

TABLE OF CONTENTS

Chapter 1 — Safety Instructions.....	1
1.1 Safety Precautions.....	1
Chapter 2 — Instructions.....	2
2.1 Dimensions.....	2
2.2 Part List For Box A.....	3
2.3 Part List For Box C.....	4
2.4 Components in the Hardware Kit.....	4
2.5 Components on the Product.....	5
Chapter 3 — Assembly Instructions.....	6
Before Assembly.....	6
STEP 1 Support Arm, Bottle Holder, and Rear Support Installation.....	7
STEP 2 Weight Plate and Cable Installation.....	11
STEP 3 Apply the Weight Stack Sticker.....	21
STEP 4 Install the Top Handle Frame.....	23
STEP 5 Side Handle Installation.....	24
STEP 6 Installation.....	25
STEP 7 Weight Stack back Cover Installation.....	26
STEP 8 Front Top Cover Installation.....	28
STEP 9 Rear Top Cover Installation.....	29
STEP 10 Stack Fork Operation.....	30
Chapter 4 — Operating Instructions.....	31
4.1 Operating the Product.....	31
4.2 Testing.....	32
4.3 Maintenance.....	33

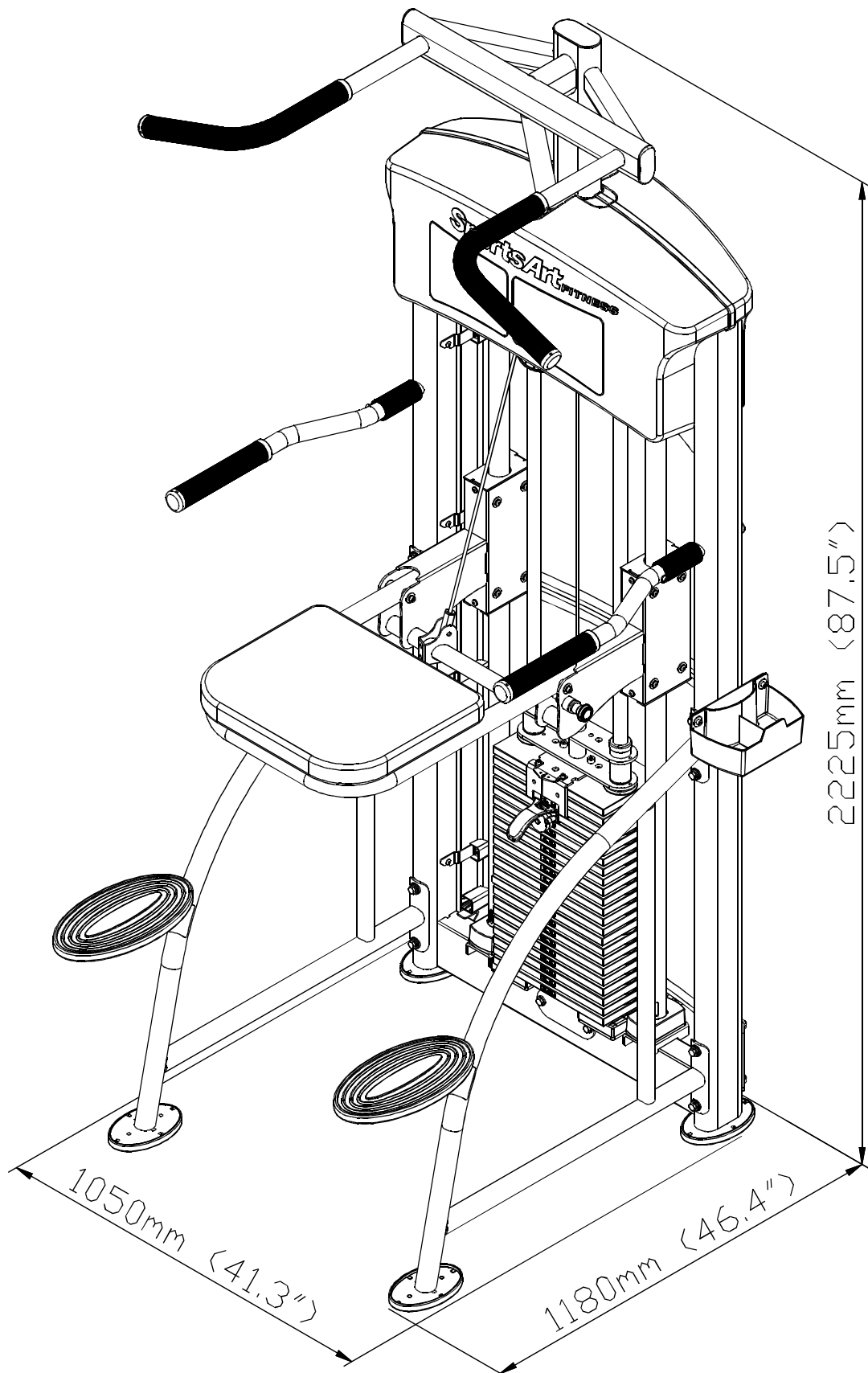
CHAPTER 1 – SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

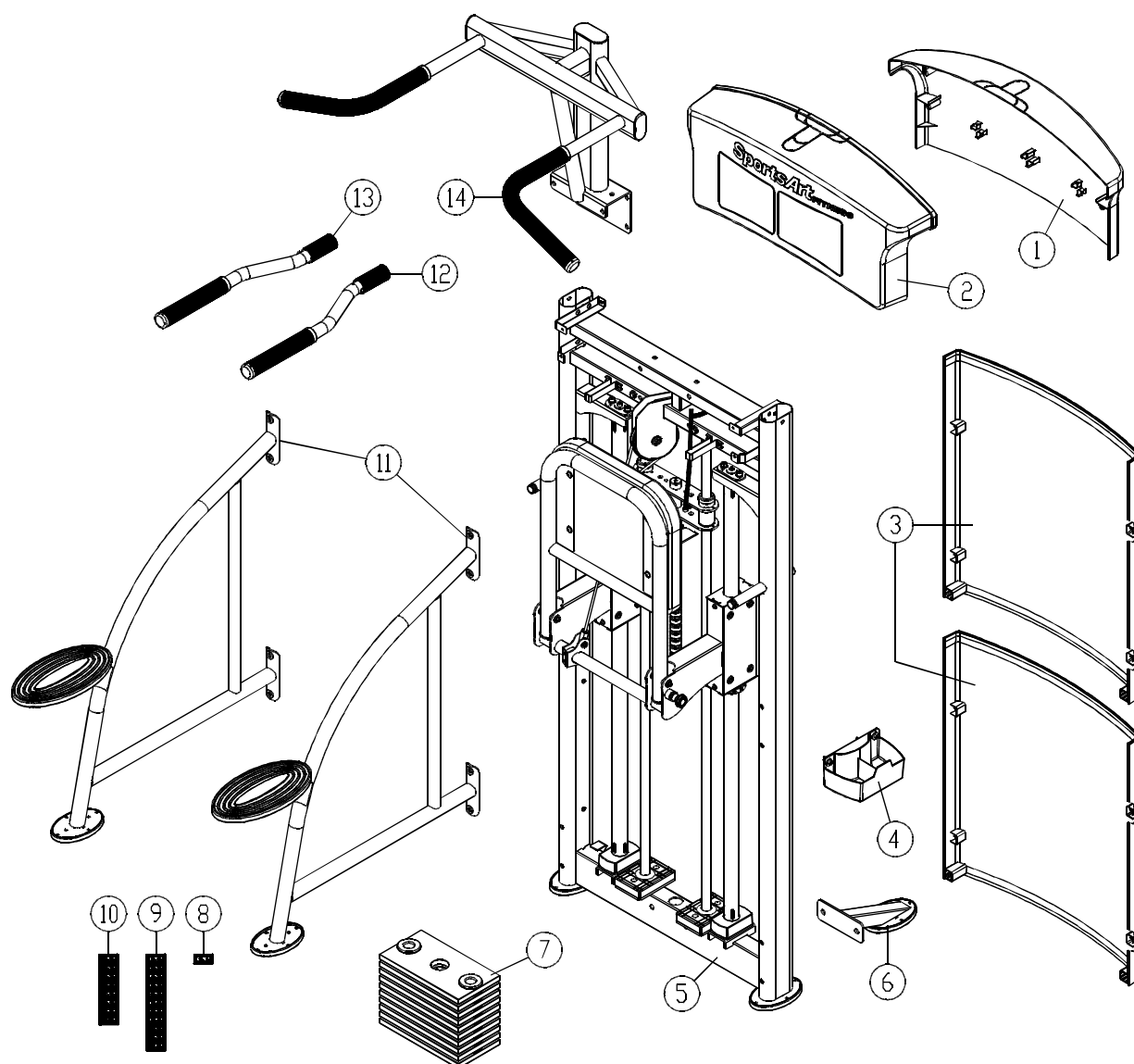
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assemble and operate this product on a solid, level surface. Do not use outdoors or near water.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

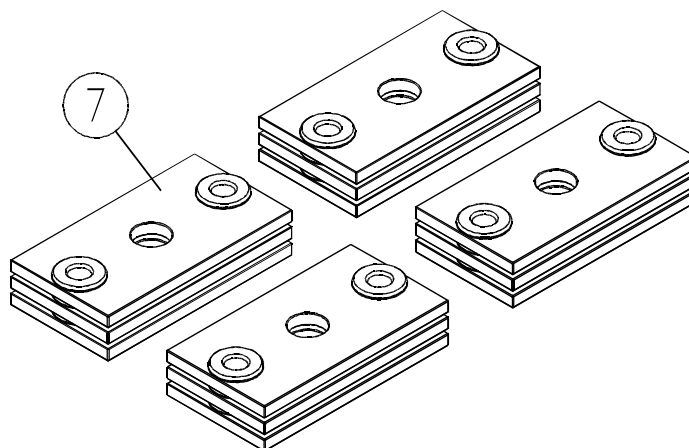


2.2 Part List For Box A



No.	Description	Qty	No.	Description	Qty
1	Rear Top Cover	1	8	Weight Plate Sticker (5kg)	1
2	Front Top Cover	1	9	Weight Plate Sticker (10kg~60kg)	1
3	Stack Cover	2	10	Weight Plate Sticker (65kg~100kg)	1
4	Bottle Holder	1	11	Front Support	2
5	Main Frame	1	12	Right Side Handle	1
6	Rear Support	1	13	Left Side Handle	1
7	5kg Weight Plate	10	14	Top Handle Frame	1

2.3 Part List For Box C



No.	Description	Qty	No.	Description	Qty
7	5 KG Weight Plate	12			

2.4 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
31	Rear Cover Bracket A	4		
32	Rear Cover Bracket B	4		
33	Mushroom Top Phillips Head Screw	24	M5*L12	
34	Screw Socket	12	SGN-07	
35	Rear Top Cover Bracket	2		
	L-shaped Hex Wrench	2	M4	
	L-shaped Hex Wrench	1	M5	
	L-shaped Hex 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.

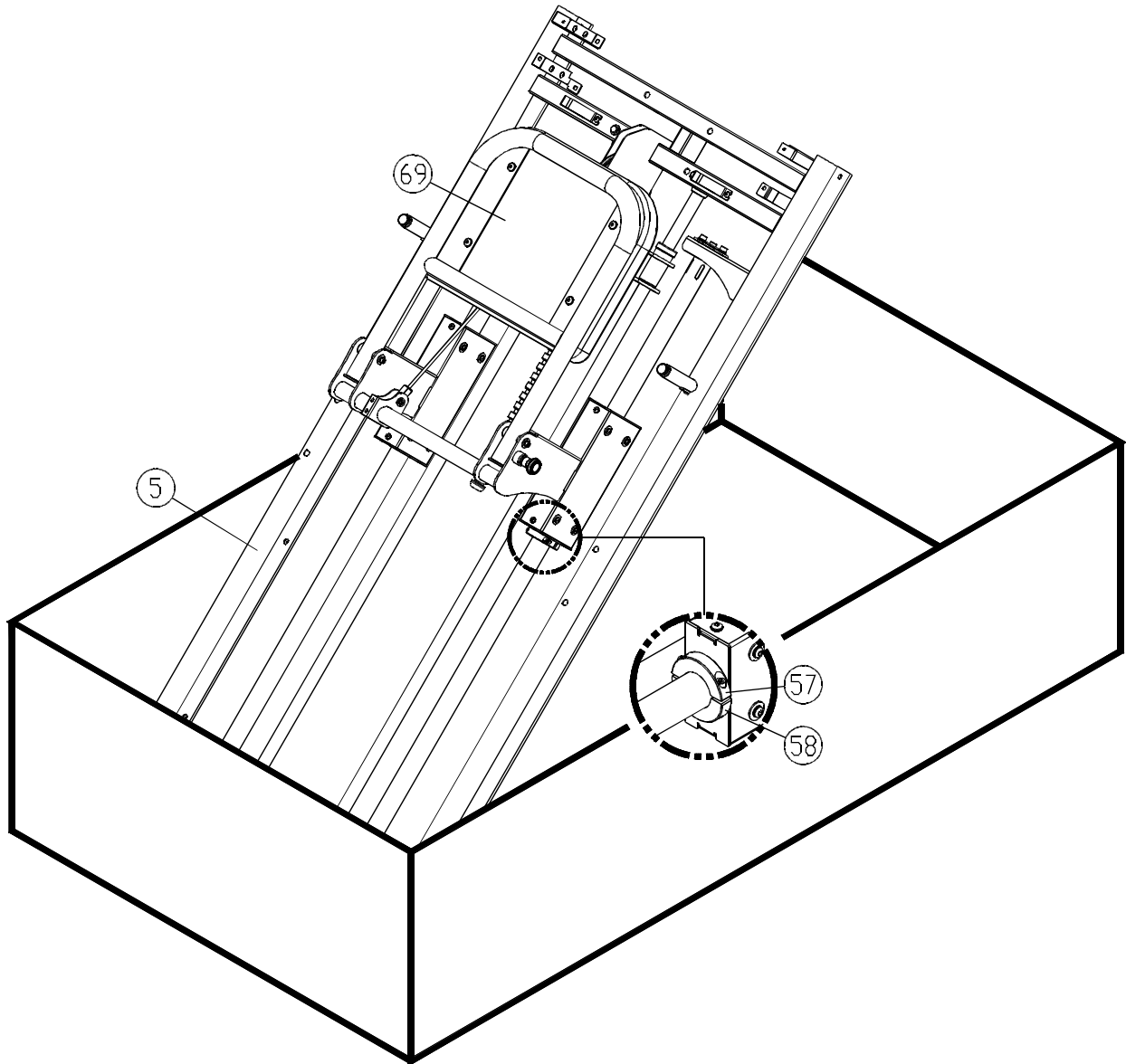
2.5 Components on the Product

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

No.	Description	Specification	Tool Needed
51	Hex bolt	M10*L130	
52	Spring washer	M10	
53	Flat washer	$\phi 16^* \phi 10.2$	
54	§ 50 connector		
55	Hex locknut	M10	
56	Inner hex screw	M6*L8	
57	Set ring A		
58	Set ring B		
59	Upper stack carriage set		
60	Hex bolt and PU tube		
61	Flat washer	$\phi 17^* \phi 8.3$	
62	Hex locknut	M8	
63	Guide rods		
64	Stack fork		
65	Hex bolt	M10*L65	
66	Washer C	$\phi 41^* \phi 12$	
67	Spring washer	M6	
68	Mushroom top inner hex screw	M6*12	
69	Knee platform		
70	Hex bolt	M10*L90	
71	Connector		
72	Inner Hex Screw	M8*L12	
73	Spring Washer	M8	
74	Stack Fork Carriage		
75	Inner Hex Screw	M10*L120	
76	Flat Washer	$\phi 26^* \phi 10.3$	
77	Inner Hex Screw	M6*L25	
78	Inner Hex Screw	M6*L30	

