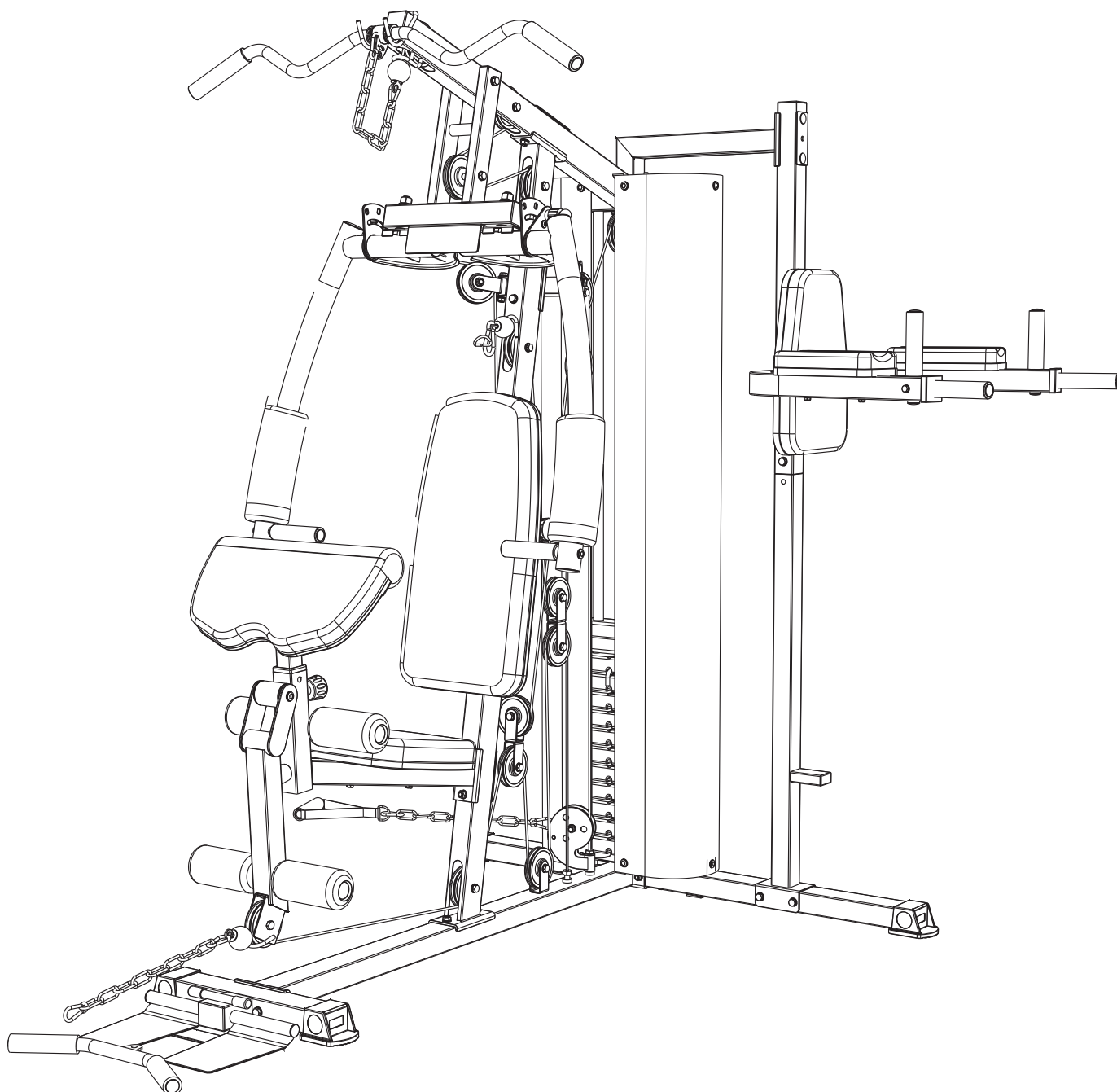


# Operation Manual



Catalogue

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# **Key Knowledge for Safety**

**Please keep this manual well for future reference.**

## **Matters to be attended:**

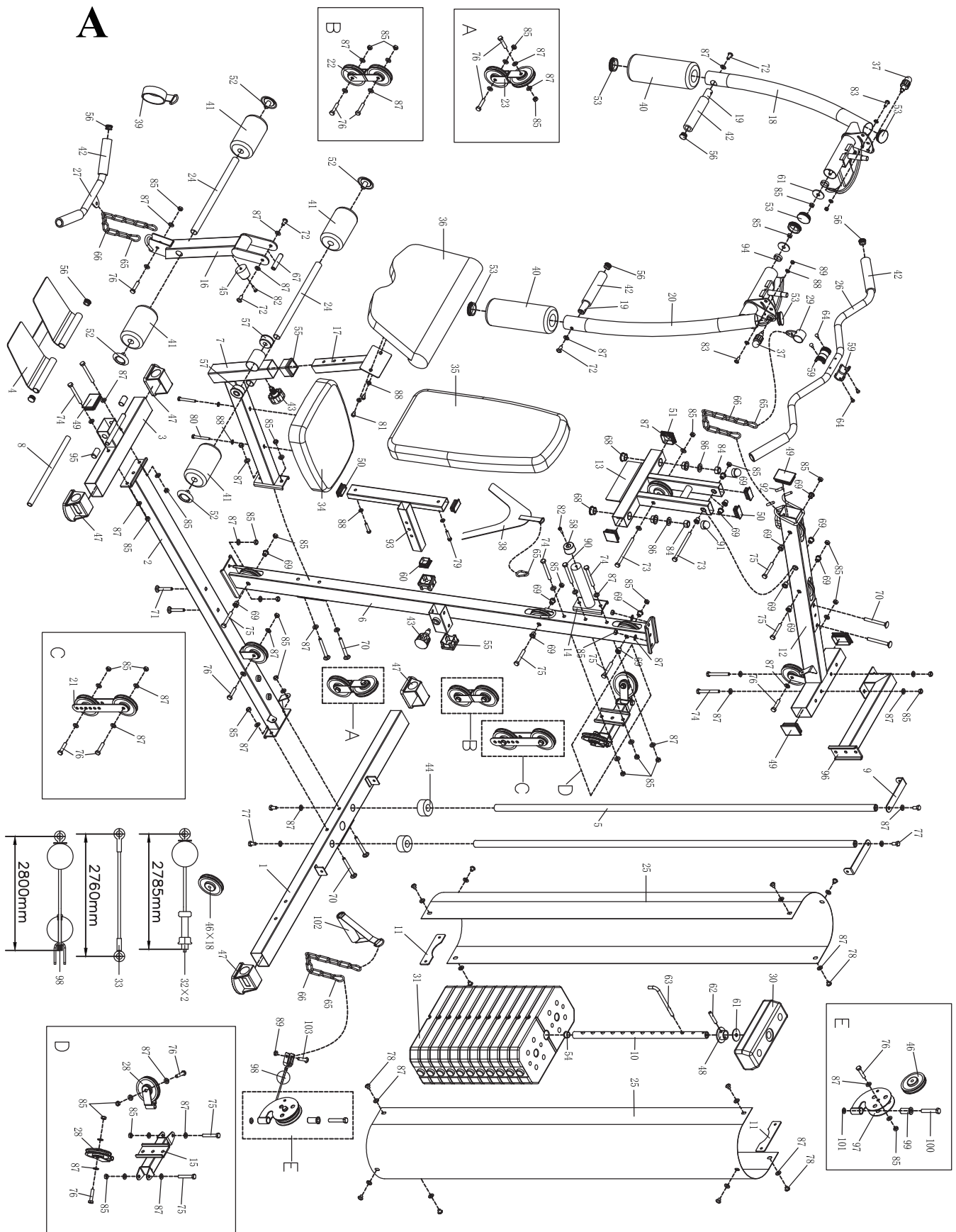
There are some safety precautions to be followed during the operation although the safety considerations have been taken into consideration in the design and manufacture of this training machine. Please read this manual carefully before assembling and using the training machine, especially the following safety precautions:

1. 1.Keep the children and pets away from the training machine, and do not leave any unattended child alone in the room where the training machine is placed.
2. Only one person is allowed to use the training machine at the same time.
- 3.Any user who feeling dizziness, nausea, chest tightness or other uncomfortable symptom shall stop the training immediately and visit a doctor thereafter.
4. The training machine shall be placed on a clean and flat surface, and shall be not used at any place near the water source or outdoor.
- 5.Hands shall be not close to any transmission parts when using.
- 6.Users are required to dress appropriately for training when using the training machine and no loose or other types of clothing that may get stuck during training is allowed. Users are also recommended to wear sneakers or healthcare shoes during training.
- 7.The training shall be carried out only in the way described in the instructions during the use of the training machine , and no training shall be carried out in any manner outside the instructions.
- 8.Any object with with a sharp point around the training machine is not allowed.
- 9.No disabled person shall use the training equipment without the supervision of a training partner or a caregiver.
- 10.Usually, users are required to warm up before training through a variety of stretching exercises.
11. No use is allowed upon any abnormality of the training machine
- 12.Training records shall be kept during the training process.
- 13.The maximum user weight of this product is 120KG.
- 14.The maximum allowable weight of this product to hold is 72KG (with weights).
- 15.The general safety standard of this product is: GB17498.1-2008/GB17498. 2-2008.

## **Warning:**

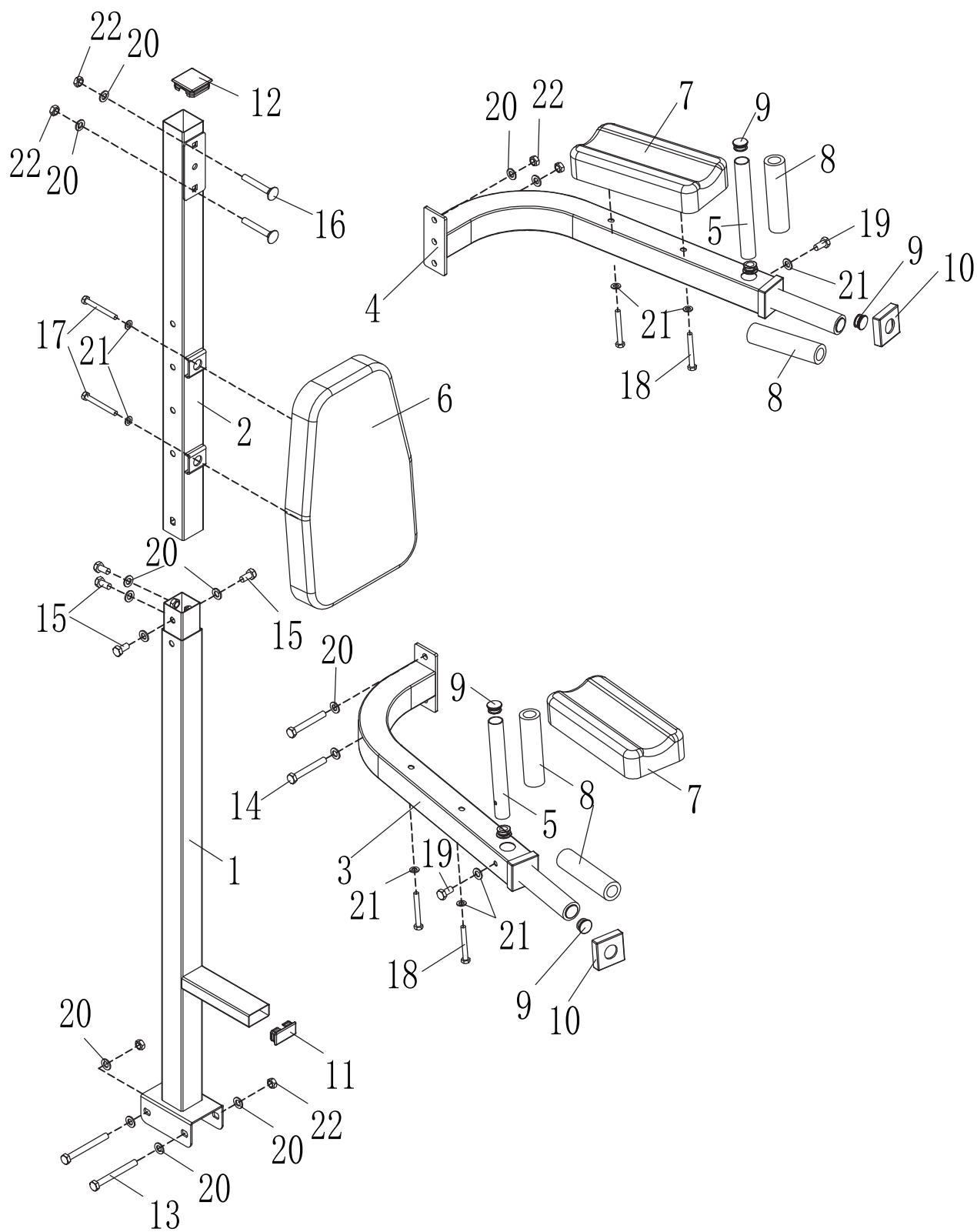
It is especially important for users who are over the age of 35 or has medical records to consult a doctor before training. Please read all instructions carefully before using any fitness equipment. We will not be responsible for any injury caused by the user themselves.

