

# ECP721

## VERTICAL & 7° SMITH COMBO

### OWNER'S MANUAL

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25M

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

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## CAUTION!

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

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# 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.

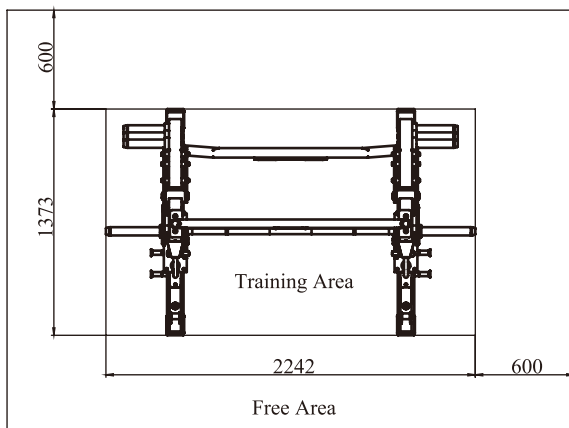
# Important Safety Instructions

## 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 User Weight: 150kg/ 330lbs

Maximum Training Load: 125kg\*2/275lbs\*2

Maximum Weight Load For Each

Storage Horn: 100kg/ 220lbs

Product Dimension: 1373\*2242\*2222mm

Product Total Surface: 1373\*2242mm

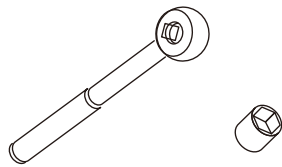
Product Total Mass:

# 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



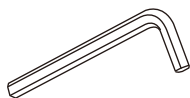
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

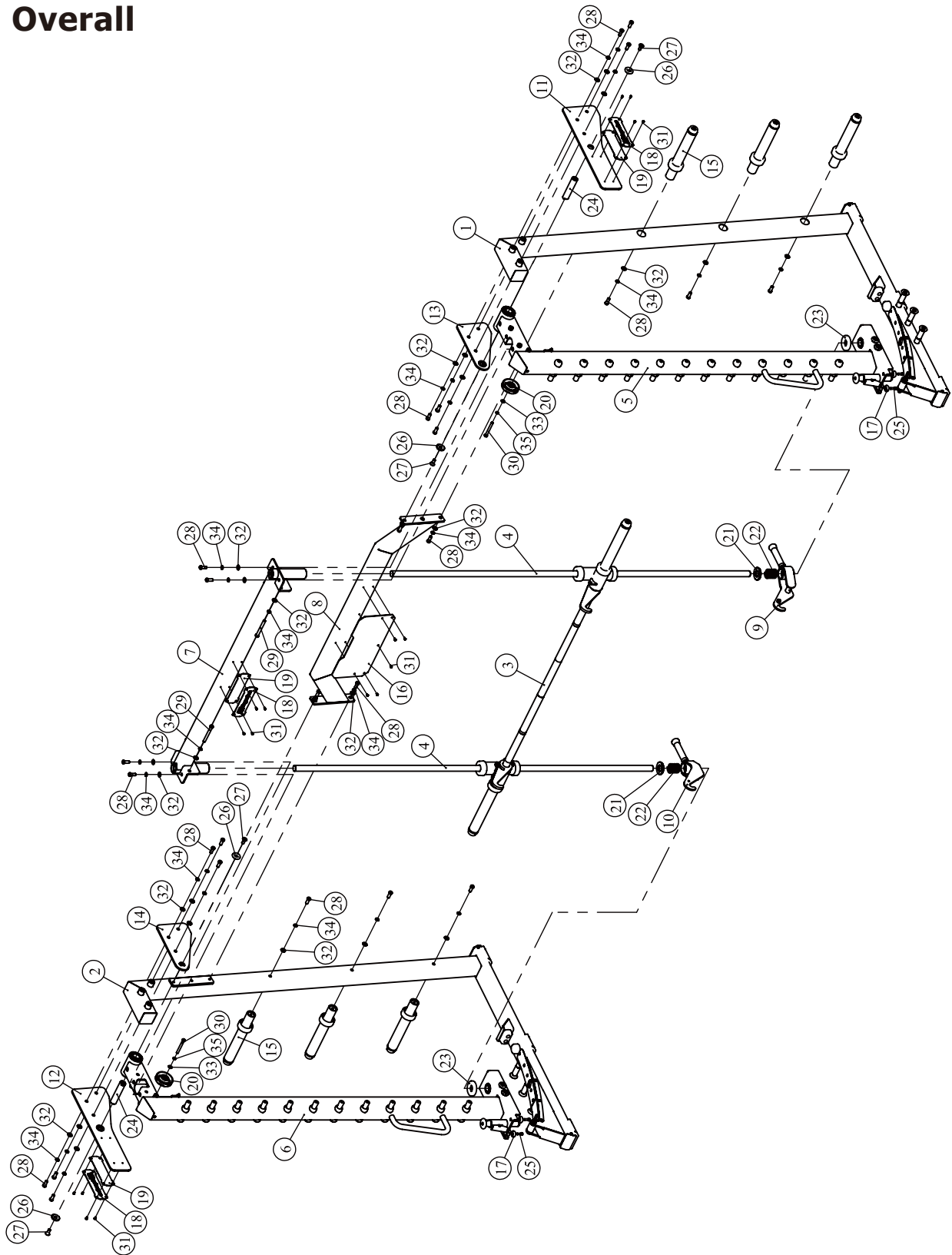
# Exploded View and Parts List

## Overall

ItemNo.	Part No.	Description	QTY
1	ECP72101ASSY	Side Stand Frame I ASSY	1
2	ECP72102ASSY	Side Stand Frame II ASSY	1
3	ECP72107ASSY	Olympic Barbell Bar ASSY	1
4	026-01G0228	Guide Rod	2
5	ECP72103ASSY	Adjusting Frame I ASSY	1
6	ECP72104ASSY	Adjusting Frame II ASSY	1
7	ECP72105ASSY	Upper Connecting Frame ASSY	1
8	ECP7210600	Rear Connecting Frame	1
9	ECP72108ASSY	Safety Catch I ASSY	1
10	ECP72109ASSY	Safety Catch II ASSY	1
11	ECP7211000	Long Connecting Frame I	1
12	ECP7211100	Long Connecting Frame II	1
13	ECP7211200	Short Connecting Frame I	1
14	ECP7211300	Short Connecting Frame II	1
15	ECP72114ASSY	Barbell Storage Frame ASSY	6
16	ECP7212100	Training Guide Plate	1
17	ECP72138ASSY	Slide Rail Wheel ASSY	4
18	ECP1012200	LOGO Plate	3
19	ECP1012300	LOGO Inner Plate	3
20	M01004800V3	Small Pulley	2
21	CWP324005-101	Spacing Ring	2
22	CWP324007-101	Damping Spring	2
23	026-01PL2972	Bump Rubber	2
24	VST600-PL232700	Shaft $\Phi 30 \times 142$	2
25	ECP7214001	Shoulder Bolt M8*24	4
26	VST600-PL331600V2	Aluminum Cap $\Phi 42$	4
27	CNLM12*30DS20NL	Flat Head Cap Screw M12*30	4
28	GB70BTM12*30DN18	Socket Head Cap Screw M12*30	26
29	GB70BTM12*105DN18	Socket Head Cap Screw M12*105	4
30	GB70BTM10*90DN18	Socket Head Cap Screw M10*90	2
31	PNLM5*10DHS20	Button Head Cap Screw M5*10	17
32	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	30
33	GB9510DN2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	2
34	GB9312N19	Spring Washer $\Phi 12$	30
35	GB9310N19	Spring Washer $\Phi 10$	2
36	NBS8DHS	Hex Key S=8	1
37	NBS6DHS	Hex Key S=6	1
38	NBS5DHS	Hex Key S=5	1
39	NBS3DHS	Hex Key S=3	1

