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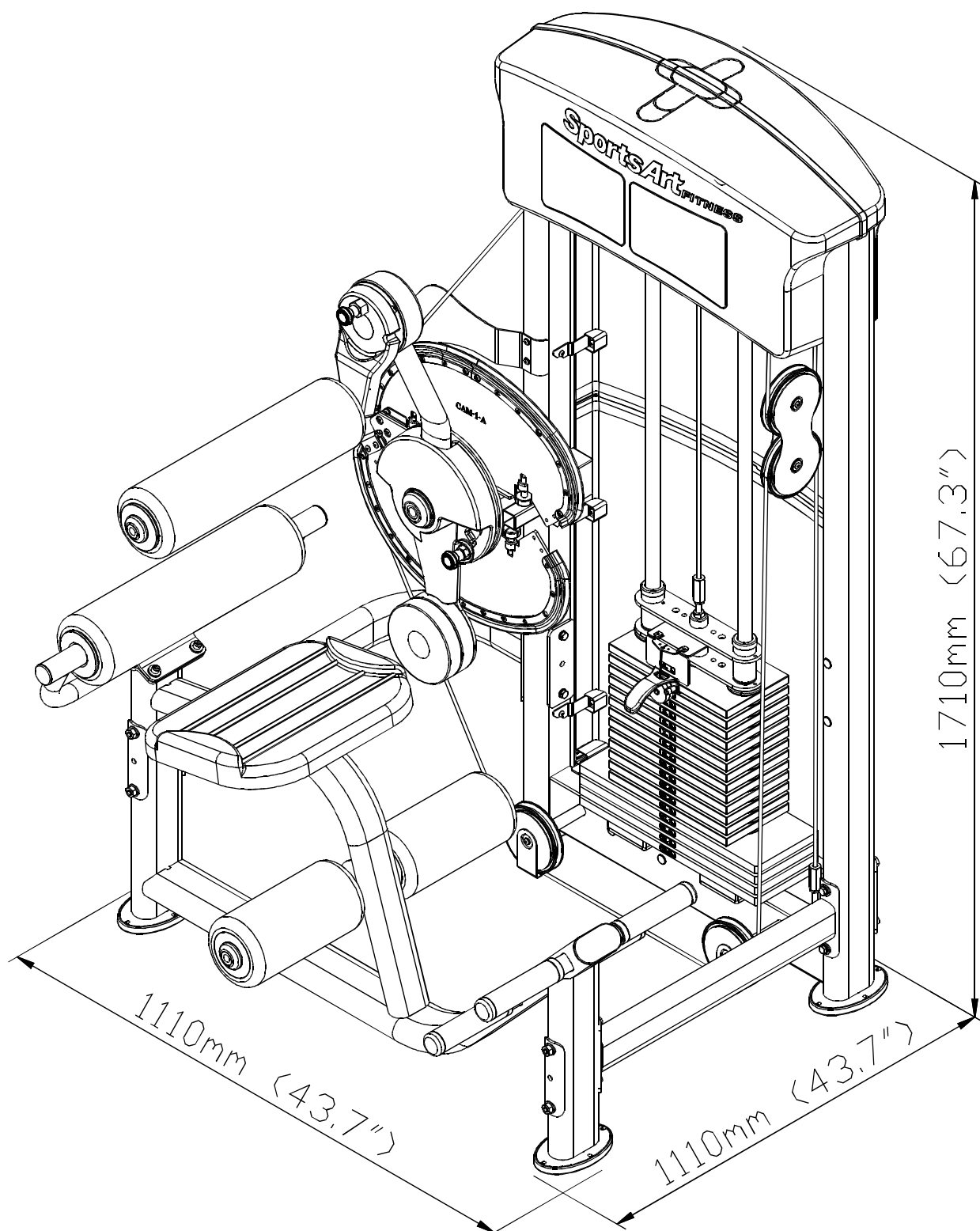
CHAPTER 1 – SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

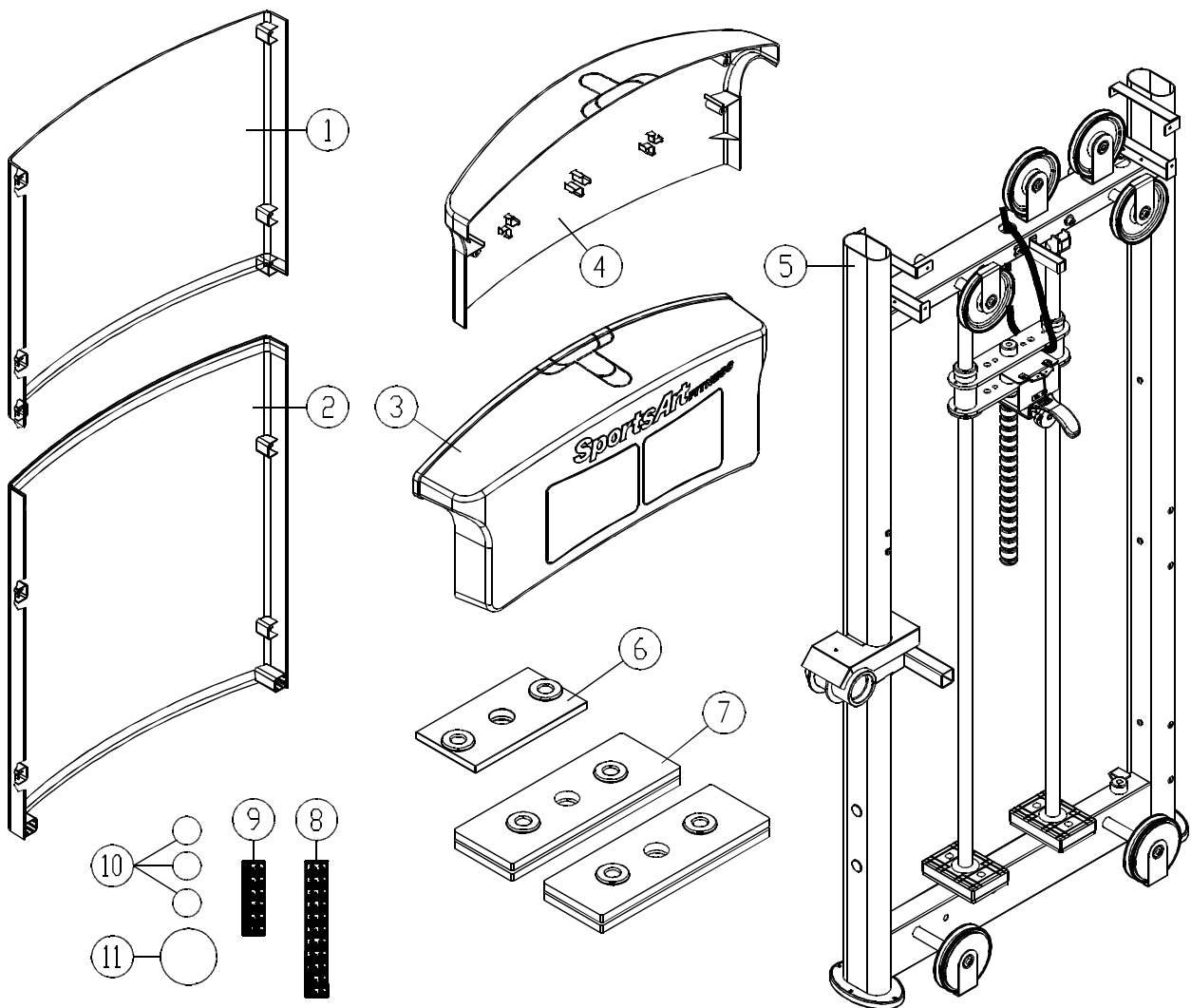
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assembly and operate this product on a solid, level surface. Do not use outdoors or near water.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

CHAPTER 2 — INSTRUCTIONS

2.1 DIMENSIONS

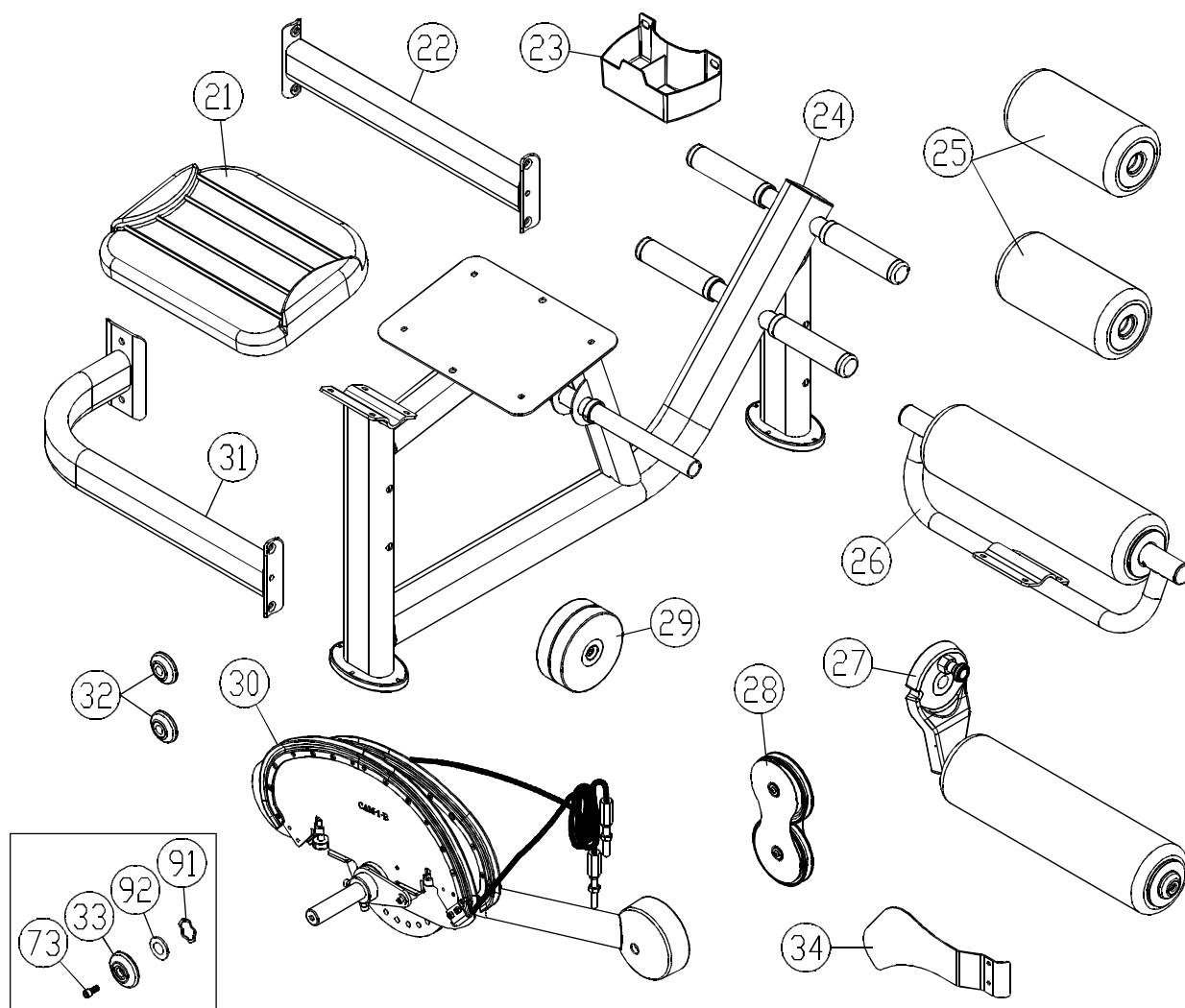


2.2 Part List For Box A



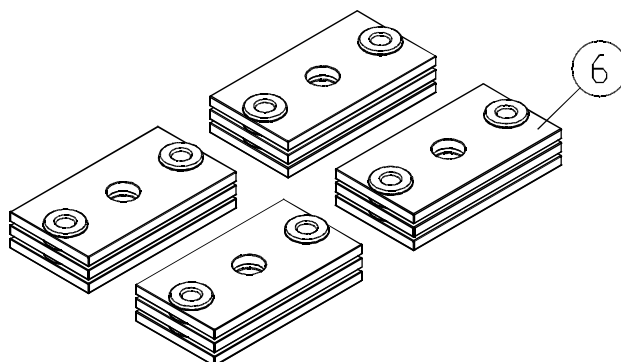
No.	Description	Qty	No.	Description	Qty
1	A Upper rear cover	1	8	Weight plate sticker (10kg~60kg)	1
2	Lower rear cover	1			
3	Front top cover	1	9	Weight plate sticker (65kg~100kg)	1
4	Rear Top Cover	1			
5	Main frame	1	10	Sticker $\phi 25$	3
6	5kg weight plate	1	11	Sticker $\phi 25$	1
7	7.5kg weight plate	4	12		

2.3 Part List For Box B



No.	Description	Qty	No.	Description	Qty
21	Seat Bottom Cushion	1	29	4kg Counterweight	2
22	Connector	1	30	Cam and Rotator Arm	1
23	Bottle Holder	1	31	Connector A	1
24	Seat Frame	1	32	Axle Cover (small)	2
25	Cylindrical Cushion	2	33	Axle Cover (large)	1
26	Back Cushion Bracket	1	34	Finger Guard	1
27	Upper Cushion Arm	1			
28	Floating Pulley	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
41	Soft Cap for Cover	10	small	
42	Soft Cap for Cover	2	large	
43	Rear Cover Set Plate A	4		
44	Rear Cover Set Plate B	4		
45	Mushroom top Phillips-Head Screw	24	M5*L12	
46	Screw Socket	12	SGN-07	
47	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)	
	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.

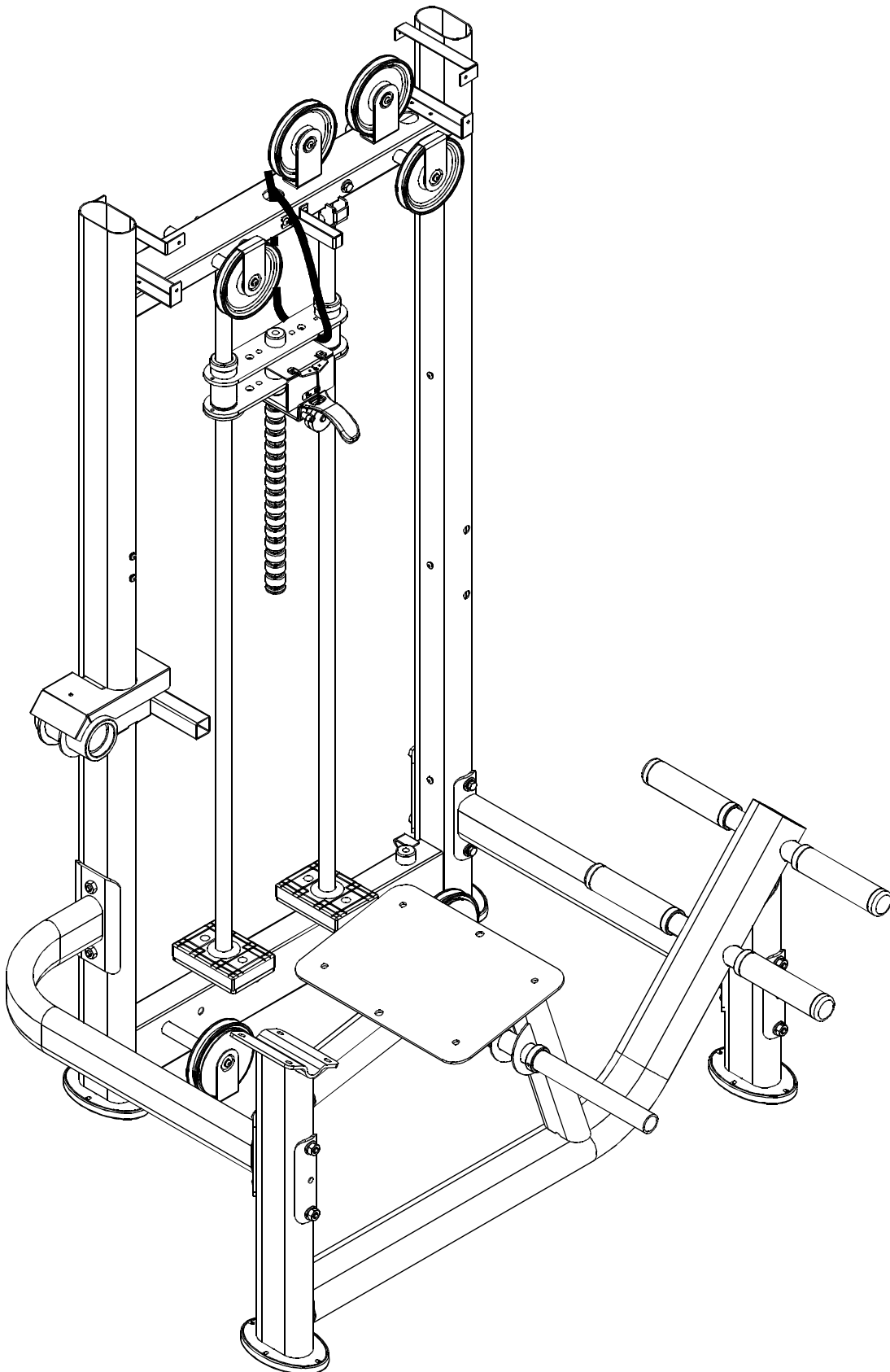
2.6 Components of the Product

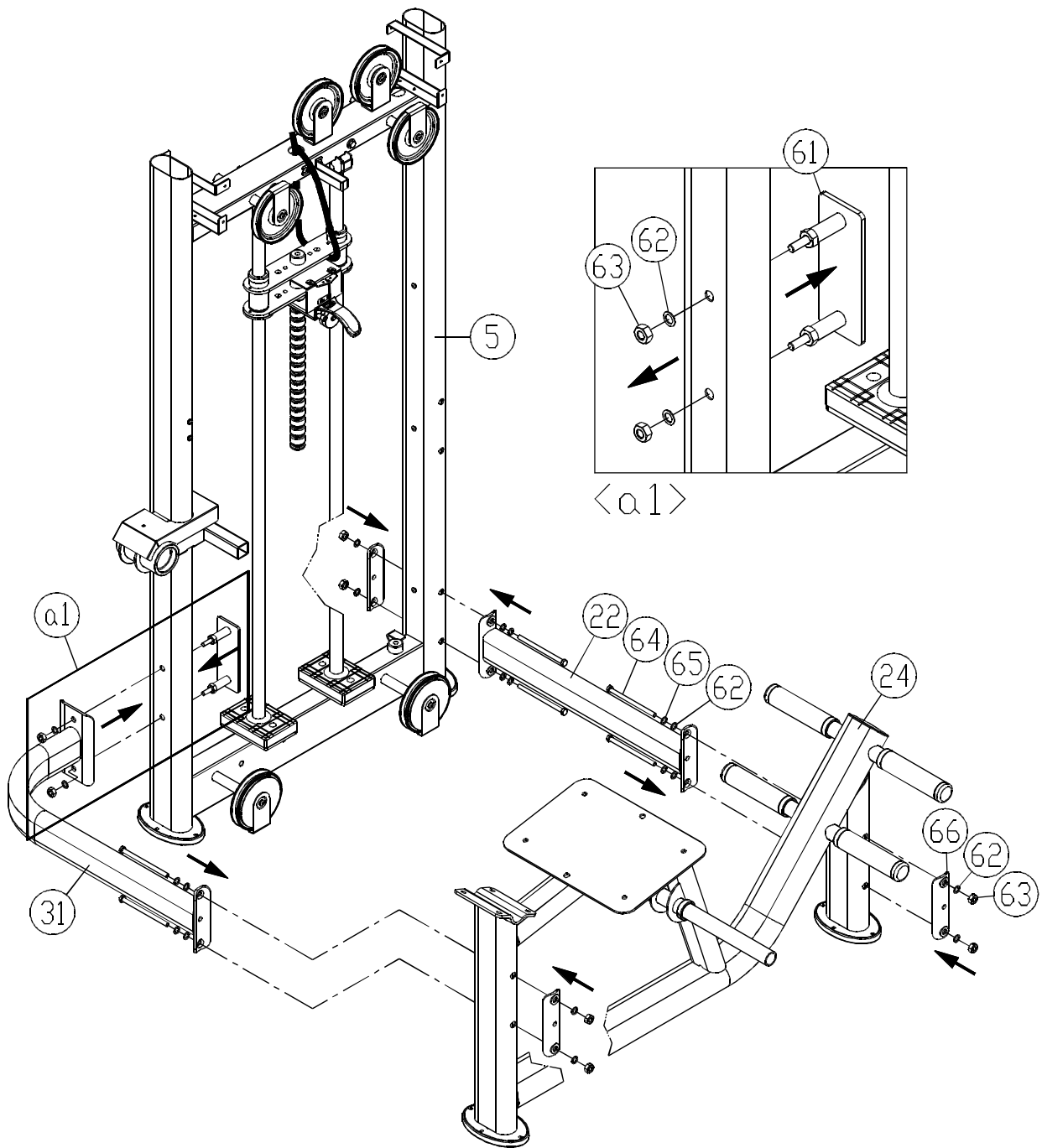
Some components are installed on the product. These items will be needed for product assembly.

