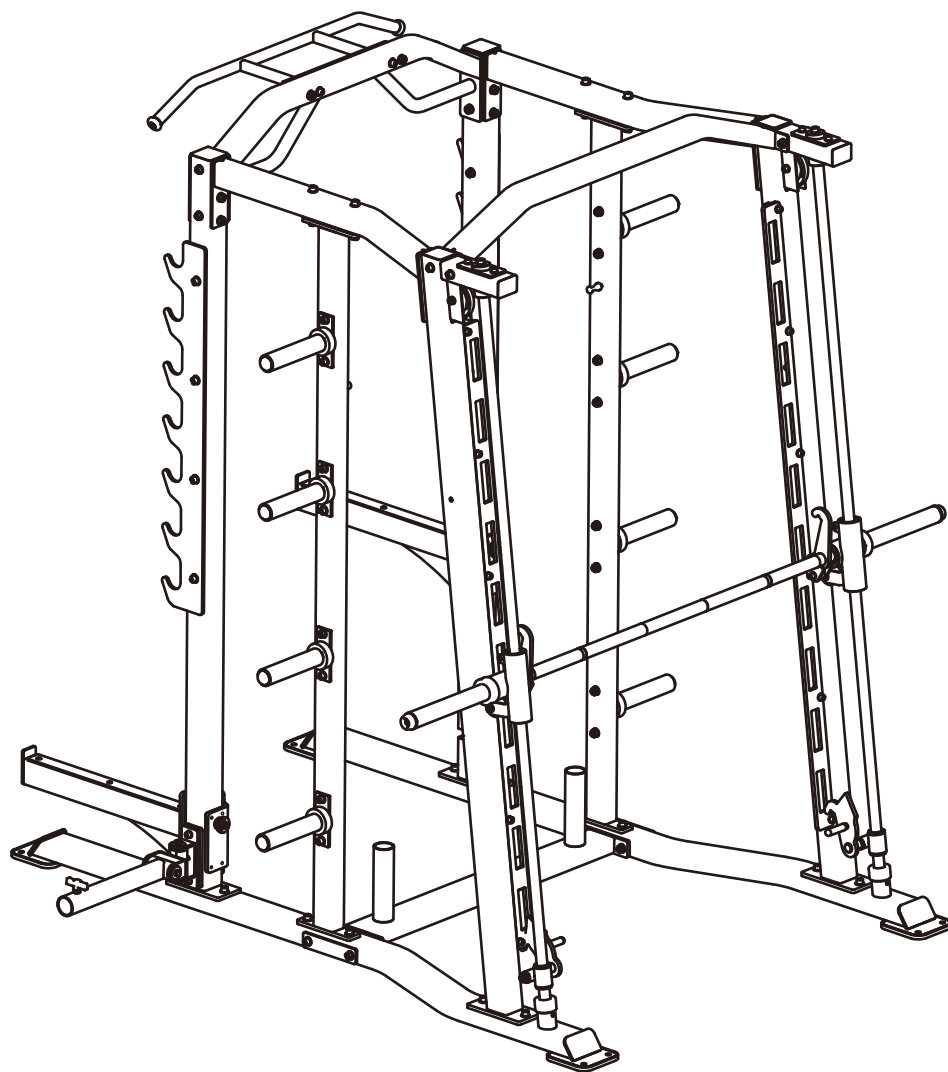


Инструкция

Силовая рама / Машина Смита Impulse SL7042

Полезные ссылки:

[Силовая рама / Машина Смита Impulse SL7042 - смотреть на сайте](#)



SL7042

MAGIC RACK/SMITH MACHINE OWNER'S MANUAL

19W

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

Table Of Contents

CAUTION!

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

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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 0.5 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.

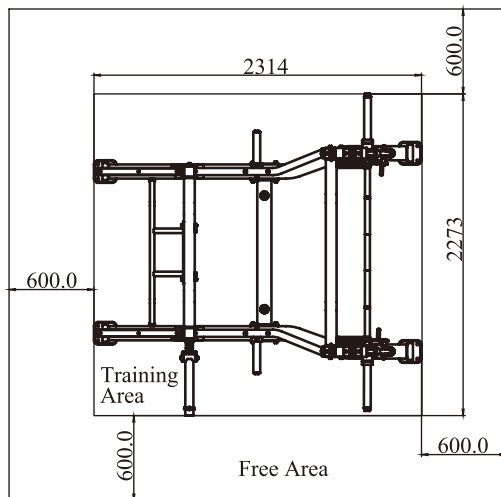
Important Safety Instructions

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: S

Maximum Wt. Capacity: 300kg/ 660lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 2314*2273*2386mm

Product Total Surface: 2314*2273mm

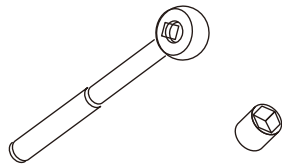
Product Total Mass:

Instructions

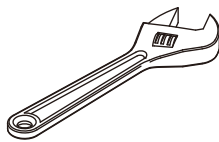
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

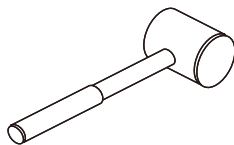
Tools Required



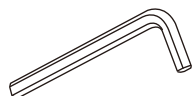
Ratchet Wrench and Socket



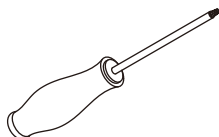
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

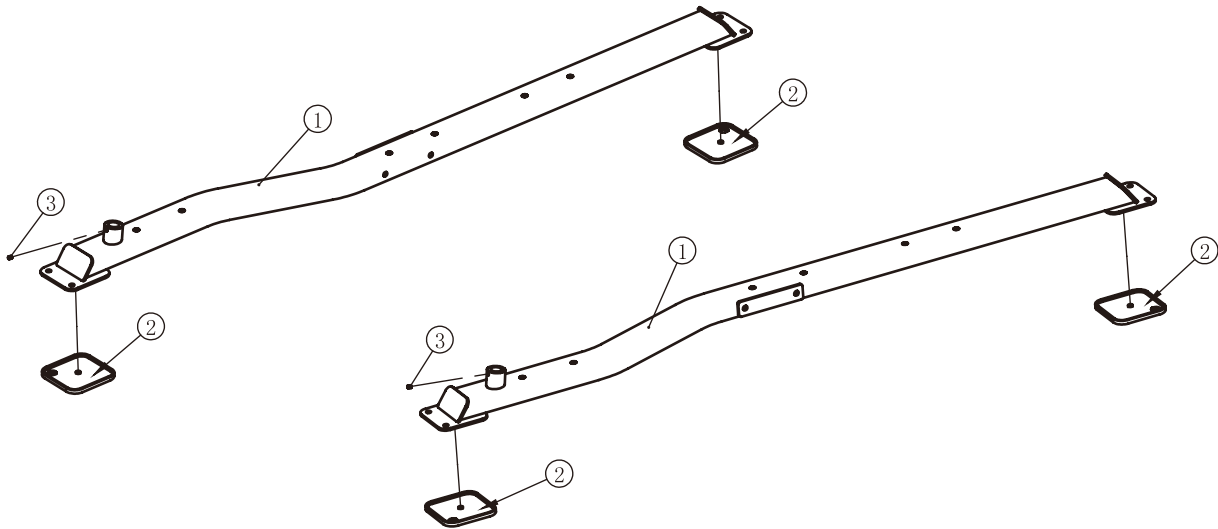


Phillips Screwdriver

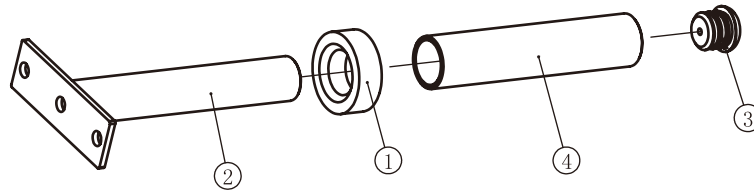
Exploded View and Parts List

The Left Frame ASSY

The Right Frame ASSY



Weight Storage ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70420100	The Left Frame	1
2	1.2	CWRVL0051200	Rubber Foot	1
3	1.3	GB77M8*10DHS4	Screw M8*10	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	SL70420200	The Right Frame	1
2	2.2	CWRVL0051200	Rubber Foot	1
3	2.3	GB77M8*10DHS4	Screw M8*10	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	SL70100300	Weight Storage	1
2	3.2	HF985A1500	Weight Horn Rubber Donut $\Phi 76 \times \Phi 42 \times 25$	1
3	3.3	SL70100400	Plastic Pipe $\Phi 49 \times \Phi 41.4 \times 223$	1
4	3.4	RF-6012500	Round End Plug $\Phi 41.3 \times \Phi 34$	1