# Exploded View and Parts List

## Overall



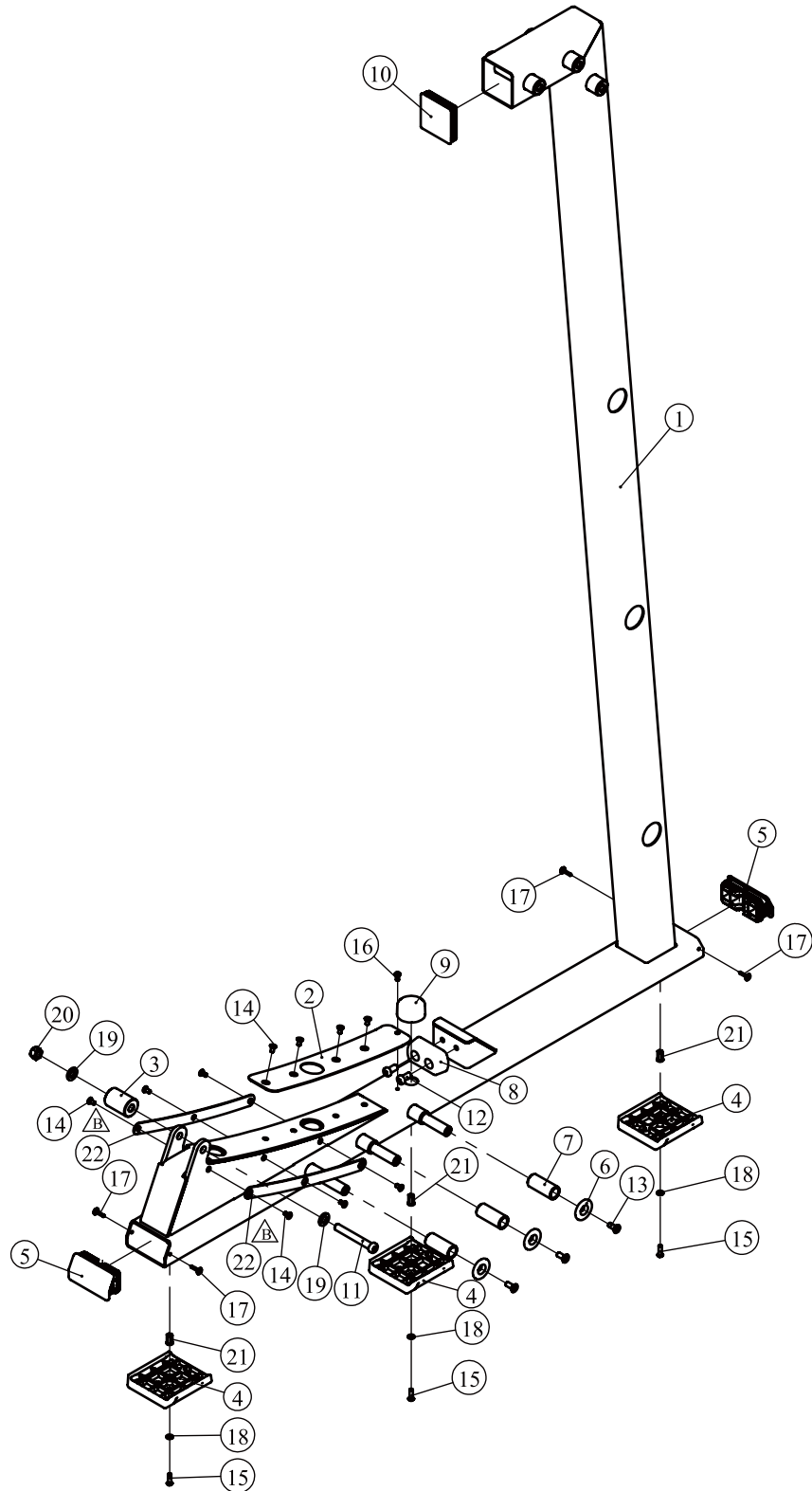
# Exploded View and Parts List

## Side Stand Frame I ASSY

Grade No.	Part No.	Description	QTY
1.1	ECP7210100	Side Stand Frame I	1
1.2	ECP7213000	Wear Plate	1
1.3	ECP7213100	Limit Sleeve	1
1.4	ECP2013400	Rubber Foot	3
1.5	ECP2014500	End Cap	2
1.6	ECP1012400	Aluminum Cap $\Phi 40$	3
1.7	ECP1013000	Rotating Sleeve	3
1.8	RS17000400	Safety Bumper	1
1.9	CW40393-101	Rubber Bumper	1
1.10	PBF30013	End Cap $\square 75$	1
1.11	GB70BTM12*90DN18	Socket Head Cap Screw M12*90	1
1.12	GB70BTM10*20DN18NL	Socket Head Cap Screw M10*20	2
1.13	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
1.14	CNLM6*12N19	Flat Head Cap Screw M6*12	10
1.15	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	3
1.16	PNLM6*12N19	Button Head Cap Screw M6*12	1
1.17	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	4
1.18	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	3
1.19	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
1.20	NM12DN2	Nylon Lock Nut M12	1
1.21	GB17880.5M6*16.5DS17	Rivet Nut M6	3
1.22	ECP7214005	Slide Rail Plate	2

# Exploded View and Parts List

## Side Stand Frame I ASSY



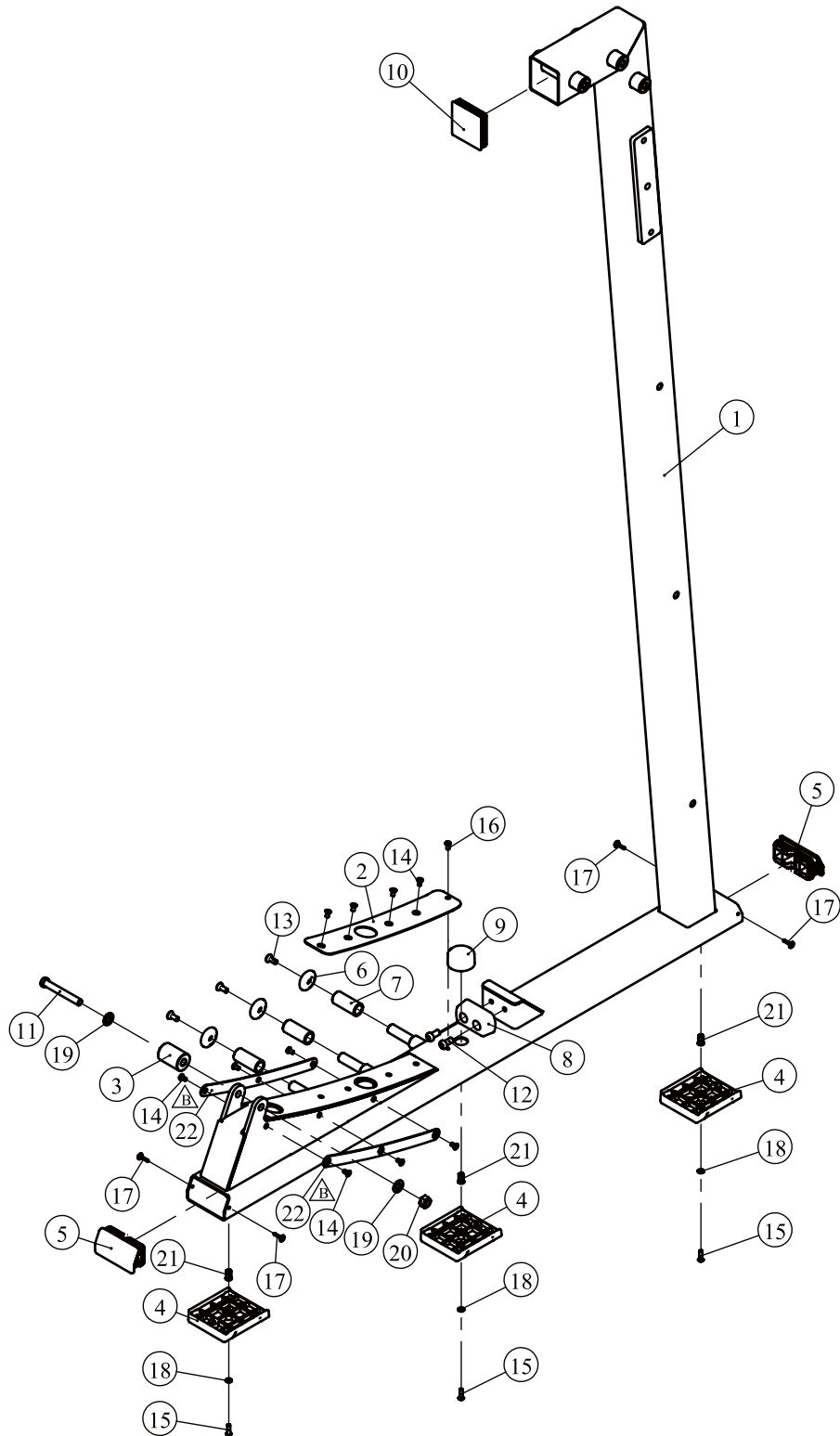
# Exploded View and Parts List

## Side Stand Frame II ASSY

Grade No.	Part No.	Description	QTY
2.1	ECP7210200	Side Stand Frame II	1
2.2	ECP7213000	Wear Plate	1
2.3	ECP7213100	Limit Sleeve	1
2.4	ECP2013400	Rubber Foot	3
2.5	ECP2014500	End Cap	2
2.6	ECP1012400	Aluminum Cap $\Phi 40$	3
2.7	ECP1013000	Rotating Sleeve	3
2.8	RS17000400	Safety Bumper	1
2.9	CW40393-101	Rubber Bumper	1
2.10	PBF30013	End Cap $\square 75$	1
2.11	GB70BTM12*90DN18	Socket Head Cap Screw M12*90	1
2.12	GB70BTM10*20DN18NL	Socket Head Cap Screw M10*20	2
2.13	CNLM8*20DS20NL	Flat Head Cap Screw M8*20	3
2.14	CNLM6*12N19	Flat Head Cap Screw M6*12	10
2.15	PNLM6*20DHS20NL	Button Head Cap Screw M6*20	3
2.16	PNLM6*12N19	Button Head Cap Screw M6*12	1
2.17	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	4
2.18	GB956DHS2	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	3
2.19	GB9512DN2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	2
2.20	NM12DN2	Nylon Lock Nut M12	1
2.21	GB17880.5M6*16.5DS17	Rivet Nut M6	3
2.22	ECP7214005	Slide Rail Plate	2

