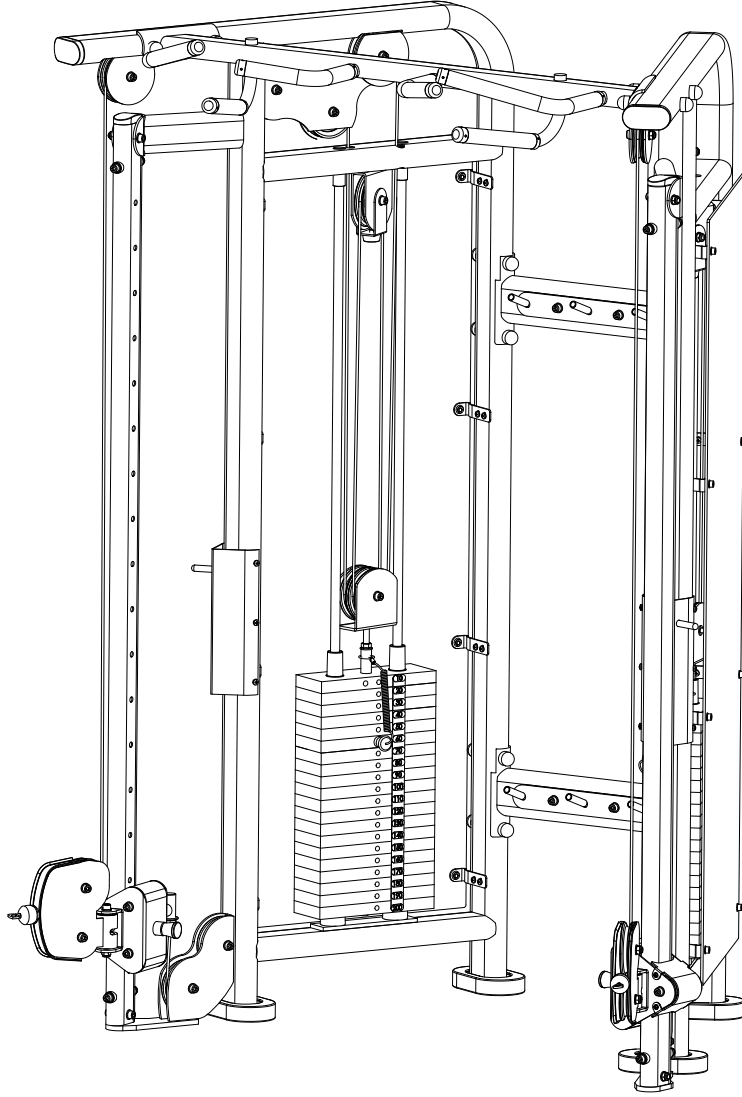


OWNER'S MANUAL

FUNCTIONAL TRAINER



OWNER'S MANUAL

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OWNER'S MANUAL

INSTRUCTIONS

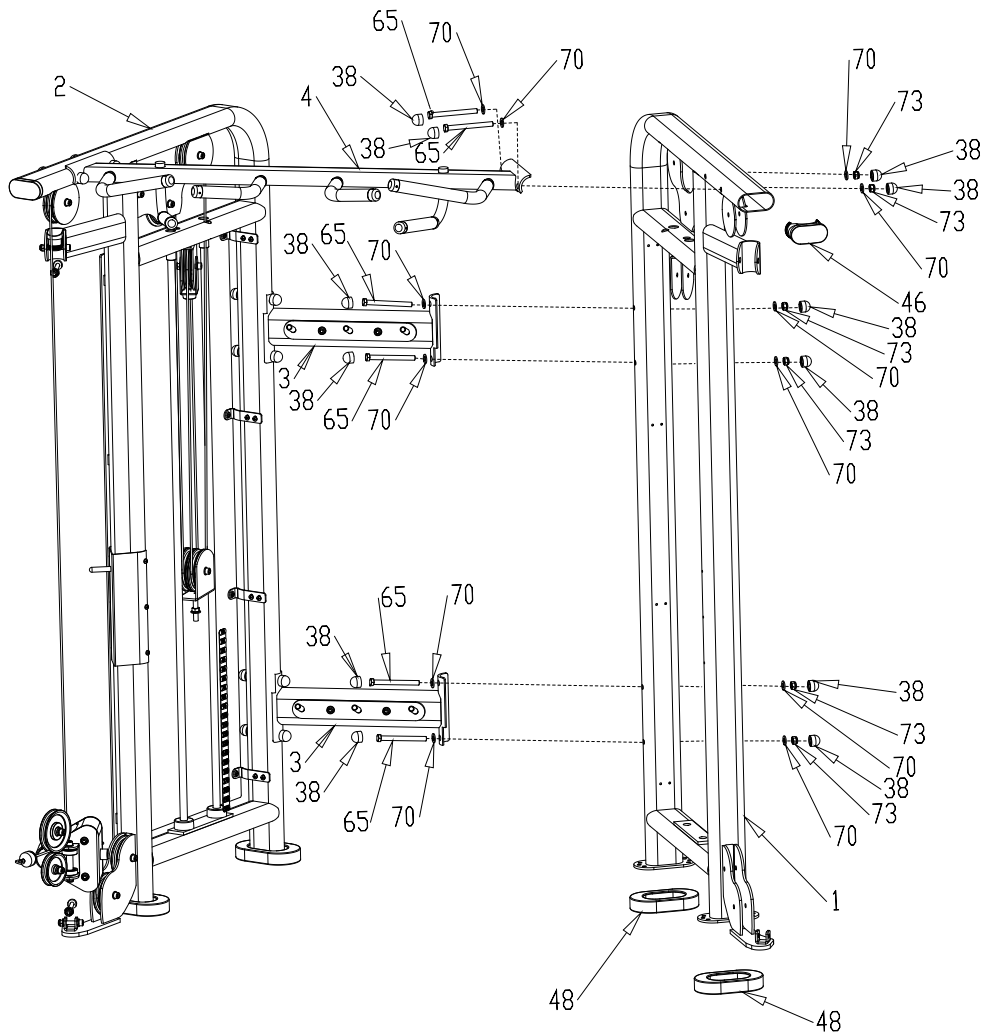
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only the replacement parts from original supplier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