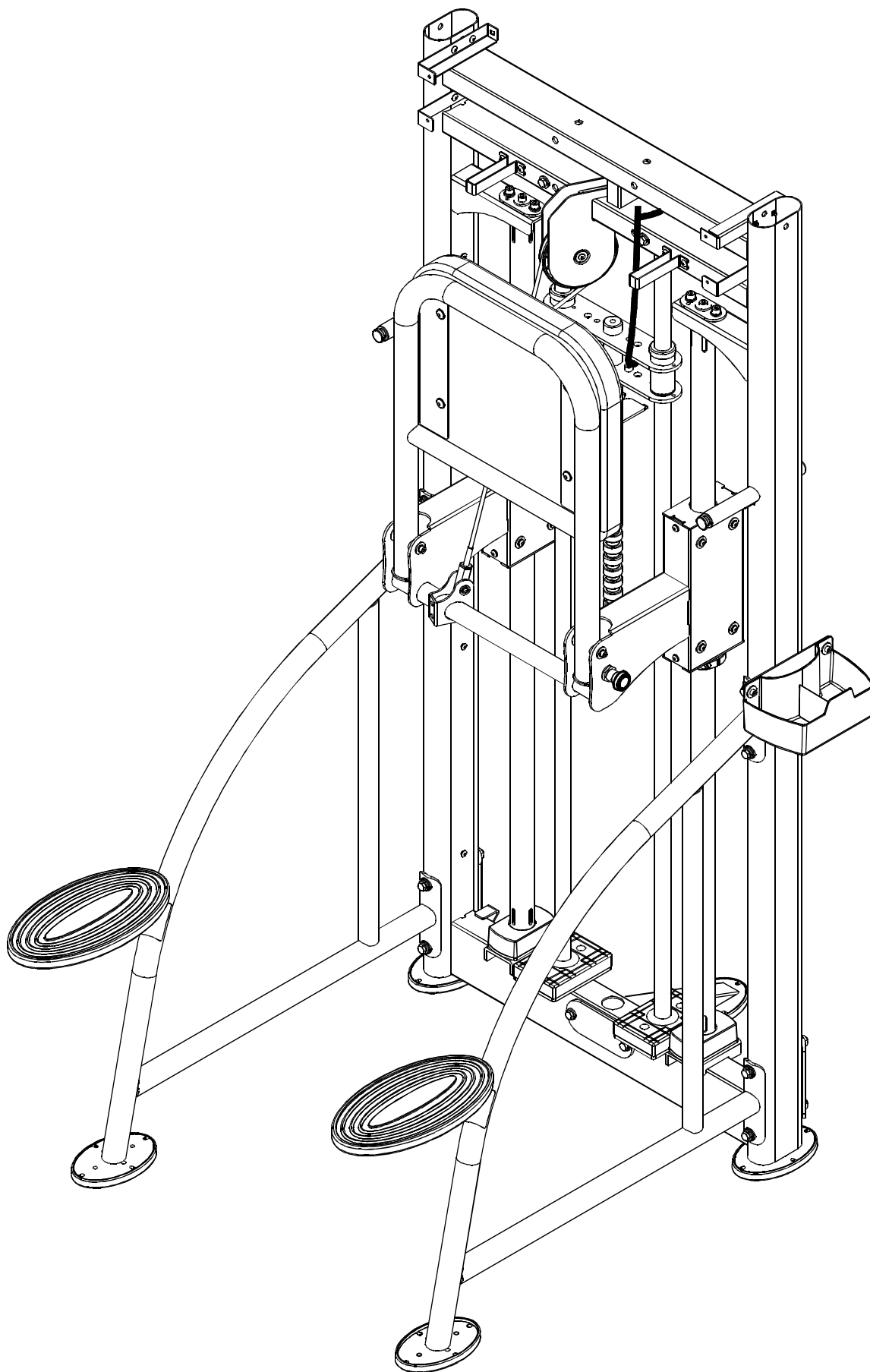
CHAPTER 3 — ASSEMBLY INSTRUCTIONS

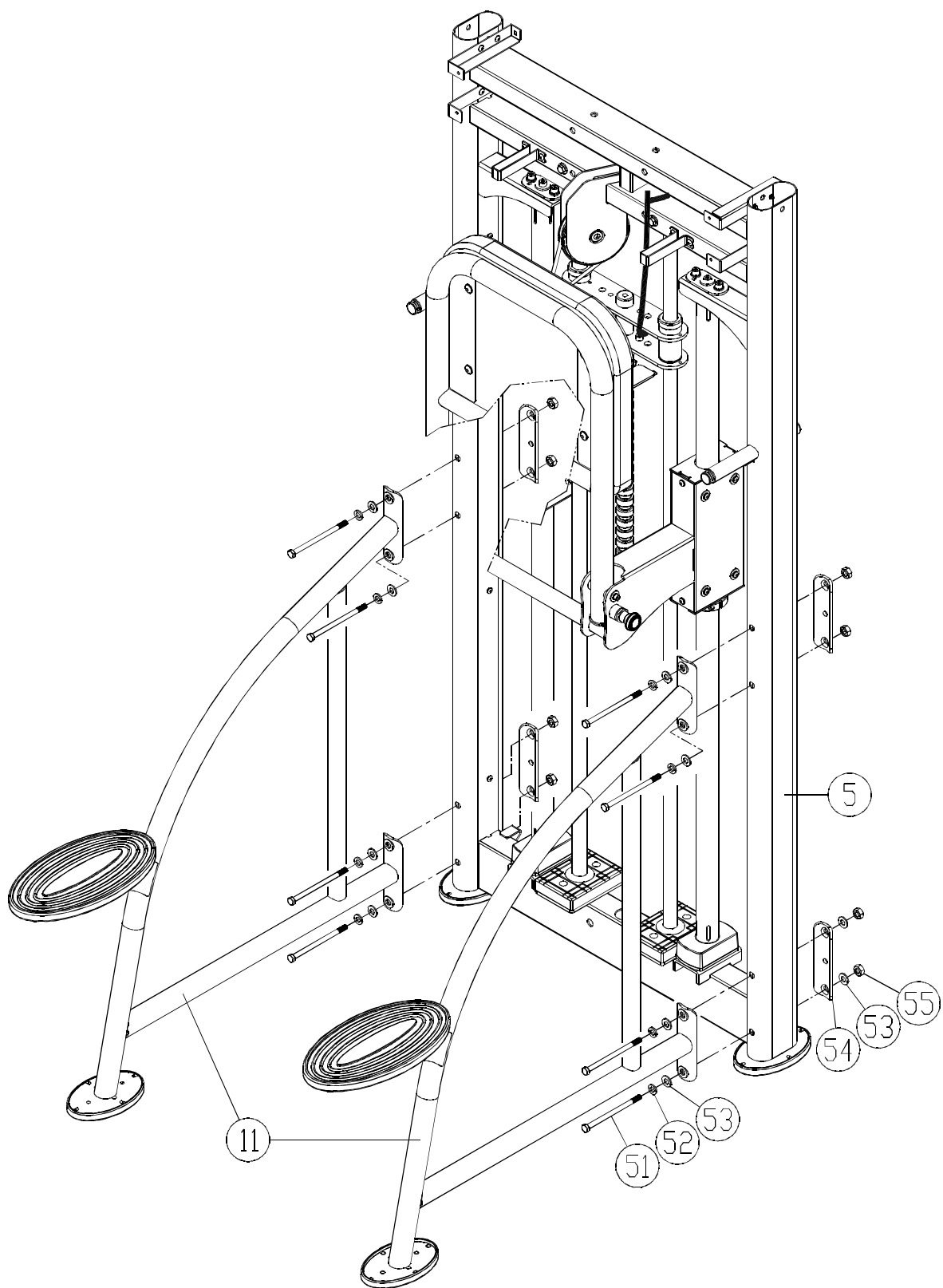
Before Assembly



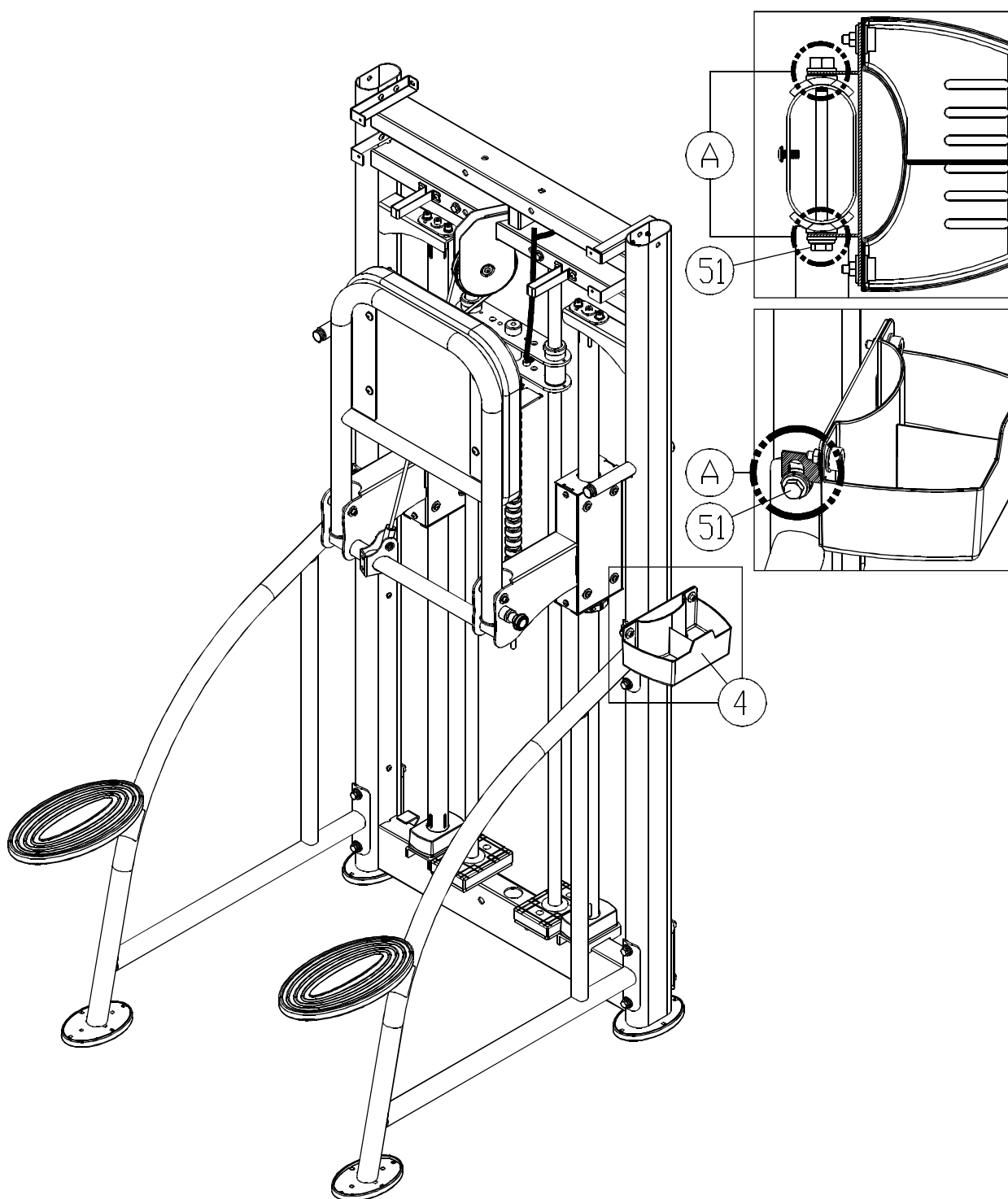
Before tilting up the main frame (5), make sure that set rings A,B (57,58) are in place. Otherwise, the knee platform (69) can slide downward. After preventing the knee platform (69) from sliding, tilt the main frame (5) upward as shown.

STEP 1 Support Arm, Bottle Holder, and Rear Support Installation

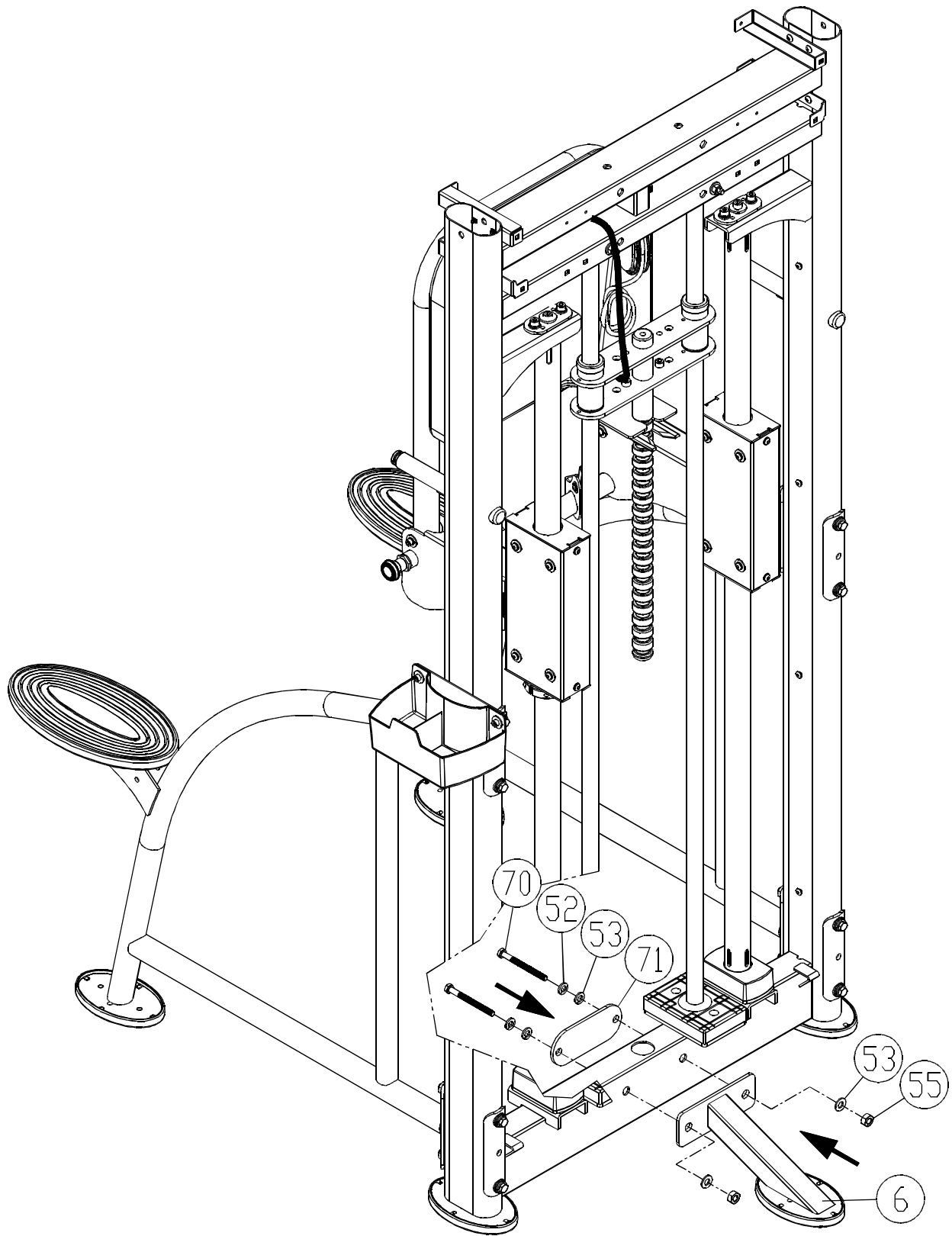




1-1. Connect the front support (11) to the main frame (5). Attach connector (54) with hardware (51,52,53,55) but do not fully tighten bolts.