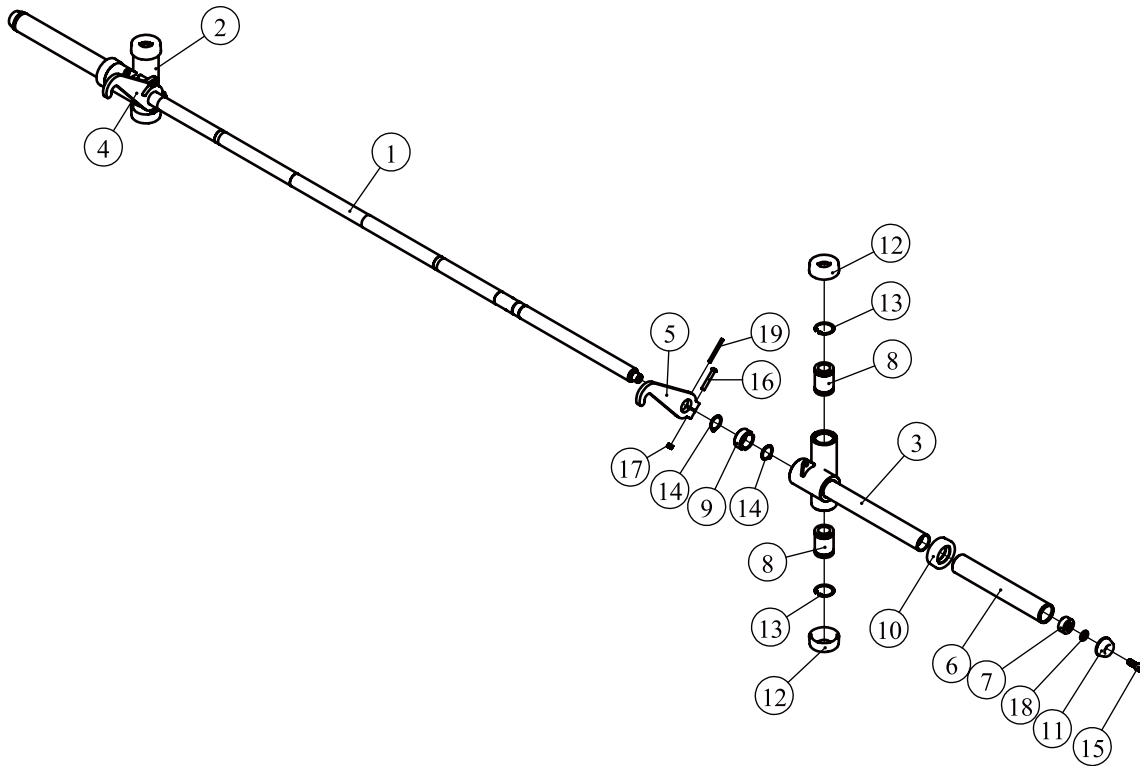
# Exploded View and Parts List

## Side Stand Frame II ASSY



# Exploded View and Parts List

## Olympic Barbell Bar ASSY



Grade No.	Part No.	Description	QTY
3.1	ECP7210700	Olympic Barbell Bar	1
3.2	ECP7211700	Barbell Sliding Rack I	1
3.3	ECP7211800	Barbell Sliding Rack II	1
3.4	ECP7212200	Hook Plate I	1
3.5	ECP7212300	Hook Plate II	1
3.6	HSPCF482000V1	Long Barbell Casing	2
3.7	NA4922	Needle BearingΦ22	2
3.8	LMES30UU	Linear Bearing Φ30	4
3.9	NKI35/20	Needle BearingΦ35	2
3.10	PL1301600	Rubber Bumper	2
3.11	SL70012000	Plastic Cap	2
3.12	VST600-PL621400	Safety Bumper	4
3.13	GB893.147FH12	Circlips for holes Φ47	4
3.14	GB894.135FH12	Circlips for shaft Φ35	4
3.15	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	2
3.16	PNLM8*55DS20	Button Head Cap Screw M8*55	2
3.17	NM8DN2	Nylon Lock Nut M8	2
3.18	DQ12DHS2B	Flat Washer Φ13*Φ26*2	2
3.19	GB8796*65N19	Elastic Cylindrical Pin	2

