

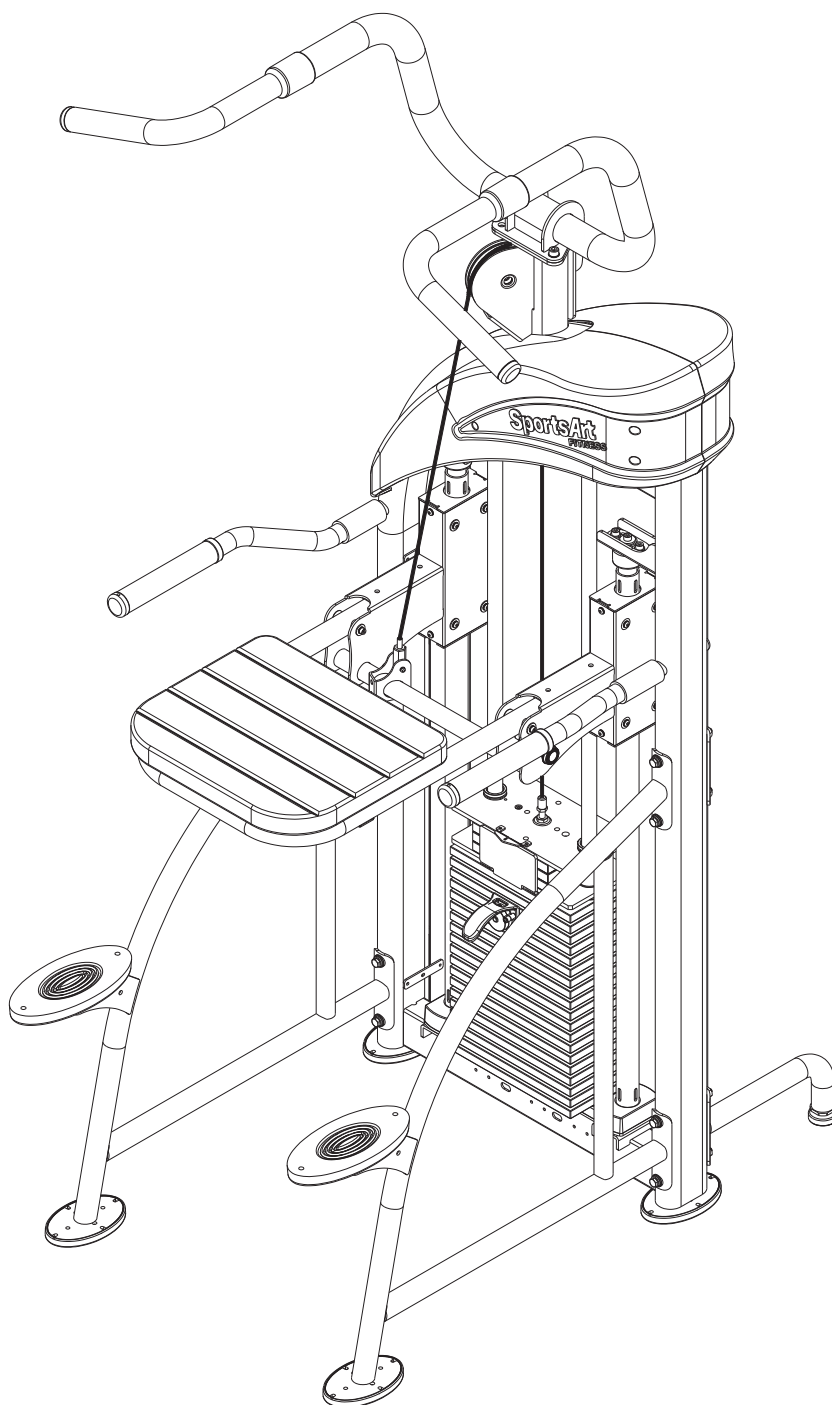
P711 OWNER'S MANUAL CONTENTS

1. INTRODUCTION.....	1
2. IMPORTANT SAFETY PRECAUTIONS.....	2
3. LIST OF PARTS.....	3
4. ASSEMBLING THE PRODUCT	
STEP 1 Cover Support Plate 、Connector and Front Support Installation	8
STEP 2 Weight Stack Installation.....	9
STEP 3 Apply the Weight Stack Sticker.....	12
STEP 4 Rear Cover Installation.....	13
STEP 5 Top Covers Installation.....	15
STEP 6 Seat Bottom Installation.....	16
STEP 7 Handles Installation.....	17
STEP 8 Storage Tray Installation.....	18
STEP 9 Cable Adjustment.....	19
STEP 10 Stack Fork Inspections.....	20
5. OPERATION INSTRUCTION.....	21
6. MAINTENANCE.....	22
MAINTENANCE Schedule.....	23
MAINTENANCE Task List.....	24
MAINTENANCE One-Year Maintenance Log.....	25
7. CONSIGNES DÉ SECURITÉ IMPORTANTES.....	26

1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the P711 Assisted Chin and Dip machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. IMPORTANT SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

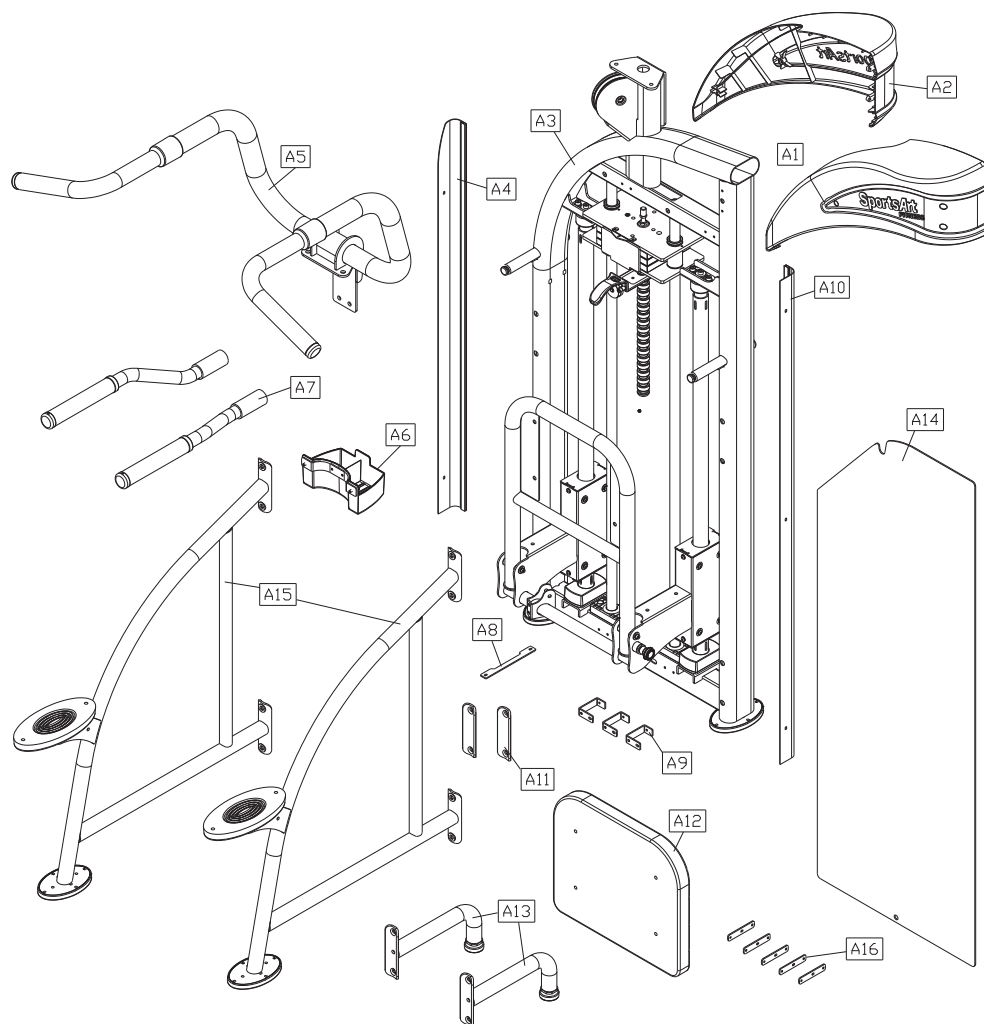
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- 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 a service technician for repairs.
- Do not use accessories that are not specifically recommended by the manufacturer. Such parts might cause injuries or cause the unit to fail.
- This product is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

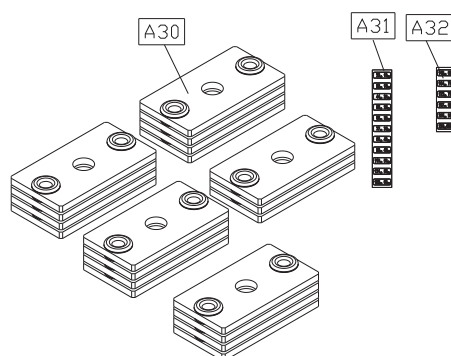
***NOTE:** Regarding the decal resistance on the unit weight stack, the actual weight being lifted is configured at a ratio of 1:1. Example: If the stack fork is engaged at 60KG (132LB) at the weight stack, the actual pulling weight is 60KG (132LB).

3. LIST OF PARTS

Box A



Box B



Box A - Main Frame Components					
No.	Name	Qty	No.	Description	Qty
A1	Weight stack top right cover	1	A10	Cover support plate A	1
A2	Weight stack top left cover	1	A11	φ 50 Connector	2
A3	Main frame	1	A12	Knee cushion	1
A4	Cover support plate B-2	1	A13	Rear support	2
A5	Top handle frame	1	A14	Rear cover	1
A6	Storage tray	1	A15	Front support	2
A7	Right and left handles	2	A16	Bracket	5
A8	Connector	1			
A9	Cover bracket	3			

Box B - Weight Plates components					
No.	Name	Qty	No.	Description	Qty
A30	5kg/11lb weight plate	19	A32	Weight plate sticker (65kg~100kg/143lb~220lb)	1
A31	Weight plate sticker (10kg~60kg/22lb ~132lb)	1			

