

**IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY**

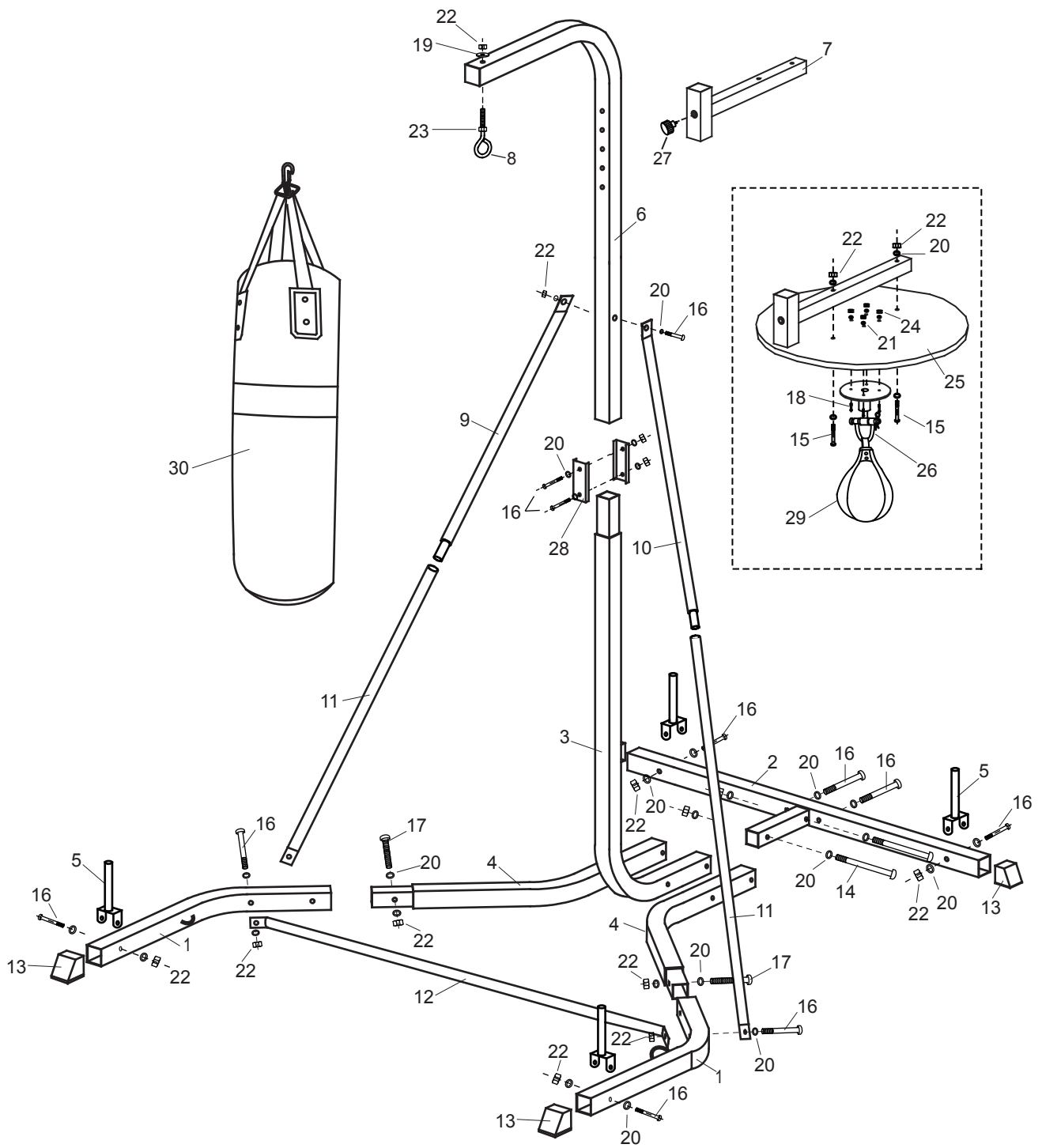
# ASSEMBLY INSTRUCTION

## Important Safety Information

**Please keep this manual in a safe place for reference.**


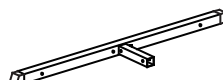



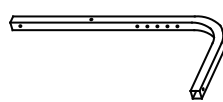
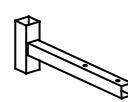























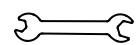



1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. 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.
10. The equipment is not suitable for therapeutic use.
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

