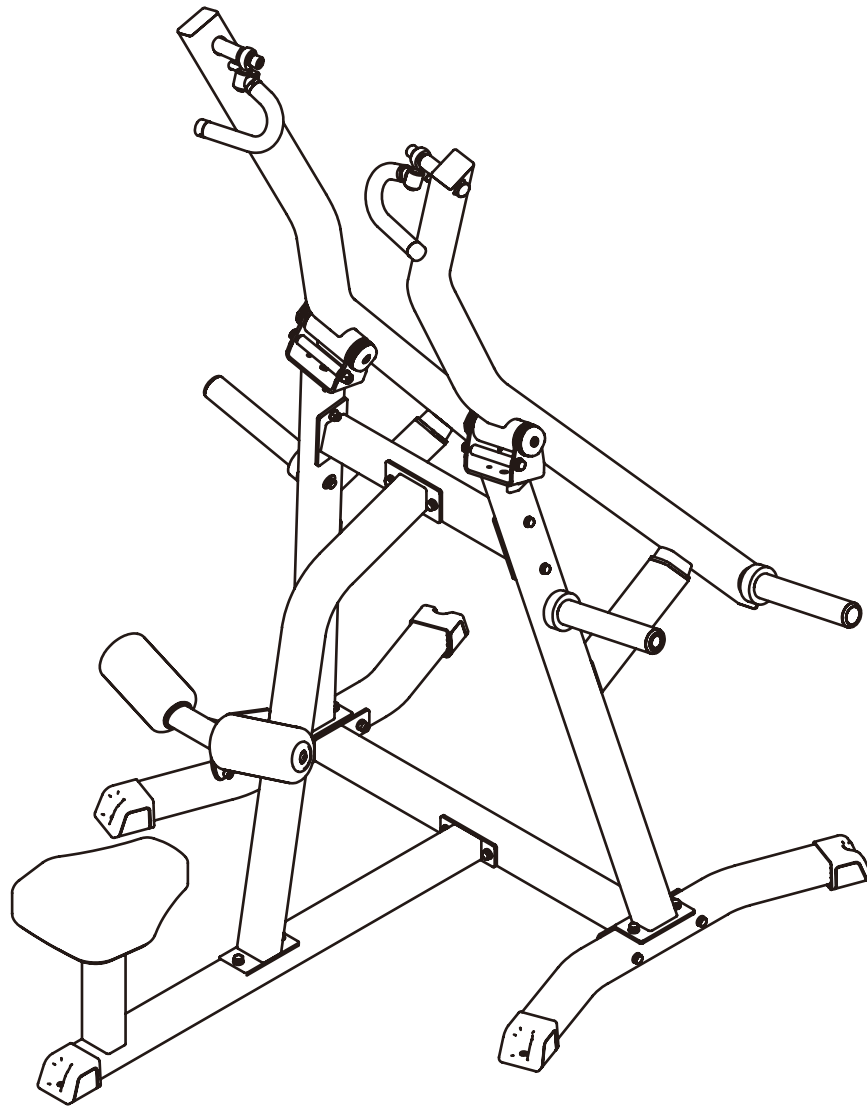


# **Инструкция**

## **Тяга сверху Impulse IFP1301**

Полезные ссылки:

[Тяга сверху Impulse IFP1301 - смотреть на сайте](#)



# IFP1301

## LAT PULLDOWN

### OWNER'S MANUAL

---

23M

**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 0.6 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.

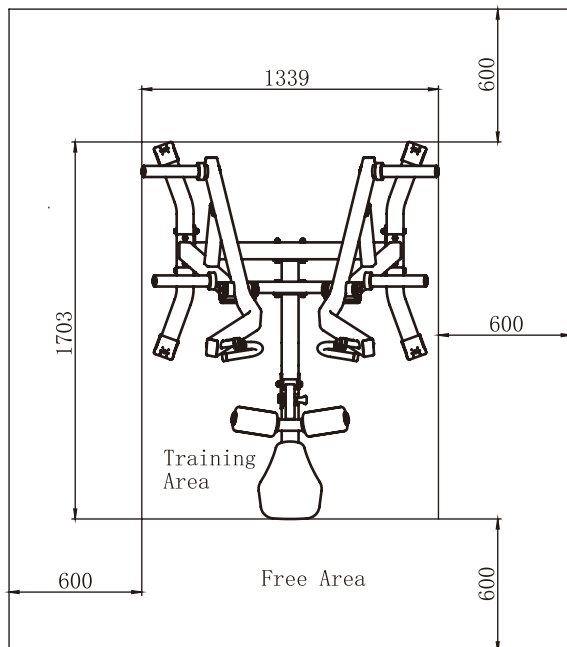
# Important Safety Instructions

## 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: S

Maximum Wt. Capacity: 2\*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1703\*1339\*2047mm

Product Total Surface: 1703\*1339mm

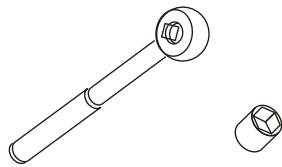
Product Total Mass:

# Instructions

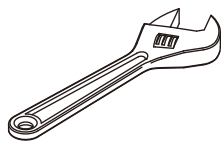
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

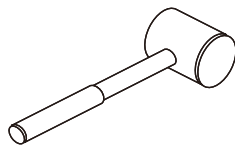
## Tools Required



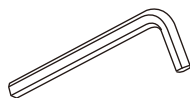
Ratchet Wrench and Socket



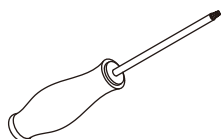
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

