

Caution: Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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# Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

- 1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
- 2. Only one person at a time should use the equipment.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 4. Position the equipment on a clear, level surface. DO NOT use the bench near water or outdoors.
- 5. Keep hands away from all moving parts.
- 6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment.
- 7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- 8. Before using the equipment, always do stretching exercises to properly warm up.
- 9. Never operate the equipment if the equipment is not functioning properly.

## **Tools Required**

Tools Required : Socket Wrentch Set

Adjustable Wrentch / Crescent Wrench Rubber Mallet / Tape Measure

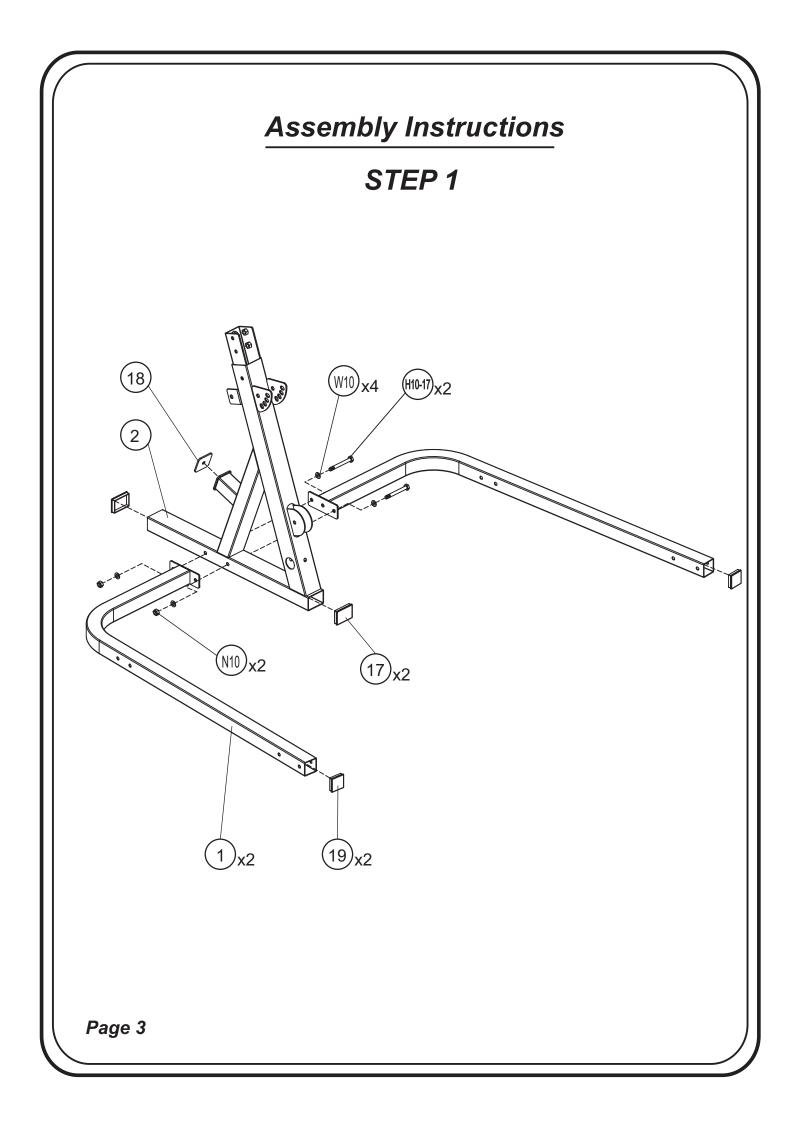
#### ASSEMBLY REQUIRES AT LEAST TWO PERSONS

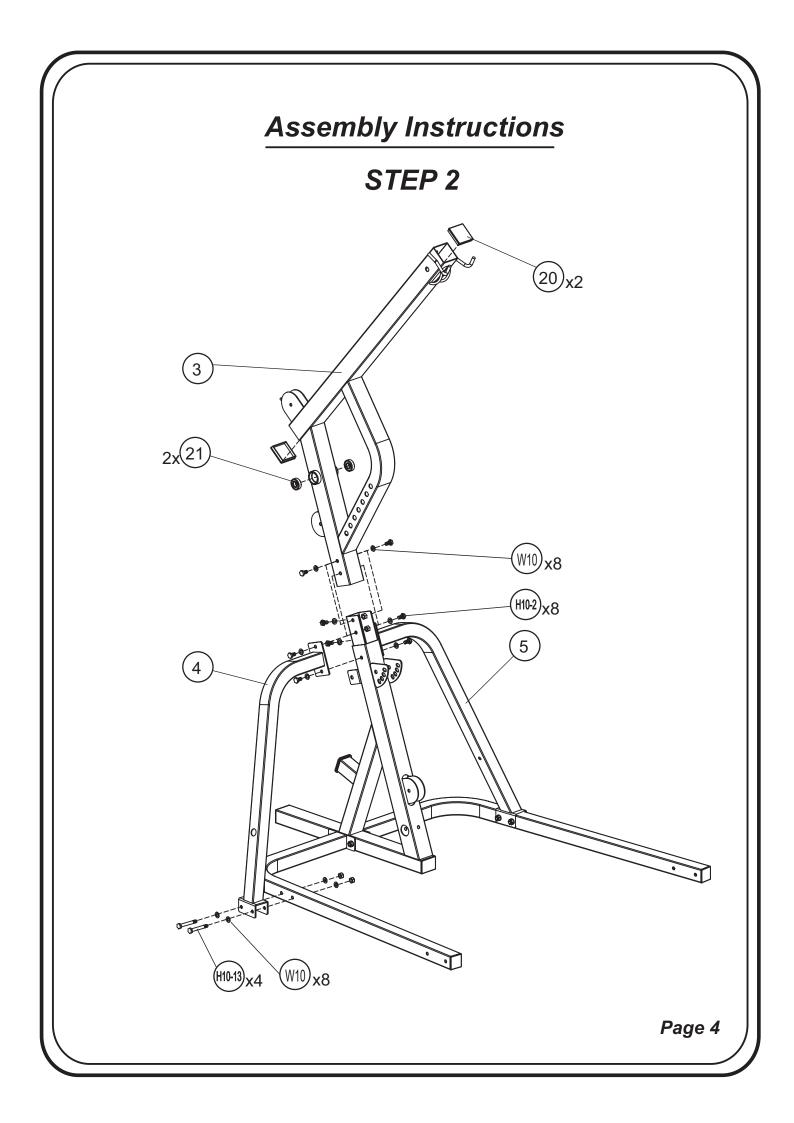
### Weight Capacity

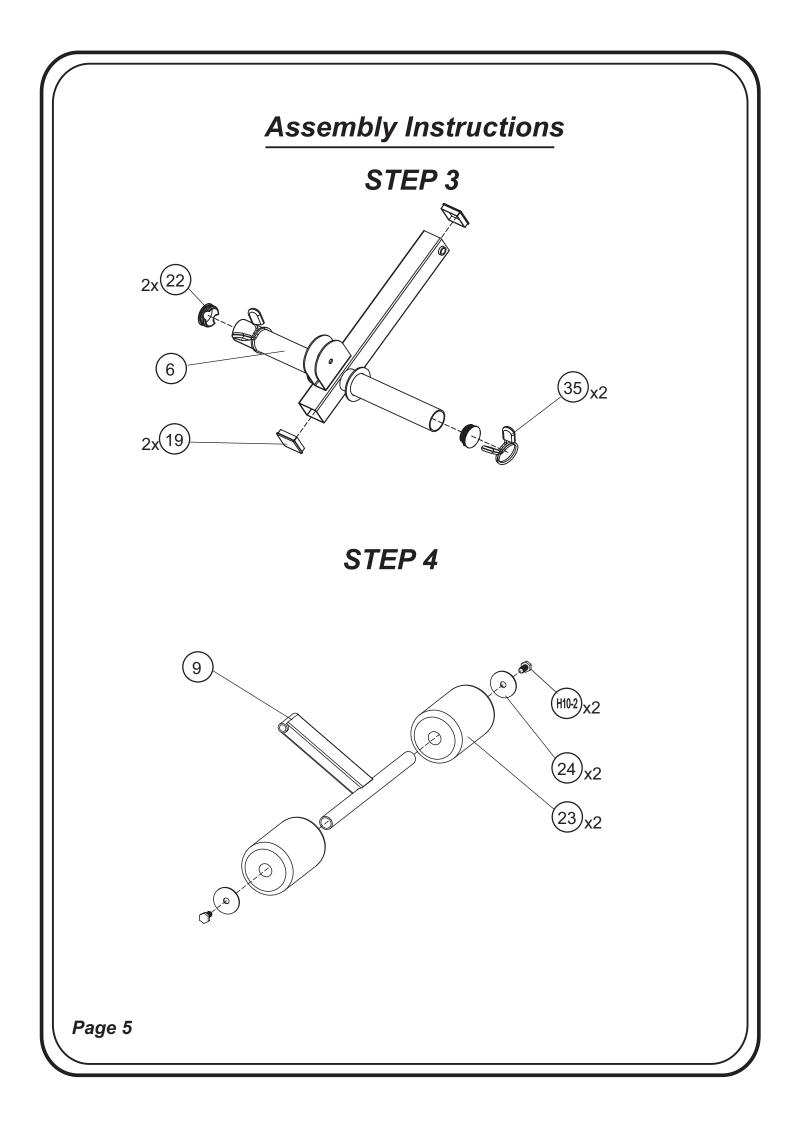
Maximum Loading Weight :