This product 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, please contact with the supplier. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

OWNER'S MANUAL

FRAME ASSEMBLY

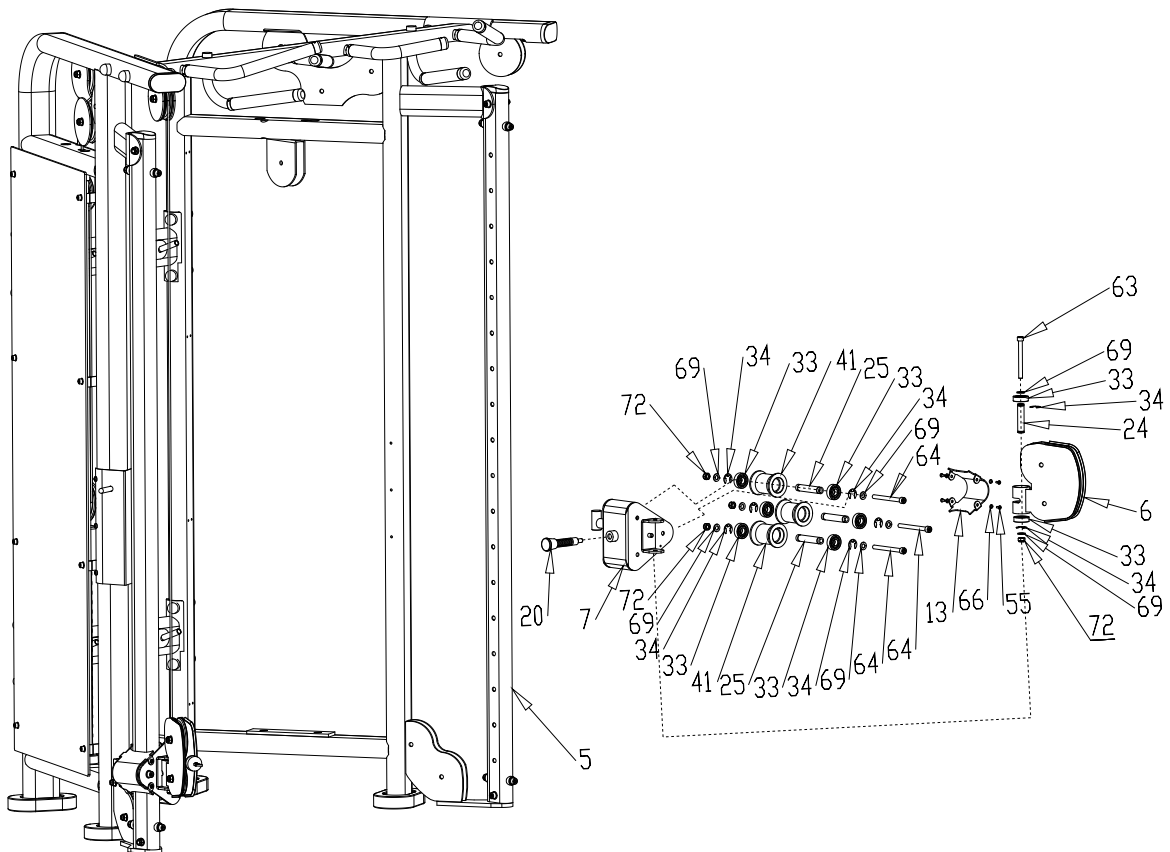
NOTE:
-WRENCH TIGHTEN HARDWARE.
Attach the other Right Frame(2)
to the Crossbar(3)and Upper
Crossbar(4) in the same way.