No.	Description	Qty	Specification	Tool Needed
61	Connector Plate			
62	Washer		$\phi 16^* \phi 10.2$	
63	Lock Nut		M10	
64	Hex Bolt		M10*L130	
65	Spring Washer		M10	
66	§ 50 Connector Plate			
67	Upper Stack Plate			
68	Hex Bolt with PU Tube			
69	Flat Washer		$\phi 17^* \phi 8.3$	
70	Lock Nut		M8	
71	Guide Rod			
72	Stack Fork			
73	Inner Hex Cap Screw		M8*L20	
74	Flat Washer		$\phi 20^* \phi 6.3$	
75	Axle			
76	Spring Washer		M6	
77	Mushroom Top Inner Hex Screw		M6*L12	
78	Pulley A			
79	Pulley B			
80	Cover			
81	Cover			
83	Plastic Inner Hex Screw		M6	
84	Flat Washer		$\phi 20^* \phi 6.3$	
85	Inner Hex Cap Screw		M8*L30	
86	Spring Washer		M8	
87	Mushroom Top Inner Hex Screw		M8*L25	
88	Flat Washer		$\phi 22^* \phi 8.5$	
89	Mushroom Top Inner Hex Screw		M5*L10	
90	Spring Washer		M5	
91	Wave Washer		$\phi 38^* \phi 30$	
92	Washer		$\phi 40^* \phi 30^* t3$	

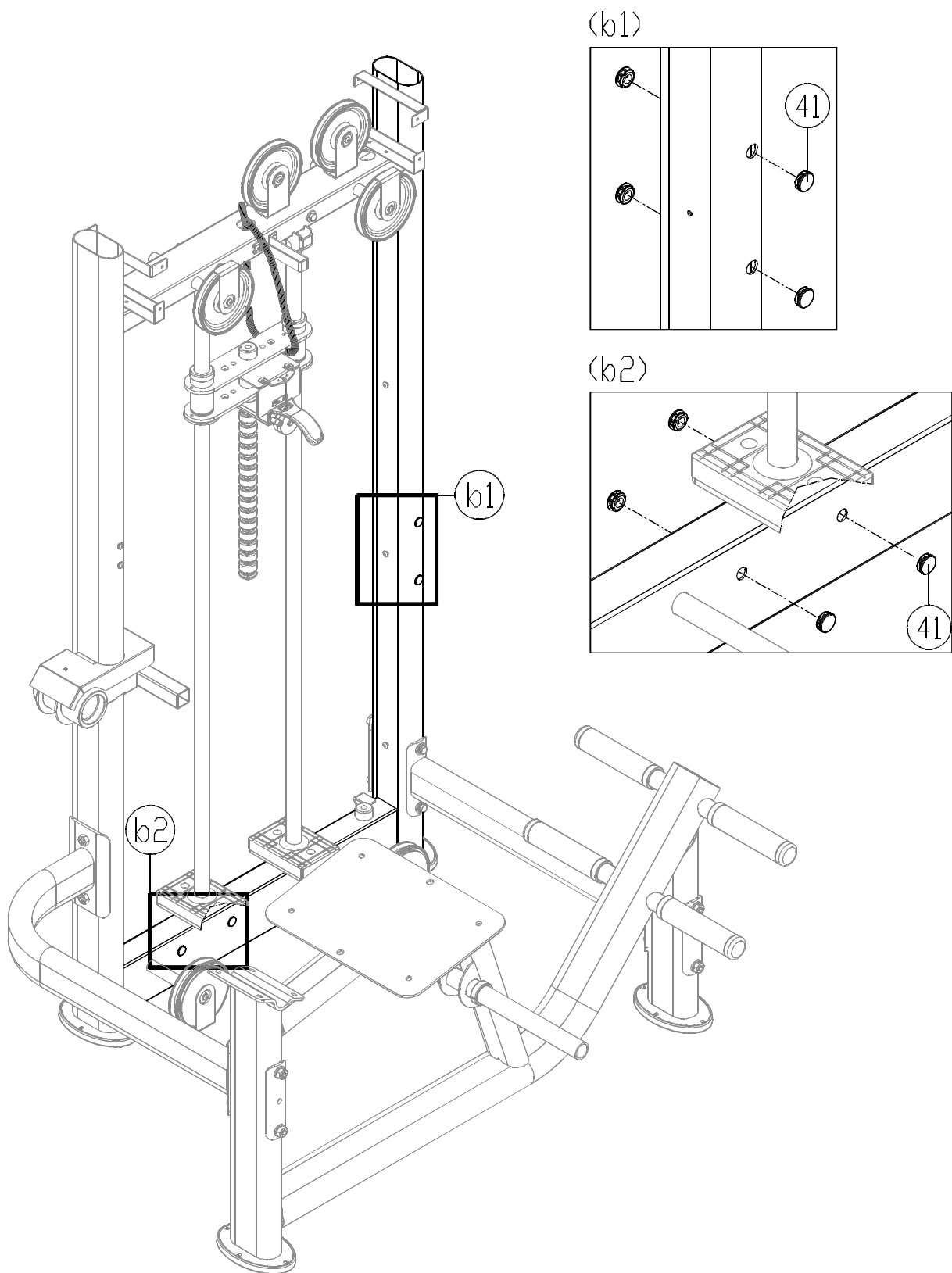
CHAPTER 3 – ASSEMBLY INSTRUCTIONS

STEP 1 Connector Installation



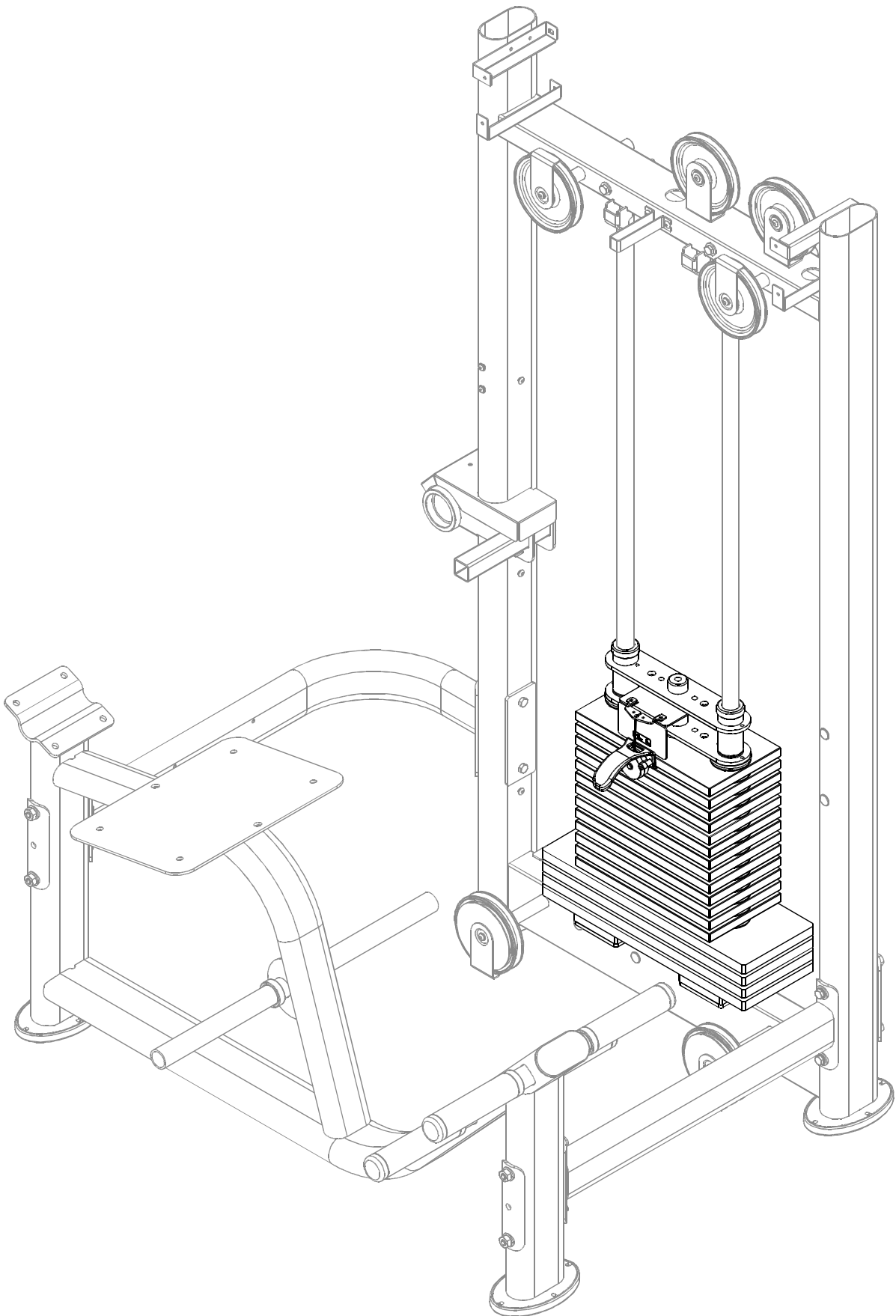


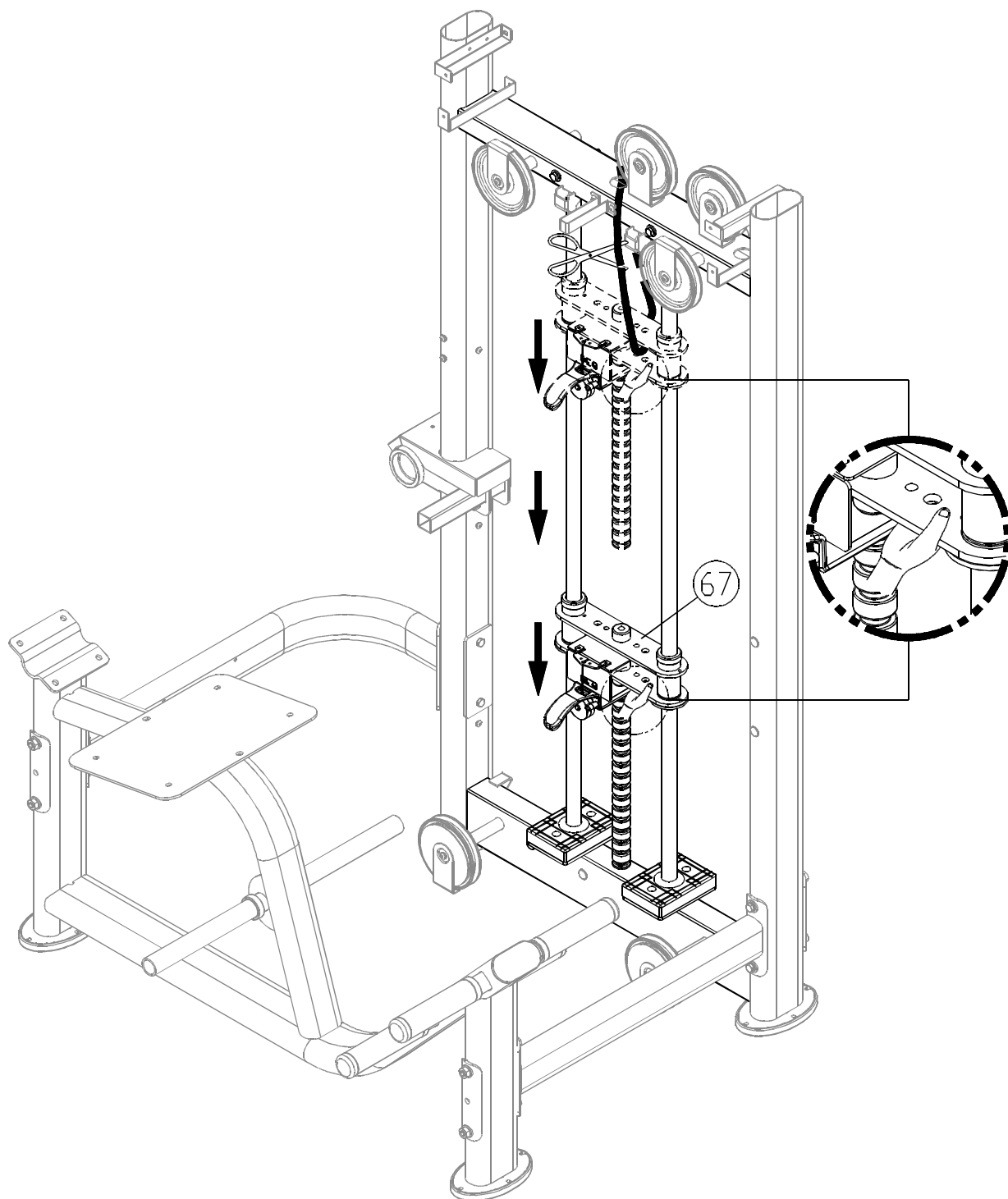
- 1-1. Before beginning the assembly process, remove the connector plate (61) and nuts (62,63) as shown in figure a1.
- 1-2. Use connector (22,31) to connect the main frame (5) and seat frame (24). Then secure hardware (61,62,63,64,65,66).
- 1-3. Set the unit on level ground, then secure hardware (62,63,64,65).



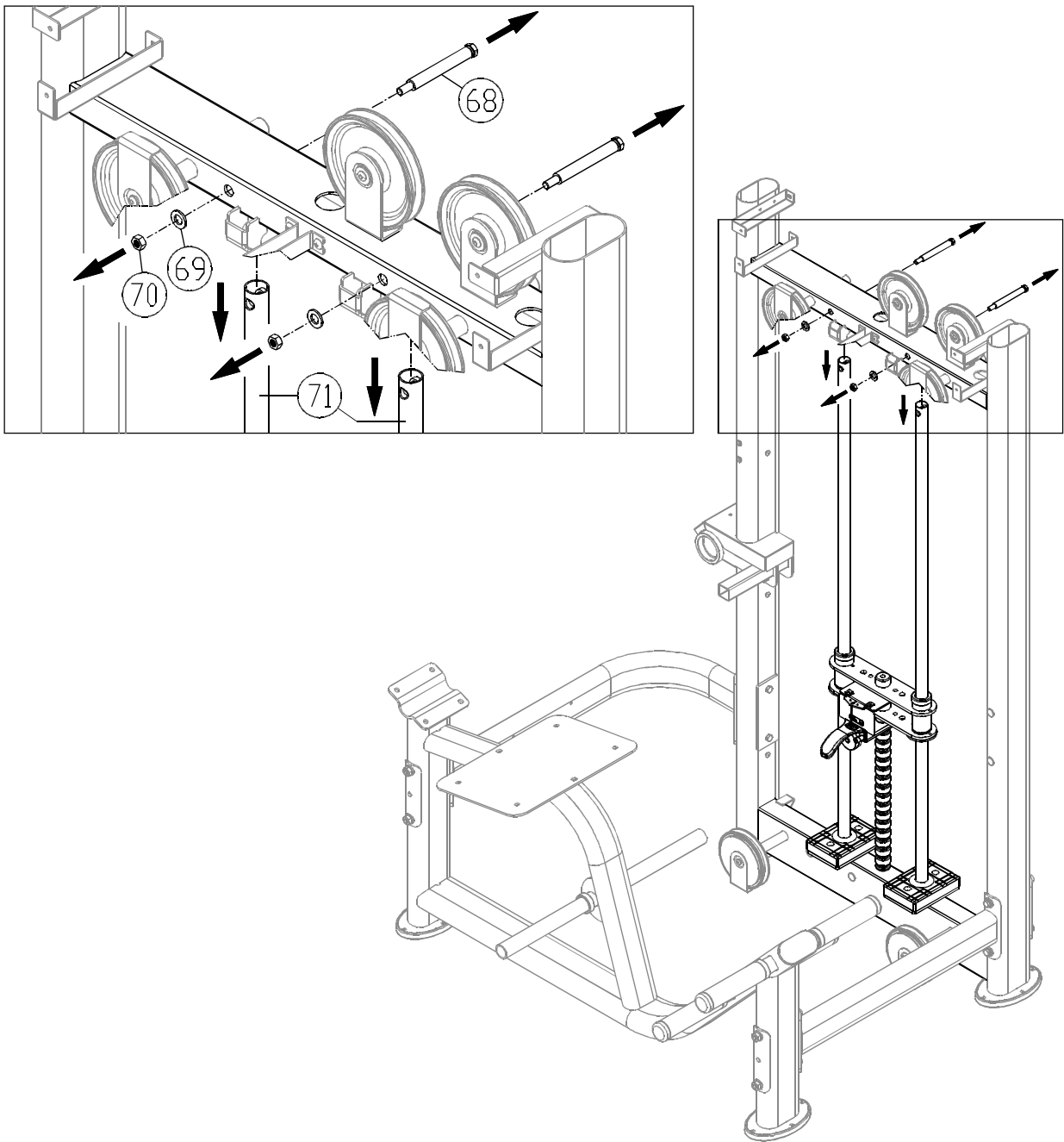
Note: After connectors (22,31) are in place, insert soft caps (41) into the frame as shown.

