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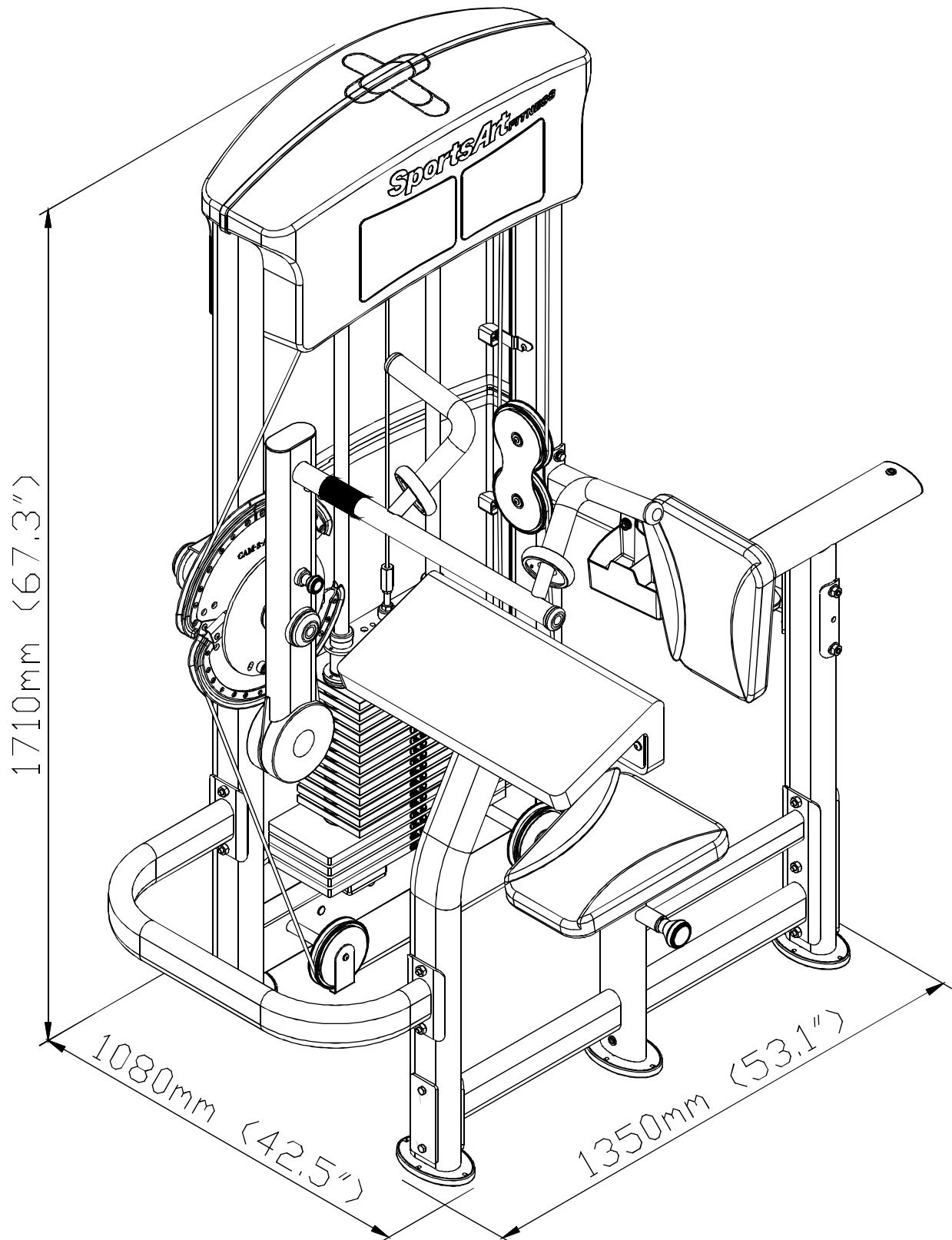
CHAPTER 1— SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

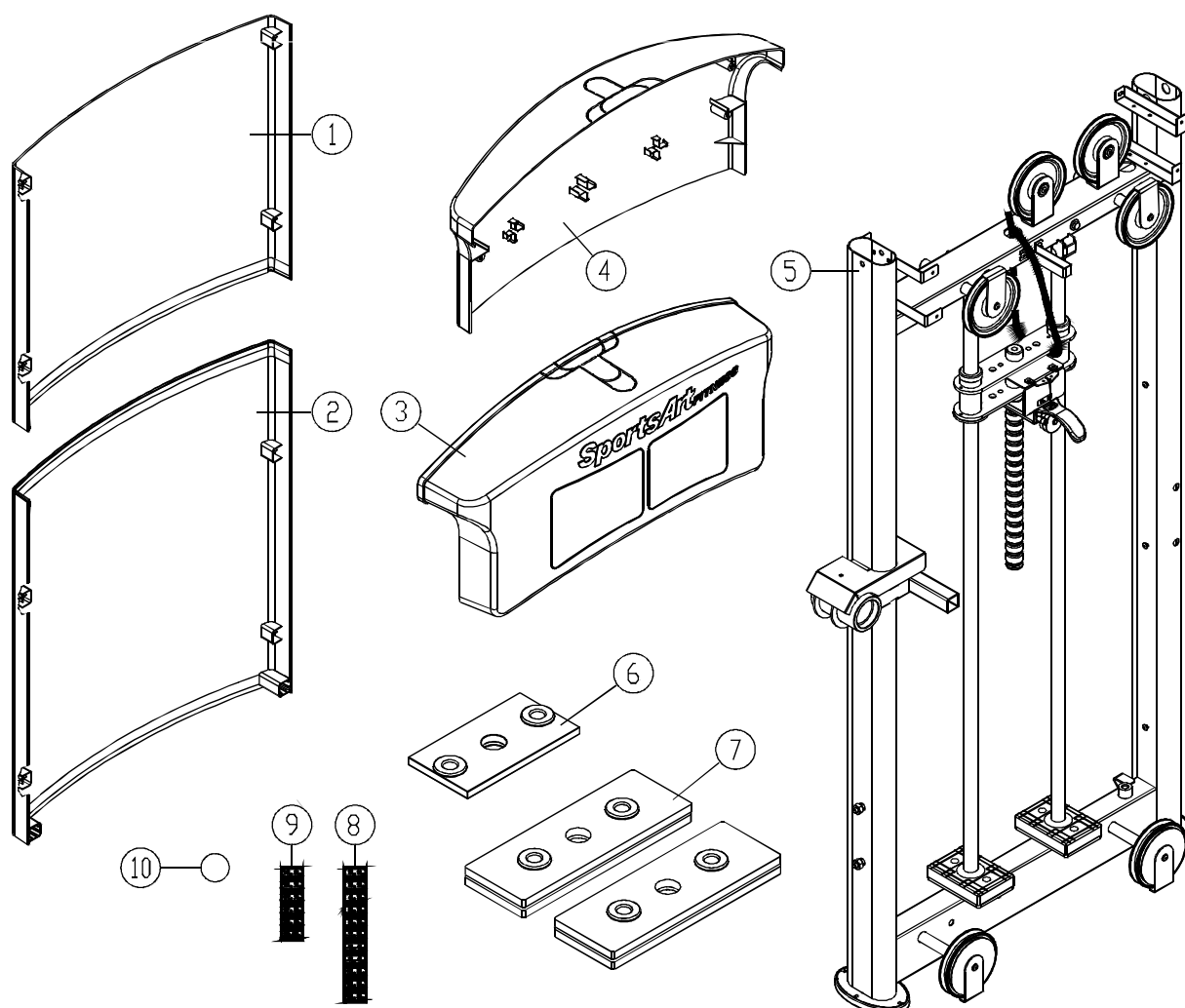
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assembly and operate this product on a solid, level surface. Do not use outdoors or near water.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

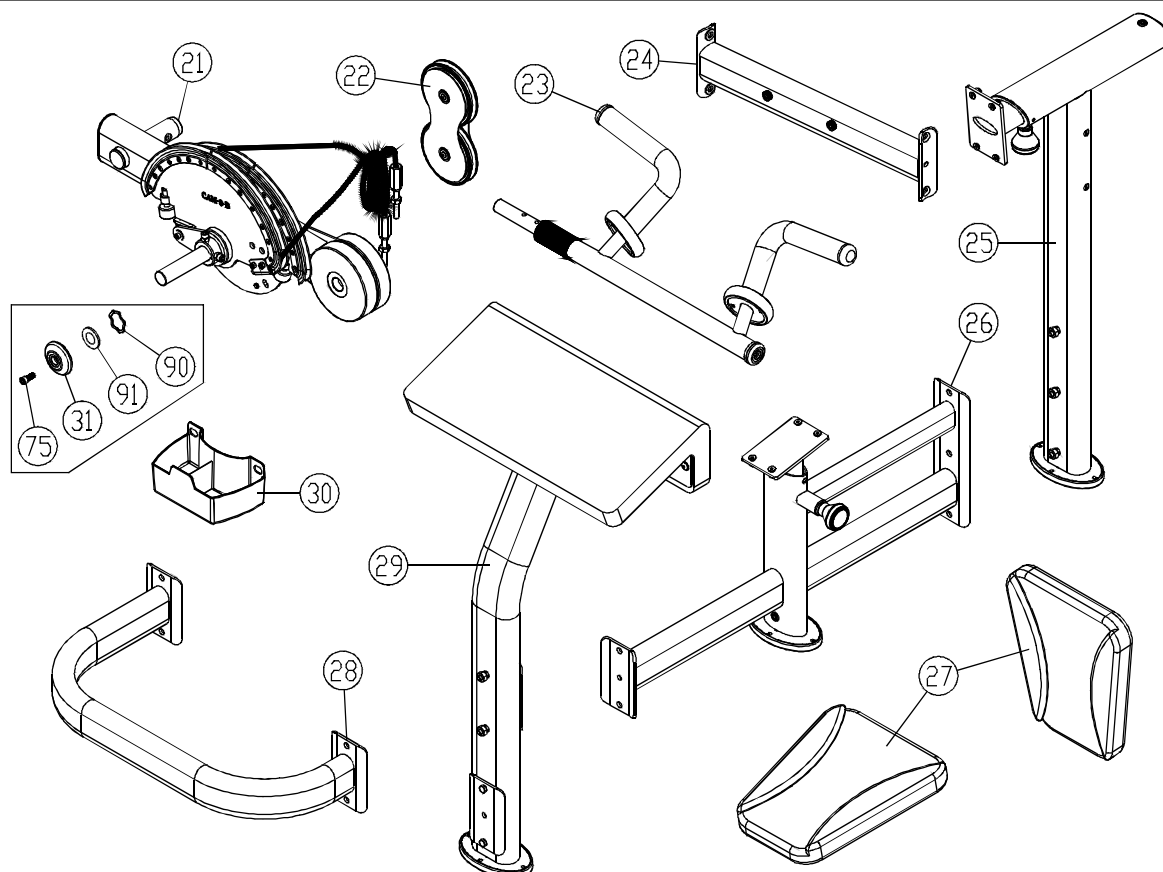


2.2 Part List For Box A



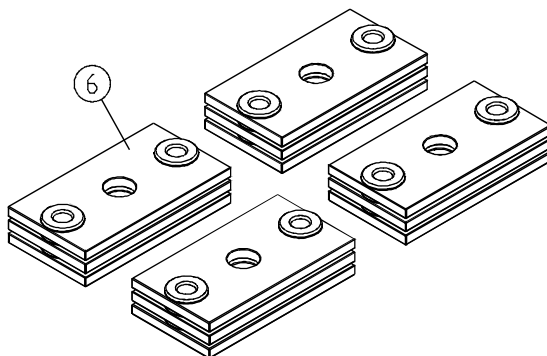
No.	Description	Qty	No.	Description	Qty
1	Upper Rear Cover	1	7	7.5KG Weight plate	4
2	Lower Rear Cover	1	8	Weight plate sticker (10kg~60kg)	1
3	Front Top Cover	1			
4	Rear Top Cover	1	9	Weight plate sticker (65kg~100kg)	1
5	Mai Frame	1			
6	5 KG Weight Stack	1	10	Sticker Ø25	1

2.3 Part List For Box B



No.	Description	Qty	No.	Description	Qty
21	CAM	1	27	Seat Bottom (Back)	2
22	Floating Pulley	1	28	U Connector	1
23	Handles	1	29	Arm Cushion	1
24	Connector	1	30	Bottle Holder	1
25	Seat Back Support	1	31	Axle cover (Large)	1
26	Seat Frame	1			

2.4 Part List For Box C



No.	Description	Qty	No.	Description	Qty
6	5KG 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	Rear cover set plate A	4		
43	Rear cover set plate B	4		
44	Mushroom top Phillips head screw	24	M5*L12	
45	Cable protector	12	SGN-07	
46	Rear cover bracket	1		
	L-shaped Allen wrench	2	(M4)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	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.

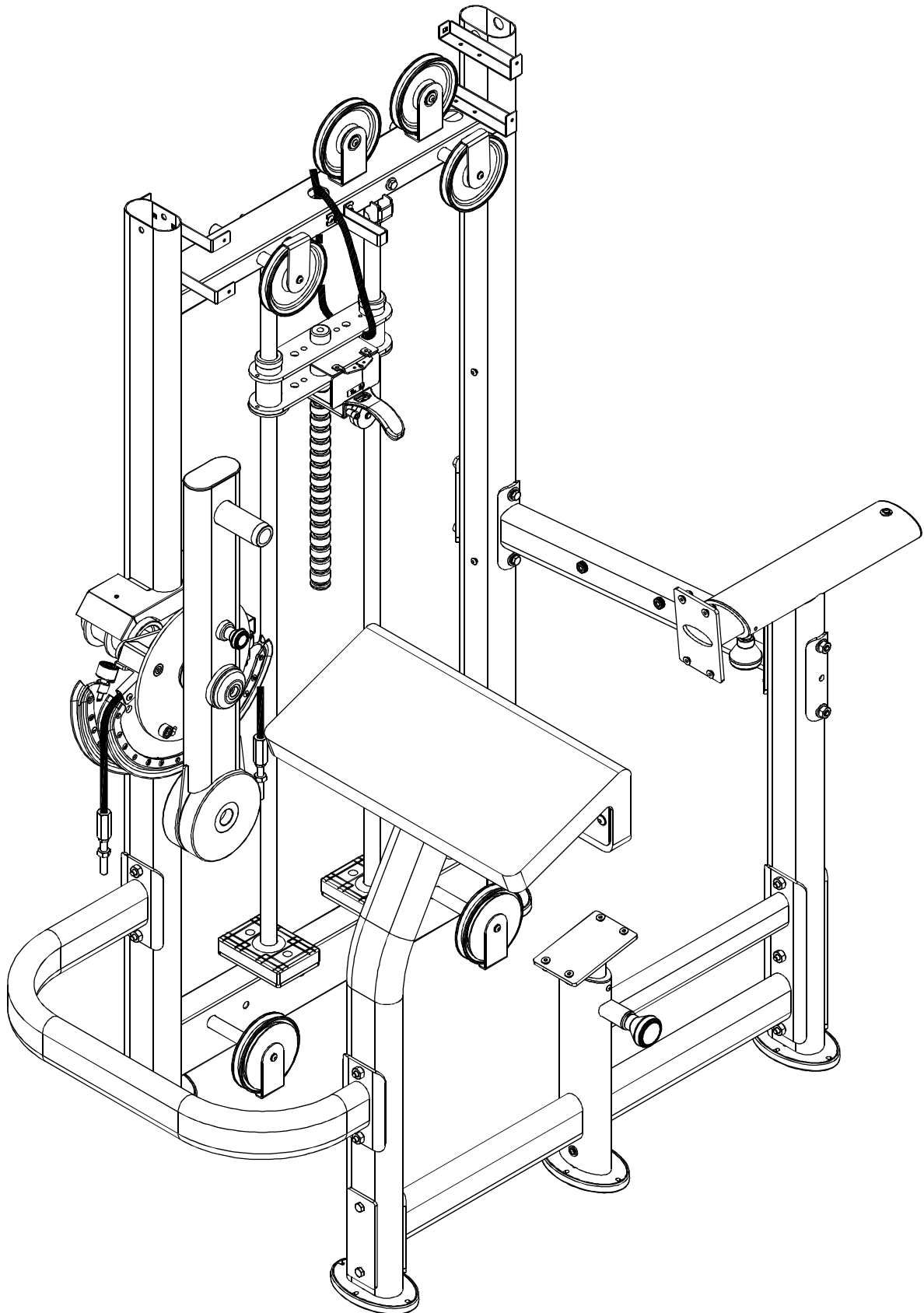
2.6 Components of the Product

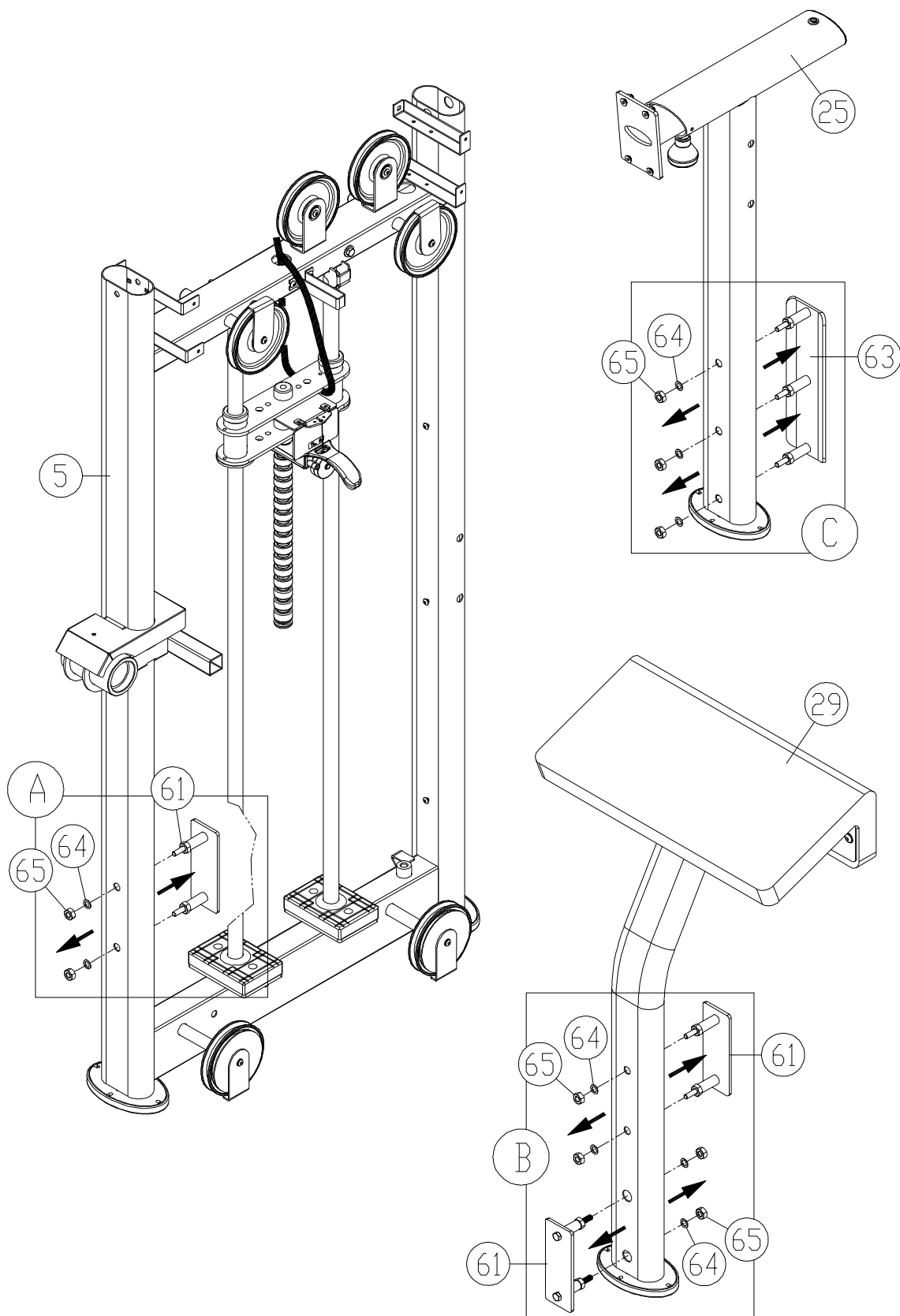
Some components are installed on the product. These items will be needed for product assembly.

