

# IF9316

# CALF RAISE

## OWNER'S MANUAL

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20S Rev B

**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.

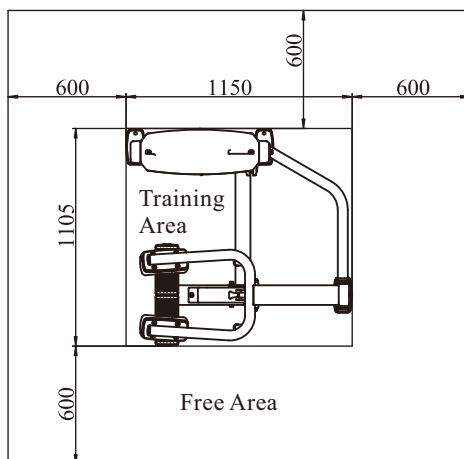
# Important Safety Instructions

## 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: 1150\*1105\*1729mm

Product Total Surface: 1150\*1105mm

Product Total Mass: 106kg/ 234lbs

# Instructions

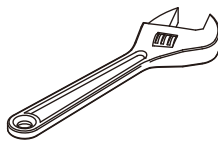
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

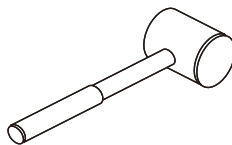
## Tools Required



Ratchet Wrench and Socket



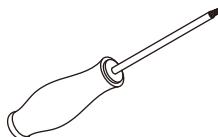
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

| ItemNo. | Grade No. | Part No.         | Description                                     | QTY |
|---------|-----------|------------------|---|-----|
| 1       | 1         | IF931701ASSY     | Weight Stack Frame ASSY                         | 1   |
| 2       | 2         | IF93012100       | Top Bracket                                     | 2   |
| 3       | 3         | IF930122ASSY     | Bottom Bracket ASSY                             | 1   |
| 4       | 4         | IF93013100       | Training Placard Cover                          | 1   |
| 5       | 5         | IF93013200       | Top Cover                                       | 1   |
| 6       | 6         | IF93013300       | Right Plug                                      | 1   |
| 7       | 7         | IF93013400       | Left Plug                                       | 1   |
| 8       | 8         | IT95014200       | Top Plate                                       | 1   |
| 9       | 9         | IT95014400       | Guide Rod $\Phi 19 \times 1242$                 | 2   |
| 10      | 10        | IT95015500       | Top Rear Shroud                                 | 1   |
| 11      | 11        | IF931601ASSY     | Underframe ASSY                                 | 1   |
| 12      | 12        | IF93160200       | Top Frame                                       | 1   |
| 13      | 13        | IF931603ASSY     | Support Frame ASSY                              | 1   |
| 14      | 14        | IF931604ASSY     | Shoulder Brace ASSY                             | 1   |
| 15      | 15        | IF931605ASSY     | Handle Holder ASSY                              | 1   |
| 16      | 16        | IF93160600       | Top Connector                                   | 1   |
| 17      | 17        | IF93020300       | Stick To Frame                                  | 1   |
| 18      | 18        | IT95160400       | Adjusting Bracket                               | 1   |
| 19      | 19        | IT951605ASSY     | Foot ASSY                                       | 1   |
| 20      | 20        | RS17000400       | crash pad                                       | 1   |
| 21      | 21        | IT95160600V1     | Copper sleeve shaft                             | 1   |
| 22      | 22        | IF93012600       | Bearing Shaft                                   | 1   |
| 23      | 23        | L1-3800V1        | 6" Pulley                                       | 1   |
| 24      | 24        | IT95016400       | Pulley cover                                    | 4   |
| 25      | 25        | V37000           | V-shape Pulley                                  | 1   |
| 26      | 26        | SG500110400V5    | 4.5" Pulley                                     | 3   |
| 27      | 27        | IF93165600       | Cable ASSY                                      | 1   |
| 28      | 28        | GB9512DS2        | Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$ | 4   |
| 29      | 29        | GB5781M12*30DS20 | Hex Head Bolt M12*30                            | 4   |
| 30      | 30        | GB818M6*35DS2    | Cross Recessed Pan Head Screw M6*35             | 2   |
| 31      | 31        | GB9510DS2        | Flat Washer $\Phi 11 \times \Phi 25 \times 2$   | 42  |
| 32      | 32        | NM10DS2          | Nylon Lock Nut M10                              | 15  |
| 33      | 33        | FE97211900       | Cap $\Phi 60$                                   | 4   |

# Exploded View and Parts List

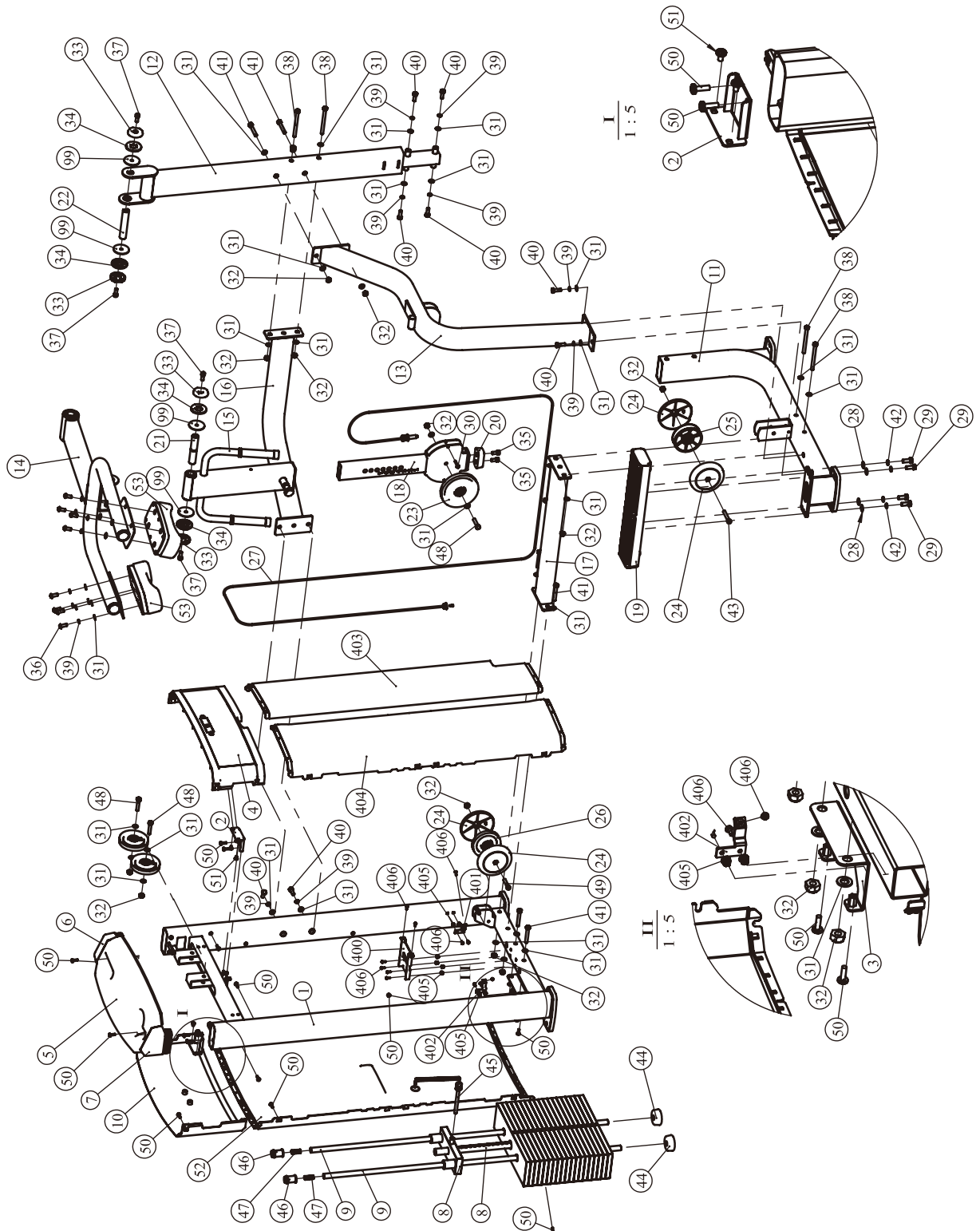
## Overall

| ItemNo. | Grade No. | Part No.           | Description  | QTY |
|---------|-----------|--------------------|--|-----|
| 34      | 34        | FE97212000         | Circle Ring $\Phi 62.5 \times 5$                           | 4   |
| 35      | 35        | GB70M10*20DS20     | Socket Head Cap Screw M10*20                               | 2   |
| 36      | 36        | PNLM10*25DS20      | Button Head Cap Screw M10*25                               | 8   |
| 37      | 37        | GB70M10*25DS20     | Socket Head Cap Screw M10*25                               | 4   |
| 38      | 38        | GB5780M10*120DS20  | Hex Head Bolt M10*120                                      | 4   |
| 39      | 39        | GB9310DS12         | Spring Washer $\Phi 10$                                    | 16  |
| 40      | 40        | GB5781M10*30DS20   | Hex Head Bolt M10*30                                       | 8   |
| 41      | 41        | GB5780M10*70DS20   | Hex Head Bolt M10*70                                       | 6   |
| 42      | 42        | GB9312DS12         | Spring Washer $\Phi 12$                                    | 4   |
| 43      | 43        | GB70M10*65DS20     | Socket Head Cap Screw M10*65                               | 1   |
| 44      | 44        | IT80023000         | Weight Rubber Bumper                                       | 2   |
| 45      | 45        | IT90012000V1       | Selector Pin W/Coil  | 1   |
| 46      | 46        | IT95016100         | Guide Rod Fixing Sleeve $\Phi 25 \times \Phi 19 \times 45$ | 2   |
| 47      | 47        | HFOPT900-04A0602   | Spring $\Phi 15.5 \times \Phi 1.5 \times 36$               | 2   |
| 48      | 48        | GB5780M10*50DS20   | Hex Head Bolt M10*50                                       | 3   |
| 49      | 49        | GB70M10*50DS20     | Socket Head Cap Screw M10*50                               | 1   |
| 50      | 50        | GB818M6*20*20N19   | Cross Recessed Pan Head Screw M6*20                        | 18  |
| 51      | 51        | GB818M6*10N19      | Cross Recessed Pan Head Screw M6*10                        | 4   |
| 52      | 52        | IT95015600         | Rear Shroud  | 1   |
| 53      | 53        | SL70343700         | Shoulder Pad   | 2   |
| 54      | 54        | NBS6DHS            | Hex Key S=6  | 1   |
| 55      | 55        | NBS8DHS            | Hex Key S=8  | 1   |
| 56      | 56        | LW200BS            | Wrench $\Phi 6 \times 117$                                 | 1   |
| 57      | 57        | YHY                | Lube   | 1   |
| 58      | 99        | IF93062200         | Washer $\Phi 62 \times \Phi 10.5 \times 3$                 | 4   |
| 59      | 200       | IT9501C3100        | Half Rear Shroud   | 1   |
| 60      | 400       | IF9301B21ASSY      | Front Bracket ASSY   | 1   |
| 61      | 401       | IF93SH0102ASSY     | Right Bracket ASSY   | 1   |
| 62      | 402       | IF93SH0103ASSY     | Left Bracket ASSY  | 1   |
| 63      | 403       | IF93SH010400       | Notched Front Shroud                                       | 1   |
| 64      | 404       | IT95015300         | Front Shroud   | 1   |
| 65      | 405       | ECU7P3500          | Plastic Nut  | 8   |
| 66      | 406       | GB9074ST 4.2*16DHS | Cross Disc Self Tapping Screw ST4.2*16                     | 12  |