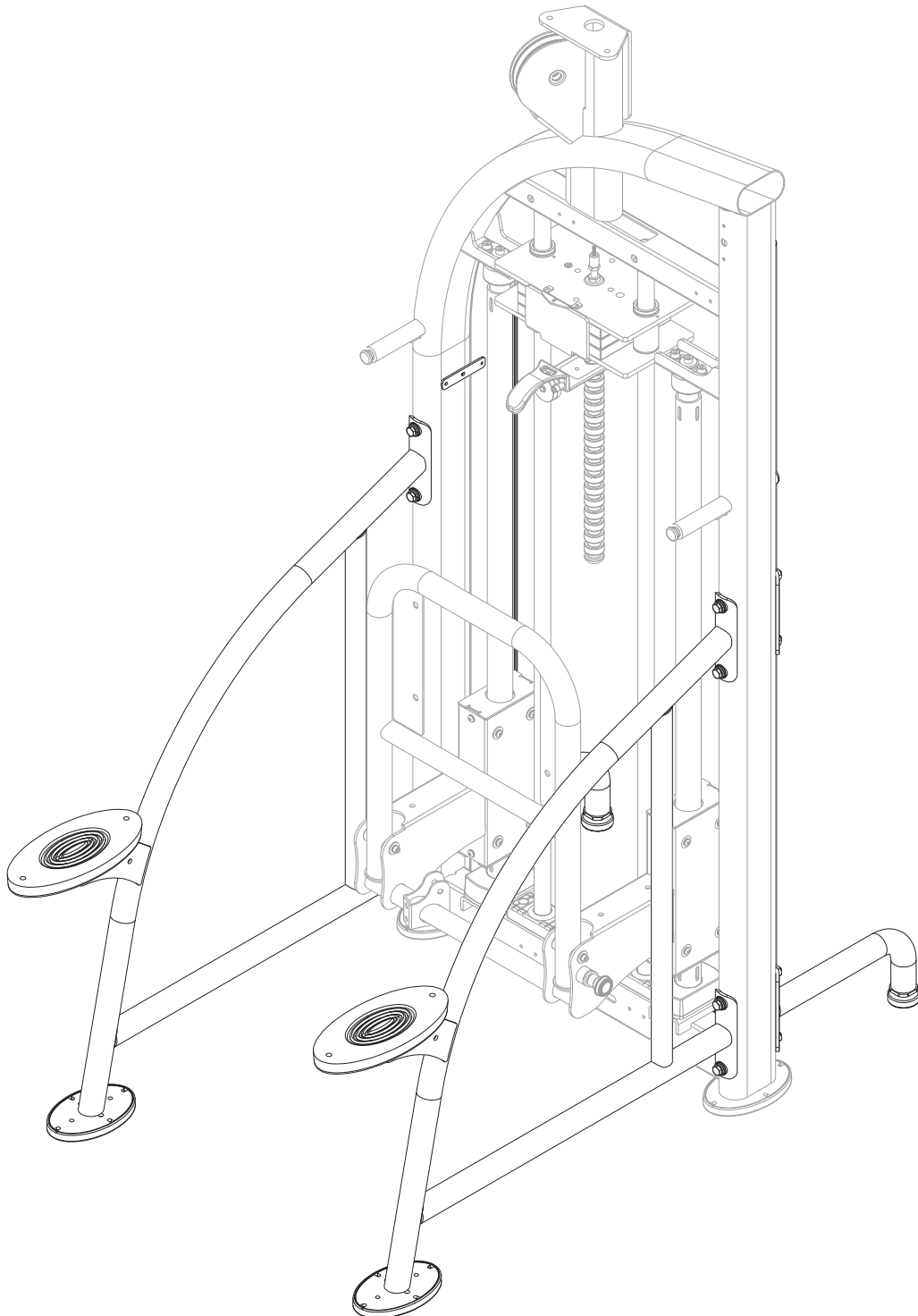
Components in the Hardware Kit				
No.	Name	Qty	Specification	Notes
12	Hex head screw	8	M10*P1.5*L130	
	Spring washer	8	M10	
	Washer	16	D16*d10.2*t1.0	
	Nylon hex lock nut	8	M10	
13	Phillips screw	6	M6*P1.0*L12	
14	Screw socket	10	SGN-07	
15	Mushroom top inner hex screw	12	M6*P1.0*L12	
16	Mushroom top Phillips screw	10	M5*L15	
17	Mushroom top Phillips screw	5	M5*P0.8*L8	
18	Round head inner hex screw	1	M6*P1.0*L12	
	Bushing	1	D19*7.8	
	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 screw driver	1		

Components on the Product			
No.	Name	Specification	Notes
22	Upper stack carriage set		
23	Hex bolt	M8*P1.25*L65	
	Washer	D17*d8.3*t2	
	PU tube	D12*d8*L51	
	Nylon hex lock nut	M8	
24	Guide rod		
25	Mushroom top inner hex screw	M6*P1.0*L12	
26	Mushroom top Phillips screw	M5*0.8*L8	
27	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2	
28	Round head inner hex screw	M6*L8	
	Spring washer	M6*t1.5	
29	Round head inner hex screw	M10*P1.5*L15	
	Washer	D16*d10.2*t1.0	
	Spring washer	M10	
30	Round head inner hex screw	M10*L20	
	Spring washer	M10	
	Washer	D26*d10.3*t3.0	
31	Mushroom top inner hex screw	M6*P1.0*L12	
	Washer	D20*d6.3*t1.5	
32	Bevelled head Phillips screw	M5*L8	

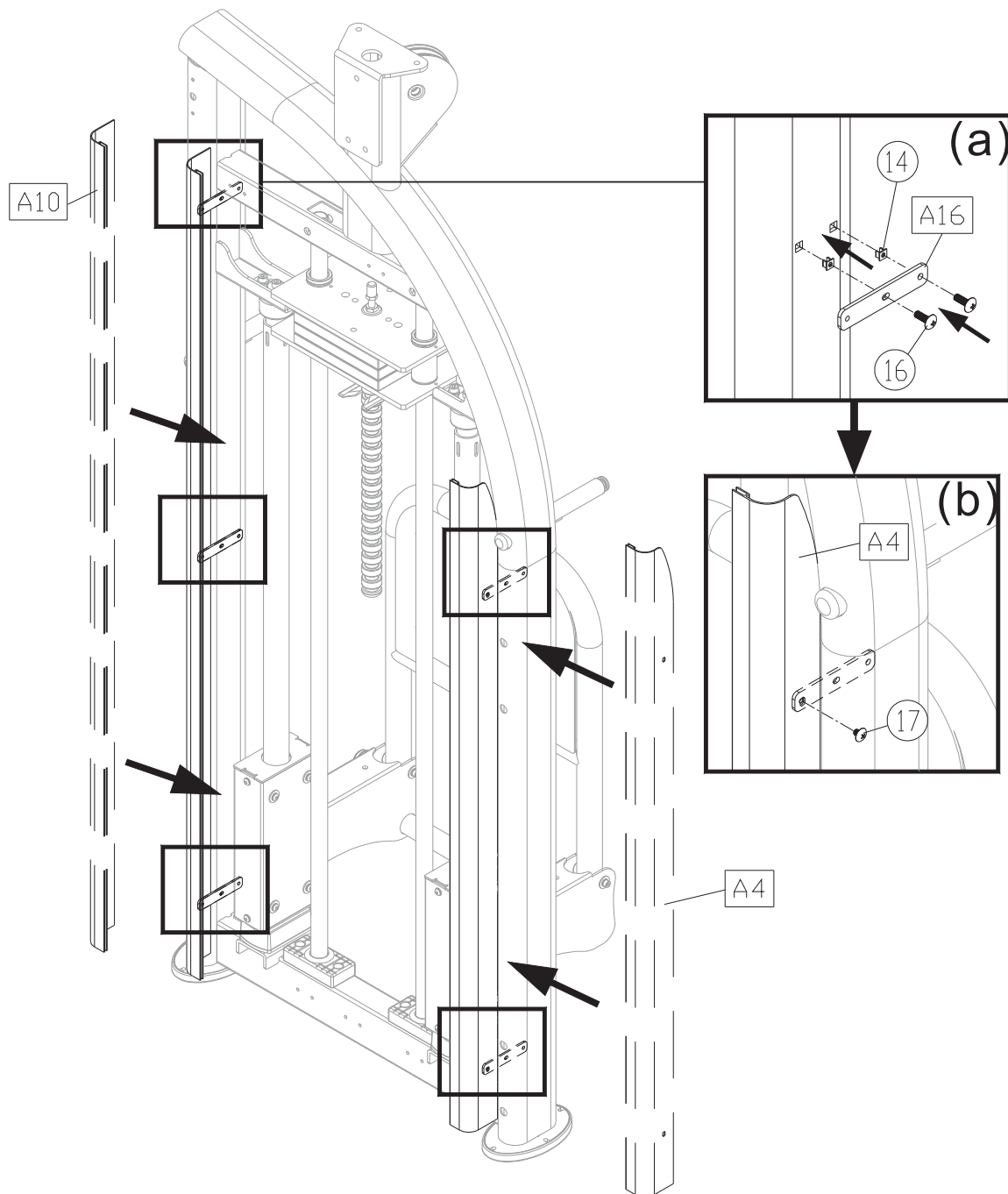
4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” or “nuts” is used where washers and other hardware may be involved.

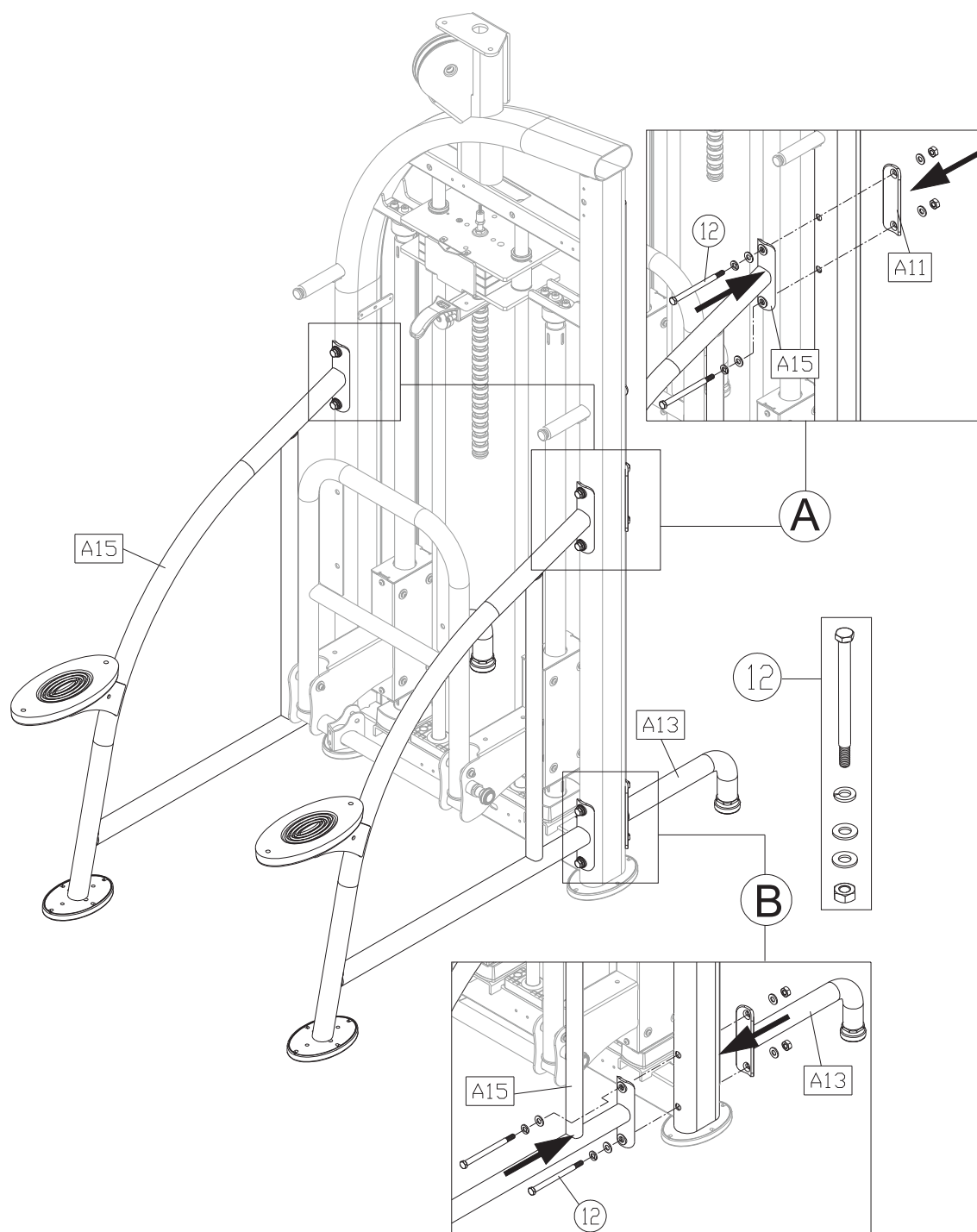
STEP 1 Cover Support Plate 、Connector and Front Support Installation



