

# bodytone

## FORZAHERO FH32

CHEST & TRICEPS



## 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.

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Please assemble according to the actual **Weights** you buy !

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

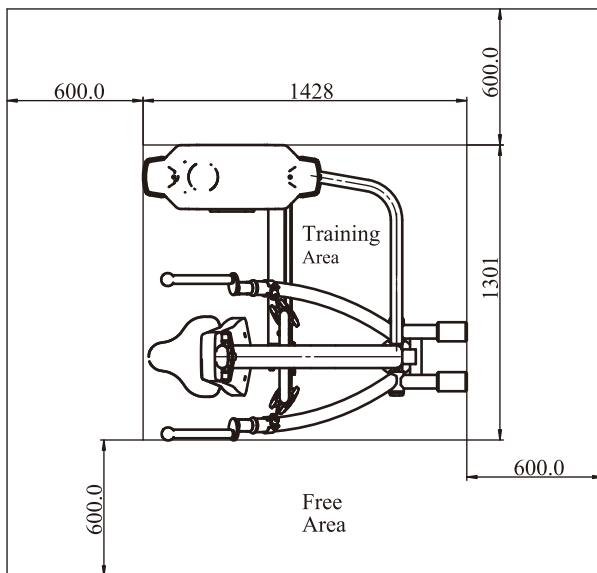
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1428\*1301\*1621mm

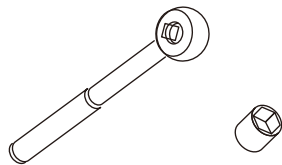
Product Total Surface: 1428\*1301mm

# Instructions

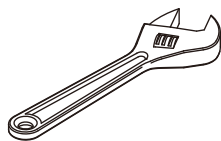
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

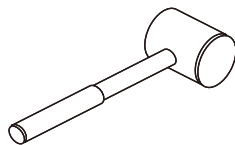
## Tools Required



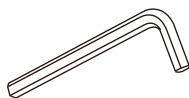
Ratchet Wrench and Socket



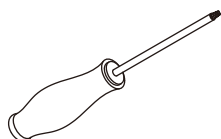
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	FH0101ASSY	Weight Stack Frame ASSY	1
2	SL95171700	Long Cable ASSY	1
3	FH013100	Top Cover	1
4	IT95012400	Double Pully Bracket	1
5	SL95014500	Cable ASSY	1
6	IT95014200	Top Plate	1
7	SL95194400	Guide Rod $\Phi 19 \times 1302$	2
8	IN-D10132900	Weight Rubber Bumper	2
9	SG500110400V5	4.5" Pulley (Spacer)	4
10	V37000	V-type Pulley	2
11	IT95016400	Pulley Cover	4
12	IT95016000	Plastic Cover	2
13	FB013400	Spout Plug	1
14	FH3202ASSY	Main Frame ASSY	1
15	IT95170300	Bottom Cross Brace	1
16	SL95160200	Rear Connection Frame	1
17	IT951705ASSY	Left Arm Frame ASSY	1
18	IT951706ASSY	Right Arm Frame ASSY	1
19	IT95170700	Pulley Bracket	1
20	SD1000B3000ASSY	Adjustable Foot Plate	2
21	FB0111ASSY	Towel Rack ASSY	1
22	SL950571V1ASSY	Back Pad ASSY	1
23	SL951072V1ASSY	Head Pad ASSY	1
24	FE970112200V1	Seat Pad	1
25	FH0132ASSY	Front Shroud ASSY	1
26	FH013300	Rear Shroud	1

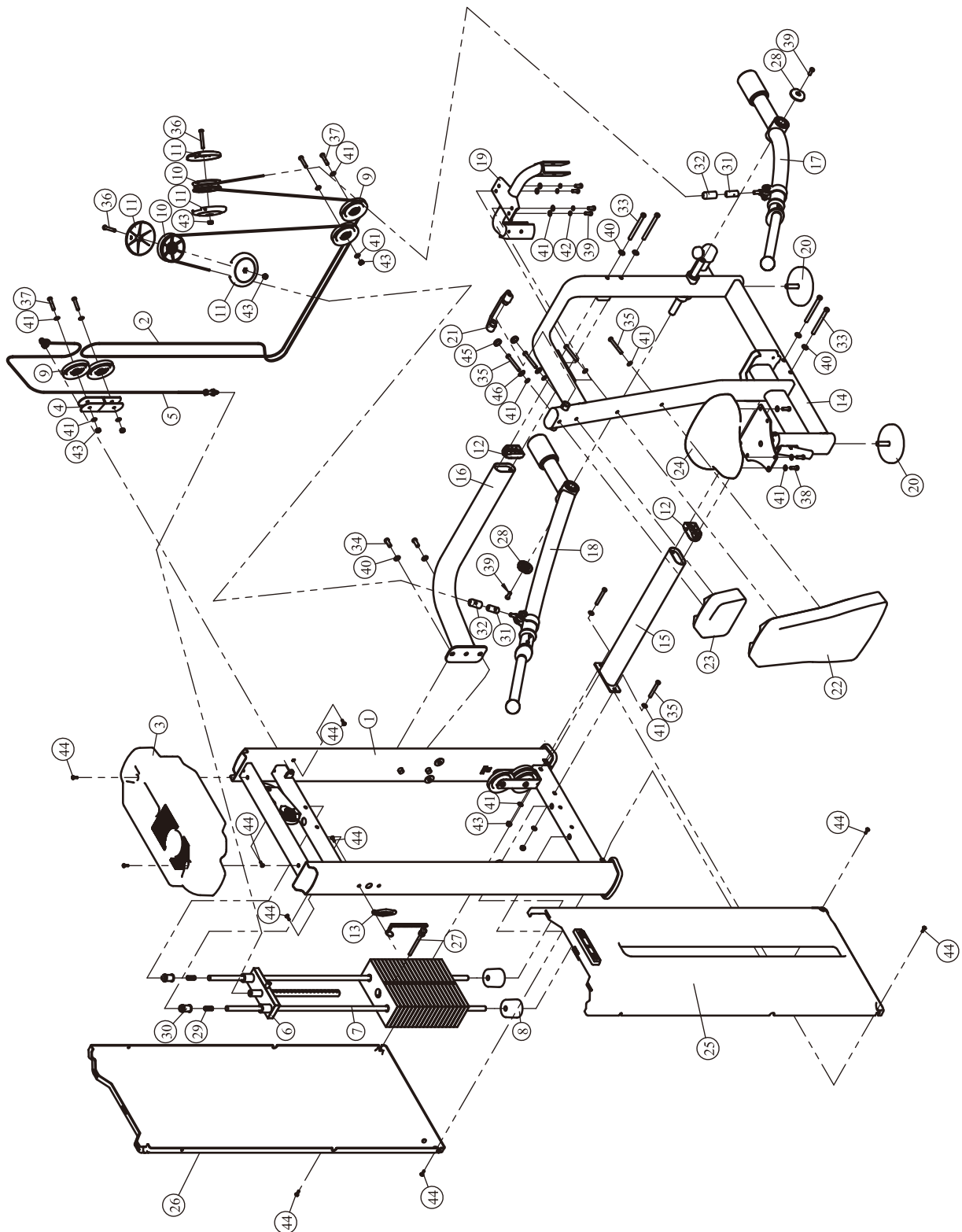
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
27	IT90012000V1P201C	Selector Pin W/Coil	1
28	IT95062000	Cap ASSY $\Phi 60$	2
29	HFOPT900-04A0602	Spring $\Phi 15.5 * \Phi 1.5 * 36$	2
30	IT95016100	Guide Rod Fixing Sleeve $\Phi 25 * \Phi 19 * 45$	2
31	FE970113200	Cable Connector	2
32	FE970113100PBC	Cable Connector Jacket	2
33	GB70BTM12*135DHS18NL	Socket Head Cap Screw M12*135	4
34	GB70BTM12*30DHS18NL	Socket Head Cap Screw M12*30	2
35	GB70BTM10*80DHS18	Socket Head Cap Screw M10*80	6
36	GB70BTM10*70DHS18	Socket Head Cap Screw M10*70	2
37	GB70BTM10*50DHS18	Socket Head Cap Screw M10*50	4
38	GB70BTM10*30DHS18	Socket Head Cap Screw M10*30	4
39	GB70BTM10*25DHS18	Socket Head Cap Screw M10*25	6
40	GB9512DHS2	Flat Washer $\Phi 13 * \Phi 24 * 2.5$	6
41	GB9510DHS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	23
42	GB9310DHS12	Spring Washer $\Phi 10$	4
43	NM10DHS2	Nylon Lock Nut M10	7
44	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	10
45	BNH0412	PLASTIC CAP, M10 BOLT, BLACK	2
46	BNH0498	BASE WASHER FOR PLASTIC CAP, $\Phi 27.6 * 3.5 * 0.8$	2
47	NBS3DHS	Hex Key S=3	1
48	NBS6DHS	Hex Key S=6	1
49	NBS8DHS	Hex Key S=8	1
50	LW200BS	Wrench $\Phi 6 * 117$	1
51	YHY	Lube	1

