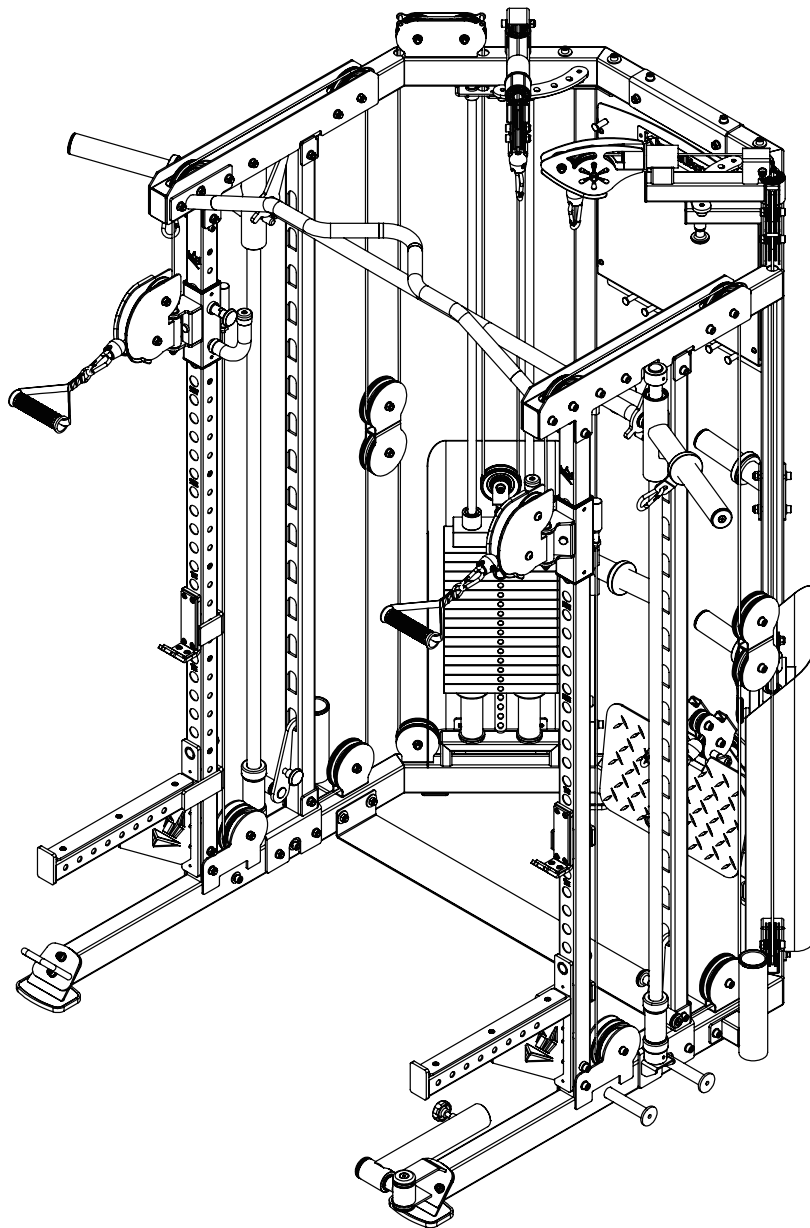


Royal Pulley Power Rack SX40

USER MANUAL



CAUTION

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS EQUIPMENT.

TABLE OF CONTENTS

CAUTION!

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

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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

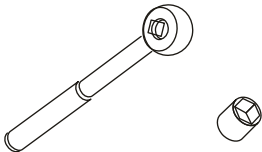
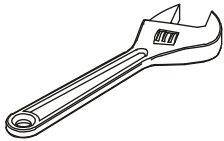
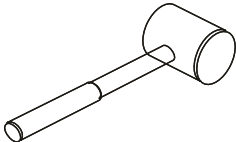
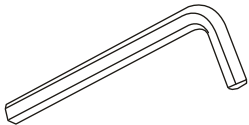
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit 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

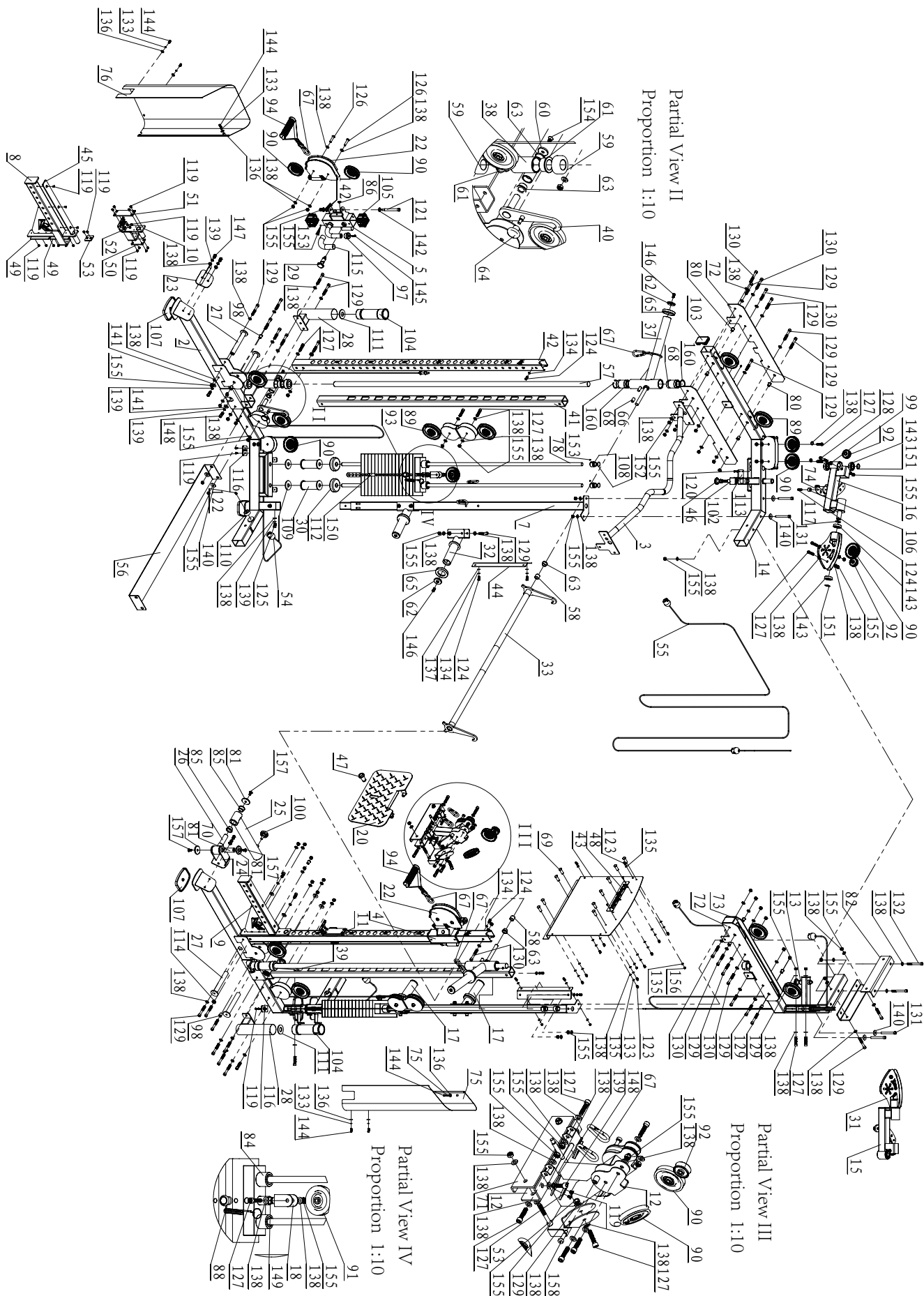
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

TOOLS REQUIRED

	Ratchet Wrench and Socket
	Adjustable Wrench
	Rubber Mallet
	Hex Key Wrench set

EXPLODED VIEW



PARTS LIST

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
1	Left Base Tube		1
2	Right Base Tube		1
3	Handle Holder		1
4	Left Adjustable Frame		1
5	Right Adjustable Frame		1
6	Left Back Upright Frame		1
7	Right Back Upright Frame		1
8	Right Spotter Arm		1
9	Left Spotter Arm		1
10	Right J-hook		1
11	Left J-hook		1
12	Back Bracket		1
13	Upper Left Connection Frame		1
14	Upper Right Connection Frame		1
15	Left Rotating Frame		1
16	Right Rotating Frame		1
17	Left Barbell Stand		2
18	Pulley Frame		2
19	Double Pulley Frame		2
20	Foot Pedal		1
21	Pedal Adjustable Frame		1
22	Pulley Frame		2
23	Battle Rope Rack		1
24	Rotating Support		1
25	Barbell Bracket		1
26	Rotating Stand		1
27	Bands Peg		4
28	Storage Rack		2
29	Pin		2
30	Support Frame Of Weight Stack		4
31	Pulley Frame		2
32	Right Barbell Stand		2
33	Pull Up Bar		1
34	Left Fix Frame		1
35	Right Fix Frame		1
36	Left Sliding Frame		1
37	Right Sliding Frame		1
38	Safety Frame		2
39	Left Safety Hook		1
40	Right Safety Hook		1
41	Hook Pipe	F50*5*1806	2
42	Vertical Tube	F50*2*1838.5	2
43	Accessory Hanging Plate	500*535*33*3	1
44	Hanger L Plate	395*50*30*3	2

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
45	Plastic Board	423*44*5	2
46	Upper Pin		2
47	Knob	Φ35*50*M10	1
48	logo Plate	250*45*1	1
49	Plastic Board	135*44*5	4
50	Plastic Board	84*44*5	2
51	Plastic Board	141*44*5	2
52	Plastic Board	44*30*5	4
53	Plastic Board	48*40*5	6
54	Lower Cable	Φ5*4815	2
55	Upper Cable	Φ5*6450	2
56	Plastic Board	120*1115*70*3	1
57	Smith Bar	Φ30*1870	2
58	Bushing	Φ25.4*Φ19*20	2
59	Rubber Bushing	Φ55*Φ30.5*25	4
60	End Cap	Φ32*Φ8.5*6	2
61	Bushing	Φ48*Φ30.5*25	4
62	Φ47.5 End Cap	Φ47.5*Φ8.5*10	6
63	Bushing	Φ31*Φ25.4*Φ19.2*16	6
64	Knob	Φ40*30*M8	2
65	Bumper	Φ77*Φ47.5*13	6
66	Rubber Cap	Φ16*Φ12*26	2
67	Safety Hook	Φ8*80	8
68	Liner Bearing	SBE30	4
69	Hanger Column	Φ18*Φ12*35*M6	10
70	Barbell Shaft	Φ25*67*M10	1
71	L Plate With Two Holes	300*85*25*5	1
72	Long Outer Connecting Plate	660*167*4	2
73	Long Inner Connecting Plate	660*167*4	2
74	Adjustment Guard	219.5*65*2	2
75	Left Lower Shroud	780*325*150*1.5	1
76	Right Lower Shroud	780*325*150*1.5	1
77	Shroud Fixing Plate	25*63.5*100*5	4
78	Guide-rod	Φ19*1768	4
79	Anti-friction Stickers	60*25*0.5	2
80	Pulley Sleeve	Φ18*Φ10.2*18	8
81	Φ50 Shaft Cap	Φ50*Φ11*8	3
82	L Plate With Four Holes	300*75*50*5	2
83	20+1 Selector Shaft	Φ25.4*595	2
84	Top Plate	210*60*40	2
85	Copper Sleeve	Φ38*Φ32*Φ25.2*18	4
86	Stopper	Φ18*Φ6*11	4
87	Small Ring	Φ1.5*31	2
88	Magnetic Pin	Φ10*100	2
89	Φ114 Pulley	Φ114*25.4	12
90	Φ95 Pulley	Φ95*24	16

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
91	Φ89 Pulley	Φ89*26.20	2
92	Φ50 Pulley	Φ50*24	6
93	10LBS Weight Stack	252*101.6*25.4	30
94	Handle	Φ40*Φ33*187	2
95	Handle Ring	Φ33*10	2
96	Stepped Bearing	Φ28*Φ12.7*10.5	4
97	Φ25 End Cap	Φ34.5*Φ6.5*25	2
98	17 Pulley Sleeve	Φ18*Φ14.5*Φ10.2*20	4
99	11.5 Pulley Sleeve	Φ18*Φ10.2*13.5	4
100	M10 Knob	M10*25	1
101	F50*3 Stopper	F50*3	2
102	F40 Stopper	F40*3	2
103	J50*75 Stopper	J50*75*2.5	2
104	Hollow Pipe Sleeve	Φ63.5*Φ53*200	2
105	Hollow Pipe Sleeve	F60*2配F50	4
106	Plastic Sleeve	Φ21*Φ13*13	4
107	Foot Pad	140.5*95.5*11	4
108	Guide-rod Sleeve	Φ30*Φ20.2*30	4
109	Bumper	Φ56*Φ20.5*5	4
110	Bumper	Φ38*Φ7*15	2
111	Bumper	Φ55*Φ26*5	2
112	Bumper	Φ80*25	4
113	Bumper	60*50*6	2
114	Limit Sleeve	Φ22*Φ10*8	2
115	Handle Sleeve	Φ24*3*180(TPV)	2
116	Front Guard Plate	58*38*5	2
117	Bearing Washer	Φ32*Φ25.2*1	2
118	Rivet	Φ4*8	2
119	Hex Counter-sunk Screw	M6*10	58
120	Phillips Counter-sunk Screw	M5*10	8
121	Shoulder Bolt	Φ12.6*100*M10	2
122	Hex Bolt	M6*10	2
123	Hex Bolt	M6*15	14
124	Hex Socket-head Bolt	M8*15	10
125	Hex Socket-head Bolt	M10*15	6
126	Hex Bolt	M10*45	4
127	Hex Socket-head Bolt	M10*45	26
128	Hex Socket-head Bolt	M10*65	2
129	Hex Socket-head Bolt	M10*75	38
130	Hex Socket-head Bolt	M10*80	6
131	Hex Socket-head Bolt	M10*95	4
132	Hex Socket-head Bolt	M10*100	2
133	Spring Washer	Φ6	24
134	Spring Washer	Φ8	6
135	Flat Washer	Φ6.6*Φ12*1.6	26
136	Big Washer	Φ6.6*Φ18*1.6	6

NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'TY
137	Flat Washer	Φ9*Φ16*1.6	4
138	Flat Washer	Φ11*Φ20*2	152
139	Spring Washer	Φ10	16
140	Flat Washer	Φ10.5*Φ30*2.5	8
141	Big Washer	Φ10.6*Φ26*2	4
142	Flat Washer	Φ13.5*Φ24*2.5	6
143	Bearing	6005ZZ	8
144	Hex Socket-head Bolt	M6*15	14
145	Hex Socket-head Bolt	M6*20	2
146	Hex Counter-sunk Screw	M8*25	6
147	Hex Socket-head Bolt	M10*20	4
148	Hex Socket-head Bolt	M10*25	6
149	Flat Nut	1/2"-13UNC	2
150	Cylindrical Pin	Φ16*60	2
151	External Circlip	Φ25	4
152	O-ring	Φ19*1.8	4
153	Set Screw	M6*4	6
154	Hex Counter-sunk Screw	M8*15	2
155	Nut	M10	82
156	Nut	M6	4
157	Hex Counter-sunk Bolt	M10*20	3
158	Hex Socket-head Shoulder Screws	Φ10*25*M8	2
159	Thin Nut	M12(thickness 6mm)	2
160	Spring Washer	Φ47	4
161	Set Screw	M8*8	4

