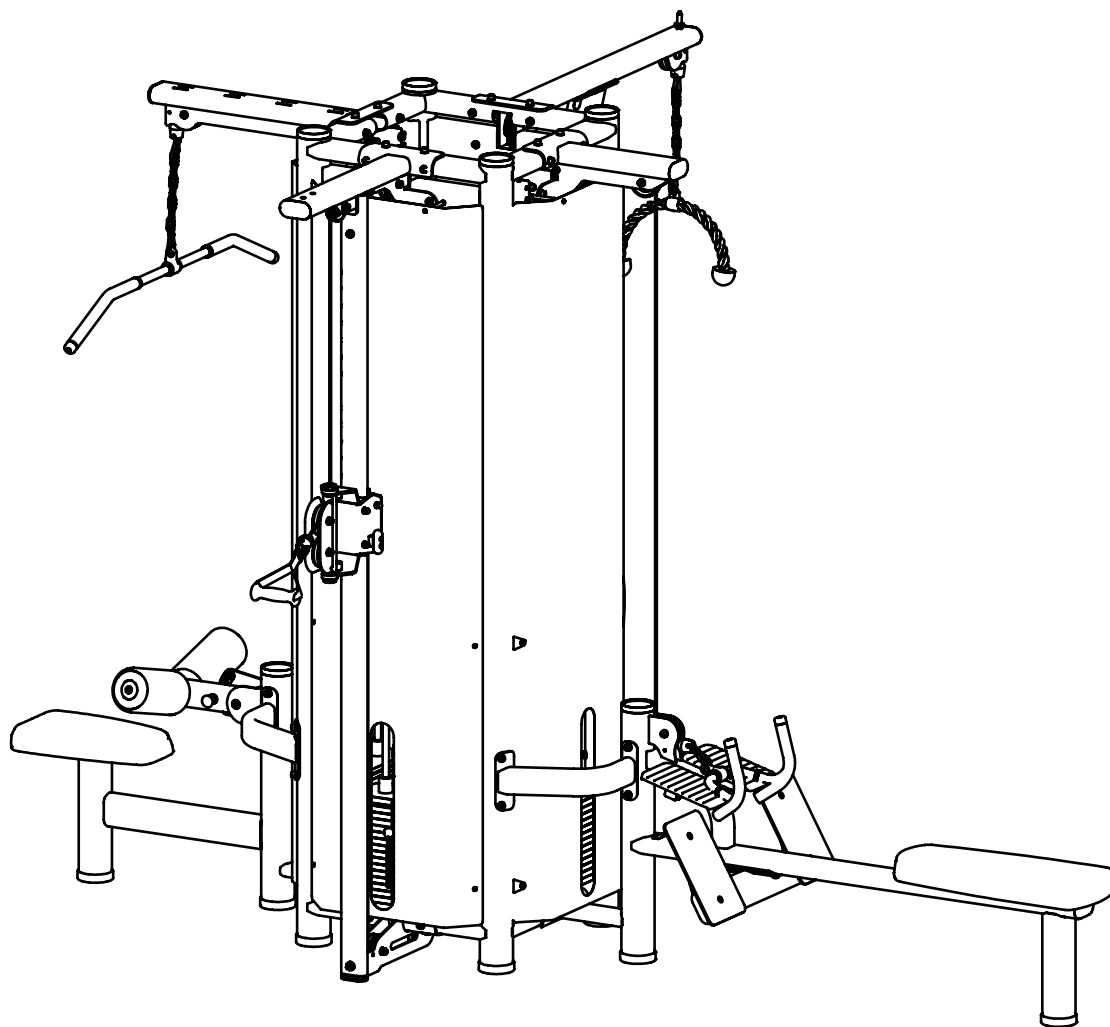


RE8023

4 STACK MULTI-STATION

OWNER'S MANUAL



! CAUTION

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

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:

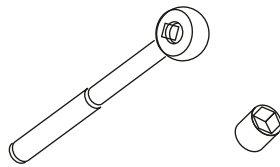
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Instructions

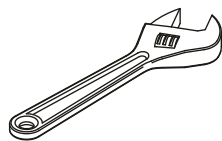
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

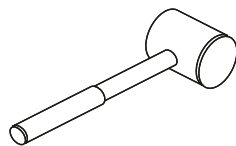
Tools Required



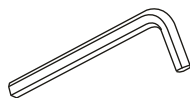
Ratchet Wrench and Socket



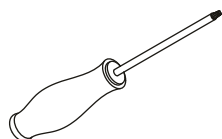
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Parts List

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

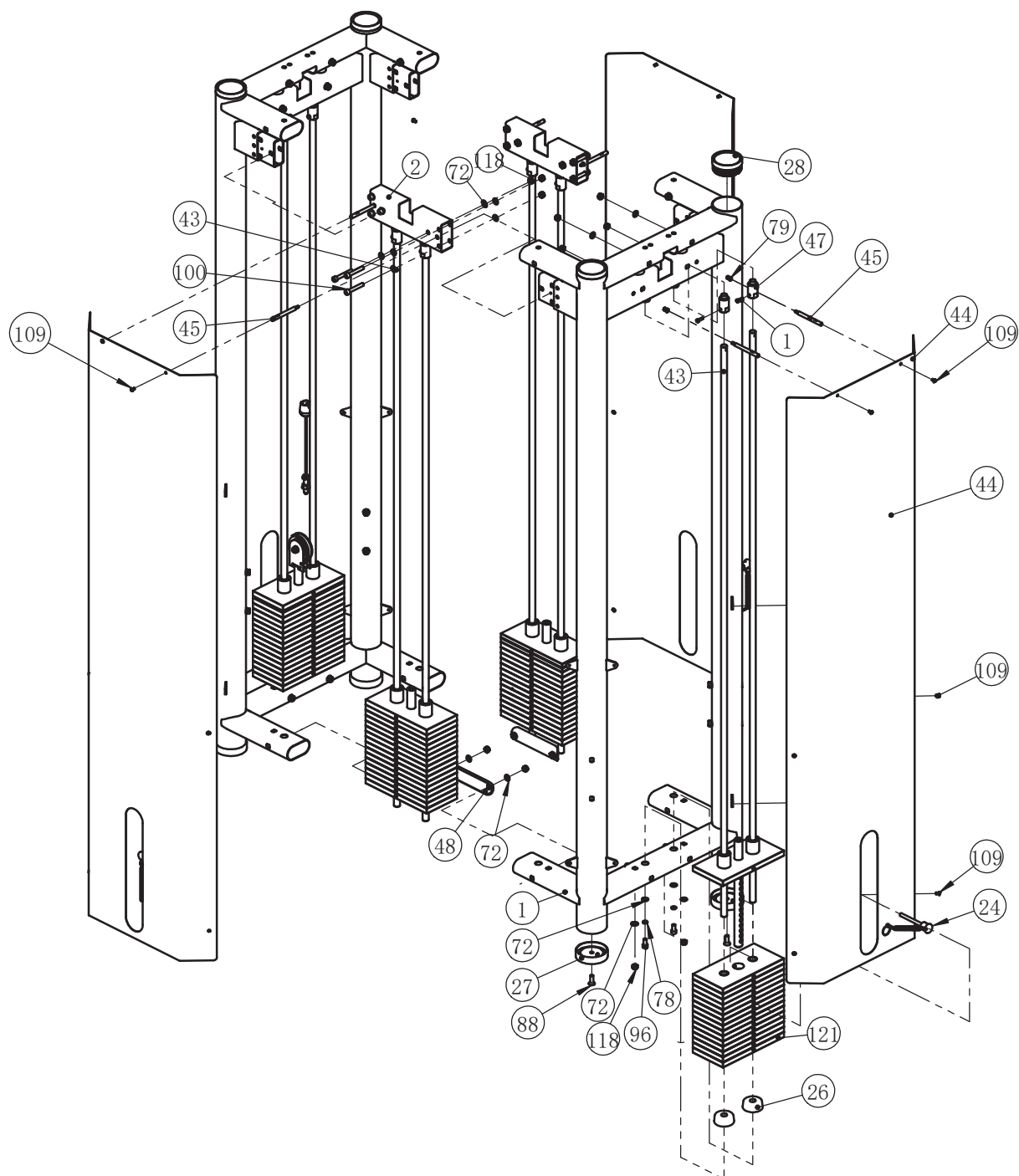
Item No	Description	QTY	Item No	Description	QTY
1	Door Frame	2	31	Foot Pad	2
2	Connecting Frame1	2	32	Put The Gloves On ST $\phi 30 \times \phi 22 \times 240$	2
3	Connecting Frame2	1	33	PlugF38	2
4	Foot Pedal Fixing Frame	1	34	Put The Gloves On $\phi 30 \times \phi 22 \times 415$	2
5	Upper Fixing Frame	1	35	FOAM End Cap	4
6	Connecting Frame2	4	36	Spacer Sleeve $\phi 20 \times \phi 10.5 \times 10$	1
7	Main Frame	1	37	Spacer $\phi 17 \times 10.5$	2
8	High Pull Upper Fixing Frame	1	38	Plug RT40 $\times$ 80	2
9	Upper Fixing Frame	1	39	Nylon Limit Sleeve $\phi 30 \times \phi 10.5 \times 10$	1
10	Support Frame	1	40	Nylon Limit Sleeve $\phi 25 \times \phi 10.5 \times 22$	2
11	Pedal	2	41	Sliding Wheel	4
12	Steel Cable Assembly	1	42	Plastic Board Attached To The Ground	1
13	Steel Cable Assembly	1	43	Guide Rod	8
14	Steel Cable Assembly	1	44	Front Cover	4
15	Steel Cable Assembly	1	45	Shield Top Pillar	8
16	Upper Connecting Frame	1	46	Handle Placement Board	2
17	Sliding Wheel Frame	1	47	Guide Rod Positioning Shaft	8
18	Rotating Pulley Frame1	1	48	Vertical Curved External FixingPlate	2
19	FOAM Frame	1	49	Aluminum Head $\phi 25$	4
20	High Pull Handle	1	50	Aluminium Ring $\phi 25$	4
21	Low Pull Handle	1	51	End Cap $\phi 54$	2
22	Rotating Pulley Frame2	1	52	Lining Plate	1
23	Left Sliding Frame	1	53	Elastic Pin Assembly	1
24	Select Iron Pin Combination	4	54	FOAM Frame Pivot	1
25	Counterweight Iron Components	4	55	Copper Bearing	4
26	Rubber Pad $\phi 63.5 \times \phi 19 \times 25.4$	8	56	Pulley Spacer Sleeve	2
27	Rubber Pad $\phi 101 \times 23.6$	9	57	Regulating Tube	1
28	Plug $\phi 94.5 \times 41$	6	58	Rotating Sleeve	2
29	Plug RT50 $\times$ 100	7	59	Cap nut M8	4
30	Small Pulley	11	60	Socket Head Cap Screw M8 $\times$ 120	4