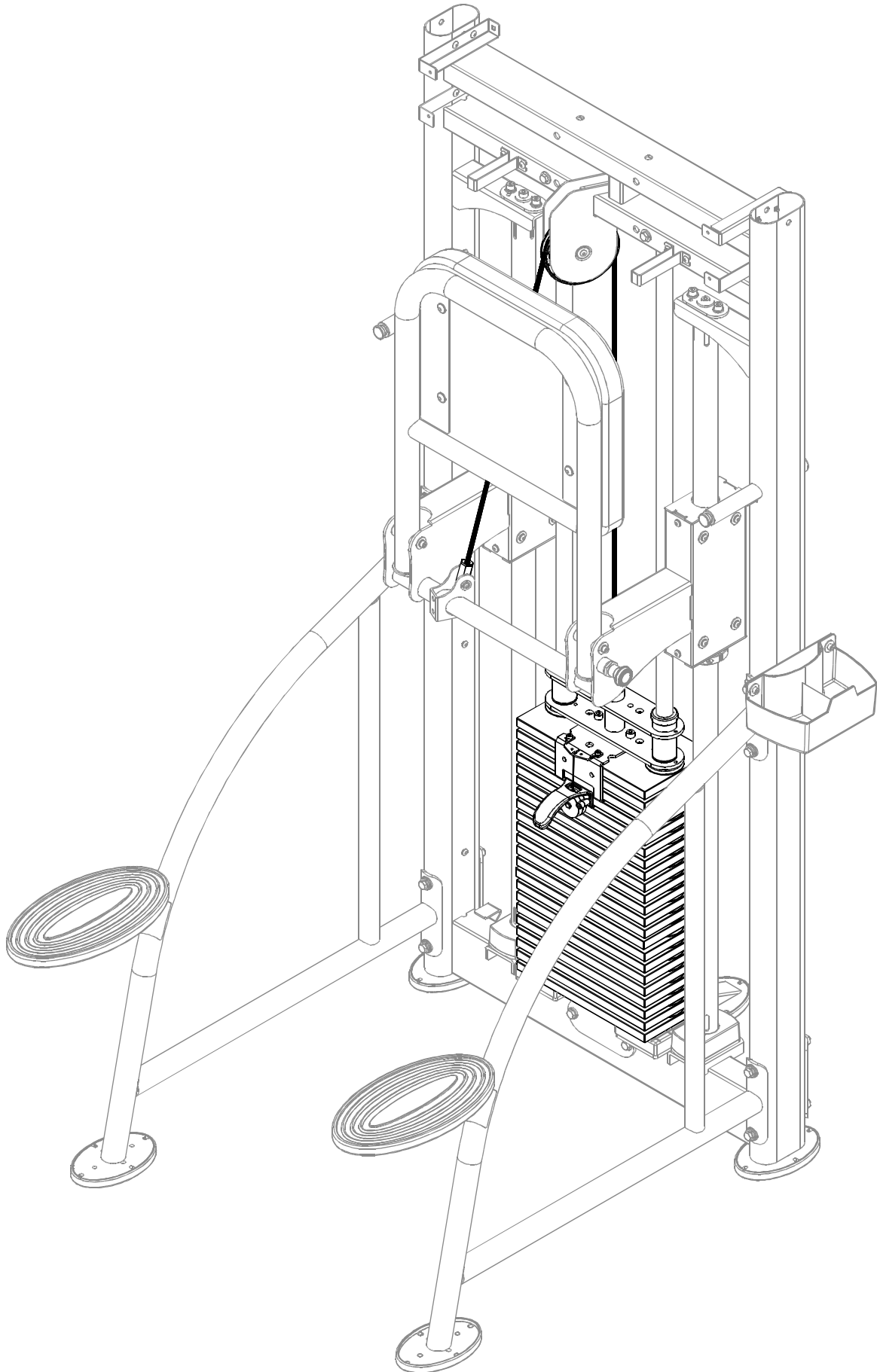
1-2. Hang the bottle holder (4) on screws (51) at area A as shown.

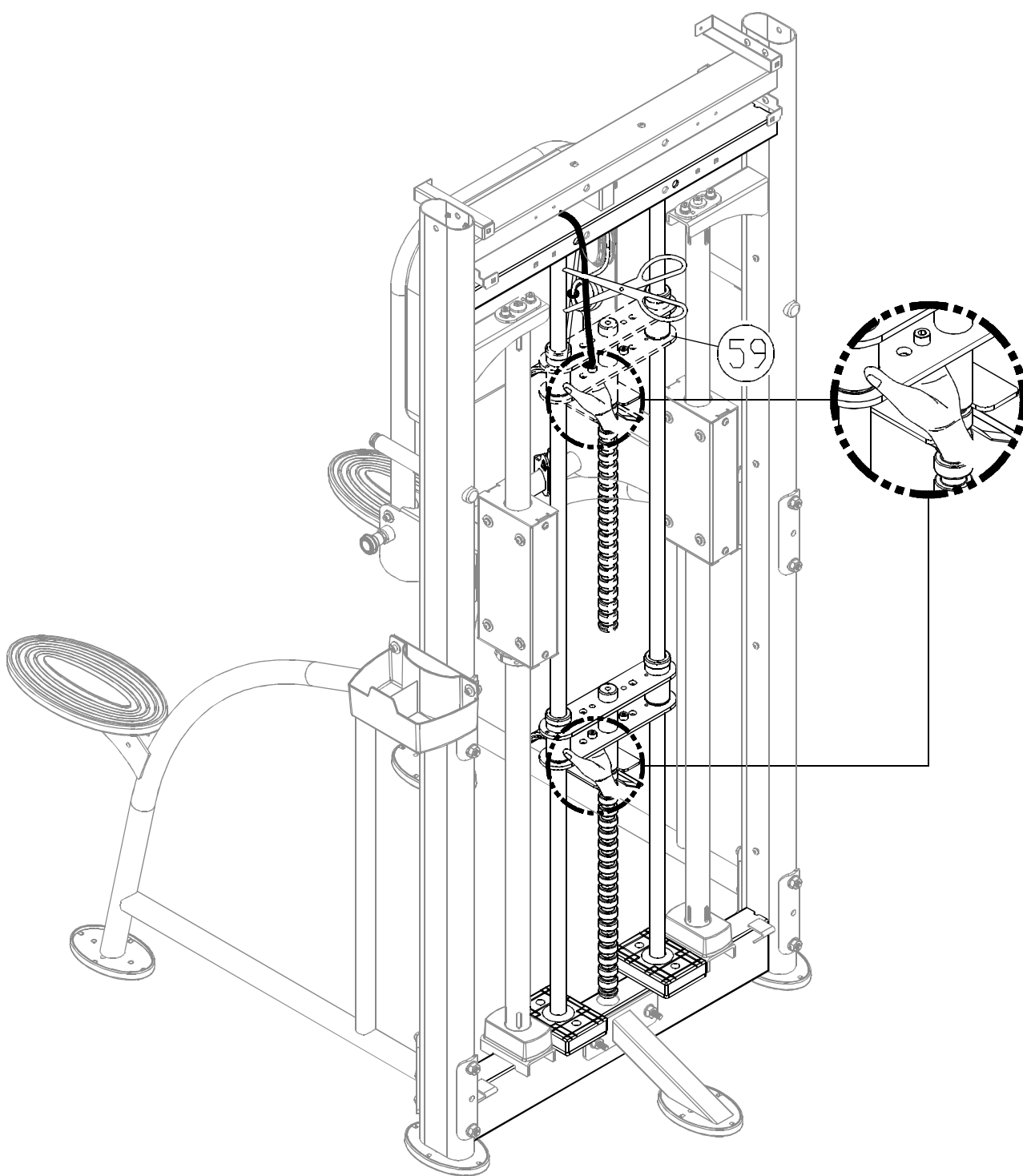


1-3. Use connector (71) and hardware (52,55,70,53) to secure the rear support (6) in place as shown.

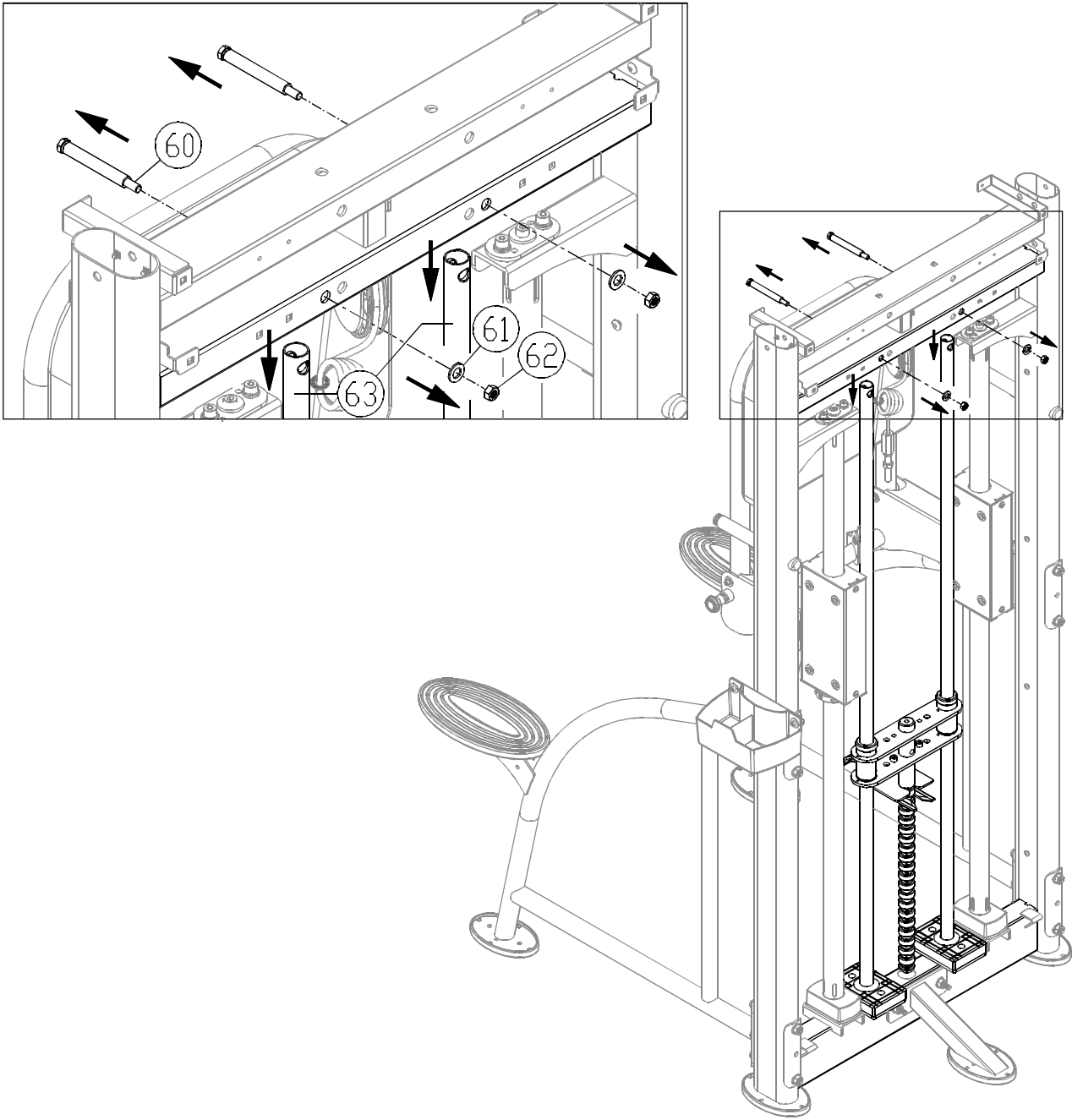
1-4. Put the unit flat on the floor, then fully secure hardware (51,52,53,55,70,53).

STEP 2 Weight Plate and Cable Installation

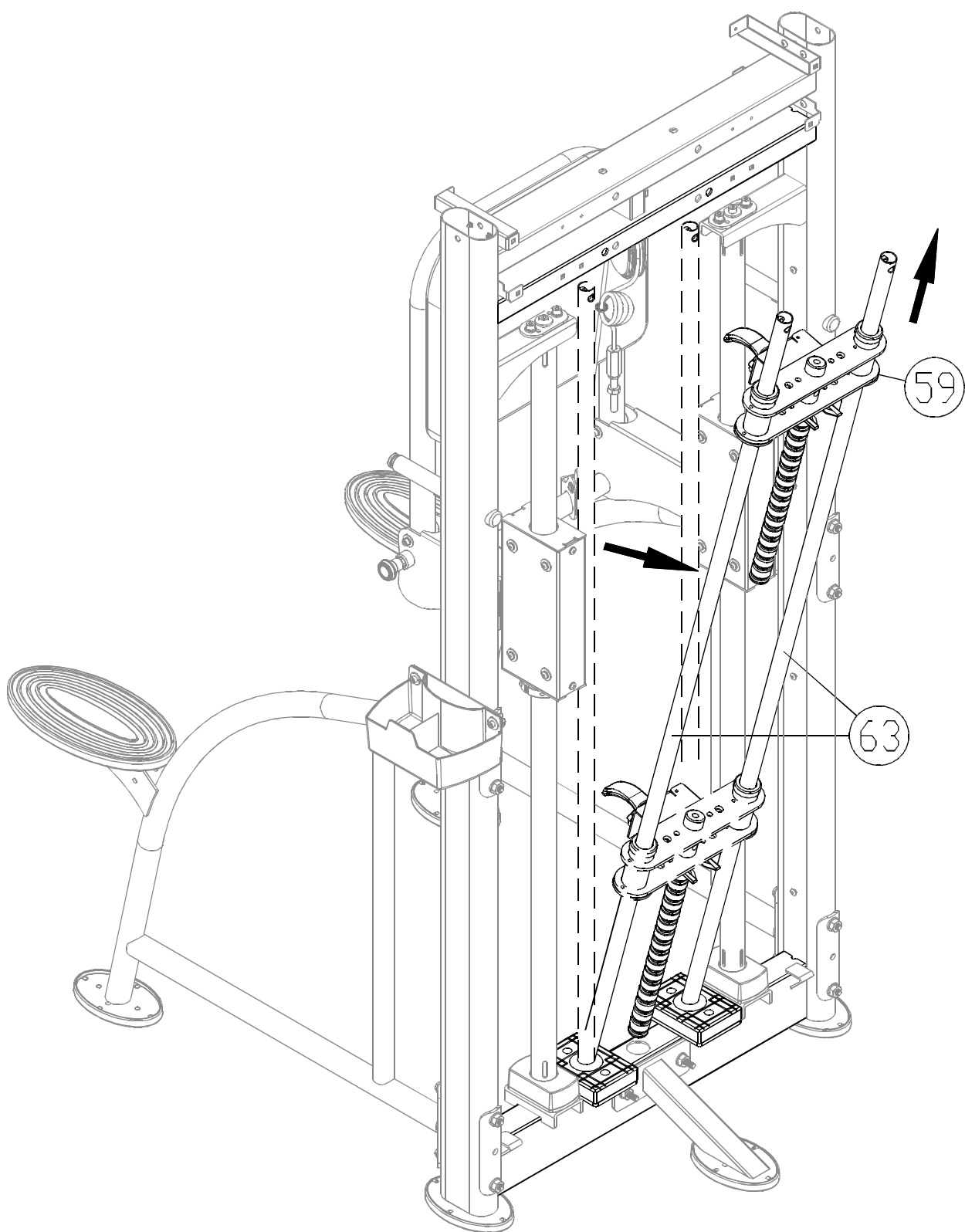




2-1. Hold the upper stack carriage set (59). Then cut the zip tie that holds it in place. Gently lower the upper stack carriage set (59) into place as shown.

