

bodytone

FORZAHERO

FH52

LEG EXTENSIONS



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 0.5 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.

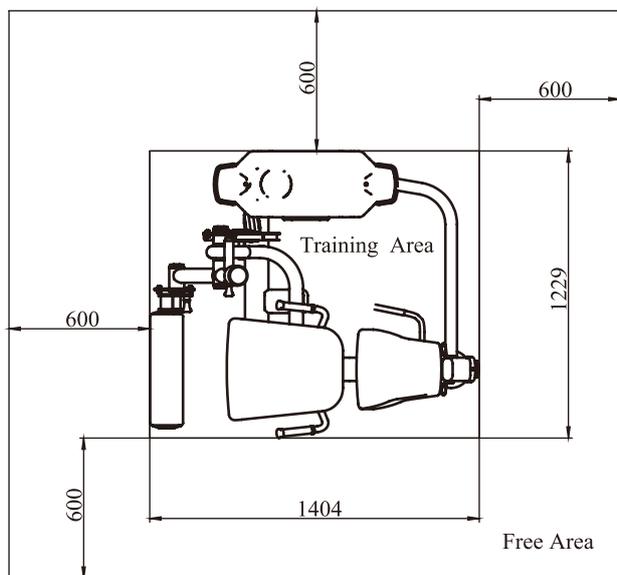
Important Safety Instructions

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: 1404*1229*1621mm

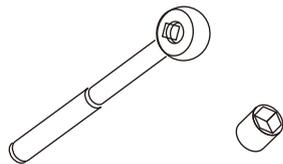
Product Total Surface: 1404*1229mm

Instructions

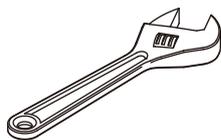
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

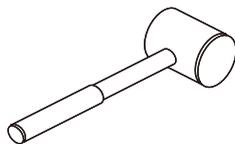
Tools Required



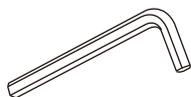
Ratchet Wrench and Socket



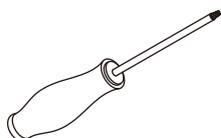
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	FH5201ASSY	Weight Stack Frame ASSY	1
2	IT95014200	Top Plate	1
3	SL95194400	Guide Rod	2
4	SL95057500	Cable	1
5	IN-D10132900	Weight Rubber Bumper	2
6	FH013100	Top Core	1
7	FB013400	Spout Plug	1
8	IT95016000	Plastic Cover	2
9	FH5208ASSY	Back Pad Frame ASSY	1
10	IT950502ASSY	Main Frame ASSY	2
11	IT950504ASSY	Front Support Frame ASSY	1
12	IT950505TKOASSY	FOAM ASSY	1
13	IT950506TKOASSY	Swing Frame ASSY	1
14	IT950507ASSY	Wheel Frame ASSY	1
15	IT950509ASSY	Handle Frame ASSY	1
16	IT950510TKOASSY	Adjustable Handle Frame ASSY	1
17	SL95050300	Rear Connection Frame	1
18	FB0111ASSY	Towel Rack ASSY	1
19	CWRVL0101100	Plate	1
20	SD1000B3000ASSY	Adjustable Foot Plate	2
21	FH5232ASSY	Front Shroud ASSY	1
22	SL950571V1ASSY	Back Pad ASSY	1
23	SL95057200V1	Seat Pad	1
24	FE972152ASSY	FOAM ASSY	1
25	FH013300	Rear Shroud	1
26	IT90012000V1P201C	Selector Pin W/Coil	1
27	IT95016100	Guide Rod Fixing Sleeve	1

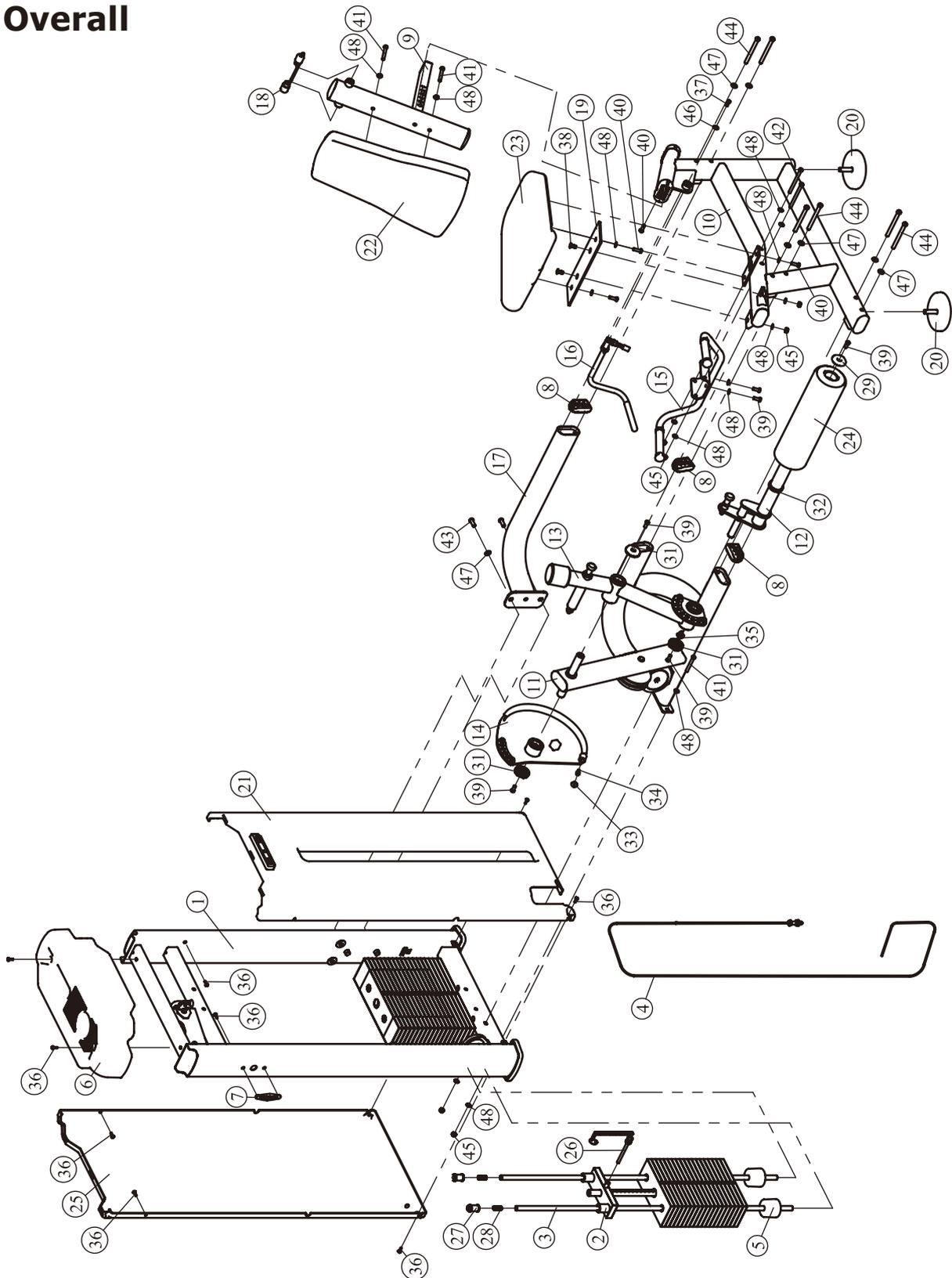
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
28	HFOPT900-04A0602	Spout Plug $\Phi 16.5 \times 6.88$	2
29	FE97211900	Cap	1
31	IT95062000	Cap ASSY	3
32	IE950912800	Plastic Ring	1
33	V22500	Plug	1
34	HFOPT900-04A1400	Aluminium Sheath	1
35	GB894.125FH12	Circlips For Shaft	1
36	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	10
37	GB70M8*20DHS20	Socket Head Cap Screw M10*20	1
38	CNLM10*25DHS20	Head Cap Screw M8*25	2
39	GB70BTM10*25DHS18	Socket Head Cap Screw M10*25	6
40	GB70BTM10*30DHS18	Socket Head Cap Screw M10*30	5
41	GB70BTM10*80DHS18	Socket Head Cap Screw M10*80	4
42	GB70BTM10*130DHS18	Socket Head Cap Screw M10*130	2
43	GB70BTM12*30DHS18NL	Socket Head Cap Screw M12*30	2
44	GB70BTM12*135DHS18NL	Socket Head Cap Screw M12*135	6
45	NM10DHS2	Nylon Lock Nut M10	6
46	DQ8DHS2	Flat Washer $\Phi 9 \times \Phi 22 \times 1.6$	1
47	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	8
48	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	18
49	NBS3DHS	Hex Key S=3	1
50	NBS6DHS	Hex Key S=6	1
51	NBS8DHS	Hex Key S=8	1
52	LW200BS	Wrench $\Phi 6 \times 117$	1
53	YHY	Lube	1

