

# P771/P773 OWNER'S MANUAL CONTENTS

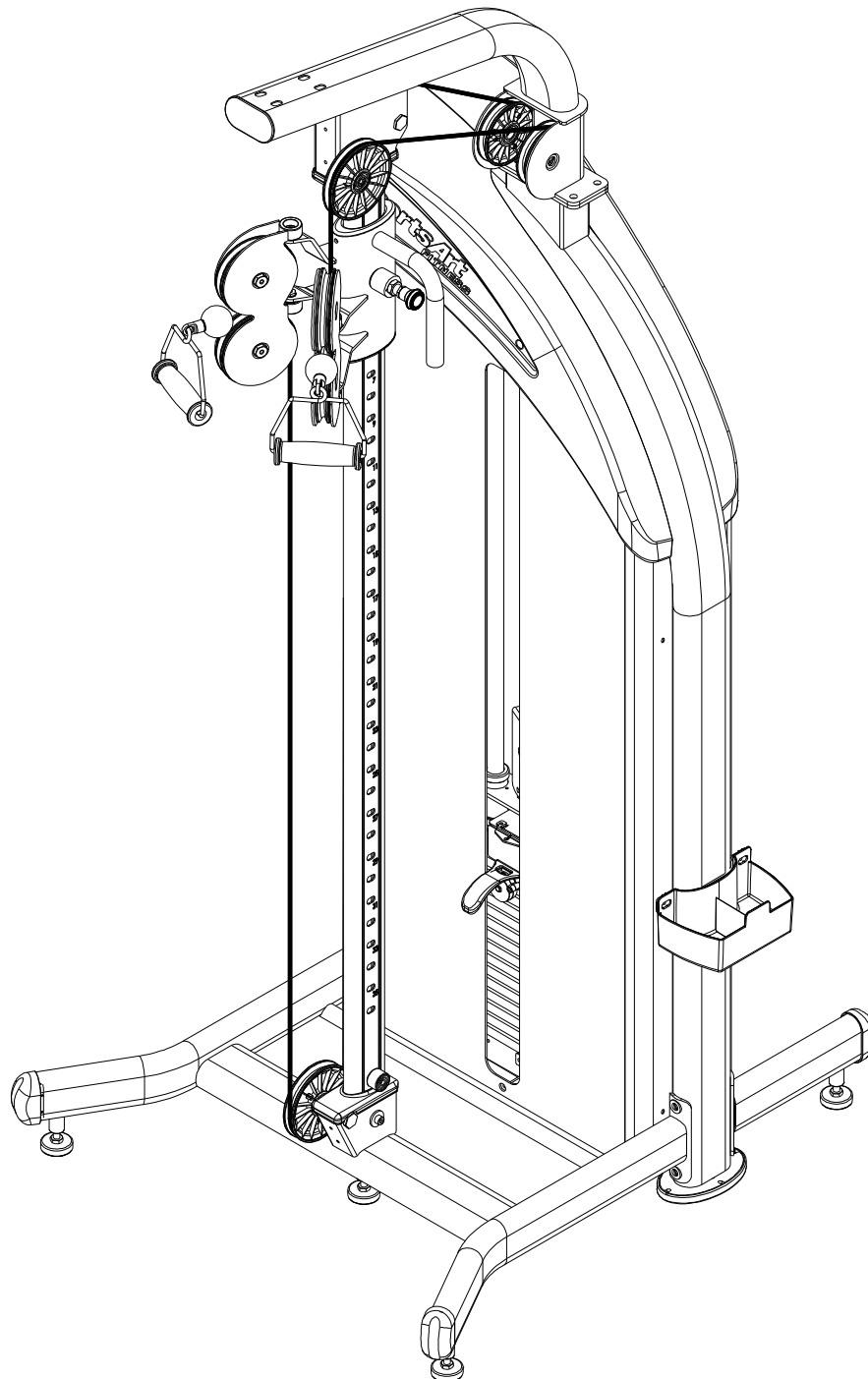
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# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the P771/P773 Cable Cross Over/Cable Tower machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