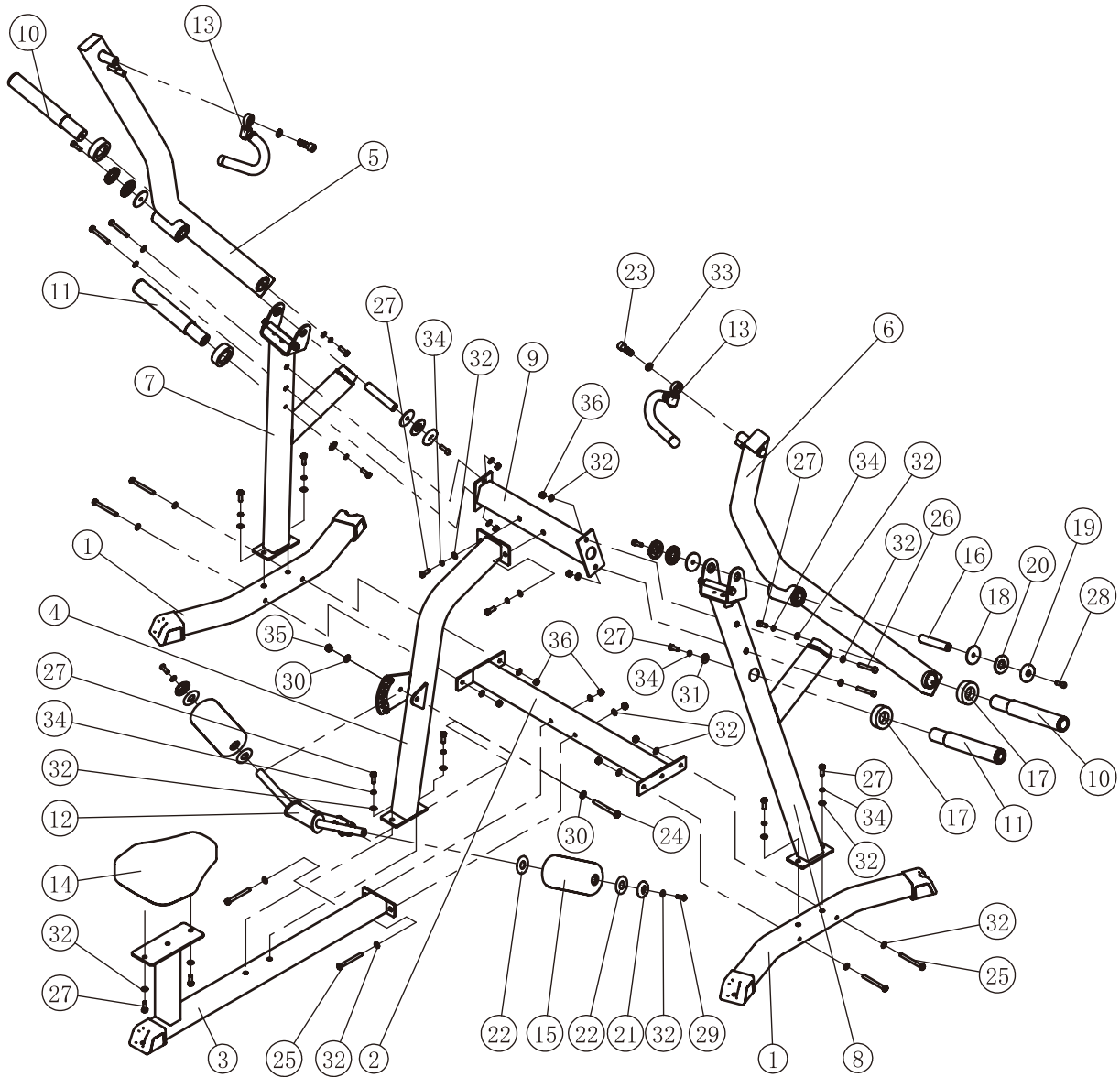
# Exploded View and Parts List

## Overall

| Item No. | Part No.            | Description                           | QTY |
|----------|---------------------|---------------------------------------|-----|
| 1        | IFP130101ASSY       | Base Frame ASSY                       | 2   |
| 2        | IFP13010200         | Bottom Crossmember                    | 1   |
| 3        | IFP130103ASSY       | Lat Seat Frame ASSY                   | 1   |
| 4        | IFP130104ASSY       | Upright Frame ASSY                    | 1   |
| 5        | IFP130105ASSY       | Left Arm Frame ASSY                   | 1   |
| 6        | IFP130106ASSY       | Right Arm Frame ASSY                  | 1   |
| 7        | IFP130107ASSY       | Left Frame ASSY                       | 1   |
| 8        | IFP130108ASSY       | Right Frame ASSY                      | 1   |
| 9        | IFP13010900         | Top Crossmember                       | 1   |
| 10       | IFP130110ASSY       | Weight Horn ASSY                      | 2   |
| 11       | IFP161316ASSY       | Weight Plate Storage ASSY             | 2   |
| 12       | IF930208ASSY        | Foam Frame ASSY                       | 1   |
| 13       | IFP130113ASSY       | Handle Frame ASSY                     | 2   |
| 14       | IF93015200V2        | Seat Pad                              | 1   |
| 15       | IF81023500V6        | Foam Pad                              | 2   |
| 16       | IF93012600          | Pivot Shaft $\Phi 25$                 | 2   |
| 17       | HF985A1500          | Weight Horn Rubber Donut              | 4   |
| 18       | IF93062200          | Washer $\Phi 62 * \Phi 10.5 * 3$      | 4   |
| 19       | FE97211900          | Cap $\Phi 60$                         | 4   |
| 20       | FE97212000          | Circle Ring $\Phi 62.5 * 5$           | 4   |
| 21       | IF81022000PBC       | End Cap                               | 2   |
| 22       | HF1652100           | Plastic Washer                        | 4   |
| 23       | GB70M16*45DHS20     | Socket Head Cap Screw M16*45          | 2   |
| 24       | GB5780M12*105DHS20  | Hex Head Bolt M12*105                 | 1   |
| 25       | GB5780M10*100DHS20  | Hex Head Bolt M10*100                 | 6   |
| 26       | GB5780M10*75DHS20   | Hex Head Bolt M10*75                  | 4   |
| 27       | GB5781M10*30DHS20   | Hex Head Bolt M10*30                  | 14  |
| 28       | GB70M10*30DHS20NL   | Socket Head Cap Screw M10*30          | 4   |
| 29       | PNLM10*30*30DHS20NL | Button Head Cap Screw M10*30          | 2   |
| 30       | GB9512DHS2          | Flat Washer $\Phi 13 * \Phi 24 * 2.5$ | 2   |
| 31       | DQ10DHS2C           | Flat Washer $\Phi 11 * \Phi 30 * 2$   | 2   |
| 32       | GB9510DHS2          | Flat Washer $\Phi 10 * \Phi 20 * 2$   | 34  |
| 33       | GB9316DHS12         | Spring Washer $\Phi 16$               | 2   |
| 34       | GB9310DHS12         | Spring Washer $\Phi 10$               | 12  |
| 35       | NM12DHS2            | Nylon Lock Nut M12                    | 1   |
| 36       | NM10DHS2            | Nylon Lock Nut M10                    | 10  |
| 37       | NBS4DHS             | Hex Key S=4                           | 1   |
| 38       | NBS6DHS             | Hex Key S=6                           | 1   |
| 39       | NBS8DHS             | Hex Key S=8                           | 1   |
| 40       | NBS12DHS            | Hex Key S=12                          | 1   |

