

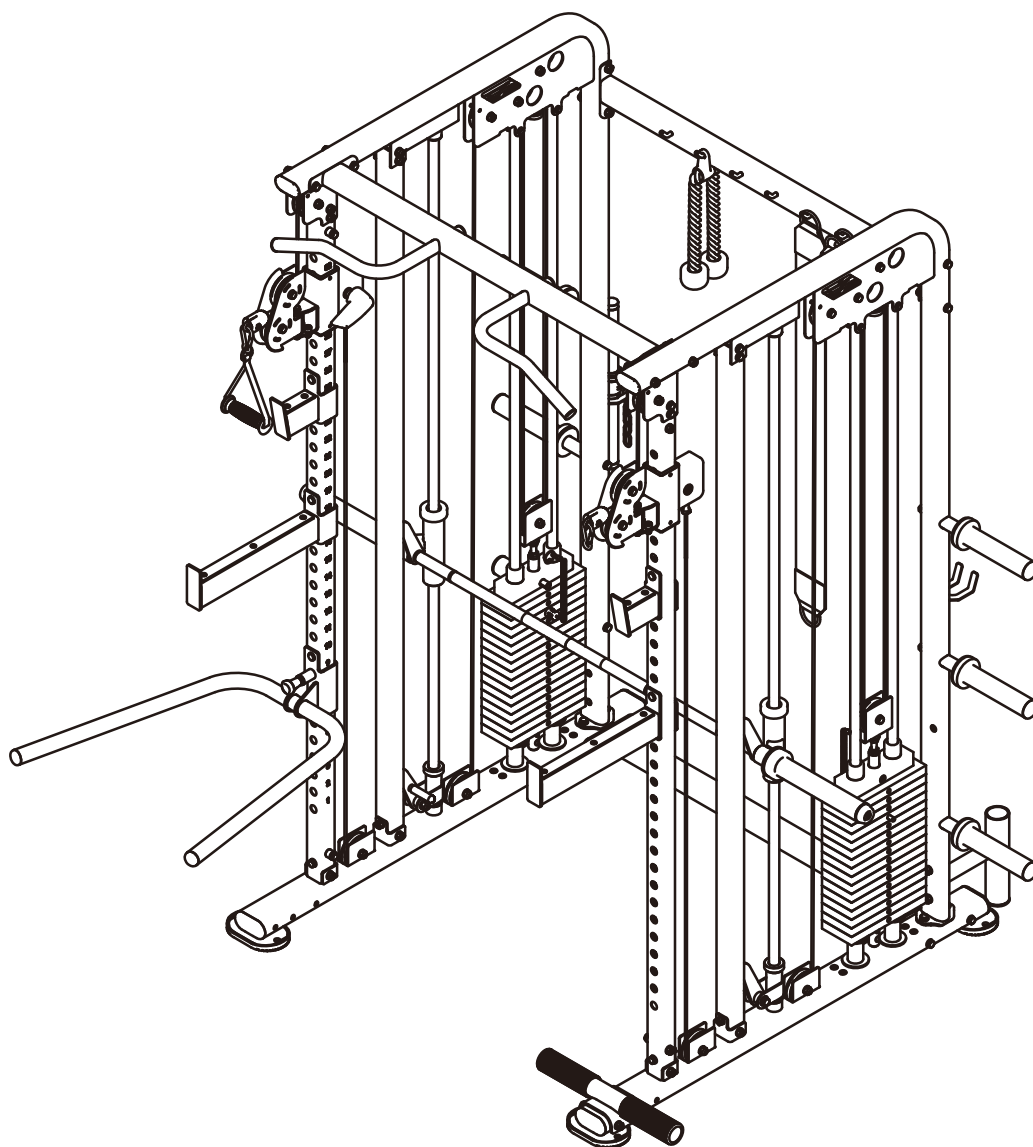
Инструкция

Многофункциональный силовой комплекс Impulse Encore ES2100

Полезные ссылки:

[Многофункциональный силовой комплекс Impulse Encore ES2100 - смотреть на сайте](#)

[Многофункциональный силовой комплекс Impulse Encore ES2100 - читать отзывы](#)



ES2100

MULTI-FUNCTIONAL TRAINER WITH SMITH

Owner's Manual

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Please assemble according to the actual **Shroud** you buy !

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

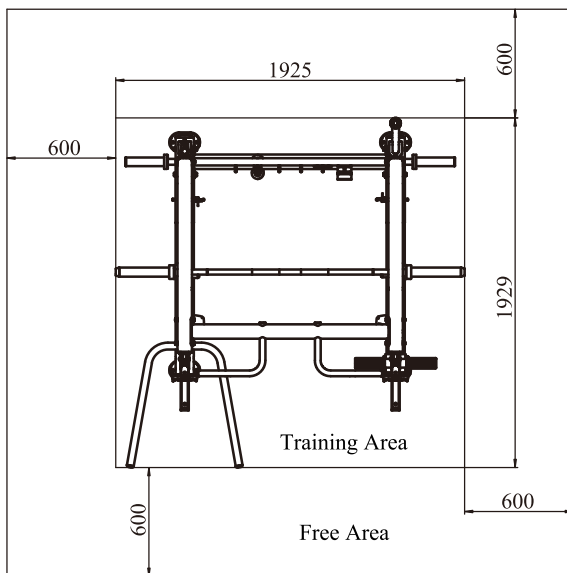
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: H

Maximum Wt. Capacity: 2*100kg/ 2*220lbs+2*91kg/2*200lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1925*1929*2180mm

Product Total Surface: 1925*1929mm

Product Total Mass: 192.1kg/ 426lbs (Short Shroud)

203.4kg/ 448lbs (Half Long Shroud)

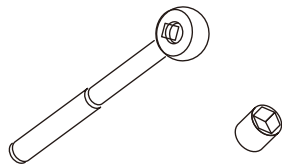
221.1kg/ 488lbs (Long Shroud)

Instructions

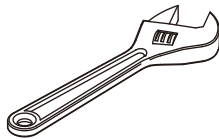
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

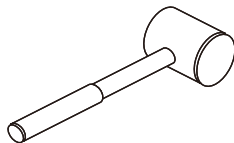
Tools Required



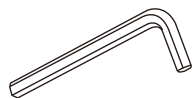
Ratchet Wrench and Socket



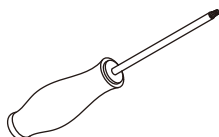
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	ES210001ASSY	Foot Frame ASSY	2
2	2	ES210002ASSY	Right Standing Frame II ASSY	1
3	3	ES210003ASSY	Left Standing Frame II ASSY	1
4	4	ES21000400	Upper Connection Frame	1
5	5	ES21000500	Connection Frame	1
6	6	ES210010ASSY	Barbell Frame ASSY	6
7	7	ES21001500	Cable ASSY	2
8	8	ES21002000	Guide Rod $\Phi 25 \times 1948$	4
9	9	ES200004ASSY	Handle Frame ASSY	1
10	10	ES200017ASSY	Guide Bar Fixed Seat ASSY	2
11	11	ES200027ASSY	Olympic Bar ASSY	1
12	12	ES20003100	Smith Adjustable tube	2
13	13	ES20003600	Adjustable tube	2
14	14	ES200065ASSY	Pedal Frame ASSY	1
15	15	ES200067ASSY	Olympic Bar Positioned Frame ASSY	1
16	16	CXT-1251200	Guide Rod $\Phi 25 \times 2020$	2
17	17	ES21001800	Weight Stack Space	4
18	18	ES200006ASSY	Right Pulley Frame	1
19	19	ES200007ASSY	Left Pulley Frame	1
20	20	ES200013ASSY	Sliding Barbell Frame ASSY	2
21	21	ES200014ASSY	Right Sliding Safety Frame ASSY	1
22	22	ES200015ASSY	Left Sliding Safety Frame ASSY	1
23	23	ES200018ASSY	Pulley Frame ASSY	2
24	24	ES200021ASSY	Right Hook Frame ASSY	1
25	25	ES200022ASSY	Left Hook Frame ASSY	1
26	26	ES200023ASSY	Left Safety Frame ASSY	1
27	27	ES200024ASSY	Right Safety Frame ASSY	1
28	28	ES200070ASSY	Parallel Bars Frame ASSY	1
29	29	ES30003200	Top Plate	2
30	30	ES20006600	Hook	2
31	31	M01004800V7	3.5 " Pulley	4
32	32	026-01X1118	Row Lat Bar	1

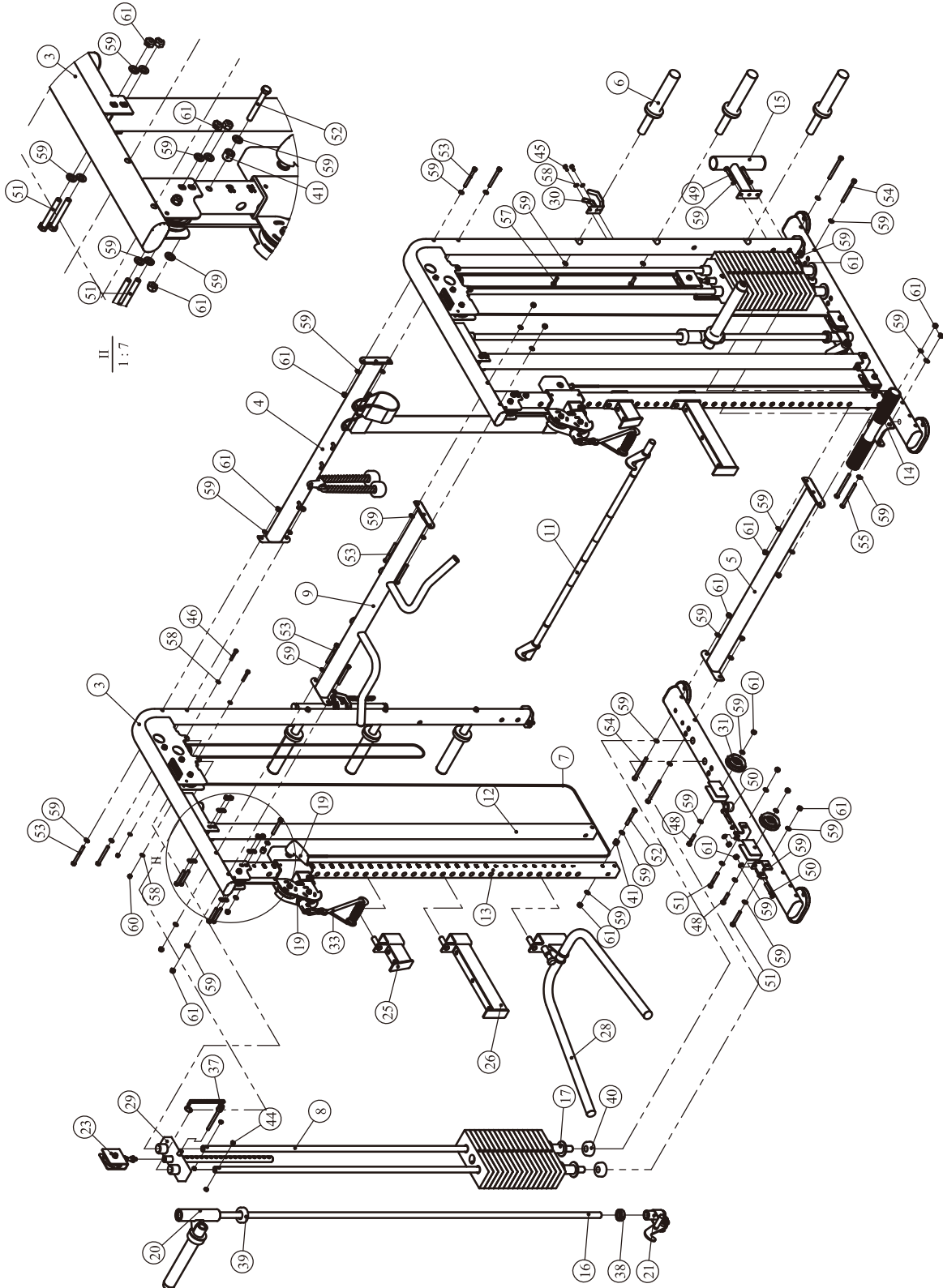
Exploded View and Parts List

Overall

ItemNo.	Grade No.	Part No.	Description	QTY
33	33	B1110AP433C	Lat Bar	2
34	34	KFFT2200	Gear Hook	1
35	35	IFFTB7500	Retractable Strap	1
36	36	V310800	Leg EXT/Curl Strap	1
37	37	IT90012000V1	Selector Pin W/Coil	2
38	38	KPSHCS2600	Cushion	2
39	39	L350PB1700	Cushion	2
40	40	PBG10003	Rubber Bumper $\Phi 62 * \Phi 25.2 * 25$	4
41	41	FS544600	Stop Nylon Sleeve $\Phi 20 * \Phi 10 * 16$	4
42	42	HLG8DS2	Gear Hook	3
43	43	LH $\phi 5 * 5$ DS2	Chain $\Phi 5 * 5$	1
44	44	ES21003100	Stop Nylon Sleeve $\Phi 16 * \Phi 8.5 * 6$	8
45	45	GB5781M8*20DS20	Hex Head Cap Screw M8*20	4
46	46	GB5780M8*50DS20	Hex Head Cap Screw M8*50	4
47	47	GB5781M10*20DS20	Hex Head Cap Screw M10*20	4
48	48	GB5780M10*45DS20	Hex Head Cap Screw M10*45	4
49	49	GB5780M10*60DS20	Hex Head Cap Screw M10*60	2
50	50	GB5780M10*70DS20	Hex Head Cap Screw M10*70	12
51	51	GB5780M10*75DS20	Hex Head Cap Screw M10*75	4
52	52	GB5780M10*80DS20	Hex Head Cap Screw M10*80	4
53	53	GB5780M10*100DS20	Hex Head Cap Screw M10*100	8
54	54	GB5780M10*120DS20	Hex Head Cap Screw M10*120	4
55	55	GB5780M10*125DS20	Hex Head Cap Screw M10*125	2
56	56	GB5781M10*25DS20	Hex Head Cap Screw M10*25	4
57	57	GB5781M10*35DS20	Hex Head Cap Screw M10*35	6
58	58	GB958DS2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	12
59	59	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	94
60	60	NM8DS2	Nylon Lock Nut M8	4
61	61	NM10DS2	Nylon Lock Nut M10	40
62	62	LW200BS	Wrench $\Phi 6 * 117$	1
63	63	YHY	Lube	1

