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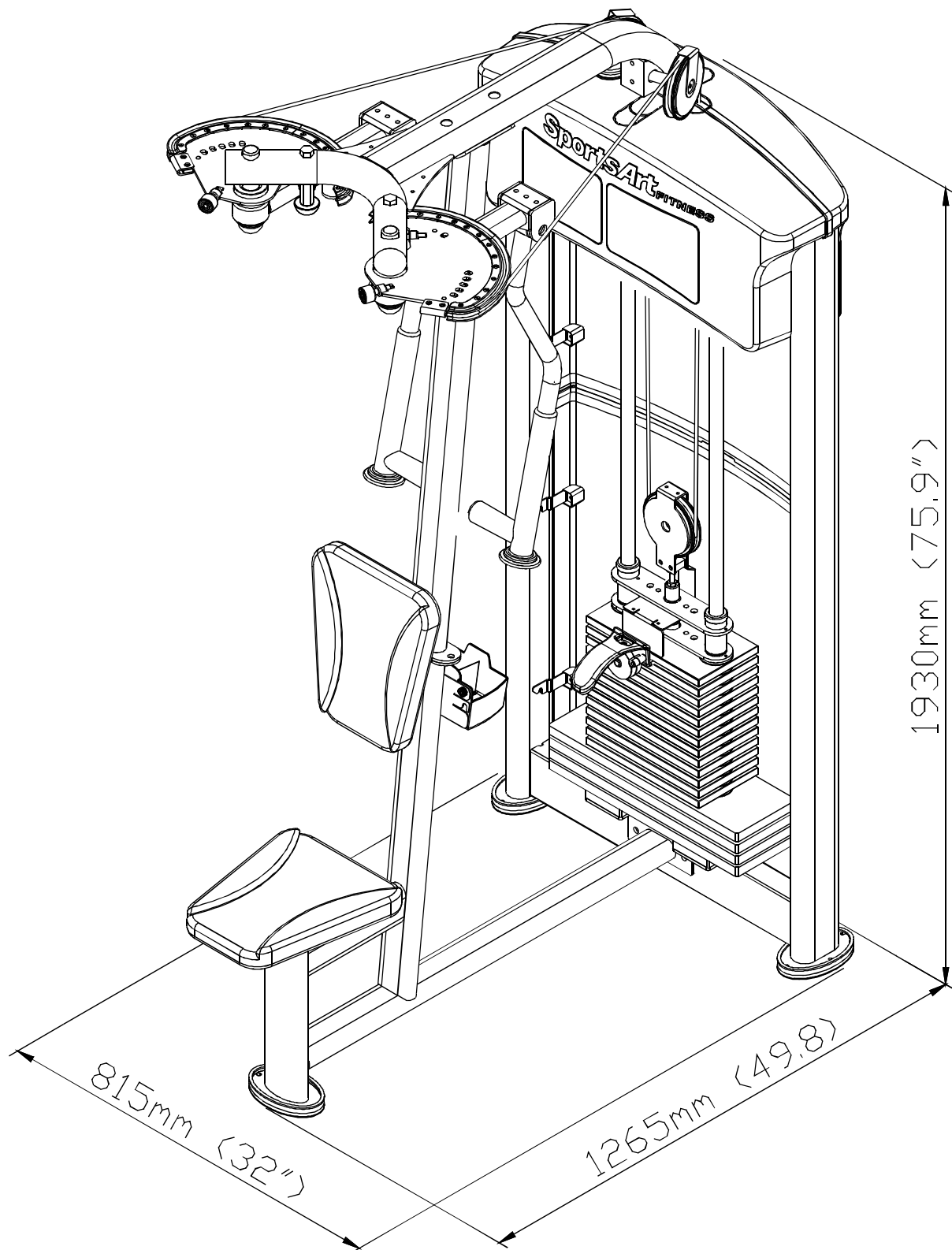
CHAPTER 1— SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

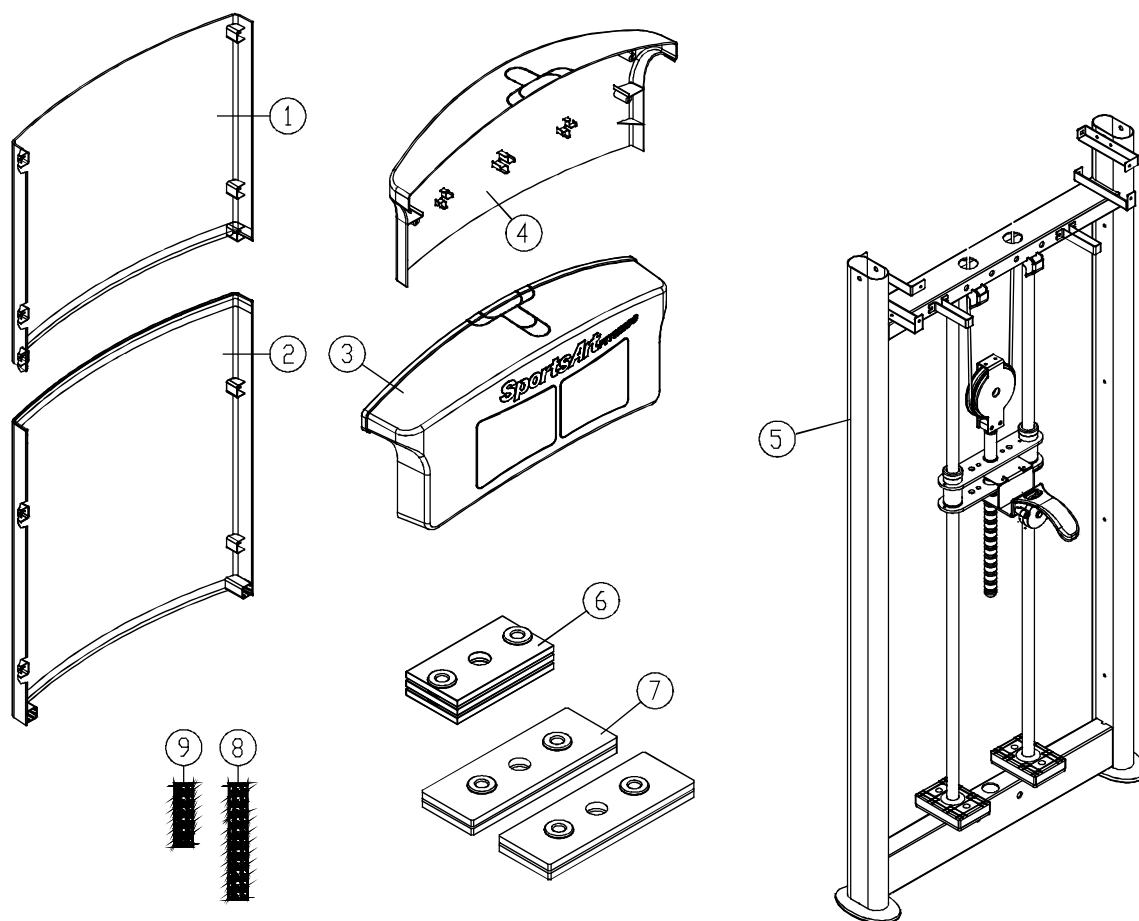
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assembly and operate this product on a solid, level surface. Do not use outdoors or near water.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

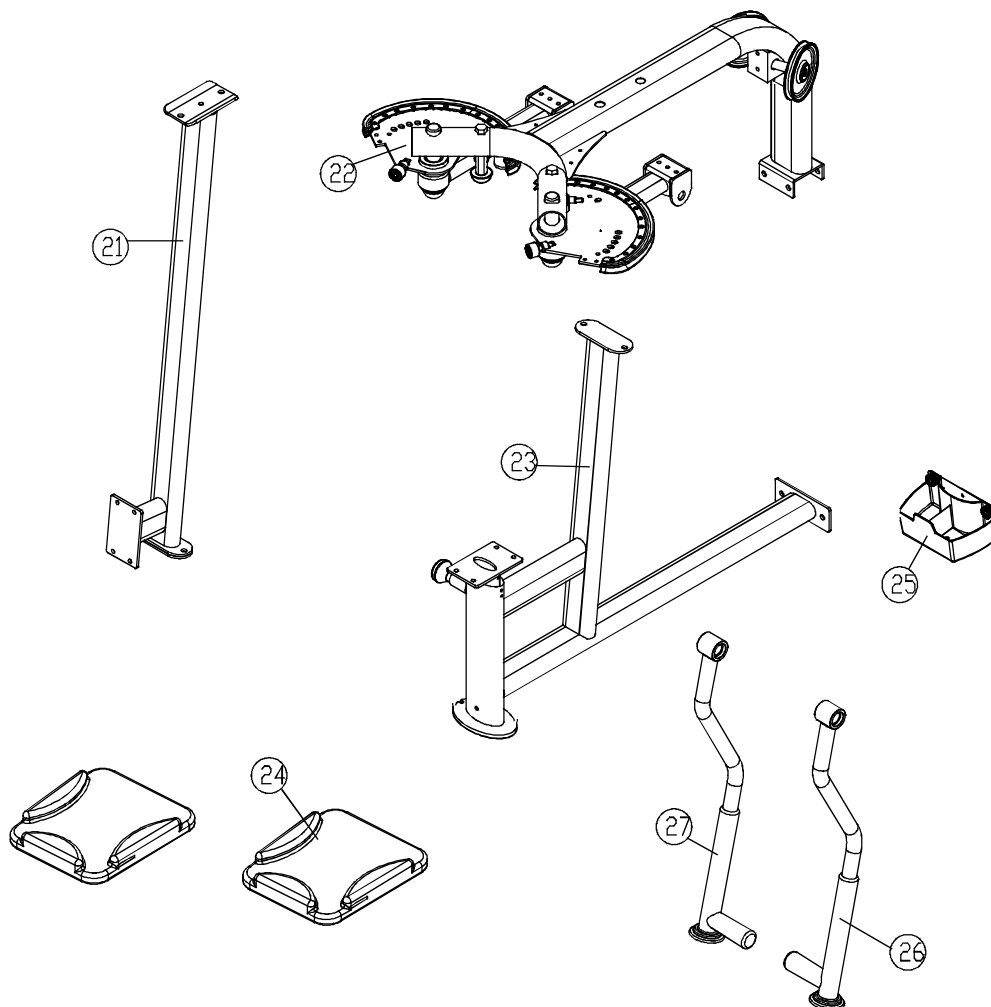


2.2 Part List For Box A



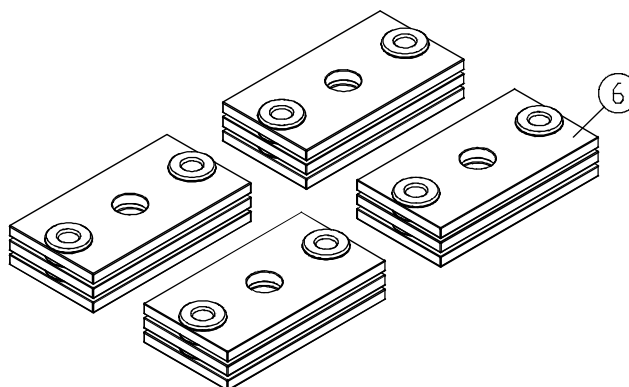
No.	Description	Qty	No.	Description	Qty
1	Upper Rear Cover	1	8	Weight plate sticker (10kg~60kg)	1
2	Lower Rear Cover	1			
3	Front Top Cover	1	9	Weight plate sticker (65kg~100kg)	1
4	Rear Top Cover	1			
5	Main Frame	1			
6	5KG Weight Plate	1			
7	7.5KG Weight Plate	4			

2.3 Part List For Box B



No.	Description	Qty	No.	Description	Qty
21	Vertical Support	1	25	Bottle Holder	2
22	CAM Frame	1	26	Right Arm with Handle	1
23	Seat Frame	1	27	Let Arm with Handle	1
24	Seat Bottom Cushion	2			

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	Rear Cover Plate A	4		
42	Rear Cover Plate B	4		
43	Screw Socket	12	SGN-07	
44	Mushroom top Phillips Head Screw	24	M5*L12	
45	Rear Cover Bracket	2		
	Double Open End Wrench	1	8mm*10mm	
	Open End Wrench	2	(13*17)	
	L-shaped Hex Wrench	2	(M4)	
	L-shaped Hex Wrench	1	(M5)	
	L-shaped Hex Wrench	2	(M6)	
	L-shaped Hex Wrench	1	(M8)	
	Phillips Head Screw	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.

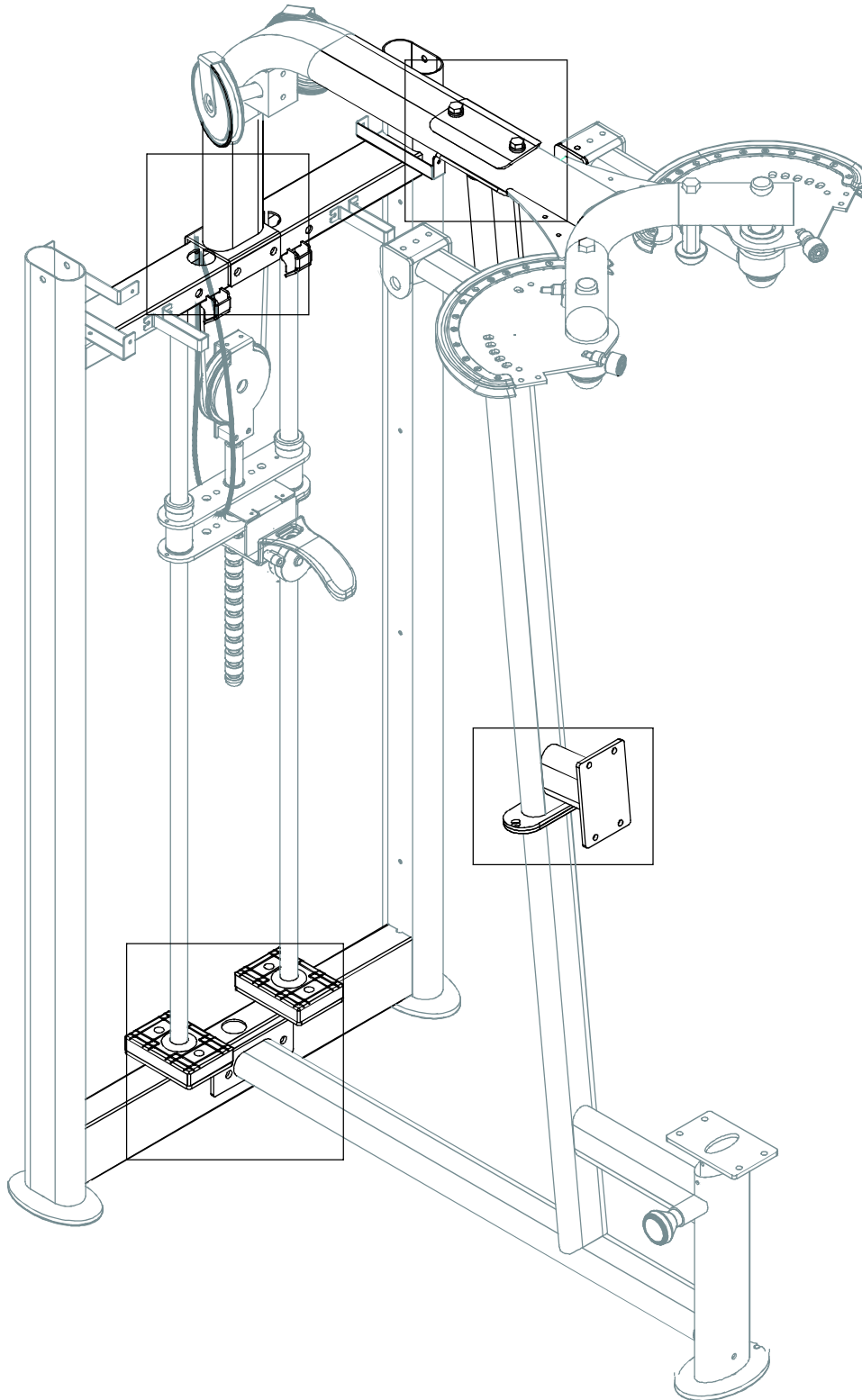
2.6 Components of the Product

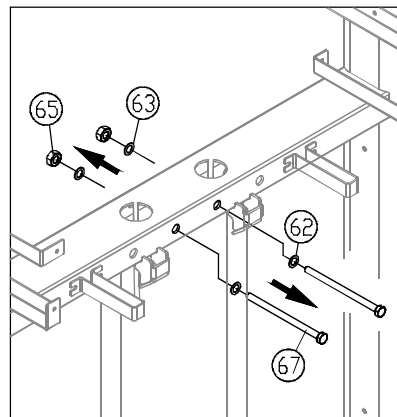
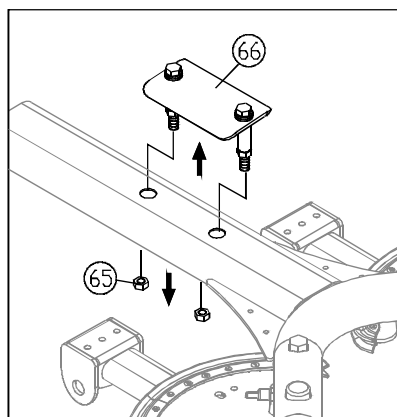
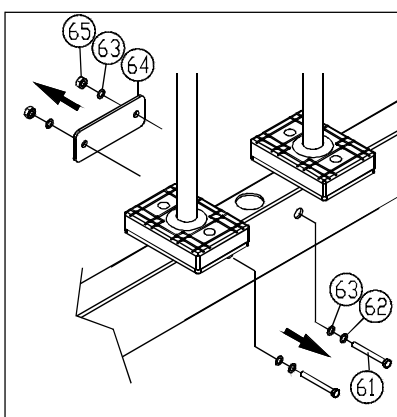
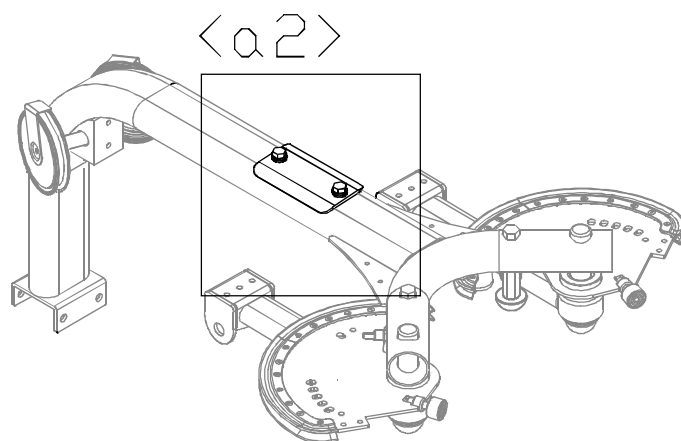
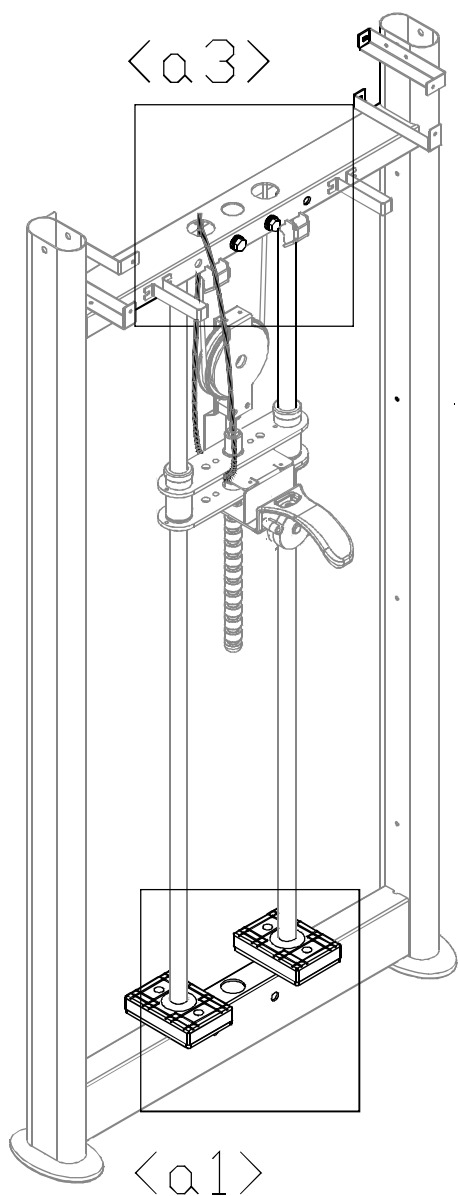
Some components are installed on the product. These items will be needed for product assembly.

