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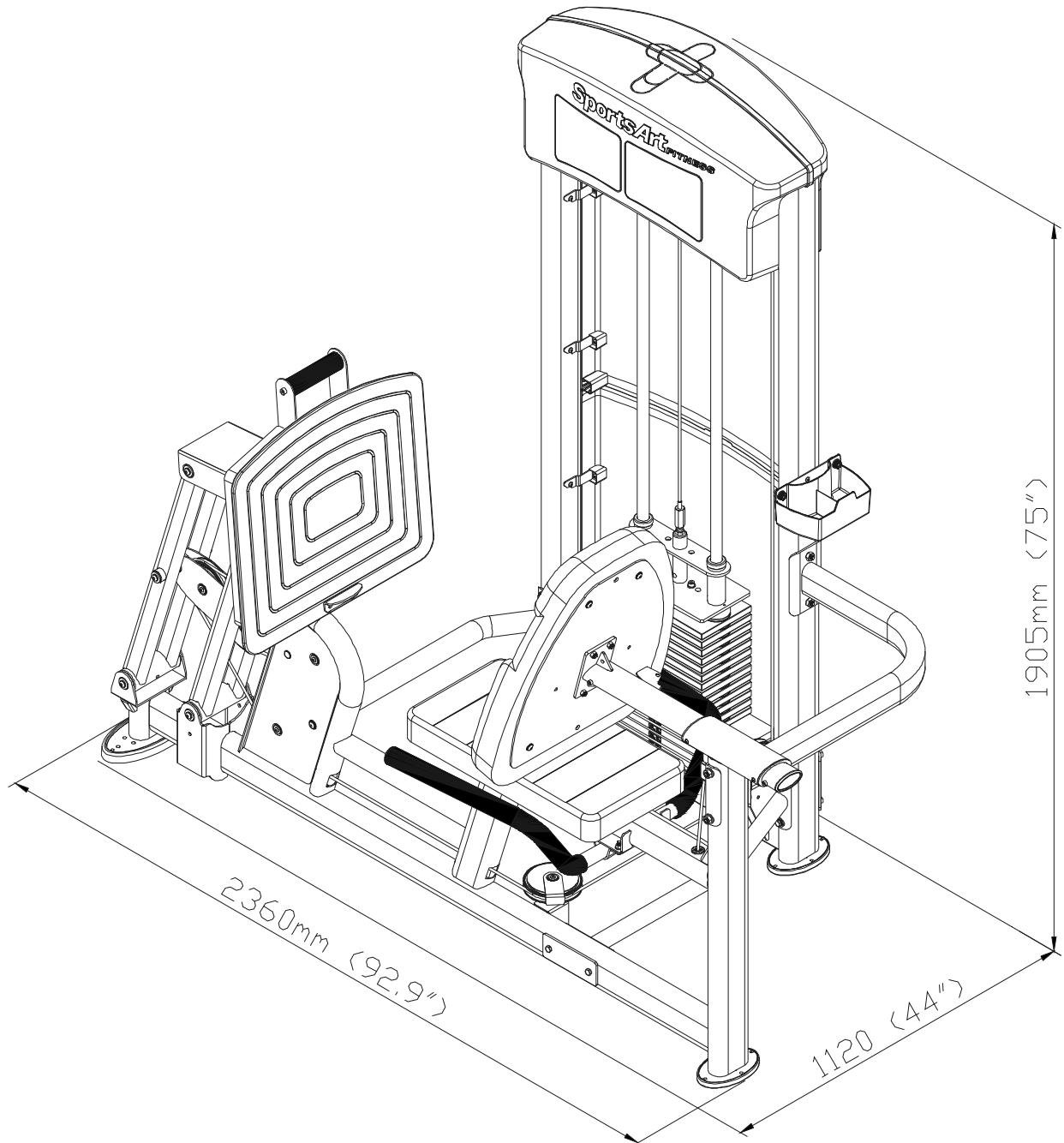
CHAPTER 1 – SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

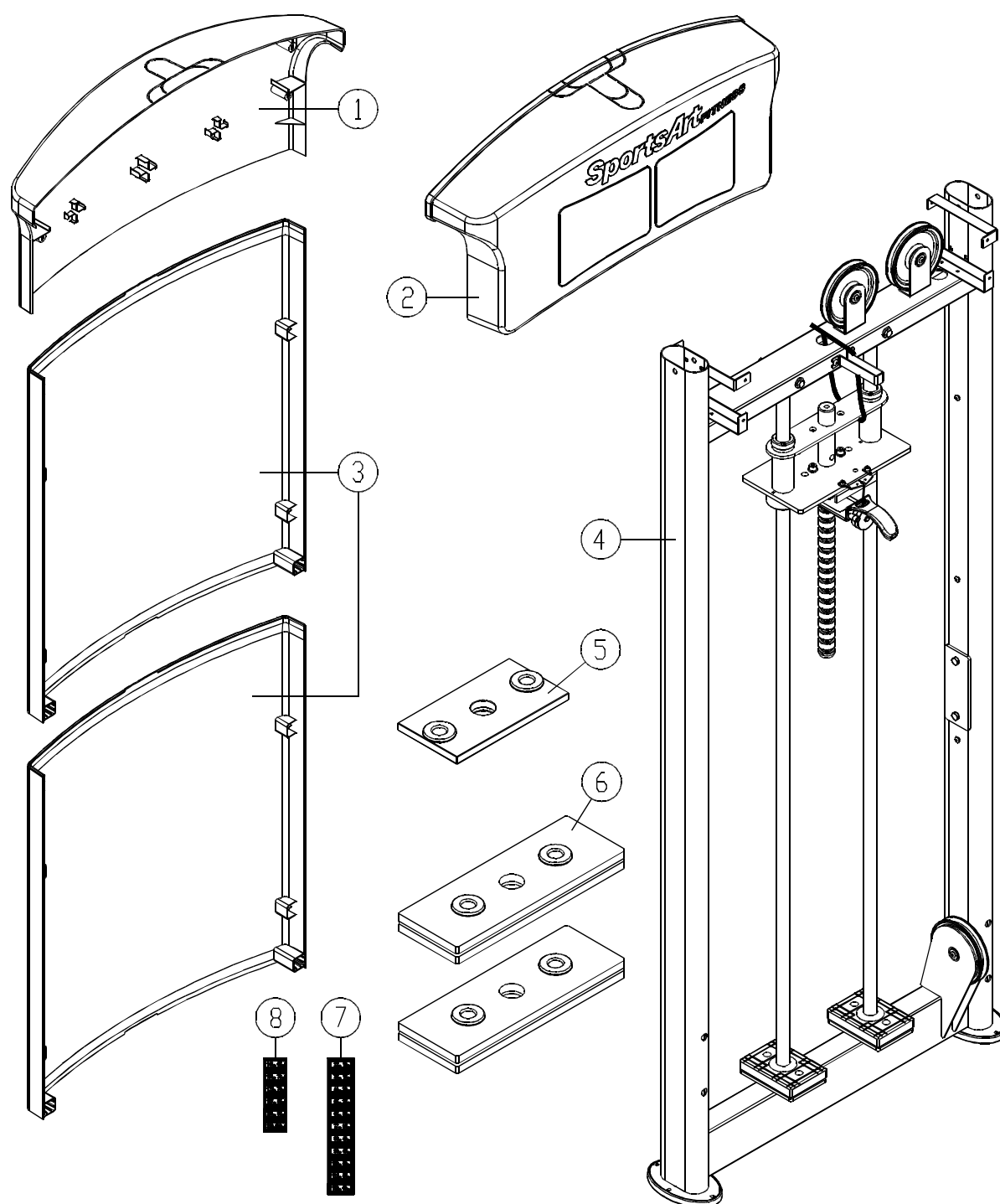
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assemble and operate this product on a solid, level surface. Do not use outdoors or near water.
- 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.

CHAPTER 2 — INSTRUCTIONS

2.1 DIMENSIONS

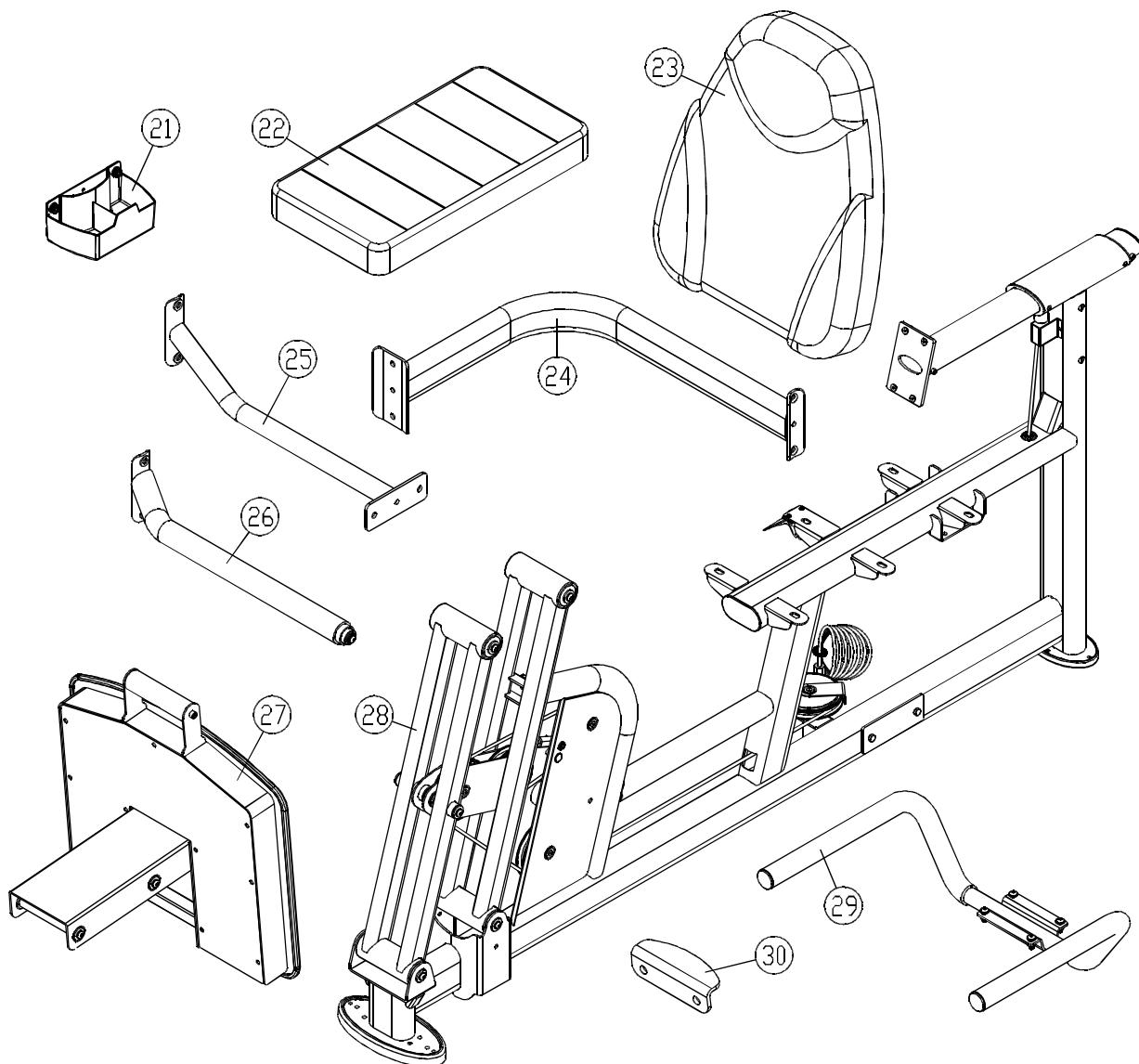


2.2 Part List for Box A



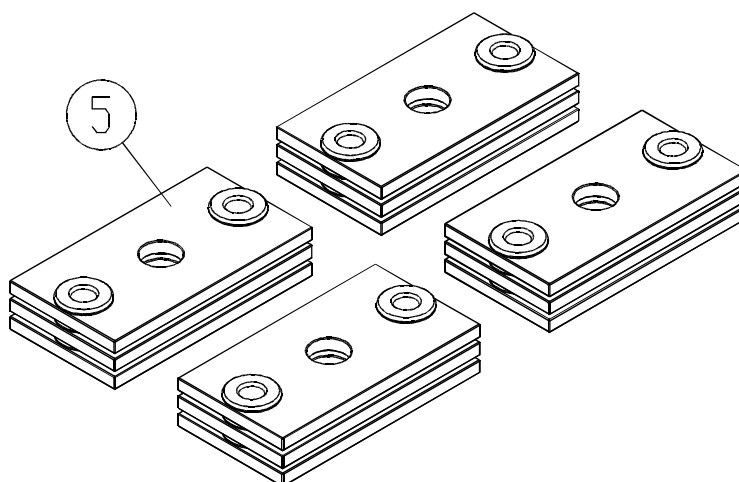
No.	Description	Qty	No.	Description	Qty
1	Rear top cover	1	6	7.5kg weight plate	4
2	Top front cover	1	7	Weight plate sticker (10kg~60kg)	1
3	Back covers	2			
4	Main frame	1	8	Weight plate sticker (65kg~100kg)	1
5	5kg weight plate	1			

2.3 Part List for Box B



No.	Description	Qty	No.	Description	Qty
21	Cup holder	1	26	Connector B	1
22	Seat bottom cushion	1	27	Foot press plate	1
23	Seat back cushion	1	28	Seat frame	1
24	Connector C	1	29	Handle	1
25	Connector A	1	30	Stopper	1

2.4 Part List for Box C



No.	Description	Qty	No.	Description	Qty
5	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	Rear cover set plate A	4		
42	Rear cover set plate B	4		
43	Mushroom top Phillips-head screw	24	M5*L12	
44	Cable protector	12	SGN-07	
45	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)	
	Open end wrench	2	(13*17)	
	Open end wrench	1	(27*29)	
	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.