OWNER'S MANUAL

FRAME ASSEMBLY

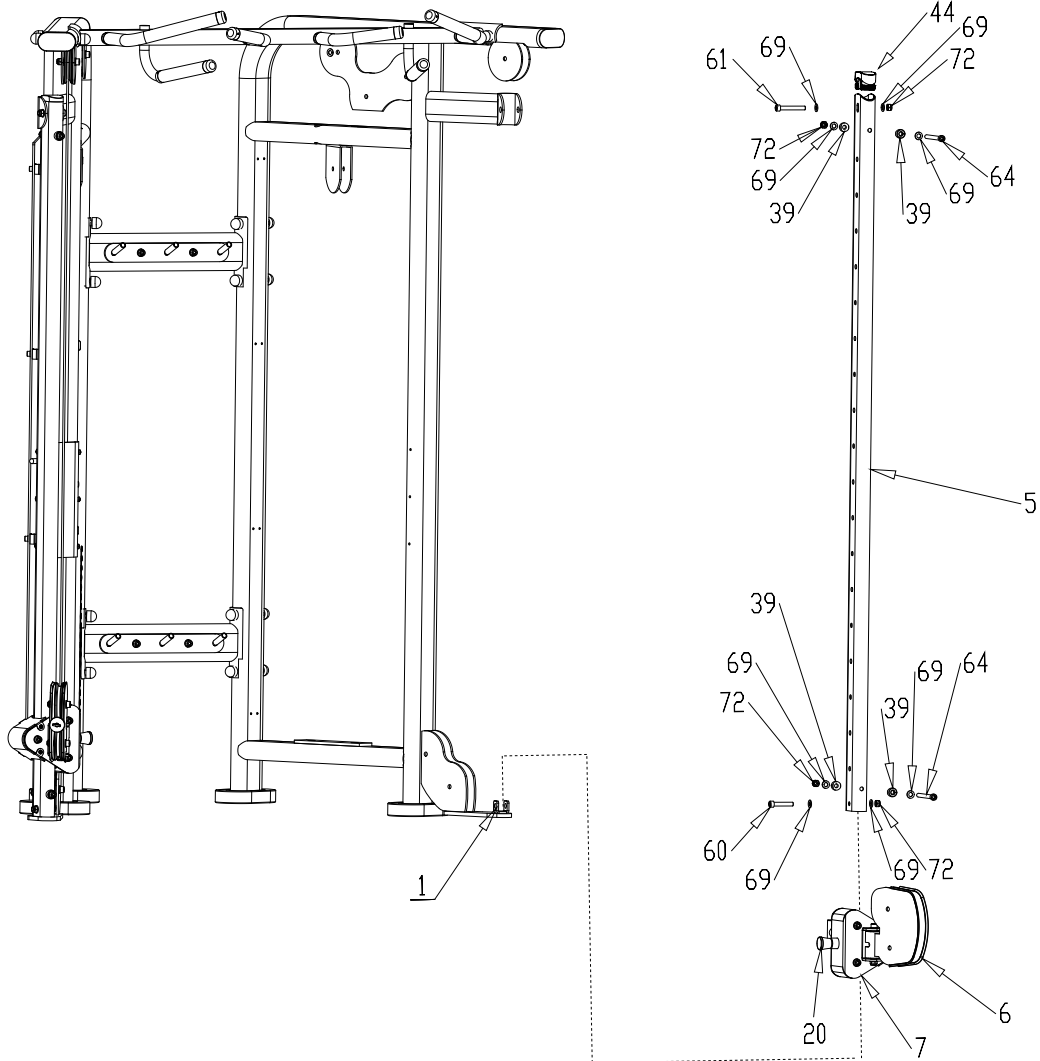
NOTE:
- HAND TIGHTEN HARDWARE.
This step is a Pre-assembled Step



OWNER'S MANUAL

FRAME ASSEMBLY

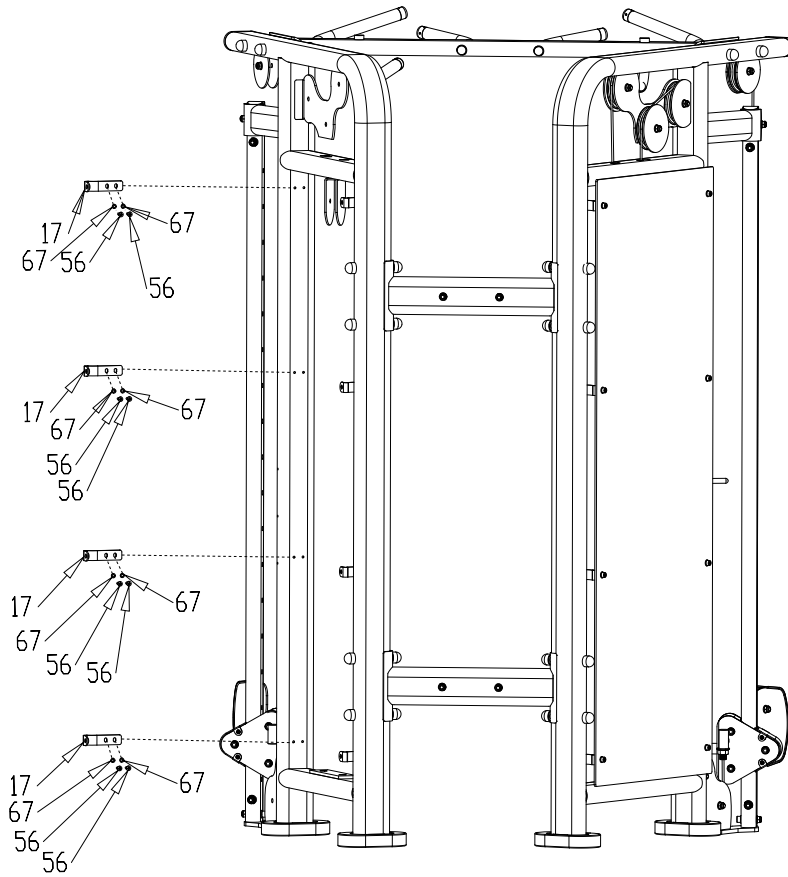
NOTE:
- HAND TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

