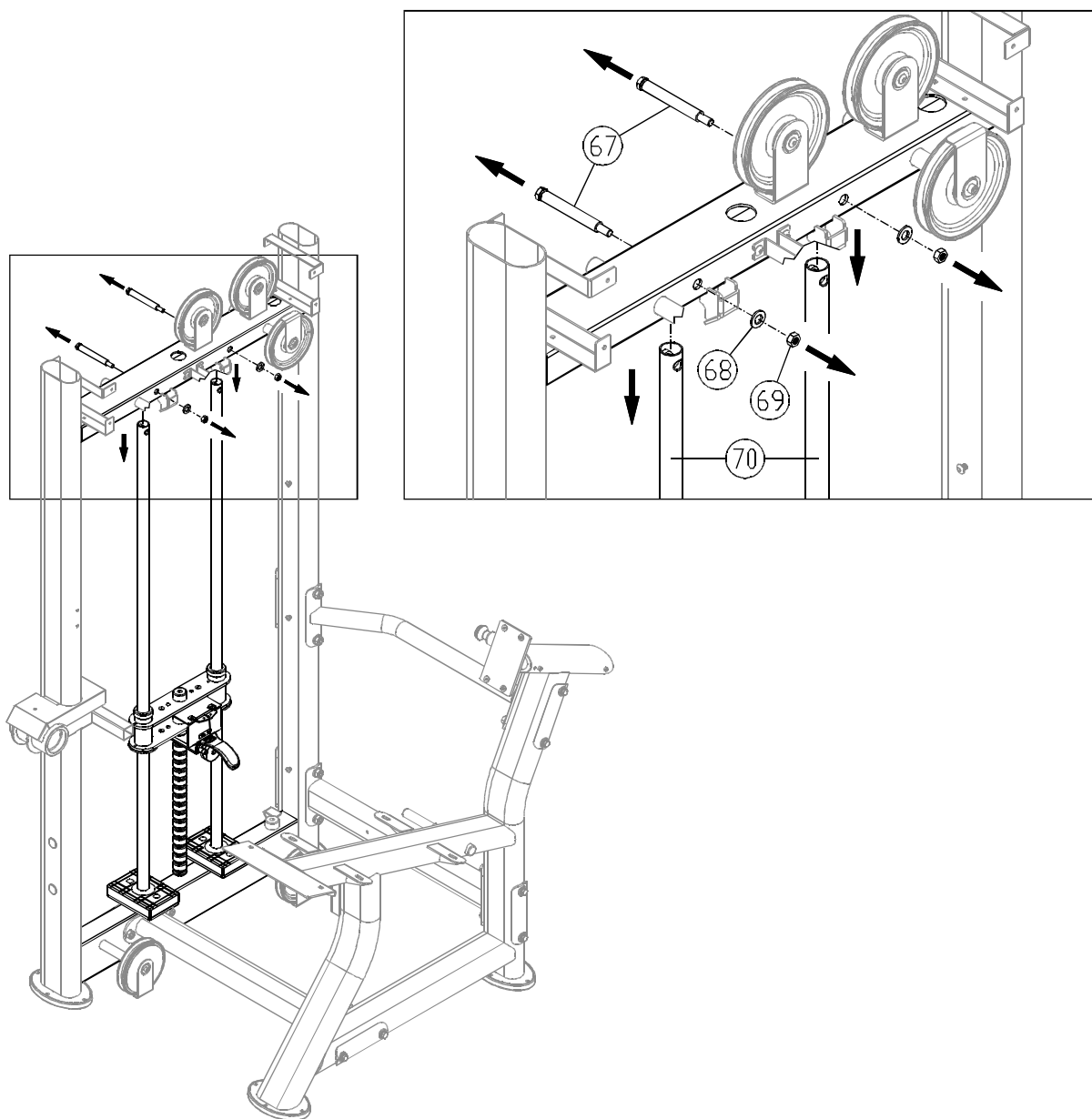
NOTE: Soft cap (41) is small; soft cap (42) is large.

STEP 2 Weight Plate Installation

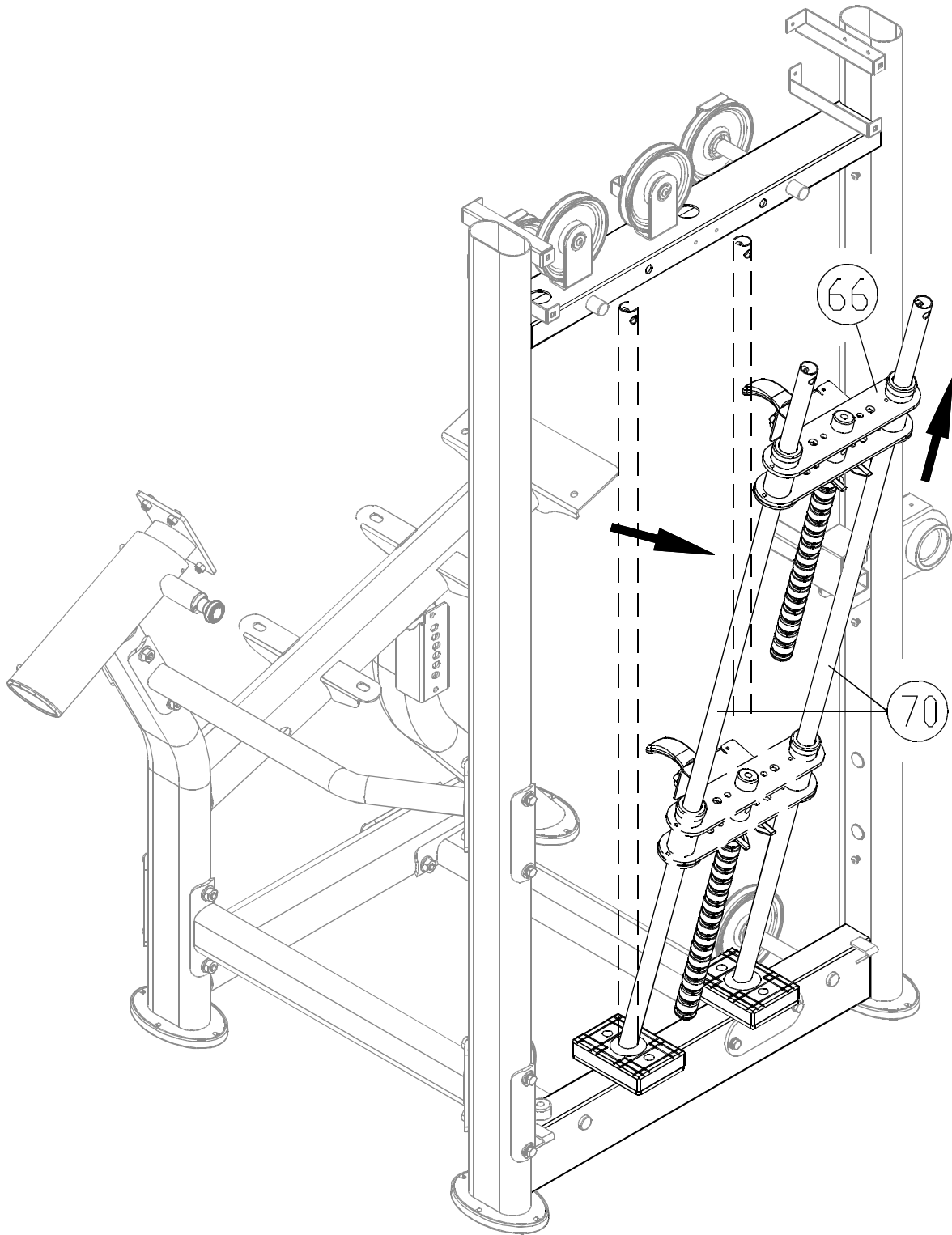




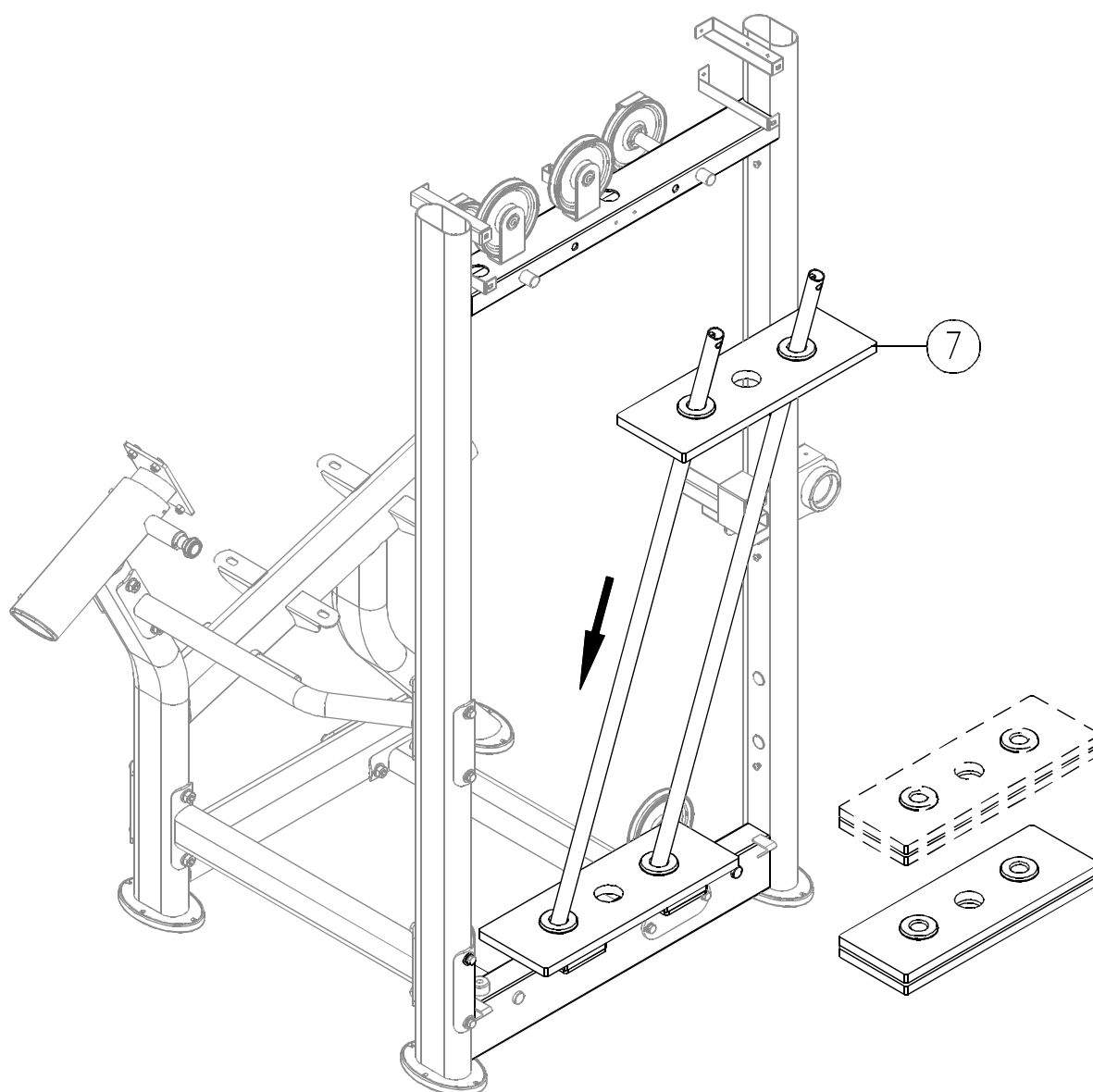
2-1. Hold upper stack carriage set (66) and cut the zip tie. Gently lower the upper stack carriage set (66) into place as shown.



2-2. Remove hardware (67, 68, and 69). Guide the guide rods (70) downward as shown.

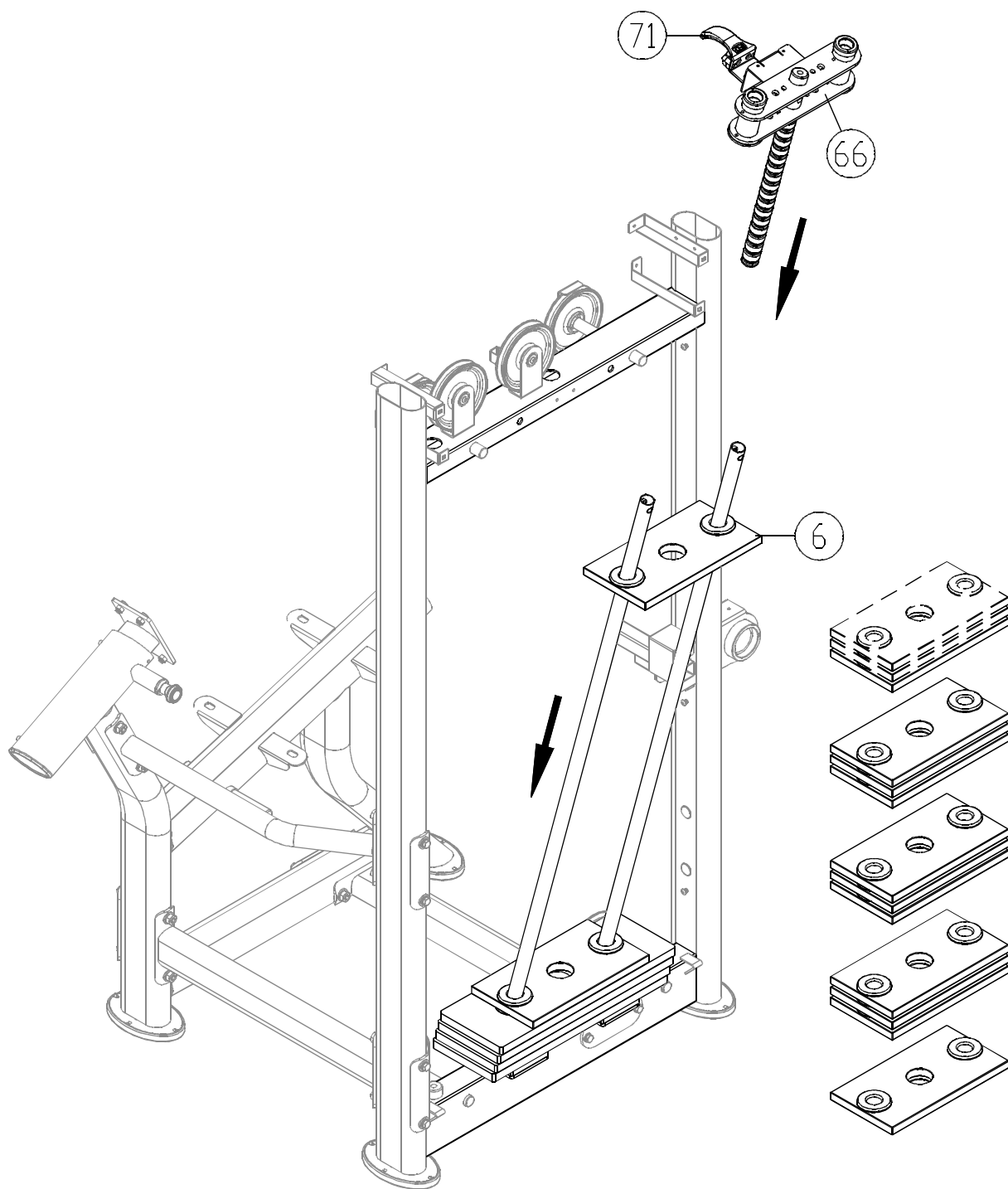


2-3. Tilt the guide rods (70) backward. Then lift the upper stack carriage (66) off the guide rods as shown. Carefully set the upper stack carriage aside.



2-4. Insert and lower the four large (7.5 kg) weight plates (7) into place on the guide rods one at a time.

NOTE: The convex side faces up.