# Assembly Drawing





**B**



## List of Spare Parts

A- List of Spare Parts					
Item	Desc.& Spec.	Qty.	Item	Desc.& Spec.	Qty.
1	Rear bottom tube assembly	1	53	50 Circular tube plug	6
2	Floor tube assembly	1	54	Spherical circular tube plug	1
3	Front floor tube assembly	1	55	Tube lining	3
4	Pedal	1	56	25 Circular tube plug	8
5	Counterweight guide rod weldment	2	57	Plastic sleeve	2
6	Front inclined tube assembly	1	58	Forward cushion	1
7	Front strain-frame supporting tube assembly	1	59	Circular tube sleeve	4
8	Limiting tube assembly	1	60	38 square tube plug	1
9	Shield connection plate 1	2	61	Adjusting rod flat gasket	3
10	Weight adjusting rod assembly	1	62	Cylindrical pin	1
11	Shield connection plate 2	2	63	L-shape bolt	1
12	Top beam assembly	1	64	Core pulling rivet	4
13	Cantilever assembly	1	65	Shackle	7
14	Limiting tube assembly	1	66	Eight-ring chain	3
15	U-seat connecting tube assembly	1	67	Shaft	1
16	Kick assembly	1	68	Pulley pressing sleeve(large)	4
17	Hand pad assembly	1	69	Pulley pressing sleeve(small)	16
18	Right arm swinging assembly	1	70	Pan head square neck bolt(M10*90)	6
19	Forward pushing handle assembly	2	71	Pan head square neck bolt(M10*65)	2
20	Left arm swinging assembly	1	72	Hexagonal socket head bolt	4
21	Pulley connection plate	2	73	Hexagon bolt (M10*135)	2
22	Double U-seat weldment	1	74	Hexagon bolt (M10*90)	4
23	Rotary U-seat	1	75	Hexagon bolt (M10*65)	8
24	Sponge stick tube	2	76	Hexagon bolt (M10*45)	11
25	Iron-net protective cover	2	77	Hexagon bolt (M10*20)	4
26	High tension handlebar tube assembly	1	78	Hexagonal socket head bolt (M10*12)	12
27	Low tension handlebar tube assembly	1	79	Hexagon bolt (M10*40)	2
28	Arm swinging U-seat assembly	2	80	Hexagon bolt (M8*65)	2
29	High tension sleeve weldment	1	81	Hexagon bolt (M8*15)	2
30	Weight heads	1	82	Cross recess pan head screw (M6*20)	2
31	Weight	11	83	Hexagon bolt M8*25	2
32	High tension wire assembly	2	84	Locknut (M16)	2
33	Butterfly arm wire assembly	1	85	Locknut (M10)	38
34	Seat cushion component	1	86	Big flat gasket (D16)	2
35	Back cushion component	1	87	Flat gasket (D10)	72
36	Hand pad component	1	88	Flat gasket (D8)	10

37	Small elastic pin knob	2	89	Locknut M8	3
38	Training rope assembly	1	90	Hexagon bolt (M10*95)	1
39	Round tape assembly	1	91	Nut cap (M16)	2
40	Big sponge stick	2	92	High tension PVC sleeve	2
41	Sponge stick	4	93	Back cushion adjusting tube	1
42	Sponge grip	6	94	Spacer bush	2
43	Elastic pin knob	2	95	PVC plastic sleeve	2
44	Shock pad	2	96	Top tube connection weldment	1
45	Kick cushion	1	97	Pulley yoke weldment	1
46	Pulley	18	98	Handle wire assembly (2800mm)	1
47	Outer foot strap	4	99	Spacer tube	1
48	Weight head bush	1	100	Hexagon bolt (M12*90)	1
49	50* 50 rectangular tube plug	4	101	Flat gasket (D12)	1
50	25* 50 rectangular tube plug	4	102	Handle component	1
51	50 square tube plug	2	103	Hexagonal socket head bolt (M8*35)	1
52	25 circular tube plug	4	104		
Tool					
	Spanner 13, 14 and 17	2		Allen wrench 6#	2
	Special spanner	1		Allen wrench 5#	1
B- List of Spare Parts					
Item	Desc.& Spec.	Qty.	Item	Desc.& Spec.	Qty.
1	Parallel bars lower supporting frame	1	14	Hexagon bolt (M10*70)	2
2	Parallel bars upper supporting frame	1	15	Hexagon bolt (M10*20)	4
3	Parallel bars left arm-resting tube	1	16	Square neck pan bolt (M10*70)	2
4	Parallel bars right arm-resting tube	1	17	Hexagon bolt (M8*70)	2
5	Arm-resting standpipe	2	18	Hexagon bolt (M8*65)	4
6	Backrest assembly	1	19	Hexagon bolt (M8*25)	2
7	Hand pad assembly	2	20	Flat gasket (D10)	14
8	Handle grip (D25)	4	21	Flat gasket (D8)	8
9	Circular tube plug (D25)	6	22	Locknut (M10)	6
10	Hollow plug	2	23		
11	25* 50 rectangular tube plug	1	24		
12	50 square tube plug	1	25		
13	Hexagon bolt (M10*95)	2	26		

# Assembly Instructions

## Installation Instructions for Body Section(A)

**Important: Please make sure that all the accessories are complete after unpacking.**

Remark: It is better for two or more people to assemble together during the assembly process to avoid any injury.

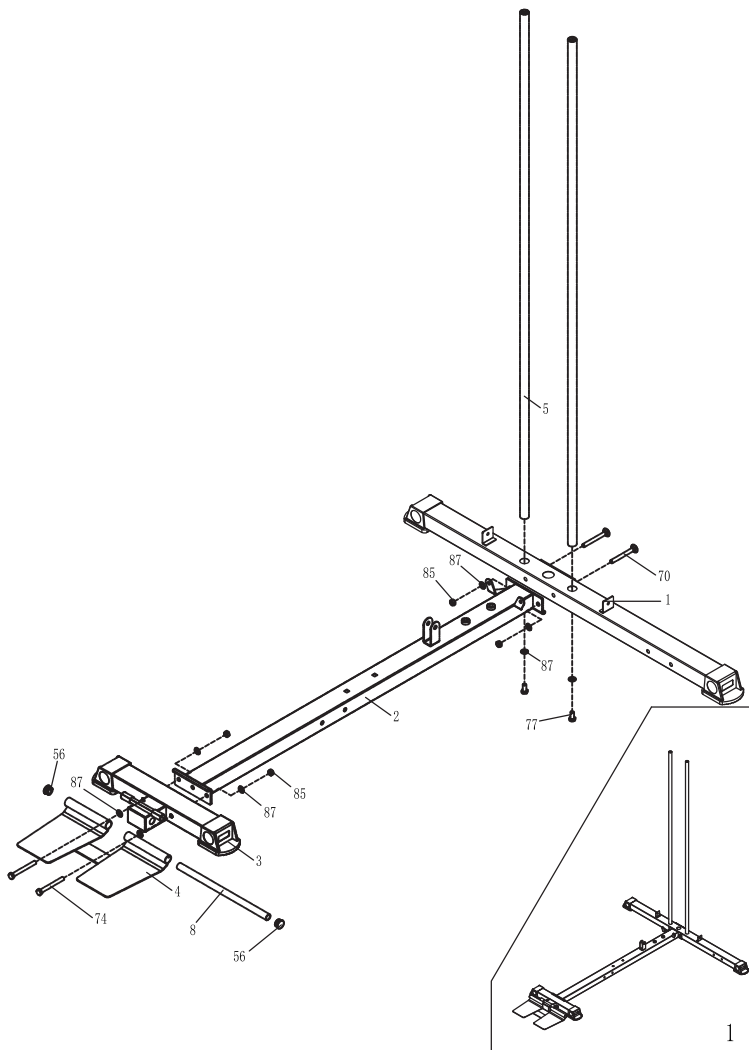
### Step1

1. Place the rear bottom tube assembly (1) and floor tube assembly (2) as shown in the figure and secure them with M10\*90 pan head square neck bolt (70), D10 flat gasket (87) and M10 locknut (85).

2. Insert the counterweight guide rod weldment (5) into the hole corresponding to the rear bottom tube assembly (1), and lock it from the bottom with M10\*20 hexagon bolt (77) and D10 flat mat (87) after fitting.

3. Place the floor tube assembly (2) and the front floor tube assembly (3) as shown in the figure and secure them with M10\*90 hexagon bolt (74), D10 flat gasket (87) and M10 locknut (85).

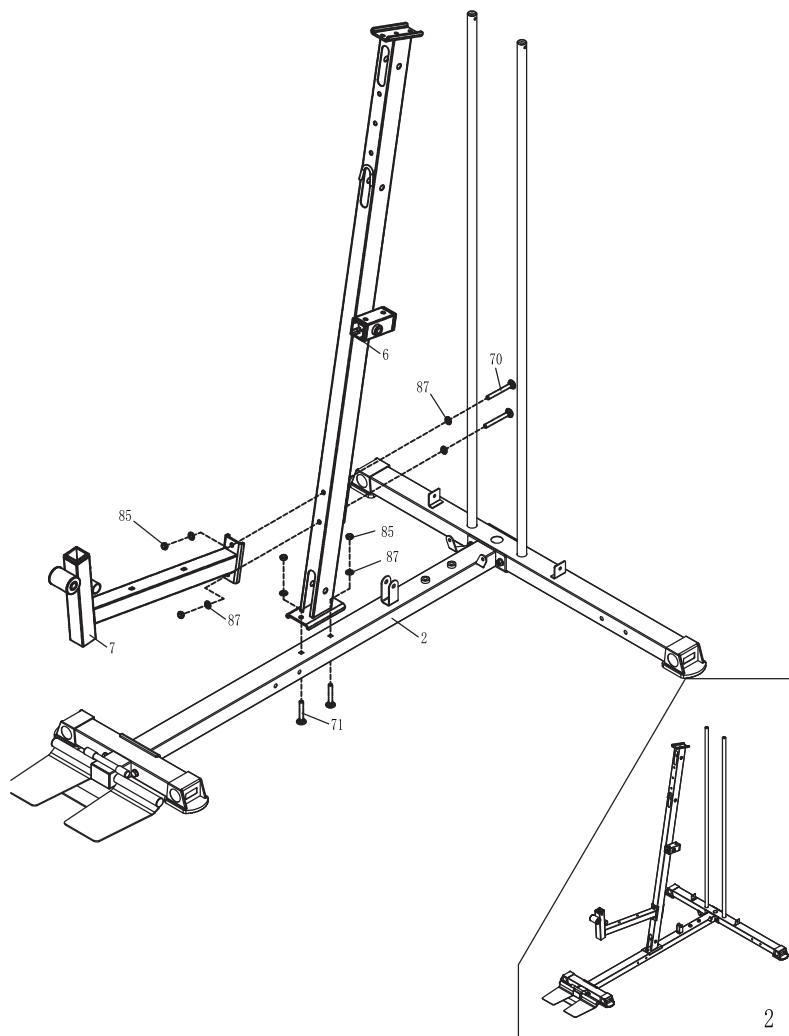
4. Fix the limiting tube (8) through the pedal (4) as shown on the front floor tube assembly (3) and then cover both ends of the limiting tube (8) with a D25 circular tube plug (56).