# Exploded View and Parts List

## Overall

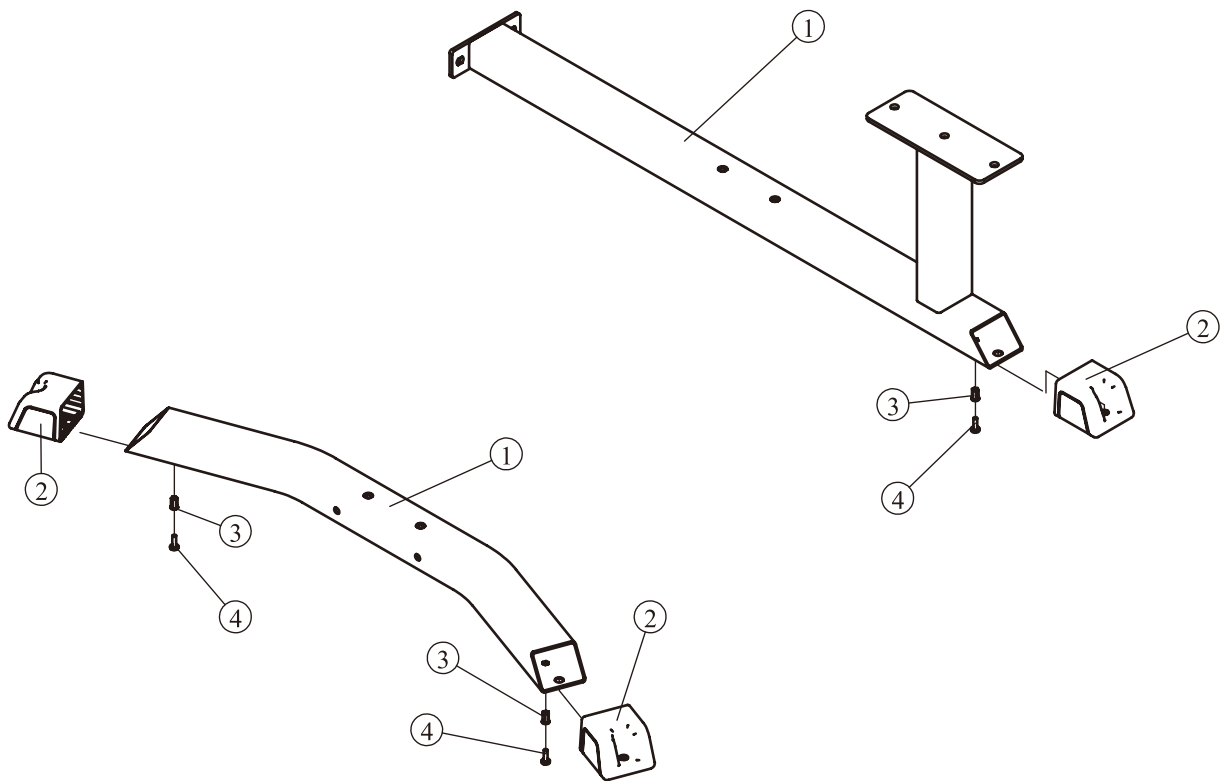




# Exploded View and Parts List

## Base Frame ASSY

## Lat Seat Frame ASSY

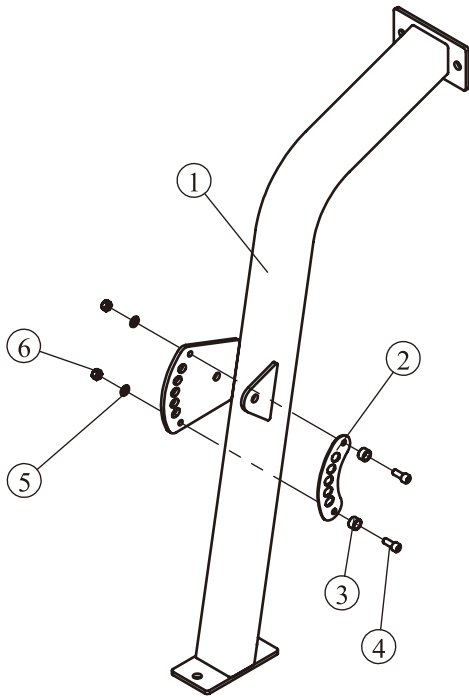


| Grade No. | Part No.             | Description                           | QTY |
|-----------|----------------------|---------------------------------------|-----|
| 1.1       | IFP13010100          | Base Frame                            | 1   |
| 1.2       | IFP12013300          | Plastic Horizontal Rectangular Shoe   | 2   |
| 1.3       | GB17880.5M6*16.5DS17 | Flat Head Hexagon Riveted Nut M6*16.5 | 2   |
| 1.4       | GB818M6*20DHS2       | Cross Recessed Pan Head Screw M6*20   | 2   |

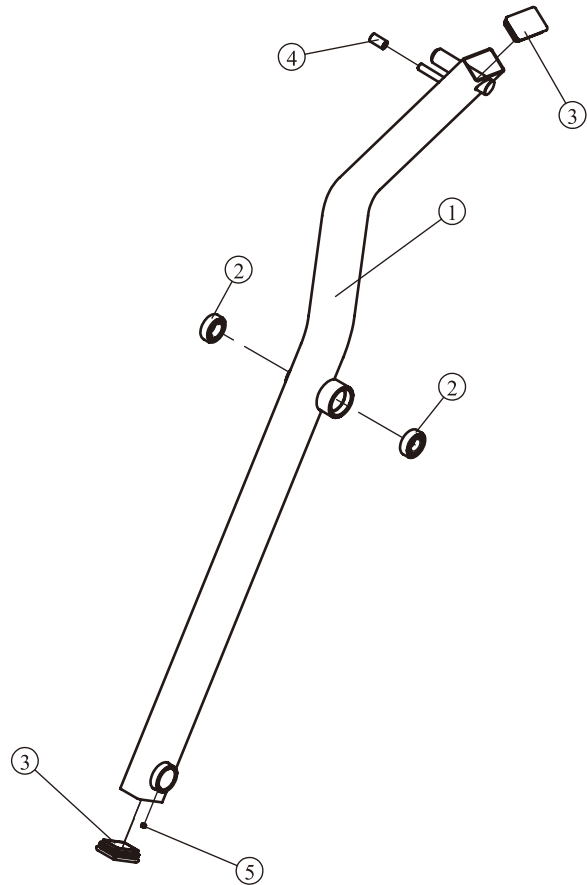
| Grade No. | Part No.             | Description                           | QTY |
|-----------|----------------------|---------------------------------------|-----|
| 3.1       | IFP13010300          | Lat Seat Frame                        | 1   |
| 3.2       | IFP12013300          | Plastic Horizontal Rectangular Shoe   | 1   |
| 3.3       | GB17880.5M6*16.5DS17 | Flat Head Hexagon Riveted Nut M6*16.5 | 1   |
| 3.4       | GB818M6*20DHS2       | Cross Recessed Pan Head Screw M6*20   | 1   |

# Exploded View and Parts List

## Upright Frame



## Left Arm Frame ASSY

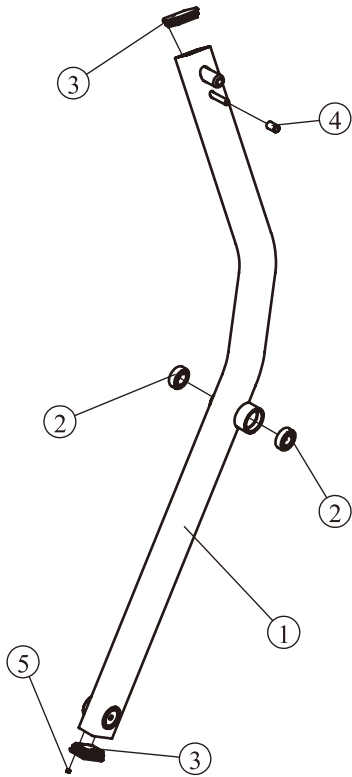


| Grade No. | Part No.       | Description                      | QTY |
|-----------|----------------|----------------------------------|-----|
| 4.1       | IFP13010400    | Upright Frame                    | 1   |
| 4.2       | IT90021100V1   | Scaleboard                       | 1   |
| 4.3       | IN-S10111200   | Stop Spacer $\Phi 17*10.5$       | 2   |
| 4.4       | GB70M8*20DHS20 | Socket Head Cap Screw M8*20      | 2   |
| 4.5       | GB958DHS2      | Flat Washer $\Phi 9*\Phi 16*1.6$ | 2   |
| 4.6       | NM8DHS2        | Nylon Lock Nut M8                | 2   |

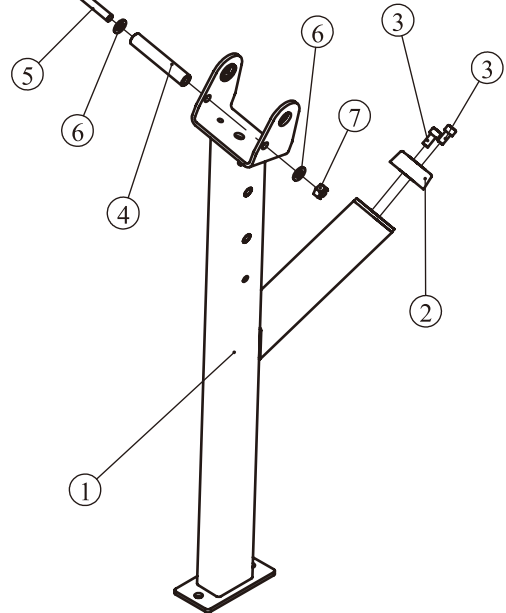
| Grade No. | Part No.       | Description                                   | QTY |
|-----------|----------------|---|-----|
| 5.1       | IFP13010500    | Left Arm Frame                                | 1   |
| 5.2       | GB2766205-2ZC3 | Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$ | 2   |
| 5.3       | KPSFID2800     | Plastic Insert Cap $\square 50.8*76.2$        | 2   |
| 5.4       | CWRVL0052000   | Small Limit Sleeve                            | 1   |
| 5.5       | GB77M8*6DHS2   | Socket Set Screw M8*6                         | 1   |