# Exploded View and Parts List

Overall

Full Shroud

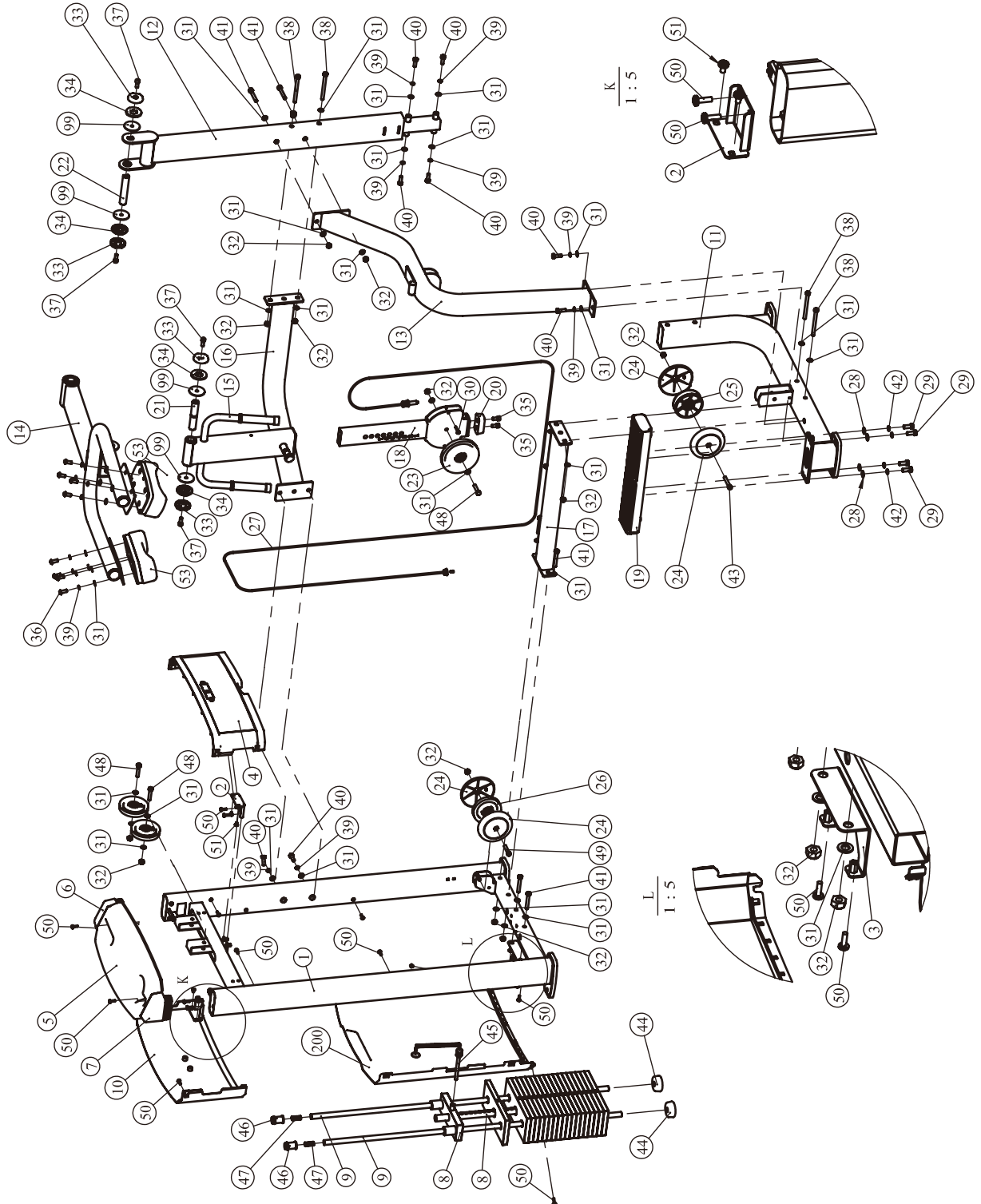




# Exploded View and Parts List

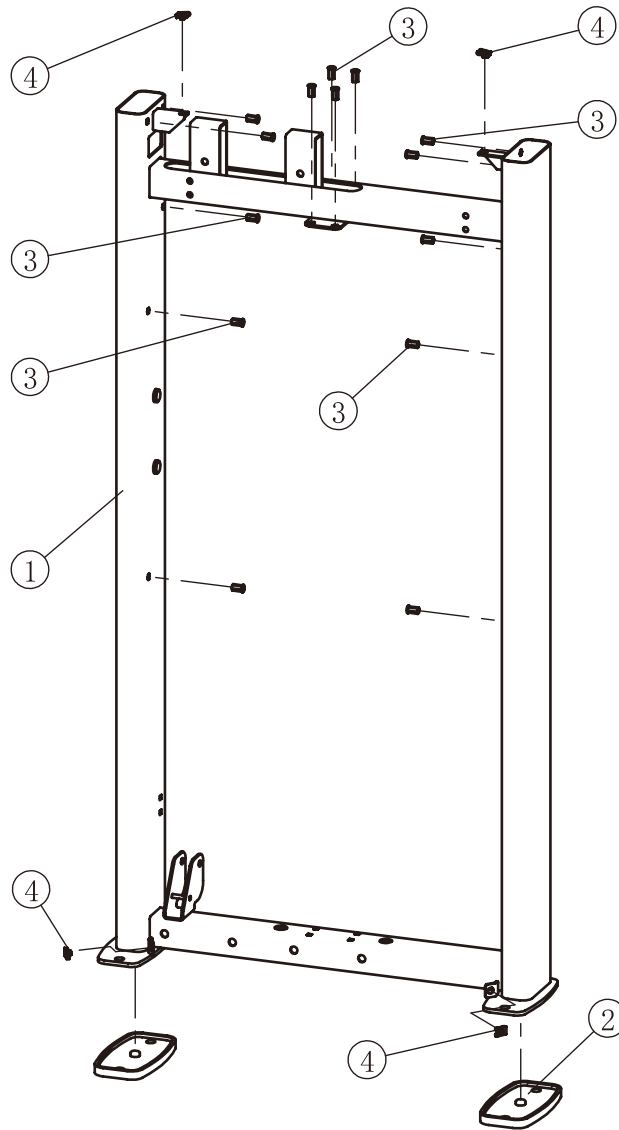
Overall

## Half Rear Shroud



# Exploded View and Parts List

## Weight Stack Frame ASSY

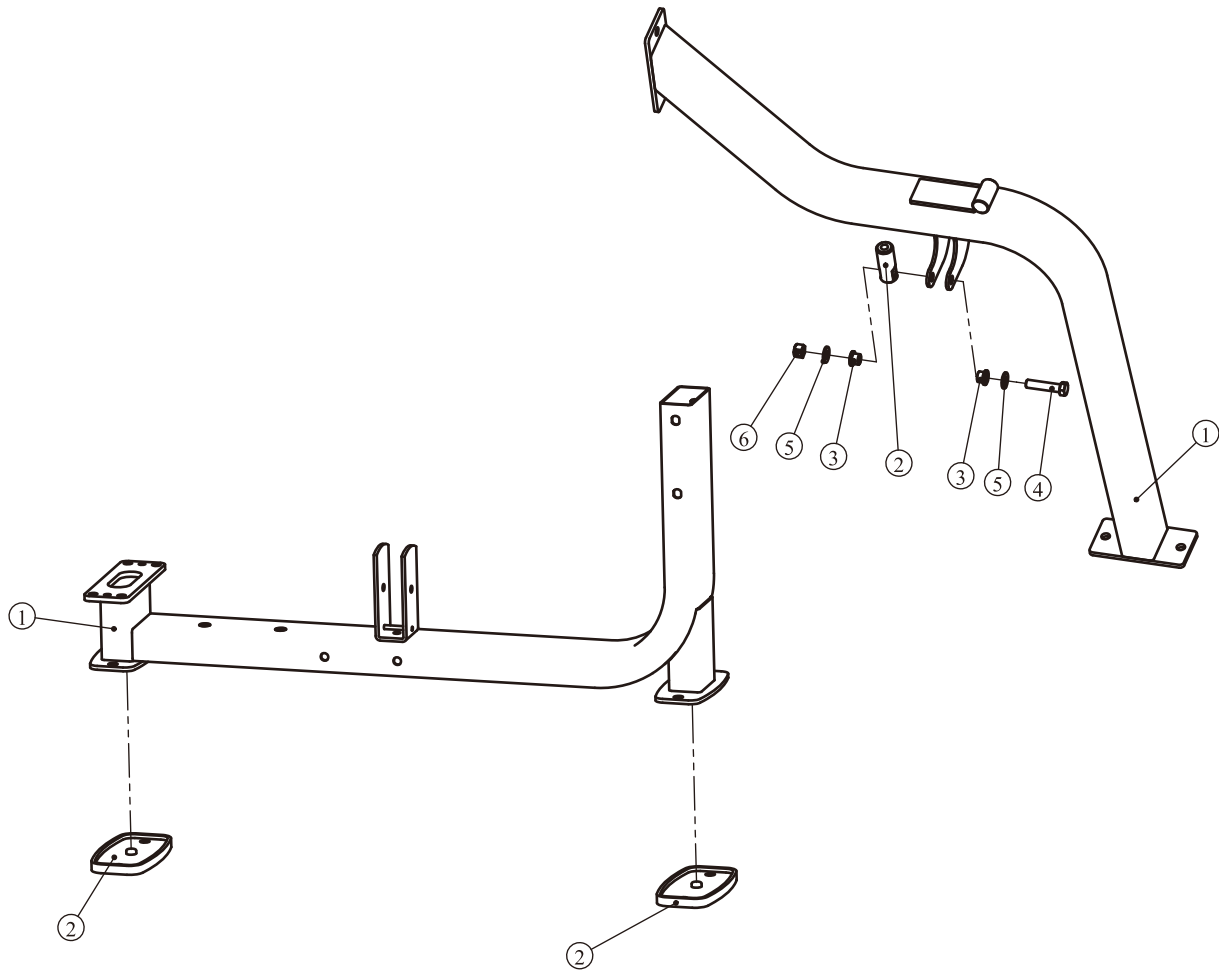


| ItemNo. | Grade No. | Part No.             | Description        | QTY |
|---------|-----------|----------------------|--------------------|-----|
| 1       | 1.1       | IF93010100           | Weight Stack Frame | 1   |
| 2       | 1.2       | BS81223100           | Foot Plate         | 2   |
| 3       | 1.3       | GB17880.5M6*16.5DS17 | Rivet Nut M6       | 14  |
| 4       | 1.4       | AC32705800           | U-nut M6           | 4   |

