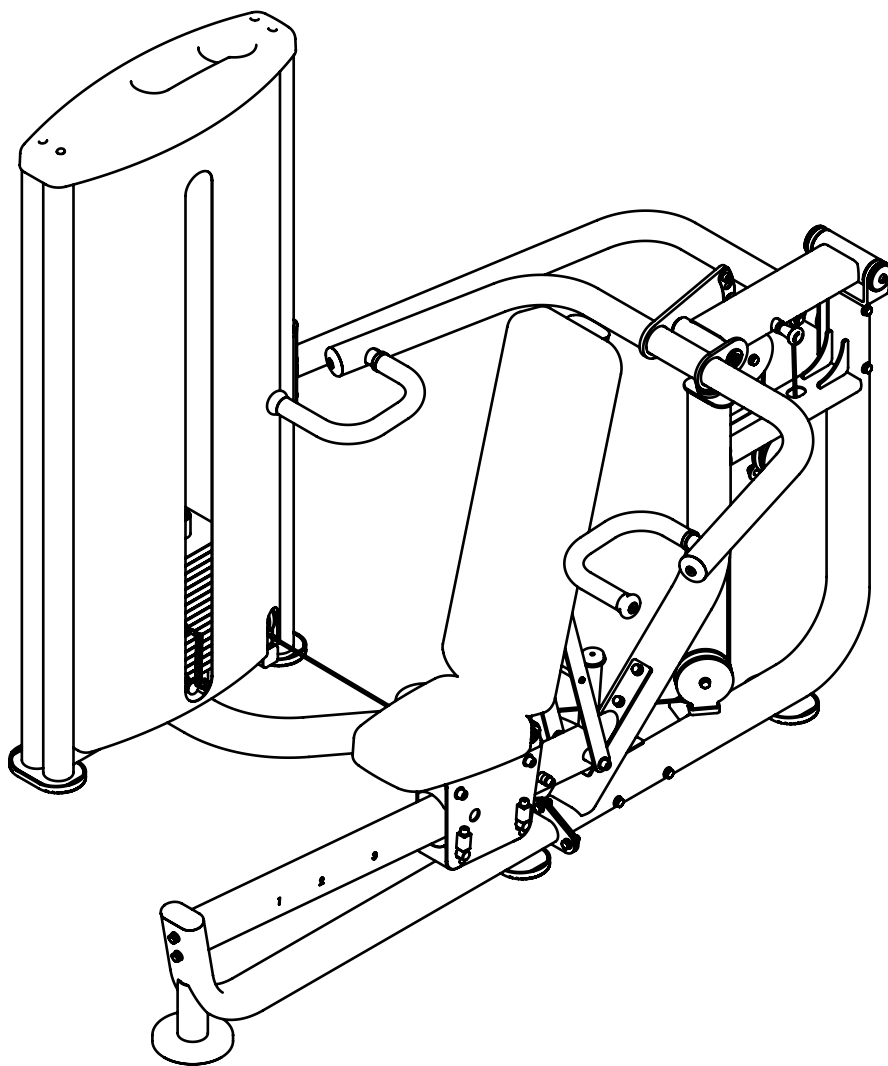


BS009

MULTI PRESS

OWNER'S MANUAL



! CAUTION

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

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.