No.	Description	Qty	Specification	Tool Needed
61	Connector Set			
62	Flat Washer		$\phi 20 * \phi 6.3$	
63	Connector B			
64	Washer		$\phi 16 * \phi 10.2$	
65	Hex Locknut		M10	
66	Hex Bolt		M10*L130	
67	Spring Washer		M10	
68	Connector $\phi 50$			
69	Upper Stack Carriage			
70	Hex Bolt and PU Tube			
71	Flat Washer		$\phi 17 * \phi 8.3$	
72	Hex Locknut		M8	
73	Guide Rod			
74	Stack Fork			
75	Inner Hex Cap Screw		M8*L20	
76	Inner Hex cap Screw		M6*L30	
77	Axle			
78	Spring Washer		M6	
79	Mushroom Top Inner Hex Screw		M6*L12	
80	Pulley A			
81	Pulley B			
82	Cover Plate			
83	Pulley Cover			
84	Spring Washer		M8	
85	Seat Back Plate			
86	Mushroom Top Inner Hex Screw		M8*L25	
87	Beveled Inner Hex Screw		M8*L20	
88	Plastic Inner Hex Screw		M6	
90	Wave Washer		$\phi 38 * \phi 30$	
91	Washer		$\phi 40 * \phi 30.5 * t3$	

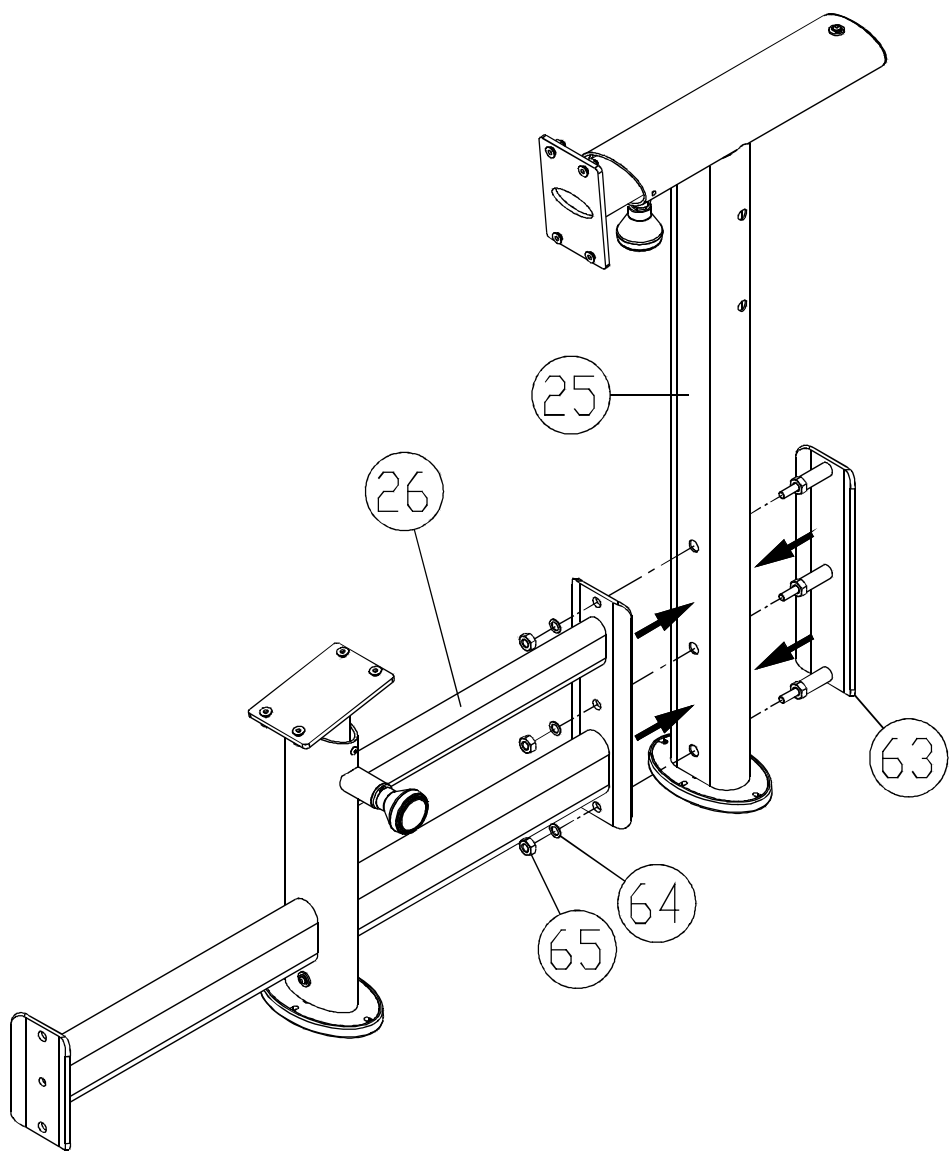
CHAPTER 3 — ASSEMBLY INSTRUCTIONS

STEP 1 Main Frame and CAM Assembly

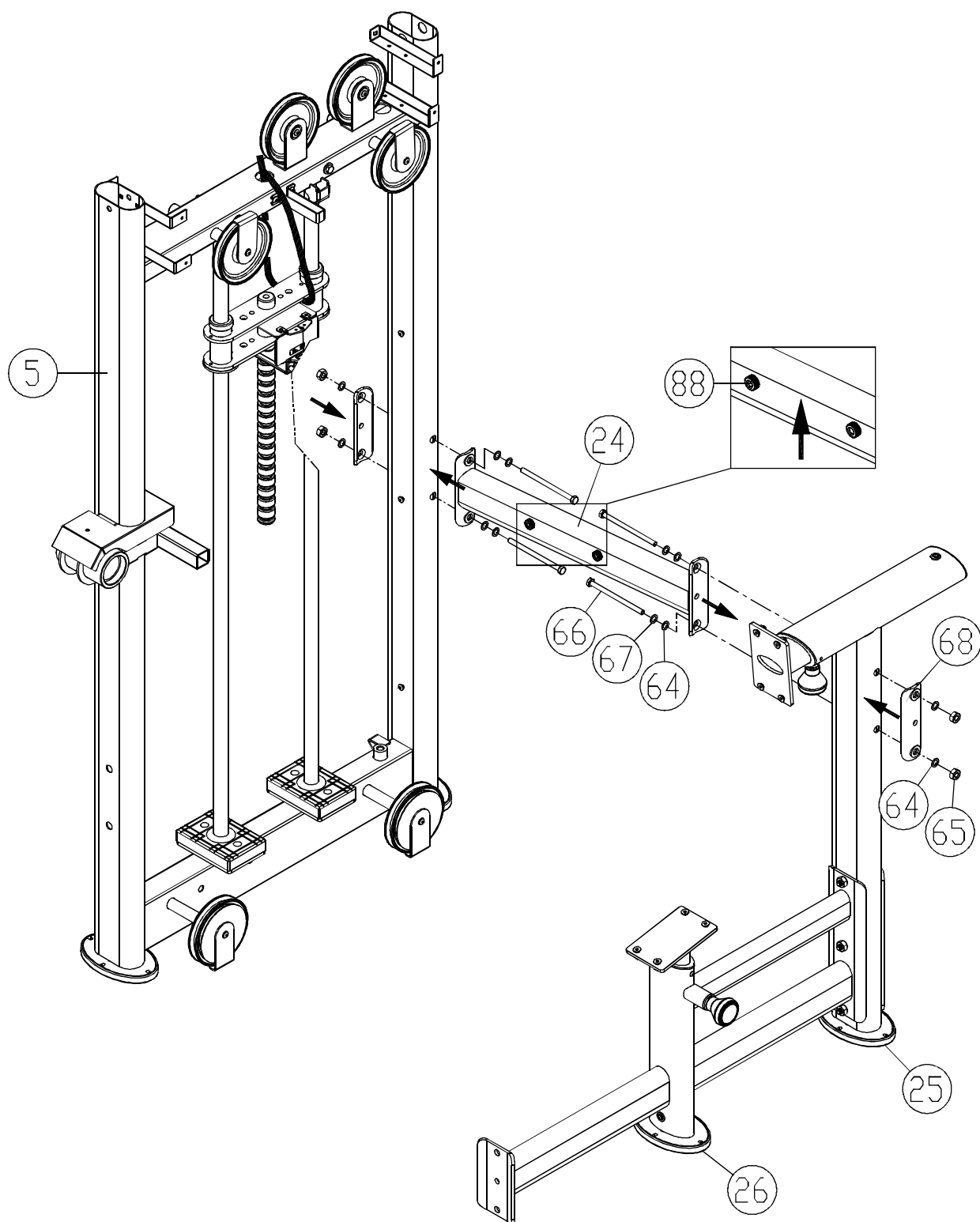




1-1. Loosen and remove nuts (64, 65) from connectors (61, 63) in areas A, B, C as shown. Carefully set each piece aside.

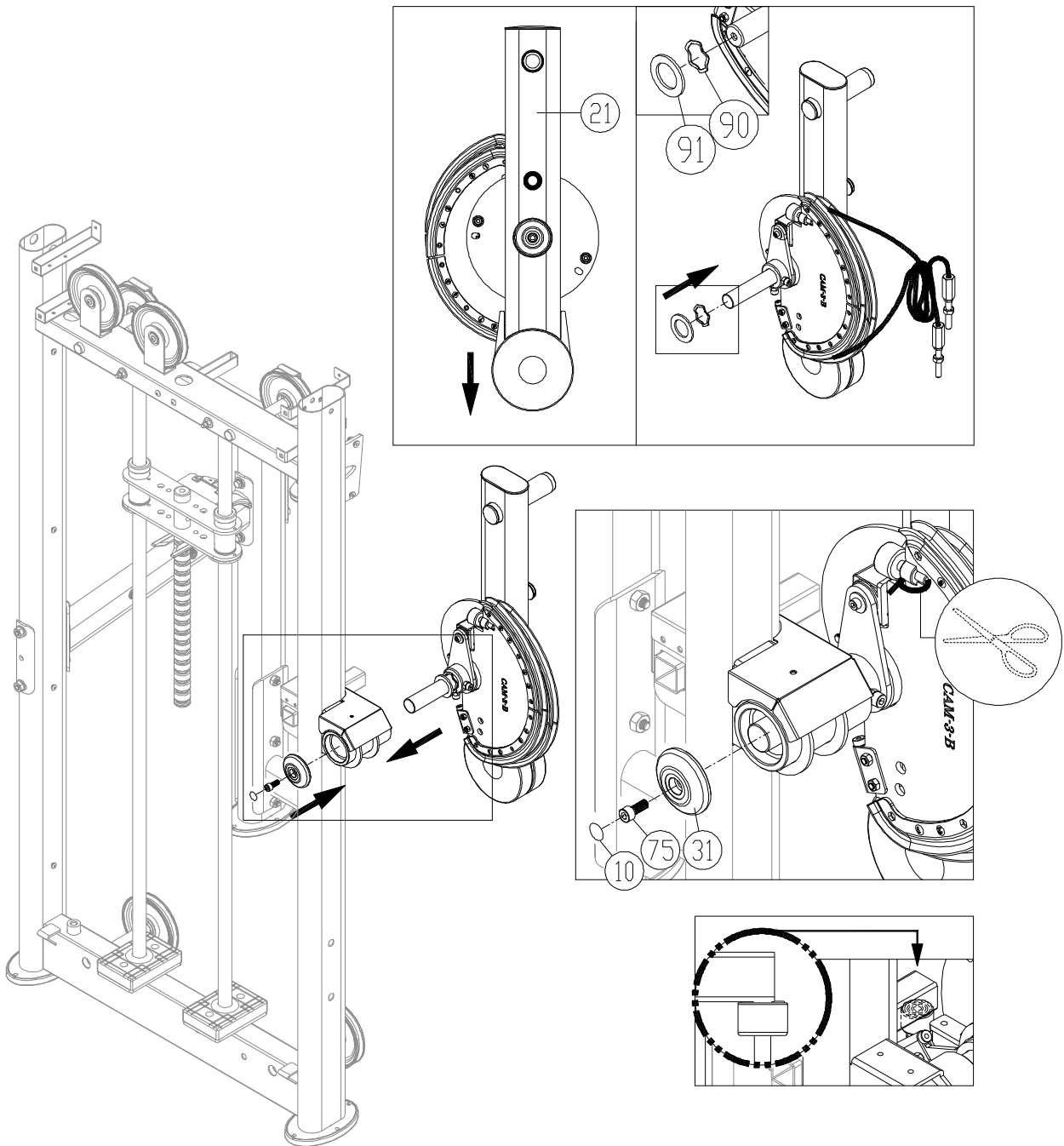


1-2. Use connectors (63) to connect seat support (26), and back support (25). Secure them with nuts (64,65) as shown.



1-3. Use connector (24) to connect the main frame (5) and supports (25, 26). Secure the connector (68) with hardware (64, 65, 66, 67).

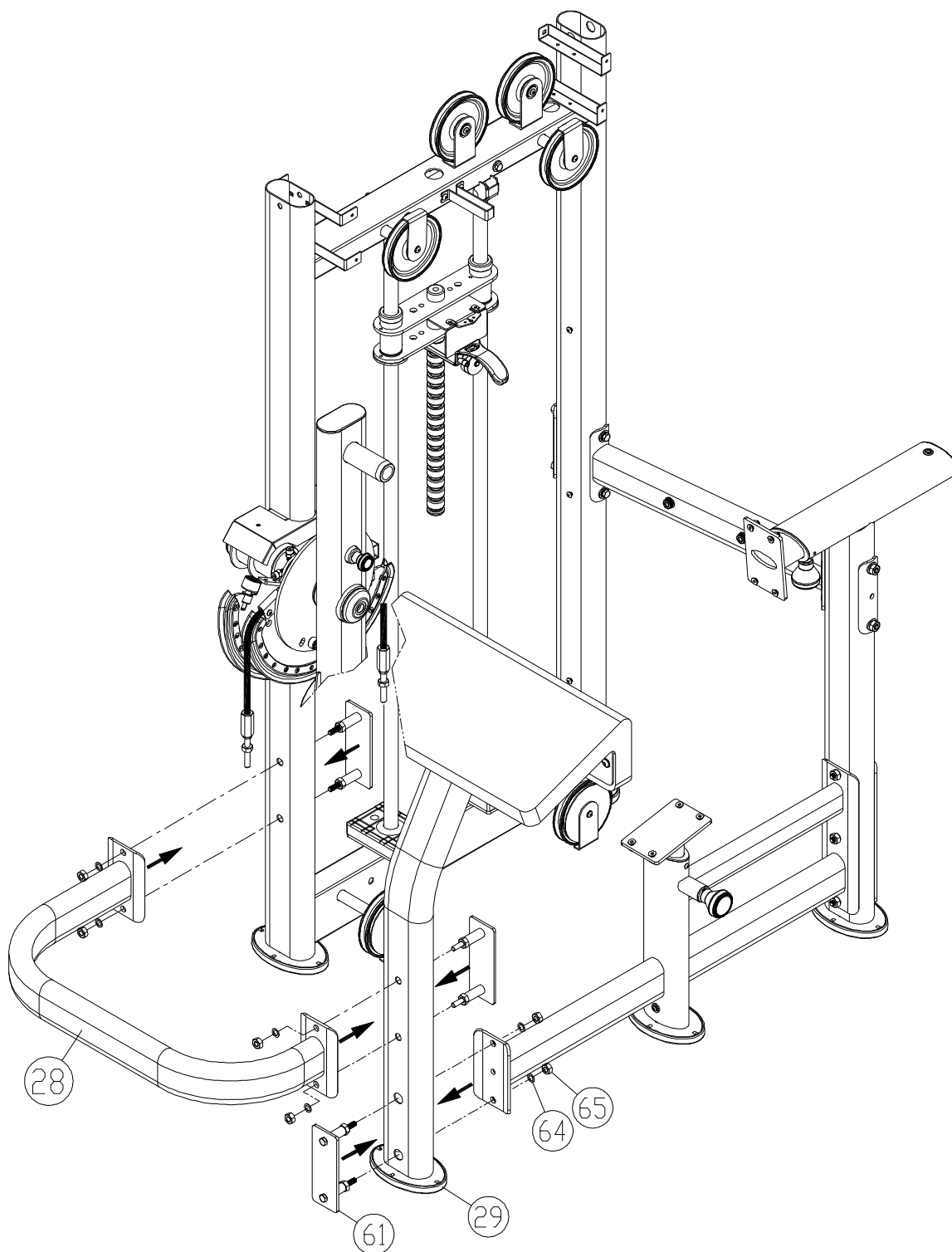
NOTE: Place the plastic screws (88) face up on the connector (24).



