

# IF9330

## DUAL ADJUSTABLE PULLEY

### OWNER'S MANUAL

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22M

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

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## CAUTION!

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

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Please assemble according to the actual **Weights and Shroud** you buy !

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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:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

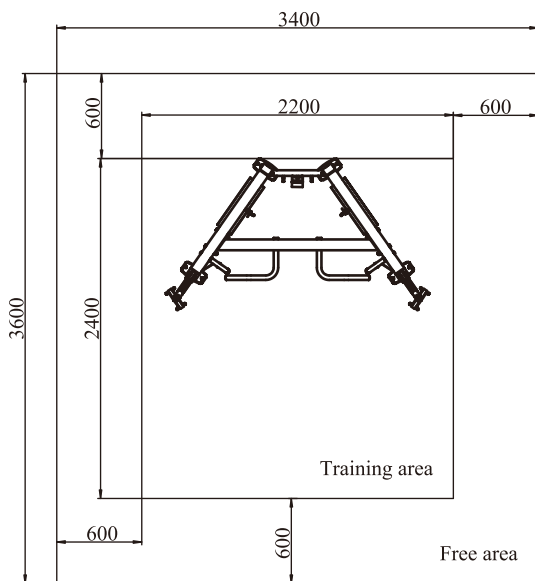
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 134kg/ 295lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1642\*885\*2269mm

Product Total Surface: 2200\*2400mm

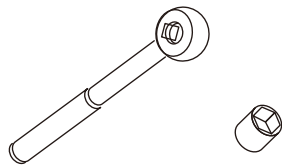
Product Total Mass (Full Shroud): 163.8kg/ 361lbs

# Instructions

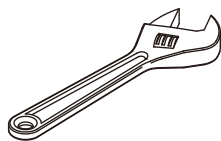
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

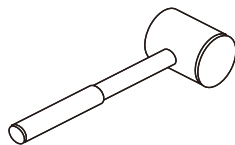
## Tools Required



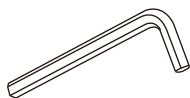
Ratchet Wrench and Socket



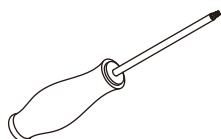
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

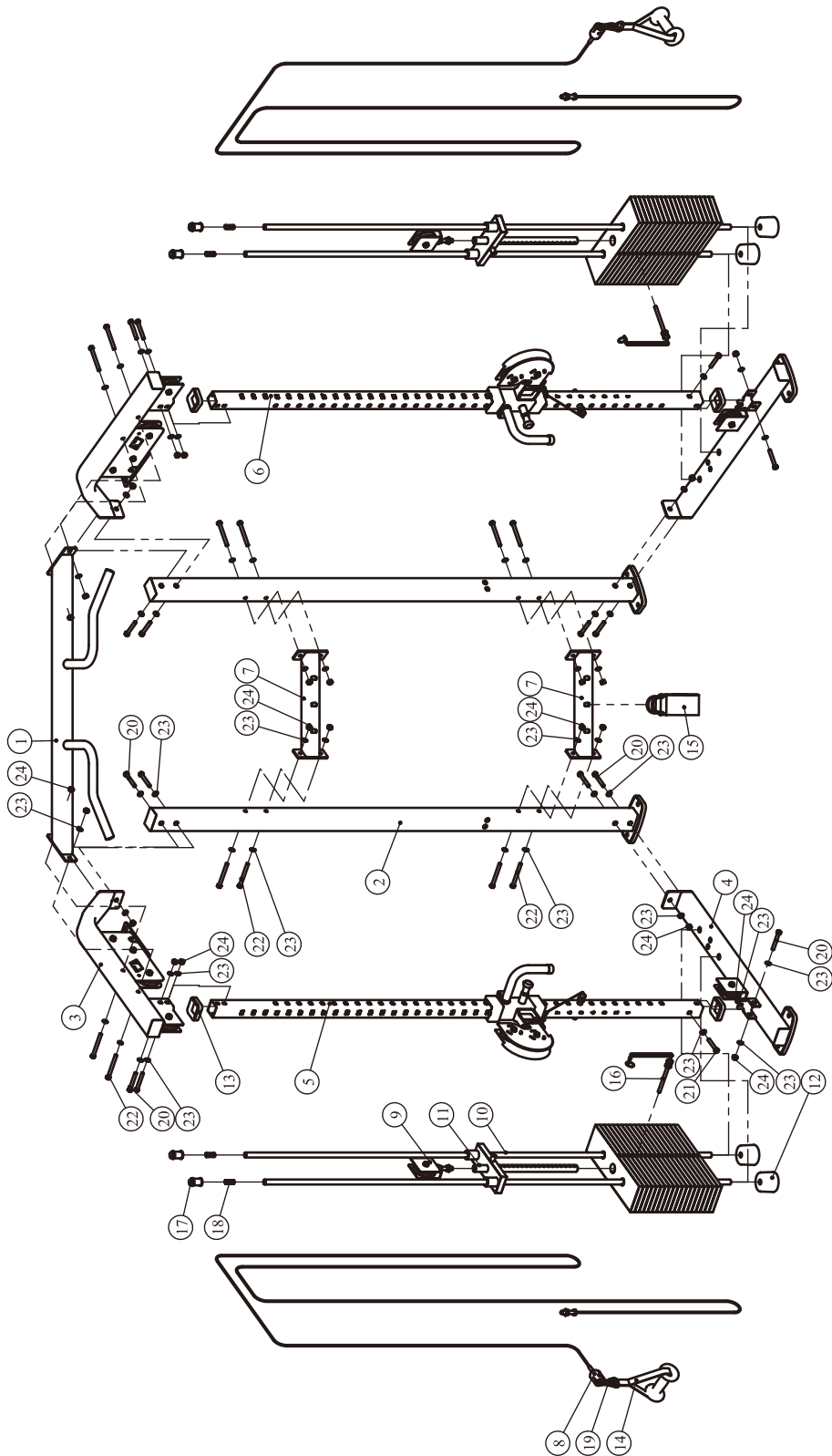
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	IF933001ASSY	Chin-up Frame ASSY	1
2	IF933002ASSY	Upright Frame ASSY	1
3	IF933003ASSY	Top Connecting Frame ASSY	2
4	IF933004ASSY	Bottom Connection Frame ASSY	2
5	IF933005ASSY	Right Adjustment Frame ASSY	1
6	IF933006ASSY	Left Adjustment Frame ASSY	1
7	IF933007ASSY	Rear Connection Frame ASSY	2
8	IF93305600	Cable ASSY	2
9	ES200018ASSY	Pulley Bracket ASSY	2
10	S2FT3000	Guide Rod $\Phi 19*2030$	4
11	IT95014200	Top Plate	2
12	IN-D10132900	Weight Rubber Bumper $\Phi 76*60$	4
13	IF93272100	Stop Rubber Bumper $70*70*15$	4
14	IT95255200	D-Strap	2
15	V310800	Leg EXT/Curl Strap	1
16	IT90012000V1	Selector Pin W/Coil	2
17	IT95016100	Guide Rod Fixing Sleeve	4
18	HFOPT900-04A0602	Spring $\Phi 15.5*\Phi 1.5*36$	4
19	HLG8DS2	Gear Hook	2
20	GB5780M10*75DS20	Hex Head Bolt M10*75	14
21	GB5780M10*70DS20	Hex Head Bolt M10*70	2
22	GB5780M10*100DS20	Hex Head Bolt M10*100	12
23	GB9510DS20	Flat Washer $\Phi 11*\Phi 20*2$	52
24	NM10DS2	Nylon Lock Nut M10	24
25	IF9330KBQ0100	Full Shroud	4
26	IF9330KBQ02ASSY	Cover Holder ASSY	4
27	IF9330KBX0100	Half Shroud 1	2
28	IF9330KBX0200	Half Shroud 2	2
29	IF9330KBX0300	Connecting Plate	2
30	IF9330KBX04ASSY	Support Plate ASSY	2
31	PNLM8*25DS20	BHCS M8*25	8
32	GB818M6*20*20N19	CRPHS M6*20	16
33	GB818M6*16DS2	CRPHS M6*16	4
34	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	4
35	NM6DS2	Nylon Lock Nut M6	4
36	NBS0.188DHS	Hex Key S=3/16"	1
37	LW200BS	Wrench $\Phi 6*117$	1
38	NBS5DHS	Hex Key S=5	1
39	YHY	Lube	1