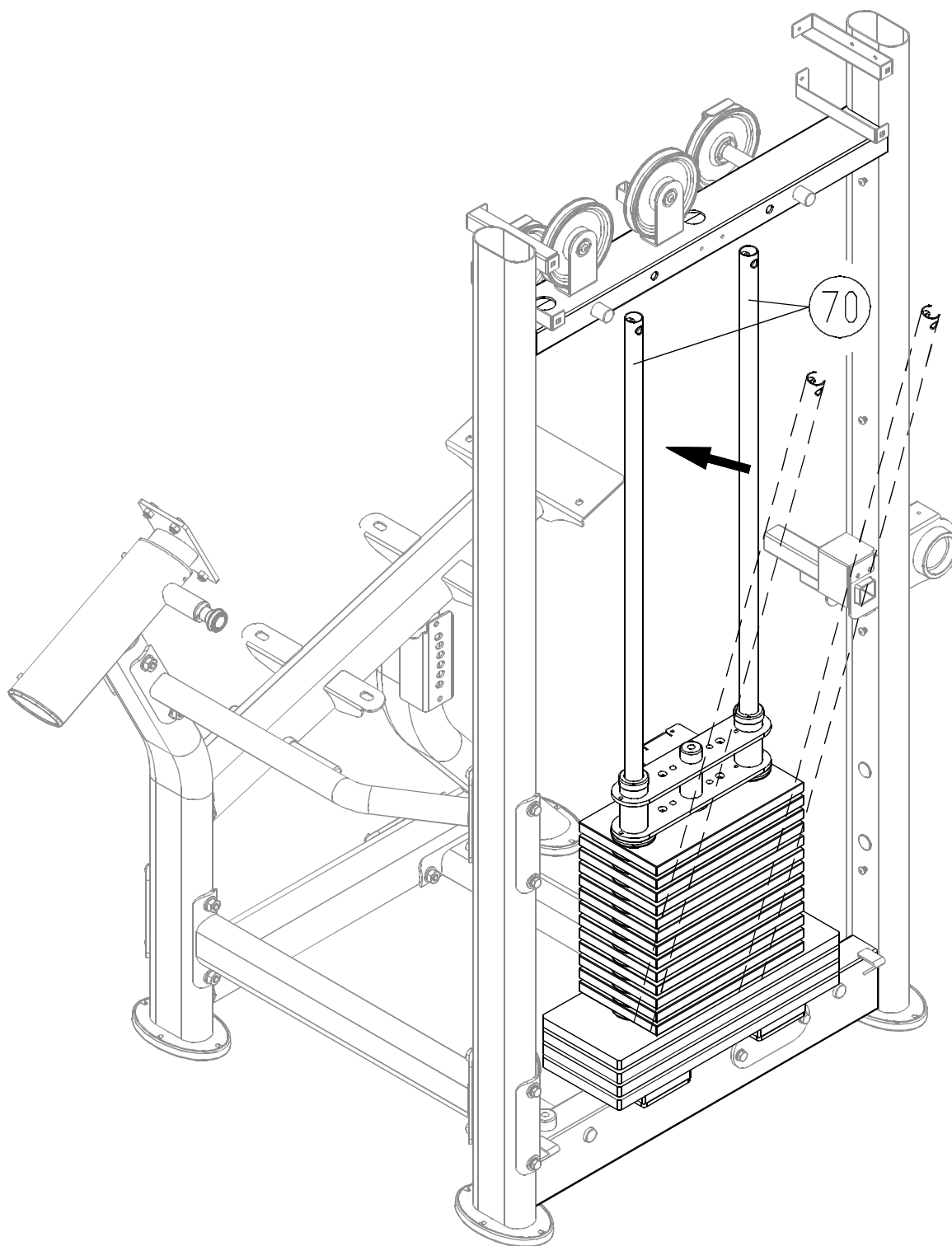


2-5. Insert and lower the 13 small (5 kg) weight plates (6) into place one at a time.

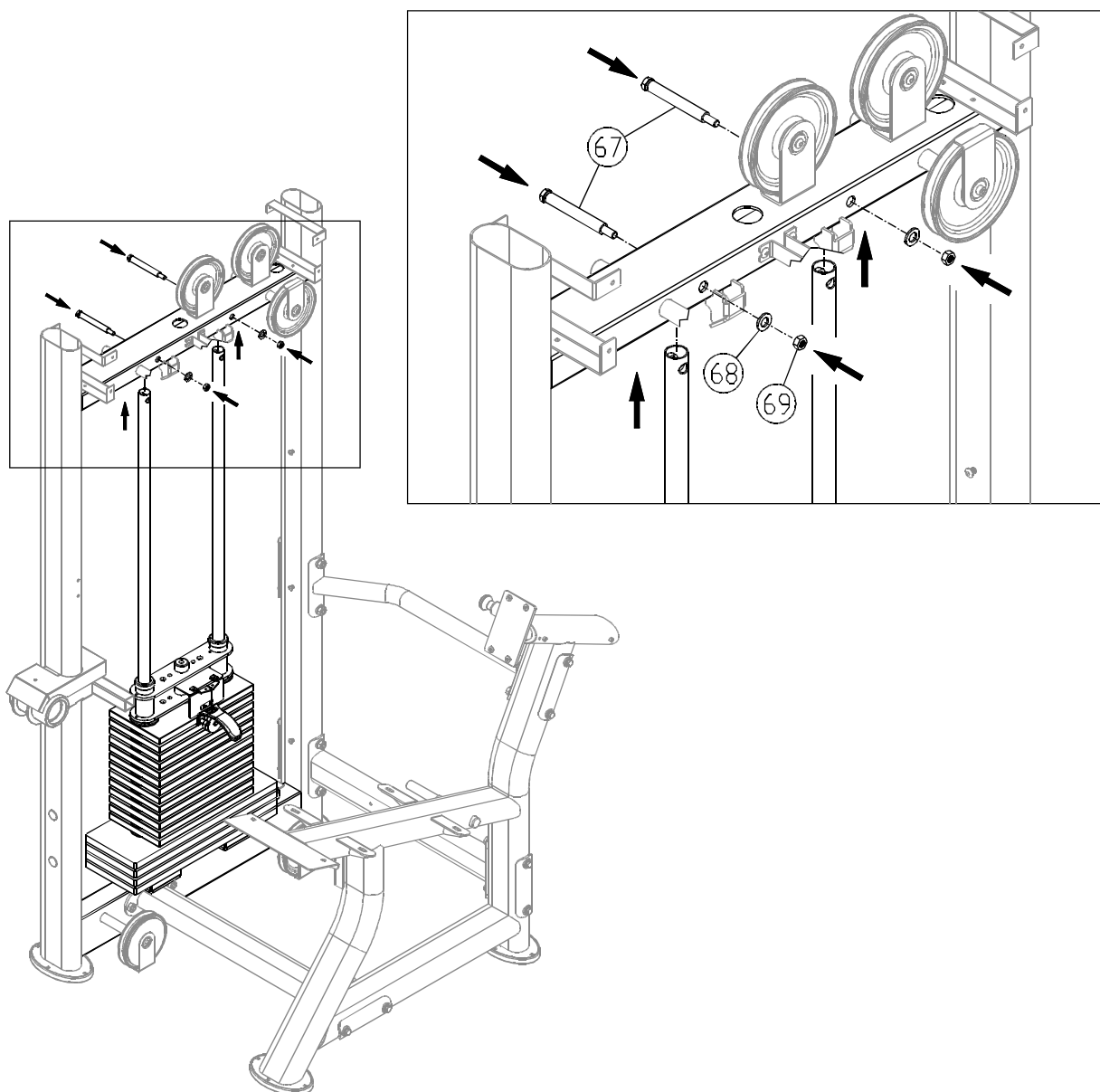
NOTE: The convex side faces up.

2-6. Insert and lower the upper stack carriage set(66) into place.

NOTE: The stack fork (71) points toward the front.

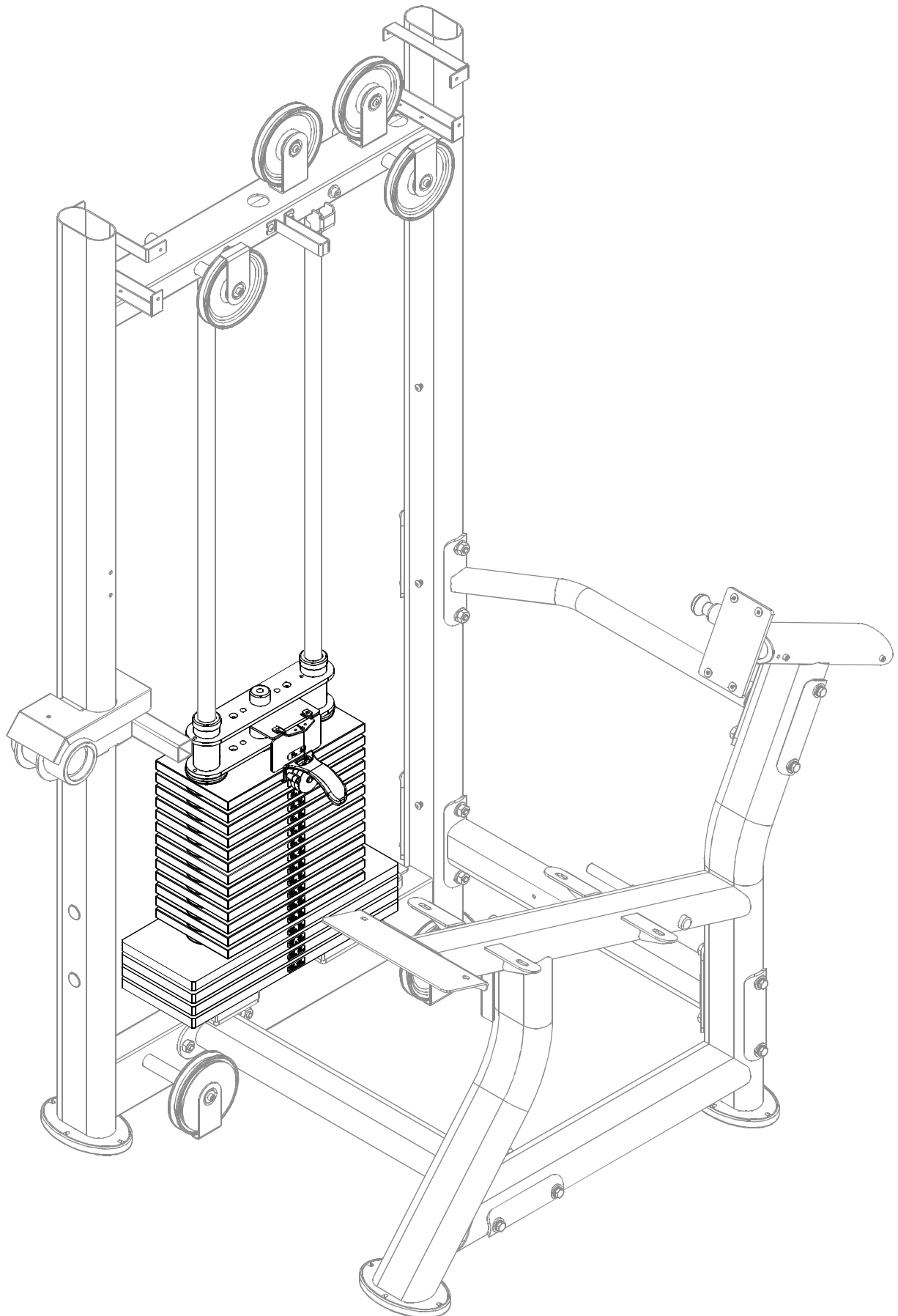


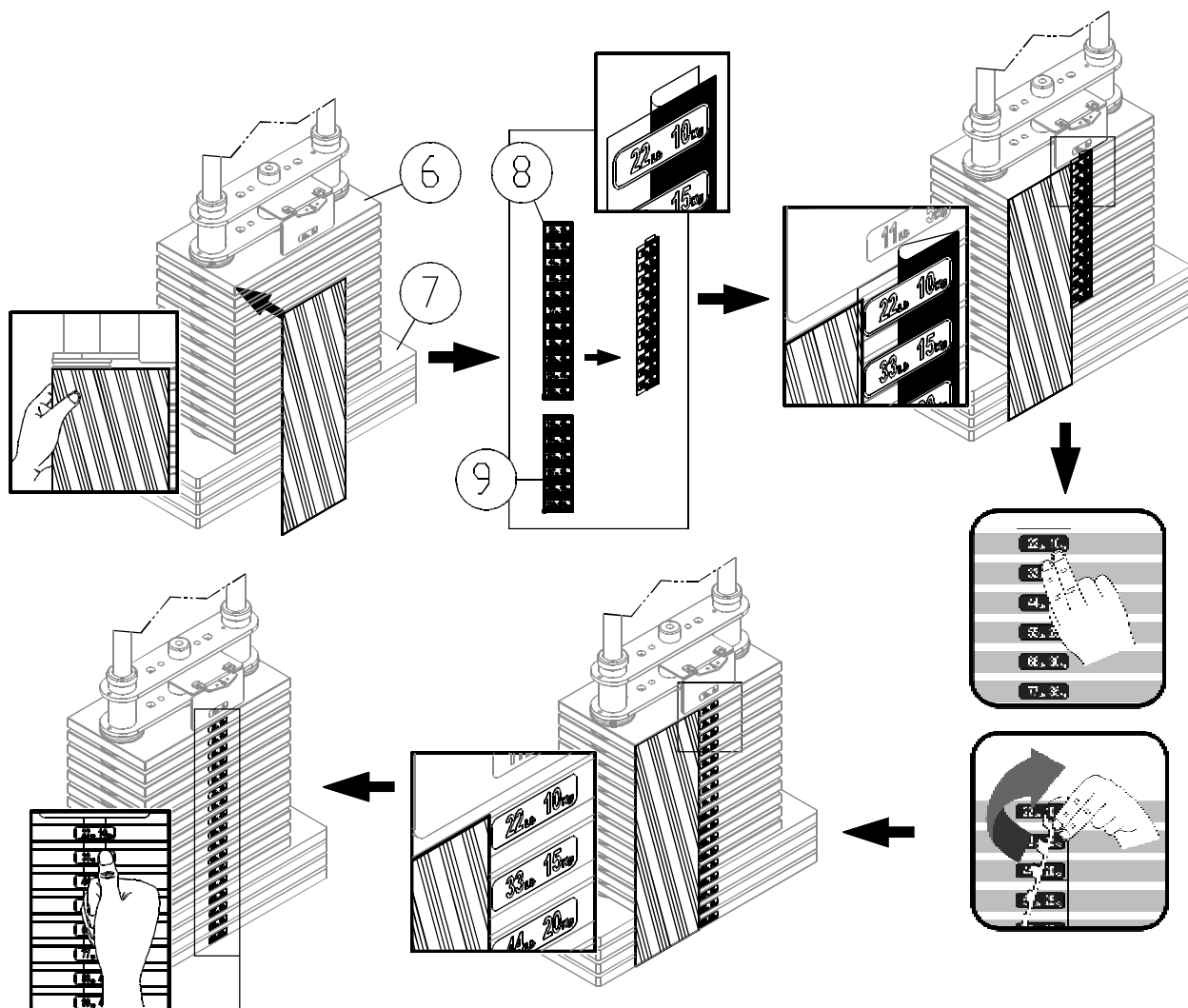
2-7. Tilt the guide rods (70) back into place.



2-8. Lift the guide rods (70) up into their mounting station. Then secure them with hardware (67, 68, and 69).

STEP 3 **Apply the Weight Stack Sticker**





Before applying weight plate stickers, please wipe the area clean, and clean your hands before proceeding to the next step.

3-1. Align and tape the cardboard to the upper left corner of the weight stack (6,7).

3-2. Peel off the top half of the weight sticker (8) backing.

Note: Leave the clear outside margin in place on the sticker. Don't peel off the margin.

3-3. Align the sticker (8) with the right side of the cardboard and the top of the weight stack. Then apply the sticker.

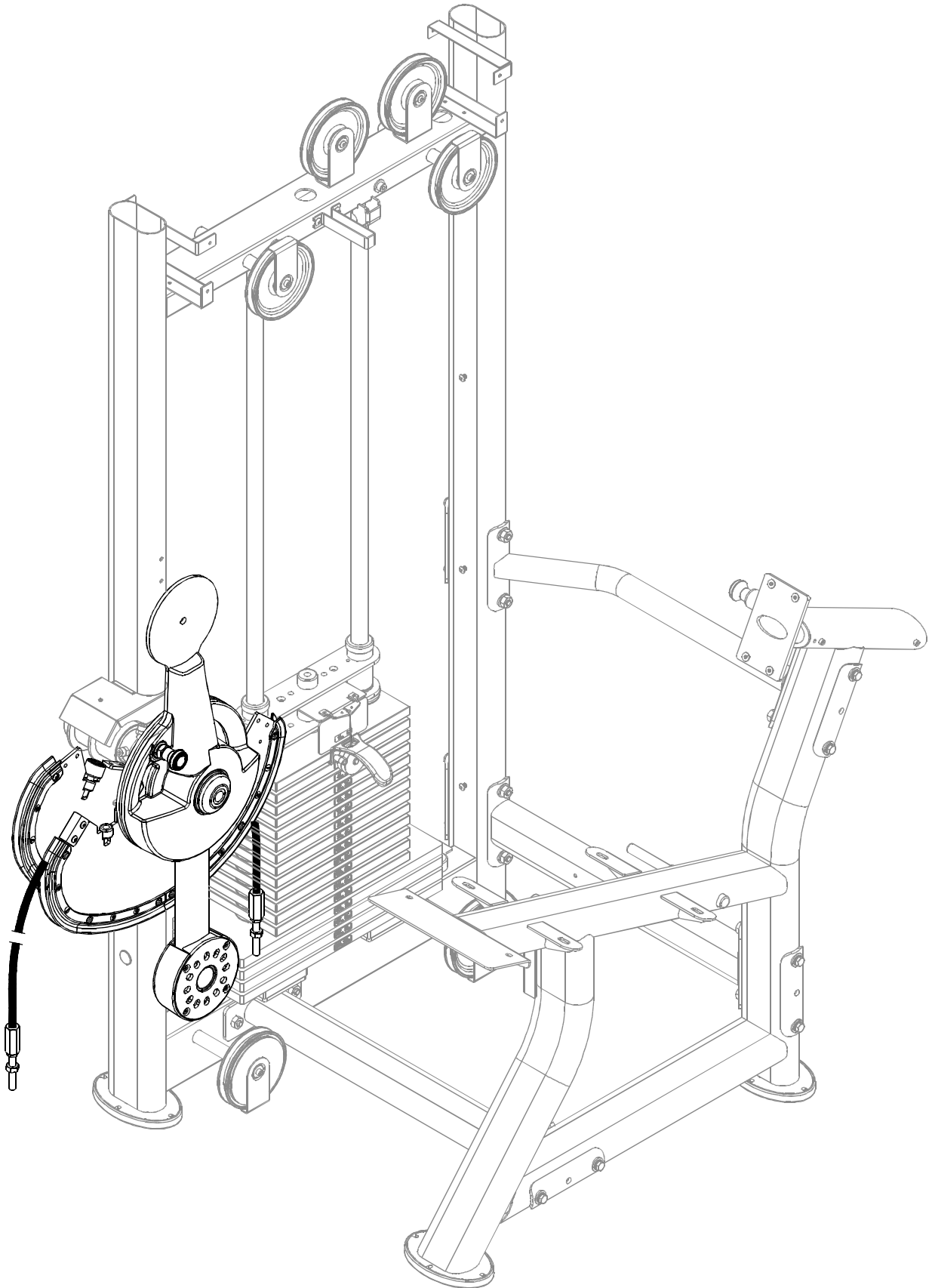
3-4. Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.