Exploded View and Parts List

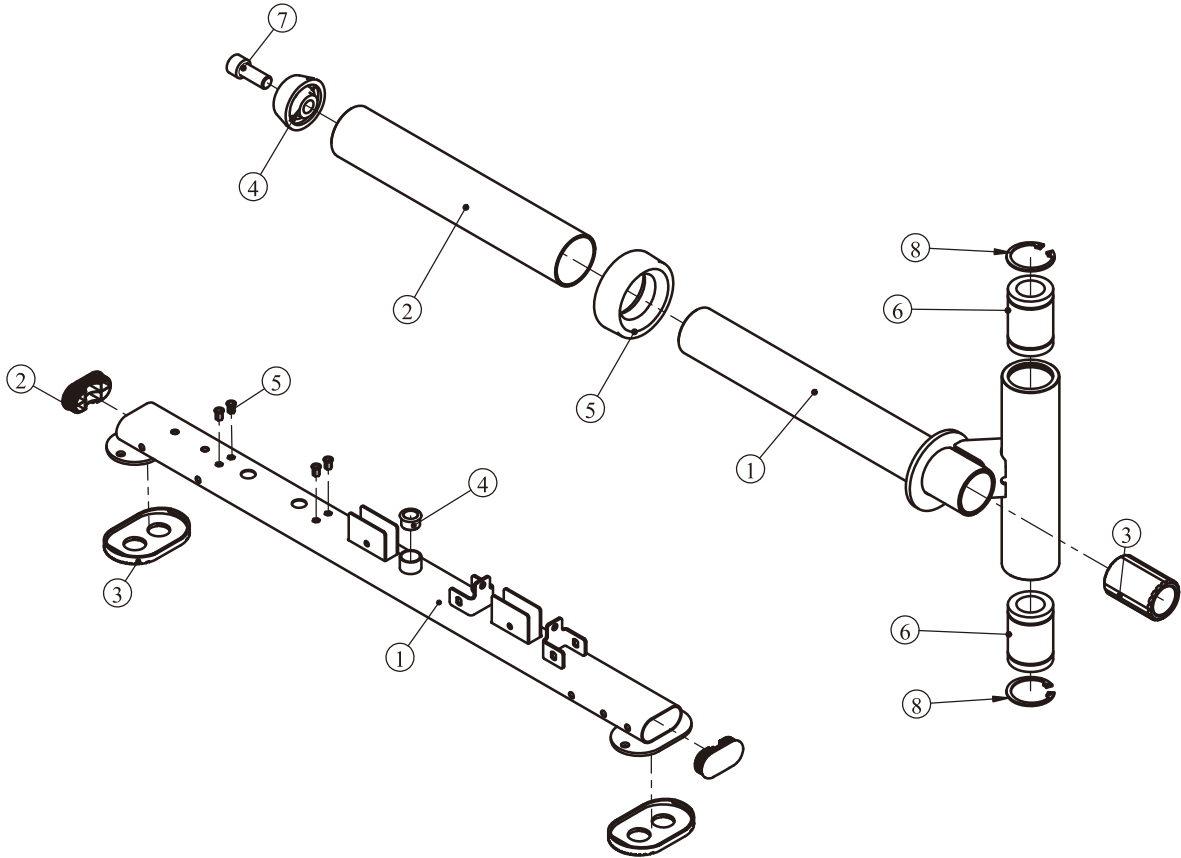
Overall



Exploded View and Parts List

Foot Frame ASSY

Bar Support ASSY

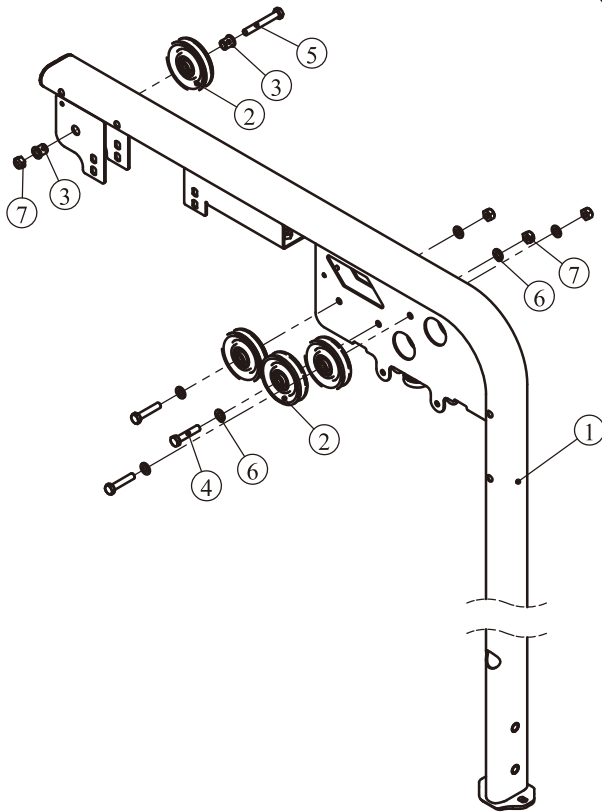


ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	ES21000100	Foot Frame	1
2	1.2	IT90013800	Plug	2
3	1.3	IT60031600V1	Foot Cushion	2
4	1.4	KPSHCS2700	Rubber Sleeve	1
5	1.5	GB17880.5M8*16.5DCS17	Rivet nut M8*16.5	4

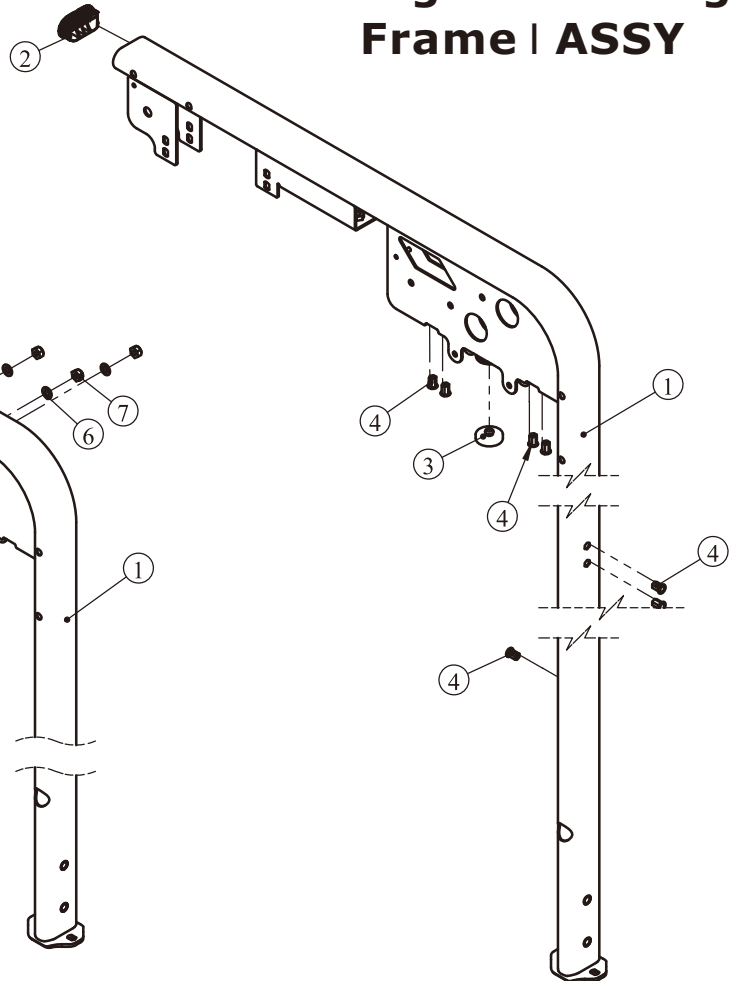
ItemNo.	Grade No.	Part No.	Description	QTY
1	20.1	ES20001300	Bar Support	1
2	20.2	HSPCF572000	Stainless Tube	1
3	20.3	ES20003300	Nylon Bushing	1
4	20.4	SL70012000	Cap $\Phi 47.5 * \Phi 12.5 * 28$	1
5	20.5	PL1301600	Rubber Bumper	1
6	20.6	LM25UU	Linear Bearing	2
7	20.7	GB70M12*30DS20	Socket Head Cap Screw M12*30	1
8	20.8	GB893.140FH12	Circlip for Hole	2

Exploded View and Parts List

Right Standing Frame II ASSY



Right Standing Frame I ASSY

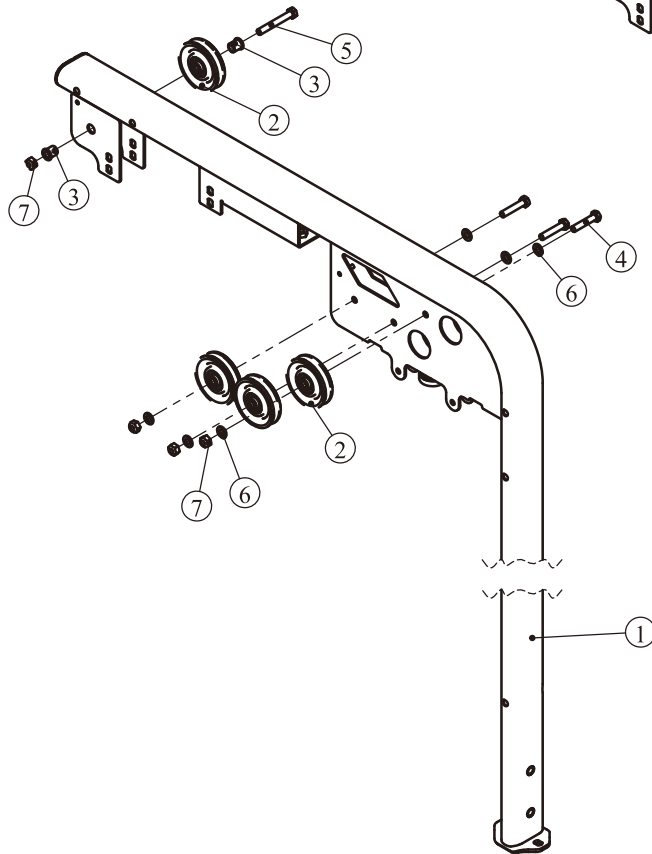


ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	ES21000200ASSY	Right Standing Frame I ASSY	1
2	2.2	M01004800V7	3.5" Pulley	4
3	2.3	PS10002000	Spacer Sleeve $\Phi 20 * \Phi 10.5 * 18.5$	2
4	2.4	GB5780M10*45DS20	Hex Head Bolt M10*45	3
5	2.5	GB5780M10*75DS20	Hex Head Bolt M10*75	1
6	2.6	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	6
7	2.7	NM10DS2	Nylon Lock Nut M10	4

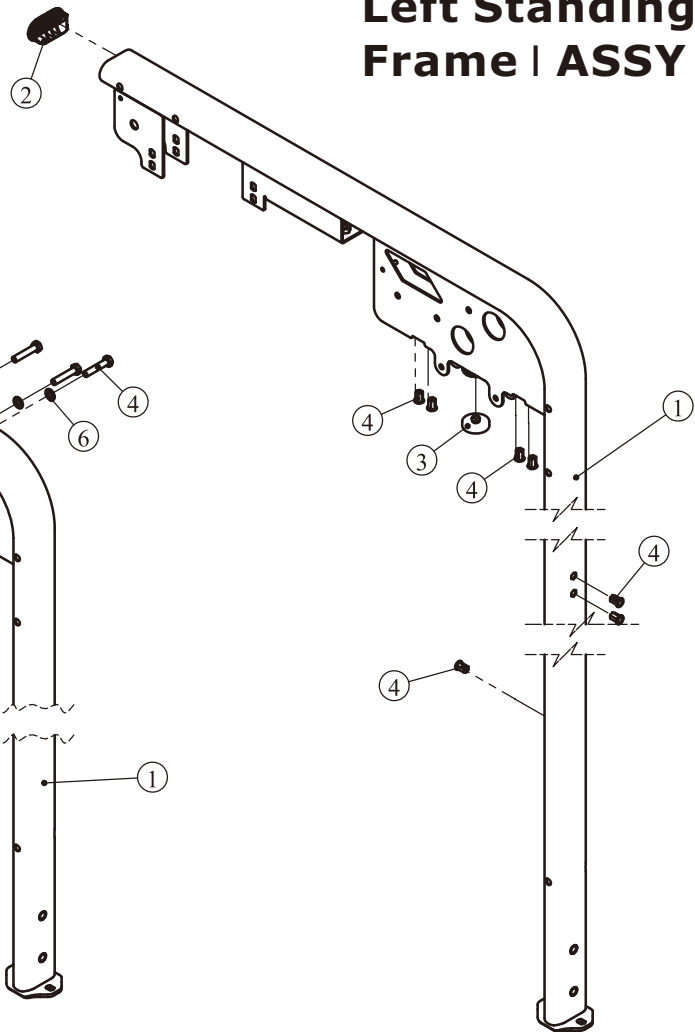
ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1.1	ES21000200	Right Standing Frame	1
2	2.1.2	026-01PL2565	Plug	1
3	2.1.3	TLP-2002100	Cushion	1
4	2.1.4	GB17880.5M8*16.5DCS17	Rivet nut M8*16.5	7