Parts List

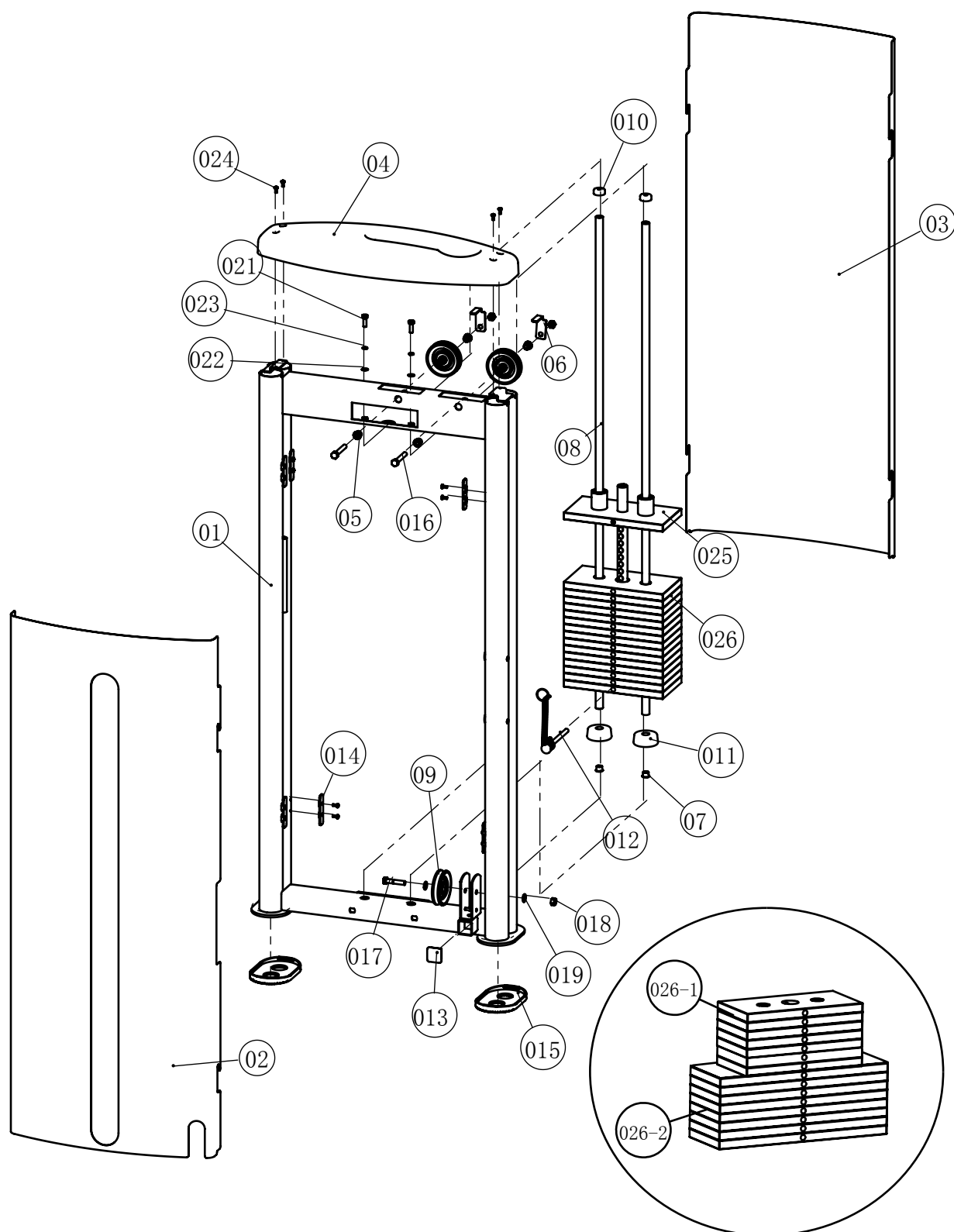
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

CAGE Detail List

ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1
02	Front Shroud	1
03	Rear Shroud	1
04	Upper Shroud	1
05	Sleeve $\phi 20 \times 14.2$	4
06	Baffle $62 \times 45 \times 25 \times 3$	2
07	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
08	Guide Rod	2
09	Small Pulley 3.5"	3
010	Mount Sleeve	2
011	Rubber Mat	2
012	Selector Pin W/Coil	1
013	Plug F38	1
014	Shield Fixed Seat	8
015	Rubber Foot	2
016	Hex Head Bolt M10*70	2
017	Hex Head Bolt M10*50	1
018	Nylon Lock Nut M10	3
019	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
021	Hex Head Bolt M8*25	2
022	Flat Washer $\phi 16 \times \phi 9 \times 1$	2
023	Spring Washer $\phi 8$	2
024	Button Head Cap Screw M5*12	20
025	Top Plate	1
026	Weight Plate	15