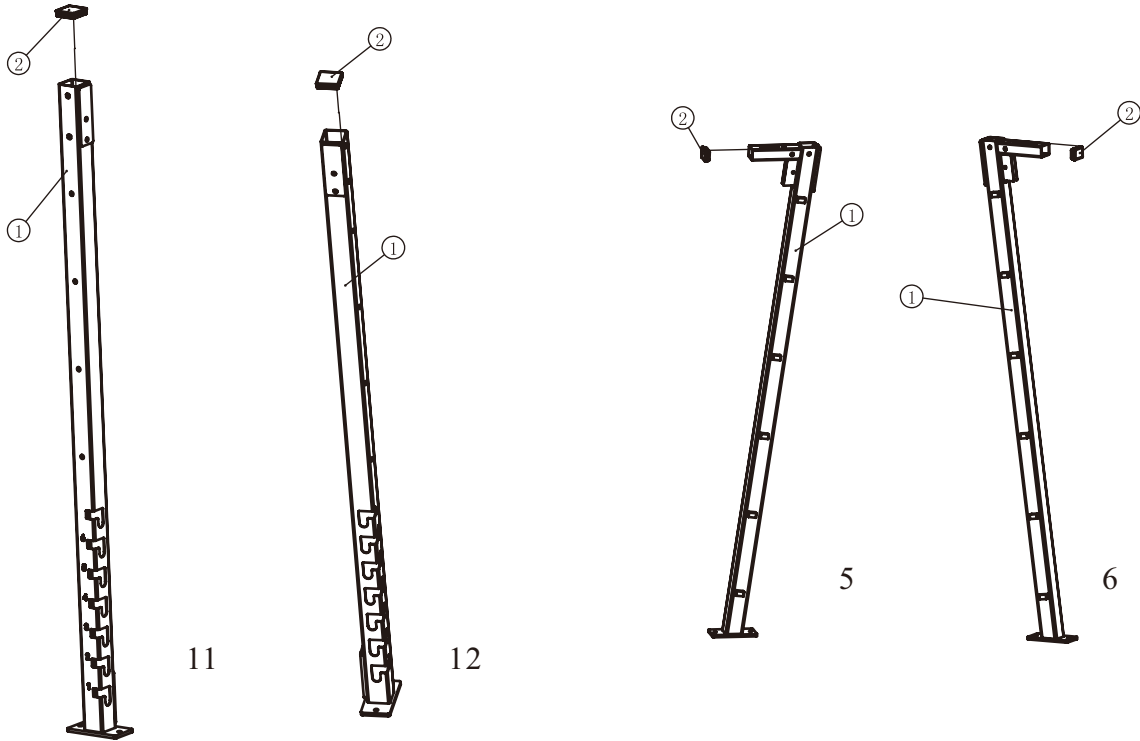
Exploded View and Parts List

**The Left Floor Stand Frame
ASSY On The Back** 11

**The Left Floor Stand
Frame ASSY** 5

**The Right Floor Stand Frame
ASSY On The Back** 12

**The Right Floor Stand
Frame ASSY** 6



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	SL70421100	The Left Floor Stand Frame	1
2	11.2	PBF30013	End Plug □75	1

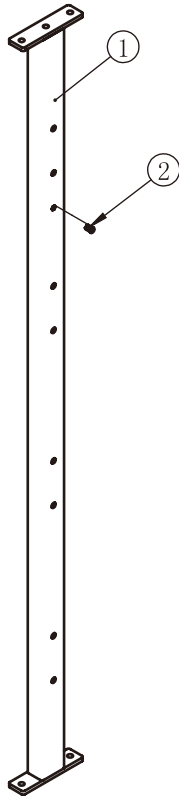
ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	SL70421200	The Right Floor Stand Frame	1
2	12.2	PBF30013	End Plug □75	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	SL70420500	The Left Floor Stand Frame	1
2	5.2	KPSFID2800	End Plug □50	1

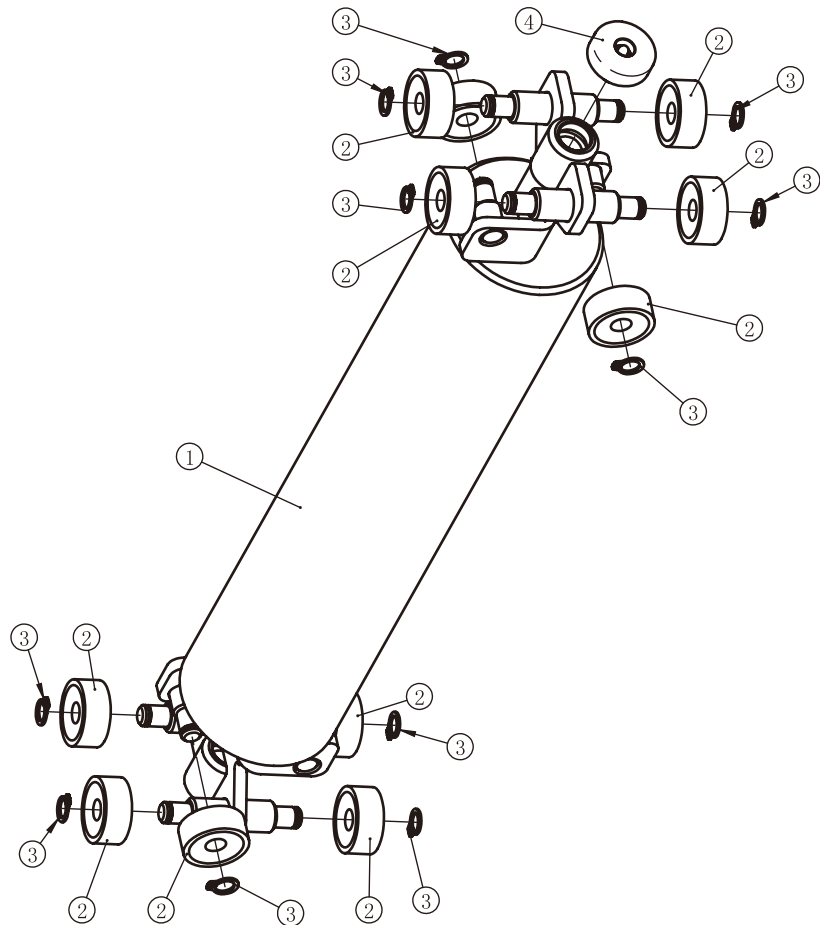
ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70420600	The Right Floor Stand Frame	1
2	6.2	KPSFID2800	End Plug □50	1