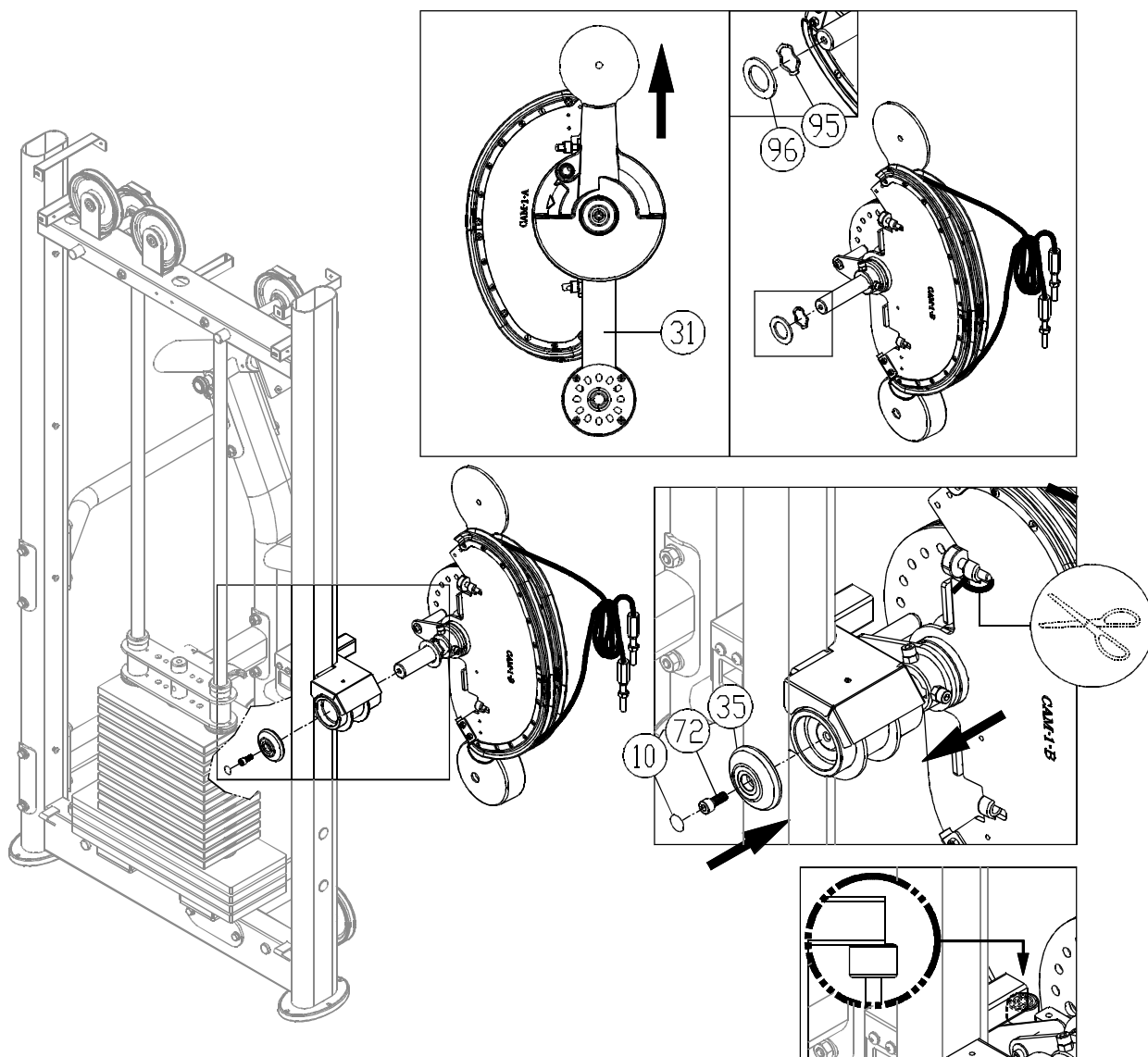
3-5. Follow steps 3-2~3-4 to apply sticker (9) to the lower part of the weight stack.

3-6. When the stickers are in place, peel off the cardboard.

Note: Press the sticker in place to ensure good contact on the weight plate.

STEP 4 Install the CAM





4-1. Rotate the cam and rotator arm (31) as shown. Then insert the wave and flat washers (95,96) onto the axle.

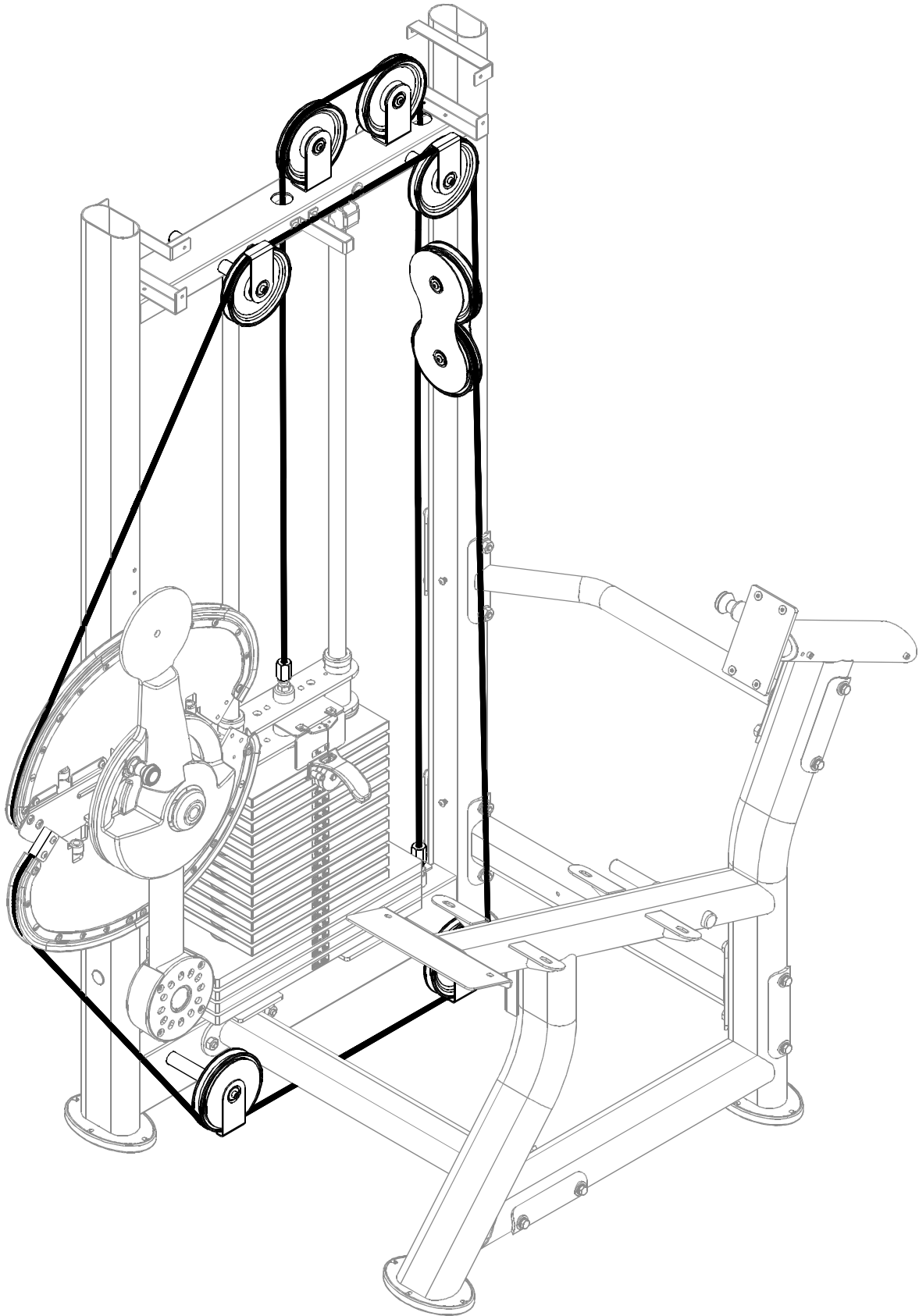
4-2. After installing the washers, slide the cam into place on its mount area.

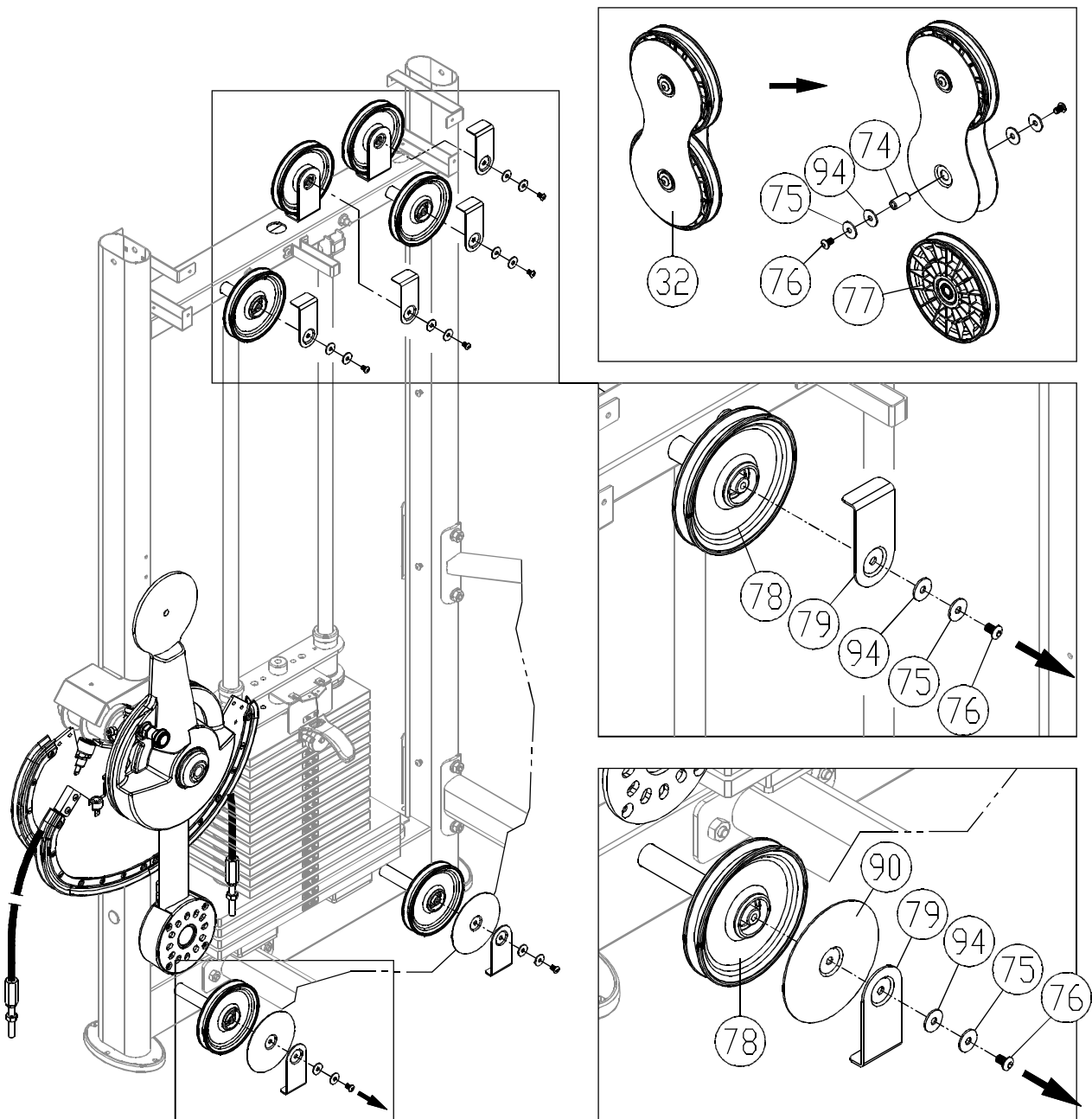
4-3. Screw the axle cover (35,72) in place. Then apply sticker (10) as shown.

4-4. Cut off the zip tie. Uncurl the cable.

NOTE: The stopper must rest below the tube as shown.

STEP 5 Cable Installation

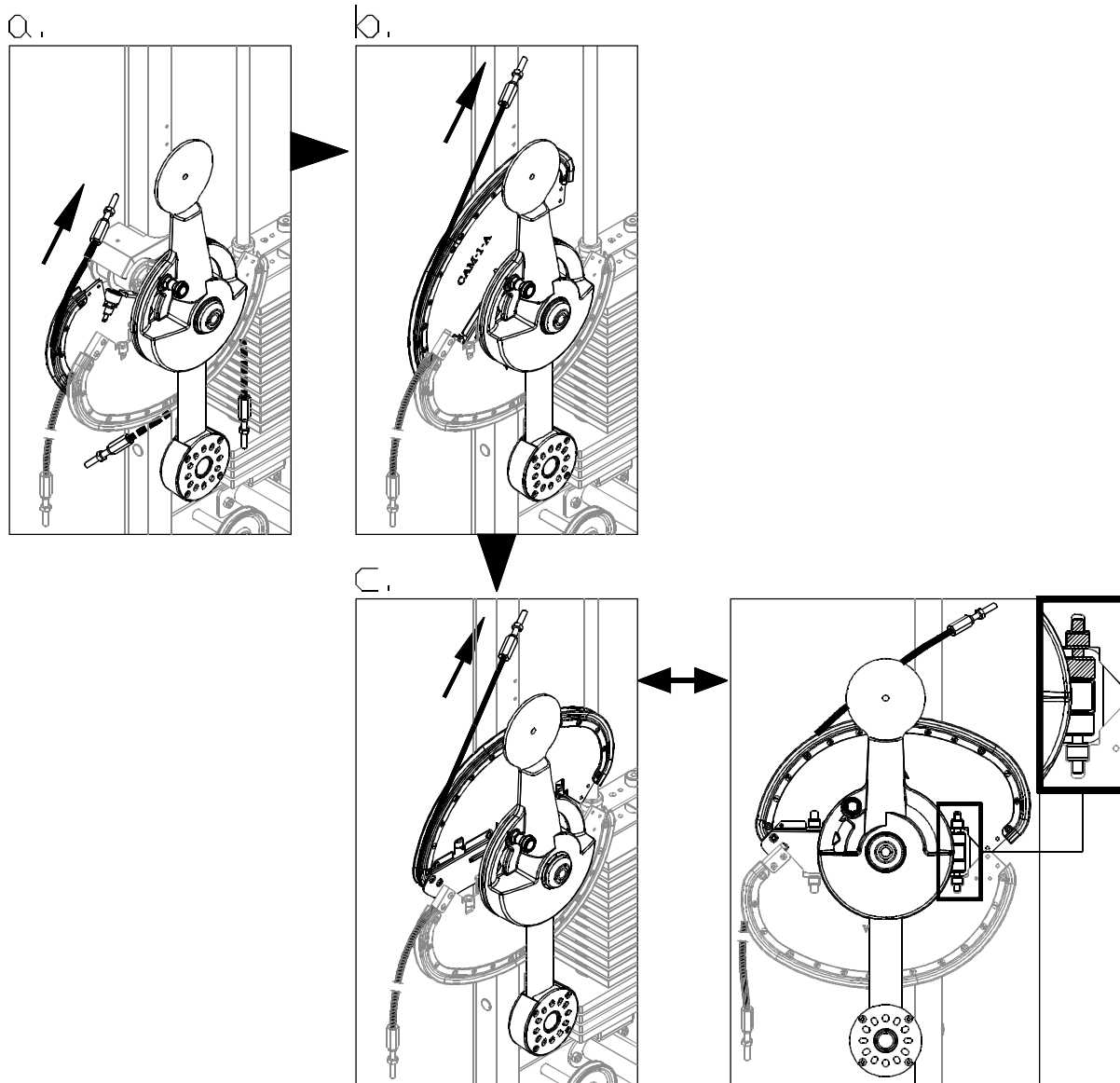




5-1. From the floating pulley (32), remove one pulley A (77) by disconnecting hardware (74,75,76,94).