WEIGHTS	ITEM NO.	DESCRIPTION	QTY
80KG/176LBS	026-1	Weight Plate $272 \times 135 \times 19$	15
100KG/220LBS	026-1	Weight Plate $272 \times 135 \times 19$	7
	026-2	Weight Plate $395 \times 135 \times 19$	8
118KG/260LBS	026-2	Weight Plate $395 \times 135 \times 19$	15

Exploded View

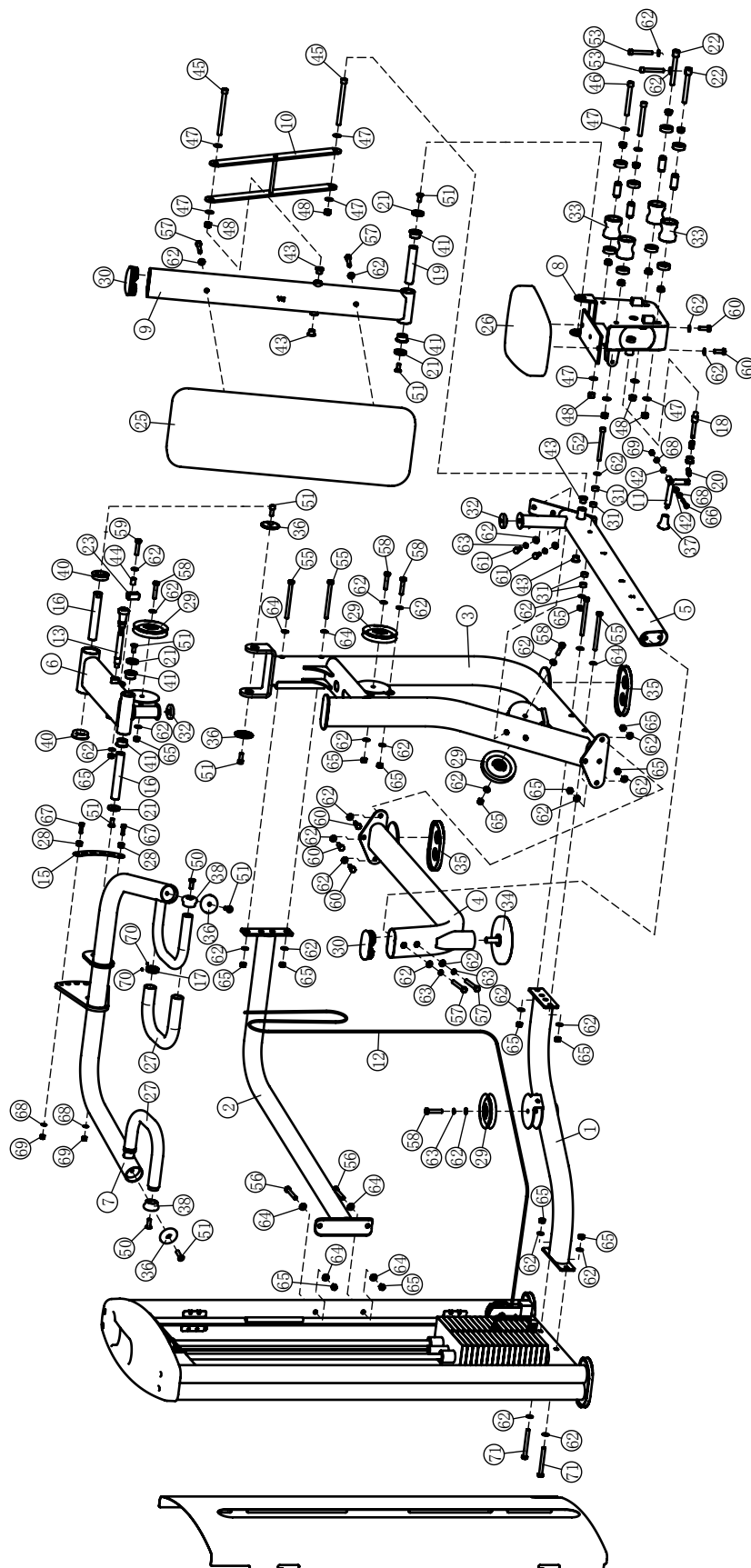


Parts List

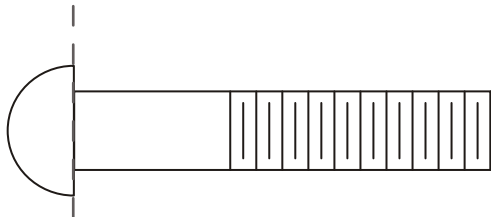
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Cross Brace	1	37	Hand Ball	1
2	Rear Cross Brace	1	38	Aluminium Cap	2
3	Main Frame	1	40	1" Bearing	2
4	Front Frame	1	41	Bushing $\phi 38 \times \phi 25.4 \times 18$	4
5	Slide Frame	1	42	Bushing $\phi 16 \times \phi 8 \times 8$	2
6	Swing Frame	1	43	Bushing $\phi 25 \times \phi 12.2 \times 13$	4
7	Arm Frame	1	44	Bushing $\phi 14 \times \phi 10 \times 20$	1
8	Seat Frame	1	45	Socket Head Cap Screw M12*150	2
9	Back Pad Frame	1	46	Socket Head Cap Screw M12*105	2
10	Support Frame	1	47	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	10
11	Handle Frame	1	48	Nylon Lock Nut M12	6
12	Cable	1	50	Flat Head Cap Screw M6*16	2
