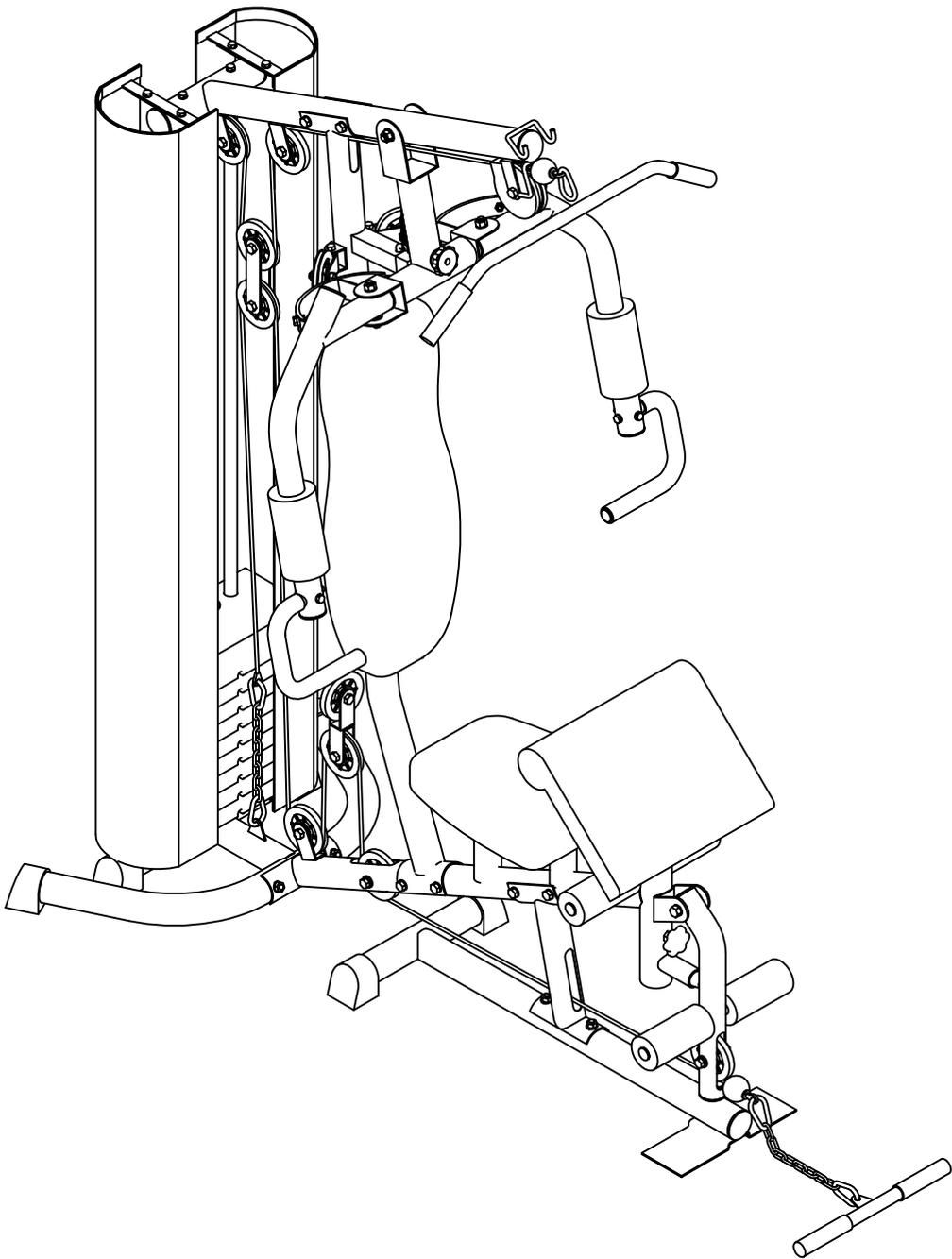


USER'S MANUAL



IMPORTANT SAFETY PRECAUTIONS

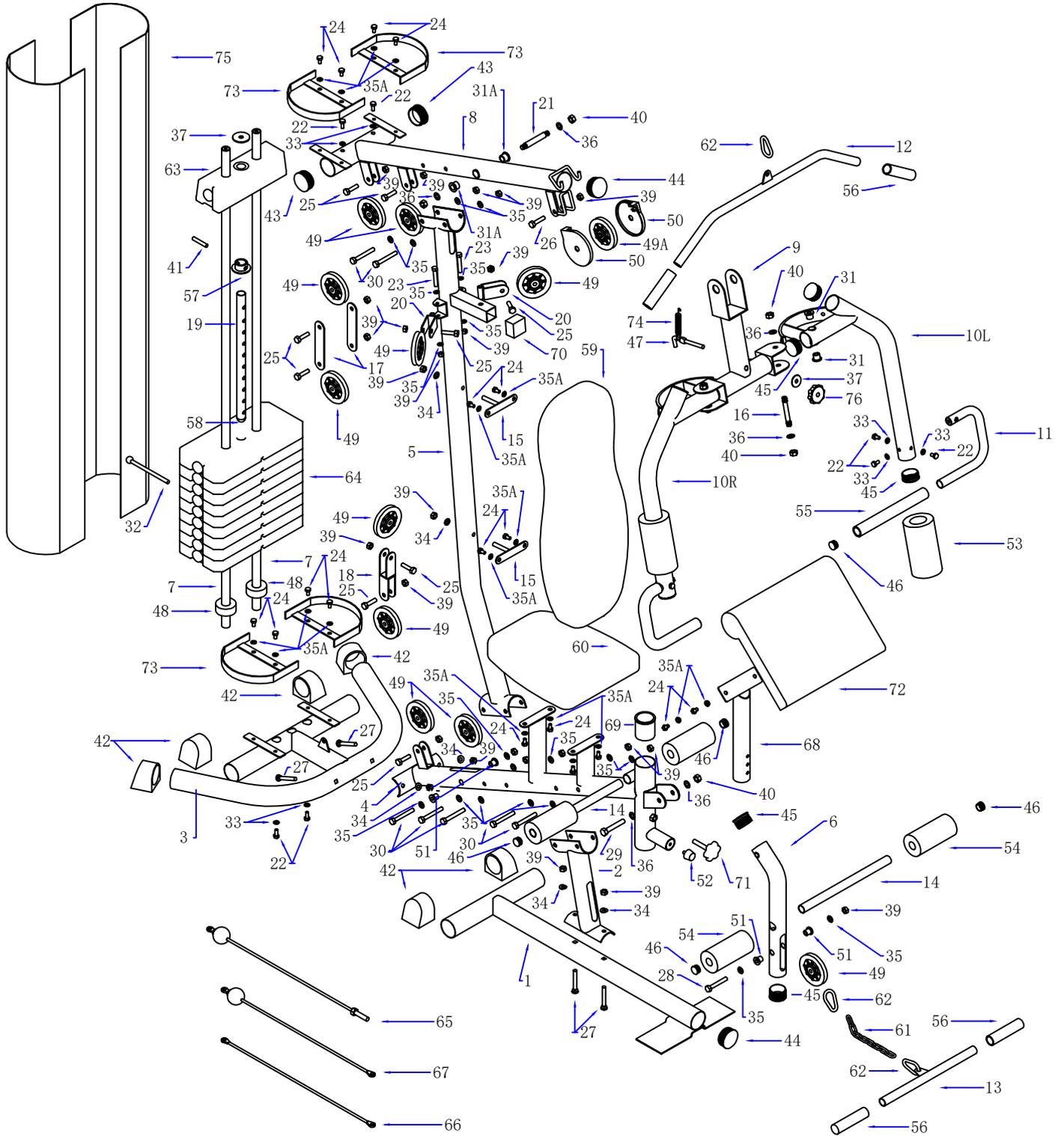
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.