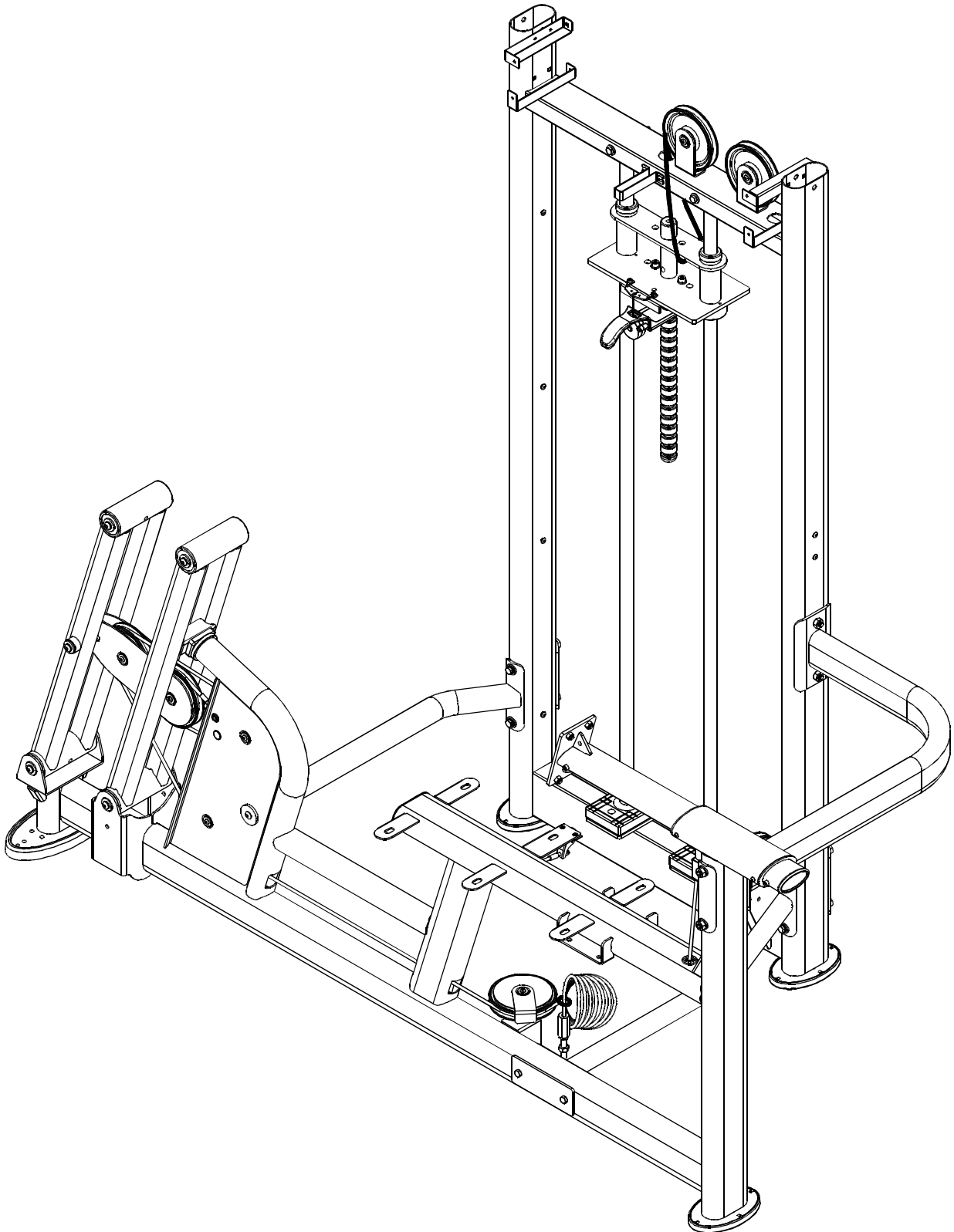
2.6 Components on the Product

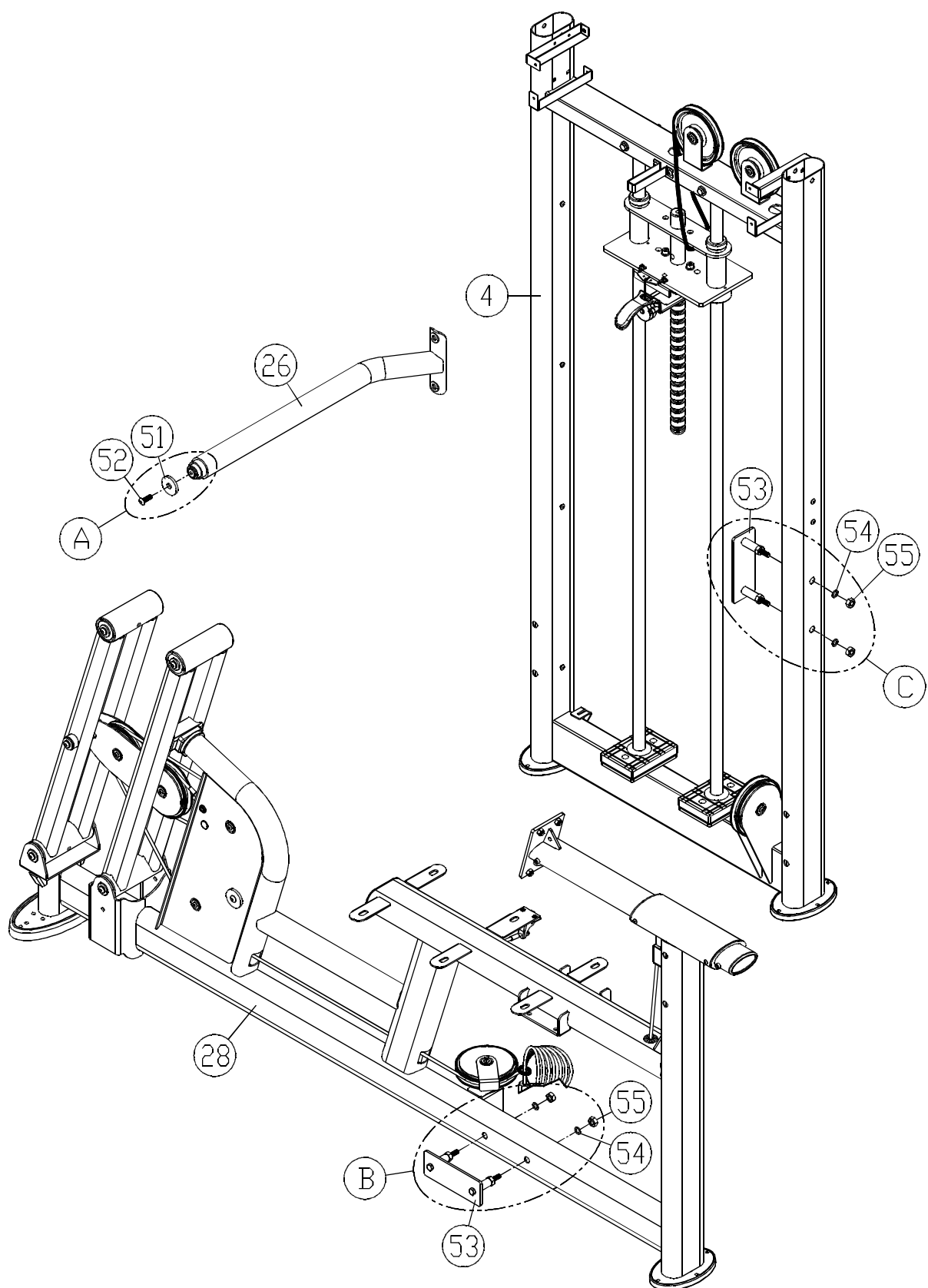
Some components are installed on the product. These items will be needed for product assembly.

No.	Description	Qty	Specification	Tool Needed
51	washer C		$\phi 44^* \phi 10.5$	
52	Mushroom top inner hex screw		M10*L25	
53	Connector plate			
54	Washer		$\phi 16^* \phi 10.2$	
55	Lock nut		M10	
56	Hex bolt		M10*L130	
57	Spring washer		M10	
58	§ 50 connector			
59	Upper stack carriage set			
60	Hex bolt and PU tube			
61	Flat washer		$\phi 17^* \phi 8.3$	
62	Lock nut		M8	
63	Guide rod			
64	Stack fork			
65	Axle A			
66	Flat washer		$\phi 26^* \phi 8.3$	
67	Bushing A			
68	Mushroom top inner hex screw		M8*L15	
69	Axle			
70	Axle B			
71	Pulley A			
72	Soft Cap			
73	Cable Screw			
74	Spring washer		M6	
75	Flat washer		$\phi 22^* \phi 8.2^* t2$	
76	Beveled inner hex screw		M8*L20	
77	Flat washer		$\phi 17^* \phi 8^* t1.5$	
78	Seat back plate			
79	Mushroom top inner hex screw		M6*L12	
80	Lock nut		M6	
81	Spring washer		M8	
82	Bottle holder plate			
83	Flat washer		$\phi 20^* \phi 6.3$	
84	Axle C			
85	Mushroom top inner hex screw		M8*L25	
86	Inner hex cap screw		M8*L25	
87	Bushing B			
88	Inner hex cap screw		M6*L30	
89	Bushing C			
90	Cover			
91	Pulley B			

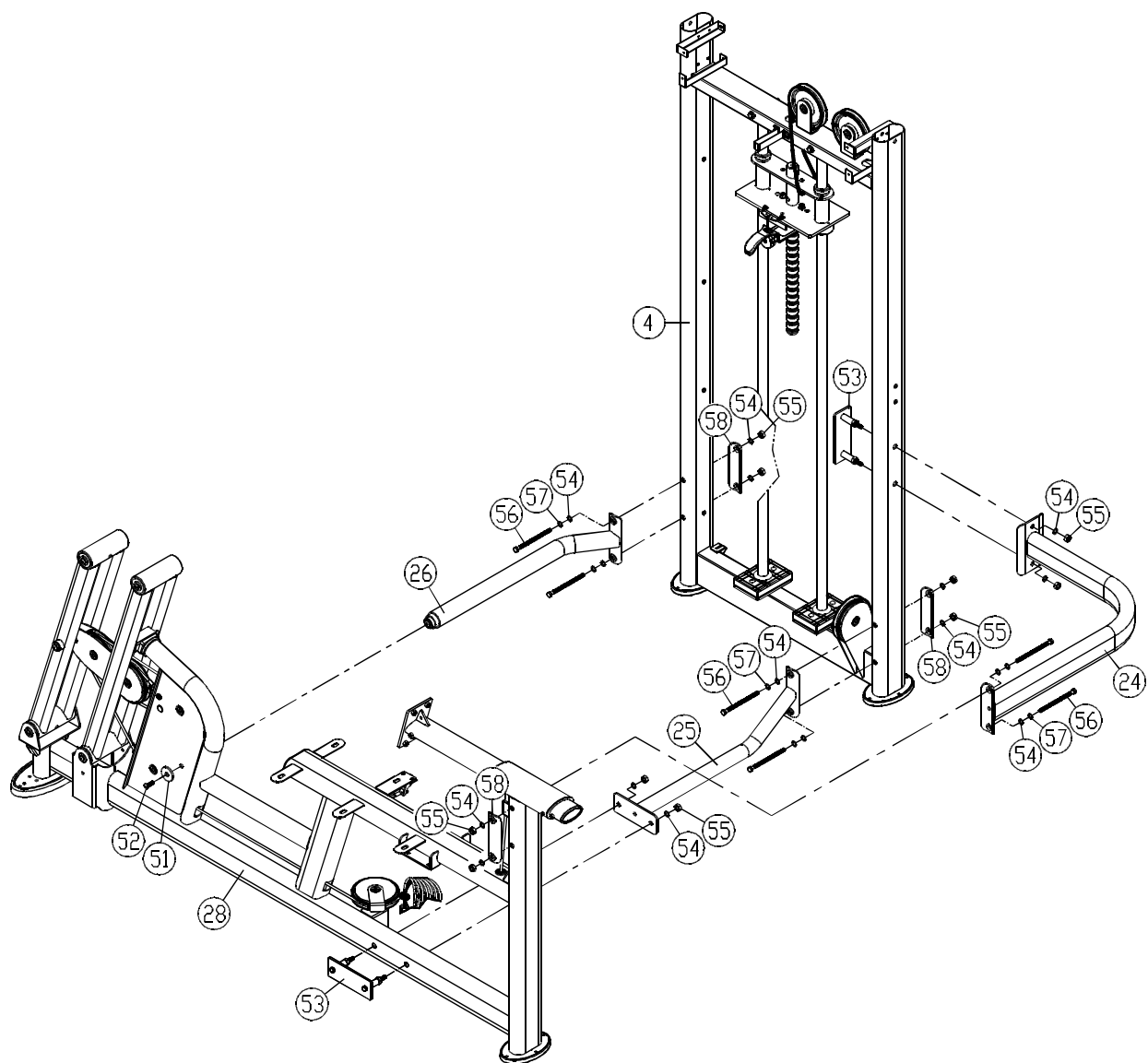
CHAPTER 3 — ASSEMBLY INSTRUCTIONS

STEP 1 Connector Tube Installation



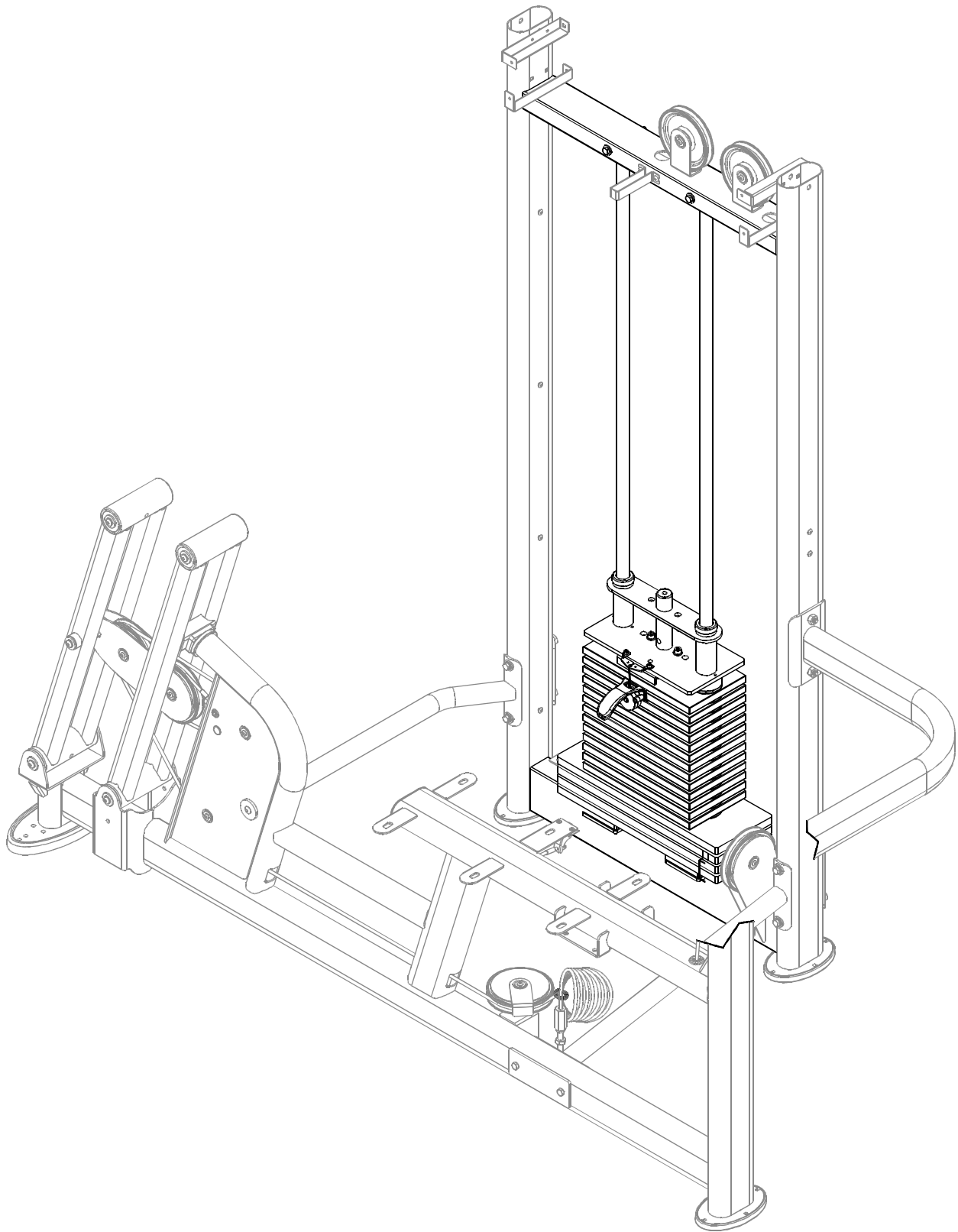


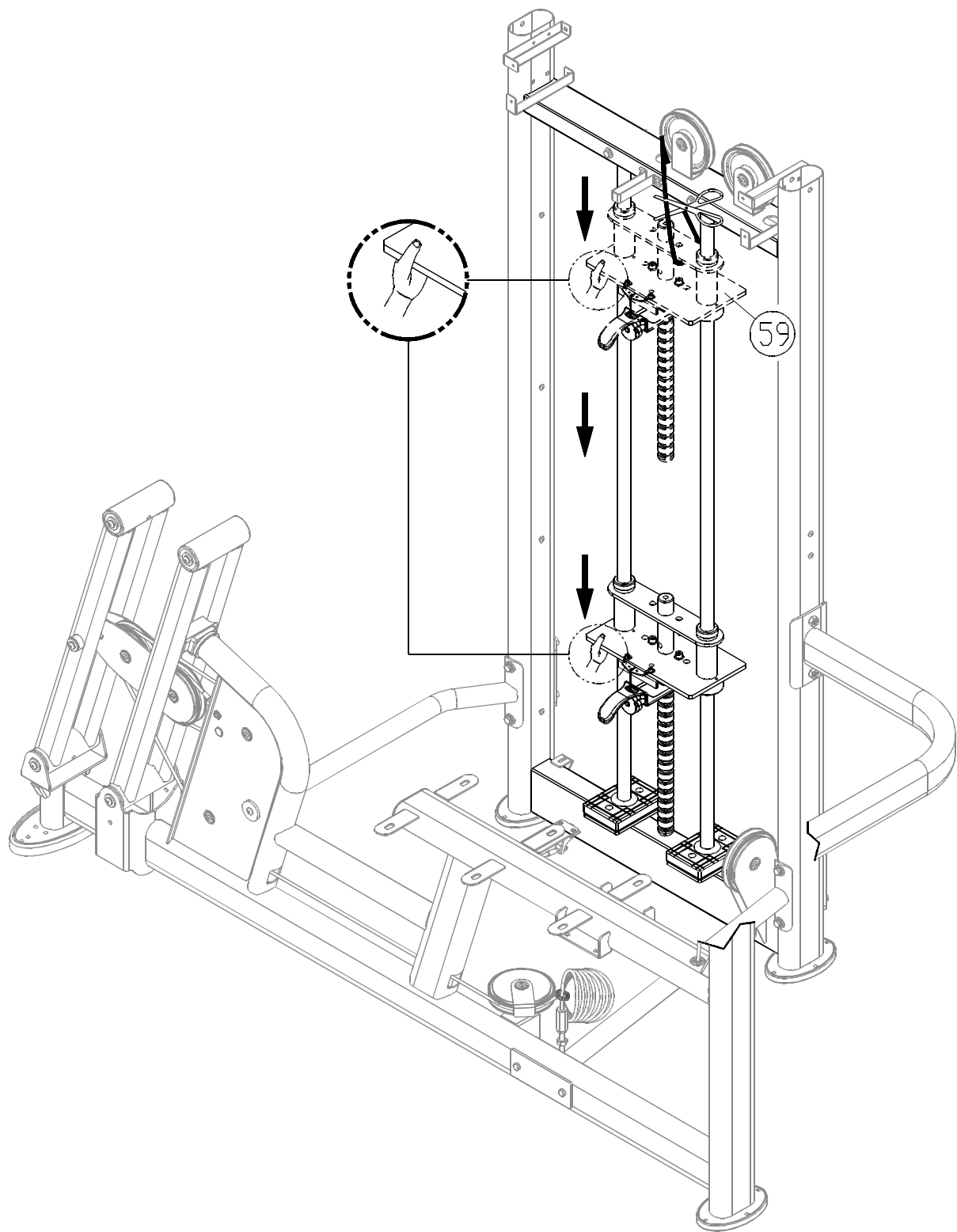
1-1. First, remove connector plates (53) from areas A,B,C by removing screws (51,52) and nuts (54,55). Set these parts aside for later use.



