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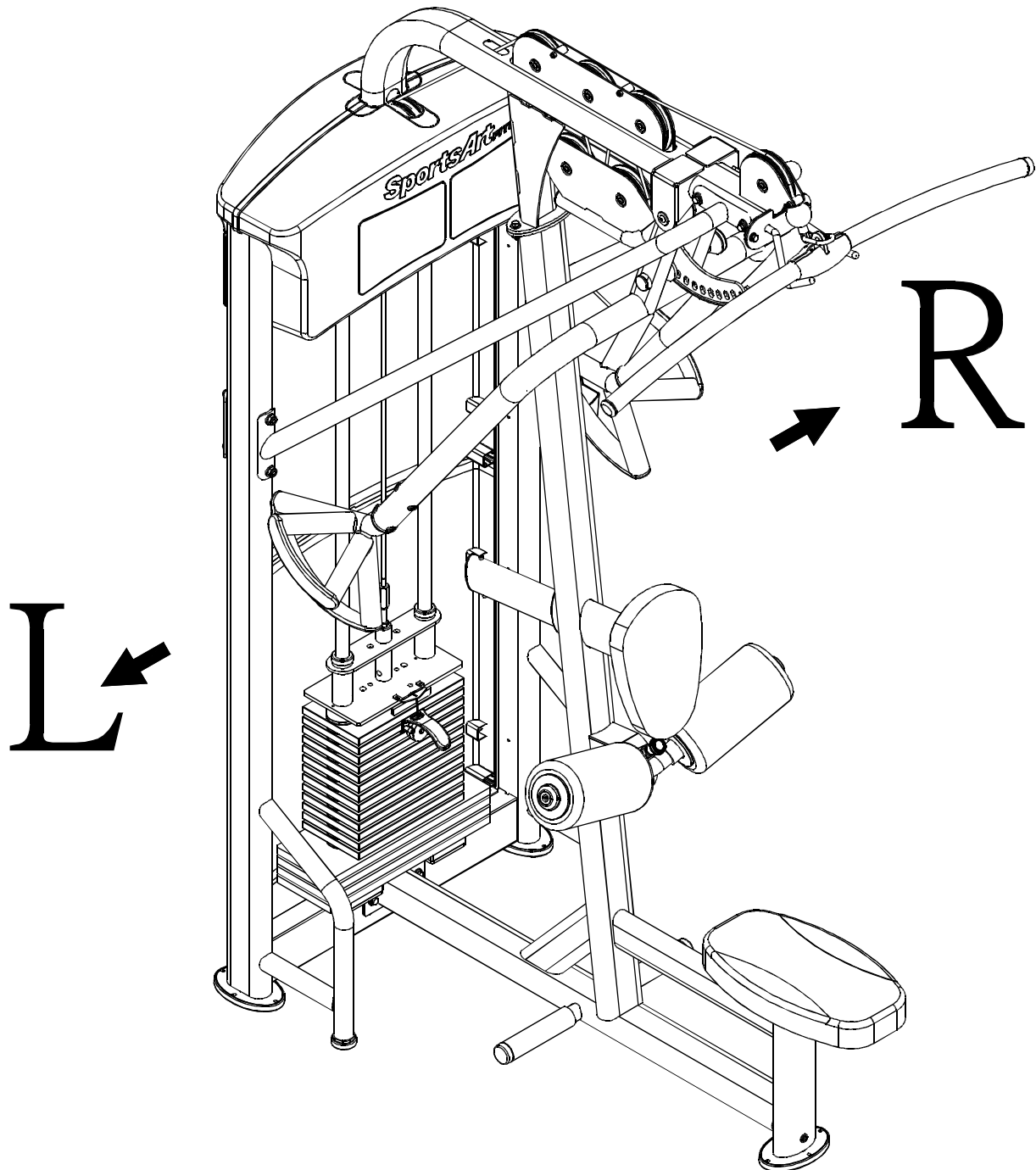
# CHAPTER 1 – SAFETY PRECAUTIONS

## 1.1 SAFETY PRECAUTIONS

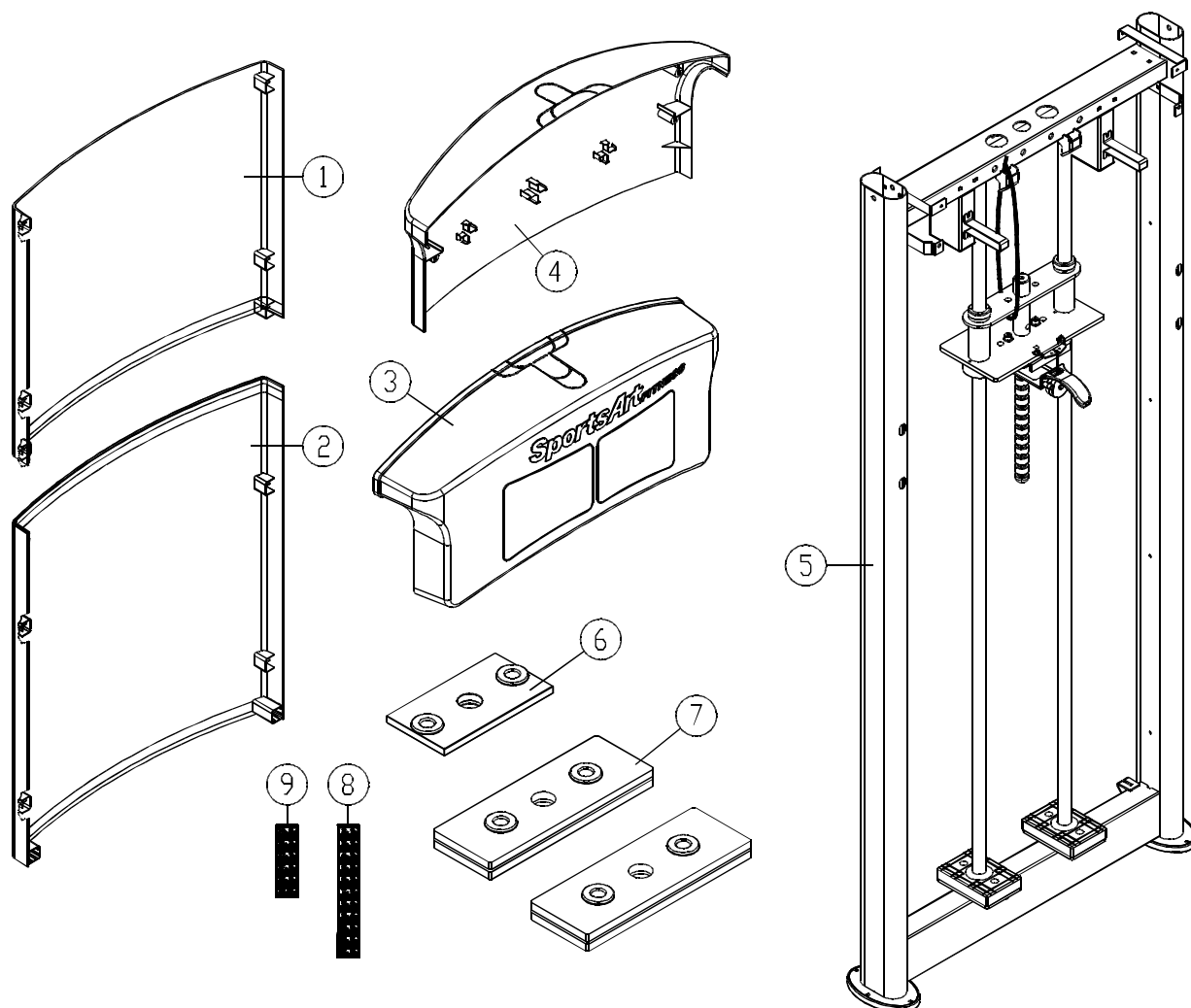
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assemble and operate this product on a solid, level surface. Do not use outdoors or near water.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



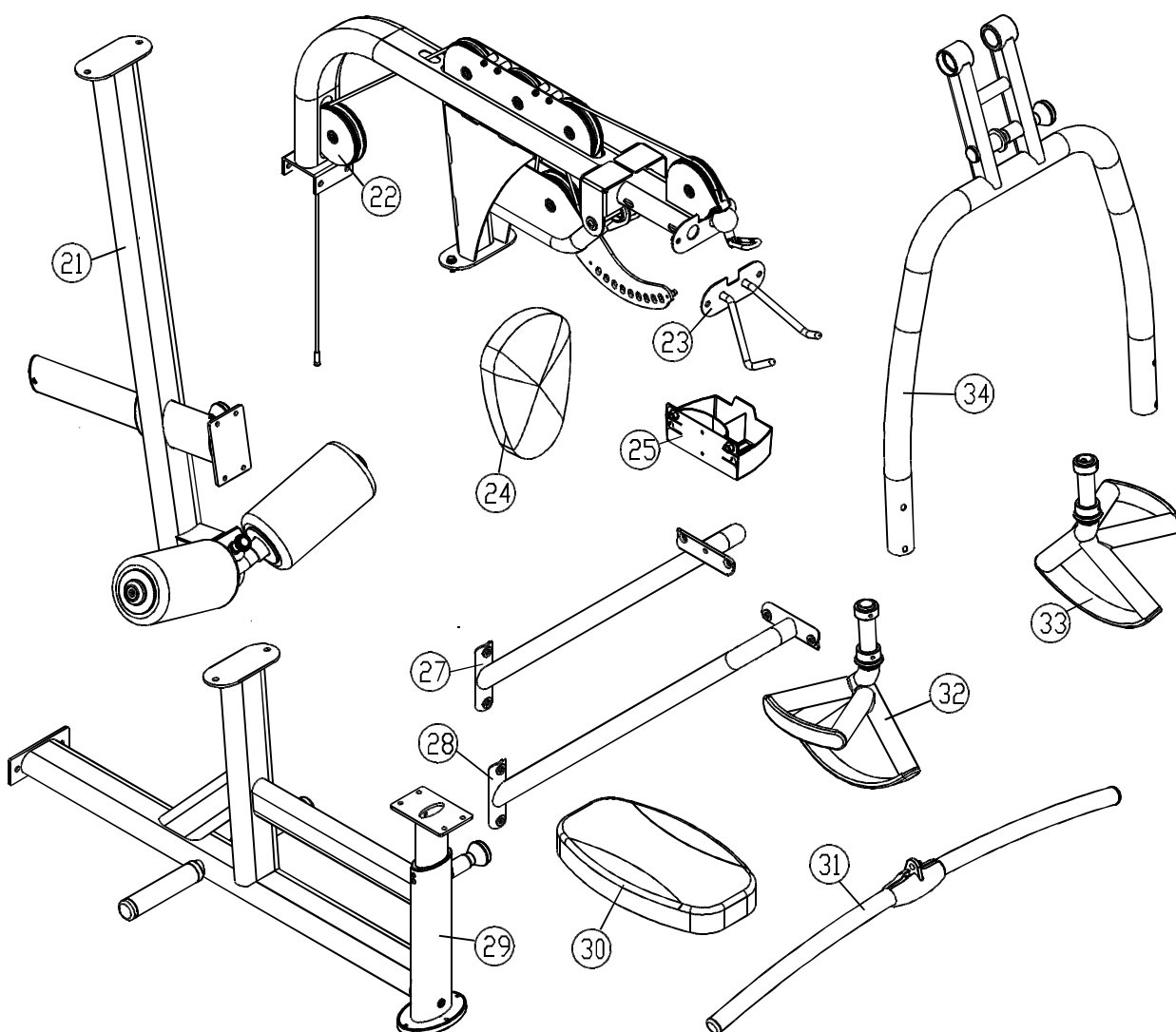
## 2.2 Part List for Box A



No.	Description	Qty	No.	Description	Qty
1	A Upper rear cover	1	8	Weight plate sticker (10kg~60kg)	1
2	Lower rear cover	1			
3	Top front cover	1	9	Weight plate sticker (65kg~100kg)	1
4	Rear top cover	1			
5	Main frame	1			
6	5 kg weight plate	1			
7	7.5kg weight plate	4			

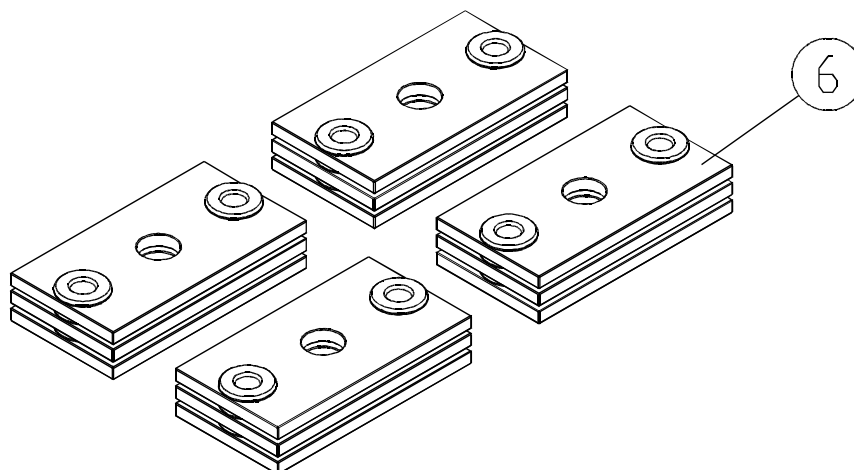


## 2.3 Part List for Box B



No.	Description	Qty	No.	Description	Qty
21	Mast	1	29	Seat frame	1
22	Horizontal beam	1	30	Seat bottom	1
23	Lat pull bar bracket	1	31	Lat pull bar	1
24	Chest cushion	1	32	Left handle	1
25	Cup holder	1	33	Right handle	1
26			34	Press yoke	1
27	Right support	1			
28	Left support	1			

## 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
43	A Rear cover set plate	4		
44	B Rear cover set plate	4		
45	Mushroom top Phillips-head screw	24	M5*L12	
47	Cable protector	12	SGN-07	
48	Rear cover bracket	1		
	L-shaped Allen wrench	2	(M4)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	2	(M6)	
	L-shaped Allen wrench	1	(M8)	
	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 on the Product

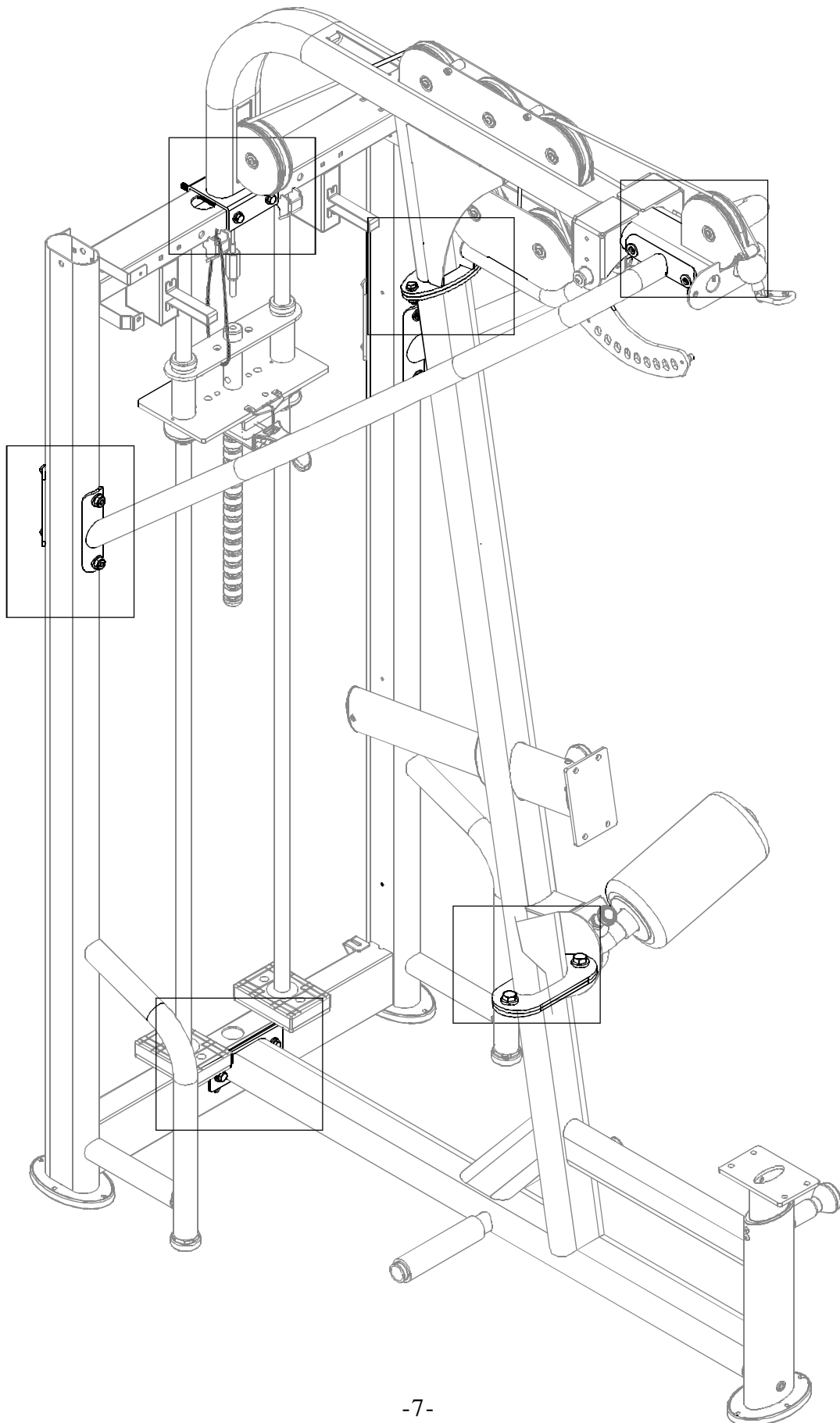
Some components are installed on the product. These items will be needed for product assembly.

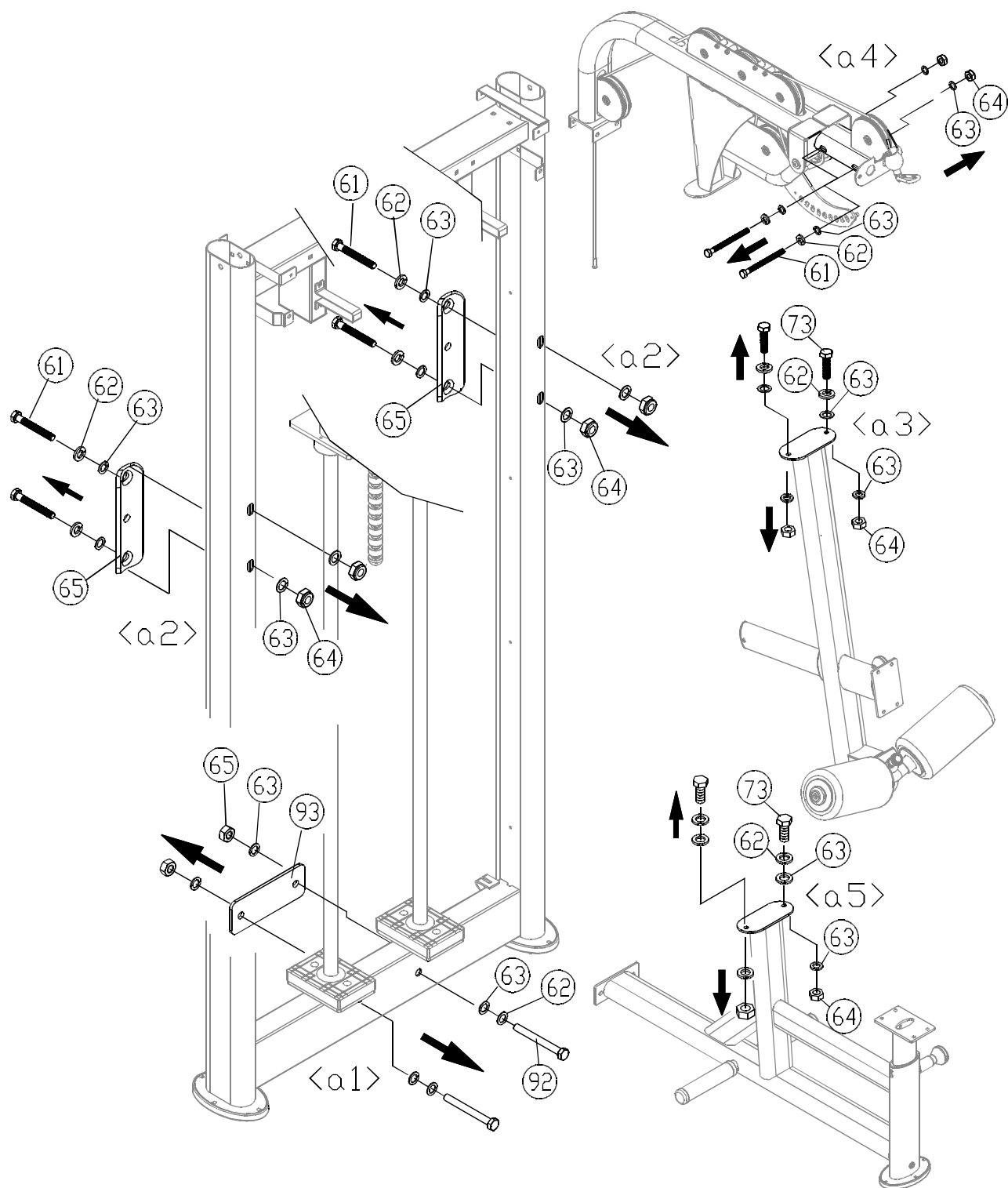
No.	Description	Specification	Tool Needed
61	Hex bolt	M10*L130	
62	Spring washer	M10	
63	Washer	φ 16	
64	Lock nut	M10	
65	§ 50 connector		
66	Upper stack carriage set		
67	Hex bolt and PU tube		
68	Flat washer	φ 20	
69	Lock nut	M8	
70	Guide rod		
71	Stack fork		
72	Inner hex cap screw	M10*L120	
73	Inner hex cap screw	M10*L25	
74	Inner hex cap screw	M8*L15	
75	Spring washer	M8	
76	Curved washer	D18*d8.5*t2	
77	Axle		
78	Flat washer	D26*d8.3*t3	
79	Inner hex cap screw	M8*P1.25*L20	
80	Bushing		
81	Mushroom top inner hex screw	M6*P1.0*L12	
82	Flat washer	D22*d8.2*t2	
83	Spring washer	M8	
84	Mushroom top inner hex screw	M8*L25	
85	Seat plate		
86	Beveled inner hex screw	M8*L20	
87	Chest cushion mount plate		
88	Spring washer	M8	
89	Mushroom top inner hex screw	M8*L25	
90	Beveled inner hex screw	M8*L20	
91	Phillips head screw	M6*P1.0*L12	
92	Hex bolt	M10*L75	
93	Connector D		
94	Mushroom top inner hex screw	M8*L15	
95	Flat washer	D22*d8.2*t2	
96	Hex locknut	M8	
97	Wave washer		