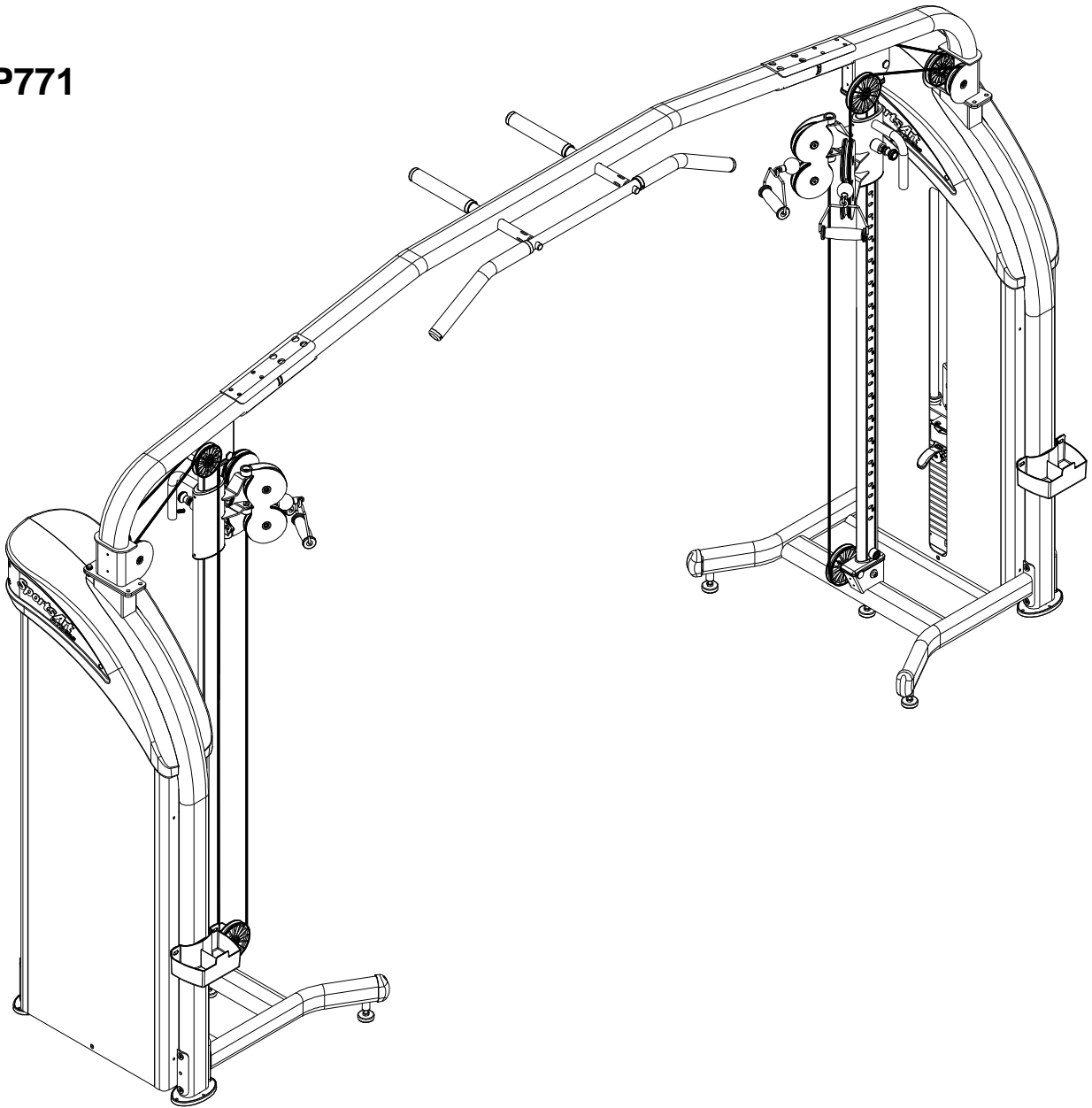
Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.