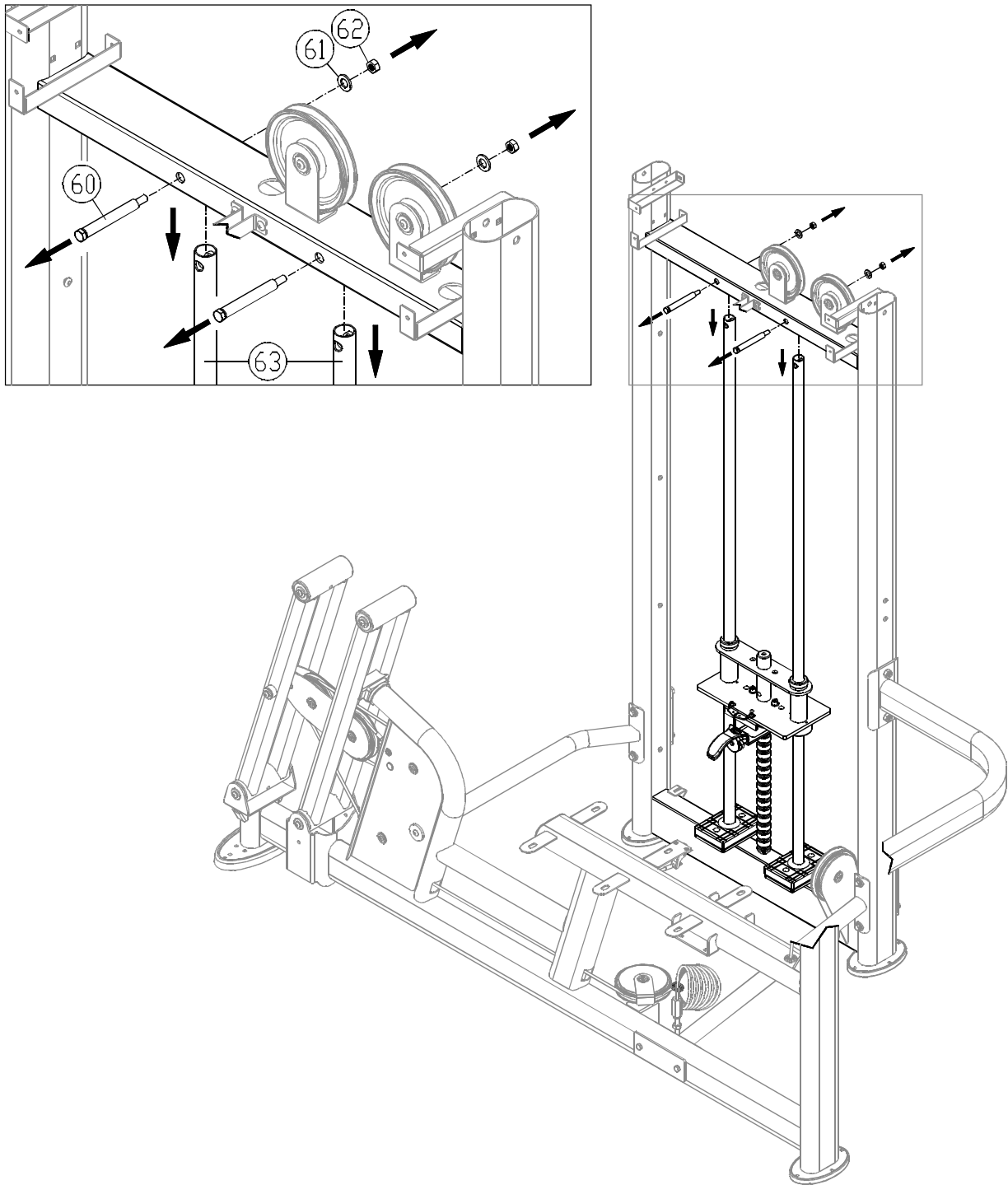
- 1-2. Use connector tubes (24,25,26) to connect the main frame (4) and the seat frame (28). Use connector plates (53), connector plate (58), screws (52,56), and nuts (51, 54,55,57) to secure these pieces.
- 1-3. Place the unit flat on the floor. Then secure hardware (51,52,54,55,56,57).

STEP 2 Weight Plate Installation

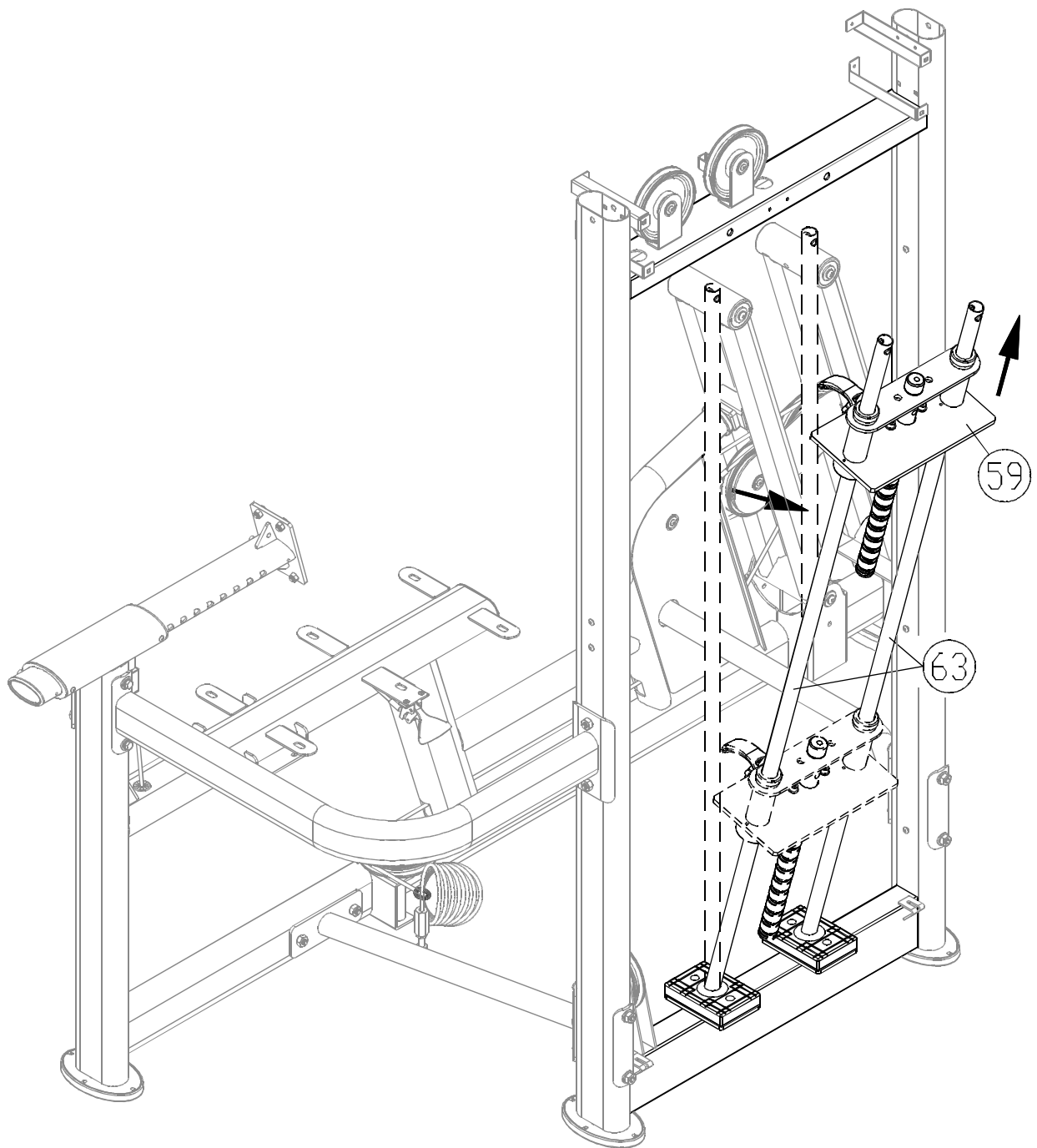




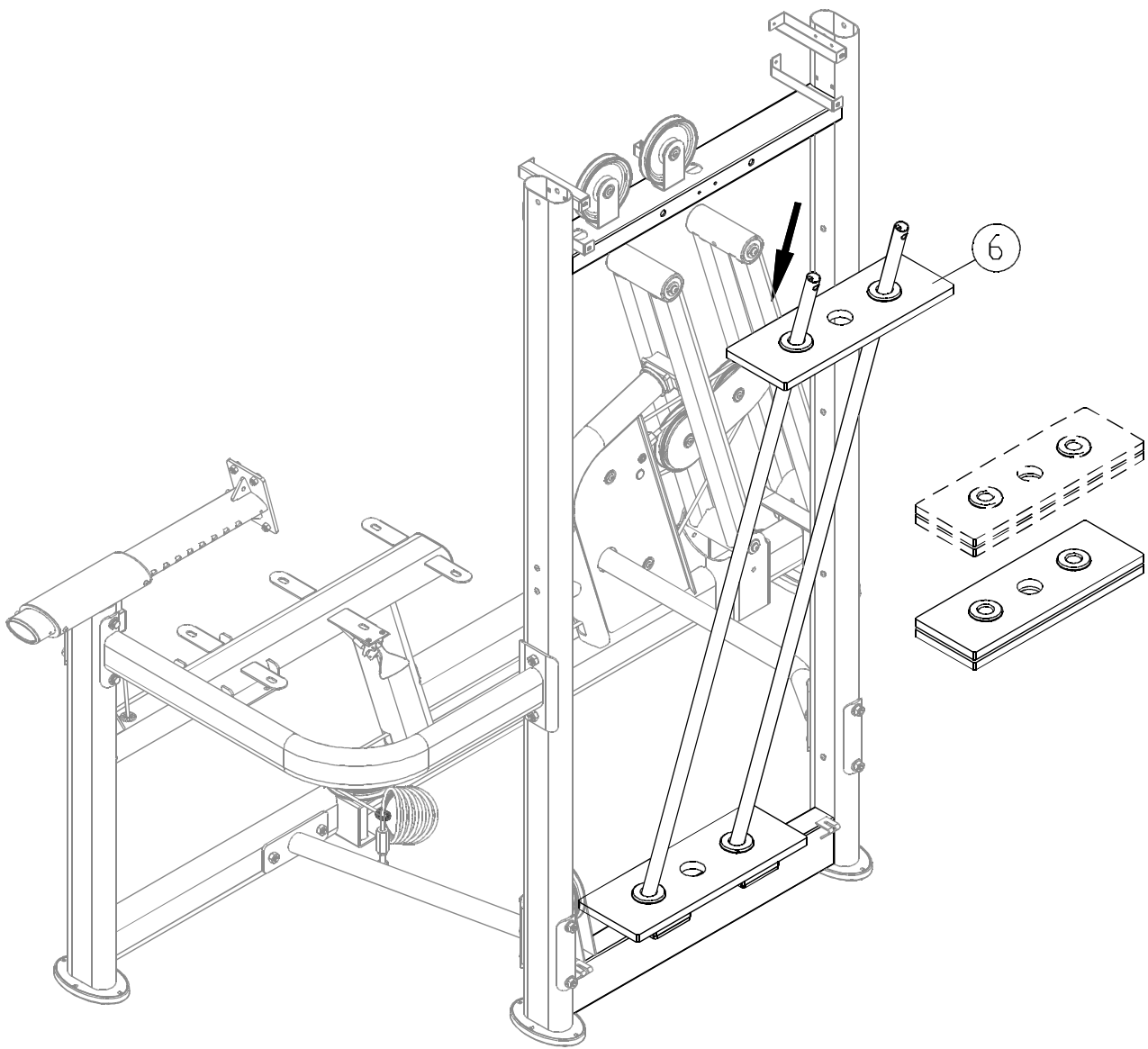
2-1. Hold the upper stack carriage (59). Then cut the zip tie. Gently lower the upper stack carriage (59) into place as shown.



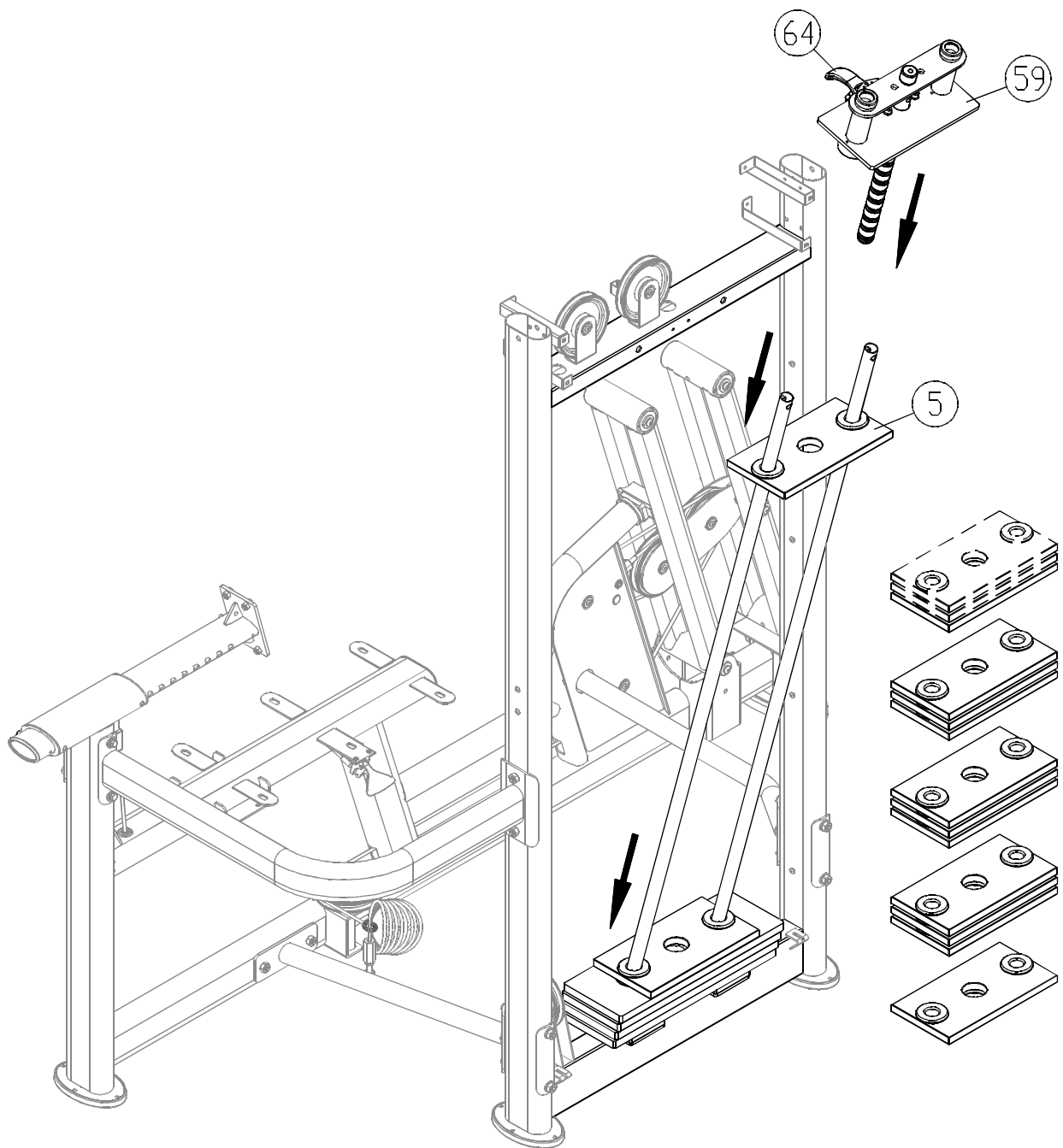
2-2. Remove hardware (60,61,62). Then lower the guide rods (63) as shown.



