

# TAURUS®

## Owner's Manual



TF-IT9520

WEIGHT ASSISTED CHIN/DIP COMBO IT95

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## CAUTION!

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

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# FITSHOP

Europe's No.1 for Home Fitness

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

# 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 0.5 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.

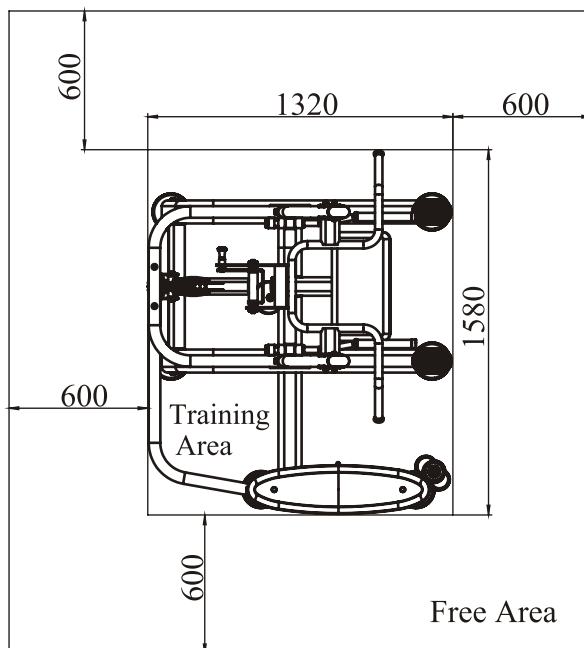
# Important Safety Instructions

## 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 Total Surface: 1580\*1320mm

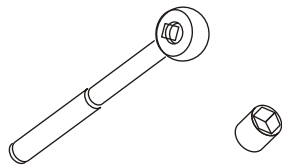
Product Total Mass: 171kg/ 377lbs

# Instructions

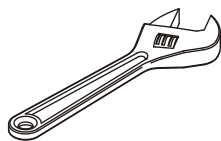
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

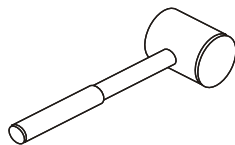
## Tools Required



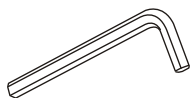
Ratchet Wrench and Socket



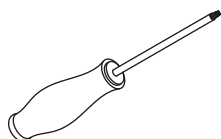
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	IT952001ASSY	Right Bottom Frame ASSY	1
2	2	IT952002ASSY	Left Bottom Frame ASSY	1
3	3	IT952003ASSY	Left Floorstand ASSY	1
4	4	IT952004ASSY	Right Floorstand ASSY	1
5	5	IT952005ASSY	Back Floorstand ASSY	1
6	6	IT95200600	Up Connector	1
7	7	IT95200700	Back Connector	1
8	8	IT952008ASSY	Low Support Frame ASSY	1
9	9	IT952009ASSY	Leg Pad Frame ASSY	1
10	10	IT952010ASSY	Bar ASSY	1
11	11	IT952011ASSY	Adjust Frame ASSY	1
12	12	IT952012ASSY	Down Swing Frame ASSY	1
13	13	IT95201300	Leg Pad	1
14	14	IT952014ASSY	Long Bar ASSY	2
15	18	IT952018ASSY	Up Swing Frame ASSY	1
16	20	IT95202000V1	shaft $\phi$ 25.4*146	1
17	21	IT95202100V1	shaft $\phi$ 25.4*210.5	1
18	22	IT953201ASSY	Weight Stack Frame Assy	1
19	23	IT95202300	Cable ASSY	1
20	24	IT95016000	Plastic Cover	3
21	27	IT95016400	Pulley Cover	5
22	28	SD1000B3000ASSY	Adjustable Foot Plate	4
23	29	SG500110400V5	4.5" Pulley	7
24	30	FE97202000V1	shaft $\phi$ 25.4*109	2
25	31	IT950121ASSY	Top Bracket ASSY	1
26	32	IT950122ASSY	Bottom Bracket ASSY	2
27	33	IT95012300	Rear Bracket	1
28	34	IT95014200	Top Plate	1
29	35	IT95014400	Guide Rod $\phi$ 19*1242	2
30	36	IT95015100	Top Cover	1
31	37	IT95015200	Training Placard Cover	1
32	38	IT95015300	Front Shroud	1
33	39	IT95015400	Left Front Shroud	1
34	40	IT95015500	Top Rear Shroud	1
35	41	IT95015600	Rear Shroud	1
36	42	IT80023000	Weight Rubber Bumper	2

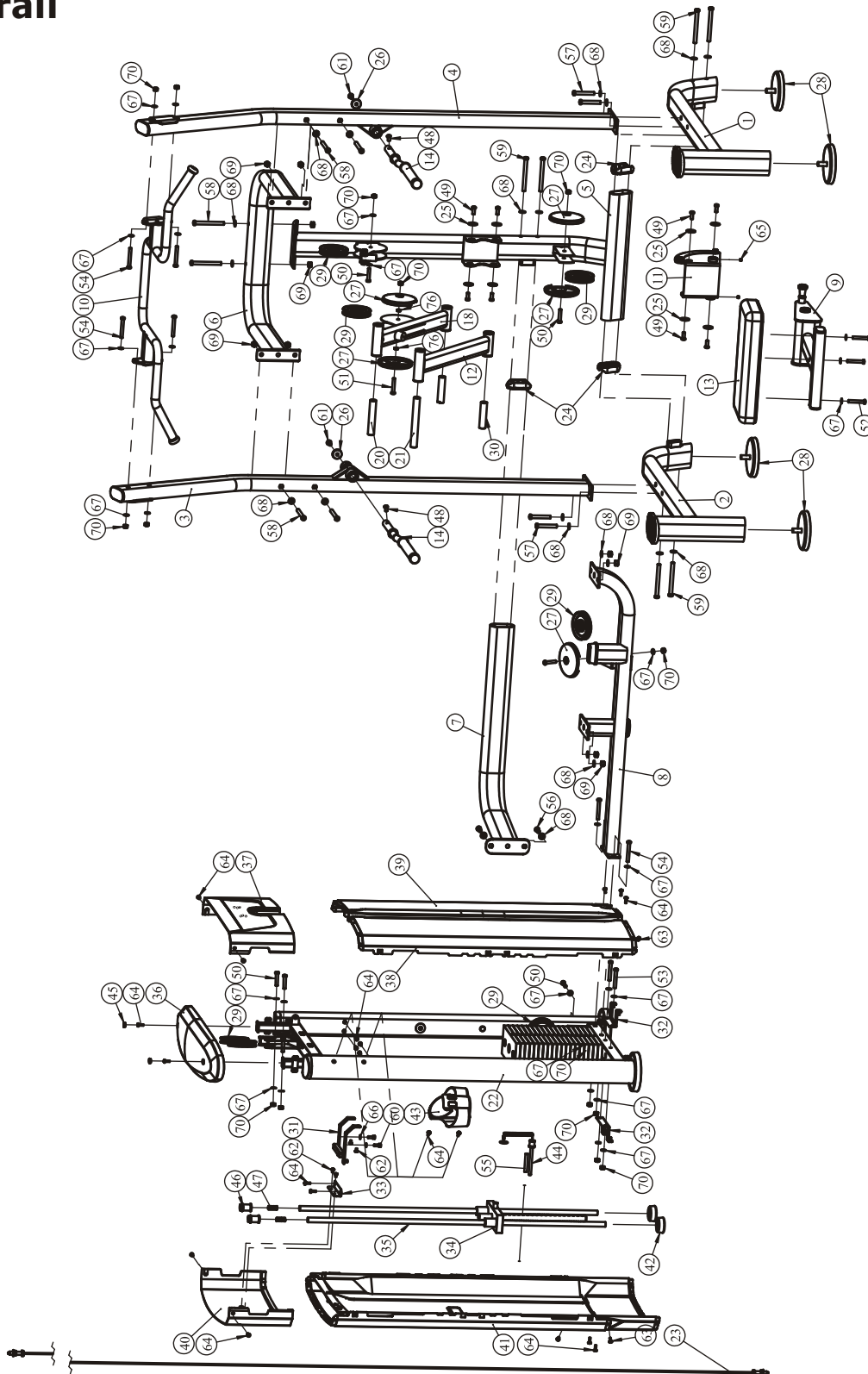
# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
37	43	IT801210300P11C	Cup Holder	1
38	44	IT90012000V1	Selector Pin W/Coil	1
39	45	IT95016500	Spout Plug $\phi$ 16.5*6.88	2
40	46	IT95016100	Guide Rod Fixing Sleeve $\phi$ 25* $\phi$ 19*45	2
41	47	HFOPT900-04A0602	Spring $\phi$ 1.5*36	2
42	48	GB70BTM10*16DN18NL	Socket Head Cap ScrewM10*16	2
43	49	GB70BTM10*25DN18NL	Socket Head Cap ScrewM10*25	8
44	50	GB70BTM10*50DN18	Socket Head Cap ScrewM10*50	6
45	51	GB70BTM10*60DN18	Socket Head Cap ScrewM10*60	1
46	52	GB70BTM10*65DN18	Socket Head Cap ScrewM10*65	3
47	53	GB70BTM10*75DN18	Socket Head Cap ScrewM10*75	2
48	54	GB70BTM10*80DN18	Socket Head Cap ScrewM10*80	6
49	55	IT80124103	Split Pin $\phi$ 11*76	1
50	56	GB70BTM12*30DN18NL	Socket Head Cap ScrewM12*30	2
51	57	GB70BTM12*80DN18	Socket Head Cap ScrewM12*80	4
52	58	GB70BTM12*120DN18	Socket Head Cap ScrewM12*120	6
53	59	GB70BTM12*135DN18	Socket Head Cap ScrewM12*135	6
54	60	GB70M8*20N19	Socket Head Cap ScrewM8*20	2
55	61	CNLM10*30*30DN20	Flat Head Cap Screw M10*30	2
56	62	GB818M6*10DHS2	Cross Recessed Pan Head Screw M6*10	4
57	63	GB818M6*16DHS2	Cross Recessed Pan Head Screw M6*16	4
58	64	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	18
59	65	GB77M8*6DS18	Screw M8*6	2
60	66	GB958DN2	Flat Washer $\phi$ 9* $\phi$ 16*1.6	2
61	67	GB9510DN2	Flat Washer $\phi$ 11* $\phi$ 20*2	28
62	68	GB9512DN2	Flat Washer $\phi$ 13* $\phi$ 24*2.5	22
63	69	NM12DN2	Nylon Lock Nut M12	10
64	70	NM10DN2	Nylon Lock Nut M10	15
65	71	NBS4DHS	Hex Key S=4	1
66	72	NBS6DHS	Hex Key S=6	1
67	73	NBS8DHS	Hex Key S=8	1
68	74	LW200BS	Wrench $\phi$ 6*117	1
69	75	YHY	Lube	1
70	25	AC31001301V1	Washer $\phi$ 36* $\phi$ 11*3	8
71	26	IN-D21202000	Caps $\phi$ 38* $\phi$ 10.5*8	2
72	76	IW32904	Spacer $\Phi$ 16* $\Phi$ 10.2*5	2

# Exploded View and Parts List

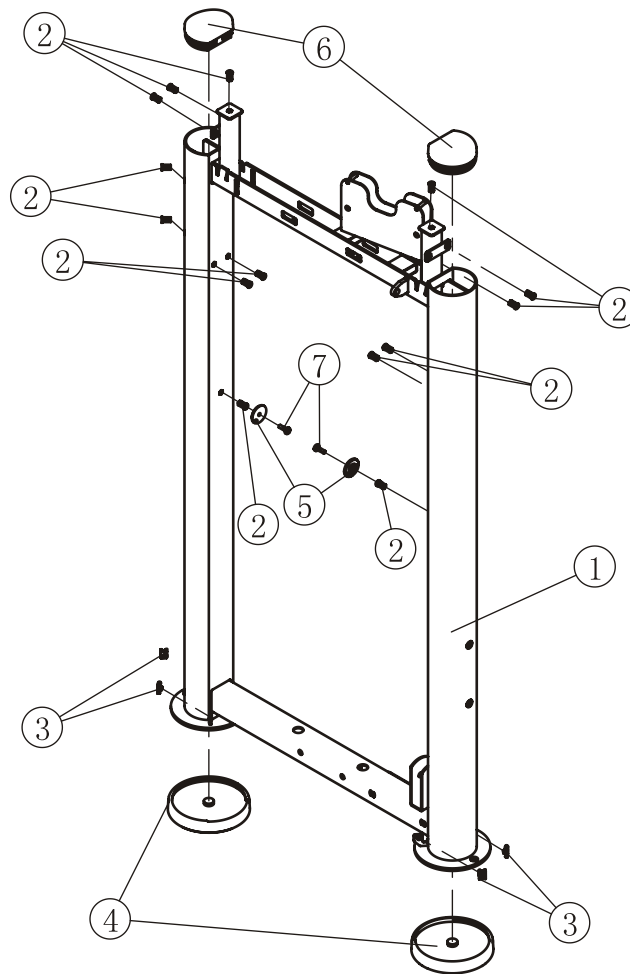
## Overall





# Exploded View and Parts List

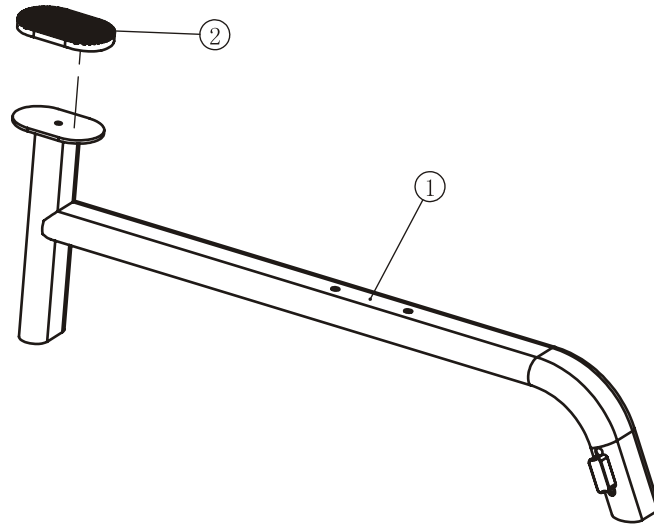
## Weight Stack Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	22.1	IT95320100	Weight Stack Frame	1
2	22.2	GB17880.5M6*16.5DS17	Rivet Nut M6	14
3	22.3	AC32705800	U-nut M6	4
4	22.4	IT95015700	Foot Plate	2
5	22.5	IT95015900	Plastic Block	2
6	22.6	IT95015800	Plug $\phi$ 95*81.1	2
7	22.7	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

