

bodytone

FORZA BOLD

FC1S

1 STATION



OWNER'S MANUAL

!CAUTION!

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

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CAUTION!

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

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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.

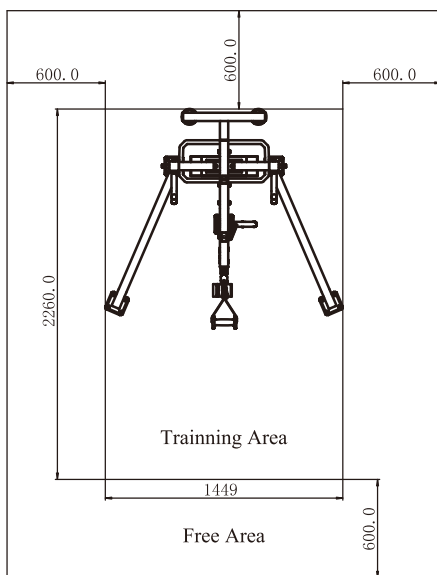
Important Safety Instructions

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: 1449*1258*2339mm

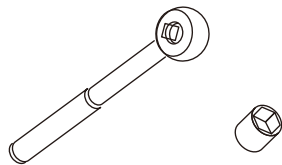
Product Total Surface: 1449*2260mm

Instructions

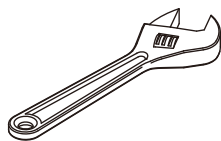
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

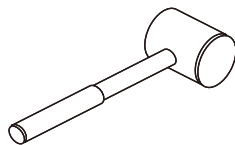
Tools Required



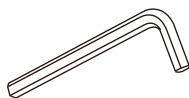
Ratchet Wrench and Socket



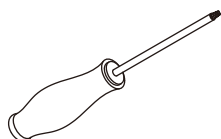
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

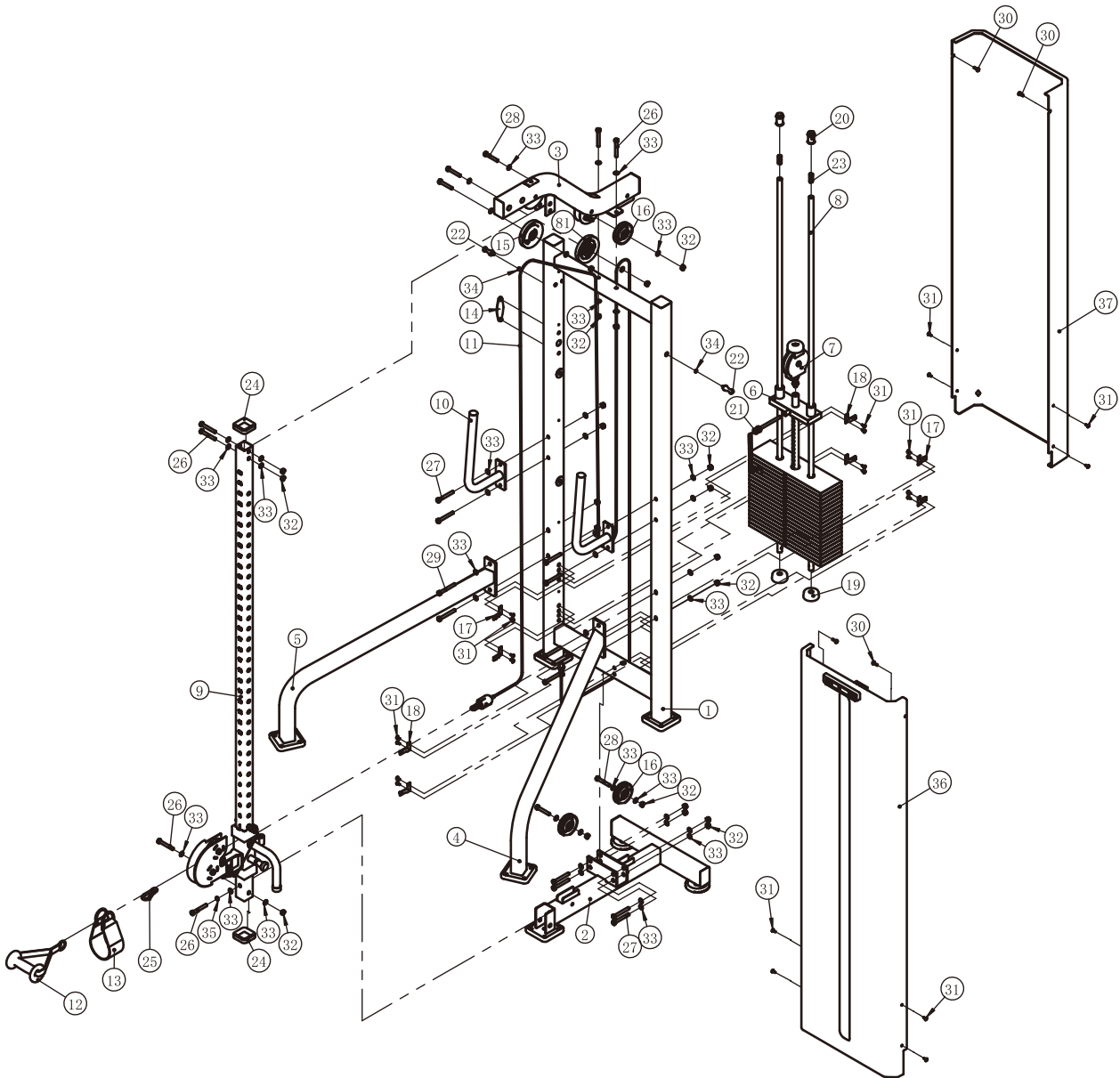
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	FC1S01ASSY	Weight Stack Frame ASSY	1
2	IF932502ASSY	Bottom Cross Frame ASSY	1
3	FC1SB03ASSY	Top Cross Frame ASSY	1
4	IF932504ASSY	Right Front Cross Frame ASSY	1
5	IF932505ASSY	Left Front Cross Frame ASSY	1
6	IT95014200	Top Plate	1
7	IT951550ASSY	Pulley Frame ASSY	1
8	TS10001600V1	Guide Rod	2
9	IF932718FCASSY	Adjustment Column ASSY	1
10	IF932715ASSY	Handle Frame ASSY	2
11	IF93253300	Cable ASSY	1
12	IT95255200	D-Strap	1
13	V310800	Leg EXT/Curl Strap	1
14	FB013400	Spout Plug	1
15	SG500110400V5	Big Pulley	1
16	M01004800V3	Small Pulley	3
17	FB0135ASSY	Left Bracket ASSY	4
18	FB0136ASSY	Right Bracket ASSY	4
19	IT80023000	Weight Rubber Bumper	2
20	IT95016100	Guide Rod Fixing SleeveΦ25*Φ19*45	2
21	IT90012000V1P201C	Selector Pin W/Coil	1
22	IT95274400	Hanger Column	2
23	HFOPT900-04A0602	Spring Φ15.5*Φ1.5*36	2
24	IF93272100	Stop Rubber Bumper	2
25	HLG8N22	Gear Hook	1
26	GB5780M10*75DHS20	Hex Head Bolt M10*75	6
27	GB5780M10*80DHS20	Hex Head Bolt M10*80	8
28	GB5780M10*65DHS20	Hex Head Bolt M10*65	5
29	GB5780M10*85DY20	Hex Head Bolt M10*85	4
30	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
31	GB9074ST4.2*16DHS	Cross Disc Self Tapping Screw ST4.2*16	24
32	NM10DHS2	Nylon Lock Nut M10	22
33	GB9510DHS2	Flat Washer Φ11*Φ20*2	45
34	GB938DHS12	Spring Washer Φ8	2
35	GB9310DHS12	Spring Washer Φ10	1
36	FC1S42ASSY	Front Shroud ASSY	1
37	FC1S4300V1	Rear Shroud	1
38	LW200BS	Wrench Φ6*117	1
39	NBS0.188DHS	Hex Key S=3/16"	1
40	YHY	Lube	1
81	CG2L1700	4.5" Pulley with Magnet	1

