

BODYTONE

FORZADUAL
FD03

BICEPS AND TRICEPS



OWNER'S MANUAL

!CAUTION;

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

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.

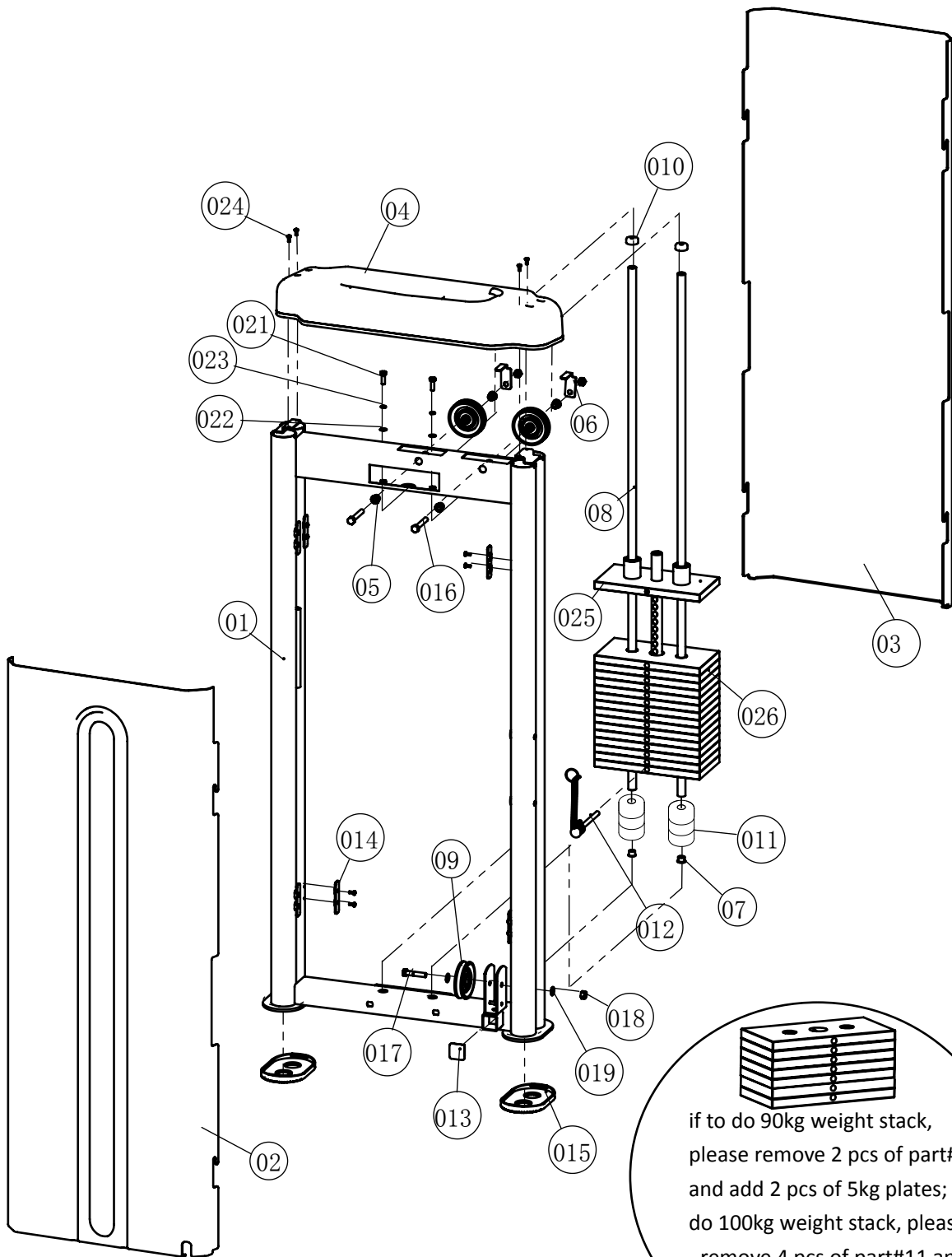
Parts List

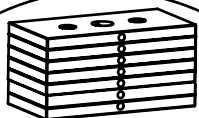
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