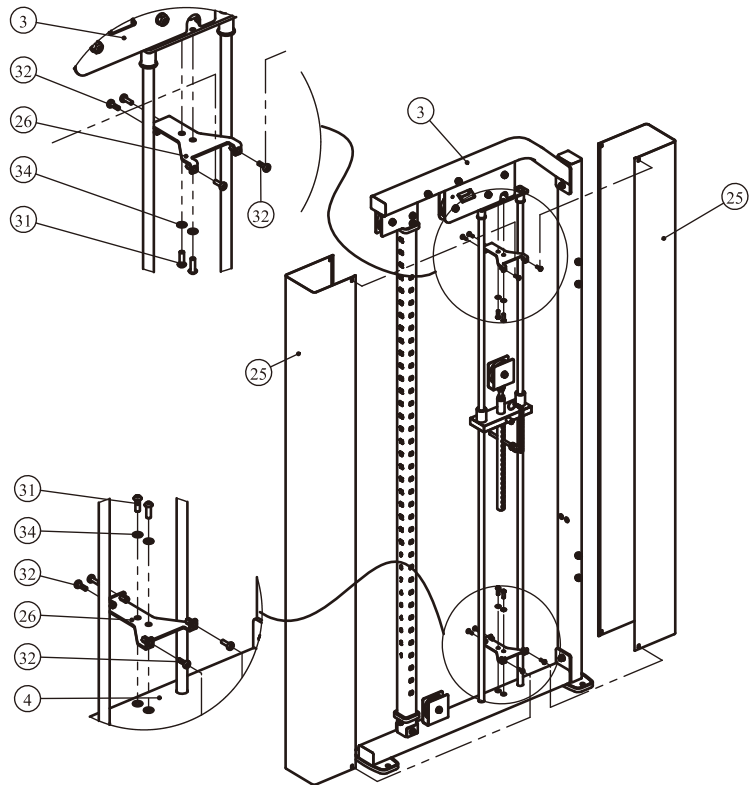
# Exploded View and Parts List

## Overall

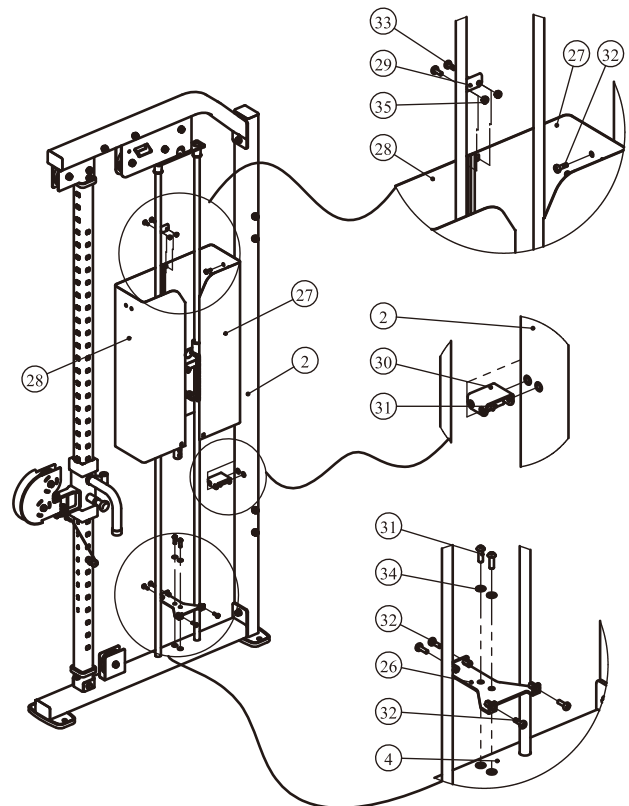


# Exploded View and Parts List

## Full Shroud



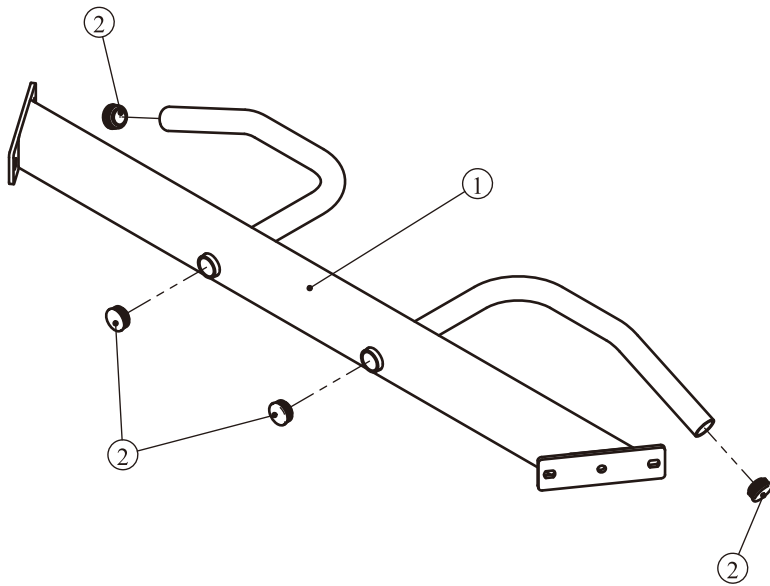
## Half Shroud



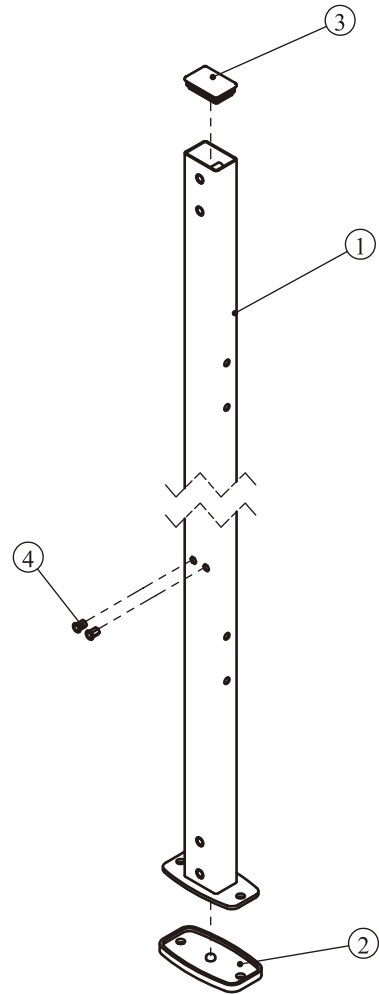


# Exploded View and Parts List

## Chin-Up Frame ASSY



## Upright Frame ASSY



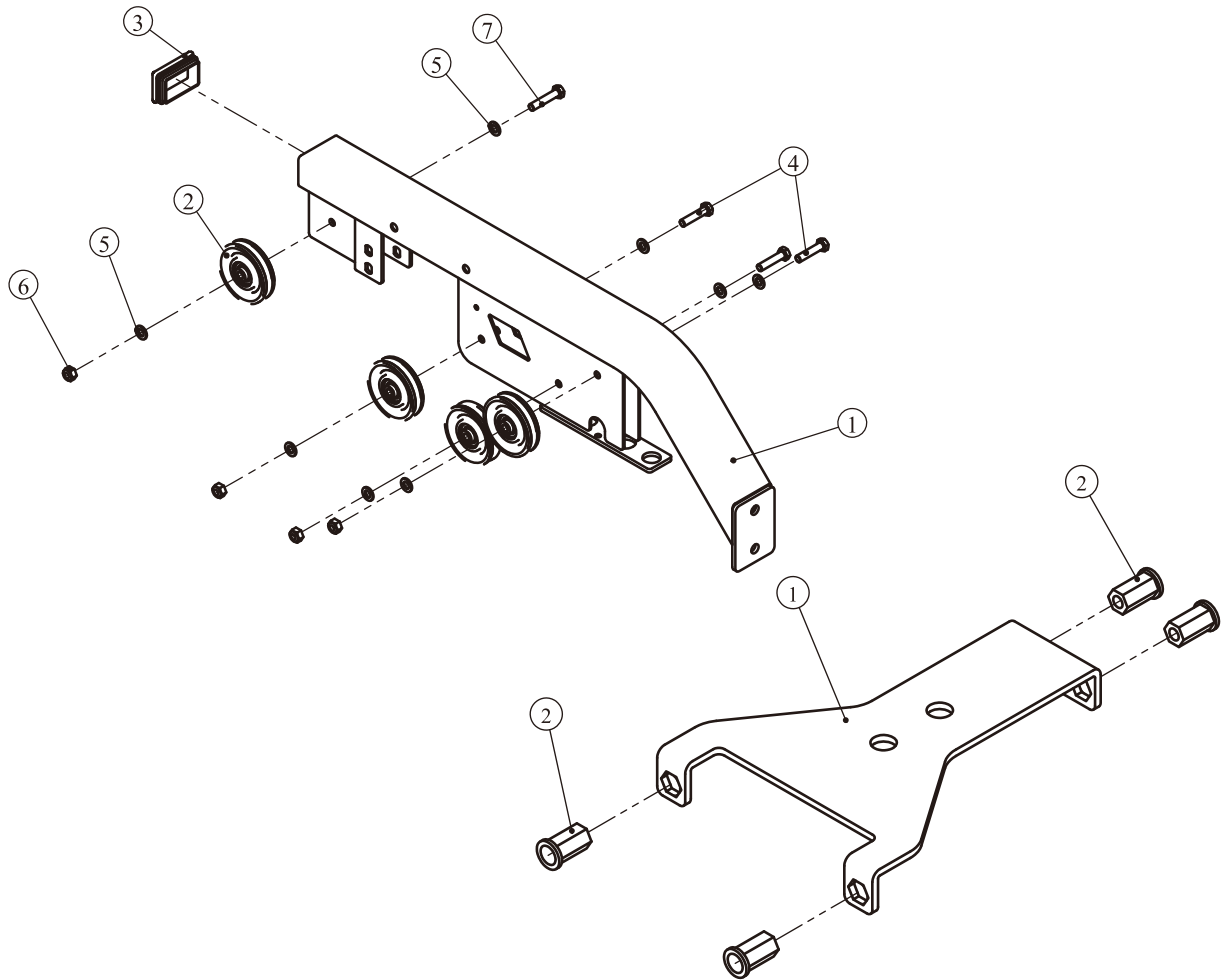
Item No.	Grade No.	Part No.	Description	QTY
1	1.1	IF93300100	Chin-up Frame	1
2	1.2	BNH0573	Plug $\Phi 32$	4

Item No.	Grade No.	Part No.	Description	QTY
1	2.1	IF93300200	Upright Frame	1
2	2.2	BS81223100	Foot Plate	1
3	2.3	KPSFID2800	Plug $\square 50.8 \times 76.2$	1
4	2.4	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