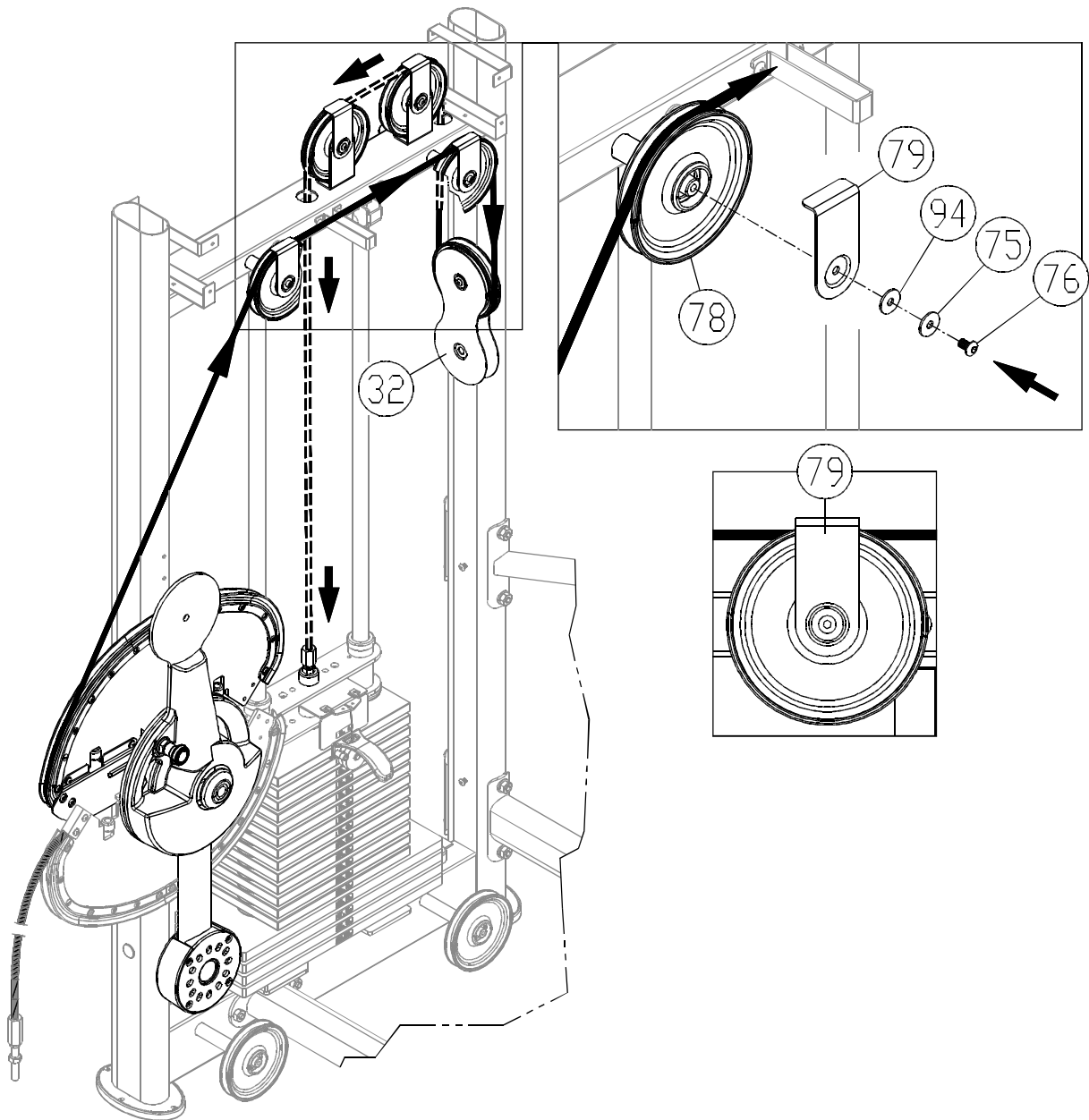
5-2. From other pulleys, remove pulley cover hardware (79,75,76,94) (90,79,75,76,94) as shown.

NOTE: Keep pulley B (78) on the unit.



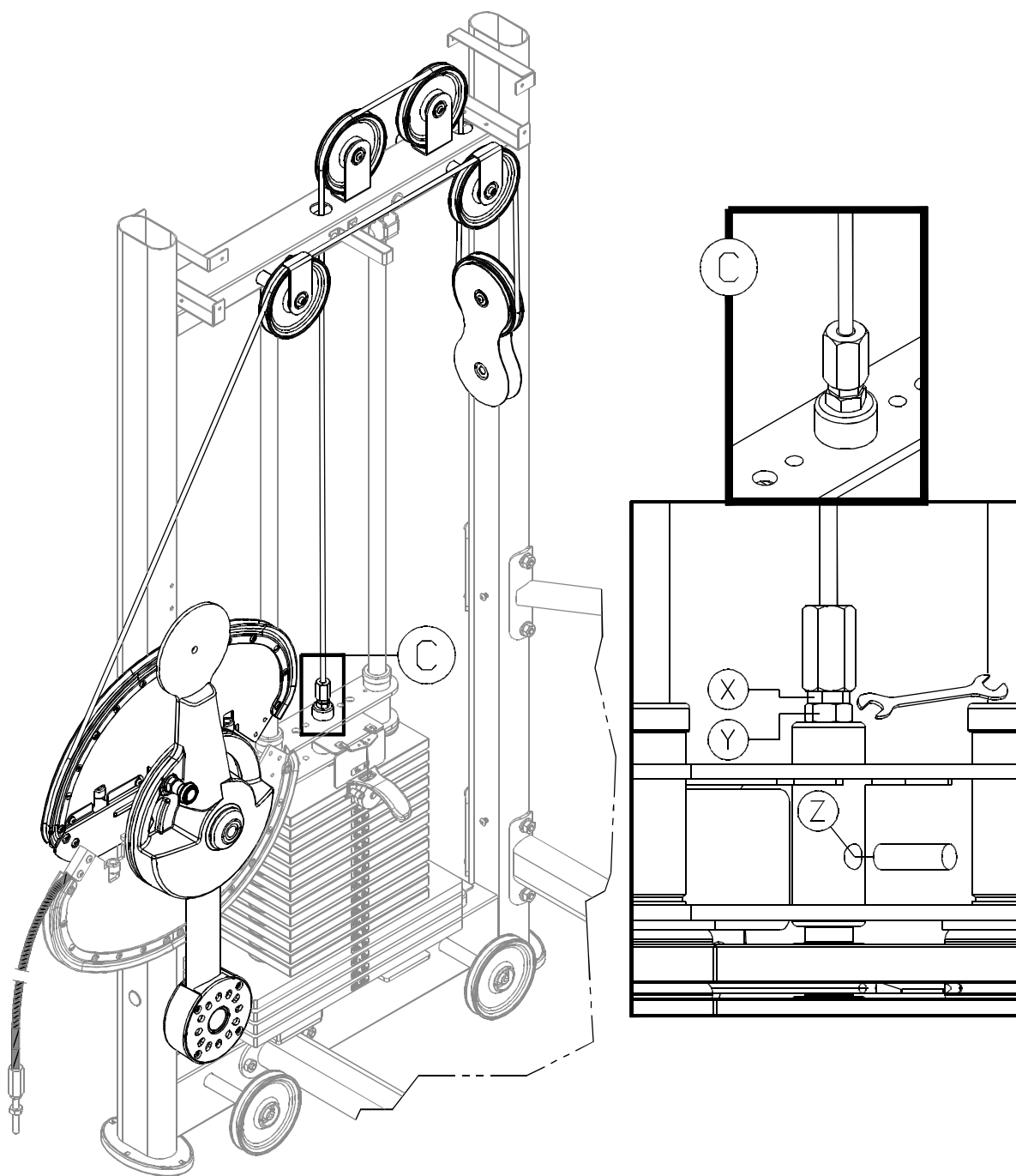
5-3. Follow illustrations to (a) feed the upper cable onto the cam cable channel; (b) pull the cable upward until the stopper rests on top of the tube.

NOTE: The CAM arm rotates.

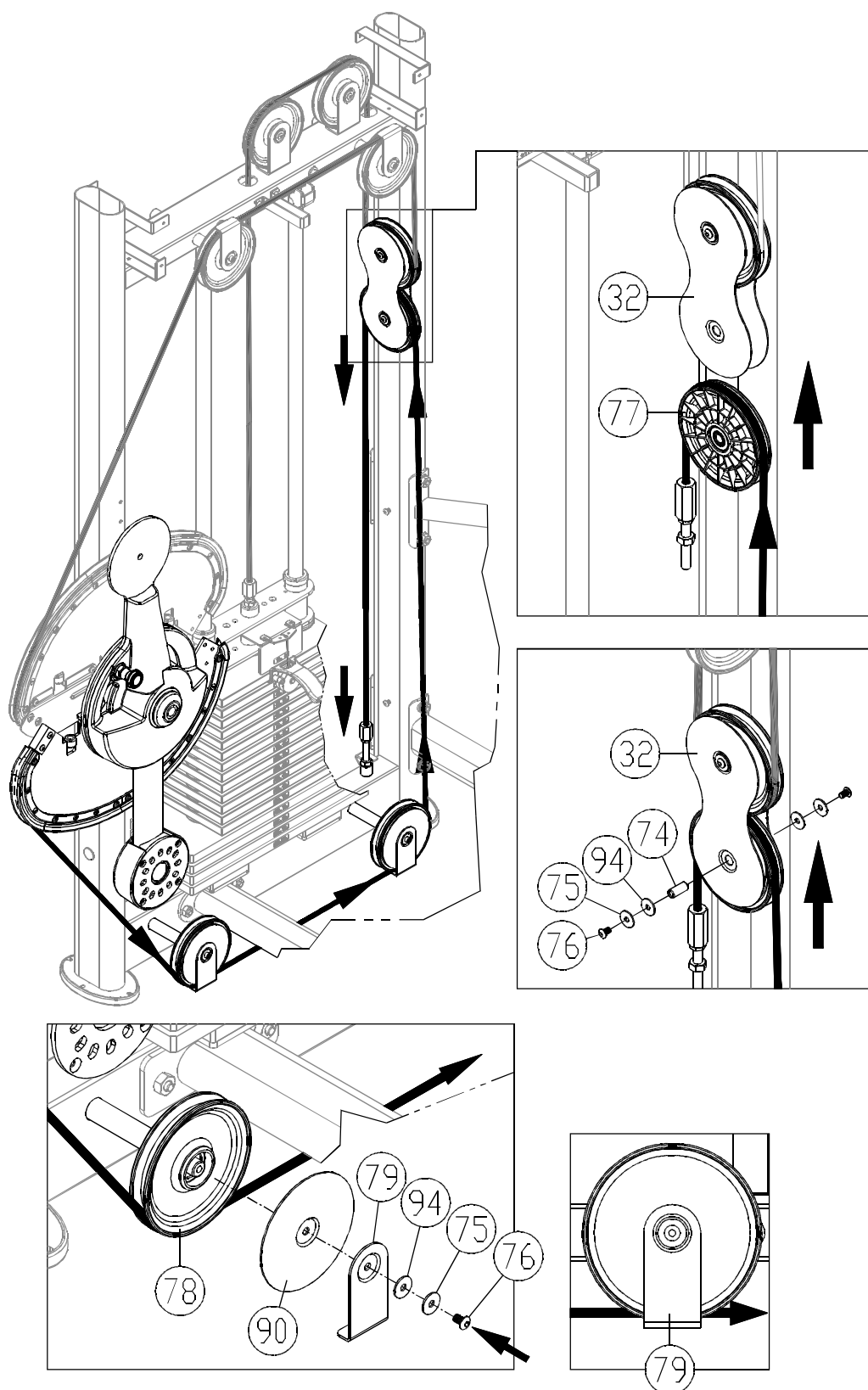


5-4. Insert the cable as indicated by the arrows, first feeding the cable into the top channel of pulley B (78). Secure this pulley with hardware (79,75,76,94). Continue threading the cable as indicated, employing the floating pulley (32), as shown. Finally, secure the cable to the upper stack carriage as shown.

NOTE: When securing the cover bracket (79), make sure the cover does not interfere with cable motion and is parallel to the cable.



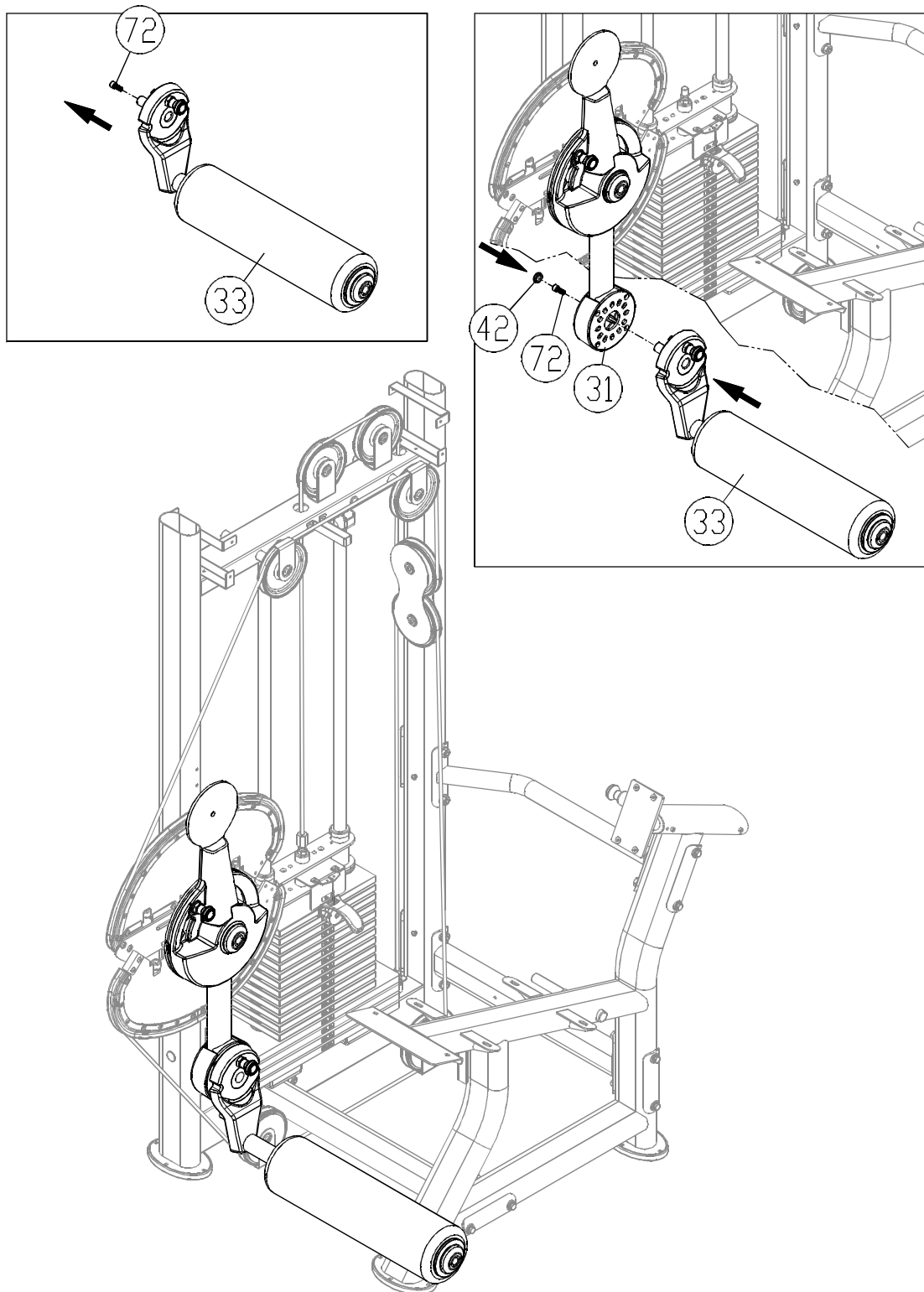
5-5. First insert an open end wrench into (Z) hole. Adjust the large nut at area C to the lowest position. Then, secure nuts (X,Y).



5-6. Insert the lower cable as indicated by the arrows, first feeding it into the lower channel of pulley B (78). Secure pulley B (78) with covers and hardware (90,79,75, 76,94). Continue threading the cable to incorporate other pulleys. Route the cable through the top side of the lower pulley A (77). Then secure that pulley wheel with hardware (74,75,76,94). Finally, secure the cable to the lower stack plate as shown.

NOTE: When securing the cover bracket (79), make sure the cover does not interfere with cable motion and is parallel to the cable.

