

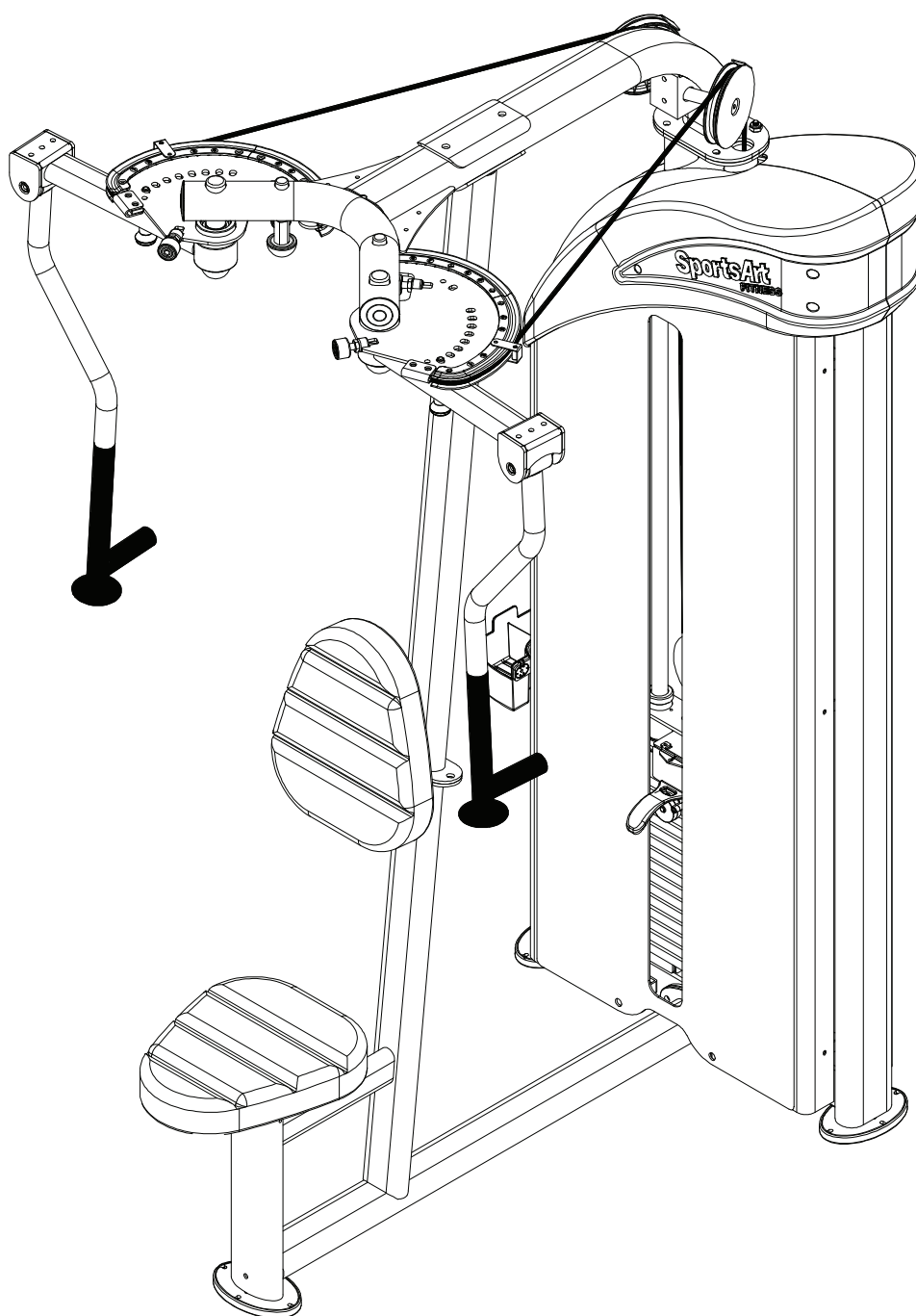
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# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the P722 Pectoral Fly / Rear Deltoid 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. 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:

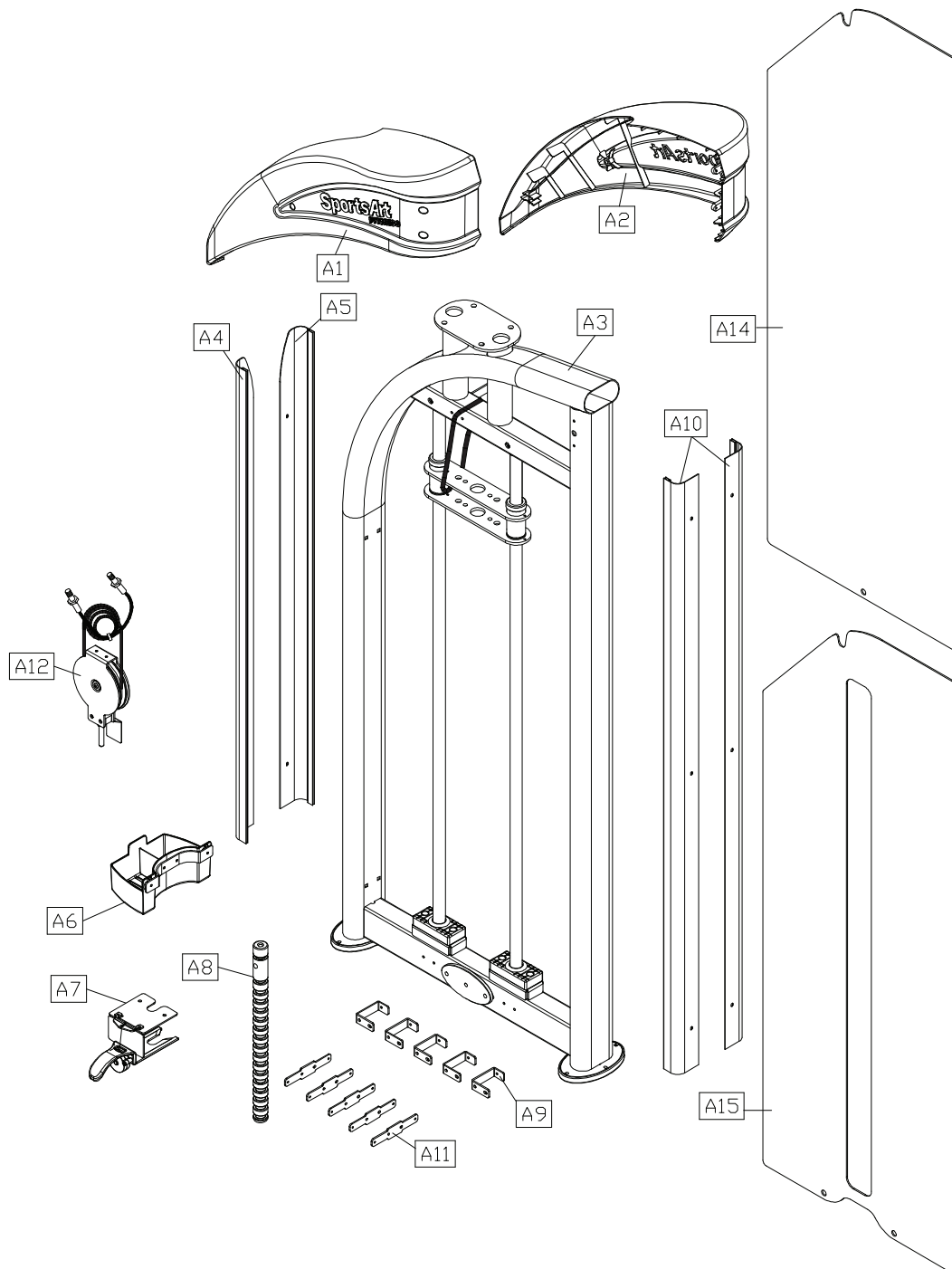
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. 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.

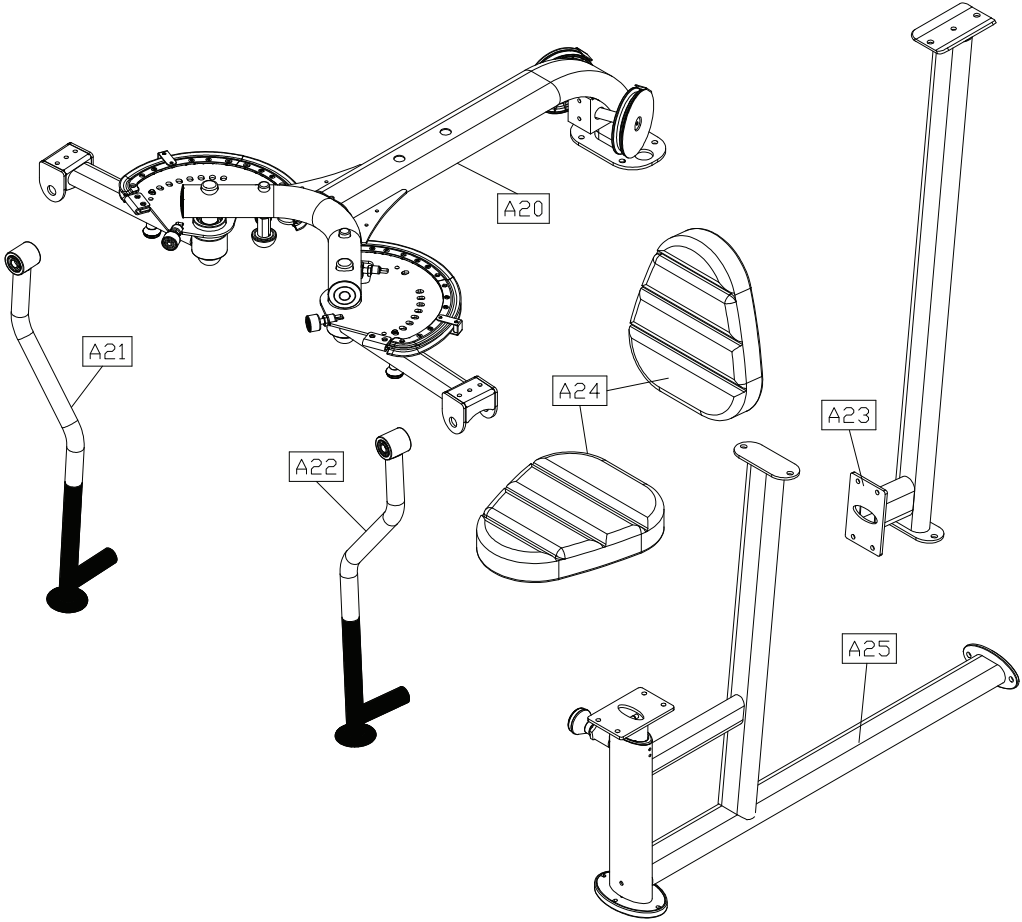
**\*NOTE:** Regarding the decaled resistance on the unit weight stack, the actual weight being lifted is configured at a ratio of 1:1. Example: If the stack fork is engaged at 60KG (132LB) at the weight stack, the actual pulling weight is 60KG (132LB).

### 3. LIST OF PARTS

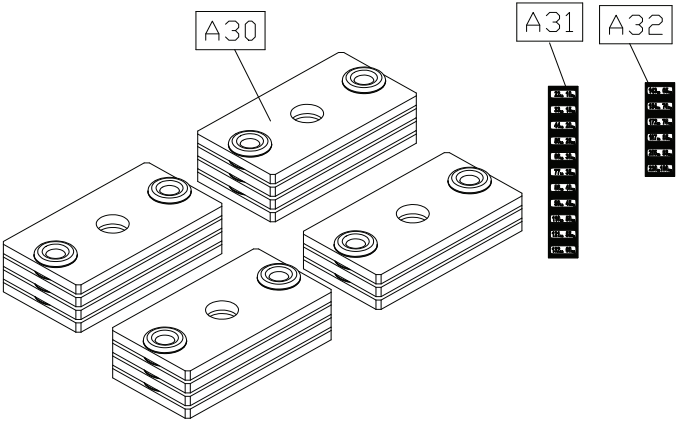
Box A



Box B



Box C



Box A - Main Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A1	Weight stack top right cover	1	A8	Stack rod	1
A2	Weight stack top left cover	1	A9	Cover bracket	5
A3	Main frame	1	A10	Cover support plate A	2
A4	Cover support plate B-2	1	A11	Bracket	5
A5	Cover support plate B-1	1	A12	Pulley	1
A6	Storage tray	1	A14	Rear cover	1
A7	Stack fork	1	A15	Front cover	1

Box B - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A20	CAM frame	1	A23	Vertical support	1
A21	Left arm with handle	1	A24	Seat bottom/back	2
A22	Right arm with handle	1	A25	Seat frame	1

Box C - Weight Plates Components					
No.	Name	Qty.	No.	Name	Qty.
A30	5kg/11lb weight plate	15	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
10	Screw socket	10	SGN-07	
11	Mushroom top Phillips screw	10	M5*L15	
12	Mushroom top Phillips screw	10	M5*0.8*L8	
13	Hex head screw	2	M10*P1.5*L30	
	Spring washer	2	M10	
	Flat washer	4	D21*d10.5*t2	
	Nylon hex lock nut	2	M10	
14	Mushroom top inner hex screw	10	M6*P1.0*L12	
15	Round head inner hex screw	3	M6*P1.0*20	
	Bushing	3	D21.5*10.5	
16	Round head phillips screw	6	M6*P1.0*L12	
	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 screw driver	1		

