

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 B.....	4
2.4 Part List for Box C.....	5
2.5 Components in the Hardware Kit.....	5
2.6 Components on the Product.....	6
Chapter 3 – Assembly Instructions.....	7
STEP 1 Connector Installation.....	7
STEP 2 Weight Plate Installation.....	9
STEP 3 Application Weight Stack Sticker.....	17
STEP 4 Press Handle Installation.....	19
STEP 5 Seat Frame Installation.....	20
STEP 6 Seat Back Cushion Installation.....	23
STEP 7 Seat Frame (24) Leveling Test.....	24
STEP 8 Support Tube Stopper Adjustment.....	25
STEP 9 Cable Installation.....	26
STEP 10 Adjust Cable Tightness.....	29
STEP 11 Cable Adjustment If Too Close.....	30
STEP 12 Tower Back Cover Installation.....	31
STEP 13 Front Top Cover Installation.....	33
STEP 14 Rear Top Cover.....	34
STEP 15 Install Water Bottle Holders.....	35
STEP 16 Insert the Stack Fork.....	36
Chapter 4 – Operating Instructions.....	37
4.1 Operating the Product.....	37
4.2 Testing.....	40
4.3 Maintenance.....	41

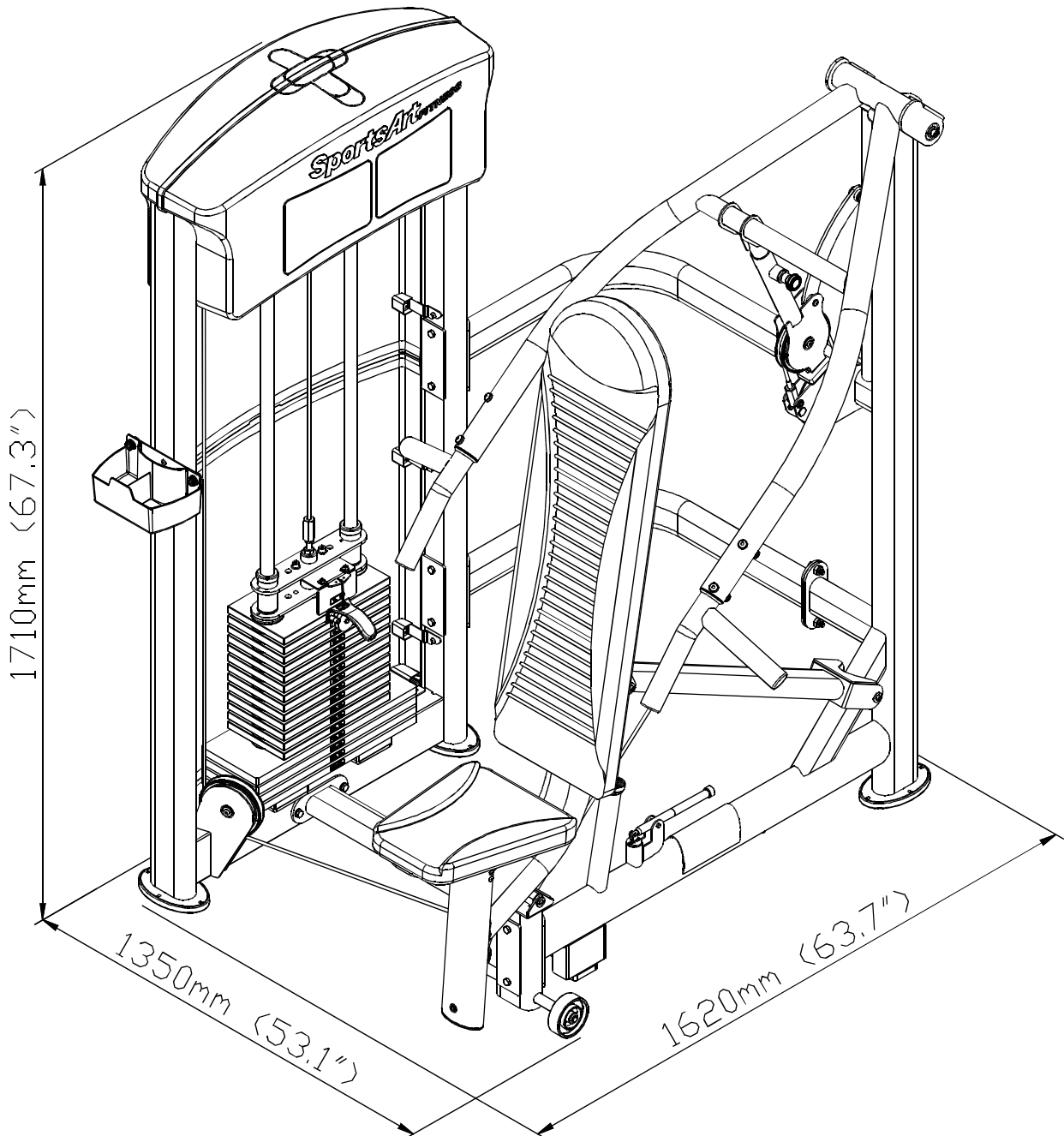
CHAPTER 1 – SAFETY PRECAUTIONS

1.1 SAFETY PRECAUTIONS

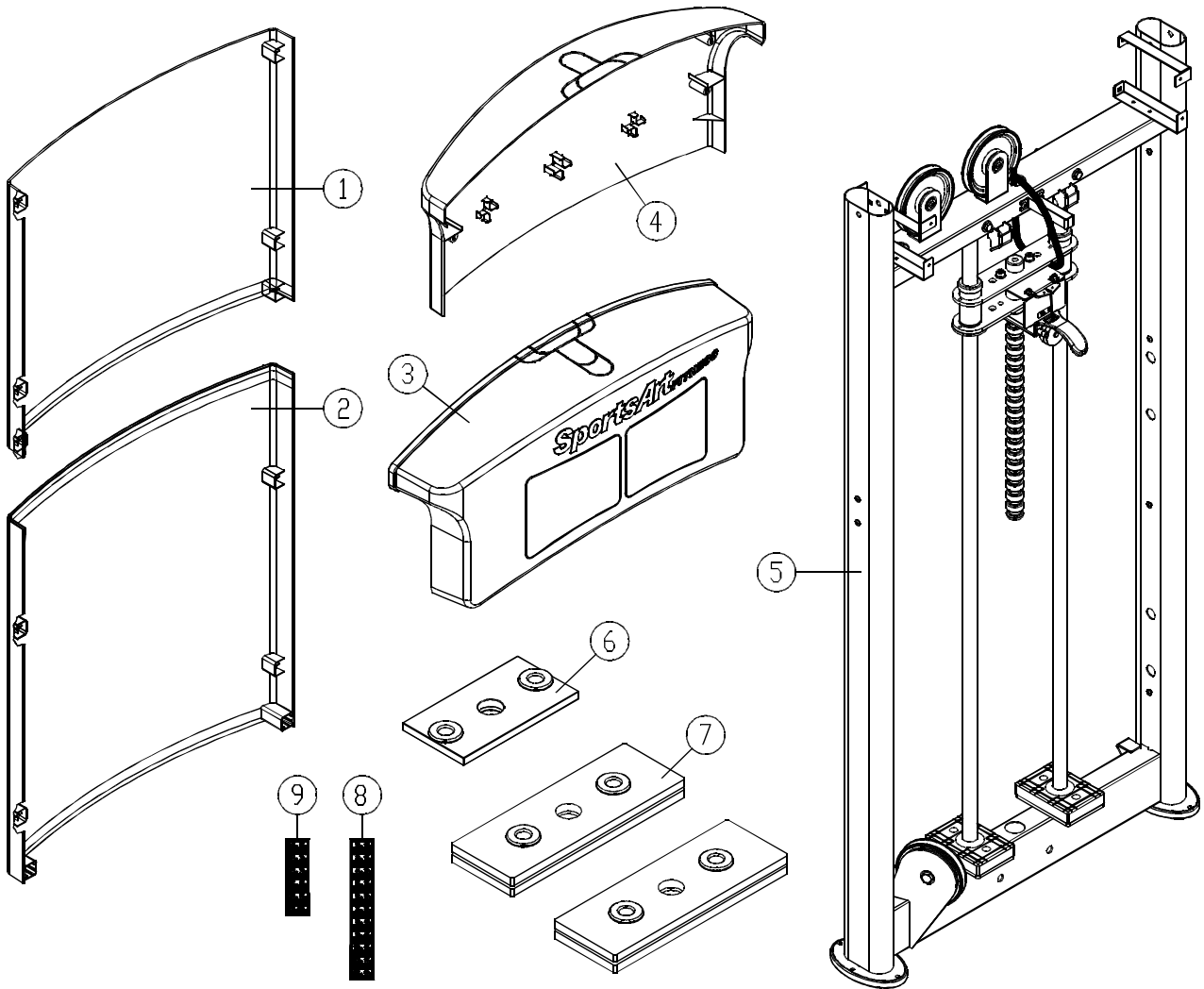
- Read and follow all cautionary messages and warnings in this manual. Obtain instructions on the proper user of this machine prior to exercising. Use appropriate body positioning and controlled movements.
- Assemble and operate this product on a solid, level surface. Do not use outdoors or near water.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

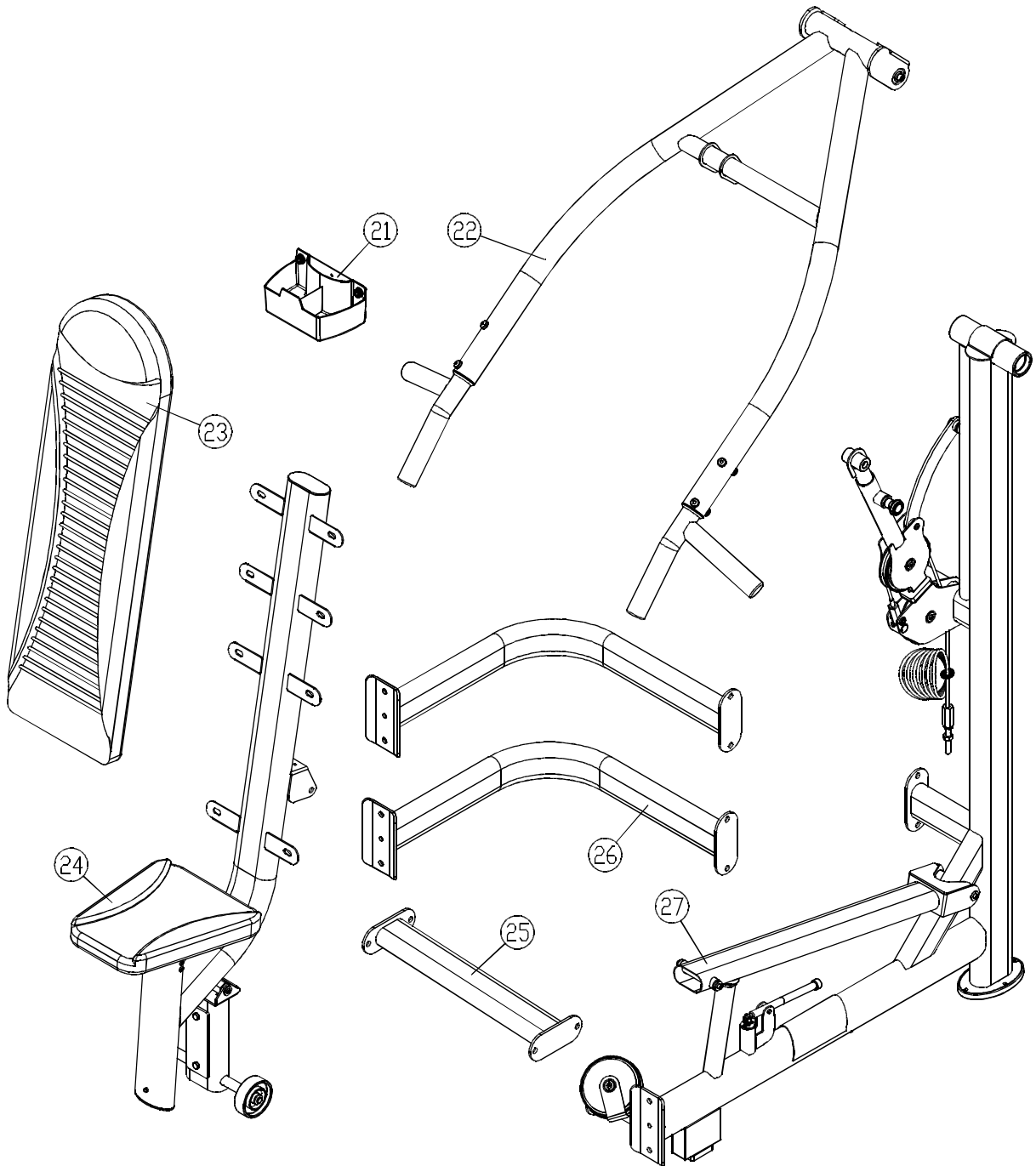


2.2 Part List for Box A



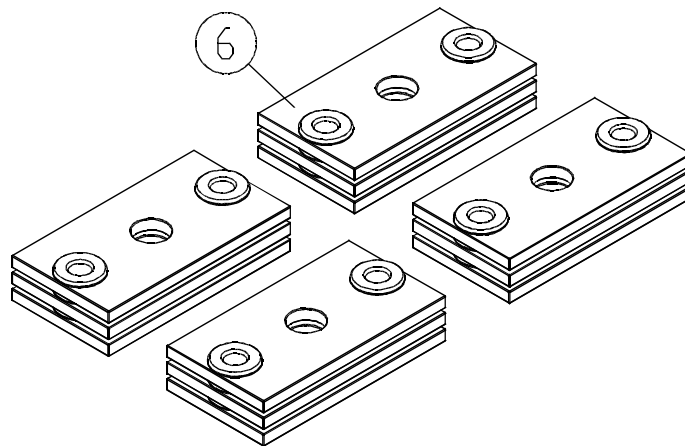
No.	Description	Qty	No.	Description	Qty
1	Upper back cover	1	6	5 kg weight plate	1
2	Lower back cover	1	7	7.5 kg weight plate	4
3	Top front cover	1	8	Weight plate sticker (10kg~60kg)	1
4	Rear top cover	1	9	Weight plate sticker (65kg~100kg)	1
5	Main frame	1			

2.3 Part List for Box B



No.	Description	Qty	No.	Description	Qty
21	Cup holder	1	26	Connector B	2
22	Press handle	1	27	Secondary frame	1
23	Seat back cushion	1			
24	Seat frame	1			
25	Connector A	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	Rear cover set plate A	4		
42	Rear cover set plate B	4		
43	Mushroom top Phillips-head screw	24	M5*L12	
44	Cable protector	12	SGN-07	
45	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)	
	Open end wrench	1	(8*10)	
	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.

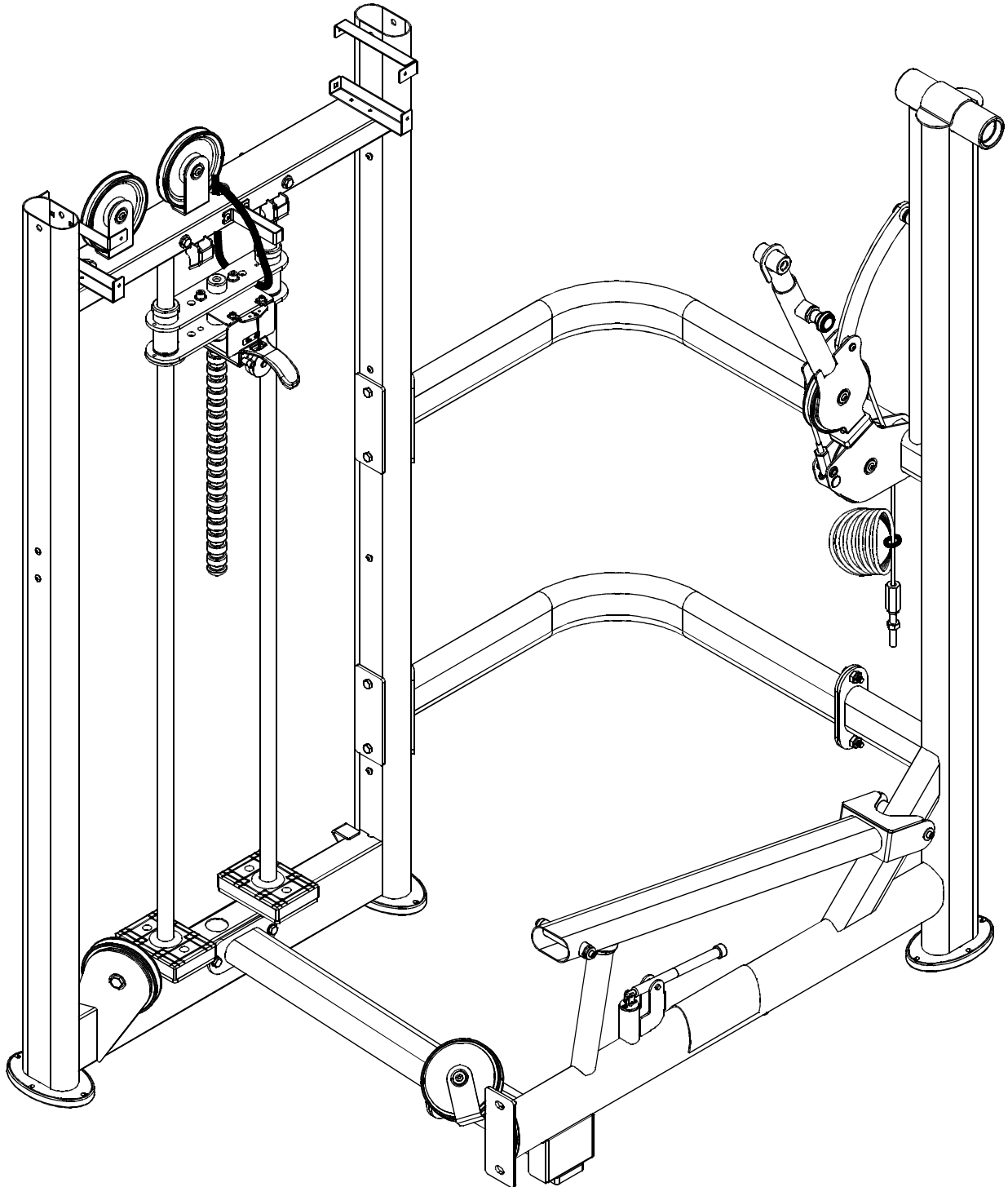
2.6 Components on the Product

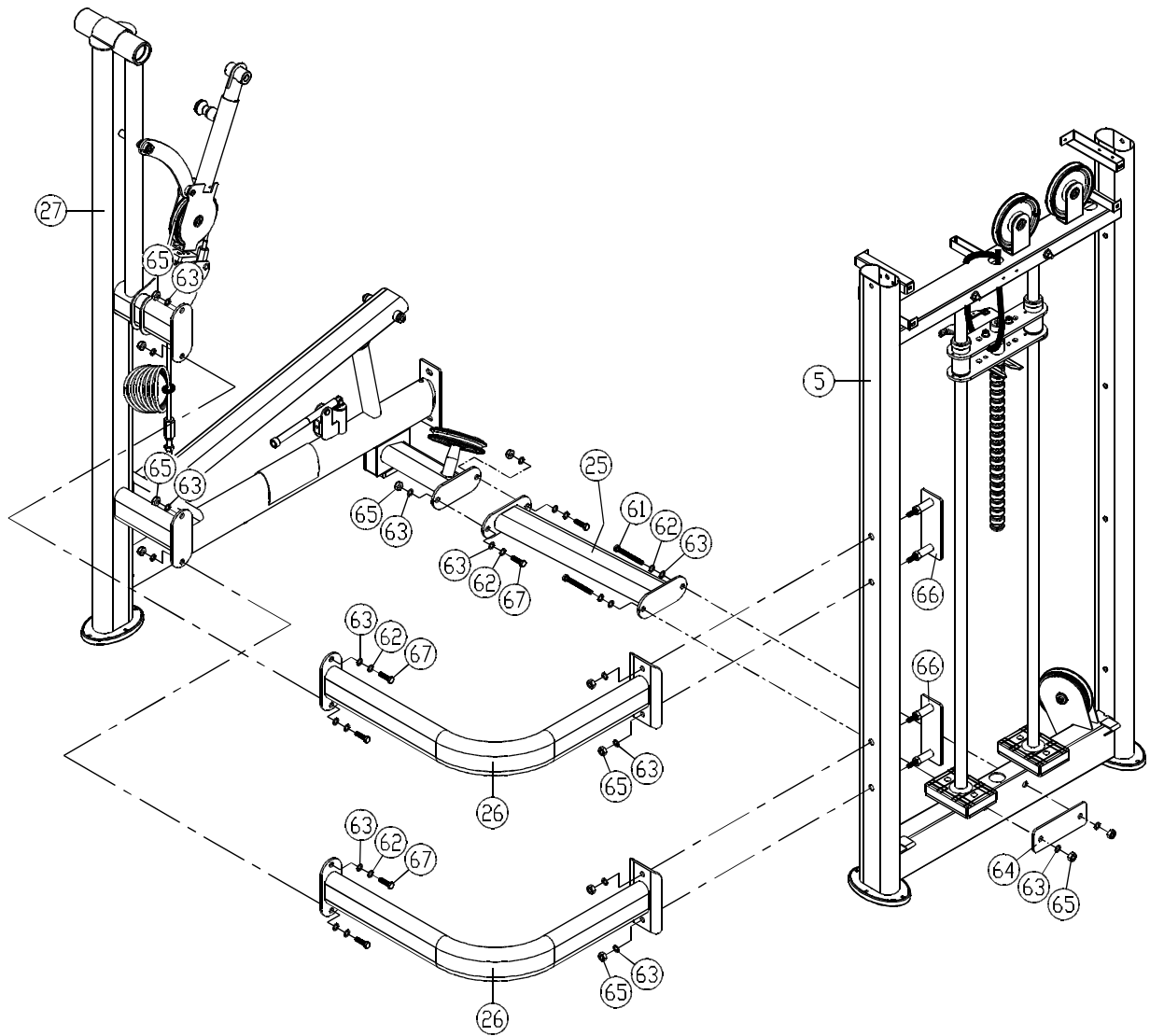
Some components are installed on the product. These items will be needed for product assembly.

