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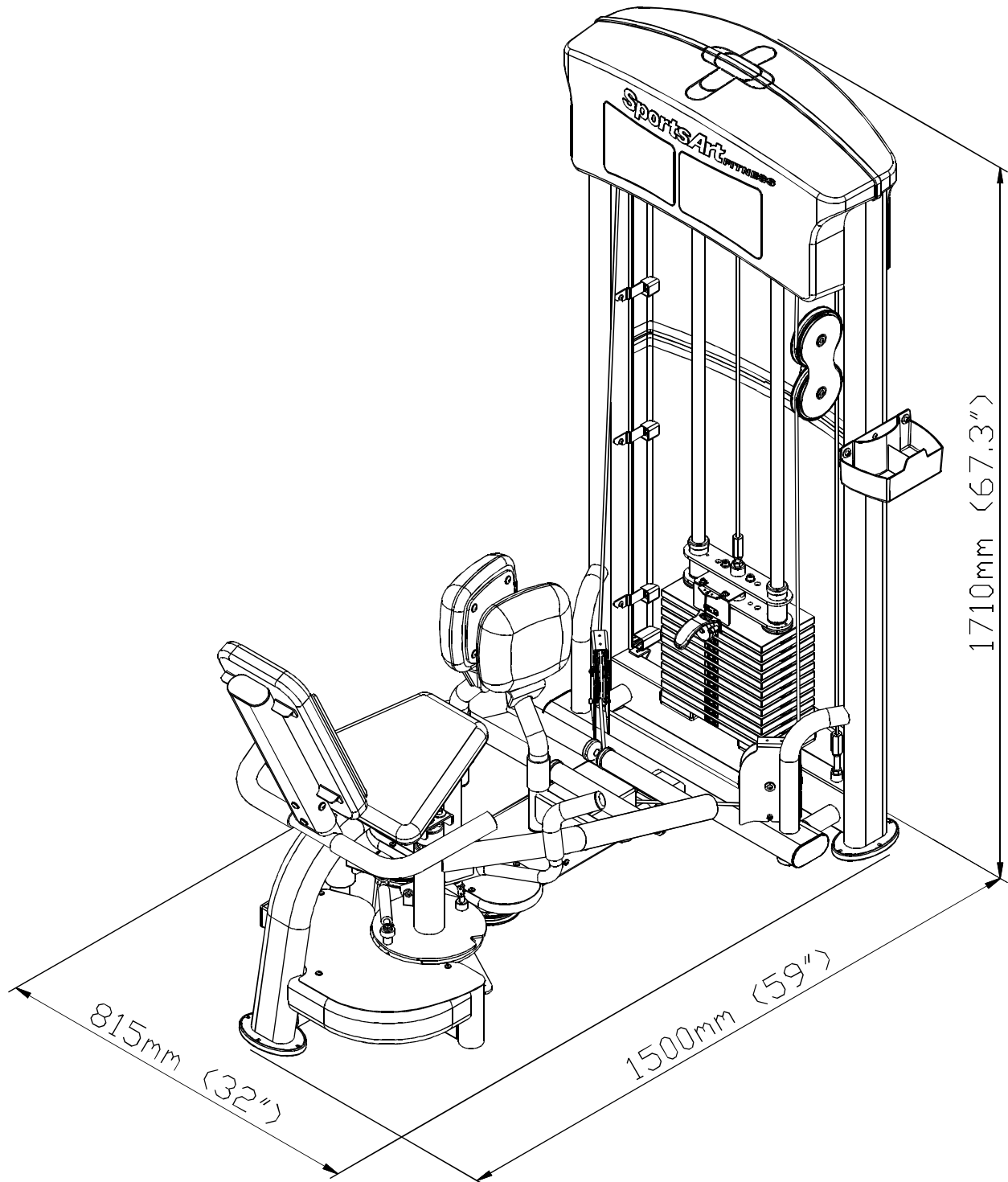
# CHAPTER 1 – SAFETY PRECAUTIONS

## 1.1 SAFETY PRECAUTIONS

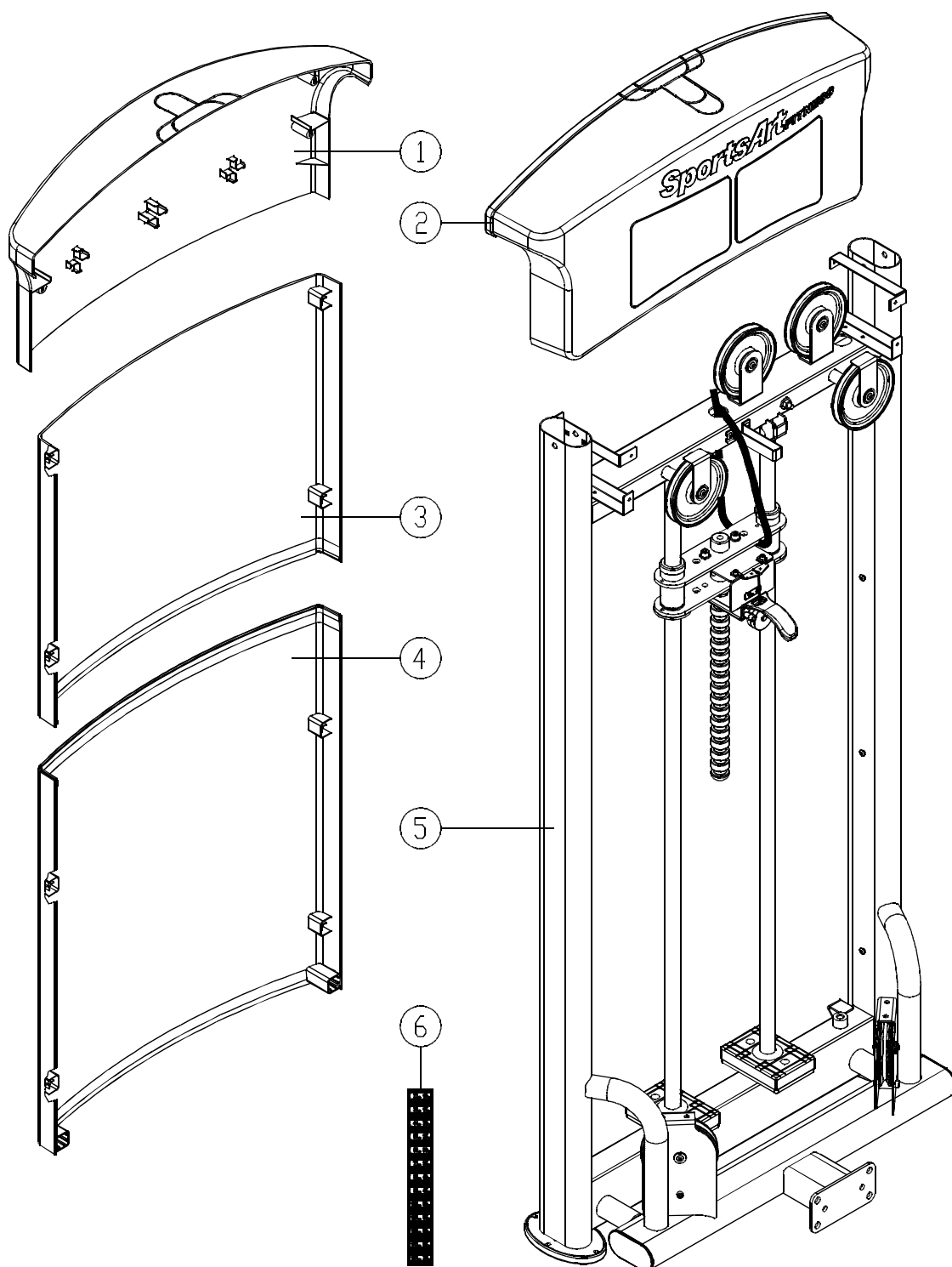
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assemble and operate this product on a solid, level surface. Do not use outdoors or near water.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



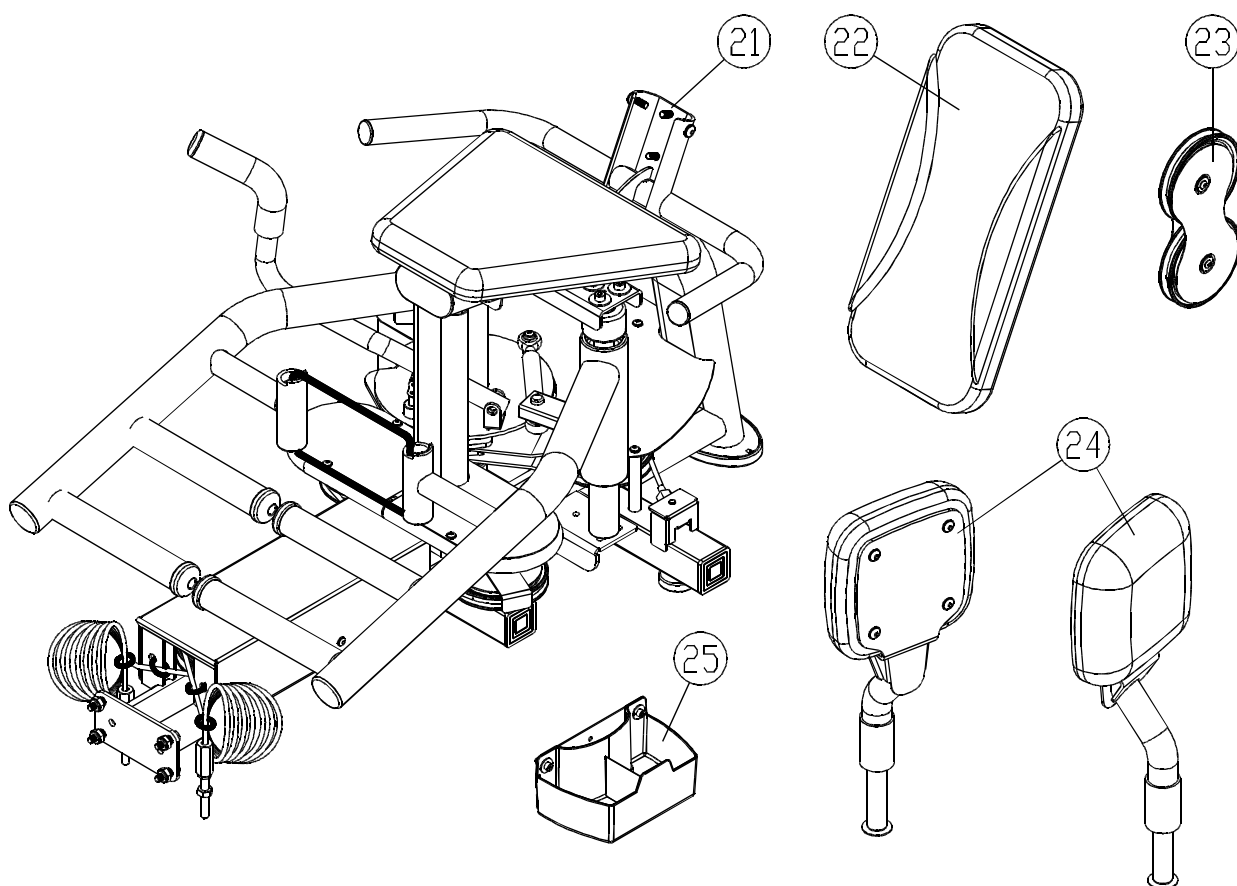
## 2.2 Part List for Box A



No.	Description	Qty	No.	Description	Qty
1	Rear top cover	1	6	Weight plate sticker (10kg~70kg)	1
2	Top front cover	1			
3	Upper rear cover	1			
4	Lower rear cover	1			
5	Main frame	1			

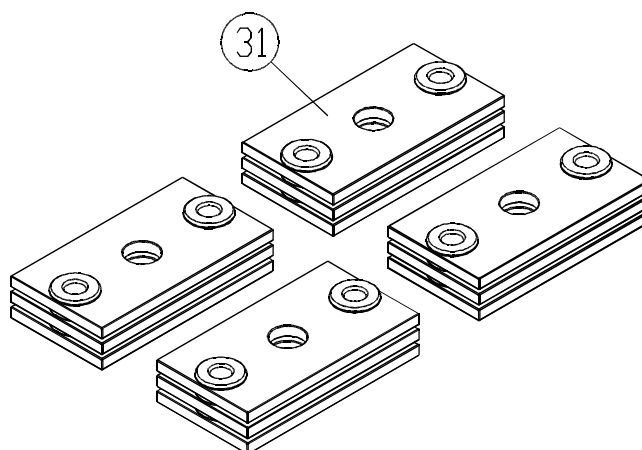


## 2.3 Part List for Box B



No.	Description	Qty	No.	Description	Qty
21	Seat frame	1			
22	Seat back cushion	1			
23	Floating pulley	1			
24	Leg cushion pivot assembly	2			
25	Cup holder	1			

## 2.4 Part List for Box C



No.	Description	Qty	No.	Description	Qty
31	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	(13*19)	
	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.

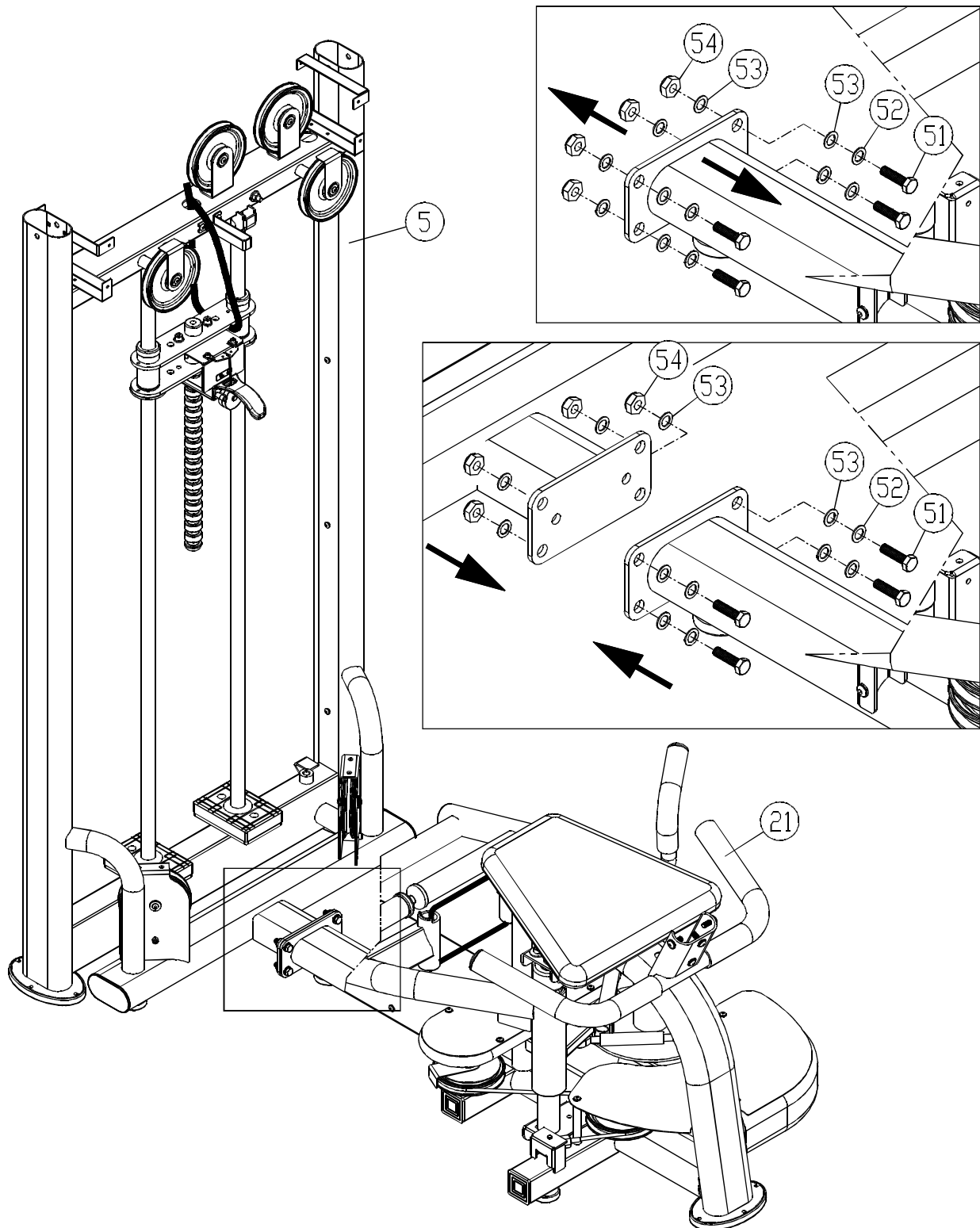
## 2.6 Components on the Product

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

No.	Description	Qty	Specification	Tool Needed
51	Hex bolt		M10*L30	
52	Spring washer		M10	
53	Washer		$\phi 16^* \phi 10.2$	
54	Lock nut		M10	
55	Upper stack carriage set			
56	Hex bolt and PU tube			
57	Flat washer		$\phi 17^* \phi 8.3$	
58	Lock nut		M8	
59	Guide rod			
60	Stack fork			
61	Stack rod			
62	Mushroom top inner hex screw		M6*L12	
63	Spring washer		M6	
64	Axle A			
65	Axle B			
66	Flat washer		$\phi 20^* \phi 6.3$	
67	Pulley A			
68	Cover plate			
69	Pulley B			
70	Washer		$\phi 18^* \phi 8.5$	
71	Pulley C			
72	Flat washer		$\phi 38^* \phi 8.5$	
74	Spring washer		M8	
75	Inner hex cap screw		M8*L15	
76	Water bottle bracket			
77	Mushroom top inner hex screw		M8*L25	
78	Flat washer		$\phi 22^* \phi 8.3$	
79	Inner hex cap screw		M6*L30	

