

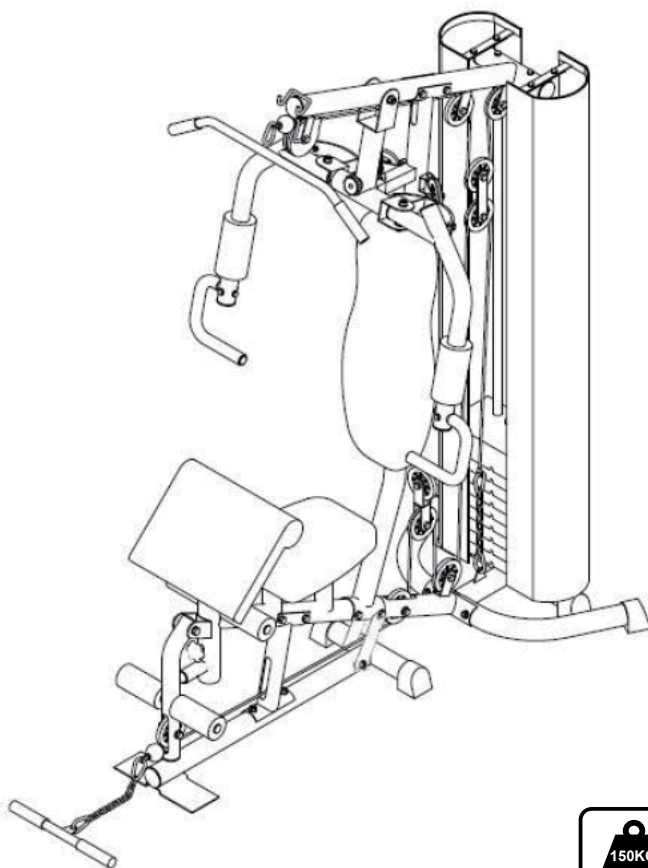
Scozier

IN230600152V01_CA

A91-234V00

GYM STATION

EN



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY INSTRUCTION

PACKING DETAILS:TOTAL 4 BOXES

BOX-1/4

Accessory Box

NO.	Description		Qty
1	Base frame		1
3	Rear stabiliser		1
4	Seat support tube		1
5	Upright support tube		1
7	Guiding tube		2
9	pull unit		1
59	back cushion		1
60	seat		1
75	Cloth cover for right/left		2

NO.	Description		Qty
49	pulley		11
49A	pulley A		1
50	Cap for small pully		2
65	Cable for lat bar		1
66	Cable for butterfly arm		1
67	Cable for lower pull bar		1
13	Lower pull bar		1
11	Handlebar		2
55	Foam for handlebar		2
15	Bracket for seat/backrest		2

Accessory Box

NO.	Description		Qty
17	Bracket for bulley		2
18	Two way bracket for bulley		1
20	bulley bracket		2
78	connection strap		2
48	Rubber ring		2
57	Round cap for select bar		1
71	Knob		1

PACKING DETALS:TOTAL 4 BOXES

BOX-2/4

NO	Description		Qty
10L /R	butterfly arm L/R		2
2	Seat post		1
8	bridge tube		1
12	lat bar		1
53	foam for butterfly arm		2
54	foam for leg curl		4
72	elbow cushion		1
73	bracket for cloth cover		4
6	leg curl tube		1
68	cushion support tube		1
19	select bar		1
	hardware		2

BOX-3/4

NO.	Description		Qty
64	weight plate		5

BOX-4/4

NO.	Description		Qty
64	weight plate		4
63	weight plate		1

Introduction 3

Safety & Warnings..... 7

Overview 8

Assembly 11



IMPORTANT MESSAGE
WARNING - PLEASE READ

ADULT ASSEMBLY REQUIRED
CHOKING HAZARD Small Parts.
NOT for children under 3 years of age.

WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

SAFETY INFORMATION

IMPORTANT – Please read fully before assembly or use.

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

Warning for assembly

- Ensure you have all the parts and tools listed.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts before starting.

The assembly of this equipment is best carried out by 2 persons.

- Assemble the item as close to its final position (in the same room) as possible.
- The free-standing equipment shall be installed on a stable and level base.
- Dispose of all packaging carefully and responsibly.

Warning for using

- This exercise equipment is made for training in private environment. Only use the equipment for its intended use.
- **DO NOT** make any changes to the equipment which can affect the security of the product.
- **Warning! Pregnant or physically injured persons should never use the weight station without prior consultation with a doctor you trust.**
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- STOP exercising if you experience any pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or nausea. If you do experience any of these conditions you should **CONSULT YOUR DOCTOR IMMEDIATELY** before continuing with your exercise program.
- Always adapt your training style to your personal fitness level and health.
- Before every training session, ensure you check the equipment for operation and safety.
- Before using, ensure the item is installed correctly and that all safety devices are functional! Damages or alterations to the product resulting from modification, will invalidate your warranty. For problems resulting from the modification or other restrictions, the seller is not responsible.

- Any damage must be reported to the seller immediately after delivery, and before use or installation. Later complaints will not be considered.
- Use only suitable tools for assembly.
- The installation must ONLY be carried out by adults. Children should not be present in the immediate environment where the assembly is taking place.
- Make sure all connections are securely mounted before releasing the product for use.
- Check all connections at regular intervals for damage, loose elements and other factors that can lead to a loss of sufficient security.
- Do not leave children unattended on the weight bench! It is not a toy! Instruct them not to play with or climb on the appliance.
- In case of a fault during day-to-day use, or during maintenance, lock the equipment to prevent any risk of injury.
- Children or persons with limited physical or mental abilities, or those not familiar with this device, should not be allowed to use this weight bench!
- Please keep in mind that this manual and the safety can only draw your attention to eventual hazard. Logical conclusions and care should always be practiced when handling this device.
- Before using the equipment to exercise, always warm up with stretching exercises.
- Before using the equipment, check the nuts and bolts are securely tightened.
- Use the equipment on a solid, flat surface with a protective cover for your floor or carpet.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual sounds, from the equipment during use, STOP! Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

CLEANING AND MAINTENANCE

1. Regularly examine the equipment to detect any damage to wear which may have occurred.

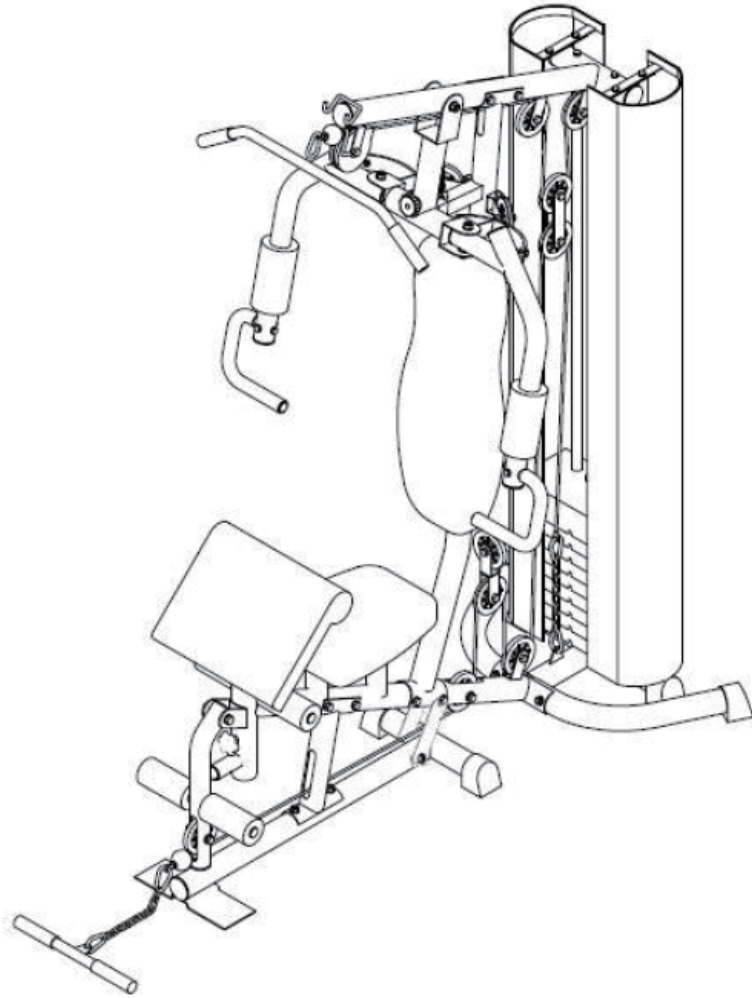
The safety level of the equipment can be maintained only if it is examined regularly for damage and wear and tear on ropes, pulleys, and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay particular attention to components most susceptible to wear.

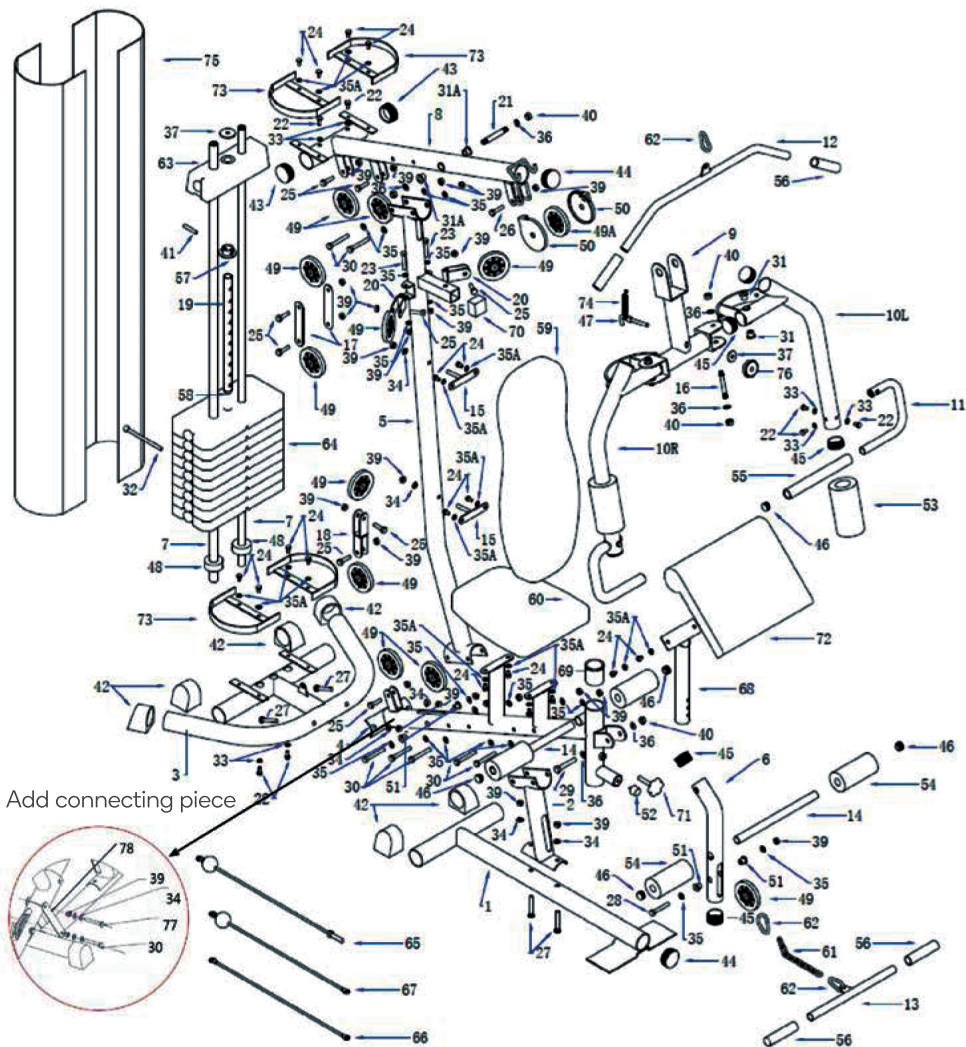
4. The equipment can be cleaned using a soft, damp cloth. Do not use solvents or abrasive cleaners.

INTRODUCTION



- Insert the pin into your desired weight and lift.
- Great for pull-ups, pullovers and pull-downs, using the lateral bars.
- For leg workouts, pull with the footwrap.
- Adjustable bicep pads.