Components on the Product			
No.	Name	Specification	Notes
30	Hex head screw	M10*P1.5*L30	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
31	Upper stack carriage set		
32	Hex head screw	M8*P1.25*L65	
	Flat washer	D17*d8.3*t2	
	PU tube	D12*d8*L51	
	Nylon hex lock nut	M8	
33	Guide rod		
34	Round head inner hex screw	M8*P1.25*L18	
	Spring washer	M8*t2.0	
	Flat washer	D17*d8*t1.5	

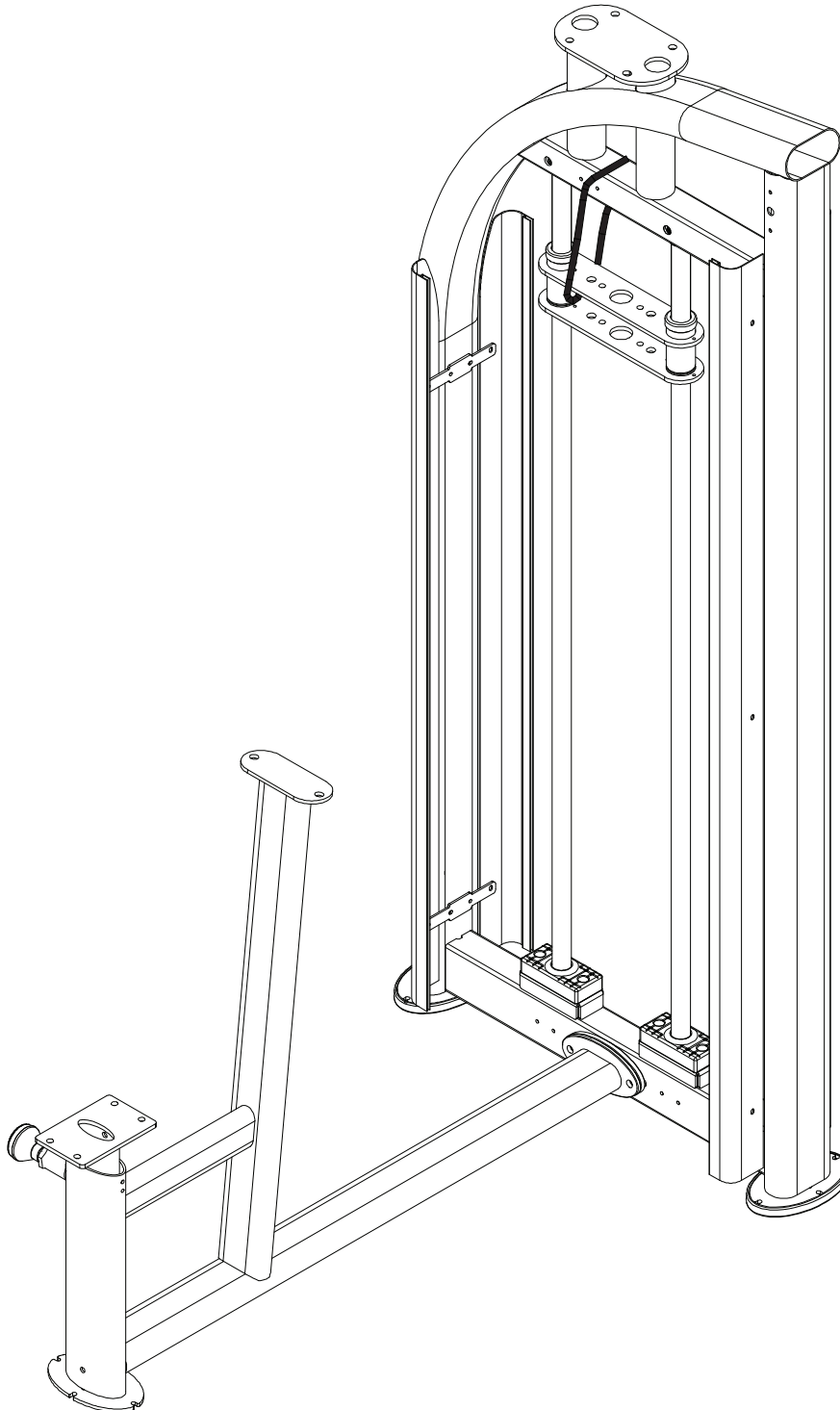
Components on the Product			
No.	Name	Specification	Notes
35	Round head inner hex screw	M8*P1.25*L20	
	Flat washer	D26*d8.3*t3	
	Bushing	D20*d15*L17	
36	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
37	Bevelled head inner hex screw	M8*P1.25*L20	
	Nylon hex lock nut	M8	
38	Mushroom top inner hex screw	M6*P1.0*L12	
	Flat washer	D20*d6.3*t1.5	
39	Bevelled head Phillips screw	M5*L8	
40	Hex head screw	M10*P1.5*L75	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Connecting board A		
	Bushing	D16*t2*L39	
	Nylon hex lock nut	M10	
41	Round head inner hex screw	M5*P0.8*L30	
42	Cover		
43	Mushroom top inner hex screw	M6*P1.0*L20	
	Spring washer	M6	
	Nylon hex lock nut	M6	
44	Cable set block		
45	Mushroom top inner hex screw	M6*P1.0*L12	
	Spring washer	M6	
	Flat washer	D20*d6.3*t1.5	
	Pulley cover		
	Pulley	ØD126*20	



## 4. ASSEMBLE THE PRODUCT

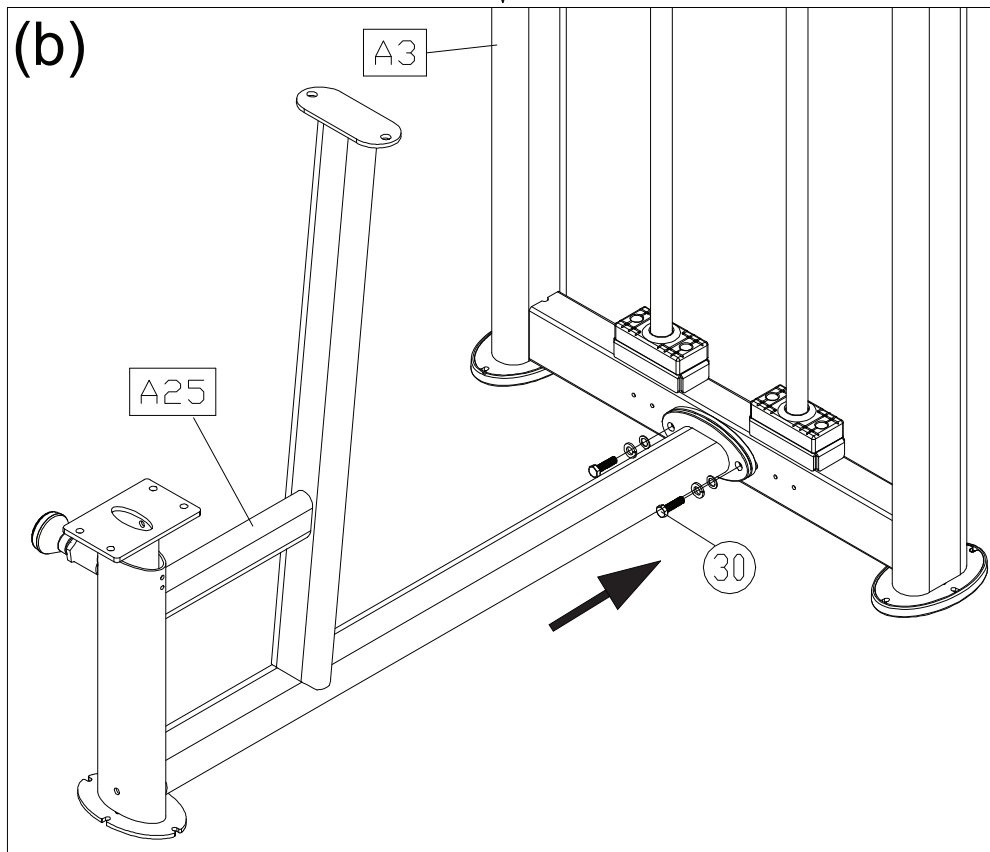
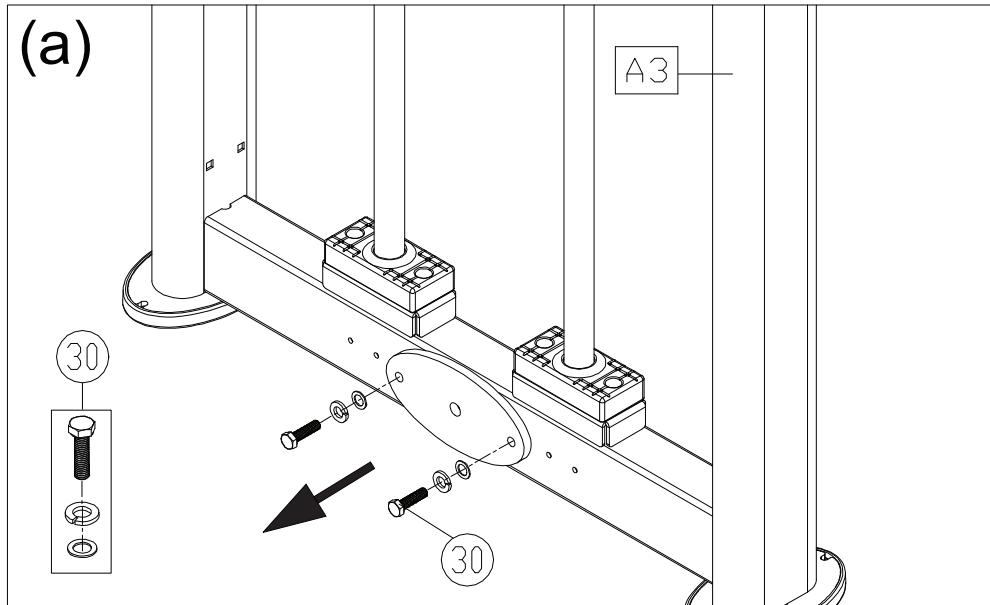
Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the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

### STEP 1 Cover Support Plate and the Connector Installation



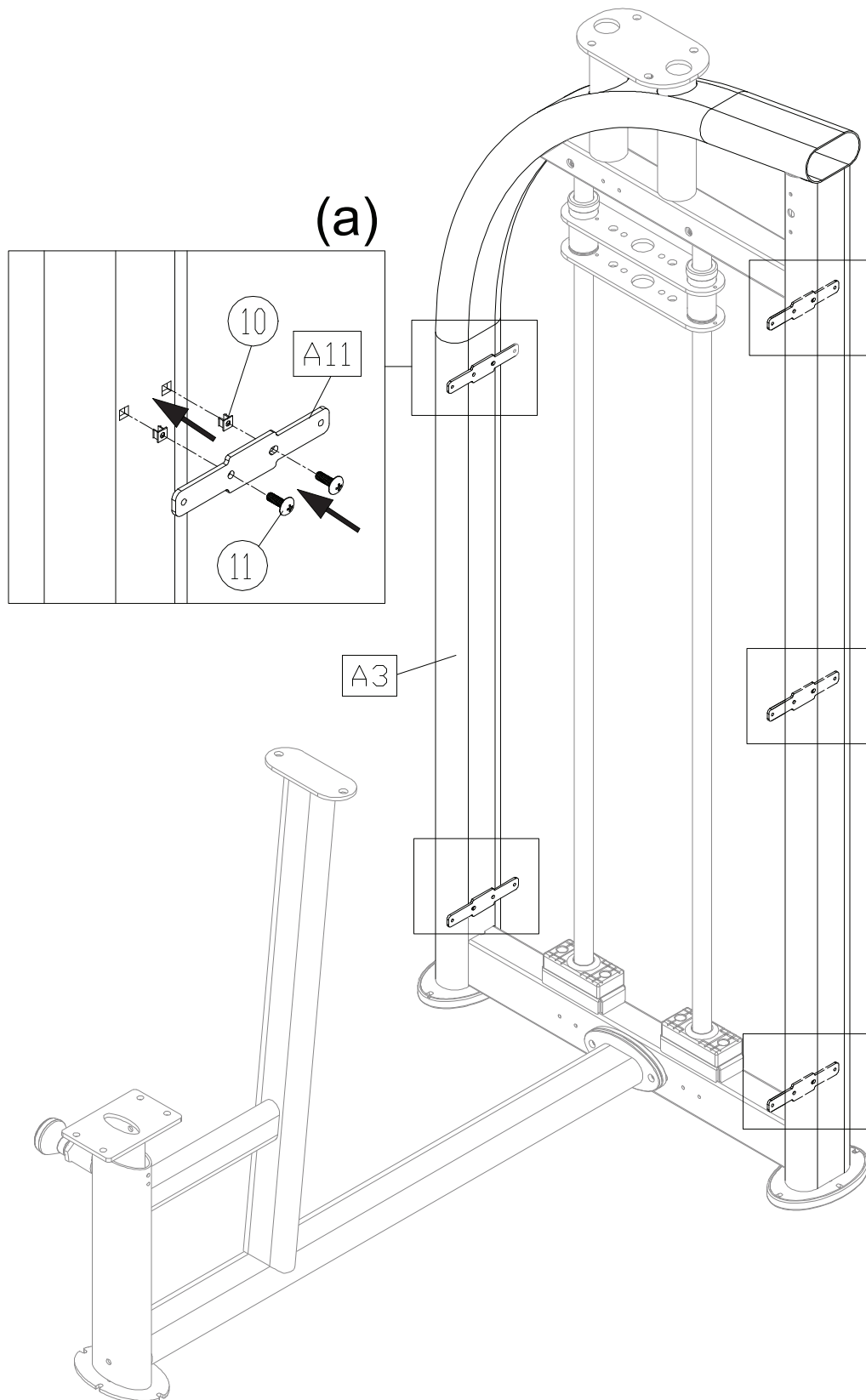
### Seat frame installation

- (a). Loosen and remove the screws (30) from the main frame (A3) as shown.
- (b). Use the screws (30) to secure the seat frame (A23) to the main frame (A3) as shown.