SAVE THESE INSTRUCTIONS.

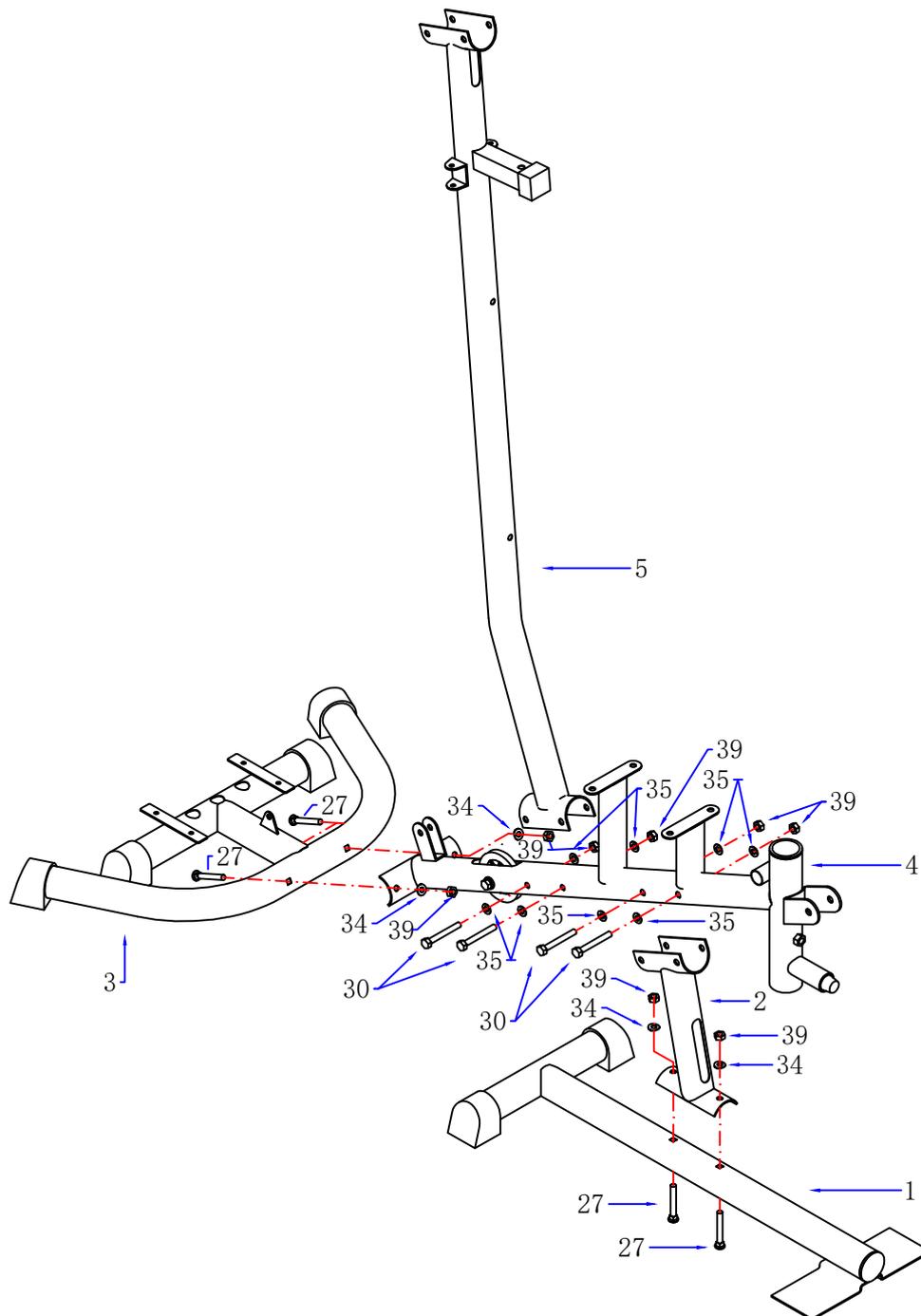
Exploded Diagram



PARTS LIST

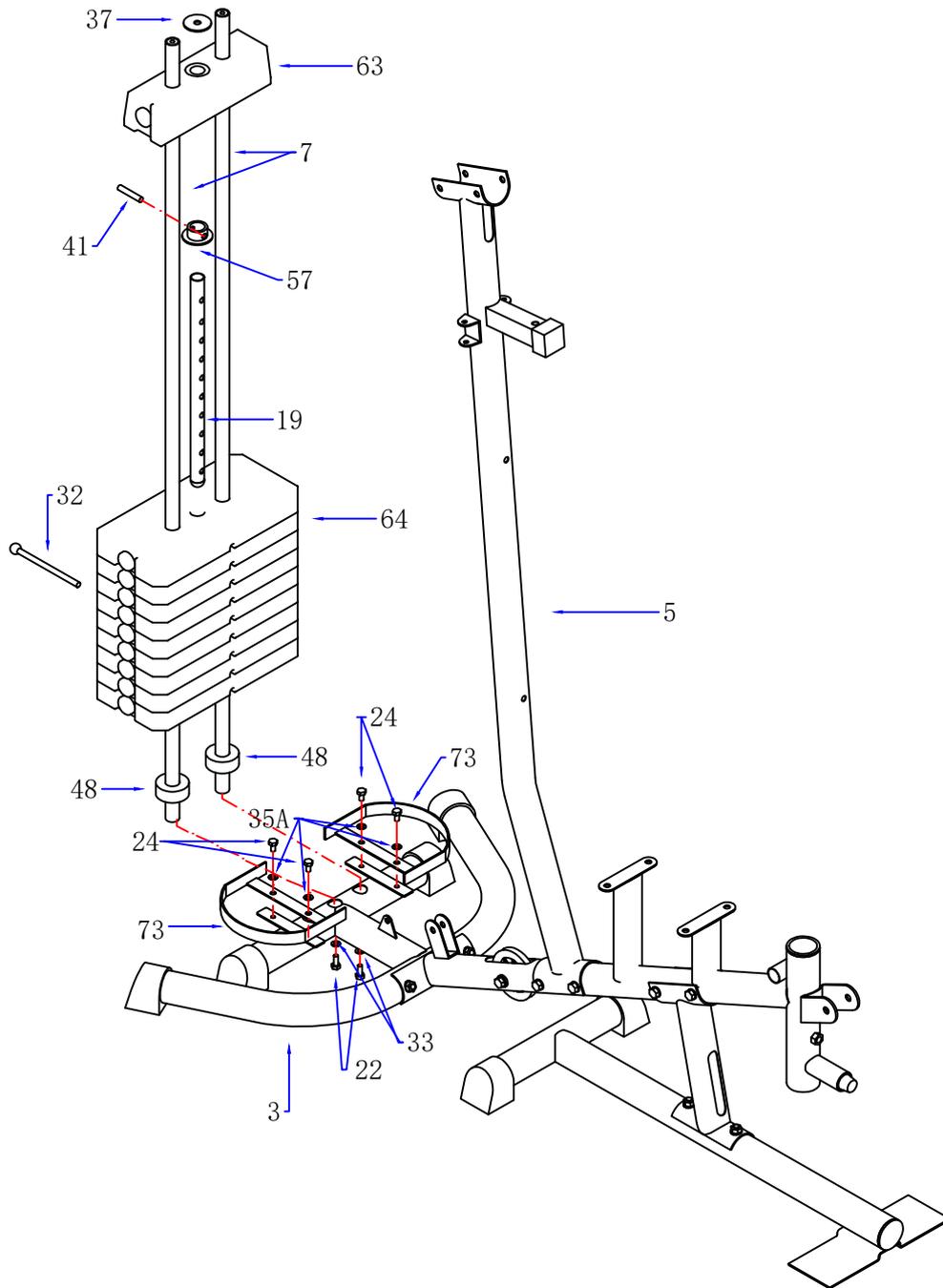
| Part No. | Description | Q'ty | Part No. | Description | Q'ty |
|----------|----------------------------|------|----------|----------------------------|------|
| 1 | Base Frame | 1 | 41 | Fixed Pin for Weight Stack | 1 |
| 2 | Seat post | 1 | 42 | End Cap | 6 |
| 3 | Rear Stabilizer | 1 | 43 | φ60 Round Cap | 2 |
| 4 | Seat Support Tube | 1 | 44 | φ60 Flat Cap | 2 |
| 5 | Upright Support Tube | 1 | 45 | φ50.8 Flat Cap | 8 |
| 6 | Leg Curl Tube | 1 | 46 | φ25.4 Flat Cap | 6 |
| 7 | Guiding Tube | 2 | 47 | Pin | 1 |
| 8 | Bridge Tube | 1 | 48 | Rubber Ring | 2 |
| 9 | Pull unit | 1 | 49 | Pulley | 11 |
| 10L | Butterfly Arm - Left | 1 | 49A | Pulley A | 1 |
| 10R | Butterfly Arm - Right | 1 | 50 | Cap for Small Pulley | 2 |
| 11 | Handlebar | 2 | 51 | Plastic Bushing | 4 |
| 12 | Lat Bar | 1 | 52 | Rubber Stopper | 1 |
| 13 | Lower Pull Bar | 1 | 53 | Foam for Butterfly Arm | 2 |
| 14 | Foam Tube for Leg curl | 2 | 54 | Foam for Leg Curl | 4 |
| 15 | Bracket for Seat/Backrest | 2 | 55 | Foam for Handlebar | 2 |
| 16 | Hex Head Bolt M12X108 mml | 2 | 56 | Hand Grip | 4 |
| 17 | Bracket for Pulley | 2 | 57 | Bushing for Weight Stack | 1 |
| 18 | Two Way Bracket for Pulley | 1 | 58 | Round Cap for Select Bar | 1 |