## CHAPTER 3 — ASSEMBLY INSTRUCTIONS

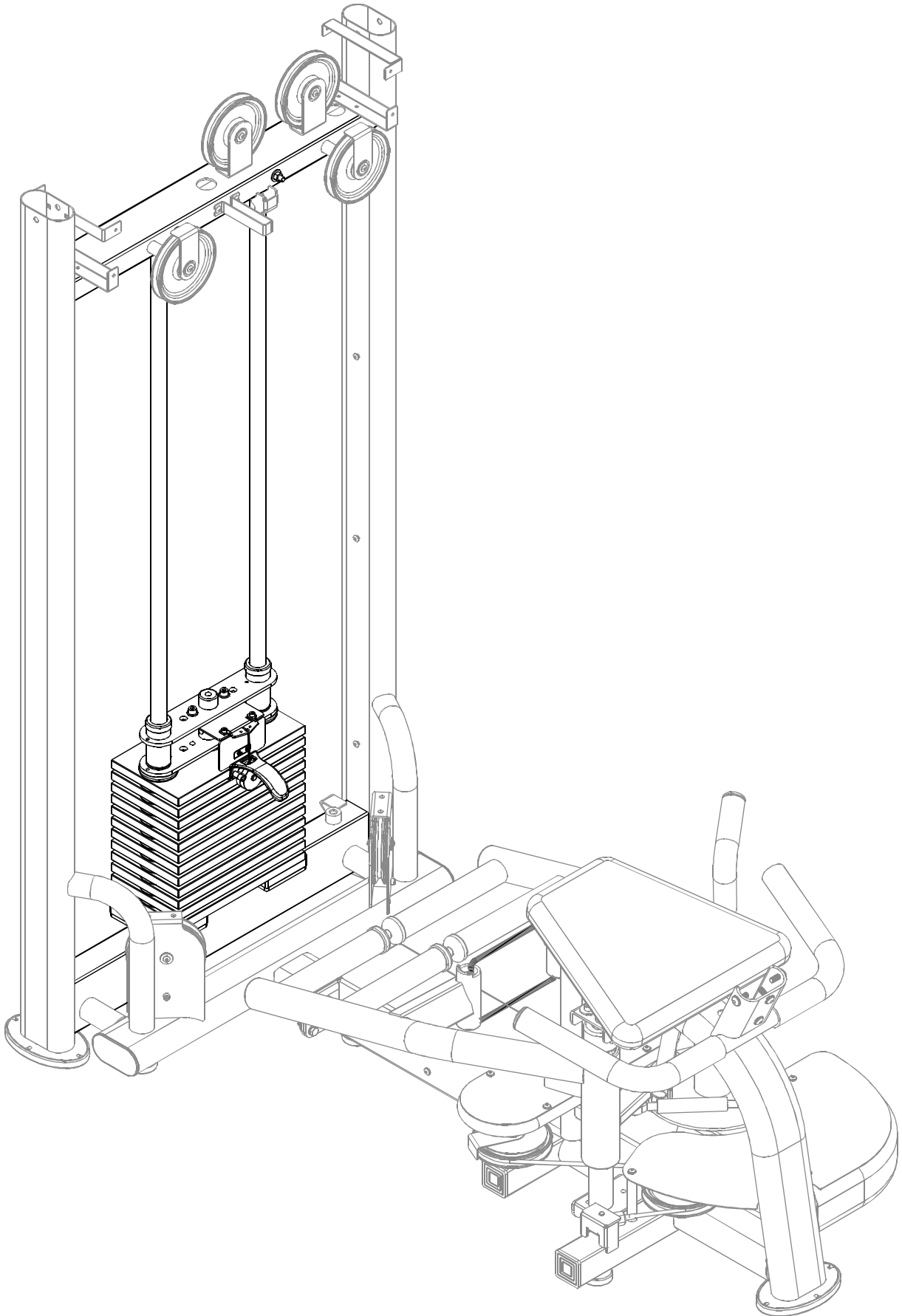
### STEP 1 Main Frame and Seat Frame Assembly

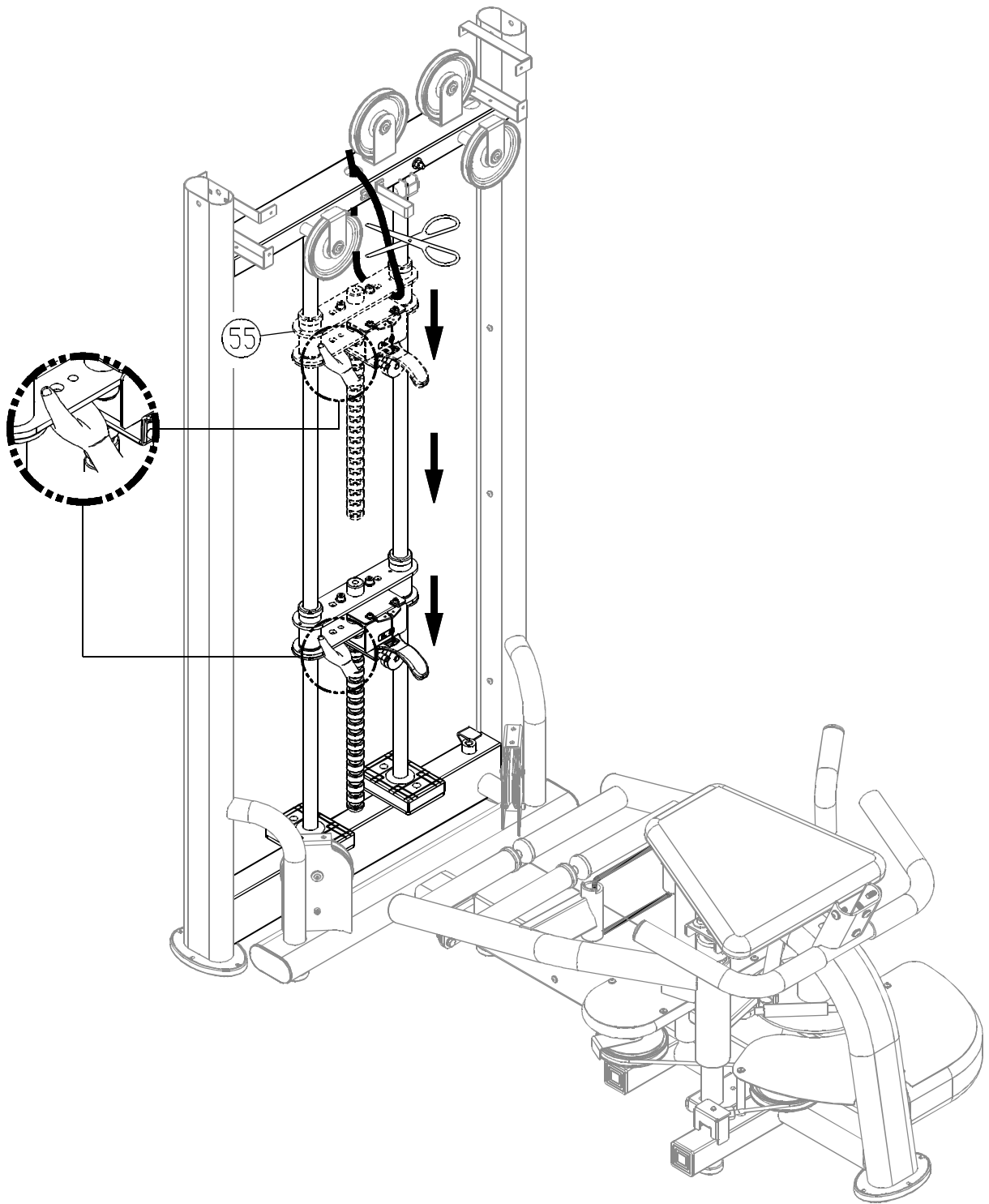


- 1-1. First, remove hardware (51,52,53,54) from the seat frame (21).
- 1-2. Use screws (51,52,53,54) to attach the main frame (5) and the seat frame (21).
- 1-3. Place the unit flat on the floor. Then secure hardware (51,52,53,54).

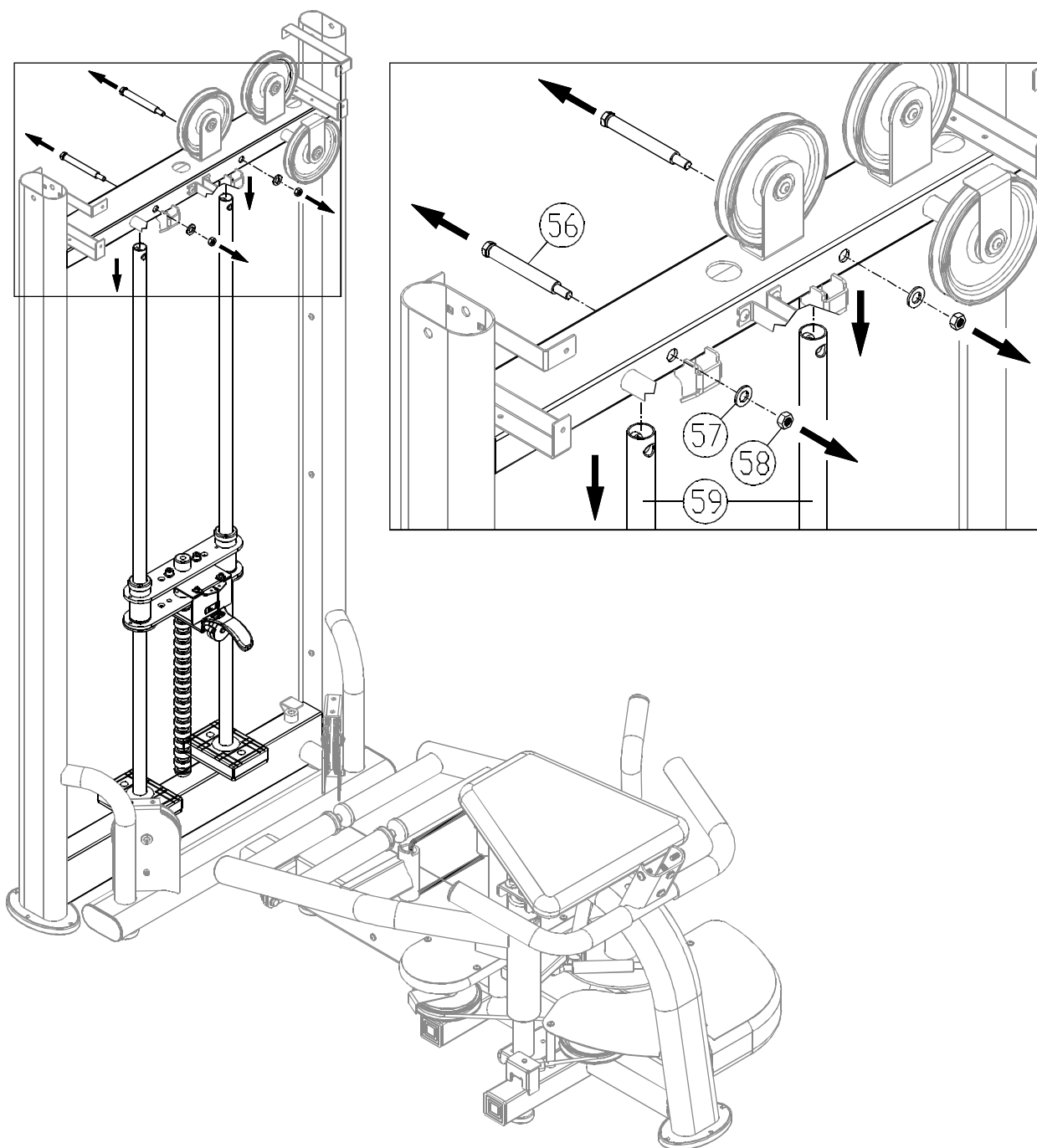
## STEP 2 Weight Plate Installation

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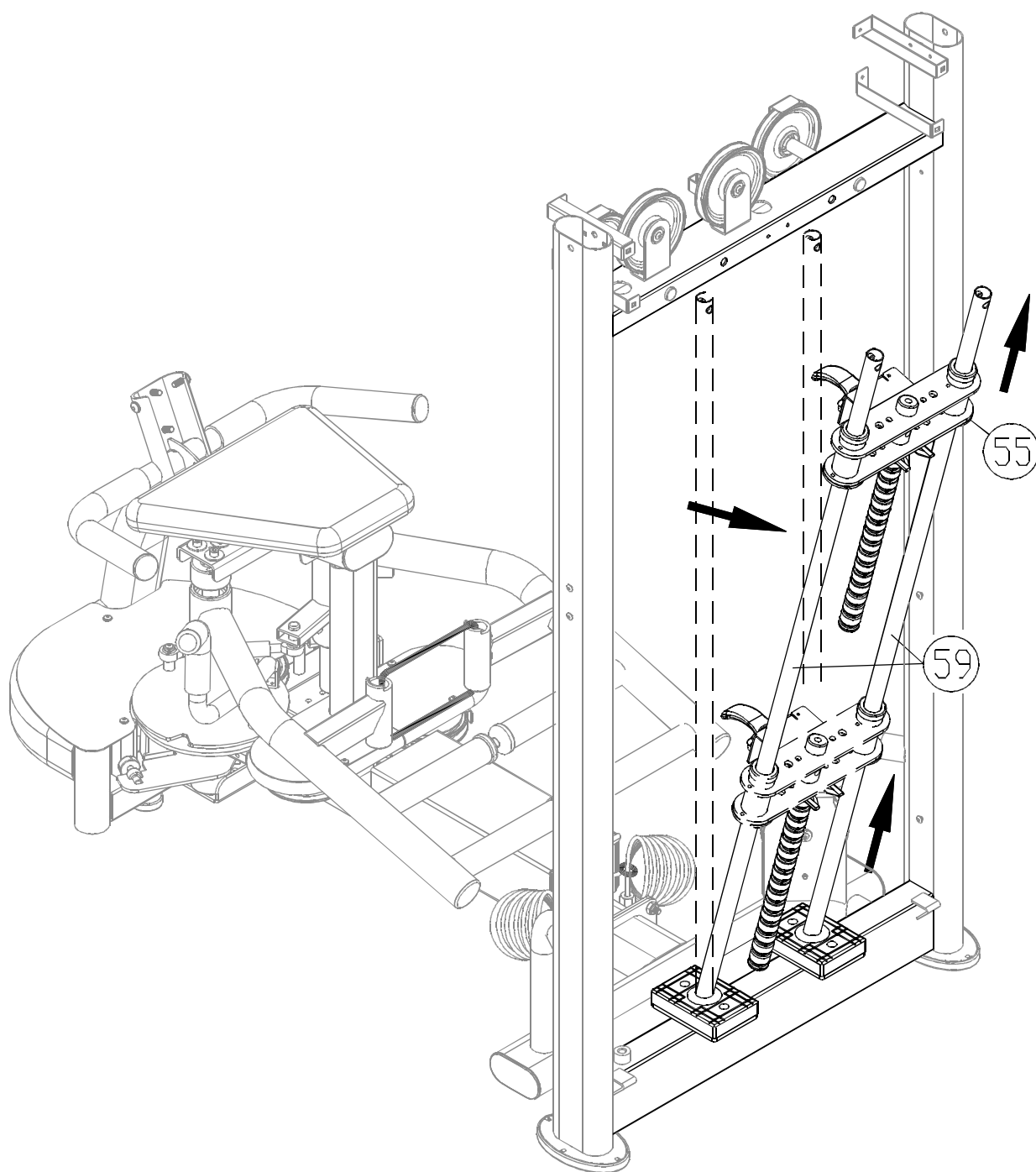




2-1. Hold upper stack carriage (55) and cut the zip tie. Gently lower the upper stack carriage (55) into place as shown.

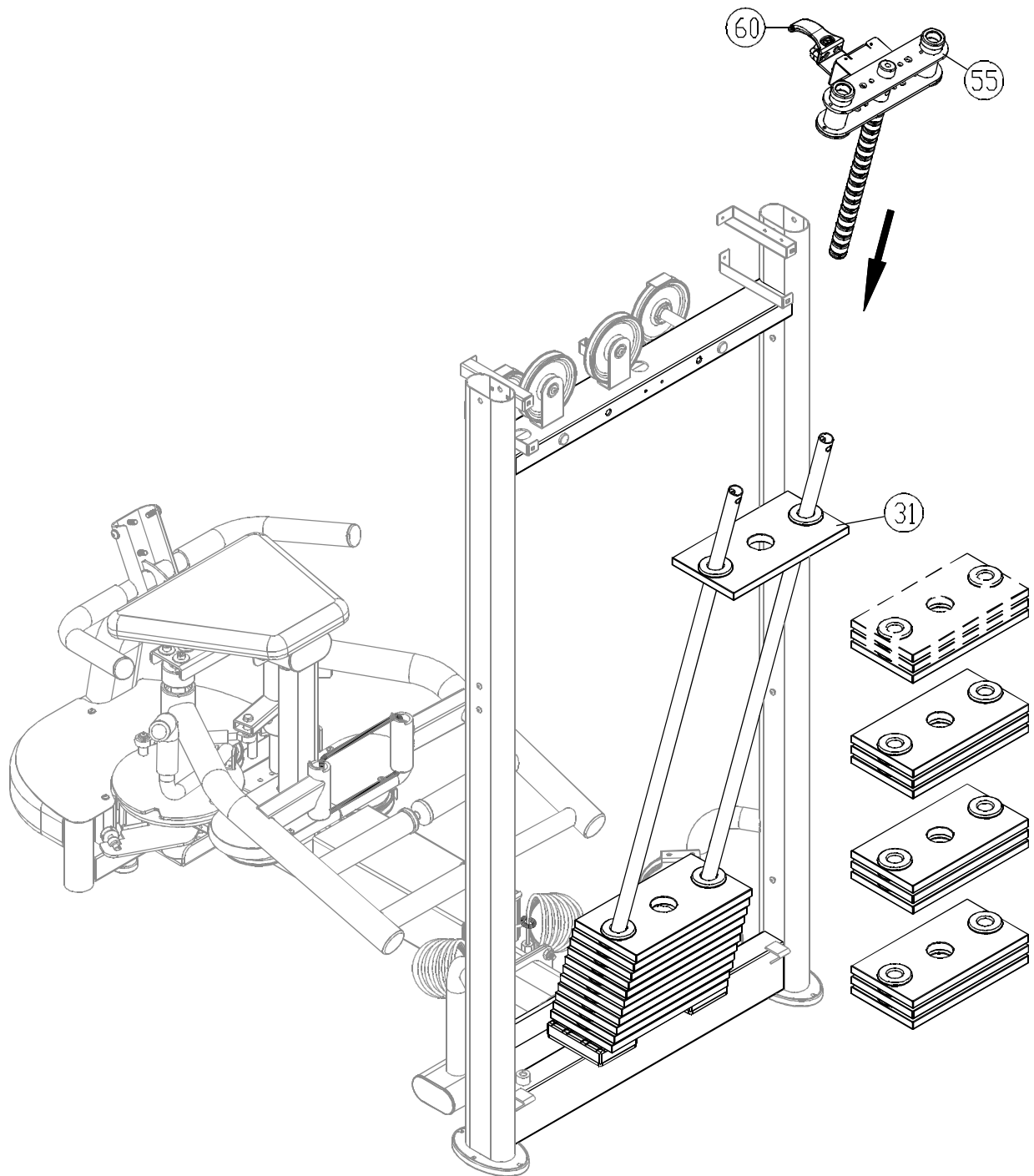


2-2. Remove hardware (56,57,58). Guide the guide rods (59) downward as shown.