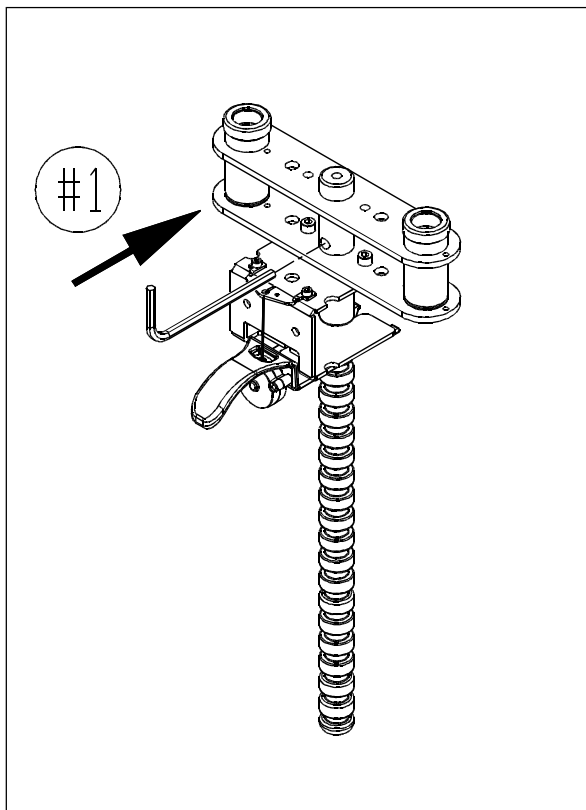


2-2. Remove hardware (60,61,62). Then guide the guide rods (63) downward as shown.

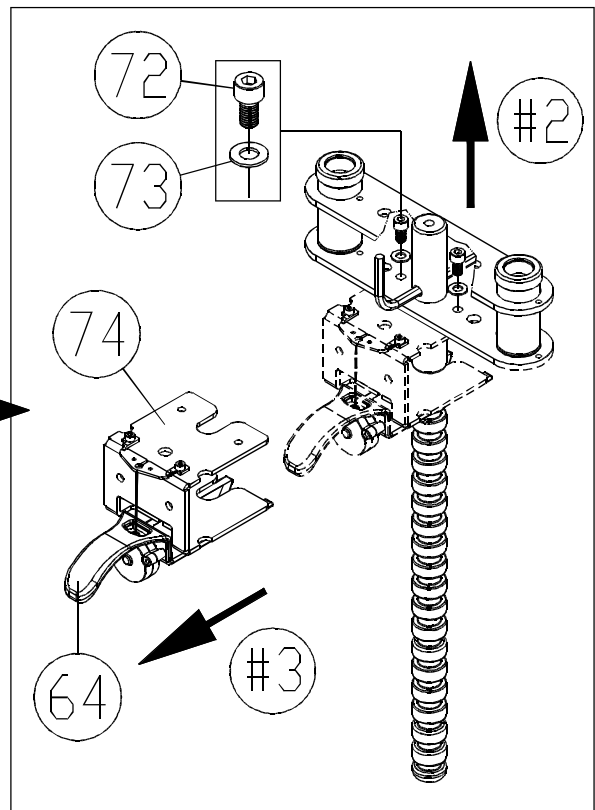


2-3. Tilt the guide rods (63) backward as shown. Then lift the upper stack carriage set (59) from the guide rods as shown. Carefully set the upper stack carriage set aside.

E1.



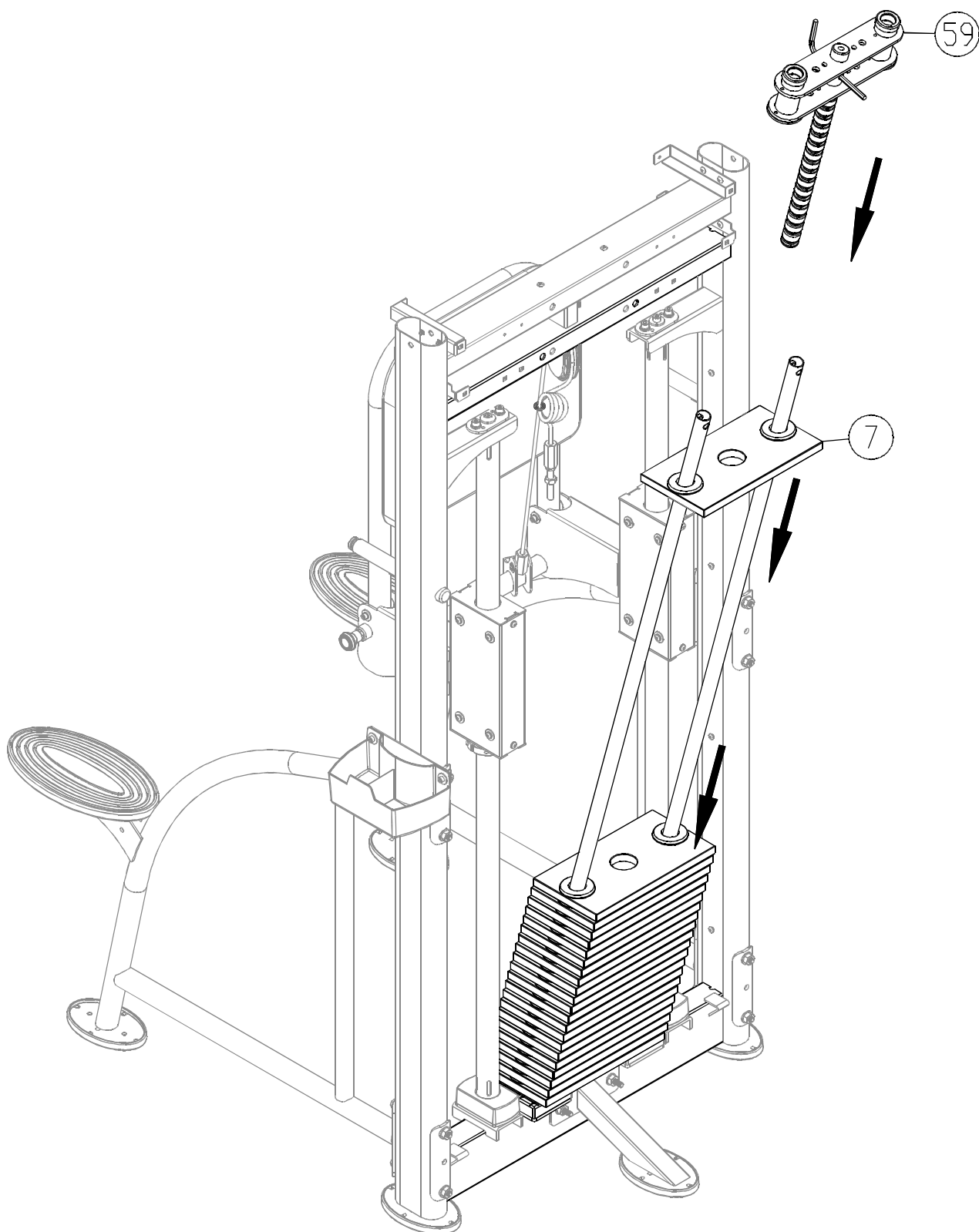
E2.



2-4. Follow steps below to separate the stack fork cartridge from the upper stack carriage set.

E1. Insert a tool into the hole shown in figure #1.

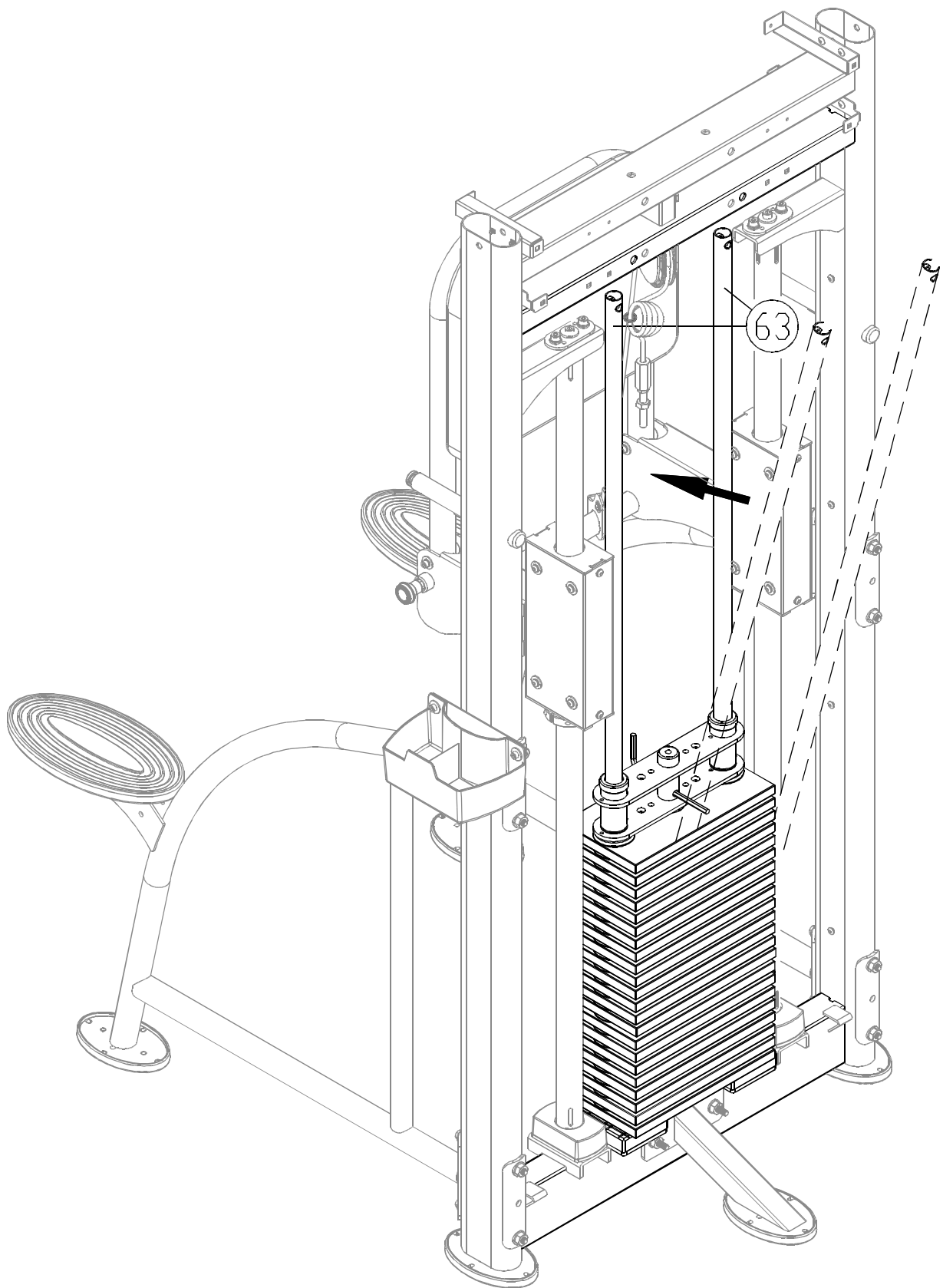
E2. Remove screws (72,73), stack carriage set (74), and stack fork (64).



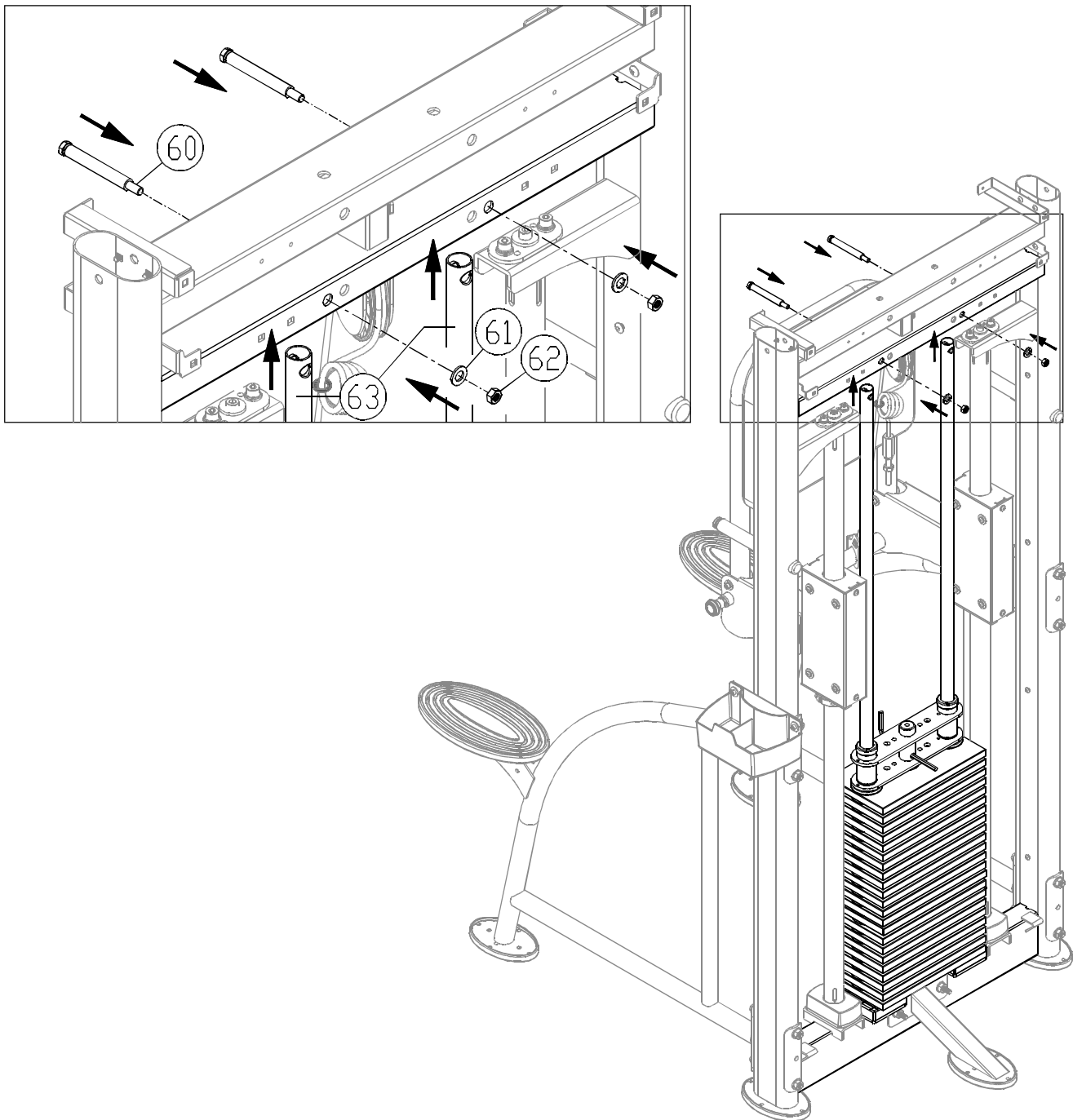
2-5. Insert and lower the 22 5KG weight plates (7) into place on the guide rods as shown.

