

BODYTONE

FORZABOLD
FB57

OUTER



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.

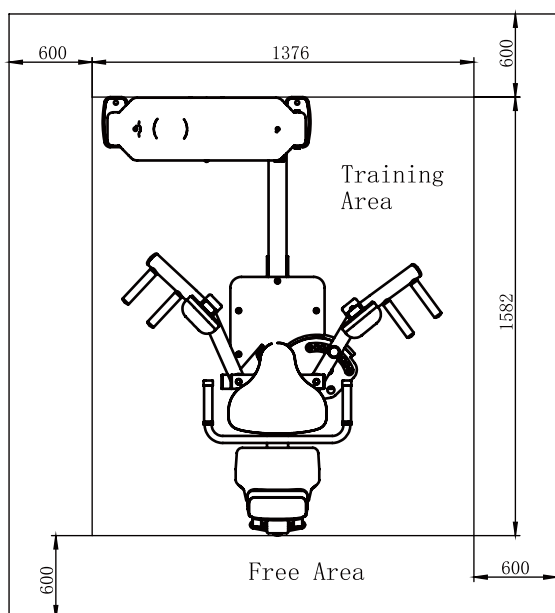
Important Safety Instructions

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: 1220*1582*1504mm

Product Total Surface: 1376*1582mm

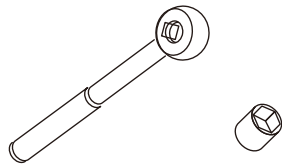
Product Total Mass:

Instructions

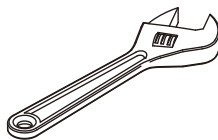
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

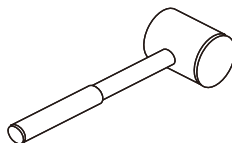
Tools Required



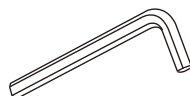
Ratchet Wrench and Socket



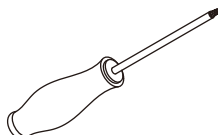
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

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

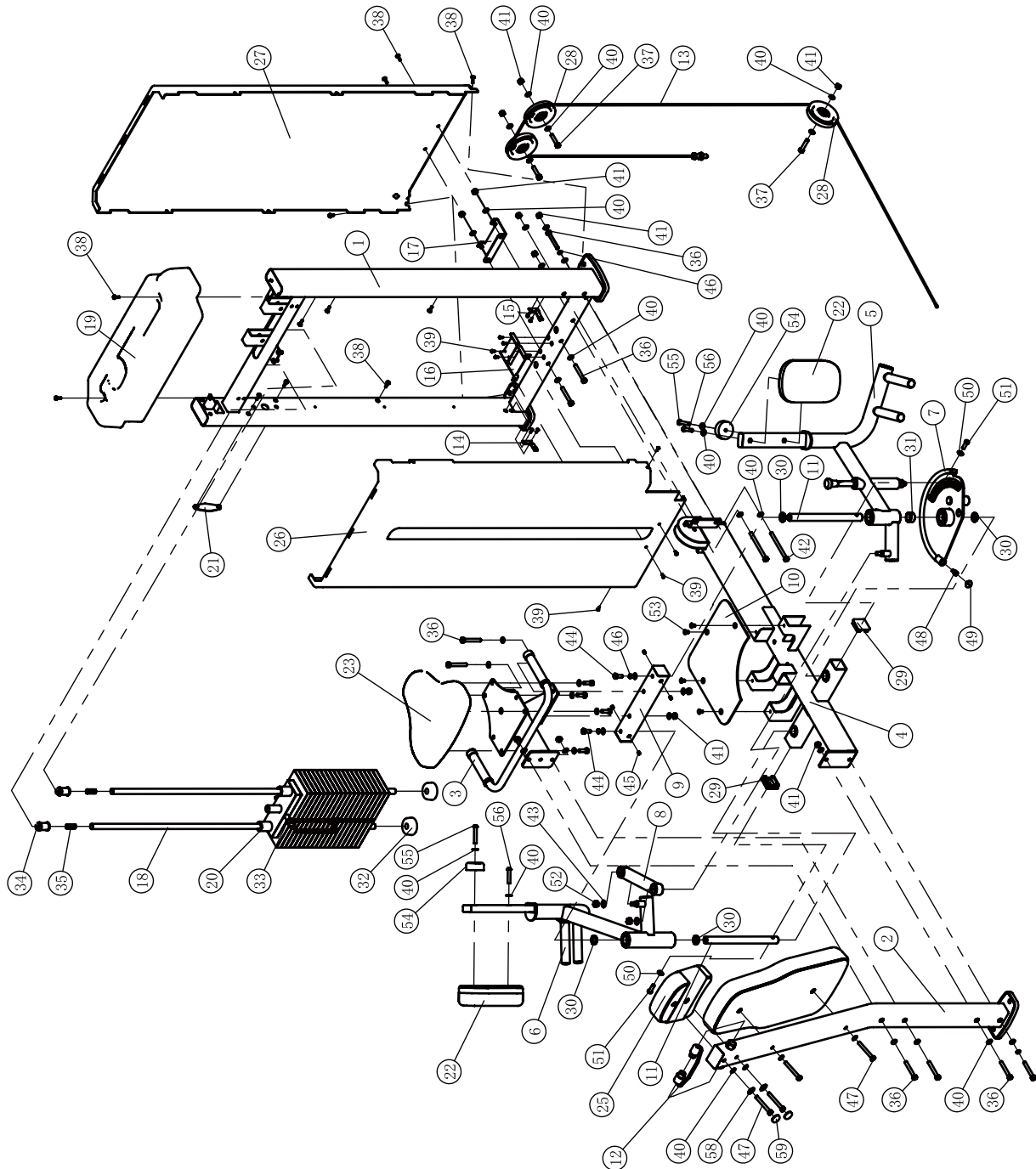
Exploded View and Parts List

Overall

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

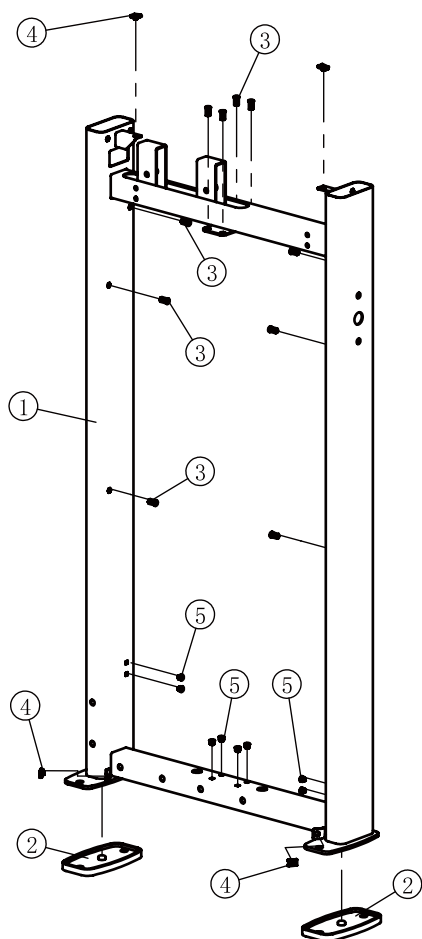
Exploded View and Parts List

Overall

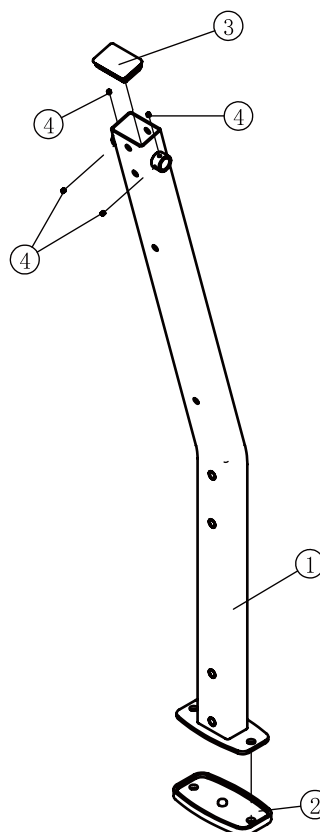


Exploded View and Parts List

Weight Stack Frame ASSY



Floorstand ASSY

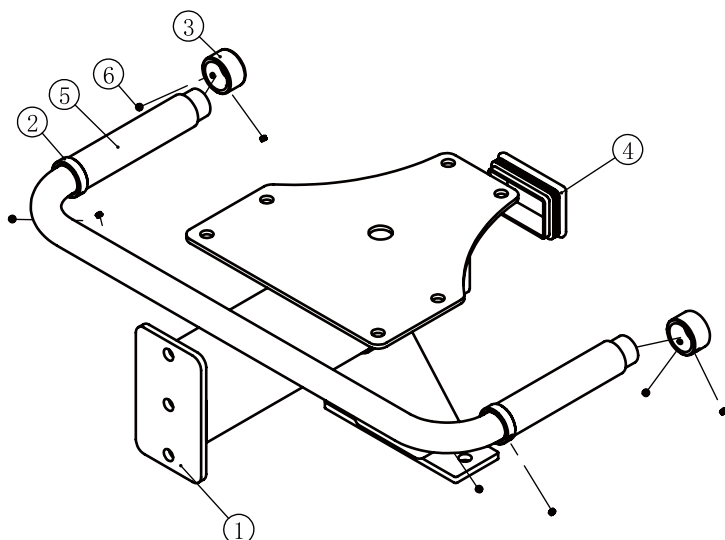


Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IF9335ZN0100	Weight Stack Frame	1
2	1.2	BS81223100	Foot Plate	2
3	1.3	GB17880.5M6*16.5DS17	Rivet Nut M6	10
4	1.4	AC32705800	U-nut M6	4
5	1.5	ECU7P3500	Plastic Nut	8