OVERVIEW

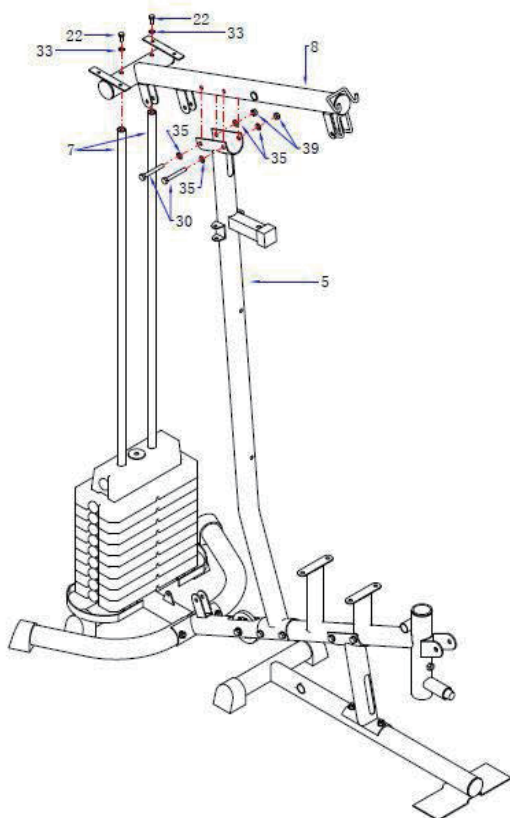


Part	Description	Qty	Part	Description	Qty
1	Base Frame	1	39	M10 Nylon Nut	27
2	Seat post	1	40	M12 Nylon Nut	5
3	Rear Stabiliser	1	41	Fixed Pin for Weight Stack	1
4	Seat Support Tube	1	42	End Cap	6
5	Upright Support Tube	1	43	Φ60 Round Cap	2
6	Leg Curl Tube	1	44	Φ60 Flat Cap	2
7	Guiding Tube	2	45	Φ50 Flat Cap	8
8	Bridge Tube	1	46	Φ25 Flat Cap	6
9	Pull unit	1	47	Pin	1
10L	Butterfly Arm – Left	1	48	Rubber Ring	2
10R	Butterfly Arm – Right	1	49	Pulley	11
11	Handlebar	2	49A	Pulley A	1
12	Lat Bar	1	50	Cap for Small Pulley	2
13	Lower Pull Bar	1	51	Plastic Bushing	4
14	Foam Tube for Leg curl	2	52	Rubber Stopper	1
15	Bracket for Seat/Backrest	2	53	Foam for Butterfly Arm	2
16	Hex Head Bolt M12x80mml	2	54	Foam for Leg Curl	4
17	Bracket for Pulley	2	55	Foam for Handlebar	2
18	Two Way Bracket for Pulley	1	56	Hand Grip	4
19	Select Bar	1	57	Round Cap for Select Bar	1
20	Pulley Bracket	2	58	Round Cap for Select Bar	1
21	Axle for Pull Unit	1	59	Back cushion	1
22	Hex Head Bolt M8 x 20mmL	8	60	Seat	1

23	Hex Head Bolt M10 x 60mm	2	61	Chain 8 Links	2
24	Hex Head Bolt M8 x 15mm	22	62	Hook	5
25	Hex Head Bolt M10 x 40mm	9	63	Weight Stack 8 Lbs	1
26	Hex Head Bolt M10 x 45mm	1	64	Weight Stack 10 Lbs	9
27	Hex Head Bolt M10 x 75mm	4	65	Cable for Lat Bar	1
28	Hex Head Bolt M10 x 70mm	1	66	Cable for Butterfly Arm	1
29	Hex Head Bolt M12 x 80mm	1	67	Cable for Lower Pull Bar	1
30	Hex Head Bolt M10 x 80mm	6	68	Cushion Support tube	1
31	Powder Metal Ring Ø12	4	69	Bushing	1
31A	Powder Metal Ring Ø16	2	70	Stopper	1
32	Select Pin	1	71	Knob	1
33	Curve Washer OD20XID8.3	7	72	Elbow Cushion	1
34	Curve Washer OD23XID10	6	73	Bracket for Cloth Cover	4
35	Flat Washer OD23XID10	28	74	Spring	1
35A	Flat Washer OD23XID9	22	75	Cloth Cover for Left/Right	2
36	Flat Washer OD24XID12.3	8	76	Plum-nut	1
37	Flat Washer OD40XID12.5	1	77	Hex Head Bolt M10x85mm	1
38	M8 Nylon Nut	2	78	Connection strap	2

ASSEMBLY

Step A:



1. Attach the seat post (02) to the base frame (01) using two hex bolts (27), four curve washers (34) and two nylon nuts (39).



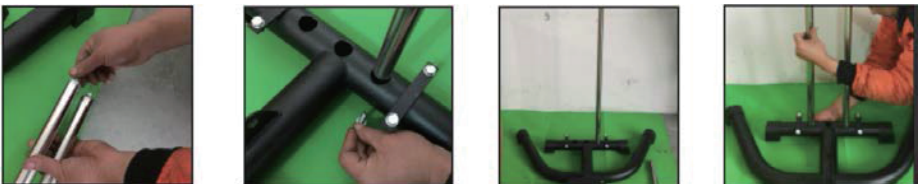
2. Attach the seat support tube (04) to the seat post (02) using two hex head bolts (30), four flat washers (35) and two nylon nuts (39).



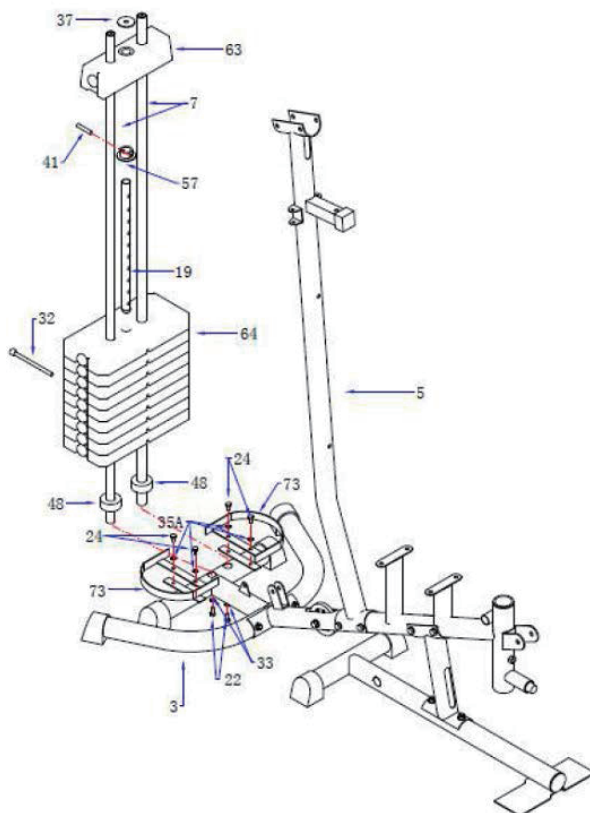
3. Attach the rear stabiliser (03) to the seat support tube (04) using two hex head bolts (27), four curve washers (34) and two nylon nuts (39).



4. Attach the guiding tube (07) to the rear stabiliser (03), then attach the upright support tube (05) to the seat support tube (04) – tighten using two hex head bolts (30).

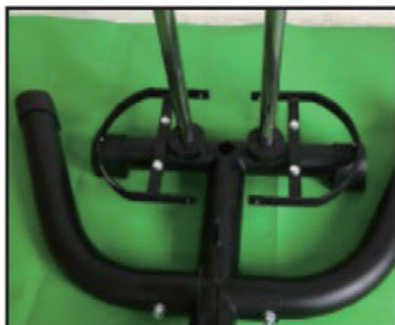


Step B:



1. Attach the bracket for the cloth cover (73) to the left side of the rear stabiliser (03) – tighten using two hex head bolts (24) and two washers (35A).

2. Repeat for the right side of the rear stabiliser.



3. Slide both guiding tubes (07) through the rubber rings (48) and into the holes of the rear stabiliser (3) – tighten from the bottom side using two curve washers (33) and two head hex bolts (22).



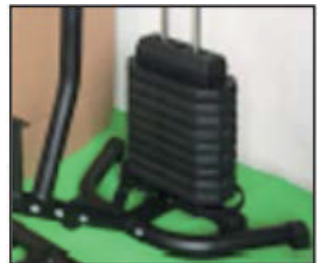
4. Place the weight stack (64) into position. Ensure the guiding tubes (07) are fed through the holes.



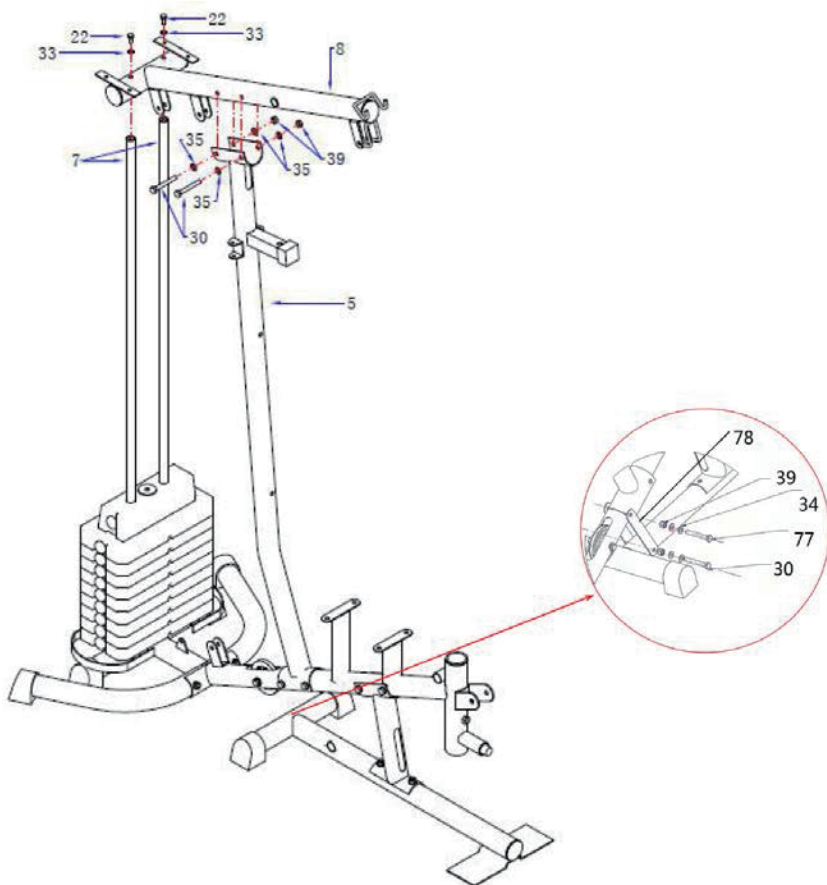
5. Place the bushing for the weight stack (57) onto the select bar (19) – secure in place using the fixed pin (41). Place the weight stack (63) on the select bar (19), then place a flat washer (37) onto the weight stack (63).



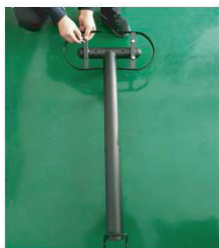
6. Insert the select pin (32) through the weight stack (64) and into the hole of the select bar (19).



Step C:



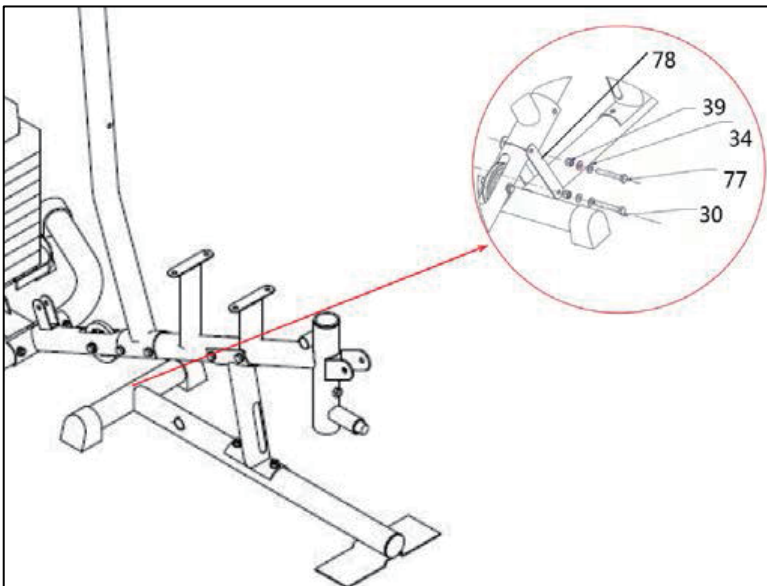
1. Attach the bracket for the cloth cover (73) into the bridge tube (08) using four hex head bolts (24). Attach the guiding tube (07) to the bridge tube (08) using two hex head bolts (22).