## Step2

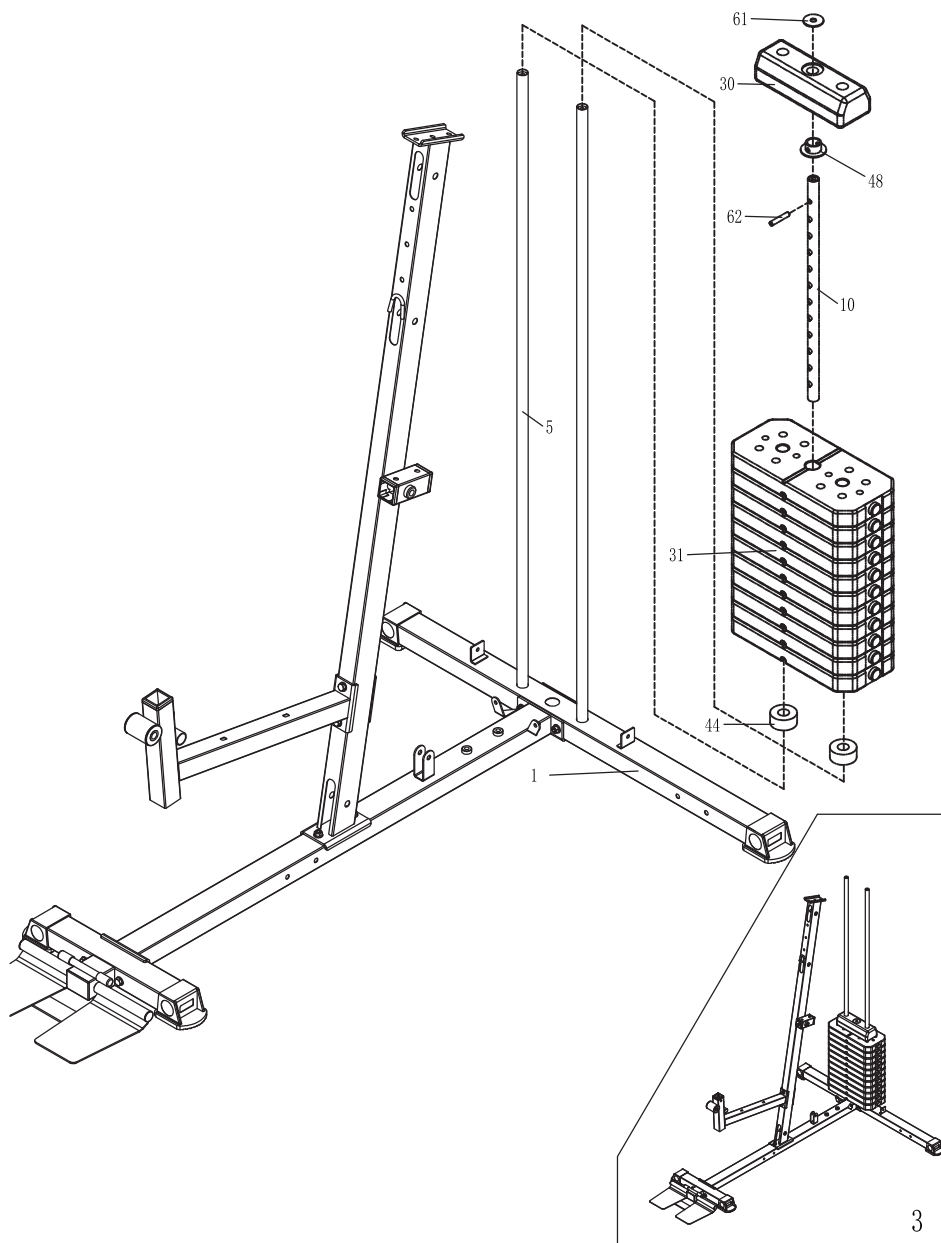
1.Place the front inclined tube assembly (6) on the assembled floor tube assembly (2) as shown in the figure and secure it with M10\*65 pan head square neck bolt(71), D10 flat gasket (87) and M10 locknut (85).

2.Place the front bottom bracket support tube assembly (1) and the front inclined tube assembly (6) as shown in the figure and secure them with M10\*90 pan head square neck bolt (70), D10 flat gasket (87) and M10 locknut (85).



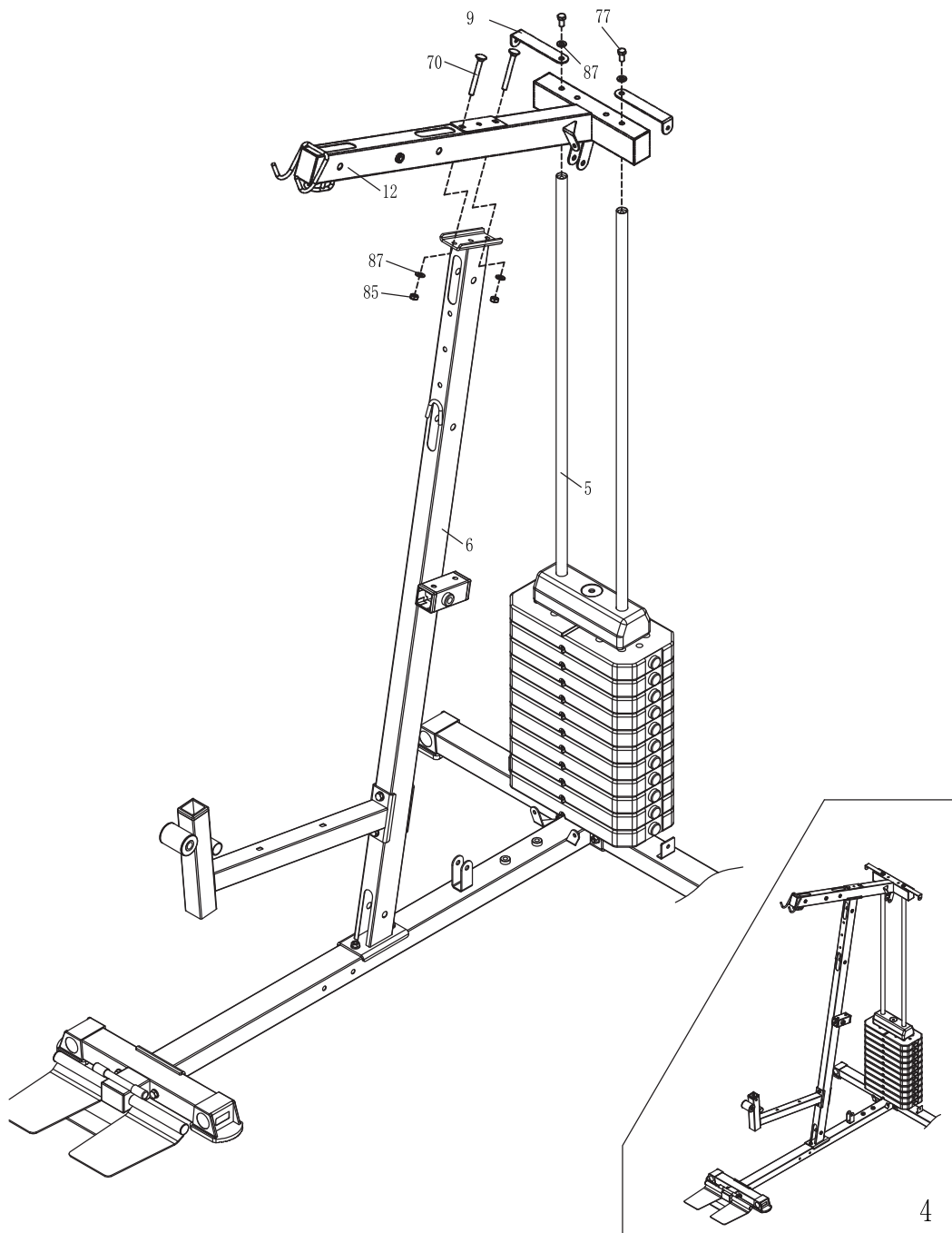
### Step3

1.First, load the shock pad (44) and the weight (31) into the counterweight guide rod weldment (5) as shown in the figure, then insert it in the direction shown. Lead the cylindrical pin(62) through the first hole (from top to bottom) of the weight head bush (48) and the weight adjusting rod assembly (10), and then install the weight head assembly (30). At last, place the adjusting rod flat gasket (61) in the position shown in the figure.



#### Step4

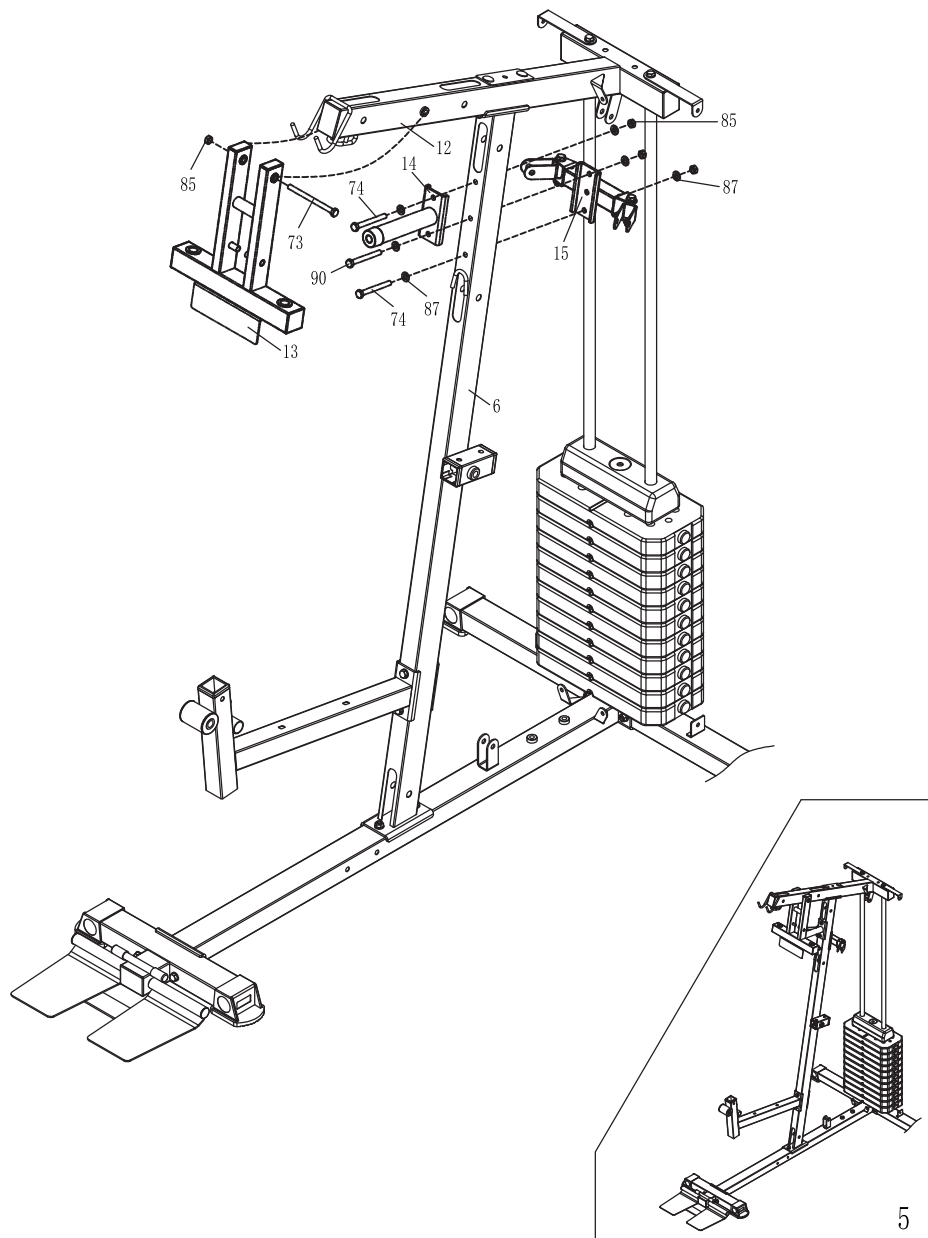
1.Align the holes on the cross pipe on the top beam assembly (12) with the counterweight guide rod weldment (5), then lock the M10\*20 hexagon bolt(77), D10 flat gasket (87) and shield connection plate1(9) in from the top, and do not lock it for the time being. Align the top beam assembly (12) with the hole of the front inclined tube assembly (6) as shown in the figure and secure it with M10\*90 pan head square neck bolt(70), D10 flat gasket (87) and M10 locknut (85).



