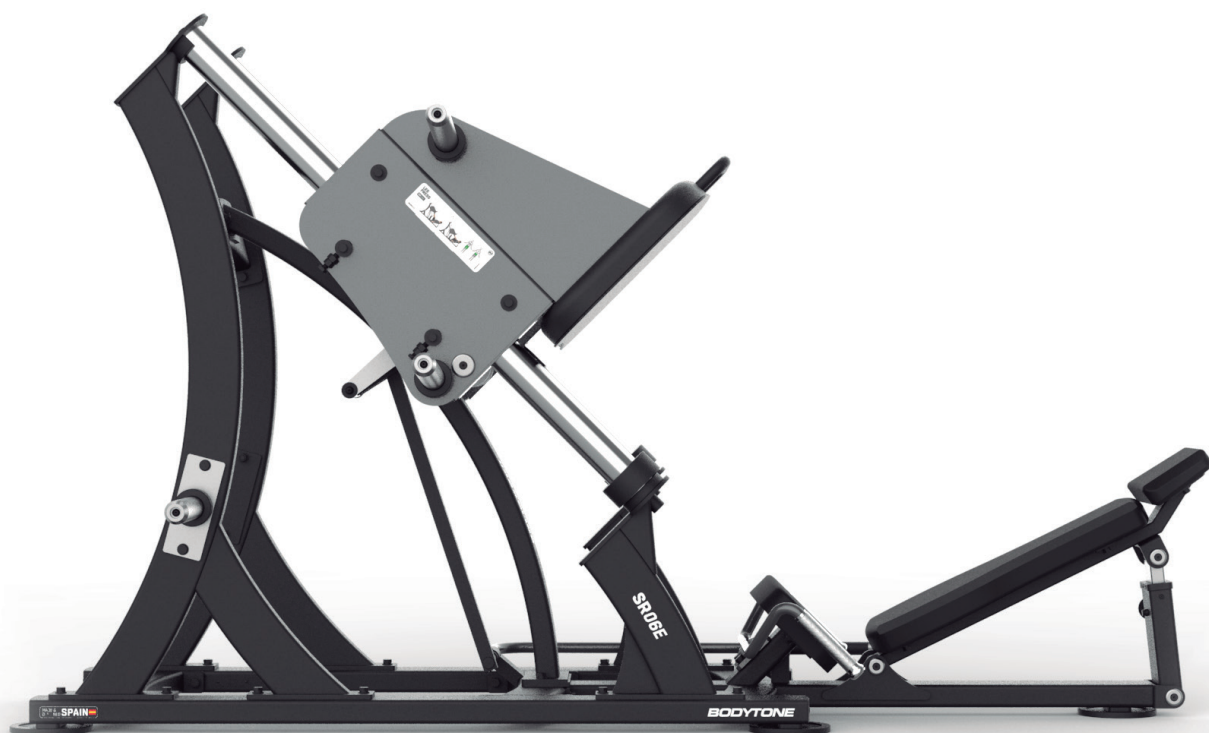


# **BODYTONE**

USER MANUAL



SOLID ROCK

# **SR06E**

# **! 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:

- \*Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \*Do not allow children on or near the equipment.
- \*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.
- \*Wear proper exercise clothing and shoes for your workout---no loose clothing.
- \*Be careful when getting on or off the equipment.
- \*Do not overexert yourself or work to exhaustion.
- \*If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \*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.
- \*Do not attempt to lift more weight than you can control safely.
- \*Do not use the equipment outdoors.

## **Personal Safety During Assembly**

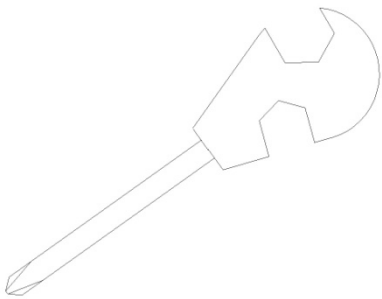
- \*Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \*Assemble and operate the equipment on a solid, level surface. Locate the 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.

## 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 carton. 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.

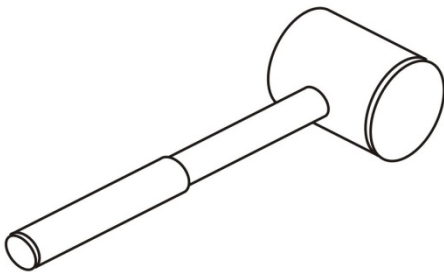
## Tools Required



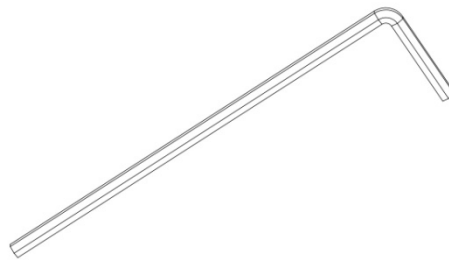
Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

