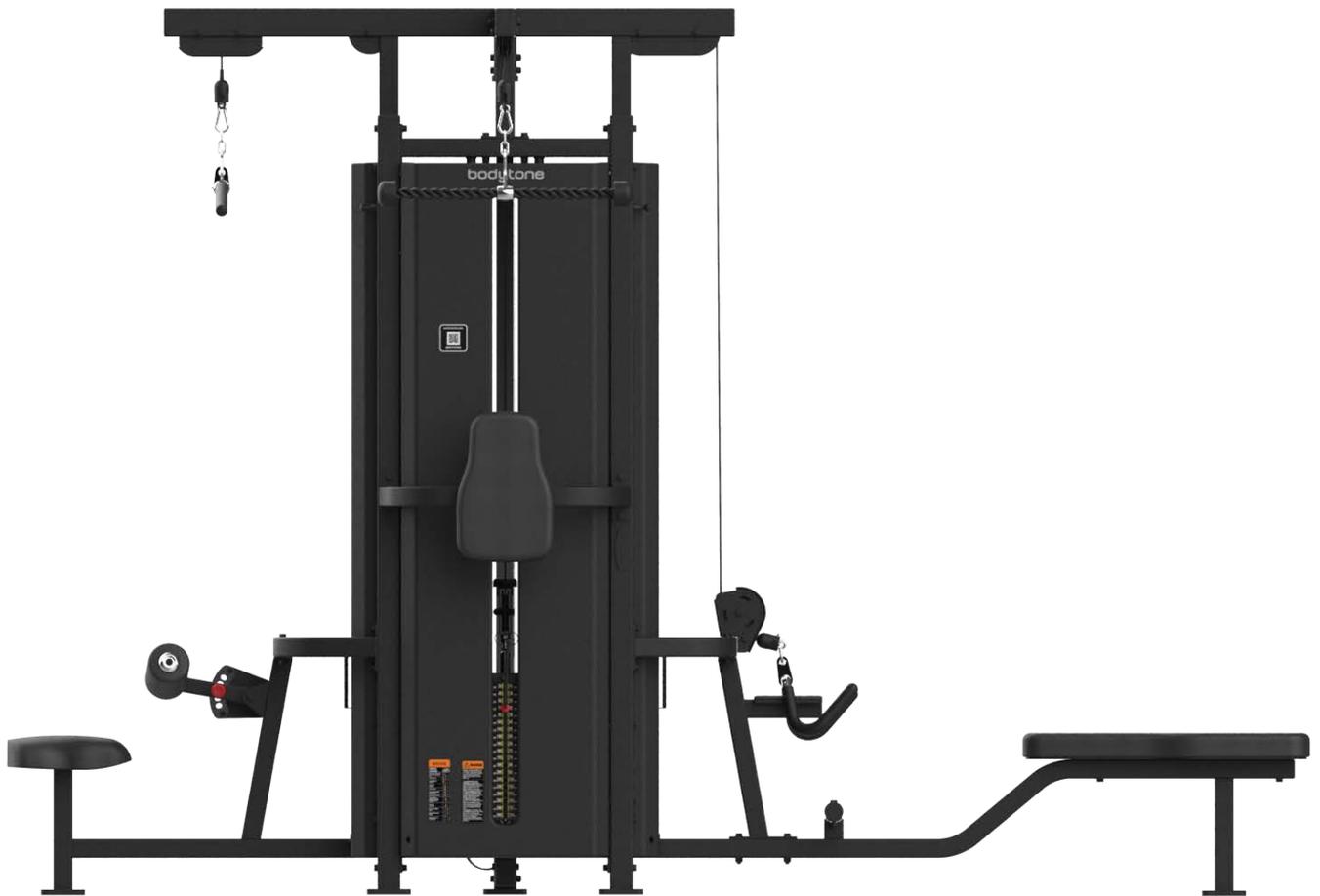


# bodytone

## FORZA BOLD FC4S

4 STATIONS



## 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.

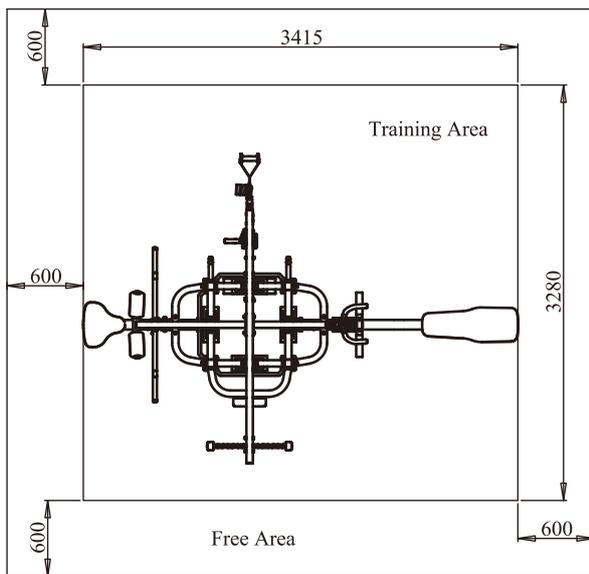
# Important Safety Instructions

## 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: 3415\*2445\*2338mm

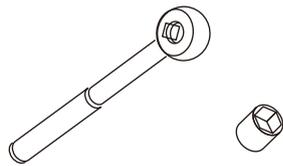
Product Total Surface: 3415\*3280mm

# Instructions

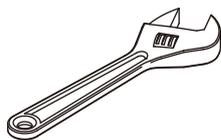
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

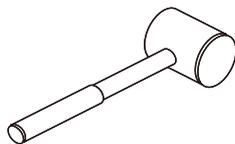
## Tools Required



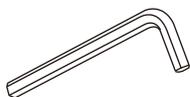
Ratchet Wrench and Socket



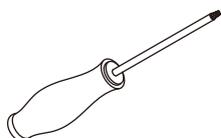
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	FC4S01ASSY	Weight Stack Frame ASSY	2
2	IF932704ASSY	Row Seat Frame ASSY	1
3	IF932706ASSY	Row Connection Frame ASSY	1
4	IT95014200	Top Plate	4
5	IT951550ASSY	Pulley Bracket W/Shaft ASSY	1
6	TS10001600V1	Guide Rod $\Phi$ 19*1829	8
7	FB013400	Spout Plug	4
8	FB0135ASSY	Left Bracket ASSY	8
9	FB0136ASSY	Right Bracket ASSY	8
10	IF93270500	Lat Connection Frame	1
11	IF932707ASSY	Row Support Frame ASSY	1
12	FC4SB08ASSY	Row Top Bracket ASSY	1
13	FC4SB09ASSY	Lat Top Bracket ASSY	1
14	FC4S1100	Triceps Bottom Bracket	1
15	IF93271300	Top Bracket	1
16	IF93271400	Triceps Top Bracket	1
17	IF932715ASSY	Handle Frame ASSY	2
18	IF930208FBASSY	Foam Frame ASSY	1
19	FE971416ASSY	Circular Foot Frame ASSY	1
20	IF93272100	Limit Bumper	2
21	IT80023000	Weight Rubber Bumper	8
22	IF93273000	Row Cable	1
23	IF93273100	Lat Cable	1
24	IF93273200	Triceps Cable	1
25	IF93273300	Adjustable HI/LO Pulley Cable	1
26	SG500110400V5	4.5" Pulley	5
27	KFFT2200	Triceps Rope	1
28	IT95255200	Strap Handle	1
29	V310800	Leg Extension/Curl Strap	1
30	IF93270200	Back Pad Support Frame	1
31	FC4S03ASSY	Lat Seat Frame ASSY	1
32	FC4SB10ASSY	Top Cross Fame ASSY	1
33	FC4S12ASSY	Bottom Bracket ASSY	1
34	IF932718FCASSY	Slip Frame ASSY	1

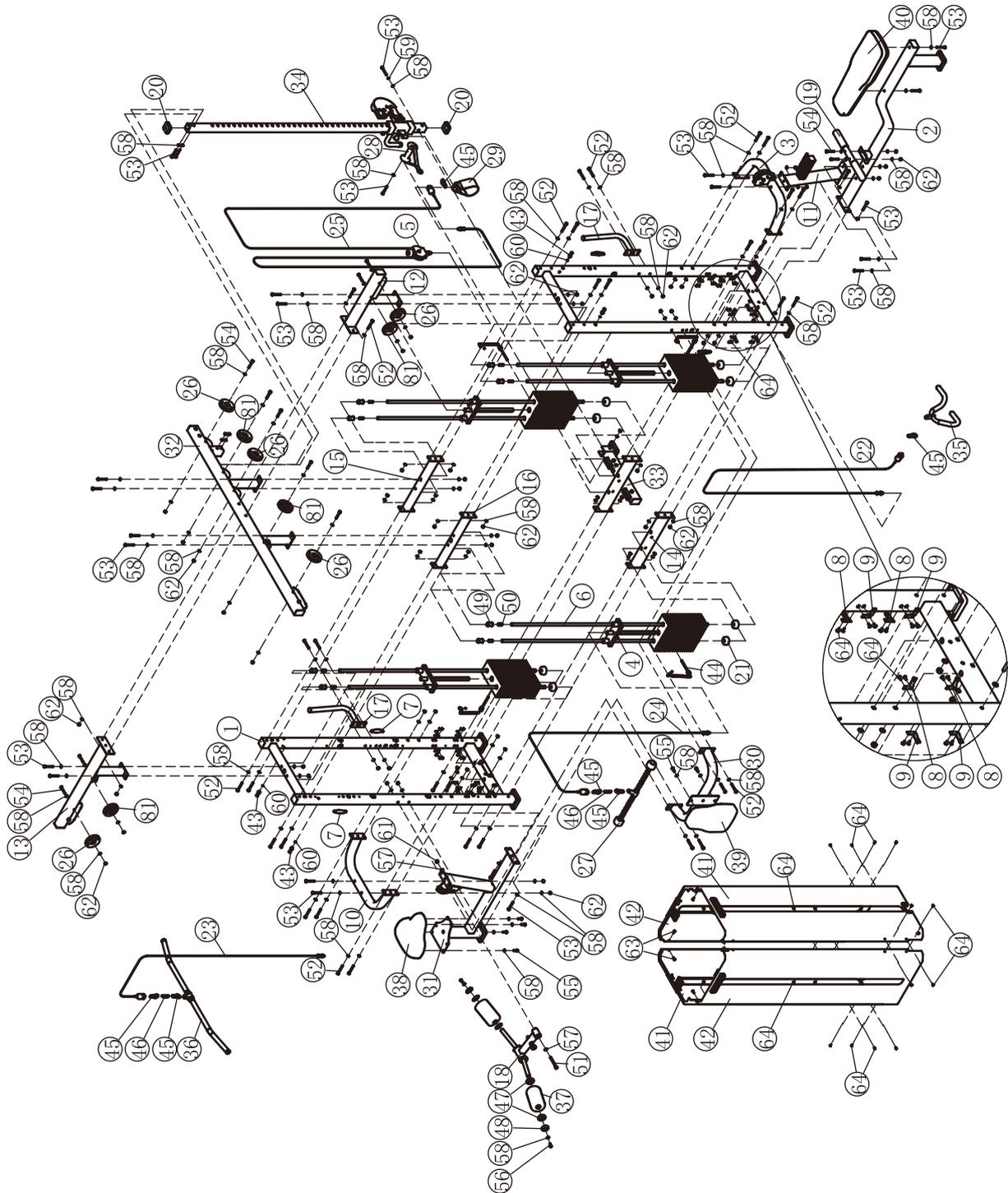
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
35	IF932206ASSY	Row Bar ASSY	1
36	V30900V1	Lat Bar ASSY	1
37	IF81023500V5	Foam	2
38	FE970112200V1	Seat Pad	1
39	FC4S5100	Back Pad	1
40	FB115100	Long Seat Pad	1
41	FC4SB42ASSY	Front Shroud 1 ASSY	2
42	FC4SB43ASSY	Front Shroud 2 ASSY	2
43	IT95274400	Hanger Column	4
44	IT90012000V1P201C	Selector Pin W/Coil	4
45	HLG8N22	Gear Hook	6
46	LHφ5*2DS2	Chain φ5*2	2
47	HF1652100	Plastic Washer	4
48	IF81022000PBC	End Cap	2
49	IT95016100	Guide Rod Fixing Sleeveφ25*φ19*45	8
50	HFOPT900-04A0602	Spring	8
51	GB5780M12*105DHS20	Hex Head Bolt M12*105	1
52	GB5780M10*80DHS20	Hex Head Bolt M10*80	34
53	GB5780M10*75DHS20	Hex Head Bolt M10*75	24
54	GB5780M10*65DHS20	Hex Head Bolt M10*65	11
55	GB5781M10*30DHS20	Hex Head Bolt M10*30	6
56	PNLM10*30*30DHS20NL	Button Head Cap Screw M10*30	2
57	GB9512DHS2	Flat Washer φ13*φ24*2.5	2
58	GB9510DHS2	Flat Washer φ11*φ20*2	143
59	GB9310DHS12	Spring Washer φ10	1
60	GB938DHS12	Spring Washer φ8	4
61	NM12DHS2	Nylon Lock Nut M12	1
62	NM10DHS2	Nylon Lock Nut M10	66
63	GB818M6*20DHS2	Cross Recessed Pan Head Screws M6*20	8
64	GB9074ST4.2*16DHS	Cross Recessed Pan Head Tapping Screws ST4.2*16	48
65	LW200BS	Wrench φ6*117	1
66	NBS0.188DHS	Hex Key S=3/16"	1
67	NBS6DHS	Hex Key S=6	1
68	YHY	Lube	1
81	CG2L1700	4.5" Pulley with Magnet	4

