

bodytone

FORZAHERO

FH40

ABDOMINAL/ BACK



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.

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	16
Assembly Instructions-----	17
Assembly-----	18
Adjust Instructions and Exercise Instructions-----	28
Maintenance Schedule-----	29
General Maintenance Information-----	30
Weight Training Tips-----	31

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.

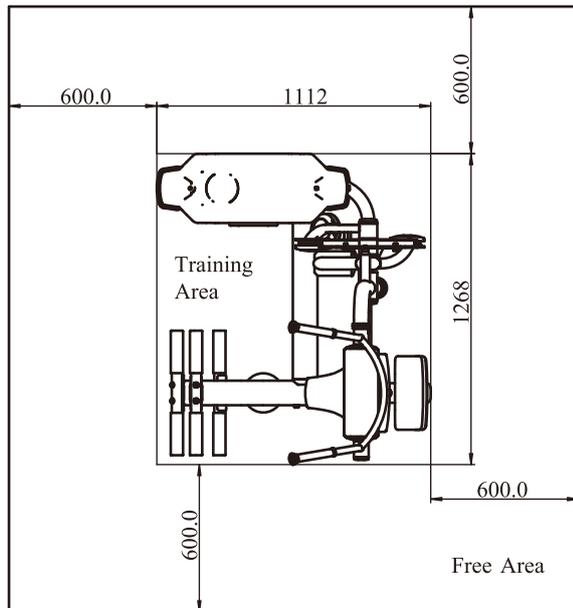
Important Safety Instructions

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: 1112*1268*1621mm

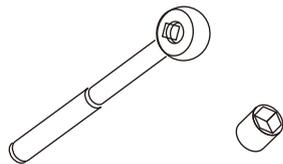
Product Total Surface: 1112*1268mm

Instructions

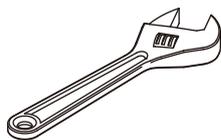
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

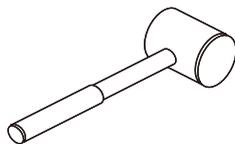
Tools Required



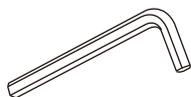
Ratchet Wrench and Socket



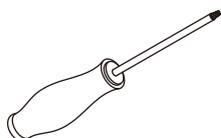
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	FH4001ASSY	Weight Stack Frame ASSY	1
2	IT95014200	Top Plate	1
3	SL95343100	Cable ASSY	1
4	SL95194400	Guide Rod $\Phi 19 \times 1302$	2
5	FH013100	Top Cover	1
6	FB013400	Spout Plug	1
7	IT80023000	Weight Rubber Bumper	2
8	IT95016000	Plastic Cover	1
9	IT953401ASSY	Ground Frame ASSY	1
10	IT953402ASSY	Ground Connect Frame ASSY	1
11	IT953403ASSY	Swing Frame ASSY	1
12	IT953404ASSY	Handle Holder ASSY	1
13	IT953405ASSY	Wheel ASSY	1
14	IT953406ASSY	Commutation Frame ASSY	1
15	SL953401ASSY	Connect Frame ASSY	1
16	IT951709ASSY	Foot supported tube ASSY	3
17	SD1000B3000ASSY	Ground Foot ASSY	2
18	IT95341100	Angle Board	1
19	IT95341200	Wheel Board	1
20	IT93149300	Heighting Tube	2
21	SL95342000V1	Back Pad	1
22	SL95177600V1	Seat Pad	1
23	SL953415V1ASSY	FORM ASSY	1
24	FH0132ASSY	Front Shroud ASSY	1
25	FH013300	Rear Shroud	1
26	IT90012000V1P201C	Selector Pin W/Coil	1
27	IT95016100	Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$	2
28	HFOPT900-04A0602	Spring $\Phi 15.5 \times \Phi 1.5 \times 36$	2
29	FE97211900	Cap $\Phi 60.1$	1

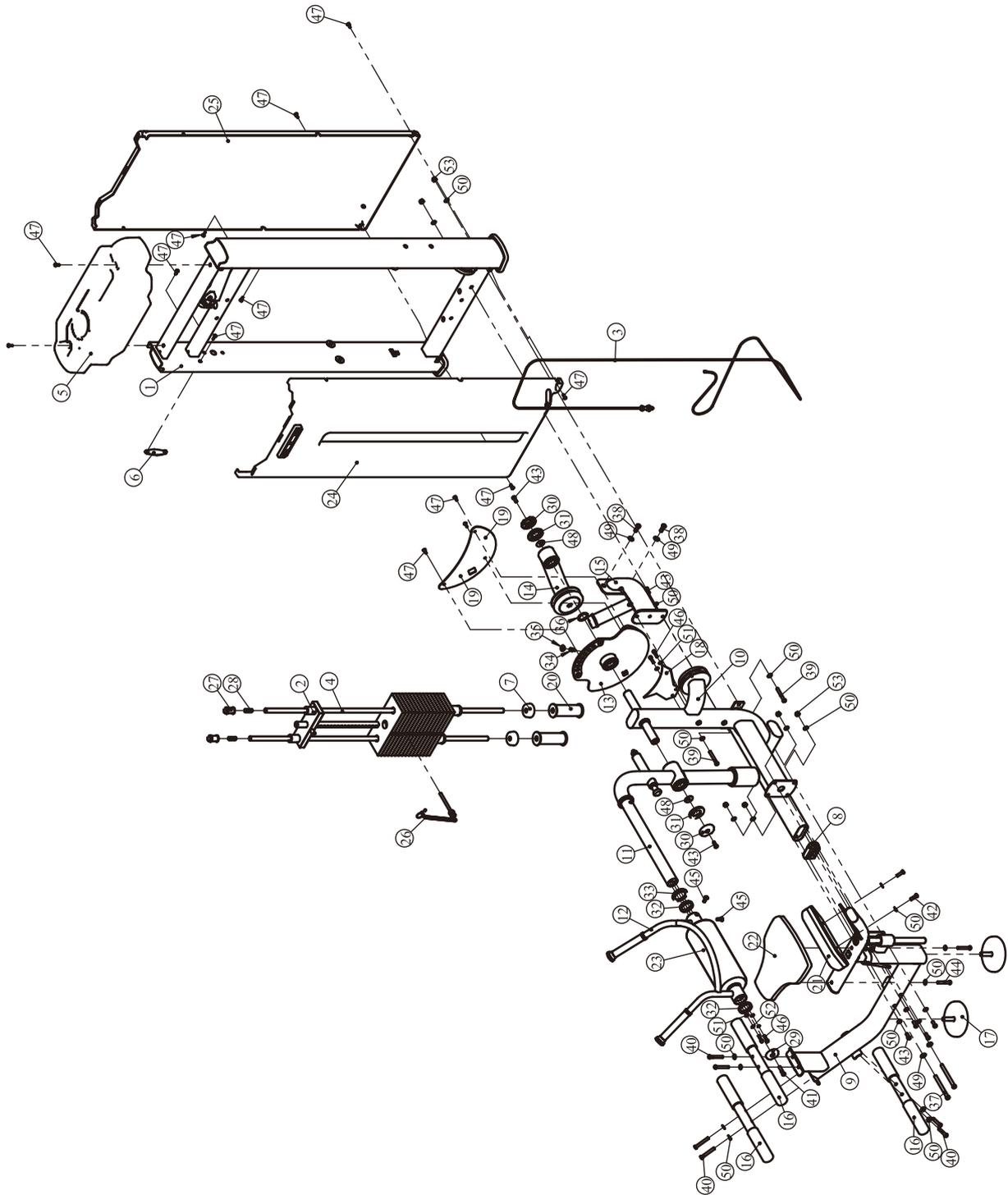
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
30	IT95331900	Cap $\Phi 69.6$	2
31	IT95332000P11C	Circle Ring	2
32	IE950912800	Plastic Ring $\Phi 60$	2
33	IT95342100	Plastic Ring $\Phi 70$	1
34	HFOPT900-04A1400	Aluminium Sheath	1
35	V22500	Cover	1
36	RPL5301A4700	Ring $\Phi 48 * \Phi 36 * 3.2$	1
37	GB70BTM12*135DHS18NL	Socket Head Cap Screw M12*135	2
38	GB70BTM12*30DHS18NL	Socket Head Cap Screw M12*30	2
39	GB70BTM10*75DHS18	Socket Head Cap Screw M10*75	2
40	GB70BTM10*70DHS18NL	Socket Head Cap Screw M10*70	6
41	GB70BTM10*45DHS18	Socket Head Cap Screw M10*45	1
42	GB70BTM10*30DHS18	Socket Head Cap Screw M10*30	2
43	GB70BTM10*25DHS18	Socket Head Cap Screw M10*25	8
44	GB70BTM10*65DHS18	Socket Head Cap Screw M10*65	2
45	PNLM10*25DHS20	Button Head Cap Screw M10*25	2
46	GB70M8*30*30DY20	Socket Head Cap Screw M8*30	4
47	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	13
48	YDQ10.5*38*2DHS2	Flat Washer $\Phi 10.5 * \Phi 38 * 2$	2
49	GB9512DHS2	Flat Washer $\Phi 13 * \Phi 24 * 2.5$	4
50	GB9510DHS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	24
51	GB958DHS2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	4
52	GB938DHS12	Spring Washer $\Phi 8$	2
53	NM10DHS2	Nylon Lock Nut M10	6
54	NBS6DHS	Hex Key S=6	1
55	NBS8DHS	Hex Key S=8	1
56	LW200BS	Wrench $\Phi 6 * 117$	1
57	YHY	Lube	1