STEP 2 Weight Stack Installation

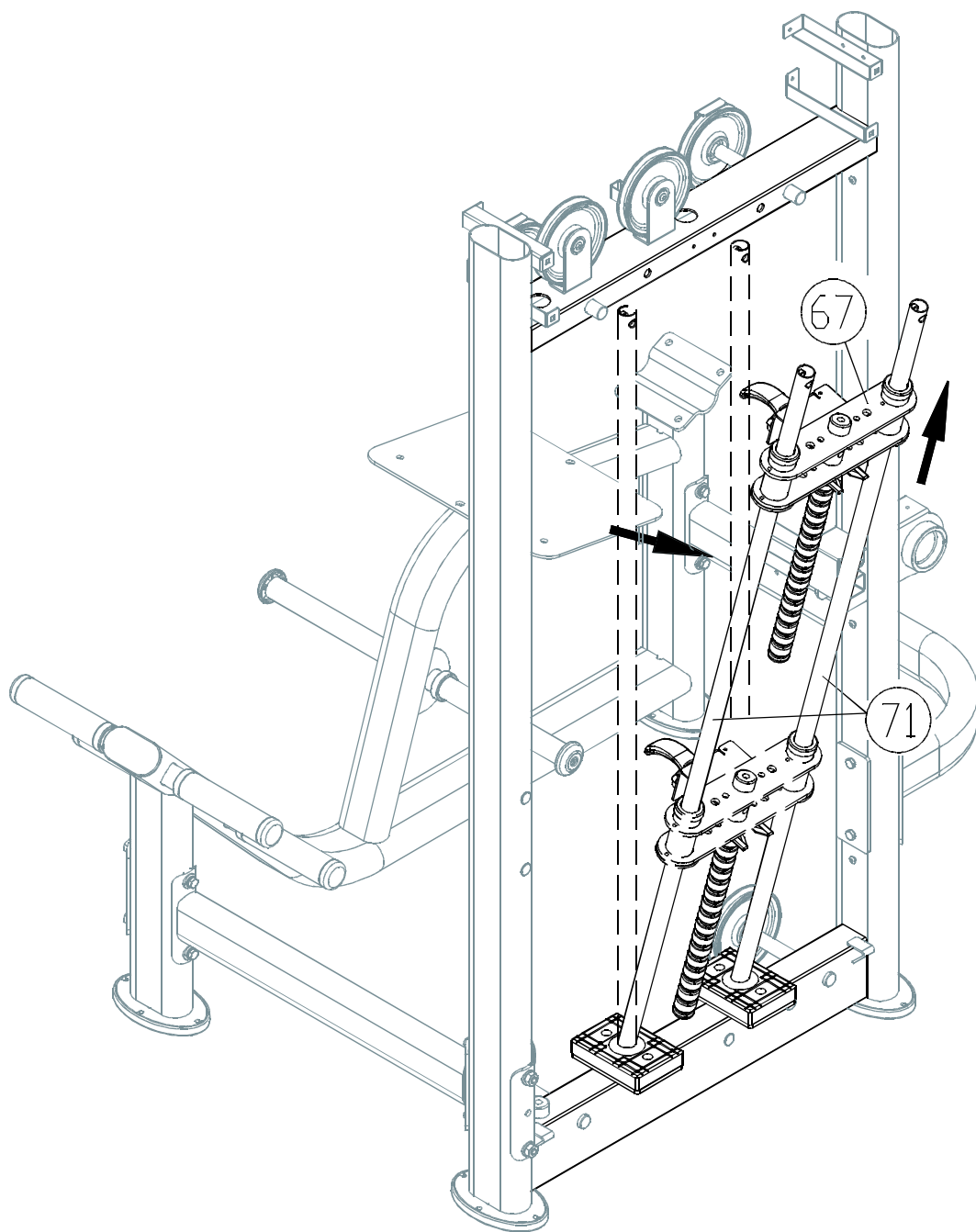




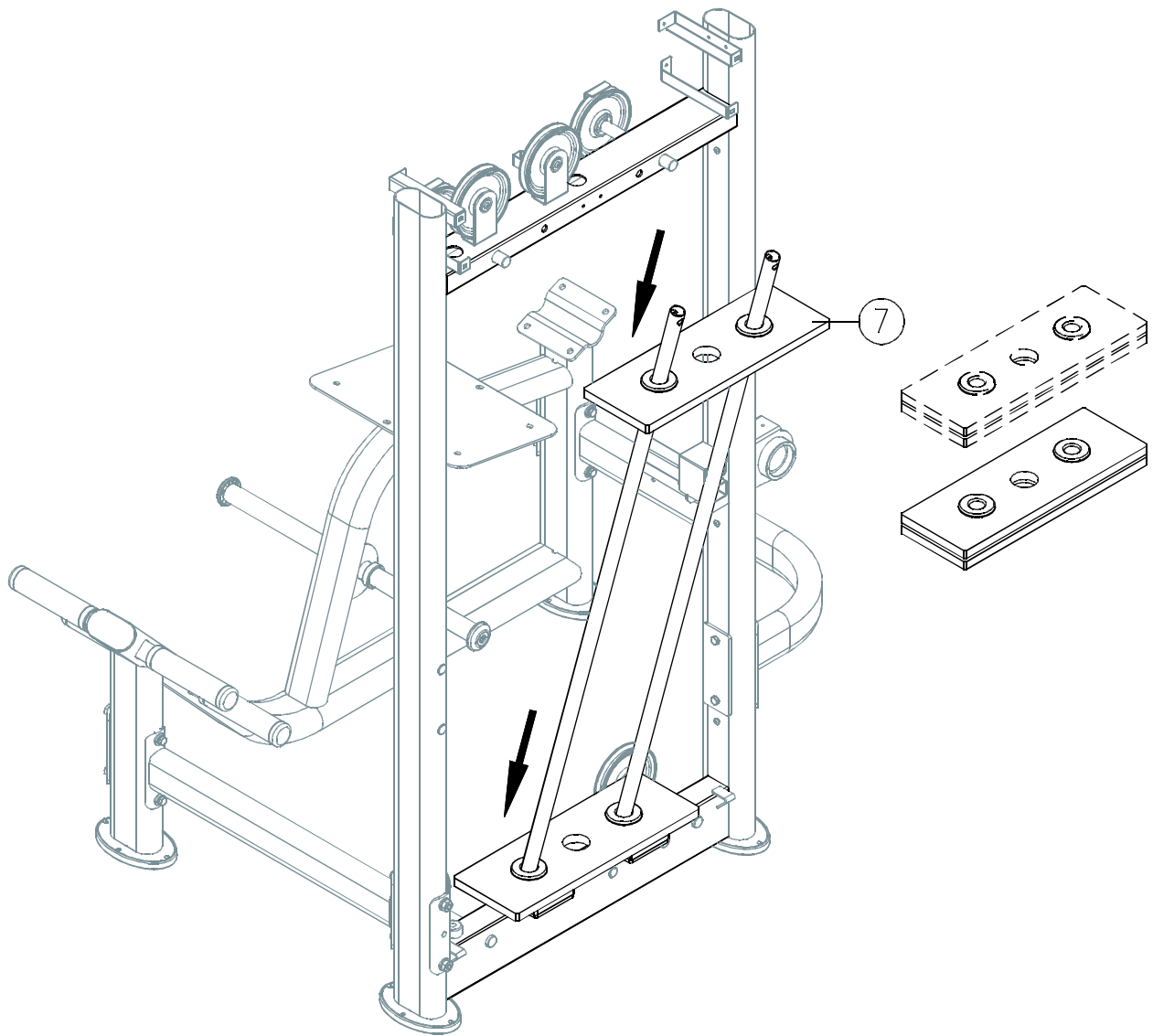
2-1. Hold the upper stack plate (67). Then cut the zip tie. Gently lower the upper stack plate (67) into place as shown.



2-2. Remove hardware (68,69,70). Set the guide rod (71) downward into place as shown.

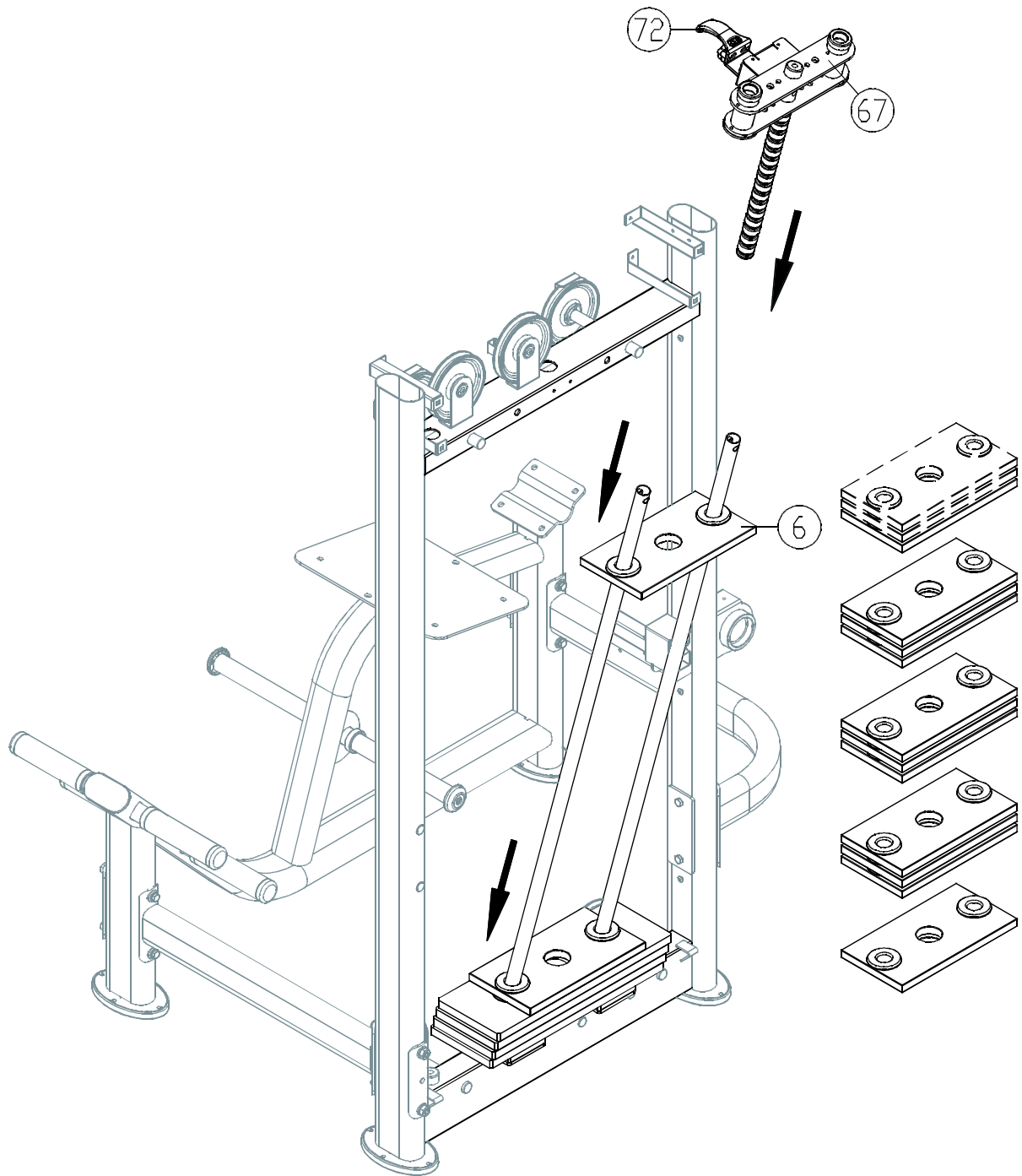


2-3. Tilt the guide rod (71) backward. Then lift the upper stack plate (67) off the guide rods as shown. Carefully set the upper stack plate (67) aside.



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.

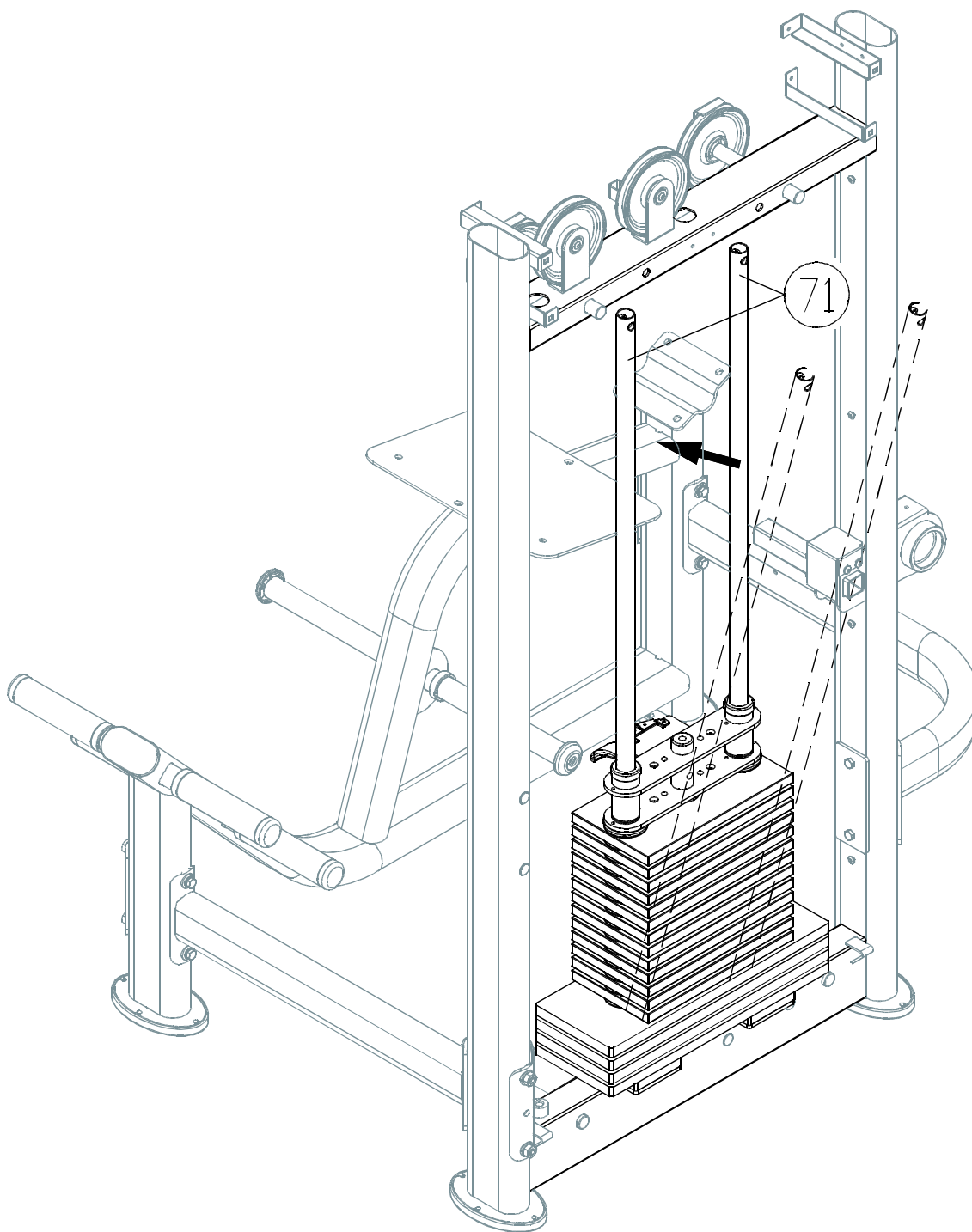


2-5. Insert and lower the 13 small (5 kg) weight plates (6) into place one at a time.

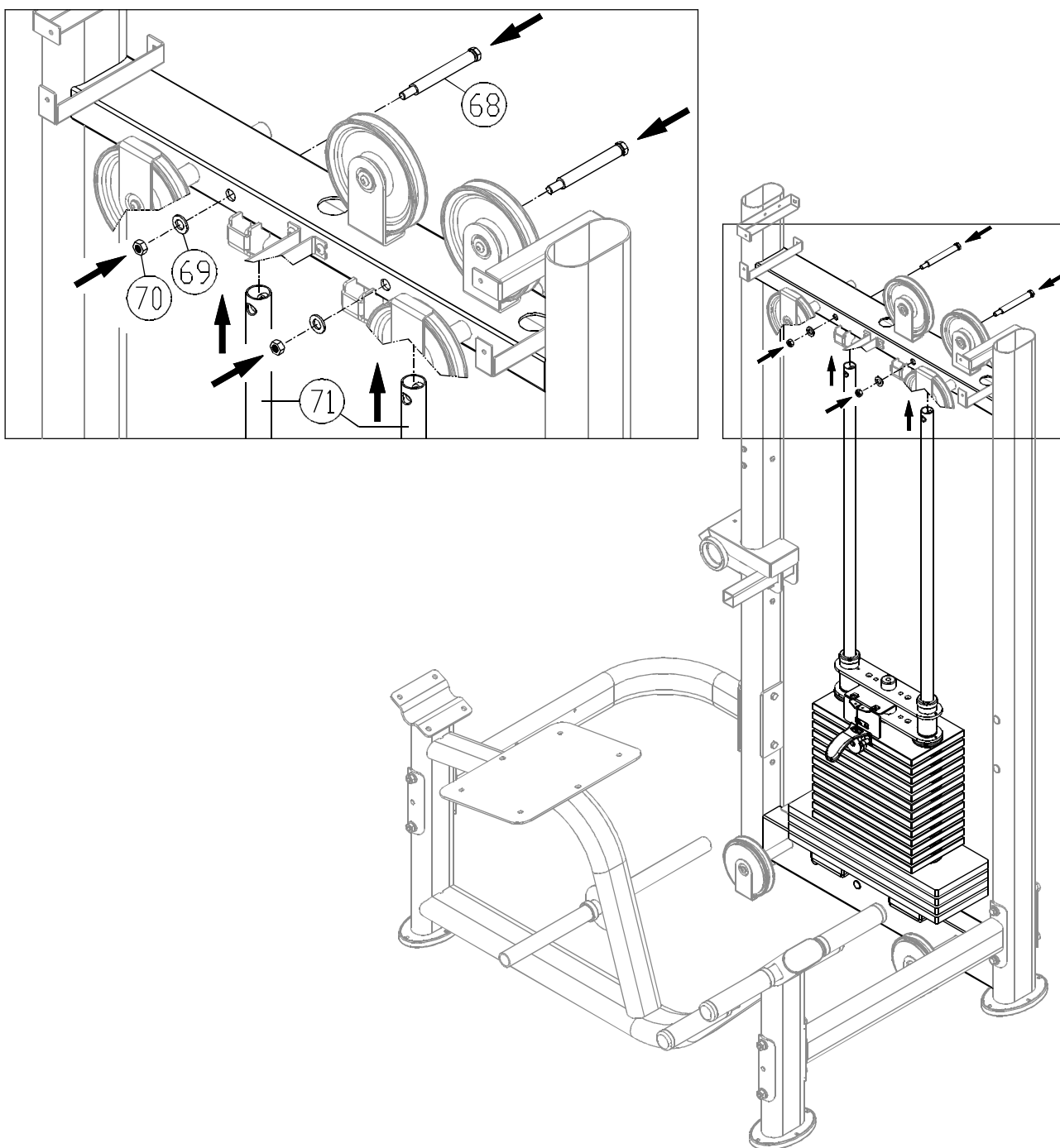
NOTE: The convex side faces up.

2-6. Insert and lower the upper stack plate (67) into place on the guide rods.

NOTE: stack fork (72) points toward the front.