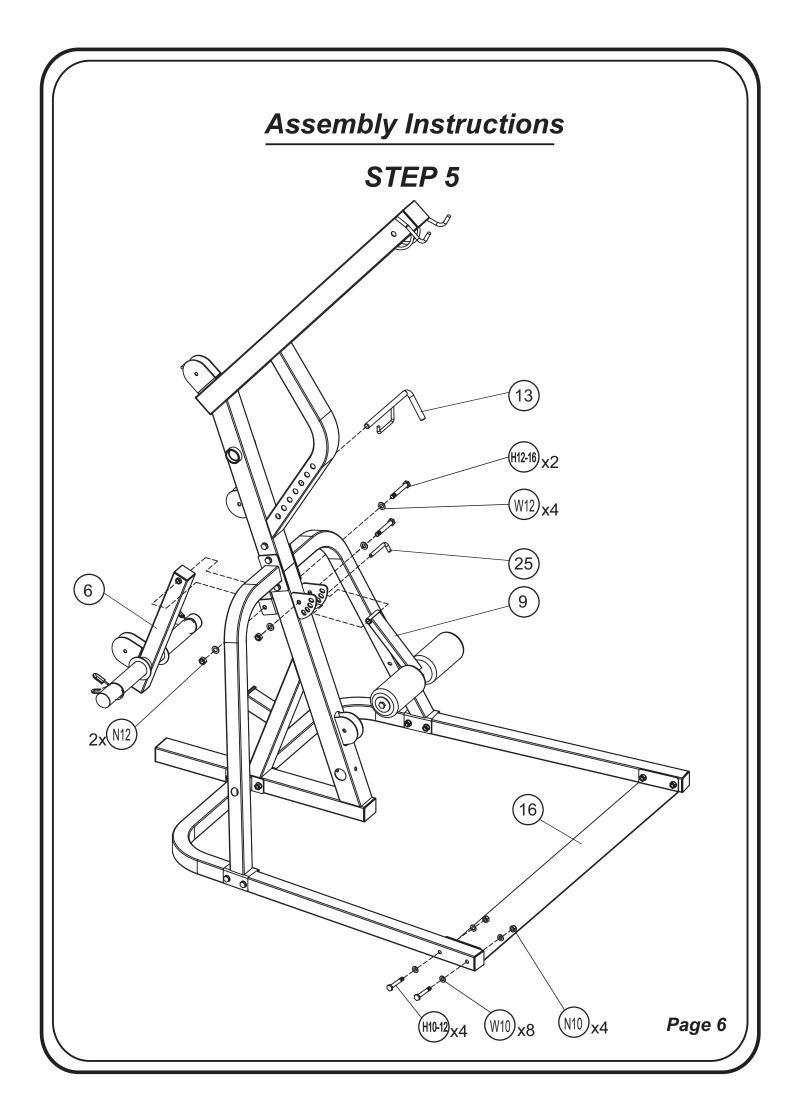
*Press Arm :500 LBS; Lat&Low Row Bar:350 LBS; Squat Bar: 300LBS. WARNING: This Product Is Rated for Home Use Olny!* 