# Exploded View and Parts List

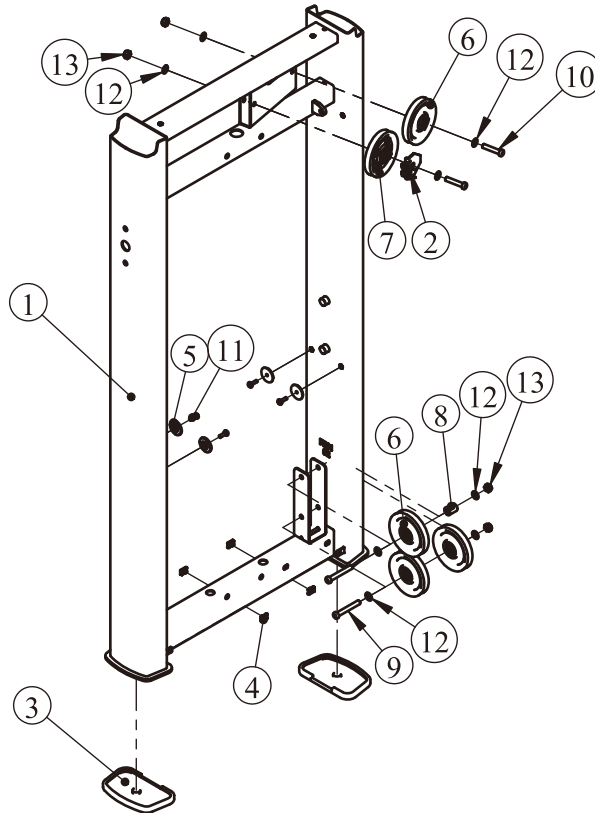
## Overall





# Exploded View and Parts List

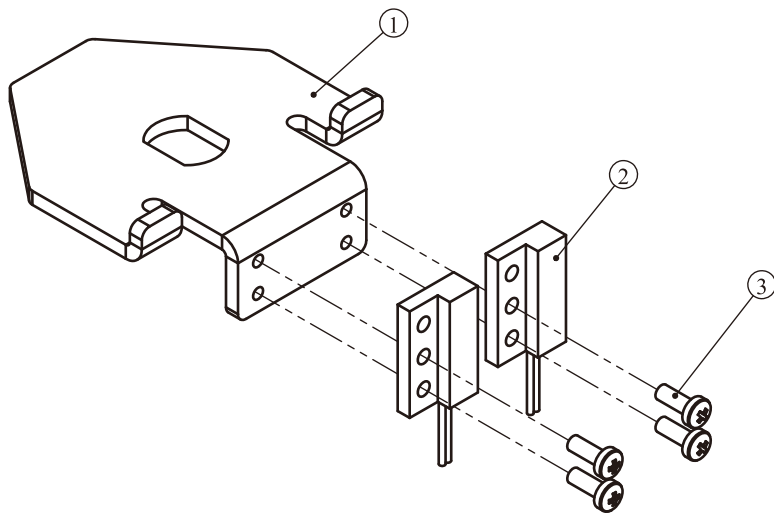
## Weight Stack Frame ASSY



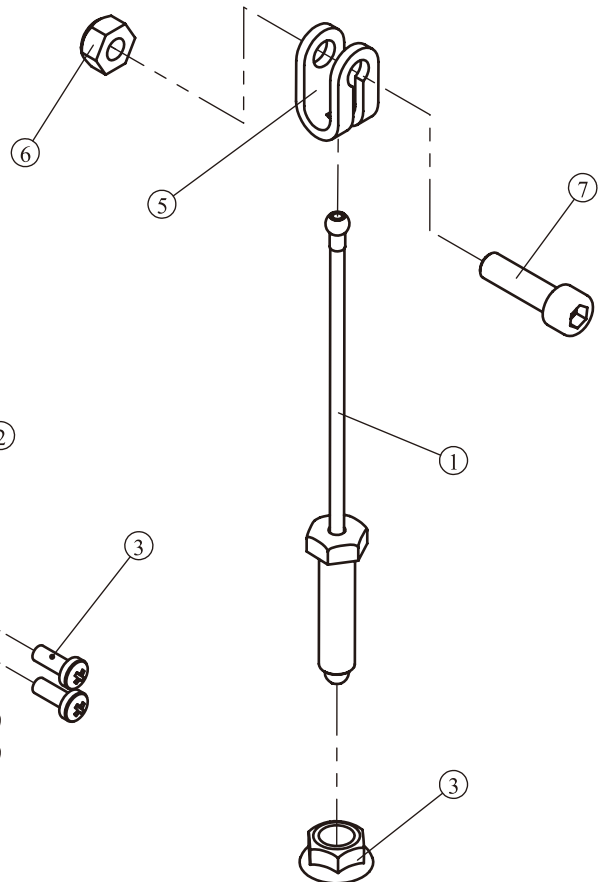
Grade No.	Part No.	Description	QTY
1.1	FH010100ASSY	Weight Stack Frame Sub ASSY	1
1.2	FH0140ASSY	Plate for Sensor ASSY	1
1.3	SL95013500	Foot Plate	2
1.4	AC32705800	U-nut M6	4
1.5	IT95015900	Plastic Block	4
1.6	SG500110400V5	4.5" Pulley (Spacer)	4
1.7	CG2L1700	4.5" Pulley with Magnet	1
1.8	FE97193400	Pulley Spacer	1
1.9	GB70BTM10*75DHS18	Socket Head Cap Screw M10*75	2
1.10	GB70BTM10*50DHS18	Socket Head Cap Screw M10*50	2
1.11	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
1.12	GB9510DHS2	Flat Washer $\Phi 11*\Phi 20*2$	8
1.13	NM10DHS2	Nybn Lock Nut M10	4

# Exploded View and Parts List

## Plate for Sensor ASSY



## Tension Cable ASSY

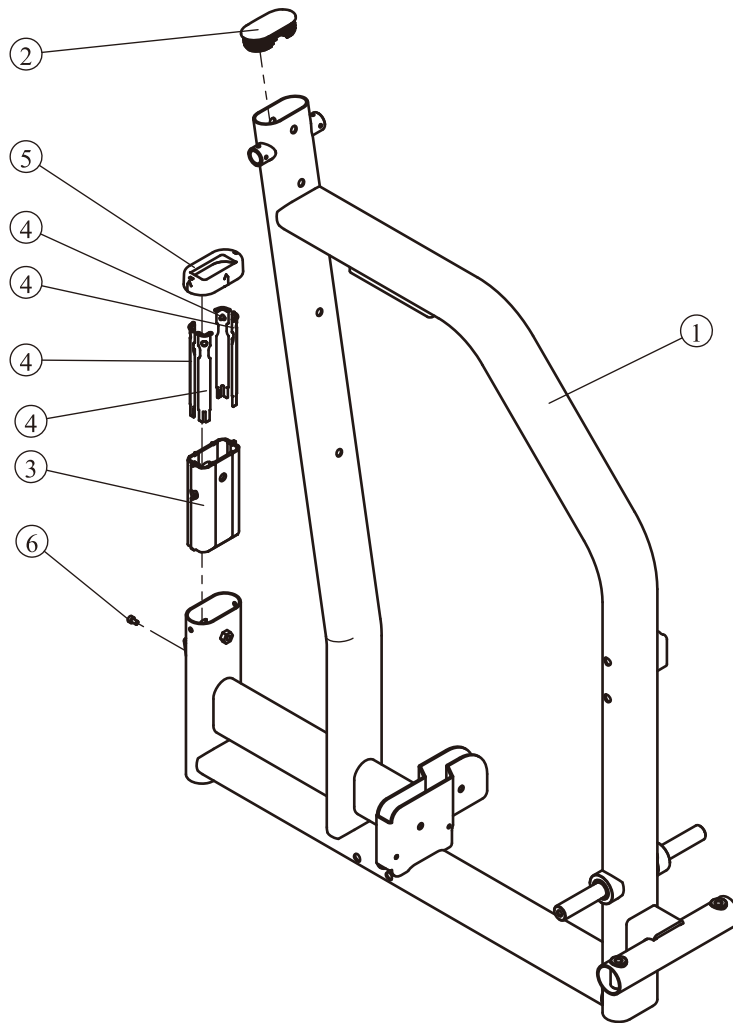


Grade No.	Part No.	Description	QTY
1.2.1	FH014000	Plate for Sensor	1
1.2.2	DQCGQ01	Sensor	2
1.2.3	GB818M3*8DHS2	Screw M3*8	4

Grade No.	Part No.	Description	QTY
5.1	SL95014501	Tension Cable	1
5.3	HF900-03A1002	Hex Flange Nut	1
5.5	BNH0562	Strap Bracket	1
5.6	NM10DN2	Nylon Lock Nut M10	1
5.7	GB70M10*35*15DN18	Socket Head Cap Screw M10*35	1

# Exploded View and Parts List

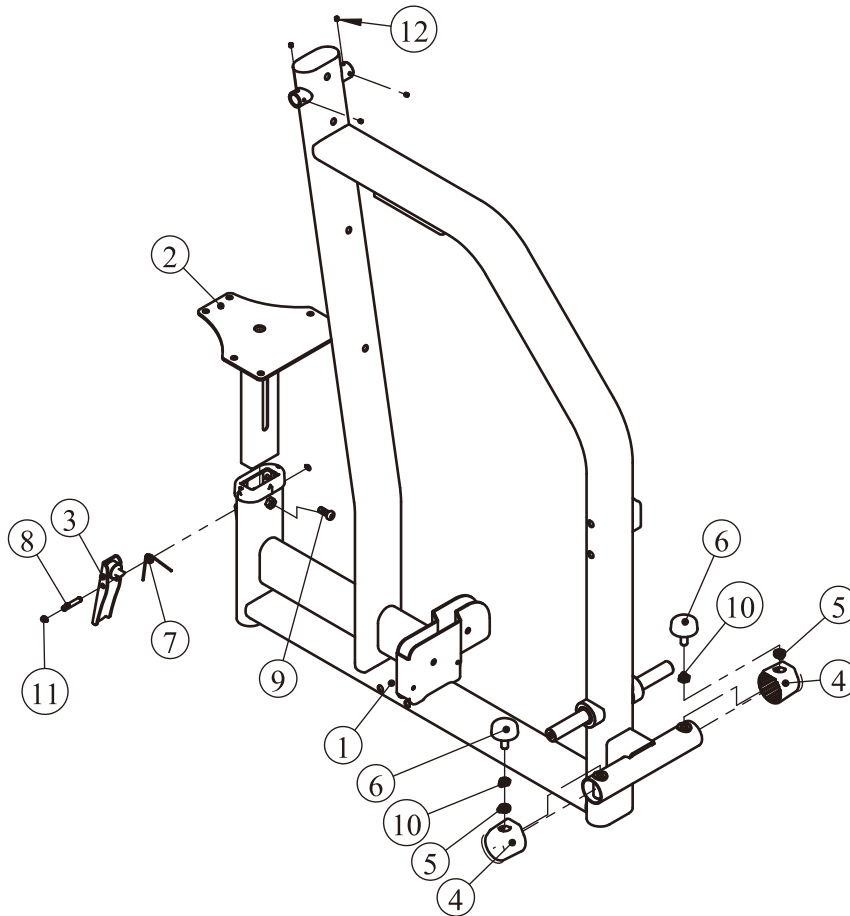
## Main Frame Sub Assembly



Grade No.	Part No.	Description	QTY
14.1.1	FH320200	Main Frame	1
14.1.2	IT90013800P11C	Plug RT50*100	1
14.1.3	IT95014300	Aluminum Tube Guide	1
14.1.4	IT95016300	Plastic Corner Tube Glide	4
14.1.5	IT95016200	Plastic Tube Plug	1
14.1.6	GB70M6*10N19	Socket Head Cap Screw M6*10	1