## CHAPTER 3 — ASSEMBLY INSTRUCTIONS

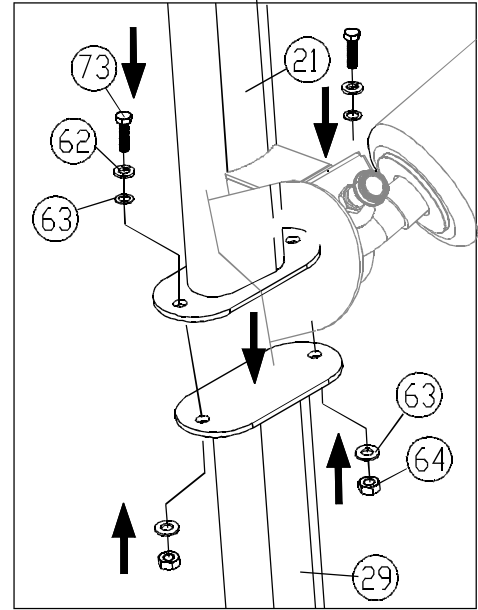
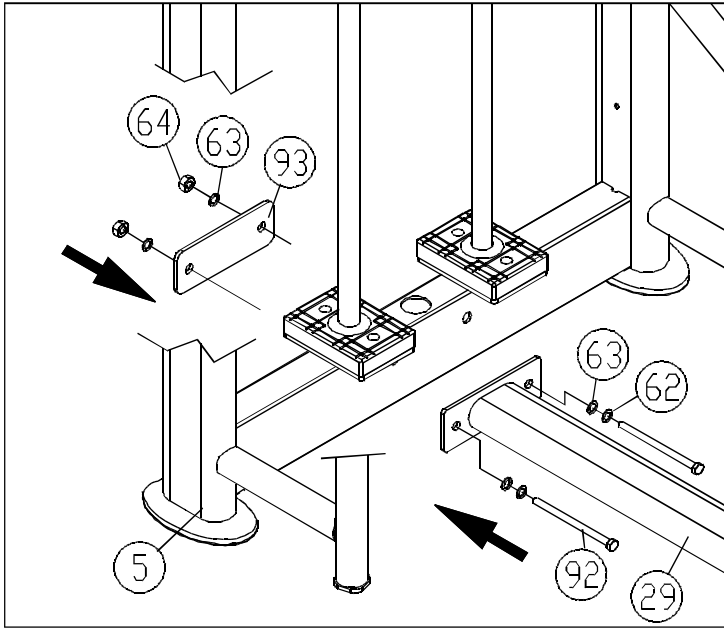
### STEP 1 Connector Installation

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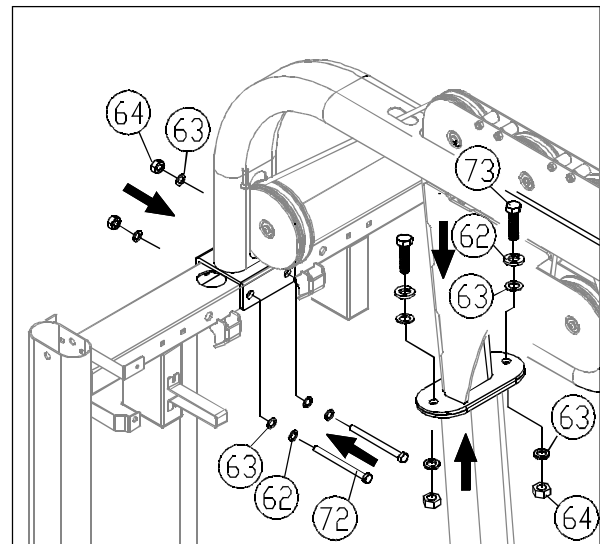
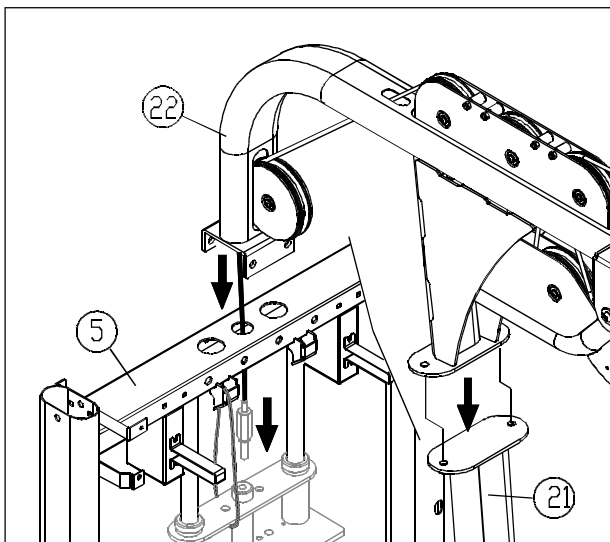


1-1. First, remove hardware from the main frame, mast, horizontal beam, and seat frame (61,62,63,64,65,73,92,93) in areas <a1><a2><a3><a4><a5>. Place hardware in a secure place. Do not mix this and other hardware.



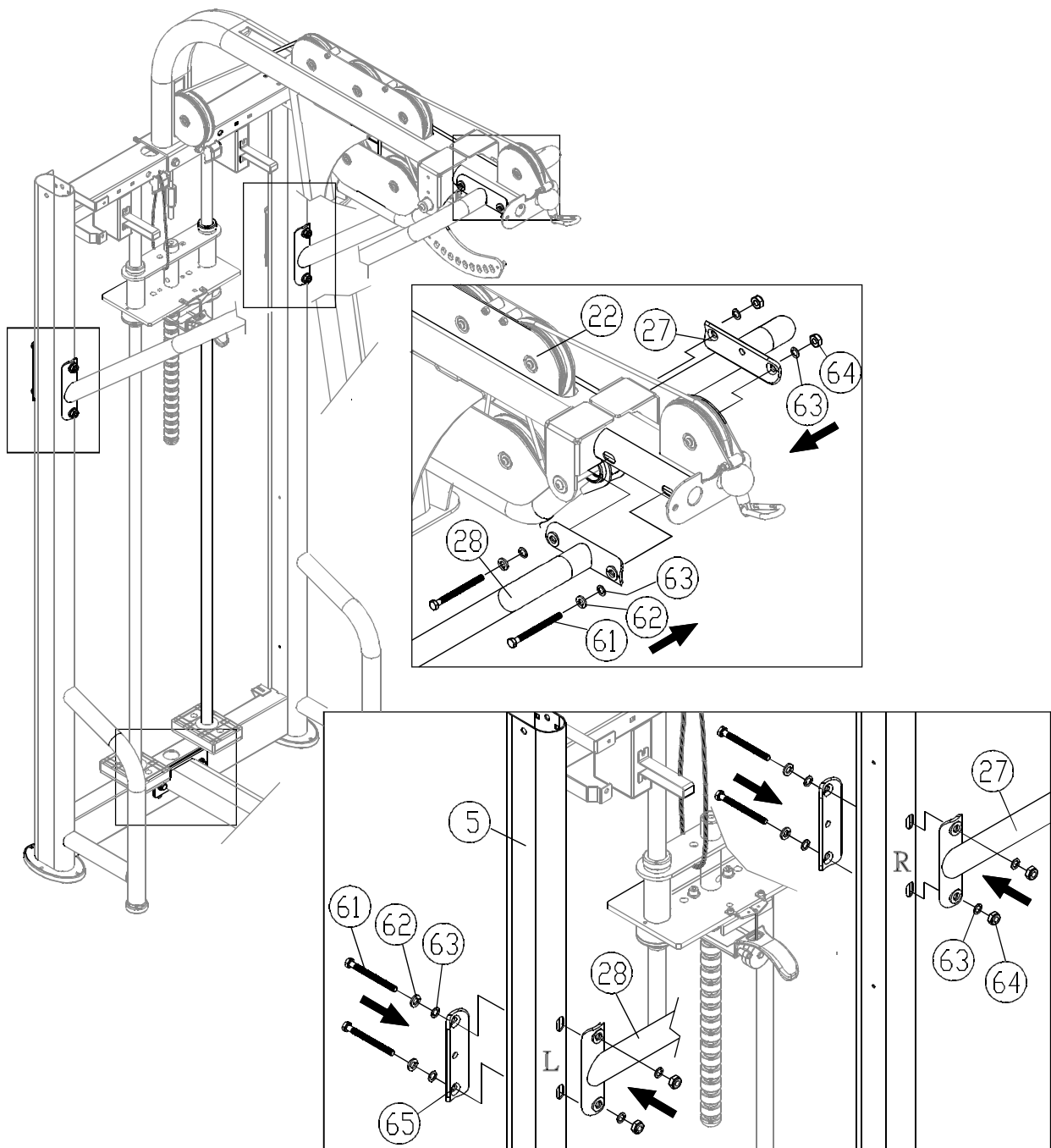
1-2. Use hardware (61,62,63,64,92,93) to secure the main frame (5) to the seat frame (29).

1-3. Use hardware (62,63,64,73) to secure the seat frame (29) to the mast (21).



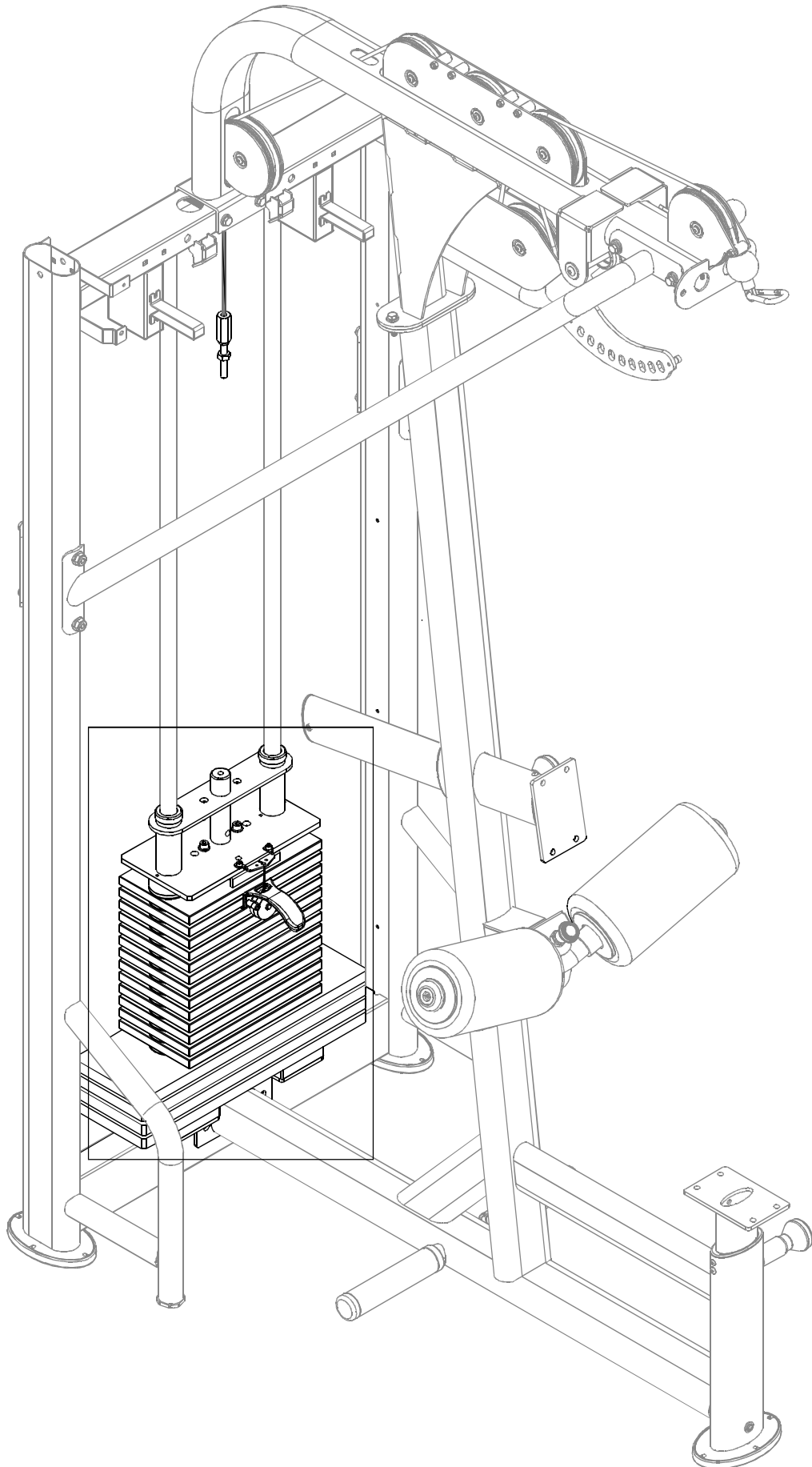
1-4. Thread the cable through the main frame (5). Attach the horizontal beam (22) to the main frame (5) and the mast (21) as shown.

1-5. Use hardware (62,63,64) to loosely secure the horizontal beam (22) to the main frame (5) and the mast (21).

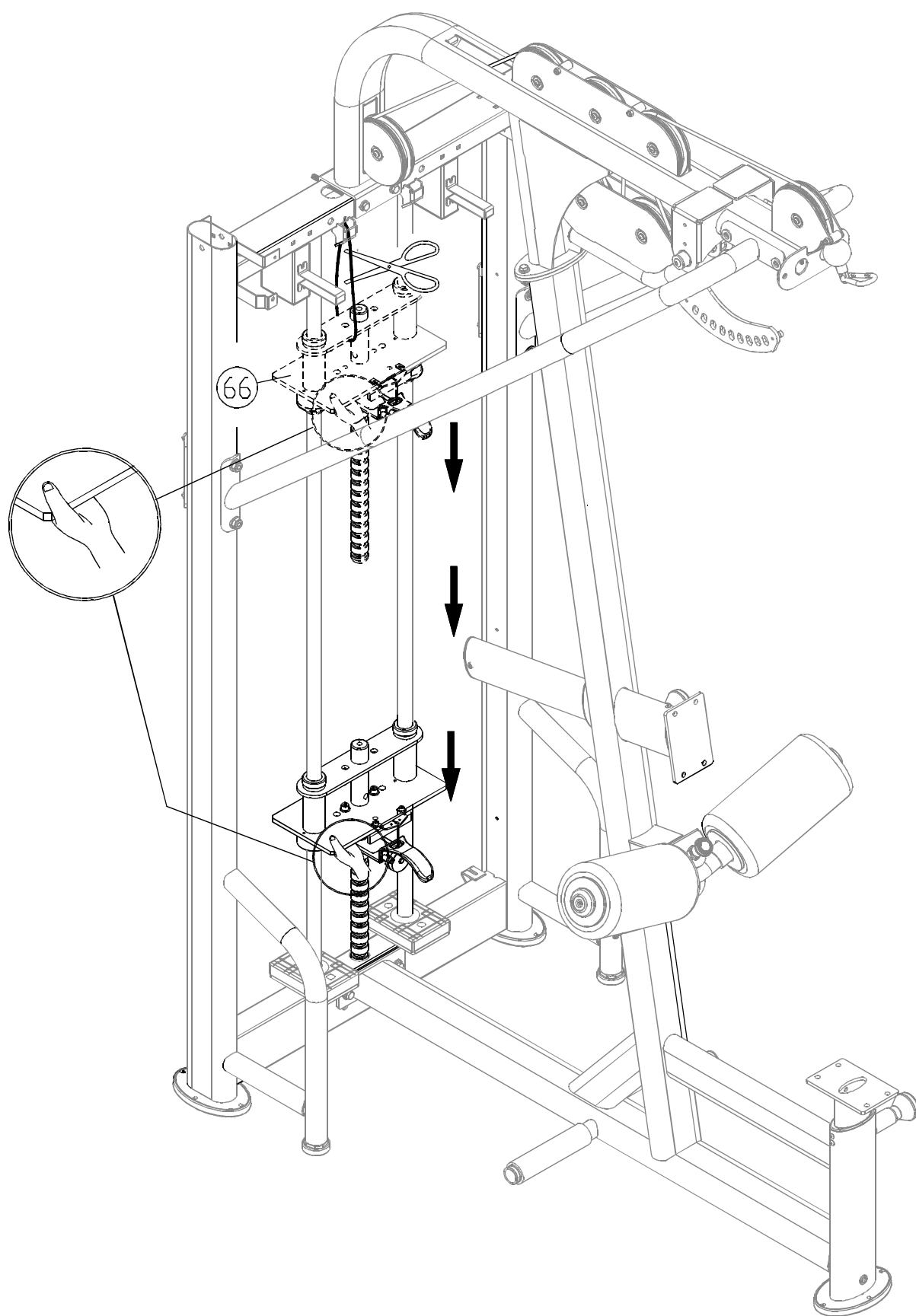


1-6. Connect left and right supports (27,28) to the main frame (5) and the horizontal beam (22). Use hardware (61,62,63,64,65) to loosely secure these pieces. After all parts are secured, fully tighten this hardware along with hardware in steps 1-2~1-5.