## P773



# 1. INTRODUCTION (CONTIUTED)

P771



## 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:

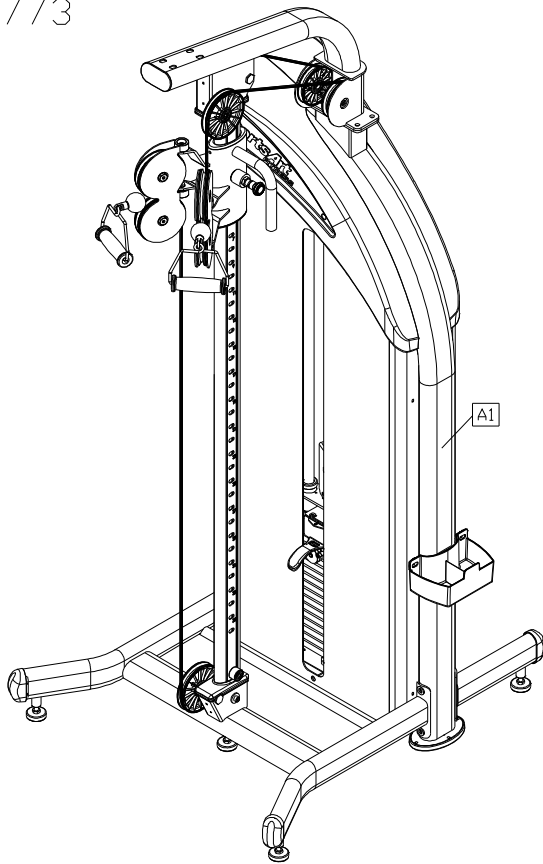
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use.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

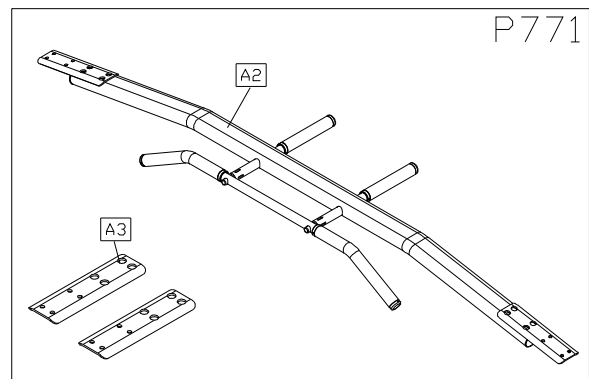
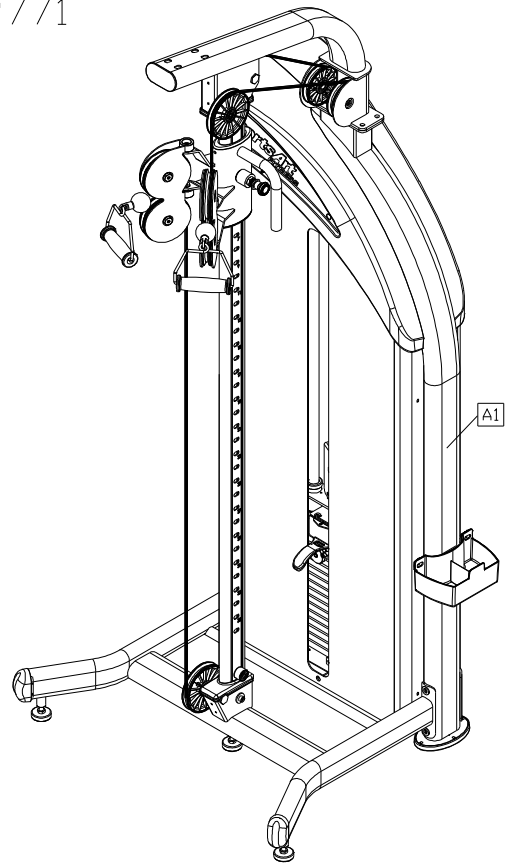
\*NOTE: Regarding the decaled resistance on the unit weight stack, the actual weight being lifted is configured at a (per handle) ratio of 4:1. Example: If the stack fork is engaged at 60KG (132LB) at the weight stack, the actual pulling weight at the single handle is 15KG (33LB). If both handles are being used simultaneously, then the user has a 2:1 ratio and the 60KG (132LB) selected at the weight stack provides an actual pulling weight of 30KG (66LB).

