



FRENCH FITNESS

FF-X90

**FRENCH FITNESS X90 3 STACK
MULTI-GYM SYSTEM (NEW)**

ASSEMBLY MANUAL



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

FEATURES

- Brand: French Fitness
- Leg Extension / Leg Curl station adds dedicated lower-body isolation work
- Multi Press station covers fixed-path pressing without requiring a separate standalone press unit
- Lat Pulldown / Vertical Row station supports overhead pulling and row work from one side of the system
- Wide-grip pulldown bar can connect to two overhead pulleys for smoother pulldown movement
- Adjustable foam rollers help secure users of different heights during pulldown work
- Four-bar linkage design makes it easier to shift the seat between lat pulldown and lower-row setups
- Bottle holders are located on both sides of the shrouds for convenience
- Includes long lat bar, row handle, and gear hooks
- Manual-supported maintenance includes cable inspection plus silicone/Teflon lubricant guidance for guide rods and seat sleeves

TECH SPECS

- Product Type: 3-Stack Multi-Gym System
- Stations: Leg Extension / Leg Curl; Multi Press; Lat Pulldown / Vertical Row
- Weight Stacks: 3 x 200 lbs (3 x 91 kg)
- Maximum User Weight: 300 lbs (135 kg)
- Product Dimensions: 106.1" L x 96.1" W x 84.6" H (2694 x 2440 x 2148 mm)
- Product Weight: 661.2 lbs (299.9 kg)
- OPT Weight: 58 lbs (26.5 kg)
- Included Attachments: Long lat bar, row handle, gear hooks
- Optional Add-On Compatibility: [French Fitness X90-HLP High/Low Pulley Attachment](#)

WARRANTY

- **Lifetime Frame Warranty**
- **10 Years Parts Warranty***
- **1 Year Labor Warranty***

*What is covered? See complete [French Fitness Warranty](#) details.

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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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----- no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

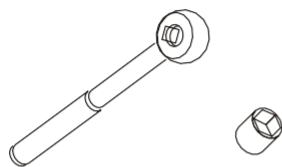
PERSONAL SAFETY DURING ASSEMBLY

- * 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.

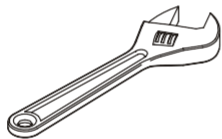
INSTRUCTIONS

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.

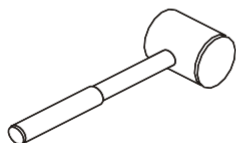
The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable 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.



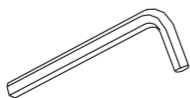
Ratchet Wrench and Socket



Adjustable Wrench

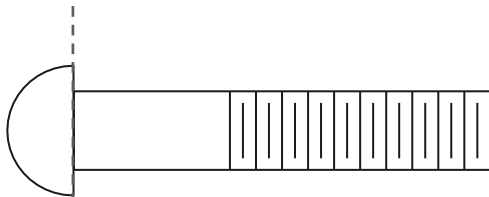


Rubber Mallet

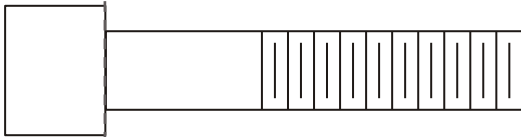


Hex Key Wrench Set

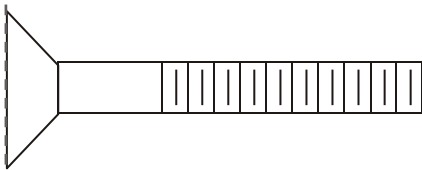
MEASUREMENT GUIDE



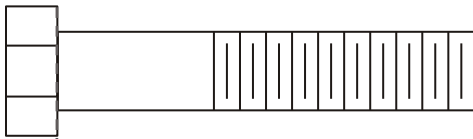
BHCS = Button Head Cap Screw



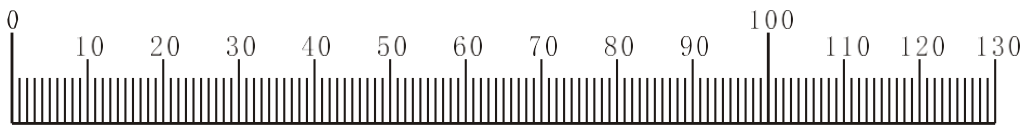
SHCS = Socket Head Cap Screw



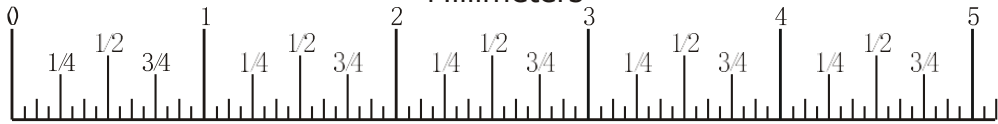
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

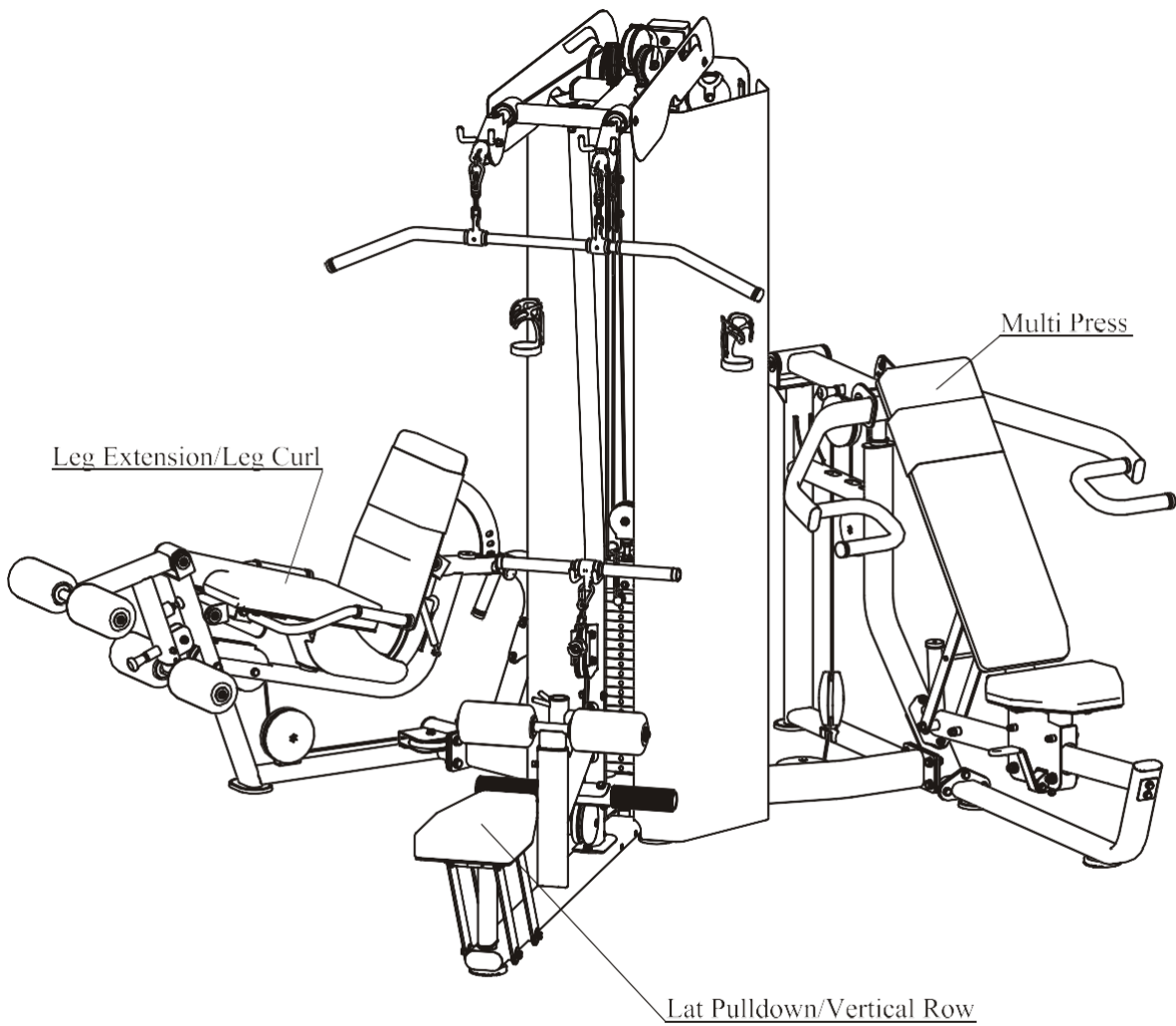
ASSEMBLY INSTRUCTIONS

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.

LEG EXTENSION / LEG CURL

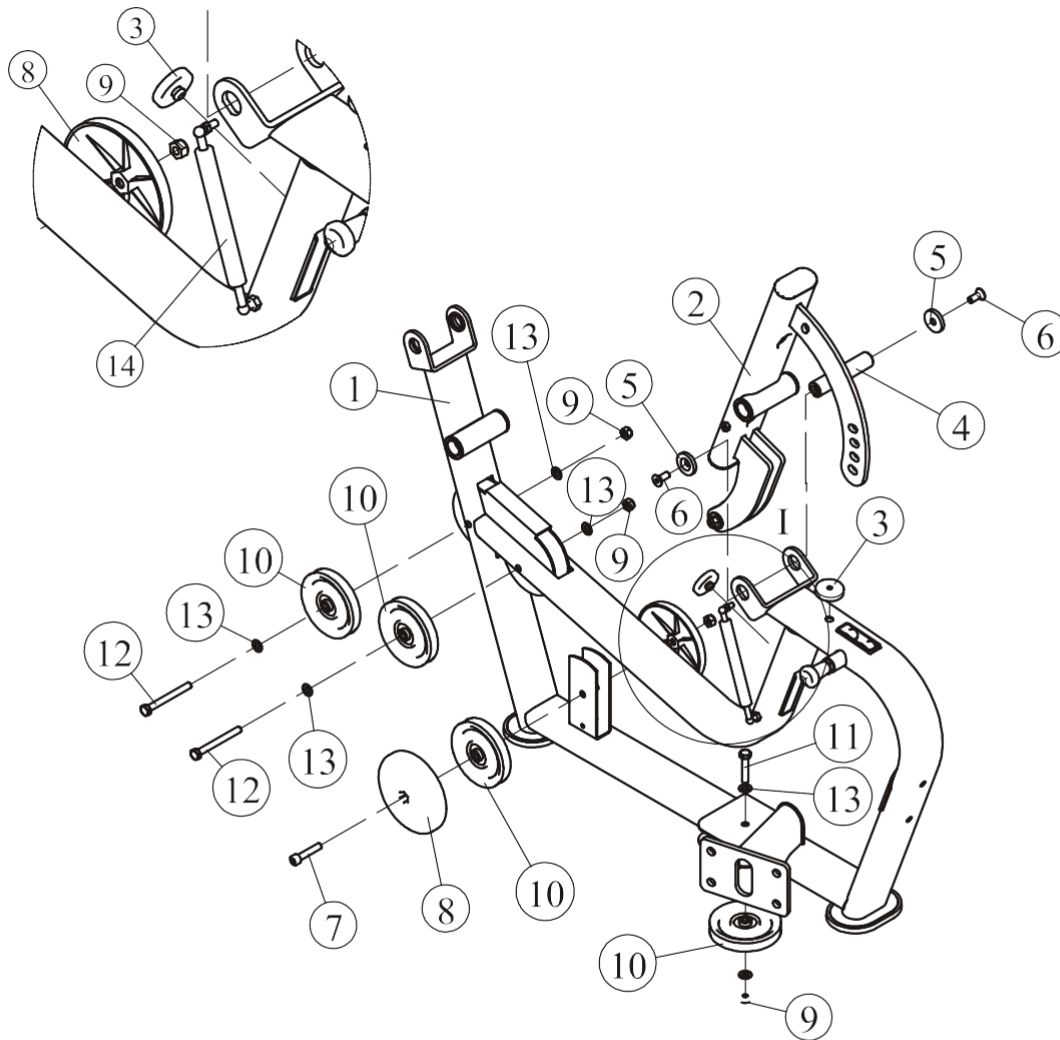


Leg Extension / Leg Curl -----P7-22

LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

Main Frame And Back Pad Frame ASSY

I
2:15

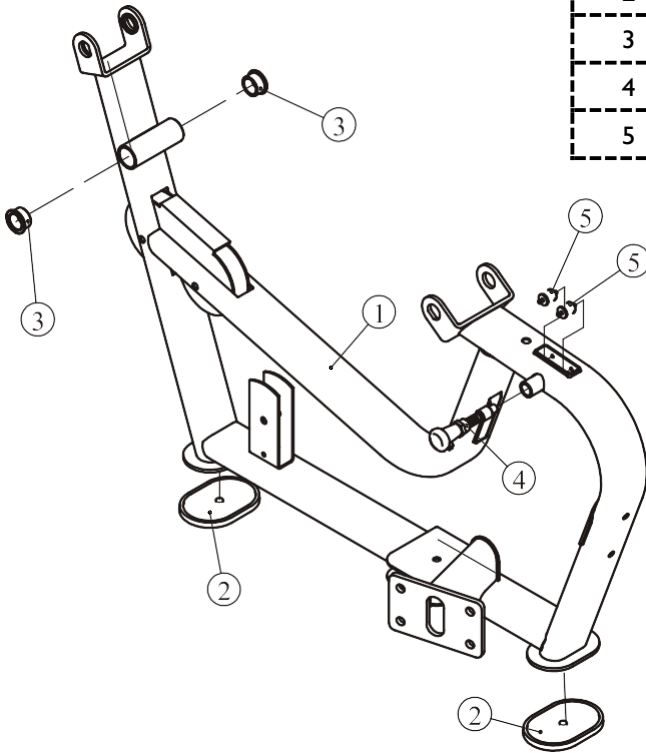


| ITEM NO. | Description | QTY | ITEM NO. | Description | QTY |
|----------|---|-----|----------|---|-----|
| 1 | Main Frame ASSY | 1 | 8 | Cover for 4.5" Pulley | 2 |
| 2 | Back Pad Frame ASSY | 1 | 9 | Nylon Lock Nut M10 | 4 |
| 3 | Cushion | 2 | 10 | 4.5" Pulley | 4 |
| 4 | Shaft $\Phi 25.4 \times 120$ | 1 | 11 | Hex Head Bolt M10*50 | 1 |
| 5 | End Cap $\Phi 38 \times \Phi 11 \times 6$ | 2 | 12 | Hex Head Bolt M10*95 | 2 |
| 6 | Flat Head Cap Screw M10*25 | 2 | 13 | Flat Washer $\Phi 11 \times \Phi 20 \times 2$ | 6 |
| 7 | Socket Head Cap Screw M10*50 | 1 | 14 | Gas Spring | 1 |

LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

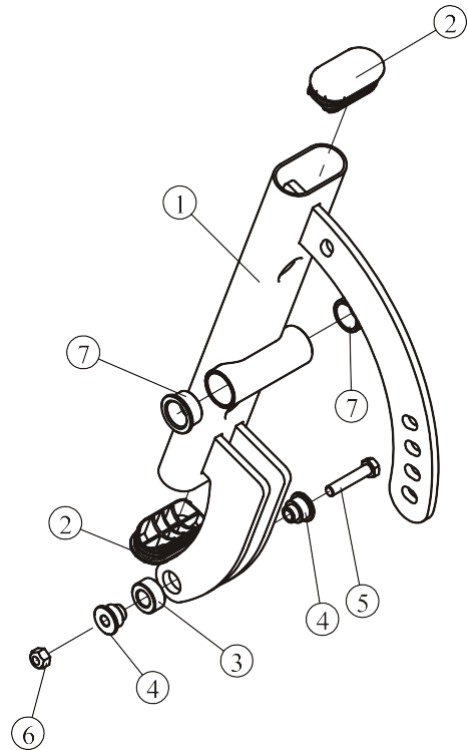
Main Frame ASSY

| ITEM NO. | Description | QTY |
|----------|----------------|-----|
| 1 | Main Frame | 1 |
| 2 | Foot Pad | 2 |
| 3 | Coppery Spacer | 2 |
| 4 | Pin | 1 |
| 5 | Nylon Pad | 4 |



Back Pad Frame ASSY

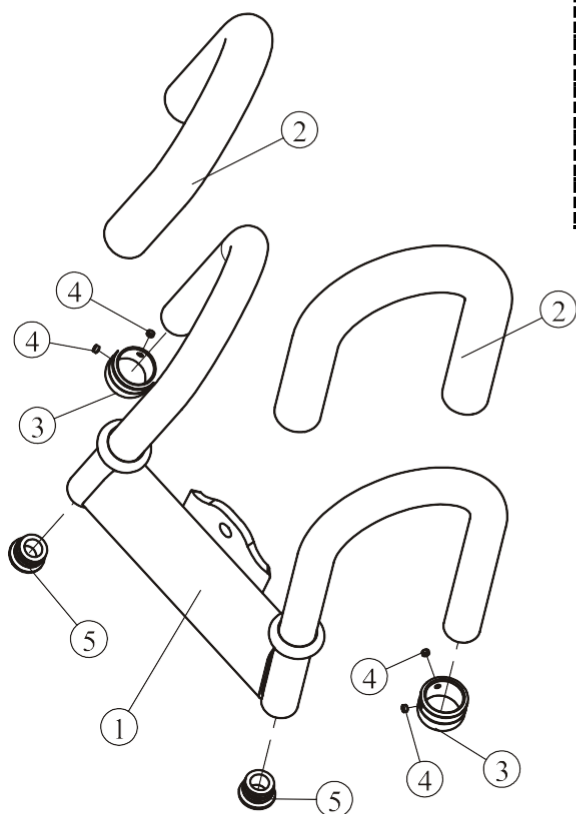
| ITEM NO. | Description | QTY |
|----------|----------------------|-----|
| 1 | Back Pad Frame | 1 |
| 2 | Plug RT40*80 | 2 |
| 3 | Shaft | 1 |
| 4 | Shaft Bush | 2 |
| 5 | Hex Head Bolt M10*50 | 1 |
| 6 | Nylon Lock Nut M10 | 1 |
| 7 | Coppery Spacer | 2 |



LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

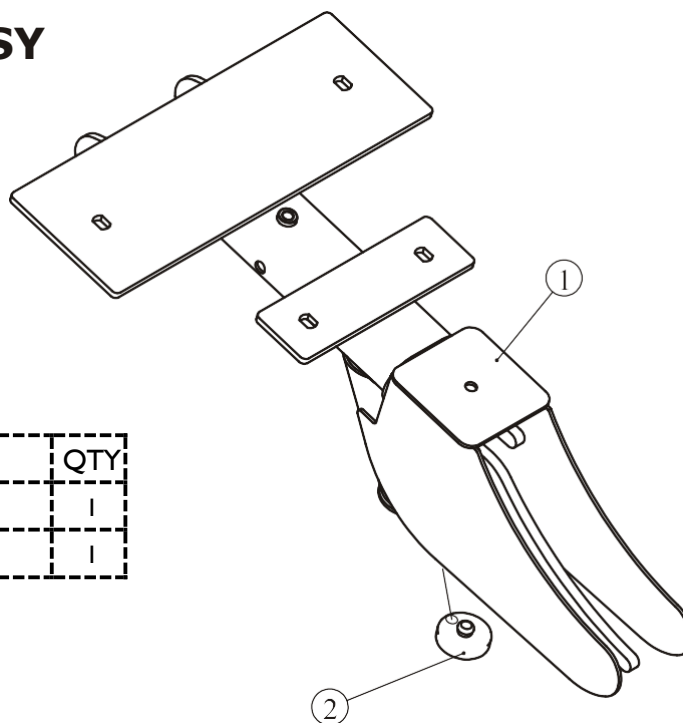
Front Handle Frame ASSY

| ITEM NO. | Description | QTY |
|----------|-----------------------------------|-----|
| 1 | Front Handle Frame | 1 |
| 2 | Grip ST $\Phi 30 * \Phi 22 * 390$ | 2 |
| 3 | Aluminium Grip Cap $\Phi 25$ | 2 |
| 4 | Socket Set Screw 10-32*3.2 | 4 |
| 5 | Plug $\Phi 25$ | 2 |



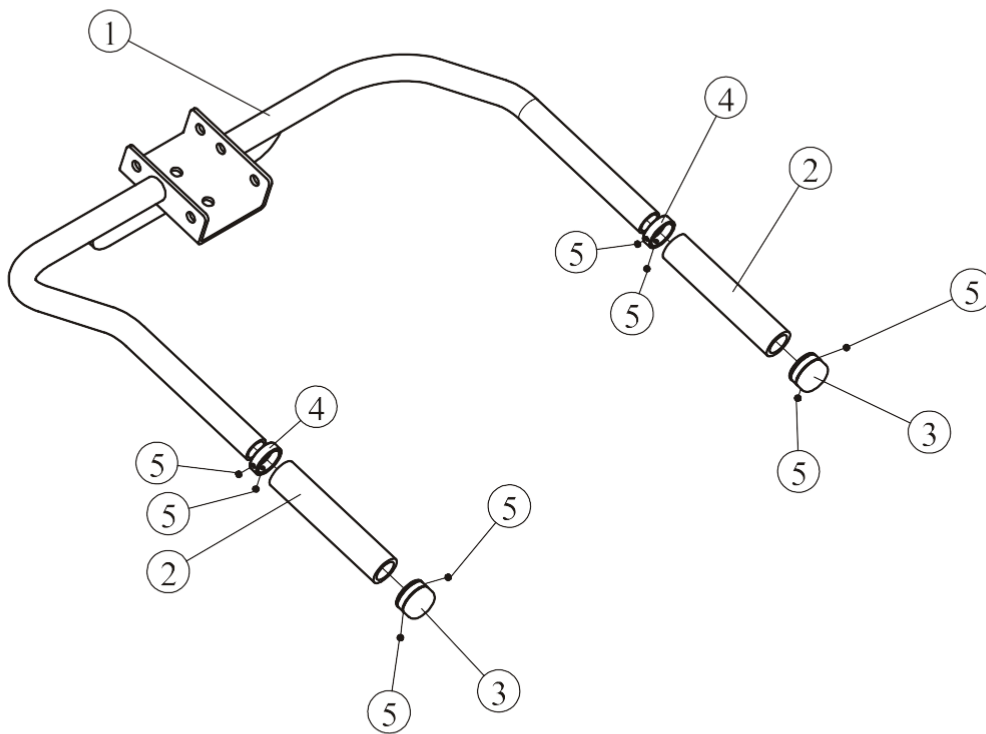
Seat Pad Frame ASSY

| ITEM NO. | Description | QTY |
|----------|----------------|-----|
| 1 | Seat Pad Frame | 1 |
| 2 | Cushion | 1 |



LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

Rear Handle Frame ASSY

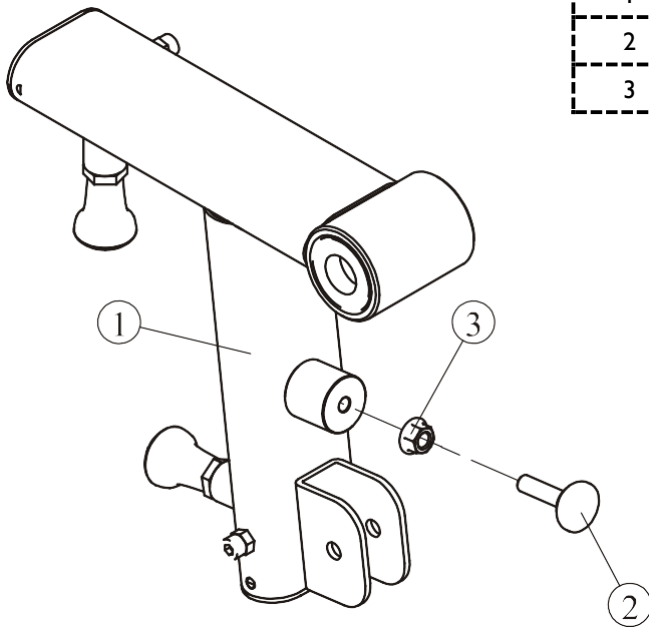


| ITEM NO. | Description | QTY |
|----------|-----------------------------------|-----|
| 1 | Rear Handle Frame | 1 |
| 2 | Grip ST $\Phi 30 * \Phi 22 * 390$ | 2 |
| 3 | Aluminium Grip Cap $\Phi 25$ | 2 |
| 4 | Aluminium Grip Ring $\Phi 25$ | 2 |
| 5 | Socket Set Screw 10-32*3.2 | 8 |

LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

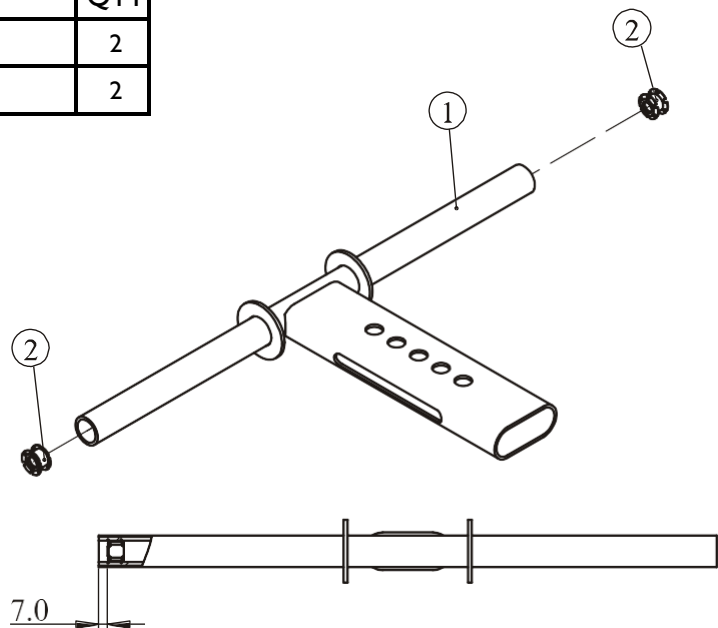
Rear Swing Frame II ASSY

| ITEM NO. | Description | QTY |
|----------|-------------------------|-----|
| 1 | Rear Swing Frame I ASSY | 1 |
| 2 | Adjustment Screw | 1 |
| 3 | Flange Nut | 1 |



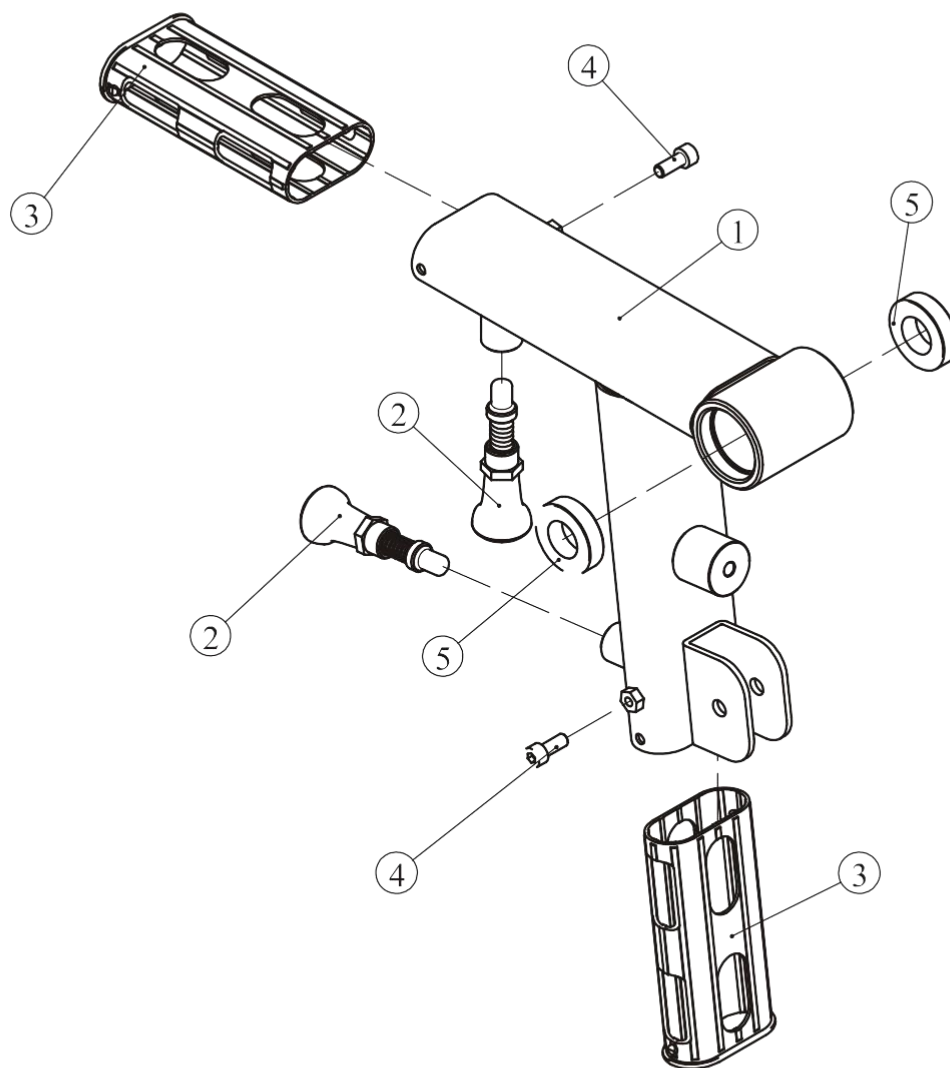
FOAM Frame ASSY

| ITEM NO. | Description | QTY |
|----------|-------------|-----|
| 1 | FOAM Frame | 2 |
| 2 | Nut | 2 |



LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

Rear Swing Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|-----------------------------|-----|
| 1 | Rear Swing Frame | 1 |
| 2 | Pin | 2 |
| 3 | Plastic Tube Guide | 2 |
| 4 | Socket Head Cap Screw M8*20 | 2 |
| 5 | Bearing | 2 |

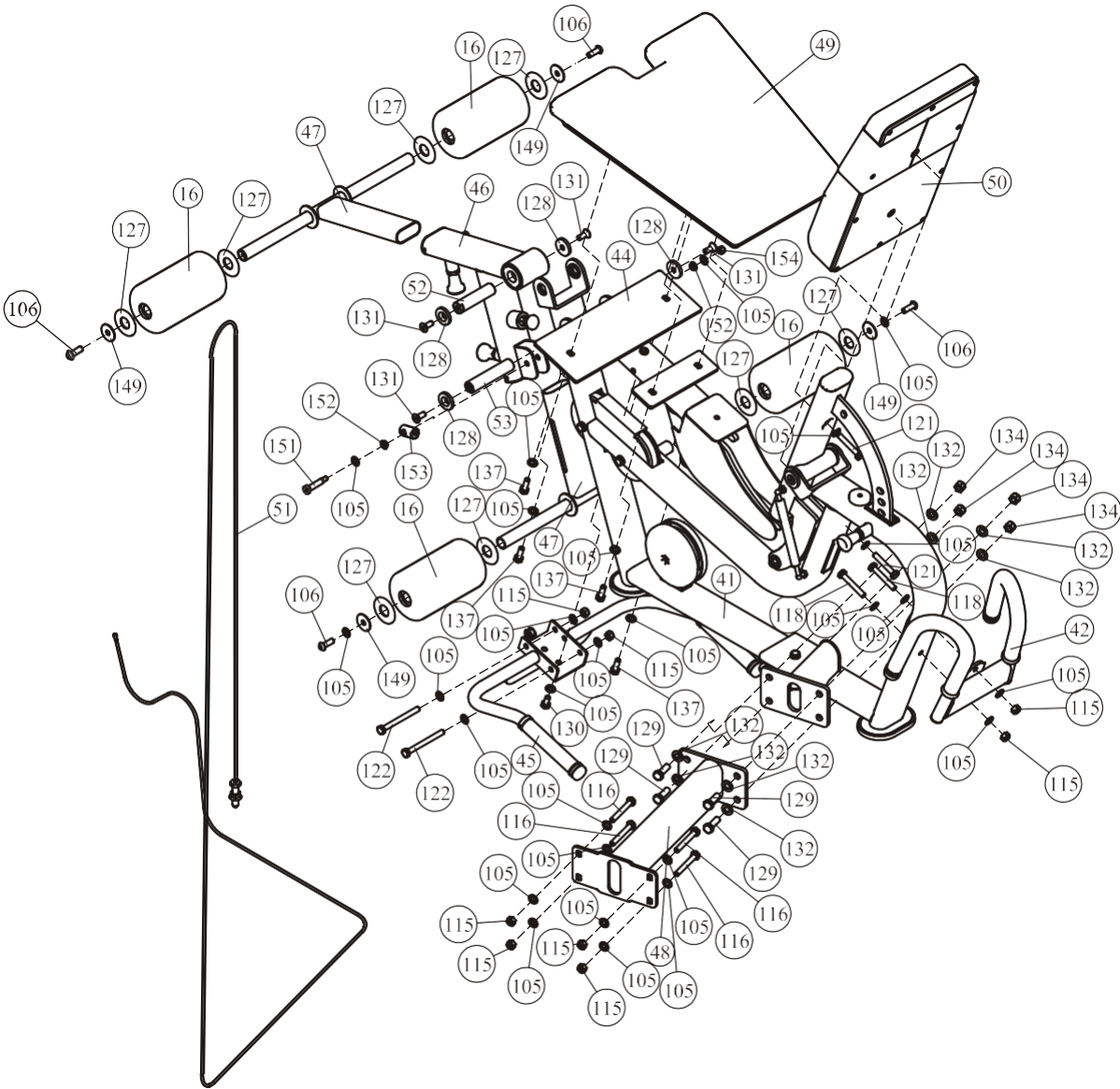
LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

Overall

| ITEM NO. | Description | QTY |
|----------|--------------------------------------|-----|
| 41 | Main Frame And Back Pad Frame ASSY | 1 |
| 42 | Front Handle Frame ASSY | 1 |
| 44 | Seat Pad Frame ASSY | 1 |
| 45 | Rear Handle Frame ASSY | 1 |
| 46 | Rear Swing Frame II ASSY | 1 |
| 47 | FOAM Frame ASSY | 2 |
| 48 | Junction Frame | 1 |
| 51 | Cable 3 | 1 |
| 52 | Shaft $\Phi 25*100*M10$ | 1 |
| 53 | Shaft $\Phi 25.4*120*M10$ | 1 |
| 29 | Top Plate | 3 |
| 105 | Flat Washer $\Phi 11*\Phi 20*2$ | 25 |
| 106 | Flat Head Cap Screw M10*30 | 4 |
| 115 | Nylon lock Nut M10 | 8 |
| 116 | Hex Head Bolt M10*75 | 4 |
| 118 | Hex Head Bolt M10*65 | 2 |
| 120 | Hex Head Bolt M10*20 | 1 |
| 121 | Hex Head Bolt M10*60 | 2 |
| 122 | Hex Head Bolt M10*105 | 2 |
| 127 | Plastic Washer $\Phi 60*\Phi 25.7*3$ | 8 |
| 128 | End Cap | 4 |
| 129 | Hex Head Bolt M12*35 | 4 |
| 131 | Flat Head Cap Screw M10*25 | 4 |
| 132 | Flat Washer $\Phi 13*\Phi 24*1.5$ | 8 |
| 134 | Nylon lock Nut M12 | 4 |
| 137 | Hex Head Bolt M10*30 | 4 |
| 149 | Washer $\Phi 60*\Phi 10.5*10.9$ | 4 |
| 151 | Shoulder Bolt $\Phi 10*40*M8$ | 1 |
| 152 | Spacer $\Phi 10.2*\Phi 14*6$ | 2 |
| 153 | Cable End | 1 |
| 154 | Nylon Lock Nut M8 | 1 |

LEG EXTENSION / LEG CURL EXPLODED VIEW AND PARTS LIST

Overall



LEG EXTENSION / LEG CURL ASSEMBLY

STEP 1

Attach the Junction Frame (#48) to Main Frame And Back Pad Frame ASSY (#41), using:

- four M12*35 Hex Head Bolt (#129)
- four M12 Nylon Lock Nut (#134)
- eight $\Phi 13*\Phi 24*1.5$ Flat Washer (#132)

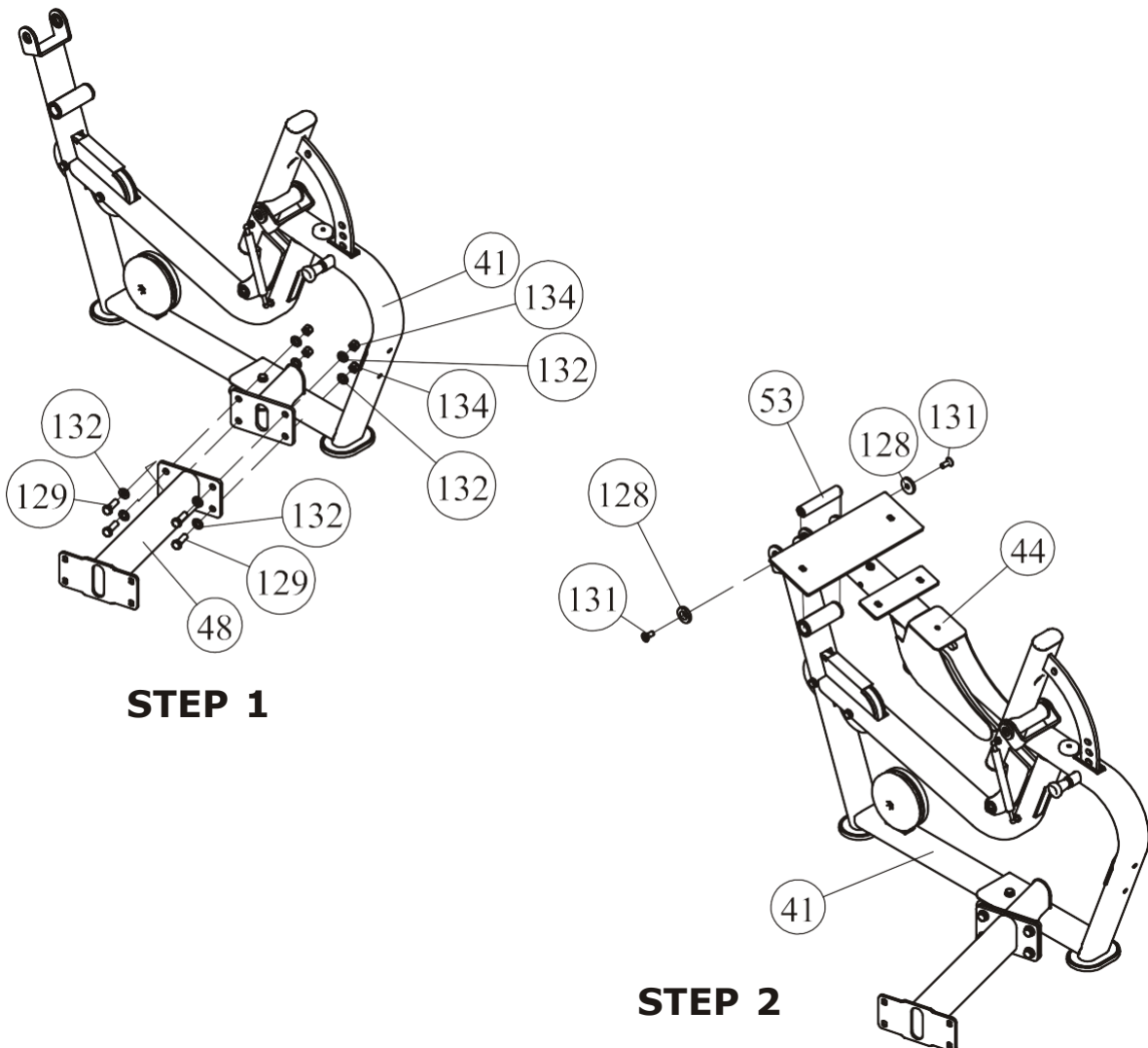
Note: Wrench Tighten Bolts and Nylon Lock Nuts.

STEP 2

Attach the Seat Pad Frame ASSY (#44) to Main Frame And Back Pad Frame ASSY (#41), using:

- two M10*25 Flat Head Cap Screw (#131)
- two End Cap (#128)
- one $\Phi 25.4*120*M10$ Shaft (#53)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



LEG EXTENSION / LEG CURL ASSEMBLY

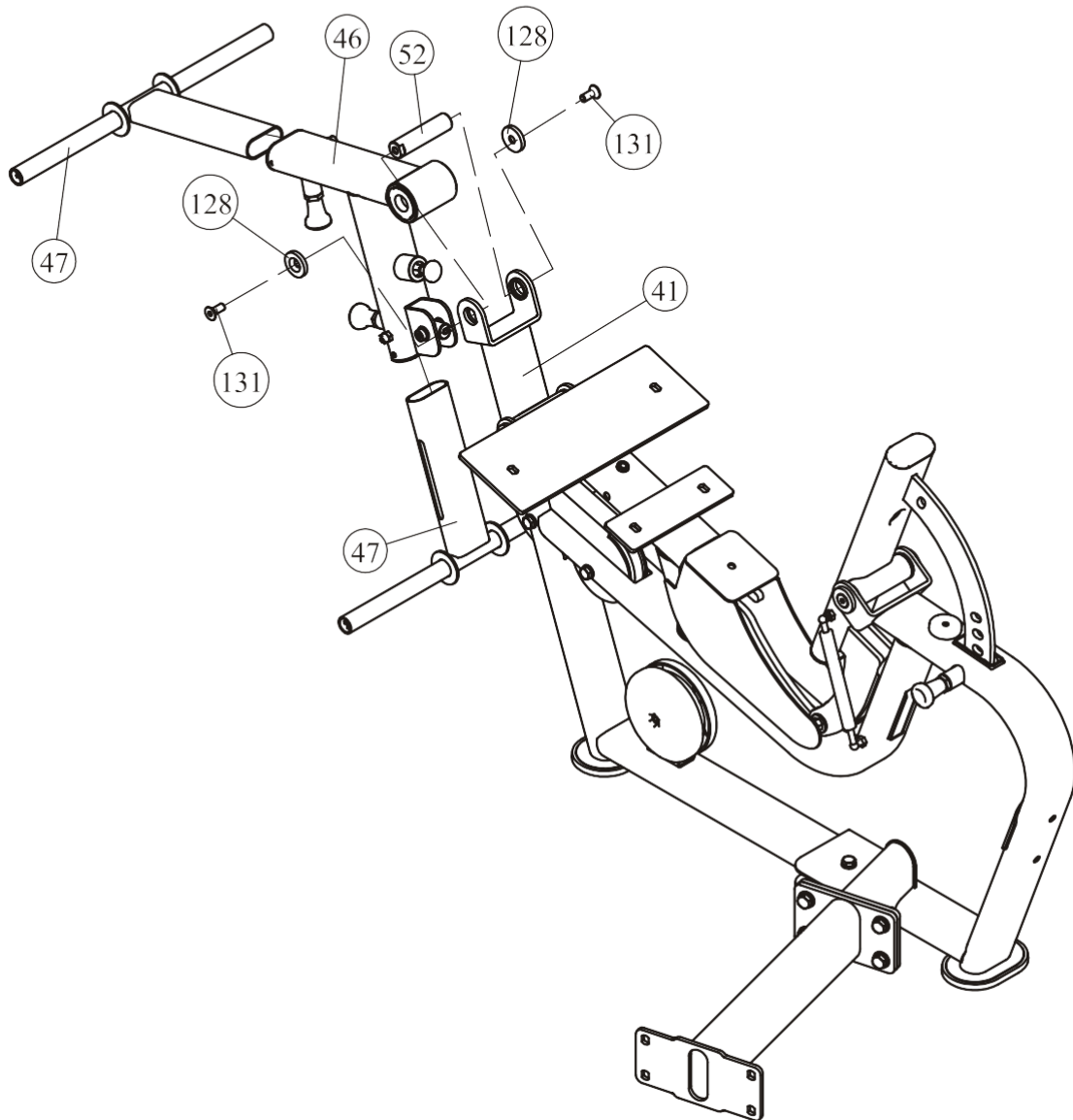
STEP 3

1. Attach the Rear Swing Frame II ASSY (#46) to Main Frame And Back Pad Frame ASSY (#41), using:

- two M10*25 Flat Head Cap Screw (#131)
- two End Cap (#128)
- one $\Phi 25.4*100*M10$ Shaft (#52)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

2. Attach two FOAM Frame ASSY (#47) to the Rear Swing Frame II ASSY (#46).



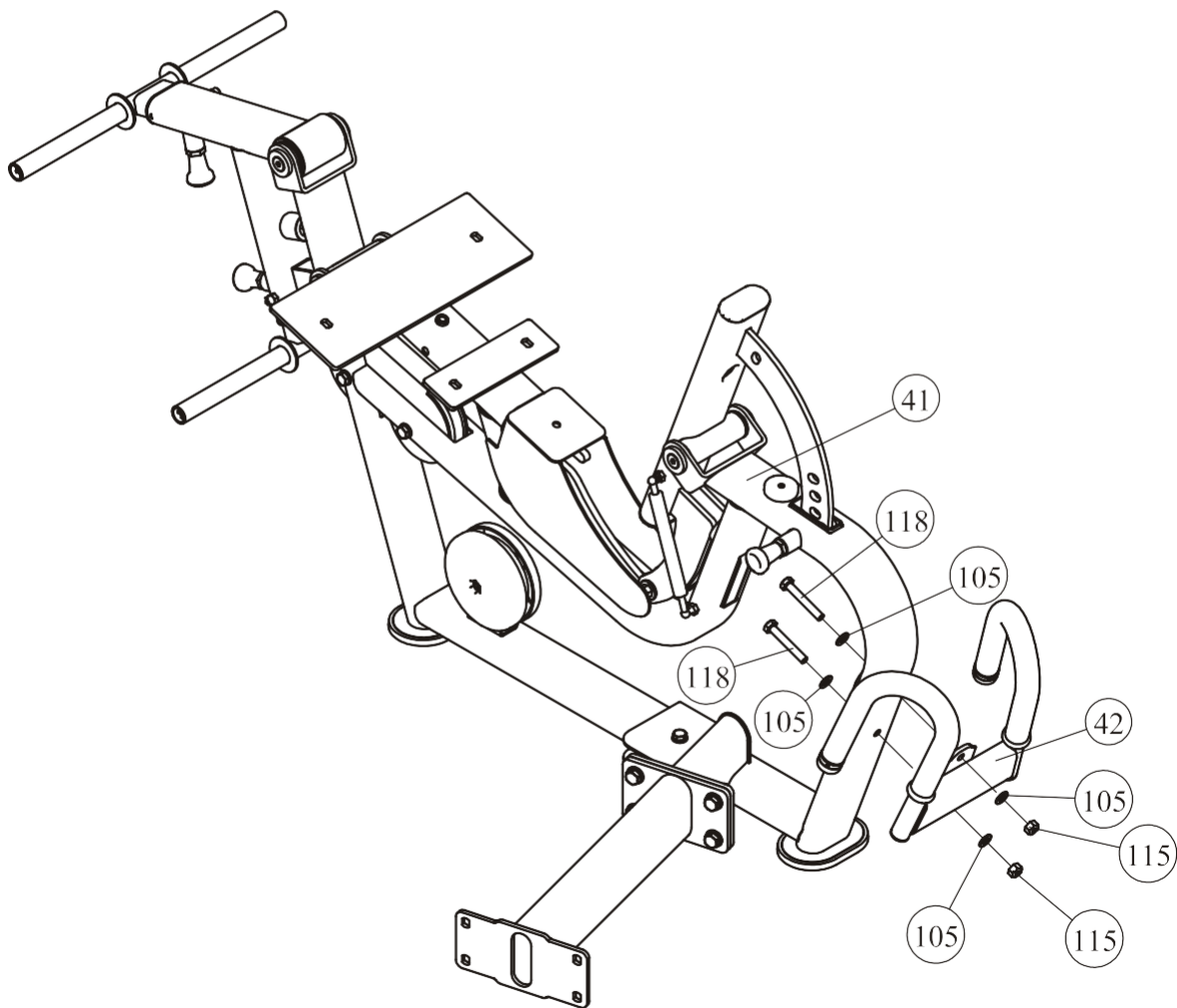
LEG EXTENSION / LEG CURL ASSEMBLY

STEP 4

Attach the Front Handle Frame ASSY (#42) to Main Frame And Back Pad Frame ASSY (#41), using:

- two M10*65 Hex Head Bolt (#118)
- two M10 Nylon Lock Nut (#115)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#105)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



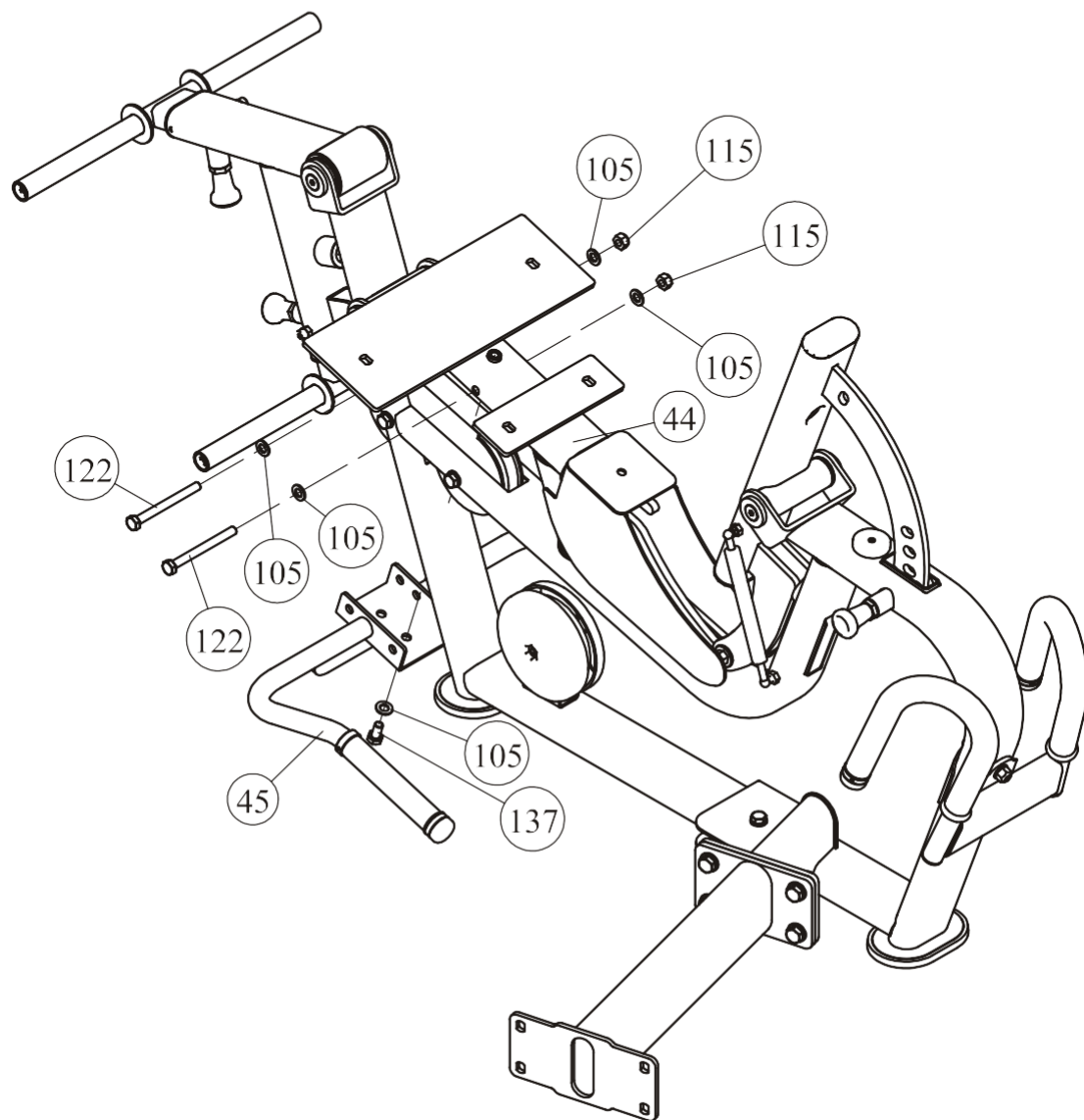
LEG EXTENSION / LEG CURL ASSEMBLY

STEP 5

Attach the Rear Handle Frame ASSY (#45) to Seat Pad Frame ASSY (#44), using:

- two M10*105 Hex Head Bolt (#122)
- two M10 Nylon Lock Nut (#115)
- five $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- one M10*30 Hex Head Bolt (#137)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



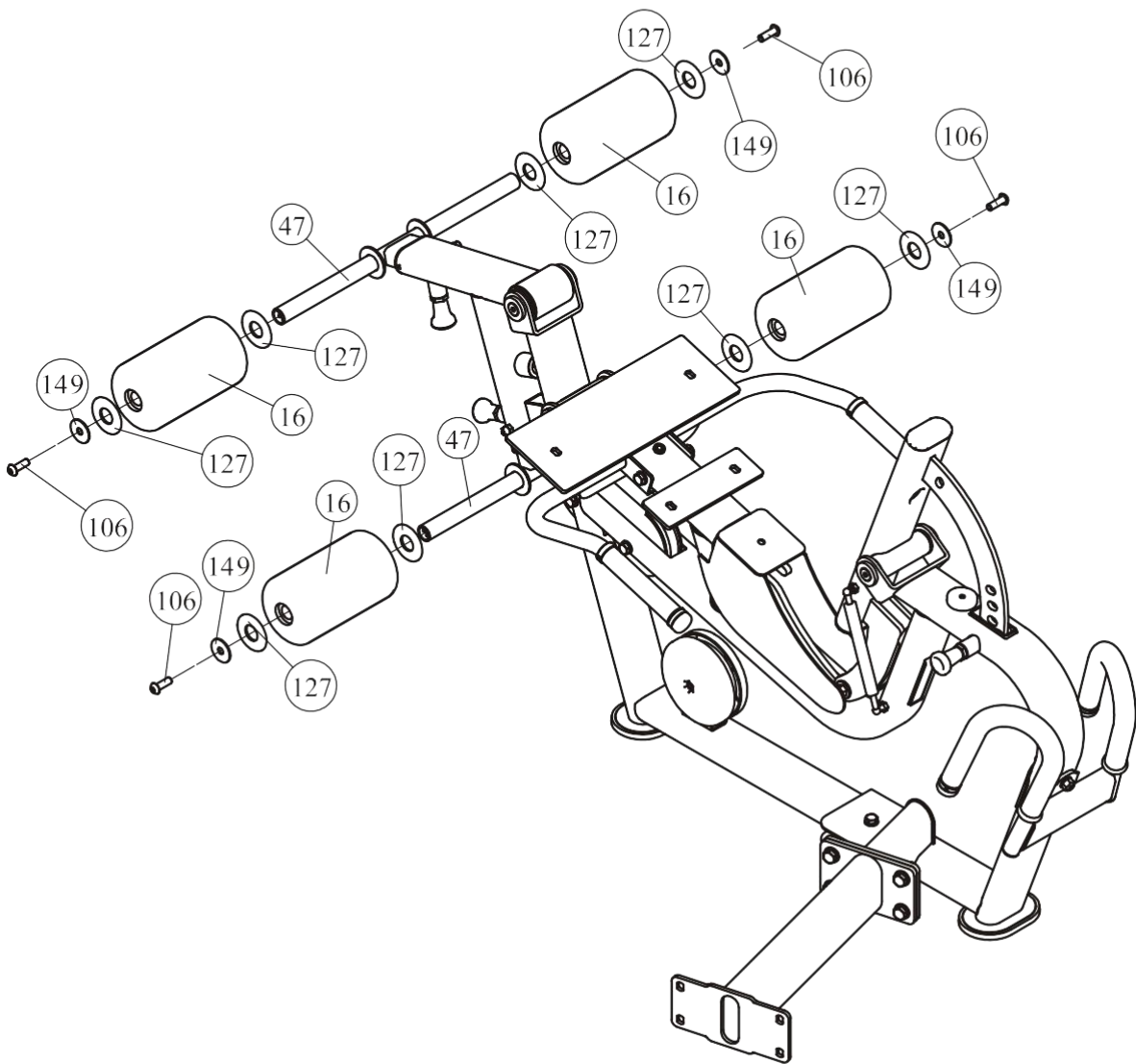
LEG EXTENSION / LEG CURL ASSEMBLY

STEP 6

Attach four FOAM (#16) to two FOAM Frame ASSY (#47), using:

- four M10*30 Flat Head Cap Screw (#106)
- four $\Phi 60*\Phi 10.5*10.9$ Washer (#149)
- eight $\Phi 60*\Phi 25.7*3$ Plastic Washer (#127)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