Parts List

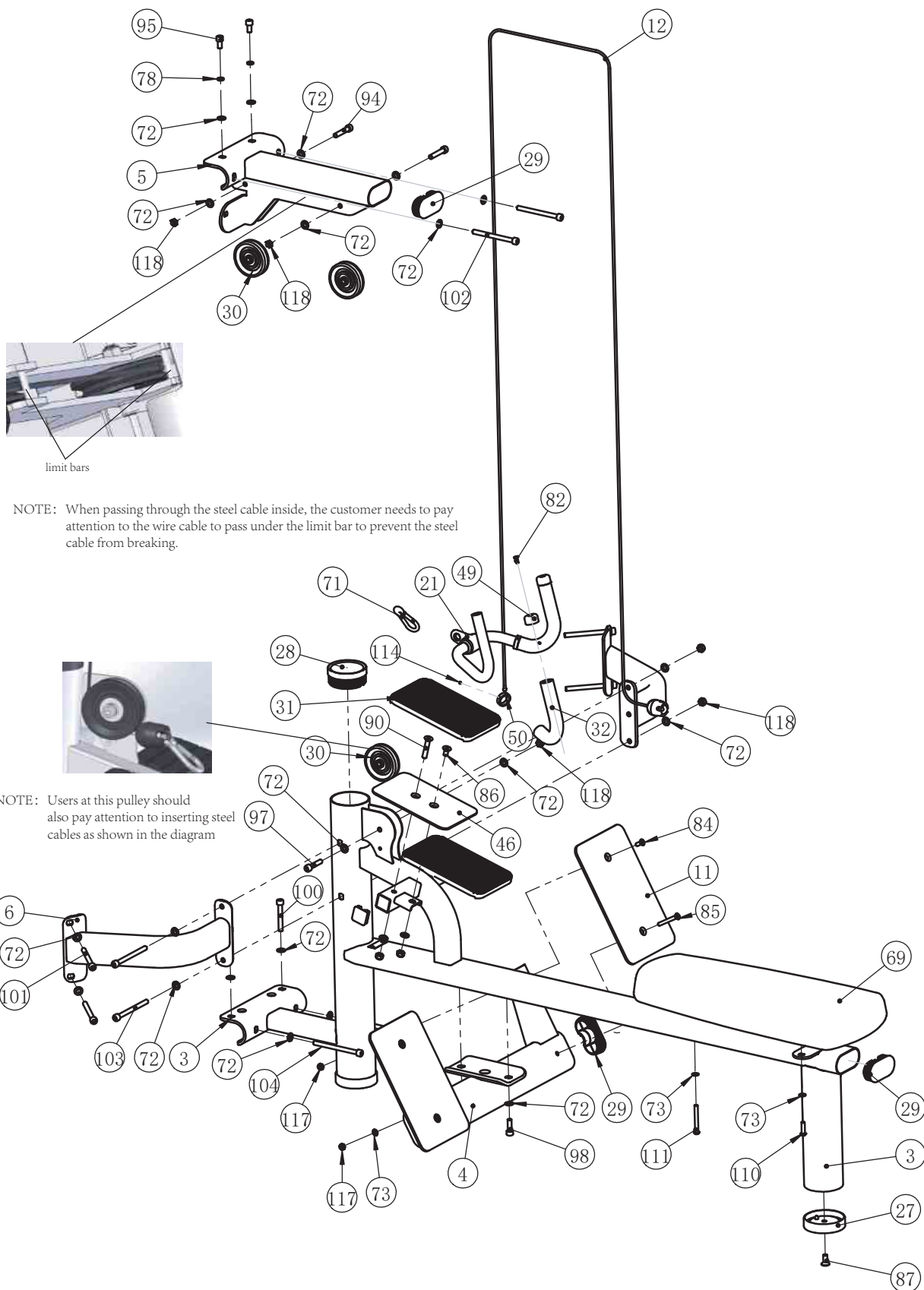
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No	Description	QTY	Item No	Description	QTY
61	Roller spacer sleeve	8	92	Seven link chain	2
62	Long Elastic Pin	1	93	Soket Head Cap Screw M8×120	2
63	Small Aluminum Pulley	4	94	Socket Head Cap Screw M10×55	7
64	Tension Sleeve Set	1	95	Socket Head Cap Screw M10×20	16
65	Pull Rope	1	96	Socket Head Cap Screw M10×25	2
66	FOAM	2	97	Socket Head Cap Screw M10×50	5
67	Cushion	1	98	Socket Head Cap Screw M10×30	3
68	Cushion	1	99	Socket Head Cap Screw M10×65	9
69	Cushion	1	100	Socket Head Cap Screw M10×70	19
70	Bearing608-2Z	8	101	Socket Head Cap Screw M10×115	8
71	Gourd Hook	6	102	Socket Head Cap Screw M10×120	8
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	160	103	Socket Head Cap Screw M10×125	8
73	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	19	104	Socket Head Cap Screw M10×130	4
74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	6	105	Socket Head Cap Screw M6×20	8
75	Adjust the handle	1	106	Socket Head Cap Screw M12×55	1
76	Flat Head Cap Screw M5×30	2	107	Socket Head Cap Screw M12×75	1
77	Spring Washer $\phi 12$	2			
78	Spring Washer $\phi 10$	18	109	Button Head Cap Screw M6×10	24
79	Flat Headed Hexagonal Rivet Nut M6×13.5	4	110	Button Head Cap Screw M8×30	4
80	Rivet Nut M10×19.5	1	111	Button Head Cap Screw M8×70	1
81	Flat Cap Screw M5×15	2	112	Button Head Cap Screw M12×25	1
82	Flat Head Cap Screw M6×16	2	113	Button Head Cap Screw M12×100	1
83	Flat Head Cap Screw M6×16	2	114	Socket Set Screw M5×3	8
84	Flat Head Cap Screw M8×20	2	115	Socket Set Screw M6×10	4
85	Flat Head Cap Screw M8×65	2	116	Rivets $\phi 4 \times 8$	2
86	Flat Head Cap Screw M10×20	2	117	Nylon Lock Nut M8	6
87	Flat Head Cap Screw M10×25	5	118	Nylon Lock Nut M10	72
88	Flat Head Cap Screw M10×30	4	119	Nylon Lock Nut M12	2
89	Flat Head Cap Screw M10×35	2	120	LSHMP	1
90	Flat Head Cap Screw M10×55	2	121	Choose Iron	60
91	Soket Head Cap Screw M8×20	2			