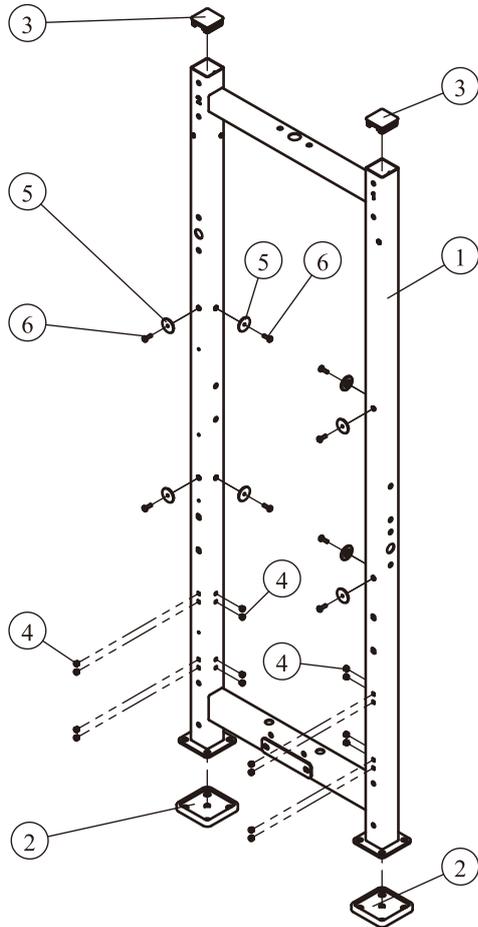
# Exploded View and Parts List

## Overall

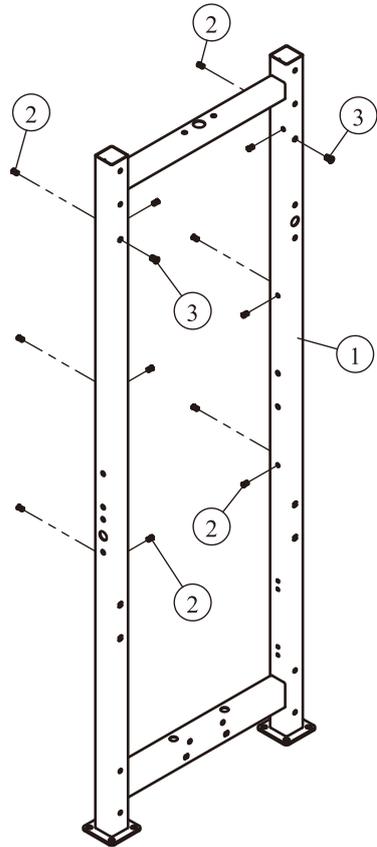


# Exploded View and Parts List

## Weight Stack Frame ASSY



## Weight Stack Frame Sub ASSY



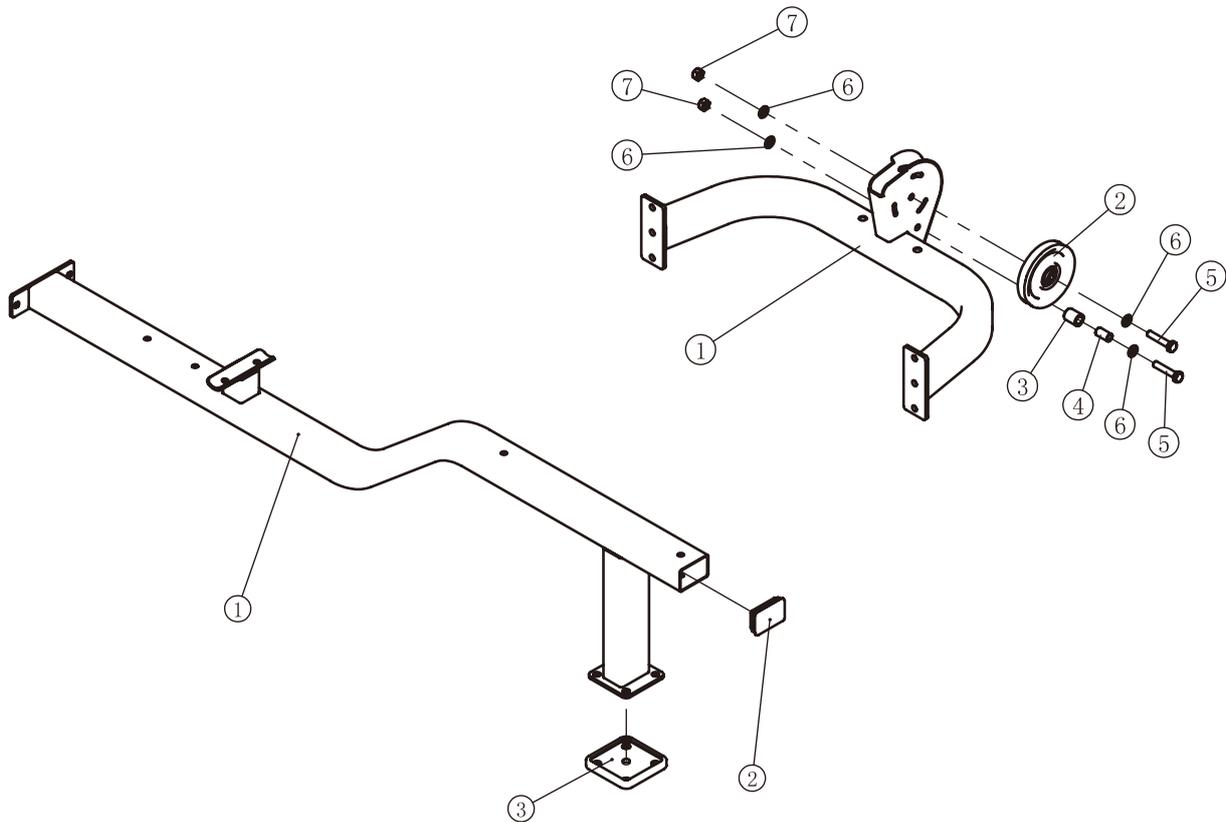
Grade No.	Part No.	Description	QTY
1.1	FC4S0100ASSY	Weight Stack Frame Sub ASSY	1
1.2	IF93272000	Foot Plate	2
1.3	IPB-XL0011900	Plug □60	2
1.4	ECU7P3500	Plastic Nut	16
1.5	IT95015900	Plastic Block	8
1.6	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	8

Grade No.	Part No.	Description	QTY
1.1.1	FC4S0100	Weight Stack Frame	1
1.1.2	GB17880.3M6*15DS17	Rivet Nut M6	12
1.1.3	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

# Exploded View and Parts List

## Row Seat Frame ASSY

## Row Connection Frame ASSY

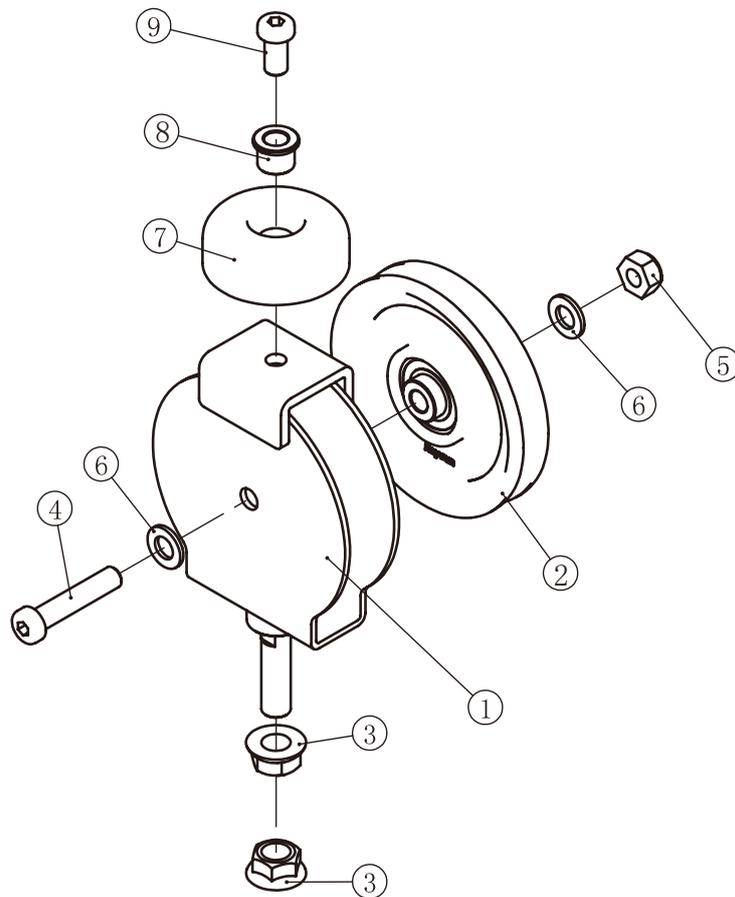


Grade No.	Part No.	Description	QTY
2.1	IF93270400	Row Seat Frame	1
2.2	KPSFID2800	Plug □50.8*76.2	1
2.3	IF93272000	Foot Plate	1

Grade No.	Part No.	Description	QTY
3.1	IF93270600	Row Connection Frame	1
3.2	SG500110400V5	4.5" Pulley	1
3.3	IT9327G13600	Plastic Sleeve	1
3.4	IT9327G13700	Shaft Sleeve	1
3.5	GB5780M10*50DS20	Hex Head Bolt M10*50	2
3.6	GB9510DS20	Flat Washer Φ11*Φ20*2	4
3.7	NM10DS2	Nylon Lock Nut M10	2

# Exploded View and Parts List

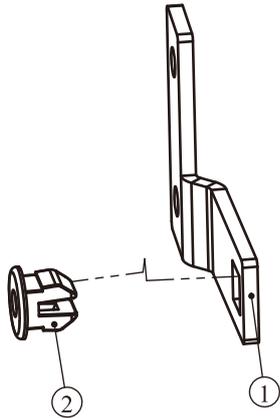
## Pulley Bracket W/Shaft ASSY



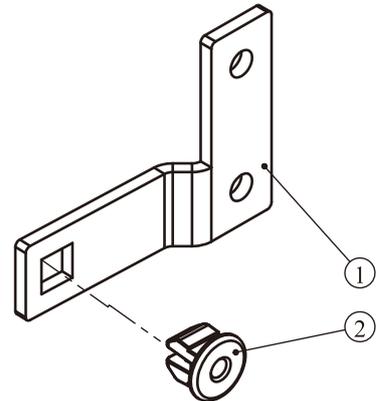
Grade No.	Part No.	Description	QTY
5.1	IT95155000	Pulley Bracket W/Shaft	1
5.2	SG500110400V5	4.5" Pulley	1
5.3	HF900-03A1002V1	Hex Flange Nut	2
5.4	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
5.5	NM10DN2	Nylon Lock Nut M10	1
5.6	GB9510DN2	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
5.7	PL90221500	Rubber Bumper	1
5.8	M02903100	PULLEY SPACER	1
5.9	GB70BTM10*20DN18	Socket Head Cap Screw M10*20	1

# Exploded View and Parts List

## Left Bracket ASSY



## Right Bracket ASSY

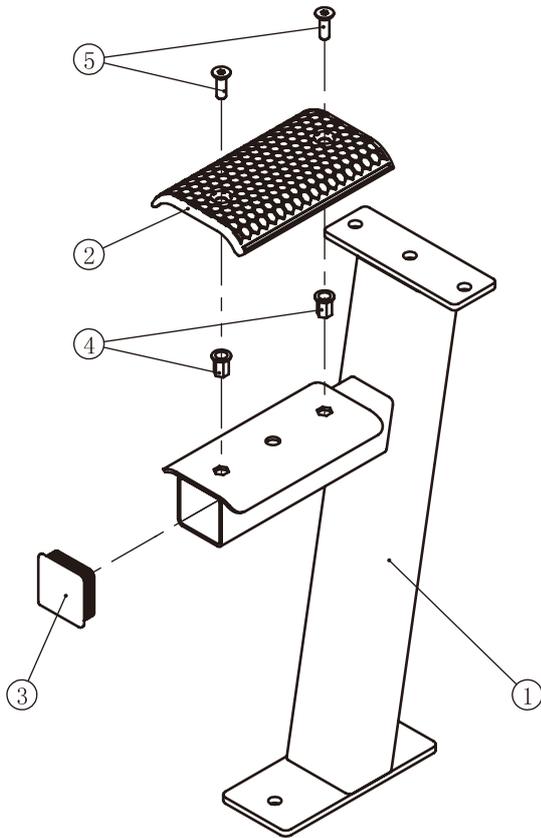


Grade No.	Part No.	Description	QTY
8.1	FB013500	Left Bracket	1
8.2	ECU7P3500	Plastic Nut	1

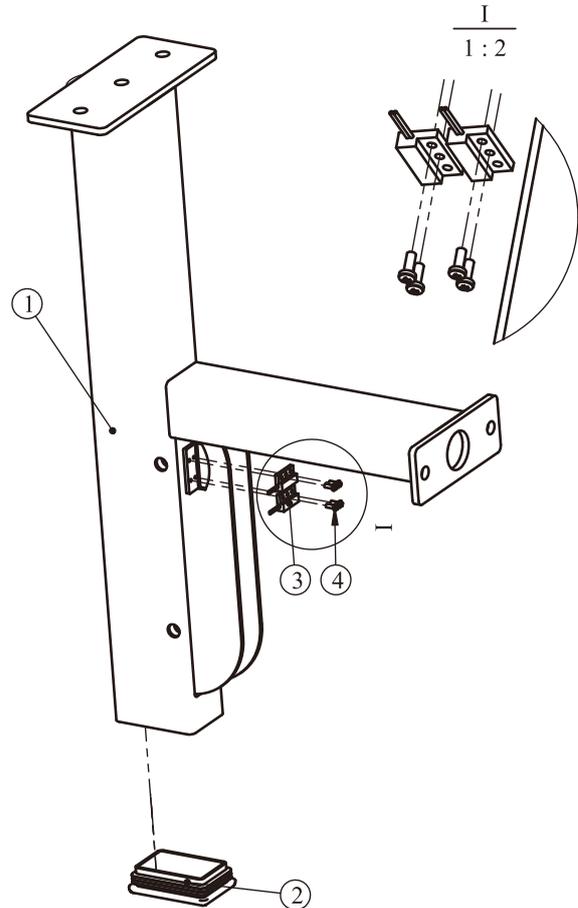
Grade No.	Part No.	Description	QTY
9.1	FB013600	Right Bracket	1
9.2	ECU7P3500	Plastic Nut	1

# Exploded View and Parts List

## Row Support Frame ASSY



## Row Top Bracket ASSY

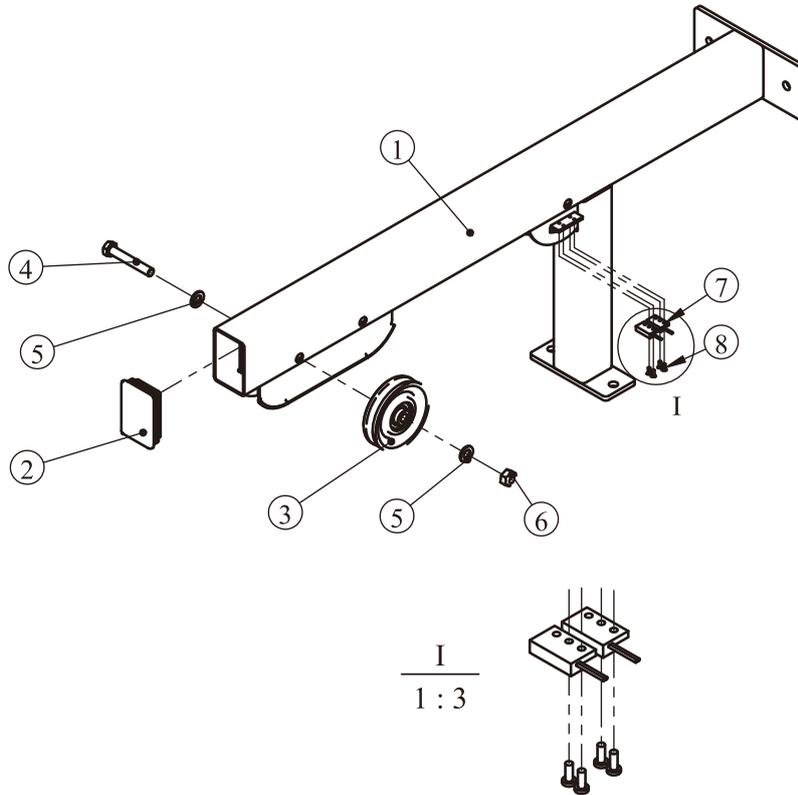


Grade No.	Part No.	Description	QTY
11.1	IF93270700	Row Support Frame	1
11.2	IF93223100	Foot Plate	1
11.3	KPSFID3000	Plug □50.8	1
11.4	GB17880.5M8*16.5DCS17	Rivet Nut M8	2
11.5	CNLM8*25*25DS20	Flat Head Cap Screw M8*25	2