# Exploded View and Parts List

## Right Arm Frame ASSY



## Left Frame ASSY

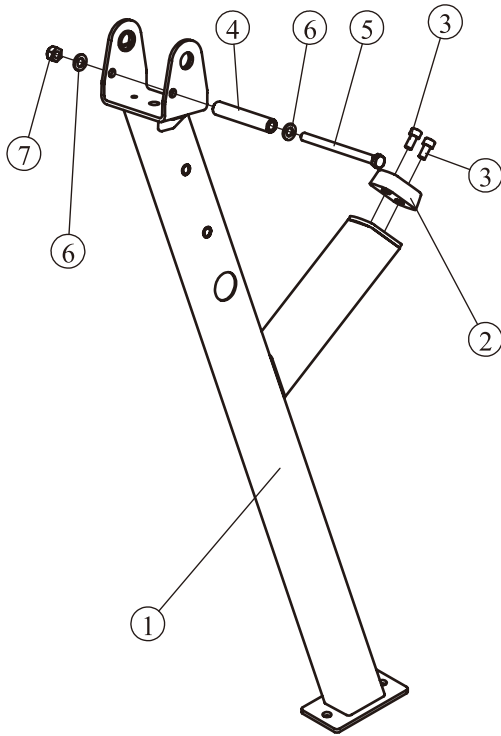


| Grade No. | Part No.       | Description                                   | QTY |
|-----------|----------------|---|-----|
| 6.1       | IFP13010600    | Left Arm Frame                                | 1   |
| 6.2       | GB2766205-2ZC3 | Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$ | 2   |
| 6.3       | KPSFID2800     | Plastic Insert Cap $\square 50.8*76.2$        | 2   |
| 6.4       | CWRVL0052000   | Small Limit Sleeve                            | 1   |
| 6.5       | GB77M8*6DHS2   | Socket Set Screw M8*6                         | 1   |

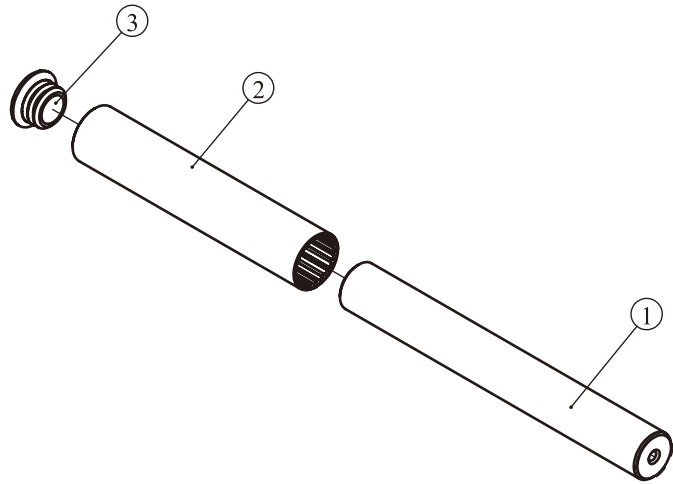
| Grade No. | Part No.           | Description                       | QTY |
|-----------|--------------------|-----------------------------------|-----|
| 7.1       | IFP13010700        | Left Frame                        | 1   |
| 7.2       | RS17000400         | Rubber Bumper                     | 1   |
| 7.3       | GB70M10*20DHS20NL  | Socket Head Cap Screw M10*20      | 2   |
| 7.4       | BB1500             | Limit Sleeve                      | 1   |
| 7.5       | GB5780M12*155DHS20 | Hex Head Bolt M12*155             | 1   |
| 7.6       | GB9512DHS2         | Flat Washer $\Phi 13.5*\Phi 27*2$ | 2   |
| 7.7       | NM12DHS2           | Nylon Lock Nut M12                | 1   |

# Exploded View and Parts List

## Right Frame ASSY



## Weight Horn ASSY

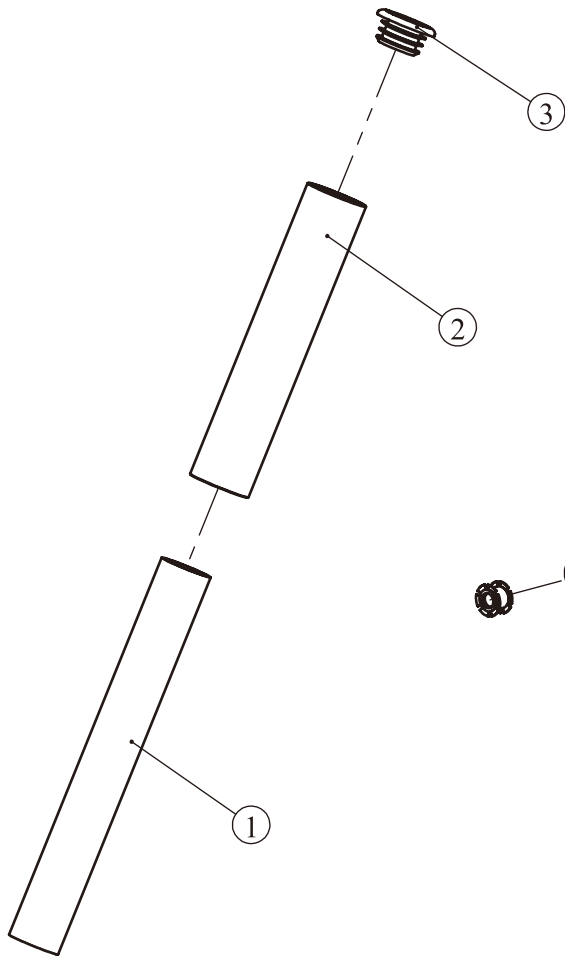


| Grade No. | Part No.           | Description                       | QTY |
|-----------|--------------------|-----------------------------------|-----|
| 8.1       | IFP13010800        | Right Frame                       | 1   |
| 8.2       | RS17000400         | Rubber Bumper                     | 1   |
| 8.3       | GB70M10*20DHS20NL  | Socket Head Cap Screw M10*20      | 2   |
| 8.4       | BB1500             | Limit Sleeve                      | 1   |
| 8.5       | GB5780M12*155DHS20 | Hex Head Bolt M12*155             | 1   |
| 8.6       | GB9512DHS2         | Flat Washer $\Phi 13.5*\Phi 27*2$ | 2   |
| 8.7       | NM12DHS2           | Nylon Lock Nut M12                | 1   |

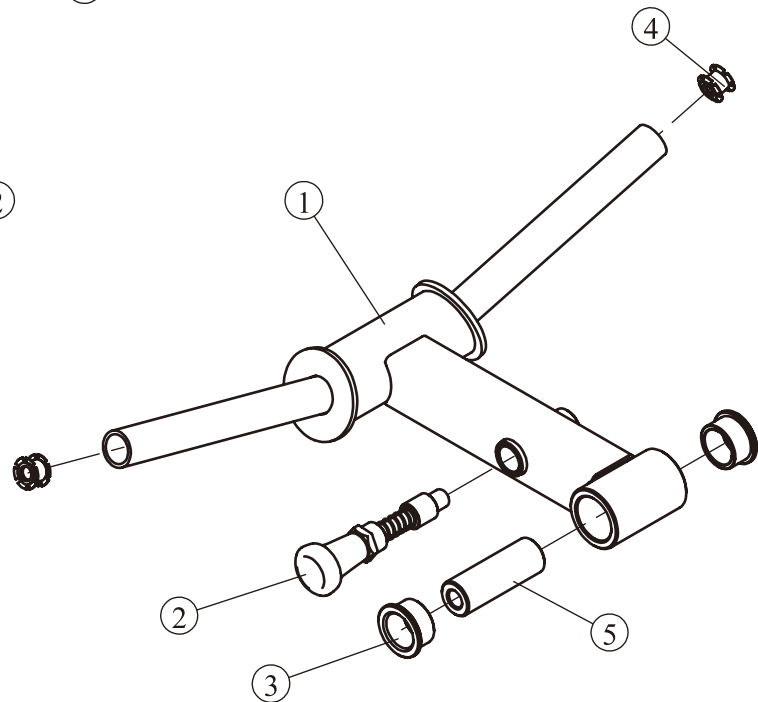
| Grade No. | Part No.    | Description                      | QTY |
|-----------|-------------|----------------------------------|-----|
| 10.1      | IFP13011000 | Weight Horn                      | 1   |
| 10.2      | IFP12013400 | Weight Horn Sleeve $\Phi 50*250$ | 1   |
| 10.3      | IFP12013500 | Weight Horn Plastic Cap          | 1   |