No.	Description	Qty	Specification	Tool Needed
61	Hex Bolt		M10*L75	
62	Spring Washer		M10	
63	Flat washer		D21*d10.5*t2	
64	Connector C		W60*L160*t5	
65	Hex Locknut		M10	
66	Connector A + Hex Bolt		M10	
67	Inner Hex Screw		M10*L120	
68	Hex Bolt		M10*L30	
69	Upper Stack Carriage Set			
70	Hex Bolt and PU Tube		M8*L100	
71	Flat Washer		D22*d8.2*t2	
72	Hex Locknut		M8	
73	Guide Rod			
74	Stack Fork			
75	Inner Hex Screw		M8*L20	
76	Flat Washer		D26*d8.3*t3	
77	Bushing		D20*d15*L17	
78	Axle		D15*L81	
79	Mushroom Top Inner Hex Screw		M6*P1.0*L12	
80	Spring Washer		M6	
81	Flat Washer		D20*d6.3*t1.5	
82	Cover Bracket			
83	Pulley Cover			
84	Pulley Wheel			
85	CAM			
86	Mushroom Top Inner Hex Screw		M6*P1.0*L20	
87	Spring Washer		M6	
88	Hex Locknut		M8	
89	Beveled Head Inner Hex Screw		M8*L20	
90	Hex locknut		M8	
91	Mushroom Top Inner Hex Screw		M8*L25	
92	Spring Washer		M8	
93	Inner Hex Screw		M8*P1.0*L20	
94	Seat Plate			
95	Phillips Head Screw		M6*P1.0*L12	
96	Inner Hex Cap Screw		M6*L30	

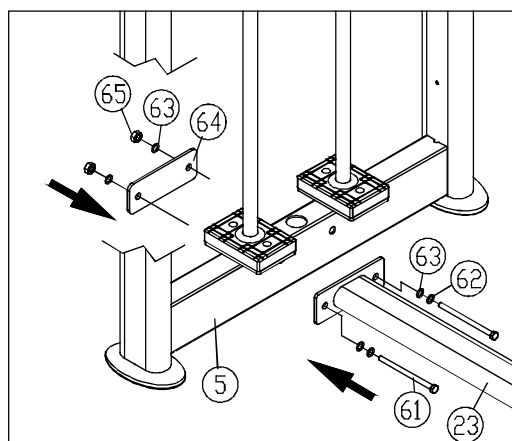
CHAPTER 3 — ASSEMBLY INSTRUCTIONS

STEP 1 Connector Installation

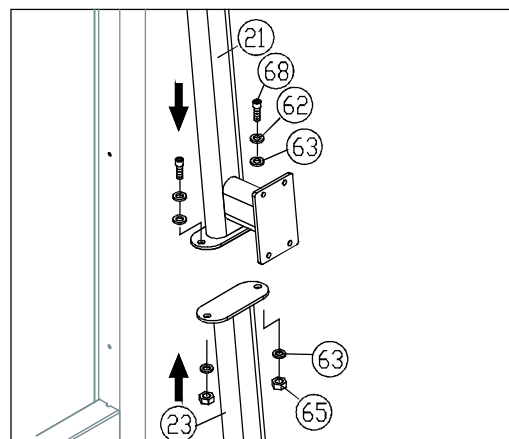




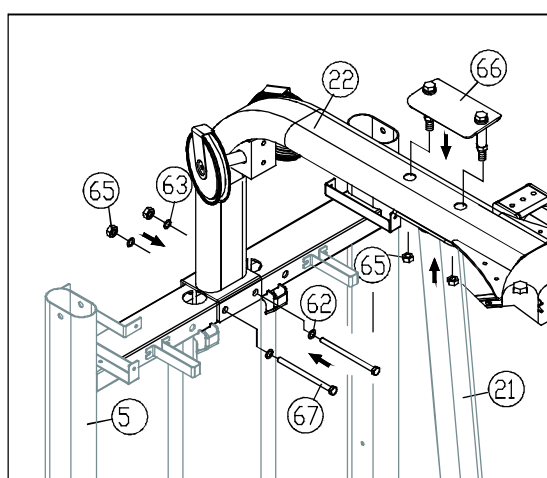
1-1. First, remove connectors and their hardware (61,62,63,64,65,66,67) from the frame and cam frame as shown in Fig. <a1><a2><a3>. Keep hardware and connectors organized.



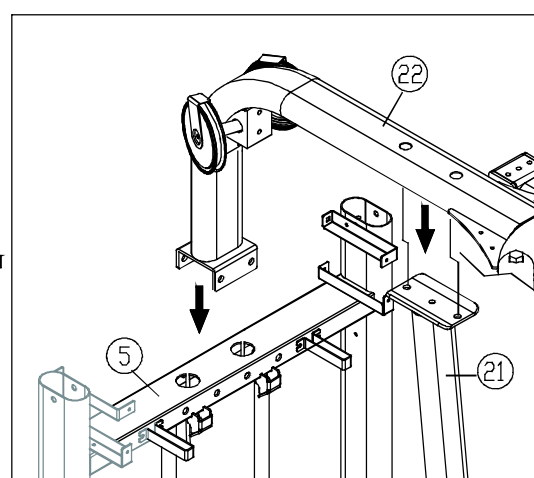
1-2



1-3



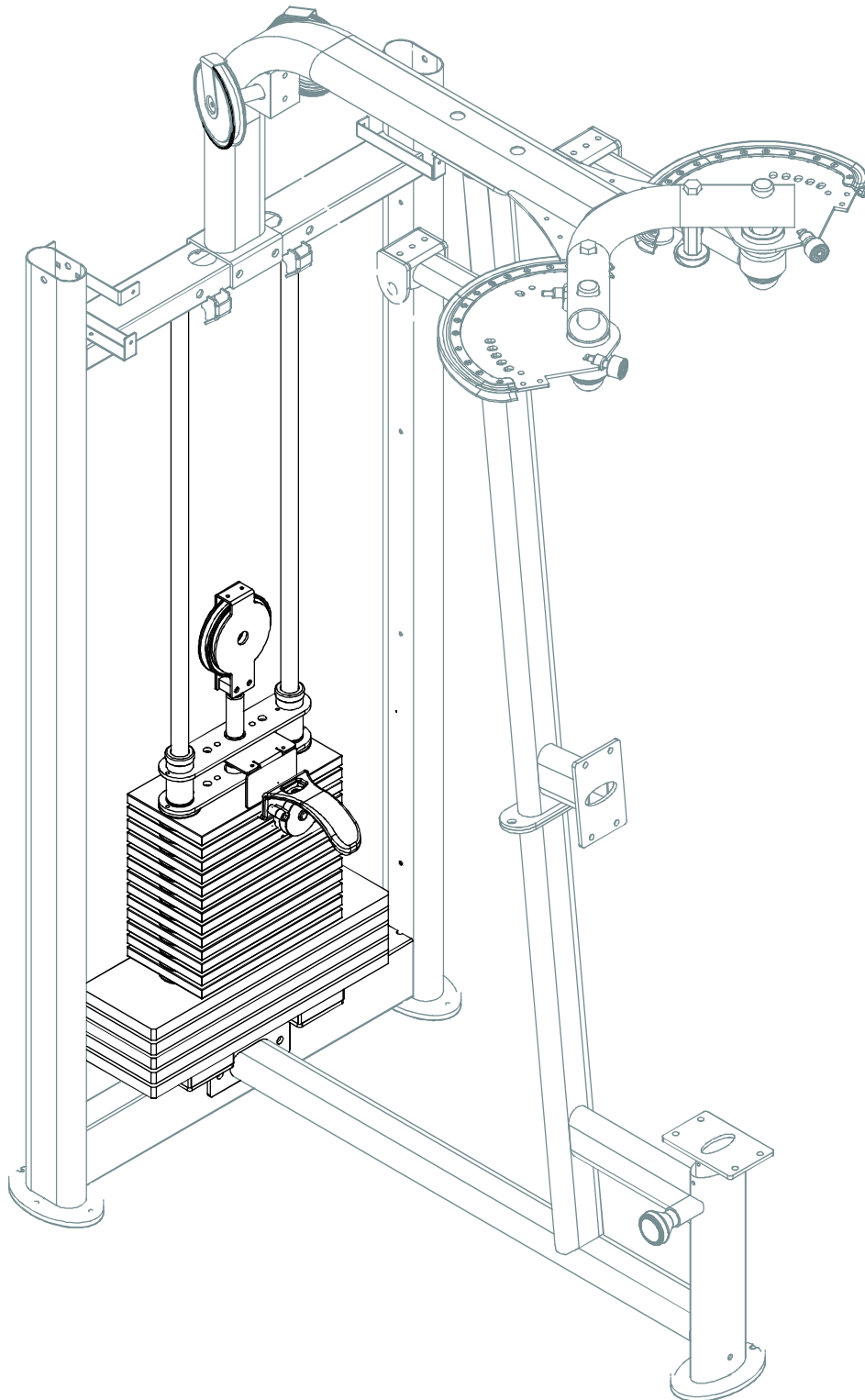
1-5

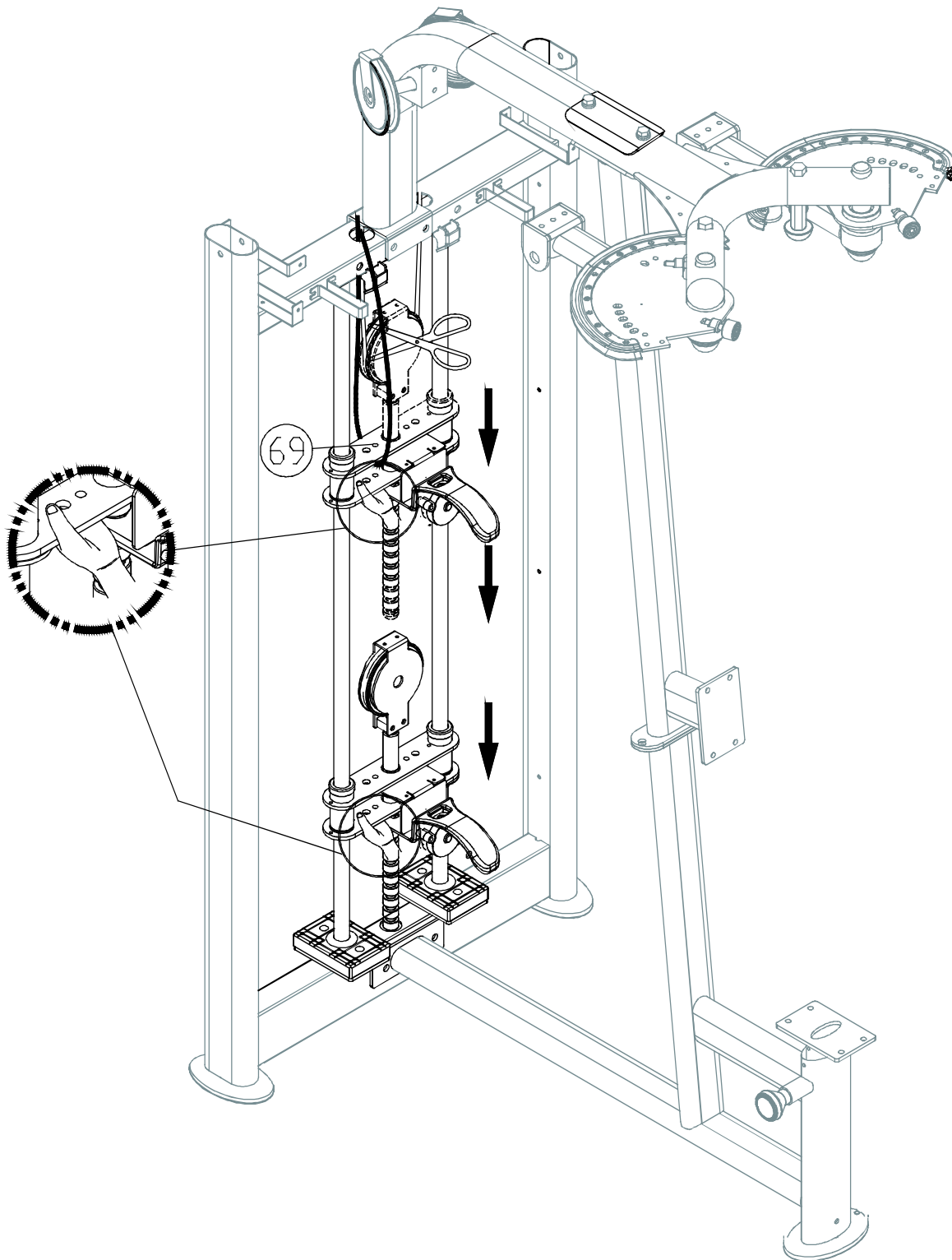


1-4

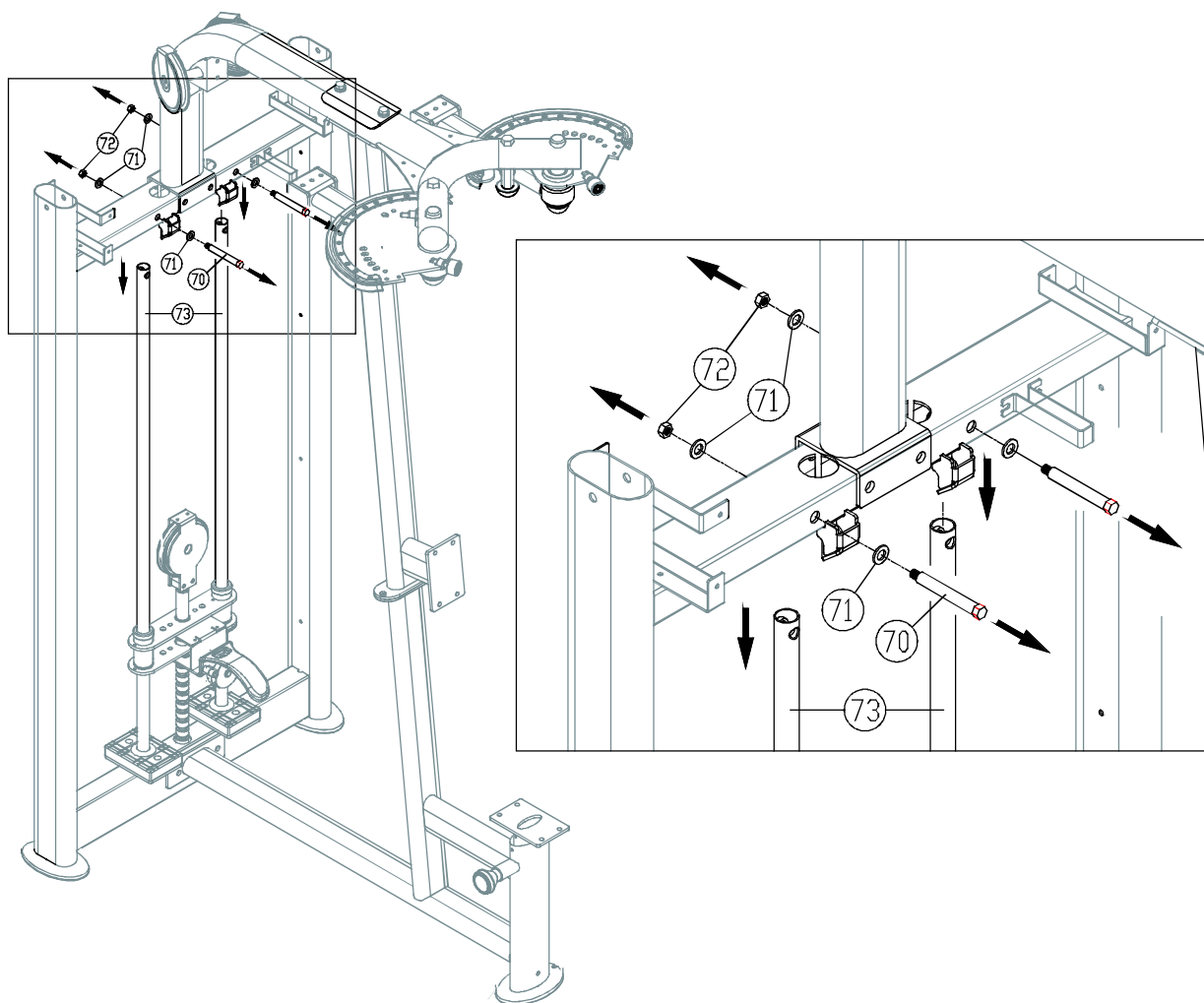
- 1-2. Connect main frame (5) and seat frame (23). Then secure them in place with hardware (61,62,63,64,65).
- 1-3. Connect the seat frame (23) and the vertical support (21). Loosely secure them with hardware (62,63,65,68).
- 1-4. Connect the seat frame (22) onto the main frame (5) and the vertical support (21).
- 1-5. Loosely secure hardware (62,63,65,66,67) to connect the main frame (5), the vertical support (21) and the seat frame (22). But do not tighten this hardware yet. Once all parts are in place, tighten this hardware along with the hardware on parts put together in step 1-3.