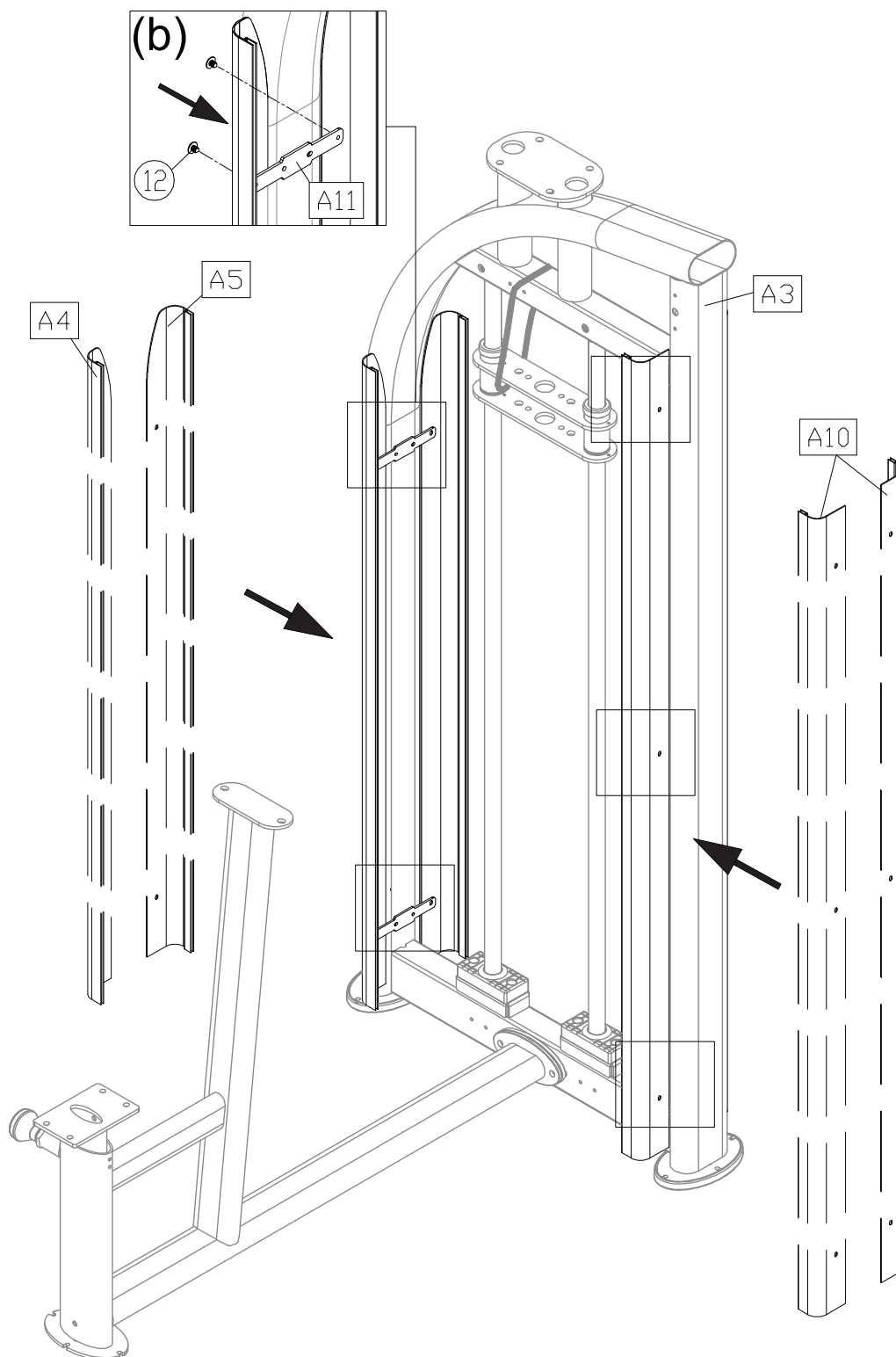


## Brackets and cover support plates installation

- (a). Insert the screw sockets (10) into place in the main frame (A3) as shown, and then use the screws (11) to secure the brackets (A11) in place.

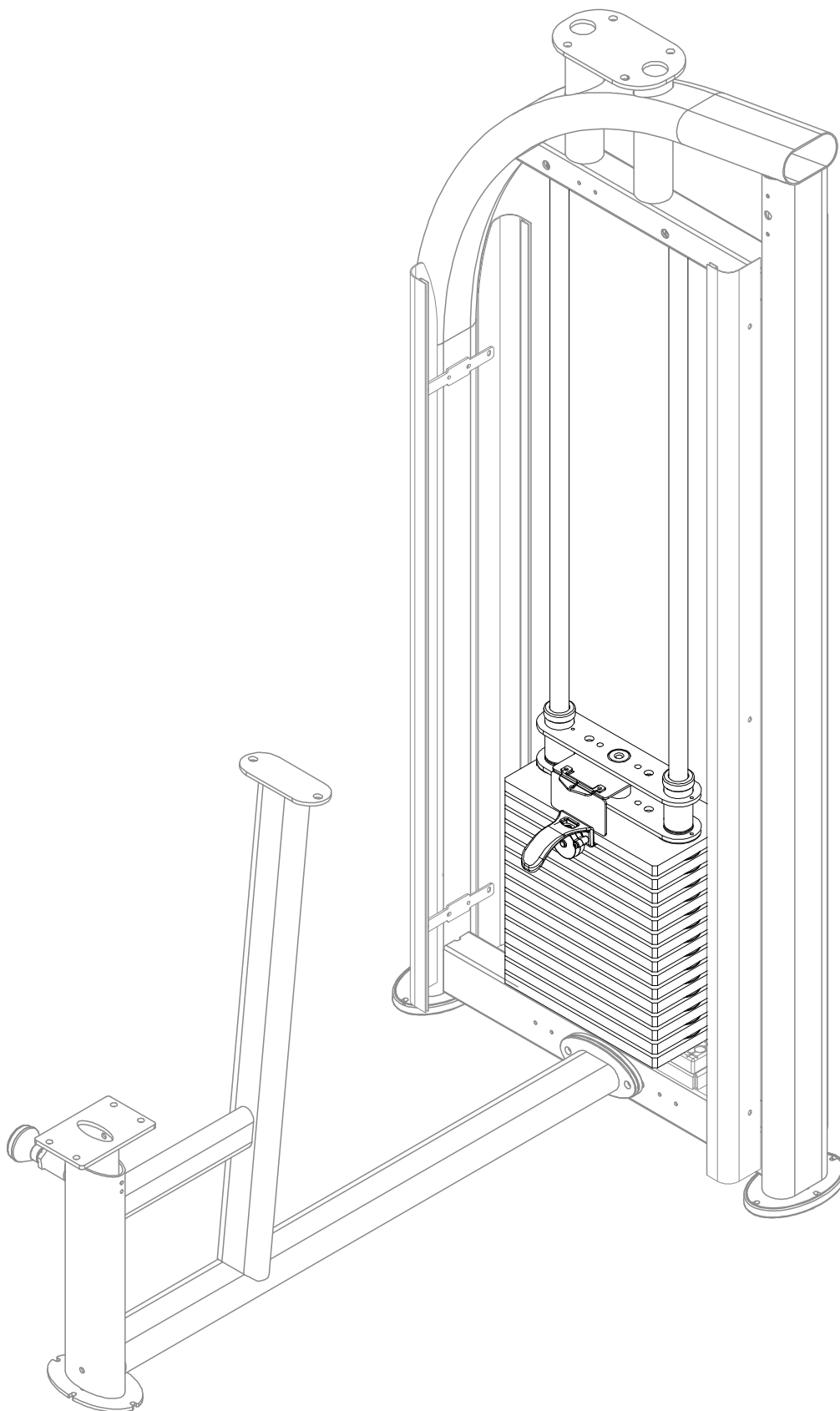


- (b). Use the screws (12) to secure the cover support plates (A10) to the straight frame of the main frame (A3) and then secure the cover support plates (A4) (A5) to the both side of the curved frame as shown. (Note: The cover support plates must be secured outside of the bracket (A11).)