CAGE Detail List

ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1
02	Front Shroud	1
03	Rear Shroud	1
04	Upper Shroud	1
05	Sleeve $\phi 20 \times 14.2$	4
06	Baffle $62 \times 45 \times 25 \times 3$	2
07	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
08	Guide Rod	2
09	Small Pulley 3.5"	3
010	Mount Sleeve	2
011	Rubber Mat	6
012	Selector Pin W/Coil	1
013	Plug F38	1
014	Shield Fixed Seat	8
015	Rubber Foot	2
016	Hex Head Bolt M10*70	2
017	Hex Head Bolt M10*50	1
018	Nylon Lock Nut M10	3
019	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
021	Hex Head Bolt M8*25	2
022	Flat Washer $\phi 16 \times \phi 9 \times 1$	2
023	Spring Washer $\phi 8$	2
024	Button Head Cap Screw M5*12	20
025	Top Plate	1
026	Weight Plate	15

Exploded View





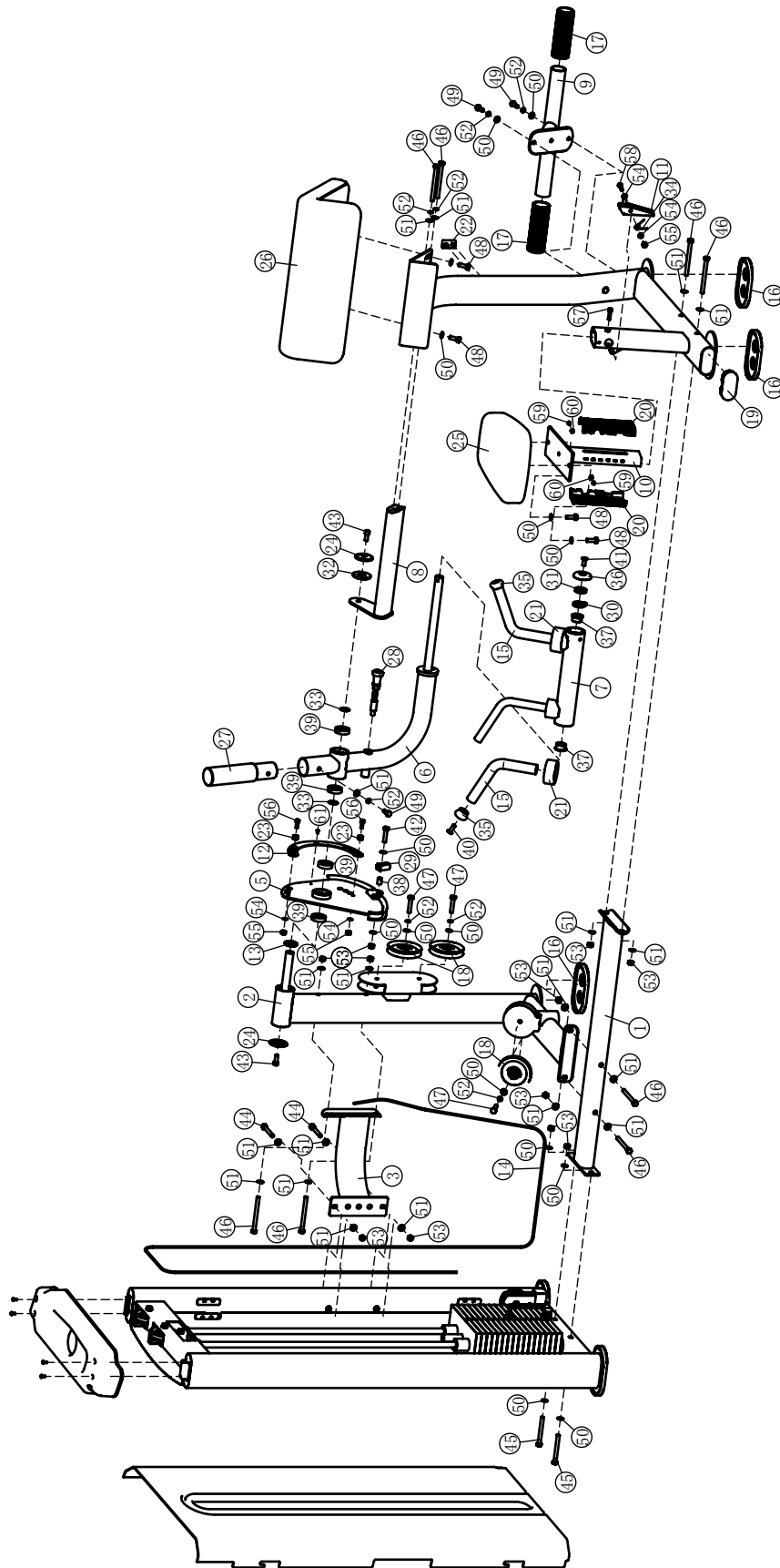
 if to do 90kg weight stack,
 please remove 2 pcs of part#11
 and add 2 pcs of 5kg plates; if to
 do 100kg weight stack, please
 remove 4 pcs of part#11 and
 add 4 pcs of 5kg plates.