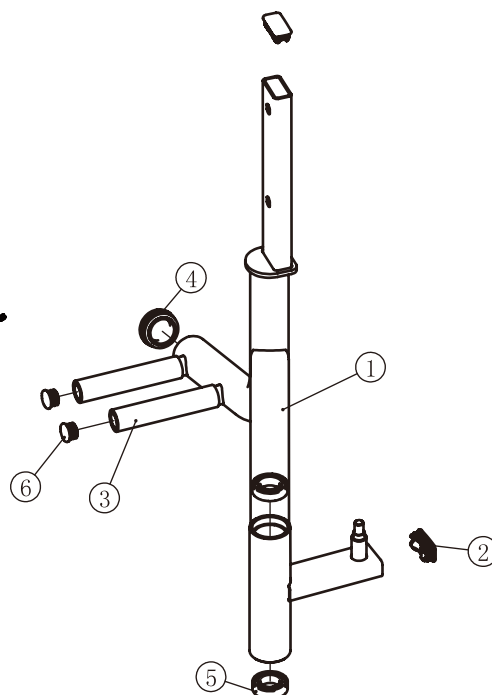
Item No.	Grade No.	Part No.	Description	QTY
1	2.1	FB560200	Floorstand	1
2	2.2	BS81223100	Foot Plate	1
3	2.3	KPSFID2800	Plug □50.8*76.2	1
4	2.4	GB77M6*6DHS18NL	Screw M6*6	4

Exploded View and Parts List

Seat Pad Frame ASSY



Left Leg Frame ASSY

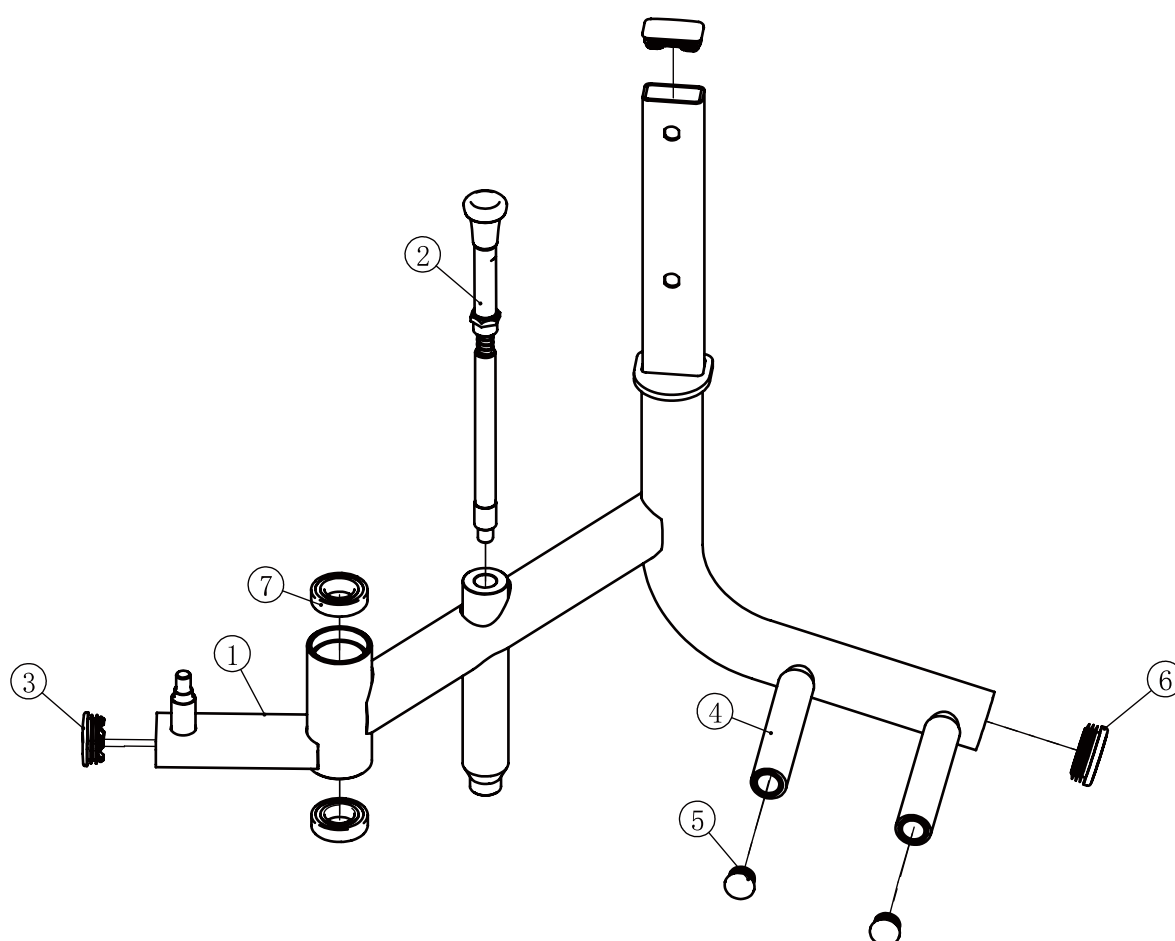


Item No.	Grade No.	Part No.	Description	QTY
1	3.1	FB560300	Seat Pad Frame	1
2	3.2	V39500	Aluminium Grip Ring $\Phi 25.4$	2
3	3.3	V39600	Aluminium Grip Cap $\Phi 25.4$	2
4	3.4	KPSF ID2800	Plug $\square 50.8 \times 76.2$	1
5	3.5	026-01PL0206-12	Grip ST $\Phi 30 \times \Phi 22 \times 130$	2
6	3.6	YZGB7710-32*3.2N19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

