

BODYTONE

FORZABOLD
FB57

OUTER



OWNER'S MANUAL

!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.

| | |
|--|----|
| Important Safety Instructions----- | 3 |
| Instructions----- | 5 |
| Exploded View and Parts List----- | 6 |
| Measurement Guide----- | 15 |
| Assembly Instructions----- | 16 |
| Assembly----- | 17 |
| Adjust Instructions and Exercise Instructions----- | 29 |
| Maintenance Schedule----- | 30 |
| General Maintenance Information----- | 31 |
| Weight Training Tips----- | 32 |

Please assemble according to the actual **Weights** 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.

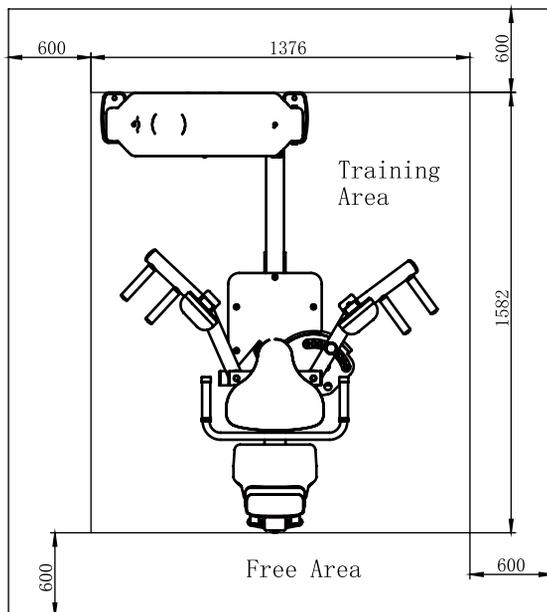
Important Safety Instructions

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: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1220*1582*1504mm

Product Total Surface: 1376*1582mm

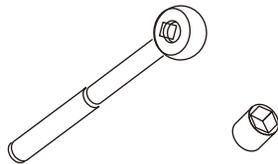
Product Total Mass:

Instructions

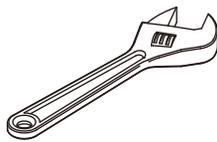
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

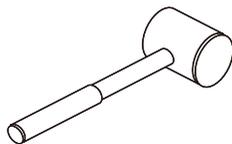
Tools Required



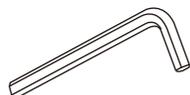
Ratchet Wrench and Socket



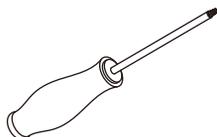
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|-------------------|---|-----|
| 1 | 1 | FB5601ASSY | Weight Stack Frame ASSY | 1 |
| 2 | 2 | FB5602ASSY | Floorstand ASSY | 1 |
| 3 | 3 | FB5603ASSY | Seat Pad Frame ASSY | 1 |
| 4 | 4 | IF93350400 | Bottom bracket Frame | 1 |
| 5 | 5 | IF933605FBASSY | Right Leg Frame ASSY | 1 |
| 6 | 6 | IF933606ASSY | Left Leg Frame ASSY | 1 |
| 7 | 7 | IF933607ASSY | Wheel Frame-B ASSY | 1 |
| 8 | 8 | IF933508ASSY | Connect Frame ASSY | 1 |
| 9 | 9 | IF933509ASSY | Seat Cushion Support Frame ASSY | 1 |
| 10 | 10 | IF93352000 | Cover Plate-A | 1 |
| 11 | 11 | IF93352200 | Pivot Shaft $\Phi 25 \times 315$ | 2 |
| 12 | 12 | FB5611ASSY | Towel Rack ASSY | 1 |
| 13 | 13 | IF93365600 | Cable ASSY | 1 |
| 14 | 14 | FB0135ASSY | Left Bracket ASSY | 1 |
| 15 | 15 | FB0136ASSY | Right Bracket ASSY | 1 |
| 16 | 16 | IF9301B21ASSY | Front Bracket ASSY | 1 |
| 17 | 17 | FB0137ASSY | Bottom Bracket ASSY | 1 |
| 18 | 18 | IT95014400 | Guide Rod $\Phi 19 \times 1242$ | 2 |
| 19 | 19 | FB013100 | Top Cover | 1 |
| 20 | 20 | IT95014200 | Top Plate | 1 |
| 21 | 21 | FB013400 | Spout Plug | 1 |
| 22 | 22 | IF93355100V1 | Leg Pad | 2 |
| 23 | 23 | FE970112200V1 | Seat Pad | 1 |
| 24 | 24 | FB015100 | Back Pad | 1 |
| 25 | 25 | FB015200 | Head Pad ASSY | 1 |
| 26 | 26 | FB013200 | Front Shroud | 1 |
| 27 | 27 | FB013300 | Rear Shroud | 1 |
| 28 | 28 | SG500110400V5 | 4.5" Pulley (Spacer) | 3 |
| 29 | 29 | M02701000 | Plug | 2 |
| 30 | 30 | IT80083500 | SPACER $\Phi 32 \times \Phi 26 \times 5$ | 4 |
| 31 | 31 | XL2-17001900 | SPACER $\Phi 35 \times \Phi 25.4 \times 16.7$ | 1 |
| 32 | 32 | IT80023000 | Weight Rubber Bumper | 2 |
| 33 | 33 | IT90012000V1P201C | Selector Pin W/Coil | 1 |