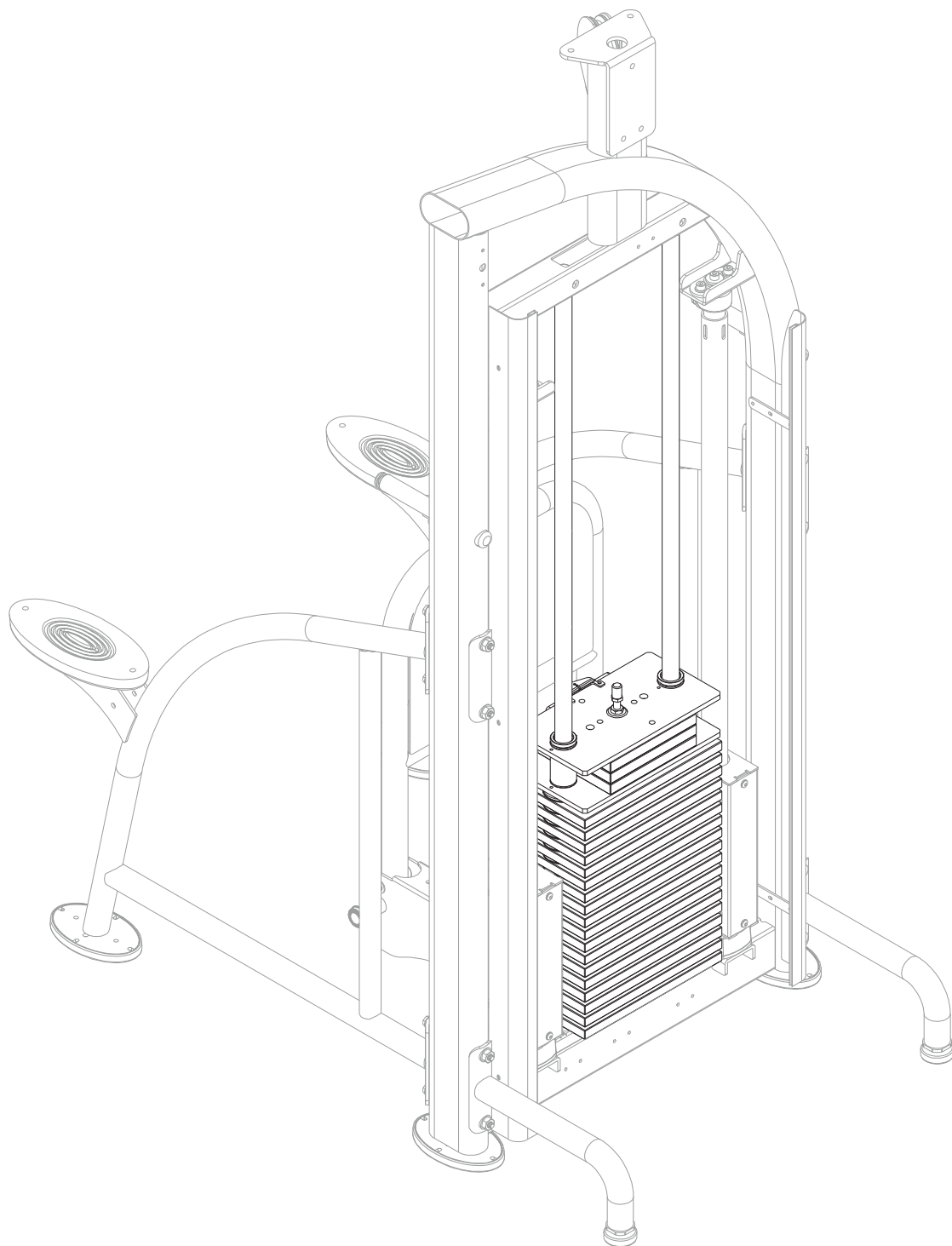
- * Do NOT cut the zip tie of seat frame when you lift the main frame up.
 - * We recommend you to assemble the machine with at least two people.
- (a). Insert the screw sockets (14) into place in the main frame (A3) as shown, and then use the screws (16) to secure the brackets (A16) in place.
 (Note: The prominent side of bracket (A16) must be secured in back of main frame.)
- (b). Use the screws (17) to secure the cover support plates (A10) to the straight frame of the main frame (A3) and then secure the cover support plates (A4) to the side of the curved frame as shown.



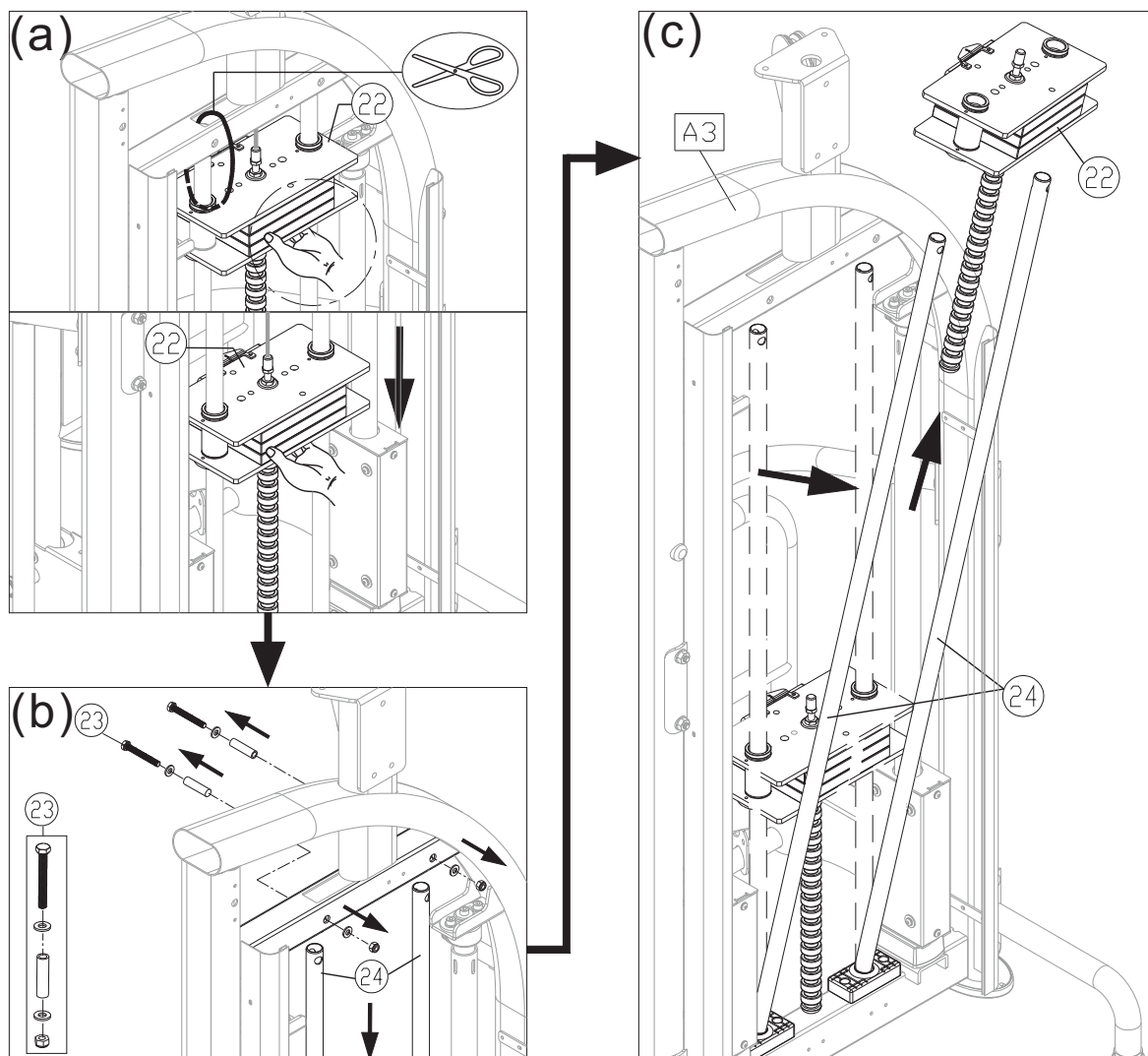
- (c). Use the connector (A11) to connect the front support (A15) and secure with the screws (12) at area A as shown and then secure the rear support (A13) to the front support (A15) with the screws (12) at area B as shown.



STEP 2 Weight Stack Installation



- (a). Hold the upper stack carriage set (22), and then cut the zip tie. Gently lower the upper stack carriage set (22) into place as shown.
- (b). Remove the screws (23). Set the guide rod (24) downward into place as shown.
- (c). Tilt the guide rod (24) backward and then lift the upper stack carriage set (22) off the guide rods as shown. Carefully set the upper stack carriage set (22) aside and Do NOT give a strong pull at the cable.