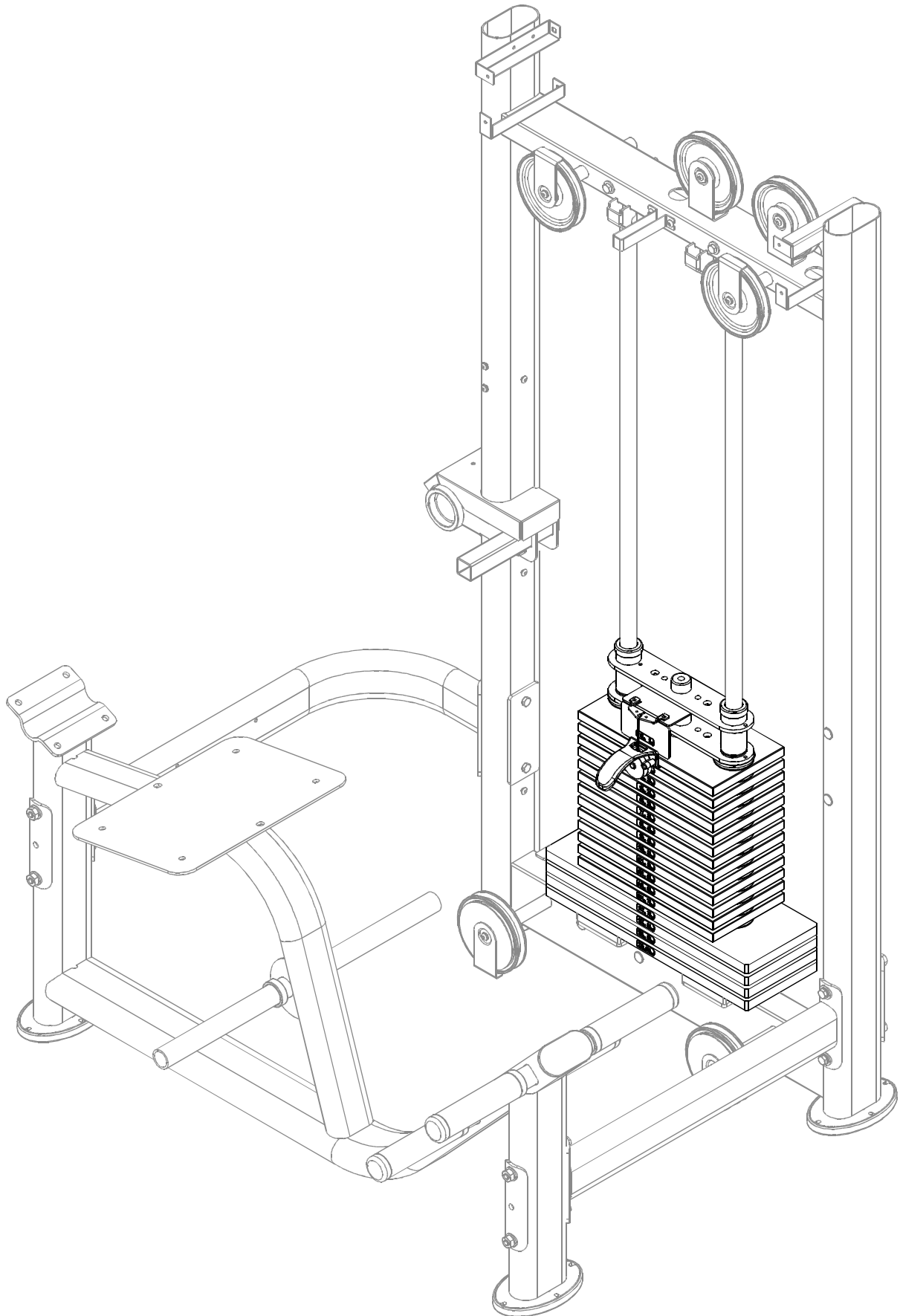


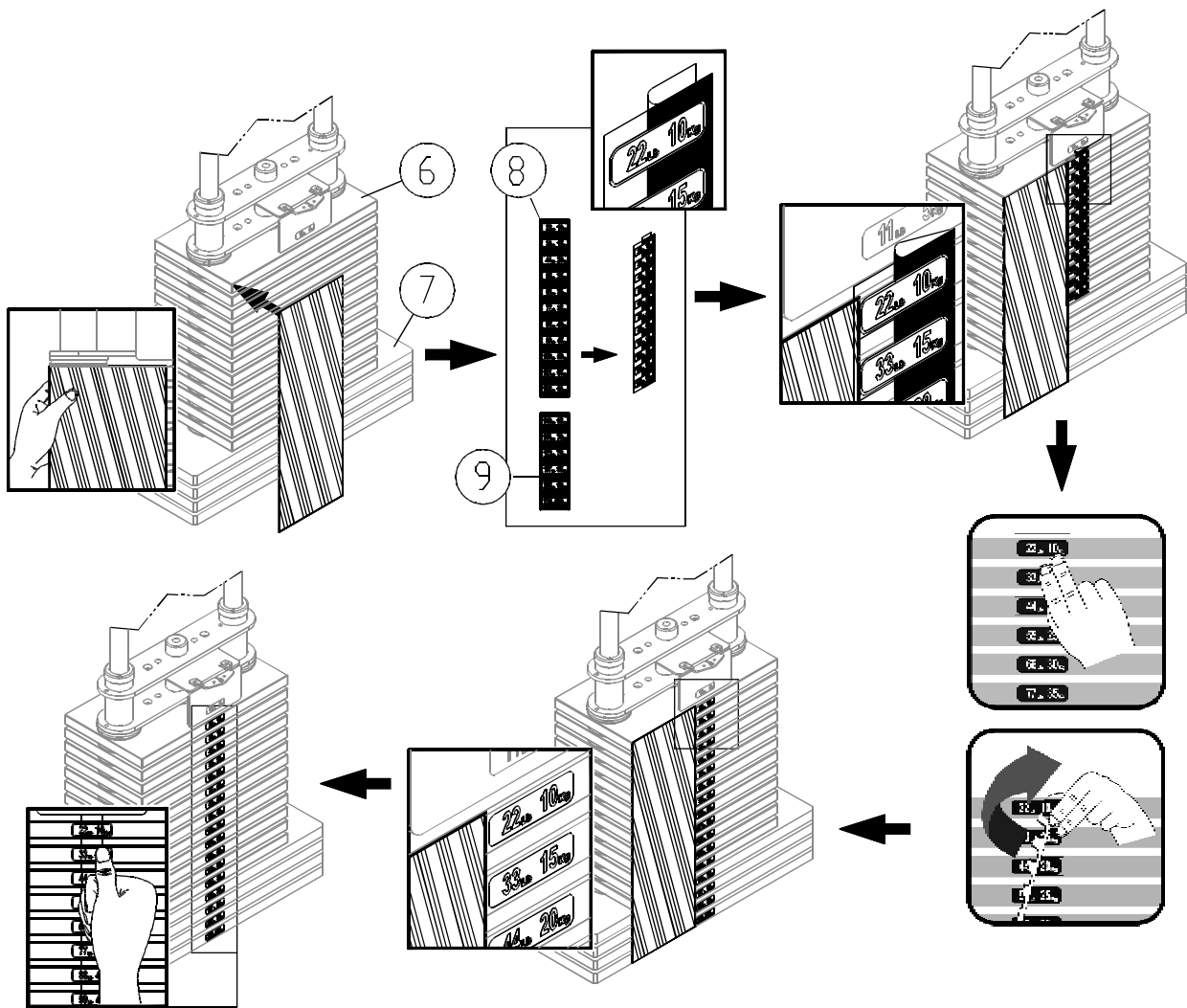
2-7. Tilt the guide rods (71) back into place.



2-8. Lift the guide rods (71) up into their mounting stations. Then secure them with hardware (68,69,70).

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.

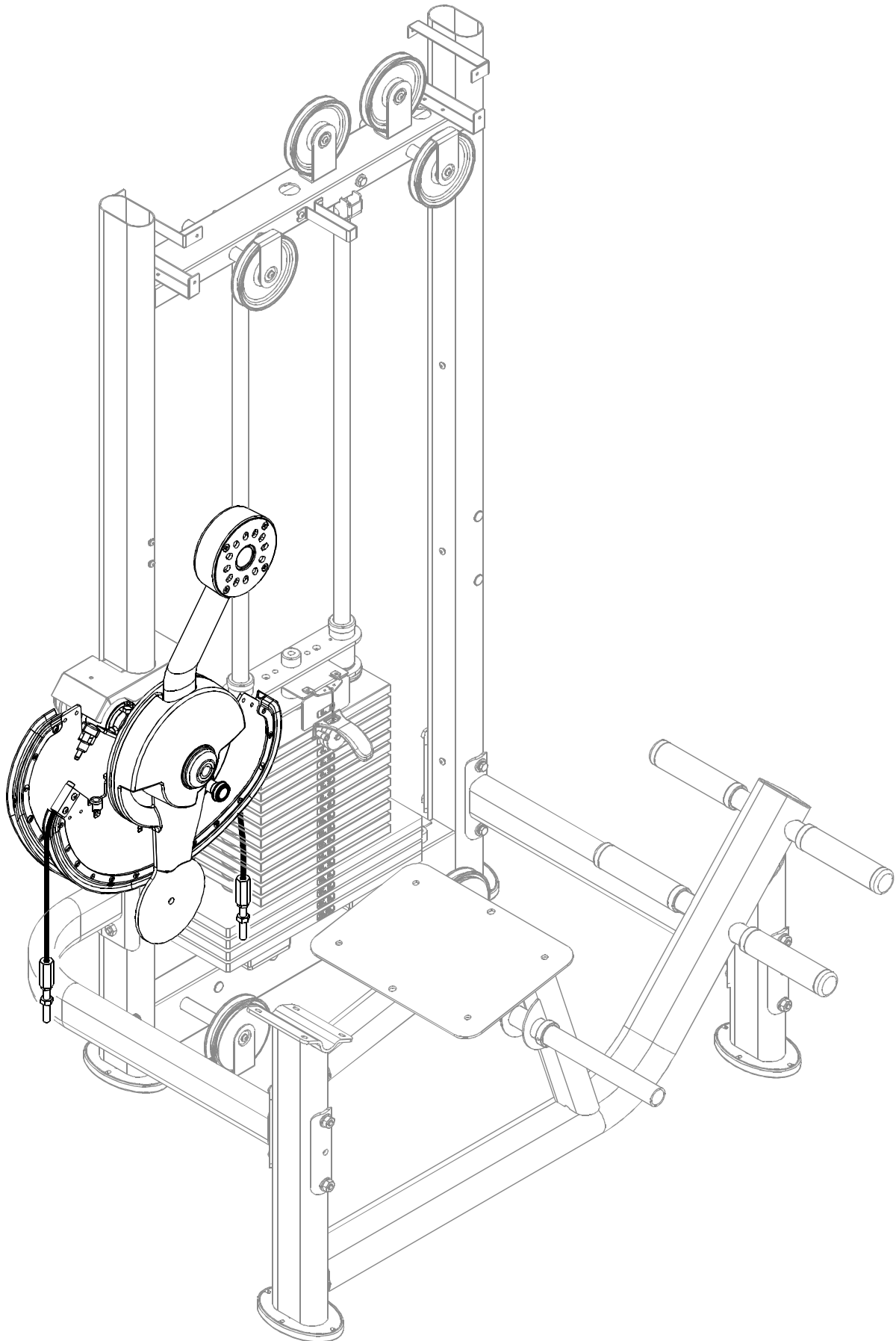
3-4. Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.

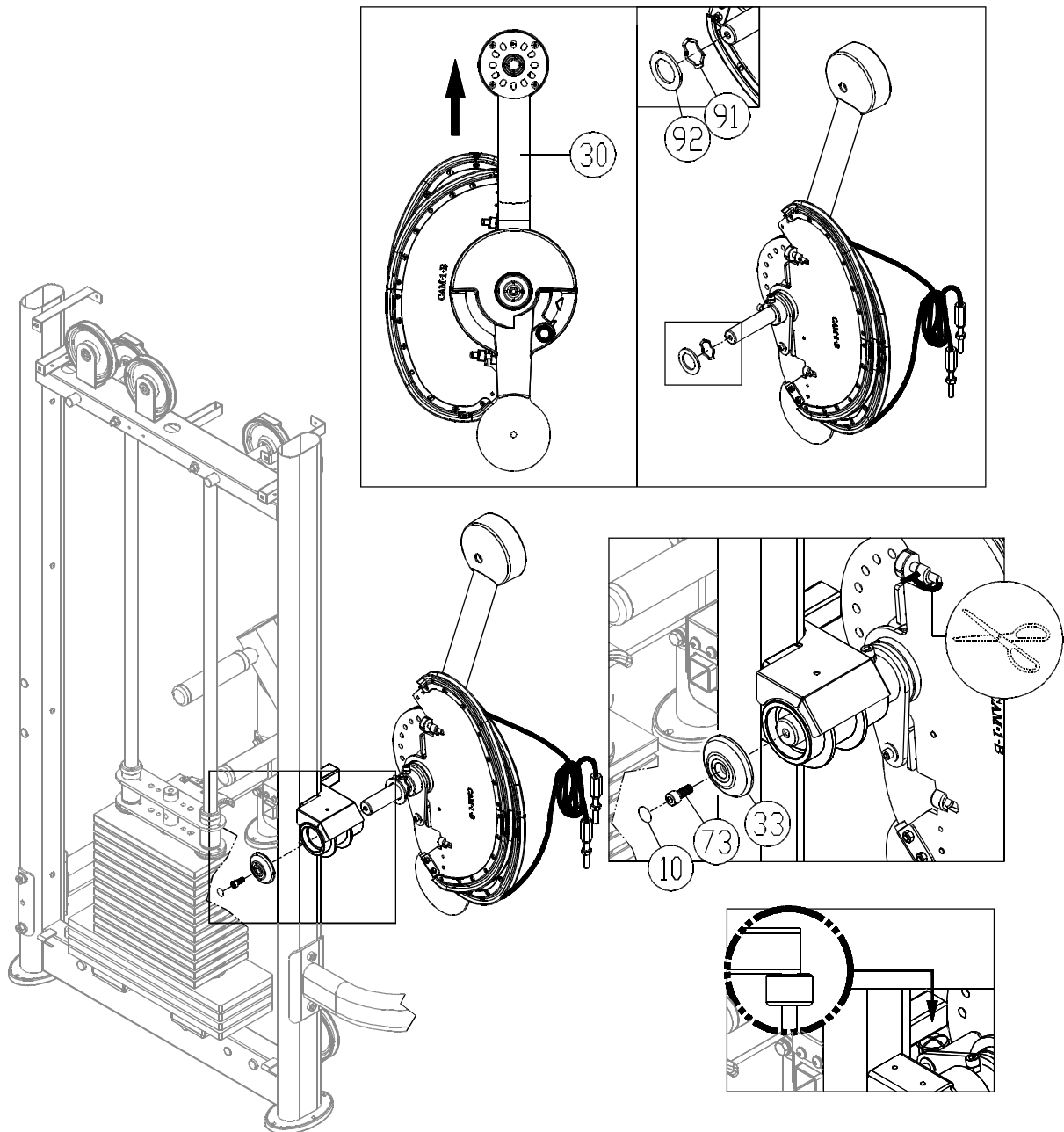
3-5. Follow steps 3-2~3-4 to apply sticker (9) to the lower part of the weight stack.

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 the CAM





4-1. Rotate the cam (30) as shown. Then insert the wave washer (91) and flat washers (92) onto the axle.

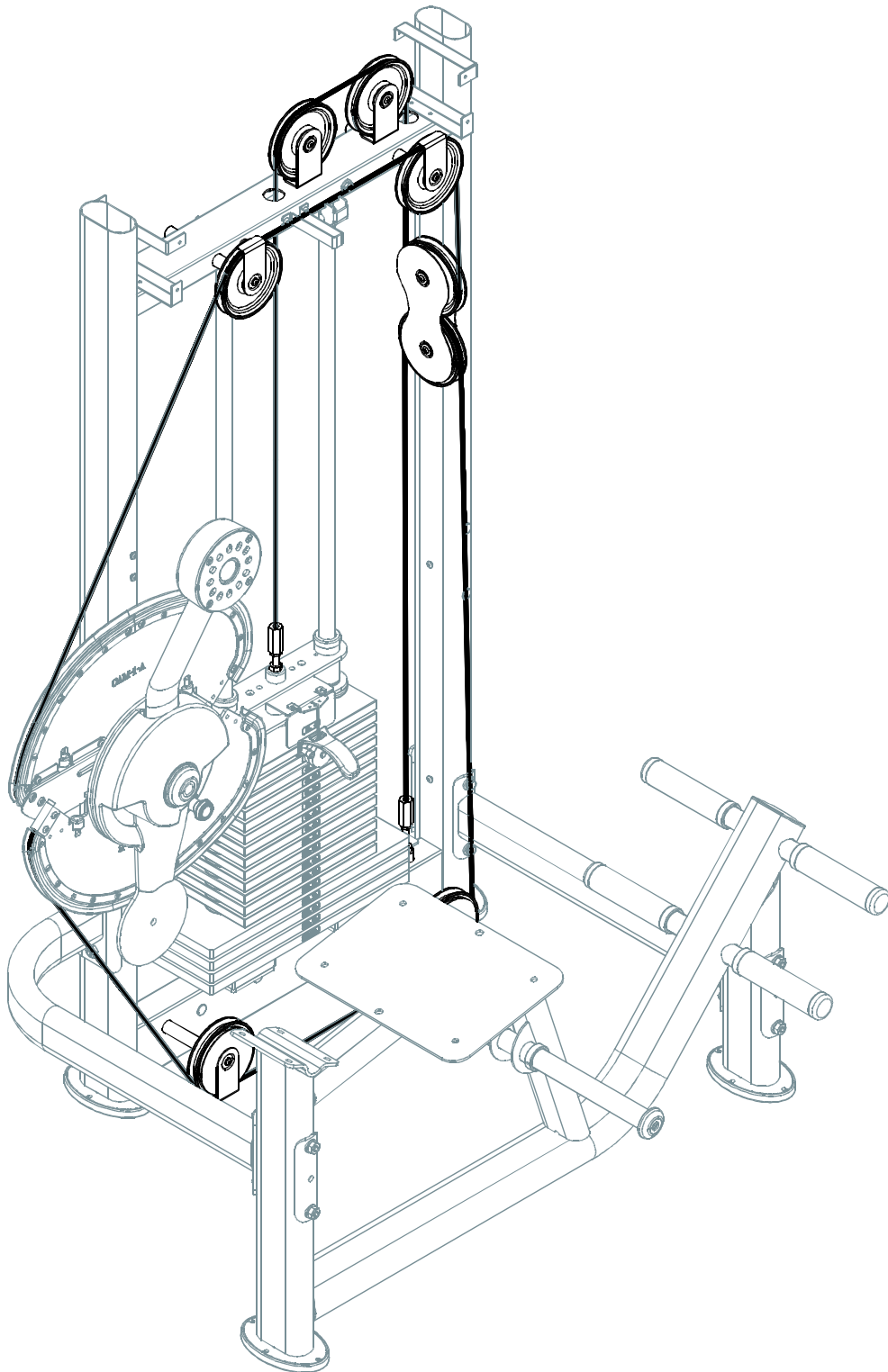
4-2. After installing the washers, slide the cam (30) into place on its mount area.

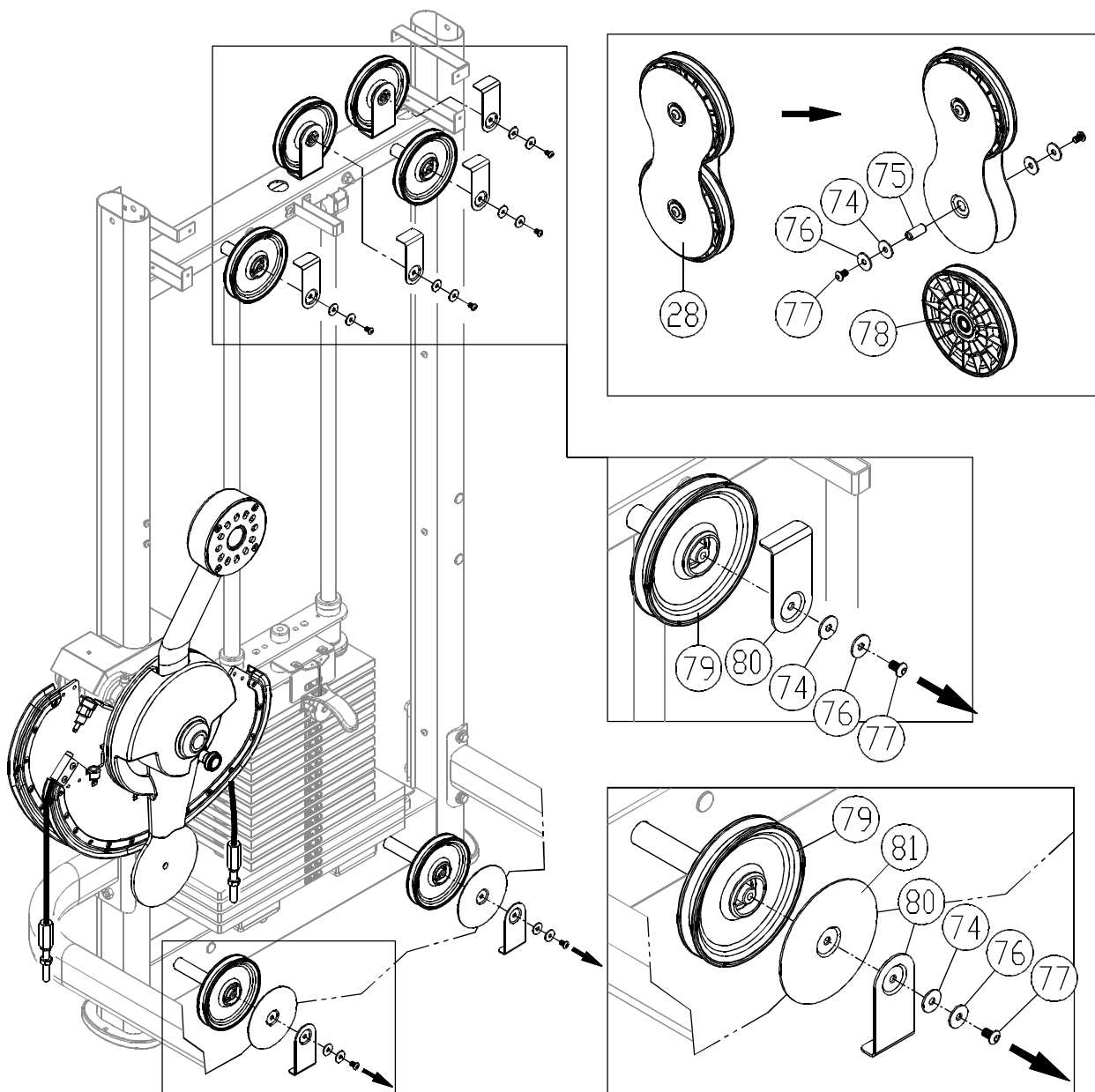
4-3. Finally, secure the axle cover (73,33) in place. Then apply sticker (10) as shown.