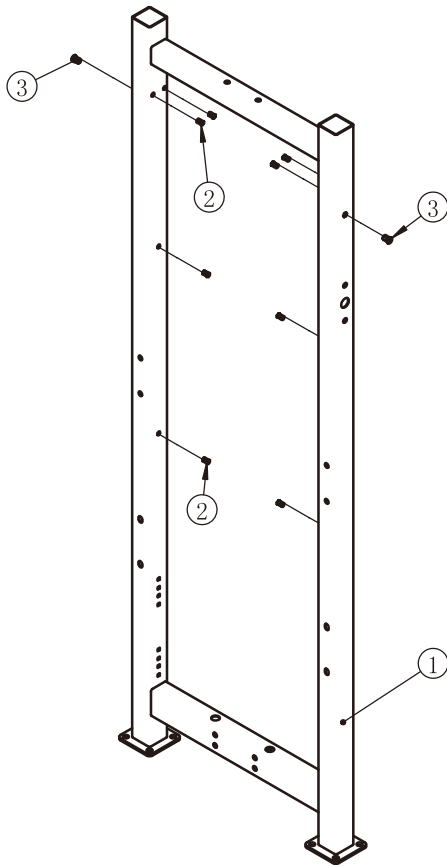
Exploded View and Parts List

Overall

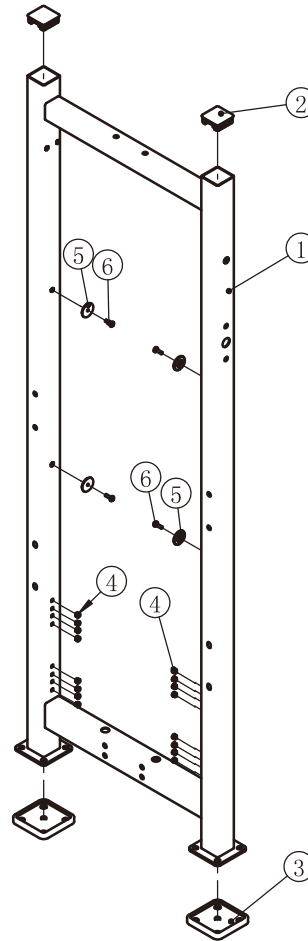


Exploded View and Parts List

Weight Stack Frame Pre-ASSY



Weight Stack Frame ASSY



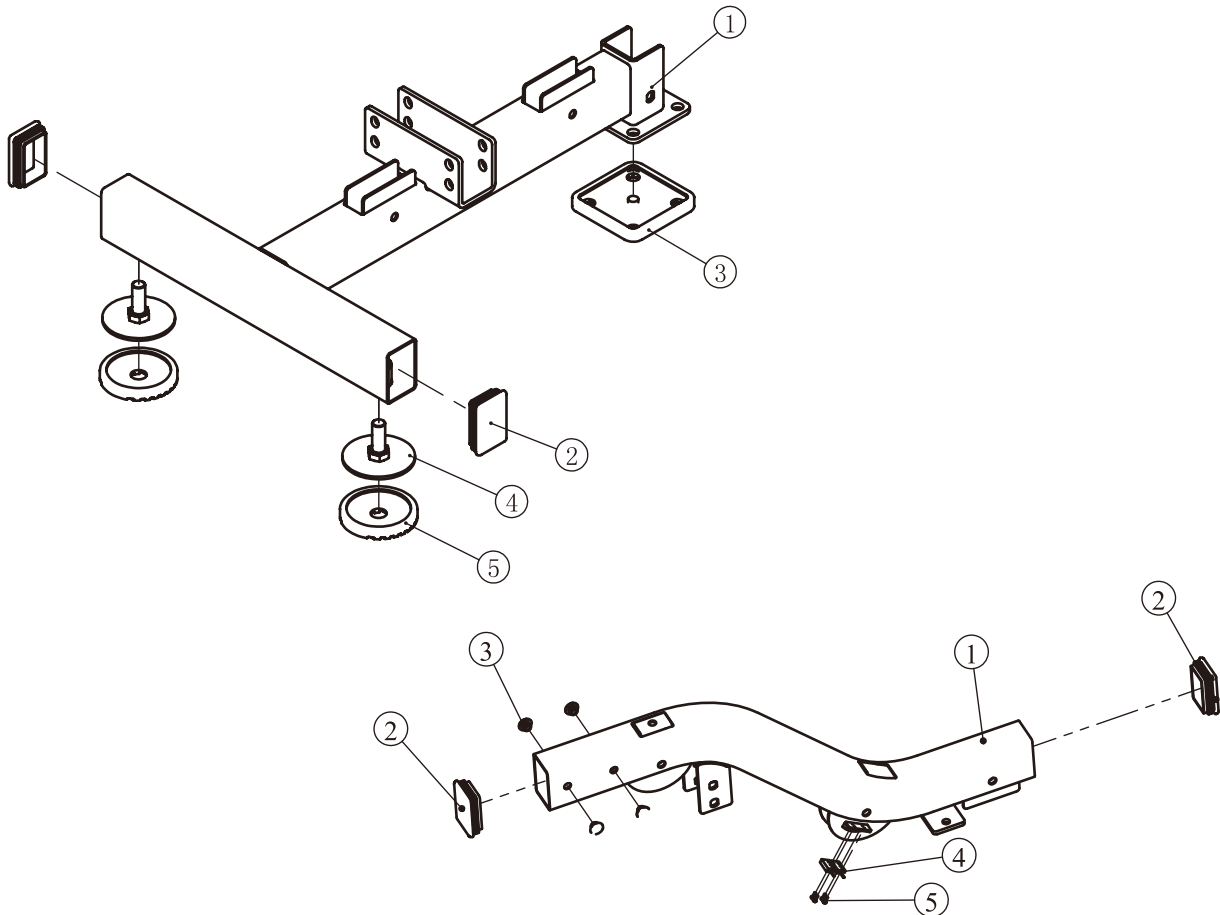
Grade No.	Part No.	Description	QTY
1.1.1	FC1S0100	Weight Stack Frame	1
1.1.2	GB17880.3M6*15DS17	Rivet Nut M6	8
1.1.3	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

Grade No.	Part No.	Description	QTY
1.1	FC1S0100ASSY	Weight Stack Frame Pre-ASSY	1
1.2	IPB-XL0011900	Plug	2
1.3	IF93272000	Foot Plate	2
1.4	ECU7P3500	Plastic Nut	16
1.5	IT95015900	Plastic Block	4
1.6	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4

Exploded View and Parts List

Bottom Cross Frame ASSY

Top Cross Frame ASSY



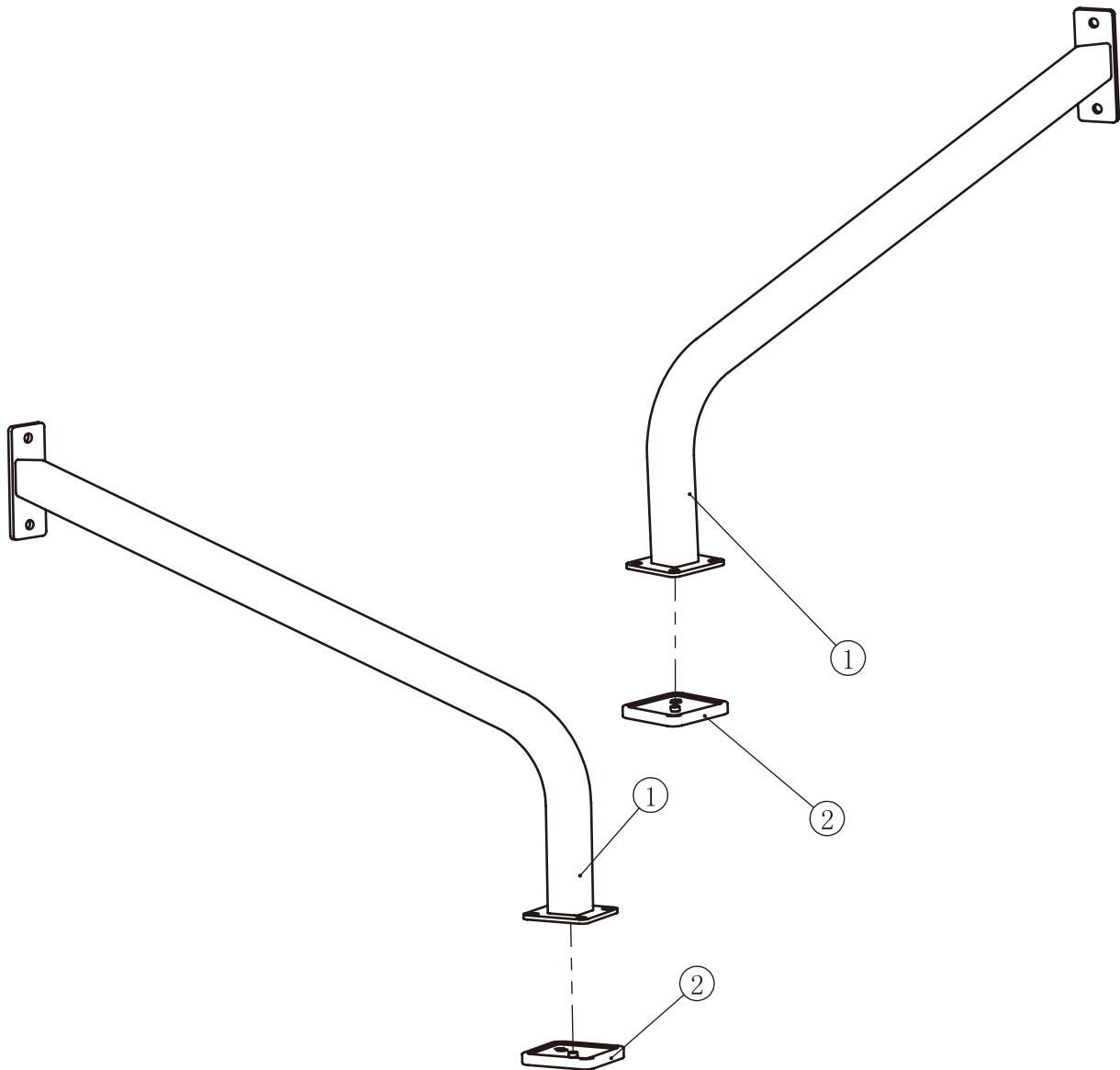
Grade No.	Part No.	Description	QTY
2.1	IF93250200	Bottom Cross Frame	1
2.2	KPSFID2800	Plug	2
2.3	IF93272000	Foot Plate	1
2.4	PE3000900	Adjustment Frame	2
2.5	PE3001200	Rubber Bumper	2

Grade No.	Part No.	Description	QTY
3.1	FC1SB0300	Top Cross Frame	1
3.2	KPSFID2800	Plug □50.8*76.2	2
3.3	RSM625WS20000	Plug φ11	4
3.4	DQCGQ01	Sensor	2
3.5	GB818M3*8DHS2	Screw M3*8	4

Exploded View and Parts List

Right Front Frame ASSY

Left Front Frame ASSY

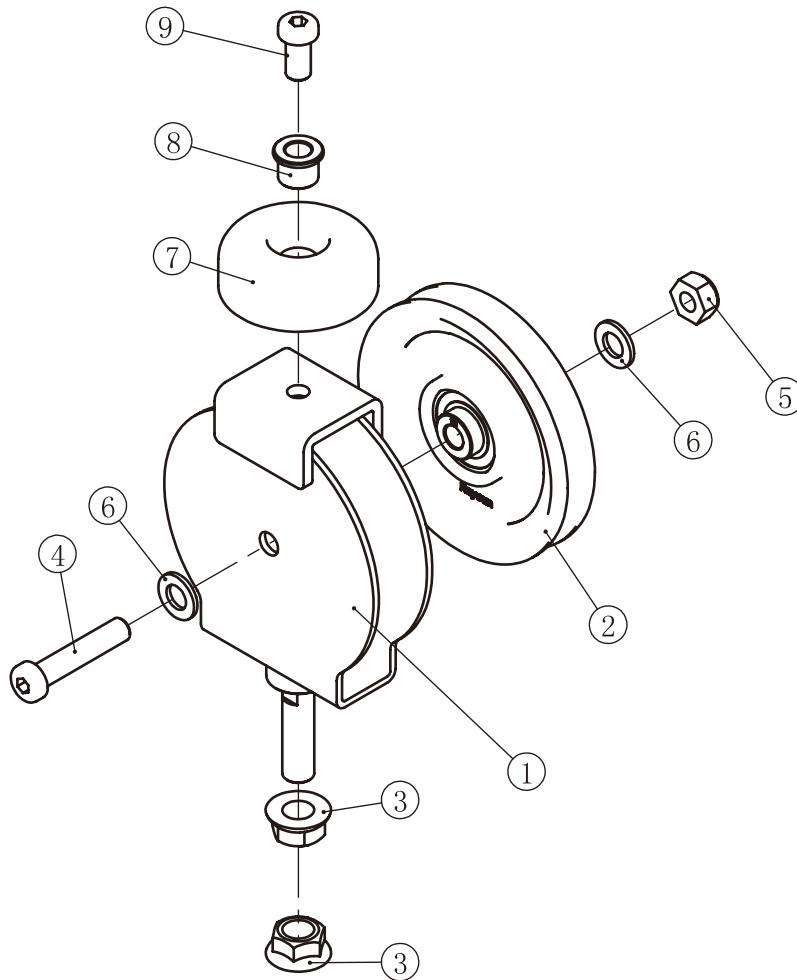


Grade No.	Part No.	Description	QTY
4.1	IF93250400	Right Front Frame	1
4.2	IF93272000	Foot Plate	1

Grade No.	Part No.	Description	QTY
5.1	IF93250500	Left Front Frame	1
5.2	IF93272000	Foot Plate	1