# Exploded View and Parts List

## Main Frame ASSY

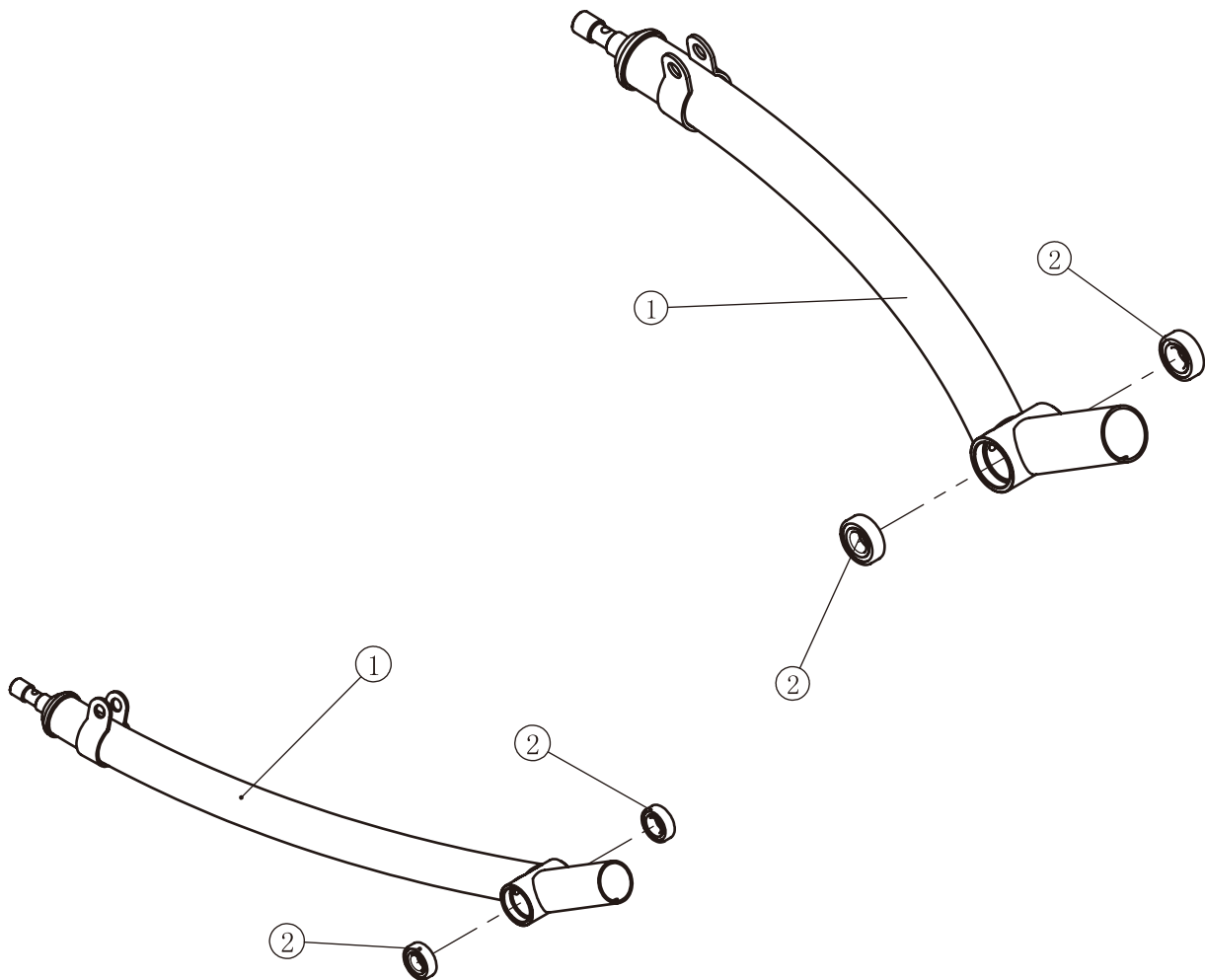


Grade No.	Part No.	Description	QTY
14.1	FH320200ASSY	Main Frame Sub ASSY	1
14.2	FB010900	Seat Pad Support	1
14.3	IT95014500	Adjustable Support	1
14.4	IT95122100	Plastic Plug	2
14.5	IT95121400	Bushing	2
14.6	IT95122200	Urethane Bumper	2
14.7	AXT3S5500	Torsional Spring	1
14.8	CWRVL0012200	Roll Pin	1
14.9	GB70BTM10*25DHS18	Socket Head Cap Screw M10*25	1
14.10	GB6172.1M12DN2	Hexagon Thin Nut M12	2
14.11	GB894.18FH12	Circlips For Shaft $\Phi 8$	2
14.12	GB77M6*6DHS18NL	Screw M6*6	4

# Exploded View and Parts List

## Left Arm Frame Sub Assembly

## Right Arm Frame Sub Assembly

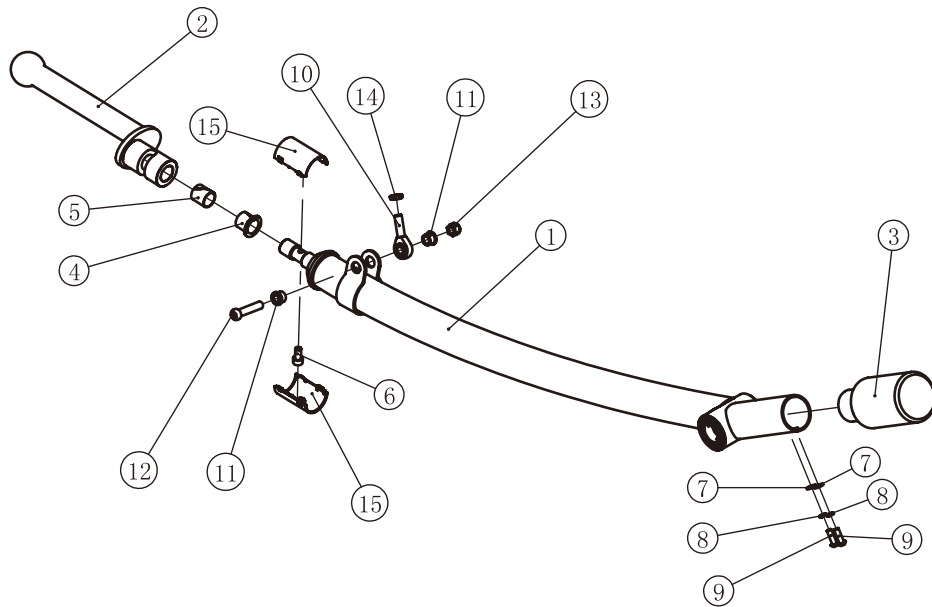


Grade No.	Part No.	Description	QTY
17.1.1	IT95170500	Left Arm Frame	1
17.1.2	GB2766205-2ZNBK	Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$	2

Grade No.	Part No.	Description	QTY
18.1.1	IT95170600	Right Arm Frame	1
18.1.2	GB2766205-2ZNBK	Deep Groove Ball Bearing $\Phi 25*\Phi 52*15$	2

# Exploded View and Parts List

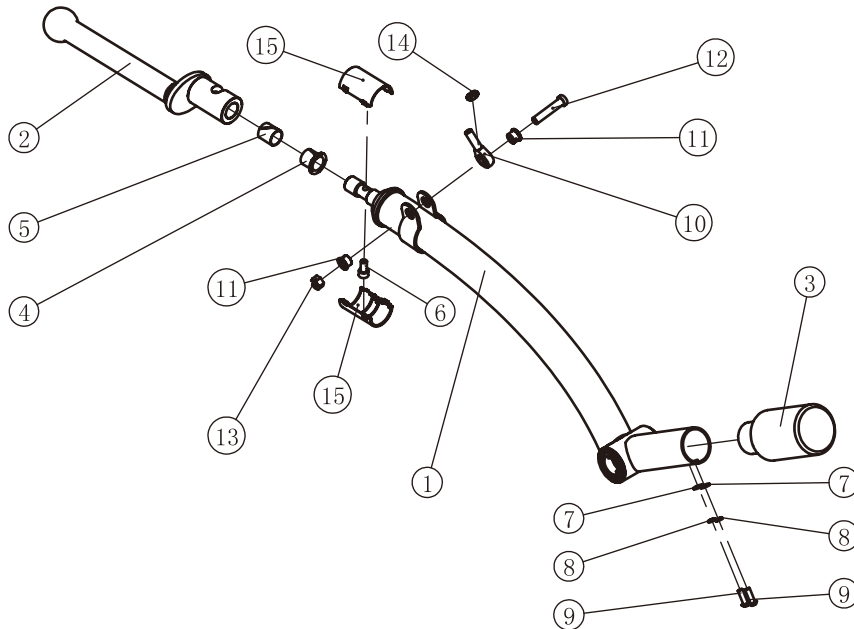
## Left Arm Frame ASSY



Grade No.	Part No.	Description	QTY
17.1	IT95170500ASSY	Left Arm Frame Sub Assembly	1
17.2	IT95170800	Handle Frame	1
17.3	IT95121200	Counter Poise Block	1
17.4	ROC-IT1011800	Bush $\Phi 38 * \Phi 25.4 * 25.4$	1
17.5	ROC-IT1011900	Bush $\Phi 27.8 * \Phi 25.4 * 28.6$	1
17.6	GB70M10*20DS20NL	Socket Head Cap Screw M10*20	1
17.7	GB958DN2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	2
17.8	GB938N19	Spring Washer $\Phi 8$	2
17.9	PNLM8*25DN20	Button Head Cap Screw M8*25	2
17.10	SA12T_K	Joint Bearing M12	1
17.11	IT95121300	Spacer Bushing	2
17.12	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
17.13	NM12DN2	Nybn Lock Nut M12	1
17.14	GB6172.1M12DN2	Hexagon Thin Nut M12	1
17.15	IT95172000	Plastic Sleeve	2

# Exploded View and Parts List

## Right Arm Frame ASSY

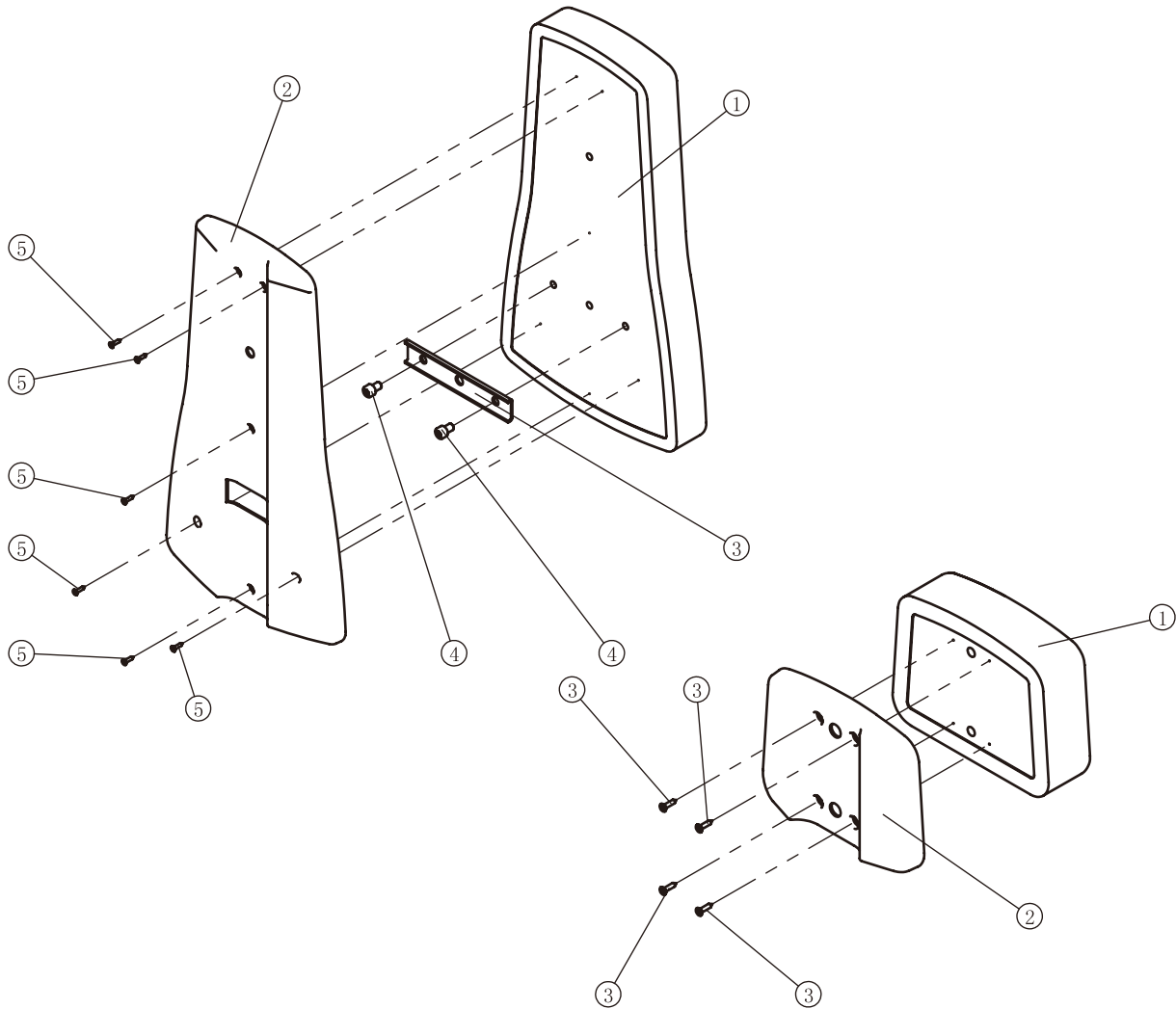


Grade No.	Part No.	Description	QTY
18.1	IT95170600ASSY	Right Arm Frame Sub Assembly	1
18.2	IT95170800	Handle Frame	1
18.3	IT95121200	Counter Poise Block	1
18.4	ROC-IT1011800	Bush $\Phi 38*\Phi 25.4*25.4$	1
18.5	ROC-IT1011900	Bush $\Phi 27.8*\Phi 25.4*28.6$	1
18.6	GB70M10*20DS20NL	Socket Head Cap Screw M10*20	1
18.7	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
18.8	GB938N19	Spring Washer $\Phi 8$	2
18.9	PNLM8*25DN20	Button Head Cap Screw M8*25	2
18.10	SA12T_K	Joint Bearing M12	1
18.11	IT95121300	Spacer Bushing	2
18.12	GB70BTM12*60DN18	Socket Head Cap Screw M12*60	1
18.13	NM12DN2	Nybn Lock Nut M12	1
18.14	GB6172.1M12DN2	Hex Thin Nut M12	1
18.15	IT95172000	Plastic Sleeve	2