Exploded View and Parts List

Floor Stand Frame ASSY



Counter Weight

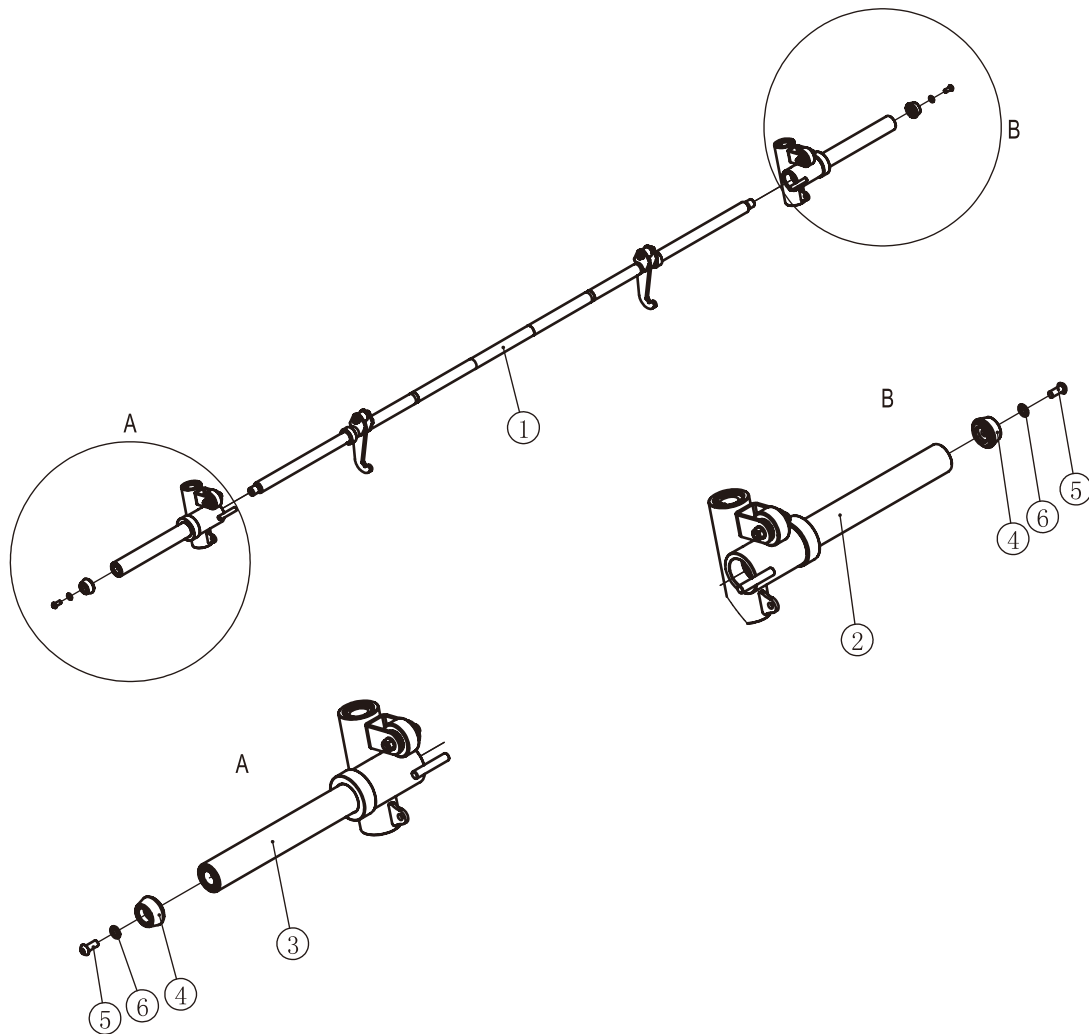


ItemNo.	Grade No.	Part No.	Description	QTY
1	13.1	SL70421300	Floor Stand Frame	1
2	13.2	GB17880.5M8*16.5DCS17	Rivet Nut M8*16.5	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	41.1	IT7001B1700	Counter Weight	1
2	41.2	014-0012024	Bearing Assembly	12
3	41.3	GB894.18FH12	External Circlip	12
4	41.4	ROC-IT1012400	Crash Pad	1

Exploded View and Parts List

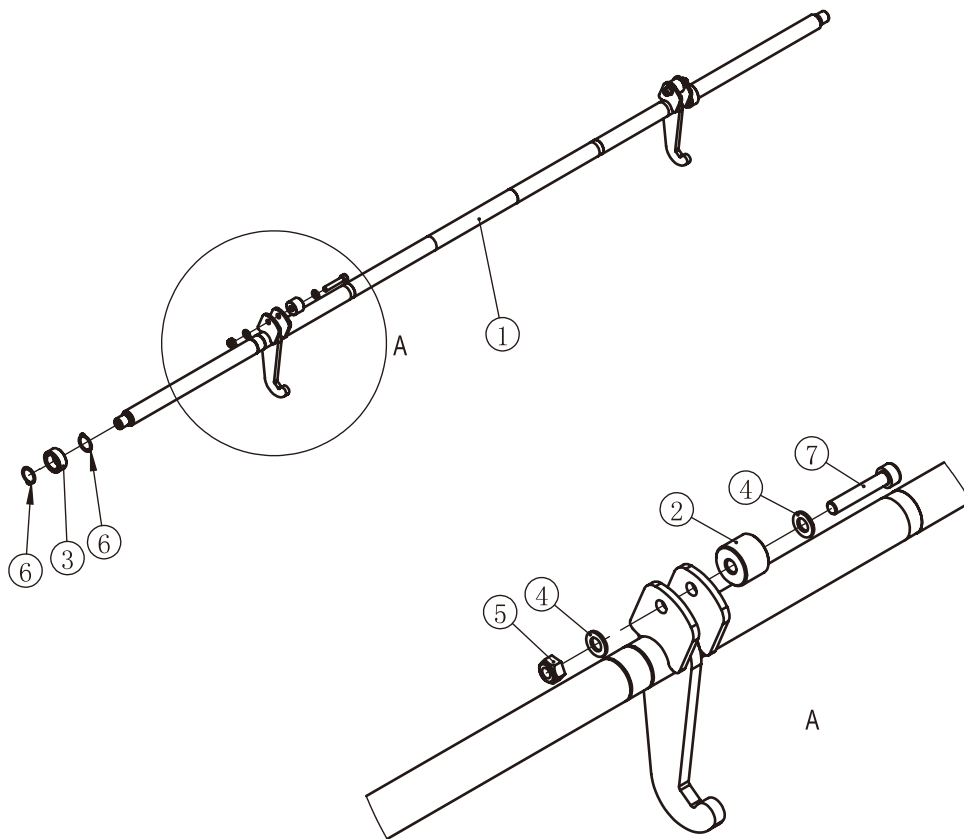
Olympic Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	18.1	IT70010400ASSY	The First Step Of Olympic Bar ASSY	1
2	18.2	IT70010500ASSY	Left Bar Support ASSY	1
3	18.3	IT70010600ASSY	Right Bar Support ASSY	1
4	18.4	CF37532600	Grip Cap	2
5	18.5	PNLM10*25DN20NL	Button Head Cap ScrewM10*25	2
6	18.6	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	2

Exploded View and Parts List

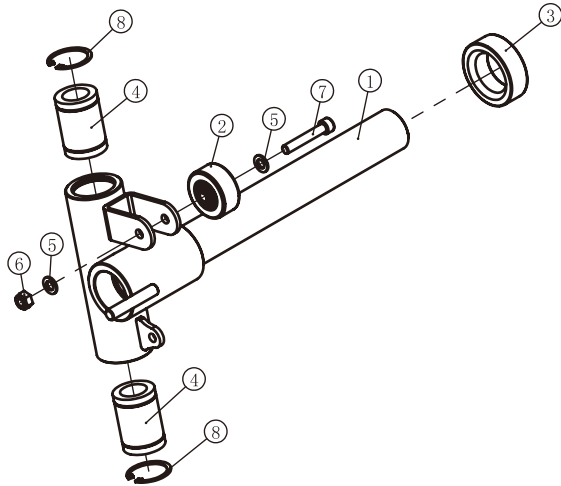
The First Step Of Olympic Bar ASSY



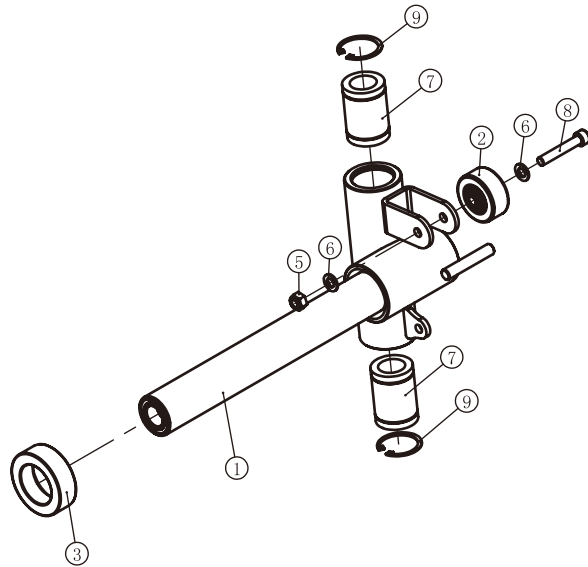
ItemNo.	Grade No.	Part No.	Description	QTY
1	18.1.1	IT70010400V1	The First Step Of Olympic Bar	1
2	18.1.2	IT70011800	spindle	2
3	18.1.3	NK135/20	needle bearing	2
4	18.1.4	GB9510DN2	Flat Washer $\Phi 11*\Phi 20*2$	4
5	18.1.5	NM10DN2	Nylon Lock Nut M10	2
6	18.1.6	GB894.135FH12	circlip for shaft $\Phi 35$	4
7	18.1.7	GB70BTM10*55DN18	Thin Socket Head Cap Screw M10*55	2