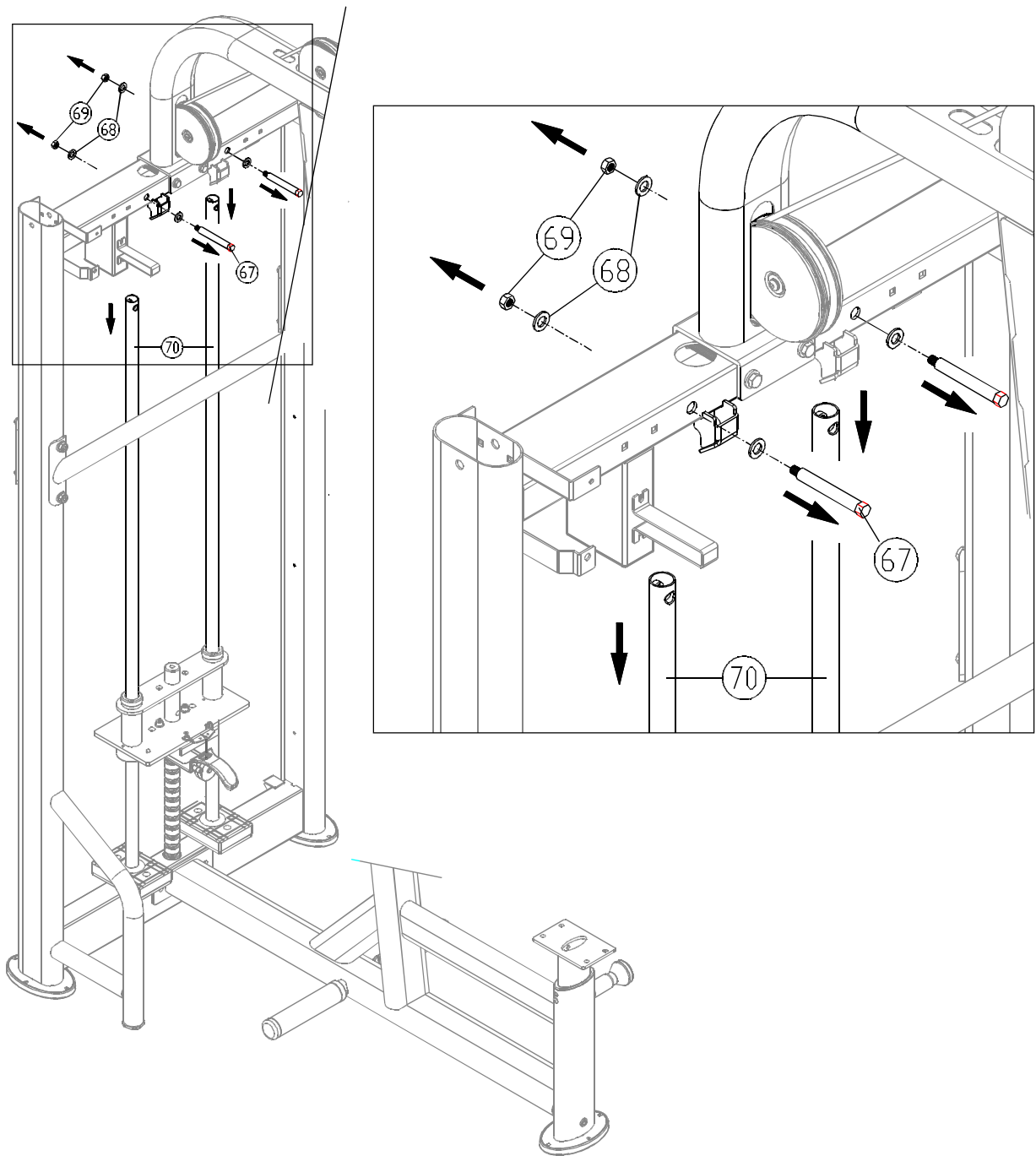
## STEP 2 Weight Plate Installation



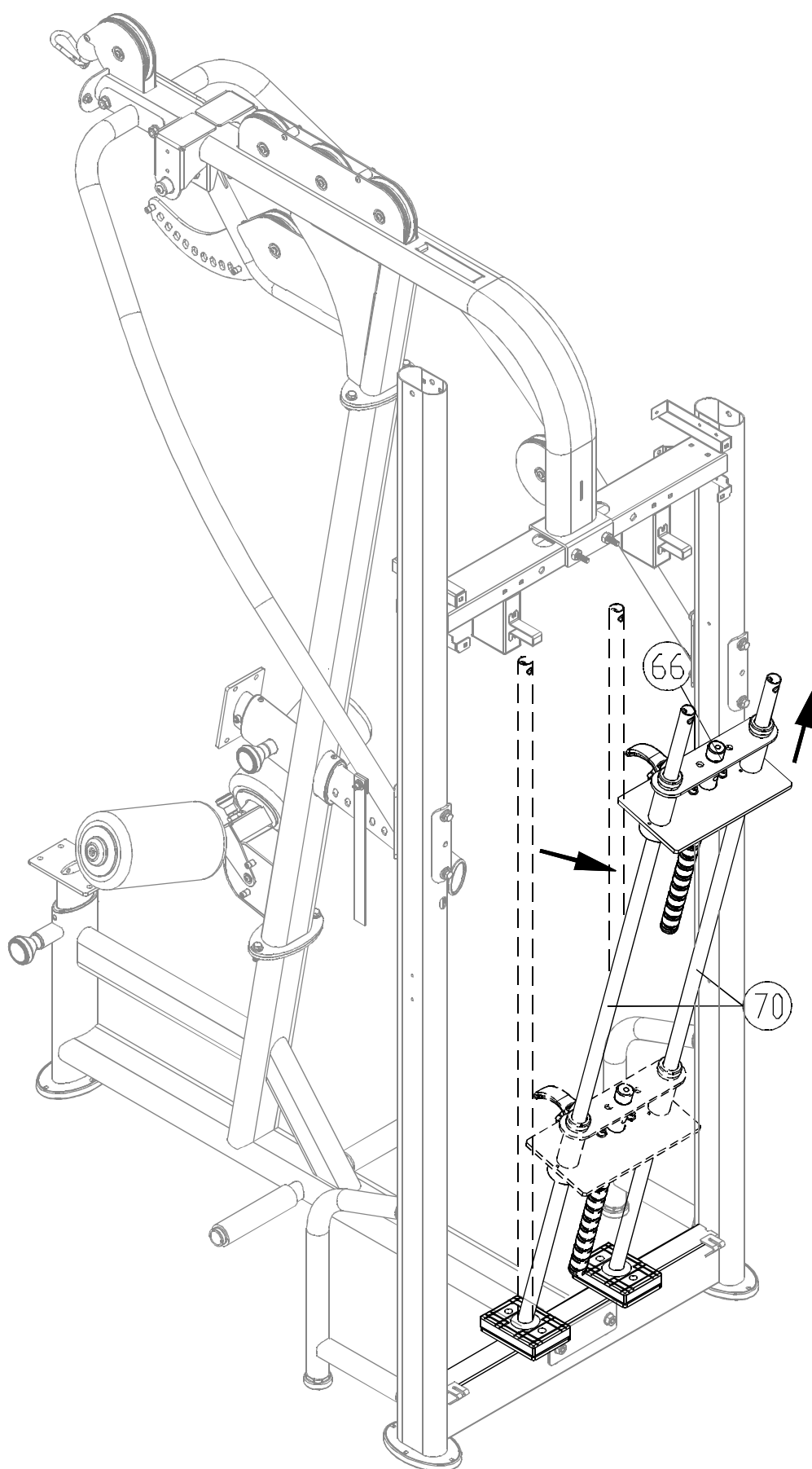




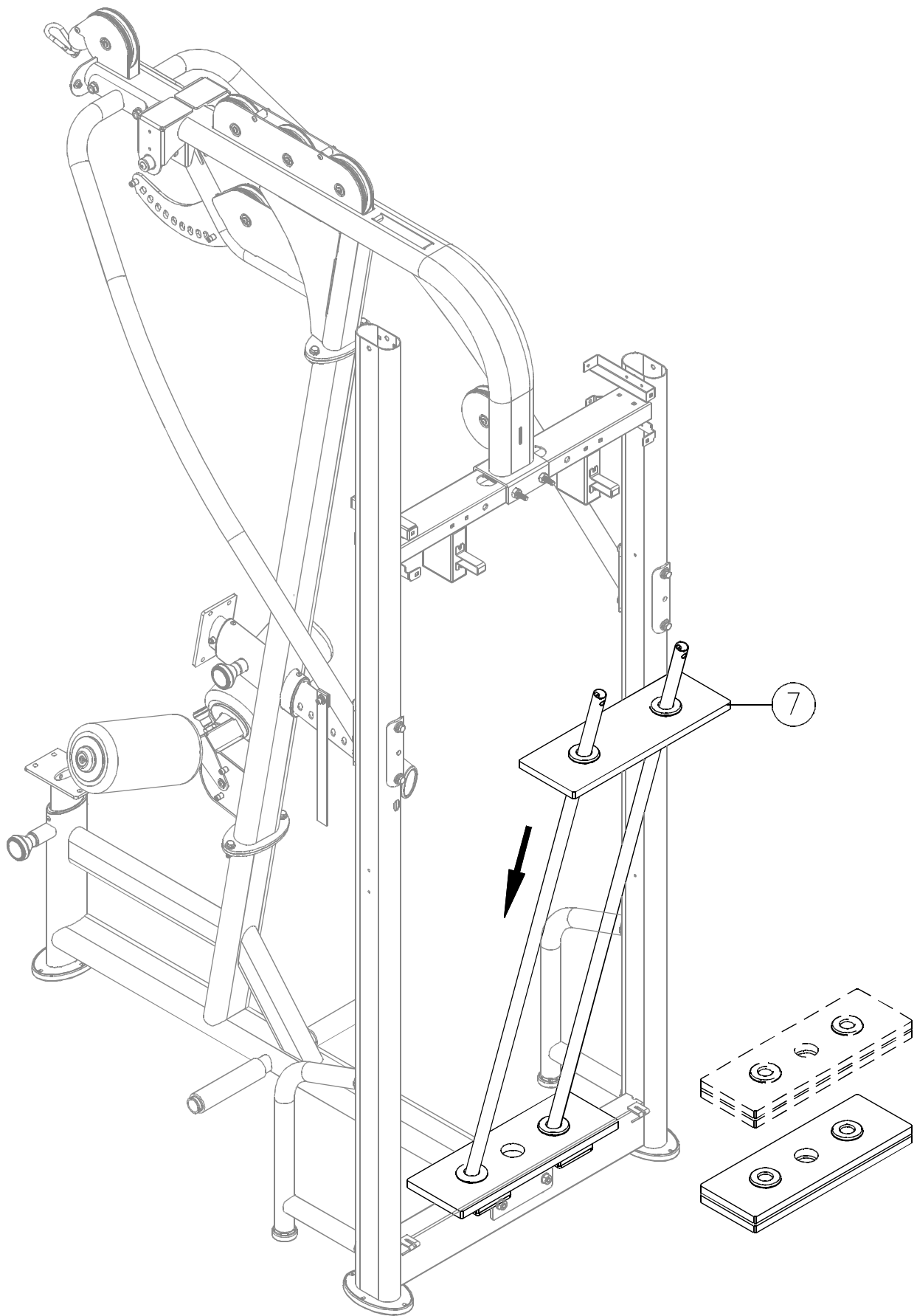
2-1. Hold the upper stack carriage (66) and cut the zip tie. Gently lower the upper stack carriage (66) into place as shown.



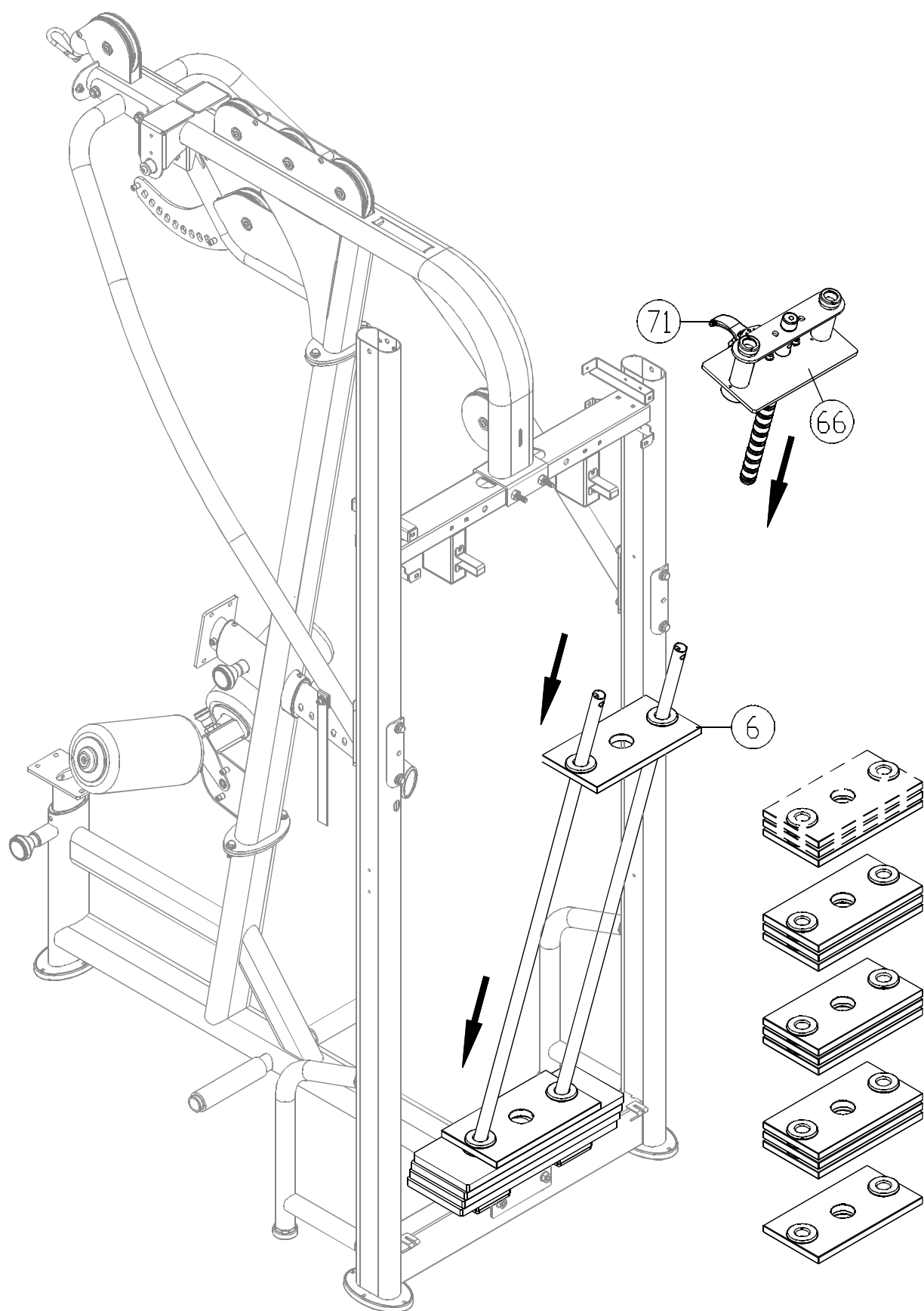
2-2. Remove hardware (67,68,69). Guide the guide rods (70) downward as shown.



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.



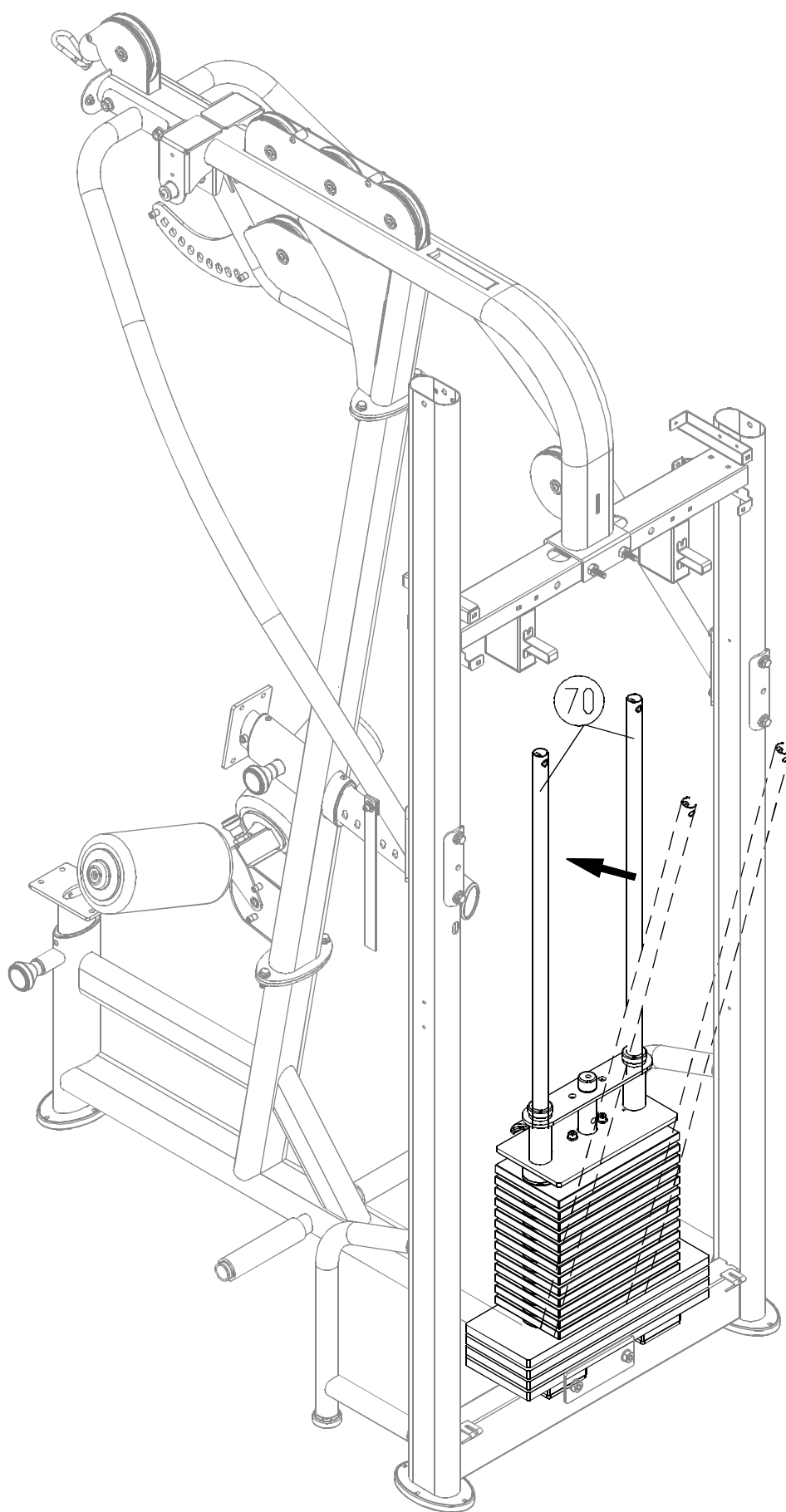
2-4. Insert and lower the four large (7.5 kg) weight plates into place on the guide rods one at a time (7). Note: Place the convex side of the weight plates on top.



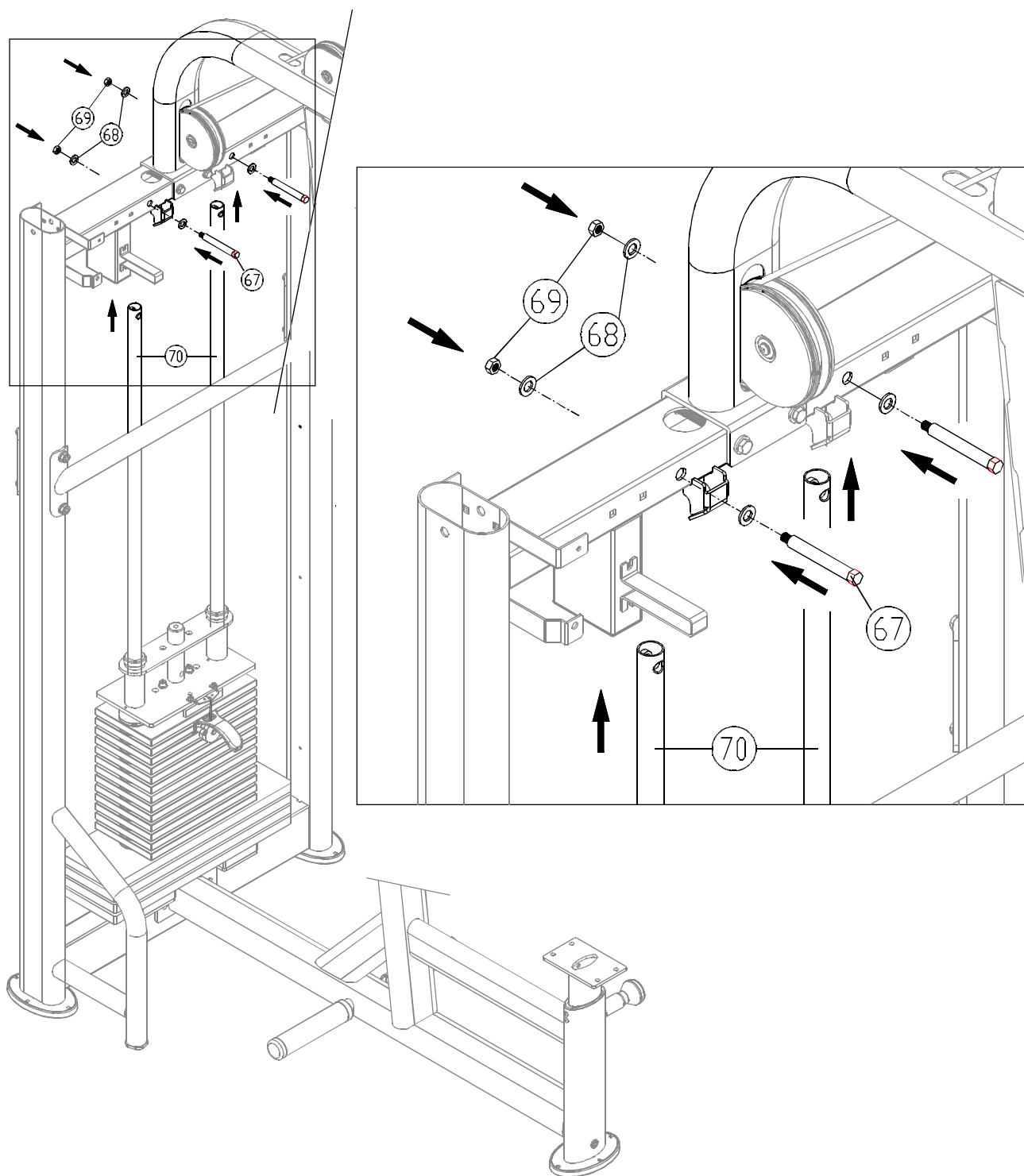
2-5. Insert and lower the 13 small (5 kg) weight plates (6) into place one at a time.

Note: Place the convex side of the weight plates on top.

2-6. Insert and lower the upper stack carriage (66) into place. Note: the stack fork (71) points toward the front.