LEG EXTENSION / LEG CURL ASSEMBLY

STEP 7

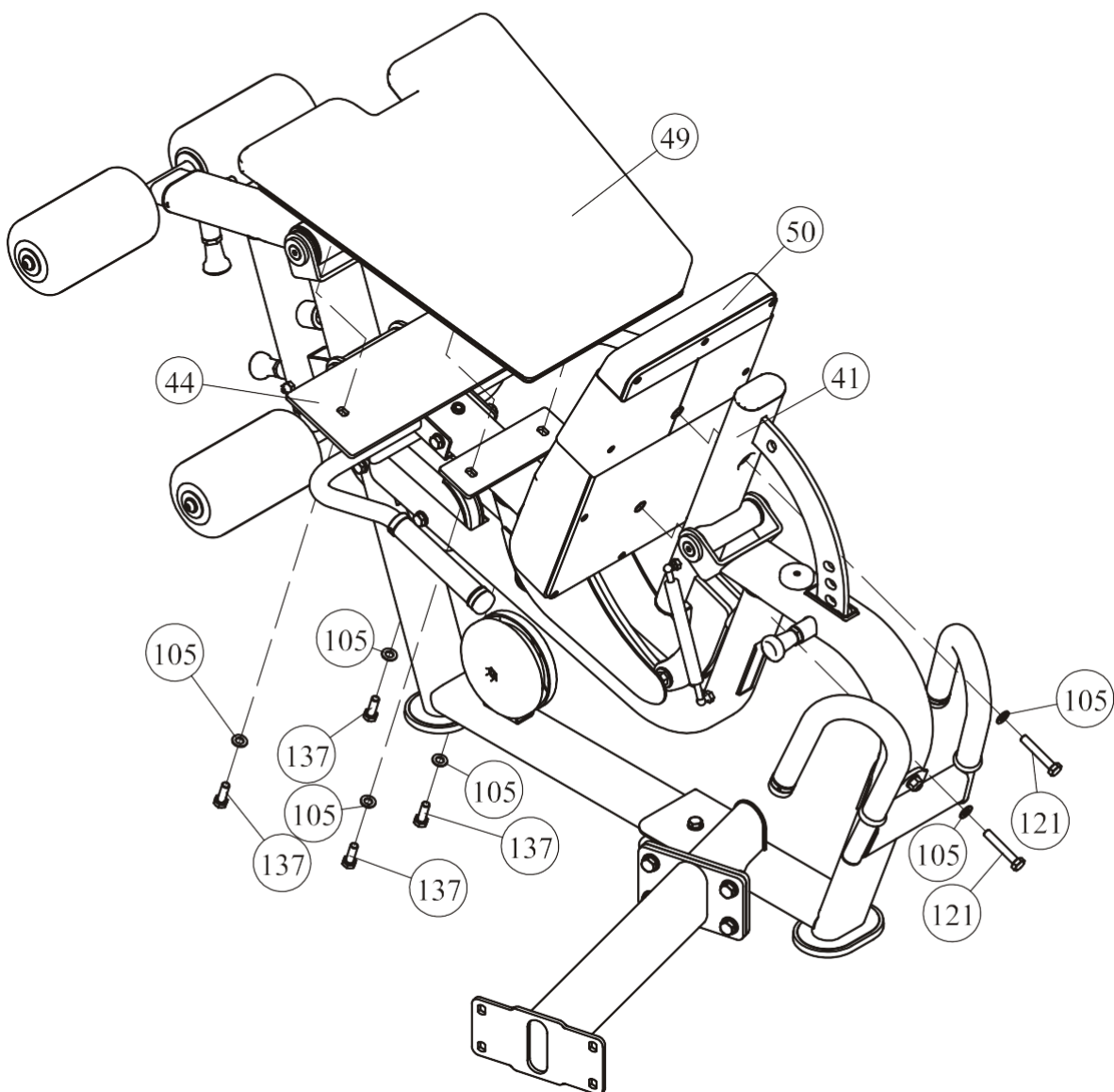
1. Attach Seat Pad (#49) to Seat Pad Frame ASSY (#44), using:

- four M10*30 Hex Head Bolt (#137)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#105)

2. Attach Back Pad (#50) to Main Frame And Back Pad Frame ASSY (#41), using:

- two M10*60 Hex Head Bolt (#121)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#105)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



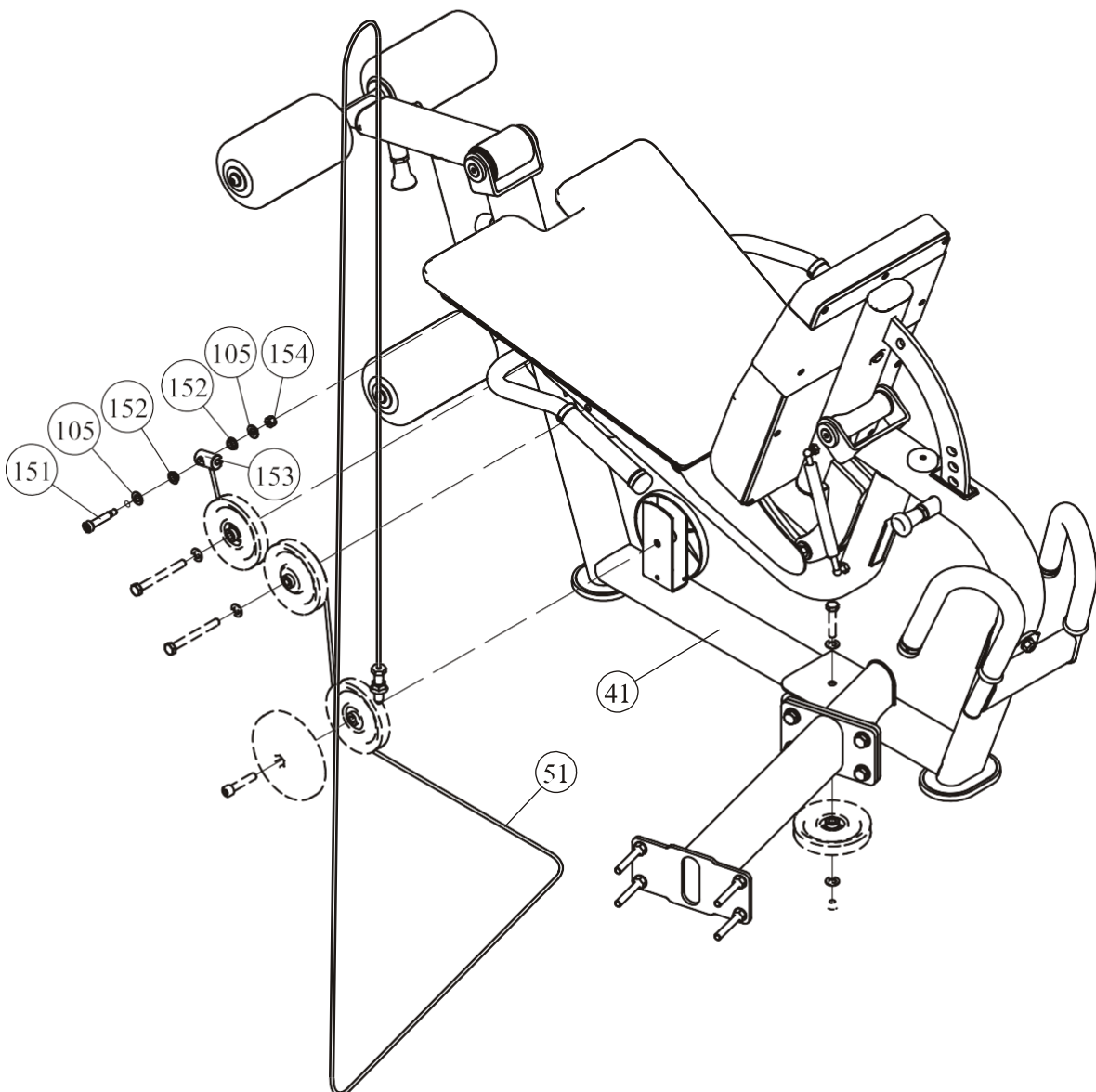
LEG EXTENSION / LEG CURL ASSEMBLY

STEP 8

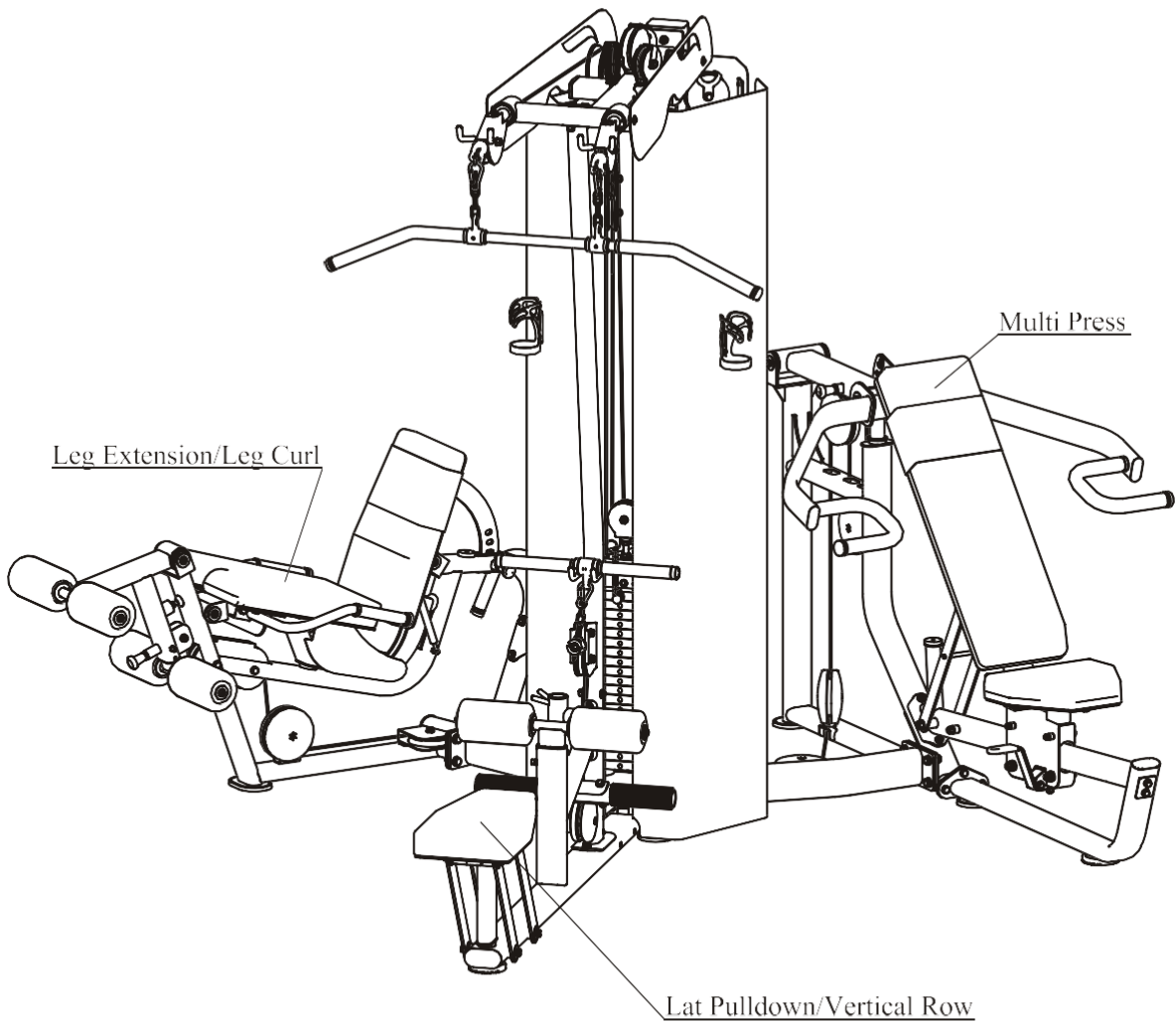
Attach the Cable (#49) to Main Frame And Back Pad Frame ASSY (#41), and go through four 4.5" Pulley. Using:

- one $\Phi 10 \times 40 \times M8$ Shoulder Bolt (#151)
- two $\Phi 10.2 \times \Phi 14 \times 6$ Spacer (#152)
- one $\Phi 22 \times 37$ Cable End (#153)
- one M8 Nylon Lock Nut (#154)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#105)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



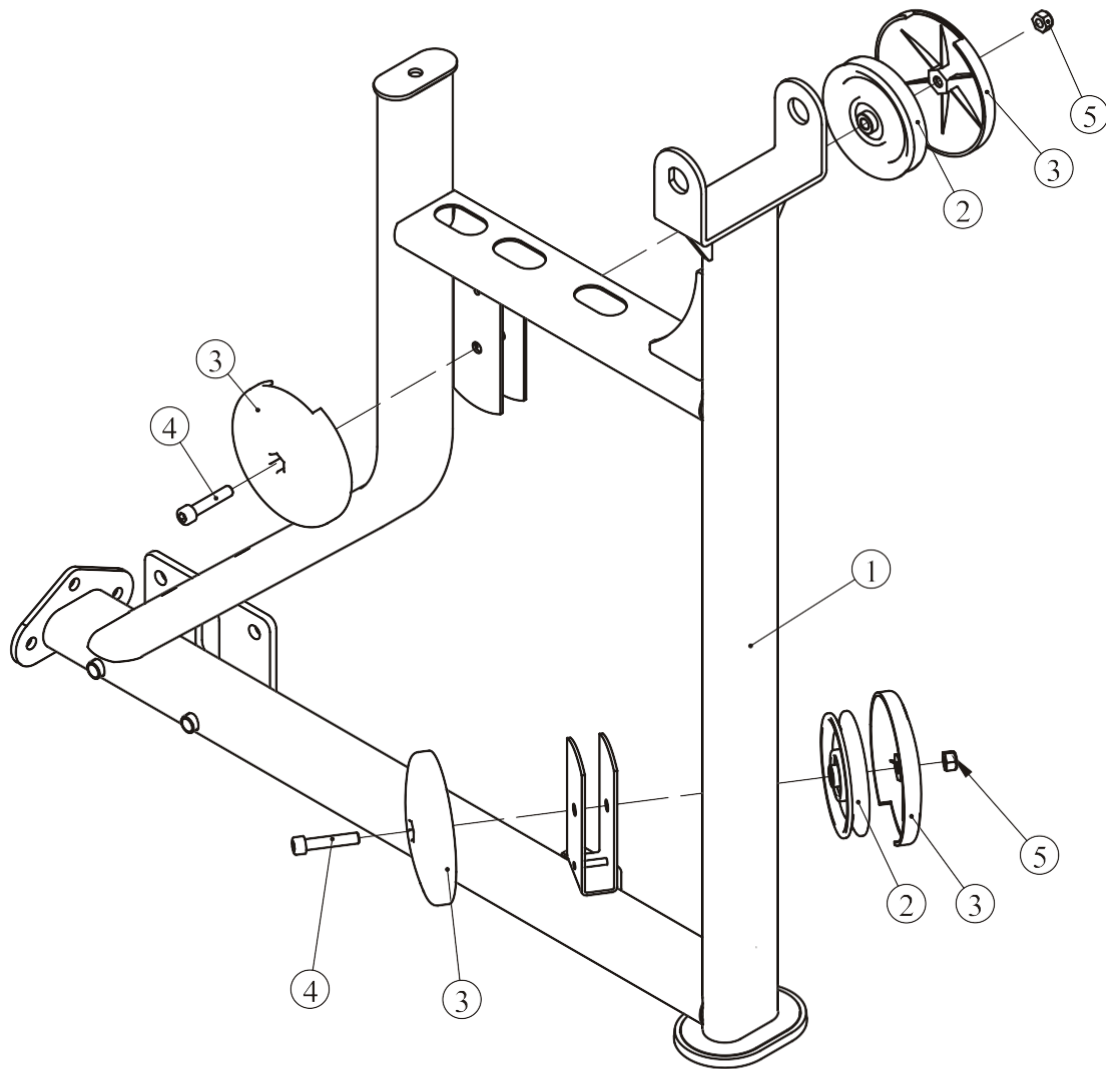
MULTI PRESS



Multi Press-----P23-44

MULTI PRESS EXPLODED VIEW AND PARTS LIST

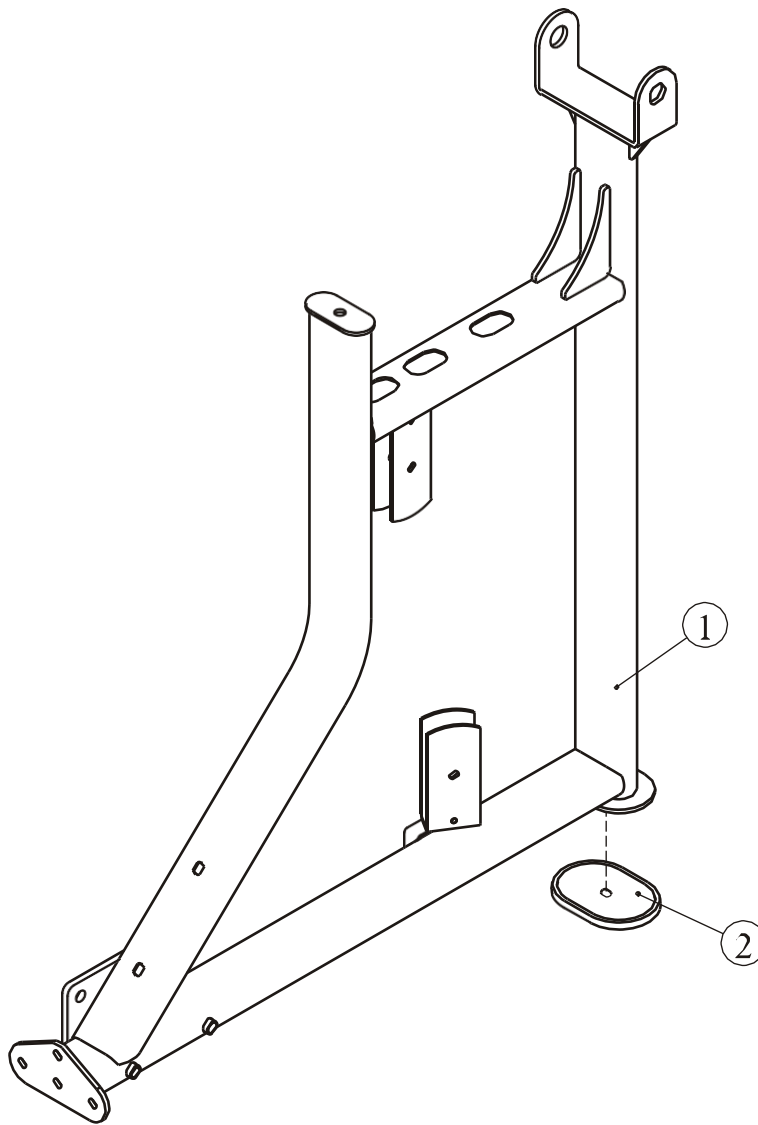
Main Frame II ASSY



| ITEM NO. | Description | QTY |
|----------|------------------------------|-----|
| 1 | Main Frame I ASSY | 1 |
| 2 | 4.5" Pulley | 2 |
| 3 | Pulley Cover | 4 |
| 4 | Socket Head Cap Screw M10*50 | 2 |
| 5 | Nylon lock Nut M10 | 2 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

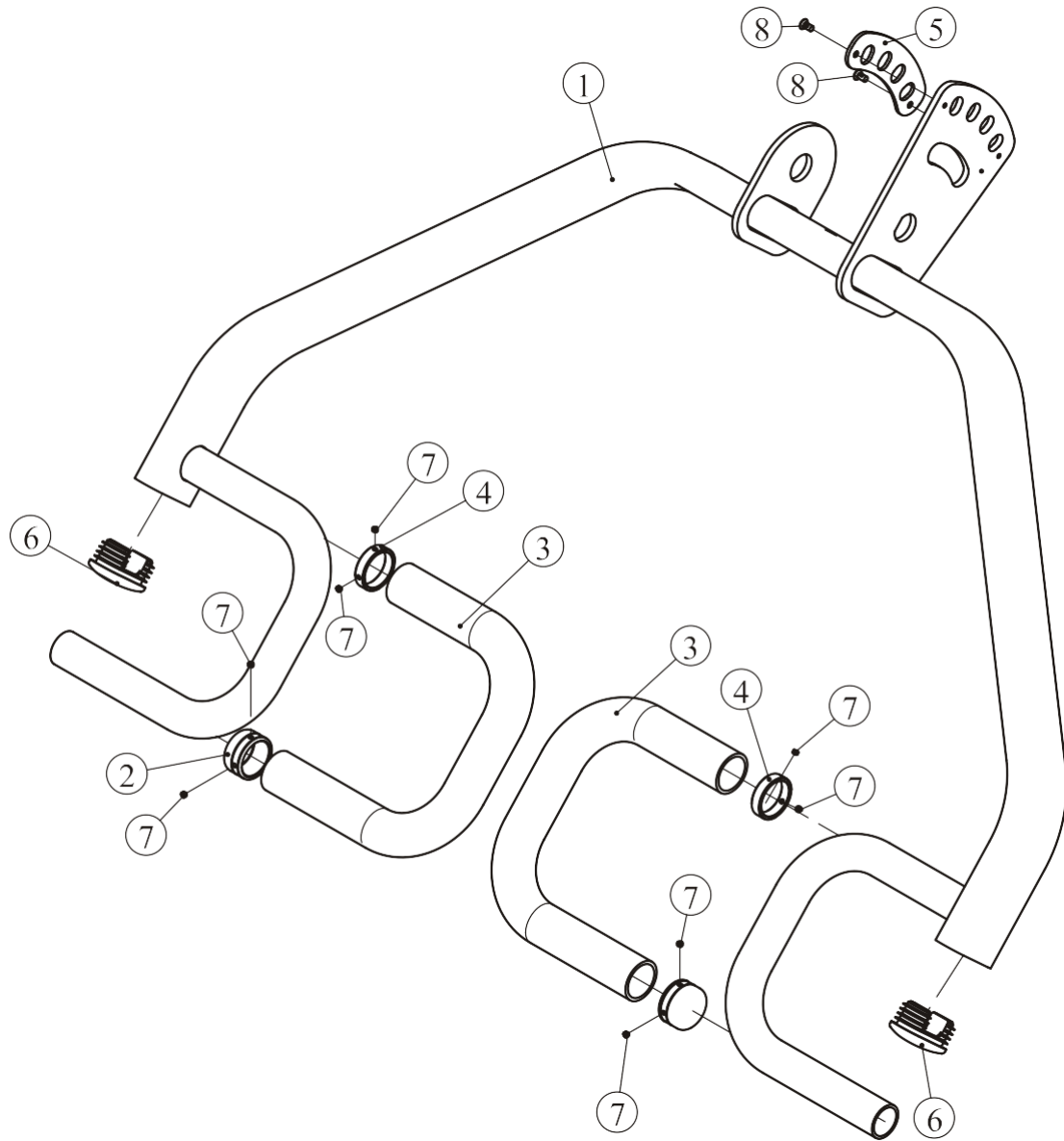
Main Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|-------------|-----|
| 1 | Main Frame | 1 |
| 2 | Foot Pad | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

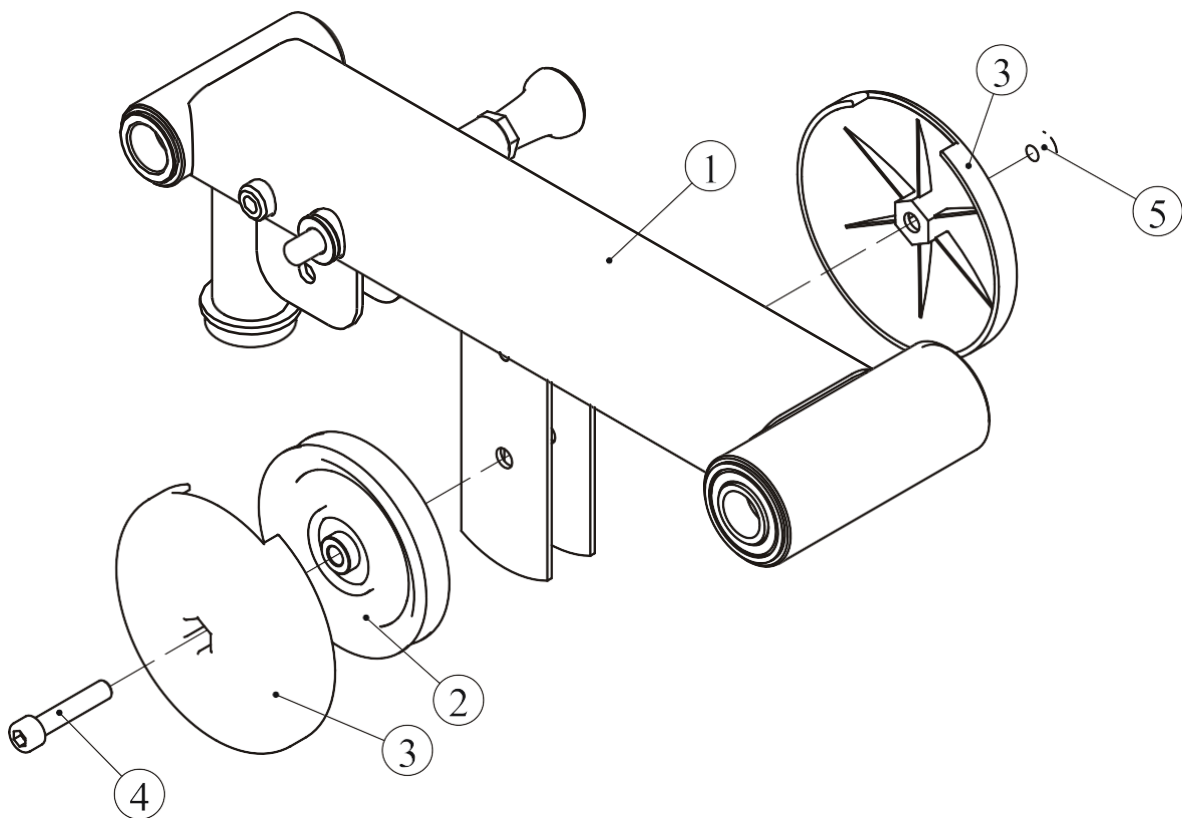
Press Arm ASSY



| ITEM NO. | Description | QTY | ITEM NO. | Description | QTY |
|----------|--------------------|-----|----------|----------------------------|-----|
| 1 | Press Arm | 1 | 5 | Adjustable Plate | 1 |
| 2 | Φ 32 End Cap | 2 | 6 | Plug RT30*70 | 2 |
| 3 | Grip Φ 36*Φ 28*505 | 2 | 7 | Socket Set Screw 10-32*3.2 | 8 |
| 4 | Φ 32 Ring | 2 | 8 | Flat Head Cap Screw M5*10 | 2 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

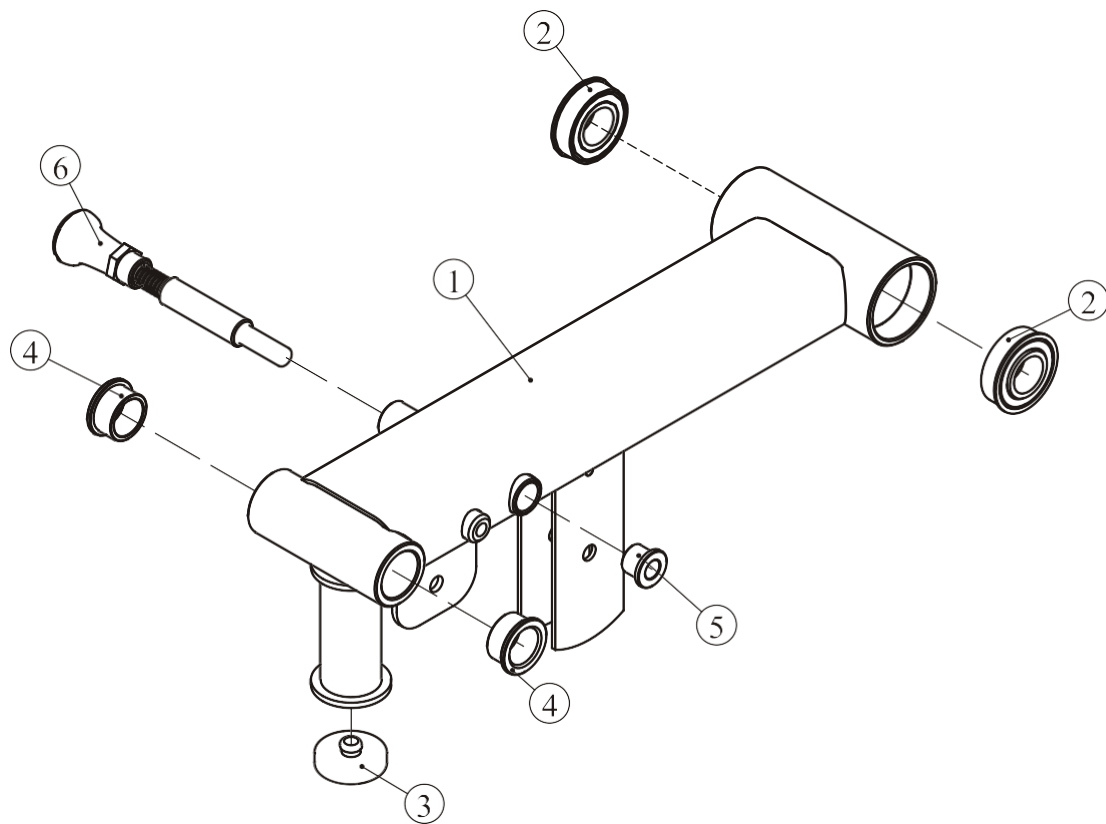
Load Arm II ASSY



| ITEM NO. | Description | QTY |
|----------|-------------------------------|-----|
| 1 | Load Arm I ASSY | 1 |
| 2 | 4.5" Pulley | 1 |
| 3 | Pulley Cover | 2 |
| 4 | Hex Cylinder Head Bolt M10*50 | 1 |
| 5 | Nylon lock Nut M10 | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