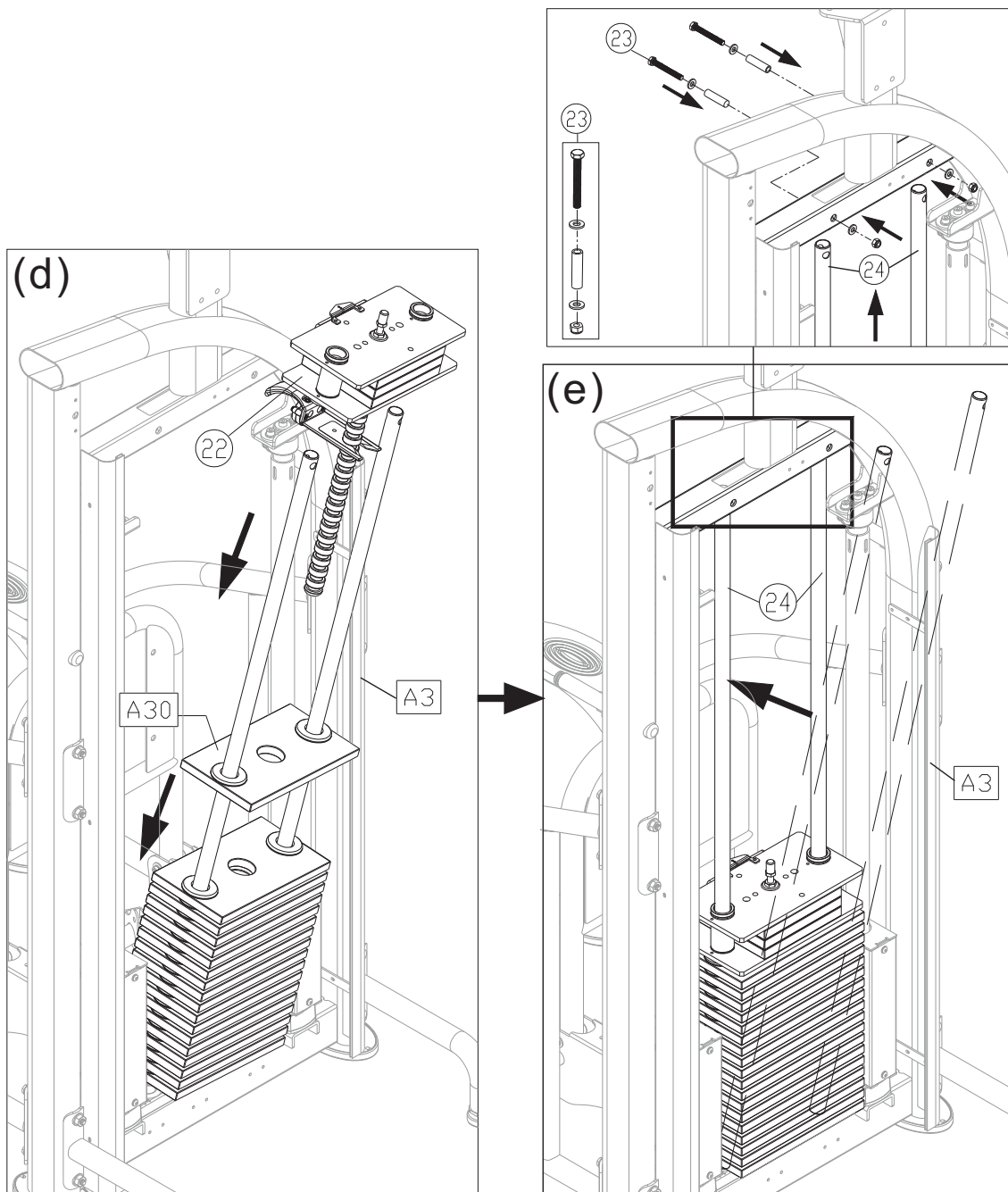


- (d). Insert and lower the (5 kg/11lb) weight plates (A30) into place on the guide rods (24) one at a time. Once complete, slide down the upper stack carriage set (22) on top of the weight stack.

(Note: The convex side of weight plate should face up and the stack fork (A7) points toward the front.)

* If there is an optional (7.5kg/16.5lb) weight plate installed, insert the optional weight plates first before the (5 kg/11lb) weight plates (A30).

- (e). Tilt the guide rods (24) back into place and then lift them up to their mounting position, and then secure the assembly with the screws (23).

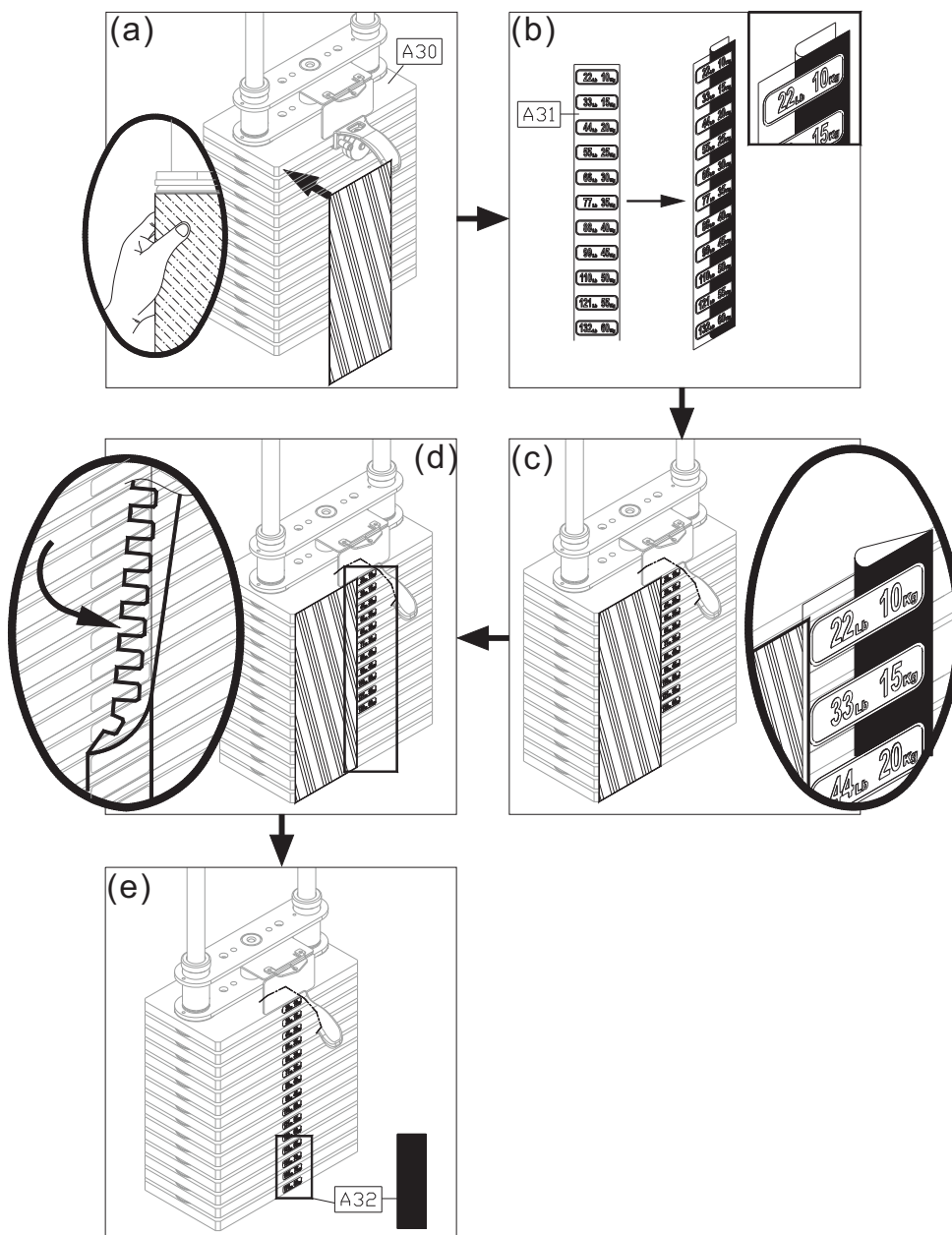


STEP 3 Apply the Weight Stack Sticker

Note: Before applying weight plate stickers, please wipe the area clean, and clean your hands before proceeding to the next step.

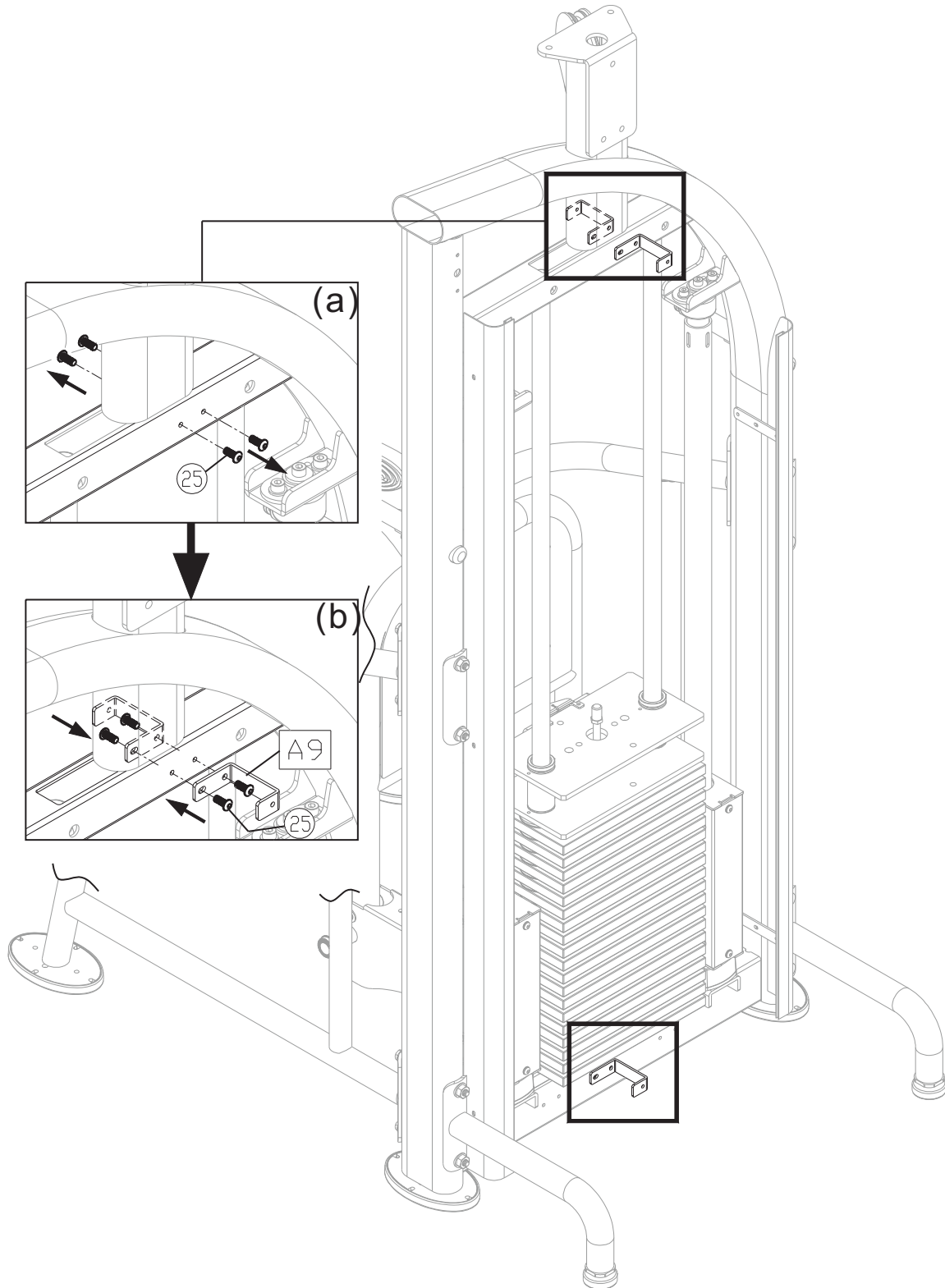
- (a). Align and tape the cardboard to the upper left corner of the weight plate (A30).
- (b). Peel off the top half of the weight sticker (A31) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- (c). Press the numbered part of the sticker in place
- (d). Peel off the clear margin of the sticker.
- (e). Follow steps (b) ~ (d) to apply the weight plate sticker (A32) to the lower part of the weight stack. When the stickers are in place, peel off the cardboard. Press the sticker in place to ensure good contact on the weight plate.