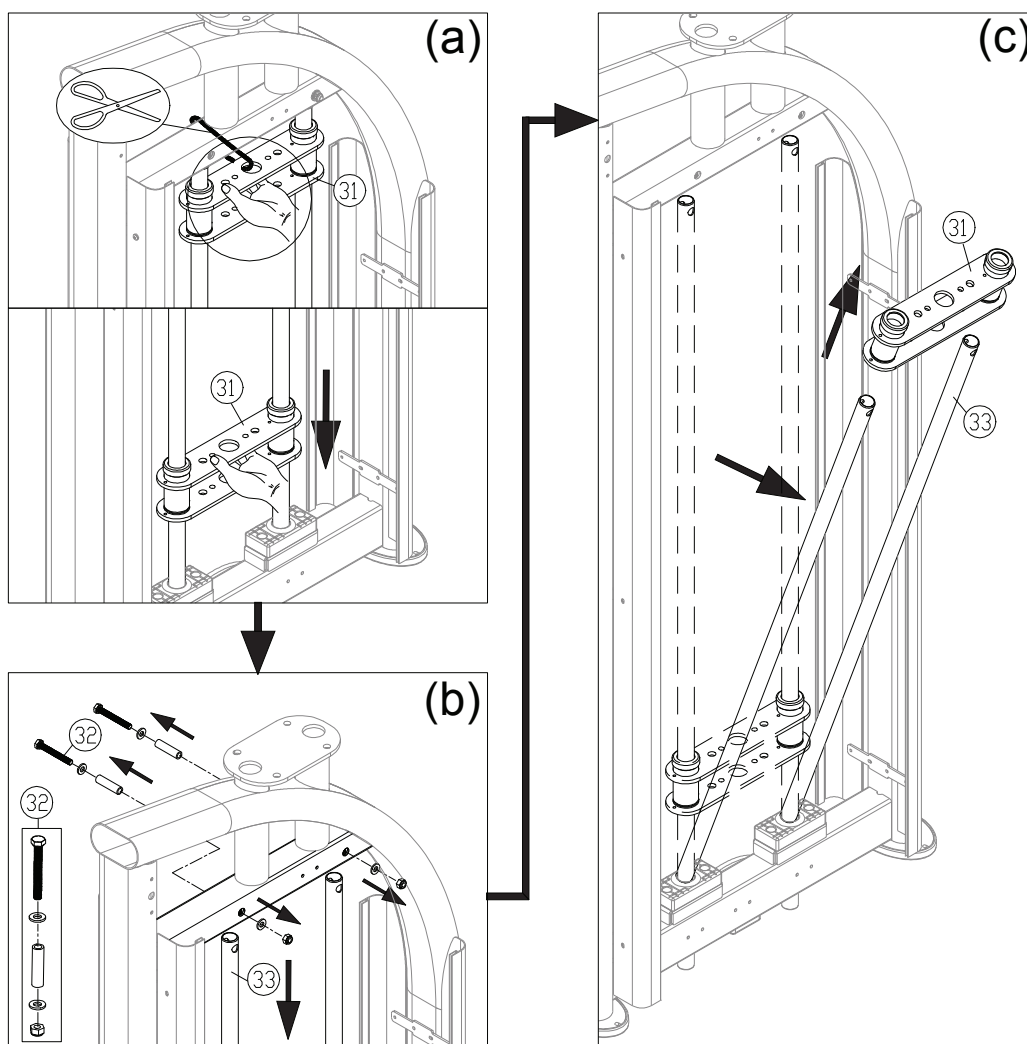


## STEP 2 Weight Stack Installation

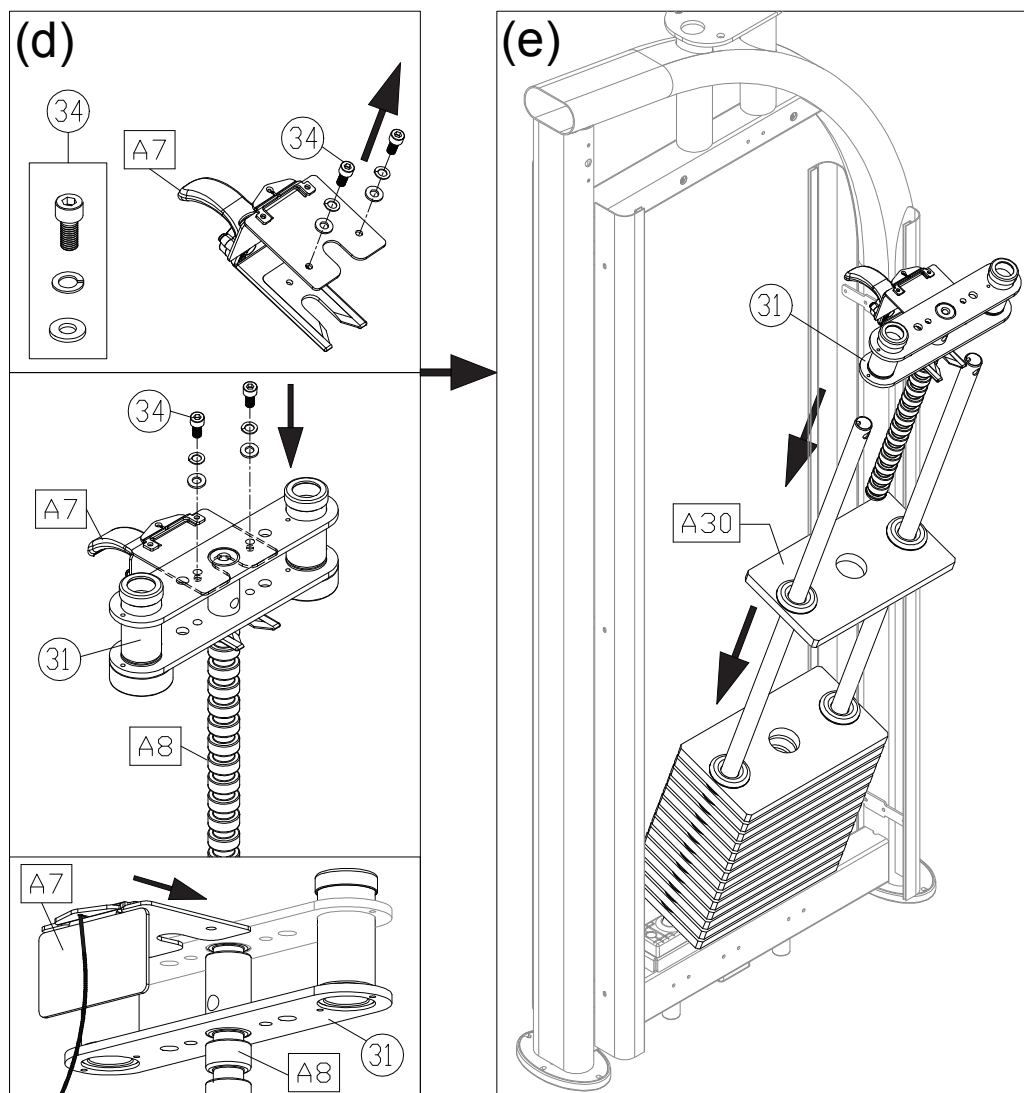
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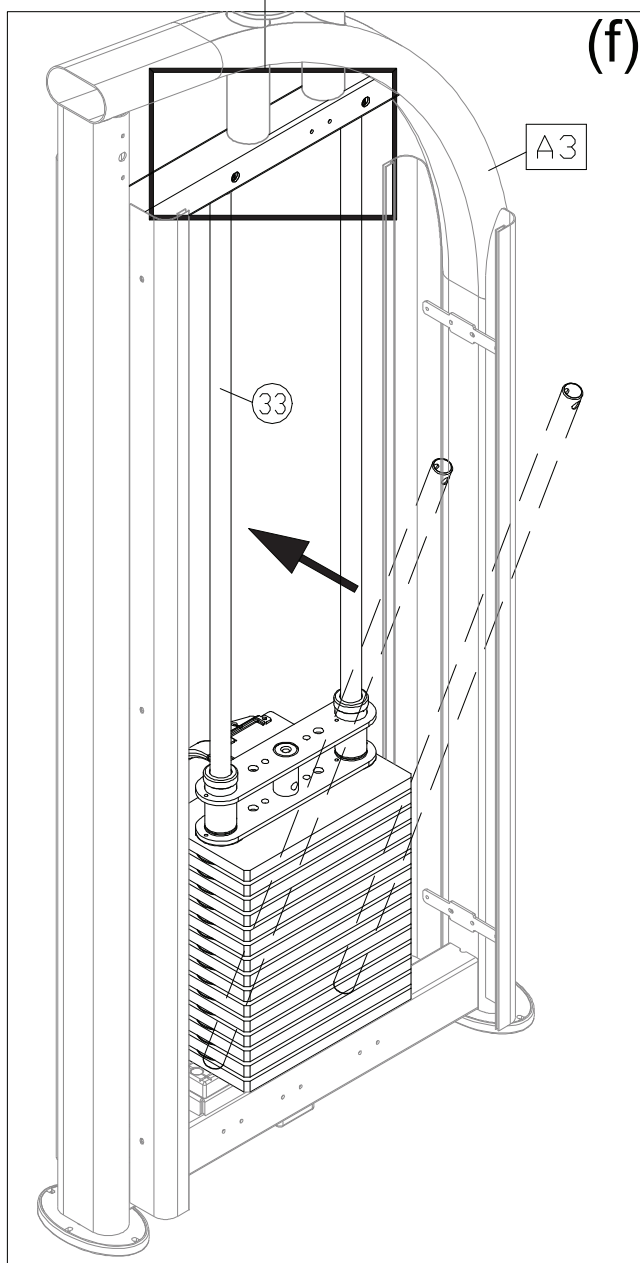
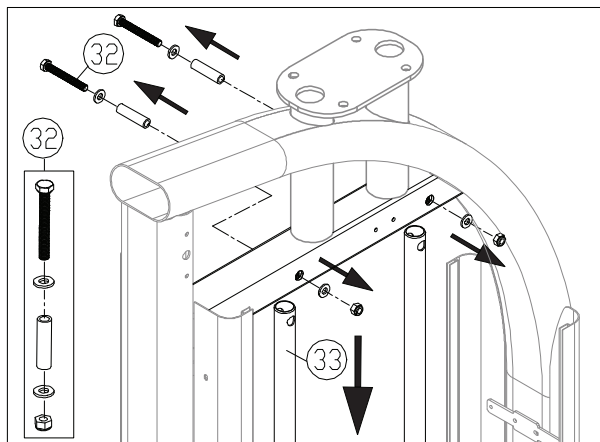
- (a). Hold the upper stack carriage set (31), and then cut the zip tie. Gently lower the upper stack carriage set (31) into place as shown.
- (b). Remove the screws (32). Set the guide rod (33) downward into place as shown.
- (c). Tilt the guide rod (33) backward and then lift the upper stack carriage set (31) off the guide rods as shown. Carefully set the upper stack carriage set (31) aside.



- (d). Loosen and remove the screws (34) from the stack fork (A7) and insert the weight stack rod (A8) into the central mounting position of the upper stack carriage set (31). Use the screws (34) to secure the stack fork (A7) into place of the upper stack carriage set (31) as shown.  
(Note: Remove the stack fork first before assembling.)
- (e). Insert and lower the (5 kg/11lb) weight plates (A30) into place on the guide rods (33) one at a time. Once complete, slide down the upper stack carriage set (31) 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).



- (f). Tilt the guide rods (33) back into place and then lift them up to their mounting position, and then secure the assembly with the screws (32).



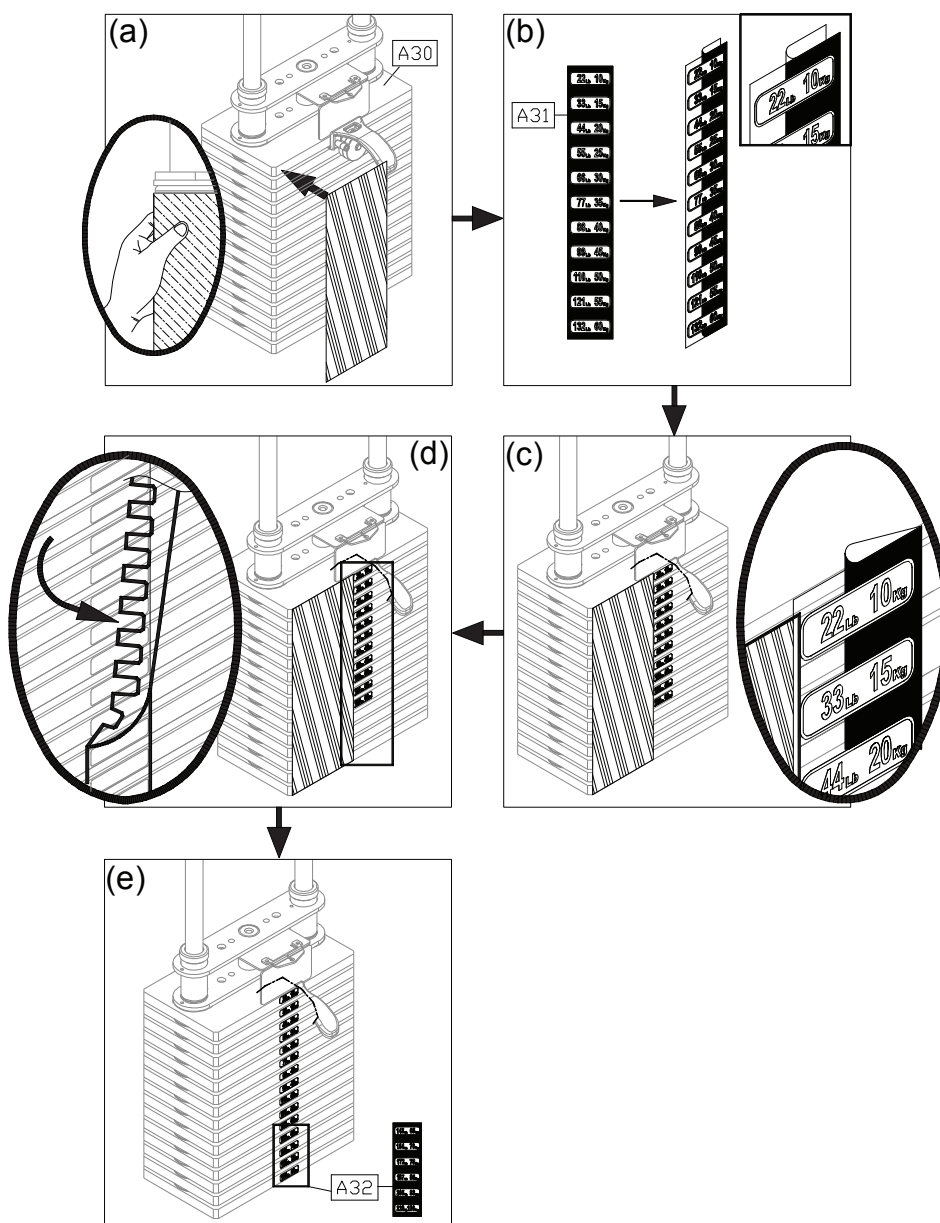


### STEP 3 Apply the Weight Stack Sticker

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

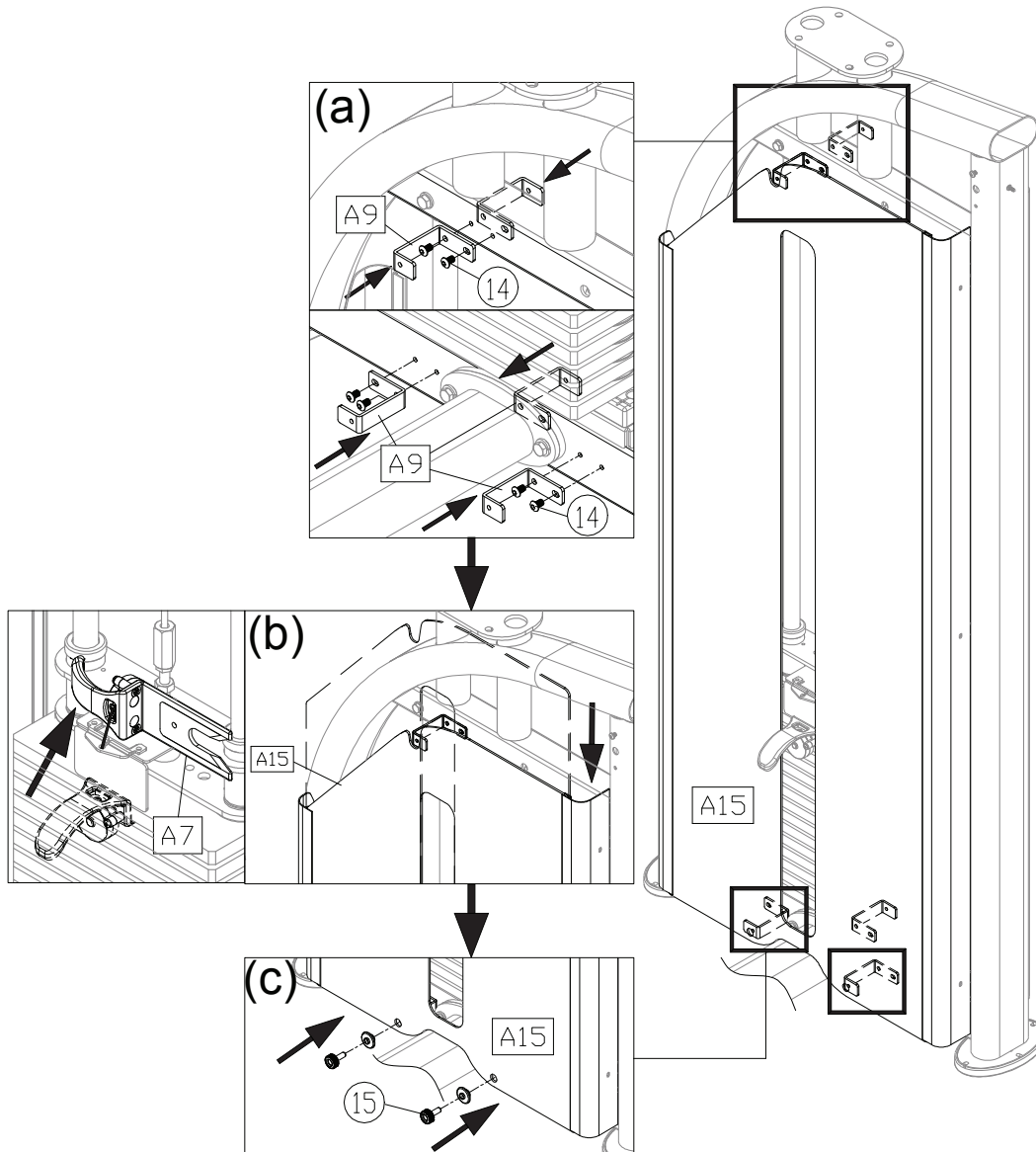
- Align and tape the cardboard to the upper left corner of the weight plate (A30).
- Peel off the top half of the weight sticker (A31) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- Press the numbered part of the sticker in place
- Peel off the clear margin of the sticker.
- 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.