STEP 2 Weight Stack Installation

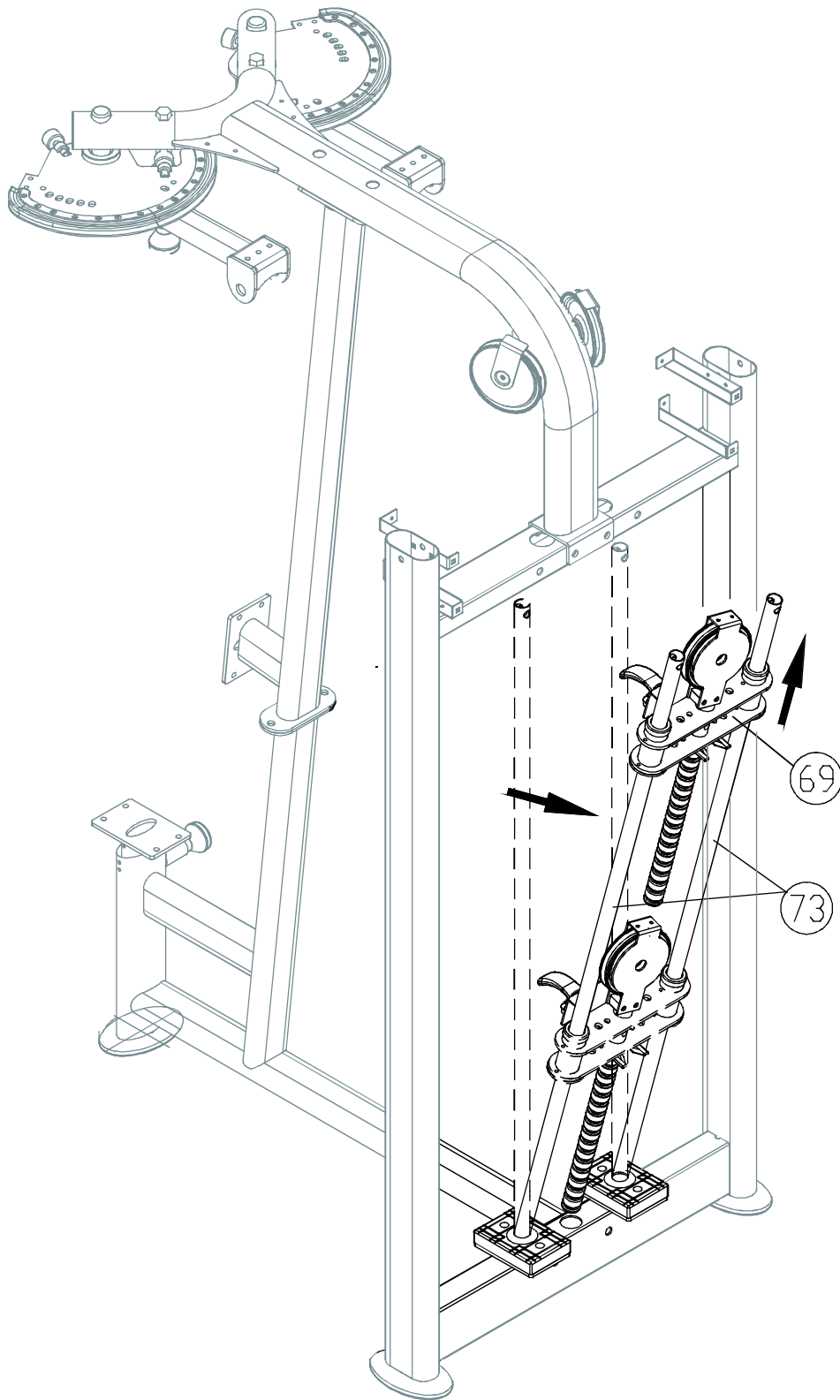




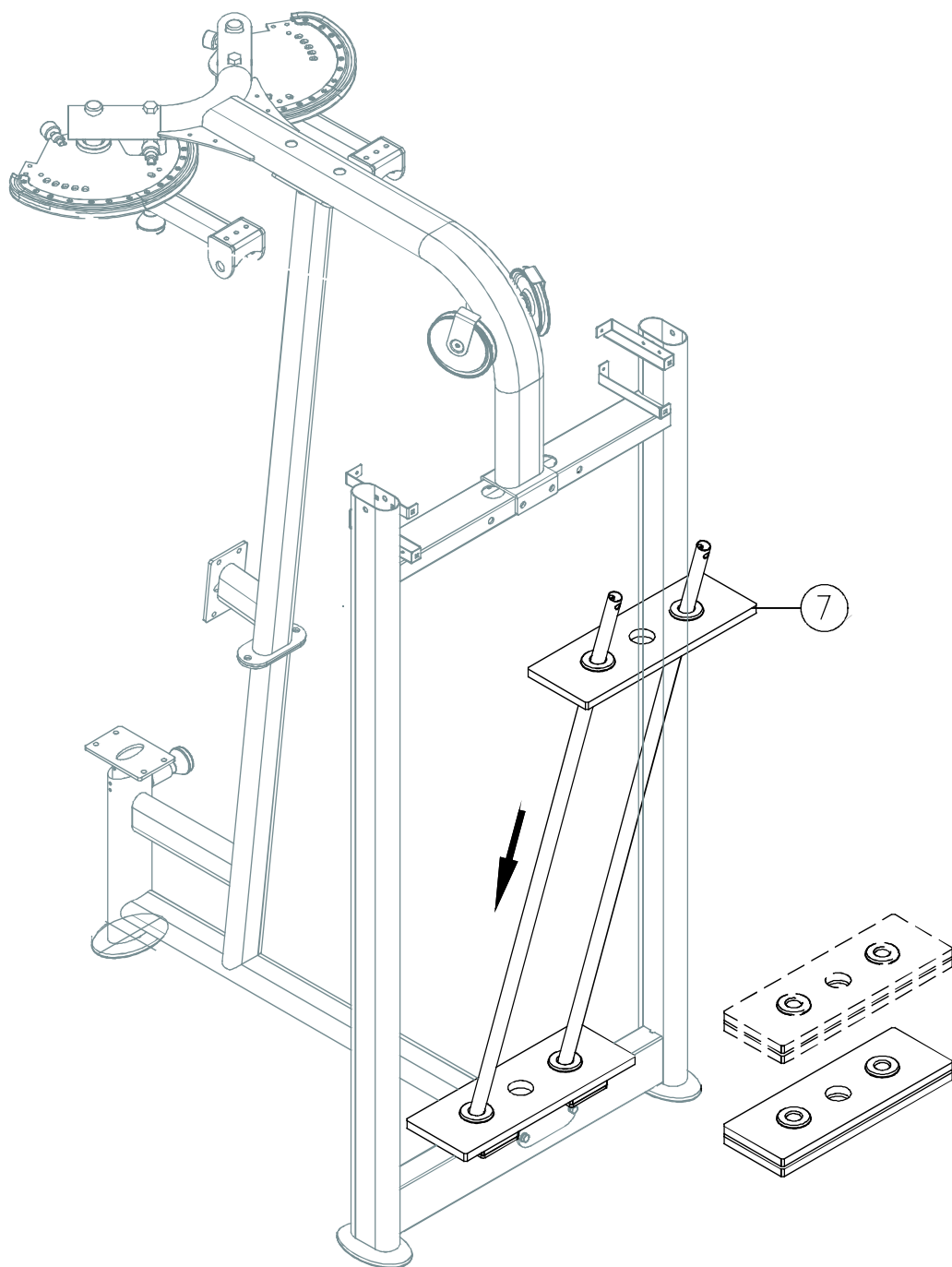
2-1. Hold the upper stack carriage set (69). Then cut the zip tie. Carefully set the upper stack carriage set (69) aside as shown.



2-2. Remove hardware (70,71,72). Then push guide rods (73) downward as shown.

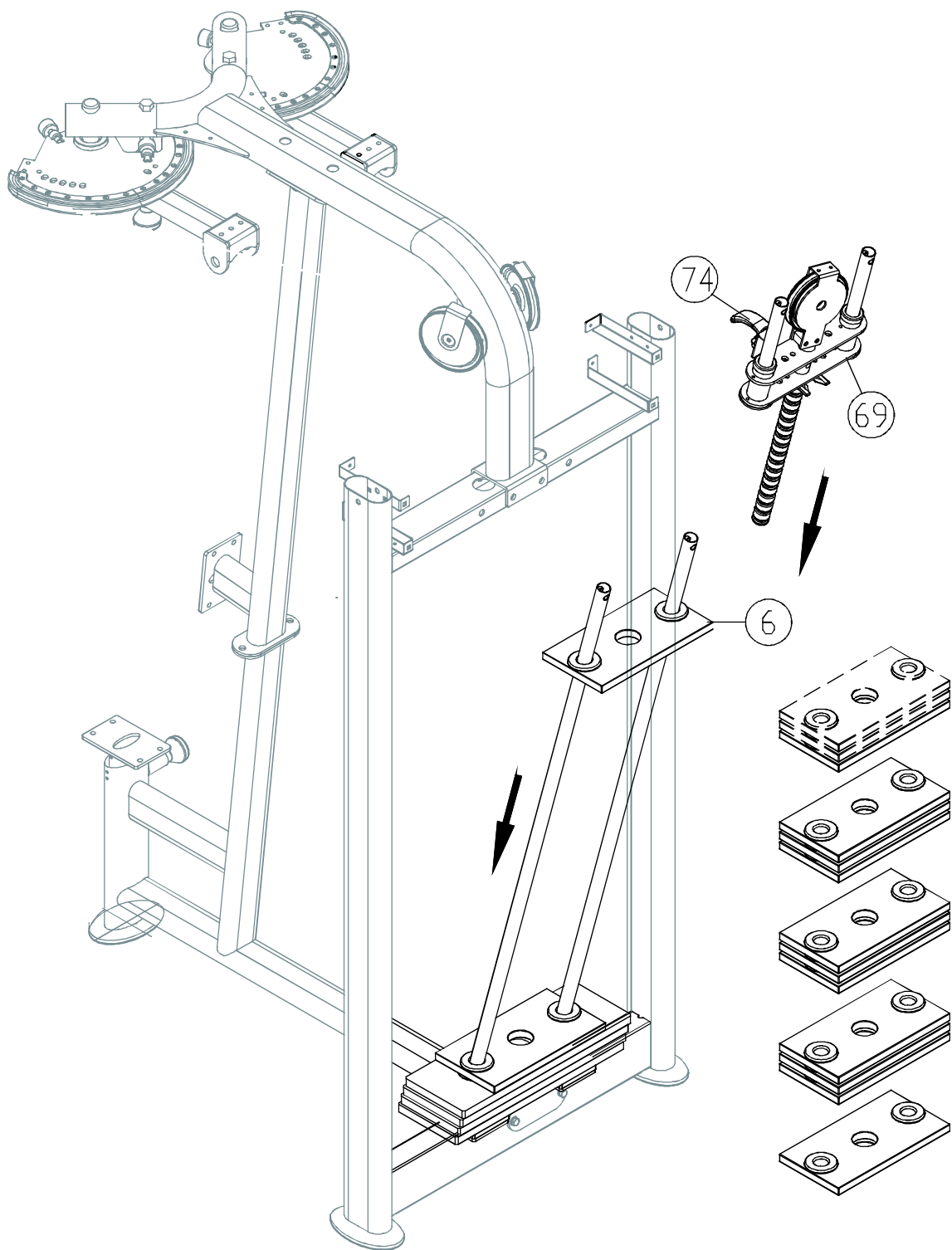


2-3. Tilt the guide rods (73) toward the back of the unit. Then carefully remove the upper stack carriage set (69) and set it aside in a safe place as shown.



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.

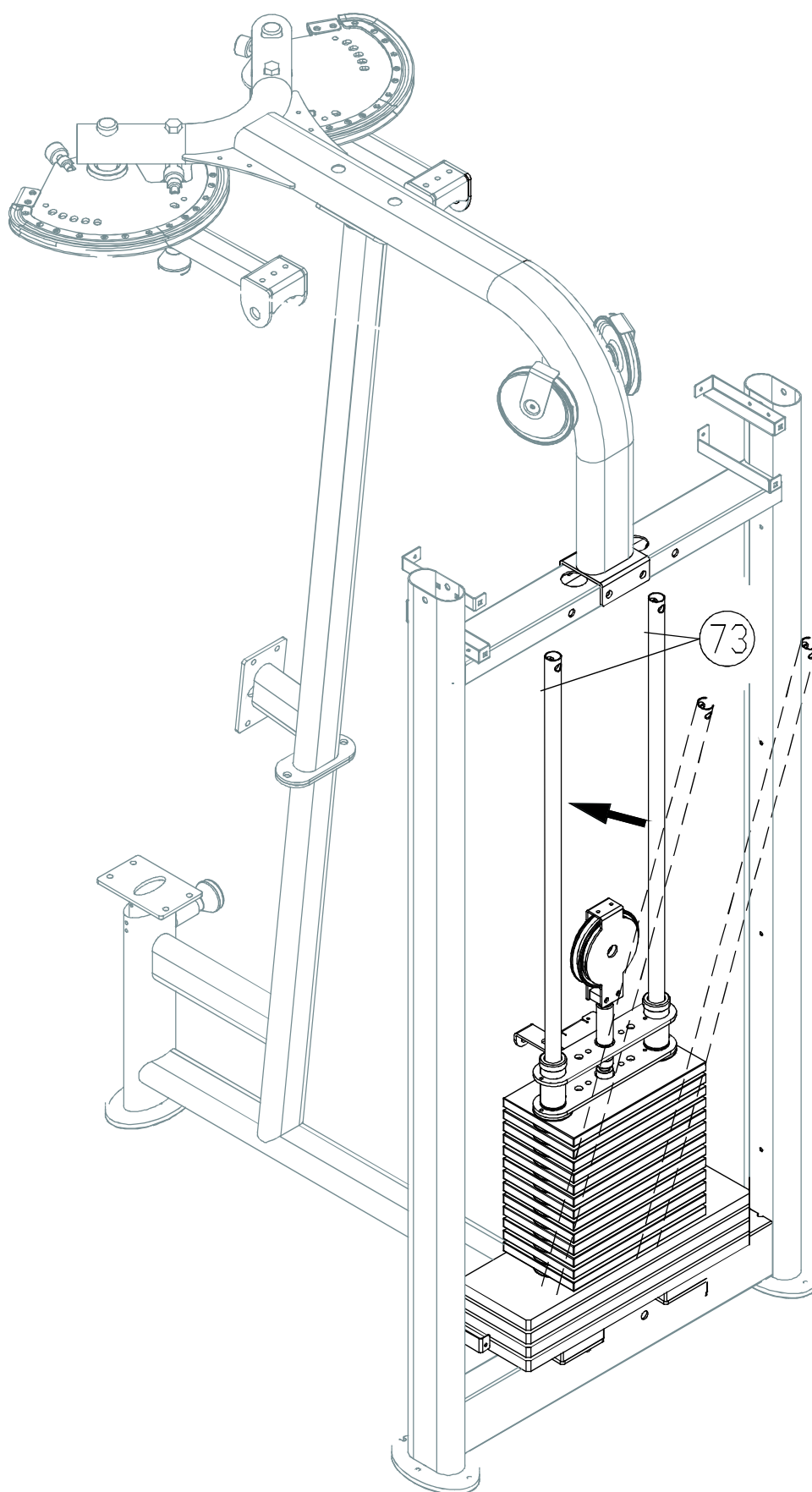


2-5. Insert and lower the 13 small (5 kg) weight plates (6) into place one at a time.

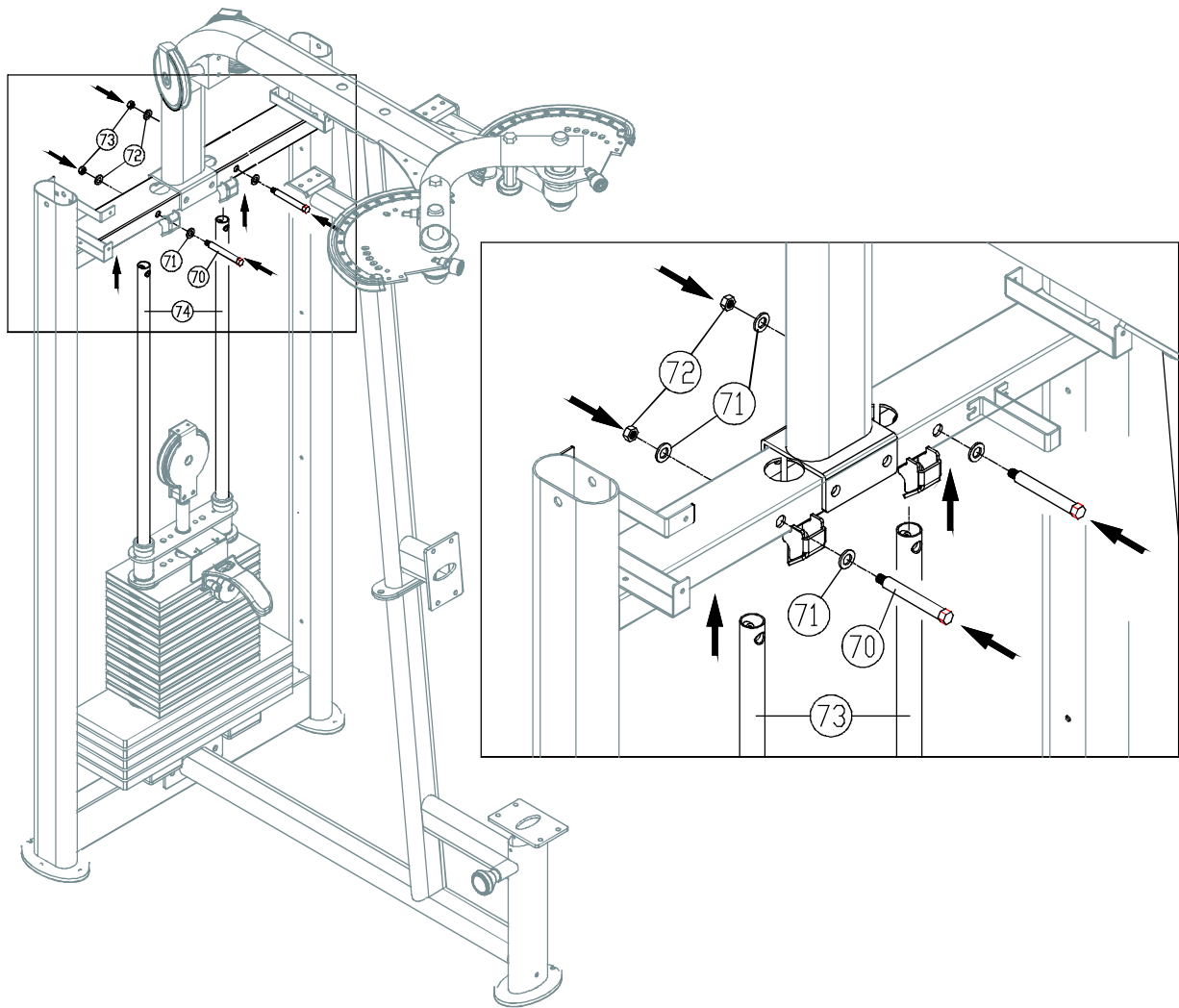
NOTE: The convex side faces up.