NOTE: The convex side faces up.

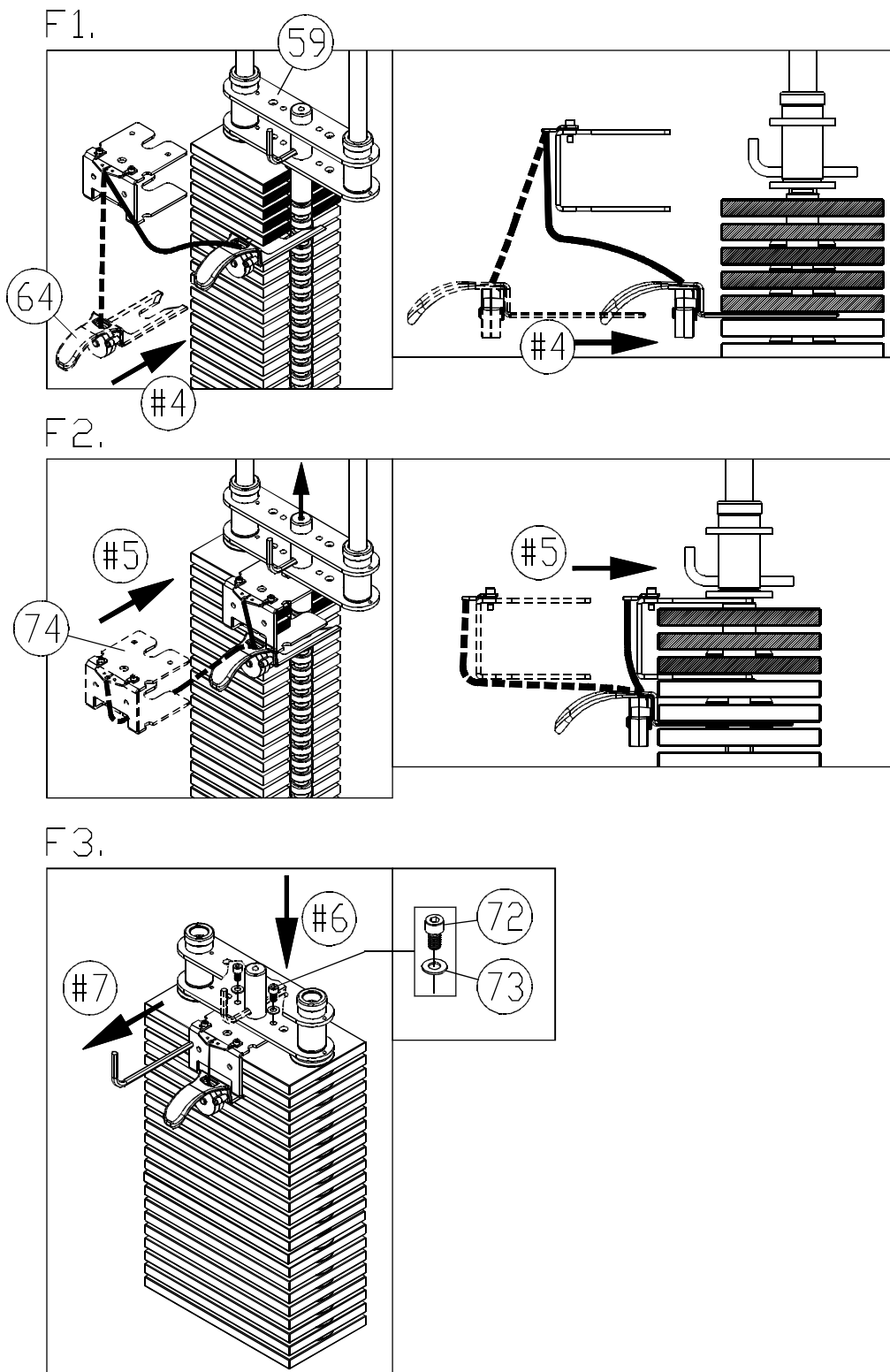
2-6. After putting weight plates (7) into place, insert and lower the upper stack carriage set (59) into place.



2-7. Tilt the guide rods (63) back into place.



2-8. Lift the guide rods (63) up into their mounting station. Then secure them with hardware (60,61,62).



2-9. Follow steps below in the order presented.

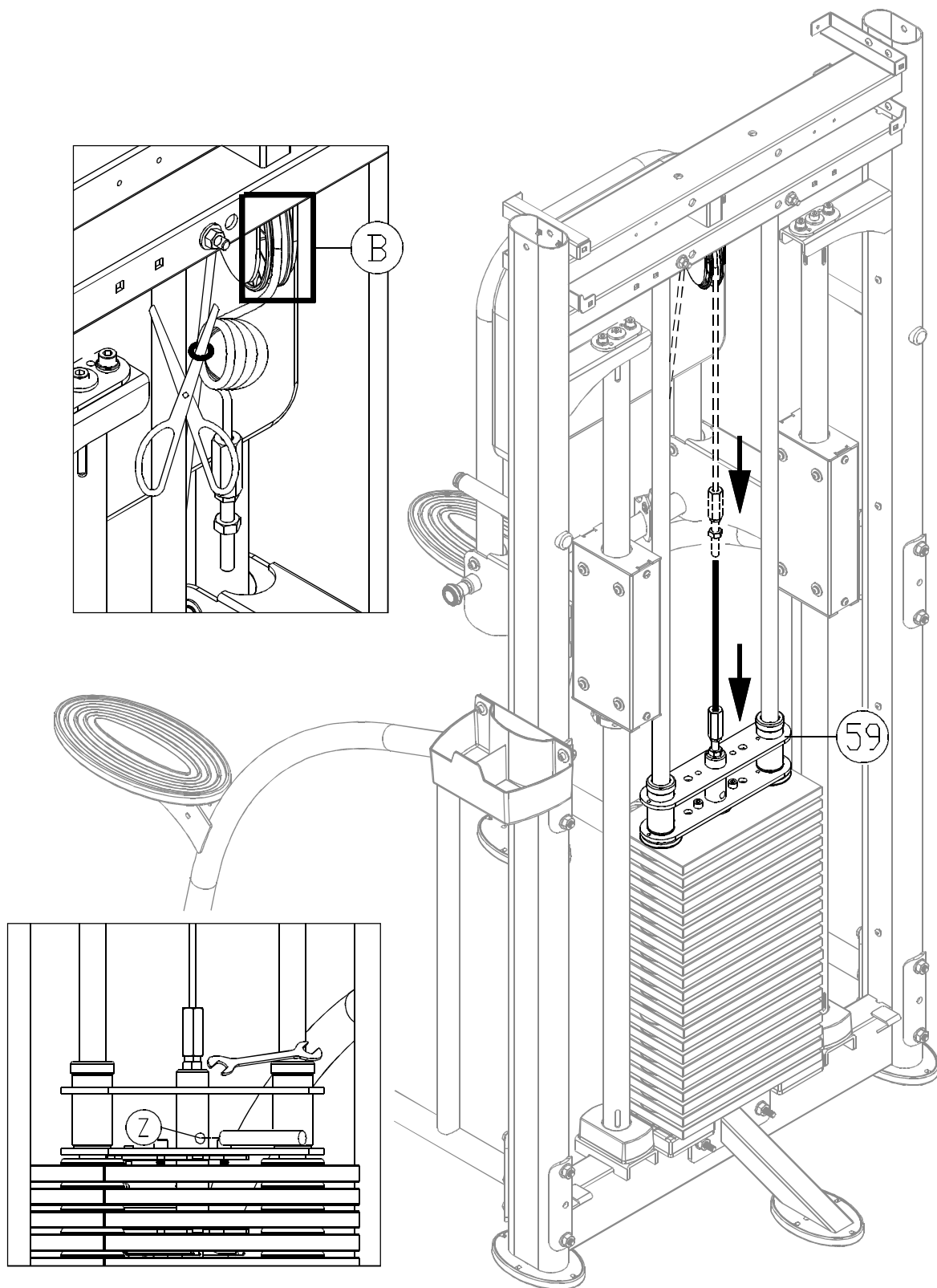
Note: Lift the upper stack carriage (59) slightly to assist installation of the stack fork (64) and stack fork cartridge (74).

F1. Insert the stack fork (64) below the fifth weight plate or lower [#4].

F2. Insert the stack fork cartridge (74) into three weight plates. [#5]

Note: After installation, make sure that the stack fork cartridge (74) and the stack fork (64) clip securely into the central weight stack rod.

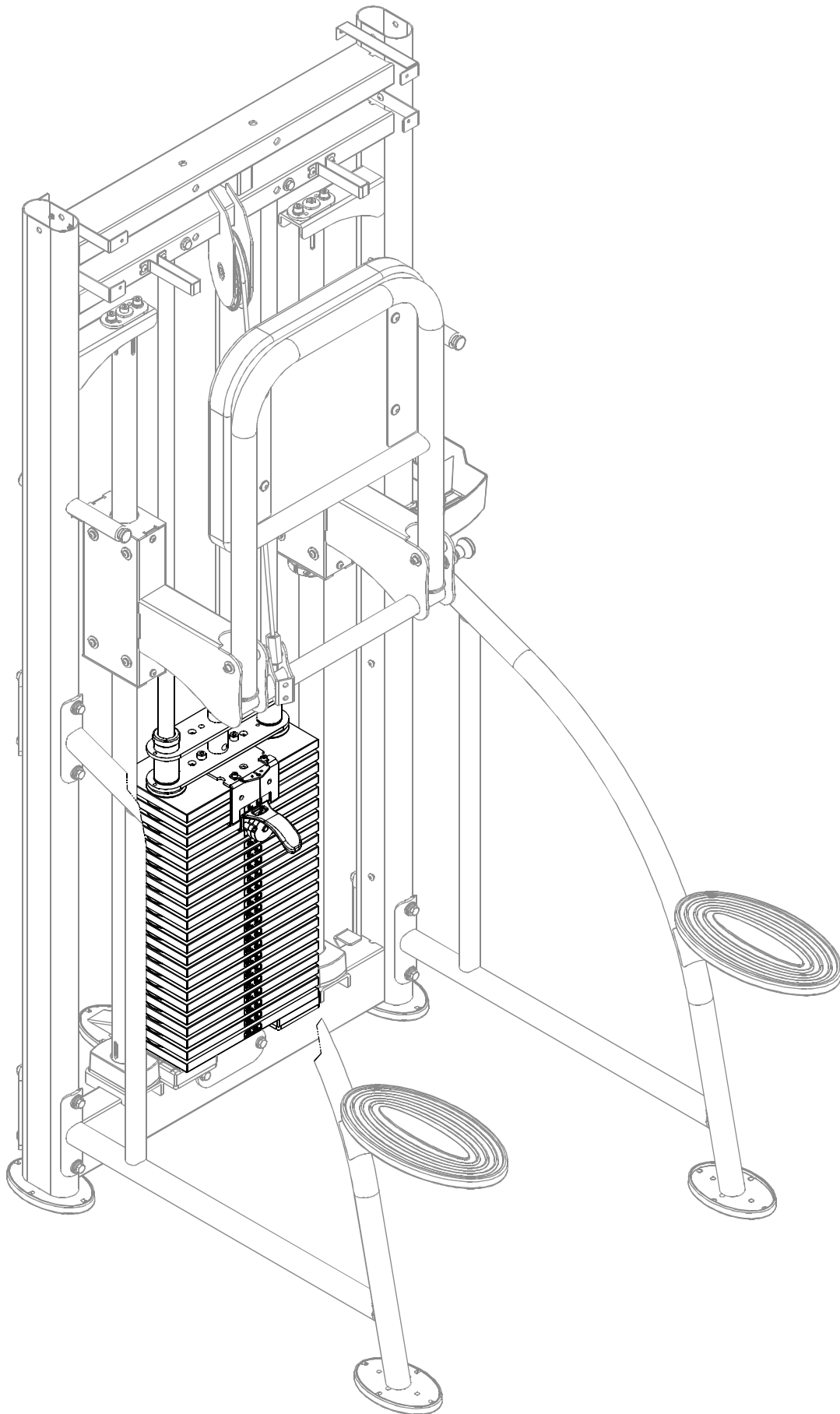
F3. Secure hardware (72,73) back in place. And remove tools [#6][#7].

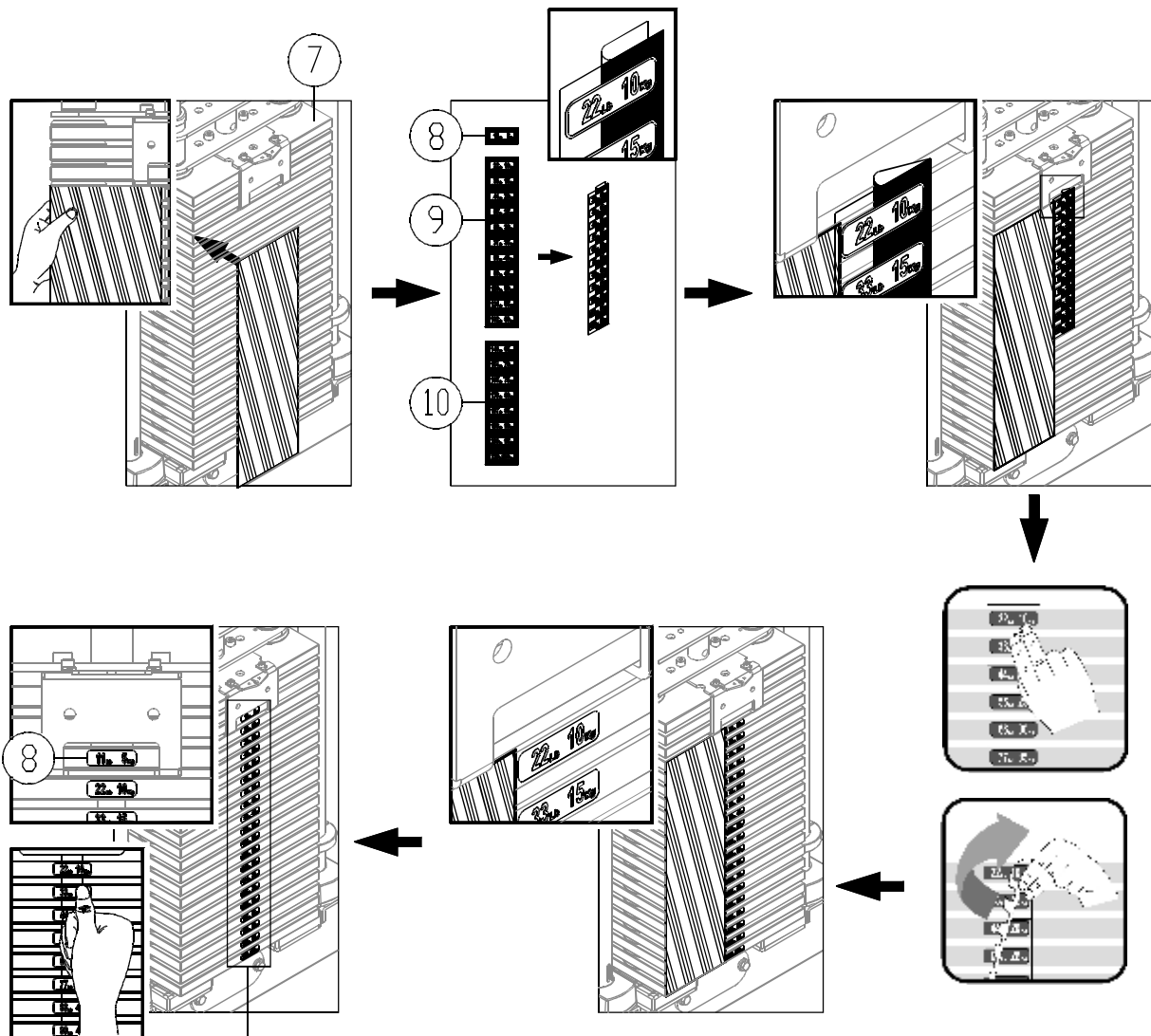


2-10. Use scissors to cut the zip tie. Unwrap the cable. Make sure it lies in the groove of pulley in area B as shown. Connect the cable to the central weight stack rod as shown.