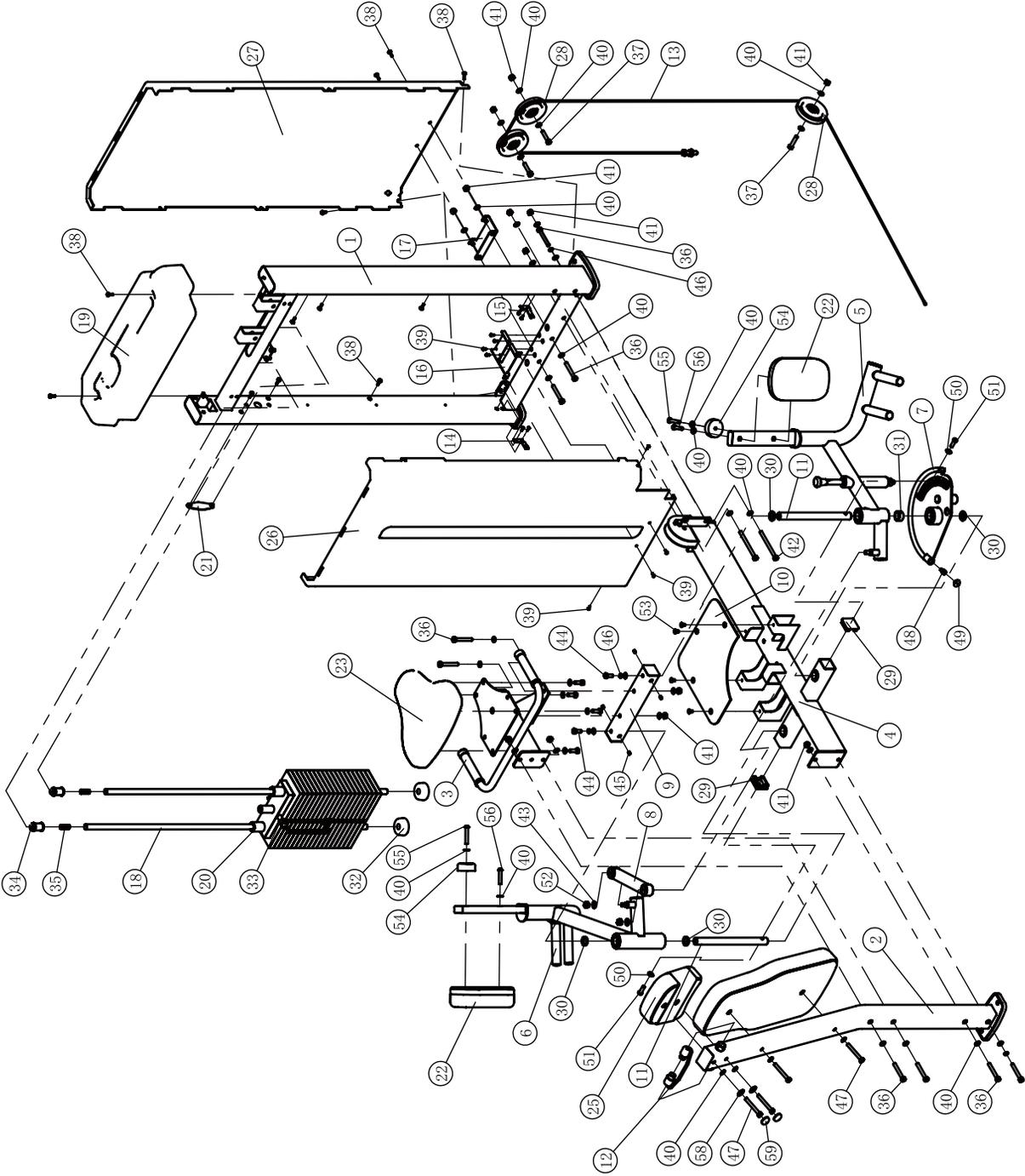
Exploded View and Parts List

Overall

| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|--------------------|---|-----|
| 34 | 34 | IT95016100 | Guide Rod Fixing SleeveΦ25*Φ19*45 | 2 |
| 35 | 35 | HFOPT900-04A0602 | Spring Φ15.5*Φ1.5*36 | 2 |
| 36 | 36 | GB5780M10*75DS20 | Hex Head Bolt M10*75 | 10 |
| 37 | 37 | GB5780M10*50DS20 | Hex Head Bolt M10*50 | 3 |
| 38 | 38 | GB818M6*20DHS2 | Cross Recessed Pan Head Screw M6*20 | 12 |
| 39 | 39 | GB9074ST4.2*16DHS | Cross Disc Self Tapping Screw ST4.2*16 | 12 |
| 40 | 40 | GB9510DS2 | Flat Washer Φ11*Φ20*2 | 42 |
| 41 | 41 | NM10DS2 | Nylon Lock Nut M10 | 13 |
| 42 | 42 | GB5780M10*130DS20 | Hex Head Bolt M10*130 | 2 |
| 43 | 43 | GB9512DS2 | Flat Washer Φ13*Φ24*2.5 | 2 |
| 44 | 44 | GB5781M10*25DS20 | Hex Head Bolt M10*25 | 2 |
| 45 | 45 | GB77M8*10DS18NL | Socket Set Screw M8*10 | 4 |
| 46 | 46 | GB9310DS12 | Spring Washer Φ10 | 4 |
| 47 | 47 | GB5780M10*80DS20 | Hex Head Bolt M10*80 | 4 |
| 48 | 48 | HFOPT900-04A1400 | Aluminum Sheath | 1 |
| 49 | 49 | V22500 | Plug | 1 |
| 50 | 50 | HDQ10DN2 | Curved Washer Φ11*Φ21*1.5 | 2 |
| 51 | 51 | GB70BTM10*30DN18NL | Socket Head Cap Screw M10*30 | 2 |
| 52 | 52 | NM12DS2 | Nylon Lock Nut M12 | 2 |
| 53 | 53 | CNLM8*15DS20NL | Flat Head Cap Screw M8*15 | 4 |
| 54 | 54 | BNH0511 | Big Rubber | 2 |
| 55 | 55 | PNLM10*60DS20 | Button Head Cap Screw M10*60 | 2 |
| 56 | 56 | PNLM10*50DS20 | Button Head Cap Screw M10*50 | 2 |
| 57 | 57 | GB5781M10*30DS20 | Hex Head Bolt M10*30 | 4 |
| 58 | 58 | BNH0498 | BASE WASHER FOR PLASTIC CAP,Φ27.6*3.5*0.8 | 2 |
| 59 | 59 | BNH0412 | PLASTIC CAP,M10 BOLT,BLACK | 2 |
| 60 | 60 | NBS3DHS | Hex Key S=4 | 1 |
| 61 | 61 | NBS4DHS | Hex Key S=4 | 1 |
| 62 | 62 | NBS5DHS | Hex Key S=6 | 1 |
| 63 | 63 | NBS6DHS | Hex Key S=8 | 1 |
| 64 | 64 | LW200BS | Wrench Φ6*117 | 1 |
| 65 | 65 | YHY | Lube | 1 |

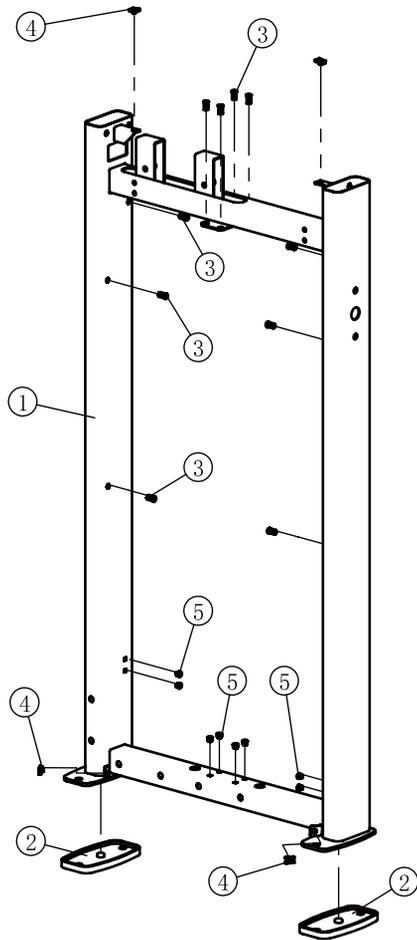
Exploded View and Parts List

Overall

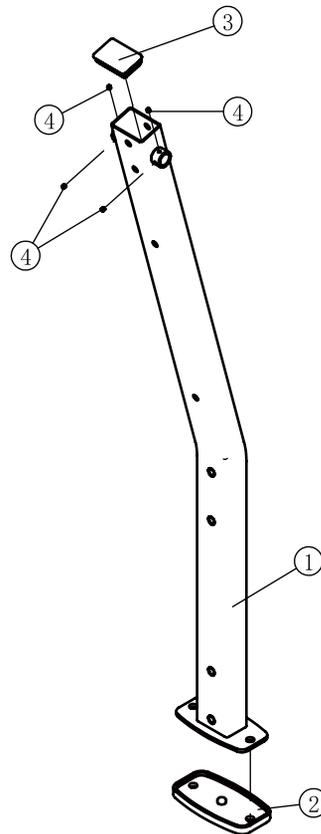


Exploded View and Parts List

Weight Stack Frame ASSY



Floorstand ASSY

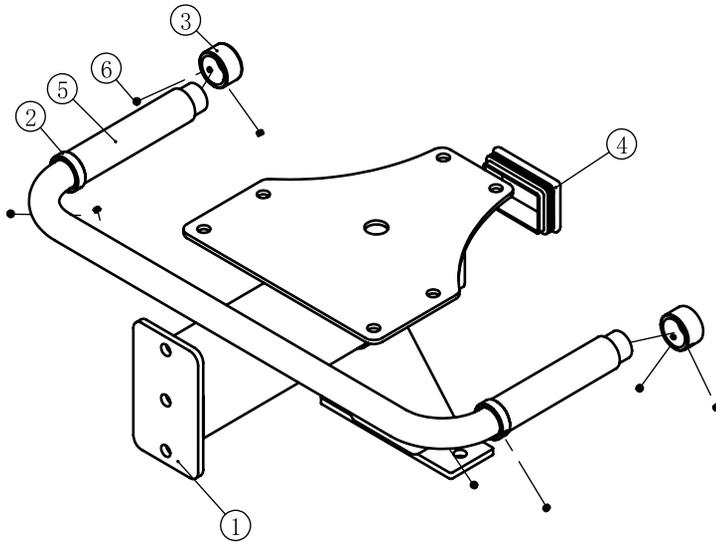


| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|----------------------|--------------------|-----|
| 1 | 1.1 | IF9335ZN0100 | Weight Stack Frame | 1 |
| 2 | 1.2 | BS81223100 | Foot Plate | 2 |
| 3 | 1.3 | GB17880.5M6*16.5DS17 | Rivet Nut M6 | 10 |
| 4 | 1.4 | AC32705800 | U-nut M6 | 4 |
| 5 | 1.5 | ECU7P3500 | Plastic Nut | 8 |

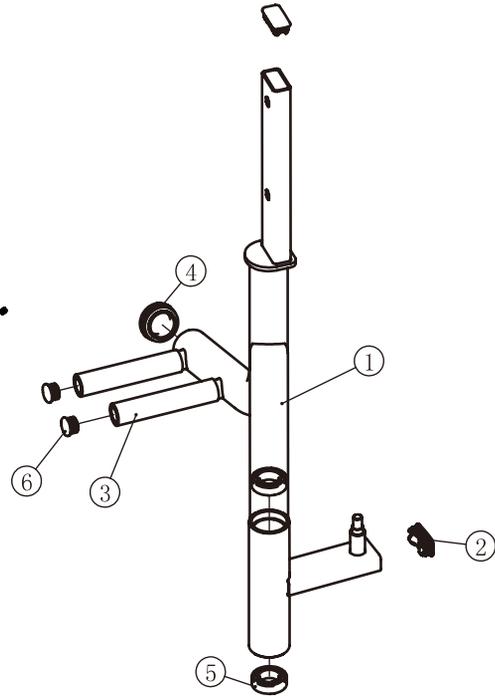
| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|-----------------|-----------------|-----|
| 1 | 2.1 | FB560200 | Floorstand | 1 |
| 2 | 2.2 | BS81223100 | Foot Plate | 1 |
| 3 | 2.3 | KPSFID2800 | Plug □50.8*76.2 | 1 |
| 4 | 2.4 | GB77M6*6DHS18NL | Screw M6*6 | 4 |