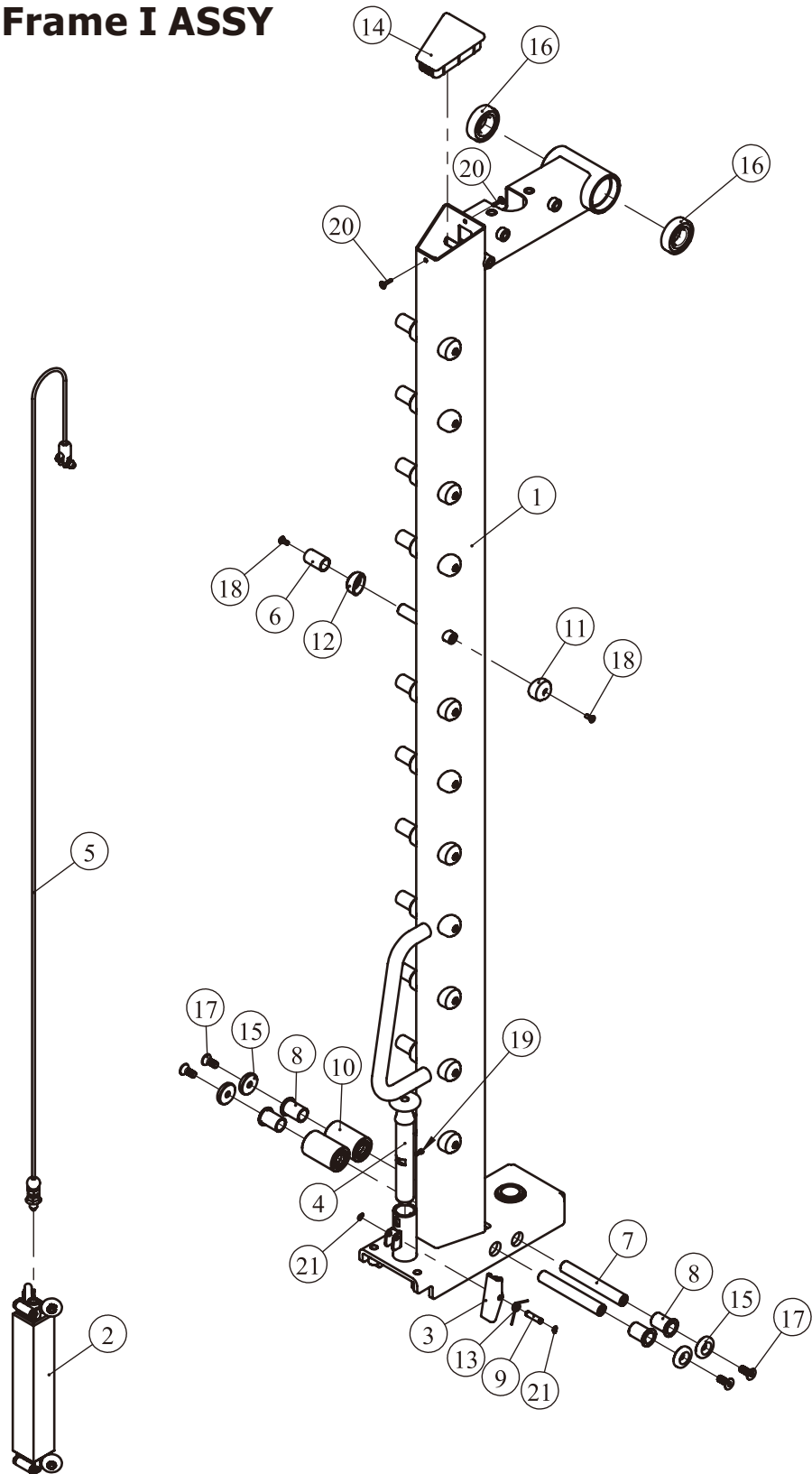
# Exploded View and Parts List

## Adjusting Frame I ASSY

Grade No.	Part No.	Description	QTY
5.1	ECP7210300	Adjusting Frame I	1
5.2	ECP72115ASSY	Counter Weight	1
5.3	ECP7211600	Adjustable Support	1
5.4	ECP72124ASSY	Pull Pin ASSY	1
5.5	ECP7215600	Cable ASSY	1
5.6	ECP7212500	Protective Sleeve	12
5.7	ECP7212600	Shaft $\Phi 20 \times 110$	2
5.8	ECP7212700	Step Sleeve	4
5.9	ECP7212800	Short Roll Pin	1
5.10	ECP72132ASSY	Roller ASSY	2
5.11	ECP7213400	Closing Spacer Sleeve	12
5.12	ECP7213500	Spacer Sleeve	12
5.13	ECP7214002	Torsional Spring	1
5.14	ECP2013500	Slanted Plug	1
5.15	IN-D21202000	Aluminum Cap $\Phi 38$	4
5.16	GB2766206-2ZC3	Bearing 6206-2ZC3	2
5.17	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	4
5.18	CNLM6*15DS20NL	Flat Head Cap Screw M6*15	24
5.19	GB70M6*10DS20	Socket Head Cap Screw M6*10	1
5.20	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
5.21	GB894.18FH12	Circlips for shaft $\Phi 8$	2

# Exploded View and Parts List

## Adjusting Frame I ASSY



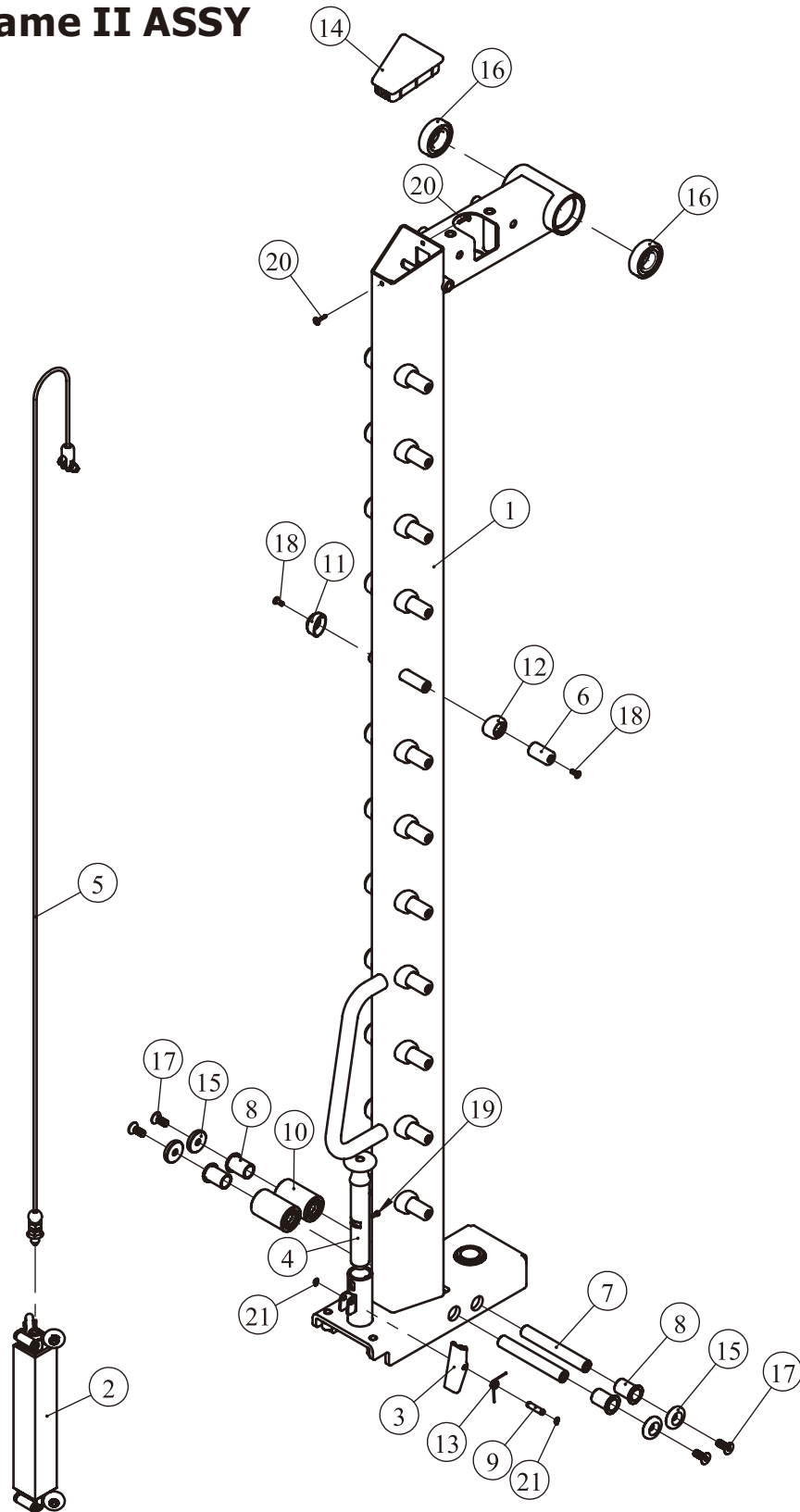
# Exploded View and Parts List

## Adjusting Frame II ASSY

Grade No.	Part No.	Description	QTY
6.1	ECP7210400	Adjusting Frame II	1
6.2	ECP72115ASSY	Counter Weight	1
6.3	ECP7211600	Adjustable Support	1
6.4	ECP72124ASSY	Pull Pin ASSY	1
6.5	ECP7215600	Cable ASSY	1
6.6	ECP7212500	Protective Sleeve	12
6.7	ECP7212600	Shaft $\Phi 20 \times 110$	2
6.8	ECP7212700	Distance sleeve of bearing	4
6.9	ECP7212800	Short Roll Pin	1
6.10	ECP72132ASSY	Roller ASSY	2
6.11	ECP7213400	Closing Spacer Sleeve	12
6.12	ECP7213500	Spacer Sleeve	12
6.13	ECP7214002	Torsional Spring	1
6.14	ECP2013500	Slanted Plug	1
6.15	IN-D21202000	Aluminum Cap $\Phi 38$	4
6.16	GB2766206-2ZC3	Bearing 6206-2ZC3	2
6.17	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	4
6.18	CNLM6*15DS20NL	Flat Head Cap Screw M6*15	24
6.19	GB70M6*10DS20	Socket Head Cap Screw M6*10	1
6.20	GB9074ST4.2*22DHS	Cross Disc Self Tapping Screw ST4.2*22	2
6.21	GB894.18FH12	Circlips for shaft $\Phi 8$	2