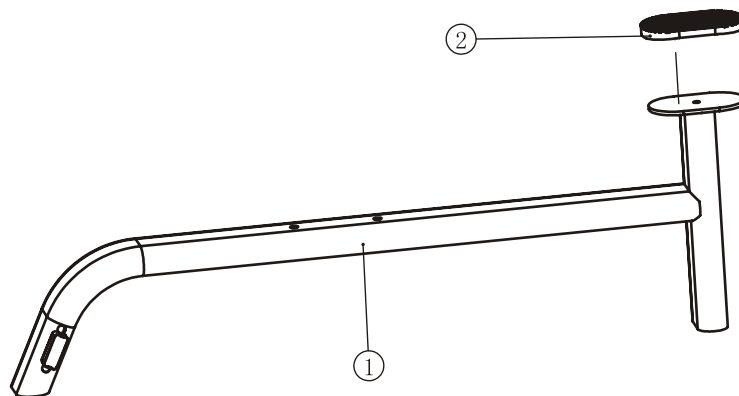
# Exploded View and Parts List

## Left Bottom Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	IT95200200	Left Bottom Frame	1
2	2.2	SPT-62200	Foot Plate	1

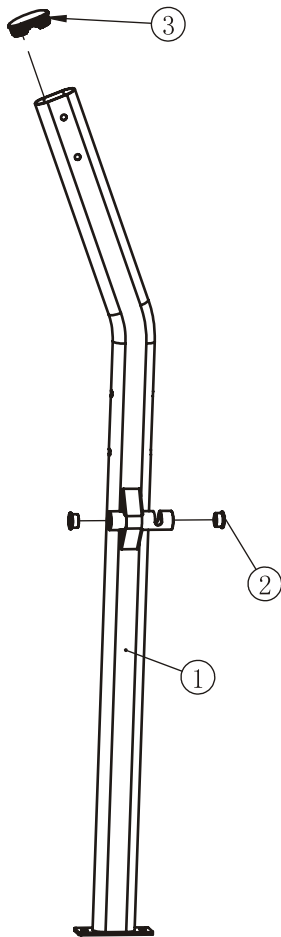
## Right Bottom Frame ASSY



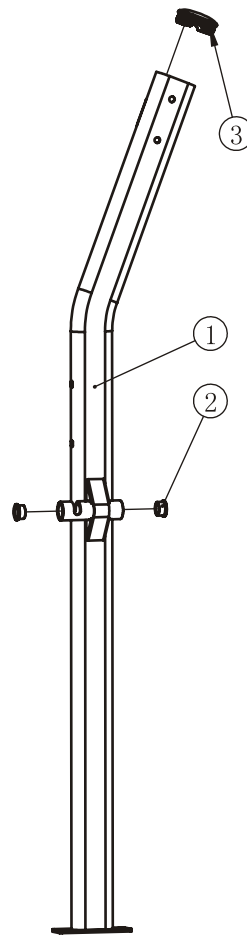
ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	IT95200100	Right Bottom Frame	1
2	1.2	SPT-62200	Foot Plate	1

# Exploded View and Parts List

## Left Floorstand ASSY



## Right Floorstand ASSY



### Left Floorstand ASSY

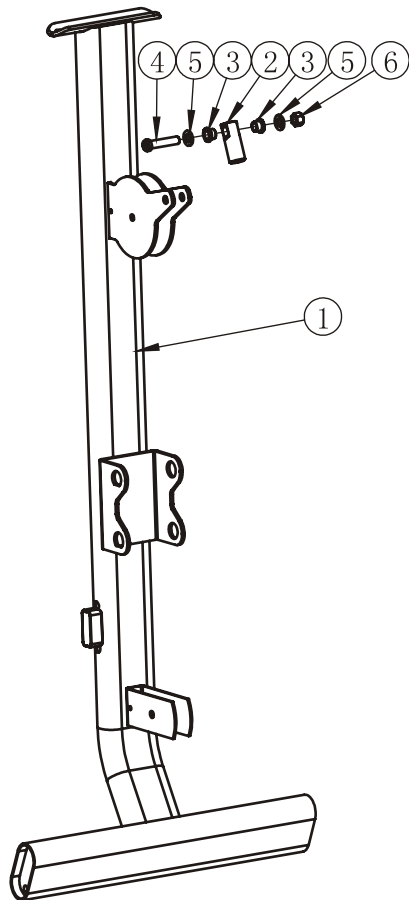
ItemNo.	Grade No.	Part No.	Description	QTY
1	3.1	IT95200300	Left Floorstand	1
2	3.2	M02502000	Bushing $\phi 38 * \phi 25.4 * 18$	2
3	3.3	IT90013800P11C	Plug RT50*100	1

### Right Floorstand ASSY

ItemNo.	Grade No.	Part No.	Description	QTY
1	4.1	IT95200400	Right Floorstand	1
2	4.2	M02502000	Bushing $\phi 38 * \phi 25.4 * 18$	2
3	4.3	IT90013800P11C	Plug RT50*100	1

# Exploded View and Parts List

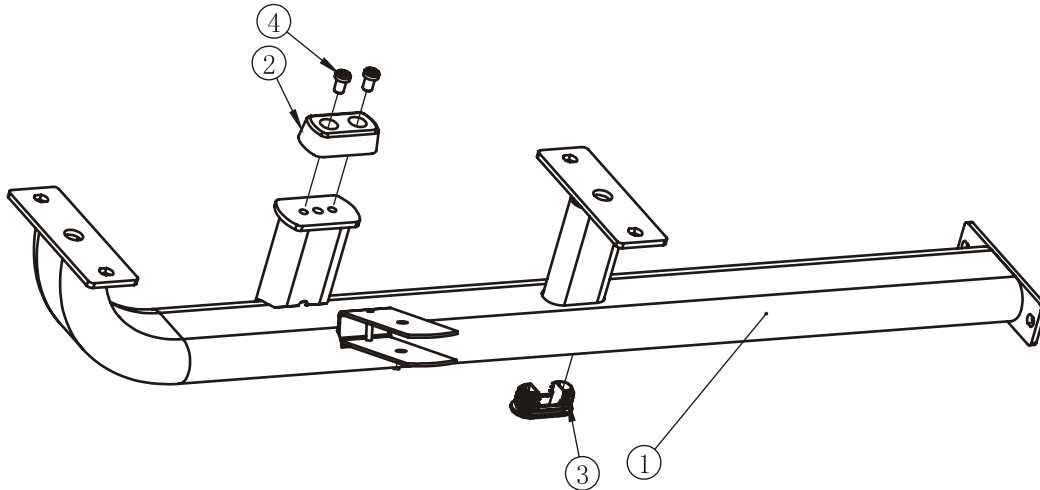
## Back Floorstand ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	5.1	IT95200500	Back Floorstand	1
2	5.2	ROC-IT1013600V1	Cable Connector $\phi$ 25.4*63.5*1/2"-13	1
3	5.3	BNH0528	Bushing $\phi$ 22* $\phi$ 16* $\phi$ 12.8*12.7	2
4	5.4	GB70BTM12*55DN18	Socket Head Cap Screw M12*55	1
5	5.5	GB9512DN2	Flat Washer $\phi$ 13* $\phi$ 24*2.5	2
6	5.6	NM12DN2	Nylon Lock Nut M12	1

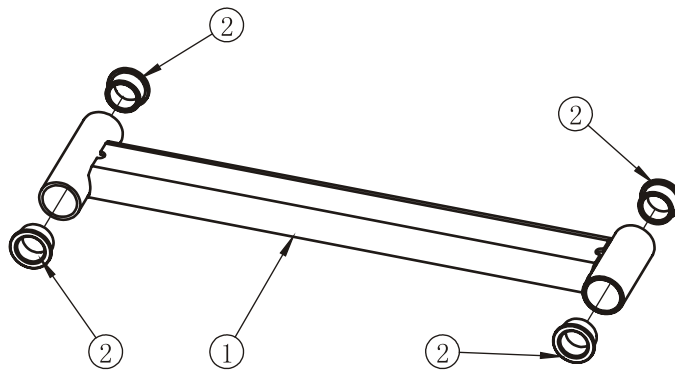
# Exploded View and Parts List

## Low Support Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	IT95200800	Low Support Frame	1
2	8.2	RS17000400	Bumper	1
3	8.3	VI21003000	Plug RT30*70	1
4	8.4	GB70BTM10*16DN18NL	Socket Head Cap Screw M10*16	2

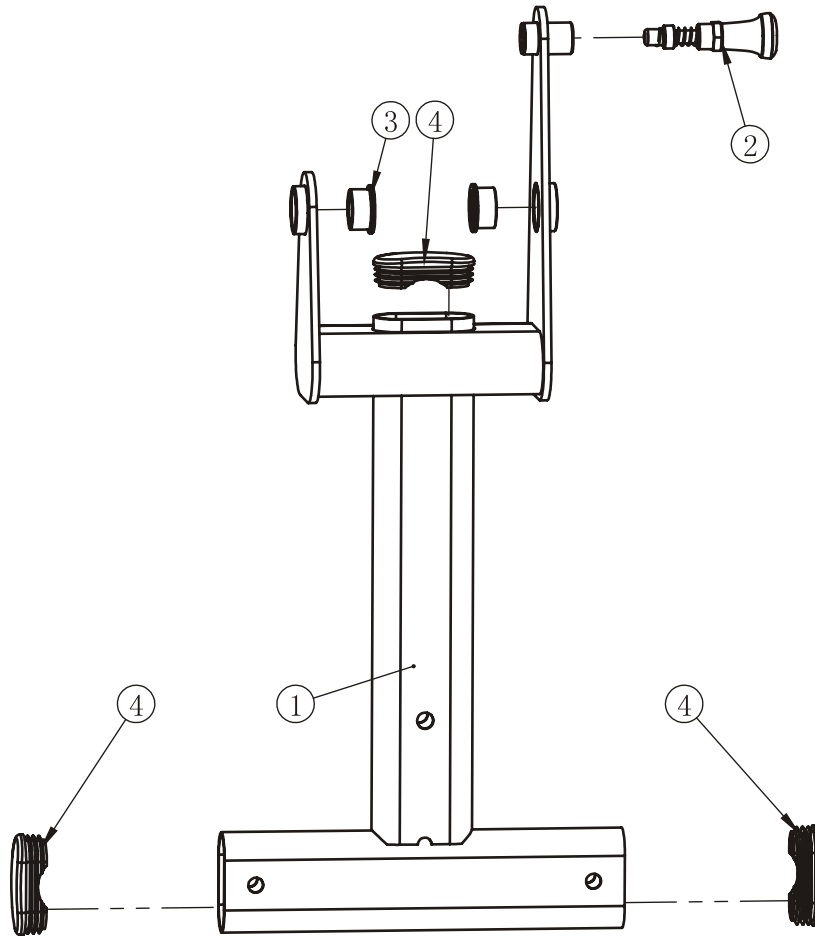
## Down Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	IT95201200	Down Swing Frame	1
2	12.2	M02502000	Bushing $\phi 38 * \phi 25.4 * 18$	4