Exploded View and Parts List

Left Standing Frame II ASSY



Left Standing Frame I ASSY



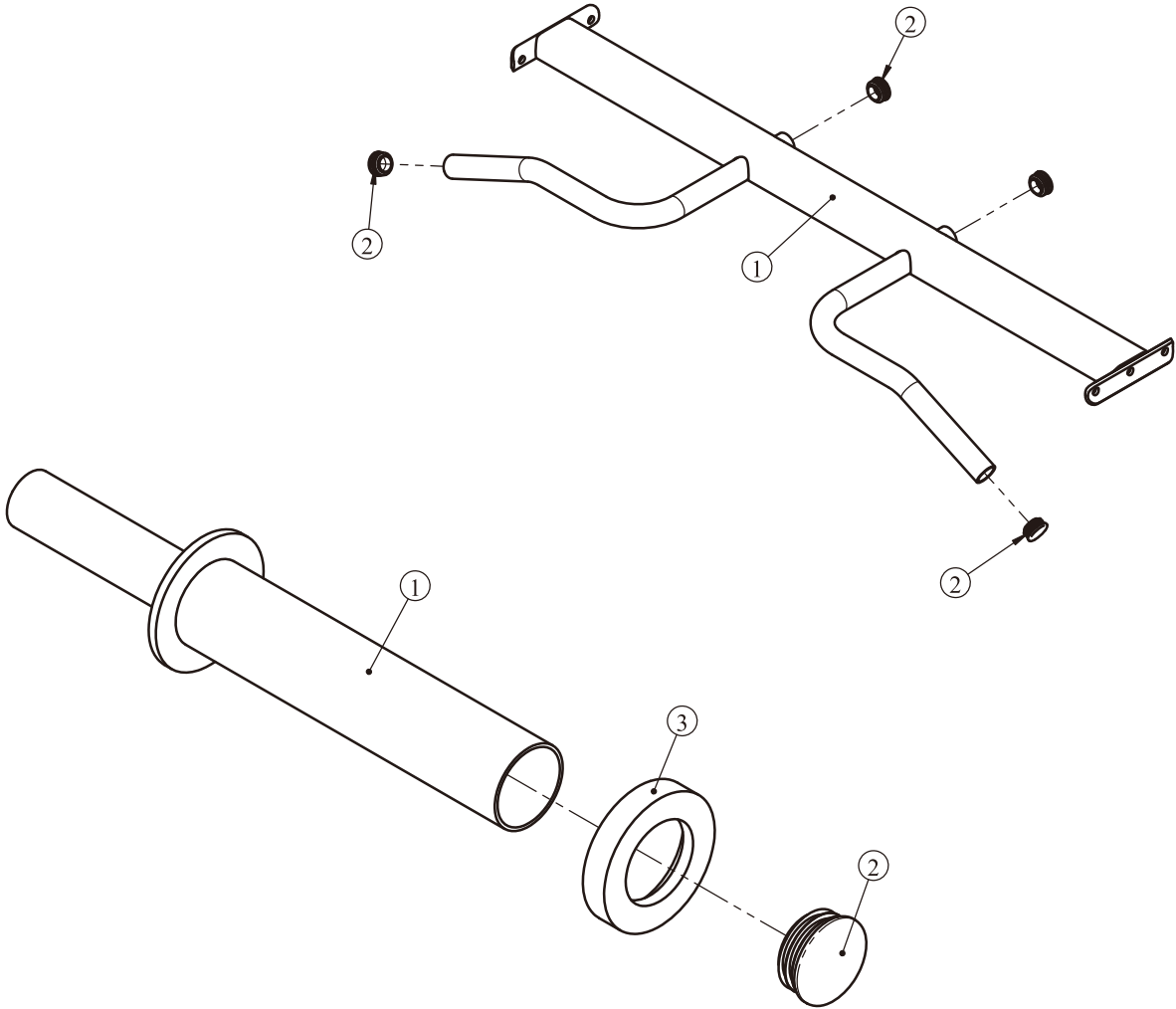
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	ES21000300ASSY	Left Standing Frame I ASSY	1
2	3.2	M01004800V7	3.5" Pulley	4
3	3.3	PS10002000	Spacer Sleeve $\Phi 20 * \Phi 10.5 * 18.5$	2
4	3.4	GB5780M10*45DS20	Hex Head Bolt M10*45	3
5	3.5	GB5780M10*75DS20	Hex Head Bolt M10*75	1
6	3.6	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	6
7	3.7	NM10DS2	Nylon Lock Nut M10	4

ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1.1	ES21000300	Left Standing Frame	1
2	3.1.2	026-01PL2565	Plug	1
3	3.1.3	TLP-2002100	Cushion	1
4	3.1.4	GB17880.5M8*16.5DCS17	Rivet nut M8*16.5	7

Exploded View and Parts List

Barbell Frame ASSY

Handle Frame ASSY

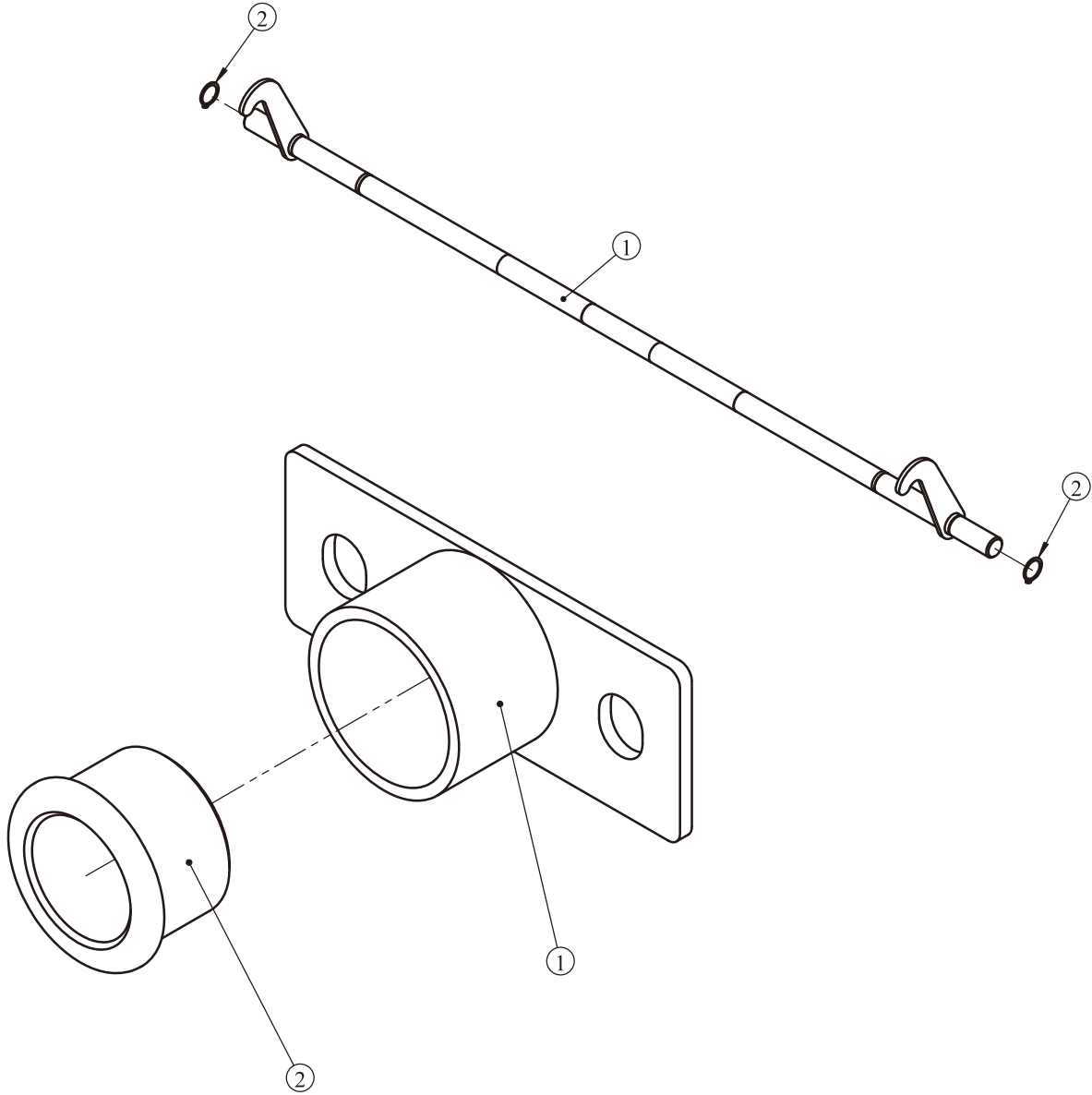


ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	ES21001000	Barbell Frame	1
2	8.2	ES20004900	Plug	1
3	8.3	KPSHCS2500	Cushion	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	ES20000400	Handle Frame	1
2	9.2	BNH0573	φ32 Plug	4

Exploded View and Parts List

Guide Bar Fixed Seat ASSY Olympic Bar ASSY

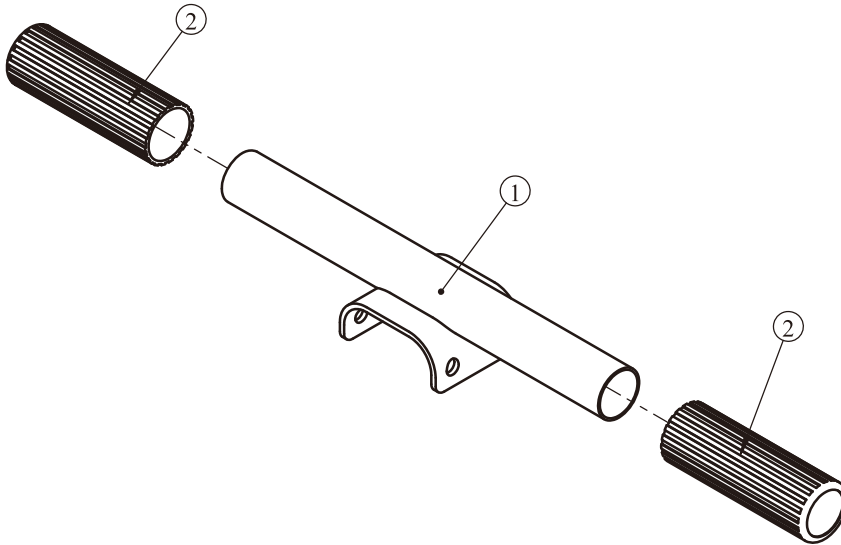


ItemNo.	Grade No.	Part No.	Description	QTY
1	10.1	ES20001700	Guide Bar Fixed Seat	1
2	10.2	KPSHCS2700	Rubber Sleeve	1

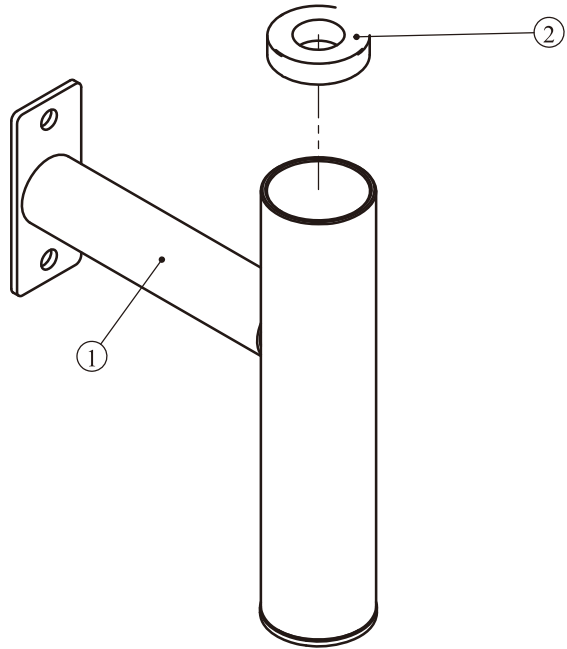
ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	ES20002700	Olympic Bar	1
2	11.2	GB894.128FH12	Cirdip for Sharf	2

Exploded View and Parts List

Pedal Frame ASSY



Olympic Bar Positioned Frame ASSY

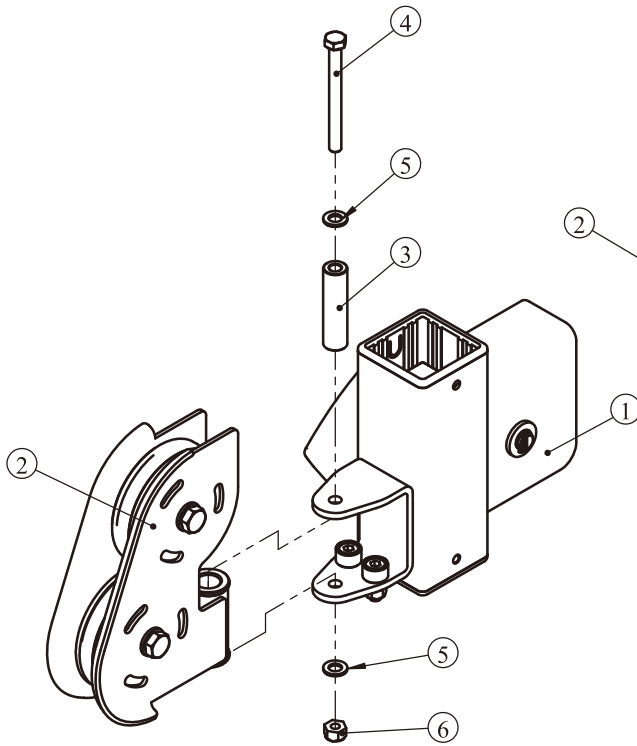


ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	ES20006500	Pedal Frame	1
2	14.2	IT80125400	Rubber Sleeve	2

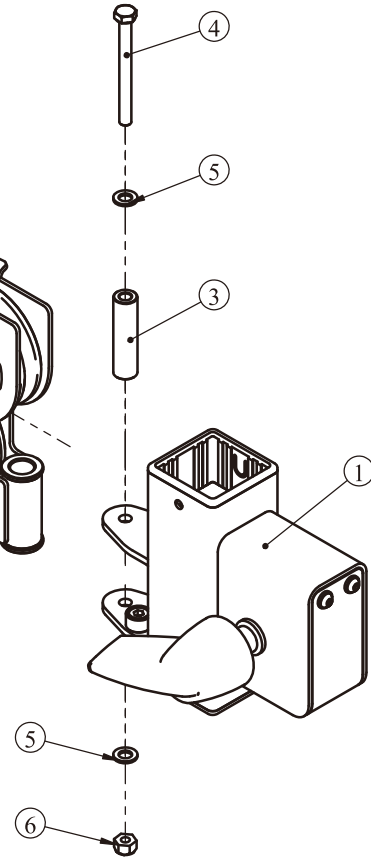
ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	ES20006700	Olympic Bar Positioned Frame	1
2	15.2	019-0001012	Cushion	1