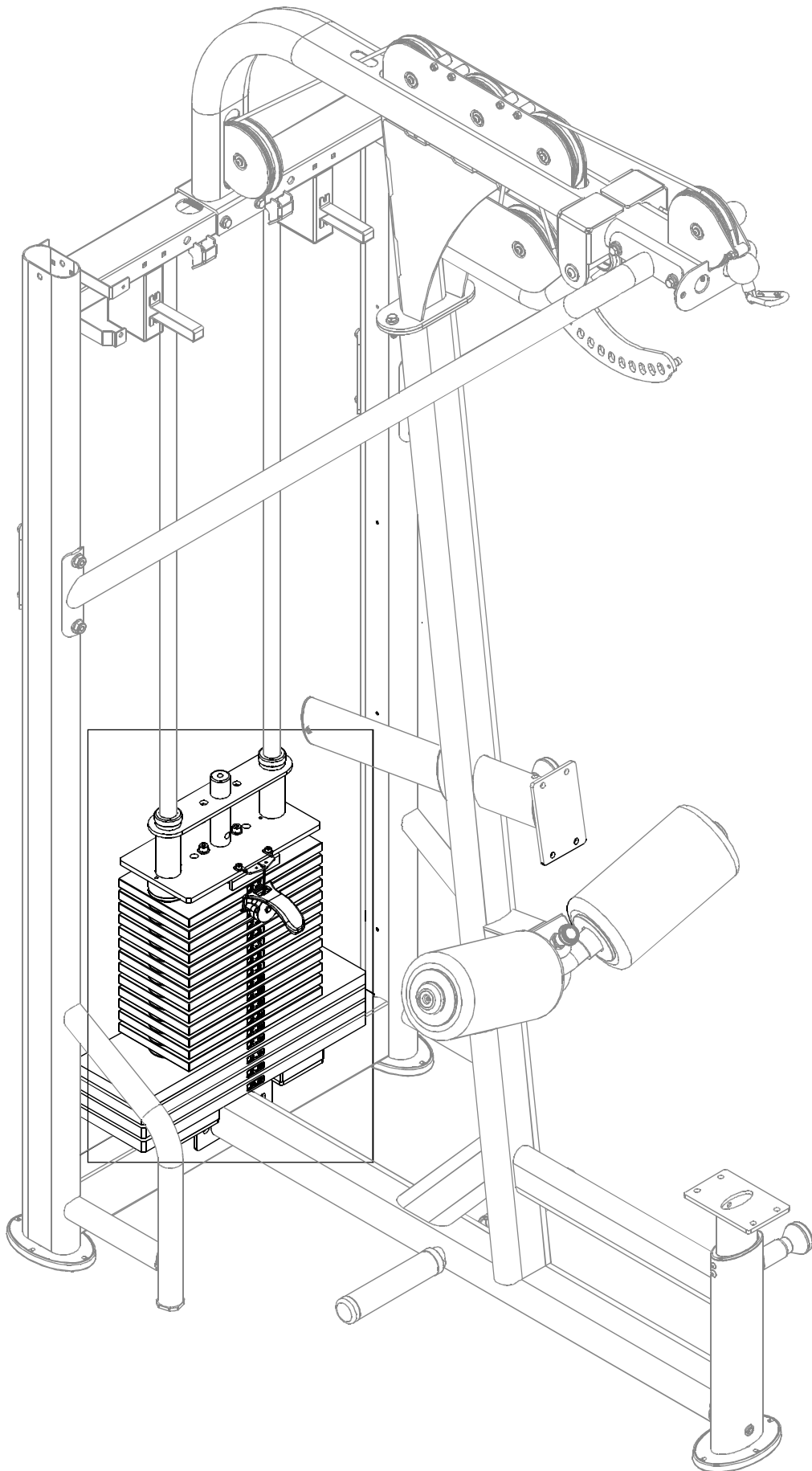
2-7. Tilt the guide rods (70) back into place.



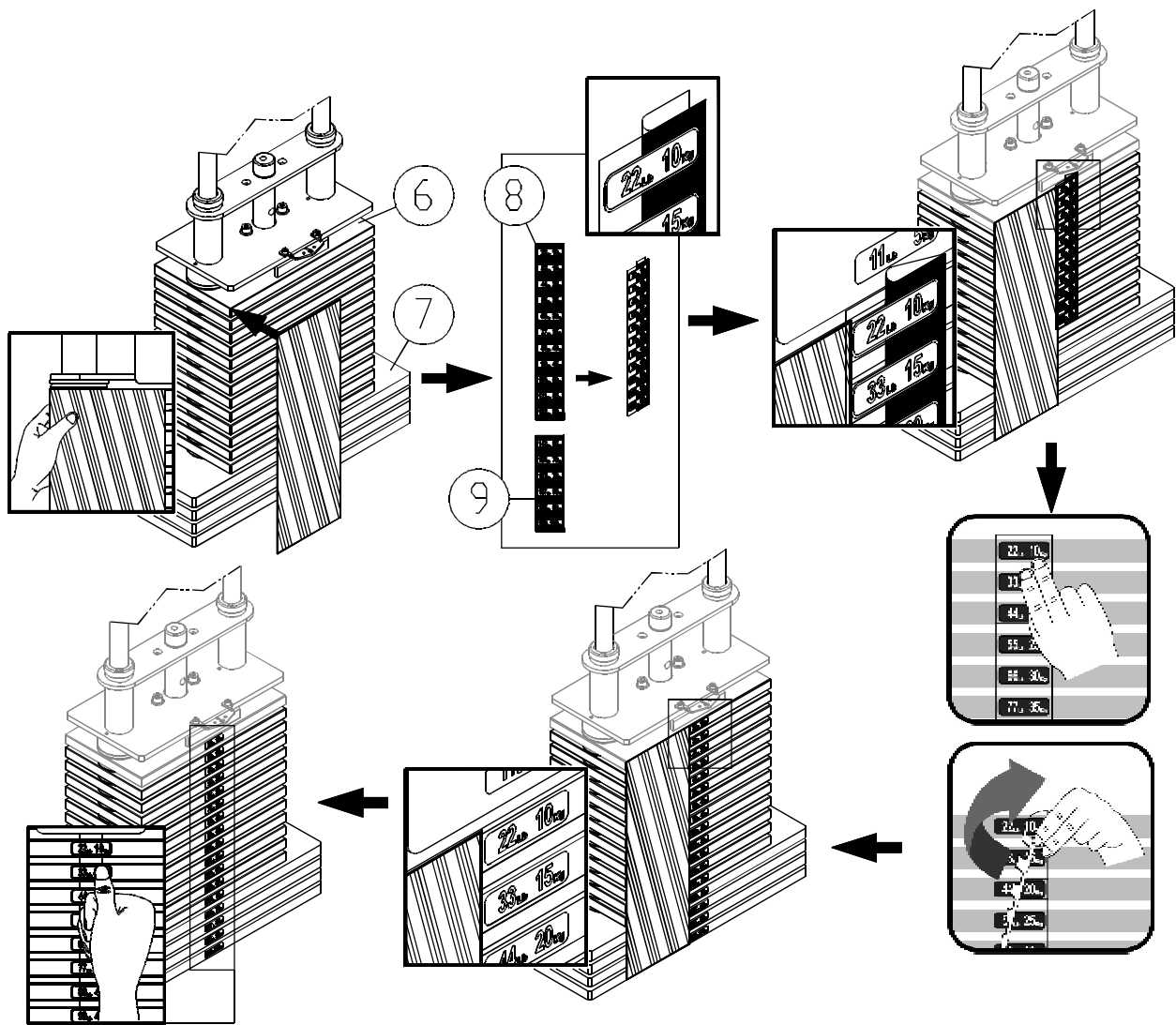
2-8. Lift the guide rods (70) up into their mounting station. Then secure them with hardware (67,68,69).

### 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 (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.

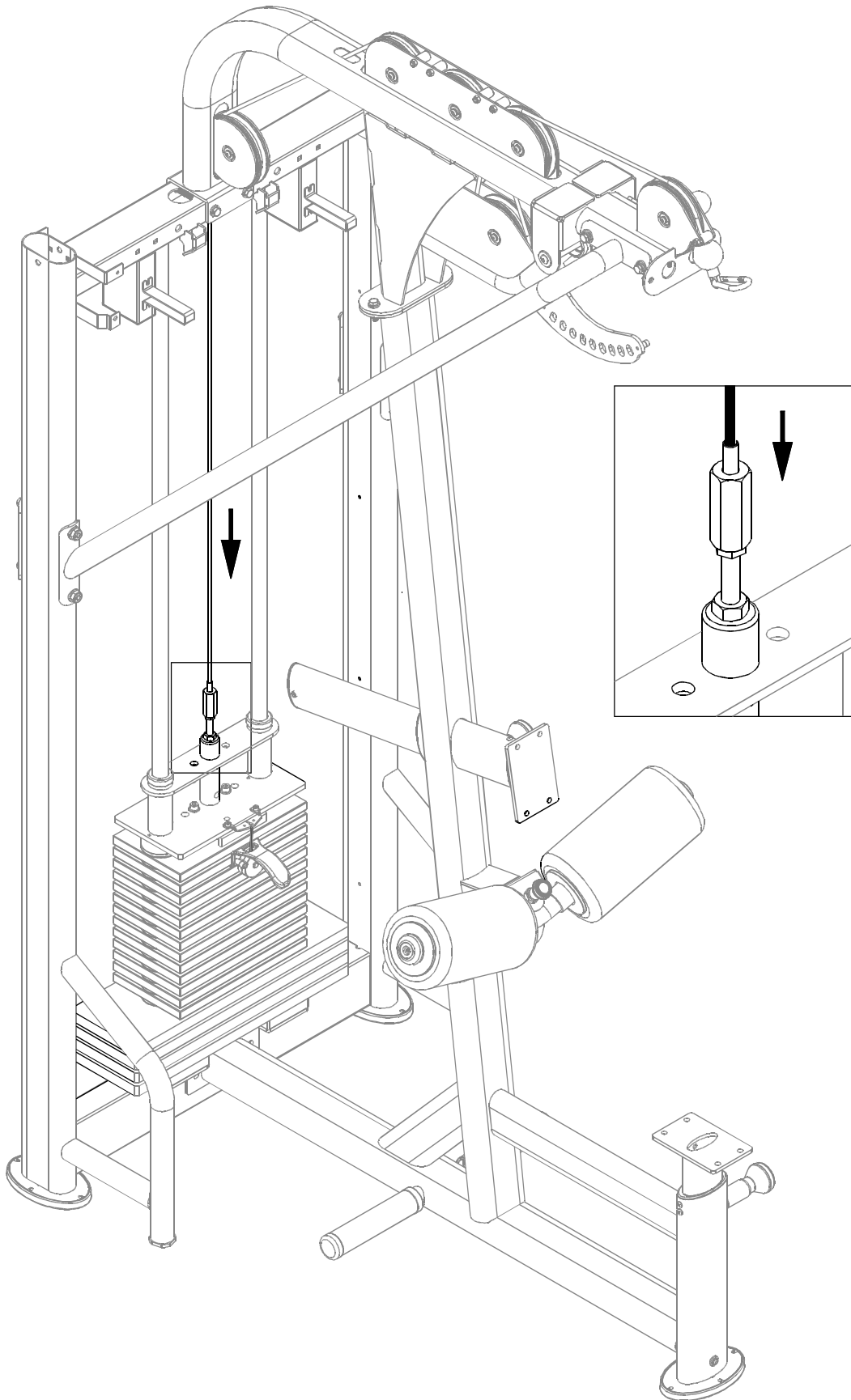
3-4. Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.

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.

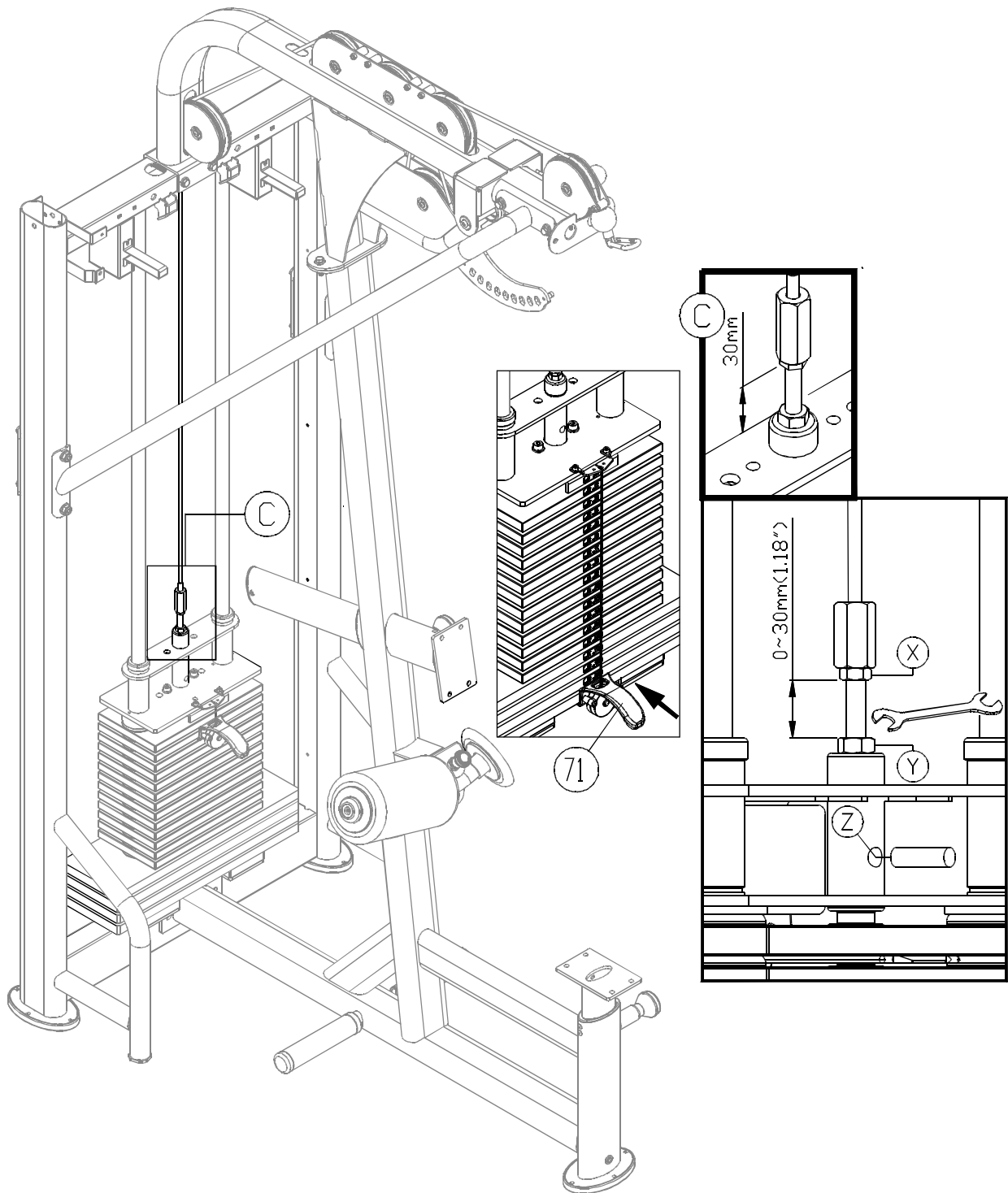
Note: Press the sticker in place to ensure good contact on the weight plate.

## STEP 4 Cable Installation



4-1. Secure the cable to the upper stack carriage as shown.

## STEP 5 Adjust Cable Tightness

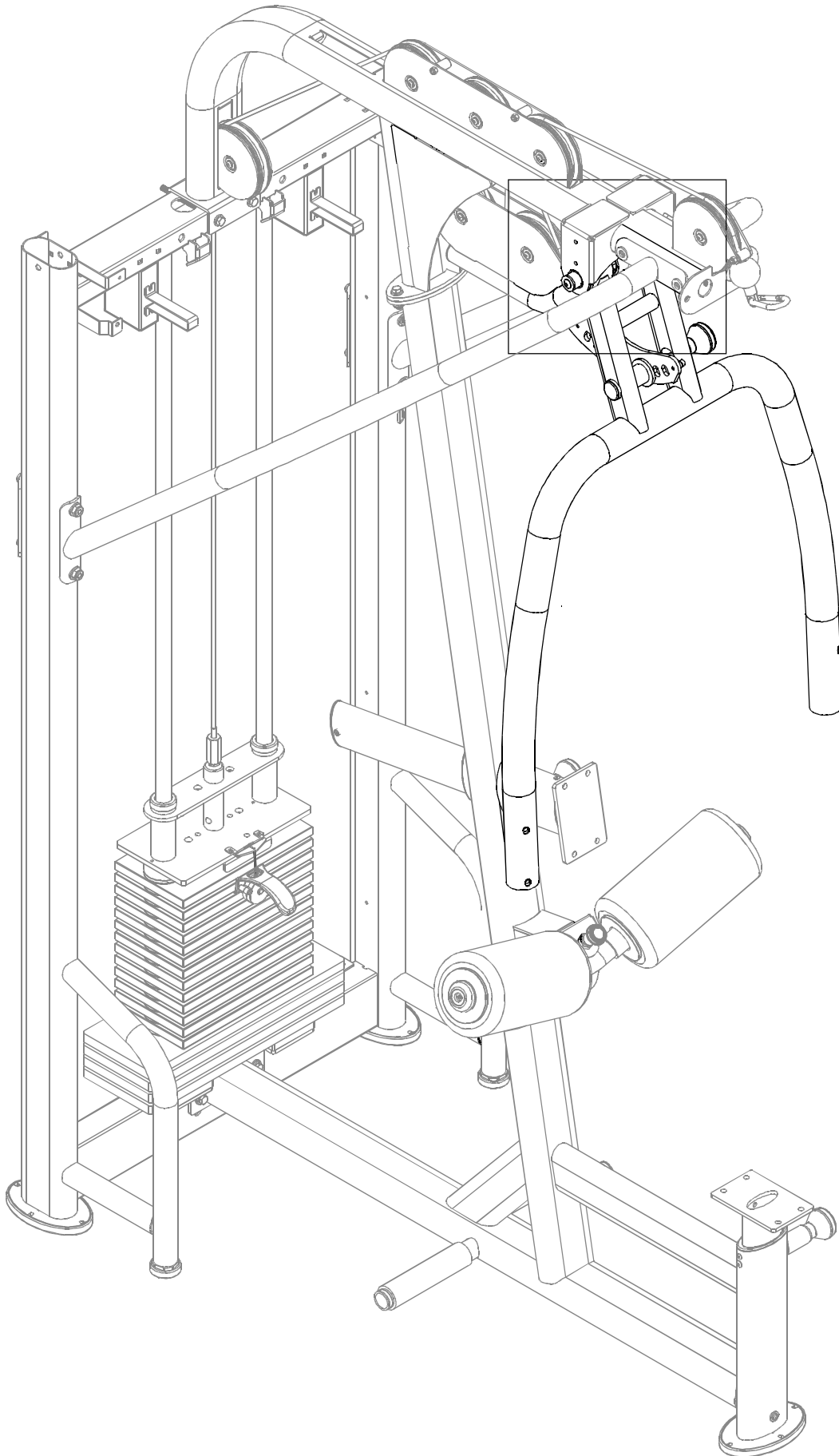


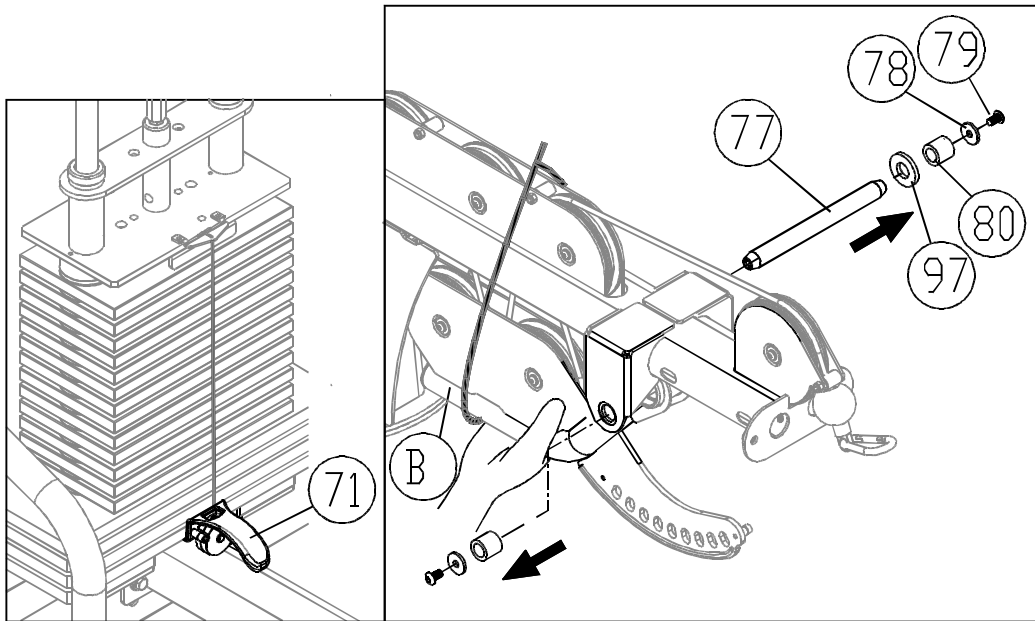
Insert the stack fork (selector) (71) into the heaviest position. Adjust area C to 0~30mm. (Adjust it so the upper stack plate moves slightly.)

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.