# EXPLODED-VIEW ASSEMBLY DRAWING



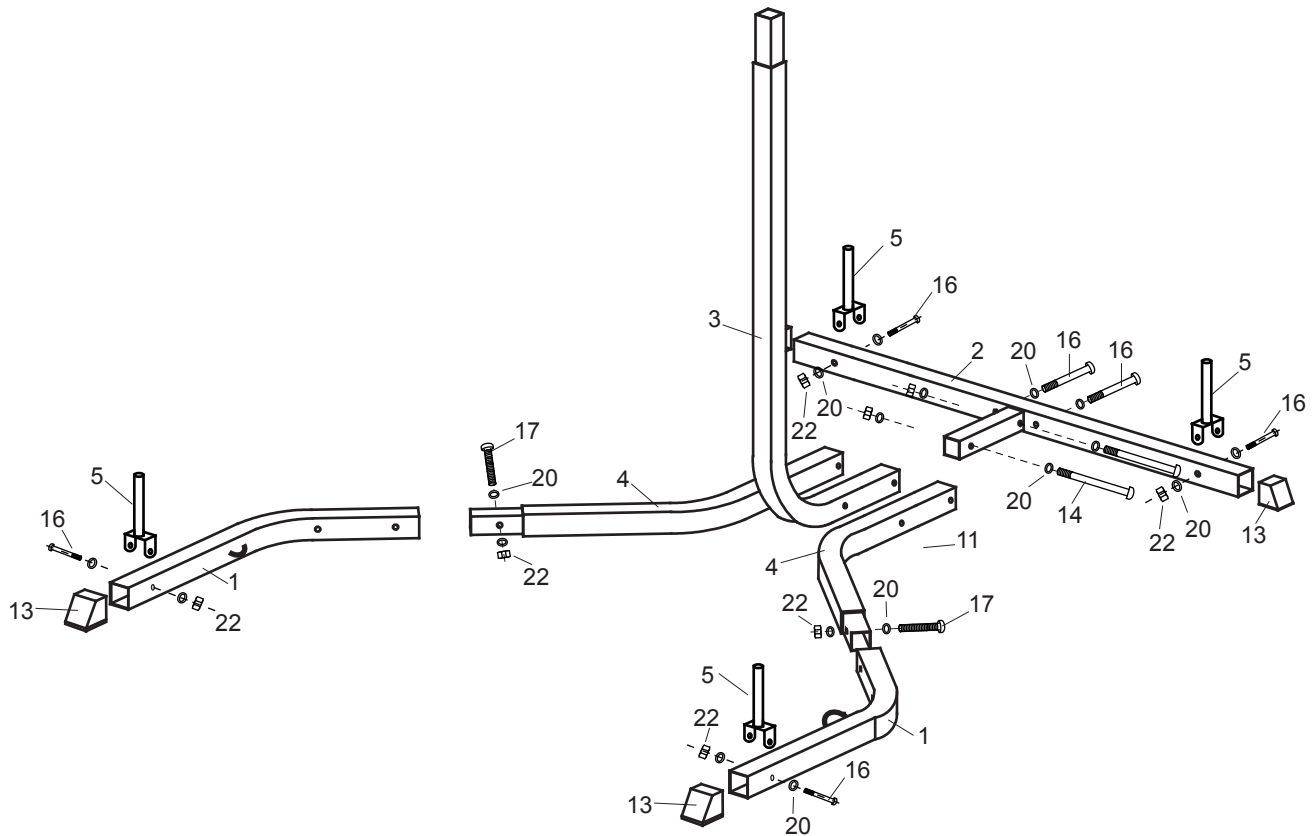
<b>NO.</b>	<b>DESCRIPTION</b>	<b>QTY</b>
1.	Front Base Tube	2
2.	Back Base Tube	1
3.	Lower Stand Tube	1
4.	Base Pipe	2
5.	Weight Plate Tube	4
6.	Upper Stand Tube	1
7.	Adjustable Tube Support Tube(right)	1
8.	Hook Support Tube(left)	1
9.	Upper Brace Tube Left	1
10.	Upper Brace Tube Right	1
11.	Lower Brace Tube	2
12.	Connect Tube	1
13.	Foot Cap	4
14.	M10*150 Hex Bolt	2
15.	M10*80 Hex Bolt	2
16.	M10*65 Hex Bolt	11
17.	M10*60 Hex Bolt	2
18.	M6*40 Bolt	4
19.	M10 Thicker Washer	1
20.	M10 Washer	32
21.	M6 Washer	4
22.	M10 Nylon Nut	16
23.	M10 Nut	1
24.	M6 Nylon Nut	4
25.	Platform	1
26.	Speedball Hook	1
27.	Quick Pin	1
28.	Support Plate	2
29.	Speed Ball	1
30.	Heavy Bag	1