# Exploded View and Parts List

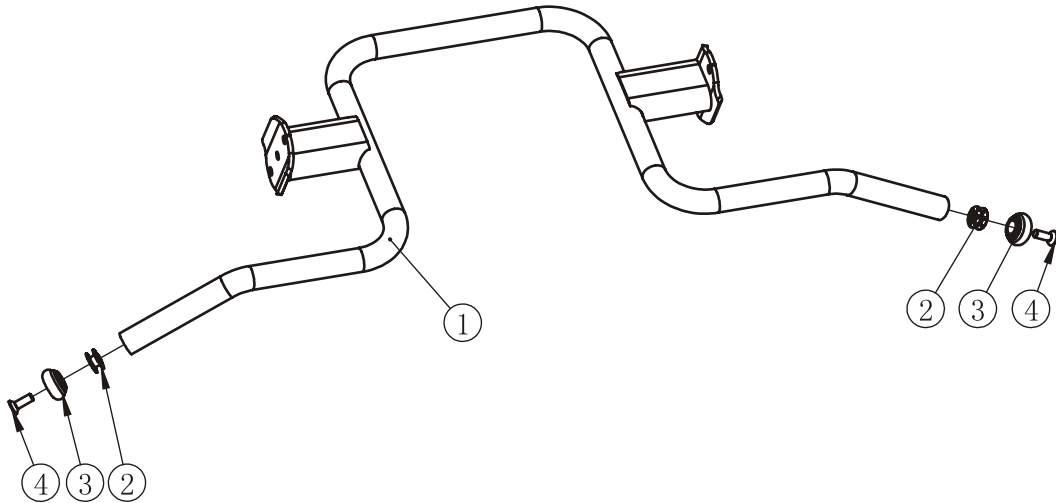
## Leg Pad Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	IT95200900	Leg Pad Frame	1
2	9.2	IT9322G0500	Pin ASSY	1
3	9.3	M02502000	Bushing $\phi 38 * \phi 25.4 * 18$	2
4	9.4	026-01PL2565	Plug RT40*80*25	3

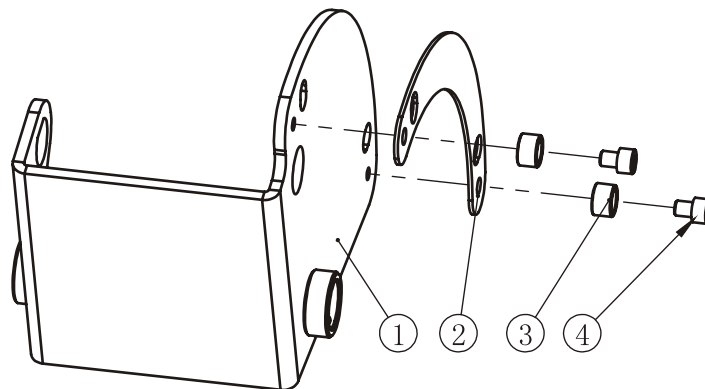
# Exploded View and Parts List

## Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	10.1	IT95201000	Bar	1
2	10.2	IF81212700	Sun Nut	2
3	10.3	IT9030B9500	Cap $\phi$ 25	2
4	10.4	CNLM10*40*40DS20NL	Flat Head Cap Screw M10*40	2

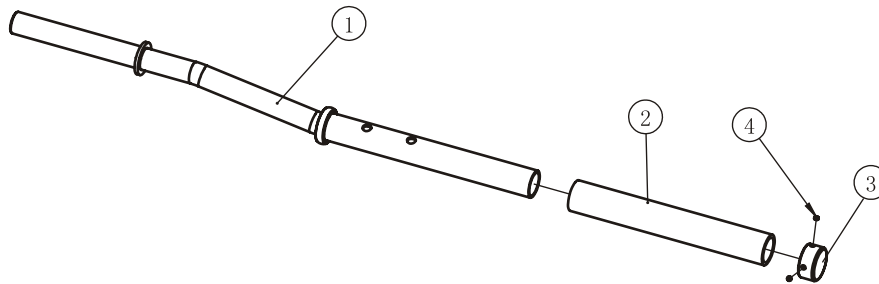
## Adjust Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	IT95201100	Adjust Frame	1
2	11.2	IT95201900	Lining Board	1
3	11.3	IN-S10111200	Rubber Sleeve $\phi$ 17*10.5	2
4	11.4	GB70M8*10DS2	Socket Head Cap Screw M8*10	2

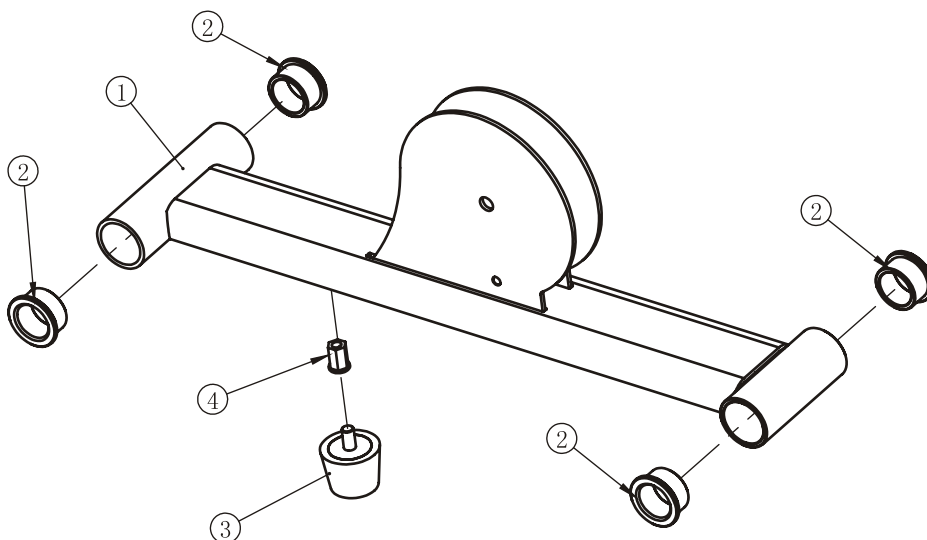
# Exploded View and Parts List

## Long Bar ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	14.1	IT95201400	Long Bar	1
2	14.2	026-01PL0206-29	Grip ST $\phi$ 36* $\phi$ 29*240	1
3	14.3	V39000	Cap $\phi$ 32	1
4	14.4	YZGB7710-32*3.2N19	Screw 10-32*3.2	2

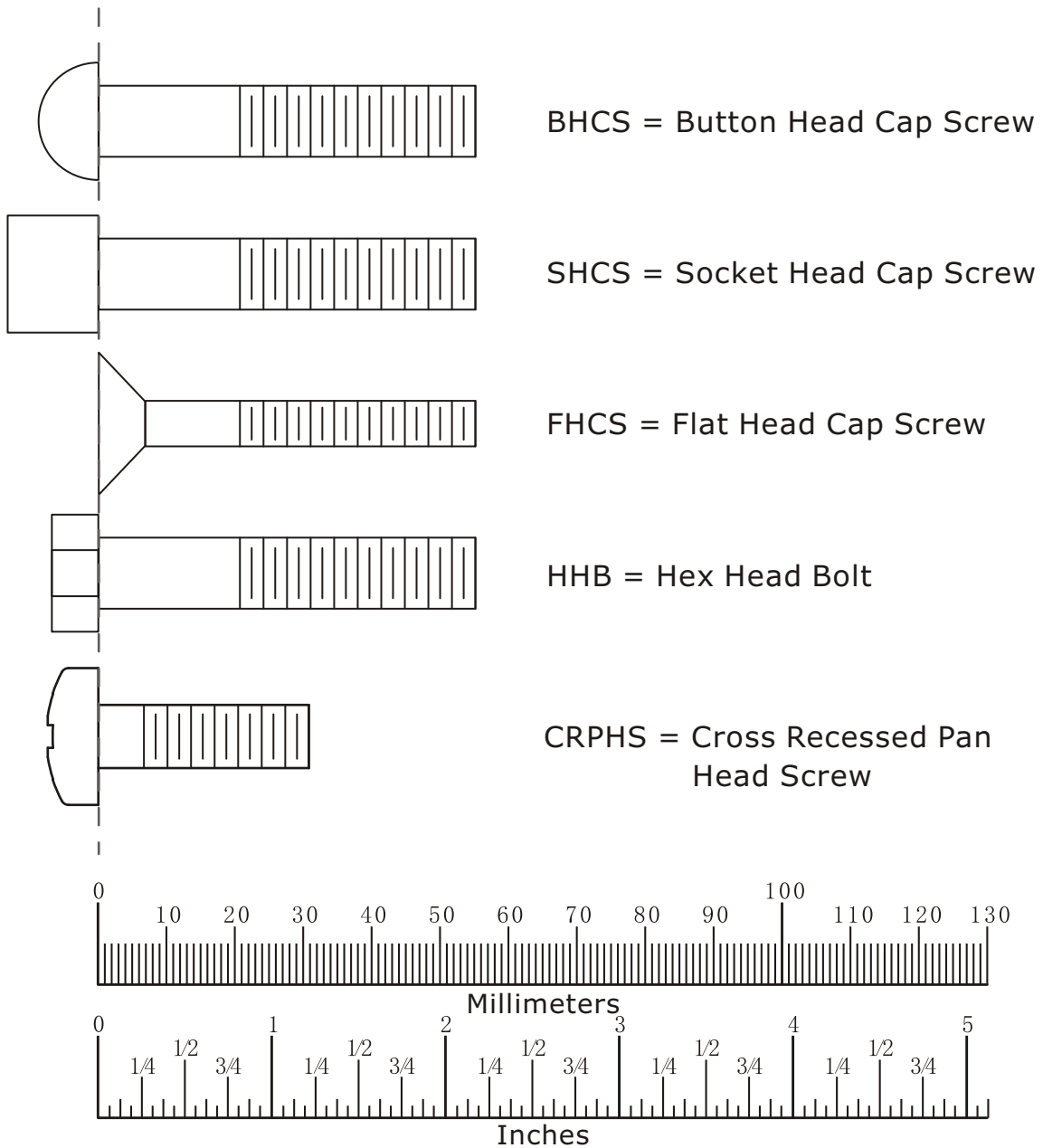
## Up Swing Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	18.1	IT95201800	Up Swing Frame	1
2	18.2	M02502000	Bushing $\phi$ 38* $\phi$ 25.4*18	4
3	18.3	AC3170B5200V1	Bumper $\phi$ 40* $\phi$ 32*30	1
4	18.4	GB17880.5M8*16.5DCS17	Rivet Nut M8	1



# Measurement Guide



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

# Assembly Instructions

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

## **NOTE**

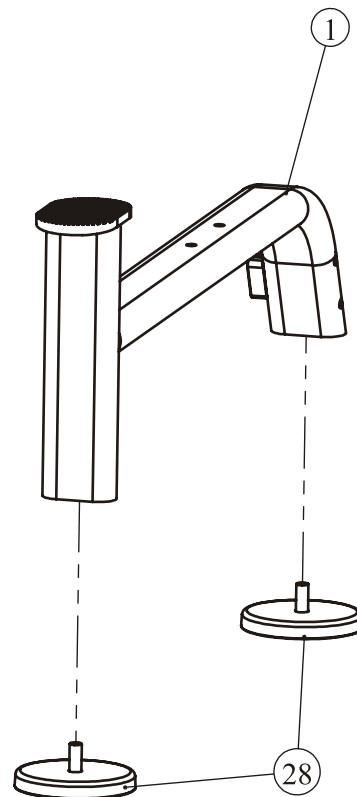
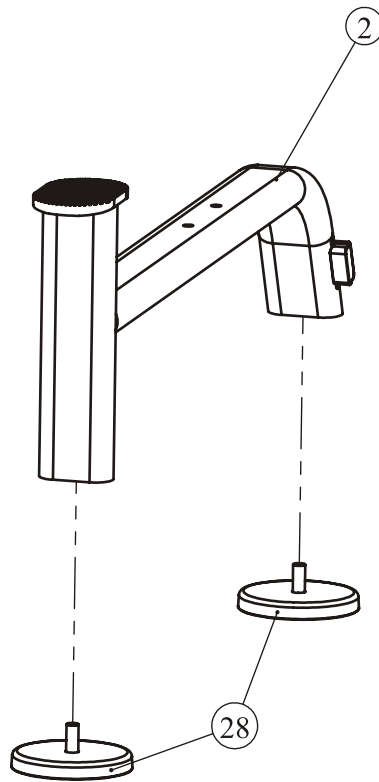
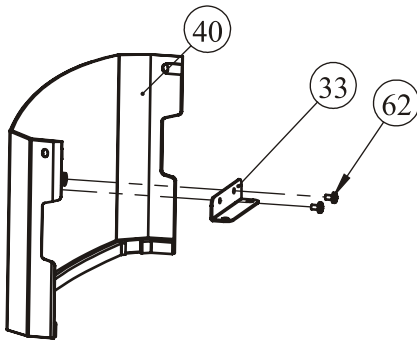
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach two Adjustable Foot Plates (#28) to the Right Bottom Frame ASSY (#1).
2. Attach two Adjustable Foot Plates (#28) to the Left Bottom Frame ASSY (#2).
3. Attach the Rear Bracket (#33) to the Top Rear Shroud (#40) using:  
two M6\*10 CRPHS (#62)