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

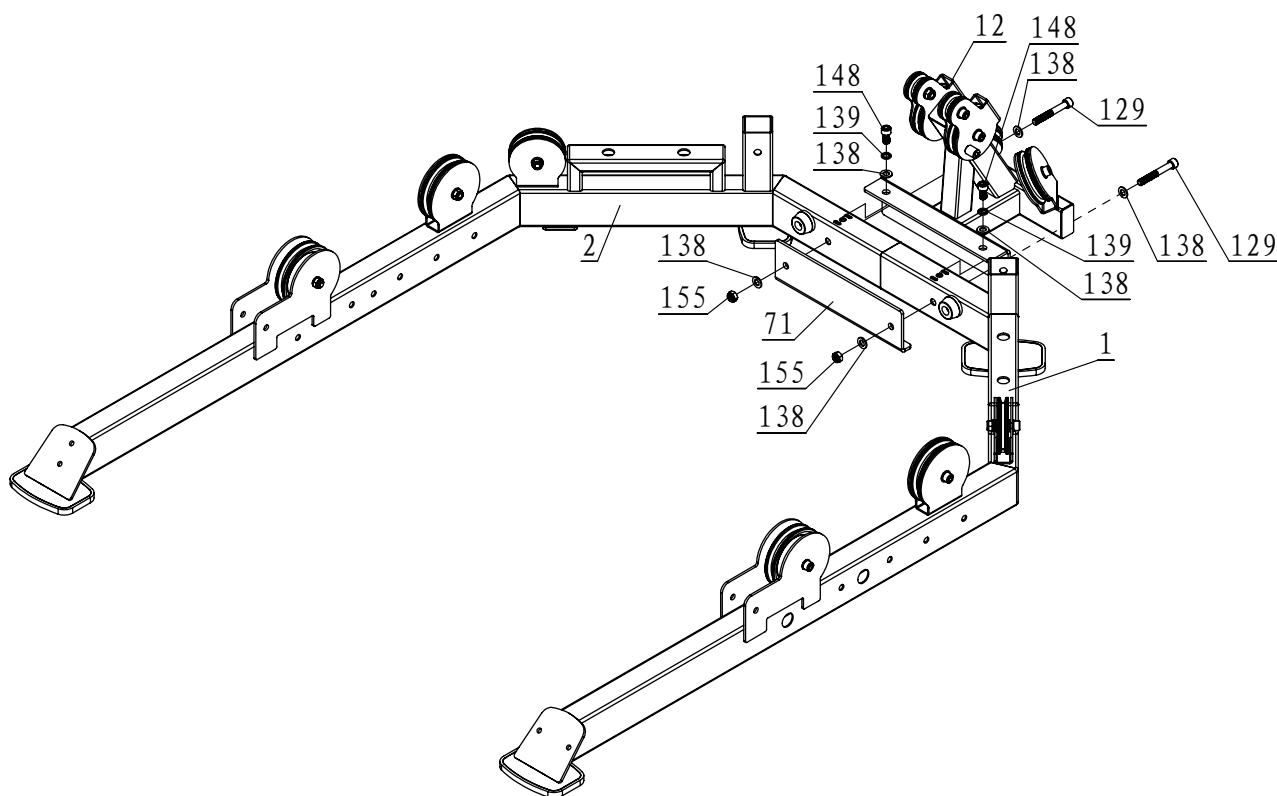
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

ASSEMBLY STEPS

STEP 1-1.

Assemble (#1), (#2), (#12) and (#71) together. using: 2*(#148), 2*(#129), 6*(#138), 2*(#139), 2*(#155).

Do not tighten the bolts yet;

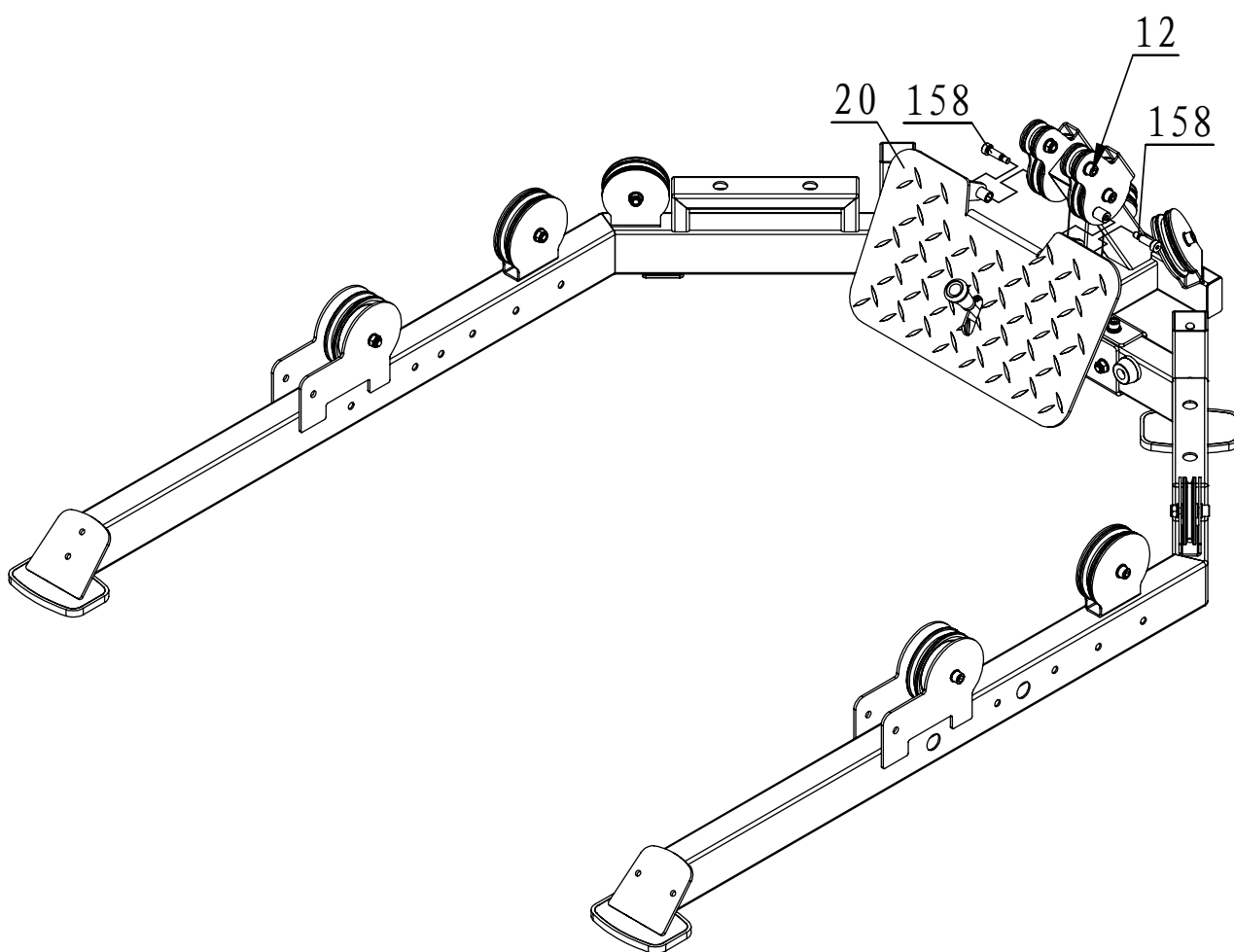


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
12	Back Bracket		1
71	L Plate With Two Holes	300*85*25*5	1
129	Hex Socket-head Bolt	M10*75	2
138	Flat Washer	Φ11*Φ20*2	6
139	Spring Washer	Φ10	2
148	Hex Socket-head Bolt	M10*25	2
155	Nut	M10	2

STEP 1-2.

Attach (#20) to (#12) using: 2*(#158).

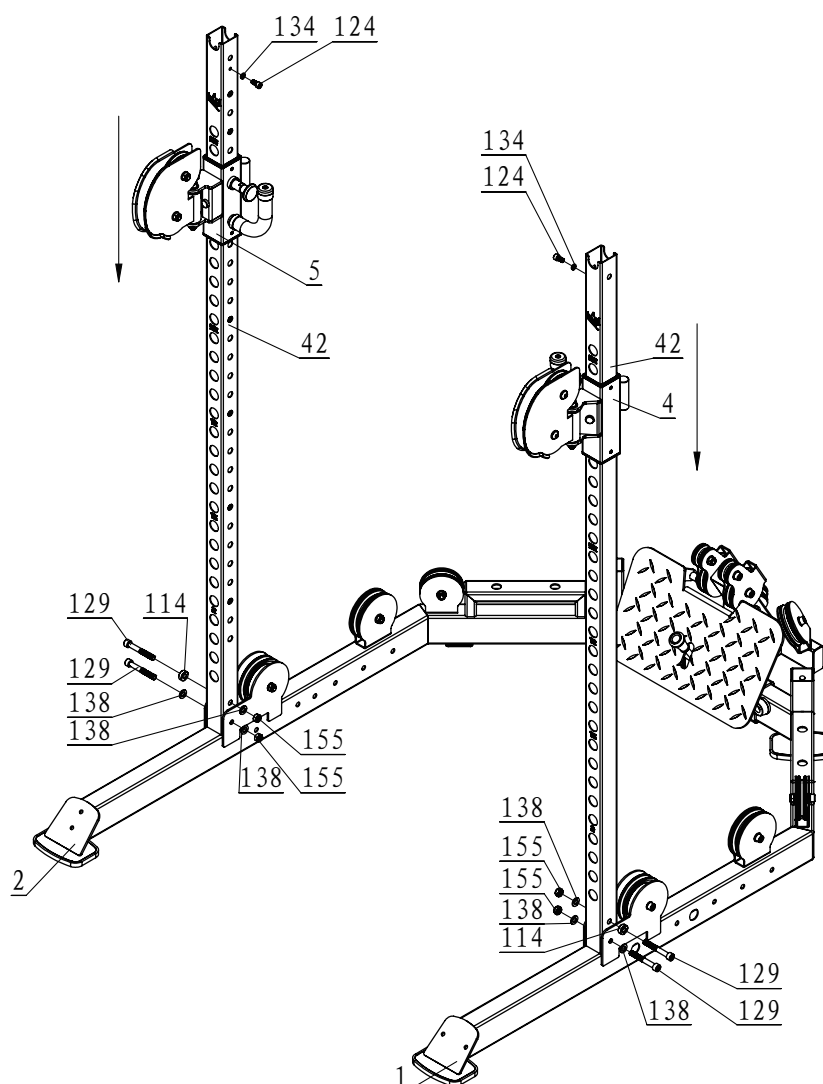
Note: After installing (#20), pull the Knob of (#20) to ensure that (#20) rotates smoothly.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
12	Back Bracket		1
20	Foot Pedal		1
158	Hex Socket-head Shoulder Screws	Φ10*25*M8	2

STEP 2.

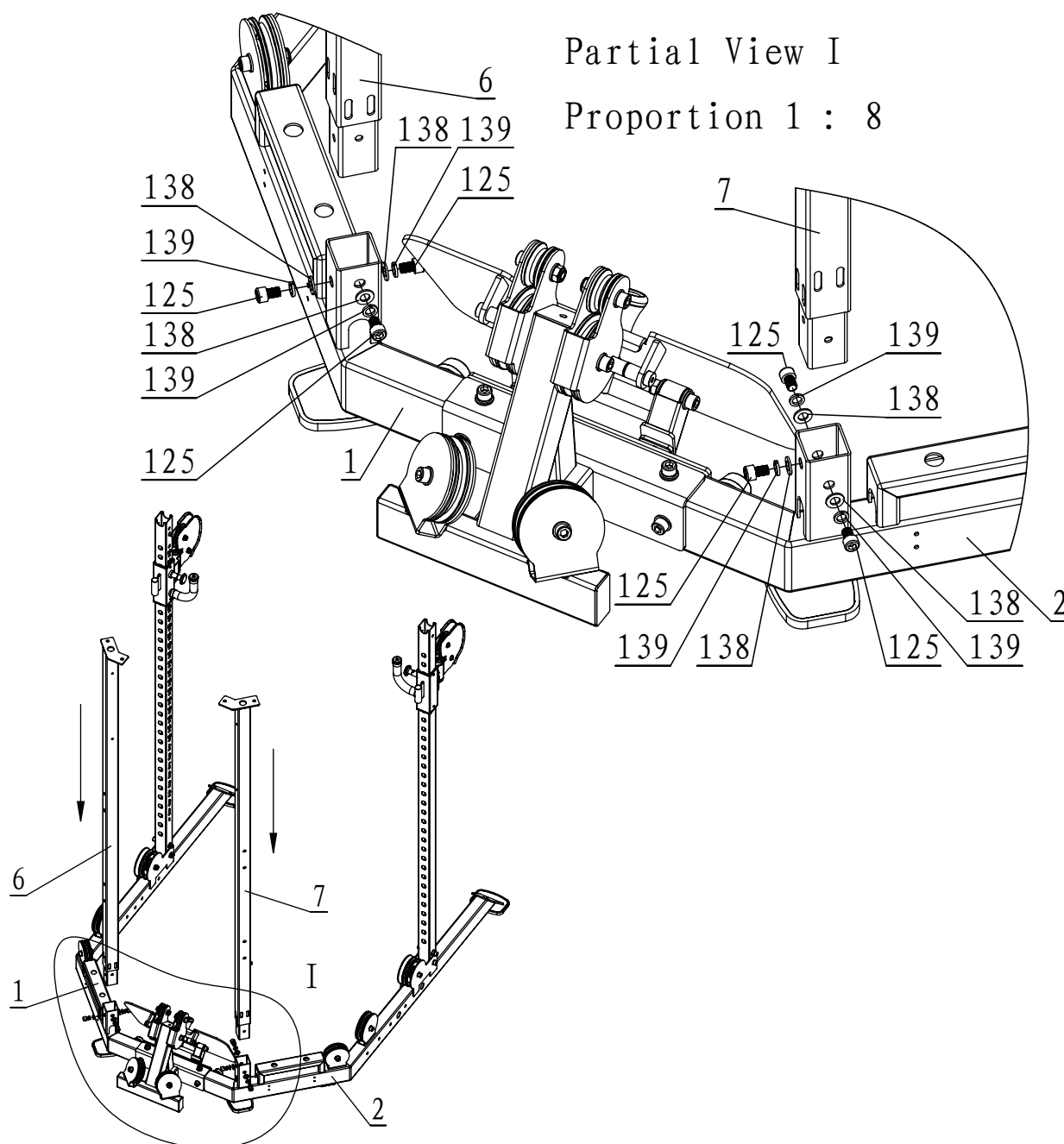
1. Install (#5) and (#4) on 2*(#42). Pay attention to the adjustable frame is installed on the vertical tube to slide smoothly.
2. Install 2*(#42) on (#1) and (#2) respectively using: 4*(#129), 2*(#114), 8*(#138), 4*(#155). Do not tighten the bolts yet
3. Attach 2*(#124) and 2*(#134) to 2*(#42).