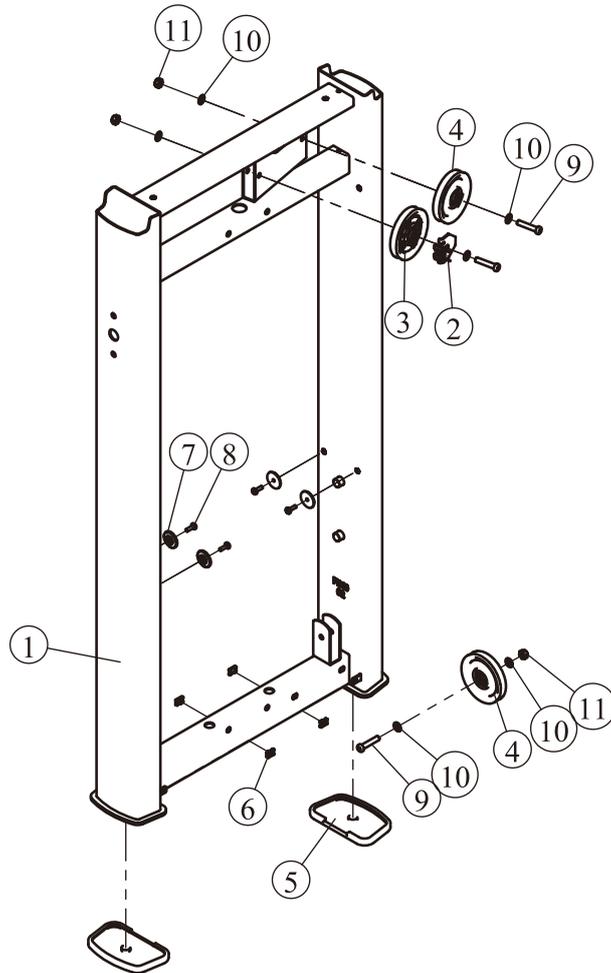
Exploded View and Parts List

Overall



Exploded View and Parts List

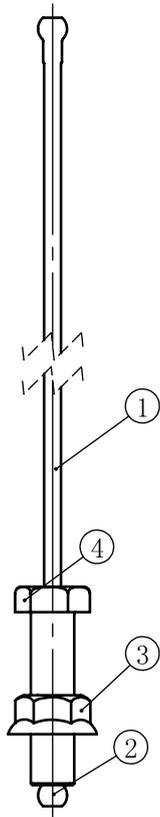
Weight Stack Frame ASSY



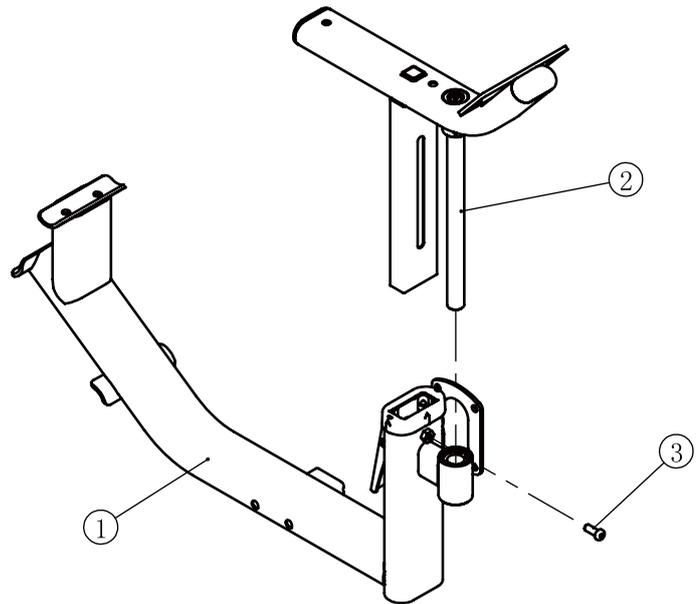
Grade No.	Part No.	Description	QTY
1.1	FH400100ASSY	Weight Stack Frame Sub ASSY	1
1.2	FH0140ASSY	Plate for Sensor ASSY	1
1.3	CG2L1700	4.5" Pulley with Magnet	1
1.4	SG500110400V5	4.5" Pulley (Spacer)	2
1.5	SL95013500	Foot Plate	2
1.6	AC32705800	U-nut M6	4
1.7	IT95015900	Plastic Block	4
1.8	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
1.9	GB70BTM10*50DHS18	Socket Head Cap Screw M10*50	3
1.10	GB9510DHS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	6
1.11	NM10DHS2	Nylon Lock Nut M10	3

Exploded View and Parts List

Tension Cable ASSY



Ground Frame ASSY



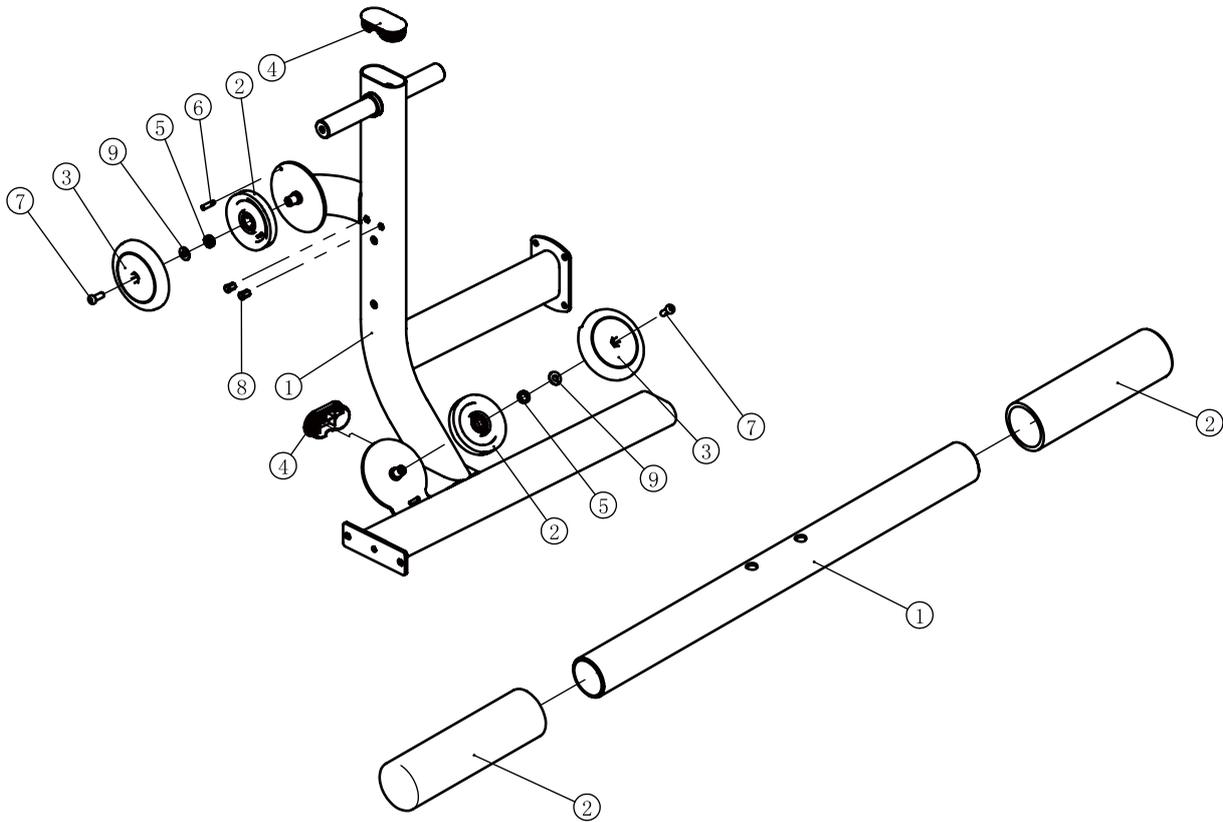
Grade No.	Part No.	Description	QTY
3.1	SL95343101	Tension Cable	1
3.2	M01002100	Fixed terminal	2
3.3	HF900-03A1002	Hex Flange Nut	1
3.4	L1-3102	Perforated bolt	1