4-4. Cut off the zip tie. Uncurl the cable.

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

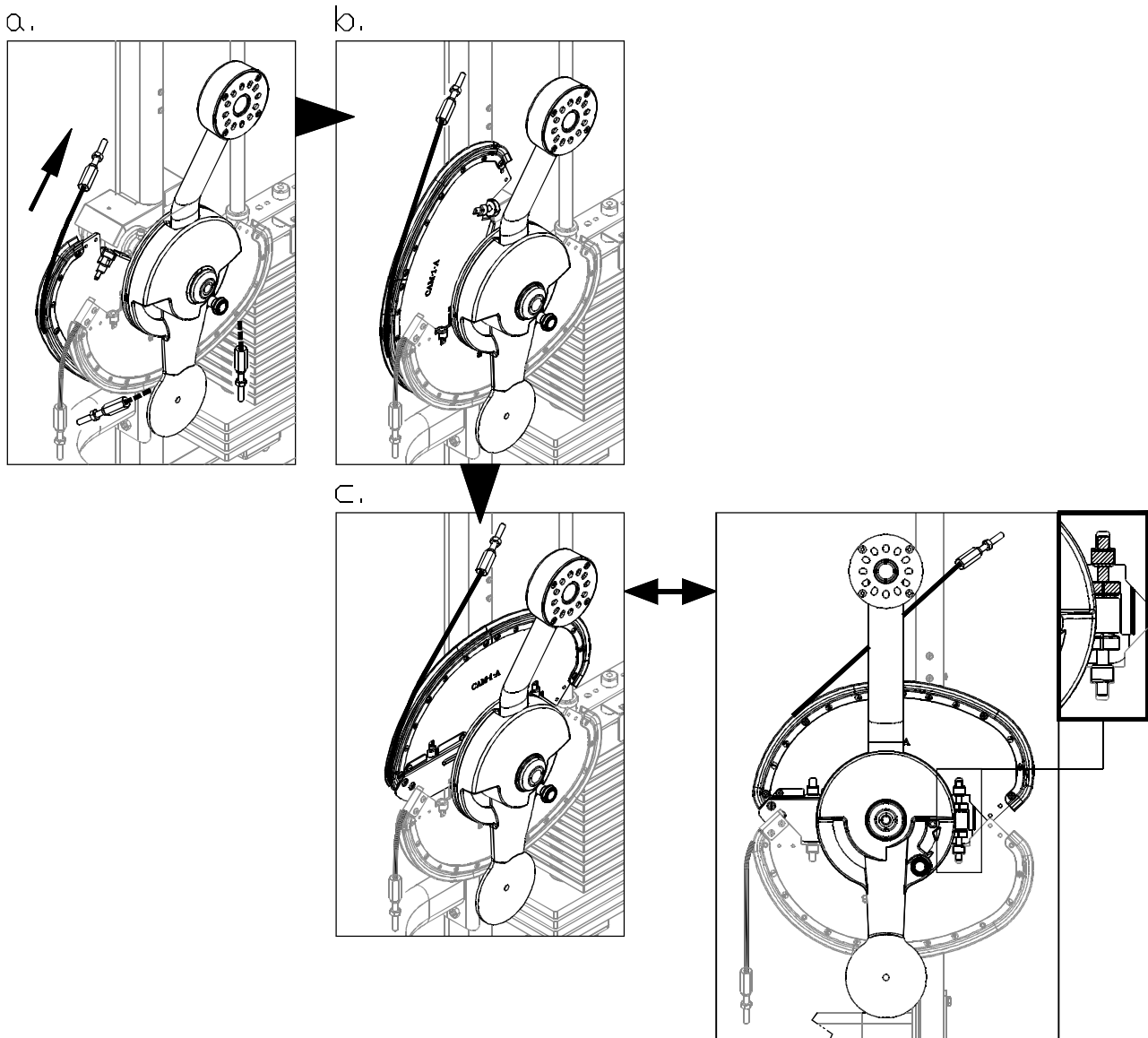
STEP 5 Cable Installation





5-1. From the floating pulley (28), remove one pulley A (78) by removing hardware (74,75,76,77).

5-2. From the other pulleys, remove covers and hardware (74,76,77,80)(74,76,77,80,81) as shown. Note: keep pulley B (79) on the unit.

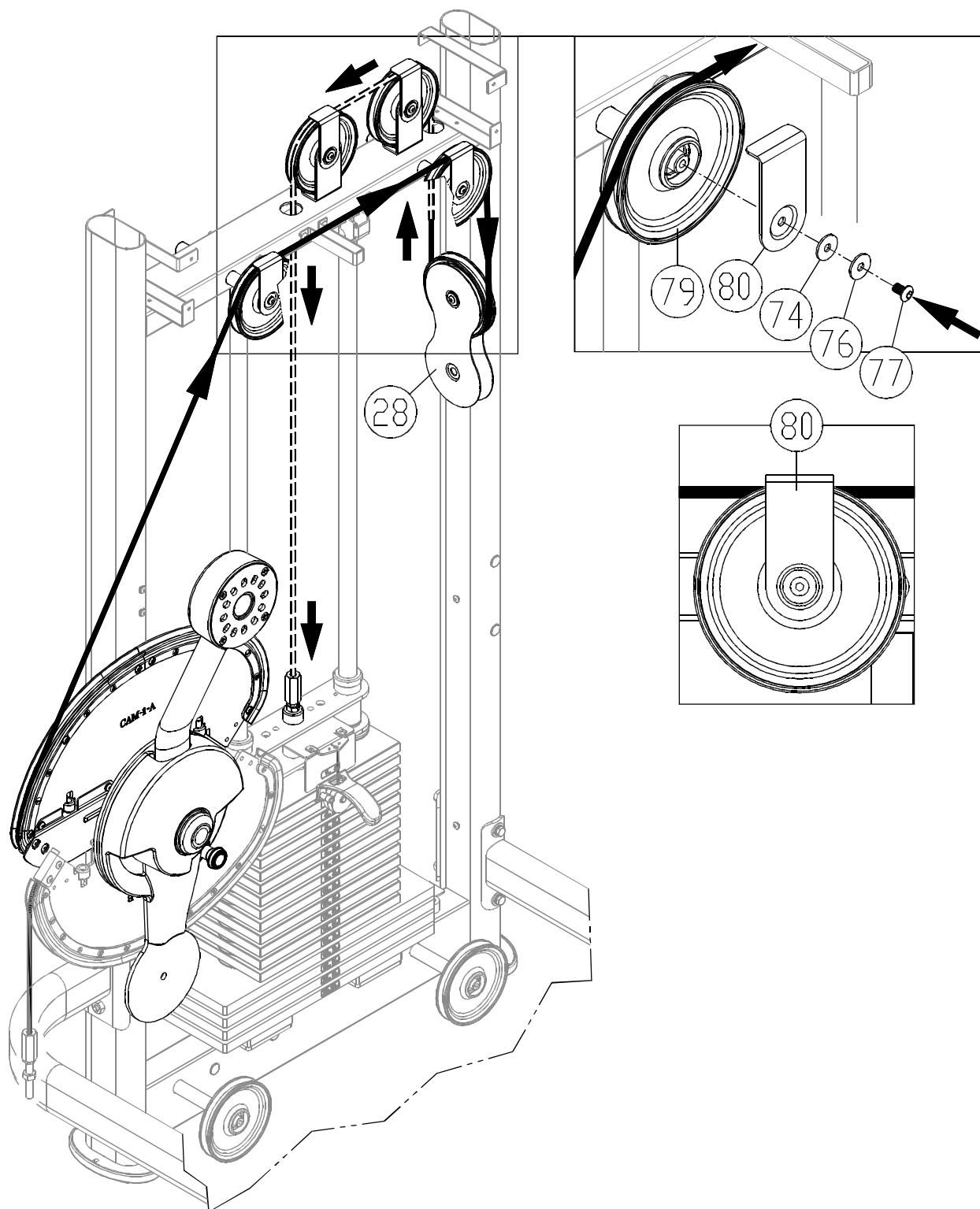


5-3. Follow illustrations to

(a) put the upper cable into the cam channel A;

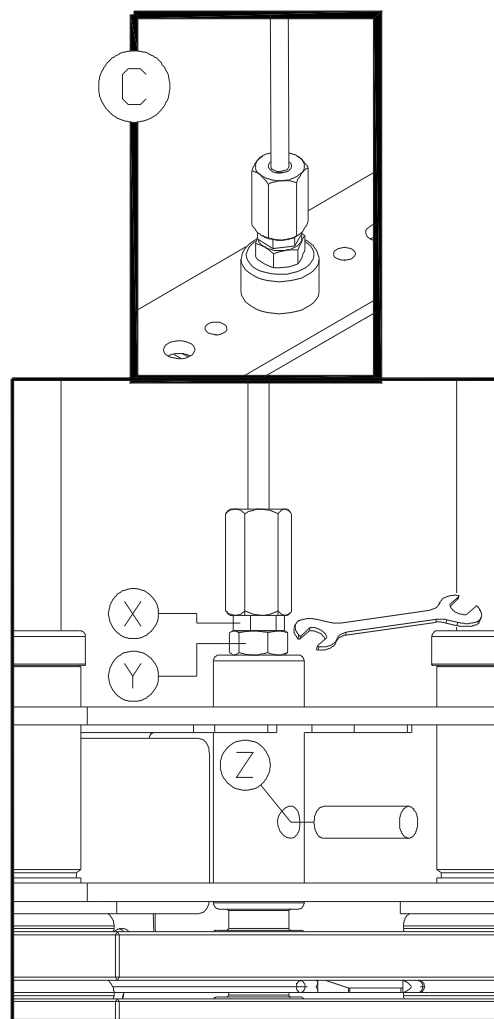
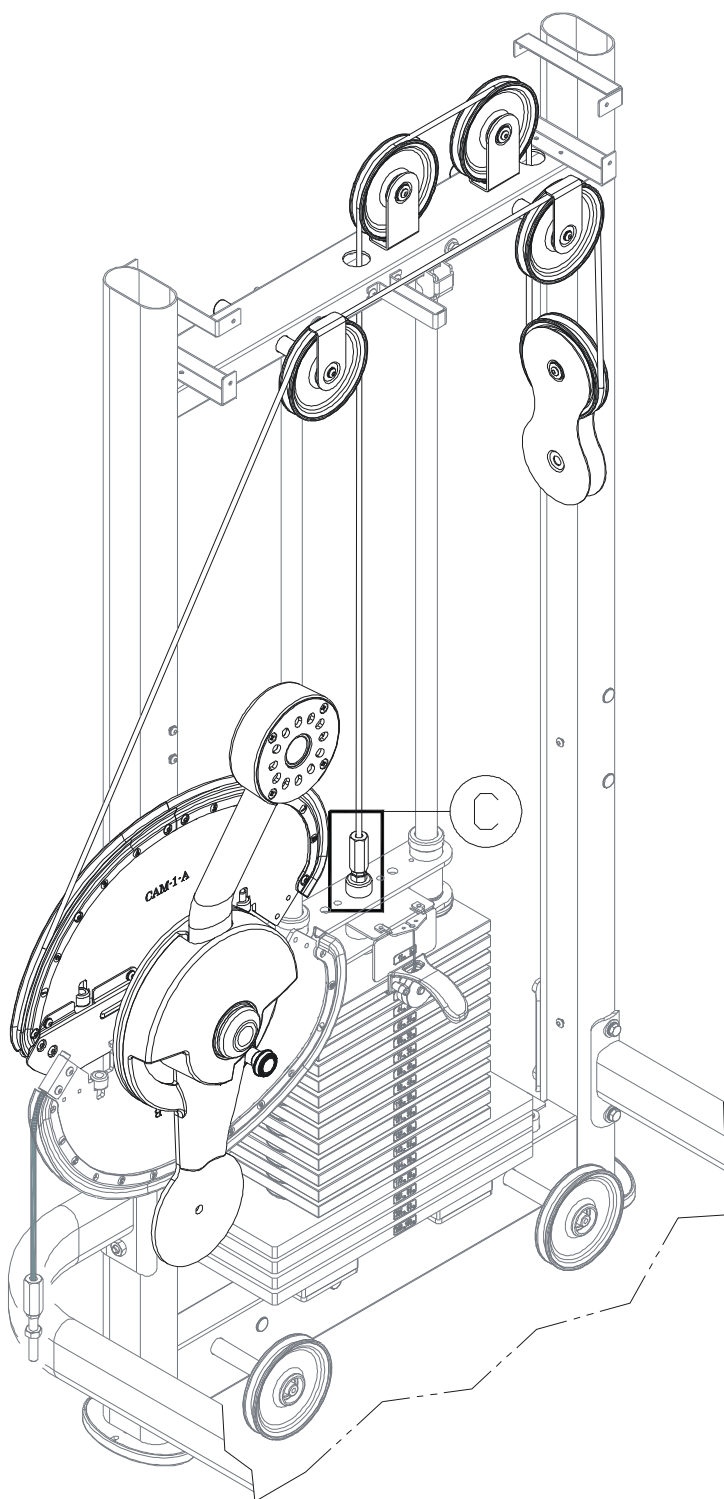
(b,c) pull the cable upward until the stopper rests on top of the tube.

NOTE: The CAM arm rotates.

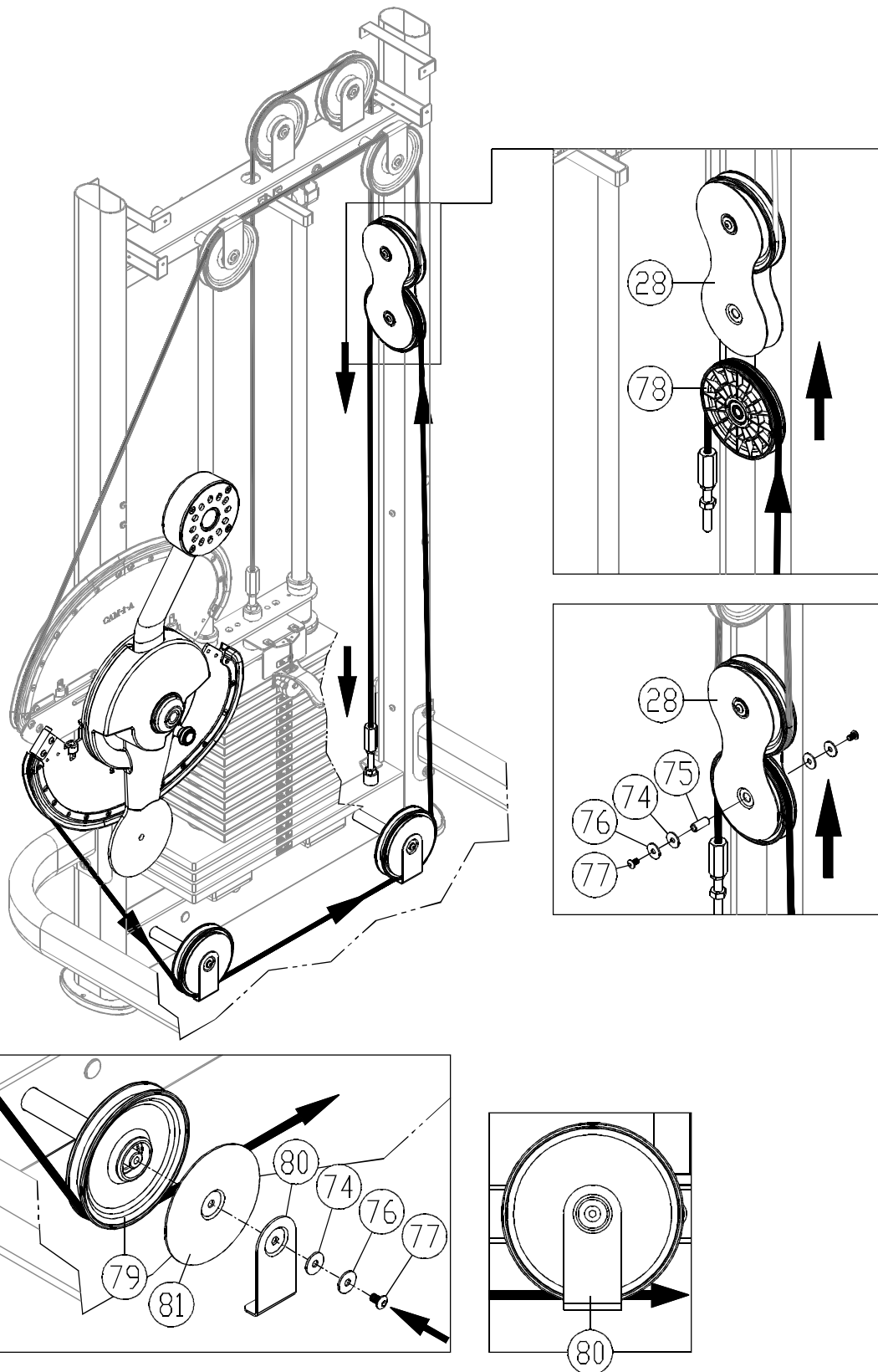


5-4. Insert the cable as indicated by the arrows, first into the top channel of pulley B (79). Secure this pulley with hardware (74,76,77,80). Continue threading the cable as indicated, employing the floating pulley (28) as shown. Finally, secure the cable to the upper stack carriage as shown.

NOTE: When securing cover (80), make sure the cover does not interfere with cable motion and is parallel to the cable

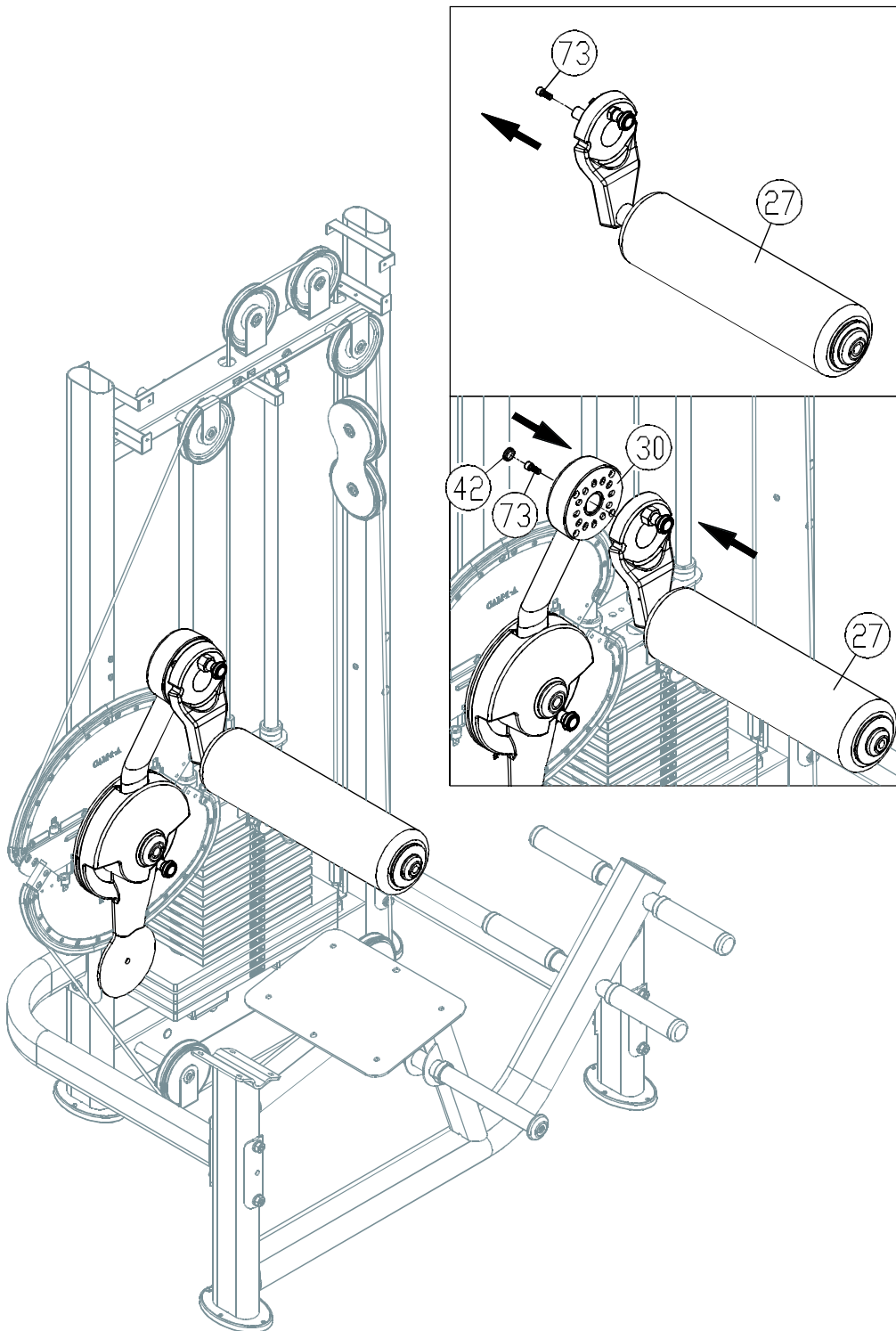


5-5. First insert an open end wrench into (Z) hole , Adjust the large nut at area C to the lowest position. Then, secure nuts (X,Y)



- 5-6. Insert the lower cable as indicated by the arrows, first into the lower side of pulley B (79). Secure pulley B (79) with covers and hardware (74,76,77,80,81). Continue threading the cable to incorporate other pulleys. Route the cable through the top of the lower pulley A (78), then secure that pulley with hardware (74,75,76,77) onto the floating pulley (28). Finally, secure the cable to the lower stack plate as shown.
- NOTE:** When securing cover (80), make sure the cover does not interfere with cable motion and is parallel to the cable.