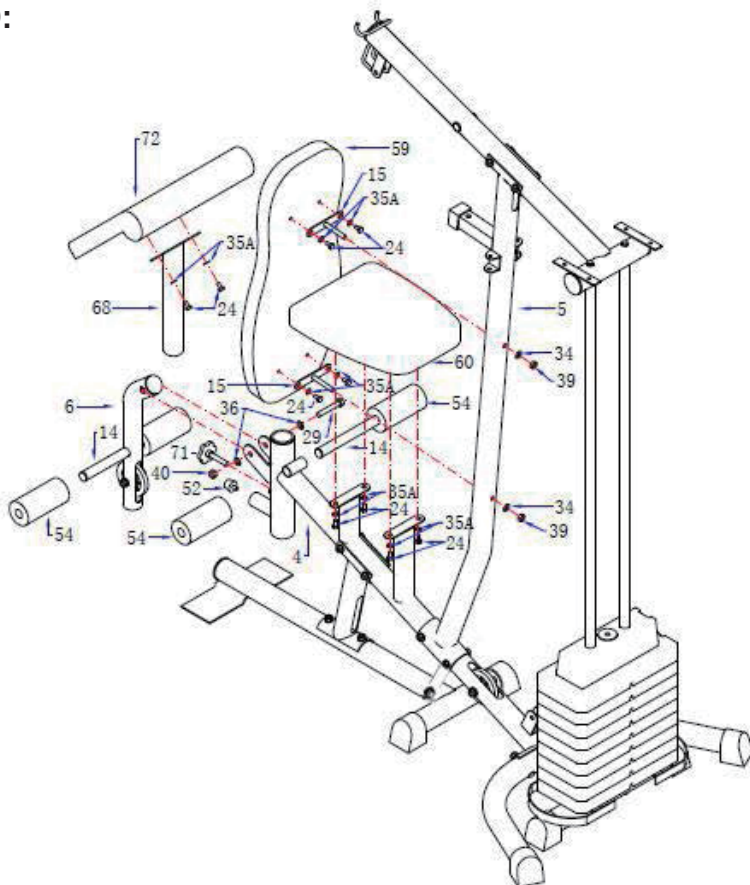
2. Attach the bridge tube (08) to the upright support tube (05) – secure using two hex head bolts (30), four flat washers (35) and two nylon nuts (39).



3. Attach the base frame (01) to the upright support tube (05). Following the diagram, attach the two connection straps (78) using a hex head bolt (30), hex head bolt (77), two flat washers (34) and two nylon nuts (39).



Step D:



1. Attach the bracket for the backrest (15) to the back cushion (59) – tighten using two flat washers (35A) and two hex head bolts (24).



2. Attach the backrest cushion (59) to the upright support tube (05), by putting the screw on the bracket for the backrest (15) into the hole in the upright support tube (05) – secure using a curve washer (34) and an M10 nylon nut (39).

3. Attach the seat (60) onto the seat support tube (04) by putting the screw on the bracket for the seat into the holes – secure using four flat washers (35A) and four hex head bolts (24).



4. Attach the elbow cushion (72) onto the elbow cushion support tube (68) – tighten using two washers (35A) and two hex held bolts (24). Attach the elbow cushion (68) into the seat support tube (04) – secure with the knob (71).



5. Screw in the small rubber stopper (52) into the front side of the seat support tube (04). Attach the leg curve tube (06) to the front side of the seat support tube (04) – tighten using a hex head bolt (29), two flat washers (36) and a nylon nut (40).

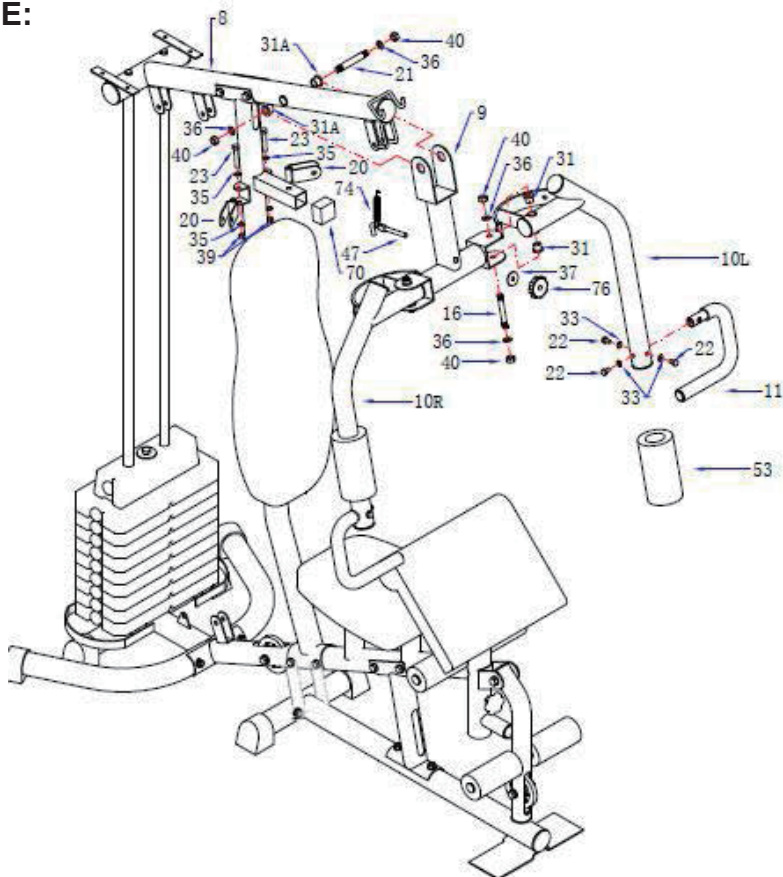
6. Attach two foam tubes for the leg curl (14) into the holes on the leg curl tube (06) and the front/upper bracket of the seat support tube (04).



7. Attach the two foams for leg curl tube (54) onto both sides of each tube for leg curl (14).



Step E:

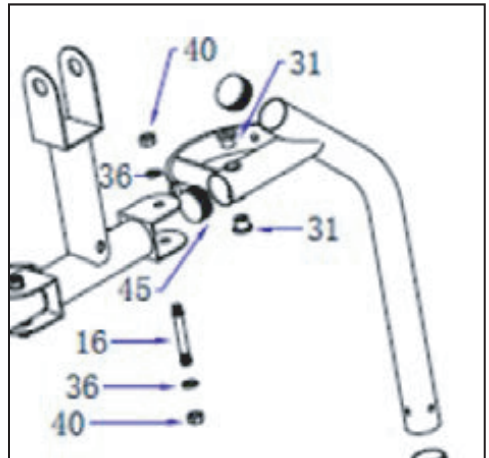


1. Attach the pull unit (09) to the bridge tube (08), then insert the axle for the pull unit (21) – secure using two powder rings (31A), two flat washers (36) and two nylon nuts (40). Refer to the ‘Step E’ diagram.

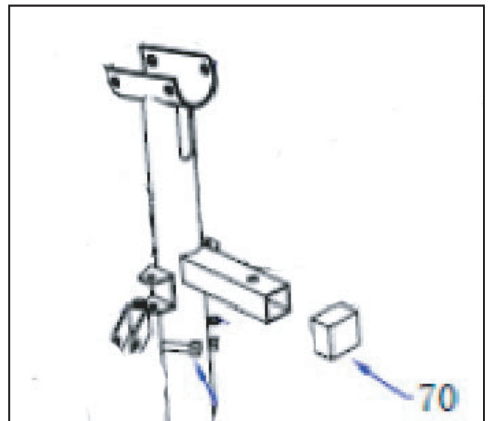


-6-

2. Attach the right butterfly arm (10R) to the right side of the pull unit (09) using two powder metal rings (31), a hex head bolt (16) and two flat washers (36) – tighten using two nylon nuts (40). Repeat for butterfly arm L (10L).



3. Place the rubber stopper (70) onto the bracket on the upright support tube (05). Adjust the pull unit (09) to match the hole in the bracket.

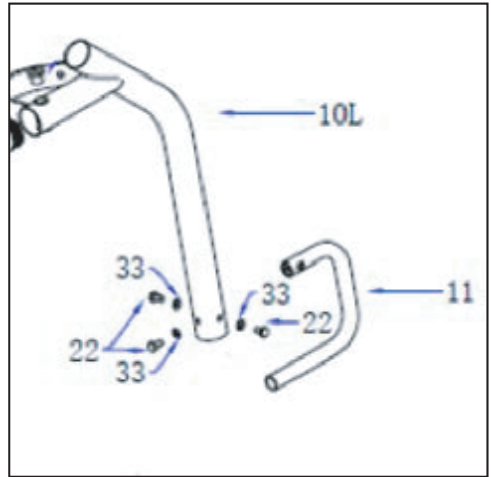


4. Put the foam for the butterfly arm (53) into the right and left butterfly arm (10R & 10L) – adjust to your desired position.

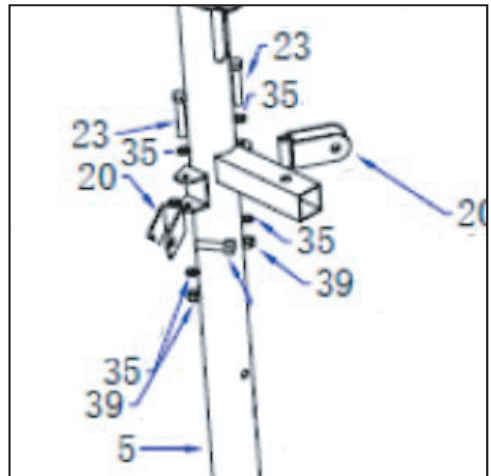


5. Attach the handlebar (11) onto the right butterfly arm (10R) – tighten using three curve washers (33) and three hex head bolts (22).

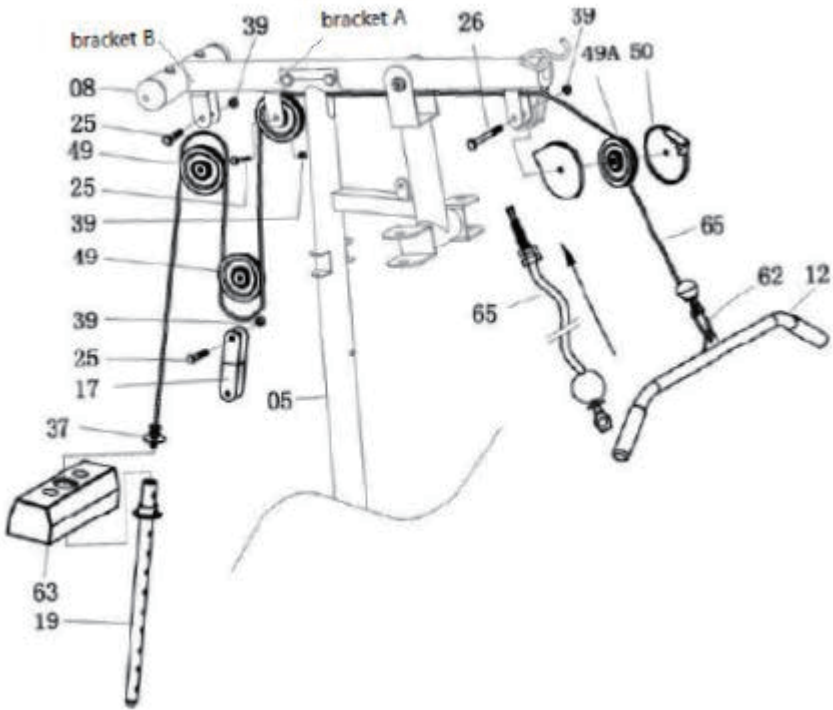
Repeat for the left butterfly arm (10L) using the other handlebar (11L).