Grade No.	Part No.	Description	QTY
9.1	IT95340100ASSY	Ground Frame I ASSY	1
9.2	IT953408ASSY	Seat support ASSY	1
9.3	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1

Exploded View and Parts List

Ground Connect Frame ASSY

Foot supported Tube ASSY

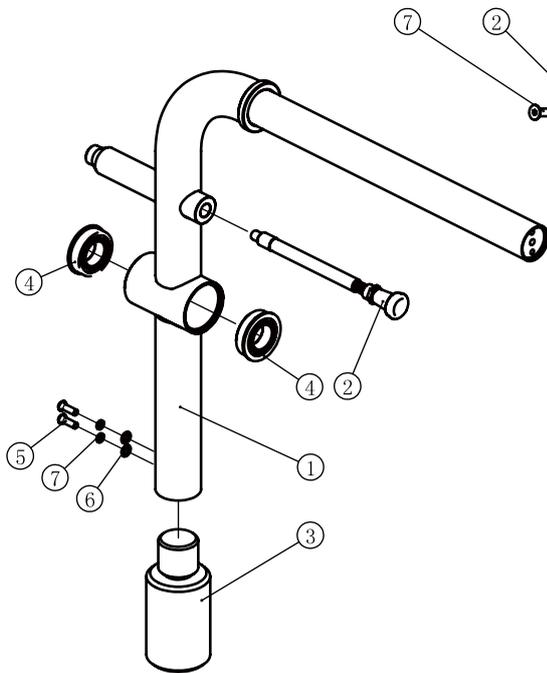


Grade No.	Part No.	Description	QTY
10.1	IT95340200	Ground Connect Frame	1
10.2	IT95057800	4.5" Pulley	2
10.3	IT95016400	4.5" Pulley Cover	2
10.4	IT90013800P11C	Large oval plug	2
10.5	FE97122100	Pulley Spacer 1	2
10.6	FE97122300	Threaded column	1
10.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	2
10.8	GB17880.5M8*16.5DCS17	Rivet Nut M6	2
10.9	DQ10N19B	Flat Washer $\Phi 11 * \Phi 20 * 2$	2

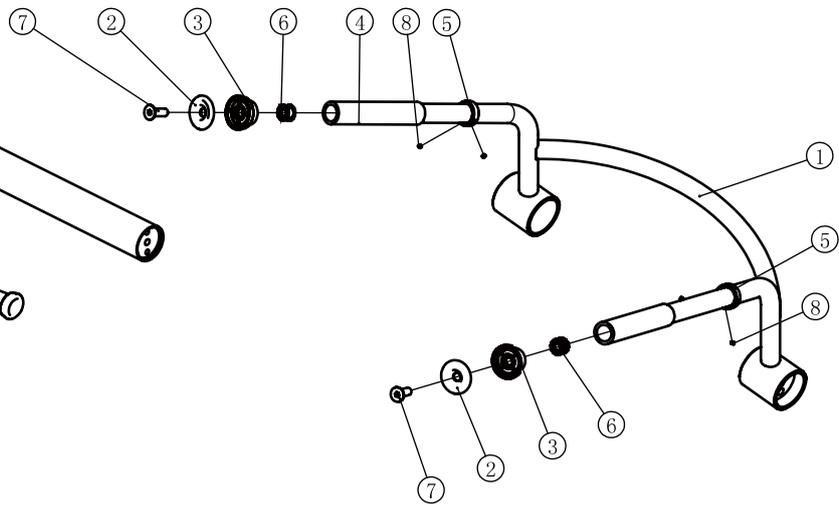
Grade No.	Part No.	Description	QTY
16.1	IT95170900	Foot supported tube	1
16.2	FE970112000	Foot supported Mat	2

Exploded View and Parts List

Turret ASSY



Handle Holder ASSY

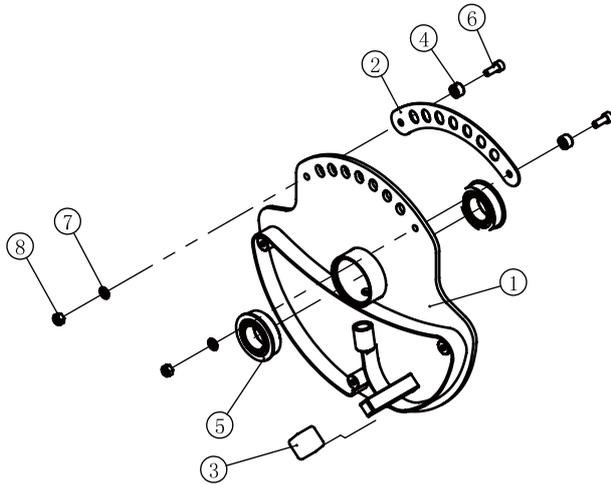


Grade No.	Part No.	Description	QTY
11.1	IT95340300	Turret	1
11.2	IT950521ASSY	Long Pin ASSY	1
11.3	IT95121200	Balance iron	1
11.4	F35635ZZNBK	Bearing $\Phi 35$	2
11.5	PNLM8*25DN20	Hexalobular socket pan head screws M8*25	2
11.6	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11.7	GB938N19	Spring washer $\Phi 8$	2

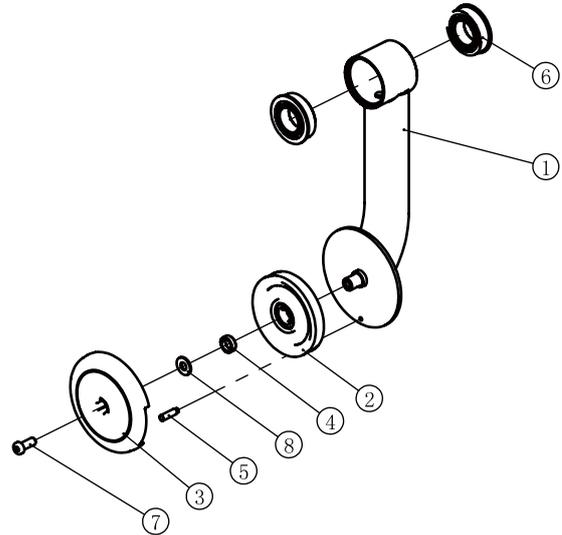
Grade No.	Part No.	Description	QTY
12.1	IT95340400	Handle Holder	1
12.2	IF81162300P116C	Plastic Gland $\Phi 25$	2
12.3	IF81162400P116C	Plastic Block $\Phi 25$	2
12.4	026-01PL0206-14	Handlebar grip	2
12.5	V39500	Stop Circle $\Phi 25.4$	2
12.6	IF81165000	Sun Cap	2
12.7	CNLM10*30*30DN20	Hexagon socket countersunk head screws M10*30	2
12.8	YZGB7710-32*3.2N19	Hexagon socket plain end set screw	4

Exploded View and Parts List

Wheel ASSY



Commutation Frame ASSY



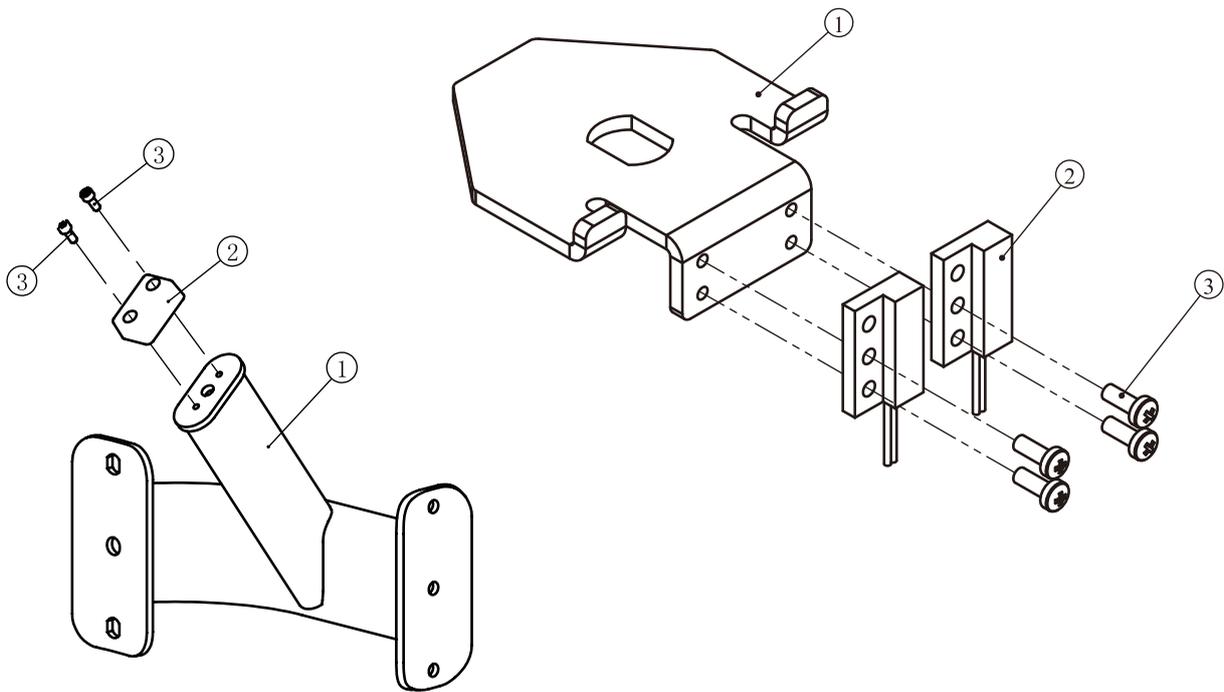
Grade No.	Part No.	Description	QTY
13.1	IT95340500	Wheel Frame	1
13.2	IT95341300	Board	1
13.3	FE97213100	Square limit sleeve	1
13.4	IN-S10111200	limit sleeve	2
13.5	F35635ZZNBK	Bearing $\Phi 35$	2
13.6	GB70M8*20DN20	Socket Head Cap Screw M8*20	2
13.7	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
13.8	NM8DN2	Nylon Lock Nut M8	2