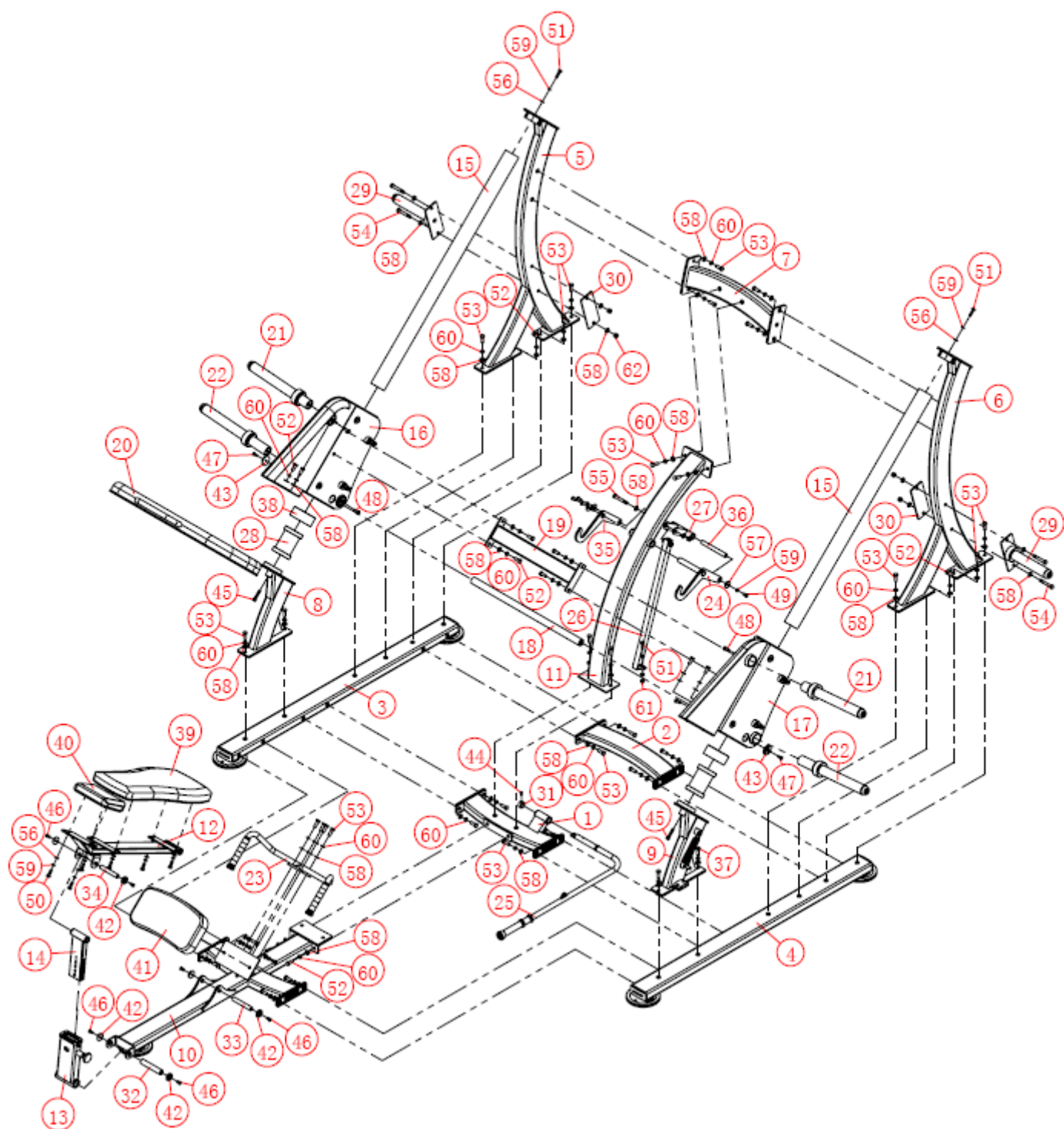
# Parts List

**Note: some of these parts may come pre-installed.**

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Front Bottom Frame Assembly	1	10.3	Grounded Rubber Pad	1
1.1	Front Bottom Frame	1	11	Curved Support Frame Assembly	1
1.2	Flat Hex Nut M12	2	11.1	Curved Support Frame	1
1.3	Inner Sleeve $\Phi 31 \times \Phi 25.1 \times 19$	2	11.2	Inner Sleeve $\Phi 31 \times \Phi 25.1 \times 19$	2
2	Back Bottom Frame	1	12	Back Pad Fixing Frame Assembly	1
3	Right Bottom Frame Assembly	1	12.1	Back Pad Fixing Frame	1
3.1	Right Bottom Frame	1	12.2	Inner Sleeve $\Phi 19 \times \Phi 32 \times 25$	2
3.2	Flat Hex Nut M12	12	13	Back Pad Frame Assembly	1
3.3	End Cap 50 $\times$ 110R	2	13.1	Back Pad Frame	1
3.4	Grounded Rubber Pad	2	13.2	Bolt Assembly	1
4	Left Bottom Frame Assembly	1	13.3	Inner Sleeve $\Phi 31 \times \Phi 25.1 \times 19$	2
4.1	Left Bottom Frame	1	13.4	Hollow Tube Cover	2
4.2	Flat Hex Nut M12	12	13.5	Hex Bolt M8 $\times$ 30	1
4.3	End Cap 50 $\times$ 110R	2	13.6	Button Head Cap Bolt M6X16	2
4.4	Grounded Rubber Pad	2	13.7	Flat Washer $\Phi 6.5 \times \Phi 12 \times 1.2$	2
4.5	Serial Plate	1	13.8	Hex Nut M6	2
4.6	Rivet 3 $\times$ 8	2	14	Back Adjustment Frame Assembly	1
5	Right Support Frame Assembly	1	14.1	Back Adjustment Frame	1
5.1	Right Support Frame	1	14.2	Inner Sleeve $\Phi 19 \times \Phi 32 \times 25$	2
5.2	Flat Hex Nut M12	2	15	Guiding Rod Frame	2
6	Left Support Frame Assembly	1	16	Right Rolling Frame Assembly	1
6.1	Left Support Frame	1	16.1	Right Rolling Frame	1
6.2	Flat Hex Nut M12	2	16.2	Roller	4
7	Central Connection Frame Assembly	1	16.3	Roller Sleeve	4
7.1	Central Connection Frame	1	16.4	Roller Shaft	2
7.2	Flat Hex Nut M12	2	16.5	Roller Adjustment Shaft	2
8	Right Front Support Frame	1	16.6	Adjustment Sleeve	4
9	Left Front Support Frame Assembly	1	16.7	Deep Groove Bearing 6205ZZ	8
9.1	Left Front Support Frame	1	16.8	Limited Circle $\Phi 35$	8
9.2	Buffering Block	1	16.9	Hex Bolt M10X25	8
9.3	PVC tube	1	16.10	Hex Bolt M12X40	4
9.4	Button Head Cap Bolt M6X16	2	16.11	Flat Washer $\Phi 11 \times \Phi 35 \times 2.5$	8
10	Back Support Frame Assembly	1	16.12	Spring Washer $\Phi 10$	8
10.1	Back Support Frame	1	16.13	Hex Nut M12	4
10.2	Button Head Cap Bolt M6X16	4	17	Left Rolling Frame Assembly	1