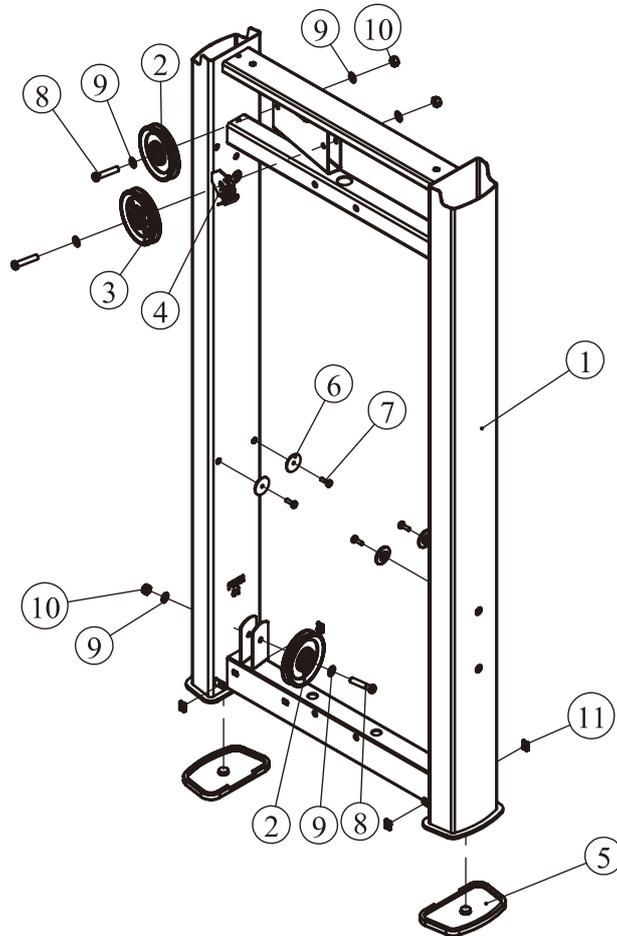
Exploded View and Parts List

Overall



Exploded View and Parts List

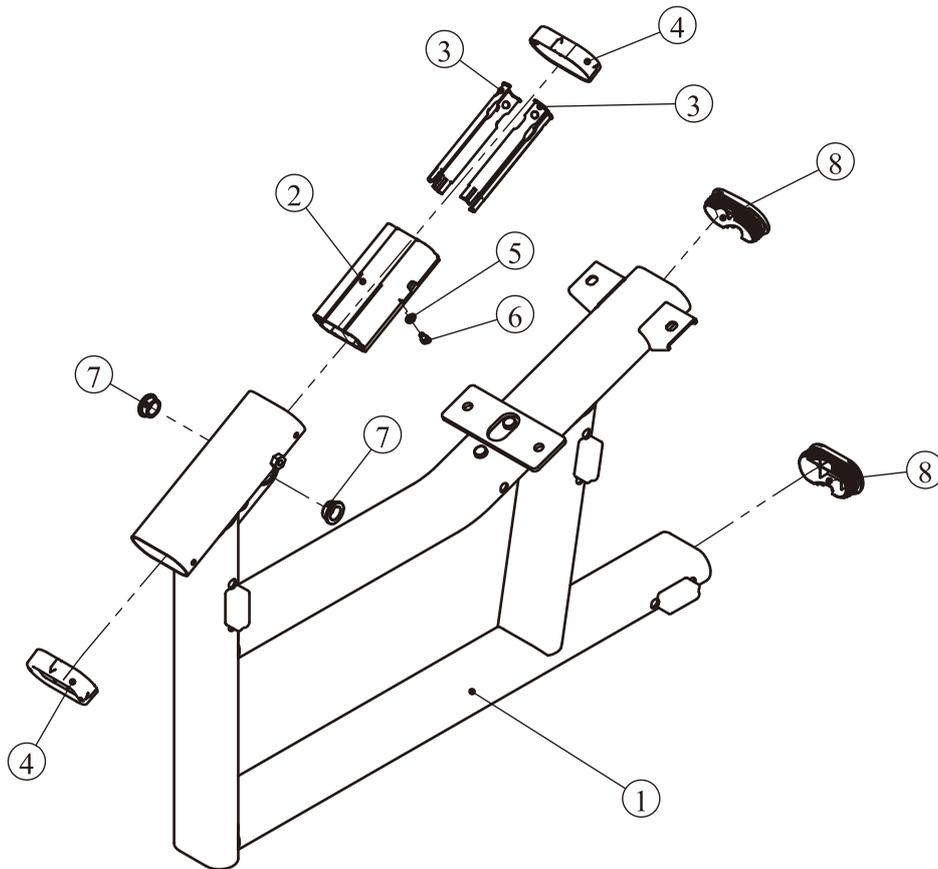
Weight Stack Frame ASSY



Grade No.	Part No.	Description	QTY
1.1	FH520100ASSY	Weight Stack Frame	1
1.2	SG500110400V5	4.5" Pulley	2
1.3	CG2L1700	4.5" Pulley with Magnet	1
1.4	FH0140ASSY	Plate for Sensor ASSY	1
1.5	SL95013500	Foot Plate	2
1.6	IT95015900	Plastic Block	4
1.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4
1.8	GB70BTM10*50DHS18	Socket Head Cap Screw M10*50	3
1.9	GB9510DHS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	6
1.10	NM10DHS2	Nylon Lock Nut M10	3
1.11	AC32705800	Rivet Nut M6	4

Exploded View and Parts List

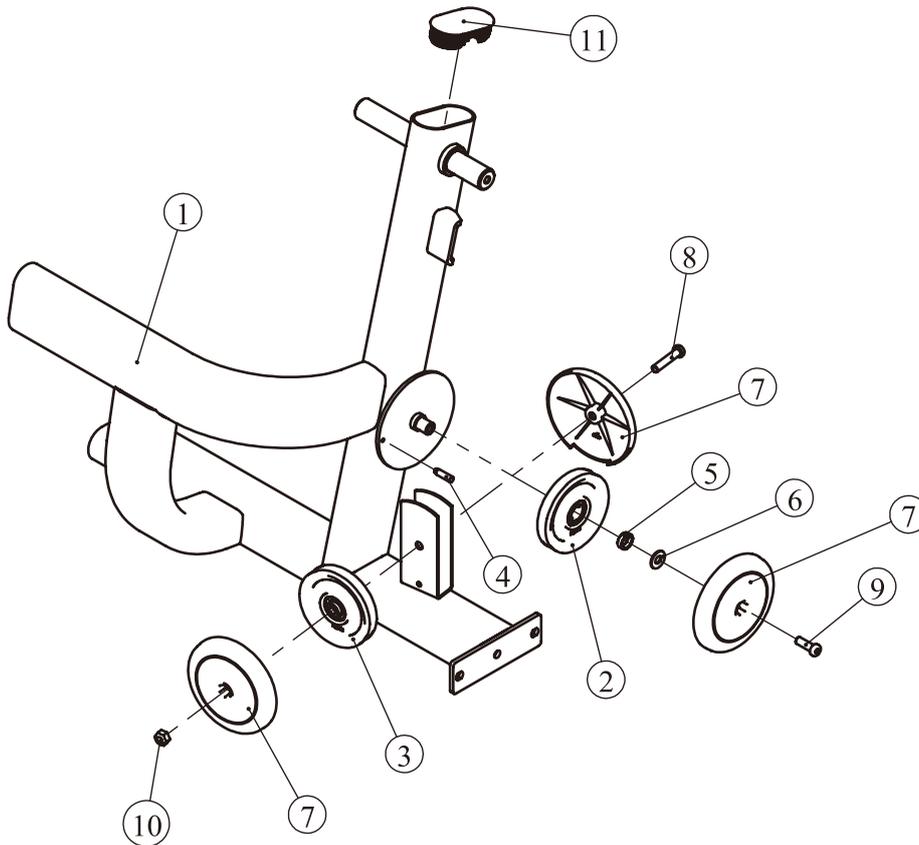
Main Frame Sub ASSY



Grade No.	Part No.	Description	QTY
10.1	IT95050200	Main Frame	1
10.2	IT95054300	Aluminum Tube Guide	1
10.3	IT95016300	Plastic Corner Tube Glide	4
10.4	IT95016200	Plastic Tube Plug	2
10.5	GB956DN2	Flat Washer $\Phi 6.6*\Phi 12*1.6$	1
10.6	GB70M6*10N19	Socket Head Cap Screw M6*10	1
10.7	HVCORE5300	Bushing $\Phi 19$	2
10.8	IT90013800P11C	Plug RT50*100	2

Exploded View and Parts List

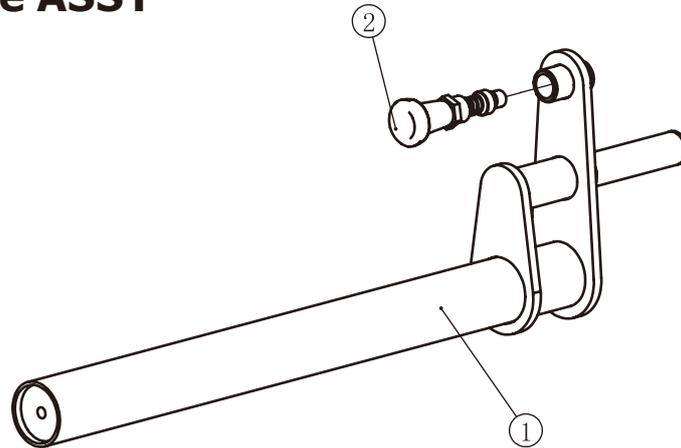
Front Support Frame ASSY



Grade No.	Part No.	Description	QTY
11.1	IT95050400	Front Support Frame	1
11.2	IT95057800	Thin 4.5" Pulley	1
11.3	SG500110400V5	4.5" Pulley	1
11.4	FE97122300	Threaded Column	1
11.5	FE97122100	Pulley Spacer 1	1
11.6	DQ10N19B	Flat Washer $\Phi 11*\Phi 25*2$	1
11.7	IT95016400	Pulley Cover	3
11.8	GB70BTM10*50DN18	Socket Head Cap Screw M10*50	1
11.9	GB70BTM10*30DN18	Socket Head Cap Screw M10*30	1
11.10	NM10DN2	Nylon Lock Nut M10	1
11.11	IT90013800P11C	Plug RT50*100	1

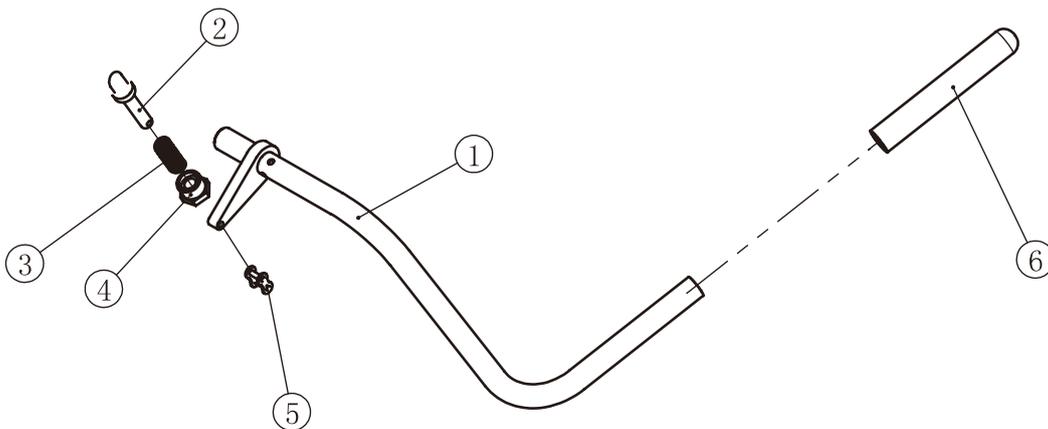
Exploded View and Parts List

FOAM Frame ASSY



Grade No.	Part No.	Description	QTY
12.1	IT95050500	FOAM Frame	1
12.2	IT95221700P201C	Pin	1