Exploded View and Parts List

Left Bar Support ASSY



Right Bar Support ASSY

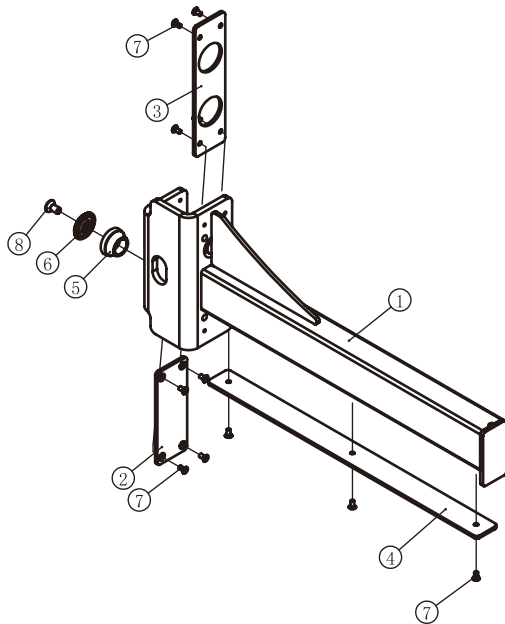


ItemNo.	Grade No.	Part No.	Description	QTY
1	18.2.1	IT70010500V1	Left Bar Support	1
2	18.2.2	IT7001TM0100	Wheel	1
3	18.2.3	CF37533400	Weight Horn Rubber Donut	1
4	18.2.4	WONSBE30	Φ30mm Linear Bearing	2
5	18.2.5	GB9510DN2	Flat Washer Φ11*Φ20*2	2
6	18.2.6	NM10DN2	Nylon Lock Nut M10	1
7	18.2.7	GB70BTM10*60DN18	Thin Socket Head Cap Screw M10*60	1
8	18.2.8	GB893.147FH12	circlip for hole Φ47	2
9	18.2.9	NA4905	Bearing:25mm Needle Bearing	1

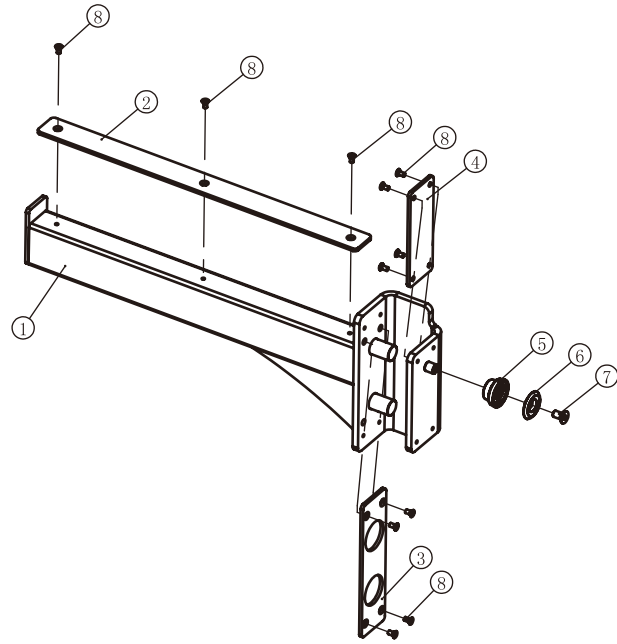
ItemNo.	Grade No.	Part No.	Description	QTY
1	18.3.1	IT70010600V1	Right Bar Support	1
2	18.3.2	IT7001TM0100	Wheel	1
3	18.3.3	CF37533400	Weight Horn Rubber Donut	1
4	18.3.4	NA4905	Bearing:25mm Needle Bearing	1
5	18.3.5	NM10DN2	Nylon Lock Nut M10	1
6	18.3.6	GB9510DN2	Flat Washer Φ11*Φ20*2	2
7	18.3.7	WONSBE30	Φ30mm Linear Bearing	2
8	18.3.8	GB70BTM10*60DN18	Thin Socket Head Cap Screw M10*60	1
8	18.3.9	GB893.147FH12	circlip for hole Φ47	2

Exploded View and Parts List

Carrage 1



Carrage 2

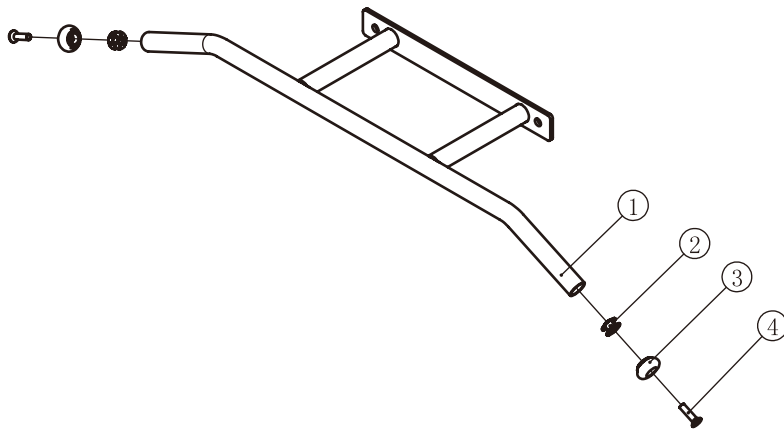


ItemNo.	Grade No.	Part No.	Description	QTY
1	15.1	SL70140600	Carrage 1	1
2	15.2	CHFPR2000	Plastic Plat 2	1
3	15.3	CHFPR1900	Plastic Plat 1	1
4	15.4	CHHPR1600	Long Plastic Plat	1
5	15.5	IF81162400P129C	Plastic Kbon-Base	1
6	15.6	IF81162300P129C	Plastic Kbon-Cap	1
7	15.7	GB819M6*12DHS2	Flat Head Cap ScrewM6*12	1
8	15.8	CNLM10*20N19	Flat Head Cap ScrewM10*20	11

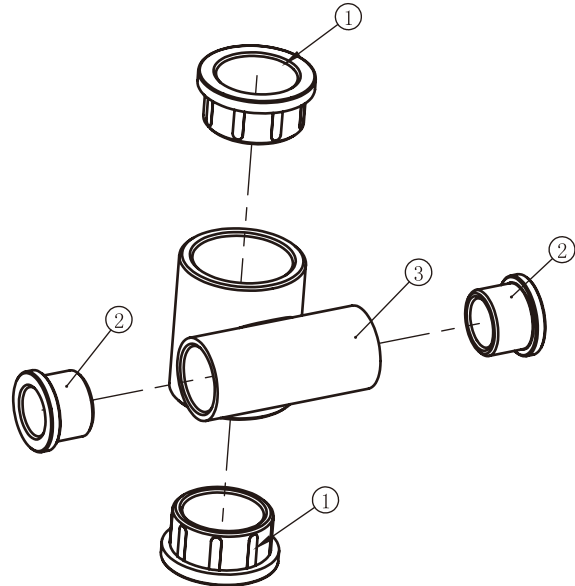
ItemNo.	Grade No.	Part No.	Description	QTY
1	16.1	SL70140800	Carrage 2	1
2	16.2	CHHPR1600	Long Plastic Plat	1
3	16.3	CHFPR1900	Plastic Plat 1	1
4	16.4	CHFPR2000	Plastic Plat 2	1
5	16.5	IF81162400P129C	Plastic Kbon-Base	1
6	16.6	IF81162300P129C	Plastic Kbon-Cap	1
7	16.7	CNLM10*20N19	Flat Head Cap ScrewM10*20	1
8	16.8	GB819M6*12DHS2	Flat Head Cap ScrewM6*12	11

Exploded View and Parts List

Lat Bar ASSY



Safety Catch,Guide

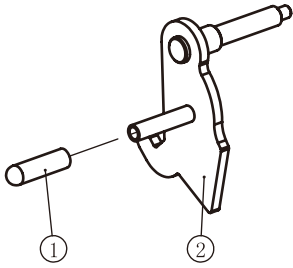


ItemNo.	Grade No.	Part No.	Description	QTY
1	40.1	SL70411500	Lat Bar	1
2	40.2	IF81212700	sun helmet	2
3	40.3	IT9030B9500	Aluminum shell cove	2
4	40.4	CNLM10*40N19NL	Flat Head Cap ScrewM10*40	2

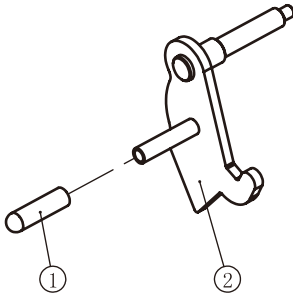
ItemNo.	Grade No.	Part No.	Description	QTY
1	19.1	CF37538500	Nylon Bushing	2
2	19.2	HF985A1800	Bushing	2
3	19.3	IT70010900	Safety Catch,Guide	1