Exploded View



Exploded View

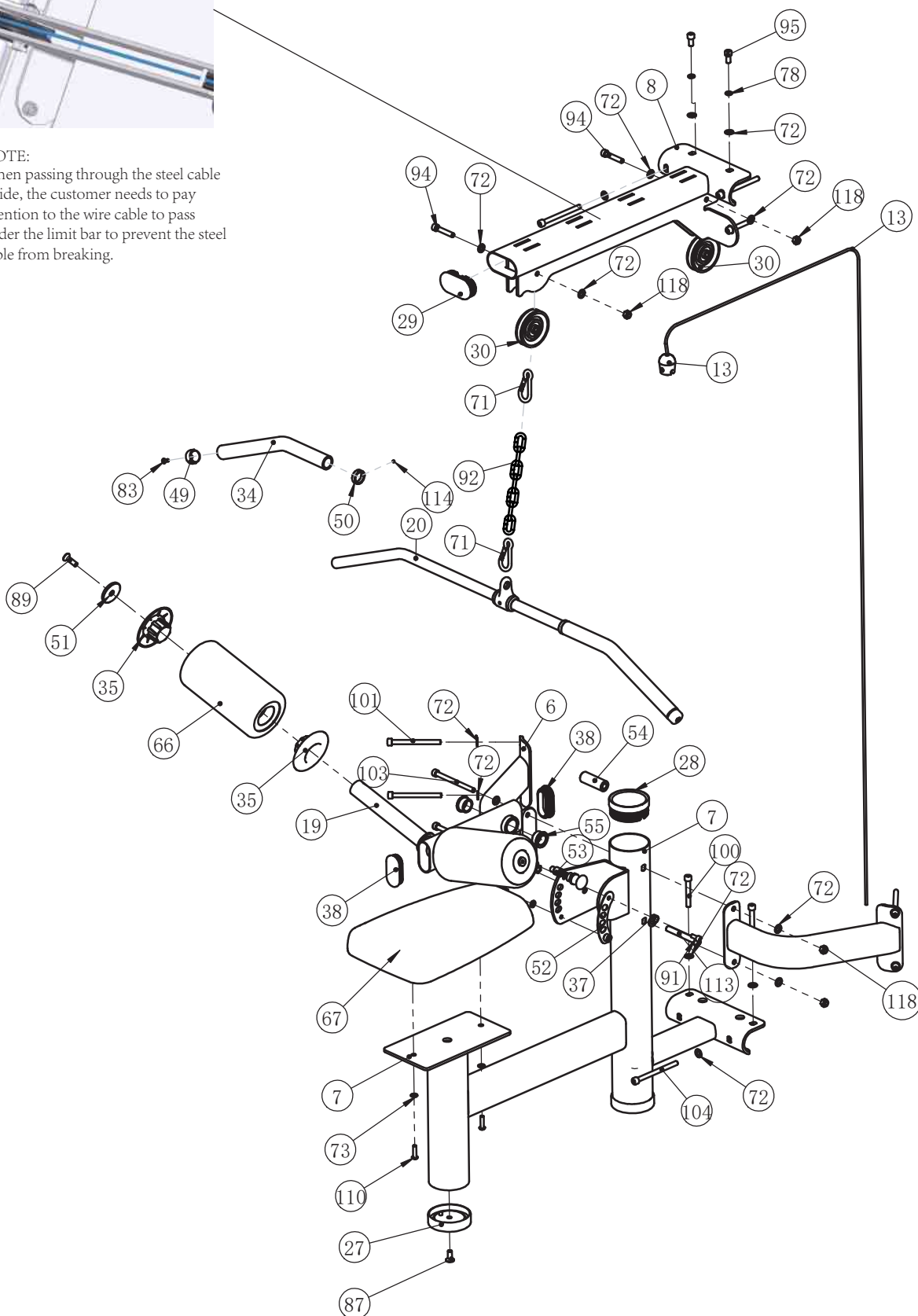


Exploded View

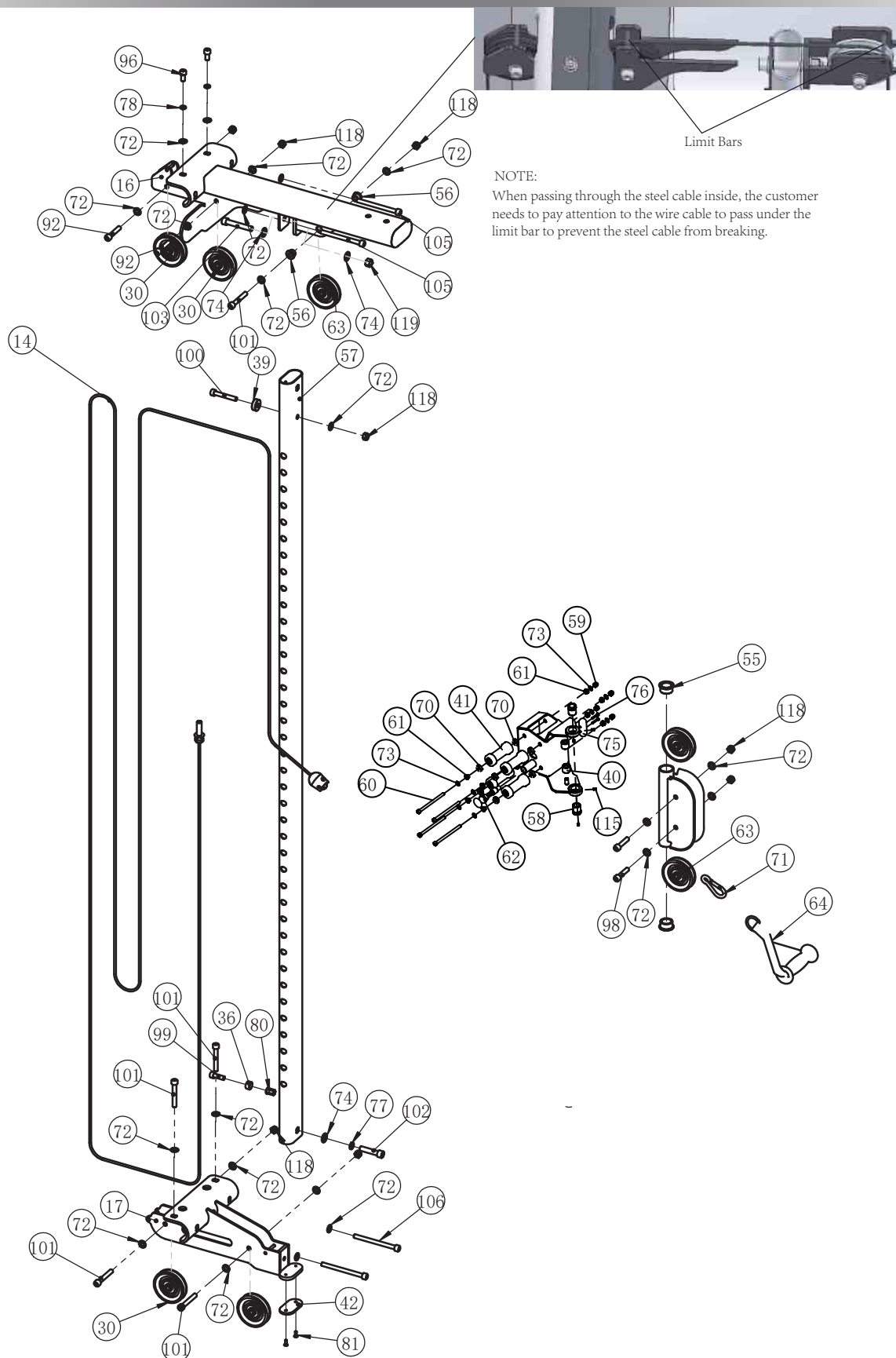


NOTE:

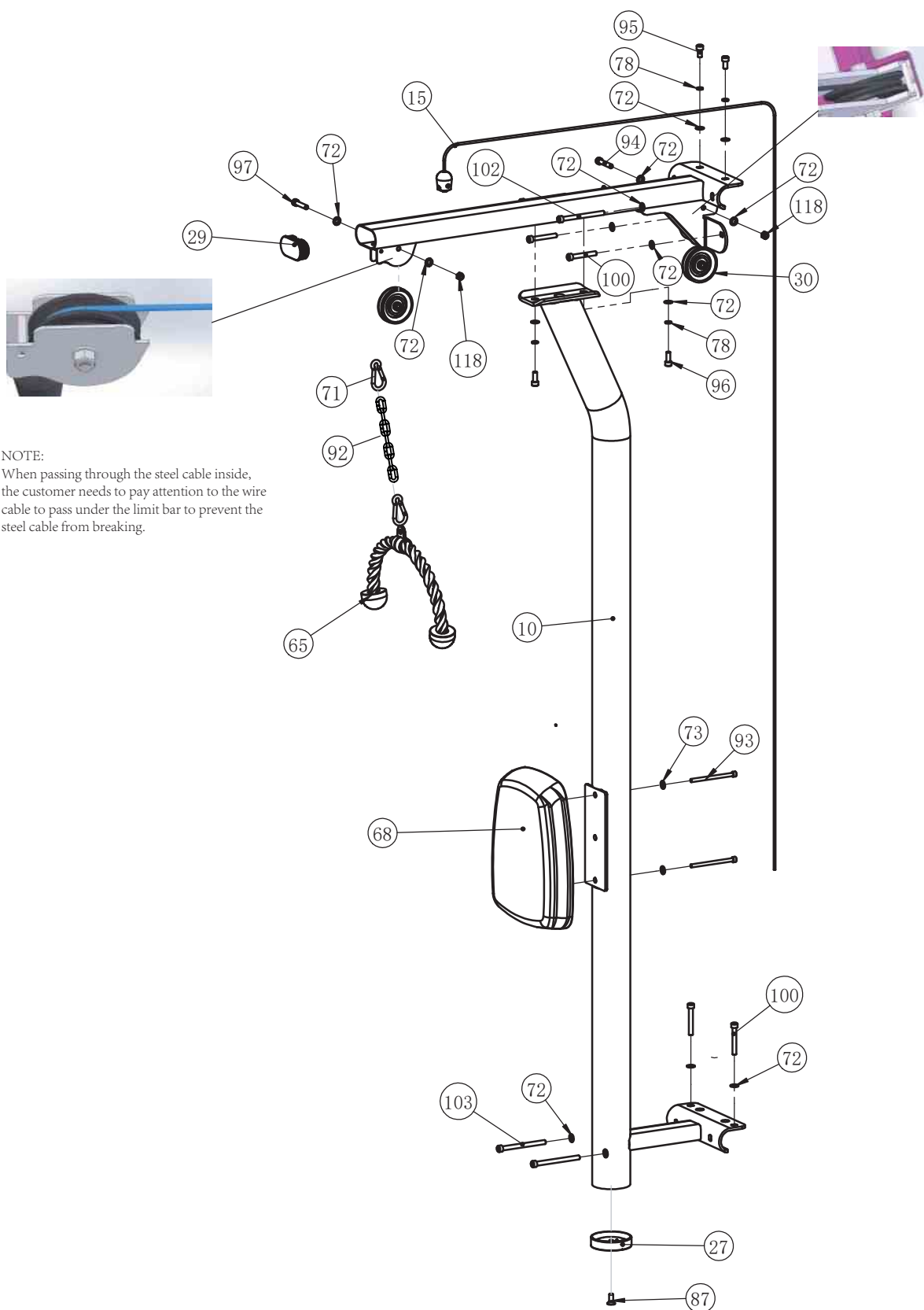
When passing through the steel cable inside, the customer needs to pay attention to the wire cable to pass under the limit bar to prevent the steel cable from breaking.



Exploded View



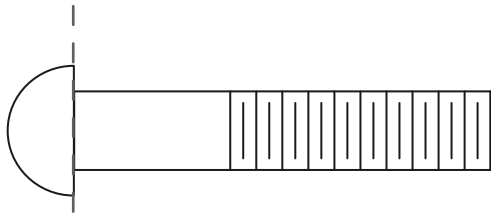
Exploded View



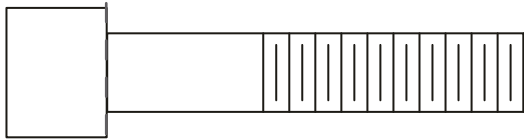
NOTE:

When passing through the steel cable inside, the customer needs to pay attention to the wire cable to pass under the limit bar to prevent the steel cable from breaking.

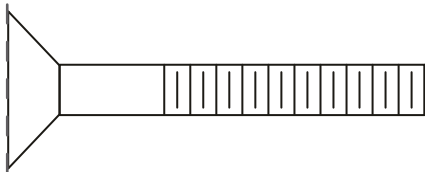
Measurement Guide



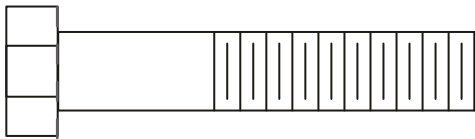
BHCS = Button Head Cap Screw



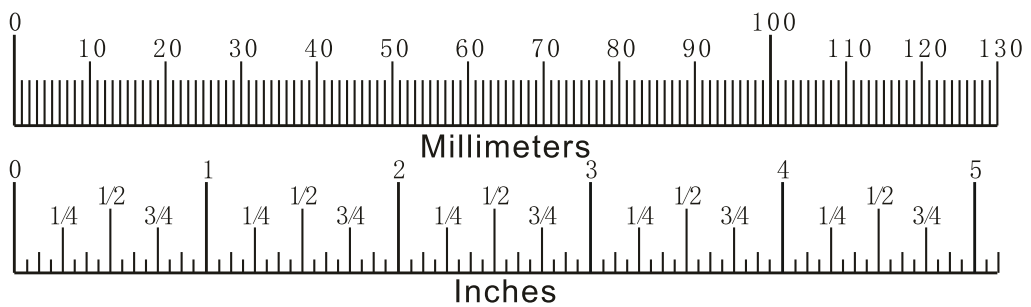
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