# Exploded View and Parts List

## Back Pad ASSY

## Head Pad ASSY



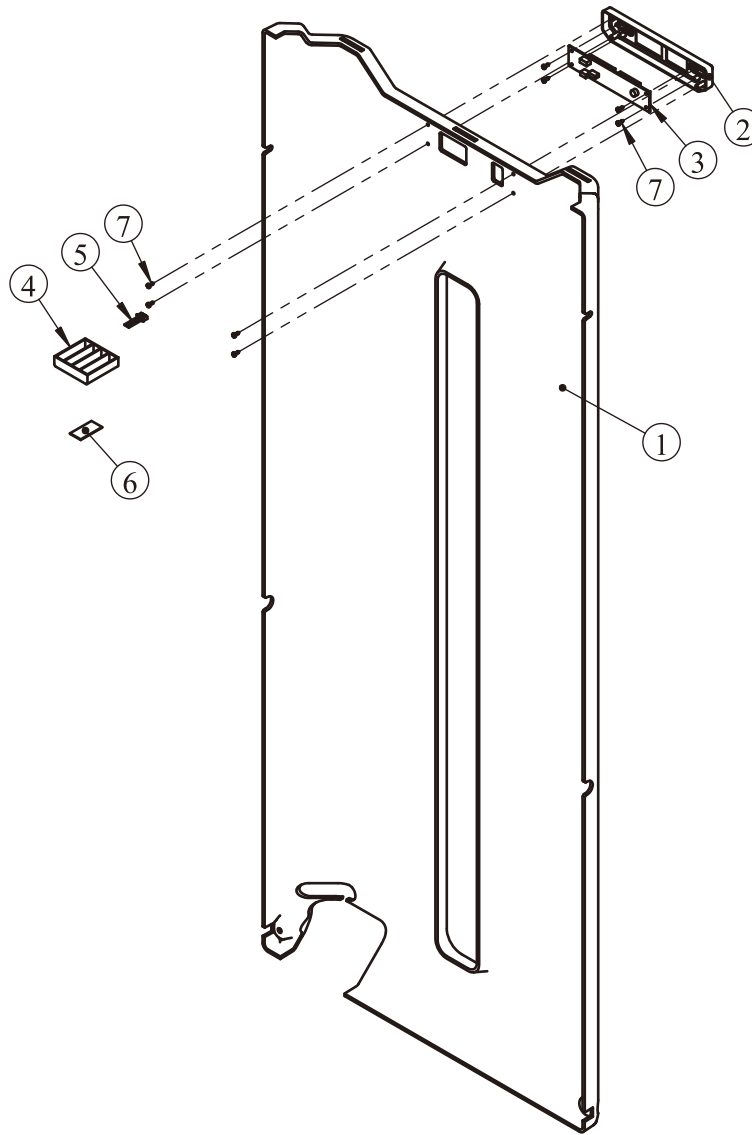
Grade No.	Part No.	Description	QTY
22.1	SL95057100	Back Pad	1
22.2	IT95017300	Back Pad Cover	1
22.3	IT95017500	Back Pad Support Plate	1
22.4	GB70M10*15DS20	Socket Head Cap Screw M10*15	2
22.5	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	6

Grade No.	Part No.	Description	QTY
23.1	SL95107200	Head Pad	1
23.2	IT95017400	Head Pad Cover	1
23.3	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	4



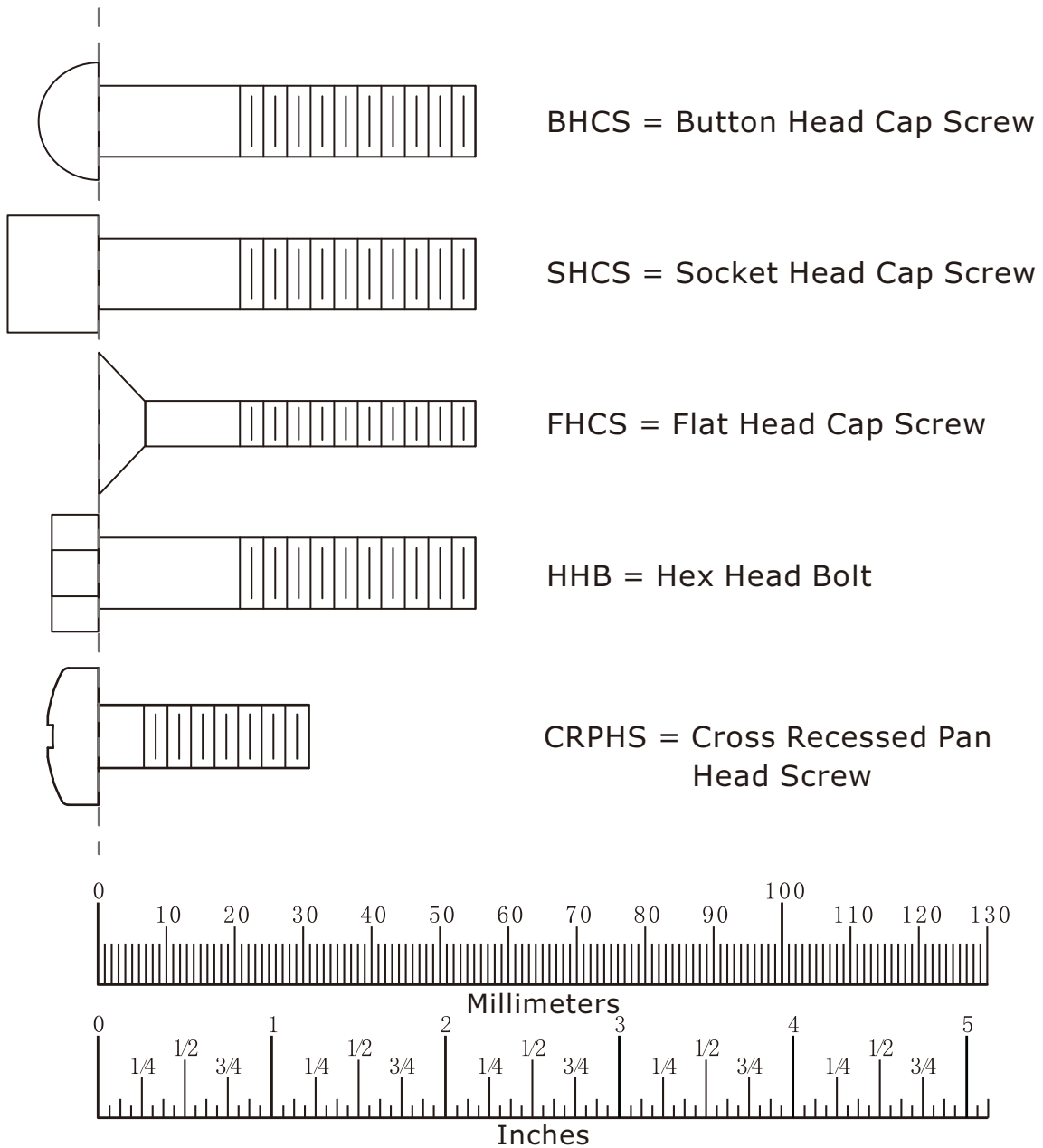
# Exploded View and Parts List

## Front Shroud ASSY



Grade No.	Part No.	Description	QTY
25.1	FH013200	Front Shroud	1
25.2	FB014100	Electronic watchcase	1
25.3	B297-FB-TB	Console PCB	1
25.4	DQDCH01	Cell Box	1
25.5	L350XHP-SMY-4	Sensor 4C*22#350mm	1
25.6	SMJ20*1*1000	Double faced adhesive tape	0.1
25.7	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**

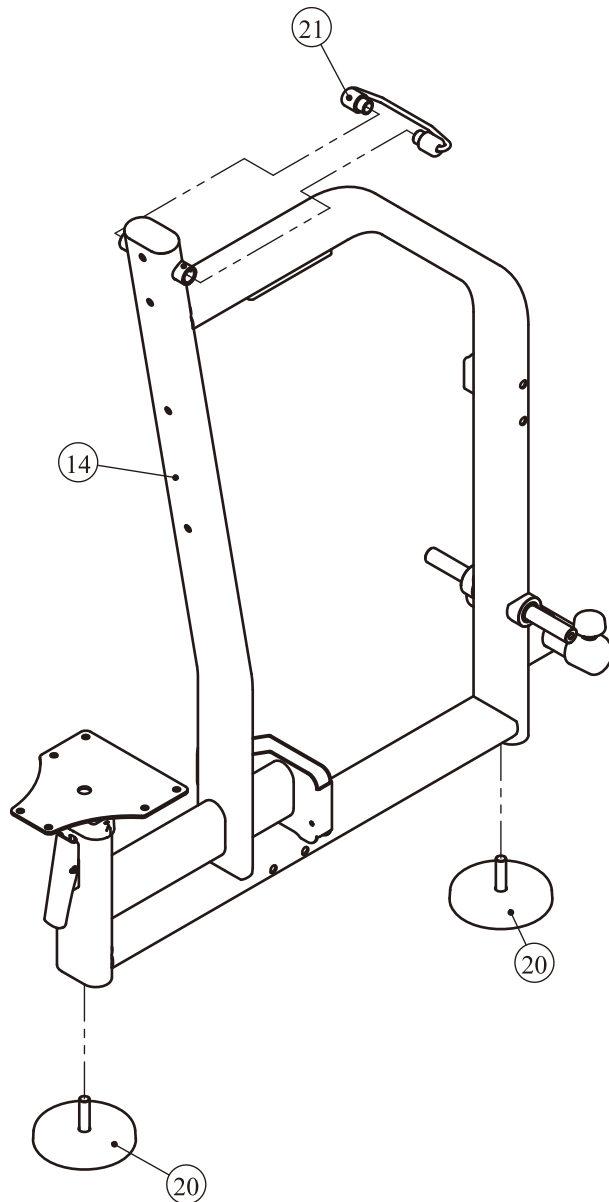
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#20) to the Main Frame ASSY (#14).
2. Attach the Towel Rack ASSY (#21) to the Main Frame ASSY (#14).