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

Exploded View and Parts List

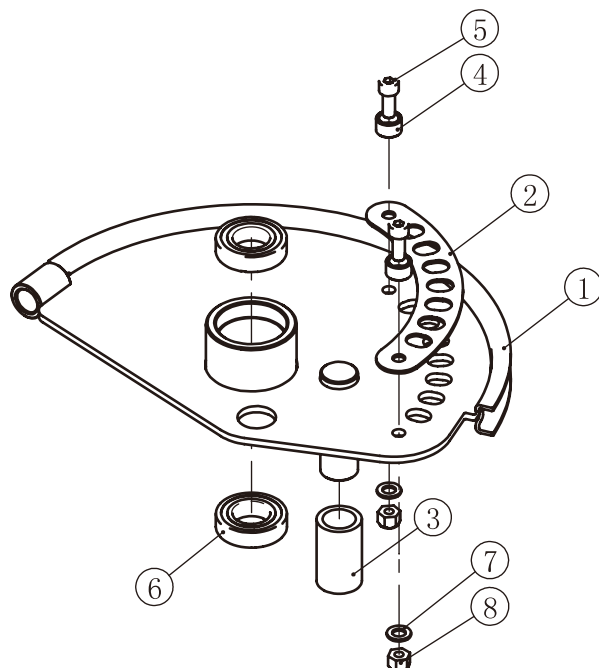
Right Leg Frame ASSY



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

Exploded View and Parts List

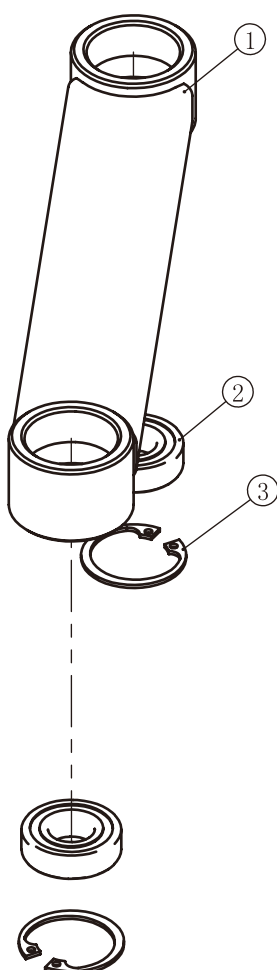
Wheel Frame-B ASSY



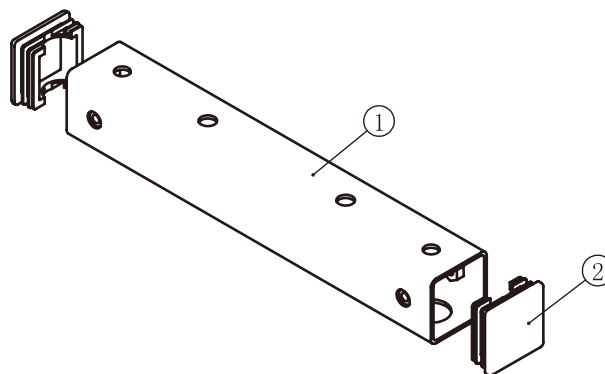
ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	IF93360700	Wheel Frame-B	1
2	7.2	IF93352300	Lining Board	1
3	7.3	IT80087000V1	Rubber Cap	1
4	7.4	IN-S10111200	Rubber Sleeve $\Phi 17 \times 10.5$	2
5	7.5	GB70M8*20DS20	Hexagon Socket Head Cap Screw M8*20	2
6	7.6	GB2766005-2ZC3	Deep Groove Ball Bearing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

Exploded View and Parts List

Connect Frame ASSY



Seat Cushion Support Frame ASSY



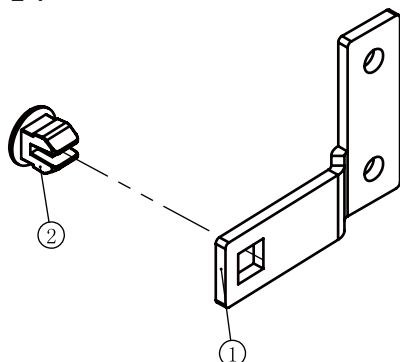
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	IF93350800	Connect Frame	1
2	8.2	GB2766002-2ZC3	Deep Groove Ball Bearing	2
3	8.3	GB893.132FH12	Circlip For Hole	2

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

Exploded View and Parts List

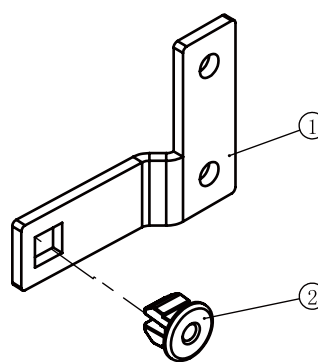
Left Bracket ASSY

14



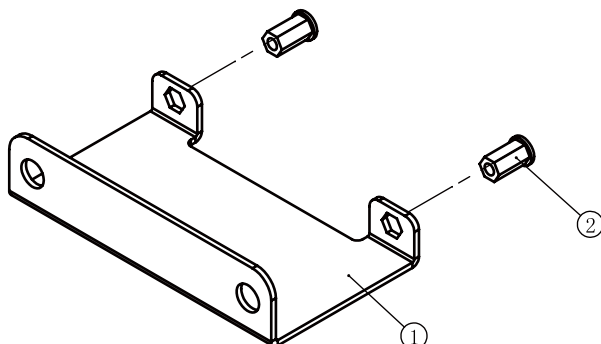
Right Bracket ASSY

15



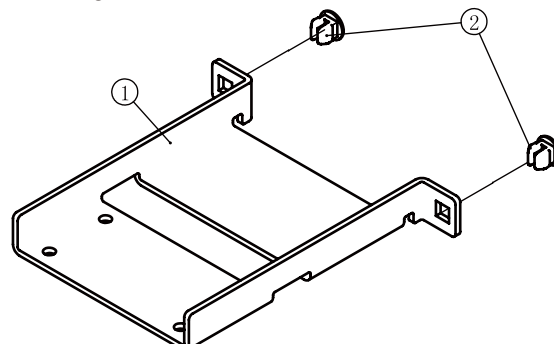
Bottom Bracket ASSY

17



Front Bracket ASSY

16



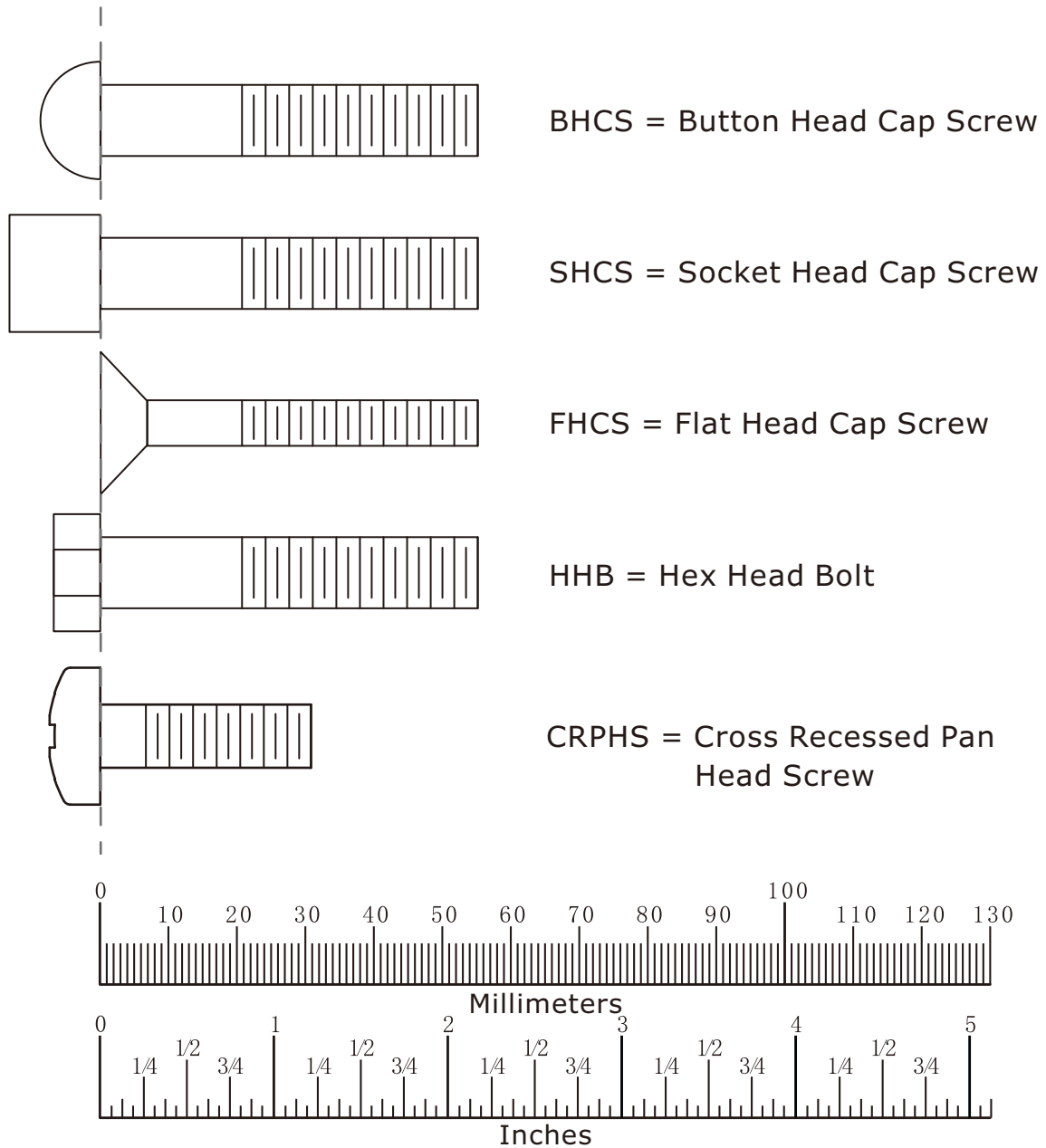
Item No.	Grade No.	Part No.	Description	QTY
1	14.1	FB013500	Left Bracket	1
2	14.2	ECU7P3500	Plastic Nut	1