Exploded View and Parts List

Seat Pad Frame ASSY



Left Leg Frame ASSY

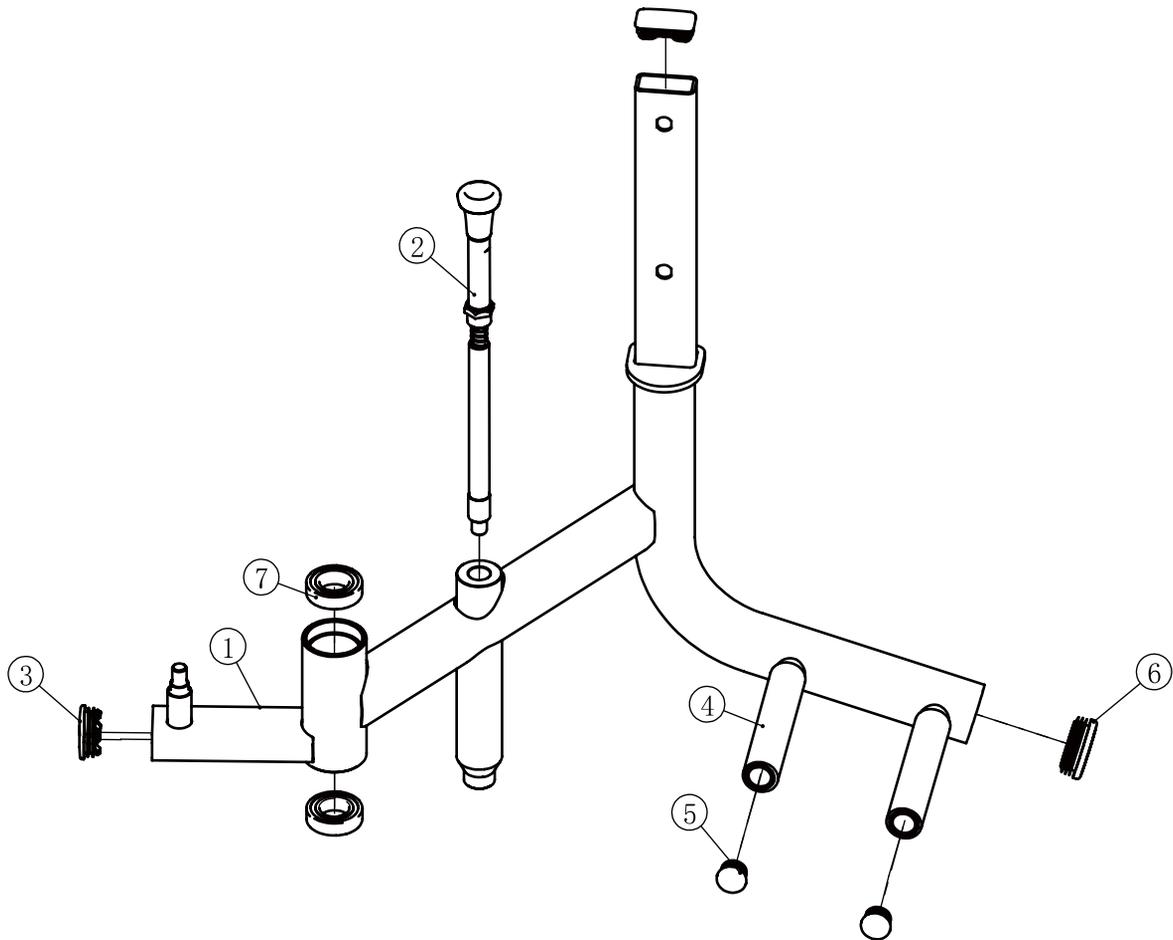


| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|--------------------|---|-----|
| 1 | 3.1 | FB560300 | Seat Pad Frame | 1 |
| 2 | 3.2 | V39500 | Aluminium Grip Ring $\Phi 25.4$ | 2 |
| 3 | 3.3 | V39600 | Aluminium Grip Cap $\Phi 25.4$ | 2 |
| 4 | 3.4 | KPSF ID2800 | Plug $\square 50.8 \times 76.2$ | 1 |
| 5 | 3.5 | 026-01PL0206-12 | Grip ST $\Phi 30 \times \Phi 22 \times 130$ | 2 |
| 6 | 3.6 | YZGB7710-32*3.2N19 | Socket Set Screw 10-32*3.2 | 8 |

| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|----------------|---|-----|
| 1 | 6.1 | IF93360600 | Left Leg Frame | 1 |
| 2 | 6.2 | CHL305WS0900 | Plug $\square 50 \times 25$ | 2 |
| 3 | 6.3 | CWRVL0231900 | Grip ST $\Phi 30 \times \Phi 22 \times 145$ | 1 |
| 4 | 6.4 | B10009900 | Plug $\Phi 50.8$ | 1 |
| 5 | 6.5 | GB2766005-2ZC3 | Deep Groove Ball Bearing | 2 |
| 6 | 6.6 | HF405A0700 | Plug $\Phi 25.4$ | 1 |

Exploded View and Parts List

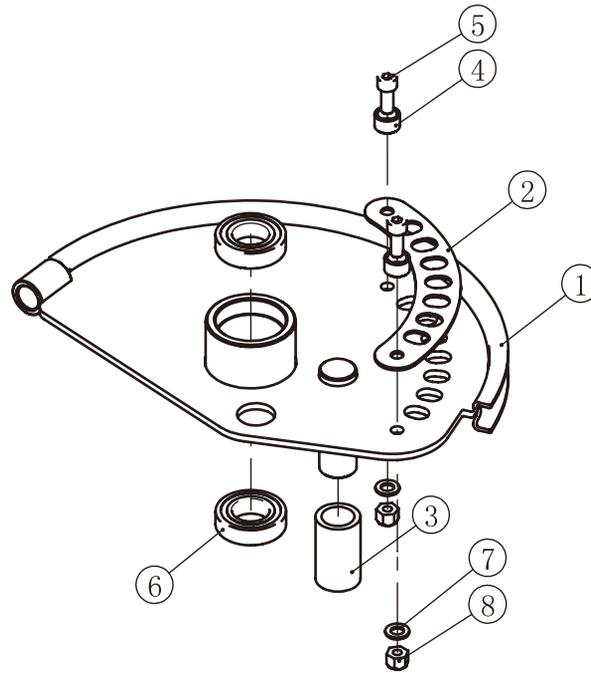
Right Leg Frame ASSY



| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|----------------|--------------------------|-----|
| 1 | 5.1 | IF93360500 | Right Leg Frame | 1 |
| 2 | 5.2 | IF933510FBASSY | Plug Pin ASSY | 1 |
| 3 | 5.3 | CHL305WS0900 | Plug □50*25 | 2 |
| 4 | 5.4 | CWRVL0231900 | Grip STΦ30*Φ22*145 | 2 |
| 5 | 5.6 | HF405A0700 | Plug Φ25.4 | 2 |
| 6 | 5.7 | B10009900 | Plug Φ50.8 | 1 |
| 7 | 5.8 | GB2766005-2ZC3 | Deep Groove Ball Bearing | 2 |

Exploded View and Parts List

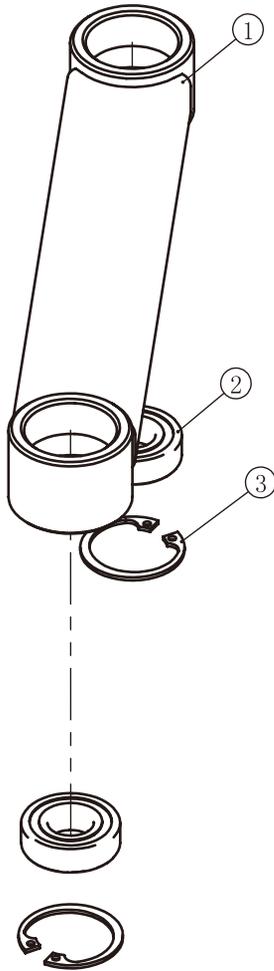
Wheel Frame-B ASSY



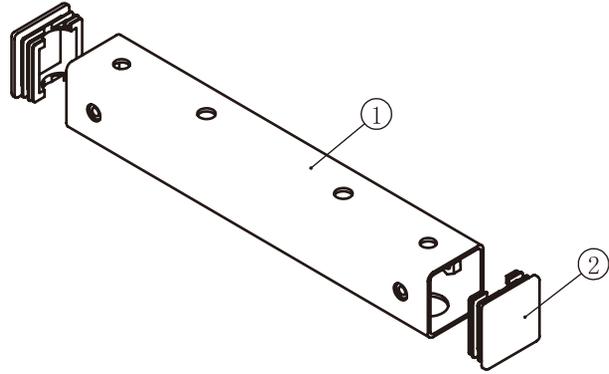
| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|----------------|-------------------------------------|-----|
| 1 | 7.1 | IF93360700 | Wheel Frame-B | 1 |
| 2 | 7.2 | IF93352300 | Lining Board | 1 |
| 3 | 7.3 | IT80087000V1 | Rubber Cap | 1 |
| 4 | 7.4 | IN-S10111200 | Rubber Sleeve $\Phi 17*10.5$ | 2 |
| 5 | 7.5 | GB70M8*20DS20 | Hexagon Socket Head Cap Screw M8*20 | 2 |
| 6 | 7.6 | GB2766005-2ZC3 | Deep Groove Ball Bearing | 2 |
| 7 | 7.7 | GB958DS2 | Flat Washer $\Phi 9*\Phi 16*1.6$ | 2 |
| 8 | 7.8 | NM8DS2 | Nylon Lock Nut M8 | 2 |

Exploded View and Parts List

Connect Frame ASSY



Seat Cushion Support Frame ASSY



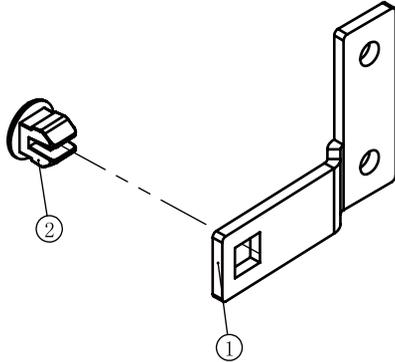
| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|----------------|--------------------------|-----|
| 1 | 8.1 | IF93350800 | Connect Frame | 1 |
| 2 | 8.2 | GB2766002-2ZC3 | Deep Groove Ball Bearing | 2 |
| 3 | 8.3 | GB893.132FH12 | Circlip For Hole | 2 |

| ItemNo. | Grade No. | Part No. | Description | QTY |
|---------|-----------|------------|----------------------------|-----|
| 1 | 9.1 | IF93350900 | Seat Cushion Support Frame | 1 |
| 2 | 9.2 | M02701000 | Plug □50 | 2 |