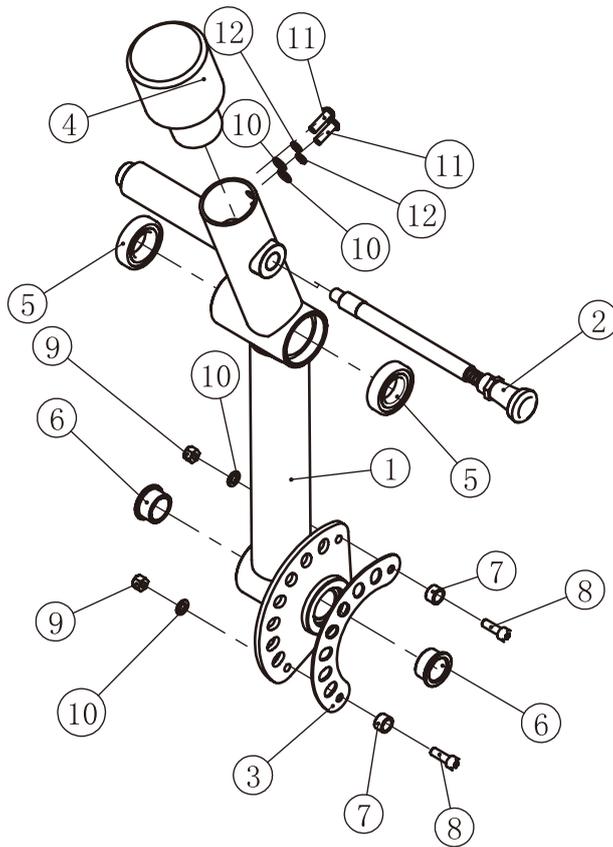
Adjustable Handle Frame ASSY



Grade No.	Part No.	Description	QTY
16.1	IT95100700	Adjustable Handle Frame	1
16.2	IT95052400	Pin	1
16.3	IN-B72001600	Spring	1
16.4	KPS18002701V1	Nut M20*1.5*18	1
16.5	GB/T1243-199708BN19	Chain	1
16.6	FS522800P201C	Grip	1

Exploded View and Parts List

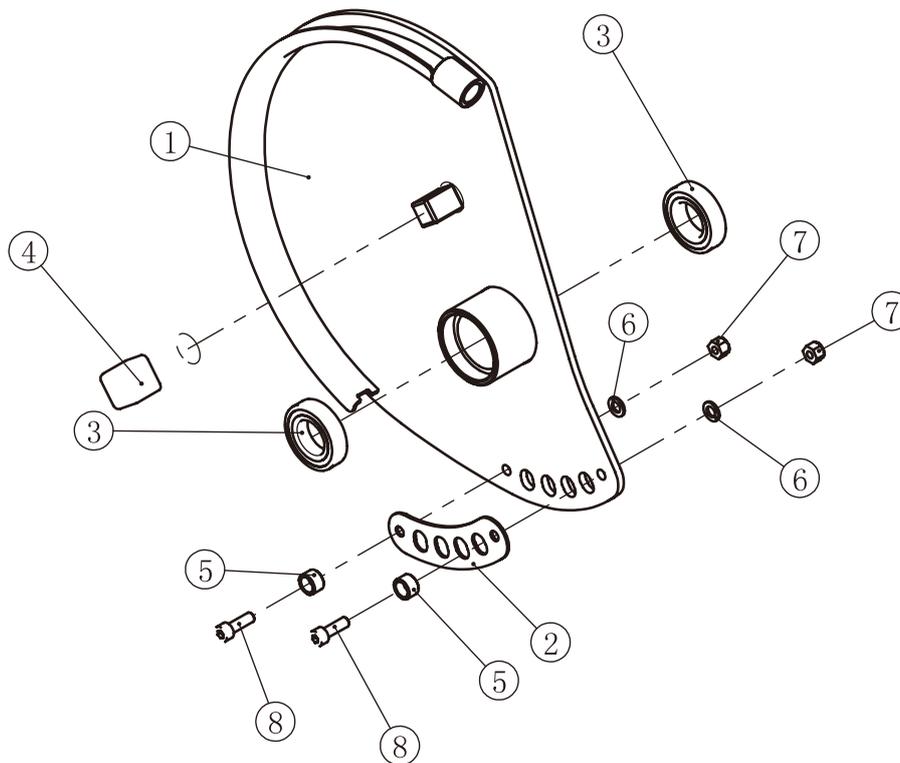
Swing Frame ASSY



Grade No.	Part No.	Description	QTY
13.1	IT95050600	Swing Frame	1
13.2	IT950521P201CASSY	Long Pin	1
13.3	IT95052200	Lining Board 1	1
13.4	IT95051100	Counter Poise Block	1
13.5	GB2766006-2RSC3NBK	Bearing	2
13.6	M02502000	Spacer $\Phi 38*\Phi 32*\Phi 25.4*18$	2
13.7	IN-S10111200	Rubber Sleeve $\Phi 17*10.5$	2
13.8	GB70M8*20DS20	Socket Head Cap Screw M8*20	2
13.9	NM8DN2	Nylon Lock Nut M8	2
13.10	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	4
13.11	PNLM8*25DN20	Button Head Cap Screw M8*20	2
13.12	GB938N19	Spring Washer $\Phi 8$	2

Exploded View and Parts List

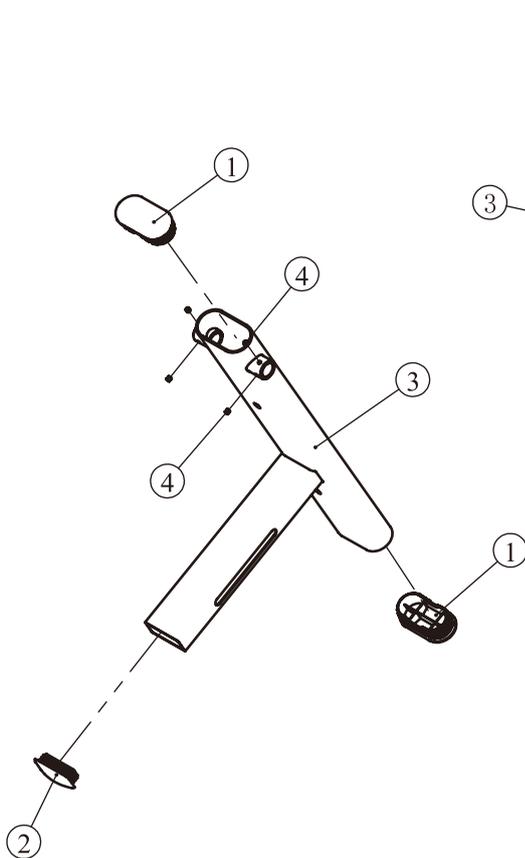
Wheel Frame ASSY



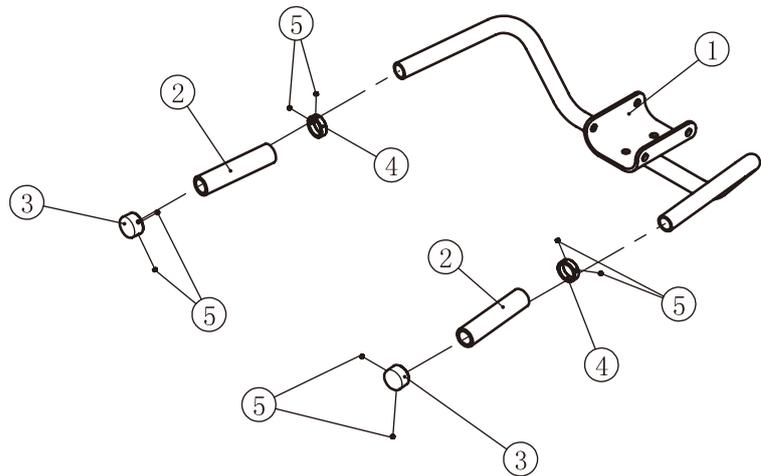
Grade No.	Part No.	Description	QTY
14.1	IT95050700	Wheel Frame	1
14.2	IT95052300	Lining Board 2	1
14.3	GB2766006-2RSC3NBK	Bearing	2
14.4	FE97213100	Square Rubber Sleeve	1
14.5	IN-S10111200	Rubber Sleeve $\Phi 17*10.5$	2
14.6	GB958DN2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
14.7	NM8DN2	Nylon Lock Nut M8	2
14.8	GB70M8*20DS20	Socket Head Cap Screw M8*20	2

Exploded View and Parts List

Back Pad Frame ASSY



Handle Frame ASSY

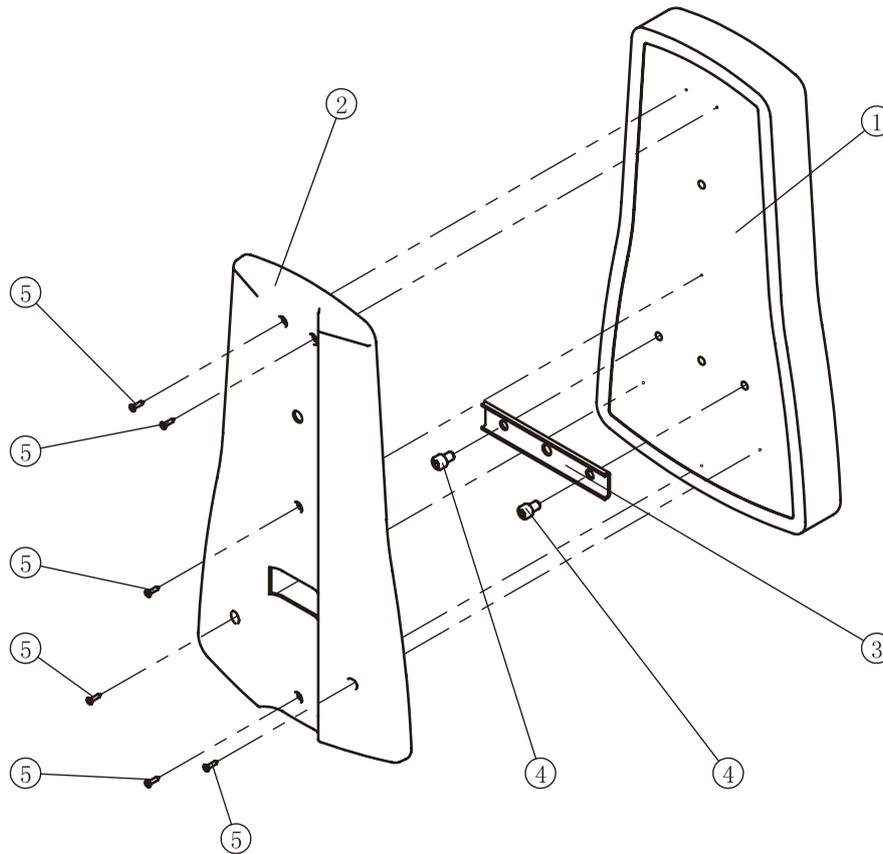


Grade No.	Part No.	Description	QTY
9.1	FH5208ASSY	Back Pad Frame	1
9.2	IT90013800P11C	Plug RT50*100	1
9.3	IN-D10134200P11C	Plug □30*70	1
9.4	GB77M6*6DHS18NL	Screw M6*6	1