# Exploded View and Parts List

## Underframe ASSY

## Support Frame ASSY

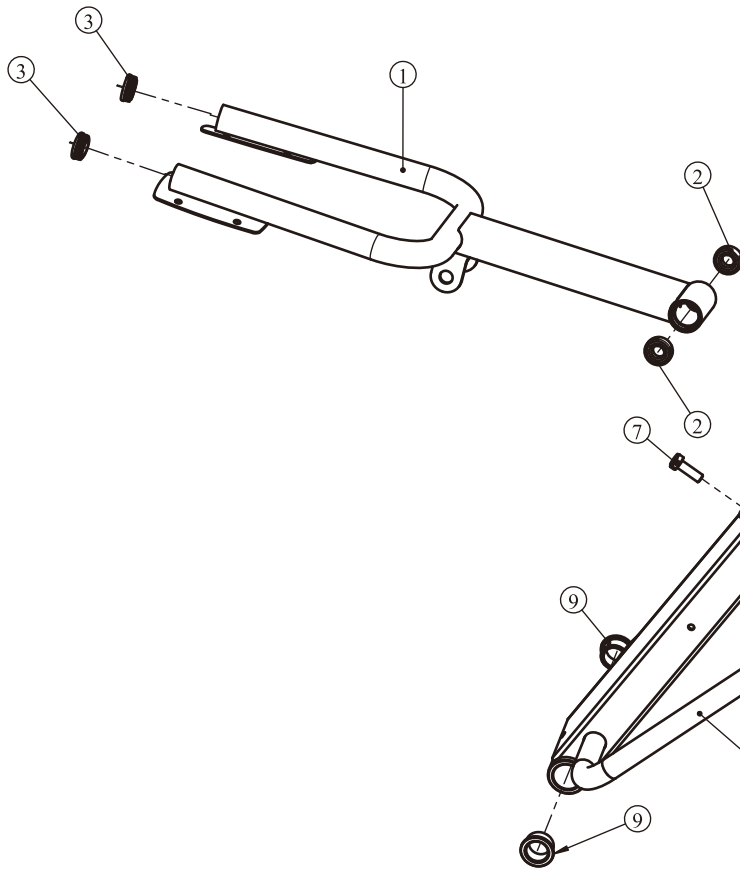


| ItemNo. | Grade No. | Part No.   | Description                       | QTY |
|---------|-----------|------------|-----------------------------------|-----|
| 1       | 11.1      | IF93160100 | Underframe ASSYWeight Stack Frame | 1   |
| 2       | 11.2      | BS81223100 | Foot Plate                        | 2   |

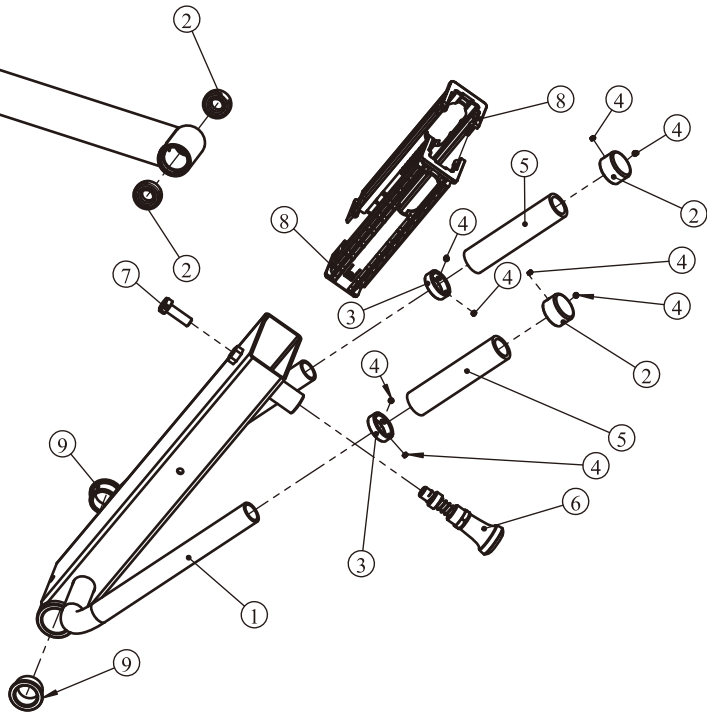
| ItemNo. | Grade No. | Part No.         | Description                       | QTY |
|---------|-----------|------------------|-----------------------------------|-----|
| 1       | 13.1      | IF93160300       | Support Frame                     | 1   |
| 2       | 13.2      | ROC-IT1013600V1  | Cable Connector                   | 1   |
| 3       | 13.3      | BNH0528          | Copper Bush                       | 2   |
| 4       | 13.4      | GB5780M12*55DS20 | Hex Head Bolt M12*55              | 1   |
| 5       | 13.5      | GB9512DS2        | Flat Washer $\Phi 13*\Phi 24*2.5$ | 2   |
| 6       | 13.6      | NM12DS2          | Nylon Lock Nut M12                | 1   |

# Exploded View and Parts List

## Shoulder Brace ASSY



## Handle Holder ASSY

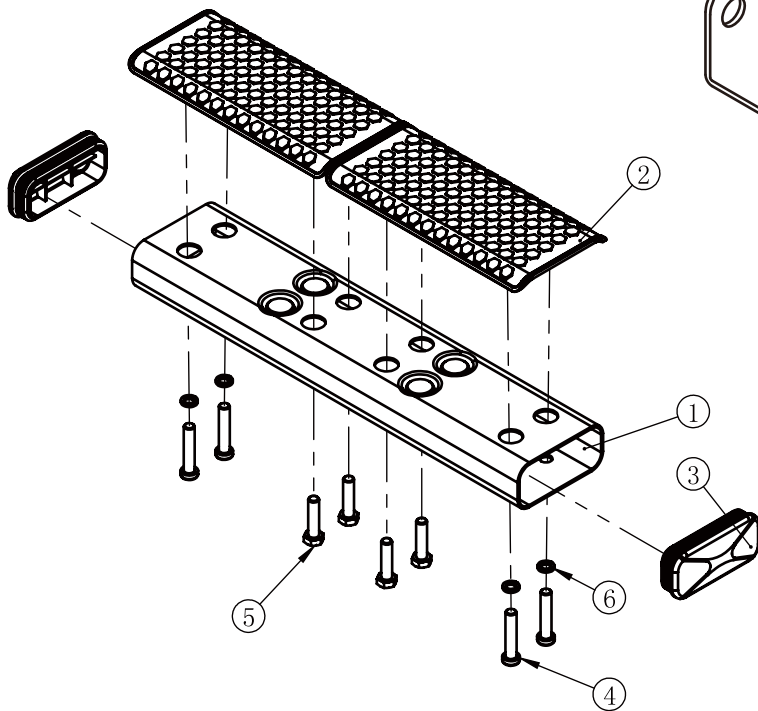


| ItemNo. | Grade No. | Part No.       | Description    | QTY |
|---------|-----------|----------------|----------------|-----|
| 1       | 14.1      | IF93160400     | Shoulder Brace | 1   |
| 2       | 14.2      | GB2766205-2ZC3 | Bearings       | 2   |
| 3       | 14.3      | B10009900      | plug           | 2   |

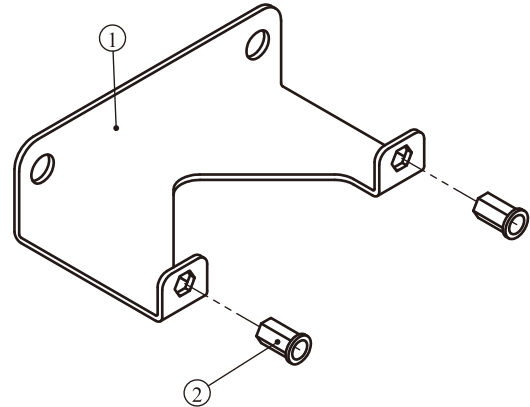
| ItemNo. | Grade No. | Part No.           | Description                           | QTY |
|---------|-----------|--------------------|---------------------------------------|-----|
| 1       | 15.1      | IF93160500         | Handle Holder                         | 1   |
| 2       | 15.2      | V39600             | Φ25.4 shell cover                     | 2   |
| 3       | 15.3      | V39500             | Φ25.4 baffle ring                     | 2   |
| 4       | 15.4      | YZGB7710-32*3.2N19 | Hexagon socket set screw 10-32UNF*3.2 | 8   |
| 5       | 15.5      | 026-01PL0206-12    | The gloves                            | 2   |
| 6       | 15.6      | IT95221700         | Elastic bolt assembly                 | 1   |
| 7       | 15.7      | GB5781M10*30DS20   | Hex Head Bolt M10*30                  | 1   |
| 8       | 15.8      | IF93035000         | Inner Wear Sleeve                     | 2   |
| 9       | 15.9      | M02502000          | copper bush                           | 2   |

# Exploded View and Parts List

## Foot ASSY



## Bottom Bracket ASSY

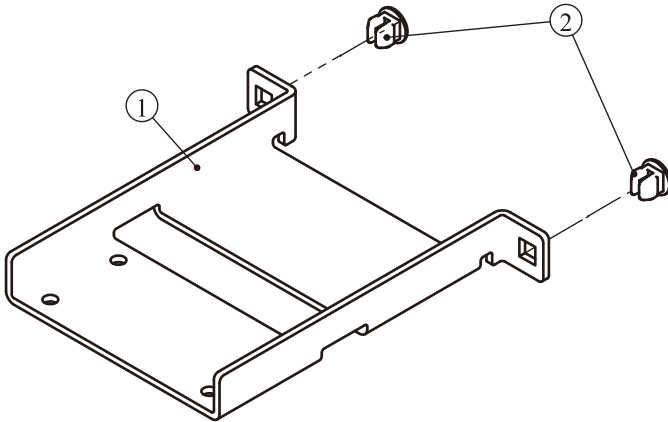


| Item No. | Grade No. | Part No.         | Description                  | QTY |
|----------|-----------|------------------|------------------------------|-----|
| 1        | 19.1      | IT95160500       | Foot Frame                   | 1   |
| 2        | 19.2      | IT95161100       | Foot Plate                   | 2   |
| 3        | 19.3      | IT80101800       | Plug YJ110*50                | 2   |
| 4        | 19.4      | GB70BTM10*50DN18 | Socket Head Cap Screw M10*50 | 4   |
| 5        | 19.5      | GB5781M10*40DS2  | Hex Head Bolt M10*40         | 4   |
| 6        | 19.6      | GB9310N19        | Spring Washer Φ10            | 8   |