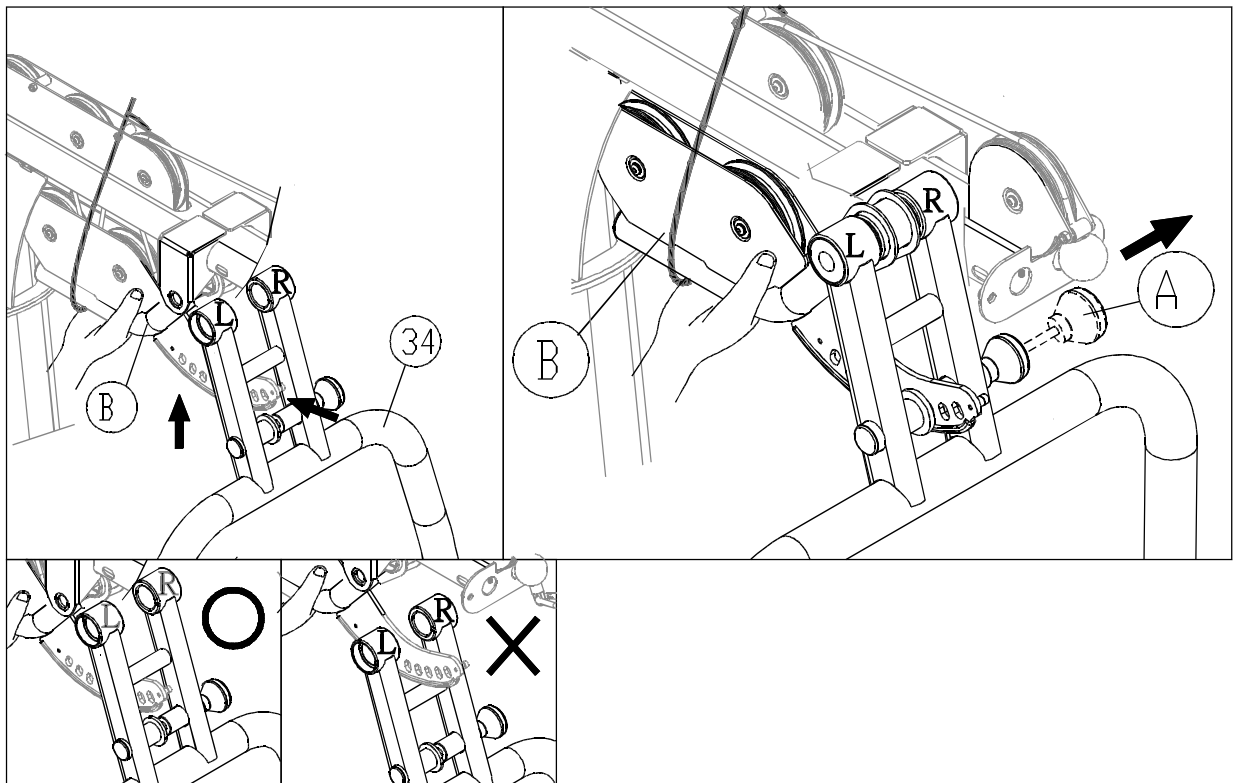
## STEP 6 Press Yoke Installation

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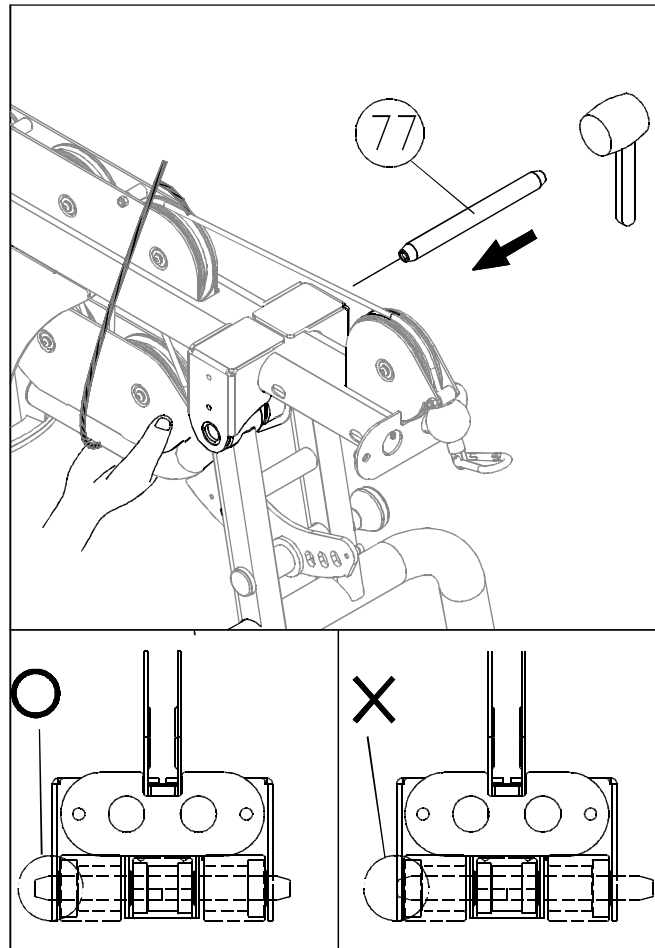




6-1. Insert the stack fork (selector) (71) into the heaviest position. Hold the brace point (B). Remove the hardware (78,79,80,97) from the axle (77). Then remove the axle (77) from the brace point.

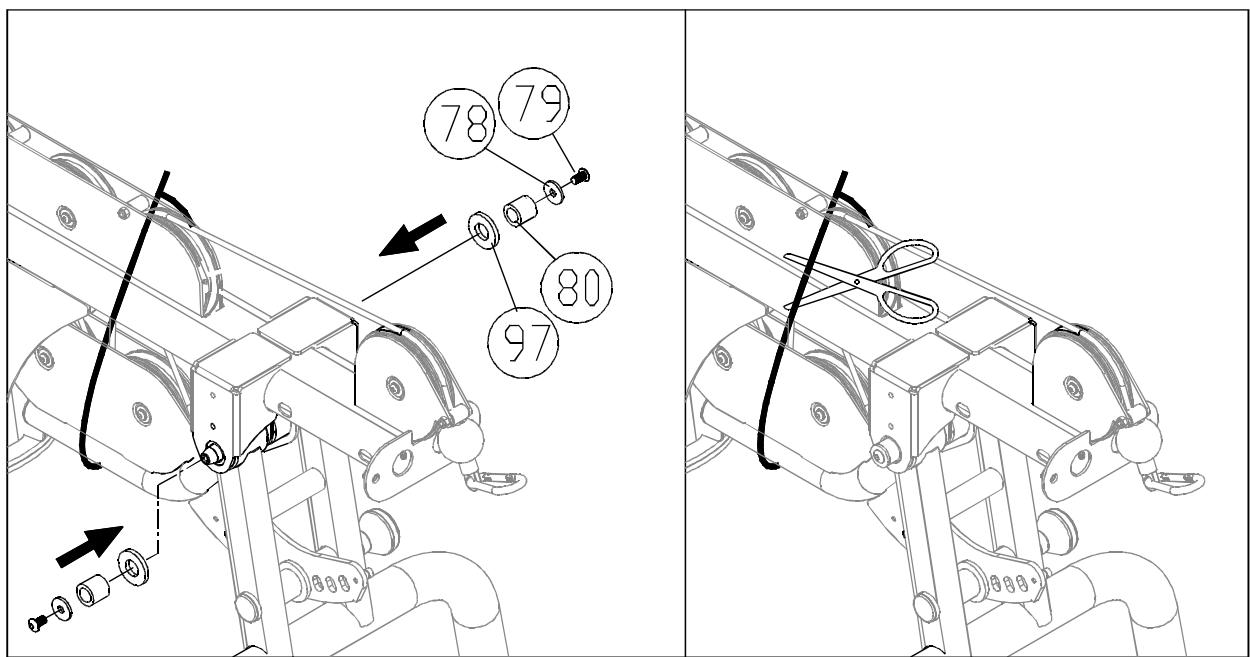


6-2. Hold the brace point (B). Pull the axle (A) from the press yoke (34). Then hold the press yoke (34) into position in relationship to its mount on the horizontal beam as shown, then insert the axle (77). Lightly tap the end of the axle with a rubber mallet until the axle extends beyond the metal plate as shown in the example marked "O" . Do not only partially install the axle as shown by the example marked "X" .

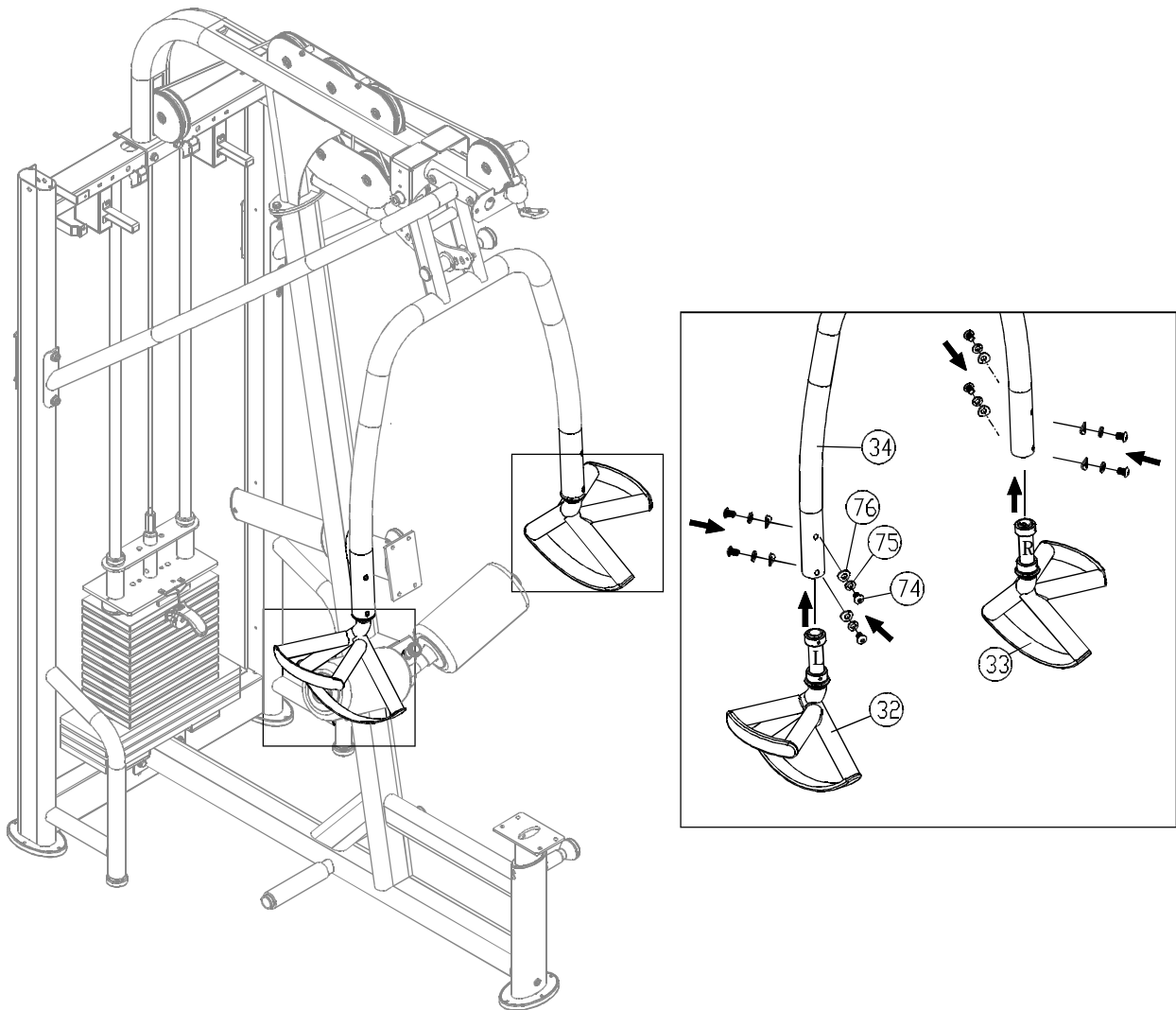


6-3. Once the axle is in place, secure it with hardware (78,79,80,97).

6-4. Use scissors to cut the zip tie.



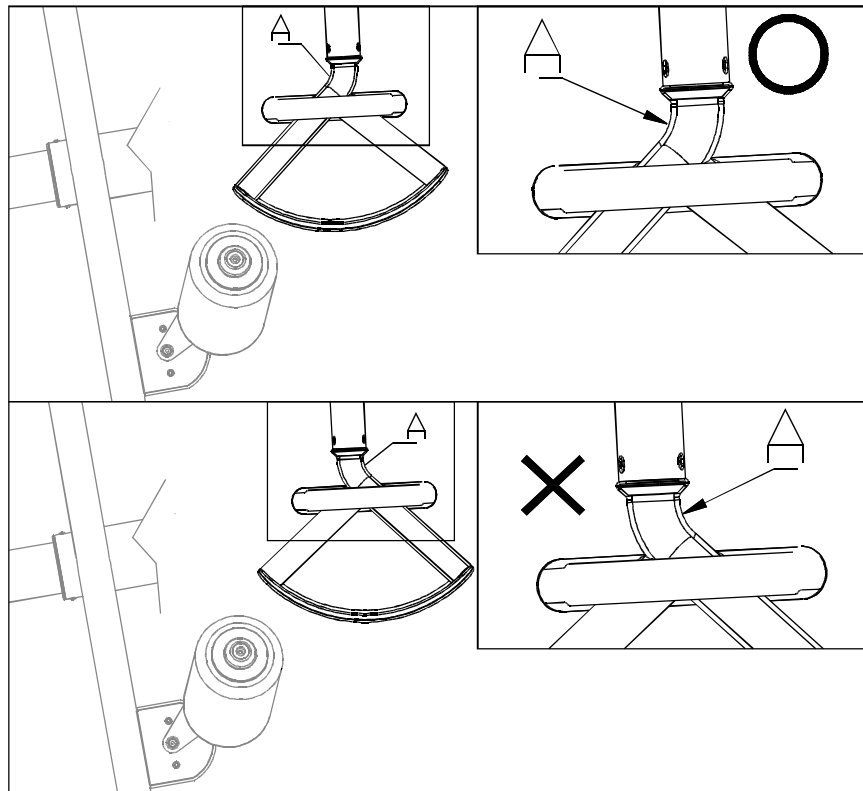
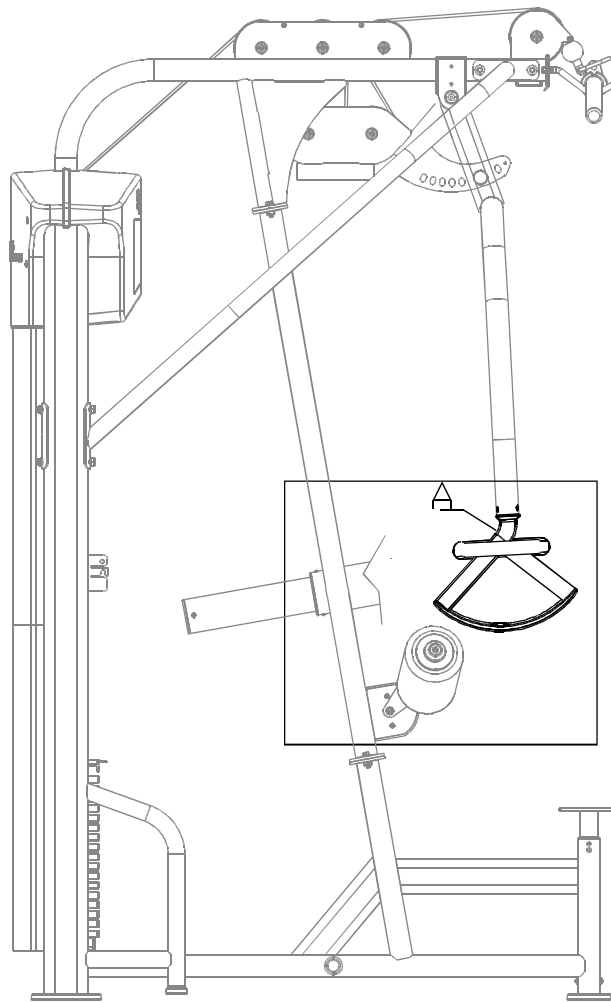
## STEP 7 Handle Installation



Before installing handles, please note the following:

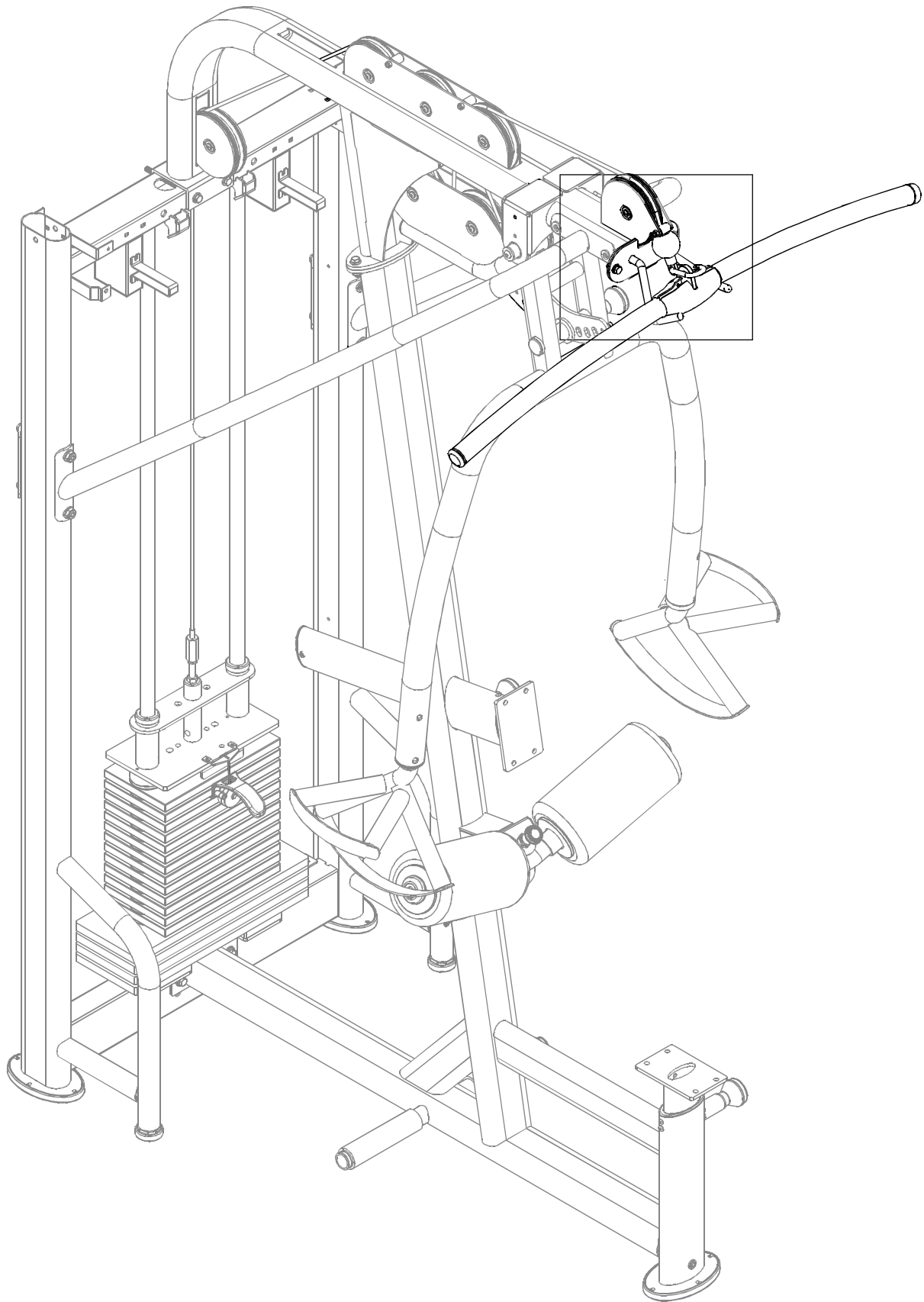
1. Handles are side specific. There is a left handle. There is a right handle.
2. The correct handle position is indicated by the "O" example in Figure A. The bend turns the tube toward the product, not away from it. The incorrect position is indicated by the "X" example in Figure A.