Grade No.	Part No.	Description	QTY
15.1	IT95050900	Handle Frame	1
15.2	FE97031800	Grip	2
15.3	IT95022100	Aluminum Grip Cap	2
15.4	V39500	Aluminum Grip Ring	2
15.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

Exploded View and Parts List

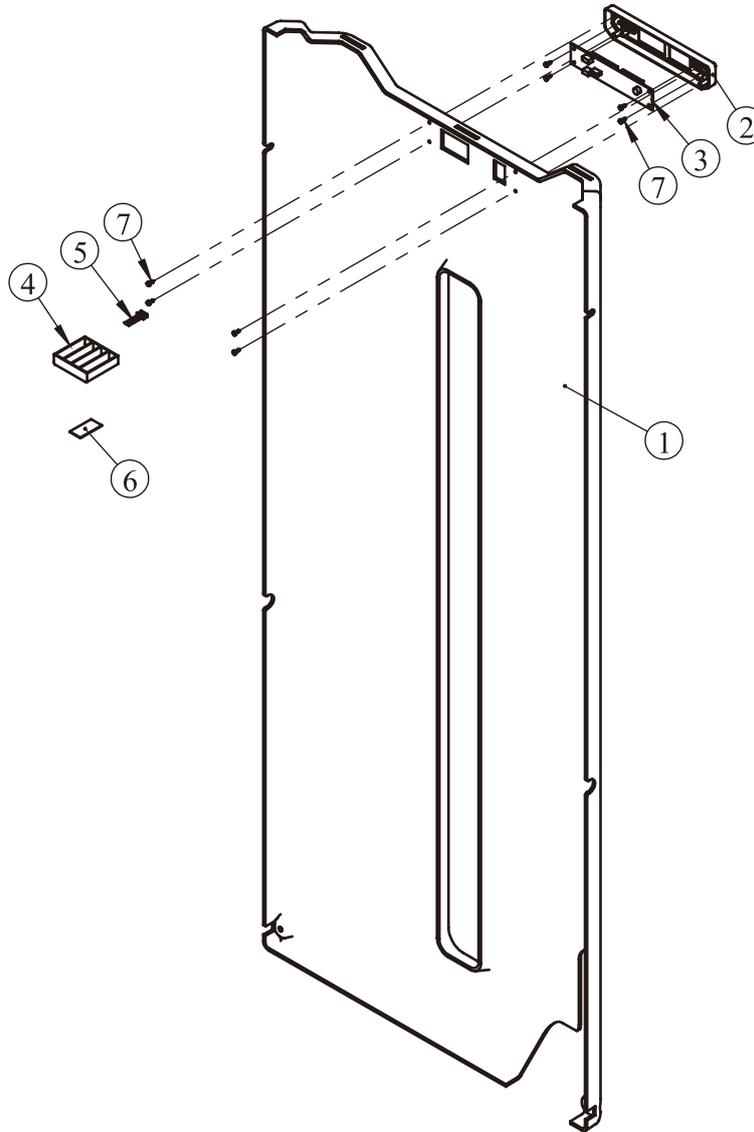
Back Pad ASSY



Grade No.	Part No.	Description	QTY
22.1	IT95017100	Back Pad	1
22.2	IT95017300	Back Pad Cover	1
22.3	IT95017500	Back Pad Support Plate	1
22.4	GB70M10*15DS20	Socket Head Cap Screw M10*15	2
22.5	GB846ST4.2*19DHS	Cross Recessed Countersunk Head Tapping Screw ST4.2*19	6

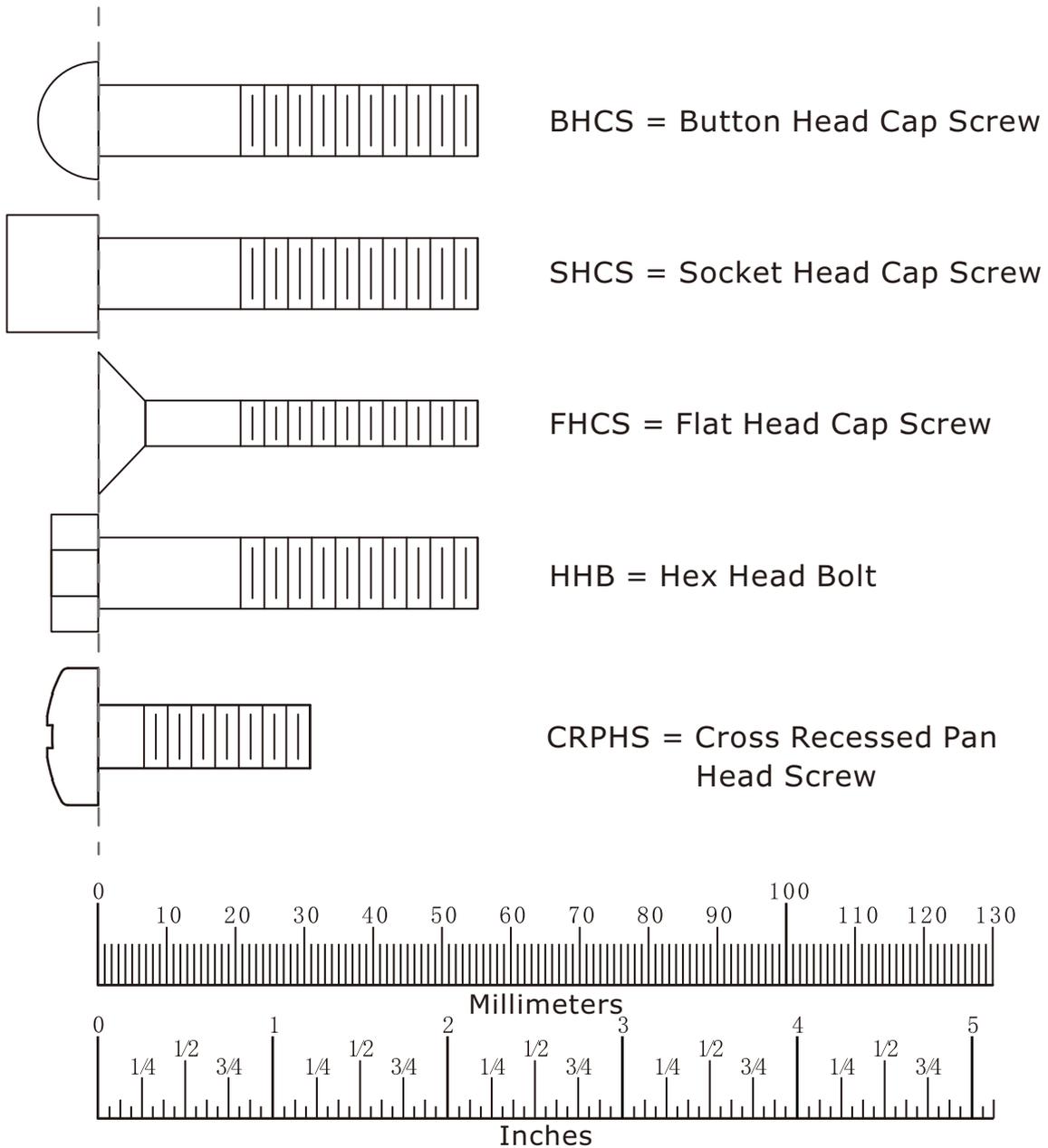
Exploded View and Parts List

Front Shroud ASSY



Grade No.	Part No.	Description	QTY
23.1	FH5232ASSY	Front Shroud	1
23.2	FB014100	Electronic watchcase	1
23.3	B297-FB-TB	Console PCB	1
23.4	DQDCH01	Cell Box	1
23.5	L350XHP_SMY-4	Sensor 4C*22#350mm	1
23.6	SMJ20*1*1000	Double faced adhesive tape	0.1
23.7	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.

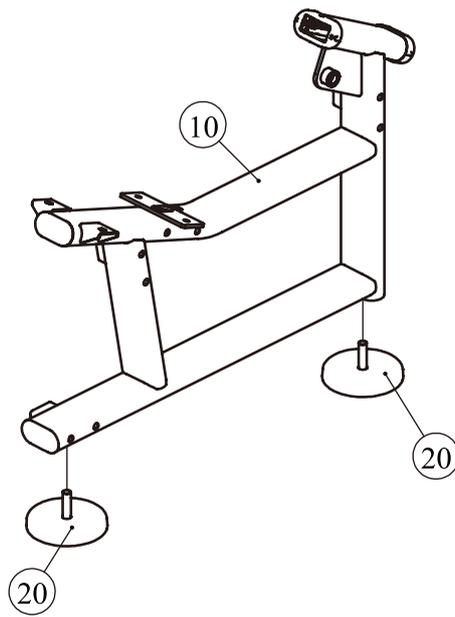
NOTE

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

Attach two Adjustable Foot Plates (#20) to the Main Frame ASSY (#10).