Exploded View and Parts List

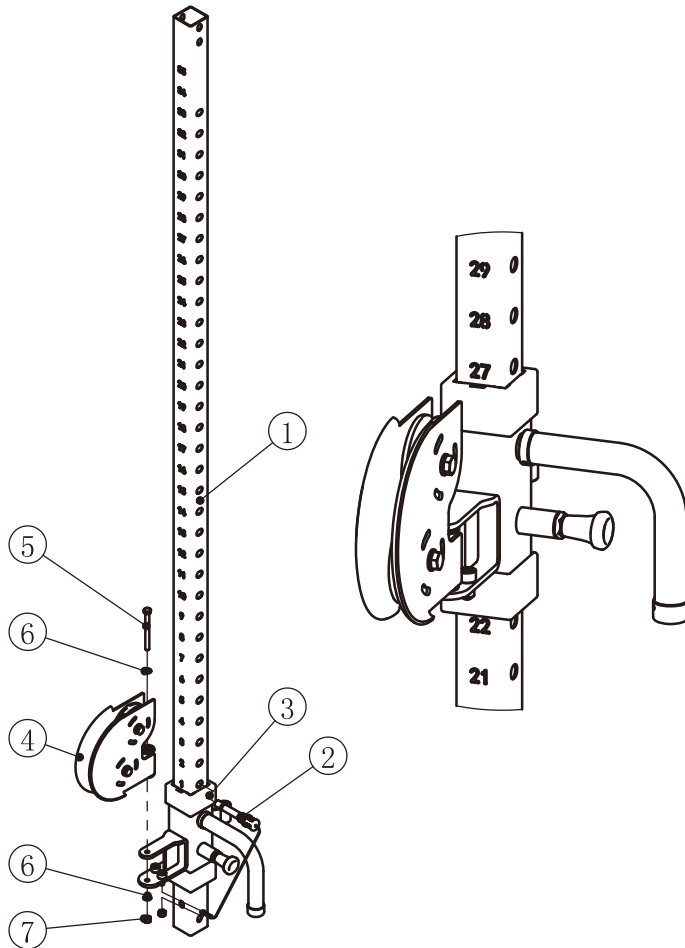
Pulley Frame ASSY



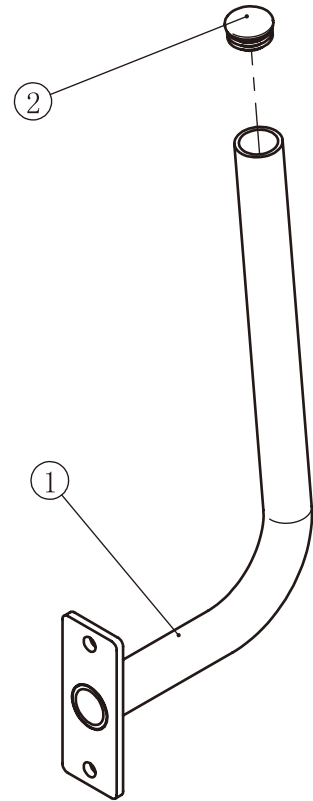
Grade No.	Part No.	Description	QTY
7.1	IT95155000	Pulley Frame	1
7.2	SG500110400V5	4.5" Pulley	1
7.3	HF900-03A1002	Hex Flanged Nut	2
7.4	GB70BTM10DN18	Socket Head Cap Screw M10*50	1
7.5	NM10DN2	Nylon Lock Nut M10	1
7.6	GB9510DN2	Flat Washer $\Phi 11 * \Phi 25 * 2$	2
7.7	PL90221500	Rubber Bumper	1
7.8	M02903100	Spacer Bush	1
7.9	GB70BTM10*20DN18	Socket Head Cap Screw M10*20	1

Exploded View and Parts List

Adjustment Column ASSY



Handle Frame ASSY

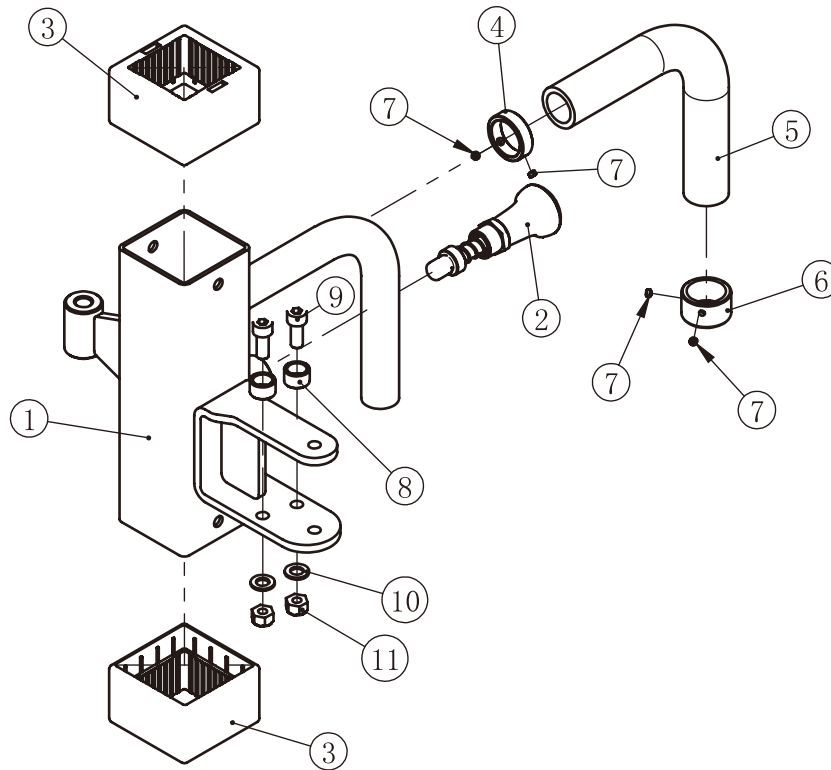


Grade No.	Part No.	Description	QTY
9.1	IF93271800	Slip Tube	1
9.2	IF93272200FCASSY	Safety Pin ASSY	1
9.3	ES70300800FCASSY	Adjustment Column Pre-ASSY	1
9.4	IT952520V1ASSY	Double Pulley Frame ASSY	1
9.5	GB5780M8*90DS20	Hex Head Bolt M8*90	1
9.6	GB958DS20	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
9.7	NM8DS2	Nylon Lock Nut M8	1

Grade No.	Part No.	Description	QTY
10.1	IF93271500	Handle Frame	1
10.2	BNH0573	Plug	1

Exploded View and Parts List

Adjustment Column Pre-ASSY

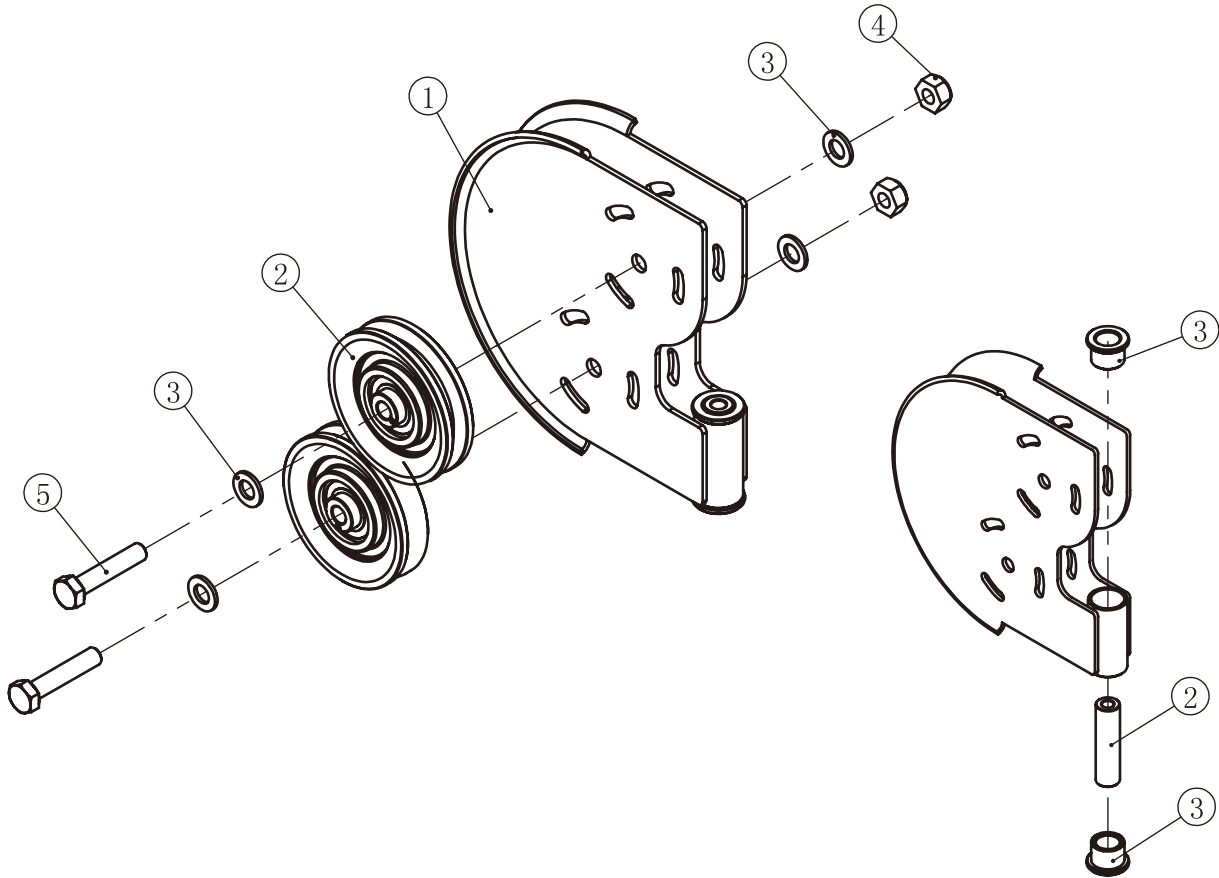


Grade No.	Part No.	Description	QTY
9.2.1	ES70300800	Sliding Carriage 1	1
9.2.2	IT95251600P201C	Adjustment Pin ASSY	1
9.2.3	KPSOB2100V1	Wear Sleeve	2
9.2.4	V39500	Collar $\Phi 25.4, AL$	1
9.2.5	C011PL2500	Grip	1
9.2.6	V39600	End Cap $\Phi 25.4, AL$	1
9.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
9.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9.2.9	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
9.2.10	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
9.2.11	NM8DS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Double Pulley Frame ASSY

Double Pulley Frame Sub ASSY

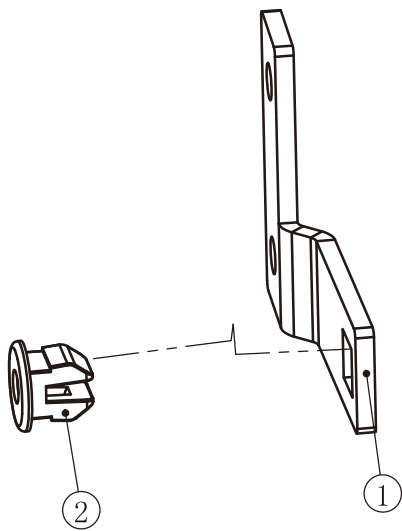


Grade No.	Part No.	Description	QTY
9.3.1	IT95252000ASSY	Sub, Double Pulley Bracket ASSY	1
9.3.2	M01004800V3	3.5 " Pulley	2
9.3.3	GB9510DS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
9.3.4	NM10DS2	Nylon Lock Nut M10	2
9.3.5	GB5780M10*50DS20	Hex Head Cap Screw M10*50	2