**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 2

Attach the Bottom Cross Brace ASSY (#15) and the Rear Connection Frame (#16) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#14) using:

four M12\*135 SHCS (#33)

two M12\*30 SHCS (#34)

two M10\*80 SHCS (#35)

two Plastic Cover (#12)

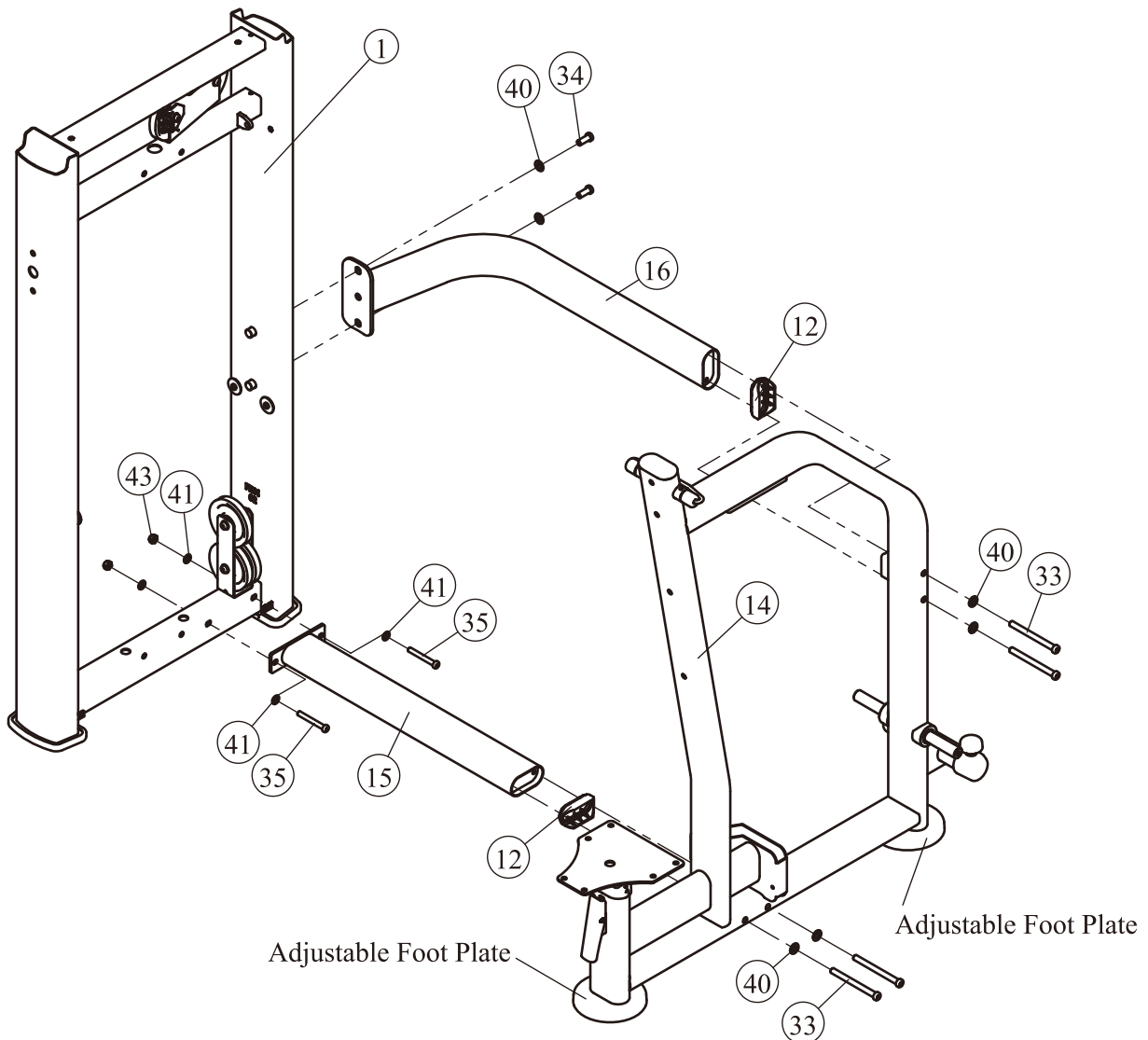
four  $\Phi 11*\Phi 20*2$  Flat Washer (#41)

six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#40)

two M10 Nylon Lock Nut (#43)

**Note: 1. Wrench Tighten Bolts and Nylon Lock Nuts.**

**2. Adjust the Adjustable Foot Plates to make the machines stable.**



# Assembly

## STEP 3

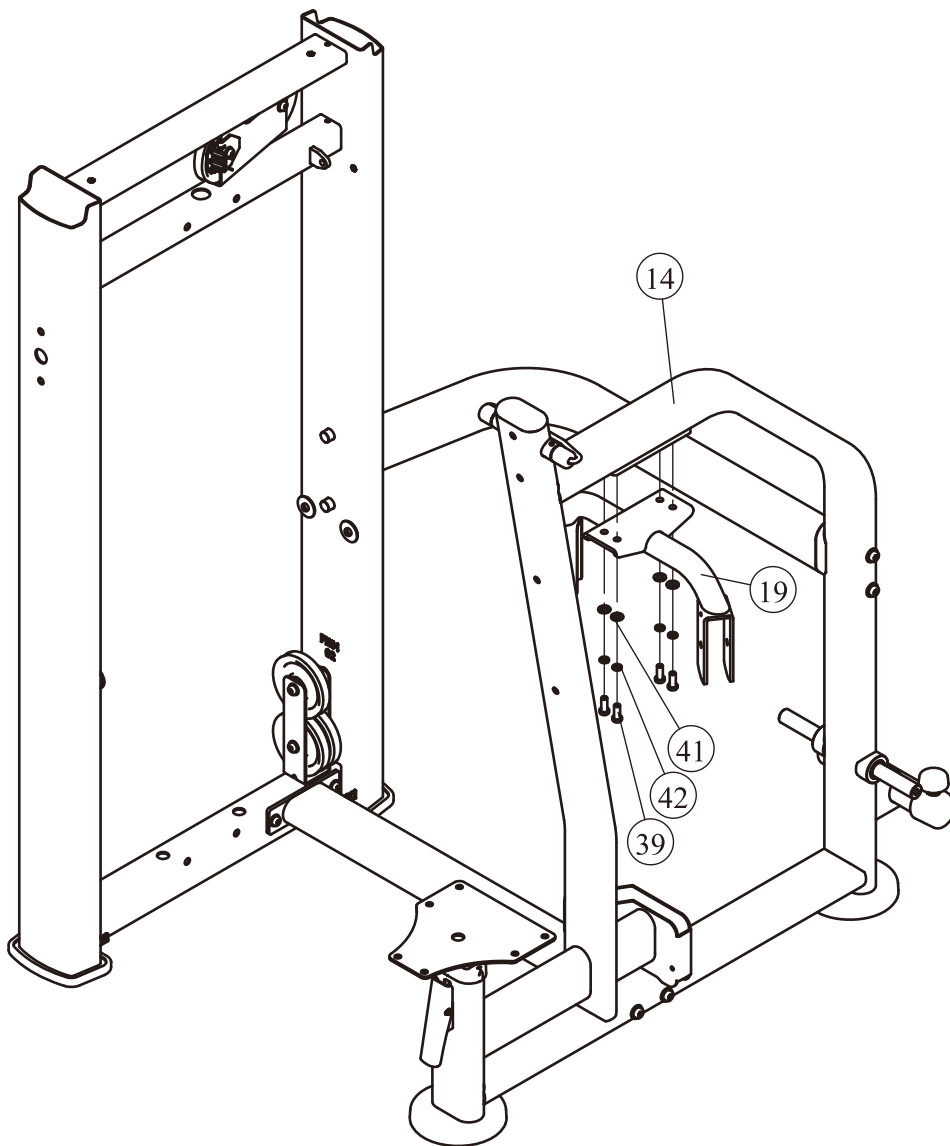
Attach the Pulley Bracket (#19) to the Main Frame ASSY (#14) using:

four M10\*25 SHCS (#39)

four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#41)

four Spring Washer  $\Phi 10$  (#42)

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



# Assembly

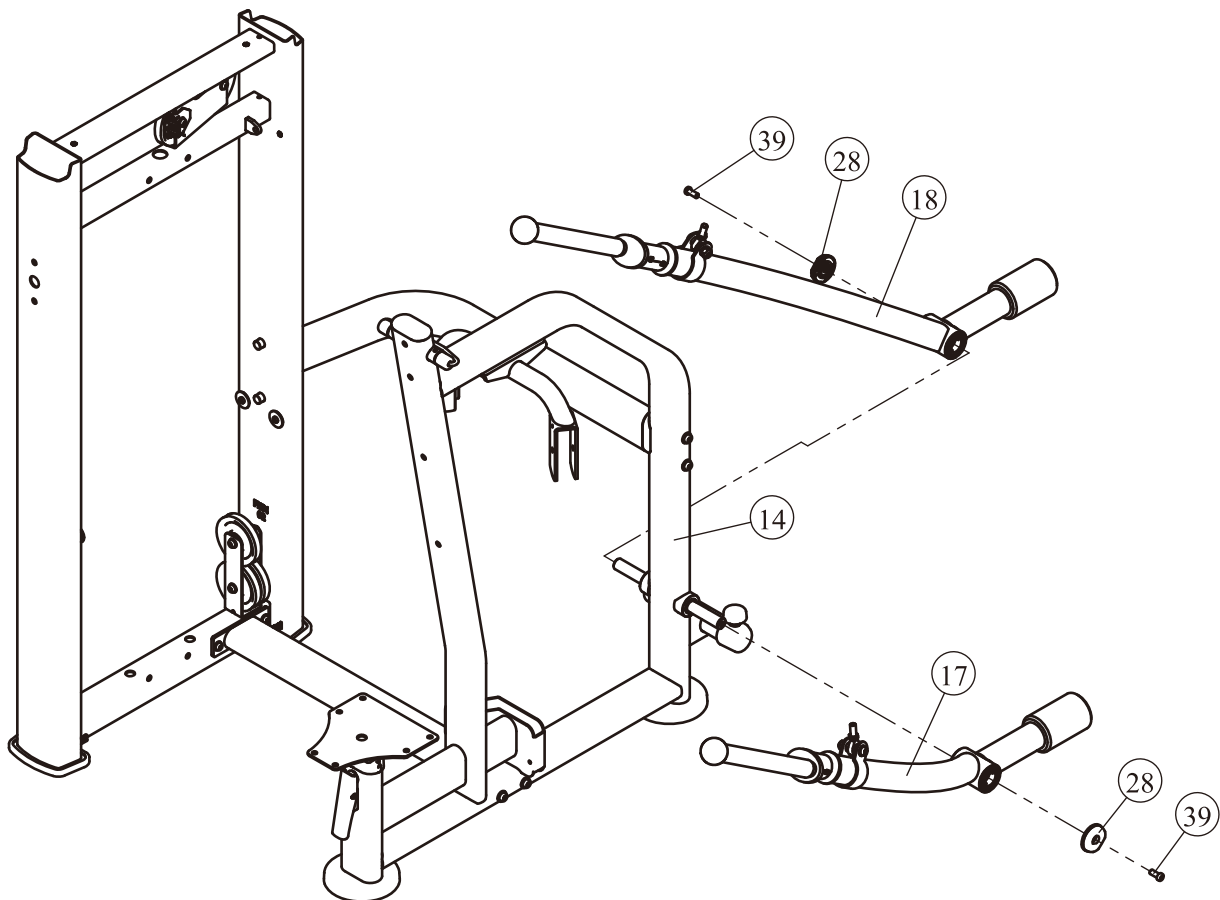
## STEP 4

Attach the Left Arm Frame ASSY (#17) and the Right Arm Frame ASSY (#18) to the Main Frame ASSY (#14) using:

two Cap ASSY  $\Phi 60$  (#28)

two M10\*25 SHCS (#39)