13	Pop Pin 1	1	51	Flat Head Cap Screw M10*25	8
15	Scale Plate	1	52	Socket Head Cap Screw M10*105	1
16	Shaft $\phi 25.4 \times 165$	2	53	Socket Head Cap Screw M10*70	2
17	Aluminium Ring	2	55	Hex Head Screw M10*125	4
18	Pop Pin 2	1	56	Hex Head Screw M10*80	2
19	Shaft $\phi 25.4 \times 127$	1	57	Hex Head Screw M10*75	4
20	Chain	1	58	Hex Head Screw M10*50	5
21	End Cap	4	59	Hex Head Screw M10*45	1
22	Shaft $20 \times 20 \times 122$	2	60	Hex Head Screw M10*30	5
23	Cable End	1	61	Hex Head Screw M10*25	2
24	Washer $\phi 60 \times 5$	2	62	Flat Washer $\phi 11 \times \phi 20 \times 2$	37
25	Back Pad	1	63	Spring Washer $\phi 10$	5
26	Seat Pad	1	64	Arc Washer $\phi 10$	8
27	Grip	2	65	Nylon Lock Nut M10	17
28	Stopper	2	66	Button Head Cap Screw M8*60	1
29	4.5" Pulley	4	67	Socket Head Cap Screw M8*25	2
30	Plug RT50*100	2	68	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4
31	Spacer	4	69	Spring Washer $\phi 8$	3
32	Bumper	2	70	Socket Screw M5*3	4
33	Wheel	4	71	Hex Head Screw M10*95	2
34	Adjustment Foot Pad	1			
35	Foot Cover	2			
36	Small round cap	4			