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

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

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

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

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

Assembly

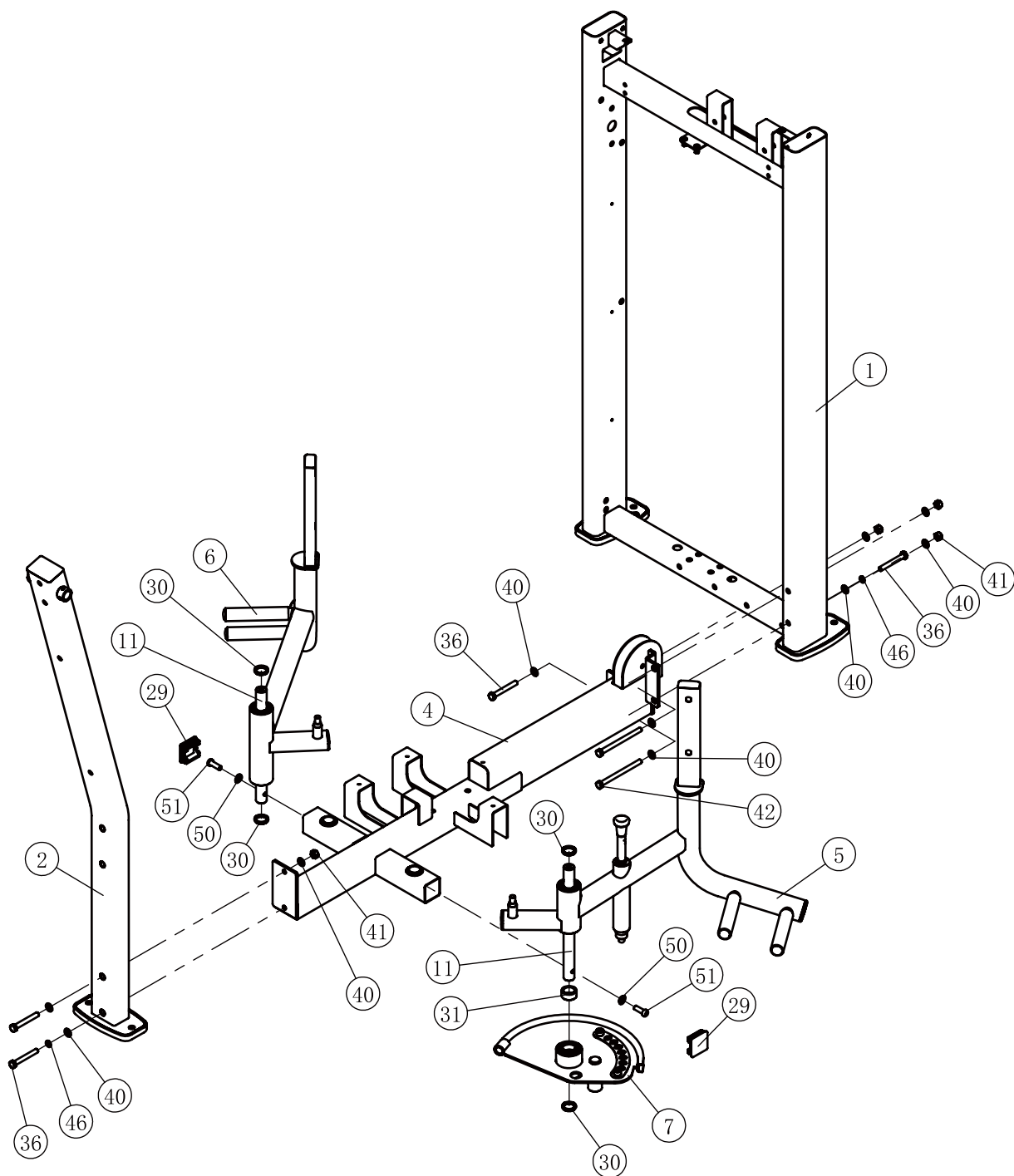
STEP 1

1. Attach the Bottom bracket Frame (#4) to the Weight Stack Frame ASSY (#1) using:
two M10*75 HHB (#36) two M10*130 HHB (#42)
seven $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#40) one $\Phi 10$ Spring Washer (#46)
three M10 Nylon Lock Nut (#41)
2. Attach the Floorstand ASSY (#2) to the Bottom bracket Frame (#4) using:
two M10*75 HHB (#36) three $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#40)
one $\Phi 10$ Spring Washer (#46) one M10 Nylon Lock Nut (#41)
3. Attach two Pivot Shaft $\Phi 25 \times 315$ (#11) and two Plugs (#29) to the Bottom bracket Frame (#4) using:
two M10*30 SHCS (#51) two $\Phi 11 \times \Phi 20 \times 1.5$ Curved Washer (#50)
4. Attach one $\Phi 32 \times \Phi 26 \times 5$ Spacer (#30) to the left side of the Pivot Shaft $\Phi 25 \times 315$ (#11), then put the Left Leg Frame ASSY (#6) on it, in the end put one $\Phi 32 \times \Phi 26 \times 5$ Spacer (#30) on.
5. Attach one $\Phi 32 \times \Phi 26 \times 5$ Spacer (#30) to the right side of the Pivot Shaft $\Phi 25 \times 315$ (#11), then put the Wheel Frame-B ASSY (#7) on it, and put one $\Phi 35 \times \Phi 25.4 \times 16.7$ Spacer (#31) on it, then put the Right Leg Frame ASSY (#5) on it, in the end put one $\Phi 32 \times \Phi 26 \times 5$ Spacer (#30) on.