2-11. Cable adjustment: First insert a tool into (Z) hole. Then pull the cable into place and use an open-end wrench to secure it.

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 fourth weight plate (7).

3-2. Peel off the top half of the weight sticker (9) backing. Note: leave the clear outside margin in place on the sticker. Don't peel off the margin.

3-3. Align the sticker (9) with the right side of the cardboard and the weight plate. 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.

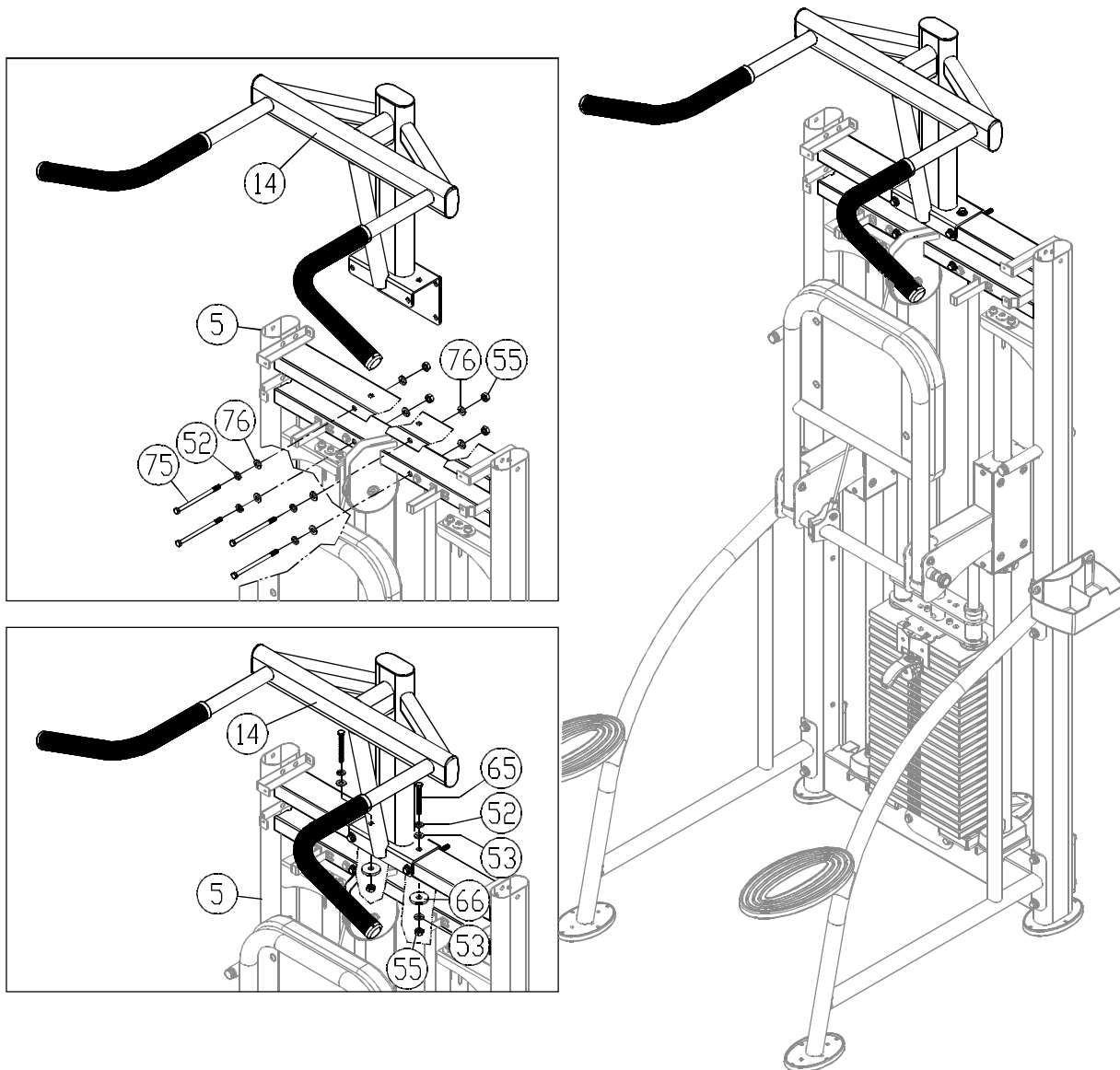
3-5. Follow steps 3-2~3-4 to apply sticker (10) to the lower part of the weight stack.

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

3-7. Peel off the 5 kg sticker (8). Align it with the fourth weight plate. Stick it on the third weight plate.

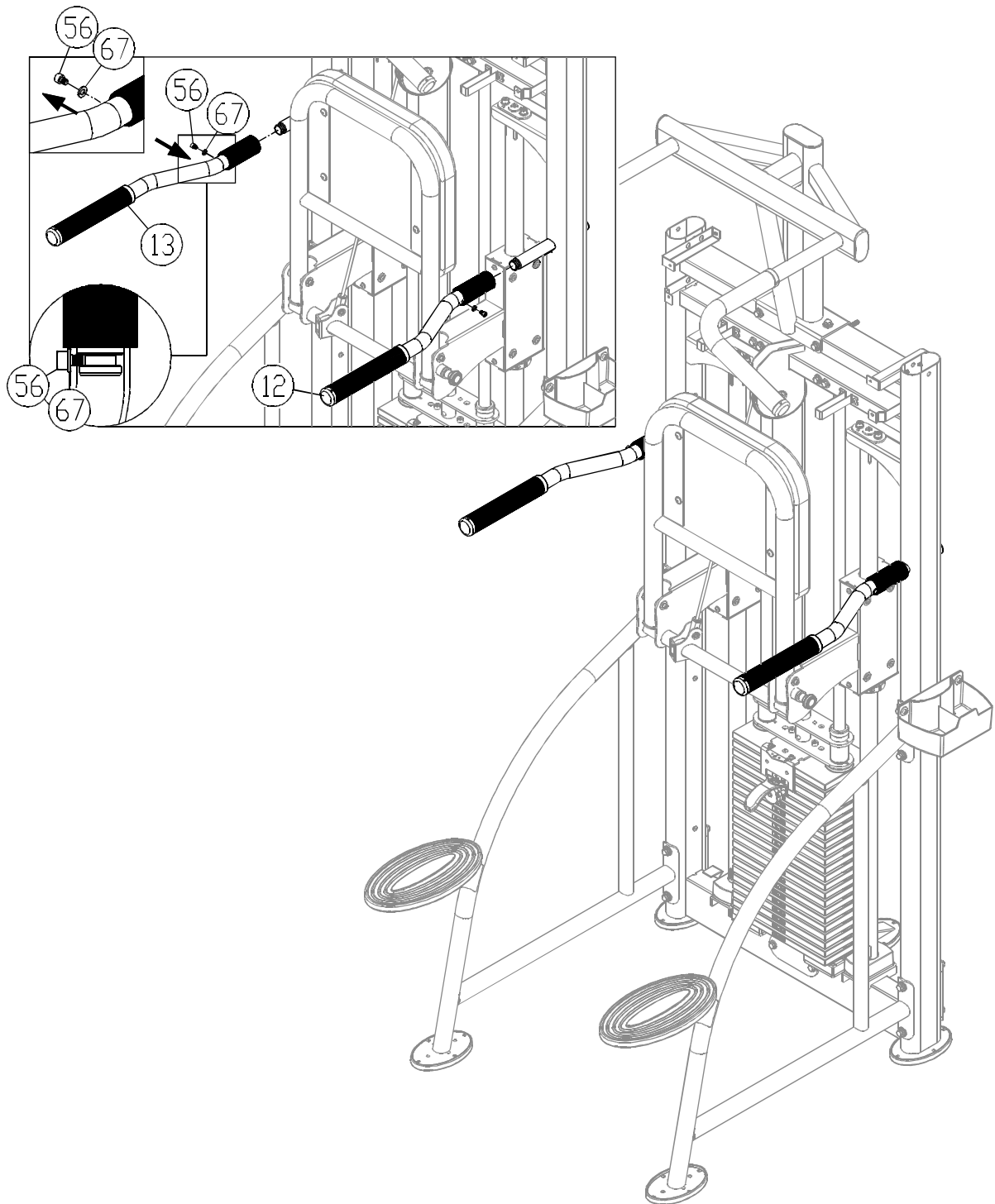
Note: Press the sticker in place to ensure good contact on the weight plate.

STEP 4 Top Handle Frame Installation



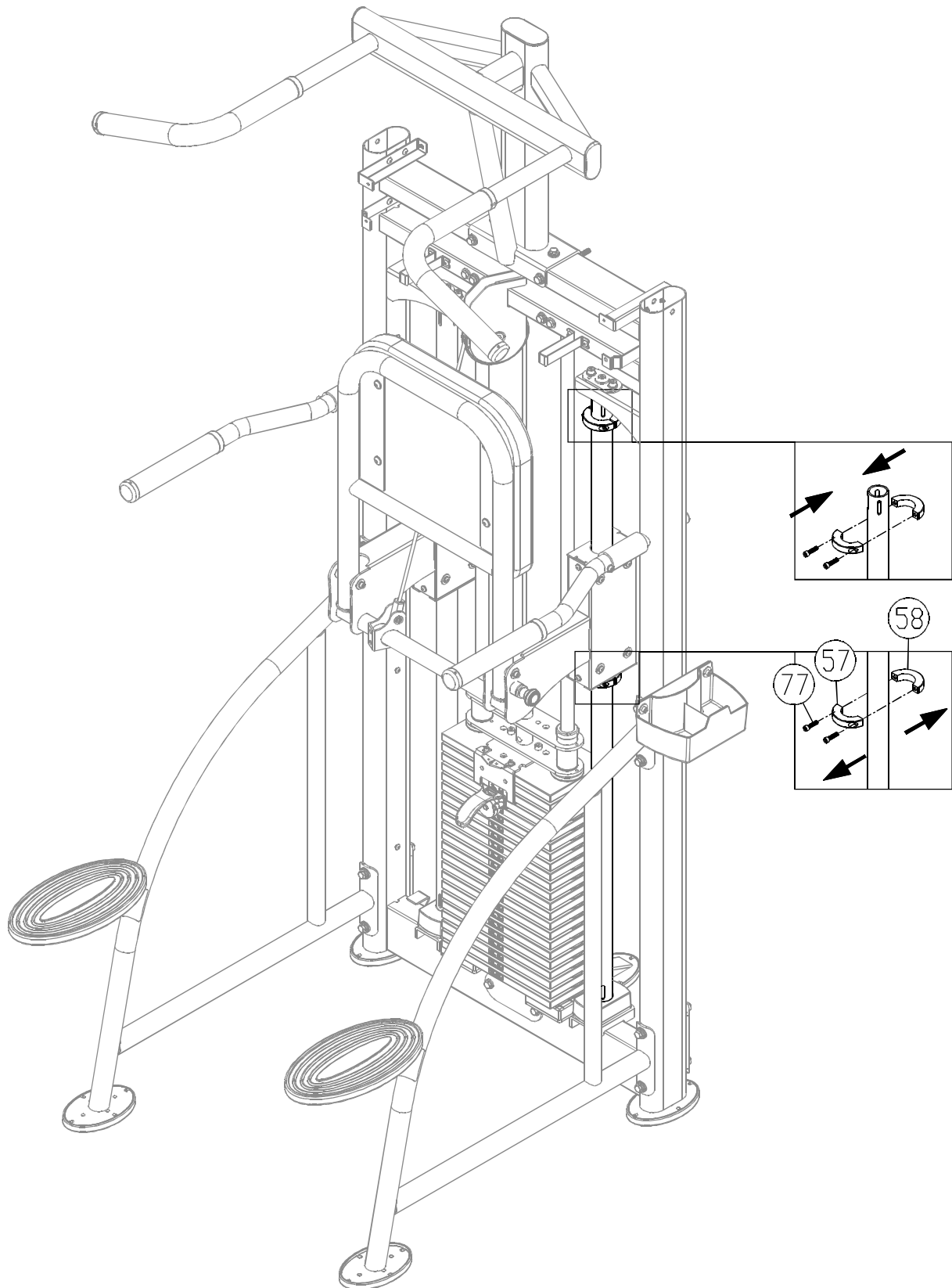
- 4-1. Put the top handle frame (14) on the main frame (5). Secure it with hardware (52, 55, 75, 76), but do not firmly tighten the hardware yet.
- 4-2. Put on upper hardware (65, 52, 53, 66, 55) then secure it. Then fully secure other hardware (52, 55, 75, 76).

STEP 5 Install the Side Handle



- 5-1. Remove hardware (56,57) from the left and right side handles (12,13).
- 5-2. Insert right and left side handles (12,13) onto their mount stems on the main frame and secure them in place with hardware (56,57) as shown.
- 5-3. After fastening the screws, pull right and left side handles outward as a test. If they move outward, repeat step 5-2 above.