Assembly

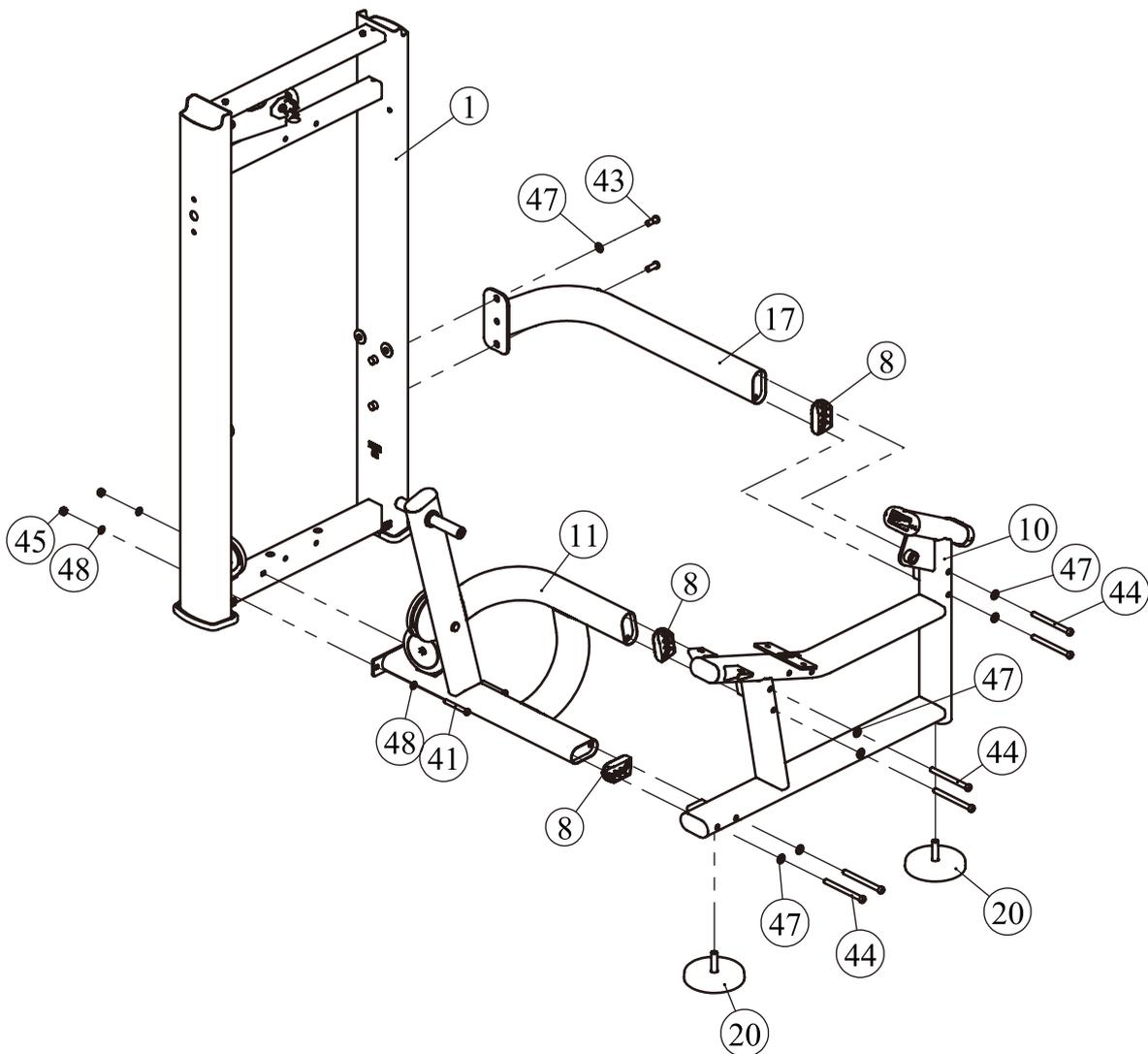
STEP 2

Attach the Front Support Frame ASSY (#11) and the Rear Connection Frame (#17) to the Weight Stack Frame ASSY (#1) and the Main Frame ASSY (#10) using:

- three Plastic Cover (#8)
- six M12*135 SHCS (#44)
- two M12*30 SHCS (#43)
- two M10*80 SHCS (#41)
- two M10 Nylon Lock Nut (#45)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#48)
- eight $\Phi 13*\Phi 24*2.5$ Flat Washer (#47)

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

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



Assembly

STEP 3

1. Attach the Wheel Frame ASSY (#14) and the Swing Frame ASSY (#13) to the Front Support Frame ASSY (#11) using:

two Cap ASSY $\Phi 60$ (#31)

two M10*25 SHCS (#39)

2. Attach the FOAM Frame ASSY (#12) to the Swing Frame ASSY (#13) using:

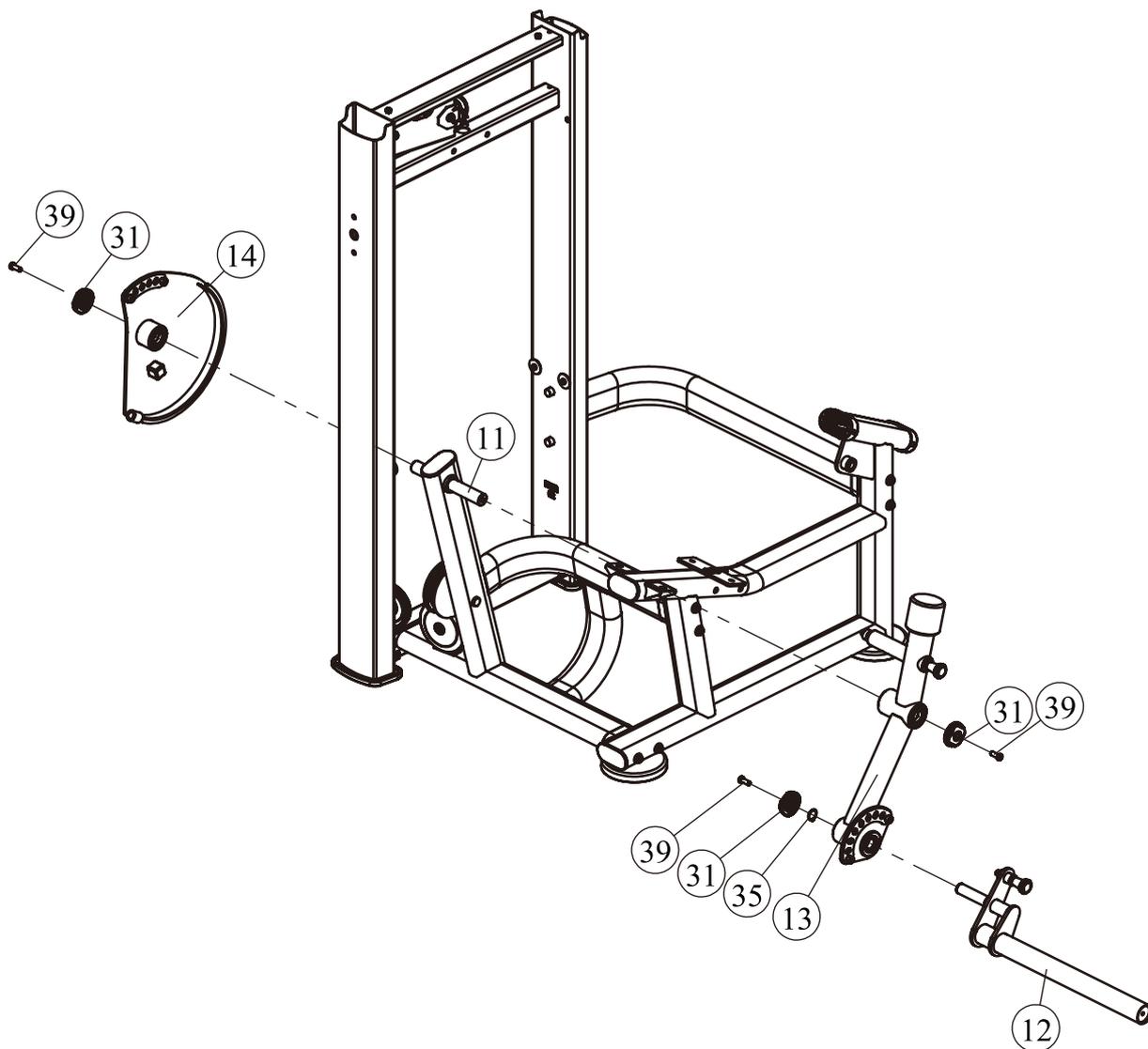
one Circlips For Shaft (#35)

one Cap ASSY (#31)

one M10*25 SHCS (#39)

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

2. Pay attention to the relative location between the Wheel Frame ASSY (#14) and the Swing Frame ASSY (#13).



Assembly

STEP 4

1. Attach the Plate (#19) and Handle Frame ASSY (#15) to the Main Frame ASSY (#10) using:

two M10*130 SHCS (#42)

two M10*25 SHCS (#39)

two M10*25 FHCS (#38)

four M10 Nylon Lock Nut (#45)

eight $\Phi 11*\Phi 20*2$ Flat Washer (#48)