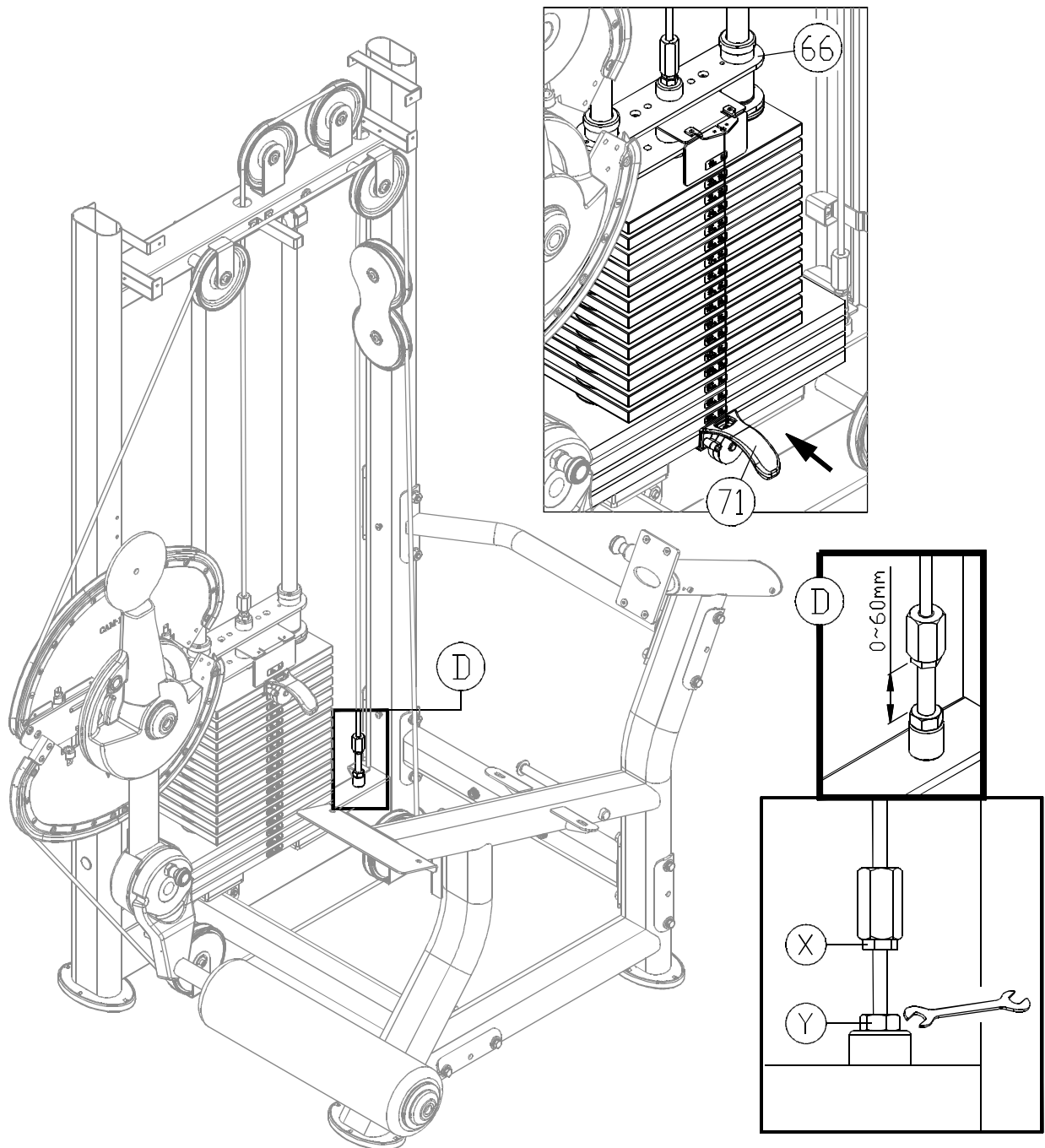
STEP 6 Install the Rotator Arm and Cylindrical Cushion Arm



6-1. First, remove hardware (72) from the cylindrical cushion arm (33).

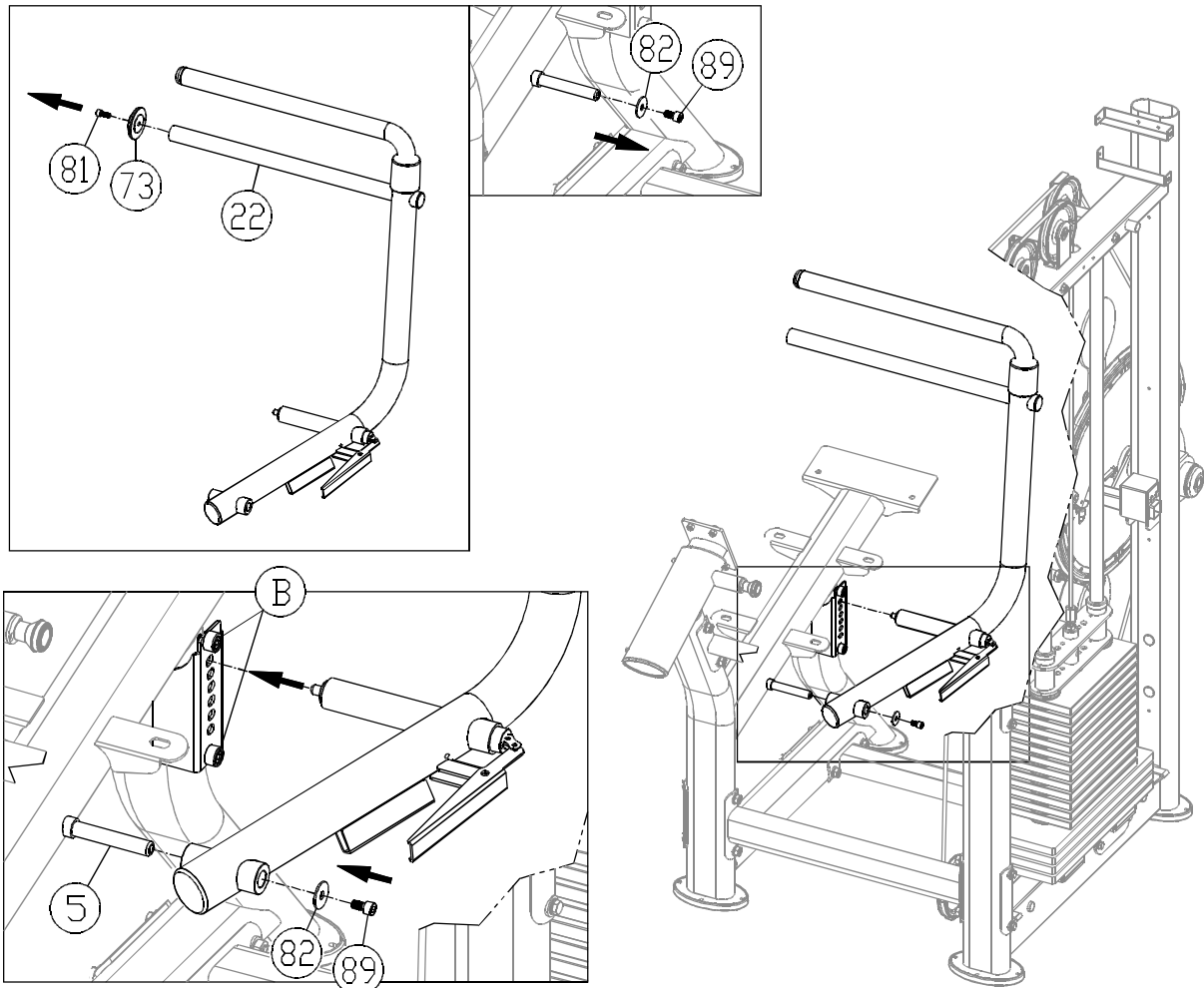
6-2. Insert the cylindrical cushion arm (33) onto the cam and rotator arm (31). Secure the arm in place with screw (72). Then insert soft cap (42) into cover B.

STEP 7 Cable Adjustment



7-1. Insert the stack fork (71) into the gap under the lowest weight plate. Then adjust the large nut at area D. Adjust until the upper stack carriage set (66) moves slightly. To adjust the cable, first loosen (Y) nut. Then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position.

STEP 8 Upper Cushion Arm Installation

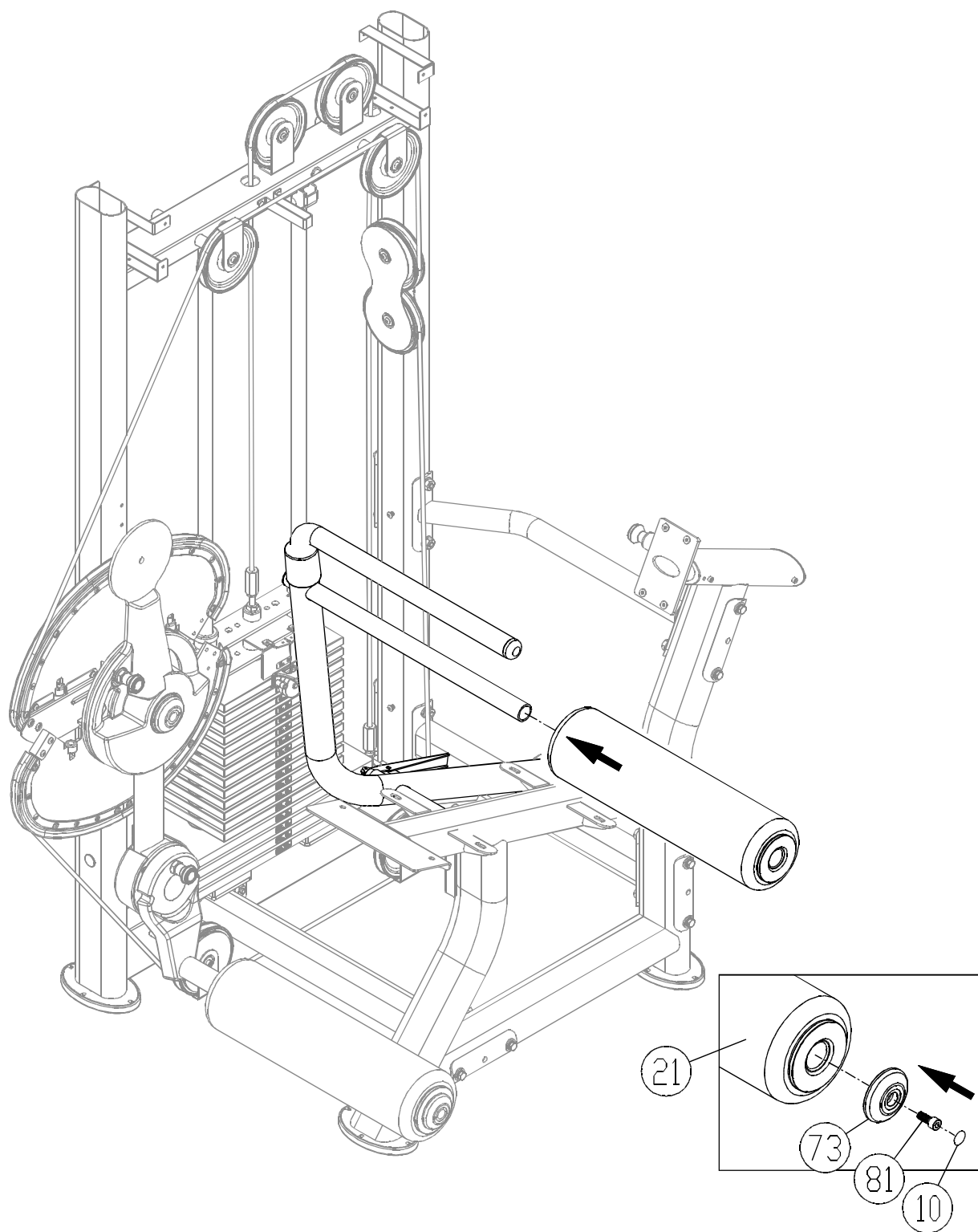


8-1. First, remove hardware (73,81) and (82,89) from the upper cushion arm (22).

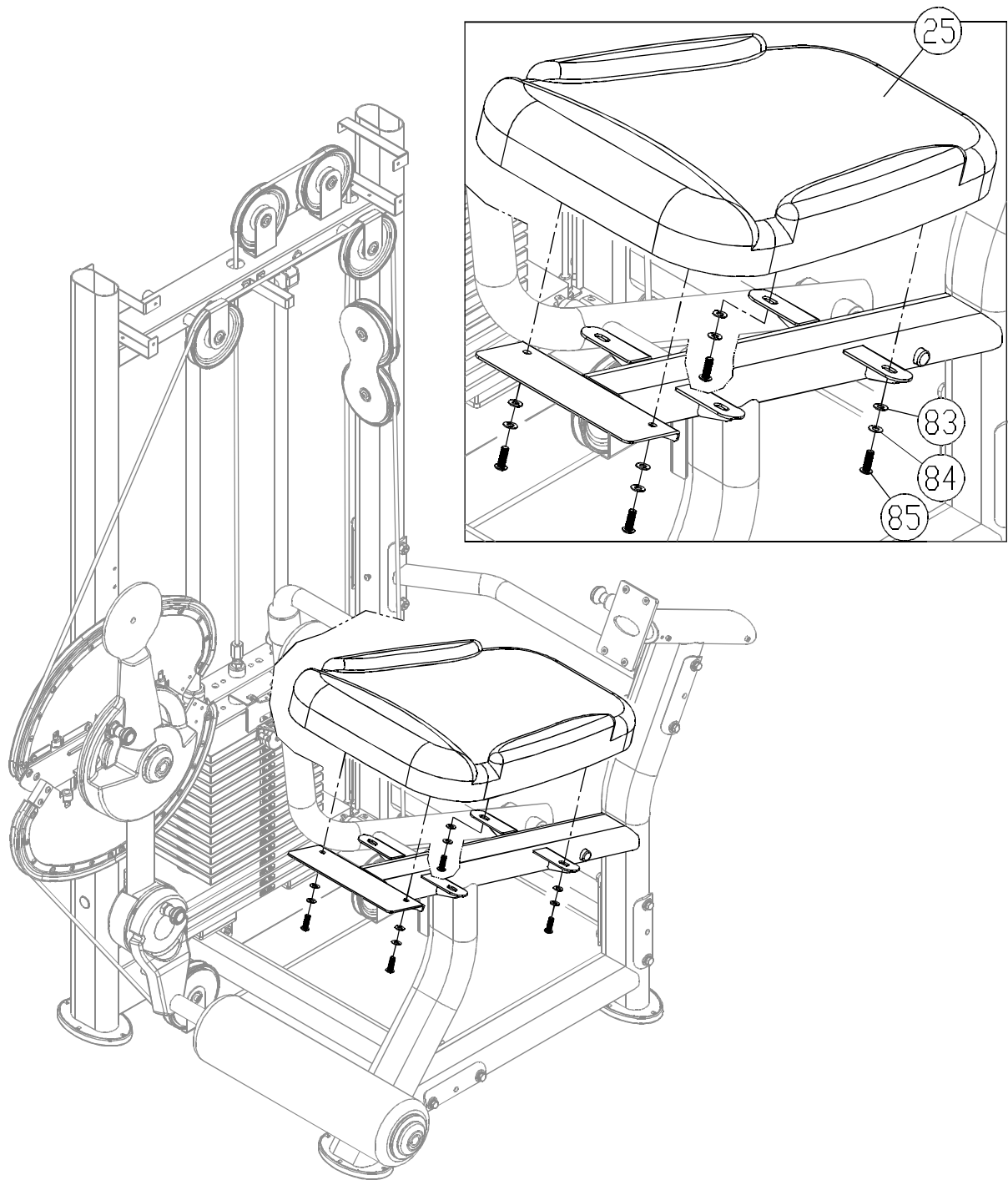
8-2. Then insert the upper cushion arm (22) onto its axle.

NOTE: the whole arm must be within the set mount stopper range (B) as shown. Then, secure hardware (82,89).

STEP 9 Cylindrical Cushion and Seat Bottom Installation

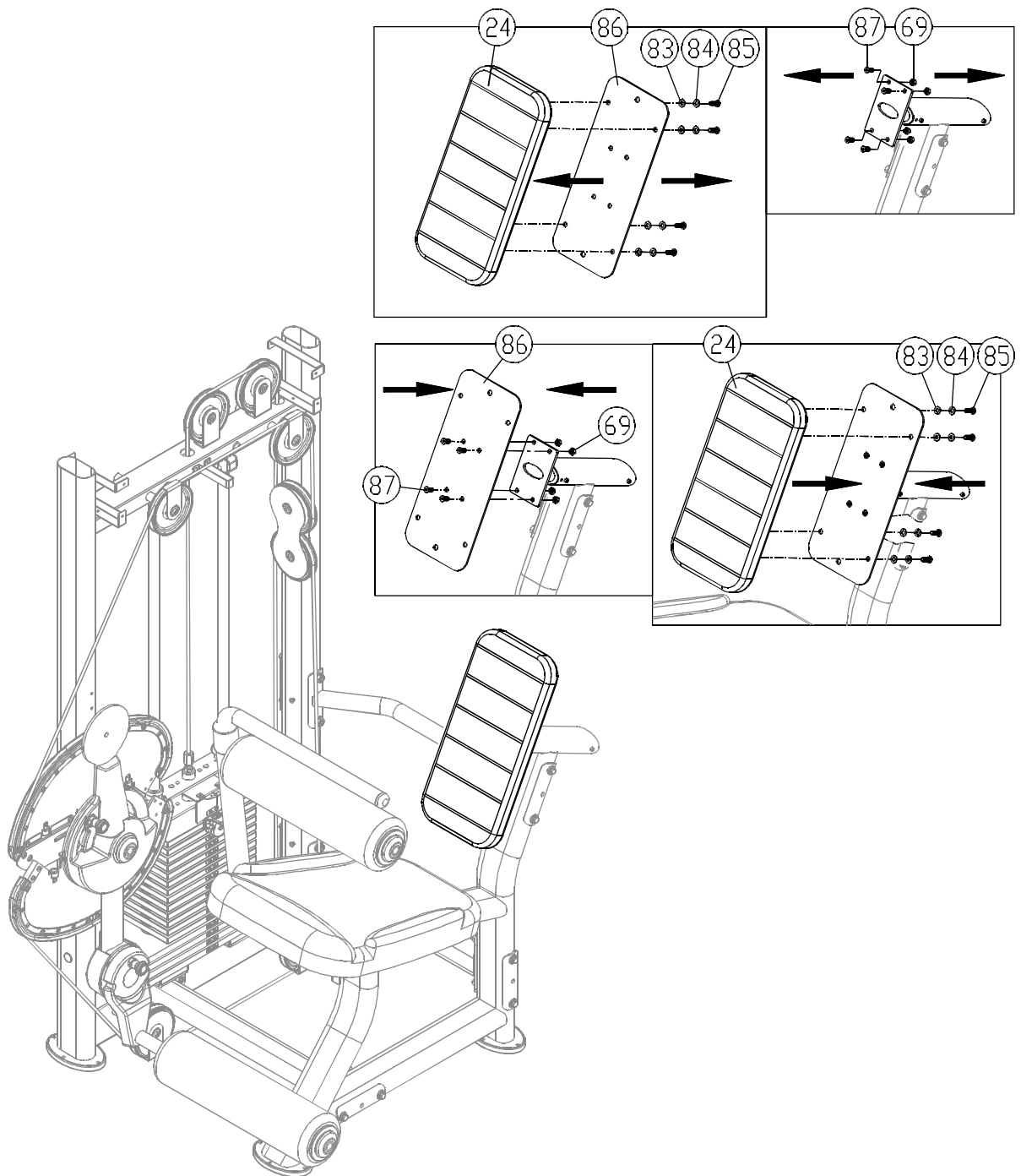


9-1. Put the cylindrical cushion (21) in place on the upper cushion arm. Then secure it with the cover (73) and screw (81). Then put the sticker (10) in place as shown.