Parts List

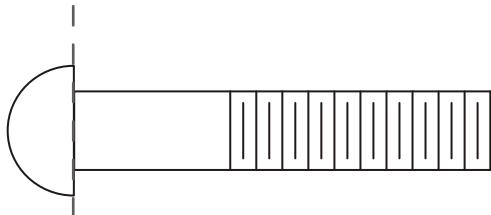
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Bottom Frame	1	32	End Cap Washer	1
2	Main Frame	1	33	Spacer Bush	2
3	Top Frame	1	34	Torsional Spring	1
4	Seat Frame	1	35	Aluminium Cap	2
5	Cam Frame	1	36	Aluminium End Cap	1
6	Arm Frame	1	37	Bushing ϕ 38* ϕ 25.4*18	2
7	Handle Frame	1	38	Bushing ϕ 14* ϕ 10*20	1
8	Connect Frame	1	39	Bearing 6005-2Z	4
9	Foot Frame	1	40	Flat Head Cap Screw M10*30	2
10	ADJ Seat Frame	1	41	Flat Head Cap Screw M10*25	1
11	ADJ Support	1	42	Hex Head Bolt M10*45	1
12	Scaleboard	1	43	Socket Head Cap Screw M10*25	2
13	Spacer Sleeve ϕ 42* ϕ 26*7.5	1	44	Hex Head Bolt M10*85	2
14	Cable	1	45	Hex Head Bolt M10*95	2
15	Grip ST ϕ 30* ϕ 22*300	2	46	Hex Head Bolt M10*120	8
16	Foot Cover	3	47	Hex Head Bolt M10*50	3
17	Rubber Sleeve	2	48	Hex Head Bolt M10*30	4
18	4.5" Pulley	3	49	Hex Head Bolt M10*25	3
19	Plug RT50*100	1	50	Flat Washer ϕ 20* ϕ 11*2	19
20	Plastic Tube Guide	2	51	Arc Washer ϕ 10	15
21	Bumper ϕ 80*35	2	52	Spring Washer ϕ 10	8
22	Bumper 45*25*10	1	53	Nylon Lock Nut M10	11
23	Spacer Sleeve ϕ 17*10.5	2	54	Flat Washer ϕ 16* ϕ 9*1	4
24	Small Cap	2	55	Nylon Lock Nut M8	3
25	Seat Pad	1	56	Socket Head Cap Screw M8*20	2
26	Arm Pad	1	57	Socket Head Cap Screw M8*30	1
27	Counter Poise Block ϕ 60*260	1	58	Button Head Cap Screw M8*45	1
28	Pop Pin	1	59	Button Head Cap Screw M6*12	2
29	Cable End	1	60	Hex Nut M6	2
30	Spacer Ring	1	61	Flat Phillips M5*10	1
31	Stopper Ring	1			