No.	Description	Specification	Tool Needed
61	Hex bolt	M10*L75	
62	Spring washer	M10	
63	Washer	$\phi 16^* \phi 10.2$	
64	Connector D		
65	Lock nut	M10	
66	Connector set		
67	Hex bolt	M10*L30	
68	Upper stack carriage set		
69	Hex bolt and PU tube		
70	Flat washer	$\phi 17^* \phi 8.3$	
71	Lock nut	M8	
72	Guide rod		
73	Stack fork		
74	Pulley A		
75	Cover		
76	Cover plate		
77	Flat washer	$\phi 20^* \phi 6.3$	
78	Spring washer	M6	
79	Mushroom top inner hex screw	M6*L12	
80	Pulley B		
81	Axle A		
82	Cable screw		
83	Lock nut	M6	
84	Axle B		
85	Flat washer	$\phi 28^* \phi 8.5$	
86	Spring washer	M8	
87	Inner hex cap screw	M8*L20	
88	Axle C		
89	Inner hex cap screw	M6*L30	
90	Sleeve		
91	Soft cap		
92	Mushroom top inner hex screw	M8*L25	
93	Axle D		
94	Bottle holder bracket		
95	Bushing		

CHAPTER 3 – ASSEMBLY INSTRUCTIONS

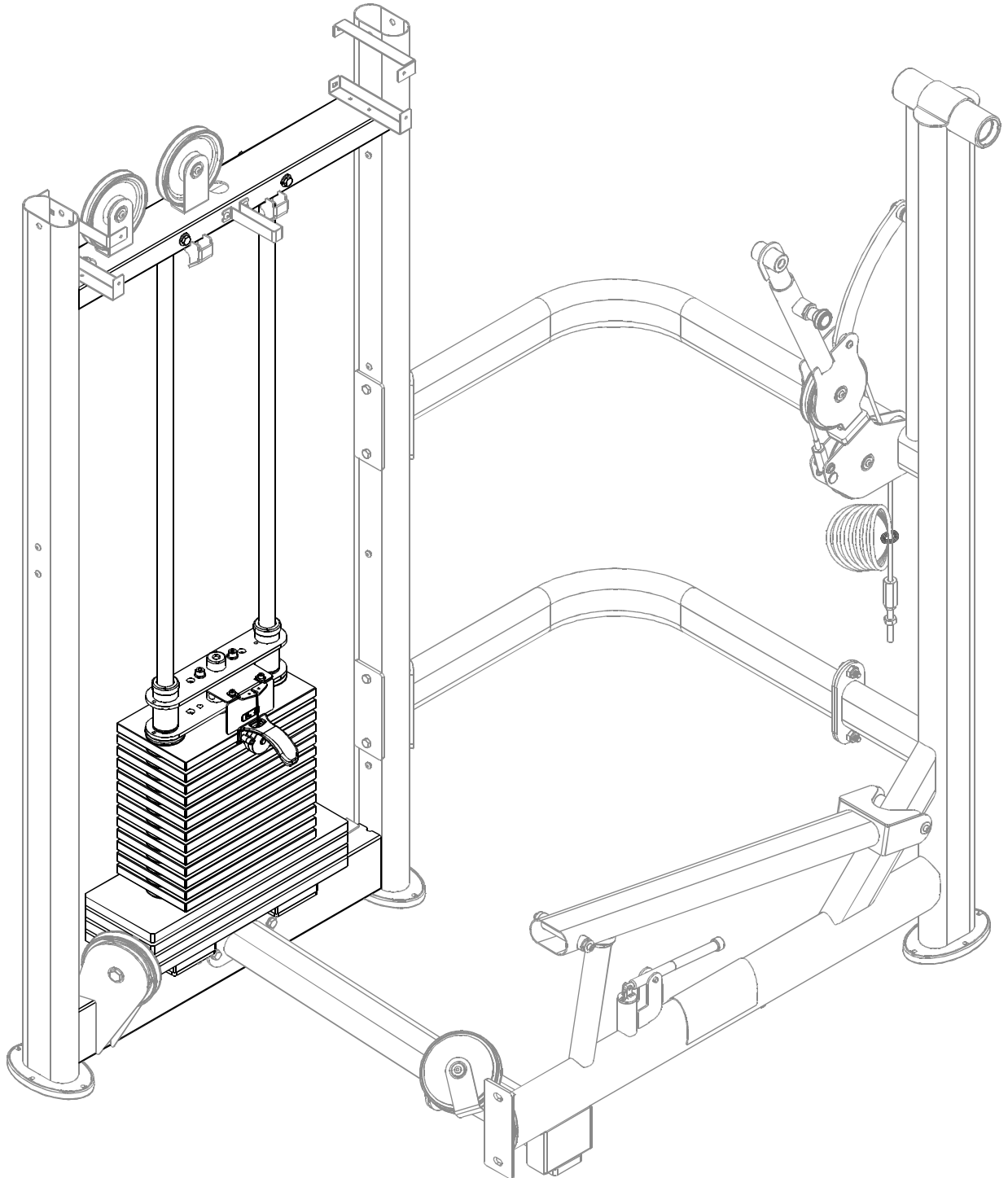
STEP 1 Connector Installation

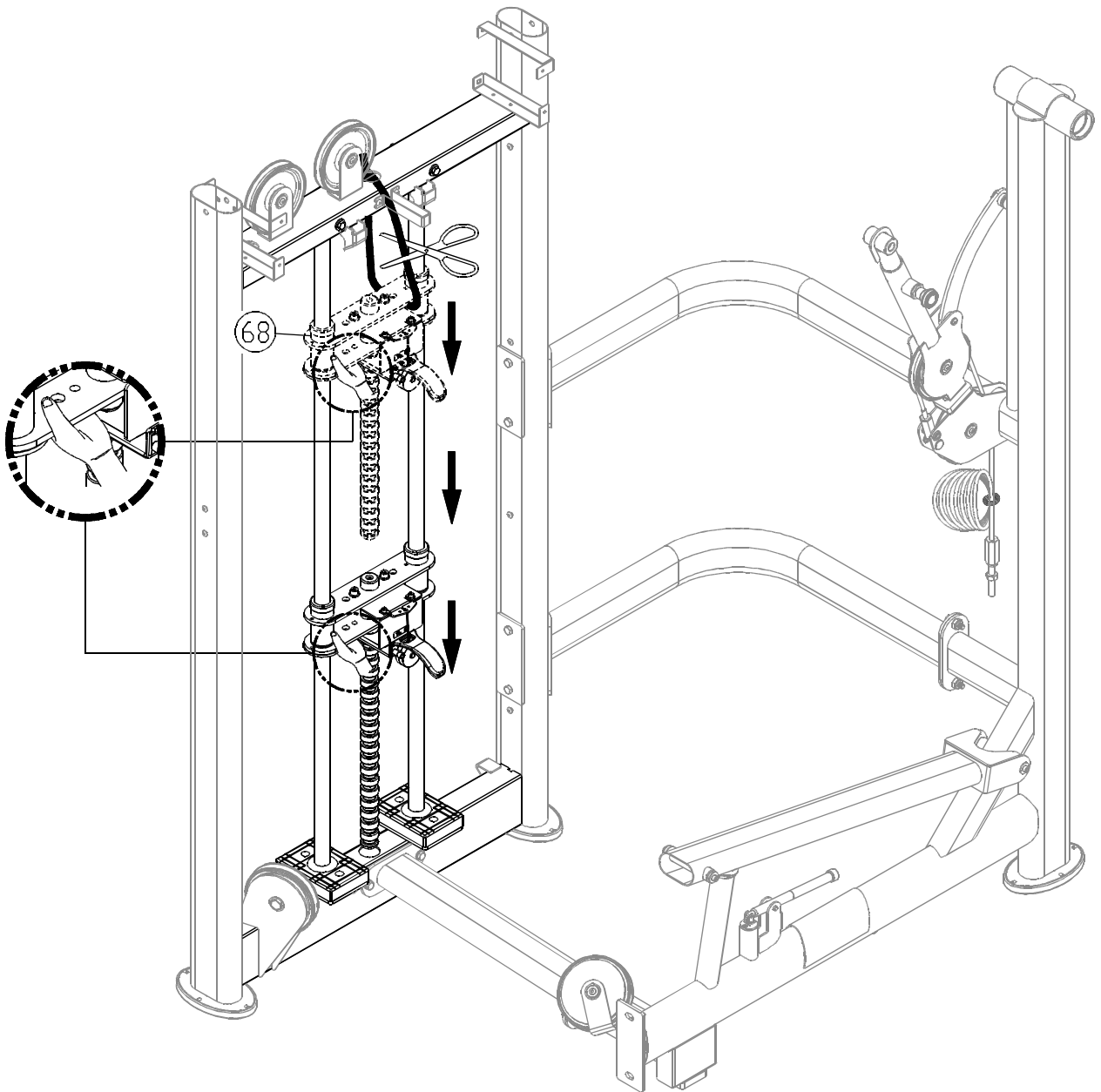




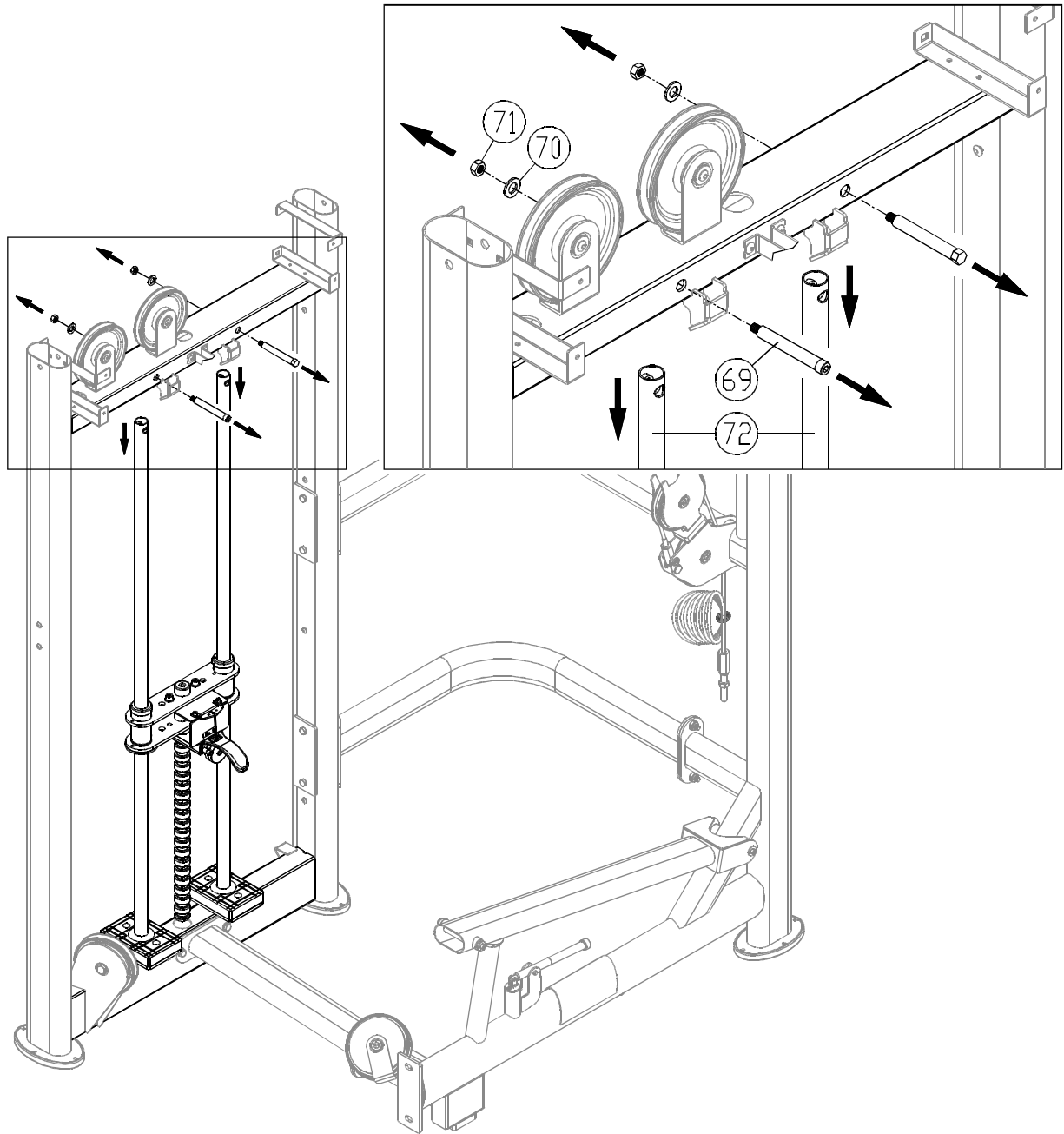
- 1-1. Use connector tubes (25,26) to connect the main frame (5) to the secondary frame (27). Then use connectors (66 and 64) and hardware (61,62,63,65,67) to loosely secure these pieces. Do not tighten screws yet.
- 1-2. Set the unit flat on the floor. First secure hardware (61,62,63,65) on the main frame (5). Then secure hardware (62,63,65,67) on the secondary frame (27).