# Exploded View and Parts List

## Weight Plate Storage ASSY



## Foam Frame ASSY

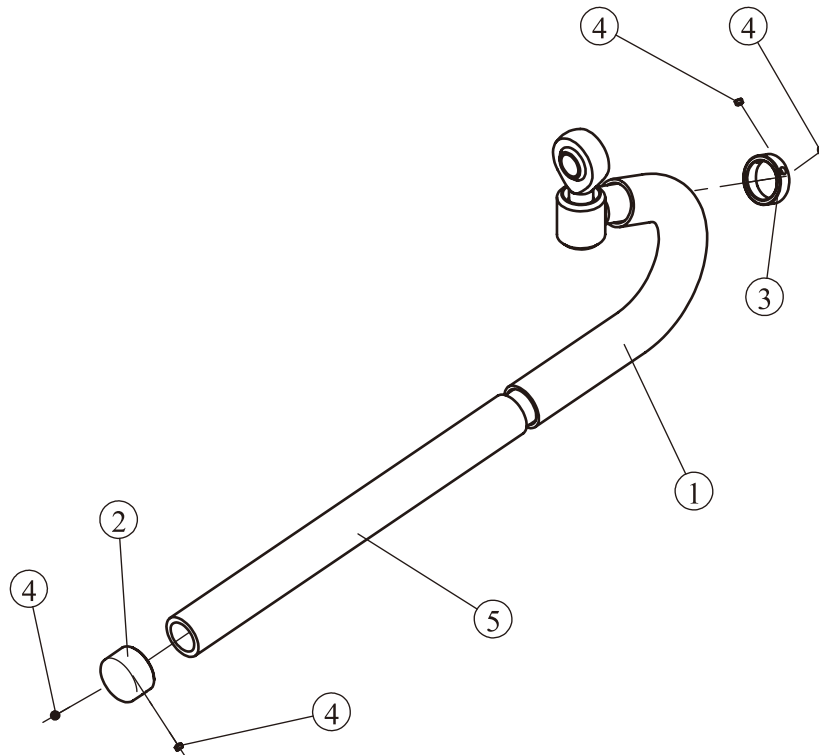


| Grade No. | Part No.    | Description                             | QTY |
|-----------|-------------|---|-----|
| 11.1      | IFP16131600 | Weight Plate Storage                    | 1   |
| 11.2      | IFP12013400 | Weight Horn Sleeve $\Phi 50 \times 250$ | 1   |
| 11.3      | IFP12013500 | Weight Horn Plastic Cap                 | 1   |

| Grade No. | Part No.     | Description   | QTY |
|-----------|--------------|---|-----|
| 12.1      | IF93020800   | Foam Frame  | 1   |
| 12.2      | IT95021600   | Spring Pin  | 1   |
| 12.3      | M02502000    | Bushing $\Phi 38 \times \Phi 32 \times \Phi 25.4 \times 18$ | 2   |
| 12.4      | IF81165000   | Lock Nut $\Phi 25$  | 2   |
| 12.5      | IT90021200V1 | Axle $\Phi 25.4 \times \Phi 12.5 \times 72.5$               | 1   |

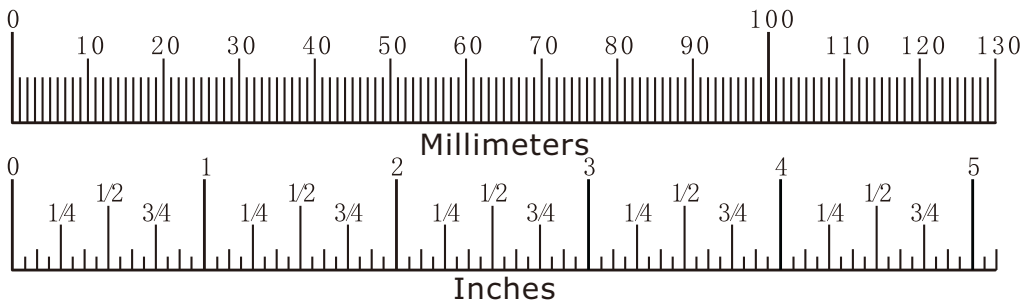
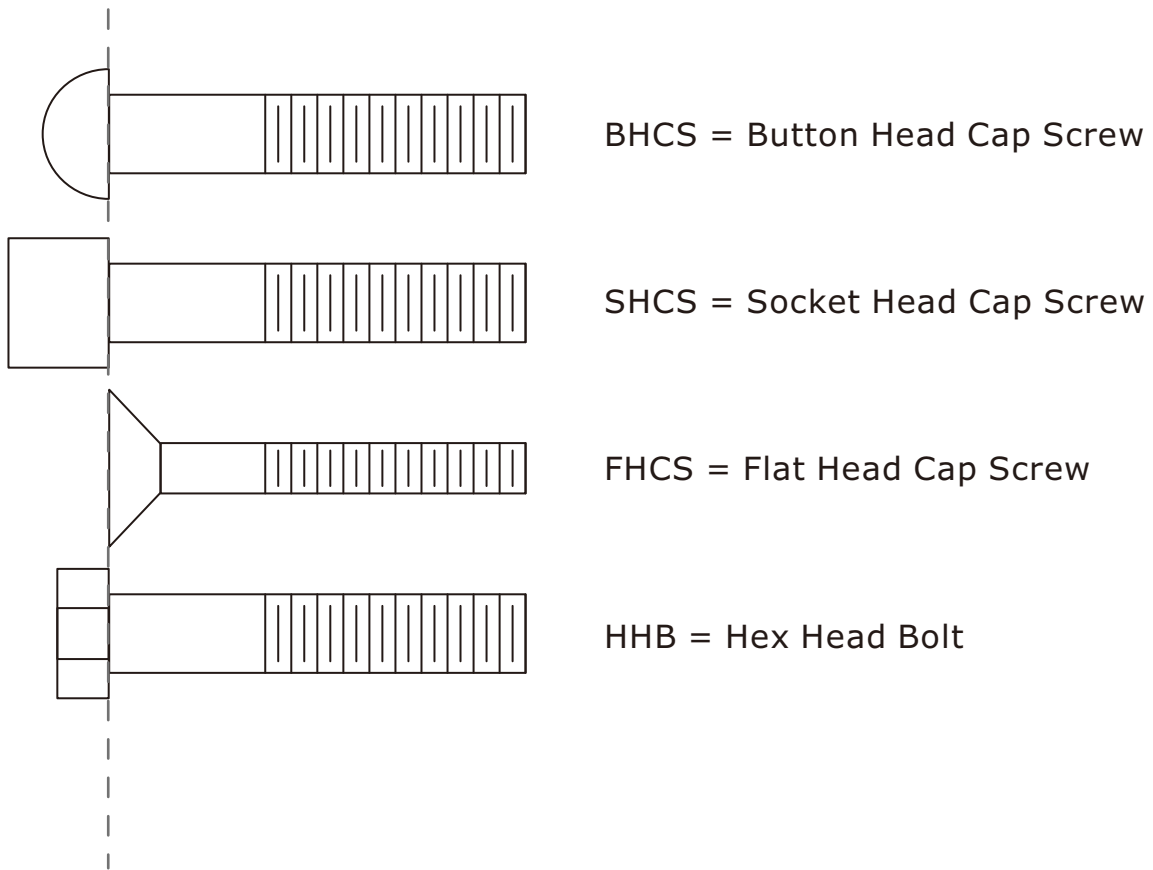
# Exploded View and Parts List

## Handle Frame ASSY



| Grade No. | Part No.             | Description                     | QTY |
|-----------|----------------------|---------------------------------|-----|
| 13.1      | IFP13011300          | Handle Frame                    | 1   |
| 13.2      | V39600               | Aluminium Grip Cap $\Phi 25.4$  | 1   |
| 13.3      | V39500               | Aluminium Grip Ring $\Phi 25.4$ | 1   |
| 13.4      | YZGB7710-32*3.2N19NL | Socket Set Screw 10-32*3.2      | 4   |
| 13.5      | FE97203100           | $\Phi 25$ Grip                  | 1   |