Exploded View and Parts List

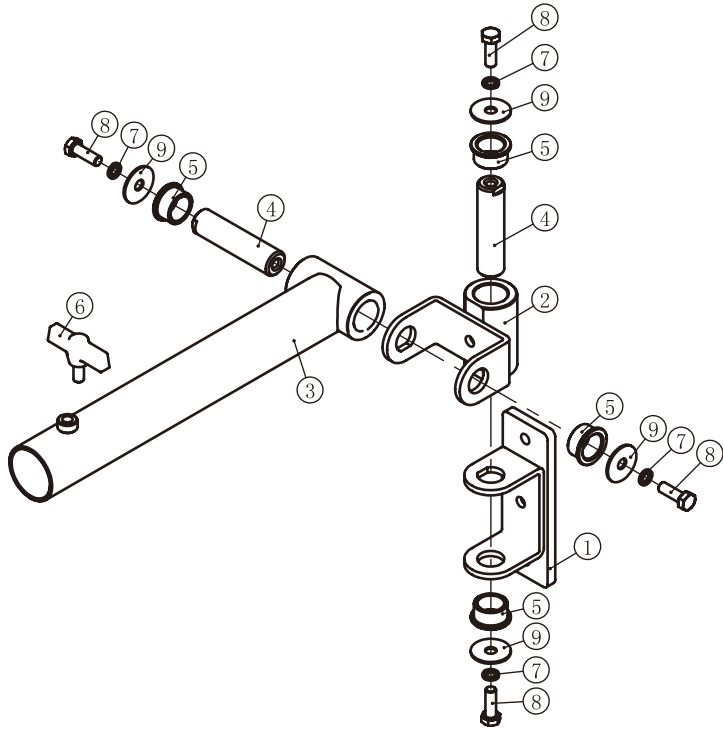
Right Safety Catch



Left Safety Catch



The Battery Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	20.1	CG50001700	Grip	1
2	20.2	IT70011100V1	Right Safety Catch	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	21.1	CG50001700	Grip	1
2	21.2	IT70011200V1	Left Safety Catch	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	43.1	IZ70120100	fixed mount	1
2	43.2	IZ70120200	turret	1
3	43.3	IZ70120300	Battery holder	1
4	43.4	IZ70120400	spindle	2
5	43.5	M02502000	copper lead bearing	4
6	43.6	DQ10DHS2D	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
7	43.7	GB5780M10*30DHS20	hexagonal head boltM10*30	4
8	43.8	GB9310DHS12	spring washer M10	4
9	43.9	PBD30201Y	rotary knob	1