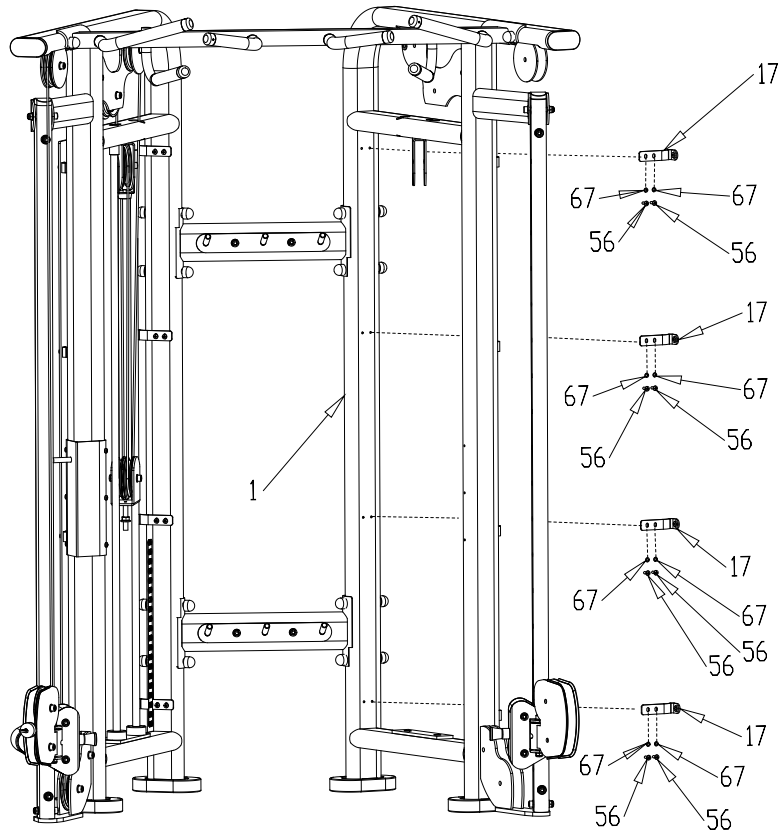
NOTE:
- DO NOT TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- DO NOT TIGHTEN HARDWARE.

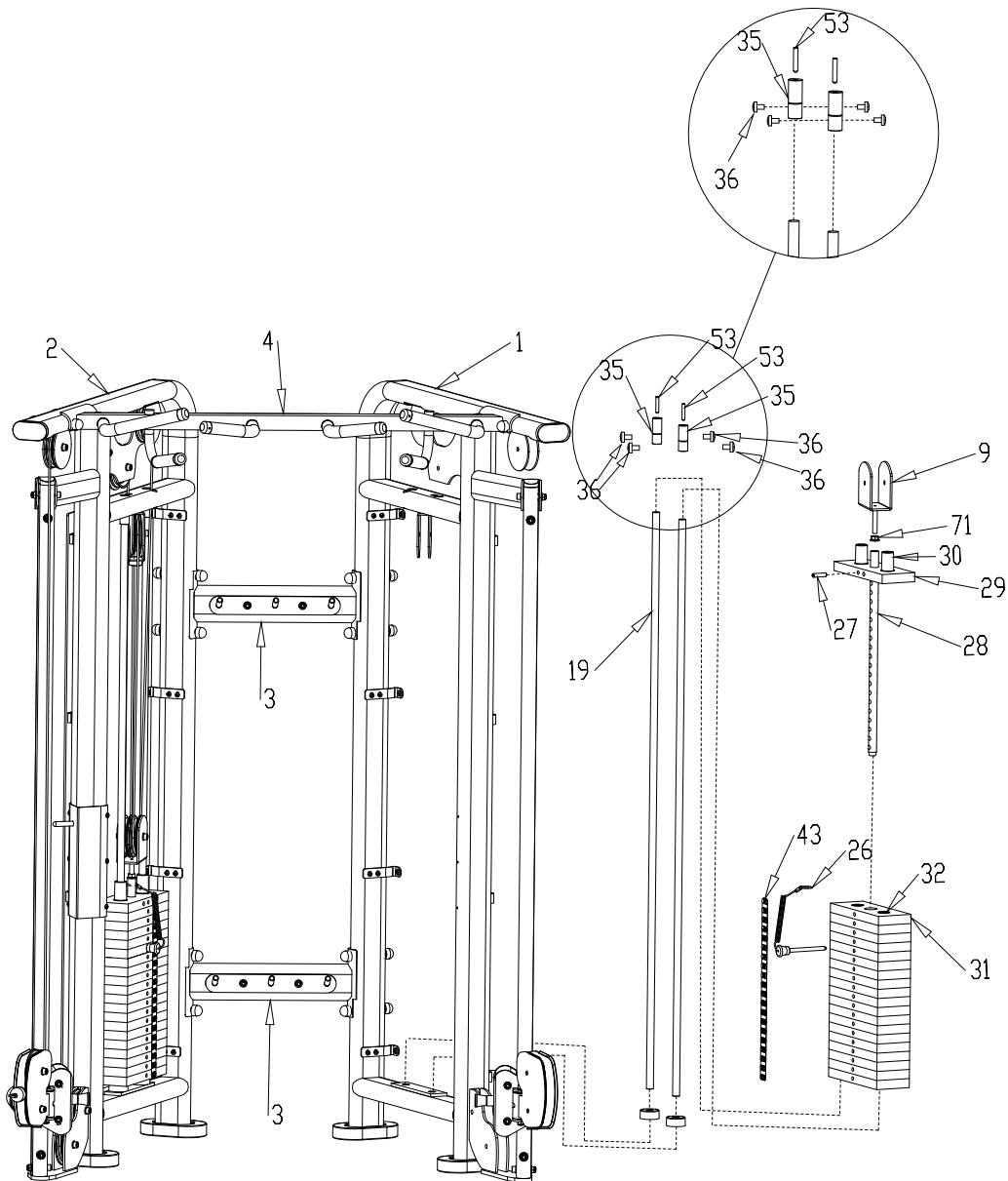


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.