*If there are additional optional weight plates, use the optional weight plate stickers.

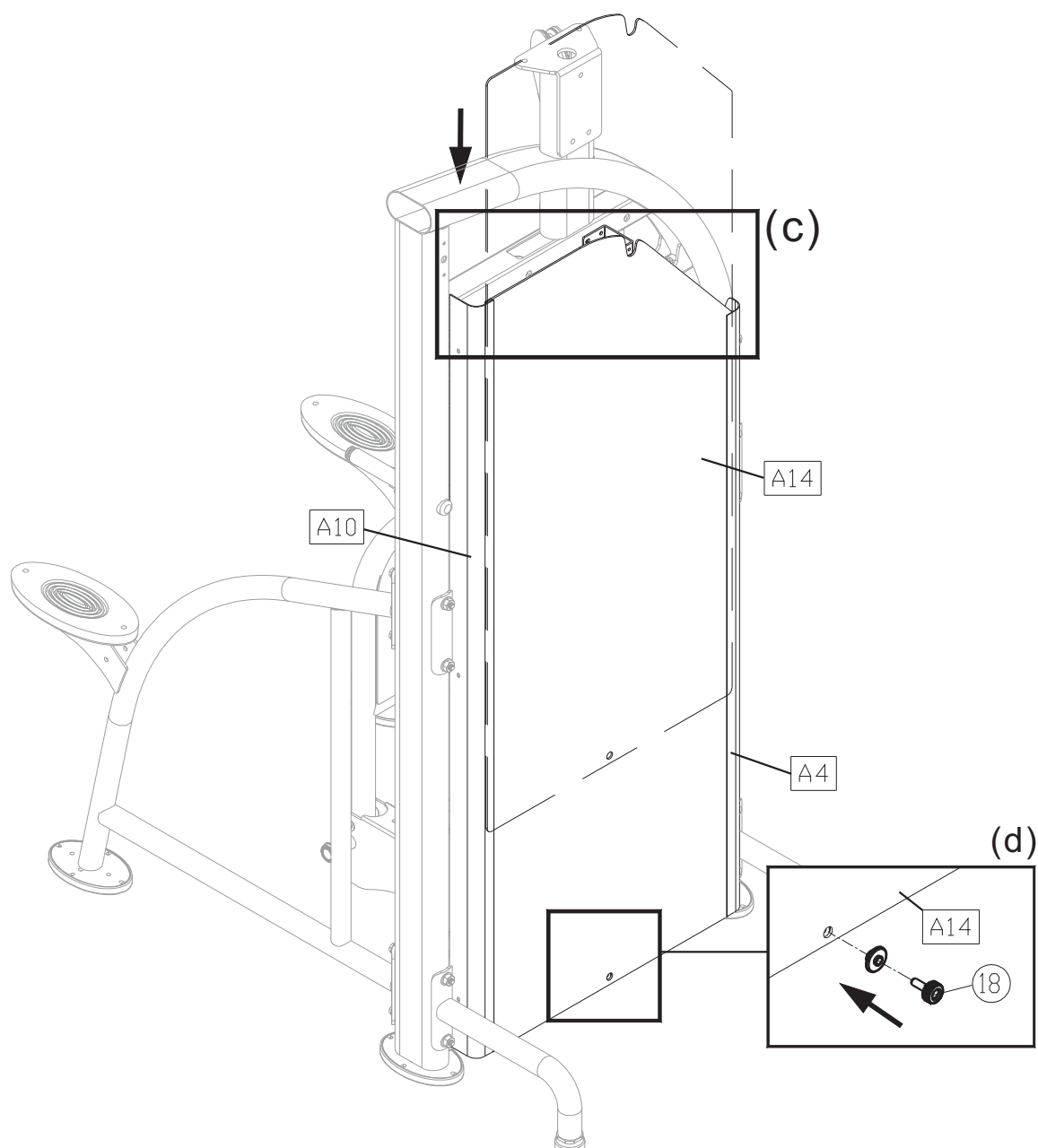


STEP 4 Rear Cover Installation

- (a). Loosen and remove the screws (25) from the main frame (A3).
- (b). Use the screws (25) to secure the cover bracket (A9) in place on the main frame (A3) as shown.

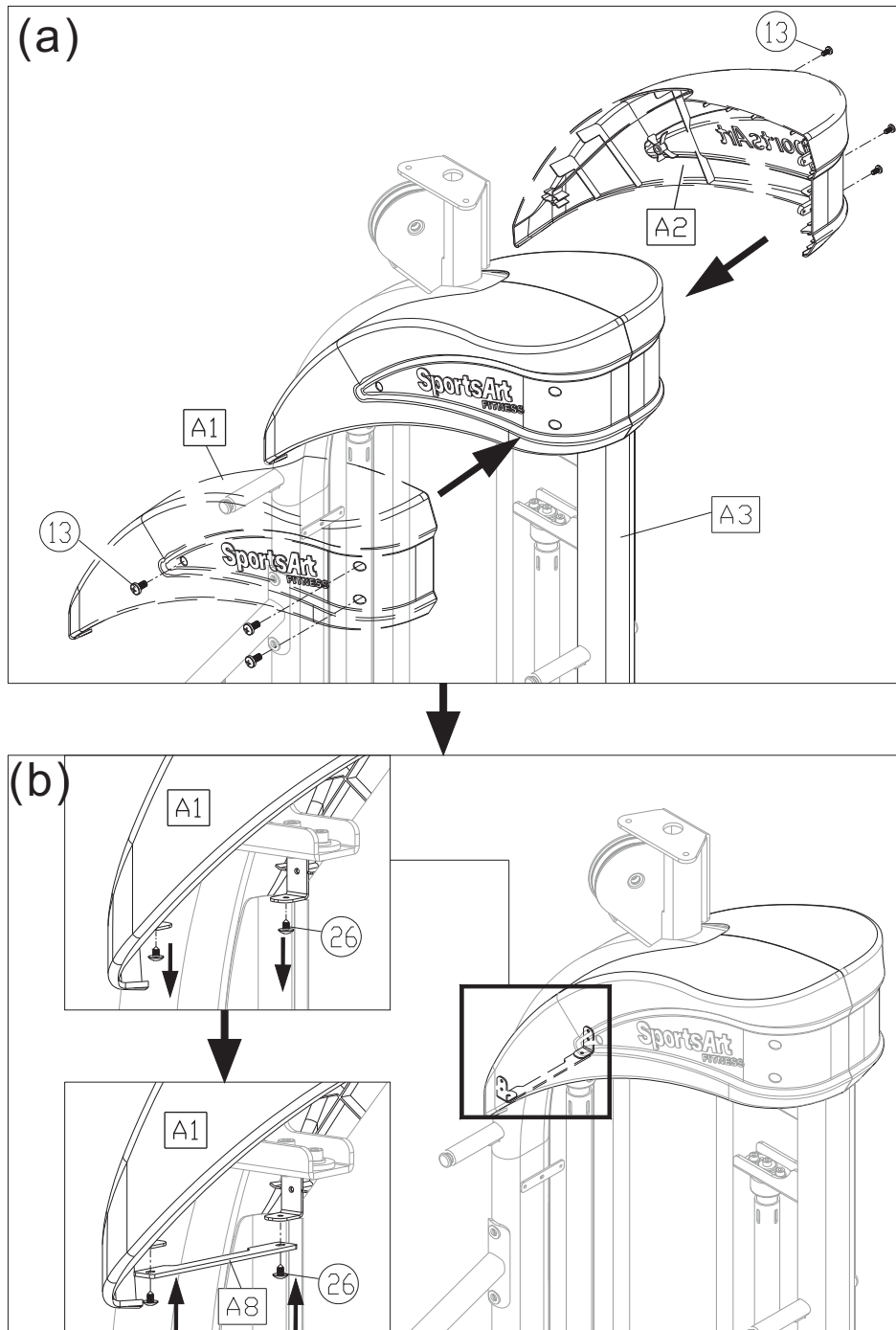


- (c). Slide the rear cover (A14) from the top down into the cover support plates' grooves (A4) (A10).
- (d). Secure the assembly with the screw (18) as shown.