17.1	Left Rolling Frame	1	29.1	Barbell Support Short End	1
17.2	Roller	4	29.2	Rubber Sleeve A	1
17.3	Roller Sleeve	4	29.3	Pyramid Cap	1
17.4	Roller Shaft	2	29.4	Button Head Cap Bolt M8×30	1
17.5	Roller Adjustment Shaft	2	29.5	Flat Washer $\Phi 8.5 \times \Phi 16 \times 1.5$	1
17.6	Adjustment Sleeve	4	30	Connecting Enforcement Board	2
17.7	Deep Groove Bearing 6205ZZ	8	31	Limited Ring $\Phi 32 \times \Phi 26 \times 15$	1
17.8	Limited Circle $\Phi 35$	8	32	Shaft $\Phi 25 \times 138$	1
17.9	Hex Bolt M10X25	8	33	Shaft $\Phi 19 \times 128$	1
17.10	Hex Bolt M12X40	4	34	Adjustment Shaft $\Phi 19 \times 117$	1
17.11	Flat Washer $\Phi 11 \times \Phi 35 \times 2.5$	8	35	Safety Hook	1
17.12	Spring Washer $\Phi 10$	8	36	Safety Hook Shaft	1
17.13	Hex Nut M12	4	37	Spring	1
18	Safety Rod Frame	1	38	Buffering Pad	2
19	Upper Connection Frame	1	39	Back Pad	1
20	Pedal Frame	1	40	Head Pad	1
21	Upper Barbell Support Frame Assembly	2	41	Seat Pad	1
21.1	Upper Barbell Support Frame	1	42	Decorative Cap $\Phi 9 \times \Phi 38 \times 8$	6
21.2	Pyramid Cap	1	43	Decorative Cap $\Phi 9 \times \Phi 50 \times 8$	2
21.3	Rubber Sleeve A	1	44	Socket Head Cap Bolt M6×12	1
21.4	Button Head Cap Bolt M8×30	1	45	Socket Head Cap Bolt M10×50	2
21.5	Flat Washer $\Phi 8.5 \times \Phi 16 \times 1.5$	1	46	Flat Head Cap Screw M8X20	6
22	Barbell Support Frame Assembly	2	47	Flat Head Cap Screw M8X25	2
22.1	Barbell Support Frame	1	48	Flat Head Cap Screw M8X30	4
22.2	Rubber Sleeve A	1	49	Button Head Cap Bolt M10×20	3
22.3	Pyramid Cap	1	50	Hex Bolt M10X30	8
22.4	Button Head Cap Bolt M8×30	1	51	Hex Bolt M10X35	3
22.5	Flat Washer $\Phi 8.5 \times \Phi 16 \times 1.5$	1	52	Hex Bolt M12X30	12
23	Handle Frame Assembly	1	53	Hex Bolt M12X35	34
23.1	Handle Frame	1	54	Hex Bolt M12X80	4
23.2	Aluminum Handle	2	55	Hex Bolt M12X85	1
23.3	Handle End Cap	2	56	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	12
23.4	Flat Head Cap Screw M10×25	2	57	Flat Washer $\Phi 11 \times \Phi 35 \times 2.5$	3
24	Hook Assembly	1	58	Flat Washer $\Phi 13 \times \Phi 24 \times 2$	56
25	Adjustment Handle Frame Assembly	1	59	Spring Washer $\Phi 10$	13
25.1	Adjustment Handle Frame	1	60	Spring Washer $\Phi 12$	46
25.2	Aluminum End Cap	1	61	Nut M10	1
25.3	Rubber Handle Cover	1	62	Nut M12	5
25.4	Flat Head Cap Screw M8X25	1			
26	Adjustment Tube Assembly	1			
26.1	Adjustment Tube Frame	1			
26.2	Inner Sleeve $\Phi 22 \times \Phi 12.7 \times \Phi 19.2 \times 13$	2			
27	Adjustment Frame Assembly	1			
27.1	Adjustment Frame	1			
27.2	Inner Sleeve $\Phi 19 \times \Phi 32 \times 25$	2			
28	Sliding Support Frame	2			
29	Barbell Support Short End Assembly	2			

# Exploded View

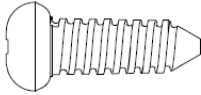


# Exploded Parts View

<p>① ASR06E-01-00</p>	<p>③ ASR06E-03-00</p>	<p>④ ASR06E-04-00</p>	<p>⑤ ASR06E-05-00</p>	<p>⑥ ASR06E-06-00</p>	<p>⑦ ASR06E-07-00</p>
<p>⑧ ASR06E-09-00</p>	<p>⑩ ASR06E-10-00</p>	<p>⑪ ASR06E-11-00</p>	<p>⑫ ASR06E-12-00</p>	<p>⑬ ASR06E-13-00</p>	
<p>⑭ ASR06E-14-00</p>	<p>⑮ ASR06E-16-00</p>	<p>⑯ ASR06E-17-00</p>	<p>⑰ ASR06E-21-00</p>	<p>⑱ ASR06E-22-00</p>	
<p>⑲ ASR06E-23-00</p>	<p>⑳ ASR06E-25-00</p>	<p>㉑ ASR06E-26-00</p>	<p>㉒ ASR06E-27-00</p>	<p>㉓ ASR01E-14-00</p>	