# Exploded View and Parts List

## Top Connecting Frame ASSY

## Cover Holder ASSY

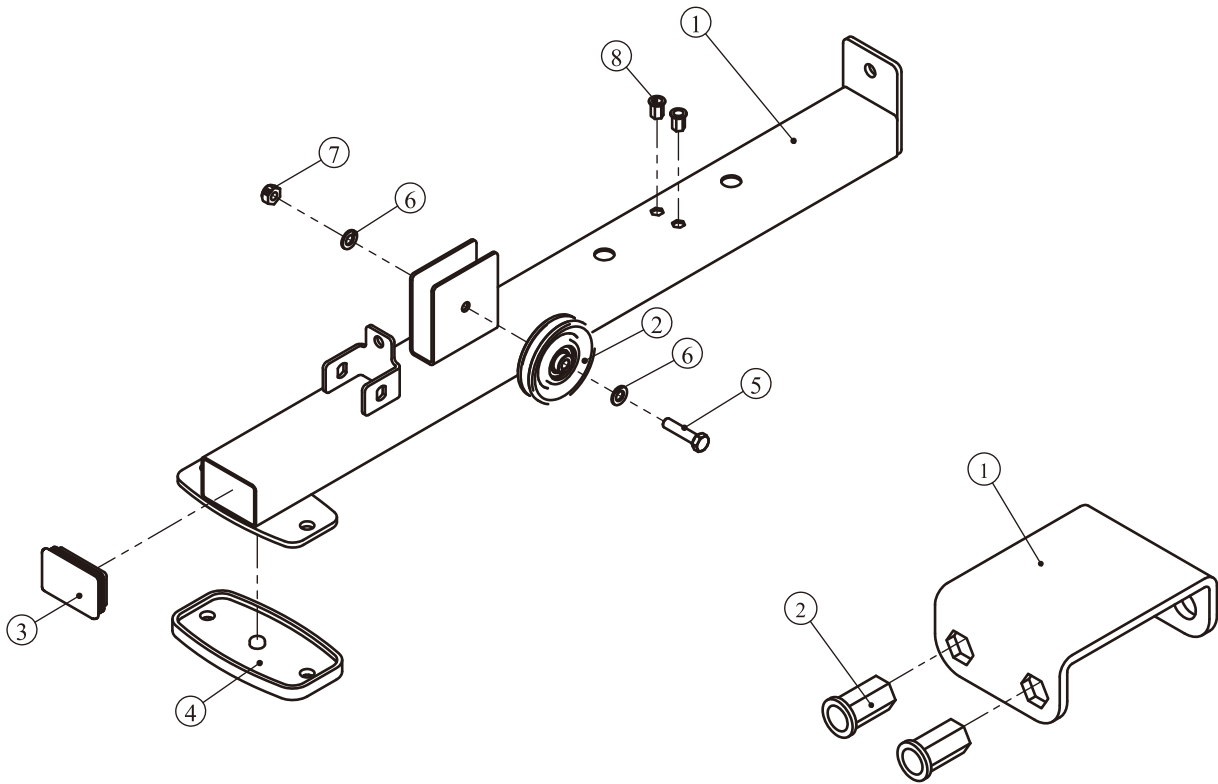


Item No.	Grade No.	Part No.	Description	QTY
1	3.1	IF93300300	Top Connecting Frame	1
2	3.2	M01004800V3	Pulleyφ89	4
3	3.3	KPSFID2800	Plug □50.8*76.2	1
4	3.4	GB5780M10*45DS20	Hex Head Bolt M10*45	3
5	3.5	GB9510DS20	Flat Washer Φ11*Φ20*2	8
6	3.6	NM10DS2	Nylon Lock Nut M10	4
7	3.7	GB5780M10*50DS20	Hex Head Bolt M10*50	1

Item No.	Grade No.	Part No.	Description	QTY
1	26.1	IF9330KBQ0200	Cover Holder	1
2	26.2	GB17880.5M6*16.5DS17	Rivet Nut M6	4

# Exploded View and Parts List

## Bottom Connection Frame ASSY      Support Plate ASSY

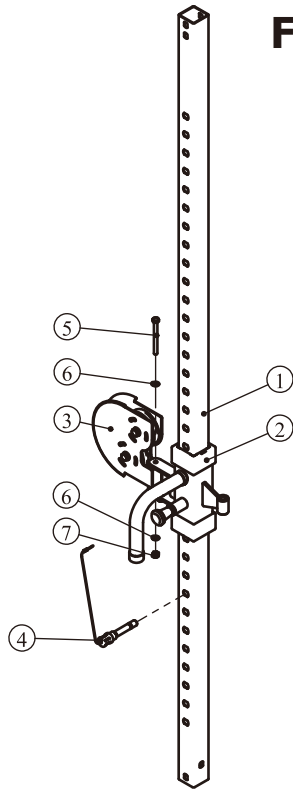


Item No.	Grade No.	Part No.	Description	QTY
1	4.1	IF93300400	Bottom Connection Frame	1
2	4.2	M01004800V3	PulleyΦ89	1
3	4.3	KPSFID2800	Plug □50.8*76.2	1
4	4.4	BS81223100	Foot Plate	1
5	4.5	GB5780M10*45DS20	Hex Head Bolt M10*45	1
6	4.6	GB9510DS20	Flat Washer Φ11*Φ20*2	2
7	4.7	NM10DS2	Nylon Lock Nut M10	1
8	4.8	GB17880.5M8*16.5DCS17	Rivet Nut M8	2

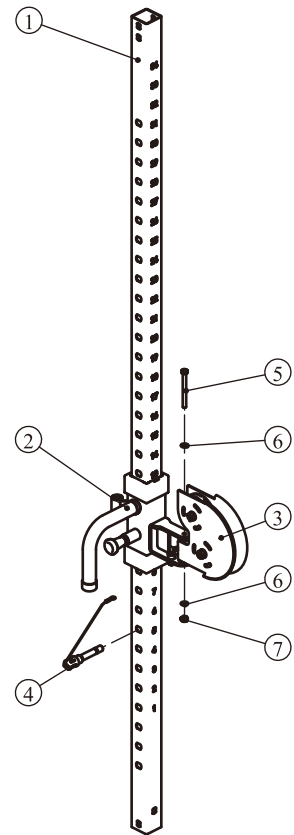
Item No.	Grade No.	Part No.	Description	QTY
1	30.1	IF9330KBX0400	Support Plate	1
2	30.2	GB17880.5M6*16.5DS17	Rivet Nut M6	2

# Exploded View and Parts List

## Right Adjustment Frame ASSY



## Left Adjustment Frame ASSY

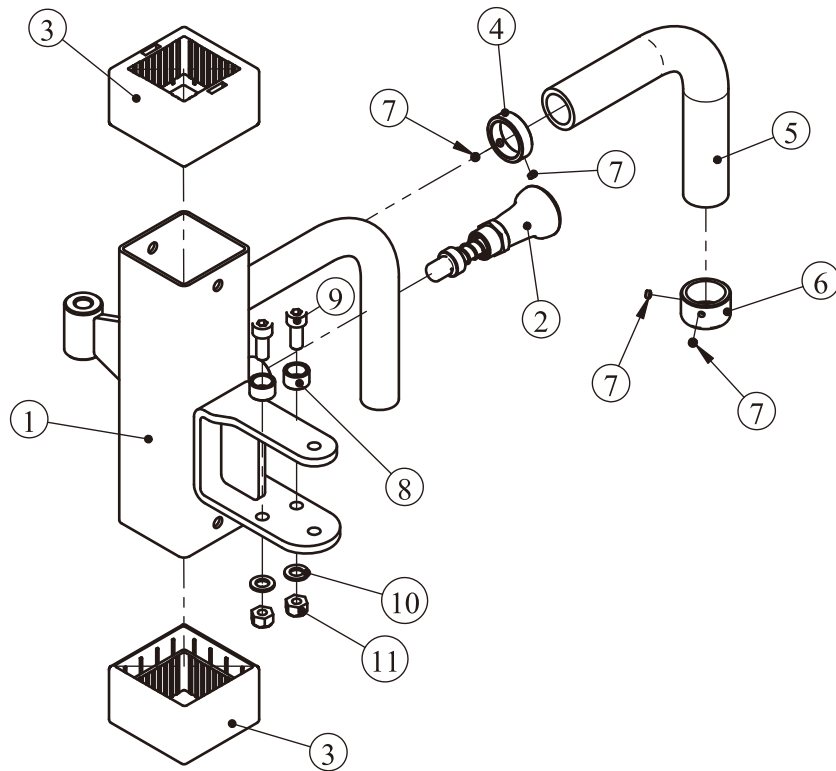


Item No.	Grade No.	Part No.	Description	QTY
1	5.1	IF93300500	Slip Tube	1
2	5.2	ES70300800ASSY	Slip Frame 1 Sub ASSY	1
3	5.3	IT952520V1ASSY	Double Pulley Frame ASSY	1
4	5.4	IF93272200ASSY	Safe Pin	1
5	5.5	GB5780M8*90DS20	Hex Head Bolt M8*90	1
6	5.6	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
7	5.7	NM8DS2	Nylon Lock Nut M8	1

Item No.	Grade No.	Part No.	Description	QTY
1	6.1	IF93300500	Slip Tube	1
2	6.2	ES70300900ASSY	Slip Frame 2 Sub ASSY	1
3	6.3	IT952520V1ASSY	Double Pulley Frame ASSY	1
4	6.4	IF93272200ASSY	Safe Pin	1
5	6.5	GB5780M8*90DS20	Hex Head Bolt M8*90	1
6	6.6	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
7	6.7	NM8DS2	Nylon Lock Nut M8	1