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

STEP 1



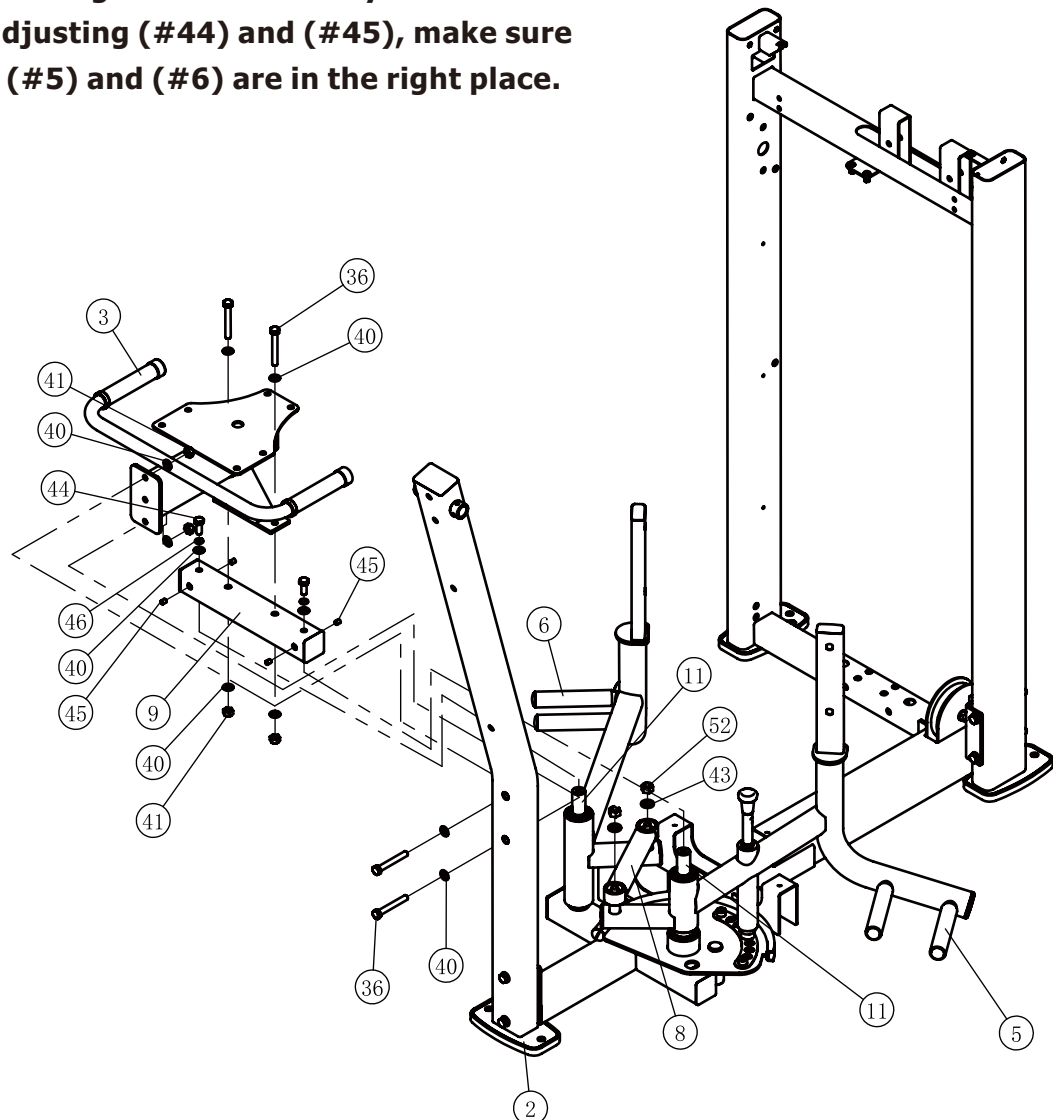
Assembly

STEP 2

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

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

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



Assembly

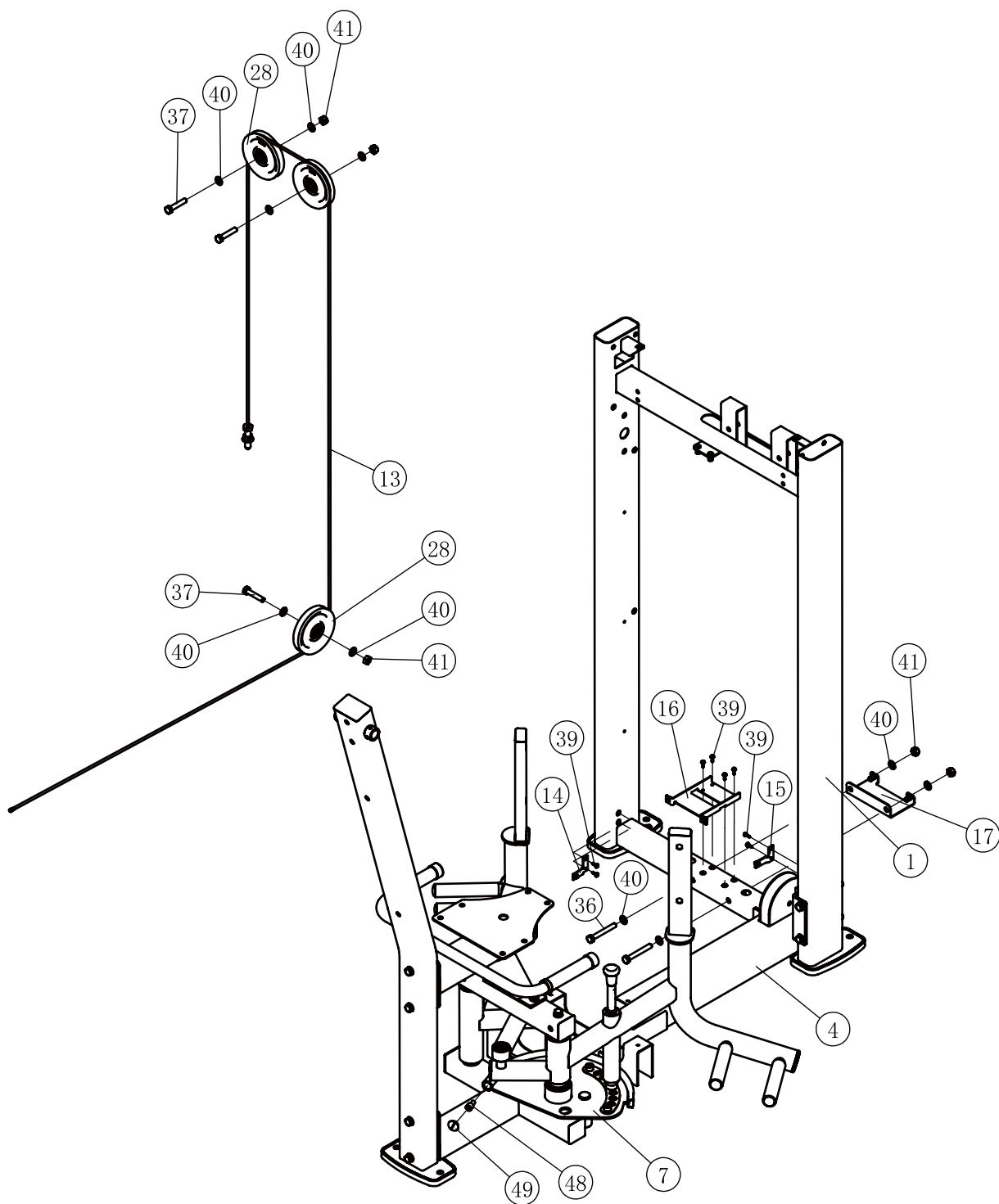
STEP 3

1. Attach one end of the Cable ASSY (#13) to the Wheel Frame-B ASSY (#7) using:
one Aluminum sheath (#48)
Before attach the 4.5" Pulley to the frame, you should lead the other end of the Cable ASSY (#13) across it.
2. Attach two 4.5" Pulley (Spacer) (#28) to the Weight Stack Frame ASSY (#1) using:
two M10*50 HHB (#37) two M10 Nylon Lock Nut (#41)
four Φ11*Φ20*2 Flat Washer (#40)
3. Attach one 4.5" Pulley (Spacer) (#28) to the Bottom bracket Frame (#4) using:
one M10*50 HHB (#37) two Φ11*Φ20*2 Flat Washer (#40)
one M10 Nylon Lock Nut (#41)
4. Attach the Plug (#49) to the Wheel Frame-B ASSY (#7).
5. Attach the Bottom Bracket ASSY (#17) to the Weight Stack Frame ASSY (#1) using:
two M10*75 HHB (#36) four Φ11*Φ20*2 Flat Washer (#40)
two M10 Nylon Lock Nut (#41)
6. Attach one Front Bracket ASSY (#16) to the Weight Stack Frame ASSY (#1) using:
four ST4.2*16 Cross Disc Self Tapping Screw (#39)
7. Attach one Left Bracket ASSY (#14) and one Right Bracket ASSY (#15) to the Weight
Stack Frame ASSY (#1) using:
four ST4.2*16 Cross Disc Self Tapping Screw (#39)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

Assembly

STEP 3



Assembly

STEP 4

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

1. Attach:

one Top Plate (#20)

two Weight Rubber Bumper (#32)

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

fifteen Weight Plate 10LBS (#101)

two weight stack space (#103)

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

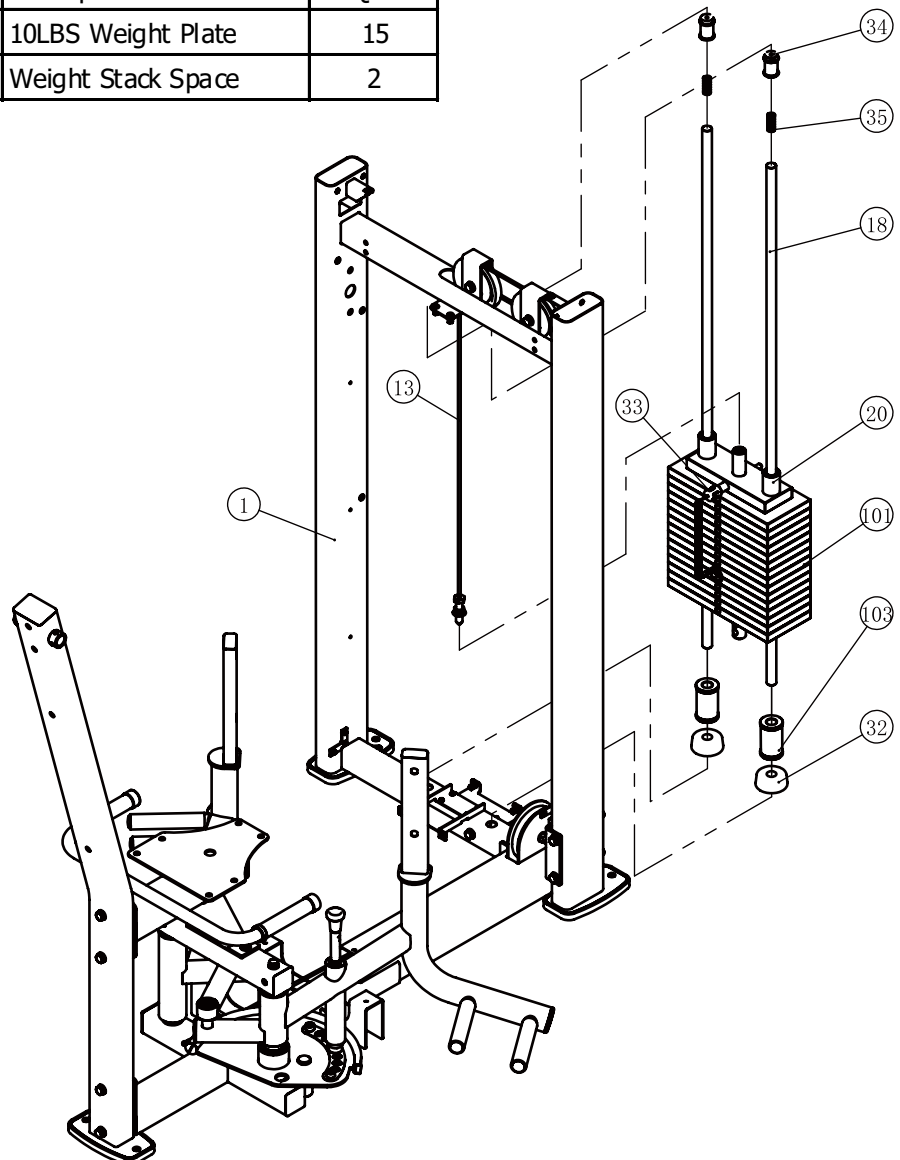
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)

two Spring (#35)