6. Attach two pulley brackets (20) onto both sides of the upright support tube (05) – tighten using two hex head bolts (23), four flat washers (35) and two nylon nuts (39).



Step F:



1. Attach cable for the lat bar (65) to the opening bracket at the front of the bridge tube (8).

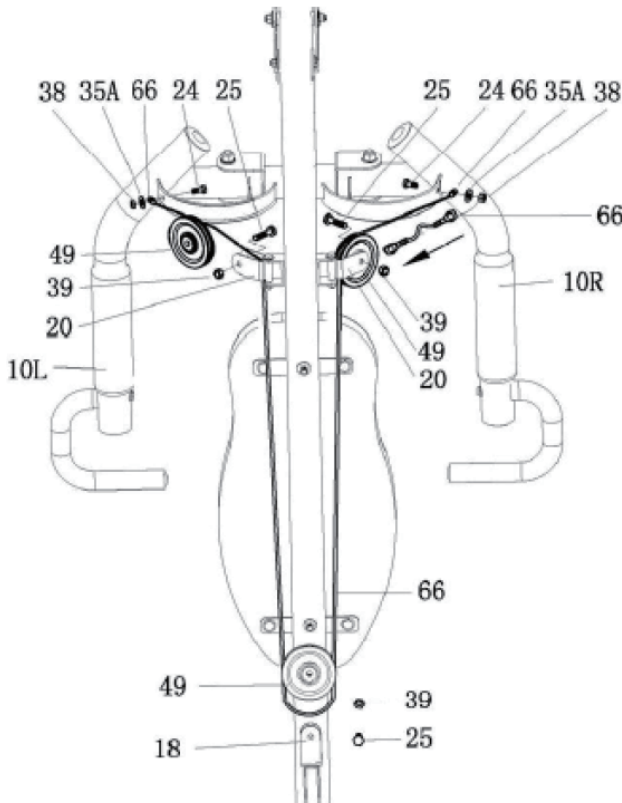
Note: The ball stopper of the cable (65) should be underneath the bridge tube (8).

Note: The cable (65) must come out of the cap (50) from the opening sides. Tighten to the bracket using a head bolt (26) and nylon nut (39).

2. Draw the cable (65) towards the back side of the machine through the upper opening of upright support tube (05) and around the pulley (49), then attach the pulley (49) onto bracket A (refer to the 'Step F' diagram). Tighten using a hex head bolt (25) and a nylon nut (39).

3. Draw the cable (65) downwards and around the pulley (49). Attach the pulley (49) with the bracket (17) on both sides – tighten using a hex head bolt (25) and a nylon nut (39).
4. Draw the cable (65) upwards and around the pulley (49). Attach the pulley (49) to bracket B – tighten using a hex head bolt (25) and a nylon nut (39). Refer to the 'Step F' diagram.
5. Draw the cable (65) downwards between the two guiding tubes (07), then fully thread the bolt on the end of the cable (65) into the top opening of the select bar (19).
6. Attach the lat bar (12) to the front end of the cable (65), then connect using the hook (62).

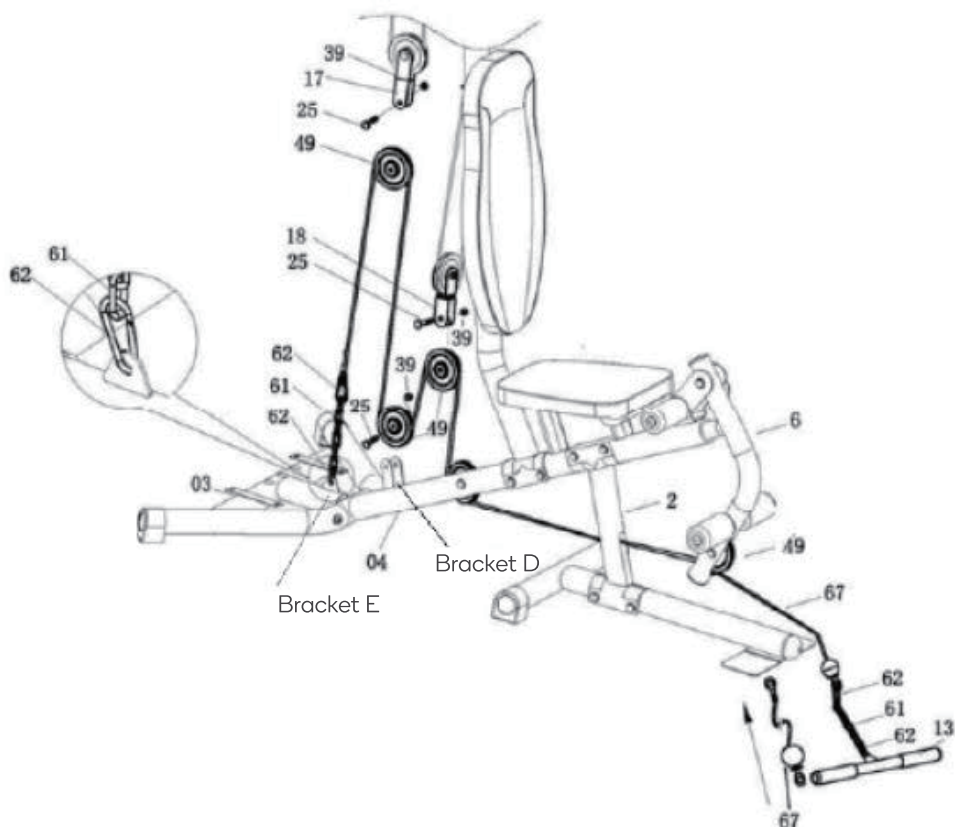
Step G:



1. Attach one end of the cable for the butterfly arm (66) to the hook on the right butterfly arm (10R) – tighten using a hex head bolt (24), a flat washer (35A) and a nylon nut (38).
2. Feed the cable (66) around the pulley (49), then attach the pulley (49) to the bracket (20) on the right side of the upright support tube (05) – tighten using a hex head bolt (25) and a nylon nut (39).
3. Feed the other end of the cable (66) downward and around the pulley (49). Attach the pulley (49) to the upper part of the two-way bracket (18) – tighten using a hex head bolt (25) and a nylon nut (39).

4. Feed the cable (66) upward and around the pulley (49). Attach pulley (49) to the bracket (20) on the left side of the upright support tube (05) – tighten using a hex head bolt (25) and a nylon nut (39).
5. Attach the end of the cable (66) to the hook on the left butterfly arm (10L) – tighten using a hex head bolt (24), flat washer (35A) and nylon nut (38).

Step H:



1. Attach the end with the stopper ball of the cable for the lower pull bar (67) to the open bracket leg curl (6), around the underside of the pulley (49).

Feed the cable (67) through the opening on the lower part of the seat post (02), around the pulley (49) from the underside. Draw the cable (67) upward and around the upper side of the pulley (49).

Attach the pulley (49) to the underside of the two-way bracket(18) – tighten using a hex head bolt (25) and a nylon nut (39).

2. Feed the cable (67) downward and around the underside of the pulley (49). Attach the pulley (49) to bracket D on the seat post tube (4) – tighten using a hex head bolt (25) and nylon nut (39).

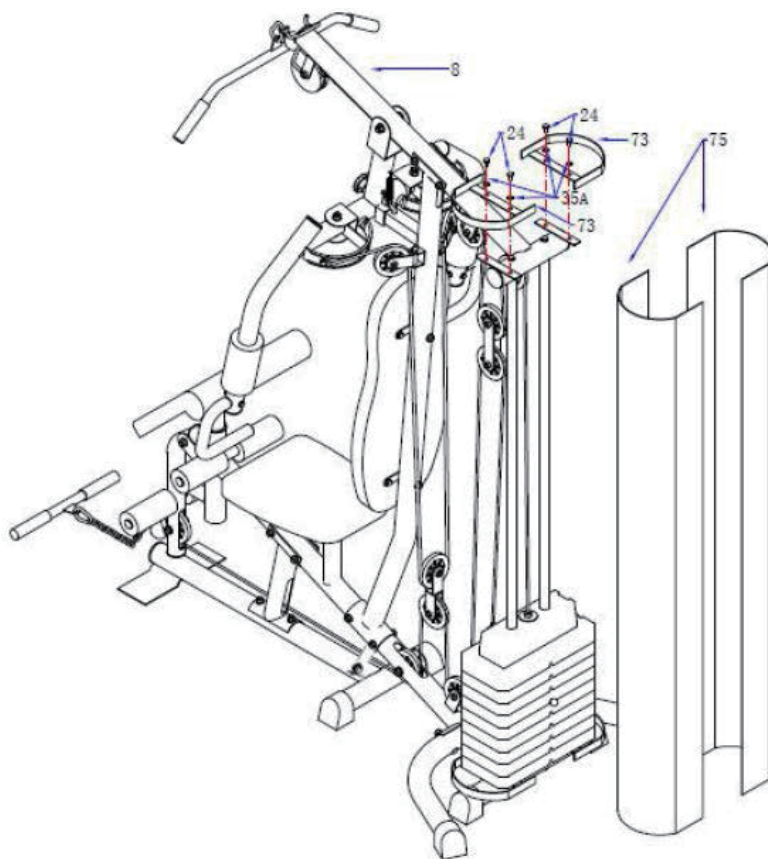
3. Draw the cable (67) upward and around the upper side of the pulley (49). Attach the pulley (49) to the underside of the bracket (17) – tighten using a hex head bolt (25) and a nylon nut (39).

4. Feed the cable (67) downward and connect with bracket E on the rear stabiliser using chain links (61) and a hook (62).

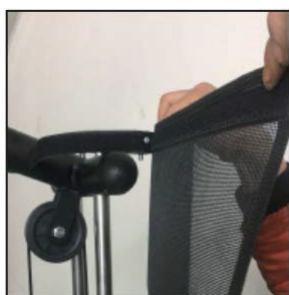
Note: Adjust the cable (67) to be tight, then lock in the desired position of the chain (61) using the hook (62).

5. Attach the lower pull bar (13) to the front end of the cable (67). Connect using the chain links (61) and two hooks (62). Refer to the 'Step G' diagram.

Step I:



1. Attach the bracket for the cloth cover L (73) to the bridge tube (08)
– tighten using two hex head bolts (24) and two flat washers (35A).

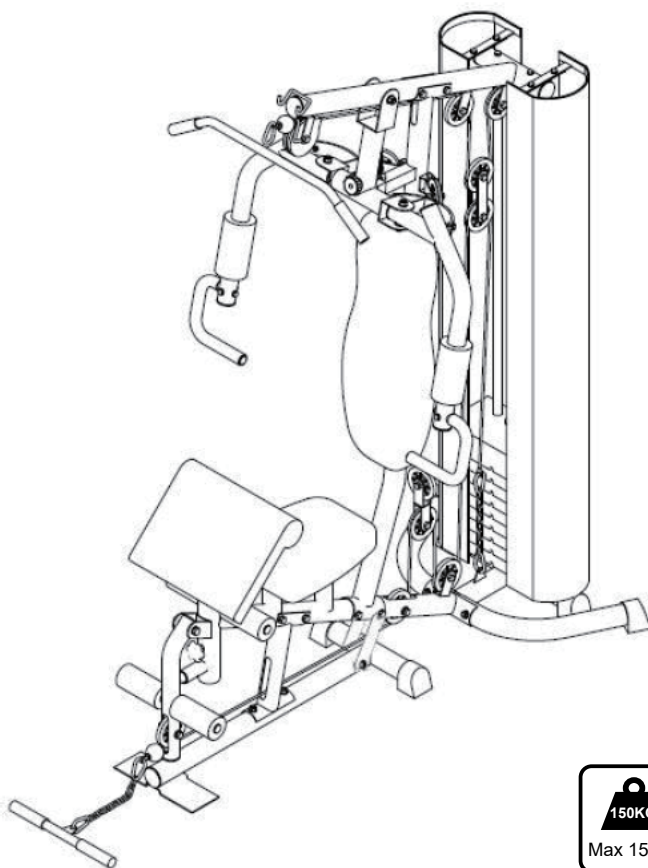


Soozier

IN230600152V01_CA

A91-234V00

STATION DE MUSCULATION **FR**



IMPORTANT : A LIRE ATTENTIVEMENT ET À CONSERVER POUR CONSULTATION ULTÉRIEURE.