# Exploded View and Parts List

## Slip Frame 1 Sub ASSY

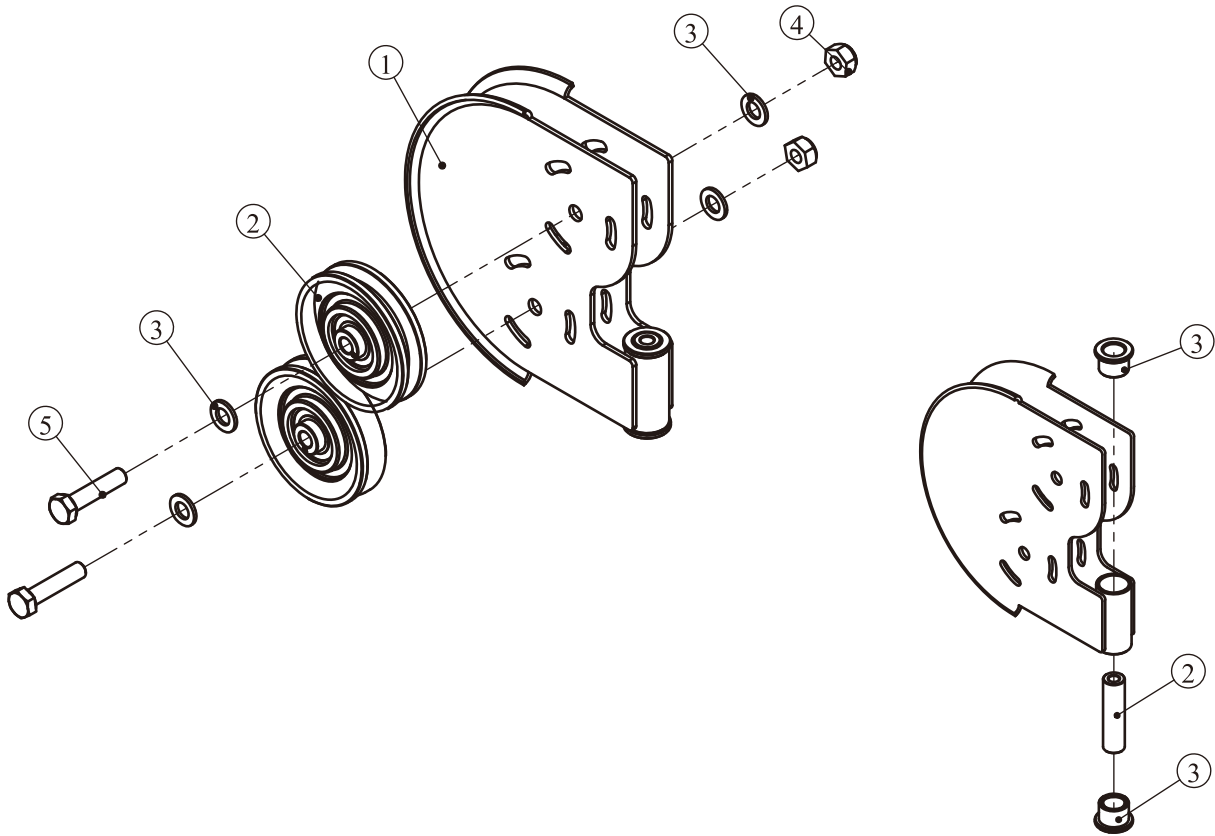


Item No.	Grade No.	Part No.	Description	QTY
1	5.2.1	ES70300800	Slip Frame 1	1
2	5.2.2	IT95251600	Spring Pin	1
3	5.2.3	KPSOB2100V1	Wear Sleeve	2
4	5.2.4	V39500	Collar $\Phi 25.4, AL$	1
5	5.2.5	C011PL2500	Grip	1
6	5.2.6	V39600	End Cap $\Phi 25.4, AL$	1
7	5.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
8	5.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9	5.2.9	GB70M8*20DS20	Hex Head Bolt M8*20	2
10	5.2.10	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11	5.2.11	NM8DS2	Nylon Lock Nut M8	2

# Exploded View and Parts List

## Double Pulley Frame ASSY

## Double Pulley Frame Sub ASSY

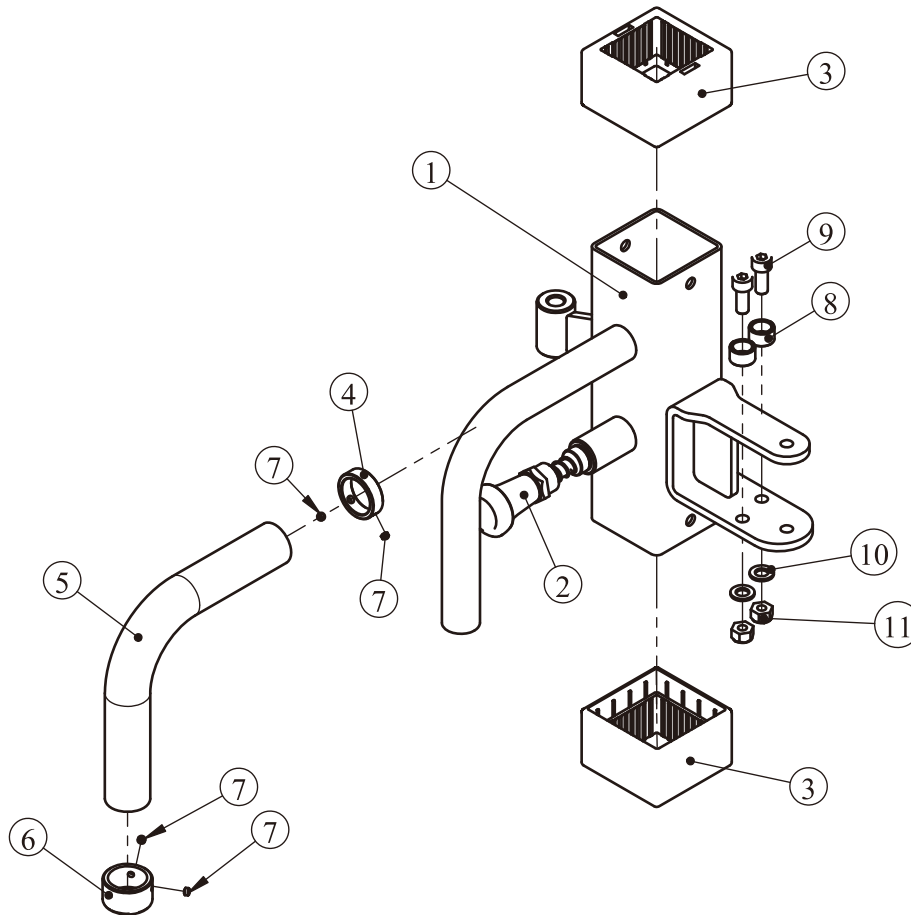


Item No.	Grade No.	Part No.	Description	QTY
1	5.3.1	IT95252000ASSY	Double Pulley Frame Sub ASSY	1
2	5.3.2	M01004800V3	Pulley $\Phi 89$	2
3	5.3.3	GB9510DS20	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
4	5.3.4	NM10DS2	Nylon Lock Nut M10	2
5	5.3.5	GB5780M10*45DS20	Hex Head Bolt M10*45	2

Item No.	Grade No.	Part No.	Description	QTY
1	5.3.1.1	IT95252000	Double Pulley Frame	1
2	5.3.1.2	IT95251800	Shaft $\Phi 16 * \Phi 8.5 * 62$	1
3	5.3.1.3	L1-6800	Bushing $\Phi 28 * \Phi 22 * \Phi 16 * 18$	2

# Exploded View and Parts List

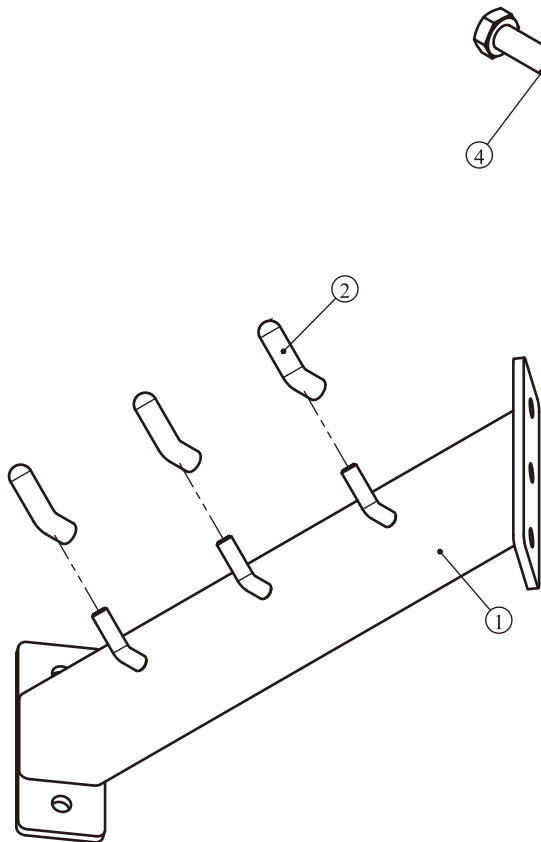
## Slip Frame 2 Sub ASSY



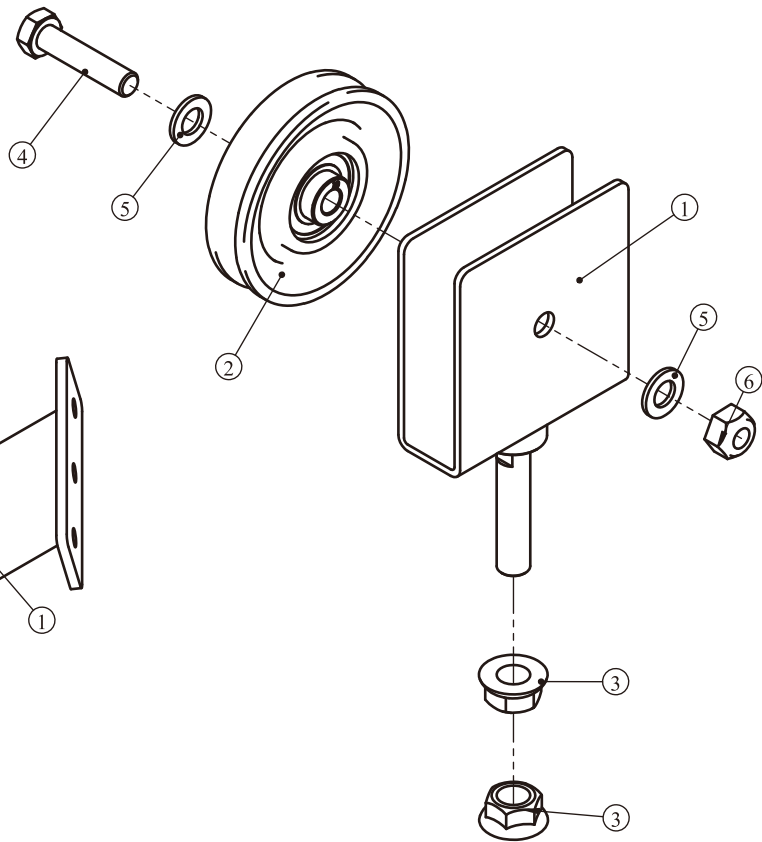
Item No.	Grade No.	Part No.	Description	QTY
1	6.2.1	ES70300800	Slip Frame 2	1
2	6.2.2	IT95251600	Spring Pin	1
3	6.2.3	KPSOB2100V1	Wear Sleeve	2
4	6.2.4	V39500	Collar $\Phi 25.4, AL$	1
5	6.2.5	C011PL2500	Grip	1
6	6.2.6	V39600	End Cap $\Phi 25.4, AL$	1
7	6.2.7	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	4
8	6.2.8	IN-S10111200	Stop Spacer $\Phi 17*10.5$	2
9	6.2.9	GB70M8*20DS20	Hex Head Bolt M8*20	2
10	6.2.10	GB958DS20	Flat Washer $\Phi 9*\Phi 16*1.6$	2
11	6.2.11	NM8DS2	Nylon Lock Nut M8	2