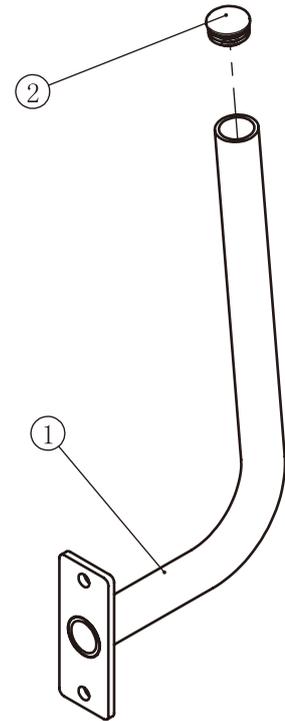
Grade No.	Part No.	Description	QTY
12.1	FC4SB0800	Row Top Bracket	1
12.2	KPSFID2800	Plug □50.8*76.2	1
12.3	DQCGQ01	Sensor	2
12.4	GB818M3*8DHS2	Screw M3*8	4

# Exploded View and Parts List

## Lat Top Bracket ASSY



## Handle Frame ASSY

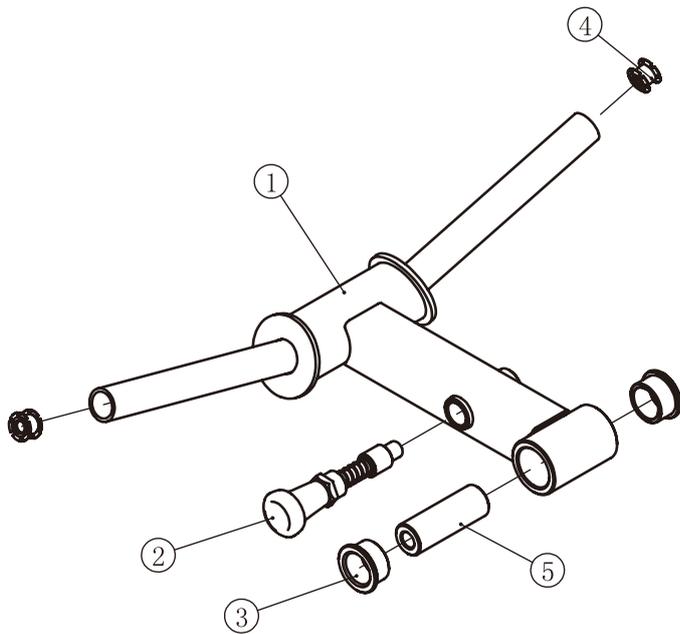


Grade No.	Part No.	Description	QTY
13.1	FC4SB0900	Lat Top Bracket	1
13.2	KPSFID2800	Plug □50.8*76.2	1
13.3	M01004800V3	3.5" Pulley	1
13.4	GB5780M10*65DHS20	Hex Head Bolt M10*65	1
13.5	GB9510DHS2	Flat Washer Φ11*Φ20*2	2
13.6	NM10DHS2	Nylon Lock Nut M10	1
13.7	DQCGQ01	Sensor	2
13.8	GB818M3*8DHS2	Screw M3*8	4

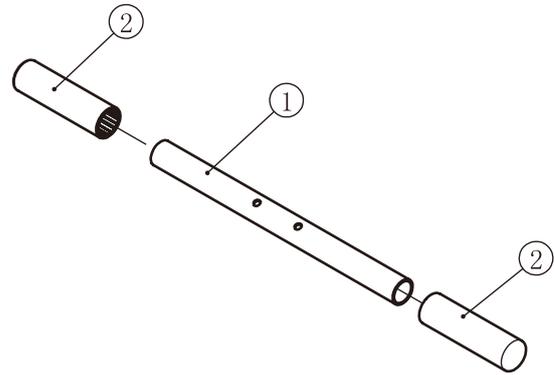
Grade No.	Part No.	Description	QTY
17.1	IF93271500	Handle Frame	1
17.2	BNH0573	Plug Φ32	1

# Exploded View and Parts List

## Foam Frame ASSY



## Circular Foot Frame ASSY

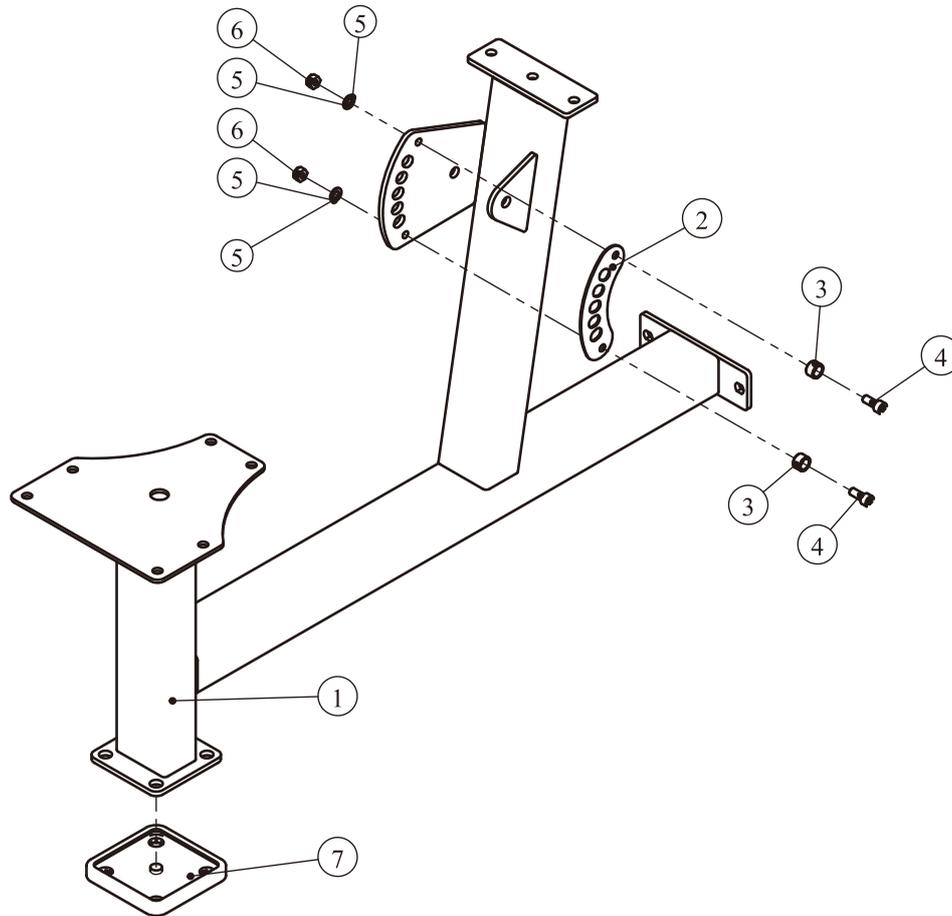


Grade No.	Part No.	Description	QTY
18.1	IF93020800	Foam Frame	1
18.2	IT95021600P201C	Pin	1
18.3	M02502000	Space $\Phi 38*\Phi 32*\Phi 25.4*18$	2
18.4	IF81165000	Lock Nut $\Phi 25$	2
18.5	IT90021200V1	Axle $\Phi 25.4*\Phi 12.5*72.5$	1

Grade No.	Part No.	Description	QTY
19.1	FE970112000	Foot Set	2
19.2	FE97141600	Tube $\Phi 41.4*2.5*500$	1

# Exploded View and Parts List

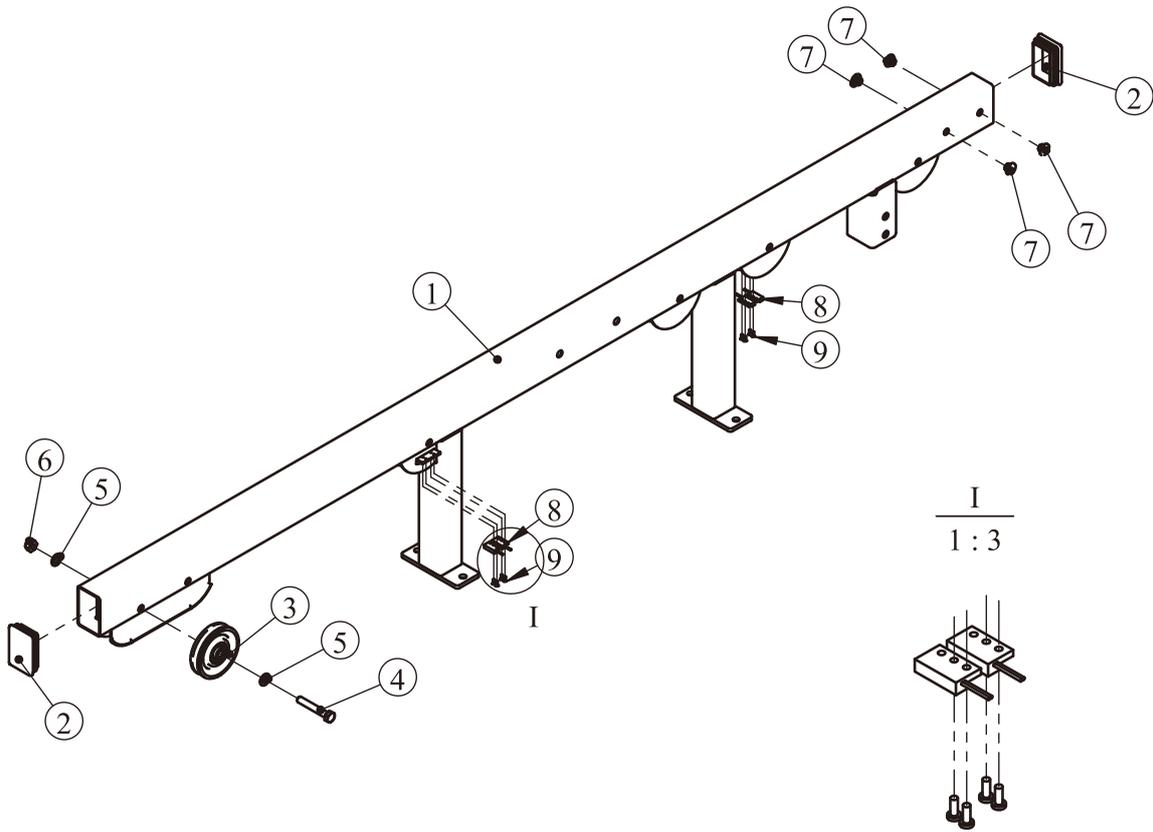
## Lat Seat Frame ASSY



Grade No.	Part No.	Description	QTY
31.1	FC4S0300	Lat Seat Frame	1
31.2	IT90021100	Scaleboard	1
31.3	IN-S10111200	Stop Spacer $\Phi 17 \times 10.5$	2
31.4	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
31.5	GB958DS20	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
31.6	NM8DS2	Nylon Lock Nut M8	2
31.7	IF93272000	Foot Plate	1

# Exploded View and Parts List

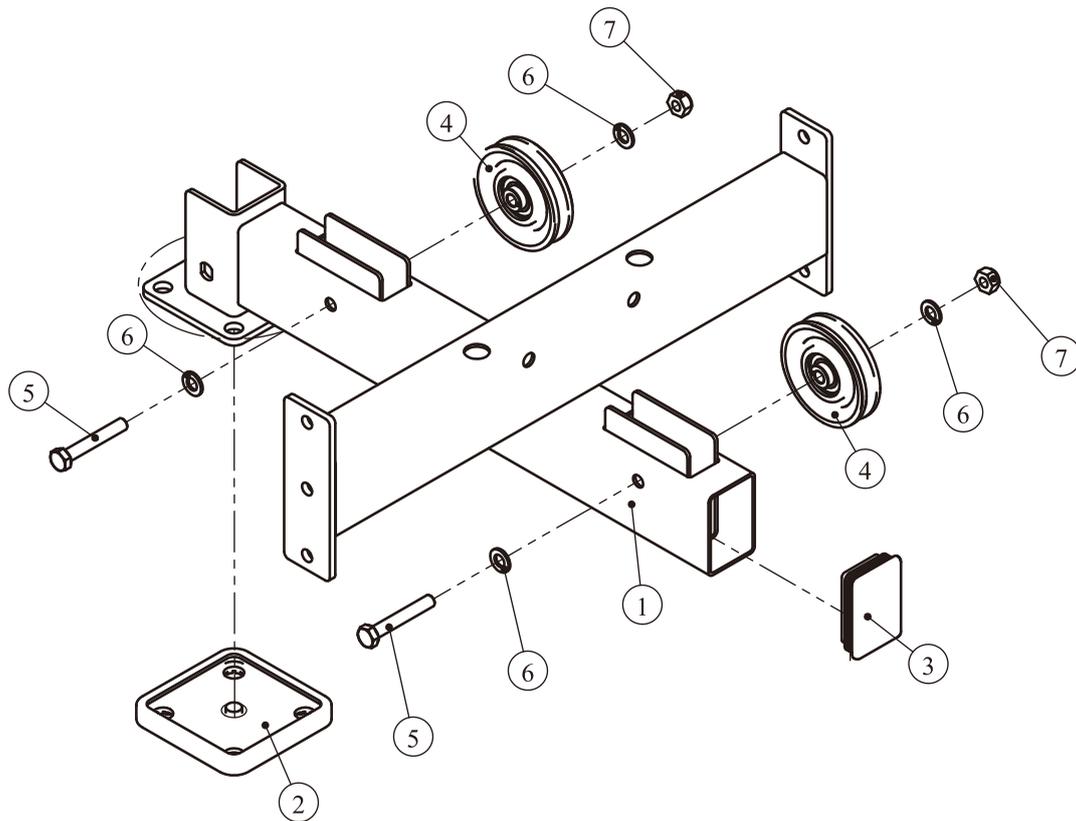
## Top Cross Fame ASSY



Grade No.	Part No.	Description	QTY
32.1	FC4SB1000	Lat Top Bracket	1
32.2	KPSFID2800	Plug $\square 50.8 \times 76.2$	2
32.3	M01004800V3	3.5" Pulley	1
32.4	GB5780M10*65DHS20	Hex Head Bolt M10*65	1
32.5	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	2
32.6	NM10DHS2	Nylon Lock Nut M10	1
32.7	RSM625WS20000	Plug $\Phi 11$	4
32.8	DQCGQ01	Sensor	4
32.9	GB818M3*8DHS2	Screw M3*8	8