STEP 2 Weight Plate Installation

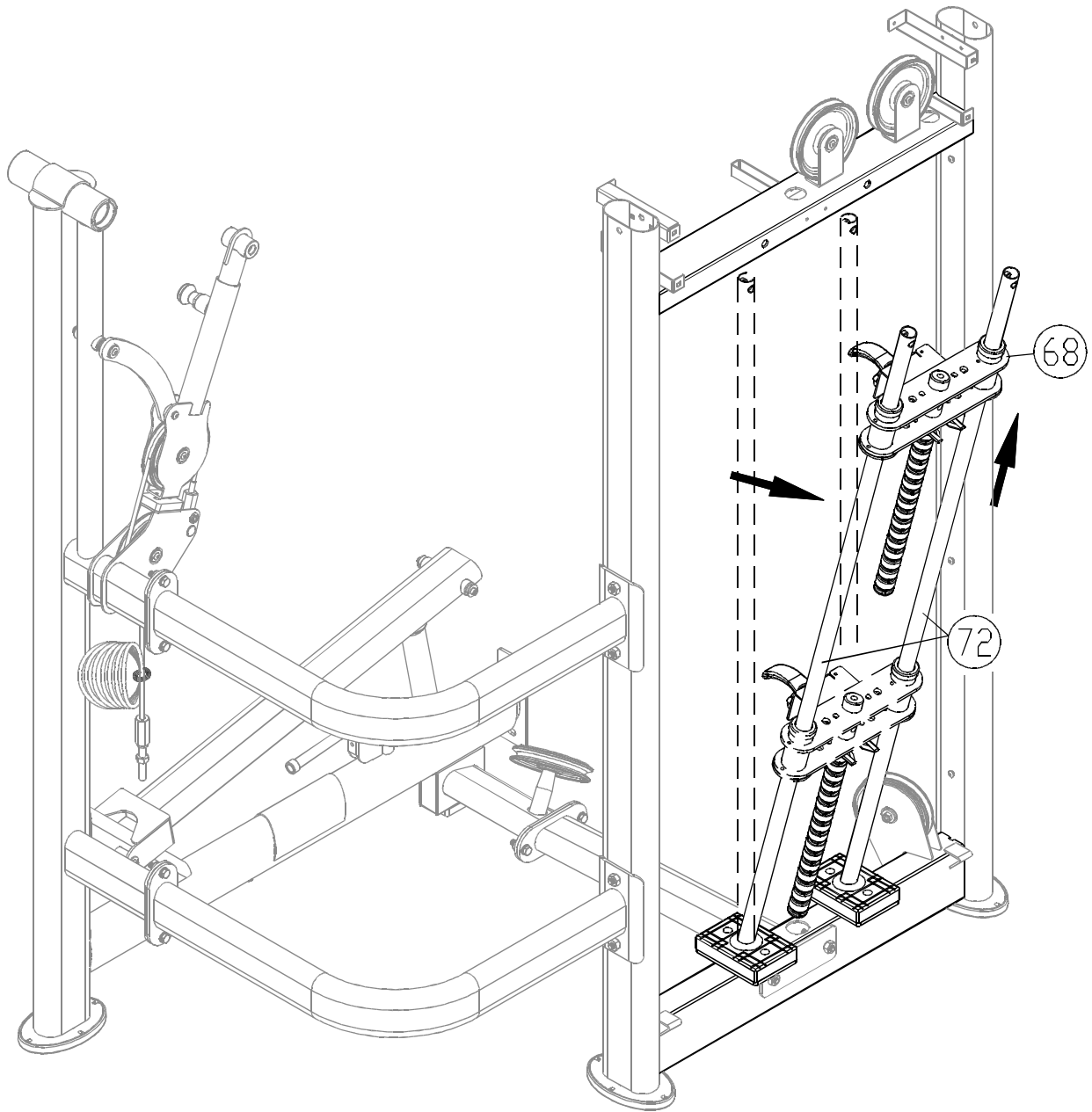




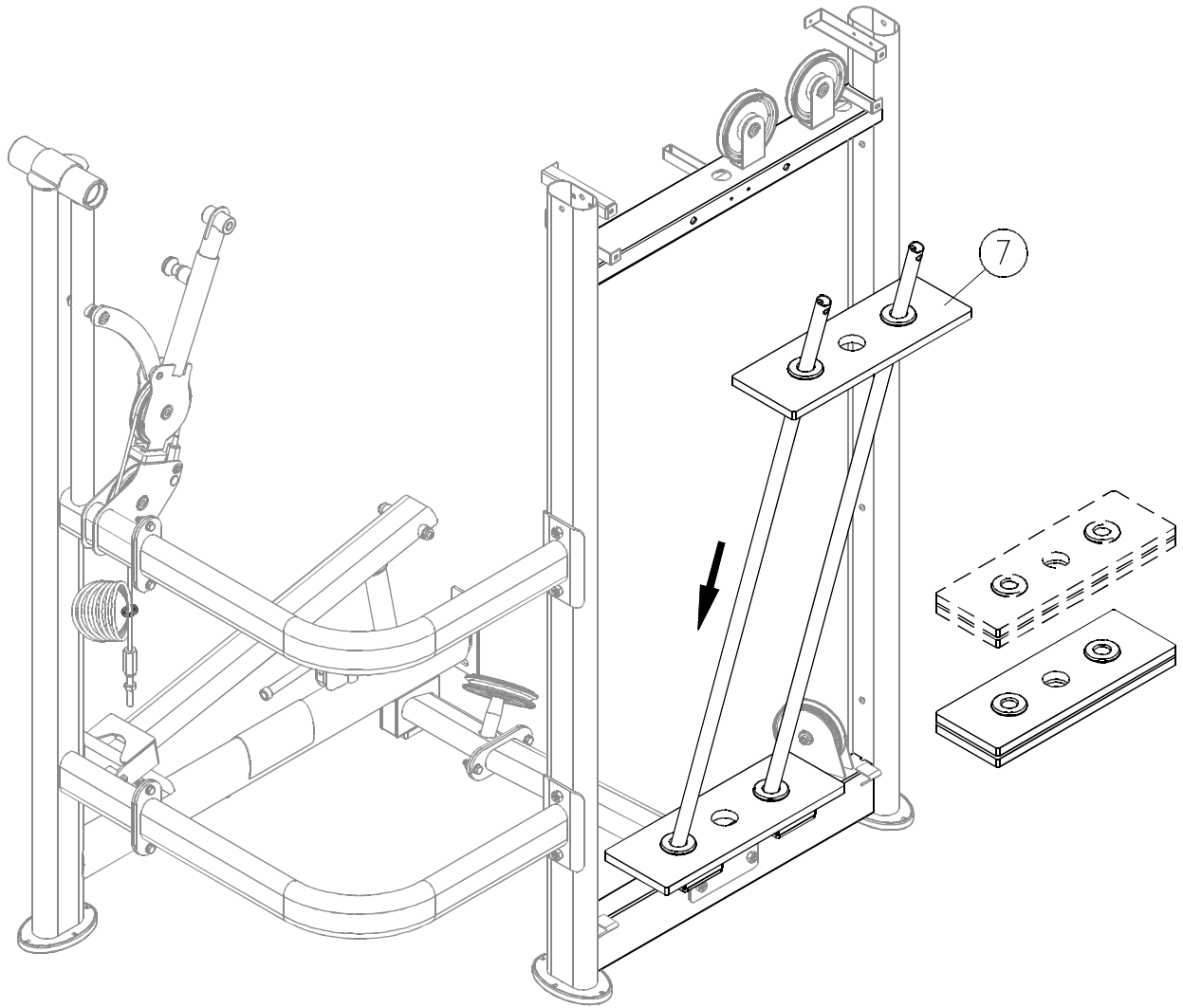
2-1. Hold upper stack carriage (68) and cut the zip tie. Gently lower the upper stack carriage (68) into place as shown.



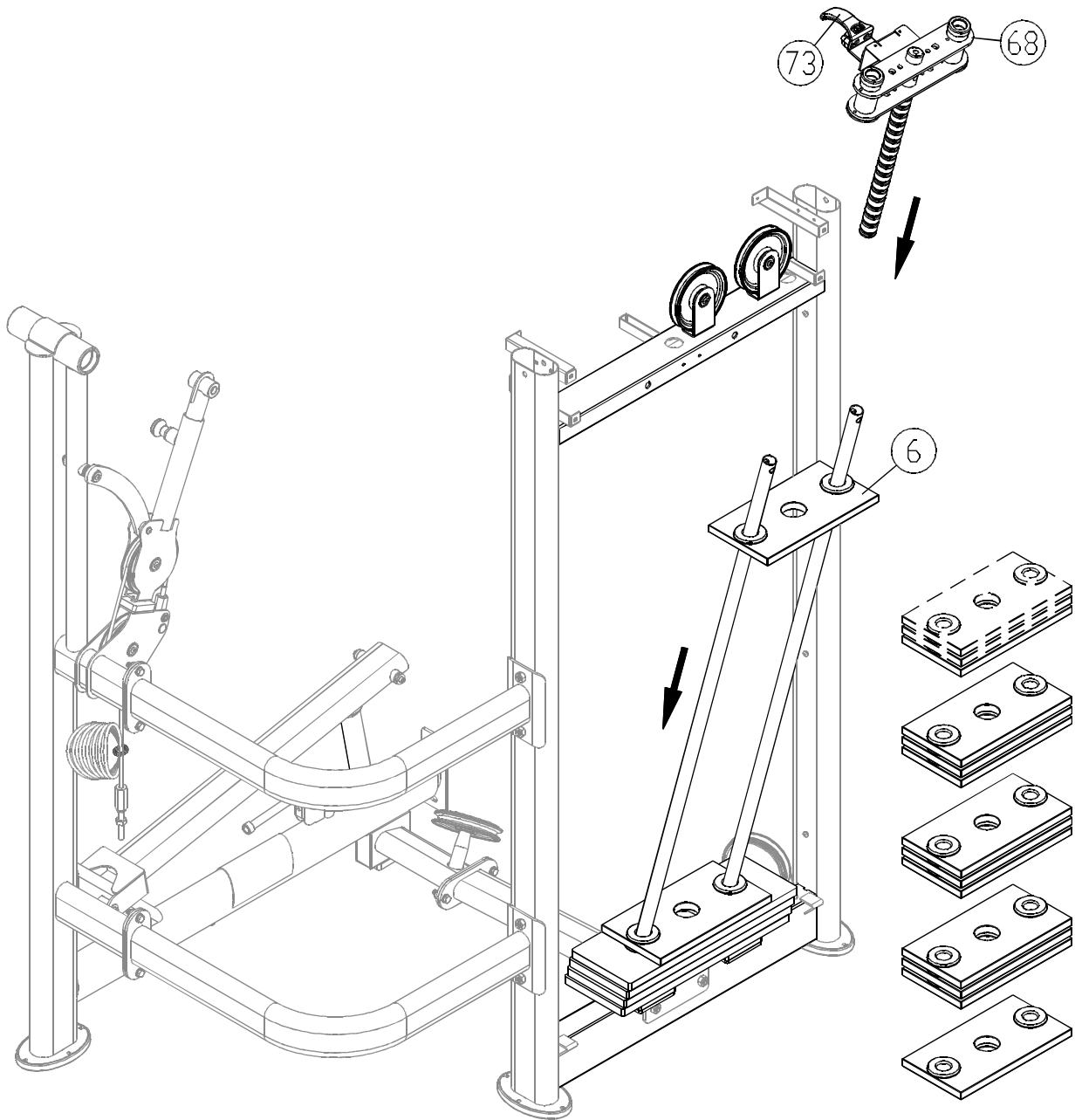
2-2. Remove hardware (69,70,71). Guide the guide rods (72) downward as shown.



2-3. Tilt the guide rods (72) backward. Then lift the upper stack carriage (68) off the guide rods as shown. Carefully set the upper stack carriage aside.

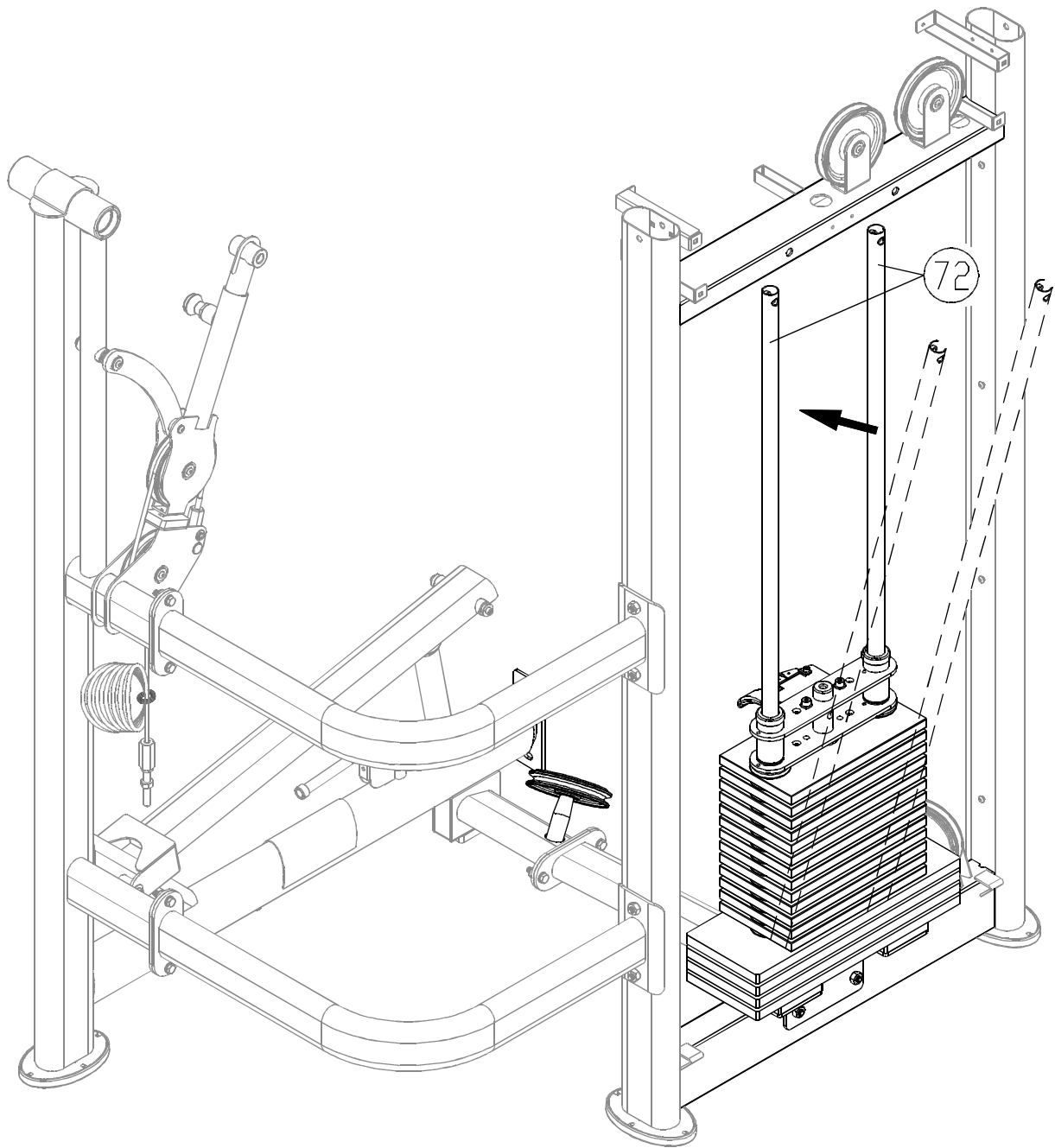


2-4. Insert and lower the four large (7.5 kg) weight plates into place on the guide rods one at a time (7). NOTE: The convex side faces up.

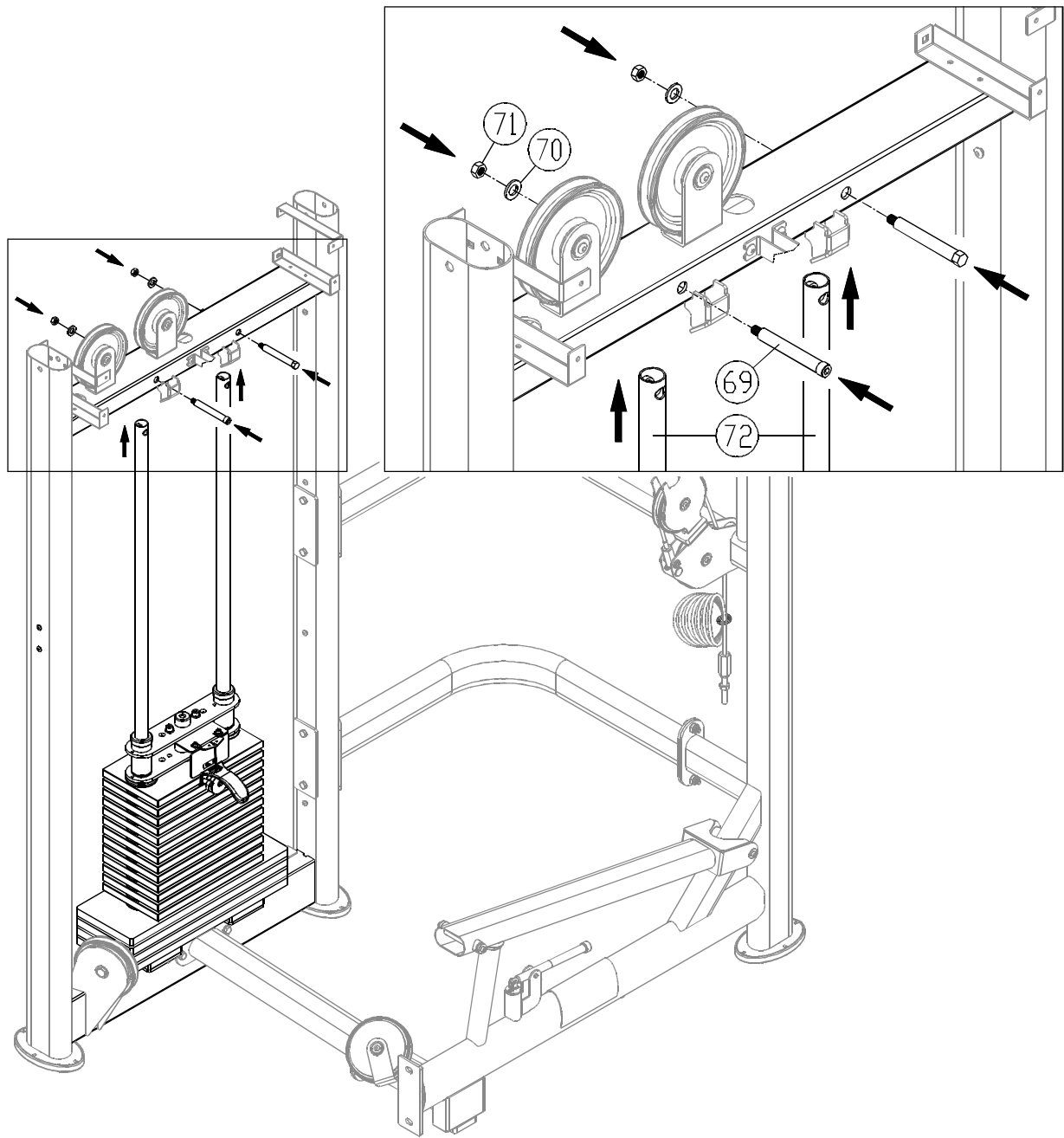


2-5. Insert and lower the 13 small (5 kg) weight plates (6) into place one at a time.
NOTE: The convex side faces up.

2-6. Insert and lower the upper stack carriage (68) into place. Note: the stack fork (73) points toward the front.