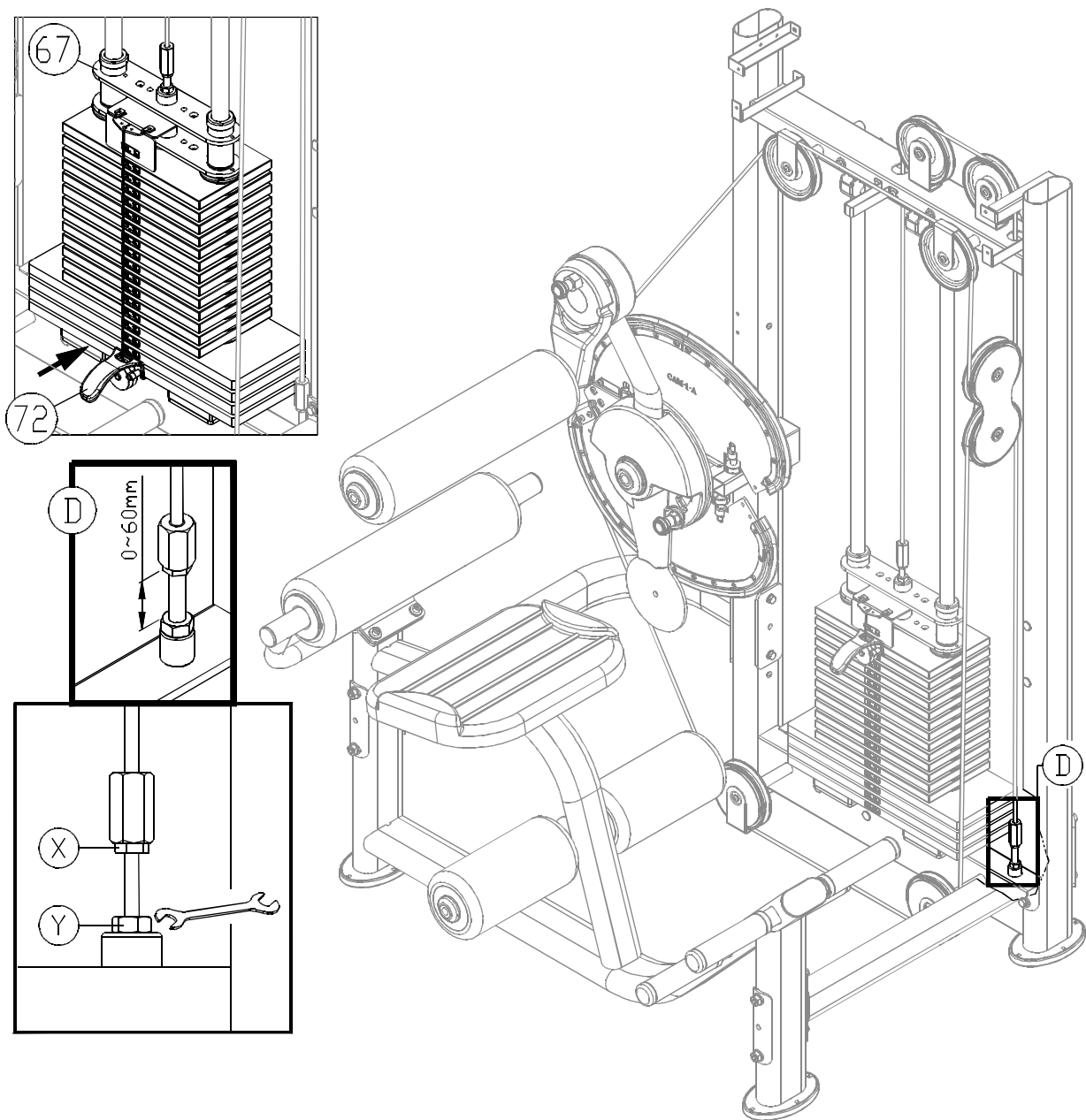
STEP 6 Rotator Arm and Cylindrical Cushion Arm Installation



6-1. First, remove screw (73) from the cylindrical cushion arm (27).

6-2. Install the cylindrical cushion arm (27) onto the cam and rotator arm (30). Then secure it with screw (73). Then insert soft caps (42) into cover B.

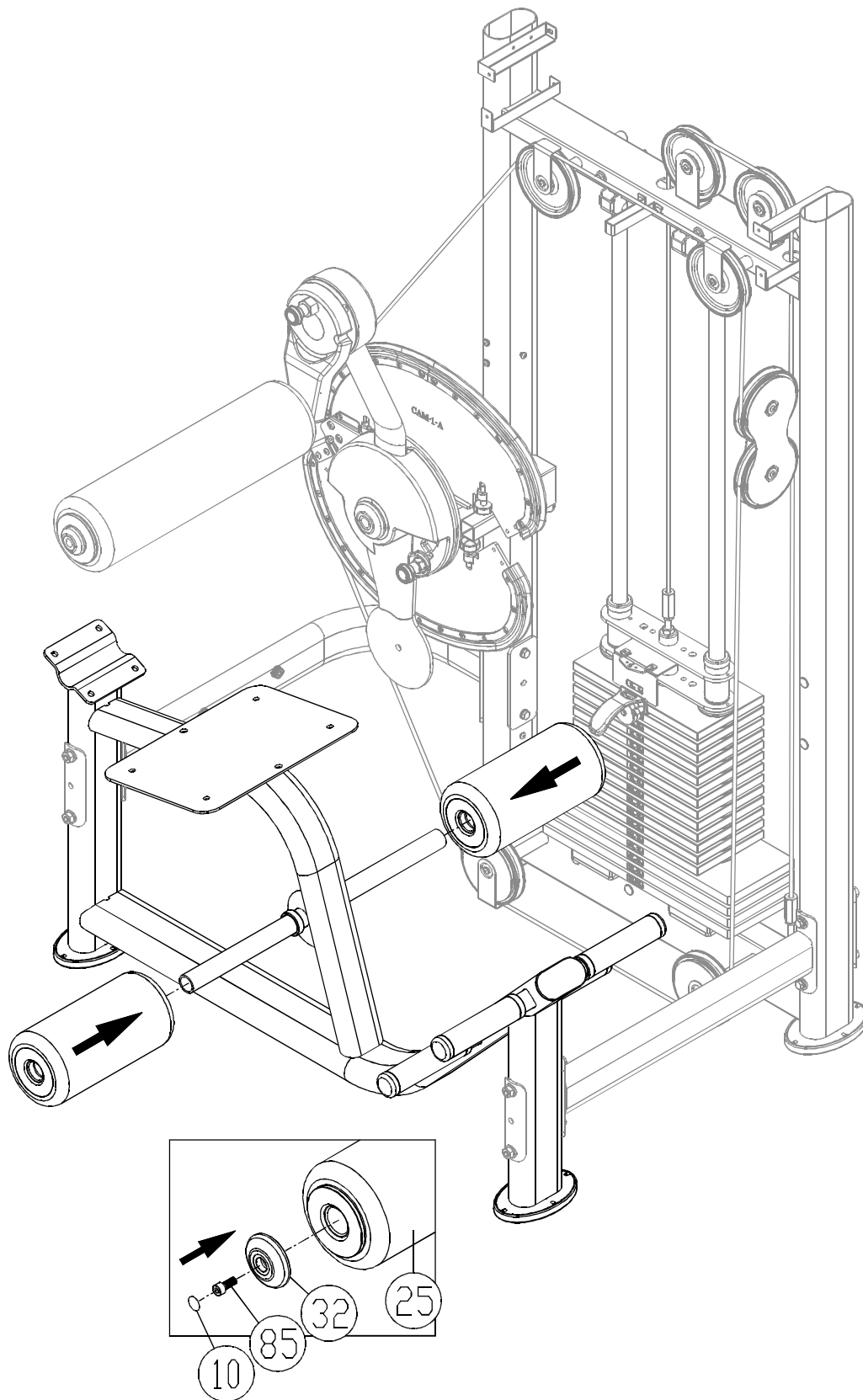
STEP 7 Cable Adjustment



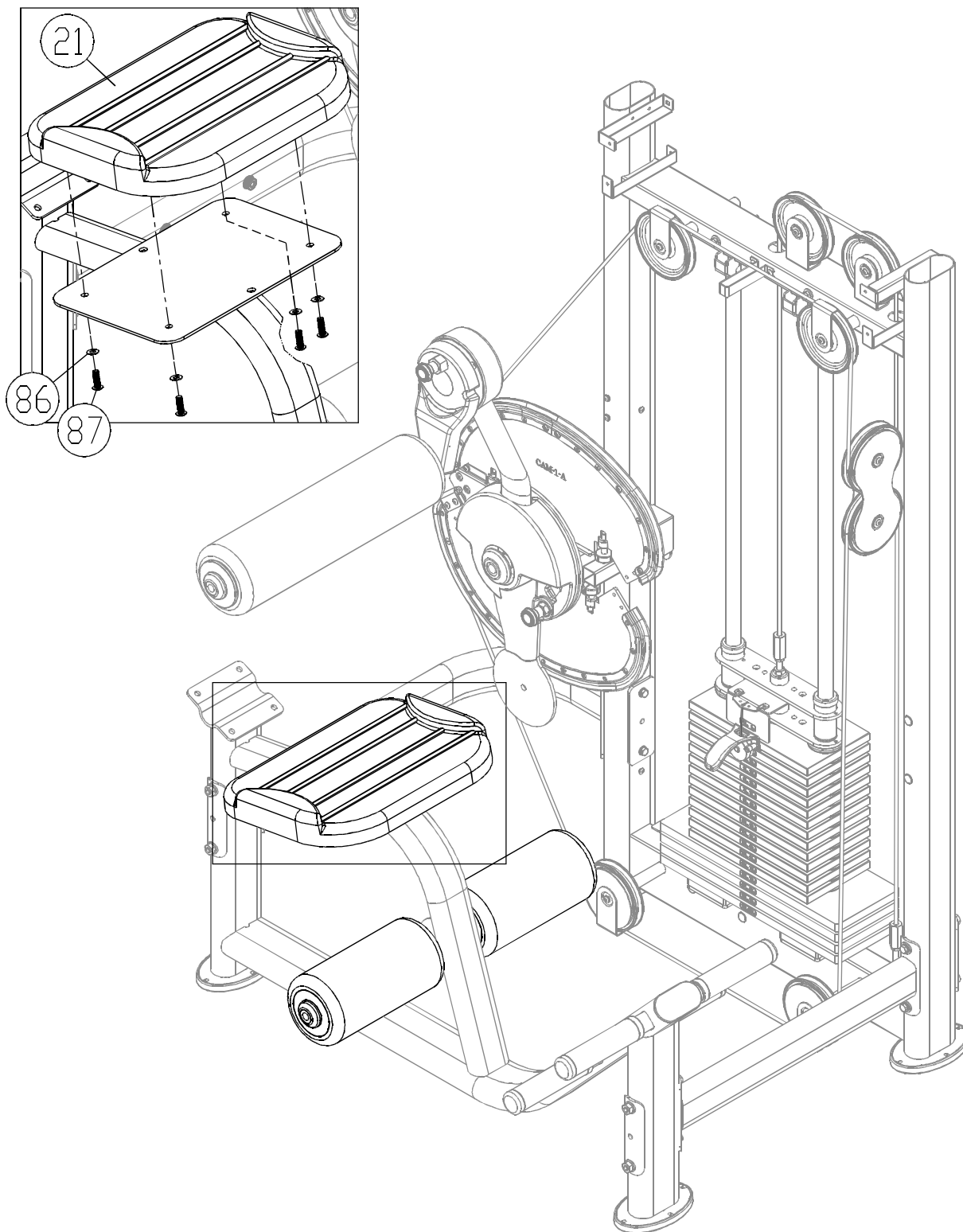
Insert the stack fork (72) into the gap under the lowest weight plate. Then adjust the large nut at area D. Adjust until the upper stack plate (67) moves slightly.

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 Seat Bottom and Lower Cushion Installation

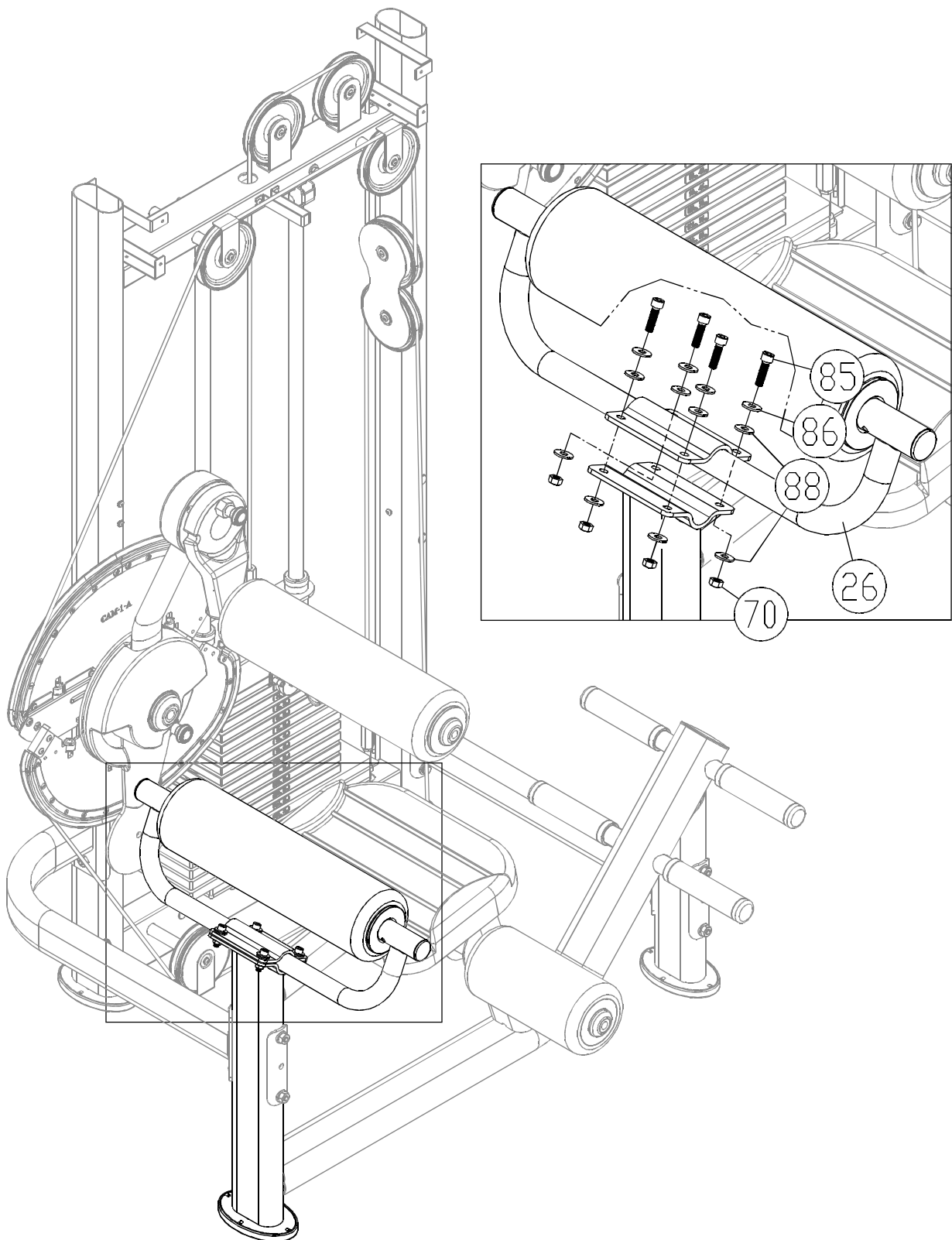


8-1. Put cylindrical cushions (25) in place. Then insert the axle covers (32) and secure them with screws (85). Then put sticker (10) in place as shown.



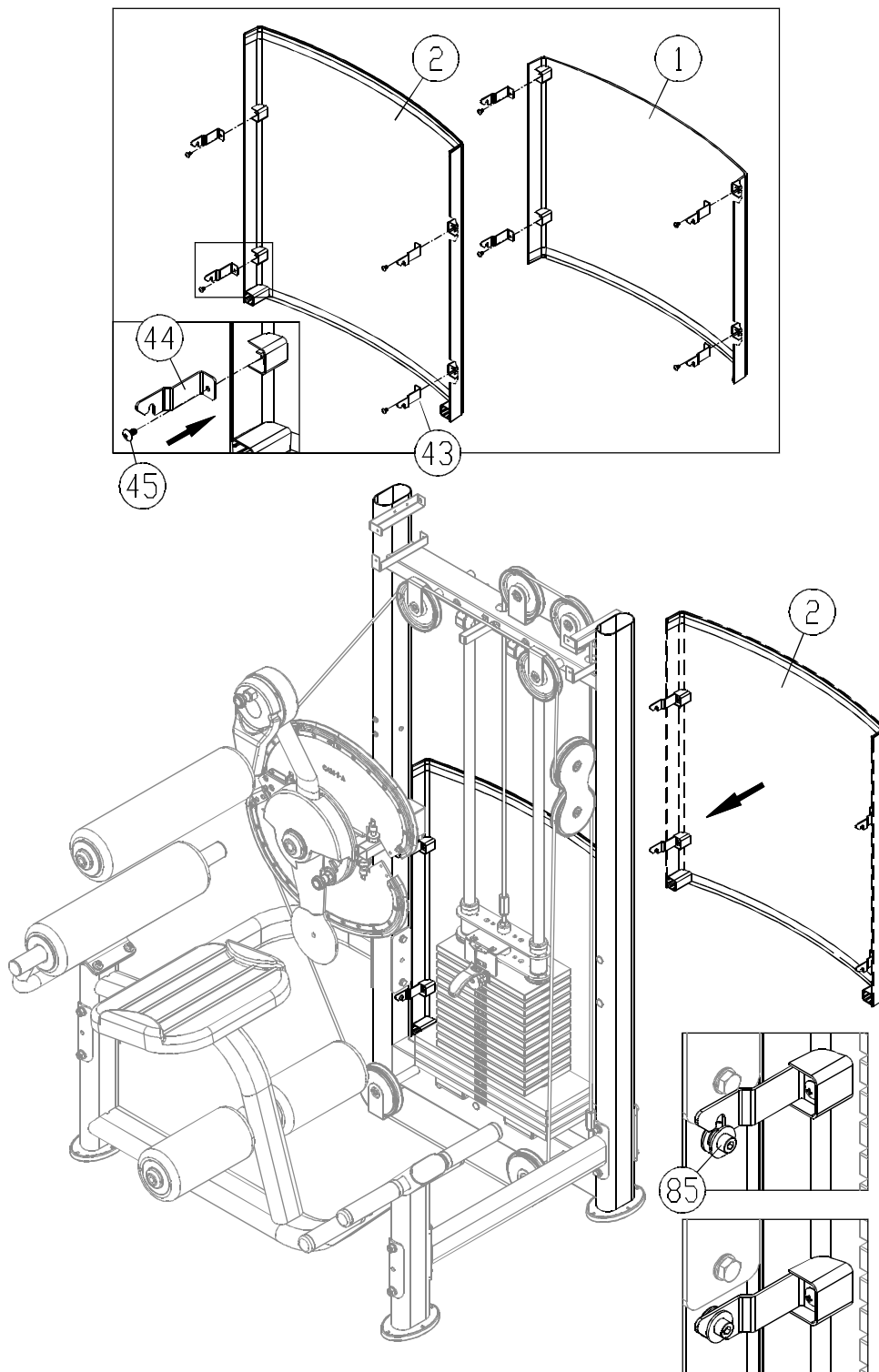
8-2. Put the seat bottom cushion (21) in place and secure it with hardware (86,87) as shown.

