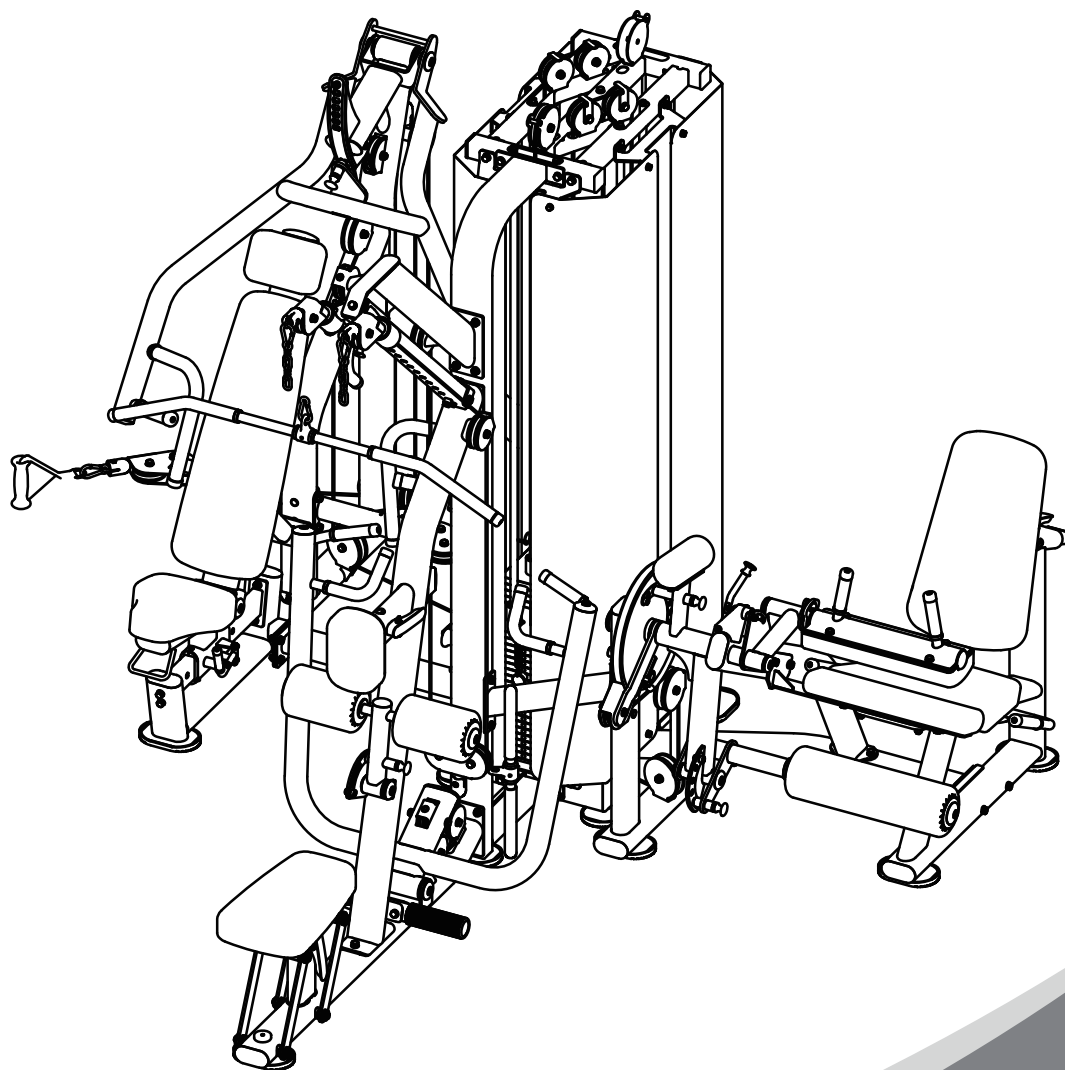


BS023

3 STACK MULTI STATION

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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General Maintenance Information-----	28

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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

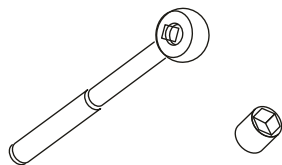
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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.

Instructions

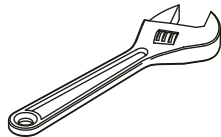
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

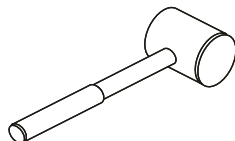
Tools Required



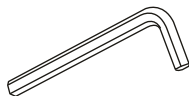
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet

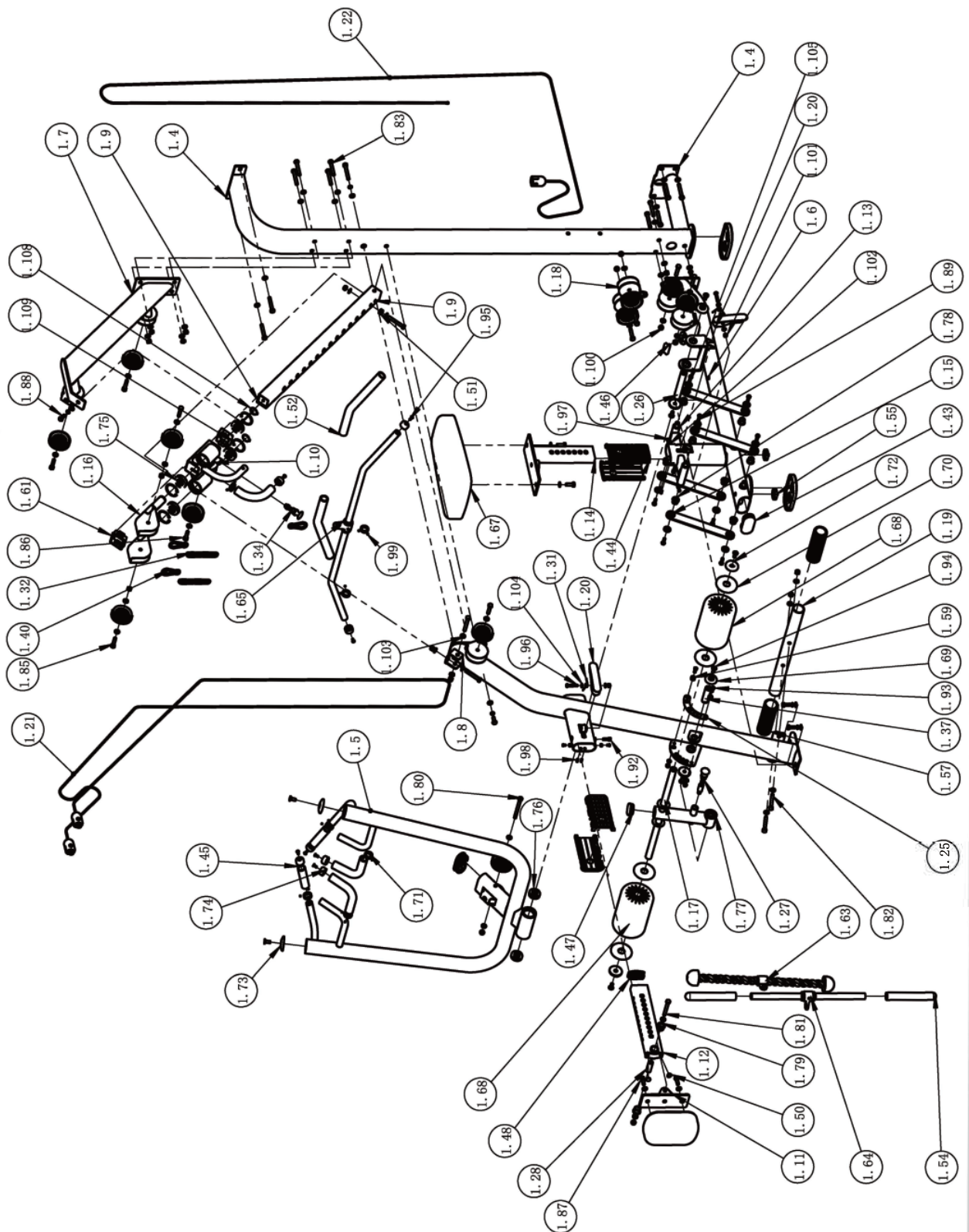


Hex Key Wrench Set

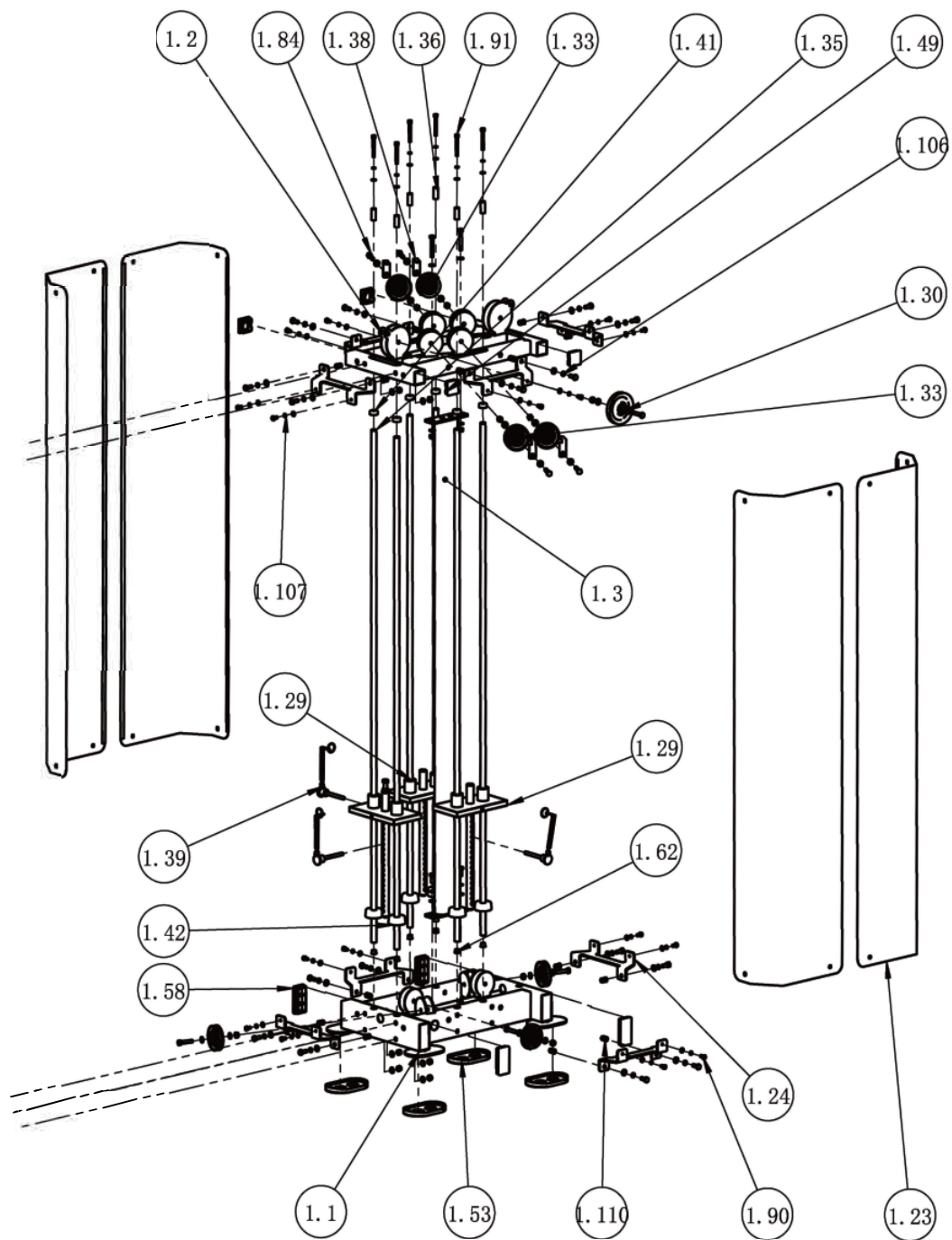
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.1	Ground Frame	1	1.56	Long Grip	1
1.2	Fixing Frame	1	1.57	Rubber Sleeve	2
1.3	Main Stand	1	1.58	Plug □50×100	4
1.4	Stand Frame	1	1.59	Spacer Φ17×10.5	2
1.5	Arm Frame	1	1.60	Grip	2
1.6	Mounting Frame	1	1.61	Plastic Tube Guide	2
1.7	Upper Beam Frame	1	1.62	Rubber Plug	6
1.8	Intermediate Frame	1	1.63	Pull Rope	1
1.9	Sliding Frame	1	1.64	Shot Pull Handle	1
1.10	Slide Pulley Frame	1	1.65	High Pull Handle	1
1.11	Chest Cushion Frame	1	1.66	Arm Pad	1
1.12	Chest Cushion Telescopic Frame	1	1.67	Cushion	1
1.13	Swing Cushion Frame	1	1.68	Roller	2
1.14	Cushion Telescopic Frame	1	1.69	Aluminum End Cap Φ50×8	4
1.15	Connecting Frame	4	1.70	Aluminum Ring Φ90×Φ26.2×5	4
1.16	Top Pulley Frame	2	1.71	Aluminium Ring Φ25	7
1.17	Foam Fixing Frame	1	1.72	End Cap Φ54	2
1.18	Movable Pulley Frame	1	1.73	End Cap Φ60	2
1.19	Foot Frame	1	1.74	Aluminium Cap Φ32.5×Φ26×19	7
1.20	Adjusting Handle	2	1.75	Bearing6006-2Z	4
1.21	Cable Assy	1	1.76	Bearing6005-2Z	2
1.22	Cable Assy I	1	1.77	Bearing61905-2Z	2
1.23	Shield	4	1.78	Bush	8
1.24	Fixing Frame	8	1.79	Bushing Φ25.4×Φ19	2
1.25	Liner	1	1.80	Hex Head Bolt M10×115	1
1.26	Shaft	1	1.81	Hex Head Bolt M10×80	1
1.27	Pop Pin	1	1.82	Hex Head Bolt M10×75	5
1.28	Shaft	1	1.83	Hex Head Bolt M10×70	15
1.29	Top Plate	3	1.84	Hex Head Bolt M10×50	13
1.30	4.5" Pulley	1	1.85	Hex Head Bolt M10×45	4
1.31	Torsional Spring	2	1.86	Hex Head Bolt M10×40	1
1.32	Four Link Chain	2	1.87	Hex Head Bolt M10×30	4
1.33	3.5" Pulley	18	1.88	Hex Head Bolt M10×25	23
1.34	Pop Pin	1	1.89	Hex Head Bolt M8×25	8
1.35	3.5" Pulley	6	1.90	Hex Head Bolt M8×15	16
1.36	Guid Rod	6	1.91	Soket Head Cap Screw M8×70	6
1.37	Rotating Shaft	1	1.92	Soket Head Cap Screw M8×25	2
1.38	L Bracket	4	1.93	Soket Head Cap Screw M8×20	2
1.39	Selector Pin W/Coil	3	1.94	Flat Head Cap Screw M10×25	8
1.40	Gear Hook	3	1.95	Flat Head Cap Screw M6×16	7
1.41	Rubber Sleeve	6	1.96	Button Head Cap Screw M8×45	2
1.42	Weight Rubber Bumper	6	1.97	Button Head Cap Screw M6×10	4
1.43	Plug Rt50×100	2	1.98	Socket Set Screw M6×16	4
1.44	Plastic Tube Guide	4	1.99	Socket Set Screw M5×3	14
1.45	Grip	2	1.100	Nylon Lock Nut M10	35
1.46	Rubber Bumper	1	1.101	Nylon Lock Nut M8	4
1.47	Plug Φ50	1	1.102	Hex Nut M6	4
1.48	Plug □30×70	1	1.103	Flat Washer Φ11×Φ20×2	102
1.49	Plug □50.8	4	1.104	Flat Washer Φ9×Φ16×1.6	28
1.50	Sliding Pad	2	1.105	Flat Washer Φ9×Φ28×2	8
1.51	Spacer Sleeve	1	1.106	Spring Washer Φ10	24
1.52	Grip	2	1.107	Spring Washer Φ8	22
1.53	Foot Cover	6	1.108	Circlips For Shaft Φ30	2
1.54	Grip	2	1.109	Circlips For Hole Φ55	4
1.55	Bumper Φ45	2	1.110	Rivet Nut M10×19.5	16