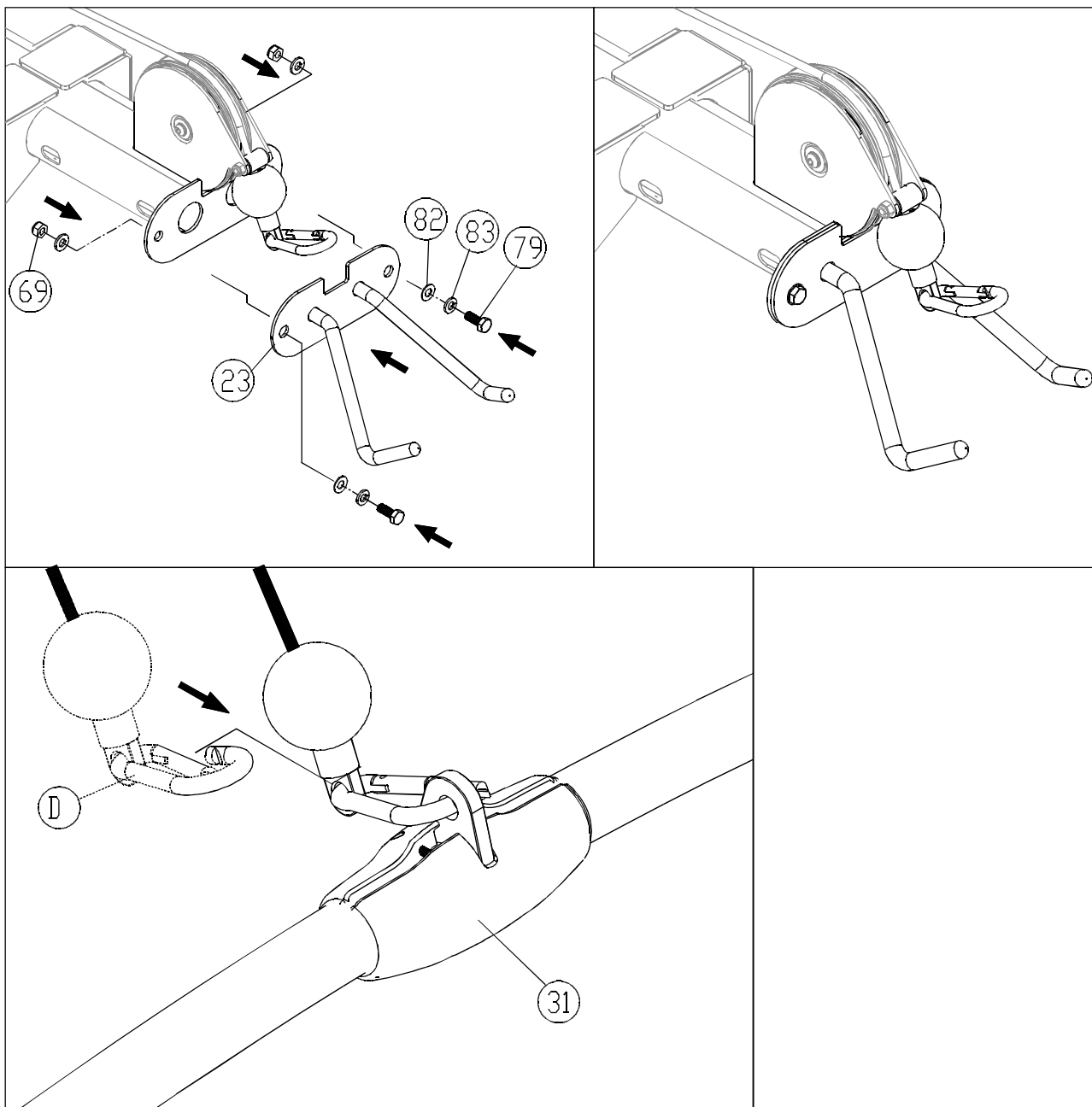
Put left (32) and right (33) handles in place and secure them on the press yoke (34) with hardware (74,75,76) as shown.





## STEP 8 Lat Pull Bar and Bracket Installation

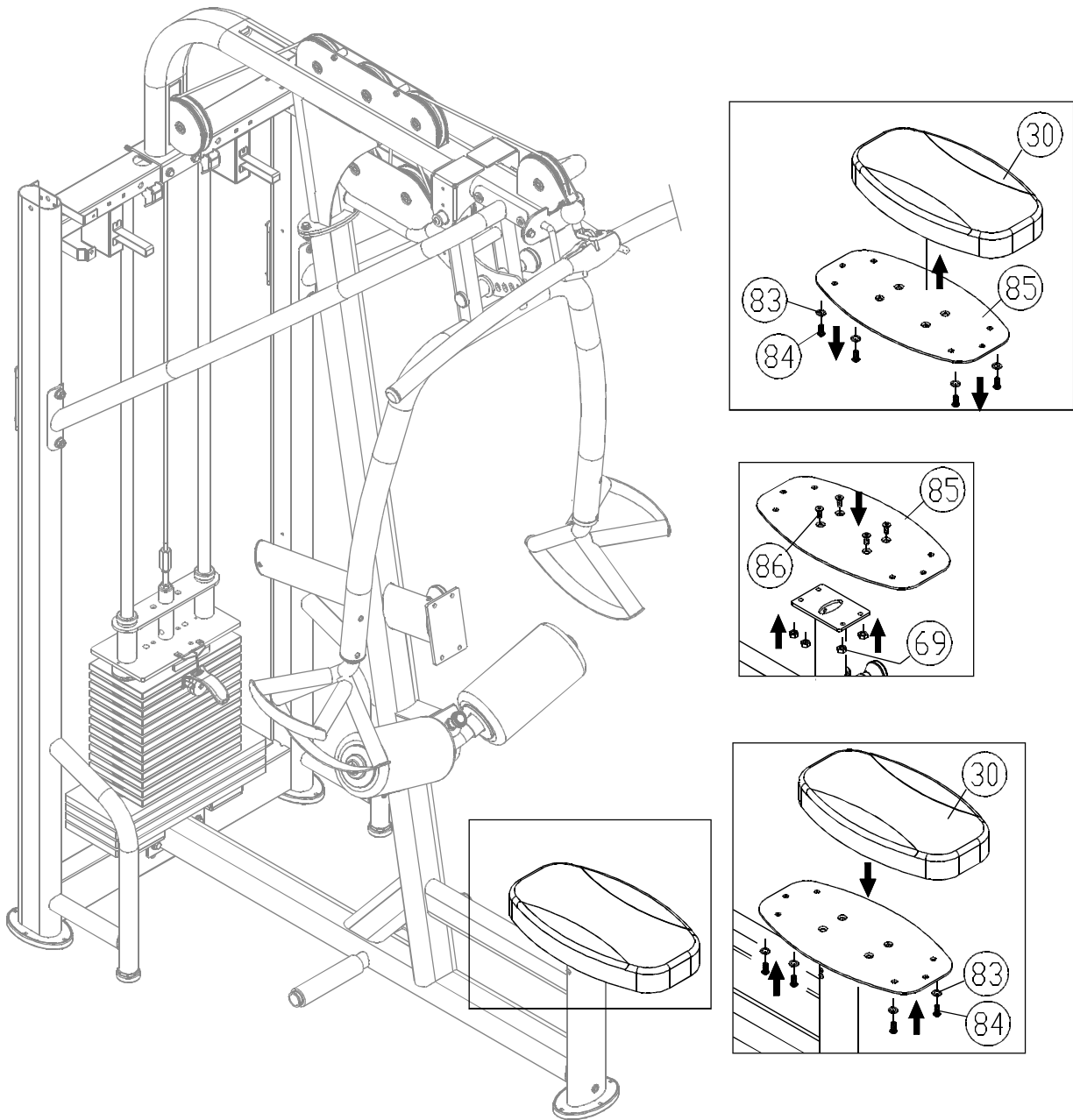




8-1. Secure the lat pull bar bracket (23) with hardware (69,79,82,83).

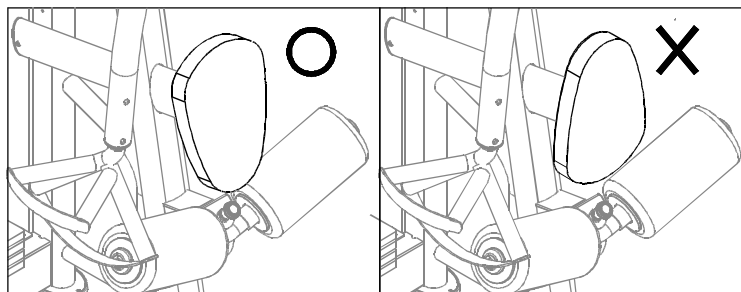
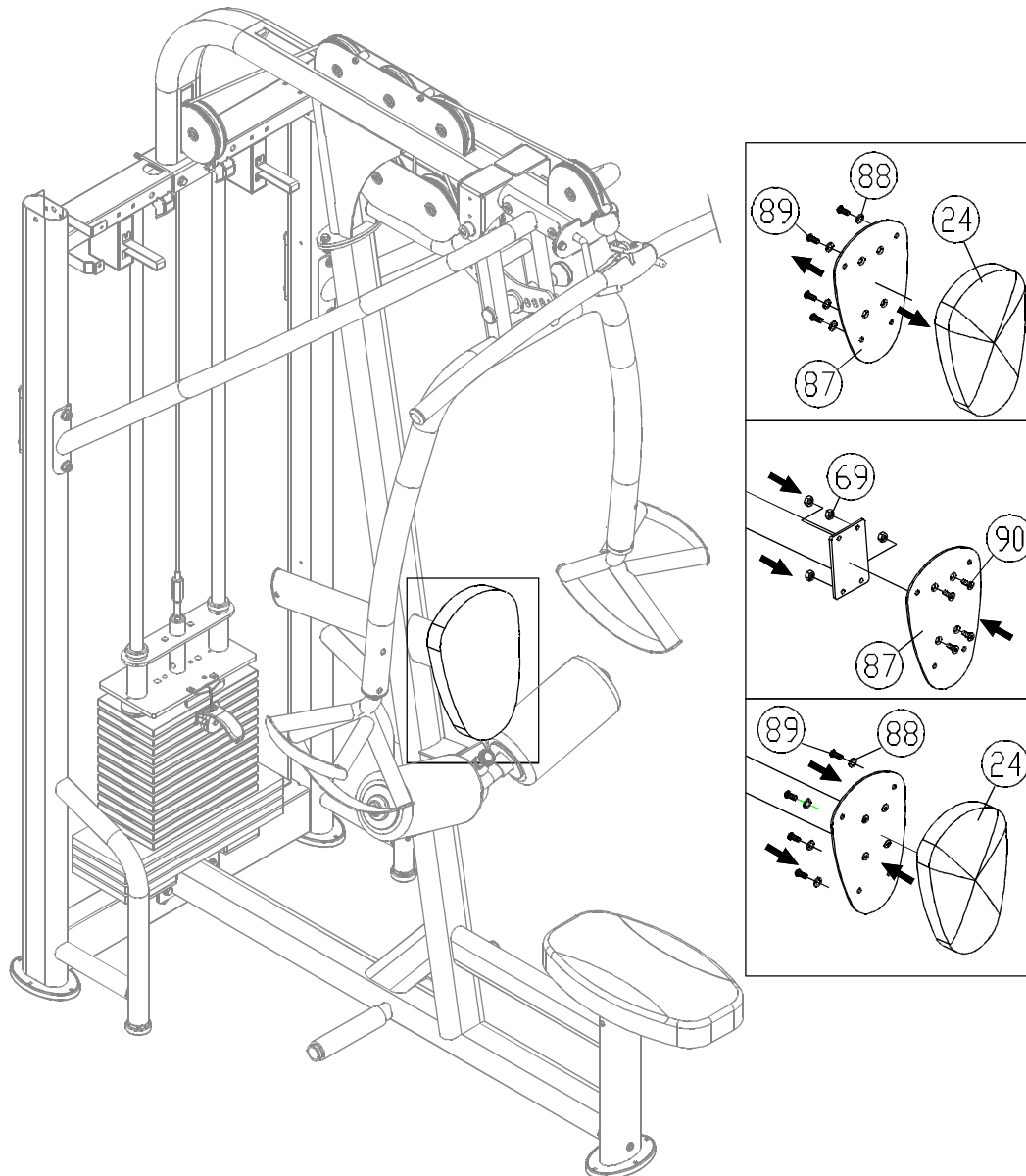
8-2. Use the carabiner (D) to secure the cable to the lat pull bar (31). Then place the lat pull bar (31) on the bracket (23).

## STEP 9 Seat Bottom Cushion Installation



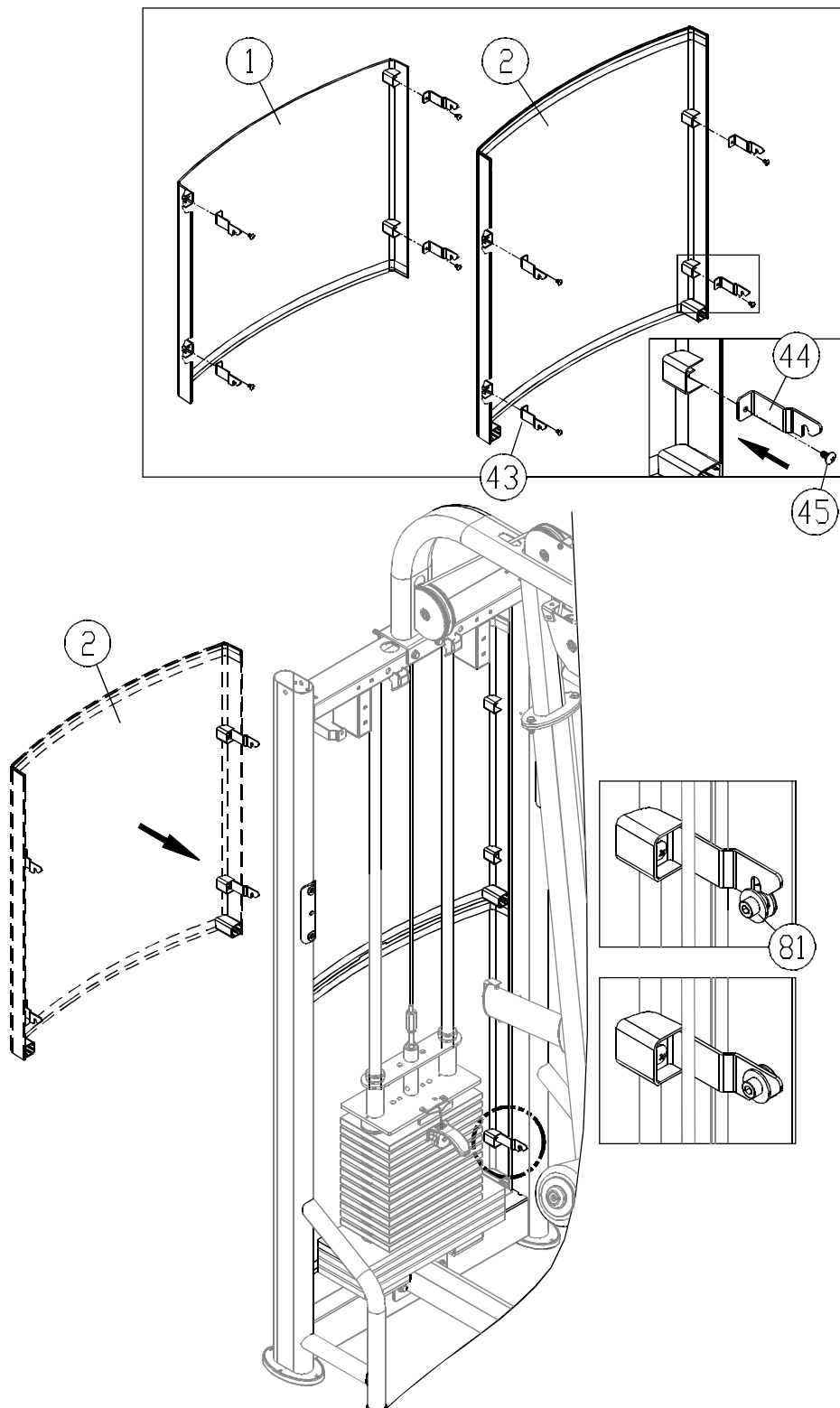
- 9-1. First, remove screws and washers (83,84) from the seat plate (85) and the seat bottom cushion (30).
- 9-2. Use hardware (86,69) to secure the seat plate (85) to the seat post as shown.
- 9-3. Use hardware (83,84) to secure the seat cushion (30) to the seat plate as shown.

## STEP 10 Chest Cushion Installation



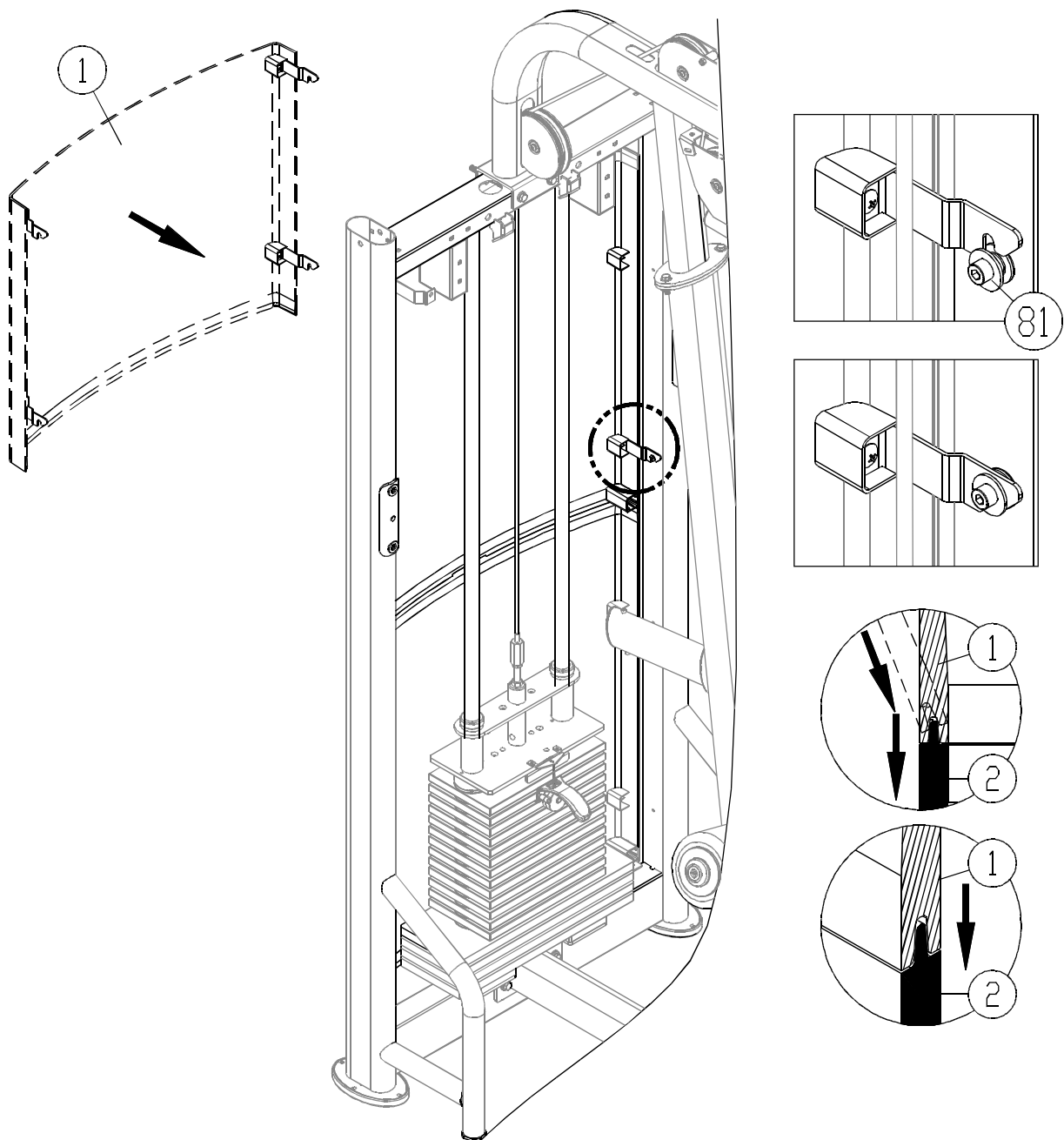
- 10-1. First, remove hardware (88,89) from the chest plate (87) and the chest cushion (24).
- 10-2. Use hardware (90,69) to secure the chest plate (87) to its mount post as shown.
- 10-3. Use hardware (88,89) to secure the chest cushion (24) to the chest plate as shown.

## STEP 11 Tower Back Cover Installation



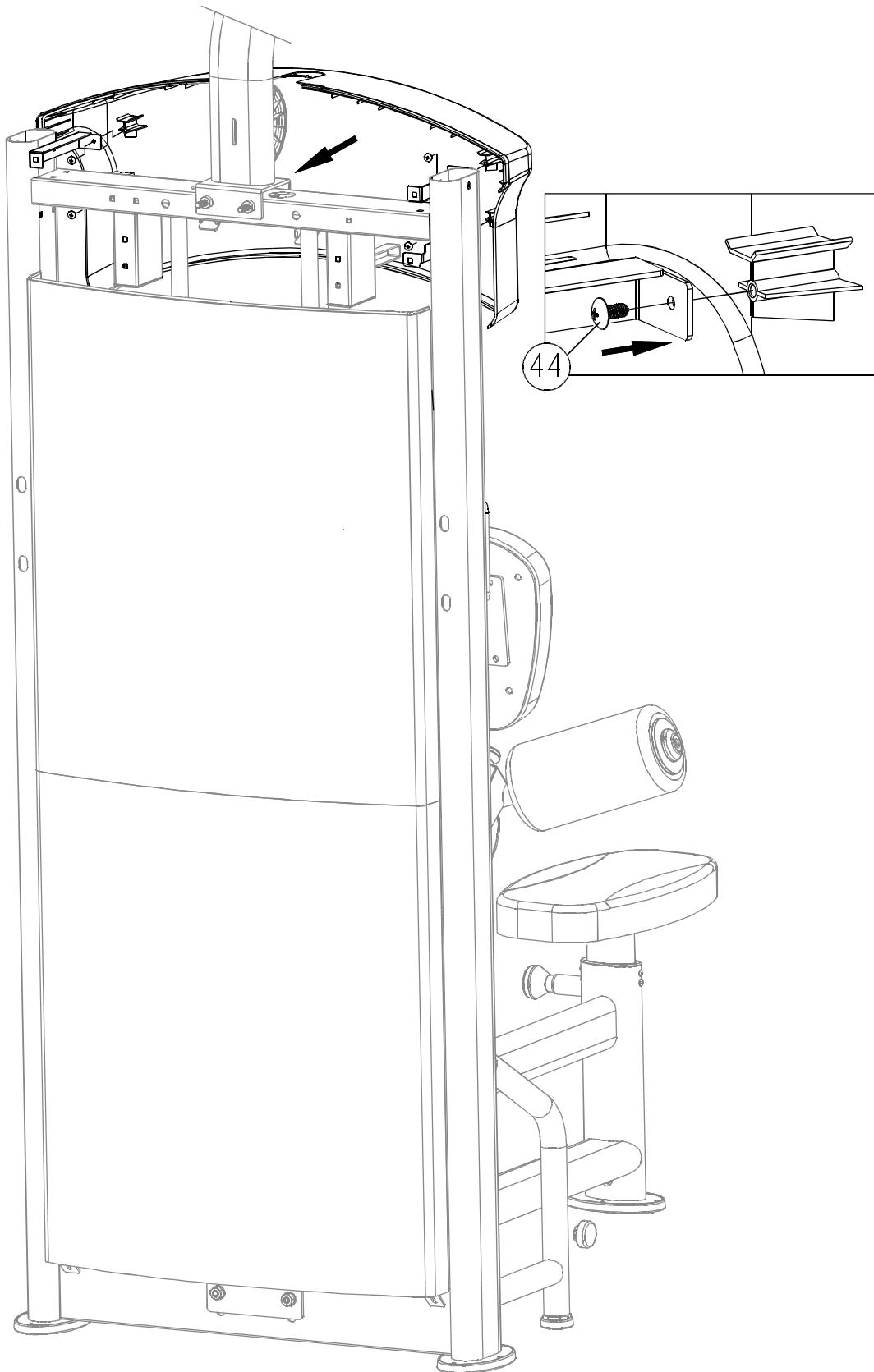
11-1. Before installing the upper and lower back covers, first separate A and B (43,44) set brackets by side. (Set brackets are side specific.) Use screws (45) to secure the set brackets into the back covers (1,2). Note: back cover (1) is short; back cover (2) is long.