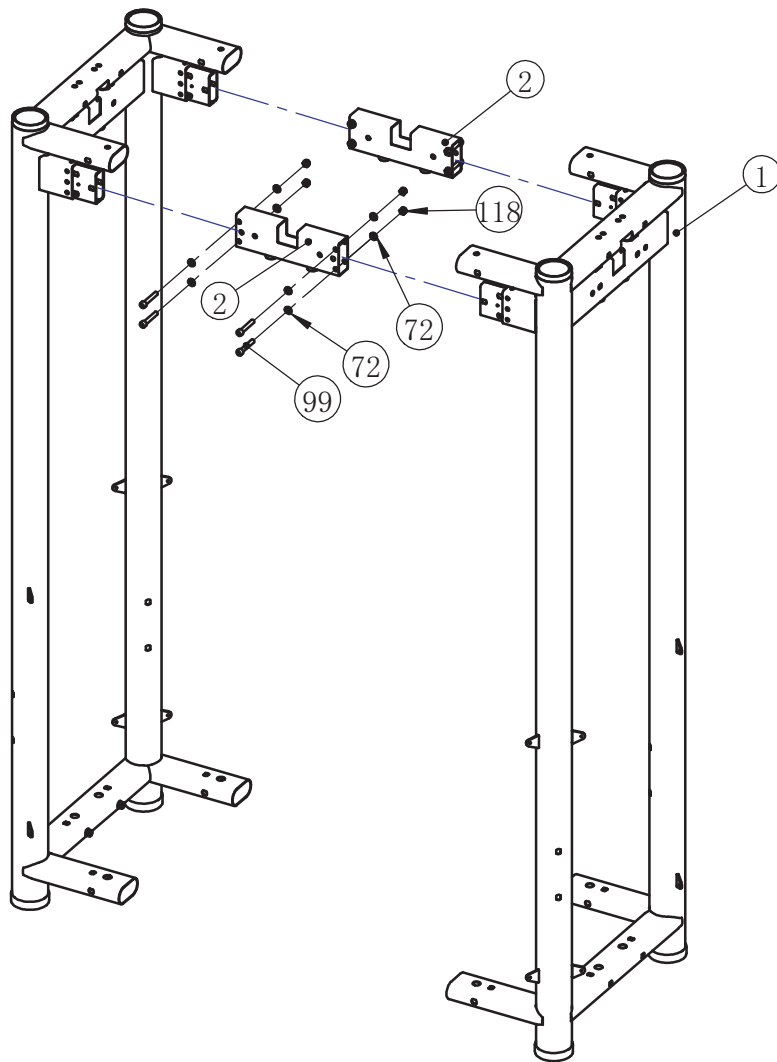
NOTE

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

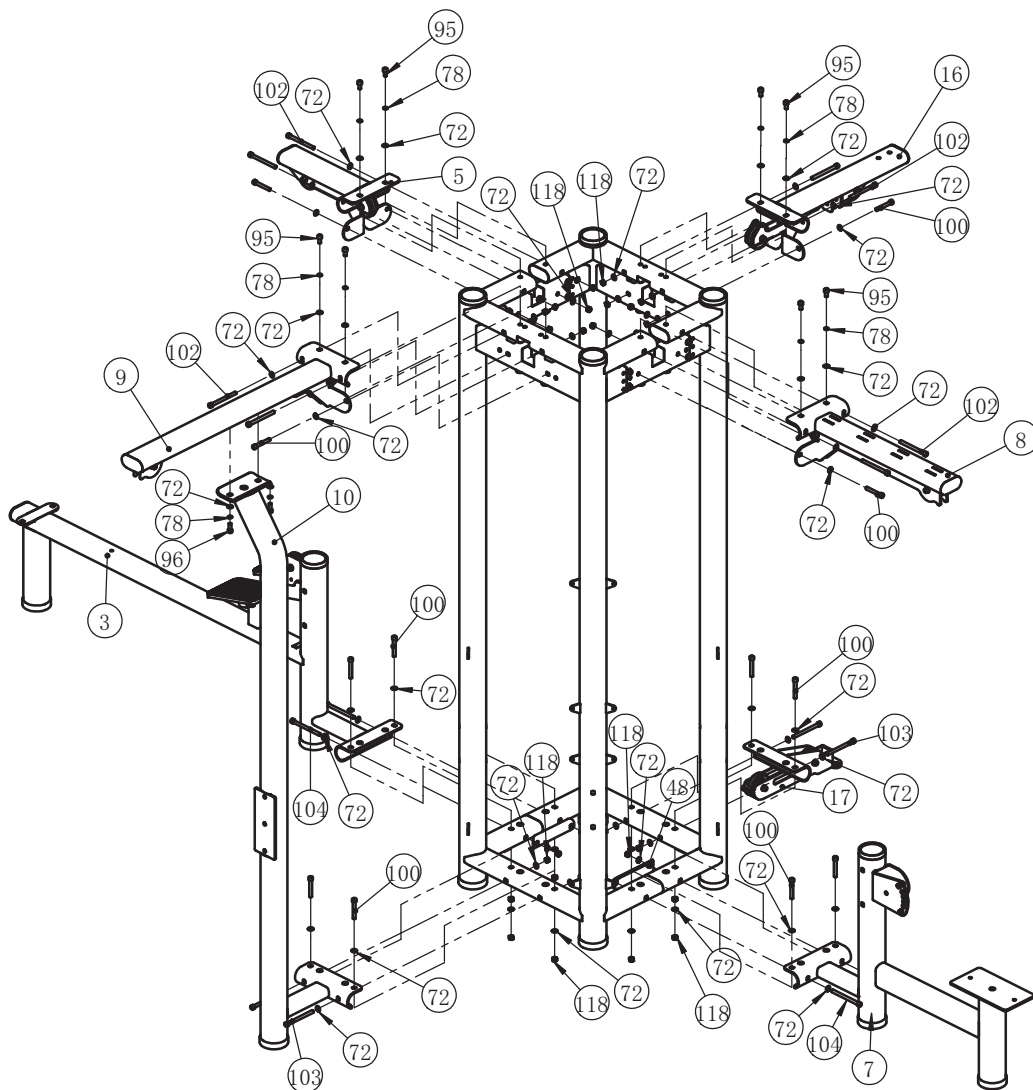
Item No	Description	QTY	Item No	Description	QTY
1	Door Frame	2	99	Socket Head Cap Screw M10×65	8
2	Connecting Frame	2	118	Nylon Lock Nut M10	8
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	16			



Assembly

STEP 2

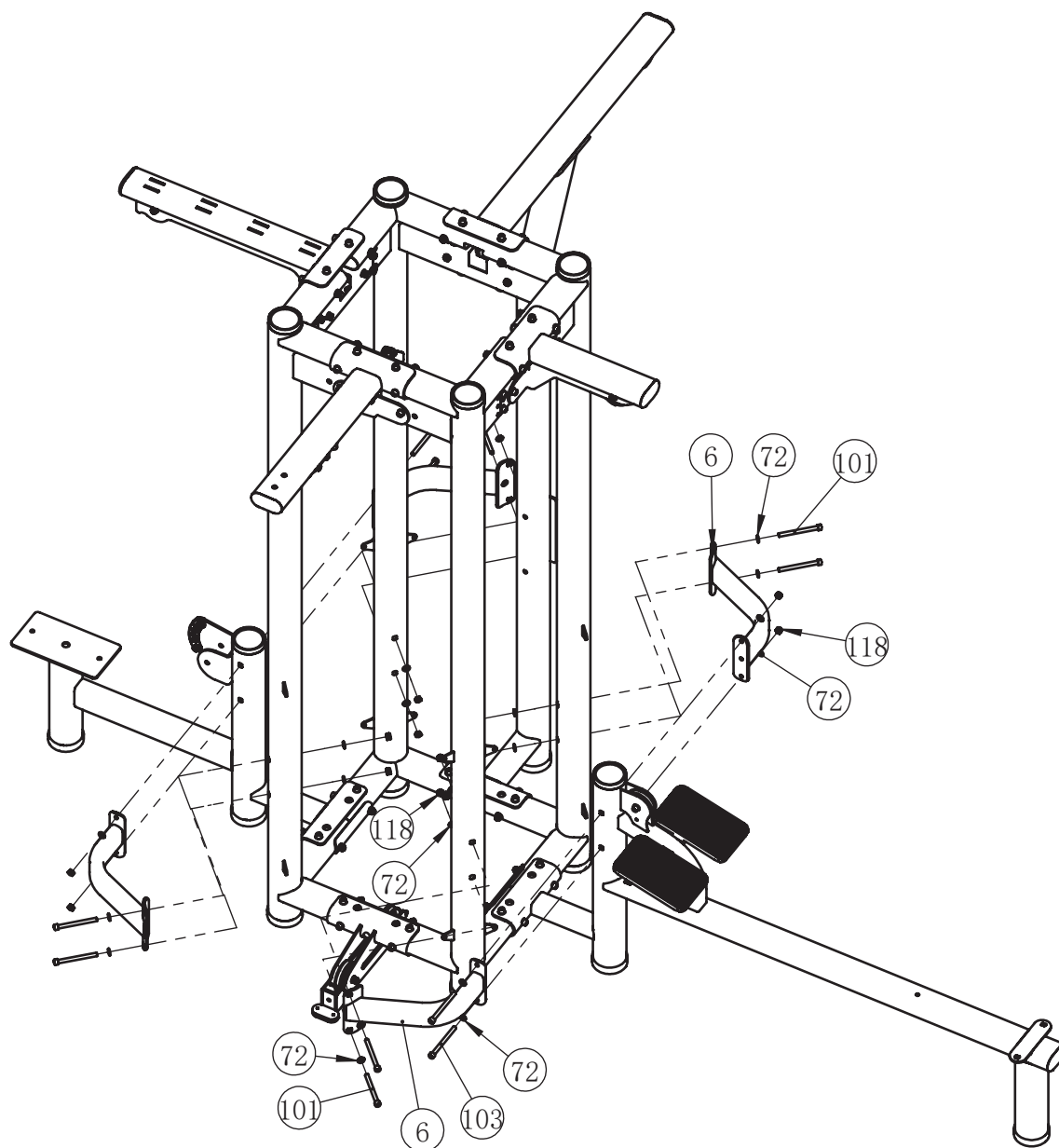
Item No	Description	QTY	Item No	Description	QTY
3	Connecting Frame2	1	78	Spring Washer $\phi 10$	10
5	Upper Fixing Frame	1	95	Socket Head Cap Screw M10 $\times$ 20	8
7	Main Frame	1	96	Socket Head Cap Screw M10 $\times$ 25	2
8	High Pull Upper Fixing Frame	1	100	Socket Head Cap Screw M10 $\times$ 70	8
9	Upper Fixing Frame	1	102	Socket Head Cap Screw M10 $\times$ 120	8
10	Support Frame	1	103	Socket Head Cap Screw M10 $\times$ 125	4
16	Upper Connecting Frame	1	104	Socket Head Cap Screw M10 $\times$ 130	4
17	Sliding Wheel Frame	1	118	Nylon Lock Nut M10	32
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	74			