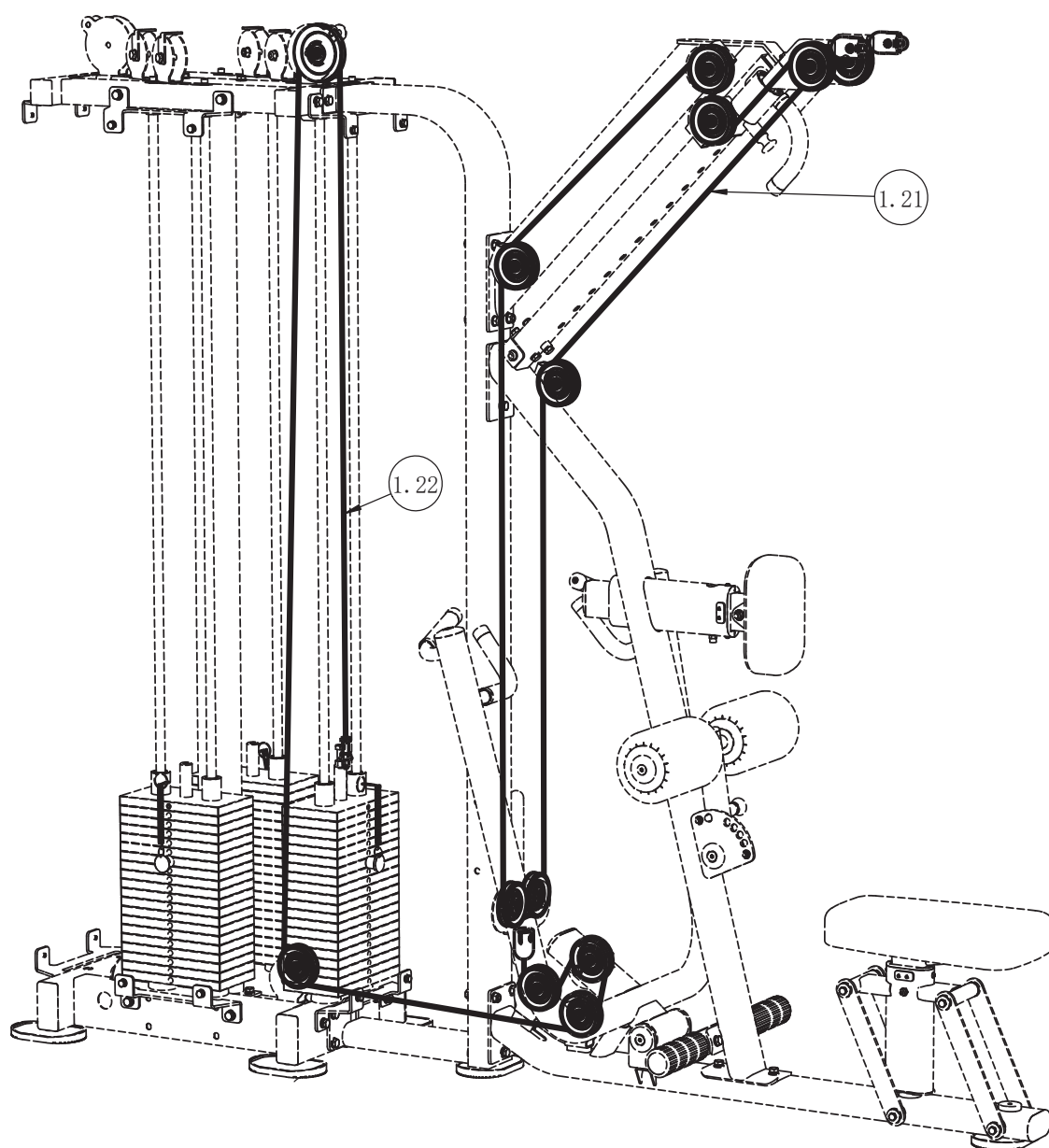
Exploded View and Parts List



Exploded View and Parts List



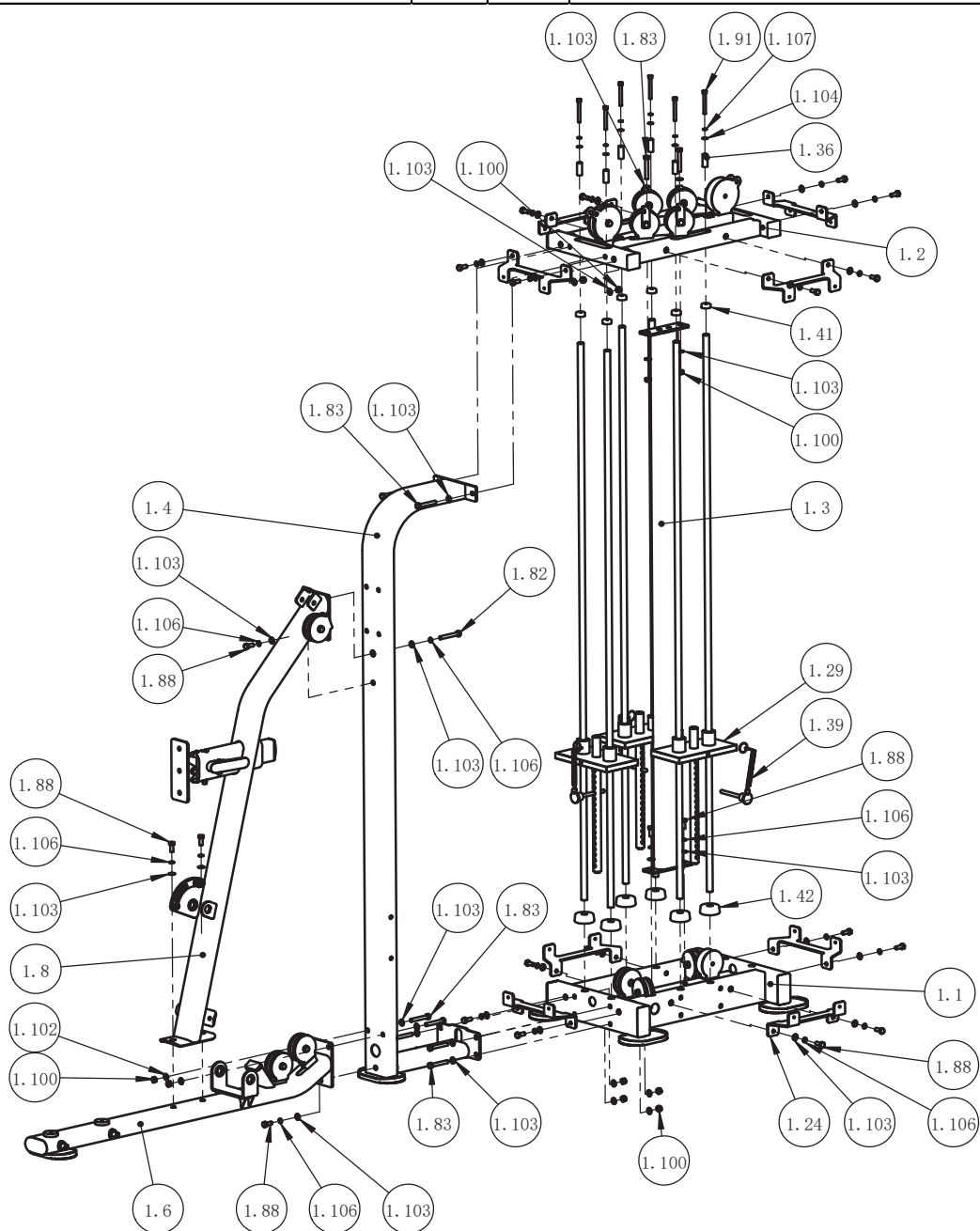
Exploded View and Parts List



Assembly

STEP 1

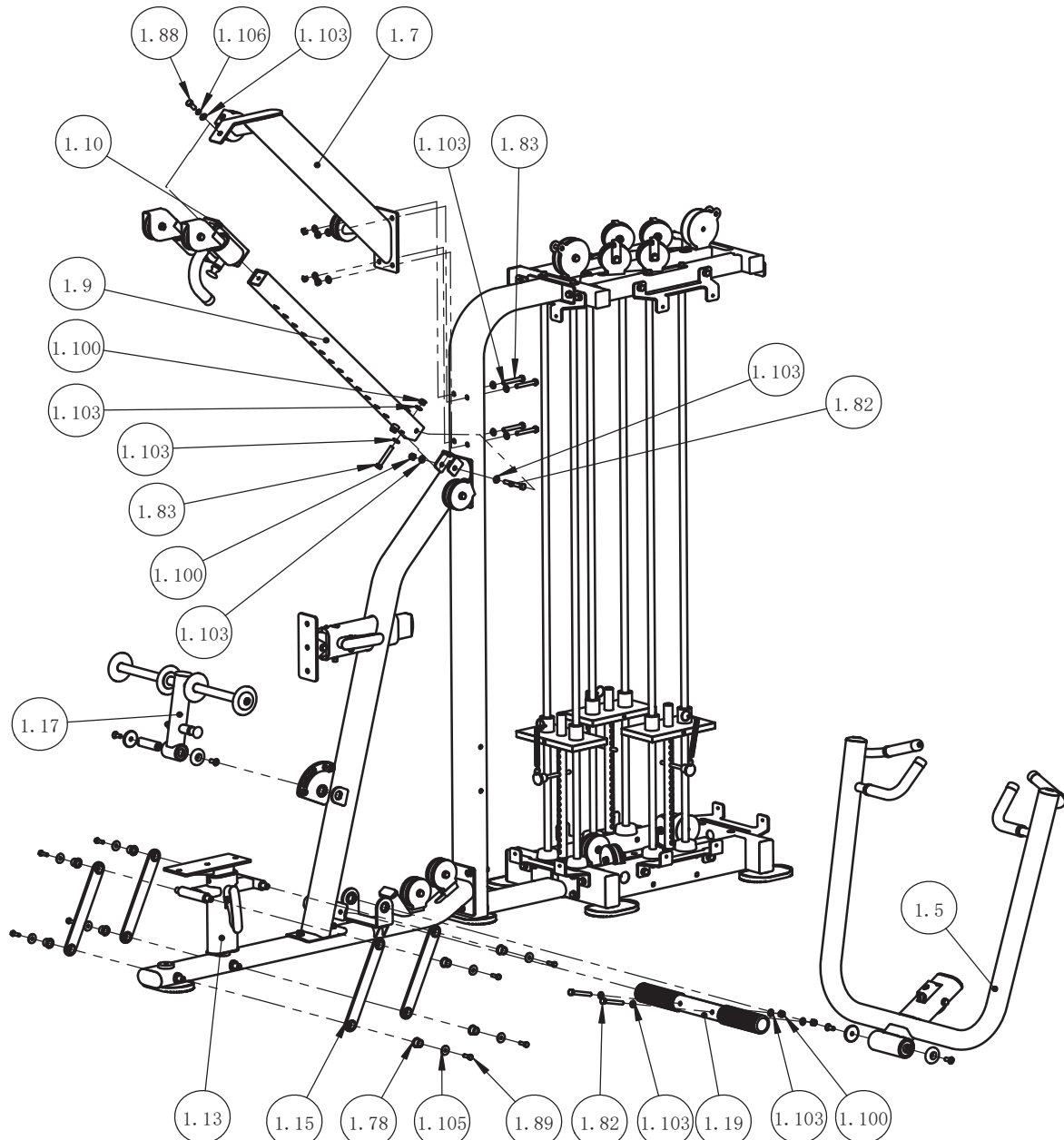
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.1	Ground Frame	1	1.42	Weight Rubber Bumper	6
1.2	Fixing Frame	1	1.82	Hex Head Bolt M10×75	1
1.3	Main Stand	1	1.83	Hex Head Bolt M10×70	10
1.4	Stand Frame	1	1.88	Hex Head Bolt M10×25	22
1.6	Mounting Frame	1	1.91	Soket Head Cap Screw M8×70	6
1.8	Intermediate Frame	1	1.100	Nylon Lock Nut M10	10
1.24	Fixing Frame	8	1.103	Flat Washer Φ11×Φ20×2	40
1.29	Top Plate	3	1.104	Flat Washer Φ9×Φ16×1.6	6
1.36	Guid Rod	6	1.106	Spring Washer Φ10	20
1.39	Selector Pin W/Coil	3	1.107	Spring Washer Φ8	6
1.41	Rubber Sleeve	6			