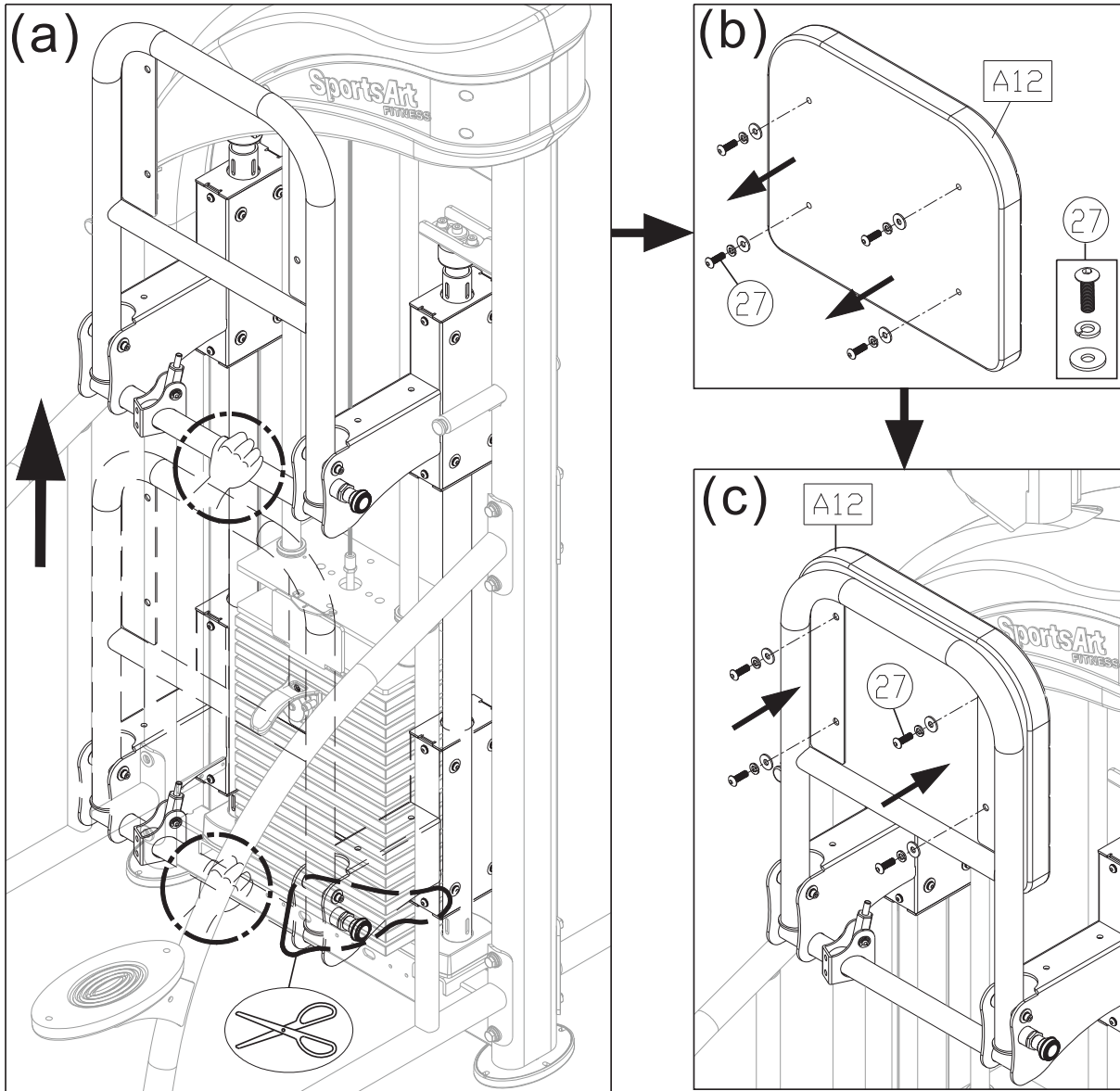
STEP 5 Top Covers Installation

- (a). Use the screws (13) to secure the weight stack top right cover (A1) and the top left cover (A2) in place on the main frame as shown.
- (b). Loosen and remove the screws (26) from the weight stack top right cover (A1) and the top left cover (A2), and then use the screws (26) to secure the connector (A8) from down on the inner bracket of the top covers.
(Note: The opening of the connector should face inward as shown.)



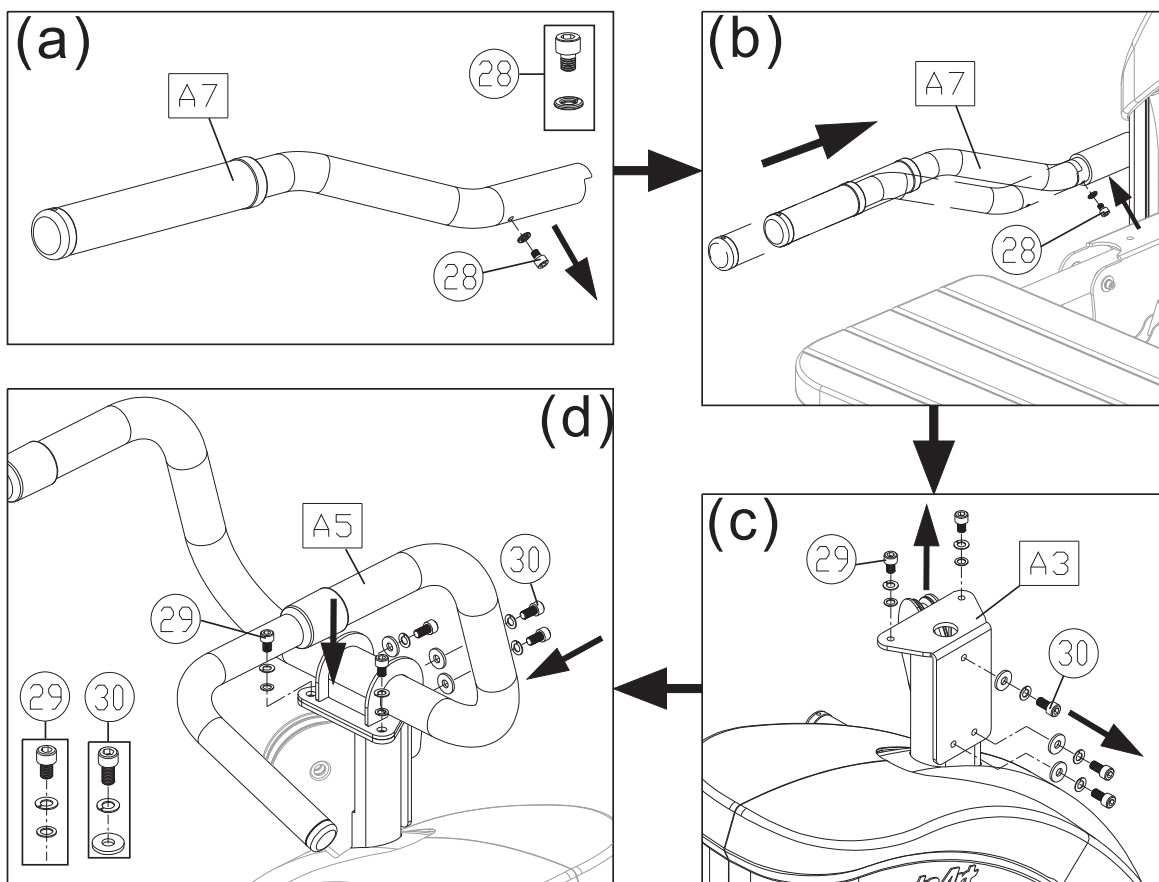
STEP 6 Seat Bottom Installation

- (a). Before assembling the seat bottom, hold the bar of seat frame as shown, and then cut the zip tie. Gently heighten the seat frame into place as shown.
- (b). Loosen and remove the screws (27) from the knee cushion (A12).
- (c). Secure the knee cushion (A12) to the seat frame with the screws (27) as shown.



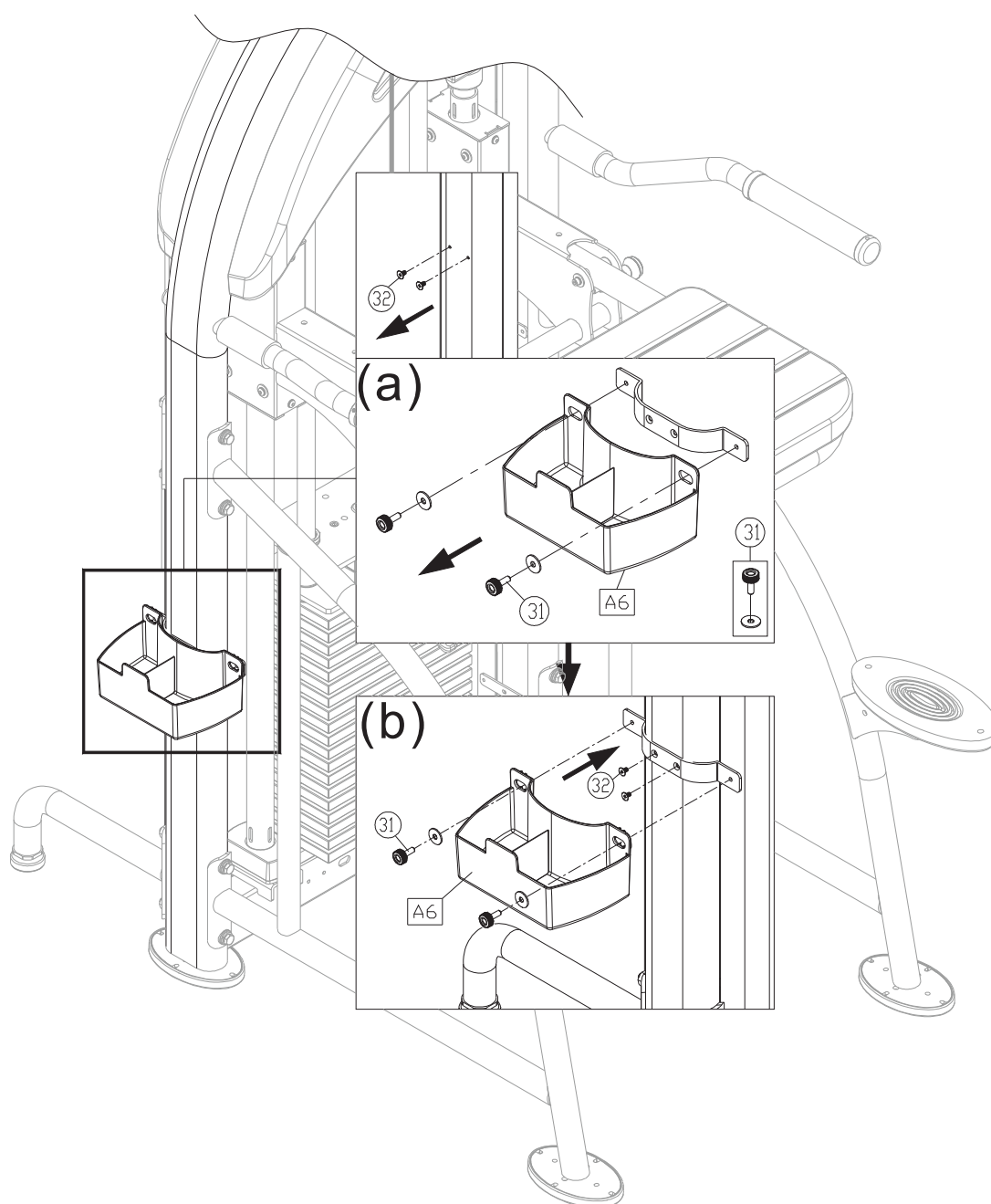
STEP 7 Handles Installation

- (a). Loosen and remove the screws (28) from the right and left handles (A7).
- (b). Insert the right and left handles (A7) onto their mount stems on the main frame and secure them in place with the screws (28) as shown.
- (c). Loosen and remove the screws (29) (30) from the main frame (A3).
- (d). Put the top handle frame (A5) on the main frame (A3), and then align holes and secure the assembly with the screws (29) (30).