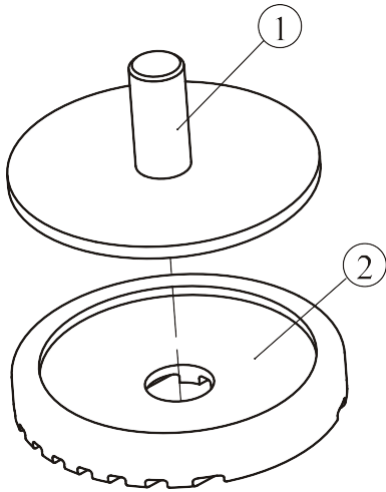
Load Arm I ASSY



| ITEM NO. | Description | QTY |
|----------|---|-----|
| 1 | Load Arm | 1 |
| 2 | T type Bearing | 2 |
| 3 | Rubber Bumper $\Phi 45*16.5$ | 1 |
| 4 | Bushing $\Phi 38*\Phi 25.4*18$ | 2 |
| 5 | Spacer $\Phi 25.4*\Phi 19.3*\Phi 12.8*18$ | 1 |
| 6 | Long Pop Pin | 1 |

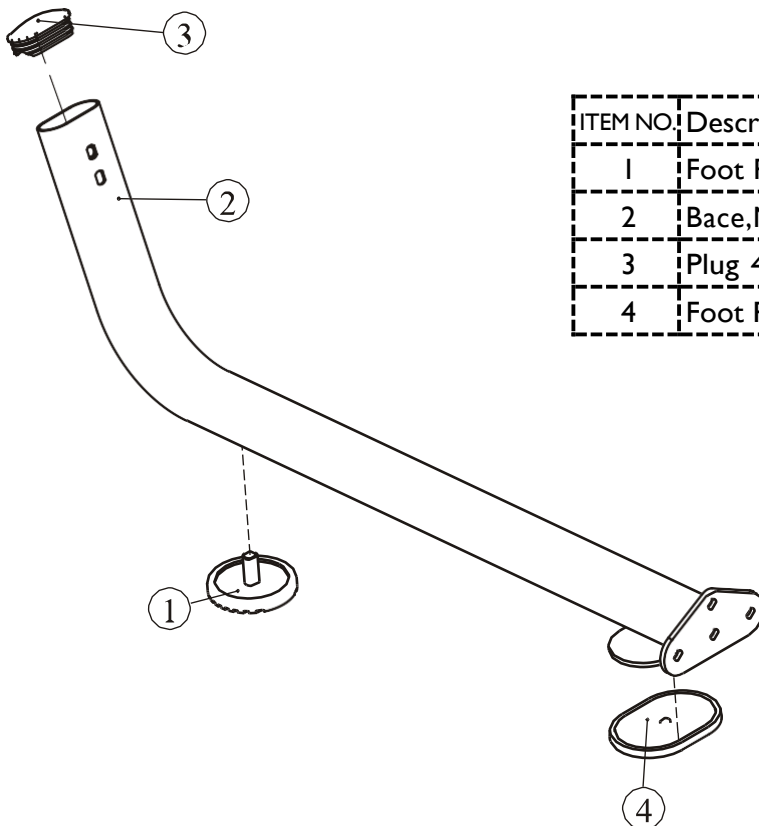
MULTI PRESS EXPLODED VIEW AND PARTS LIST

Foot Plate ASSY



| ITEM NO. | Description | QTY |
|----------|-------------|-----|
| 1 | Foot Plate | 1 |
| 2 | Foot Cover | 1 |

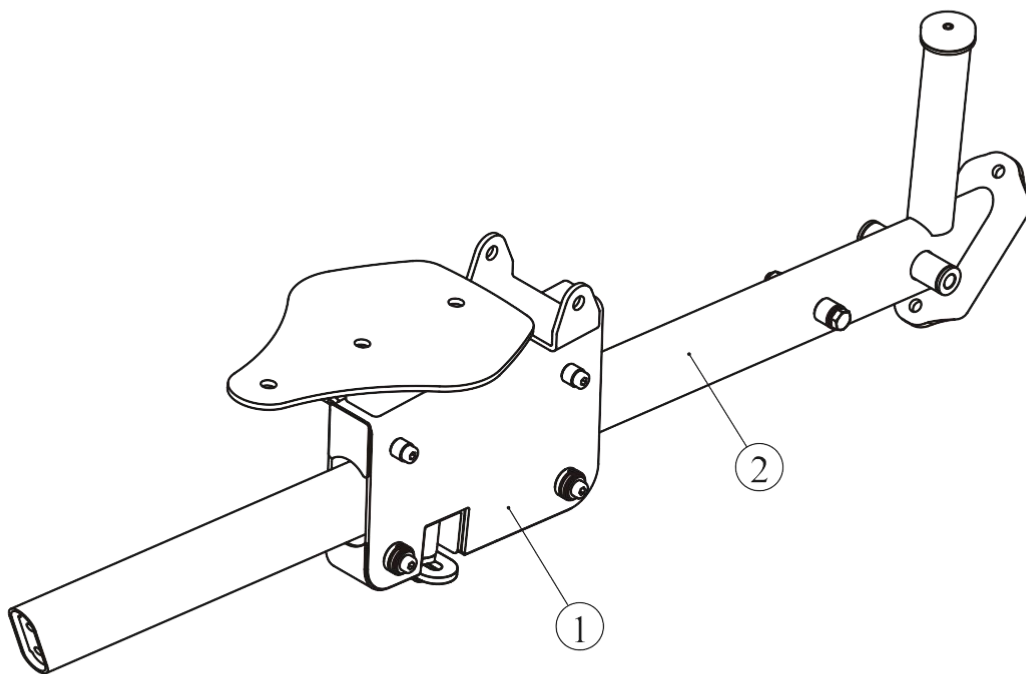
Bace, Main Frame ASSY



| ITEM NO. | Description | QTY |
|----------|------------------|-----|
| 1 | Foot Plate ASSY | 1 |
| 2 | Bace, Main Frame | 1 |
| 3 | Plug 40*80*20 | 1 |
| 4 | Foot Pad | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

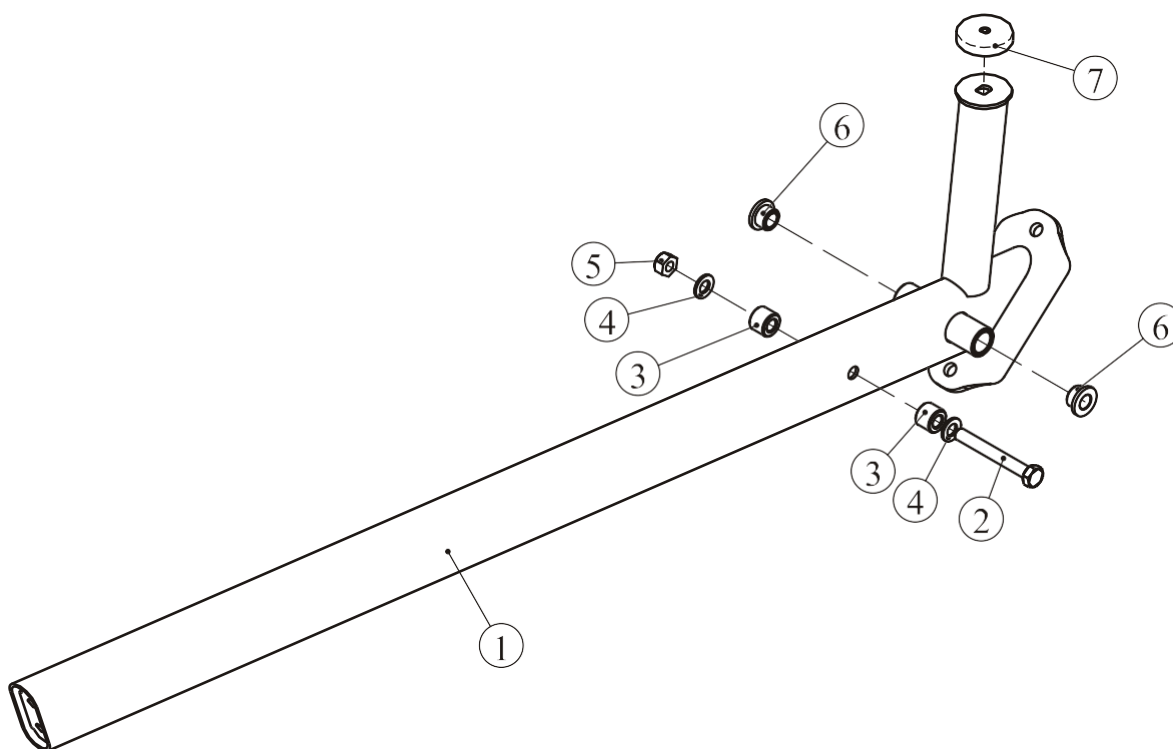
The Guide Frame II ASSY



| ITEM NO. | Description | QTY |
|----------|--------------------------|-----|
| 1 | Seat Pad Support II ASSY | 1 |
| 2 | The Guide Frame I ASSY | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

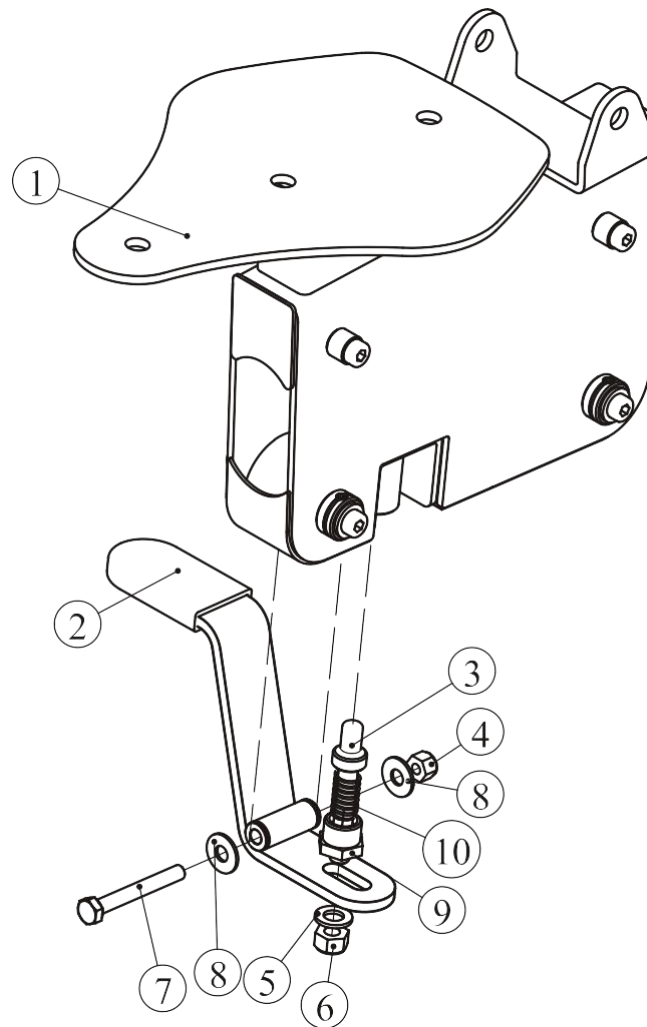
The Guide Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|--------------------------------|-----|
| 1 | The Guide Frame | 1 |
| 2 | Hex Head Bolt M10*80 | 1 |
| 3 | Plastic Spacer | 2 |
| 4 | Washer $\Phi 20*\Phi 11*1.5$ | 2 |
| 5 | Nylon Lock Nut M10 | 1 |
| 6 | Bushing $\Phi 25*\Phi 12.2*13$ | 2 |
| 7 | Rubber Bumper $\Phi 45*16.5$ | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

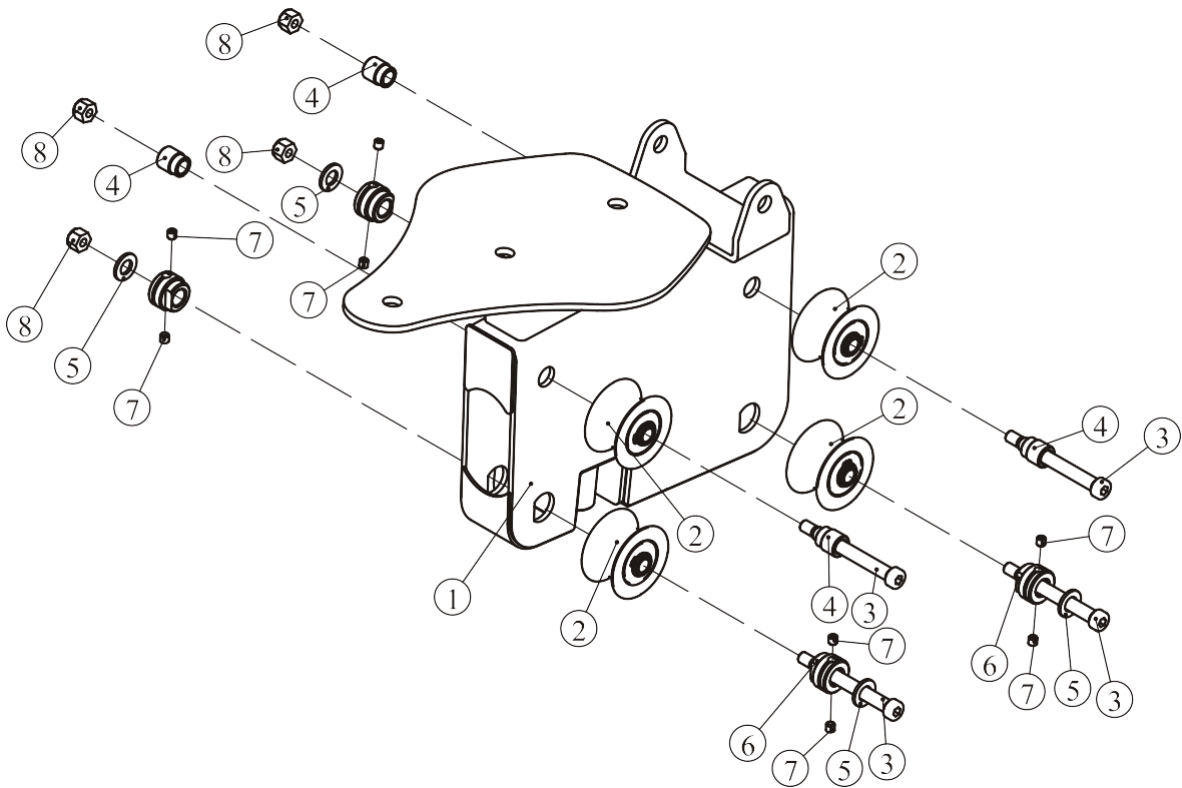
Seat Pad Support II ASSY



| ITEM NO. | Description | QTY | ITEM NO. | Description | QTY |
|----------|--------------------------------|-----|----------|----------------------------------|-----|
| 1 | Seat Pad Support I ASSY | 1 | 6 | Nylon lock Nut M10 | 1 |
| 2 | Adjustable Handle Frame I ASSY | 1 | 7 | Hex Head Bolt M8*65 | 1 |
| 3 | Pin Pole | 1 | 8 | Flat Washer $\Phi 9*\Phi 22*1.6$ | 2 |
| 4 | Nylon lock Nut M8 | 1 | 9 | Nut M20*18 | 1 |
| 5 | Washer $\Phi 20*\Phi 11*1.5$ | 1 | 10 | Spring | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

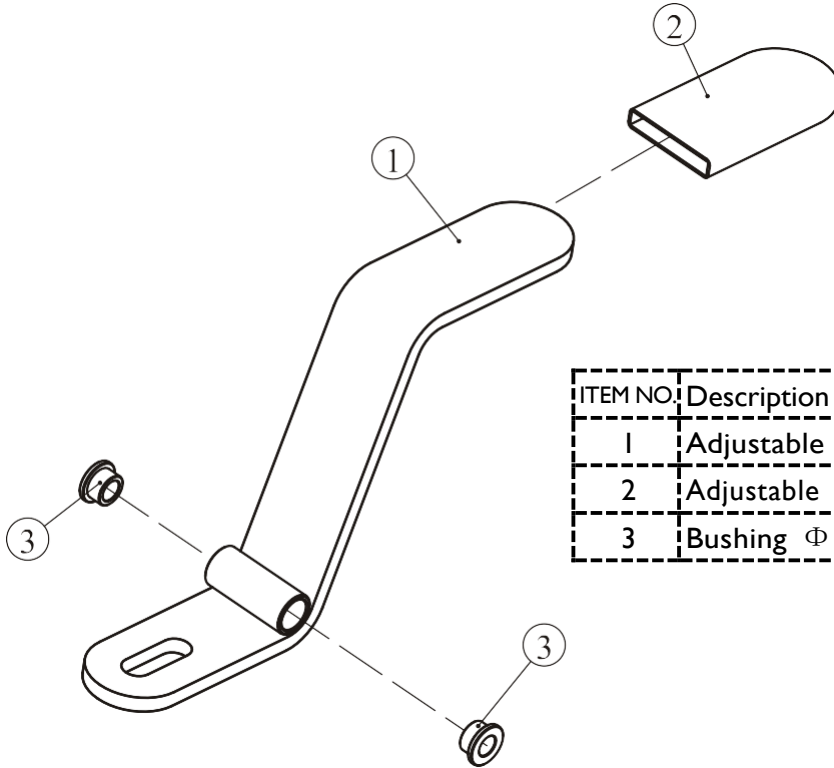
Seat Pad Support I ASSY



| ITEM NO. | Description | QTY | ITEM NO. | Description | QTY |
|----------|---------------------|-----|----------|----------------------------------|-----|
| 1 | Seat Pad Support | 1 | 5 | Washer $\Phi 20 * \Phi 11 * 1.5$ | 4 |
| 2 | Wheel | 4 | 6 | Adjustable Spacer I | 4 |
| 3 | Shoulder Bolt | 4 | 7 | Socket Set Screw M6*6 | 8 |
| 4 | Adjustable Spacer 2 | 4 | 8 | Nylon lock Nut M8 | 4 |

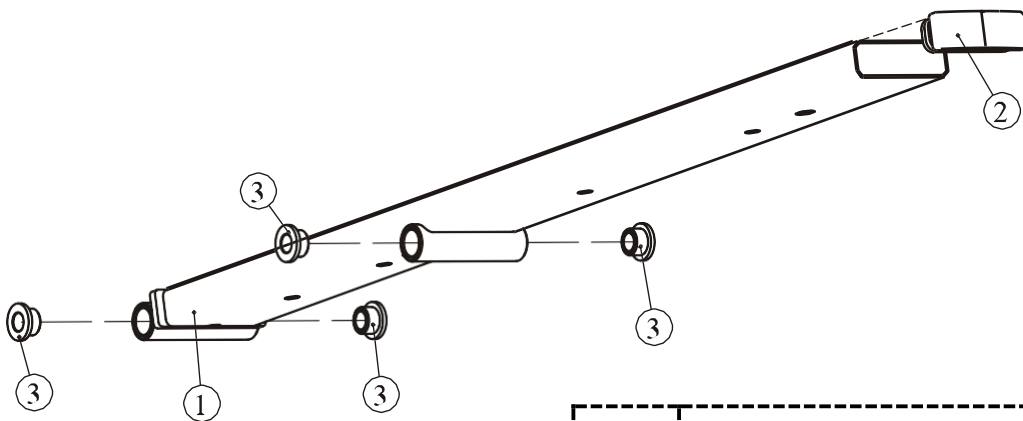
MULTI PRESS EXPLODED VIEW AND PARTS LIST

Adjustable Handle Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|----------------------------|-----|
| 1 | Adjustable Handle | 1 |
| 2 | Adjustable Handle Grip | 1 |
| 3 | Bushing $\Phi 16*\Phi 8*8$ | 2 |

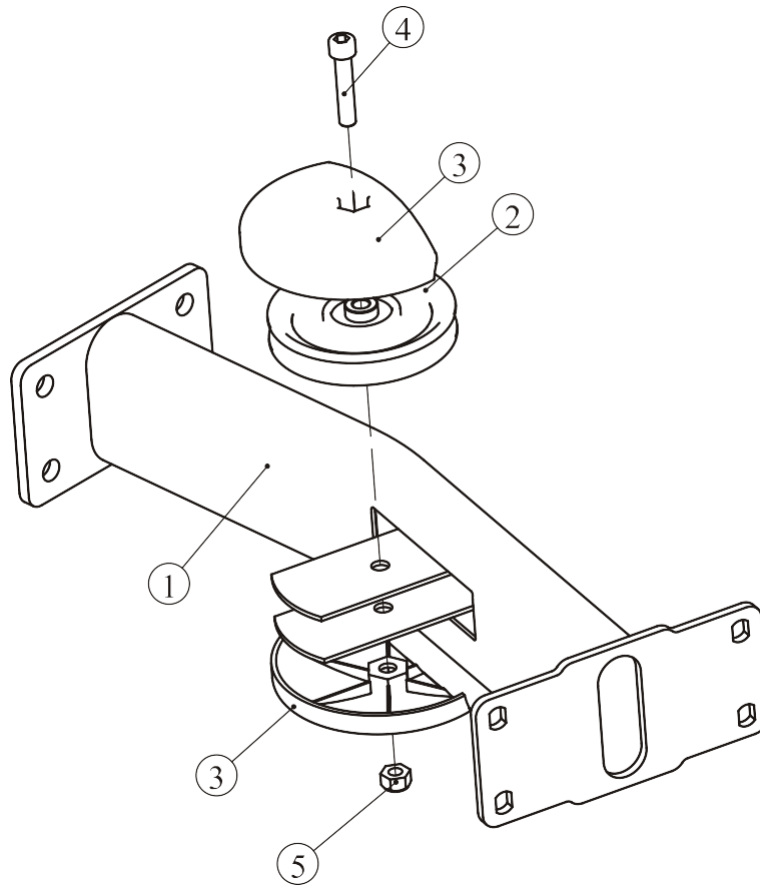
Frame Back ASSY



| ITEM NO. | Description | QTY |
|----------|--------------------------------|-----|
| 1 | Frame Back | 1 |
| 2 | Plug $\square 25.4*76.2$ | 1 |
| 3 | Bushing $\Phi 25*\Phi 12.2*13$ | 4 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

Connector ASSY



| ITEM NO. | Description | QTY |
|----------|------------------------------|-----|
| 1 | Connector | 1 |
| 2 | 4.5" Pulley | 1 |
| 3 | Pulley Cover | 2 |
| 4 | Socket Head Cap Screw M10*50 | 1 |
| 5 | Nylon Lock Nut M10 | 1 |

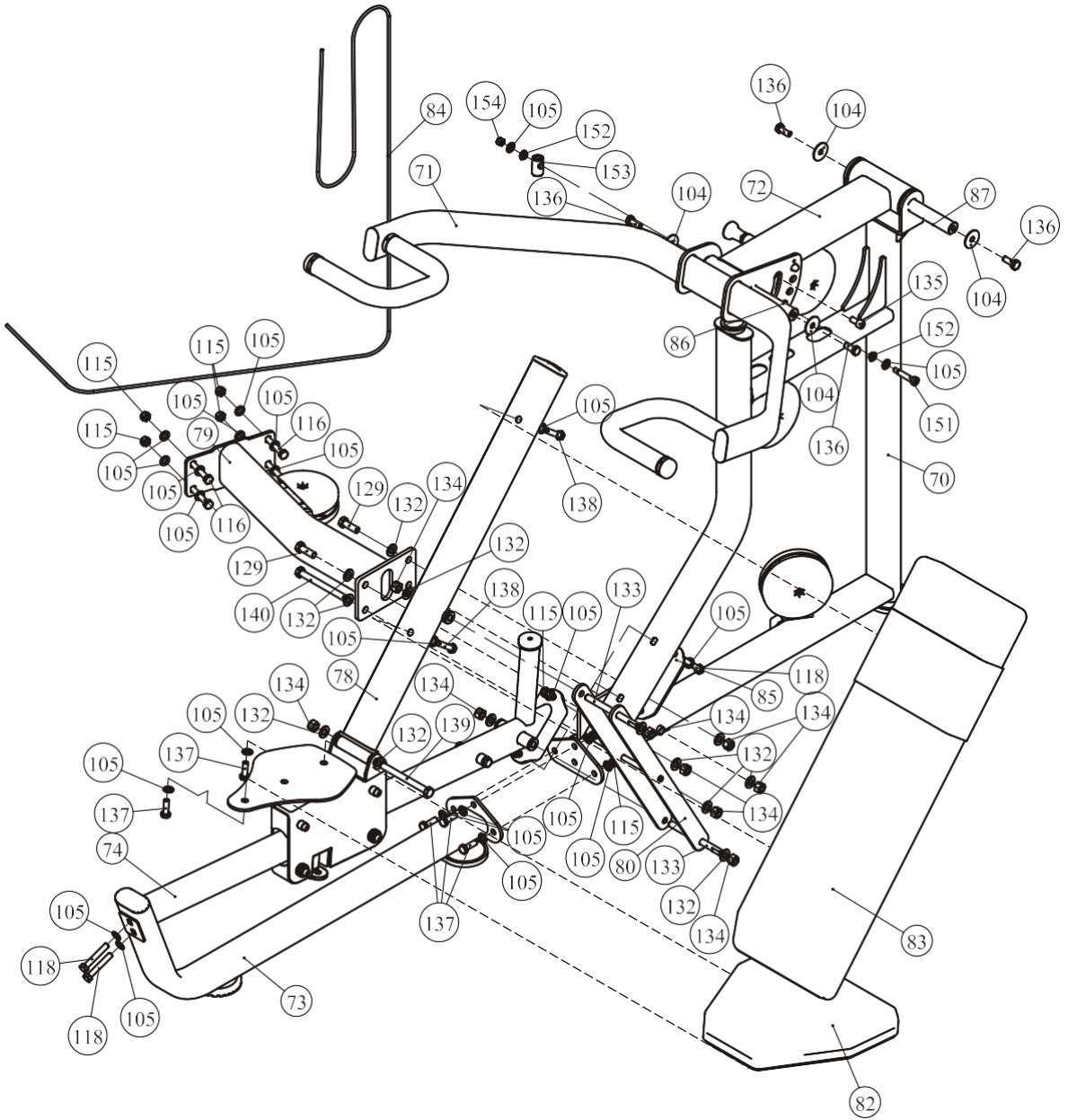
MULTI PRESS EXPLODED VIEW AND PARTS LIST

Overall

| ITEM NO. | Description | QTY |
|----------|---|-----|
| 70 | Main Frame II ASSY | 1 |
| 71 | Press Arm ASSY | 1 |
| 72 | Load Arm II ASSY | 1 |
| 73 | Bace,Main Frame ASSY | 1 |
| 74 | The Guide Frame II ASSY | 1 |
| 78 | Frame Back ASSY | 1 |
| 79 | Connector ASSY | 1 |
| 80 | The Back Pad Support | 1 |
| 84 | Cable 4 | 1 |
| 85 | Oval Fixed Plate 130 | 1 |
| 86 | Axle $\Phi 25.4 \times 130$ | 1 |
| 87 | Axle $\Phi 25.4 \times 158$ | 1 |
| 104 | Washer $\Phi 11 \times \Phi 38 \times 2$ | 4 |
| 105 | Flat Washer $\Phi 11 \times \Phi 20 \times 2$ | 26 |
| 115 | Nylon lock Nut M10 | 9 |
| 116 | Hex Head Bolt M10*75 | 4 |
| 118 | Hex Head Bolt M10*65 | 4 |
| 129 | Hex Head Bolt M12*35 | 2 |
| 132 | Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$ | 14 |
| 133 | Anchor Shaft M12*140 | 2 |
| 134 | Nylon lock Nut M12 | 9 |
| 135 | Socket Head Cap Screw M10*20 | 1 |
| 136 | Hex Head Bolt M10*25 | 4 |
| 137 | Hex Head Bolt M10*30 | 5 |
| 138 | Hex Head Bolt M10*45 | 2 |
| 139 | Hex Head Bolt M12*125 | 1 |
| 140 | Hex Head Bolt M12*120 | 2 |
| 141 | Hex Key S=3/16" | 1 |
| 142 | Wrench | 1 |
| 143 | Hex Key S=4 | 1 |
| 144 | Hex Key S=5 | 1 |
| 145 | Hex Key S=6 | 1 |
| 146 | Hex Key S=3 | 1 |
| 147 | Hex Key S=8 | 1 |
| 148 | Lube | 1 |
| 151 | Shoulder Bolt $\Phi 10 \times 40 \times M8$ | 1 |
| 152 | Spacer $\Phi 10.2 \times \Phi 14 \times 6$ | 2 |
| 153 | Cable End | 1 |
| 154 | Nylon Lock Nut M8 | 1 |