**Note: Wrench Tighten Bolts.**



# Assembly

## STEP 2

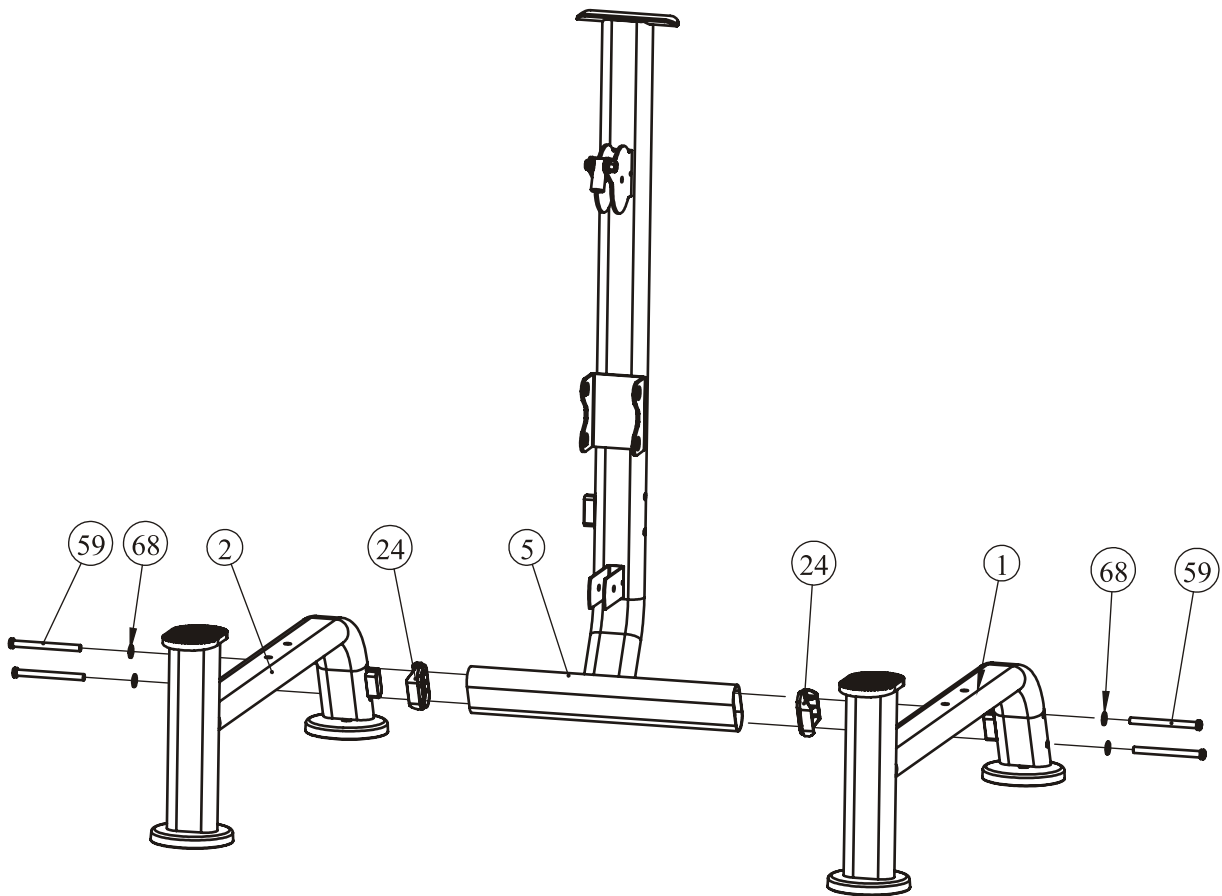
Attach the Back Floorstand ASSY (#5) to the Right Bottom Frame ASSY (#1) and the Left Bottom Frame ASSY (#2) using:

four M12\*135 SHCS (#59)

four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#68)

two Plastic Cover (#24)

**Note: NOT Wrench Tighten Bolts.**

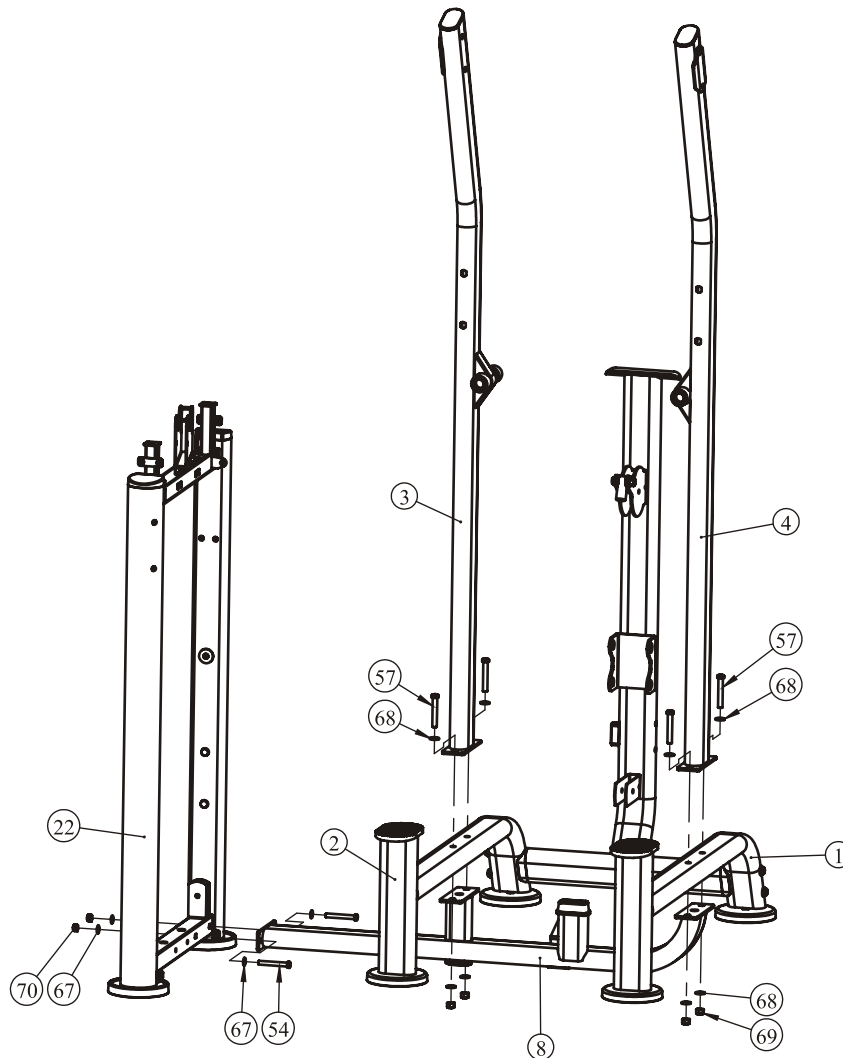


# Assembly

## STEP 3

1. Attach the Right Floorstand ASSY (#4) and the Low Support Frame ASSY (#8) to the Right Bottom Frame ASSY (#1) using:
  - two M12\*80 SHCS (#57)
  - two M12 Nylon Lock Nut (#69)
  - four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#68)
2. Attach the Left Floorstand ASSY (#3) and the Low Support Frame ASSY (#8) to the Left Bottom Frame ASSY (#2) using:
  - two M12\*80 SHCS (#57)
  - two M12 Nylon Lock Nut (#69)
  - four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#68)
3. Attach the Low Support Frame ASSY (#8) to the Weight Stack Frame ASSY (#22) using:
  - two M10\*80 SHCS (#54)
  - two M10 Nylon Lock Nut (#70)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#67)

**Note: NOT Wrench Tighten Bolts and Nylon Lock Nuts.**



# Assembly

## STEP 4

1. Attach the Up Connector (#6) to the Left Floorstand ASSY (#3), the Right Floorstand ASSY (#4) and the Back Floorstand ASSY (#5) using:

six M12\*120 SHCS (#58)

six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#68)

six M12 Nylon Lock Nut (#69)

2. Attach the Back Connector (#7) to the Weight Stack Frame ASSY (#22) using:

two M12\*30 SHCS (#56)

two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#68)

3. Attach the Back Connector (#7) to the the Back Floorstand ASSY (#5) using:

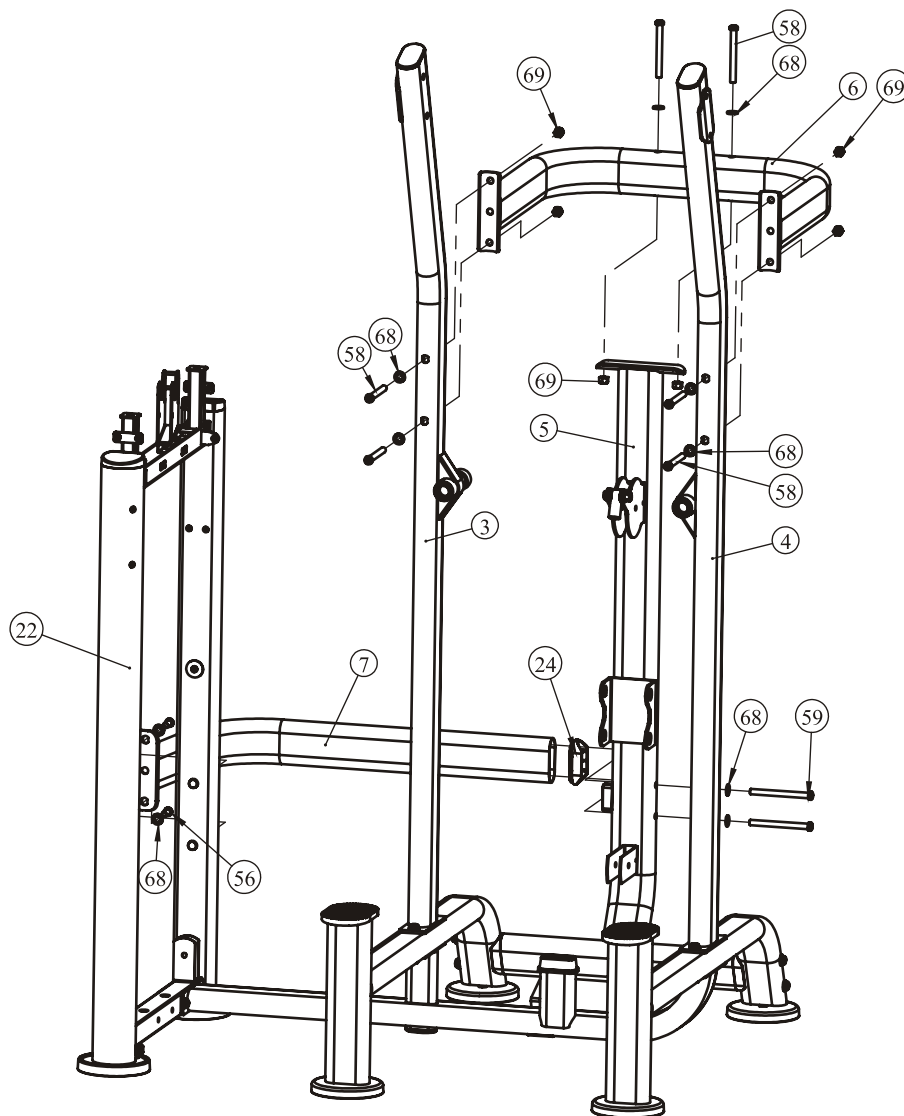
two M12\*135 SHCS (#59)

two  $\Phi 13*\Phi 24*2.5$  Flat Washer (#68)

one Plastic Cover (#24)