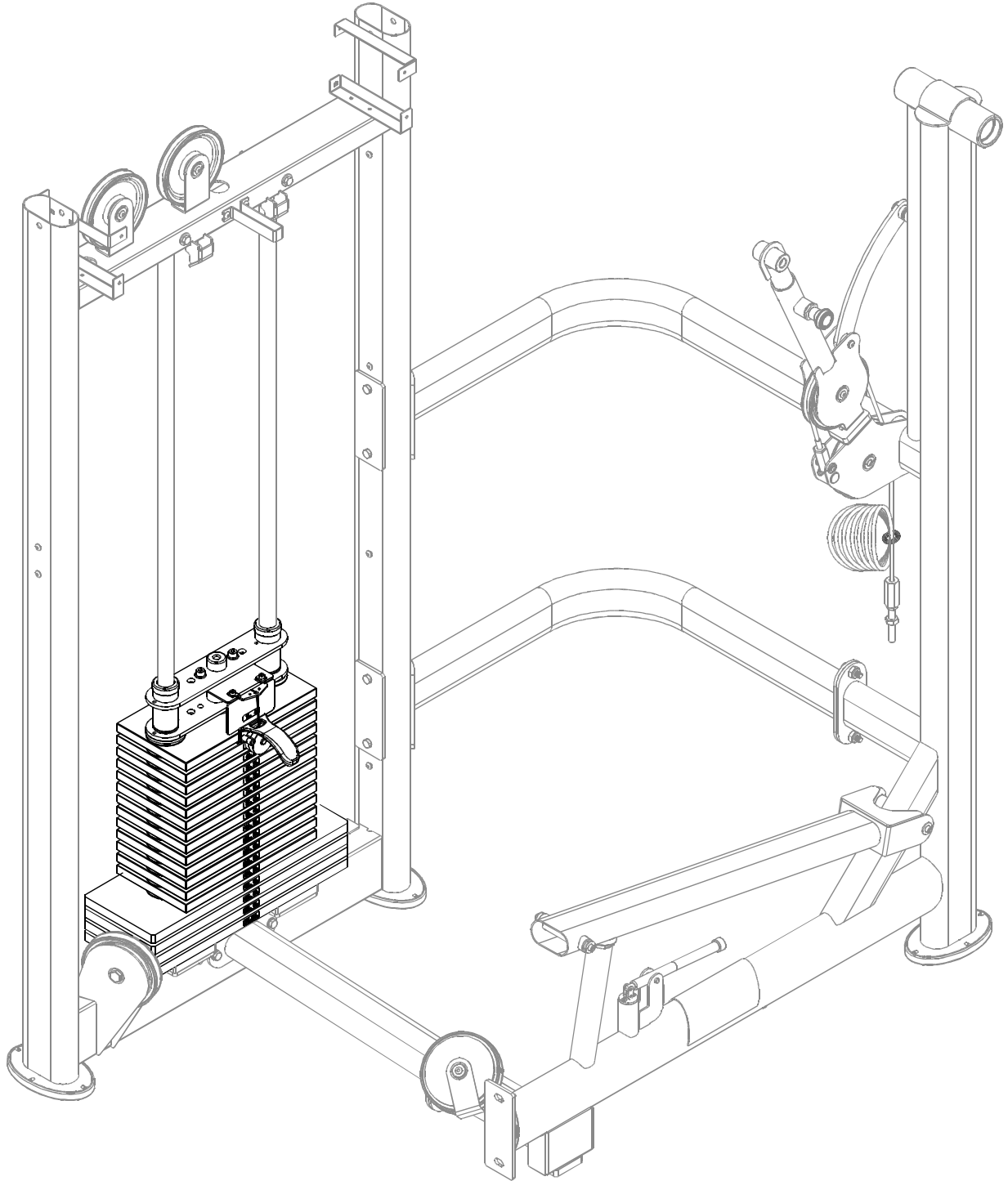


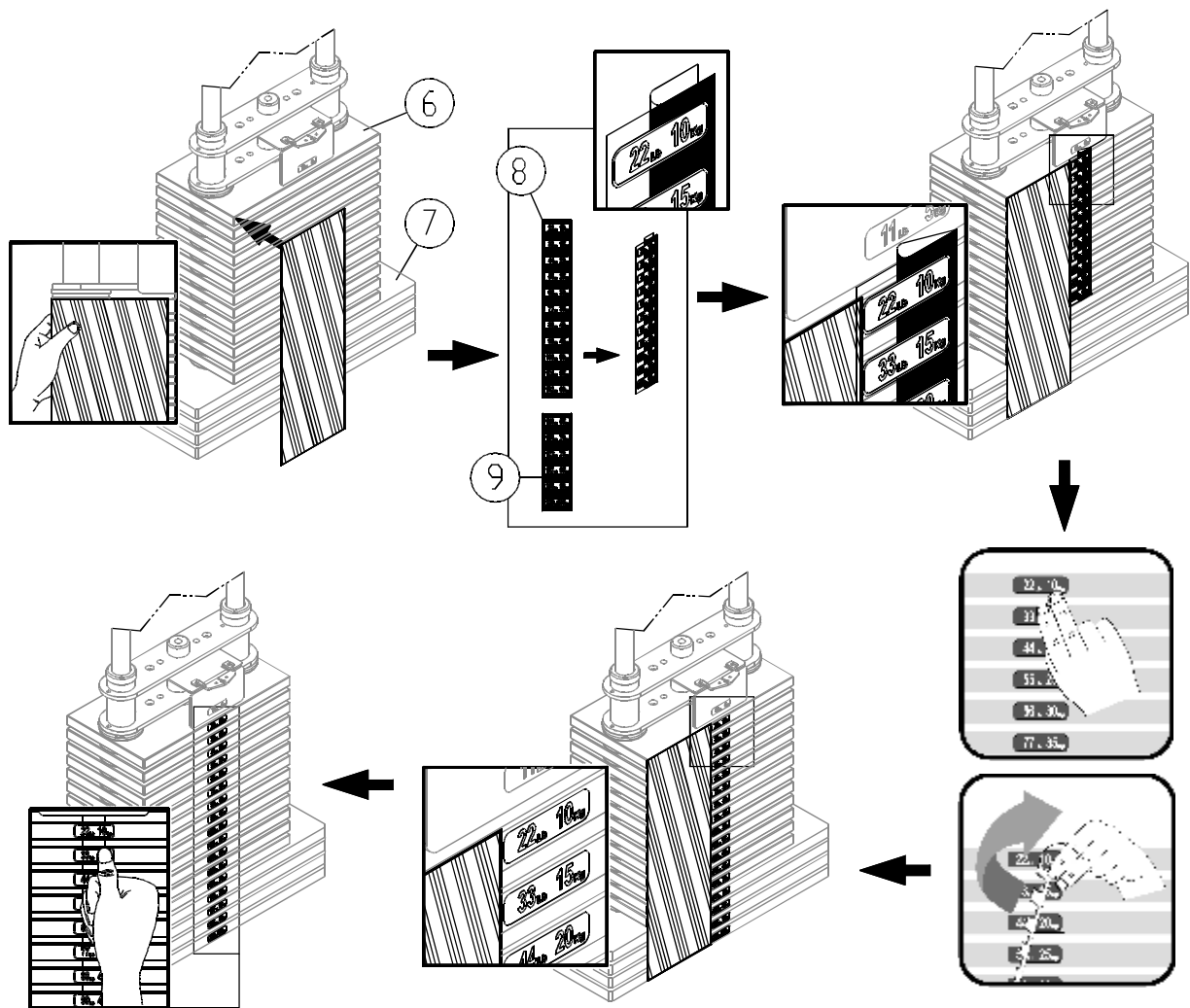
2-7. Tilt the guide rods (72) back into place.



2-8. Lift the guide rods (72) up into their mounting station. Then secure them with hardware (69,70,71).

STEP 3 Application 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.

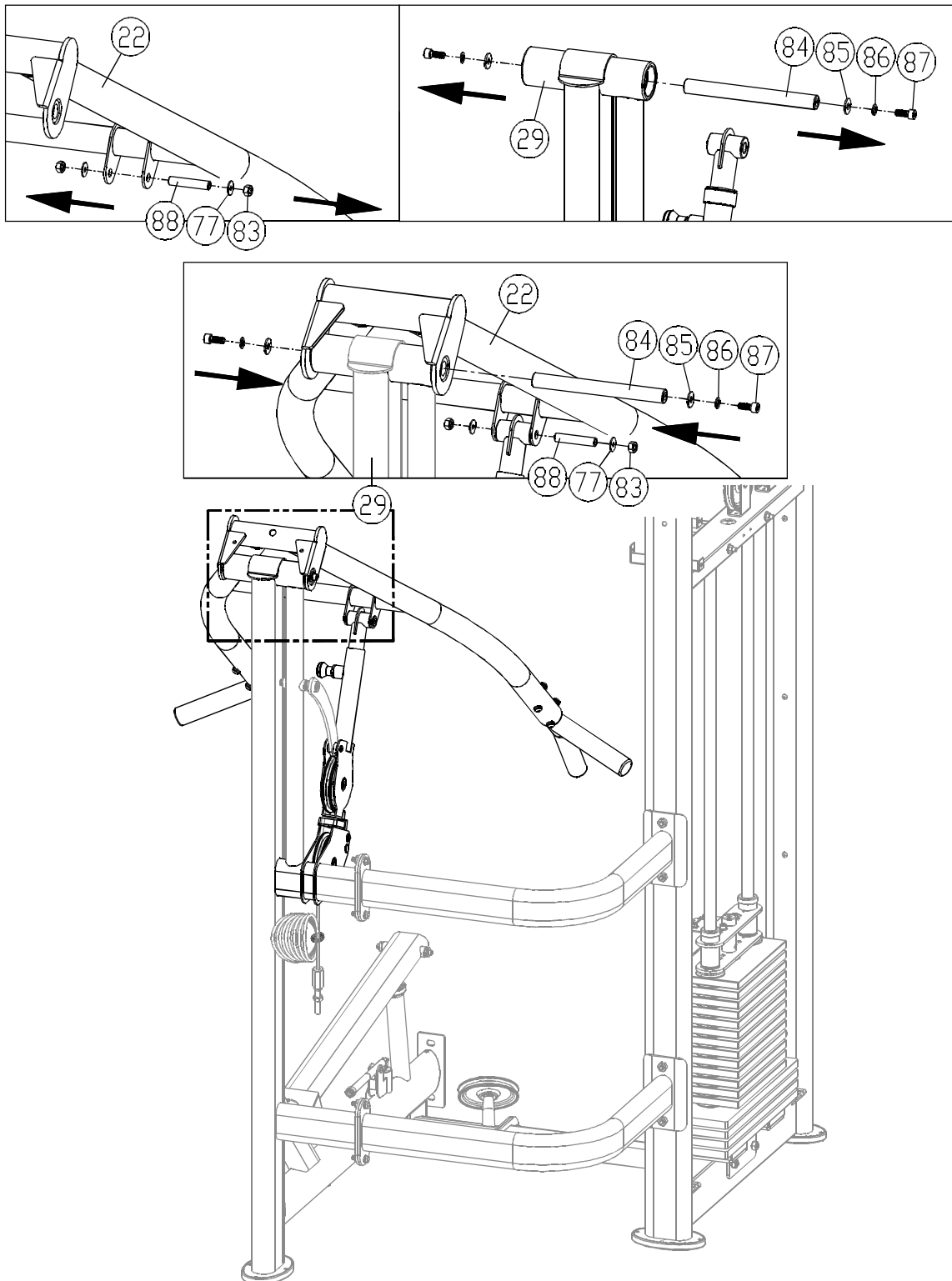
3-4. Press the numbered part of the sticker in place while you peel off the clear margin of the sticker.

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.

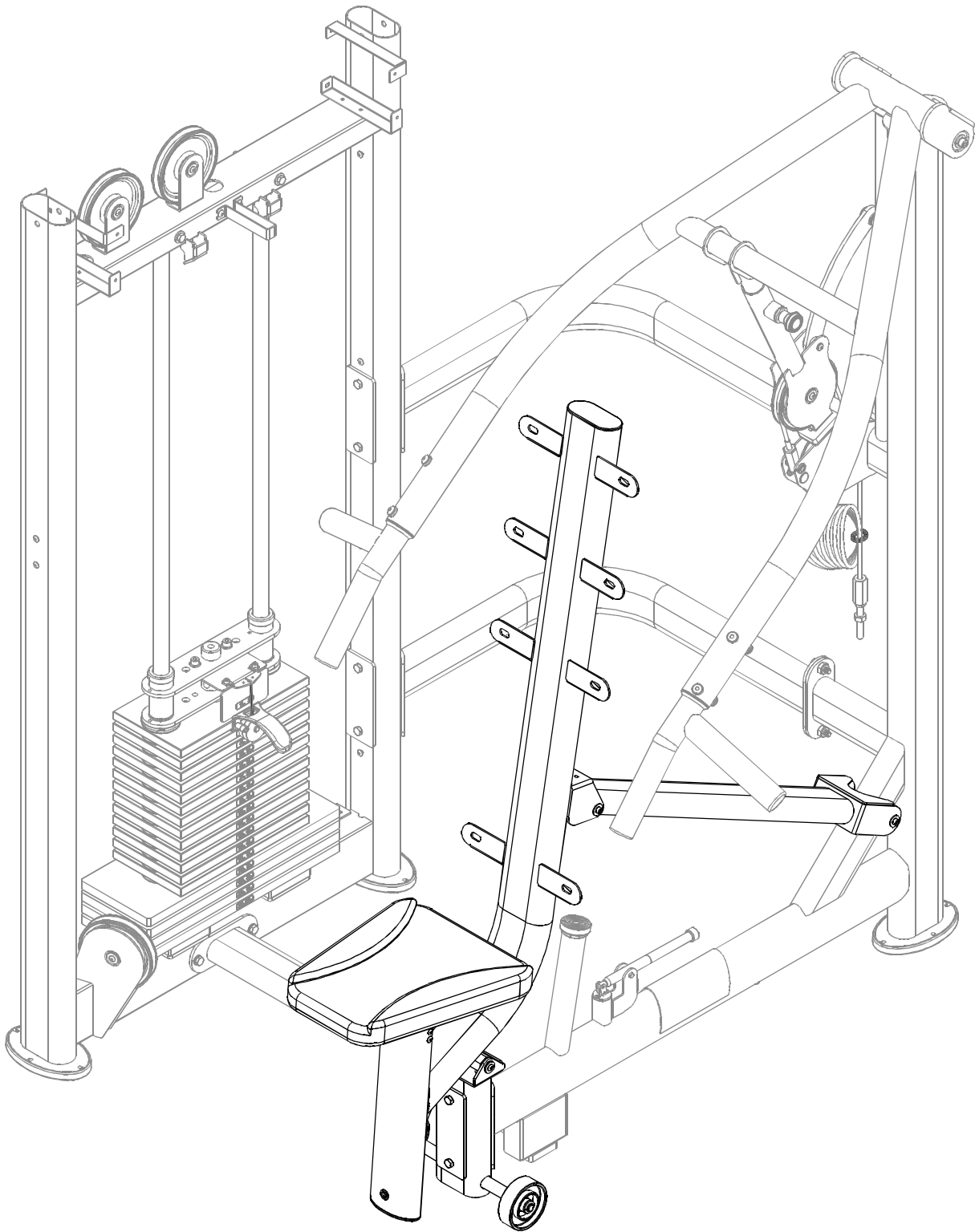
Note: Press the sticker in place to ensure good contact on the weight plate.

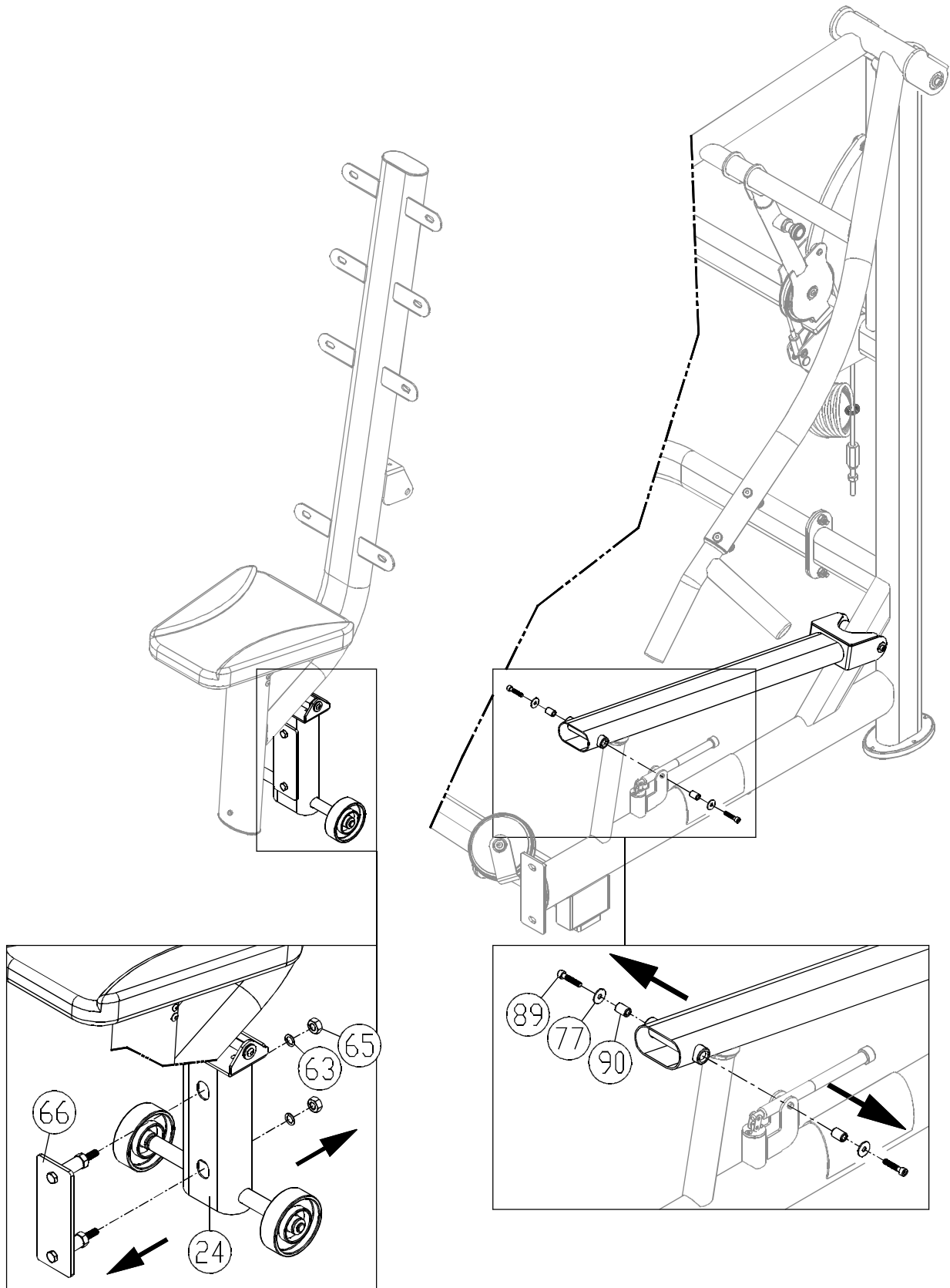
STEP 4 Press Handle Installation



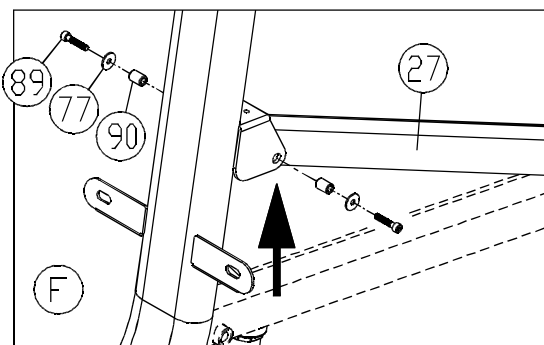
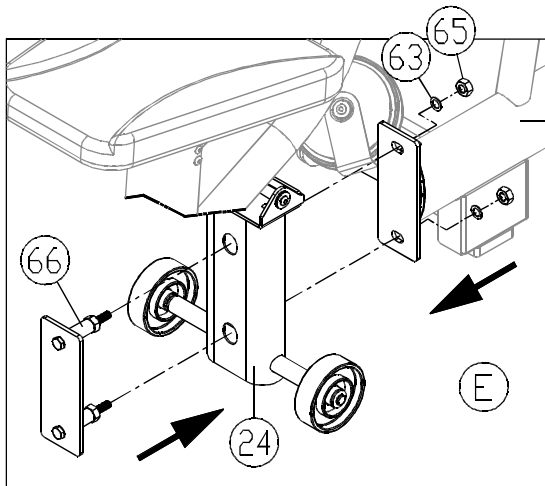
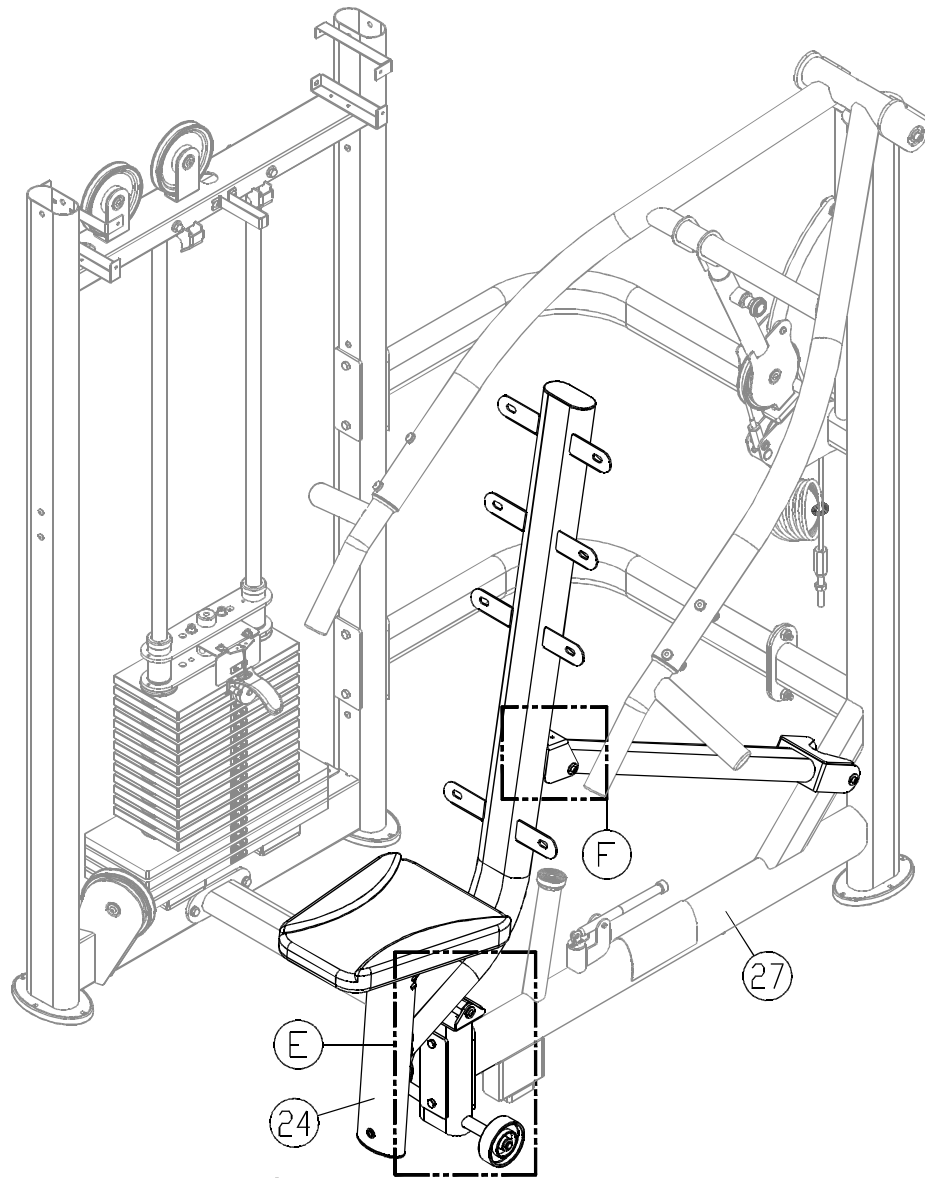
- 4-1. First, remove axle (84,88) and hardware (77,83,85,86,87) from the press handle (22) and the secondary frame (27). Place this hardware aside in a safe place.
- 4-2. Attach the press handle (22) to the secondary frame (27) via the axle (84). Then secure these pieces with hardware (85,86,87).
- 4-3. Insert axle (88) into place. Then secure it with hardware (77,83). Finally, make sure all the hardware (77,83,85,86,87) in this assembly is secured fully.