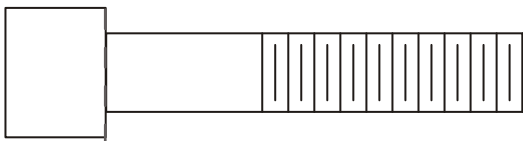
Exploded View and Parts List



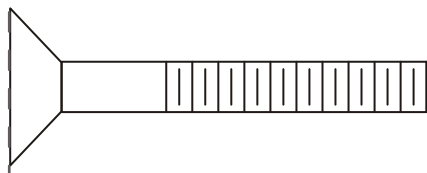
Measurement Guide



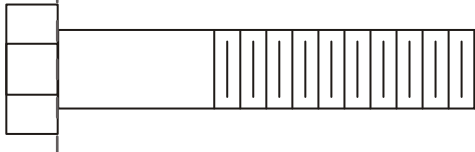
BHCS = Button Head Cap Screw



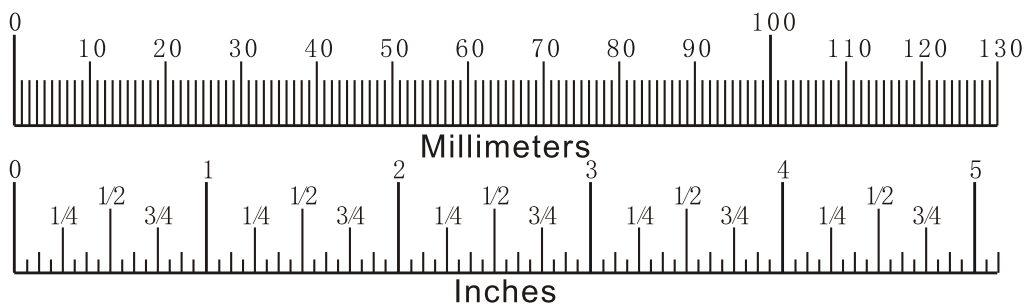
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt

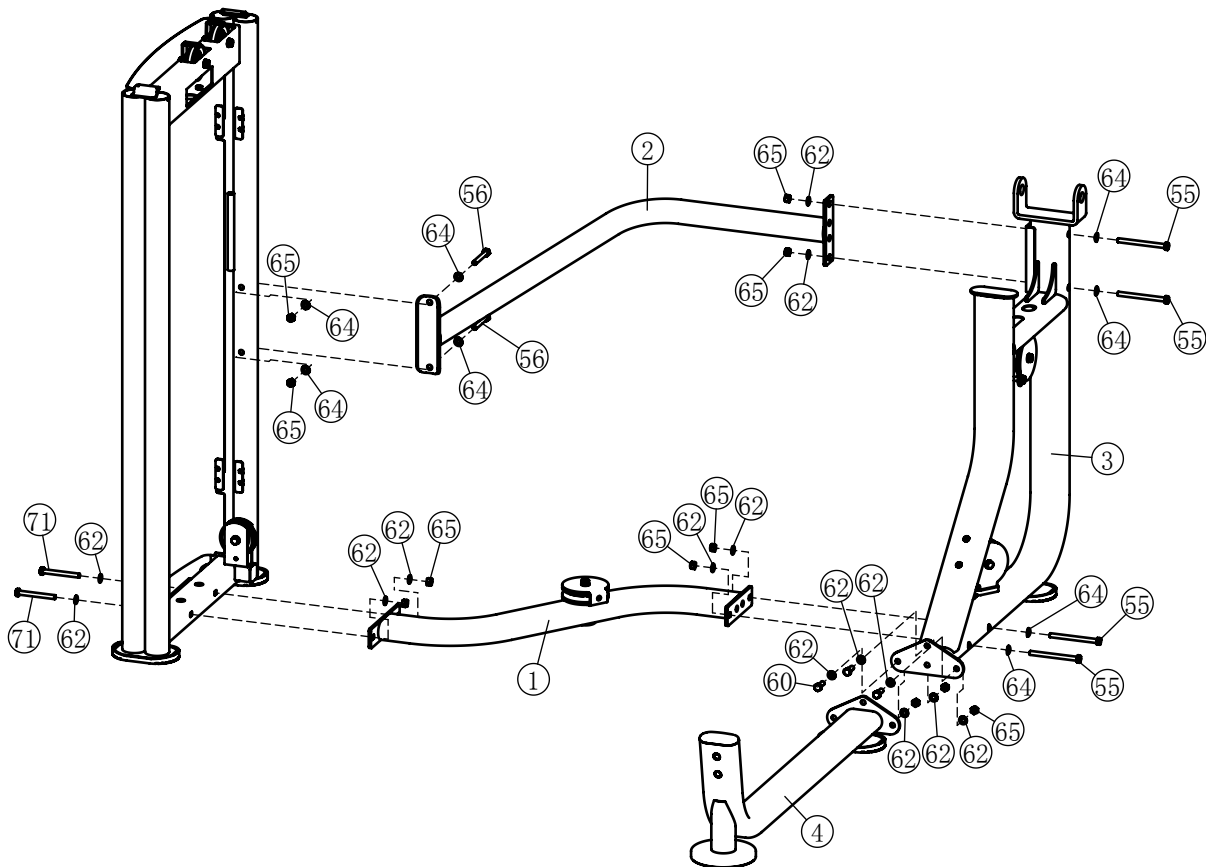


Assembly

STEP 1

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Cross Brace	1	56	Hex Head Screw M10*80	2
2	Rear Cross Brace	1	62	Flat Washer $\phi 11 * \phi 20 * 2$	14
3	Main Frame	1	64	Arc Washer $\phi 10$	8
4	Front Frame	1	65	Nylon Lock Nut M10	11
55	Hex Head Screw M10*125	4	71	Hex Head Screw M10*95	2

Note: Hand Tighten Bolts and Nylon Lock nuts.