2. Attach the Adjustable Handle Frame ASSY (#16) and Back Pad Frame ASSY (#9) to the Main Frame ASSY (#10) using:

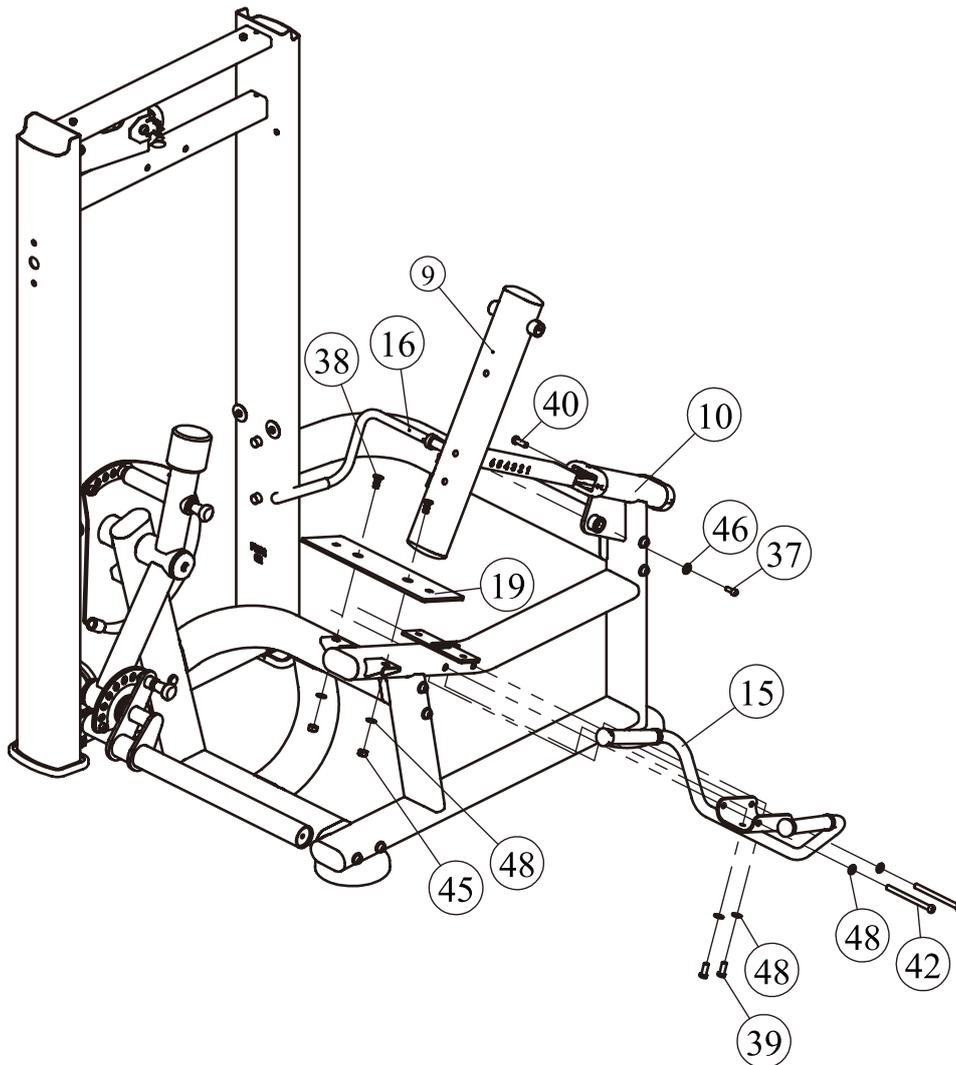
one M8*20 SHCS (#37)

one $\Phi 9*\Phi 22*1.6$ Flat Washer (#46)

one M10*30 SHCS (#40)

Note: 1. Wrench tighten bolts and Nylon Lock Nuts.

2. Put the shaft of the Adjustable Handle Frame ASSY (#16) into Main Frame ASSY (#10) first a little. Then insert the Pin into the Main Frame ASSY (#10).



Assembly

STEP 5

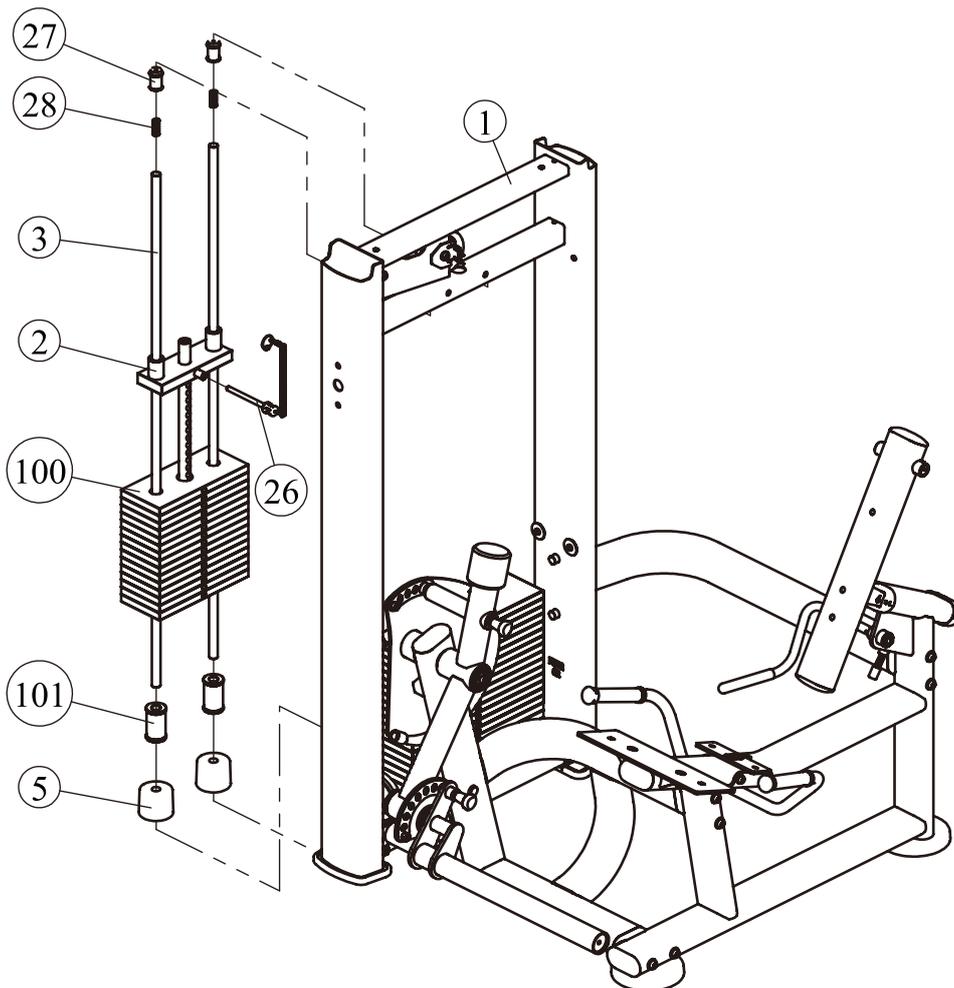
Here is the assembly instruction for **160LBS Weights !**

1. Attach:

- two Guide Rod $\Phi 19 \times 1302$ (#3)
 - two Weight Rubber Bumper (#5)
 - 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 (#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 5

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

1. Attach:

two Guide Rod $\Phi 19 \times 1302$ (#3)

two Weight Rubber Bumper (#5)

nineteen Weight Plate 10LBS (#100)

one Top Plate (#2)

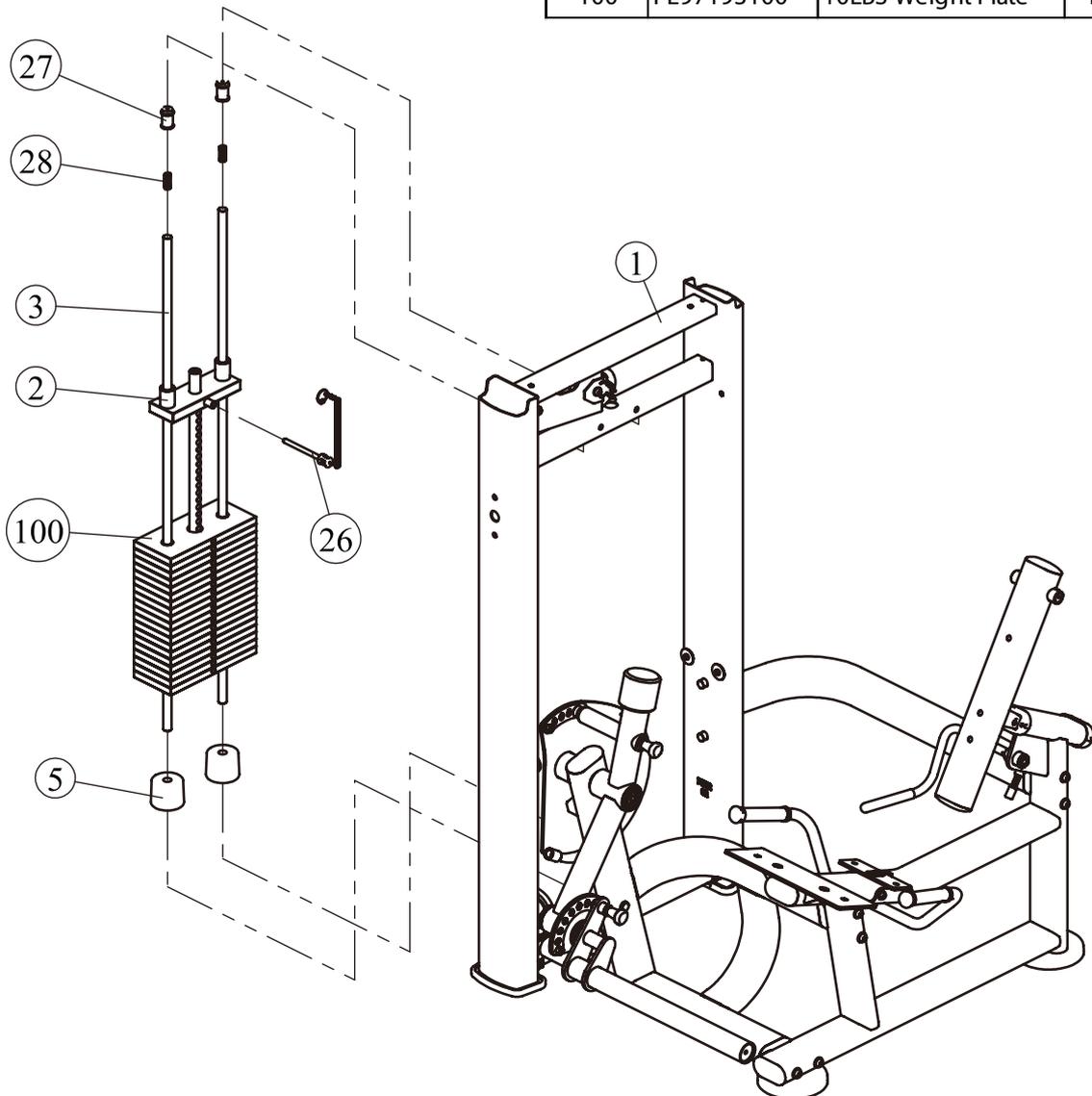
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve (#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 5