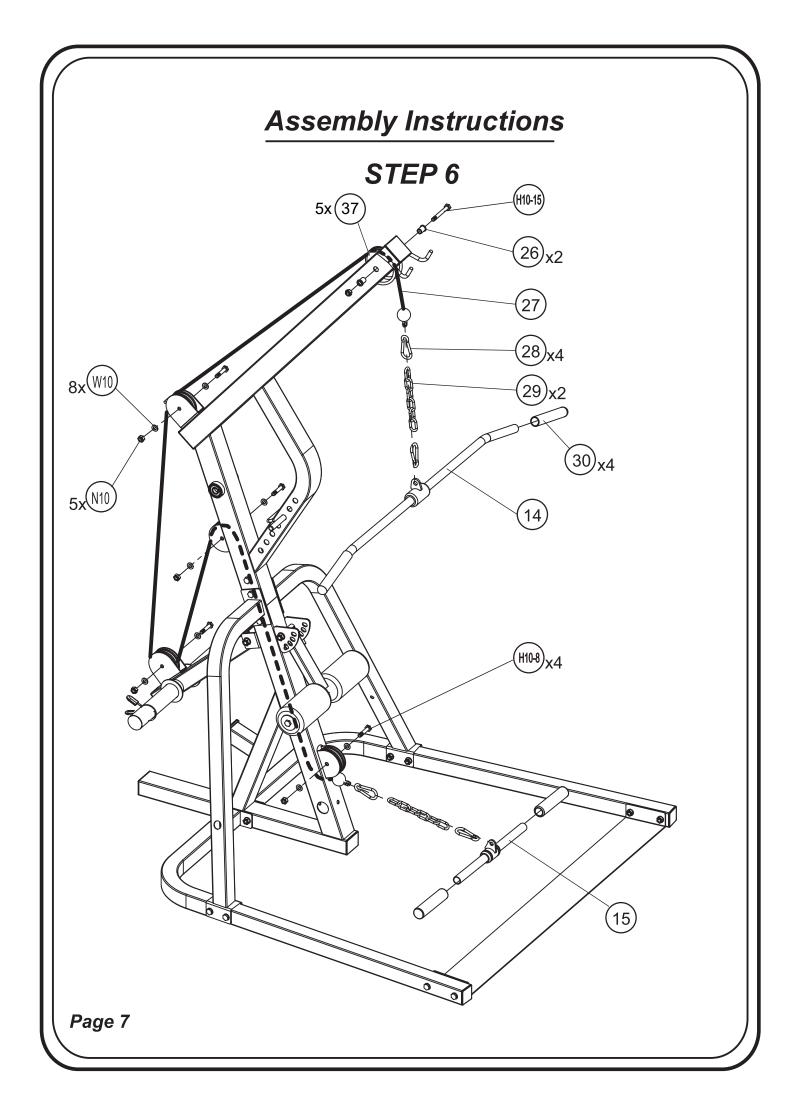
Using this product in a commercial setting will void all warranties and can result in serious injury or death!