Grade No.	Part No.	Description	QTY
14.1	IT95340600	Commutation Frame	1
14.2	IT95057800	4.5" Pulley	1
14.3	IT95016400	4.5" Pulley Cover	1
14.4	FE97122100	Pulley Spacer 1	1
14.5	FE97122300	Threaded column	1
14.6	F35635ZZNBK	Bearing $\Phi 35$	2
14.7	GB70BTM10*25DN18	Socket Head Cap Screw M10*25	1
14.8	DQ10N19B	Flat Washer $\Phi 11*\Phi 20*2$	1

Exploded View and Parts List

Connect Frame ASSY

Plate for Sensor ASSY

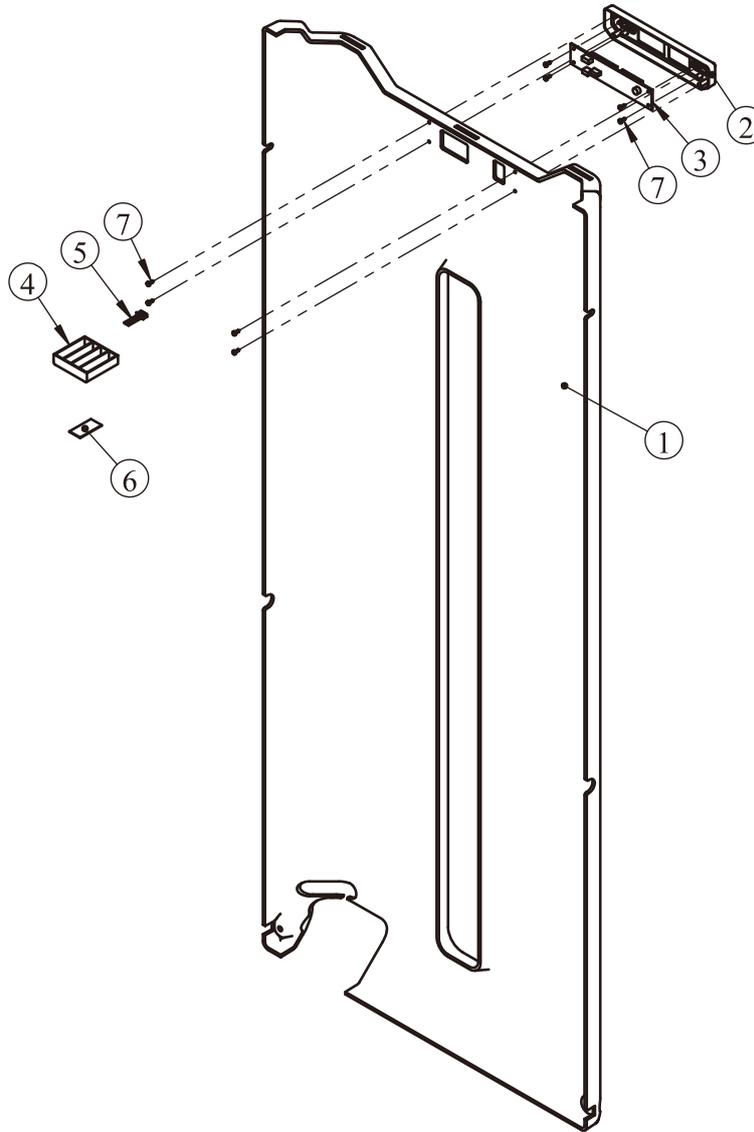


Grade No.	Part No.	Description	QTY
15.1	SL95340100	Back Connect Frame	1
15.2	CG600010900	Rubber Mat	1
15.3	GB70M6*15N19	Socket Head Cap Screw M6*15	2

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

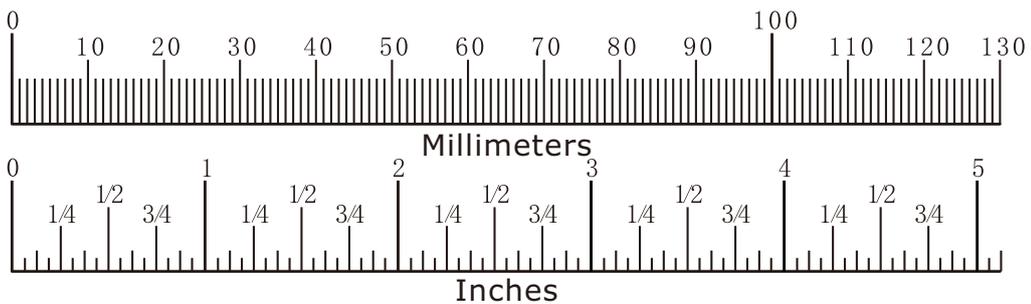
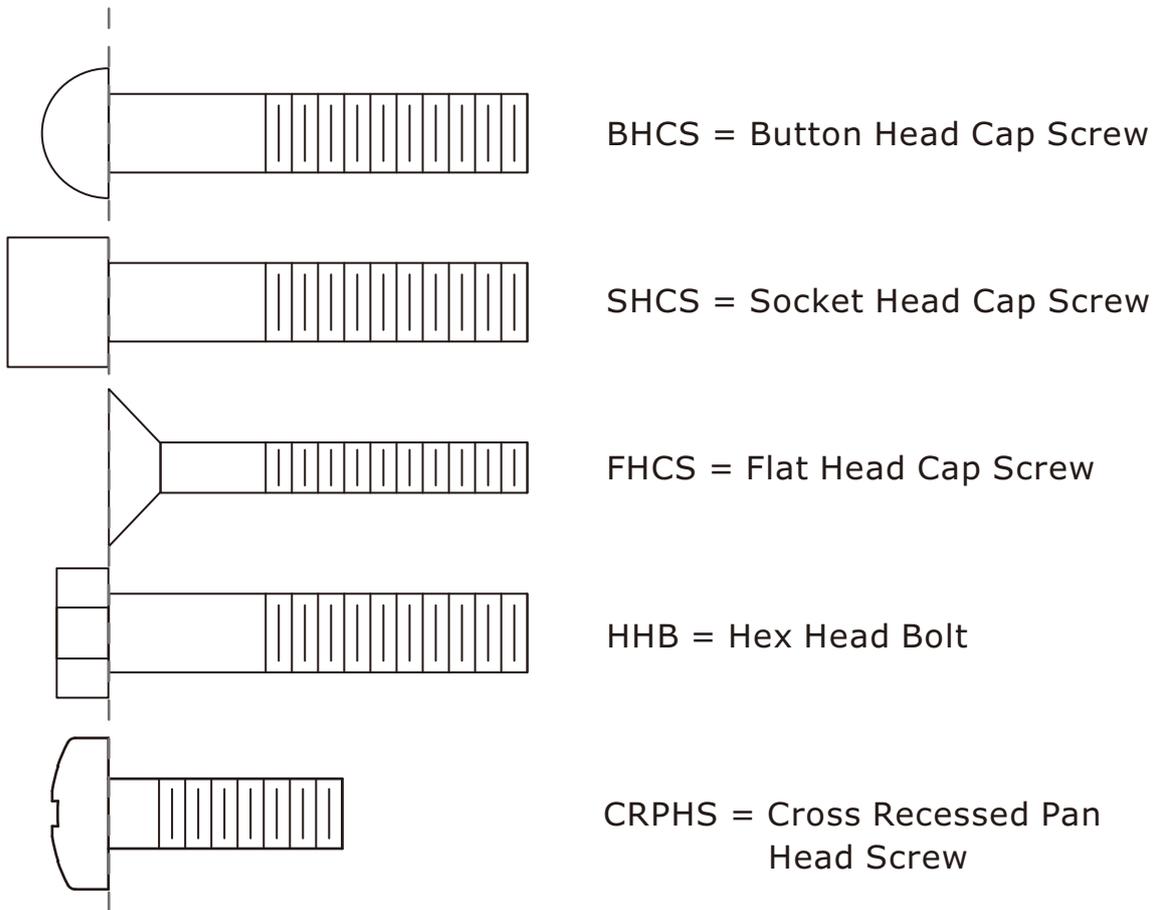
Exploded View and Parts List