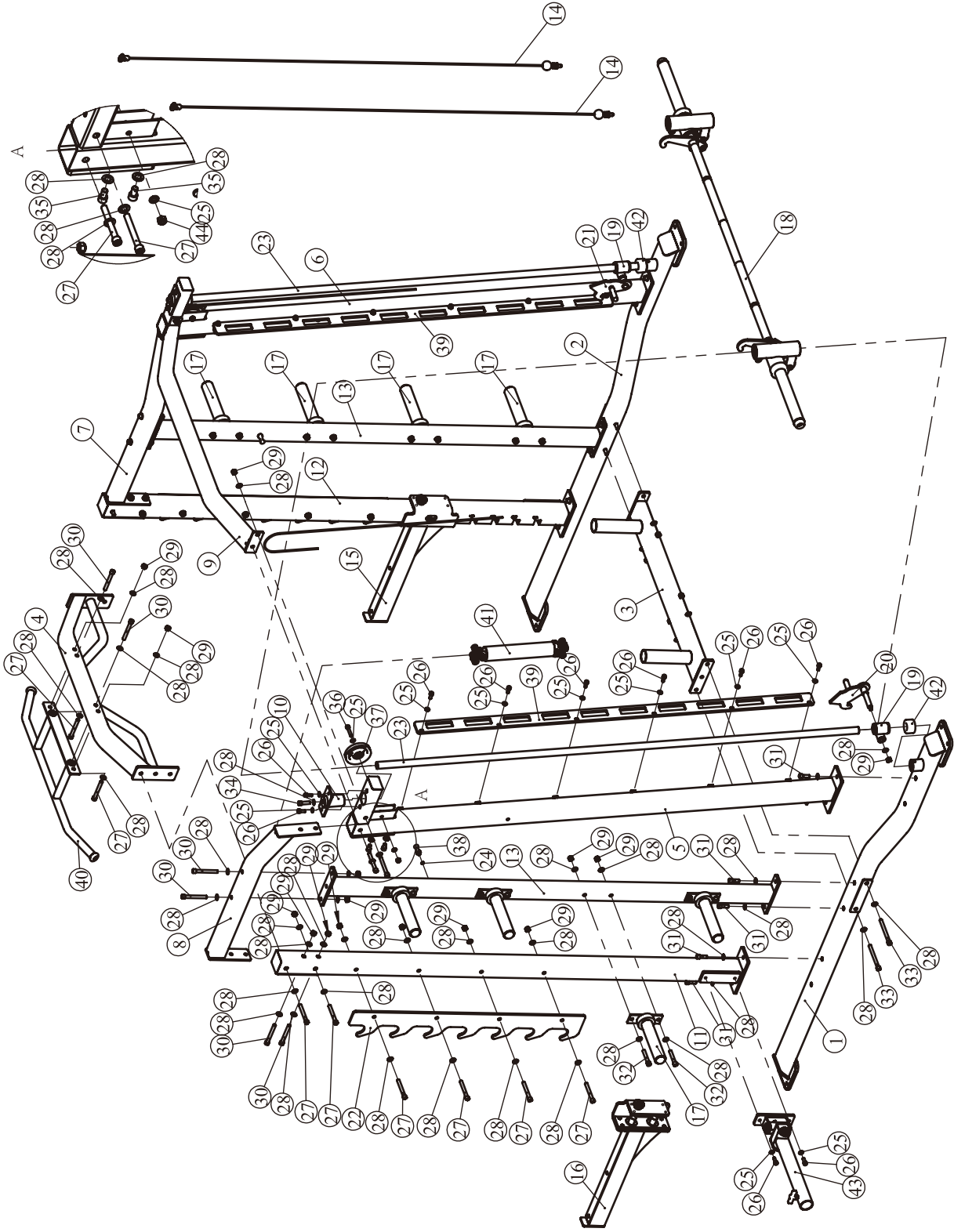
Exploded View and Parts List

Overall

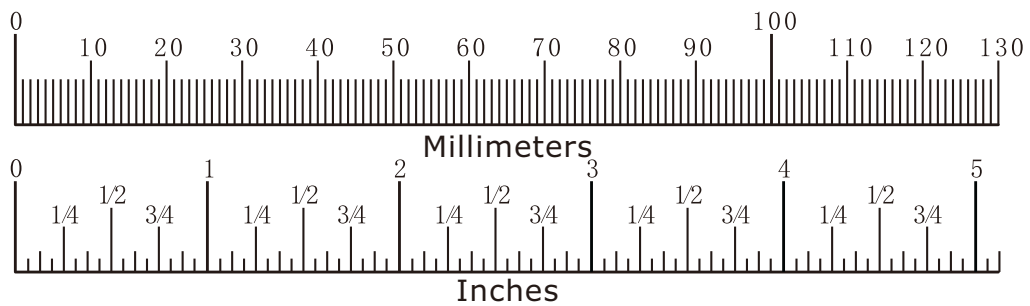
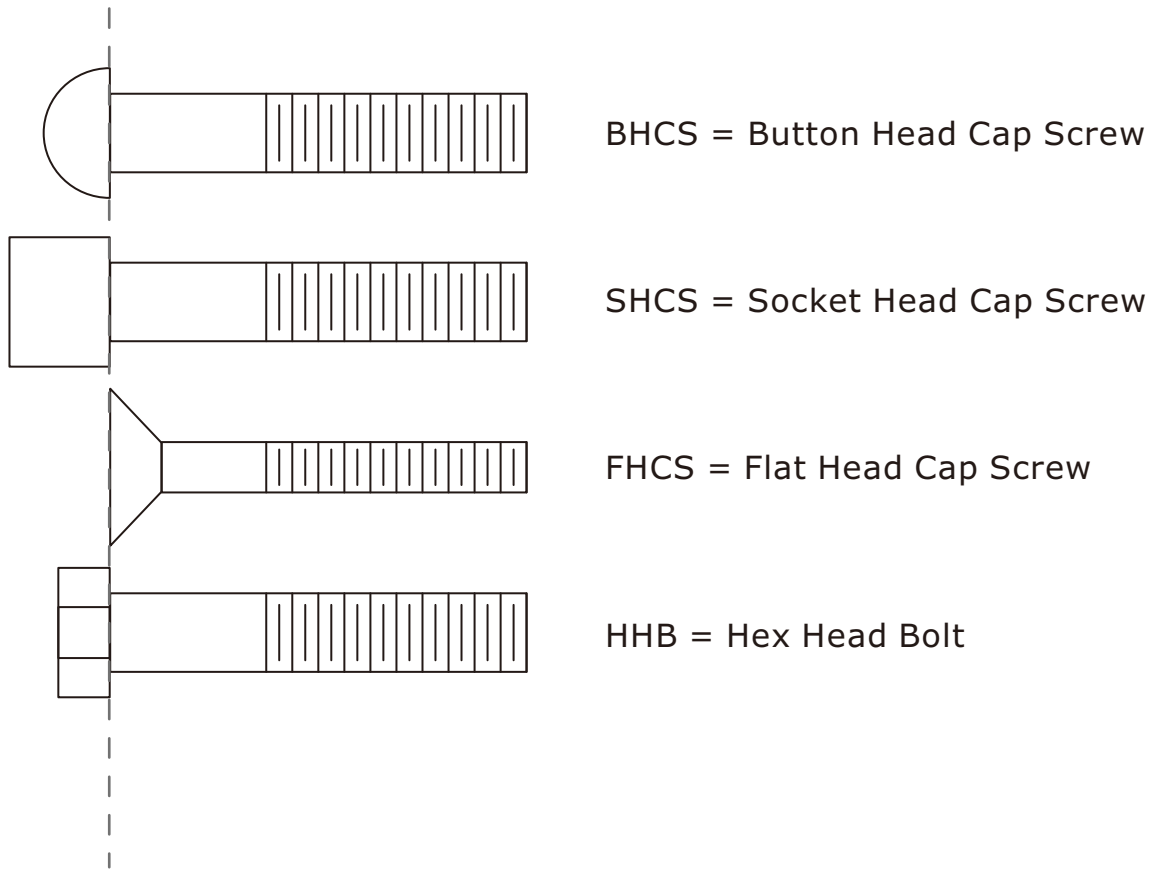
Item No.	Grade No.	Part No.	Description	QTY
1	1	SL704201ASSY	The Left Floor Stand Frame ASSY	1
2	2	SL704202ASSY	The Right Floor Stand Frame ASSY	1
3	3	SL70420300	The Bottom Connection Frame	1
4	4	SL70420400	The Short Connection Frame	1
5	5	SL704205ASSY	The Left Floor Stand Frame ASSY	1
6	6	SL704206ASSY	The Right Floor Stand Frame ASSY	1
7	7	SL70420700	The Right Connection Frame	1
8	8	SL70420800	The Left Connection Frame	1
9	9	SL70420900	The Long Connection Frame	1
10	10	SL70421000	Guide Rod Housing	2
11	11	SL704211ASSY	The Left Floor Stand Frame ASSY On The Back	1
12	12	SL704212ASSY	The Right Floor Stand Frame ASSY On The Back	2
13	13	SL704213ASSY	Floor Stand Frame ASSY	2
14	14	SL70421400	Cable Assembly	2
15	15	SL701406ASSY	Carrage 1	1
16	16	SL701408ASSY	Carrage 2	1
17	17	SL701003ASSY	Cable Assembly	8
18	18	IT700104ASSY	Olympic Bar ASSY	1
19	19	IT700109ASSY	Safety Catch,Guide	2
20	20	IT700111ASSY	Right Safety Catch	1
21	21	IT700112ASSY	Left Safety Catch	1
22	22	SL70421500	Toothed Plate	2
23	23	SL70421600	Guide rod	2
24	24	GB938DHS12	spring washer	2
25	25	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	22
26	26	GB70M10*25DHS20	Socket Head Cap ScrewM10*25	18
27	27	GB70M12*100DHS20	Socket Head Cap ScrewM12*100	18
28	28	DQ12DHS2A	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	112
29	29	NM12DHS2	Nylon Lock Nut M12	44
30	30	GB70M12*105DHS20	Socket Head Cap ScrewM12*105	10
31	31	GB70M12*35*35DHS20NL	Socket Head Cap ScrewM12*35	12
32	32	GB70M12*75DHS20	Socket Head Cap ScrewM12*75	16
33	33	GB70M12*135DHS20	Socket Head Cap ScrewM12*135	4
34	34	GB70M12*40DHS20	Socket Head Cap ScrewM12*40	2
35	35	GB70M12*20DHS20NL	Socket Head Cap ScrewM12*20	4
36	36	GB70M10*50DHS20	Socket Head Cap ScrewM10*50	2
37	37	SG500110400V5	Large pulley	2
38	38	IT95274400	column	2
39	39	IT70011400V1	Rack Out Plate	2
40	40	SE500107ASSY	Lat Bar	1
41	41	IT7001B1700ASSY	Counter Weight	2
42	42	IT7001B1500	Crash Pad	2
43	43	SL704220ASSY	The Battery Frame ASSY	1
44	44	NM10DHS2	Nylon Lock Nut M10	2
45	45	NBS12DHS	Hex Key S=12	1
46	46	NBS10DHS	Hex Key S=10	1