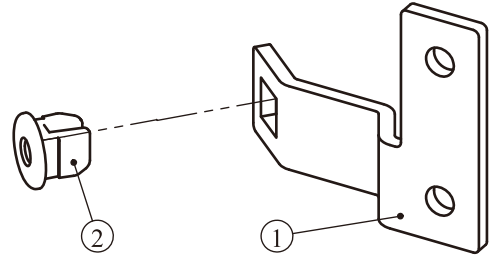
| ItemNo. | Grade No. | Part No.             | Description    | QTY |
|---------|-----------|----------------------|----------------|-----|
| 1       | 3.1       | IF93012200           | Bottom Bracket | 1   |
| 2       | 3.2       | GB17880.5M6*16.5DS17 | Rivet Nut M6   | 2   |

# Exploded View and Parts List

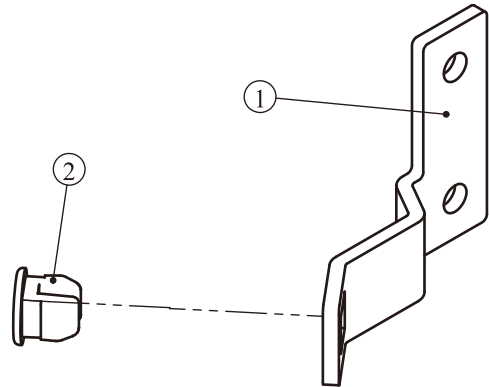
## Front Bracket ASSY



## Right Bracket ASSY



## Left Bracket ASSY

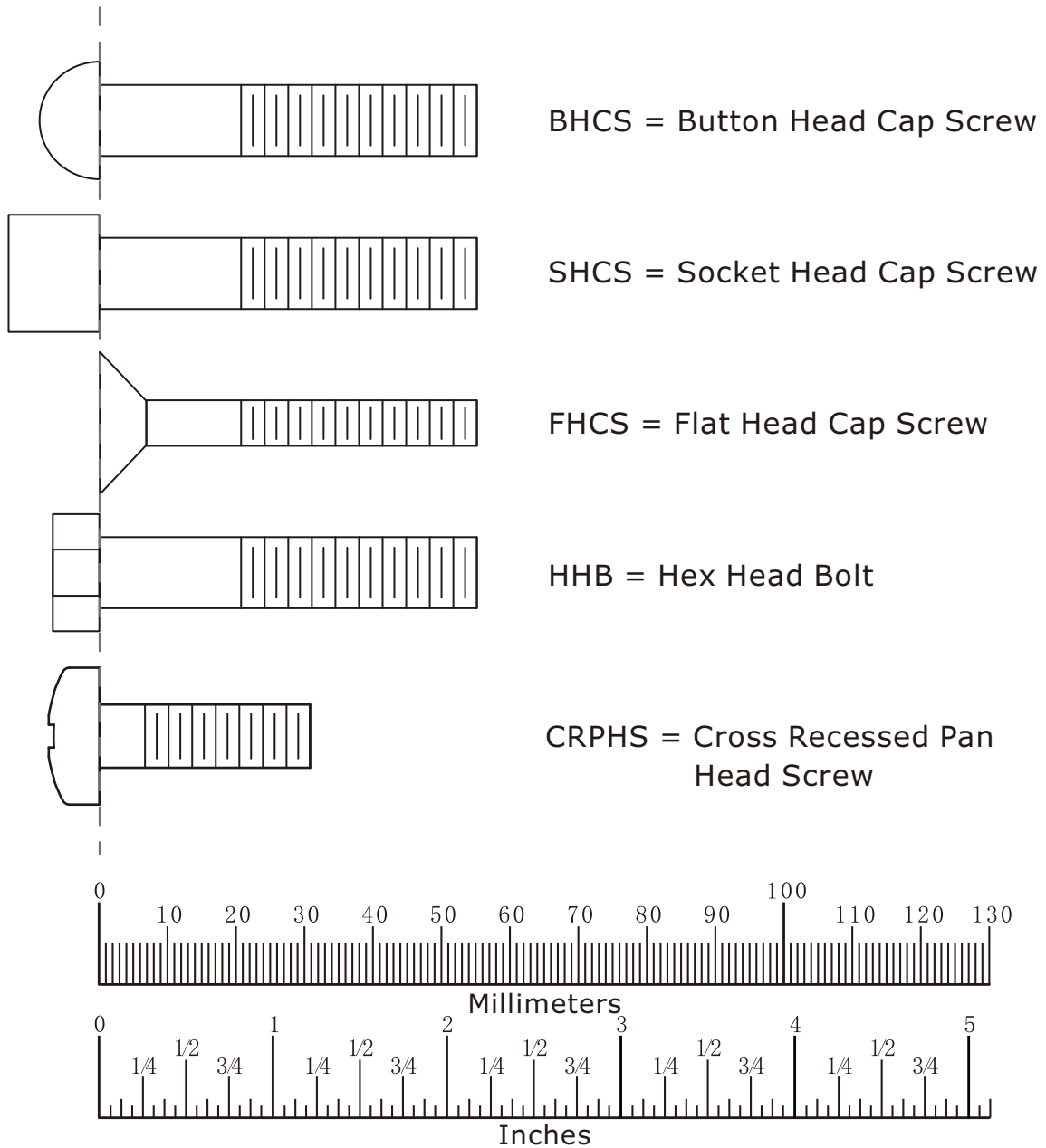


| ItemNo. | GradeNo. | PartNo.     | Description  | QTY |
|---------|----------|-------------|--------------|-----|
| 1       | 400.1    | IF9301B2100 | FrontBracket | 1   |
| 2       | 400.2    | ECU7P3500   | PlasticNut   | 2   |

| ItemNo. | GradeNo. | PartNo.      | Description  | QTY |
|---------|----------|--------------|--------------|-----|
| 1       | 401.1    | IF93SH010200 | RightBracket | 1   |
| 2       | 402.2    | ECU7P3500    | PlasticNut   | 1   |

| ItemNo. | GradeNo. | PartNo.      | Description | QTY |
|---------|----------|--------------|-------------|-----|
| 1       | 402.1    | IF93SH010300 | LeftBracket | 1   |
| 2       | 402.2    | ECU7P3500    | PlasticNut  | 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

Put Underframe ASSY (#11), Top Frame (#12), Support Frame ASSY (#13), Stick To Frame (#17) and Foot ASSY (#19) together, Using:

six Hex Head Bolt M10\*30 (#40)

two Hex Head Bolt M10\*70 (#41)

two Hex Head Bolt M10\*120 (#38)

four Hex Head Bolt M12\*30 (#29)

four Spring Washer  $\Phi 12$  (#42)

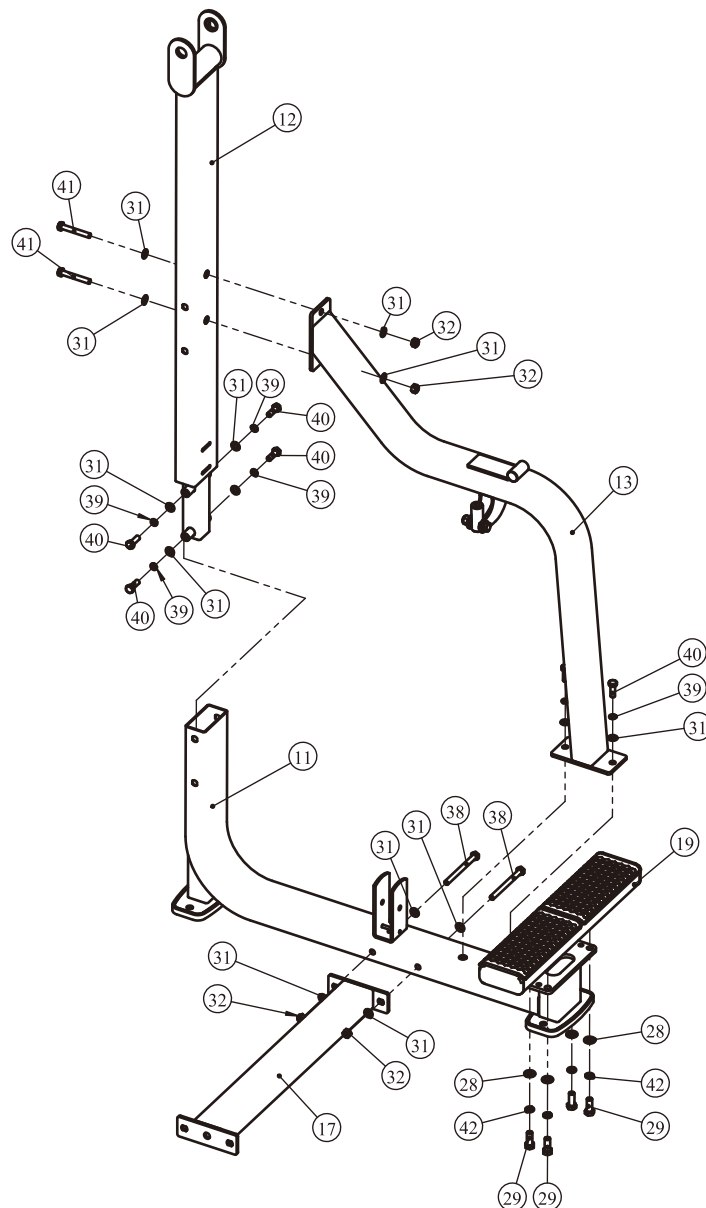
four Flat Washer  $\Phi 13*\Phi 24*2.5$  (#28)

six Spring Washer  $\Phi 10$  (#39)

fourteen Flat Washer  $\Phi 11*\Phi 25*2$  (#31)

four Nylon Lock Nut M10 (#32)

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



# Assembly

## STEP 2

1. Fix Weight Stack Frame ASSY (#1) and Bottom Bracket ASSY (#3), using:  
eight Flat Washer  $\Phi 11 * \Phi 25 * 2$  (#31)      four Nylon Lock Nut M10 (#32)  
four Hex Head Bolt M10\*70 (#41)
2. Put Fix Weight Stack Frame ASSY (#1), Top Connector (#16) and Top Frame (#12) together, using:  
two Hex Head Bolt M10\*30 (#40)      two Spring Washer  $\Phi 10$  (#39)  
six Flat Washer  $\Phi 11 * \Phi 25 * 2$  (#31)      two Nylon Lock Nut M10 (#32)  
two Hex Head Bolt M10\*120 (#38)
3. Fix one crash pad (#20) to Adjusting Bracket (#18), using:  
two Socket Head Cap Screw M10\*20 (#35)
4. Fix Adjusting Bracket (#18) to Handle Holder ASSY (#15).