| 19 | Select Bar | 1 | 59 | Beck cushion | 1 |
| 20 | Pulley Bracket | 2 | 60 | Seat | 1 |
| 21 | Axle for Pull Unit | 1 | 61 | Chain 6 Links | 2 |
| 22 | Hex Head Bolt M8 x 20mmL | 10 | 62 | Hook | 5 |
| 23 | Hex Head Bolt M10 x 60mmL | 2 | 63 | Weight Stack 8 Lbs | 1 |
| 24 | Hex Head Bolt M8 x 15mmL | 18 | 64 | Weight Stack 10 Lbs | 9 |
| 25 | Hex Head Bolt M10 x 40mmL | 9 | 65 | Cable for Lat Bar | 1 |
| 26 | Hex Head Bolt M10 x 45mmL | 1 | 66 | Cable for Butterfly Arm | 1 |
| 27 | Hex Head Bolt M10 x 75mmL | 4 | 67 | Cable for Lower Pull Bar | 1 |
| 28 | Hex Head Bolt M10 x 70mmL | 1 | 68 | Cushion Support tube | 1 |
| 29 | Hex Head Bolt M12x 75mmL | 1 | 69 | Bushing | 1 |
| 30 | Hex Head Bolt M10 x 80mmL | 7 | 70 | Rubber Stopper | 1 |
| 31 | Powder Metal Ring φ12 | 4 | 71 | Knob | 1 |
| 31A | Powder Metal Ring φ16 | 2 | 72 | Elbow Cushion | 1 |
| 32 | Select Pin | 1 | 73 | Bracket for Cloth Cover | 4 |
| 33 | Curve Washer OD22XID8.3 | 10 | 74 | Spring | 1 |
| 34 | Curve Washer OD23XID10.3 | 6 | 75 | Cloth Cover for Left/Right | 2 |
| 35 | Flat Washer OD23XID10.3 | 20 | 76 | Plum-nut | 1 |
| 35A | Flat Washer OD23XID8.3 | 20 | | | |
| 36 | Flat Washer OD24XID12.3 | 8 | | | |
| 37 | Flat Washer OD40XID12.5 | 2 | | | |
| 38 | M8 Nylon Nut | 2 | | | |
| 39 | M10 Nylon Nut | 26 | | | |
| 40 | M12 Nylon Nut | 6 | | | |

Step 1.