Exploded View and Parts List

Right Pulley Frame ASSY



Left Pulley Frame ASSY

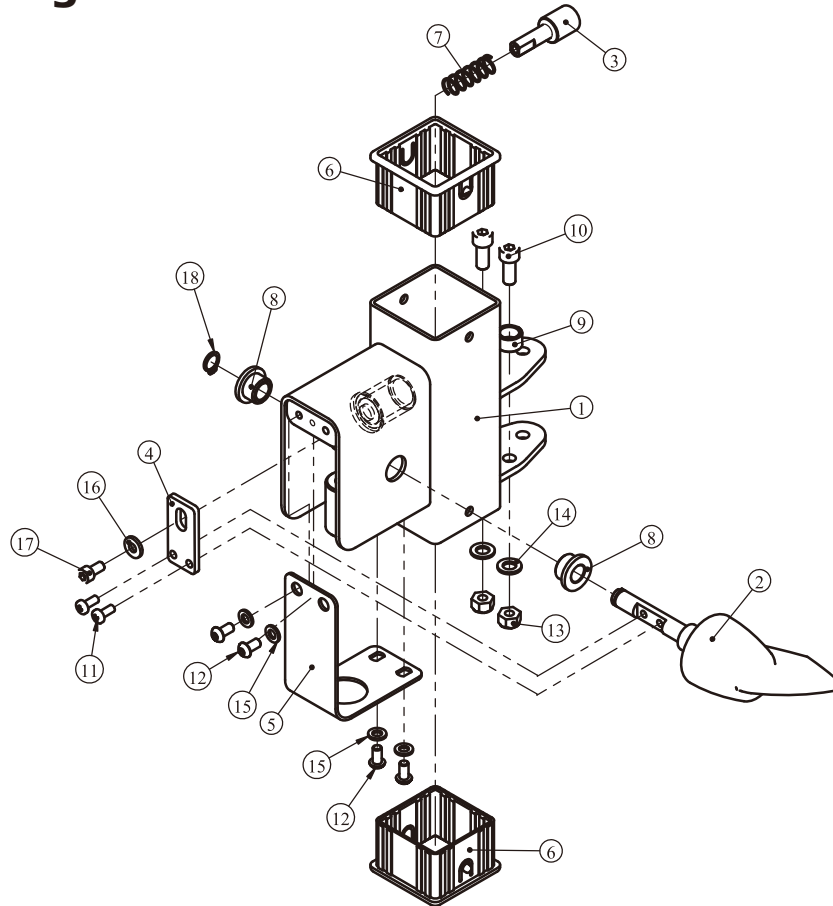


ItemNo.	Grade No.	Part No.	Description	QTY
1	18.1	ES20000800ASSY	Right Sliding Frame ASSY	1
2	18.2	ES20003800ASSY	Swing Frame ASSY	1
3	18.3	IT95251800	Axis	1
4	18.4	GB5780M8*85DS20	Hex Head Bolt M8*85	1
5	18.5	GB958DS2	Flat Washer $\phi 9*\phi 16*1.6$	2
6	18.6	NM8DS2	Nylon Lock Nut M8	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	19.1	ES20000900ASSY	Left Sliding Frame ASSY	1
2	19.2	ES20003800ASSY	Swing Frame ASSY	1
3	19.3	IT95251800	Axis	1
4	19.4	GB5780M8*85DS20	Hex Head Bolt M8*85	1
5	19.5	GB958DS2	Flat Washer $\phi 9*\phi 16*1.6$	2
6	19.6	NM8DS2	Nylon Lock Nut M8	1

Exploded View and Parts List

Right Sliding Frame ASSY

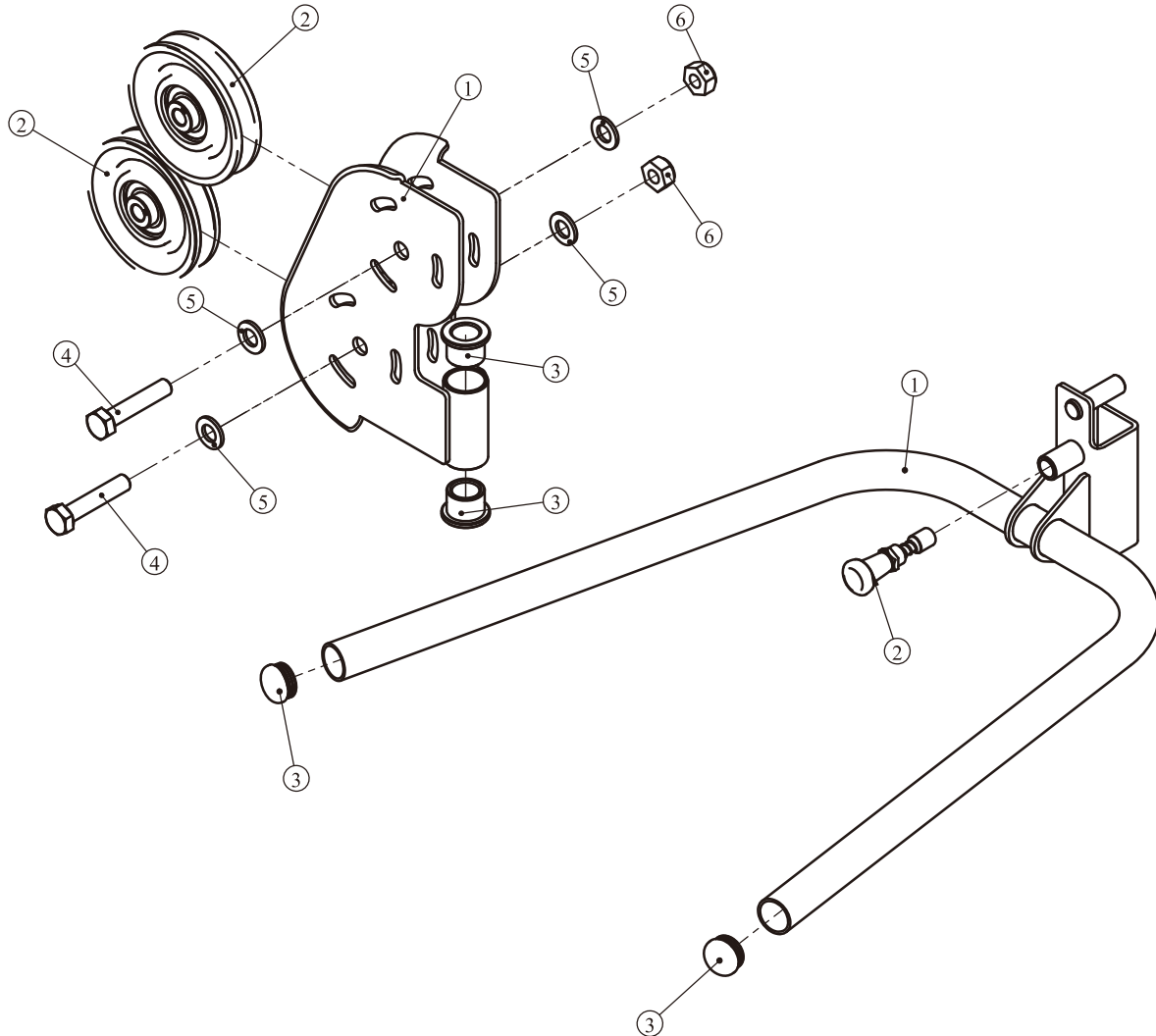


ItemNo.	Grade No.	Part No.	Description	QTY
1	18.1.1	ES20000800	Sliding Frame	1
2	18.1.2	ES20004300	Right Adjustable Handle	1
3	18.1.3	ES20004500	Bolt	1
4	18.1.4	ES20004600V1	Adjustable Plate	1
5	18.1.5	ES20004700	L Shield	1
6	18.1.6	ES20004800	Wear Sleeve	2
7	18.1.7	HF1642303	Spring	1
8	18.1.8	M01402000	Bushing	2
9	18.1.9	IN-S10111200	Stop Spacer $\Phi 17 \times 10.5$	2
10	18.1.10	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
11	18.1.11	GB818M5*12DS2	Cross Recessed Pan Head ScrewsM5*12	2
12	18.1.12	PNLM6*12DS20	Hexagon Socket Pan Head ScrewsM6*12	4
13	18.1.13	NM8DS2	Nylon Lock Nut M8	2
14	18.1.14	GB958DS2	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
15	18.1.15	GB956DS2	Flat Washer $\phi 6.6 \times \phi 12 \times 1.6$	4
16	18.1.16	DQ6DS2A	Flat Washer $\phi 6.6 \times \phi 15 \times 2$	1
17	18.1.17	GB70M6*12DS4	Socket Head Cap Screw M6*12	1
18	18.1.18	GB894.112FH12	Cirdip for Sharf	1

Exploded View and Parts List

Swing Frame ASSY

Parallel Bars ASSY

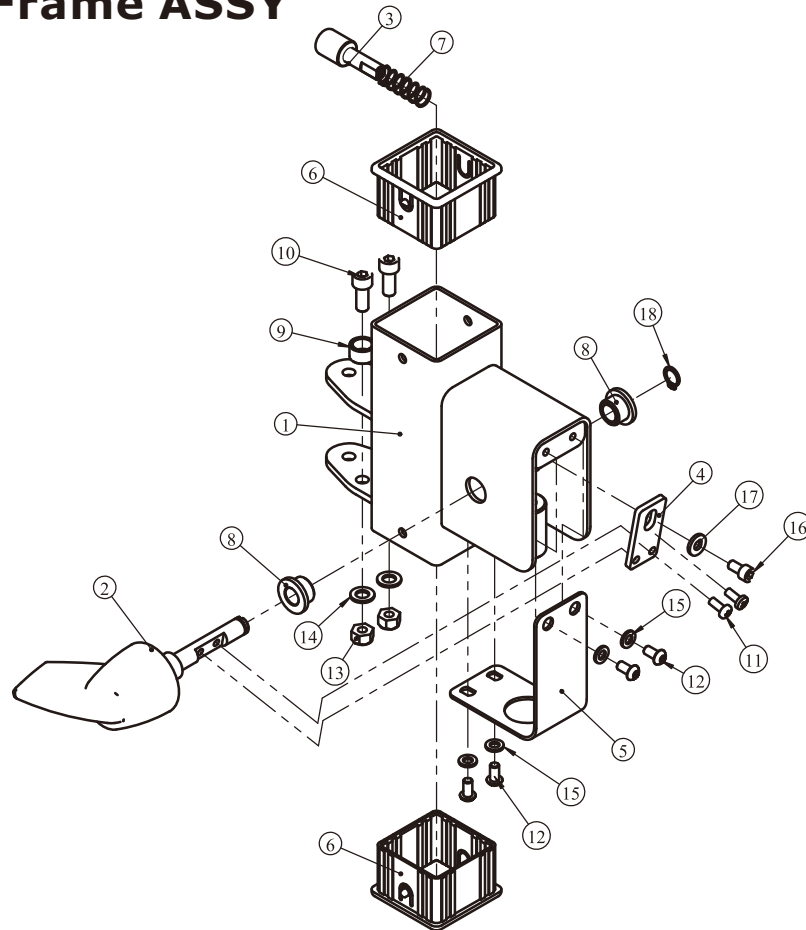


ItemNo.	Grade No.	Part No.	Description	QTY
1	18.2.1	HSP-PRO0022300	Double Pulley Frame	1
2	18.2.2	M01004800V7	3.5" Pulley	2
3	18.2.3	L1-6800	Bushing	2
4	18.2.4	GB5780M10*45DS20	Hex Head Bolt M10*45	2
5	18.2.5	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
6	18.2.6	NM10DS2	Nylon Lock Nut M10	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	28.1	ES20007000	Parallel Bars	1
2	28.2	ES20007200ASSY	Adjustable Handle	1
3	28.3	HF443D0300	Plug	2

Exploded View and Parts List

Left Sliding Frame ASSY

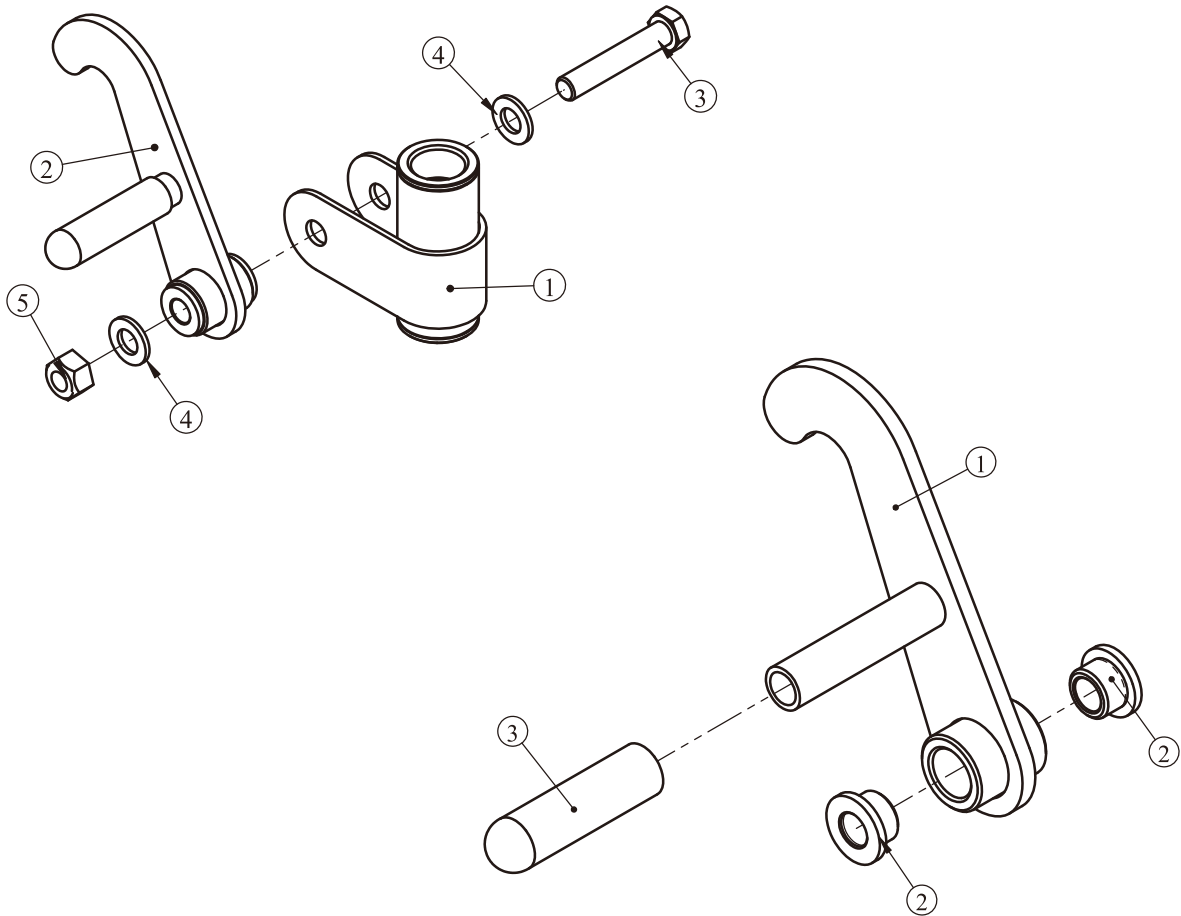


ItemNo.	Grade No.	Part No.	Description	QTY
1	19.1.1	ES20000800	Sliding Frame	1
2	19.1.2	ES20004400	Left Adjustable Handle	1
3	19.1.3	ES20004500	Bolt	1
4	19.1.4	ES20004600V1	Adjustable Plate	1
5	19.1.5	ES20004700	L Shield	1
6	19.1.6	ES20004800	Wear Sleeve	2
7	19.1.7	HF1642303	Spring	1
8	19.1.8	M01402000	Bushing	2
9	19.1.9	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
10	19.1.10	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
11	19.1.11	GB818M5*12DS2	Cross Recessed Pan Head ScrewsM5*12	2
12	19.1.12	PNLM6*12DS20	Hexagon Socket Pan Head ScrewsM6*12	4
13	19.1.13	NM8DS2	Nylon Lock Nut M8	2
14	19.1.14	GB958DS2	Flat Washer $\phi 9*\phi 16*1.6$	2
15	19.1.15	GB956DS2	Flat Washer $\phi 6.6*\phi 12*1.6$	4
16	19.1.16	GB70M6*12DS4	Socket Head Cap Screw M6*12	1
17	19.1.17	DQ6DS2A	Flat Washer $\phi 6.6*\phi 15*2$	1
18	19.1.18	GB894.112FH12	Cirdip for Sharf	1