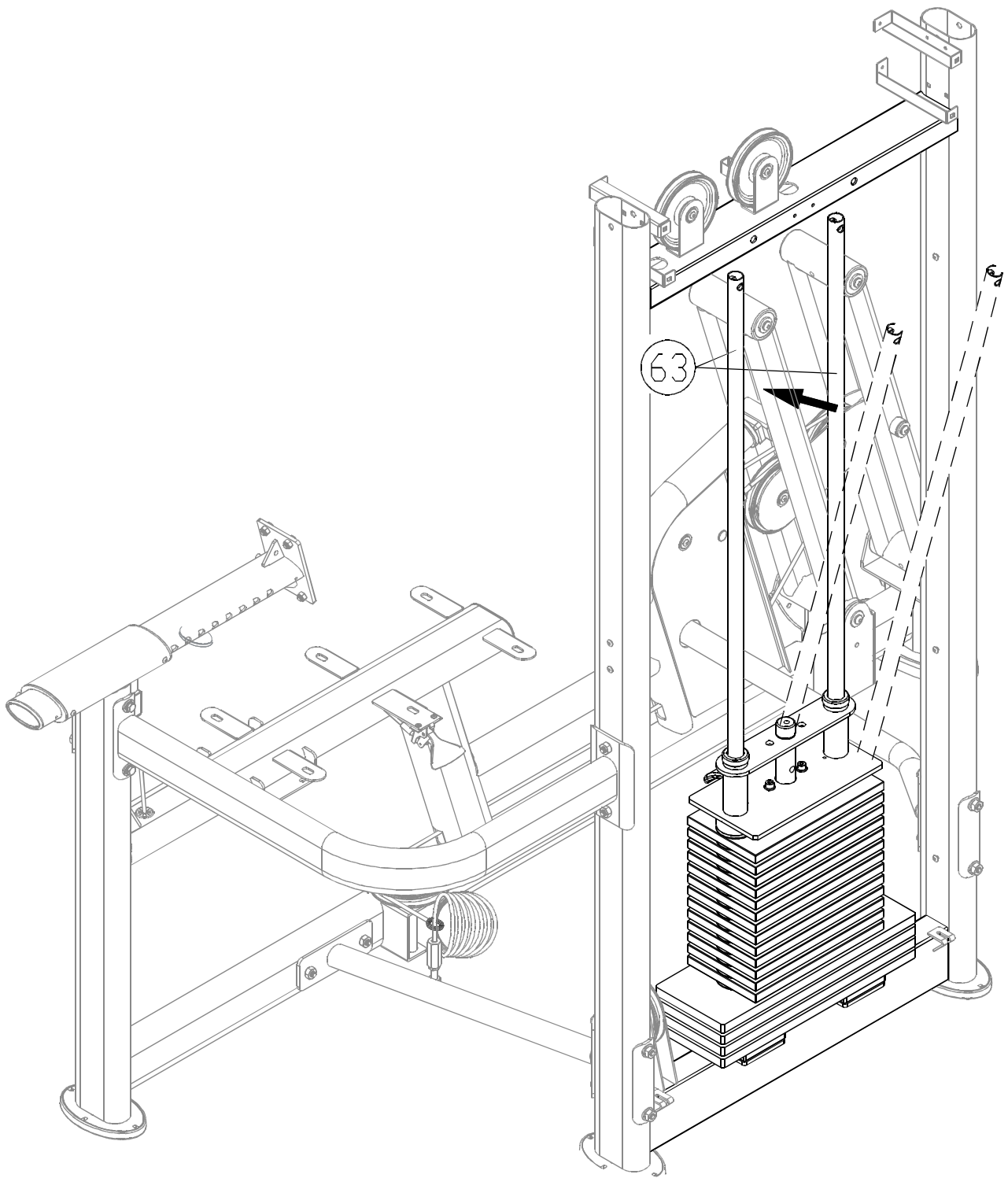
2-3. Tilt the guide rods backward (63). Then remove the upper stack carriage (59) from the guide rods as shown. Carefully set aside the upper stack carriage.



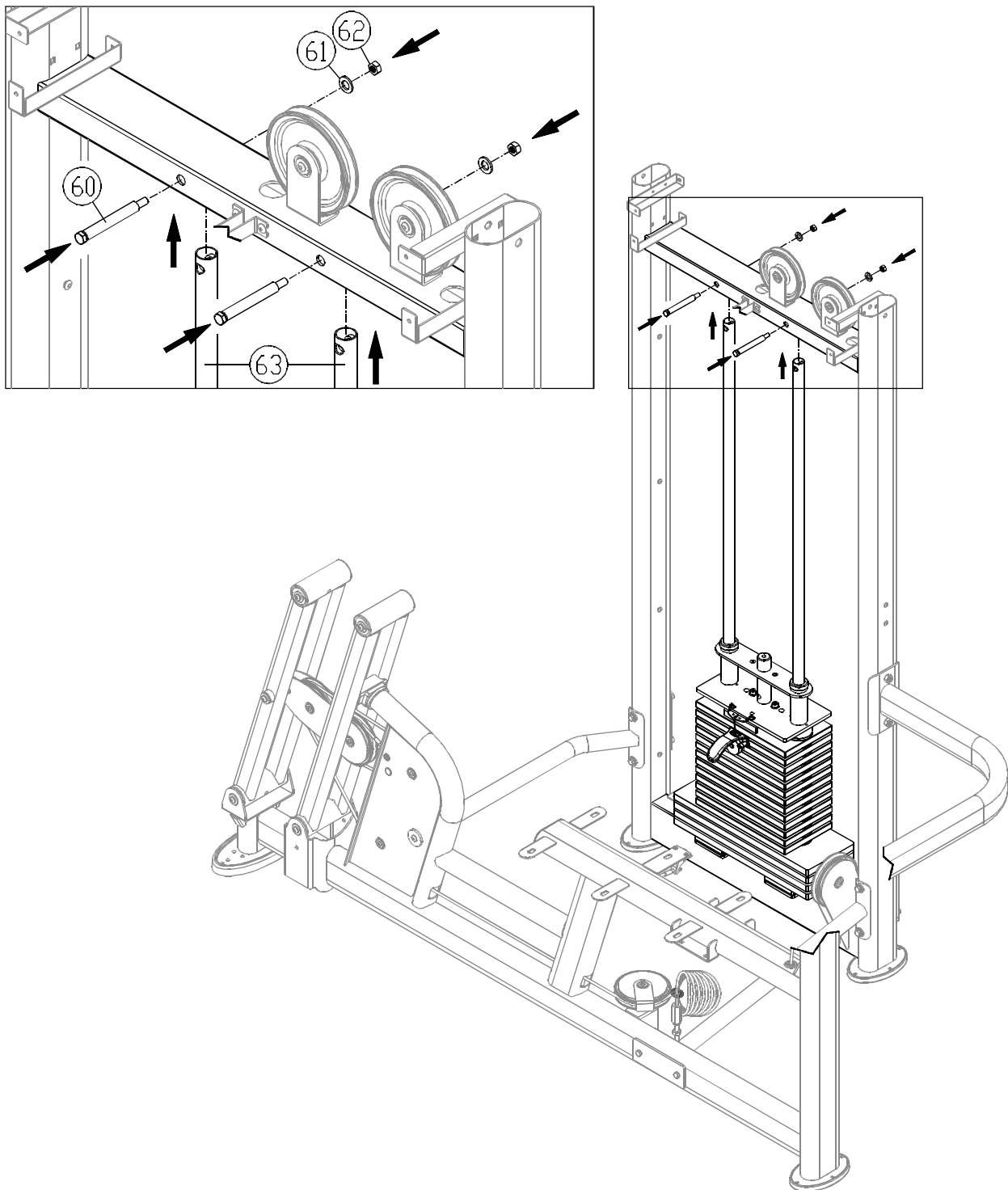
- 2-4. First, gently insert the four large (7.5kg) weight plates (6) into place one-by-one on the guide rods.
(Note: the convex side faces up.)



- 2-5. One-by-one insert the 13 small (5 kg) weight plates (5) into place on the guide rods.
(Note: the convex side faces up.)
- 2-6. Insert the upper stack carriage (59) into place on the guide rods. Note: the stack
fork (64) points toward the front.

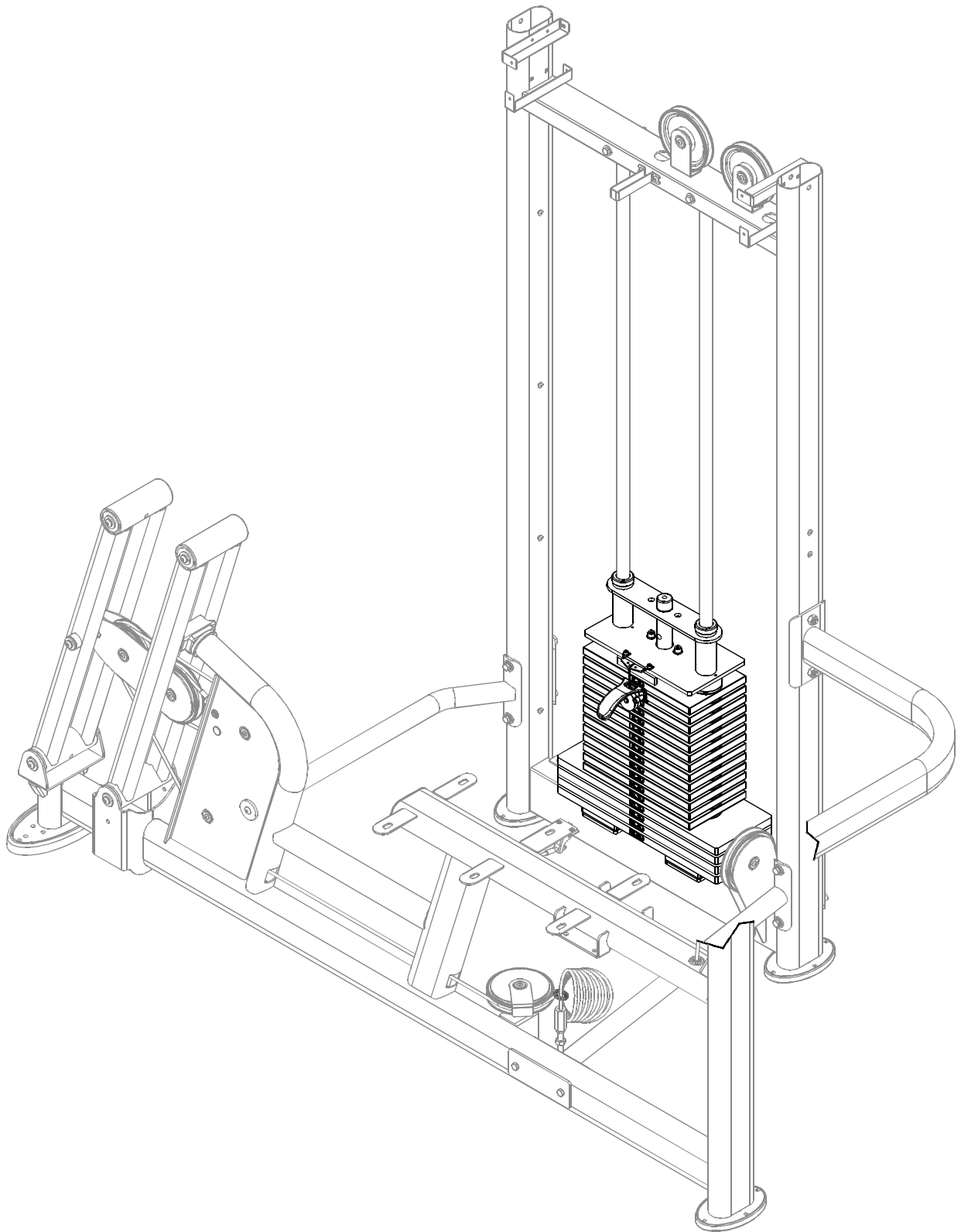


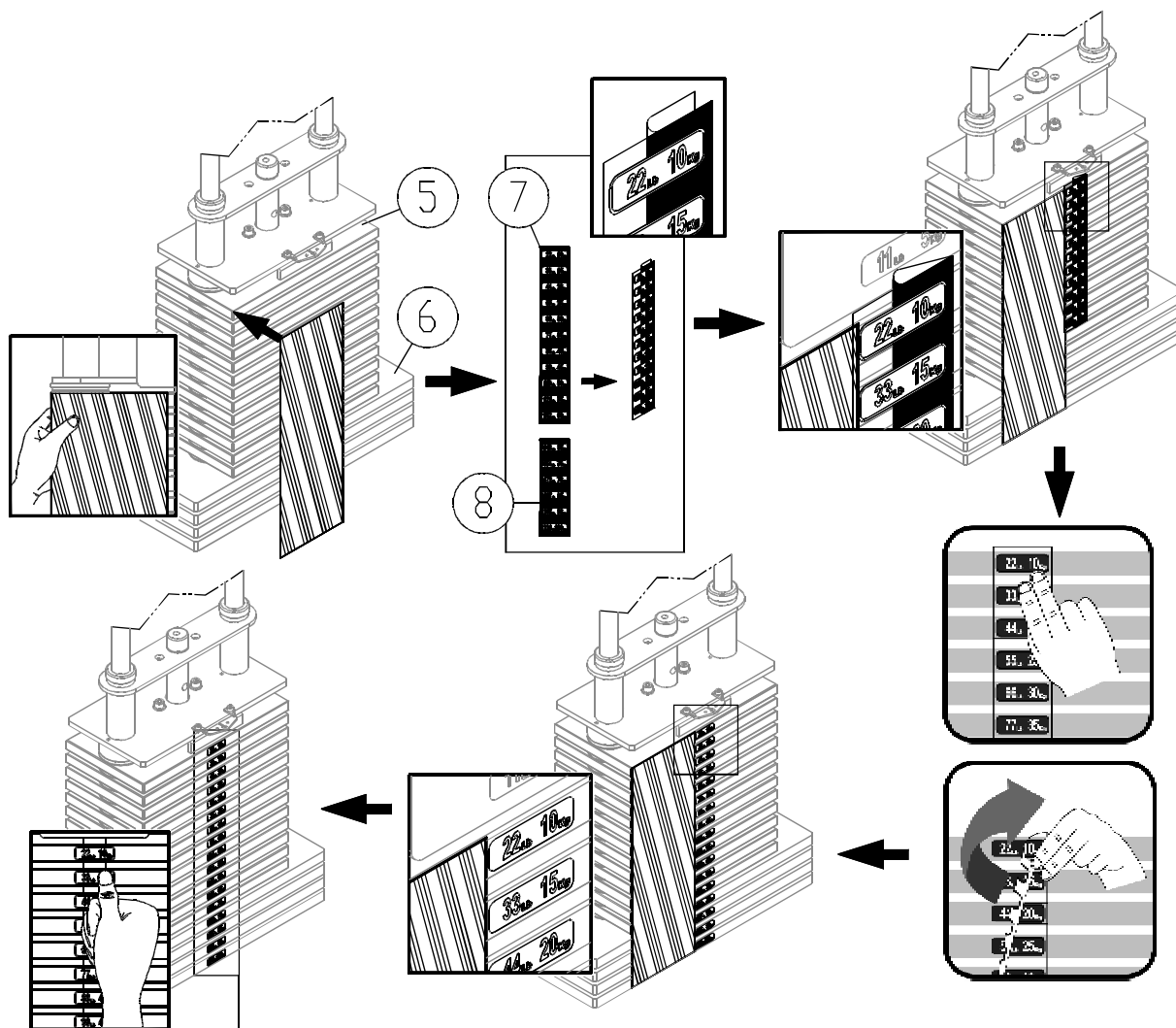
2-7. Push the guide rods (63) back into place.



2-8. Lift the guide rods (63) up into their mounting stations. Then secure them with hardware (60,61,62)

STEP 3 Application 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. Hold the cardboard even with the upper left corner of the weight stack (5,6). Tape it in place.

3-2. Peel the top half of the backing off the weight stack sticker (7). Note: leave the clear outside margin in place. Do not peel off this margin.

3-3. Use the top of the weight stack and the side of the cardboard to align the sticker. Then press to apply the sticker.

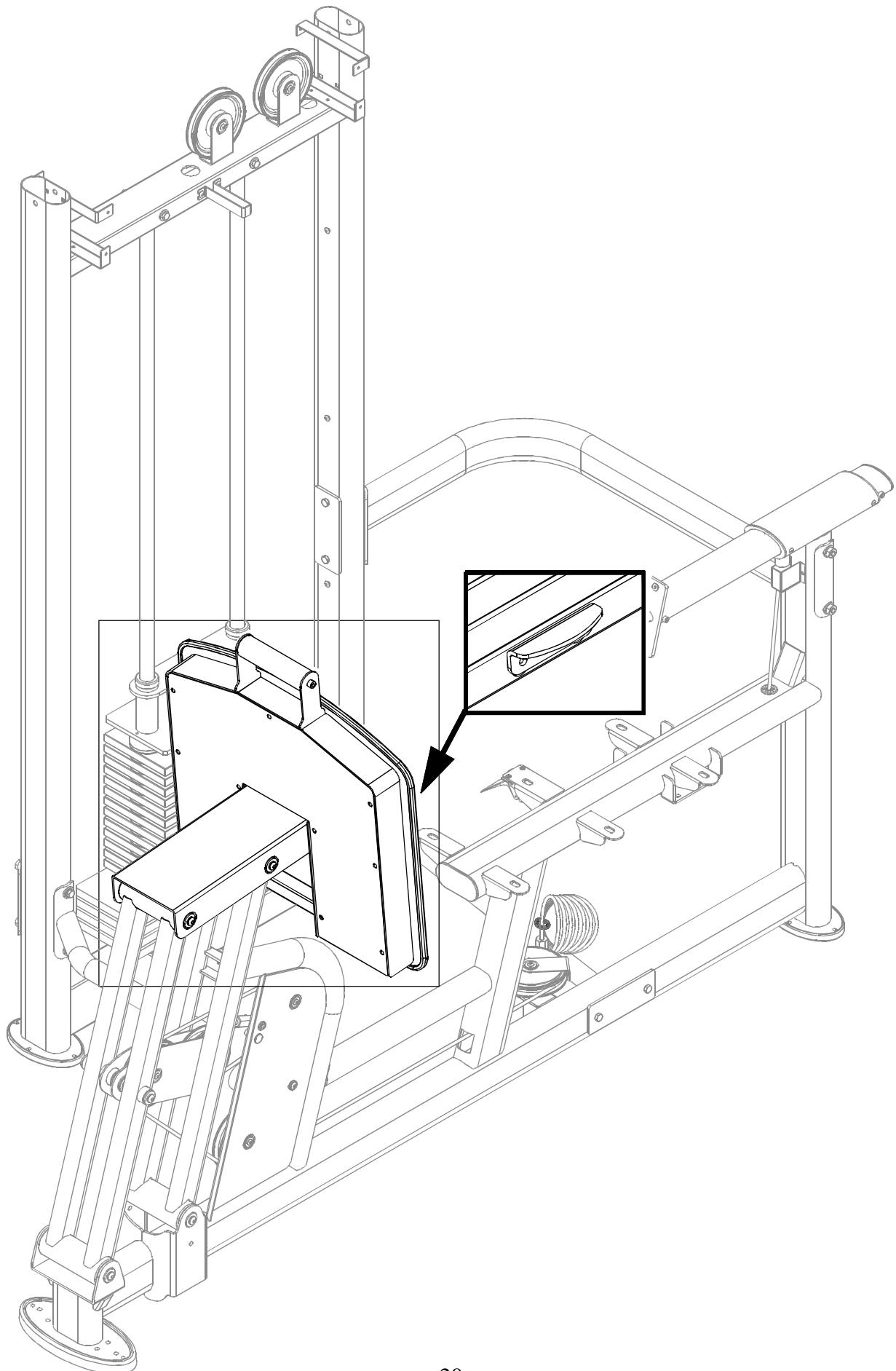
3-4. Hold the numbered part of the sticker in place while you peel off the clear margin of the sticker.