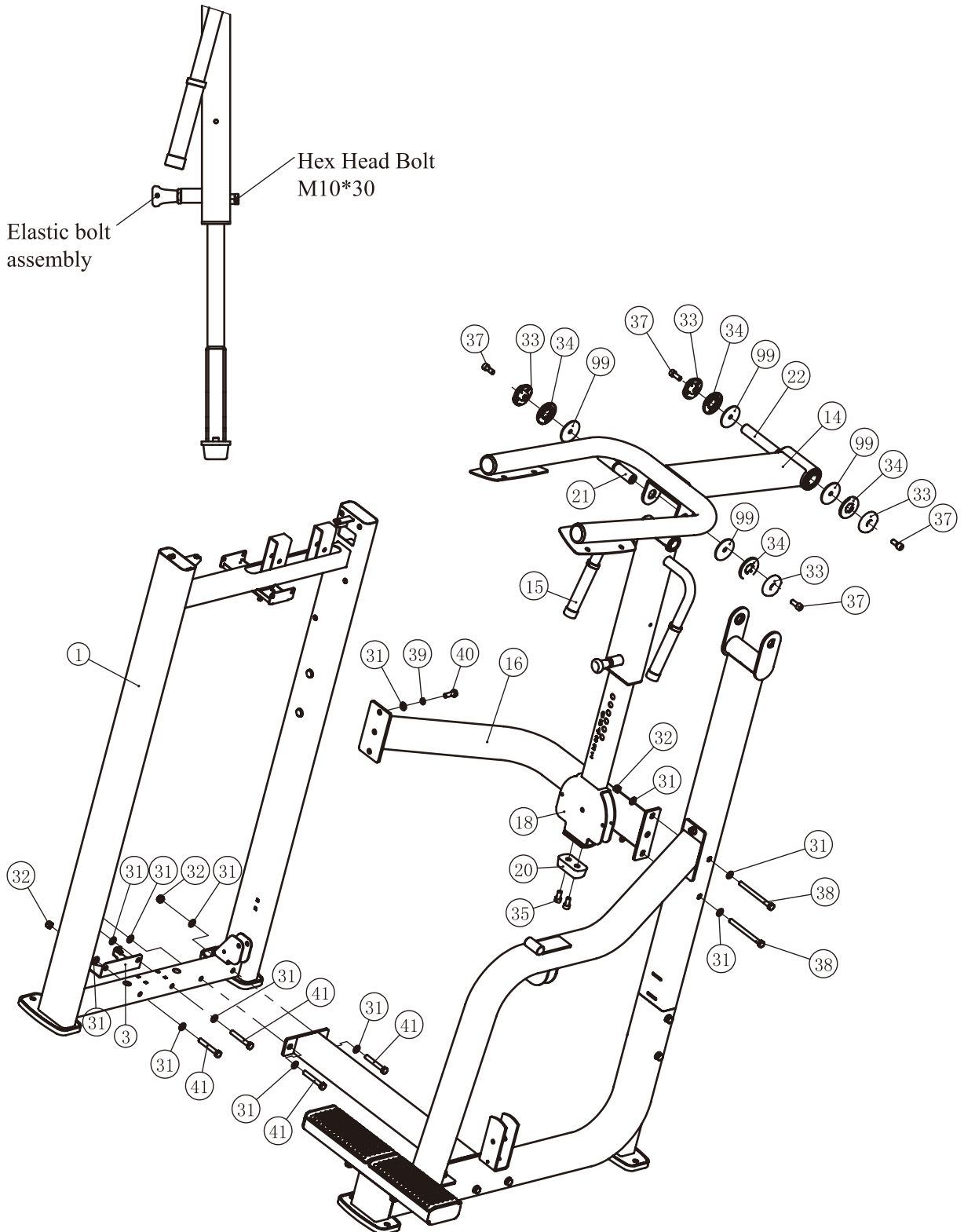
**Note: Need to pull out Elastic bolt assembly and Hex Head Bolt M10\*30, And finally, recover.**

5. Put Top Frame (#12), Shoulder Brace ASSY (#14) and Handle Holder ASSY (#15) together, using:  
four Socket Head Cap Screw M10\*25 (#37)      four Cap  $\Phi 60$  (#33)  
four Circle Ring  $\Phi 62.5 * 5$  (#34)      one Copper sleeve shaft (#21)  
one Bearing Shaft (#22)      four  $\Phi 62 * \Phi 10.5 * 3$  Washer (#99)

**Note: Notice the difference between (#21) and (#22), Wrench Tighten Bolts and Nylon Lock Nuts.**

# Assembly

## STEP 2



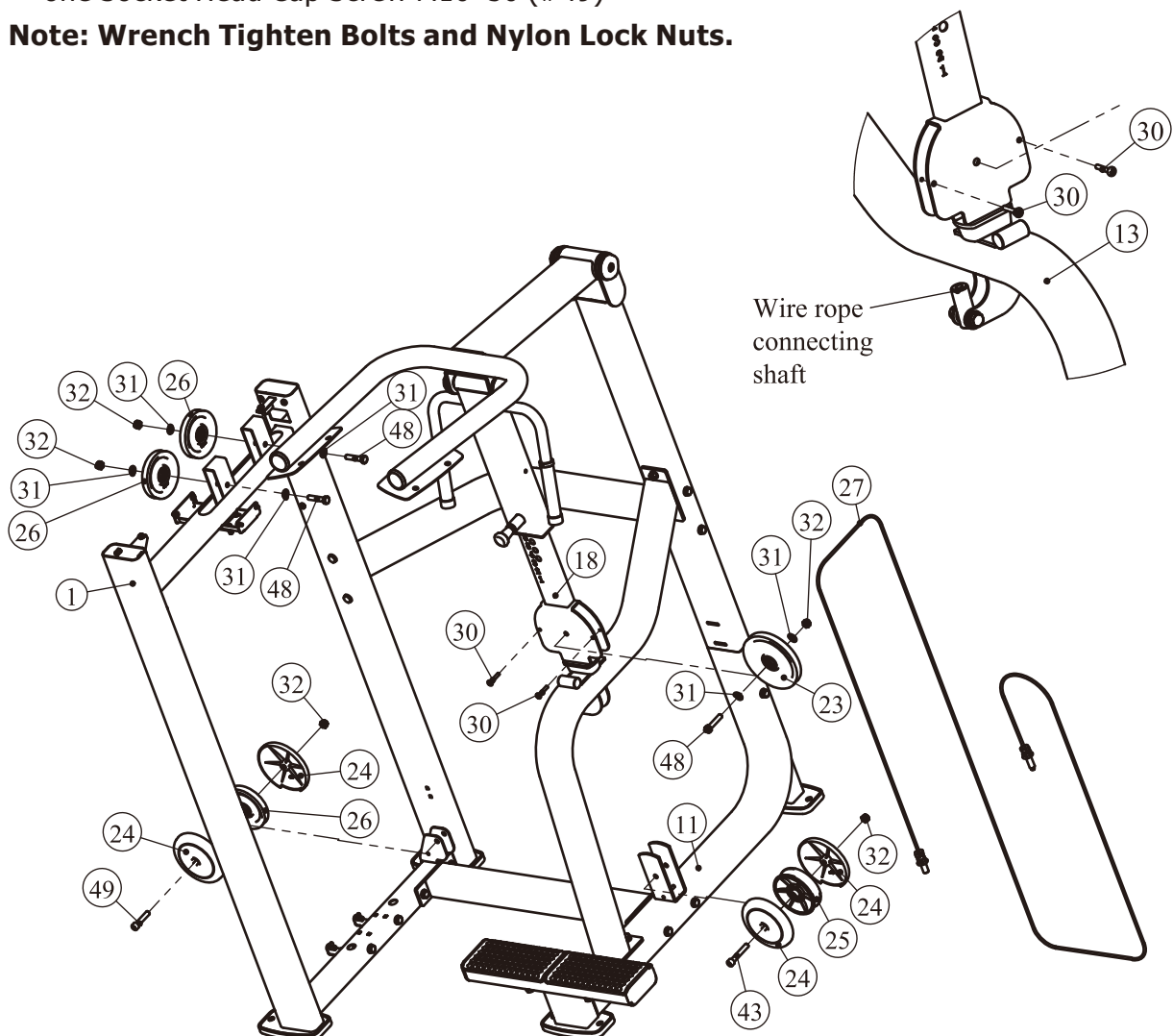
# Assembly

## STEP 3

**TIPS:** Firstly, attach one end of the Cable ASSY (#27) to Support Frame ASSY (#13), Use Wire rope connecting shaft. The cable should be traversed before installing the pulley.

1. Attach one 6" Pulley (#23) to Adjusting Bracket (#18), using:  
one Hex Head Bolt M10\*50 (#48)                      two Flat Washer  $\Phi 11*\Phi 25*2$  (#31)  
one Nylon Lock Nut M10 (#32)
2. Attach one V-shape Pulley (#25) to Underframe ASSY (#11), using:  
one Socket Head Cap Screw M10\*65 (#43) one Nylon Lock Nut M10 (#32)  
two Pulley cover (#24)
3. Attach Three 4.5" Pulley (#26) to Weight Stack Frame ASSY (#1), using:  
three Nylon Lock Nut M10 (#32)                      four Flat Washer  $\Phi 11*\Phi 25*2$  (#31)  
two Hex Head Bolt M10\*50 (#48)                      two Pulley cover (#24)  
one Socket Head Cap Screw M10\*50 (#49)