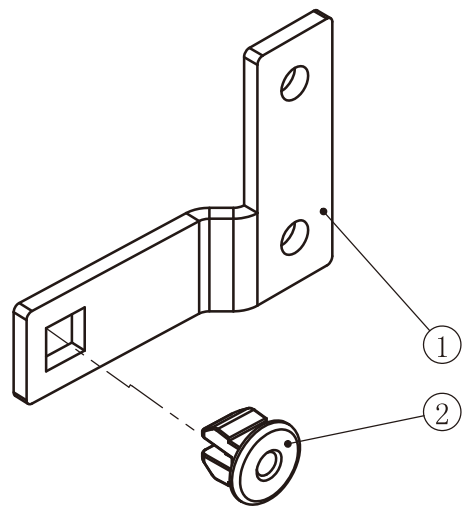
Grade No.	Part No.	Description	QTY
9.3.1.1	IT95252000	Double Pulley Bracket	1
9.3.1.2	IT95251800	Shaft $\Phi 16 * \Phi 8.5 * 62$	1
9.3.1.3	L1-6800	Bushing $\Phi 28 * \Phi 22 * \Phi 16 * 18$	2

Exploded View and Parts List

Left Bracket ASSY



Right Bracket ASSY

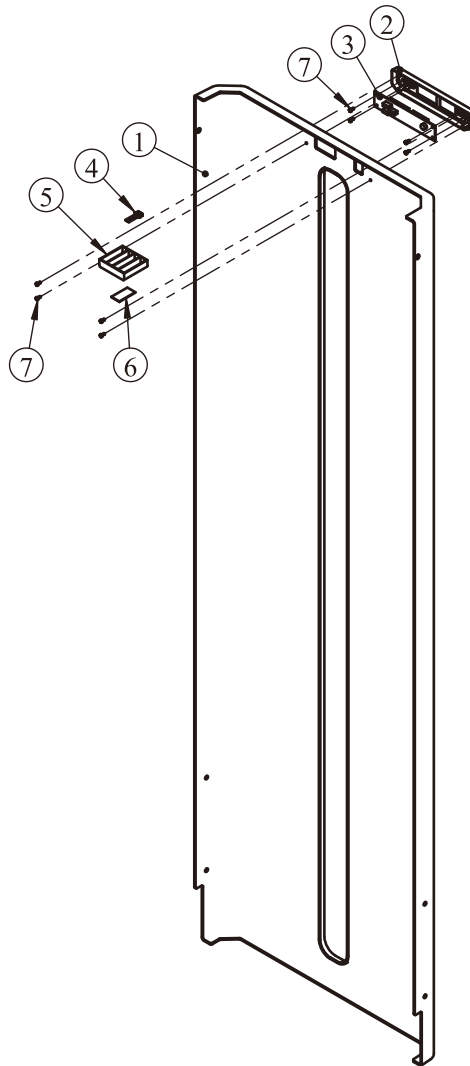


Grade No.	Part No.	Description	QTY
17.1	FB013500	Left Bracket	1
17.2	ECU7P3500	Plastic Nut	1

Grade No.	Part No.	Description	QTY
18.1	FB013600	Right Bracket	1
18.2	ECU7P3500	Plastic Nut	1

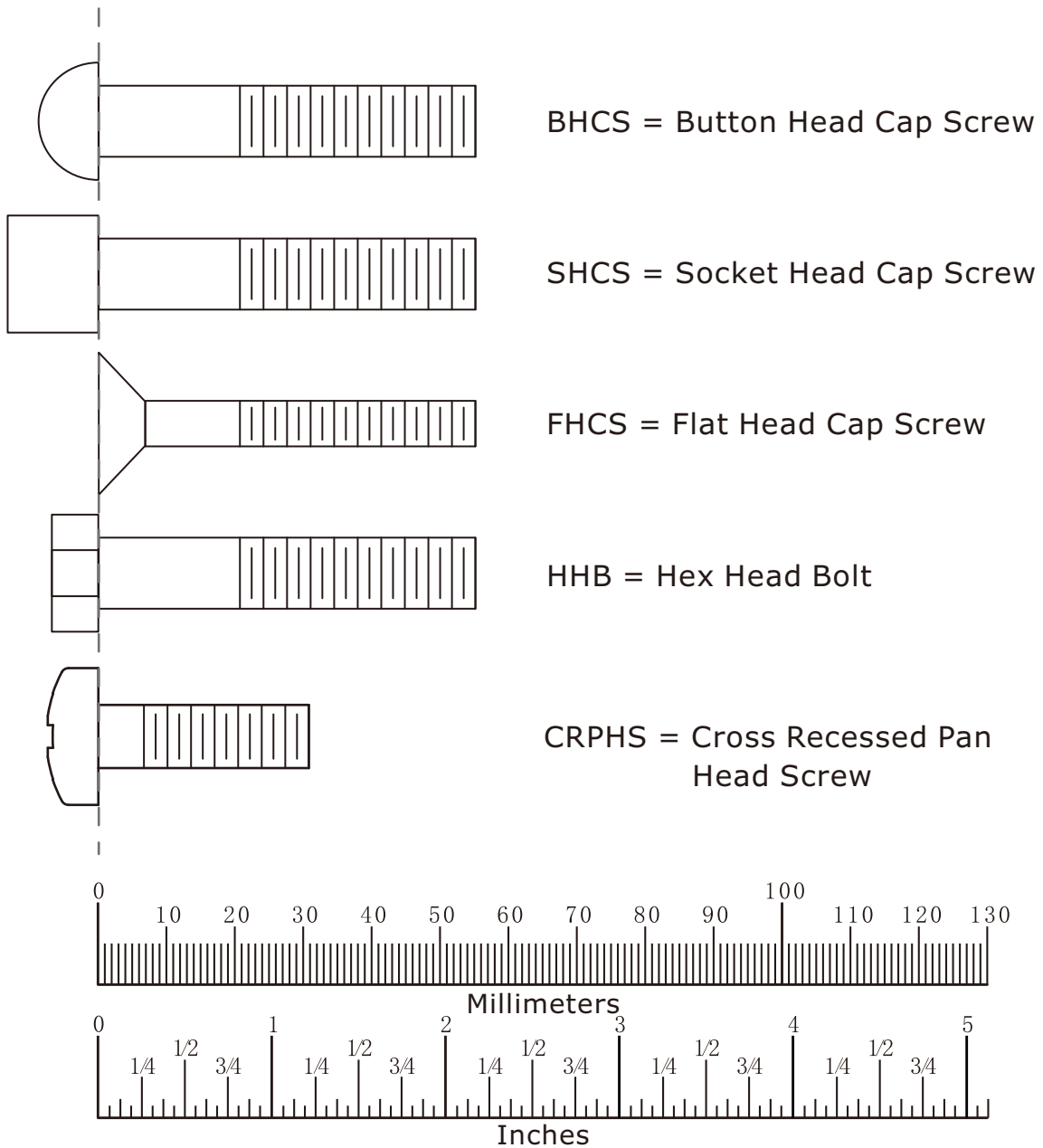
Exploded View and Parts List

Front Shroud ASSY



Grade No.	Part No.	Description	QTY
36.1	FC1S4200V1	Front Shroud	1
36.2	FB014100	Electronic watchcase	1
36.3	B297-FB-TB	Console PCB	1
36.4	L350XHP_SMY-4	Sensor 4C*22#350mm	1
36.5	DQDCH01	Cell Box	1
36.6	SMJ20*1*1000	Double faced adhesive tape	0.1
36.7	GB845ST2.9*9.5DHS	Screw ST2.9*9.5	8

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

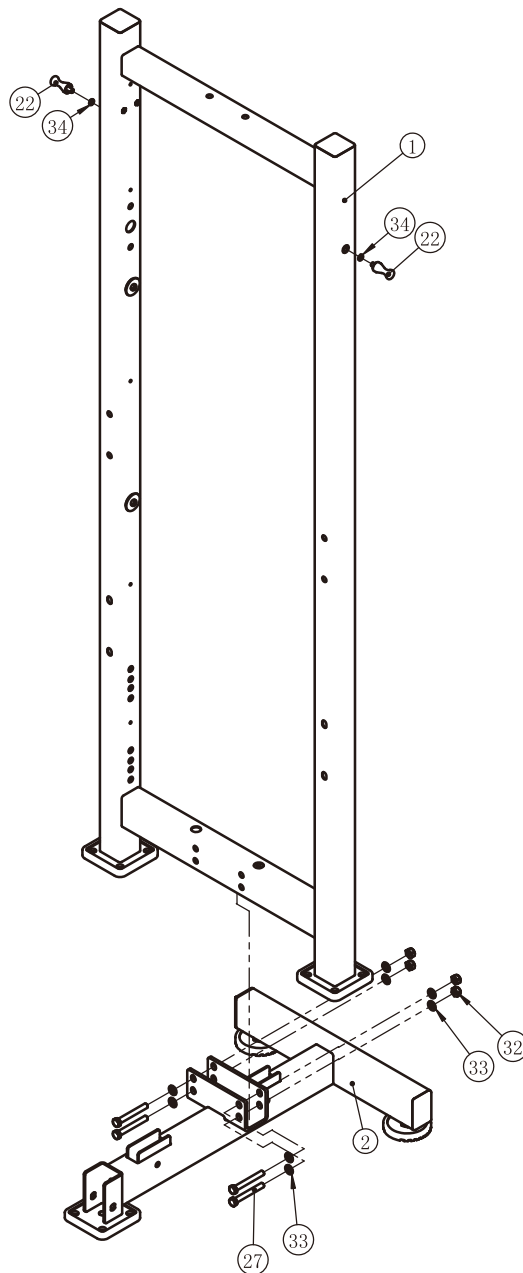
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach the Bottom Cross Frame ASSY (#2) to the Weight Stack Frame ASSY (#1) using:
 - four M10*80 HHB (#27)
 - four M10 Nylon Lock Nut (#32)
 - eight $\Phi 11*\Phi 20*2$ Flat Washer (#33)
2. Attach two Hanger Column (#22) and two Spring Washer $\Phi 8$ (#34) to the Weight Stack Frame ASSY (#1).

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.