INSTRUCTIONS D'ASSEMBLAGE

PACKING DETAILS:TOTAL 4 BOXES

BOX-1/4

Boîte d'accessoires

NO.	Description	Qté
1	Cadre de base	1
3	Stabilisateur arrière	1
4	Tube de support de la selle	1
5	Tube de support du montant	1
7	Tube de guidage	2
9	Unité de traction	1
59	Coussin de dossier	1
60	Siège	1
75	Housse en tissu Gauche/Droit	2

NO.	Description	Qté
49	Poulie	11
49A	Poulie A	1
50	Capuchon Petite poulie	2
65	Câble Barre de traction	1
66	Câble Bras papillon	1
67	Câble Barre de tirage inférieur	1
13	Barre de tirage inférieure	1
11	Poignée	2
55	Mousse pour Poignée	2
15	Support Siège/dossier	2

Boîte d'accessoires

NO.	Description	Qté
17	Support Poulie	2
18	Support à deux voies pour Poulie	1
20	Support de poulie	2
78	Sangle de connexion	2
48	Anneau en caoutchouc	2
57	Capuchon rond Barre de sélection	1
71	Molette	1

PACKING DETALS:TOTAL 4 BOXES

BOX-2/4

NO	Description	Qté
10L /R	Bras papillon - Gauche / Droit 	2
2	Tige de selle 	1
8	Tube de pont 	1
12	Barre de traction 	1
53	Mousse Bras de papillon 	2
54	Mousse pour Flexion des jambes 	4
72	Coussin de coude 	1
73	support de la housse en tissu 	4
6	Tube de support des pieds 	1
68	Coussin Tube de support 	1
19	Sélecteur de barre 	1
	hardware 	2

BOX-3/4

NO.	Description	Qté
64	Pile de poids 10 Lbs 	5

BOX-4/4

NO.	Description	Qté
64	Pile de poids 10 Lbs 	4
63	Pile de poids 8 Lbs 	1

Introduction 3

Sécurité et Avertissements 7

Vue d'ensemble 8

Assemblage 11



IMPORTANT MESSAGE
WARNING - PLEASE READ

ADULT ASSEMBLY REQUIRED
CHOKING HAZARD Small Parts.
NOT for children under 3 years of age.

WARNING:

While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risks of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.

SAFETY INFORMATION

IMPORTANT – Please read fully before assembly or use.

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

Warning for assembly

- Ensure you have all the parts and tools listed.
- Remove all fittings from the plastic bags and separate them into their groups.
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts before starting.

The assembly of this equipment is best carried out by 2 persons.

- Assemble the item as close to its final position (in the same room) as possible.
- The free-standing equipment shall be installed on a stable and level base.
- Dispose of all packaging carefully and responsibly.

Warning for using

- This exercise equipment is made for training in private environment. Only use the equipment for its intended use.
- **DO NOT** make any changes to the equipment which can affect the security of the product.
- **Warning! Pregnant or physically injured persons should never use the weight station without prior consultation with a doctor you trust.**
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health.
- STOP exercising if you experience any pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness, or nausea. If you do experience any of these conditions you should **CONSULT YOUR DOCTOR IMMEDIATELY** before continuing with your exercise program.
- Always adapt your training style to your personal fitness level and health.
- Before every training session, ensure you check the equipment for operation and safety.
- Before using, ensure the item is installed correctly and that all safety devices are functional! Damages or alterations to the product resulting from modification, will invalidate your warranty. For problems resulting from the modification or other restrictions, the seller is not responsible.

- Any damage must be reported to the seller immediately after delivery, and before use or installation. Later complaints will not be considered.
- Use only suitable tools for assembly.
- The installation must ONLY be carried out by adults. Children should not be present in the immediate environment where the assembly is taking place.
- Make sure all connections are securely mounted before releasing the product for use.
- Check all connections at regular intervals for damage, loose elements and other factors that can lead to a loss of sufficient security.
- Do not leave children unattended on the weight bench! It is not a toy! Instruct them not to play with or climb on the appliance.
- In case of a fault during day-to-day use, or during maintenance, lock the equipment to prevent any risk of injury.
- Children or persons with limited physical or mental abilities, or those not familiar with this device, should not be allowed to use this weight bench!
- Please keep in mind that this manual and the safety can only draw your attention to eventual hazard. Logical conclusions and care should always be practiced when handling this device.
- Before using the equipment to exercise, always warm up with stretching exercises.
- Before using the equipment, check the nuts and bolts are securely tightened.
- Use the equipment on a solid, flat surface with a protective cover for your floor or carpet.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual sounds, from the equipment during use, STOP! Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
- Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

CLEANING AND MAINTENANCE

1. Regularly examine the equipment to detect any damage to wear which may have occurred.

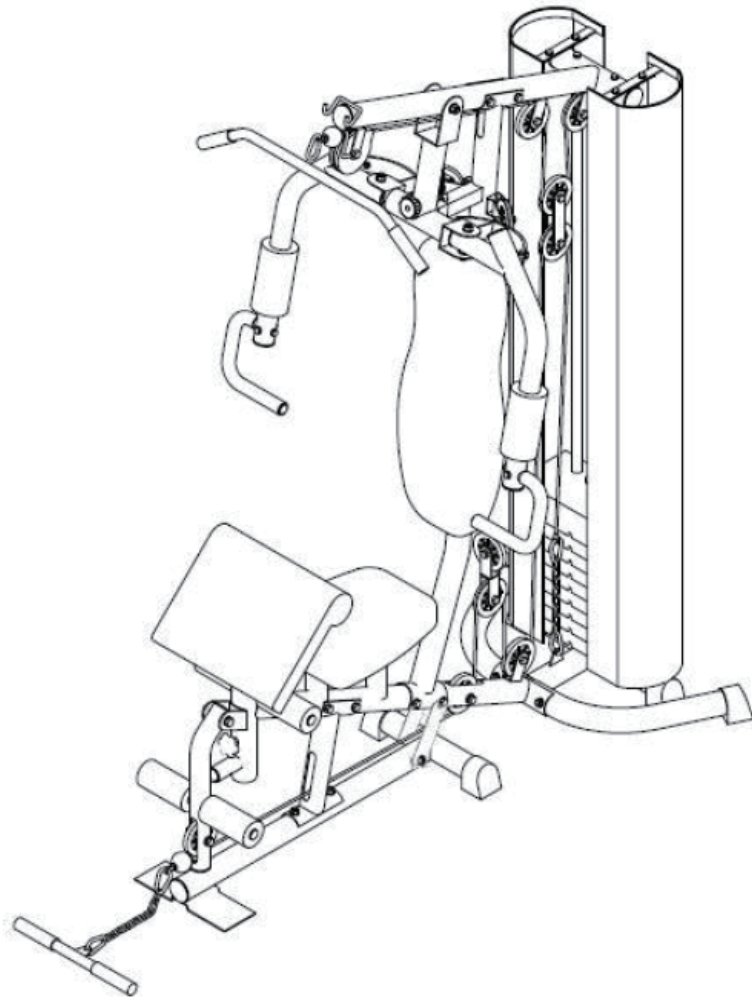
The safety level of the equipment can be maintained only if it is examined regularly for damage and wear and tear on ropes, pulleys, and connection points.

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment. Replace defective components immediately and/or keep the equipment out of use until repair. Pay particular attention to components most susceptible to wear.

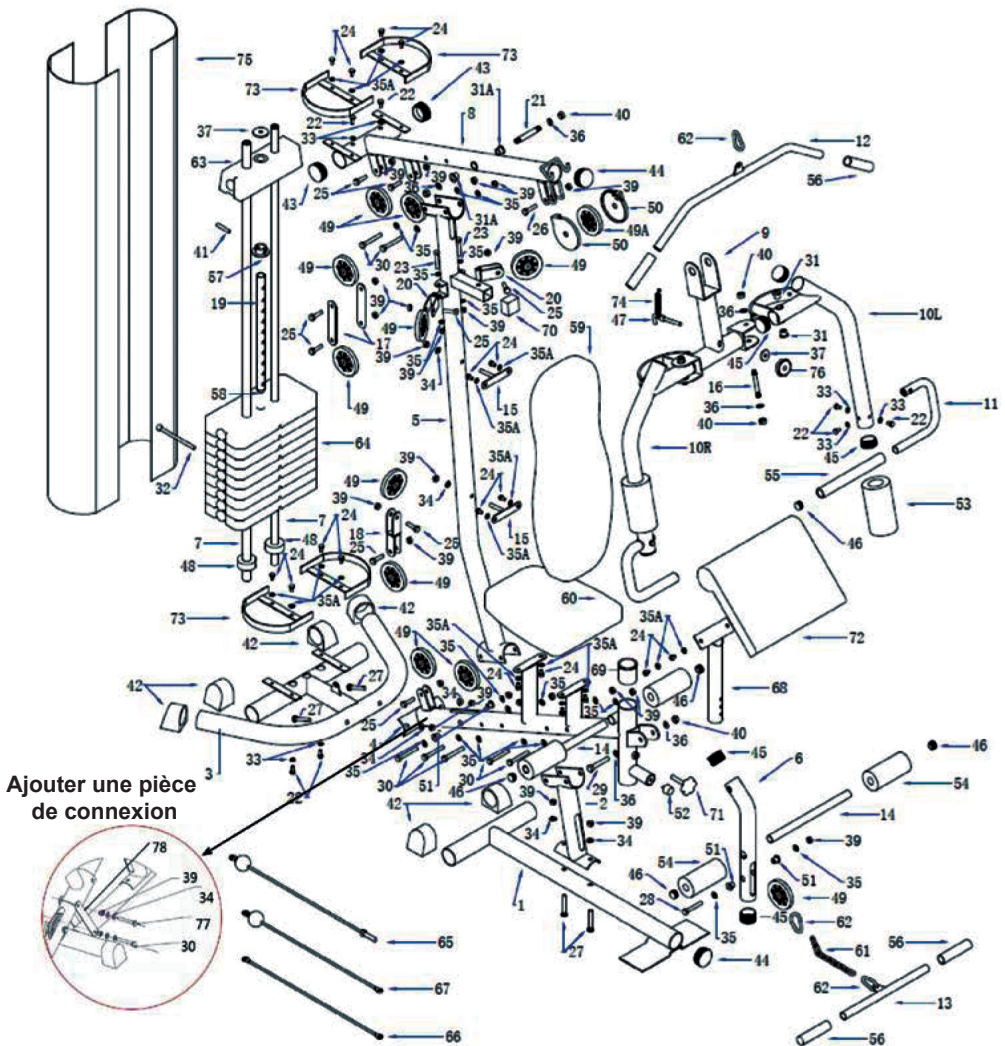
4. The equipment can be cleaned using a soft, damp cloth. Do not use solvents or abrasive cleaners.

INTRODUCTION



- Insérez la goupille dans le poids que vous souhaitez et soulevez.
- Idéal pour les tractions, les pull-overs et les pull-downs, en vous servant des barres latérales.
- Pour vos entraînements de jambes, tirez avec le footwrap.
- Coussinets de biceps réglables.