### 3. LIST OF PARTS

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P771



<b>Assembly Parts (P773)</b>					
No.	Name	Qty.	No.	Name	Qty.
A1	Weight stack frame (With rear support)	1			

<b>Components in the Hardware Kit (P773)</b>				
No.	Name	Qty.	Specification	Notes
	Double open-end wrench	2	(13*17)	

<b>Assembly Parts (P771)</b>					
No.	Name	Qty.	No.	Name	Qty.
A1	Weight stack frame	2	A3	Connecting bracket (for P771)	2
A2	Connecting pole (for P771)	1			

<b>Components in the Hardware Kit (P771)</b>				
No.	Name	Qty.	Specification	Notes
10	Hex head screw	16	M10*P1.5*L80	
	Spring washer	16	M10	
	Washer	16	D30*d10.2*t5	
	Bushing	16	D20*d10*L43	
	Hex lock nut	16	M10	
	Washer	16	D16*d10.2*t1.0	
	Nylon hex lock nut	16	M10	
	Double open-end wrench	2	(13*17)	

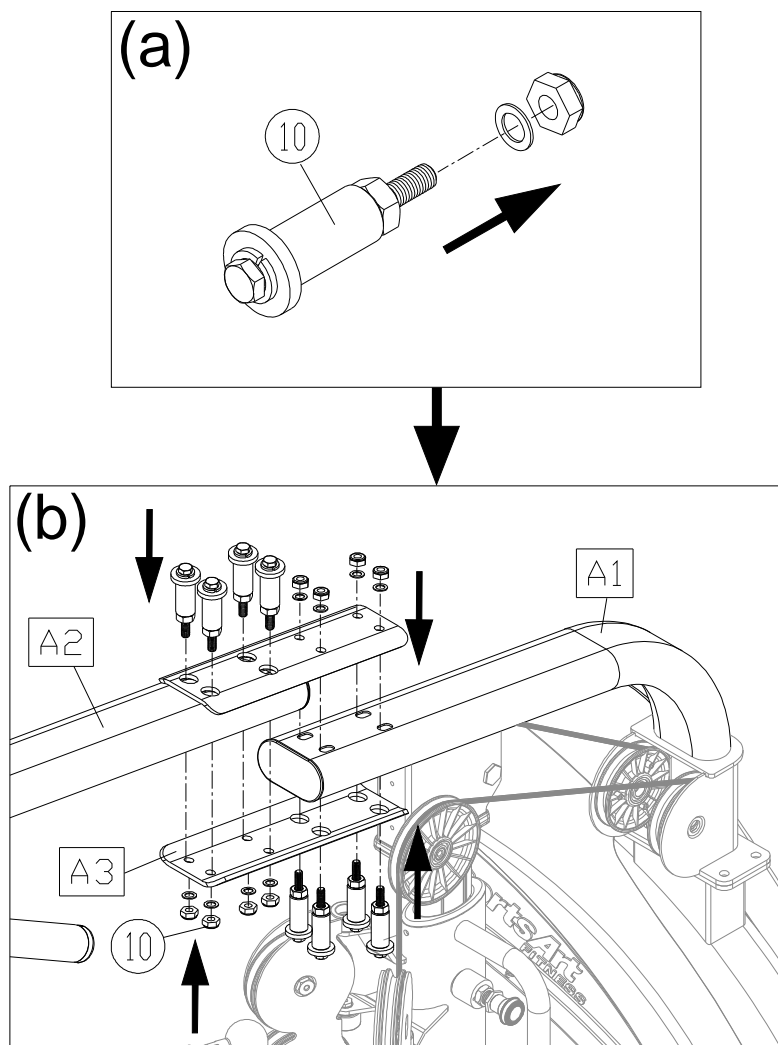
## 4. ASSEMBLE THE PRODUCT

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 P771 Machine Assembly Instructions