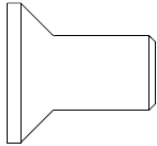
# Measurement Guide



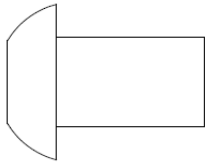
Cross Recessed Pan Head Tapping Screw



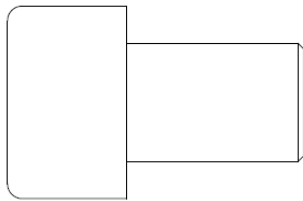
Hex Socket Set Screw with Flat Point



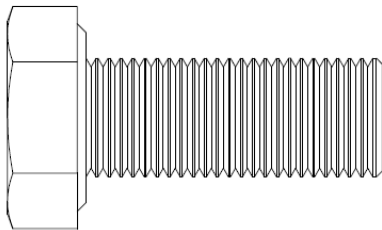
Flat Head Cap Screw



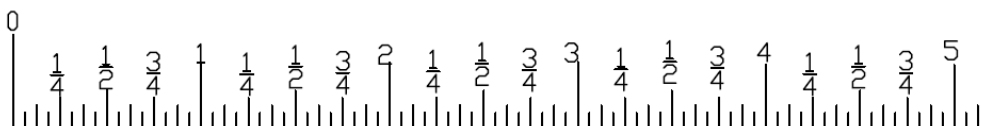
Button Head Cap Screw



Socket Head Cap Bolt



Hex Bolt



## **Assembly Instructions**

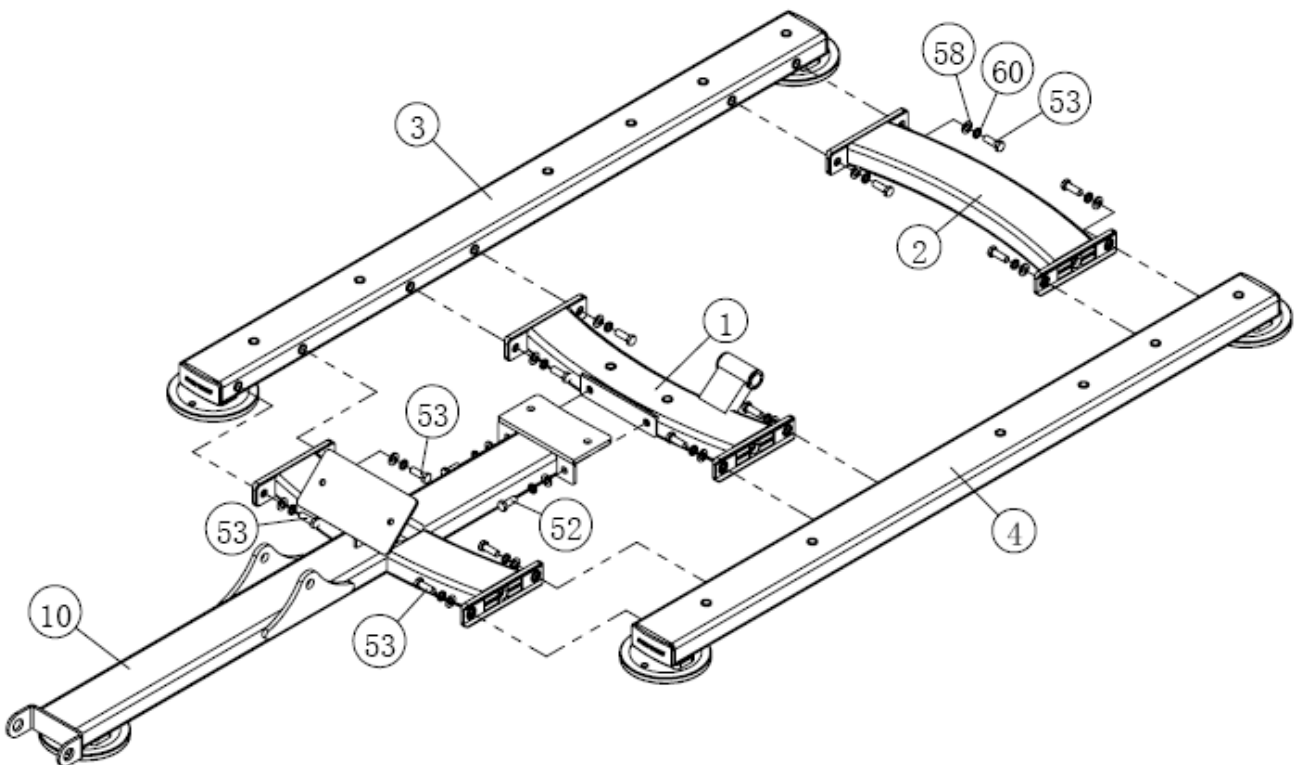
Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, and easier to assemble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

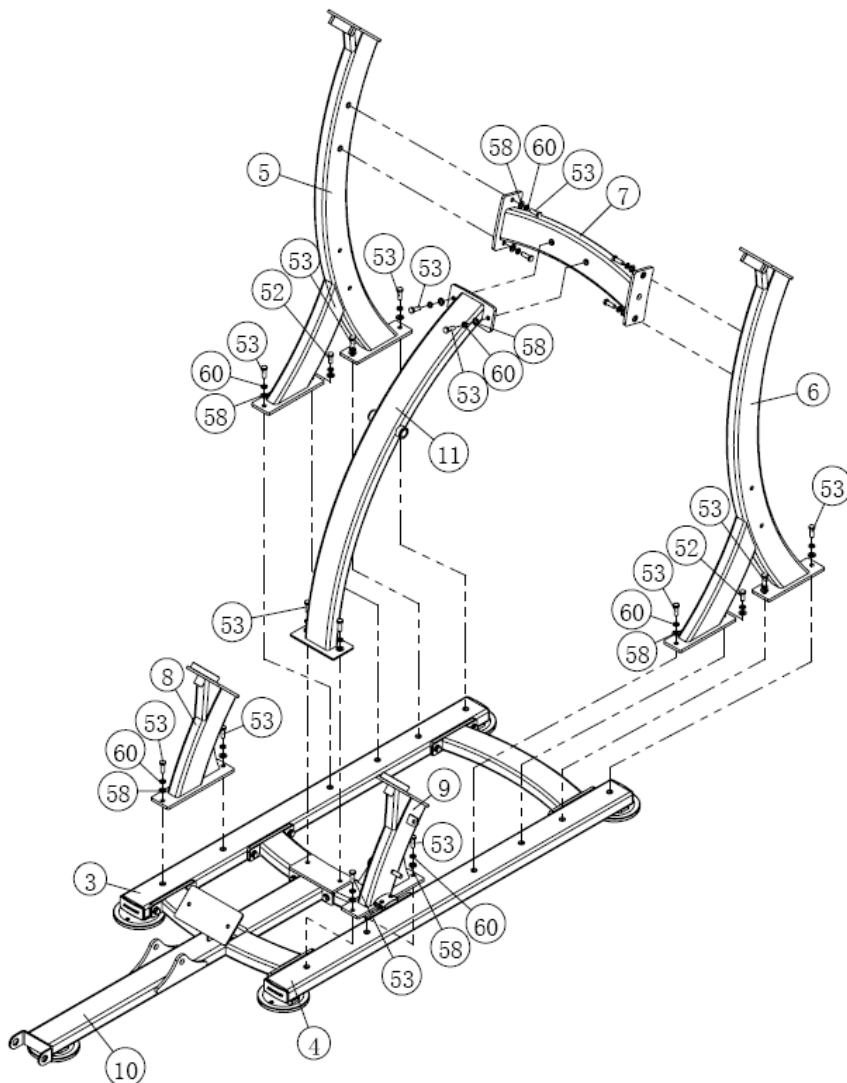
## Step 1

1. Attach Right Bottom Frame Assembly(#3), Left Bottom Frame Assembly(#4) to Front Bottom Frame Assembly (#1), Back Bottom Frame (#2) and Back Support Frame Assembly(#10) using:  
12 X Hex Bolt M12X35 (#53)                               12 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
12 X Spring Washer  $\Phi 12$  (#60)
2. Attach Front Bottom Frame Assembly (#1) to Back Support Frame Assembly(#10) using:  
2 X Hex Bolt M12X30 (#52)                               2 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
2 X Spring Washer  $\Phi 12$  (#60)