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

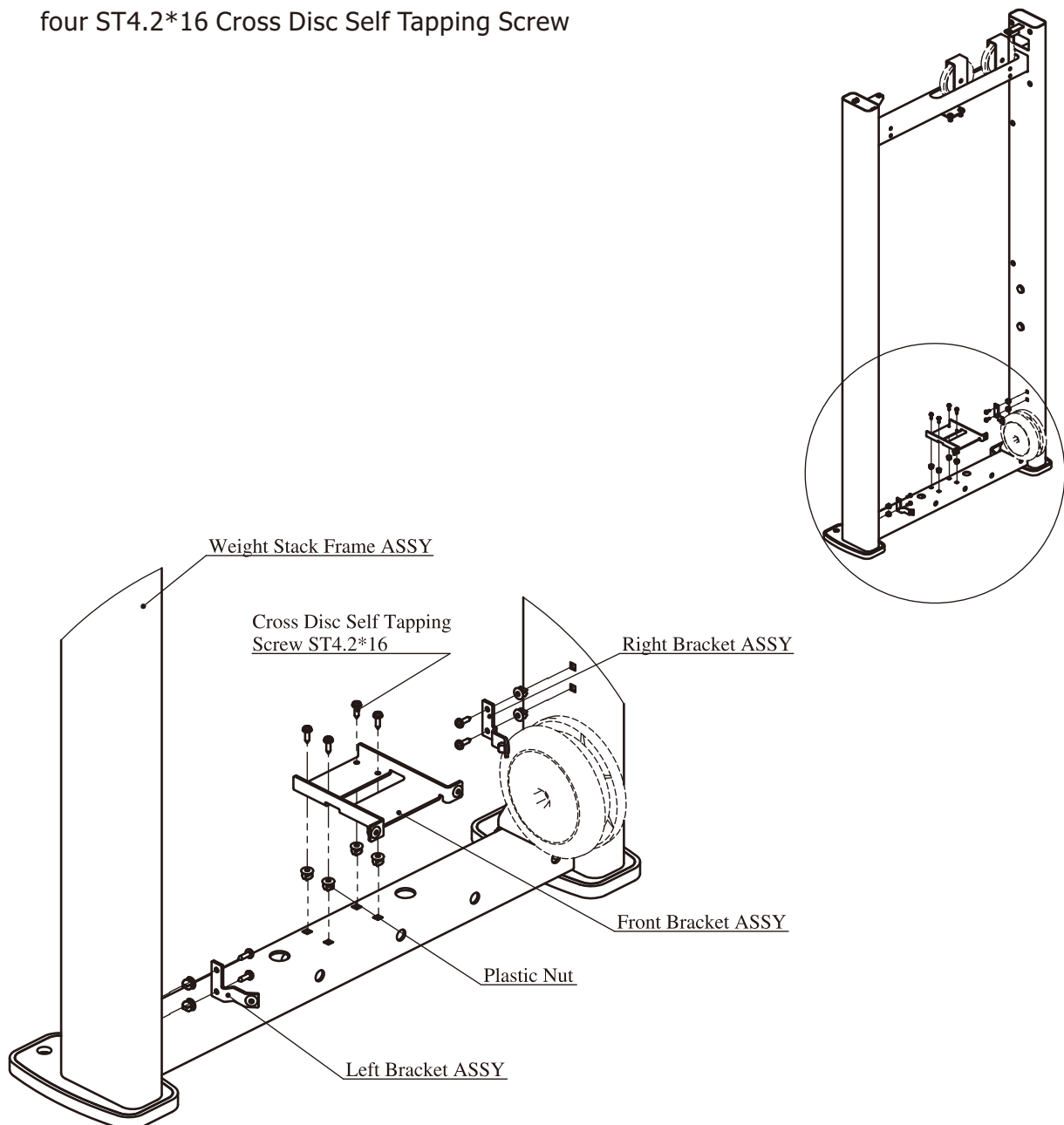


# Assembly

## Full Shroud

### Select STEP

1. Attach one Front Bracket ASSY to the Weight Stack Frame ASSY, using:
  - four Plastic Nut
  - four ST4.2\*16 Cross Disc Self Tapping Screw
2. Attach one Right Bracket ASSY and one Left Bracket ASSY to the Weight Stack Frame ASSY using:
  - four Plastic Nut
  - four ST4.2\*16 Cross Disc Self Tapping Screw



# Assembly

## STEP 4

Here is the assembly instruction for **160LBS Weights !**

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#9)

two Weight Rubber Bumper (#44)

fifteen Weight Plate 10LBS (#101)

two weight stack space (#103)

one Top Plate (#8)

to the Weight Stack Frame ASSY (#1) using:

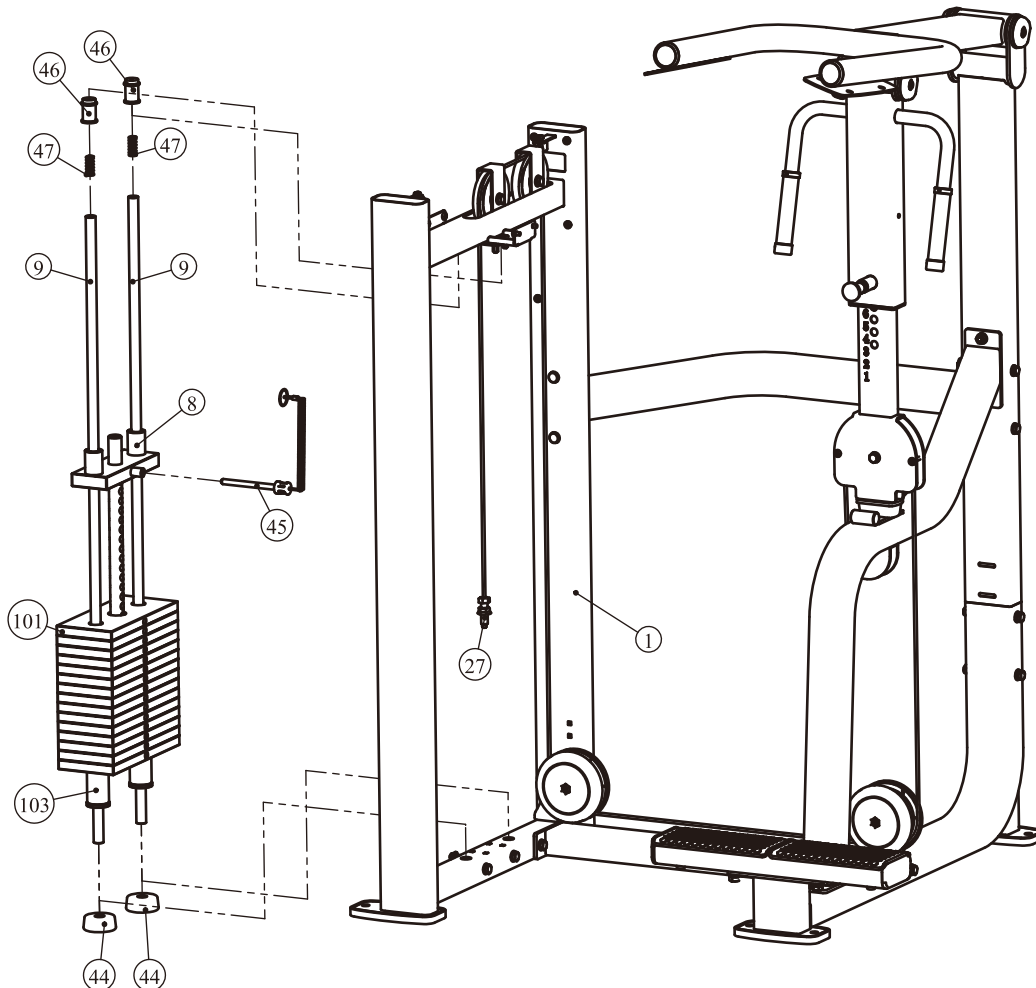
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)

two Spring (#47)

### 2. Attach the Selector Pin W/Coil (#45) to the Top Plate (#8).

### 3. Attach the Cable ASSY (#27) to the Top Plate (#8).

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



# Assembly

## STEP 4

Here is the assembly instruction for **200LBS Weights !**

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#9)

two Weight Rubber Bumper (#44)

nineteen Weight Plate 10LBS (#101)

one Top Plate (#8)

to the Weight Stack Frame ASSY (#1) using:

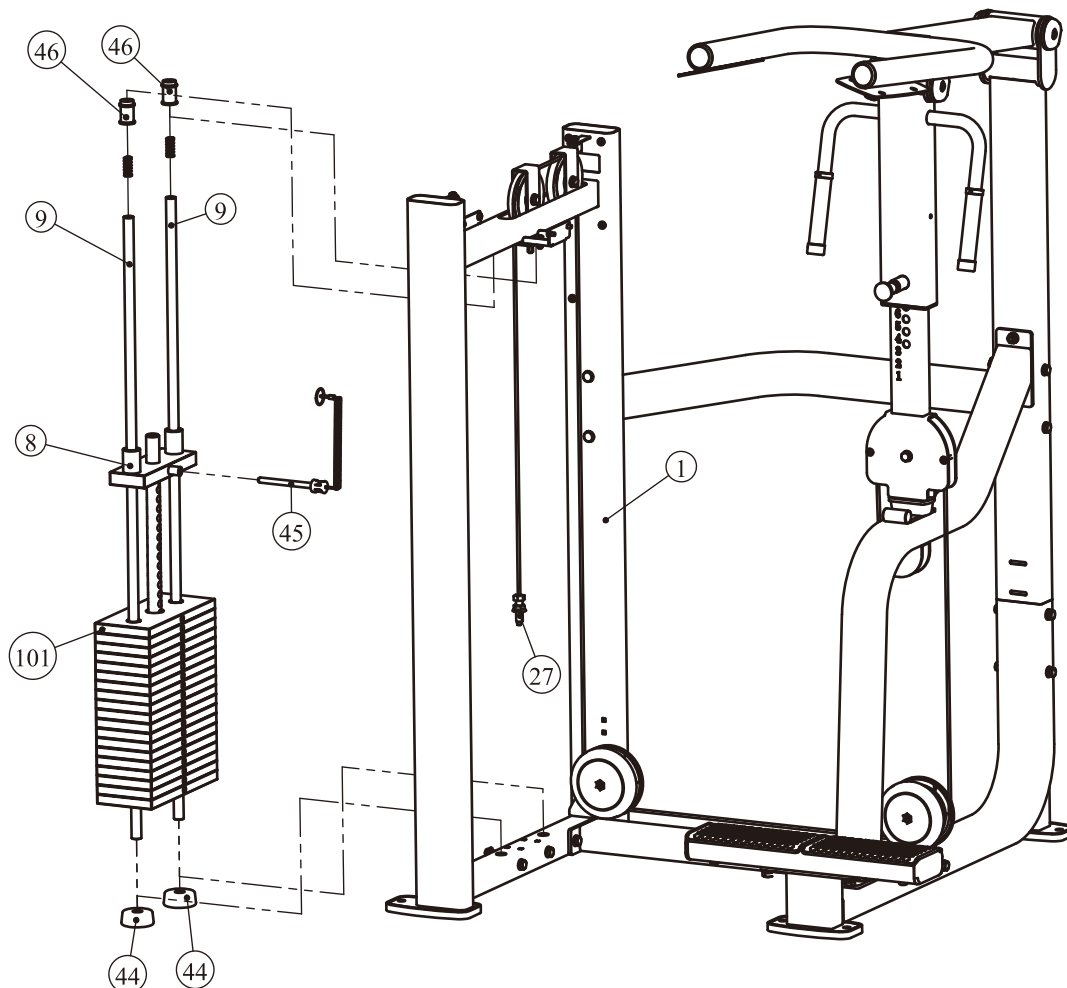
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)

two Spring (#47)