# Exploded View and Parts List

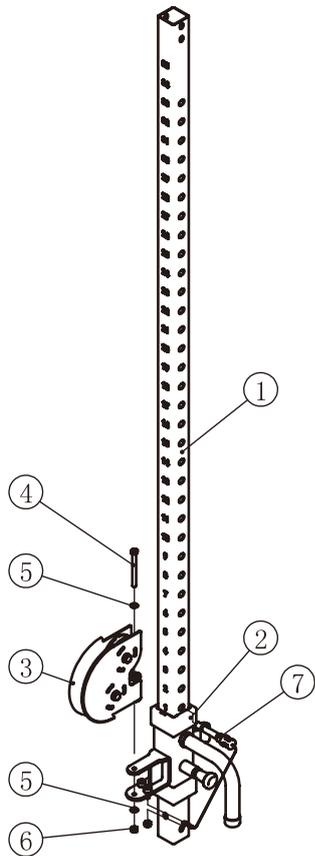
## Bottom Bracket ASSY



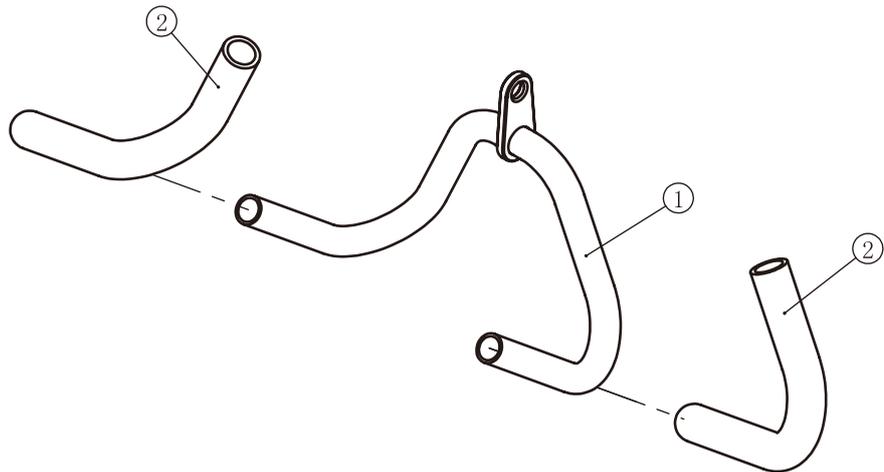
Grade No.	Part No.	Description	QTY
33.1	FC4S1200	Bottom Bracket	1
33.2	IF93272000	Foot Plate	1
33.3	KPSFID2800	Plug □50.8*76.2	1
33.4	M01004800V3	3.5" Pulley	2
33.5	GB5780M10*65DS20	Hex Head Bolt M10*65	2
33.6	GB9510DS20	Flat Washer $\Phi 11*\Phi 20*2$	4
33.7	NM10DS2	Nylon Lock Nut M10	2

# Exploded View and Parts List

## Slip Frame ASSY



## Row Bar ASSY

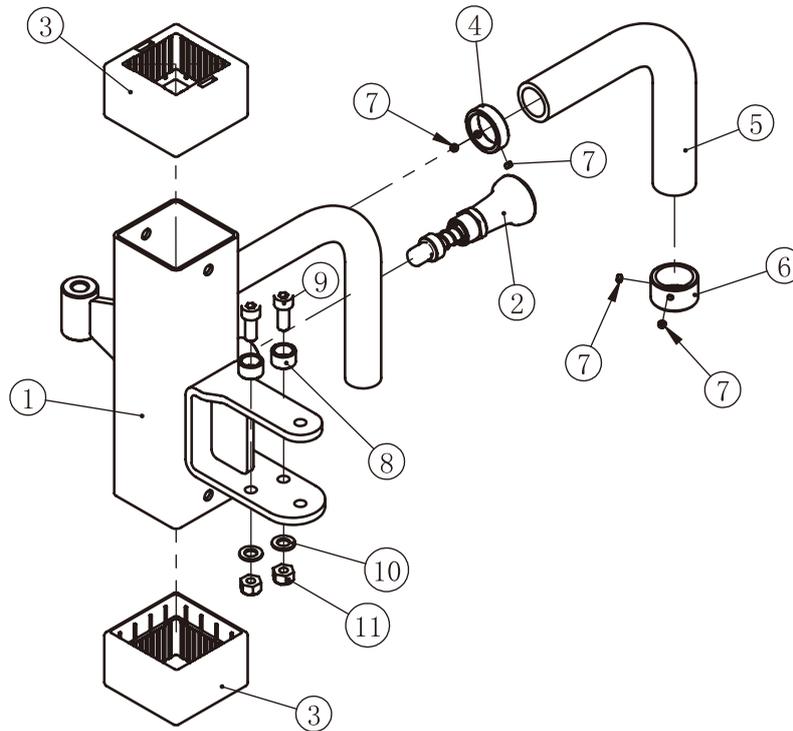


Grade No.	Part No.	Description	QTY
34.1	IF93271800	Slip Tube	1
34.2	ES70300800FBASSY	Slip Frame Sub ASSY	1
34.3	IT952520V1ASSY	Double Pulley Frame ASSY	1
34.4	GB5780M8*90DS20	Hex Head Bolt M8*90	1
34.5	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
34.6	NM8DS2	Nylon Lock Nut M8	1
34.7	IF93272200ASSY	Safe Pin	1

Grade No.	Part No.	Description	QTY
35.1	IF93220600	Row Bar	1
35.2	HF2011800	Grip DT $\Phi 32*\Phi 24*345$	2

# Exploded View and Parts List

## Slip Frame Sub ASSY

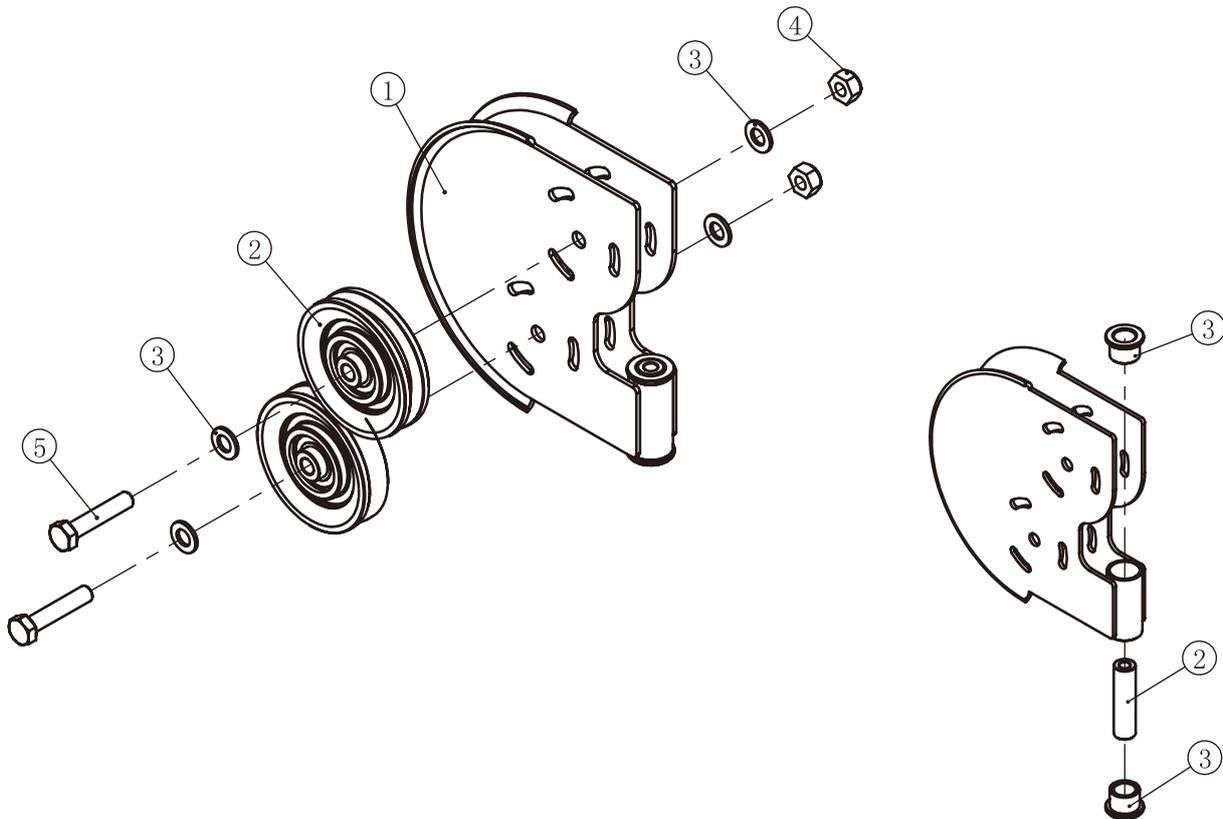


Grade No.	Part No.	Description	QTY
34.3.1	ES70300800	Slip Frame 1	1
34.3.2	IT95251600P201C	Spring Pin	1
34.3.3	KPSOB2100V1	Wear Sleeve	2
34.3.4	V39500	Collar $\Phi 25.4, AL$	1
34.3.5	C011PL2500	Grip	1
34.3.6	V39600	End Cap $\Phi 25.4, AL$	1
34.3.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
34.3.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
34.3.9	GB70M8*20DS20	Hex Head Bolt M8*115	2
34.3.10	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
34.3.11	NM8DS2	Nylon Lock Nut M8	2

# Exploded View and Parts List

## Double Pulley Frame ASSY

## Double Pulley Frame Sub ASSY

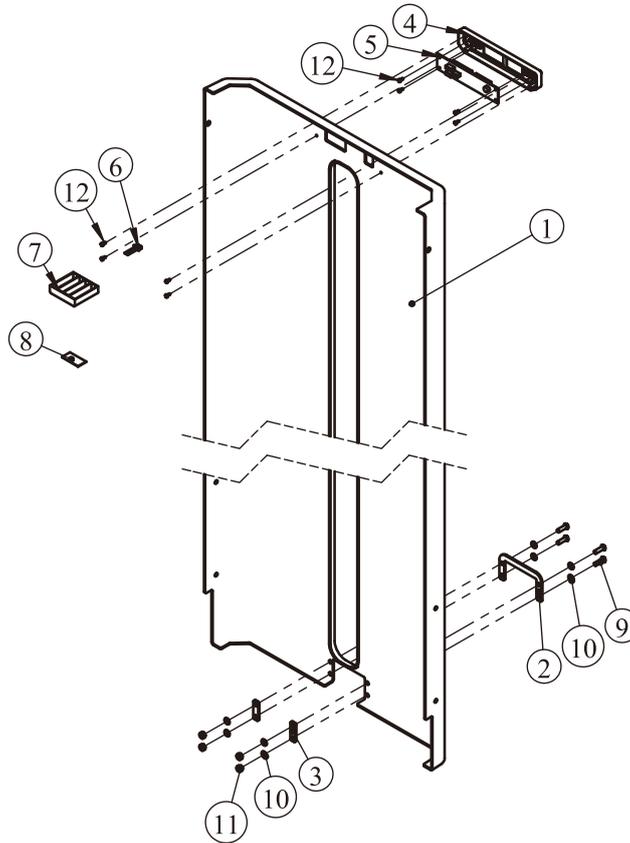


Grade No.	Part No.	Description	QTY
34.4.1	IT95252000ASSY	Double Pulley Frame Sub ASSY	1
34.4.2	M01004800V3	3.5" Pulley	2
34.4.3	GB9510DS20	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
34.4.4	NM10DS2	Nylon Lock Nut M10	2
34.4.5	GB5780M10*45DS20	Hex Head Bolt M10*45	2

Grade No.	Part No.	Description	QTY
34.4.1.1	IT95252000	Double Pulley Frame	1
34.4.1.2	IT95251800	Shaft $\Phi 16 * \Phi 8.5 * 62$	1
34.4.1.3	L1-6800	Bushing $\Phi 28 * \Phi 22 * \Phi 16 * 18$	2

# Exploded View and Parts List

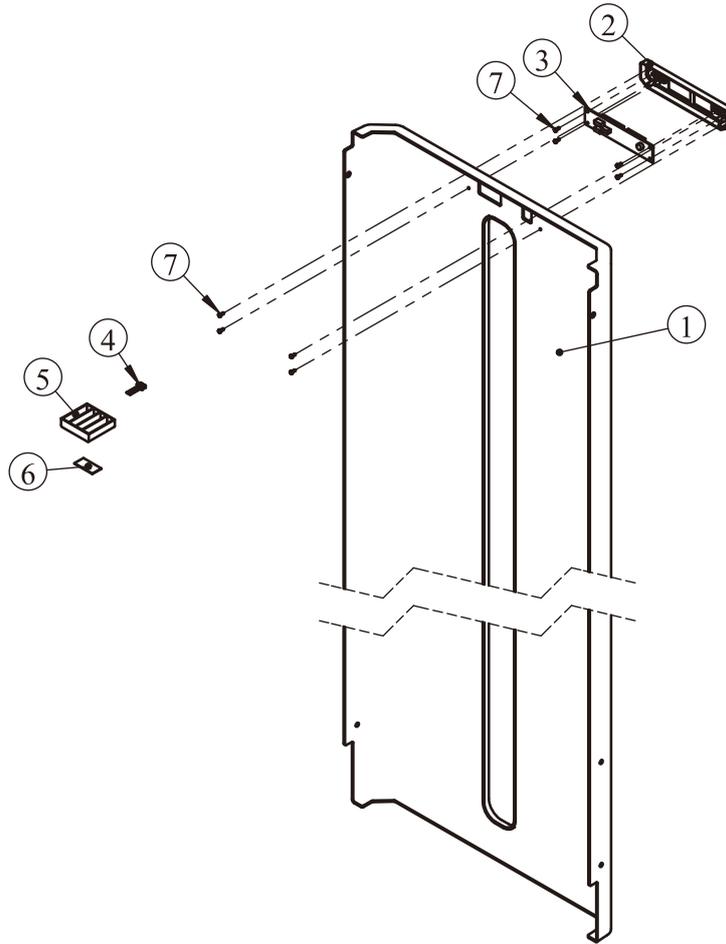
## Front Shroud 1 ASSY



Grade No.	Part No.	Description	QTY
41.1	FC4S4200V1	Front Shroud 1	1
41.2	FB232100	U-Shaped Plate	1
41.3	FB232200	Flat Plate	2
41.4	FB014100	Electronic watchcase	1
41.5	B297-FB-TB	Console PCB	1
41.6	L350XHP-SMY-4	Sensor 4C*22#350mm	1
41.7	DQDCH01	Cell Box	1
41.8	SMJ20*1*1000	Double faced adhesive tape	0.1
41.9	PNLM6*20DHS20	Button Head Cap Screw M6*20	4
41.10	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	8
41.11	NM6DHS2	Nylon Lock Nut M6	4
41.12	GB845ST2.9*9.5DHS	Screw ST2.9*9.5	8