# DRAWING

<b>1</b>  x 2	<b>2</b>  x 1	<b>3</b>  x 1	<b>4</b>  x 2
<b>5</b>  x 4	<b>6</b>  x 1	<b>7</b>  x 1	<b>8</b>  x 1
<b>9</b>  x 1	<b>10</b>  x 1	<b>11</b>  x 2	<b>12</b>  x 1
<b>13</b>  x 1	<b>14</b>  M10x150mm x 2	<b>15</b>  M10x80mm x 2	<b>16</b>  M10x65mm x 11
<b>17</b>  M10x60mm x 2	<b>18</b>  M6x40mm x 4	<b>19</b>  M10 thicker x 1	<b>20</b>  M10 x 32
<b>21</b>  M6 x 4	<b>22</b>  M10 nylon nut x 16	<b>23</b>  M10 nut x 1	<b>24</b>  M6 x 4
<b>25</b>  x 1	<b>26</b>  x 1	<b>27</b>  x 1	<b>28</b>  x 1
<b>29</b>  x 1	<b>30</b>  x 1	<b>31</b>  x 2	<b>32</b>  x 1
<b>33</b>  x 1	<b>34</b>  x 1		

## ASSEMBLY DRAWING

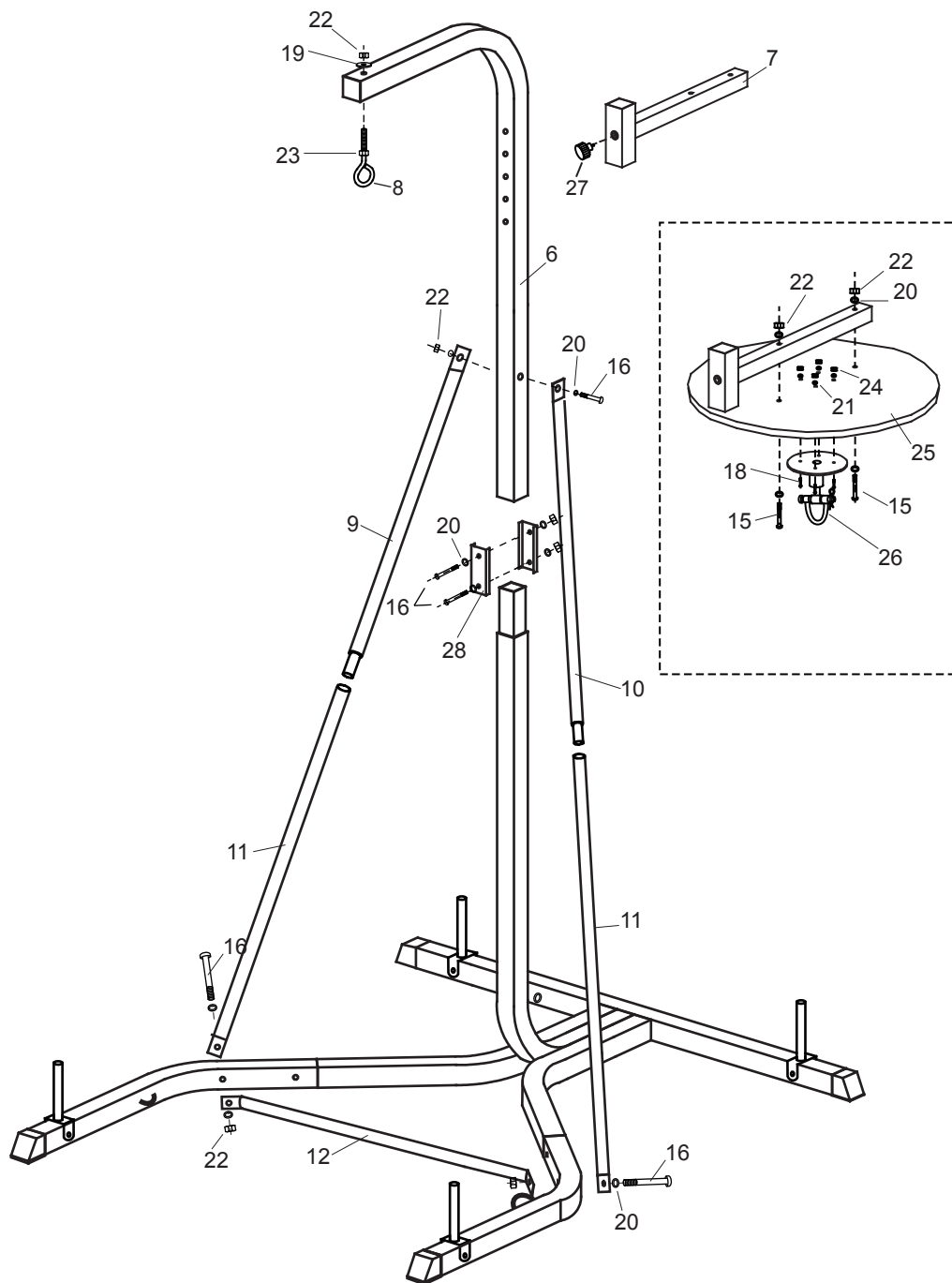
### Step 1



### Assembly of the base frame

- 1) Assemble the foot cap (13) to the front base tube(1) and back base tube (2).
- 2)Screw together the base pipe (4) and front base tube (1), secured with M10x60 hex bolt (17-2pcs ), M10 washer (20-4pcs) and M10 Nylon Nut (22- 2pcs).
- 3)Screw together the base tube (4) and lower stand tube(3) to the back base tube (2), secured with M10x150 hex bolt (14-2pcs), M10x 65 hex bolt (16-2pcs), M10 washer (20-6pcs) and M10 nylon nut (22-2pcs).
- 4)Screw together the weight plate tube (5) to the back base tube (2) and front base tube (1), secured with M10x65 hex bolt (16-4pcs), M10 washer (20-8pcs) and M10 nylon nut (22-4pcs).