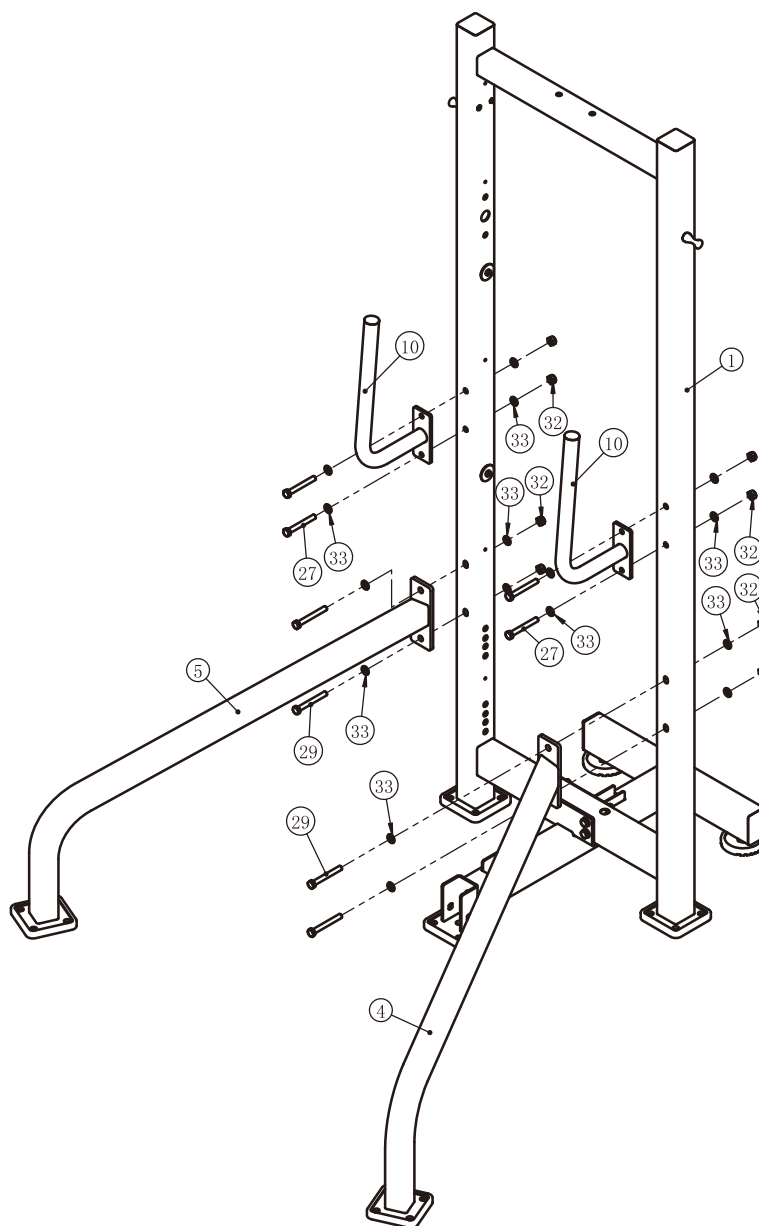


Assembly

STEP 2

1. Attach the Right Front Frame ASSY (#4) and the Left Front Frame ASSY (#5) to the Weight Stack Frame ASSY (#1) using:
four M10*85 HHB (#29) four M10 Nylon Lock Nut (#32)
eight $\Phi 11*\Phi 20*2$ Flat Washer (#33)
2. Attach two Handle Frame ASSY (#10) to the Weight Stack Frame ASSY (#1) using:
four M10*80 HHB (#27) four M10 Nylon Lock Nut (#32)
eight $\Phi 11*\Phi 20*2$ Flat Washer (#33)

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.

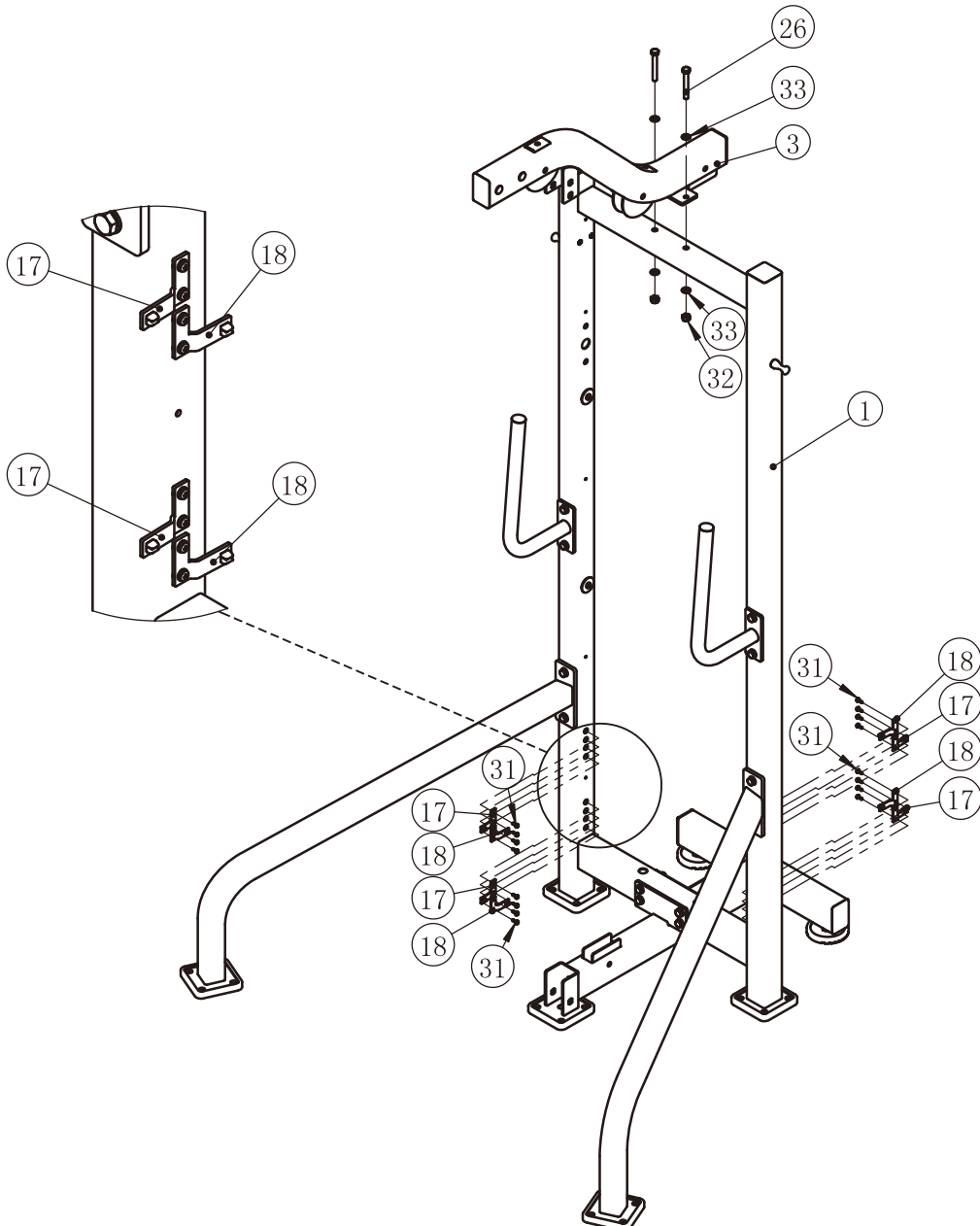


Assembly

STEP 3

- 1. Attach the Top Cross Frame ASSY (#3) to the Weight Stack Frame ASSY (#1) using:
 - two M10*75 HHB (#26)
 - two M10 Nylon Lock Nut (#32)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#33)
- 2. Attach four Left Bracket ASSY (#17) and four Right Bracket ASSY (#18) to the Weight Stack Frame ASSY (#1) using:
 - sixteen Cross Disc Self Tapping Screw ST4.2*16 (#31)

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19 \times 1829$ (#8)
 fifteen Weight Plate 10LBS (#81)
 one Top Plate (#6)

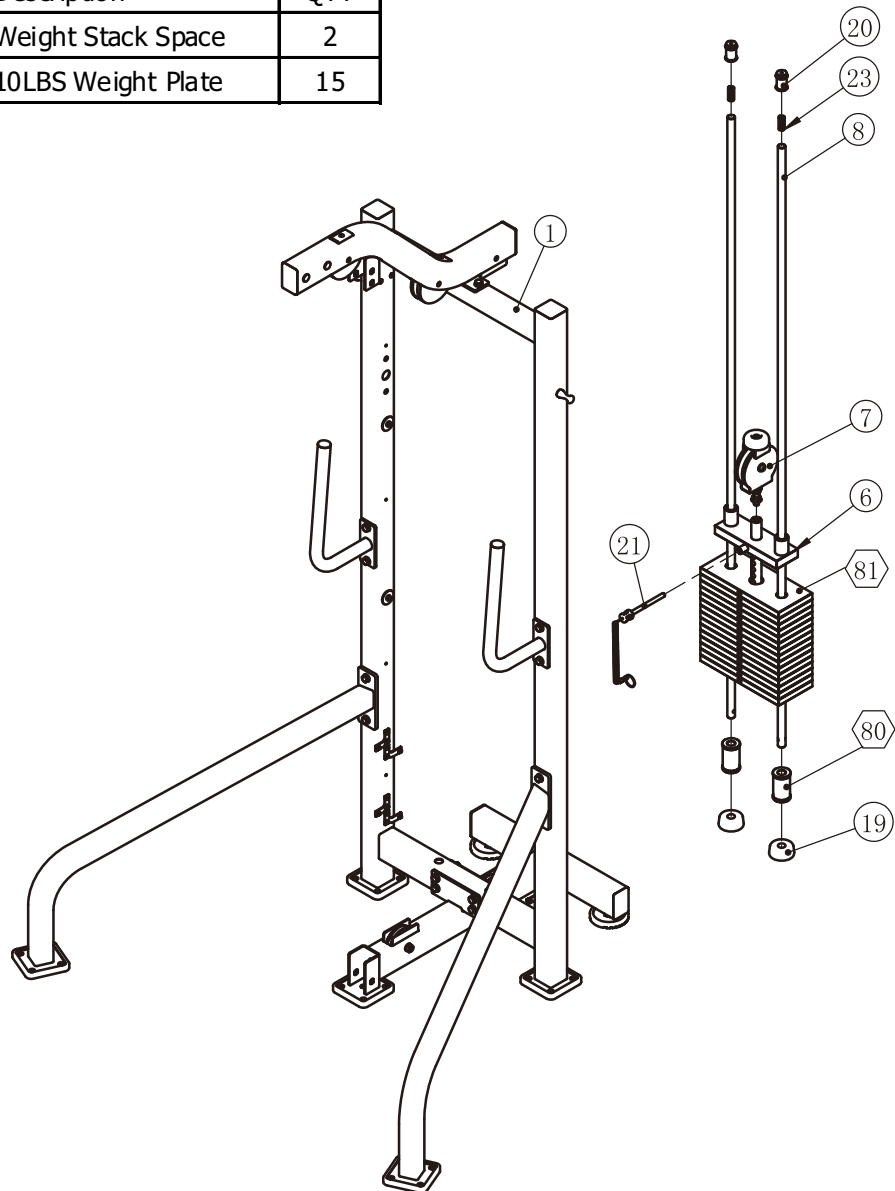
two Weight Rubber Bumper (#19)
 two weight stack space (#80)

to the Weight Stack Frame ASSY (#1) using:
 two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#20)
 two Spring (#23)

2. Attach the Selector Pin W/Coil (#21) to the Top Plate (#6).

3. Attach the Pulley Frame ASSY (#7) to the Top Plate (#6).

Grade No.	Part No.	Description	QTY
80	FEWS01ASSY	Weight Stack Space	2
81	FE97193100	10LBS Weight Plate	15