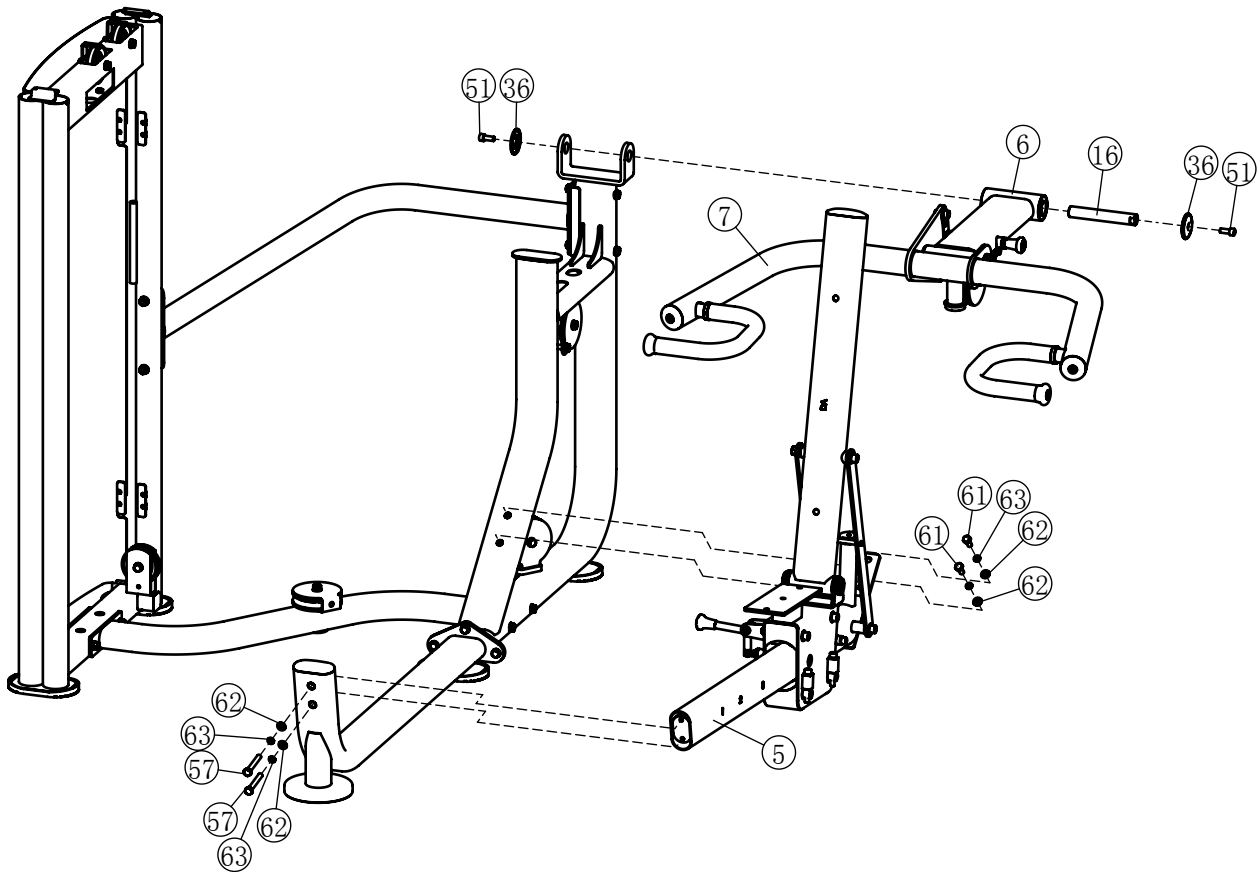


Assembly

STEP 2

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
6	Swing Frame	1	57	Hex Head Screw M10*75	2
7	Arm Frame	1	61	Hex Head Screw M10*25	2
16	Shaft $\phi 25.4 \times 165$	1	62	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
36	Small round cap	2	63	Spring Washer $\phi 10$	4
51	Socket Head Cap Screw M10*25	2			

Note: Hand Tighten Bolts and Nylon Lock nuts.

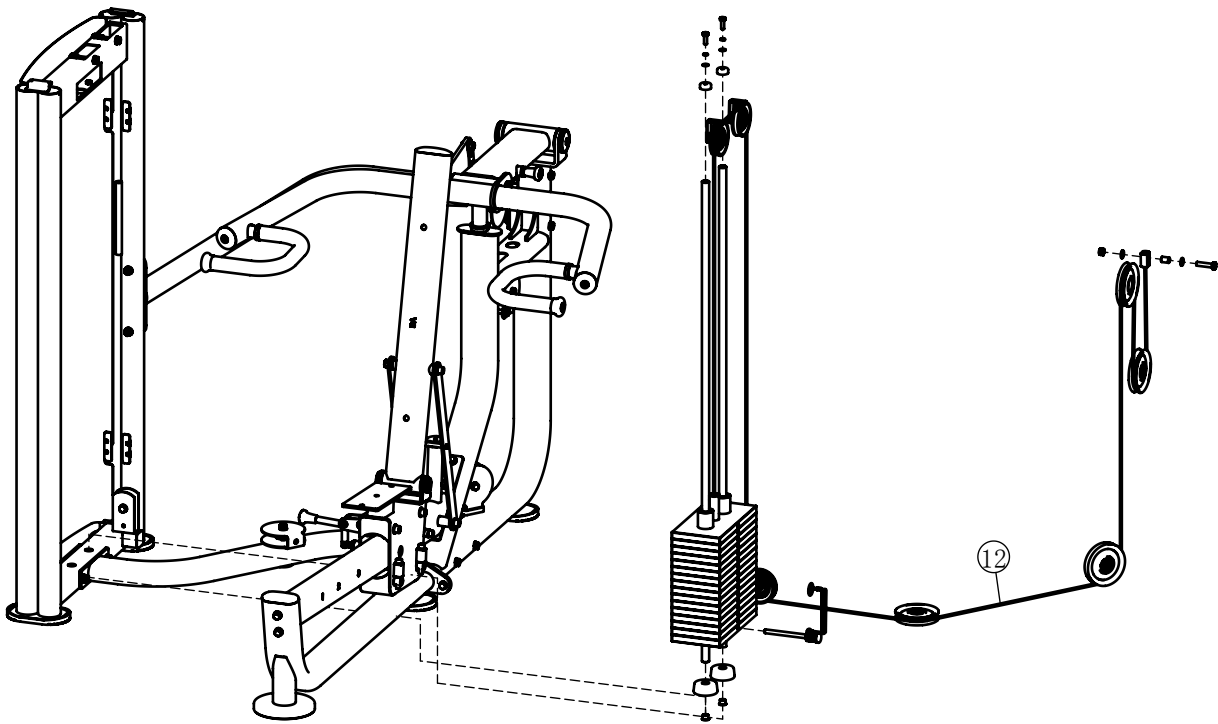


Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY
12	Cable	1

Note: Wrench Tighten Screws.