Assembly

STEP 2

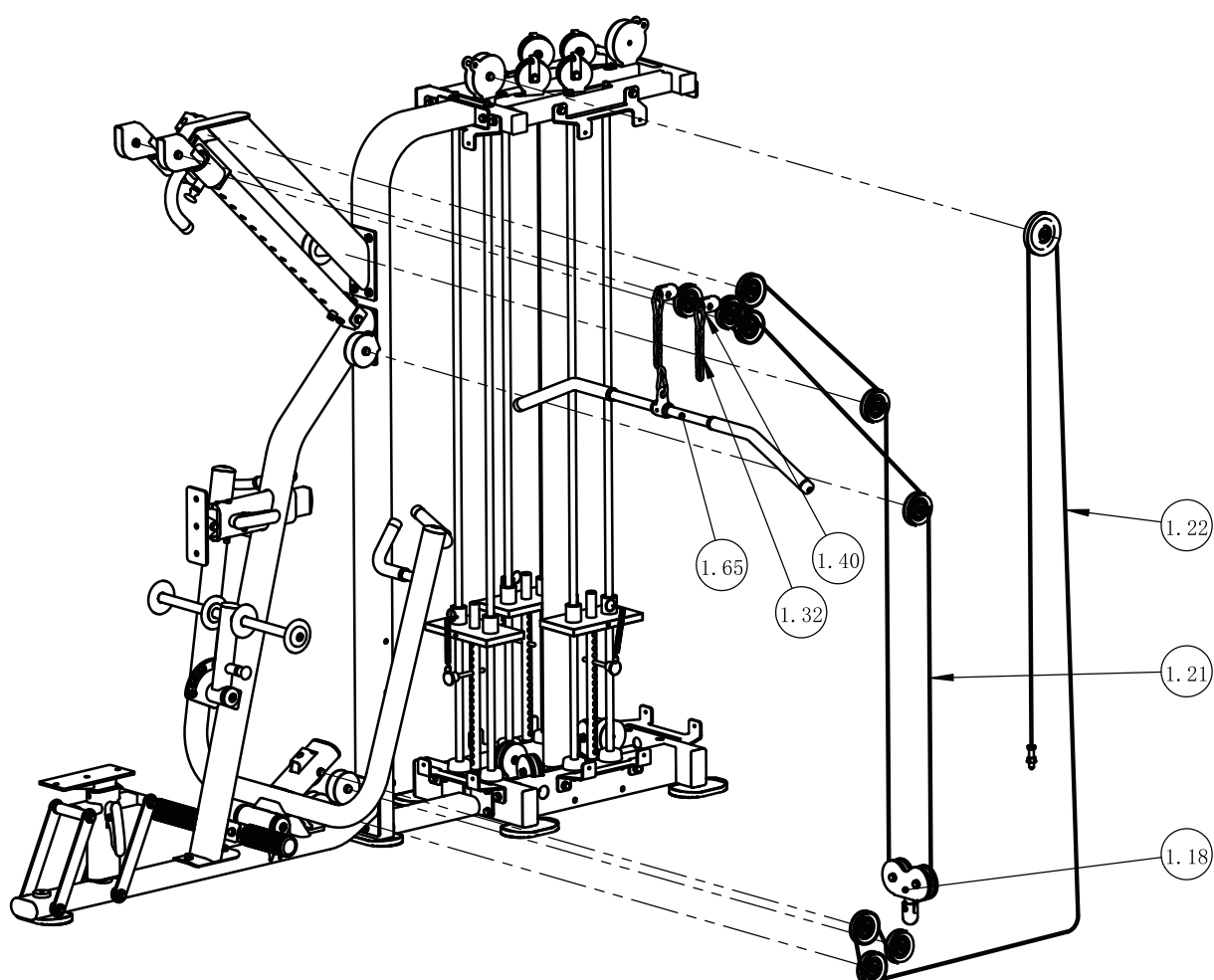
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.5	Arm Frame	1	1.82	Hex Head Bolt M10×75	3
1.7	Upper Beam Frame	1	1.83	Hex Head Bolt M10×70	5
1.9	Sliding Frame	1	1.88	Hex Head Bolt M10×25	1
1.10	Slide Pulley Frame	1	1.89	Hex Head Bolt M8×25	8
1.13	Swing Cushion Frame	1	1.100	Nylon Lock Nut M10	8
1.15	Connecting Frame	4	1.103	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	15
1.17	Foam Fixing Frame	1	1.105	Flat Washer $\Phi 9 \times \Phi 28 \times 2$	8
1.19	Foot Frame	1	1.106	Spring Washer $\Phi 10$	1
1.78	Bush	8			



Assembly

STEP 3

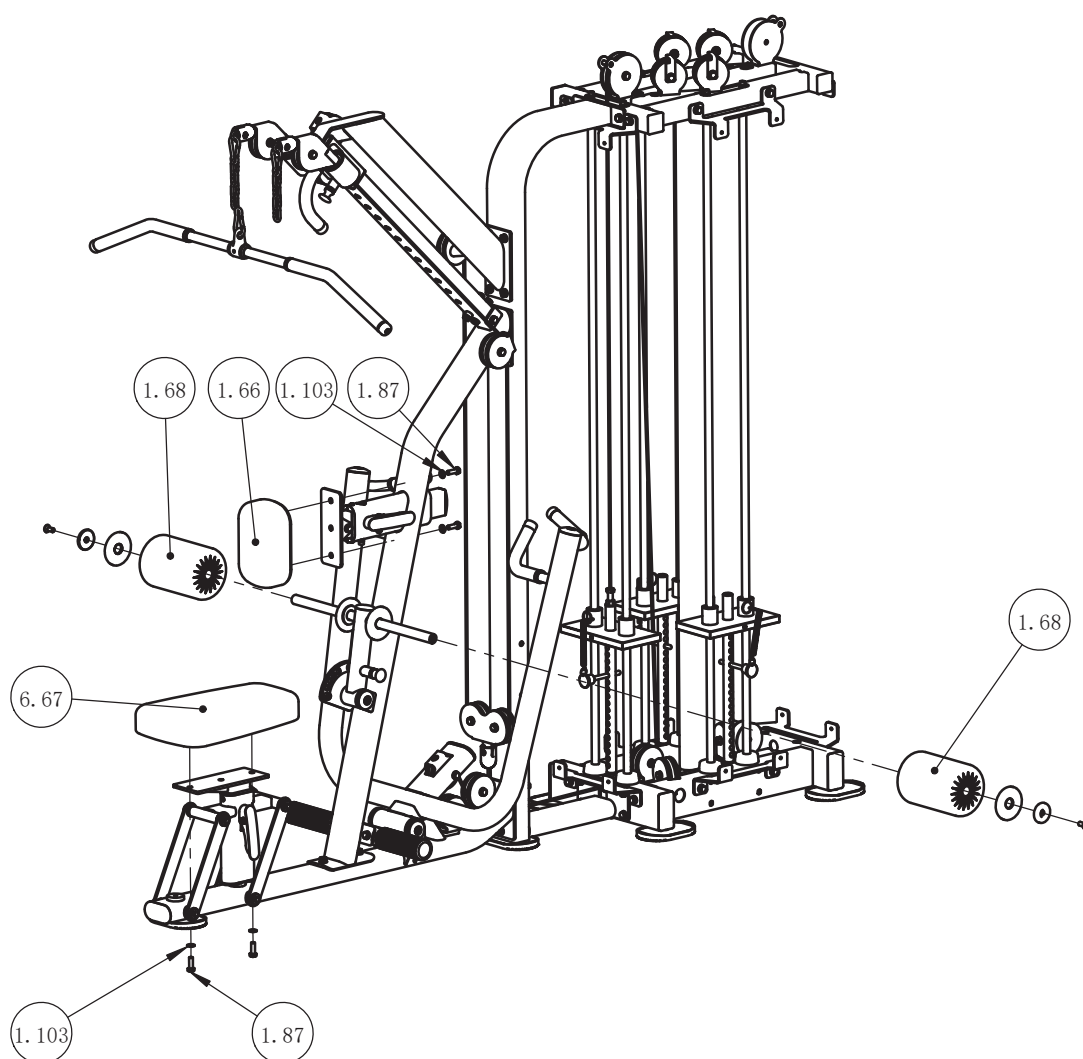
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.18	Movable Pulley Frame	1	1.32	Four Link Chain	2
1.21	Cable ASSY 2	1	1.40	Gear Hook	3
1.22	Cable ASSY 1	1	1.65	High Pull Handle	1



Assembly

STEP 4

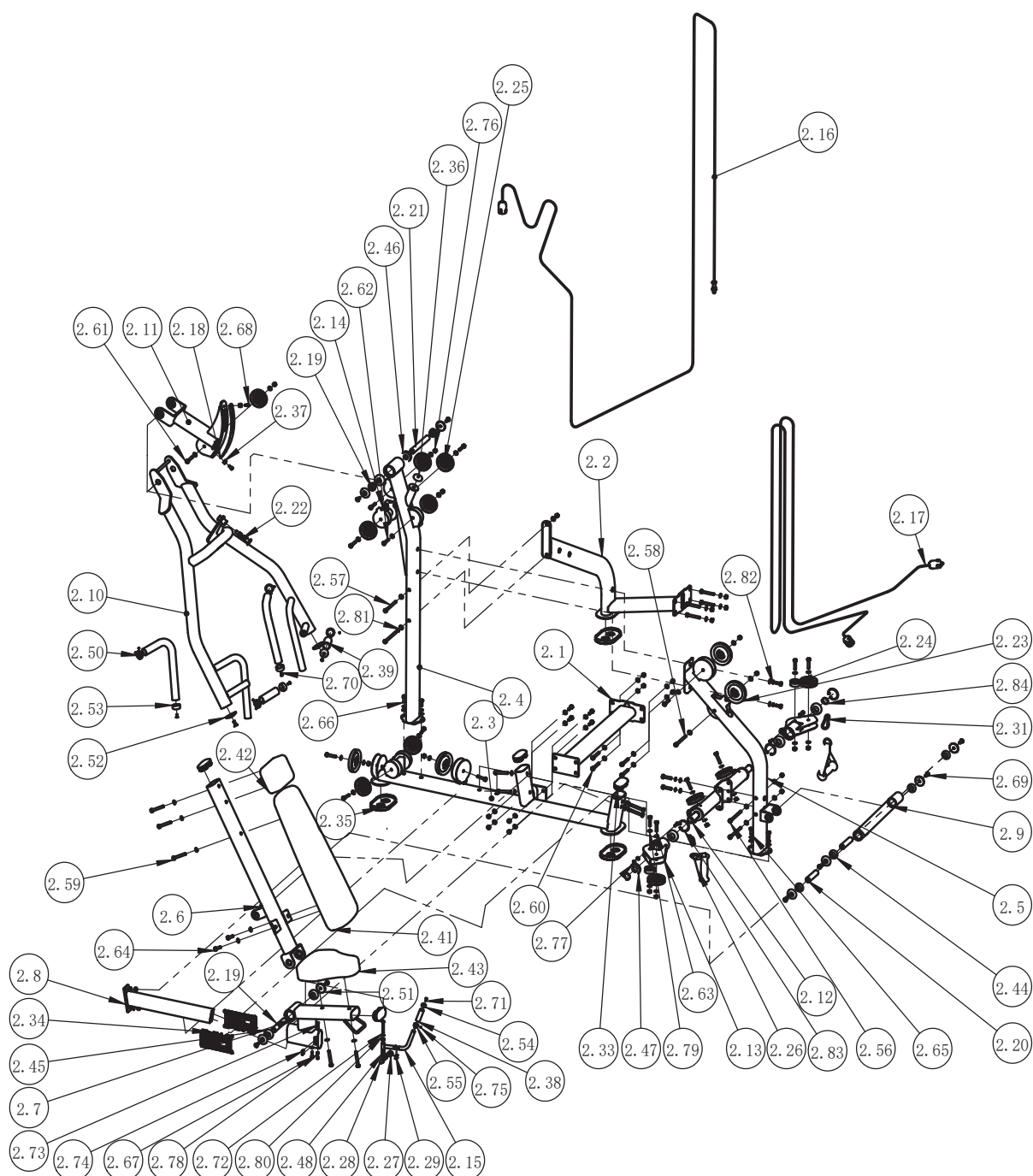
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.66	Arm Pad	1	1.87	Hex Head Bolt M10×30	4
1.67	Cushion	1	1.103	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	4
1.68	Roller	2			