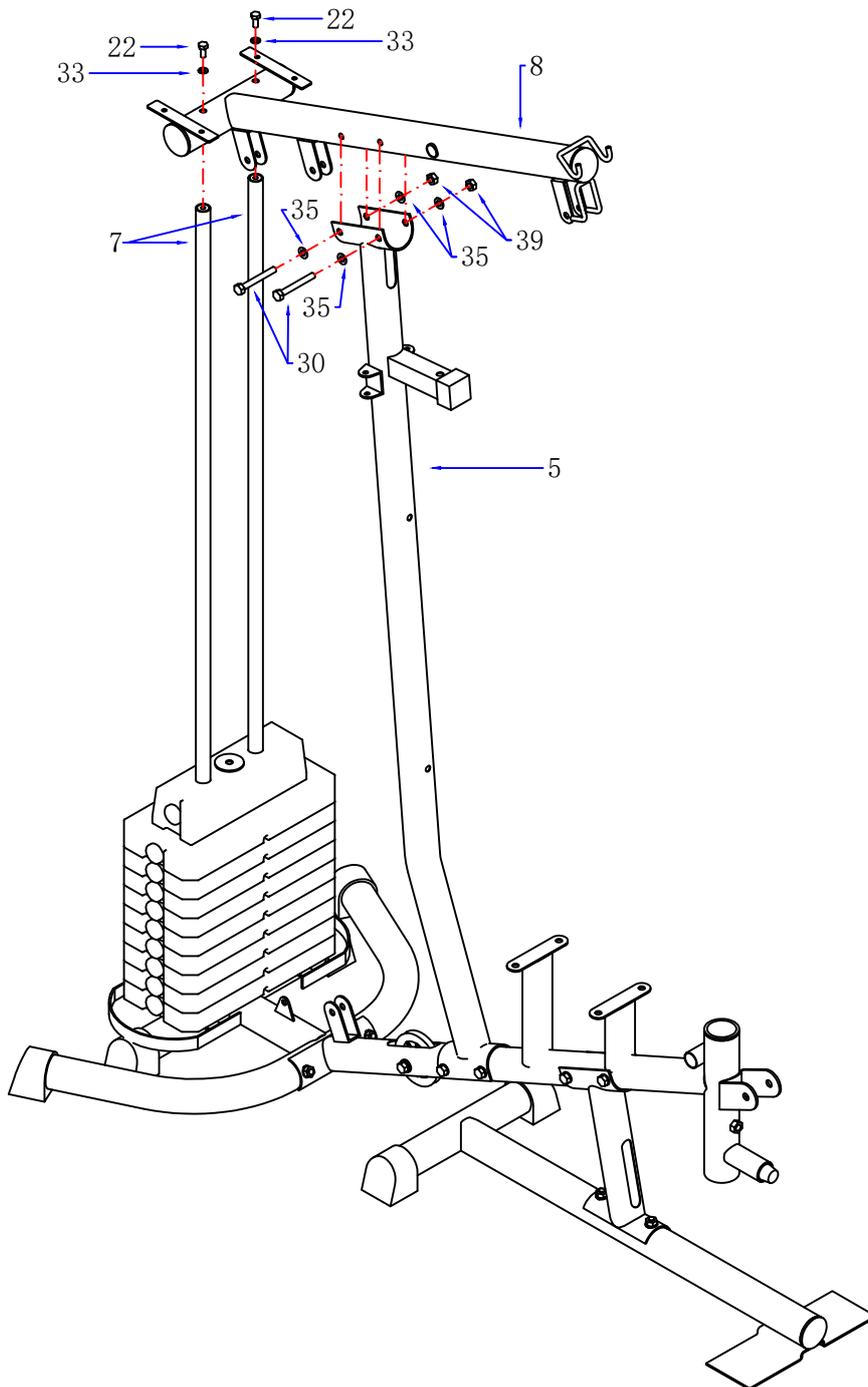
- 1) Attach the Rear Stabilizer (03) to the Seat Support Tube (04) and tighten by X2 Hex Head Bolt (27), X4 Curve Washer (34) and X2 Nylon Nuts (39).
- 2) Attach the Upright support tube (02) to the Seat Support Tube (04) and tighten by X2 Hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).
- 3) Attach the Base Frame (01) to Upright support tube (02) and tighten by X2 hex Head Bolt (27), X4 Flat Washer (34) and X2 Nylon Nuts (39).
- 4) Attach the Main support tube (05) to the Seat Support Tube (04) and tighten by X2 hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).