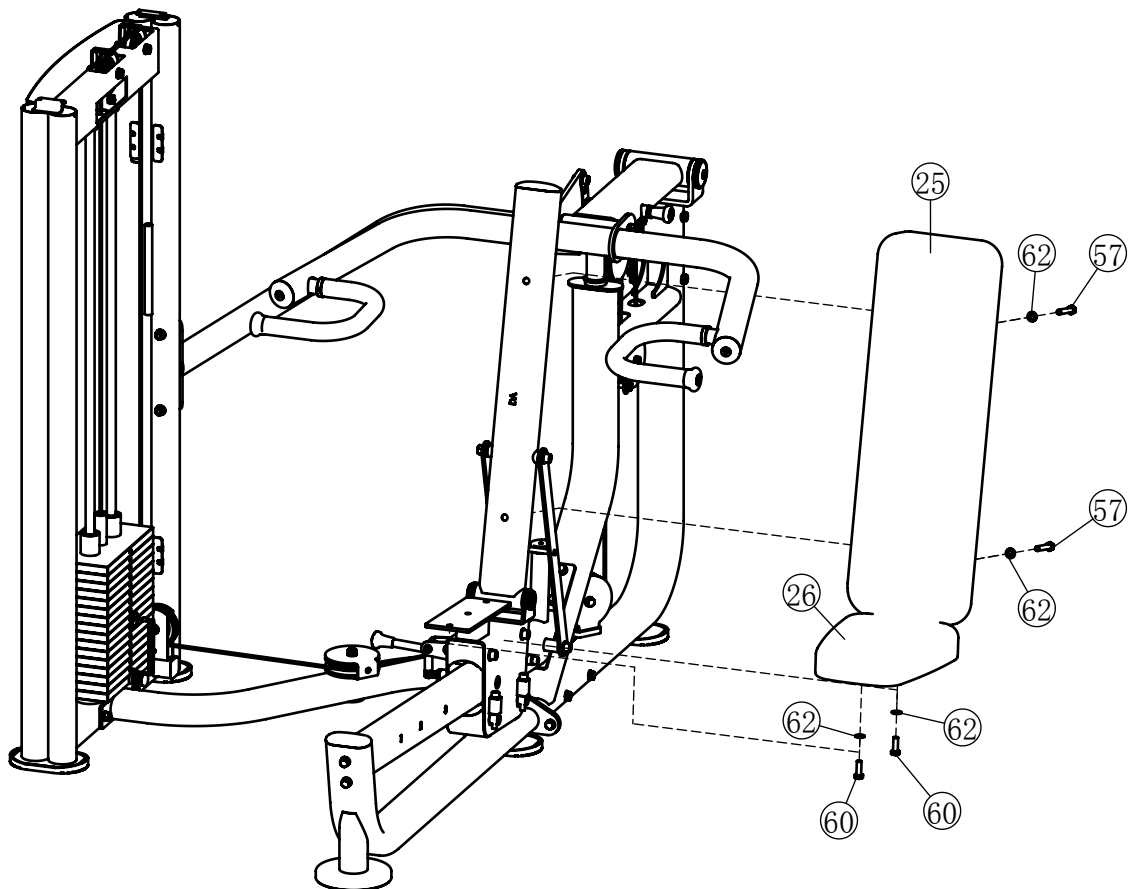


Assembly

STEP 4

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
25	Back Pad	1	60	Hex Head Screw M10*30	2
26	Seat Pad	1	62	Flat Washer $\phi 11 * \phi 20 * 2$	4
57	Hex Head Screw M10*75	2			

Note: Wrench Tighten Screws.



Assembly

STEP 5

Note: Wrench Tighten Screws.