### 2. Attach the Selector Pin W/Coil (#45) to the Top Plate (#8).

### 3. Attach the Cable ASSY (#27) to the Top Plate (#8).

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



# Assembly

## STEP 4

Here is the assembly instruction for **235LBS Weights !**

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#9)

two Weight Rubber Bumper (#44)

fifteen Weight Plate 15LBS (#102)

two weight stack space (#103)

one Top Plate (#8)

to the Weight Stack Frame ASSY (#1) using:

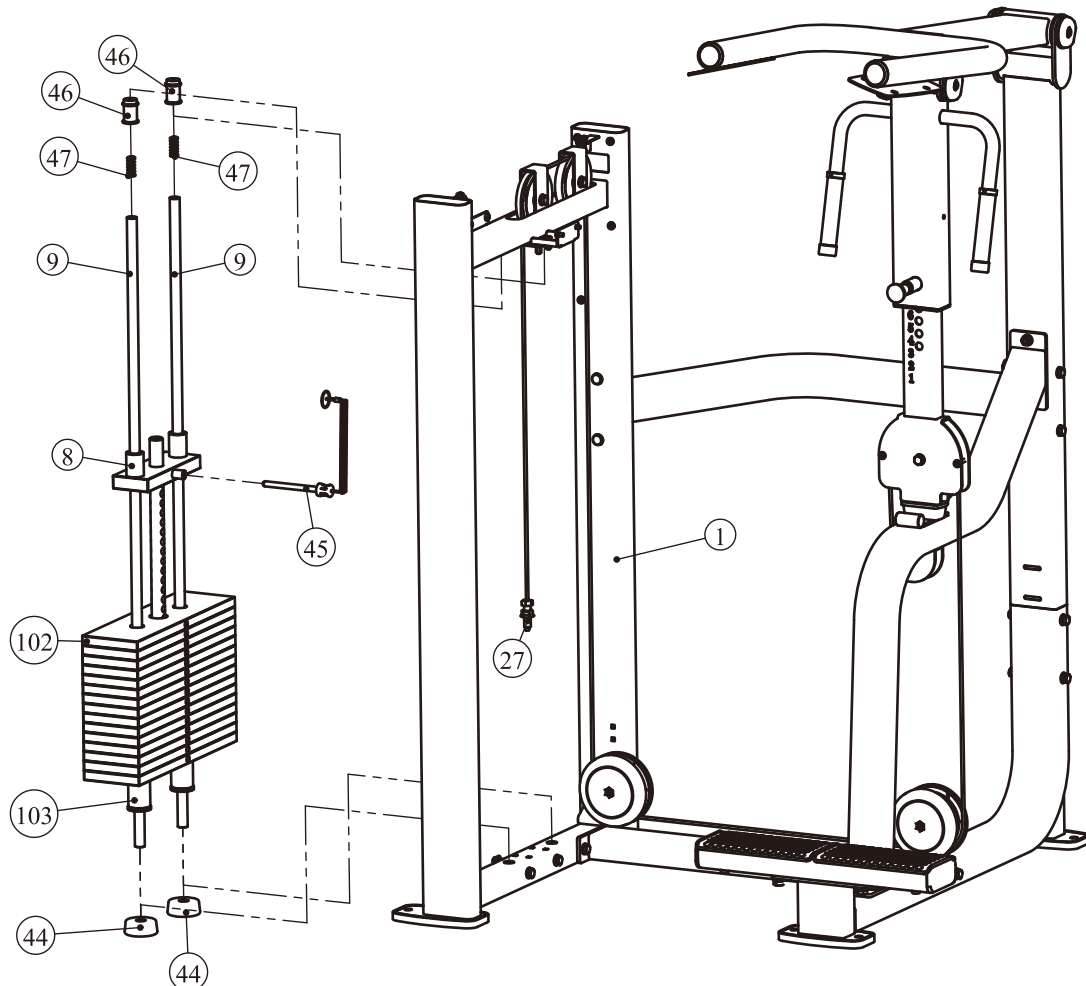
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)

two Spring (#47)

### 2. Attach the Selector Pin W/Coil (#45) to the Top Plate (#8).

### 3. Attach the Cable ASSY (#27) to the Top Plate (#8).

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





# Assembly

## STEP 4

Here is the assembly instruction for **295LBS Weights !**

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#9)

two Weight Rubber Bumper (#44)

nineteen Weight Plate 15LBS (#102)

one Top Plate (#8)

to the Weight Stack Frame ASSY (#1) using:

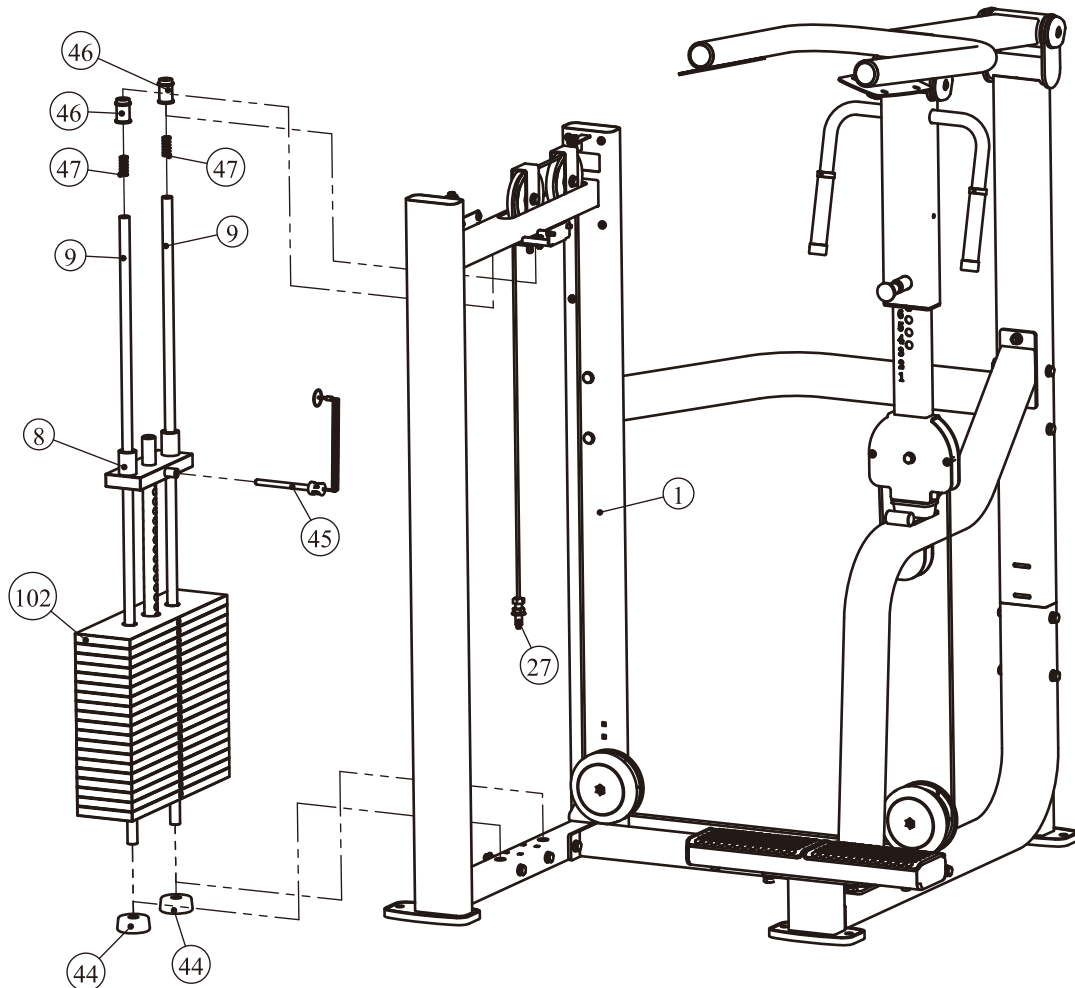
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)

two Spring (#47)

### 2. Attach the Selector Pin W/Coil (#45) to the Top Plate (#8).

### 3. Attach the Cable ASSY (#27) to the Top Plate (#8).

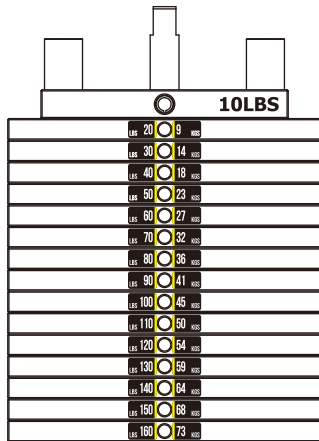
| Grade No. | Part No.   | Description        | QTY |
|-----------|------------|--------------------|-----|
| 102       | FE97193200 | 15LBS Weight Plate | 19  |



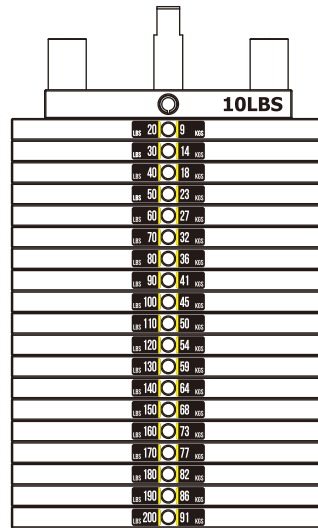
# Assembly

## 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 |

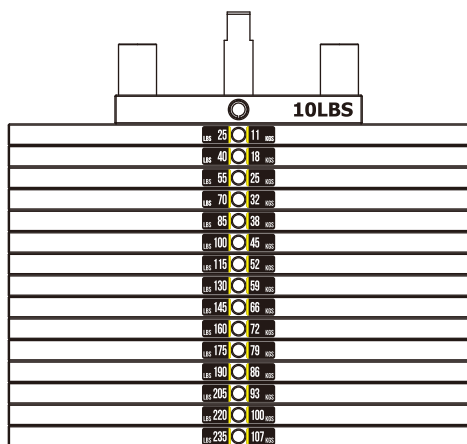


20-160LBS

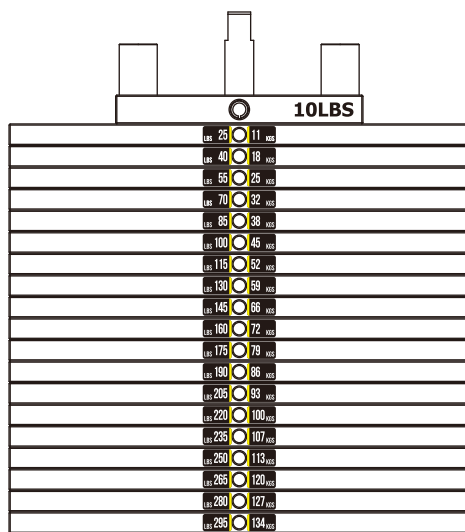


20-200LBS

|         |     |
|---------|-----|
| 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