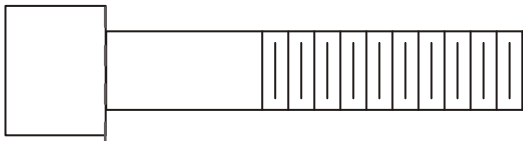
Exploded View and Parts List



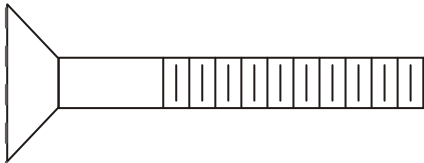
Measurement Guide



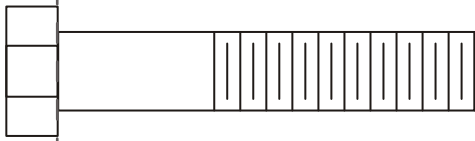
BHCS = Button Head Cap Screw



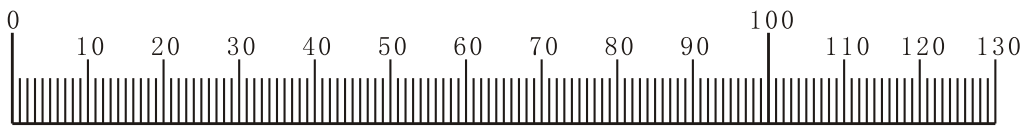
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