Exploded View and Parts List

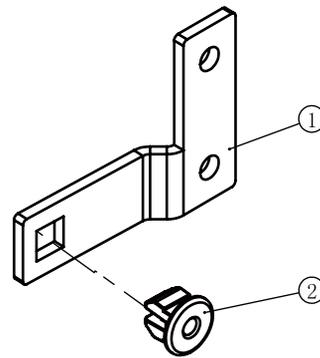
Left Bracket ASSY

14



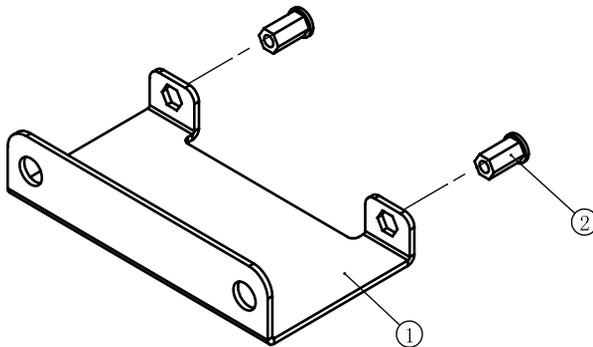
Right Bracket ASSY

15



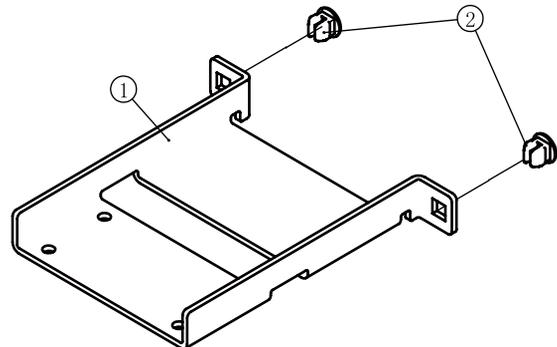
Bottom Bracket ASSY

17



Front Bracket ASSY

16



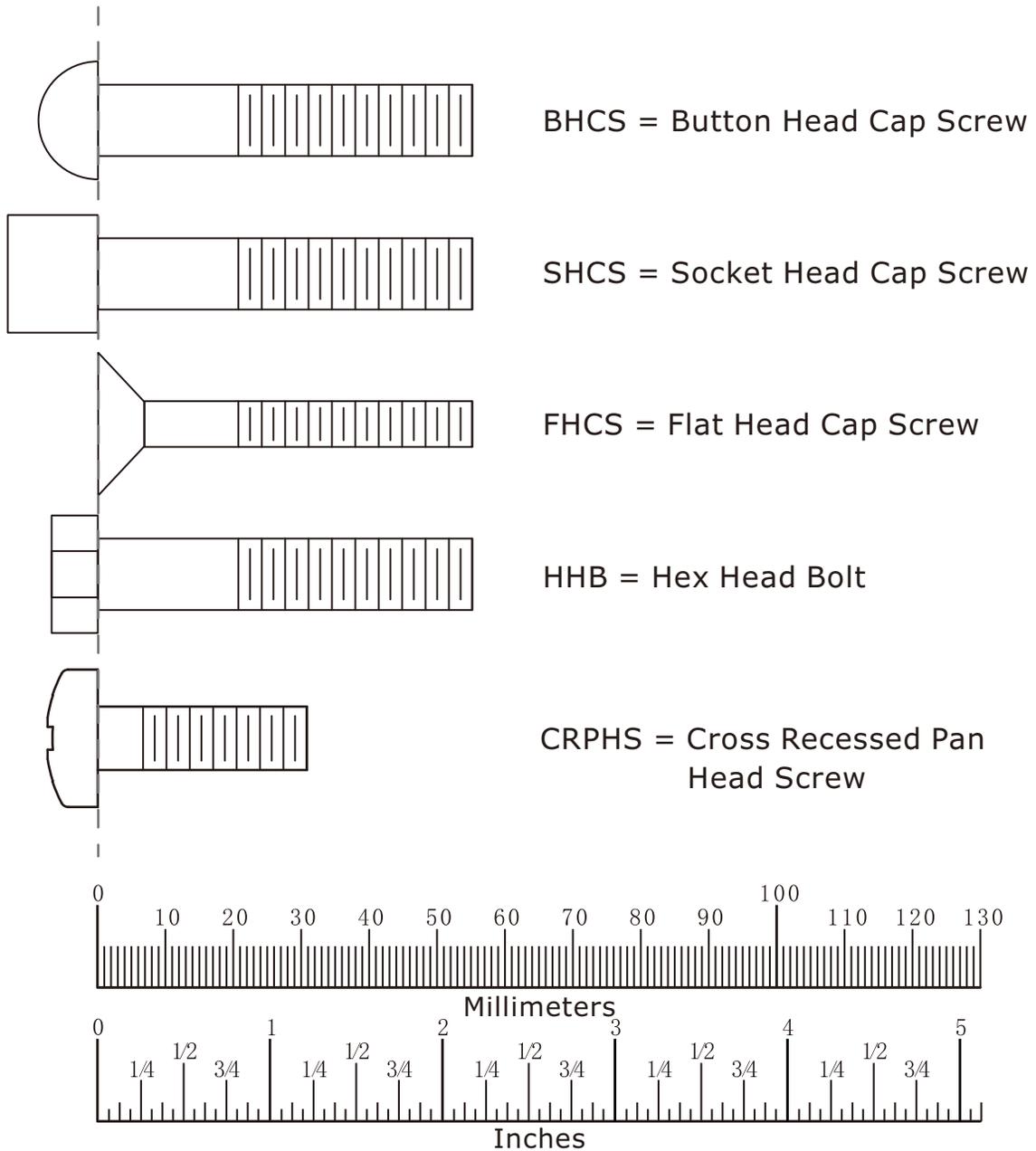
| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|-----------|--------------|-----|
| 1 | 14.1 | FB013500 | Left Bracket | 1 |
| 2 | 14.2 | ECU7P3500 | Plastic Nut | 1 |

| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|-----------|---------------|-----|
| 1 | 15.1 | FB013600 | Right Bracket | 1 |
| 2 | 15.2 | ECU7P3500 | Plastic Nut | 1 |

| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|----------------------|----------------|-----|
| 1 | 17.1 | FB013700 | Bottom Bracket | 1 |
| 2 | 17.2 | GB17880.5M6*16.5DS17 | Rivet Nut M6 | 2 |

| Item No. | Grade No. | Part No. | Description | QTY |
|----------|-----------|-------------|---------------|-----|
| 1 | 16.1 | IF9301B2100 | Front Bracket | 1 |
| 2 | 16.2 | ECU7P3500 | Plastic Nut | 2 |

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

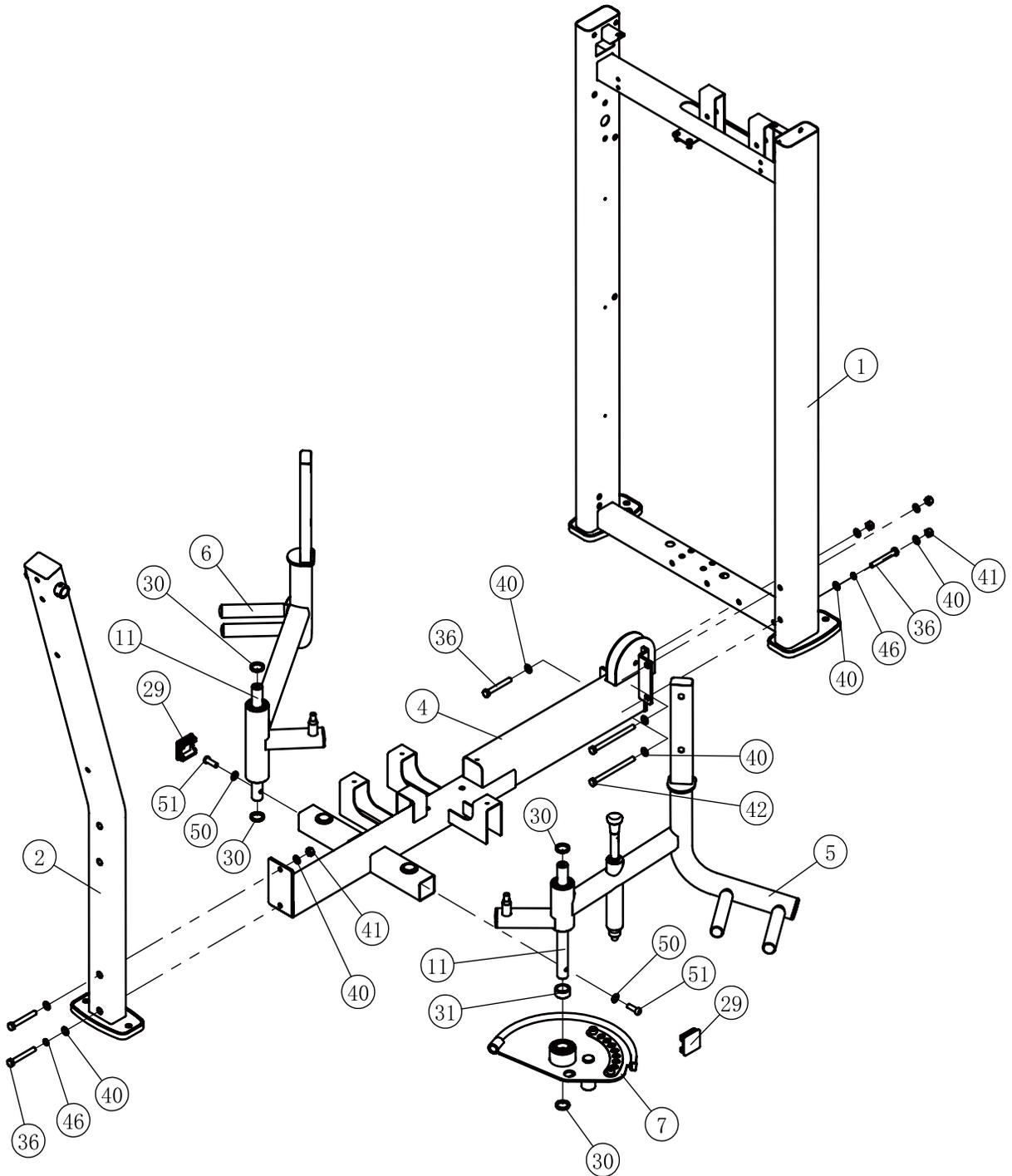
Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this 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