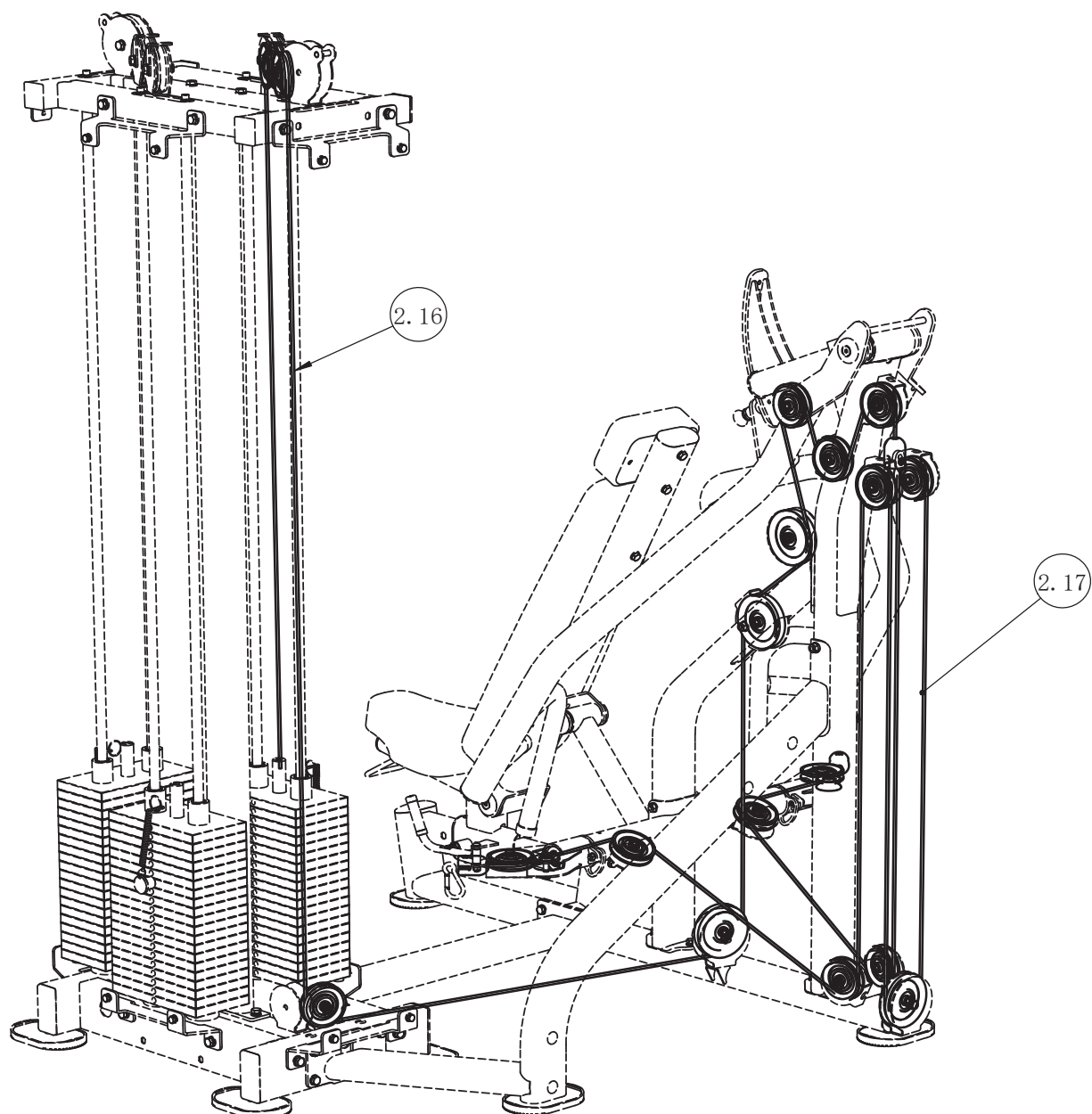
Exploded View and Parts List

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
2.1	Ground Connection Frame	1	2.43	Seat Pad	1
2.2	Diagonal Support Frame	1	2.44	Bearing61905-2Z	4
2.3	Floor Stand	1	2.45	Bearing6005-2Z	2
2.4	Rotary Shaft Riser	1	2.46	Bearing6205-2Z	2
2.5	Support Frame	1	2.47	Bearing6006-2Z	4
2.6	Back Cushion Frame	1	2.48	Bushing $\Phi 16 \times 20$	2
2.7	Cushion Sliding Frame	1	2.49	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	2
2.8	Sliding Frame	1	2.50	Aluminum Ring $\Phi 40 \times \Phi 33 \times 9.5$	4
2.9	Rotating Frame	1	2.51	Aluminum End Cap $\Phi 50 \times 8$	8
2.10	Arm Frame	1	2.52	Aluminum End Cap $\Phi 60 \times \Phi 10.5 \times 10$	2
2.11	Movable Pulley Frame	1	2.53	Aluminium Cap $\Phi 39.5 \times \Phi 32.8 \times 19$	4
2.12	Force Arm Bracket	1	2.54	Aluminium Cap $\Phi 22 \times \Phi 17 \times 12$	1
2.13	Rotating Pulley Frame	2	2.55	Aluminum Ring $\Phi 22 \times \Phi 17 \times 9.5$	1
2.14	Movable Pulley Frame	1	2.56	Hex Head Bolt M10 \times 125	2
2.15	Adjusting Handle Frame	1	2.57	Hex Head Bolt M10 \times 120	2
2.16	Cable Assy 1	1	2.58	Hex Head Bolt M10 \times 115	1
2.17	Cable Assy 2	1	2.59	Hex Head Bolt M10 \times 75	5
2.18	Liner R348 \times 1.5	1	2.60	Hex Head Bolt M10 \times 70	12
2.19	Shaft $\Phi 25 \times 129.8$	1	2.61	Hex Head Bolt M10 \times 55	1
2.20	Shaft $\Phi 25 \times 101.8$	2	2.62	Hex Head Bolt M10 \times 50	9
2.21	Shaft $\Phi 25 \times 186.5$	1	2.63	Hex Head Bolt M10 \times 45	8
2.22	Pop Pin	1	2.64	Hex Head Bolt M10 \times 30	6
2.23	4.5" Pulley	4	2.65	Hex Head Bolt M10 \times 25	5
2.24	Small Guide Wheel	2	2.66	Socket Head Cap Screw M10 \times 25	1
2.25	3.5" Pulley	11	2.67	Soket Head Cap Screw M8 \times 25	3
2.26	Tension Sleeve Set	2	2.68	Soket Head Cap Screw M8 \times 15	2
2.27	Locking Nut	1	2.69	Flat Head Cap Screw M10 \times 25	10
2.28	Pin Shaft	1	2.70	Flat Head Cap Screw M6 \times 16	4
2.29	Chain Buckle	1	2.71	Flat Cap Screw M5 \times 15	1
2.30	Paddle Latch Spring	1	2.72	Button Head Cap Screw M8 \times 60	1
2.31	Gourd Hook	2	2.73	Button Head Cap Screw M6 \times 10	2
2.32	Grip	2	2.74	Socket Set Screw M6 \times 16	2
2.33	Plug Rt50 \times 100	4	2.75	Socket Set Screw M5 \times 3	10
2.34	Plastic Tube Guide	2	2.76	Nylon Lock Nut M10	30
2.35	Foot Cover	3	2.77	Nylon Lock Nut M8	3
2.36	Bumper $\Phi 45$	1	2.78	Hex Nut M6	2
2.37	Spacer $\Phi 17 \times 10.5$	2	2.79	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	77
2.38	Small Grip	1	2.80	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
2.39	Grip	2	2.81	Arc Washer $\Phi 10$	5
2.40	Plug	4	2.82	Spring Washer $\Phi 10$	11
2.41	Back Pad	1	2.83	Circlips For Hole $\Phi 55$	4
2.42	Chest Cushion Assembly	1	2.84	Circlips For Shaft $\Phi 30$	2

Exploded View and Parts List



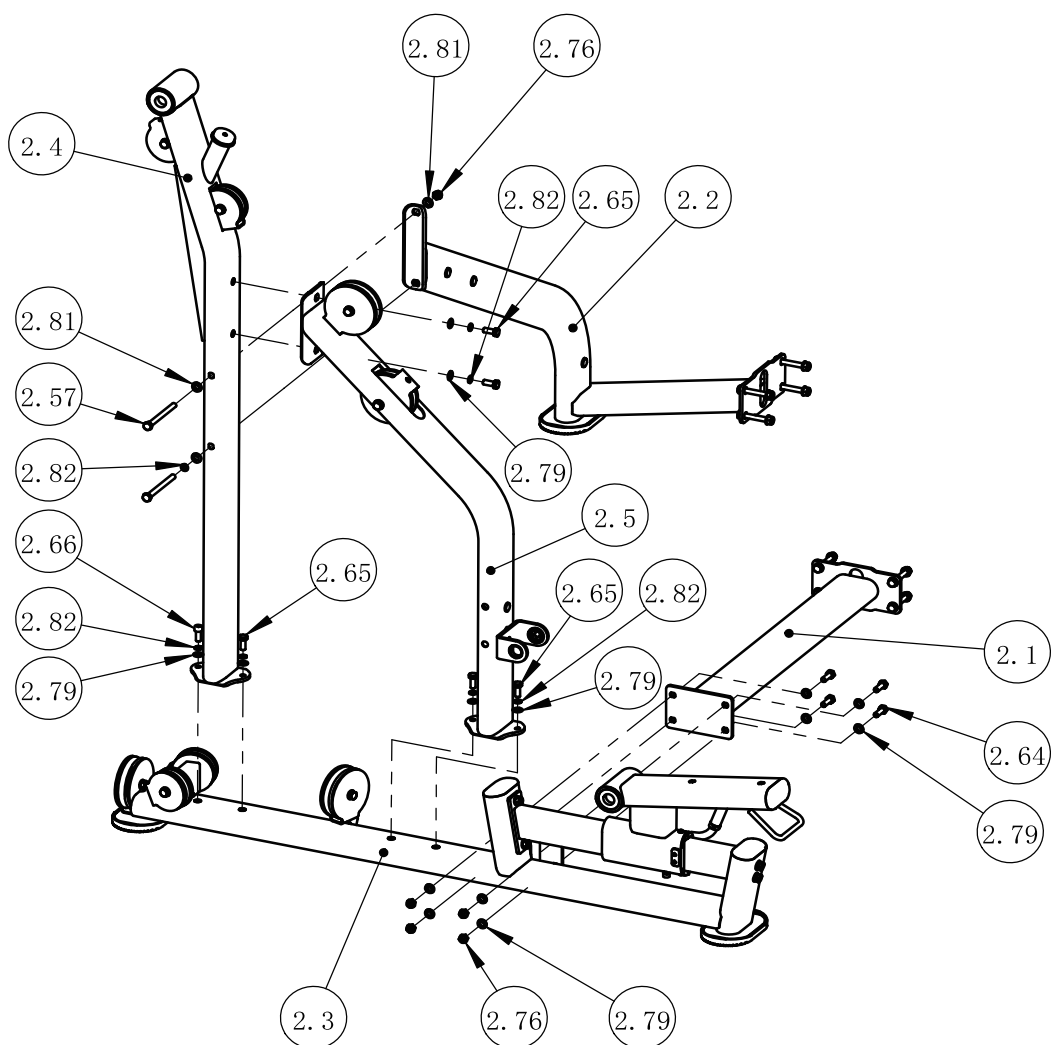
Exploded View and Parts List



Assembly

STEP 1

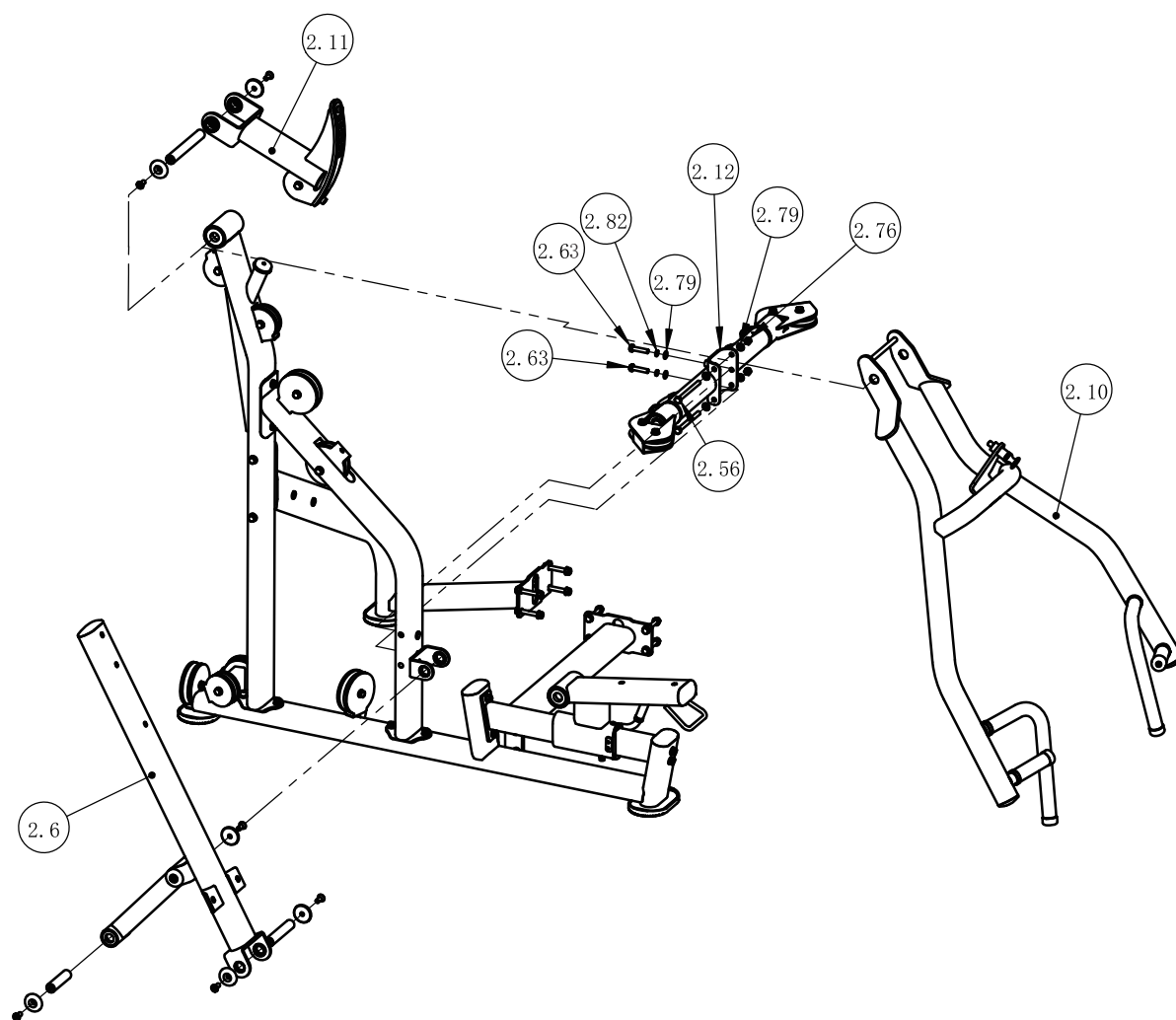
ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
2.1	Ground Connection Frame	1	2.65	Hex Head Bolt M10×25	5
2.2	Diagonal Support Frame	1	2.66	Socket Head Cap Screw M10×25	1
2.3	Floor Stand	1	2.76	Nylon Lock Nut M10	5
2.4	Rotary Shaft Riser	1	2.79	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	17
2.57	Hex Head Bolt M10×120	2	2.81	Arc Washer $\Phi 10$	3
2.64	Hex Head Bolt M10×30	4	2.82	Spring Washer $\Phi 10$	6



Assembly

STEP 2

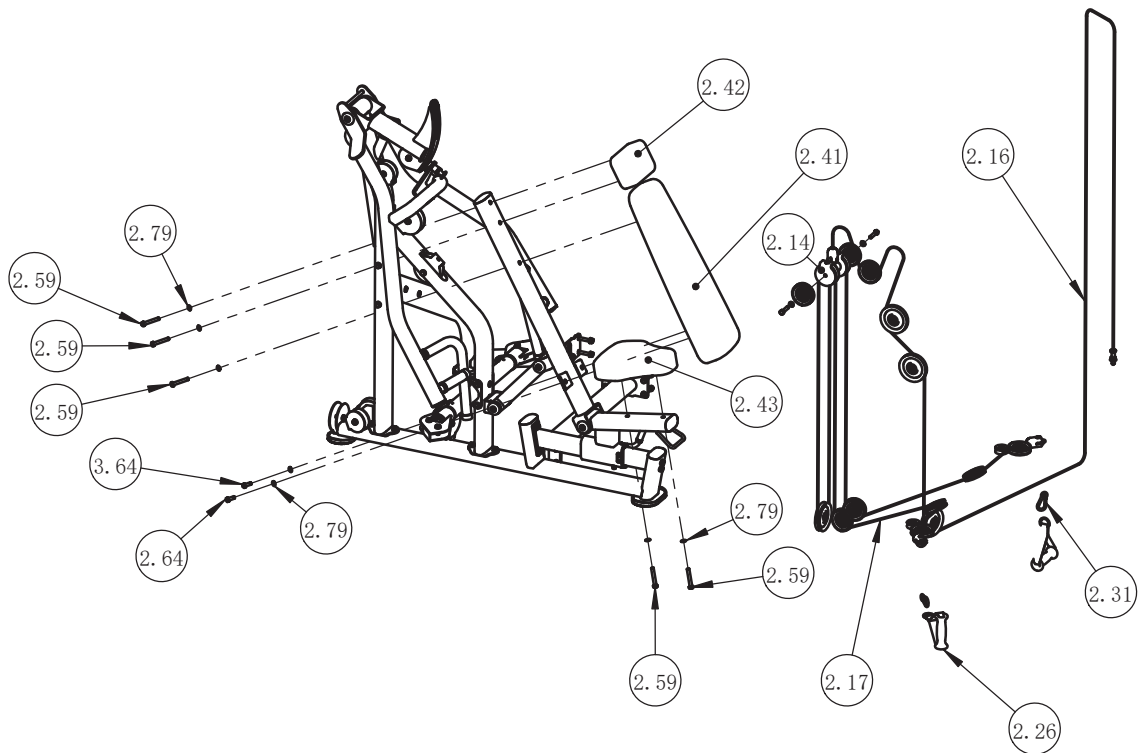
ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
2.6	Back Cushion Frame	1	2.63	Hex Head Bolt M10×45	2
2.10	Arm Frame	1	2.76	Nylon Lock Nut M10	2
2.11	Movable Pulley Frame	1	2.79	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	6
2.12	Force Arm Bracket	1	2.82	Spring Washer $\Phi 10$	2
2.56	Hex Head Bolt M10×125	2			