Front Shroud ASSY



Grade No.	Part No.	Description	QTY
24.1	FH013200	Front Shroud	1
24.2	FB014100	Electronic watchcase	1
24.3	B297-FB-TB	Console PCB	1
24.4	DQDCH01	Cell Box	1
24.5	L350XHP-SMY-4	Sensor 4C*22#350mm	1
24.6	SMJ20*1*1000	Double faced adhesive tape	0.1
24.7	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

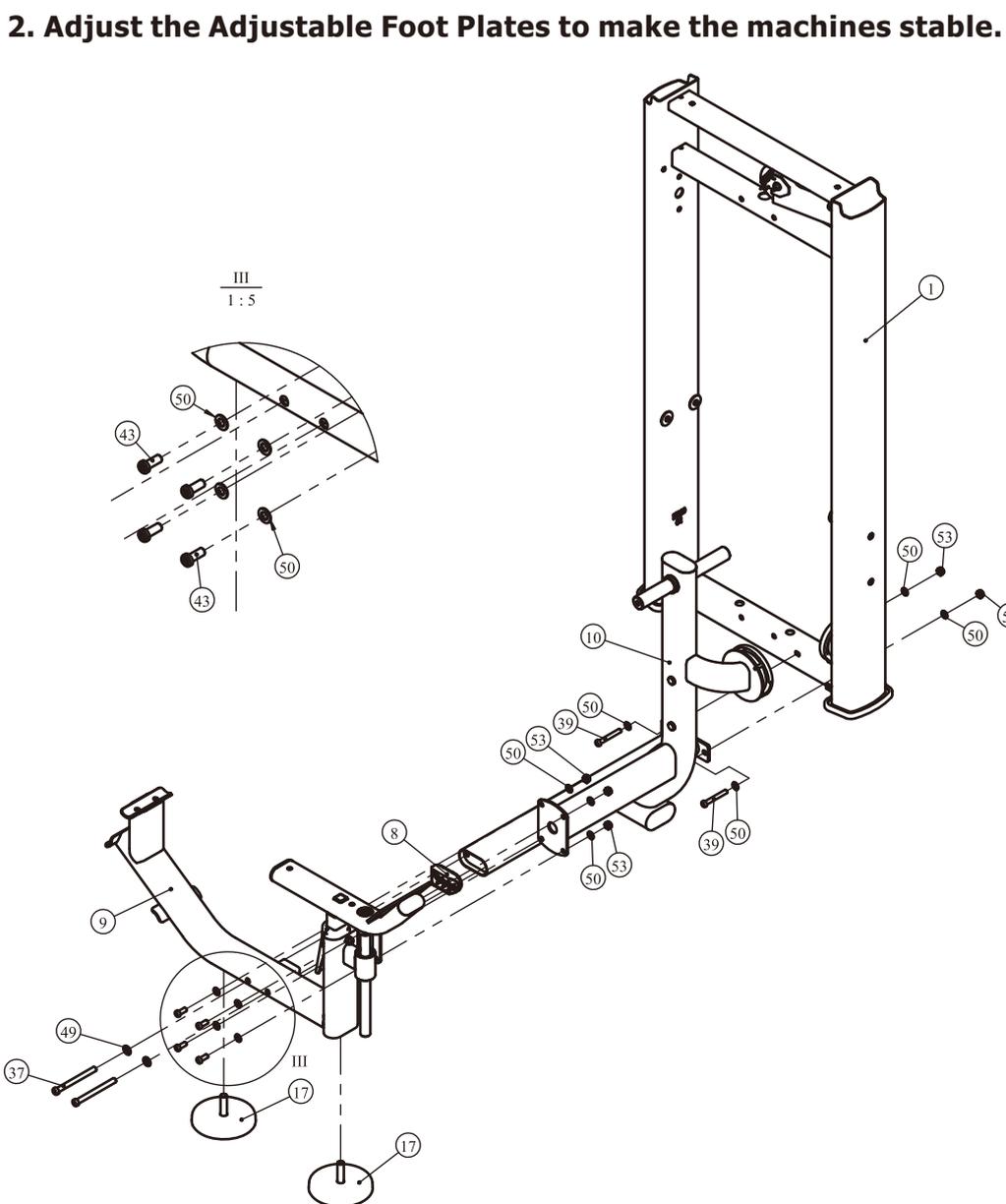
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

1. Attach two Adjustable Foot Plates (#17) to the Ground Frame ASSY (#9).
2. Attach the Ground Connect Frame ASSY (#10) to the Weight Stack Frame ASSY (#1) and the Ground Frame ASSY (#9) using:
 - two M12*135 SHCS (#37)
 - two M10*75 SHCS (#39)
 - twelve $\Phi 11*\Phi 20*2$ Flat Washer (#50)
 - six M10 Nylon Lock Nut (#53)
 - four M10*25 SHCS (#43)
 - one Plastic Cover (#8)
 - two $\Phi 13*\Phi 24*2.5$ Flat Washer (#49)

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

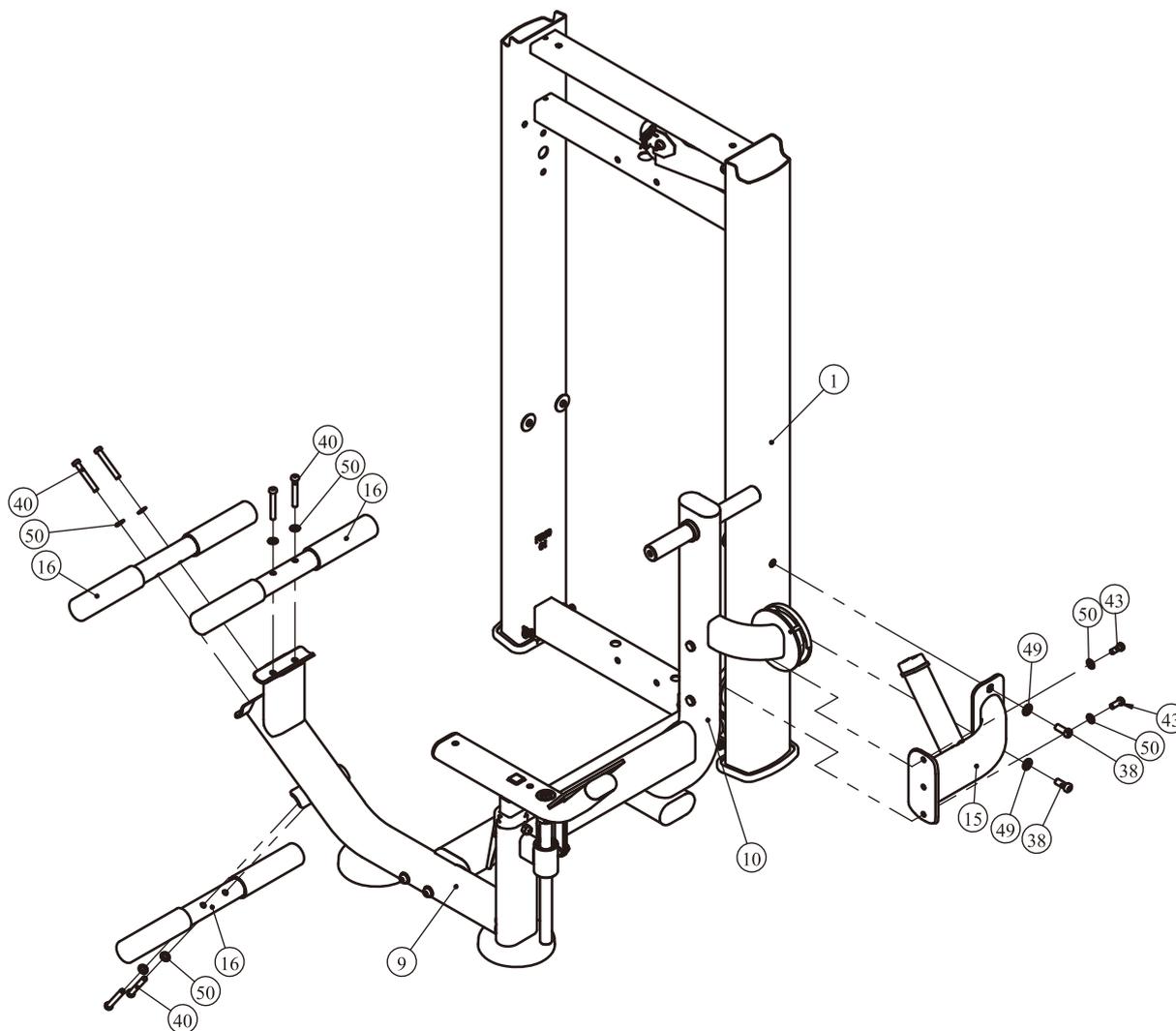


Assembly

STEP 2

1. Attach the Connect Frame ASSY (#15) to the Weight Stack Frame ASSY (#1) and the Ground Connect Frame ASSY (#10) using:
 - two M12*30 SHCS (#38)
 - two $\Phi 13*\Phi 24*2.5$ Flat Washer (#49)
 - two M10*25 SHCS (#43)
 - two $\Phi 11*\Phi 20*2$ Flat Washer (#50)
2. Attach three Foot supported tube ASSYS (#16) to the Ground Frame ASSY (#9) using:
 - six M10*70 SHCS (#40)
 - six $\Phi 11*\Phi 20*2$ Flat Washer (#50)

Note: Wrench Tighten Bolts.