### Step5

1.Place the limiting tube assembly (14), front inclined tube assembly (6), U-seat connecting tube assembly (15) as shown in the figure and secure them with M10\*95 hexagon bolt (90), M10\*90 hexagon bolt (74), D10 flat gasket (87) and M10 locknut (85).

1.Assemble the cantilever assembly (13) into the hole corresponding to the top beam assembly (12) as shown in the figure, and lock and fix it with M10\*135 hexagon bolt (73) and M10 locknut (85).

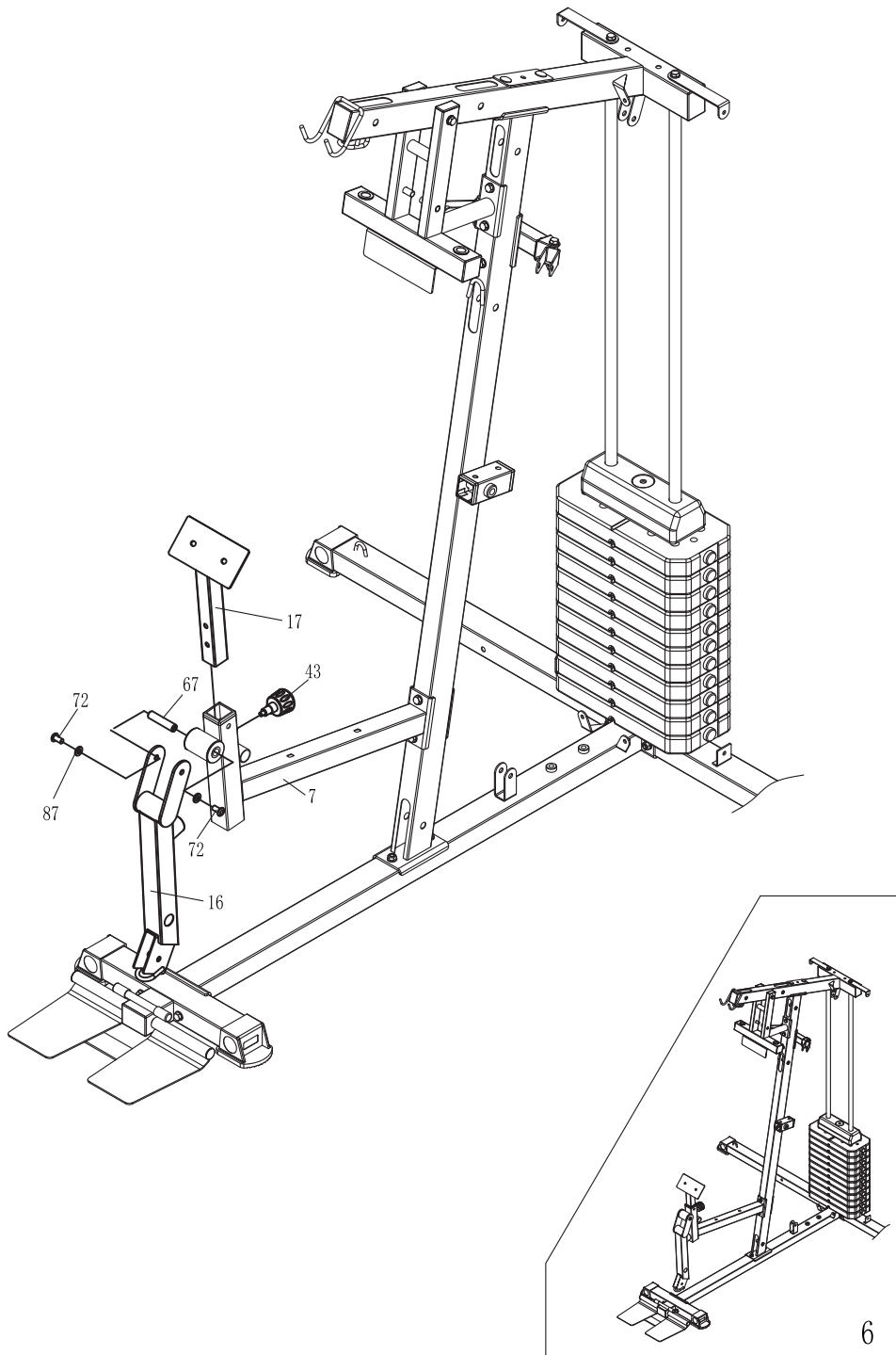




## Step6

1.Insert the shaft (67) into the front bottom bracket support tube assembly (7) as shown in the figure, then align the kick assembly (16) with the front bottom bracket support tube assembly (7) as shown, and secure with M10\*20 hexagonal socket head bolt (72) and D10 flat gasket (87).

2.Insert the hand pad assembly (17) into the front bottom bracket support tube assembly (7) as shown in the figure and secure it with the elastic pin knob (43).

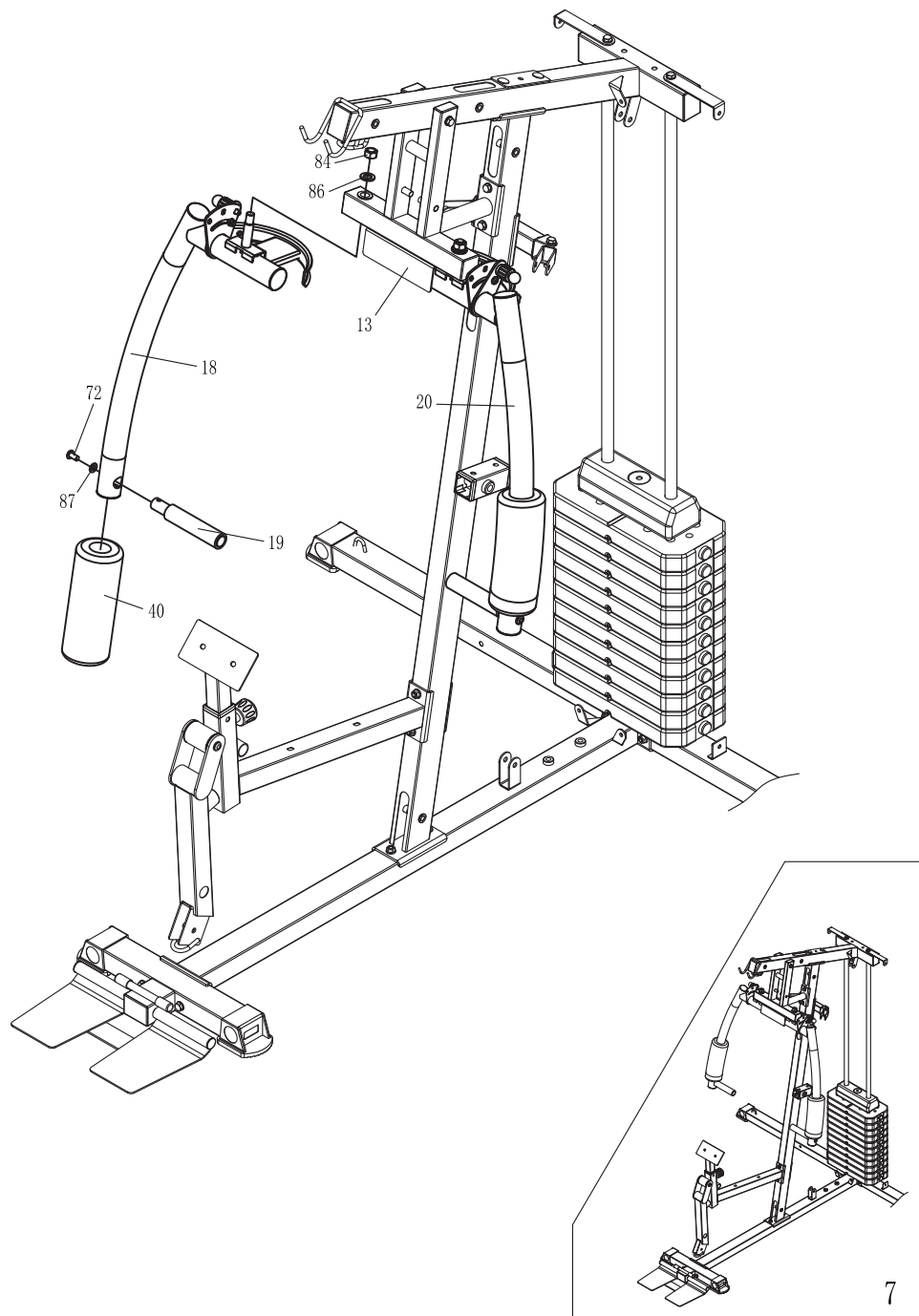


### Step7

1.Assemble the right arm swinging assembly (18) and the left arm swinging assembly (20) on the hole corresponding to the cantilever assembly (13) as shown in the figure, and lock and fix them with M16 locknut (84) and D16 big flat gasket (86).

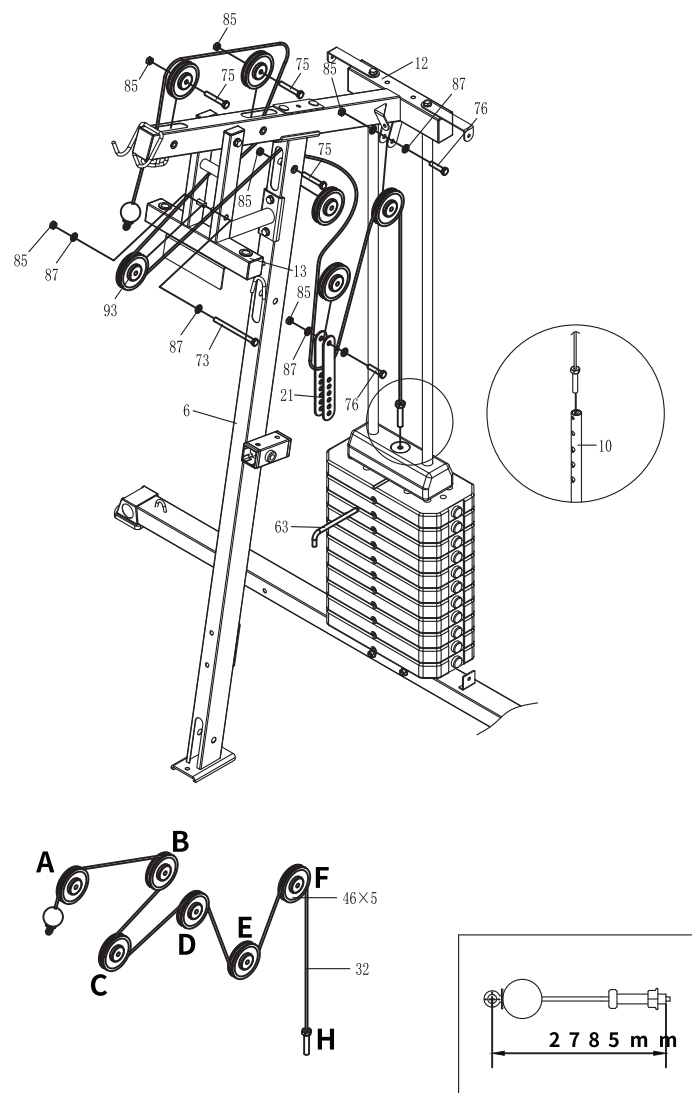
2.Assemble the big sponge stick (40) on the right arm swinging assembly (18) and left arm swinging assembly (20) as shown in the figure.