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

NOTE: The stack fork (74) faces the front.

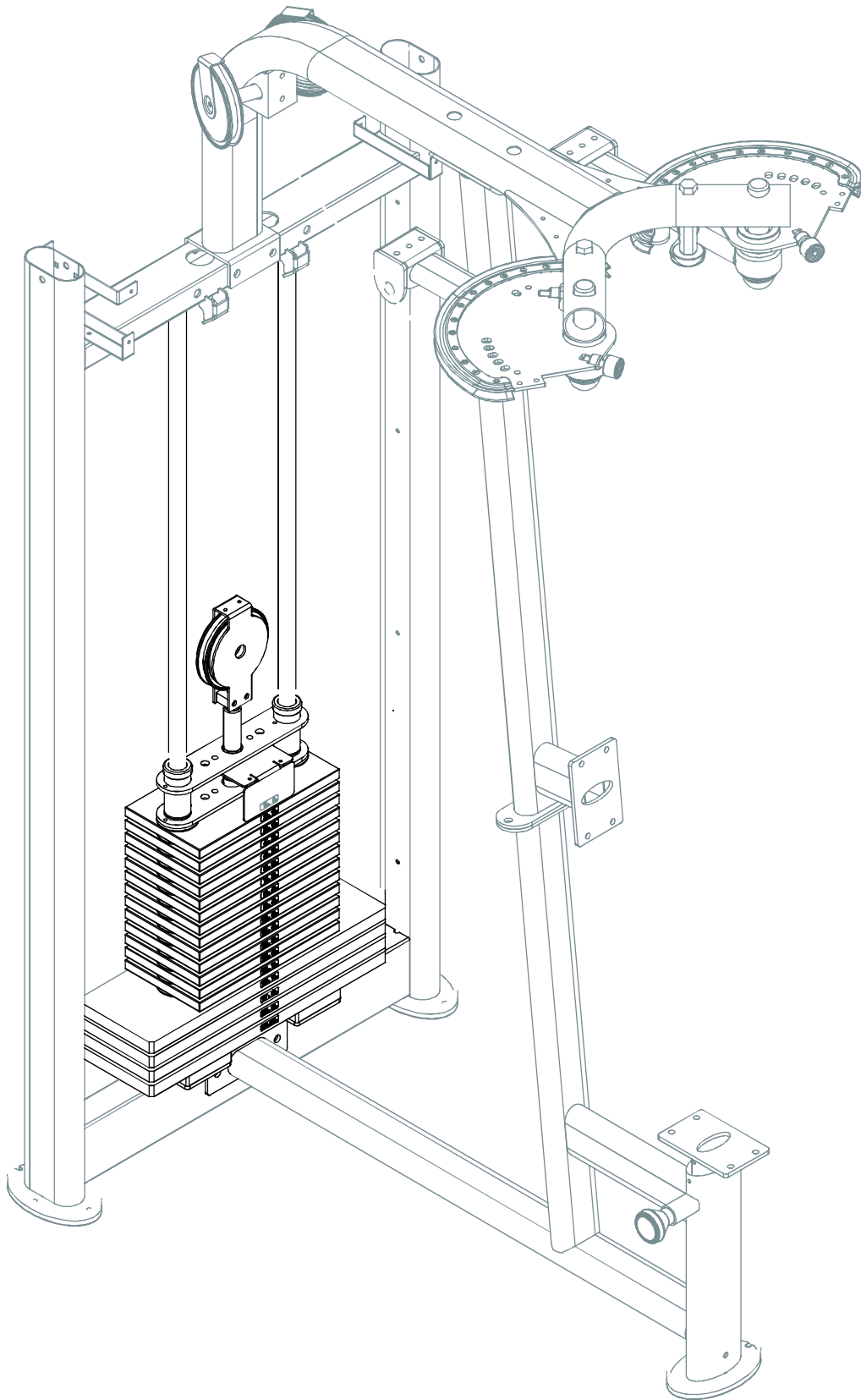


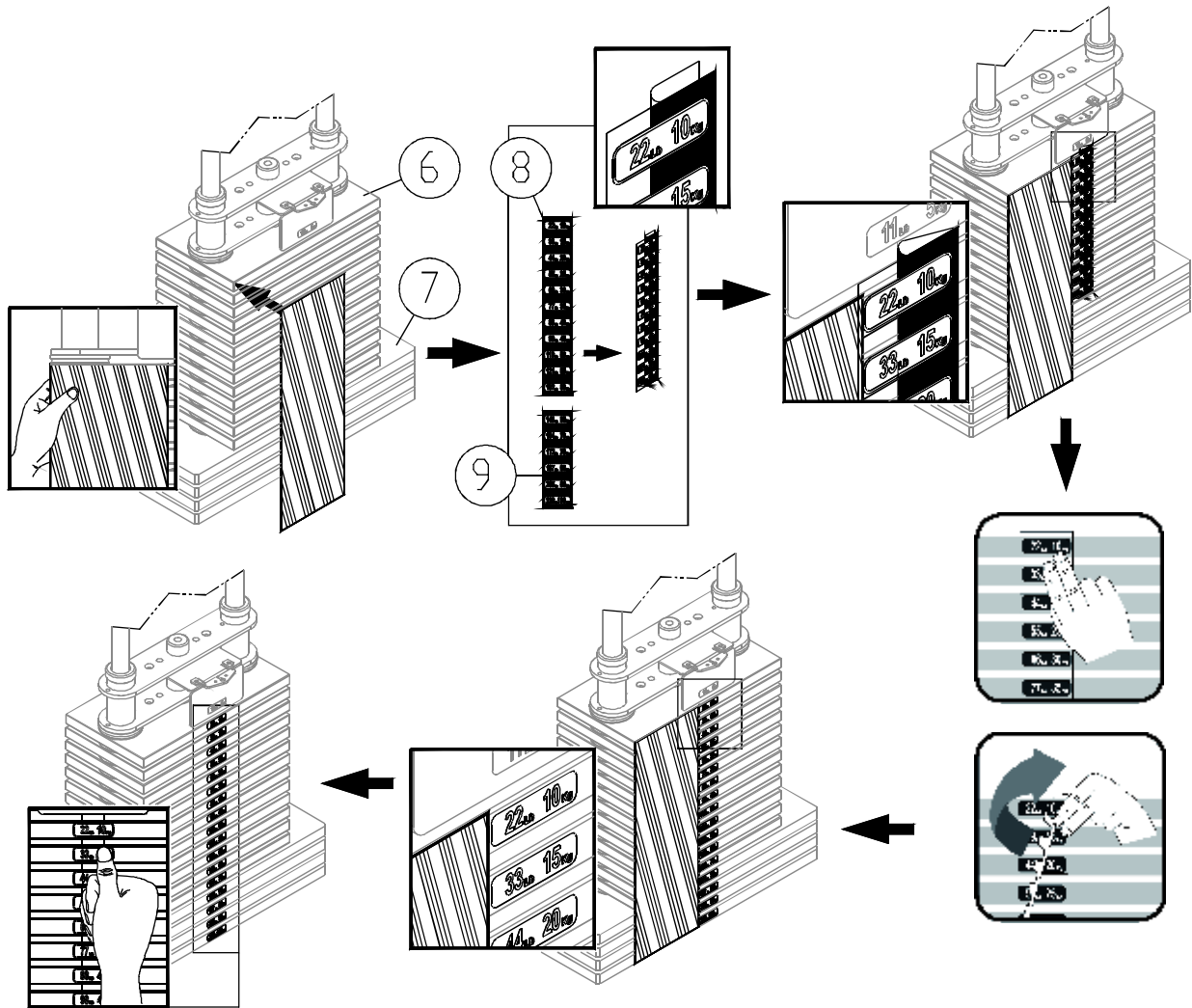
2-7. Tilt the guide rods (73) back into place.



2-8. Lift the guide rods (73) up into their mounting station. Then, secure them with hardware (70,71,72).

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.

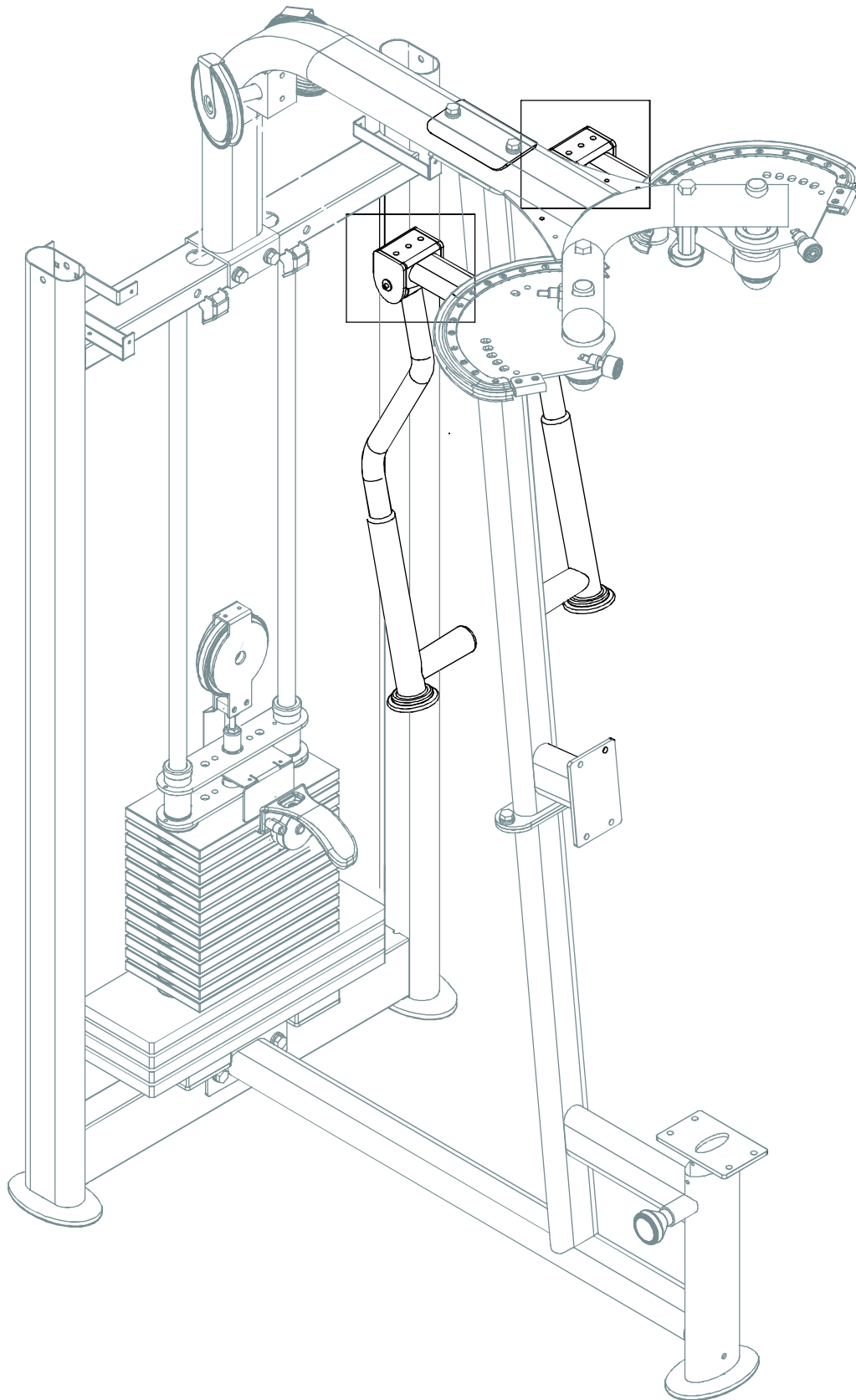
3-4. Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.

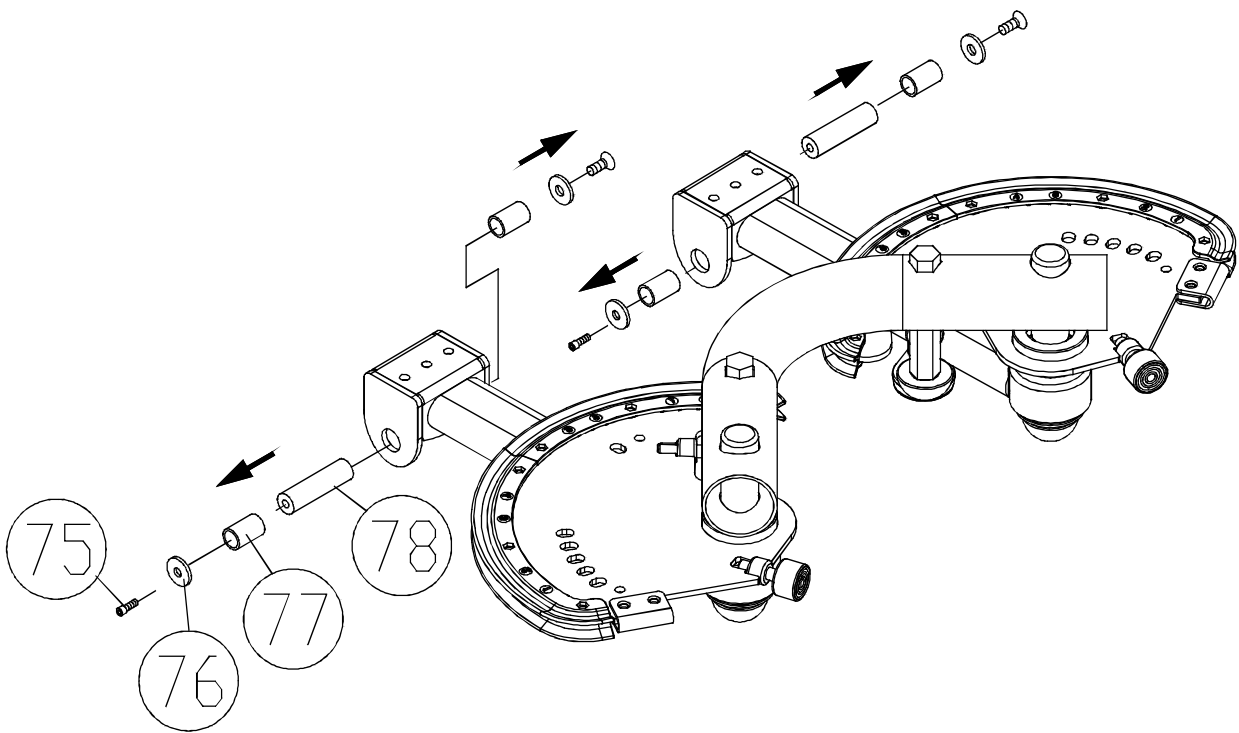
3-5. Follow steps 3-2~3-4 to apply sticker (9) to the lower part of the weight stack.

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

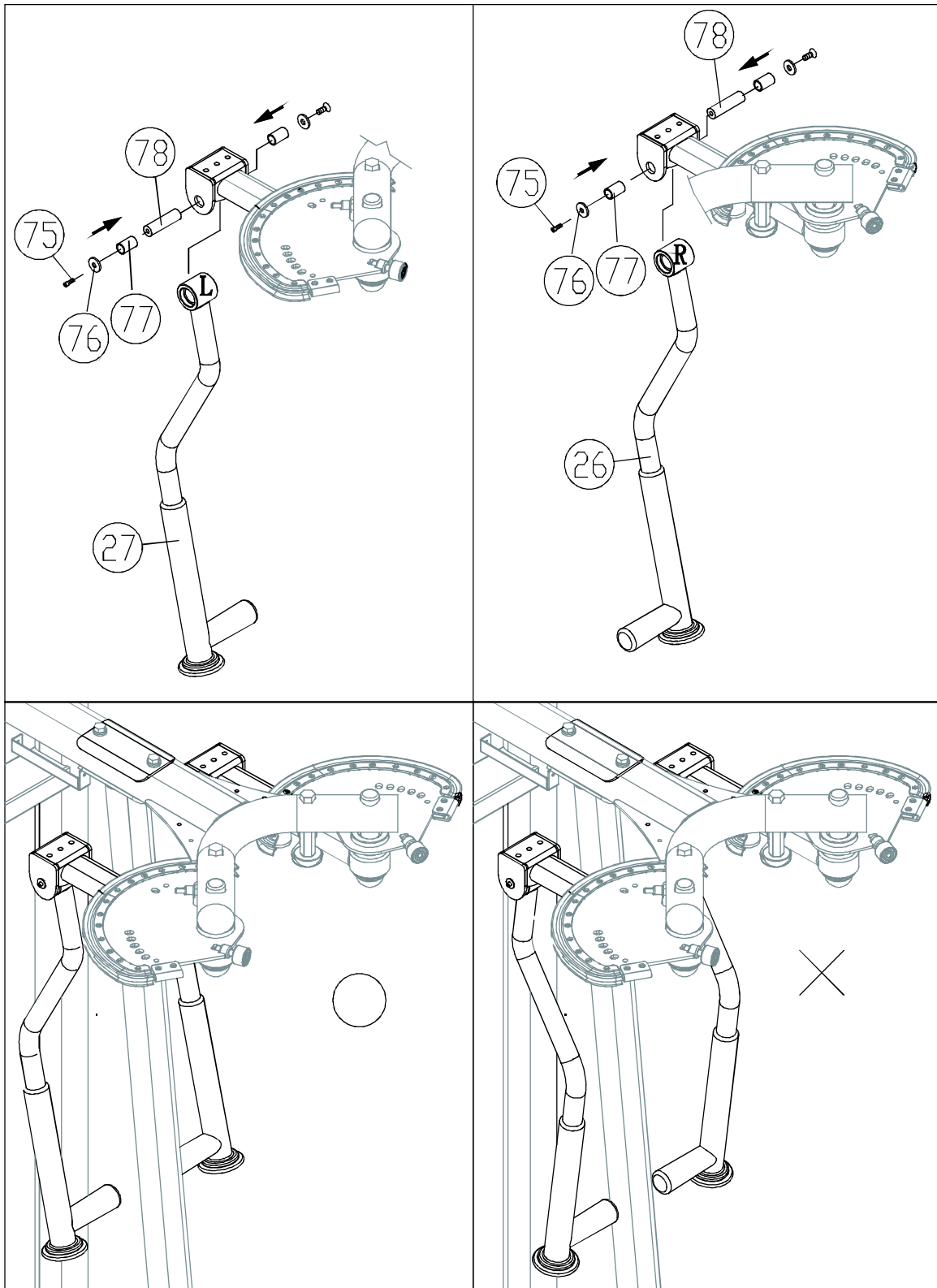
Note: Press the sticker in place to ensure good contact on the weight plate.