Guide rod and Weight Stack into the Main Frame Put the top(53) tight wire

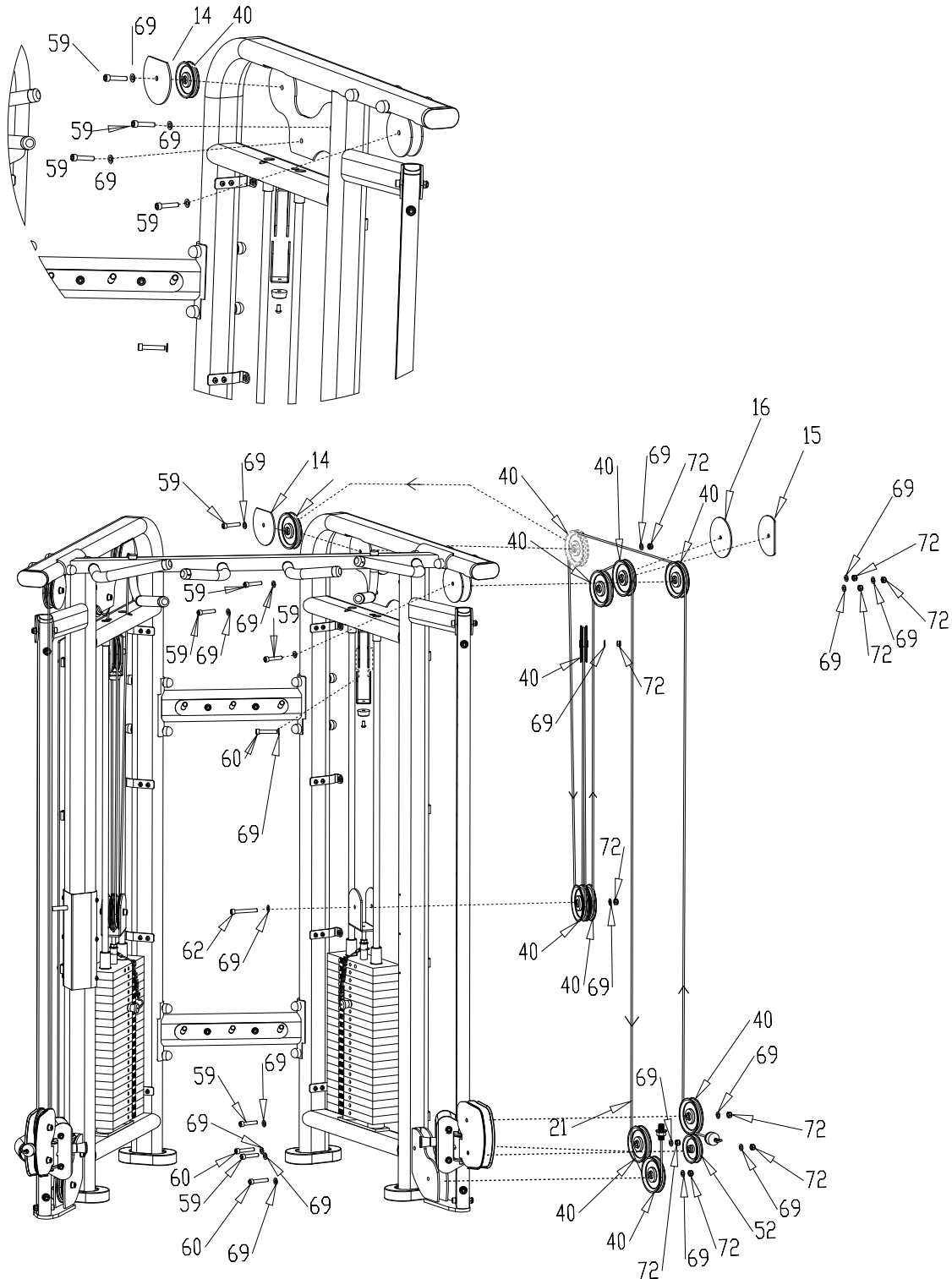


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.