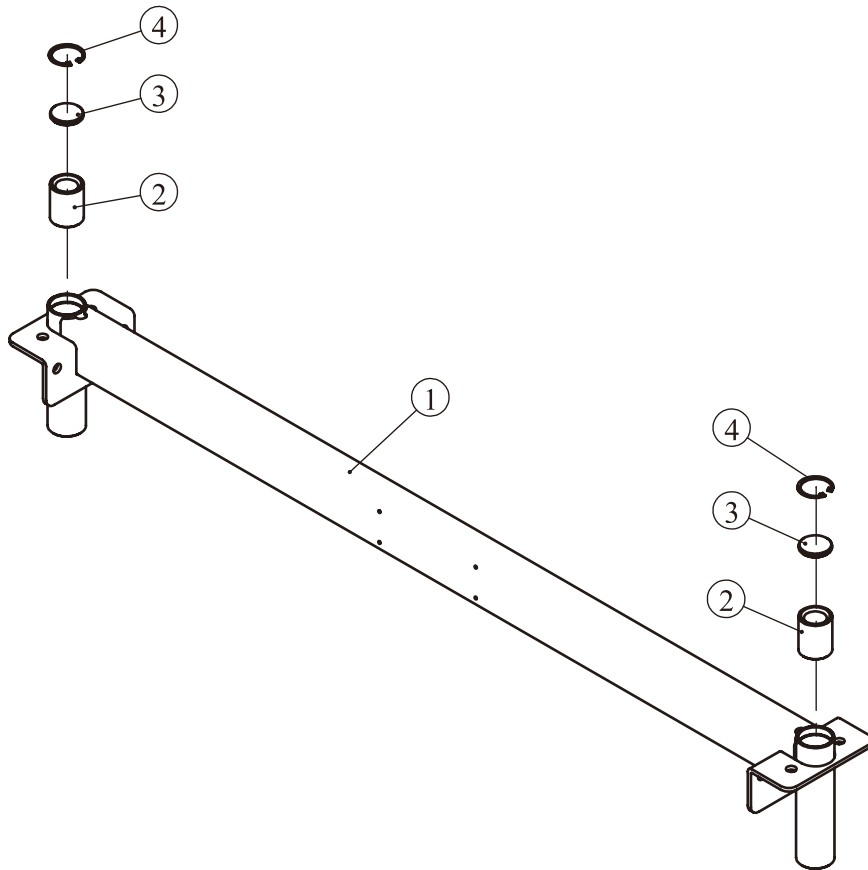
# Exploded View and Parts List

## Adjusting Frame II ASSY



# Exploded View and Parts List

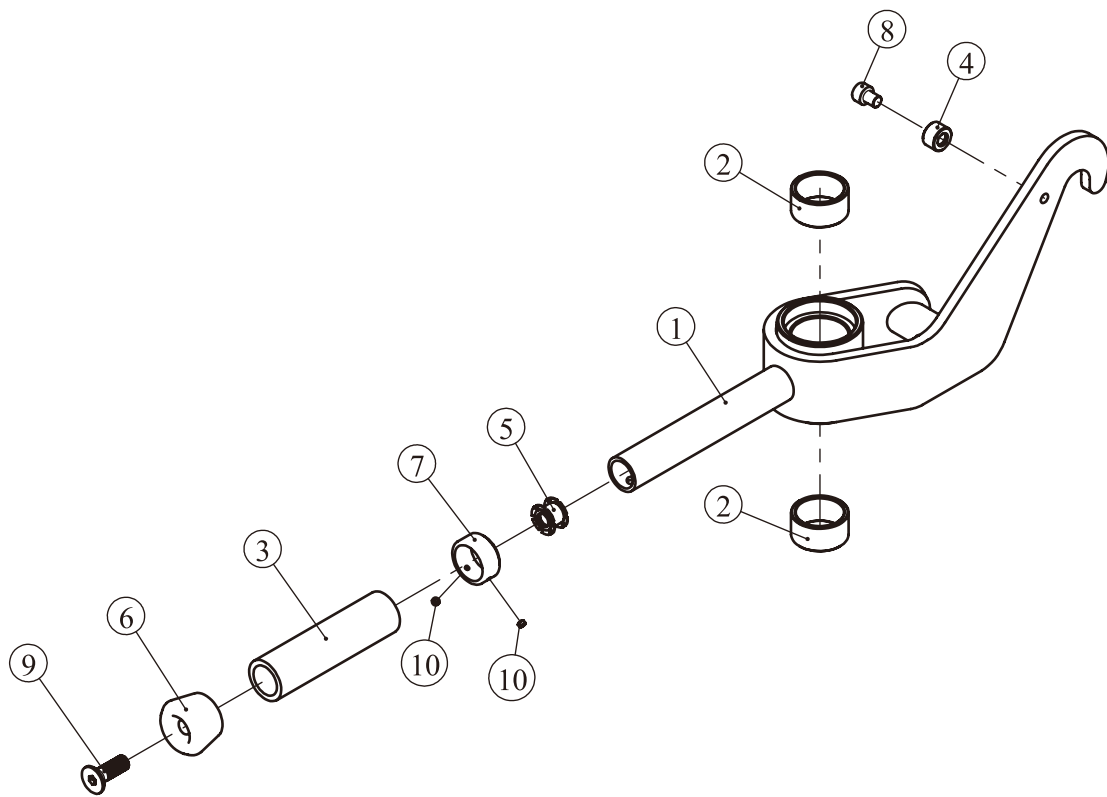
## Upper Connecting Frame ASSY



Grade No.	Part No.	Description	QTY
7.1	ECP7210500	Upper Connecting Frame	1
7.2	ECP7213700	Rubber Tension Sleeve	2
7.3	ECP7214004	Close Plate	2
7.4	GB893.145FH12	Circlips for holes $\Phi 45$	2

# Exploded View and Parts List

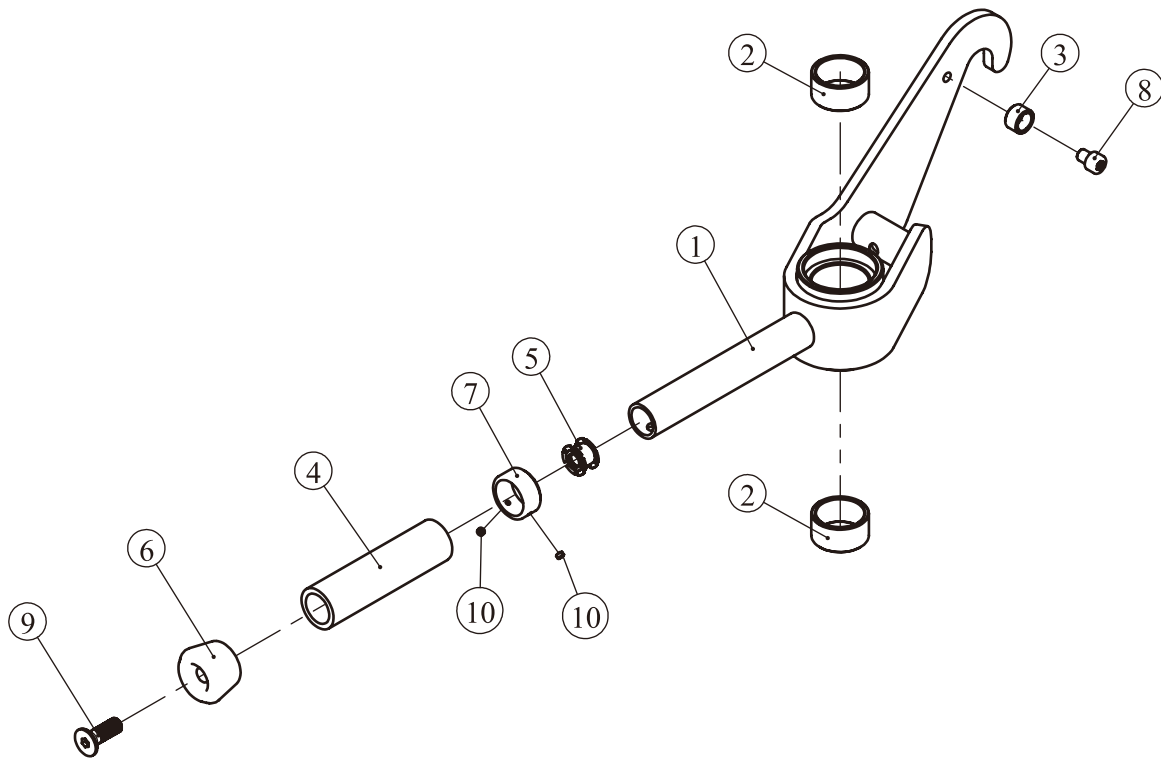
## Safety Catch I ASSY



Grade No.	Part No.	Description	QTY
9.1	ECP7210800	Safety Catch I	1
9.2	CWP324001-101	Plastic Bushing	2
9.3	026-01PL0206-5	Grip ST $\Phi$ 31* $\Phi$ 24*111	1
9.4	IN-S10111200	Rubber Sleeve $\Phi$ 17*10.5	1
9.5	IF81165000	Lock Nut $\Phi$ 25*2.5*21.6*M10	1
9.6	ECP6174500	Aluminum Grip Cap	1
9.7	VST600-PL232600V1	Aluminum Grip Ring	1
9.8	GB70M8*10DY20	Socket Head Cap Screw M8*10	1
9.9	CNLM10*30*30DN20NL	Flat Head Cap Screw M10*30	1
9.10	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