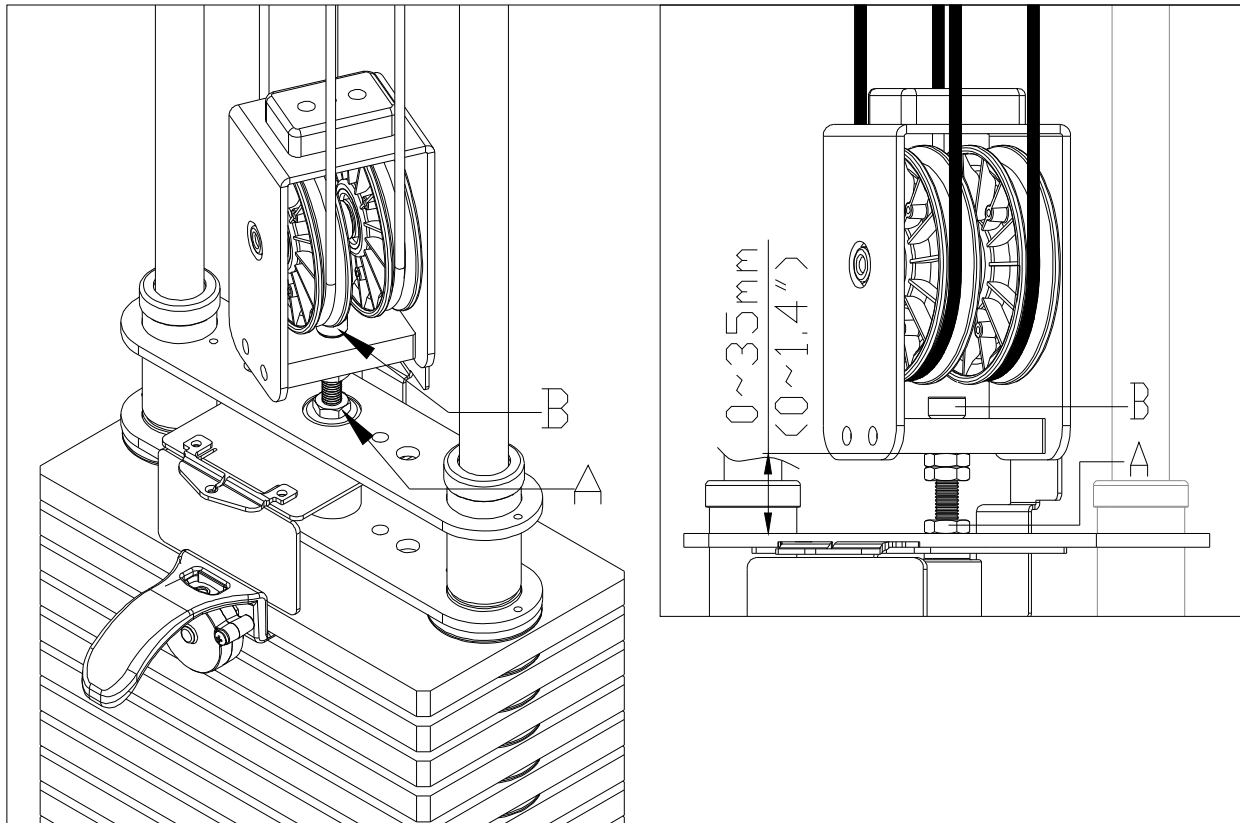
Please follow the instructions (a) through (b) below to assemble P771 machine.

- (a). Please remove the nut and washer from the screw (10). (DO NOT remove the bushing.)
- (b). Place the connecting pole (A2) on the top of two weight stack frame (A1) horizontally and align the mounting holes to secure the connecting bracket (A3) with the screws (10). (Note: When assemble the connecting brackets, please make sure the direction of the mounting holes as shown.)



## STEP 2 Cable Tension Adjustment Instructions

1. If the cable is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A to secure the belt length. The gap still exceeds the 35mm(1.4”).