**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 5

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

### 1. Attach:

two Guide Rod  $\Phi 19^*$  1302 (#7)

two Weight Rubber Bumper (#8)

fifteen Weight Plate 10LBS (#100)

two weight stack space (#101)

one Top Plate (#6)

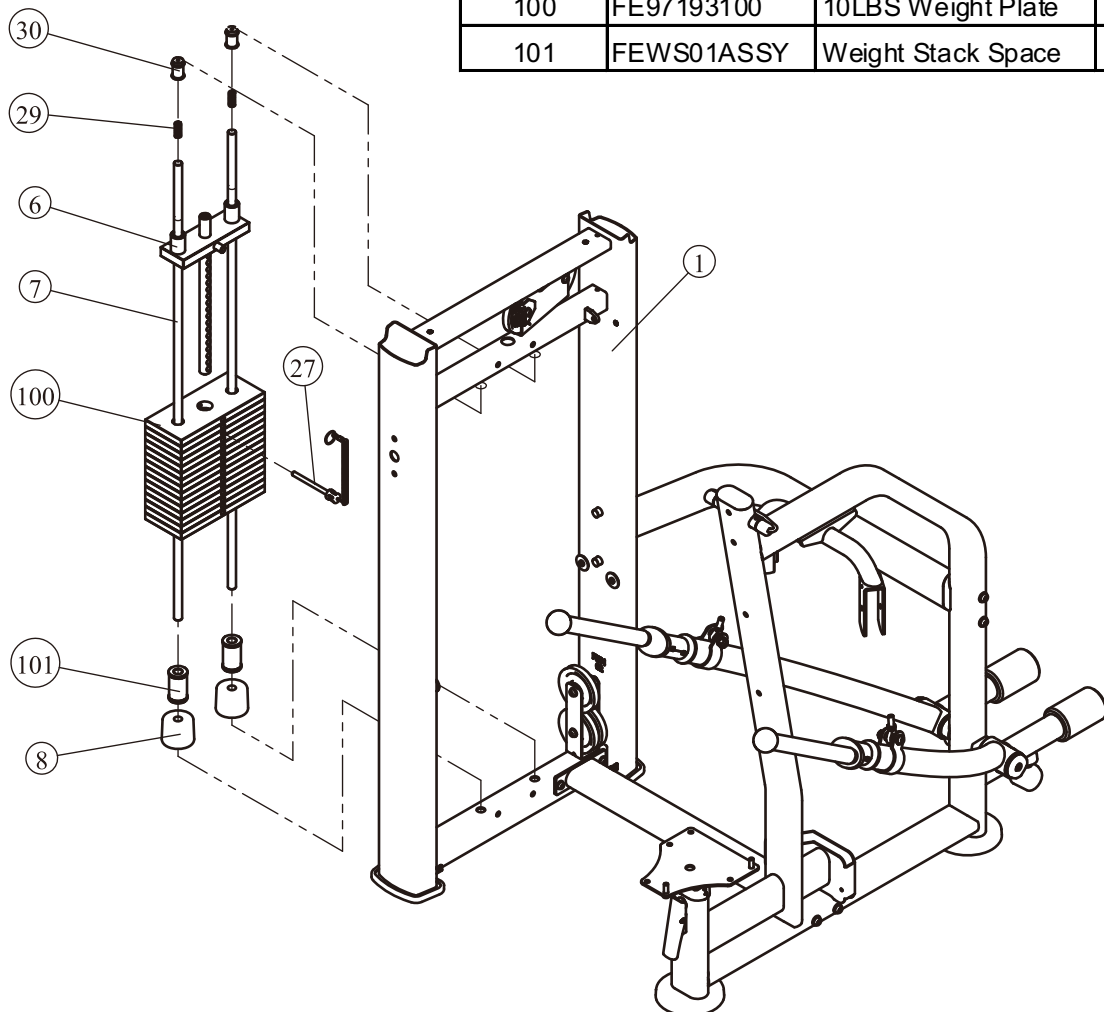
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve  $\Phi 25^* \Phi 19^* 45$  (#30)

two Spring (#29)

### 2. Attach the Selector Pin W/Coil (#27) to the Top Plate (#6).

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





# Assembly

## STEP 5

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

### 1. Attach:

two Guide Rod  $\Phi 19^* 1302$  (#7)

two Weight Rubber Bumper (#8)

nineteen Weight Plate 10LBS (#100)

one Top Plate (#6)

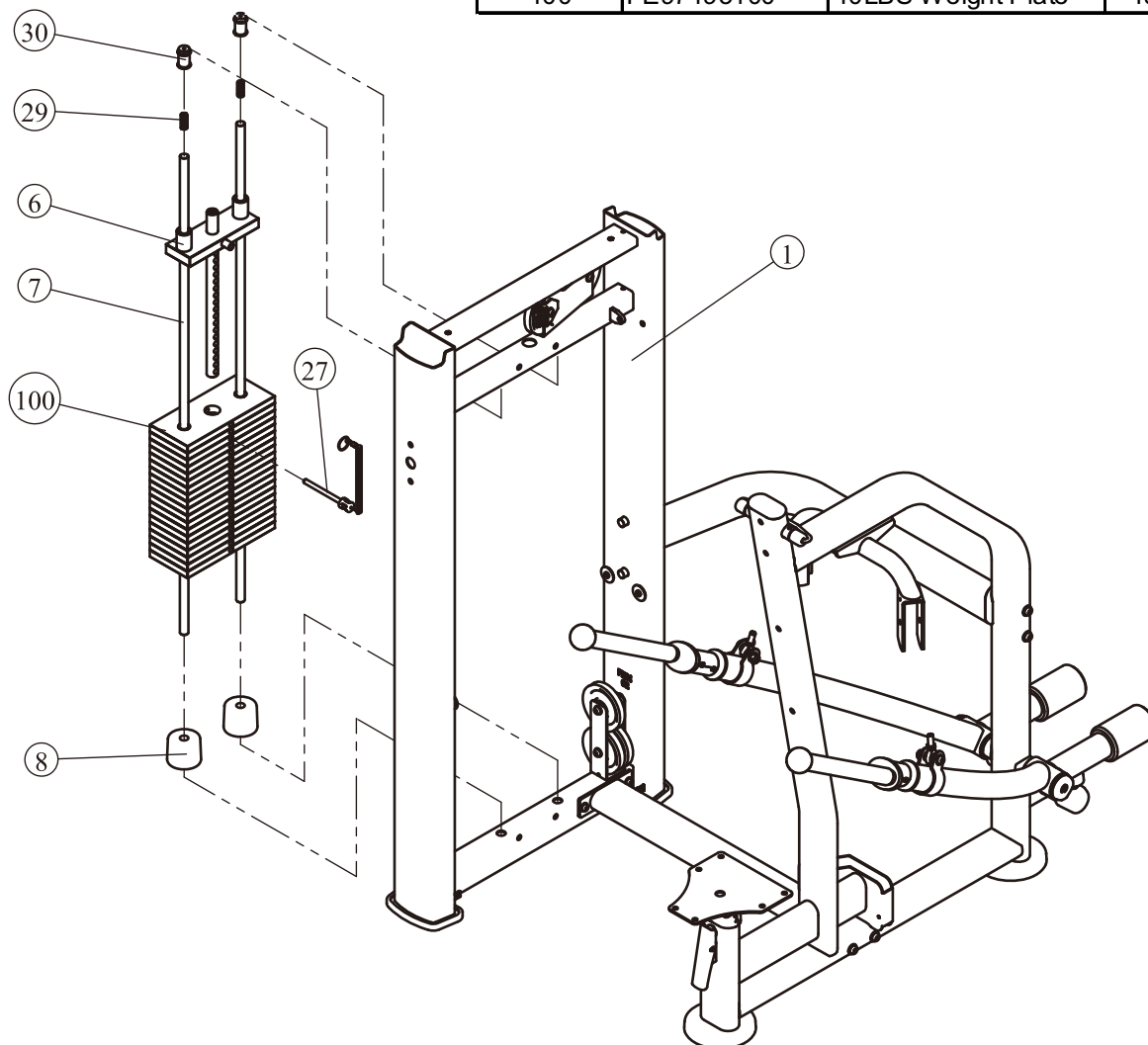
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve  $\Phi 25^* \Phi 19^* 45$  (#30)

two Spring (#29)

### 2. Attach the Selector Pin W/Coil (#27) to the Top Plate (#6).

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



# Assembly

## STEP 5

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

### 1. Attach:

two Guide Rod  $\Phi 19^* 1302$  (#7)

two Weight Rubber Bumper (#8)

fifteen Weight Plate 15LBS (#102)

two weight stack space (#101)

one Top Plate (#6)

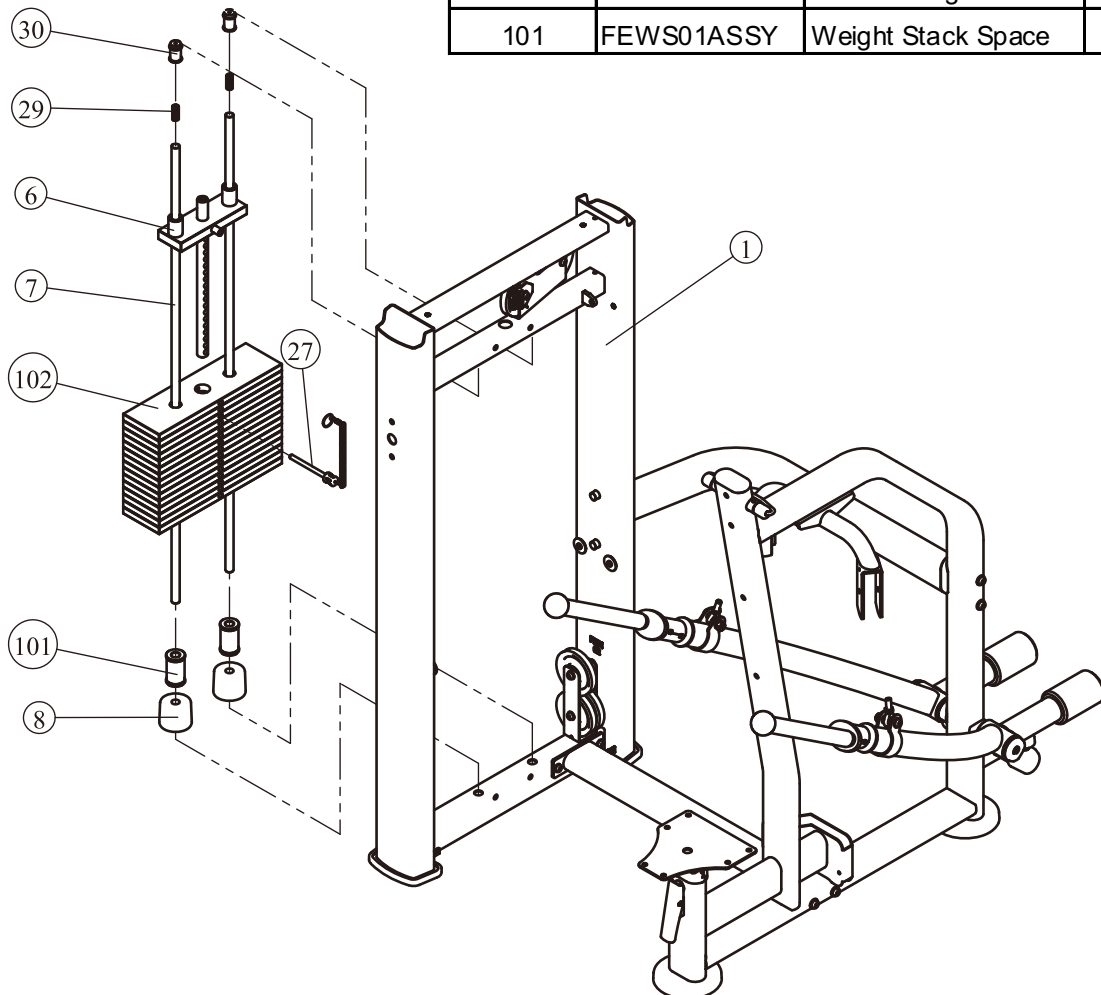
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve  $\Phi 25^* \Phi 19^* 45$  (#30)

two Spring (#29)