STEP 5 Seat Frame Installation





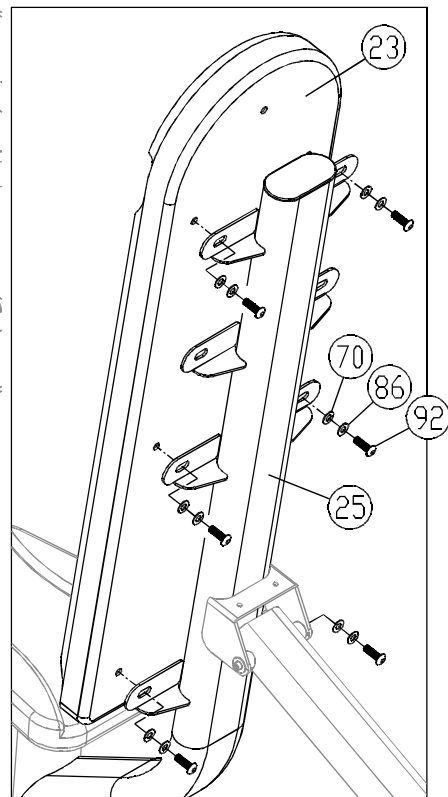
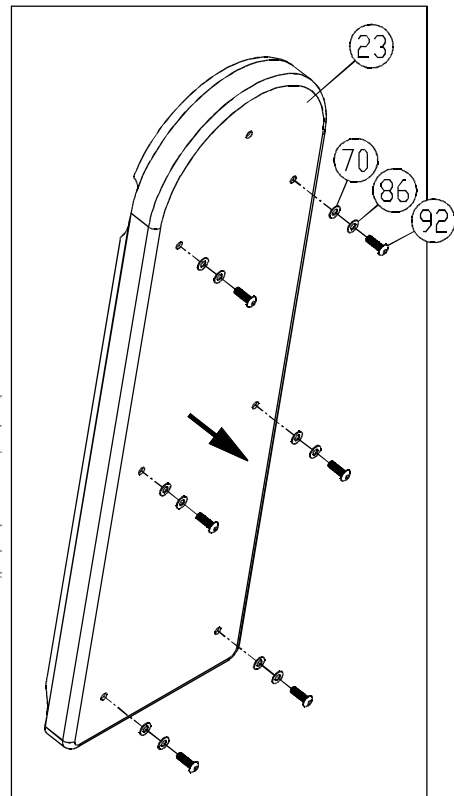
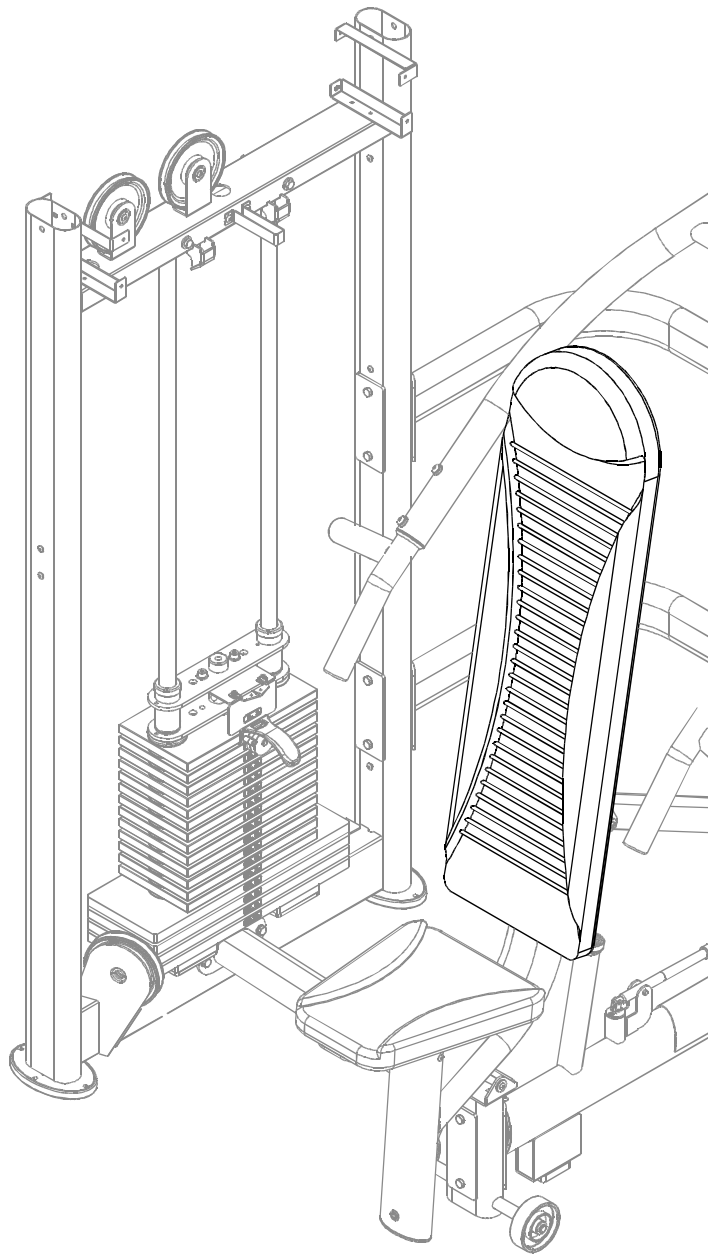
5-1. First, remove the sleeve (90) and hardware (77,89). Then remove hardware (63,65) from the seat frame (24) and connector (66). Set aside these parts for use in the next step.



5-2. Use the connector (66) and hardware (63,65) to secure the seat frame (24) to the secondary frame (27).

5-3. Raise connector C on the secondary frame (27) to match holes in the seat frame (24). Then secure these parts via sleeve (90) and hardware (77,89). Then secure all parts in this step.

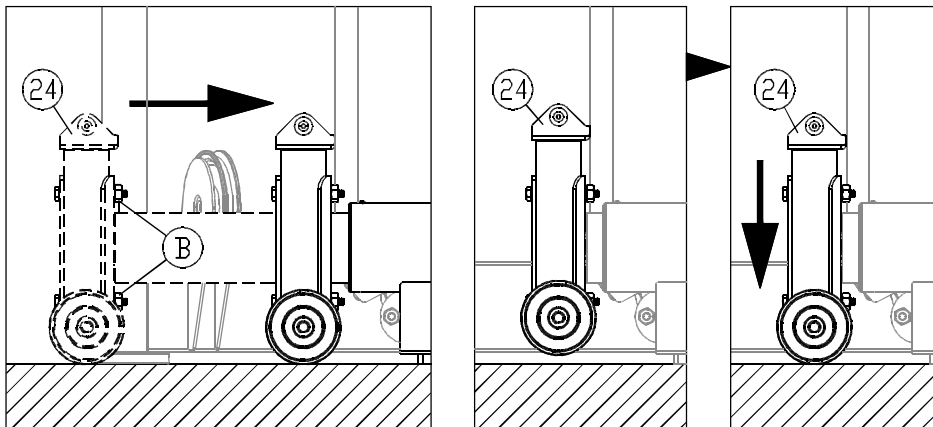
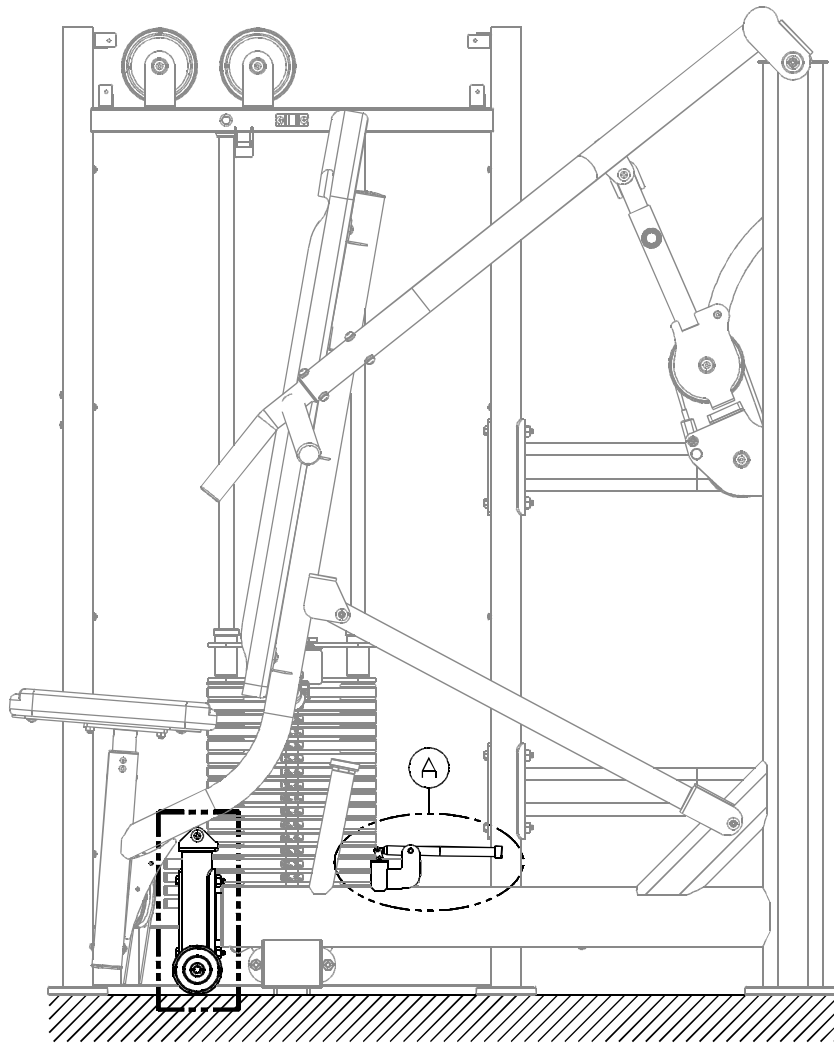
STEP 6 Seat Back Cushion Installation



6-1. First, remove hardware (86,92,70) from the seat back cushion (23).

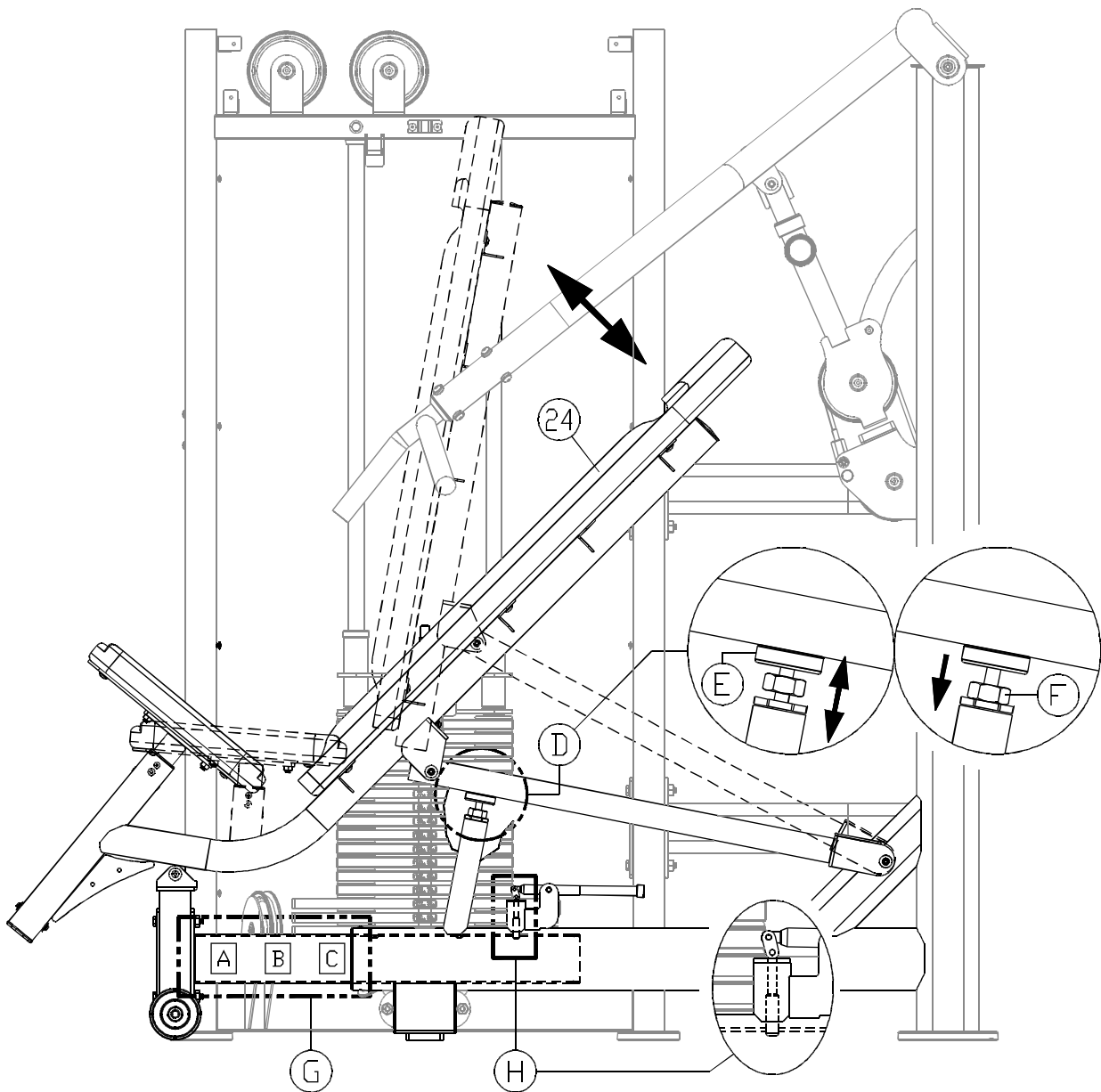
6-2. Then, use hardware (86,92,70) to secure the seat back cushion (23) onto the seat frame (24).

STEP 7 Seat Frame Leveling Test



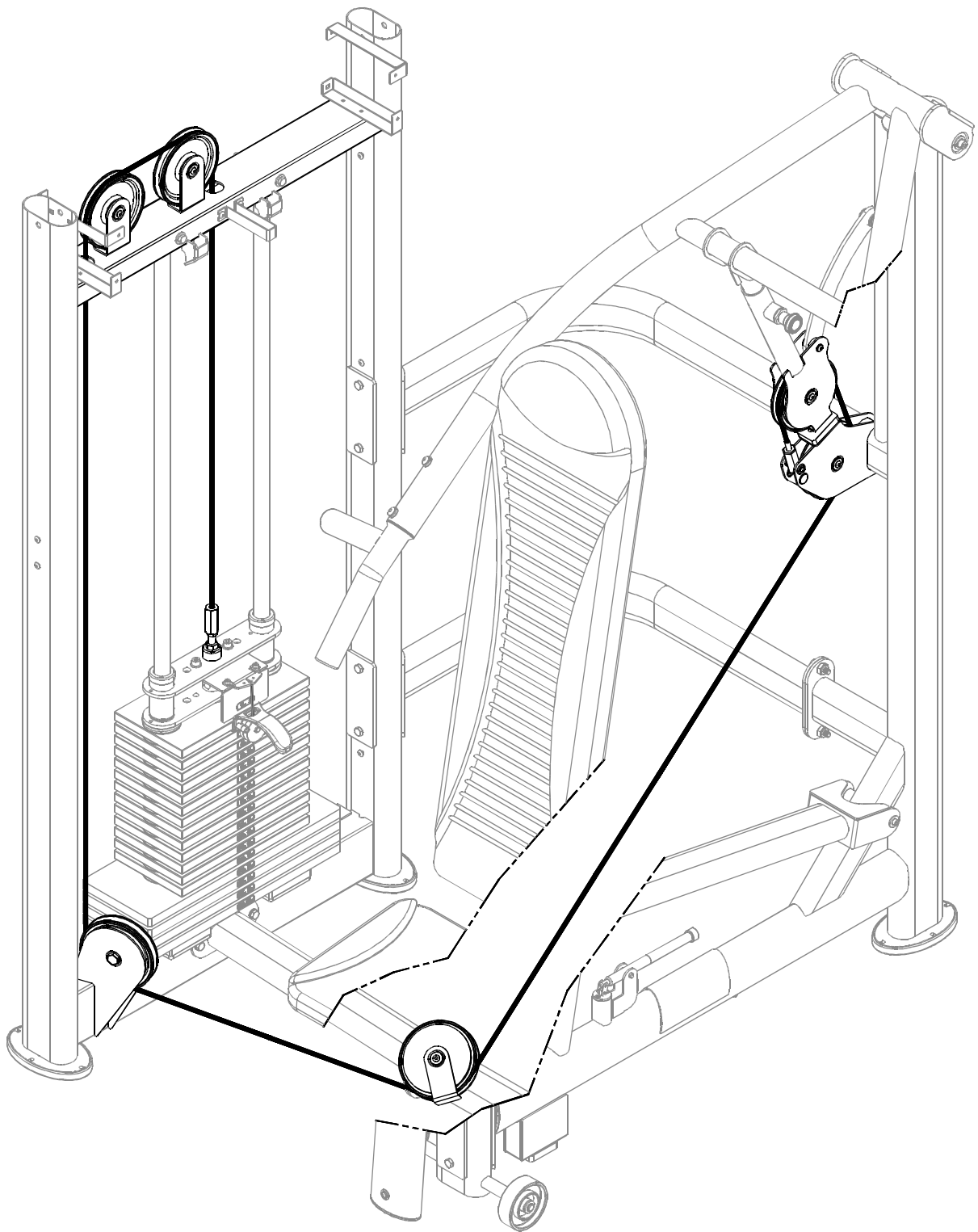
- 7-1. Place the unit where it will be used.
- 7-2. Loosen screws in area B on the seat frame (24). Press the seat frame (24) to the shortest position, making the wheels touch the ground. Fully secure the screws in area B.
- 7-3. Press down on the adjustment rod in area A. Push the seat frame (24) as shown. Make sure the wheels touch the floor.
- 7-4. If the unit is not level, repeat steps 7-2,7-3 to make the unit level. If the floor is not level, place a wood or metal plate to support the wheels.