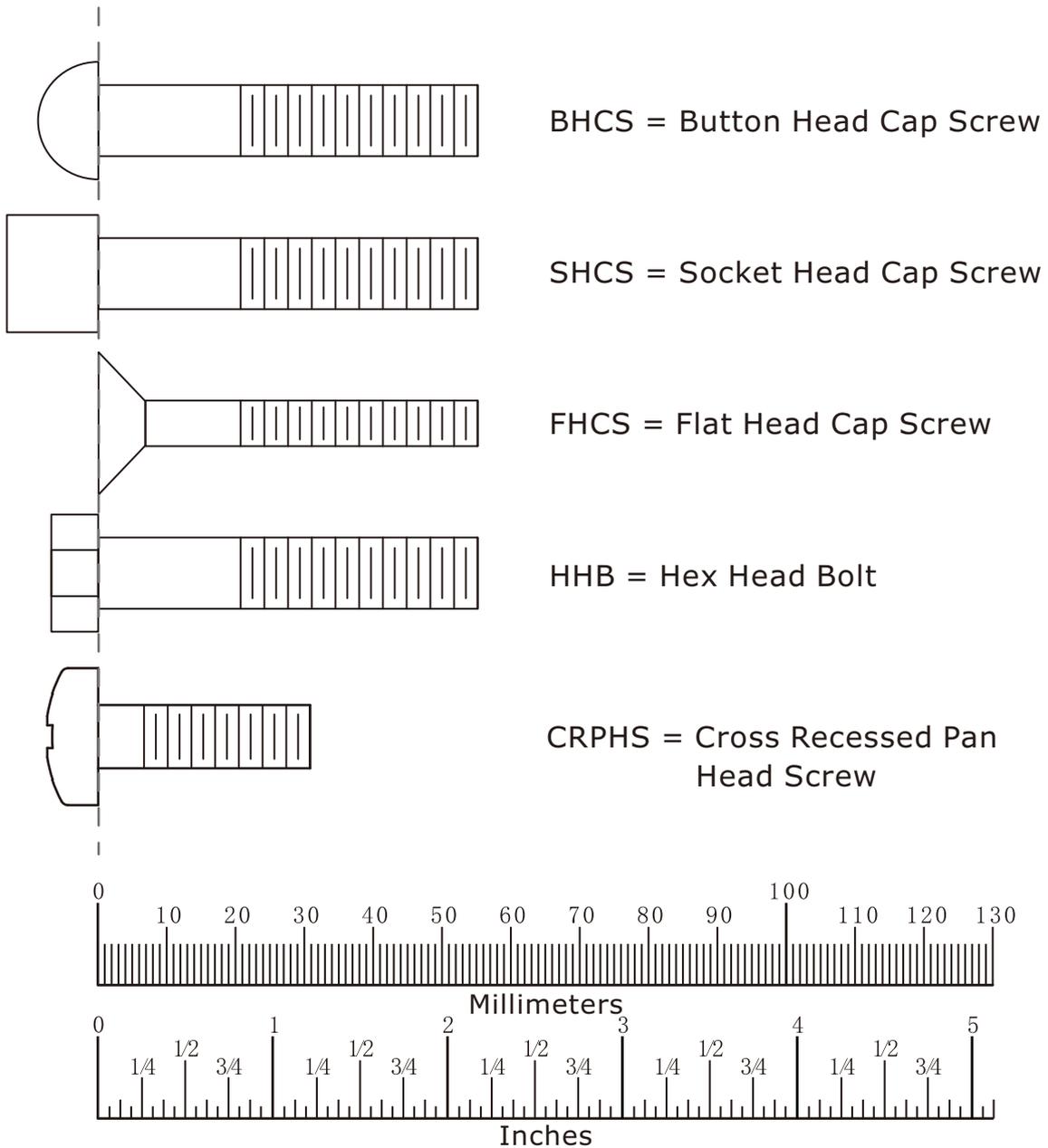
# Exploded View and Parts List

## Front Shroud 2 ASSY



Grade No.	Part No.	Description	QTY
42.1	FC4S4300V1	Front Shroud 2	1
42.2	FB014100	Electronic watchcase	1
42.3	B297-FB-TB	Console PCB	1
42.4	L350XHP-SMY-4	Sensor 4C*22#350mm	1
42.5	DQDCH01	Cell Box	1
42.6	SMJ20*1*1000	Double faced adhesive tape	0.1
42.7	GB845ST2.9*9.5DHS	Screw ST2.9*9.5	8

# Measurement Guide



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

# Assembly Instructions

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

## **NOTE**

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

# Assembly

## STEP 1

1. Attach the Triceps Bottom Bracket (#14) and Bottom Bracket ASSY (#33) to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:  
eight M10\*80 HHB (#52)  
sixteen  $\Phi 11*\Phi 20*2$  Flat Washer (#58)  
eight M10 Nylon lock Nut (#62)
2. Attach the Top Bracket (#15) and Triceps Top Bracket (#16) to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:  
eight M10\*80 HHB (#52)  
sixteen  $\Phi 11*\Phi 20*2$  Flat Washer (#58)  
eight M10 Nylon lock Nut (#62)

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

**Three parts(#14,#15,#16)pay attention to direction and location.**

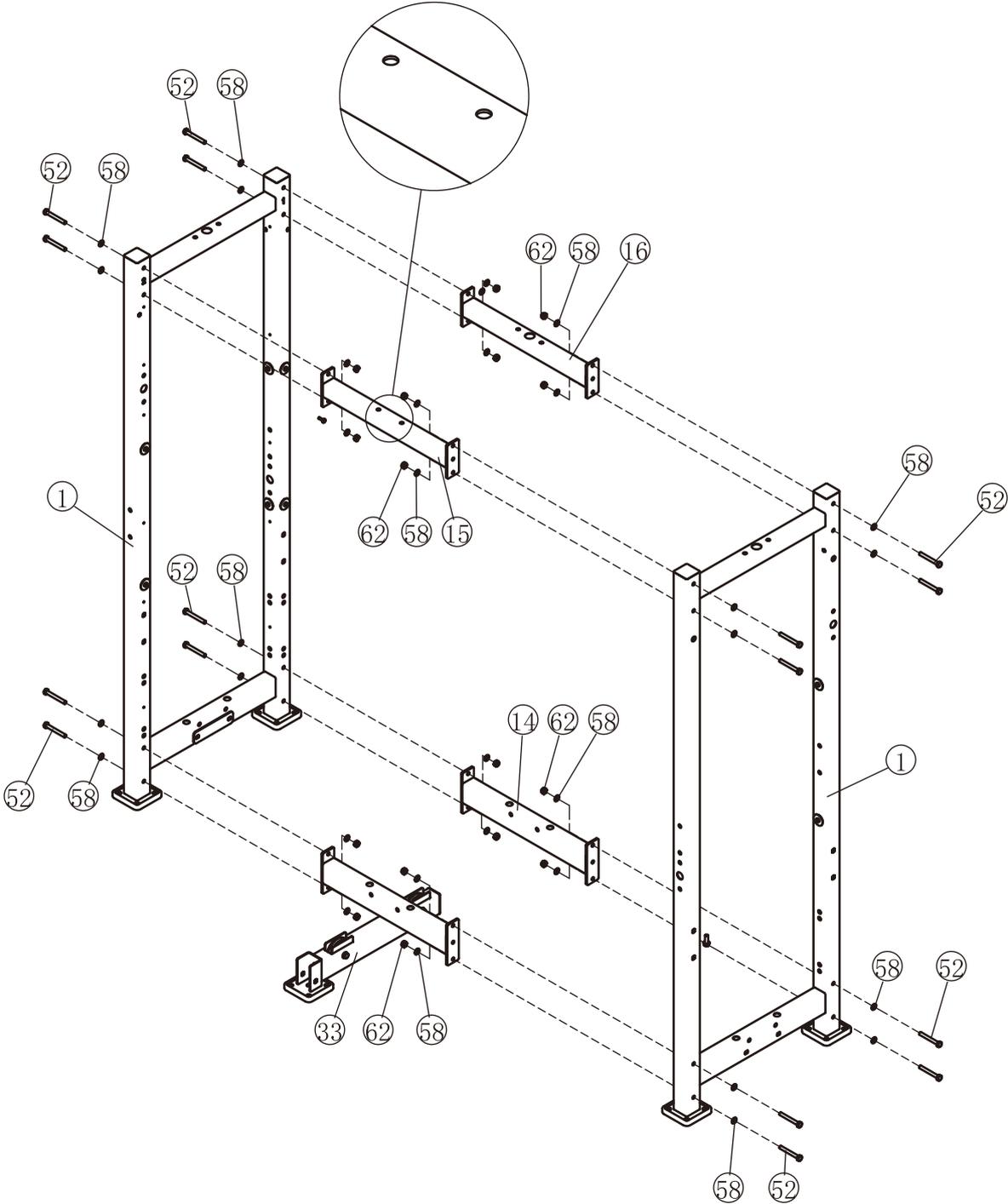
## STEP 2

1. Attach the Top Cross Fame ASSY (#32) to the Top Bracket (#15) and Triceps Top Bracket (#16) using:  
four M10\*75 HHB (#53)  
eight  $\Phi 11*\Phi 20*2$  Flat Washer (#58)  
four M10 Nylon lock Nut (#62)
2. Attach the Row Top Bracket ASSY (#12) and Lat Top Bracket ASSY (#13) to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:  
four M10\*75 HHB (#53)  
eight  $\Phi 11*\Phi 20*2$  Flat Washer (#58)  
four M10 Nylon lock Nut (#62)
3. Attach the Row Top Bracket ASSY (#12) and Lat Top Bracket ASSY (#13) to the Top Cross Fame ASSY (#32) using:  
two M10\*80 HHB (#52)  
four  $\Phi 11*\Phi 20*2$  Flat Washer (#58)  
two M10 Nylon lock Nut (#62)
4. Attach the Slip Frame ASSY (#34) to the Top Cross Fame ASSY (#32) and Bottom Bracket ASSY (#33) using:  
two Limit Bumper (#20)  
four M10\*75 HHB (#53)  
seven  $\Phi 11*\Phi 20*2$  Flat Washer (#58)  
one  $\Phi 10$  Spring Washer (#59)  
three M10 Nylon lock Nut (#62)

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

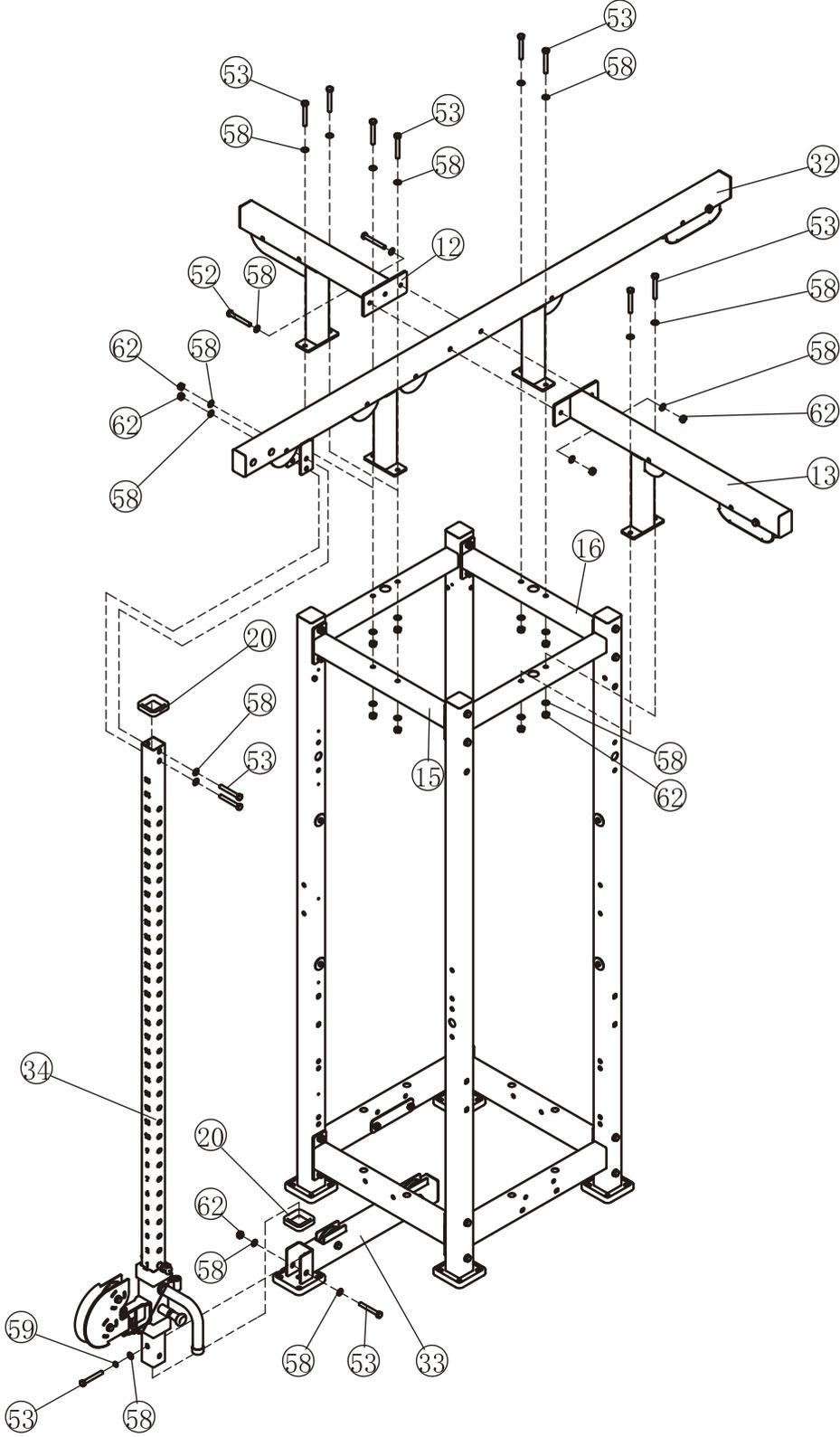
# Assembly

## STEP 1



# Assembly

## STEP 2



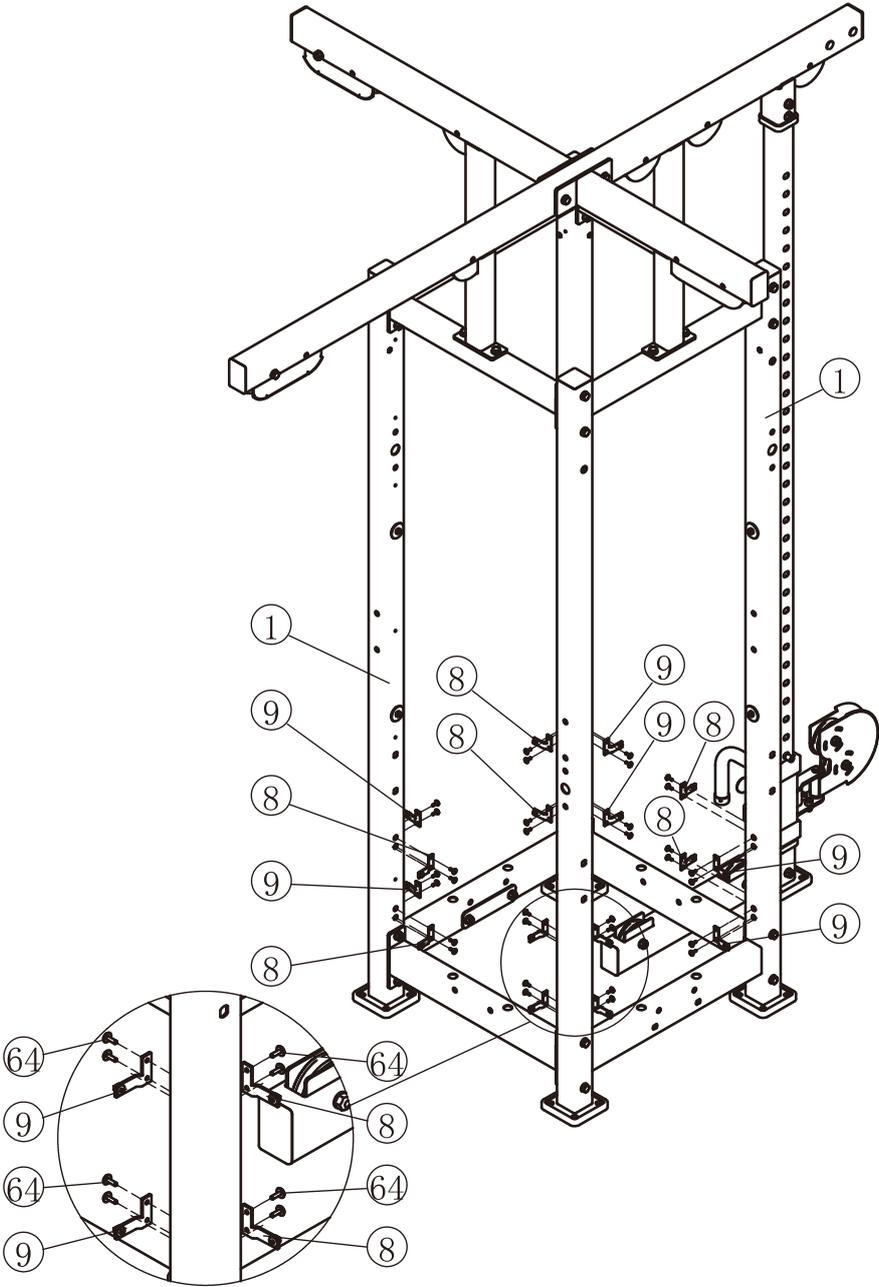
# Assembly

## STEP 3

Attach eight Left Bracket ASSY (#8) and eight Right Bracket ASSY (#9) to the Weight Stack Frame ASSY (#1) using:

thirty-two Cross Recessed Pan Head Tapping Screws ST4.2\*16 (#64)