9-2. Use hardware (83,84,85) to secure the seat bottom (25) in place as shown.

STEP 10 Seat Back Installation

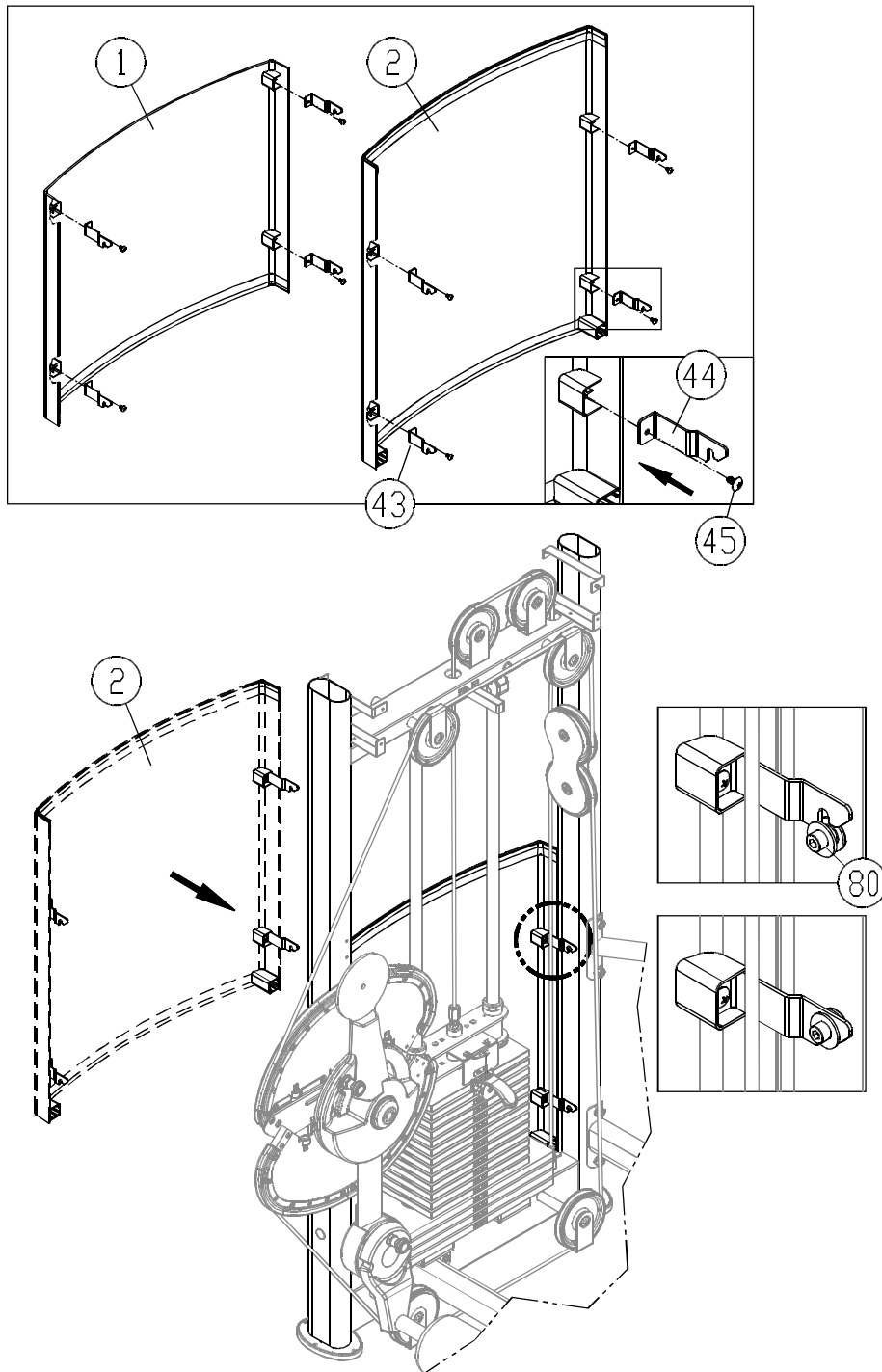


10-1. First, remove hardware (83,84,85,87,69) from the seat back plate (86) and seat back mount.

10-2. Use hardware (87,69) to secure the seat back plate (86) to the seat back mount.

10-3. Then use hardware (83,84,85) to secure the seat back (24) to the seat back plate.

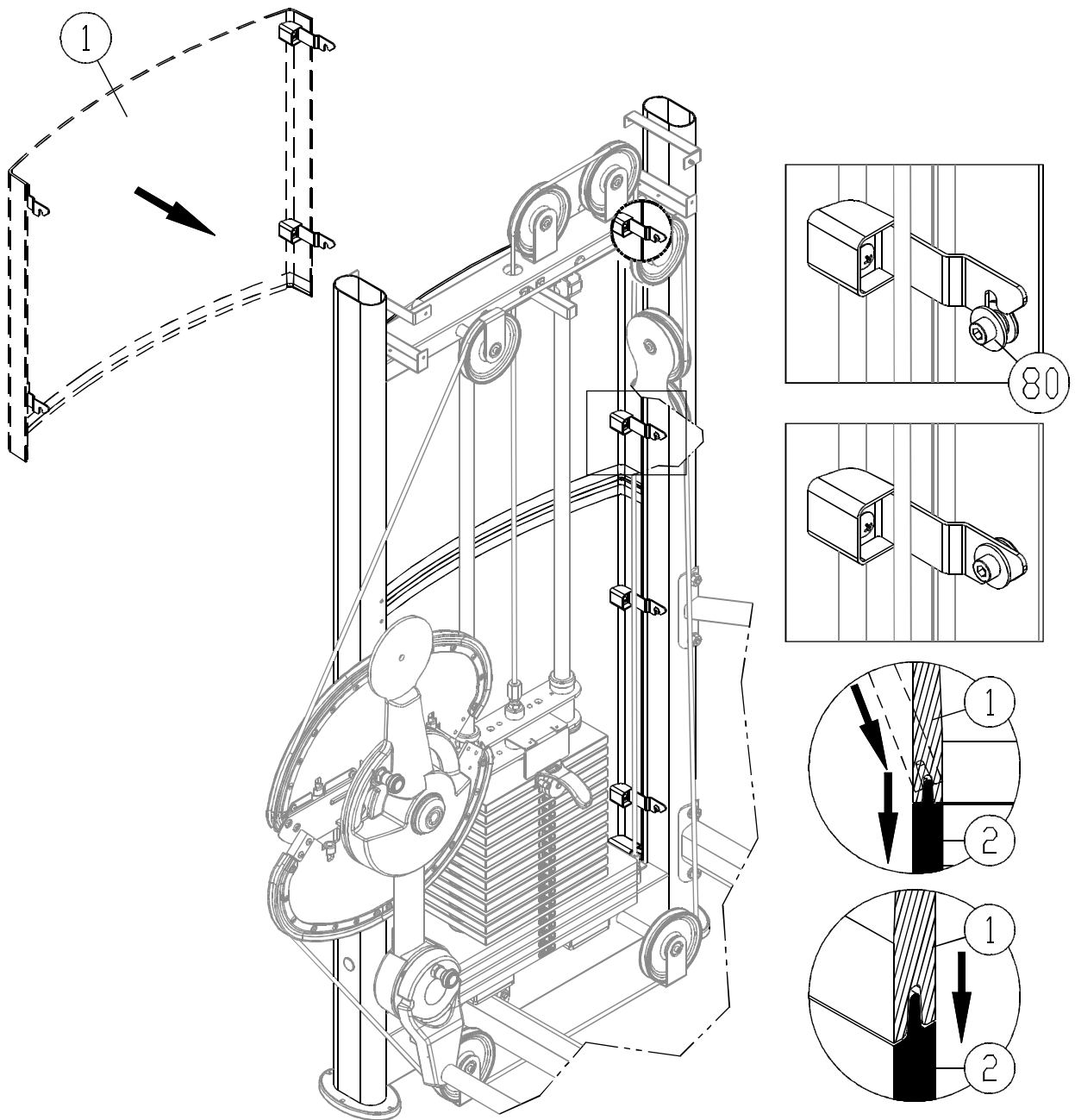
STEP 11 Tower Back Cover Installation



11-1. Before installing the upper and lower rear covers, first separate A and B (43,44) set brackets according to side. (Set brackets are side specific.) Use screws (45) to secure the set brackets into the upper and lower covers (1,2).

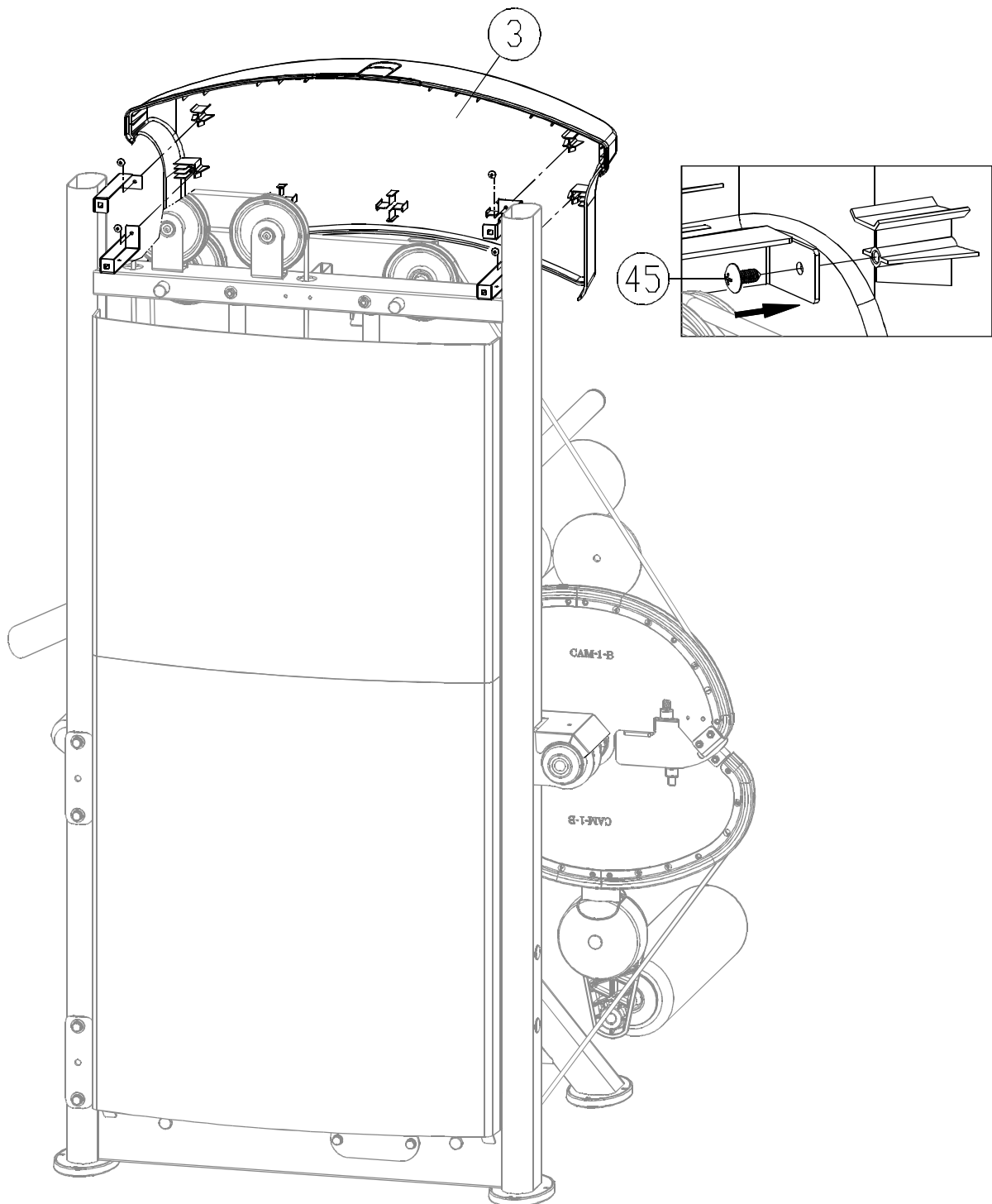
NOTE: Upper rear cover (1) is short; lower rear cover (2) is long.

11-2. Put lower rear cover (2) onto screws (80).



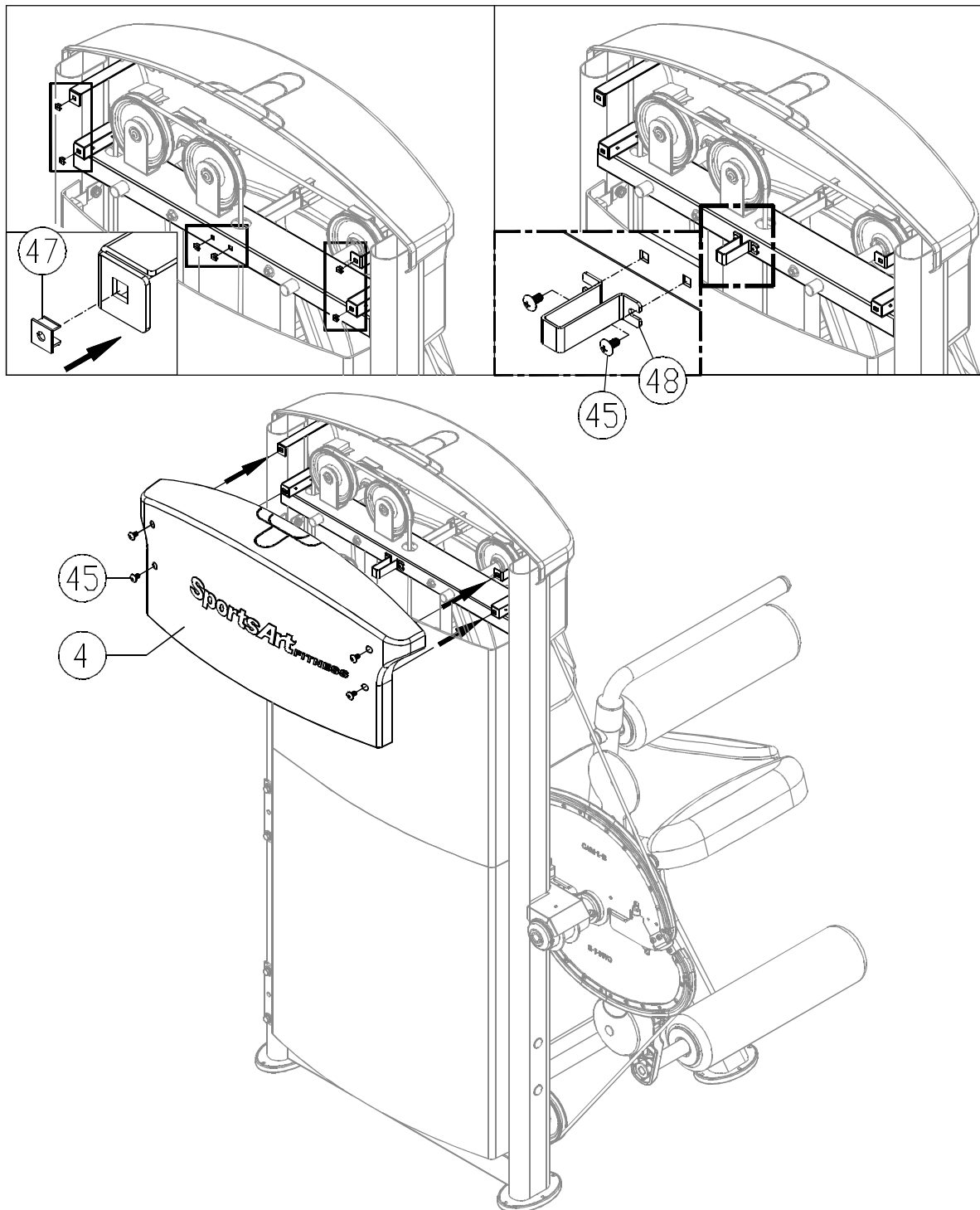
11-3. Hang upper rear cover (1) onto screws (80). Simultaneously, hook upper rear cover (1) into lower rear cover (2).

STEP 12 Front Top Cover Installation



12-1. Use screws (45) to secure the front top cover (3) in place on the main frame as shown.