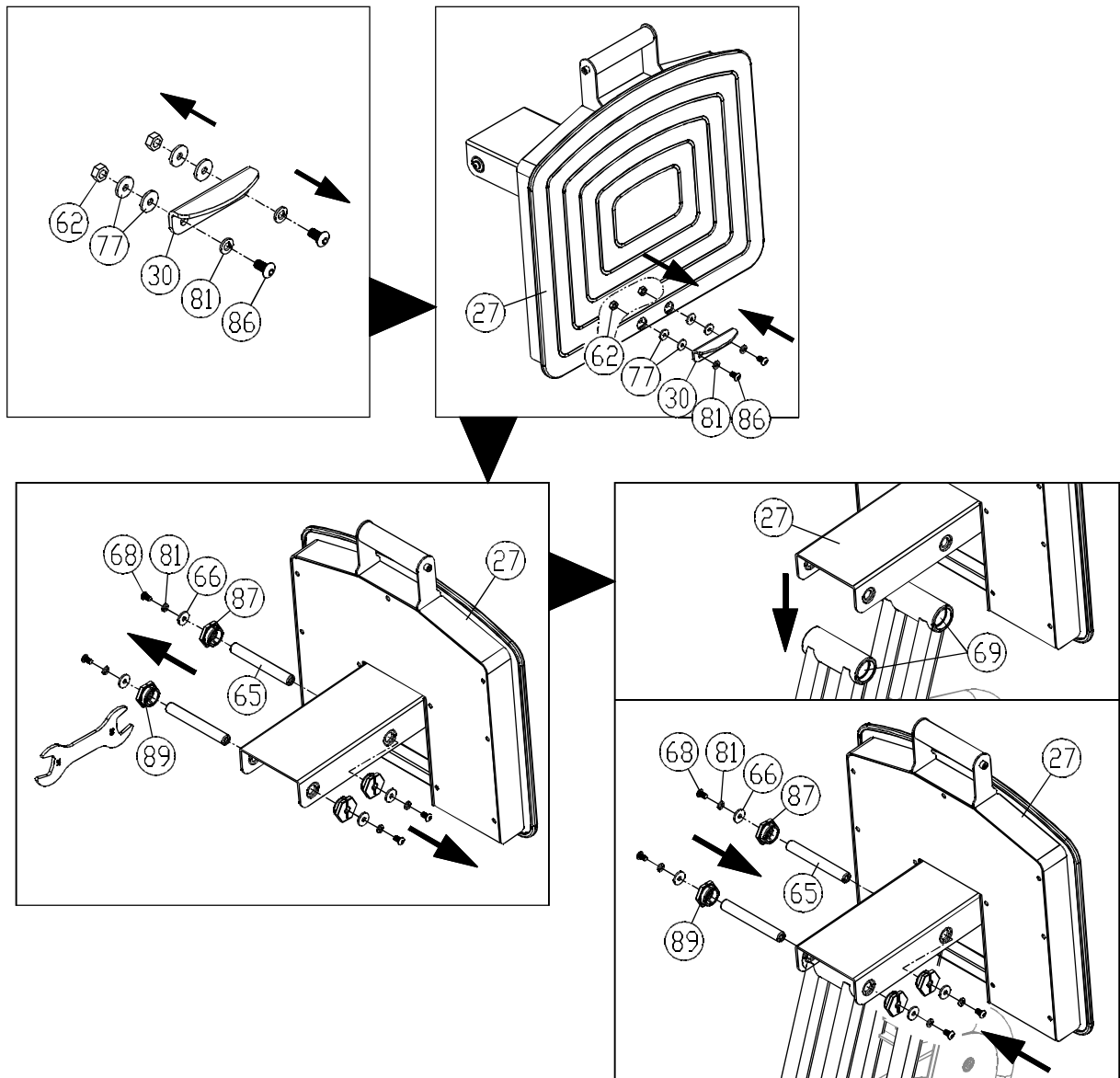
3-5. Follow steps 3-2~3-4 to apply sticker (8) to the lower part of the weight stack.

3-6. When the sticker is in place, peel off the cardboard and discard it.

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

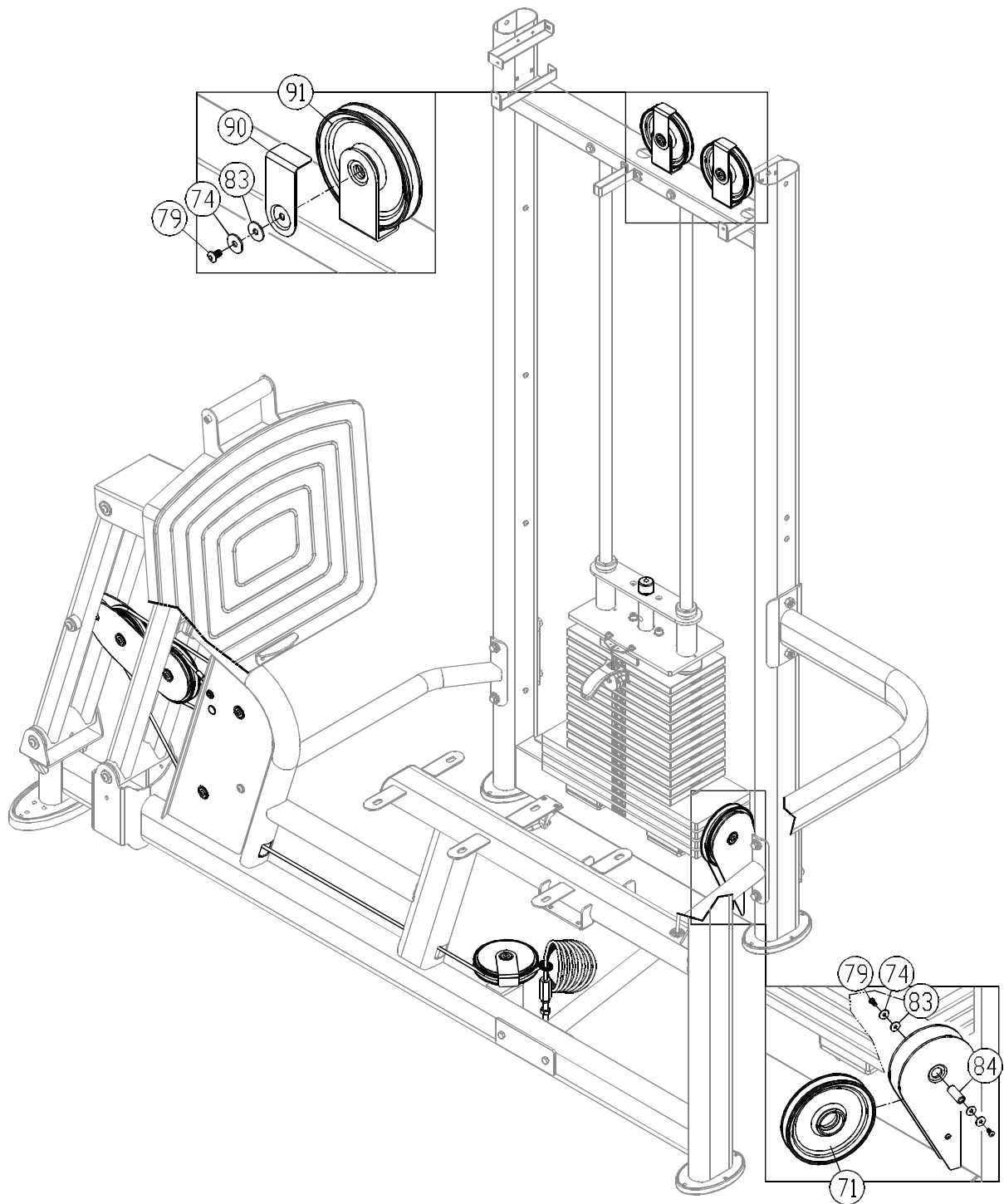
STEP 4 Foot Press Plate Installation



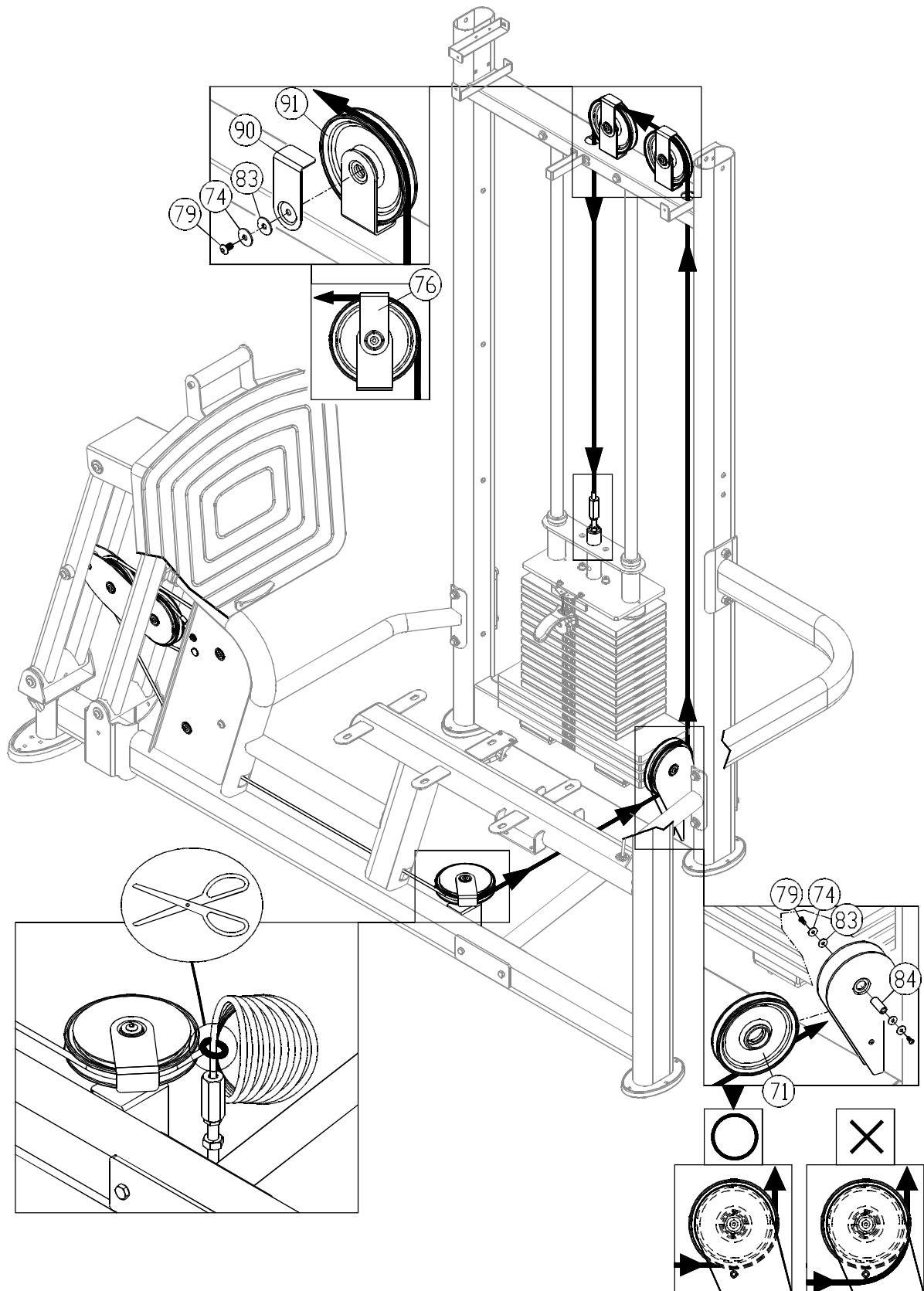


- 4-1. First, remove the hardware (62,77,81,86) from the foot press plate stopper (30).
- 4-2. Use this hardware (62,77,81,86) to secure the stopper (30) to the front of the foot press plate (27).
- 4-3. Using the open end wrench from the hardware kit, remove bushing (87,89), axle (65), and hardware (66,68,81) from the foot press plate (27).
- 4-4. Set foot press plate (27) in place on its mounts (69), then insert the axles (65) and secure them with hardware (66,68,81).

STEP 5 Cable Installation

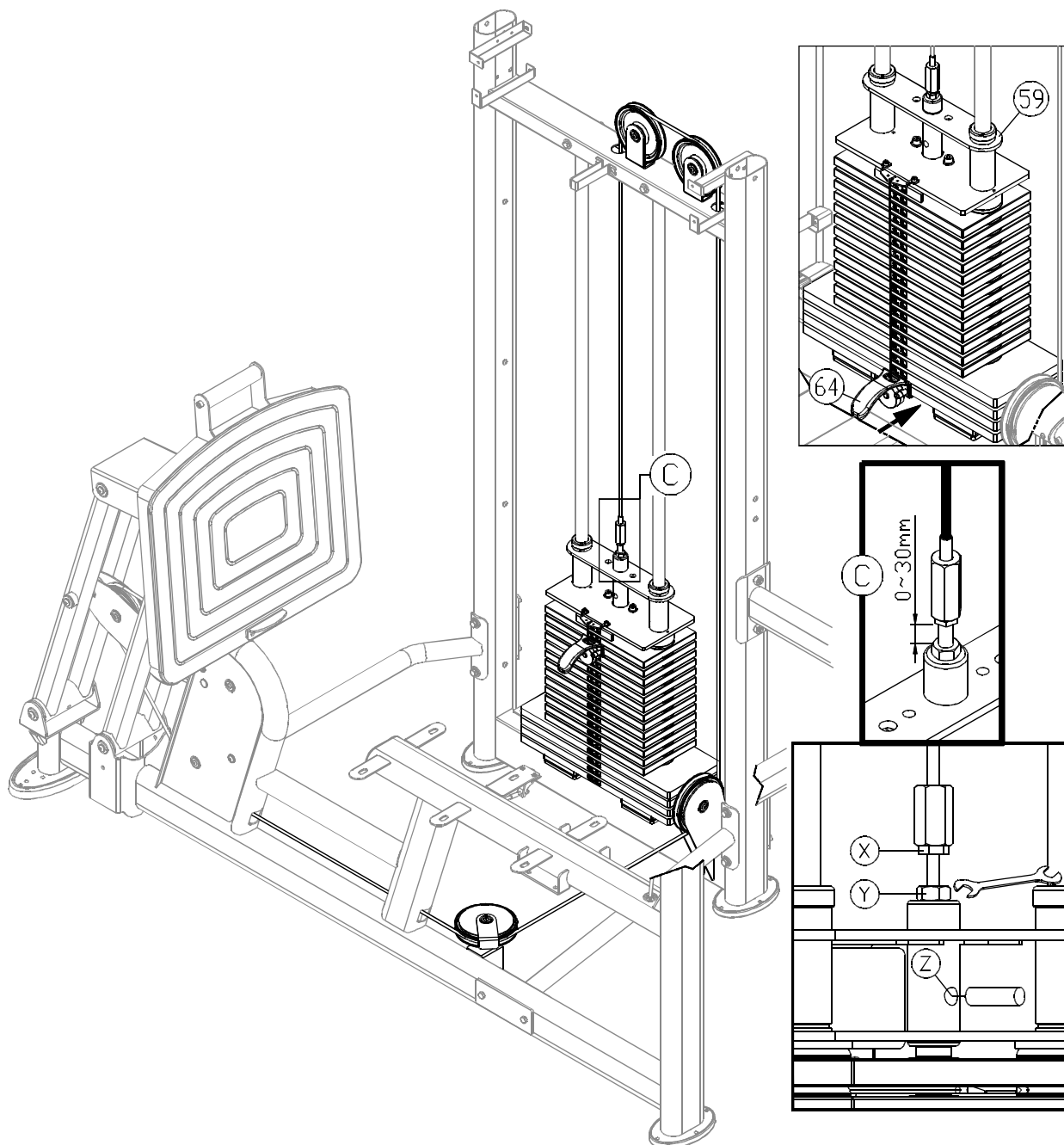


5-1. First, remove hardware (74,79,84,83) from pulley A(71), and cover (90,74,79,83) from pulley B(91).



- 5-2. First, cut the zip tie. Thread the cable onto pulley A (71). Then secure the pulley with hardware (74,79,84,83).
 Thread the cable as indicated through the upper pulley B (91). Then secure the cover plate (90,74,79,83) Finally, secure the cable to the upper stack carriage as shown.
- Note: In securing the cover plate (90), place the cover plate horizontal to, but not touching the cable.