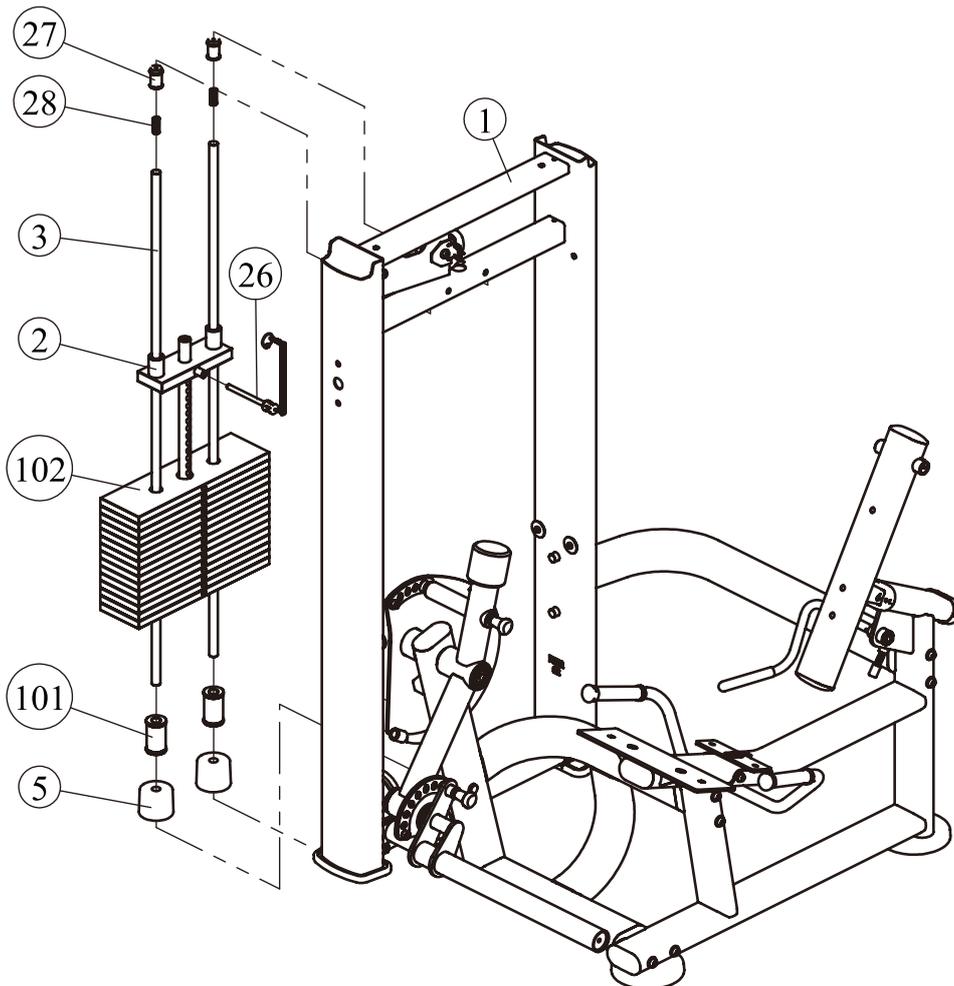
Here is the assembly instruction for **235LBS Weights !**

1. Attach:

- two Guide Rod $\Phi 19 \times 1302$ (#3)
 - two Weight Rubber Bumper (#5)
 - 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 (#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 5

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

1. Attach:

two Guide Rod $\Phi 19 \times 1302$ (#3)

two Weight Rubber Bumper (#5)

nineteen Weight Plate 15LBS (#102)

one Top Plate (#2)

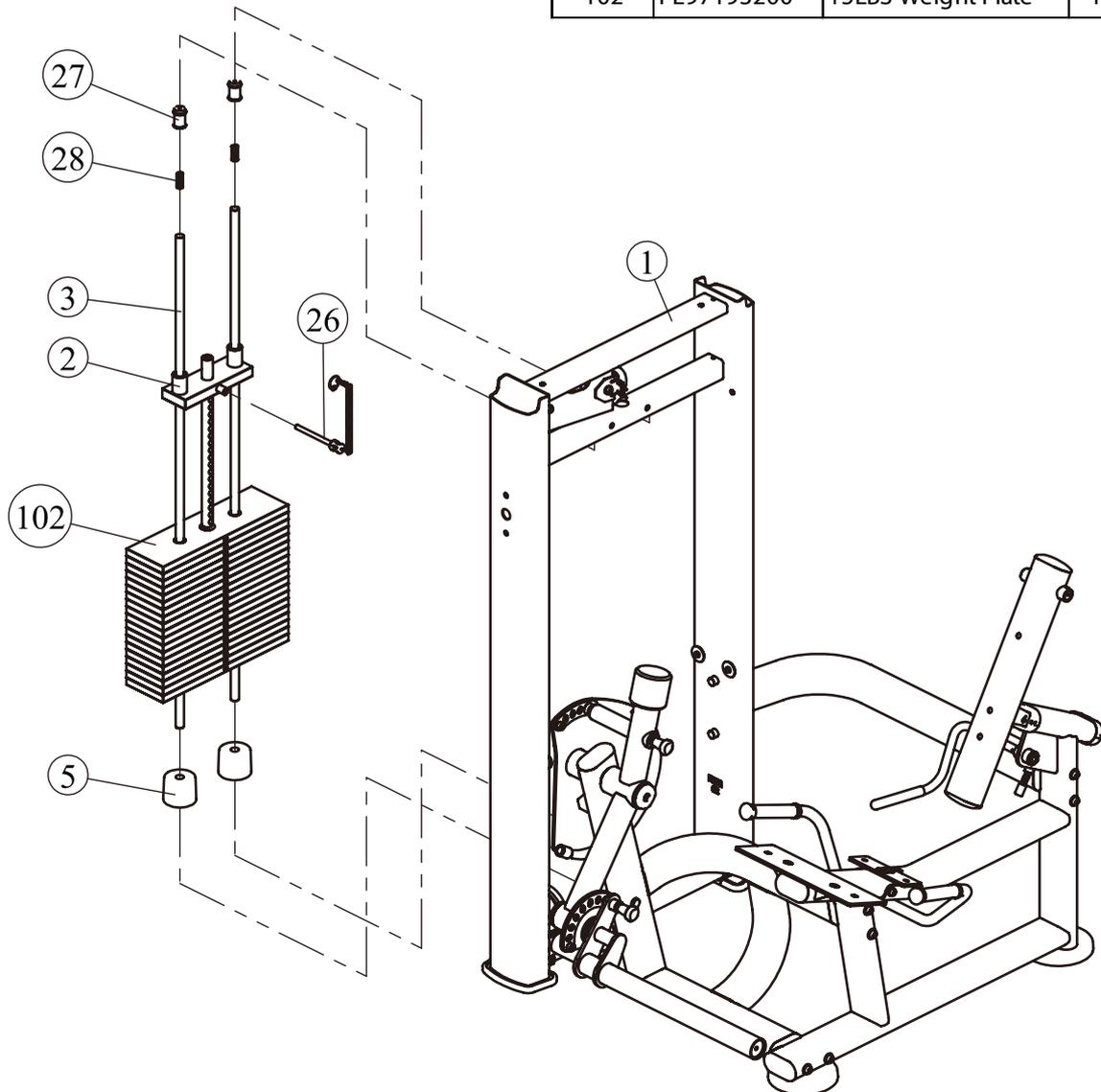
to the Weight Stack Frame ASSY (#1) using:

two Guide Rod Fixing Sleeve (#27)

two Spring (#28)

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

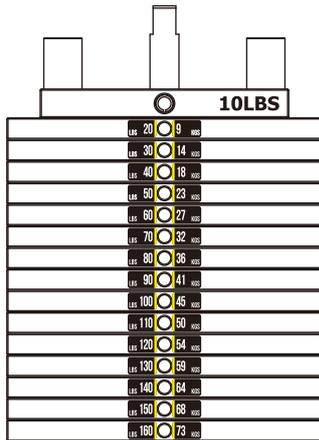
Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	19