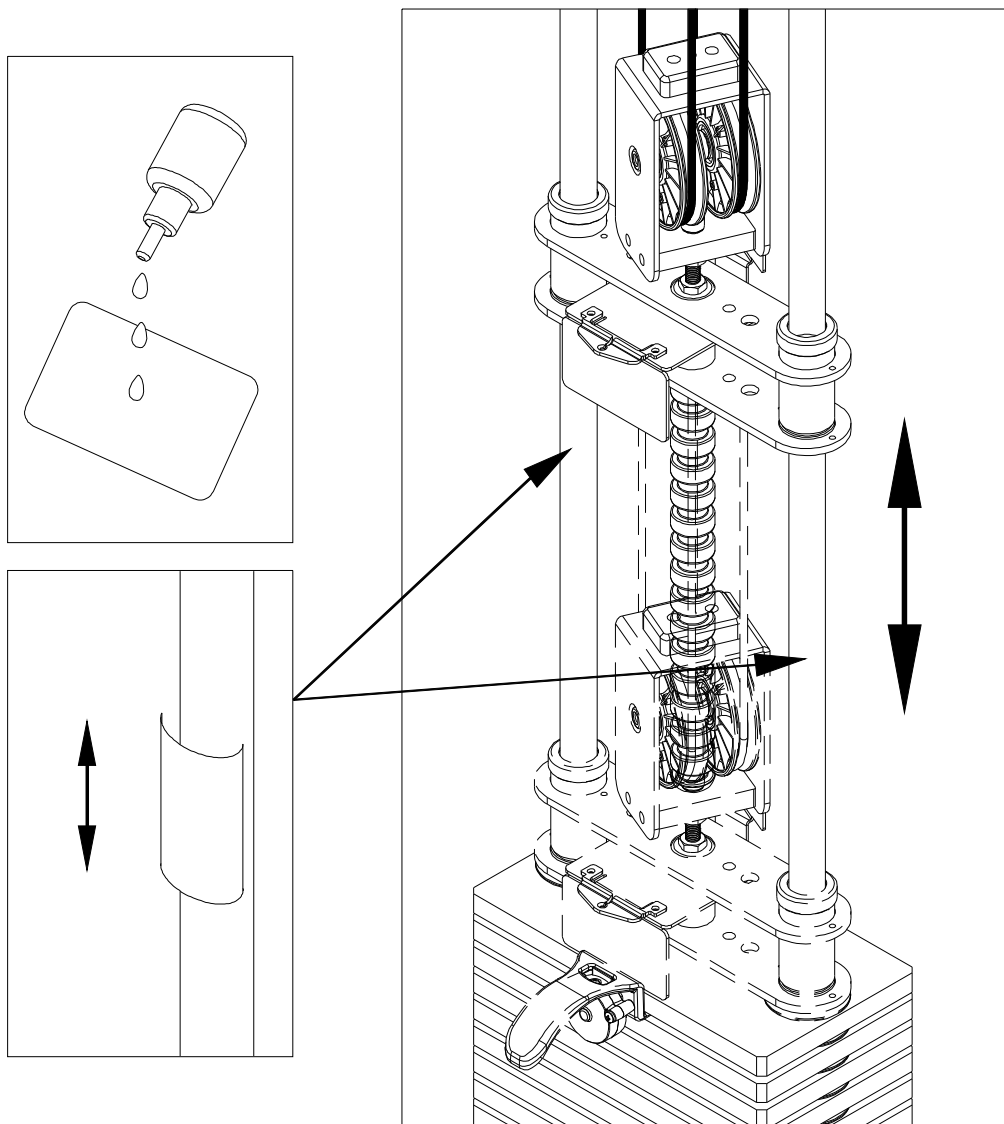


## 5. MAINTENANCE

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

### MAINTENANCE Cable Tension Adjustment Instructions

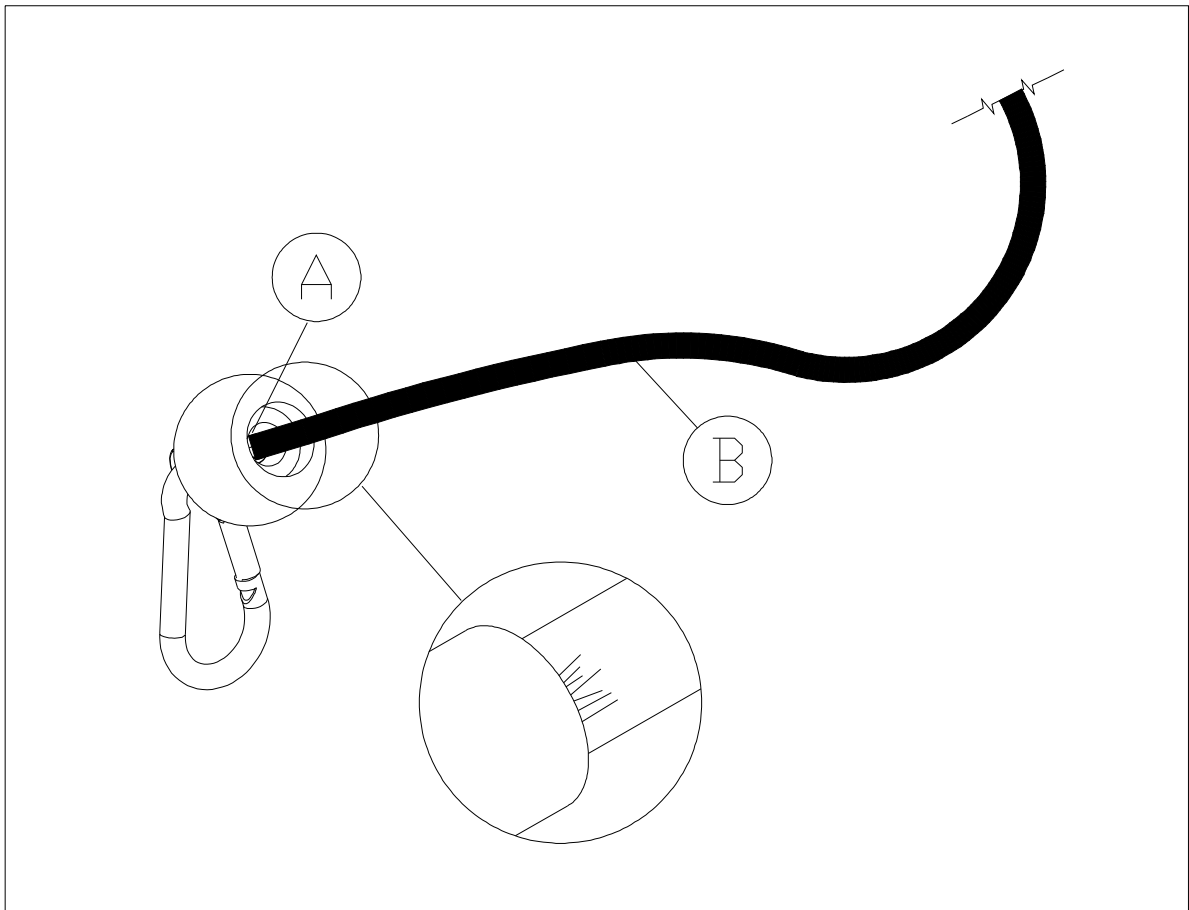
1. Please apply lubricant to the guide rods every week as follows.
    - (a). Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
    - (b). Load the upper stack carriage set. Exercise to test operation.
    - (c). Repeat steps (a) and (b) 2-3 times.
  2. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.
- (Note: the cloth should be lint-free.)