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
4	Left Adjustable Frame		1
5	Right Adjustable Frame		1
42	Vertical Tube	F50*2*1838.5	2
114	Limit Sleeve	Φ22*Φ10*8	2
124	Hex Socket-head Bolt	M8*15	2
129	Hex Socket-head Bolt	M10*75	4
134	Spring Washer	Φ8	2
138	Flat Washer	Φ11*Φ20*2	6
155	Nut	M10	4

STEP 3.

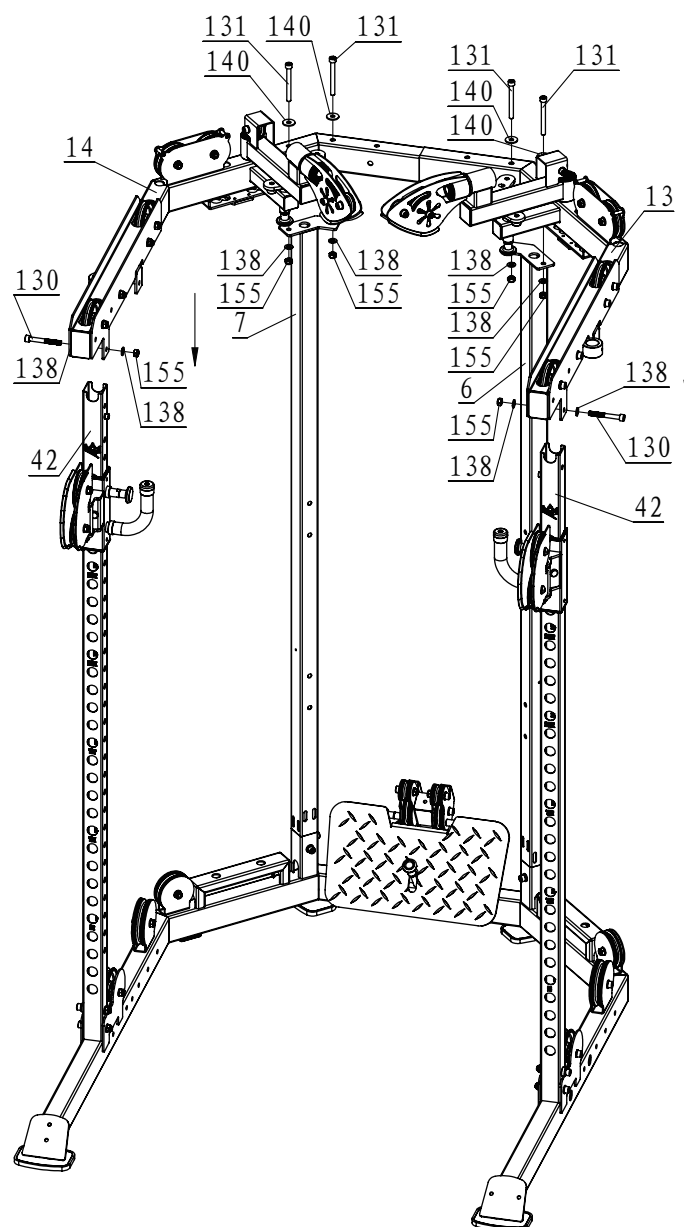
Install (#6) and (#7) on (#1) and (#2) respectively using: 6*(#125), 6*(#139), 6*(#138).
Do not tighten the bolts yet;



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
6	Left Back Upright Frame		1
7	Right Back Upright Frame		1
125	Hex Socket-head Bolt	M10*15	6
138	Flat Washer	Φ11*Φ20*2	6
139	Spring Washer	Φ10	6

STEP 4.

1. Install (#13) on (#42) and (#6) using: 2*(#131), (#130), 2*(#140), 4*(#138), 3*(#155). Do not tighten the bolts yet;
2. Same way install (#14) on (#42) and (#6), do not tighten the bolts yet.



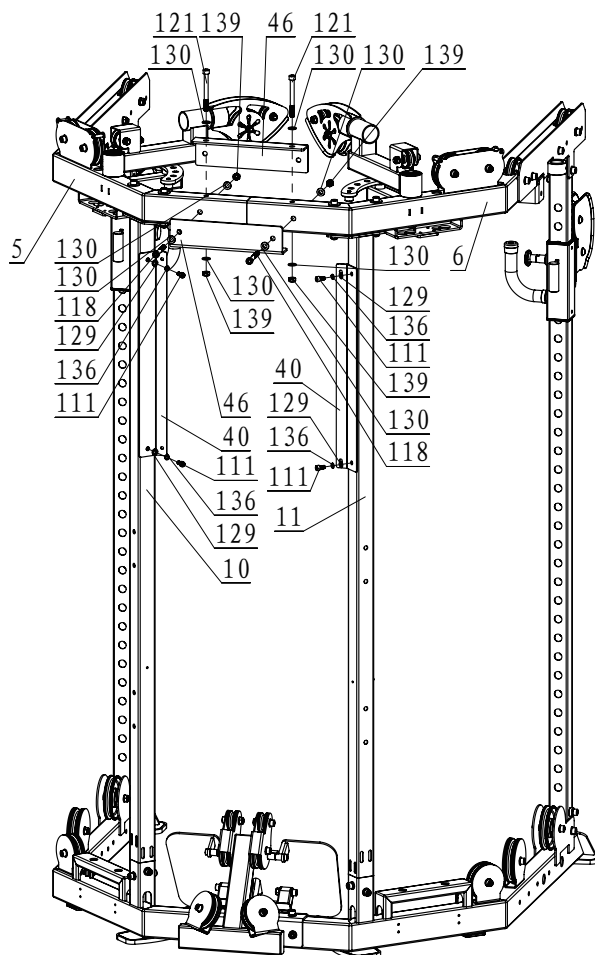
NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
6	Left Back Upright Frame		1
7	Right Back Upright Frame		1
13	Upper Left Connection Frame		1
14	Upper Right Connection Frame		1
42	Vertical Tube	F50*2*1838.5	2
130	Hex Socket-head Bolt	M10*80	2
131	Hex Socket-head Bolt	M10*95	4
138	Flat Washer	Φ11*Φ20*2	8
140	Flat Washer	Φ10.5*Φ30*2.5	4
155	Nut	M10	6

STEP 5.

1. Install 2*(#82) on (#13) and (#14) using: 2*(#129), 2*(#132), 8*(#138), 4*(#155).

Do not tighten the bolts yet;

2. Install 2*(#44) on (#6) and (#7) using: 4*(#124), 4*(#137), 4*(#134). Do not tighten the bolts yet;

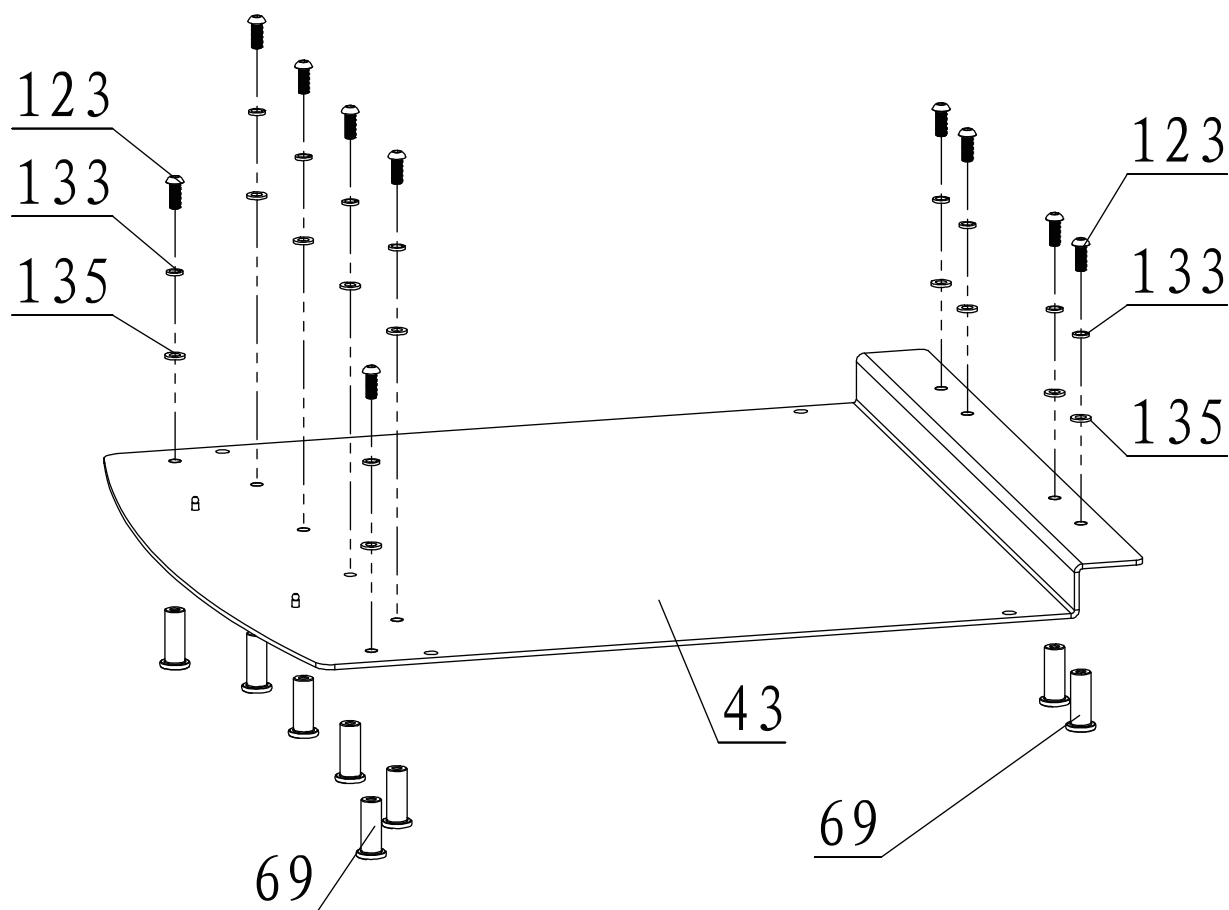


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
6	Left Back Upright Frame		1
7	Right Back Upright Frame		1
13	Upper Left Connection Frame		1
14	Upper Right Connection Frame		1
44	Hanger L Plate	395*50*30*3	2
82	L Plate with four holes	300*75*50*5	2
124	Hex Socket-head Bolt	M8*15	4
129	Hex Socket-head Bolt	M10*75	2
132	Hex Socket-head Bolt	M10*100	2
134	Spring Washer	Φ8	4
137	Flat Washer	Φ9*Φ16*1.6	4
138	Flat Washer	Φ11*Φ20*2	8
155	Nut	M10	4

STEP 6.

Install 10*(#69) on (#43) using: 10*(#123), 10*(#135), 10*(#133).

Then tighten all the bolts.

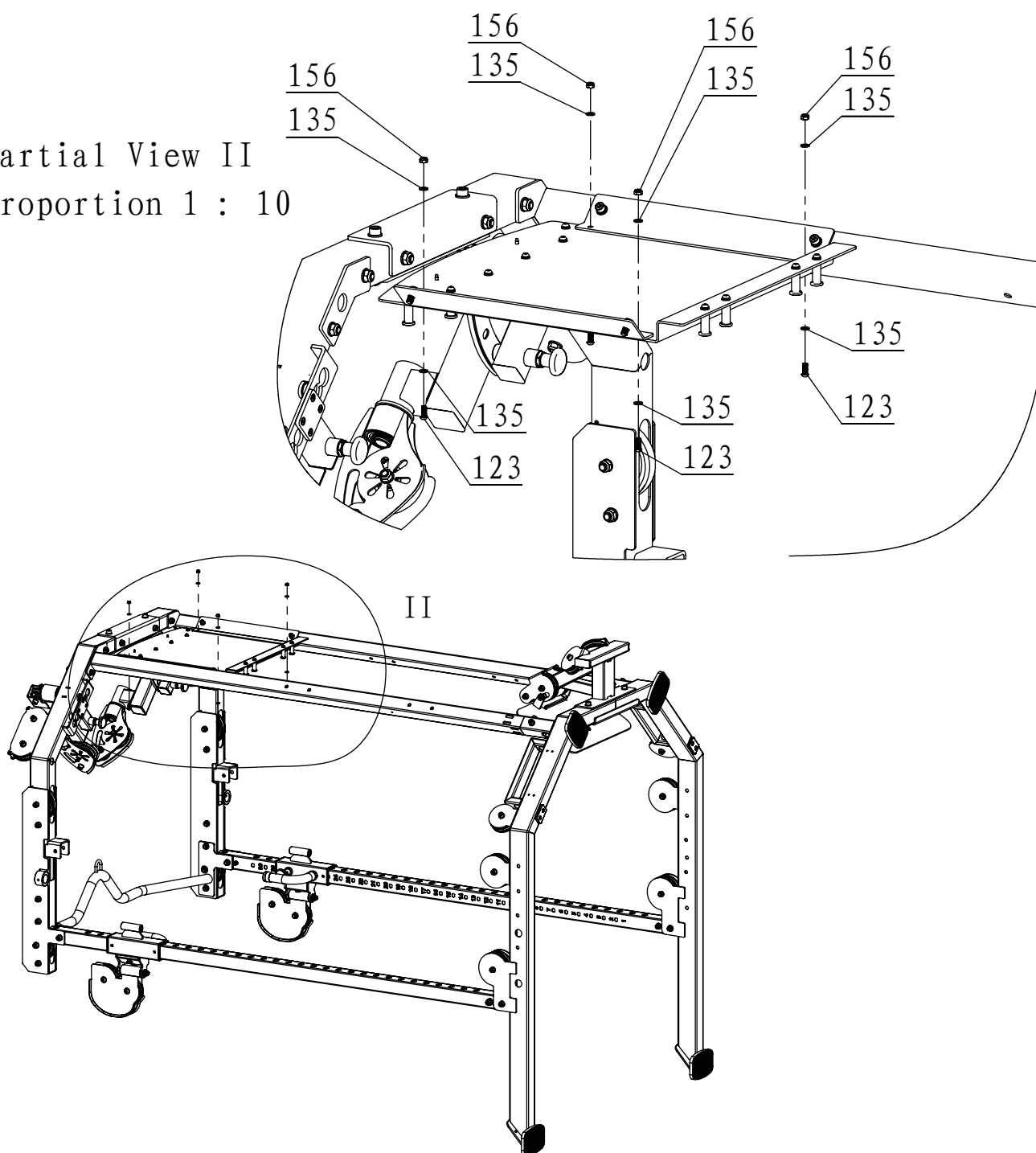


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
43	Accessory Hanging Plate	500*535*33*3	1
69	Hanger Column	Φ18*Φ12*35*M6	10
123	Hex Bolt	M6*15	10
133	Spring Washer	Φ6	10
135	Flat Washer	Φ6.6*Φ12*1.6	10

STEP 7-1.