Exploded View and Parts List

Right Safety Catch ASSY

Right Safety Hook ASSY

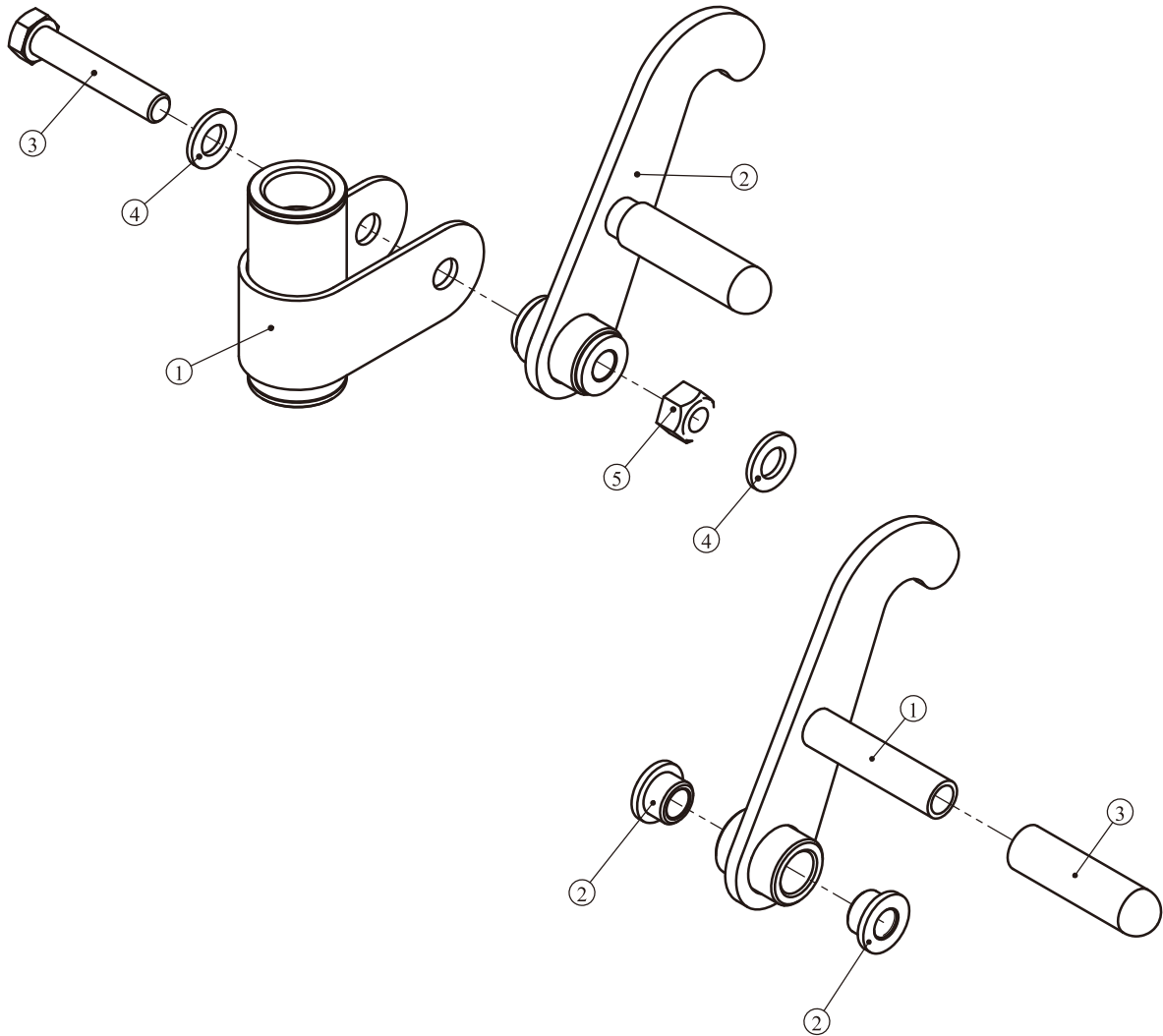


ItemNo.	Grade No.	Part No.	Description	QTY
1	21.1	ES20001400ASSY	Safety Catch ASSY	1
2	21.2	ES20001600ASSY	Right Safety Hook ASSY	1
3	21.3	GB5780M12*65DS20	Hex Head Bolt M12*65	1
4	21.4	GB9512DS2	Flat Washer ϕ 13* ϕ 24*2.5	2
5	21.5	NM12DS2	Nylon Lock Nut M12	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	21.2.1	ES20001600	Right Safety Hook	1
2	21.2.2	M01402000	Bushing	2
3	21.2.3	CG50001700	Grip	1

Exploded View and Parts List

Left Safety Catch ASSY Left Safety Hook ASSY



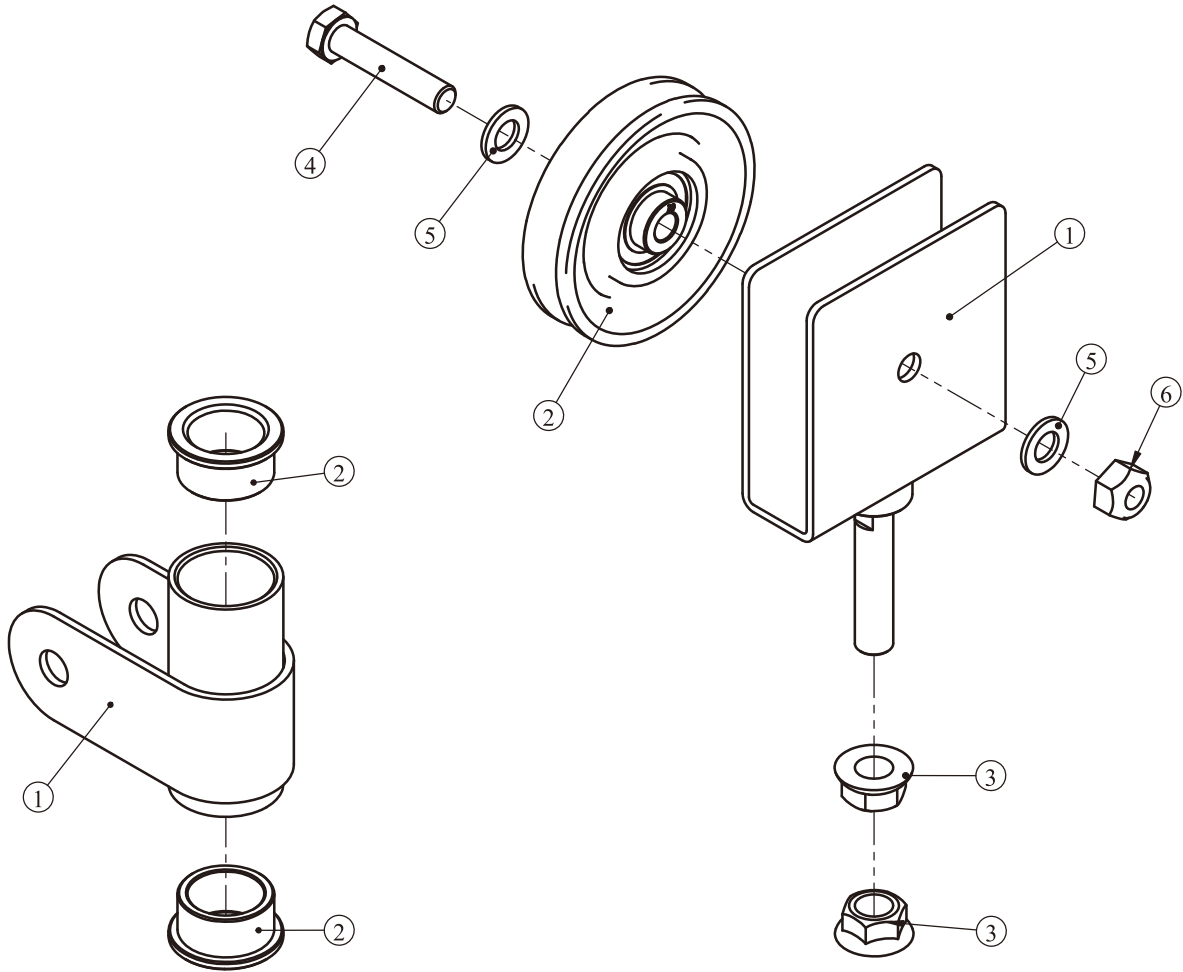
ItemNo.	Grade No.	Part No.	Description	QTY
1	22.1	ES20001400ASSY	Safety Catch ASSY	1
2	22.2	ES20001500ASSY	Left Safety Hook ASSY	1
3	22.3	GB5780M12*65DS20	Hex Head Bolt M12*65	1
4	22.4	GB9512DS2	Flat Washerφ13*φ24*2.5	2
5	22.5	NM12DS2	Nylon Lock Nut M12	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	22.2.1	ES20001500	Left Safety Hook	1
2	22.2.2	M01402000	Bushing	2
3	22.2.3	CG50001700	Grip	1

Exploded View and Parts List

Safety Catch ASSY

Pulley Frame ASSY

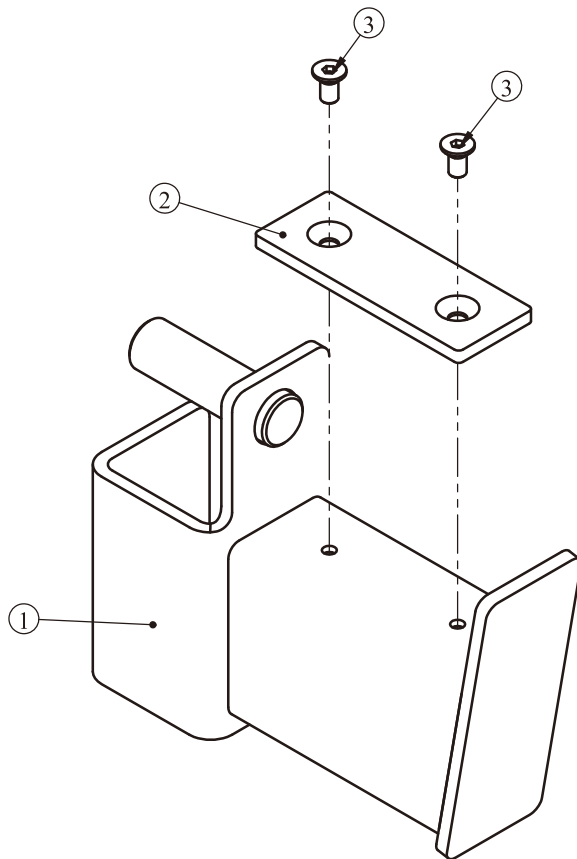


ItemNo.	Grade No.	Part No.	Description	QTY
1	21.1.1	ES20001400	Safety Catch	1
2	21.1.2	ES20003400	Nylon Bushing	2

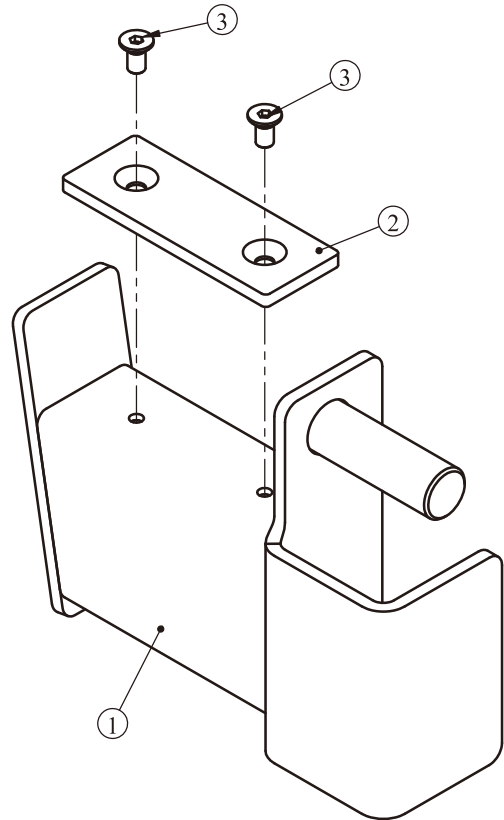
ItemNo.	Grade No.	Part No.	Description	QTY
1	23.1	ES20001800	Pulley Frame	1
2	23.2	M01004800V7	3.5" Pulley	1
3	23.3	HF900-03A1002	Hex Flanged Nut 1/2" -13	2
4	23.4	GB5780M10*45DS20	Hex Head Bolt M10*45	1
5	23.5	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
6	23.6	NM10DS2	Nylon Lock Nut M10	1