VUE D'ENSEMBLE

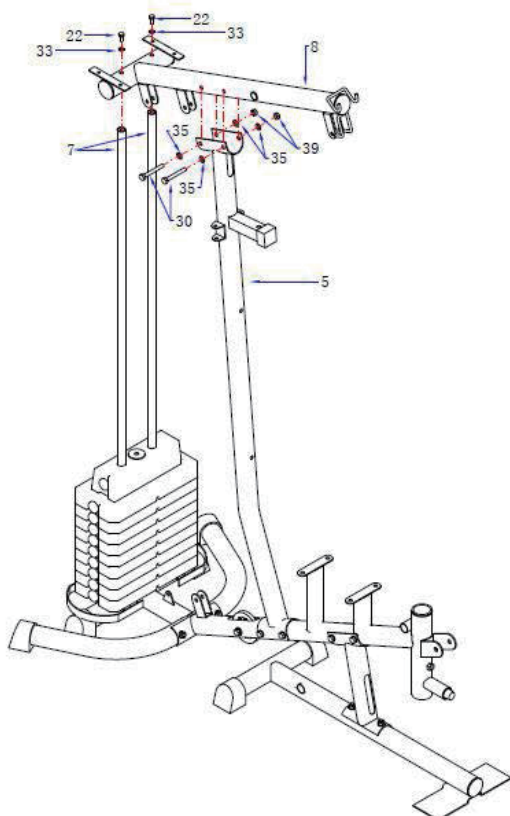


Pièce	Description	QTÉ	Pièce	Description	QTÉ
1	Cadre de base	1	39	Ecrou en nylon M10	27
2	Tige de selle	1	40	Écrou en nylon M12	5
3	Stabilisateur arrière	1	41	Goupille fixe pour la pile de poids	1
4	Tube de support de la selle	1	42	Capuchon d'extrémité	6
5	Tube de support du montant	1	43	Bouchon rond Ø60	2
6	Tube de support des pieds .	1	44	Bouchon plat Ø60	2
7	Tube de guidage	2	45	Ø50 Bouchon plat	8
8	Tube de pont	1	46	Ø25 Bouchon plat	6
9	Unité de traction	1	47	Goupille	1
10G	Bras papillon - Gauche	1	48	Anneau en caoutchouc	2
10D	Bras papillon - Droit	1	49	Poulie	11
11	Poignée	2	49A	Poulie A	1
12	Barre de traction	1	50	Capuchon Petite poulie	2
13	Barre de tirage inférieure	1	51	Douille en plastique	4
14	Tube en mousse Flexion des jambes	2	52	Bouchon en caoutchouc	1
15	Support Siège/dossier	2	53	Mousse Bras de papillon	2
16	Boulon à tête hex M12x80mm	2	54	Mousse pour Flexion des jambes	4
17	Support Poulie	2	55	Mousse pour Poignée	2
18	Support à deux voies pour Poulie	1	56	Poignée	4
19	Sélecteur de barre	1	57	Capuchon rond Barre de sélection	1
20	Support de poulie	2	58	Capuchon rond Bbarre de sélection	1
21	Axe de l'unité de traction	1	59	Coussin de dossier	1
22	Boulon à tête hex M8 x 20mm	8	60	Siège	1
23	Boulon à tête hex M10 x 60mm	2	61	Chaîne à 8 maillons	2
24	Boulon à tête hex M8 x 15mm	22	62	Crochet	5
25	Boulon à tête hex M10 x 40 mm	9	63	Pile de poids 8 Lbs	1

26	Boulon à tête hex M10 x 45mm	1	64	Pile de poids 10 Lbs	9
27	Boulon à tête hex M10 x 75mm	4	65	Câble Barre de traction	1
28	Boulon à tête hex M10 x 70 mm	1	66	Câble Bras papillon	1
29	Boulon à tête hex M12 x 80mm	1	67	Câble Barre de tirage inférieur	1
30	Boulon à tête hex M10 x 80mm	6	68	Coussin Tube de support	1
31	Anneau en métal pulvérulent Ø12	4	69	Douille	1
31A	Anneau en métal pulvérulent Ø16	2	70	Bouchon	1
32	Goupille de sélection	1	71	Molette	1
33	Rondelle incurvée OD20XID8.3	7	72	Coussin de coude	1
34	Rondelle incurvée OD23XID10	6	73	support de la housse en tissu	4
35	Rondelle plate OD23XID10	28	74	Ressort	1
35A	Rondelle plate OD23XID9	22	75	Housse en tissu Gauche/Droit	2
36	Rondelle plate OD24XID12.3	8	76	Écrou de prune	1
37	Rondelle plate OD40XID12.5	1	77	Boulon à tête hexagonale M10x85mm	1
38	Écrou en nylon M8	2	78	Sangle de connexion	2

ASSEMBLAGE

Étape A:



1. Fixez la tige de siège (02) au cadre de base (01) à l'aide de deux boulons hexagonaux (27), de quatre rondelles incurvées (34) et de deux écrous en nylon (39).



2. Monter le tube de support du siège (04) à la tige de siège (02) à l'aide de deux boulons à tête hexagonale (30), de quatre rondelles plates (35) et de deux écrous en nylon (39).



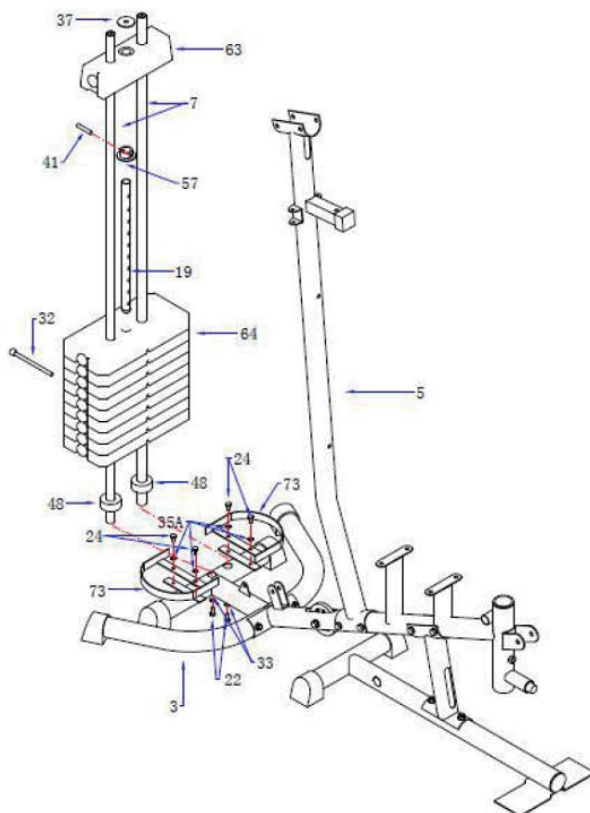
3. Monter le stabilisateur arrière (03) sur le tube de support du siège (04) à l'aide de deux boulons à tête hexagonale (27), de quatre rondelles incurvées (34) et de deux écrous en nylon (39).



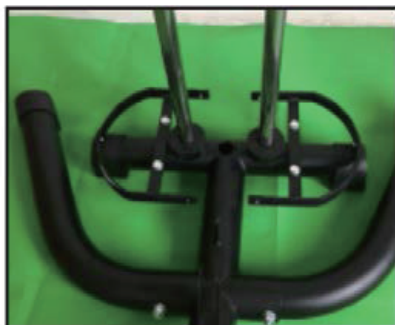
4. Monter le tube de guidage (07) au stabilisateur arrière (03), puis fixer le tube de support du montant (05) au tube de support du siège (04) - serrer avec deux boulons à tête hexagonale (30).



Étape B:



1. Monter le support de la housse en tissu (73) sur le côté gauche du stabilisateur arrière (03) - serrer à l'aide de deux boulons à tête hexagonale (24) et de deux rondelles (35A).
2. Répéter la même chose sur le côté droit du stabilisateur arrière.



3. Faire passer les deux tubes de guidage (07) à travers les anneaux en caoutchouc (48) et dans les trous du stabilisateur arrière (3) - serrer par le bas à l'aide de deux rondelles incurvées (33) et de deux boulons hexagonaux à tête (22).



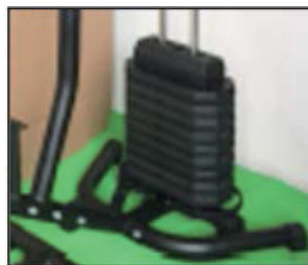
4. Placer les poids (64) en position. Assurez-vous que les tubes de guidage (07) entrent bien dans les trous.



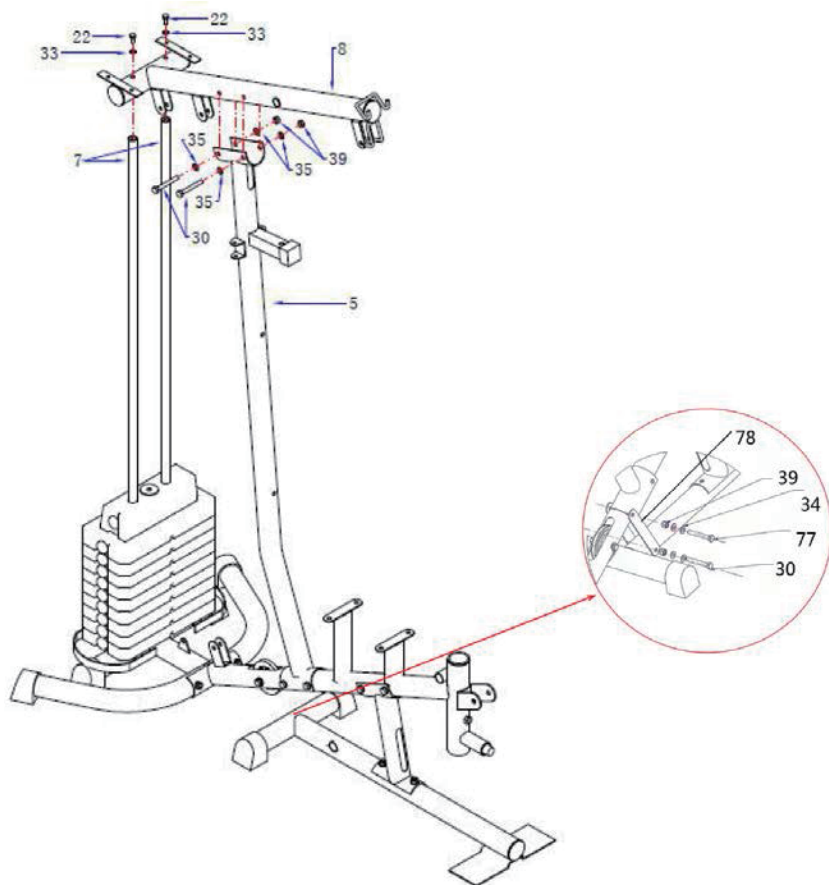
5. Insérer la douille de la pile de poids (57) sur la barre de sélection (19) - verrouillez-la en place à l'aide de la goupille fixe (41). Placez la pile de poids (63) sur la barre de sélection (19), puis posez une rondelle plate (37) sur la pile de poids (63).



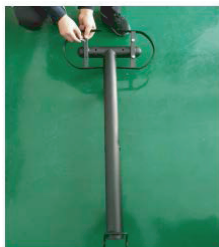
6. Insérez la tige de sélection (32) à travers la pile de poids (64) et dans le trou de la barre de sélection (19).



Étape C:



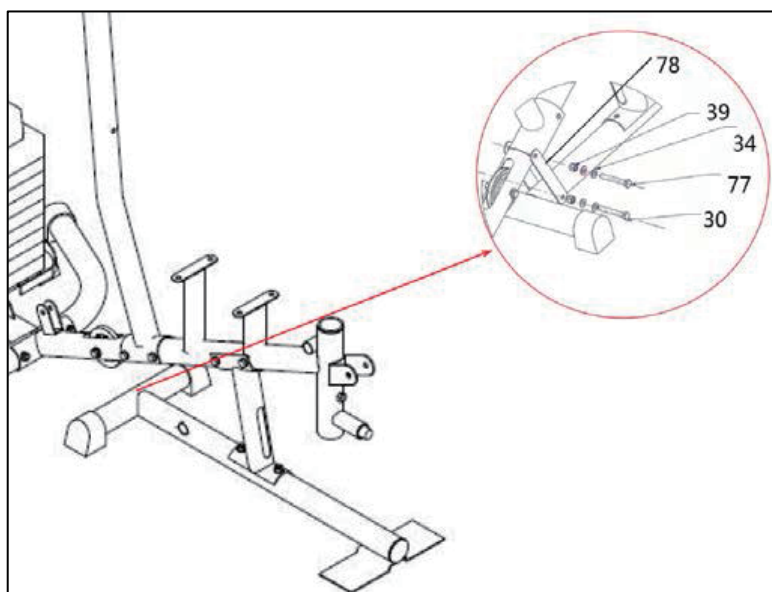
1. Attacher le support de la housse en tissu (73) au tube de pont (08) à l'aide de quatre boulons à tête hexagonale (24). Fixez le tube de guidage (07) au tube de pont (08) à l'aide de deux boulons à tête hexagonale (22).



