

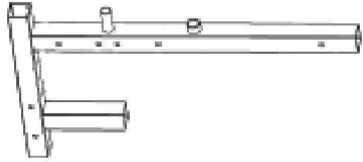

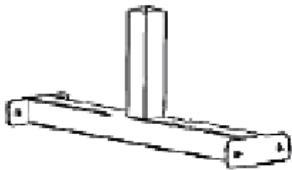





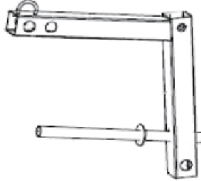


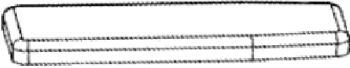
READ AND SAVE THIS INSTRUCTION FOR FUTURE USE

ASSEMBLY INSTRUCTION


PACKING DETAILS: TOTAL 2 BOXES


BOX-1/2



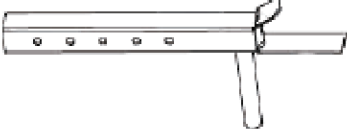



NO.	PARTS	QTY
A		2
C		1
D		1
E		1
F		2

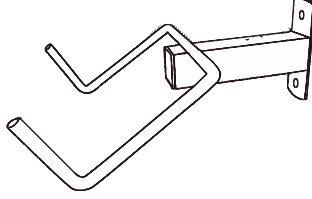




NO.	PARTS	QTY
L		1
N		1
O		1
R		1
S		1

BOX-2/2

NO.	PARTS	QTY
G1		1

NO.	PARTS	QTY
G2		1

NO.	PARTS	QTY
H		2
I		2
J1		1
J2		1
K		1
M		1

NO.	PARTS	QTY
P		1
Q		3
U		1
V		1
B		1
S	HARDWARE	1

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SAFETY INFORMATION

IMPORTANT – Please read fully before assembly or use.

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

Assembly

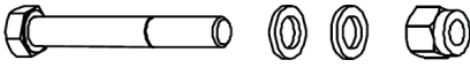




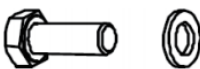
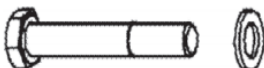
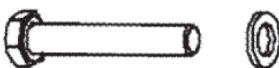






- Ensure you have all the parts and tools listed on pages 3-5.
- Remove all fittings from the plastic bags and separate them into their groups
- Keep children and animals away from the work areas, small parts can cause a choking hazard if swallowed.
- Ensure you have enough space to layout the parts 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

Using



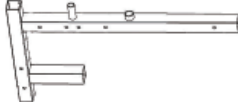

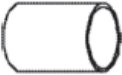
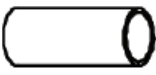

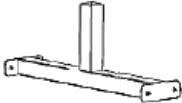



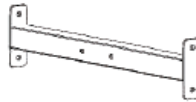




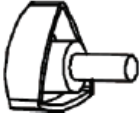




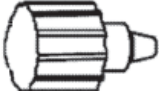
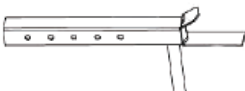
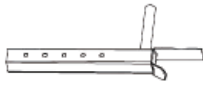
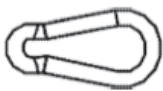
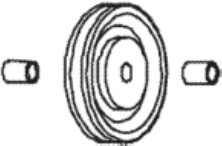
- Do not use the equipment near water or outdoors.
- Always keep unsupervised children and pets away from the equipment. Do not leave children unattended in the same room with the equipment.
- Incorrect or excessive training may result in injury
- Before starting any exercise programme, you should consult you doctor to determine if you have any physical or health conditions which could cause a risk to your health 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.
- 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, light headedness, dizziness, or nausea. If you do experience any of these conditions you should **CONSULT YOUR DOCTOR IMMEDIATELY** before continuing with your exercise program.
- Before using the equipment to exercise, always warm up with stretching exercises.
- Before using the equipment, check the nuts and bolts are securely tightened.
- 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.
- Use the equipment on a solid, flat surface with a protective cover for your floor or carpet. For Safety, the equipment should have at least 0.5meters of free space all around it.
- Parents and others responsible for children must be aware that playing on the equipment could be dangerous and lead to possible injury. Children must not be left unattended with the equipment.

- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.
- This equipment is not suitable for therapeutic use.
- 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.




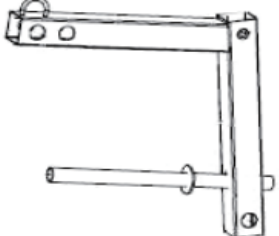

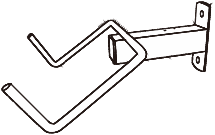


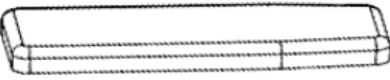
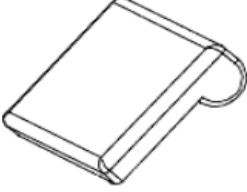


PARTS OVERVIEW

<p>1) 1x M12x75 Bolt, Nut and Washer</p> 	<p>2) 3x M10x75 Bolt, Nut and Washer</p> 
<p>3) 14x M10x70 Bolt, Nut and Washer</p> 	<p>4) 3x M10x65 Bolt, Nut and Washer</p> 
<p>5) 4x M10x25 Bolt, Nut and Washer</p> 	<p>6) 2x M10x20 Bolt and Washer</p> 
<p>7) 2x M8x65 Bolt and Washer</p> 	<p>8) 4x M 8x45 Bolt and Washer</p> 
<p>9) 6x M8x20 Bolt and Washer</p> 	<p>10) 6x Foot Cover 50 mm</p> 
<p>11) 6x Tube Bushing</p> 	<p>12) 5x Tube Plug 50 mm</p> 
<p>13) 2x Tube Plug 45 mm</p> 	<p>14) 4x Tube Plug 38 mm</p> 

PARTS OVERVIEW CONTINUED

<p>15) 4x Tube Plug 60 x 30 mm</p> 	<p>16) 15x Tube Plug Ø 25 mm</p> 	<p>A) 2x Back Stand Frame</p> 	<p>B) 1x Front Base Tube</p> 
<p>17) 1x Rubber Cover Ø 25 mm</p> 	<p>18) 2x Rubber Cover Ø 25x65 mm</p> 	<p>C) 1x Main Frame</p> 	<p>D) 1x Back Base Tube</p> 
<p>19) 3x Spring Clip</p> 	<p>20) 3x Ø 25 mm Buffer Washer</p> 	<p>E) 1x Connect Tube 1</p> 	<p>F) 2x Connect Tube 2</p> 
<p>21) 2x Grip Handle</p> 	<p>22) 8x Foam Roller</p> 	<p>G1) 1x Left Butterfly Arm</p> 	<p>G2) 1x Right Butterfly Arm</p> 
<p>23) 2x Triangle Handle</p> 	<p>24) 1x Degree Adjusting Bolt</p> 	<p>H) 2x Short Foam Tube</p> 	<p>I) 2x Butterfly Arm Pin</p> 
<p>25) 2x Lock Catch</p> 	<p>26) 2x Adjusting Popper Pin</p> 	<p>J1) 1x Adjustable Tube Left</p> 	<p>J2) 1x Adjustable Tube Right</p> 
<p>27) 2x Gourd Buckle</p> 	<p>28) 1x Pulley and Bushing</p> 		