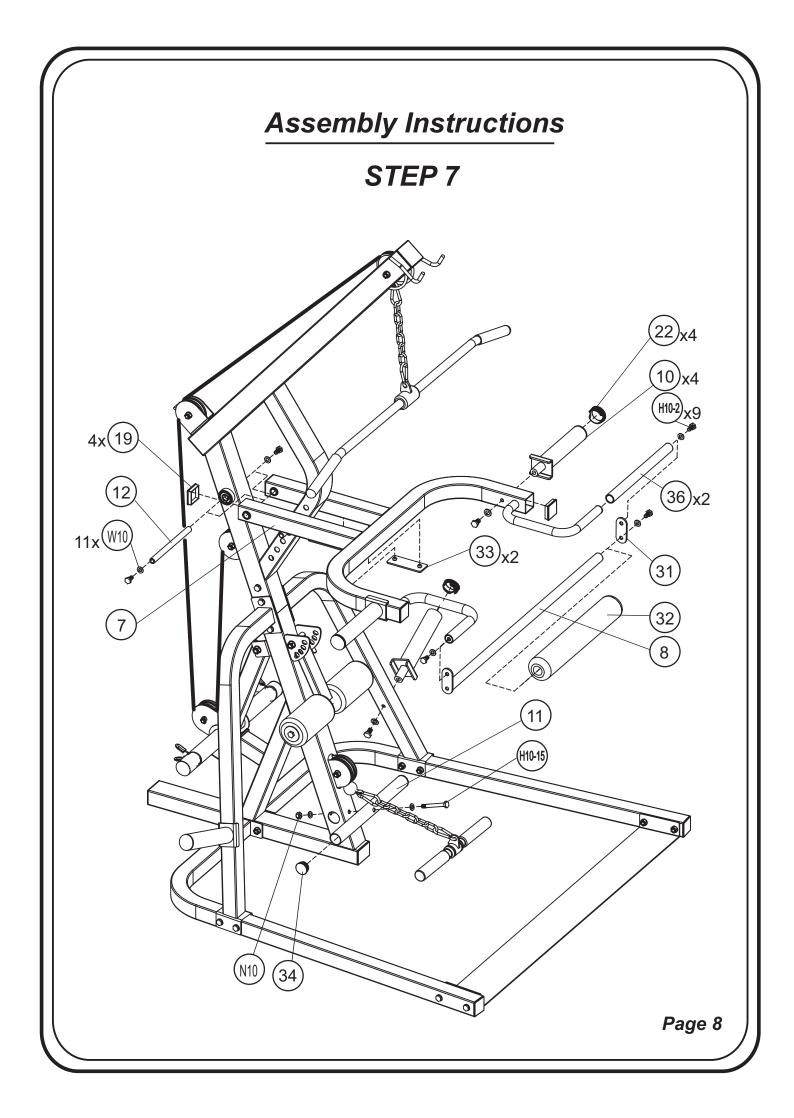












#### Parts & Hardware List

Part#	Description	Qty	Remark
1	Side Foot Tube	2	
2	Bottom Main Frame	1	
3	Top Main Frame	1	
4	Right Main Support	1	
5	Left Main Support	1	
6	Rear Weight Horn	1	
7	Press Arm	1	
8	Squat Bar	1	
9	Leg Holder	1	
10	Weight Horn	4	
11	Foot Tube	1	
12	Steel Axis	1	
13	Selection Pin	1	
14	Lat Bar	1	
15	Low Row Bar	1	
16	Front Foot Plate	1	
17	F50x70mm Inner Cap	2	Pre-assembled
18	Short Bumper Pad	1	Pre-assembled
19	F50x50mm Inner Cap	8	Pre-assembled
20	F70x70mm Inner Cap	2	Pre-assembled
21	Bearing	2	Pre-assembled
22	Dia 48mm Inner Cap	6	Pre-assembled
23	Foam Roll	2	
24	Foam Roll Washer	2	
25	Leg Holder Pin <b>(95mm)</b>	1	
26	Pulley Bushing	2	
27	Cable	1	
28	Clip	4	
29	Chain	2	
30	Short Handle Sleeve	4	Pre-assembled
31	Squat Bar Plate	1	
32	Squat Bar Foam Roll	1	
33	Long Bumper Pad	2	Pre-assembled
34	Dia 38mm Inner Cap	2	Pre-assembled
35	Olympic Spring Clip	2	
36	Long Handle Sleeve	2	Pre-assembled
37	Pulley	5	

### Parts & Hardware List

Part#	Description	Qty	Remark
H10-2	M10x20mm Hex Head Bolt	19	
H10-8	M10x50mm Hex Head Bolt	4	
H10-12	M10x70mm Hex Head Bolt	4	
H10-13	M10x75mm Hex Head Bolt	4	
H10-15	M10x85mm Hex Head Bolt	2	
H10-17	M10x95mm Hex Head Bolt	2	
H12-16	M12x90mm Hex Head Bolt	2	
W10	M10 Washer	47	
W12	M12 Washer	4	
N10	M10 Nut	16	
N12	M12 Nut	2	

#### **Limited Warranty**

We warrants this product to be free from defects in workmanship and materials under normal use and conditions for a period of **1 year FROM THE DATE OF ORIGINAL PURCHASE.** This Limited Warranty is not transferable and is available only for the original purchaser of the product. The company's obligation under this warranty is limited to replacing or repairing the product, at the discretion of the company.

This Limited Warranty is void if the product is:

- Damaged through improper use, negligence, abuse, misuse, transportation damage, act of nature, or accident, include failure to follow the assembly and or operation instructions supplied with the product.
- Used in commercial or rental applications.
- Modified or repaired by anyone not authorized by the company.

This Limited Warranty does not cover expendable items including but not limited to: Batteries, light bulbs, fuses, accessories, and other items that experience wear as a result of normal use.