STEP 6 Cable Adjustment

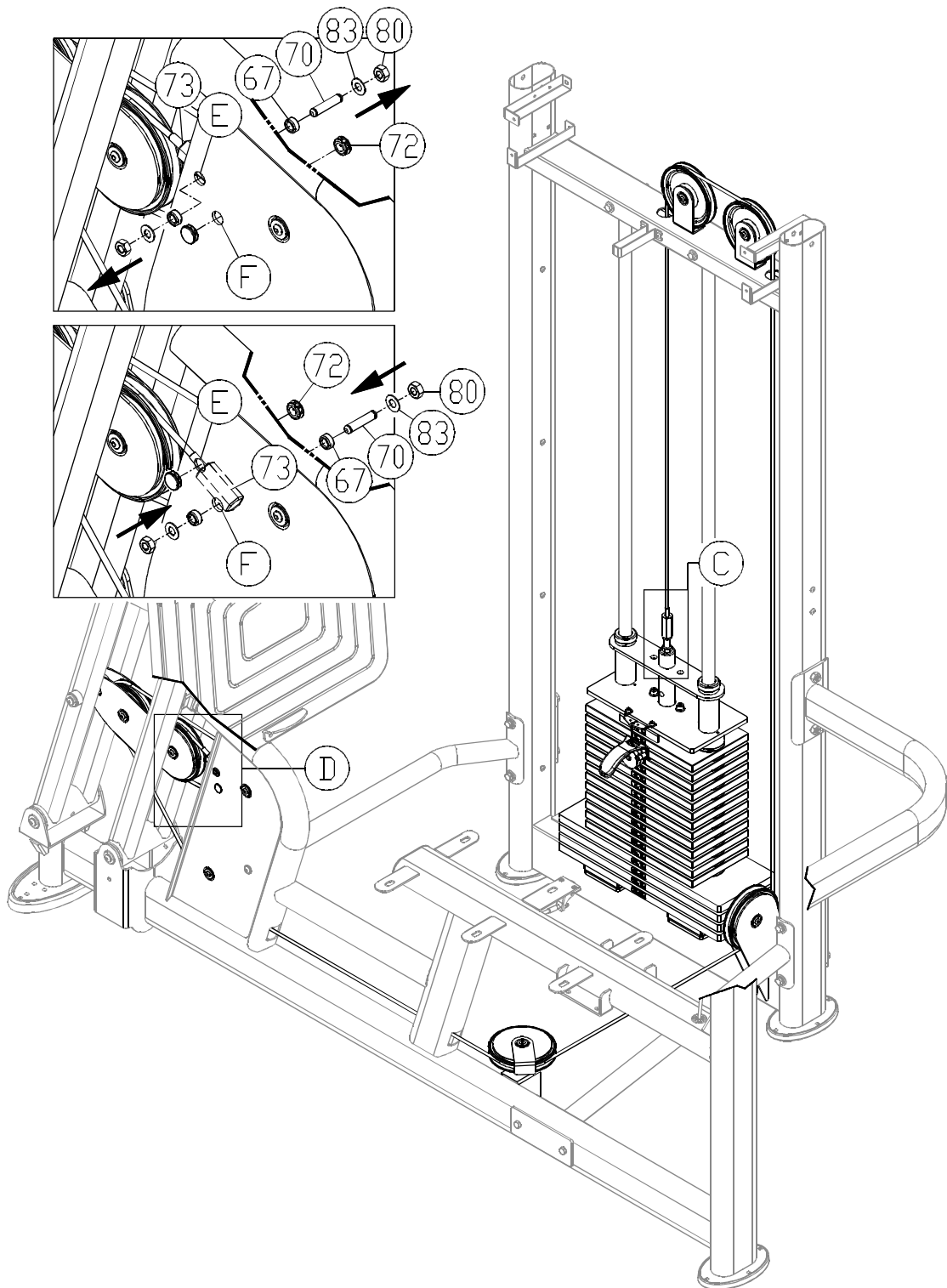


Insert the stack fork into the gap under the lowest weight plate. Then adjust the large nut at area C. Adjust until the upper stack carriage moves slightly.

To adjust the cable, first insert an open end wrench into (Z) hole. Loosen (Y) nut.

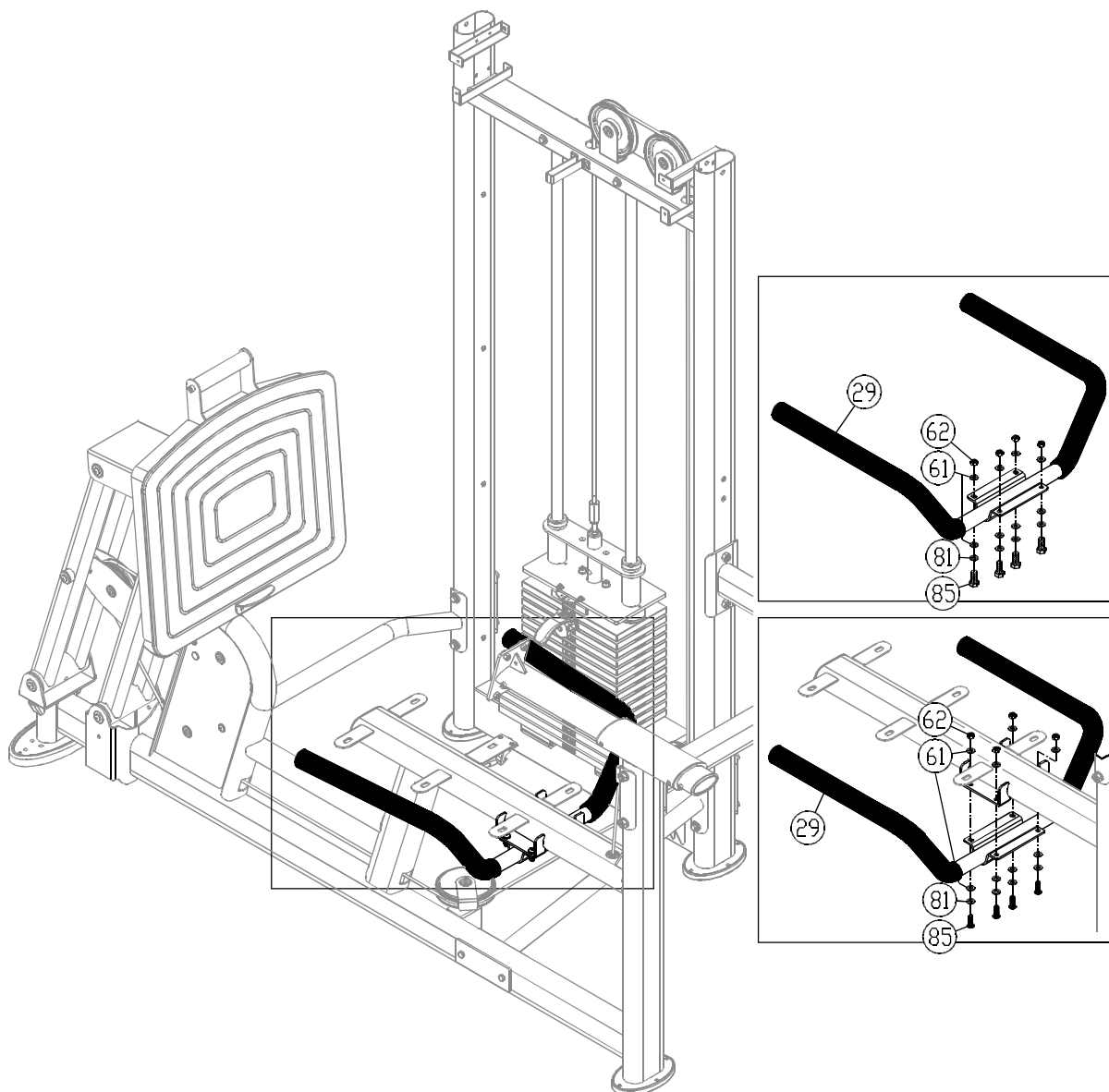
Then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position.

STEP 7 Cable Slack Adjustment



- 7-1. If area C can no longer be adjusted, set distance at area C to 30mm. Remove the bushing (67), axle (70), flat washer (83), nut (80), and rubber cap (72) from hole E of area D. Then insert cable screw (73) into hole F. Re-install the bushing (67), axle (70), flat washer (83), and nut (80). Finally, insert the soft cap (72) into area E as shown.
- 7-2. Follow steps <5-2> to secure the cable. Then adjust cable tightness as shown in step <6>.

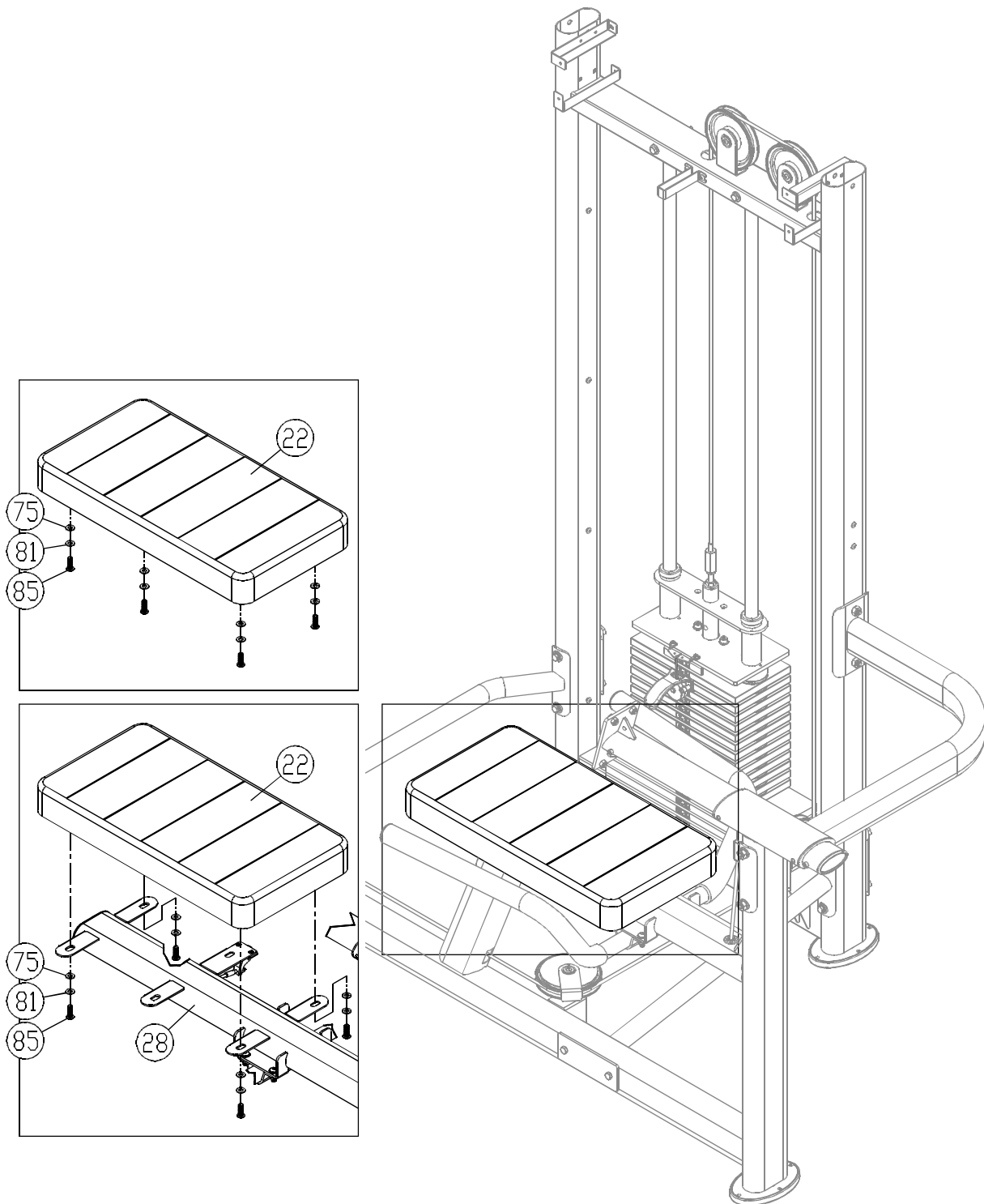
STEP 8 Handle Installation



8-1. First, remove hardware (61,62,81,85) from the handlebar (29).

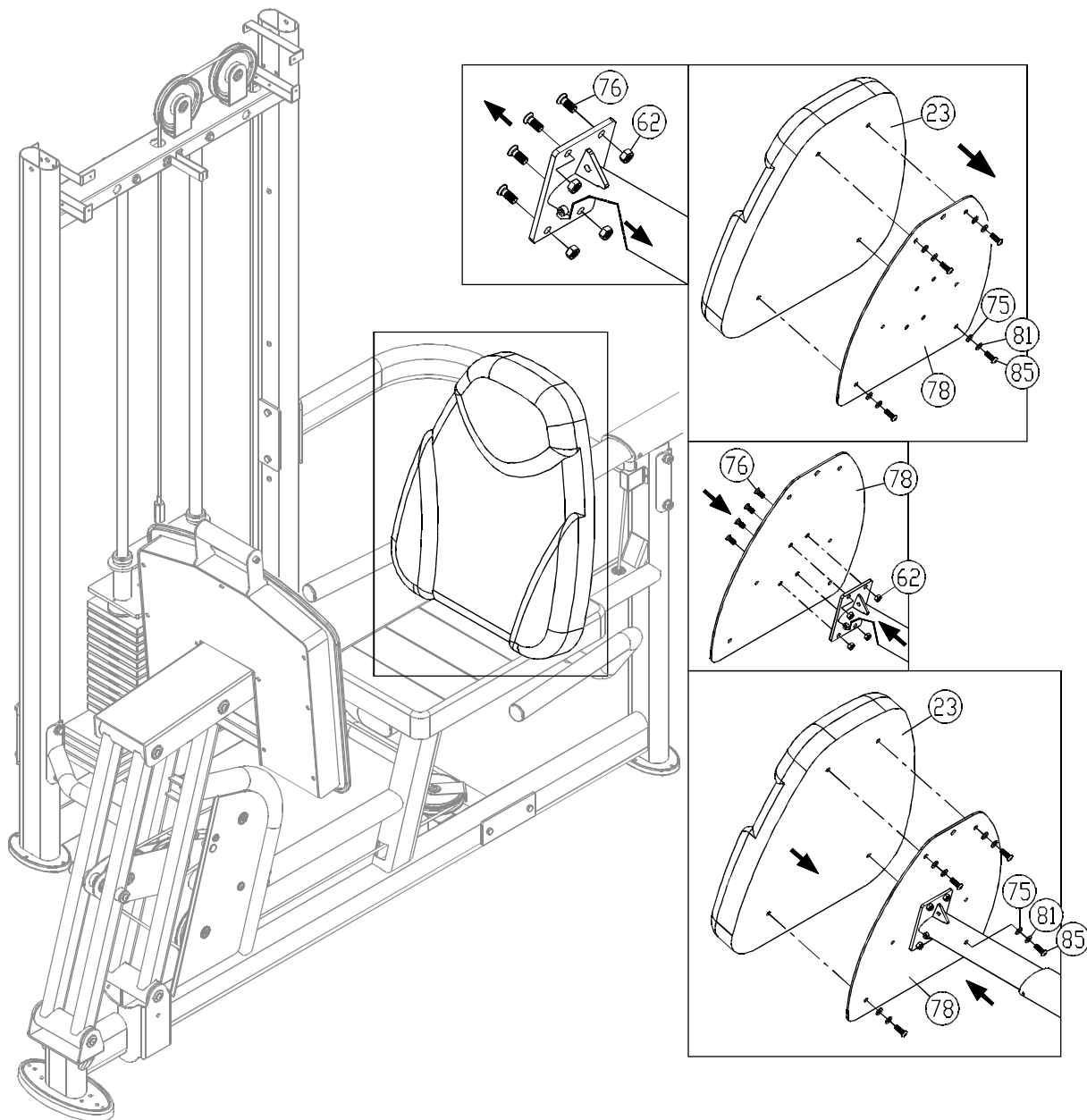
8-2. Then put the handlebar (29) in place on the seat frame. Use hardware (61,62,81, 85) to secure it as shown.

STEP 9 Seat Bottom Cushion Installation



- 9-1. First, remove hardware (75,81,85) from the seat bottom cushion (22).
- 9-2. Set the seat bottom cushion (22) in place on the seat frame (28). Then use hardware (75,81,85) to secure it in place.