11-2. Put back cover (2) onto screws (81). Loosely secure screws (81). Do not fully tighten these screws yet.



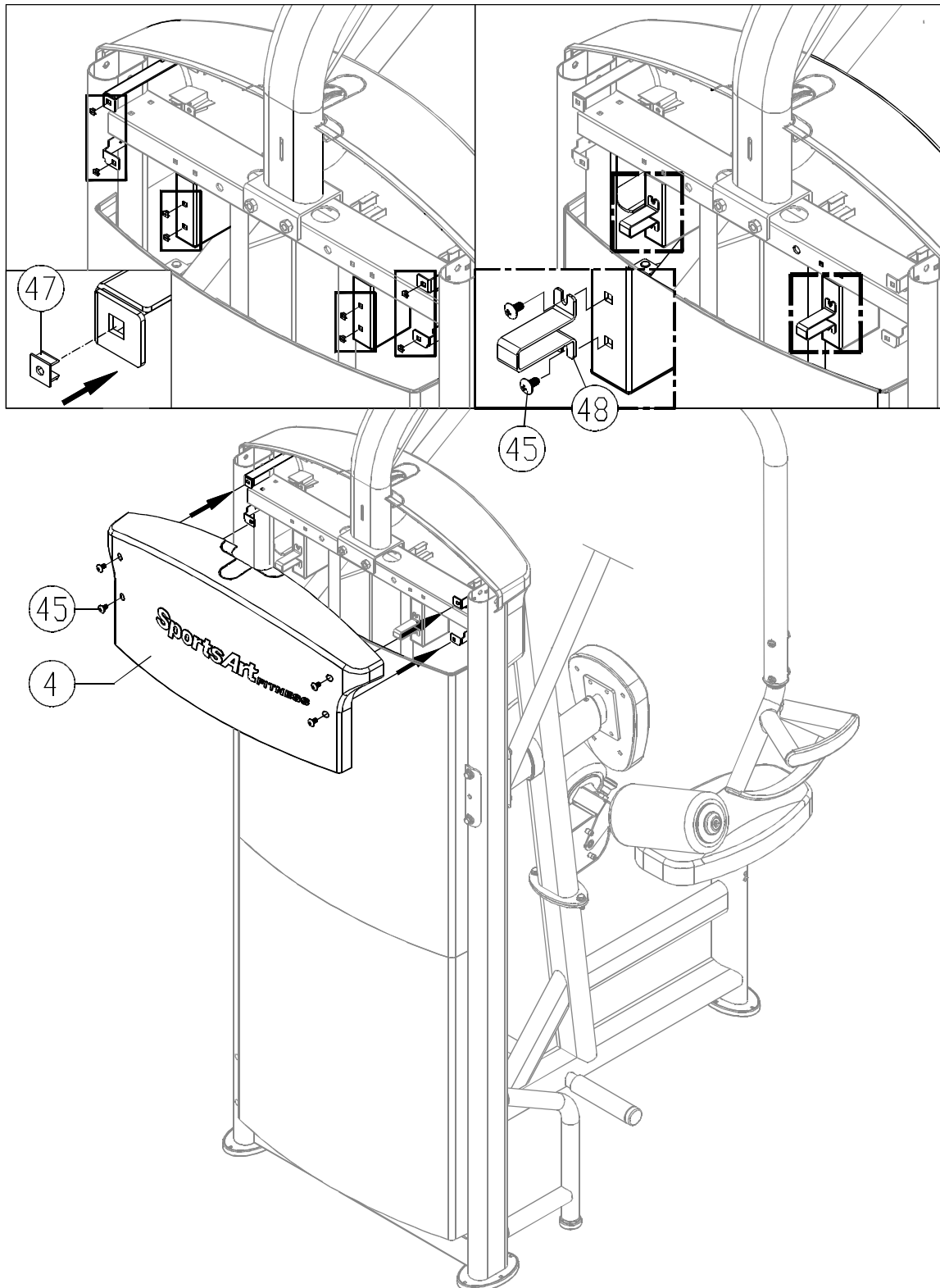
11-3. Hang back cover A (1) onto screws (81). Simultaneously, hook back cover A (1) into rear cover (2). Then secure screws (81) as shown.

## STEP 12 Front Top Cover Installation



Use screws (45) to secure the front top cover onto the stack tower.

## STEP 13 Rear Top Cover Installation



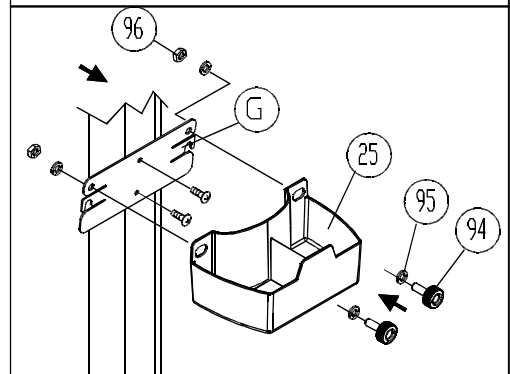
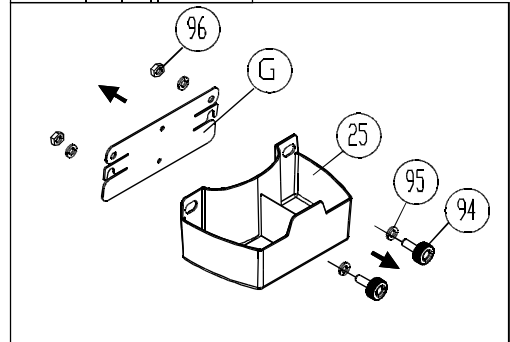
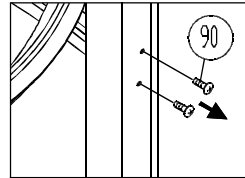
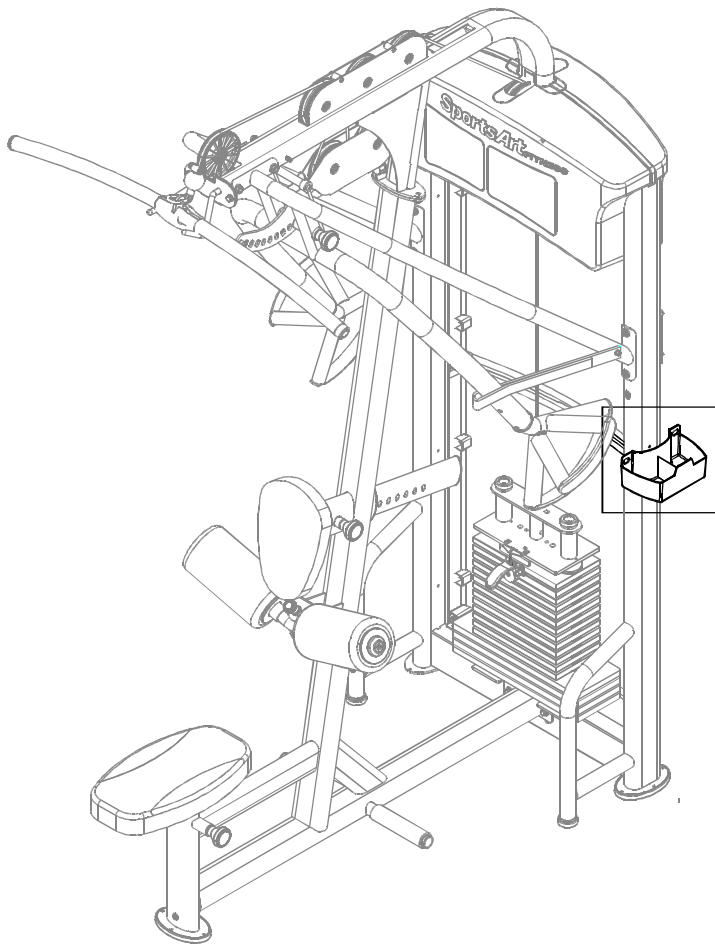
13-1. Before starting installation of the rear top cover, press the screw sockets (47) into place on the frame where shown.

13-2. Then use screws (45) to secure the rear top cover bracket (48) onto the frame as shown.

14-3. Secure the rear top cover (4) with screws (45) as shown.

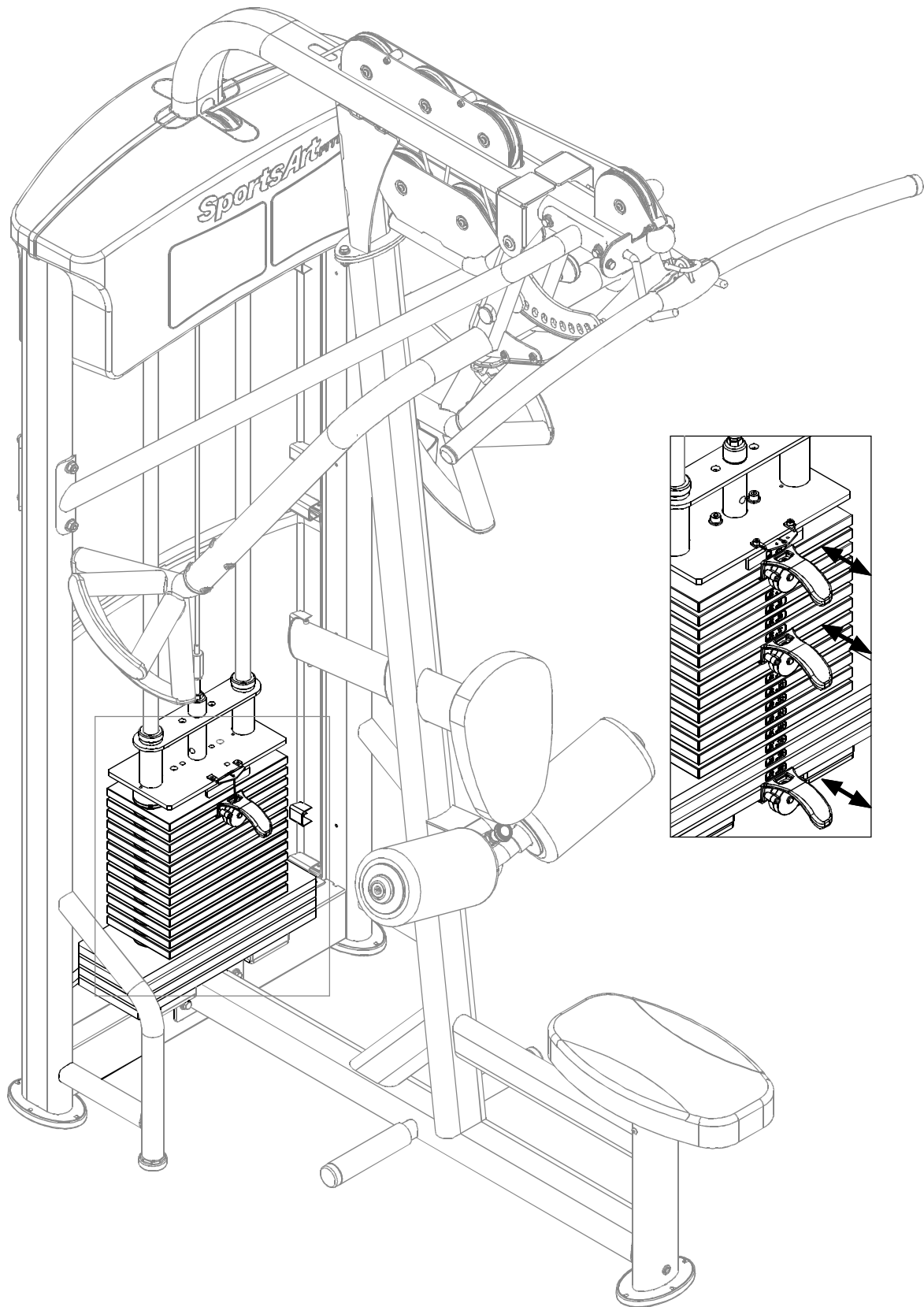


## STEP 14 Water Bottle Holder Installation



- 14-1. Remove screws (90) from the frame.
- 14-2. Remove hardware (94,95,96) from the bottle holder (25).
- 14-3. Secure the bottle holder plate (G) in place with screws (90). Put the bottle holder (25) in place. Secure it with hardware (94,95,96) as shown.

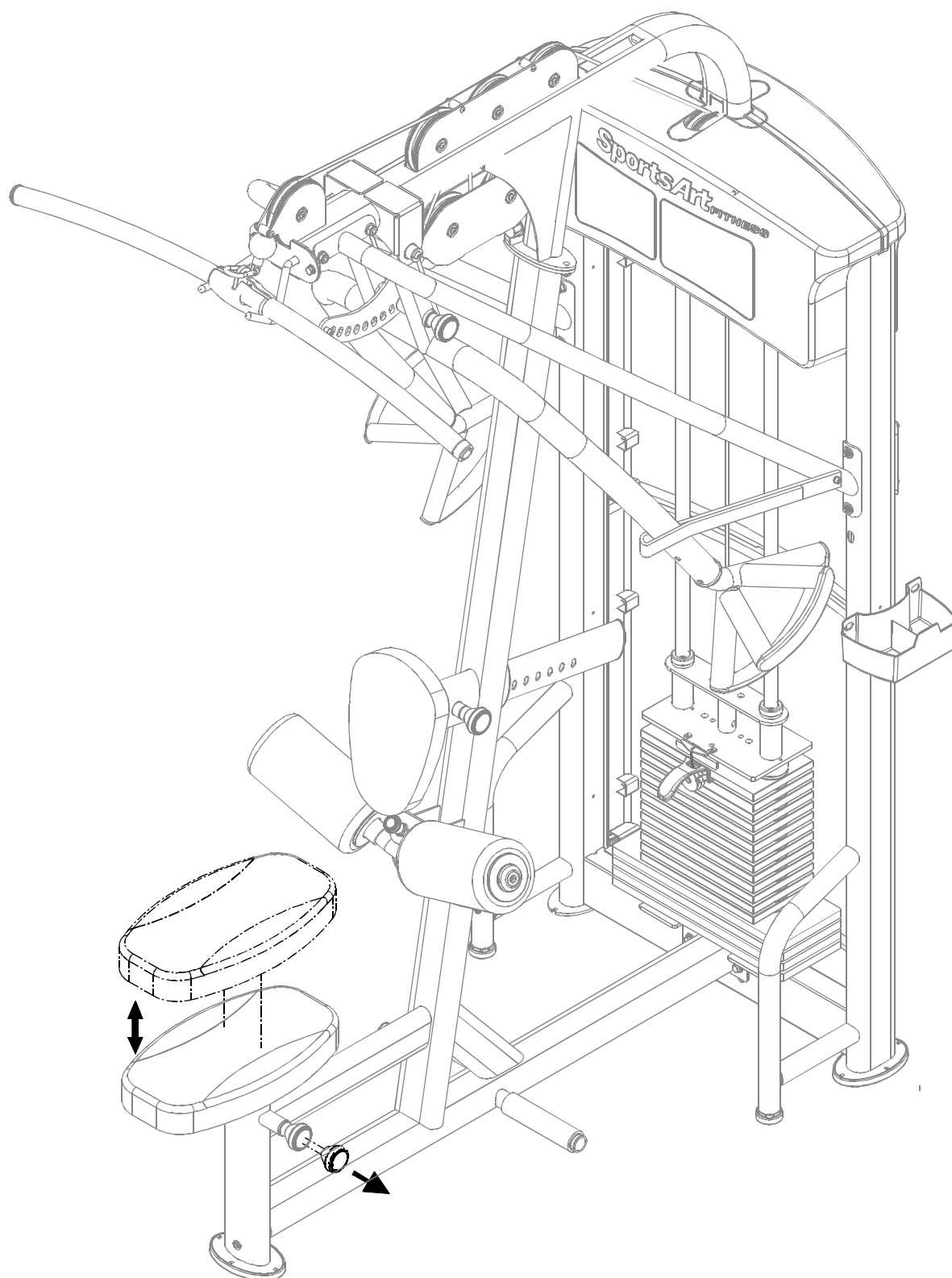
## STEP 15 Stack Fork (Selector) Installation



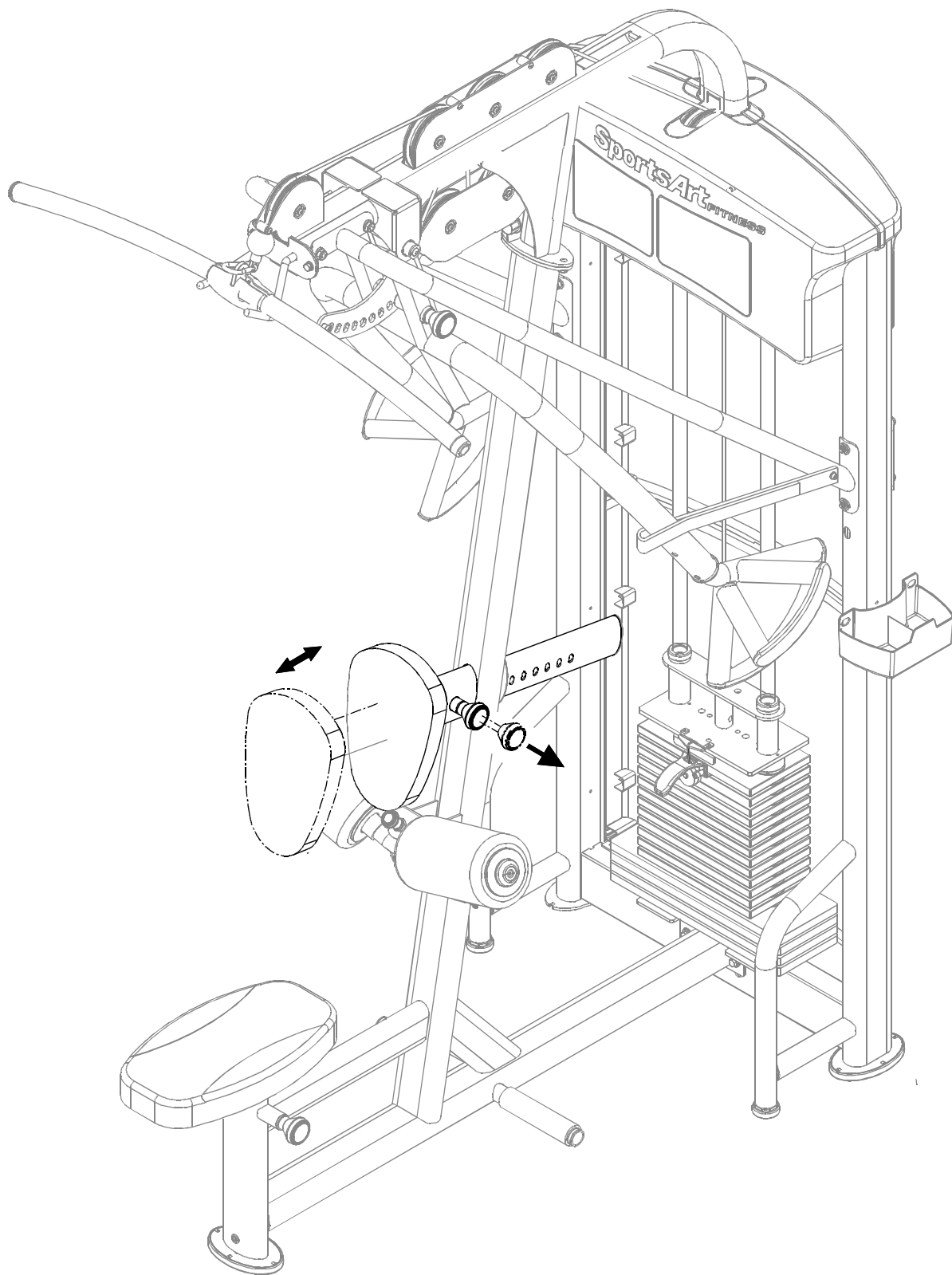
15-1. Insert the stack fork (selector) to engage each weight plate (one at a time) to make sure each plate engages easily.