Install (#29) to the illustrated position using: 4*(#123), 8*(#135), 4*(#156). Do not tighten the bolts yet;

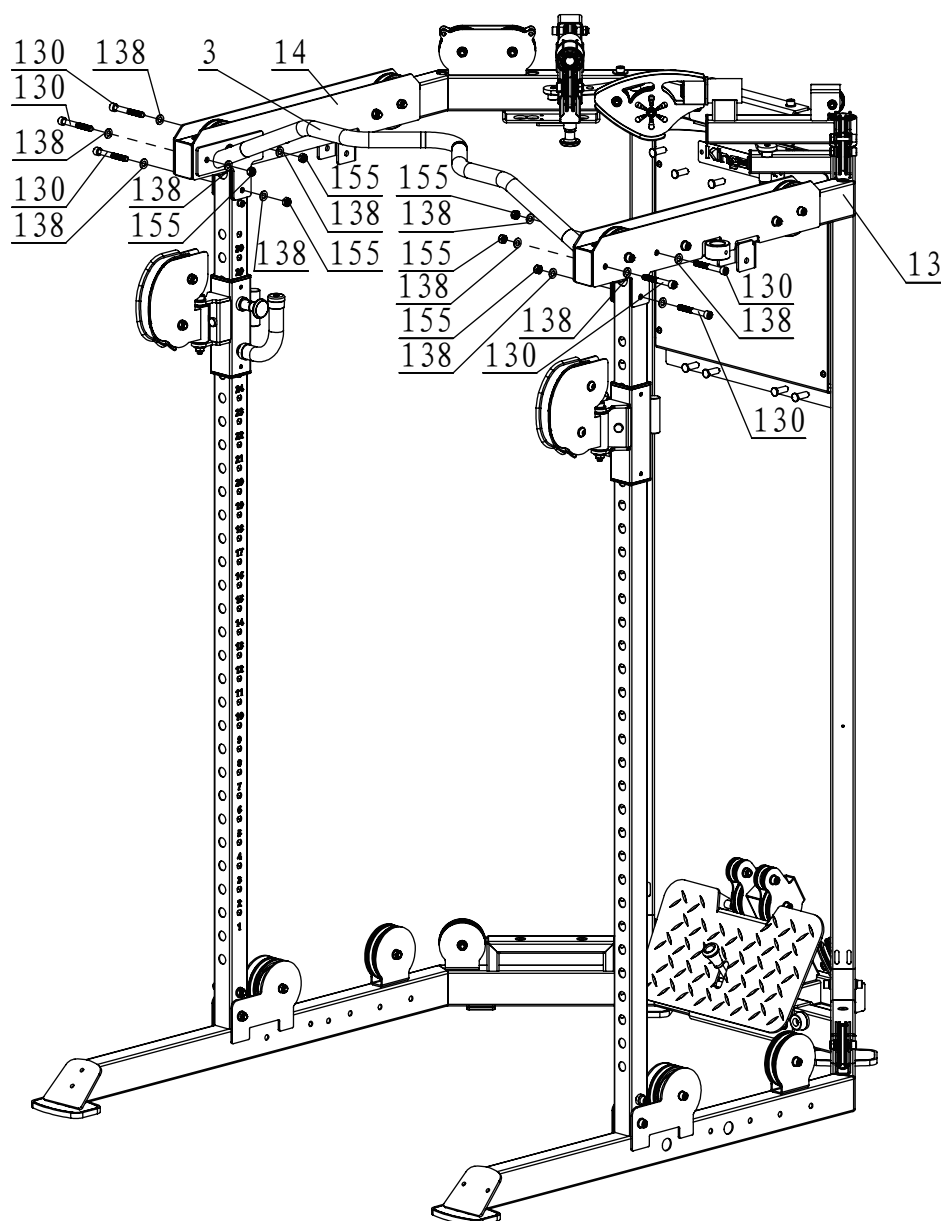
Partial View II
Proportion 1 : 10



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
43	Accessory Hanging Plate	500*535*33*3	1
123	Hex Bolt	M6*15	4
135	Flat Washer	Φ6.6*Φ12*1.6	8
156	Nut	M6	4

STEP 7-2.

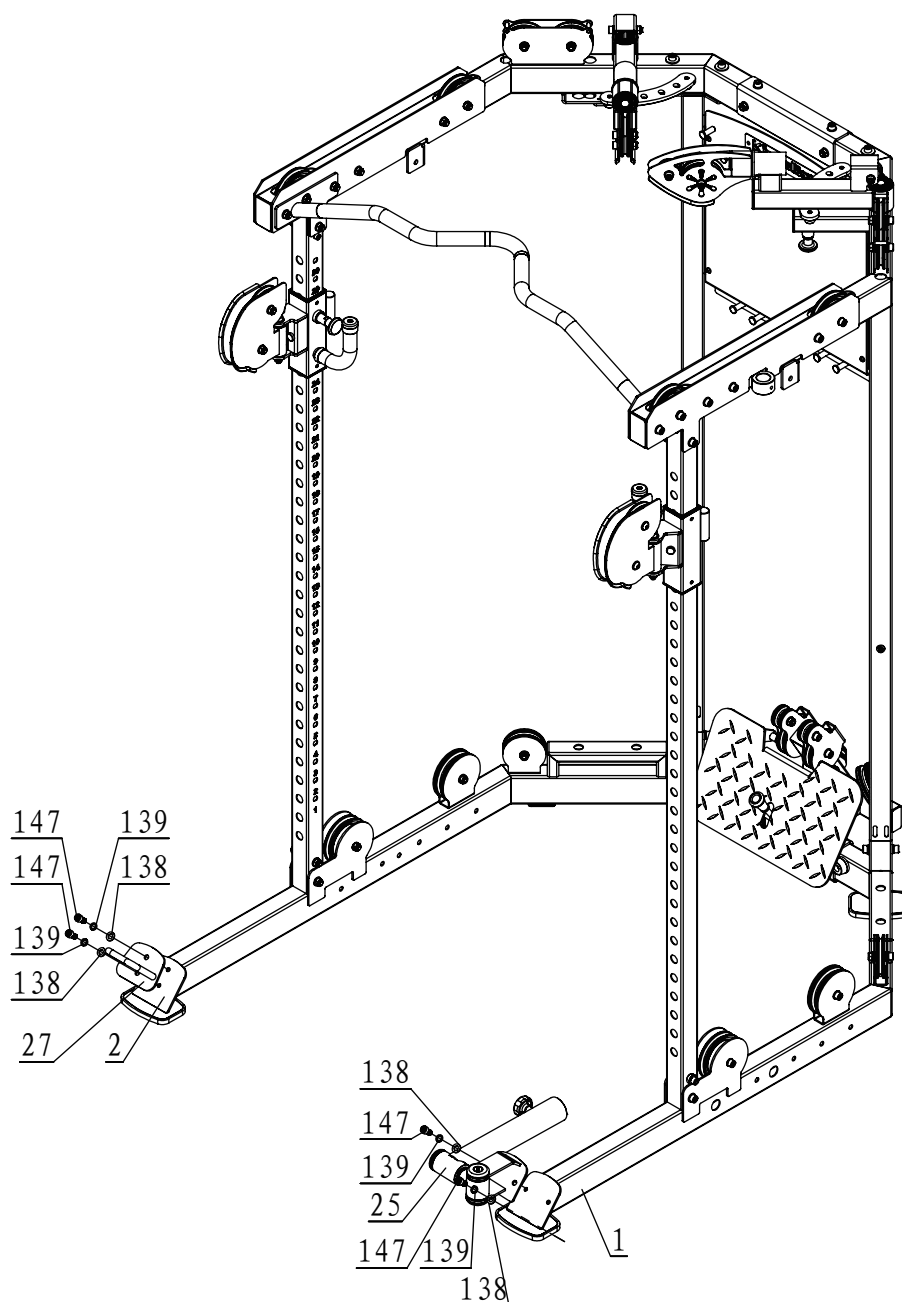
1. First remove 2*(#130), 4*(#138) and 2*(#155) that fixed (#14), (#13).
2. Install (#3) to the illustrated position using: 6*(#130), 12*(#138), 6*(#155). Do not tighten the bolts yet;
3. Tighten all the bolts, pay attention to tighten the machine to orderliness, strong, no loose phenomenon.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
3	Handle Holder		1
13	Upper Left Connection Frame		1
14	Upper Right Connection Frame		1
130	Hex Socket-head Bolt	M10*80	6
138	Flat Washer	Φ11*Φ20*2	12
155	Nut	M10	6

STEP 8.

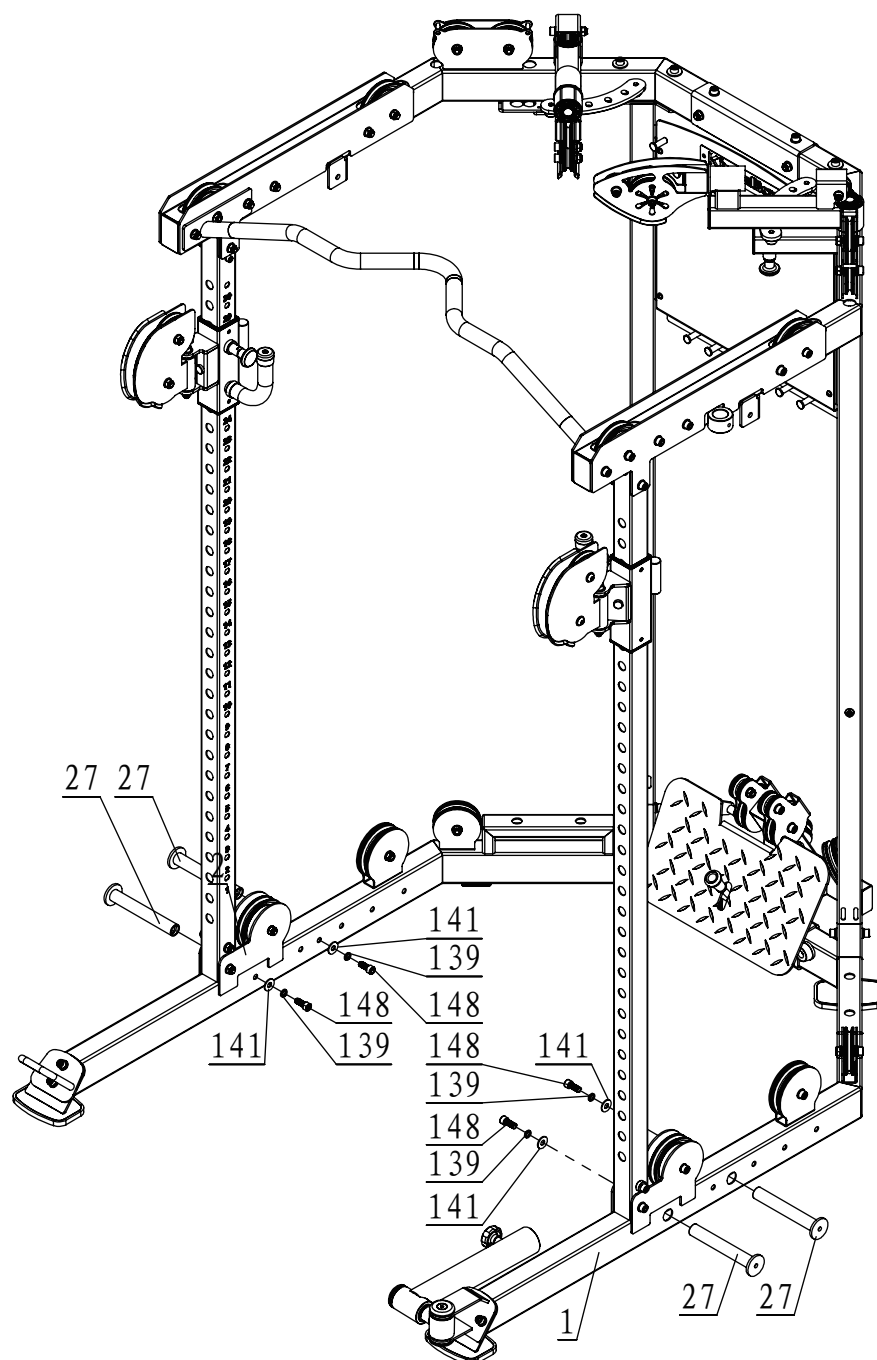
1. Install (#25) on (#1) using: 2*(#147), 2*(#138), 2*(#139). Then tighten all the bolts;
2. Install (#27) on (#2) using: 2*(#147), 2*(#138), 2*(#139). Then tighten all the bolts;



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
147	Hex Socket-head Bolt	M10*20	4
138	Flat Washer	Φ11*Φ20*2	4
139	Spring Washer	Φ10	4
25	Barbell Bracket		1
27	Bands Peg		1

STEP 9.