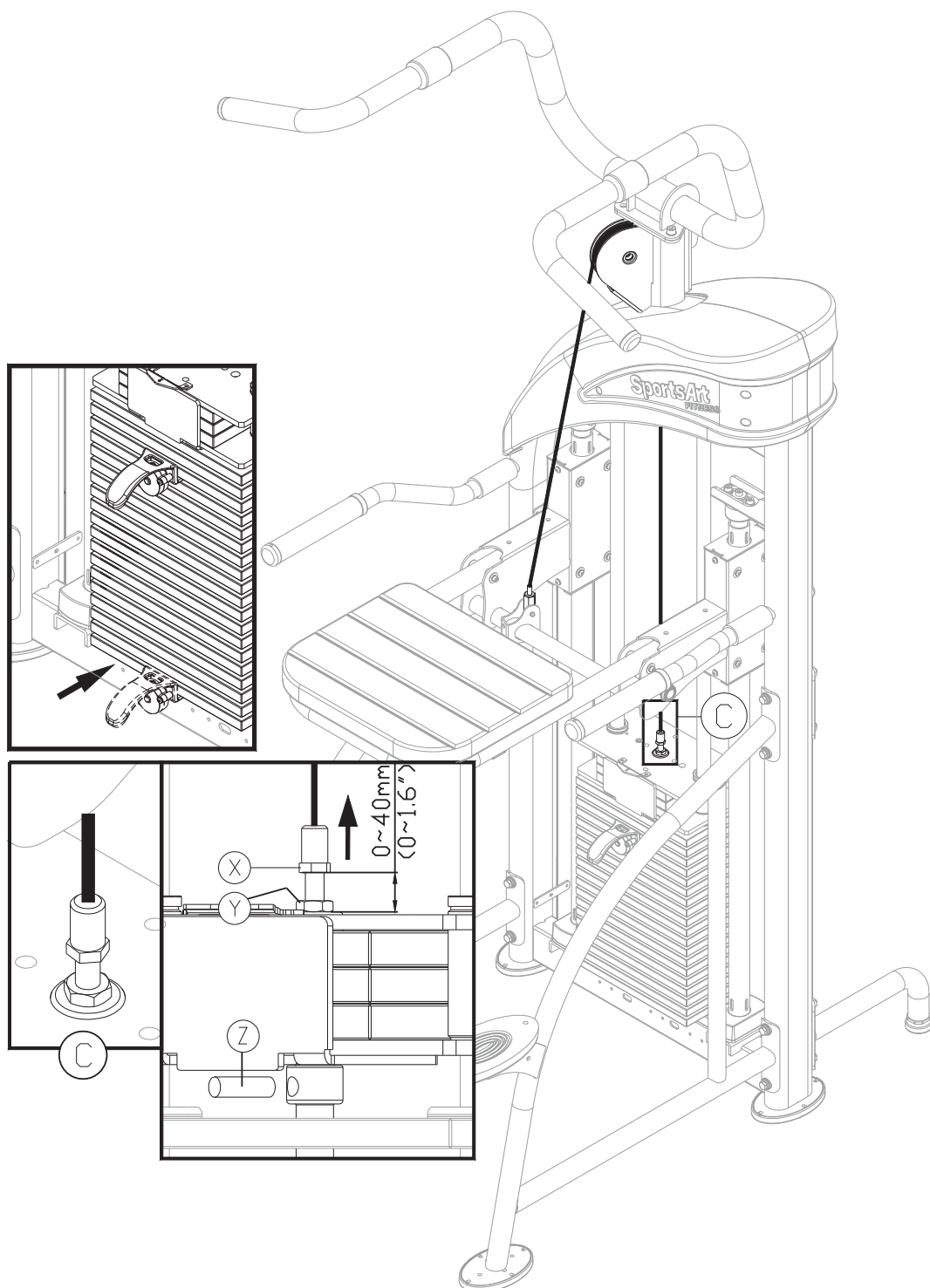
STEP 8 Storage Tray Installation

- (a). Loosen and remove the screws (31) (32) from the storage tray (A6) and the main frame.
- (b). Hold the storage tray (A6) in place and secure it with the bracket and the screws (31) (32) as shown.



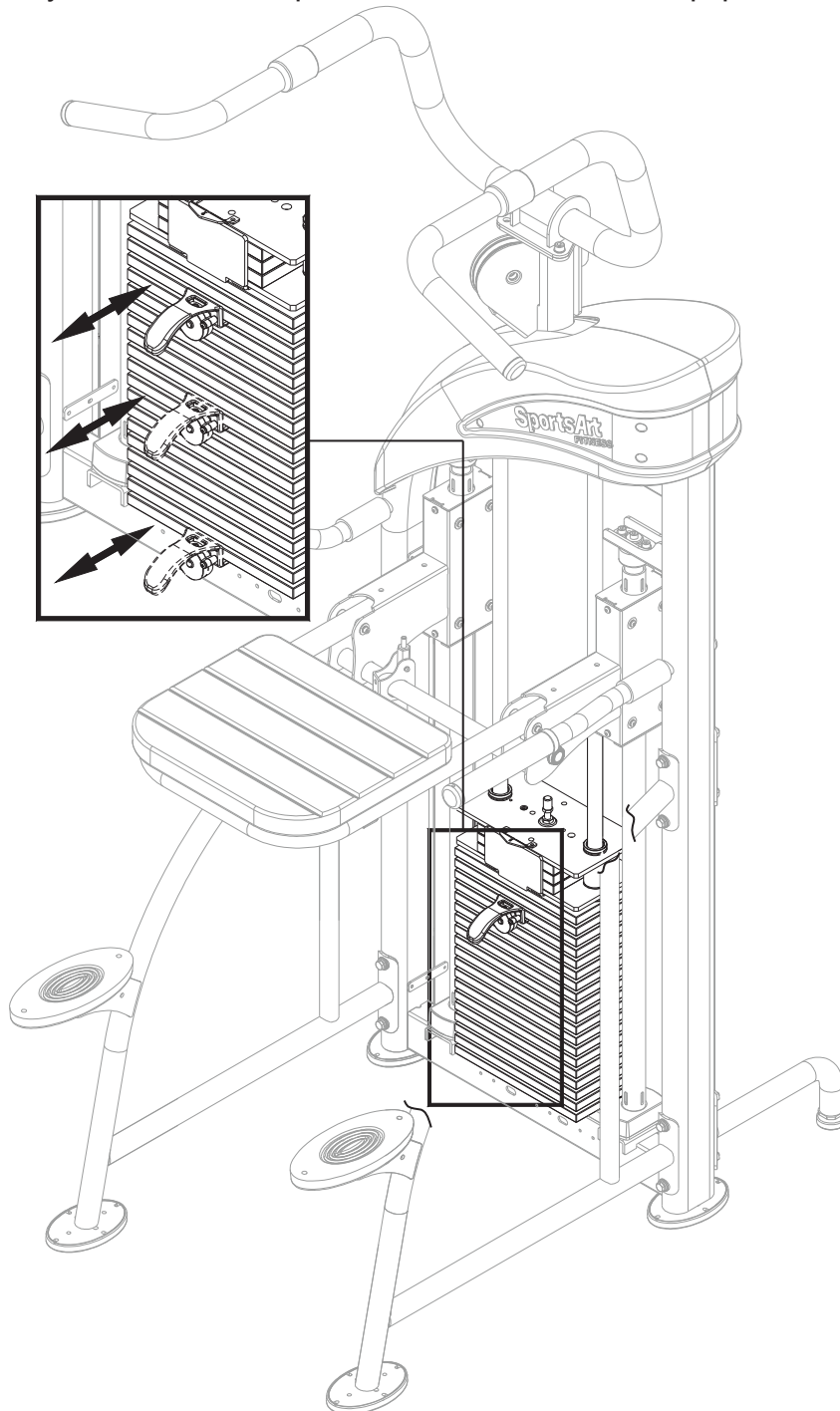
STEP 9 Cable Adjustment

- * Insert the stack fork into the gap under the lowest weight plate, and then adjust the large nut at area C. Adjust until the upper stack carriage set moves slightly. To adjust the cable, first insert the (Z) rod and loosen the (Y) nut, and then adjust the (X) nut. If the cable is too long, adjust the (X) nut downward. If too short, adjust the (X) nut upward. After adjusting the (X) nut, tighten the (Y) nut against the weight stack to secure this position.



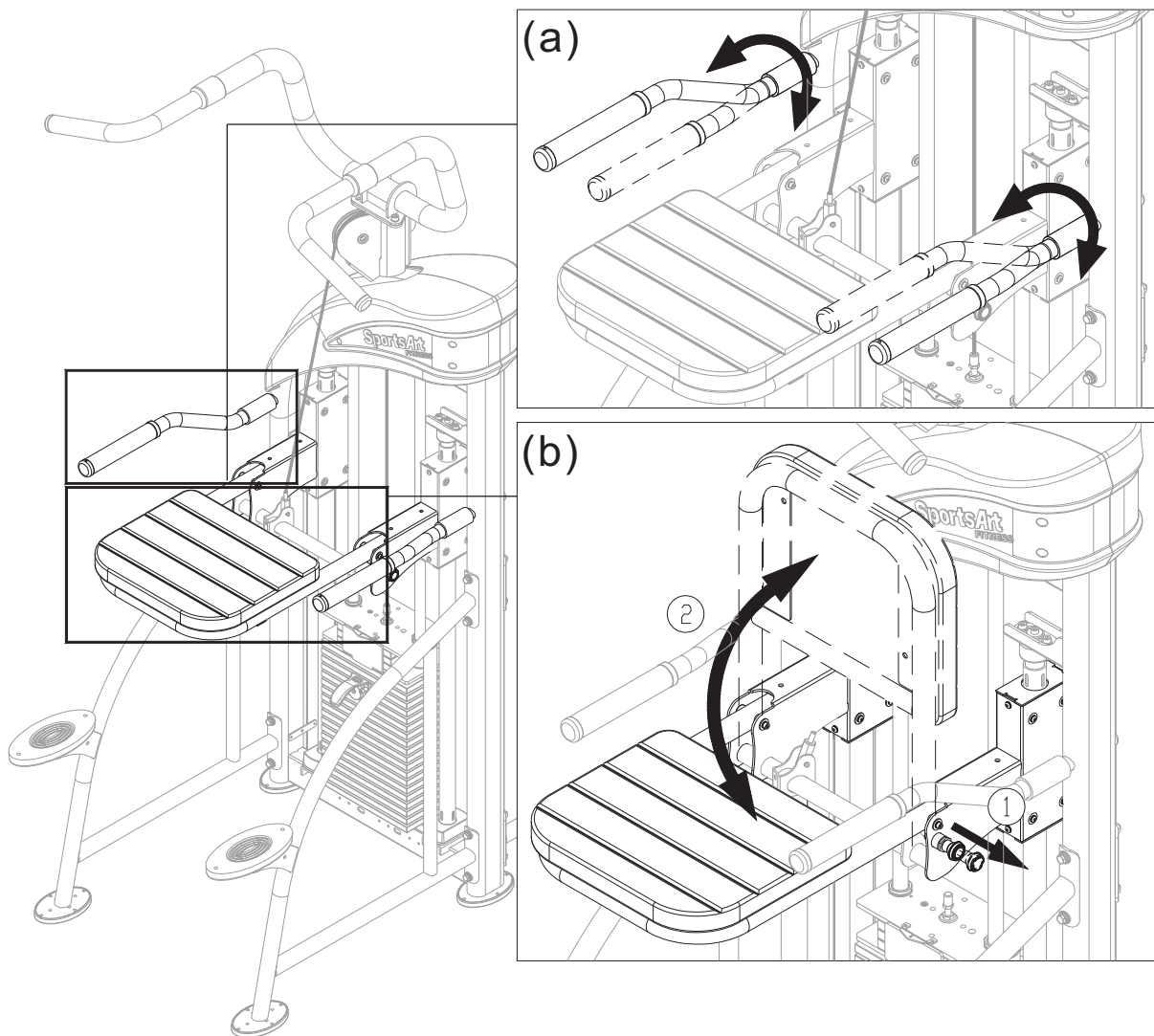
STEP 10 Stack Fork Inspections

- * Please follow operating instructions on the product sticker to test operation and confirm that the equipment is working properly.
- * Insert the stack fork to make sure that every weight plate can be engaged easily.
- * Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment.
- * Exercise to lift the stack several times and then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions “Cable Adjustment” of this manual.
- * Ensure that anyone who is not operator does not near the equipment when testing.