Assembly

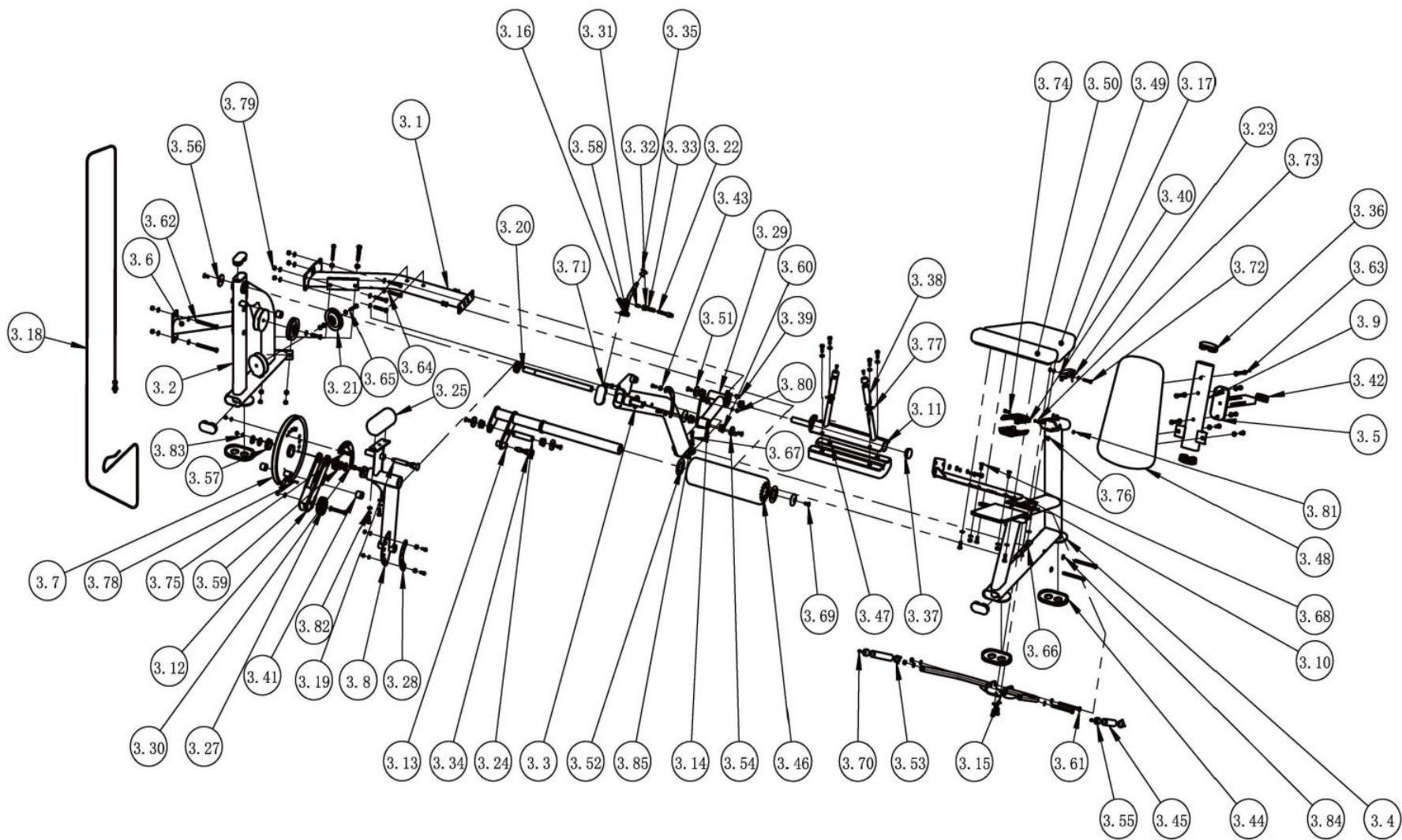
STEP 3

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
2.14	Movable Pulley Frame	1	2.41	Back Pad	1
2.16	Cable Assy 1	1	2.42	Chest Cushion Assembly	1
2.17	Cable Assy 2	1	2.59	Hex Head Bolt M10×75	5
2.26	Tension Sleeve Set	2	2.64	Hex Head Bolt M10×30	2
2.31	Gourd Hook	2	2.79	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	7



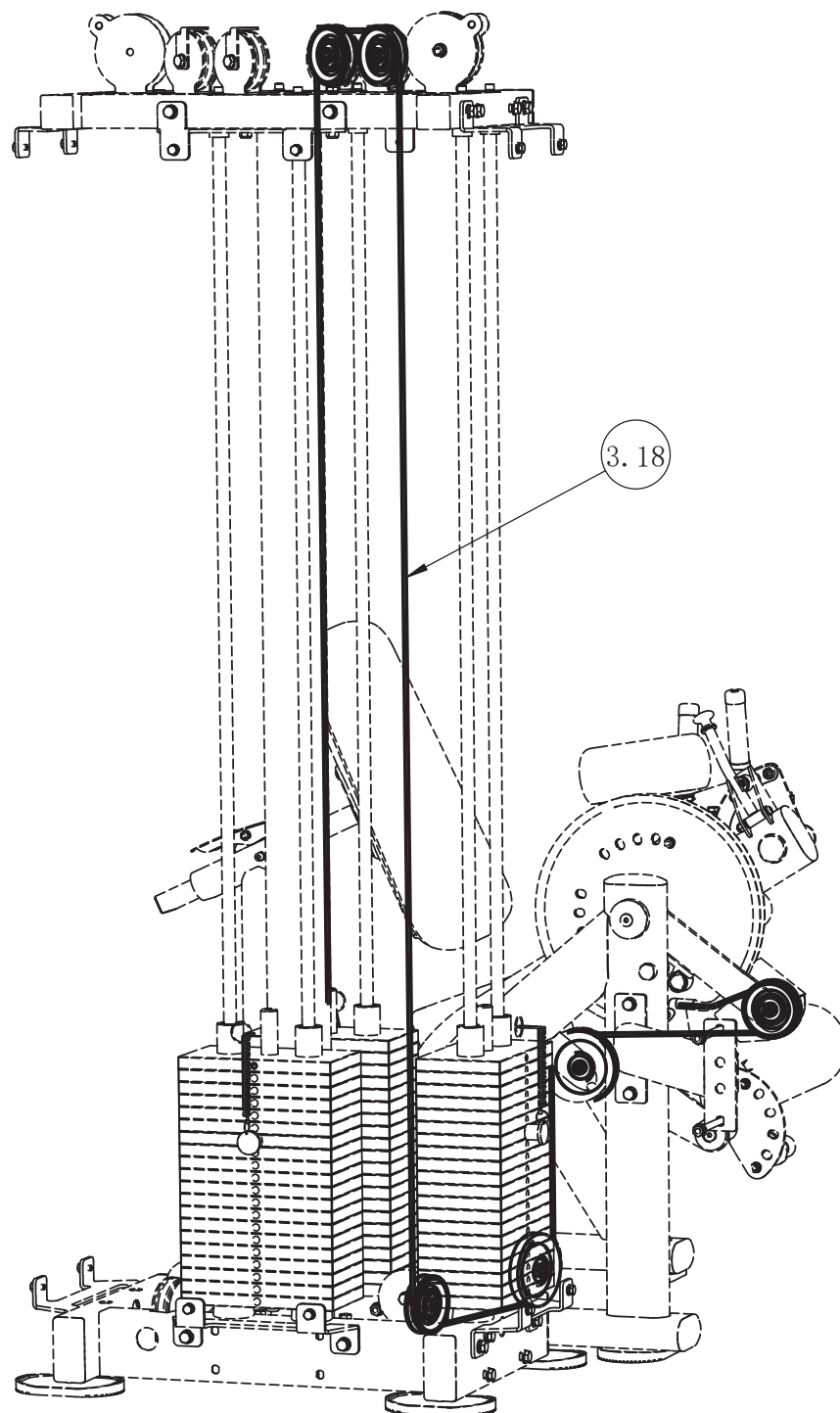
Exploded View and Parts List

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
3.1	Ground Connection Frame	1	3.44	Foot Cover	3
3.2	Spindle Support Frame	1	3.45	Long Gloves	2
3.3	Shaft Support	1	3.46	Leatherwear Foam	1
3.4	Seat Support	1	3.47	Leg Pad	1
3.5	Back Pad Support	1	3.48	Back Pad	1
3.6	Diagonal Reinforcement Frame	1	3.49	Abdominal Pad	1
3.7	Adjustable Cam	1	3.50	Seat Pad	1
3.8	Swing Rack	1	3.51	Aluminum End Cap $\Phi 50 \times 8$	3
3.9	Back Pad Frame	1	3.52	Aluminum Ring $\Phi 85 \times \Phi 52 \times 5$	2
3.10	Diagonal cross Brace	1	3.53	Aluminium Ring $\Phi 25$	4
3.11	Leg Holder	1	3.54	End Cap $\Phi 43$	1
3.12	Reverse Frame	1	3.55	Aluminium Cap $\Phi 32.5 \times \Phi 26 \times 19$	4
3.13	Foam Frame	1	3.56	Aluminum End Cap $\Phi 60 \times \Phi 10.5 \times 10$	3
3.14	Leg Pressing Adjusting Frame	1	3.57	Flange Bearing $\Phi 50.8 \times \Phi 25.4 \times 15.9$	4
3.15	Handle Frame Assembly	1	3.58	Bushing $\Phi 16 \times \Phi 8 \times 8$	2
3.16	Adjustable Handle	1	3.59	Bushing $\Phi 38 \times \Phi 25.4 \times 7.5$	4
3.17	Adjusting Handle	1	3.60	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	6
3.18	Cable Assy	1	3.61	Hex Head Bolt M10 \times 125	6
3.19	Elastic Pin Assy	1	3.62	Hex Head Bolt M10 \times 120	2
3.20	Pivot	1	3.63	Hex Head Bolt M10 \times 75	1
3.21	4.5" Pulley	2	3.64	Hex Head Bolt M10 \times 70	7
3.22	Pin Shaft	1	3.65	Hex Head Bolt M10 \times 50	2
3.23	Torsion Spring	1	3.66	Hex Head Bolt M10 \times 30	12
3.24	Shaft $\Phi 25.4 \times 118.5 \times M10$	1	3.67	Hex Head Bolt M10 \times 25	8
3.25	Clump Weight	1	3.68	Flat Head Cap Screw M10 \times 30	4
3.26	Retaining Ring $\Phi 31 \times \Phi 25.4 \times 6$	1	3.69	Flat Head Cap Screw M10 \times 25	7
3.27	3.5" Pulley	1	3.70	Flat Head Cap Screw M6 \times 16	4
3.28	Foam Frame Lining Plate	1	3.71	Button Head Cap Screw M8 \times 60	1
3.29	Adjustable Plate	1	3.72	Button Head Cap Screw M8 \times 45	1
3.30	Adjusting Plate	1	3.73	Button Head Cap Screw M6 \times 12	2
3.31	Chain Buckle	1	3.74	Socket Head Cap Screw M8 \times 25	1
3.32	Locking Nut	1	3.75	Socket Head Cap Screw M8 \times 20	6
3.33	Spring	1	3.76	Socket Set Screw M6 \times 16	2
3.34	Pop Pin	1	3.77	Socket Set Screw M5 \times 3	8
3.35	Small Handle	1	3.78	Socket Head Cap Screw M4 \times 15	1
3.36	Plug R $t 50 \times 100$	6	3.79	Nylon Lock Nut M10	18
3.37	Plug $\Phi 50$	1	3.80	Nylon Lock Nut M8	8
3.38	Grip	2	3.81	Hex Nut M6	2
3.39	Case	1	3.82	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	52
3.40	Plastic Tube Guide	2	3.83	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	10
3.41	Spacer $\Phi 32 \times \Phi 25.4 \times 28$	3	3.84	Arc Washer $\Phi 10$	4
3.42	Plug $\square 30 \times 70$	1	3.85	Spring Washer $\Phi 10$	8
3.43	Spacer $\Phi 17 \times 10.5$	6			