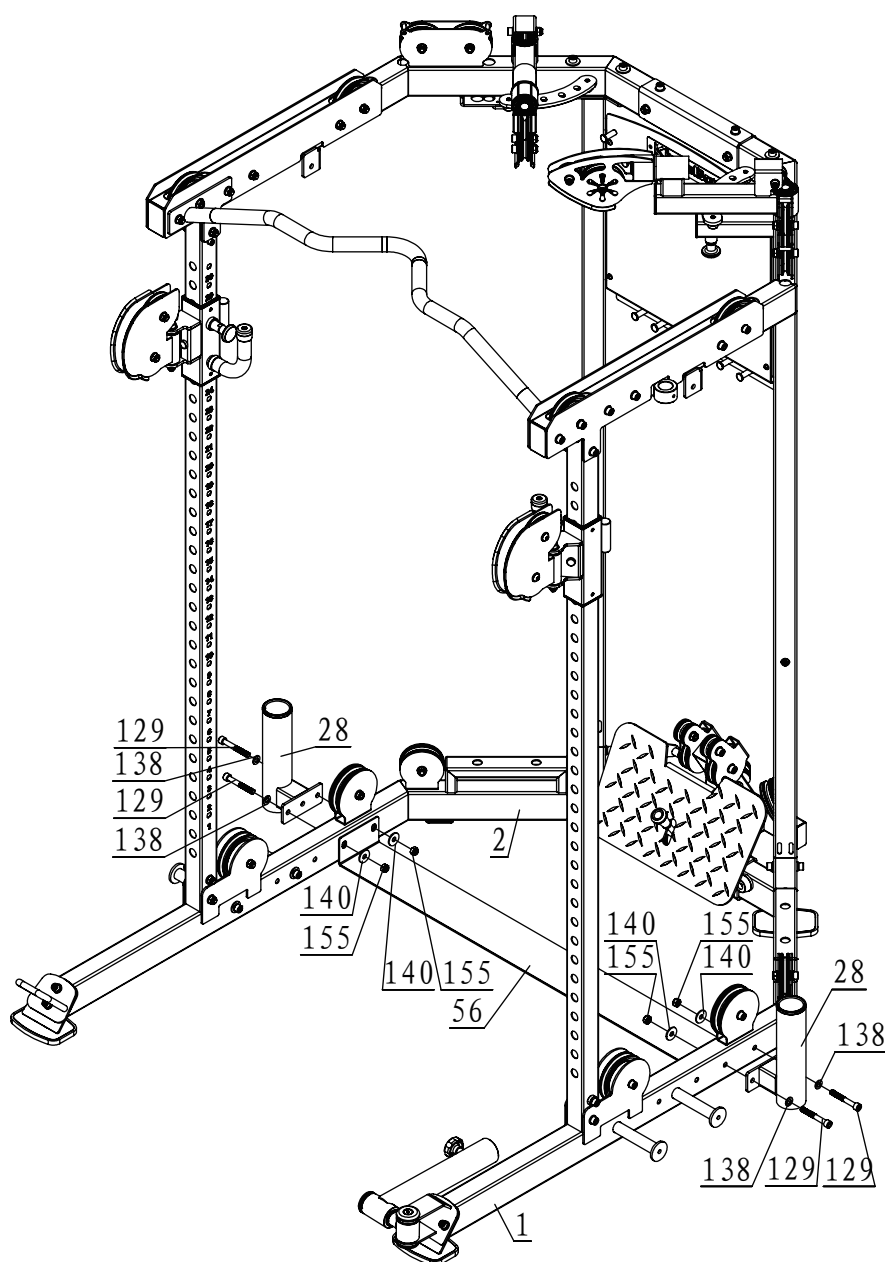
Install 4*(#27) on (#1) and (#2) respectively using: 4*(#148), 4*(#141), 4*(#139).
Then tighten all the bolts.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
27	Bands Peg		4
139	Spring Washer	Φ10	4
141	Big Washer	Φ10.6*Φ26*2	4
148	Hex Socket-head Bolt	M10*25	4

STEP 10.

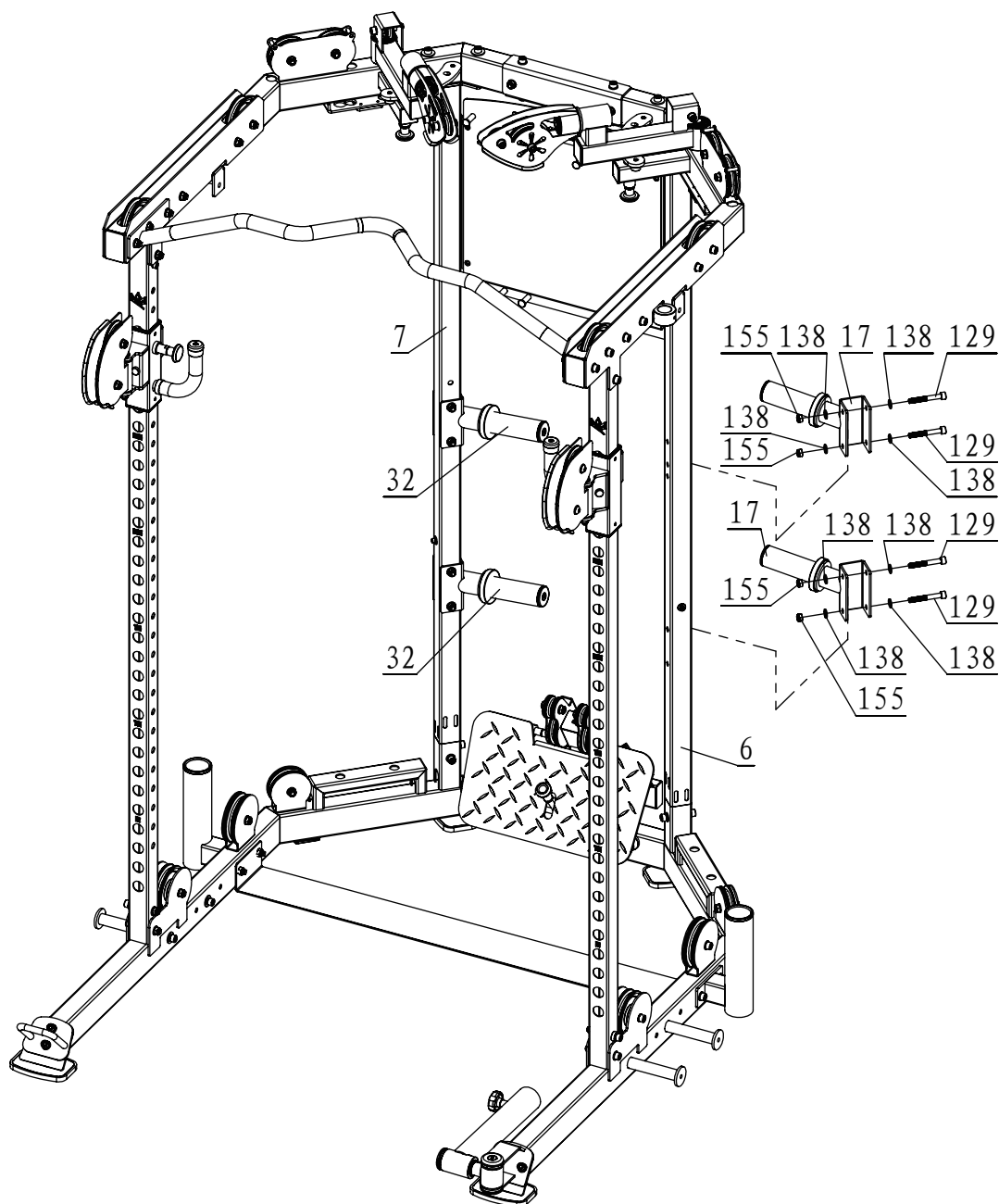
Install 2*(#28), (#56) on (#1), (#2) respectively using: 4*(#129), 4*(#138), 4*(#140), 4*(#155). Then tighten all the bolts.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
28	Storage Rack		2
56	Plastic Board	120*1115*70*3	1
129	Hex Socket-head Bolt	M10*75	4
138	Flat Washer	Φ11*Φ20*2	4
140	Flat Washer	Φ10.5*Φ30*2.5	4
155	Nut	M10	4

STEP 11.

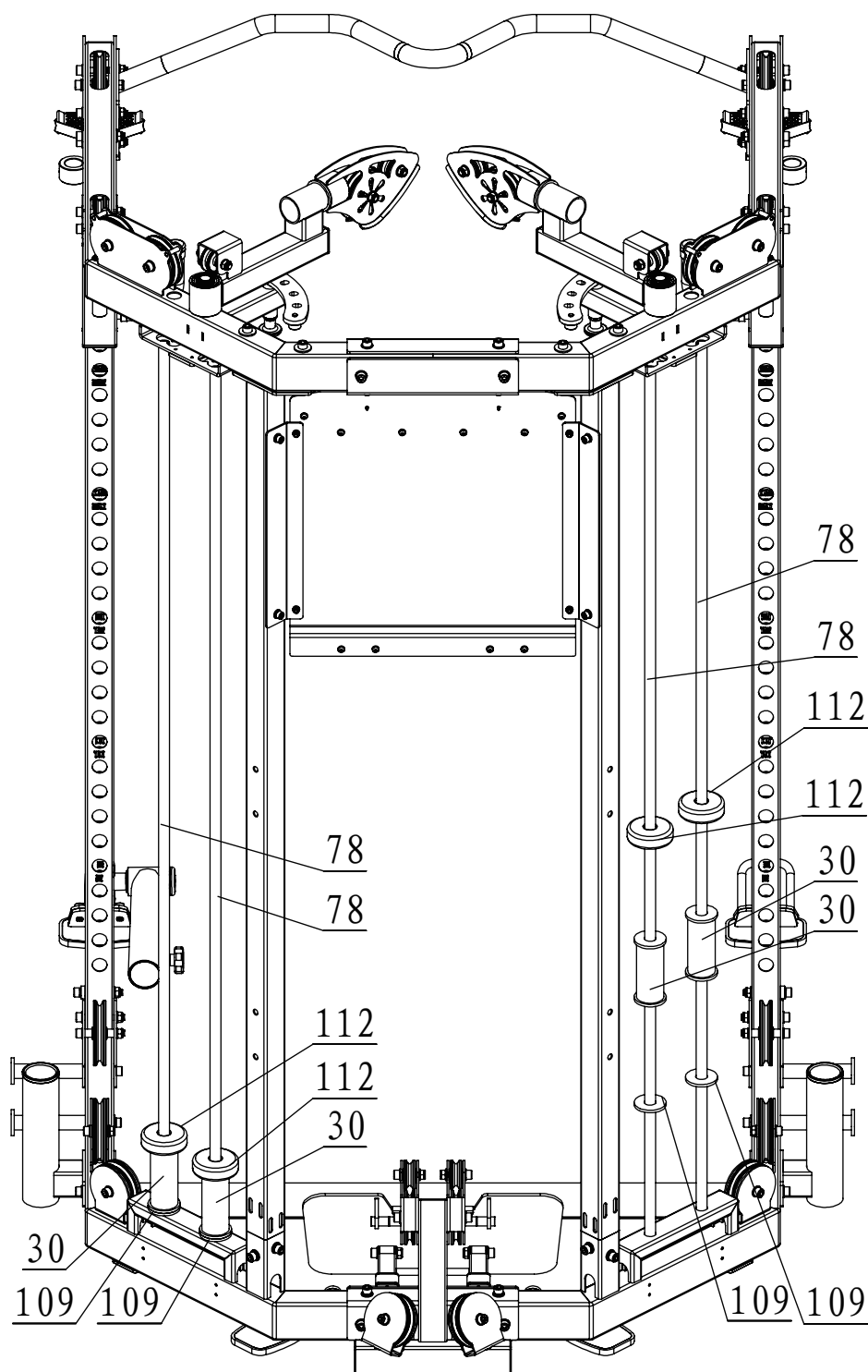
1. Install 2*(#17) on (#6) using: 4*(#129), 8*(#138), 4*(#155). Then tighten all the bolts;
2. Same way install 2*(#32) on (#7).



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
6	Left Back Upright Frame		1
7	Right Back Upright Frame		1
17	Left Barbell Stand		2
32	Right Barbell Stand		2
129	Hex Socket-head Bolt	M10*75	8
138	Flat Washer	Φ11*Φ20*2	16
155	Nut	M10	8

STEP 12-1.

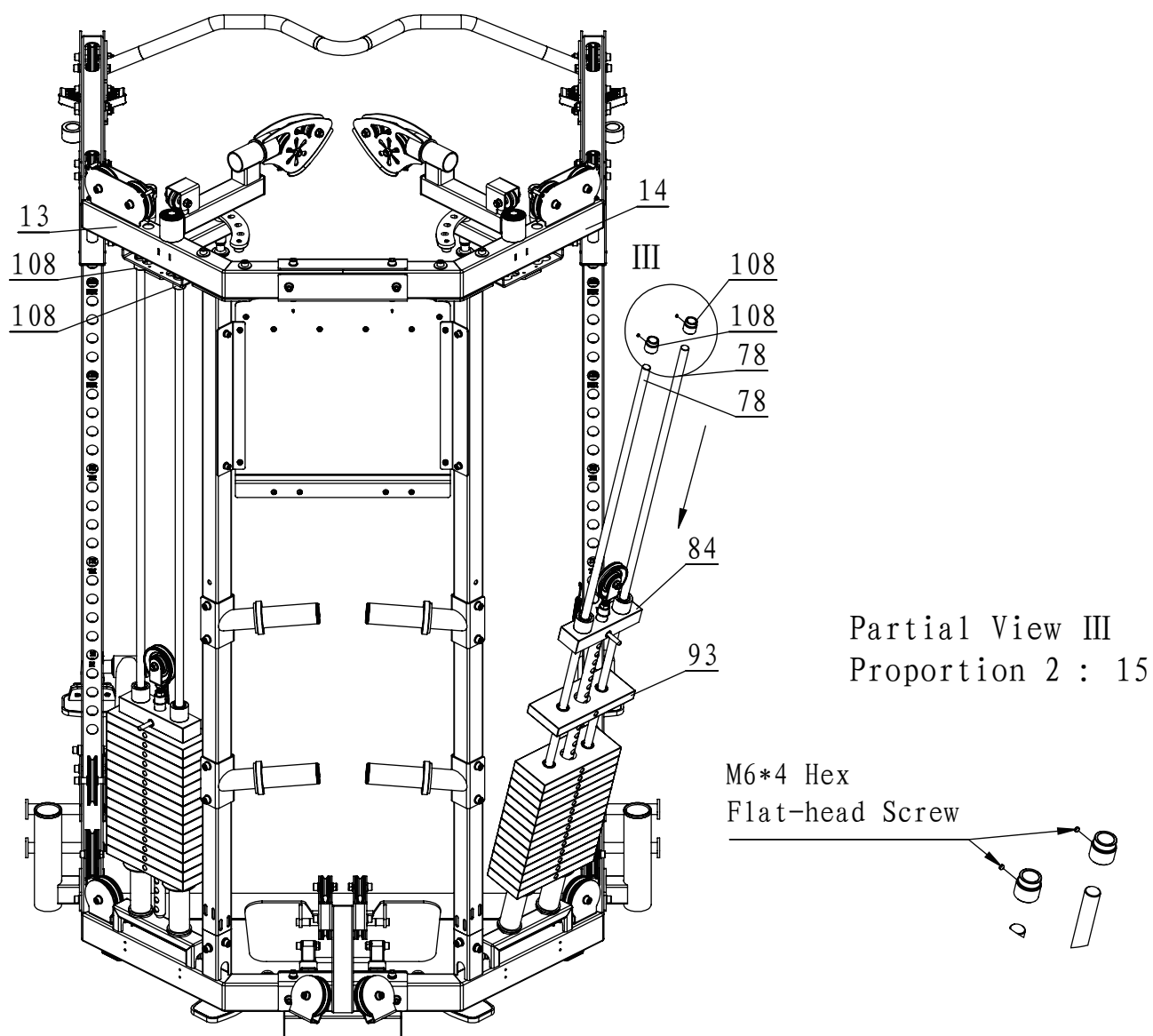
1. Put 4*(#109), 4*(#30) and 4*(#112) through 4*(#78) respectively;
2. Install 4*(#78) to the illustrated position respectively;



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
30	Support Frame Of Weight Stack		4
78	Guide-rod	Φ19*1768	4
109	Bumper	Φ56*Φ20.5*5	4
112	Bumper	Φ80*25	4

STEP 12-2.