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

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

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



Assembly

STEP 4

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

1. Attach:

one Top Plate (#20)

two Weight Rubber Bumper (#32)

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

nineteen Weight Plate 10LBS (#101)

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

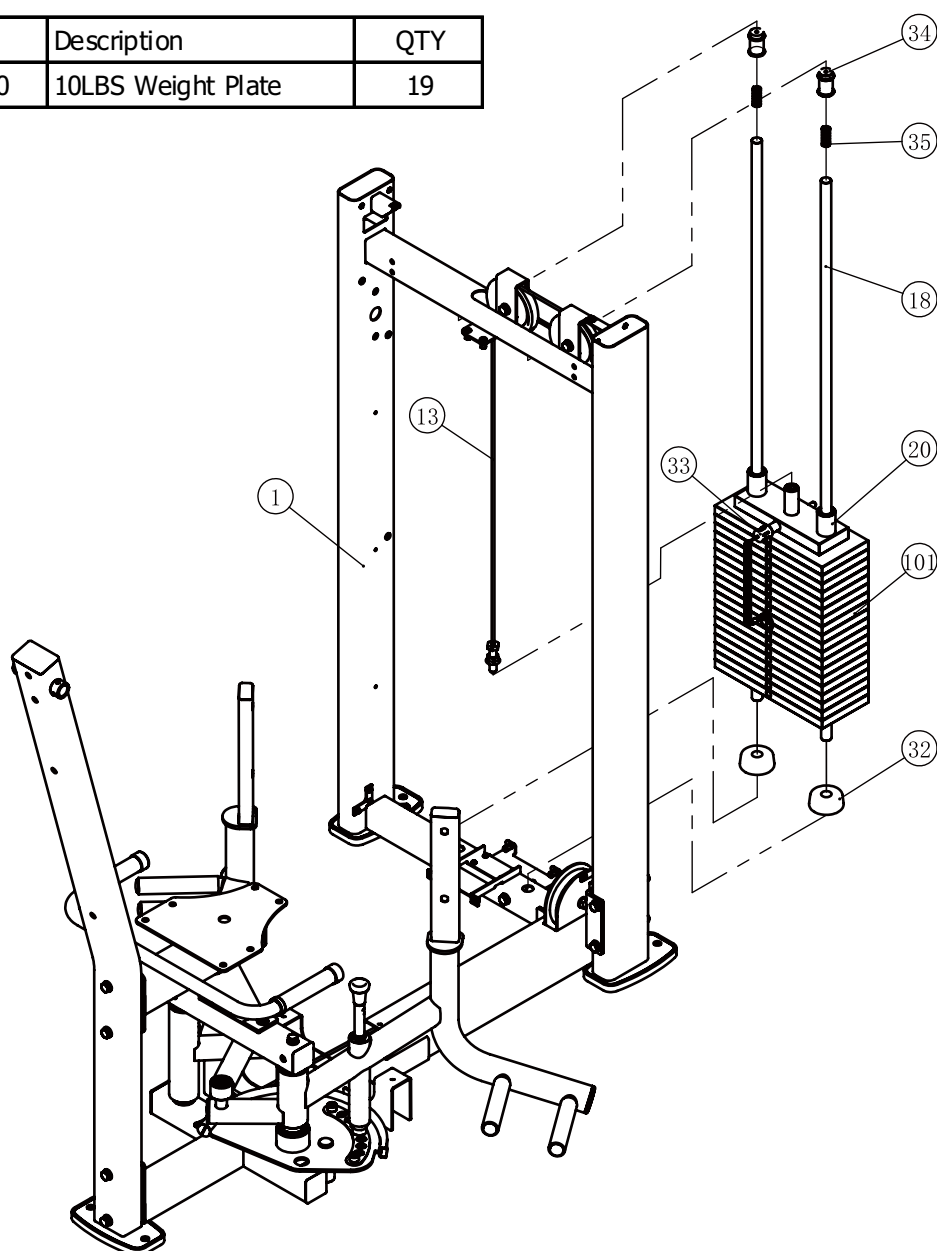
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)

two Spring (#35)

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

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

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



Assembly

STEP 4

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

1. Attach:

one Top Plate (#20)

two Weight Rubber Bumper (#32)

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

fifteen Weight Plate 15LBS (#102)

two weight stack space (#103)

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

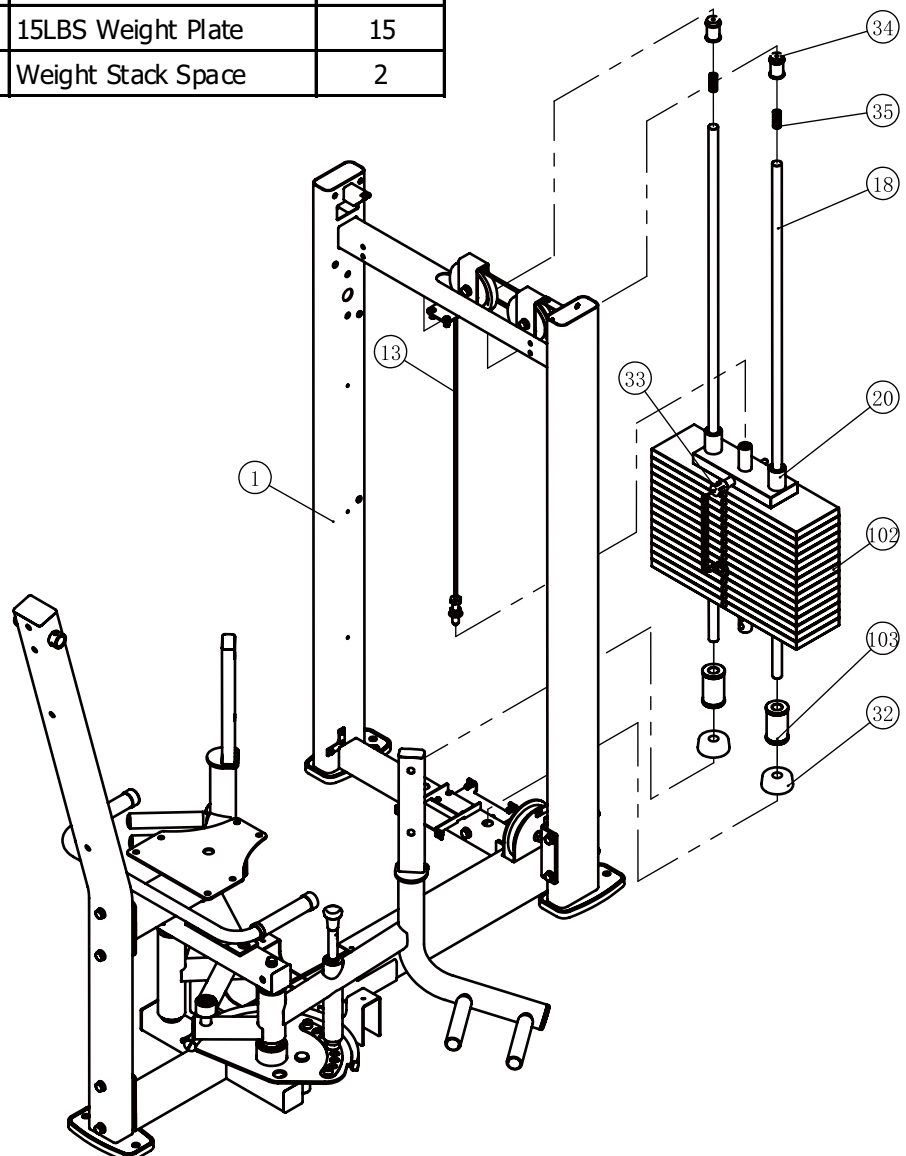
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)

two Spring (#35)

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

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

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



Assembly

STEP 4

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

1. Attach:

one Top Plate (#20)

two Weight Rubber Bumper (#32)

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

nineteen Weight Plate 15LBS (#102)