Step2



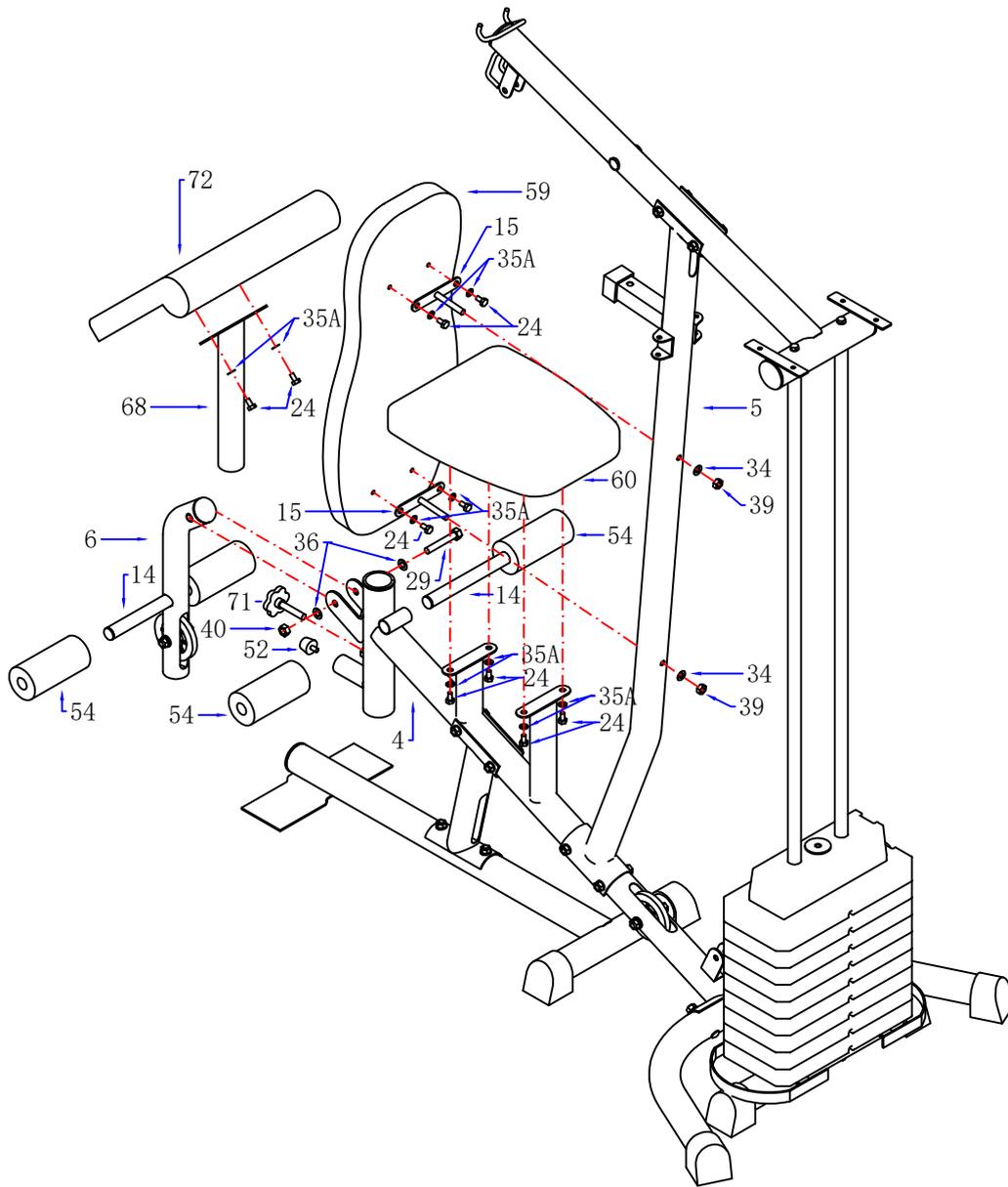
- 1) Attached the Bracket for Cloth Cover L(73)to he Rear stabilizer (03) and tighten by X2 Hex Head Bolt (24),X2 Washer (35A).
- 2) Do the same procedure for the Bracket for Cloth Cover R(73) to the right side of Rear stabilizer (03) by the same parts
- 3) Slide both Guiding Tube (07) through Rubber Ring (48) into the 2 holes on the Rear Stabilizer (3), tighten from the bottom side by X2 Curve Washer (33) and X2 Hex Head Bolt (22).
- 4) Place the Weight Stack (64) into the Guiding tube (07). (Watch out personal safety)
- 5) Place the Bushing for Weight Stack (57) onto the Select Bar (19) and fixed by the Fixed Pin (41). Then place the Weight Stack (63) upper the Select Bar (19) and place the Flat Washer (37) upper the Weight Stack (63).
- 6) Insert the Select Pin (32) through the Weight Stack (64) into the hole of Select Bar (19).

Step 3.



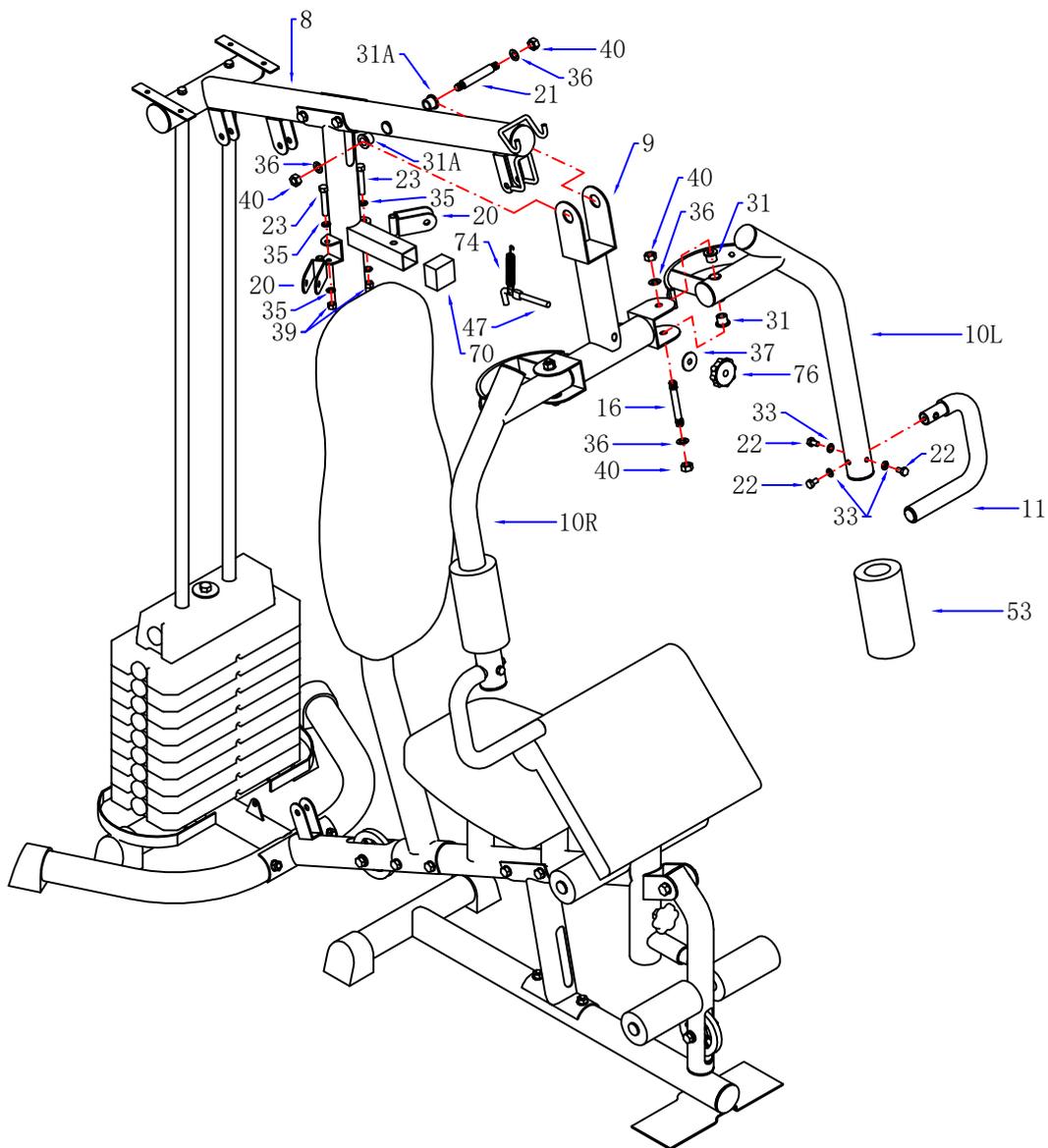
- 1) Place the Guiding Tube (07) into the Bridge Tube (8) and tighten by X2 Flat Washer (33) and X2 Hex Head Bolt (22).
- 2) Attach the Bridge Tube (8) to the Upright Support Tube (05) and tighten by X2 Hex Head Bolt (30), X4 Flat Washer (35) and X2 Nylon Nuts (39).