STEP 13 Rear Top Cover Installation

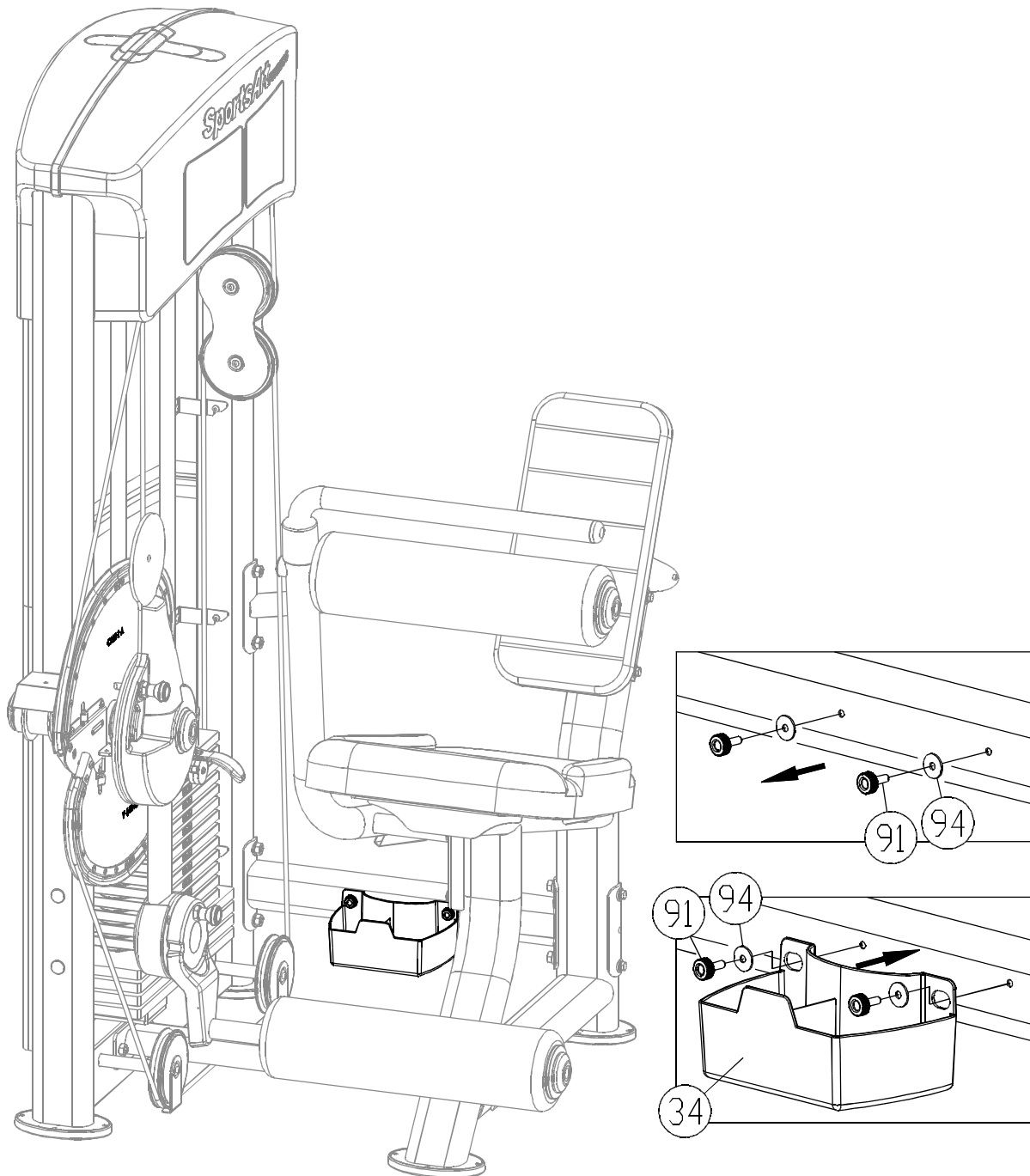


13-1. Before starting installation of the rear top cover, press the screw sockets (47) into place on the frame where shown.

13-2. Then use screws (45) to secure the rear cover bracket (48) in place.

13-3. Secure the rear top cover (4) with screws (45) as shown.

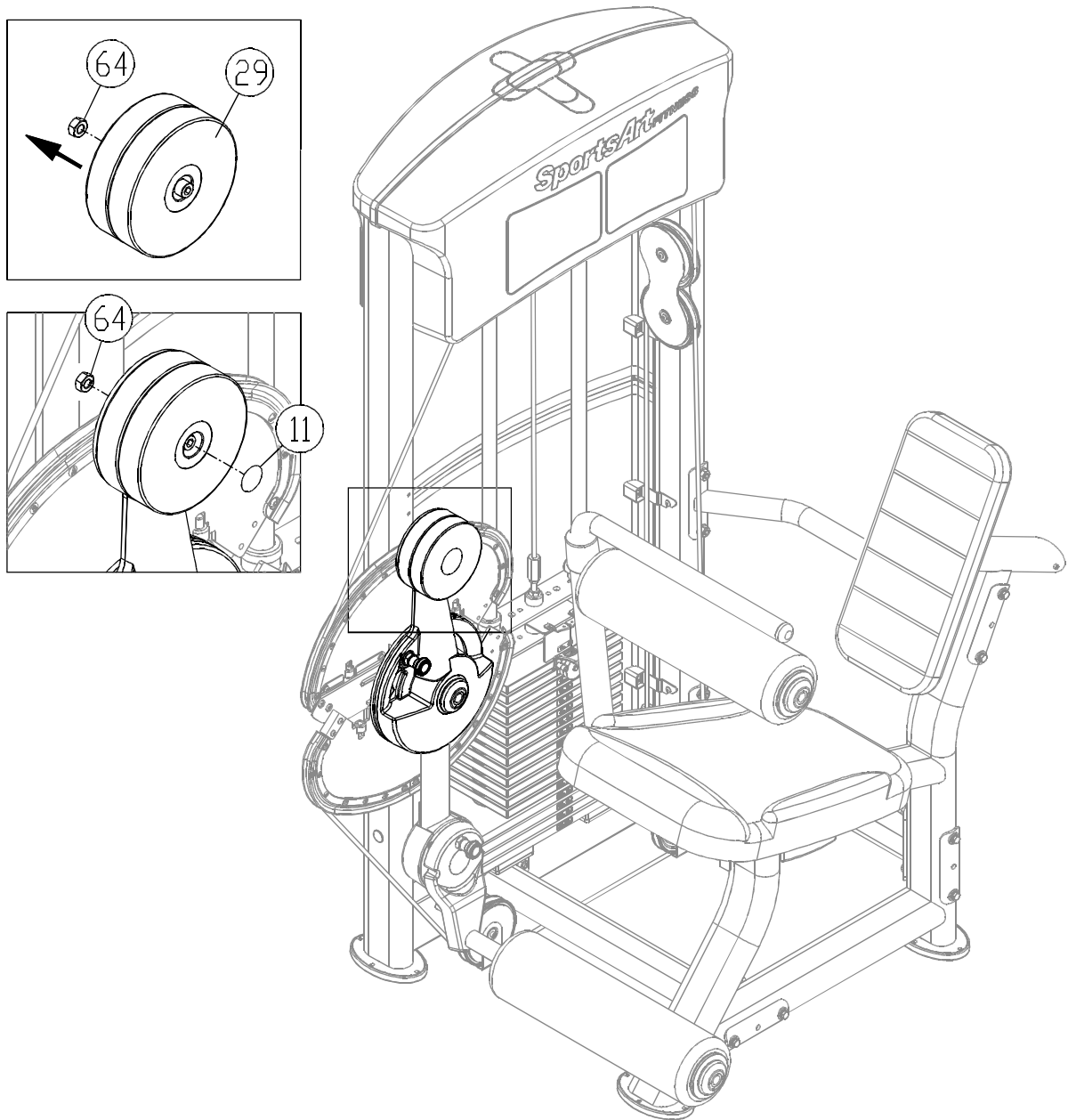
STEP 14 Install Bottle Holders



14-1. Before installing the bottle holder, remove hardware (91, 94) as shown.

14-2. Hold the bottle holder in place (34) and secure it with hardware (91,94) as shown.

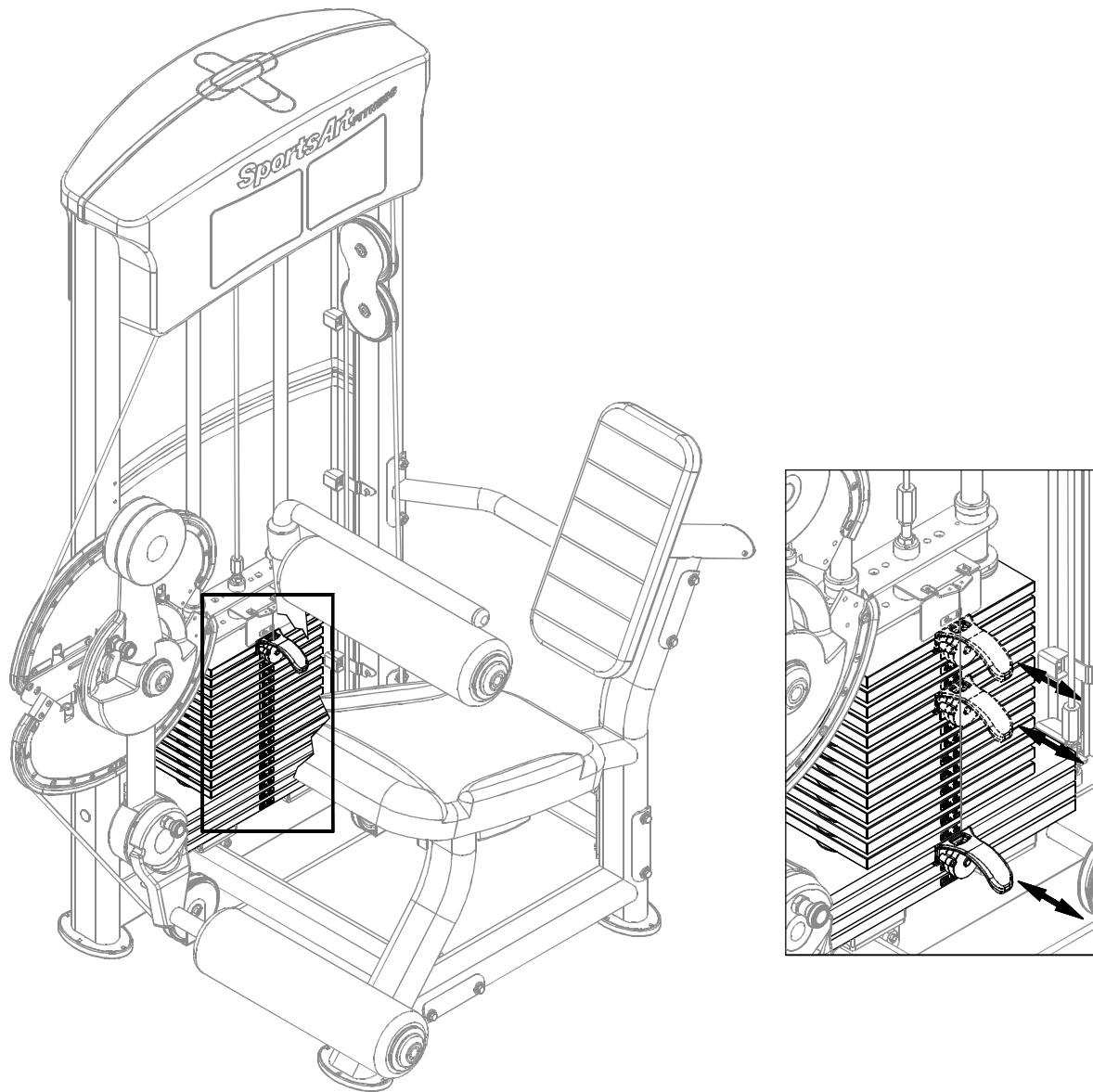
STEP 15 Counterweight (4kg) Installation



15-1. Remove nut (64) before installing the counterweight.

15-2. Insert the 4KG counterweight (29) onto the rotator plate and secure it in place with nut (64). Put sticker (11) in place.

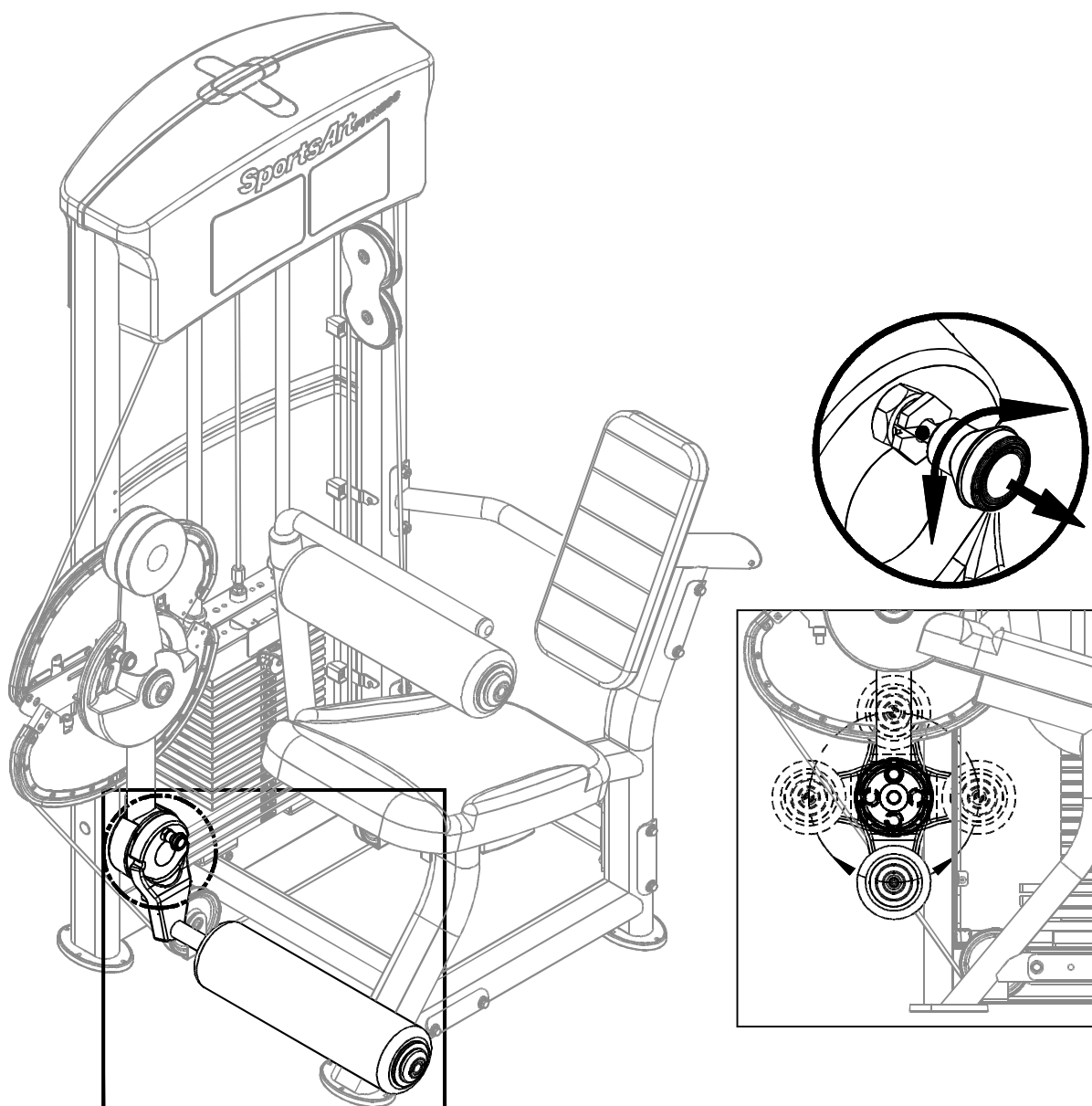
STEP 16 Stack Fork



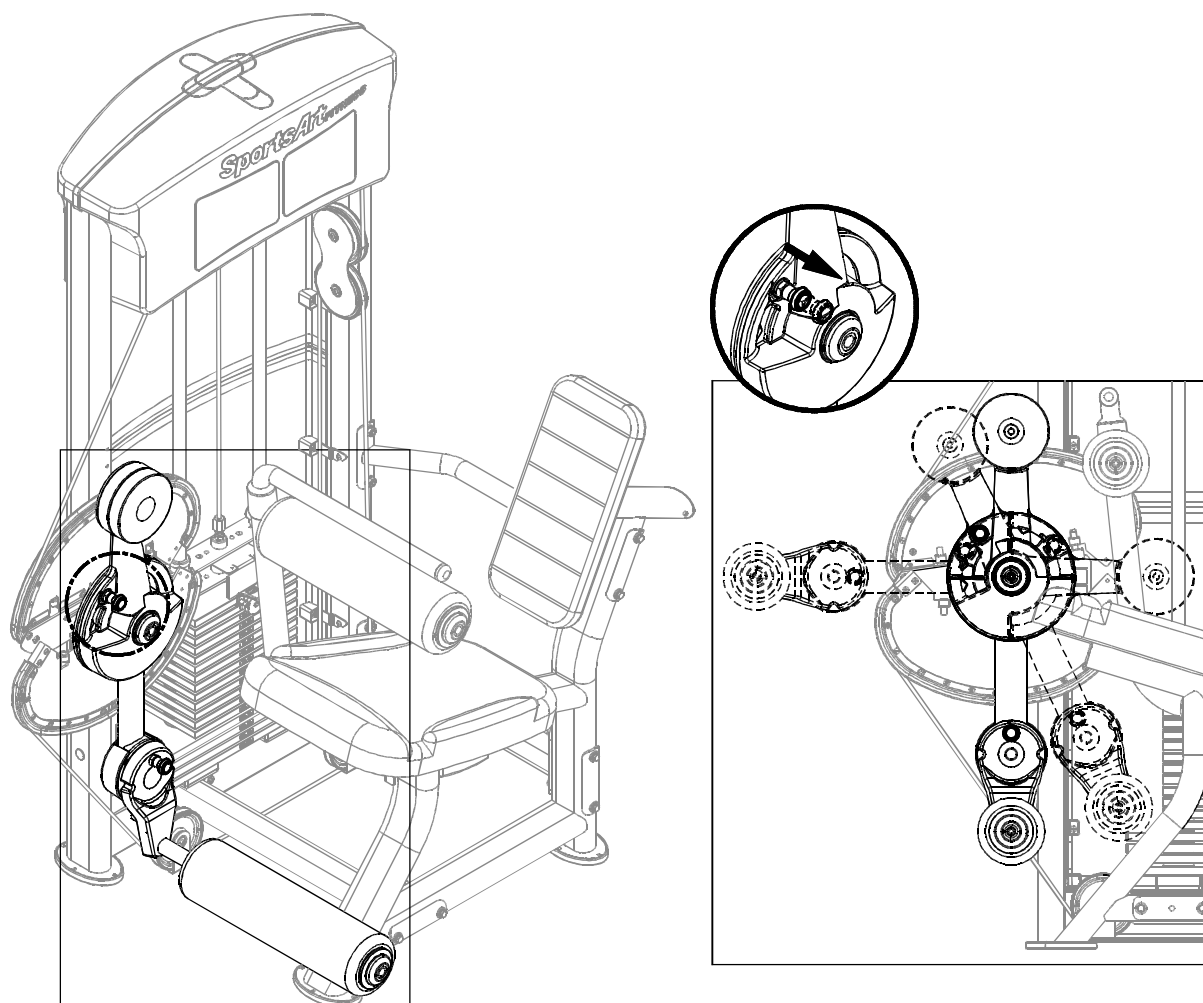
16-1. Insert the stack fork to make sure that every weight plate can be engaged easily.