1.Lead the forward pushing handle assembly (19) through the hole corresponding to the right arm swinging assembly (18) and left arm swinging assembly (20), and fix it with M10\*20 hexagon socket pan head bolt (72) and D10 big flat gasket (87).



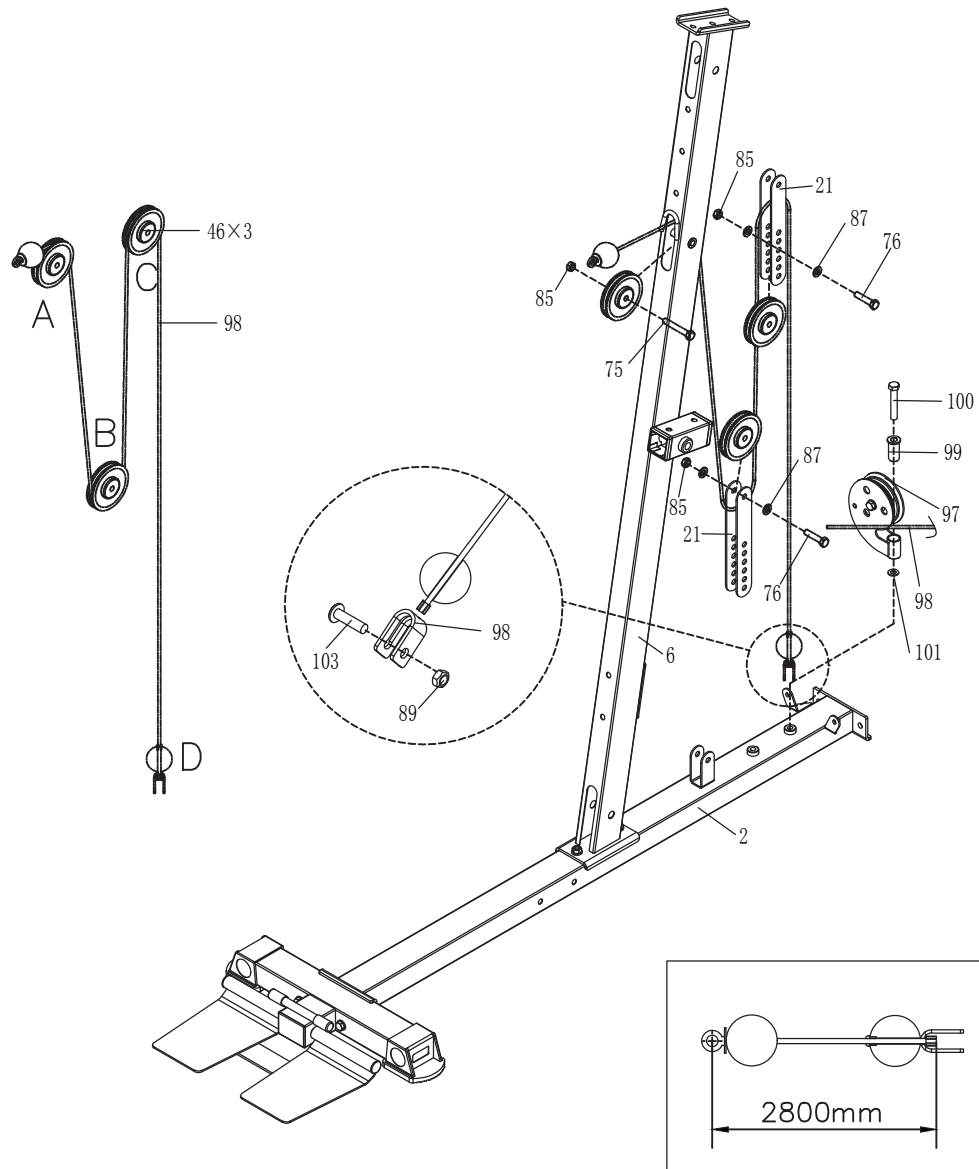
## Step8

1. Take the wire (32) out and assemble it according to the sequence in the figure after placement
2. Assembly pulley A, B and D in the same manner as shown in the figure, of which the sequence is M10\*65 hexagon bolt (75), pulley assembly (46), and M10 locknut (85).
3. As shown in Figure C, fix the M10\* 135 hexagon bolt (73), D10 flat gasket (87), pulley assembly (46), D10 flat gasket (87), and M10 locknut (85) on the cantilever assembly (13);
4. As shown in Figure E, the sequence is M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley connection plate (21), pulley (46), pulley connection plate (21), D10 flat gasket (87) and M10 locknut (85);
5. As shown in Figure F, fix the M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley (46), D10 flat gasket (87) and M10 locknut (85) on the top beam assembly (12).
6. As shown in Figure H, lock the other end of the wire (32) on the weight adjusting rod assembly (10) and insert the L-shape bolt (63) into the counterweight block.



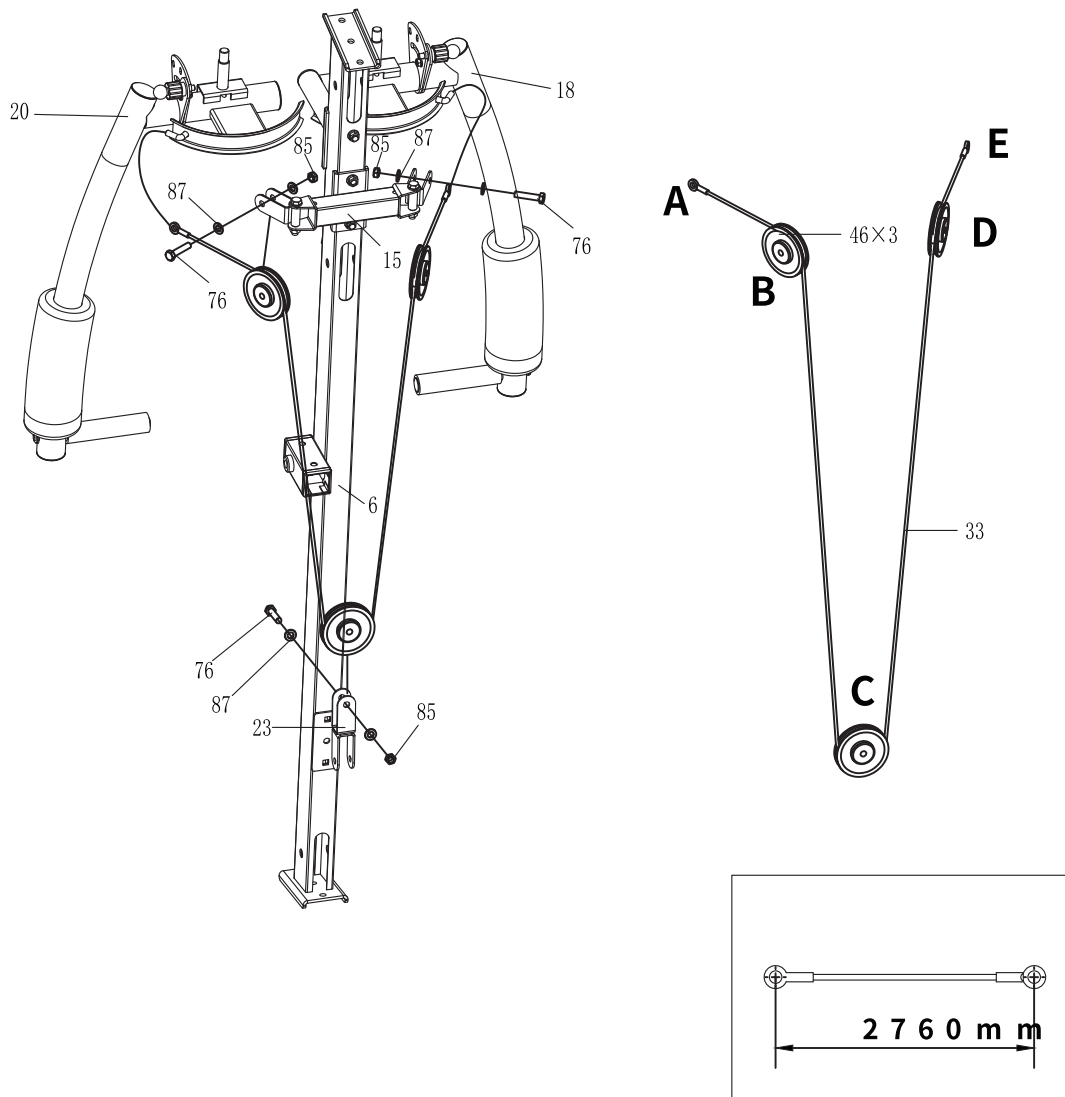
## Step9

1. Take the wire (98) out and assemble it according to the sequence as shown in the figure after the placement;
2. As shown in Figure A, following the sequence of M10\*65 hexagon bolt (75), pulley (46), and M10 locknut (85) and fix them in the front inclined pipe assembly (6);
3. As shown in Figure B, following the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley assembly (46), D10 flat gasket(87) and M10 locknut (85) and fix them on the double U-shape seat weldment (22);
4. As shown in Figure C, following the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley connection plate (21), pulley assembly (46), pulley connection plate (21), D10 flat gasket (87), and M10 locknut (85) to assemble;
5. As shown in Figure D, install the pulley yoke weldment (97) on the floor tube assembly (2) with hexagon bolt M12\*90 (100) through the spacer tube (99) and D12 flat gasket (101), then lead the wire (98) through the pulley yoke weldment (97) and fix the M8\*35 hexagonal socket head bolt (103) and M8 locknut (89) as shown in the figure.