# Exploded View and Parts List

## Rear Connection Frame ASSY



## Pulley Bracket ASSY

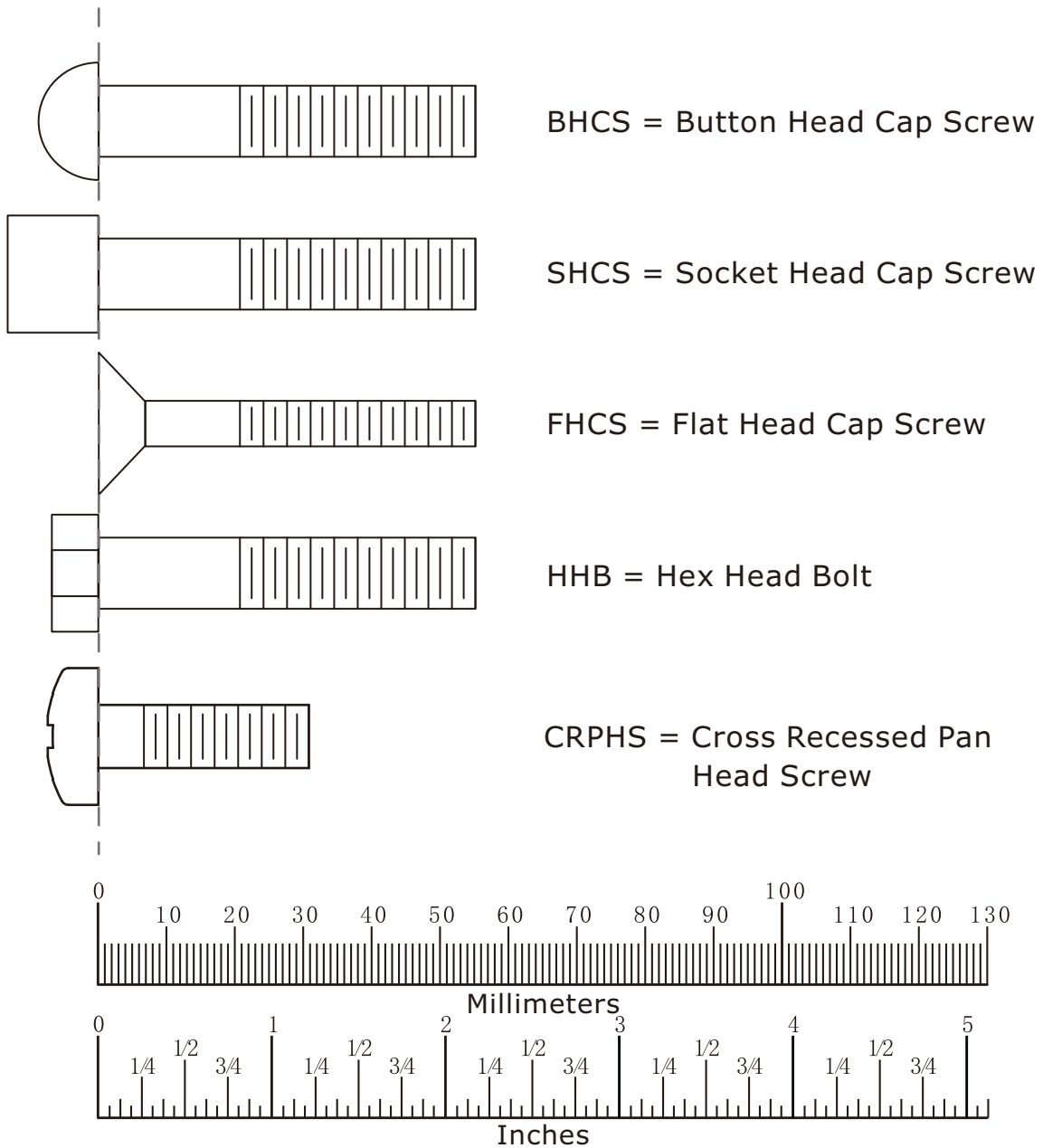


Item No.	Grade No.	Part No.	Description	QTY
1	7.1	IF93300700	Rear Connection Frame	1
2	7.2	V311400	Rubber Sleeve	3

Item No.	Grade No.	Part No.	Description	QTY
1	9.1	ES20001800	Pulley Bracket	1
2	9.2	M01004800V7	Pulley $\Phi 89$	1
3	9.3	HF900-03A1002	Hex Flange Nut	2
4	9.4	GB5780M10*45DS20	Hex Head Bolt M10*45	1
5	9.5	GB9510DS20	Flat Washer $\Phi 11 * \Phi 20 * 2$	2
6	9.6	NM10DS2	Nylon Lock Nut M10	1



# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

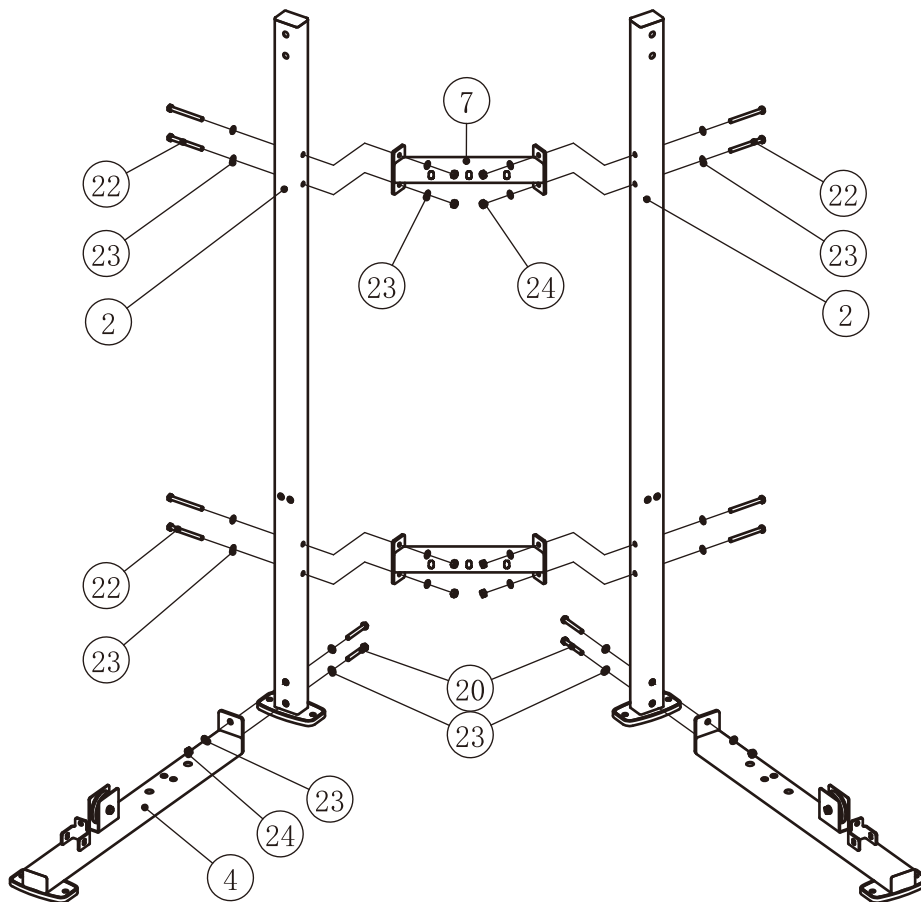
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach two Bottom Connection Frame ASSY (#4) to two Upright Frame ASSY (#2) using:  
four M10\*75 HHB (#20)  
six  $\Phi 11*\Phi 20*2$  Flat Washer (#23)  
two M10 Nylon Lock Nut (#24)
2. Attach two Rear Connection Frame ASSY (#7) to two Upright Frame ASSY (#2) using:  
eight M10\*100 HHB (#22)  
sixteen  $\Phi 11*\Phi 20*2$  Flat Washer (#23)  
eight M10 Nylon Lock Nut (#24)

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



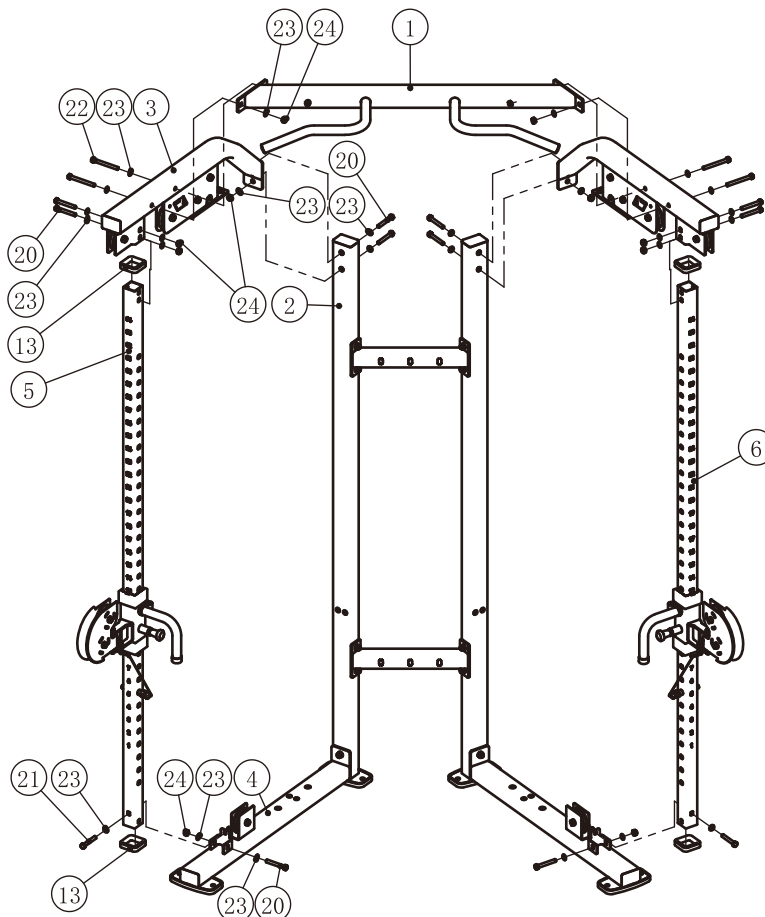
# Assembly

## STEP 2

1. Attach the Right Adjustment Frame ASSY (#5) and the Left Adjustment Frame ASSY (#6) to the Bottom Connection Frame ASSY (#4) using:  
two 70\*70\*15 Stop Rubber Bumper (#13)      two M10\*70 HHB (#21)  
two M10\*75 HHB (#20)      eight  $\Phi 11*\Phi 20*2$  Flat Washer (#23)  
four M10 Nylon Lock Nut (#24)
2. Attach the Top Connecting Frame ASSY (#3) to the Right Adjustment Frame ASSY (#5)/ the Left Adjustment Frame ASSY (#6) and the Upright Frame ASSY (#2) using:  
two 70\*70\*15 Stop Rubber Bumper (#13)      eight M10\*75 HHB (#20)  
fourteen  $\Phi 11*\Phi 20*2$  Flat Washer (#23)      six M10 Nylon Lock Nut (#24)
3. Attach the Chin-up Frame ASSY (#1) to the Top Connecting Frame ASSY (#3) using:  
four M10\*100 HHB (#22)      eight  $\Phi 11*\Phi 20*2$  Flat Washer (#23)  
four M10 Nylon Lock Nut (#24)