Assembly

STEP 3

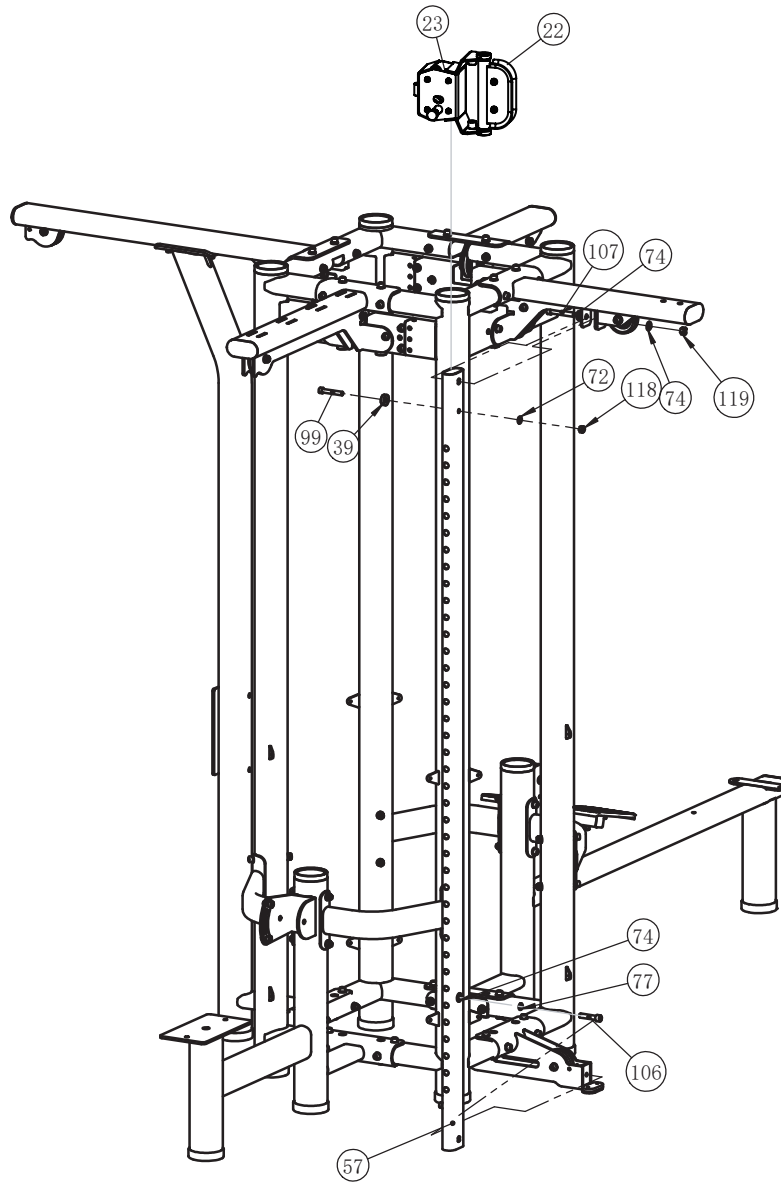
Item No	Description	QTY
6	Connecting Frame2	4
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	16
101	Socket Head Cap Screw M10 $\times$ 115	4
103	Socket Head Cap Screw M10 $\times$ 125	4
118	Nylon Lock Nut M10	8



Assembly

STEP 4

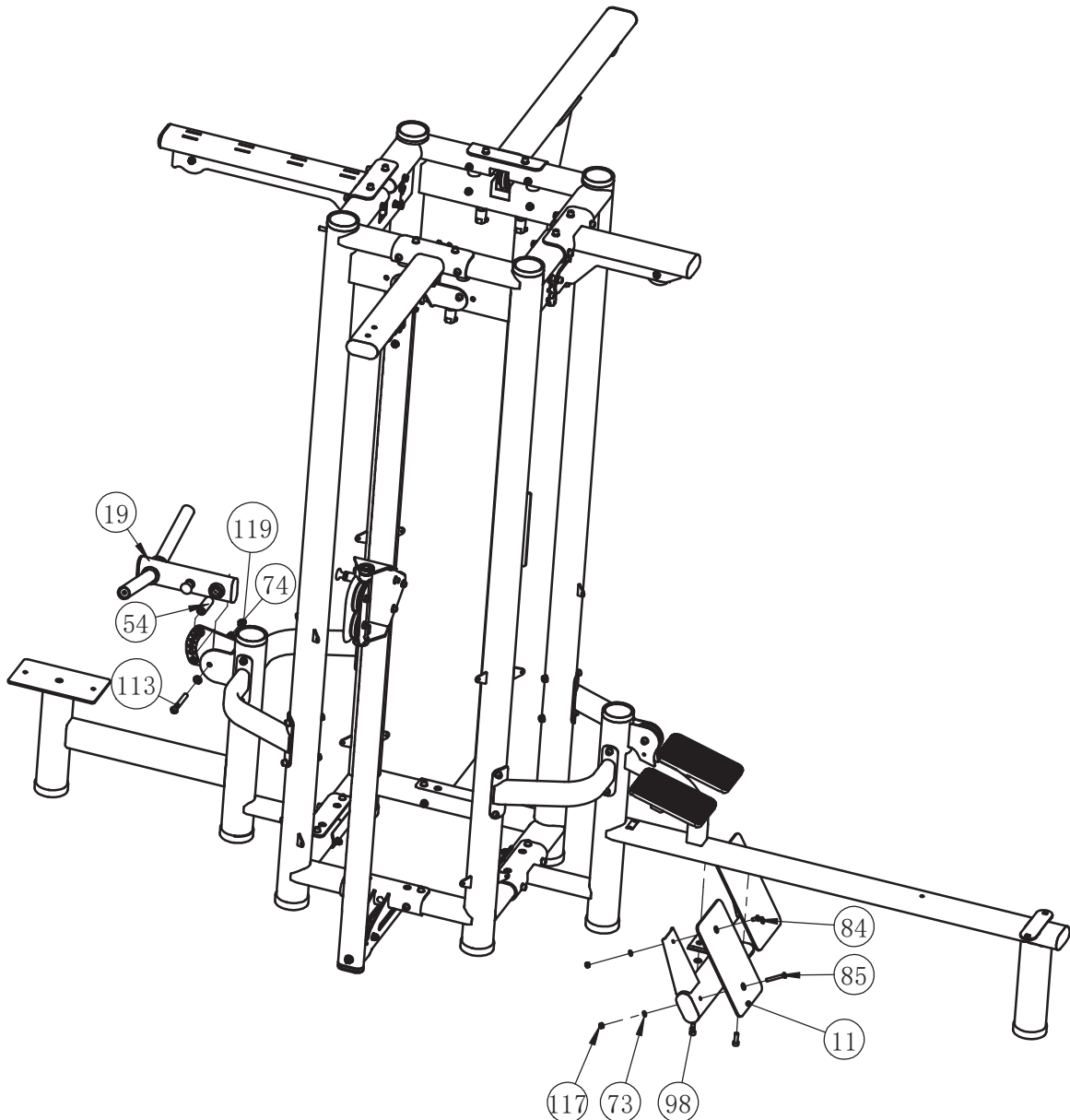
Item No	Description	QTY	Item No	Description	QTY
22	Rotating Pulley Frame2	1	77	Spring Washer $\phi 12$	1
23	Left Sliding Frame	1	99	Socket Head Cap Screw M10 $\times$ 65	1
39	Nylon Limit Sleeve $\phi 30 \times \phi 10.5 \times 10$	1	106	Socket Head Cap Screw M12 $\times$ 55	1
57	Regulating Tube	1	107	Socket Head Cap Screw M12 $\times$ 75	1
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	1	118	Nylon Lock Nut M10	1
74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	3	119	Nylon Lock Nut M12	1