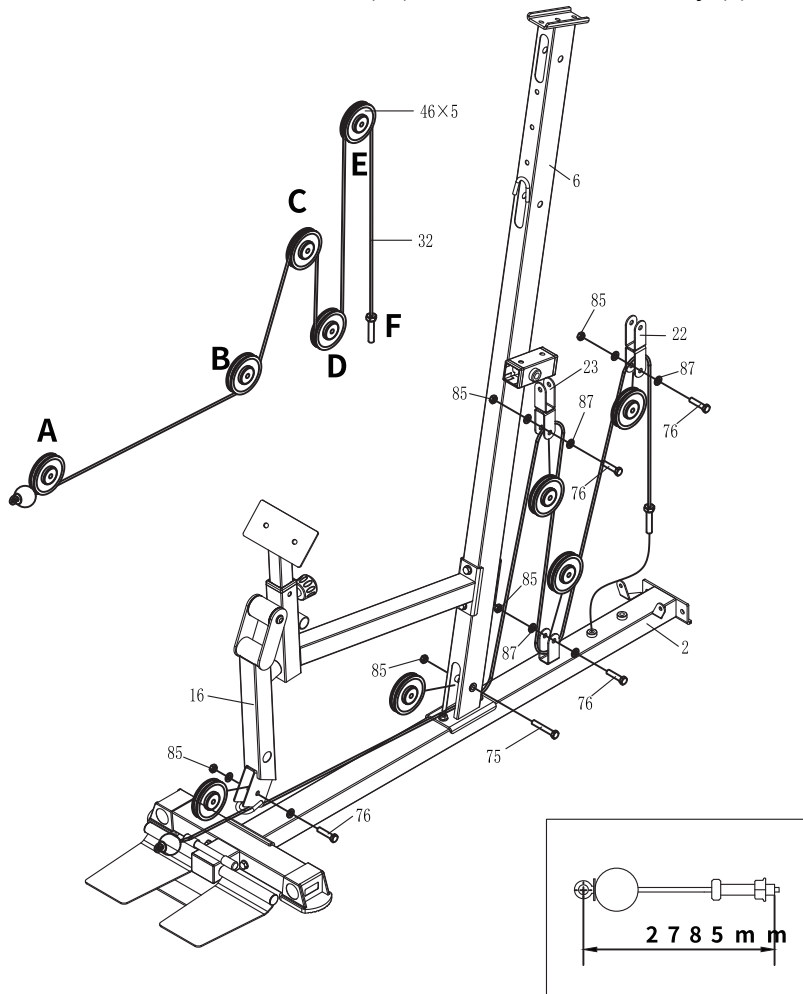
### Step10

1. Take the butterfly arm wire (33) out and assemble according to the sequence as shown in the figure after placement;
2. As shown in Figure A and E, hang both ends of the wire (33) in the right arm swinging assembly (18) and the left arm swinging assembly (20);
3. As shown in Figure B and Figure D, follow the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley assembly (46), D 10 flat gasket (87), M10 locknut (85) and fix them on the U-seat connecting tube assembly (15);
4. As shown in Figure C, follow the sequence of M10\*45 hexagon bolts (76), D10 flat gasket (87), pulley (46), D10 flat gasket (87) and M10 locknut (85) , and fix them on the rotary U-seat (23)



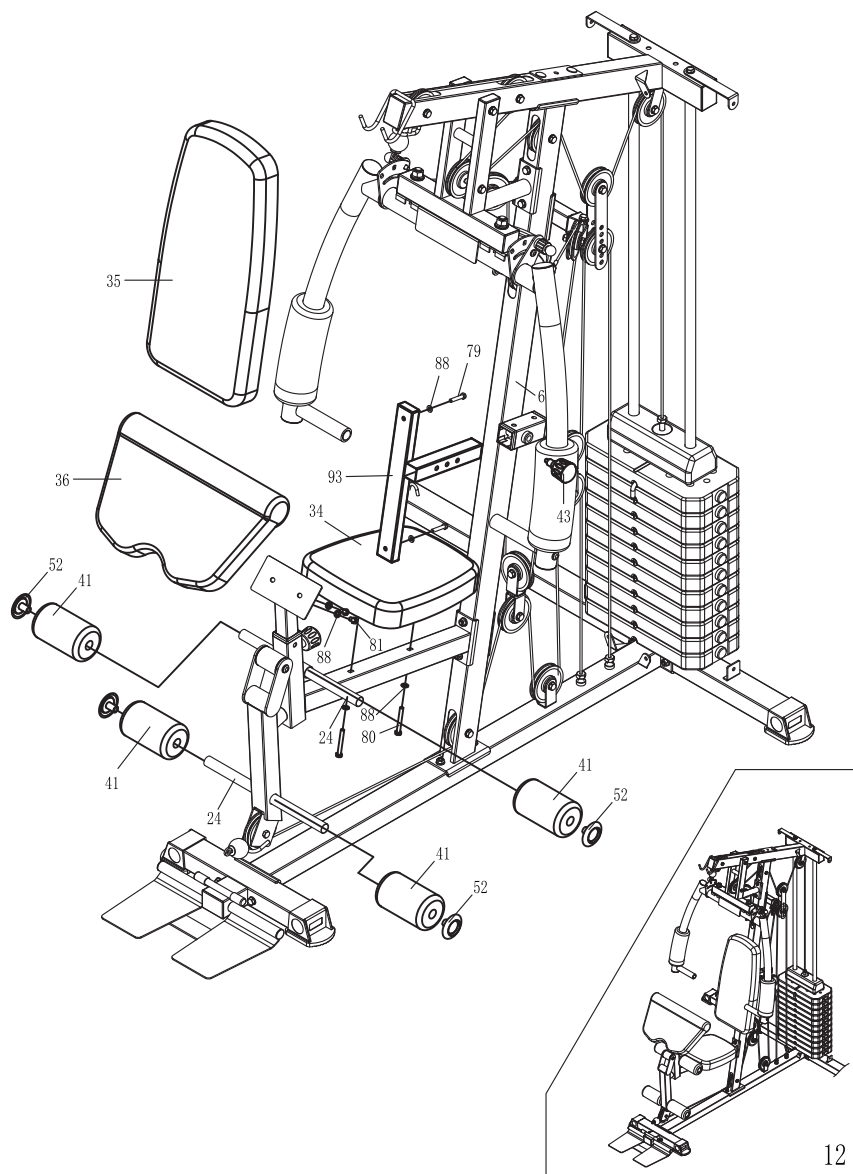
### Step11

1. Take the wire (32) out and assemble it according to the sequence in the figure after placement
2. As shown in Figure A, follow the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley component (46), D10 flat gasket (87), and M10 locknut (85) and fix them in the kick assembly (16);
3. As shown in Figure B, follow the sequence of M10\*65 hexagon bolt (75), pulley assembly (46), and M10 locknut (85) and fix them in the front inclined tube assembly (6);
4. As shown in Figure C, follow the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley component (46), D10 flat gasket (87) and M10 locknut (85) and fix them on the rotary U-seat (23);
5. As shown in Figure D, follow the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley assembly (46), D10 gasket (87), and M10 locknut (85) and fix them in the floor tube assembly (2);
6. As shown in Figure E, follow the sequence of M10\*45 hexagon bolt (76), D10 flat gasket (87), pulley connection plate (21), pulley assembly (46), pulley connection plate (21), D10 flat gasket (87) and M10 locknut (85) to fix.
7. Fasten the other end of the wire (32) to the floor tube assembly (2) as shown in Figure F.



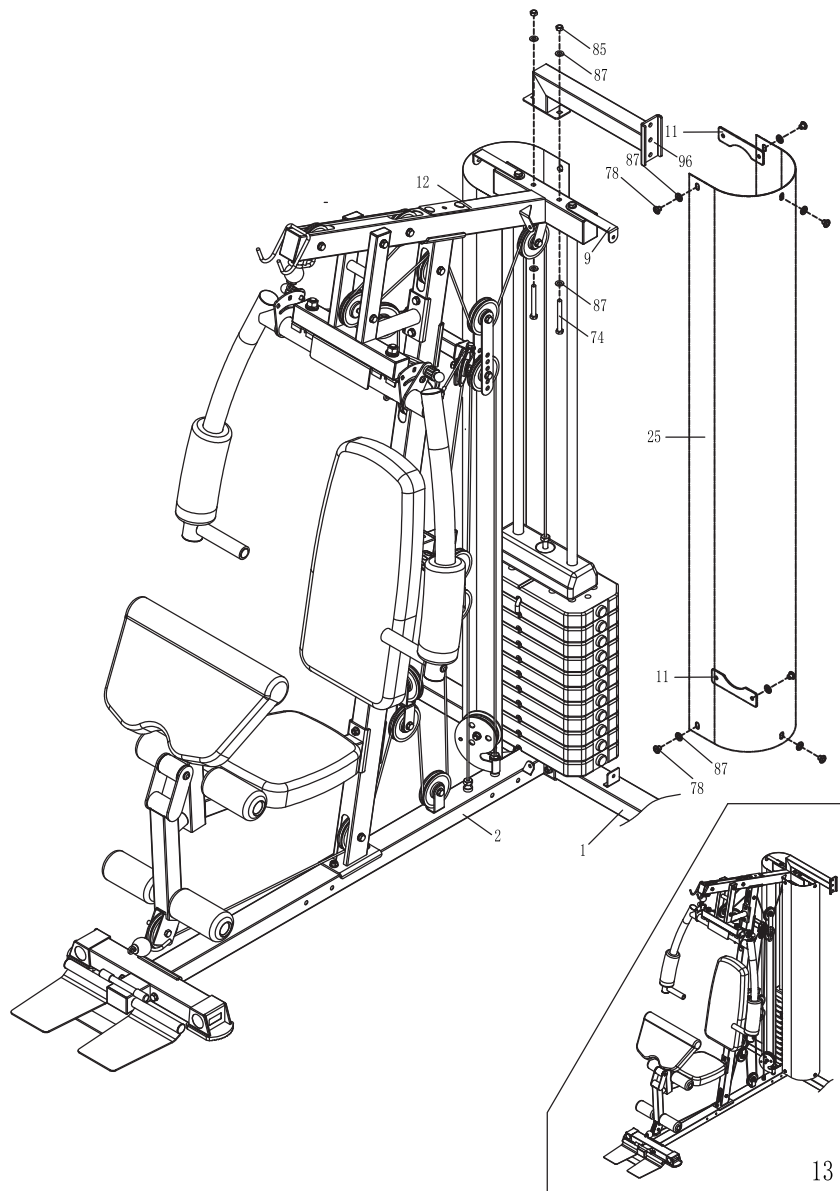
## Step12

1. Take the back cushion (35) out and fix with the M8\*40 hexagon bolt (79) and D8 flat gasket (88) on the cushion regulating tube (93), insert the back cushion regulating tube (93) into the front inclined tube assembly (6), and lock and fix it with the elastic pin knob (43);
2. Take the seat cushion (34) out and fix and lock it with M8\*65 hexagon bolt (80) and D8 flat gasket (88) according to the figure;
3. Take the hand pad (36) out and fix and lock it with M8\*15 hexagon bolt (81) and D8 flat gasket (88) according to the figure;
4. After installing the 2 sponge stick tubes (24) as shown in the figure, install the D 25 circular tube plug (95) and sponge stick (41) on the sponge stick tubes (24).