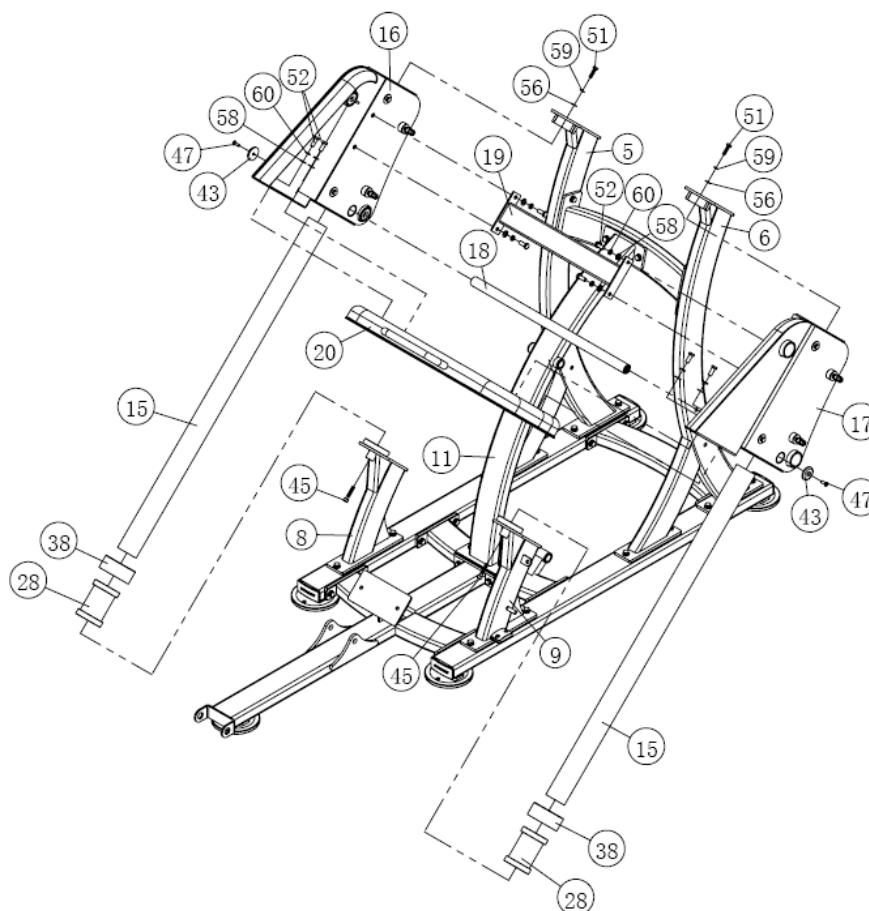
## Step 2

1. Attach Right Support Frame Assembly(#5) and Right Support Frame Assembly(#6) to Right Bottom Frame Assembly(#3) and Left Bottom Frame Assembly(#4) using:  
6 X Hex Bolt M12X35 (#53)                      8 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
2 X Hex Bolt M12X30 (#52)                      8 X Spring Washer  $\Phi 12$  (#60)
2. Attach Right Support Frame Assembly(#5) and Right Support Frame Assembly(#6) to Central Connection Frame Assembly (#7) using:  
4 X Hex Bolt M12X35 (#53)                      4 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
4 X Spring Washer  $\Phi 12$  (#60)
3. Attach Frame Assembly (#1) and Central Connection Frame Assembly(#7) to Curved Support Frame Assembly (#11) using:  
4 X Hex Bolt M12X35 (#53)                      4 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
4 X Spring Washer  $\Phi 12$  (#60)
4. Attach Right Front Support Frame(#8) and Left Front Support Frame Assembly(#9) to Right Bottom Frame Assembly(#3) and Left Bottom Frame Assembly(#4) using:  
4 X Hex Bolt M12X35 (#53)                      4 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
4 X Spring Washer  $\Phi 12$  (#60)