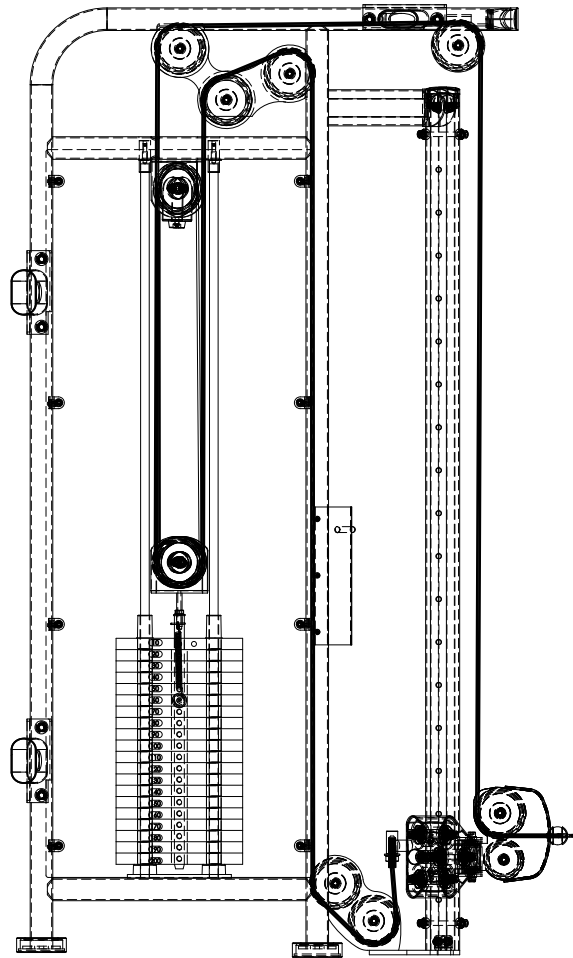
PROPERLY INSTALLED VIEW



OWNER'S MANUAL

FRAME ASSEMBLY

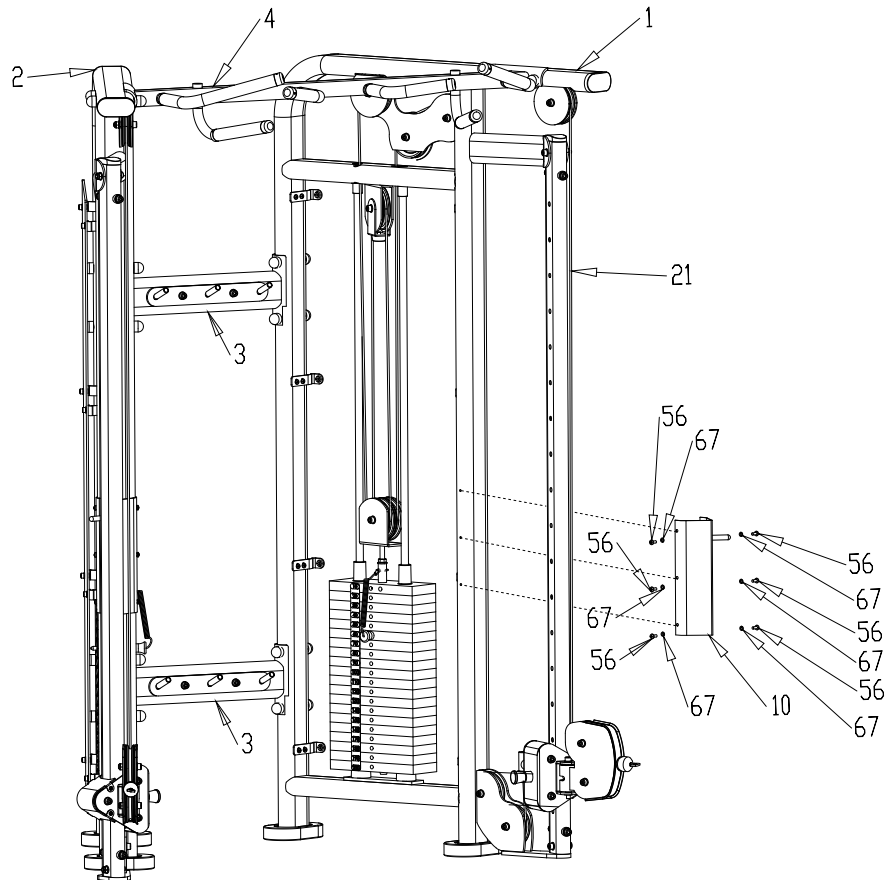
- WRENCH TIGHTEN HARDWARE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.

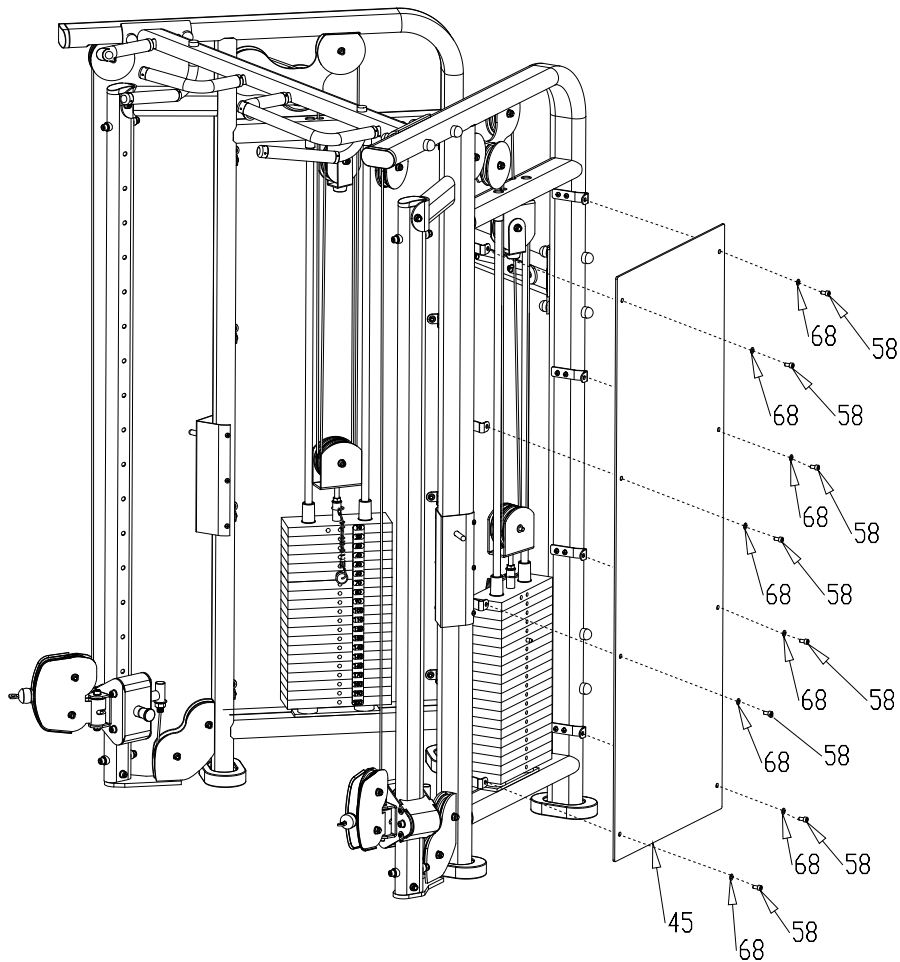


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.