Exploded View and Parts List

Right Hook ASSY



Left Hook ASSY

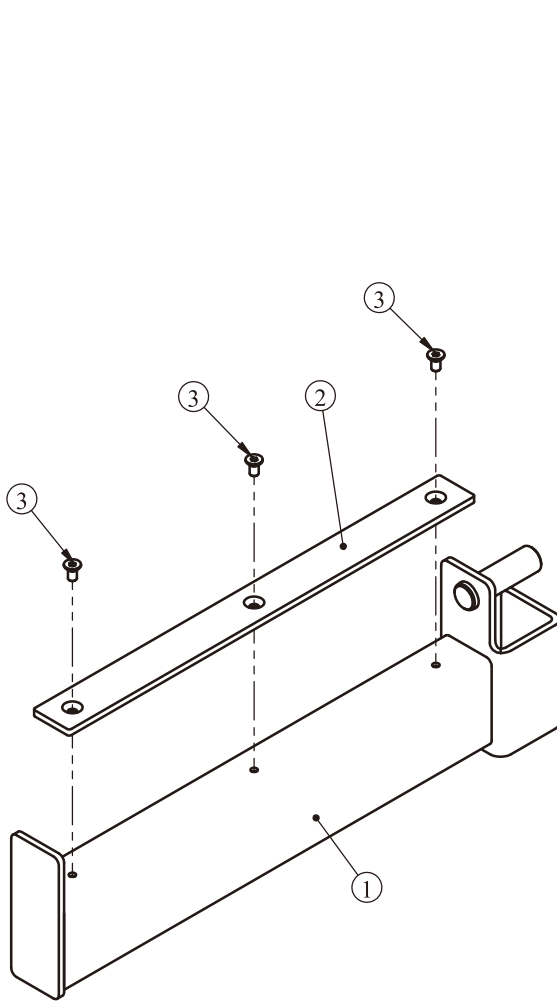


ItemNo.	Grade No.	Part No.	Description	QTY
1	24.1	ES20002100	Right Hook	1
2	24.2	ES20003500	Short Plastic Plate	1
3	24.3	CNLM6*12DHS20NL	Hexagon socket countersunk head screwsM6*12	2

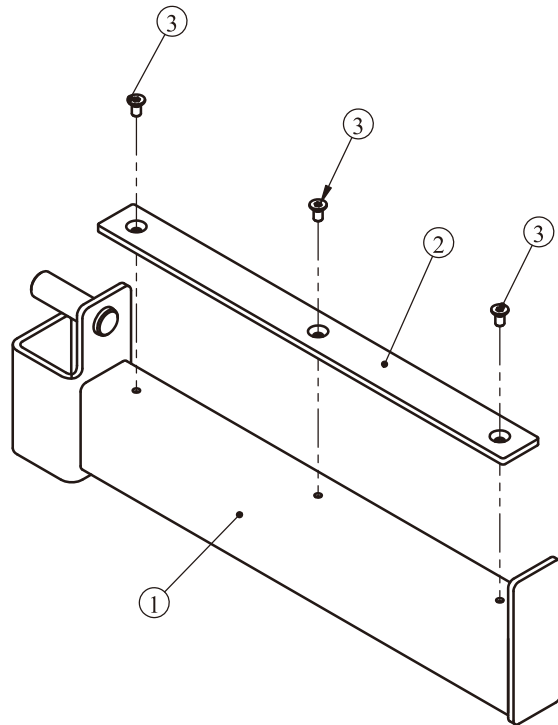
ItemNo.	Grade No.	Part No.	Description	QTY
1	25.1	ES20002200	Left Hook	1
2	25.2	ES20003500	Short Plastic Plate	1
3	25.3	CNLM6*12DHS20NL	Hexagon socket countersunk head screwsM6*12	2

Exploded View and Parts List

Left Safety Frame ASSY



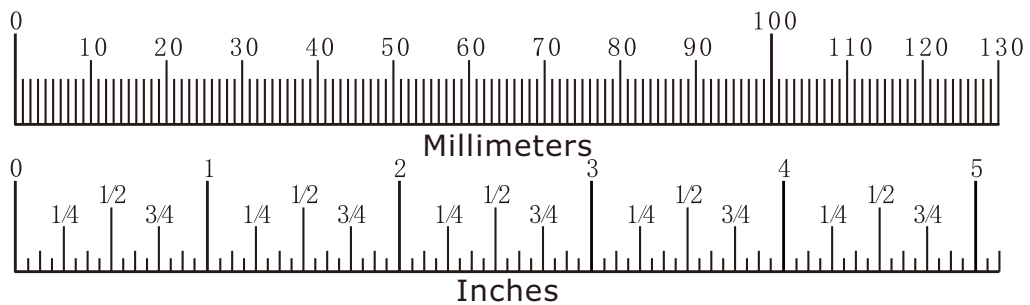
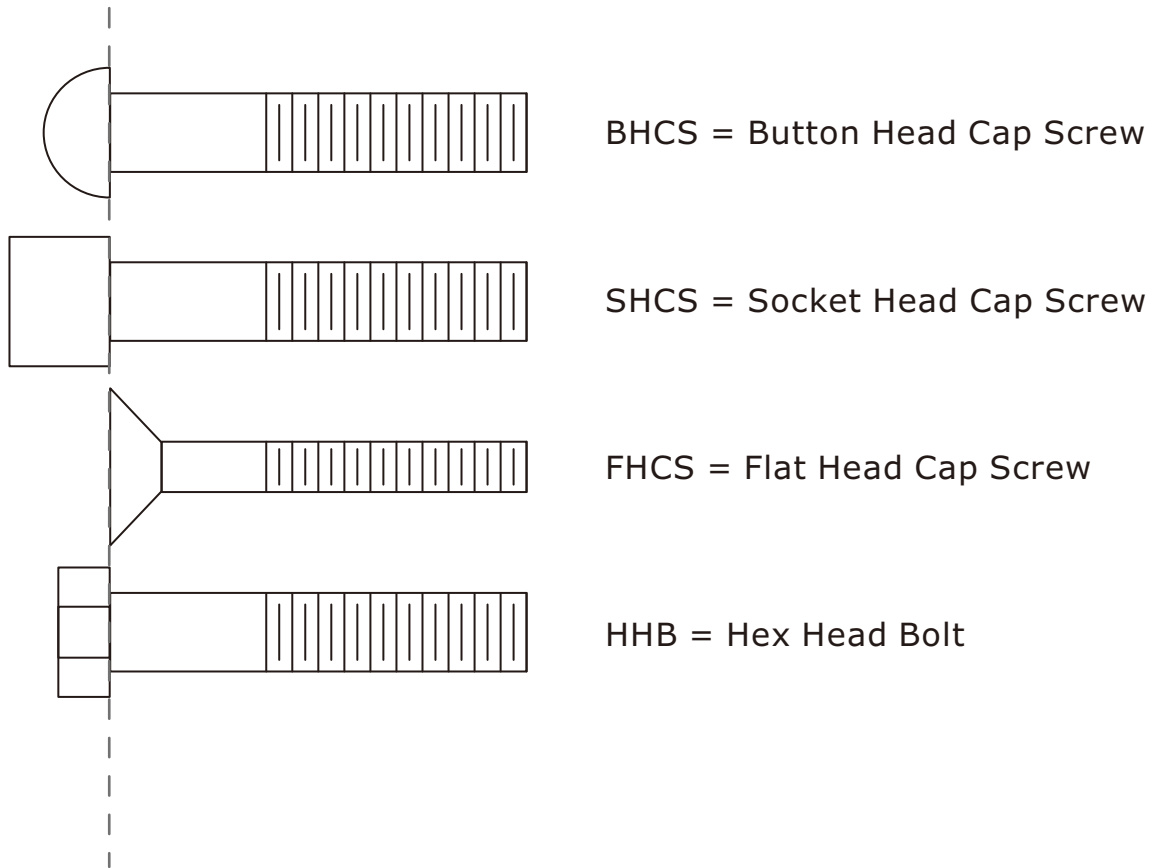
Right Safety Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	26.1	ES20002300	Left Safety Frame	1
2	26.2	KFHC2200	Long Plastic Plate	1
3	26.3	CNLM6*12DHS20NL	Hexagon socket countersunk head screwsM6*12	3

ItemNo.	Grade No.	Part No.	Description	QTY
1	27.1	ES20002400	Right Safety Frame	1
2	27.2	KFHC2200	Long Plastic Plate	1
3	27.3	CNLM6*12DHS20NL	Hexagon socket countersunk head screwsM6*12	3

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

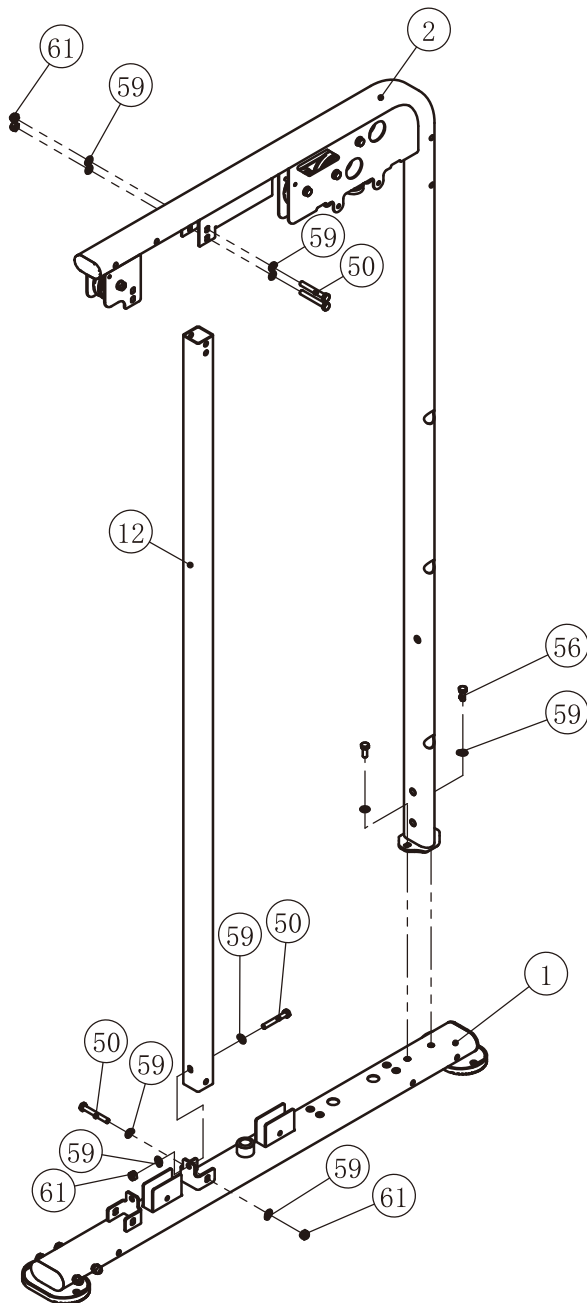
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 2

1. Attach the Right Standing Frame II ASSY (#2) to the Foot Frame ASSY (#1) using:
two M10*25 HHB (#56) two $\Phi 11*\Phi 20*2$ Flat Washer (#59)
2. Attach the Smith Adjustable tube (#12) to the Right Standing Frame II ASSY (#2) and the Foot Frame ASSY (#1) using:
four M10*70 HHB (#50) eight $\Phi 11*\Phi 20*2$ Flat Washer (#59)
four M10 Nylon Lock Nut (#61)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.

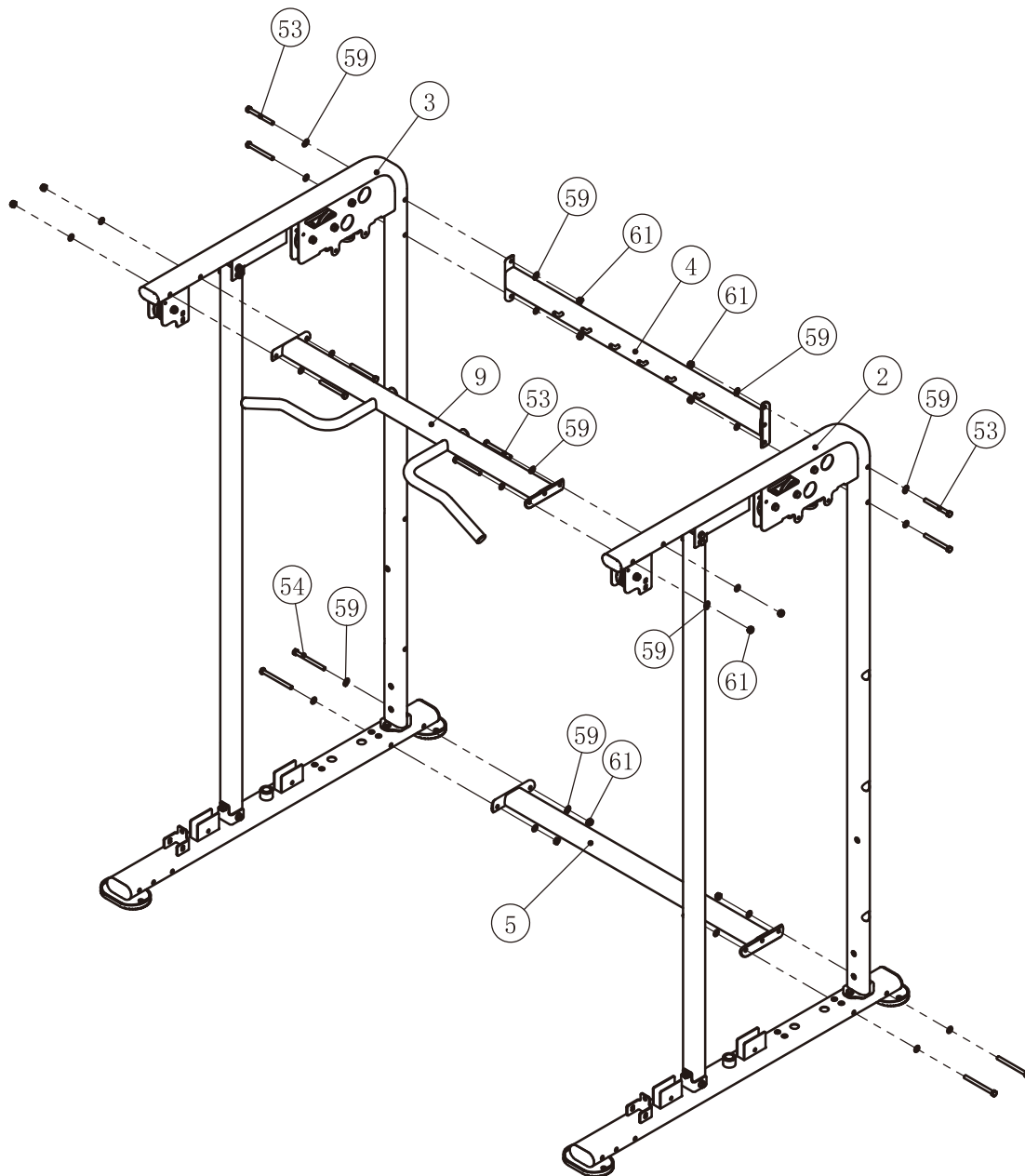


Assembly

STEP 3

1. Attach the Handle Frame ASSY (#9) and the Upper Connection Frame (#4) to the Right Standing Frame II ASSY (#2) and the Left Standing Frame II ASSY (#3) using:
eight M10*100 HHB (#53) sixteen $\Phi 11*\Phi 20*2$ Flat Washer (#59)
eight M10 Nylon Lock Nut (#61)
2. Attach the Connection Frame (#5) to the two Foot Frame ASSY (#1) using:
four M10*120 HHB (#54) eight $\Phi 11*\Phi 20*2$ Flat Washer (#59)
four M10 Nylon Lock Nut (#61)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.