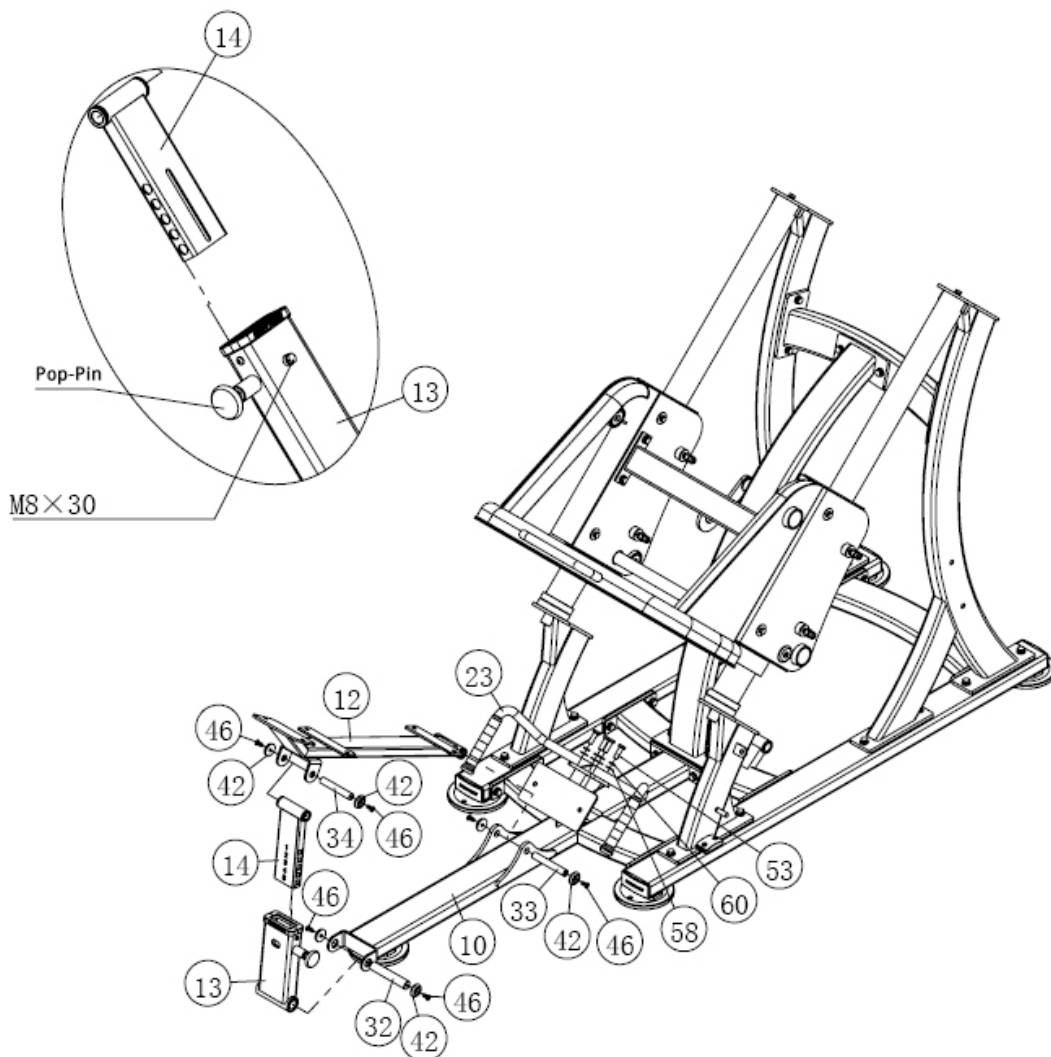
### Step 3

1. Attach Right Rolling Frame Assembly (#16), Buffering Pad(#38) and Sliding Support Frame (#28) to 1 X Guiding Rod Frame(#15) and attach Guiding Rod Frame(#15) to Right Front Support Frame(#8) and Right Support Frame Assembly (#5) using:  
1 X Socket Head Cap Bolt M10×50(#45)                      1 X Hex Bolt M10X35 (#51)  
1 X Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#56)                      1 X Spring Washer  $\Phi 10$  (#59)
2. Attach Left Rolling Frame Assembly (#17), Buffering Pad(#38) and Sliding Support Frame (#28) to 1 X Guiding Rod Frame(#15) and attach Guiding Rod Frame(#15) to Left Front Support Frame(#9) and Left Support Frame Assembly (#6) using:  
1 X Socket Head Cap Bolt M10×50(#45)                      1 X Hex Bolt M10X35 (#51)  
1 X Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#56)                      1 X Spring Washer  $\Phi 10$  (#59)
3. Attach Right Rolling Frame Assembly (#16), Left Rolling Frame Assembly (#17) to Safety Rod Frame (#18) and Upper Connection Frame (#19) using:  
2 X Flat Head Cap Screw M8X25 (#47)                      4 X Hex Bolt M12X30 (#52)  
4 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)                      4 X Spring Washer  $\Phi 12$  (#60)  
2 X Decorative Cap  $\Phi 9 \times \Phi 38 \times 8$  (#43)
4. Attach Pedal Frame (#20) to Right Rolling Frame Assembly (#16) and Left Rolling Frame Assembly (#17) using:  
4 X Hex Bolt M12X30 (#52)                      4 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
4 X Spring Washer  $\Phi 12$  (#60)