# 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.



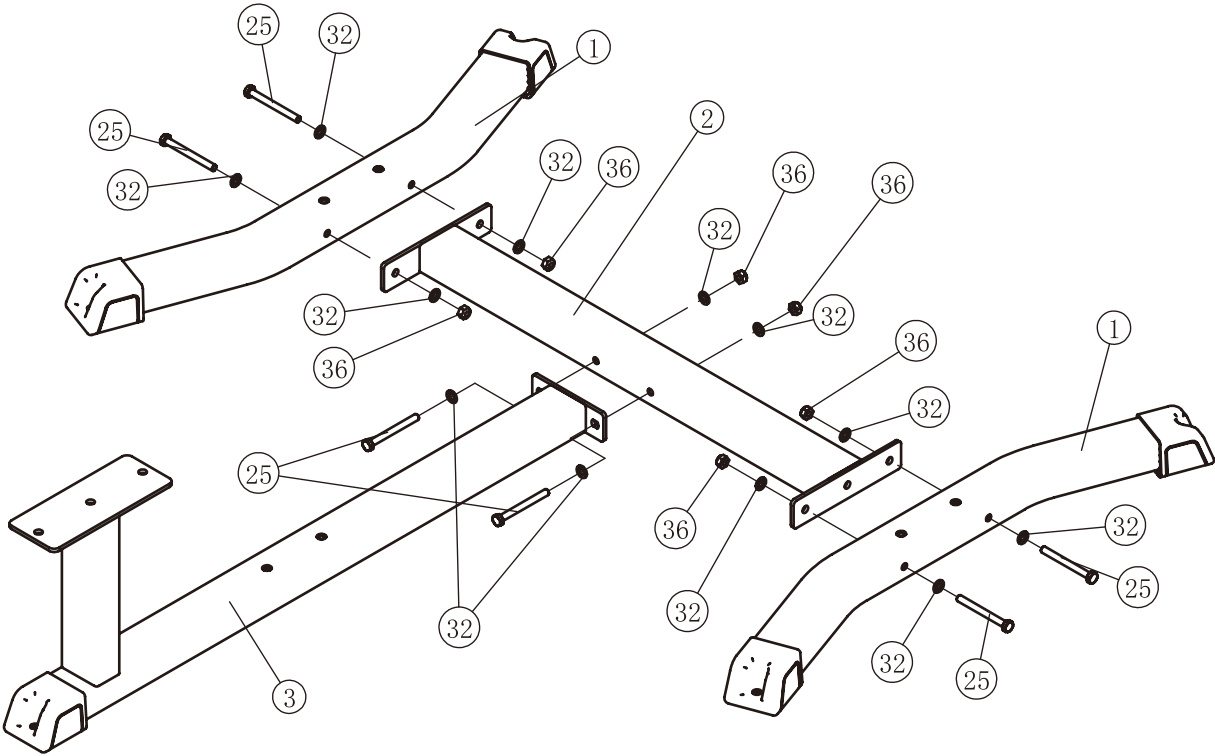
# Assembly

## STEP 1

Attach two Base Frame ASSY (#1) and the Lat Seat Frame ASSY (#3) to the Bottom Crossmember (#2) using:

- six M10\*100 HHB (#25)
- twelve  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#32)
- six M10 Nylon Lock Nut (#36)

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



# Assembly

## STEP 2

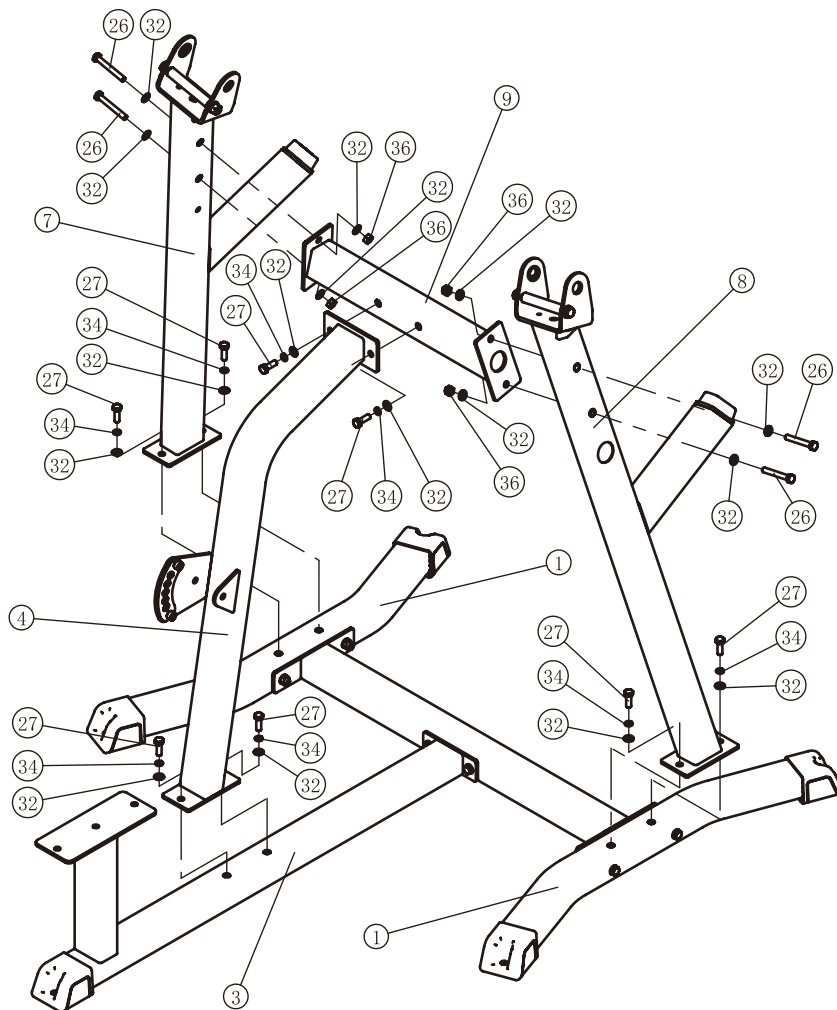
1. Attach the Left Frame ASSY (#7) and the Right Frame ASSY (#8) to two Base Frame ASSY (#1) using:
 

|                                    |  |
|------------------------------------|--|
| four M10*30 HHB (#27)              | four $\Phi 11*\Phi 20*2$ Flat Washer (#32) |
| four $\Phi 10$ Spring Washer (#34) |  |
2. Attach the Top Crossmember (#9) to the Left Frame ASSY (#7) and the Right Frame ASSY (#8) using:
 

|                               |   |
|-------------------------------|---|
| four M10*75 HHB (#26)         | eight $\Phi 11*\Phi 20*2$ Flat Washer (#32) |
| four M10 Nylon Lock Nut (#36) |   |
3. Attach the Upright Frame ASSY (#4) to the Lat Seat Frame ASSY (#3) and the Top Crossmember (#9) using:
 

|                                    |  |
|------------------------------------|--|
| four M10*30 HHB (#27)              | four $\Phi 11*\Phi 20*2$ Flat Washer (#32) |
| four $\Phi 10$ Spring Washer (#34) |  |

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



# Assembly

## STEP 3

1. Attach the Left Arm Frame ASSY (#5) to the Left Frame ASSY (#7), and attach the Right Arm Frame ASSY (#6) to the Right Frame ASSY (#8) using:

two Pivot Shaft  $\Phi 25$  (#16)

four  $\Phi 62*\Phi 10.5*3$  Washer (#18)

four  $\Phi 60$  Cap (#19)

four  $\Phi 62.5*5$  Circle Ring (#20)