MULTI PRESS EXPLODED VIEW AND PARTS LIST

Overall



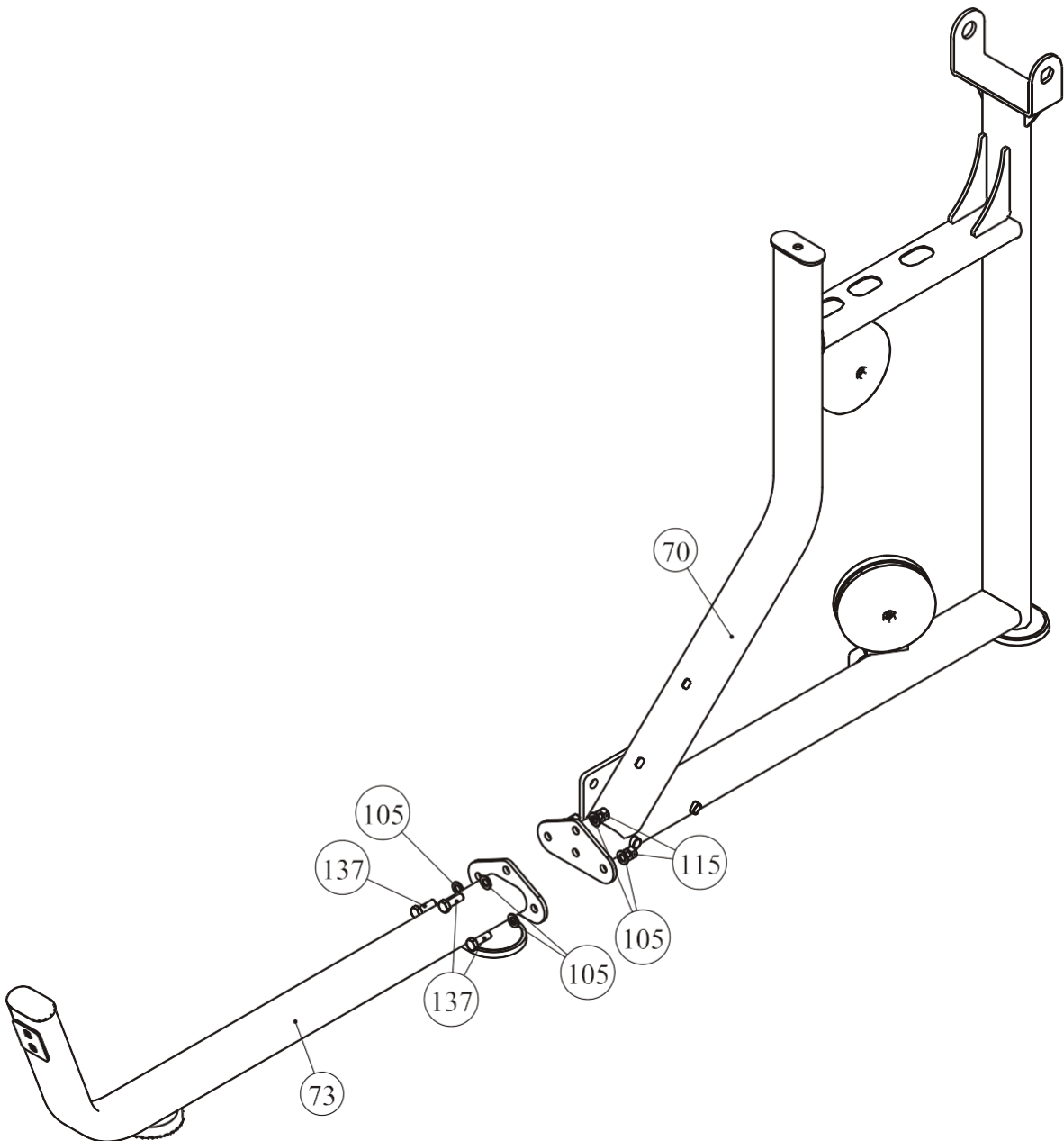
MULTI PRESS ASSEMBLY

STEP 1

Attach the Base, Main Frame ASSY (#73) to the Main Frame II ASSY (#70) using:

- three M10*30 Hex Head Bolt (#137)
- six $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- three M10 Nylon Lock Nut (#115)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



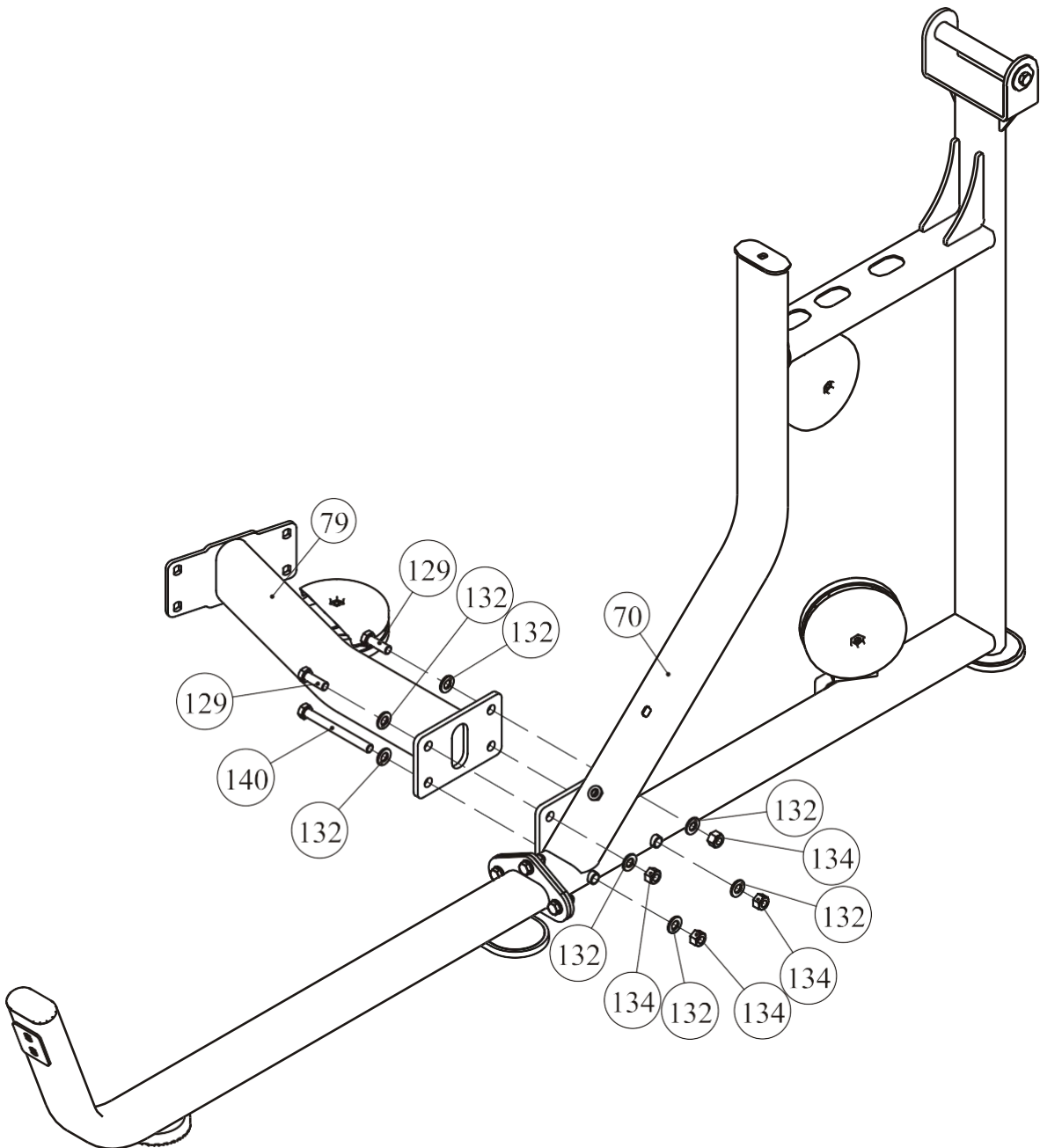
MULTI PRESS ASSEMBLY

STEP 2

Attach the Connector ASSY (#79) to the Main Frame II ASSY (#70) using:

- two M12*35 Hex Head Bolt (#129)
- two M12*120 Hex Head Bolt (#140)
- eight $\Phi 13*\Phi 24*1.5$ Flat Washer (#132)
- four M12 Nylon Lock Nut (#134)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



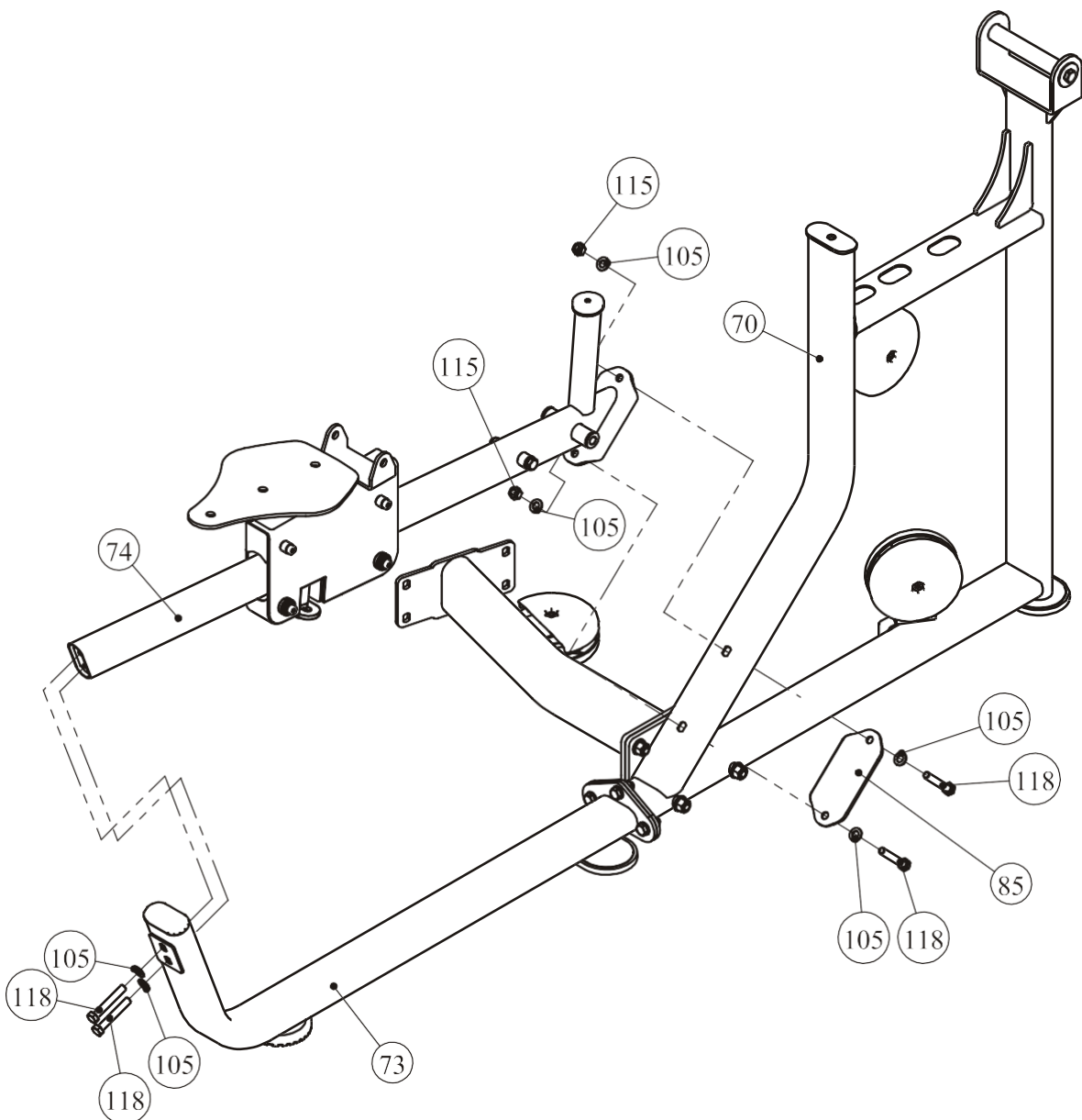
MULTI PRESS ASSEMBLY

STEP 3

Attach the Guide Frame II ASSY (#74) to the Main Frame II ASSY (#70) and the Base, Main Frame ASSY (#73) using:

- four M10*65 Hex Head Bolt (#118)
- six $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- two M10 Nylon Lock Nut (#115)
- one Oval Fixed Plate 130 (#85)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



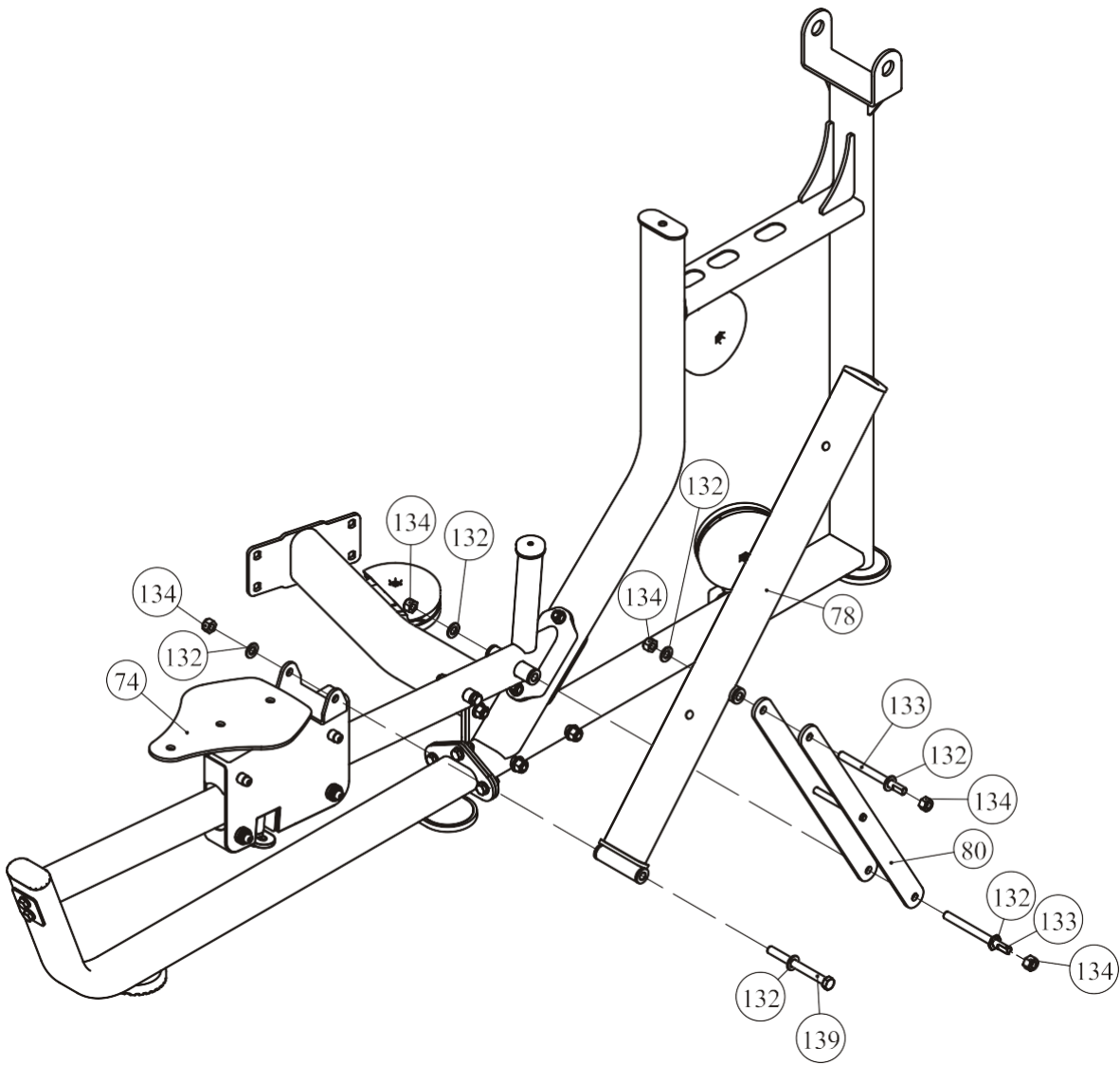
MULTI PRESS ASSEMBLY

STEP 4

Attach the Frame Back ASSY (#78) and the Back Pad Support (#80) to the Guide Frame II ASSY (#74) using:

- two M12*140 Anchor Shaft (#133)
- six $\Phi 13*\Phi 24*1.5$ Flat Washer (#132)
- one M12*125 Hex Head Bolt (#139)
- five M12 Nylon Lock Nut (#134)

Note: Wrench Tighten bolts and Nylon Lock Nuts.



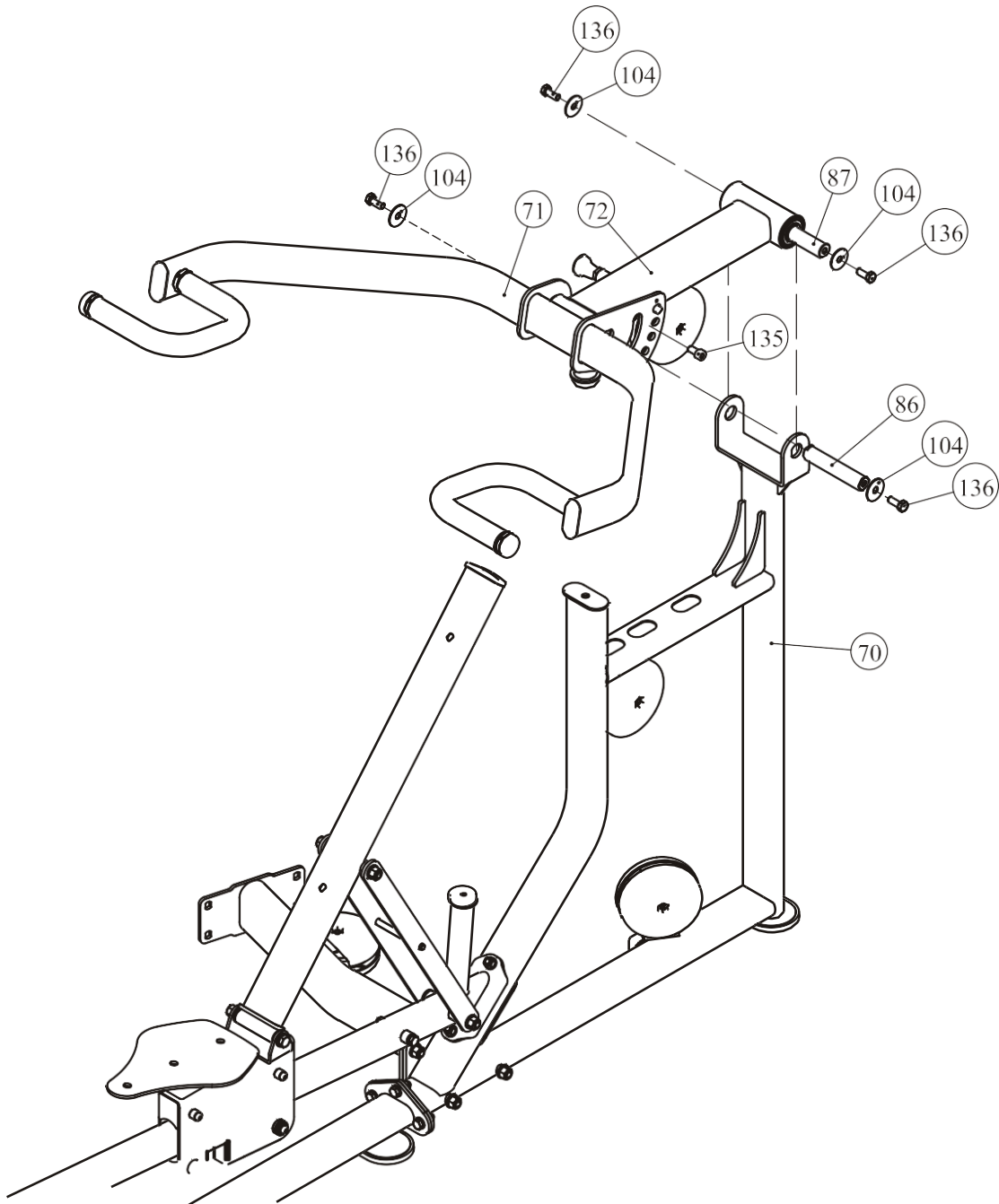
MULTI PRESS ASSEMBLY

STEP 5

Attach the Frame Back ASSY (#71) and the Load Arm II ASSY (#72) to the Main Frame II ASSY (#70) using:

- four M10*25 Hex Head Bolt (#136)
- four $\Phi 11*\Phi 38*2$ Washer (#104)
- one $\Phi 25.4*130$ Axle (#86)
- one $\Phi 25.4*158$ Axle (#87)
- one M10*20 Socket Head Cap Screw (#135)

Note: Wrench Tighten bolts and Nylon Lock Nuts.



MULTI PRESS ASSEMBLY

STEP 6

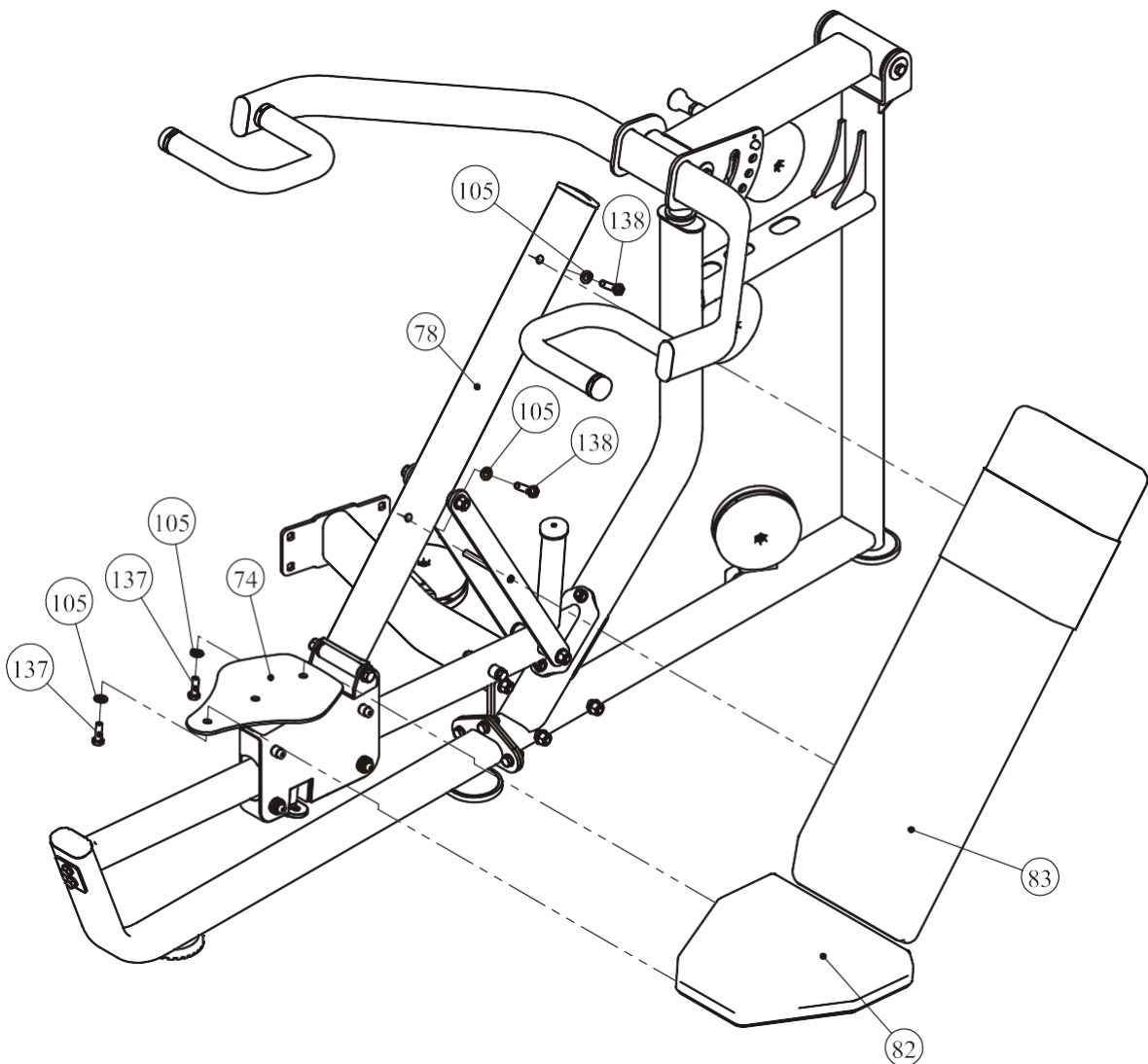
1. Attach the Back Pad 3 (#83) to the Frame Back ASSY (#78) using:

- two M10*45 Hex Head Bolt (#138)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#105)

2. Attach the Seat Pad 3 (#82) to the Guide Frame II ASSY (#74) using:

- two M10*30 Hex Head Bolt (#137)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#105)

Note: Wrench Tighten bolts and Nylon Lock Nuts.



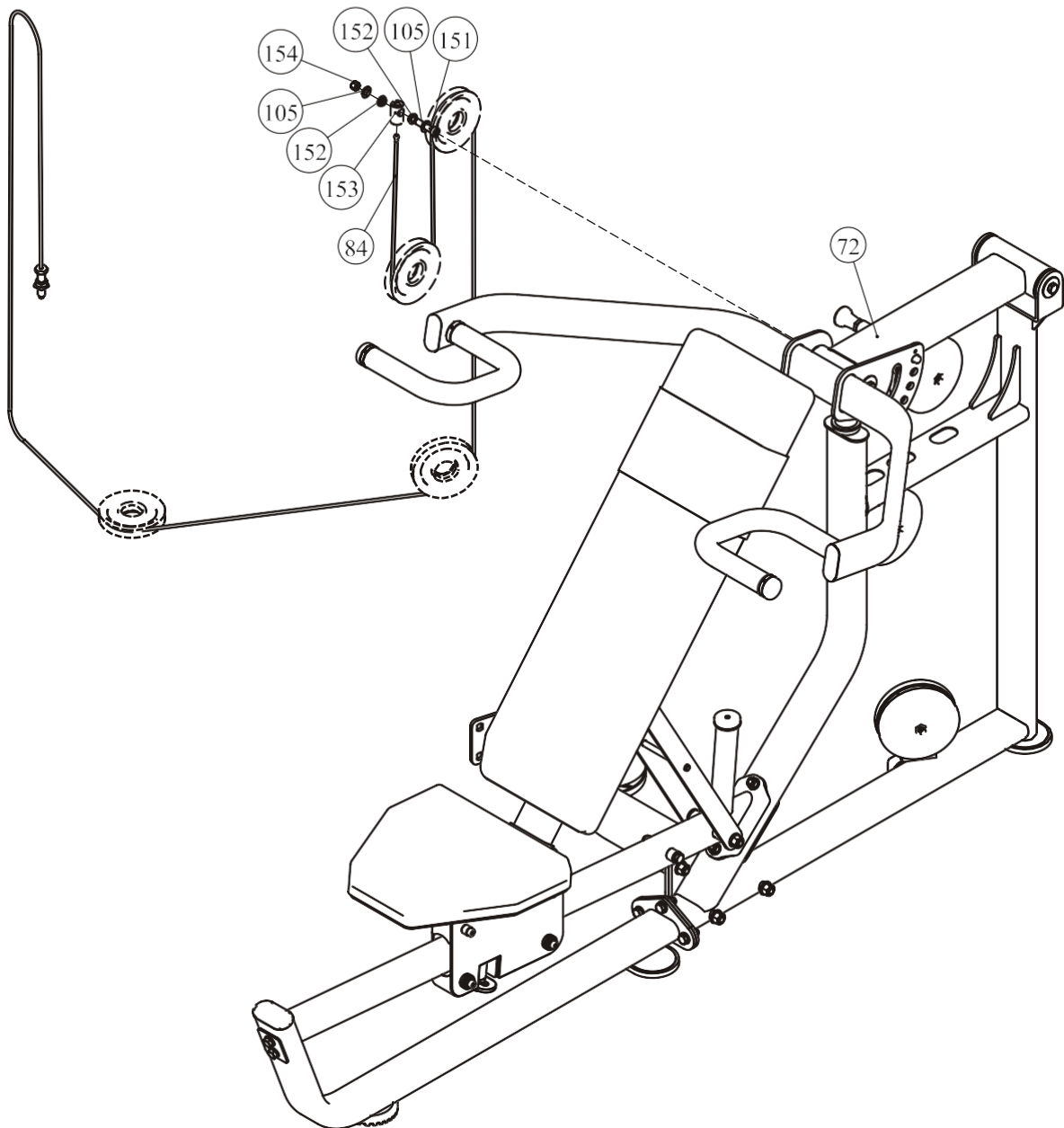
MULTI PRESS ASSEMBLY

STEP 7

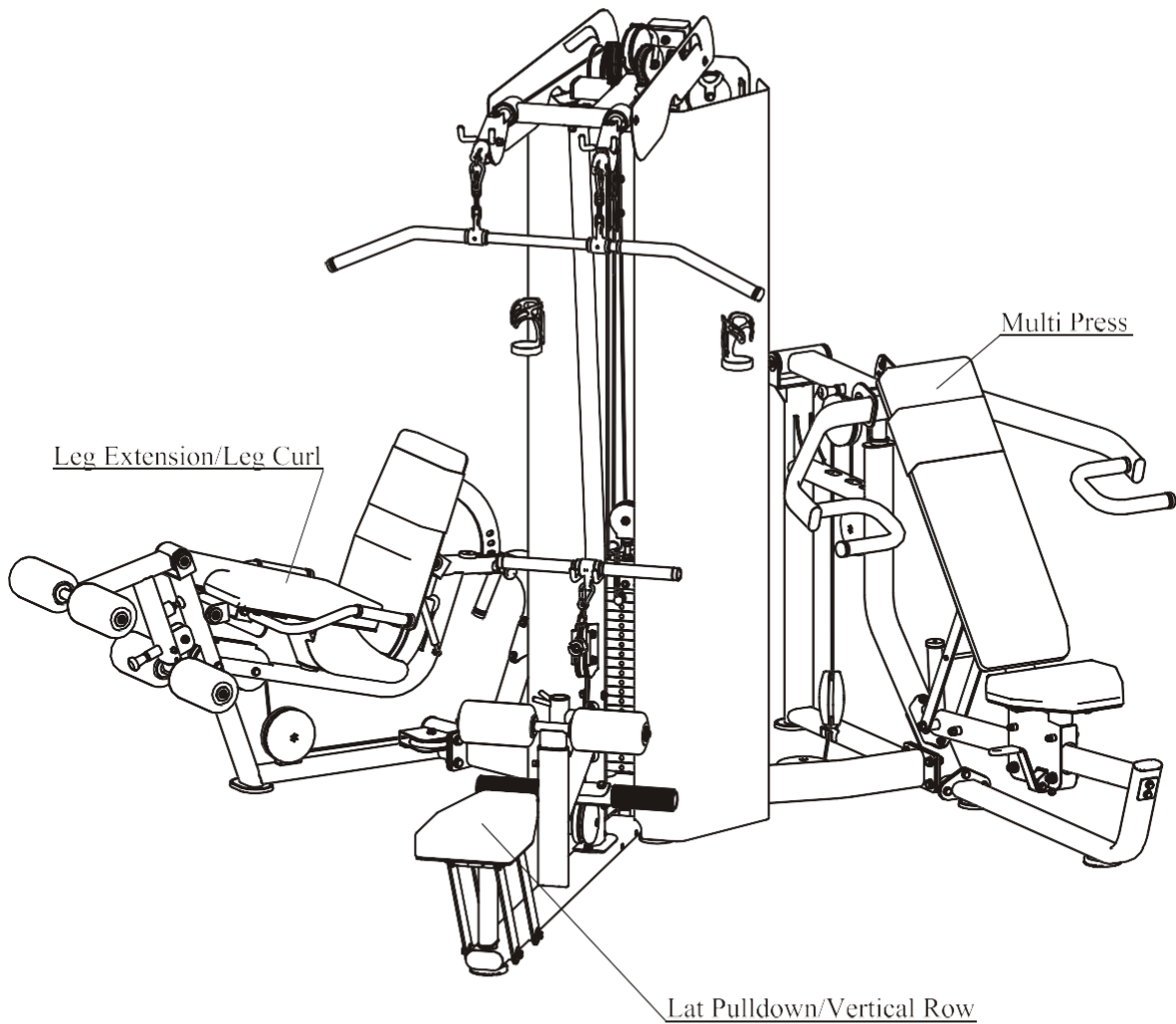
Attach the Cable (#84) to the Load Arm II ASSY (#72), and go through four 4.5" Pulley. Using:

- one $\Phi 10 \times 40 \times M8$ Shoulder Bolt (#151)
- two $\Phi 10.2 \times \Phi 14 \times 6$ Spacer (#152)
- one $\Phi 22 \times 37$ Cable End (#153)
- one M8 Nylon Lock Nut (#154)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#105)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



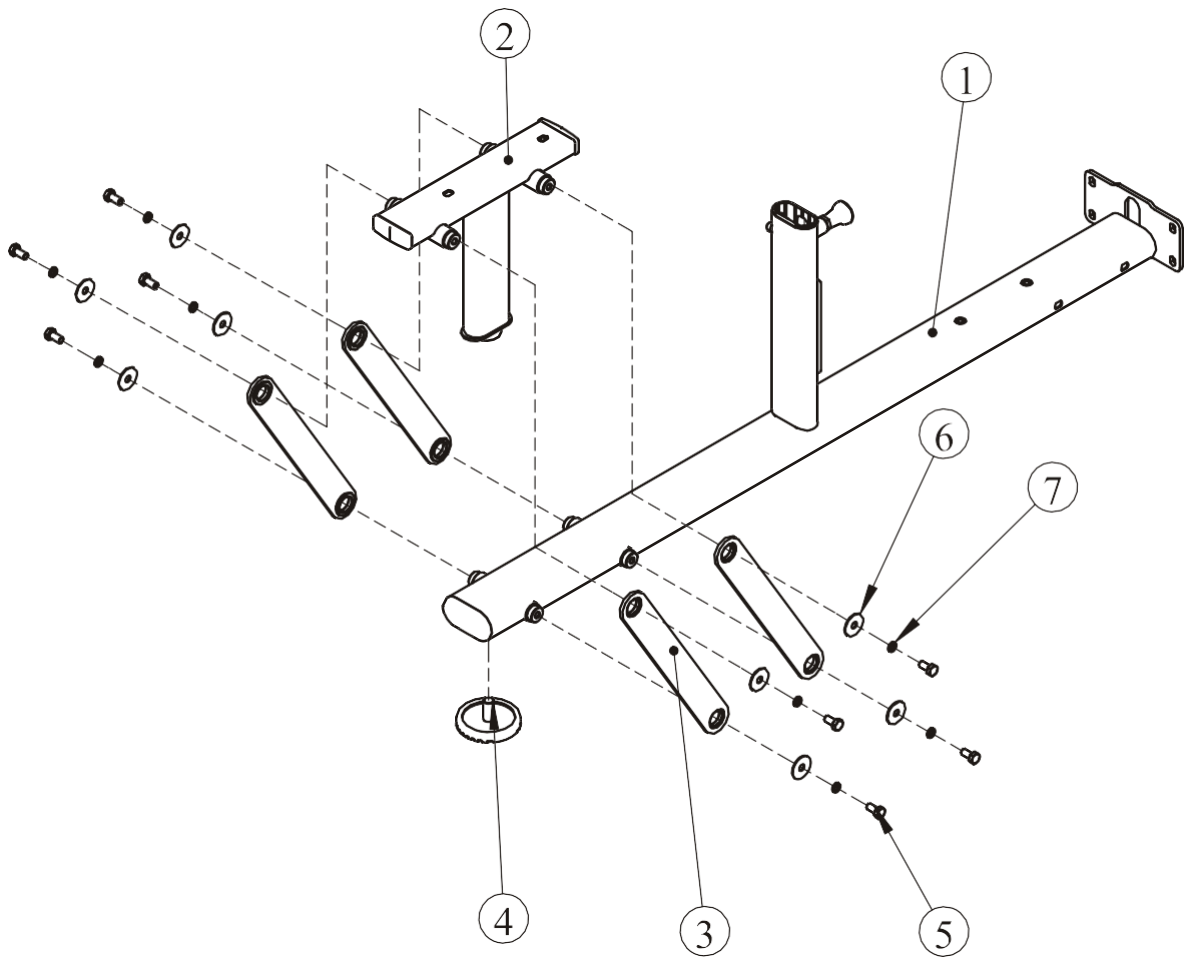
LAT PULLDOWN / VERTICAL ROW



Lat Pulldown / Vertical Row ----- P45-72

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

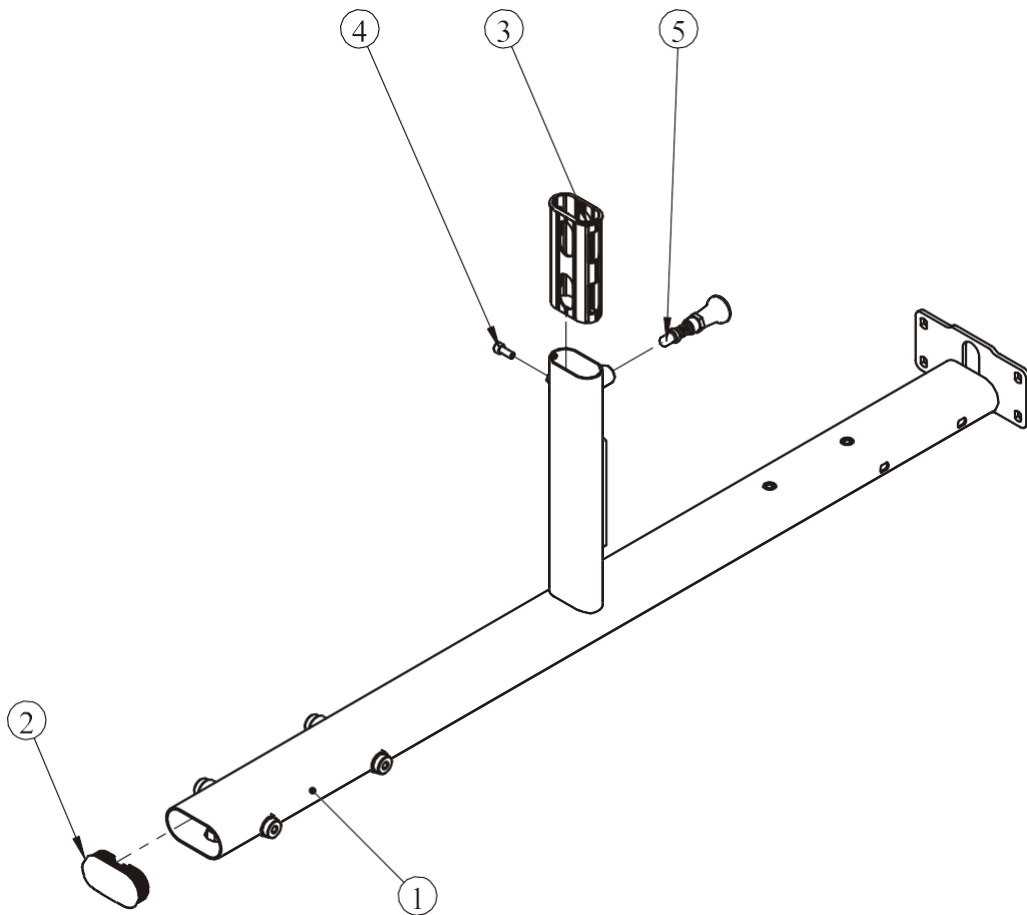
Bottom Frame II ASSY



| ITEM NO. | Description | QTY |
|----------|---------------------------------|-----|
| 1 | Bottom Frame I ASSY | 1 |
| 2 | Seat Frame ASSY | 1 |
| 3 | Plate ASSY | 4 |
| 4 | Foot Plate ASSY | 1 |
| 5 | Hex Head Bolt M10*20 | 8 |
| 6 | Flat Washer $\Phi 11*\Phi 38*2$ | 8 |
| 7 | Spring Washer $\Phi 10$ | 8 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

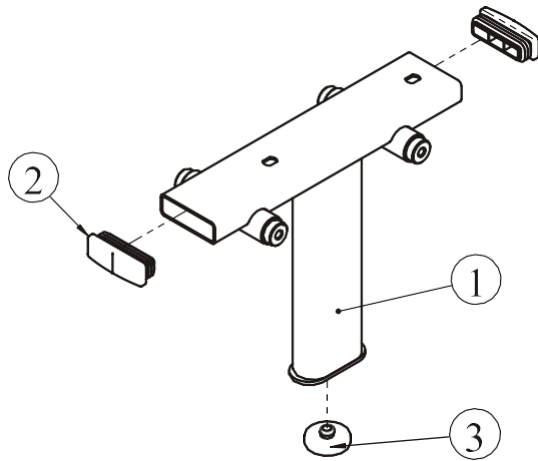
Bottom Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|-----------------------------|-----|
| 1 | Bottom Frame | 1 |
| 2 | Plug RT50*100 | 1 |
| 3 | Plastic Tube Guide | 1 |
| 4 | Socket Head Cap Screw M8*20 | 1 |
| 5 | Pin | 1 |

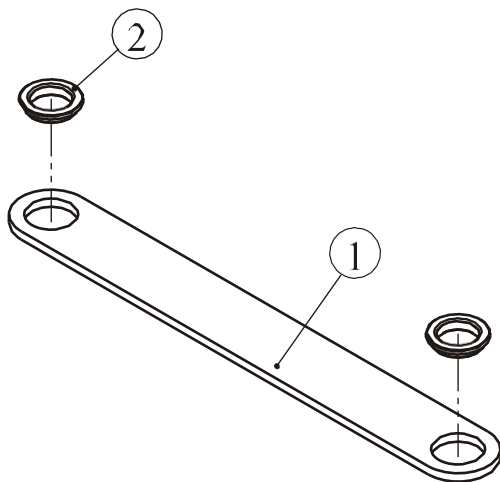
LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Seat Frame ASSY



| ITEM NO. | Description | QTY |
|----------|--------------------------|-----|
| 1 | Seat Frame | 1 |
| 2 | Plug $\square 25.4*76.2$ | 2 |
| 3 | Cushion | 1 |

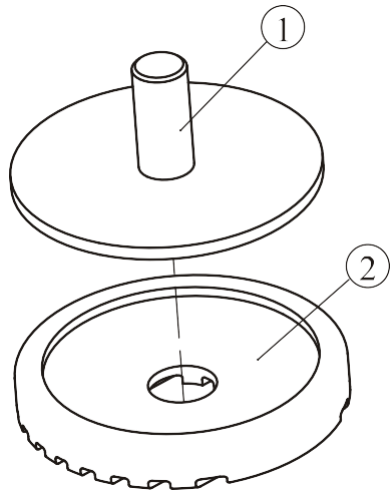
Plate ASSY



| ITEM NO. | Description | QTY |
|----------|---------------------------------|-----|
| 1 | Plate | 1 |
| 2 | Bushing $\Phi 38*\Phi 25.4*7.5$ | 2 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

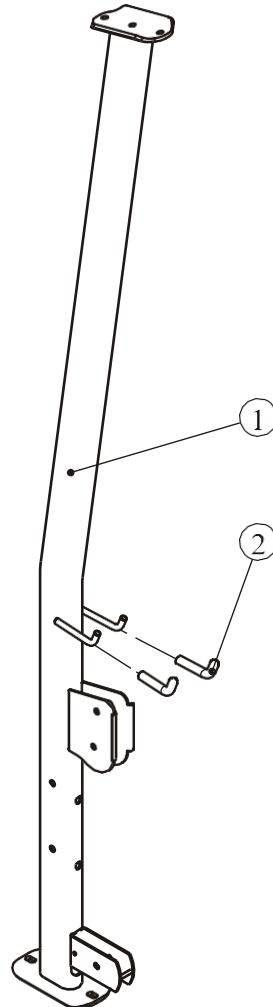
Foot Plate ASSY



| ITEM NO. | Description | QTY |
|----------|-------------|-----|
| 1 | Foot Plate | 1 |
| 2 | Foot Cover | 1 |

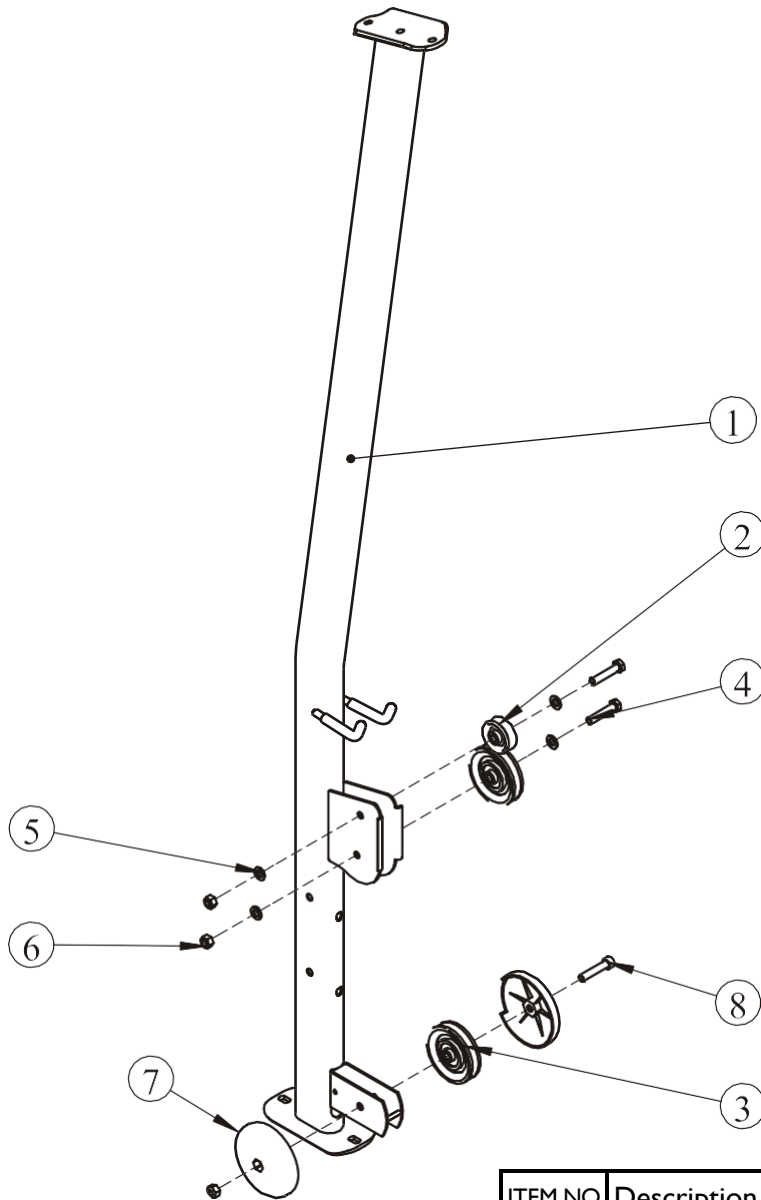
Vertical Frame I ASSY

| ITEM NO. | Description | QTY |
|----------|----------------|-----|
| 1 | Vertical Frame | 1 |
| 2 | Hook Sheath | 2 |



LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

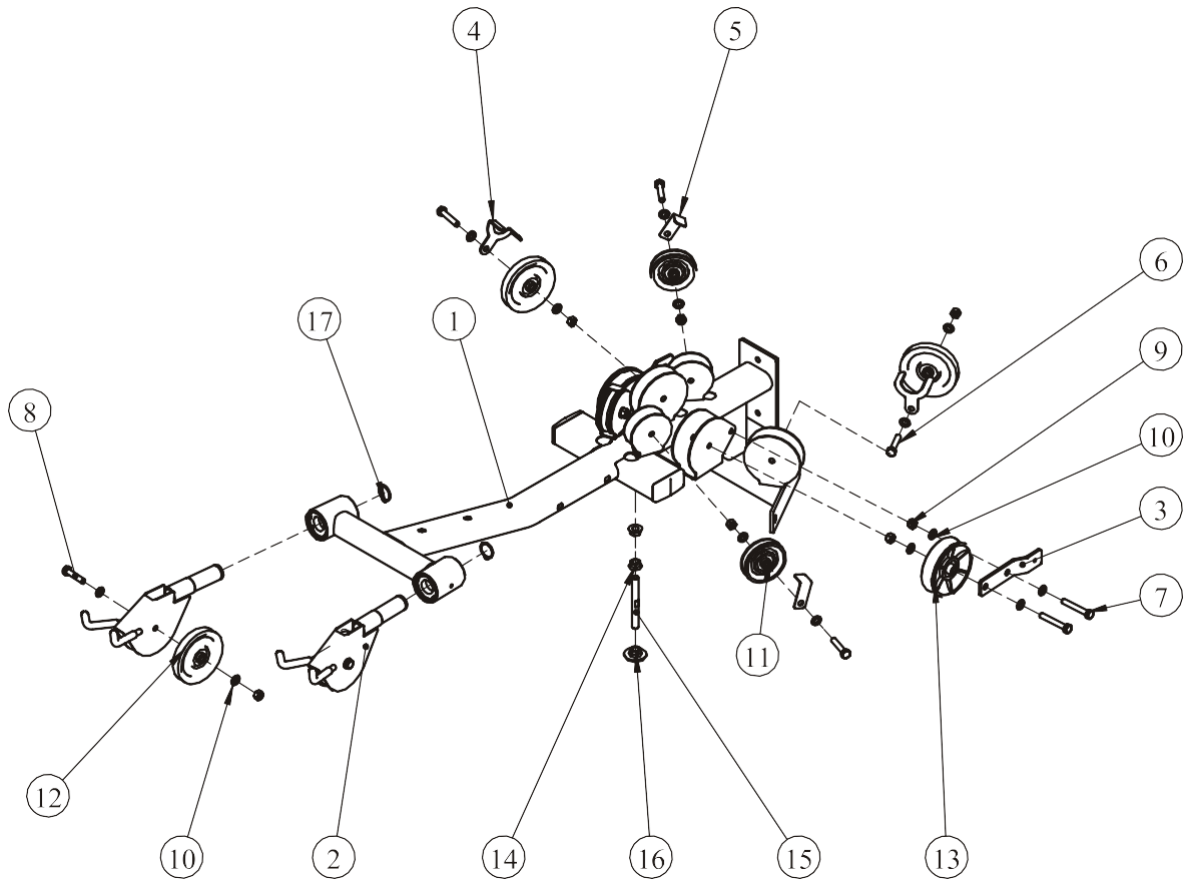
Vertical Frame II ASSY



| ITEM NO. | Description | QTY |
|----------|---------------------------------|-----|
| 1 | Vertical Frame I ASSY | 1 |
| 2 | 2" Pulley | 1 |
| 3 | 3.5" Pulley | 2 |
| 4 | Hex Head Bolt M10*50 | 2 |
| 5 | Flat Washer $\Phi 11*\Phi 20*2$ | 4 |
| 6 | Nylon Lock Nut M10 | 3 |
| 7 | 3.5" Pulley Cover | 2 |
| 8 | Socket Head Cap Screw M10*50 | 1 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

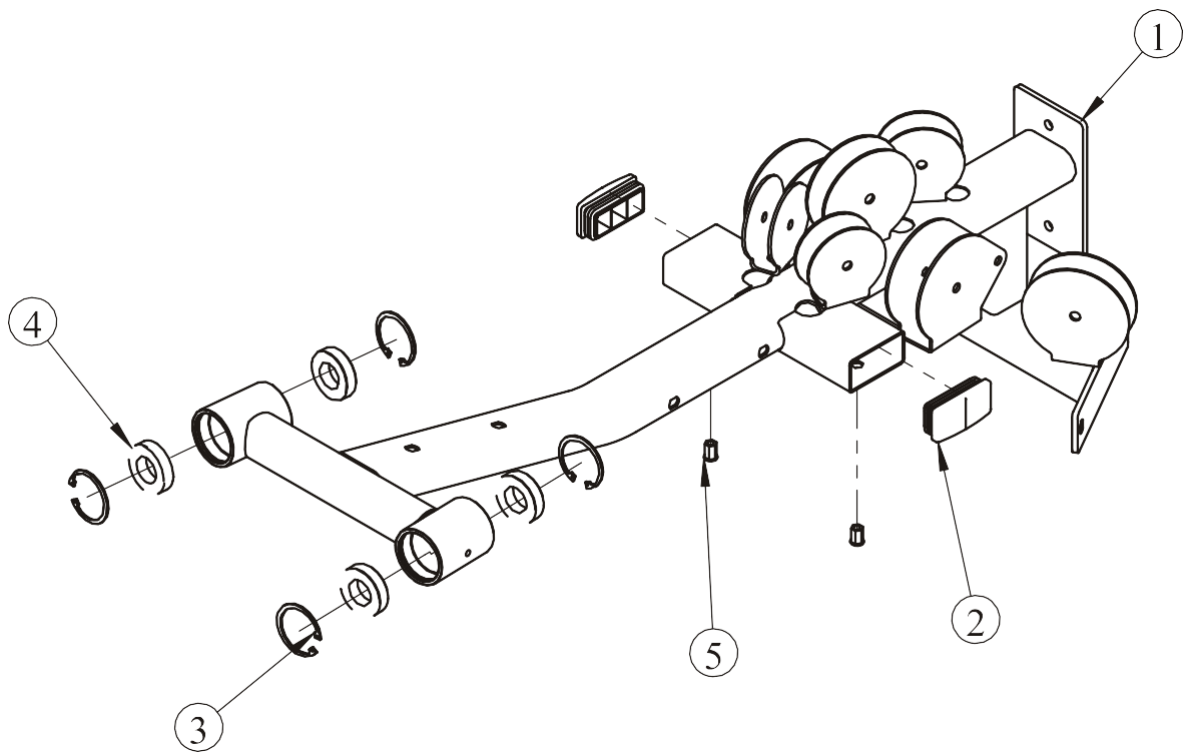
Top Frame II ASSY



| ITEM NO. | Description | QTY | ITEM NO. | Description | QTY |
|----------|-----------------------|-----|----------|---|-----|
| 1 | Top Frame I ASSY | 1 | 10 | Flat Washer $\Phi 11 \times \Phi 20 \times 2$ | 24 |
| 2 | Top Pulley Frame ASSY | 2 | 11 | 3.5" Pulley | 3 |
| 3 | Small Plate | 2 | 12 | 4.5" Pulley | 5 |
| 4 | Y Bracket | 3 | 13 | V-Type Puley | 2 |
| 5 | L Bracket | 3 | 14 | Hex Flanged Nut 1/2"-13 | 2 |
| 6 | Hex Head Bolt M10*50 | 6 | 15 | Screw Shaft | 1 |
| 7 | Hex Head Bolt M10*65 | 4 | 16 | Welded plate | 1 |
| 8 | Hex Head Bolt M10*45 | 2 | 17 | Retainning Stap Ring | 2 |
| 9 | Nylon Lock Nut M10 | 12 | | | |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

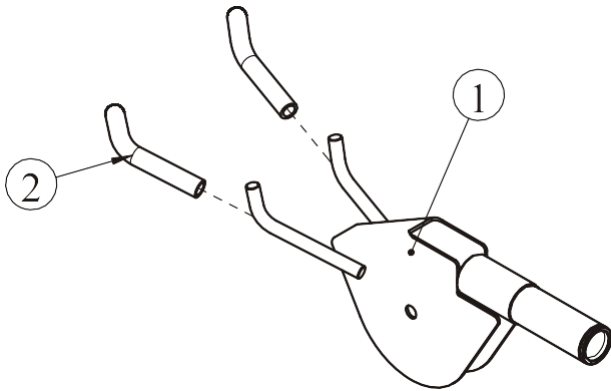
Top Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|-----------------|-----|
| 1 | Top Frame | 1 |
| 2 | Plug □40*80 | 2 |
| 3 | Hole Clip | 4 |
| 4 | Bearing 6006-2Z | 4 |
| 5 | Nut M8 | 2 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Top Pulley Frame ASSY



| ITEM NO. | Description | QTY |
|----------|------------------|-----|
| 1 | Top Pulley Frame | 1 |
| 2 | Hook Sheath | 2 |

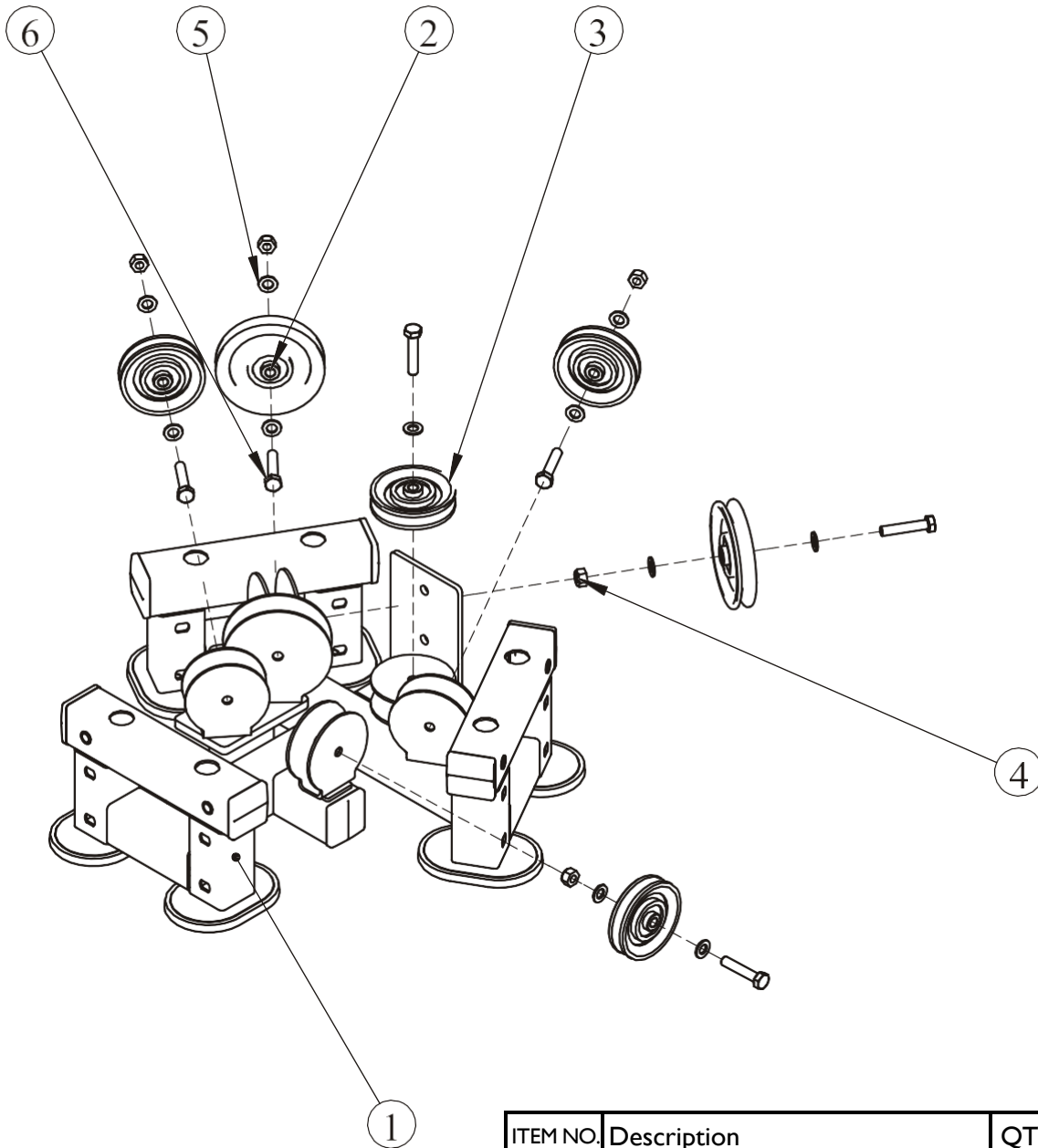
Back Frame ASSY

| ITEM NO. | Description | QTY |
|----------|---------------|-----|
| 1 | Back Frame | 1 |
| 2 | Foot Pad | 1 |
| 3 | Plug □ 50*100 | 1 |



LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

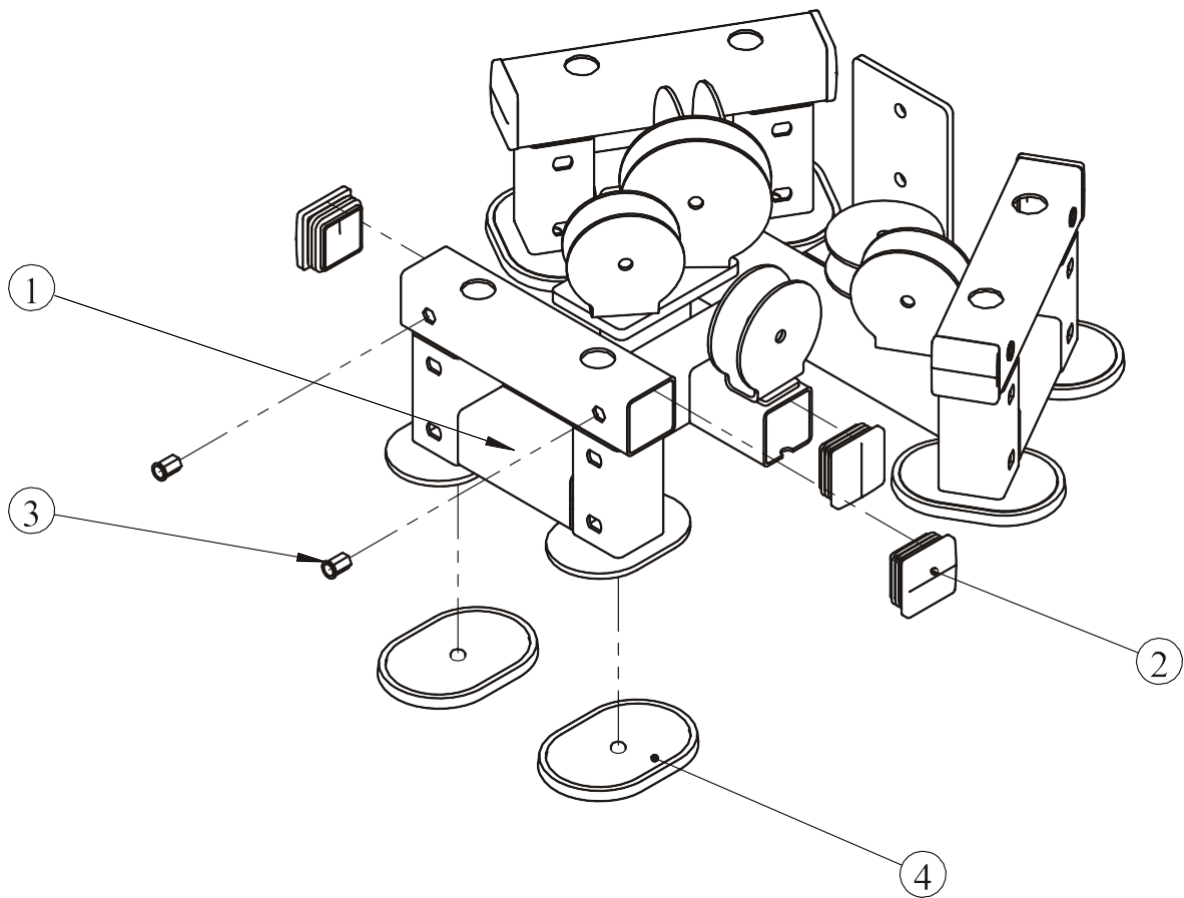
Middle Frame II ASSY



| ITEM NO. | Description | QTY |
|----------|---------------------------------|-----|
| 1 | Middle Frame I ASSY | 1 |
| 2 | 4.5" Pulley | 2 |
| 3 | 3.5" Pulley | 4 |
| 4 | Nylon Lock Nut M10 | 5 |
| 5 | Flat Washer $\Phi 11*\Phi 20*2$ | 11 |
| 6 | Hex Head Bolt M10*50 | 6 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

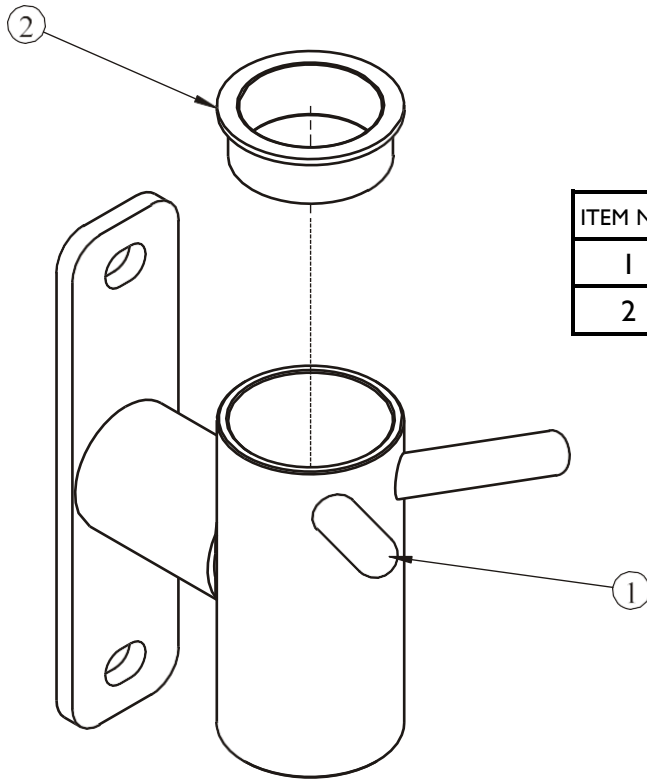
Middle Frame I ASSY



| ITEM NO. | Description | QTY |
|----------|--------------|-----|
| 1 | Middle Frame | 1 |
| 2 | Plug □50.8 | 7 |
| 3 | Nut M8 | 6 |
| 4 | Foot Pad | 6 |

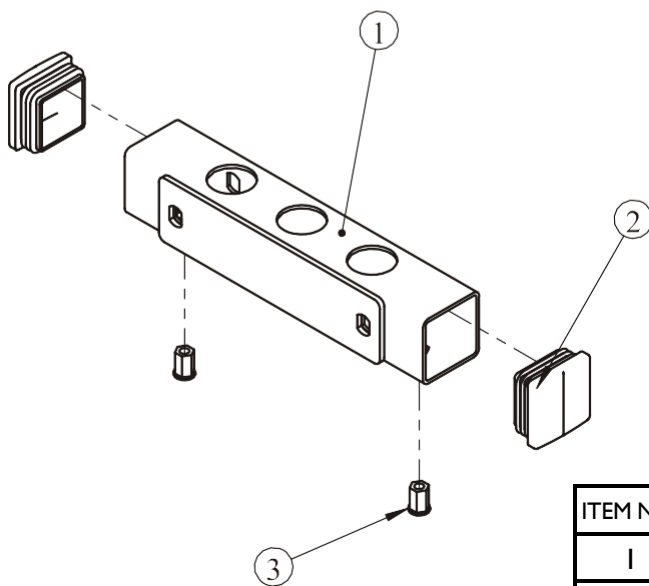
LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Tube Frame ASSY



| ITEM NO. | Description | QTY |
|----------|--------------------------|-----|
| 1 | Tube Frame | 1 |
| 2 | Bronze Bushing $\Phi 38$ | 1 |

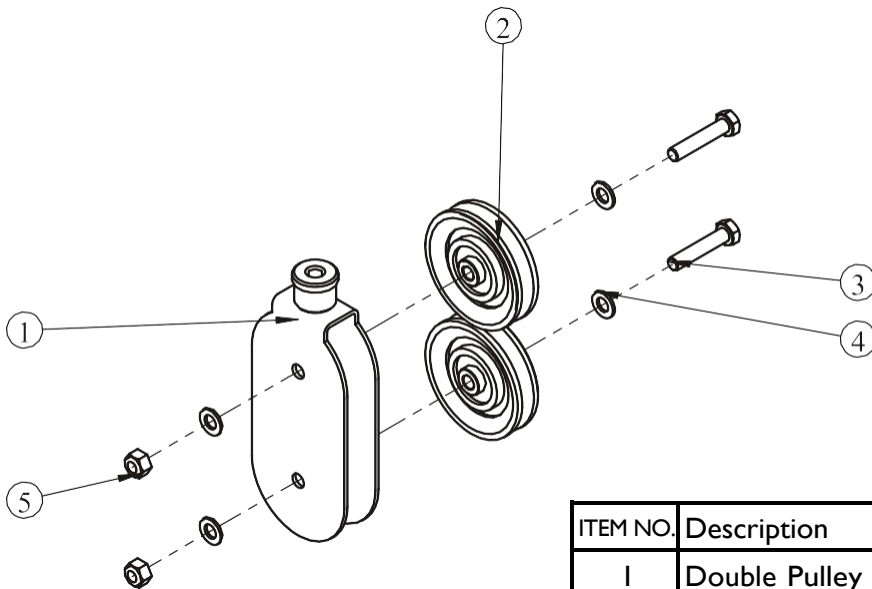
Small Top Frame ASSY



| ITEM NO. | Description | QTY |
|----------|---------------------|-----|
| 1 | Small Top Frame | 1 |
| 2 | Plug $\square 50.8$ | 2 |
| 3 | Nut M8 | 2 |

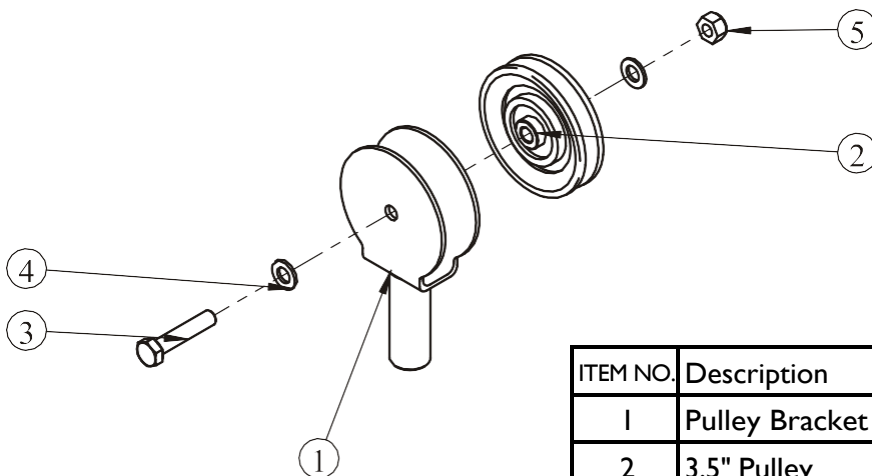
LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Double Pulley Assy



| ITEM NO. | Description | QTY |
|----------|---------------------------------|-----|
| 1 | Double Pulley | 1 |
| 2 | 3.5" Pulley | 2 |
| 3 | Hex Head Bolt M10*50 | 2 |
| 4 | Flat Washer $\Phi 11*\Phi 20*2$ | 4 |
| 5 | Nylon Lock Nut M10 | 2 |

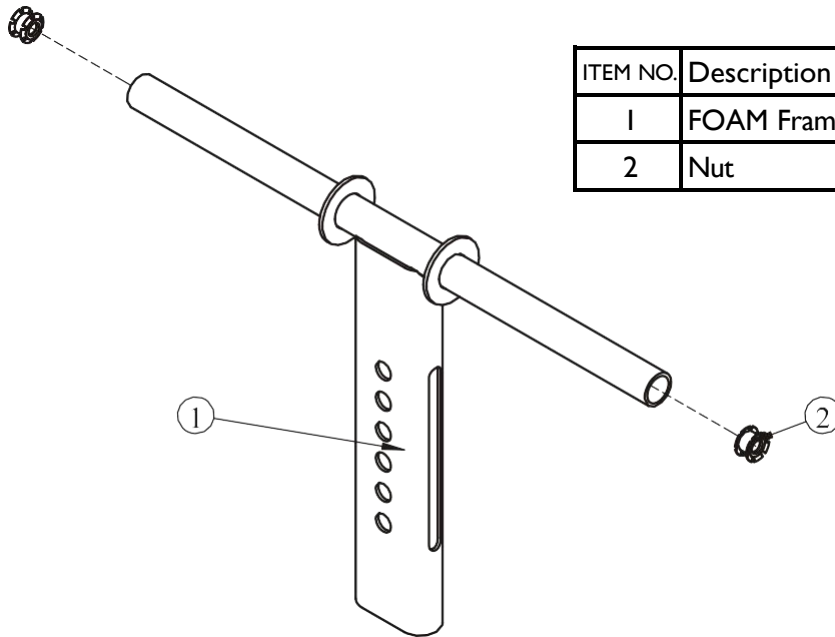
Pulley Bracket ASSY



| ITEM NO. | Description | QTY |
|----------|---------------------------------|-----|
| 1 | Pulley Bracket | 1 |
| 2 | 3.5" Pulley | 1 |
| 3 | Hex Head Bolt M10*50 | 1 |
| 4 | Flat Washer $\Phi 11*\Phi 20*2$ | 2 |
| 5 | Nylon Lock Nut M10 | 1 |

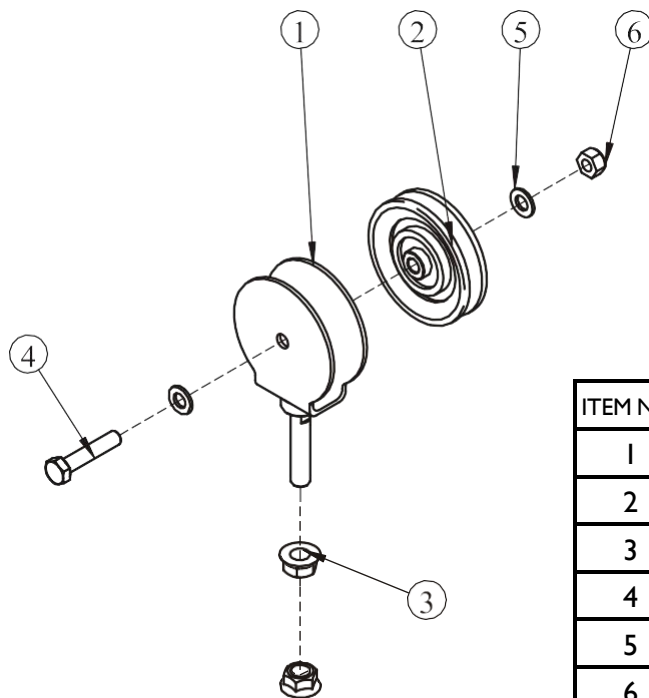
LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

FOAM Frame ASSY



| ITEM NO. | Description | QTY |
|----------|-------------|-----|
| 1 | FOAM Frame | 1 |
| 2 | Nut | 2 |

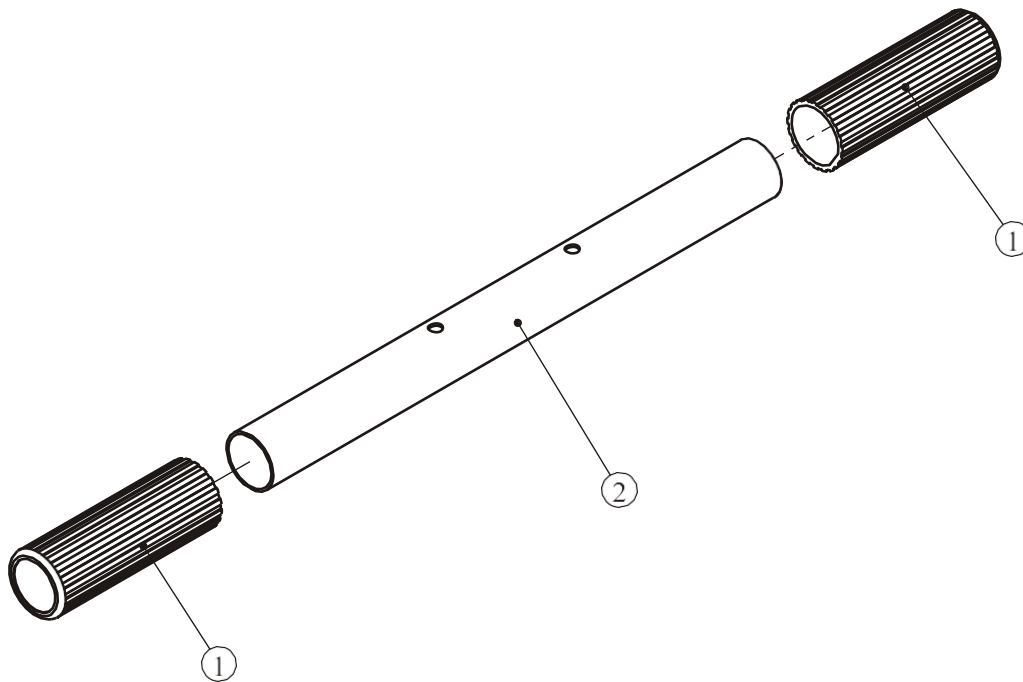
Pulley Bracket W/Shaft ASSY



| ITEM NO. | Description | QTY |
|----------|-------------------------------------|-----|
| 1 | Pulley Bracket W/Shaft | 1 |
| 2 | 3.5" Pulley | 1 |
| 3 | Hex Flanged Nut 1/2"-13 | 2 |
| 4 | Hex Head Bolt M10*50 | 1 |
| 5 | Flat Washer $\Phi 11 * \Phi 20 * 2$ | 2 |
| 6 | Nylon Lock Nut M10 | 1 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Foot Tube ASSY



| ITEM NO. | Description | QTY |
|----------|-------------|-----|
| 1 | Foot Tube | 1 |
| 2 | Foot Sleeve | 2 |

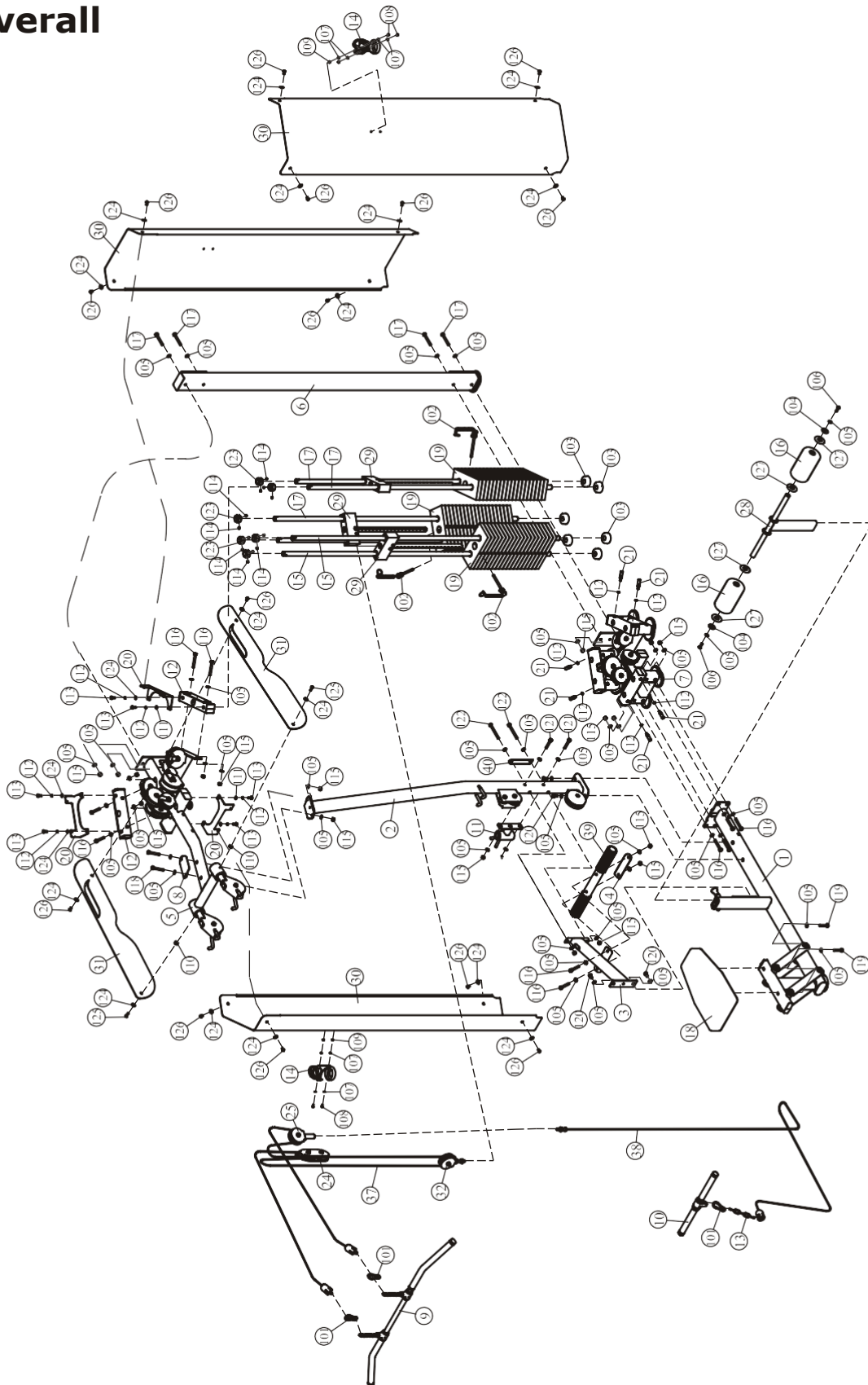
LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Overall

| ITEM NO. | Description | QTY | ITEM NO. | Description | QTY |
|----------|------------------------------|-----|----------|--------------------------------------|-----|
| 1 | Bottom Frame II ASSY | 1 | 49 | Seat Pad 2 | 1 |
| 2 | Vertical Frame II ASSY | 1 | 50 | Back Pad 2 | 1 |
| 3 | Connection Frame | 1 | 82 | Seat Pad 3 | 1 |
| 4 | R24 Fixed Plate | 1 | 83 | Back Pad 3 | 1 |
| 5 | Top Frame II ASSY | 1 | 101 | Gear Hook | 3 |
| 6 | Back Frame ASSY | 1 | 102 | Selector Pin W/Coil | 3 |
| 7 | Middle Frame II ASSY | 1 | 103 | Weight Rubber Bumper | 6 |
| 8 | Fixed Plate I30 | 1 | 104 | Washer $\Phi 11*\Phi 38*2$ | 2 |
| 9 | Long Lat Bar | 1 | 105 | Flat Washer $\Phi 11*\Phi 20*2$ | 45 |
| 10 | Row Handle | 1 | 106 | Button Head Cap Screw M10*30 | 2 |
| 11 | Tube Frame ASSY | 1 | 107 | Washer $\Phi 5.5*\Phi 10*1$ | 8 |
| 12 | Small Top Frame ASSY | 2 | 108 | Screw M5*12 | 4 |
| 13 | Chain | 1 | 109 | Nylon Lock Nut M5 | 4 |
| 14 | Cup Holder | 2 | 110 | Nylon Spacer | 2 |
| 15 | Guide Rod $\Phi 25*2.5*1863$ | 2 | 112 | Spring Washer $\Phi 8$ | 12 |
| 16 | FOAM | 6 | 113 | Hex Head Bolt M8*20 | 6 |
| 17 | Guide Rod $\Phi 25*2.5*1695$ | 4 | 114 | Socket Set Screw M8*8 | 12 |
| 18 | Seat Pad I | 1 | 115 | Nylon Lock Nut M10 | 19 |
| 20 | L Plate | 3 | 116 | Hex Head Bolt M10*75 | 10 |
| 21 | Shaft | 6 | 117 | Hex Head Bolt M10*80 | 4 |
| 24 | Double Pulley ASSY | 1 | 118 | Hex Head Bolt M10*65 | 2 |
| 25 | Pulley Bracket ASSY | 1 | 119 | Hex Head Bolt M10*50 | 2 |
| 28 | FOAM Frame ASSY | 1 | 120 | Hex Head Bolt M10*20 | 4 |
| 30 | Iron Shroud | 3 | 121 | Hex Head Bolt M10*60 | 2 |
| 31 | Top Shroud Plate | 2 | 122 | Hex Head Bolt M10*105 | 2 |
| 32 | Pulley Bracket W/Shaft ASSY | 1 | 123 | Mount Sleeve | 6 |
| 37 | Cable 1 | 1 | 124 | Flat Washer $\Phi 9*\Phi 22*1.6$ | 22 |
| 38 | Cable 2 | 1 | 125 | Button Head Cap Screw M8*25 | 2 |
| 39 | Foot Tube ASSY | 1 | 126 | Button Head Cap Screw M8*15 | 14 |
| 40 | R20 Fixed Plate | 1 | 127 | Plastic Washer $\Phi 60*\Phi 25.7*3$ | 4 |

LAT PULLDOWN / VERTICAL ROW EXPLODED VIEW AND PARTS LIST

Overall



LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 1

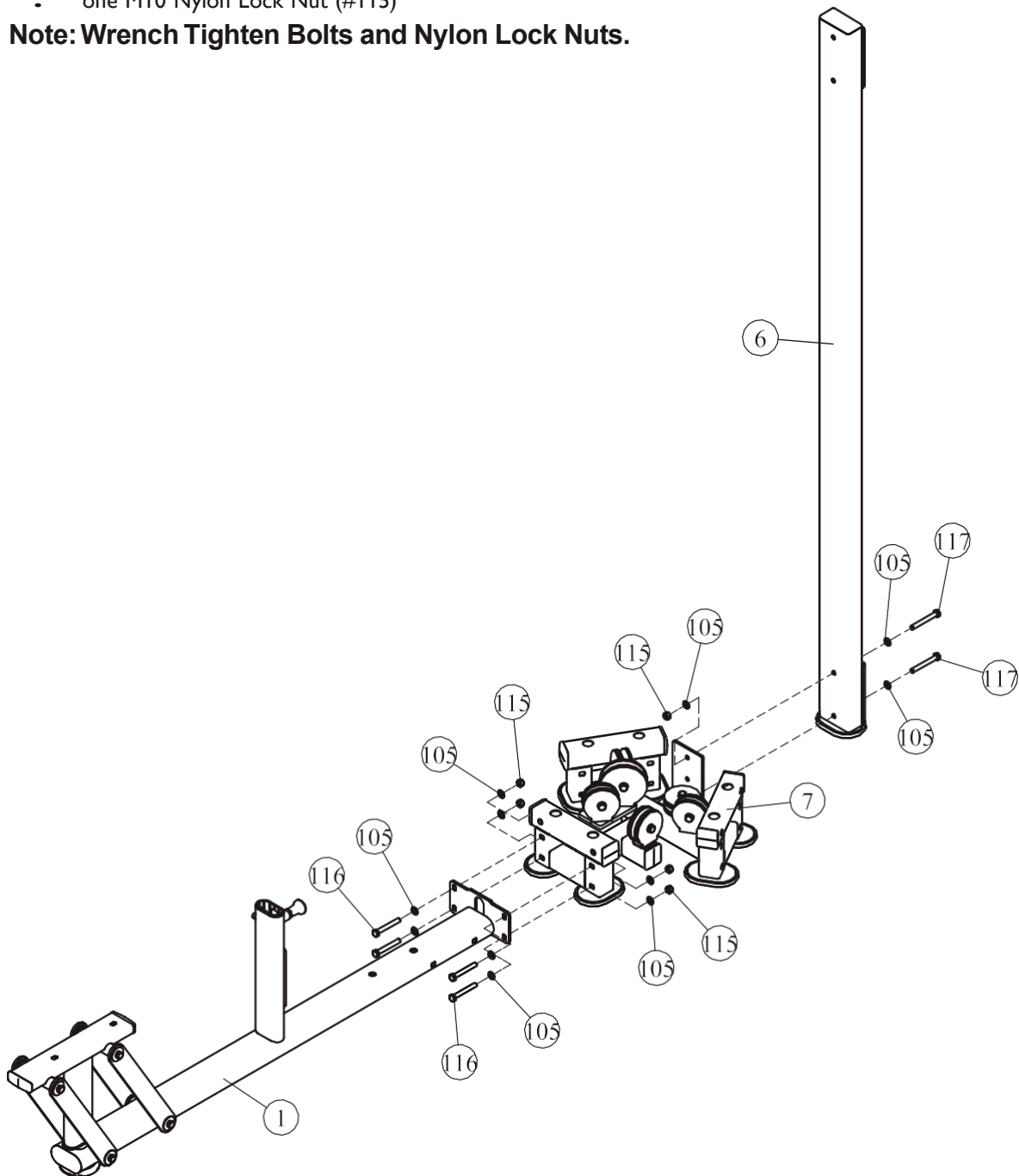
1. Attach the Bottom Frame II ASSY (#1) to the Middle Frame II ASSY (#7) using:

- four M10*75 Hex Head Bolt (#116)
- eight $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- four M10 Nylon Lock Nut (#115)

2. Attach the Back Frame ASSY (#6) to the Middle Frame II ASSY (#7) using:

- two M10*80 Hex Head Bolt (#117)
- three $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- one M10 Nylon Lock Nut (#115)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 2

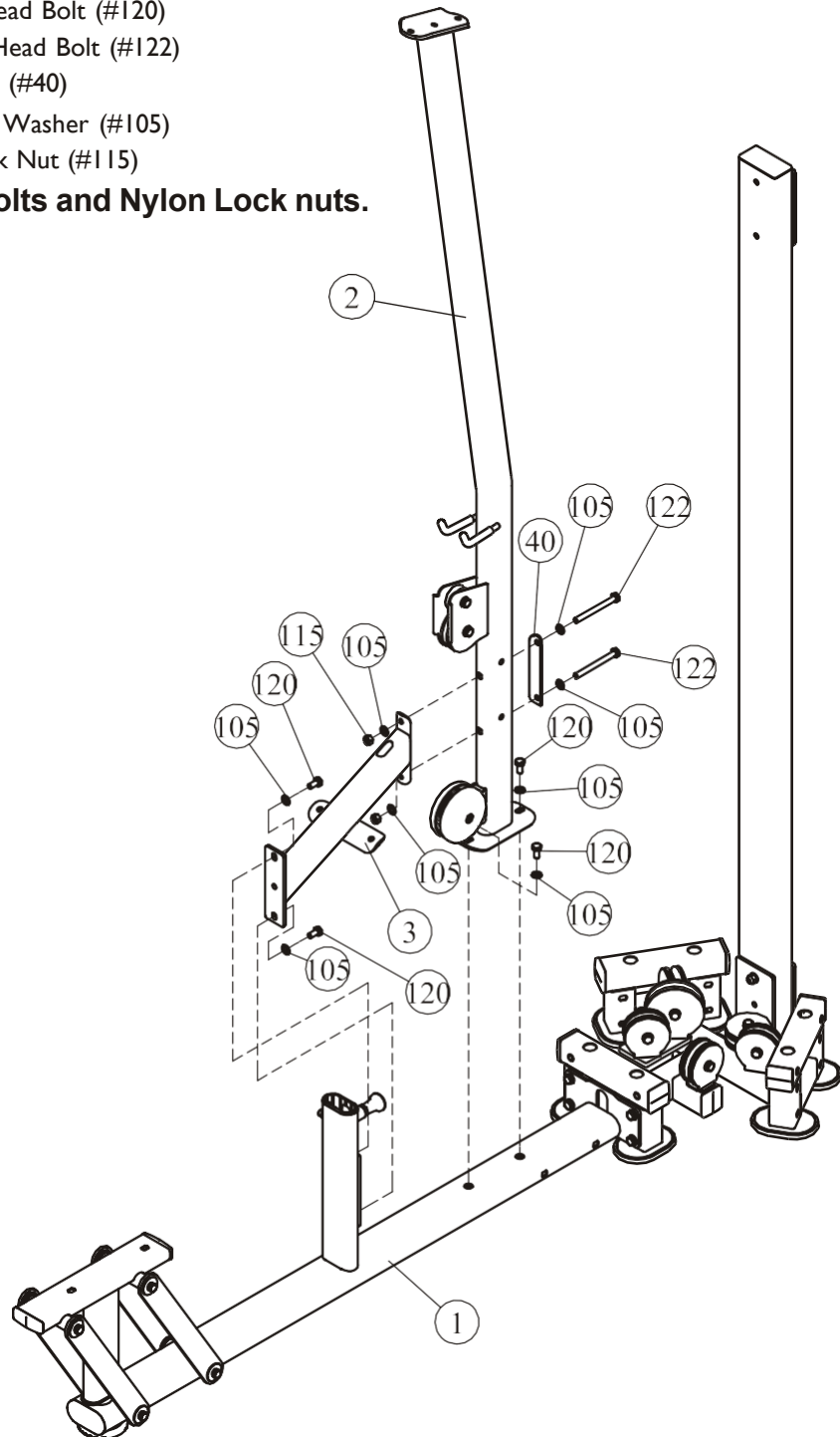
1. Attach the Vertical Frame II ASSY (#2) to the Bottom Frame II ASSY (#1) using:

- two M10*20 Hex Head Bolt (#120)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#105)

2. Attach the Connection Frame (#3) to the Bottom Frame II ASSY (#1) & the Vertical Frame II ASSY (#2) using:

- two M10*20 Hex Head Bolt (#120)
- two M10*105 Hex Head Bolt (#122)
- one R20 Fixed Plate (#40)
- six $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- two M10 Nylon Lock Nut (#115)

Note: Hand tighten bolts and Nylon Lock nuts.



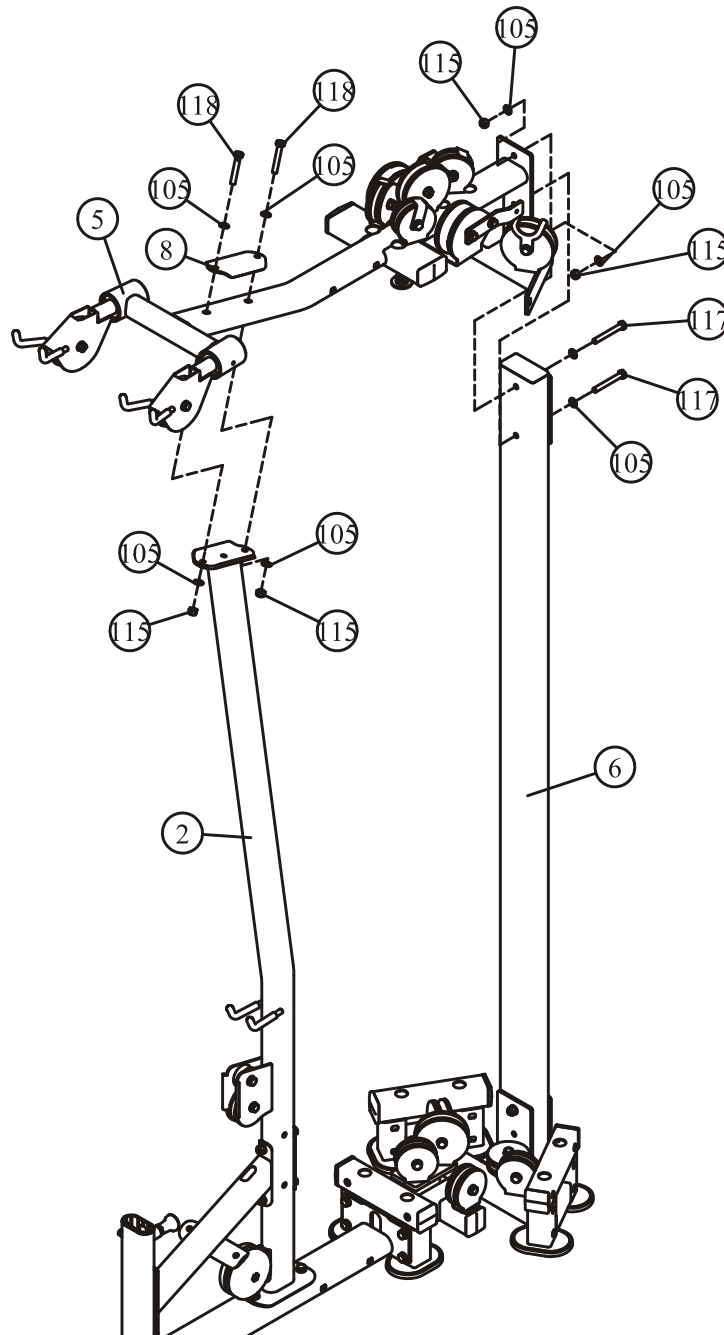
LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 3

Attach the Top Frame II ASSY (#5) to the Vertical Frame II ASSY (#2) & Back Frame ASSY (#6) using:

- two M10*65 Hex Head Bolt (#118)
- two M10*80 Hex Head Bolt (#117)
- one Fixed Plate I30 (#8)
- eight $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- four M10 Nylon Lock Nut (#115)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 4

1. Attach two Small Top Frame ASSY (#12) to the Top Frame II ASSY (#5) using:
 - four M10*75 Hex Head Bolt (#116)
 - eight $\Phi 11*\Phi 20*2$ Flat Washer (#105)
 - four M10 Nylon Lock Nut (#115)
2. Attach the Tube Frame ASSY (#11) to the Vertical Frame II ASSY (#2) using:
 - two M10*60 Hex Head Bolt (#121)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#105)
 - two M10 Nylon Lock Nut (#115)
3. Attach the Foot Tube ASSY (#39) to the Connection Frame (#3) using:
 - two M10*75 Hex Head Bolt (#116)
 - one R24 Fixed Plate (#4)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#105)
 - two M10 Nylon Lock Nut (#115)
4. Attach the FOAM Frame ASSY (#28) to the Bottom Frame II ASSY (#1).

Note: Wrench Tighten bolts and Nylon Lock Nuts.

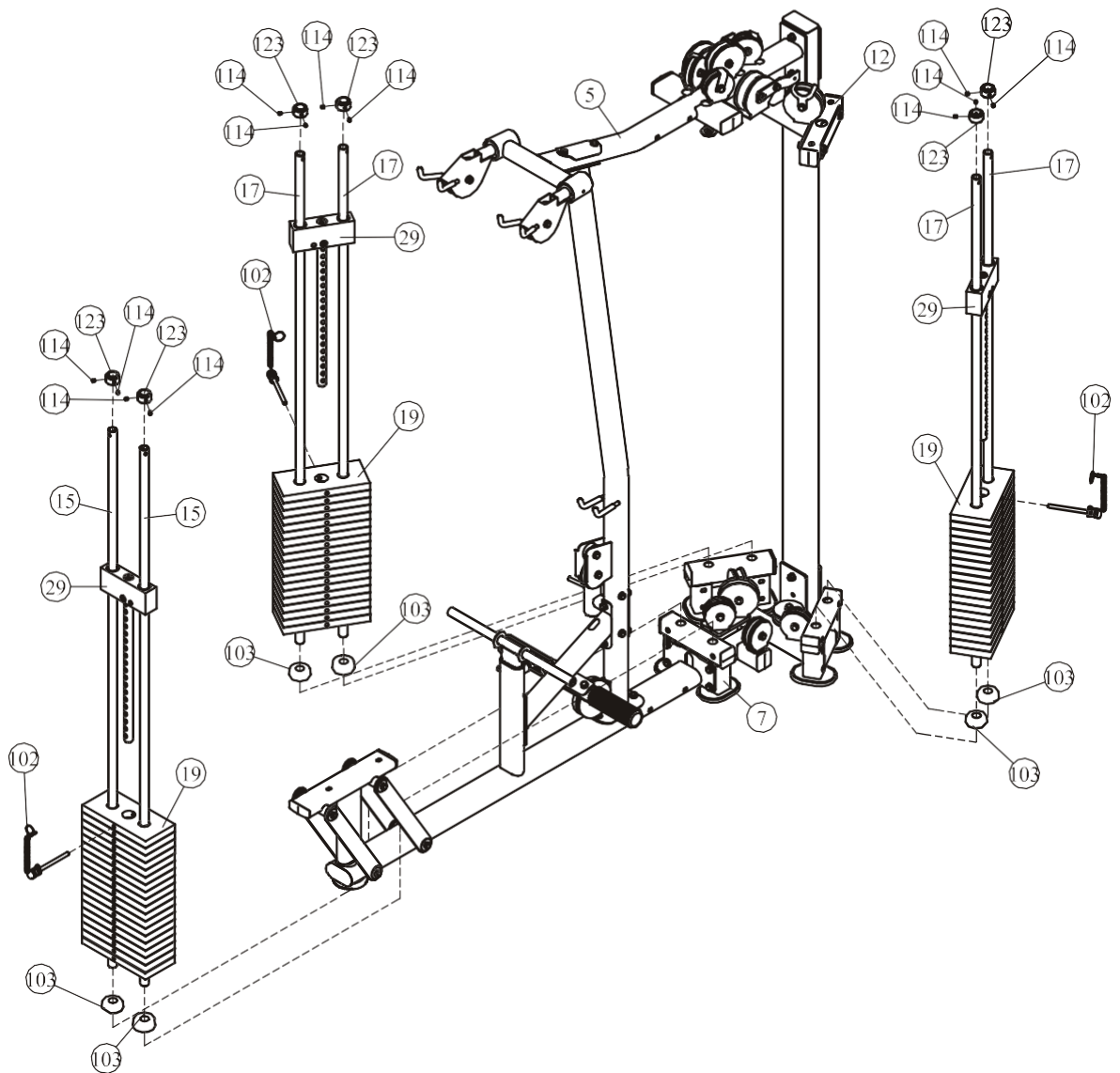
STEP 5

1. Attach:
 - four $\Phi 25*2.5*1695$ Guide Rods (#17)
 - two $\Phi 25*2.5*1863$ Guide Rods (#15)
 - six Weight Rubber Bumper (#103)
 - fifty seven Weight Plate 10LBS (#19)
 - three Top Plate (#29)to the Middle Frame II ASSY (#7) & the Top Frame II ASSY (#5) using:
 - six Mount Sleeve (#123)
 - twelve M8*8 Socket Set Screw (#114)
2. Attach the three Selector Pin W/Coil (#102) to the three Top Plate (#29).

Note: Wrench Tighten bolts and Nylon Lock nuts.

LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 5



LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 6

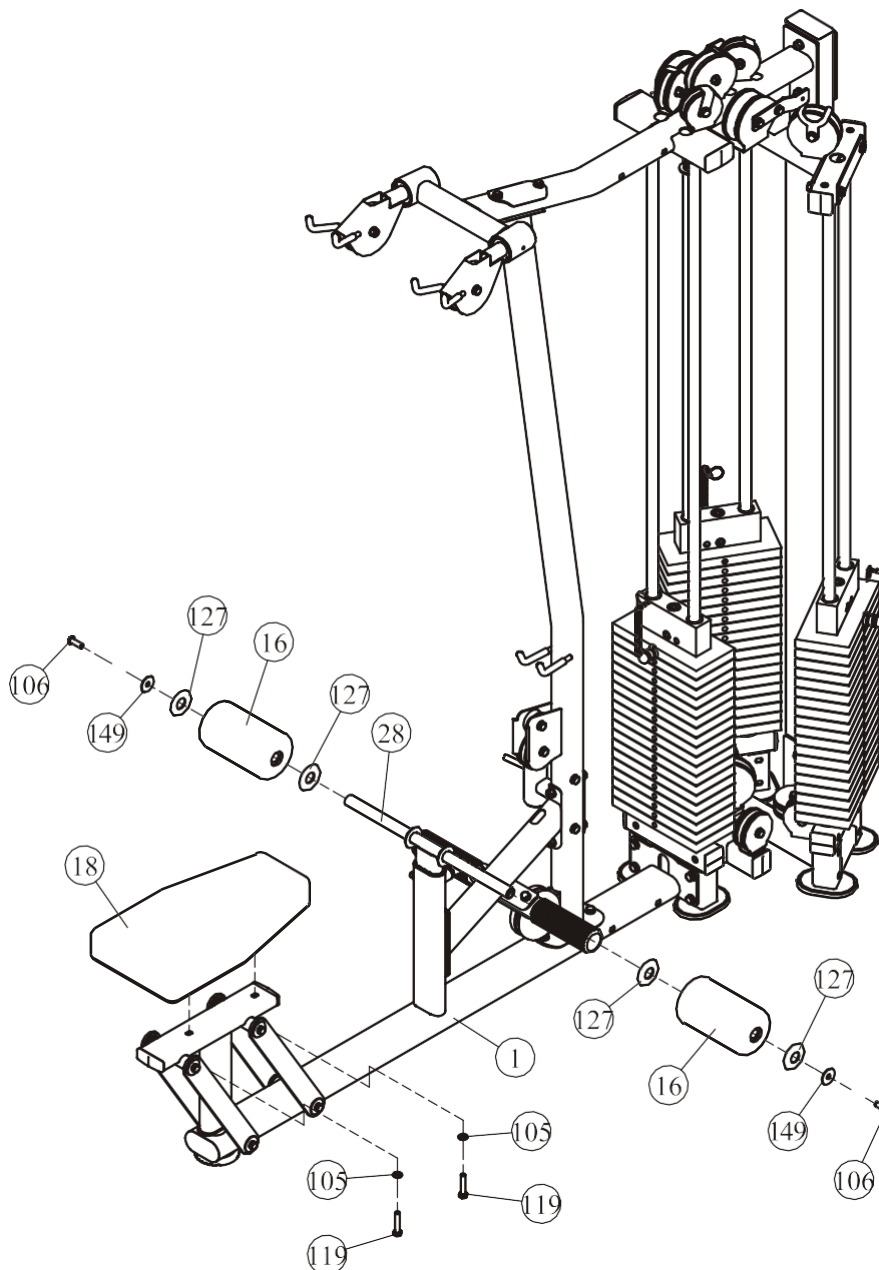
1. Attach the two Foam (#16) to the FOAM Frame ASSY (#28) using:

- four $\Phi 60 \times \Phi 25.7 \times 3$ Plastic Washer (#127)
- two $\Phi 60 \times \Phi 10.5 \times 10.9$ Washer (#149)
- two M10*30 Flat Head Cap Screw (#106)

2. Attach the Seat Pad I(#18) to the Bottom Frame II ASSY (#1) using:

- two M10*50 Hex Head Bolt (#119)
- two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#105)

Note: Wrench Tighten bolts and Nylon Lock Nuts.



LAT PULLDOWN / VERTICAL ROW ASSEMBLY

STEP 7

1. Attach the Cable I (#37) to the Top Frame II ASSY (#5) & the Top Plate (#29) using:

- one Double Pulley ASSY (#24)
- one Pulley Bracket ASSY (#25)
- one Pulley Bracket W/Shaft ASSY (#32)

2. Attach Long Lat Bar (#9) to the Cable I (#37) using:

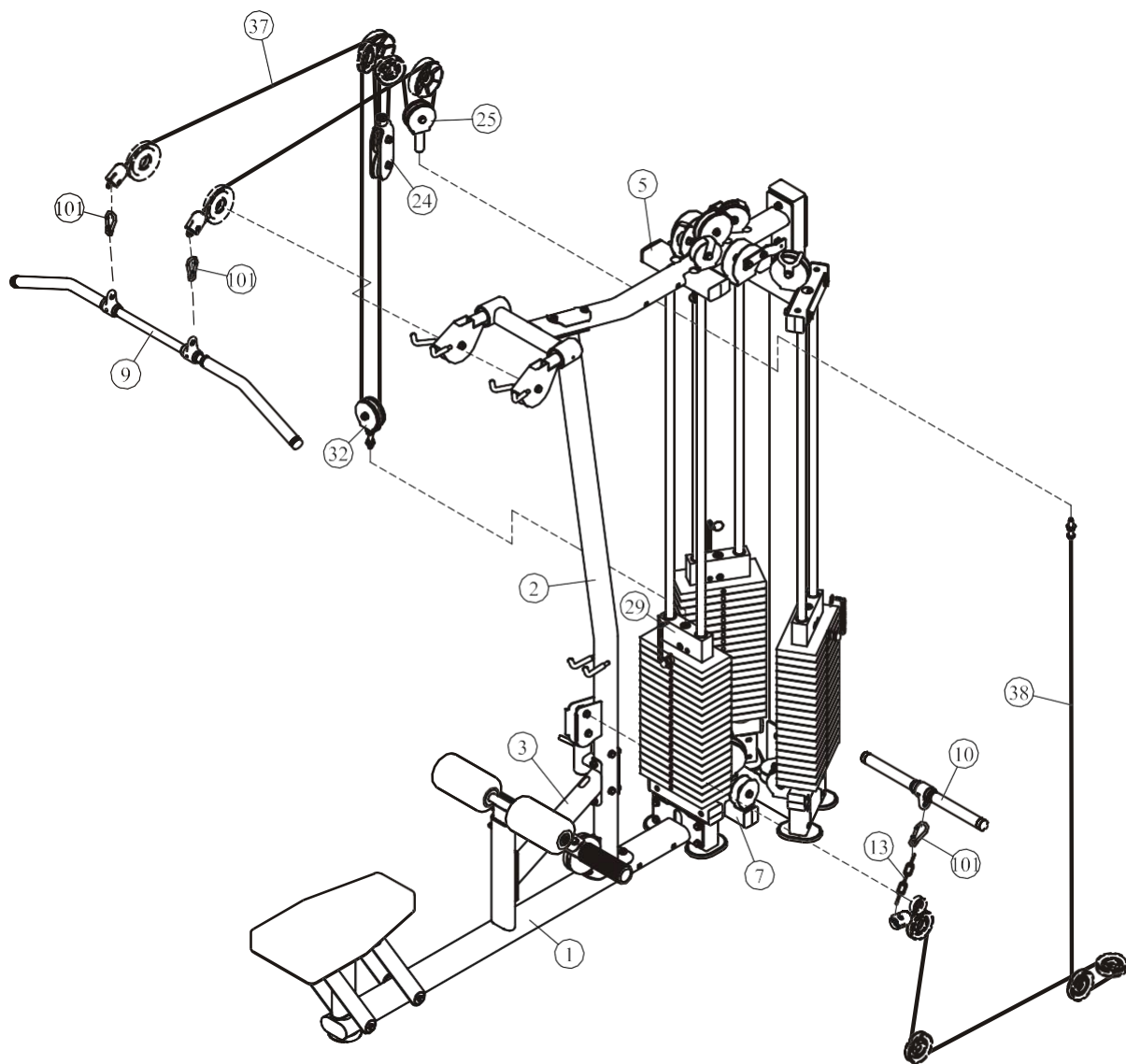
- two Gear Hook (#101)

3. Attach the Cable 2 (#38) to Pulley Bracket ASSY (#25) & the Middle Frame II ASSY (#7) & the Vertical Frame II ASSY (#2).

4. Attach Row Handle (#10) to the Cable 2 (#38) using:

- one Gear Hook (#101)
- one Chain (#13)

Note: Wrench Tighten bolts and Nylon Lock Nuts.



ASSEMBLY

STEP 8

1. Attach the LEG EXT/LEGCUR & MULTI PRESS to the Middle Frame II ASSY (#7)

using:

- eight M10*75 Hex Head Bolt (#116)
- sixteen $\Phi 11*\Phi 20*2$ Flat Washer (#105)
- eight M10 Nylon Lock Nut (#115)

2. Attach the Cable 3 (#51) & Cable 4 (#84) to the Top Frame II ASSY (#5) & the Top Plate (#29).

Note: Wrench Tighten bolts and Nylon Lock Nuts.

STEP 9

1. Attach two Cup Holder (#14) to the two Iron shroud (#30) using:

- four M5*12 Screw (#108)
- eight $\Phi 5.5*\Phi 10*1$ Washer (#107)
- four M5 Nylon Lock Nut (#109)

2. Attach six Shaft (#21) to the Middle Frame II ASSY (#7) using:

- six $\Phi 8$ Spring Washer (#112)

3. Attach three L Plate (#20) to the Top Frame II ASSY (#5) & two Small Top Frame ASSY (#12) using:

- six M8*20 Hex Head Bolt (#113)
- six $\Phi 8$ Spring Washer (#112)
- six $\Phi 9*\Phi 22*1.6$ Washer (#124)

4. Attach three Iron shroud (#30) to the Middle Frame II ASSY (#7) & three L Plate (#20) using:

- twelve M8*15 Button Head Cap Screw (#126)
- twelve $\Phi 9*\Phi 22*1.6$ Flat Washer (#124)

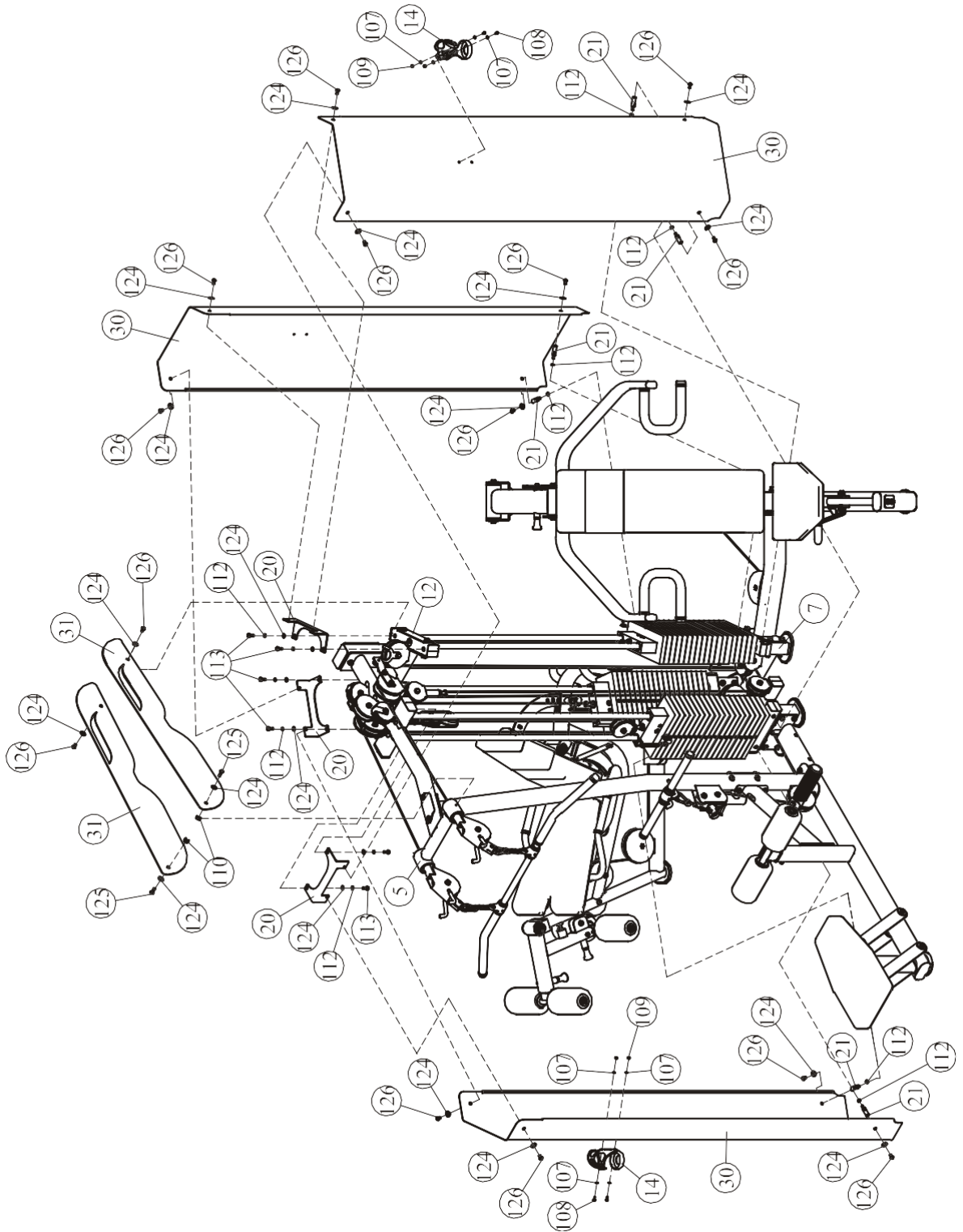
5. Attach two Top Shroud Plate (#31) to the Top Frame II ASSY (#5) using:

- two M8*15 Button Head Cap Screw (#126)
- two M8*25 Button Head Cap Screw (#125)
- two Nylon Spacer (#110)
- four $\Phi 9*\Phi 22*1.6$ Flat Washer (#124)

Note: Wrench Tighten bolts and Nylon Lock Nuts.

ASSEMBLY

STEP 9



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.

Specifications

Class: S

Maximum Wt. Capacity: 3*91Kg/ 3*200lbs.

Maximum User Weight: 135Kg/ 300lbs.