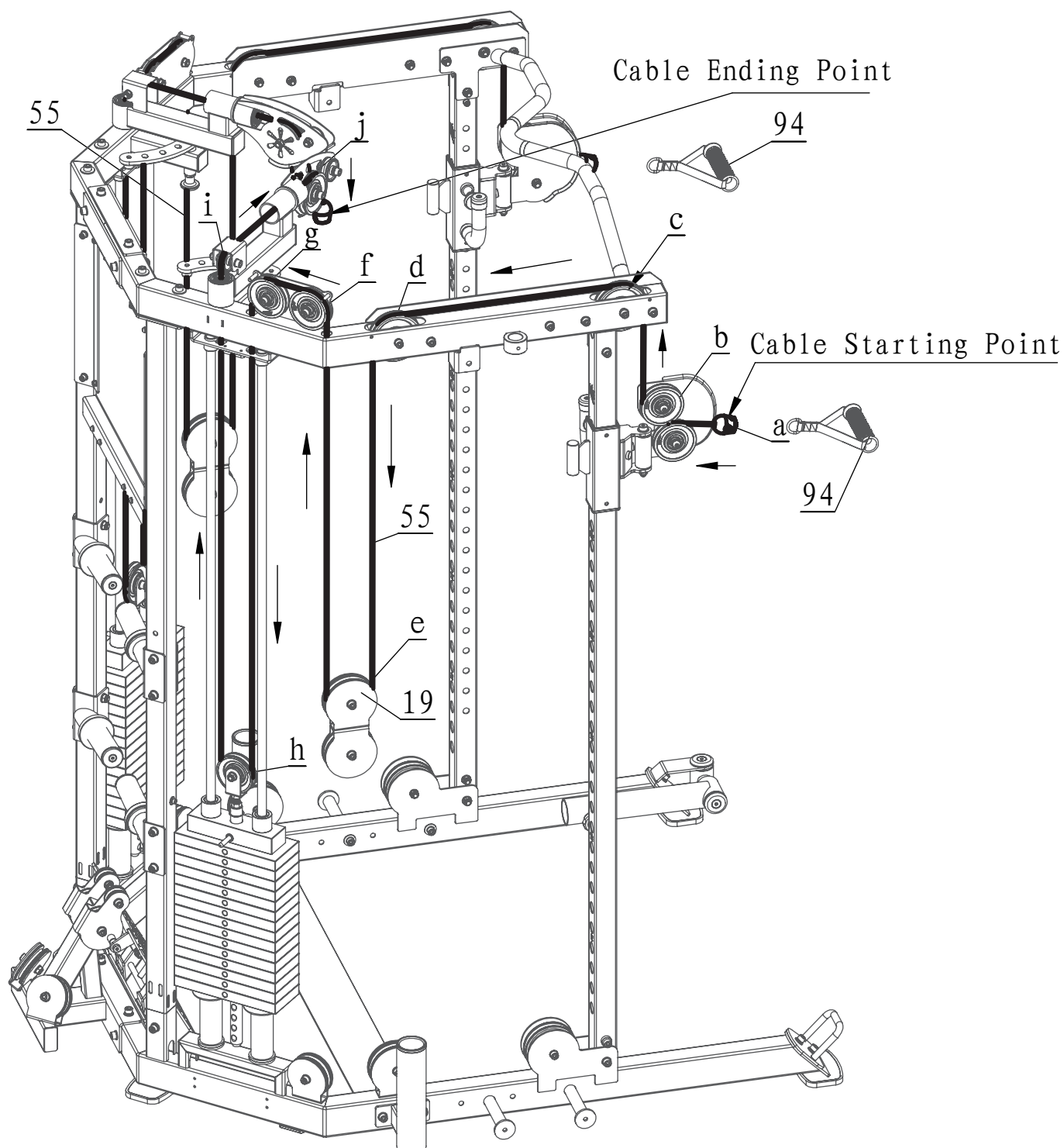
1. Inclined the guide-rod, put 15*(#93) from top to down through (#78), then install (#84) on (#78); As shown in the diagram III, remove (M6*4 hex flat-head screw) from 2*(#108), then fixed (#78) to (#14) using 2*(#108), finally put (M6*4 hex flat-head screw) back onto (#108) and tighten all the bolts; (After installation, ensure that the weight stack and top plate slide smoothly on the guide-rod)
2. Same way install 15*(#93), (#84) and 2*(#108) on (#13).

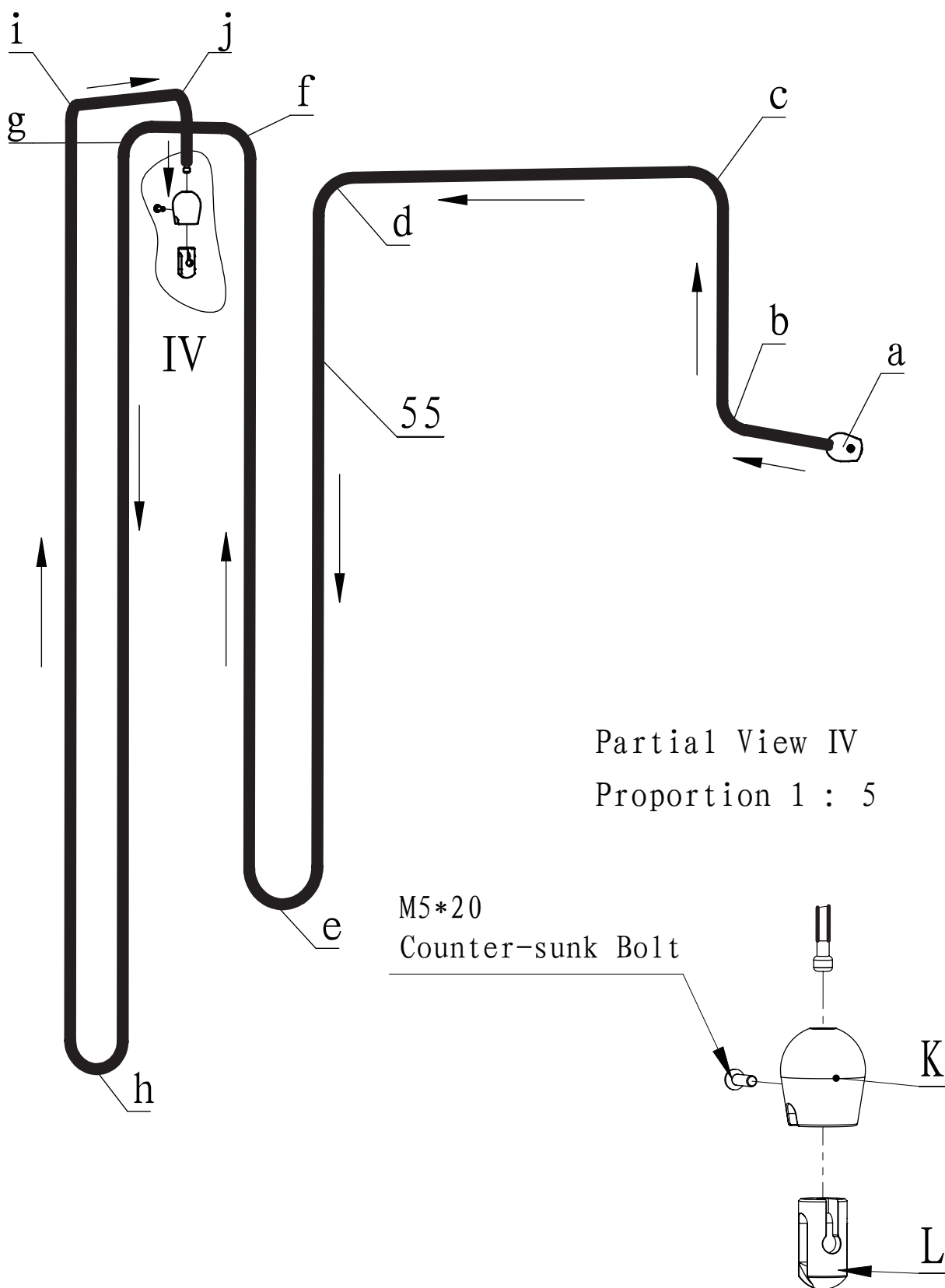


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
13	Upper Left Connection Frame		1
14	Upper Right Connection Frame		1
78	Guide-rod	Φ19*1768	4
84	Top Plate		2
93	10LBS Weight Stack	252*101.6*25.4	30
108	Guide-rod Sleeve	Φ30*Φ20.2*30	4

STEP 13.

1. Set aside 2*(#19) for later use, remove the end of (#55) according to diagram IV by unscrewing the M5*20 countersunk bolt and cable accessories K and L. Then, thread the steel cable through the designated positions shown in diagram a, b, c, d, e, f, j on the right side of the product in sequence. Finally, reassemble the cable accessories K and L along with the M5*20 countersunk bolt as diagram;
2. Same way install another (#55) on the left side of the the product.

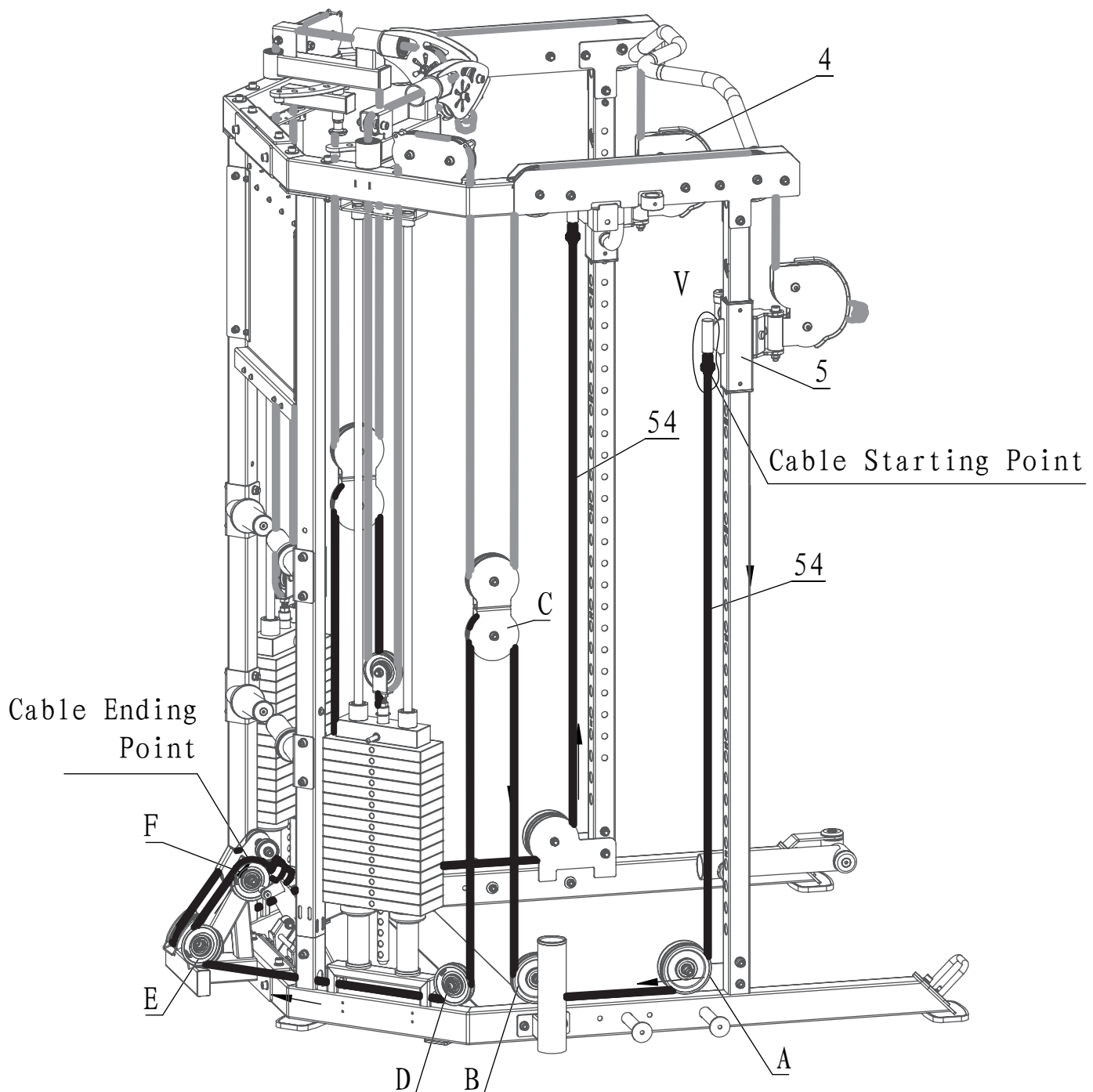




NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
19	Double Pulley Frame		2
55	Upper Cable	$\Phi 5 \times 6450$	2
94	Handle	$\Phi 40 \times \Phi 33 \times 187$	2

STEP 14.

1. Remove the end of (#54) according to diagram VI by unscrewing the (M5*20 countersunk bolt) and cable accessories M and N;
2. Install (#54) one end of the hollow bolt on (#5) using (#159) to tighten;
3. Thread (#54) through the designated positions shown in diagram A, B, C, D, E, F on the right side of the product in sequence. Finally, reassemble the cable accessories M and N along with the (M5*20 countersunk bolt) as diagram;
4. Same way install another (#54) on the left side of the the product;
5. Cable adjustment: If the cable is too long, adjust by tightening the pulley bracket bolt appropriately;
if the steel cable is too short, adjust by loosening the bolt appropriately.