Exploded View and Parts List

Overall



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

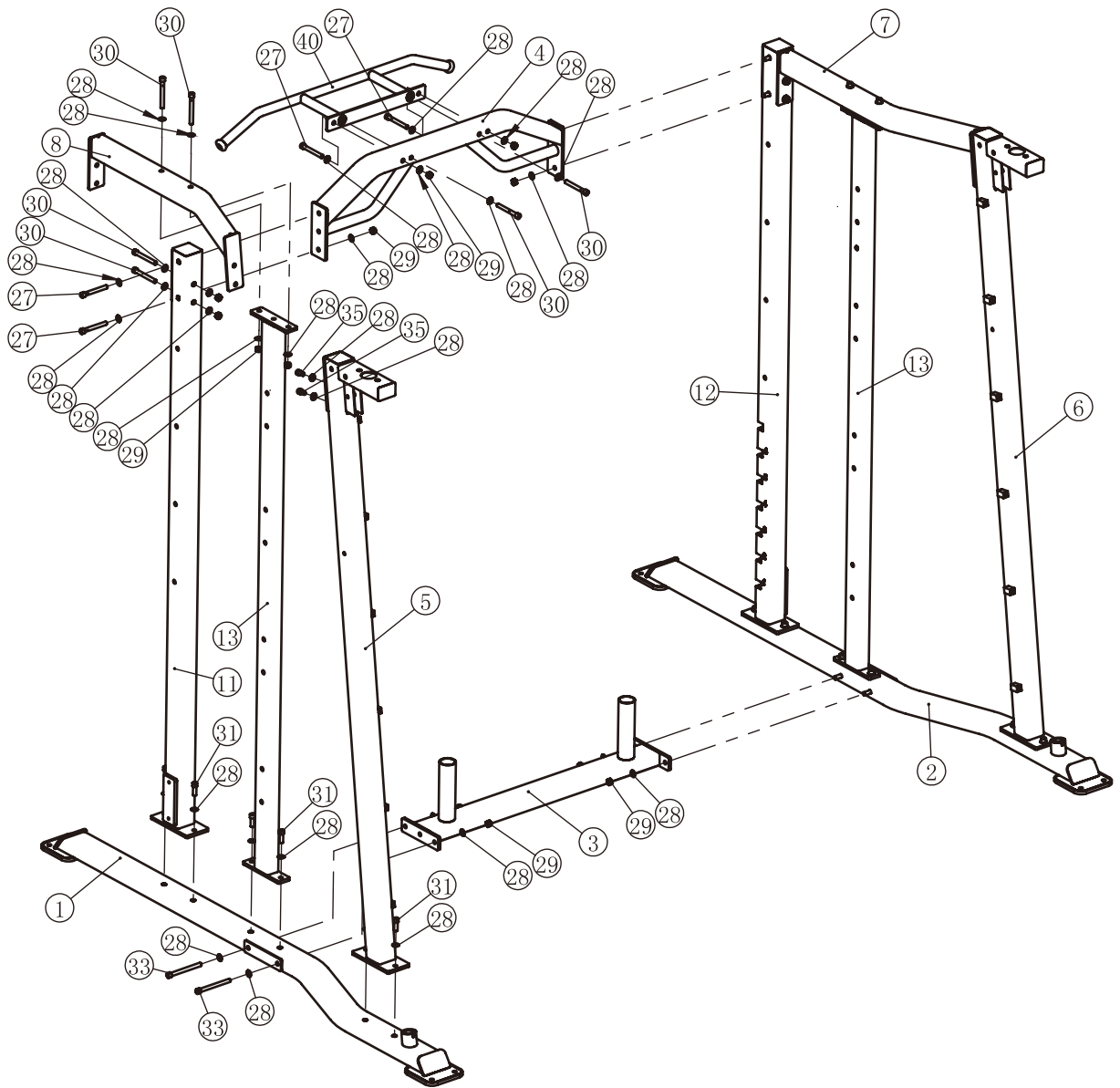
STEP 1

1. Attach The Left Floor Stand Frame ASSY (#1) to The Bottom Connection Frame (#3), Attach The Right Floor Stand Frame ASSY (#2) to The Bottom Connection Frame (#3), using:
four M12*135 SHCS (#33) eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#28)
four M12 Nylon Lock Nut (#29)
2. Attach The Left Floor Stand Frame ASSY (#5) to The Left Floor Stand Frame ASSY (#1), Attach The Right Floor Stand Frame ASSY (#6) to The Right Floor Stand Frame ASSY (#2), using:
four M12*35 SHCS (#31) four $\Phi 13*\Phi 24*2.5$ Flat Washer (#28)
3. Attach one Floor Stand Frame ASSY (#13) to The Left Floor Stand Frame ASSY (#1), Attach The Other one Floor Stand Frame ASSY (#13) to The Right Floor Stand Frame ASSY (#2), using:
four M12*35 SHCS (#31) four $\Phi 13*\Phi 24*2.5$ Flat Washer (#28)
4. Attach The Left Floor Stand Frame ASSY On The Back (#11) to The Left Floor Stand Frame ASSY (#1), Attach The Right Floor Stand Frame ASSY On The Back (#12) to The Right Floor Stand Frame ASSY (#2), using:
four M12*35 SHCS (#31) four $\Phi 13*\Phi 24*2.5$ Flat Washer (#28)
5. Attach The Right Connection Frame (#7) to The Right Floor Stand Frame ASSY (#6), The Right Floor Stand Frame ASSY On The Back(#12), Floor Stand Frame ASSY (#13), using:
four M12*105 SHCS (#30) two M12*20 SHCS (#35)
ten $\Phi 13*\Phi 24*2.5$ Flat Washer (#28) four M12 Nylon Lock Nut (#29)
6. Attach The Left Connection Frame (#8) to The Left Floor Stand Frame ASSY (#5), The Left Floor Stand Frame ASSY On The Back (#11), Floor Stand Frame ASSY (#13), using:
four M12*105 SHCS (#30) two M12*20 SHCS (#35)
ten $\Phi 13*\Phi 24*2.5$ Flat Washer (#28) four M12 Nylon Lock Nut (#29)
7. Attach The Short Connection Frame (#4) to The Left Floor Stand Frame ASSY On The Back (#11), The Right Floor Stand Frame ASSY On The Back (#12), using:
four M12*100 SHCS (#27) six $\Phi 13*\Phi 24*2.5$ Flat Washer (#28)
two M12 Nylon Lock Nut (#29)
8. Attach The Lat Bar (#40) to The Short Connection Frame (#4) using:
four M12*100 SHCS (#27) two M12*105 SHCS (#30)
six $\Phi 13*\Phi 24*2.5$ Flat Washer (#28) two M12 Nylon Lock Nut (#29)

Note: NOT Tighten Bolts and Nylon Lock Nuts.

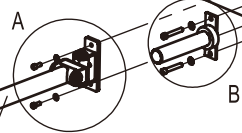
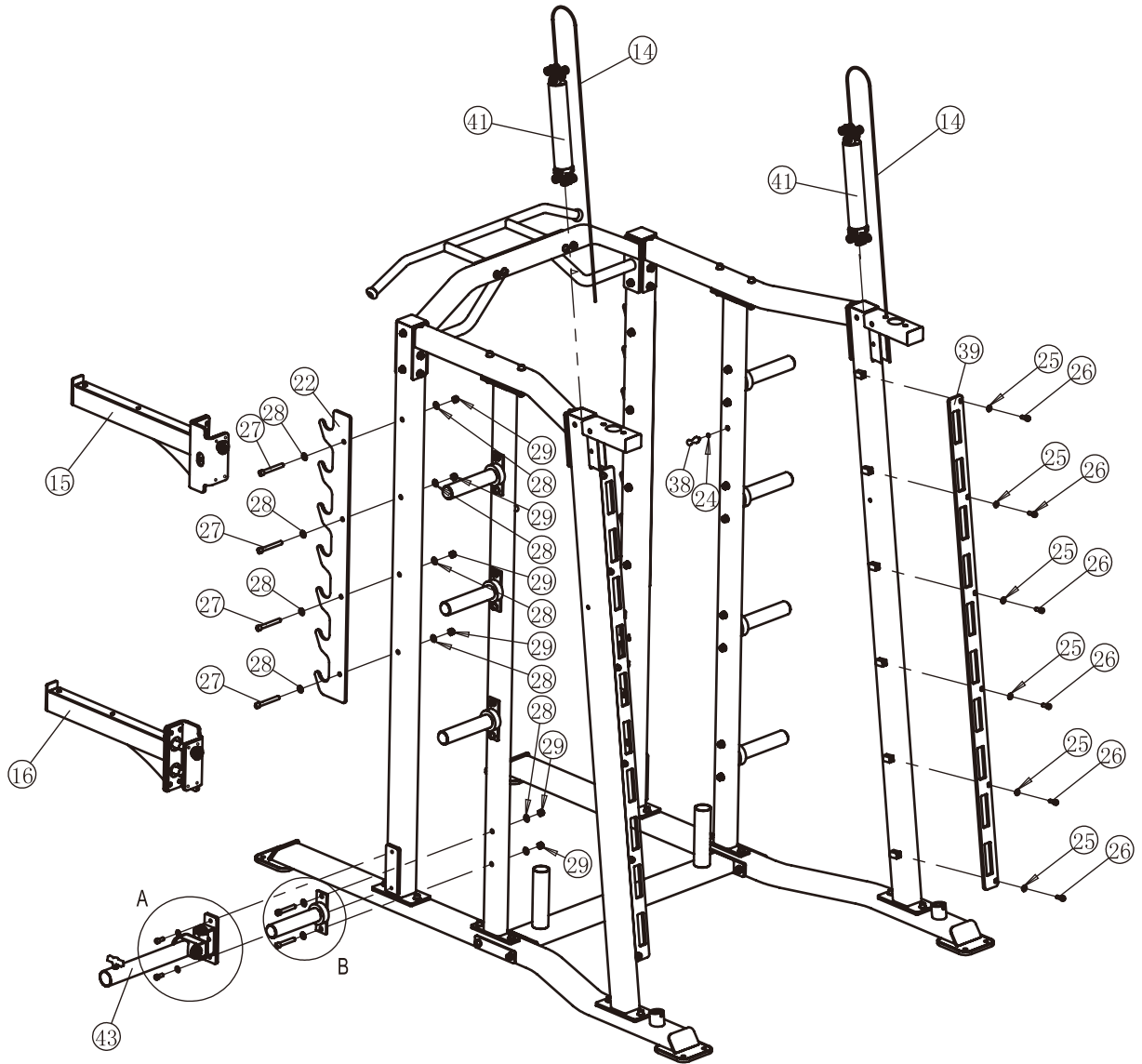
Assembly