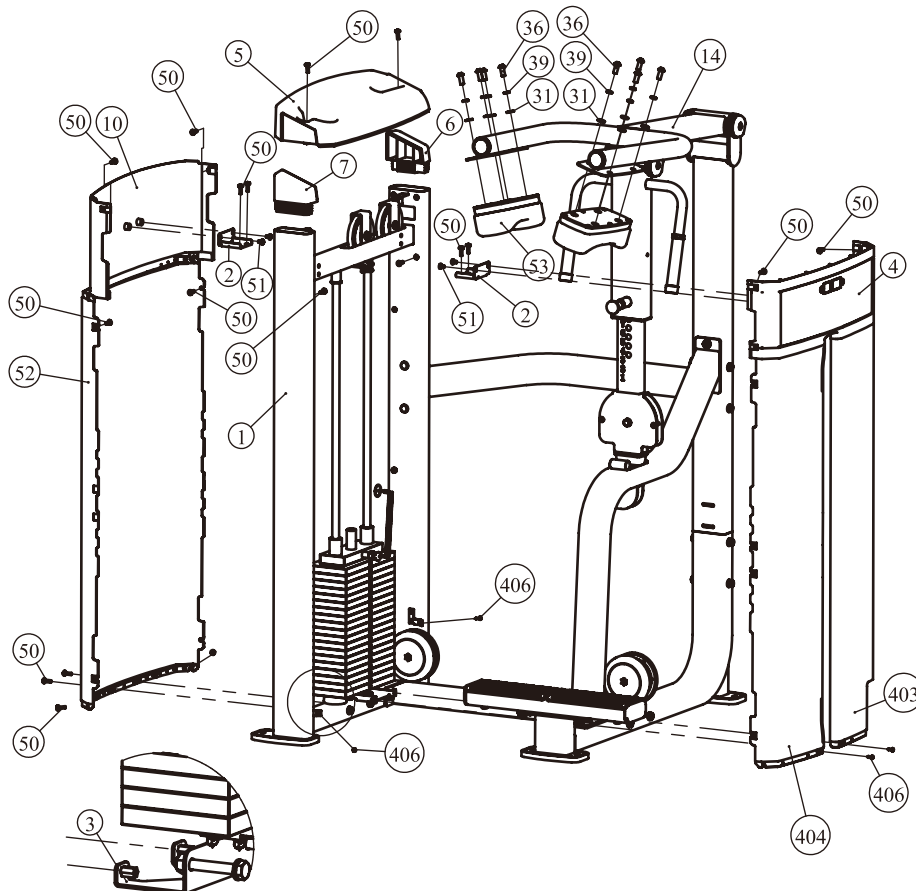
25-295LBS

# Assembly

## STEP 5

## Full Shroud

1. Attach two Top Bracket (#2) to the Training Placard Cover (#4) and the Top Rear Shroud (#10) using:  
four M6\*10 CRPHS (#51)
2. Attach the Rear Shroud (#52) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:  
six M6\*20 CRPHS (#50)
3. Attach the Top Rear Shroud (#10) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#50)
4. Attach the Right Plug (#6) and the Left Plug (#7) to the Weight Stack Frame ASSY (#1).
5. Attach the Training Placard Cover (#4), the Notched Front Shroud (#403) and the Front Shroud (#404) to the Weight Stack Frame ASSY (#1) using:  
six M6\*20 CRPHS (#50)                      four ST4.2\*16 Cross Disc Self Tapping Screw (#406)
6. Attach the Top Cover (#5) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#50)
7. Attach two Shoulder Pad (#53) to Shoulder Brace ASSY (#14), using:  
eight Button Head Cap Screw M10\*25 (#36)                      eight Spring Washer  $\Phi 10$  (#39)  
eight Flat Washer  $\Phi 11*\Phi 25*2$  (#31)

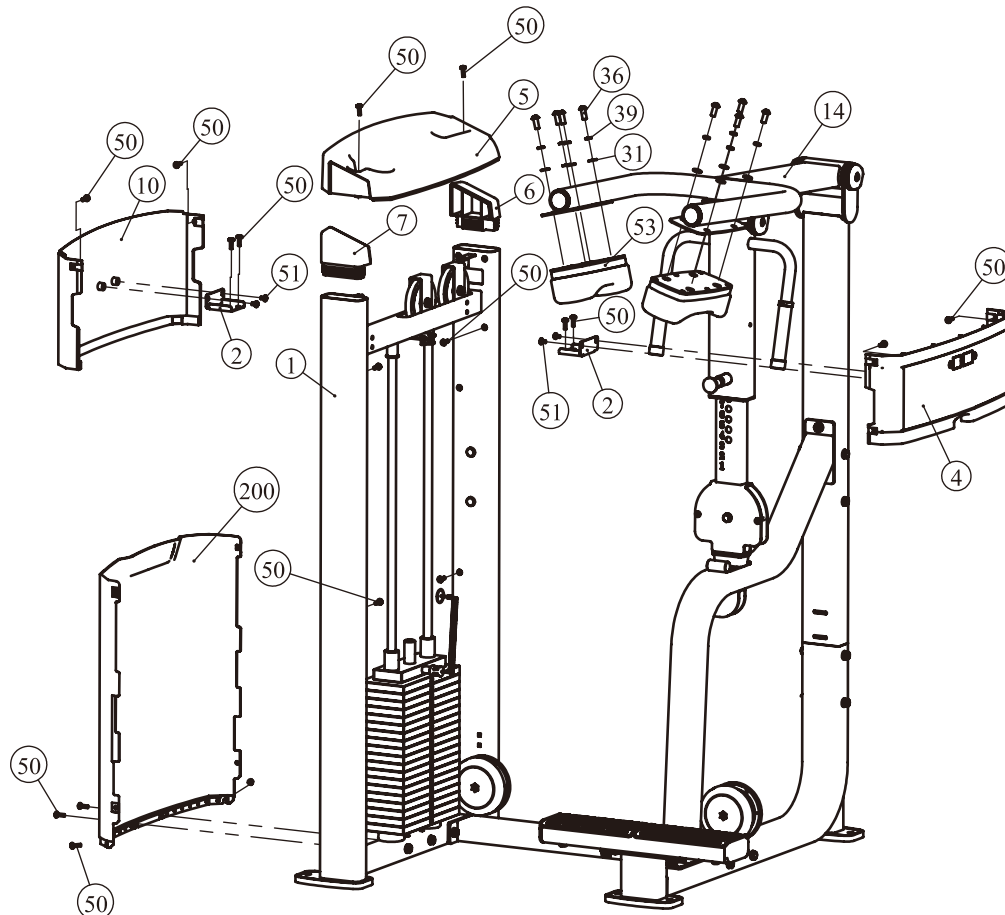


# Assembly

## STEP 5

## Half Rear Shroud

1. Attach two Top Bracket (#2) to the Training Placard Cover (#4) and the Top Rear Shroud (#10) using:  
four M6\*10 CRPHS (#51)
2. Attach the Half Rear Shroud (#200) to the Weight Stack Frame ASSY (#1) and the Bottom Bracket ASSY (#3) using:  
six M6\*20 CRPHS (#50)
3. Attach the Top Rear Shroud (#10) to the Weight Stack Frame ASSY (#1) using:  
four M6\*20 CRPHS (#50)
4. Attach the Training Placard Cover (#4) to the Weight Stack Frame ASSY (#1) using:  
six M6\*20 CRPHS (#50)
5. Attach the Right Plug (#6) and the Left Plug (#7) to the Weight Stack Frame ASSY (#1).
6. Attach the Top Cover (#5) to the Weight Stack Frame ASSY (#1) using:  
two M6\*20 CRPHS (#50)
7. Attach two Shoulder Pad (#53) to Shoulder Brace ASSY (#14), using:  
eight Button Head Cap Screw M10\*25 (#36)                      eight Spring Washer  $\Phi 10$  (#39)  
eight Flat Washer  $\Phi 11*\Phi 25*2$  (#31)



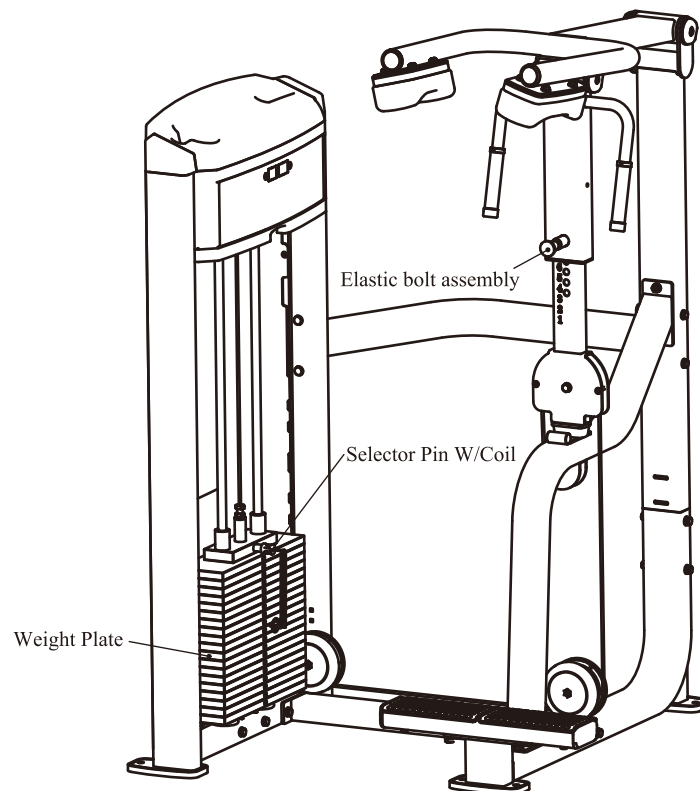
# Adjust Instructions and Exercise Instructions

## The User Position Adjustment

1. Pull out Elastic bolt assembly and Adjust Shoulder Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## The use of Selector Pin W/Coil

1. Select an appropriate weight and put the Selector Pin W/Coil into the hole on it.
2. Make sure the Selector Pin W/Coil gets into the hole completely.



## Exercise Instructions



# Maintenance Schedule

| ROUTINE  | COMMERCIAL MAINTENANCE | HOME MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |
|--|------------------------|------------------|-------------------|--|--|--|--|--|
|  |                        |                  |                   |  |  |  |  |  |
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                  | WEEKLY           |                   |  |  |  |  |  |
| Clean;<br>Upholstery   | DAILY                  | WEEKLY           |                   |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension  | DAILY                  | WEEKLY           |                   |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles  | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |
| Inspect;<br>All Decals   | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if<br>needed                                 | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface  | WEEKLY                 | 3 MONTHS         |                   |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                | 3 MONTHS         |                   |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                | 3 MONTHS         |                   |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes  | 6 MONTHS               | YEARLY           |                   |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings   | 6 MONTHS               | YEARLY           |                   |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting<br>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 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.

**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.