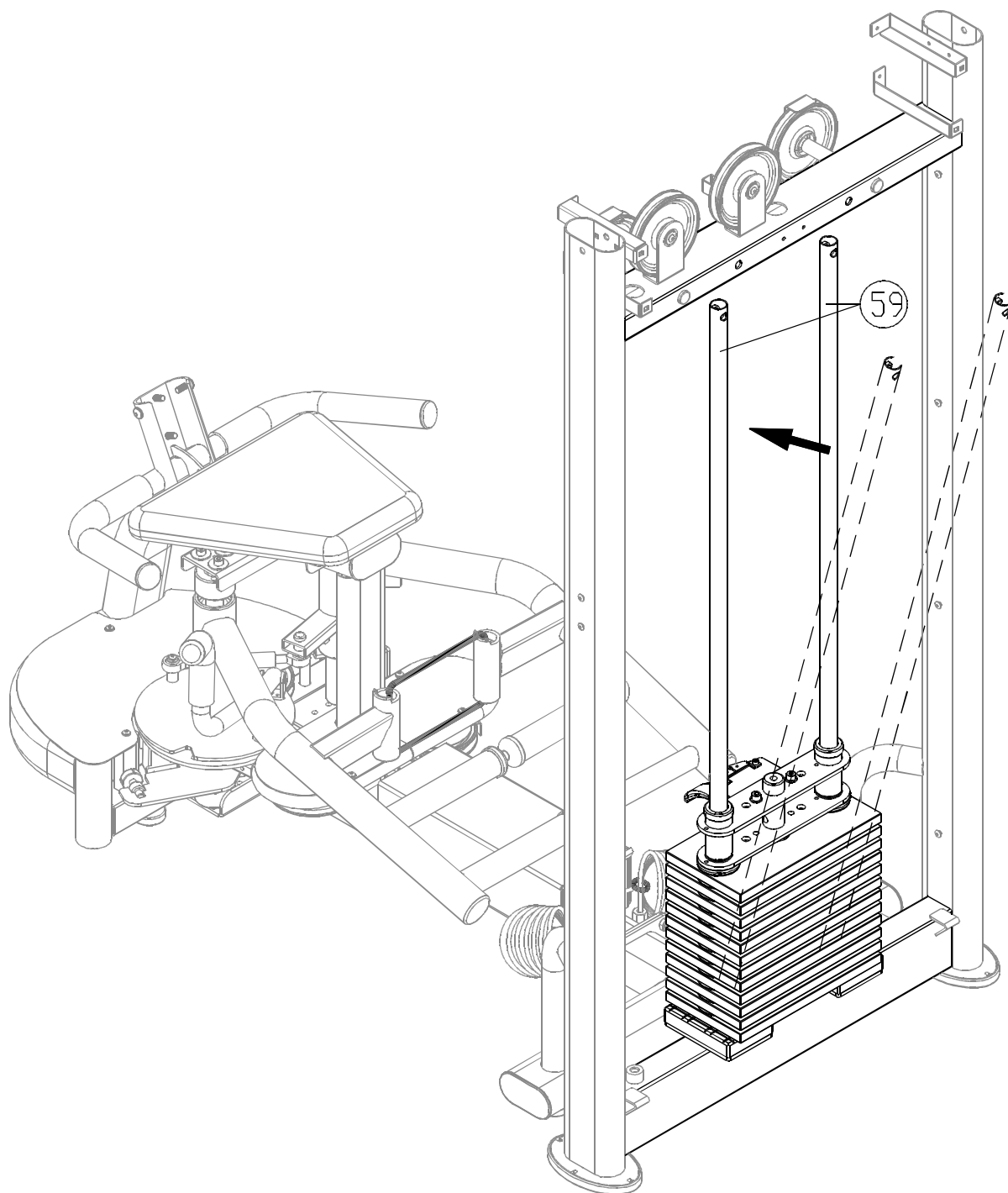
2-3. Tilt the guide rods (59) backward. Then lift the upper stack carriage (55) off the guide rods as shown. Carefully set the upper stack carriage aside.



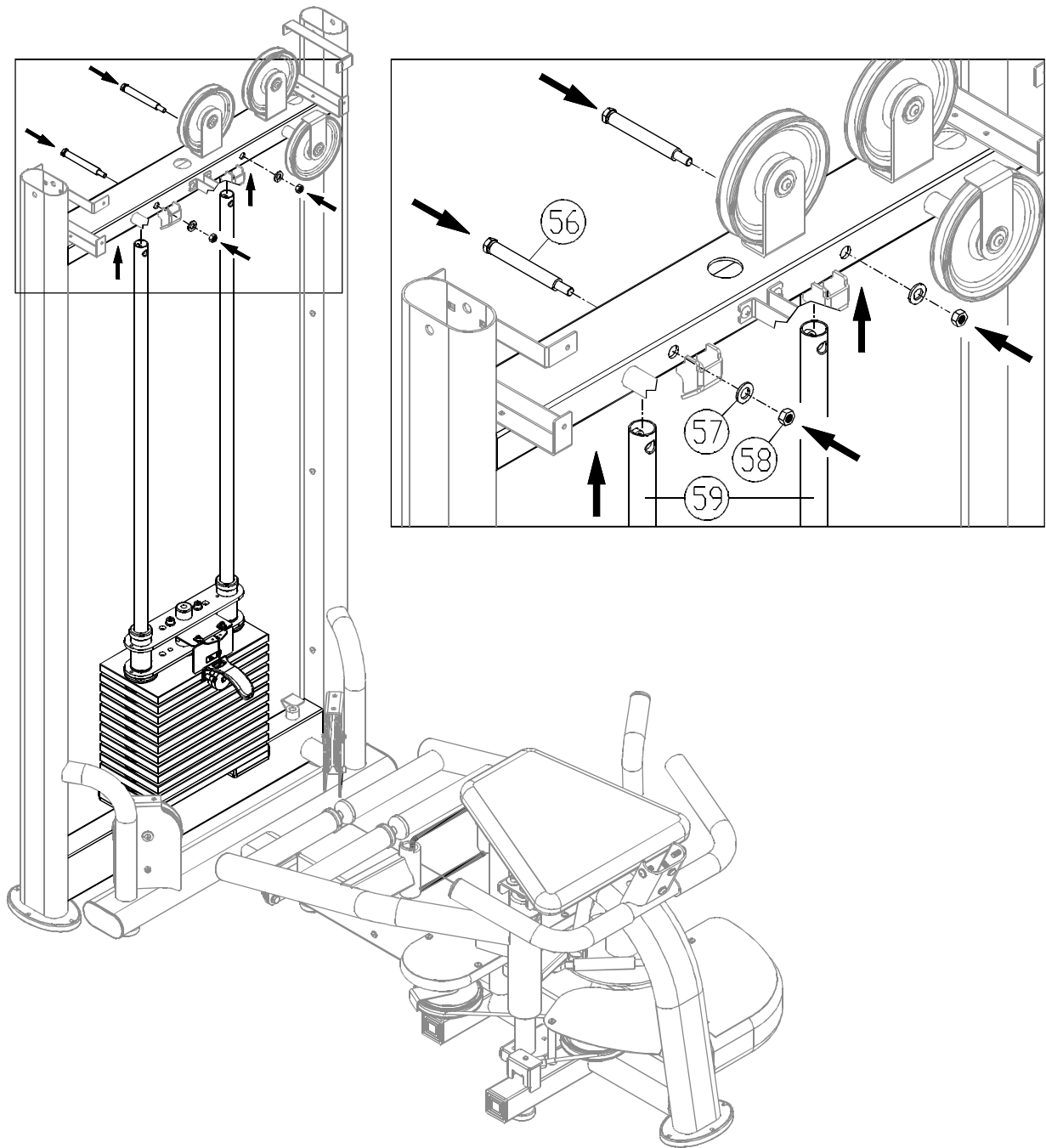


2-4. Insert and lower the 13 small (5 kg) weight plates (31) into place one at a time.  
Note: the convex side faces up.

2-5. Insert and lower the upper stack carriage (55) into place. Note: the stack fork (60) points toward the front.



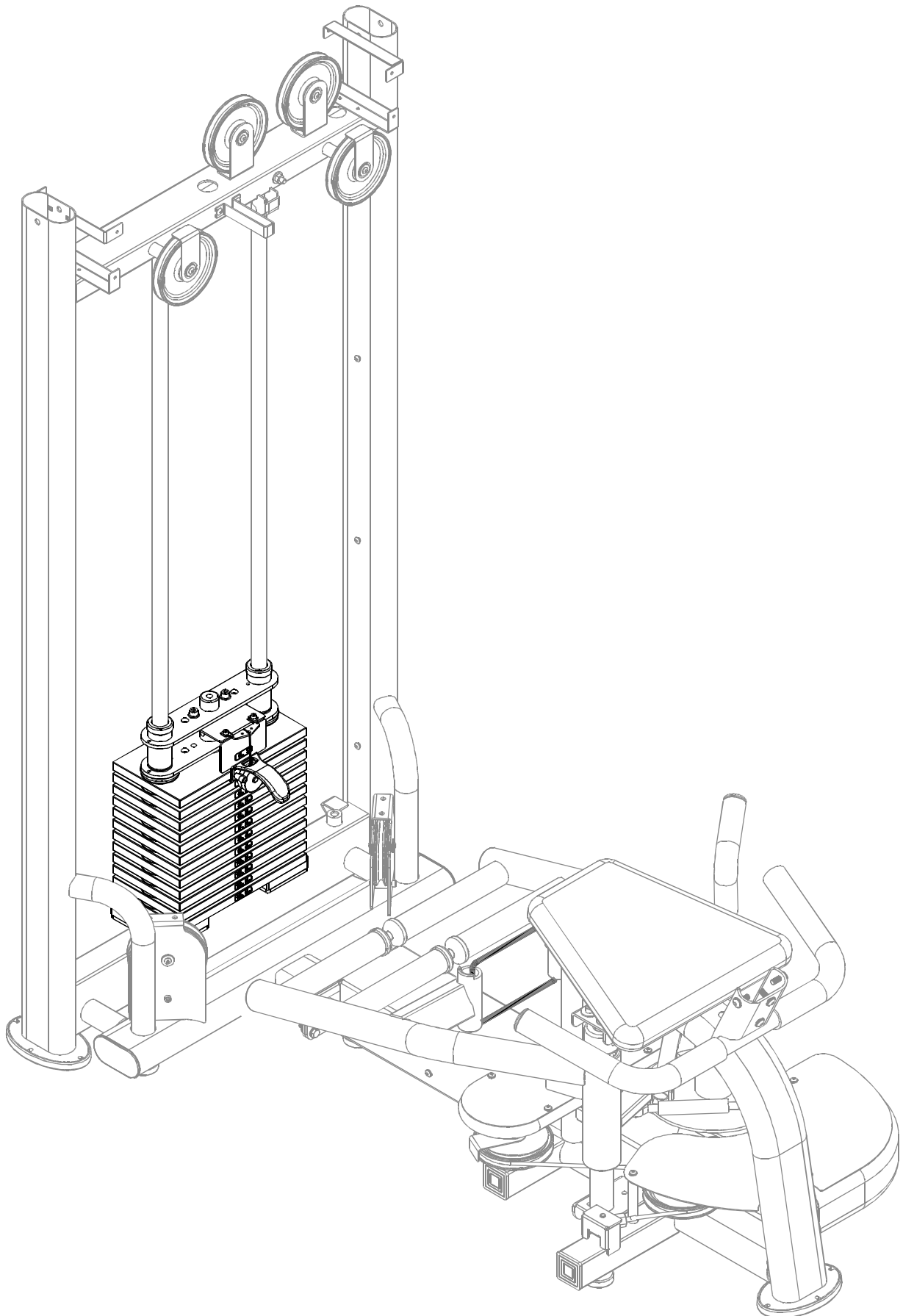
2-6. Tilt the guide rods (59) back into place.

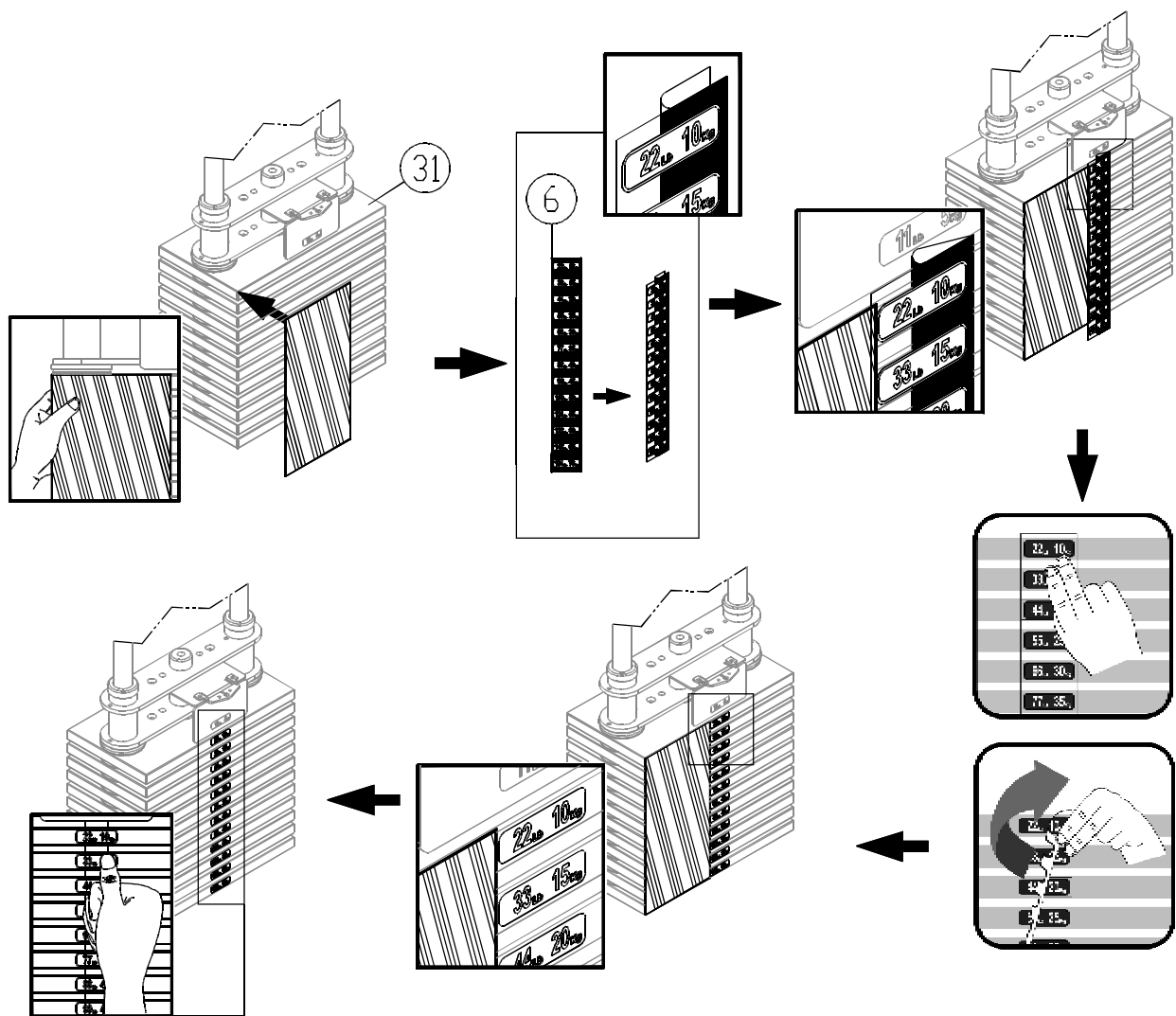


2-7. Lift the guide rods (59) up into their mounting stations. Then secure them with hardware (56,57,58).

### STEP 3 Weight Stack Sticker Application

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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 (31).

3-2. Peel off the top half of the weight plate sticker (6) backing. Note: leave the clear outside margin in place on the sticker. Don't peel off the margin.

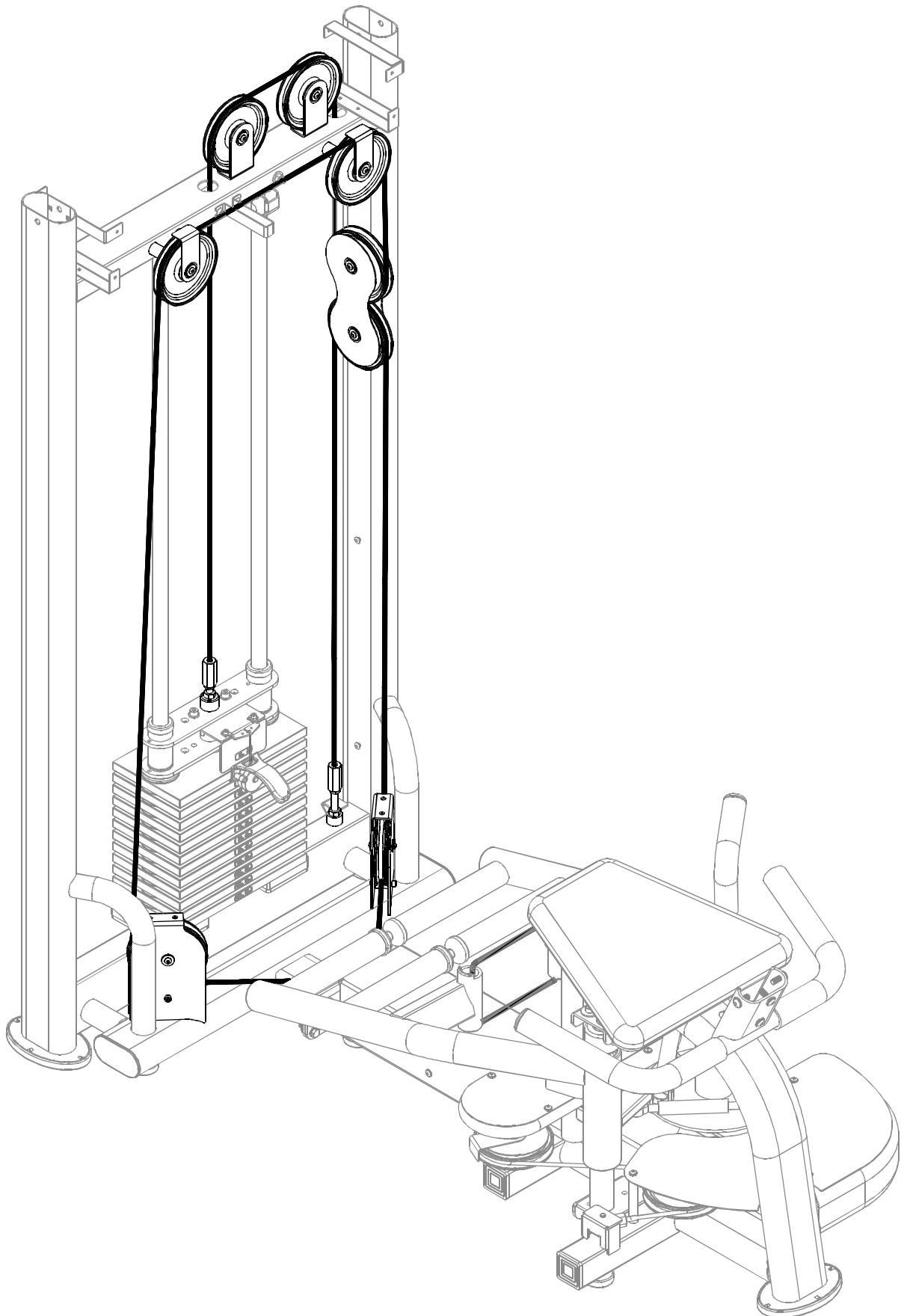
3-3. Align the sticker (6) with the right side of the cardboard and the top of the weight stack. Then apply the sticker.