## CHAPTER 4 — OPERATING INSTRUCTIONS

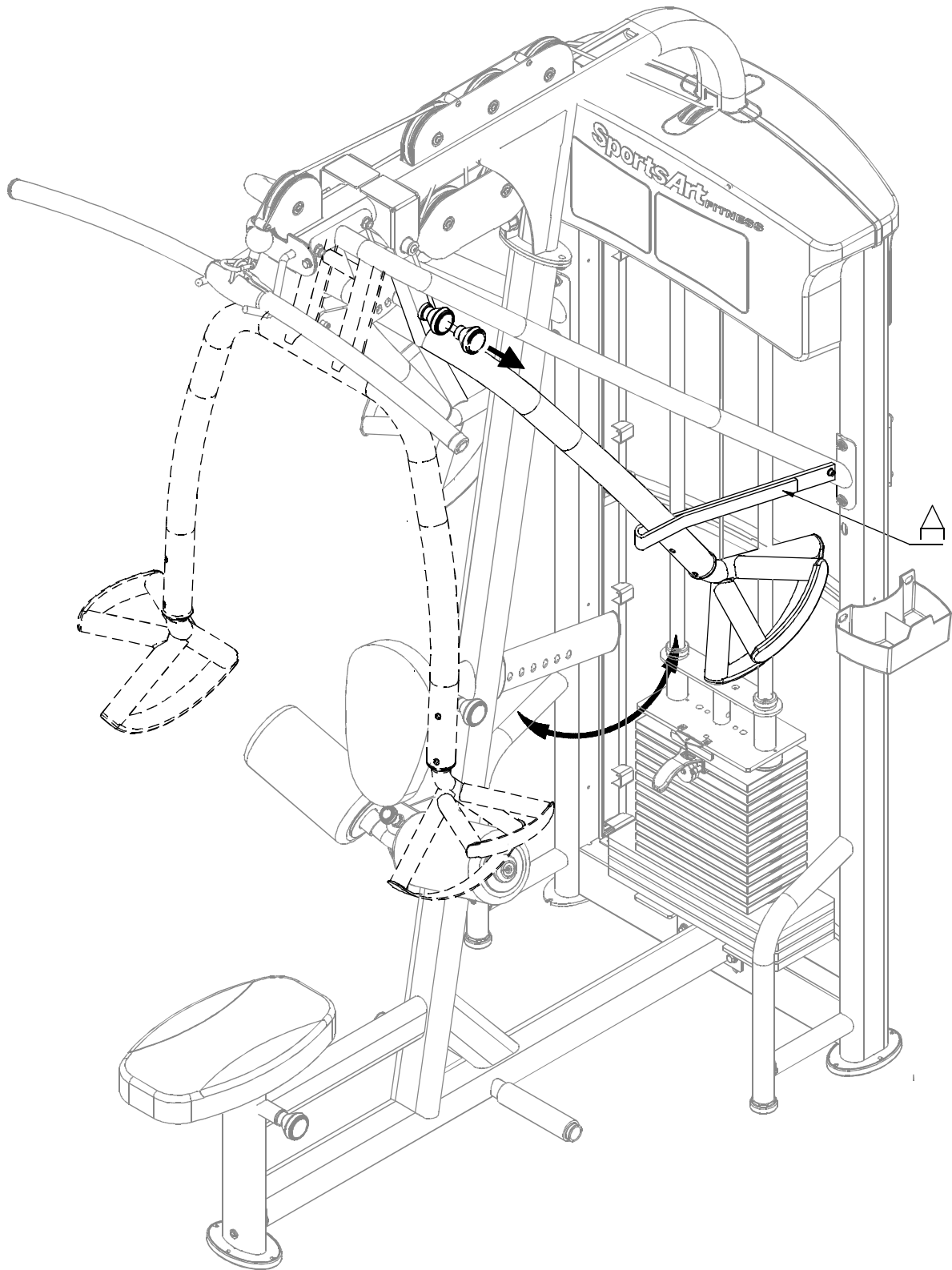
### 4.1 Operating the Product



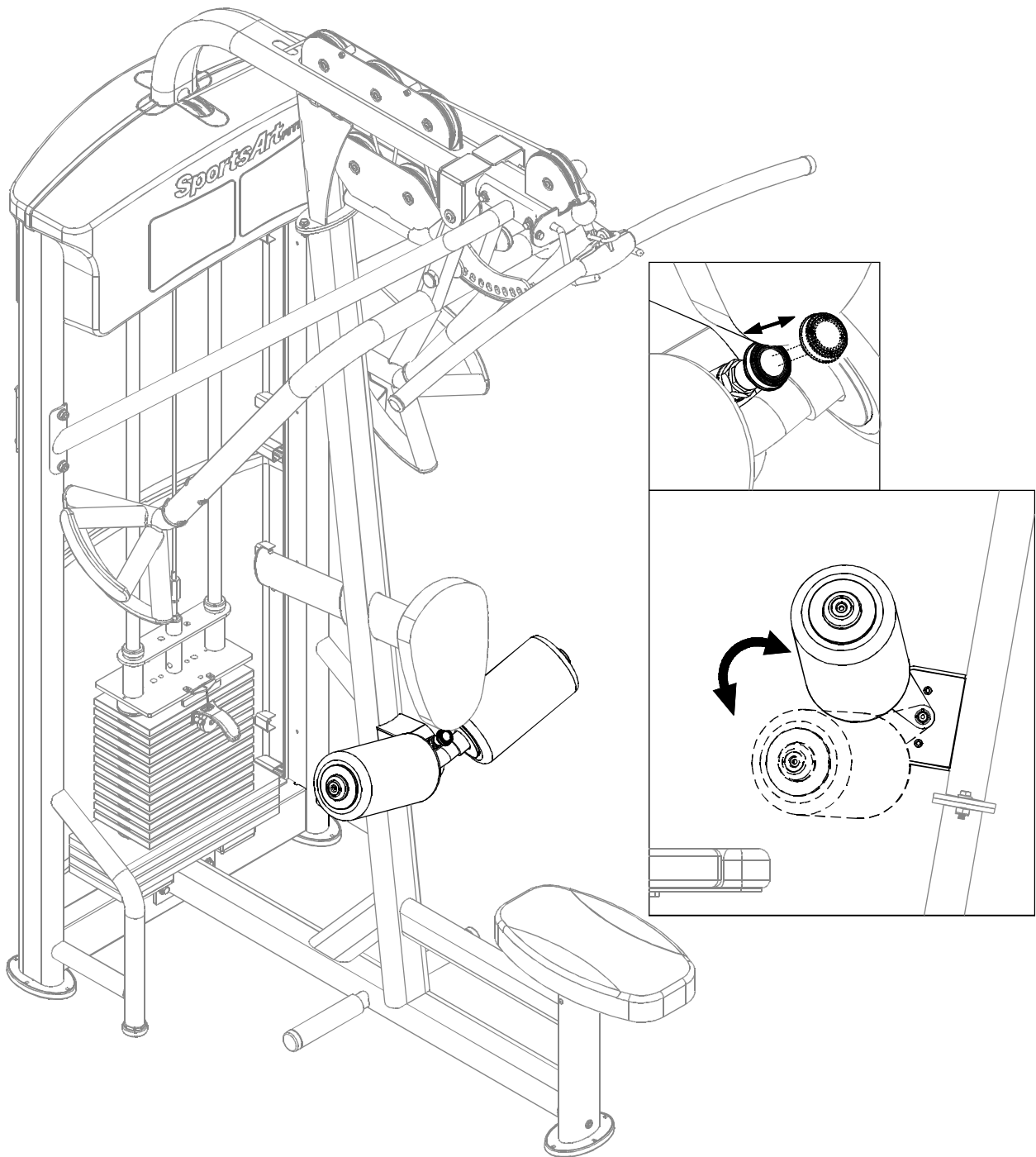
1. To adjust the seat bottom position, pull the adjustment knob outward. Then pull the seat bottom up or down.



2. To adjust the chest/back cushion, pull out the knob as shown. Then push the telescoping cushion assembly forward or backward.



3. To adjust the press yoke, first loosen the Velcro strap(A). Then pull the adjustment knob and move the yoke position as shown.



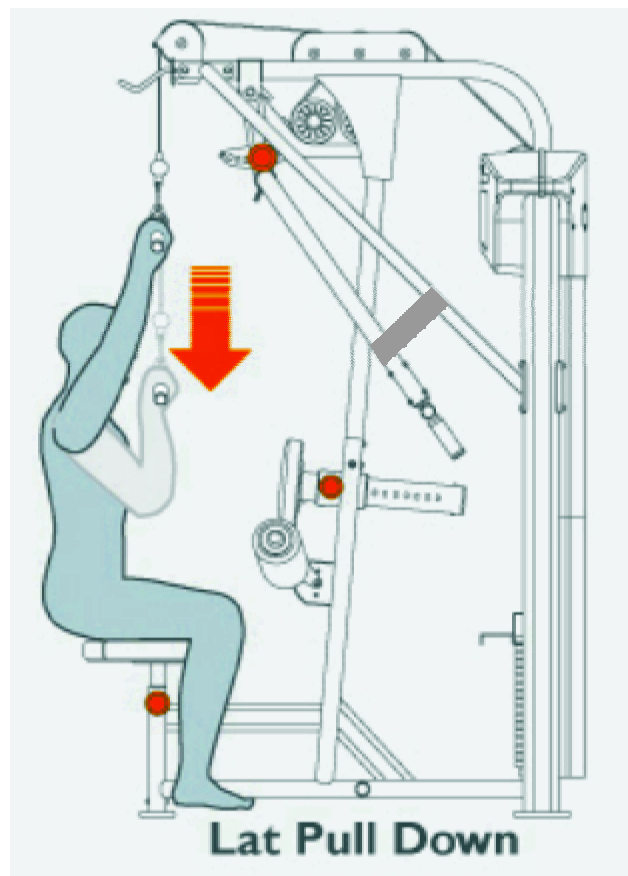
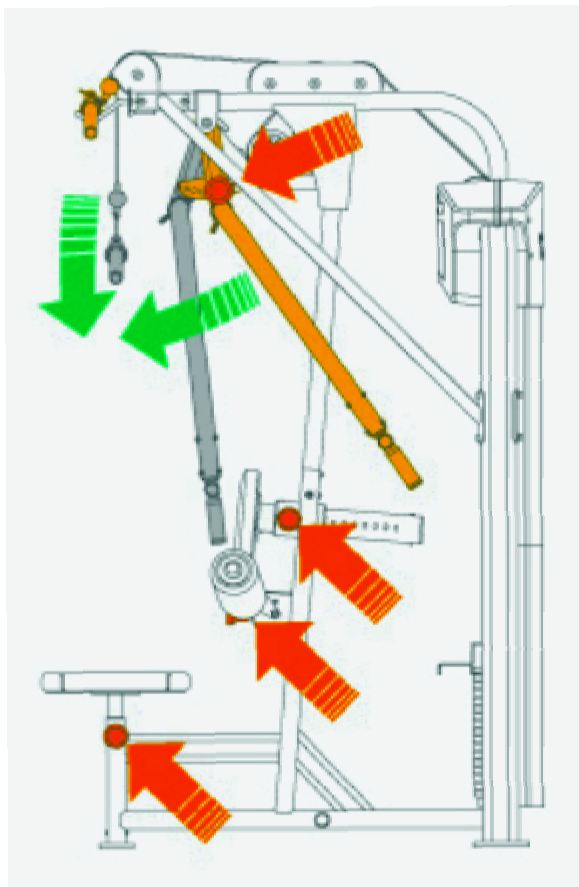
4. To adjust the position of the cylindrical cushion, first, pull the adjustment knob outward, then move the cushion up or down to the desired position.

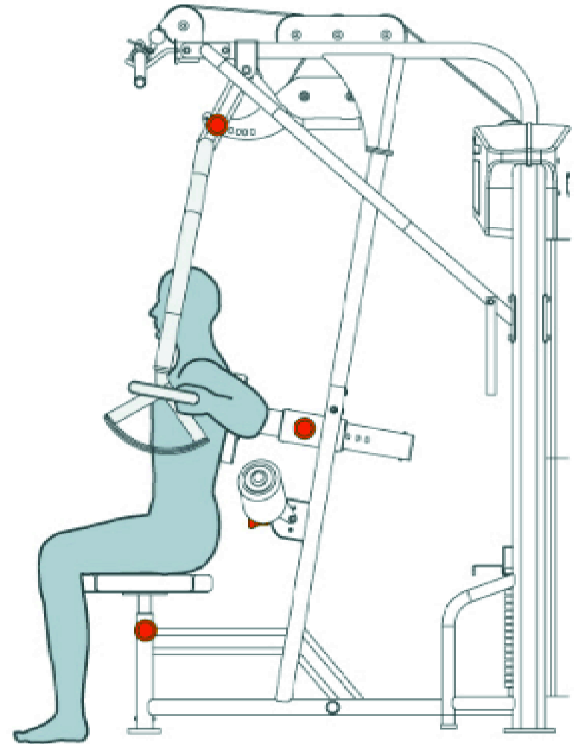
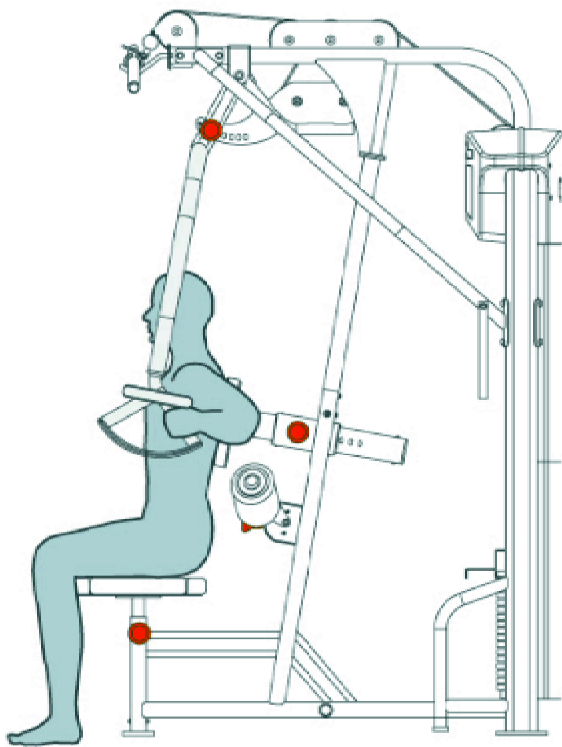
## 4.2 Test Unit Operation .

1. Please follow operating instructions on the product sticker(3). Exercise as instructed to test unit operation.

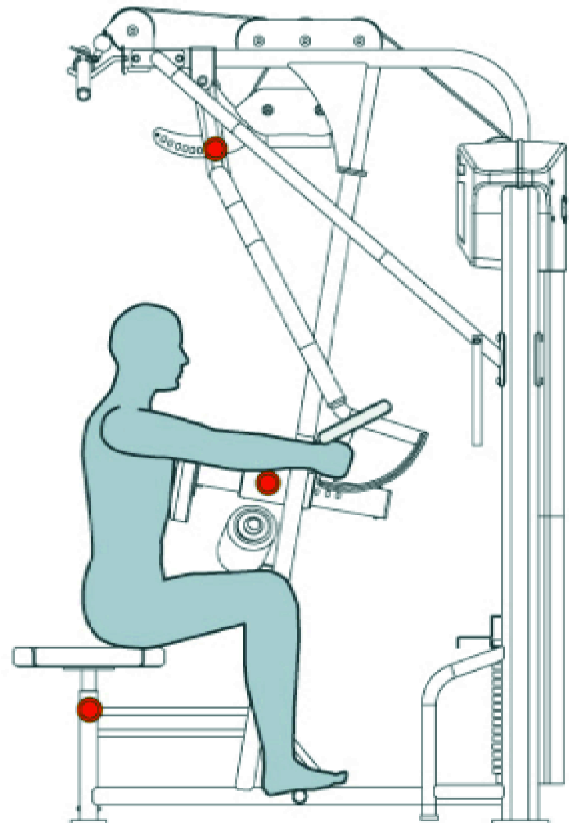
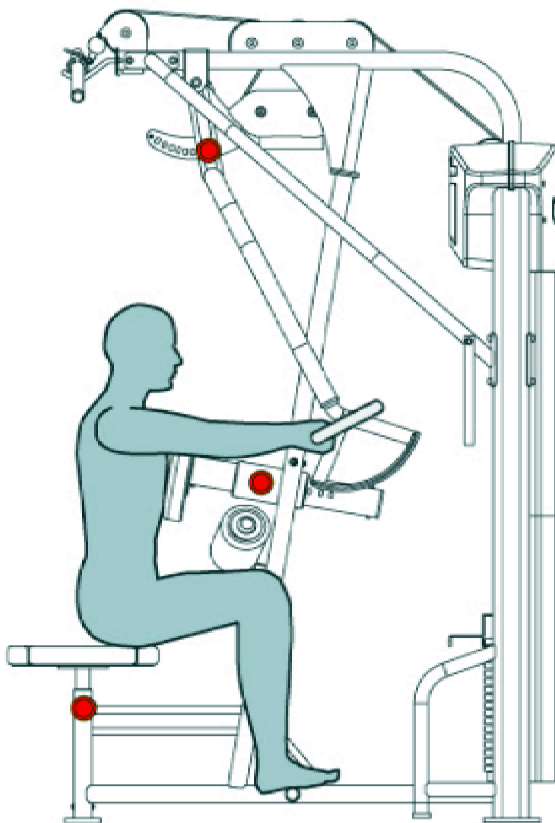
(Note: Before operating the lat pull down, secure the press yoke out of your way by fastening the Velcro strap)

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.





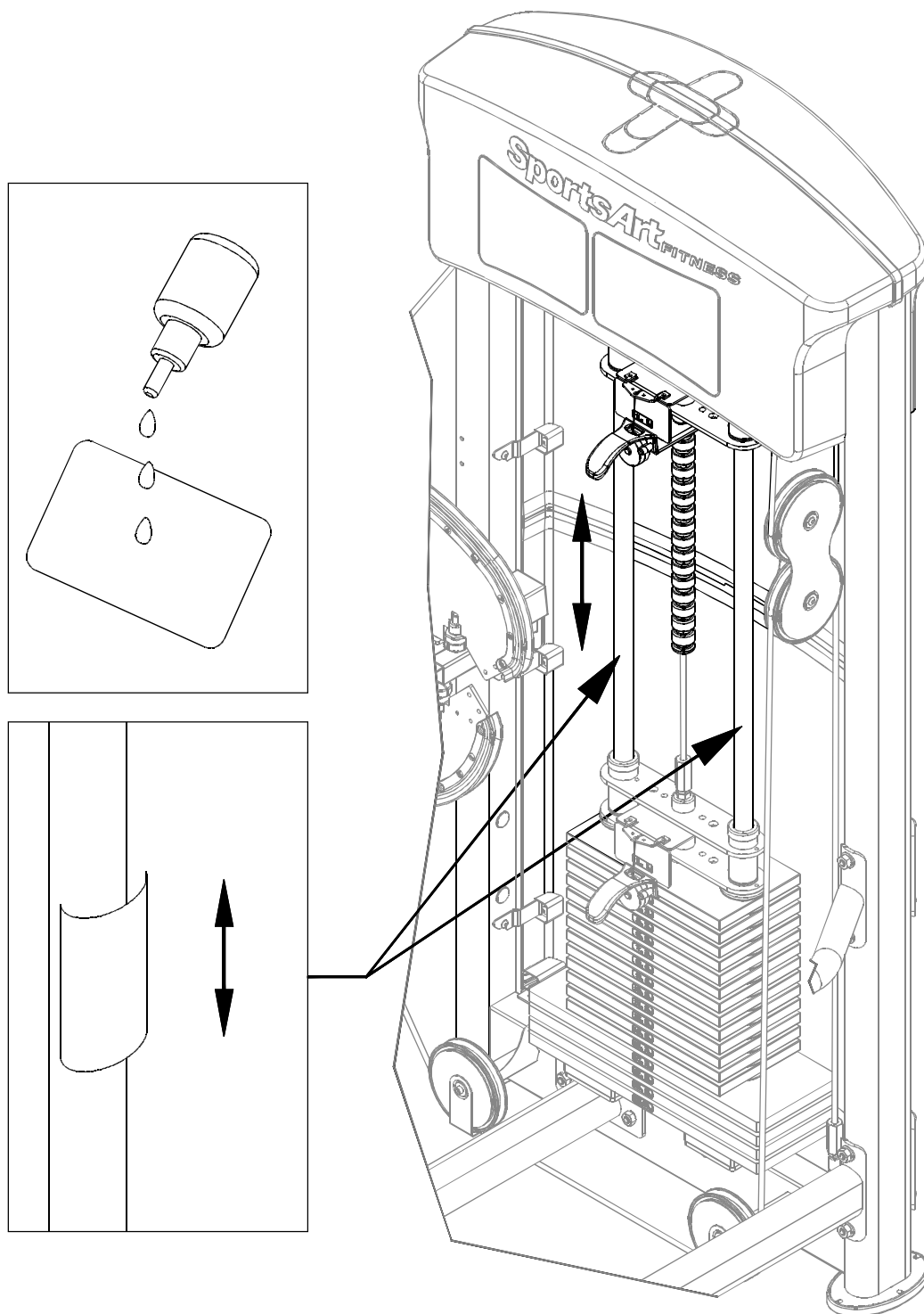
**Chest Press**



**Mid Row**



### 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. If necessary, make adjustments according to the instructions in this manual.