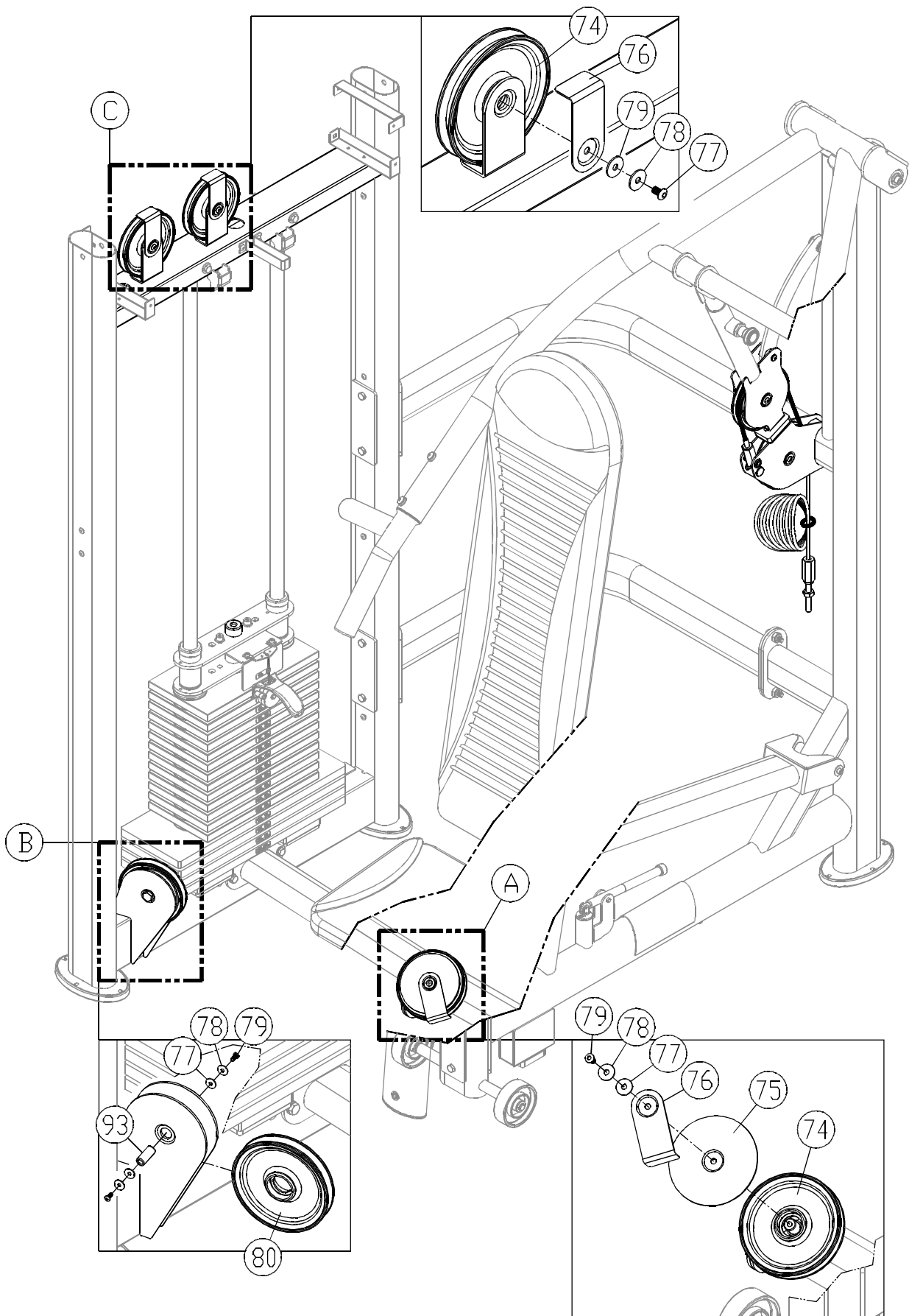
STEP 8 Support Tube Stopper Adjustment



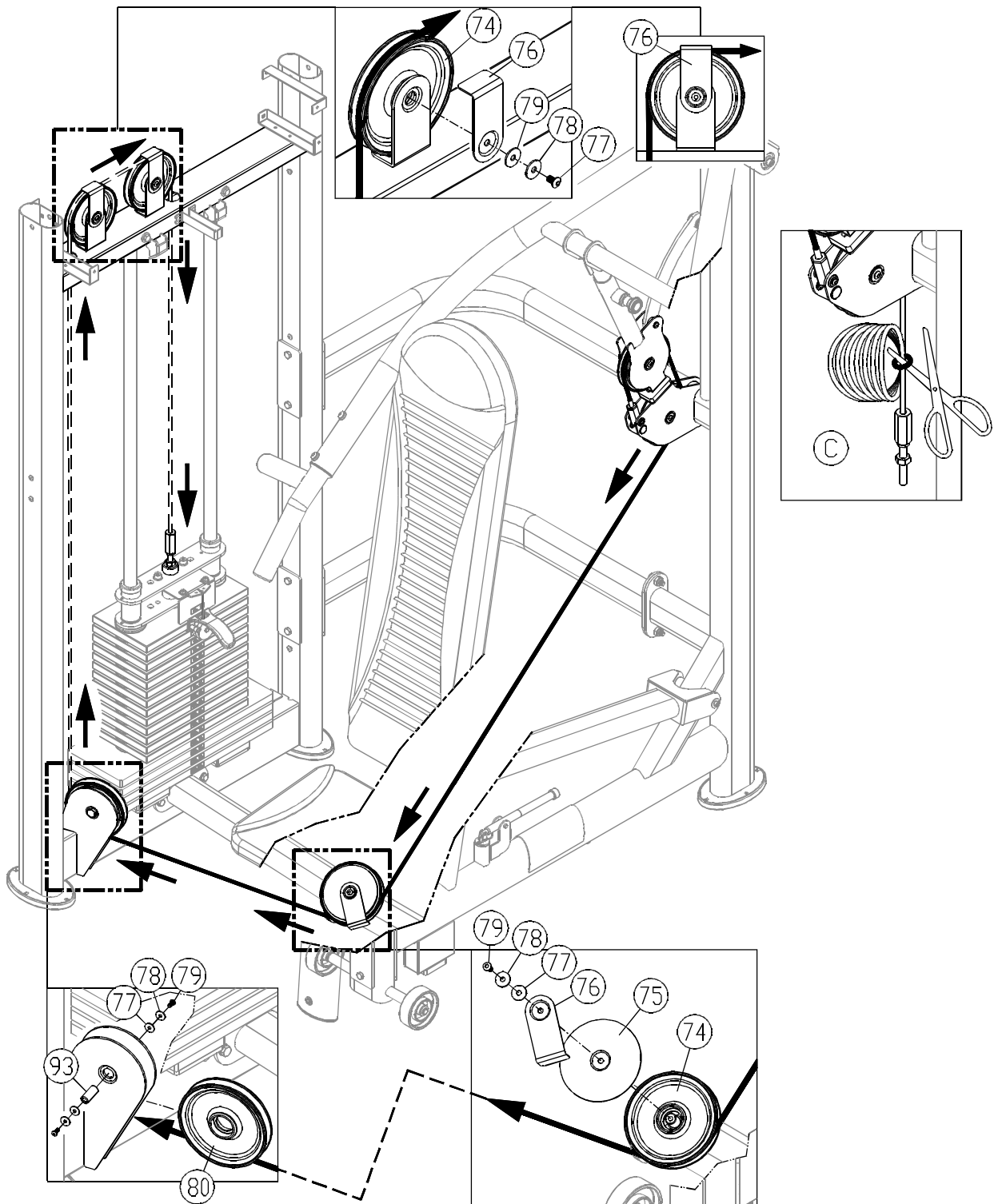
- 8-1. First, test seat back operation. Press your foot on the adjustment lever. Then adjust the seat back to position G until you see sticker C on the extension tube and area H clicks into place. Then inspect whether the adjustment rod and stopper meet in area D.
- 8-2. If these parts do not meet, the sticker is not visible, or there is no click sound, please follow the steps below to adjust the adjustment rod.
- (a) Rotate the adjustment rod in area E up or down until it meets the stopper.
 - (b) Then secure F nut downward. Note: these steps must be done in order, with the leveling done first.

STEP 9 Cable Installation





9-1. Before installing the cable, first remove the cover (75,76,77,78,79) in area A and the pulley wheel (77,78,79,80,93) in area B and cover plate (76,77,78,79) in area C as shown. Note: Keep pulley wheel A (74) on the product. Set hardware aside in a safe place for later use.

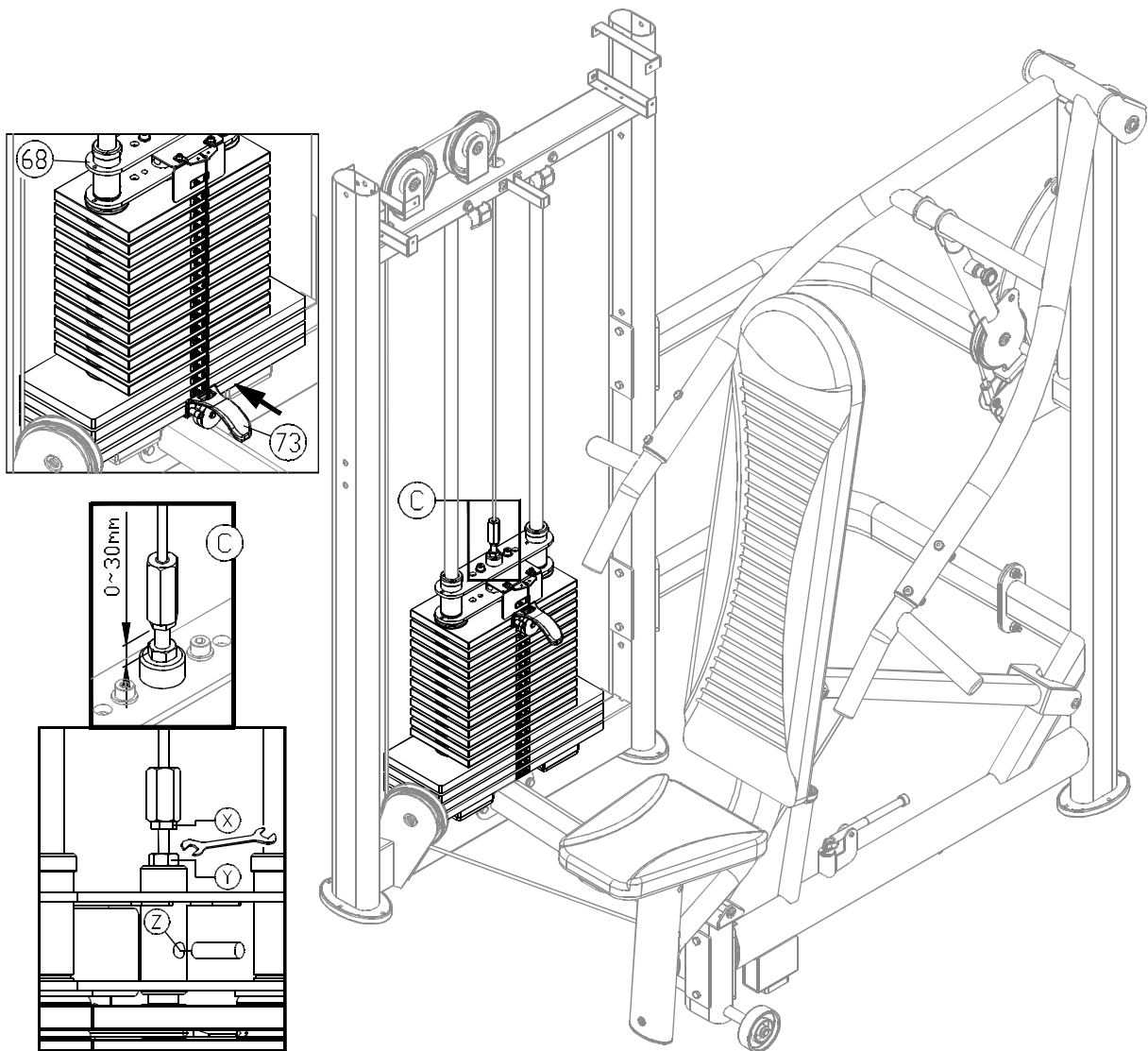


9-2. Cut the zip tie in area C.

9-3. Thread the cable through pulley wheel A (74) as shown. Secure the cover (75,76, 77,78,79). Thread the cable under pulley B (80). Push the pulley onto its mount. Secure it with hardware (77,78,79,94). Thread the cable as indicated through the upper pulley A (74). Then secure the cover plate (76,77,78,79). Finally, secure the cable to the upper stack carriage as shown.

Note: In securing the cover plate (76), place the cover plate horizontal to, but not touching the cable.

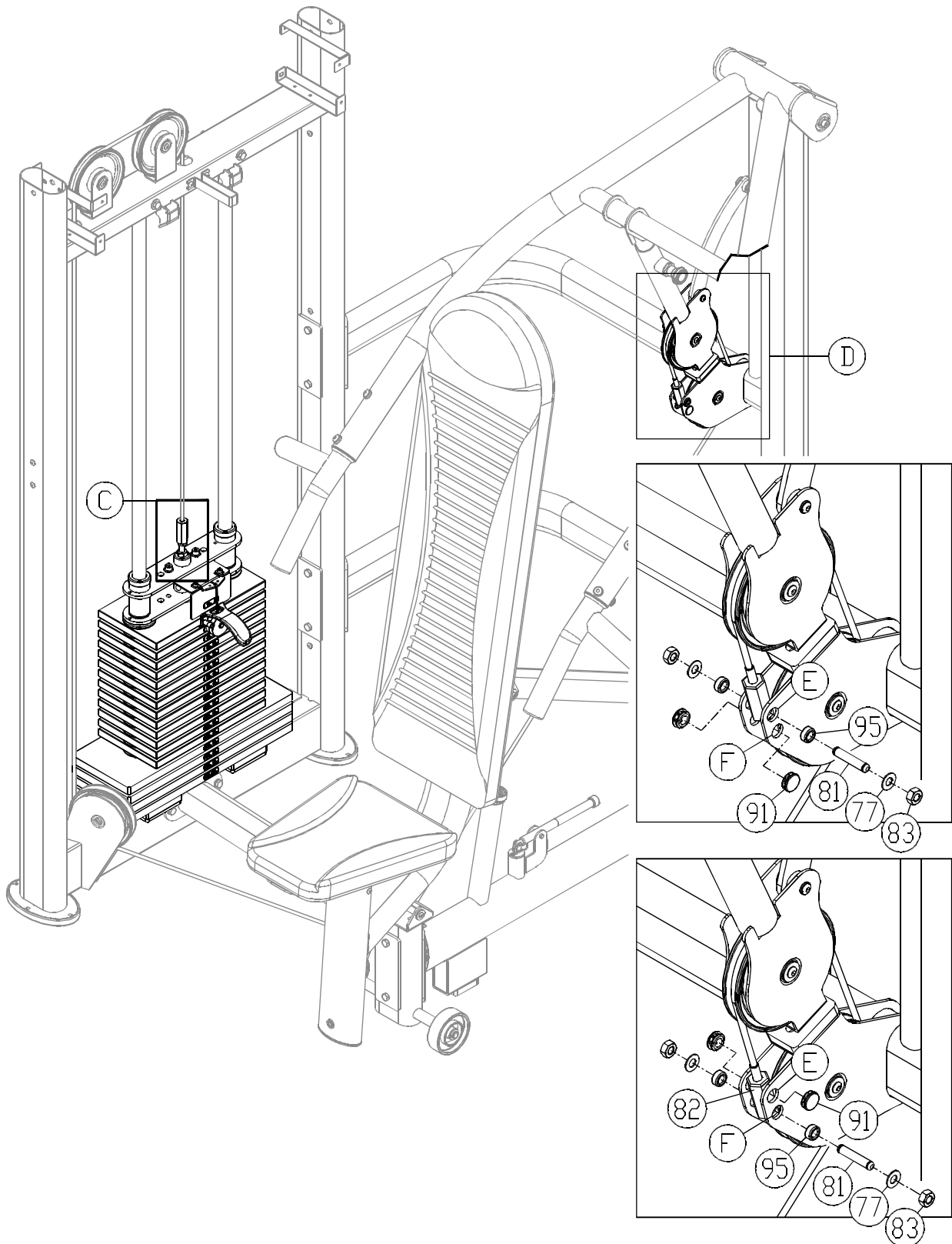
STEP 10 Adjust Cable Tightness



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

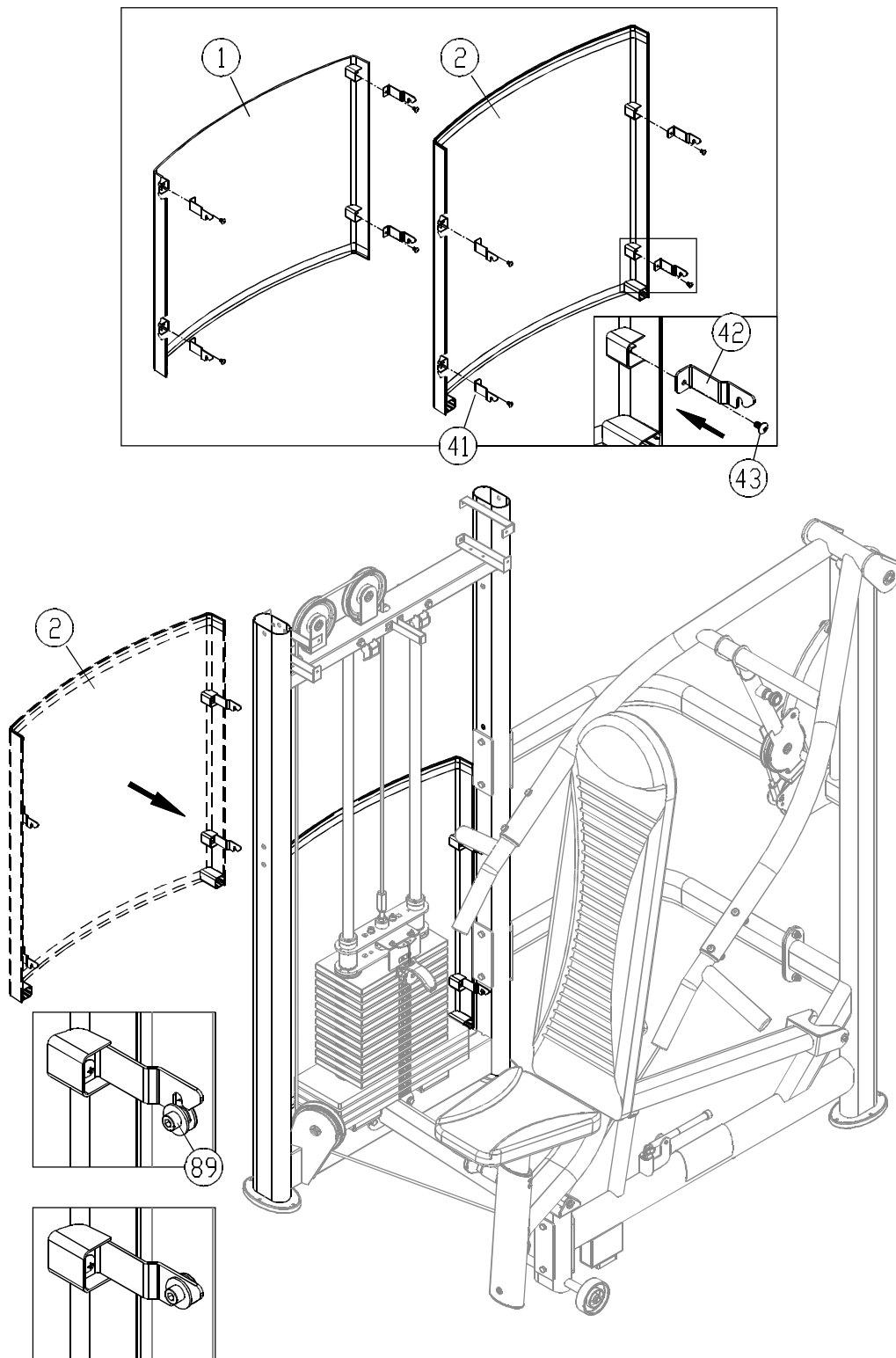
To adjust the cable, first insert an open end wrench into (Z) hole. Loosen (Y) nut. Then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position.

STEP 11 Cable Adjustment if too Loose



If there is no way to adjust area C, please rotate area C out 30mm (about 1 inch). Remove the bushing (95), axle (81), washer (77), nut (83), and soft cap (91) from hole E in area D. Put the cable screw (82) in hole F. Then put the bushing (95), axle (81), washer (77), nut (83), and soft cap (91) back in place. Then secure the cable as in step (9) as shown.