STEP 1

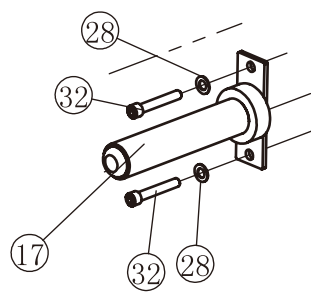


Assembly

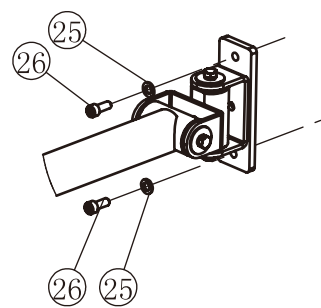
STEP 2



A



B

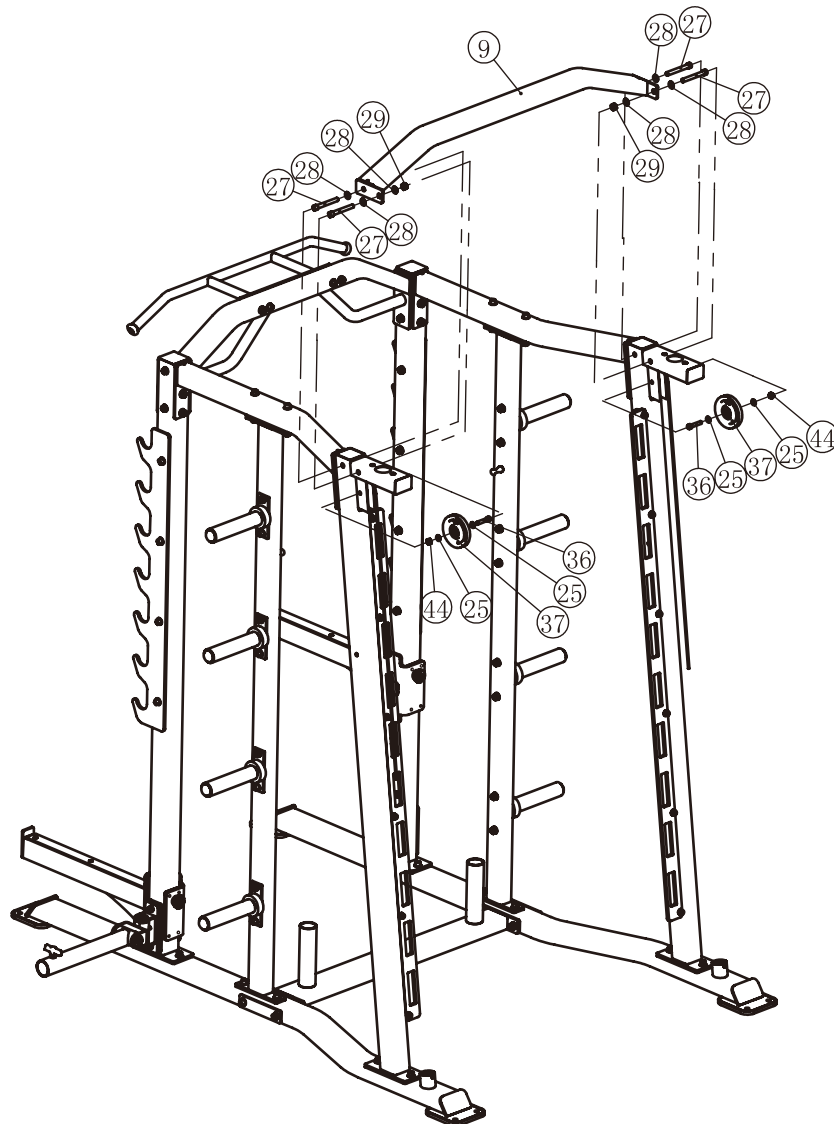


Assembly

STEP 3

1. Attach The Long Connection Frame (#9) to The Left Floor Stand Frame ASSY (#5), The Right Floor Stand Frame ASSY (#6), using:
four M12*100 SHCS (#27) six $\Phi 13*\Phi 24*2.5$ Flat Washer (#28)
two M12 Nylon Lock Nut (#29)
2. Attach one Large pulley (#37) to The Left Floor Stand Frame ASSY (#5), using:
one M10*50 FHCS (#36) two $\Phi 11*\Phi 20*2$ Flat Washer (#25)
one M10 Nylon Lock Nut (#44)
3. Attach one Large pulley (#37) to The Right Floor Stand Frame ASSY (#6), using:
one M10*50 FHCS (#36) two $\Phi 11*\Phi 20*2$ Flat Washer (#25)
one M10 Nylon Lock Nut (#44)

Note: NOT Tighten Bolts and Nylon Lock Nuts.

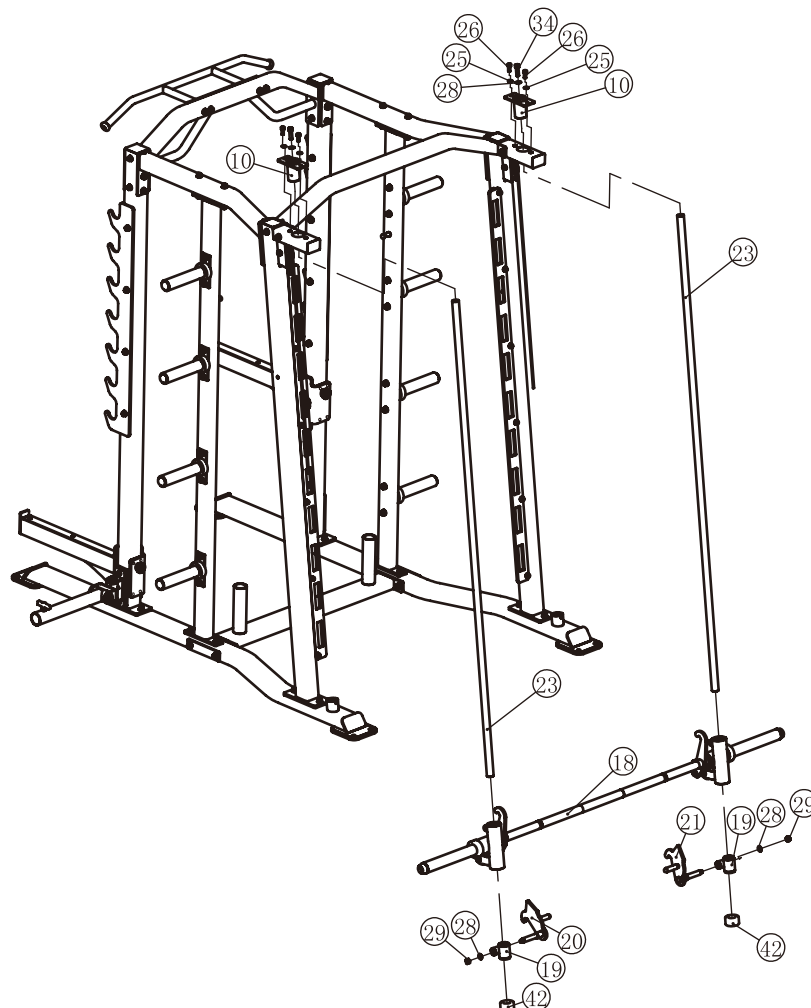


Assembly

STEP 4

1. Attach Olympic Bar ASSY (#18) to two Guide rod (#23).
2. Attach two Safety Catch, Guide (#19) to two Guide rod (#23).
3. Attach two Crash Pad (#42) to two Guide rod (#23).
4. Attach Right Safety Catch (#20) to one Guide rod (#23), using:
one $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#28) one M12 Nylon Lock Nut (#29)
5. Attach Left Safety Catch (#21) to one Guide rod (#23), using:
one $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#28) one M12 Nylon Lock Nut (#29)
6. Attach two Guide rod (#23) to The Left Floor Stand Frame ASSY (#5), The Right Floor Stand Frame ASSY (#6) using:
two M12*40 SHCS (#34) four M10*25 SHCS (#26)
two $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#28) four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#25)
two Guide Rod Housing fixed (#10)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust Instructions and Exercise Instructions

Exercise Instructions

Chin-up

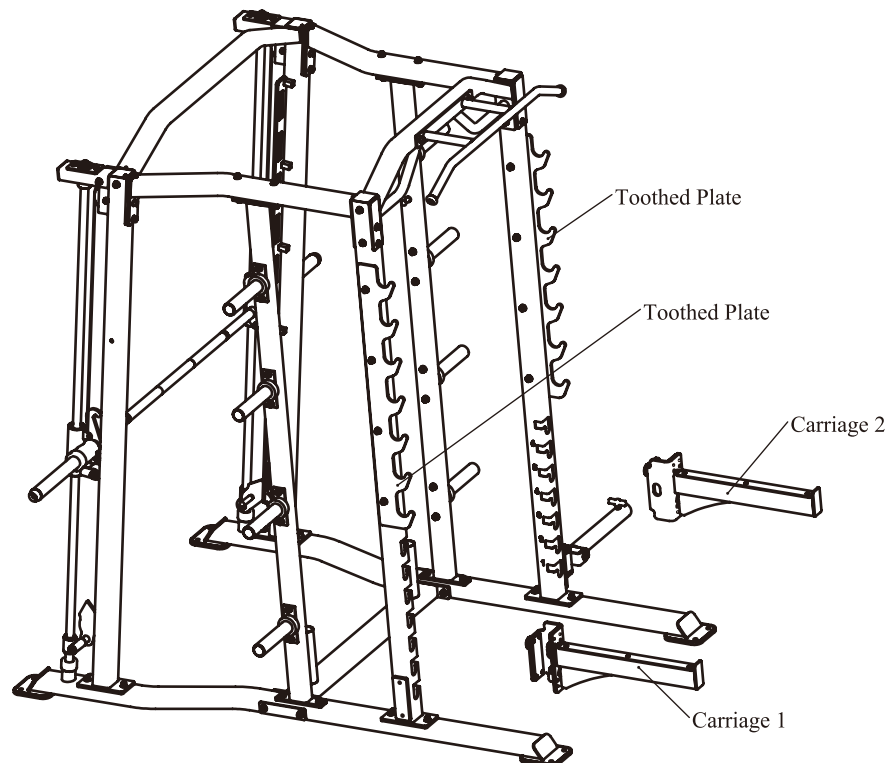
Do chin-up with Lat Bar

Weightlifting

1. Adjust Carriages to the desired position
2. Select an appropriate weight then do Weightlifting exercise with Barbell.
3. The total weight of one side of Barbell can not be greater than 150kg.
4. This equipment does not contains Barbell and Weight Plate.

Carriages Adjustment

1. Adjust Carriages and Weight Hooks to the desired position.
2. Make sure Carriage1 and Carriage 2 are the same height.



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.