**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 4

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

### 1. Attach:

four Guide Rod  $\Phi 19 \times 1829$  (#6)  
 thirty Weight Plate 10LBS (#80)  
 two Top Plate (#4)

four Weight Rubber Bumper (#21)  
 four weight stack space(#81)

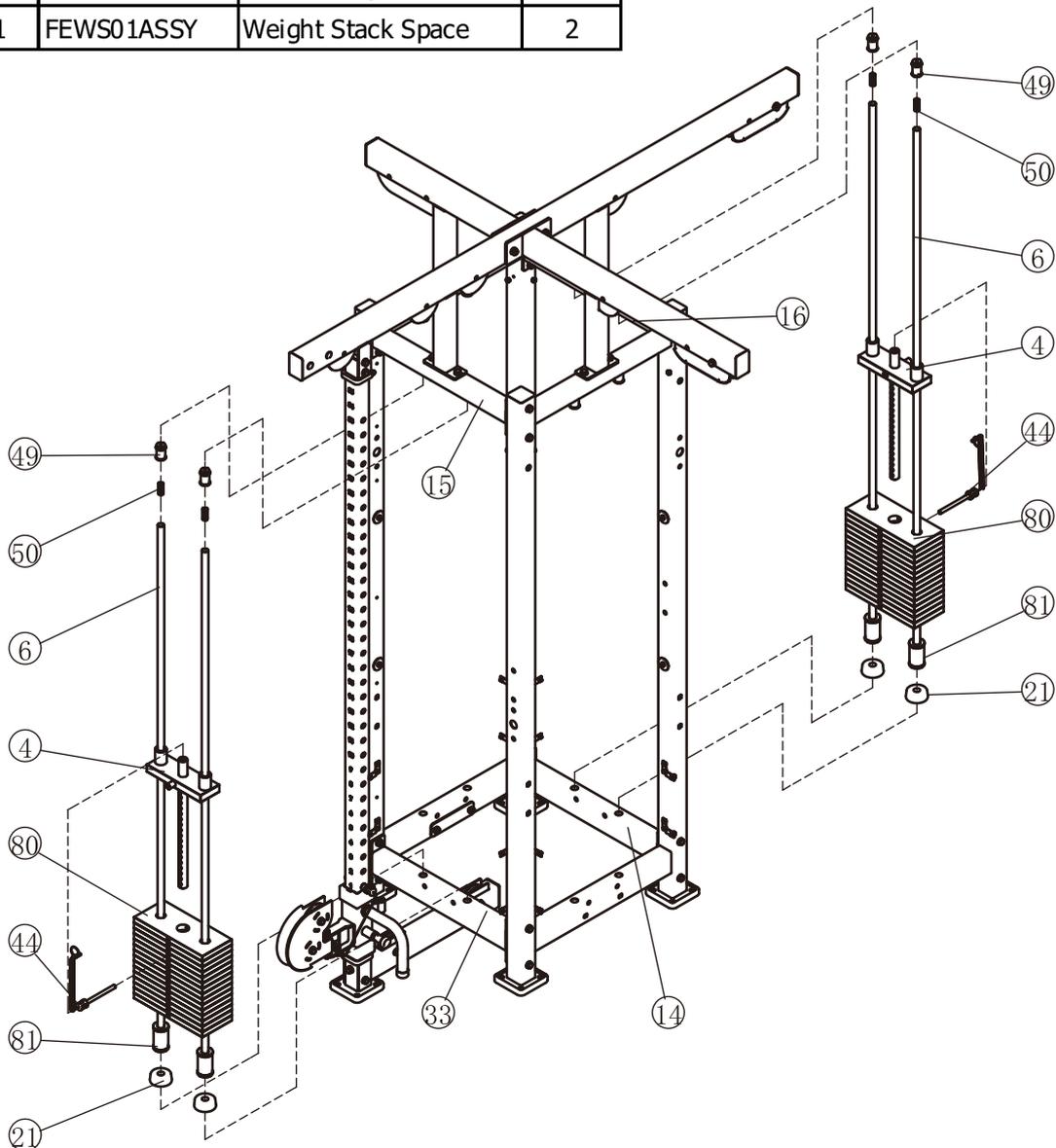
to the Top Bracket (#15) and Triceps Top Bracket (#16) using:

four Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#49)

four Spring (#50)

### 2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#4).

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



# Assembly

## STEP 4

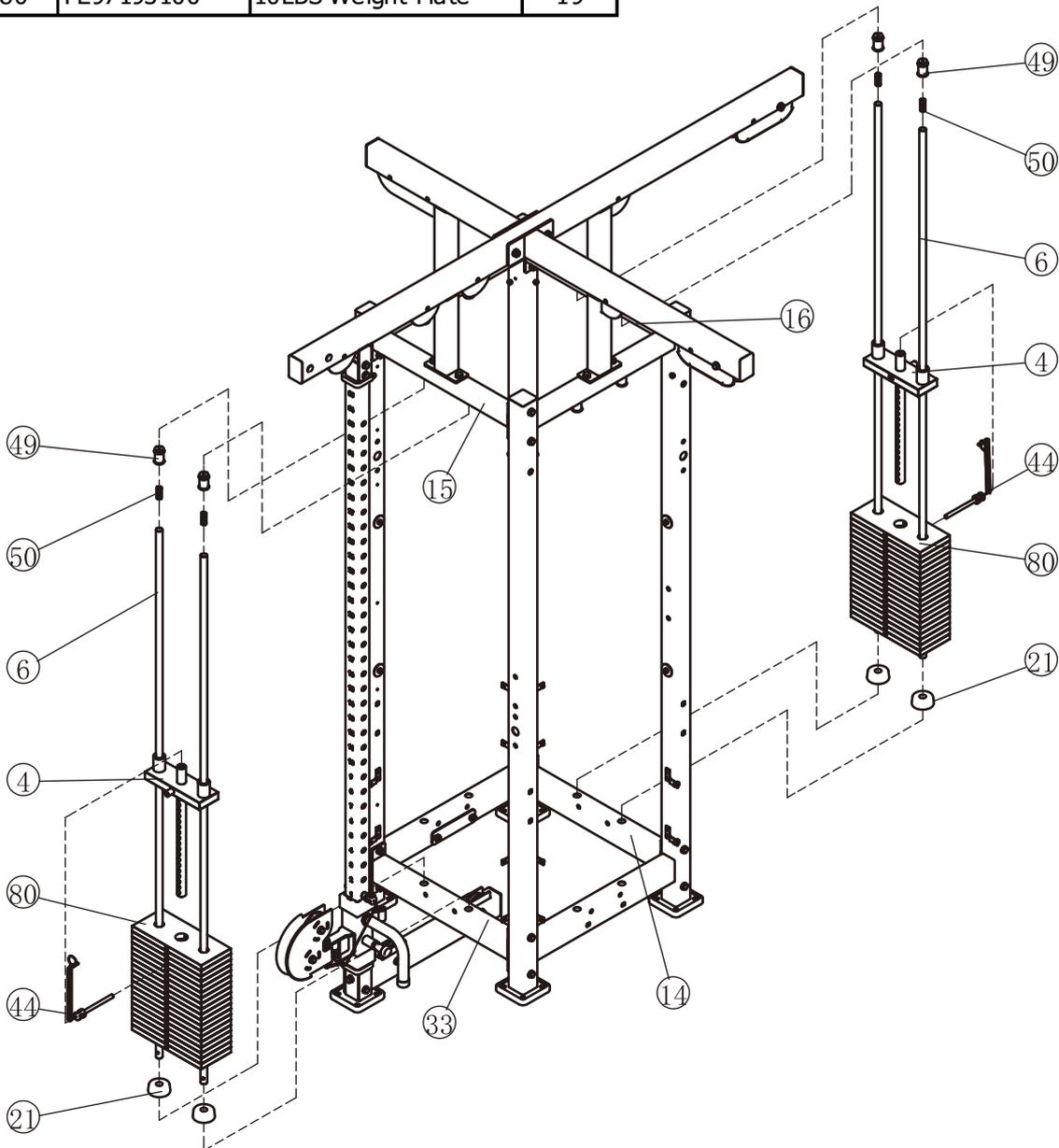
Here is the assembly instruction for **200LBS Weights !**

### 1. Attach:

four Guide Rod  $\Phi 19 \times 1829$  (#6)                      four Weight Rubber Bumper (#21)  
 thirty-eight Weight Plate 10LBS (#80)              two Top Plate (#4)  
 to the Top Bracket (#15) and Triceps Top Bracket (#16) using:  
 four Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#49)  
 four Spring (#50)

### 2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#4).

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



# Assembly

## STEP 4

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

### 1. Attach:

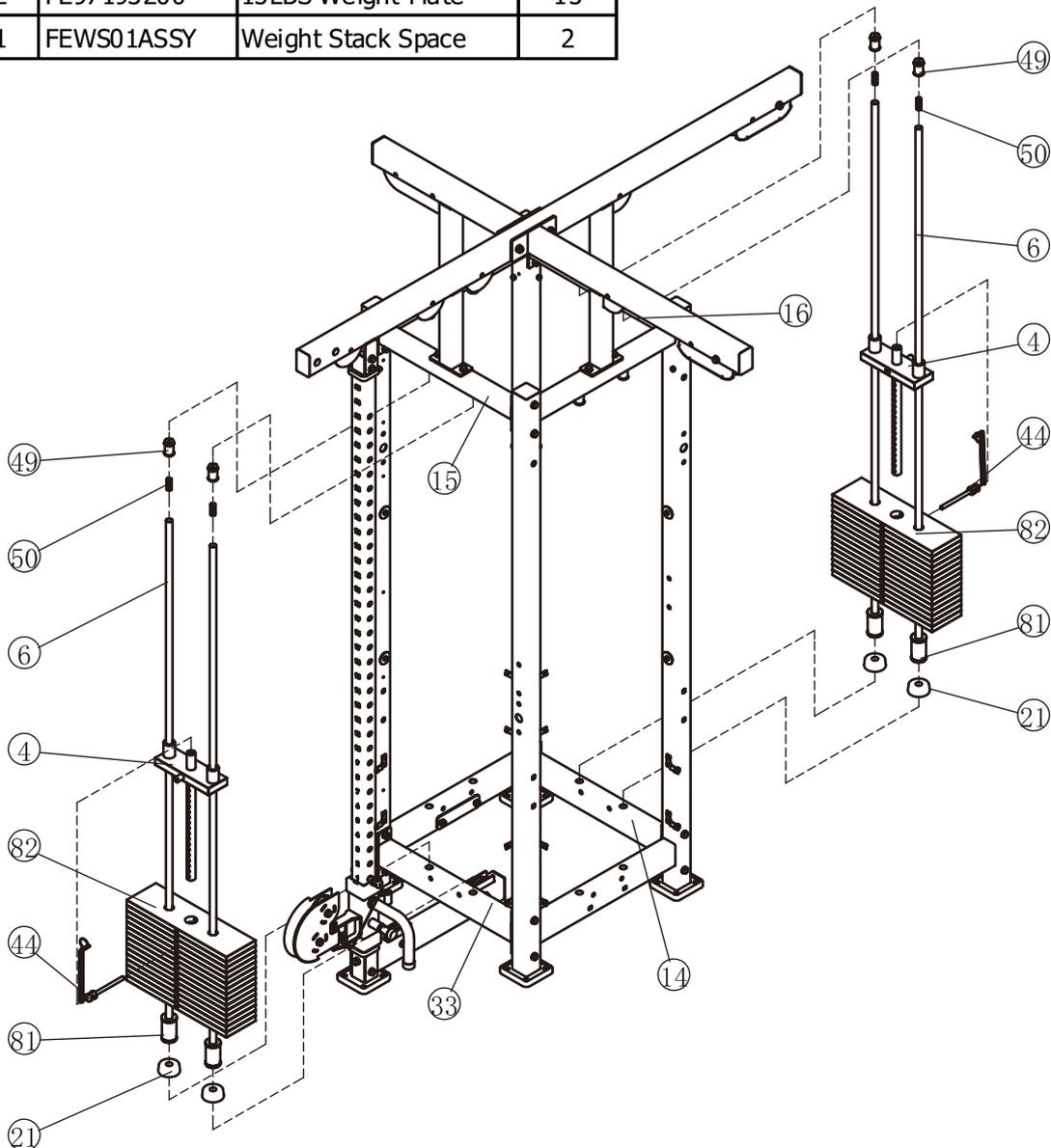
four Guide Rod  $\Phi 19 \times 1829$  (#6)  
 thirty Weight Plate 15LBS (#82)  
 two Top Plate (#4)

four Weight Rubber Bumper (#21)  
 four weight stack space(#81)

to the Top Bracket (#15) and Triceps Top Bracket (#16) using:  
 four Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#49)  
 four Spring (#50)

### 2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#4).

Grade No.	Part No.	Description	QTY
82	FE97193200	15LBS Weight Plate	15
81	FEWS01ASSY	Weight Stack Space	2