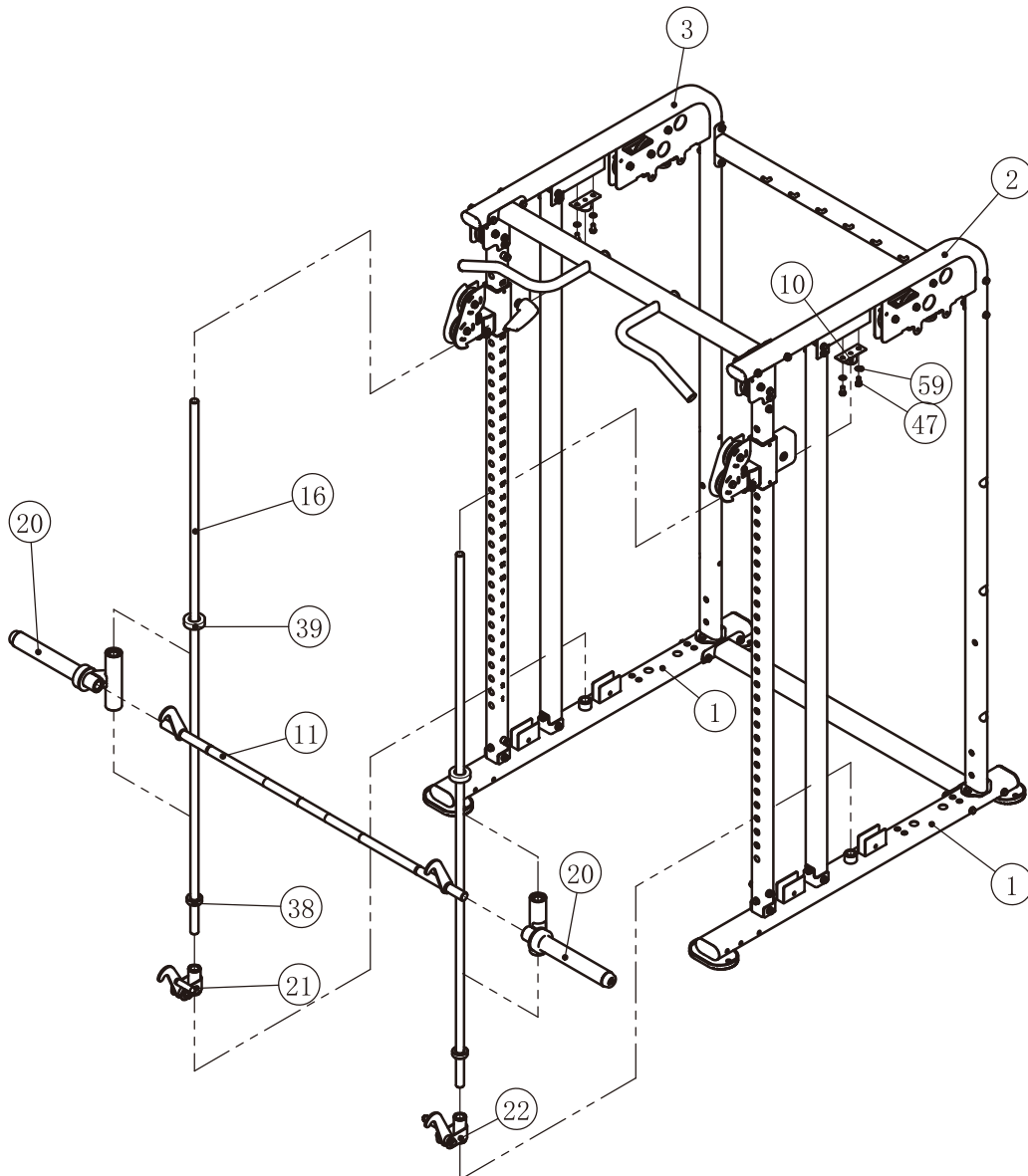


Assembly

STEP 5

1. Attach two Sliding Barbell Frame ASSY (#20) to the Olympic Bar ASSY (#11).
2. Attach two Sliding Barbell Frame ASSY (#20), two $\Phi 65*\Phi 35*20$ Cushion (#39), two $\Phi 48*\Phi 26*15$ Cushion (#38), Right Sliding Safety Frame ASSY (#21), Left Sliding Safety Frame ASSY (#22) to two $\Phi 25*2020$ Guide Rod (#16).
3. Attach two Guide Bar Fixed Seat ASSY (#10) to two $\Phi 25*2020$ Guide Rod (#16).
4. Attach two $\Phi 25*2020$ Guide Rod (#16) and two Guide Bar Fixed Seat ASSY (#10) to two Foot Frame ASSY (#1), the Right Standing Frame II ASSY (#2) and the Left Standing Frame II ASSY (#3) using:
four M10*20 HHB (#47) four $\Phi 11*\Phi 20*2$ Flat Washer (#59)

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 6

Here is the assembly instruction for **170LBS Weights !**

1. Attach four $\Phi 25 \times 1948$ Guide Rod (#8), four $\Phi 62 \times \Phi 25.2 \times 25$ Rubber Bumper (#40), thirty-two 10lbs Weight Plate (#100), two Top Plate (#29), four Weight Stack Space (#17) to the Right Standing Frame II ASSY (#2), the Left Standing Frame II ASSY (#3) and the Foot Frame ASSY (#1) using:

four M8*50 HHB (#46)

eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#58)

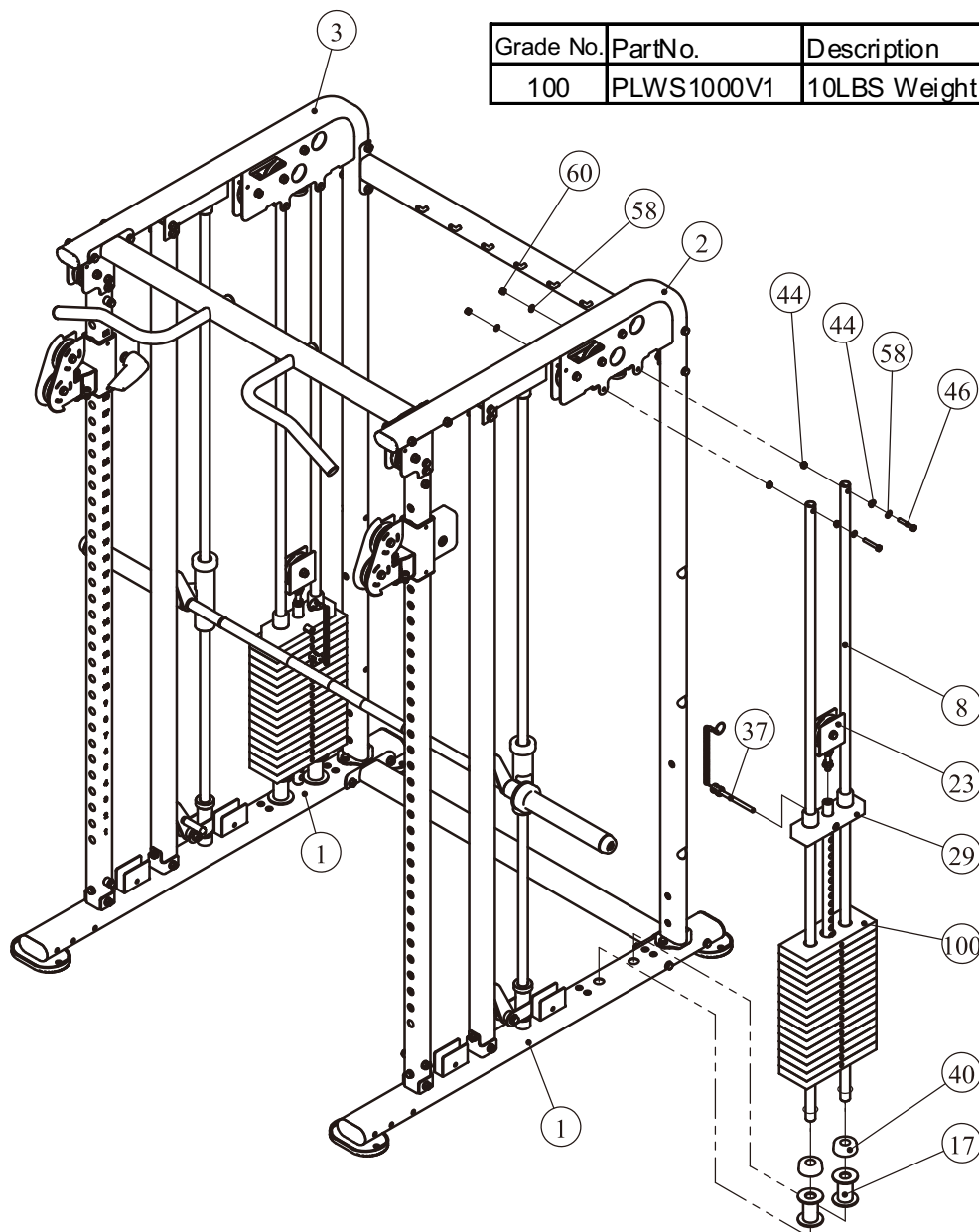
four M8 Nylon Lock Nut (#60)

eight Stop Nylon Sleeve $\Phi 16 \times \Phi 8.5 \times 6$ (#44)

2. Attach two Pulley Frame ASSY (#23) to the Top Plate (#29).

3. Attach two Selector Pin W/Coil (#37) to the Weight Plate.

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Grade No.	PartNo.	Description	QTY
100	PLWS1000V1	10LBS Weight Plate	32

Assembly

STEP 6

Here is the assembly instruction for **200LBS Weights !**

1. Attach four $\Phi 25 \times 1948$ Guide Rod (#8), four $\Phi 62 \times \Phi 25.2 \times 25$ Rubber Bumper (#40), thirty-eight 10lbs Weight Plate (#101), two Top Plate (#29) to the Right Standing Frame II ASSY (#2), the Left Standing Frame II ASSY (#3) and the Foot Frame ASSY (#1) using:

four M8*50 HHB (#46)

eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#58)

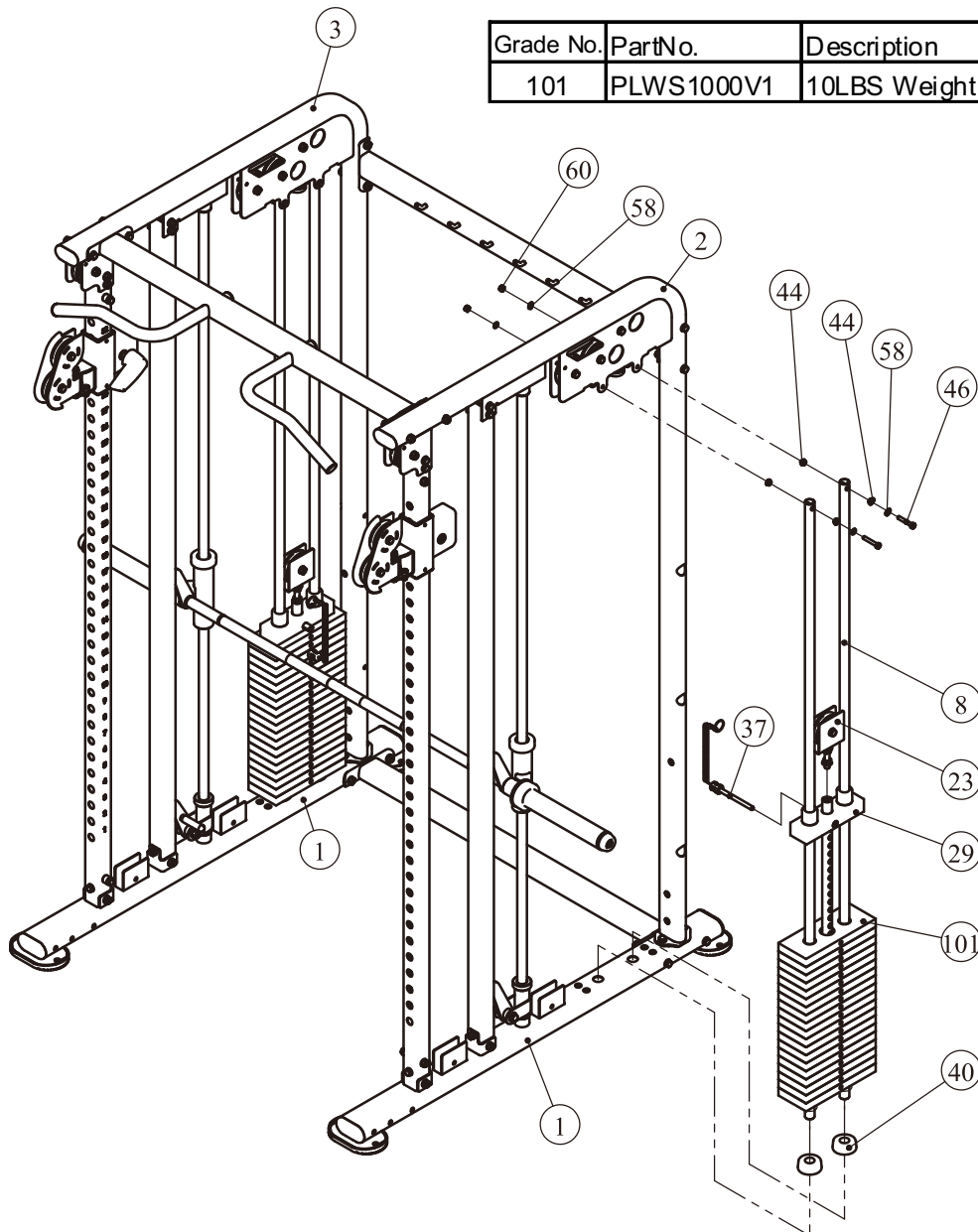
four M8 Nylon Lock Nut (#60)

eight Stop Nylon Sleeve $\Phi 16 \times \Phi 8.5 \times 6$ (#44)

2. Attach two Pulley Frame ASSY (#23) to the Top Plate (#29).

3. Attach two Selector Pin W/Coil (#37) to the Weight Plate.

Note: Hand tighten Bolts and Nylon Lock Nuts until machine is fully assembled.