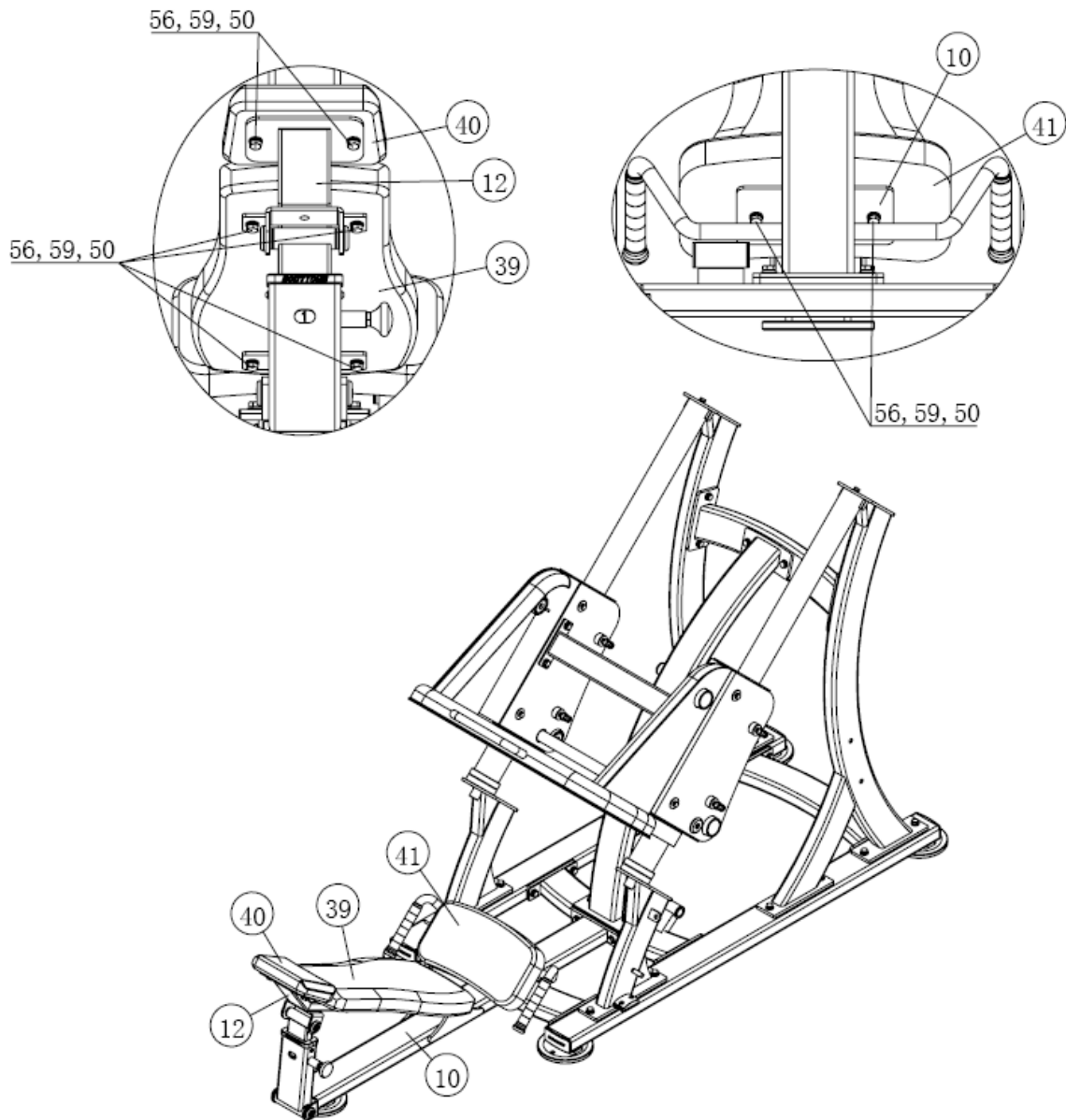
## Step 4

1. Attach Handle Frame Assembly (#23) to Back Support Frame Assembly (#10) using:  
4 X Hex Bolt M12X35 (#53)                      4 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
4 X Spring Washer  $\Phi 12$  (#60)
2. Attach Back Pad Frame Assembly (#13) to Back Support Frame Assembly (#10) through Shaft  $\Phi 25 \times 138$  (#32) using:  
2 X Flat Head Cap Screw M8X20 (#46)                      2 X Decorative Cap  $\Phi 9 \times \Phi 38 \times 8$  (#42)
3. Attach Back Pad Fixing Frame Assembly (#12) to Back Support Frame Assembly (#10) through Shaft  $\Phi 19 \times 128$  (#33) using:  
2 X Flat Head Cap Screw M8X20 (#46)                      2 X Decorative Cap  $\Phi 9 \times \Phi 38 \times 8$  (#42)
4. Attach Back Adjustment Frame Assembly (#14) to Back Pad Fixing Frame Assembly (#12) through Adjustment Shaft  $\Phi 19 \times 117$  (#34) using:  
2 X Flat Head Cap Screw M8X20 (#46)                      2 X Decorative Cap  $\Phi 9 \times \Phi 38 \times 8$  (#42)
5. Attach Back Adjustment Frame Assembly (#14) to Back Pad Frame Assembly (#13) using:  
Pull up the Pop Pin and put it in position when Back Adjustment Frame Assembly (#14) is well placed, and fasten the Bolt M8X30



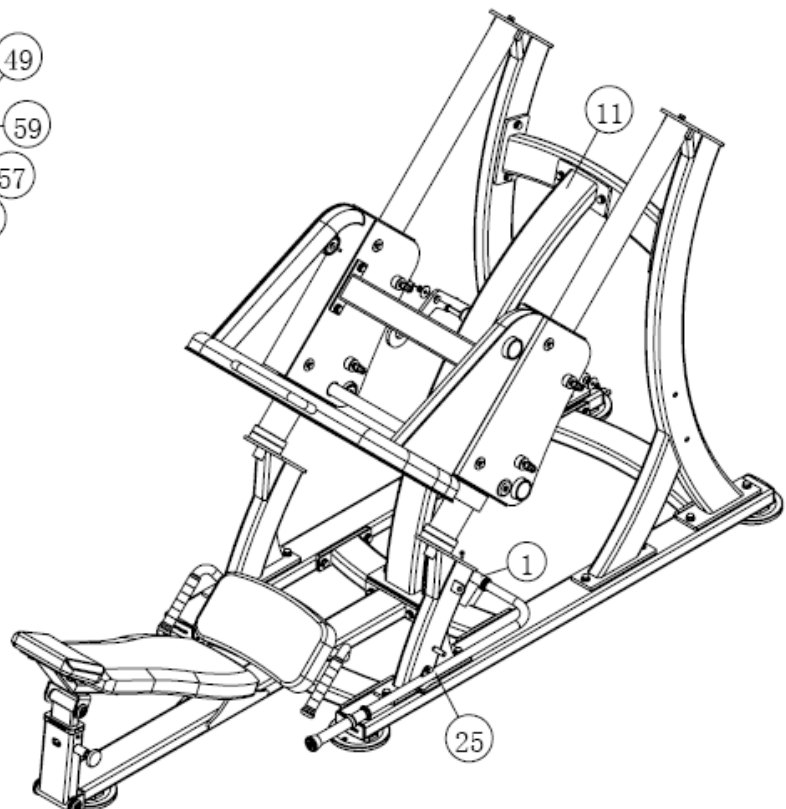
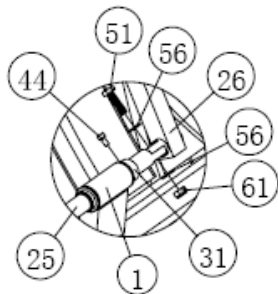
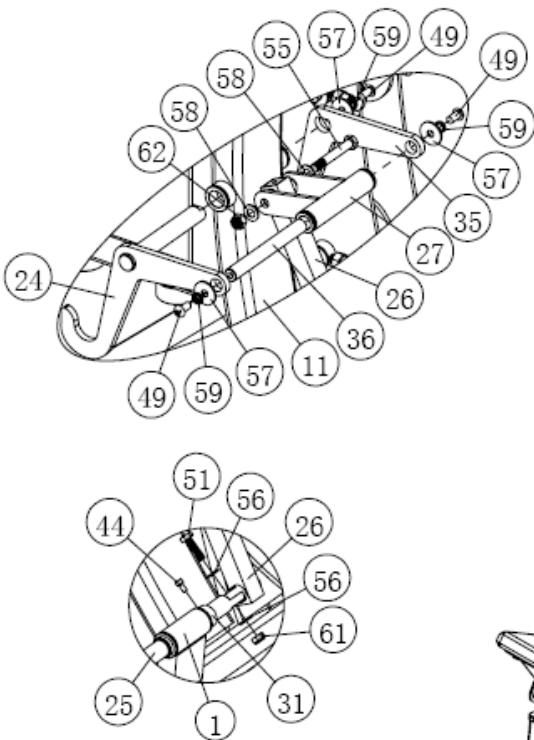
## Step 5

1. Attach Seat Pad (#41) to Back Support Frame Assembly (#10) using:  
2 X Hex Bolt M10X30 (#50)                      2 X Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#56)  
2 X Spring Washer  $\Phi 10$  (#59)
2. Attach Back Pad (#39) to Back Pad Fixing Frame Assembly (#12) using:  
4 X Hex Bolt M10X30 (#50)                      4 X Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#56)  
4 X Spring Washer  $\Phi 10$  (#59)
3. Attach Head Pad (#40) to Back Pad Fixing Frame Assembly (#12) using:  
2 X Hex Bolt M10X30 (#50)                      2 X Flat Washer  $\Phi 11 \times \Phi 20 \times 2$  (#56)  
2 X Spring Washer  $\Phi 10$  (#59)