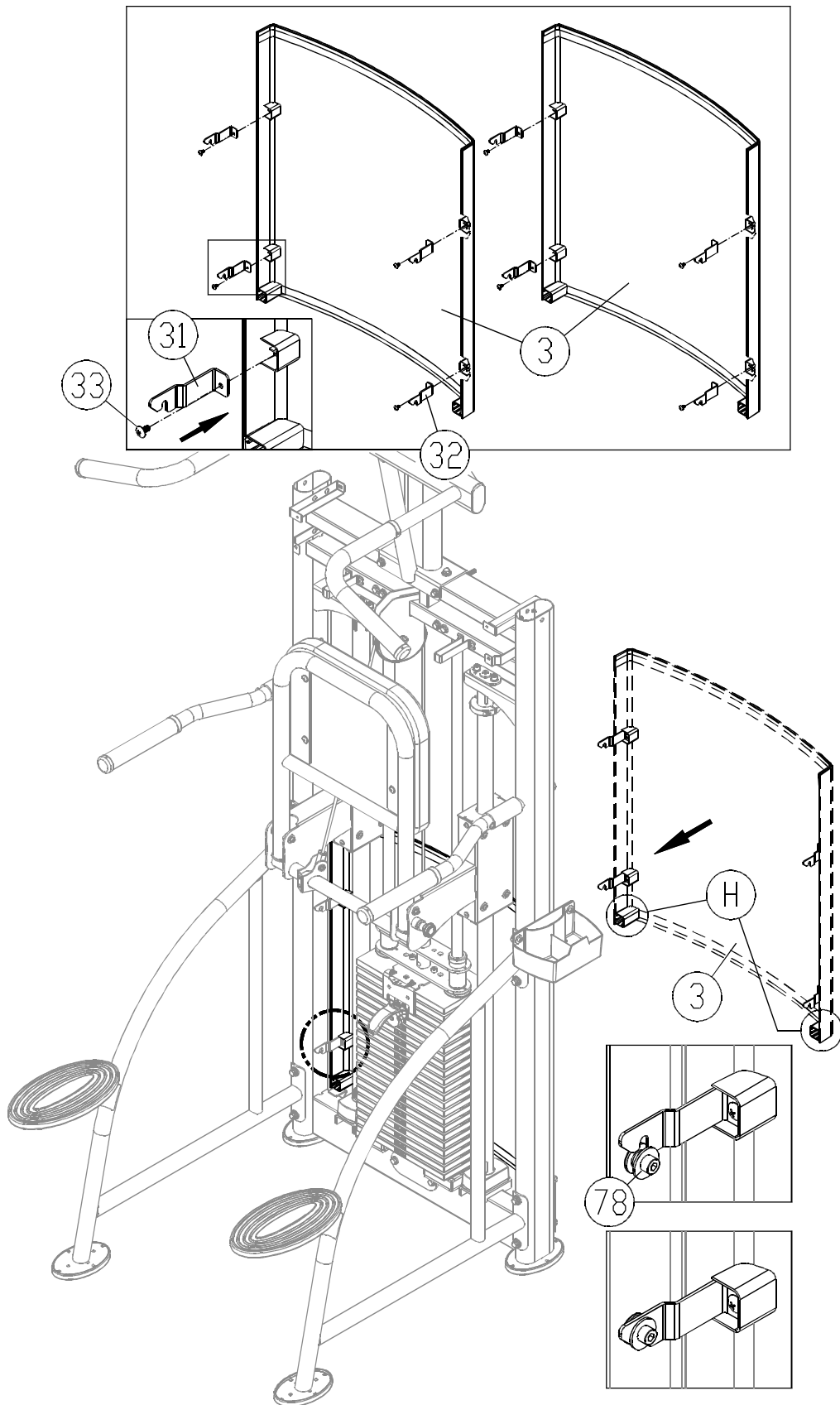
STEP 6 Installation



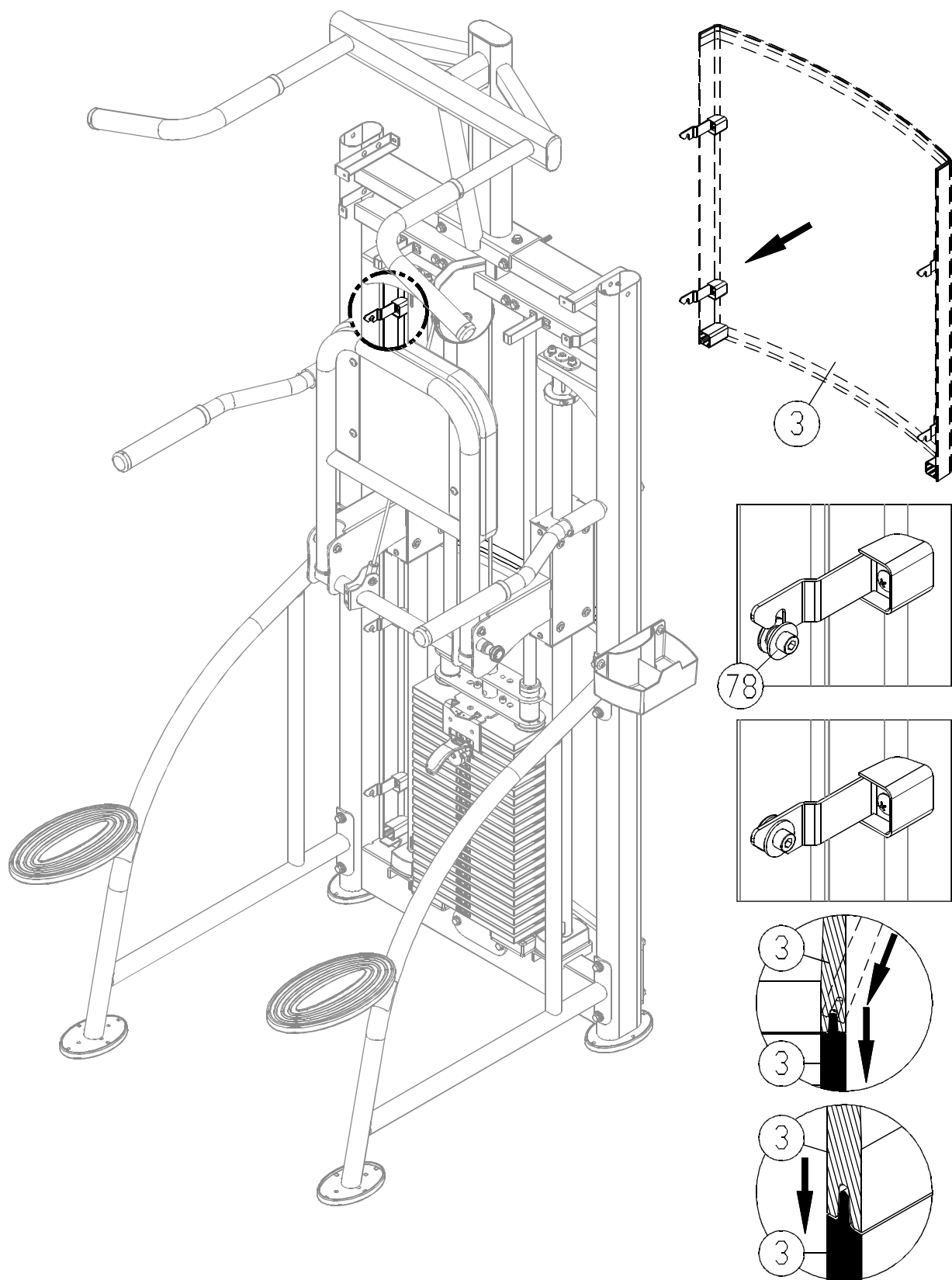
6-1. Remove the guide rod clamp A,B and hardware (57,58,77) and install it on the upper part of the rods as shown.

NOTE: Have another person hold the knee platform for safety while you perform this step.

STEP 7 Weight Stack Back Cover Installation

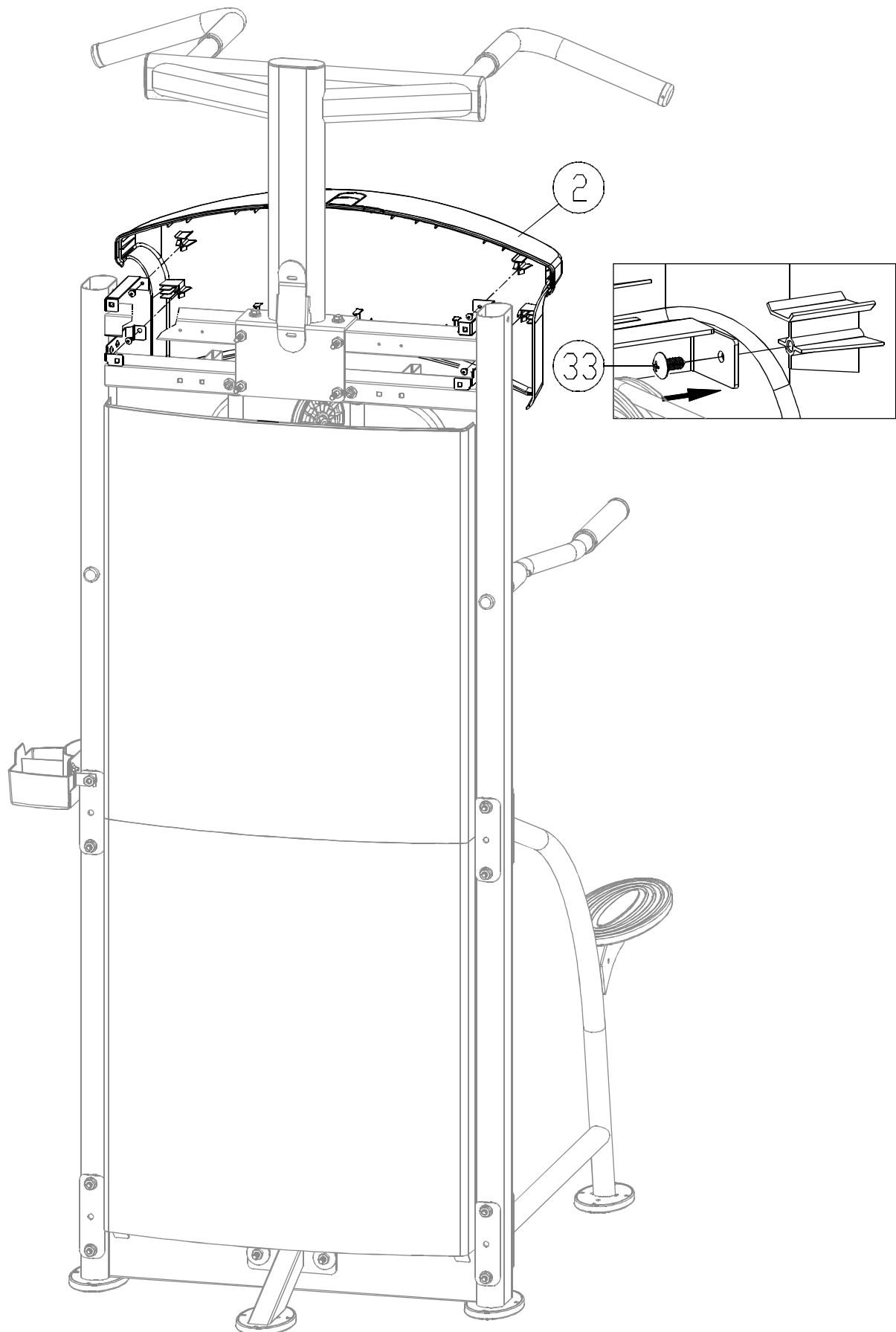


- 7-1. First, identify left and right side back cover brackets A, B (31,32). Then use hardware (33) to secure back cover brackets onto stack cover (3) left and right sides as shown.
- 7-2. Then hook the stack cover (3) onto the screw (78).



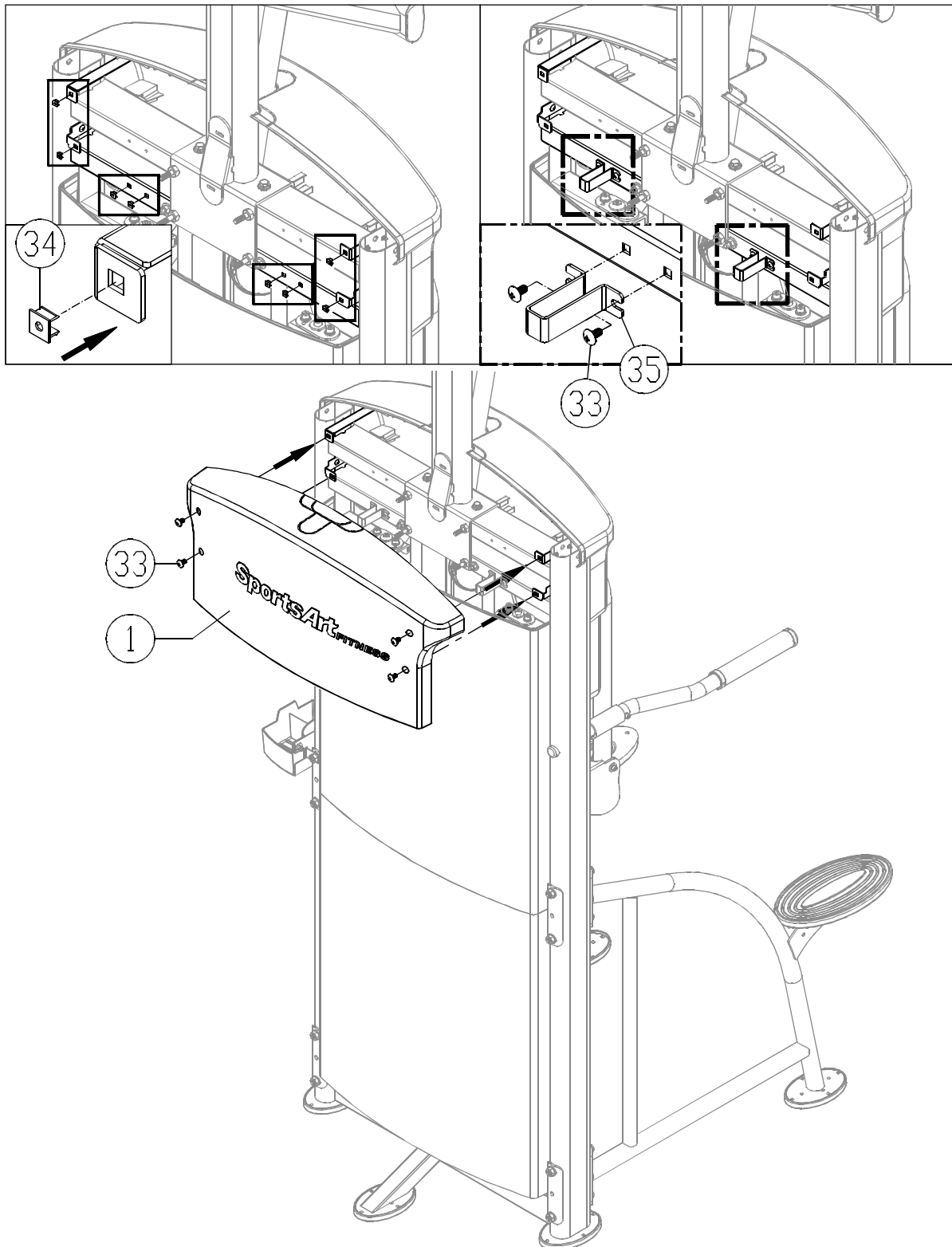
7-3. Hang upper back cover (3) onto screws (78). Simultaneously, hook upper rear cover (3) into cower rear cover (3).