STEP 10 Seat Back Cushion Installation

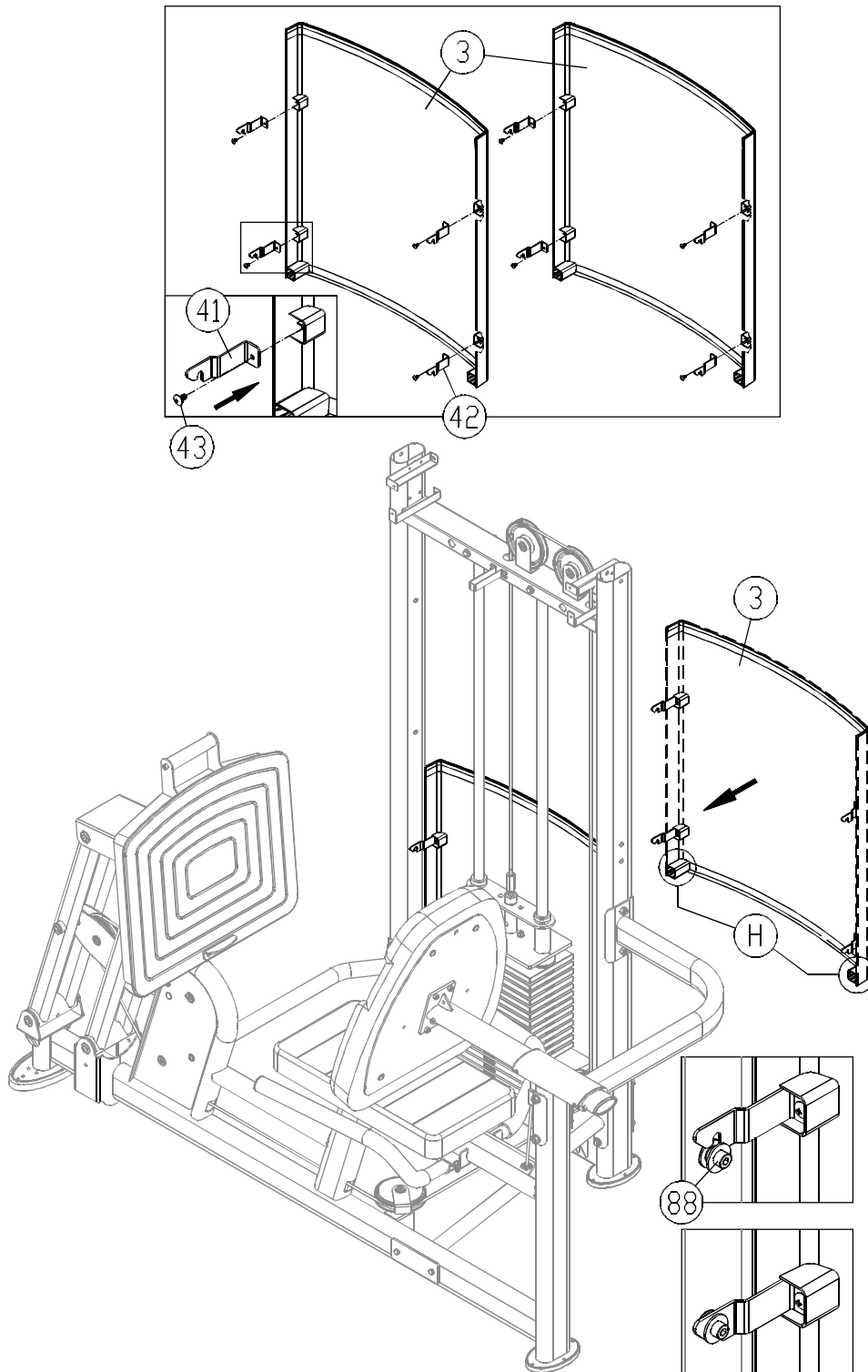


10-1. First, remove hardware (75,76,62,81,85) from the seat back plate (78) and its mount.

10-2. Use hardware (76,62) to secure seat back plate (78) into place.

10-3. Use hardware (75,81,85) to secure the seat back cushion (23) onto the seat back plate (78).

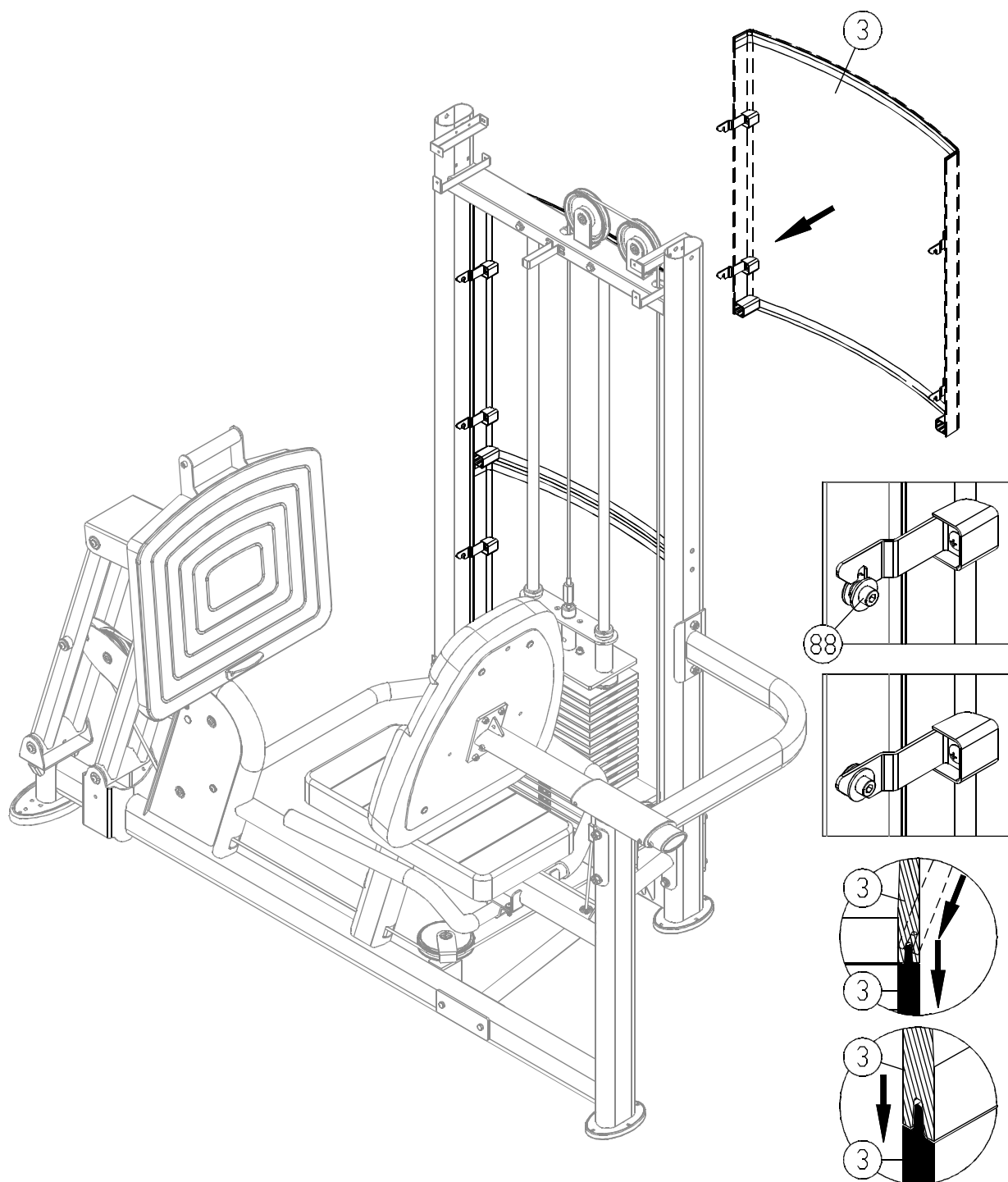
STEP 11 Install Tower Back Covers



11-1. First, identify left and right side rear cover brackets A, B (41,42). Then use hardware (43) to secure rear cover brackets onto cover (3) left and right sides as shown.

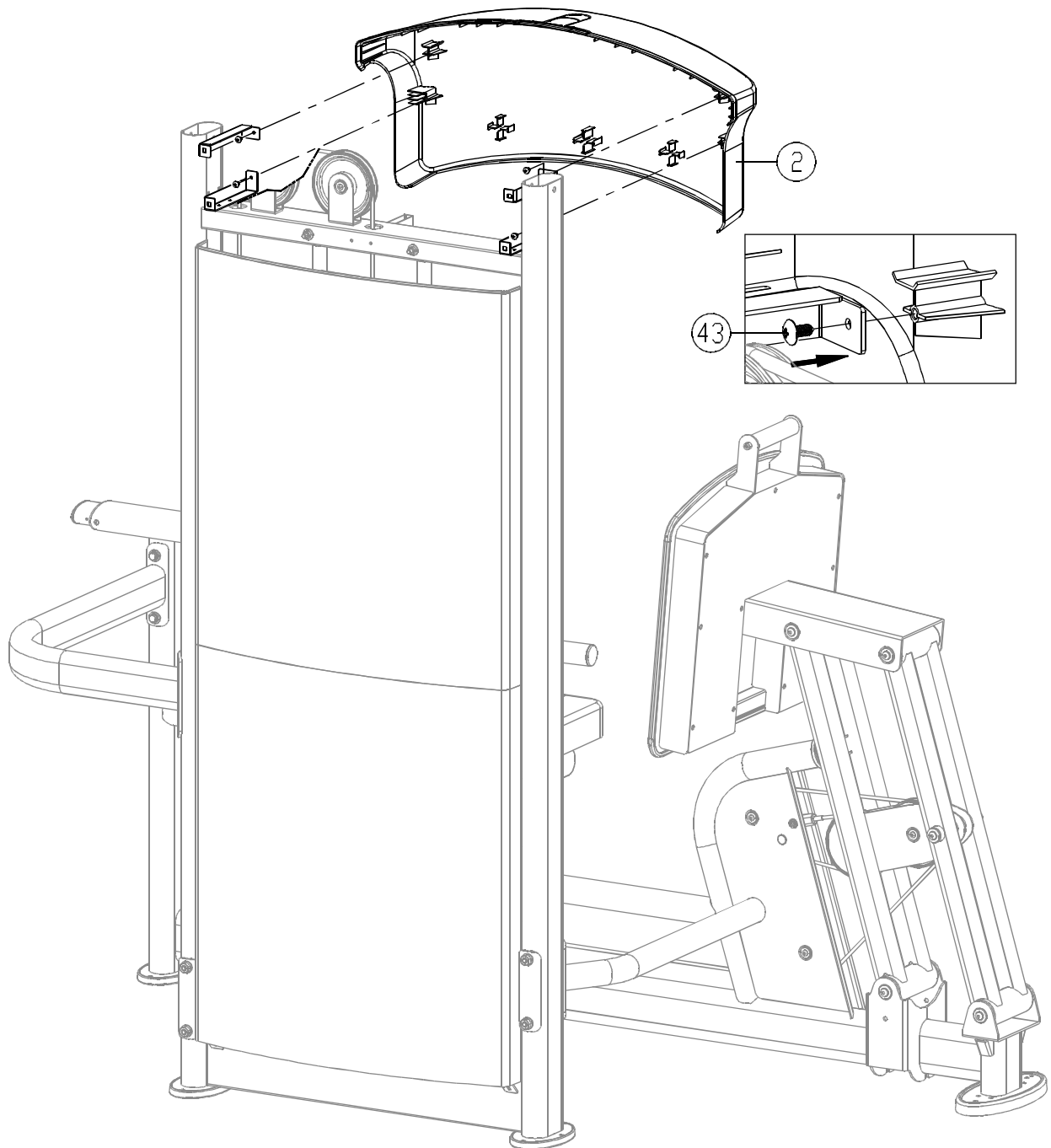
11-2. Put back cover (3) onto screws (88).

Note: H side faces downward.



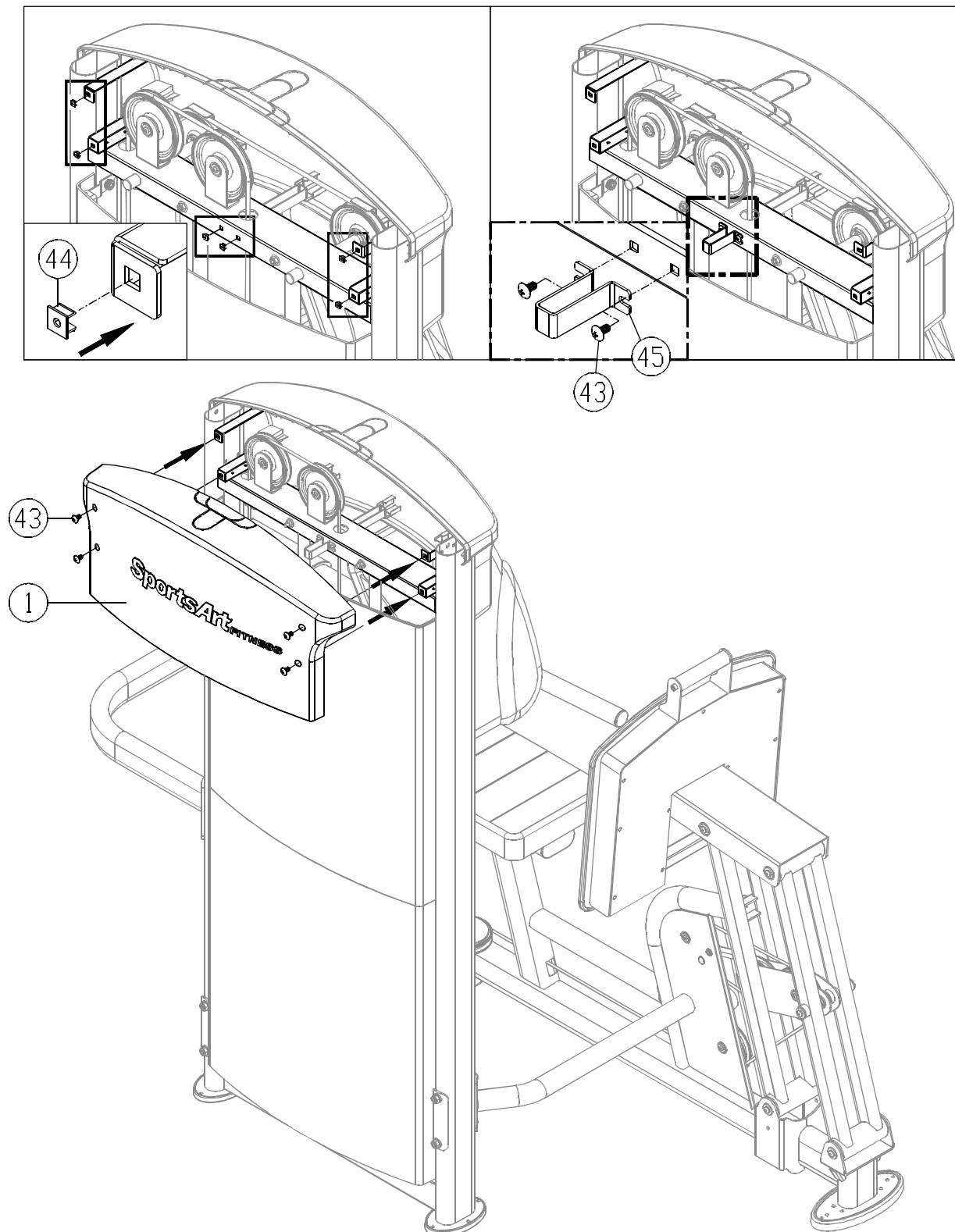
11-3. Hang back cover (3) onto screws (88). Simultaneously, hook back cover (3) into rear cover (3).

STEP 12 Front Top Cover Installation



12-1. Use screws (43) to secure the front top cover (2) onto the stack tower.

STEP 13 Rear Top Cover Installation

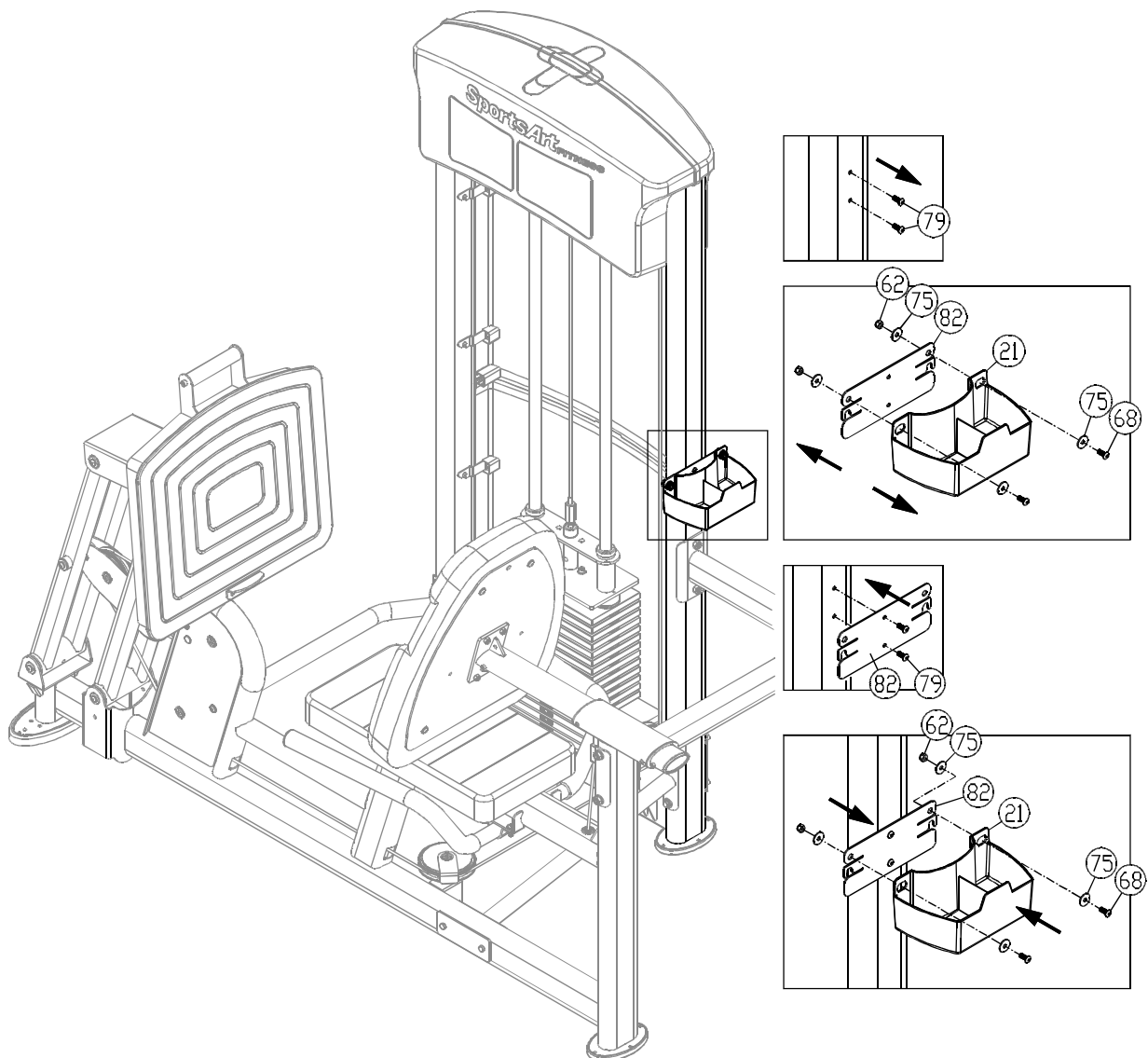


13-1. Before starting installation of the rear top cover, press the screw sockets (44) into place on the frame where shown.