## Step 6

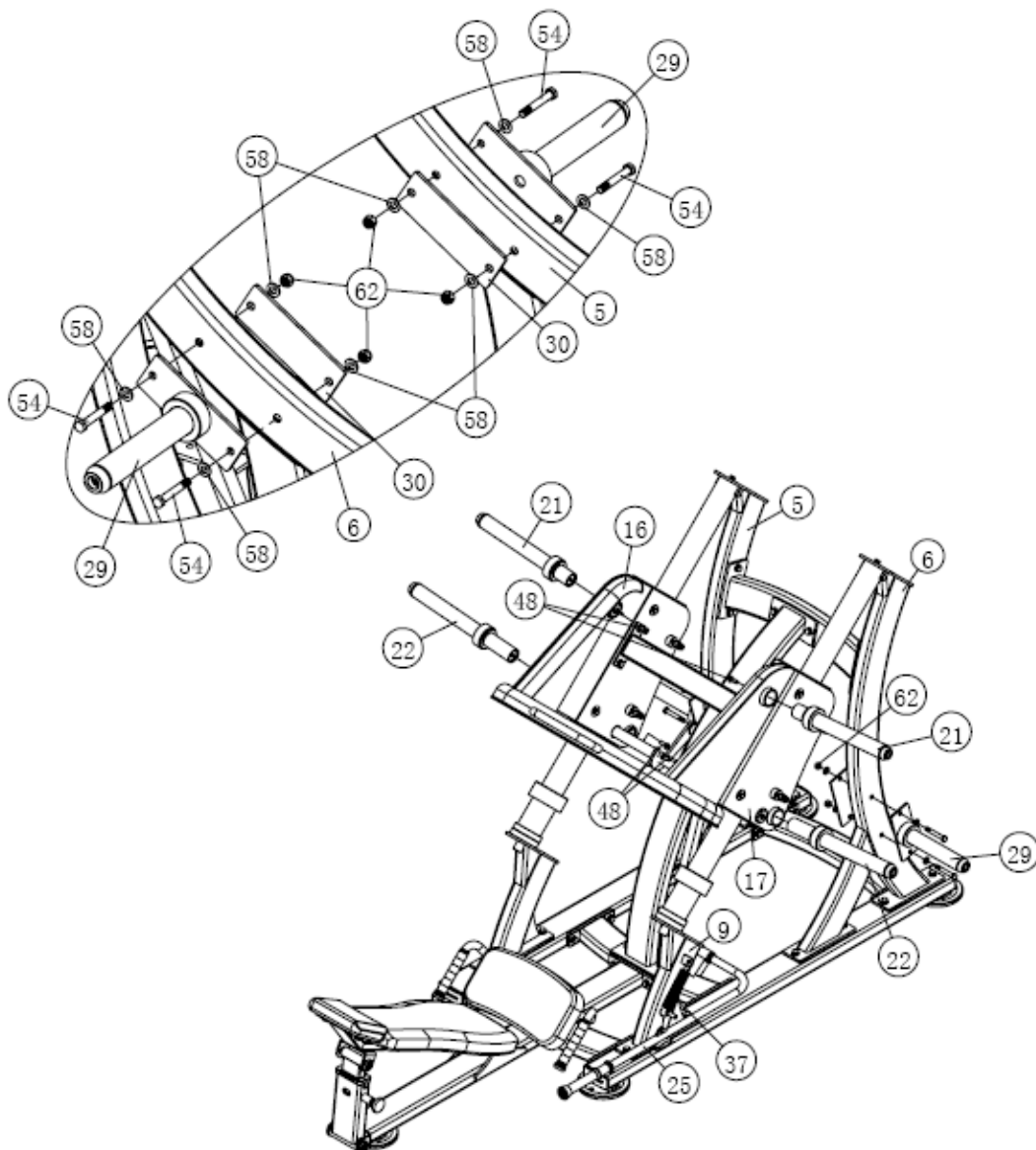
1. Attach Hook Assembly (#24) and Safety Hook(#35) to Curved Support Frame Assembly (#11) using:  
 1 X Hex Bolt M10X20 (#49) 1 X Flat WasherΦ11×Φ35×2.5(#57)  
 1 X Spring Washer Φ10 (#59)
  
2. Attach Adjustment Frame Assembly (#27) to Hook Assembly(#24) and Safety Hook(#35) through Safety Hook Shaft (#36) using:  
 2 X Hex Bolt M10X20 (#49) 2 X Flat WasherΦ11×Φ35×2.5(#57)  
 2 X Spring Washer Φ10 (#59)
  
3. Attach Adjustment Handle Frame Assembly (#25) to Front Bottom Frame Assembly (#1)
  
4. Attach Limited Ring Φ32×Φ26×15(#31) to Adjustment Handle Frame Assembly (#25) using:  
 1 X Socket Head Cap Bolt M6×12 (#44)
  
5. Attach Adjustment Tube Assembly (#26) to Adjustment Frame Assembly (#27) using:  
 1 X Hex Bolt M12X85 (#55) 2 X Flat WasherΦ13×Φ24×2(#58)  
 1 X M12 (#62)
  
6. Attach Adjustment Handle Frame Assembly(#25) to Adjustment Tube Assembly (#26) using:  
 1 X Hex Bolt M10X35 (#51) 2 X Flat WasherΦ11×Φ20×2(#56)  
 1 X M10 (#61)





## Step 7

1. Attach 2 X Upper Barbell Support Frame Assembly (#21) to Right Rolling Frame Assembly (#16) and Left Rolling Frame Assembly (#17) using:  
2 X Flat Head Cap Screw M10X30 (#48)
2. Attach 2 X Barbell Support Frame Assembly (#22) to Right Rolling Frame Assembly (#16) and Left Rolling Frame Assembly (#17) using:  
2 X Flat Head Cap Screw M10X30 (#48)
3. Attach 2 X Barbell Support Short End Assembly (#29) and Connecting Enforcement Board(#30) to Right Support Frame Assembly (#5) and Left Support Frame Assembly (#6) using:  
2 X Hex Bolt M12X80 (#54)   8 X Flat Washer  $\Phi 13 \times \Phi 24 \times 2$  (#58)  
3 X M12 (#62)
4. Attach Left Front Support Frame Assembly (#9) to Adjustment Handle Frame Assembly (#25) through Spring (#37) using:



# 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)	MONTHS	3 MONTHS						
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHS	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						

## **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 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 Tensions:**

- \*Referring to the Owner's Manual, when belts or cables are used check all bolts attachment 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 silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \*Referring to the owner's manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use 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.

## **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.

## **Specifications**

Class: S

Maximum Load of Trainer: 150Kgs/330Lbs



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