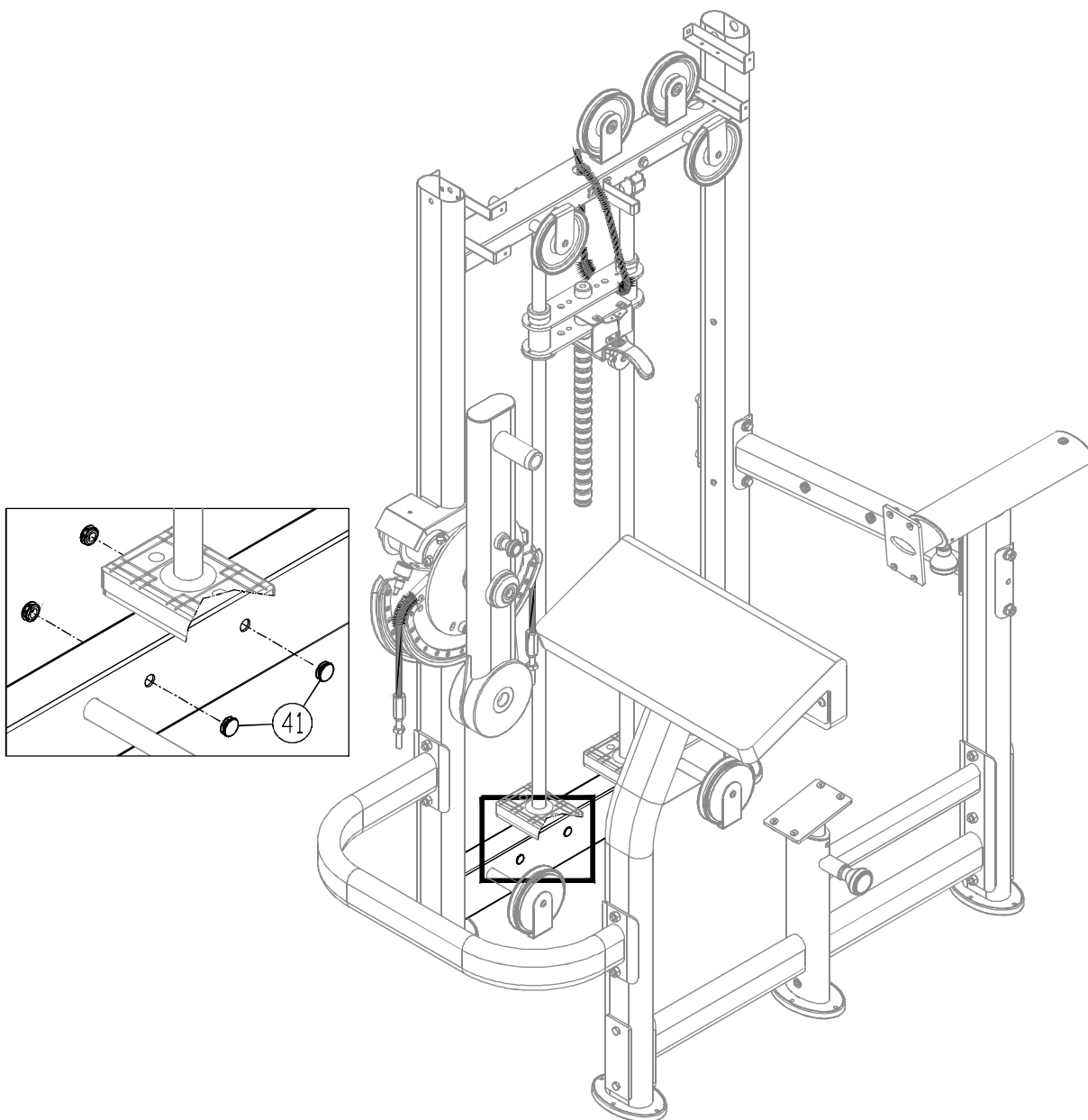
1-4. CAM Assembly

- Rotate the cam (21) as shown. Then insert the wave and flat washers (90, 91) onto the axle.
- After installing the washers, slide the cam (21) into place on its mount area.
- Finally, secure the axle cover (31, 75) into place. Then apply the sticker (10) as shown.
- Cut off the zip tie. Uncurl the cable.

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

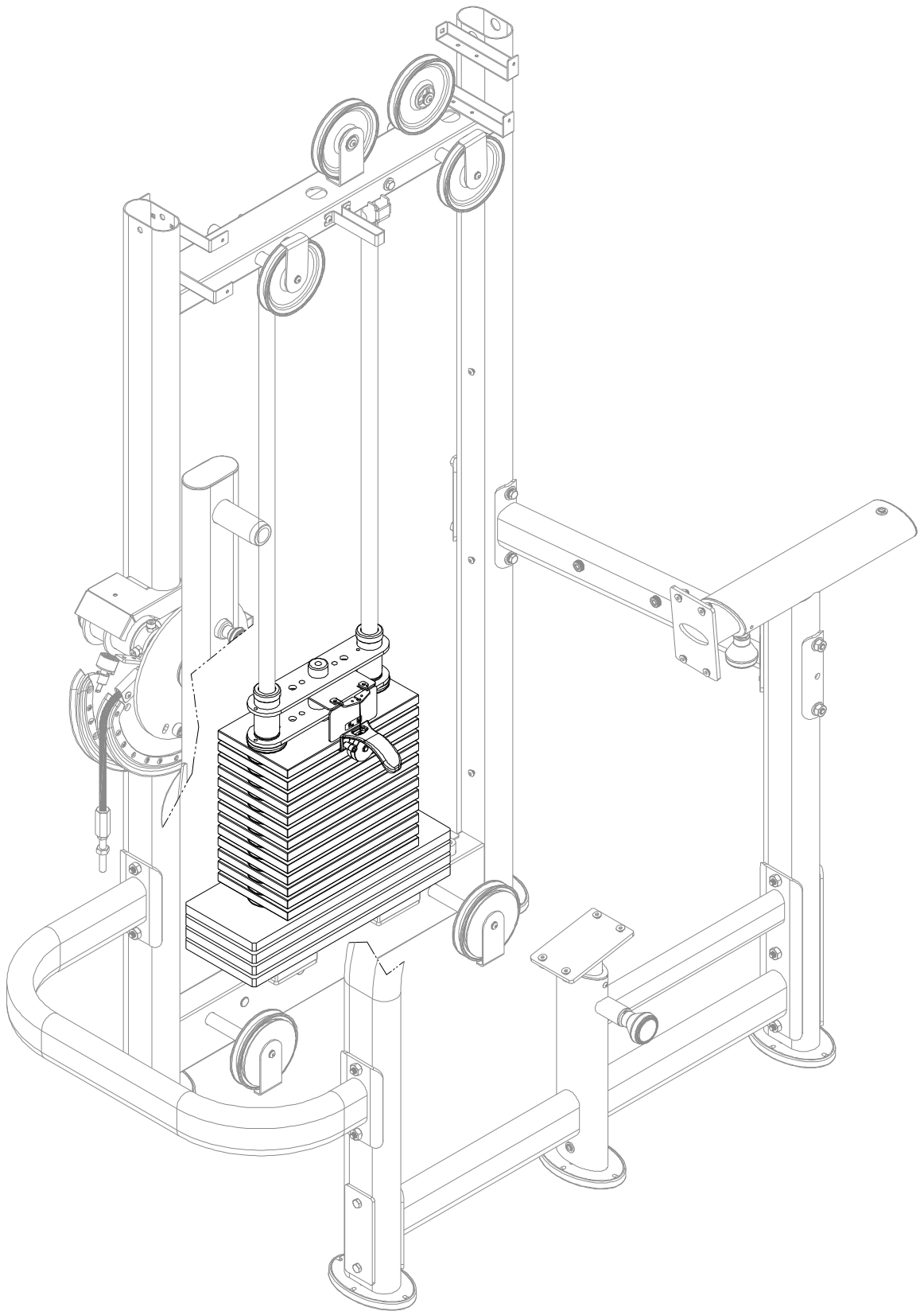


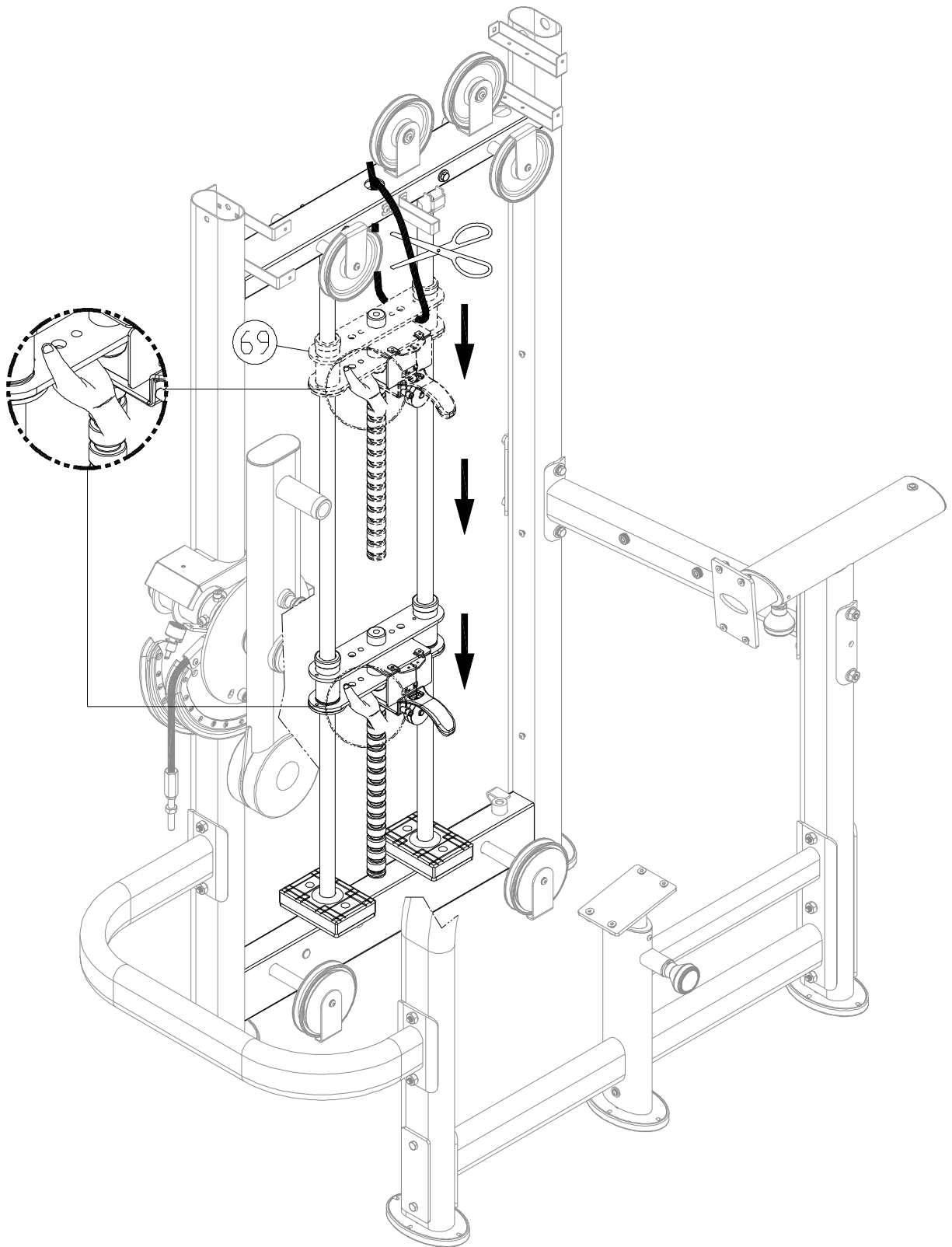
- 1-5. After CAM assembly, use connector set (61) to connect U connector (28) and arm cushion (29) with screws (64, 65) loosely.
- 1-6. Put the unit flat on the floor. Secure the U connector (28). Then secure other screws.



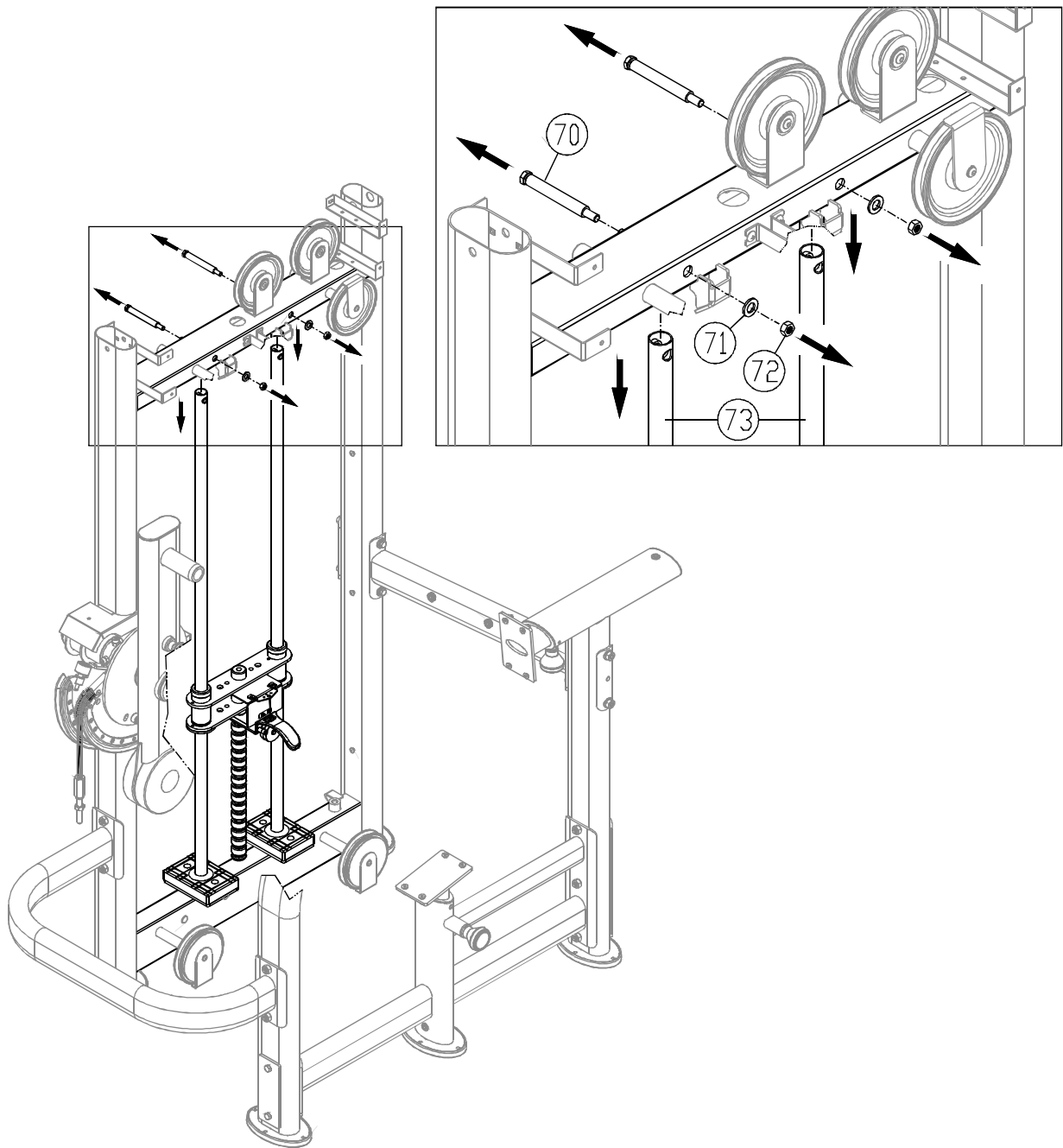
NOTE: After connecting the connectors and CAM assembly, insert the soft caps (41) into the frame as shown.

STEP 2 Weight Plate Installation

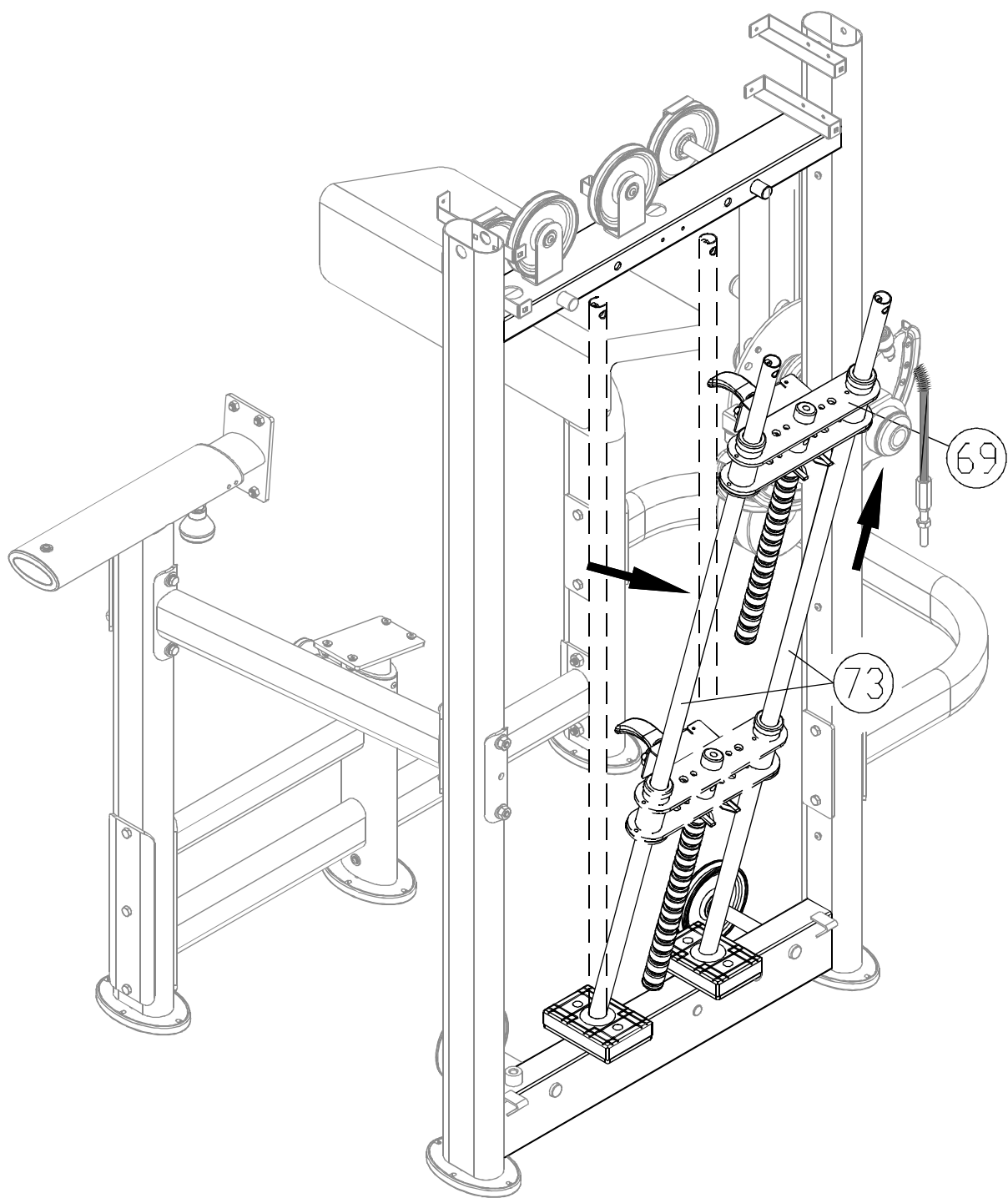




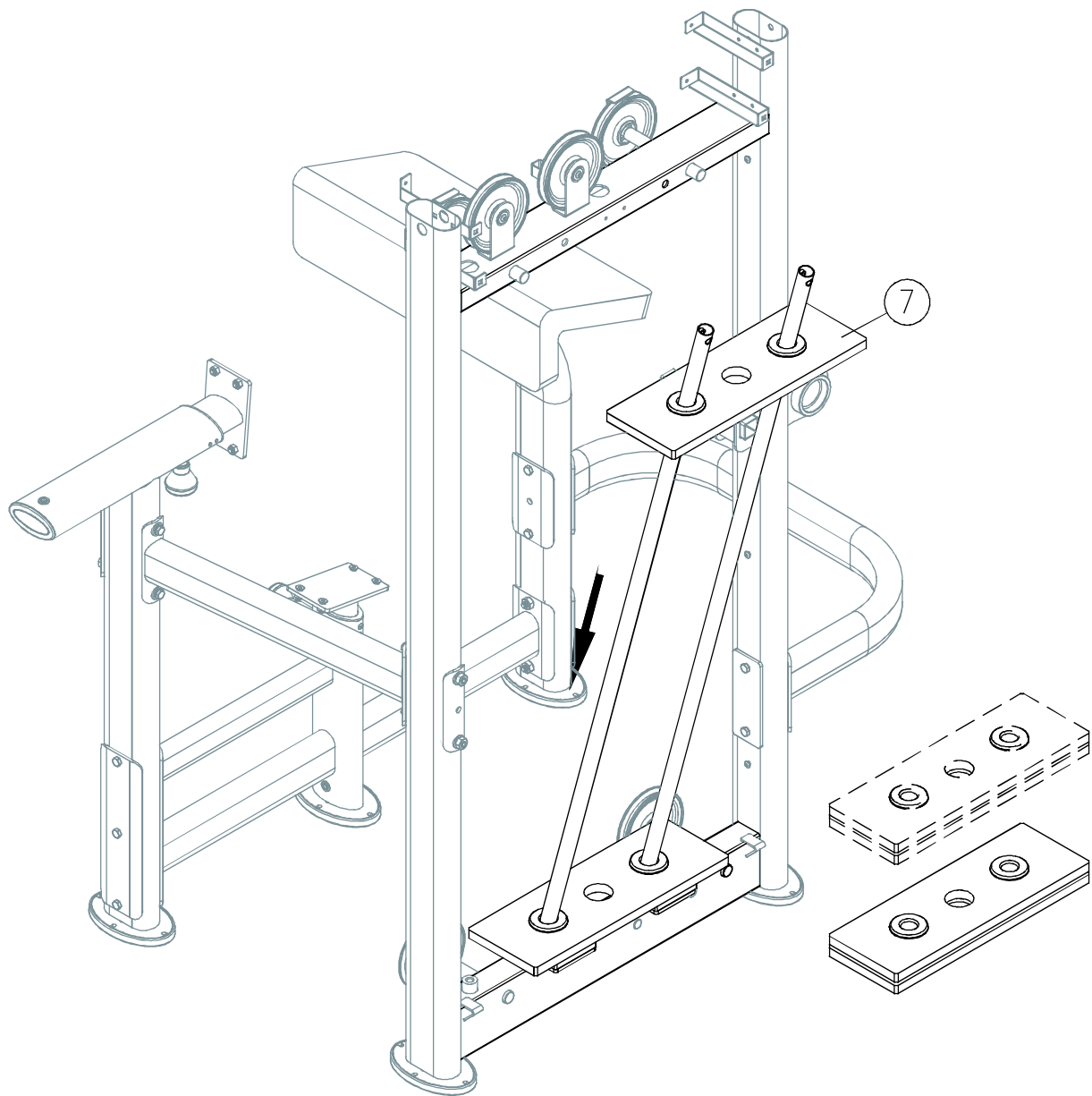
2-1. Hold the upper stack carriage set (69). Then cut the zip tie. Gently lower the upper stack carriage set (69) into place as shown.