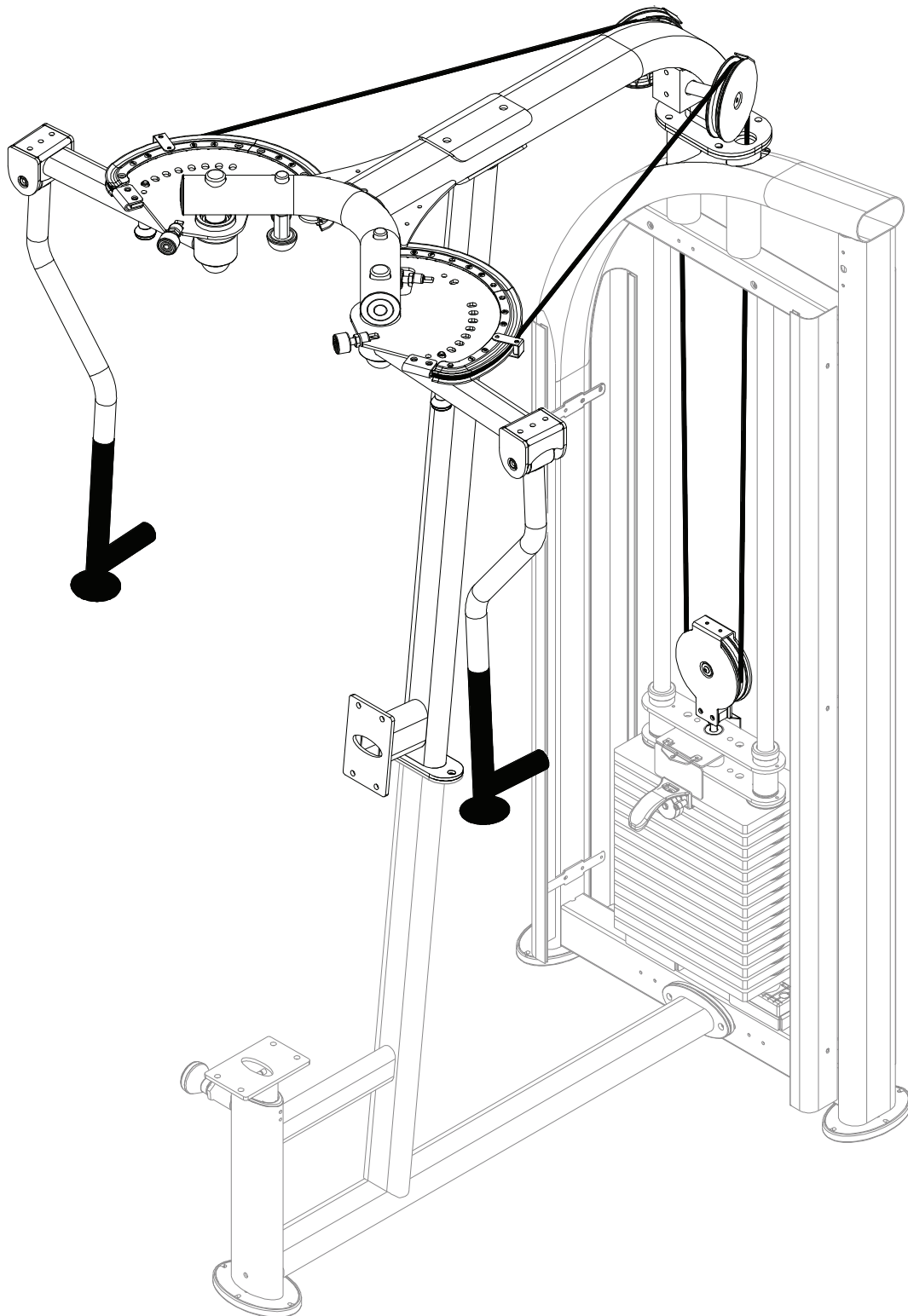
#### **STEP 4** Cover Support Plate and the Front Cover Installation

- (a). Use the screws (14) to secure the cover bracket (A9) in place on the main frame (A3) as shown.
- (b). Slide the front cover (A15) from the top down into the cover support plates' grooves.  
(Note: Take out the stack fork (A7) and place it on the upper stack carriage set (31) as shown to avoid damaging to the cover.)
- (c). Secure the assembly with the screw (15) as shown.

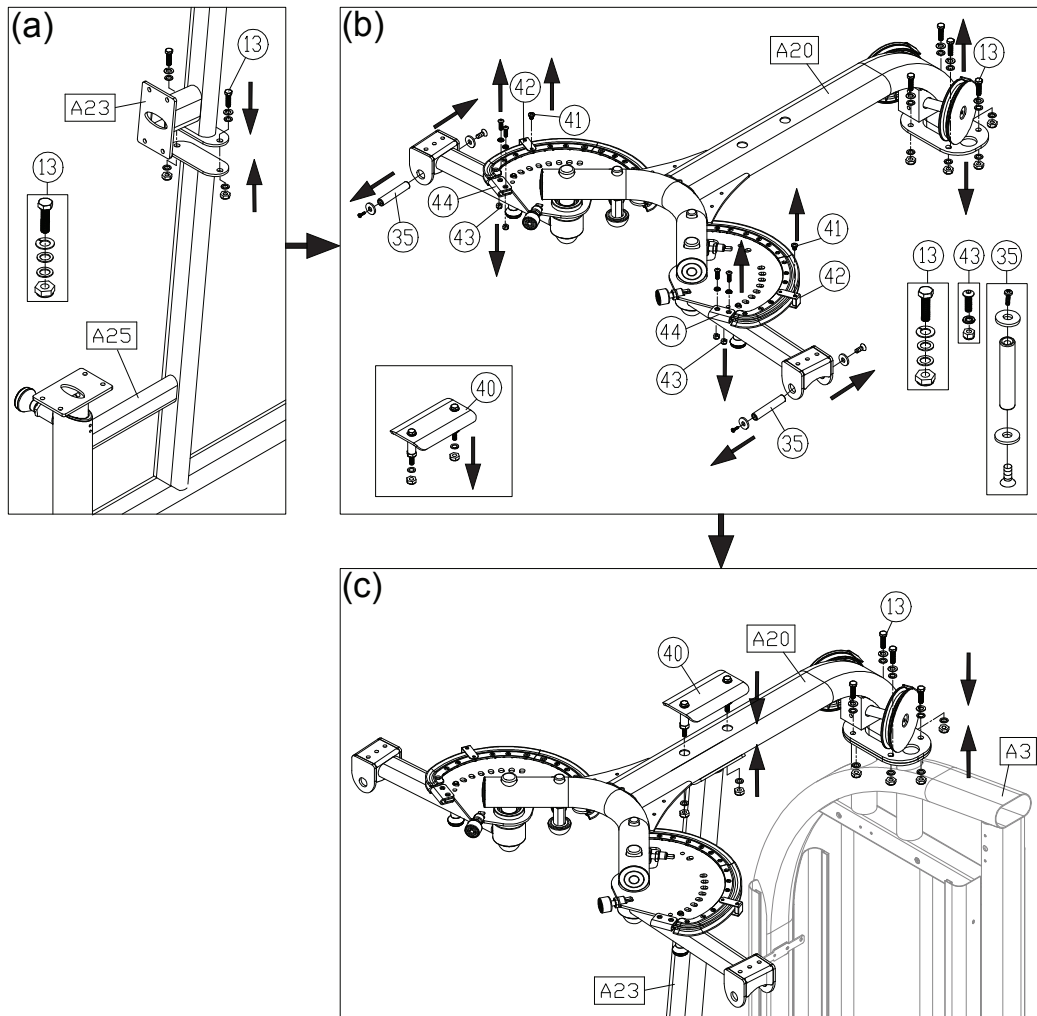


## STEP 5 CAM Frame and the Cable Installation

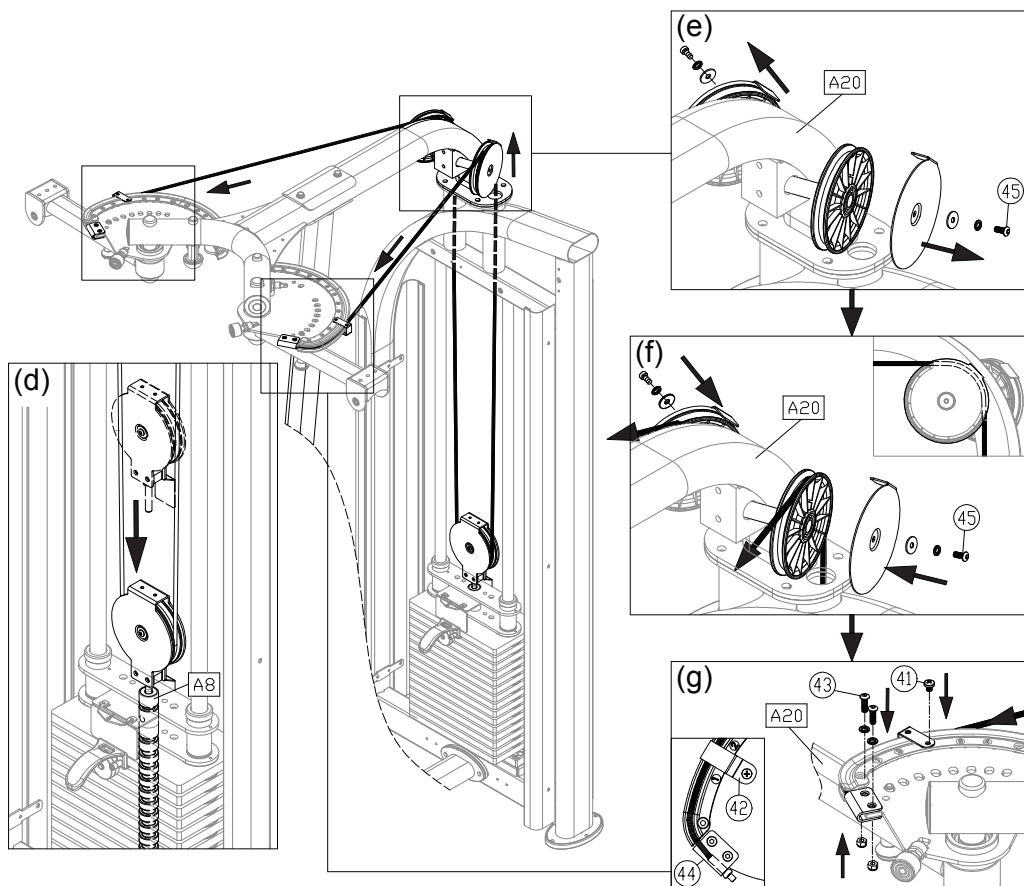
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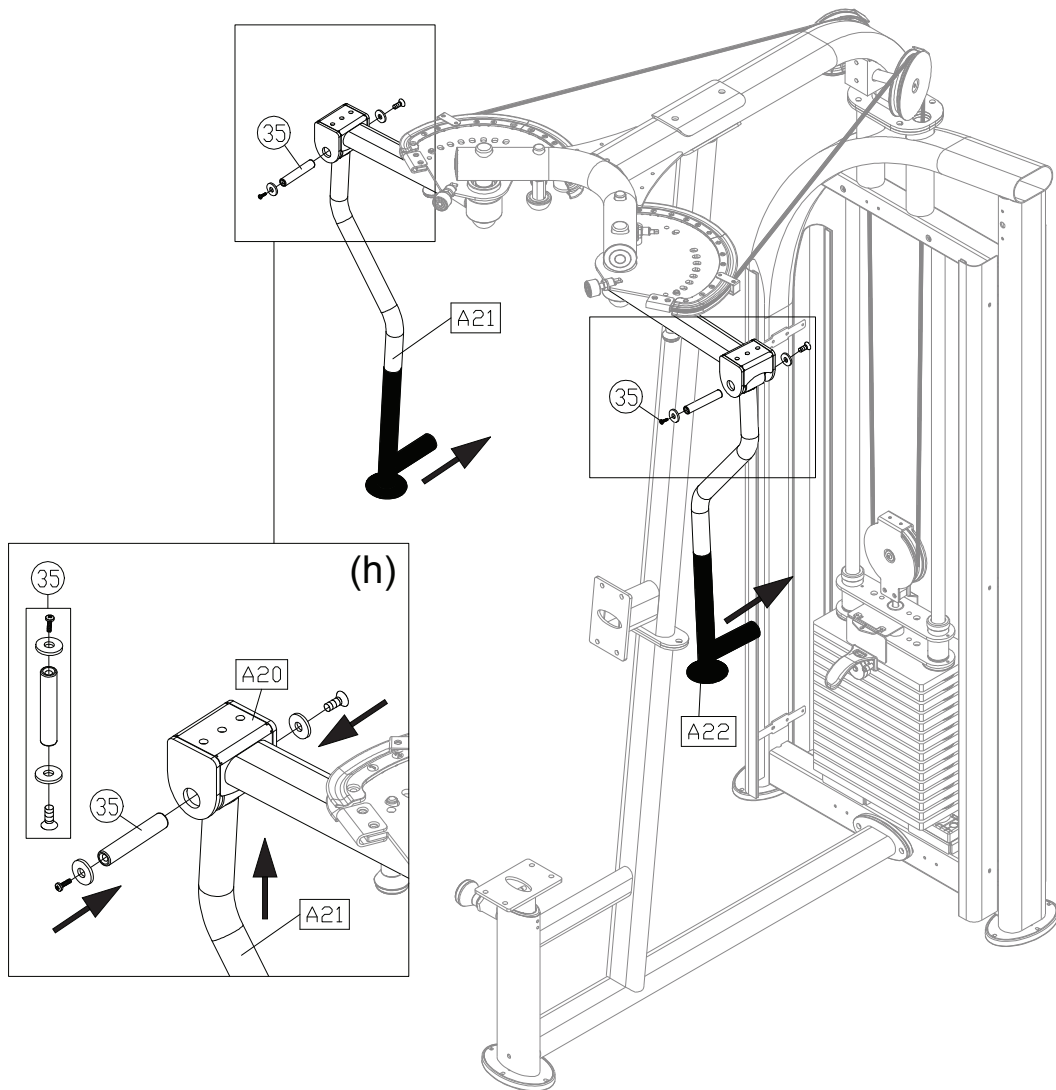
- (a). Use the screws (13) to loosely secure the vertical support (A23) to the seat frame (A25) as shown.
- (b). Loosen and remove the screws (13) (35) (40) (41) (43) from the CAM frame (A20) and then remove the cover (42) and the cable set block (44) as shown.
- (c). Set the CAM frame (A20) horizontally on the vertical support (A23) and the main frame (A3) as shown and then align holes and secure the assembly with the screws (13) (40). Tighten the screws (13) of the seat frame (A25) and the vertical support (A23).