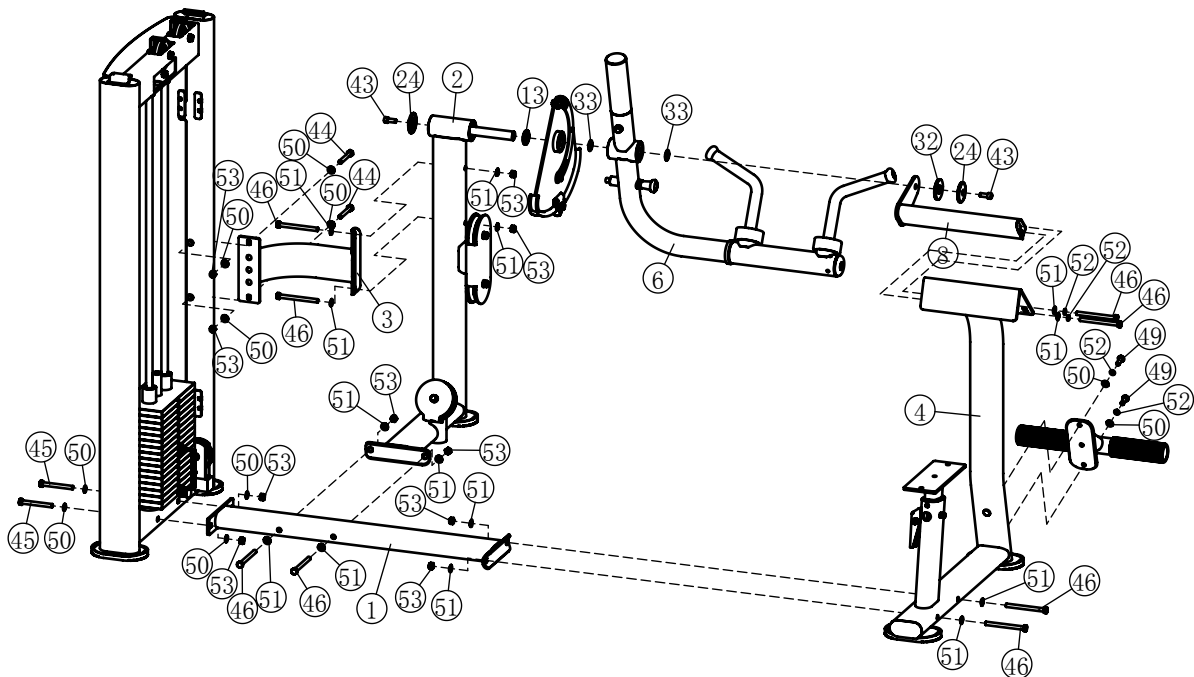
Inches

Assembly

STEP 1

Item No.	Description	Qty	Item No.	Description	Qty
1	Bottom Frame	1	33	Spacer Bush	2
2	Main Frame	1	43	Socket Head Cap Screw M10*25	2
3	Top Frame	1	44	Hex Head Bolt M10*85	2
4	Seat Frame	1	45	Hex Head Bolt M10*95	2
5	Cam Frame	1	46	Hex Head Bolt M10*120	8
6	Arm Frame	1	49	Hex Head Bolt M10*25	2
8	Connect Frame	1	50	Flat Washer $\phi 20 \times \phi 11 \times 2$	10
13	Spacer Sleeve $\phi 42 \times \phi 26 \times 7.5$	1	51	Arc Washer $\phi 10$	14
24	Small Cap	2	52	Spring Washer $\phi 10$	4
32	End Cap Washer	1	53	Nylon Lock Nut M10	10

Note: Hand Tighten Bolts and Nylon Lock nuts.