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

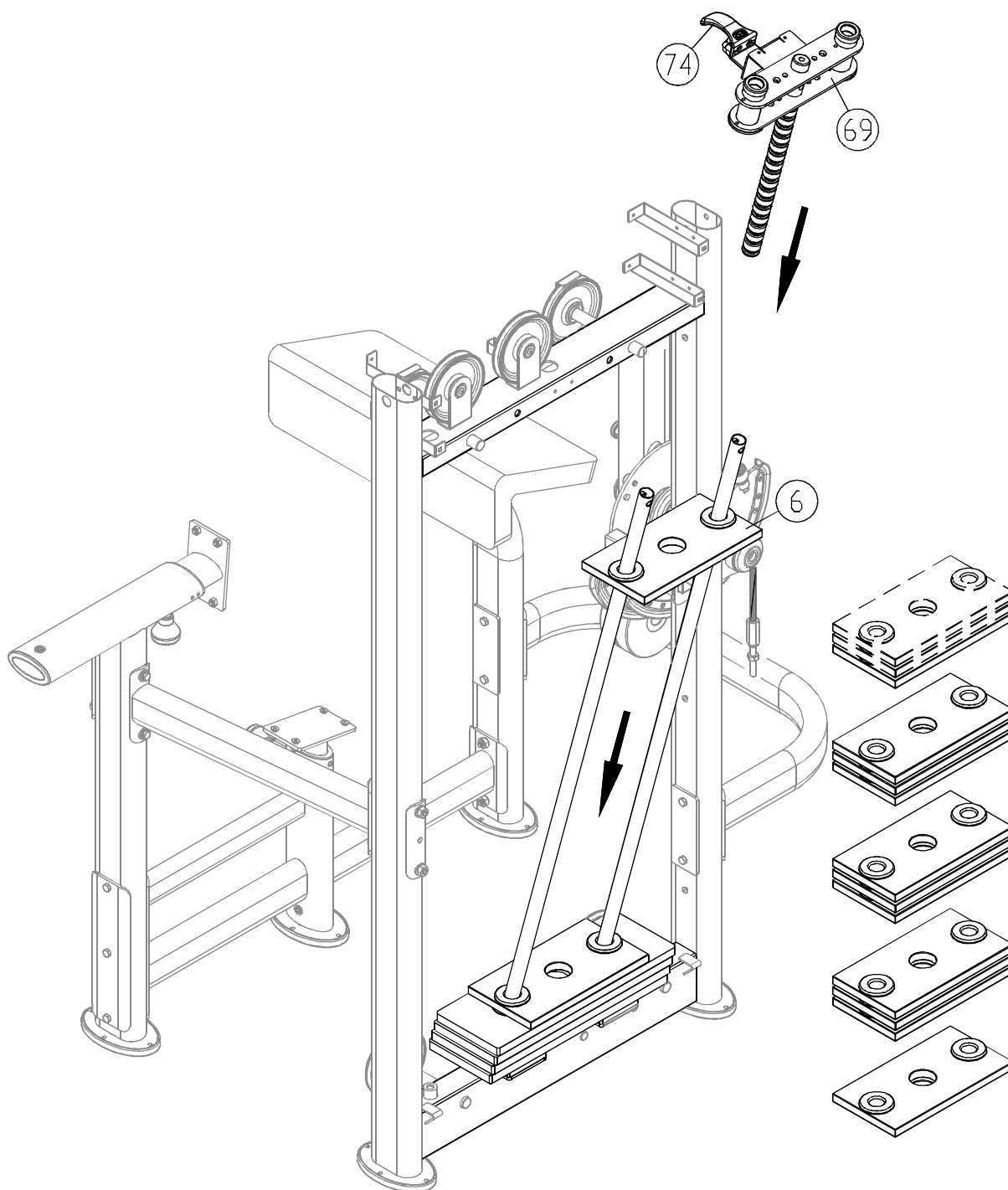


2-3. Tilt the guide rods (73) backward. Then lift the upper stack carriage set (69) from the guide rods as shown. Carefully set aside the upper stack carriage set (69).



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

NOTE: The convex side faces up.

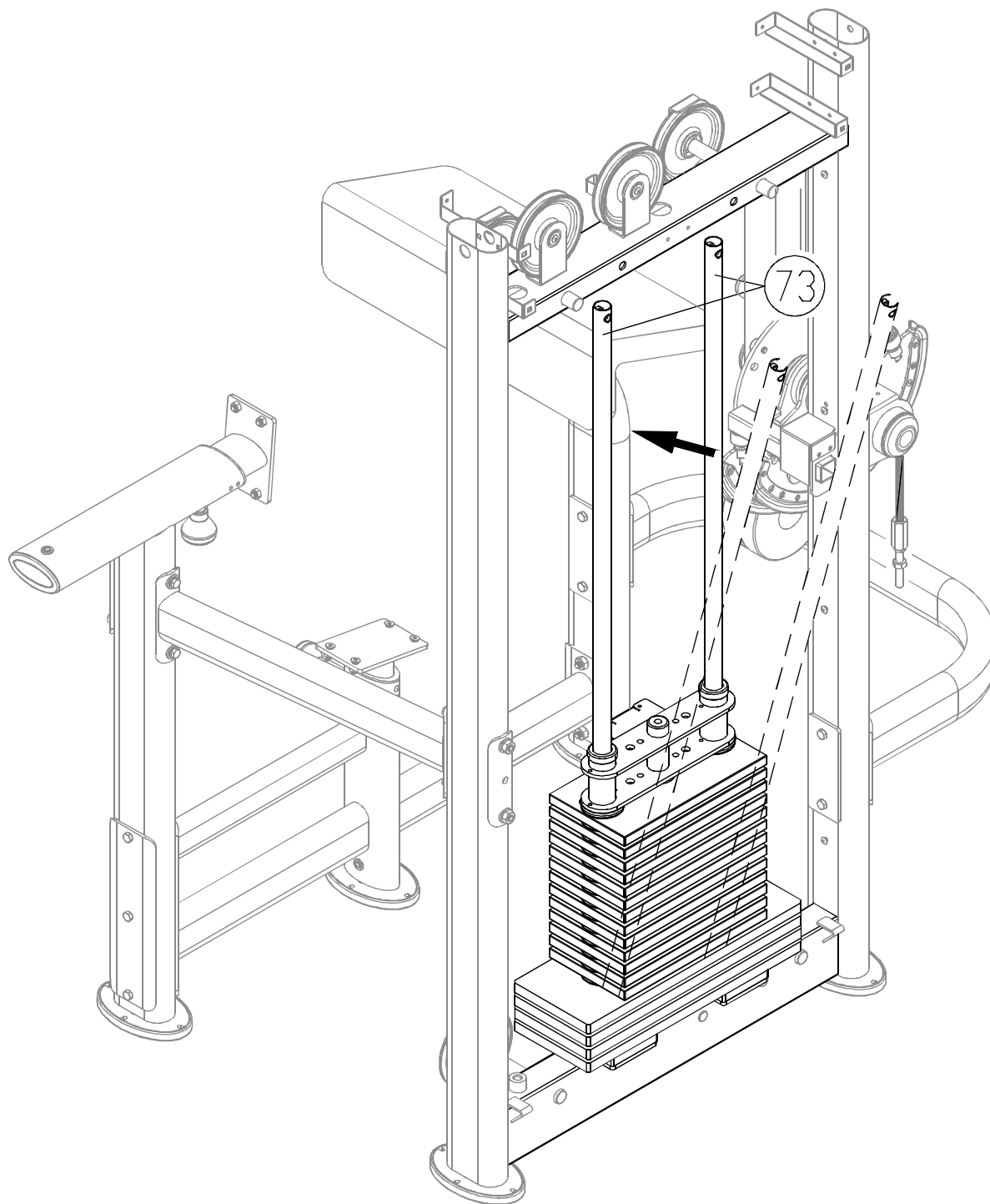


2-5. Insert and lower the 13 small (5 kg) weight plates (6) into place one at a time.

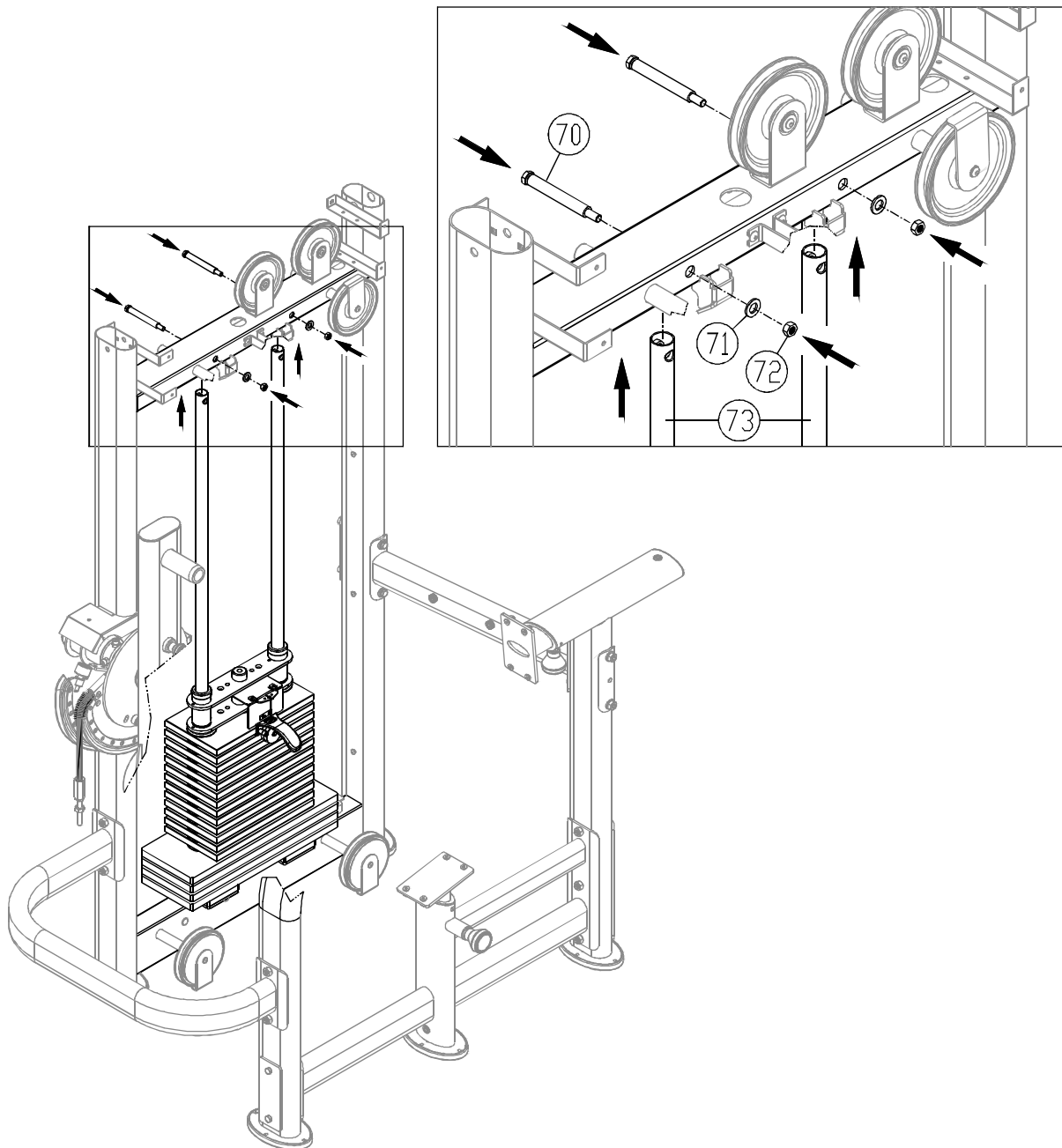
NOTE: The convex side faces up.

2-6. Insert and lower the upper stack carriage set (69) into place.

NOTE: The stack fork (74) points toward the front.

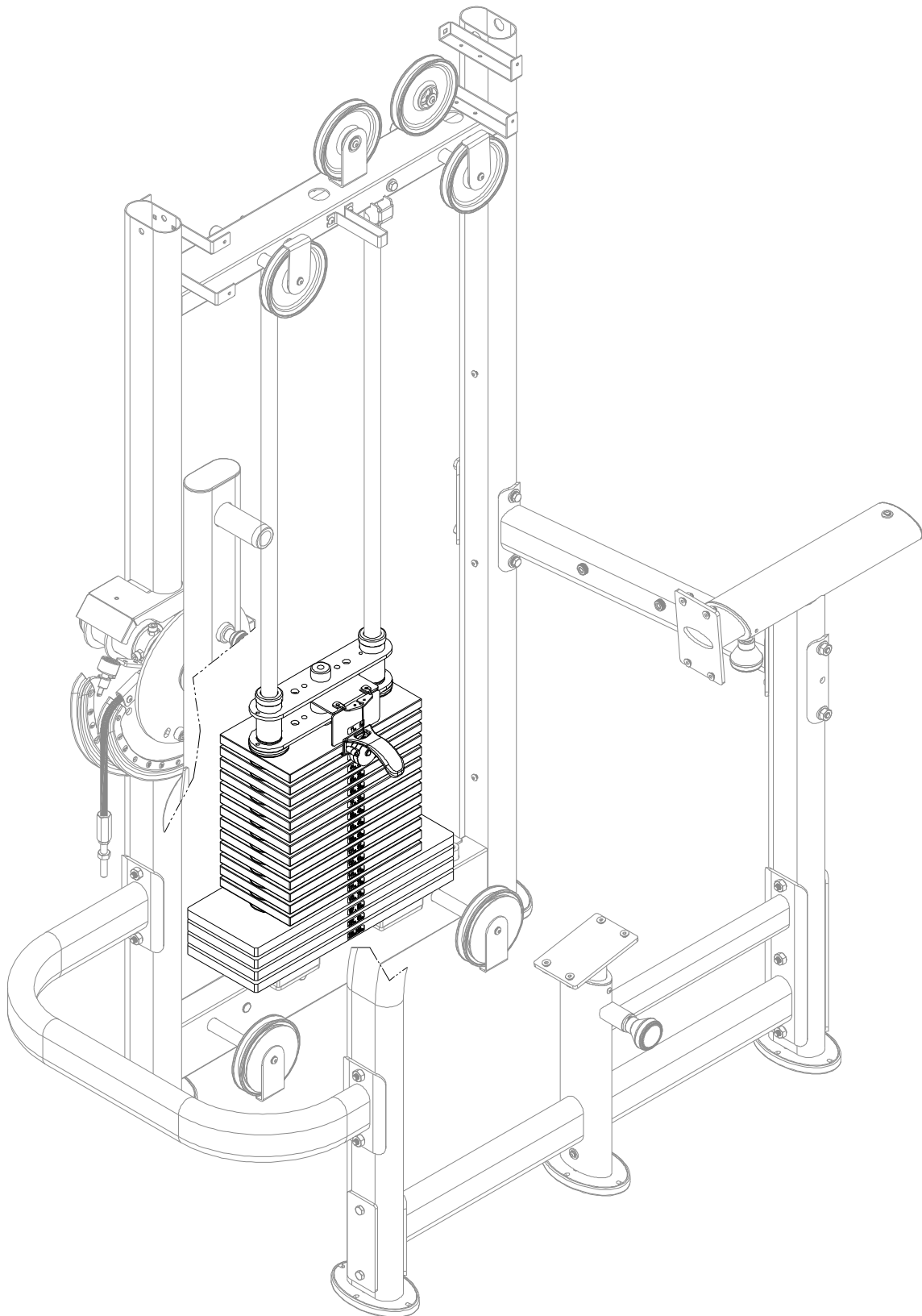


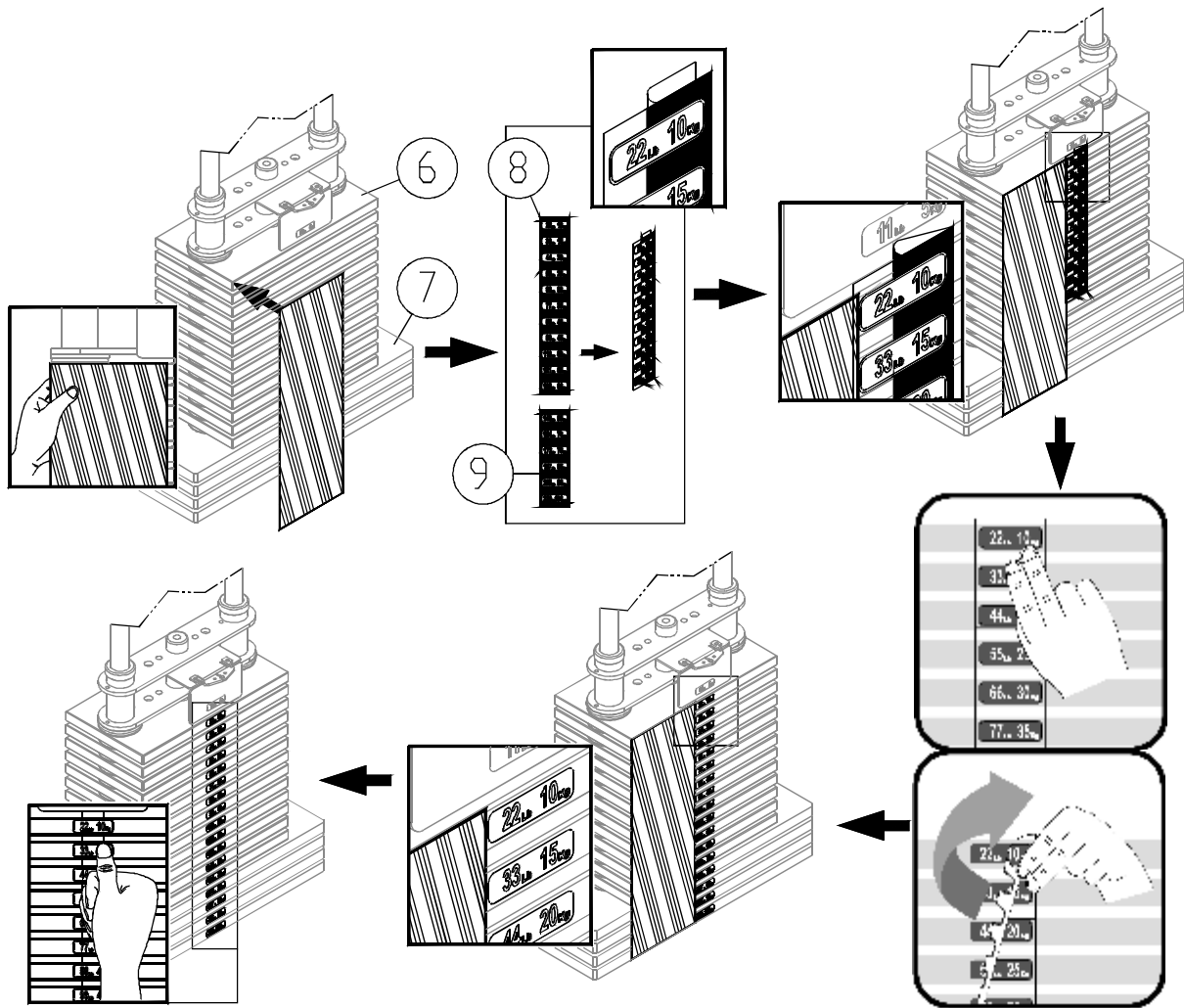
2-7. Tilt the guide rods (73) back into place.