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

**2. The adjustable handle towards the inside of the machine.**



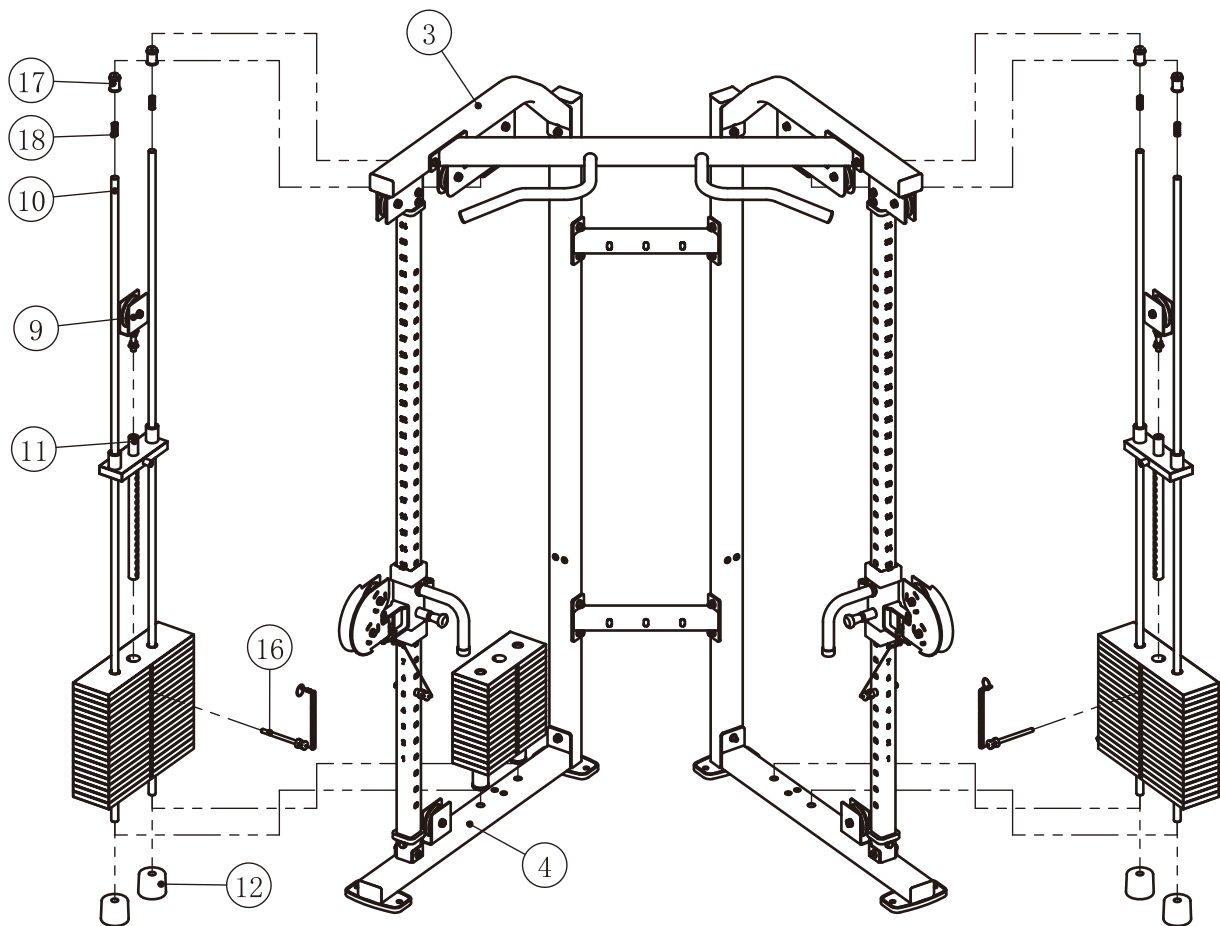
# Assembly

## STEP 3

1. Attach the Weight Plates to the Bottom Connection Frame ASSY (#4) using:
  - four Guide Rod  $\Phi 19*2030$  (#10)
  - four Weight Rubber Bumper  $\Phi 76*60$  (#12)
  - two Top Plate (#11)
  - four Guide Rod Fixing Sleeve  $\Phi 25*\Phi 19*45$  (#17)
  - four Spring (#18)
2. Attach the Selector Pin W/Coil (#16) and the Pulley Bracket ASSY (#9) to the Top Plate (#11).

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

**2. There are four configurations for Weight Plates, you can choose according to your needs.**



# Assembly

## 160LBS

Grade No.	Part No.	Description	QTY
101	FE97193100	10LBS Weight Plate	15
103	FEWS01ASSY	Weight Stack Space	2

## 200LBS

Grade No.	Part No.	Description	QTY
101	FE97193100	10LBS Weight Plate	19

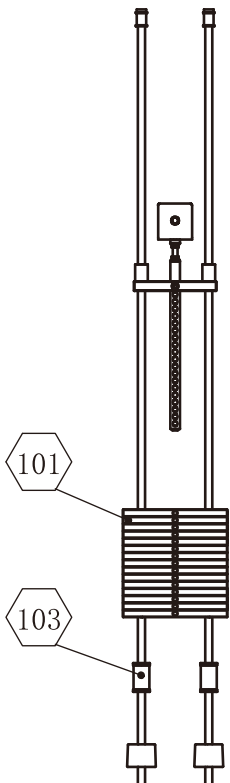
## 235LBS

Grade No.	Part No.	Description	QTY
102	FE97193200	15LBS Weight Plate	15
103	FEWS01ASSY	Weight Stack Space	2

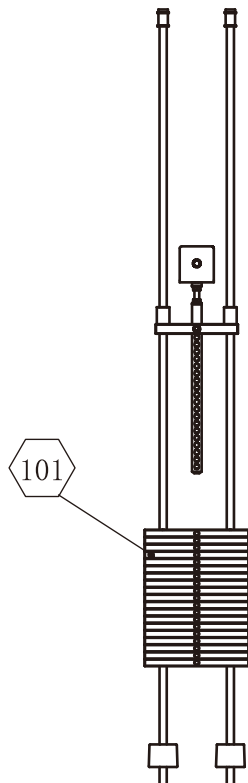
## 295LBS

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

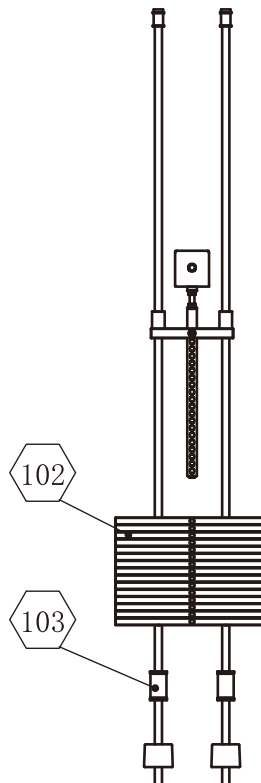
### 160LBS



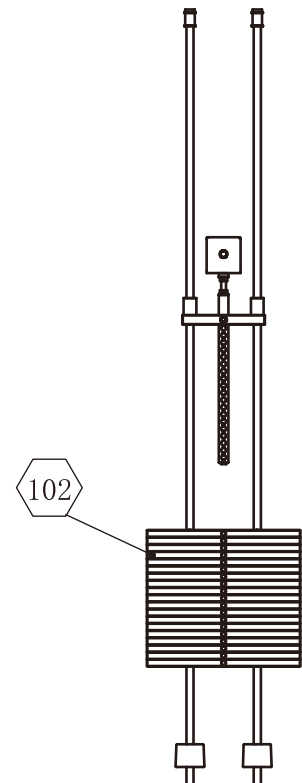
### 200LBS



### 235LBS



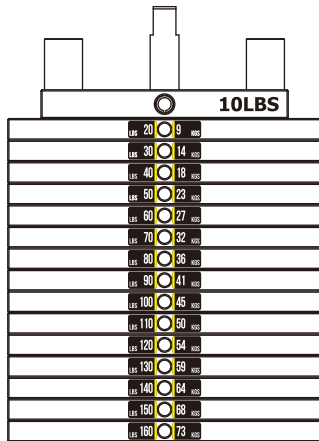
### 295LBS



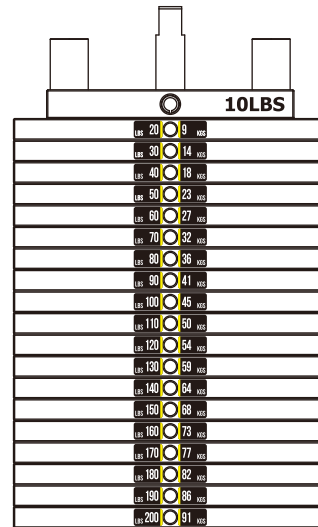
# Assembly

## All weight plate sticker paste schematic diagram

LBS 20	9
LBS 30	14
LBS 40	18
LBS 50	23
LBS 60	27
LBS 70	32
LBS 80	36
LBS 90	41
LBS 100	45
LBS 110	50
LBS 120	54
LBS 130	59
LBS 140	64
LBS 150	68
LBS 160	73
LBS 170	77
LBS 180	82
LBS 190	86
LBS 200	91
LBS 210	95
LBS 220	100
LBS 230	104