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

**Adjust the Adjustable Foot Plates to make the machines stable.**

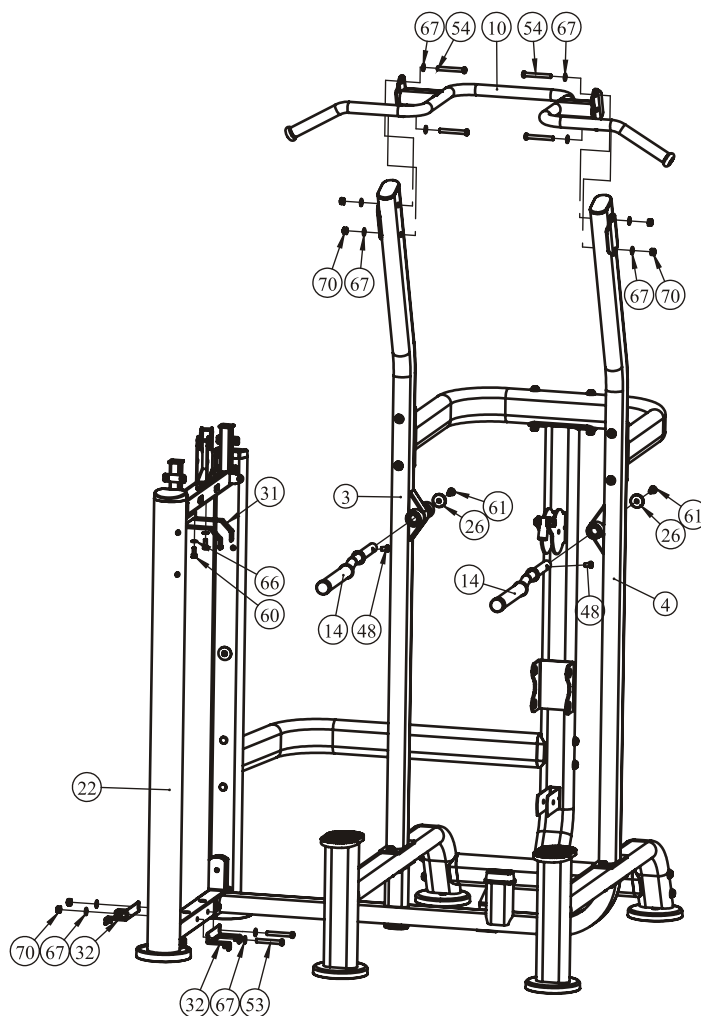


# Assembly

## STEP 5

1. Attach the Bar ASSY (#10) to the Left Floorstand ASSY (#3) and the Right Floorstand ASSY (#4) using:  
four M10\*80 SHCS (#54)                      eight  $\Phi 11*\Phi 20*2$  Flat Washer (#67)  
four M10 Nylon Lock Nut (#70)
2. Attach the Long Bar ASSY (#14) to the Left Floorstand ASSY (#3) using:  
one M10\*16 SHCS (#48)                      one M10\*30 FHCS (#61)  
one Caps  $\Phi 38*\Phi 10.5*8$  (#26)
3. Attach the Long Bar ASSY (#14) to the Right Floorstand ASSY (#4) using:  
one M10\*16 SHCS (#48)                      one M10\*30 FHCS (#61)  
one Caps  $\Phi 38*\Phi 10.5*8$  (#26)
4. Attach two Bottom Bracket ASSY (#32) to the Weight Stack Frame ASSY (#22) using:  
two M10\*75 SHCS (#53)                      four  $\Phi 11*\Phi 20*2$  Flat Washer (#67)  
two M10 Nylon Lock Nut (#70)
5. Attach the Top Bracket ASSY (#31) to the Weight Stack Frame ASSY (#22) using:  
two  $\Phi 9*\Phi 16*1.6$  Flat Washer (#66)      two M8\*20 SHCS (#60)

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

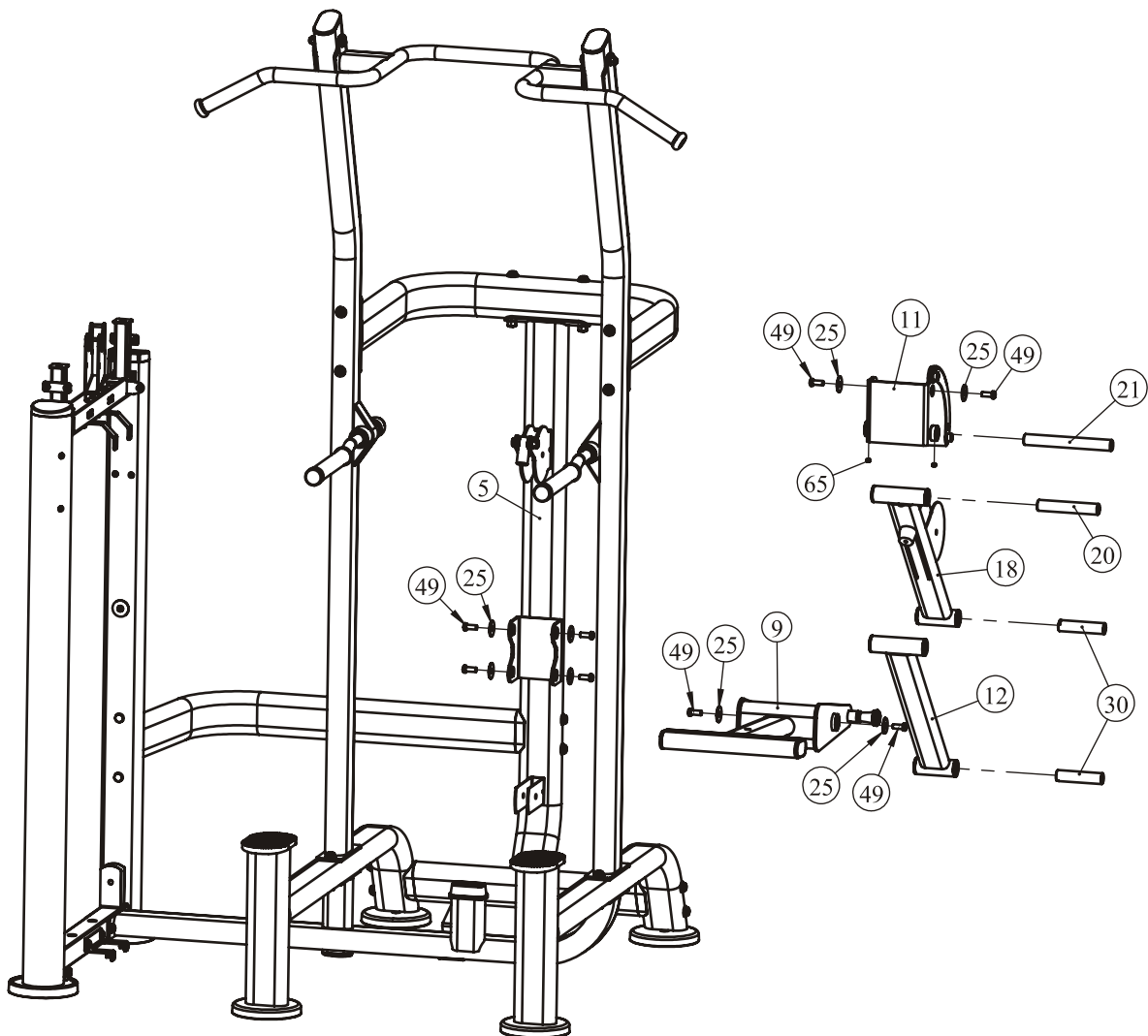


# Assembly

## STEP 6

1. Attach the Down Swing Frame ASSY (#12) and the Up Swing Frame ASSY (#18) to the Back Floorstand ASSY (#5) using:  
two shaft  $\Phi 25.4 \times 109$  (#30)                      four M10\*25 SHCS (#49)  
four Washer  $\Phi 36 \times \Phi 11 \times 3$  (#25)
2. Attach the Adjust Frame ASSY (#11) to the Up Swing Frame ASSY (#18) using:  
one shaft  $\Phi 25.4 \times 146$  (#20)                      two M10\*25 SHCS (#49)  
two Washer  $\Phi 36 \times \Phi 11 \times 3$  (#25)
3. Attach the Adjust Frame ASSY (#11) and the Leg Pad Frame ASSY (#9) to the Down Swing Frame ASSY (#12) using:  
one shaft  $\Phi 25.4 \times 210.5$  (#21)                      two M10\*25 SHCS (#49)  
two Washer  $\Phi 36 \times \Phi 11 \times 3$  (#25)                      two Screw M8\*6 (#65)

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





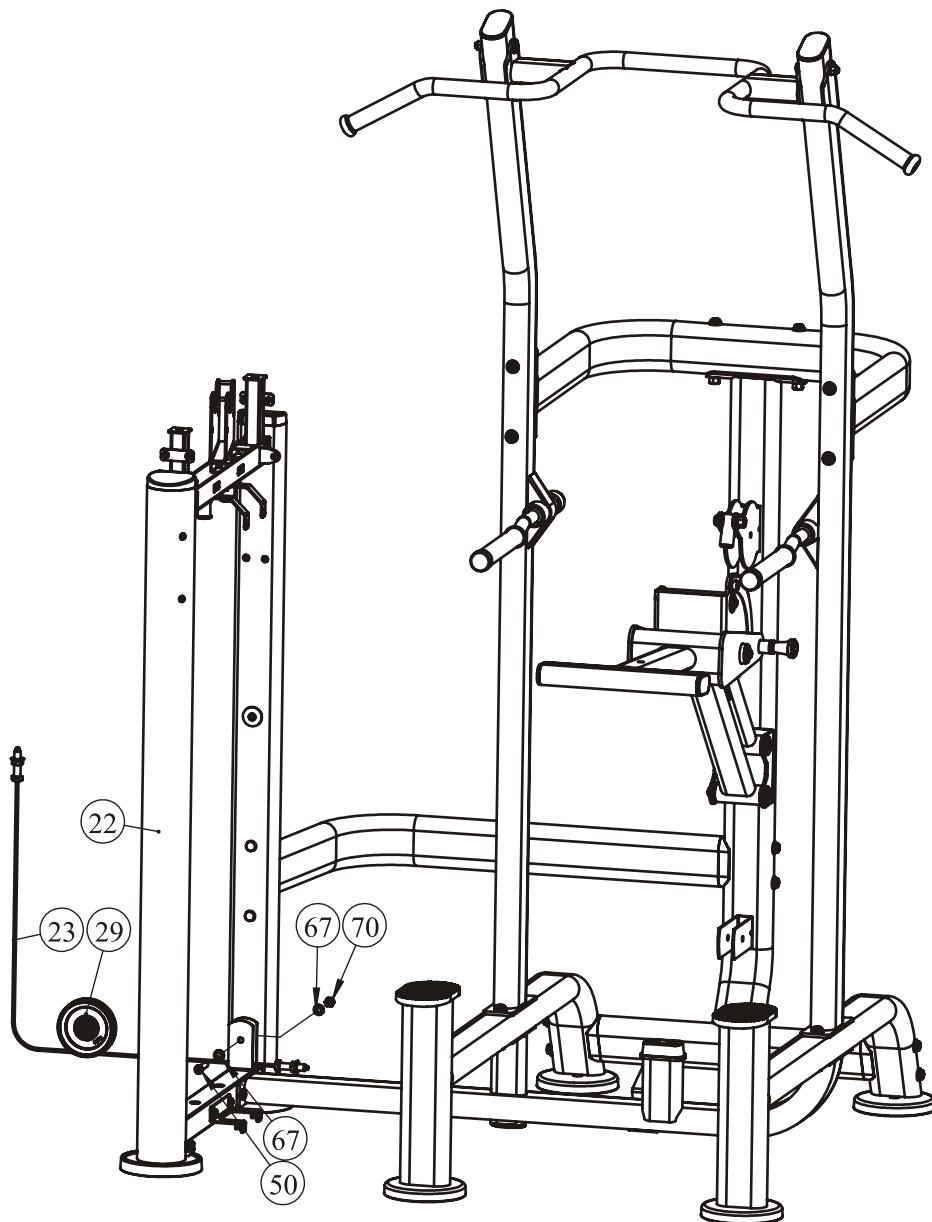
# Assembly

## STEP 7

Attach the Cable ASSY (#23) and the 4.5" Pulley (#29) to the Weight Stack Frame ASSY (#22) using:

- one M10\*50 SHCS (#50)
- two  $\Phi 11*\Phi 20*2$  Flat Washer (#67)
- one M10 Nylon Lock Nut (#70)

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



# Assembly

## STEP 8

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

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#35)      two Weight Rubber Bumper (#42)  
 fifteen Weight Plate 10LBS (#103)      two weight stack space (#104)  
 one Top Plate (#34)

to the Weight Stack Frame ASSY (#22) using:

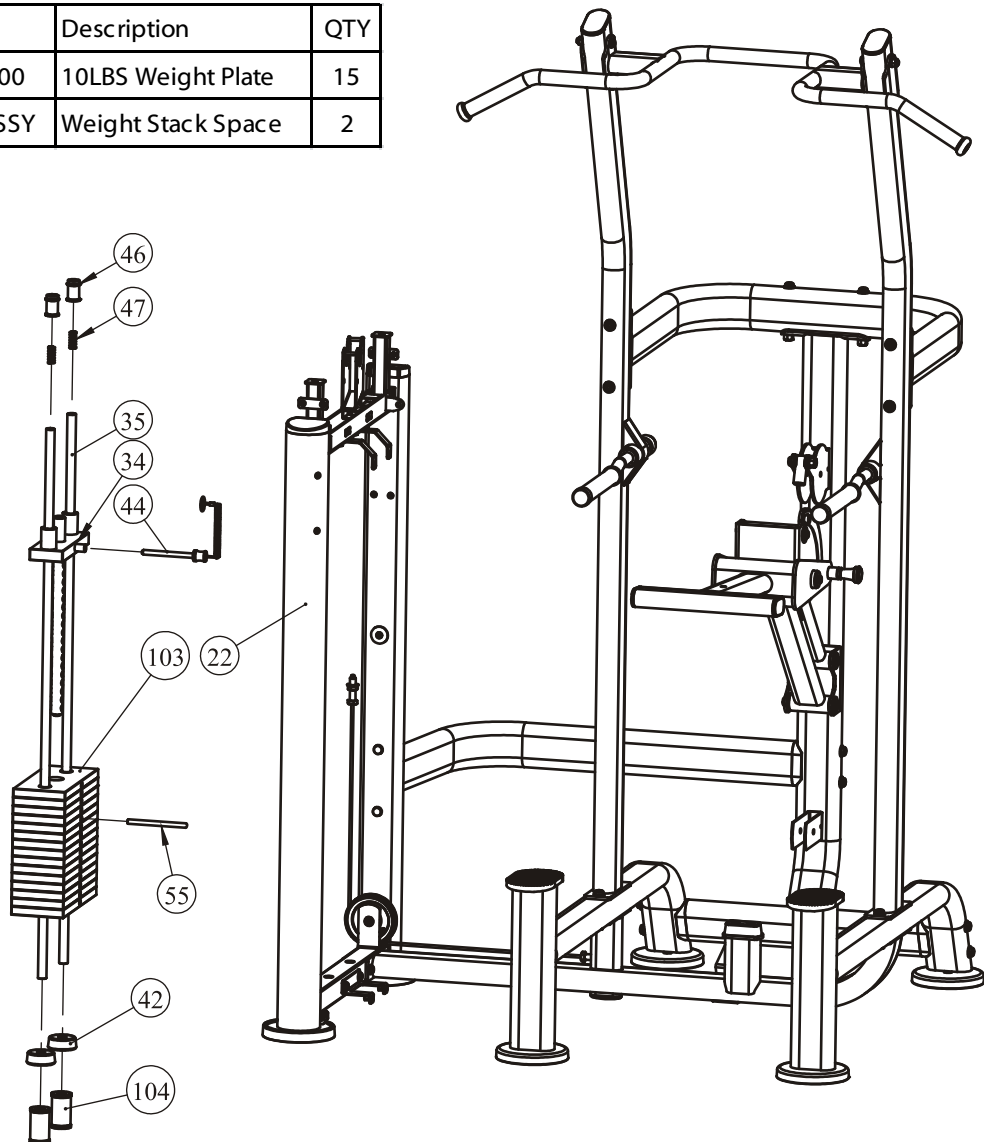
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)  
 two Spring (#47)

2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#34).

3. Attach the sixth Weight Plate 10LBS (#103) to the Top Plate (#34) using:  
 one  $\Phi 11 \times 76$  Split Pin (#55)

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

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



# Assembly

## STEP 8

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

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#35)      two Weight Rubber Bumper (#42)  
nineteen Weight Plate 10LBS (#103)      one Top Plate (#34)

to the Weight Stack Frame ASSY (#22) using:

two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)  
two Spring (#47)

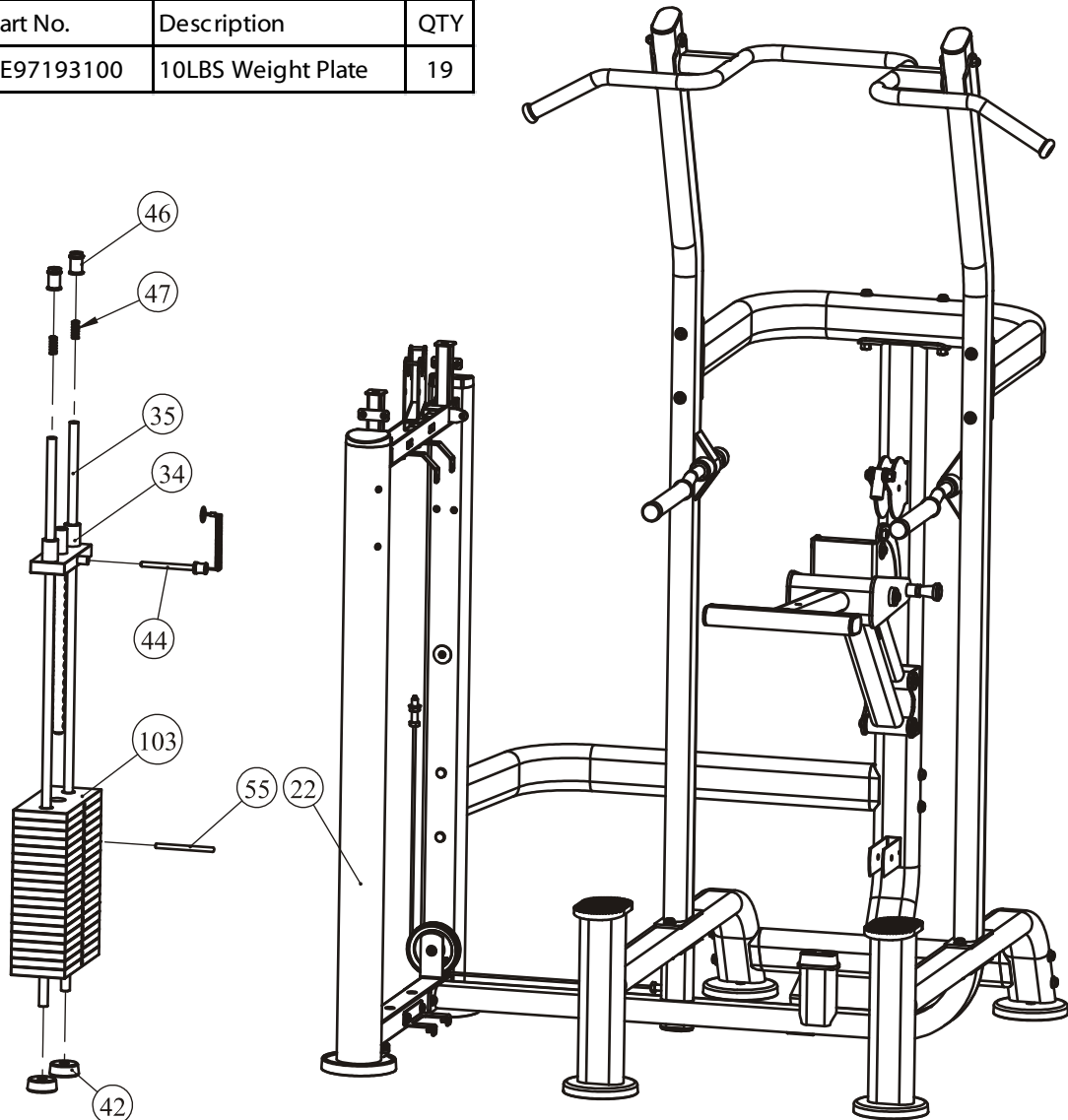
2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#34).

3. Attach the sixth Weight Plate 10LBS (#103) to the Top Plate (#34) using:

one  $\Phi 11 \times 76$  Split Pin (#55)

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

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



# Assembly

## STEP 8

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

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#35)      two Weight Rubber Bumper (#42)  
 fifteen Weight Plate 15LBS (#105)      two weight stack space (#104)  
 one Top Plate (#34)

to the Weight Stack Frame ASSY (#22) using:

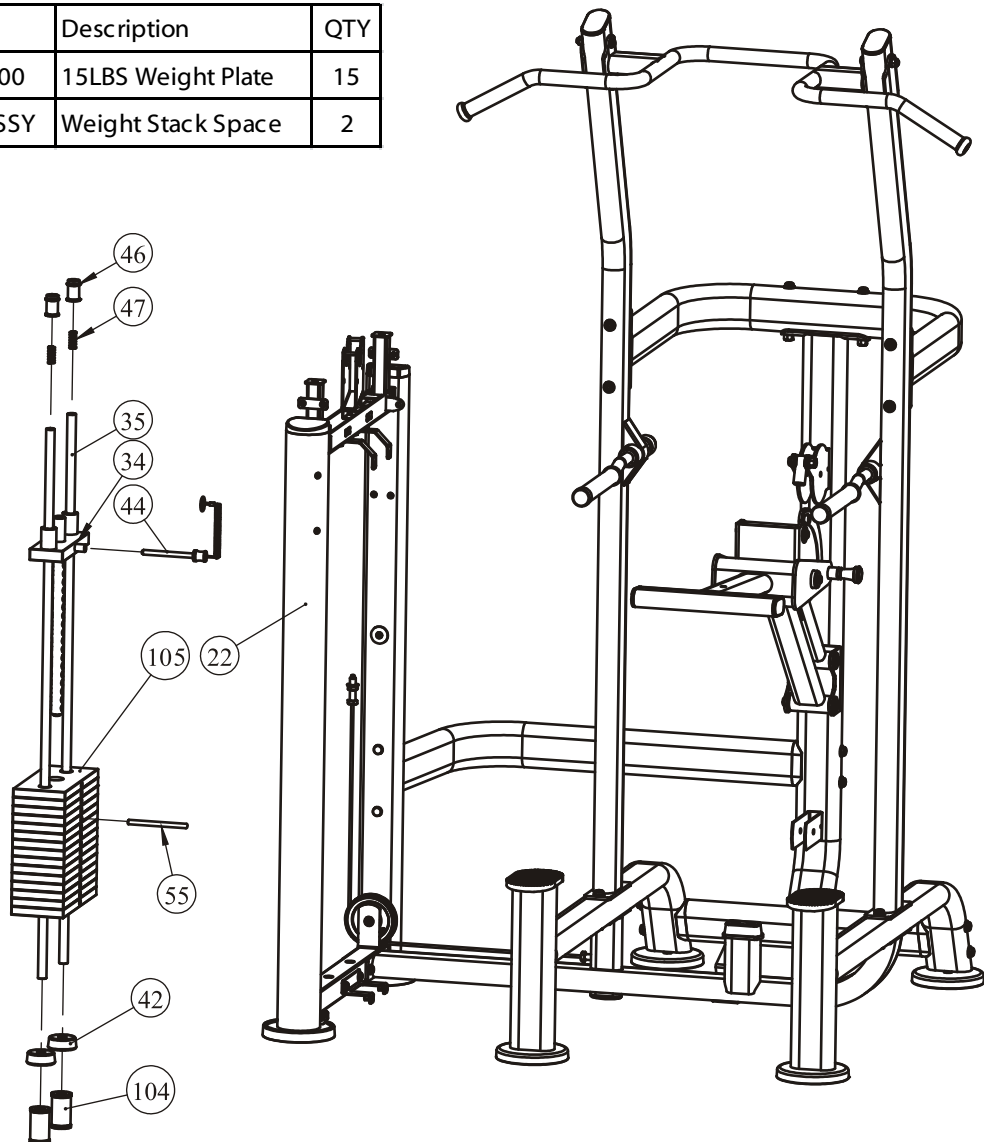
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)  
 two Spring (#47)

2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#34).

3. Attach the fourth Weight Plate 15LBS (#105) to the Top Plate (#34) using:  
 one  $\Phi 11 \times 76$  Split Pin (#55)

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

Grade No.	Part No.	Description	QTY
105	FE97193200	15LBS Weight Plate	15
104	FEWS01ASSY	Weight Stack Space	2



# Assembly

## STEP 8

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

### 1. Attach:

two Guide Rod  $\Phi 19 \times 1242$  (#35)      two Weight Rubber Bumper (#42)  
 nineteen Weight Plate 15LBS (#105)    one Top Plate (#34)

to the Weight Stack Frame ASSY (#22) using:

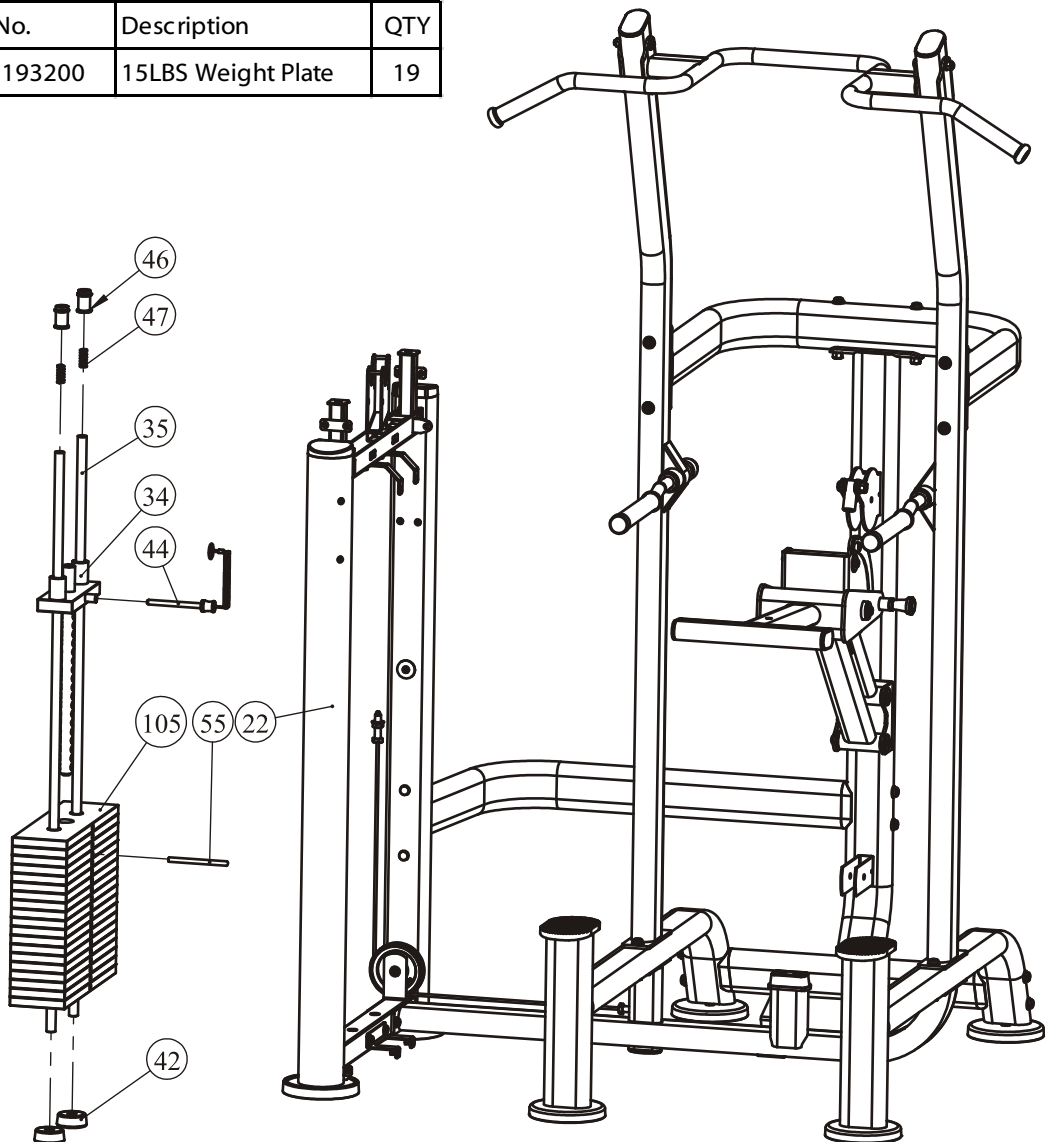
two Guide Rod Fixing Sleeve  $\Phi 25 \times \Phi 19 \times 45$  (#46)  
 two Spring (#47)

2. Attach the Selector Pin W/Coil (#44) to the Top Plate (#34).

3. Attach the fourth Weight Plate 15LBS (#105) to the Top Plate (#34) using:  
 one  $\Phi 11 \times 76$  Split Pin (#55)

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

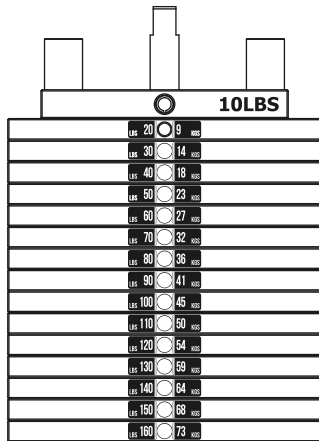
Grade No.	Part No.	Description	QTY
105	FE97193200	15LBS Weight Plate	19



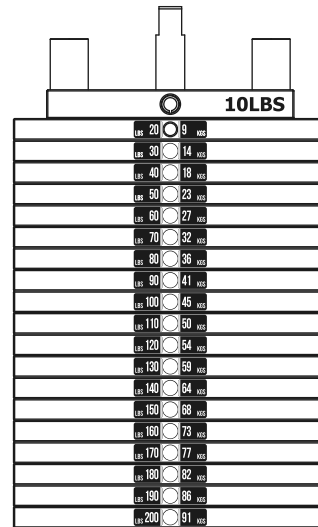
# Assembly

## 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

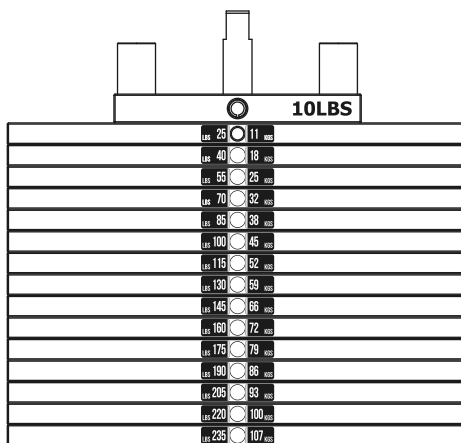


20-160LBS

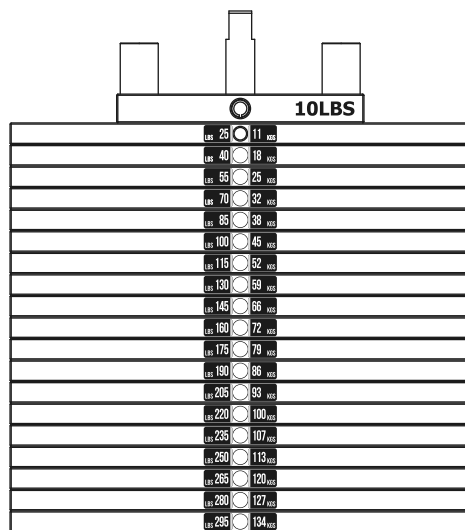


20-200LBS

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 9

1. Attach two 4.5" Pulleys (#29) to the Weight Stack Frame ASSY (#22) using:  
two M10\*50 SHCS (#50)                      four  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#67)  
two M10 Nylon Lock Nut (#70)
2. Attach one end of Cable ASSY (#23) to the Top Plate(#34).
3. Attach one 4.5" Pulleys (#29) and one Pulley Cover (#27) to the Low Support Frame ASSY (#8) using:  
one M10\*50 SHCS (#50)                      one  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#67)  
one M10 Nylon Lock Nut (#70)
4. Attach two 4.5" Pulleys (#29) and two Pulley Cover (#27) to the Back Floorstand ASSY (#5) using:  
two M10\*50 SHCS (#50)                      two  $\Phi$ 11\* $\Phi$ 20\*2 Flat Washer (#67)  
two M10 Nylon Lock Nut (#70)
5. Attach one 4.5" Pulleys (#29) and two Pulley Cover (#27) to the Up Swing Frame ASSY (#18) using:  
one M10\*60 SHCS (#51)                      one M10 Nylon Lock Nut (#70)  
two  $\Phi$ 16\* $\Phi$ 10.2\*5 Spacer (#76)
6. Attach another end of Cable ASSY (#23) to the Back Floorstand ASSY (#5).

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

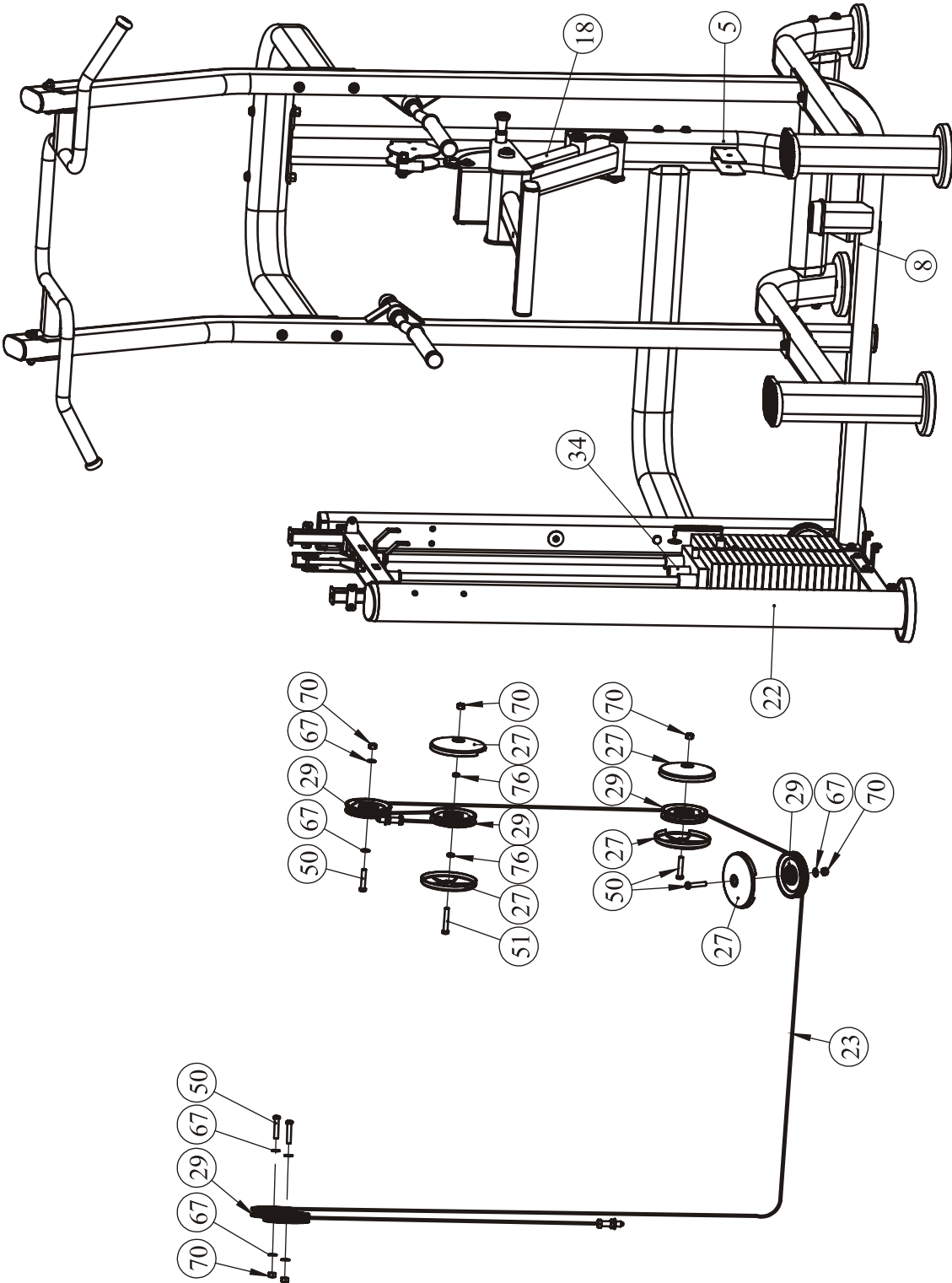
## Step 10

**Tips:** Pre-assemble eight Cross Recessed Pan Head Screws into the Weight Stack Frame ASSY and Bottom Bracket ASSY, not wrench tighten Bolts, Assemble the shroud with the bolt on.

1. Attach the Front Shroud (#38) and the Left Front Shroud (#39) to the Weight Stack Frame ASSY (#22) and the Bottom Bracket ASSY (#32) using:  
four M6\*20 CRPHS (#64)                      two M6\*16 CRPHS (#63)
2. Attach the Rear Shroud (#41) to the Weight Stack Frame ASSY (#22) and the Bottom Bracket ASSY (#32) using:  
four M6\*20 CRPHS (#64)                      two M6\*16 CRPHS (#63)
3. Attach the Training Placard Cover (#37) to the Weight Stack Frame ASSY (#22) and the Top Bracket ASSY (#31) using:  
two M6\*20 CRPHS (#64)                      two M6\*10 CRPHS (#62)
4. Attach the Top Rear Shroud (#40) to the Weight Stack Frame ASSY (#22) and the Top Bracket ASSY (#31) using:  
four M6\*20 CRPHS (#64)
5. Attach the Top Cover (#36) to the Weight Stack Frame ASSY (#22) using:  
two M6\*20 CRPHS (#64)                      two Spout Plug  $\Phi$ 16.5\*6.88 (#45)