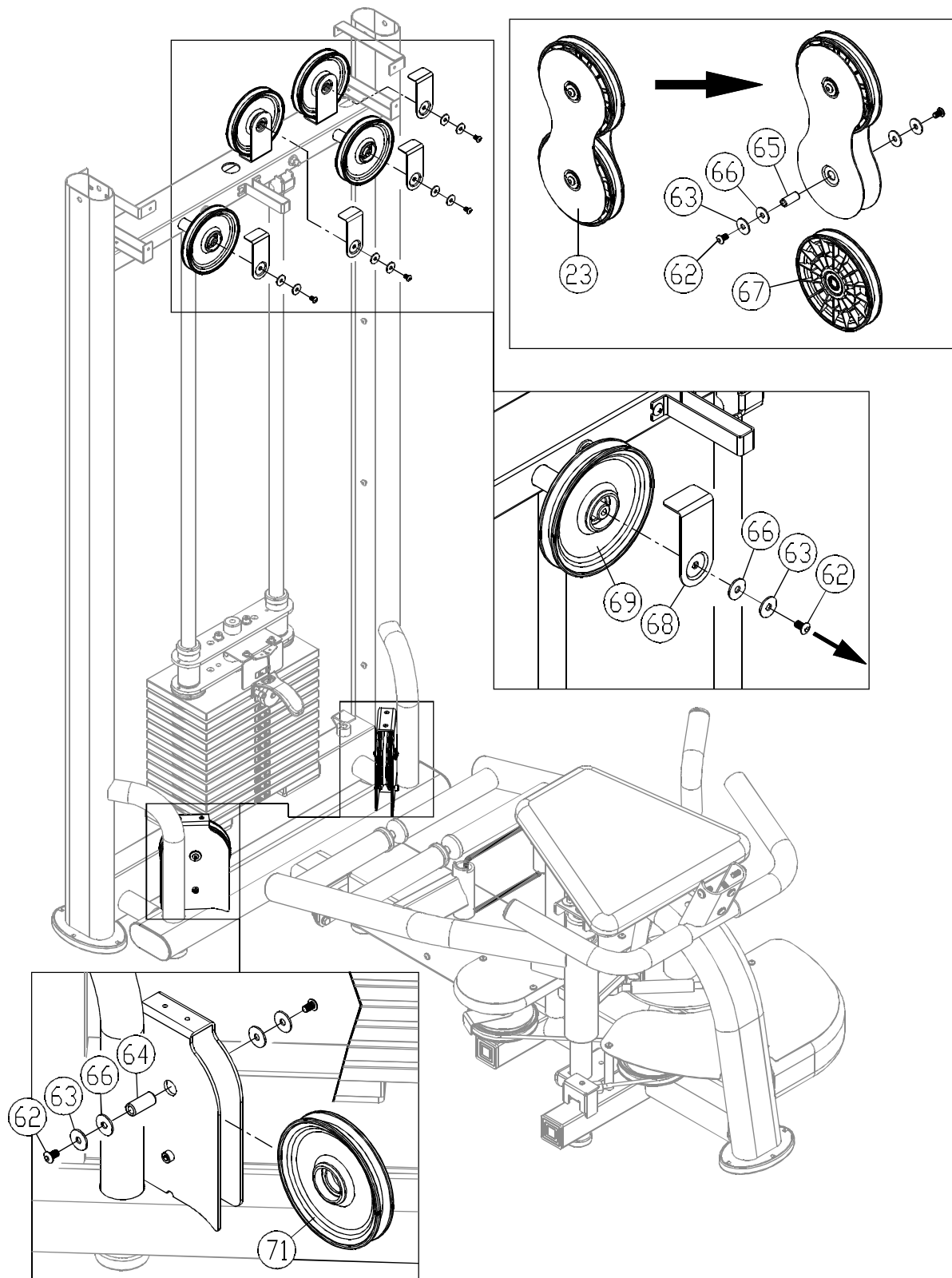
3-4. While pressing the weight numbers in place, remove the clear margin from the weight stack.

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

## STEP 4 Install the Cable

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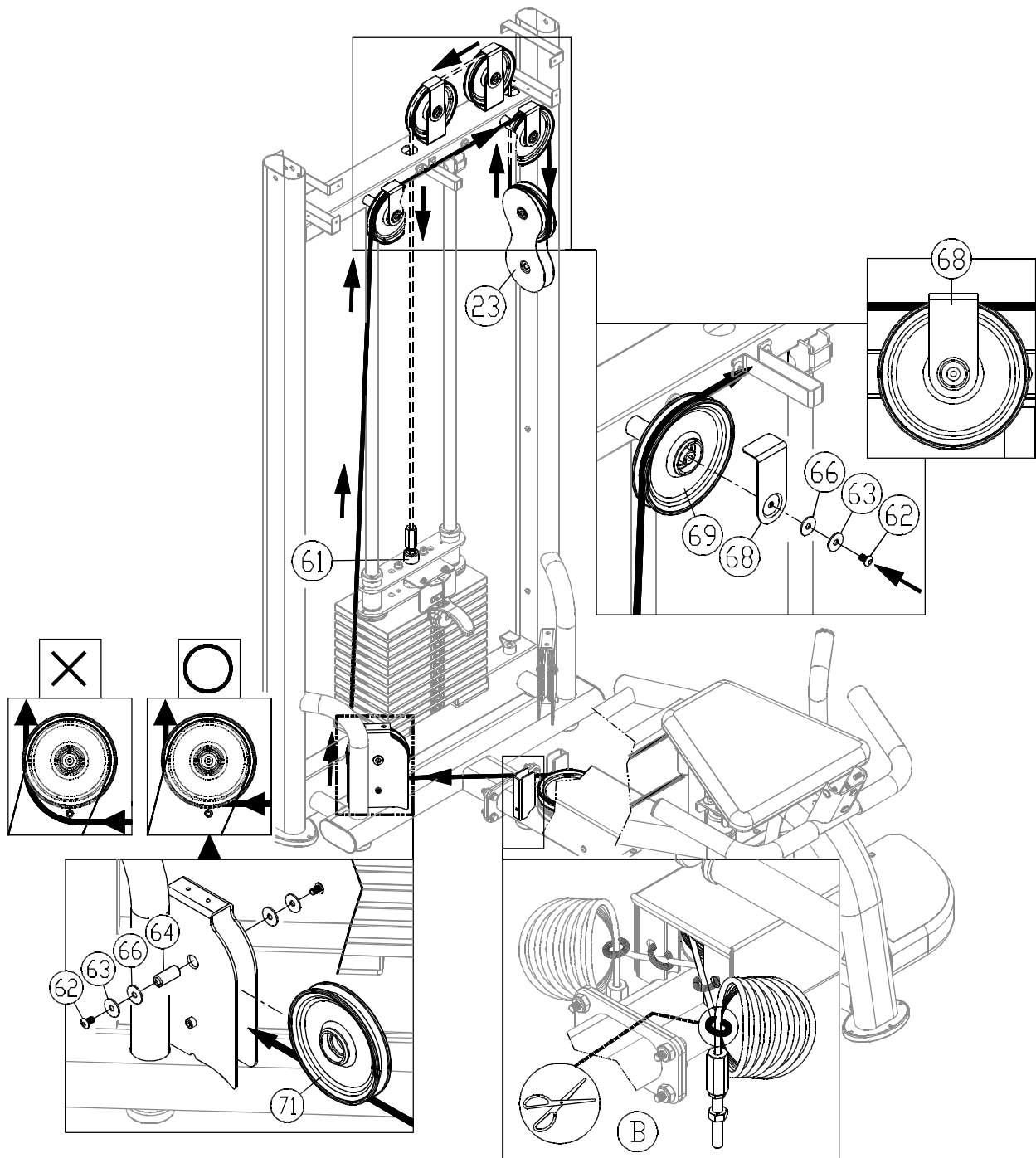




4-1. From the floating pulley (23), remove one pulley wheel A (67) by disconnecting hardware (62,63,65,66).

4-2. From the upper covers, remove pulley cover hardware (62,63,66,68) as shown. Note: keep pulley wheel (69) on the unit.

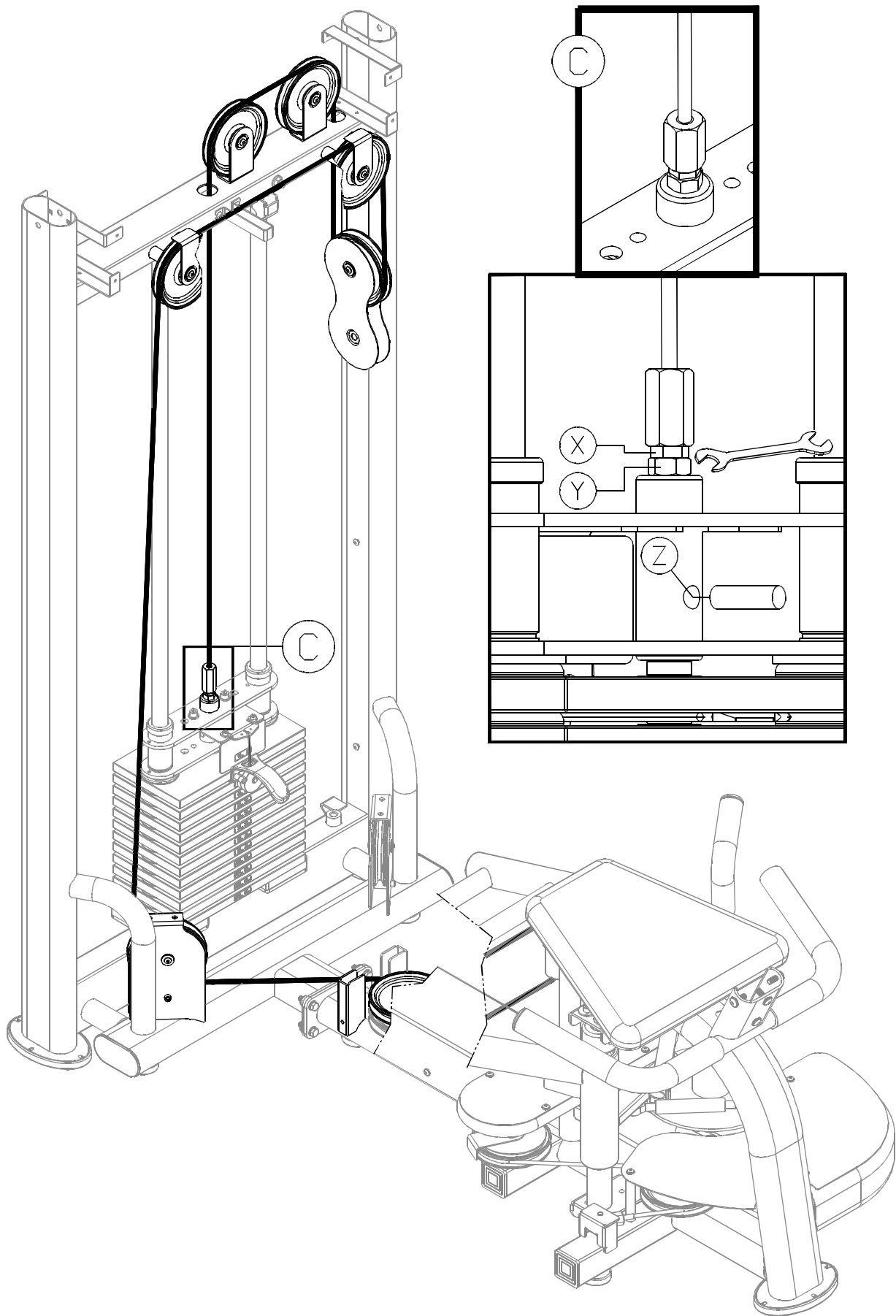
4-3. Then, from the left and right pulley brackets remove hardware (62,63,64,66) and the pulley wheel C (71). Place hardware and parts aside separately.



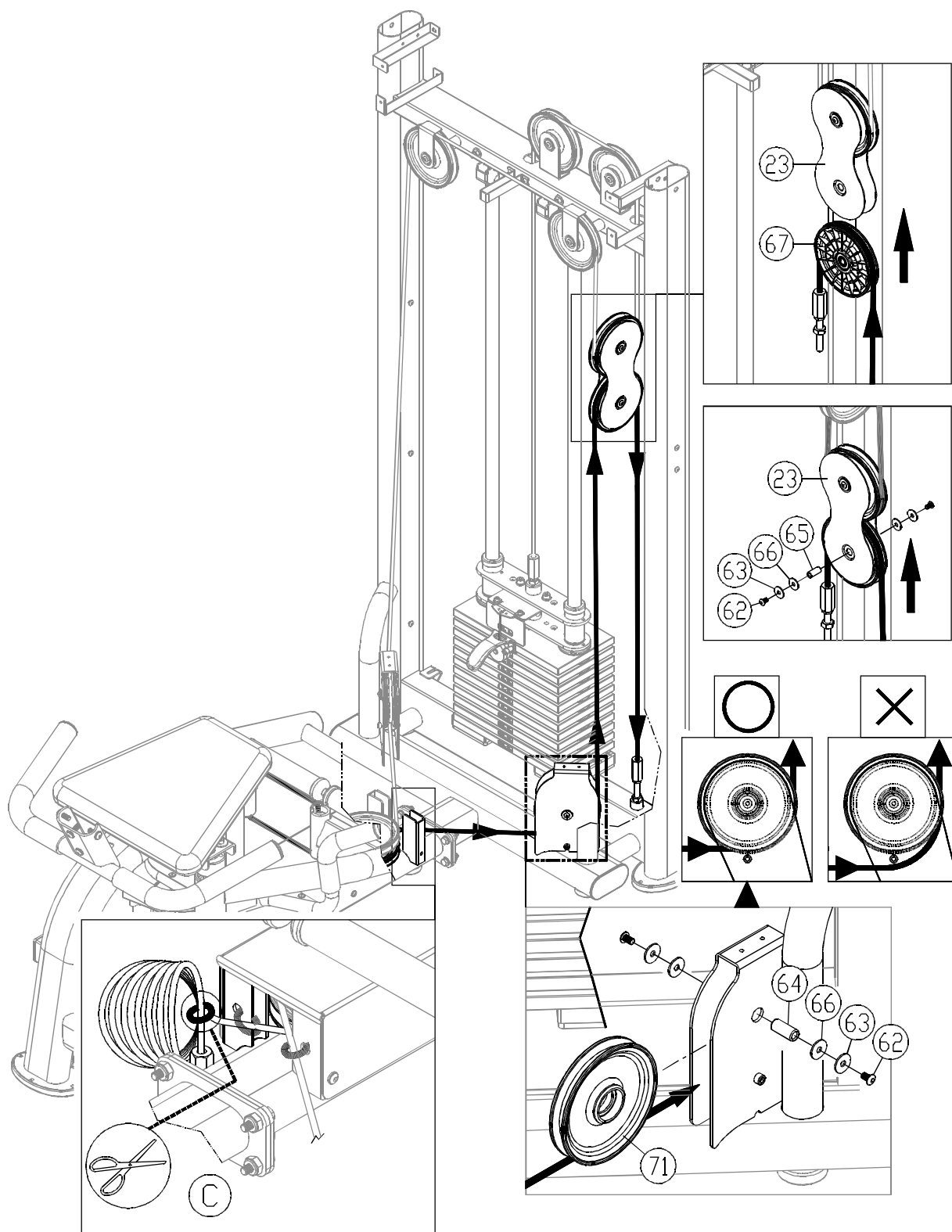
#### 4-4. Install the cable on the left side.

- (a) Cut the zip tie at position B on the cable. Note: Do not cut the inner zip tie.
- (b) Insert the cable as indicated, first feeding the cable through pulley C (71), then secure hardware (62,63,64,66). Then insert the cable through pulley B (69). Secure this pulley with hardware (62,63,66,68). Continue threading the cable as indicated, employing the floating pulley (23) as shown. Finally, secure the cable to the upper stack carriage as shown. (Note: secure covers so they are parallel to but not touching the cable.)





4-5. First, insert an open end wrench into hole (Z). Adjust the large nut at area C to the lowest position.

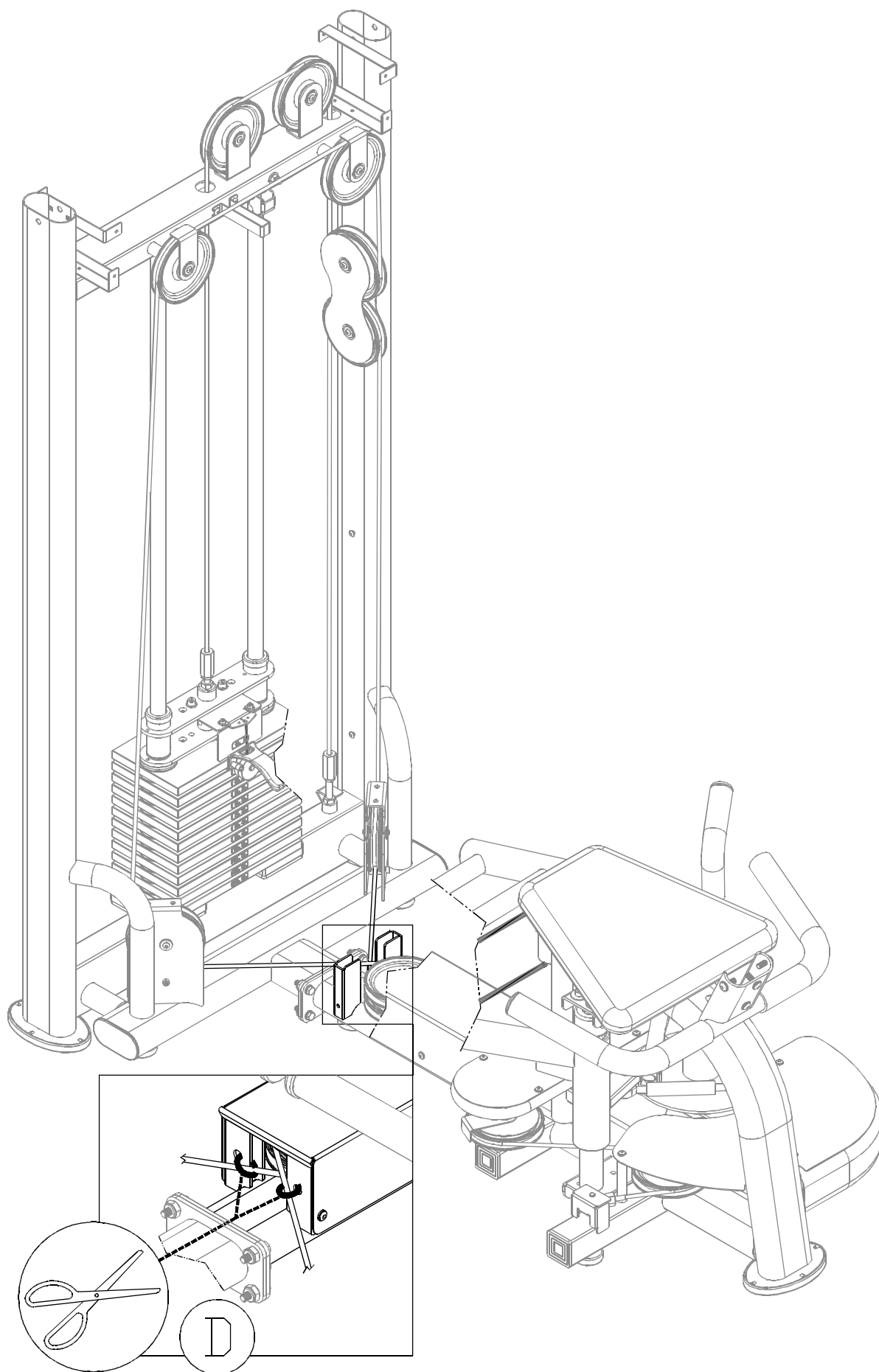


#### 4-6. Install the cable on the right side.

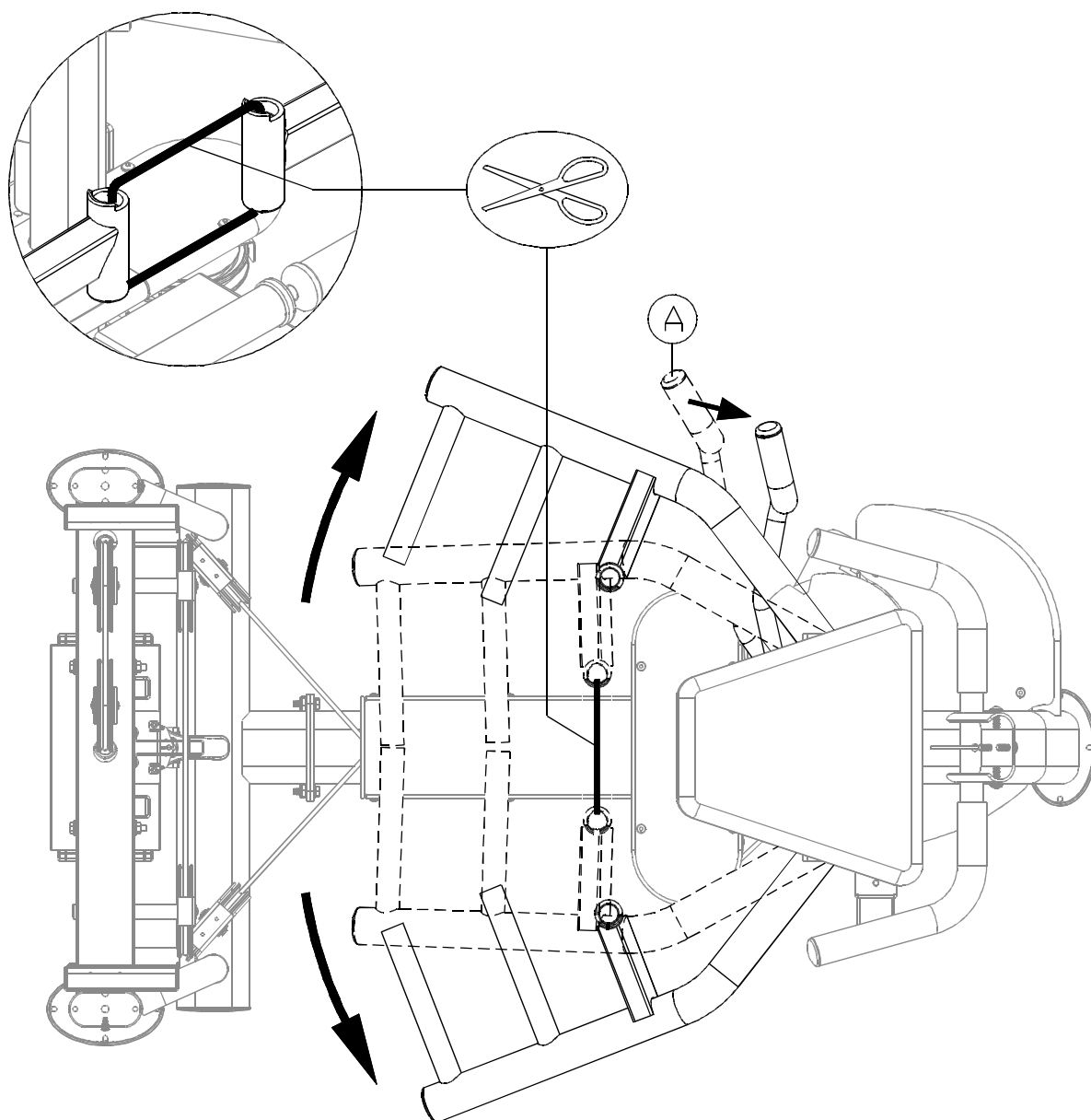
(a) Cut the zip tie in position C of the lower cable. Note: Do not cut the inner zip tie.