### 2. Attach the Selector Pin W/Coil (#27) to the Top Plate (#6).

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



# Assembly

## STEP 5

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

1. Attach:

two Guide Rod  $\Phi 19 \times 1302$  (#7)

two Weight Rubber Bumper (#8)

nineteen Weight Plate 15LBS (#102)

one Top Plate (#6)

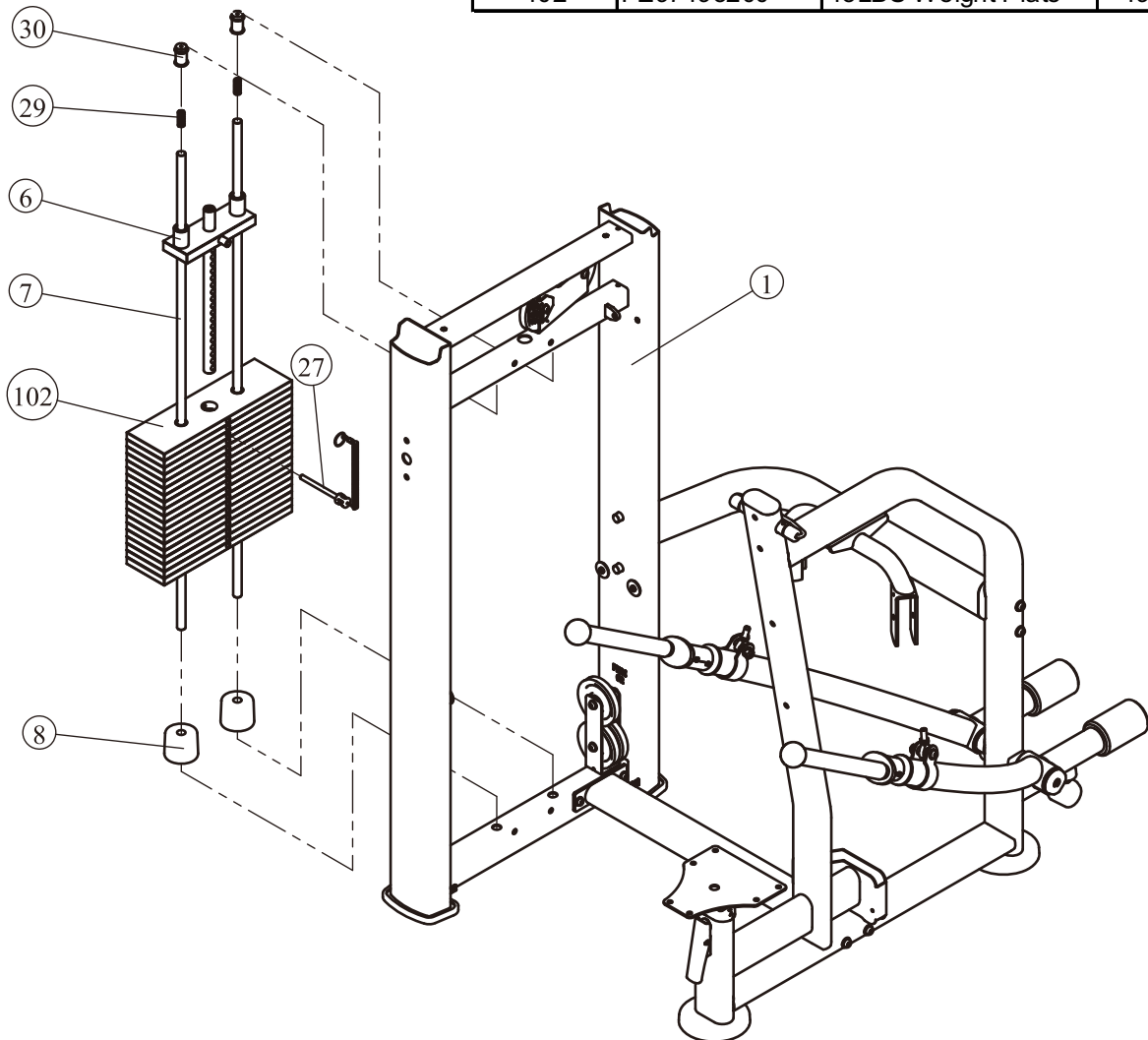
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#30)

two Spring (#29)

2. Attach the Selector Pin W/Coil (#27) to the Top Plate (#6).

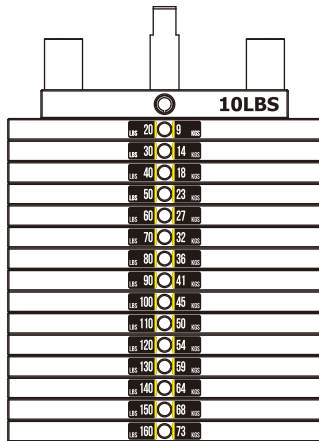
Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19



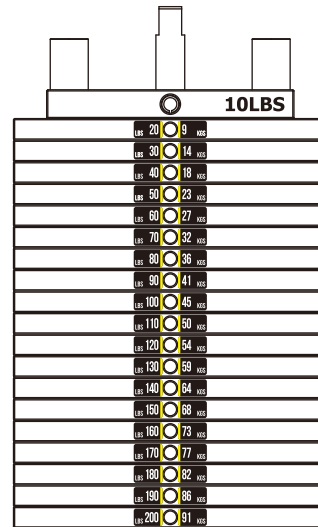
# Assembly

## 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

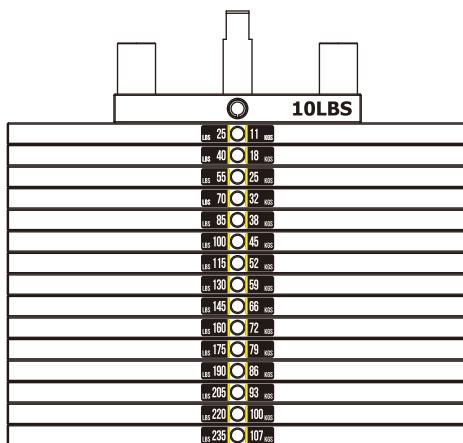


20-160LBS

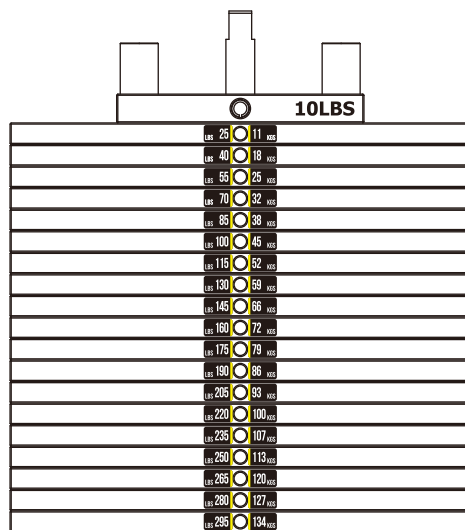


20-200LBS

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

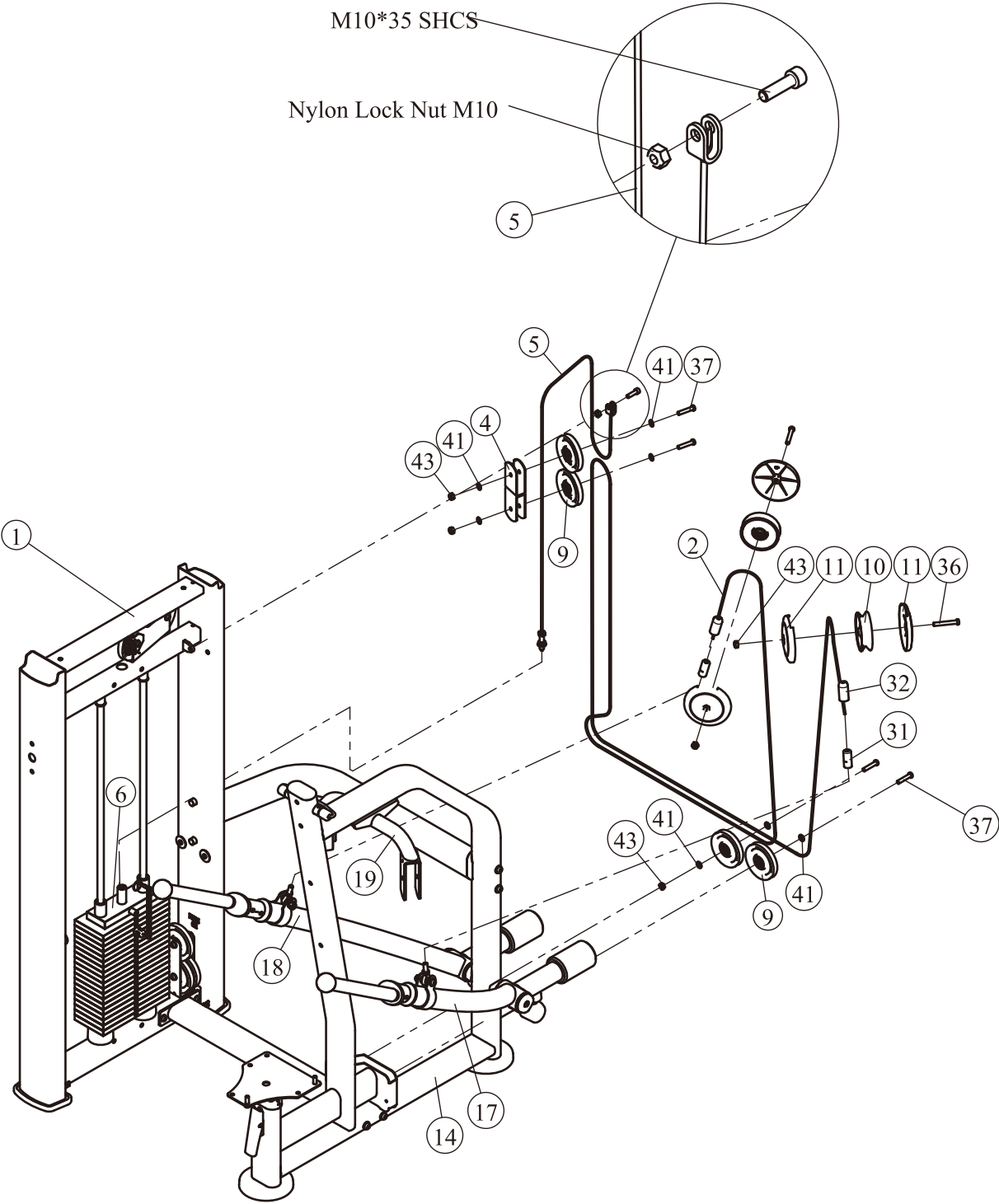
## STEP 6

1. Attach two 4.5" Pulleys (spacer) (#9) to the Double Pulley Bracket (#4) using:
  - two M10\*50 SHCS (#37)
  - four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#41)
  - two M10 Nylon Lock Nut (#43)
2. Take down one M10 Nylon Lock Nut and one M10\*35 SHCS from the Cable ASSY (#5), Attach the Cable ASSY (#5) to the Top Plate (#6) and the Weight Stack Frame ASSY (#1) using:
  - one M10 Nylon Lock Nut (Down off)
  - one M10\*35 SHCS (Down off)
3. Attach the Long Cable ASSY (#2) to the Double Pulley Bracket (#4) and the Left Arm Frame ASSY (#17) and the Right Arm Frame ASSY (#18) using:
  - two Cable Connector (#31)
  - two Cable Connector Jacket (#32)