## **MAINTENANCE** Important Safety Information

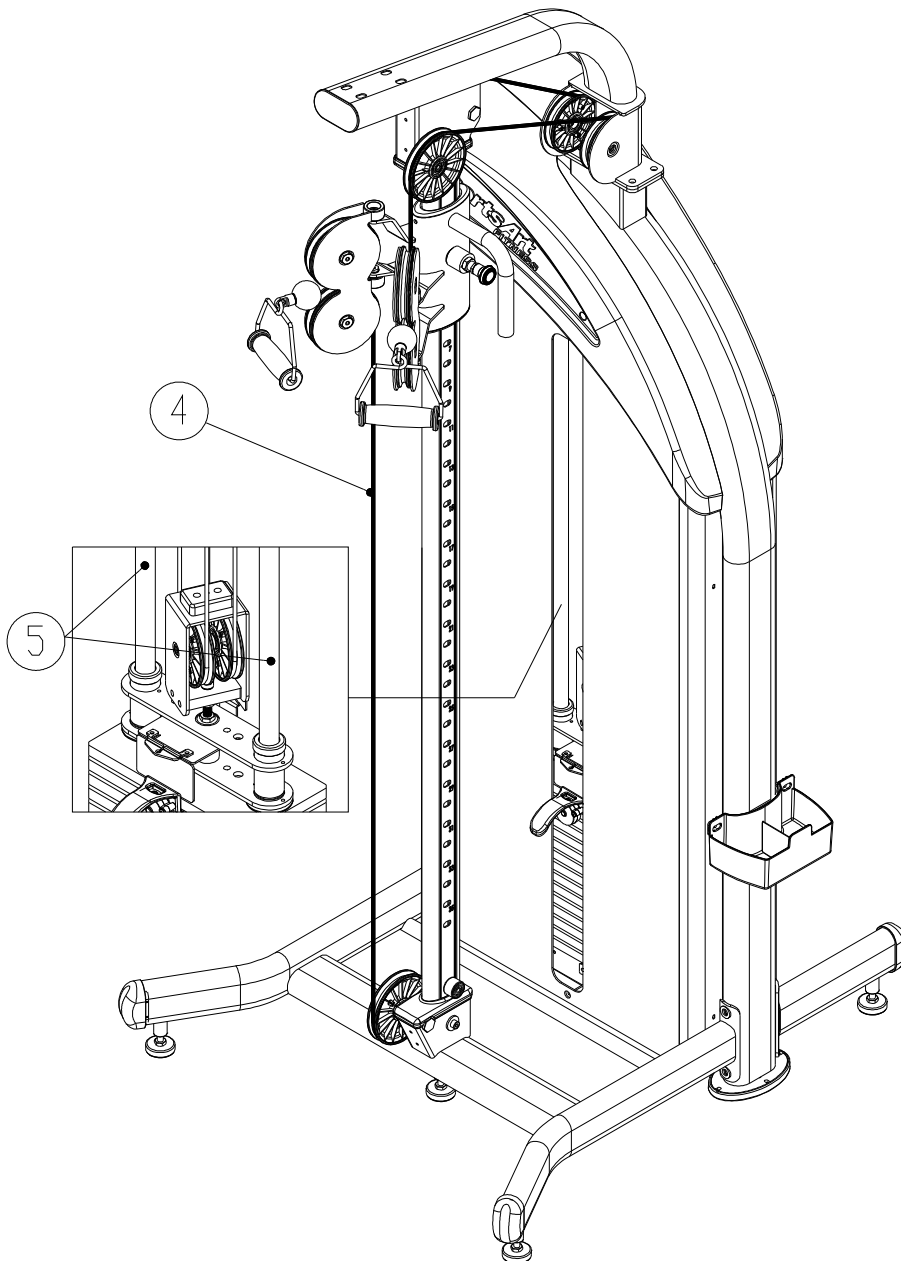
1. Once the machine cable reaches the warranty period, it is recommended to replace the cable.
2. Cable safety check, after a year in use, check cable weekly. Depend on the use conditions, increase the frequency of inspections.  
(As shown: (A) a cable, (B) the cable extension)

During inspection, if you find cracks in the cable is exposed to other unusual circumstances, please immediately stop using the machine and replace the cable.



# MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness and secure if necessary.
3	Testing	•					To confirm that the machine is working properly.
4	Cable		•				Check for damage or wear. If so, need for replacement.
5	Guide Rod		•				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.

### **Weekly tasks**

1. Check the cable for damage or tear.
2. Clean and lubricate 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	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 35-42	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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 6. 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 de 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.
- 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 ce produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

## **6. CONSIGNES DE SÉCURITÉ IMPORTANTES (Cont.)**

### **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.