(b) Route the cable through pulley C (71), then secure hardware (62,63,64,66).

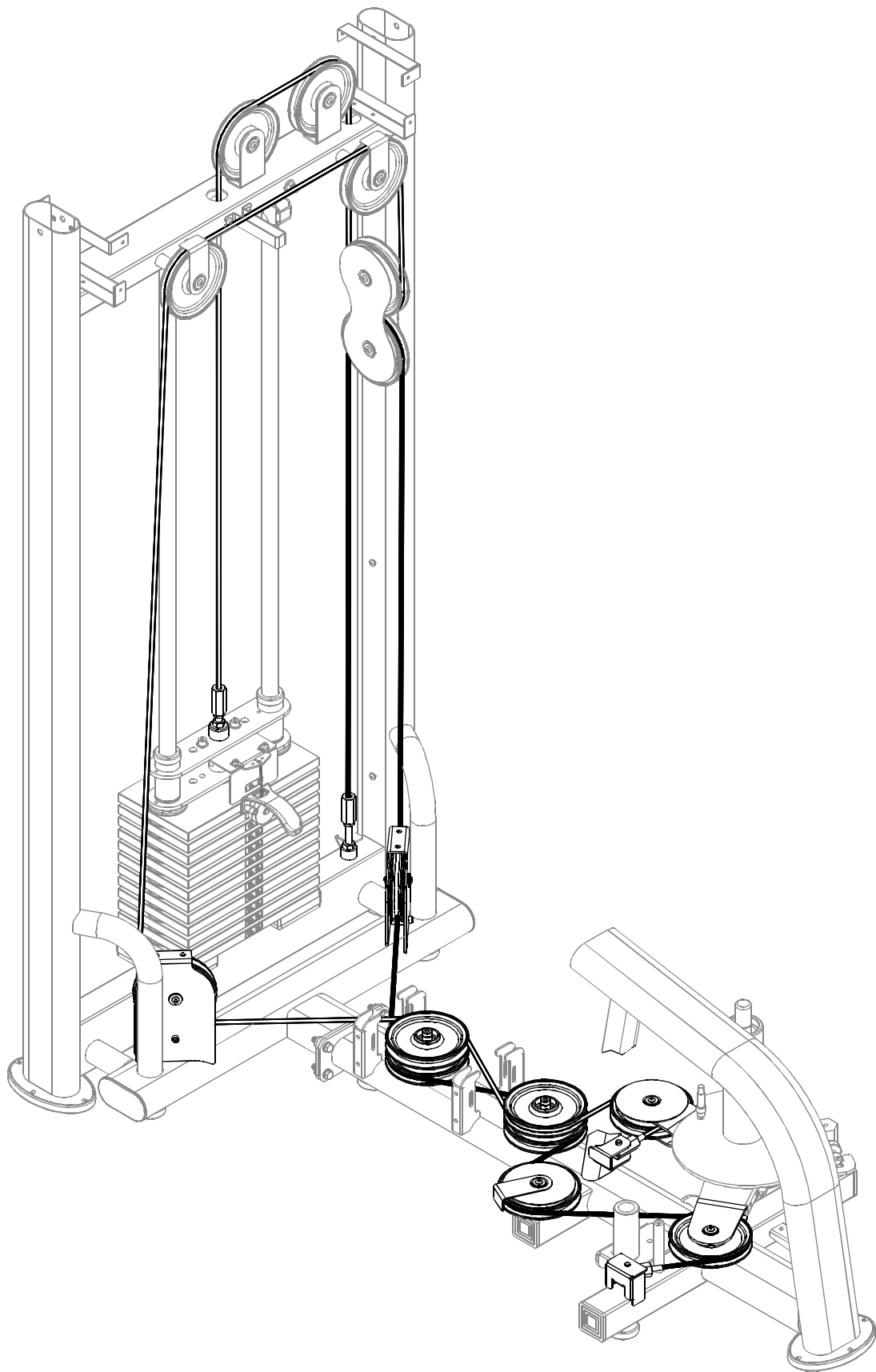
Thread the cable as indicated through the floating pulley (23). Put pulley A (67) in place. Then secure hardware (62,63,65,66). Finally, secure the cable as shown.



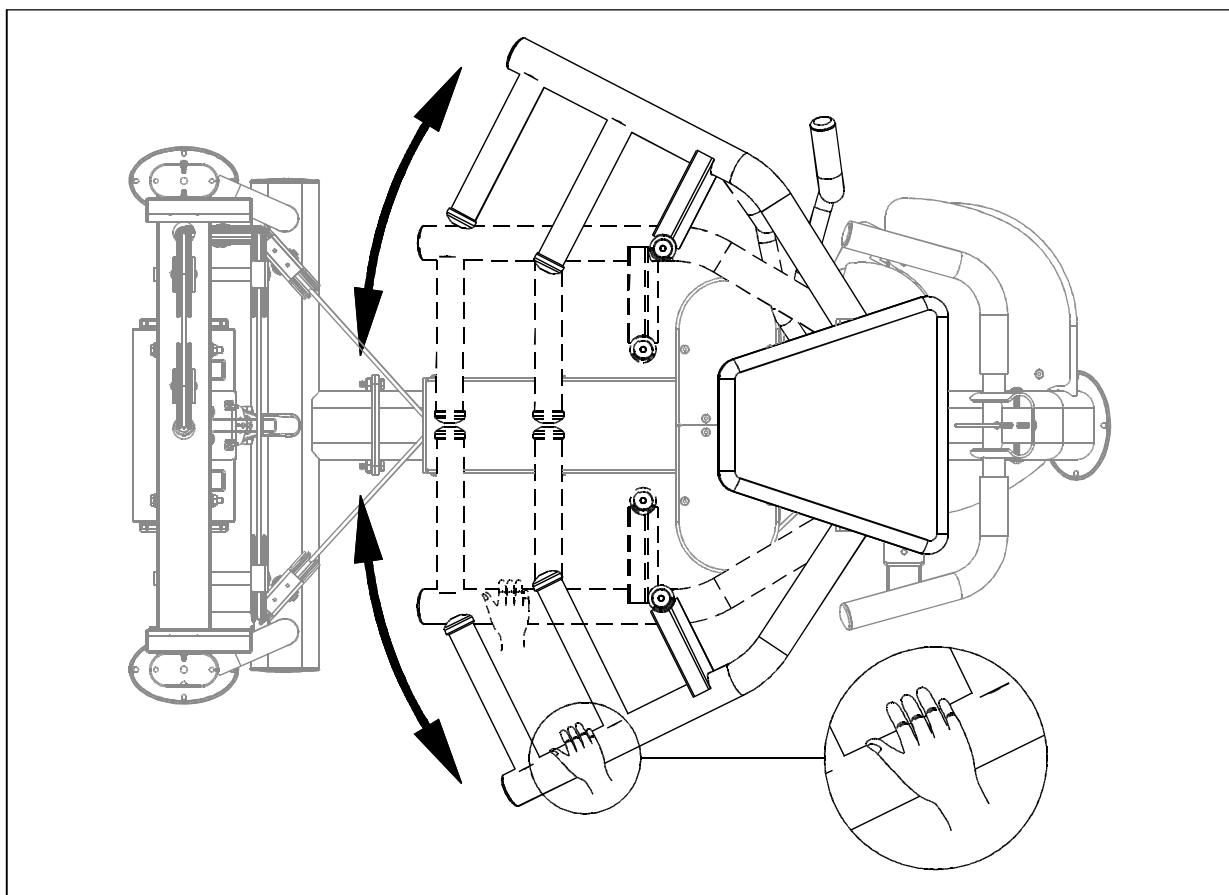
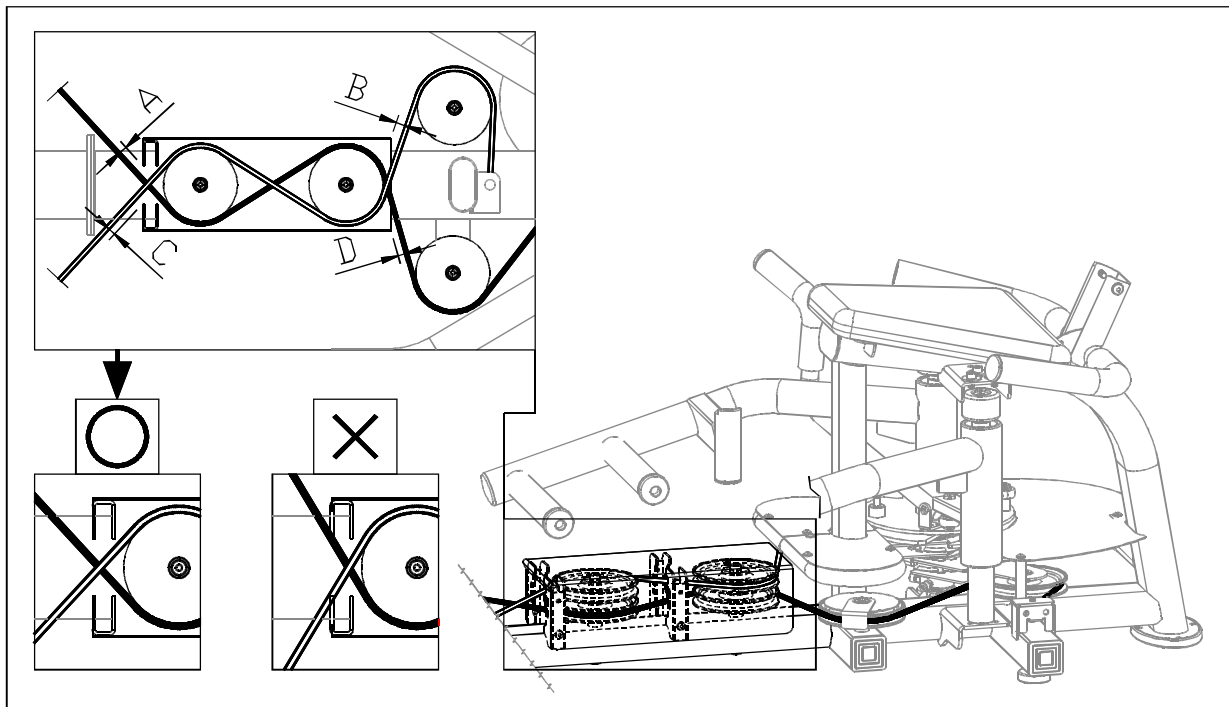
4-7. Finally, cut the zip tie at inner position D.



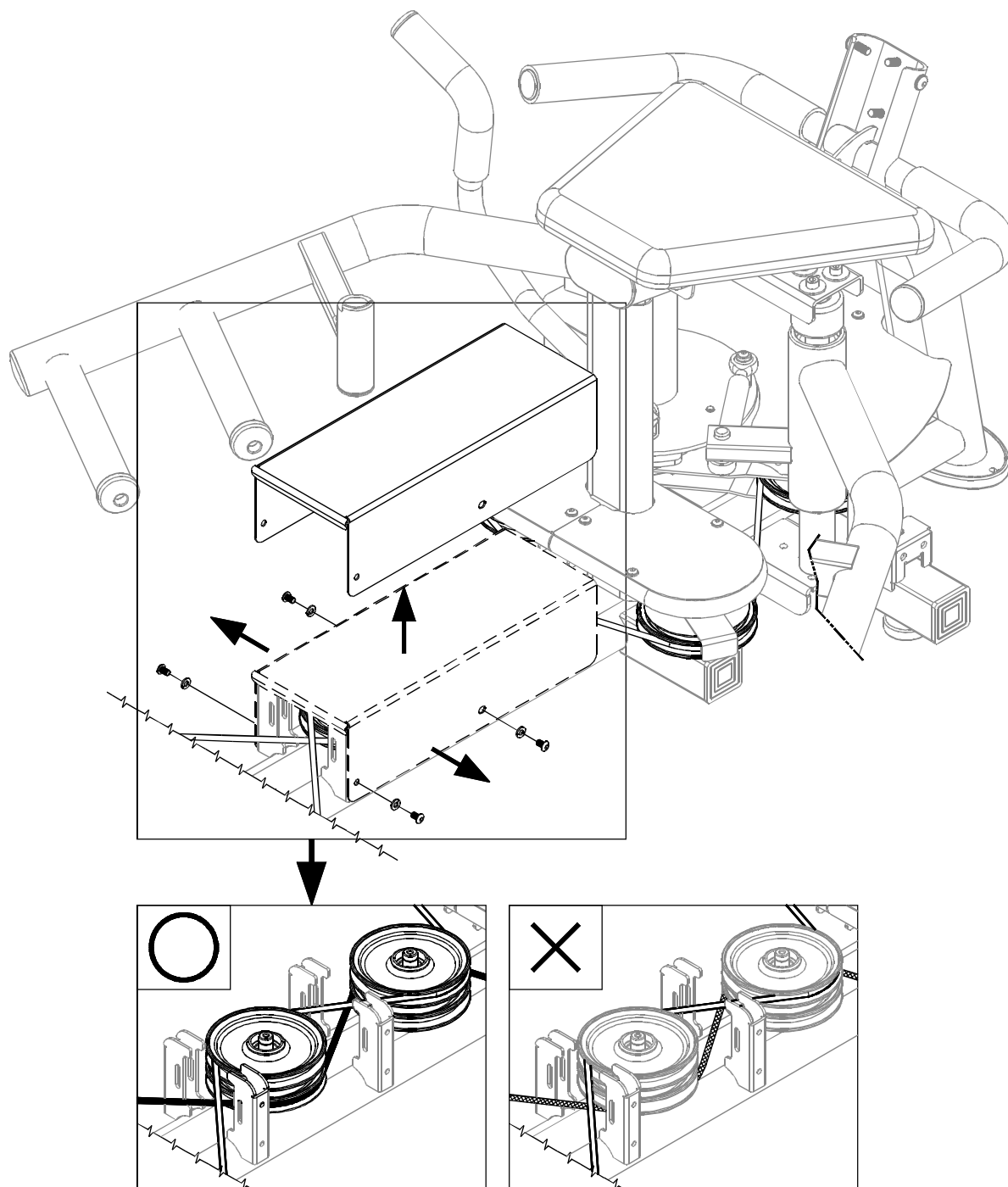
4-8. Cut the zip tie after assembly. Pull Handle A to the proper position.



4-9. Cable Route Illustration



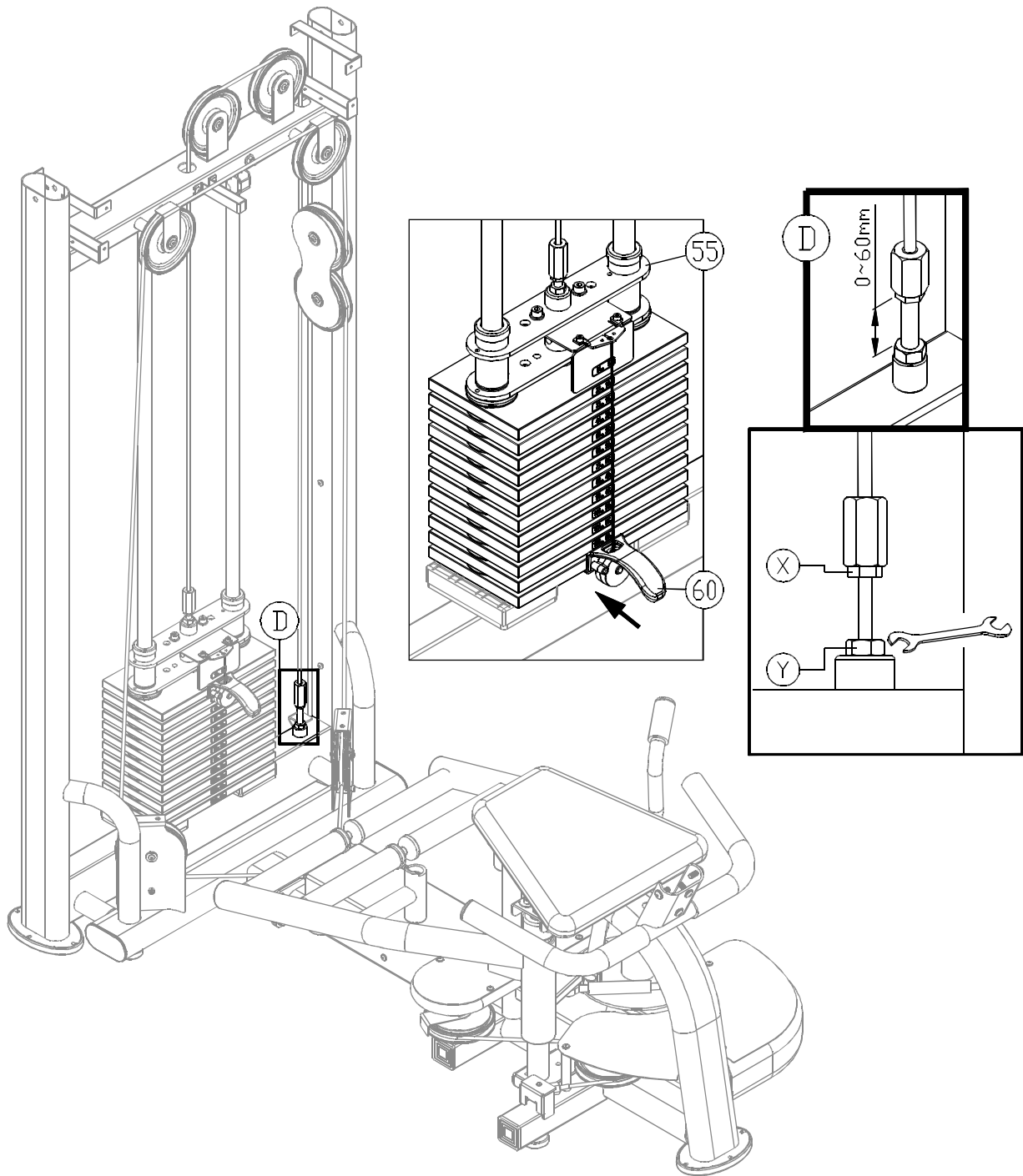
4-10. Inspect cables for interference: Make sure cables do not rub each other or the footplate cover. Cable test: Pull and push both left and right footrests inward and outward. Cable operation should be smooth and cables should not touch the footplate cover.