# Assembly

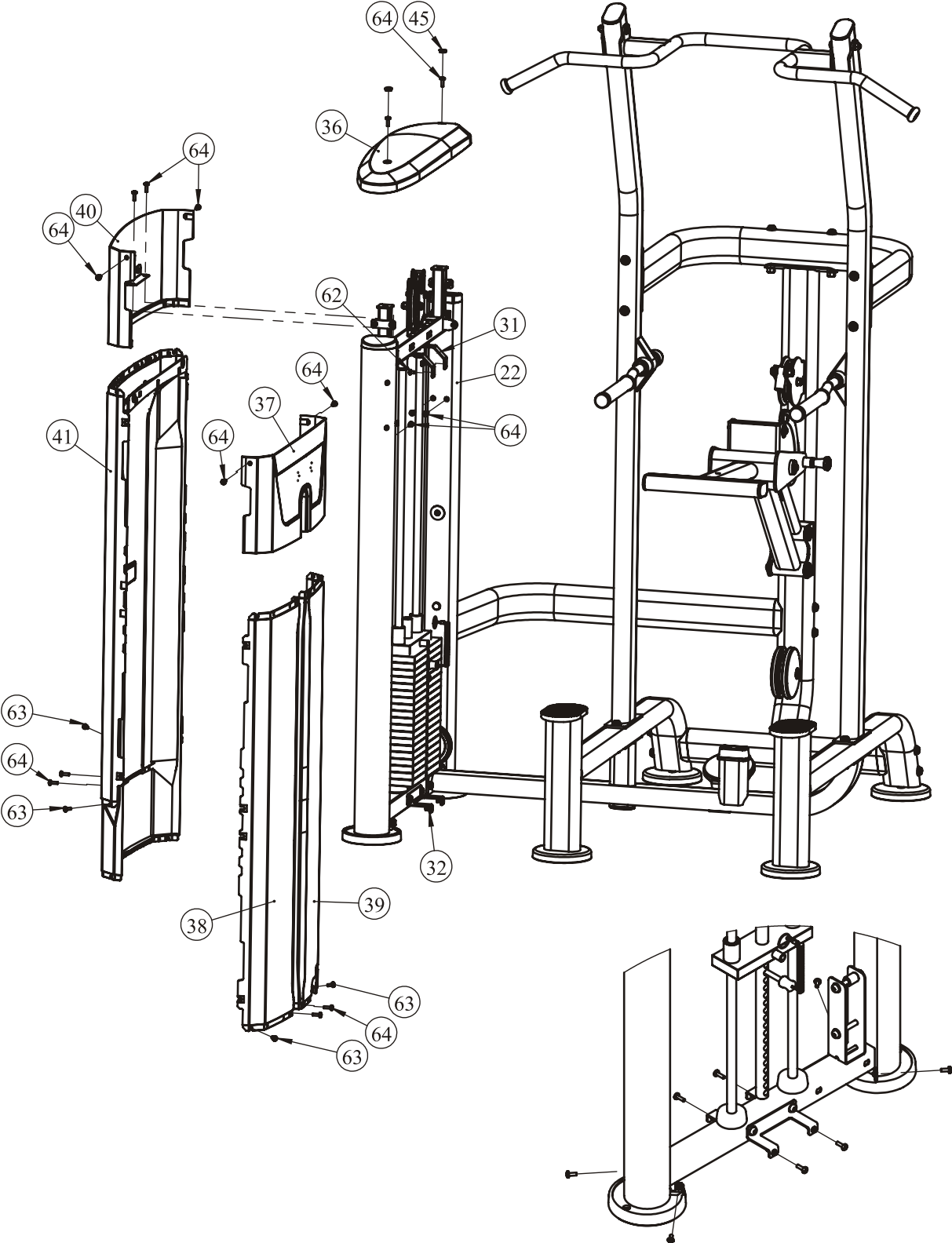
## STEP 9





# Assembly

## STEP 10

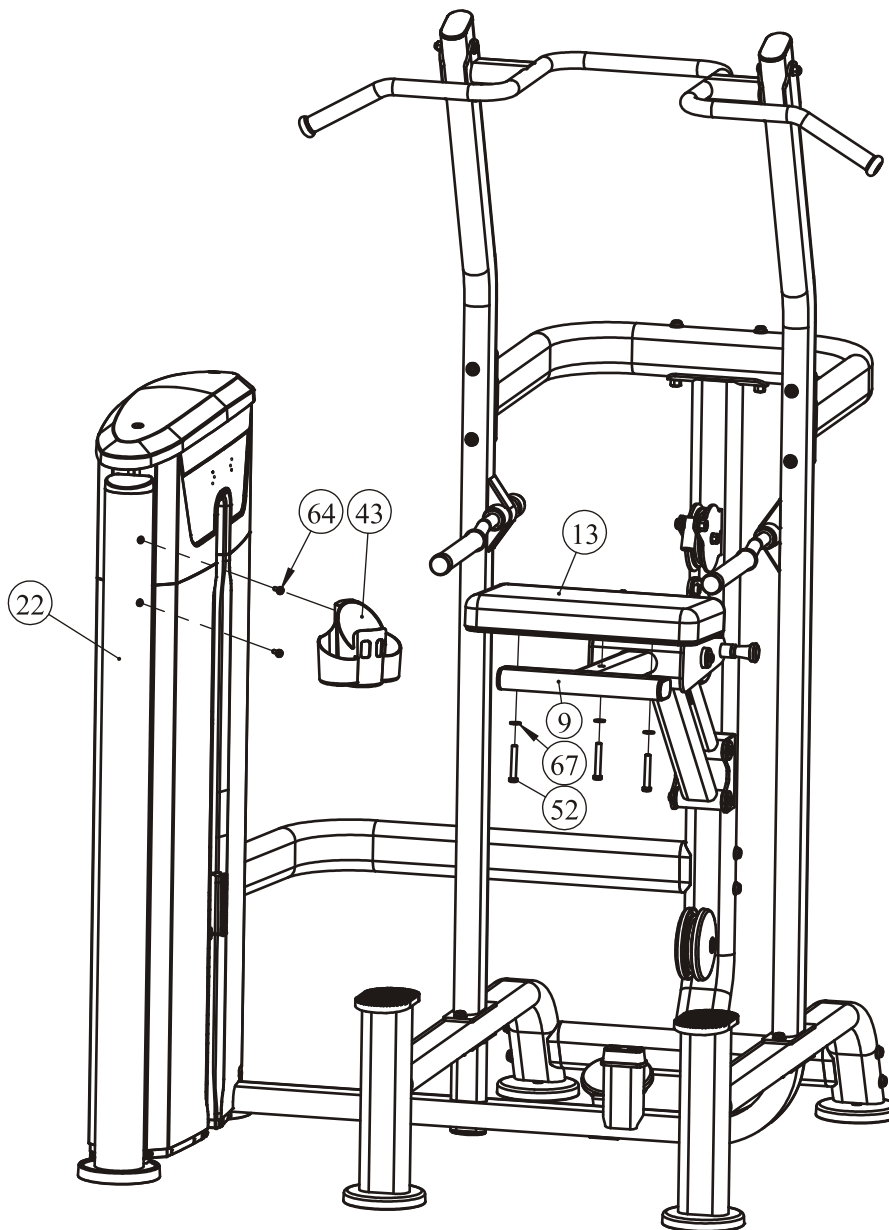


# Assembly

## STEP 11

1. Attach the Leg Pad (#13) to the Leg Pad Frame ASSY (#9) using:  
three M10\*65 SHCS (#52)  
three  $\Phi 11*\Phi 20*2$  Flat Washer (#67)
2. Attach the Cup Holder (#43) to the Weight Stack Frame ASSY (#22) using:  
two M6\*20 CRPHS (#64)

**Note: Wrench tighten bolts and Nylon Lock Nuts.**



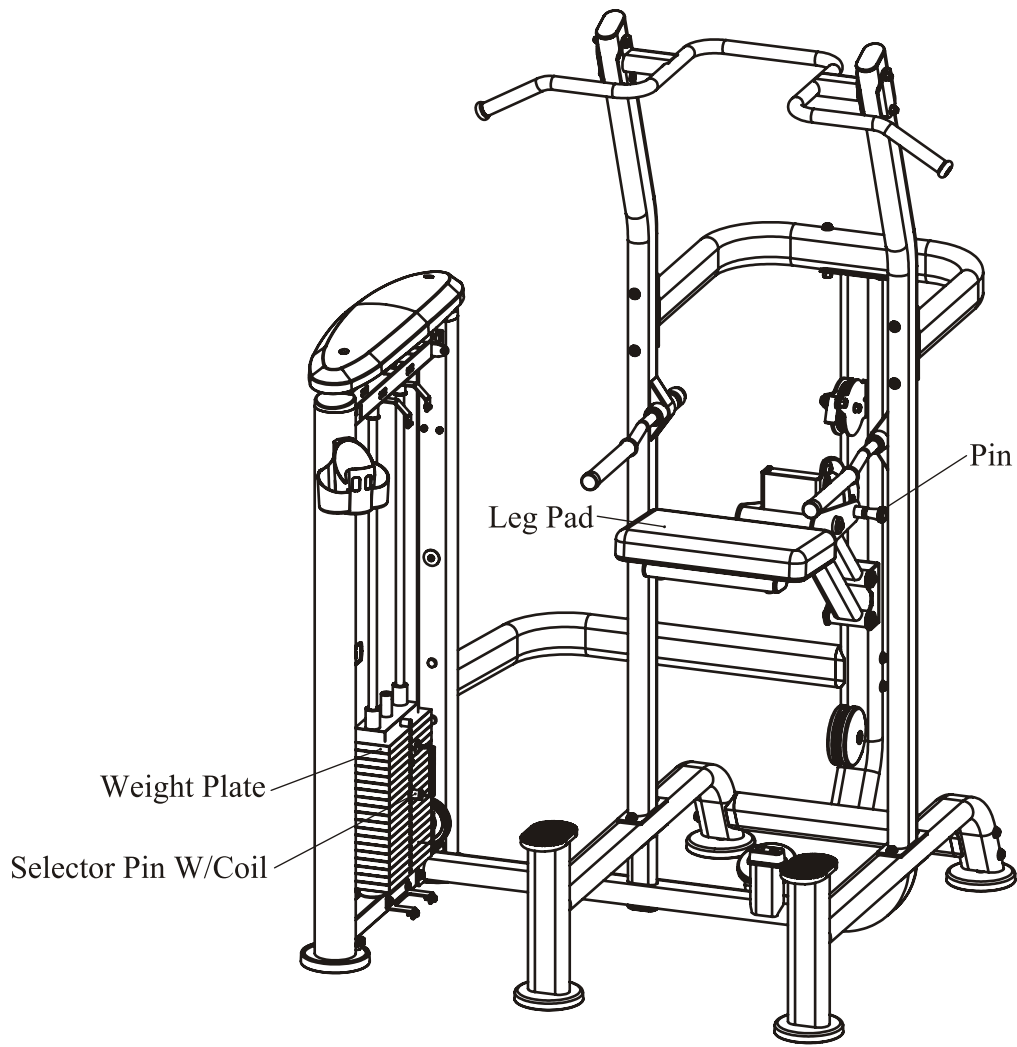
# Adjust Instructions

## The Leg Pad adjustment

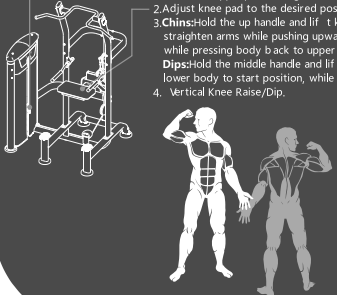
1. Pull the Pin and adjust the Leg Pad to the desired position.
2. Make sure the pin gets into the hole completely.

## 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.



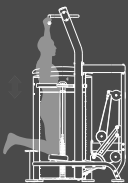
# Exercise Instructions



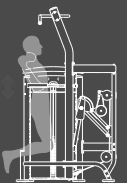
1. Select the appropriate weight.
2. Adjust knee pad to the desired position.
3. **Chins:** Hold the up handle and lift knees onto knee pad, straighten arms while pushing upwards to begin exercise, while pressing body back to upper position.
4. **Dips:** Hold the middle handle and lift knees onto knee pad, lower body to start position, while pulling body up to chin bar.
5. Vertical Knee Raise/Dip.

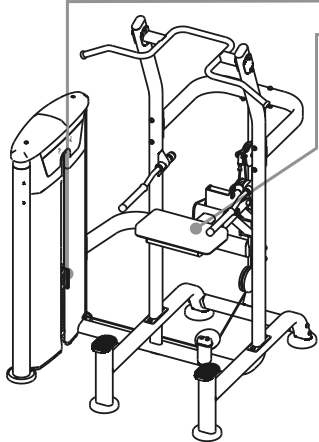
## WEIGHT ASSISTED CHIN/DIP COMBO

Chin

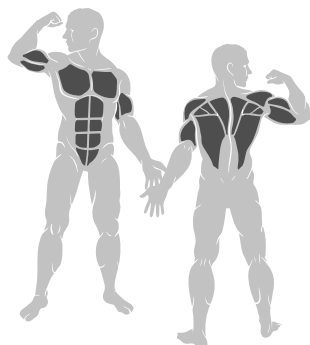


Dip

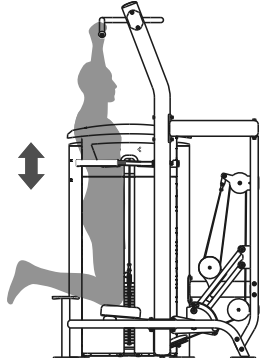




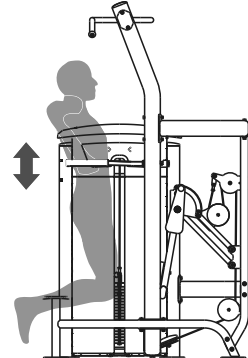
1. Select the appropriate weight.
2. Adjust knee pad to the desired position.
3. **Chins:** Hold the up handle and lift knees onto knee pad, straighten arms while pushing upwards to begin exercise, while pressing body back to upper position.
4. **Dips:** Hold the middle handle and lift knees onto knee pad, lower body to start position, while pulling body up to chin bar.
5. Vertical Knee Raise/Dip.



Chin



Dip



# Maintenance Schedule

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

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