2-8. Lift the guide rods (73) up into their mounting stations. 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. Hold the cardboard even with the upper left corner of the weight stack (6,7). Tape it in place.

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

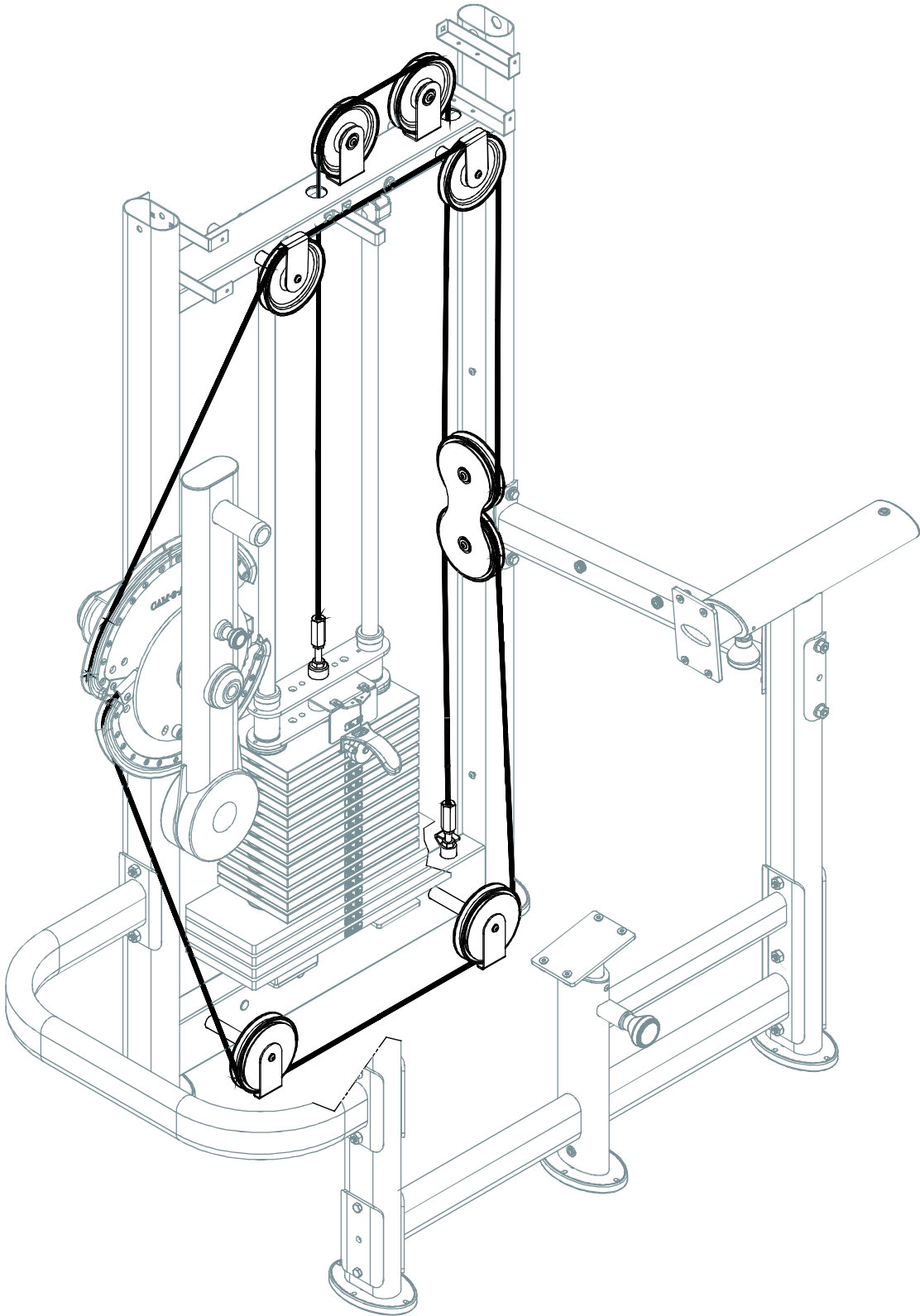
3-4. Hold the numbered part of the sticker in place while you peel off the clear margin of the sticker.

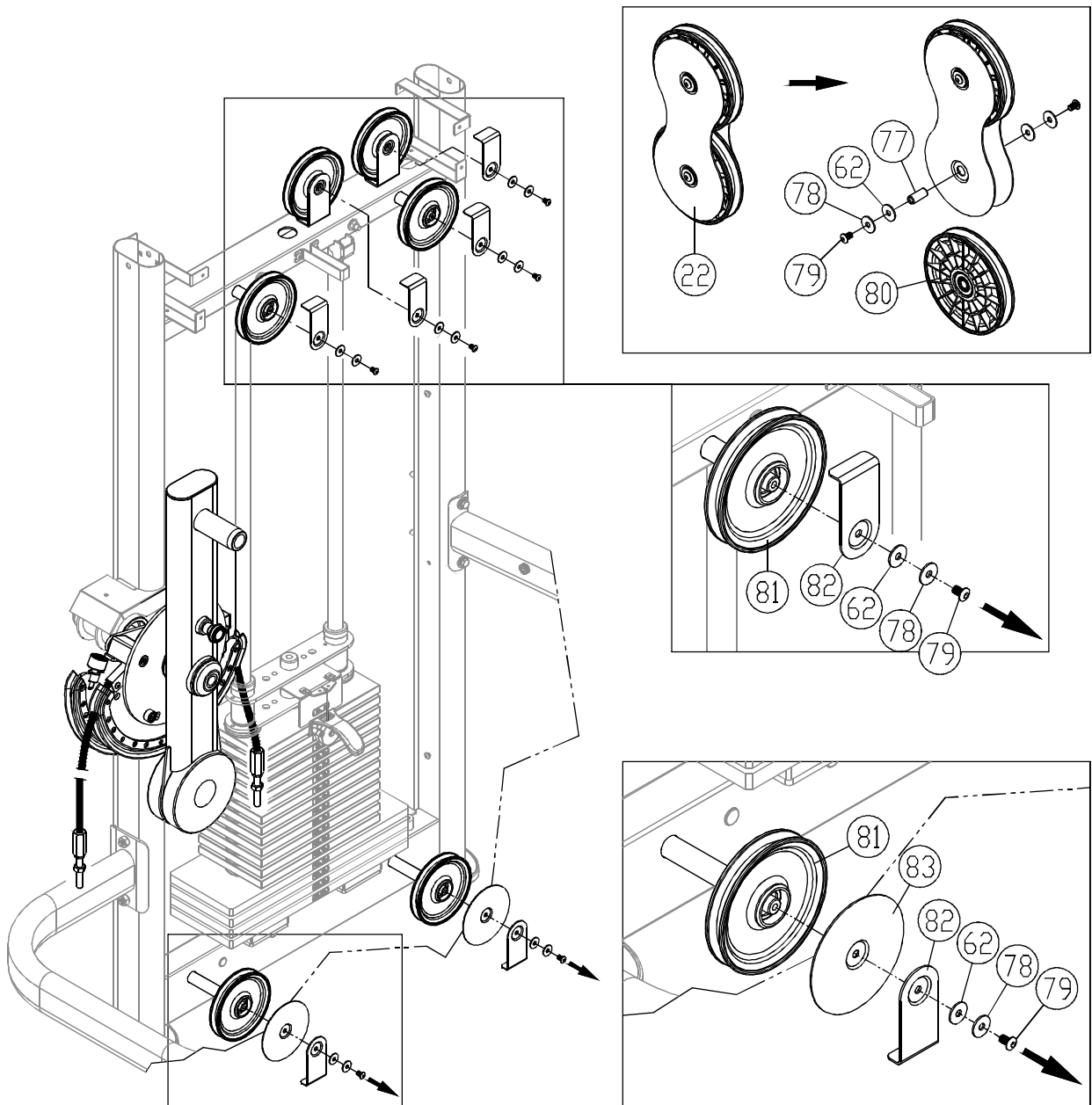
3-5. Follow steps 3-2~3-4 to apply sticker (9) to the lower part of the weight stack.

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

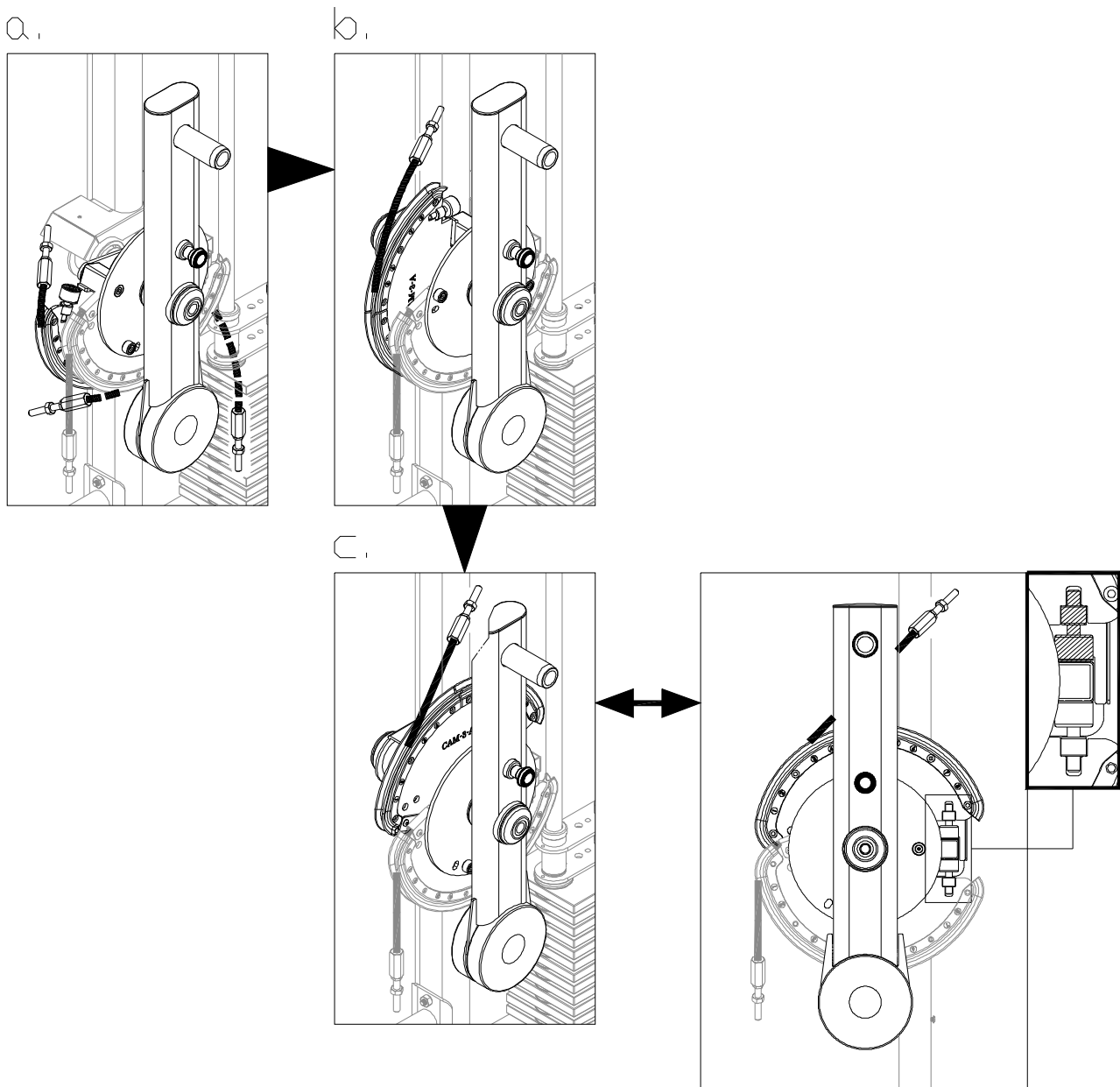
Note: Press the sticker in place to ensure good contact on the weight plate.

STEP 4 Cable Installation





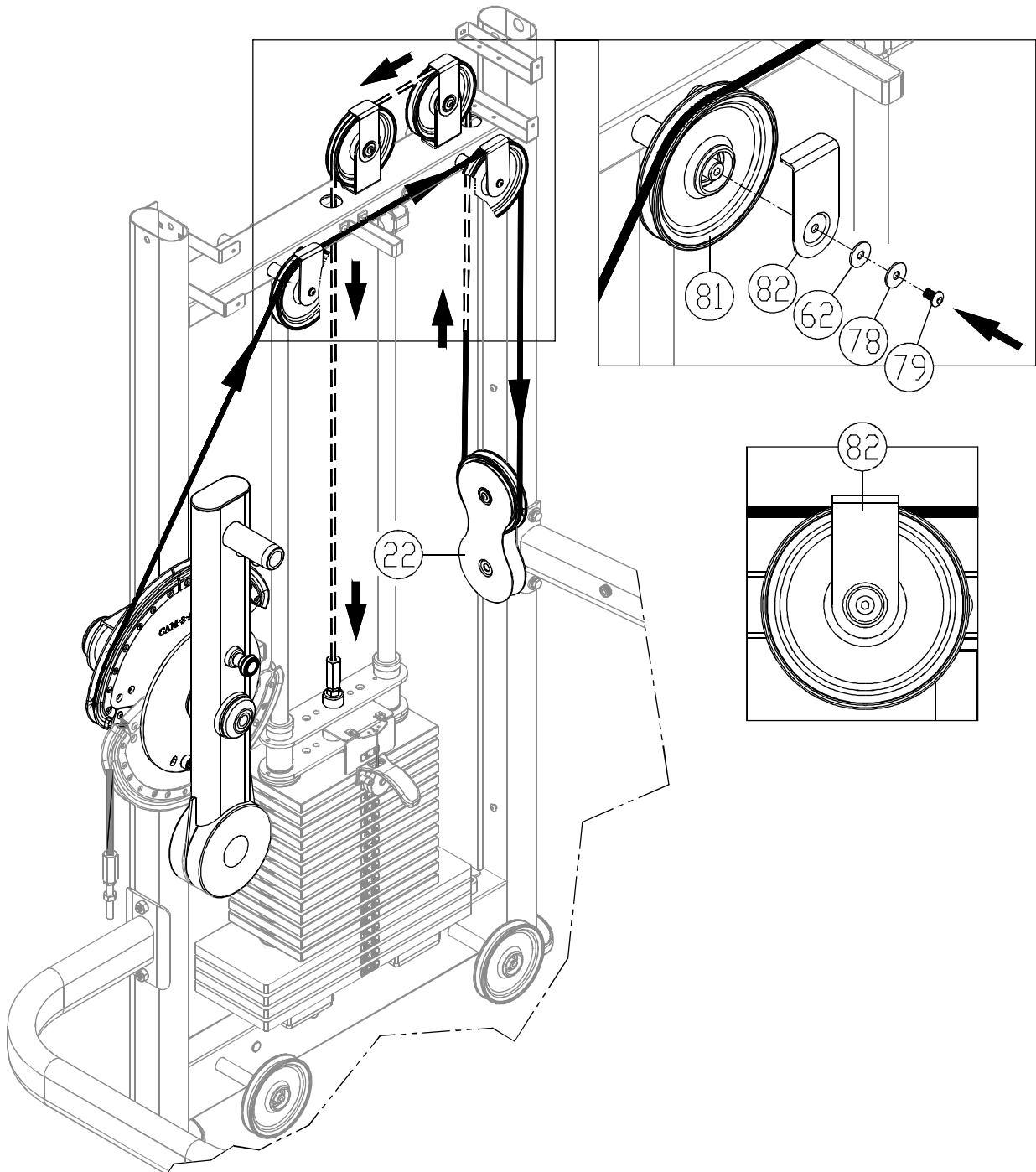
- 4-1. From the floating pulley (22), remove one pulley wheel A (80) by removing hardware (62,77,78,79) as shown.
 - 4-2. From the other pulleys, remove pulley covers hardware (62,78,79,82) (62,78,79, 82,83) as shown.
- NOTE:** keep pulley wheels B(81) on the unit.