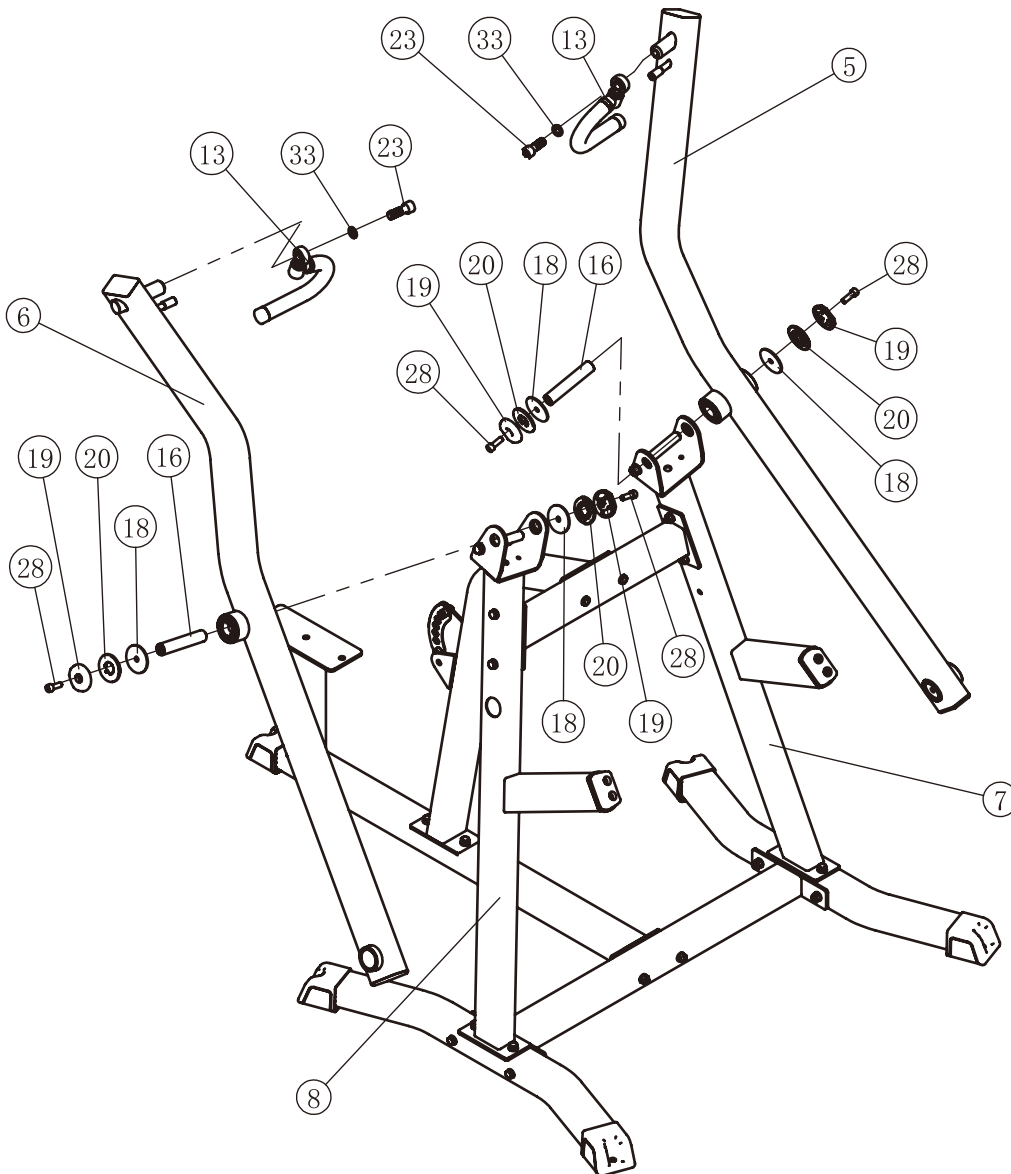
four M10\*30 SHCS (#28)

2. Attach two Handle Frame ASSY (#13) to the Left Arm Frame ASSY (#5) and the Right Arm Frame ASSY (#6) using:

two M16\*45 SHCS (#23)

two  $\Phi 16$  Spring Washer (#33)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



# Assembly

## STEP 4

1. Loosen two M8\*6 screw and then attach two Weight Horn ASSY (#10) and two Weight Horn Rubber Donut (#17) to the Left Arm Frame ASSY (#5) and the Right Arm Frame ASSY (#6) using:

two M10\*30 HHB (#27)

two  $\Phi 11*\Phi 20*2$  Flat Washer (#32)

two  $\Phi 10$  Spring Washer (#34)

2. Attach two Weight Plate Storage ASSY (#11) and two Weight Horn Rubber Donut (#17) to the Left Frame ASSY (#7) and the Right Frame ASSY (#8) using:

two M10\*30 HHB (#27)

two  $\Phi 11*\Phi 30*2$  Flat Washer (#31)

two  $\Phi 10$  Spring Washer (#34)

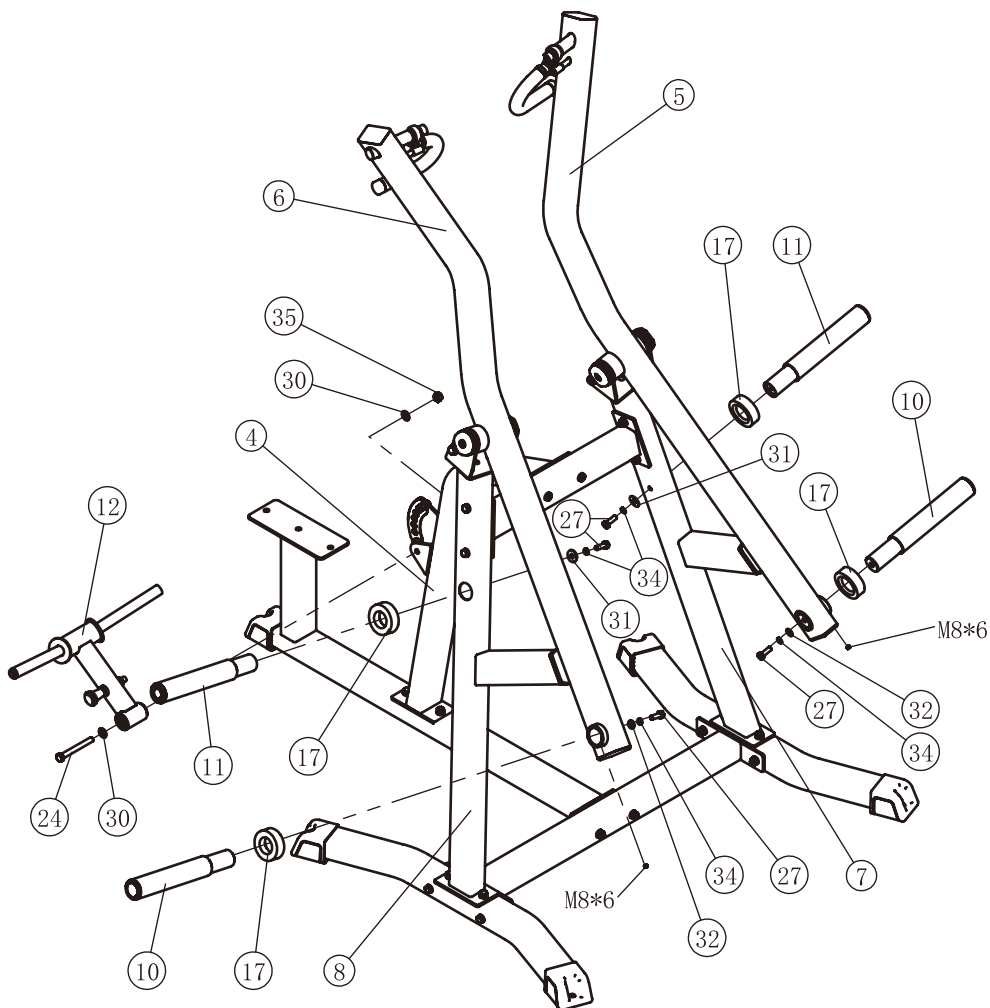
3. Attach the Foam Frame ASSY (#12) to the Upright Frame ASSY (#4) using:

one M12\*105 HHB (#24)

two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#30)

one M12 Nylon Lock Nut (#35)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