4-11. If there is interference, make the following adjustments:

- (a) Remove the screws. Remove the footplate cover.
- (b) In areas where the cable rubs or tracks poorly, reposition the cable.
- (c) Finally, install the footplate cover again and second its screws.

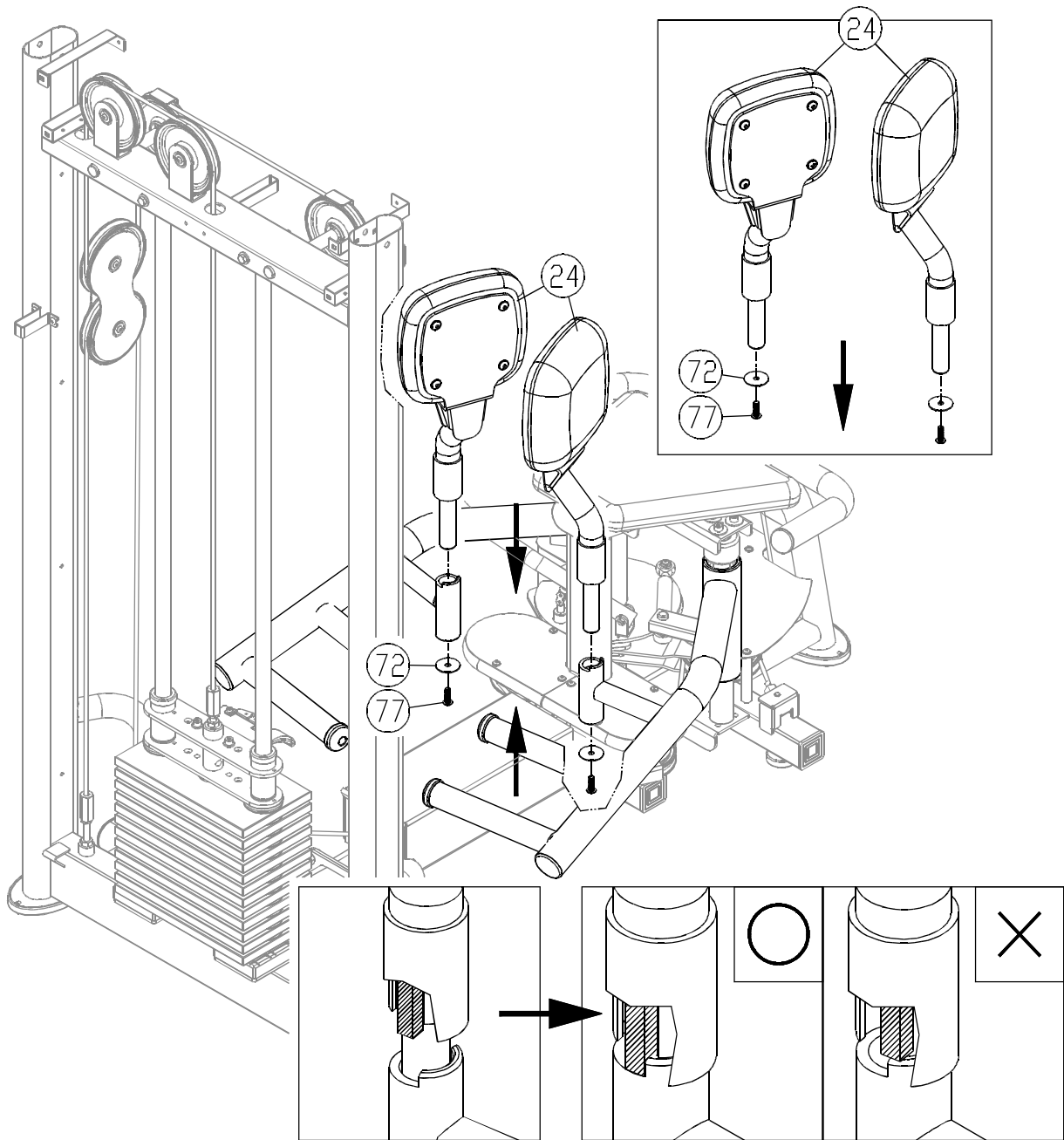
## STEP 5 Adjust Cable Tightness



Insert the stack fork (60) into the gap under the lowest weight plate. Then adjust the large nut at area D. Adjust until the upper stack (55) carriage moves slightly. To adjust the cable, 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.

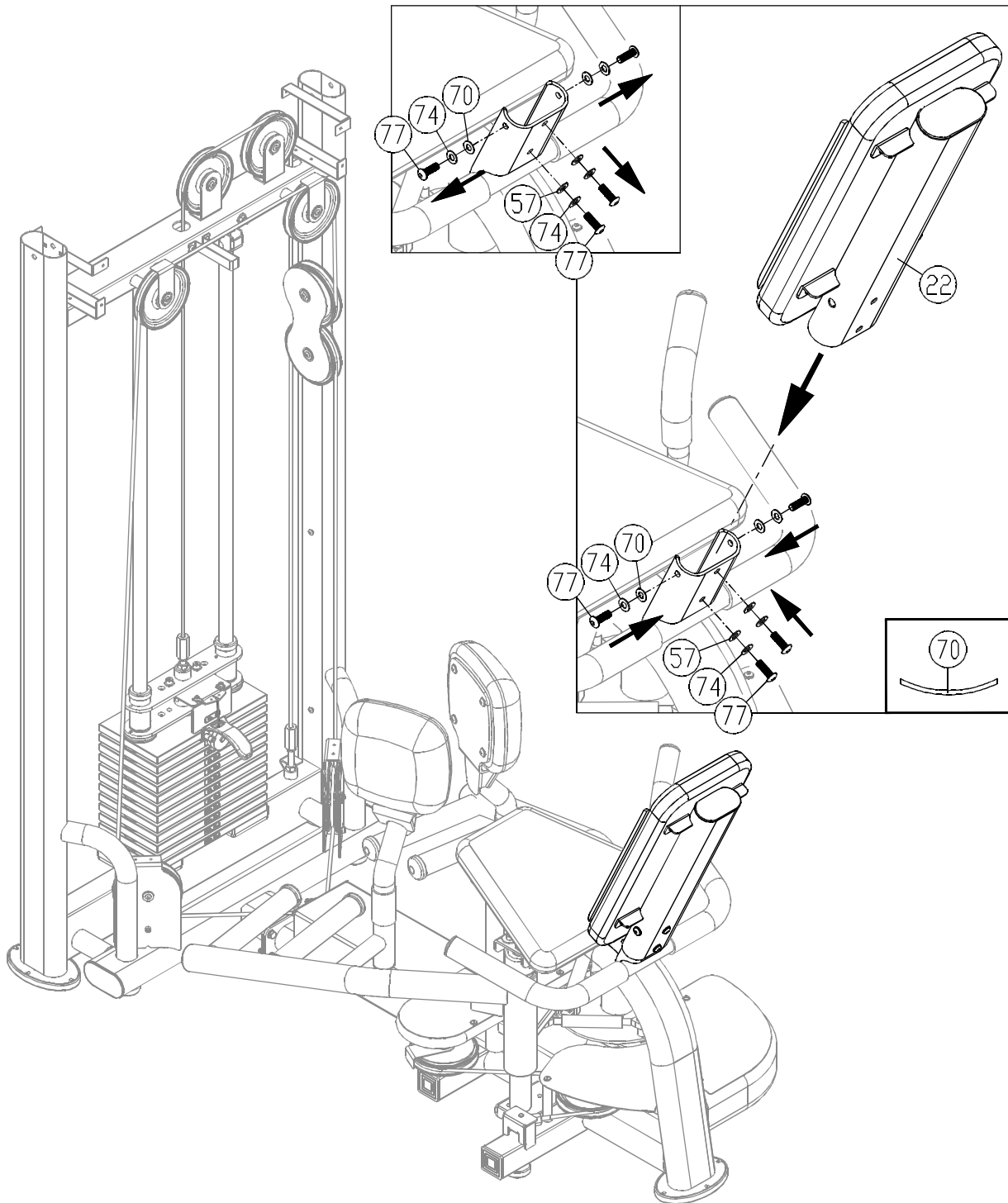


## STEP 6 Install Leg Pad Assemblies



- 6-1. First, remove screws (72,77) from the bottom of the leg cushion pivot assemblies (24).
- 6-2. Insert the leg cushion pivot assemblies into their mount sockets. Make sure that placement slots in the leg cushion pivot assemblies insert properly (see illustration). Then secure screws (72,77) from below. Note: placement slots must be inserted into the lowest part of the cutout.

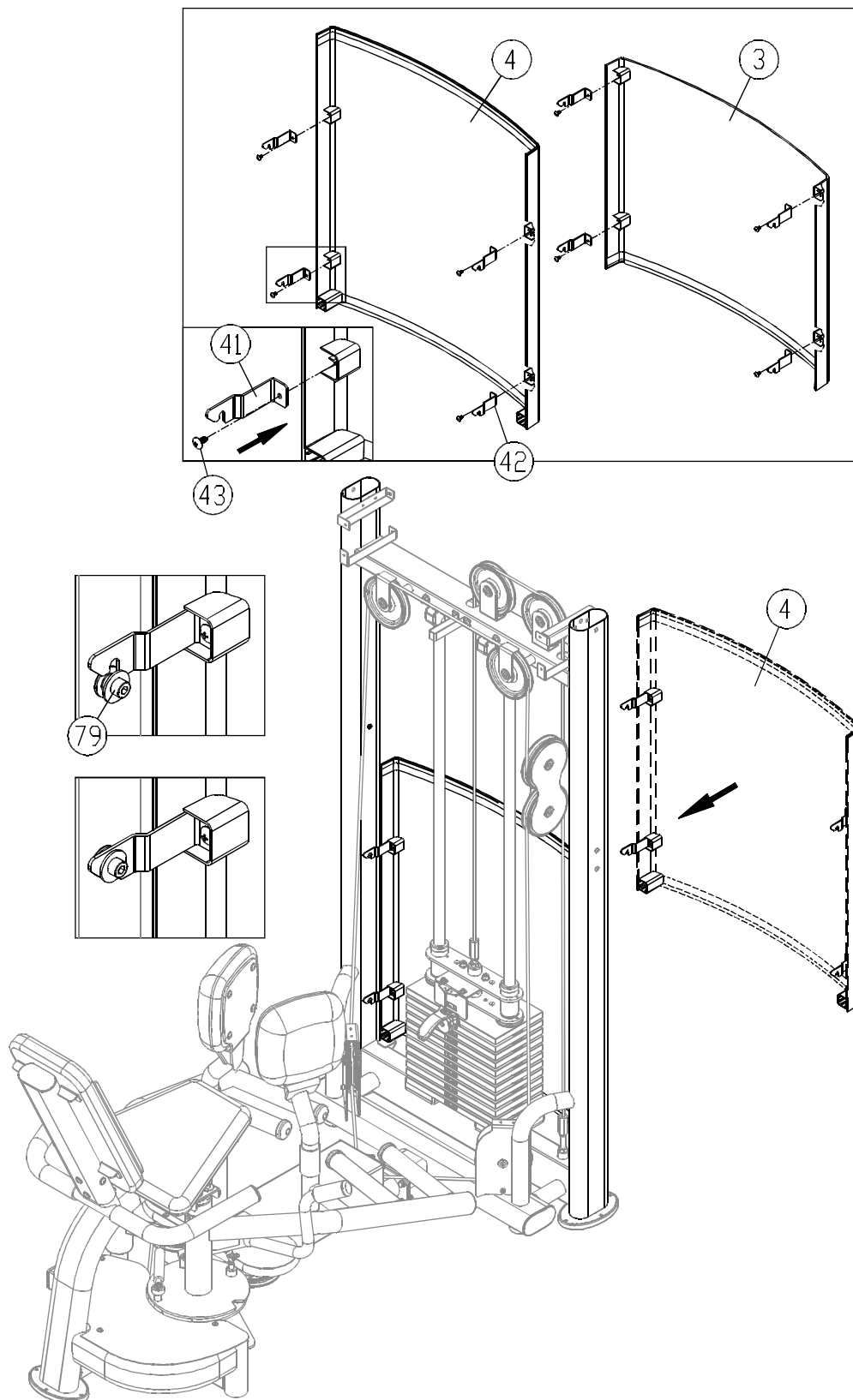
## STEP 7 Install the Seat Back Support



7-1. First, remove hardware (57,77,74,70) from the seat back support mount bracket as shown.

7-2. Insert the seat back support (22) directly into its mount bracket. Then secure these pieces with hardware (57,77,74,70).

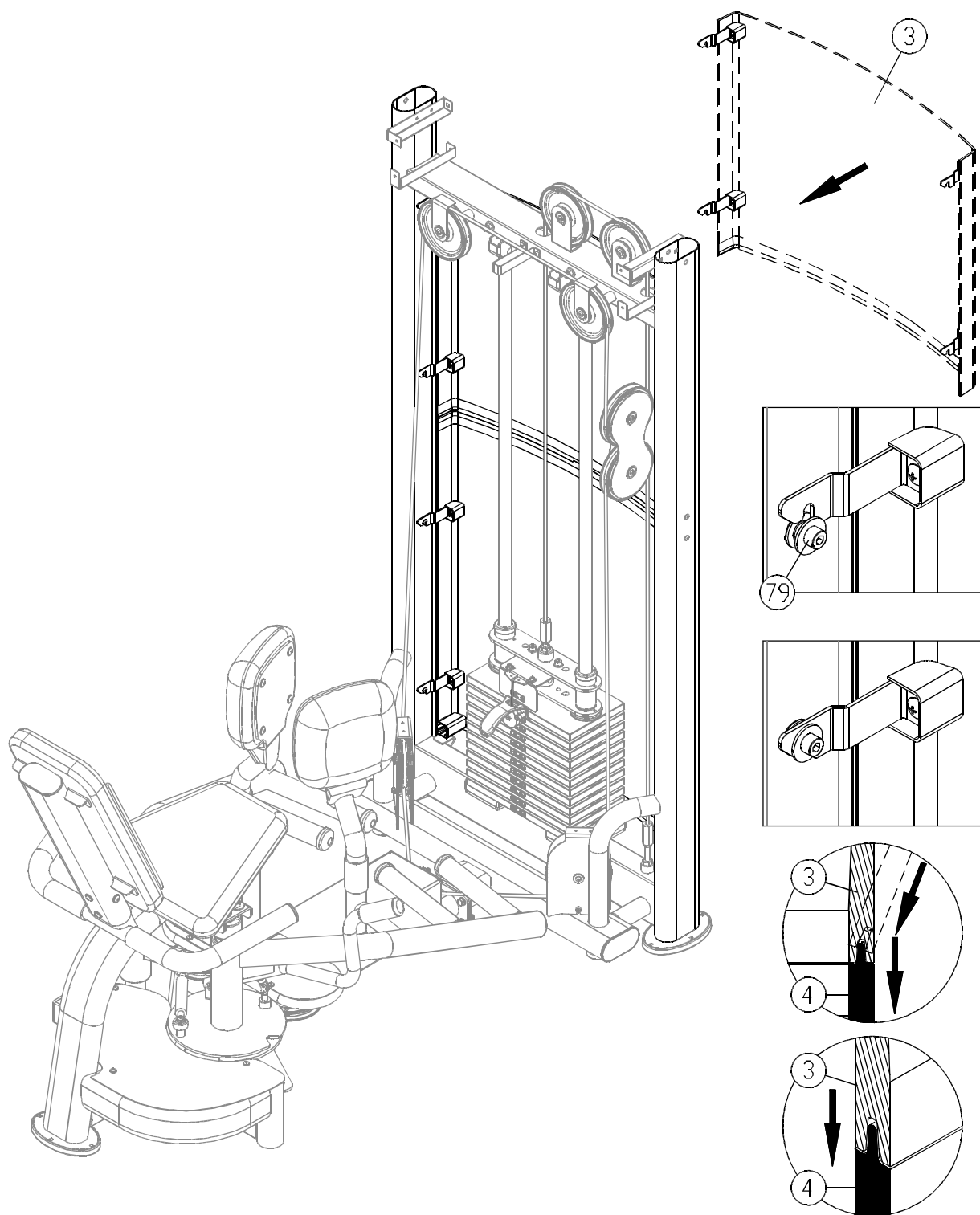
## STEP 8 Tower Back Cover Installation



8-1. Before installing the upper and lower rear covers, first separate A and B (41,42) set brackets by side.