Right (2) and Left (1) main frame
component part of the same main
frame

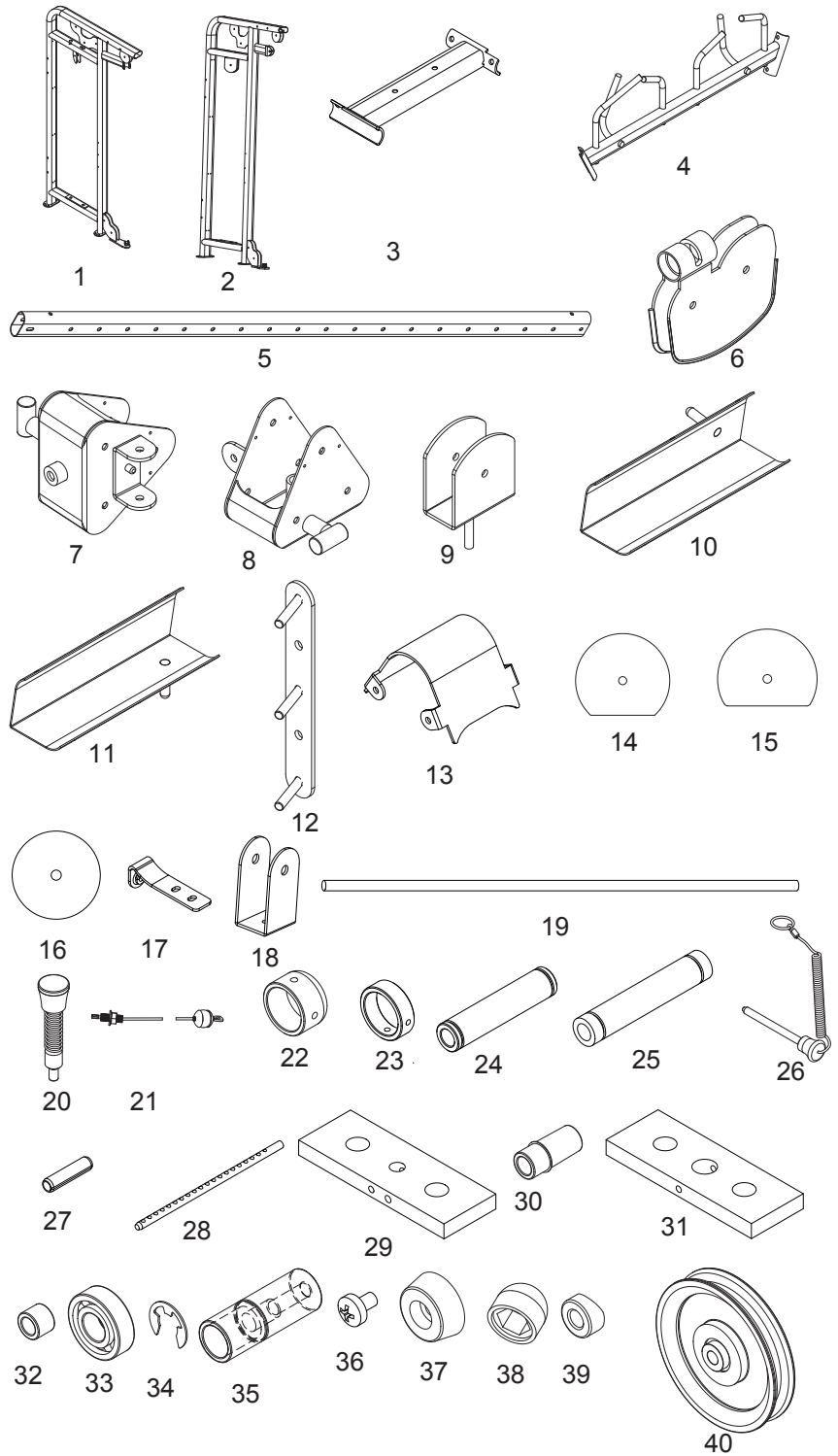


OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

NO.	DESCRIPTION	QTY.
1	Left Frame	1
2	Right Frame	1
3	Crossbar	2
4	Upper Crossbar	1
5	Adjuster Tube	2
6	Swivel Pulley Housing	2
7	Left Adjuster Lever Assembly	1
8	Right Adjuster Lever Assembly	1
9	Adjustable Pulley Mount Assembly	2
10	Left Poster Board	1
11	Right Poster Board	1
12	Hook Plate Assembly	2
13	Adjuster Lever Door Plate	2
14	Big Half Round Plate	2
15	Small Half Round Plate	2
16	Round Plate	2
17	Connect Plate	16
18	U Type Plate	2
19	Guide Rod	4
20	Pull Pin	2
21	Cable	2
22	Hand Cap	6
23	Hand Ring	6
24	Bushing OD17X76mm	2
25	Bushing OD17X90.5mm	6
26	WT Selector Pin Assembly	2
27	Roll Pin	2
28	21 Hole Stem	2
29	Cast Top Weight	2
30	Guide Rod Bushing	4
31	10 LBS Weight Plate	30
32	Cast Weight Bushing	60
33	Rolling Bearing 6203	16
34	"E" Rings	16
35	Aluminium Solenoid	4
36	M5x8 Screw	8
37	Thick Rubber Donut	2
38	Nut Plastic Cap	24
39	Plastic Stop	8
40	Big Pulley	20