# Assembly

## STEP 4

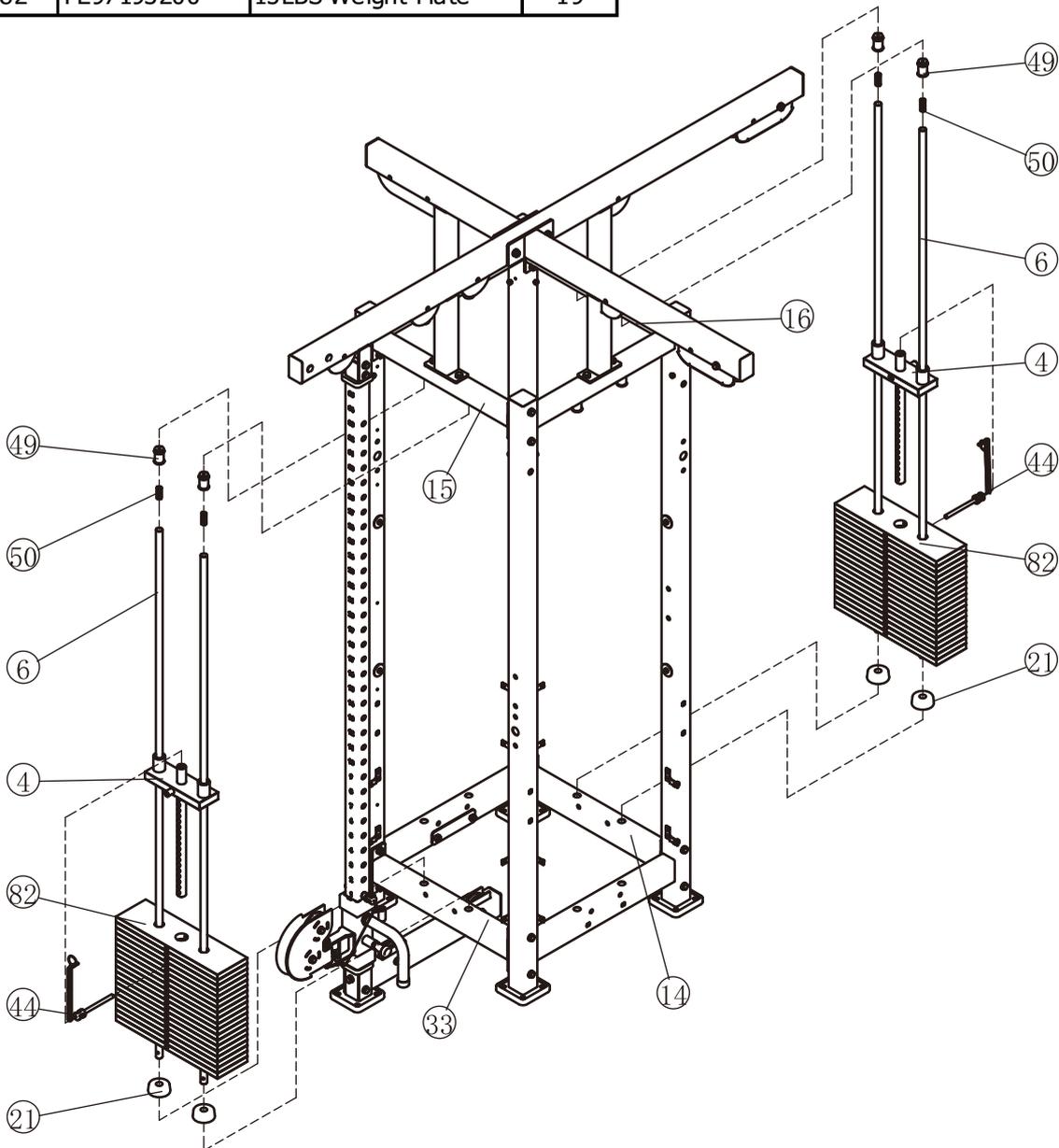
Here is the assembly instruction for **295LBS Weights !**

### 1. Attach:

four Guide Rod  $\Phi 19 \times 1829$  (#6)                      four Weight Rubber Bumper (#21)  
 thirty-eight Weight Plate 15LBS (#82)              two Top Plate (#4)  
 to the Top Bracket (#15) and Triceps Top Bracket (#16) using:  
 four Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#49)  
 four Spring (#50)

### 2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#4).

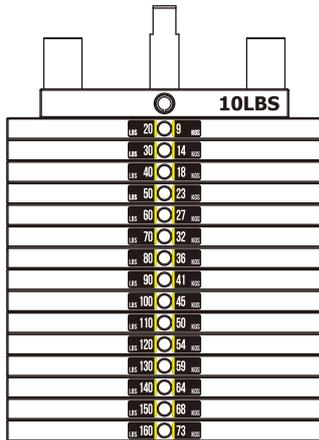
Grade No.	Part No.	Description	QTY
82	FE97193200	15LBS Weight Plate	19



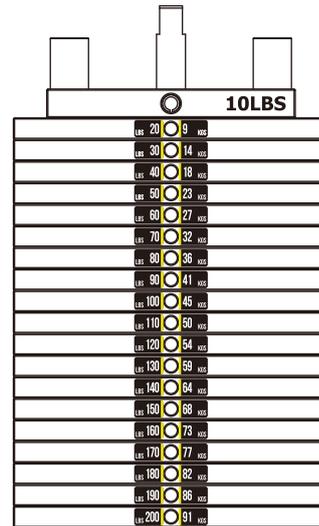
# Assembly

## All weight plate sticker paste schematic diagram

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

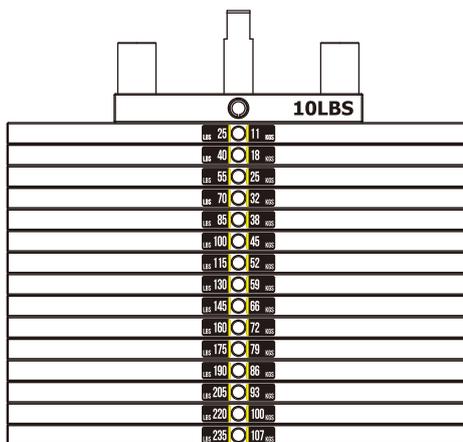


20-160LBS

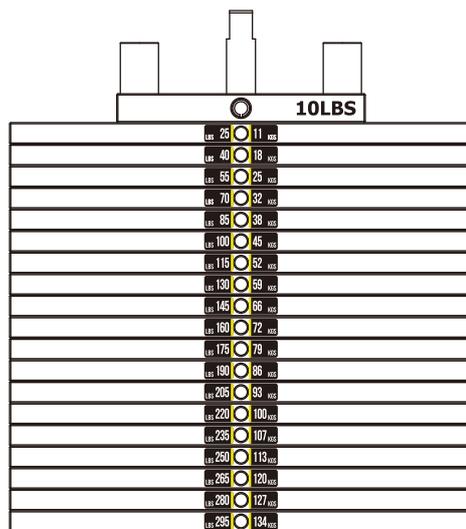


20-200LBS

LBS 25	11
LBS 40	18
LBS 55	25
LBS 70	32
LBS 85	38
LBS 100	45
LBS 115	52
LBS 130	59
LBS 145	66
LBS 160	72
LBS 175	79
LBS 190	86
LBS 205	93
LBS 220	100
LBS 235	107
LBS 250	113
LBS 265	120
LBS 280	127
LBS 295	134
LBS 310	141
LBS 325	147



25-235LBS



25-295LBS



# Assembly

## STEP 6

1. Attach the Row Seat Frame ASSY (#2) and the Lat Seat Frame ASSY (#31) to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:
  - four M10\*75 HHB (#53)
  - eight  $\Phi 11*\Phi 20*2$  Flat Washer (#58)
  - four M10 Nylon Lock Nut (#62)
2. Attach the Back Pad Support Frame (#30) and two Handle Frames (#17) to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:
  - eight M10\*80 HHB (#52)
  - sixteen  $\Phi 11*\Phi 20*2$  Flat Washer (#58)
  - eight M10 Nylon lock Nut (#62)

### Refer to STEP 4

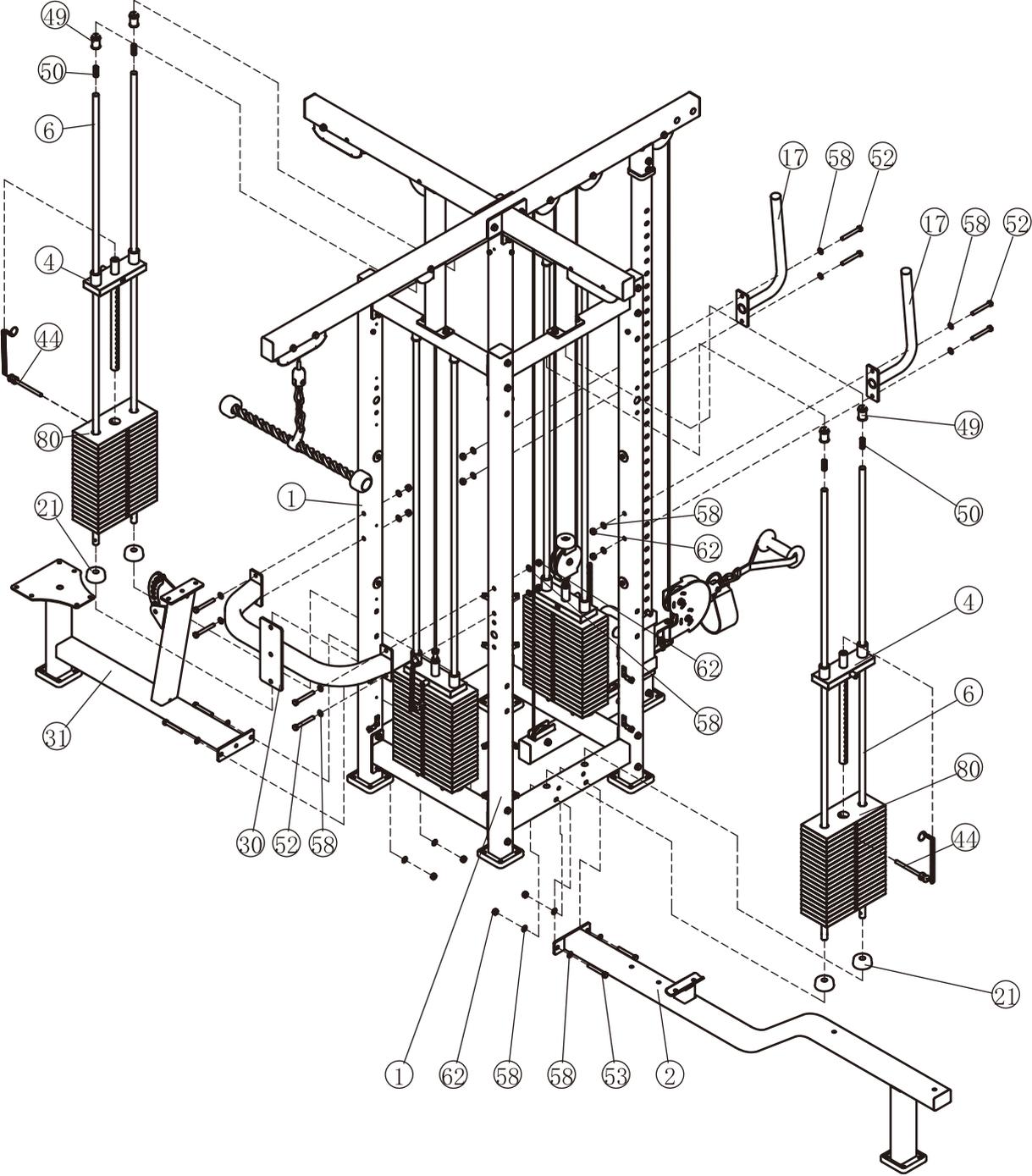
Here is the assembly instruction for 200LBS Weights!

1. Attach:
  - four Guide Rod  $\Phi 19*1829$  (#6)
  - four Weight Rubber Bumper (#21)
  - thirty-eight Weight Plate 10LBS (#80)
  - two Top Plate (#4)to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:
  - four Guide Rod Fixing Sleeve  $\Phi 25*\Phi 19*45$  (#49)
  - four Spring (#50)
2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#4).

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

# Assembly

## STEP 6



# Assembly

## STEP 7

1. Attach the Row Support Frame ASSY (#11) and Circular Foot Frame ASSY (#19) to the Row Seat Frame ASSY (#2) using:

two M10\*75 HHB (#53)

two M10\*65 HHB (#54)

eight  $\Phi 11*\Phi 20*2$  Flat Washer (#58)

four M10 Nylon Lock Nut (#62)

2. Attach the Row Connection Frame ASSY (#3) to the Weight Stack Frame ASSY (#1) and the Row Support Frame ASSY (#11) using:

four M10\*80 HHB (#52)

two M10\*75 HHB (#53)

twelve  $\Phi 11*\Phi 20*2$  Flat Washer (#58)

six M10 Nylon Lock Nut (#62)

3. Attach the Lat Connection Frame (#10) to the Lat Seat Frame ASSY (#31) and the Weight Stack Frame ASSY (#1) using:

four M10\*80 HHB (#52)

two M10\*75 HHB (#53)

twelve  $\Phi 11*\Phi 20*2$  Flat Washer (#58)

six M10 Nylon Lock Nut (#62)

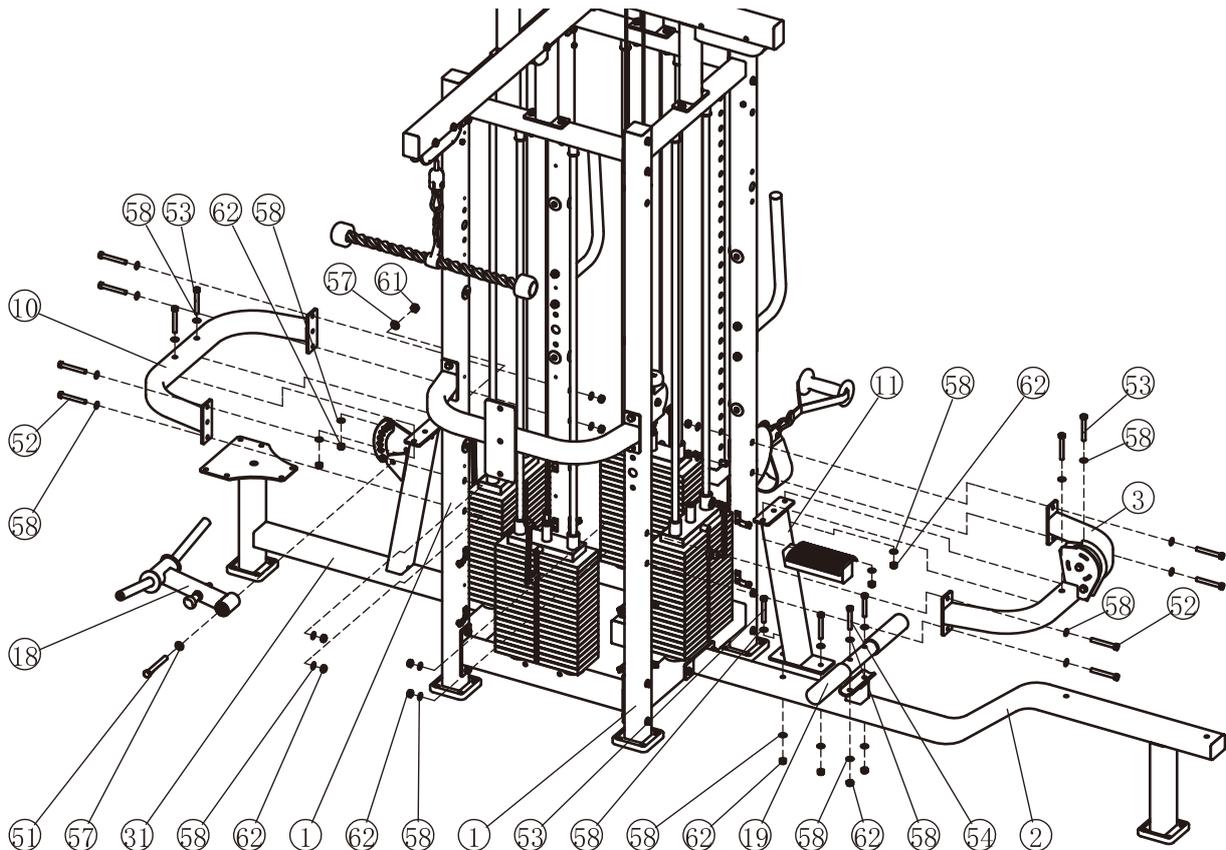
4. Attach the Foam Frame ASSY (#18) to the Lat Seat Frame ASSY (#31) using:

one M12\*105 HHB (#51)

two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#57)

one M12 Nylon Lock Nut (#61)