13-2. Then use screws (43) to secure the rear top cover bracket (45) onto the frame as shown.

13-3. Secure the rear top cover (1) with screws (43) as shown.

STEP 14 Bottle Holder Plate Installation

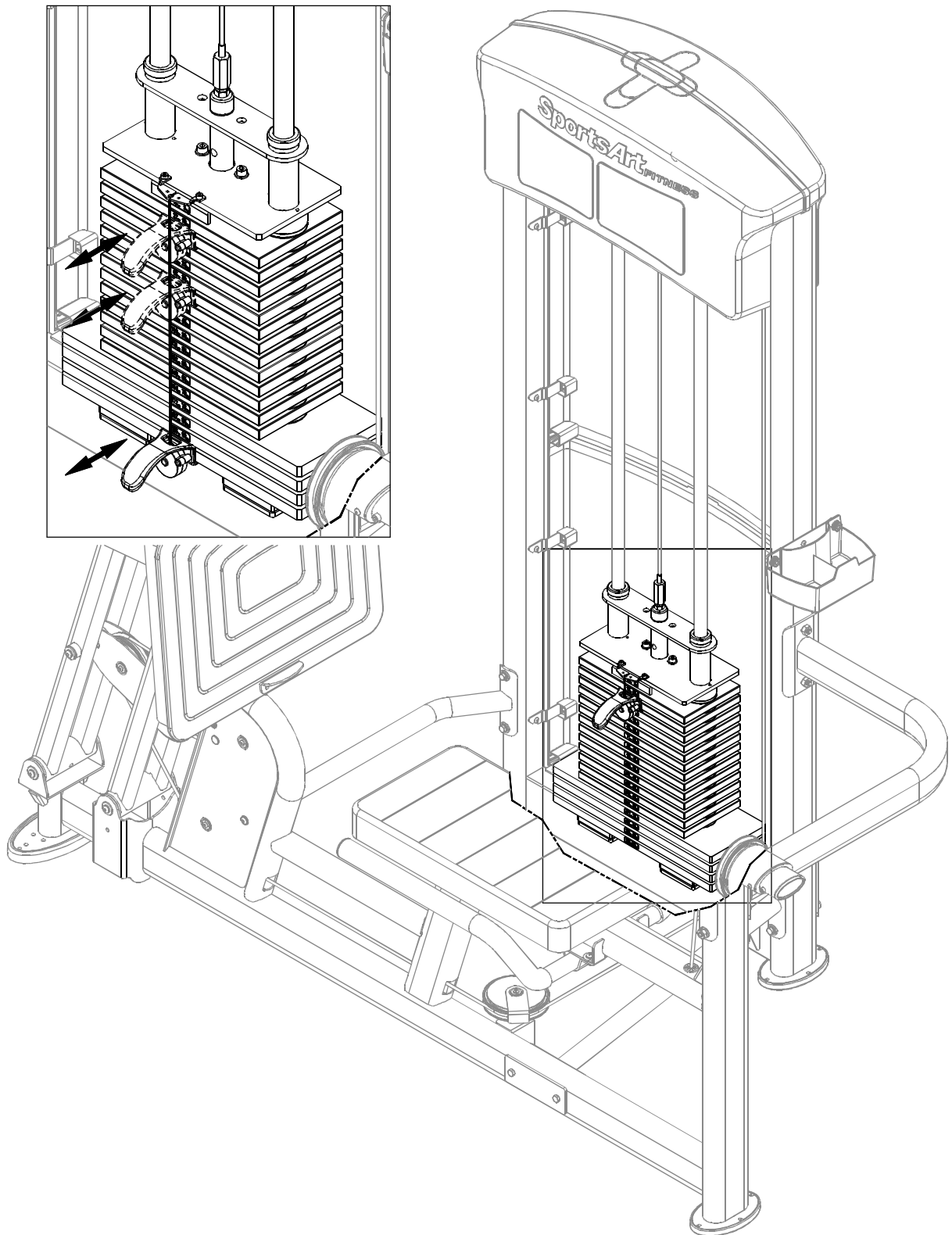


14-1. Remove screws (79) from the frame.

14-2. Remove hardware (68,75,62) from the bottle holder (21).

14-3. Secure the bottle holder plate (82) in place with screws (79). Put the bottle holder (21) in place. Secure it with hardware (68,75,62) as shown.

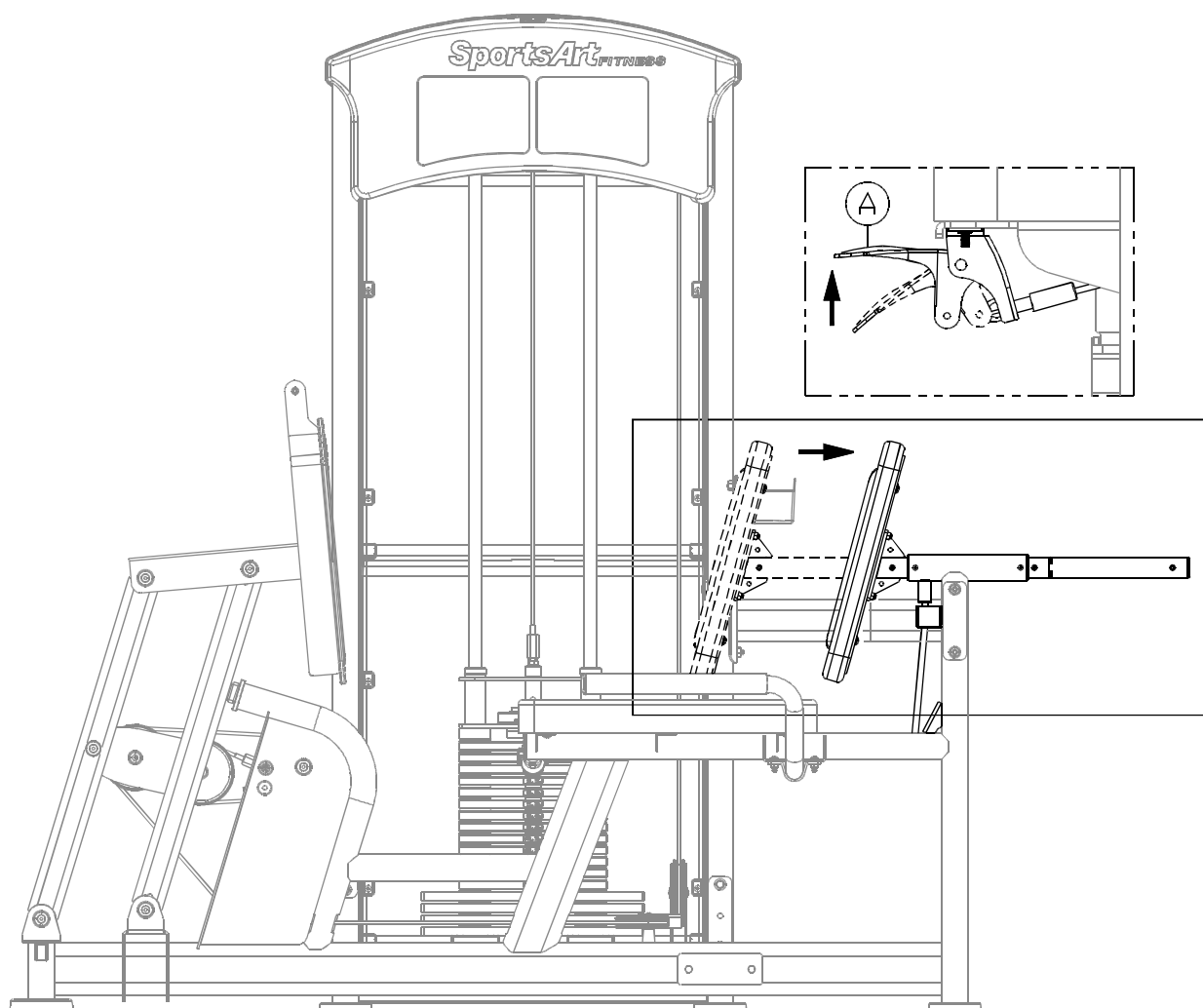
STEP 15 Stack Fork



15-1. Insert the stack fork to make sure that every weight plate can be engaged easily.

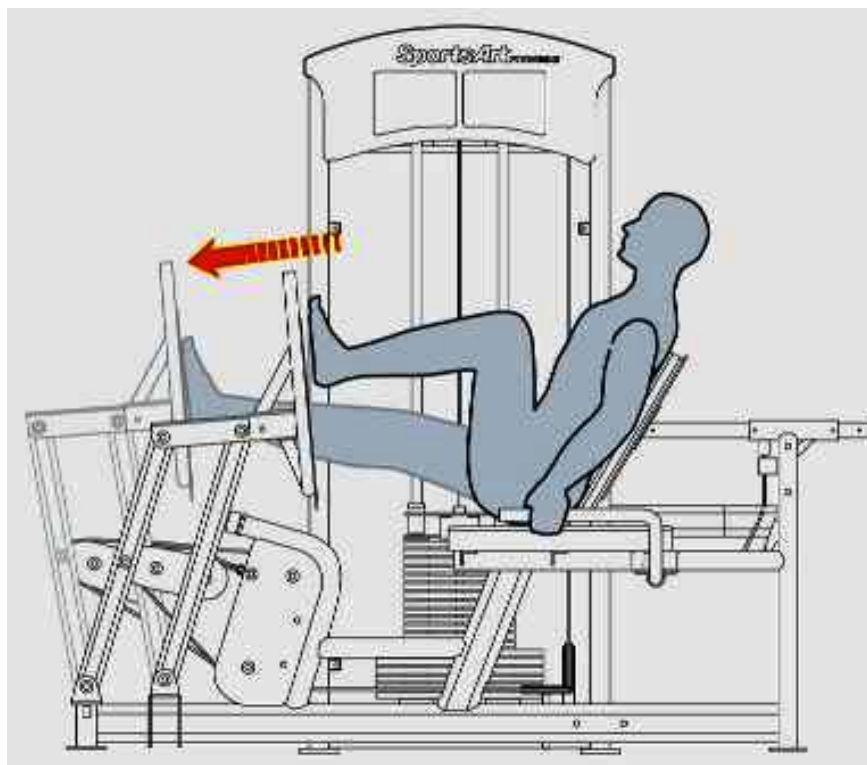
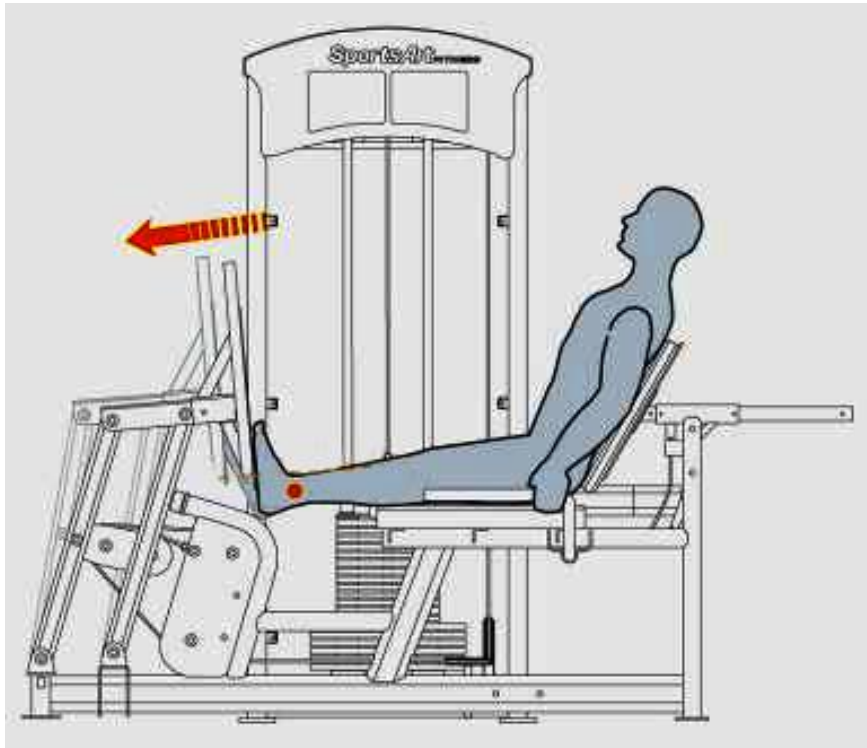
CHAPTER 4 — OPERATION INSTRUCTIONS

4.1 Operating the Product



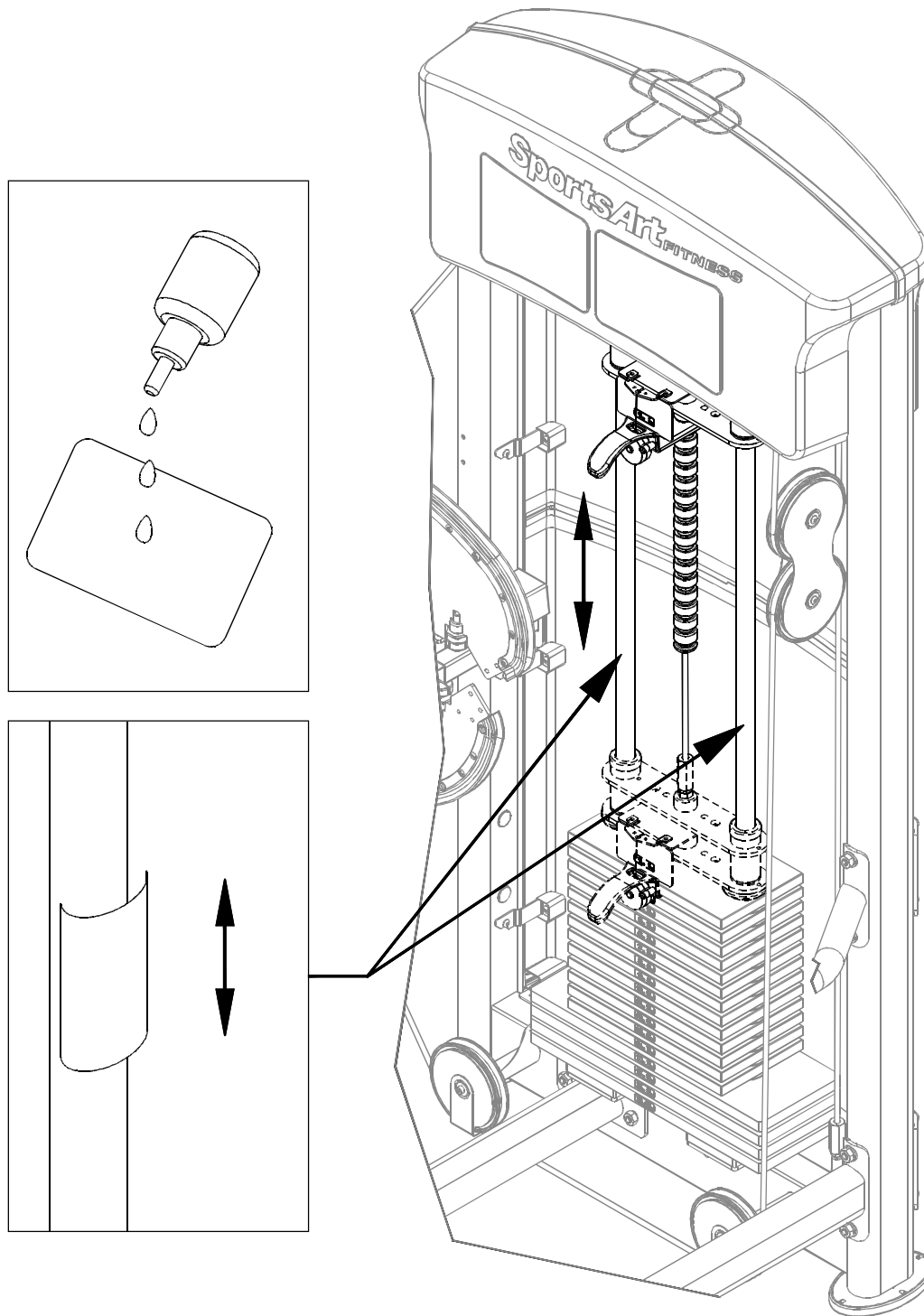
To move the seat back position toward yourself, simply pull it. To move the seat back away from yourself, pull the knob (A) and press the seat back.

4.2 Testing



1. Please follow operating instructions on the product sticker (2) to test operation.
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 this manual.

4.3 Unit 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.