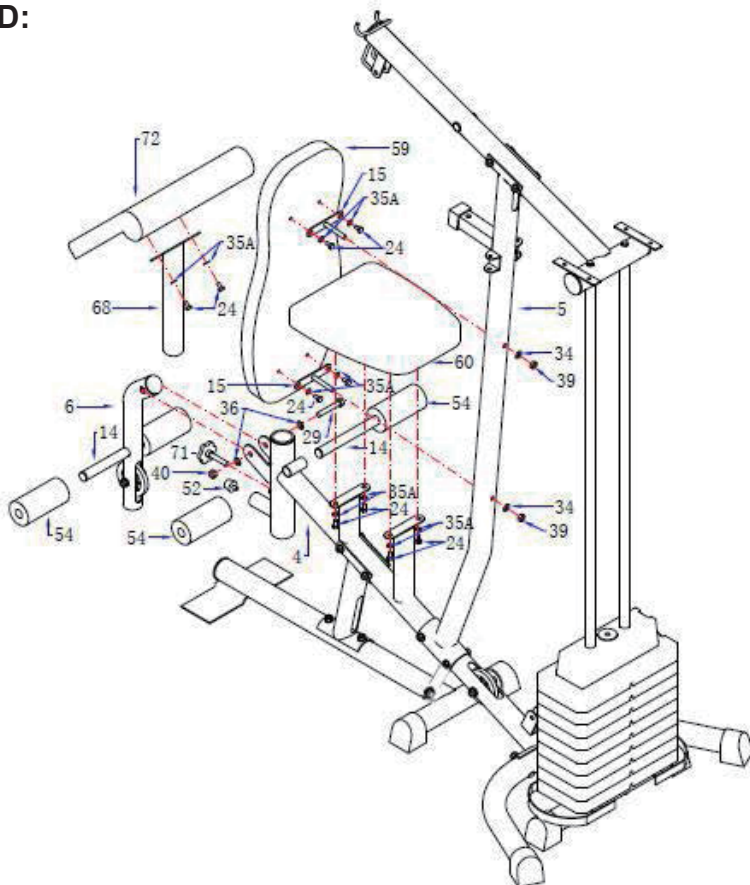
2. Monter le tube en pont (08) sur le tube de support du montant (05) - le fixer à l'aide de deux boulons à tête hexagonale (30), quatre rondelles plates (35) et deux écrous en nylon (39).



3. Installer le cadre de base (01) sur le tube de support du montant (05). En suivant le schéma, fixez les deux sangles de connexion (78) avec un boulon à tête hexagonale (30), un boulon à tête hexagonale (77), deux rondelles plates (34) et deux écrous en nylon (39).



Étape D:



1. Fixer le support du dossier (15) au coussin du dossier (59) - serrer à l'aide de deux rondelles plates (35A) et de deux boulons à tête hexagonale (24).



2. Fixez le coussin du dossier (59) au tube de support vertical (05), en insérant la vis du support du dossier (15) dans le trou du tube de support du montant (05) - fixez-la à l'aide d'une Rondelle incurvée (34) et d'un écrou en nylon M10 (39).
3. Fixez le siège (60) sur le tube de support du siège (04) en insérant la vis du support du siège dans les trous - fixez avec quatre rondelles plates (35A) et quatre boulons à tête hexagonale (24).



4. Monter le coussin de coude (72) sur le tube de support du coussin de coude (68) - serrer avec deux rondelles (35A) et deux boulons à tête hexagonale (24). Monter le coussin de coude (68) dans le tube de support du siège (04) - verrouiller avec la molette (71).



5. Vissez le petit bouchon en caoutchouc (52) sur la face avant du tube de support du siège (04). Fixez le tube courbe de la jambe (06) à l'avant du tube de support du siège (04) - serrez-le à l'aide d'un boulon à tête hexagonale (29), de deux rondelles plates (36) et d'un écrou en nylon (40).

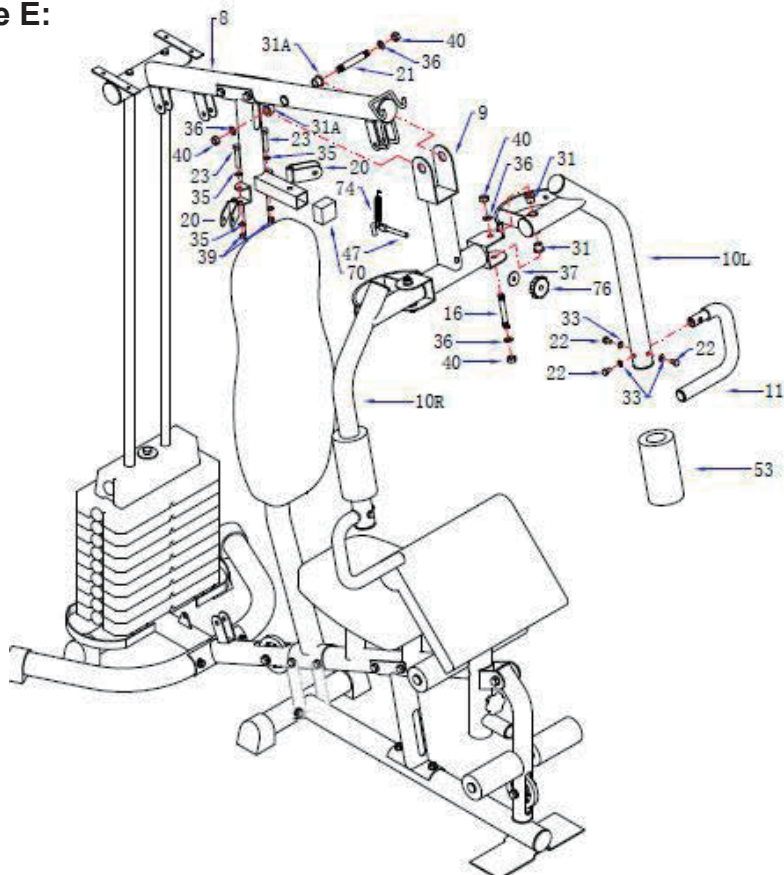
6. Fixez deux tubes en mousse pour la flexion de la jambe (14) dans les trous du tube de flexion de la jambe (06) et le support avant/supérieur du tube de support du siège (04).



7. Installer les deux mousses pour le tube de flexion de jambe (54) des deux côtés de chaque tube de flexion de jambe (14).



Étape E:

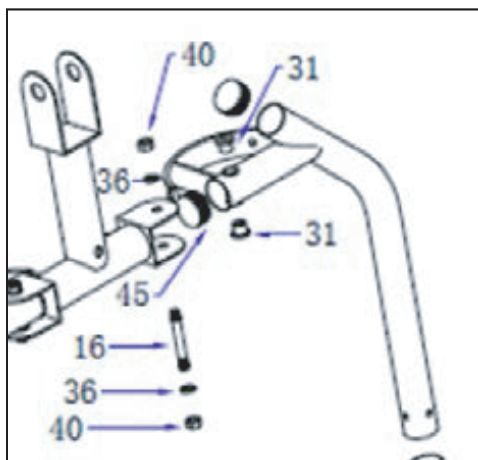


1. Monter l'unité de traction (09) sur le tube du pont (08), puis insérer l'axe de l'unité de traction (21) - fixer à l'aide de deux anneaux en métal pulvérulent (31A), deux rondelles plates (36) et deux écrous en nylon (40). Reportez-vous au schéma "Étape E".

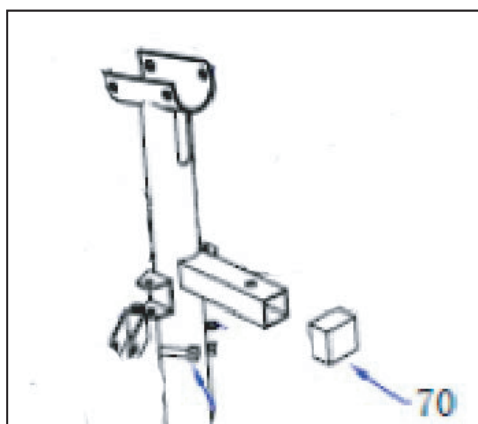


2. Fixez le bras papillon droit (10D) sur le côté droit de l'unité de traction (09) à l'aide de deux anneaux en métal pulvérulent (31), d'un boulon à tête hexagonale (16) et de deux rondelles plates (36) - serrez avec deux écrous en nylon (40).

Répétez l'opération pour le bras papillon gauche (10G).



3. Placez le bouchon en caoutchouc (70) sur le support du tube de support du montant (05). Ajustez l'unité de traction (09) pour qu'elle corresponde au trou du support.

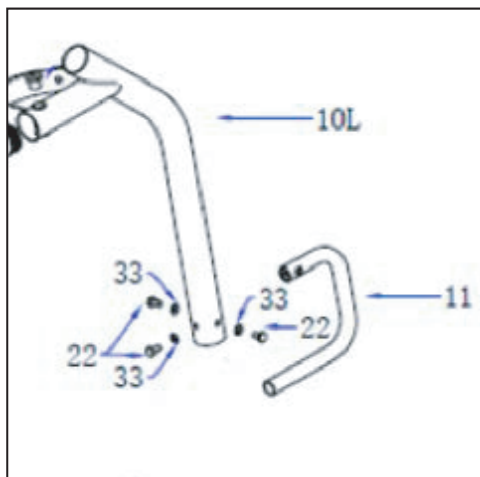


4. Enfiler la mousse du bras papillon (53) dans les bras papillon droit et gauche (10D et 10G) - ajuster à la position souhaitée.

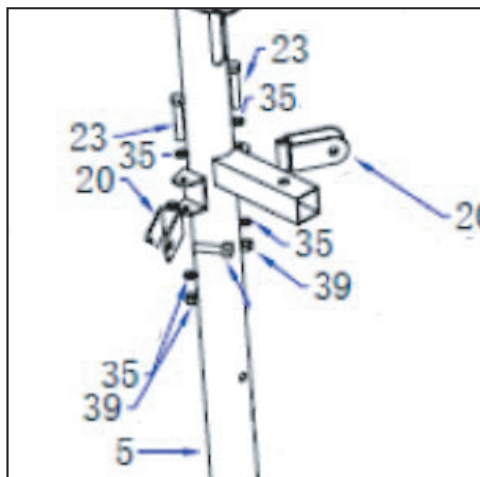


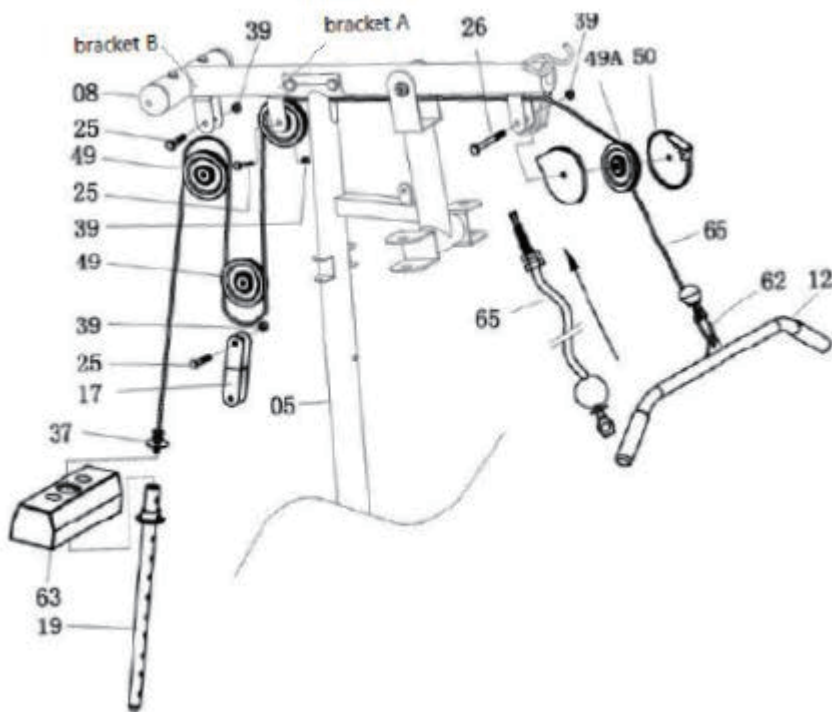
5. Fixer la poignée (11) sur le bras papillon droit (10D) - serrez avec trois rondelles incurvées (33) et trois boulons à tête hexagonale (22).