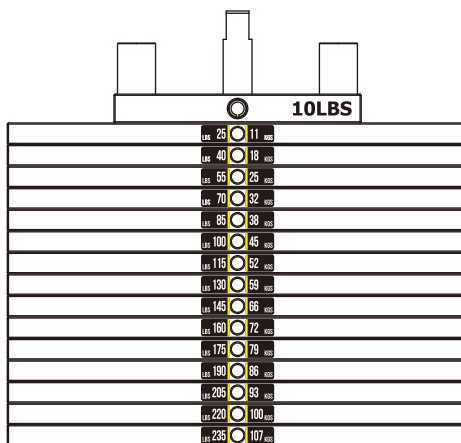


20-160LBS

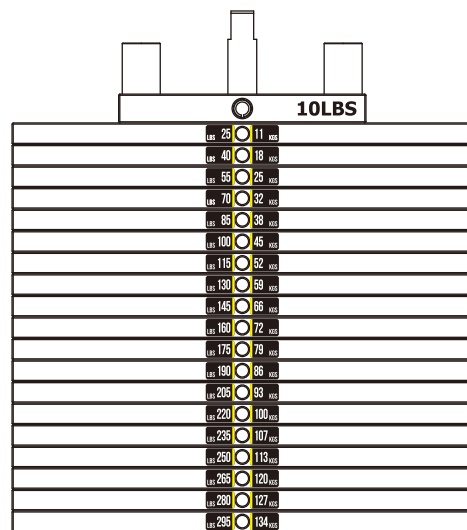


20-200LBS

LBS 25	11
LBS 40	18
LBS 55	25
LBS 70	32
LBS 85	38
LBS 100	45
LBS 115	52
LBS 130	59
LBS 145	66
LBS 160	72
LBS 175	79
LBS 190	86
LBS 205	93
LBS 220	100
LBS 235	107
LBS 250	113
LBS 265	120
LBS 280	127
LBS 295	134
LBS 310	141
LBS 325	147



25-235LBS



25-295LBS

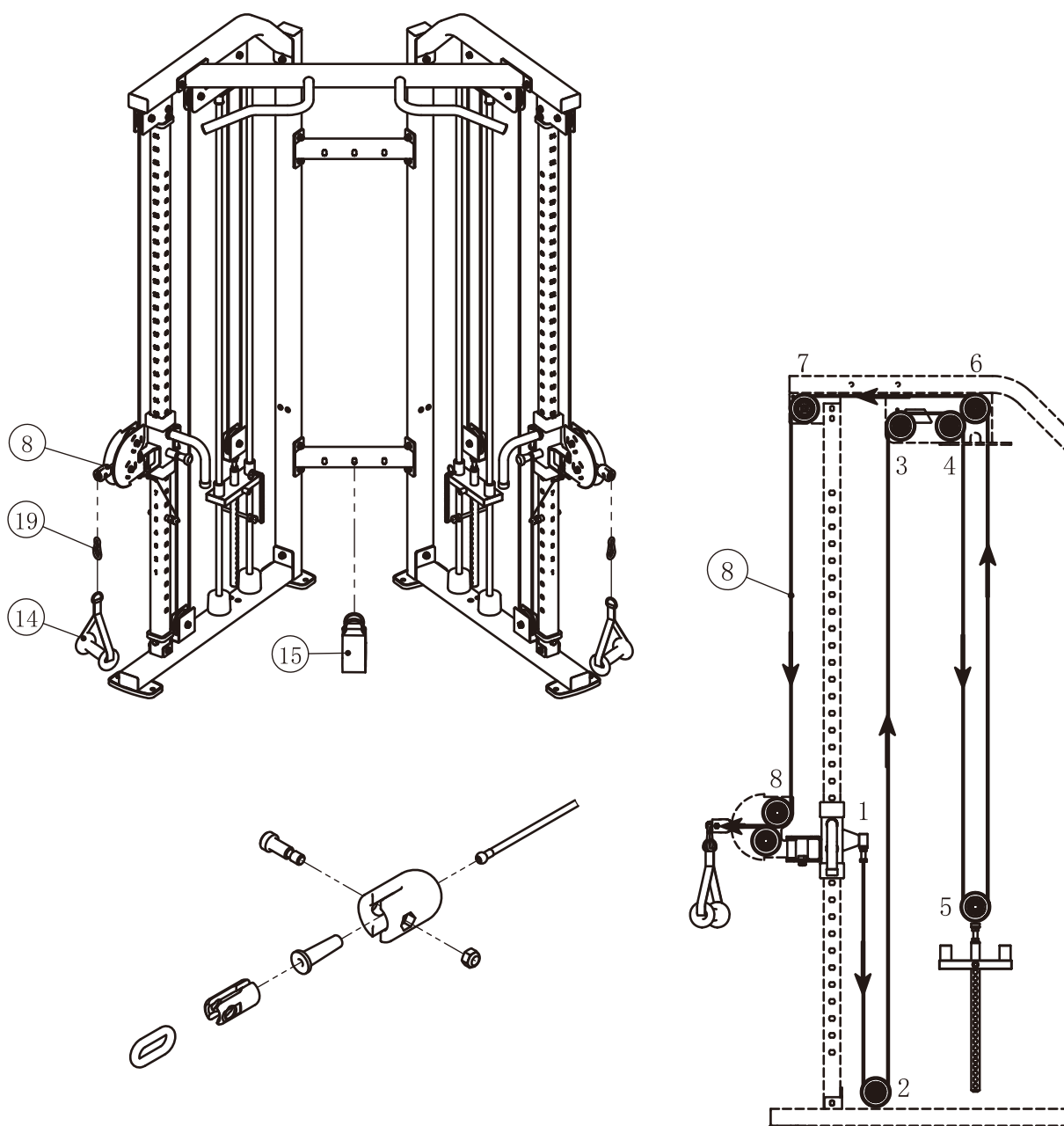
# Assembly

## STEP 4

1. Attach the Cable ASSY (#8) according to the view.
2. Attach the D-Strap (#14) to the Cable ASSY (#8) using the Gear Hook (#19).
3. Attach the Leg EXT/Curl Strap (#15) to the hanger for later use.

### Note:

1. Before attach the cable, you should Unlock the Bolt using Hex Key S=3/16" (#36).
2. Pay attention to the position.
3. Wrench Tighten Bolts and Nylon Lock Nuts.





# Assembly

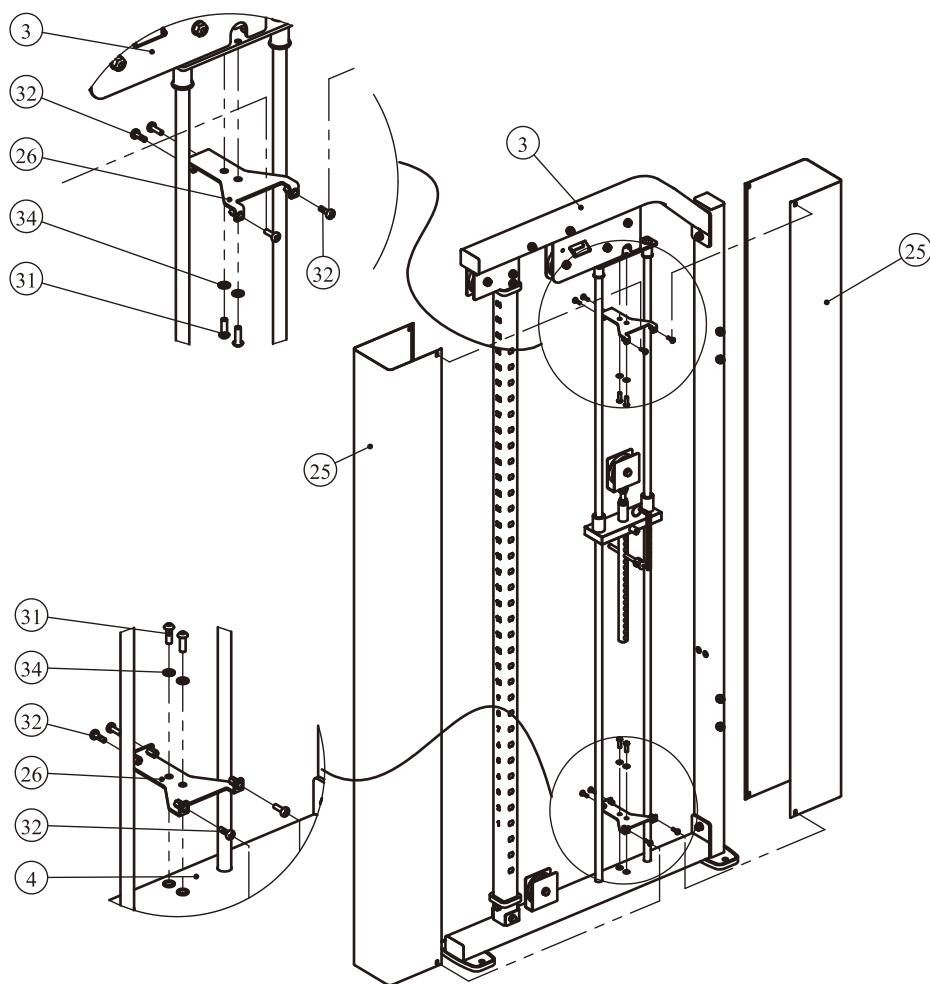
## STEP 5

## Full Shroud

1. Attach 4 Cover Holder ASSY (#26) to Top Connecting Frame ASSY (#3) and Bottom Connection Frame ASSY (#4) using:  
eight M8\*25 BHCS (#31)  
eight  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#34)
2. Attach 4 Full Shroud (#25) to Cover Holder ASSY (#26) using:  
sixteen M6\*20 BHCS (#32)