Exploded View and Parts List

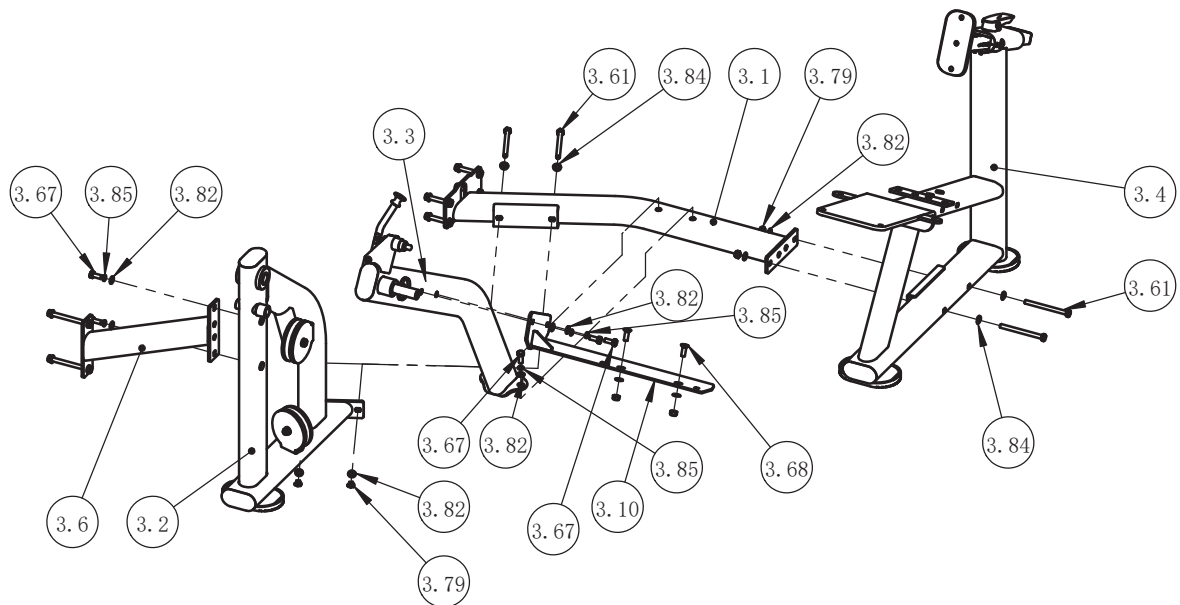
Exploded View and Parts List



Assembly

STEP 1

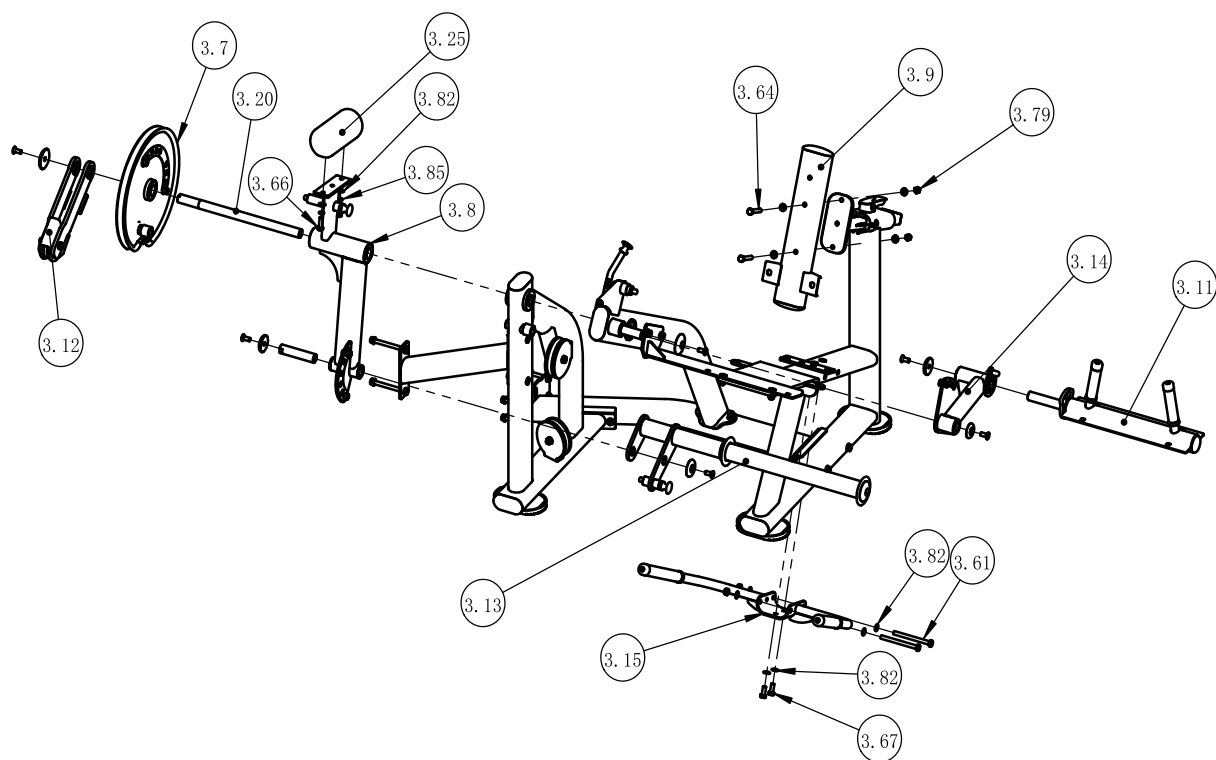
ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
3.1	Ground Connection Frame	1	3.67	Hex Head Bolt M10×25	6
3.2	Spindle Support Frame	1	3.68	Flat Head Cap Screw M10×30	2
3.3	Shaft Support	1	3.79	Nylon Lock Nut M10	6
3.4	Seat Support	1	3.82	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	16
3.6	Diagonal Reinforcement Frame	1	3.84	Arc Washer $\Phi 10$	4
3.10	Diagonalcross Brace	1	3.85	Spring Washer $\Phi 10$	6
3.61	Hex Head Bolt M10×125	4			



Assembly

STEP 2

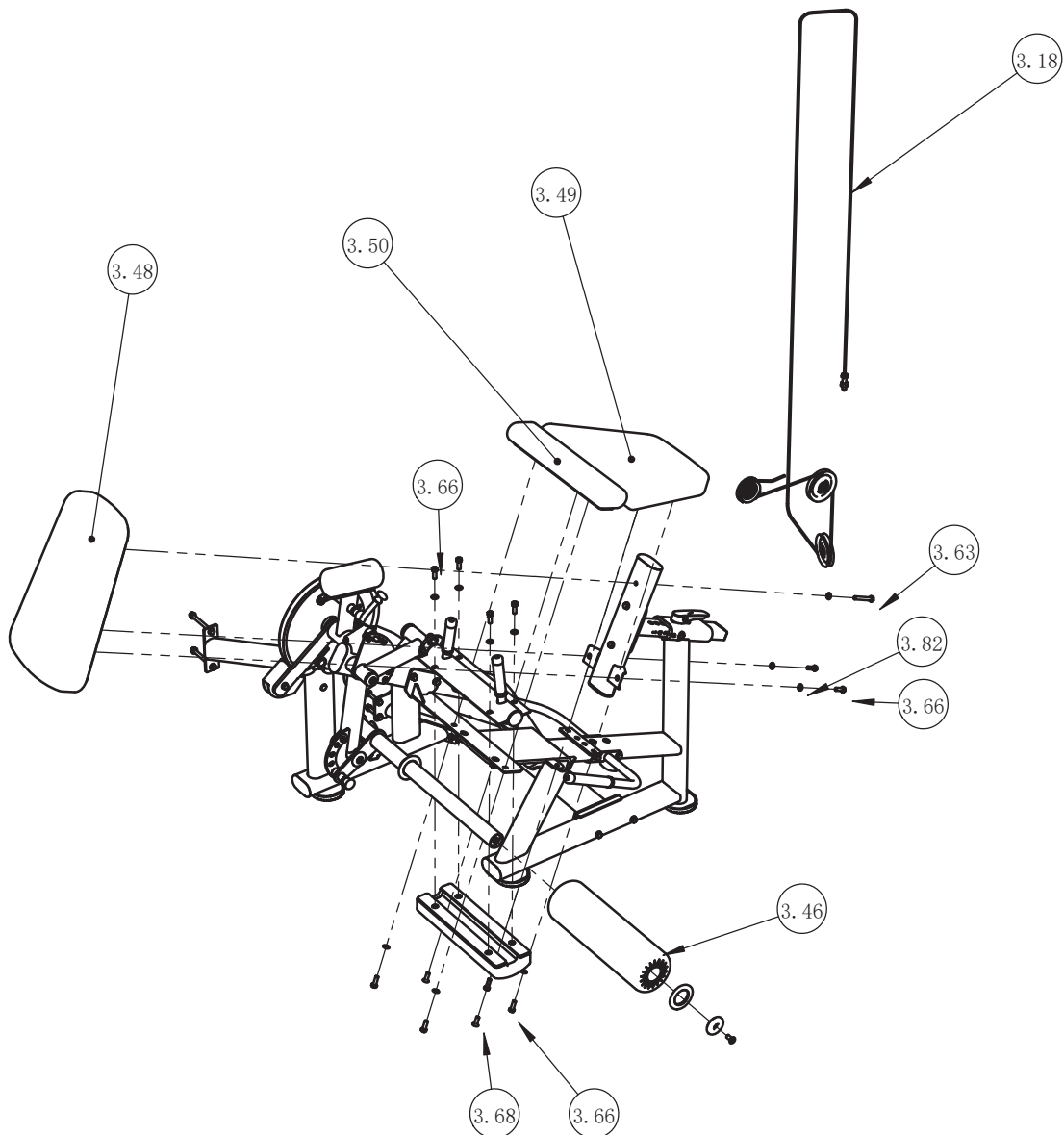
ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
3.7	Adjustable Cam	1	3.25	Clump Weight	1
3.8	Swing Rack	1	3.61	Hex Head Bolt M10×125	2
3.9	Back Pad Frame	1	3.64	Hex Head Bolt M10×70	2
3.11	Leg Holder	1	3.66	Hex Head Bolt M10×30	2
3.12	Reverse Frame	1	3.67	Hex Head Bolt M10×25	2
3.13	Foam Frame	1	3.79	Nylon Lock Nut M10	4
3.14	Leg Pressing Adjusting Frame	1	3.82	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	12
3.15	Handle Frame Assembly	1	3.85	Spring Washer $\Phi 10$	2
3.20	Pivot	1			



Assembly

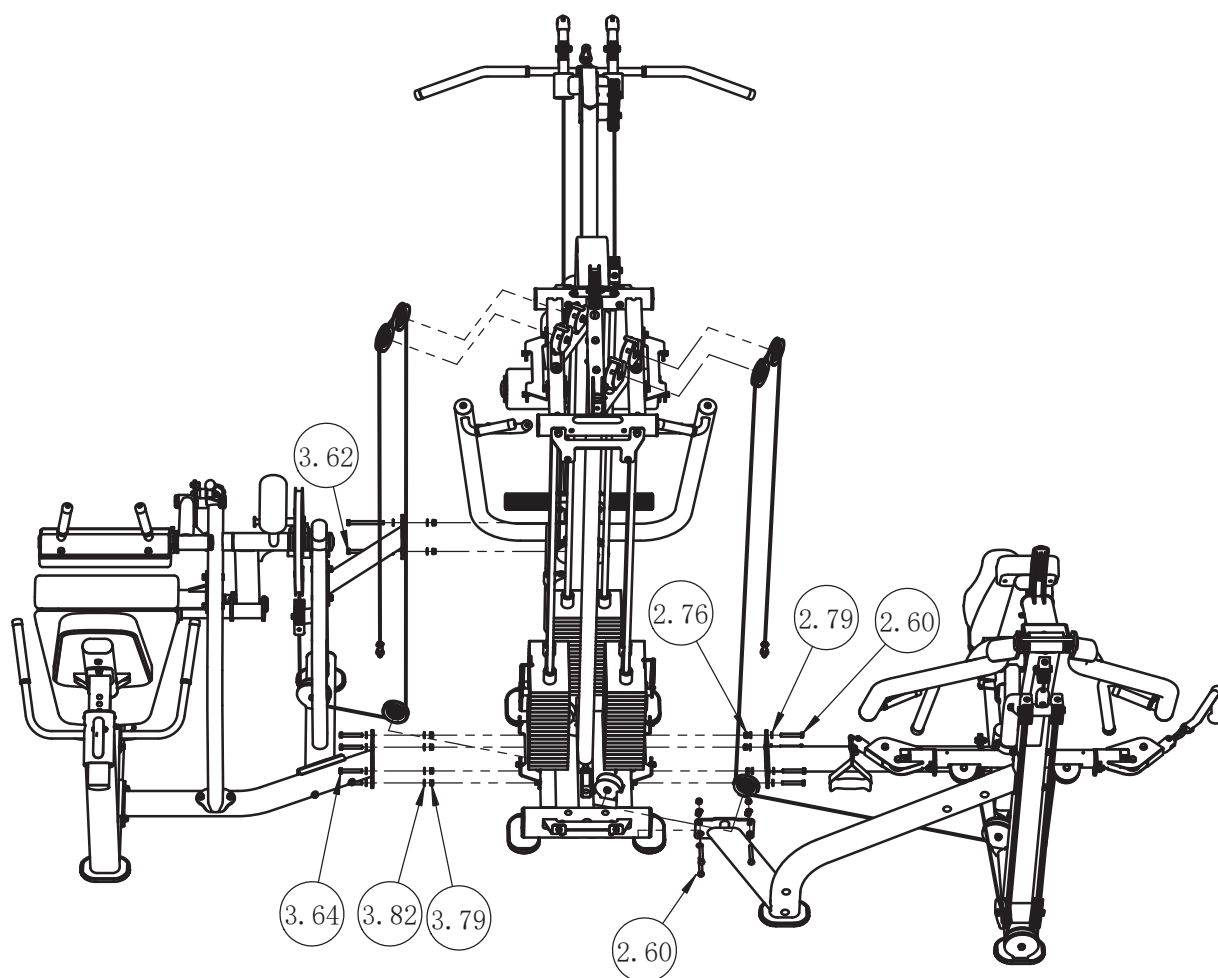
STEP 3

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
3.18	Cable Assy	1	3.63	Hex Head Bolt M10×75	1
3.46	Leatherwear Foam	1	3.66	Hex Head Bolt M10×30	10
3.48	Back Pad	1	3.68	Flat Head Cap Screw M10×30	2
3.49	Abdominal Pad	1	3.82	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	11
3.50	Seat Pad	1			



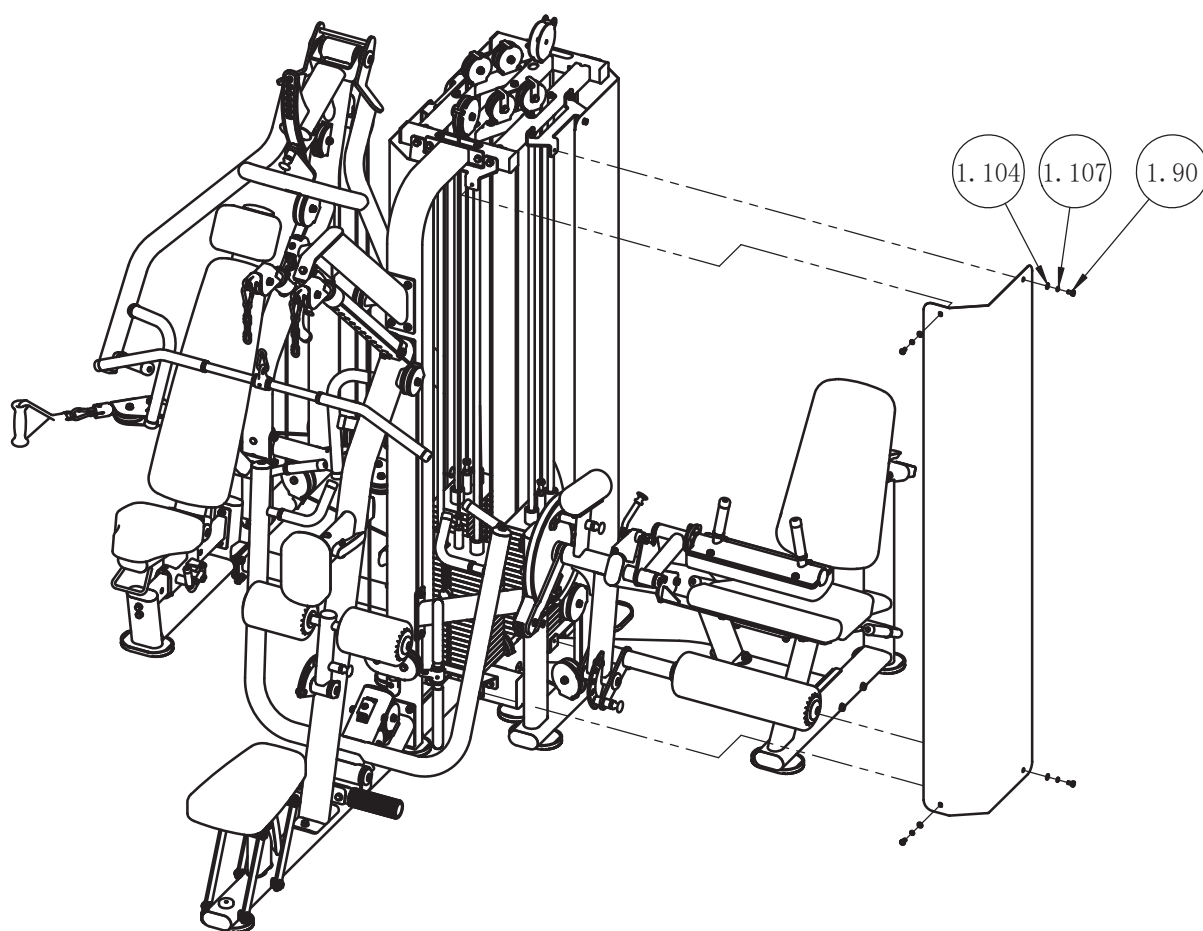
Assembly

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
2.60	Hex Head Bolt M10×70	8	3.64	Hex Head Bolt M10×70	4
2.76	Nylon Lock Nut M10	8	3.76	Socket Set Screw M6×16	6
2.79	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	16	3.79	Nylon Lock Nut M10	12
3.62	Hex Head Bolt M10×120	2			



Assembly

ITEM NO.	Description	QTY
1.90	Hex Head Bolt M8×15	16
1.104	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	16
1.107	Spring Washer $\Phi 8$	16



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.