STEP 12 Tower Back Cover Installation

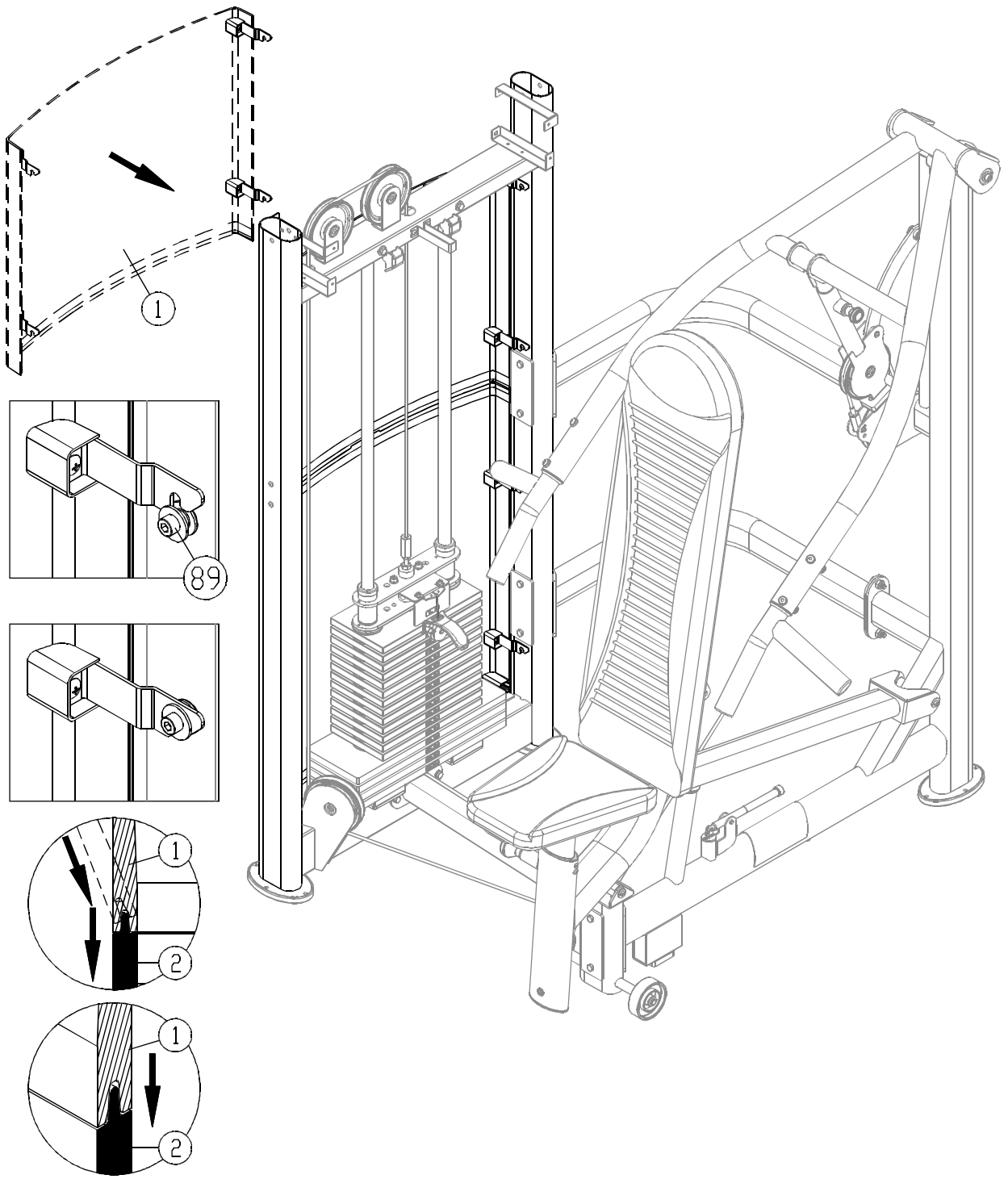


12-1. Before installing the upper and lower rear covers, first separate A and B (41,42) set brackets by side.

(Set brackets are side specific.) Use screws (43) to secure the set brackets into the back covers (1,2).

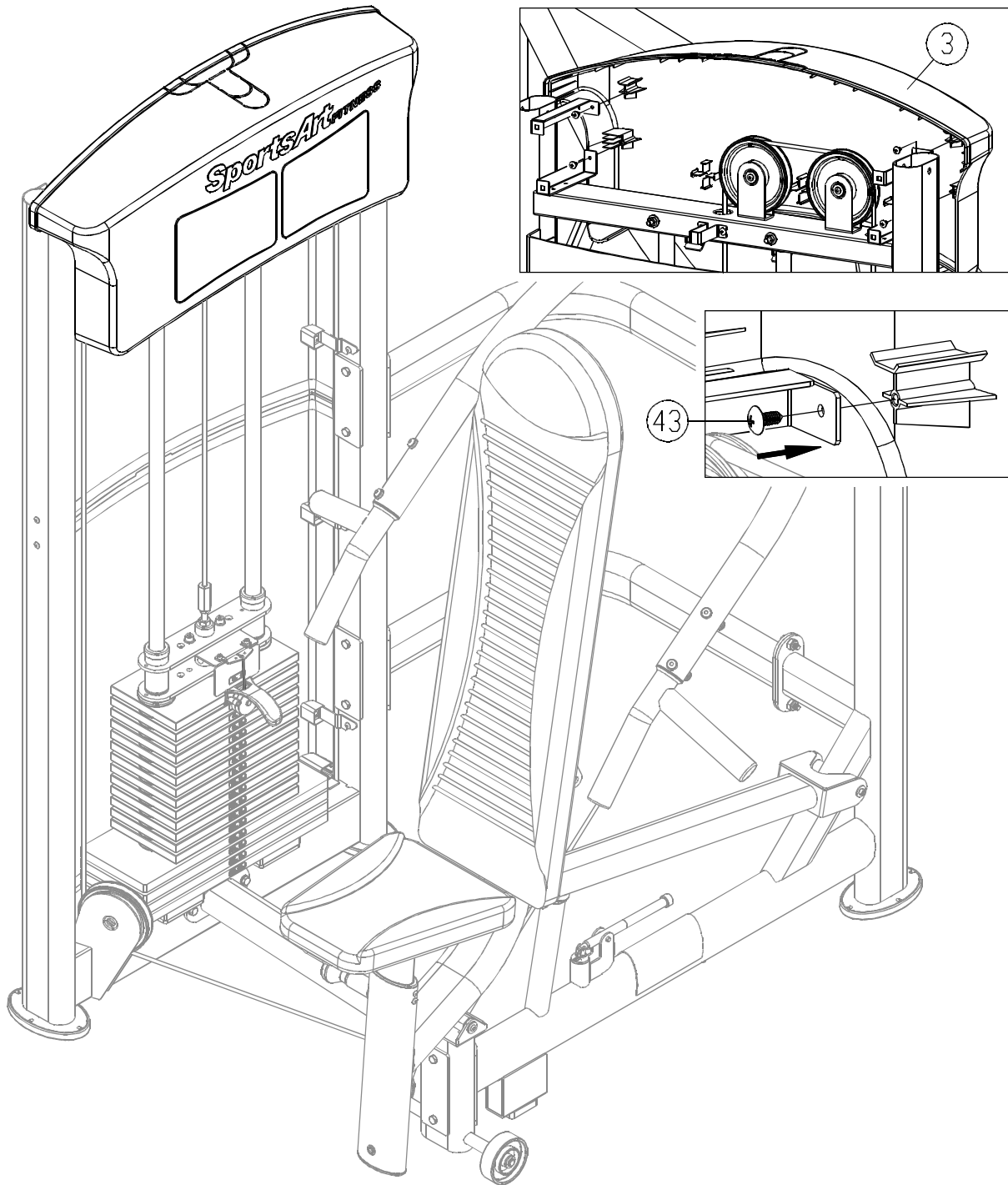
Note: back cover (1) is short; back cover (2) is long.

12-2. Put back cover (2) onto screws (89).



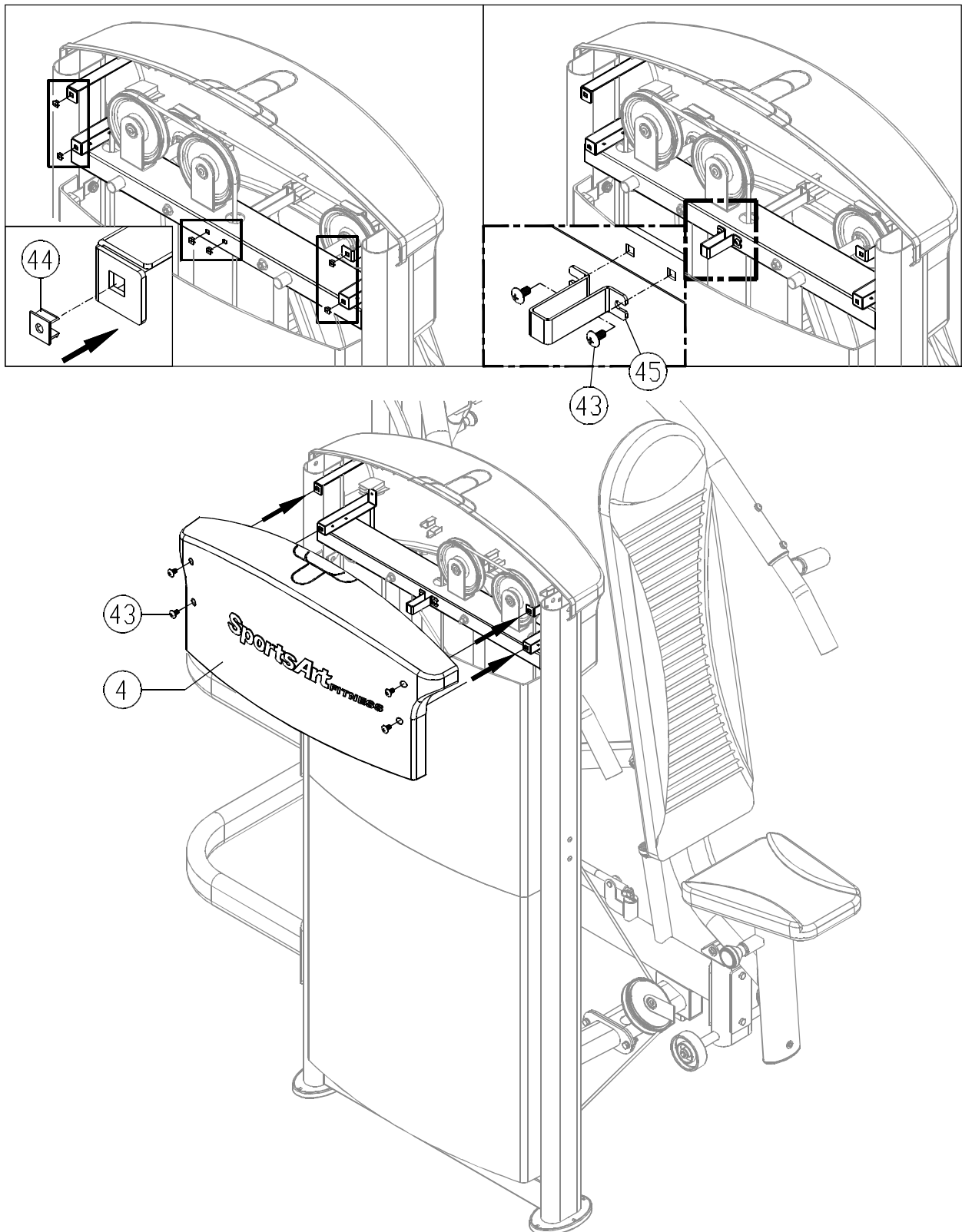
12-3. Hang back cover A (1) onto screws (89). Simultaneously, hook back cover A (1) into back cover (2).

STEP 13 Front Top Cover Installation



13-1. Use screws (43) to secure the front top cover onto the stack tower.

STEP 14 Rear Top Cover Installation

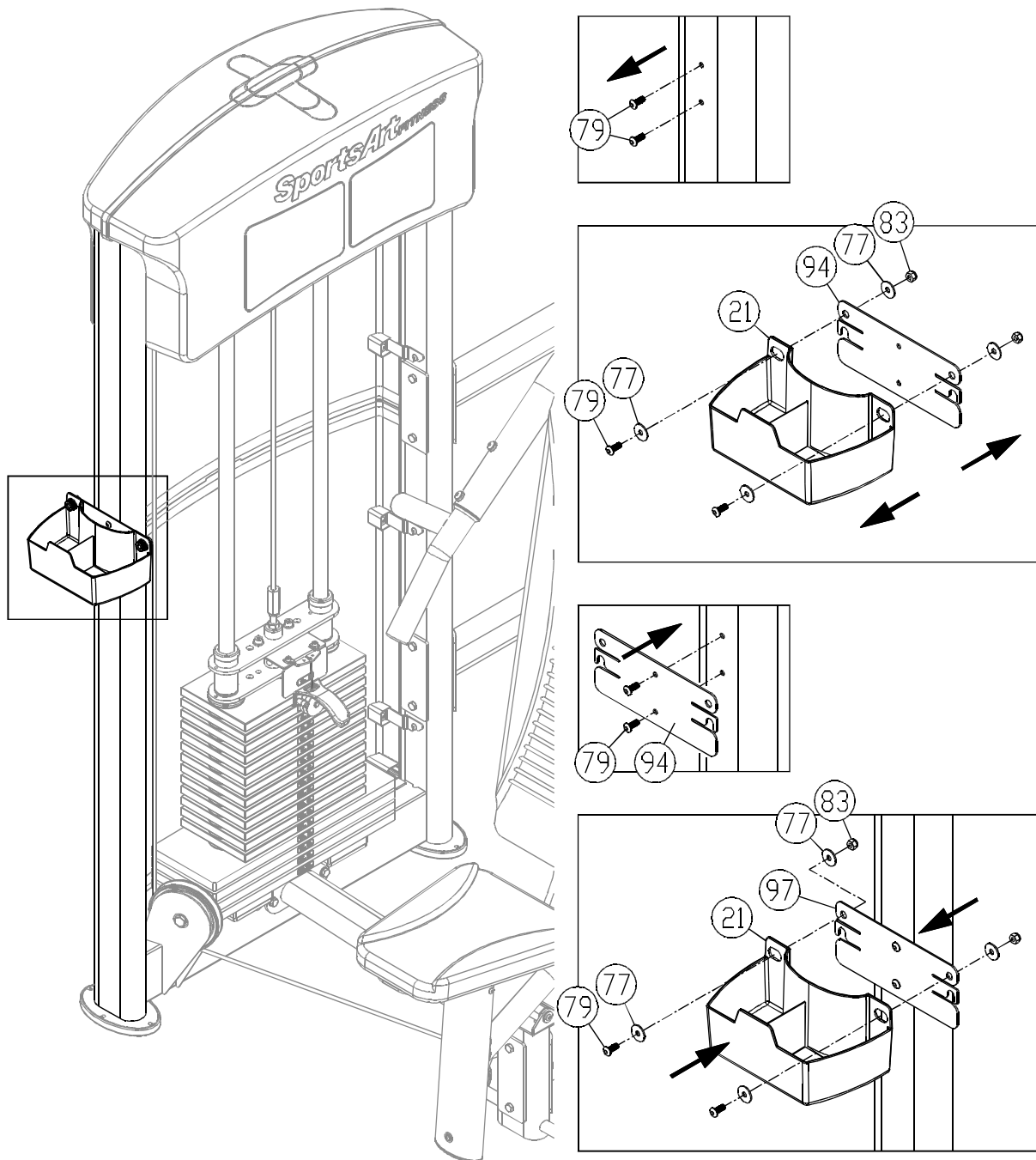


14-1. Before starting installation of the rear top cover, press the screw sockets (44) into place on the frame where shown.

14-2. Then use screws (43) to secure the rear top cover bracket (45) onto the frame as shown.

14-3. Secure the rear top cover (4) with screws (43) as shown.

STEP 15 Install Water Bottle Holders

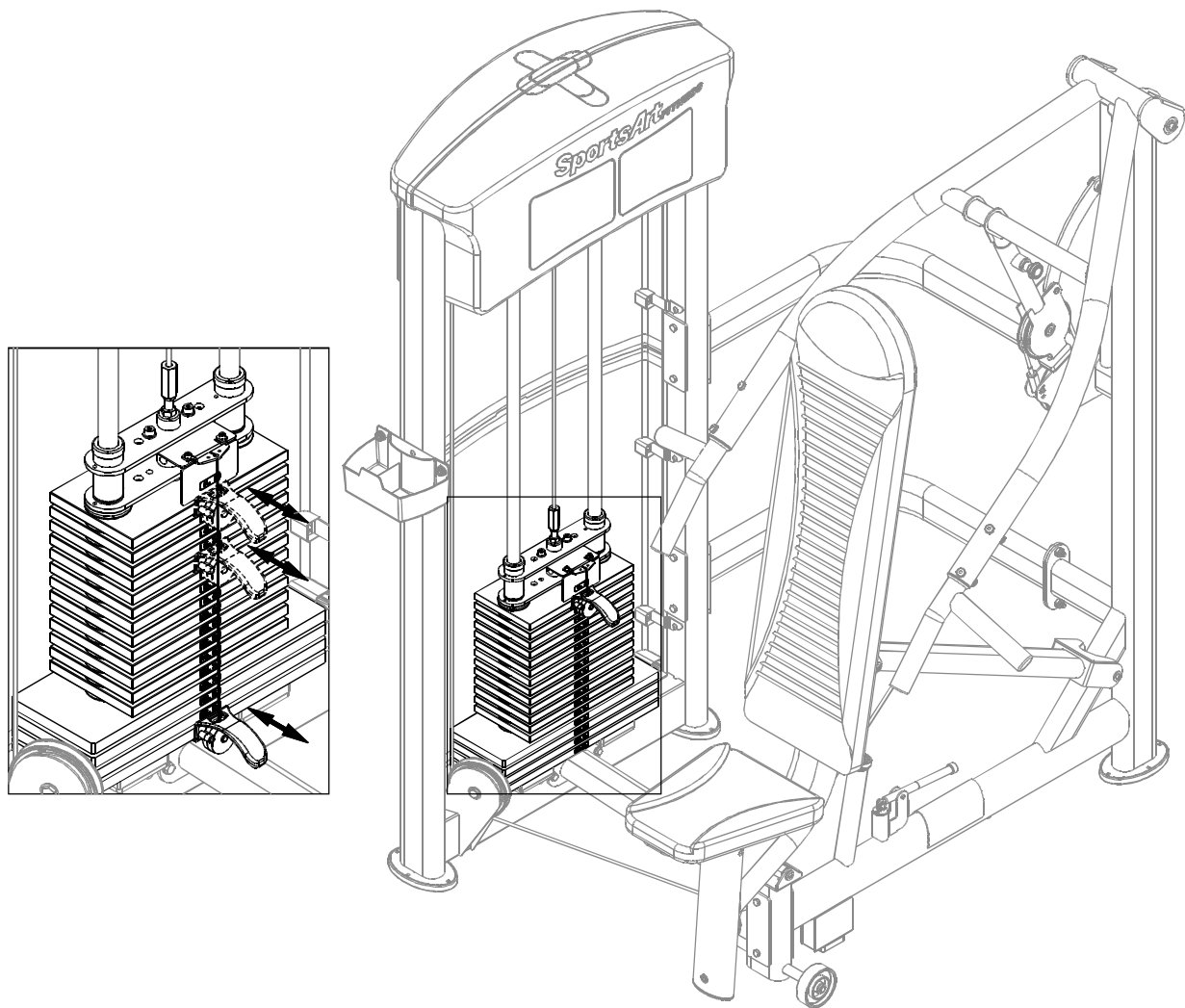


15-1. Remove screws (79) from the frame.