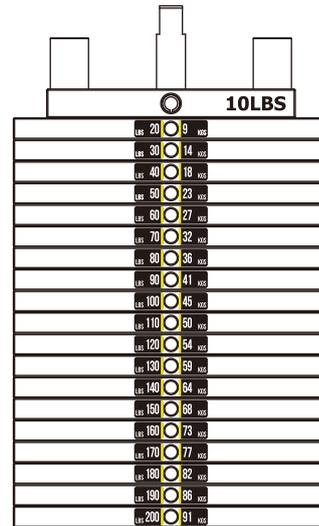
Assembly

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

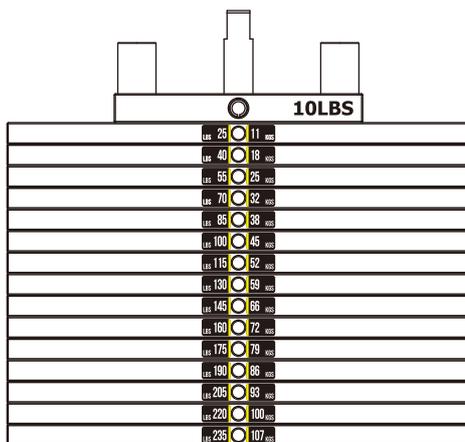


20-160LBS

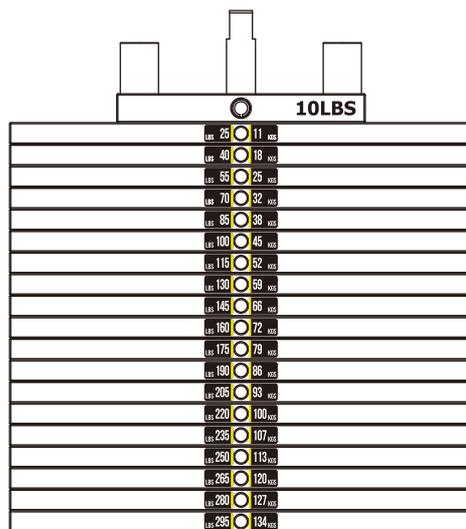


20-200LBS

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



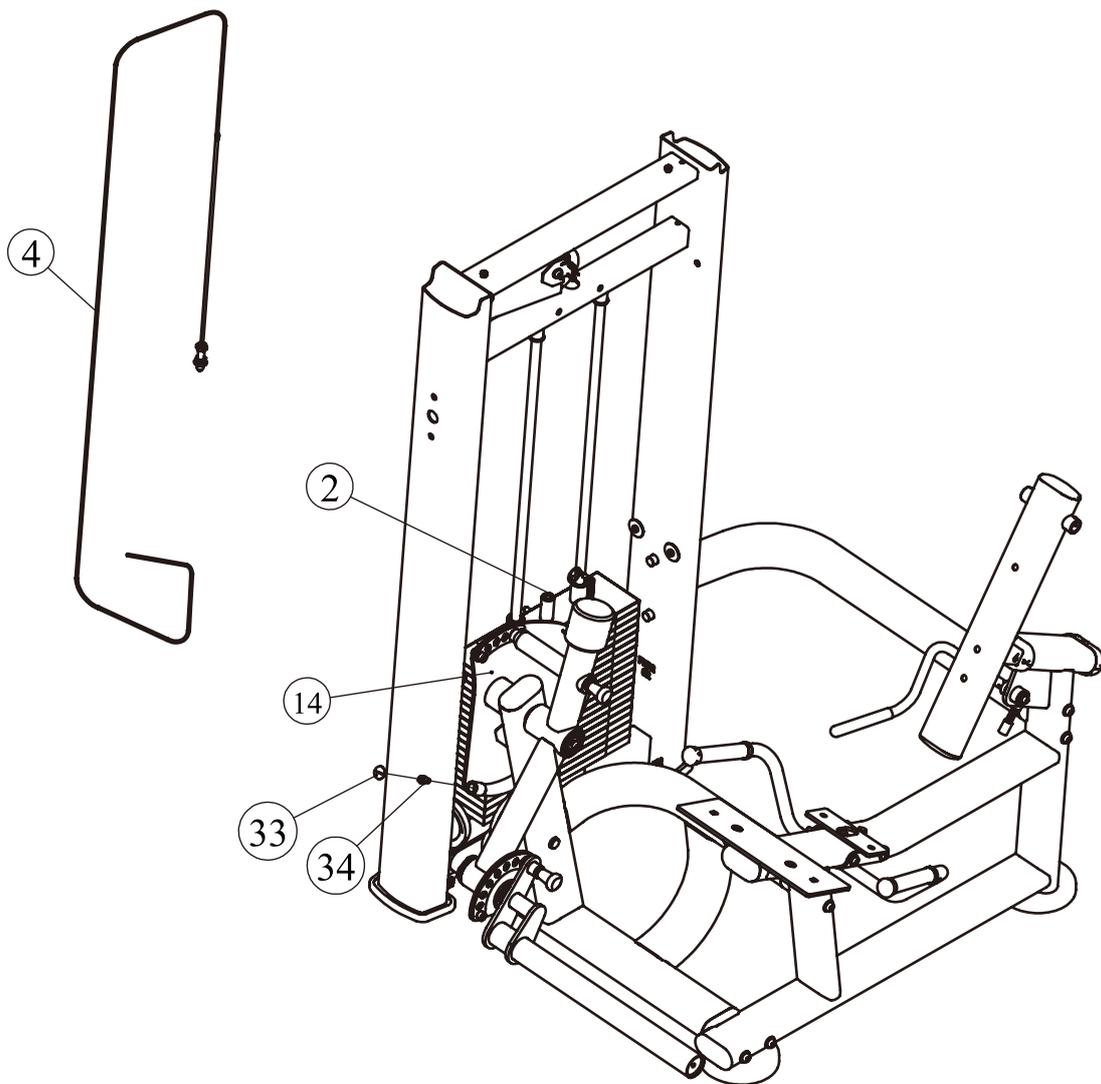
25-295LBS

Assembly

STEP 6

1. Attach the Cable ASSY (#4) to the Top Plate (#2).
2. Attach the Cable ASSY (#4) to the Wheel Frame ASSY (#14) using:
one Aluminium Sheath (#34)
3. Attach the Plug (#33) to the Wheel Frame ASSY (#14).

Note: Wrench tighten bolts and Nylon Lock Nuts.

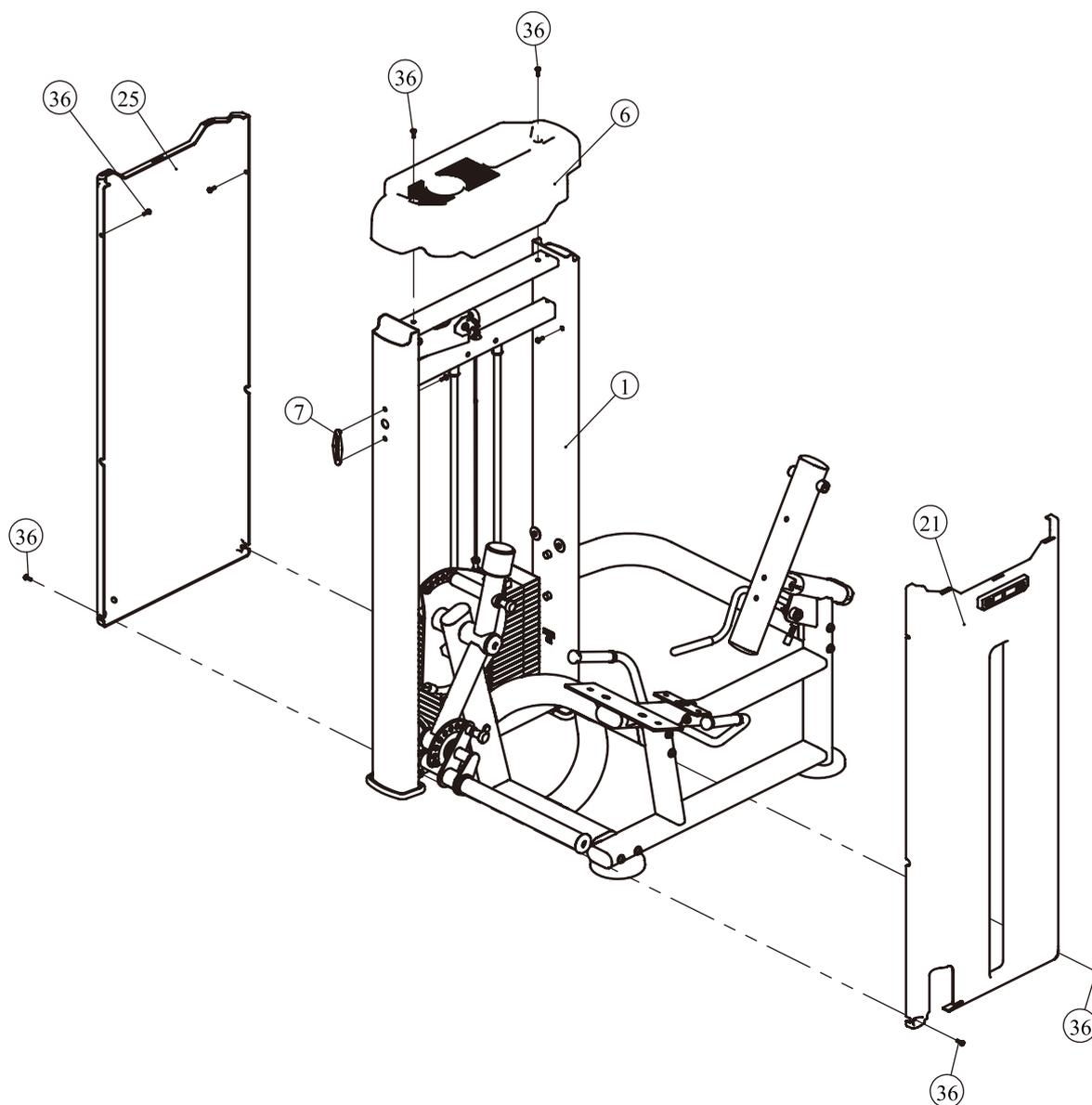


Assembly

STEP 7

1. Attach the Rear Shroud (#25) to the Weight Stack Frame ASSY (#1) using:
four M6*20 CRPHS (#36)
2. Attach the Front Shroud ASSY (#21) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#36)
3. Attach the end of the Plate for Sensor ASSY to the Front Shroud ASSY.
4. Attach the Top Cover (#6) to the Weight Stack Frame ASSY (#1) using:
two M6*20 CRPHS (#36)
5. Attach the Spout Plug (#7) to the Weight Stack Frame ASSY (#1).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Adjust Instructions and Exercise Instructions

The Back Pad adjustment

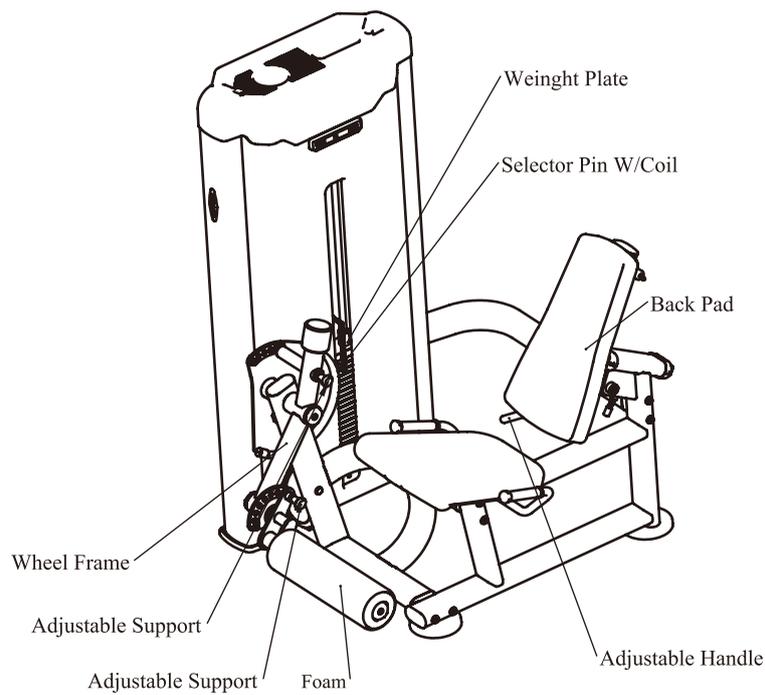
1. Pull the Adjustable Handle and adjust the Back Pad to the desired position.
2. Make sure the pin gets into the hole completely.

The Use Position adjustment

1. Pull the Adjustable Support and adjust the Wheel Frame and Foam 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.



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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