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19^*$ 1302 (#4)

two Weight Rubber Bumper (#7)

fifteen Weight Plate 10LBS (#100)

two weight stack space (#101)

one Top Plate (#2)

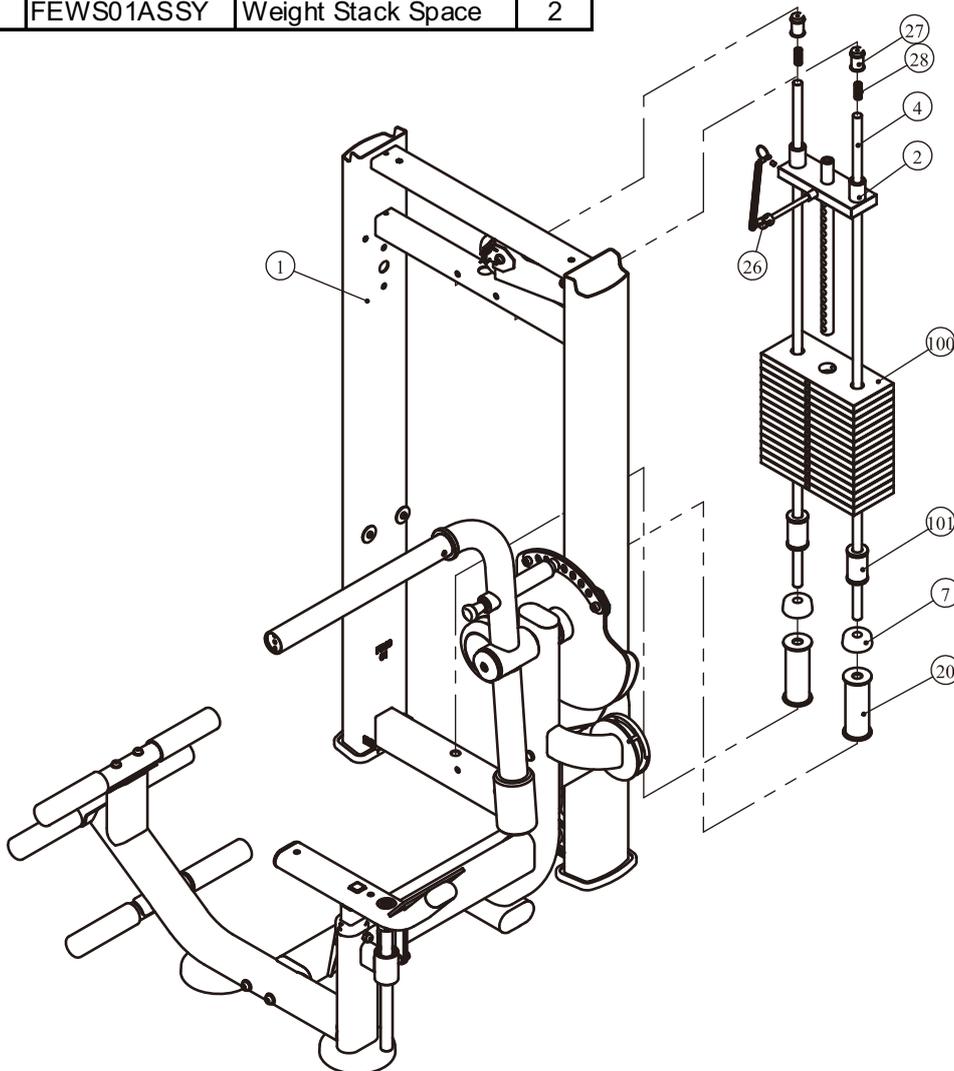
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve $\Phi 25^* \Phi 19^* 45$ (#27)

two Spring (#28)

2. Attach the Selector Pin W/Coil (#26) to the Top Plate (#2).

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



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19^*$ 1302 (#4)

two Weight Rubber Bumper (#7)

nineteen Weight Plate 10LBS (#100)

one Top Plate (#2)

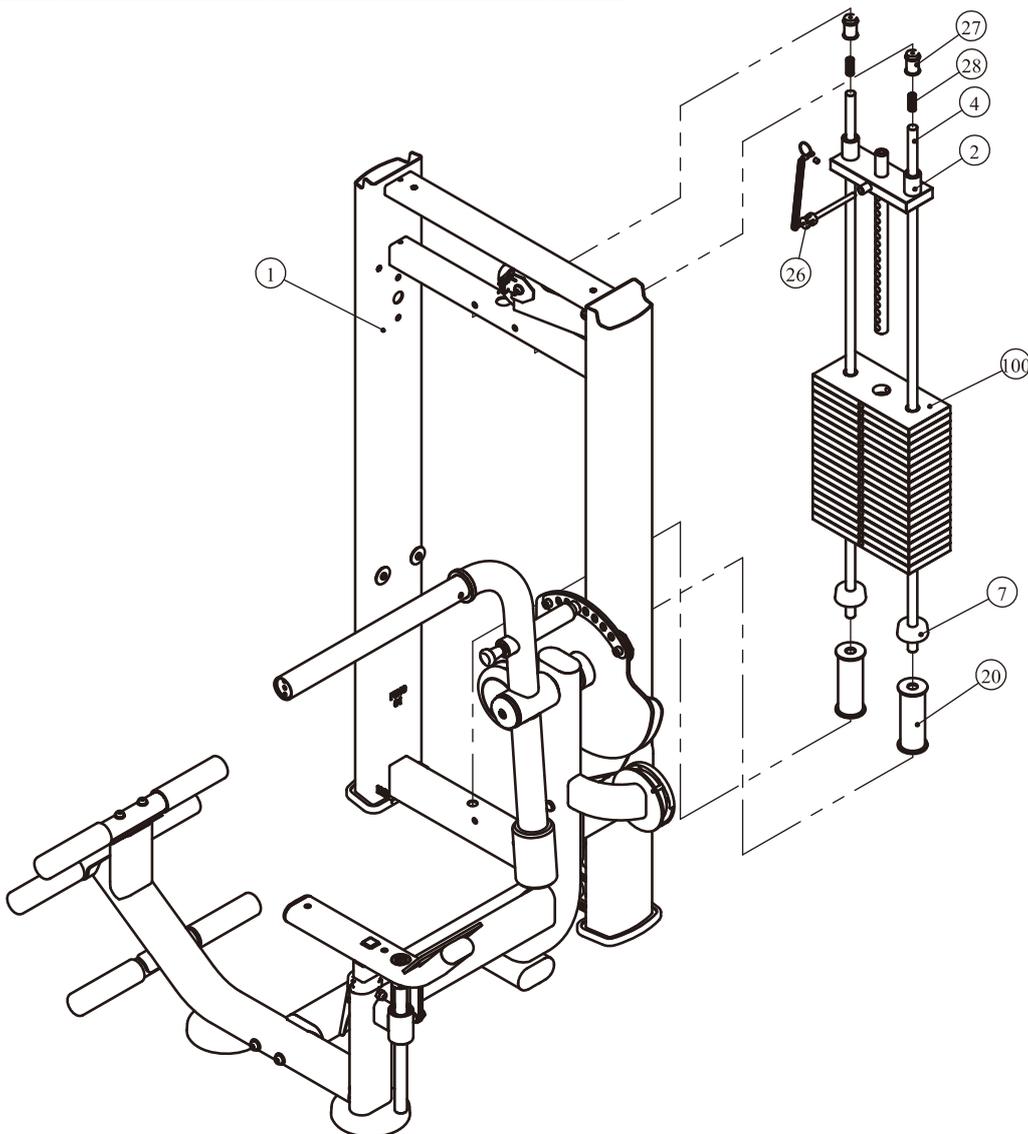
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve $\Phi 25^* \Phi 19^* 45$ (#27)

two Spring (#28)

2. Attach the Selector Pin W/Coil (#26) to the Top Plate (#2).

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



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19^*$ 1302 (#4)

two Weight Rubber Bumper (#7)

fifteen Weight Plate 15LBS (#102)

two weight stack space (#101)

one Top Plate (#2)