4-3. Follow illustrations to:

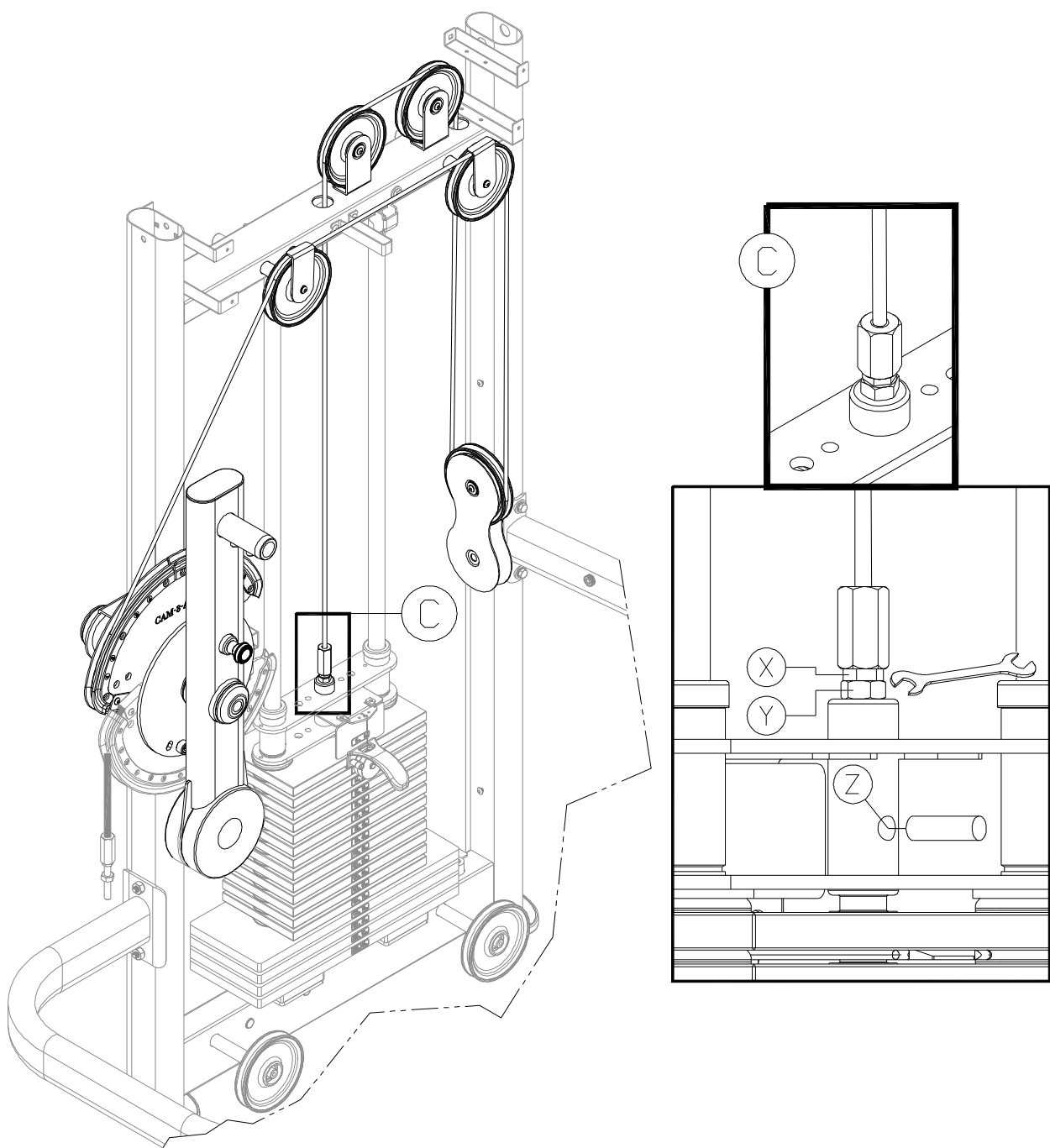
- (a) put the upper cable onto the cam cable channel A;
- (b, c) pull the cable upward, rotating the cam, until the stopper rests on the top of the tube.

NOTE: The cam arm rotates.

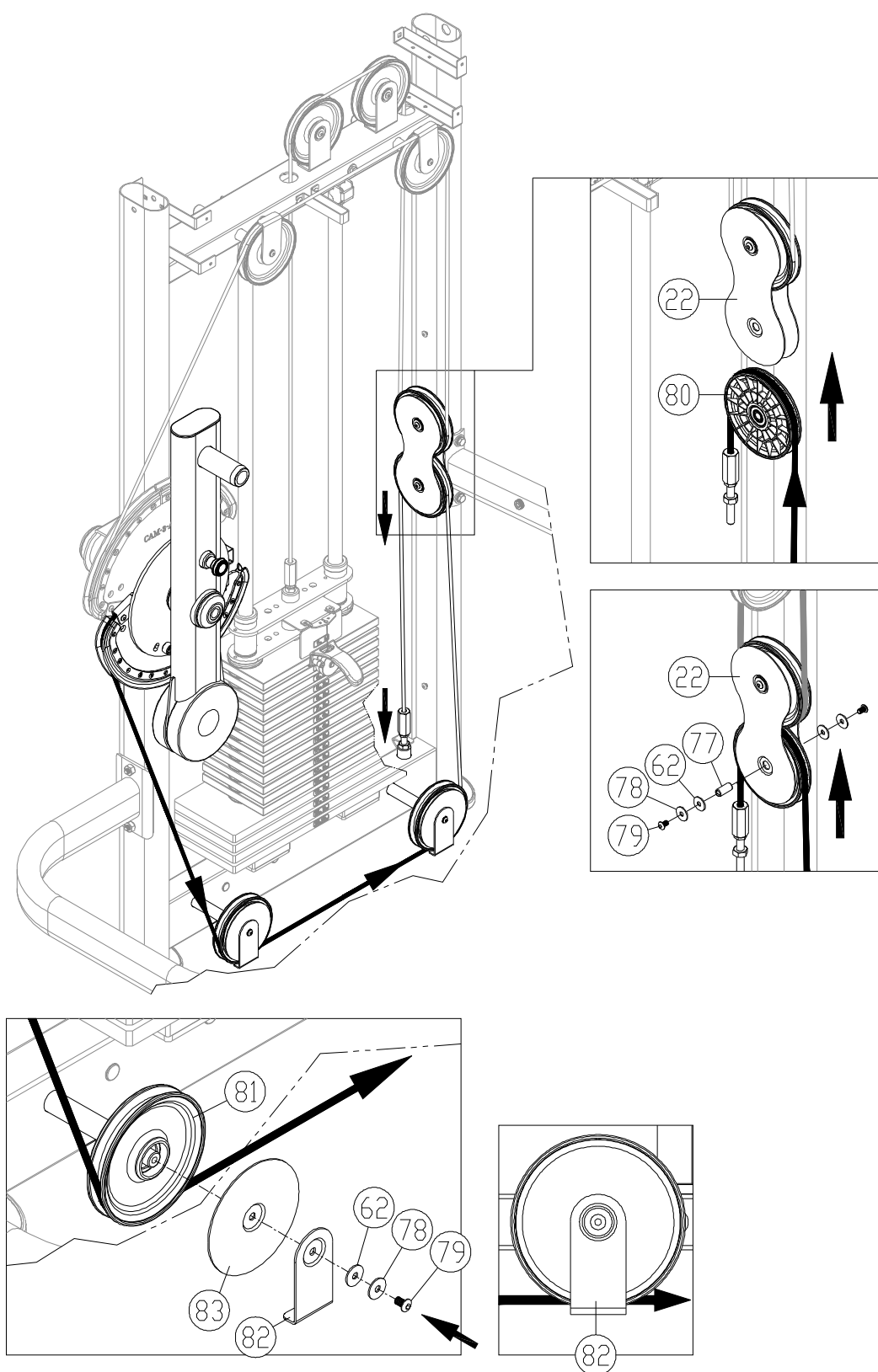


4-4. Insert the cable as indicated by the arrows, first into the top channel of pulley B (81). Secure this pulley with hardware (62,78,79,82). Continue threading the cable as indicated, employing the floating pulley (22) as shown. Finally, secure the cable to the upper stack carriage as shown.

NOTE: When securing cover (82), make sure the cover does not interfere with cable motion and is parallel to the cable.



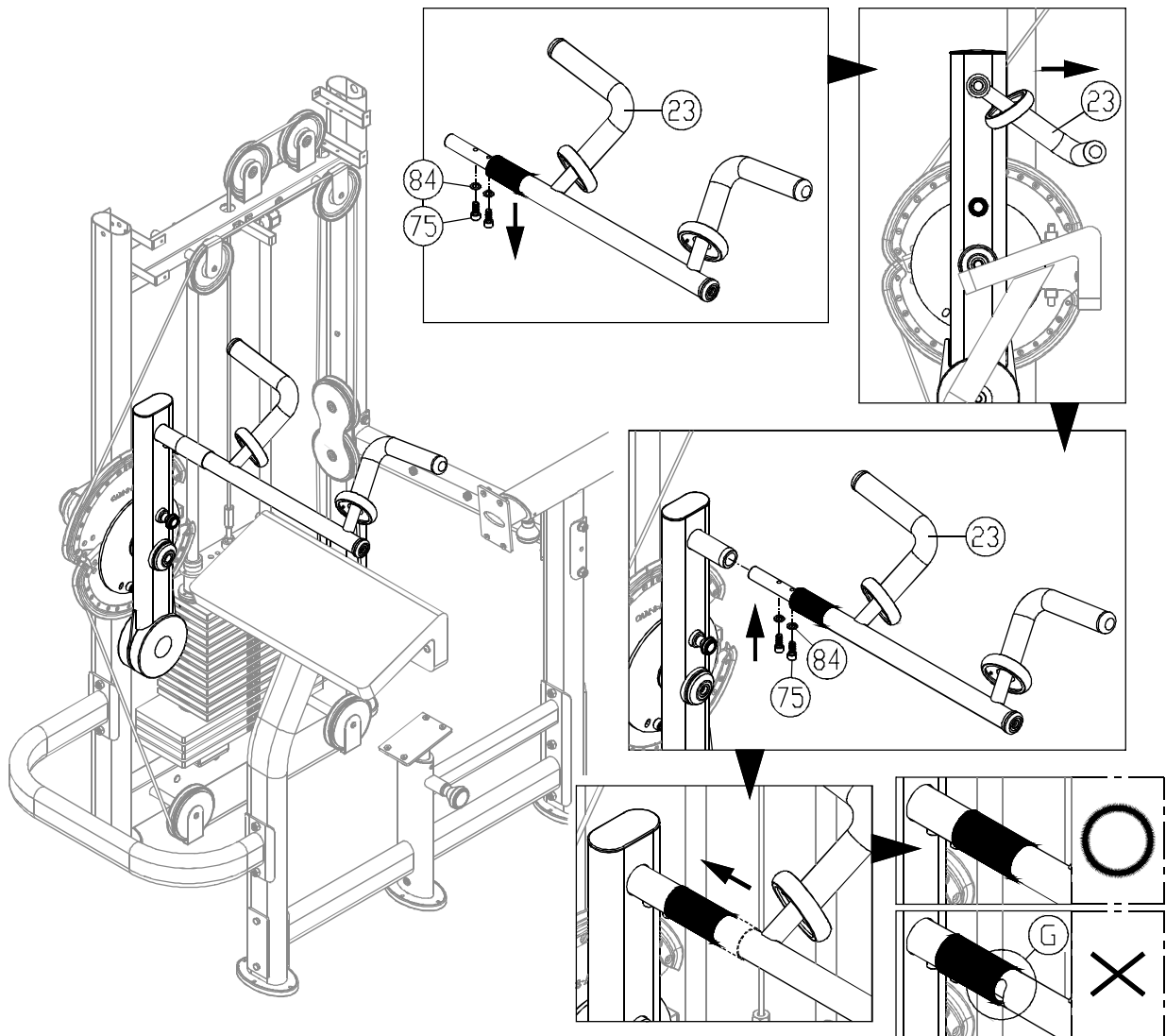
4-5. First insert an open end wrench into (Z) hole. Adjust the large nut at area C to the lowest position. Then, Secure nuts (X, Y) with open end wrench.



4-6. Insert the lower cable as indicated by the arrows, first into the lower side of pulley B (81). Secure pulley B (81) with covers and hardware (62,78,79,82,83). Continue threading the cable to incorporate other pulleys. Route the cable through the top of the lower pulley A (80), then secure that pulley with hardware (62,77,78,79) onto the floating pulley (22). Finally, secure the cable to the lower stack plate as shown.

NOTE: When securing cover (82), make sure the cover does not interfere with cable motion and is parallel to the cable.

STEP 5 Handle Installation



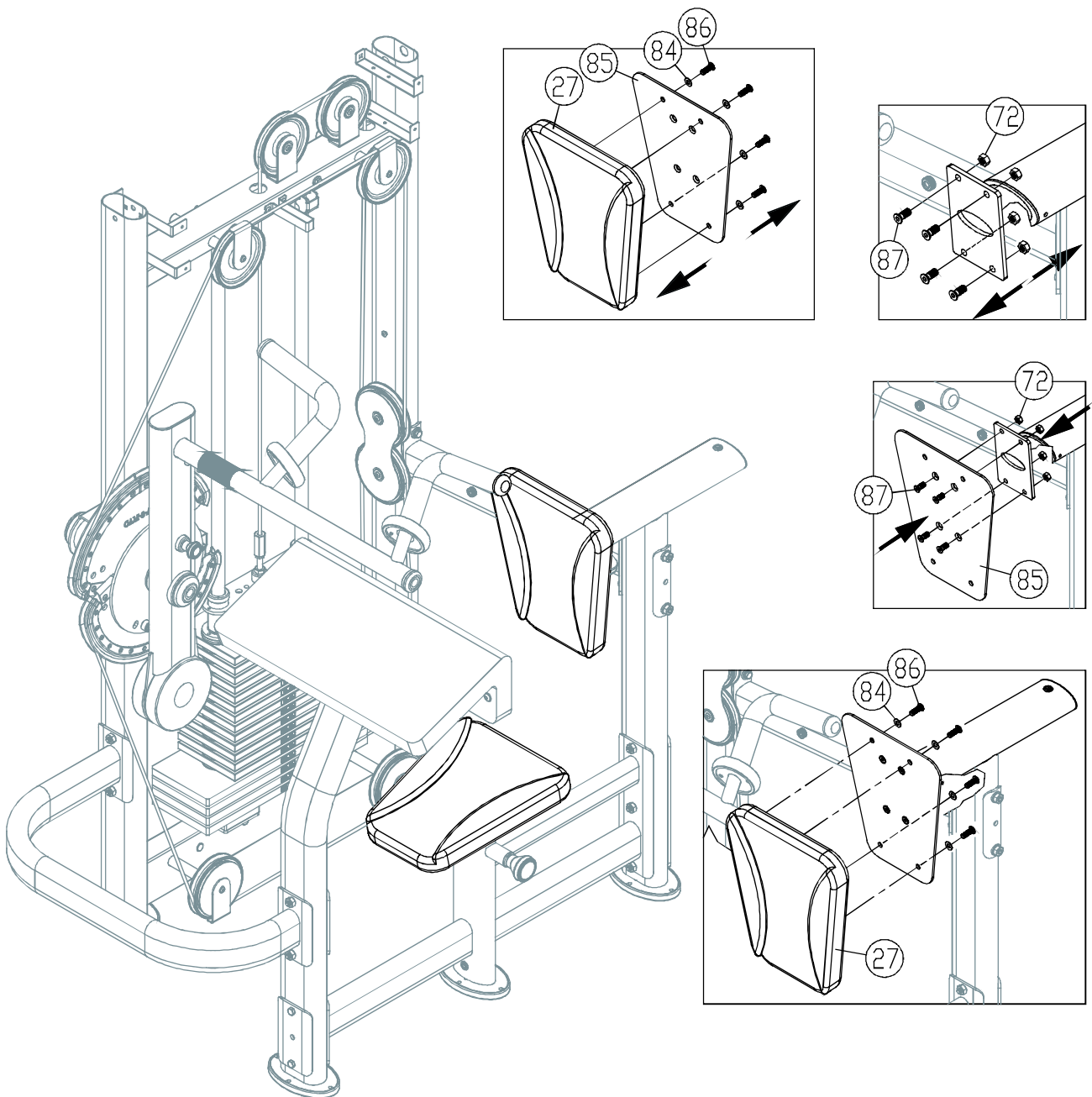
5-1. Before installing the handle, remove hardware (75,84).

5-2. Place the stem of the handle (23) on the left and insert it into the handle mount on the rotator.

5-3. From the bottom side, secure screws (75,84) on the handle.

5-4. Finally, push the handle toward the rotator, fully covering stopper G.

STEP 6 Seat Back and Bottom Installation



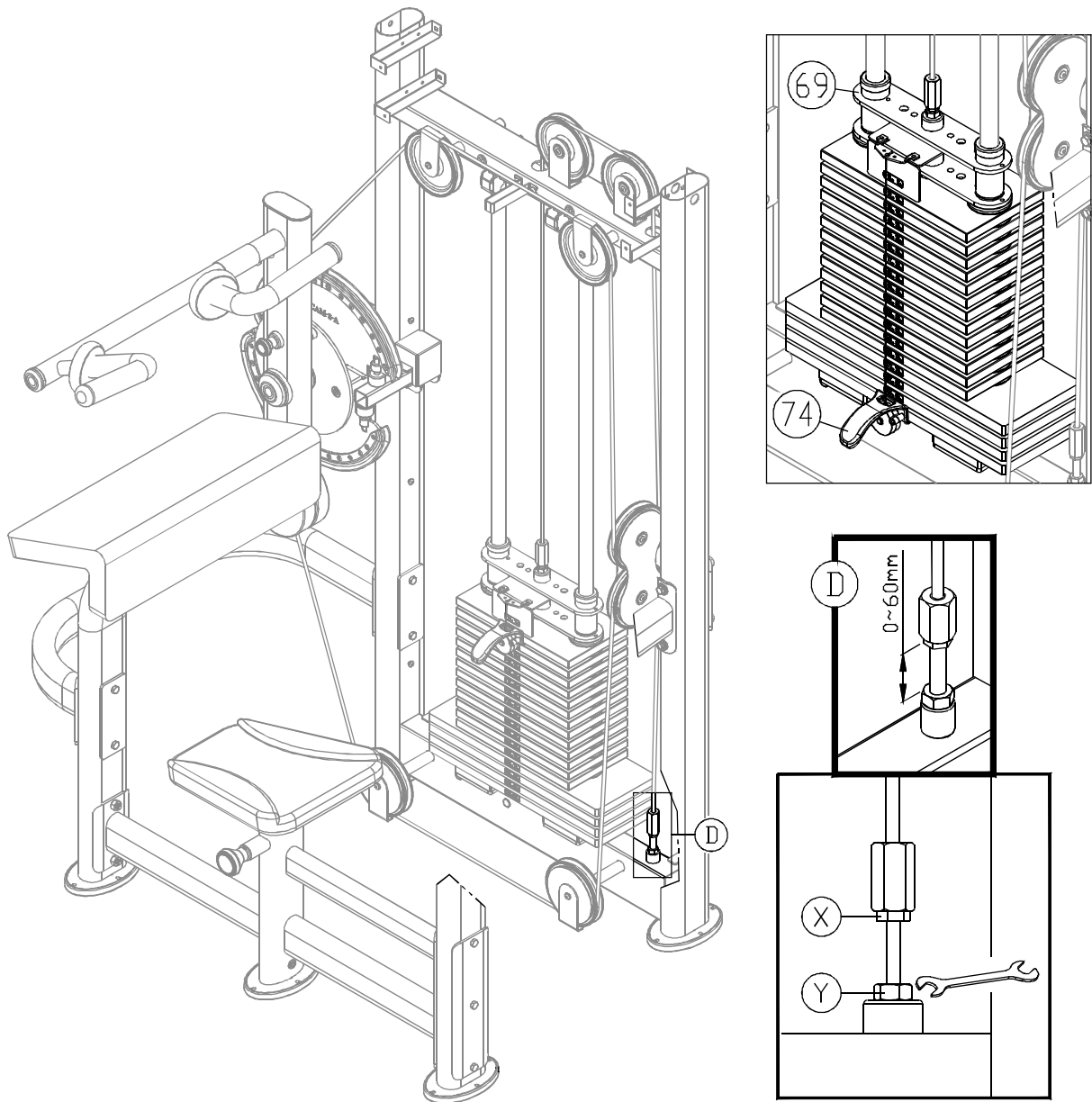
The following refers to the seat back cushion. Install the seat bottom in the same way.

6-1. First, remove hardware (84,86,87,72) from the seat back plate (85) and its mount.

6-2. Use hardware (87,72) to secure seat back plate (85) into place.

6-3. Use hardware (86,84) to secure the seat back cushion (27) onto the seat back plate (85).