5. OPERATION INSTRUCTION

- (a). The top handle frame can be rotated to the right or the left for the desired width.
- (b). To change the knee cushion position, pull out knob as shown. The knee cushion can be placed up, out of the way, or down, in place to assist you.



6. MAINTENANCE

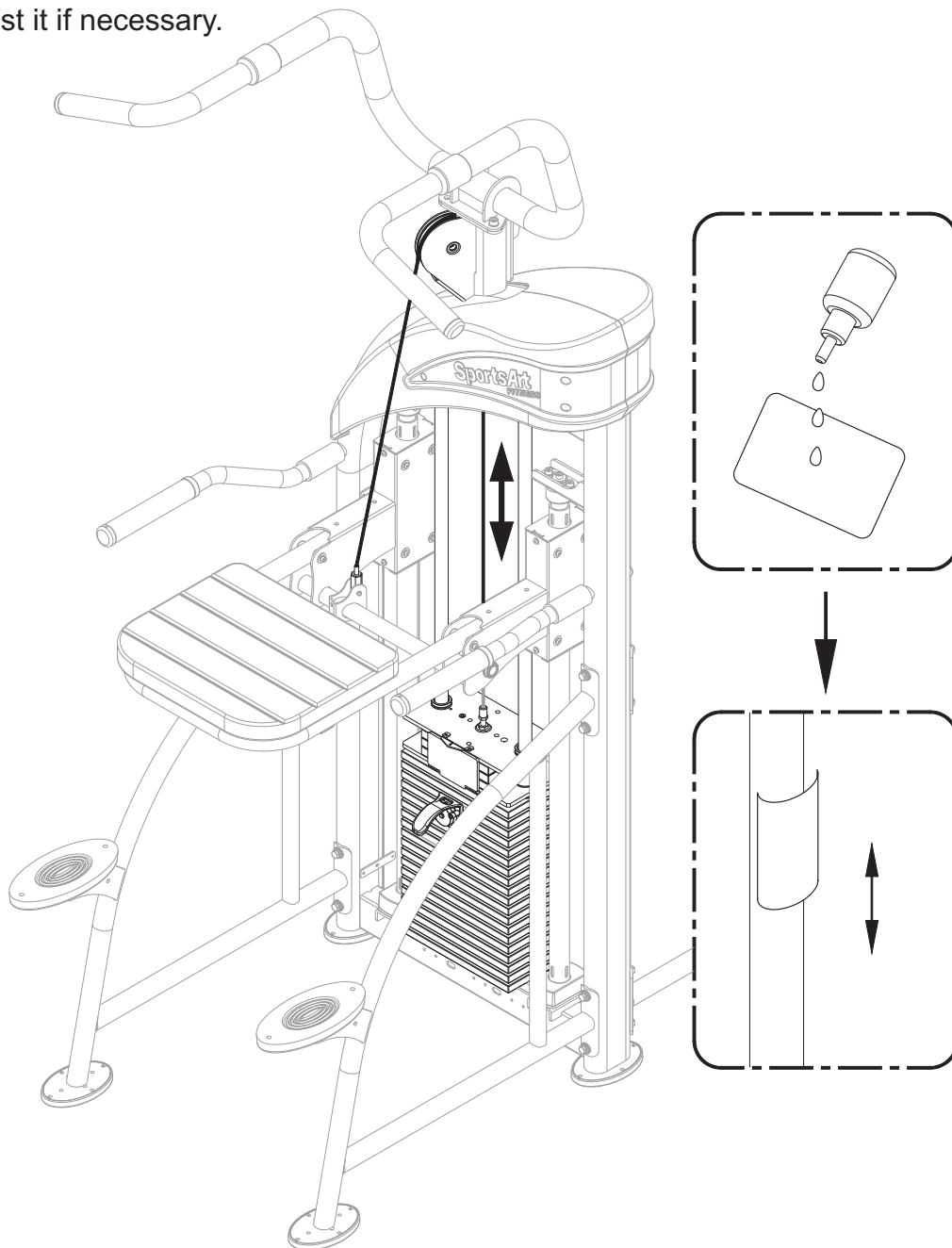
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

1. Apply lubricant to the guide rods every week.

Procedure:

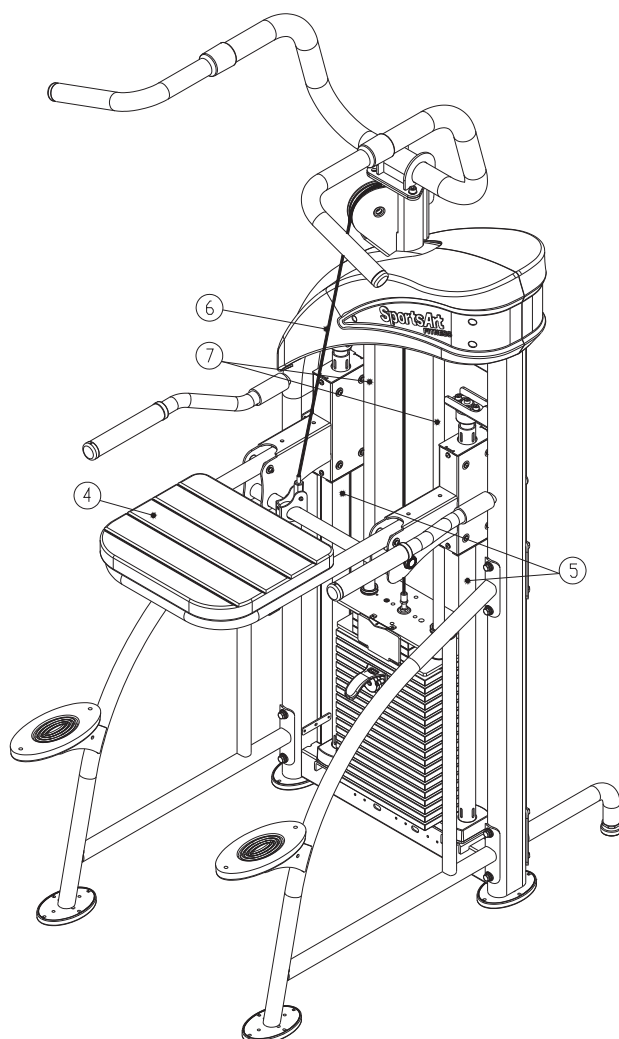
- (a). Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
- (b). Load the upper stack carriage set. Exercise to test operation.
- (c). Repeat steps (a) and (b) 2-3 times. (Note: the cloth should be lint-free.)

2. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.



Maintenance Schedule

(P711) Maintenance Schedule							
	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean
2	Screws	•					Inspect for looseness and secure if necessary.
3	Test	•					Check for proper equipment operation.
4	Knee Cushion	•					Wipe clean with a damp cloth
5	Guide Rails	•					Wipe clean with a cloth
6	Cable		•				Check for damage or wear. Replace it if necessary.
7	Guide Rod		•				Clean and lubricate.



Maintenance Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Make sure the machine is working properly.
4. Wipe the cushions clean with a damp cloth.
5. Wipe the glide rails clean with a cloth.

Weekly tasks

1. Check the cable for damage or tear.
2. Clean and lubricate the guide rods.

Caution

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

Maintenance One-Year Maintenance Log

Facility : _____ Supervisor: _____

Product Model Number : _____ Serial Number: _____

Start Date: _____ End Date: _____

Daily Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Daily Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Weekly Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Weekly Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1				Quarter 2				Quarter 3				Quarter 4			
Completed																

Yearly Tasks	Year 1											
Completed												

Notes: _____

7. CONSIGNES DE SÉCURITÉ IMPORTANTES

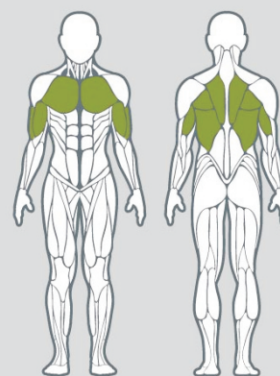
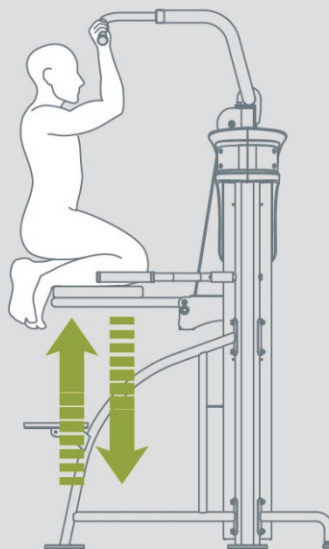
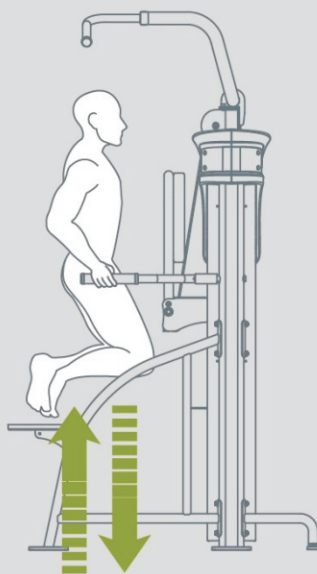
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand le produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, **ARRÊTEZ VOTRE ENTRAÎNEMENT** et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. **NE PAS** s'entraîner jusqu'à l'épuisement. Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet. Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

P711 Assisted Chin And Dip



www.sportsartfitness.com

- 1 Select a resistance level that enables you to perform the movement correctly.
- 2 Place an overhand grip on the handles with the hands spaced slightly wider than shoulder width.
- 3 Place knees on the pad and the arms extended to grasp handles.
- 4 Pull yourself up.
- 5 Perform the exercise in a controlled manner. Exhale when pulling against resistance.

CAUTION

Do not use this machine if you are unfamiliar or do not know how to operate it. Do not allow people near this machine when in use. Keep clear of parts not intended for contact during exercise. For your safety, exhale while you exert force.