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

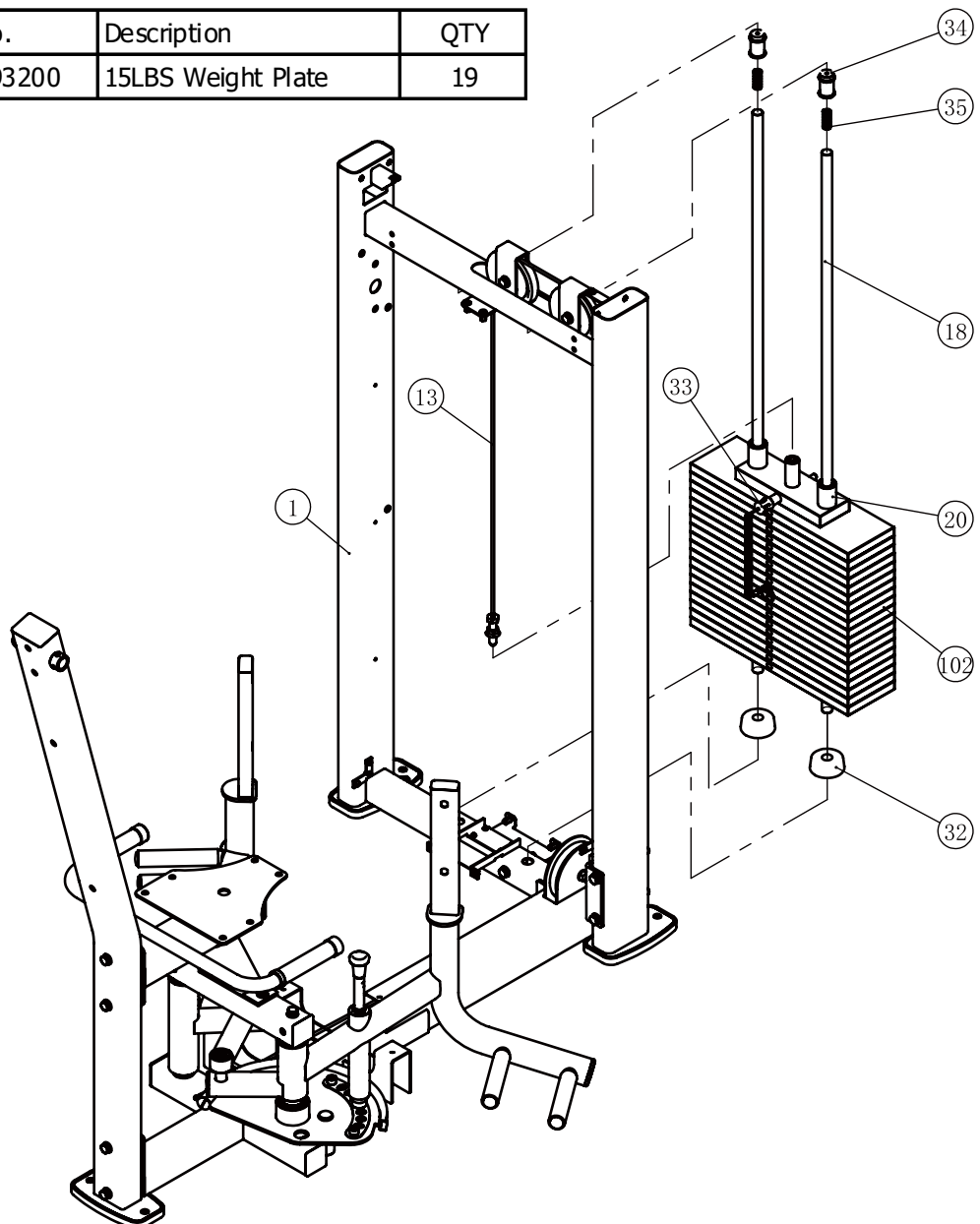
two Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ (#34)

two Spring (#35)

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

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

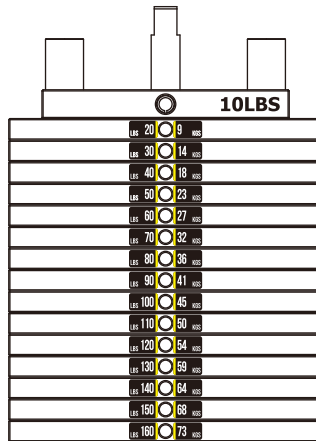
Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19