# Exploded View and Parts List

## Safety Catch II ASSY

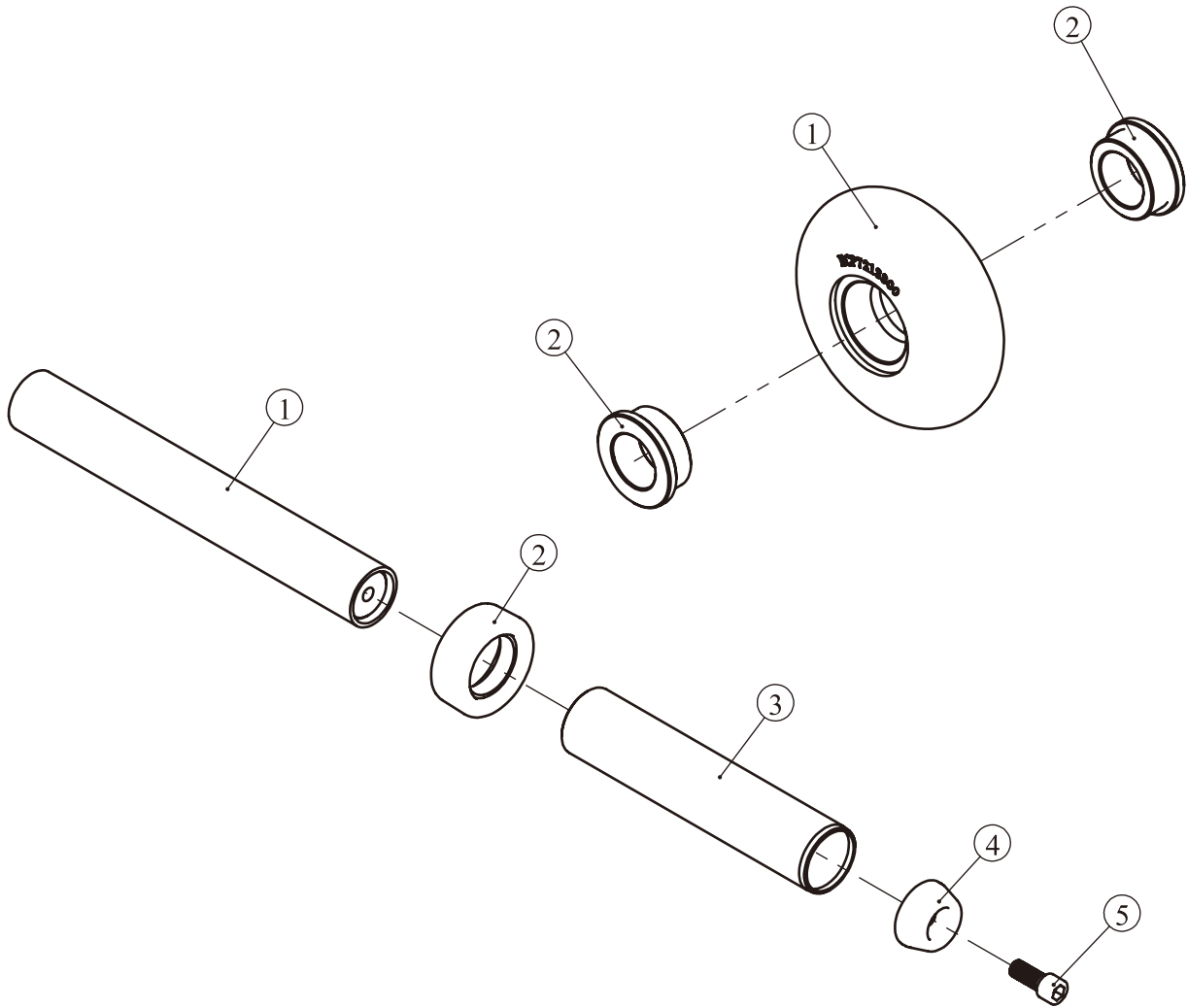


Grade No.	Part No.	Description	QTY
10.1	ECP7210900	Safety Catch I	1
10.2	CWP324001-101	Plastic Bushing	2
10.3	026-01PL0206-5	Grip ST $\Phi$ 31* $\Phi$ 24*111	1
10.4	IN-S10111200	Rubber Sleeve $\Phi$ 17*10.5	1
10.5	IF81165000	Lock Nut $\Phi$ 25*2.5*21.6*M10	1
10.6	ECP6174500	Aluminum Grip Cap	1
10.7	VST600-PL232600V1	Aluminum Grip Ring	1
10.8	GB70M8*10DY20	Socket Head Cap Screw M8*10	1
10.9	CNLM10*30*30DN20NL	Flat Head Cap Screw M10*30	1
10.10	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	2

# Exploded View and Parts List

## Barbell Storage Frame ASSY

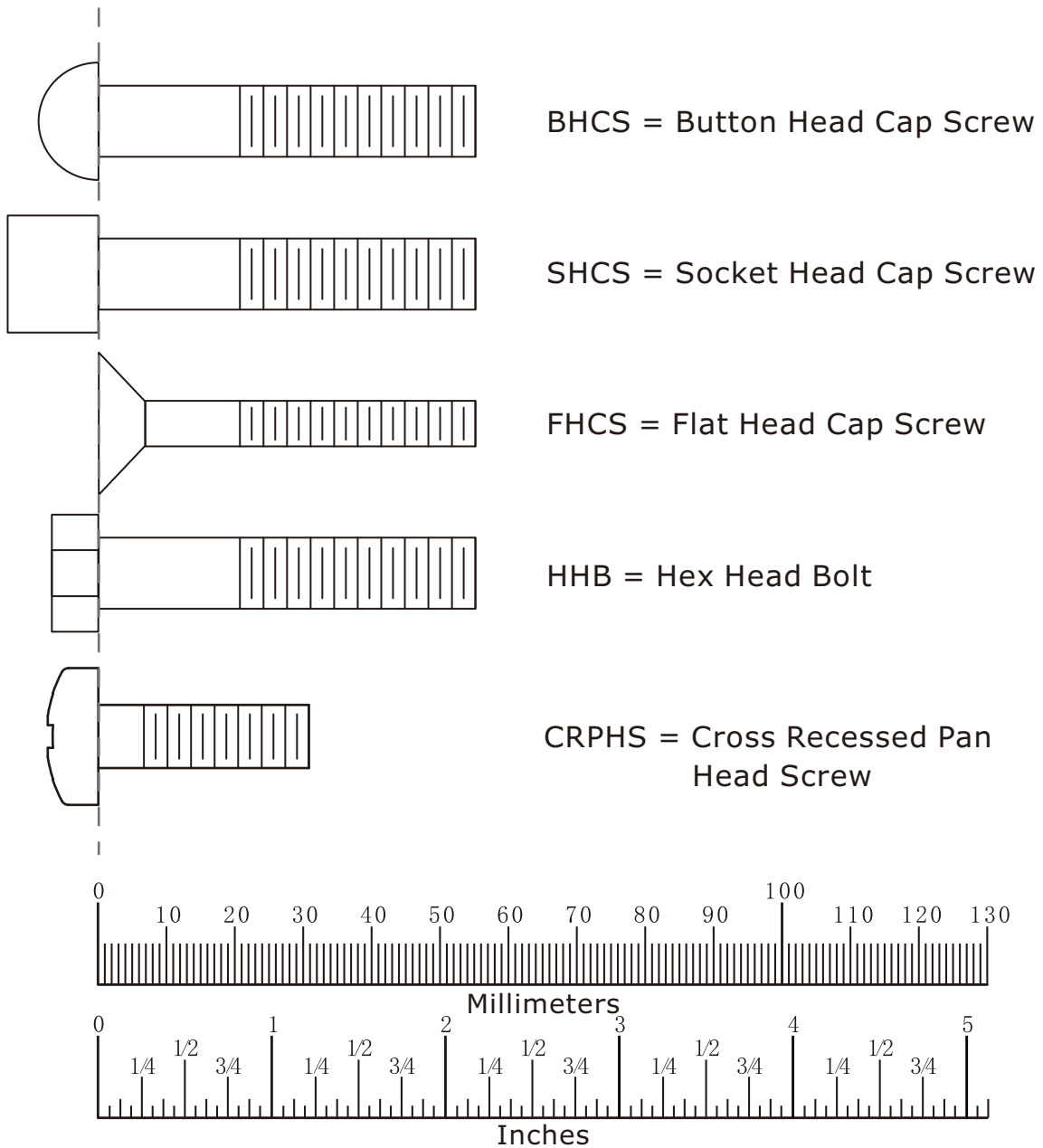
## Guide Roller ASSY



Grade No.	Part No.	Description	QTY
15.1	ECP7211400	Barbell Storage Frame	1
15.2	PL1301600	Rubber Bumper	1
15.3	HZ70022000V1	Short Barbell Casing	1
15.4	SL70012000	Plastic Cap	1
15.5	GB70M12*30DHS20NL	Socket Head Cap Screw M12*30	1

Grade No.	Part No.	Description	QTY
17.1	ECP7213300	Guide Roller	1
17.2	ECP7212900	Distance Sleeve	2