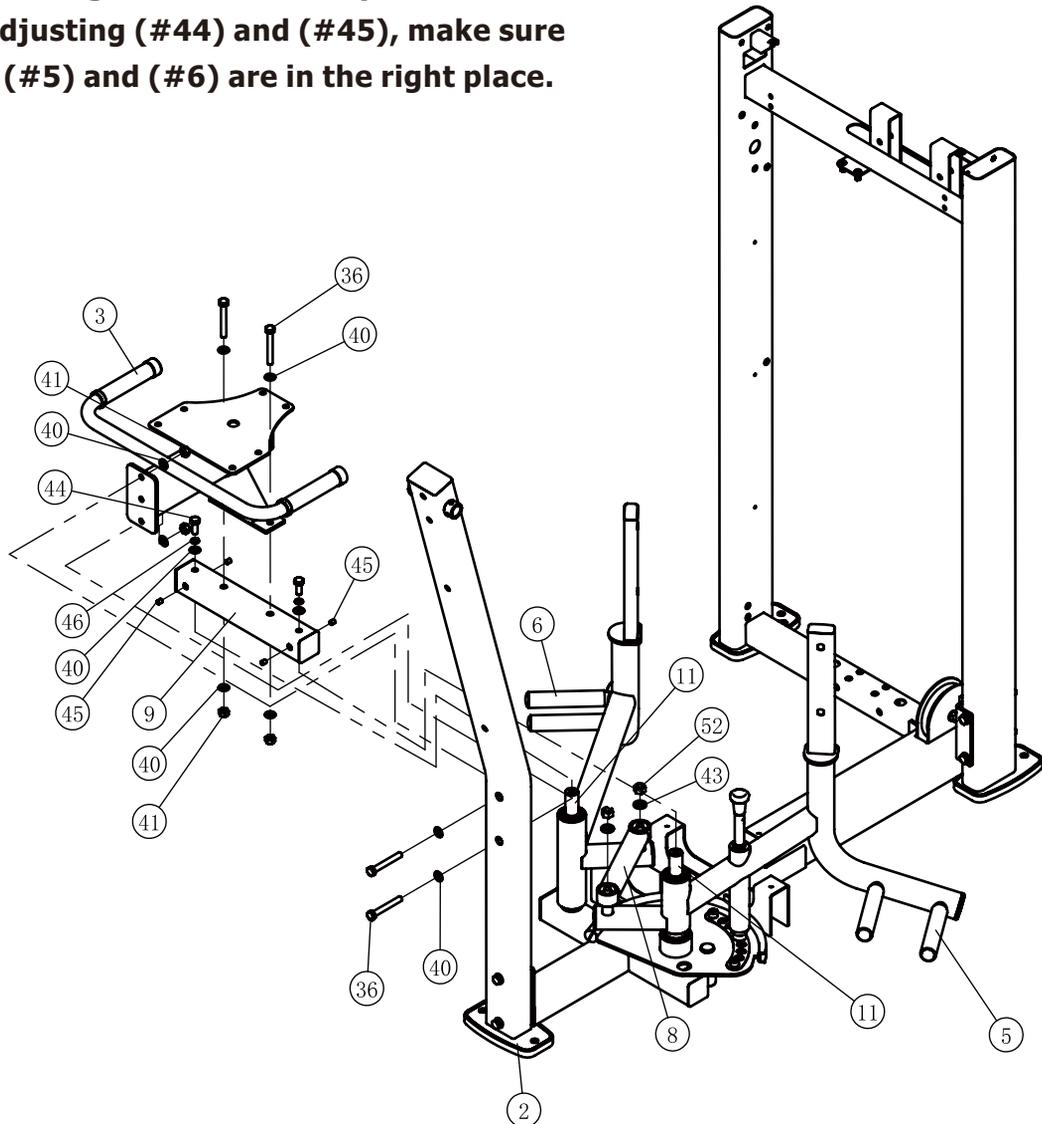
Assembly

STEP 2

1. Attach the Connect Frame ASSY (#8) to the Right Leg Frame ASSY (#5) and the Left Leg Frame ASSY (#6) using:
two Flat Washer $\Phi 13*\Phi 24*2.5$ (#43) two Nylon Lock Nut M12 (#52)
2. Attach the Seat Cushion Support Frame ASSY (#9) to Pivot Shaft $\Phi 25*315$ (#11) using:
two M10*25 HHB (#44) two $\Phi 11*\Phi 20*2$ Flat Washer (#40)
two $\Phi 10$ Spring Washer (#46) four M8*10 Socket Set Screw (#45)
3. Attach the Seat Pad Frame ASSY (#3) to the Floorstand ASSY (#2) and the Seat Cushion Support Frame ASSY (#9) using:
four M10*75 HHB (#36) eight $\Phi 11*\Phi 20*2$ Flat Washer (#40)
four M10 Nylon Lock Nut (#41)

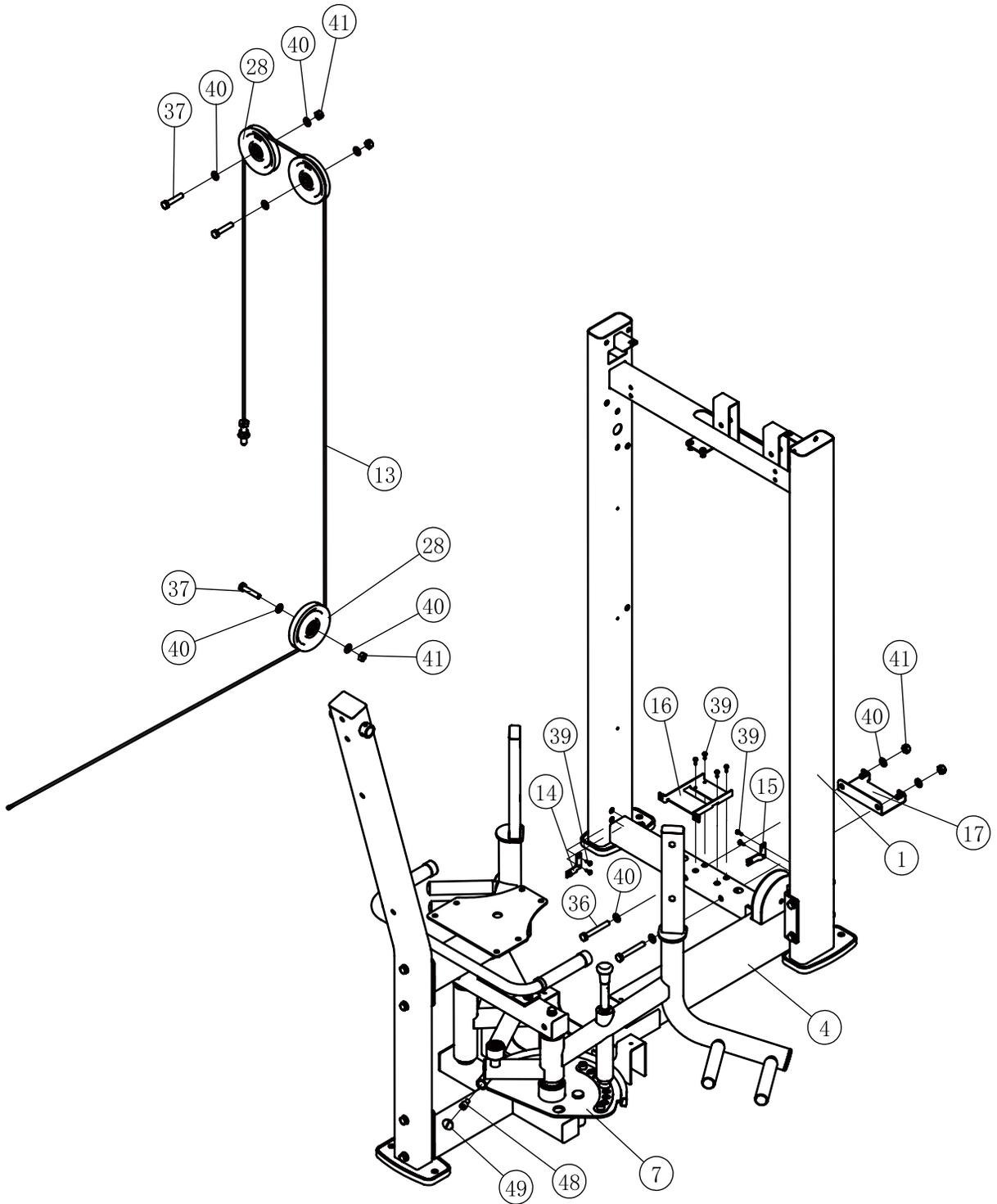
Note: Wrench Tighten Bolts and Nylon Lock Nuts.