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

# Assembly

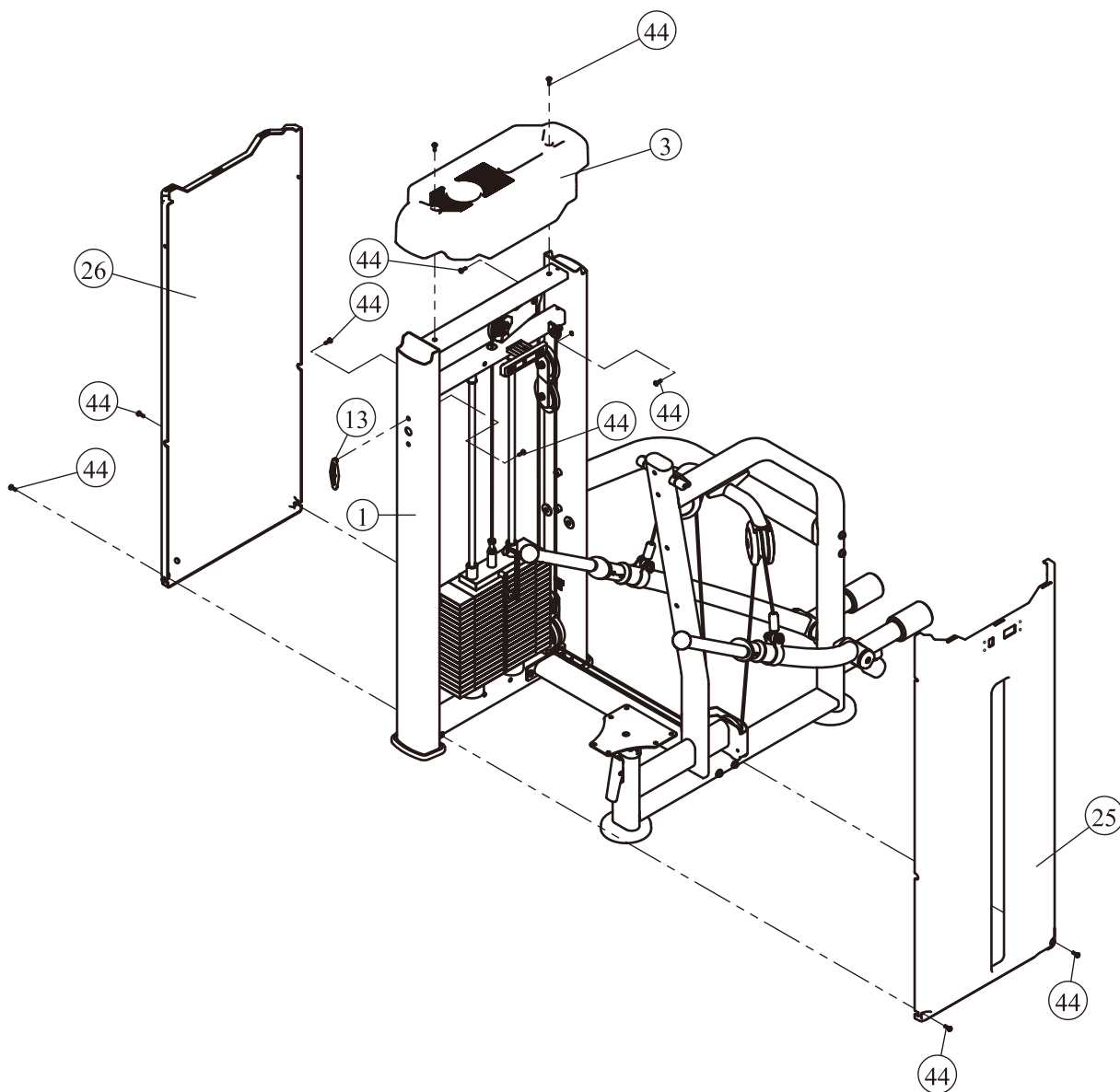
## STEP 6



# Assembly

## STEP 7

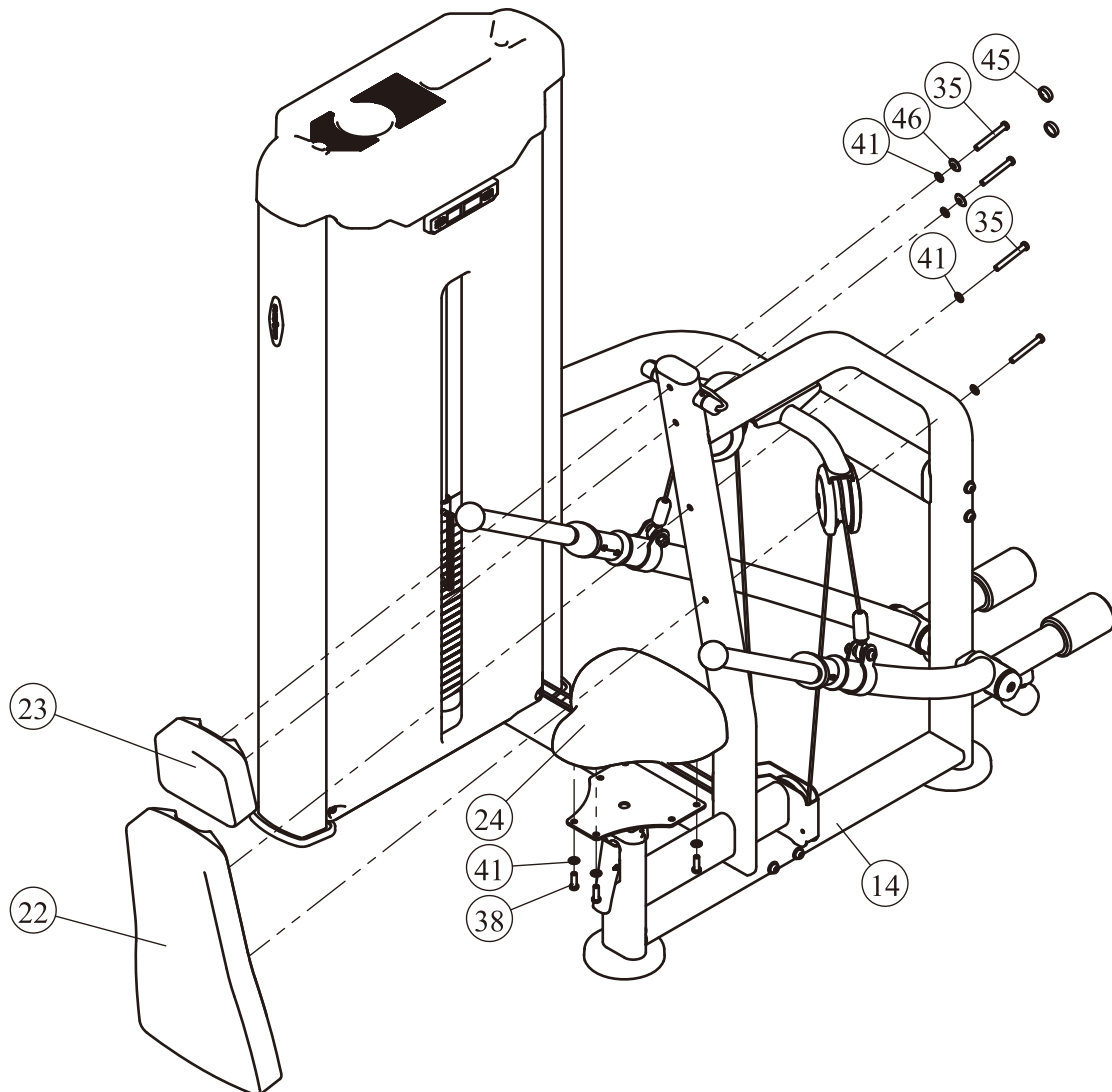
1. Attach the Rear Shroud (#26) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#44)
2. Attach the Front Shroud ASSY(#25) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#44)
3. Attach the Top Cover (#3) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#44)
4. Attach the Spout Plug (#13) to the Weight Stack Frame ASSY (#1).



# Assembly

## STEP 8

1. Attach the Back Pad ASSY (#22) and the Head Pad ASSY (#23) to the Main Frame ASSY (#14) using:
  - four M10\*80 SHCS (#35)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#41)
  - two BASE WASHER FOR PLASTIC CAP (#46)
  - two PLASTIC CAP (#45)
2. Attach the Seat Pad (#24) to the Main Frame ASSY (#14) using:
  - four M10\*30 SHCS (#38)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#41)





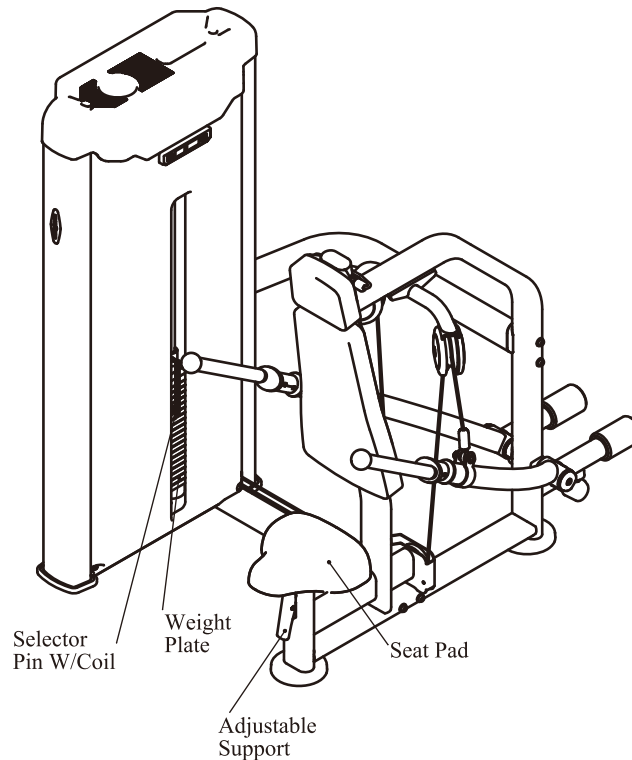
# Adjust Instructions and Exercise Instructions

## 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 get into the hole completely.

## The Seat Pad adjustment

1. Push the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.



**FORZAHERO**  
CHEST & TRICEPS  
FH32

Start

Finish

bodytone

The complex block contains text, anatomical diagrams, and exercise photos. At the top left, it reads 'FORZAHERO CHEST & TRICEPS FH32'. Below this are two anatomical diagrams of a human torso: the front view shows the pectoral muscles highlighted in green, and the back view shows the triceps muscles highlighted in green. To the right, two side-view photographs of a person using the machine are shown. The left photo is labeled 'Start' and shows the person with the handle in front of their chest. The right photo is labeled 'Finish' and shows the person with the handle behind their back. The 'bodytone' logo is at the bottom right.

# 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.



**bodytone**



[bodytone.eu](http://bodytone.eu)