### Step13

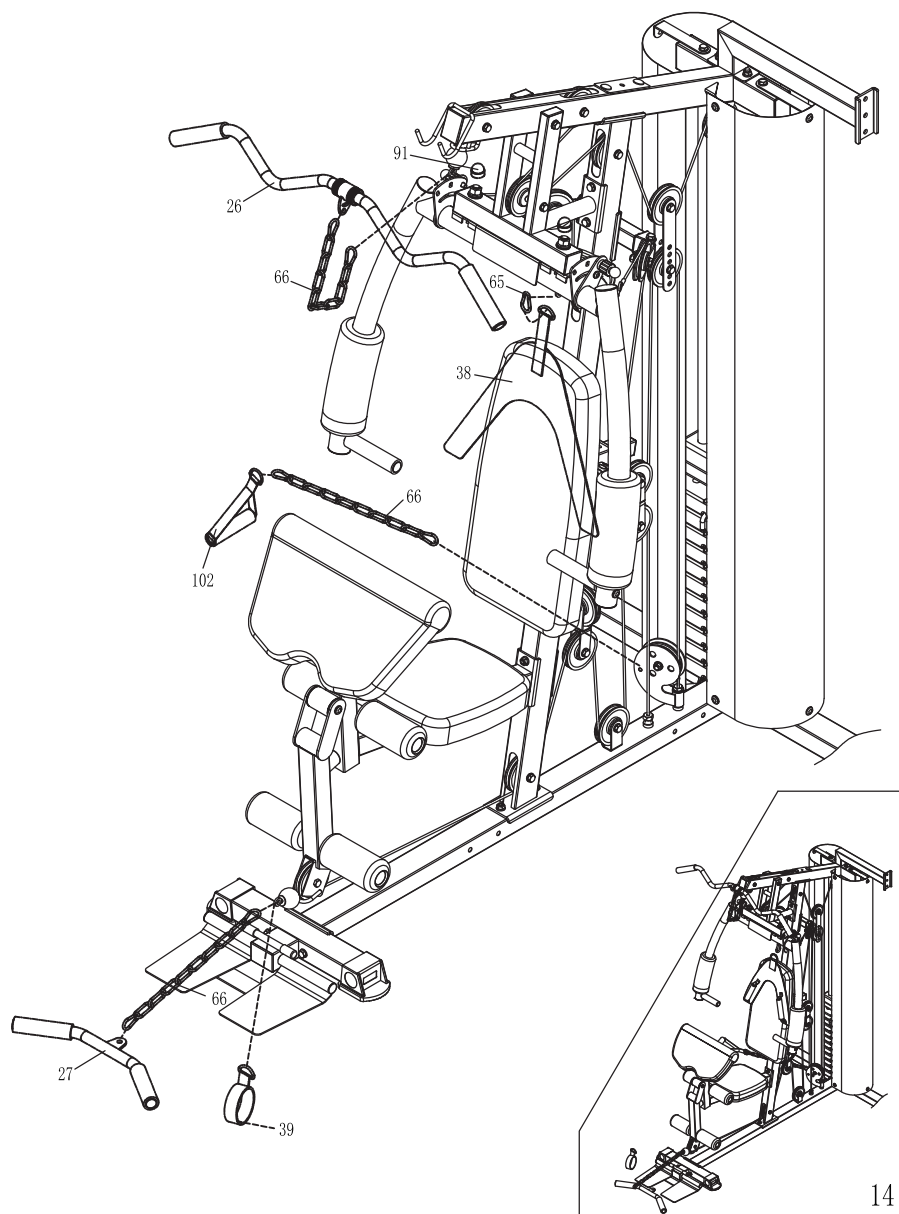
- 1.Place the top tube connecting weldment (96) and top beam assembly (12) according to the figure;and lock and secure it with M10\*90 hexagon bolt (74), D10 flat gasket (87) and M10 locknut (85);
- 2.Put the iron-net protective cover (25) and the shield junction plate 2 (11) in place according to the figure, and lock and fix it on the installed body with M10\*10 hexagonal socket pan bolt (78) and D10 flat gasket (87).





#### Step14

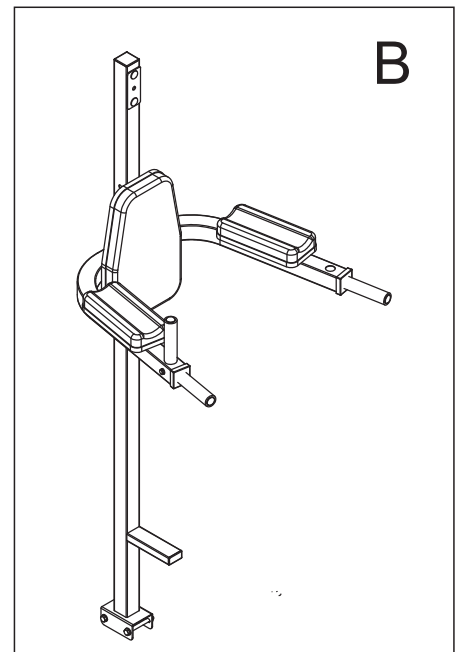
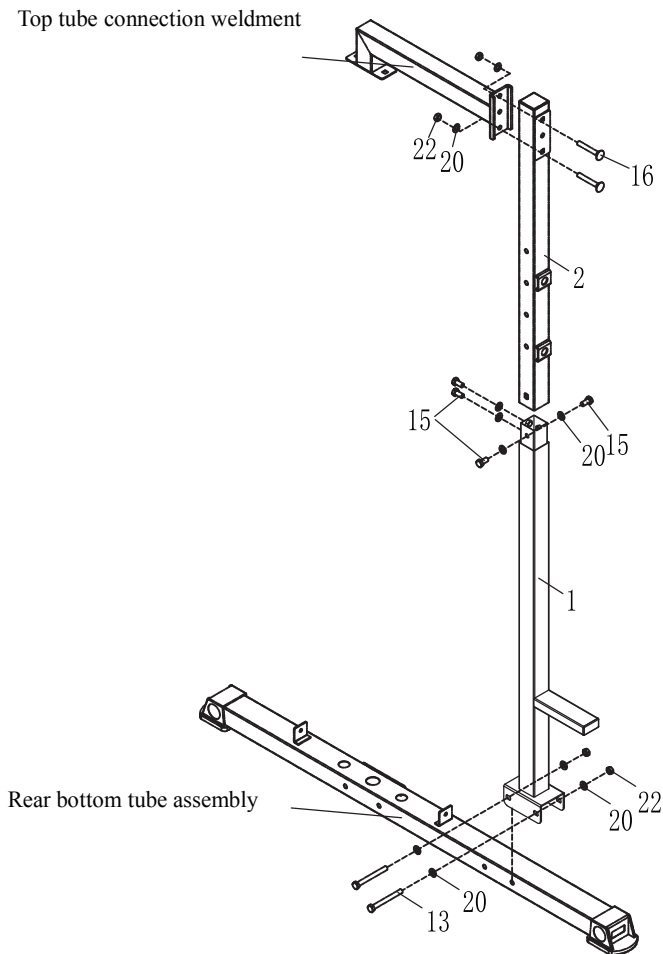
1. Assemble high tension rod assembly (26), eight-ring chain (66), shackle (65), low tension handlebar assembly (27), training rope assembly (38) and nut cap (91) as shown in the figure; then place the round tape component (39) well.
2. After the assembly, check whether the screws are locked and secured



## Installation Instructions for Accessories (B)

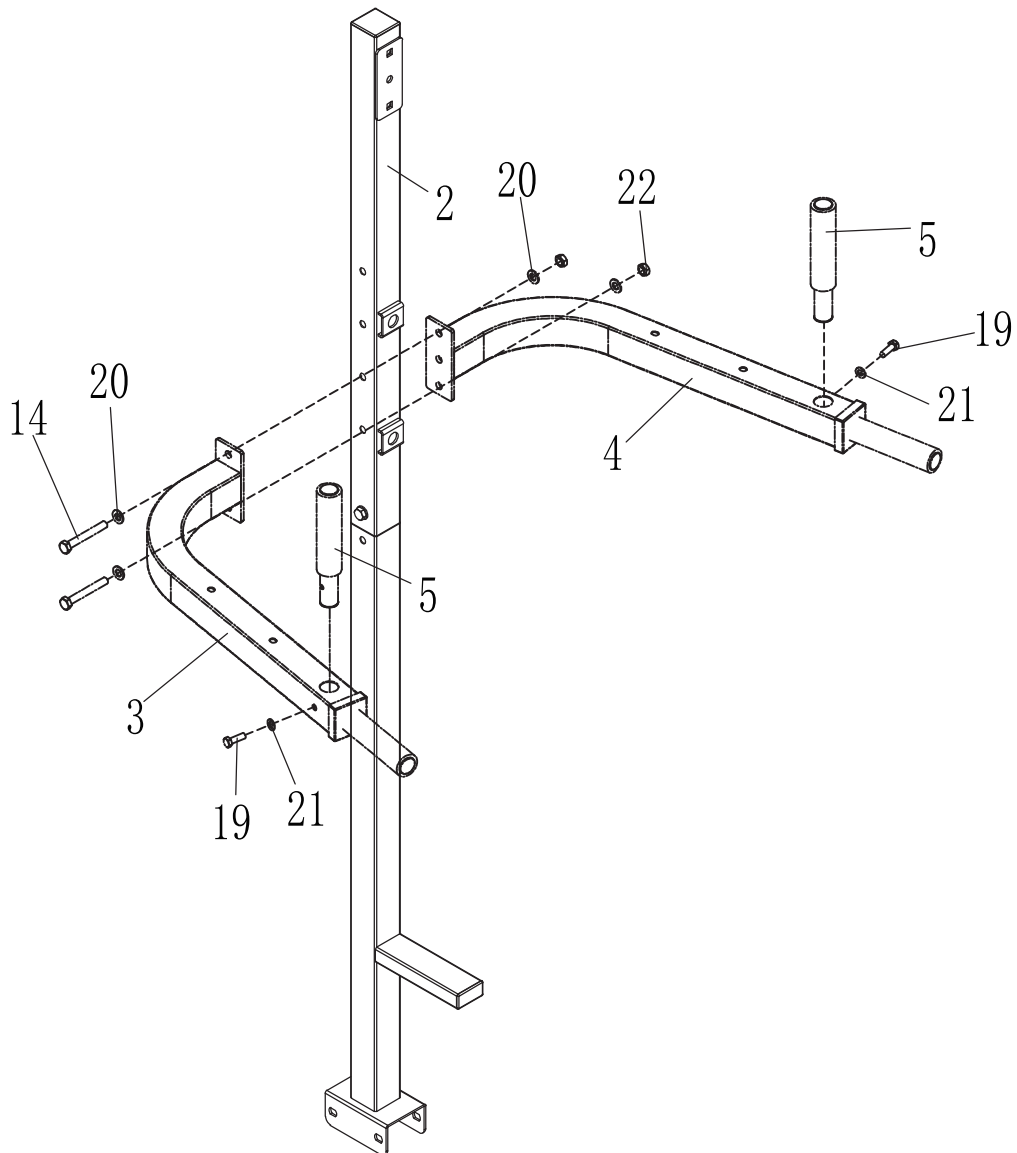
### Step1

1. Place the lower squat bracket (1) as shown in the figure, and fix it with M10\*95 hexagon bolt (13), D10 flat gasket (20) and M10 locknut (22).
2. Place the lower squat bracket (1) and the upper squat bracket (2) according to the figure, and fix them with M10\* 20 hexagon bolt (15) and D10 flat gasket (20).
3. Place the parallel bars upper supporting frame(2) and the top tube connecting weldment as shown in the figure, and fix them with M10\*90 square neck pan head bolt (16), D10 flat gasket (20) and M10 locknut (22).