- (d). Insert the cable nut as indicated by the arrows onto the weight stack rod (A8) at least 15-20mm deep as shown.  
(Note: Please make sure that the cable is running in the groove of the pulley. Pull the cable to check its tightness. If the cable is too loose or too tight, follow the cable adjusting instruction to adjust it.)
- (e). Loosen and remove the screws (45) from the CAM frame (A20).
- (f). Insert the cable through the pulley as indicated by the arrows, and then screw the pulley cover (45) in place with the screws (45).
- (Note: When securing the pulley cover, make sure the cover does not interfere with cable.)
- (g). Insert the cable through the cover (42) as indicated by the arrows, and then screw the cover (42) with the screws (41). Finally, secure the cable set block (44) back in place with the screws (43) as shown.  
(Note: When securing the cable set block (44), make sure the cable nut is at outside and the cover (42) does not interfere with cable when securing it back into place.)

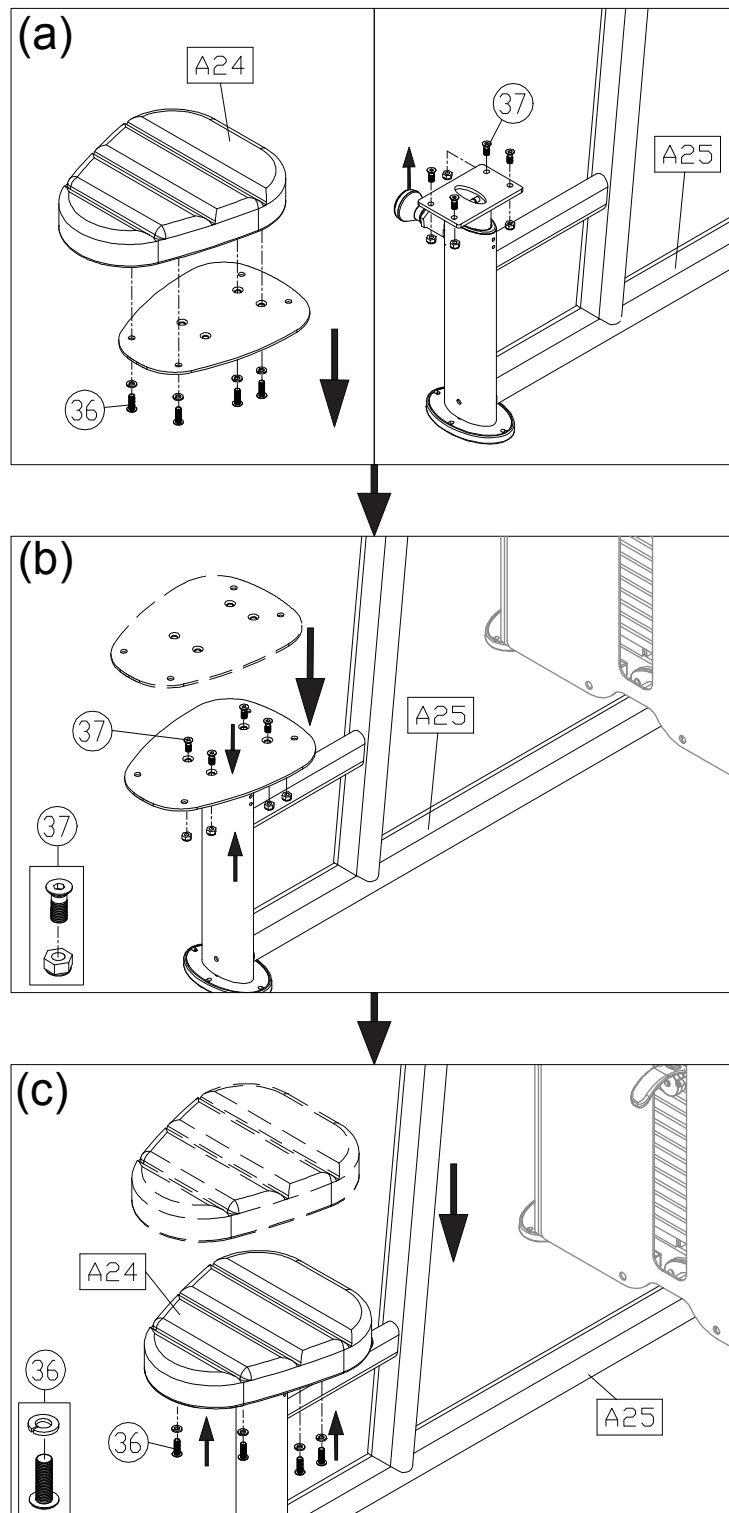


- (h). Set the left arm with handle (A21) and the right arm with handle (A22) on the CAM frame (A20) and secure the assembly with the screws (35).  
(Note: The left arm with handle (A21) and the right arm with handle (A22) should face inside.)



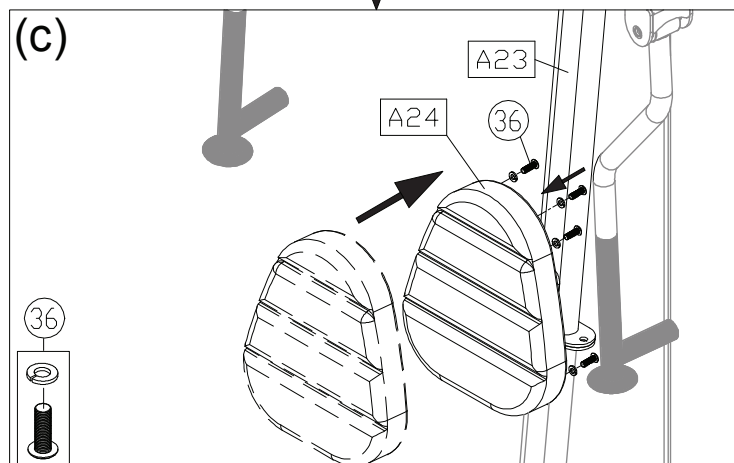
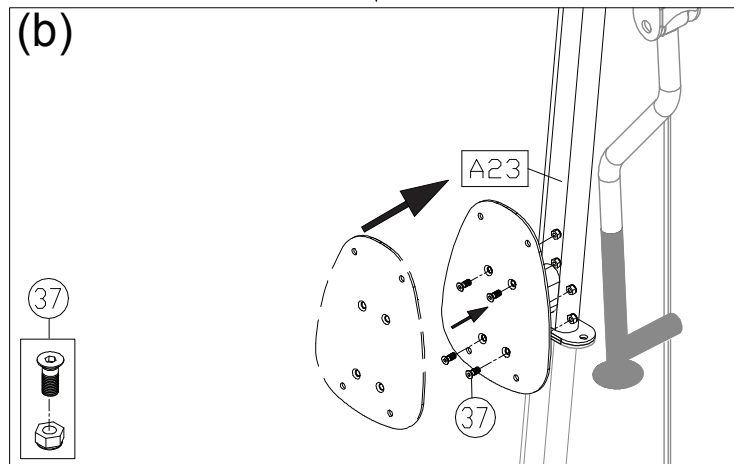
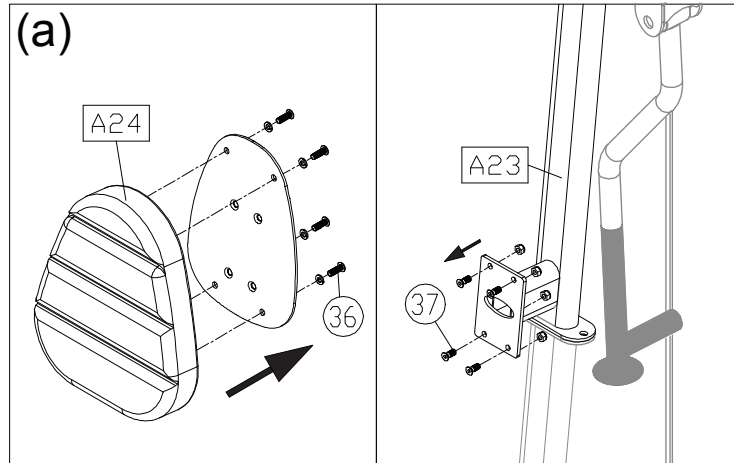
## STEP 6 Seat Bottom Installation

- (a). Loosen and remove the screw (36) (37) from the seat bottom (A24) and the seat frame (A25) as shown.
- (b). Use the screws (37) to secure the seat plate to the seat frame (A25) as shown.
- (c). Use the screws (36) to secure the seat bottom (A24) to the seat frame (A25) as shown.



## STEP 7 Seat back Installation

- Loosen and remove the screw (36) (37) from the seat back (A24) and the vertical support (A23) as shown.
- Use the screws (37) to secure the seat back plate to the vertical support (A23) as shown.
- Use the screws (36) to secure the seat back (A24) to the seat plate as shown.