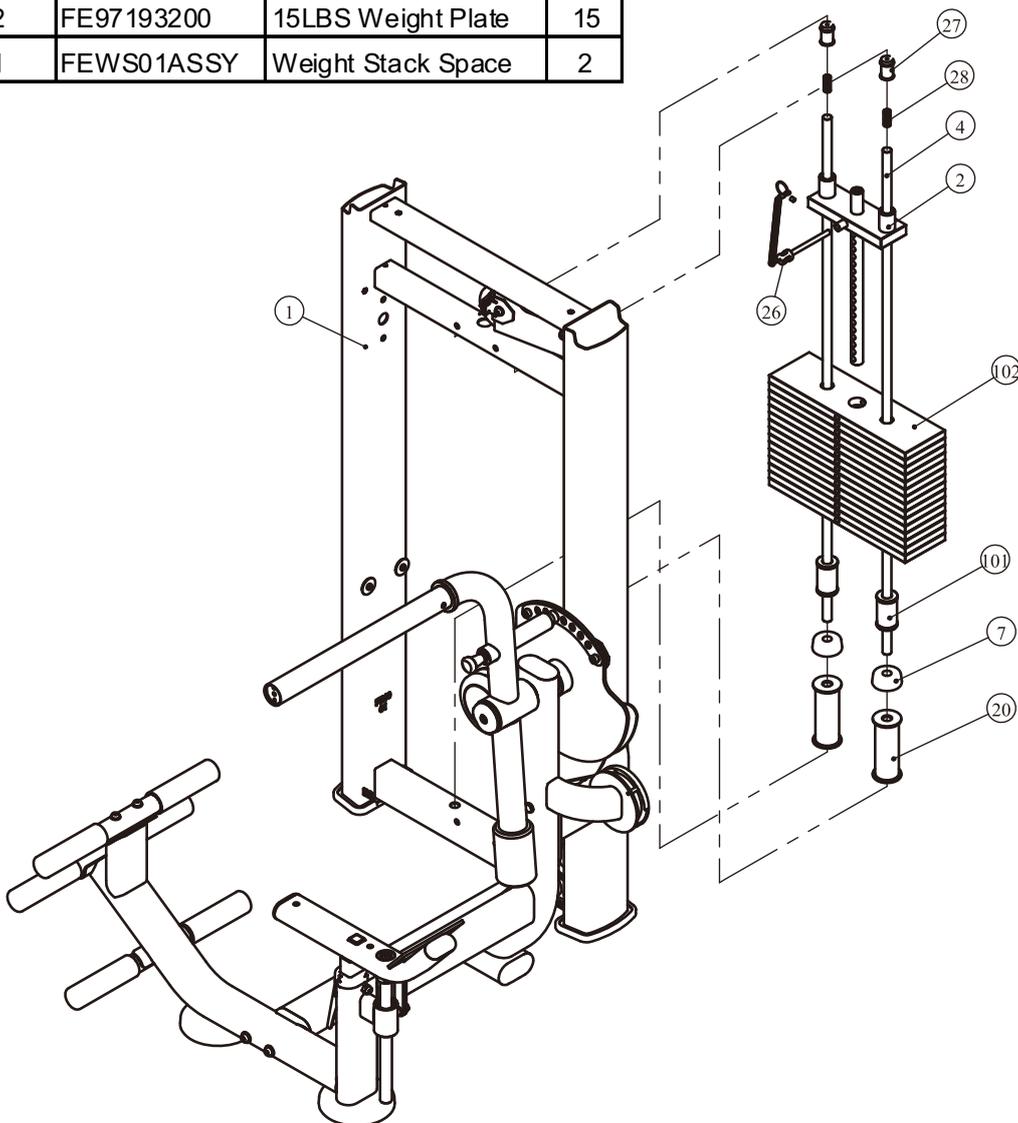
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve $\Phi 25^* \Phi 19^* 45$ (#27)

two Spring (#28)

2. Attach the Selector Pin W/Coil (#26) to the Top Plate (#2).

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



Assembly

STEP 4

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

1. Attach:

two Guide Rod $\Phi 19^*$ 1302 (#4)

two Weight Rubber Bumper (#7)

nineteen Weight Plate 15LBS (#102)

one Top Plate (#2)

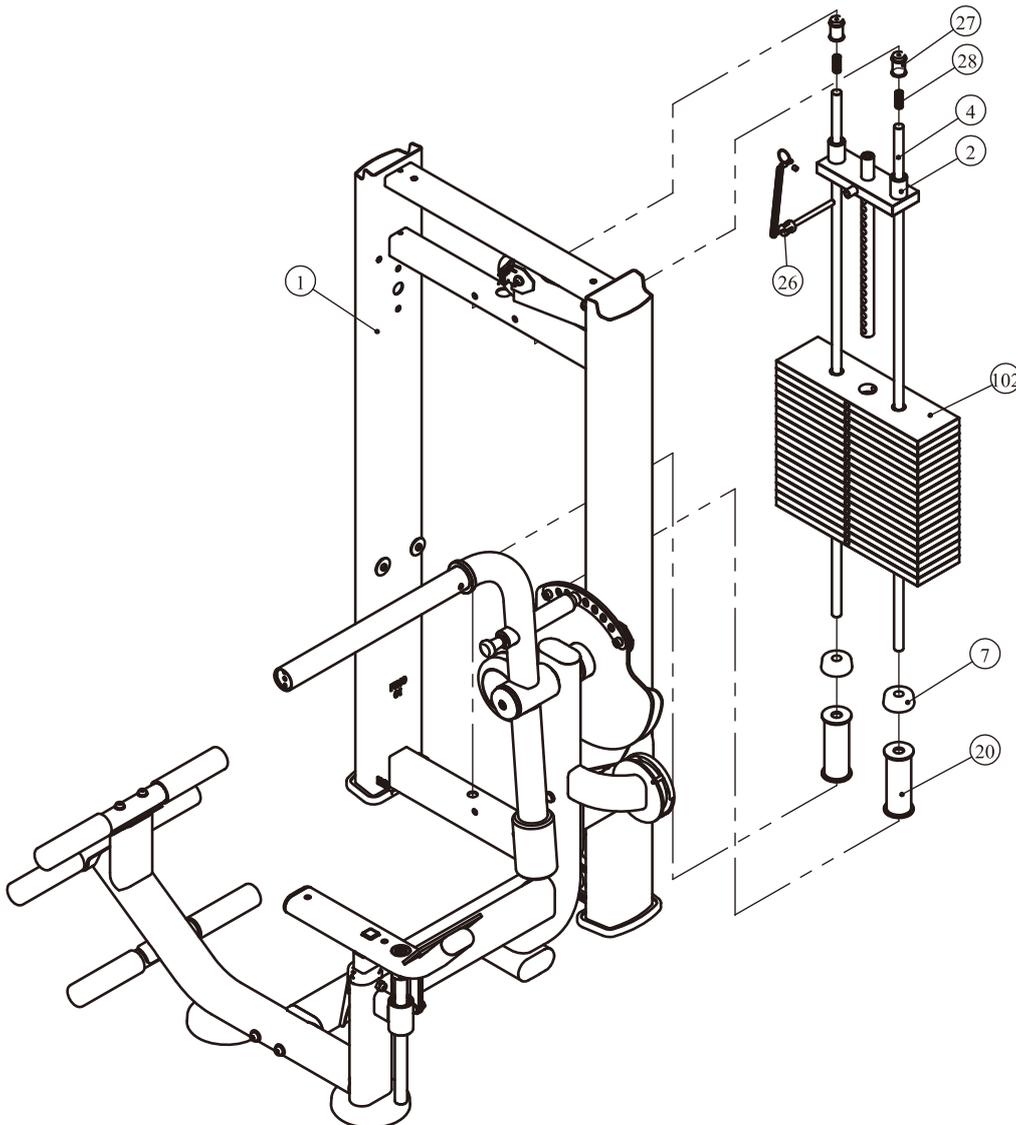
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve $\Phi 25^* \Phi 19^* 45$ (#27)

two Spring (#28)

2. Attach the Selector Pin W/Coil (#26) to the Top Plate (#2).

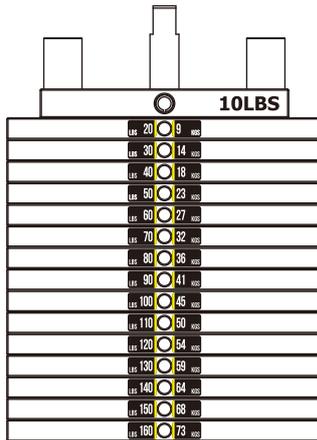
Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19