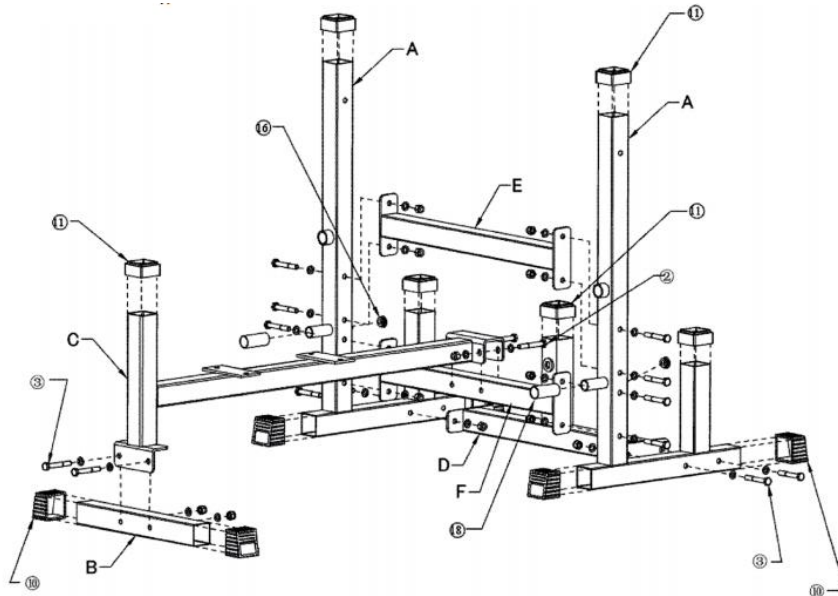
PARTS OVERVIEW CONTINUED

<p>K) 1x Seat Frame</p> 	<p>L) 1x Backrest Tube</p> 
<p>M) 1x Leg Adjustable Frame</p> 	<p>N) 1x Leg Extension Tube</p> 
<p>O) 1x Arm Curl Tube</p> 	<p>P) 1x Weight Holder</p> 
<p>Q) 3x Foam Tube</p> 	<p>R) Seat Cover</p> 
<p>S) Seat Rover</p> 	<p>T) Arm Rest</p> 
<p>U) Shoulder Rest</p> 	<p>V) Cable 900 mm</p> 

ASSEMBLY

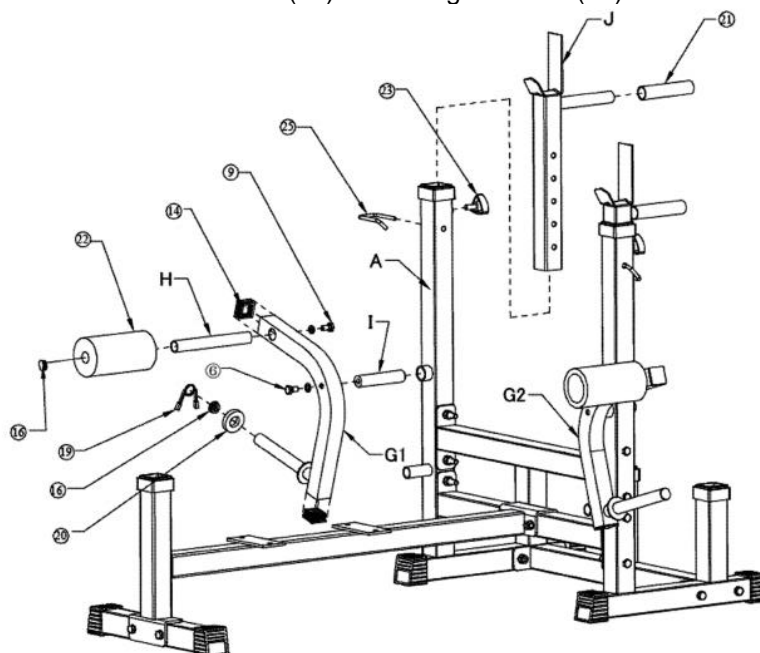
Step 1:

- Install 2 x foot covers (10), tube bushing (11) and rubber cover (18) on A.
- Install 2 x foot covers (10) on B.
- Install 1 x tube bushing (11) on C and D.
- Install 14 x M10x70 bolts, nuts, and washers (3) and 2 x M10x75 bolts (2).