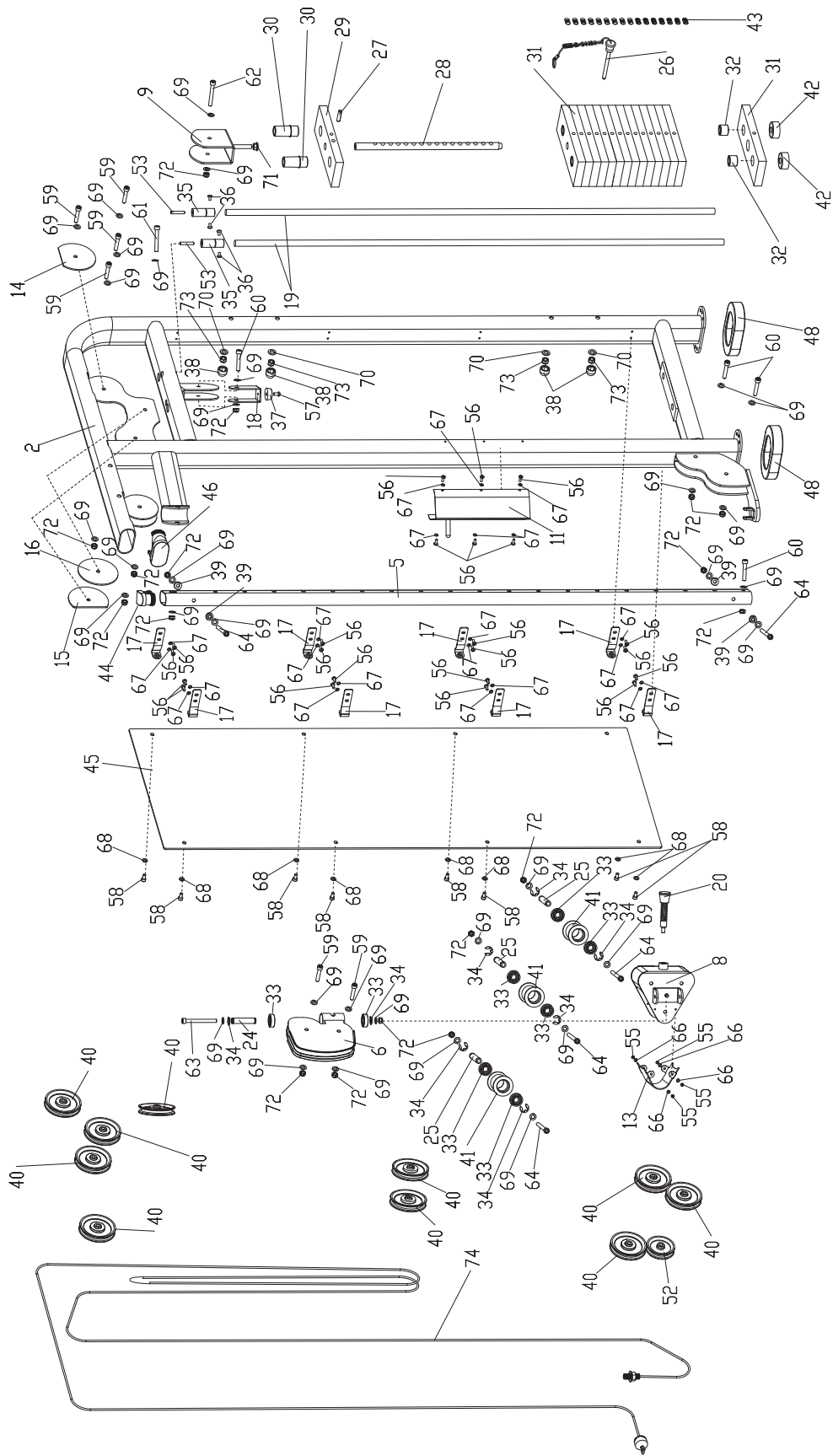
OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

NO.	DESCRIPTION	QTY.	
41	Plastic Wheel	6	
42	Plastic Stopper	4	
43	Number Label	2	
44	40X80mm Ellipse Inner Cap	2	
45	Shield	2	
46	50X100mm Ellipse Inner Cap	2	
47	Plastic Pipe	6	
48	Plastic Cover	4	
49	Hand Grip 375mm LG	2	
50	Hand Grip 185mm LG	2	
51	Hand Grip 250mm LG	2	
52	Small Pulley	2	
53	M8X45 Socket Set Screw	4	
54	M4X3 Socket Set Screw	24	
55	M4X10 Allen Bolt	8	
56	M6X10 Allen Bolt	44	
57	M8X15 Allen Bolt	2	
58	M8X15 Socket Cap Screw	16	
59	M10X50 Socket Cap Screw	12	
60	M10X55 Socket Cap Screw	8	
61	M10X70 Socket Cap Screw	6	
62	M10X75 Socket Cap Screw	2	
63	M10X100 Socket Cap Screw	2	
64	M10X110 Socket Cap Screw	10	
65	M12X125 Hex Bolt	12	
66	Ø5 Washer	8	
67	Ø6 Washer	44	
68	Ø8 Washer	16	
69	Ø10 Washer	80	
70	Ø12 Washer	24	
71	M12 Nut	2	
72	M10 Nylon Nut	40	
73	M12 Nylon Nut	12	
74	Strap Handle With(2)-Rings(Lower)	2	
75	Strap Handle With(2)-Rings(Long)	2	
76			
77			
78			
79			
80			

EXPLODED DRAWING



EXPLODED DRAWING