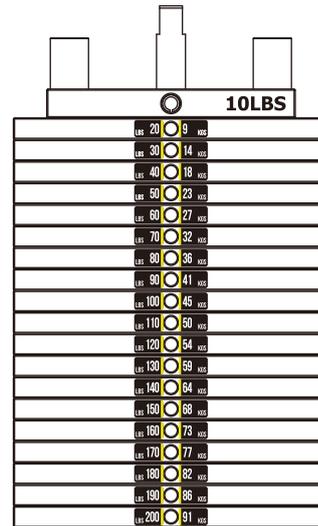
Assembly

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

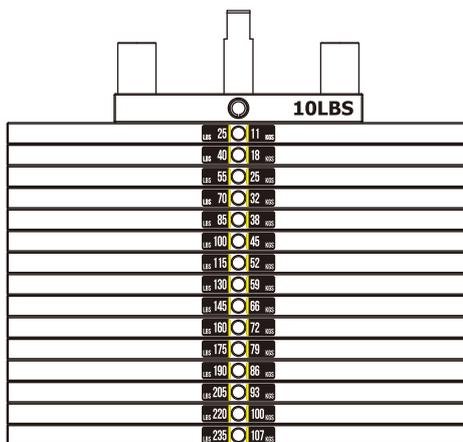


20-160LBS

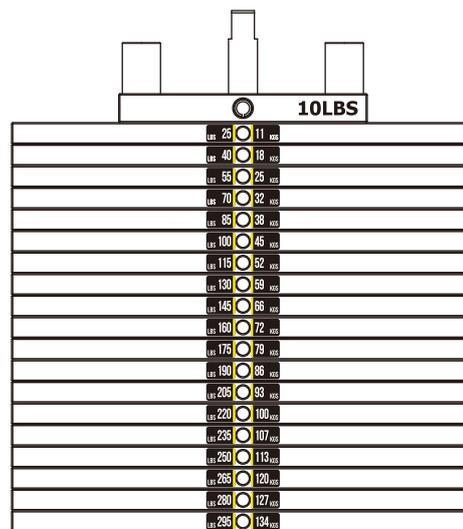


20-200LBS

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



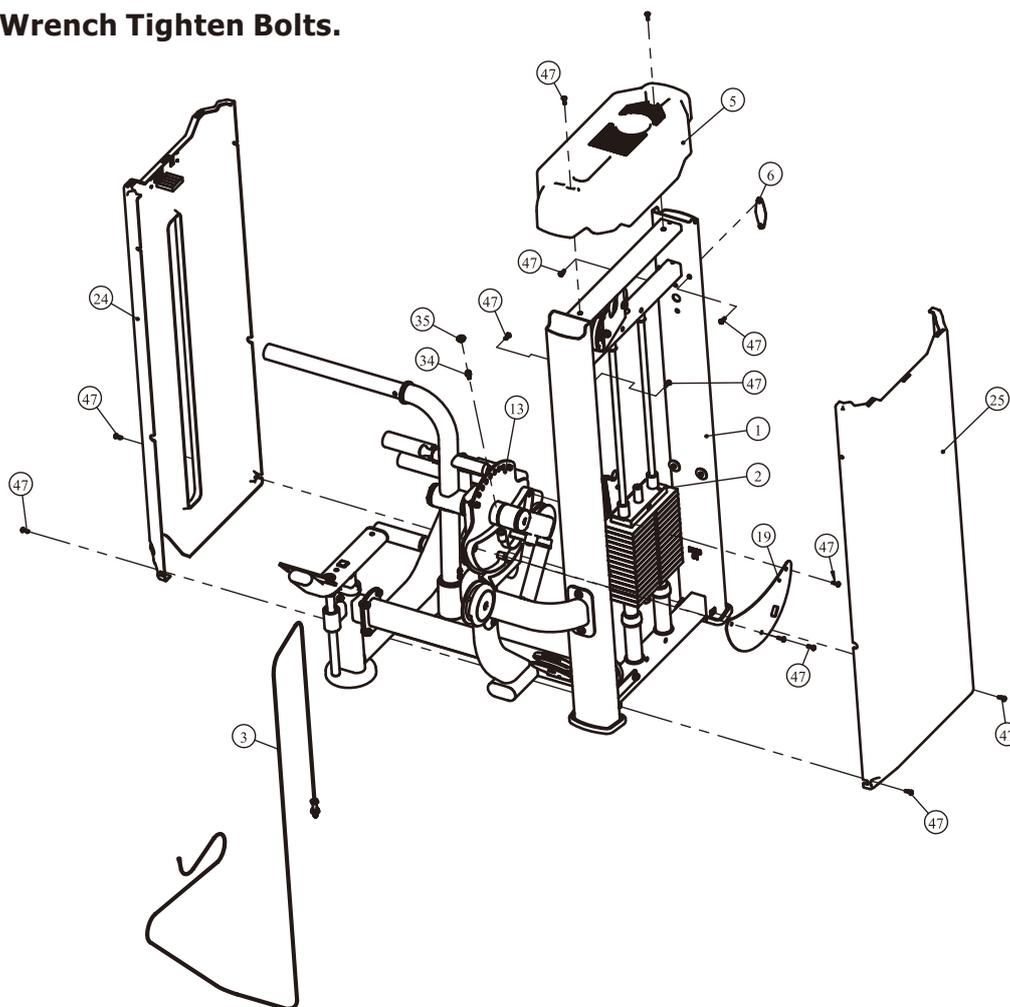
25-295LBS

Assembly

STEP 5

1. Attach the Cable ASSY (#3) to the Top Plate (#2) and the Weight Stack Frame ASSY (#1) and the Wheel ASSY (#13) using:
one Aluminium Sheath (#34)
one Cover (#35)
2. Attach the Rear Shroud (#25) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#47)
- 3 Attach the Front Shroud ASSY (#24) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#47)
4. Attach the Top Cover (#5) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#47)
5. Attach the Wheel Board (#19) to the Wheel ASSY (#13) using:
three M6*20 CRPHS (#47)
6. Attach the Spout Plug (#6) to the Weight Stack Frame ASSY (#1).

Note: Wrench Tighten Bolts.



Adjust Instructions and Exercise Instructions

The use of Selector Pin W/Coil

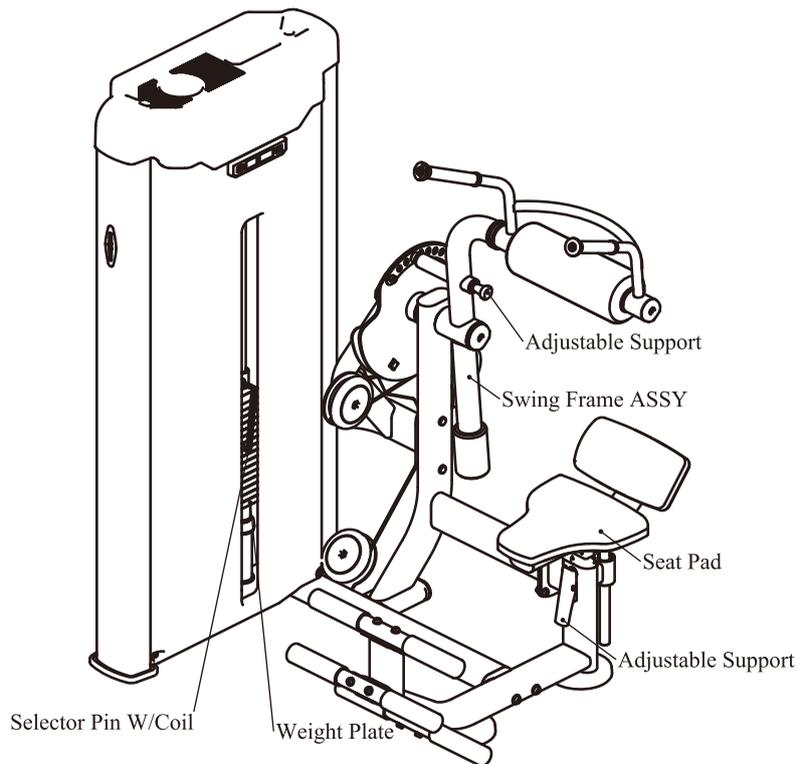
1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil get into the hole completely.

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.

The Use Position adjustment

1. Pull the Adjustable Support and adjust the Swing Frame ASSY to the desired position.
2. Make sure the pin gets into the hole completely.



FORZAHERO
ABDOMINAL/
BACK
FH40

Ab Back

bodytone

The complex block contains a dark grey background with white text and illustrations. At the top left, the text reads 'FORZAHERO', 'ABDOMINAL/BACK', and 'FH40'. Below this text are two anatomical diagrams of a human torso: the front view shows the abdominal muscles highlighted in green, and the back view shows the back muscles highlighted in green. To the right of these diagrams are two photographs of a person using the machine. The first photo, labeled 'Ab', shows the person in a seated position with their feet on the machine's footrests and hands on the handles, performing an abdominal exercise. The second photo, labeled 'Back', shows the person in a seated position with their feet on the machine's footrests and hands on the handles, performing a back exercise. The 'bodytone' logo is at the bottom center.

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.



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