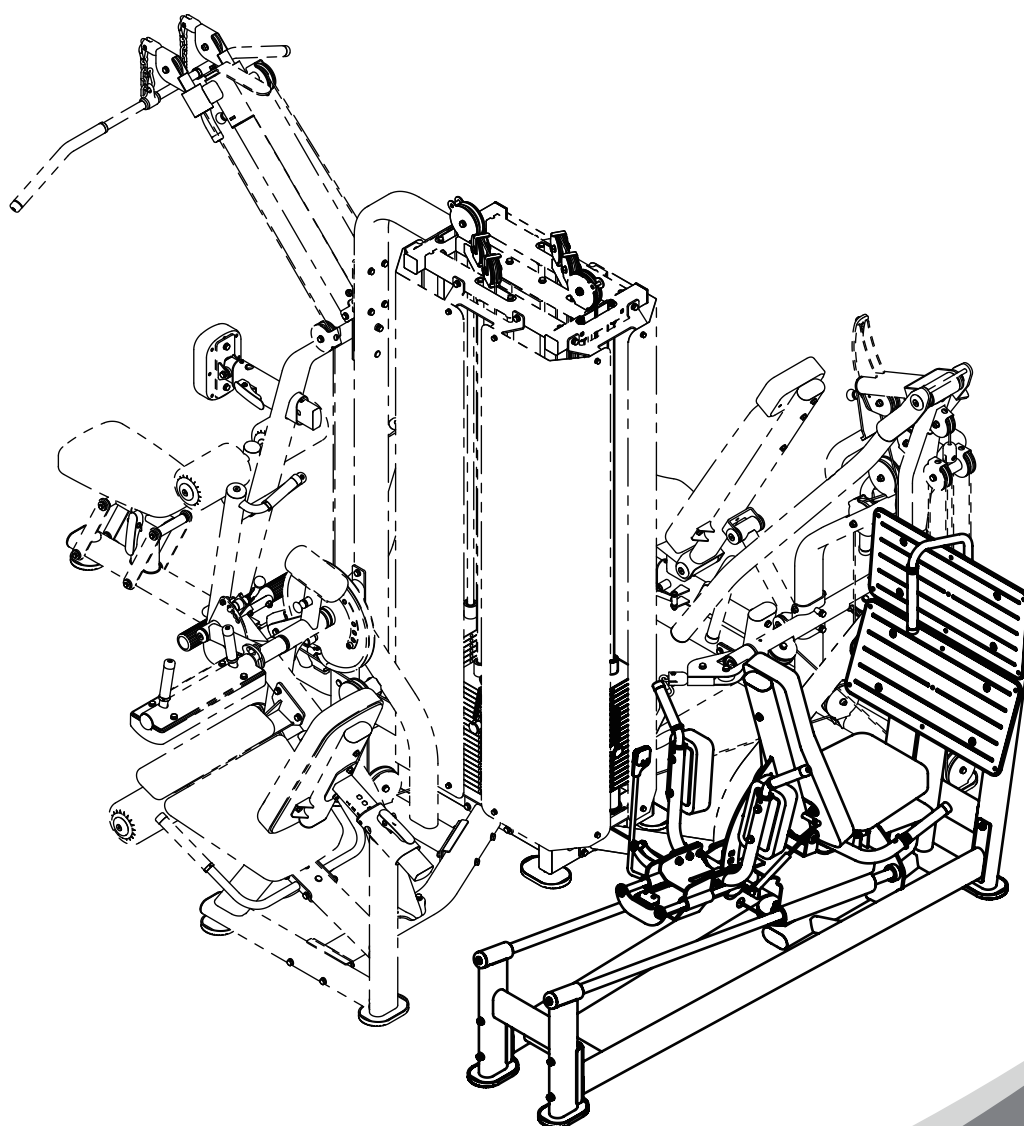
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

BS023-LP

LEG PRESS

OWNER'S MANUAL



! CAUTION

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

! 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:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * 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.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * 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.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

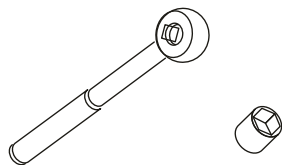
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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.

Instructions

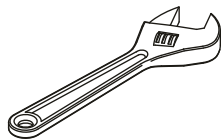
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

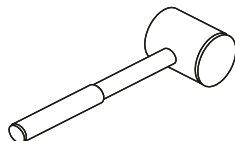
Tools Required



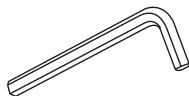
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet

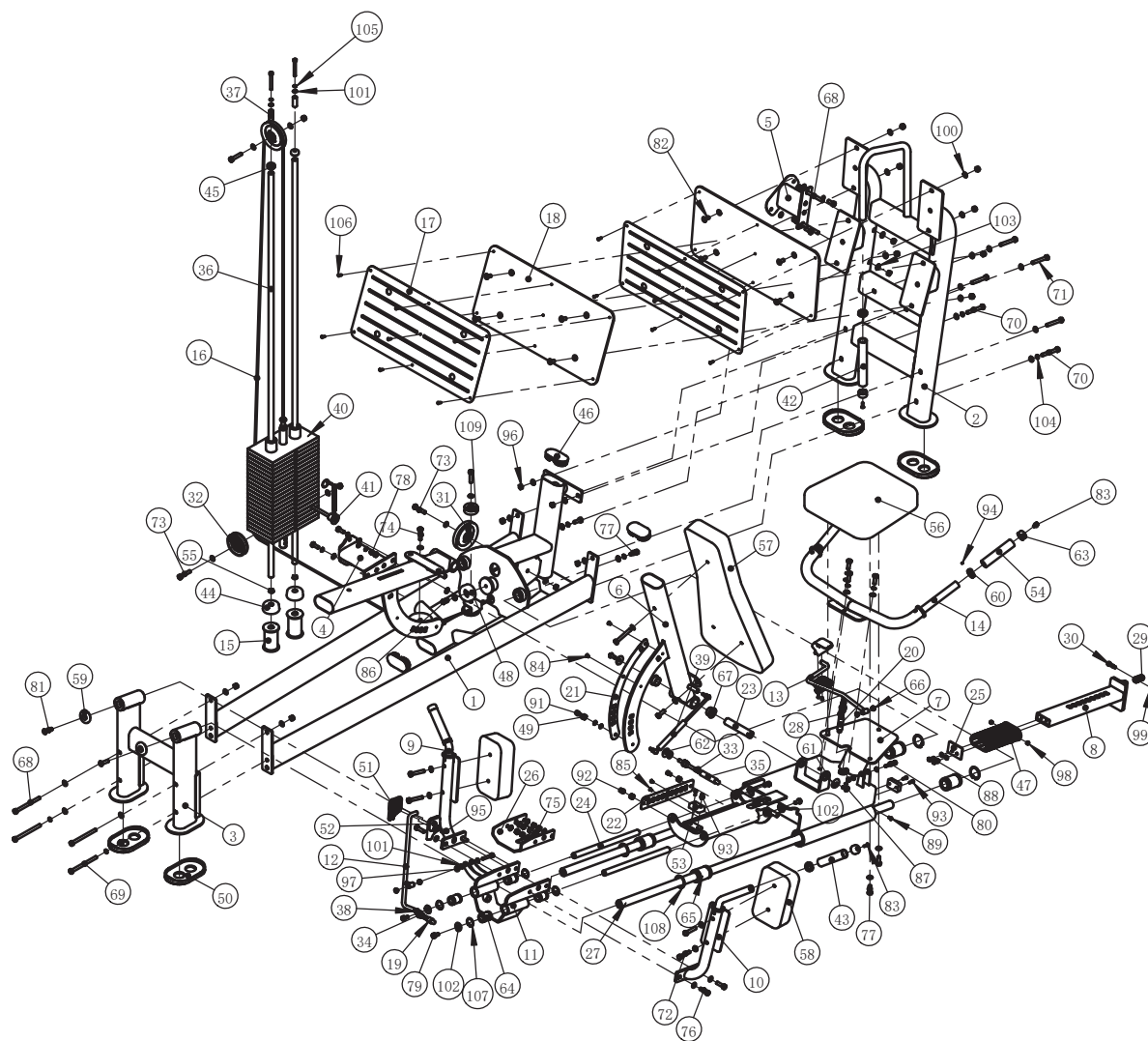


Hex Key Wrench Set

Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	56	Seat Pad	1
2	Pedal Frame	1	57	Back Pad	1
3	Back Support Frame	1	58	Shoulder Pad	2
4	Lower Connecting Frame	1	59	Shaft End Cap	2
5	Upper Connecting Frame	1	60	Aluminium Ring $\phi 25$	5
6	Connecting Frame	1	61	Small End Cap	2
7	Back Cushion Frame	1	62	Little Handle	1
8	Sliding Frame	1	63	Aluminum Ring $\phi 25$	5
9	Left Shoulder Cushion Frame	1	64	Linear Bearing $\phi 32 \times \phi 20 \times 42$	4
10	Right Shoulder Cushion Frame	1	65	Linear Bearing $\phi 47 \times \phi 30 \times 68$	4
11	Shoulder Cushion Regulating Frame	1	66	Spacer	4
12	Handle Frame	1	67	Spacer	2
13	Handle Regulating Frame	1	68	Hex Head Bolt M10 \times 125	4
14	Handle Frame	1	69	Hex Head Bolt M10 \times 130	2
15	Pad Viaduct	2	70	Hex Head Bolt M10 \times 80	2
16	Cable ASSY	1	71	Hex Head Bolt M10 \times 75	5
17	Footboard	2	72	Hex Head Bolt M10 \times 60	4
18	Foot Pedal	2	73	Hex Head Bolt M10 \times 50	3
19	Shaft $\phi 12.7 \times 90$	1	74	Hex Head Bolt M10 \times 45	2
20	Shaft $\phi 18 \times \phi 12.7 \times 121.5$	1	75	Hex Head Bolt M10 \times 40	2
21	Scratch Board	1	76	Hex Head Bolt M10 \times 35	4
22	Scratch Board	1	77	Hex Head Bolt M10 \times 30	10
23	Shaft $\phi 25.4 \times 131$	1	78	Hex Head Bolt M10 \times 25	6
24	Guide Rod $\phi 20 \times 349$	2	79	Hex Head Bolt M10 \times 20	4
25	Limit Baffle	1	80	Hex Head Bolt M8 \times 50	2
26	Stiffening Plate	1	81	Flat Head Cap Screw M10 \times 40	2
27	Guide Rod $\phi 30 \times 1473.5$	2	82	Flat Head Cap Screw M10 \times 25	8
28	Spring	2	83	Flat Head Cap Screw M6 \times 20	5
29	Cable Connector	1	84	Flat Head Cap Screw M6 \times 10	2
30	Shoulder Bolt	1	85	Flat Cap Screw M5 \times 10	2
31	4.5" Pulley	3	86	Button Head Cap Screw M10 \times 25	1
32	3.5" Pulley	1	87	Button Head Cap Screw M10 \times 20	2
33	Spring	1	88	Button Head Cap Screw M8 \times 25	2
34	Hex Nut M20	3	89	Button Head Cap Screw M6 \times 12	2
35	Shaft $\phi 18.2 \times 213$	1	90	Soket Head Cap Screw M8 \times 70	2
36	Guide Rod	2	91	Soket Head Cap Screw M8 \times 15	1
37	Auxiliary tube	2	92	Soket Head Cap Screw M8 \times 12	2
38	Chain	2	93	Soket Head Cap Screw M6 \times 15	4
39	Gap Spring	1	94	Socket Set Screw M5 \times 3	10
40	Top Plate	1	95	Cross Recess Head Screw M4 \times 10	4
41	Selector Pin W/Coil	1	96	Nylon Lock Nut M10	23
42	Grip $\phi 31 \times 205$	1	97	Nylon Lock Nut M8	2
43	Grip $\phi 31 \times 130$	2	98	Hex Nut M6	2
44	Rubber Mat $\phi 63.5 \times 25.4$	2	99	Hex Nut 5/16"-18 \times 8	1
45	Mount Sleeve $\phi 29 \times 12$	2	100	Flat Washer $\phi 11 \times \phi 20 \times 2$	62
46	Plug RT50 \times 100	3	101	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	10
47	Plastic Tube Guide	2	102	Flat Washer $\phi 11 \times \phi 30 \times 2$	4
48	Rubber Foot	1	103	Arc Washer $\phi 10$	6
49	Spacer $\phi 17 \times 10.5$	3	104	Spring Washer $\phi 10$	15
50	Rubber Foot	4	105	Spring Washer $\phi 8$	2
51	Handle Top	2	106	Rivet $\phi 5 \times 13$	14
52	Handle Bottom	2	107	Circlips for Hole $\phi 32$	4
53	Rubber Pad	2	108	Circlips for Hole $\phi 47$	4
54	Grip $\phi 31 \times 140$	2	109	Guide Pulley	1
55	Rubber Plug	2			