STEP 9 Install the Back Cushion



9-1. Secure the back cushion bracket (26) in place with hardware (70,85,86,88).

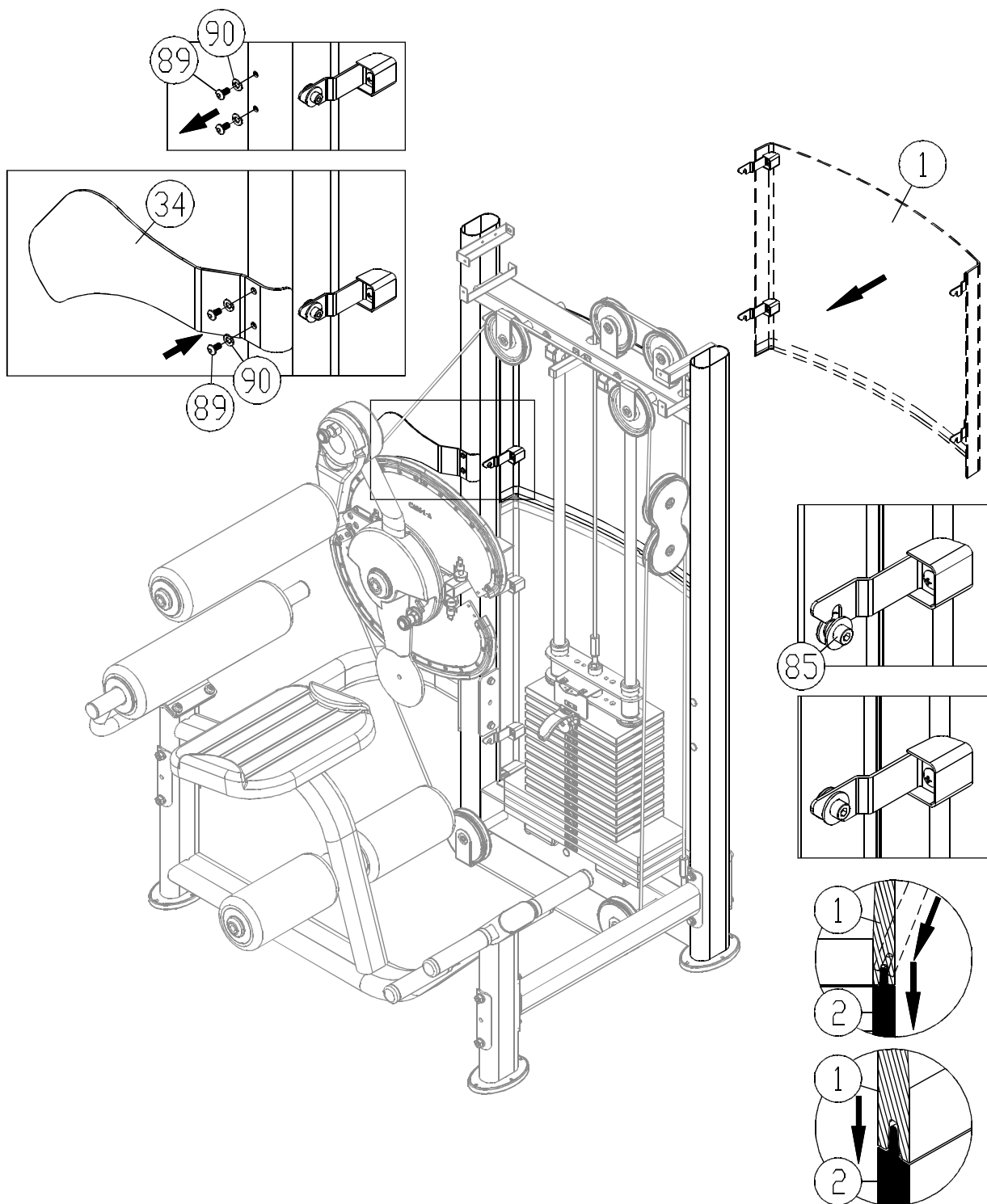
STEP 10 Install Tower Back Covers



10-1. Before installing the upper and lower back covers, first separate A and B (43,44) set brackets according to side. (Set brackets are side specific.) Use screws (45) to secure the set brackets into the rear covers (1,2).

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

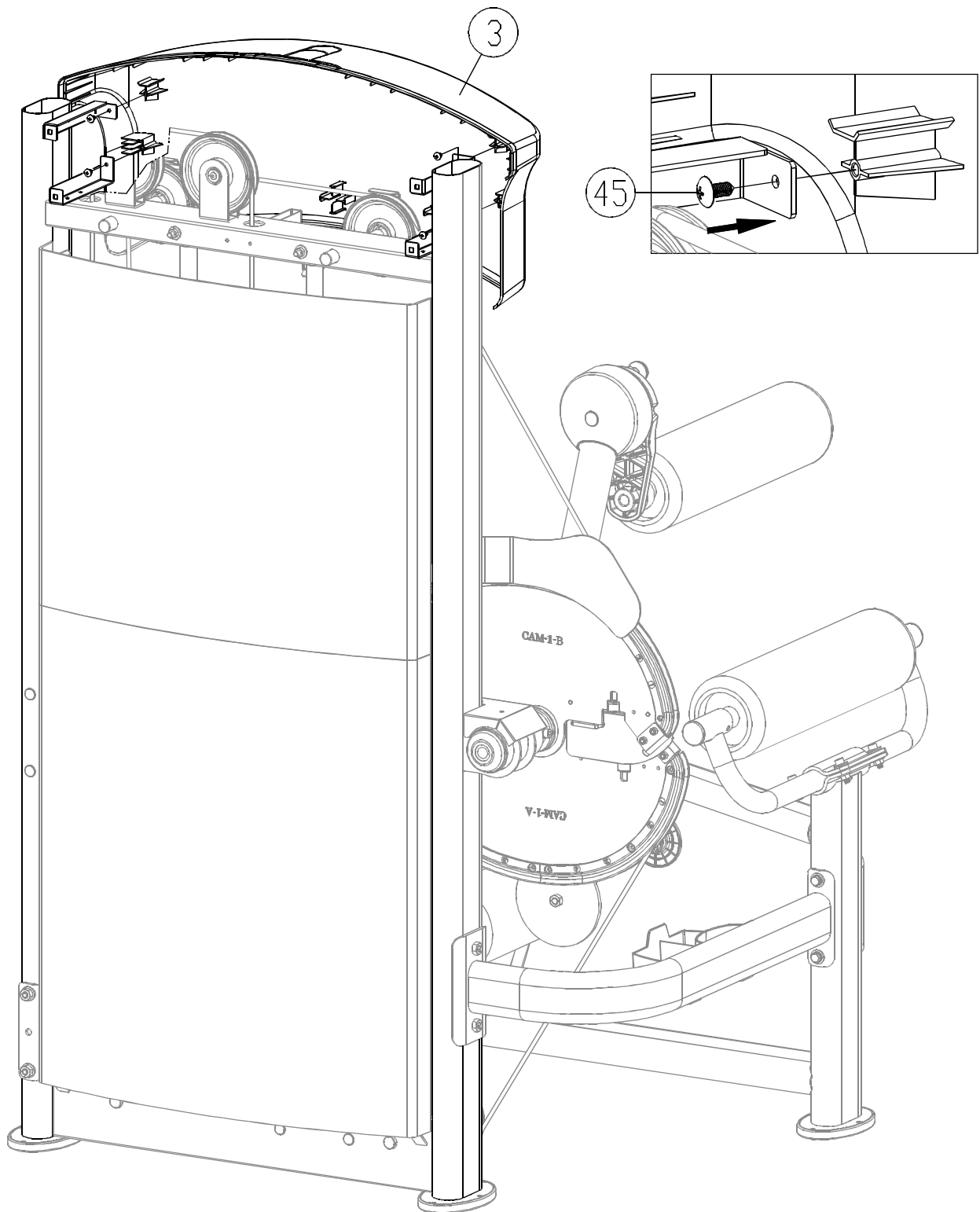
10-2. Put rear cover (2) onto screws (85).



10-3. Hang upper rear cover (1) onto screws (85). Simultaneously, hook upper rear cover (1) into lower rear cover (2).

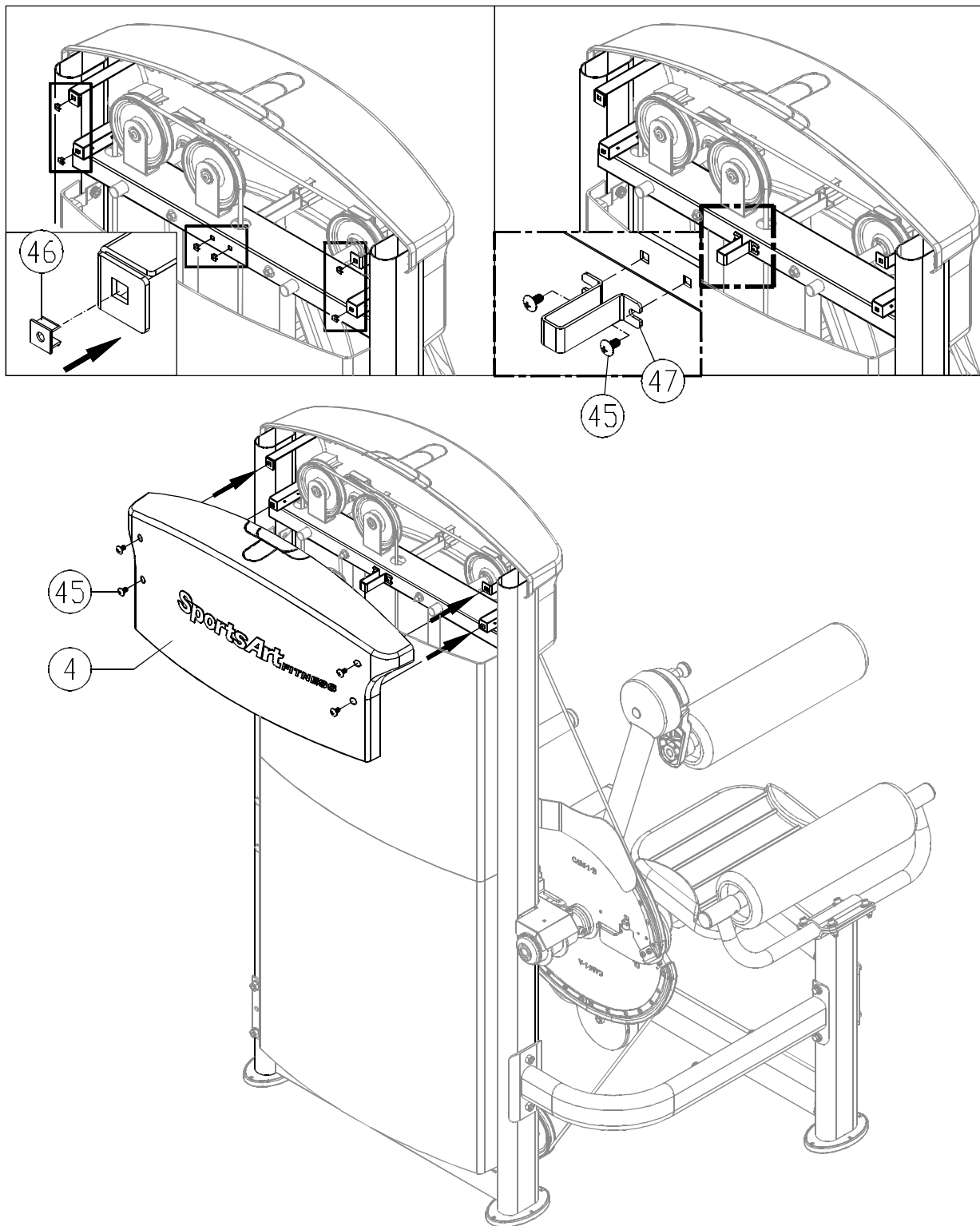
10-4. Remove hardware (89,90) from the left side frame. Then put finger guard (34) back. Secure hardware (89,90).

STEP 11 Install the Front Top Cover



11-1. Secure front top cover (3) with screws (45) in place on the main frame as shown.

STEP 12 Install the Rear Top Cover

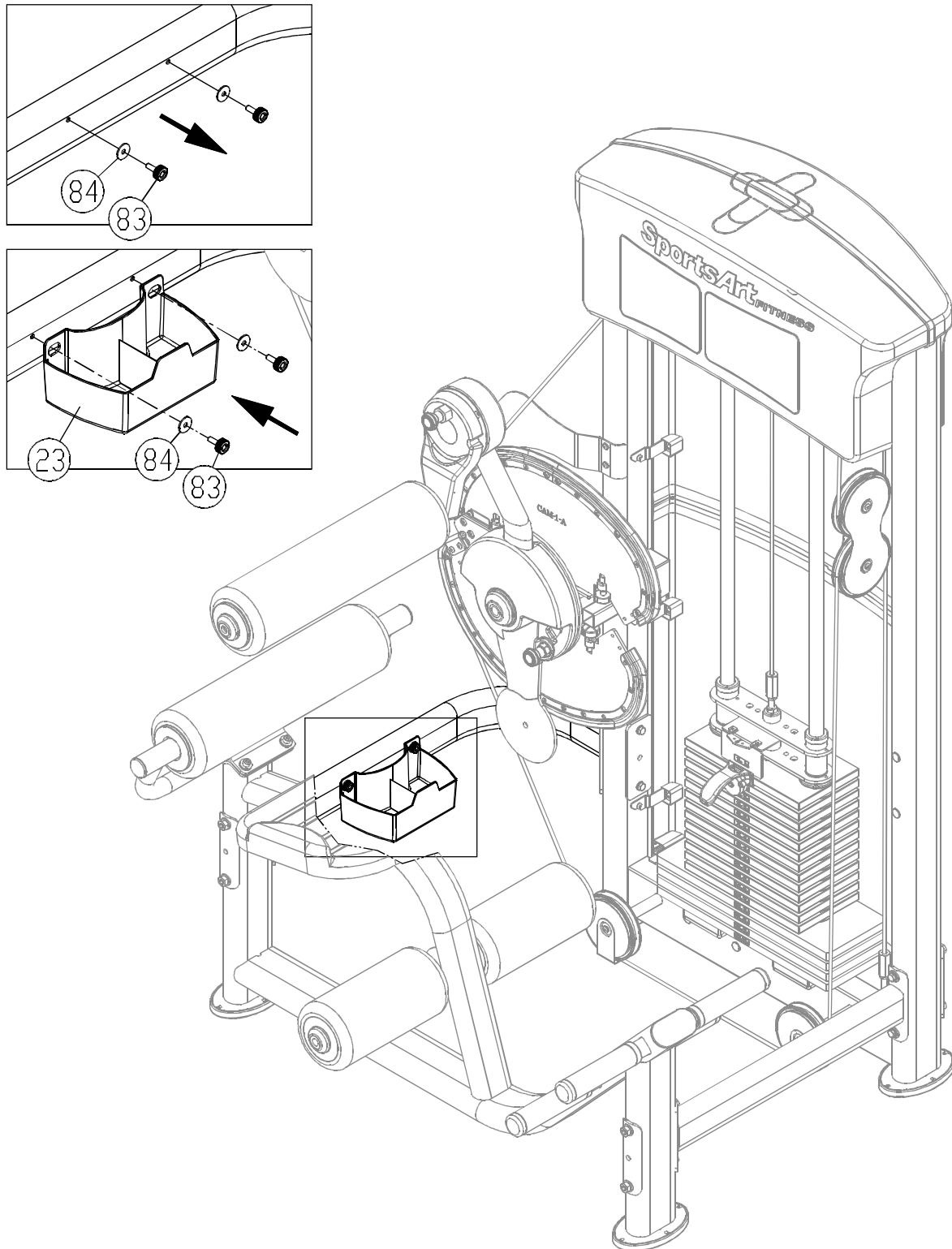


12-1. Before installing the cover, insert screw sockets (46) into place in the frame as shown.

12-2. Then use screws (45) to secure the rear cover bracket (47) in place as shown.

12-3. Secure the rear top cover (4) with screws (45) as shown.

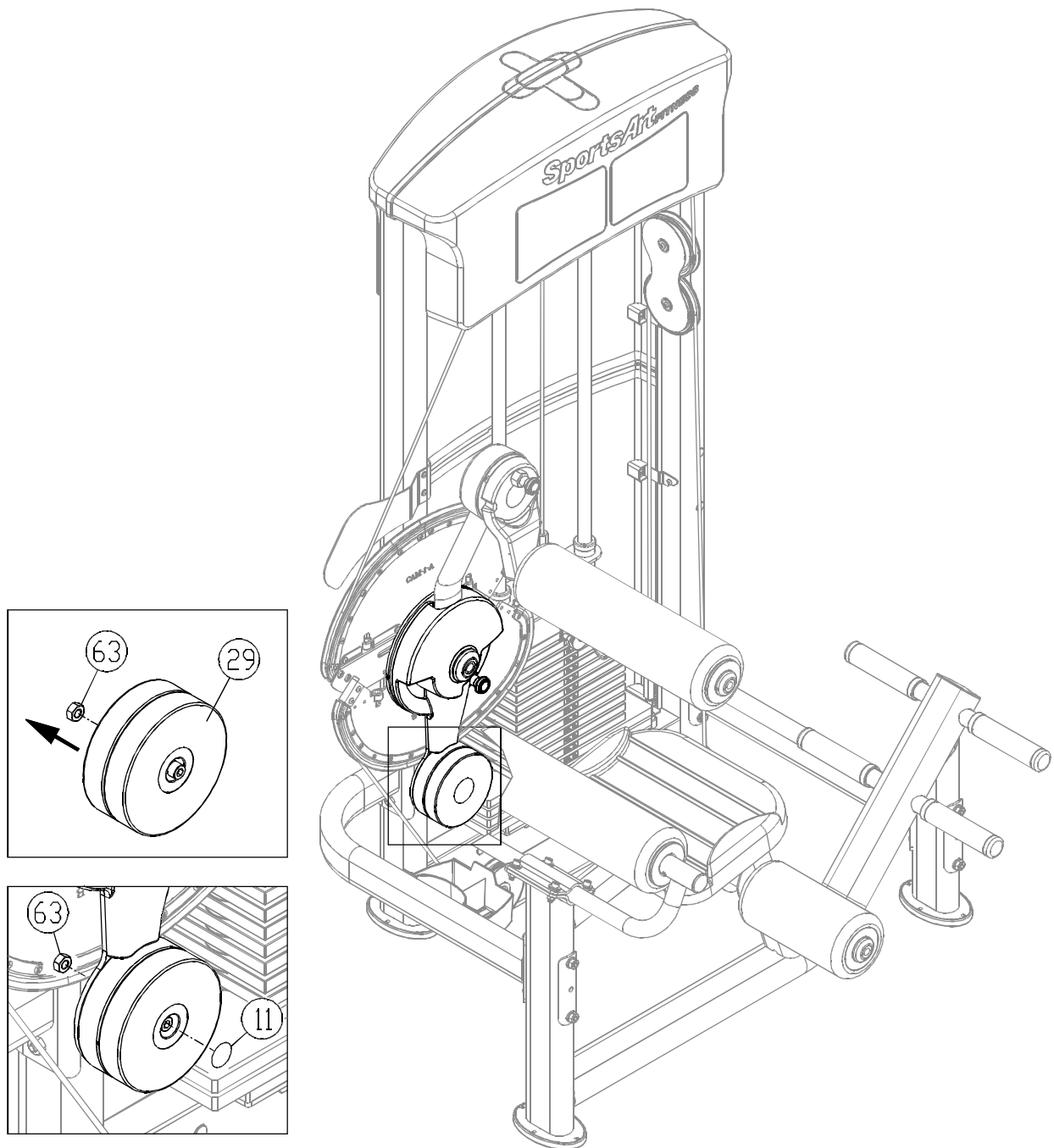
STEP 13 Install the Water Bottle Holder



13-1. Before installing the bottle holder, remove hardware (83,84) as shown.