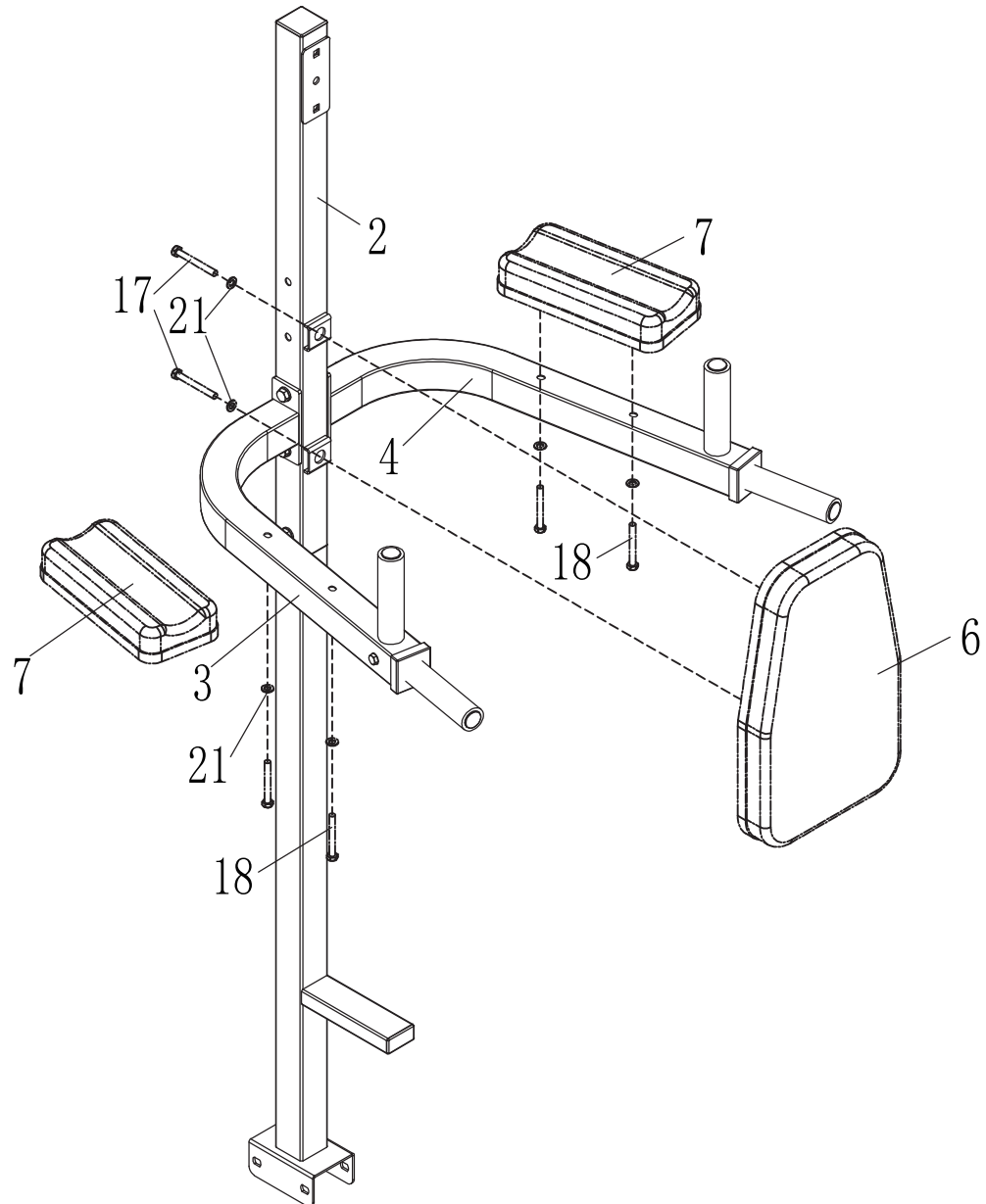
## Step2

1. Put the parallel bars left arm-resting tube (3), the parallel bars right arm-resting tube (4) and the parallel bars upper supporting frame (2) in place as shown in the figure, and fix them with M10\*195 hexagon bolt (14), D10 flat gasket (20) and M10 locknut (22).
2. Lock and fix the arm-resting standpipe (7), the parallel bars left arm-resting tube (3) and the parallel bars right arm-resting tube (4) and secure them with M10\*20 hexagonal socket pan head bolt (19) and D10 flat gasket (21) as shown in the figure.



### Step3

1. Insert the parallel bars upper supporting frame(2) with the hole position of backrest assembly (9), and then secure it with M8\*70 hexagon bolt (17), D8 flat gasket (21) .
2. Align the parallel bars left arm-resting tube(3) and the parallel bars right arm-resting tube (4) with the hole s in the hand pad assembly (7) as shown in the figure, and then lock and fix them with M8\*65 hexagon bolt (19) and D8 flat gasket (21).

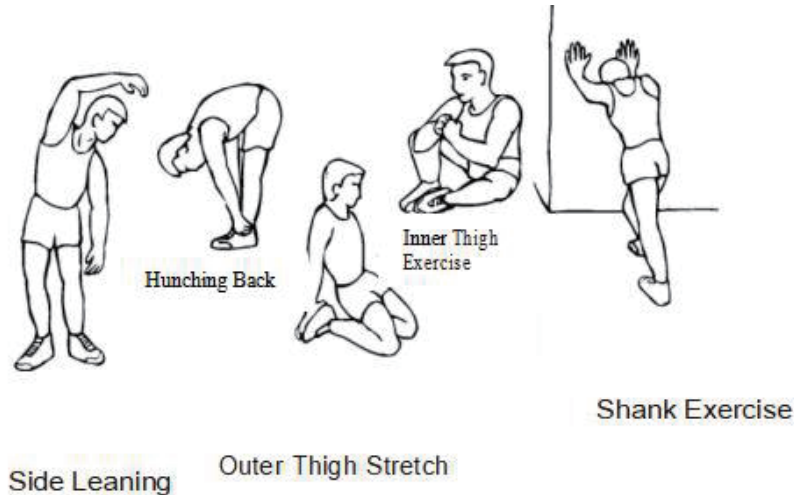


## Training Guidance

Apart from the enhancement to physical fitness and exercise muscles, this product also plays the role of weight loss through a reasonable diet.

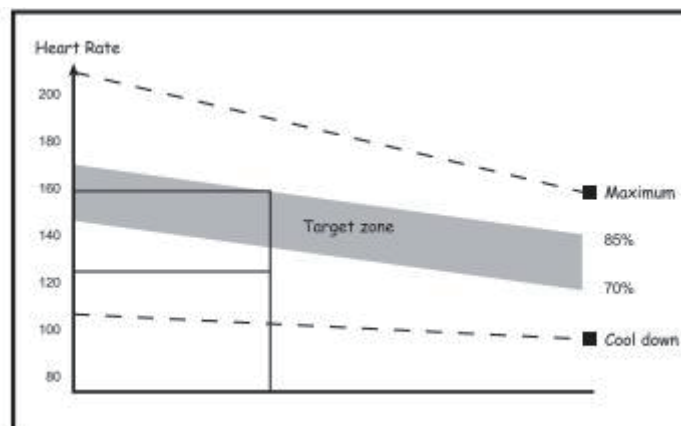
### Warm-up exercises before training

Warm-up exercises in this stage helps to improve the blood circulation of the trainers' body and make the muscles in a good training state, while reducing the risks of cramps and muscle injury during the training process. Please warm up with the following recommended exercises before each training . Each stretching exercise shall be held for about 30 seconds and attention is required against the strenuous stretching when doing exercises to avoid any muscle injury.



### Phase of training

This is a formal training phase where regular practices helps to improve the flexibility of the leg muscles. The key training process is to do exercises at a stable training intensity fitting to your own training situation and a reasonable training intensity and control is required for your heart rate to be within the target range listed in the table below.



Keep your heart rate within the target range for at least 12 minutes, and people usually train for 15-20 minutes generally at the beginning.







### Recovery phase after training

Repeat the exercises in the preparation phase and the amplitude and speed of the exercise can be appropriately reduced during the process thereof for about 5 minutes. The muscles will get relaxed through the adjustment of exercise to the body heat. It is important to note that no strenuous stretching during the exercise is allowed to avoid any muscle injury.

It is recommended to train at least 3 times a week and the average level of practice shall be recorded weekly if possible.

## Chart of Training Guidance

 <p><b>Seated Row (Trapezius)</b></p> <p>Install the low tension "T" handlebar assembly to the lower pulley, sit on the floor and support the crossbar with your feet. Bend your legs slightly and stretch your legs while moving your body upward. Bend and stretch your waist while bending and stretching your elbows.</p>	 <p><b>Bent-Knee Training (Rectus Abdominis)</b></p> <p>Place the low tension "T" handlebar assembly on the lower pulley, lie flat on your back with legs almost straight and toes up. Place the "T" handlebar assembly between your feet, and lift your knees to ensure that the "T" handlebar assembly is as close to your chest as possible.</p>	 <p><b>Biceps Training (Biceps - Forearm Muscles)</b></p> <p>Install the low tension "T" handlebar assembly to the lower pulley, and grasp the T-handle assembly with both hands. Stand up straight with straight arms and keep the back arms close to the body to lift the handlebar assembly up with forearms as far as possible.</p>
 <p><b>Biceps Training (Biceps - Forearm Muscles)</b></p> <p>Install the low tension "T" handlebar assembly to the lower pulley and set the round sponge catalpa pad to the highest position. Sit on the pad, put your elbows against the round foam pad, and grip the T-handlebar assembly with the elbow as the center to do as much back hunching as possible.</p>	 <p><b>Biceps Training - Reverse Grip (Biceps - Forearm Muscle Strengthening)</b></p> <p>Do the same preparatory work and exercises as in the previous step, but hold the lower handlebar assembly in reverse with both hands to make sure that you can feel that the real stress is on the grip rather than the biceps during the exercise.</p>	 <p><b>Turning Wrist Training (Forearm Muscles)</b></p> <p>Install the lower tension "T" handlebar assembly to the lower pulley, and adjust the round sponge stick to the place. Place your forearms on the round sponge stick and bend your wrists for as much motion as possible. You can exercise the outer muscles in the forearm if bent in the opposite direction.</p>
 <p><b>Flexo Training (Muscular Glands)</b></p> <p>Only one leg is allowed to do the exercise at the same time for this exercise. Adjust the circular sponge stick to the most convenient position and hang the wire on the leg with a hook. Support the knee on the circular sponge stick, and then make the leg bend as much as possible.</p>	 <p><b>Kick Training (Quadriceps)</b></p> <p>Lower the round sponge to a minimum position and hook the round sponge with both legs. Grab the bottom of the seat cushion with both hands, and slowly straighten your legs.</p>	 <p><b>Bent-Over Training (Rectus Abdominis and Latissimus Dorsi)</b></p> <p>Install the high tension "T" handlebar assembly to the position of high pulley, and lower the round sponge stick to the lowest position. Hook both feet on the round sponge stick and hold the handlebar assembly with both hands and bend forward and downward at the waist as far as possible.</p>

 <p><b>Straight Arm Pull-down</b> (Pectoralis Major and Deltoid)</p> <p>Connect the high tension "T" shaped handle assembly to the high pulley and sit on the cushion to hold the handlebar assembly with your hands. Straighten your arms, and make circular motion centering your shoulder. In the process of motion, you can increase the motion amplitude by leaning on the cushion.</p>	 <p><b>Pull-Down Training</b> (Triceps)</p> <p>Install the handlebar assembly at the high pulley and adjust the round sponge stick to the highest position. Hold the handlebar assembly firmly while sitting on the cushion to place your thighs under the round sponge stick for support, and pull the handlebar assembly to the chest to complete the motion while hunching</p>	 <p><b>Chest Training</b> (Pectoralis Major)</p> <p>Adjust the pre-stretch and upper arms to be parallel to the ground with the forearm resting on the original sponge stick and pushing forward with the elbows instead of the arms.</p>
 <p><b>Pushing Training</b></p> <p>Adjust the height of the seat so that the handlebar assembly on the left/right arm is in the middle of the chest.</p> <p>2) Either set of handlebar assembly can be used for exercises. Push the left/right arm to the maximum stretching box and change the angle of handlebar assembly from horizontal to vertical, so that the muscles can be exercised from different angles.</p> <p>3) Repeat the exercises as described above.</p>	 <p><b>Back Kick</b> (Hip Muscles)</p> <p>The exercise also allows only one leg to do the exercise for the time being. Adjust the round sponge stick to the most convenient position and connect the wire at the lower pulley to the ankle. Add an appropriate safety protective cover at the ankle, lean on the round sponge stick with your hands as support and do the back kick and recovery motion slowly.</p>	 <p><b>Side Kick</b> (Leg Muscles)</p> <p>The exercise also allows only one leg to do the exercise for the time being. After the same preparatory work as back kicking motion, cross your legs first before the motion and then kick as far back as possible to the sponge stick.</p>

## Warning:

Pre-training exercises and consultation with a recommended authoritative medical institution are required prior to any exercise. In addition, any user who is unable to train for a long time due to the system or who has obesity, hypertension or cardiovascular disease shall be consulted with an authoritative medical institution before any exercise or continuous training. Please read all the instructions carefully before assembly.

- Make sure that all the parts are locked before training. Any improper or incorrect installation will cause harm to your body.
- Two people are suggested to work together to complete the installation of the equipment.