STEP 8 Front Top Cover Installation



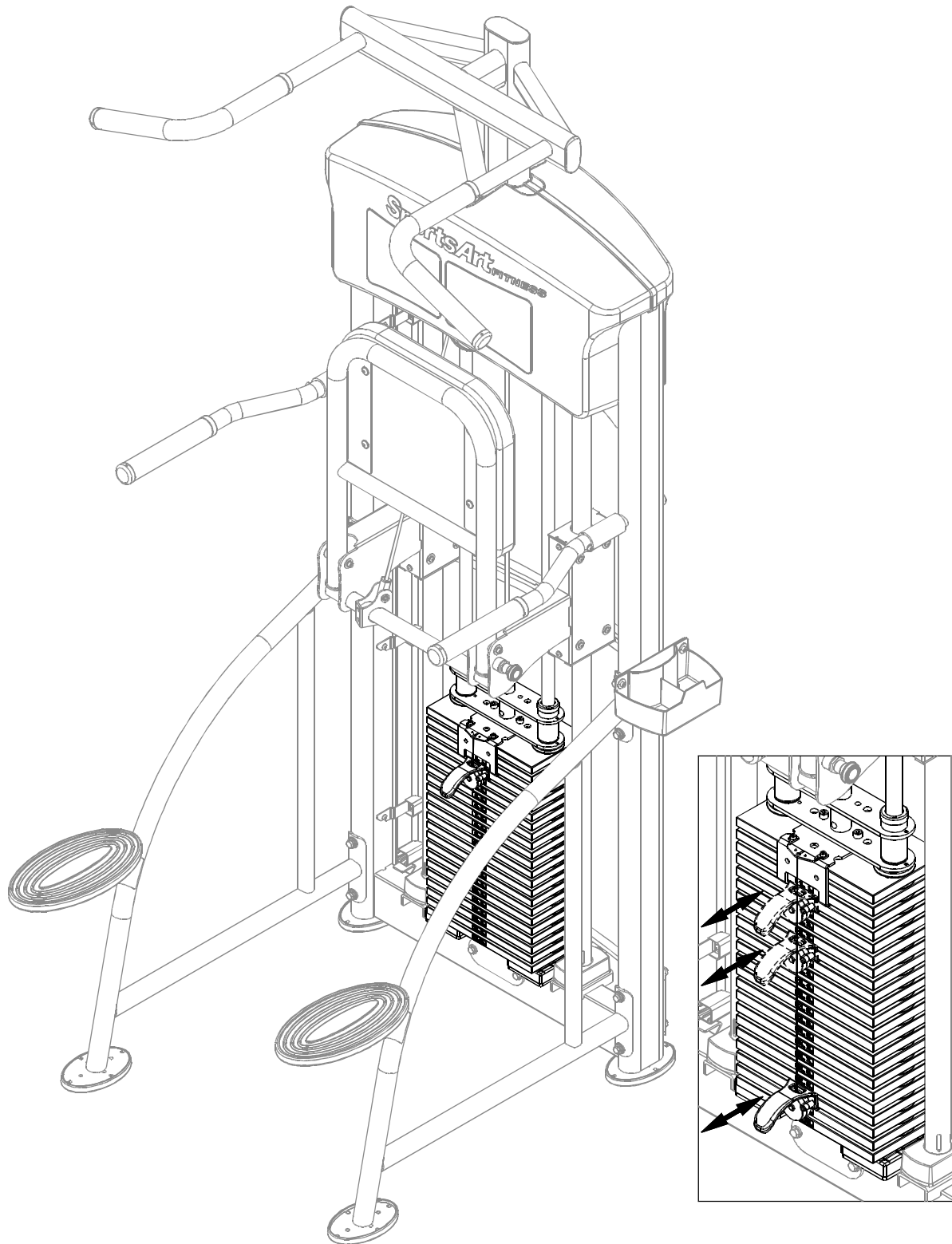
8-1. Use screws (33) to secure the front top cover (2) onto the frame as shown.

STEP 9 Rear Top Cover Installation



- 9-1. First, press the screw sockets (34) into place in eight square holes on the frame as shown.
- 9-2. Use screws (33) to secure the two rear cover brackets (35) in place on the frame as shown.
- 9-3. Then use screws (33) to secure the rear cover (1) in place as shown.

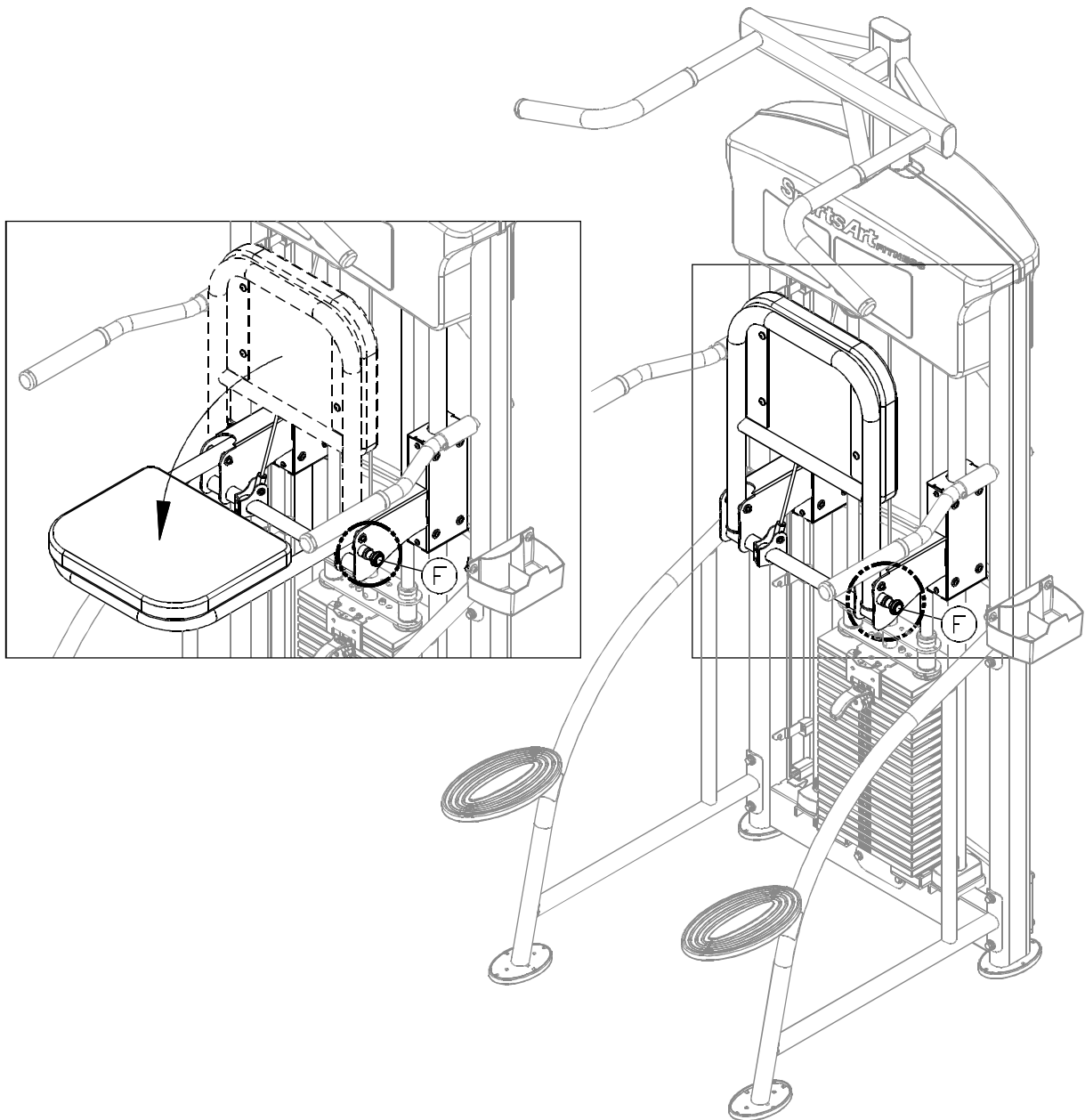
STEP 10 Stack Fork Operation



10-1. Insert the stack fork to make sure that every weight plate can be engaged easily.

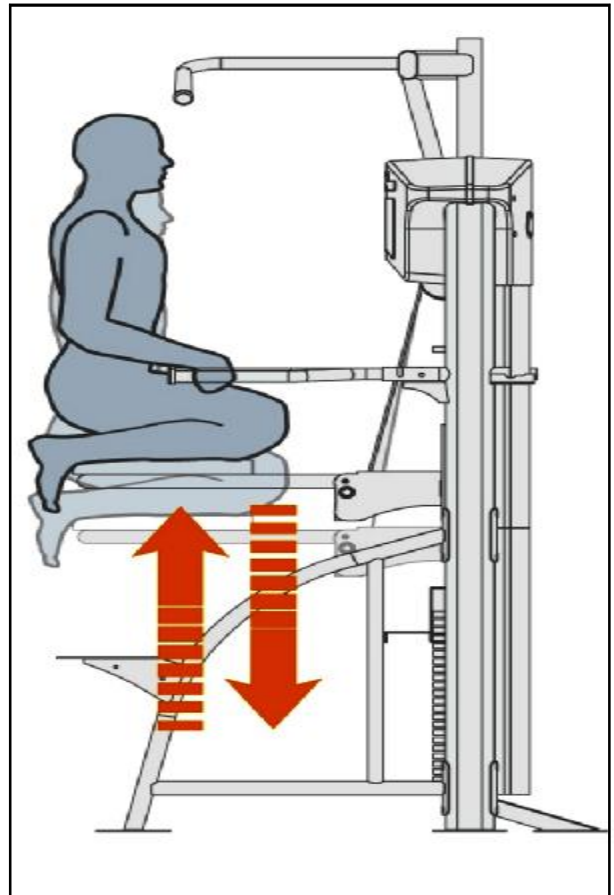
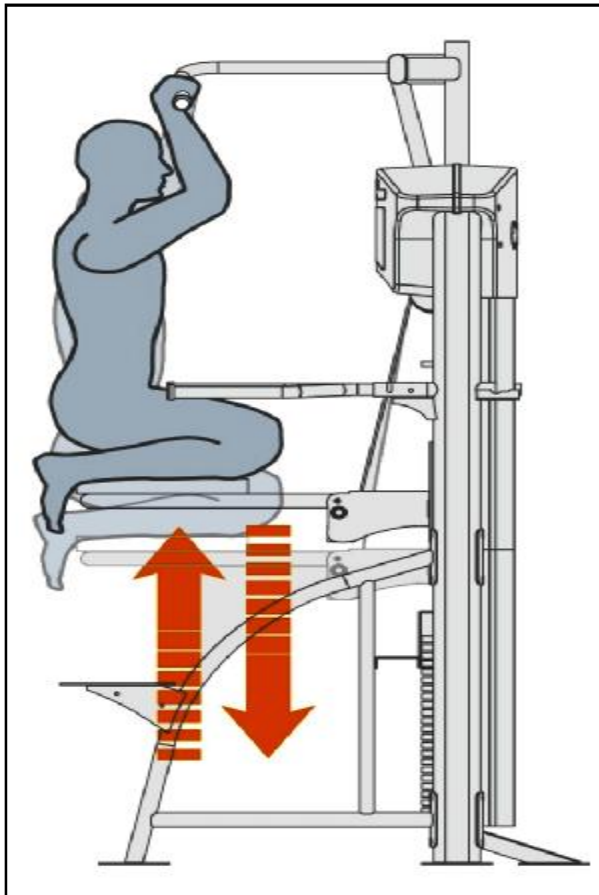
CHAPTER 4 — OPERATING INSTRUCTIONS

4.1 Operating the Product



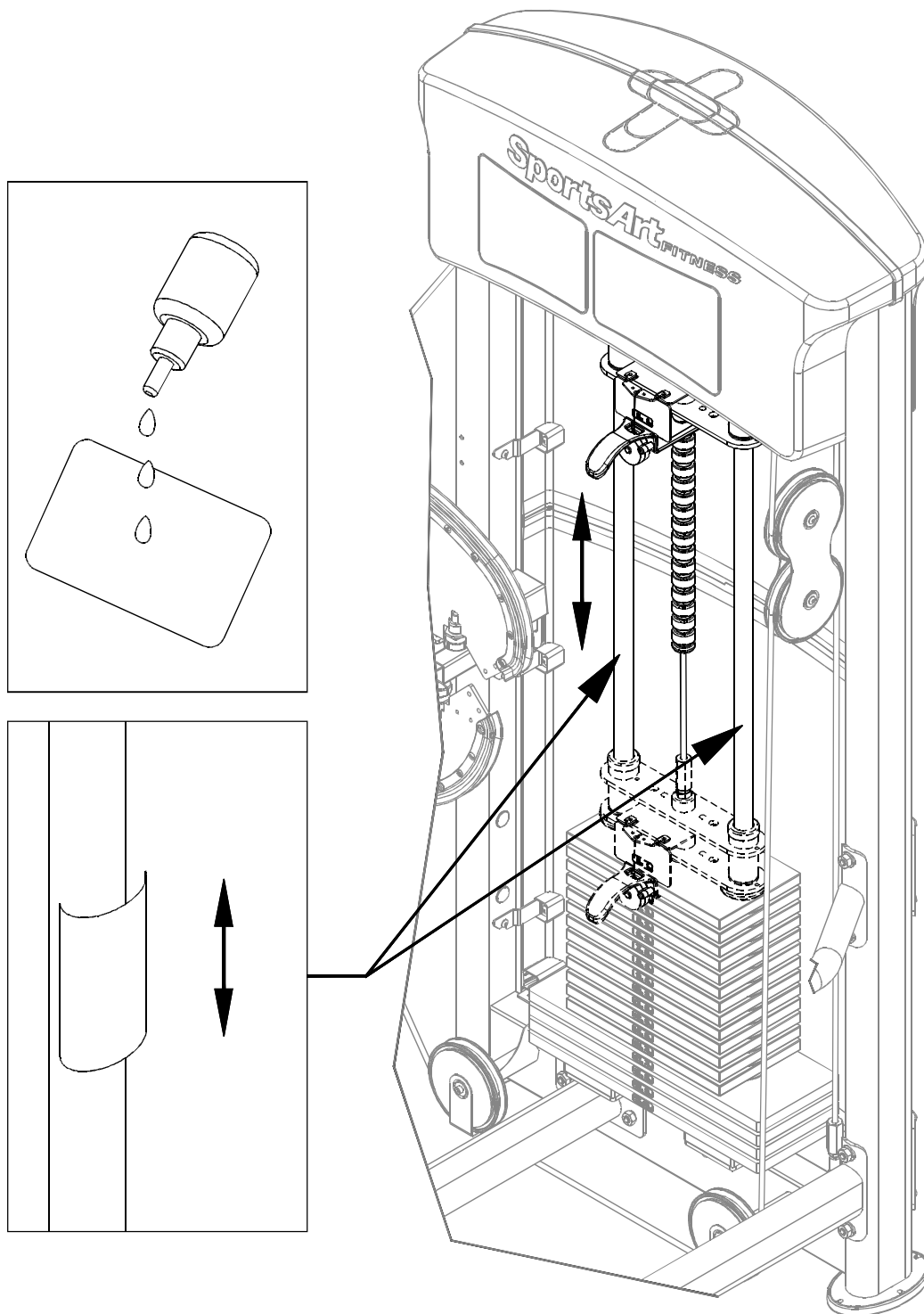
To change the knee platform position, pull out knob F. The knee platform can be placed up, out of the way, or down, in place to assist you.

4.2 Testing



Please see operating instructions on the product. Exercise as instructed to test unit 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.