13-2. Hold the bottle holder in place (23) and secure it with hardware (83,84) as shown.

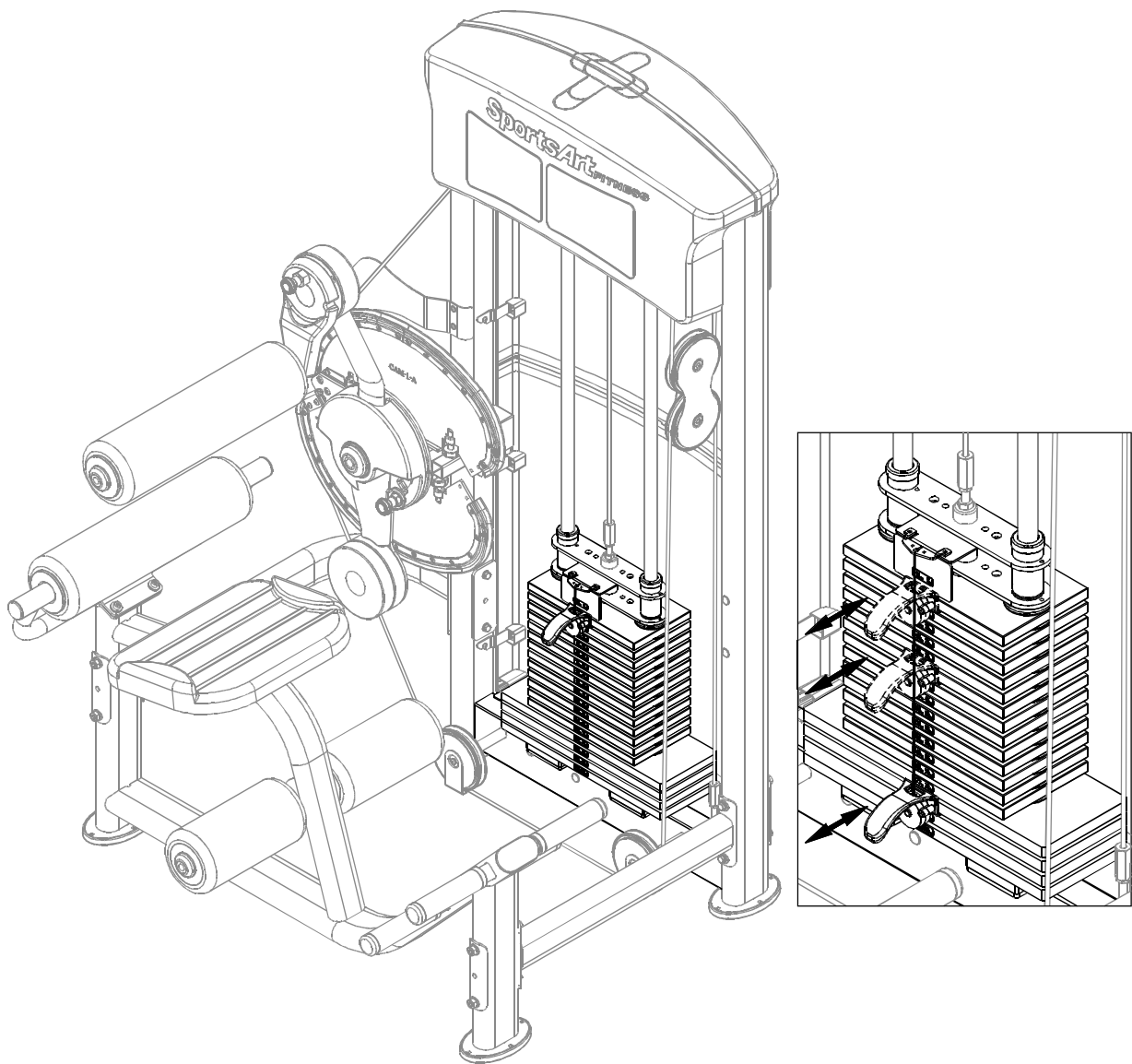
STEP 14 4kg Counterweight Installation



14-1. Remove nut (63) before installing the counterweight.

14-2. Insert the 4KG counterweight (29) onto the rotator plate and secure it in place with nut (63). Put sticker (11) in place.

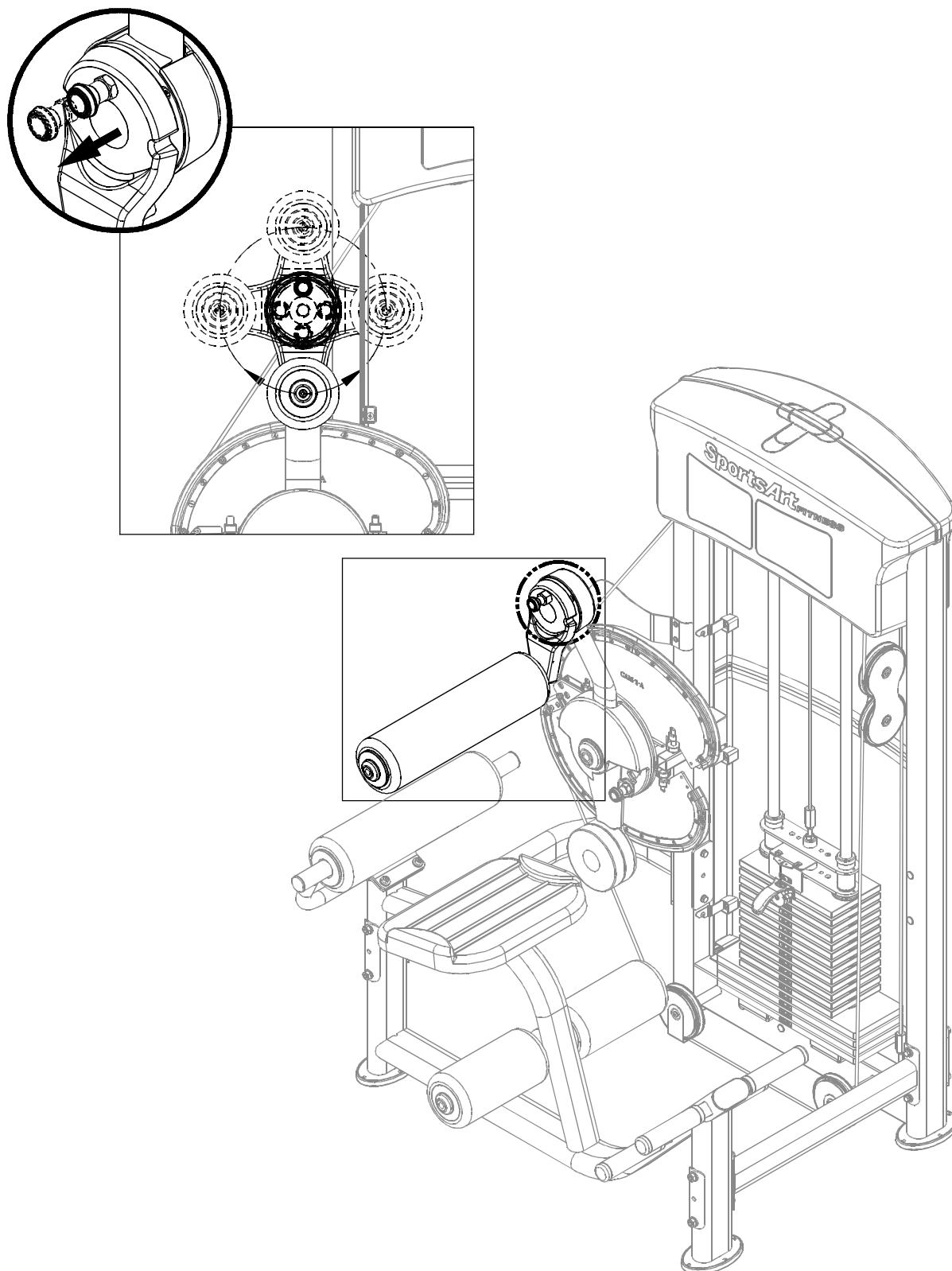
STEP 15 Stack Fork Operation



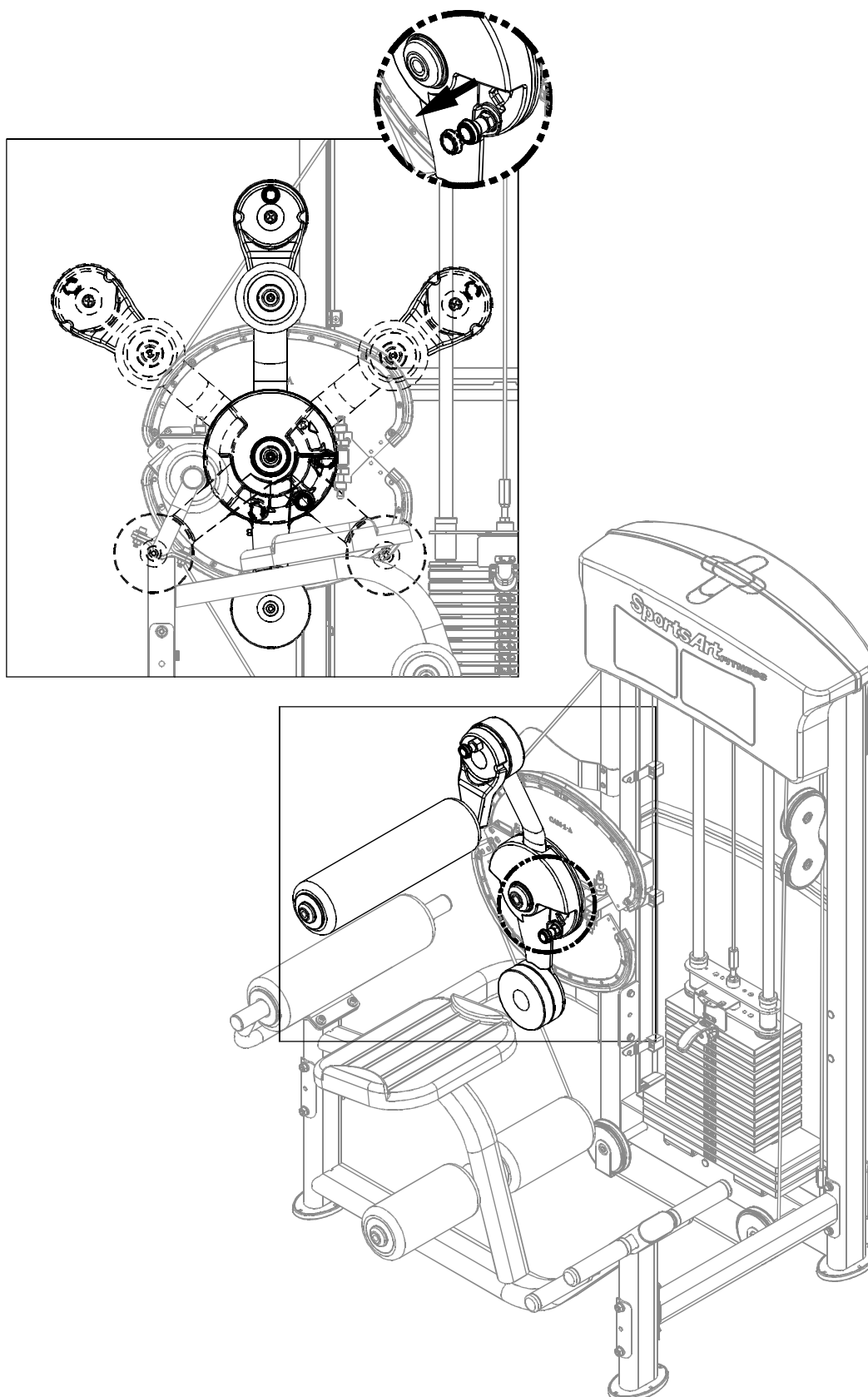
15-1. Insert the stack fork to make sure that every weight plate can be engaged easily.

CHAPTER 4 — OPERATION INSTRUCTIONS

4.1 Operating the Product

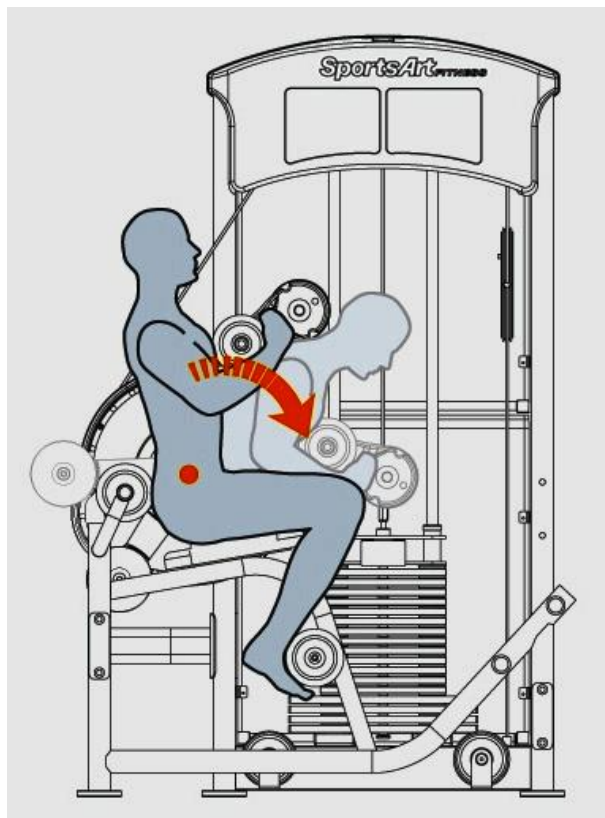
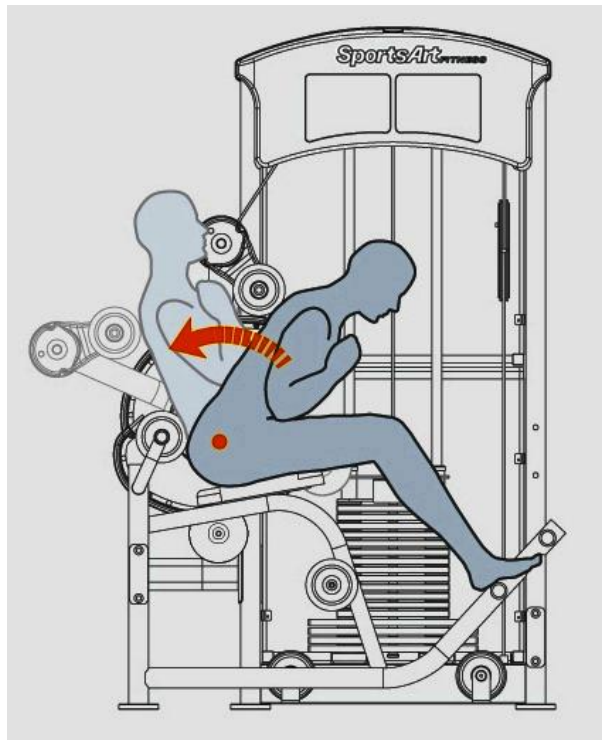


Pull out the knob on the cushion arm. You can rotate and secure the cushion arm for use within a 360-degree range. When released, the knob automatically engages to secure the position.



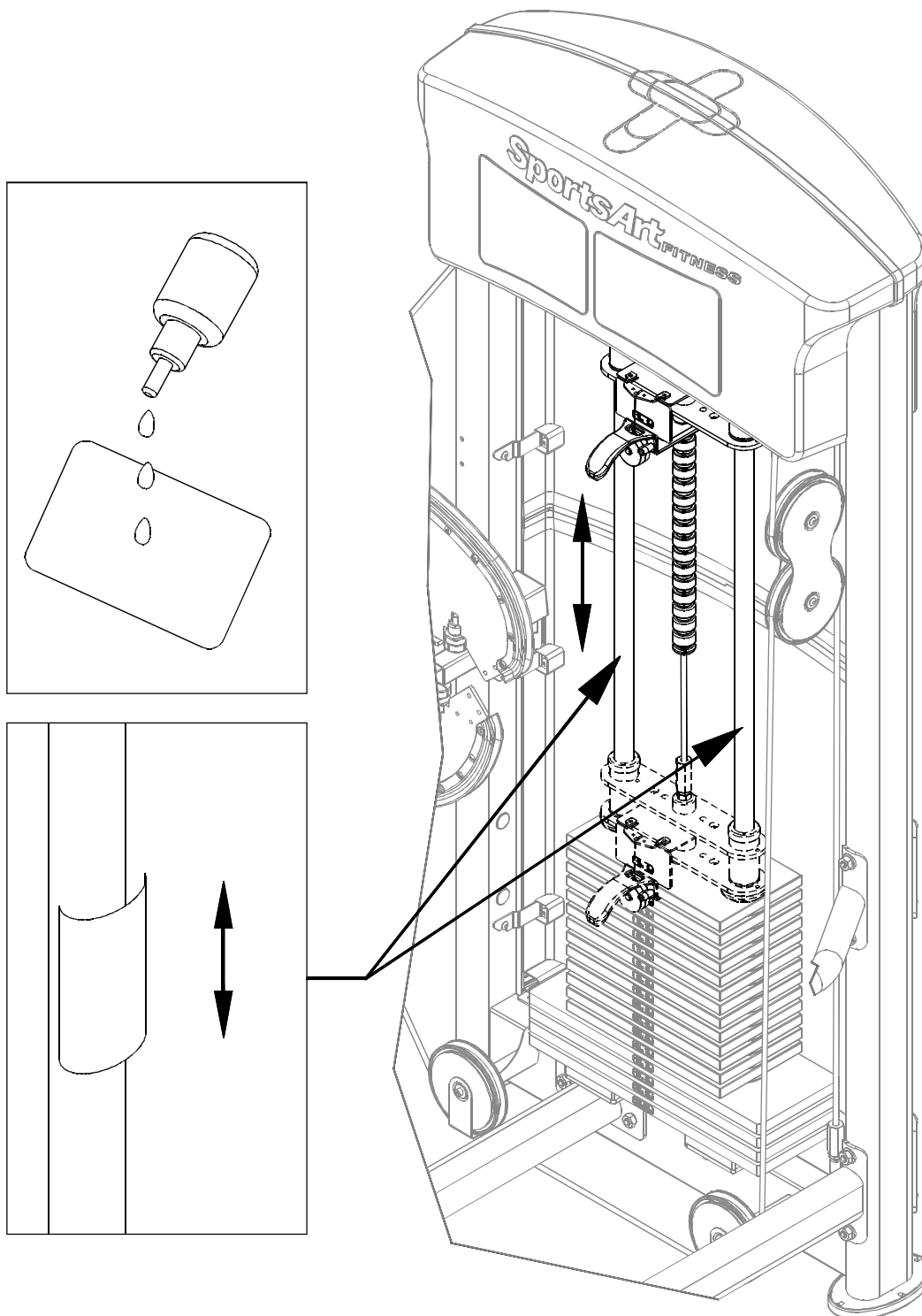
Pull out the knob on the rotator arm. Place the rotator as desired for use. When released, the knob automatically engages to secure the position.

4.2 Testing the Unit



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.