STEP 4 Install Left/Right Arms with Handles





4-1. Remove bushings and hardware (75,76,77,78) from the cam frame (22).

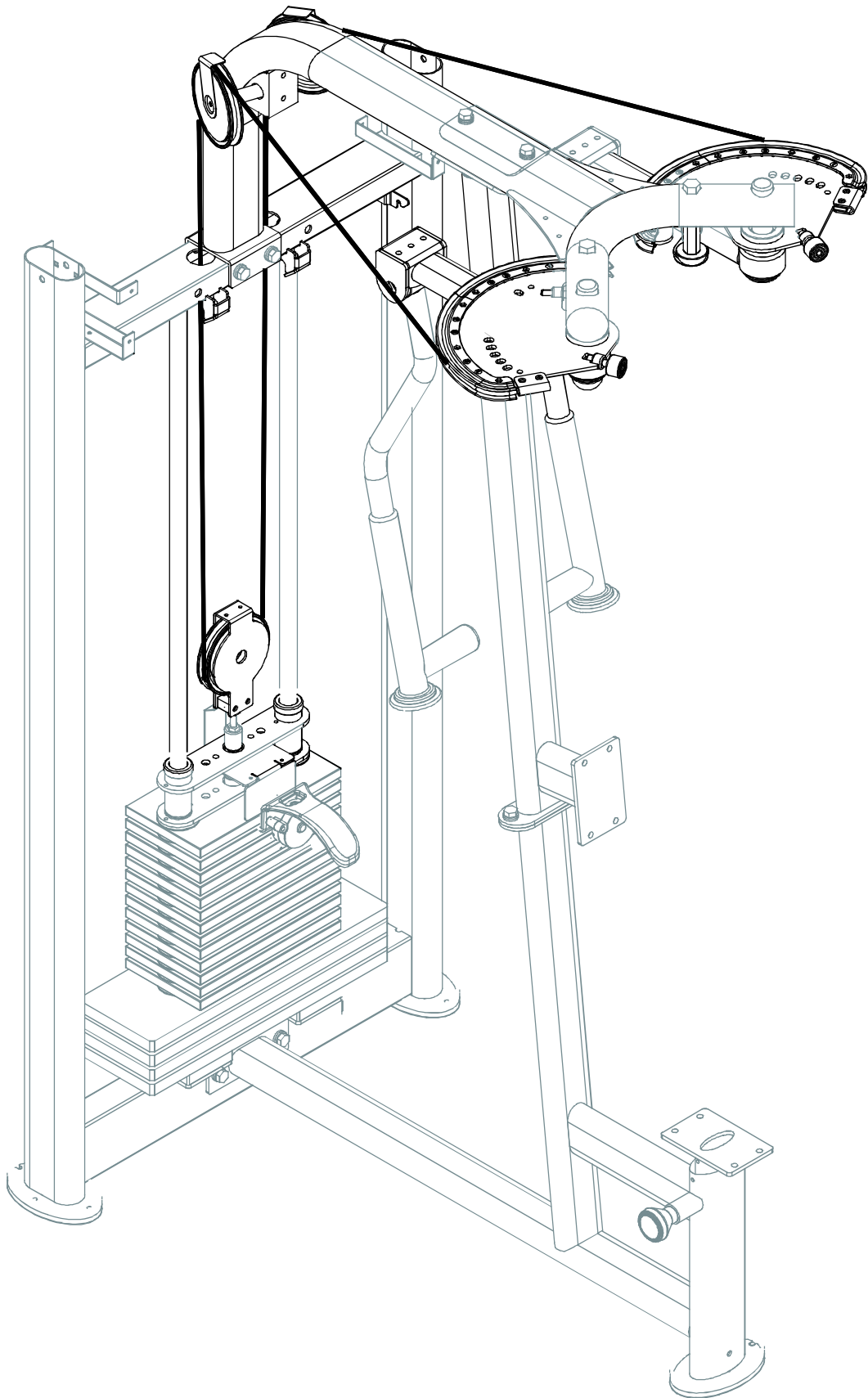


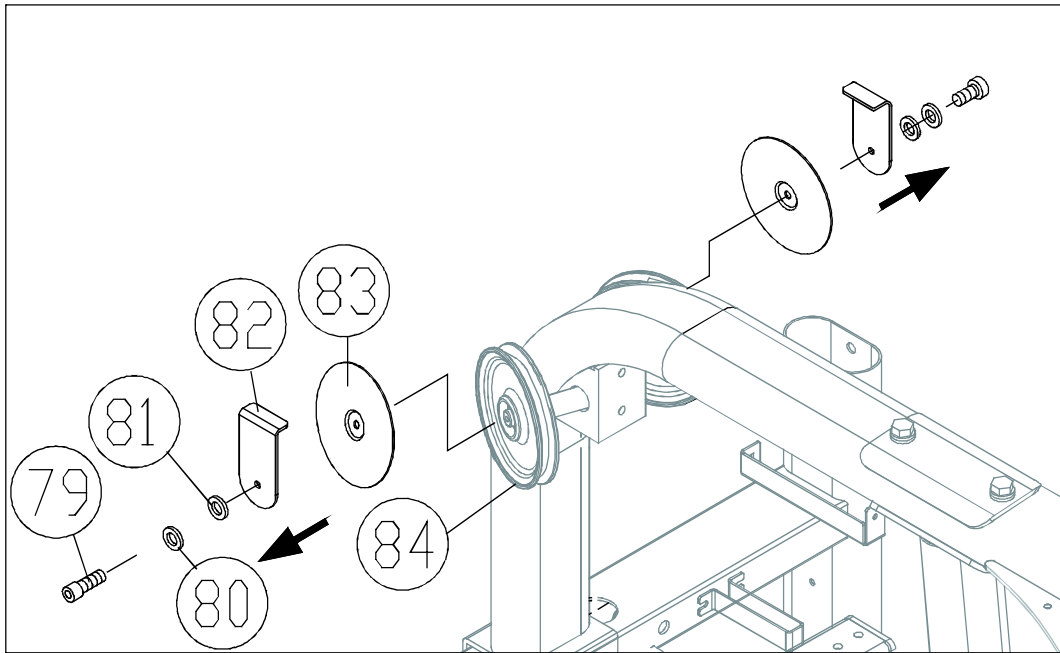
4-2. Install right arm with handle (26) and left arm with handle (27), employing the hardware as shown. Using the bushing and hardware (75,76,77,78) to secure the arm.

Note how the arms swing.

NOTE: The arms are side specific.

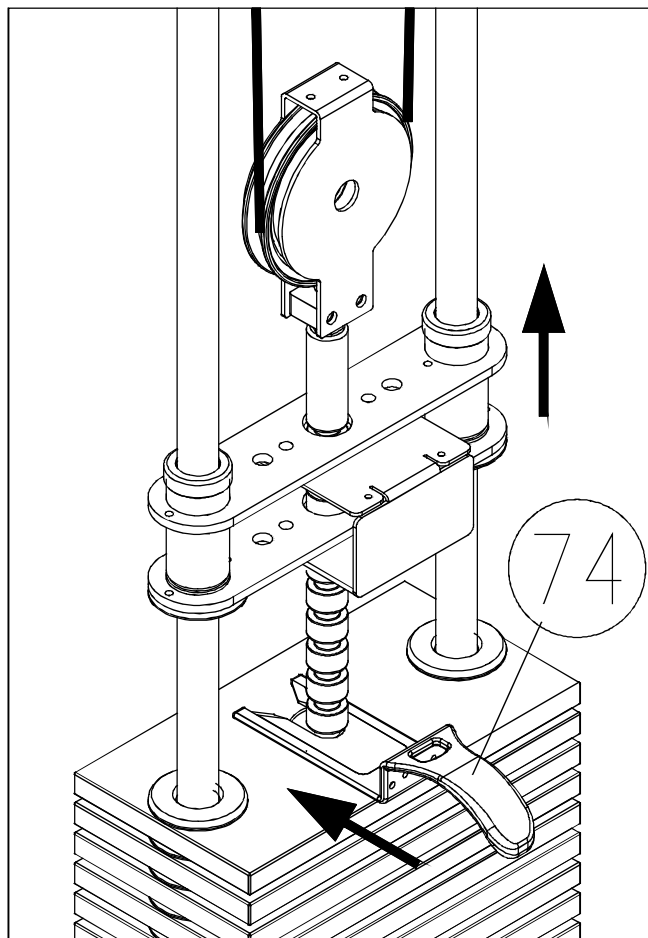
STEP 5 Cable Installation



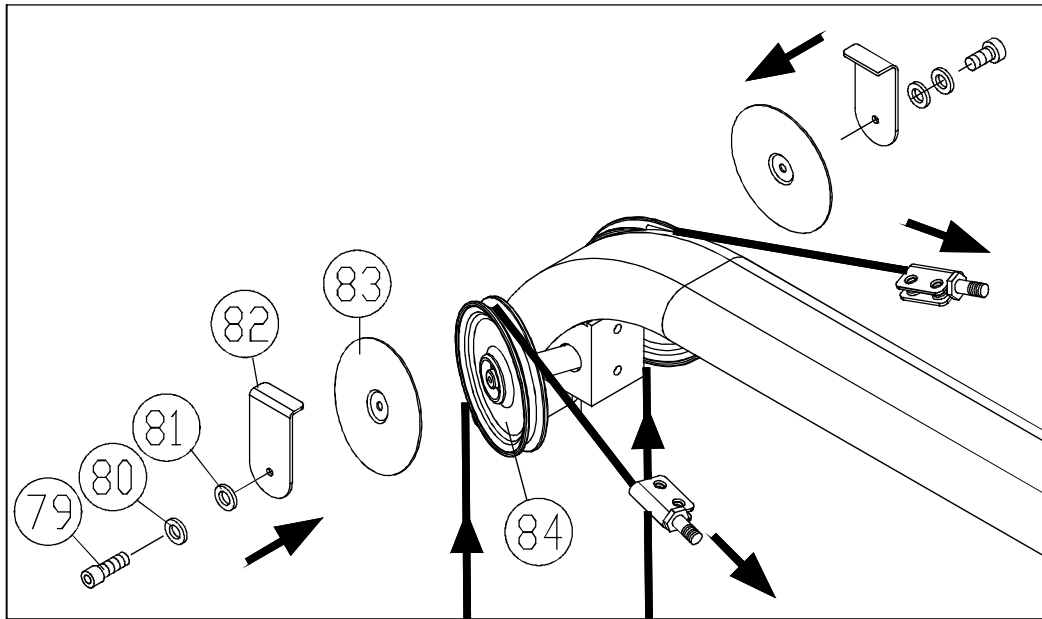


5-1. Remove the pulley cover and its hardware (79,80,81,82,83) as shown.

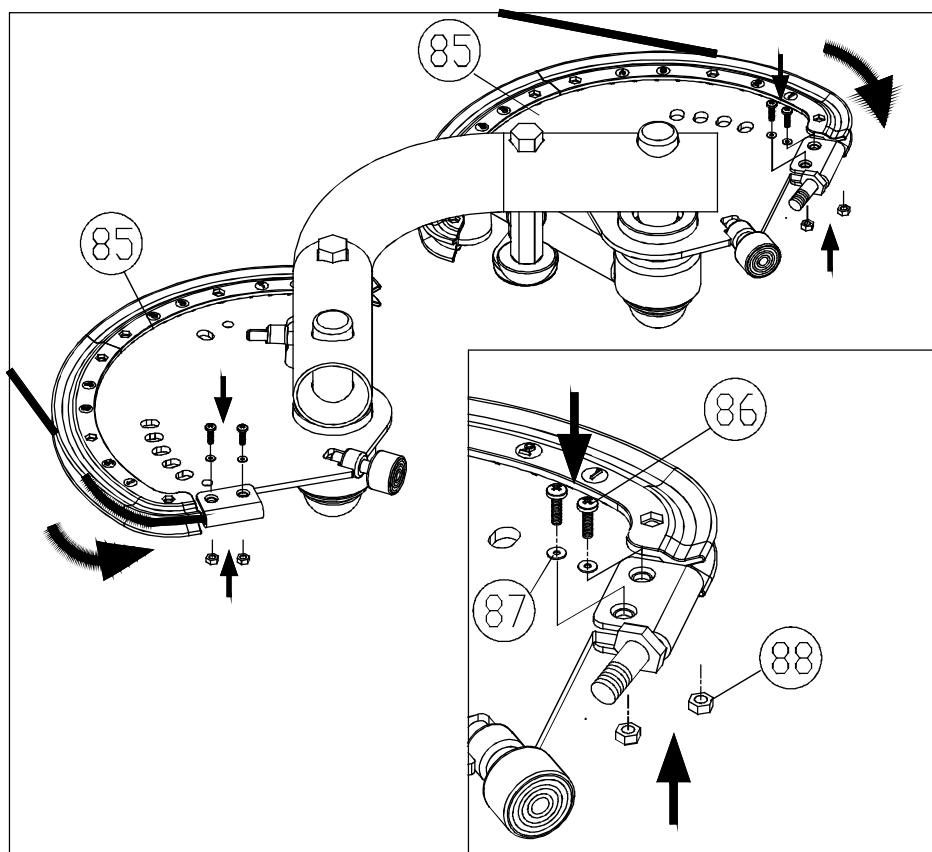
Note: Do not remove pulley wheels (84) from the product.



5-2. Lift the upper stack carriage set and insert the stack fork (74) to keep it up as shown.
This makes the cable slack.

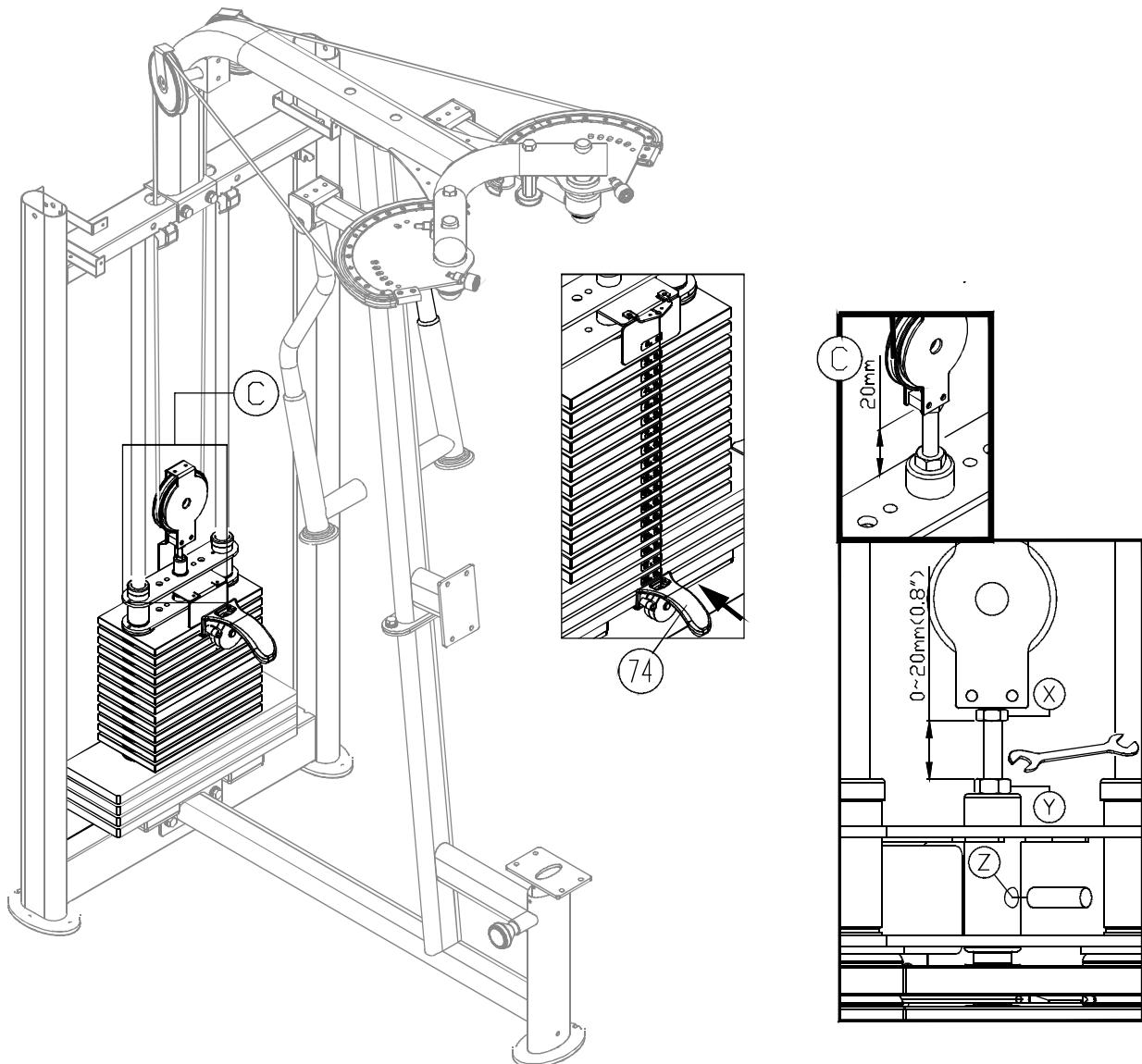


5-3. Feed the cable onto the pulley wheel (84) as shown. Then secure the pulley cover and its hardware (79,80,81,82,83).