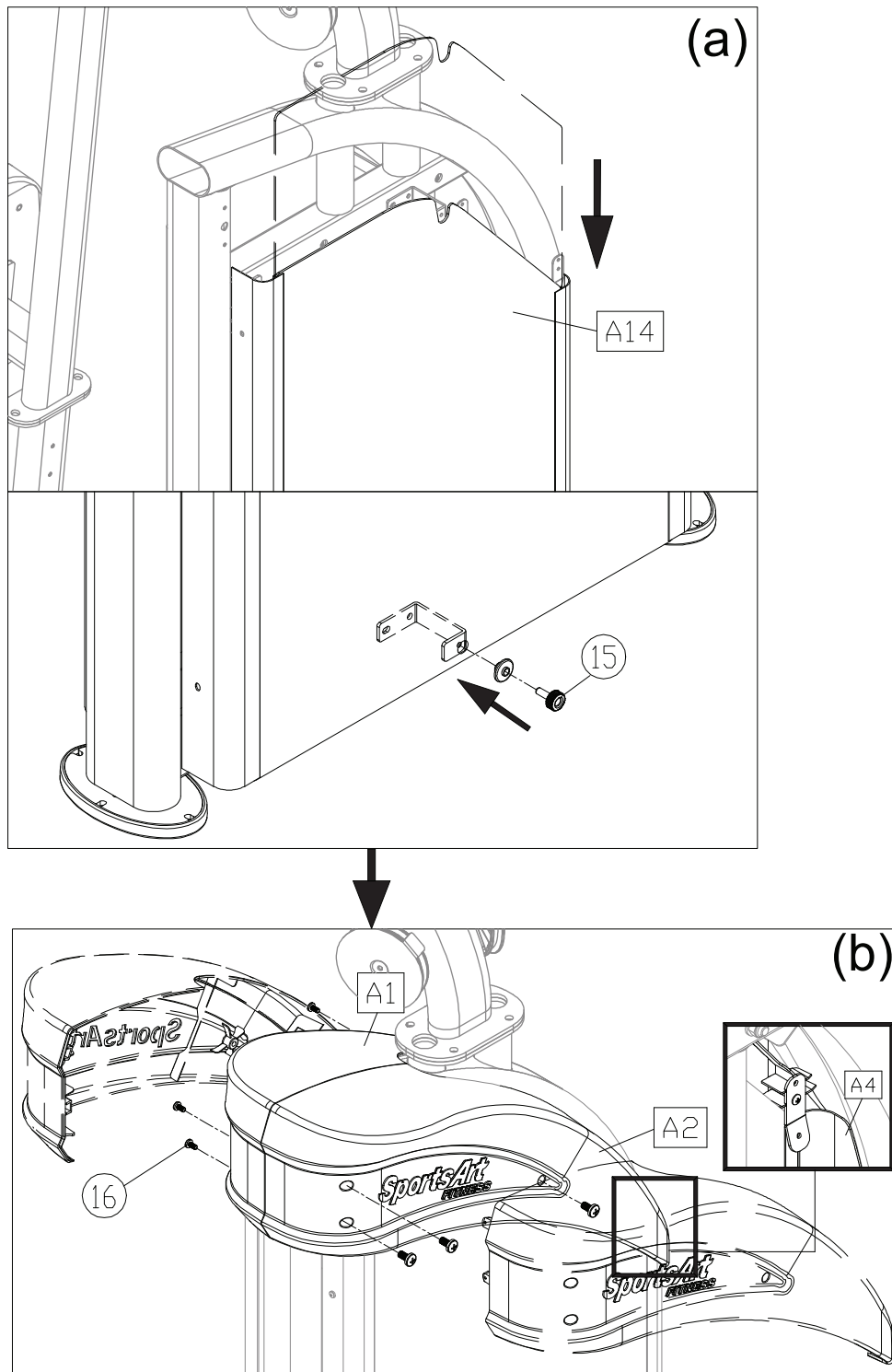




## STEP 8 Rear Cover and Top Covers Installation

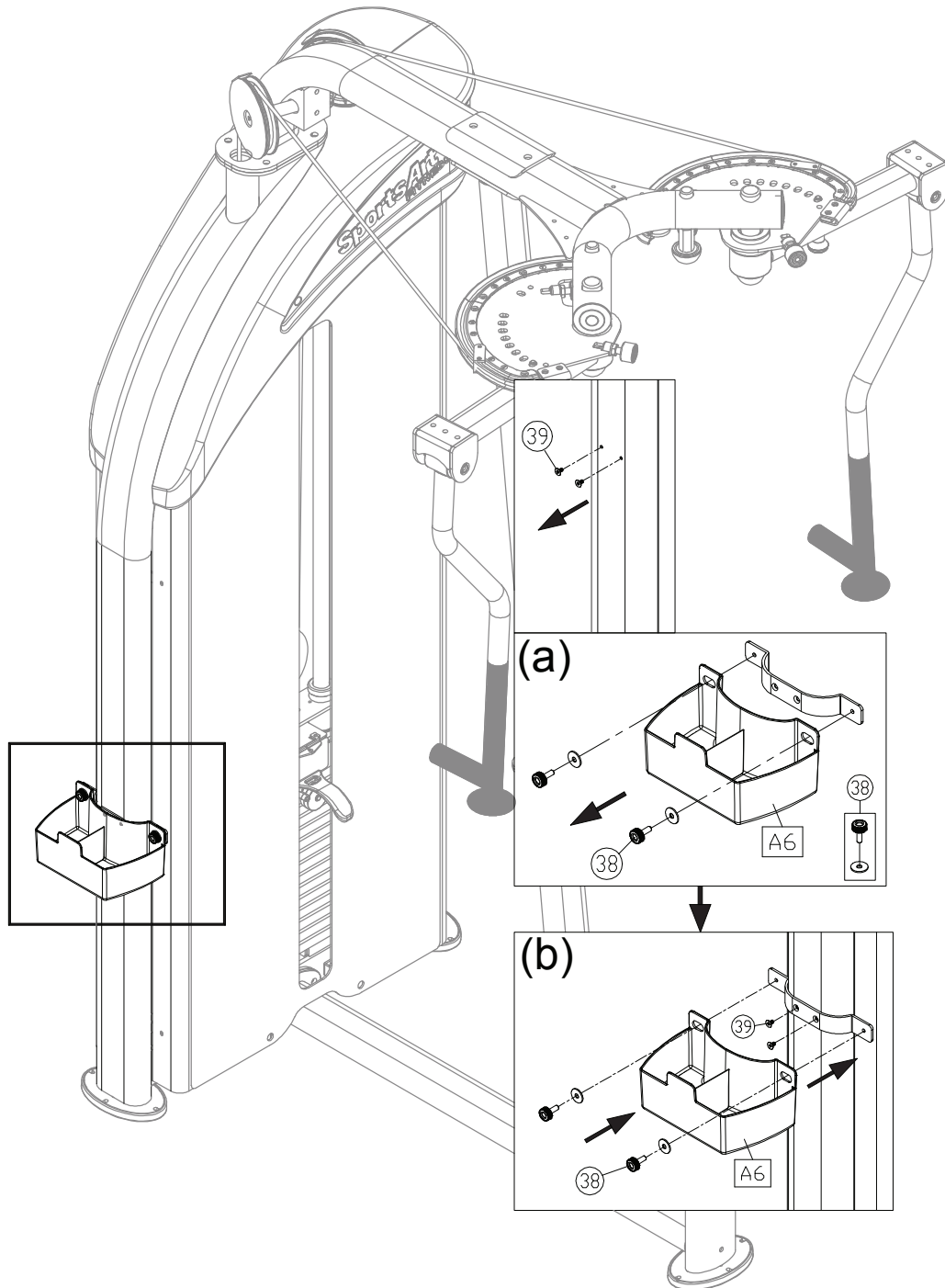
- (a). Slide the rear cover (A14) from the top down into the cover support plates' grooves and secure the assembly with the screw (15) as shown.
- (b). Secure the weight stack top right covers (A1) and the top left cover (A2) with the screws (16).

(Note: During assembling, place the bracket of the top covers inside of the cover support plates (A4) (A5) as shown.)



## STEP 9 Storage Tray Installation

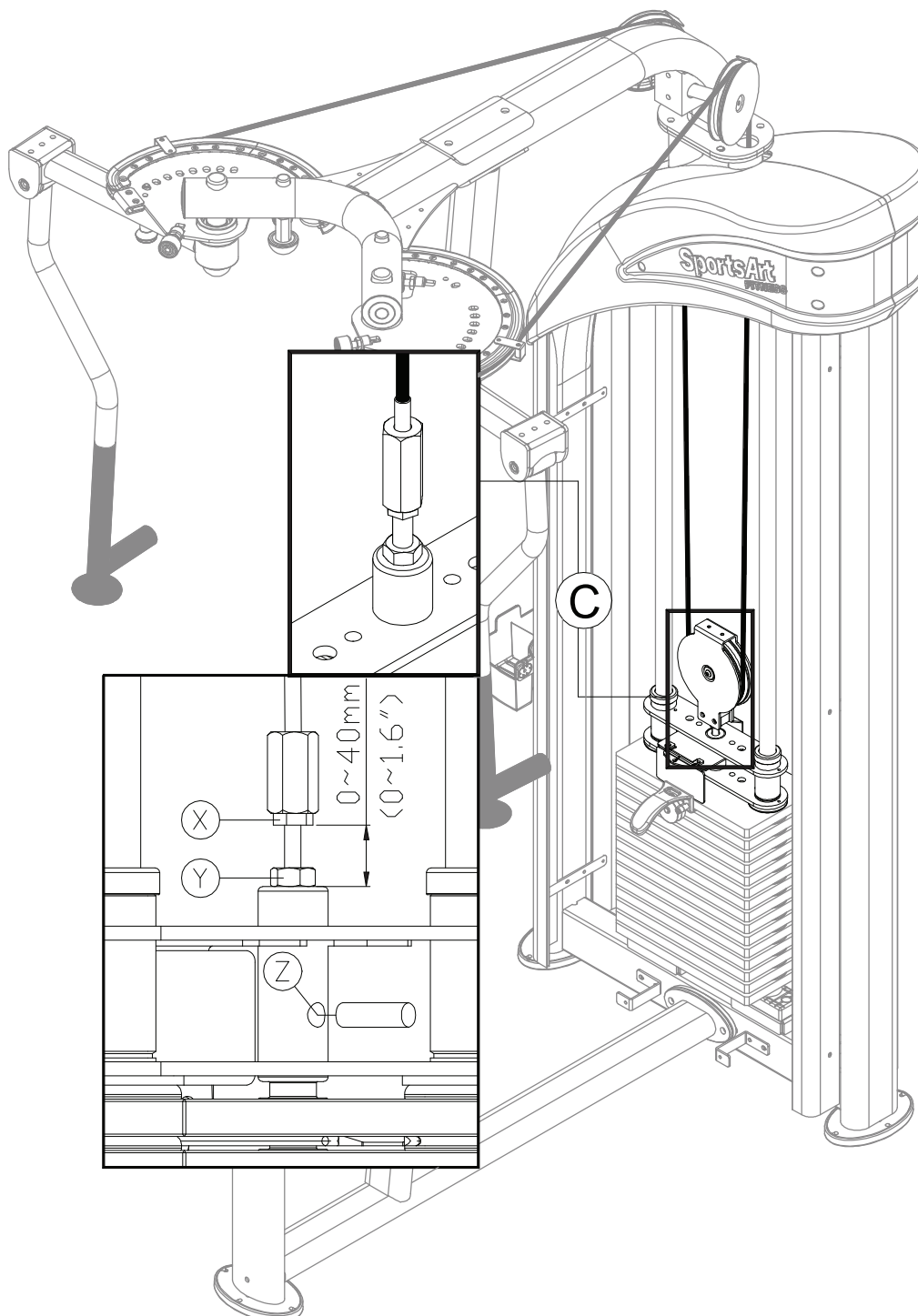
- (a). Loosen and remove the screws (38) (39) from the storage tray (A6) and the main frame.
- (b). Hold the storage tray (A6) in place and secure it with the bracket and the screws (38) (39) as shown.



## STEP 10 Cable Adjustment

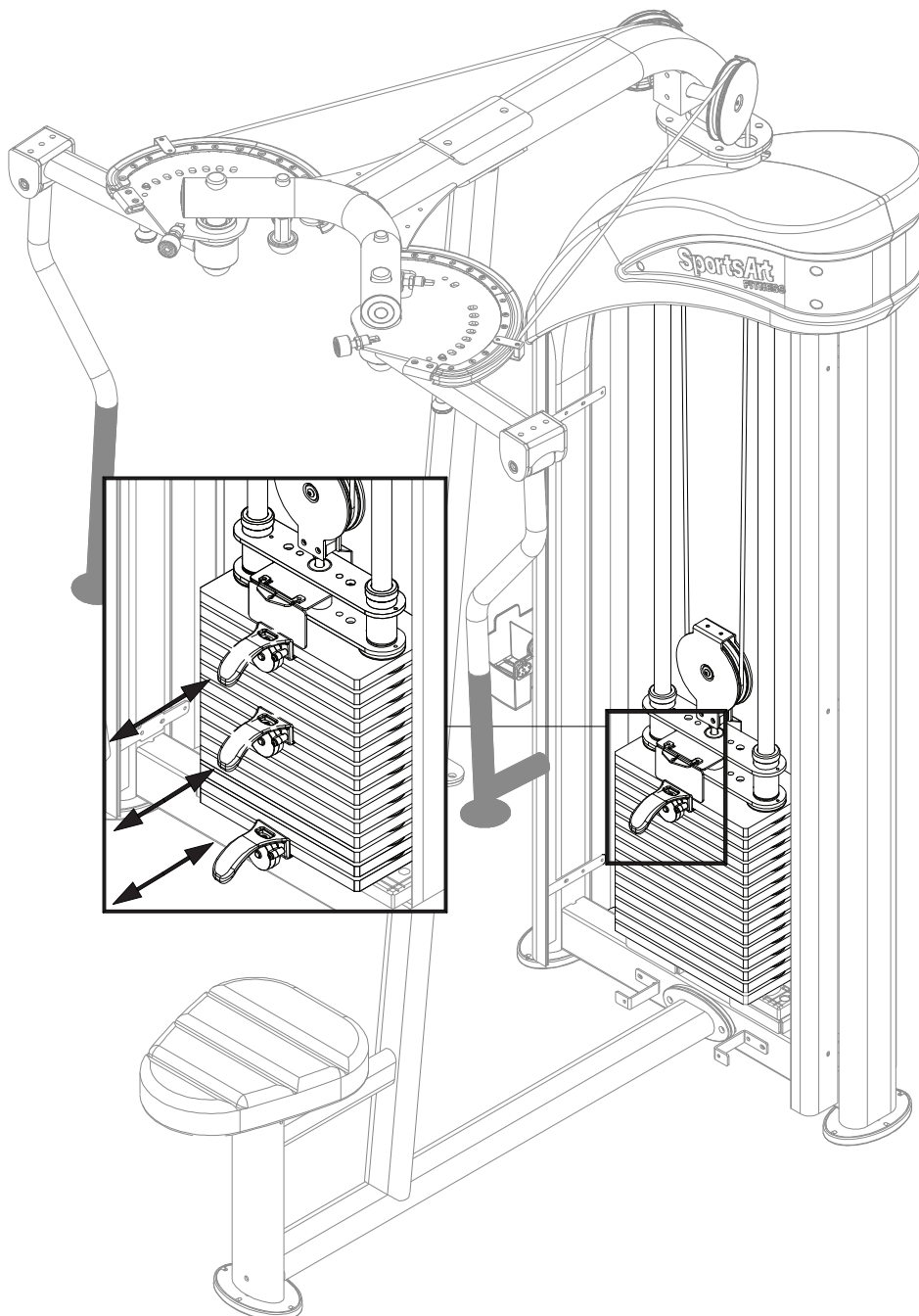
\* Insert the stack fork into the gap under the lowest weight plate, and then adjust the large nut at area C. Adjust until the upper stack carriage set moves slightly.