# 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.



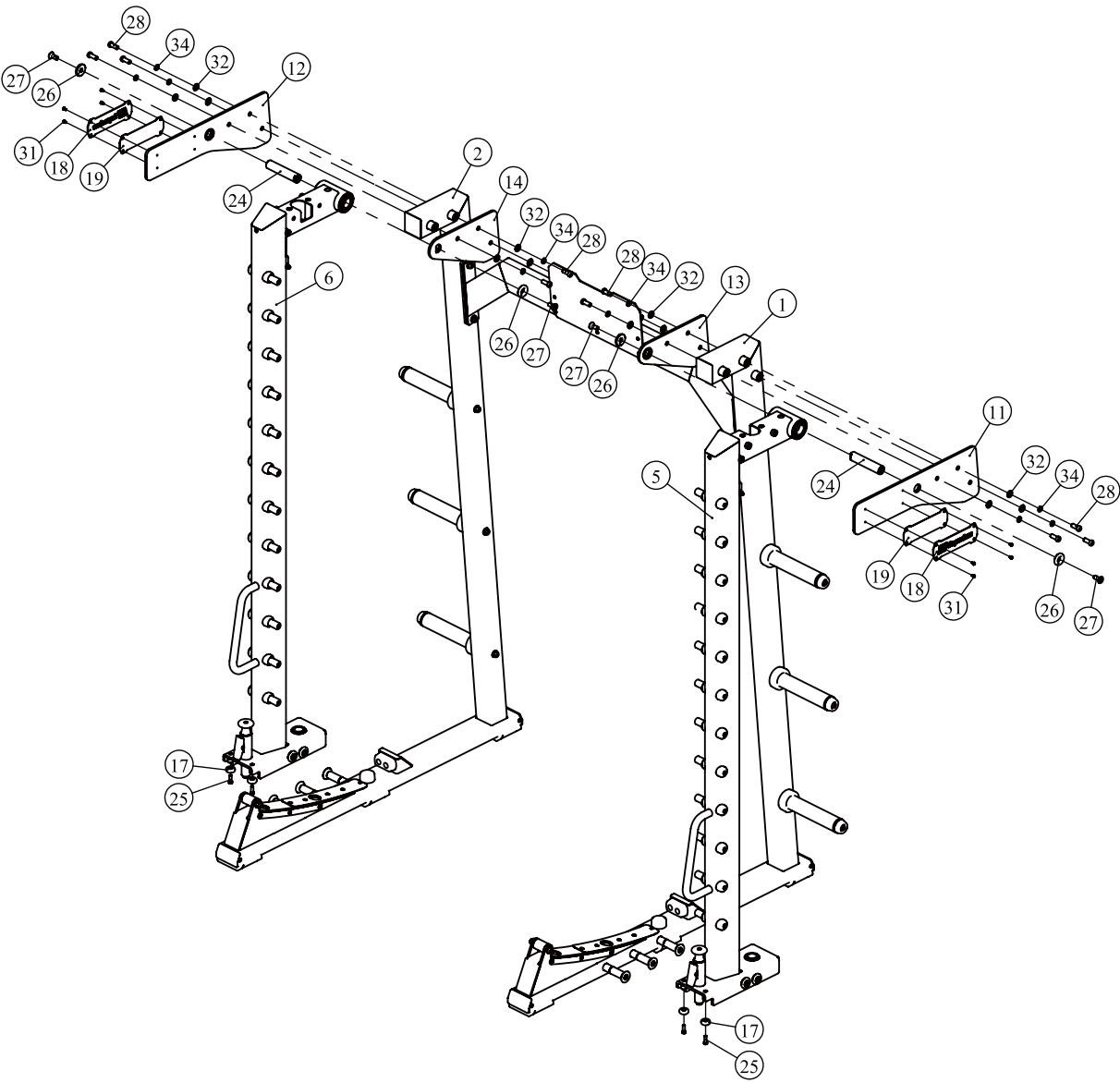
# Assembly

## STEP 2

1. Attach the LOGO Plate (#18) and the LOGO Inner Plate (#19) to the Long Connecting Frame I (#11) using:  
four M5\*10 BHCS (#31)
2. Attach the LOGO Plate (#18) and the LOGO Inner Plate (#19) to the Long Connecting Frame II (#12) using:  
four M5\*10 BHCS (#31)
3. Attach the Adjusting Frame I ASSY (#5), the Long Connecting Frame I (#11) and the Short Connecting Frame I (#13) to the Side Stand Frame I ASSY (#1) using:  
one Shaft  $\Phi 30*142$  (#24)  
two Aluminum Cap  $\Phi 42$  (#26)  
two M12\*30 FHCS (#27)  
six M12\*30 SHCS (#28)  
six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#32)  
six Spring Washer  $\Phi 12$  (#34)
4. Attach the Adjusting Frame II ASSY (#6), the Long Connecting Frame II (#12) and the Short Connecting Frame II (#14) to the Side Stand Frame II ASSY (#2) using:  
one Shaft  $\Phi 30*142$  (#24)  
two Aluminum Cap  $\Phi 42$  (#26)  
two M12\*30 FHCS (#27)  
six M12\*30 SHCS (#28)  
six  $\Phi 13*\Phi 24*2.5$  Flat Washer (#32)  
six Spring Washer  $\Phi 12$  (#34)
5. Attach two Slide Rail Wheel ASSY (#17) to the Adjusting Frame I ASSY (#5) using:  
two Shoulder Bolt M8\*24 (#25)
6. Attach two Slide Rail Wheel ASSY (#17) to the Adjusting Frame II ASSY (#6) using:  
two Shoulder Bolt M8\*24 (#25)

# Assembly

## STEP 2



# Assembly

## STEP 3

1. Attach two Bump Rubber (#23) to the Adjusting Frame I ASSY (#5) and the Adjusting Frame II ASSY (#6).
2. Attach the Olympic Barbell Bar ASSY (#3), the Safety Catch I ASSY (#9), the Safety Catch II ASSY (#10), two Spacing Ring (#21) and two Damping Spring (#22) to the Adjusting Frame I ASSY (#5) and the Adjusting Frame II ASSY (#6) using:  
two Guide Rod (#4)
3. Attach the LOGO Plate (#18) and the LOGO Inner Plate (#19) to the Upper Connecting Frame ASSY (#7) using:  
four M5\*10 BHCS (#31)
4. Attach Upper Connecting Frame ASSY (#7) to the Adjusting Frame I ASSY (#5) and the Adjusting Frame II ASSY (#6) using:  
four M12\*105 SHCS (#29)  
four M12\*30 SHCS (#28)  
eight  $\Phi 13 \times \Phi 24 \times 2.5$  Flat Washer (#32)  
eight Spring Washer  $\Phi 12$  (#34)

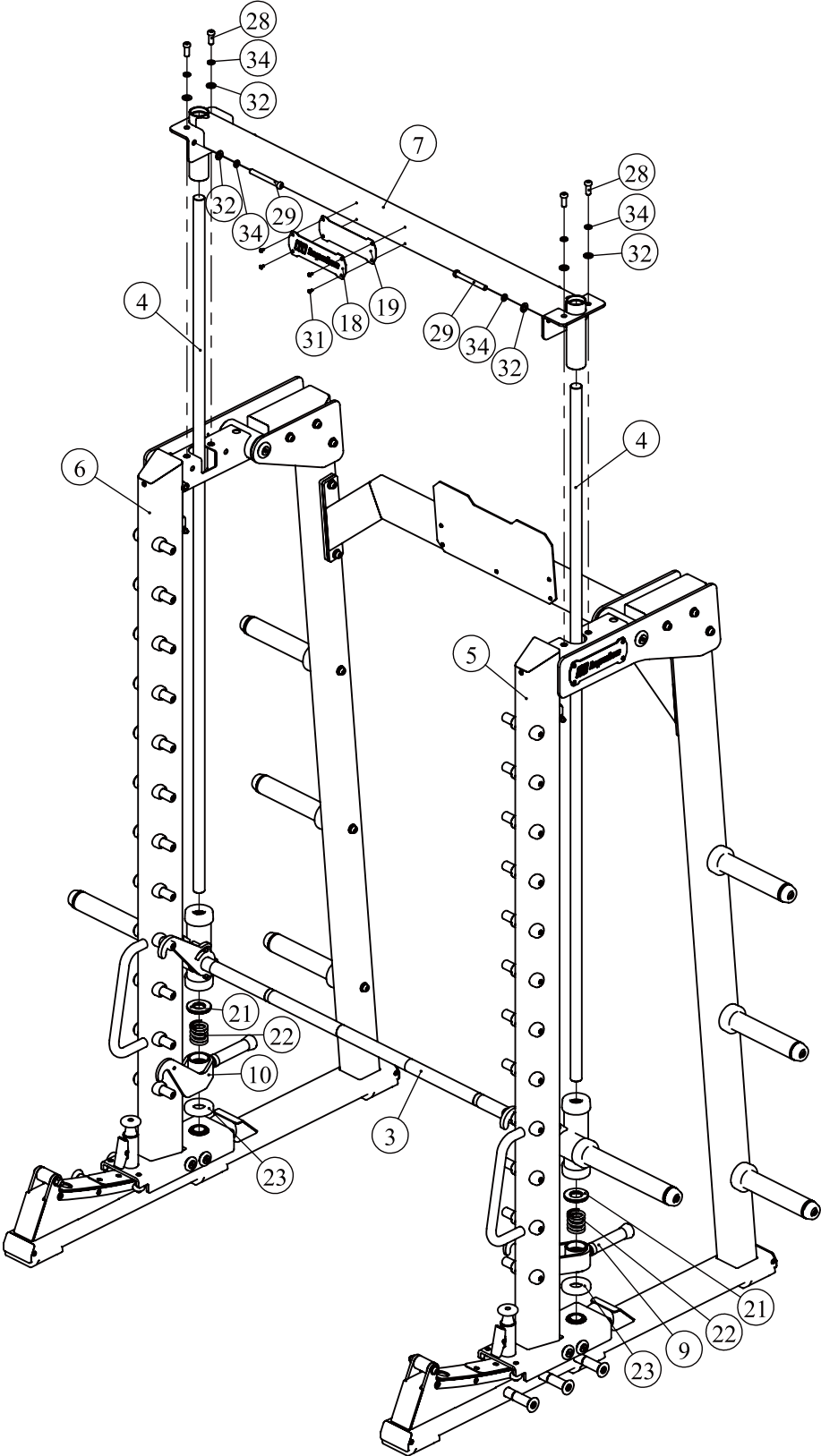
**Note: The guide Rod must be in place.**