Assembly

STEP 4

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

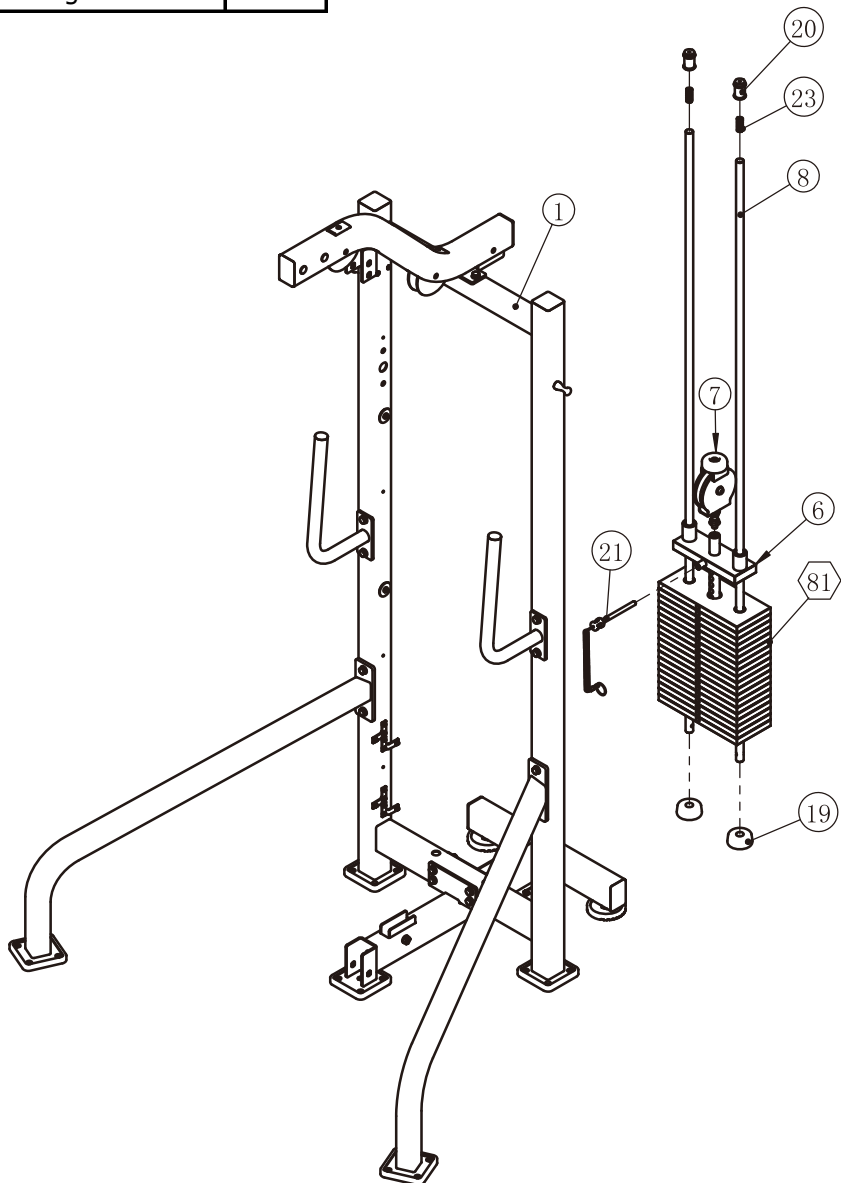
1. Attach:

two Guide Rod $\Phi 19 \times 1829$ (#8) two Weight Rubber Bumper (#19)
 nineteen Weight Plate 10LBS (#81) one Top Plate (#6)
 to the Weight Stack Frame ASSY (#1) using:
 two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#20)
 two Spring (#23)

2. Attach the Selector Pin W/Coil (#21) to the Top Plate (#6).

3. Attach the Pulley Frame ASSY (#7) to the Top Plate (#6).

Grade No.	Part No.	Description	QTY
81	FE97193100	10LBS Weight Plate	19



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19 \times 1829$ (#8)
 fifteen Weight Plate 15LBS (#82)
 one Top Plate (#6)

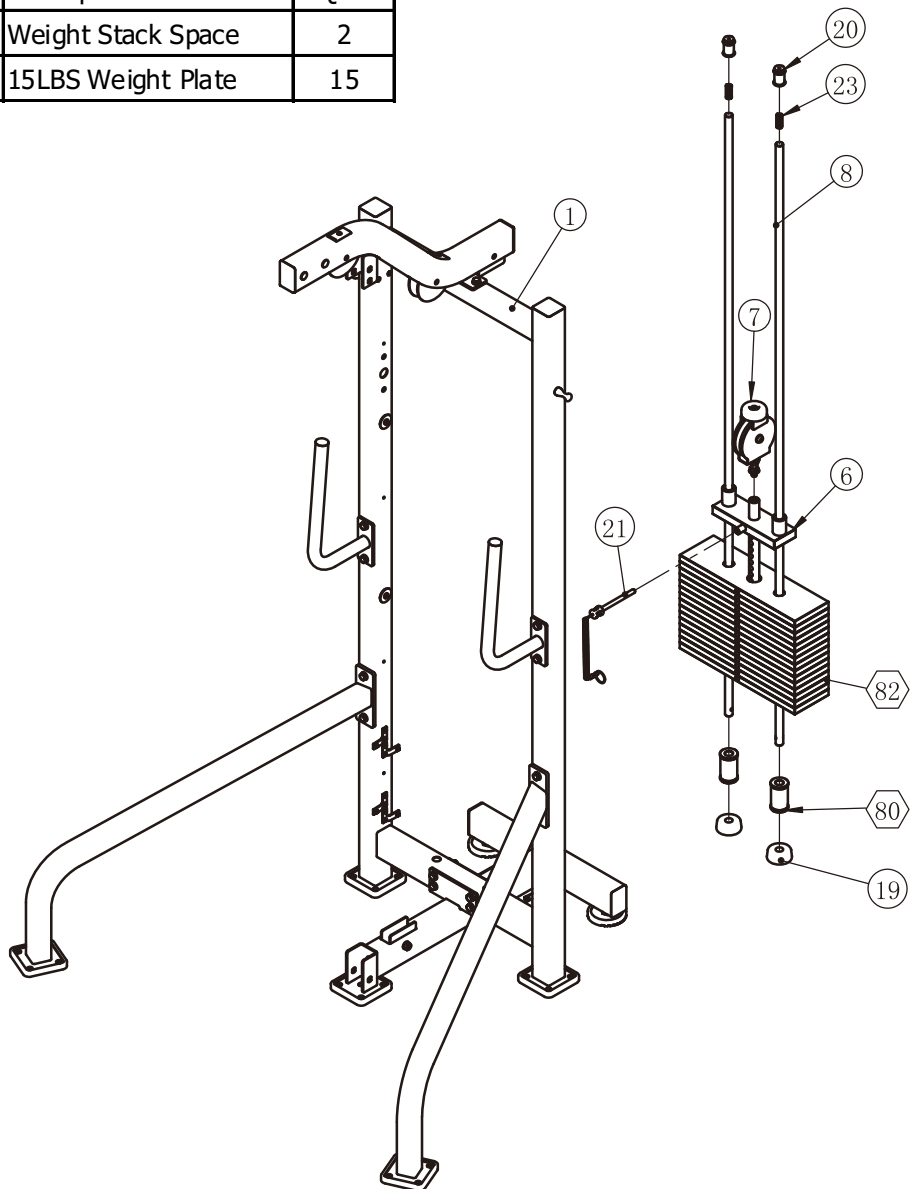
two Weight Rubber Bumper (#19)
 two weight stack space (#80)

to the Weight Stack Frame ASSY (#1) using:
 two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#20)
 two Spring (#23)

2. Attach the Selector Pin W/Coil (#21) to the Top Plate (#6).

3. Attach the Pulley Frame ASSY (#7) to the Top Plate (#6).

Grade No.	Part No.	Description	QTY
80	FEWS01ASSY	Weight Stack Space	2
82	FE97193100	15LBS Weight Plate	15



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19 \times 1829$ (#8)

two Weight Rubber Bumper (#19)

nineteen Weight Plate 15LBS (#82)

one Top Plate (#6)

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

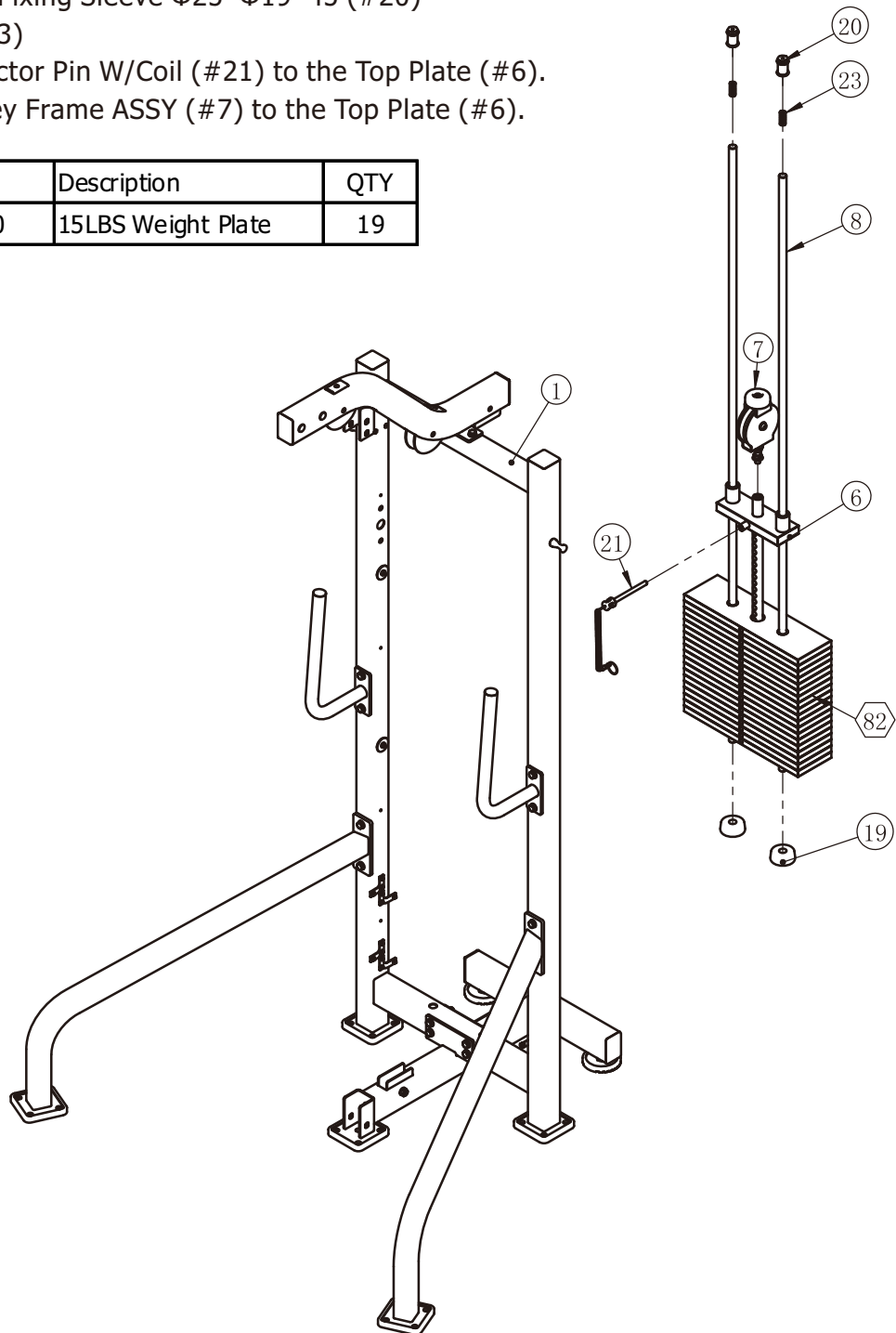
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#20)

two Spring (#23)