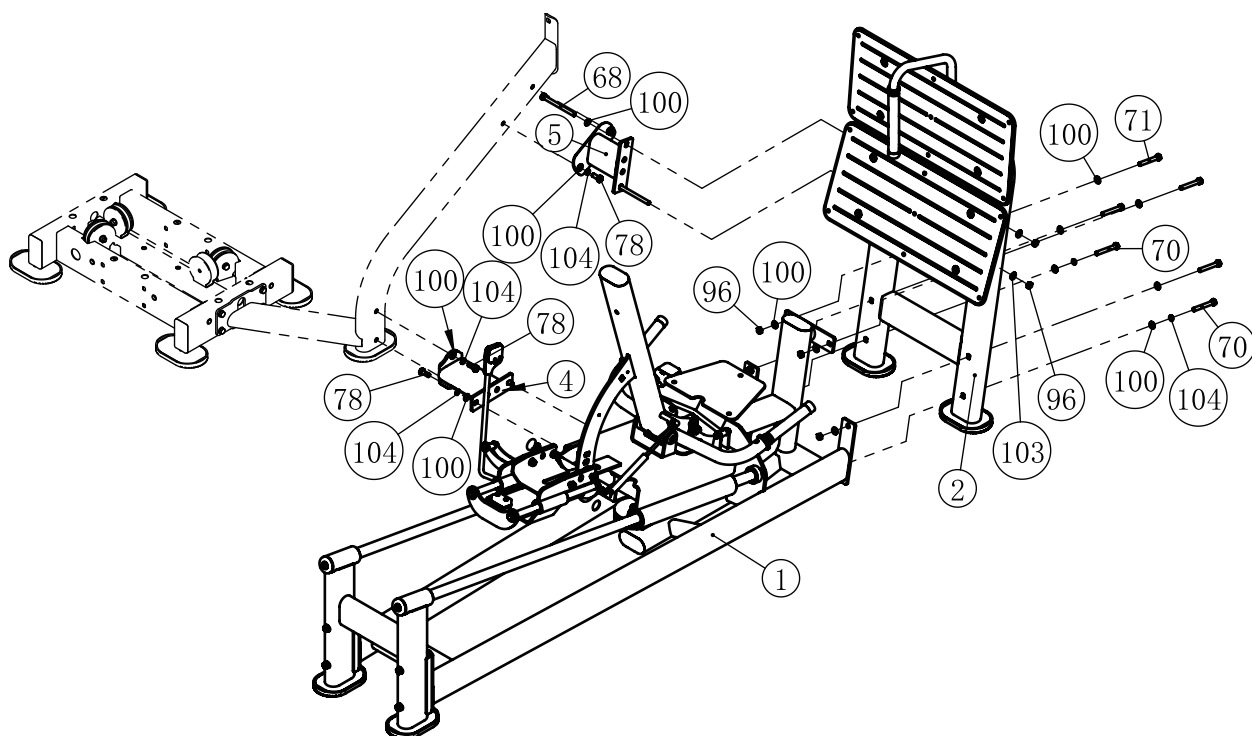
Exploded View and Parts List



Exploded View and Parts List

STEP 1

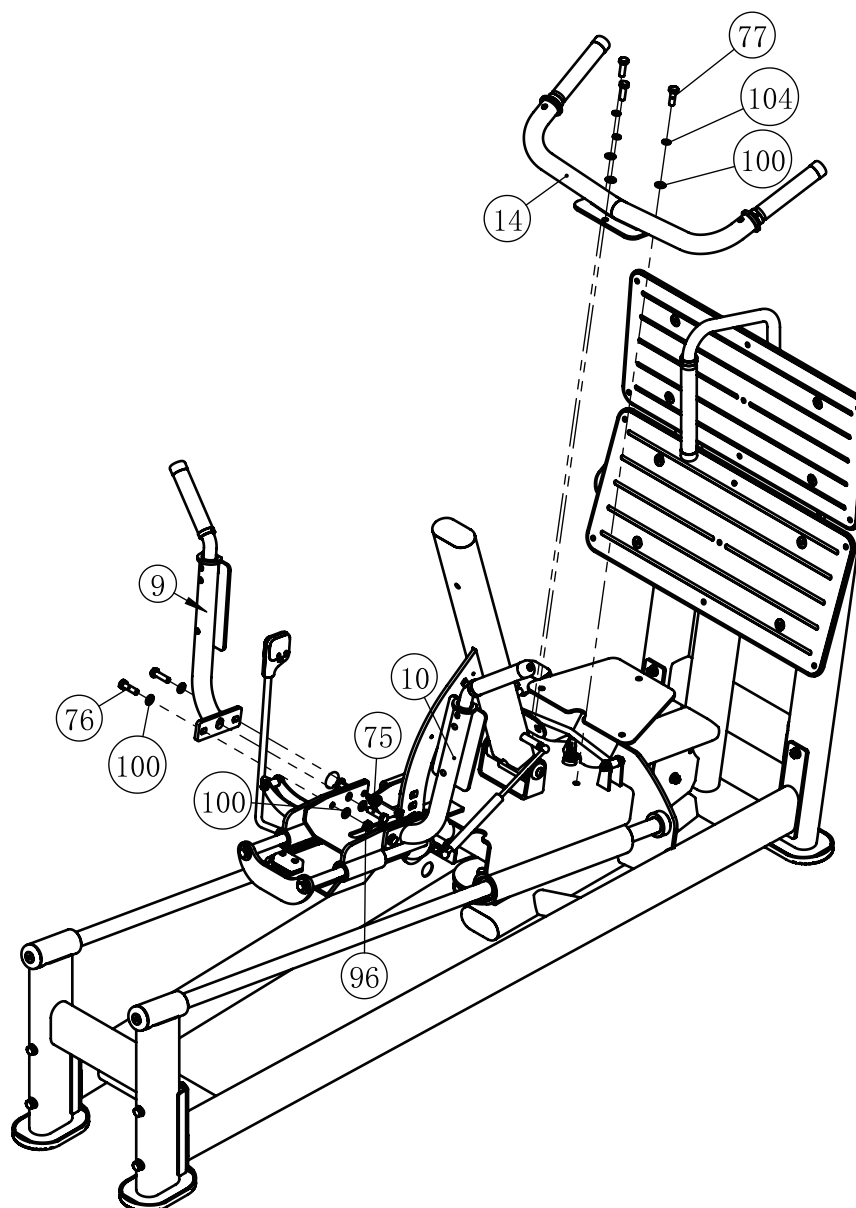
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Main Frame	1	71	Hex Head Bolt M10×75	4
2	Pedal Frame	1	78	Hex Head Bolt M10×25	6
4	Lower Connecting Frame	1	96	Nylon Lock Nut M10	6
5	Upper Connecting Frame	1	100	Flat Washer $\phi 11 \times \phi 20 \times 2$	18
68	Hex Head Bolt M10×125	2	103	Arc Washer $\phi 10$	2
70	Hex Head Bolt M10×80	2	104	Spring Washer $\phi 10$	8



Exploded View and Parts List

STEP 2

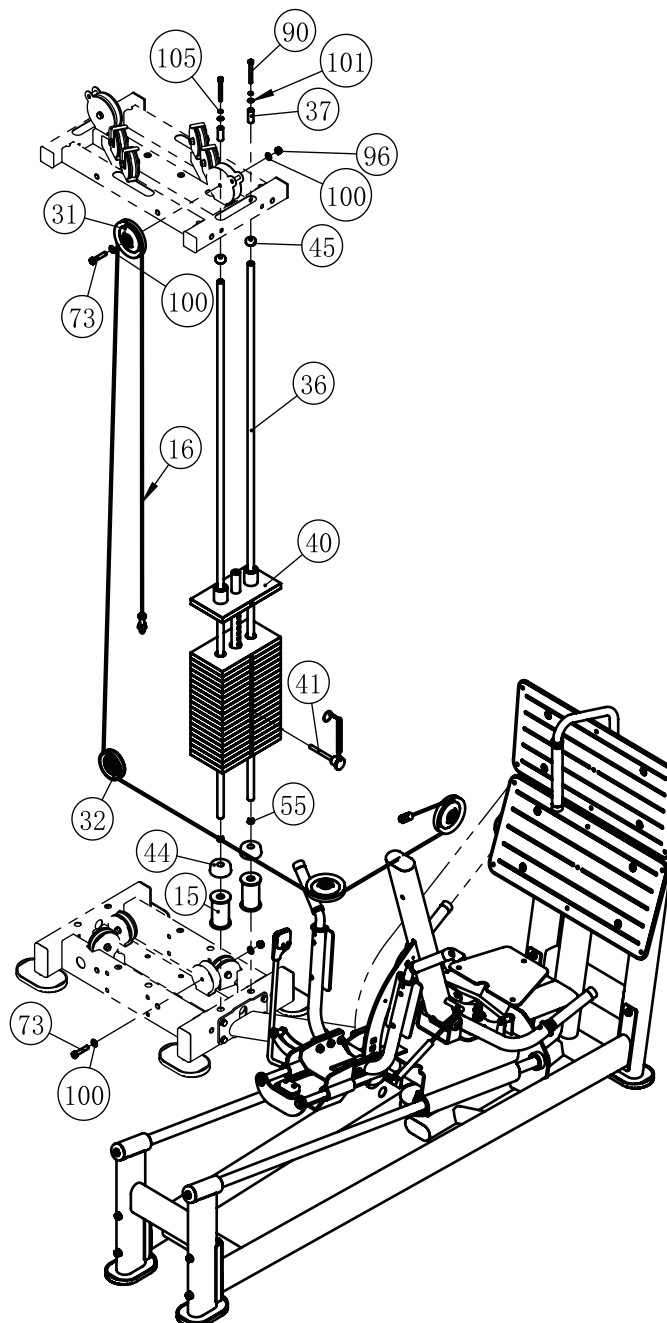
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
9	Left Shoulder Cushion Frame	1	77	Hex Head Bolt M10×30	3
10	Right Shoulder Cushion Frame	1	100	Flat Washer $\phi 11 \times \phi 20 \times 2$	5
14	Handle Frame	1	104	Spring Washer $\phi 10$	3
75	Hex Head Bolt M10×40	2			



Exploded View and Parts List

STEP 3

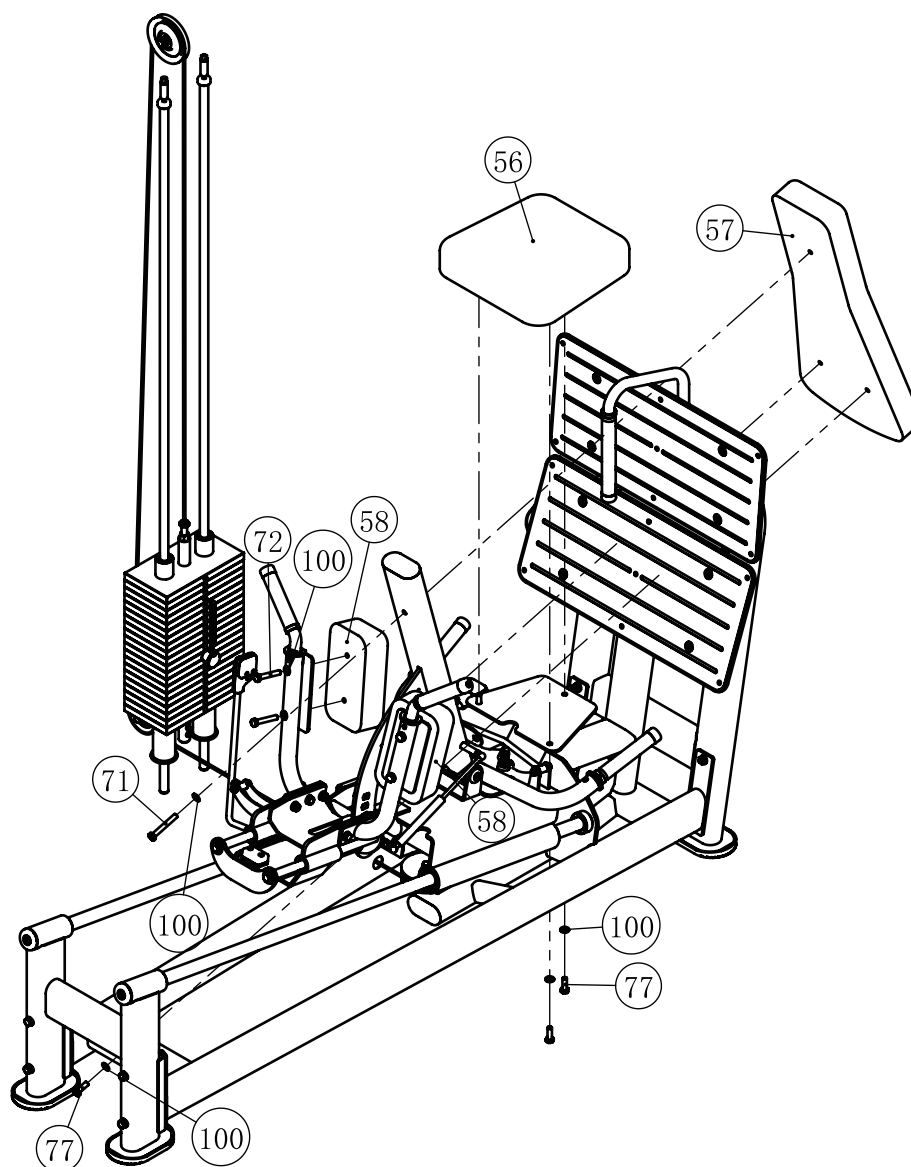
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
15	Pad Viaduct	2	44	Rubber Mat $\phi 63.5 \times 25.4$	2
16	Cable ASSY	1	45	Mount Sleeve $\phi 29 \times 12$	2
31	4.5" Pulley	1	73	Hex Head Bolt M10 \times 50	2
32	3.5" Pulley	1	90	Socket Head Cap Screw M8 \times 70	2
36	Guide Rod	2	96	Nylon Lock Nut M10	2
37	Auxiliary tube	2	100	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
40	Top Plate	1	101	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
41	Selector Pin W/Coil	1	105	Spring Washer $\phi 8$	2



Exploded View and Parts List

STEP 4

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
56	Seat Pad	1	72	Hex Head Bolt M10×60	4
57	Back Pad	1	77	Hex Head Bolt M10×30	5
58	Shoulder Pad	2	100	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
71	Hex Head Bolt M10×75	1			



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.
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- * Replace ripped or worn upholstery immediately.
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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