BY adjusting (#44) and (#45), make sure that (#5) and (#6) are in the right place.



Assembly

STEP 3



Assembly

STEP 4

Here is the assembly instruction for **160LBS Weights !**

1. Attach:

one Top Plate (#20)

two Weight Rubber Bumper (#32)

two Guide Rod $\Phi 19 \times 1242$ (#18)

fifteen Weight Plate 10LBS (#101)

two weight stack space (#103)

to the Weight Stack Frame ASSY (#1) using:

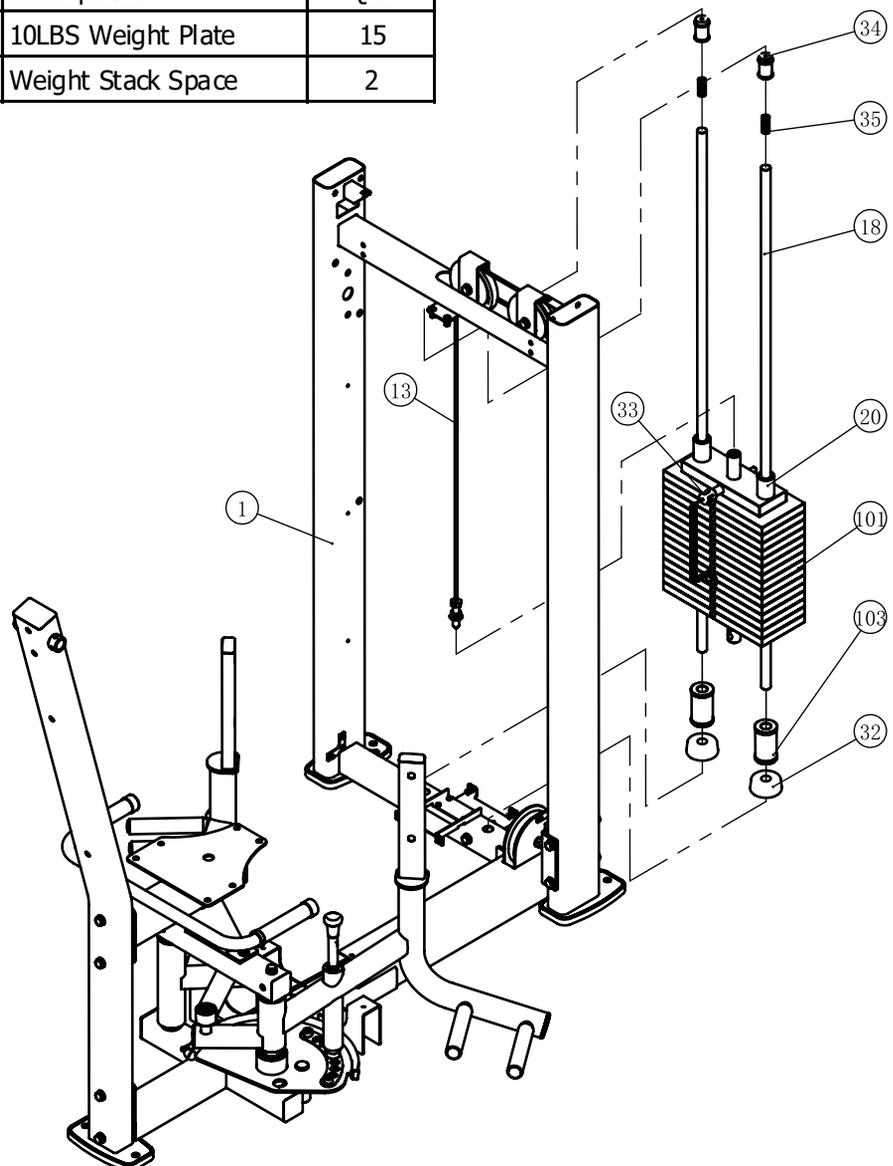
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)

two Spring (#35)

2. Attach the Selector Pin W/Coil (#33) to the Top Plate (#20).

3. Attach the Cable ASSY (#13) to the Top Plate (#20).

| Grade No. | Part No. | Description | QTY |
|-----------|------------|--------------------|-----|
| 101 | FE97193100 | 10LBS Weight Plate | 15 |
| 103 | FEWS01ASSY | Weight Stack Space | 2 |



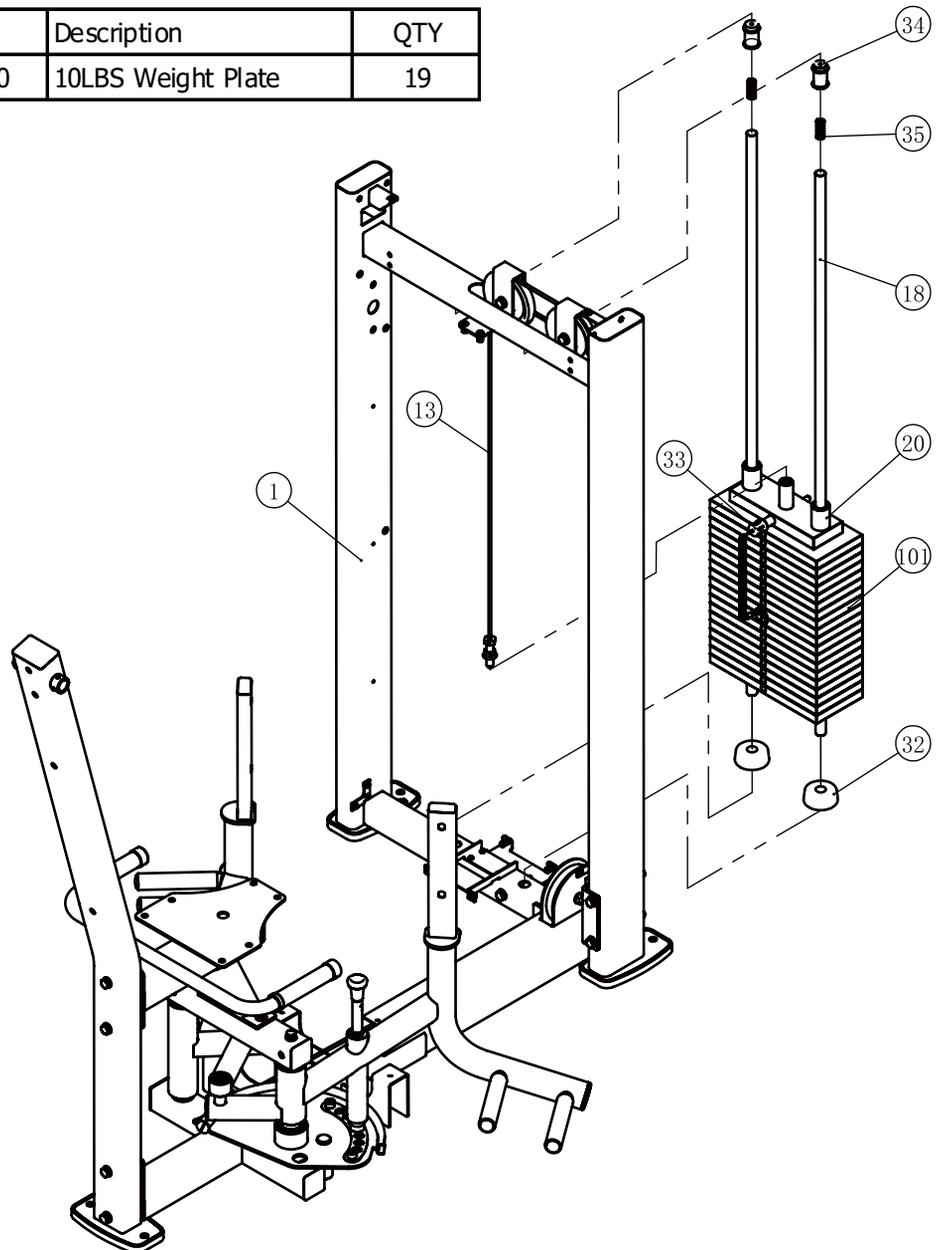
Assembly

STEP 4

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

1. Attach:
 - one Top Plate (#20)
 - two Guide Rod $\Phi 19 \times 1242$ (#18)
 - two Weight Rubber Bumper (#32)
 - nineteen Weight Plate 10LBS (#101)
 to the Weight Stack Frame ASSY (#1) using:
 - two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)
 - two Spring (#35)
2. Attach the Selector Pin W/Coil (#33) to the Top Plate (#20).
3. Attach the Cable ASSY (#13) to the Top Plate (#20).

| Grade No. | Part No. | Description | QTY |
|-----------|------------|--------------------|-----|
| 101 | FE97193100 | 10LBS Weight Plate | 19 |



Assembly

STEP 4

Here is the assembly instruction for **235LBS Weights !**

1. Attach:

one Top Plate (#20)

two Weight Rubber Bumper (#32)

two Guide Rod $\Phi 19 \times 1242$ (#18)

fifteen Weight Plate 15LBS (#102)

two weight stack space (#103)

to the Weight Stack Frame ASSY (#1) using:

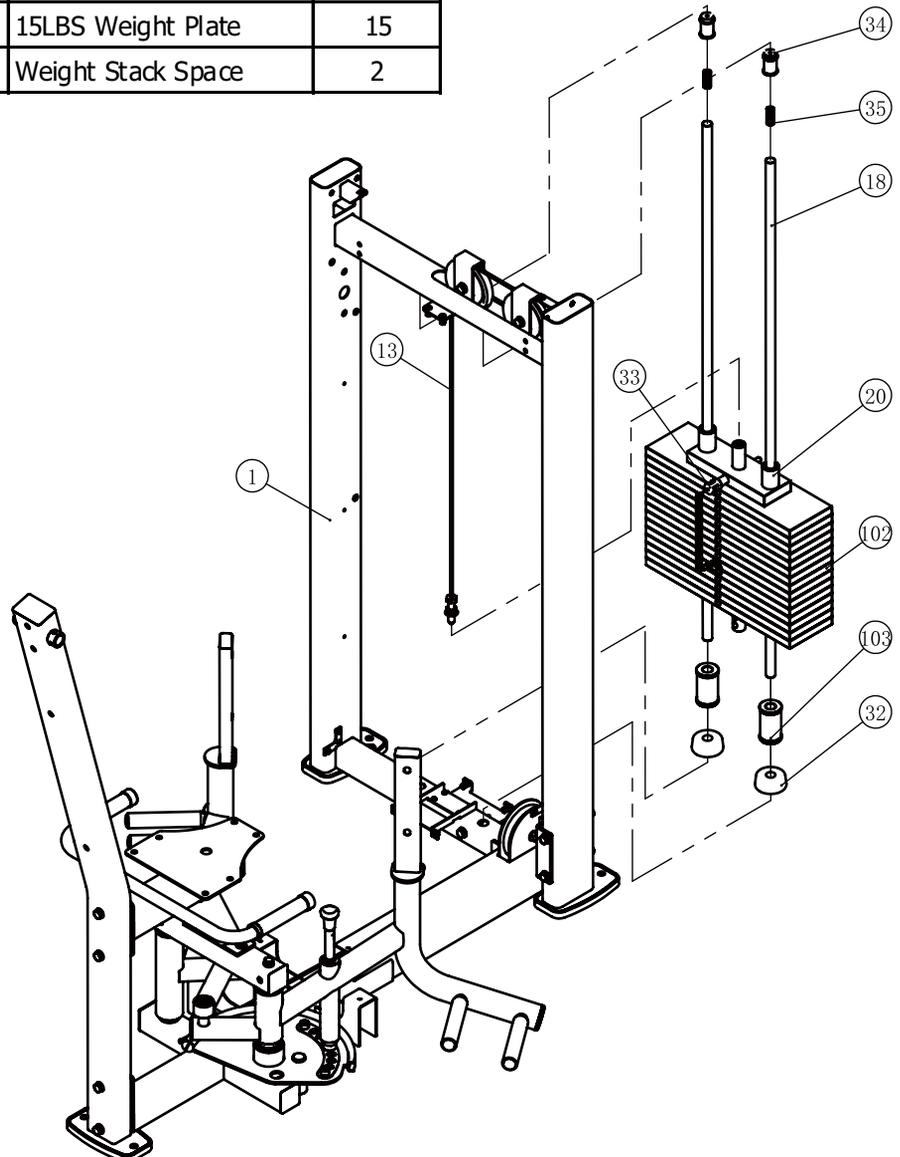
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)

two Spring (#35)

2. Attach the Selector Pin W/Coil (#33) to the Top Plate (#20).

3. Attach the Cable ASSY (#13) to the Top Plate (#20).

| Grade No. | Part No. | Description | QTY |
|-----------|------------|--------------------|-----|
| 102 | FE97193200 | 15LBS Weight Plate | 15 |
| 103 | FEWS01ASSY | Weight Stack Space | 2 |



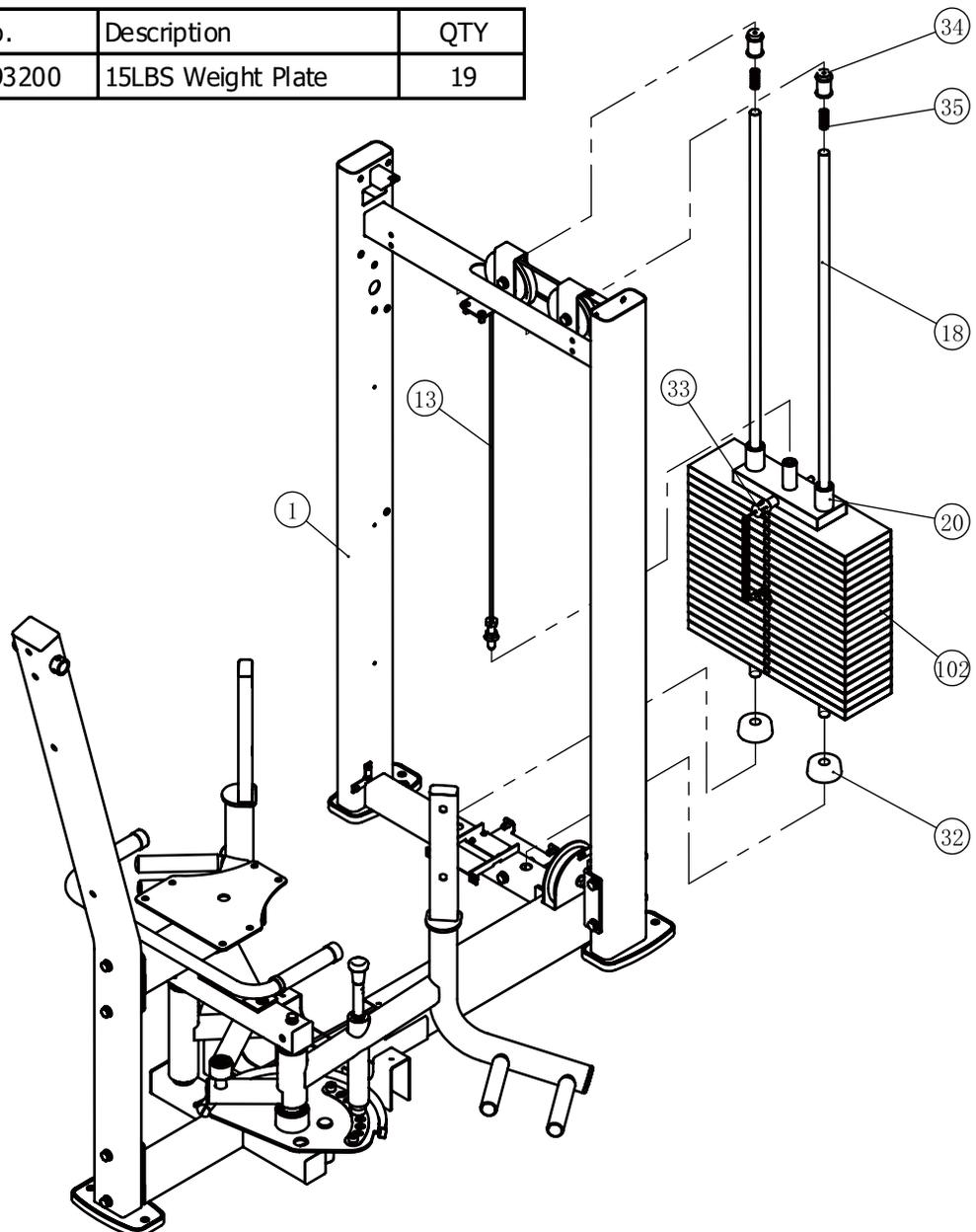
Assembly

STEP 4

Here is the assembly instruction for **295LBS Weights !**

1. Attach:
 - one Top Plate (#20)
 - two Guide Rod $\Phi 19 \times 1242$ (#18)
 - two Weight Rubber Bumper (#32)
 - nineteen Weight Plate 15LBS (#102)
 to the Weight Stack Frame ASSY (#1) using:
 - two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)
 - two Spring (#35)
2. Attach the Selector Pin W/Coil (#33) to the Top Plate (#20).
3. Attach the Cable ASSY (#13) to the Top Plate (#20).