Assembly

STEP 5

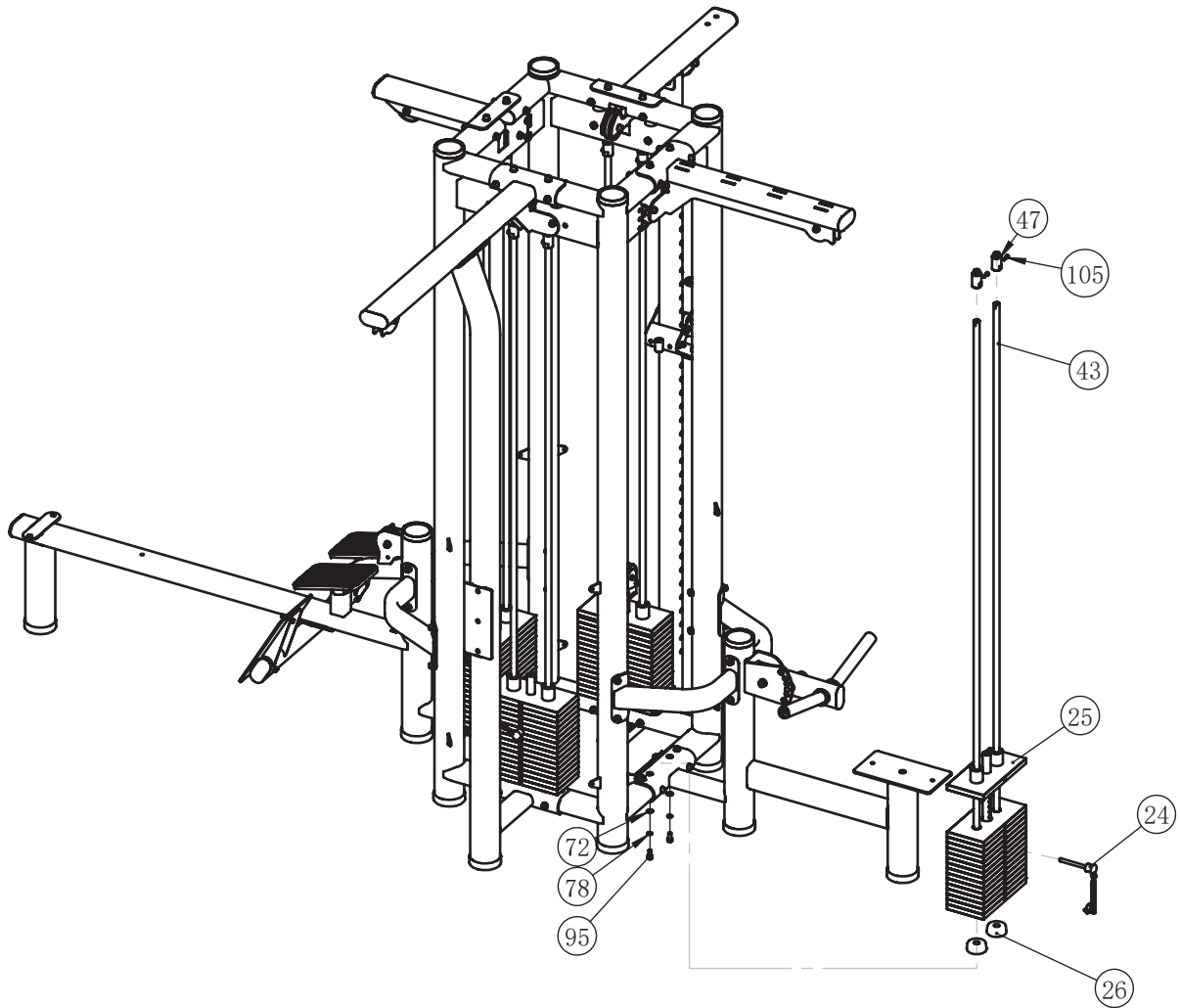
Item No	Description	QTY	Item No	Description	QTY
11	Pedal	2	84	Flat Head Cap Screw M8×20	2
19	FOAM Frame	1	85	Flat Head Cap Screw M8×65	2
54	FOAM Frame Pivot	1	98	Socket Head Cap Screw M10×30	2
57	Regulating Tube	1	113	Button Head Cap Screw M12×100	1
73	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4	117	Nylon Lock Nut M8	4
74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	2	119	Nylon Lock Nut M12	1



Assembly

STEP 6

Item No	Description	QTY	Item No	Description	QTY
24	Select Iron Pin Combination	4	72	Flat Washer $\phi 11 \times \phi 20 \times 2$	8
25	Counterweight Iron Components	4	78	Spring Washer $\phi 10$	8
26	Rubber Pad $\phi 63.5 \times \phi 19 \times 25.4$	8	95	Socket Head Cap Screw M10 $\times$ 20	8
43	Guide Rod	8	105	Socket Head Cap Screw M6 $\times$ 20	8
47	Guide Rod Positioning Shaft	8			