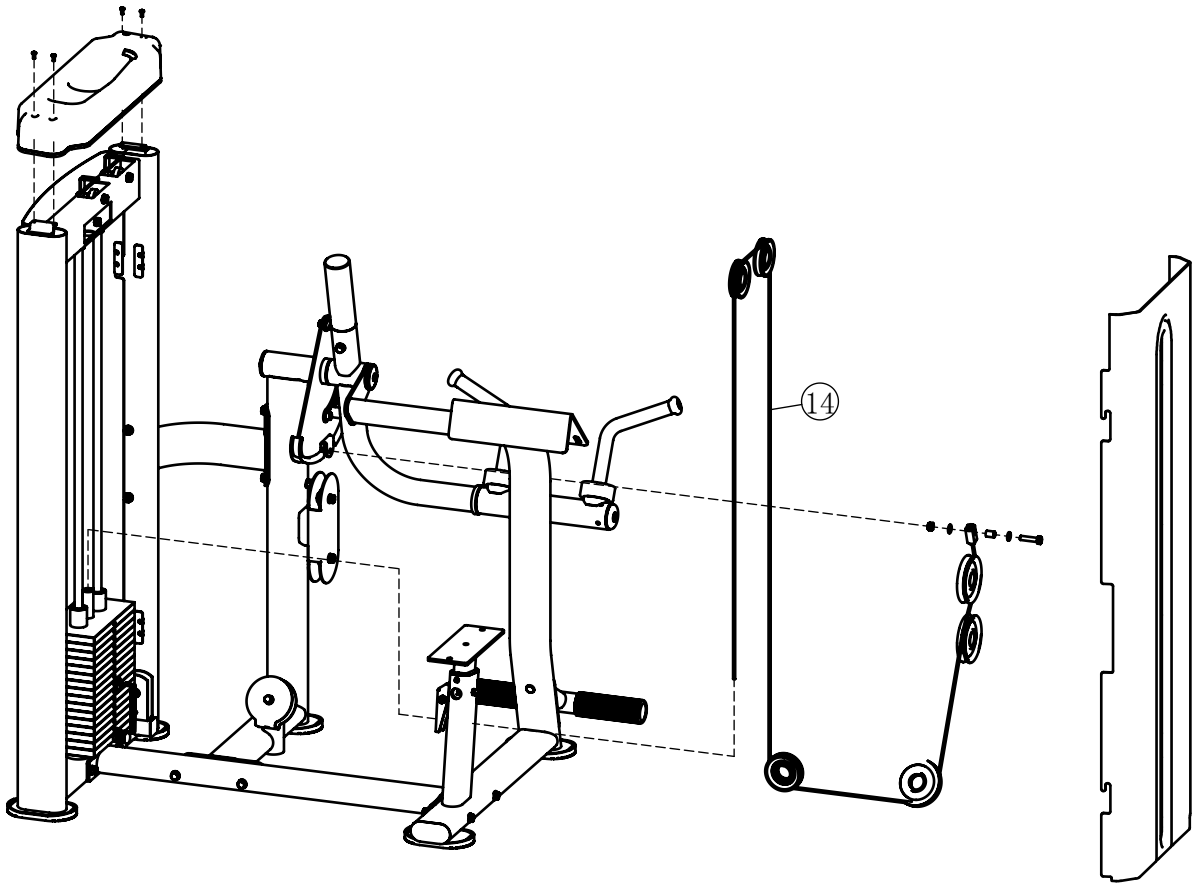


Assembly

STEP 2

Item No.	Description	Qty
14	Cable	1

Note: Hand Tighten Bolts and Nylon Lock nuts.

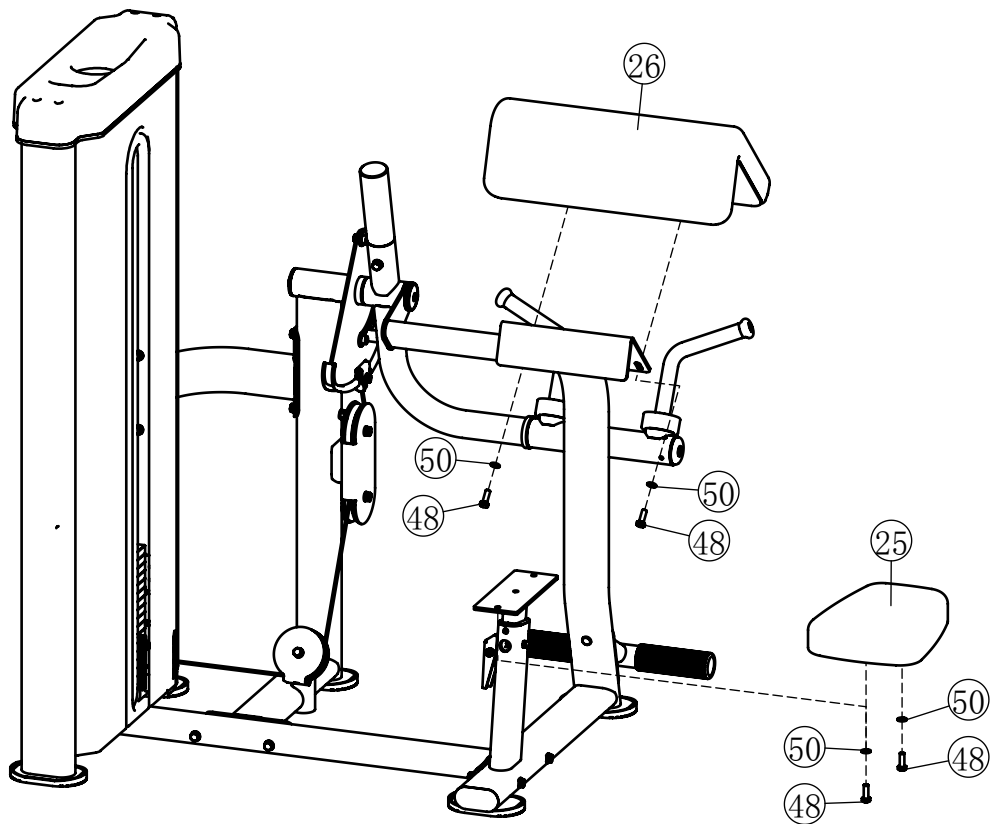


Assembly

STEP 3

Item No.	Description	Qty	Item No.	Description	Qty
25	Seat Pad	1	48	Hex Head Bolt M10*30	4
26	Arm Pad	1	50	Flat Washer $\phi 20 * \phi 11 * 2$	4

Note: Wrench Tighten Screws.





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