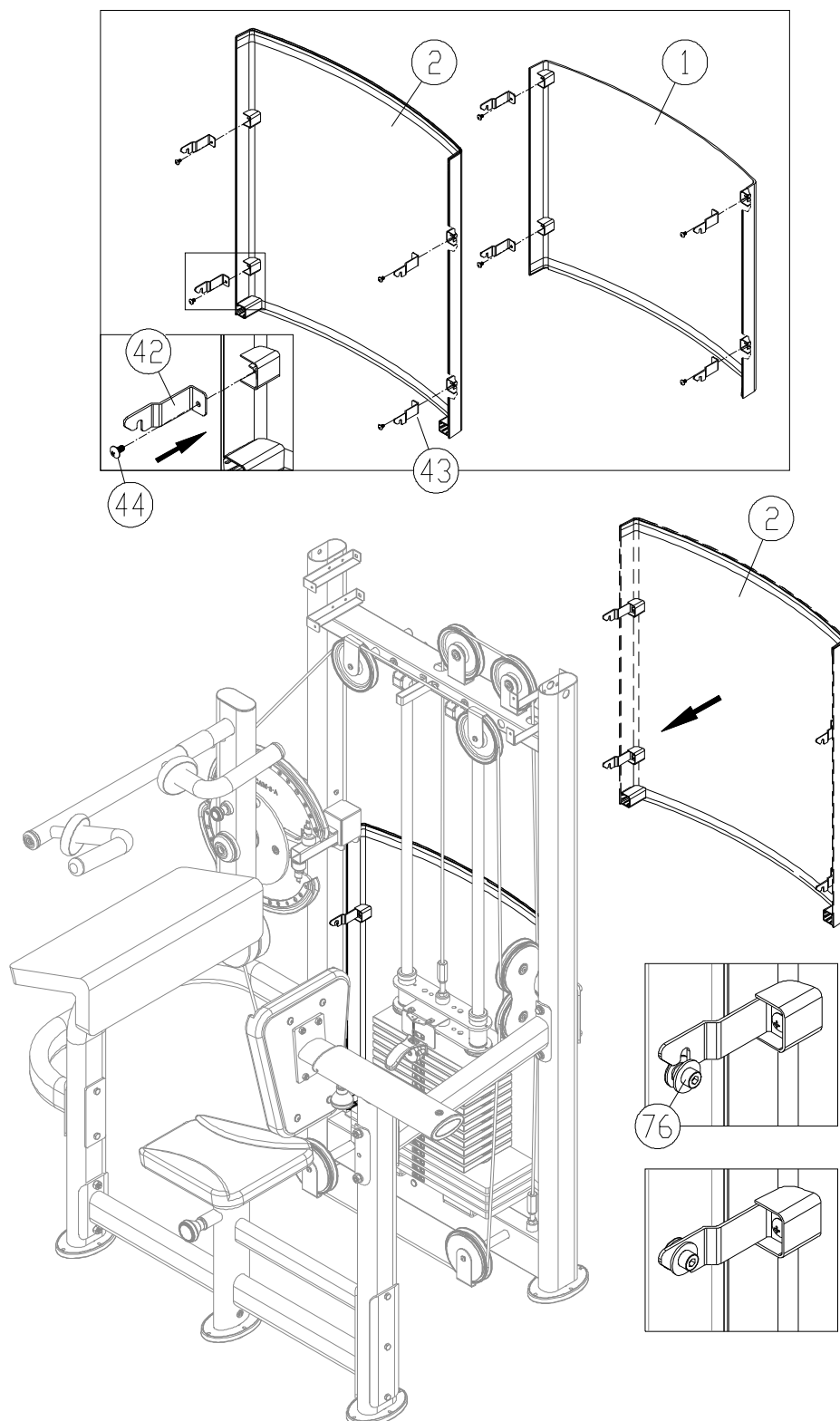
STEP 7 Cable Adjustment



Insert the stack fork (74) into the gap under the lowest weight plate. Then adjust the large nut at area D. Adjust until the upper stack plate (69) 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.

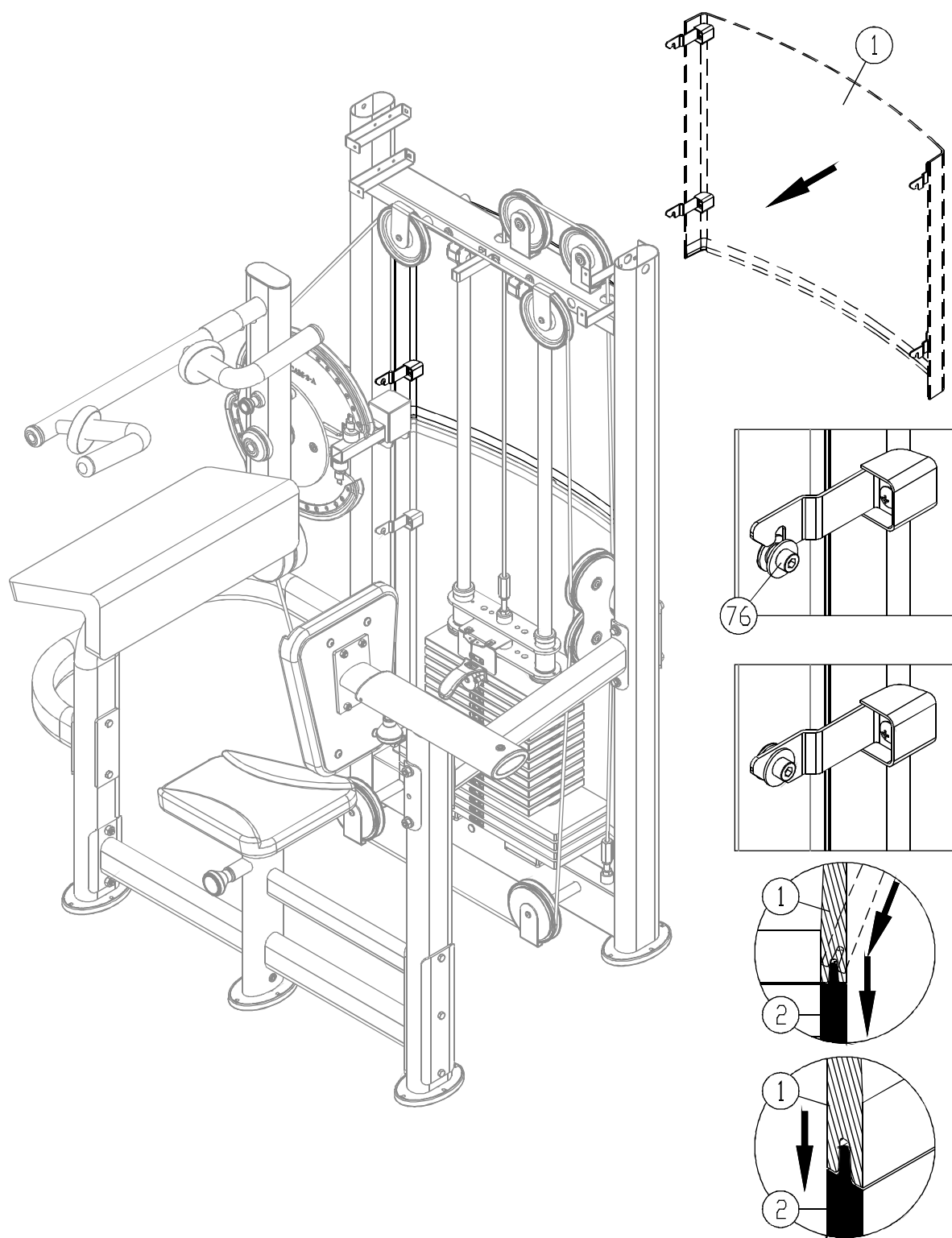
STEP 8 Install Tower Back Cover



8-1. Before installing the upper and lower rear covers, first separate A and B (42,43) 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).

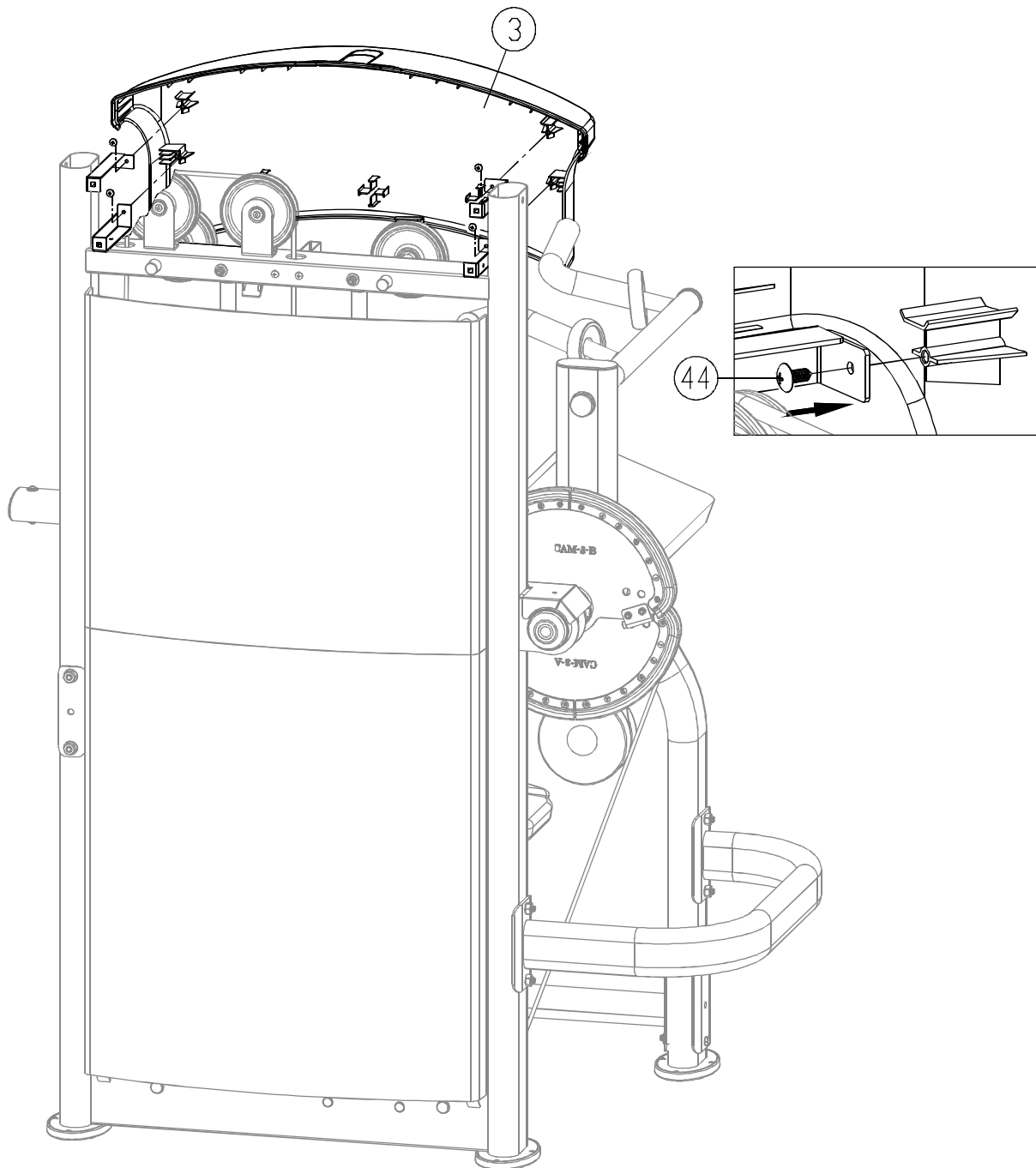
NOTE: Upper rear cover (1) is short; lower rear cover (2) is long.

8-2. Put lower rear cover (2) onto screws (76).



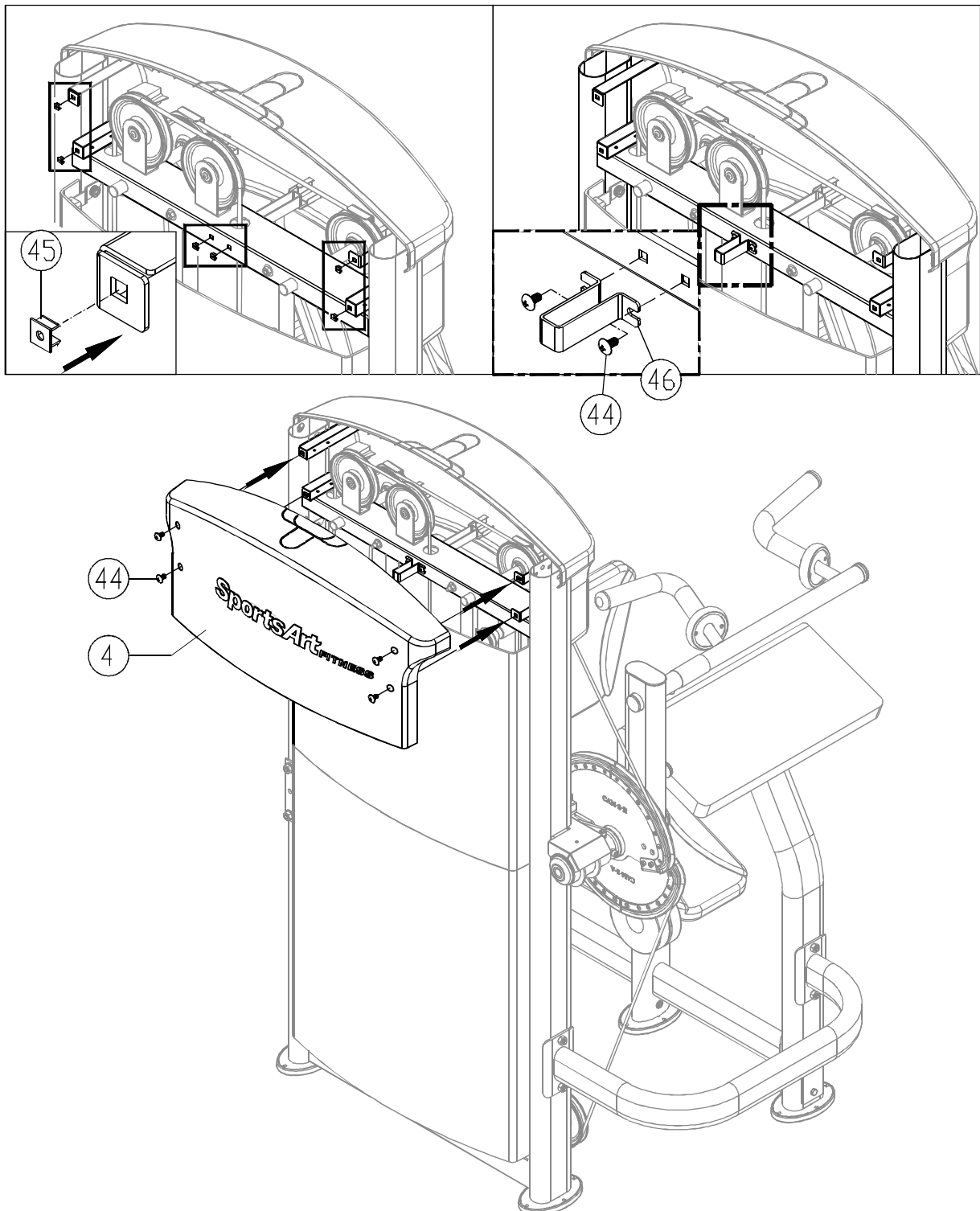
8-3. Hang upper rear cover (1) onto screws (76). Simultaneously, hook upper rear cover (1) into lower rear cover (2).

STEP 9 Install the Front Top Cover



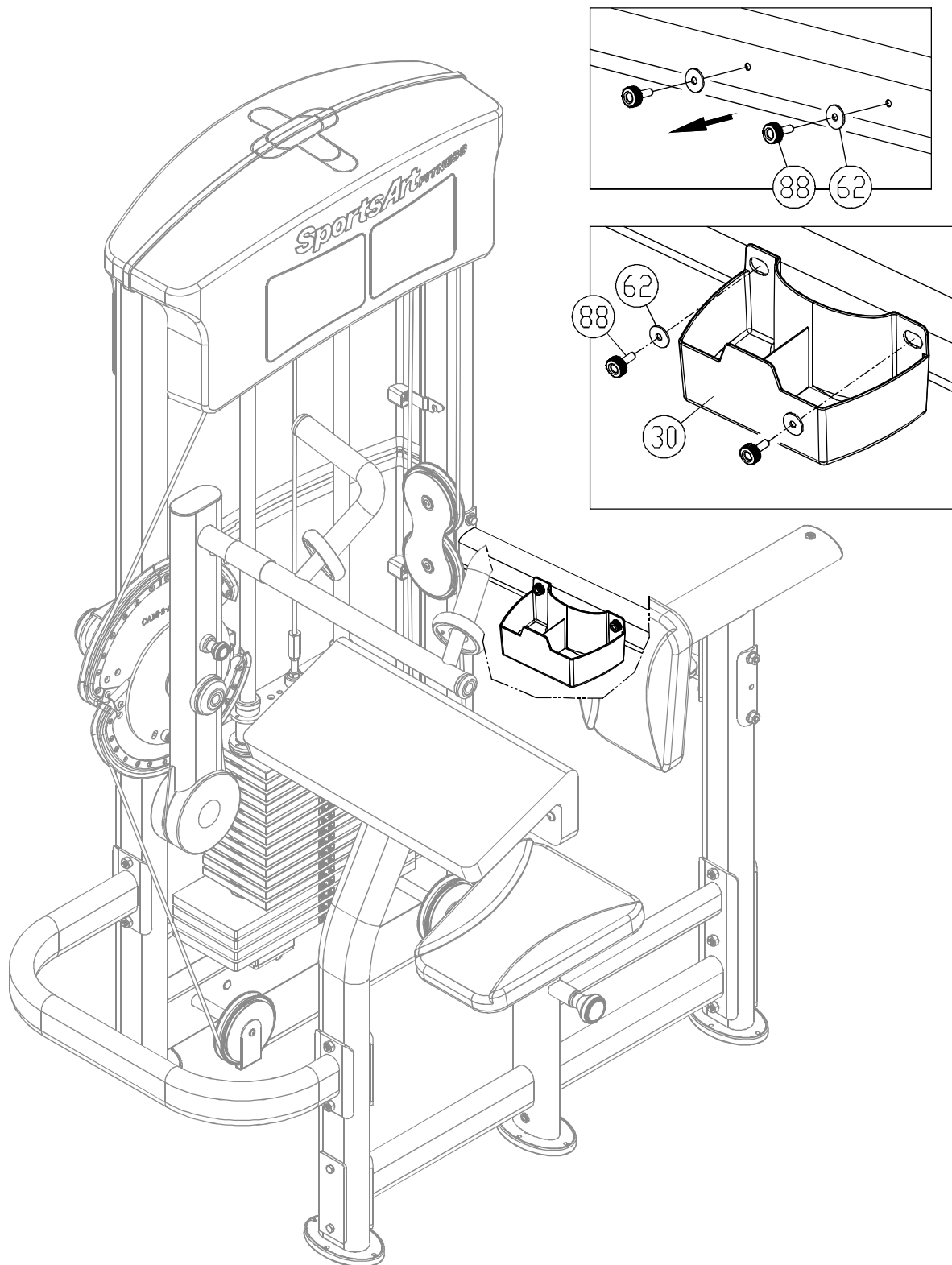
9-1. Use screws (44) to secure the front top cover (3) in place on the main frame as shown.