5-4. Thread the cable around the cam (85) as indicated by the arrows. Secure it with hardware (86,87,88) as shown.

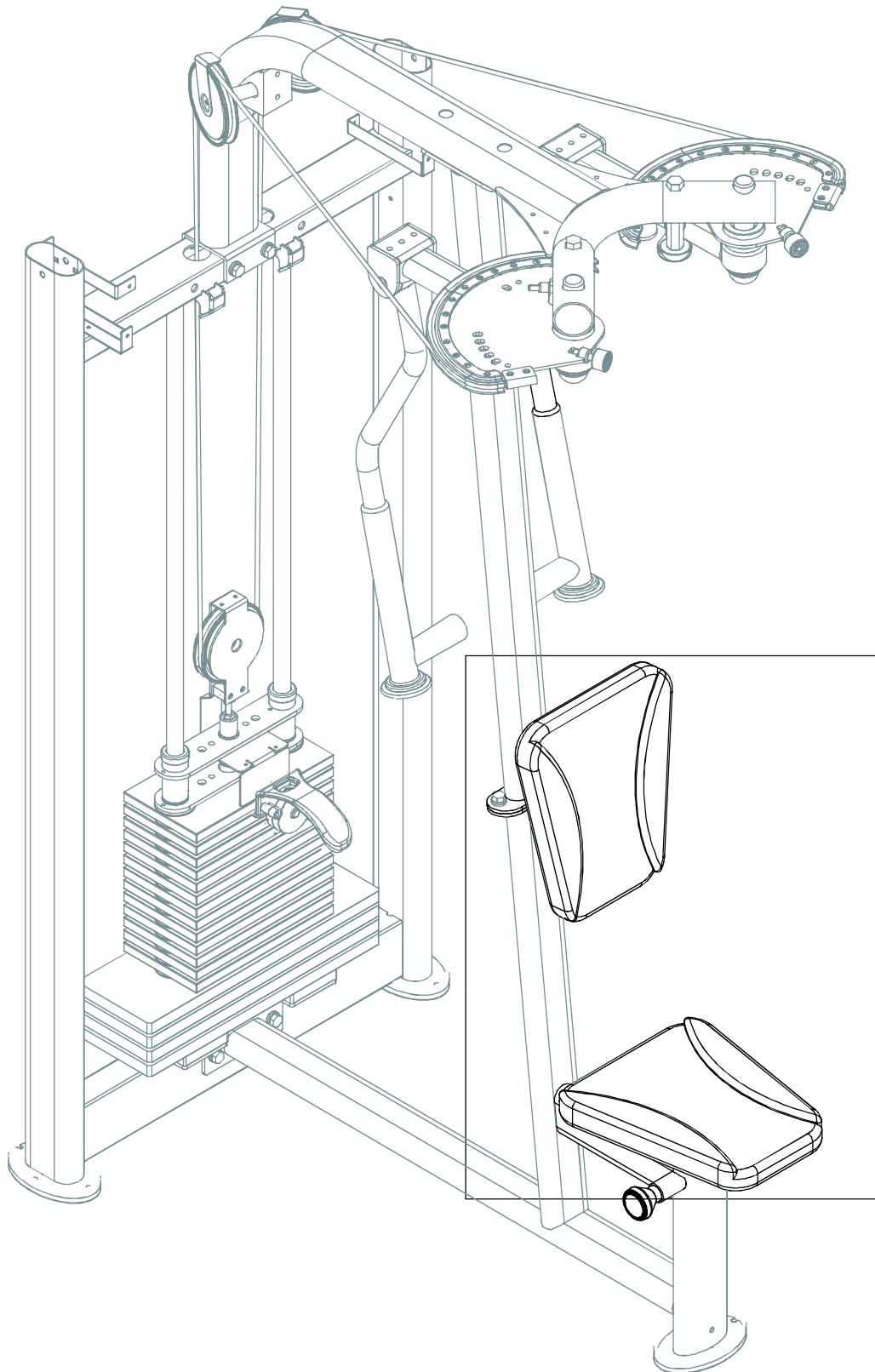
STEP 6 Adjust Cable Tightness

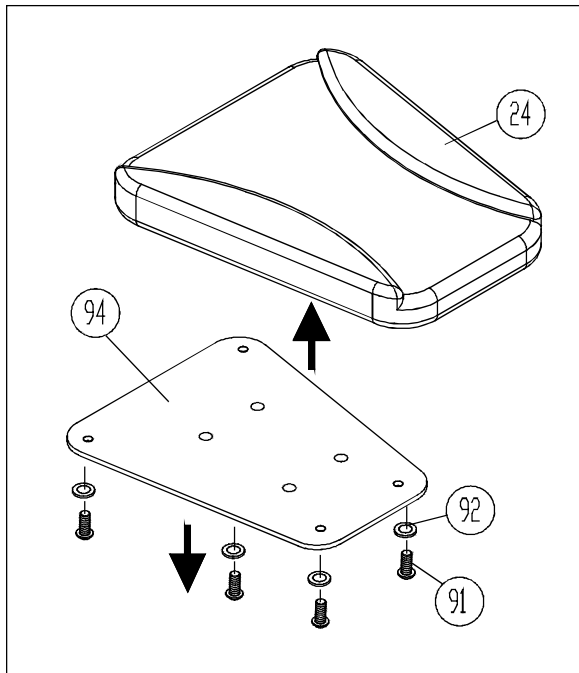


Insert the stack fork (74) into the heaviest position. Adjust area C to 0~20mm.
(Adjust it so the upper stack plate moves slightly.)

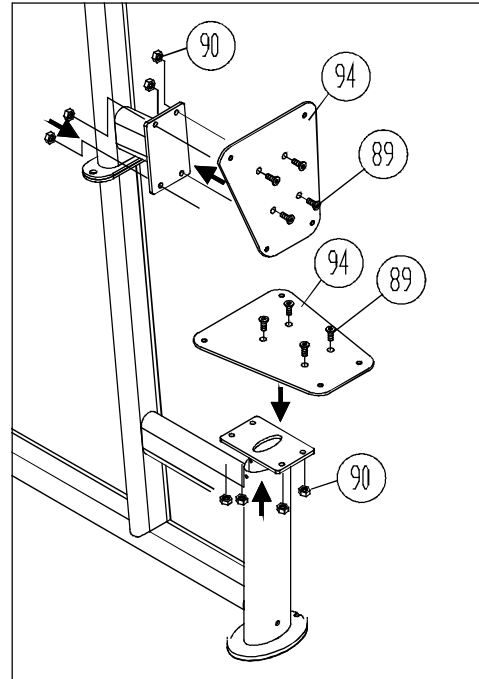
To adjust the cable, first insert an open end wrench into (Z) hole. Loosen (Y) nut. Then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position.

STEP 7 Seat Installation





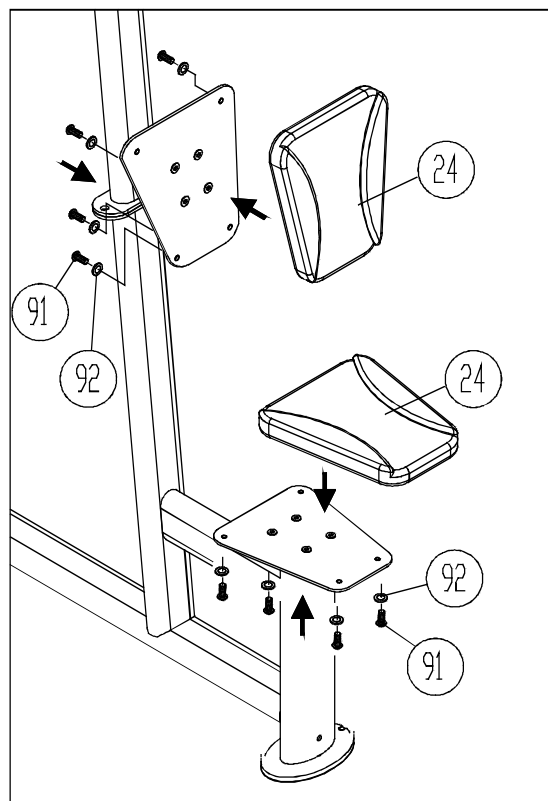
7-1



7-2

7-1. First remove screws and washers (91,92) from the seat bottom cushions (24) and seat plates (94).

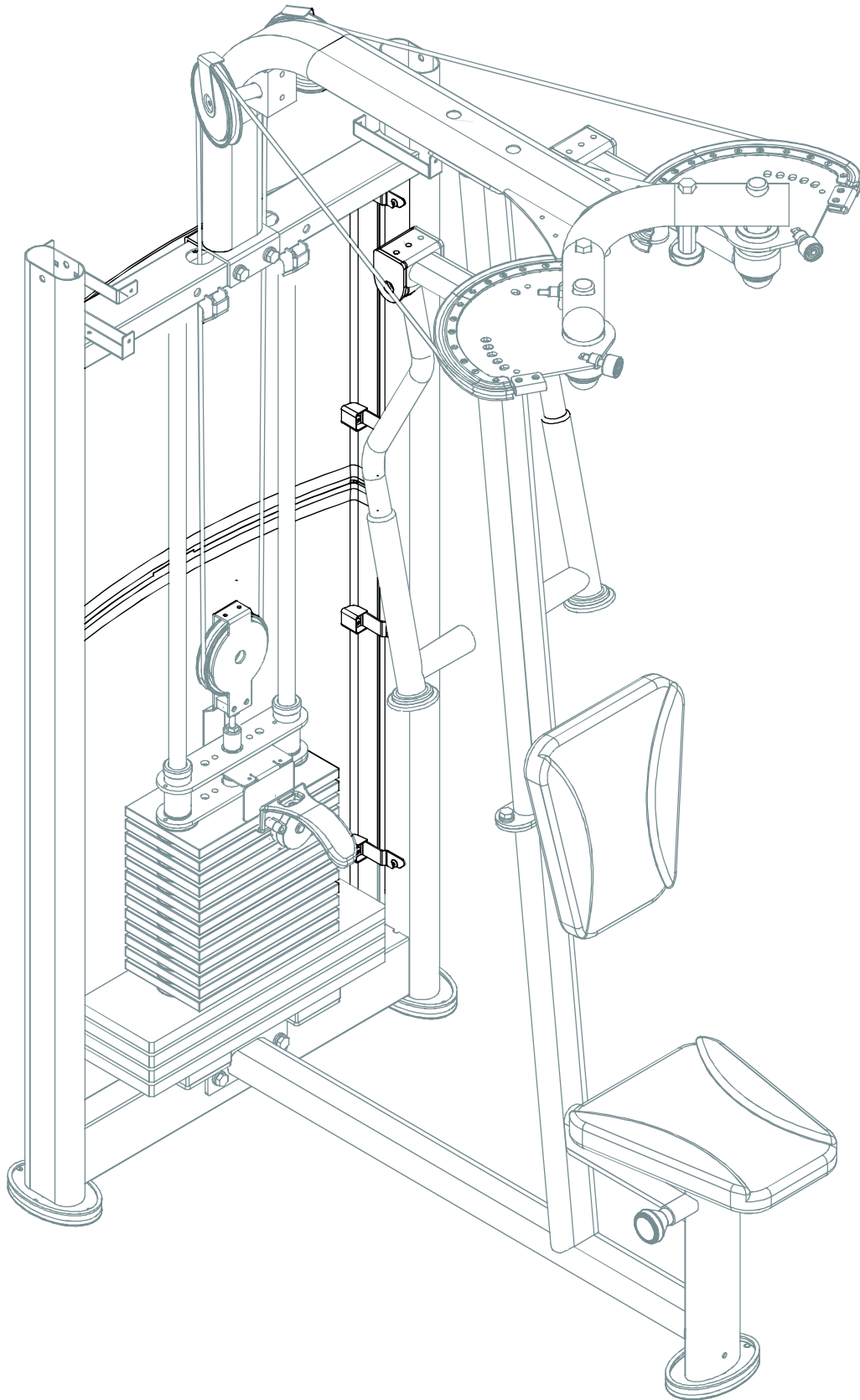
7-2. Use hardware (89,90) to secure the seat plates (94) into place as shown.

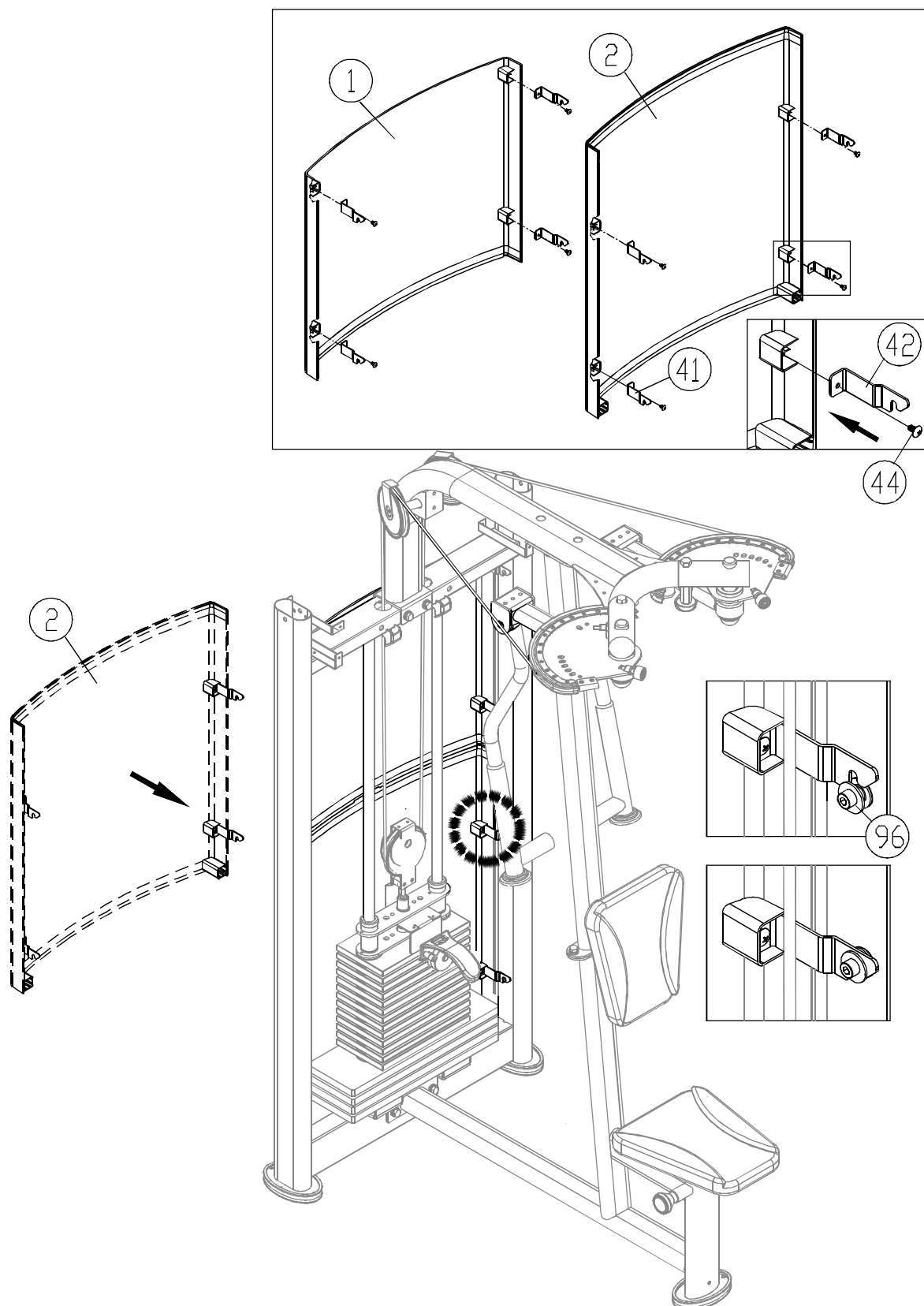


7-3

7-3. Use hardware (91,92) to secure the seat bottom cushions (24) into place as shown.