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



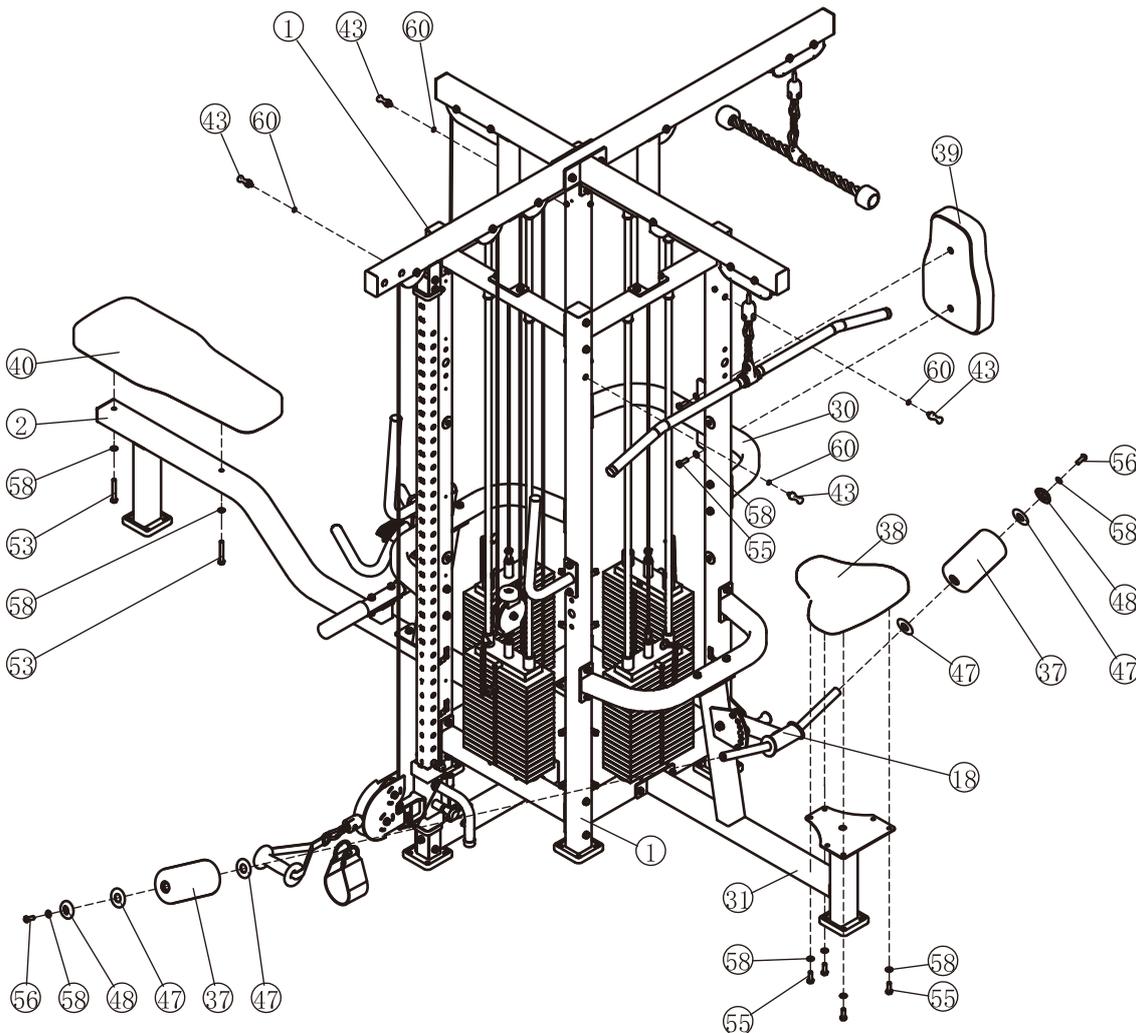


# Assembly

## STEP 9

1. Attach four Hanger Columns (#43) to the Weight Stack Frame ASSY (#1) and the other Weight Stack Frame ASSY (#1) using:  
four  $\Phi 8$  Spring Washer (#60)
2. Attach two Foam (#37) to the Foam Frame ASSY (#18) using:  
four Plastic Washer (#47)                      two End Cap (#48)  
two  $\Phi 11*\Phi 20*2$  Flat Washer (#58)        two M10\*30 BHCS (#56)
3. Attach the Seat Pad (#38) to the Lat Seat Frame ASSY (#31) using:  
four M10\*30 HHB (#55)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#58)
4. Attach the Back Pad (#39) to the Back Pad Support Frame (#30) using:  
two M10\*30 HHB (#55)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#58)
5. Attach the Long Seat Pad (#40) to the Row Seat Frame ASSY (#2) using:  
two M10\*75 HHB (#53)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#58)

**Note: Wrench Tighten bolts.**

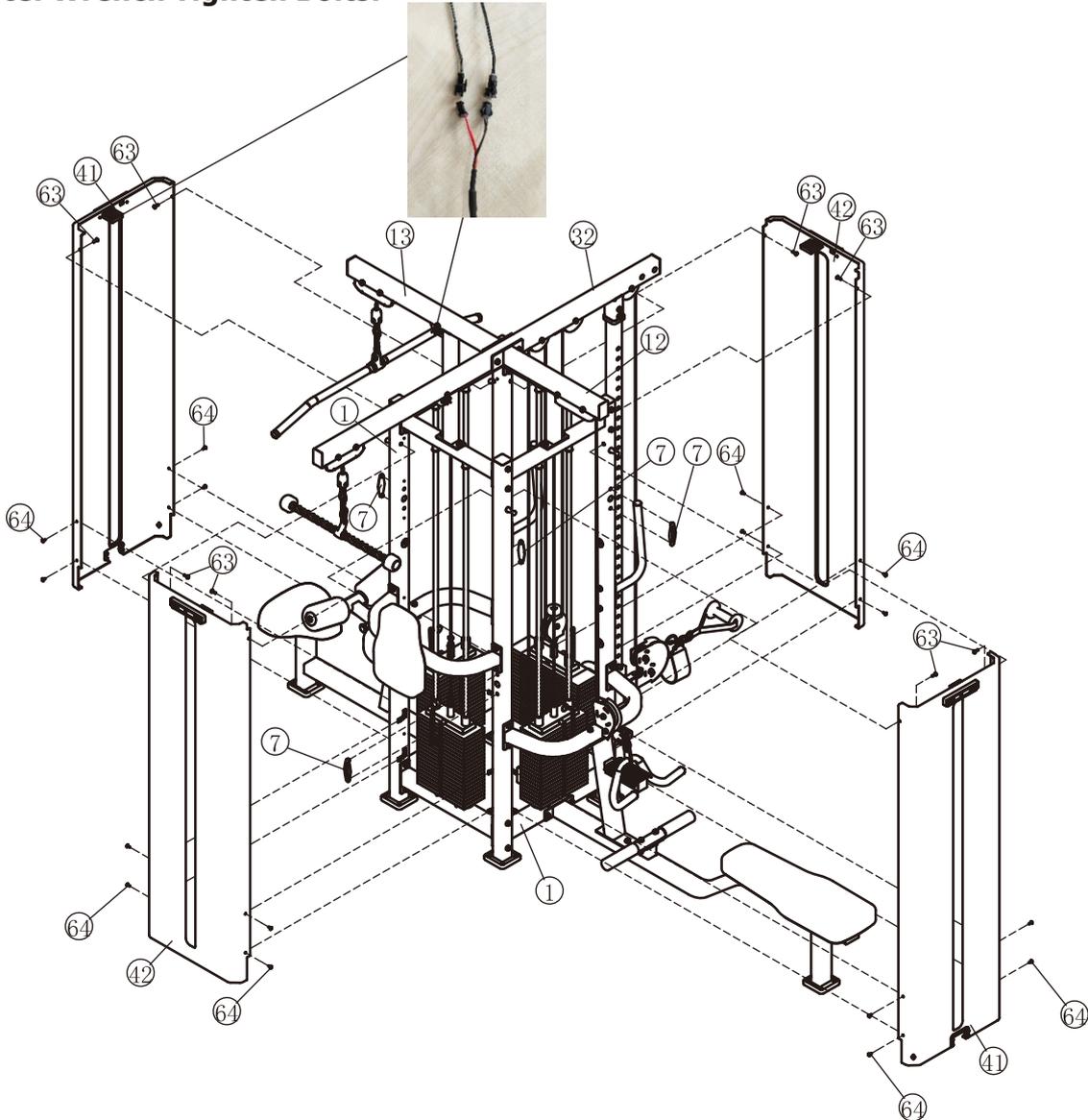


# Assembly

## STEP 10

1. Attach two Front Shroud 1 ASSY (#41) to the Weight Stack Frame ASSY (#1), the Left Bracket ASSY (#8) and the Right Bracket ASSY (#9) using:  
four M6\*20 CRPHS (#63) eight Cross Recessed Pan Head Tapping Screws ST4.2\*16 (#64)
2. Attach two Front Shroud 2 ASSY (#42) to the Weight Stack Frame ASSY (#1), the Left Bracket ASSY (#8) and the Right Bracket ASSY (#9) using:  
four M6\*20 CRPHS (#63) eight Cross Recessed Pan Head Tapping Screws ST4.2\*16 (#64)
3. Attach the end of the Sensors on the Lat Top Bracket ASSY (#13) and the Row Top Bracket ASSY (#13) to the Front Shroud 1 ASSY (#41), Attach the end of the Sensors on the Top Cross Frame ASSY (#32) to the Front Shroud 2 ASSY (#42).
4. Attach four Spout Plug (#7) to the Weight Stack Frame ASSY (#1).

**Note: Wrench Tighten Bolts.**



# Adjust Instructions

## Slip Frame adjustment

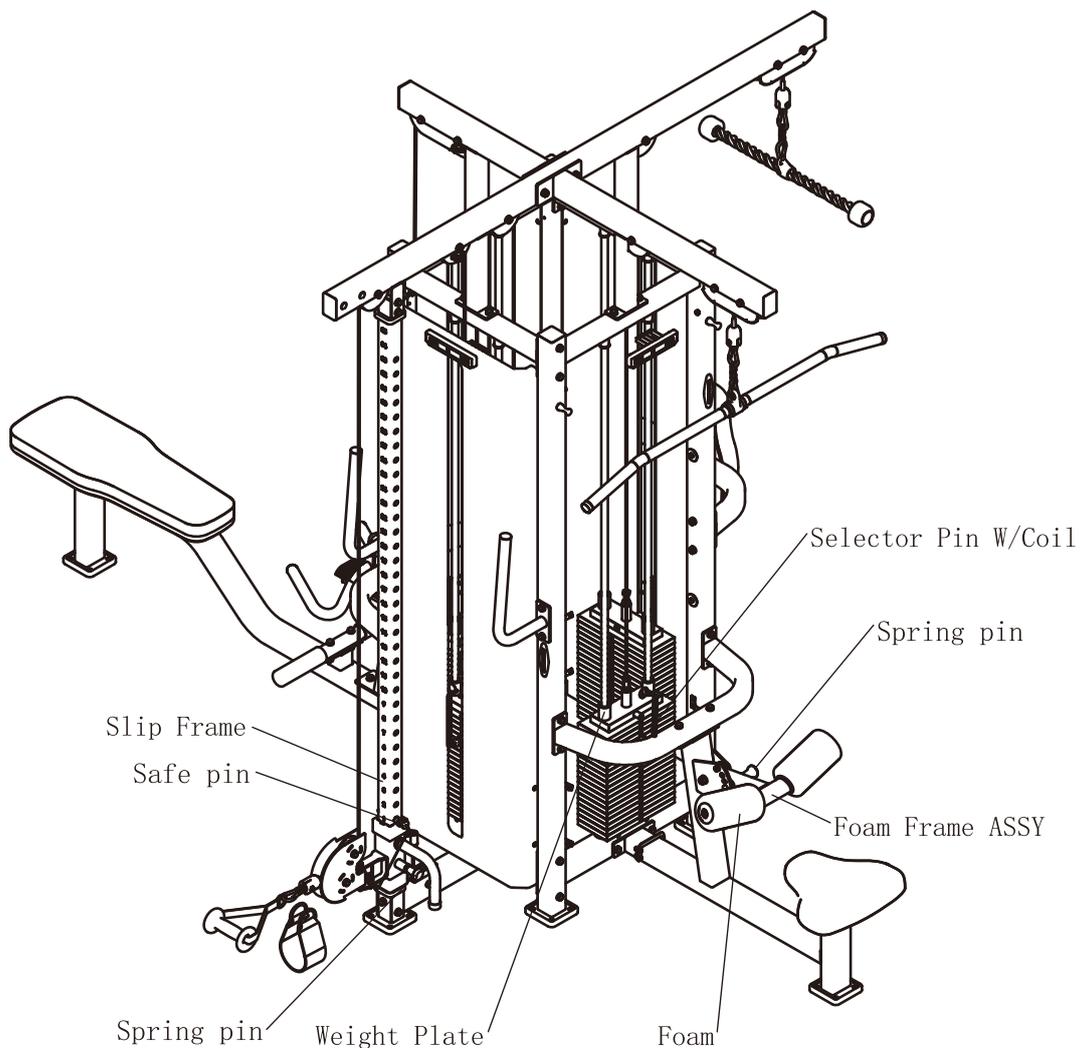
1. Pull the Spring Pin and Safe Pin, then adjust the Slip Frame to the desired position.
2. Make sure the Spring Pin and safe Pin get into the hole completely.

## Foam adjustment

1. Pull the Spring Pin and adjust the Foam Frame ASSY to the desired position.
2. Make sure the Spring 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.



# 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**



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