STEP 10 Install the Rear Top Cover



- 10-1. Before starting installation of the rear top cover, press the screw sockets (45) into place on the frame where shown.
- 10-2. Then use screws (44) to secure the rear cover bracket (46) in place.
- 10-3. Secure the rear top cover (4) with screws (44) as shown.

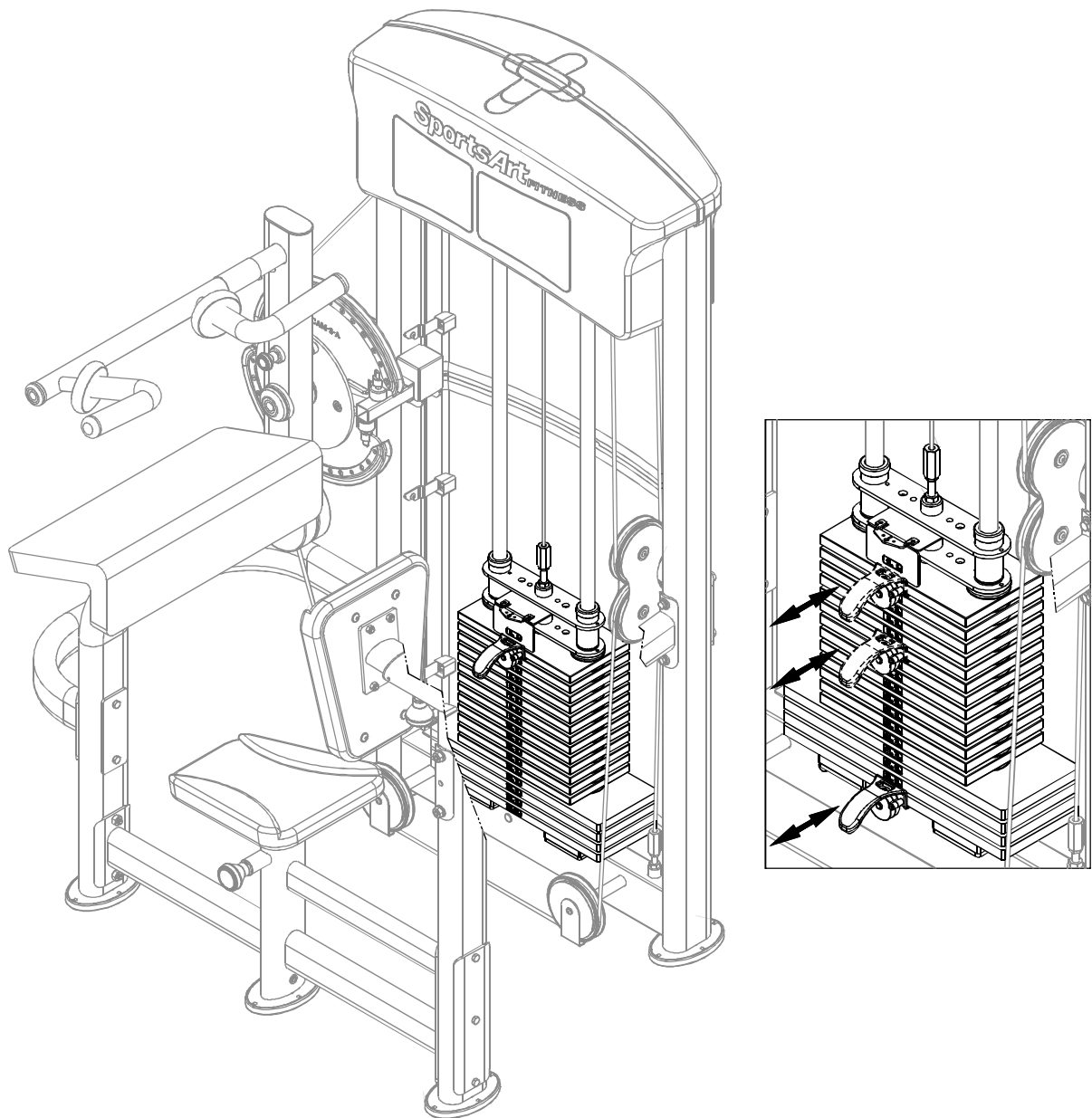
STEP 11 Install Bottle Holder



11-1. Before installing the bottle holder, remove hardware (62,88) as shown.

11-2. Hold the bottle holder in place (30) and secure it with hardware (62,88) as shown.

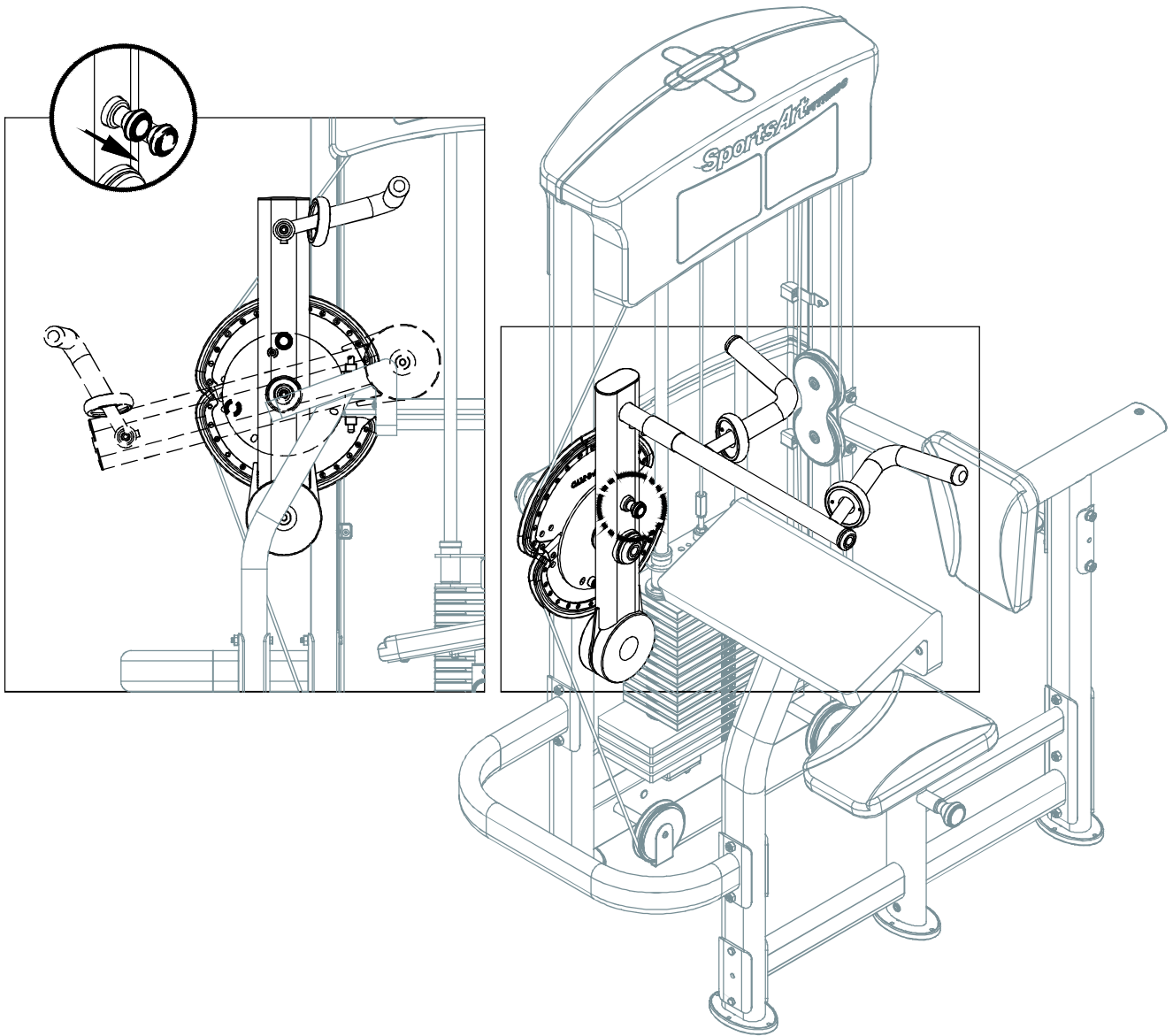
STEP 12 Stack Fork



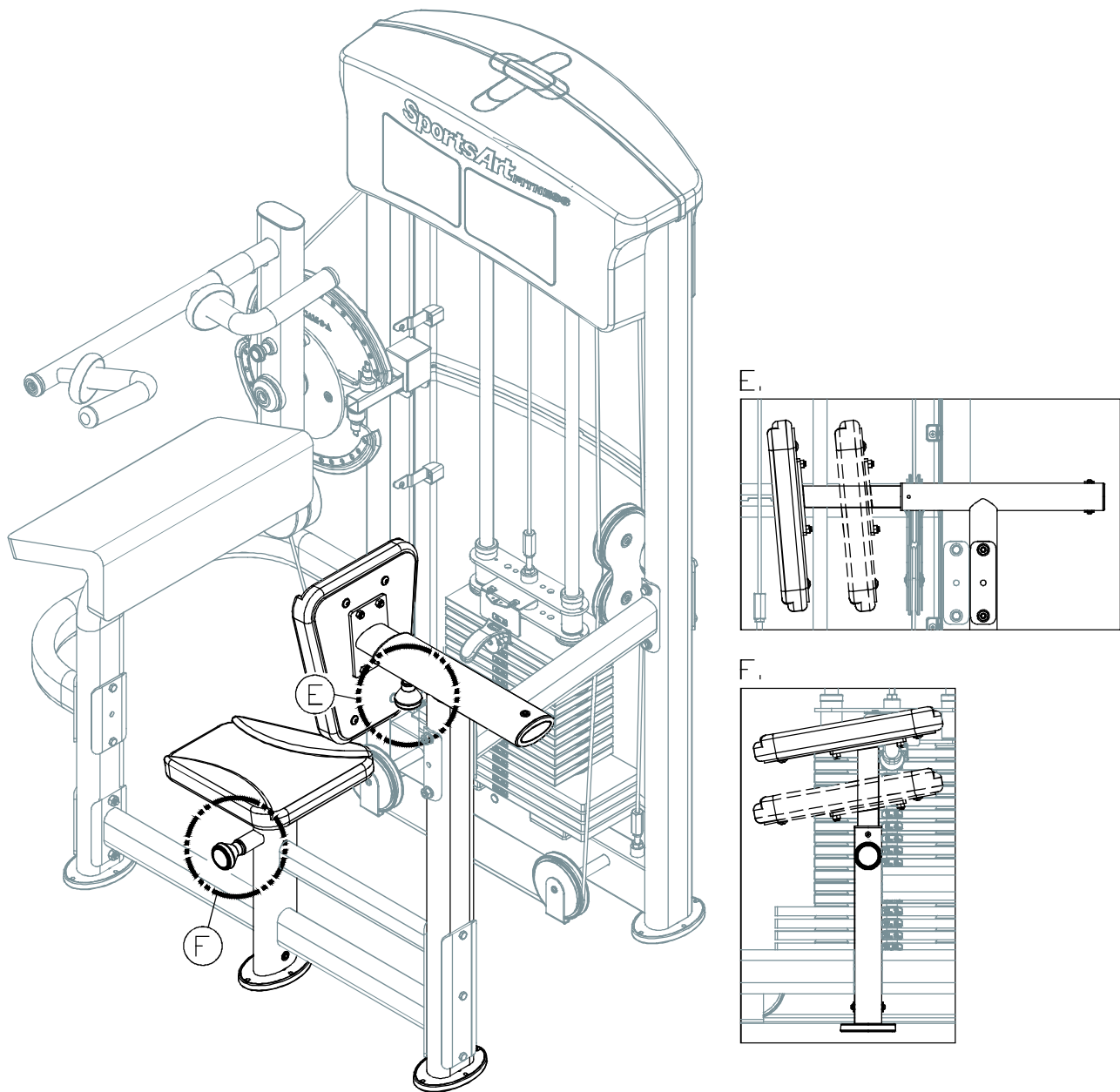
12-1. Insert the stack fork to make sure that every weight plate can be engaged easily.

CHAPTER 4 — OPERATION INSTRUCTIONS

4.1 Operating the Product

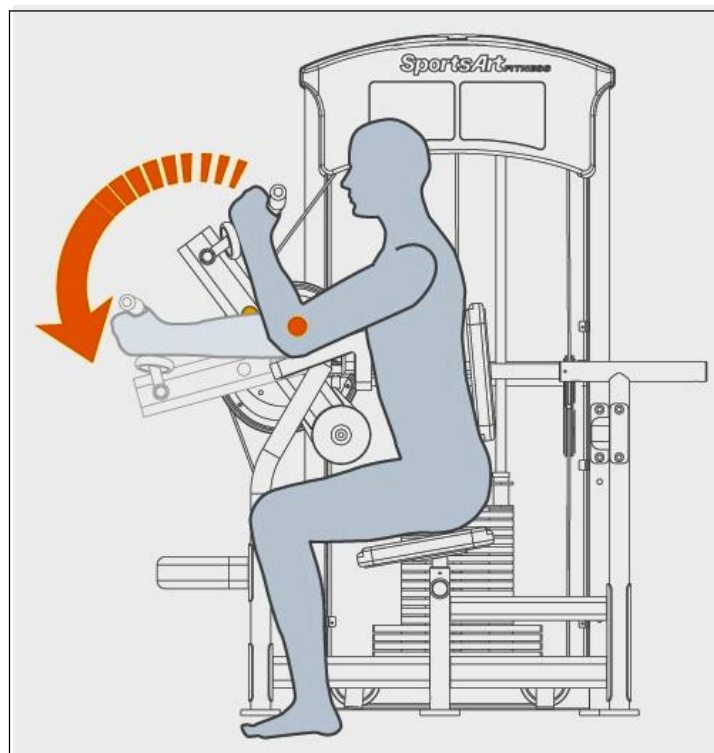
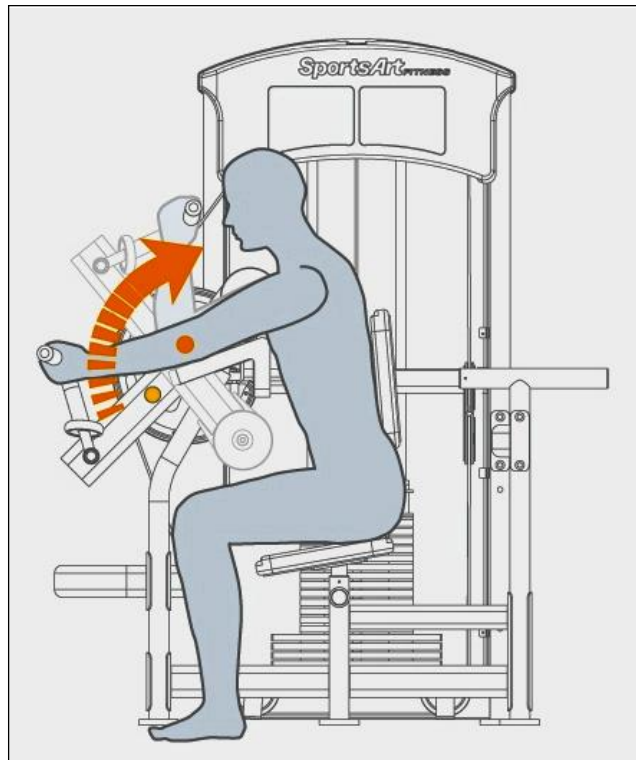


4-1.1 Pull out the knob on the rotator arm. Adjust the cam position.



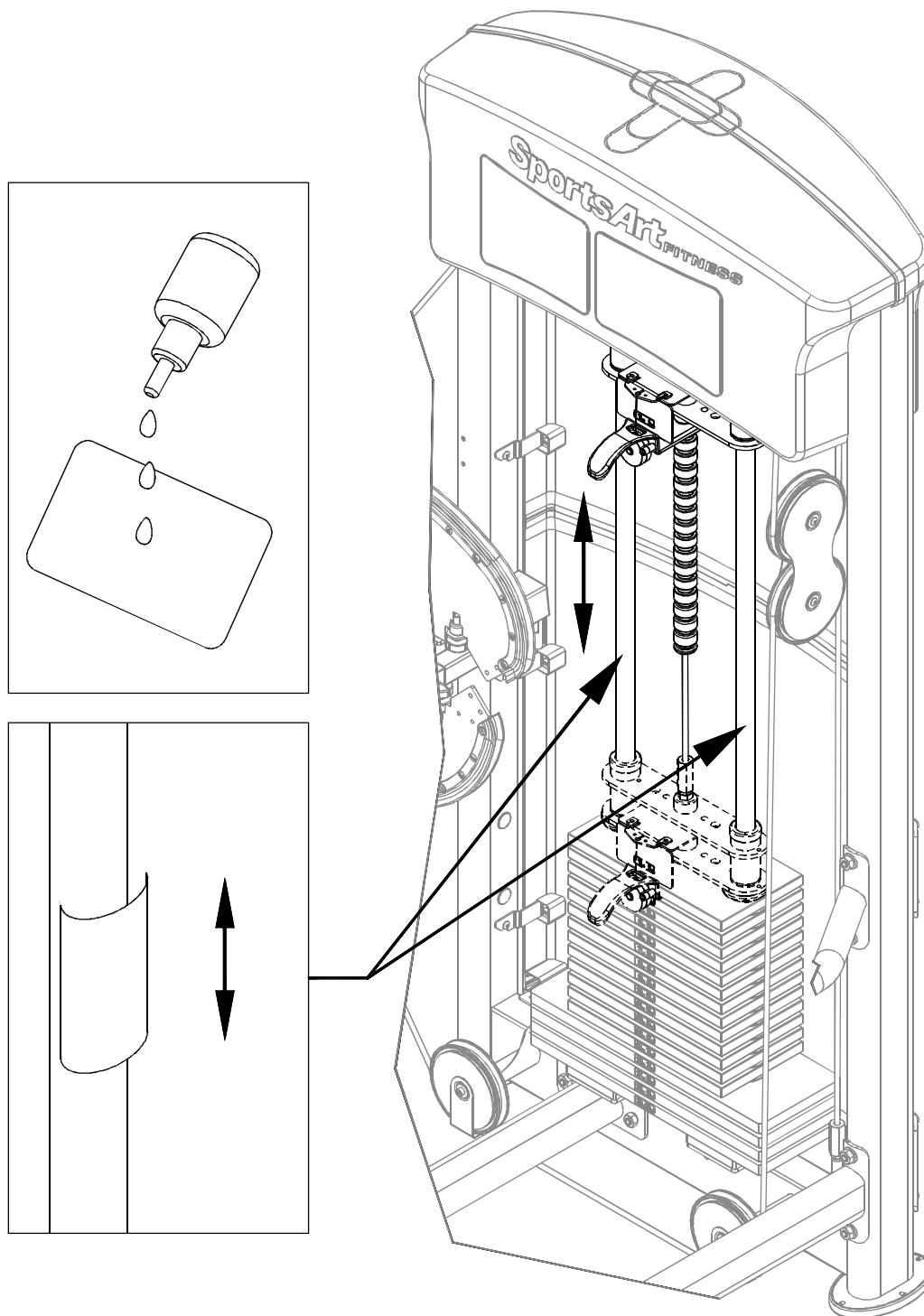
4-1.2. Seat height and back cushion positioning can be adjusted. Simply, pull out the related knob (E,F), make the adjustment, release the knob to secure the desired position.

4.2 Test



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 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.