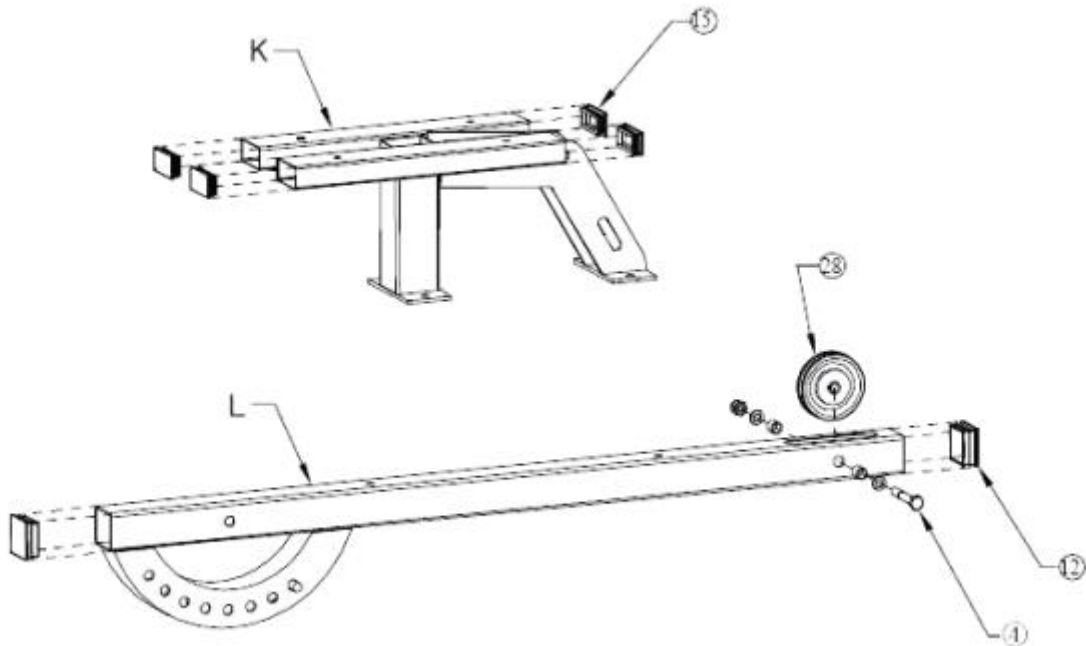
Step 2:

- Install 2 x 38mm tube plugs (14) and 1 x 25 tube plug (16) and spring clip (19) on G1 and G2.
- Install H and I on G1 and G2 with 1 x M8x20 bolt and washer (9) and 1 x M10x20 bolt and washer (6).
- Install 25 x tube plug (16) and 2 x foam rollers (22) on H.
- Install 2 x grip handle covers (21) on J1 and J2.
- Install J1/J2 on A with 1 x lock catch (25) and triangle handle (23).



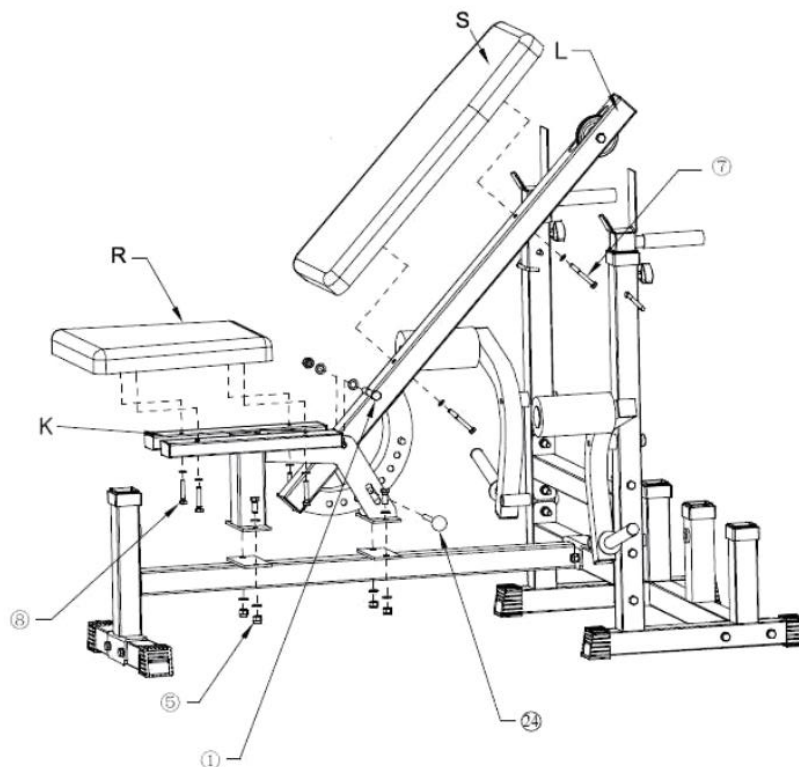
Step 3:

- Install 4 x 60x30 tube plugs (15) on K.
- Install 2 x 50x50 tube plugs (12) and 1 x pulley (28), M10x65 screw, nut, and washer (4).