Step 4.



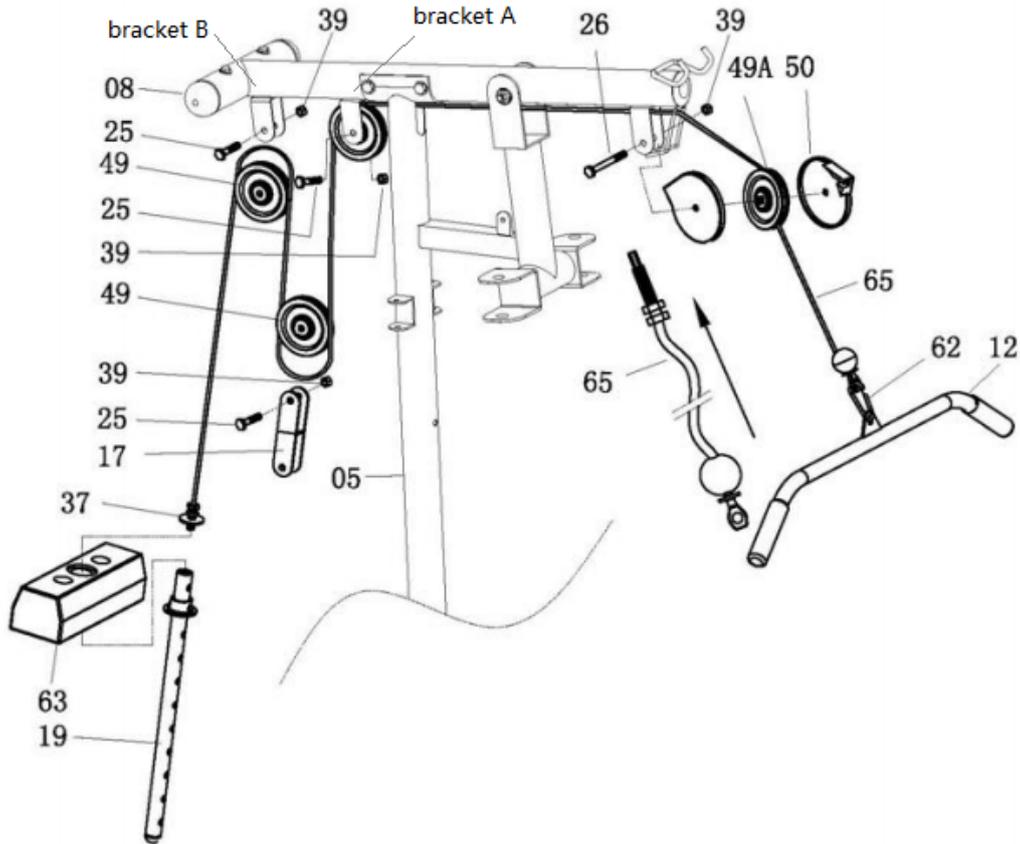
- 1) Attach the Backrest (15) to the Upright support tube (05), tighten by X2 Curve Washer (34) and X2 Nylon Nuts (39) through the thread holes on the Upright support tube (05).
- 2) Attach the Backrest Cushion (59) onto the Upright Support Tube (05) by putting the screw on the Bracket for Backrest (15) into holes on Upright Support Tube (05), tighten by X4 hex Flat washer (35A), X4 Hex held bolt (24) .
- 3) Attach the Seat (60) onto the Seat Support Tube (04) by putting the screw on the Bracket for Seat into holes, tighten by X4 hex Flat washer (35A), X4 Hex held bolt (24) .
- 4) Attach the Elbow Cushion (72) onto the Elbow Cushion Support Tube (68) tighten by X4 Washer (35A), X4 Hex held bolt (24) .
- 5) Attach the Elbow Cushion Support Tube(68) into the Seat Support Tube(04), then roll with the Knob(71) .
- 6) Screw-in the Small Rubber Stopper (52) into the front side of Seat Support Tube (04).
- 7) Attach the Leg Curve Tube (06) to the front side of Seat Support Tube (04), tighten by X1 Hex Head Bolt (29) X2 Flat Washer (36) and X1 Nylon Nut (40).
- 8) Attach the Foam Tube for Leg Curl (14) into the holes on Leg Curl Tube (06) and front/upper bracket of Seat Support Tube (04).
- 9) Attach the Foam for Leg Curl Tube (54) onto the 2 sides of each Foam Tube for Leg Curl (14).

Step 5.