## STEP 4

1. Attach the Small Pulley (#20) to the Adjusting Frame I ASSY (#5) using:  
one M10\*90 SHCS (#30)  
two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#35)  
one Spring Washer  $\Phi 10$  (#35)
2. Attach the Small Pulley (#20) to the Adjusting Frame II ASSY (#6) using:  
one M10\*90 SHCS (#30)  
two  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#35)  
one Spring Washer  $\Phi 10$  (#35)
3. Attach the Cable ASSY to the Olympic Barbell Bar ASSY (#3).

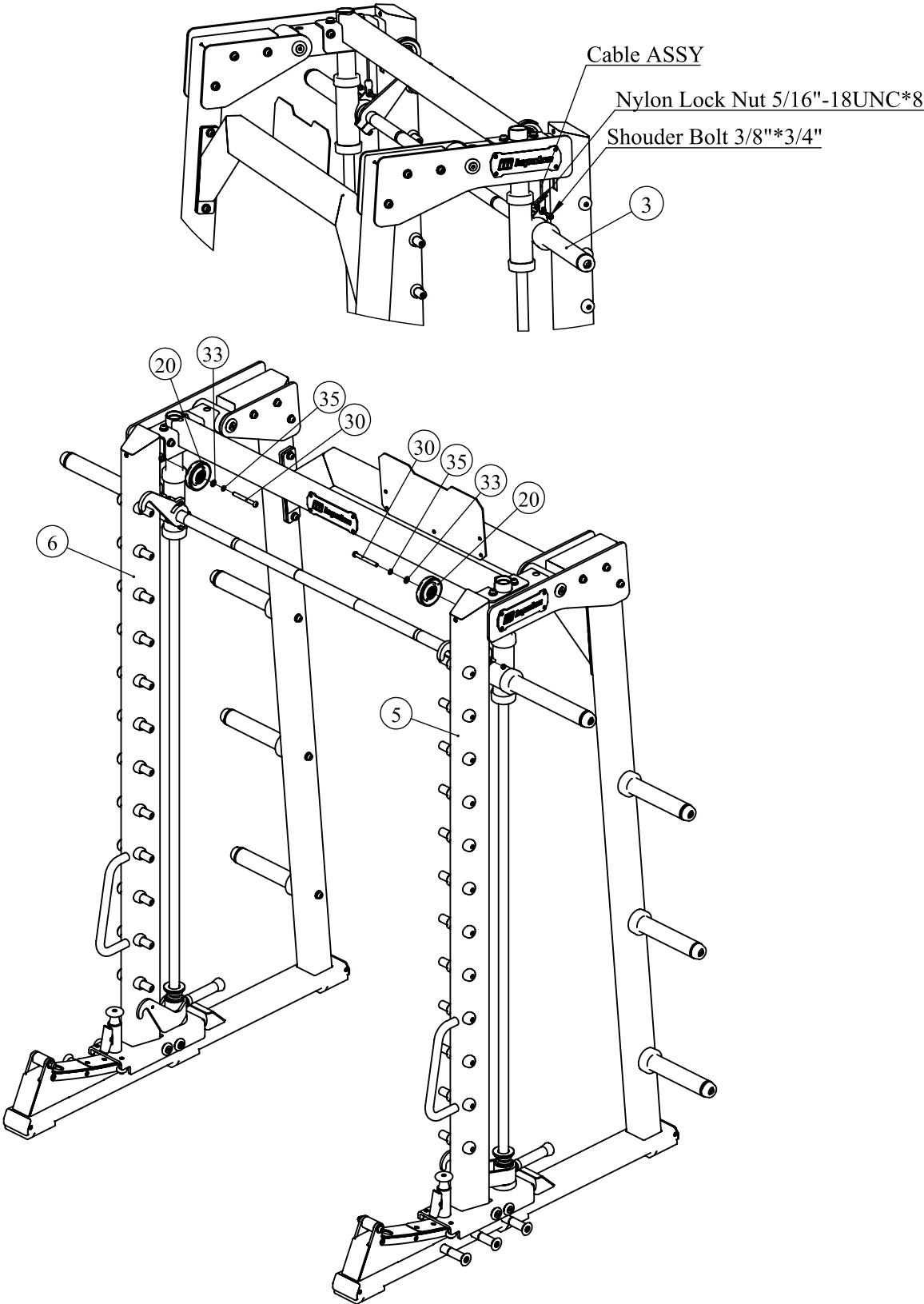
# Assembly

## STEP 3



# Assembly

## STEP 4



# Adjust Instructions and Exercise Instructions

## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 250kg.
3. This equipment does not contains Weight Plate.

## Adjust Instruction

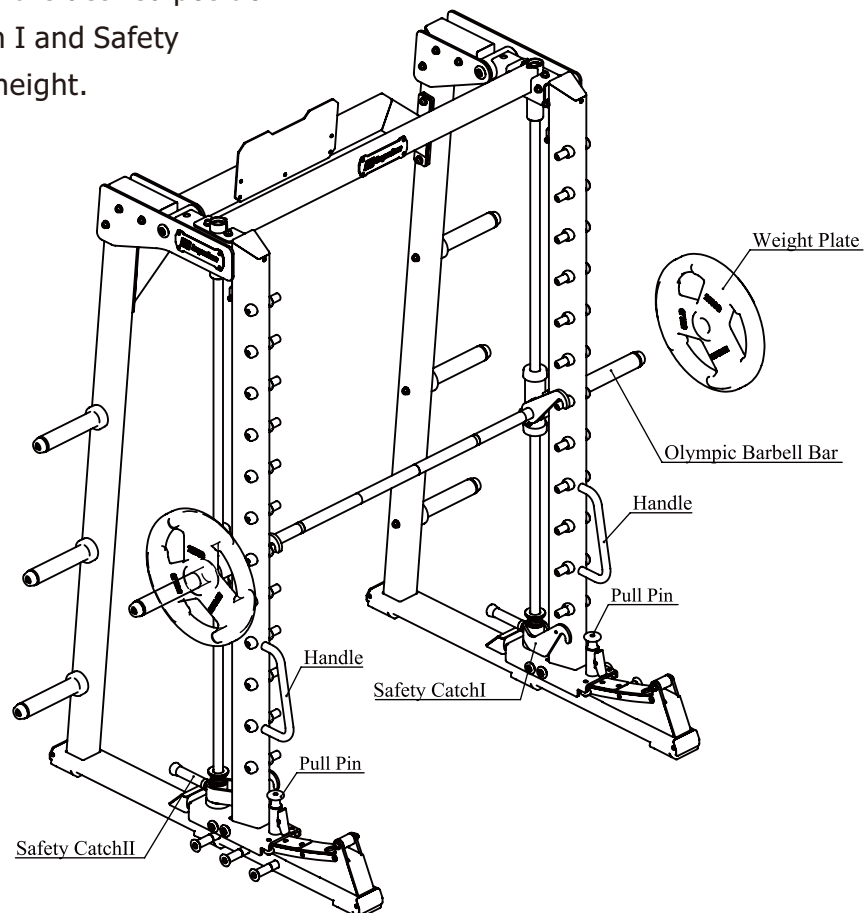
1. Pull out the Pull Pin, Pull the handle until the Pull Pin falls into the latch hole, achieve  $7^\circ$  Smith.
2. Pull out the Pull Pin, Push the handle until the Adjust frame back to vertical position, Manual release the Pull Pin, achieve Vertical Smith.

## Exercise Instructions

1. Adjust Olympic Bar and Safety Catches to the desired position.
2. Select an appropriate weight then do Weightlifting exercise.

## Safety Catch Adjustment

1. Adjust Safety Catches to the desired position.
2. Make sure Safety Catch I and Safety Catch II are the same height.



# 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.