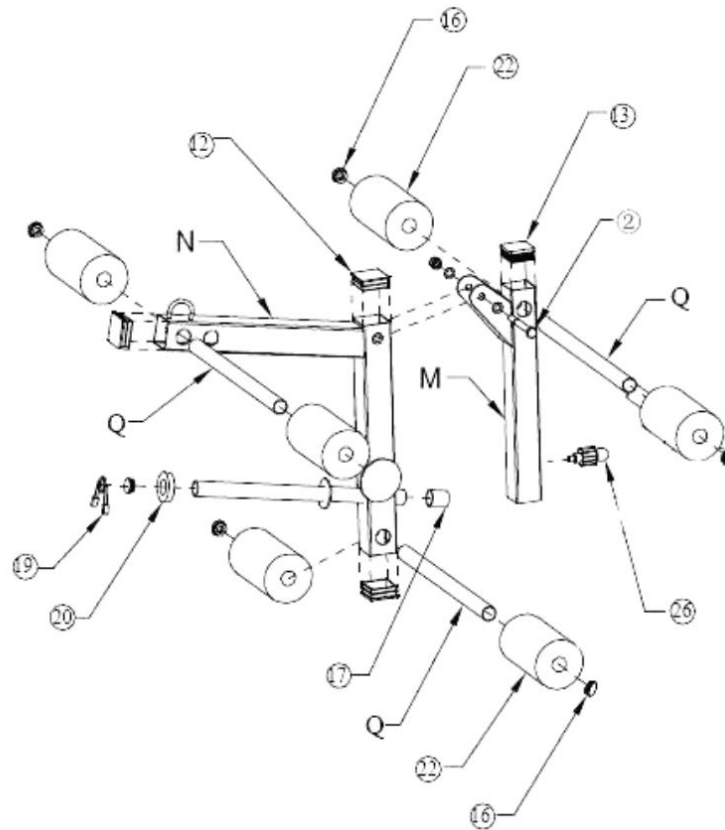
Step 4:

- Install the seat cushion on K with 4 x M8x45 screws, nuts, and washers (8).
- Install the backrest on L with 2 x M8x65 screws, nuts, and washers (7).
- Install parts L and K with 4 x M10x25 screws, nuts, and washers (5), 1 x M12x75 screw, nut, and washer (1) and the degree adjusting bolt (24).
- Install part R and S.



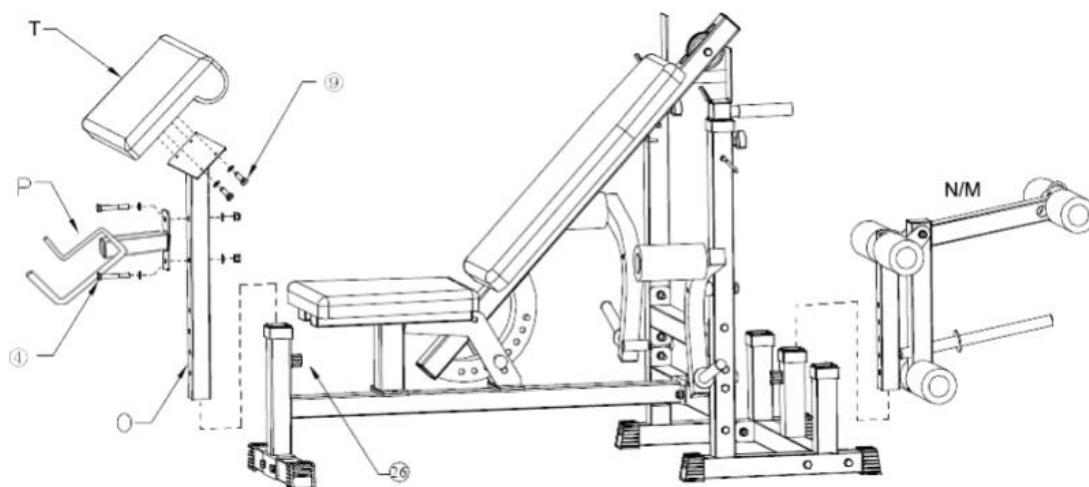
Step 5:

- Insert Q in M and install 2 x foam rollers (22) and Ø 25 mm tube plug (16) and 1 x 45x45 tube plug (13).
- Insert 2 x Q, 4 x foam rollers (22), 5 x Ø 25 mm round tube plugs (16).
- Install M and N with 1 x M10x75 screw, nut, and washer (2).
- Insert M in the main body and adjust the height with the popper pin (26).