STEP 8 Weight Stack Back Cover Installation

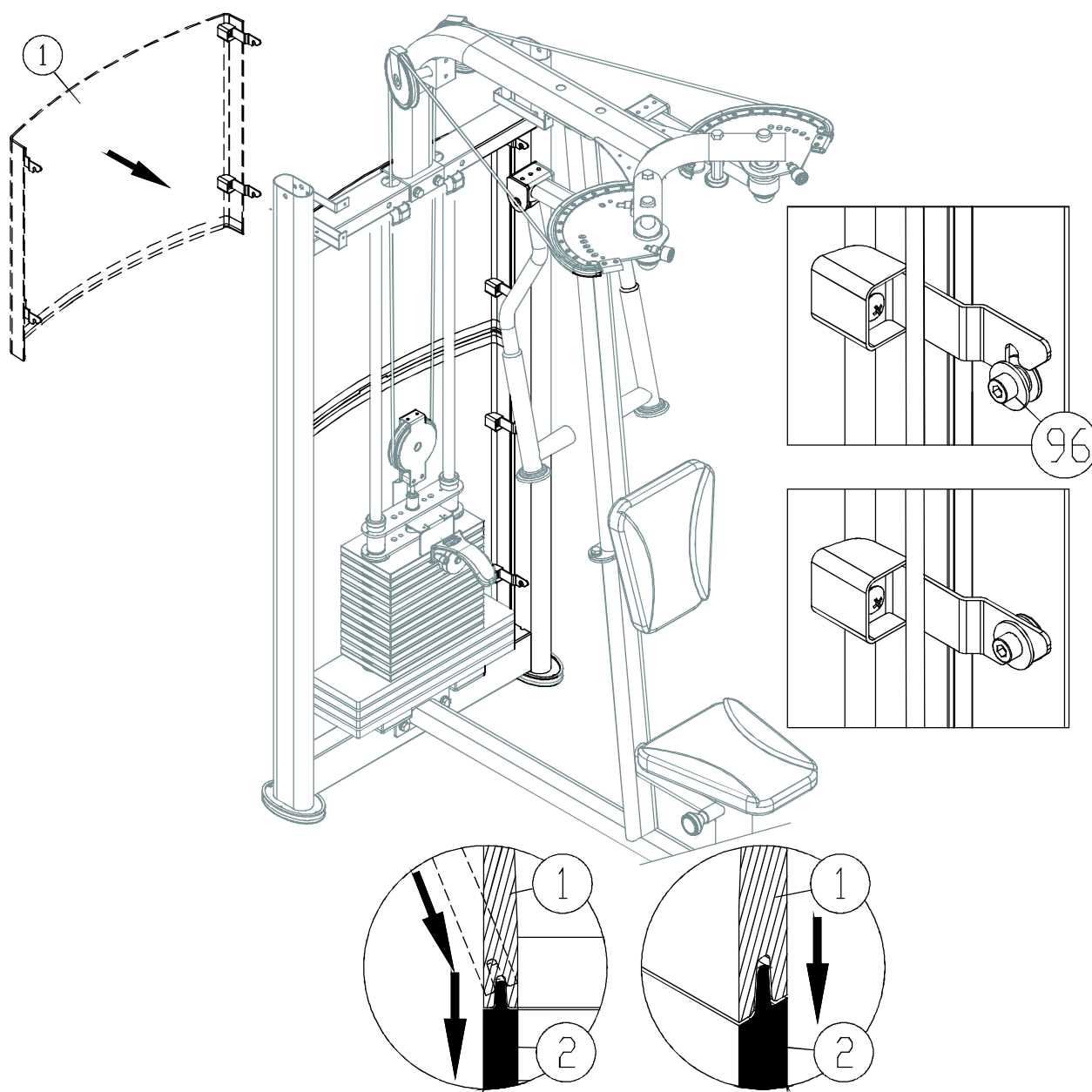




8-1. Before installing the upper and lower rear covers, first separate A and B (41,42) set brackets according to side. (Set brackets are side specific.) Use screws (44) to secure the set brackets into the upper and lower covers (1,2).

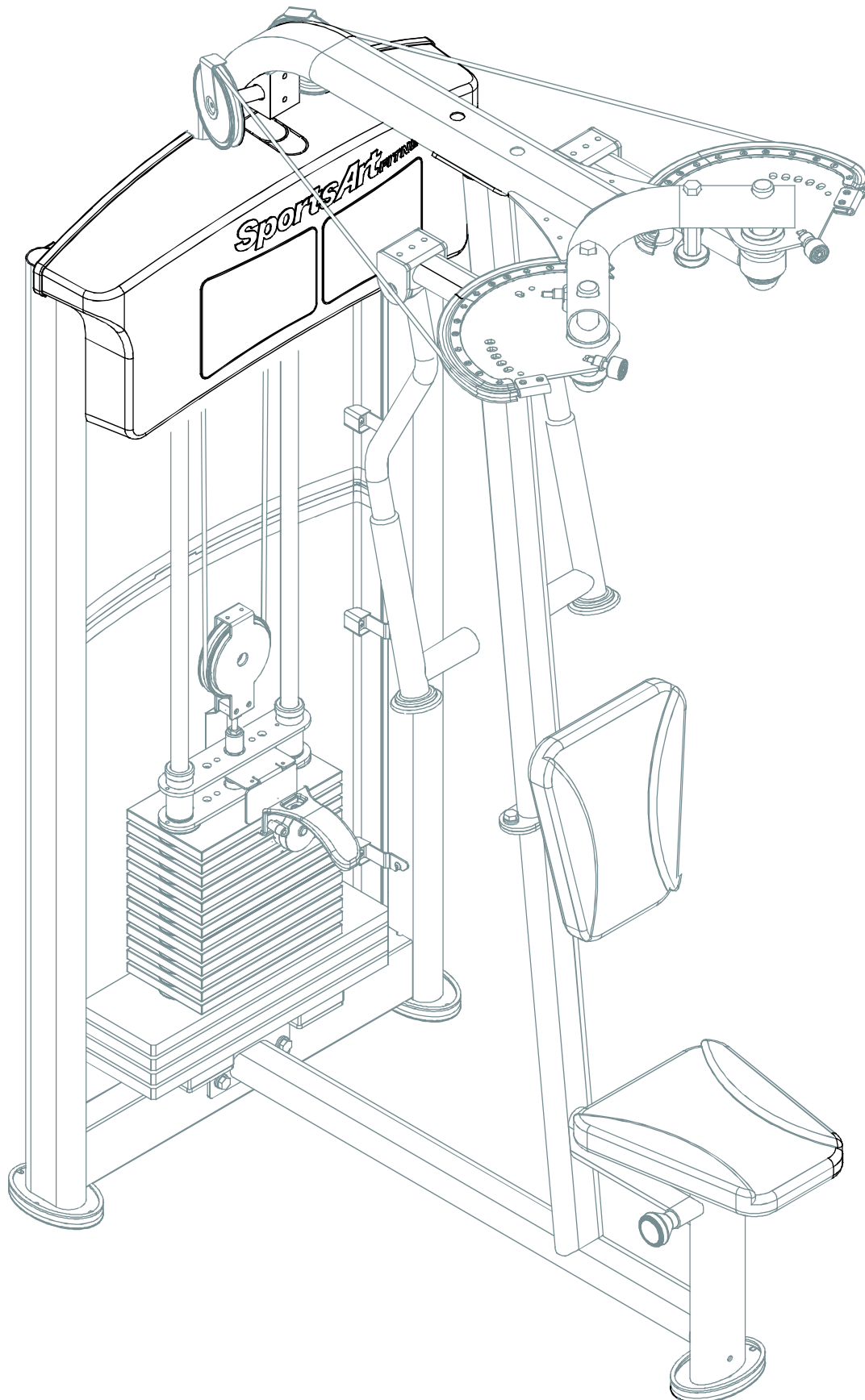
Upper rear cover (1) is short; lower rear cover (2) is long.

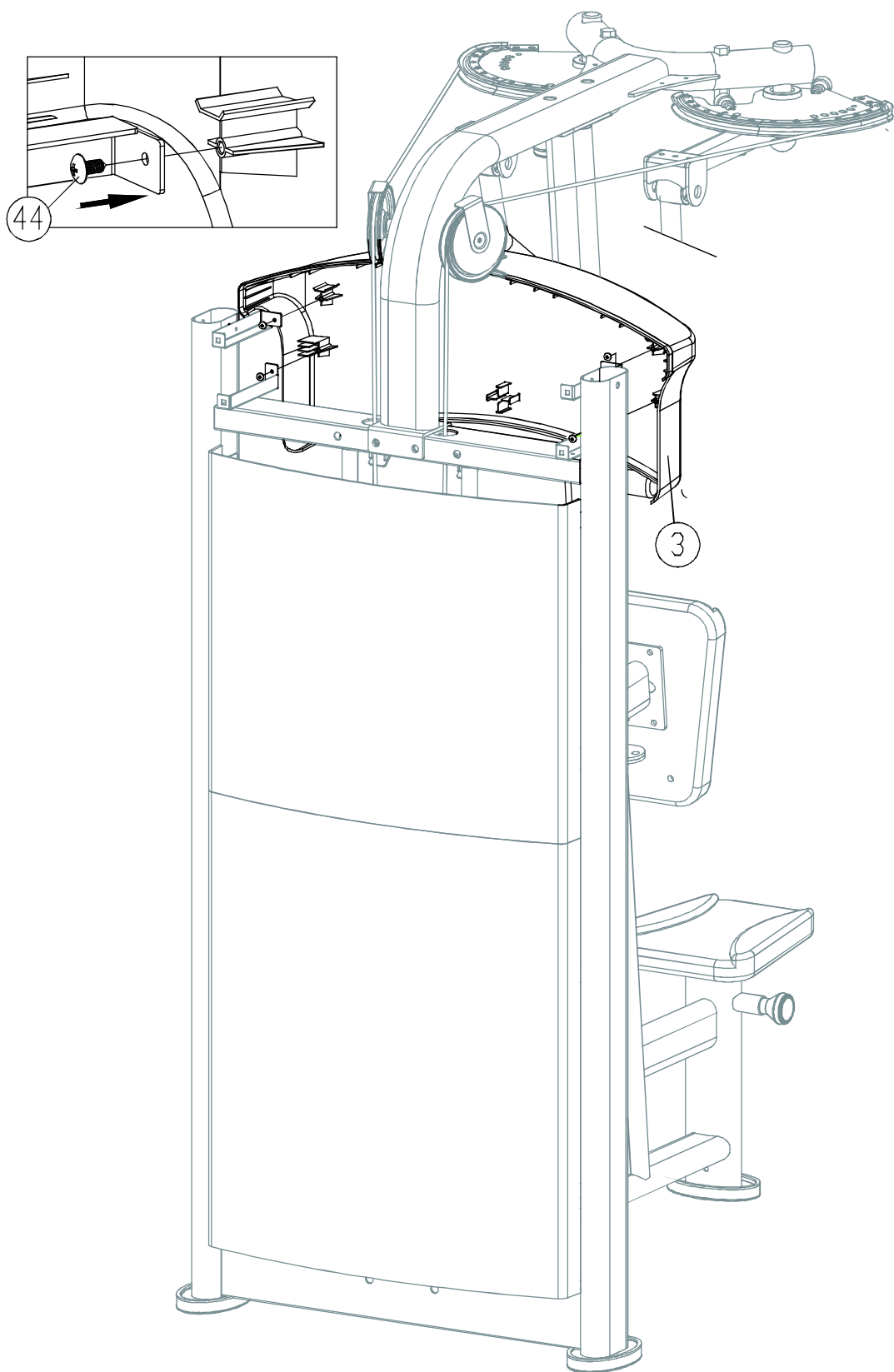
8-2. Put lower rear cover (2) onto screws (96).



8-3. Hang upper rear cover (1) onto screws (96). Simultaneously, hook upper rear cover (1) into lower rear cover (2).