2. Attach the Selector Pin W/Coil (#21) to the Top Plate (#6).

3. Attach the Pulley Frame ASSY (#7) to the Top Plate (#6).

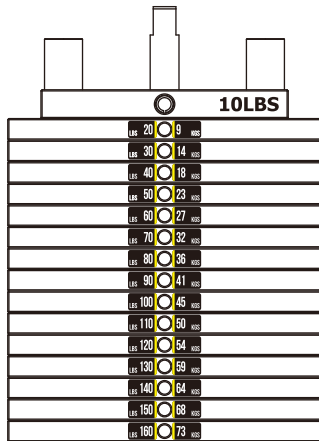
Grade No.	Part No.	Description	QTY
82	FE97193200	15LBS Weight Plate	19



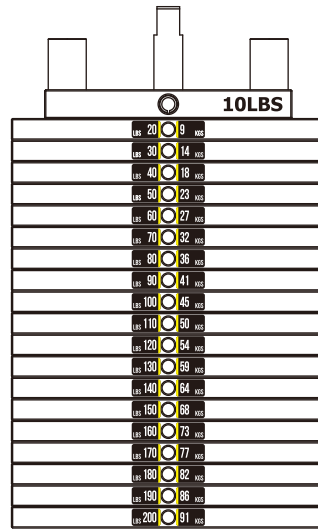
Assembly

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

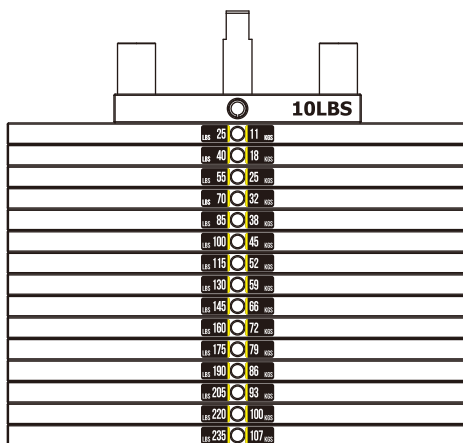


20-160LBS

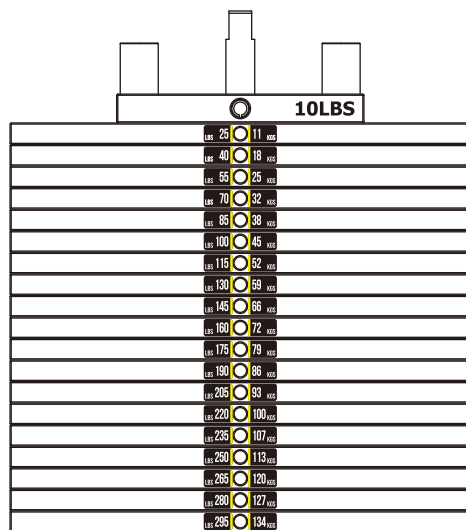


20-200LBS

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



25-235LBS



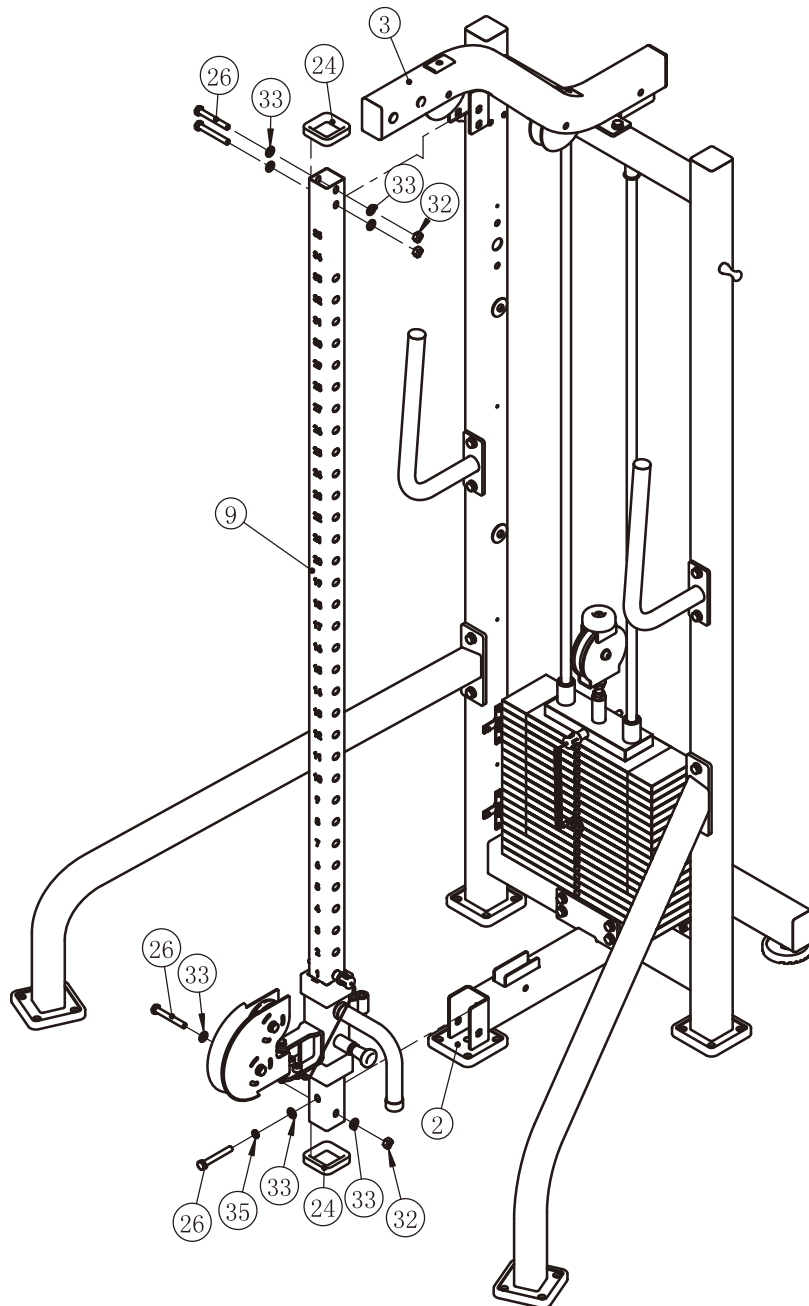
25-295LBS

Assembly

STEP 5

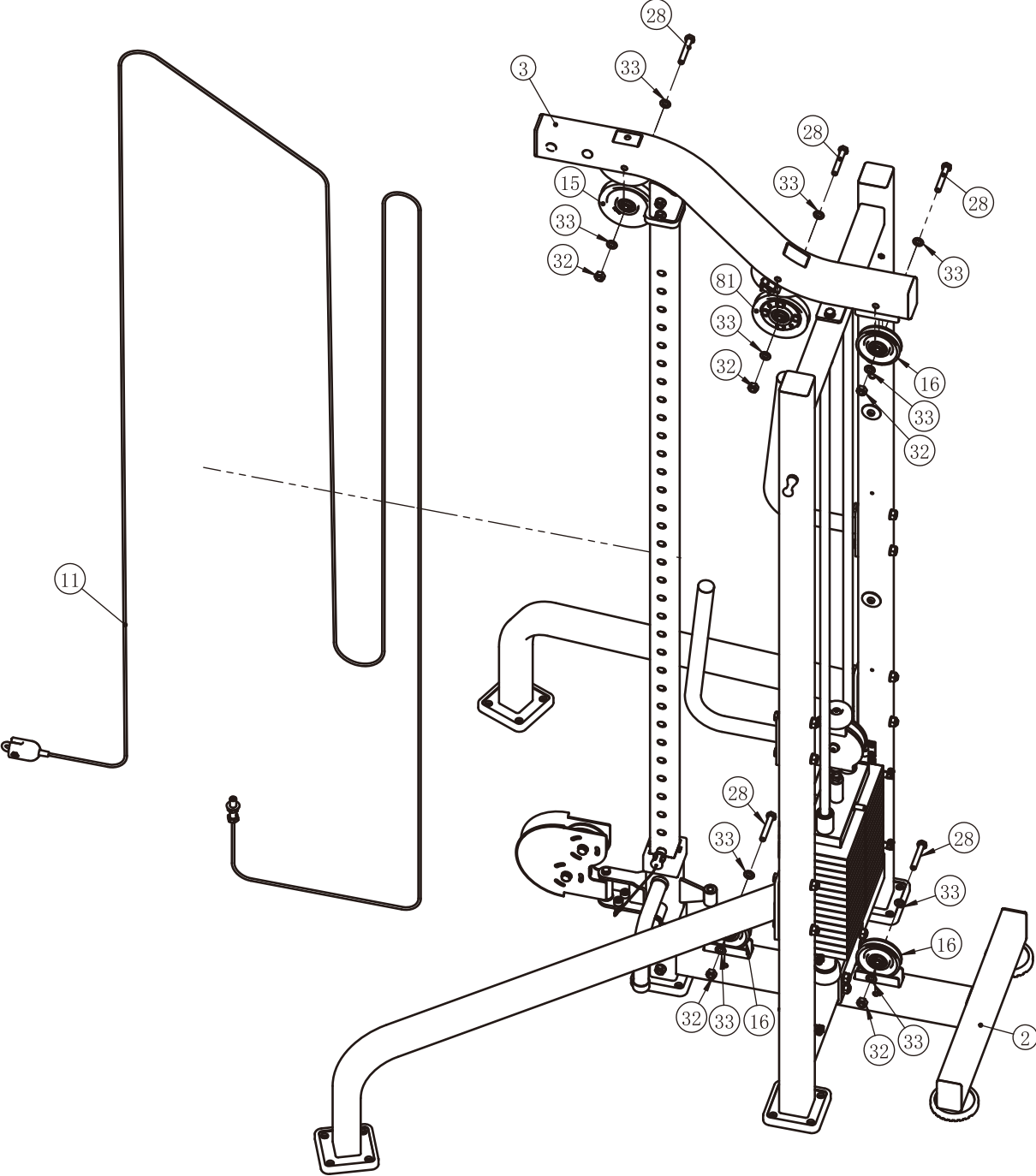
1. Attach two Stop Rubber Bumper (#24) to the Adjustment Column ASSY (#9).
2. Attach the Adjustment Column ASSY (#9) to the Bottom Cross Frame ASSY (#2) and the Top Cross Frame ASSY (#3) using:
 - four M10*75 HHB (#26)
 - seven $\Phi 11*\Phi 20*2$ Flat Washer (#33)
 - three M10 Nylon Lock Nut (#32)
 - one Spring Washer $\Phi 10$ (#35)

Note: Hand Tighten Bolts and Nylon Lock Nuts until Machine is Fully Assembled.