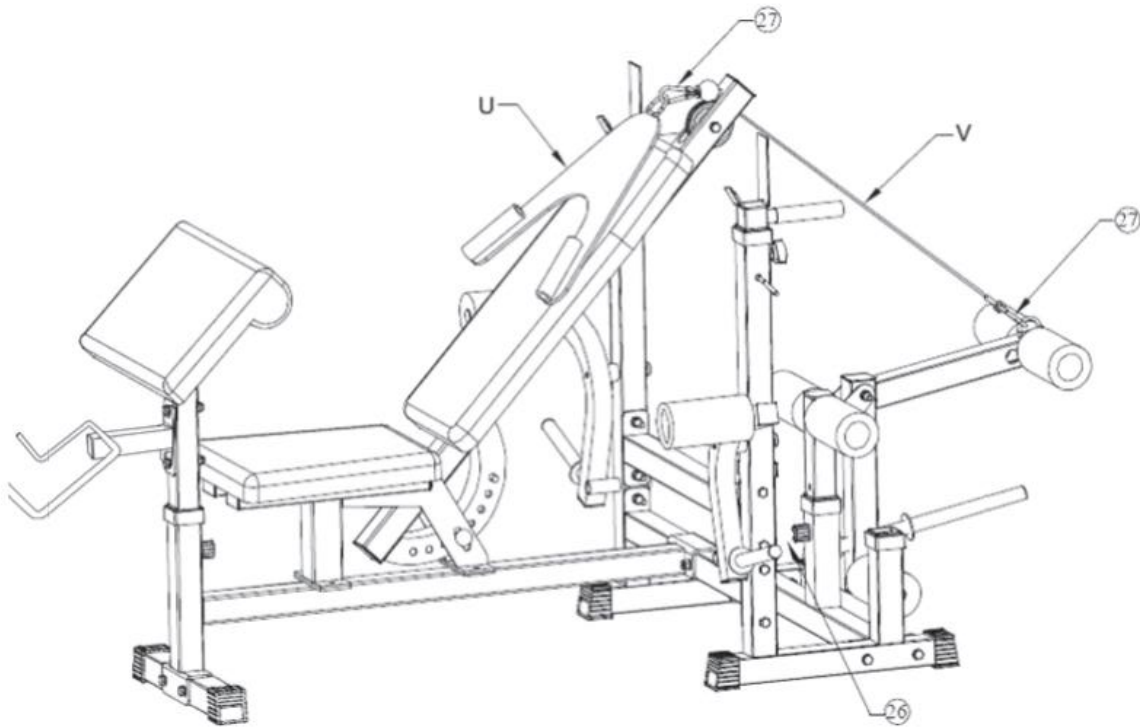
Step 6:

- Install P and T on part O with 2 x M10x65 screws, nuts, and washers (4) and 4 x M8x20 screws, nuts, and washers (9).
- Adjust the height with popper pin (26) after inserting into part O.



Step 7: Installation of the up raising control part:

- Fix the gourd buckles (27) on the two ends when using the cable (V). The gourd buckle connects the shoulder rest (U) and the cable (V).
- Fix the angle of the backrest with the popper pin (26).



CARE 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.

STARTING YOUR TRAINING

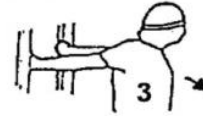
Start your training with an stretching exercise. Refer to the pictures below.
Repeat each exercise 3 times.



stretch each arm
15 seconds



hold this position
20 seconds



hold this position
20 seconds



hold this position
25 seconds



hold this position
20 seconds



hold this position
20 seconds



hold this position
30 seconds



Stretch every leg
approximately
25 seconds



hold this position
30 seconds



hold this position
20 seconds



hold this position
5 seconds



hold this position
20 seconds



Stretch every leg
approximately
25 seconds



hold this position
20 seconds



hold this position
15 seconds

DISPOSAL



According to the European waste regulation 2012/19/EU this symbol on the product or on its packaging indicates that this product may not be treated as household waste. Instead, it should be taken to the appropriate collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about recycling of this product, please contact your local council or your household waste disposal service.

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