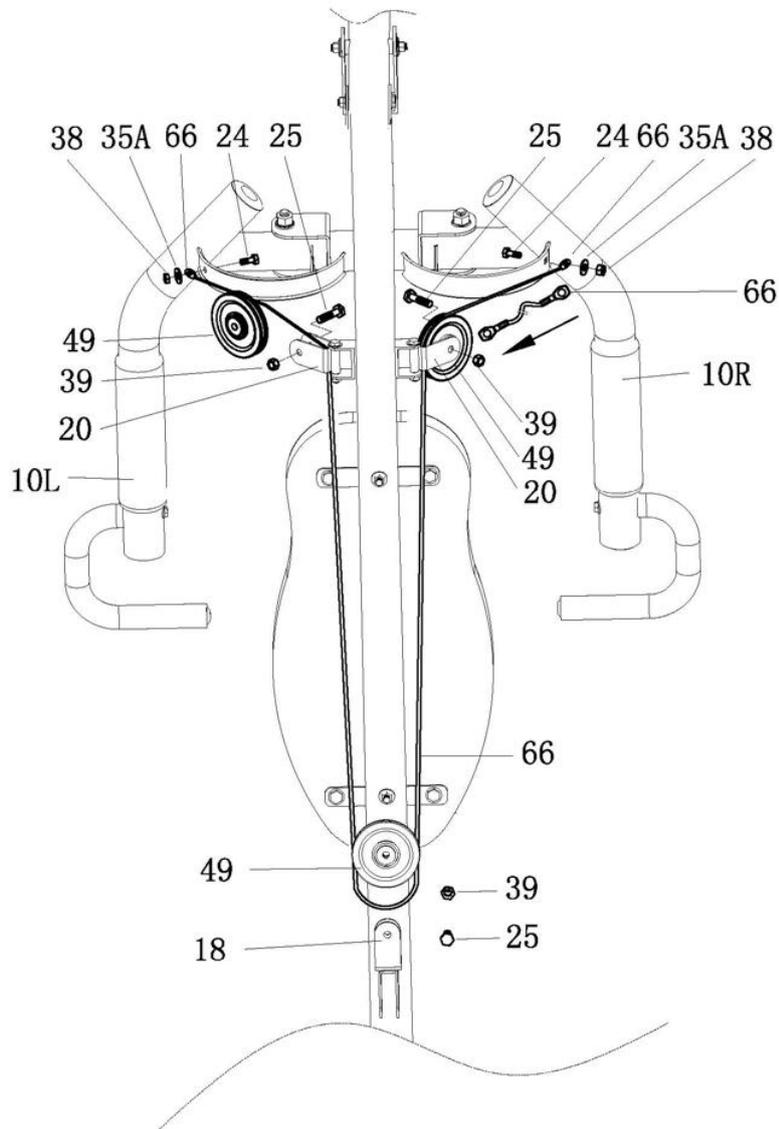
- 1) Attach the Pull Unit (09) to the Bridge Tube (08), insert the Axle for Pull Unit (21) through X2 Powder Metal Ring (31A), X2 Flat washer (36), X2 Nylon Nuts (40).
- 2) Attach the Butterfly Arm R (10R) to the right side of Pull Unit (09) through X2 Powder Metal Ring (31) and X1 Hex Head Bolt (16) and X2 Flat Washer (36) and tighten by X2 Nylon Nut (40).
- 3) Do the same procedure for the Butterfly Arm L (10L) to the Pull Unit (09) by same parts.
- 4) Insert the Rubber Stopper (70) to the bracket on the Upright Support tube (05). Then adjust the Pull Unit (09) to match the hole in the bracket.
- 5) Put the Foam for Butterfly Arm (53) onto the R/L Butterfly Arm (10R & 10L) and adjust to certain position.
- 6) Attach the Handlebar (11) onto the Butterfly Arm R (10R), tighten by X3 Curve Washer (33) and X3 Hex Head Bolt (22). Do the same procedure of Butterfly Arm L (10L) with the other Handlebar (11).
- 7) Attach the Pulley Bracket (20) onto the 2 sides of Upright Support Tube (05) tighten by X2 Hex Head Bolt (23), X4 Flat Washer (35) and X2 Nylon nuts (39) for 2 sides.

Step 6.



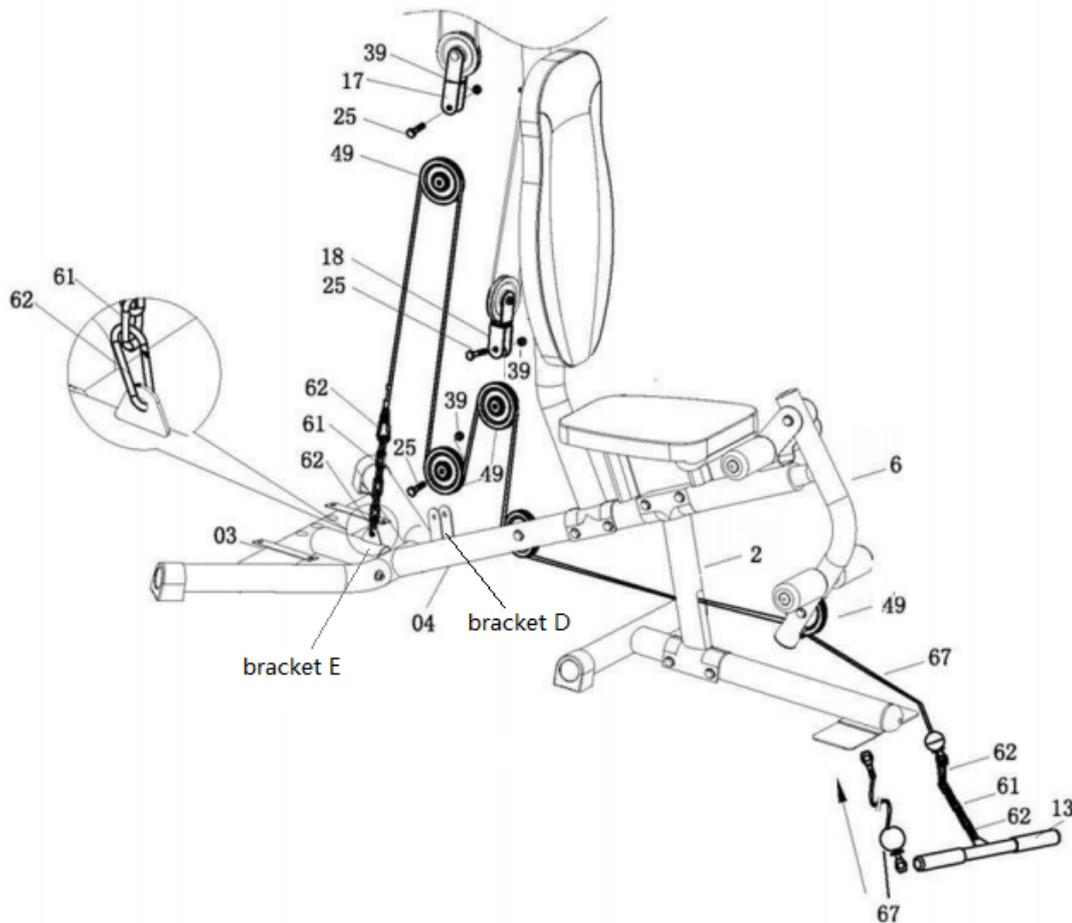
- 1) Attach the Cable for Lat Bar (65) to the opening bracket at the front of the Bridge Tube (8).
Note: The ball stopper of the Cable (65) should be underneath the Bridge Tube (8). Attach the Cable (65) onto the Small Pulley (49A) and put the Cap for Small Pulley (50) to the two side of Small Pulley (49A). Note: The Cable (65) has to come out of the Cap (50) from the opening sides. Tighten to the bracket by X1 Hex Head Bolt (26) and X1 Nylon Nut (39).
- 2) Draw the Cable (65) towards the back side of the machine through the upper opening of Upright Support Tube (05) and around Pulley (49), then attach the Pulley (49) onto bracket A as drawing, tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 3) Draw the Cable (65) downwards and around Pulley (49). Attach the Pulley (49) with the Bracket for Pulley (17) on two sides then tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 4) Draw the Cable (65) upwards and around Pulley (49). Attach the Pulley (49) to bracket B and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 5) Draw the Cable (65) downwards between the two Guiding Tube (07) and fully thread the bolt on the end of the Cable (65) into the top opening on the Select Bar (19).
- 6) Attach the Lat Bar (12) to the front end of the Cable (65), connect by X1 Hook (62).