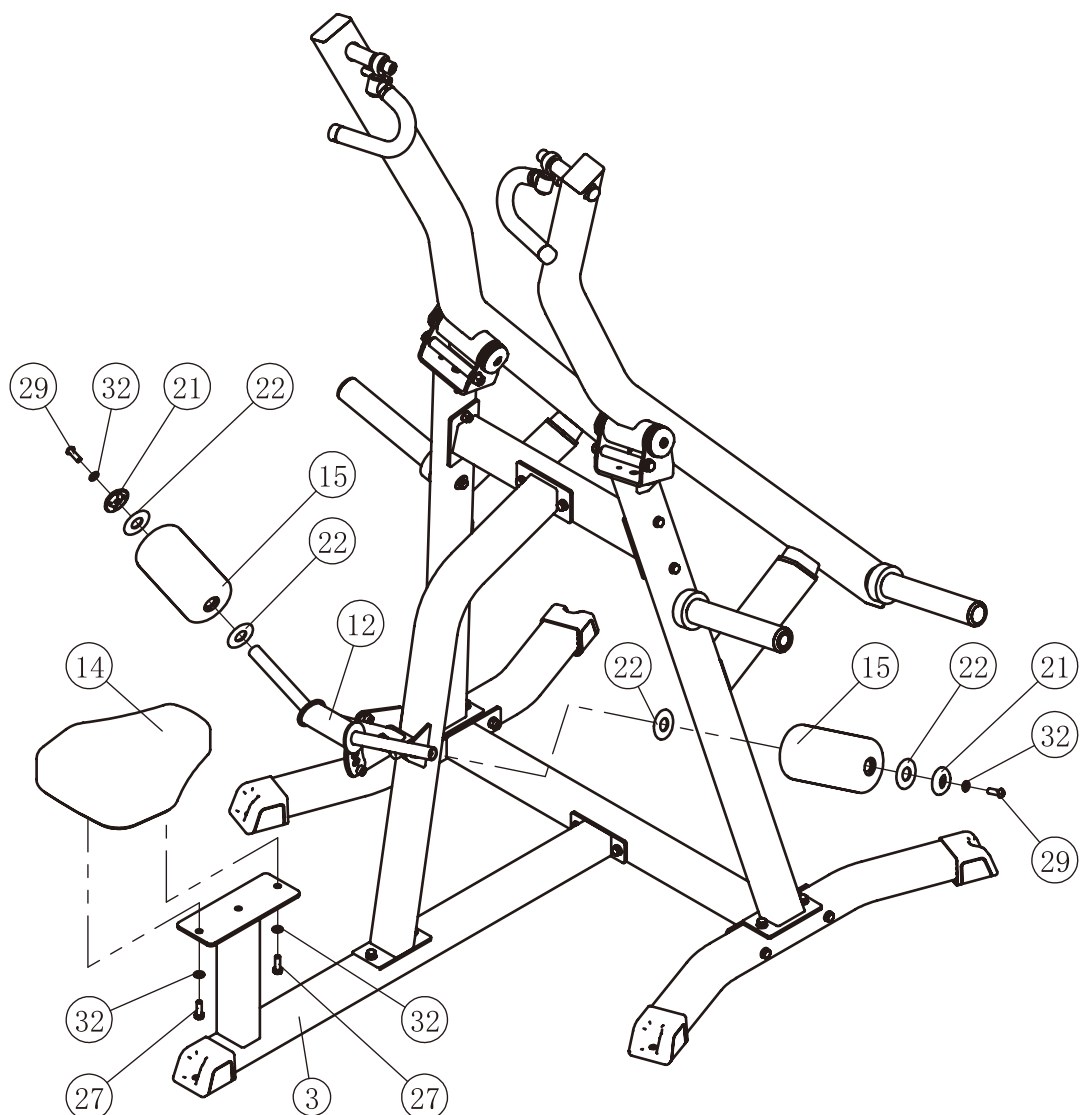


# Assembly

## STEP 5

1. Attach two Foam Pad (#15) to the Foam Frame ASSY (#12) using:  
four Plastic Washer (#22)    two End Cap (#21)  
two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#32)  
two M10\*30 BHCS (#29)
2. Attach the Seat Pad (#14) to the Lat Seat Frame ASSY (#3) using:  
two M10\*30 HHB (#27)    two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#32)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts. All equipment must be anchored to the floor to prevent movement and increase stability.**



# Adjust and Exercise Instruction

## Weight Plate Installation Requirements

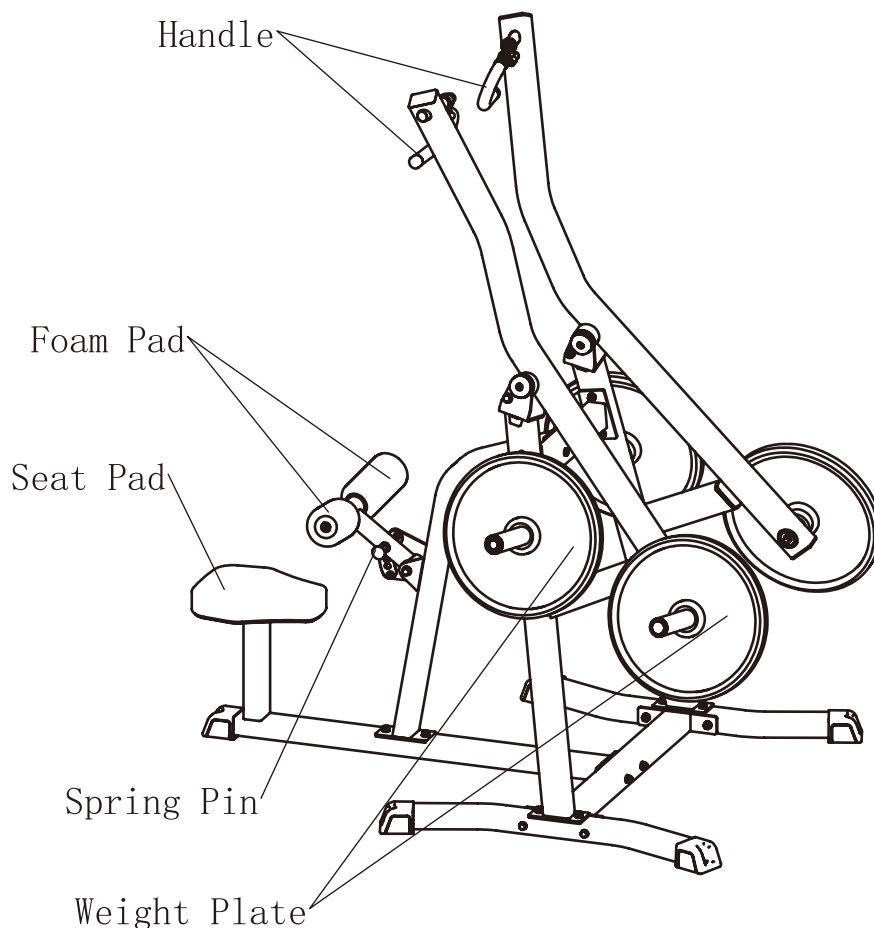
1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight of one side cannot be greater than 100kg.
3. This equipment does not contain Weight Plate.

## Foam Pad Adjustment

1. Pull the Spring Pin and adjust the Foam Pad to the desired position.
2. Make sure the Spring Pin gets into the hole completely.

## Exercise Instructions

1. Select an appropriate weight.
2. Sit on the Seat Pad and adjust the Foam Pad to the desired position.
3. Pull the Handles straight down.
4. Pause slightly and then slowly return to starting position.



# Maintenance Schedule

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