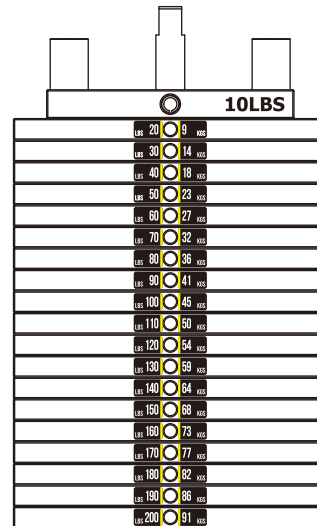
Assembly

All weight plate sticker paste schematic diagram

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

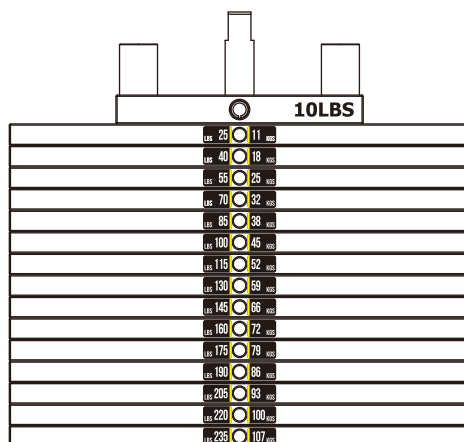


20-160LBS

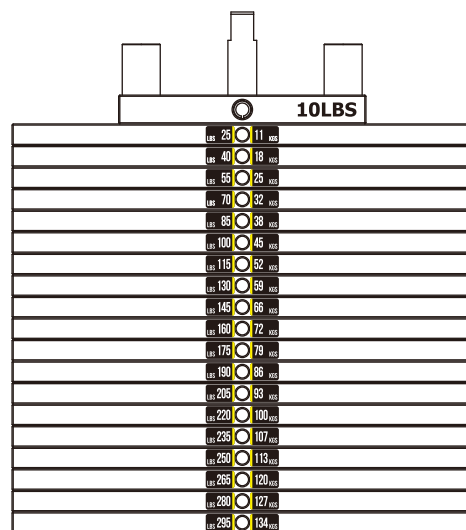


20-200LBS

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

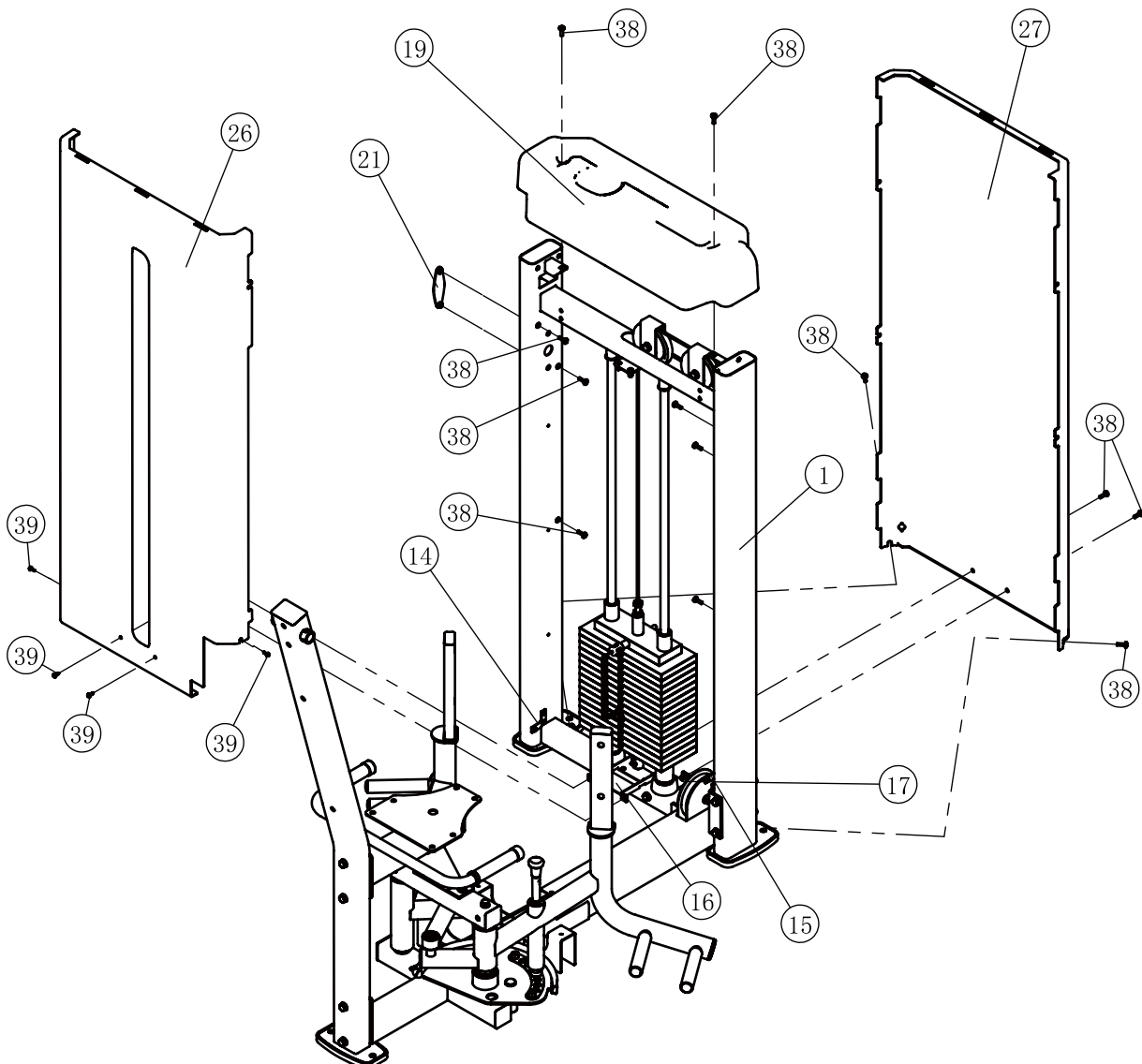


25-295LBS

Assembly

STEP 5

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

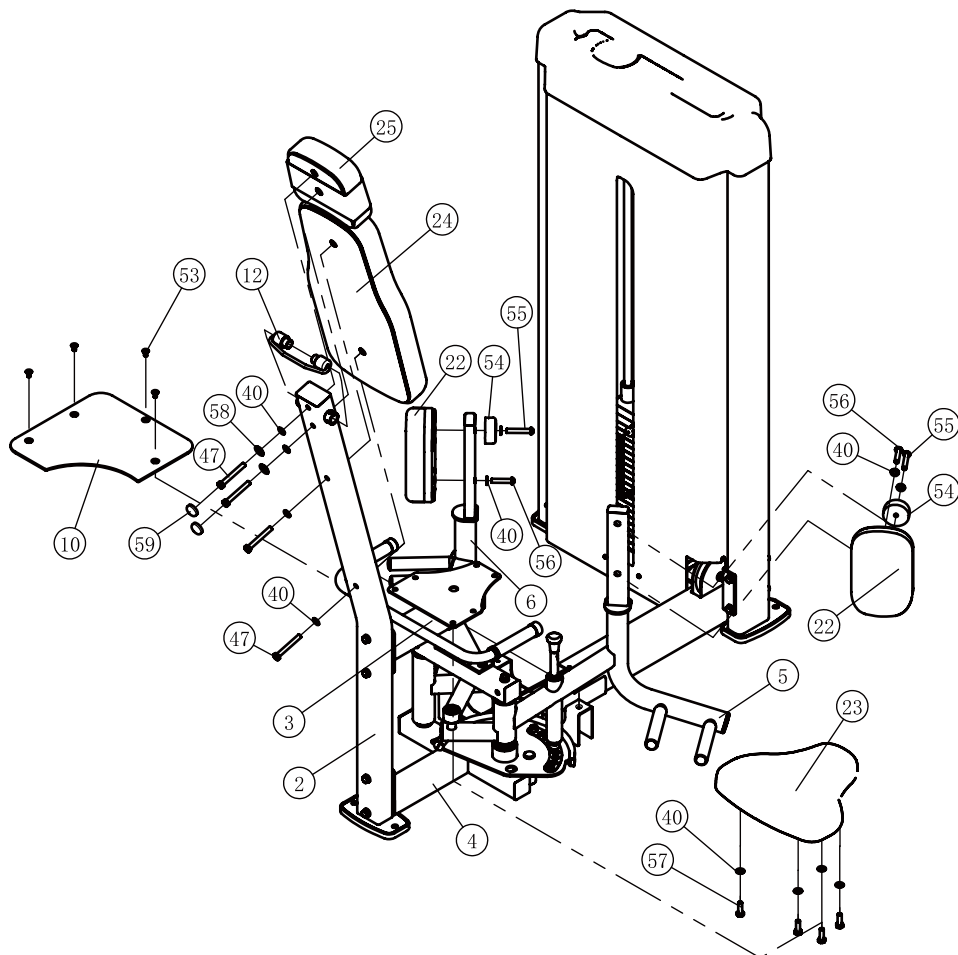


Assembly

STEP 6

1. Attach two Leg Pad (#22) to the Left Leg Frame ASSY (#6) and the Right Leg Frame ASSY (#5) using:
four M10*50 HHB (#56) four $\Phi 11 * \Phi 20 * 2$ Flat Washer (#40)
two M10*60 BHCS (#55) two Big Rubber (#54)
2. Attach one Seat Pad (#23) to the Seat Pad Frame ASSY (#3) using:
four M10*30 HHB (#57) four $\Phi 11 * \Phi 20 * 2$ Flat Washer (#40)
3. Attach one Back Pad (#24) and one Head Pad ASSY (#25) to the Floorstand ASSY (#2) using:
four M10*80 HHB (#47) four $\Phi 11 * \Phi 20 * 2$ Flat Washer (#40)
two BASE WASHER FOR PLASTIC CAP (#58) two PLASTIC CAP (#59)
4. Attach the Cover Plate-B (#10) to the Bottom bracket Frame (#4) using:
four M8*15 FHCS (#53)
5. Attach the Towel Rack ASSY (#12) to the Floorstand ASSY (#2).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



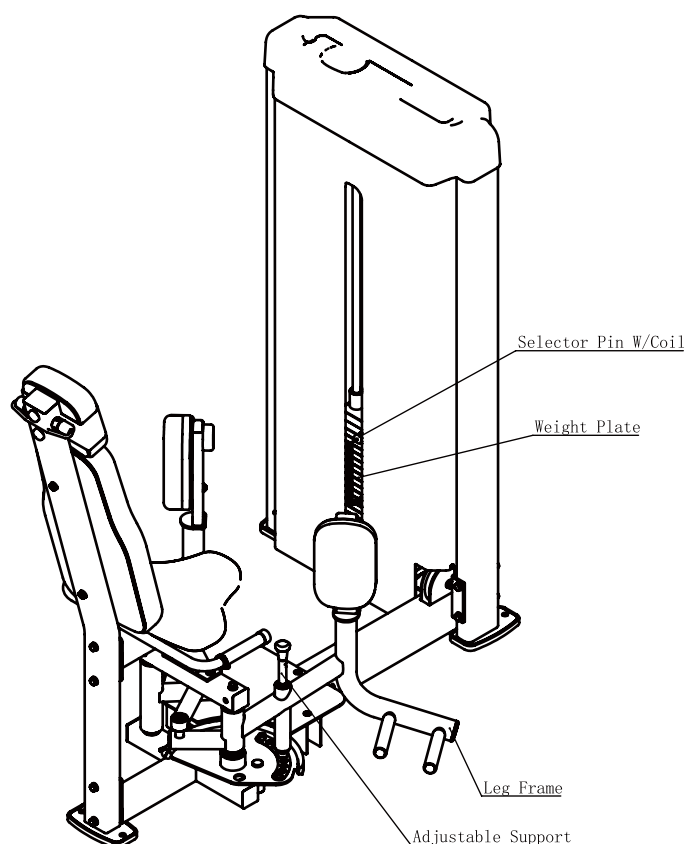
Adjust Instructions and Exercise Instructions

The Use Position adjustment

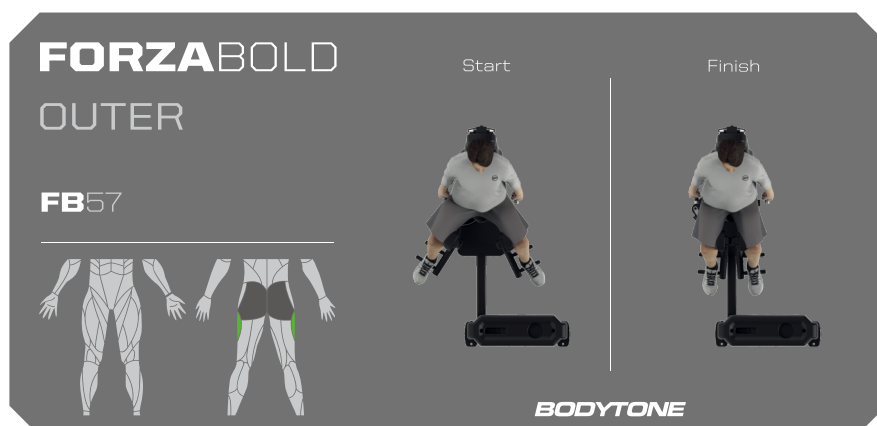
1. Pull the Adjustable Support and Adjust the Leg Frame to the desired position.
2. Make sure the pin gets into the hole completely.

The use of Selector Pin W/Coil

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



Exercise Instructions



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



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