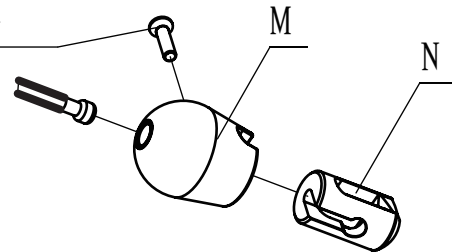


Partial View VI

Proportion 1 : 6

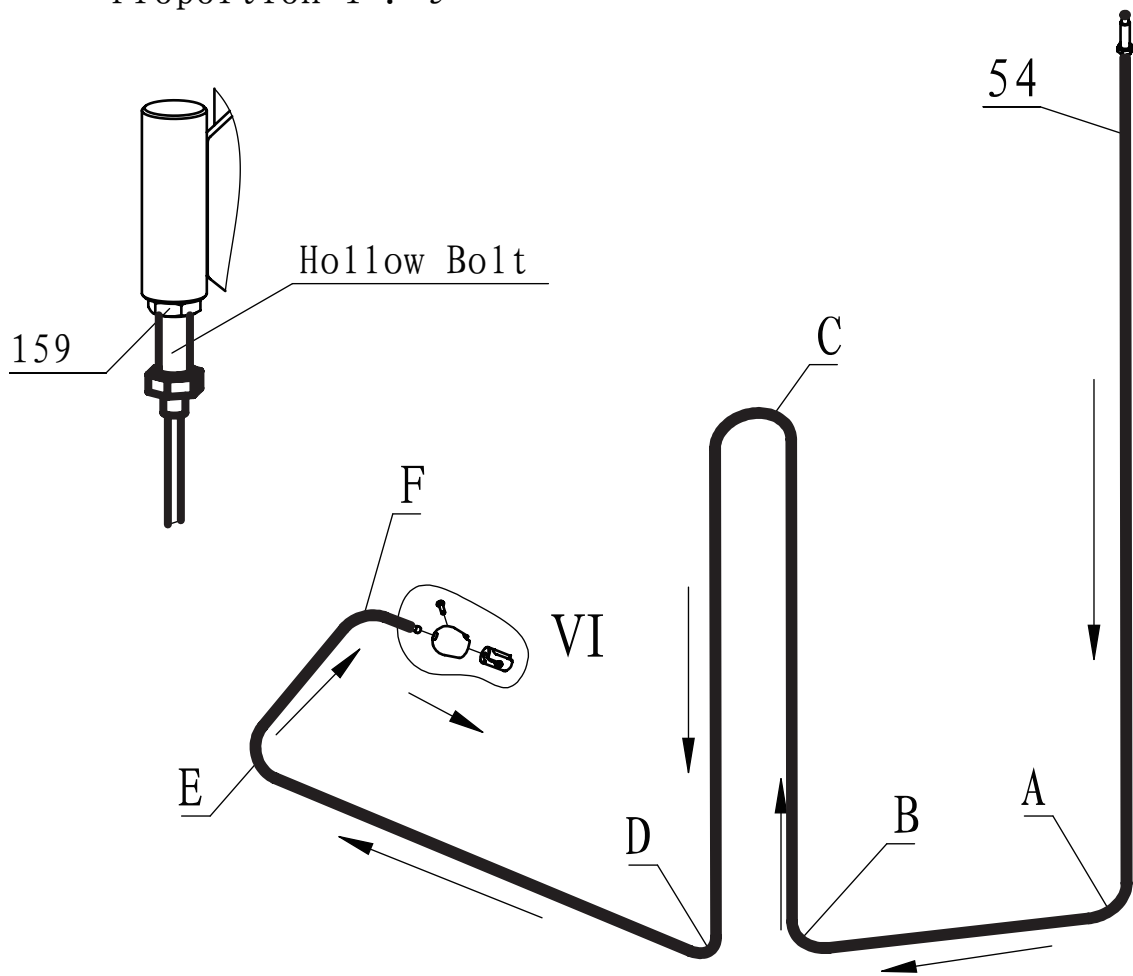
M5*20

Counter-sunk Bolt



Partial View V

Proportion 1 : 5

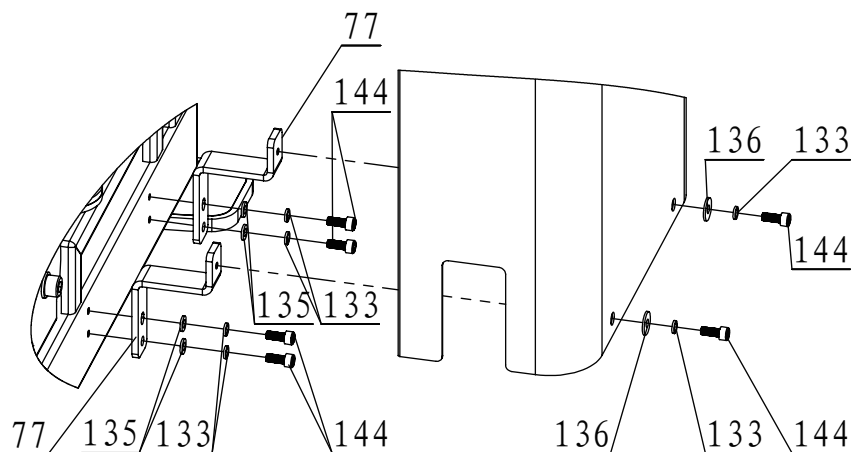


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
4	Left Adjustable Frame		1
5	Right Adjustable Frame		1
54	Lower Cable	Φ5*4815	2
159	Thin Nut	M12	2

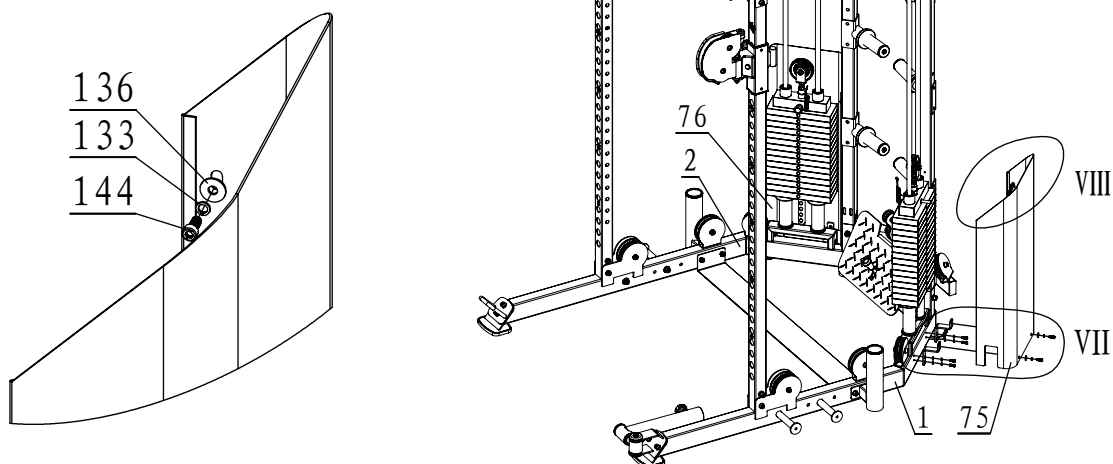
STEP 15.

1. Install 2*(#77) on (#1) using: 4*(#144), 4*(#135), 4*(#133). Do not tighten the bolts yet;
2. Install (#75) on (#77) using: 2*(#144), 2*(#136), 2*(#133). Then tighten all the bolts;
3. Install (#75) on the left of the product.
4. Same way install 2*(#77) and (#76) on the right of the product.

Partial View VII
Proportion 1 : 6



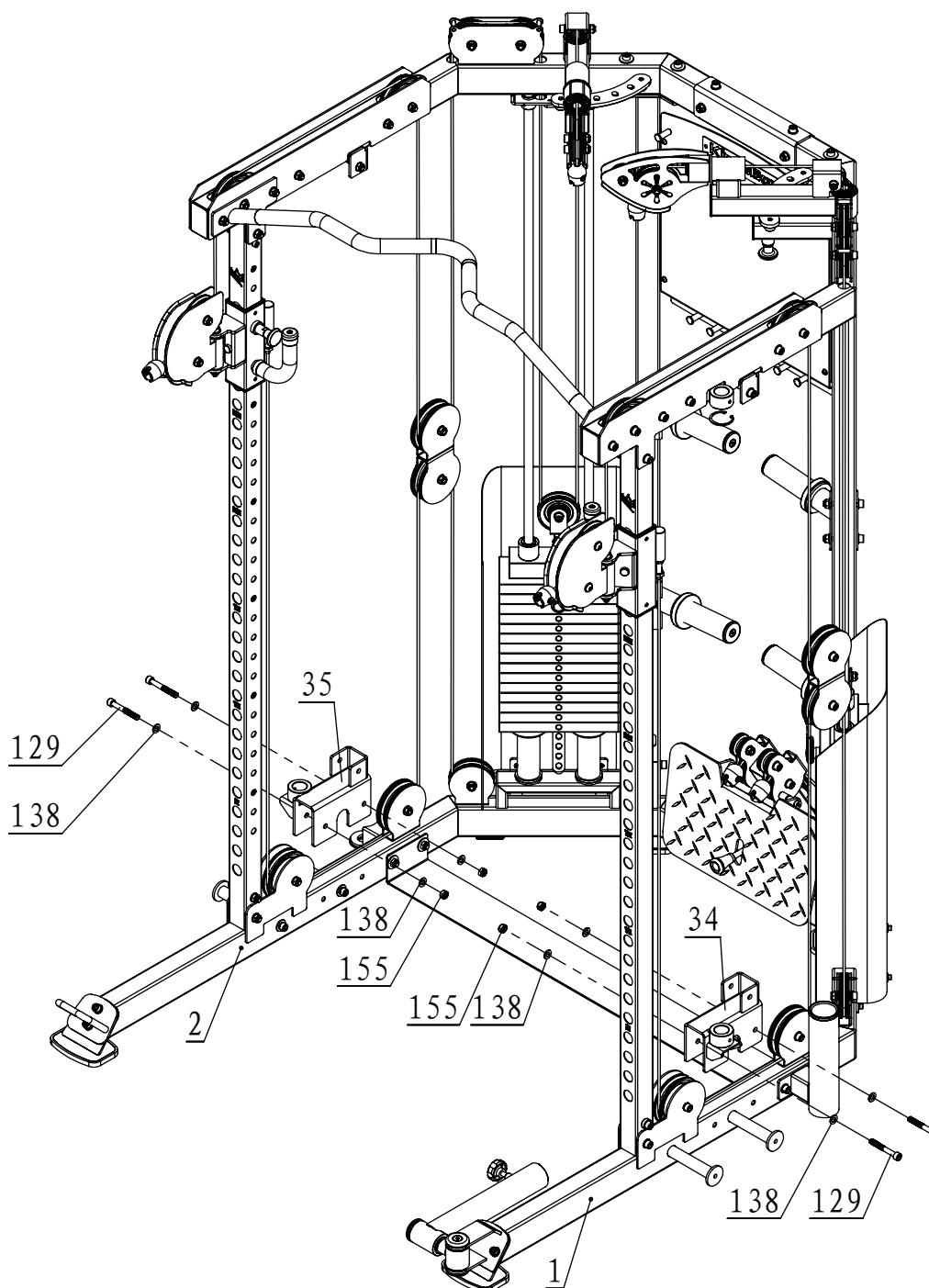
Partial View VIII
Proportion 1 : 6



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
75	Left Lower Shroud	780*325*150*1.5	1
76	Right Lower Shroud	780*325*150*1.5	1
77	Shroud Fixing Plate	25*63.5*100*5	4
133	Spring Washer	Φ6	14
135	Flat Washer	Φ6.6*Φ12*1.6	8
136	Big Washer	Φ6.6*Φ18*1.6	6
144	Hex Socket-head Bolt	M6*15	14

STEP 16.

Install (#34) and (#35) to the illustrated position respectively using: 4*(#129), 8*(#138), 4*(#155). Do not tighten the bolts yet;

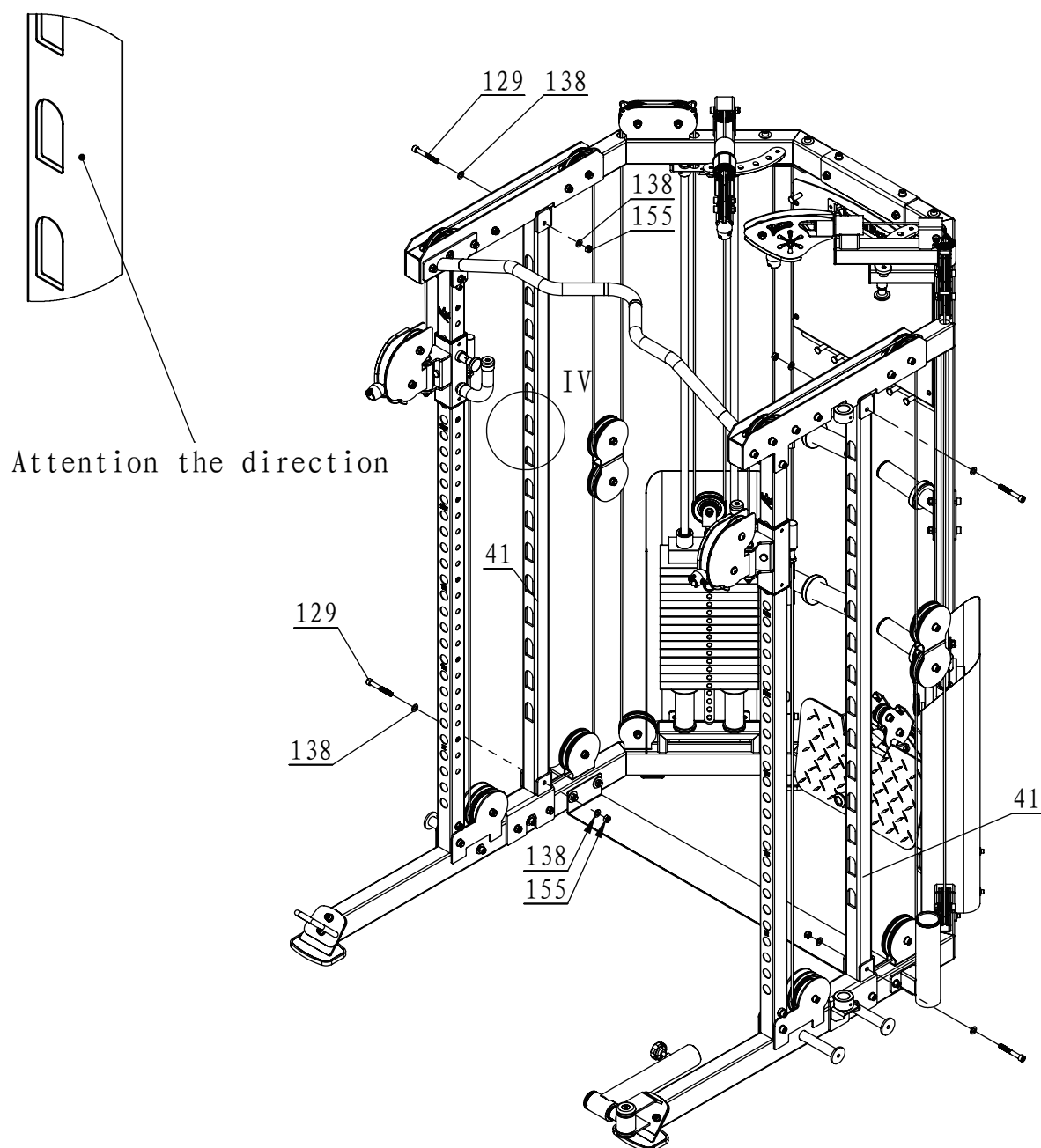


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
1	Left Base Tube		1
2	Right Base Tube		1
34	Left Fix Frame		1
35	Right Fix Frame		1
129	Hex Socket-head Bolt	M10*75	4
138	Flat Washer	Φ11*Φ20*2	8
155	Nut	M10	4

STEP 17.