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.



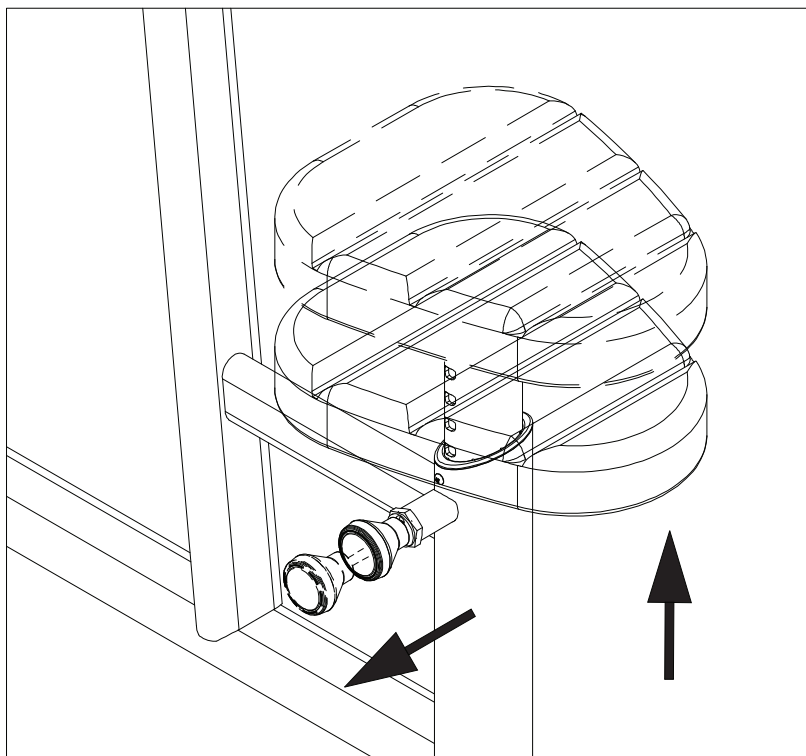
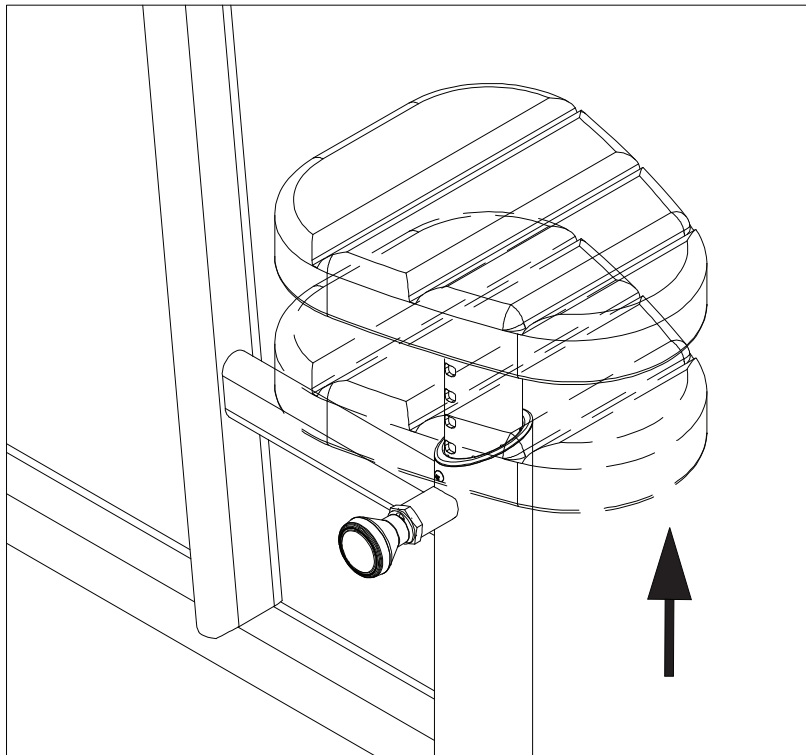
## STEP 11 Stack Fork Inspections

- \* 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

\* Seat bottom height positioning can be adjusted. Simply, put out the related knob, make the adjustment, and release the knob to secure the desired position.



## 6. MAINTENANCE

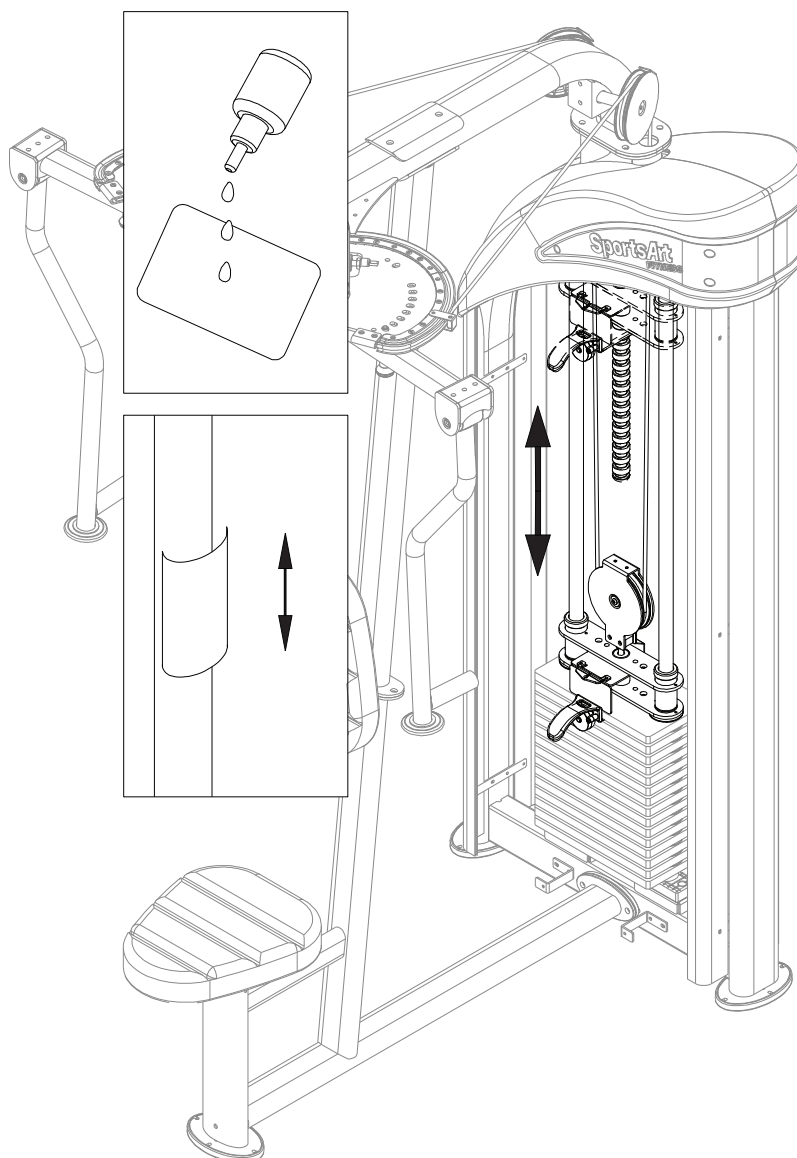
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

### Maintenance Machine Maintenance

1. Apply lubricant to the guide rods every week.

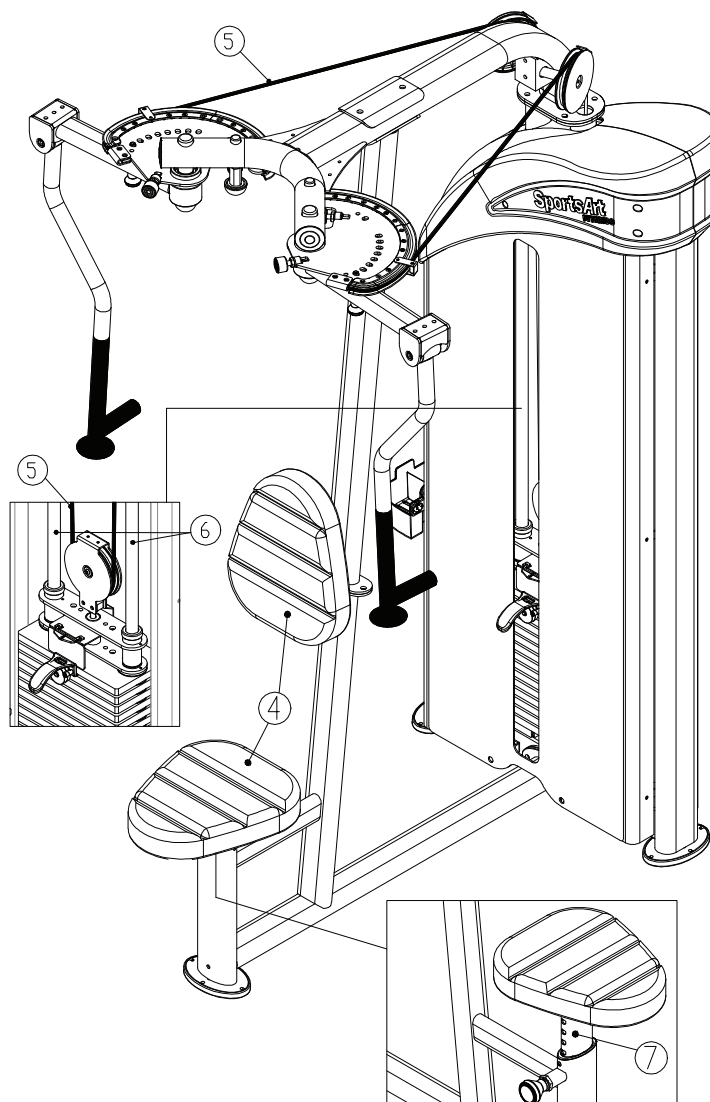
Procedure:

- (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

(P722) 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	Seat back/bottom	●					Use dampened cloth to clean.
5	Cable		●				Check for damage or wear. Replace it if necessary.
6	Guide Rod		●				Clean and lubricate.
7	Extension tube		●				Clean and lubricate.



## **Maintenance** **Task List**

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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 seat bottom and the seat back clean with a damp cloth.

### **Weekly tasks**

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

### **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	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: \_\_\_\_\_

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## 7. CONSIGNES DE SÉCURITÉ IMPORTANTES

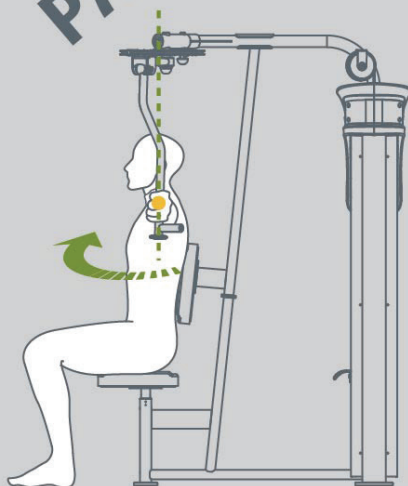
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- 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.

# P722 Pectoral Fly & Rear Deltoid

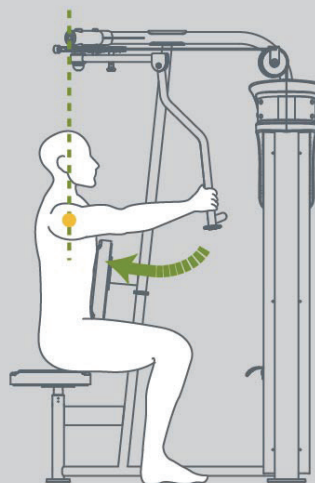


## Pectoral Fly

- 1 Select a resistance level that enables you to perform the movement correctly.
- 2 Adjust seat height.
- 3 Sit down in an upright position and keep back against support.
- 4 Grasp handles with arms extended at shoulder height and pull forward.
- 5 Perform the exercise in a controlled manner. Exhale when pulling against resistance.

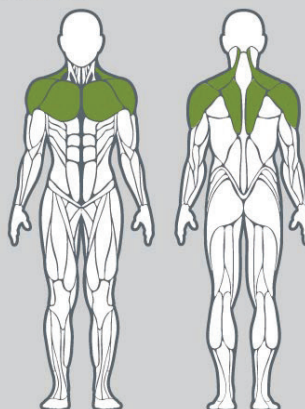
### CAUTION

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.



## Rear Deltoid

- 1 Select a resistance level that enables you to perform the movement correctly.
- 2 Adjust seat height.
- 3 Sit down in an upright position and keep chest against support.
- 4 Grasp handles with arms extended at shoulder height and pull back.
- 5 Perform the exercise in a controlled manner. Exhale when pulling against resistance.



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