Répéter l'opération pour le bras papillon gauche (10G) en utilisant l'autre guidon (11G).



6. Installez deux supports de poulie (20) de chaque côté du tube de support du montant (05) - serrez-les à l'aide de deux boulons à tête hexagonale (23), de quatre rondelles plates (35) et de deux écrous en nylon (39).





1. Fixez le câble de la barre de traction (65) au support d'ouverture situé à l'avant du tube du pont (8).

Remarque : la butée à bille du câble (65) doit se trouver sous le tube du pont (8).

Remarque : Le câble (65) doit sortir du capuchon (50) par les côtés de l'ouverture. Serrez le support à l'aide d'un boulon à tête (26) et d'un écrou en nylon (39).

2. Tirez le câble (65) vers l'arrière de la machine à travers l'ouverture supérieure du tube de support du montant (05) et autour de la poulie (49), puis fixez la poulie (49) sur le support A (voir le schéma "Étape F"). Serrez à l'aide d'un boulon à tête hexagonale (25) et d'un écrou en nylon (39).

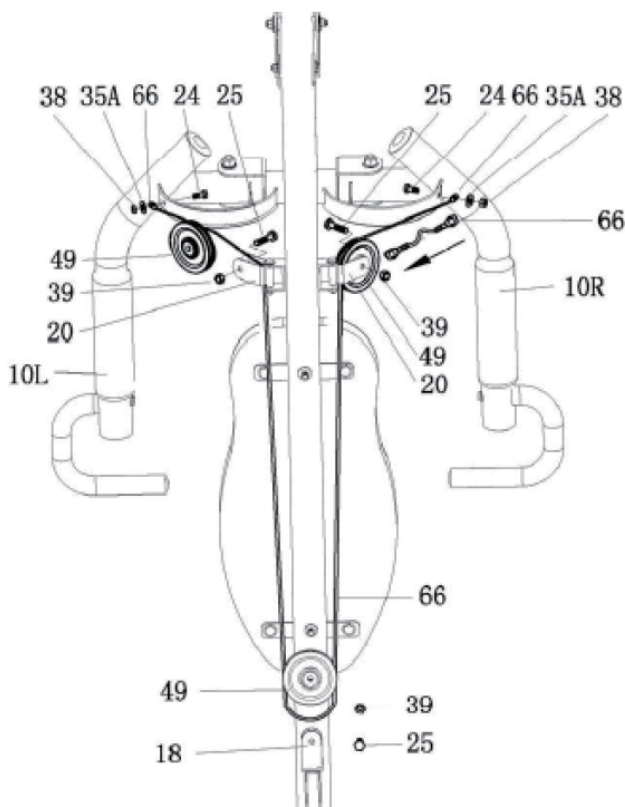
3. Tirer le câble (65) vers le bas et autour de la poulie (49). Fixez la poulie des deux côtés (49) avec le support (17) - serrez avec un boulon à tête hexagonale (25) et un écrou en nylon (39).

4. Tirer le câble (65) vers le haut et autour de la poulie (49). Fixez la poulie (49) au support B - serrez à l'aide d'un boulon à tête hexagonale (25) et d'un écrou en nylon (39). Reportez-vous au schéma "Étape F".

5. Tirez le câble (65) vers le bas entre les deux tubes de guidage (07), puis enfitez complètement le boulon à l'extrémité du câble (65) dans l'ouverture supérieure de la barre de sélection (19).

6. Fixez la barre d'appui (12) à l'extrémité avant du câble (65), puis connectez-la à l'aide du crochet (62).

Étape G:



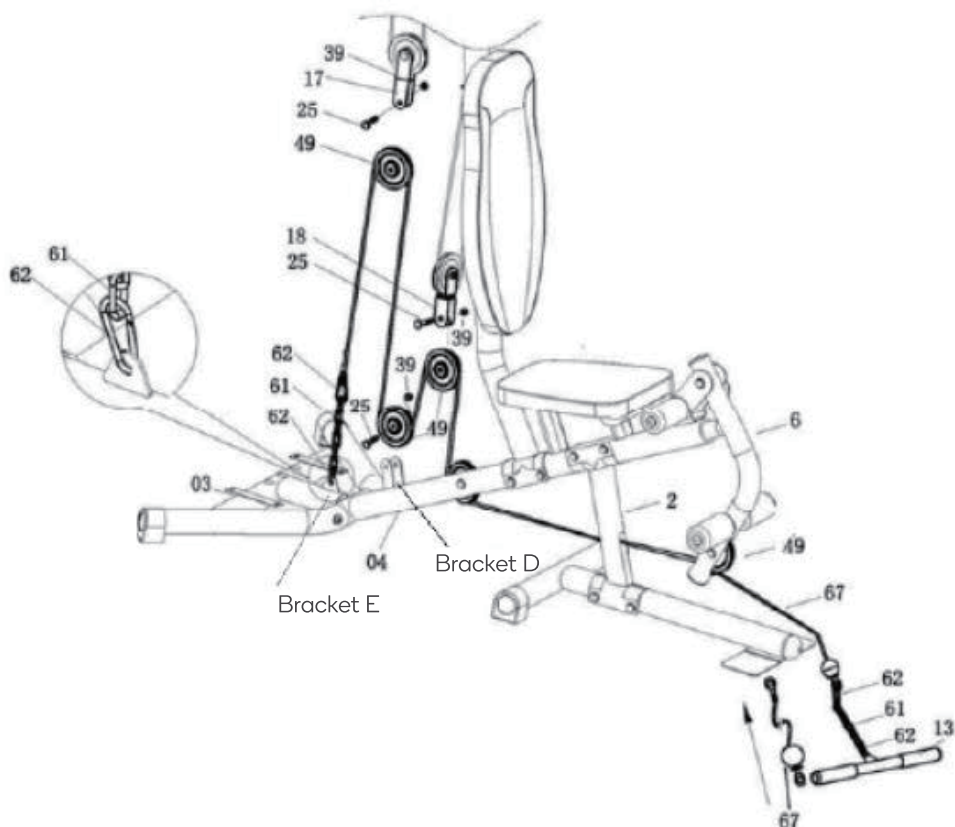
1. Fixez une extrémité du câble du bras papillon (66) au crochet du bras papillon droit (10D) - serrez à l'aide d'un boulon à tête hexagonale (24), d'une rondelle plate (35A) et d'un écrou en nylon (38).
2. Faites passer le câble (66) autour de la poulie (49), puis fixez la poulie (49) au support (20) sur le côté droit du tube de support du montant (05) - serrez à l'aide d'un boulon à tête hexagonale (25) et d'un boulon en nylon (39).
3. Faites passer l'autre extrémité du câble (66) vers le bas et autour de la poulie (49). Fixez la poulie (49) à la partie supérieure du

support bidirectionnel (18) - serrez à l'aide d'un boulon à tête hexagonale (25) et d'un écrou en nylon (39).

4. Faites passer le câble (66) vers le haut et autour de la poulie (49). Fixez la poulie (49) au support (20) sur le côté gauche du tube de support vertical (05) - serrez à l'aide d'un boulon à tête hexagonale (25) et d'un écrou en nylon (39).

5. Fixer l'extrémité du câble (66) au crochet du bras papillon gauche (10G) - serrer à l'aide d'un boulon à tête hexagonale (24), d'une rondelle plate (35A) et d'un écrou en nylon (38).

Étape H:



1. Fixez l'extrémité munie de la boule d'arrêt du câble de la barre de tirage inférieure (67) au support ouvert de flexion des jambes (6), autour de la face inférieure de la poulie (49).

Faire passer le câble (67) dans l'ouverture de la partie inférieure de la tige de siège (02), autour de la poulie (49) par le dessous. Tirer le câble (67) vers le haut et autour du côté supérieur de la poulie (49). Fixez la poulie (49) sur la partie inférieure du support bidirectionnel (18) - serrez-la à l'aide d'un boulon à tête hexagonale (25) et d'un écrou en nylon (39).

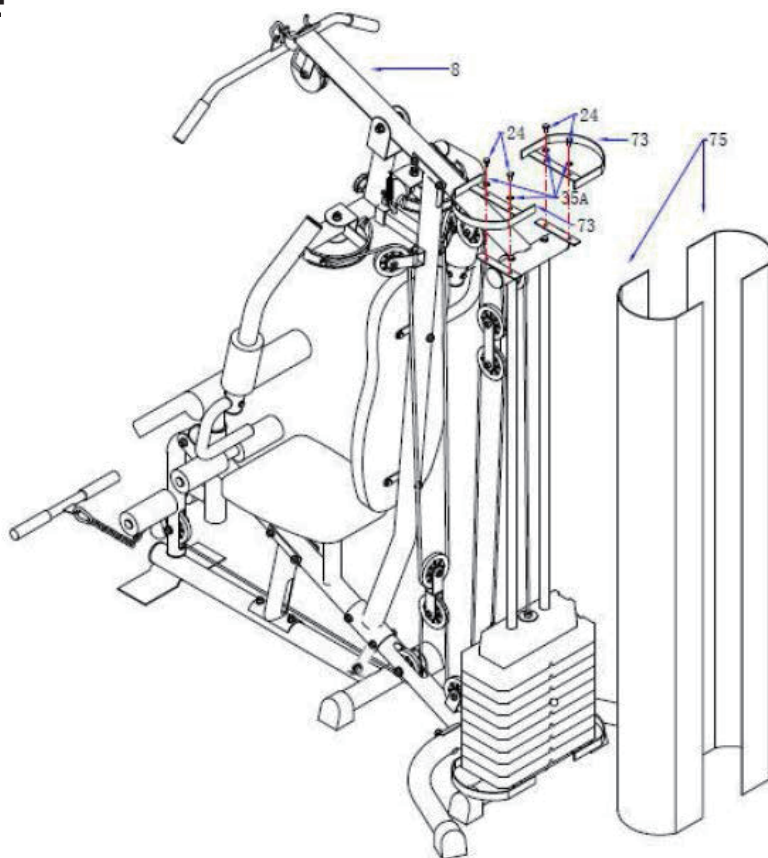
2. Faites passer le câble (67) vers le bas et autour de la face inférieure de la poulie (49). Fixez la poulie (49) au support D sur le tube de la tige de selle (4) - serrez avec un boulon à tête hexagonale (25) et un écrou en nylon (39).

3. Tirez le câble (67) vers le haut et autour du côté supérieur de la poulie (49). Fixez la poulie (49) sur la face inférieure du support (17) - serrez à l'aide d'un boulon à tête hexagonale (25) et d'un écrou en nylon (39).

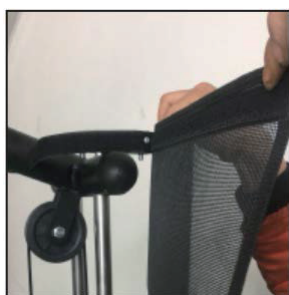
4. Faites passer le câble (67) vers le bas et connectez-le au support E du stabilisateur arrière à l'aide de la chaîne (61) et du crochet (62). Remarque : Réglez le câble (67) pour qu'il soit tendu, puis verrouillez à la position souhaitée la chaîne (61) à l'aide du crochet (62).

5. Fixez la barre de tirage inférieure (13) à l'extrémité avant du câble (67). Raccordez-la à l'aide des maillons de la chaîne (61) et des deux crochets (62). Se reporter au figure de l'étape G.

Étape I:



1. Fixer le support de la housse en tissu G (73) au tube de pont (08)
- serrer à l'aide de deux boulons à tête hexagonale (24) et de deux rondelles plates (35A).



US

If you have any questions, please contact our customer care center.
Our contact details are below:



001-877-644-9366



customerservice@aosom.com

Imported by Aosom LLC
27150 SW Kinsman Rd Wilsonville, OR 97070 USA
MADE IN CHINA

CA

If you have any questions, please contact our customer care center.
Our contact details are below:

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.
Nos coordonnées sont les suivantes:



416-792-6088



customerservice@aosom.ca

Imported by Aosom Canada Inc.
7270 Woodbine Avenue, Unit 307, Markham, Ontario Canada L3R 4B9
MADE IN CHINA

Importé par Aosom Canada Inc.
7270 Woodbine Avenue, unité 307, Markham, Ontario Canada L3R 4B9
Fabriqué en Chine