Install 2*(#41) to the illustrated position respectively using: 4*(#129), 8*(#138), 4*(#155). Attention the direction of the (#41) and do not tighten the bolts yet;

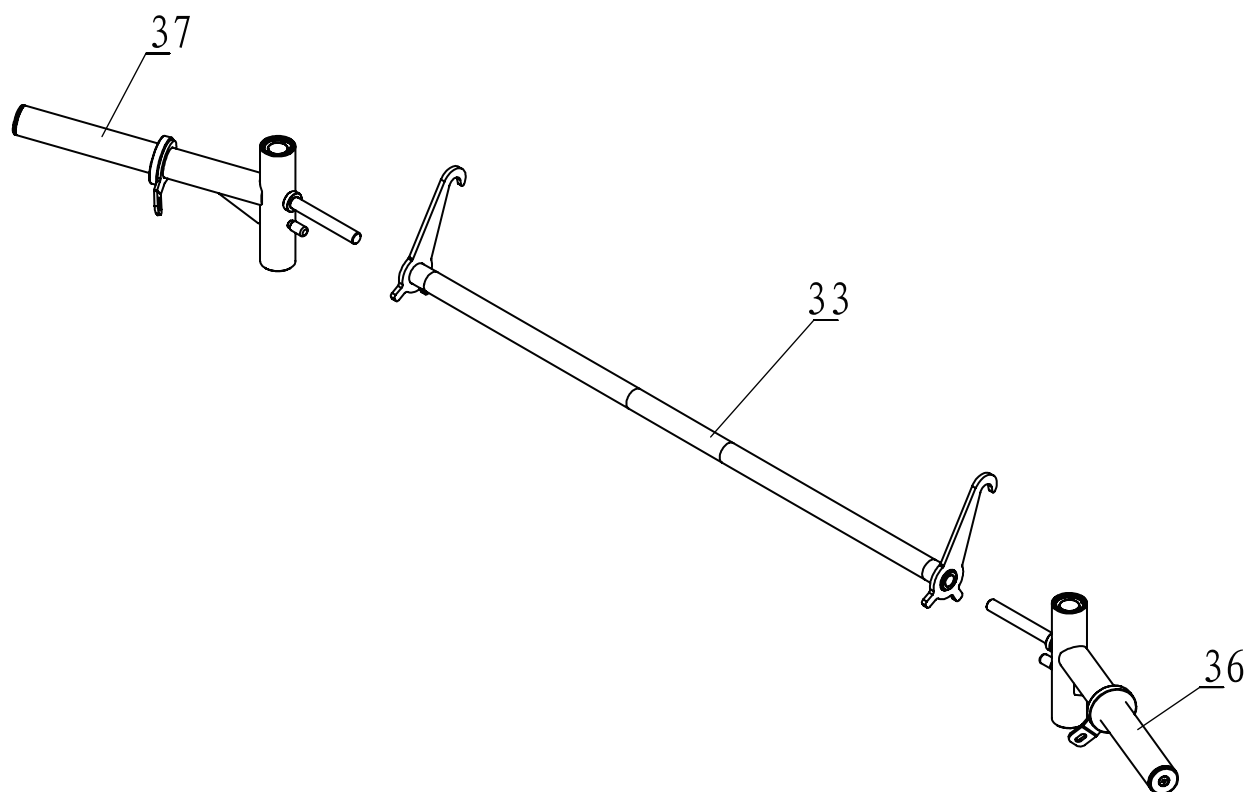
Partial View IV
Proportion 2 : 15



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
41	Hook Pipe	F50*5*1806	2
129	Hex Socket-head Bolt	M10*75	4
138	Flat Washer	Φ11*Φ20*2	8
155	Nut	M10	4

STEP 18.

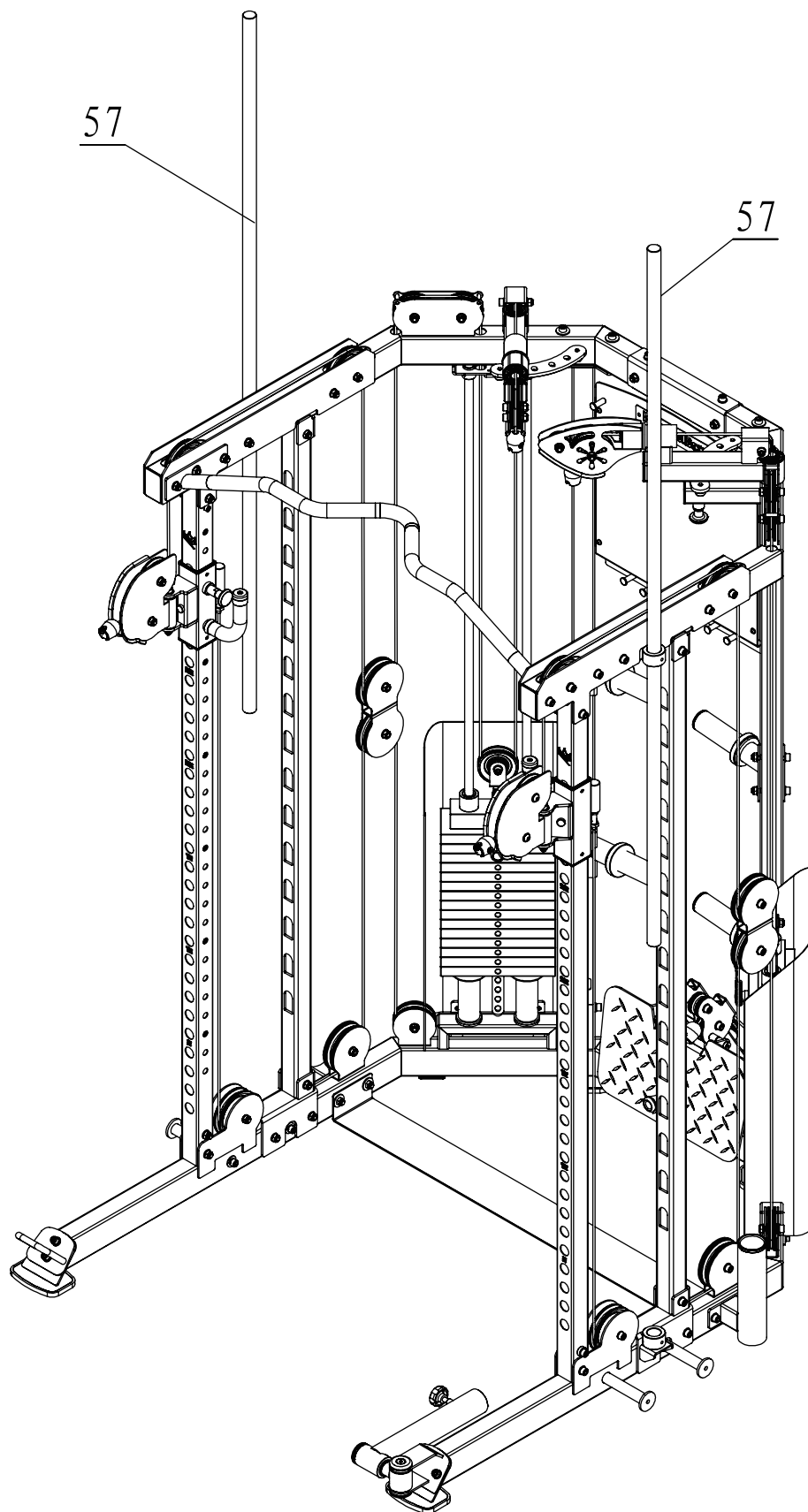
Attach (#36) and (#37) to (#33) both ends(Pay attention to the installation direction, do not install the reverse).



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
33	Pull Up Bar		1
36	Left Sliding Frame		1
37	Right Sliding Frame		1

STEP 19-1.

Install 2*(#57) from top to bottom in the indicated position of the product;

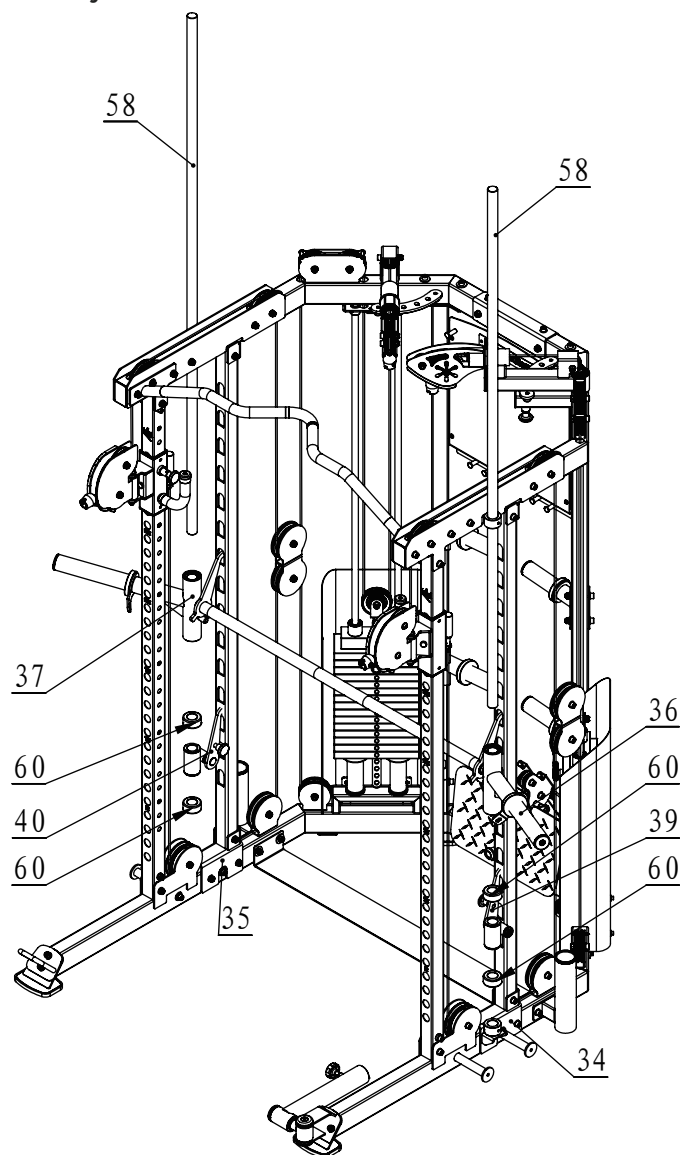


NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
57	Smith Bar	Φ30*1870	2

STEP 19-2.

(Note that this step operation, turn guide-rod, slowly through in order to prevent the internal bearingball fall off, up and down sliding components after the installation is complete, make them smoothsliding on guide-rod.

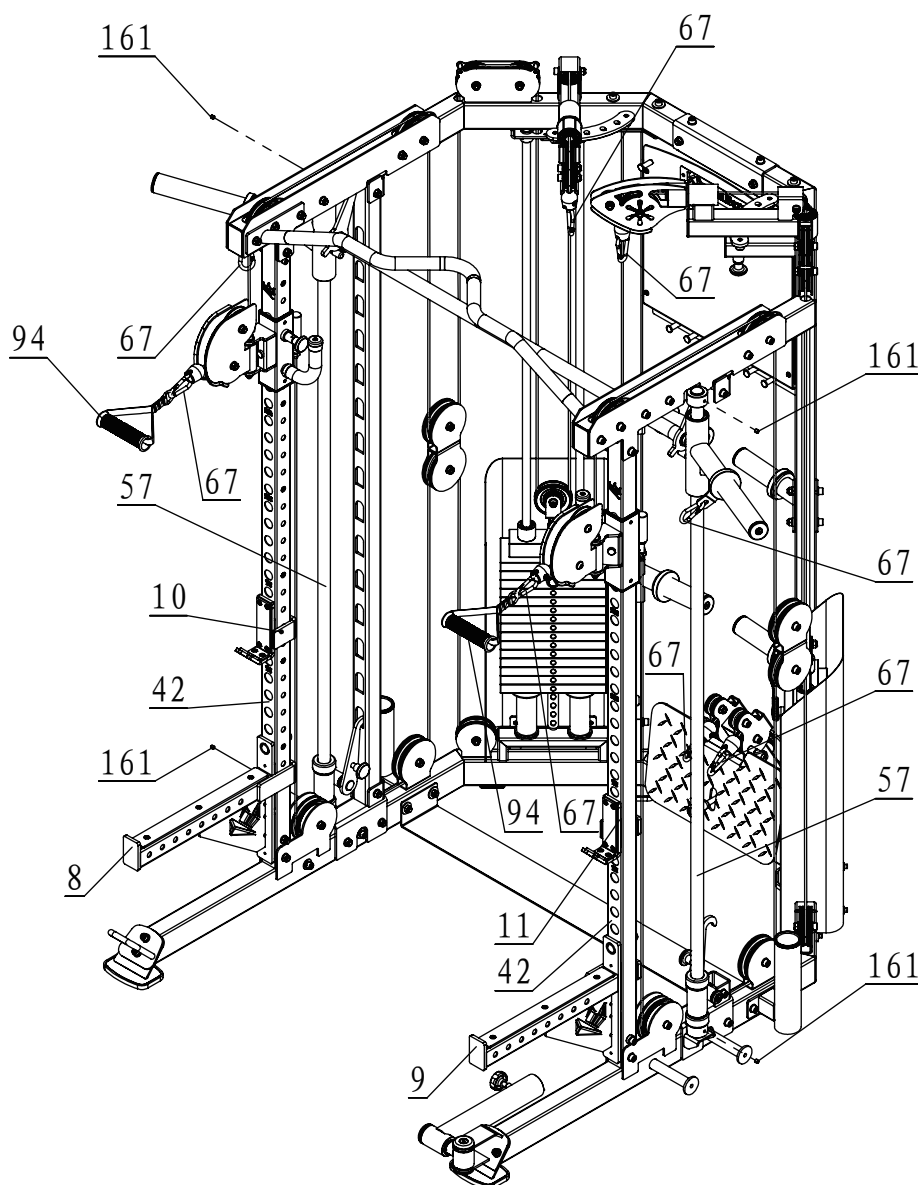
1. As shown in the diagram, install (#58) from top to bottom through (#36), (#60), (#39), (#60) in turn, finally thread onto (#34).
2. As shown in the diagram, install (#58) from top to bottom through (#37), (#60), (#40), (#60) in turn, finally thread onto (#35).



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
34	Left Fix Frame		1
35	Right Fix Frame		1
36	Left Sliding Frame		1
37	Right Sliding Frame		1
39	Left Safety Hook		1
40	Right Safety Hook		1
58	Bushing	Φ30*1870	2
60	End Cap	Φ55*Φ30.5*25	4

STEP 20.

1. Install 2*(#57) to the product using: 4*(#161).
2. Install 8*(#67) to the illustrated position respectively, then install 2*(#94) to the illustrated position respectively.
3. Install (#10), (#11), (#8), (#9) to (#42).
4. 拧紧整台机器的螺栓并检查是否组装到位.



NO.	ENGLISH DESCRIPTION	SPECIFICATION	Q'T
8	Right Spotter Arm		1
9	Left Spotter Arm		1
10	Right J-hook		1
11	Left J-hook		1
42	Vertical Tube	F50*2*1838.50	2
57	Smith Bar	Φ30*1870	2
67	Safety Hook	Φ8*80	8
94	Handle	Φ40*Φ33*187	2
161	Set Screw	M8*8	4

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 properly.

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 bolt 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.

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 cardio vascular exercise can help prepare your body for the heavier work load 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 lay off, 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.