15-2. Remove hardware (77,83,79) from the bottle holder (21).

15-3. Secure the bottle holder plate (94) in place with screws (79). Put the bottle holder (21) in place. Secure it with hardware (77,83,79) as shown.

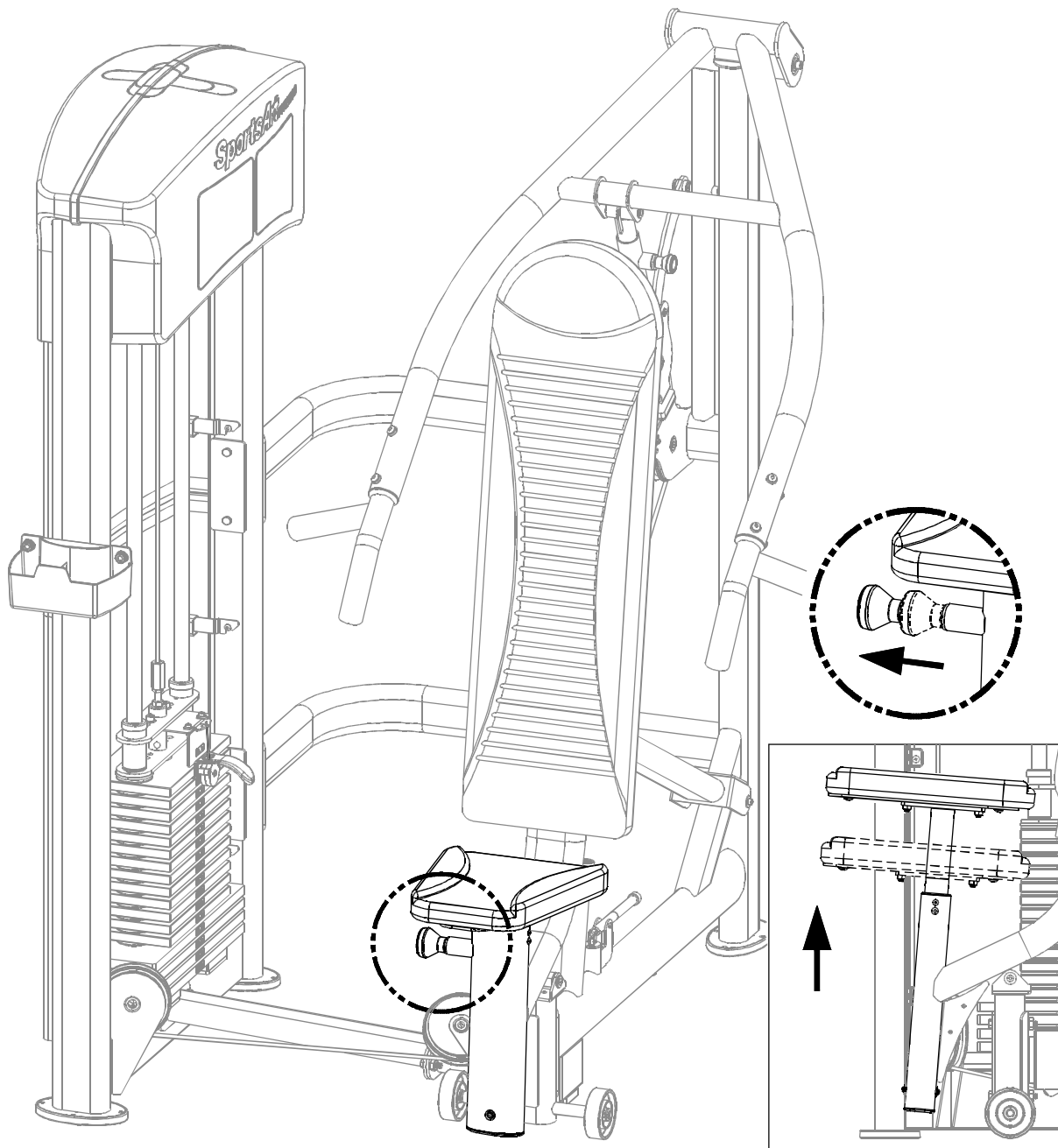
STEP 16 Insert the Stack Fork



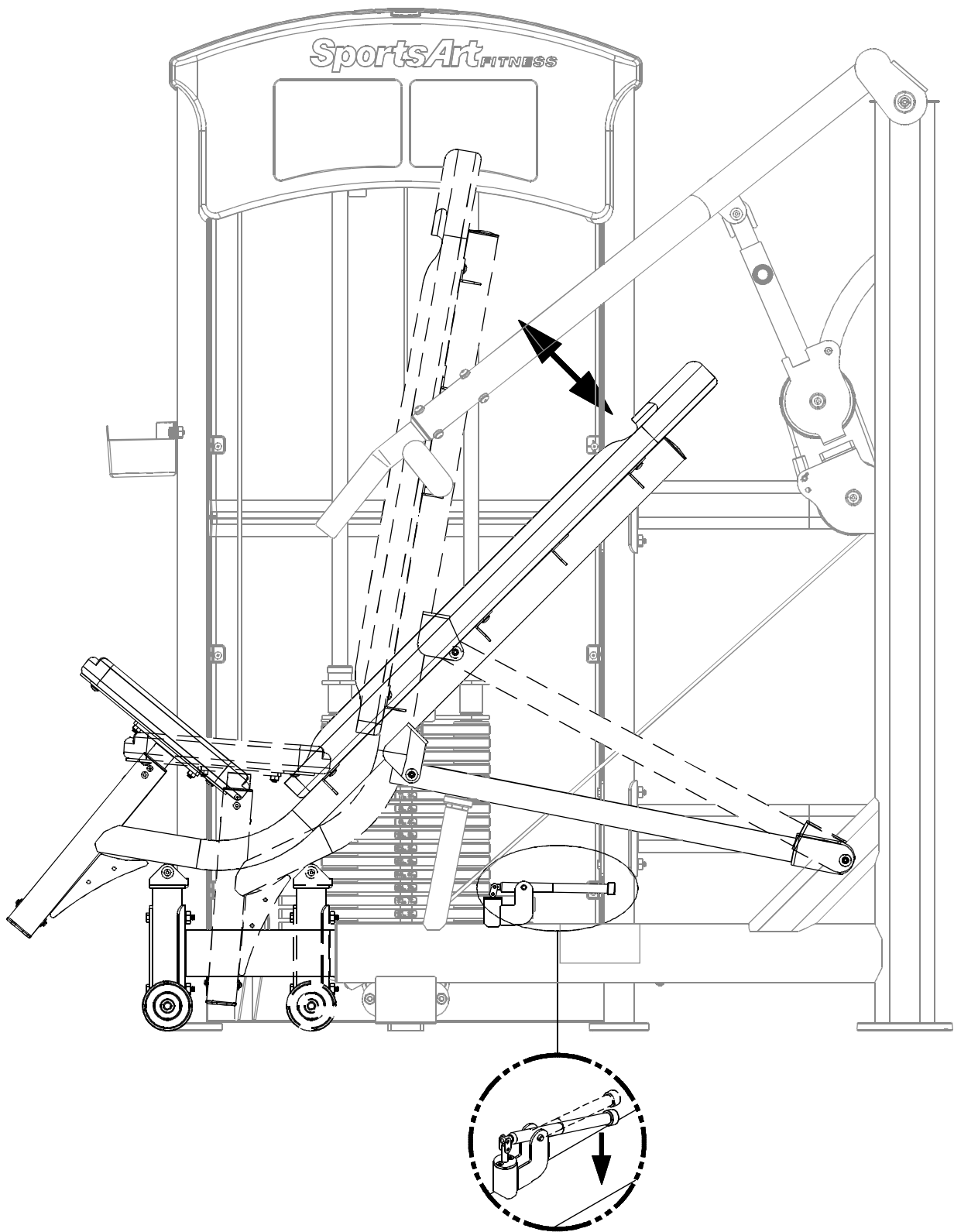
16-1. Insert the stack fork to make sure that every weight plate can be engaged easily.

CHAPTER 4 – OPERATING INSTRUCTIONS

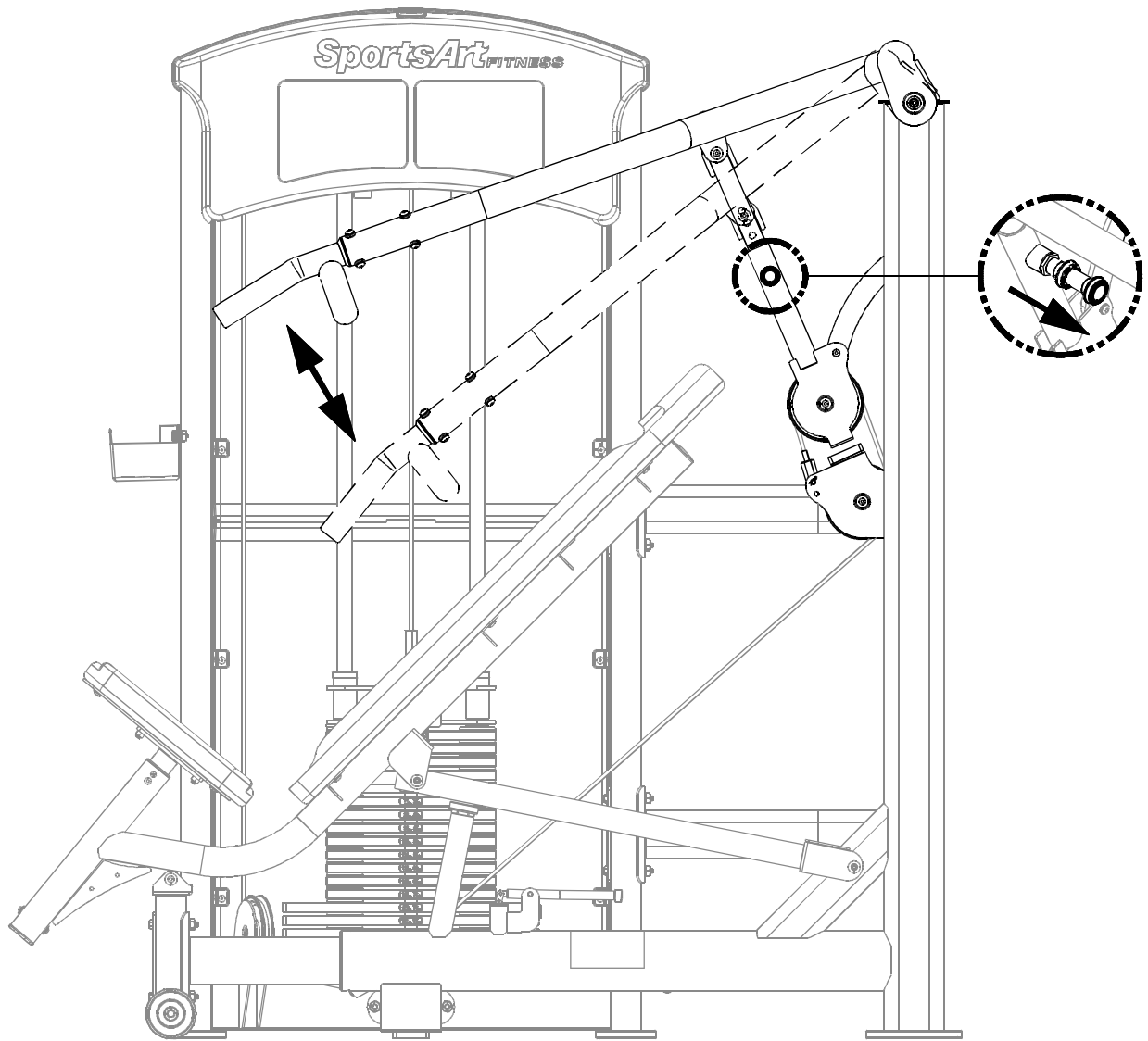
4.1 Operating the Product



To raise the seat bottom, simply pull it upward. To lower the seat bottom, pull the adjustment knob outward and lower the seat bottom.

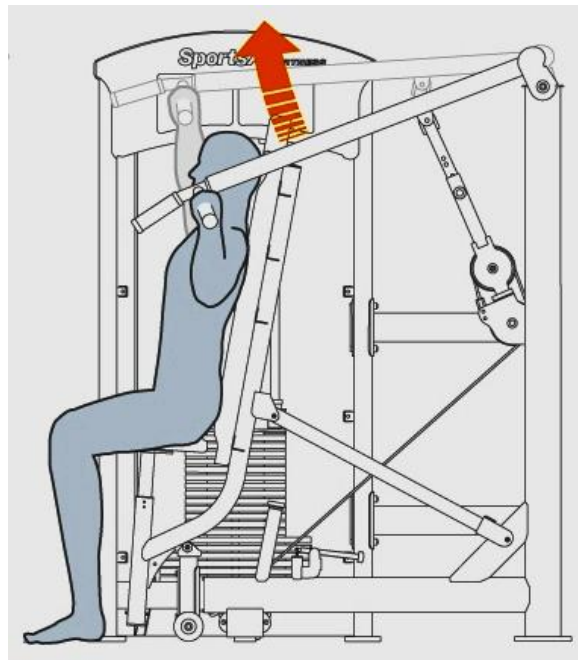
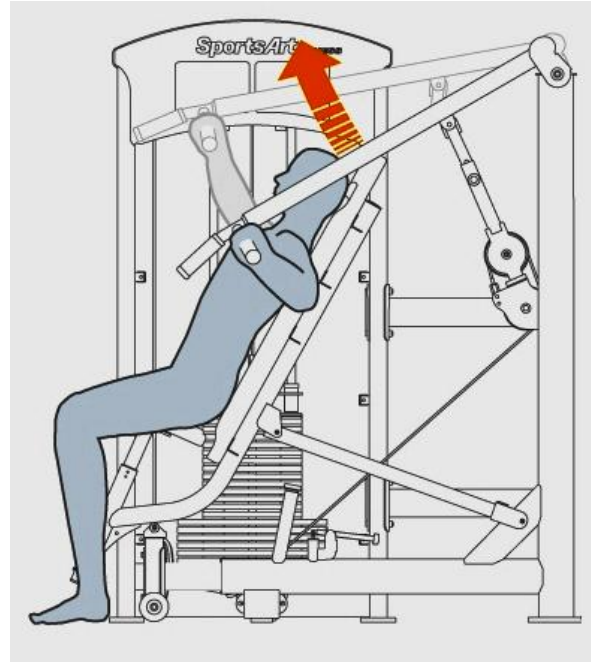
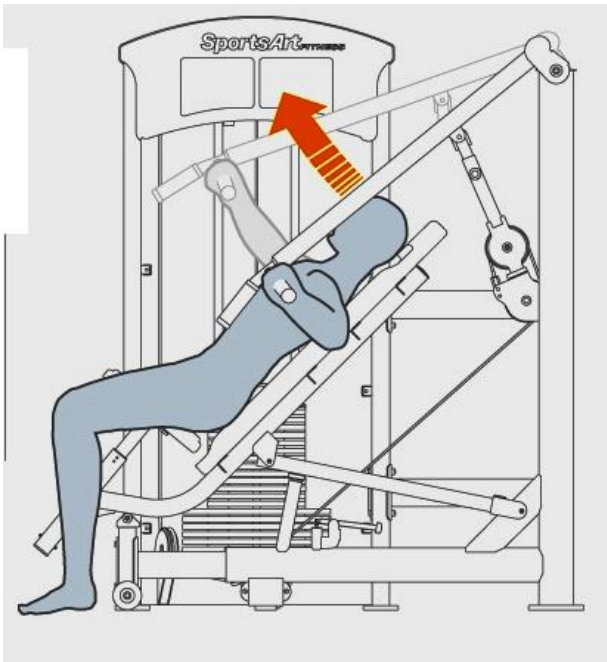


To adjust the seat back position, press the adjustment lever with your foot. Then move the seat back to the position you desire.



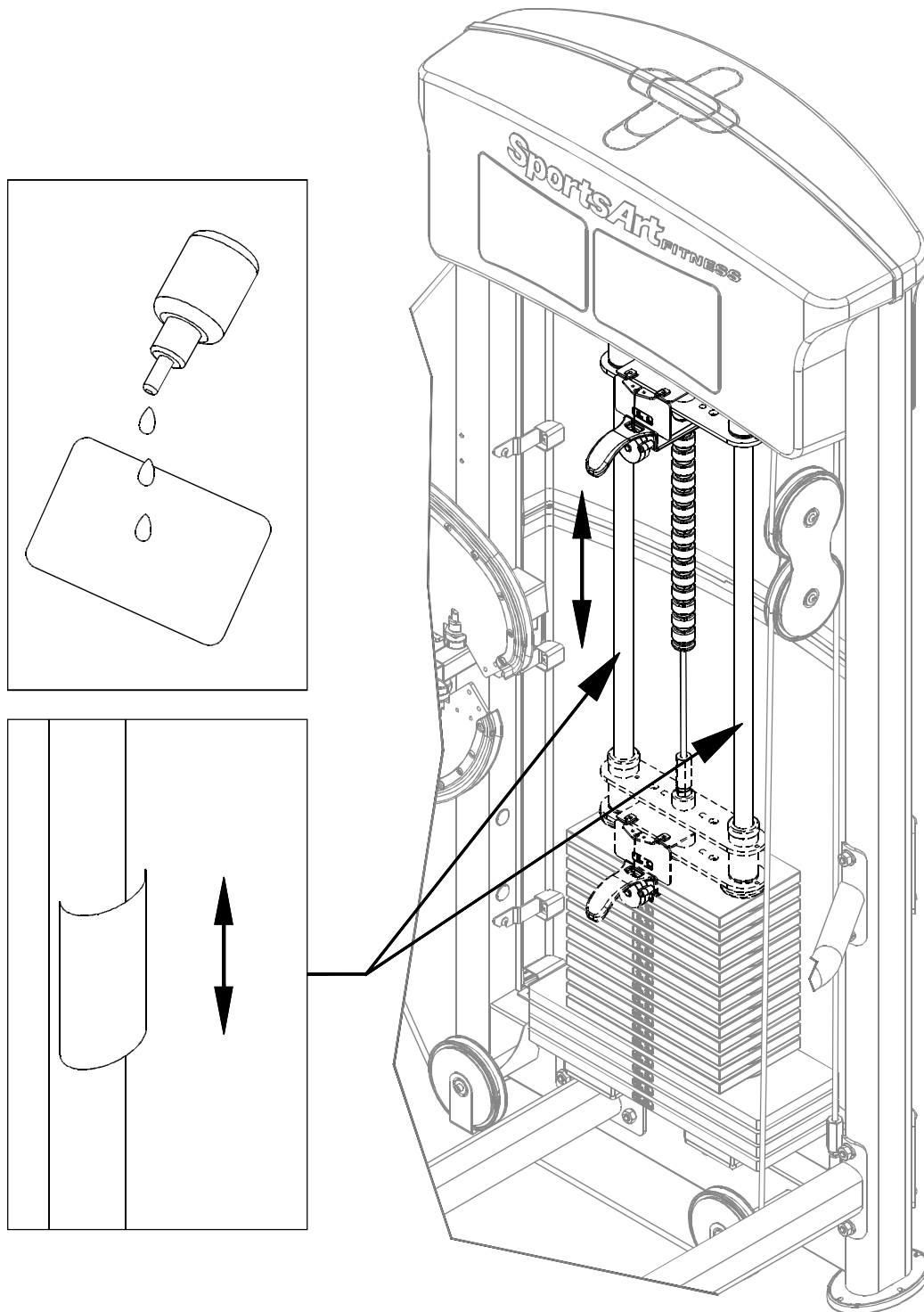
To adjust the press handle, pull the adjustment knob outward and move the handle to the desired position.

4.2 Testing



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 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.