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

**2. The installation method on both sides is the same.**





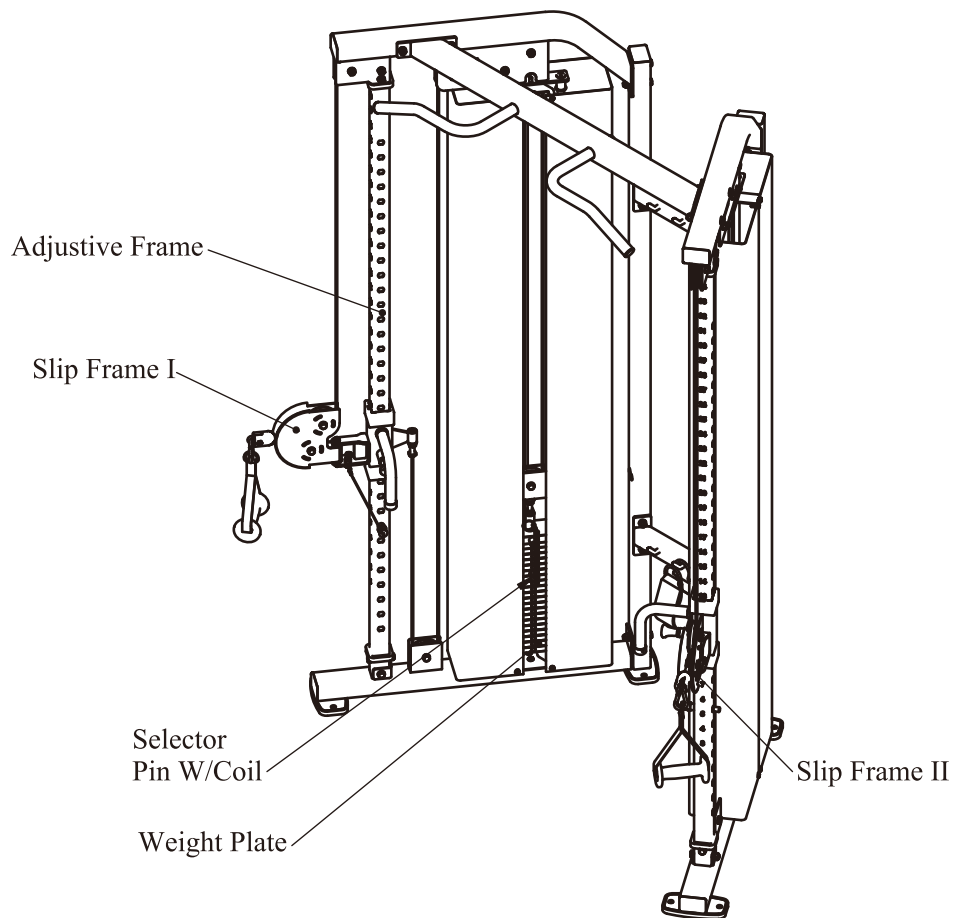
# Adjust Instructions and Exercise Instructions

## Two Slip Frame Adjustment

1. Adjust the Left or Right Slip Frame to the desired position.
2. Make sure the pin gets into the hole completely.

## The use of Selector Pin

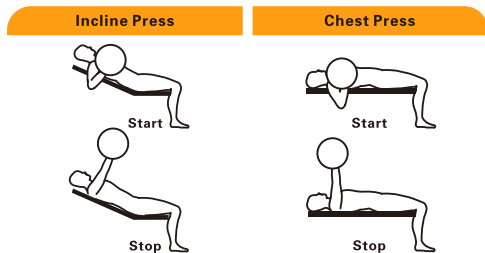
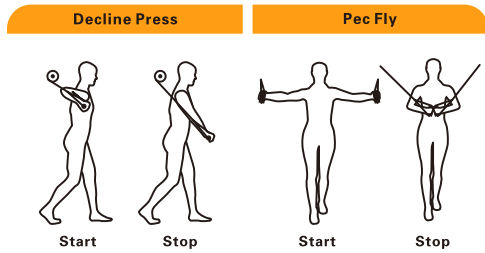
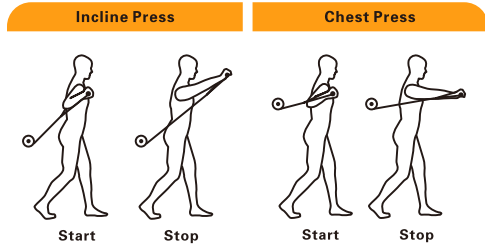
1. Select an appropriate Weight and put the Selector Pin into the hole on it.
2. Make sure the Selector pin gets into the hole completely.



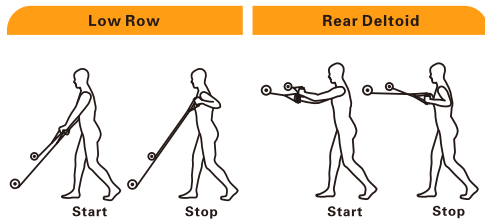
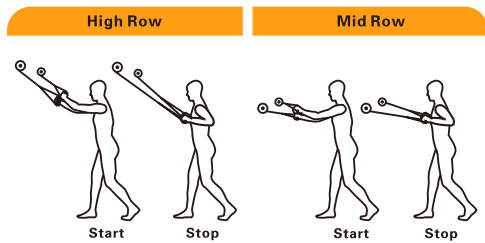
# Adjust Instructions and Exercise Instructions

## Exercise Instructions

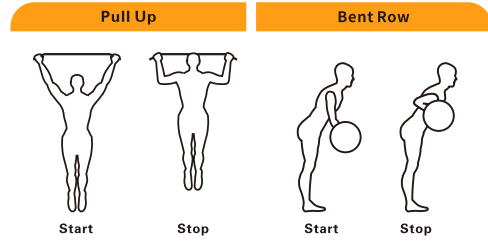
Chest



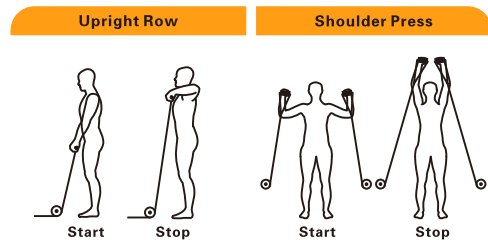
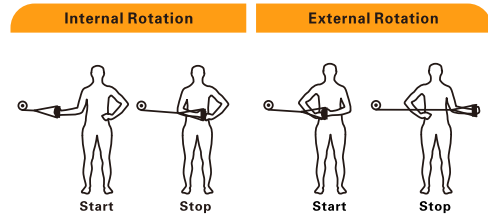
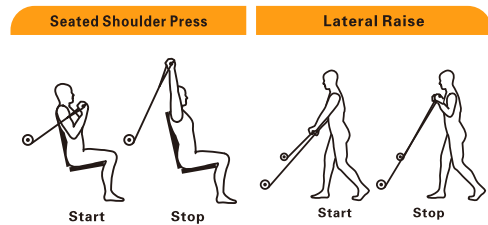
Back



Back



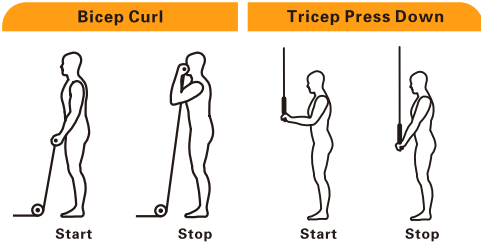
Shoulders



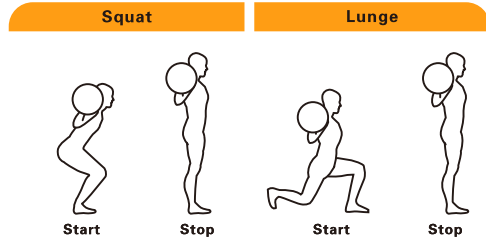
# Adjust Instructions and Exercise Instructions

## Exercise Instructions

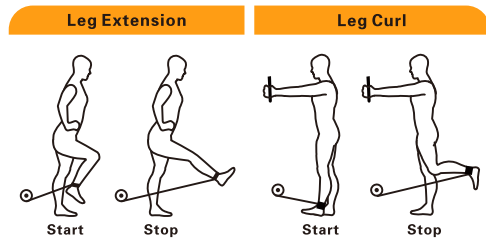
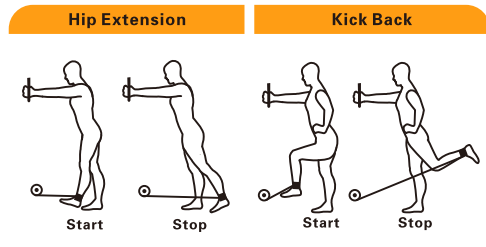
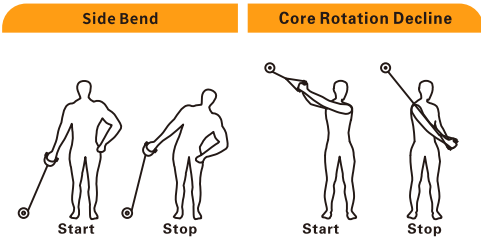
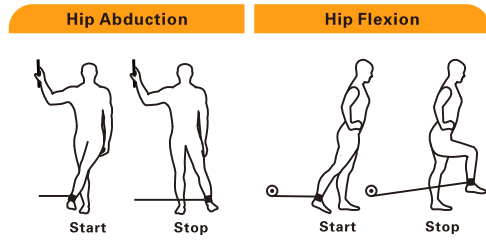
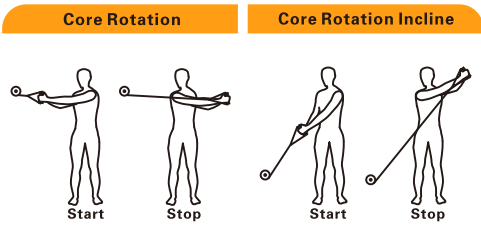
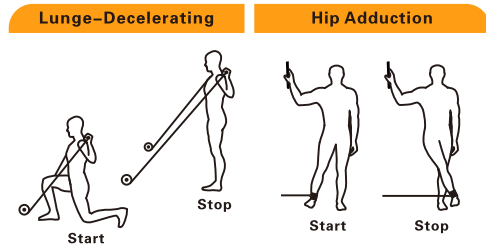
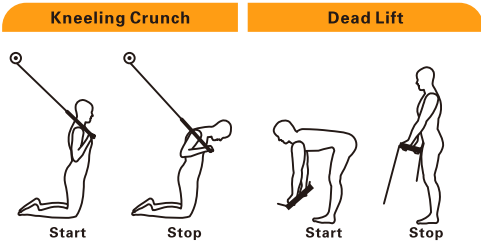
Arms



Lower Body



Core



# 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.