Step 7



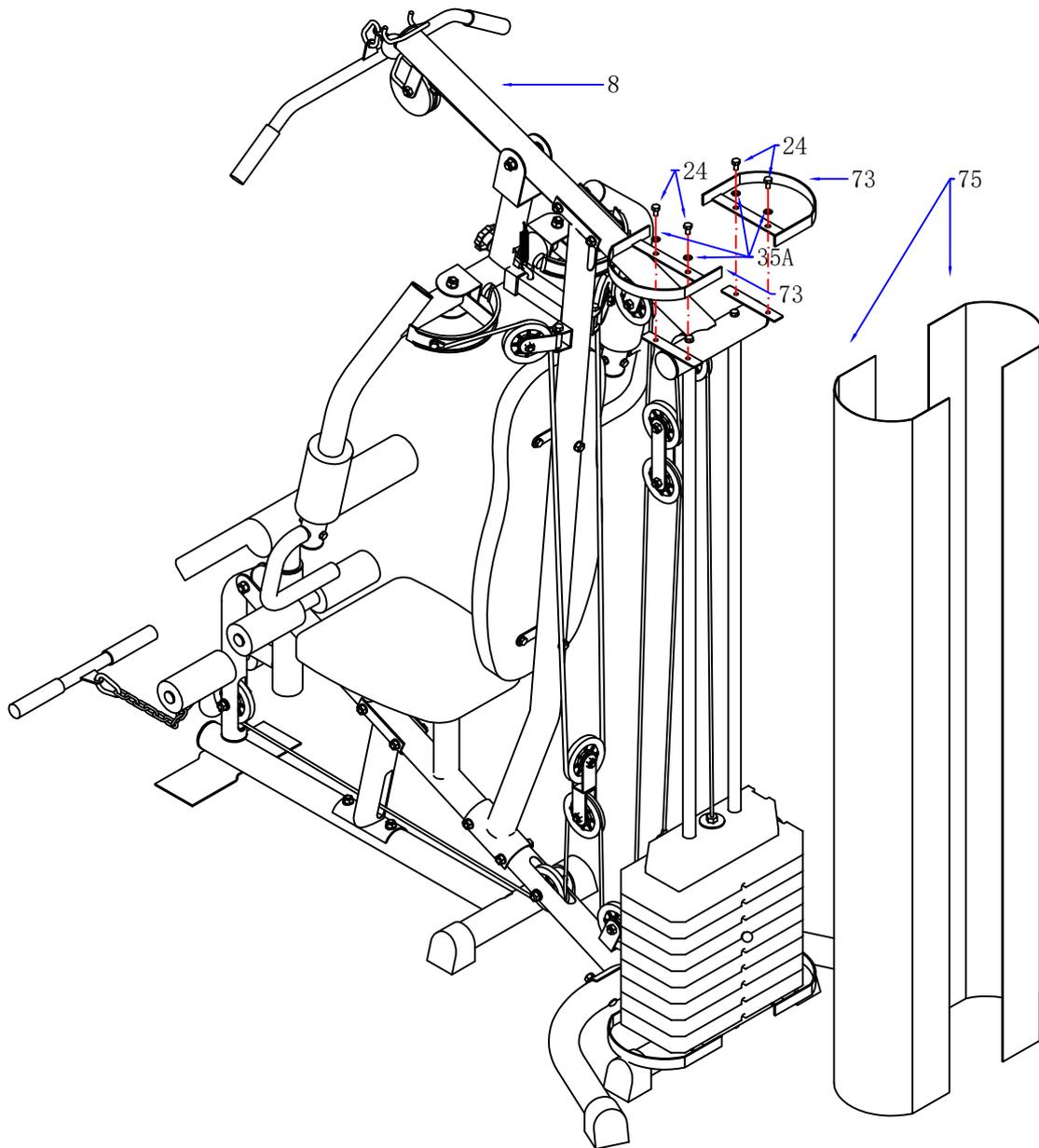
- 1) Attach one end of the Cable for Butterfly Arm (66) to the hook on the Right Butterfly Arm (10R), tighten by X1 Hex Head Bolt (24), X1 Flat Washer (35A) and X1 Nylon Nut (38).
- 2) Draw the Cable (66) around the Pulley (49) then attach the Pulley (49) to the Pulley Bracket (20) on right side of the Upright Support Tube (05), tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 3) Draw the Cable (66) downward and around the Pulley (49), attach the Pulley (49) to the upper part of Two Way Bracket for Pulley (18) and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 4) Draw the Cable (66) upward and around Pulley (49). Attach Pulley (49) to the Pulley Bracket (20) on the left side of the upright Support Tube (05), tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 5) Attach the other end of Cable (66) to the hook on the Left Butterfly Arm (10L), tighten by X1 Hex Head Bolt (24), X1 Flat Washer (35A) and X1 Nylon Nut (38).

Step 8



- 1) Attach the end with stopper ball of Cable for Lower Pull Bar (67) to the open bracket Leg Curl Tube (6), around the under side of Pulley (49), Then draw the Cable (67) through the opening space on the lower part of Seat post (02), around the Pulley (49) from under side then draw the Cable (67) upward and around the upper side of Pulley (49). Attach the Pulley (49) to the under side of Two Way Bracket for Pulley (18), tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 2) Draw the Cable (67) downward and around the under side of Pulley (49). Attach the Pulley (49) to bracket D on the Seat post tube (4) and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut(39).
- 3) Draw the Cable (67) upward and around the uppeside of Pulley (49). Attach the Pulley (49) to the under side of Bracket for Pulley (17) set and tighten by X1 Hex Head Bolt (25) and X1 Nylon Nut (39).
- 4) Draw the Cable (67) downward and connect with bracket E on Rear stabilizer (3) by Chain 6 Links (61) and X2 Hook (62). Note: Adjust the Cable (67) to be tighten enough and lock on certain position of Chain (61) by Hook (62).
- 5) Attach the Lower Pull Bar (13) to the front end of Cable (67), connecting by Chain 6 Links (61) and X2 Hook (62).

Step 9



- 1) Attached the Bracket for Cloth Cover L (73) to the Bridge Tube (08) and tighten by X2 Hex Head Bolt (24), X2 Washer (35A).
- 2) Do the same procedure for the Bracket for Cloth Cover R (73) to the right side of Bridge Tube (08) by the same parts.
- 3) Attach the Left Cloth Cover (75) to the Bracket for Cloth Cover L (73).
- 4) Do the same procedure for Right Cloth Cover (75) to the right side by the same parts.

Warning: Make sure all bolt and nylon nut are tighten enough before using the machine.