Assembly

STEP 6

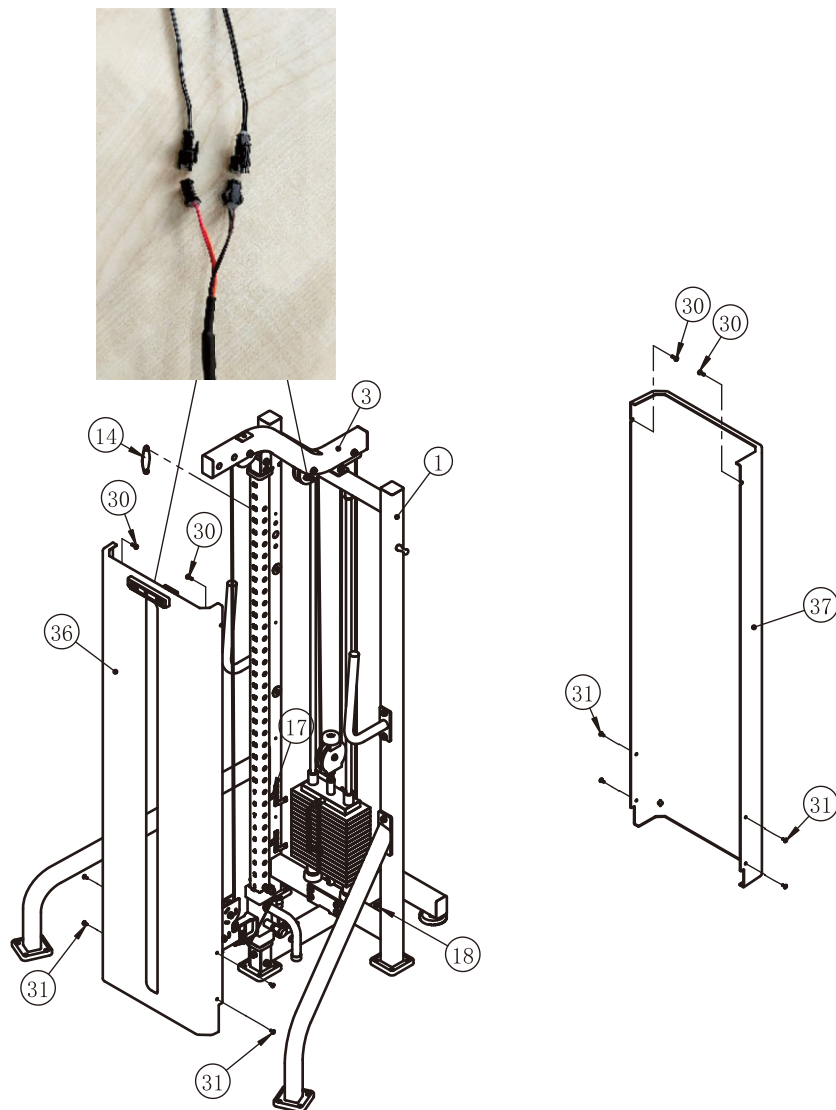


Assembly

STEP 7

1. Attach the Rear Shroud (#37) to the Weight Stack Frame ASSY (#1), the Left Bracket ASSY (#17) and the Right Bracket ASSY (#18) using:
two M6*20 CRPHS (#30) four Cross Disc Self Tapping Screw ST4.2*16 (#31)
2. Attach the Front Shroud ASSY (#36) to the Weight Stack Frame ASSY (#1), the Left Bracket ASSY (#17) and the Right Bracket ASSY (#18) using:
two M6*20 CRPHS (#30) four Cross Disc Self Tapping Screw ST4.2*16 (#31)
3. Attach the end of the Sensor (Preassembled on the Top Cross Frame ASSY (#3)) to the Front Shroud ASSY (#36).
4. Attach the Spout Plug (#14) to the Weight Stack Frame ASSY (#1).

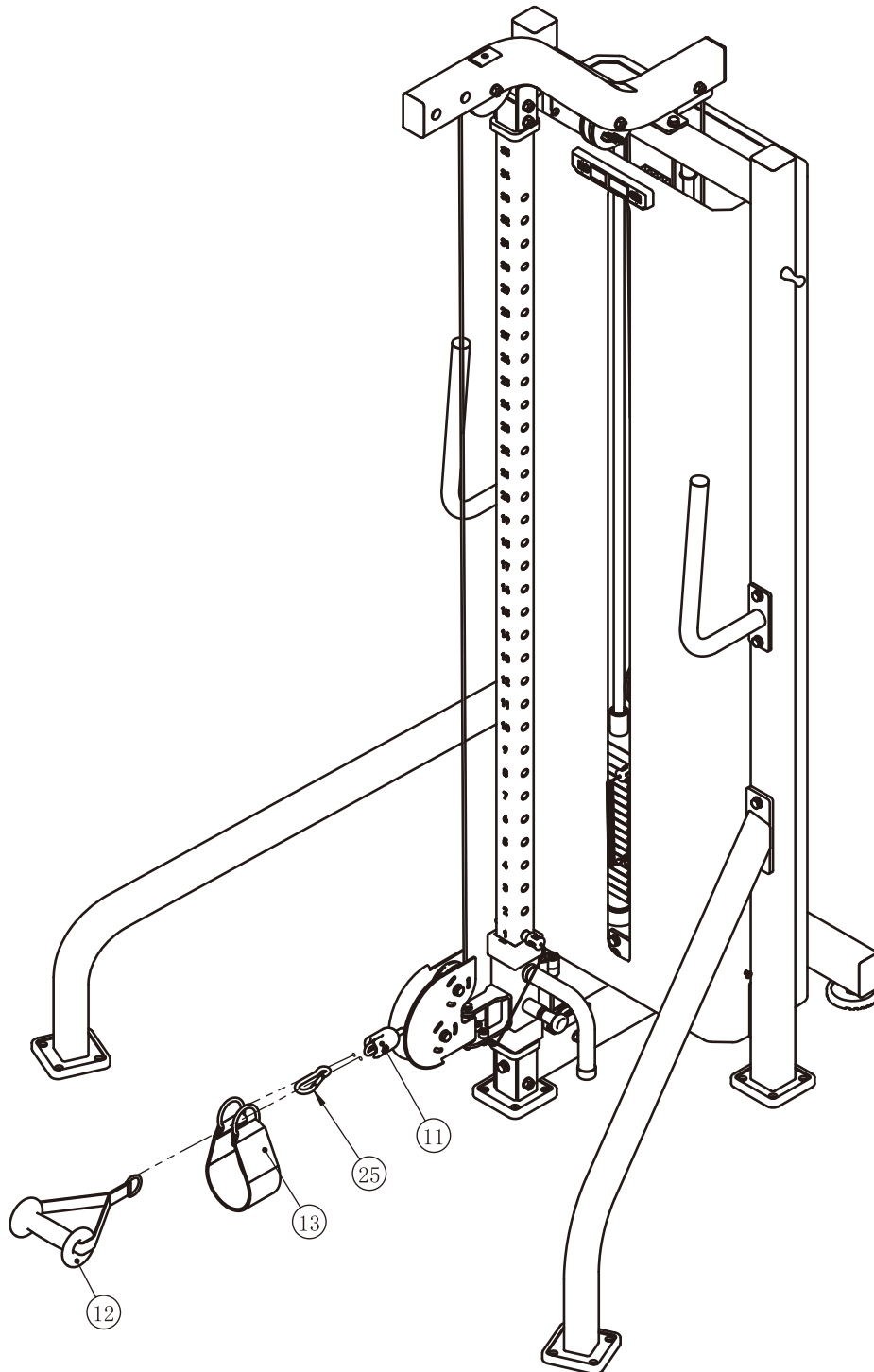
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 8

1. Attach the Gear Hook (#25) to the Cable ASSY (#11).
2. Attach the D-Strap (#12) and the Leg EXT/Curl Strap (#13) to the Gear Hook (#25).



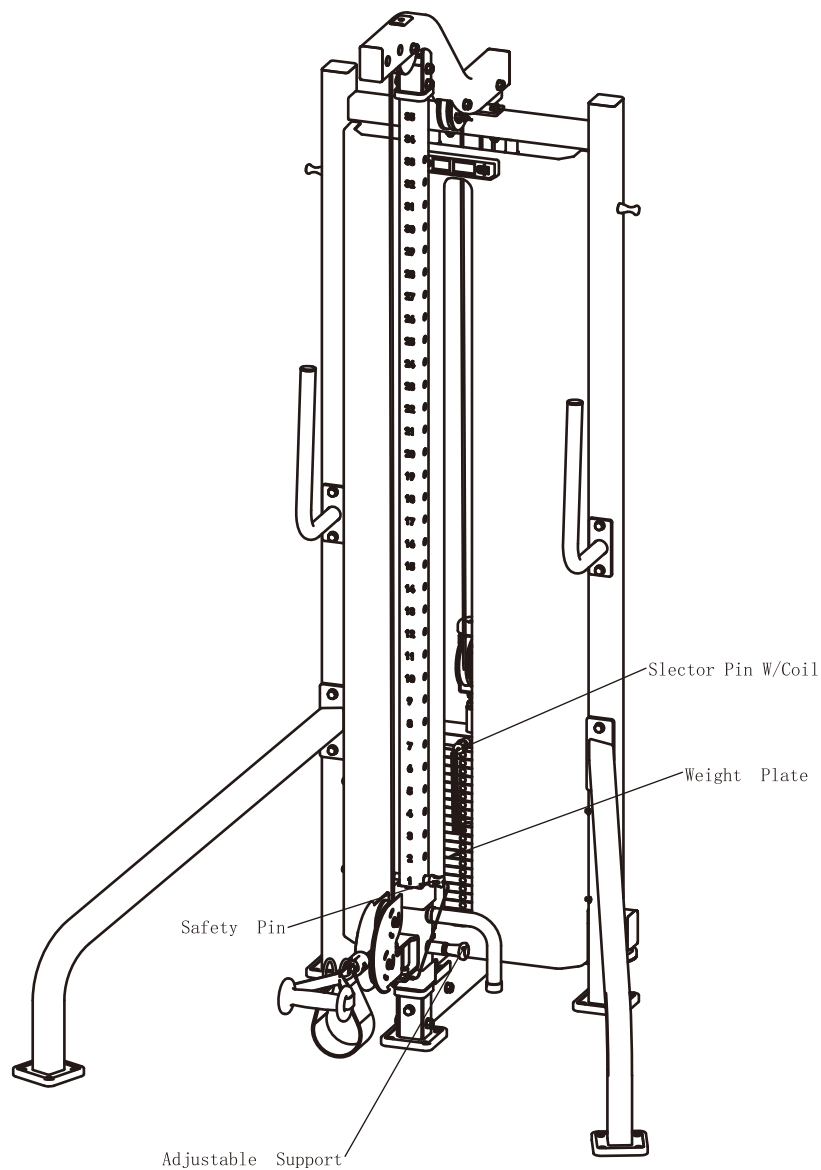
Adjust Instructions

Adjustment of Sliding Carriage

1. Pull the Safety Pin out.
2. Pull the Adjustment Pin and Adjust Sliding Carriage to Desired Position.
3. Make Sure the Pin Gets into the Hole Completely.
4. Put the Safety Pin into The hole.

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.



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 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.



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