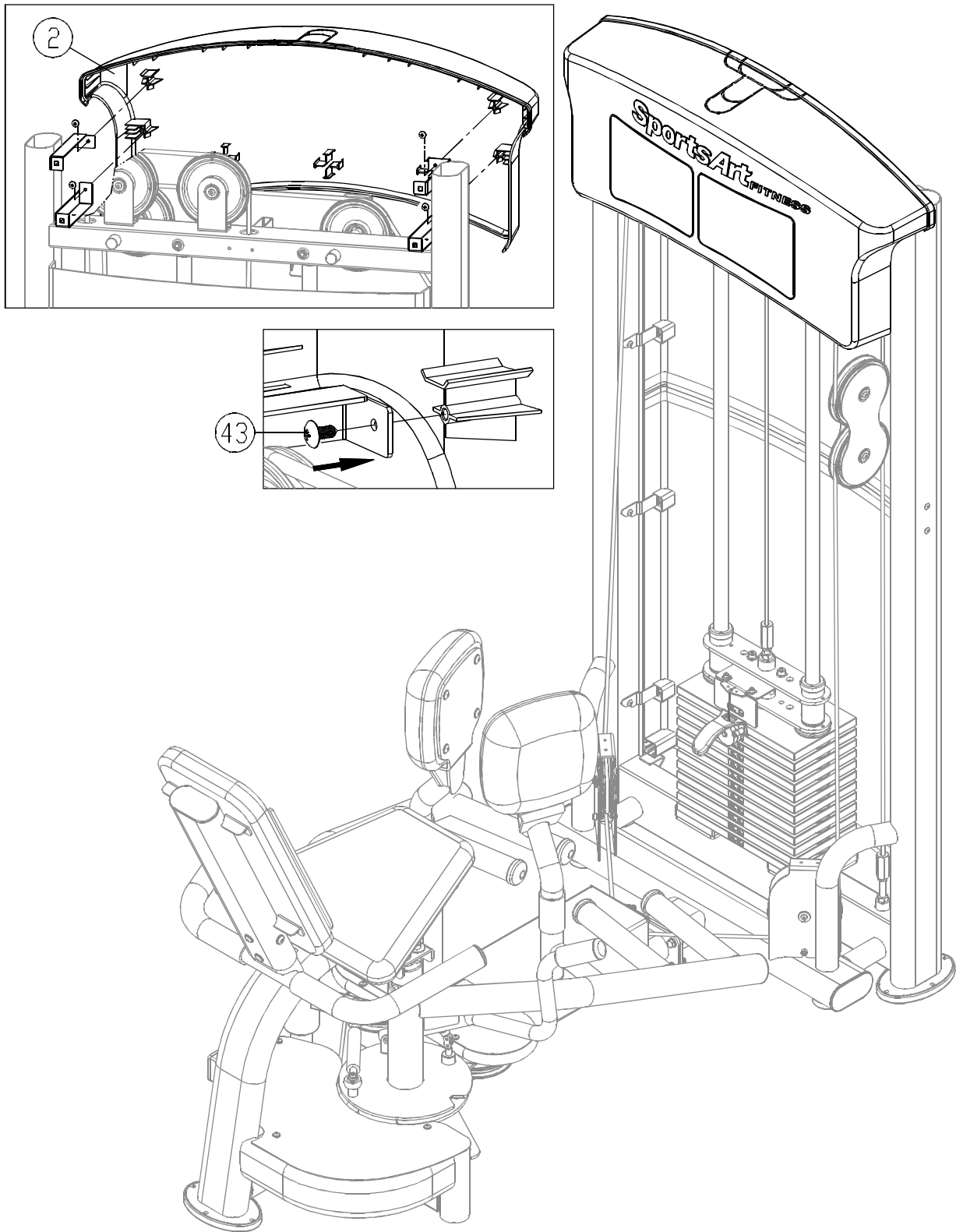
(Set brackets are side specific.) Use screws (43) to secure the set brackets into the back covers (3,4). Note: back cover (3) is short; back cover (4) is long.

8-2. Put back cover (4) onto screws (79).



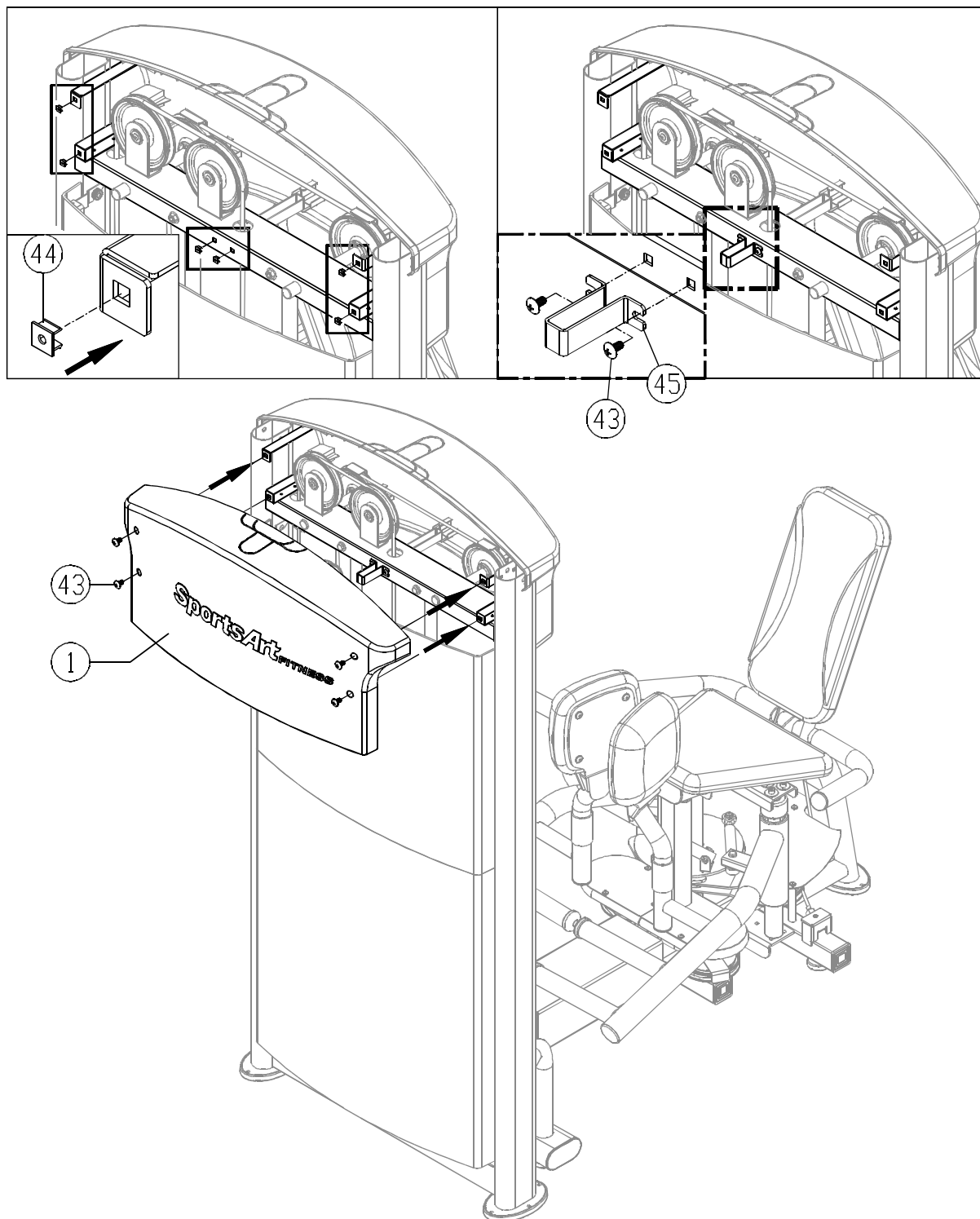
8-3. Hang back cover A (3) onto screws (79). Simultaneously, hook back cover A (3) into rear cover (4).

## STEP 9 Front Top Cover Installation



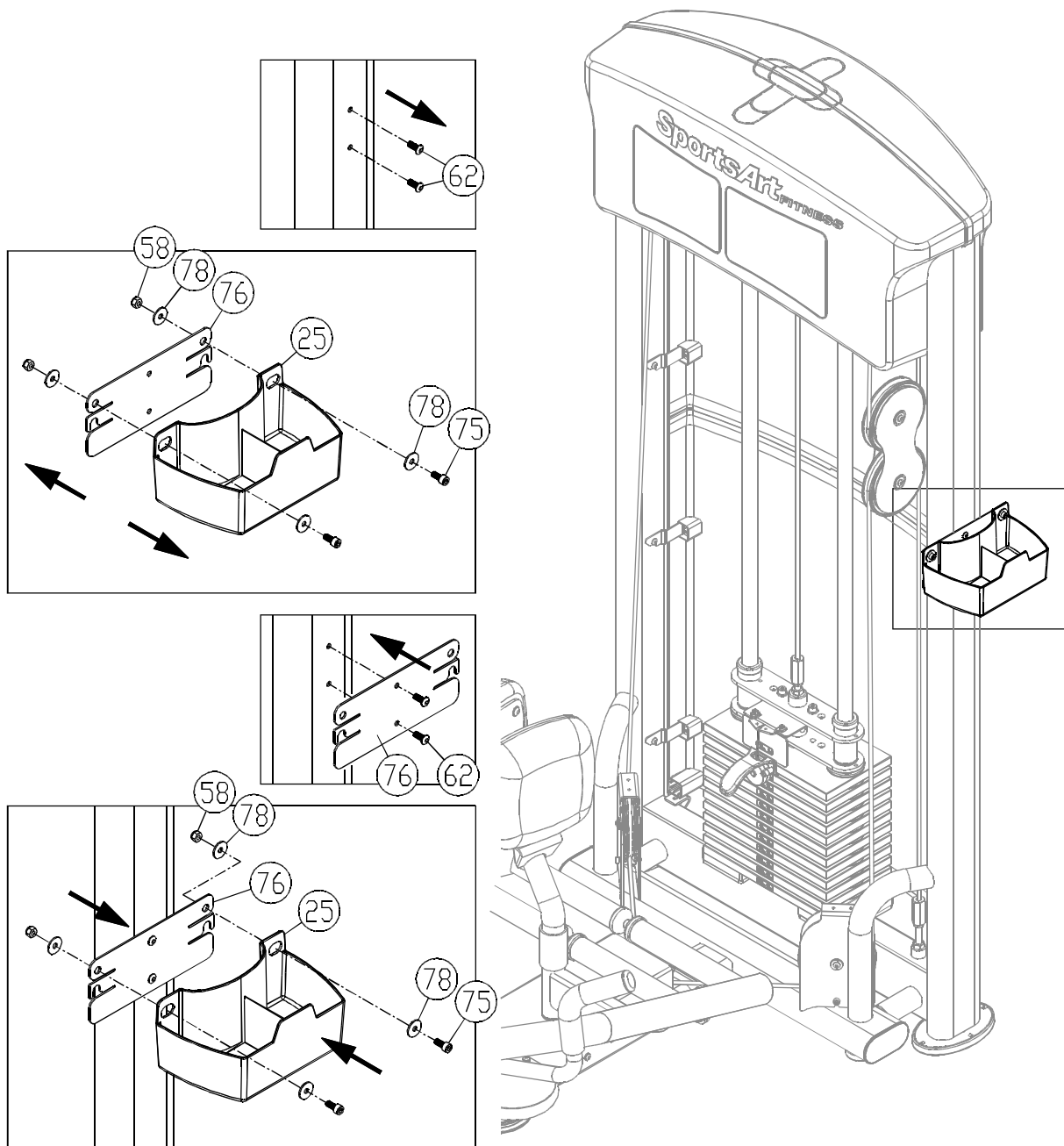
9-1. Use screws (43) to secure the front top cover onto the stack tower.

## STEP 10 Rear Top Cover Installation



- 10-1. Before starting installation of the rear top cover, press the screw sockets (44) into place on the frame where shown.
- 10-2. Then use screws (43) to secure the rear top cover bracket (45) onto the frame as shown.
- 10-3. Secure the rear top cover (1) with screws (43) as shown.

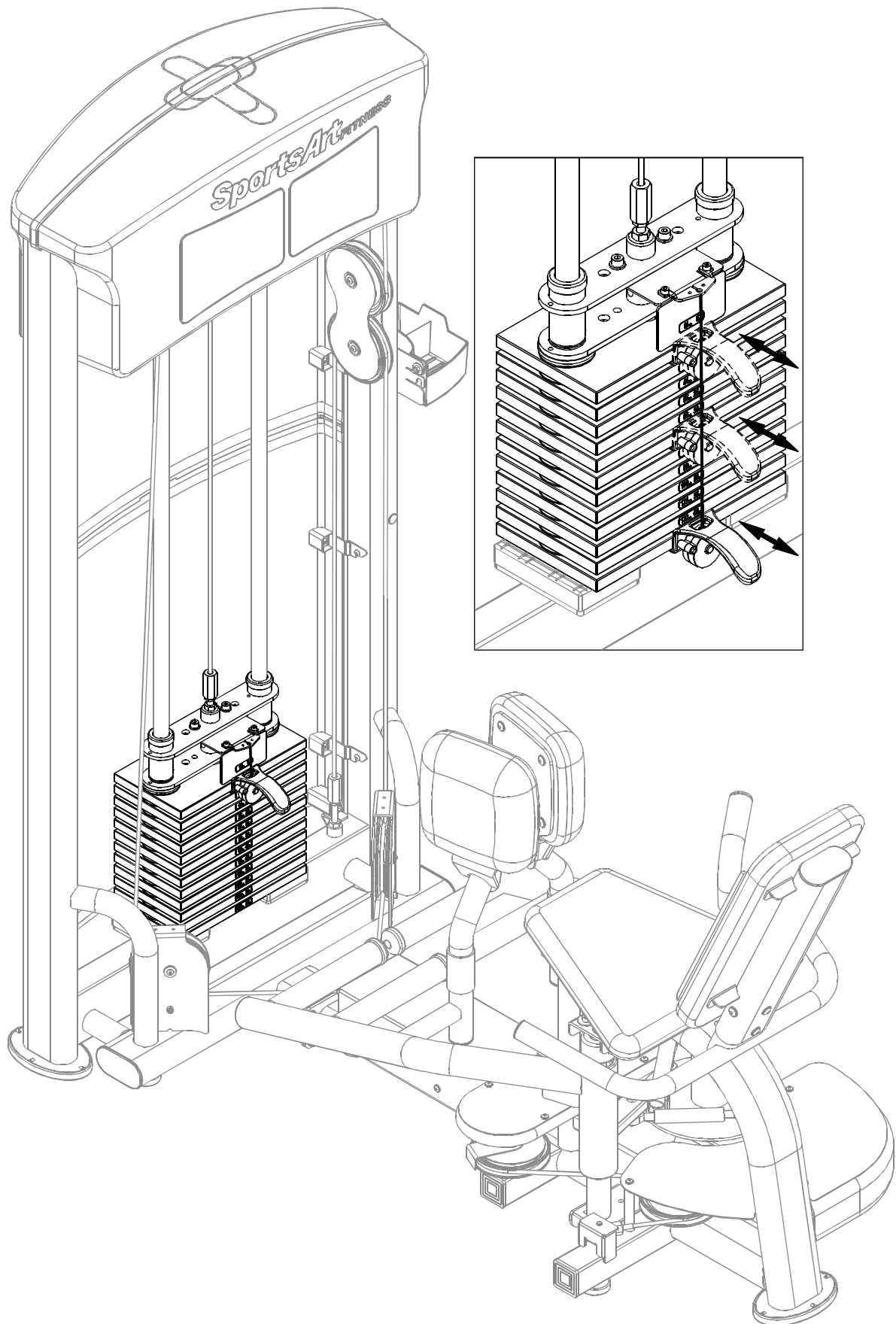
## STEP 11 Install Water Bottle Holders



- 11-1. Remove screws (62) from the frame.
- 11-2. Remove hardware (58,78,75) from the bottle holder (25).
- 11-3. Secure the bottle holder plate (76) in place with screws (62). Put the bottle holder (25) in place. Secure it with hardware (58,78,75) as shown.



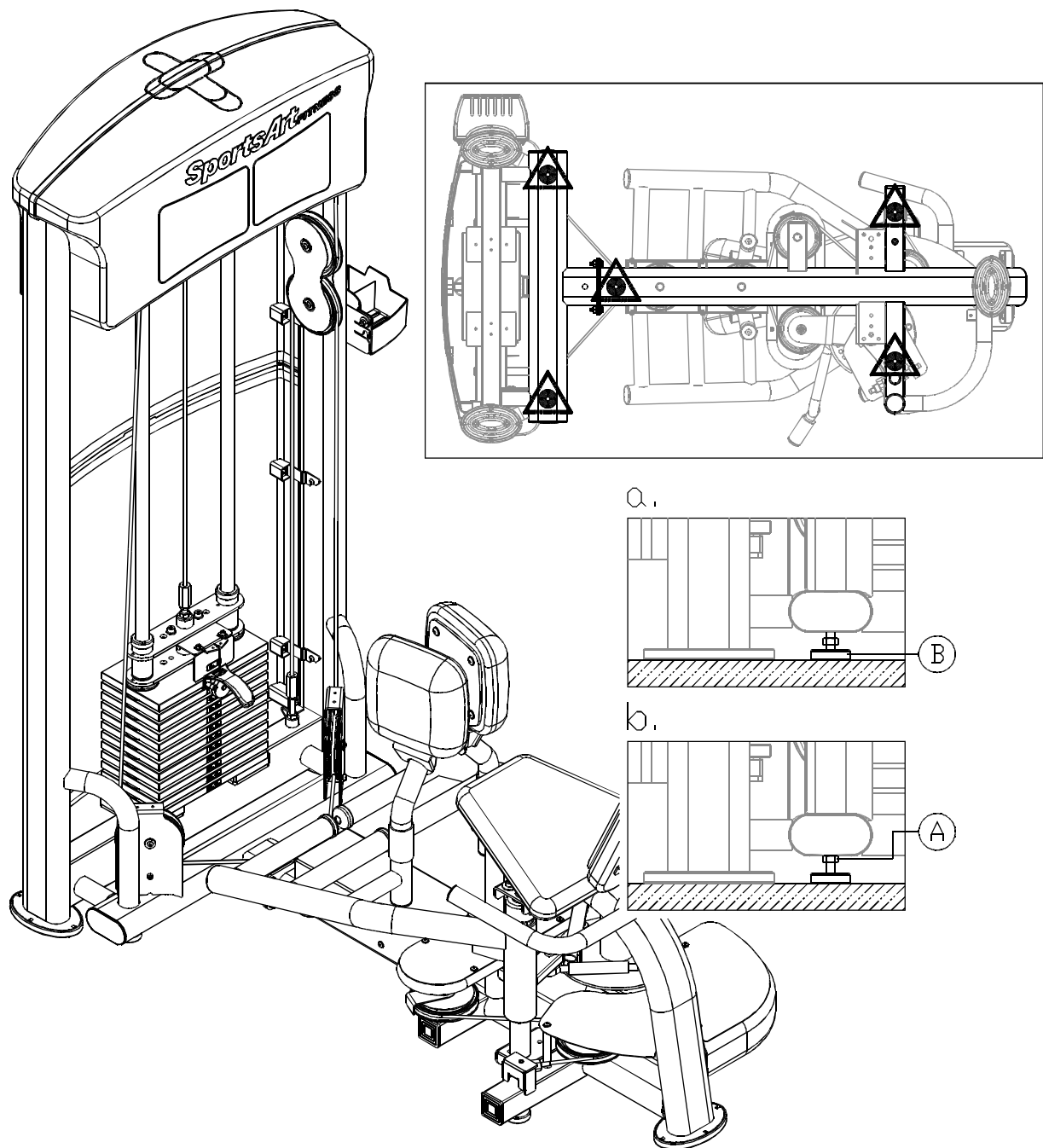
## STEP 12 Install Stack Fork



12-1. Insert the stack fork to make sure that every weight plate can be engaged easily.