Grade No.	PartNo.	Description	QTY
101	PLWS1000V1	10LBS Weight Plate	38

Assembly

STEP 8

1. Disassemble the Cable ASSY (#7) according to Figure A, Install the cable (#1) in the direction of arrow as shown, using both:

two M10*50 SHCS (#48)

two 3.5" Pulley (#31)

four $\Phi 11*\Phi 20*2$ Flat Washer (#59)

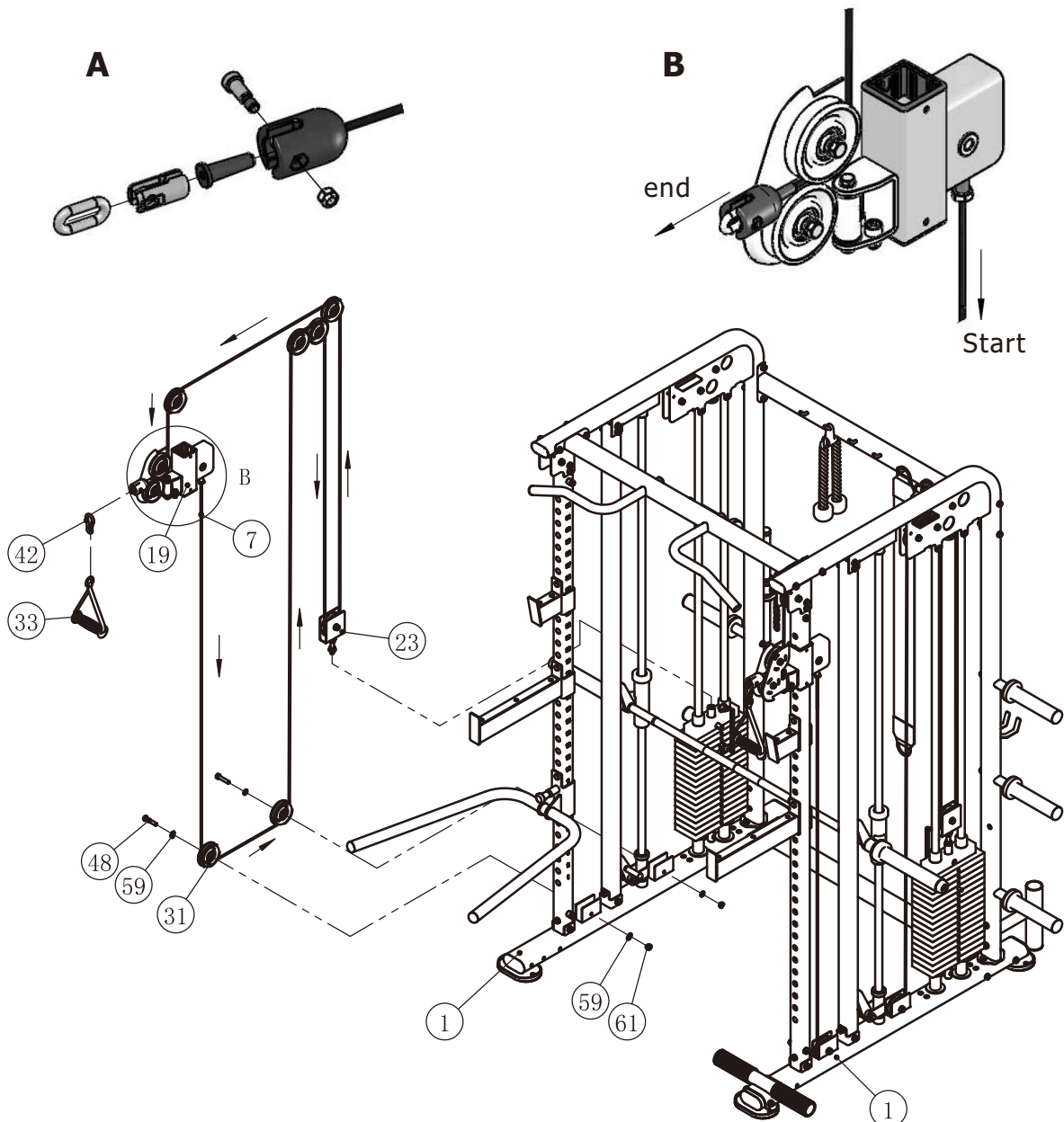
two M10 Nylon Lock Nut (#61)

After the cable is installed, Assemble it according to Figure A.

2. Attach two D-Strap (#33) to two Cable ASSY (#7), using:

two Gear Hook (#42)

Note: Wrench Tighten All Bolts and Nylon Lock Nuts.



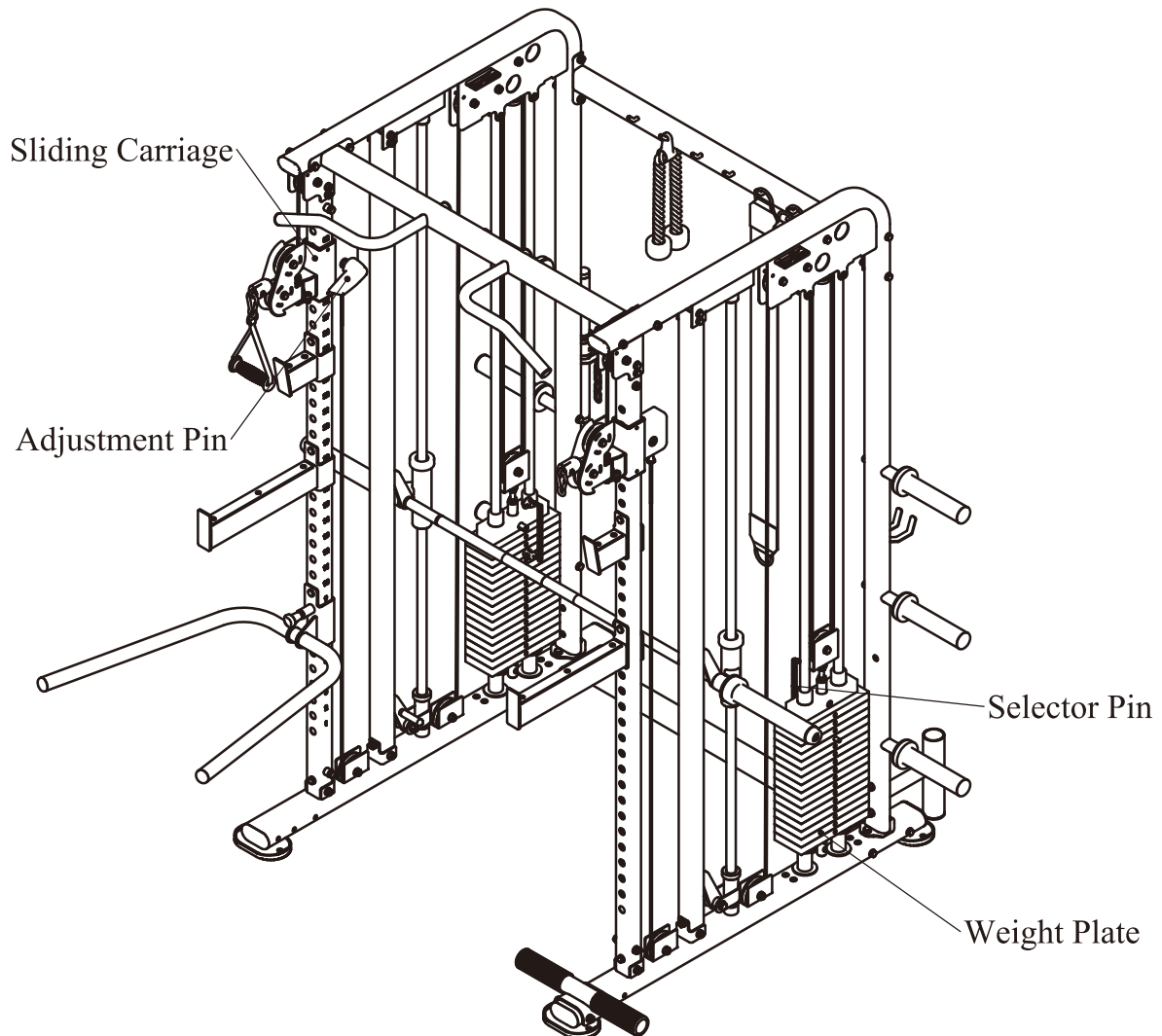
Adjust Instructions

Adjustment of Sliding Carriage

1. Pull the Adjustment Pin and Adjust Sliding Carriage to Desired Position.
2. Make Sure the Pin Gets into the Hole Completely.

Use of Selector Pin

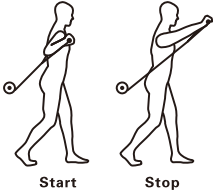
1. Select an Appropriate Weight and Put the Selector Pin into the Hole.
2. Make Sure the Selector Pin Gets into the Hole Completely.



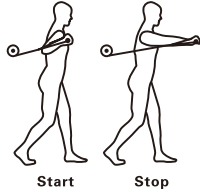
Exercise Instructions

Chest

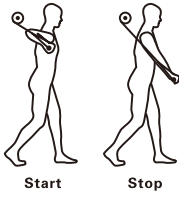
Incline Press



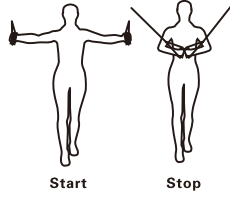
Chest Press



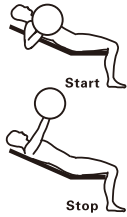
Decline Press



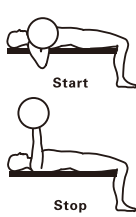
Pec Fly



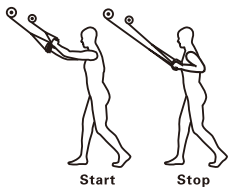
Incline Press



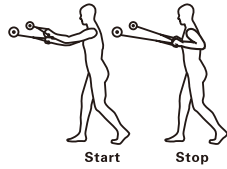
Chest Press



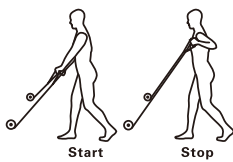
High Row



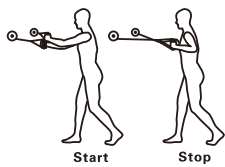
Mid Row



Low Row

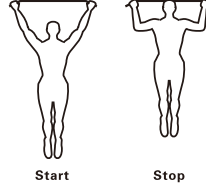


Rear Deltoid

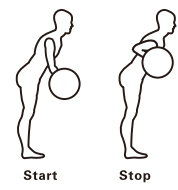


Back

Pull Up

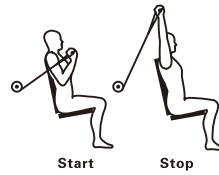


Bent Row

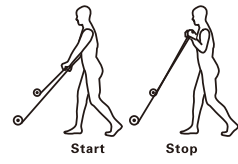


Shoulders

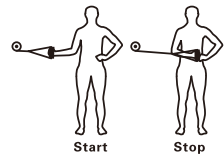
Seated Shoulder Press



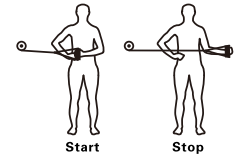
Lateral Raise



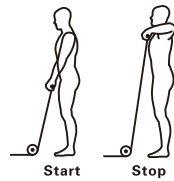
Internal Rotation



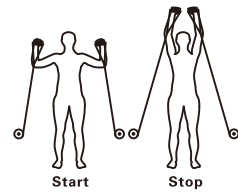
External Rotation



Upright Row



Shoulder Press

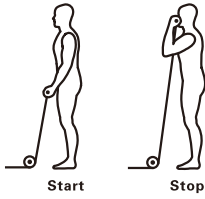


Back

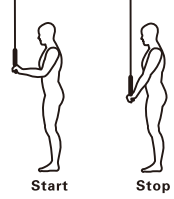
Exercise Instructions

Arms

Bicep Curl



Tricep Press Down

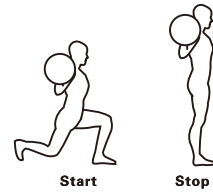


Lower Body

Squat

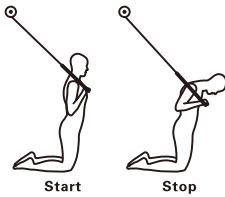


Lunge

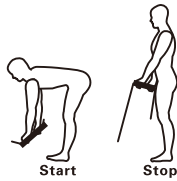


Core

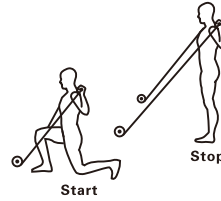
Kneeling Crunch



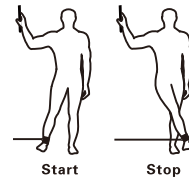
Dead Lift



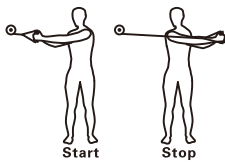
Lunge-Decelerating



Hip Adduction



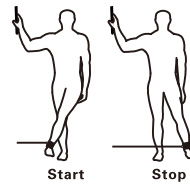
Core Rotation



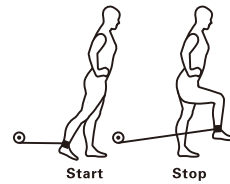
Core Rotation Incline



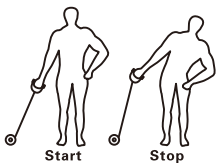
Hip Abduction



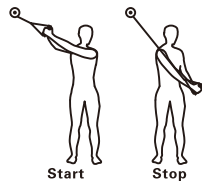
Hip Flexion



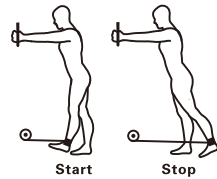
Side Bend



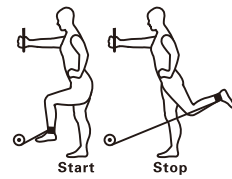
Core Rotation Decline



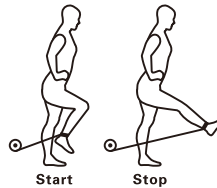
Hip Extension



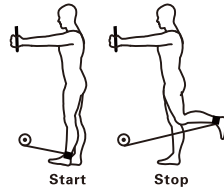
Kick Back



Leg Extension



Leg Curl



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