CHAPTER 4 — OPERATION INSTRUCTIONS

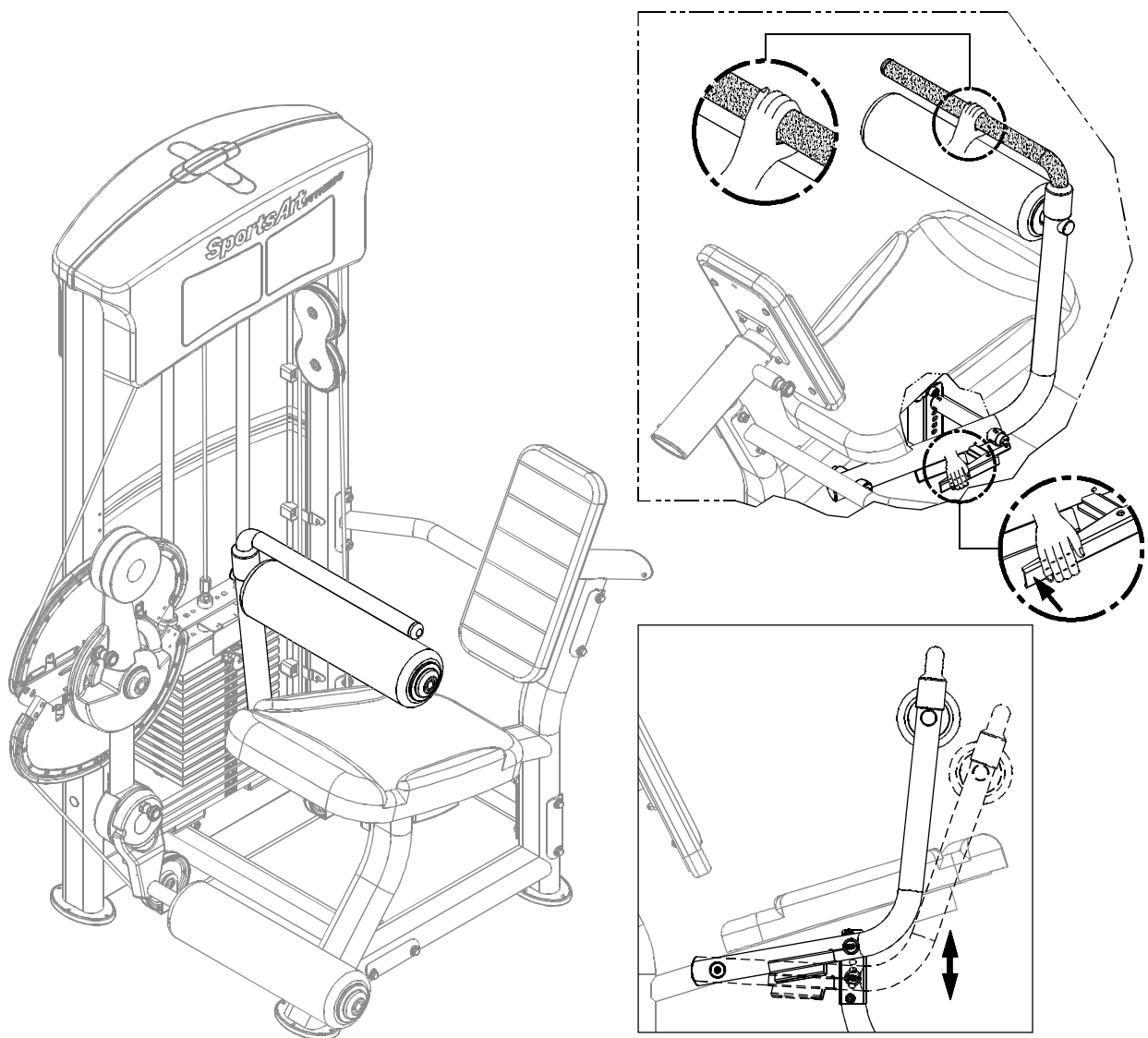
4.1 Operating the Product



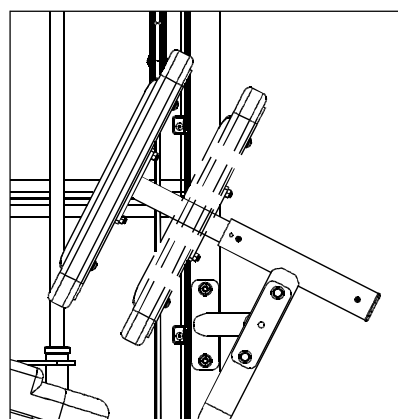
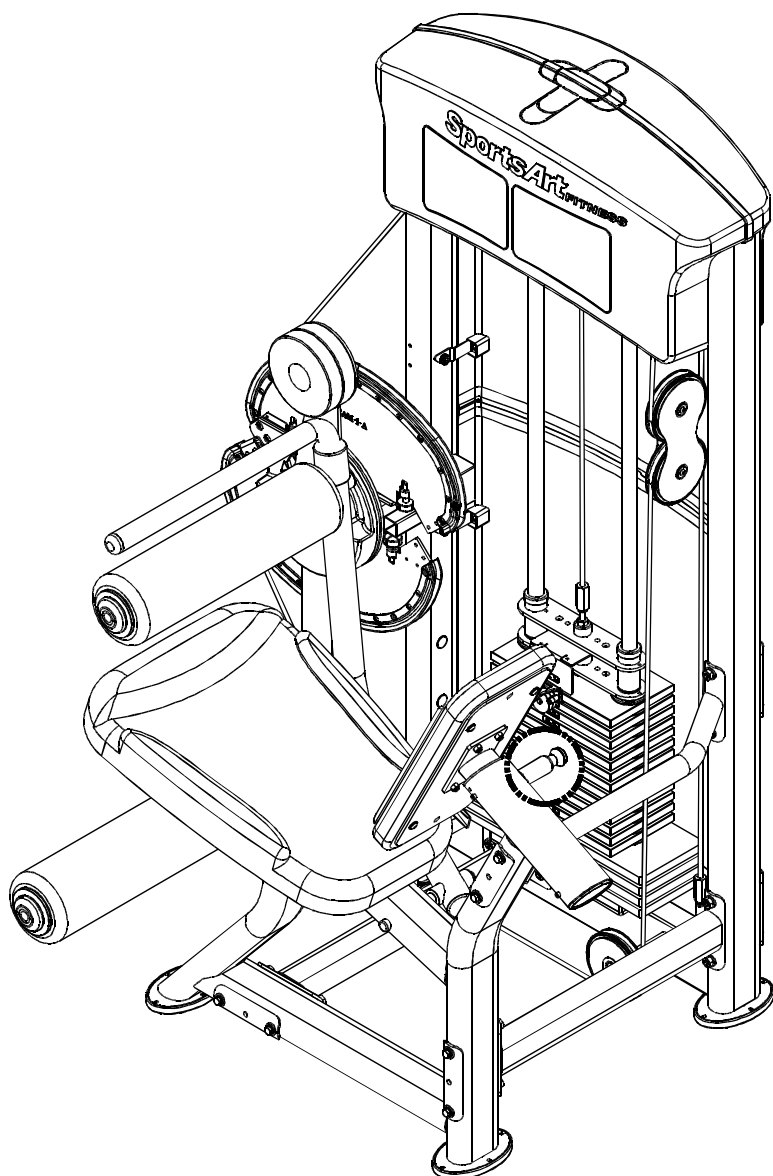
- 1-1. Pull out the knob to adjust the lower cushion arm position. You can rotate and secure the cushion arm for use within a 360 degree range. When released, the knob automatically engages to secure the position.



1-2. Pull out the knob on the rotator arm. Place the rotator as desired for use. When released, the knob automatically engages to secure the position.

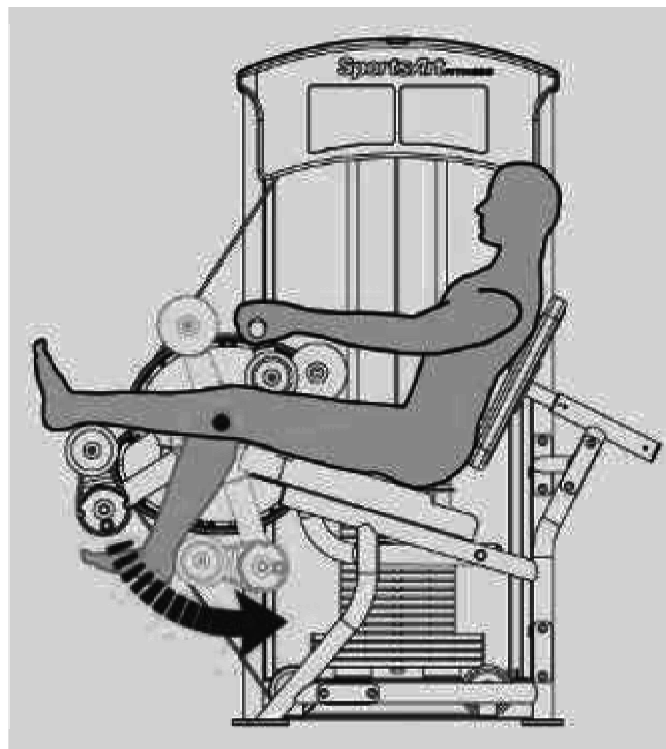
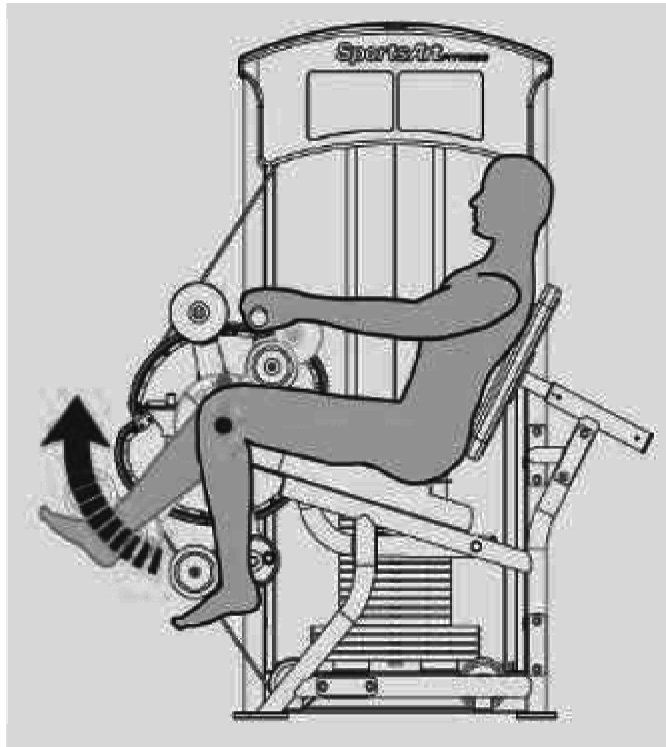


1-3. With your left hand on the handle and your right hand on the release lever, adjust the cushion height.



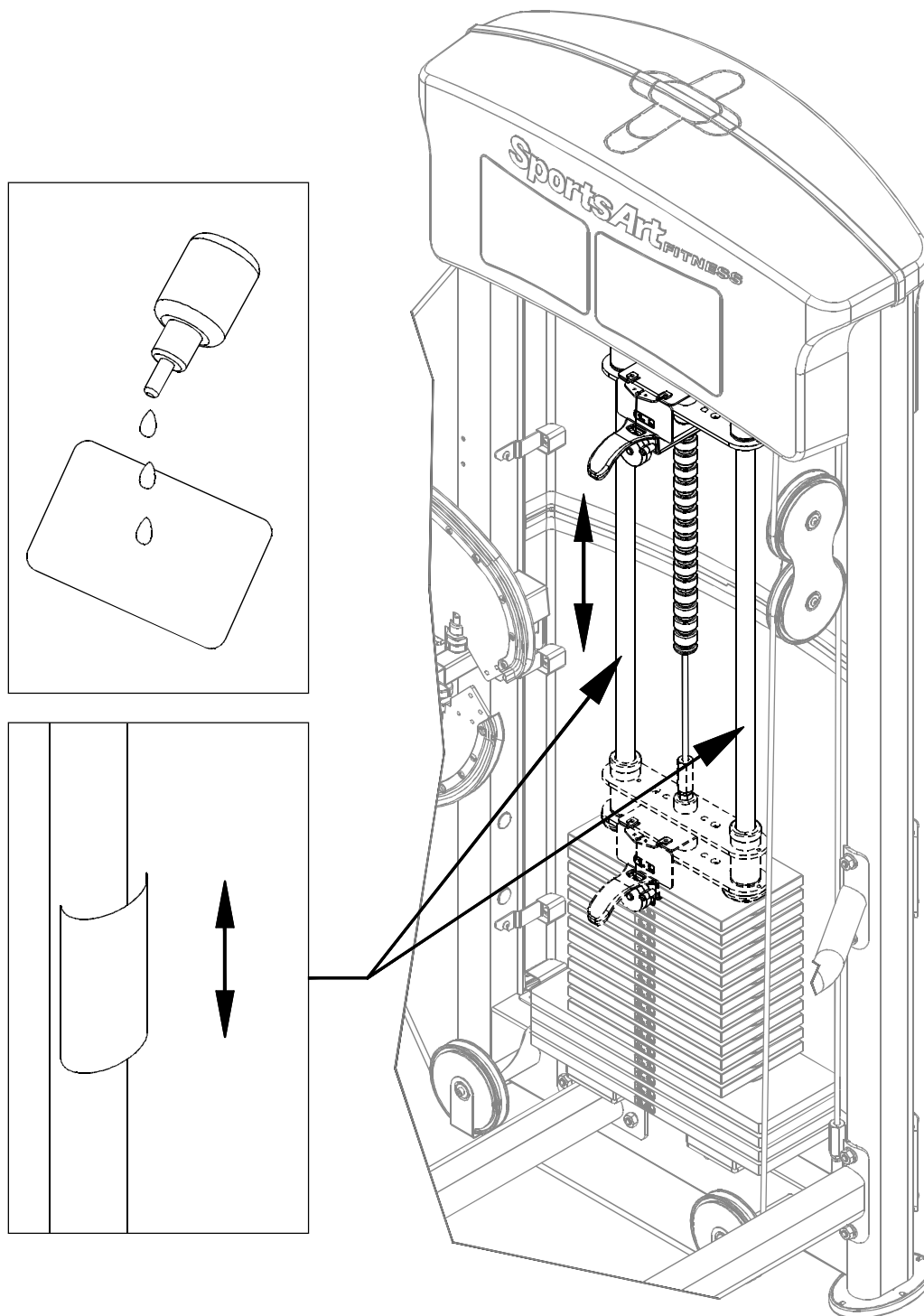
1-4. To move the seat back position toward yourself, simply pull it. To move the seat back away from yourself, pull the knob and press the seat back.

4.2 Testing



- 1-1. Please follow operating instructions on the product sticker (3) to test operation.
- 1-2. Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment. Exercise to lift the stack several times. Then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions in step 7 of this manual.

4.3 Maintenance



1. Apply lubricant to the guide rods every four months.
2. Procedure:
 - (a) Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
 - (b) Load the upper stack carriage. Exercise to test operation.
 - (c) Repeat steps (1) and (2) 2-3 times. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.