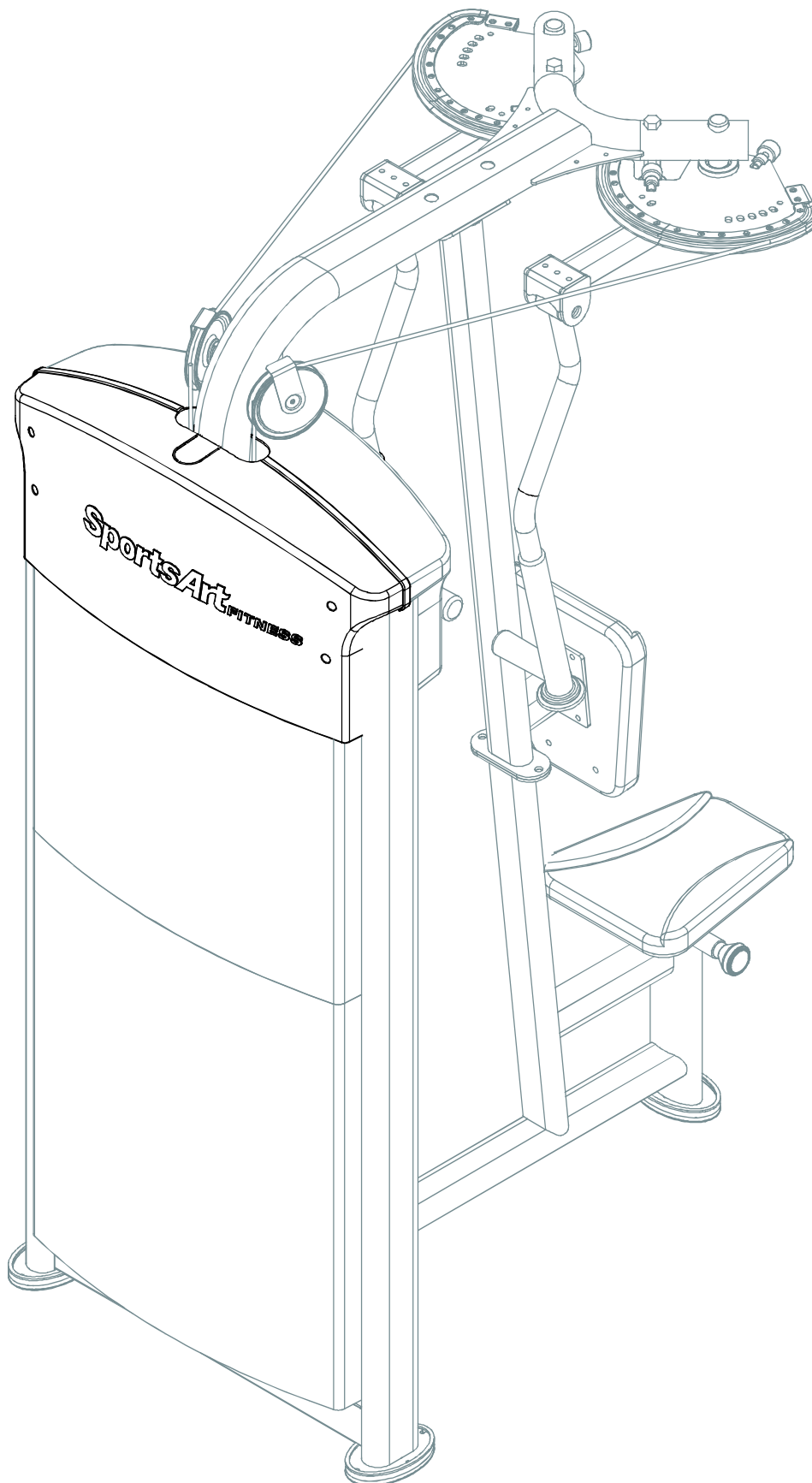
STEP 9 Front Top Cover Installation

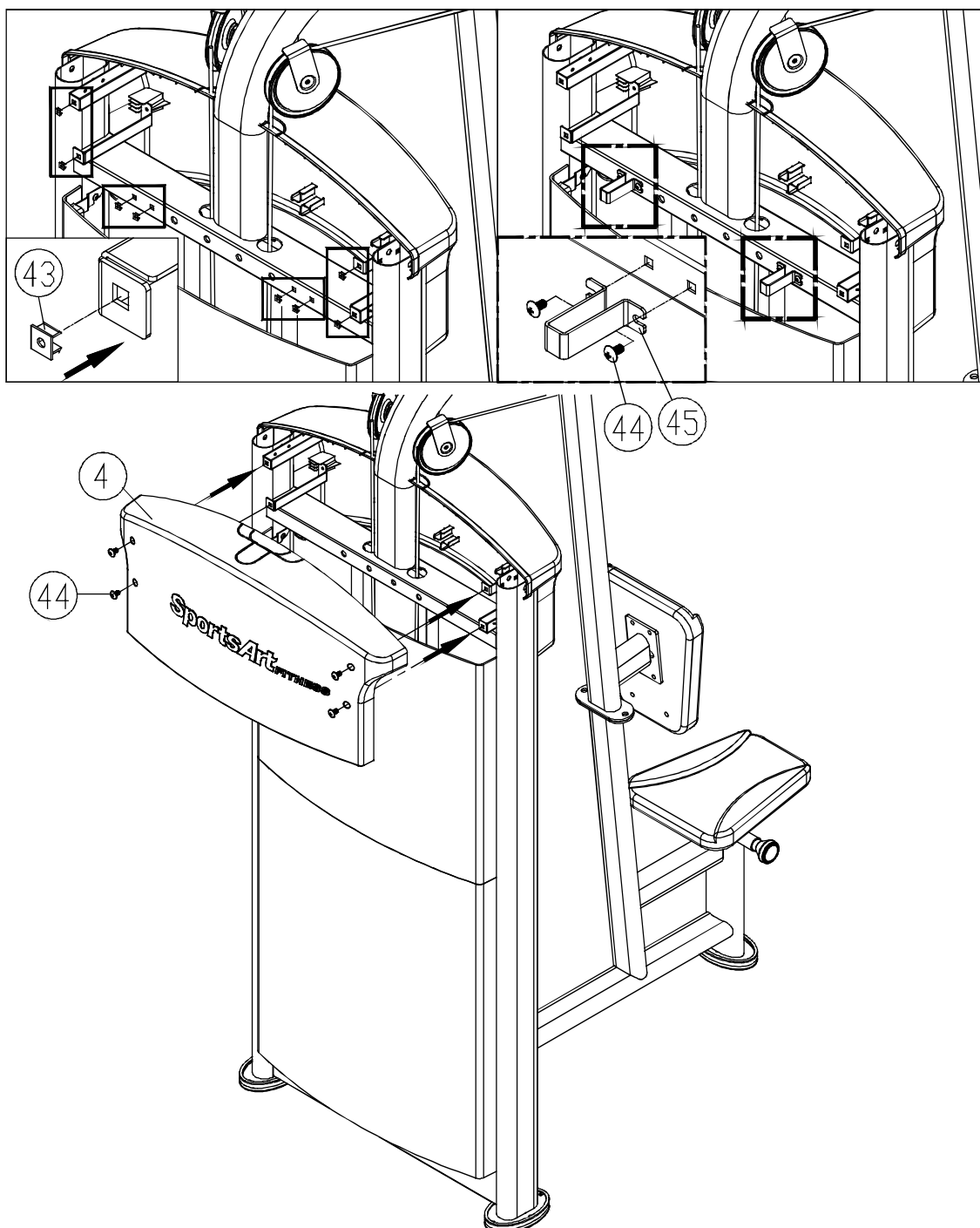




9. Use screws (44) to secure the front top cover (3) in place on the main frame as shown.

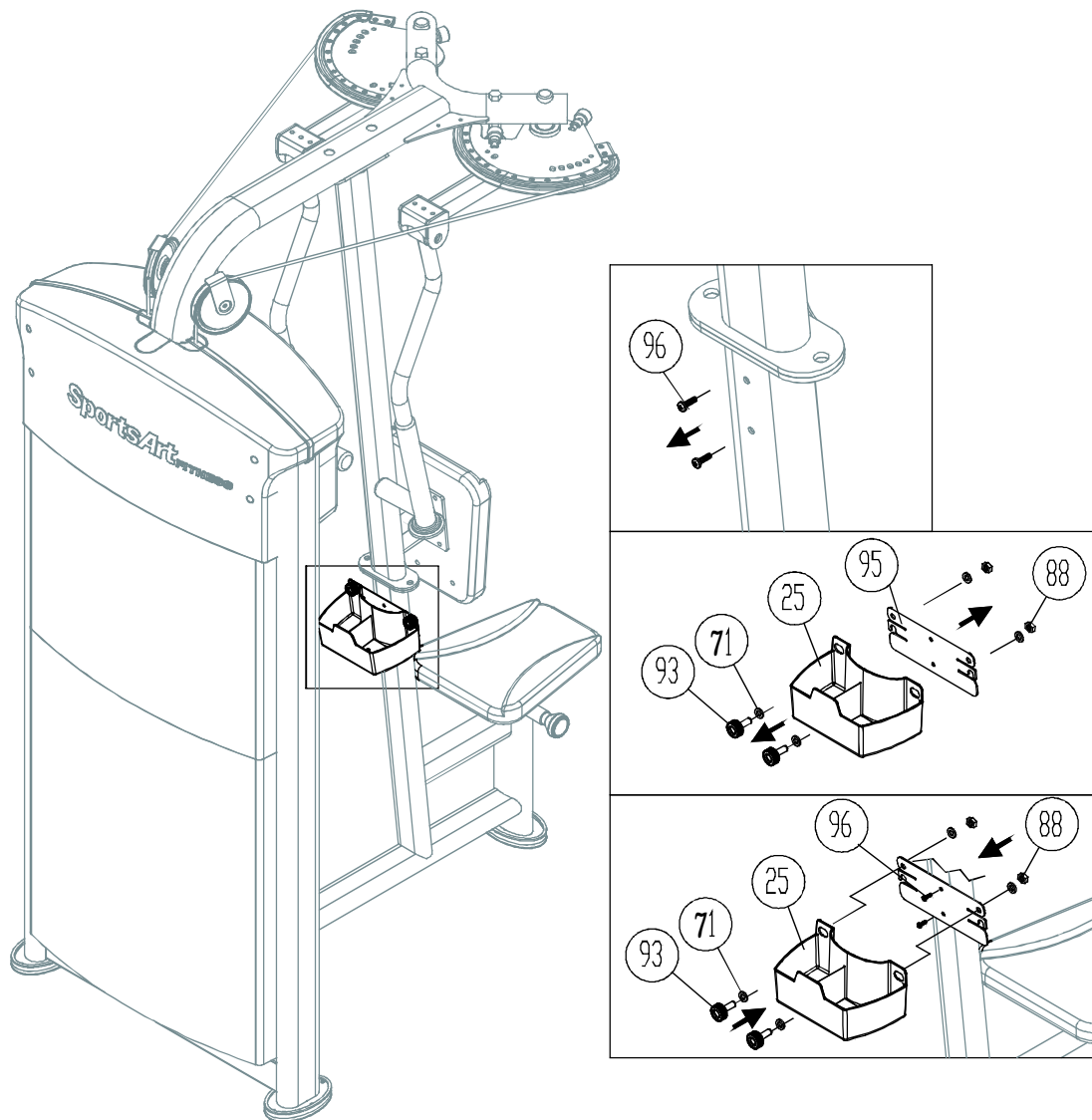
STEP 10 Rear Top Cover Installation





- 10-1. Before starting installation of the rear top cover, press the screw sockets (47) into place on the frame where shown.
- 10-2. Then use screws (45) to secure the rear cover bracket (48) in place.
- 10-3. Secure the rear top cover (4) with screws (45) as shown.

STEP 11 Bottle Holder Installation

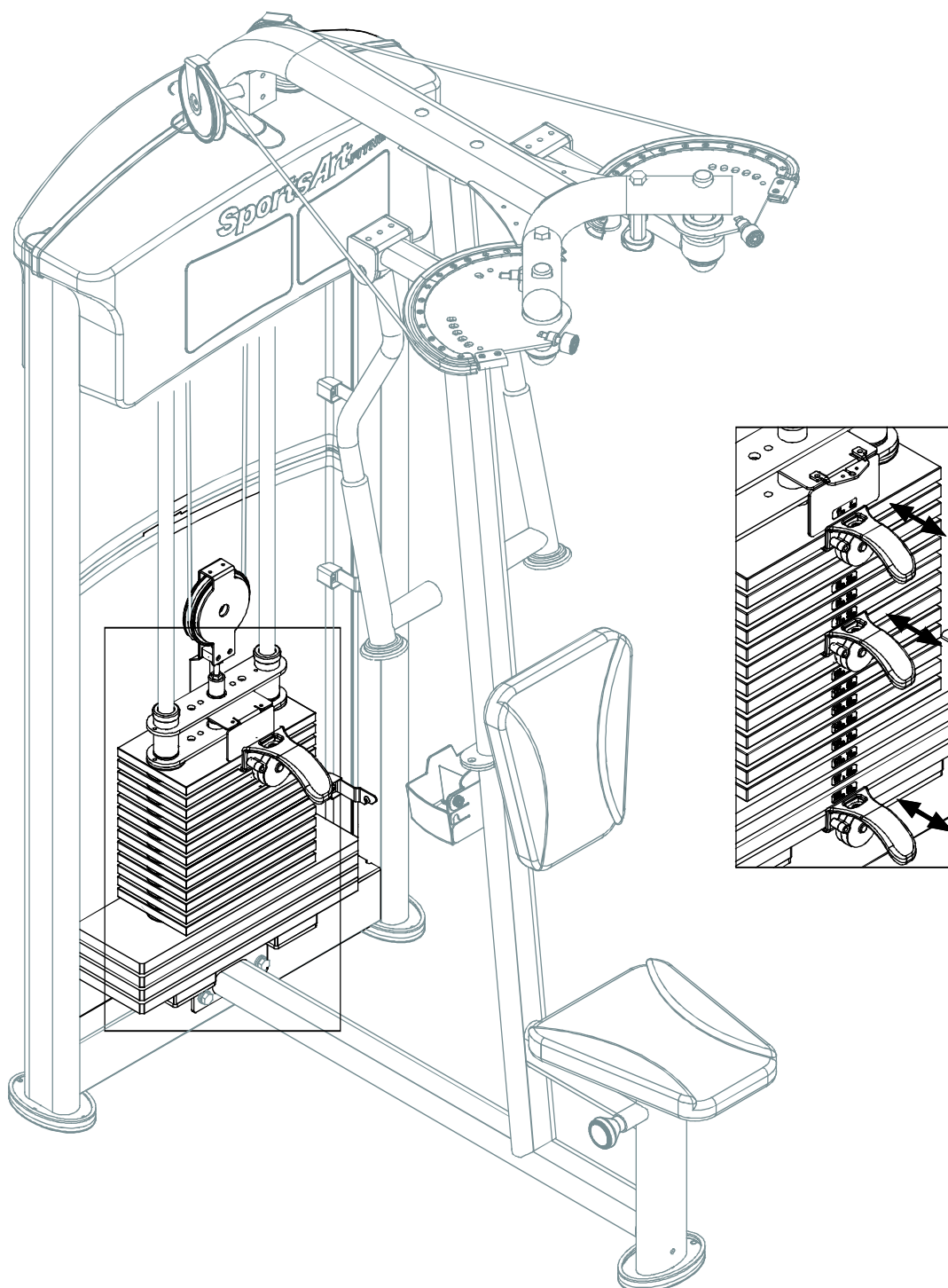


11-1. Remove screws (96) from the frame.

11-2. Remove hardware (93,71,88) from the bottle holder (25).

11-3. Secure the bottle holder plate A (95) in place with screws (96). Put the bottle holder (25) in place. Secure it with hardware (93,71,88) as shown.

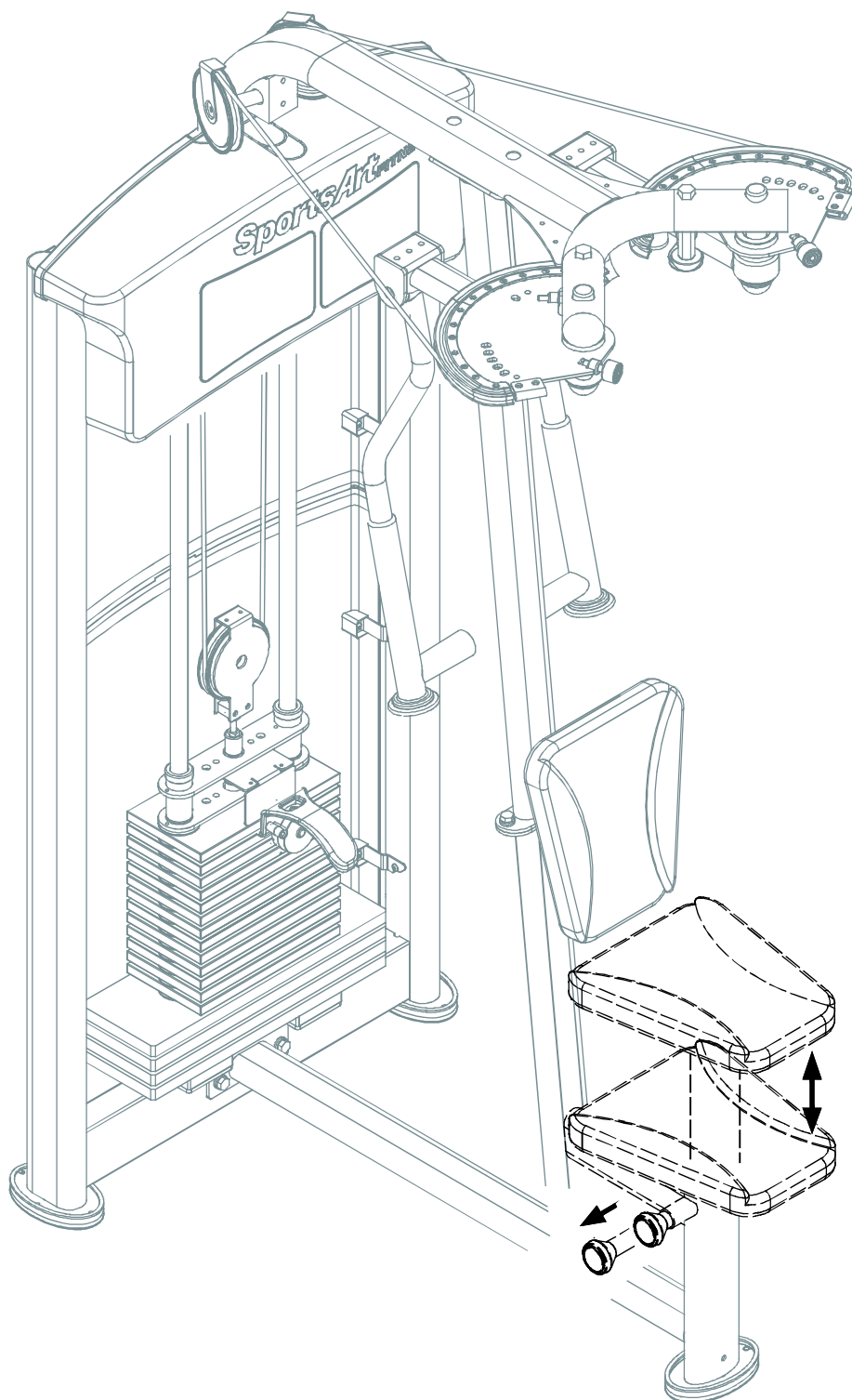
STEP 12 Stack Fork Operation



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

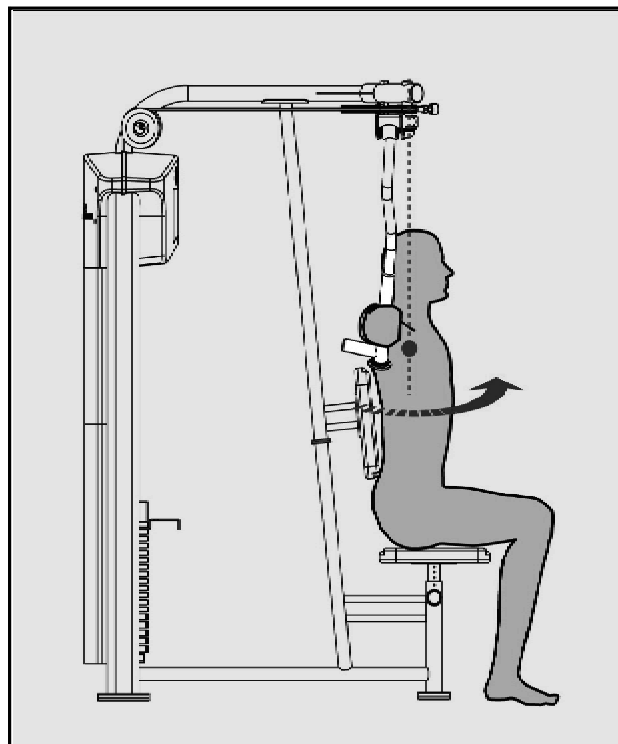
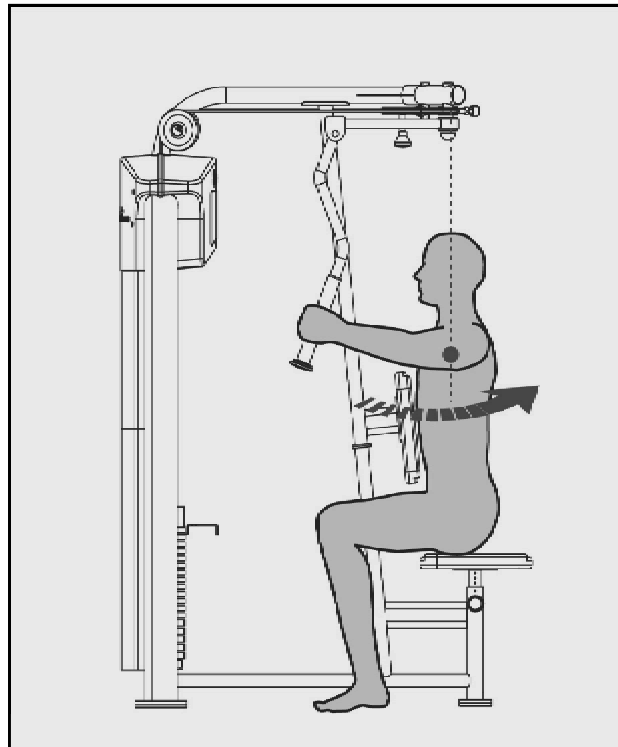
CHAPTER 4 — OPERATION INSTRUCTIONS

4.1 Seat Bottom Adjustment



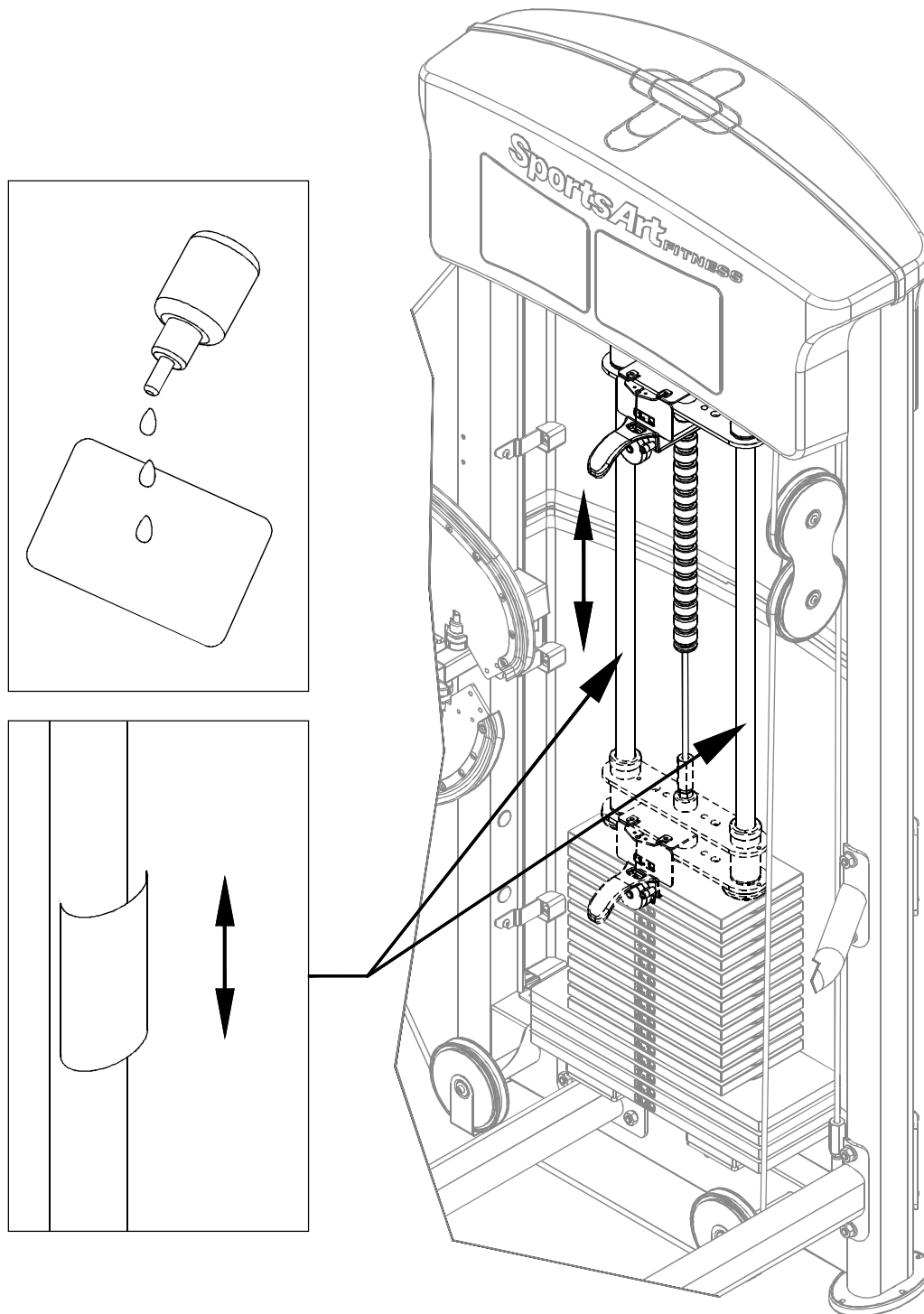
Pull out the associated knob to adjust the seat bottom up and down as shown.

4.2 Testing the Unit



1. Please follow operating instructions on the product sticker (3) 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 step 6 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.