## STEP 13 Level the Product



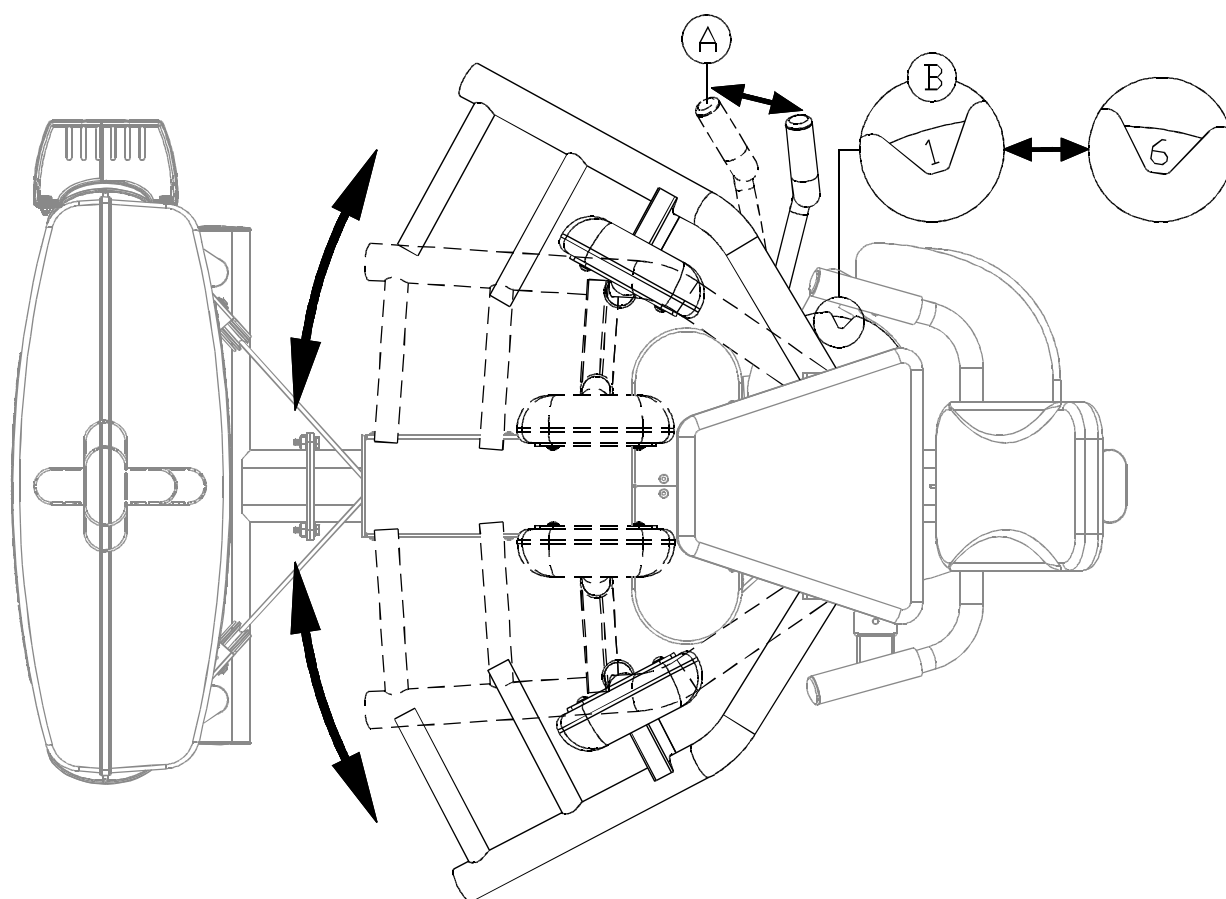
13-1. Level the product using levelers (in position 5) as follows:

(a) Turn leveler foot B until it presses the floor.

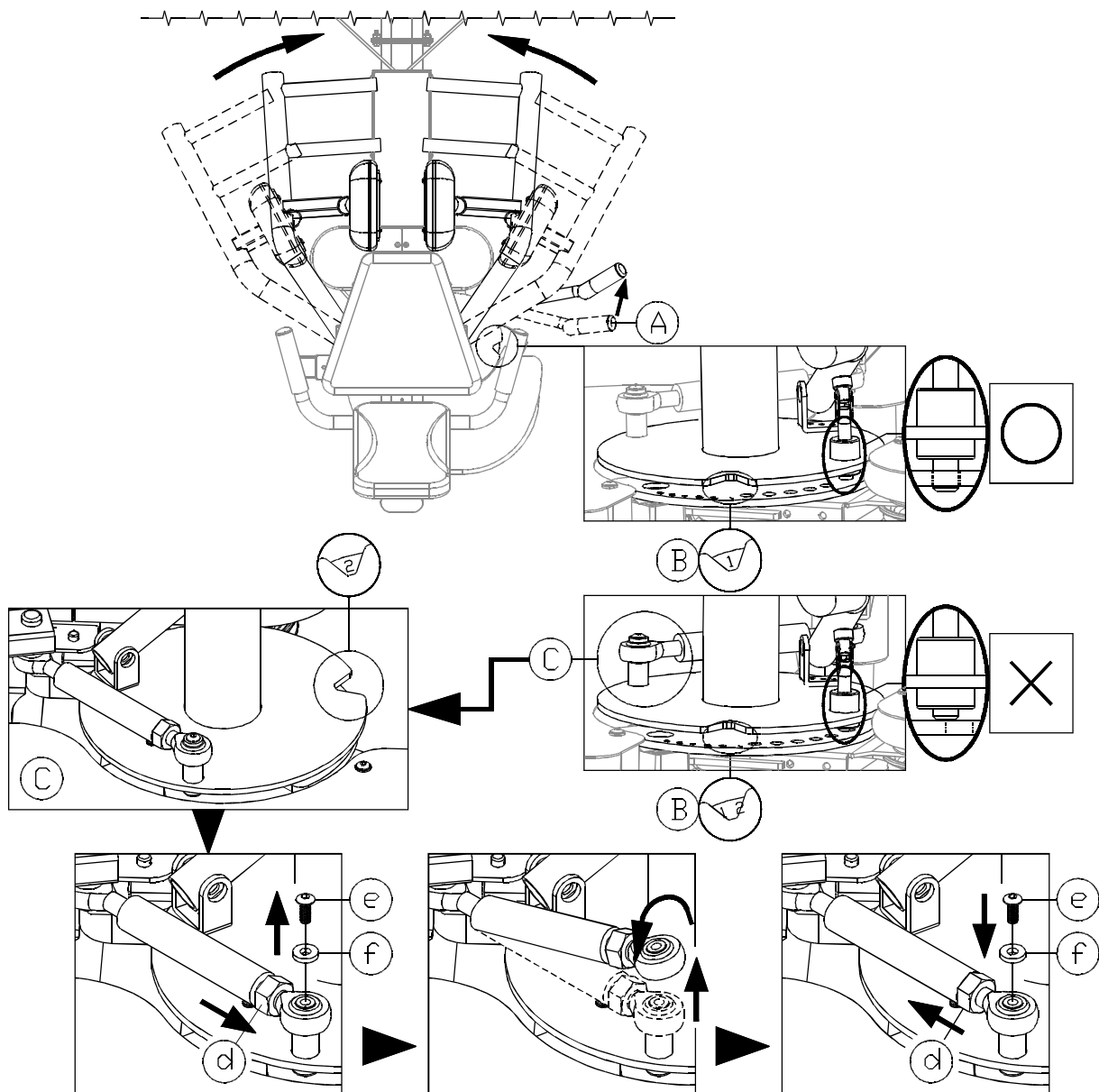
(B) Then secure nut A by screwing it upward against the unit frame.

## CHAPTER 4 — OPERATION INSTRUCTIONS

### 4.1 Operating the Product



Pull handle A and rotate the machine to select an appropriate position. Release handle A. Note adjustment values in position B.



If the handle will not insert into slot [1] in area B, adjust the terminal tube bearing in area C.

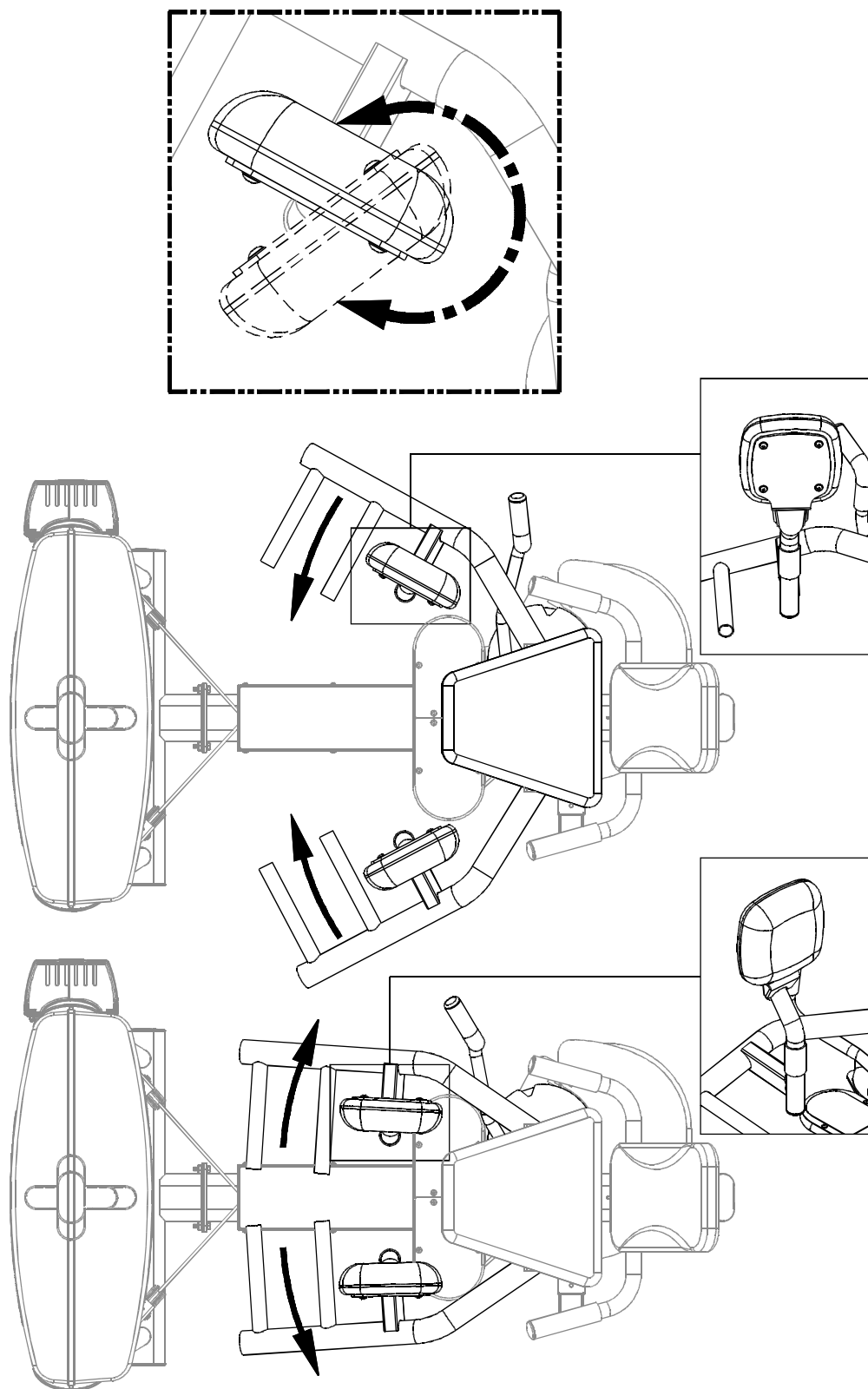
Adjustment procedure: (14-2.1) Place the handle into slot [2] ◦

(14-2.2) Loosen (d) nut. Remove (e,f) screw and washer.

(14-2.3) Lift the terminal tube. Turn it a half circle. Then reinsert.

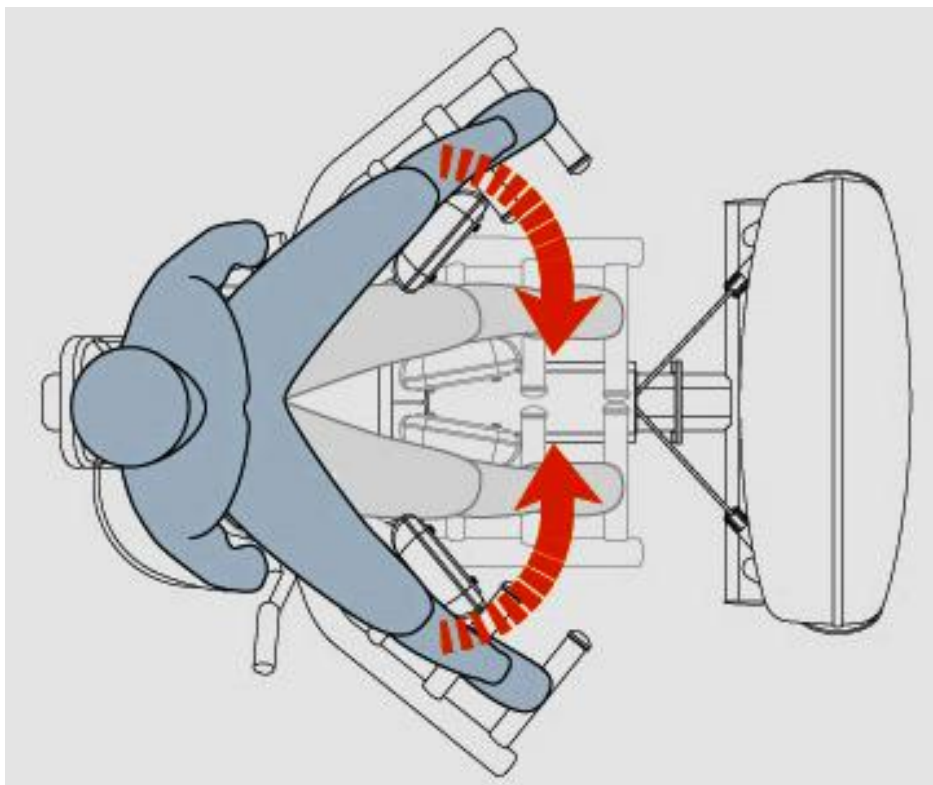
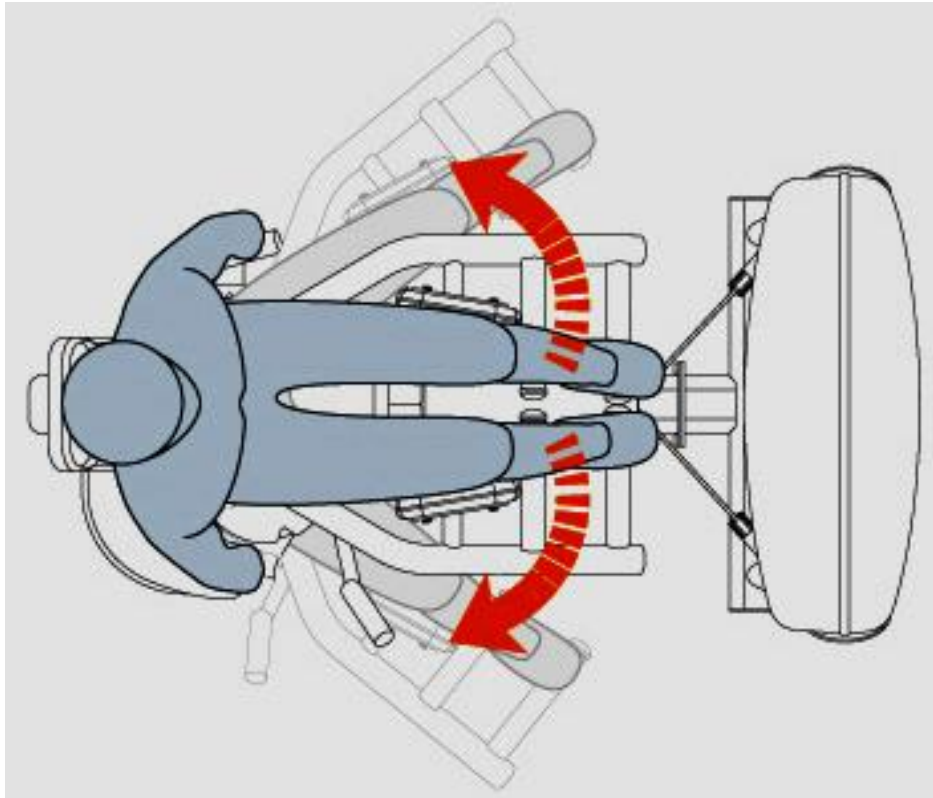
(14-2.4) Secure (d) nut. Then secure (e,f) screw and washer.

Note: These instructions are for minor adjustments. Only turn one half of a rotation at a time. After making the adjustment, tightly secure the screw. Try to bring the handle back to slot [1]. If there is no way to set the position, repeat step (14-2.3) until slot [1] comes into view correctly.



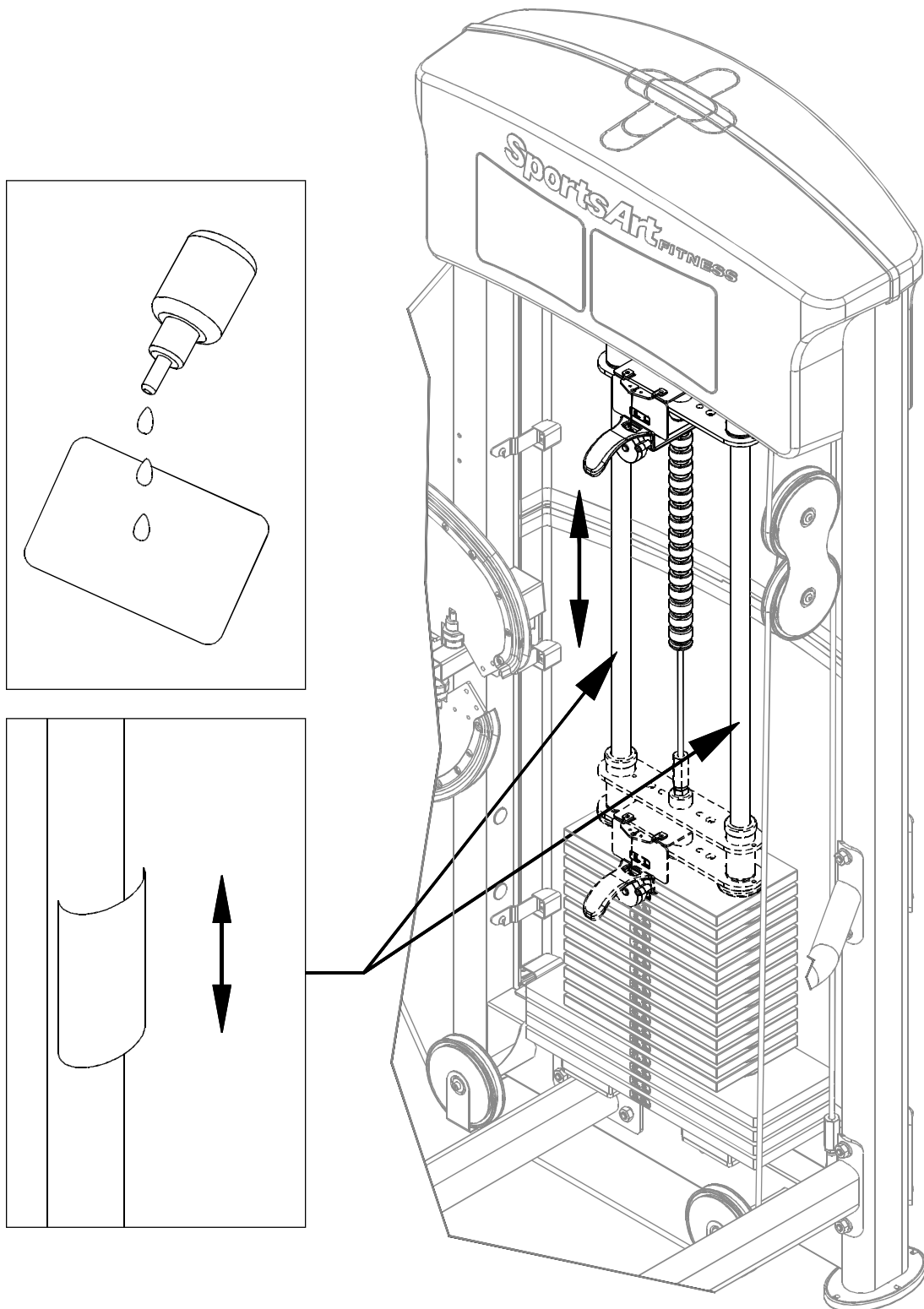
Rotate leg cushion pivot assemblies to inner and outer positions to exercise different muscles.

## 4.2 Testing



Please follow operating instructions on the product sticker (3) to test operation. 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 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.