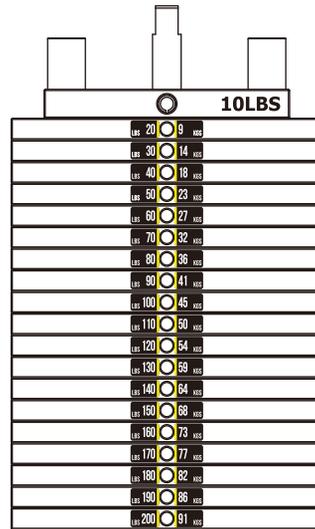
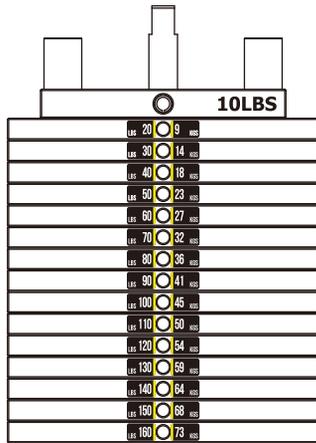
| Grade No. | Part No. | Description | QTY |
|-----------|------------|--------------------|-----|
| 102 | FE97193200 | 15LBS Weight Plate | 19 |



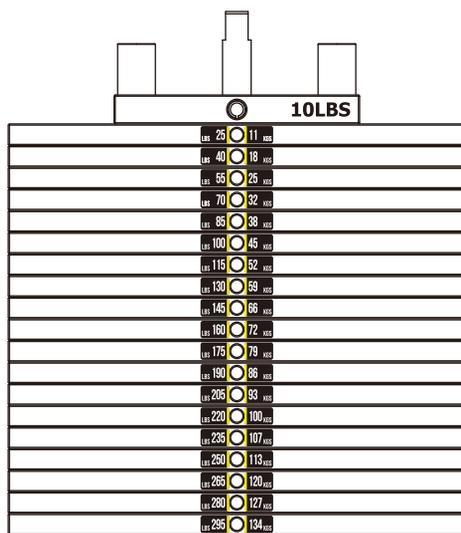
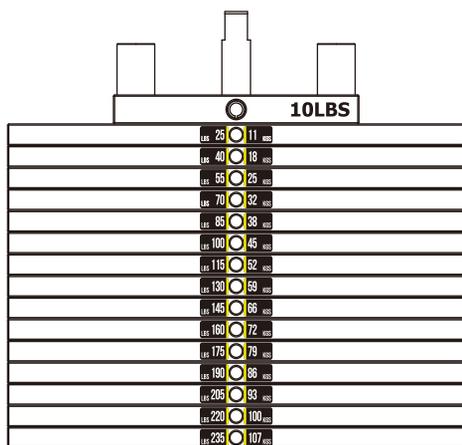
Assembly

All weight plate sticker paste schematic diagram

| | |
|---------|-----|
| LBS 20 | 9 |
| LBS 30 | 14 |
| LBS 40 | 18 |
| LBS 50 | 23 |
| LBS 60 | 27 |
| LBS 70 | 32 |
| LBS 80 | 36 |
| LBS 90 | 41 |
| LBS 100 | 45 |
| LBS 110 | 50 |
| LBS 120 | 54 |
| LBS 130 | 59 |
| LBS 140 | 64 |
| LBS 150 | 68 |
| LBS 160 | 73 |
| LBS 170 | 77 |
| LBS 180 | 82 |
| LBS 190 | 86 |
| LBS 200 | 91 |
| LBS 210 | 95 |
| LBS 220 | 100 |
| LBS 230 | 104 |



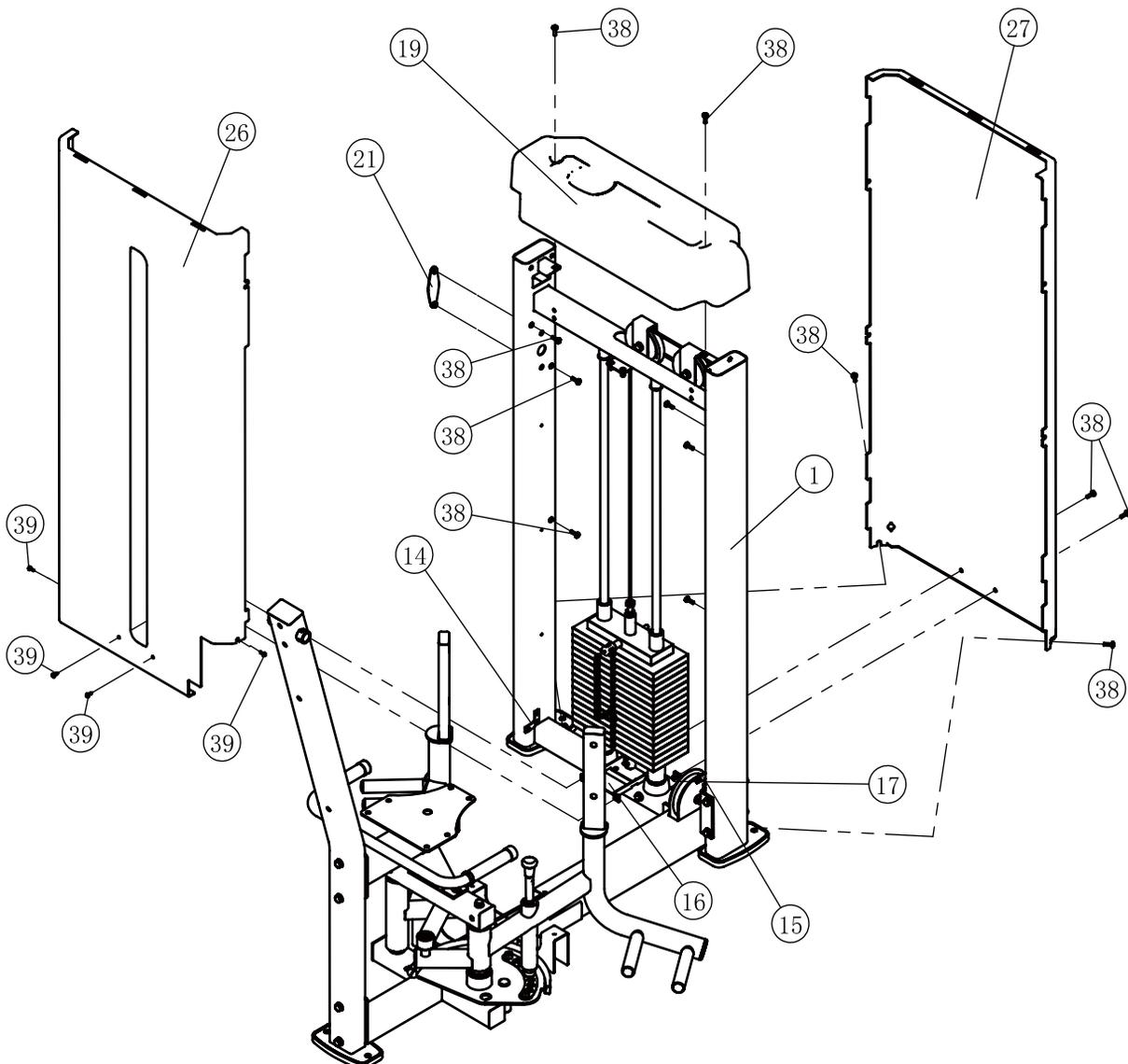
| | |
|---------|-----|
| LBS 25 | 11 |
| LBS 40 | 18 |
| LBS 55 | 25 |
| LBS 70 | 32 |
| LBS 85 | 38 |
| LBS 100 | 45 |
| LBS 115 | 52 |
| LBS 130 | 59 |
| LBS 145 | 66 |
| LBS 160 | 72 |
| LBS 175 | 79 |
| LBS 190 | 86 |
| LBS 205 | 93 |
| LBS 220 | 100 |
| LBS 235 | 107 |
| LBS 250 | 113 |
| LBS 265 | 120 |
| LBS 280 | 127 |
| LBS 295 | 134 |
| LBS 310 | 141 |
| LBS 325 | 147 |



Assembly

STEP 5

1. Attach the Rear Shroud (#27) to the Weight Stack Frame ASSY (#1) and Bottom Bracket ASSY (#17) using:
eight M6*20 CRPHS (#38)
2. Attach the Front Shroud (#26) to the Weight Stack Frame ASSY (#1), the Front Bracket ASSY (#16), the Left Bracket ASSY (#14) and the Right Bracket ASSY (#15) using:
two M6*20 CRPHS (#38)
four ST4.2*16 Cross Disc Self Tapping Screw (#39)
3. Attach the Top Cover (#19) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#38)
4. Attach the Spout Plug (#21) to the Weight Stack Frame ASSY (#1).



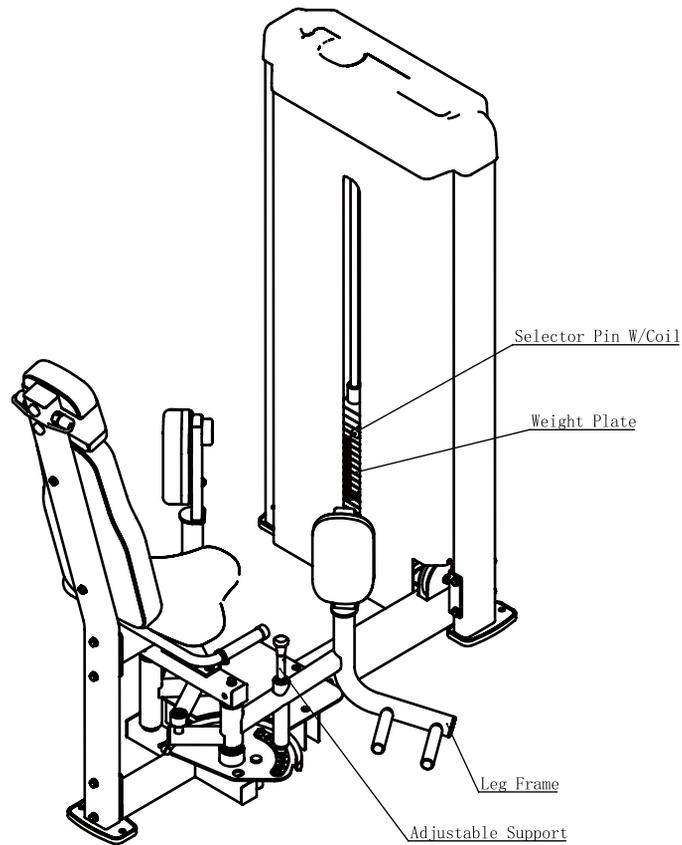
Adjust Instructions and Exercise Instructions

The Use Position adjustment

1. Pull the Adjustable Support and Adjust the Leg Frame to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin W/Coil

1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.



Exercise Instructions



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.



BODYTONE



bodytone.eu