## Step 2



## Assembly of the stand tube

- 1) Attach the speedball hook (26) and platform (25) to the adjustable tube (7), secured with M 10x 80 bolt (15-2pcs), M6x 40 bolt (18-4pcs), M10 washer (20-4pcs), M10 nylon nut (22-2pcs), M6 washer (21-4pcs) and M6 nylon nut (24-4pcs).
- 2) Insert the adjustable tube (7) to the upper stand tube (6), locked with quick pin (27).

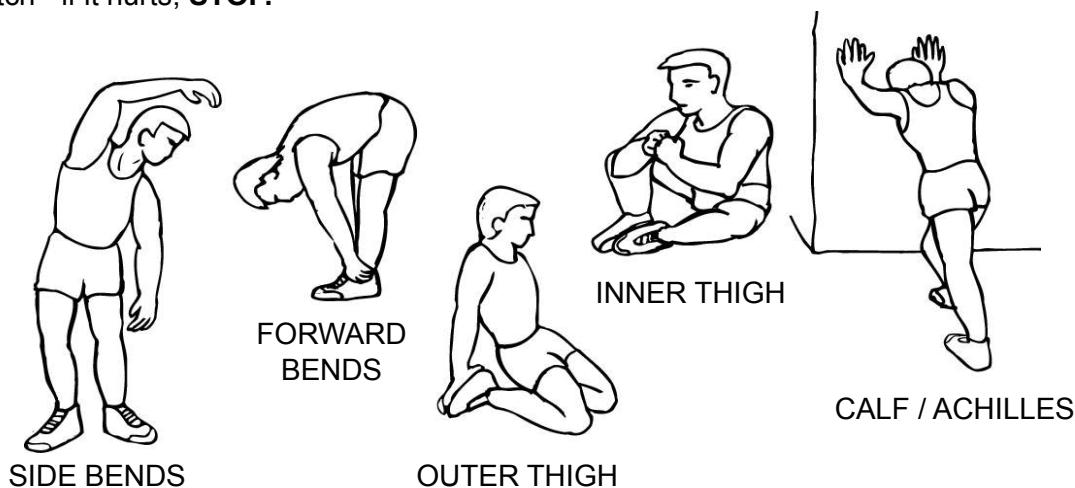
- 3)Screw together the upper stand tube (6) to lower stand tube (3), secured with support plate(28-2pcs),hex bolt M10x65 hex bolt (16-2pcs), M10 washer (20-4pcs) and M10 nylon nut (22-2pcs).
- 4)Attach the upper brace tube left (9) and upper brace tube right (10) to lower brace tube (12).
- 5)Screw together the brace tube to base tube (1) and upper stand tube (6), secured with M10x65 hex bolt (16-3pcs), M10 washer (20-6pcs) and M10 nylon nut (22-3pcs).
- 6)Screw together the hook (8) to upper stand tube (6), secured with M10 washer (19-1pc), M10 nylon nut (22-1pc) and M10 nut (23-1pc).

## EXERCISE INSTRUCTIONS

Using the equipment will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with a calorie controlled diet help you lose weight.

### 1.The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



### 2. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.