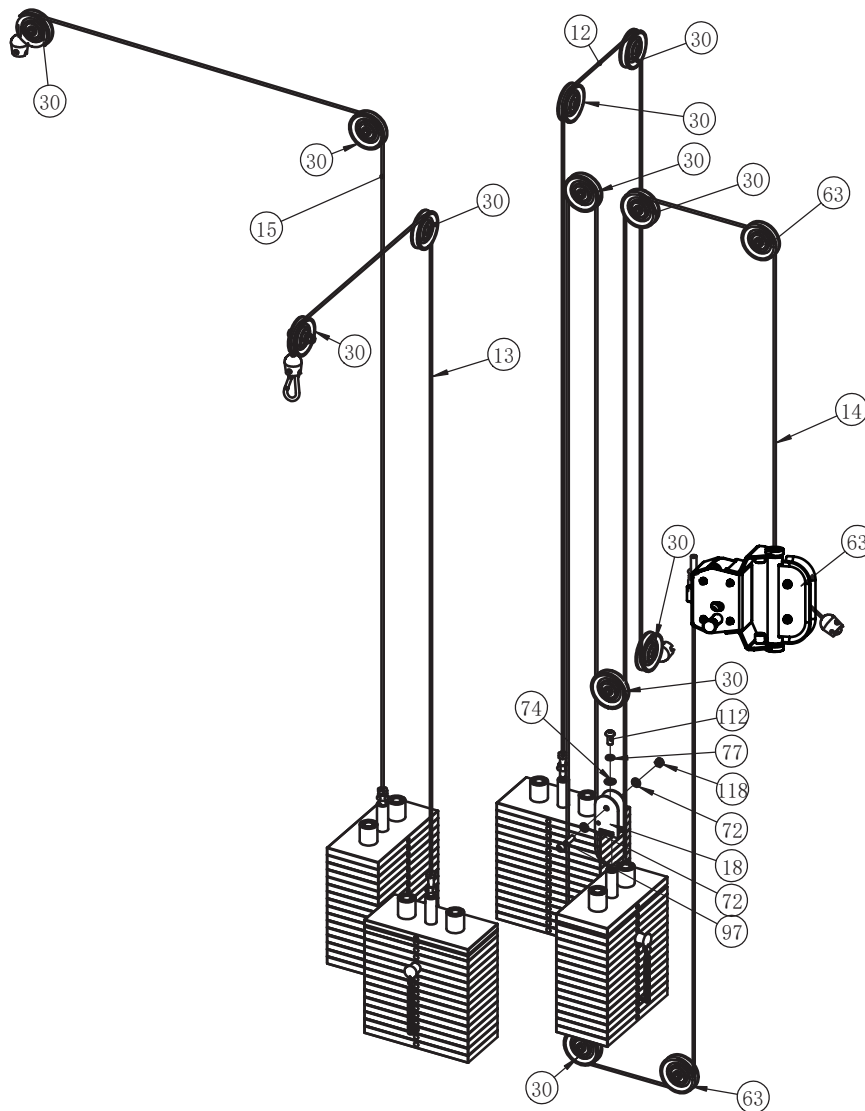


Assembly

STEP 7

Item No	Description	QTY
12	Steel Cable Assembly	1
13	Steel Cable Assembly	1
14	Steel Cable Assembly	1
15	Steel Cable Assembly	1
18	Rotating Pulley Framel	1
30	Small Pulley	11

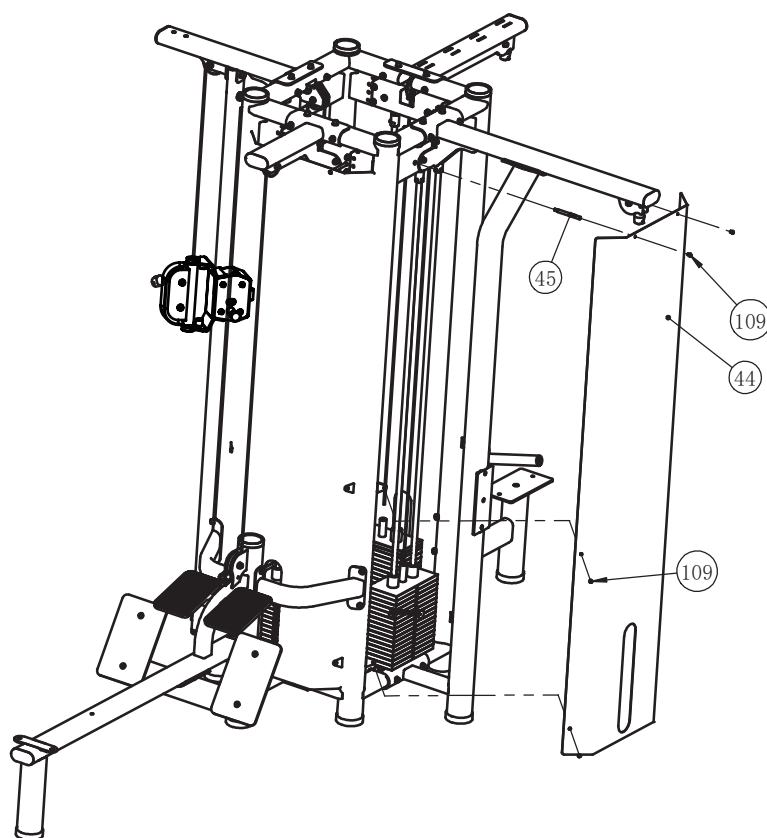
Item No	Description	QTY
63	Small Aluminum Pulley	4
72	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
74	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	1
97	Socket Head Cap Screw M10 $\times$ 50	1
112	Button Head Cap Screw M12 $\times$ 25	1
118	Nylon Lock Nut M10	1



Assembly

STEP 8

Item No	Description	QTY
44	Front Cover	4
45	Shield Top Pillar	8
109	Button Head Cap Screw M6×10	24

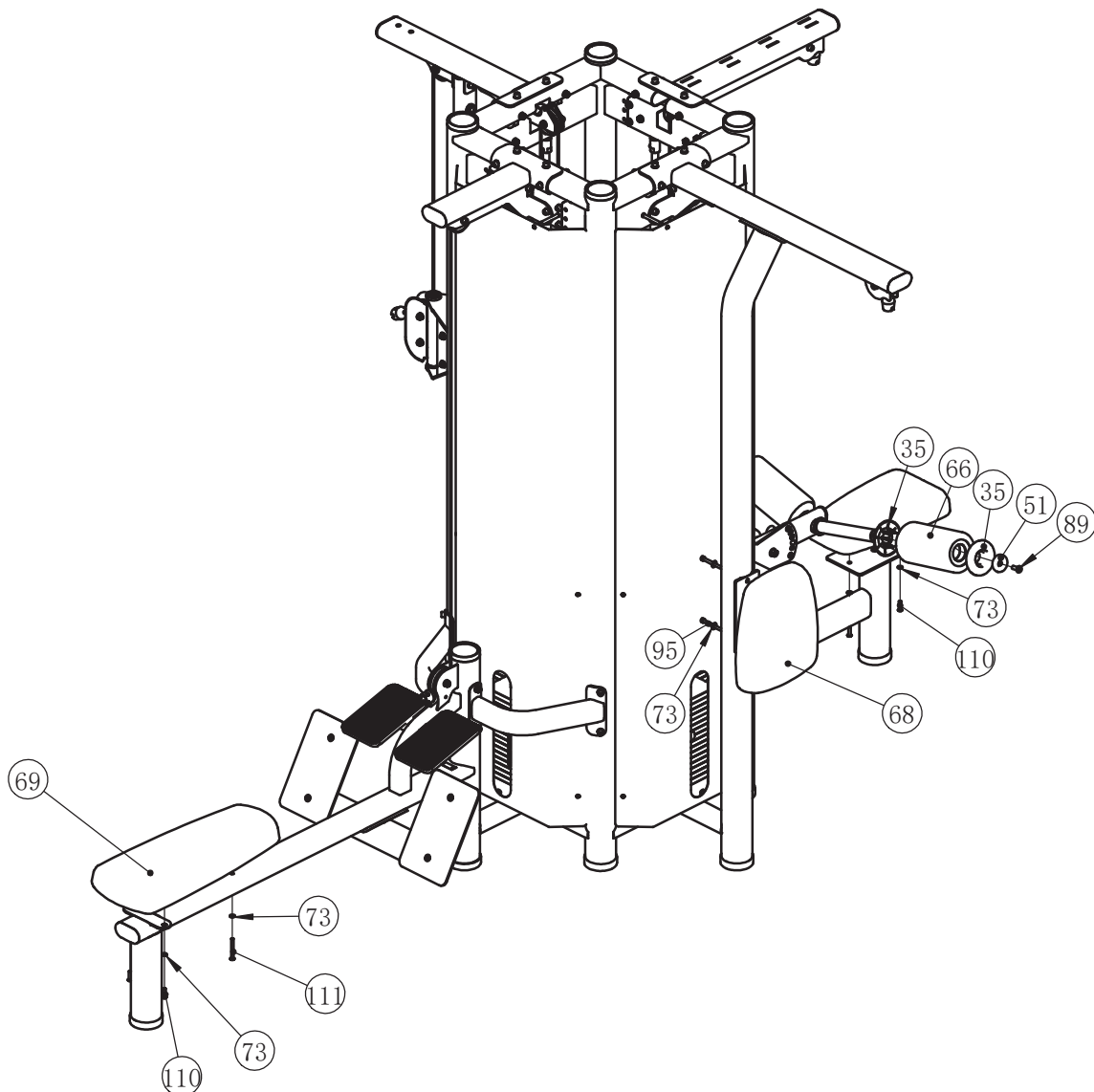


Assembly

STEP 9

Item No	Description	QTY
35	FOAM End Cap	4
51	End Cap $\phi 54$	2
66	FOAM	2
67	Cushion	1
68	Cushion	1
69	Cushion	1

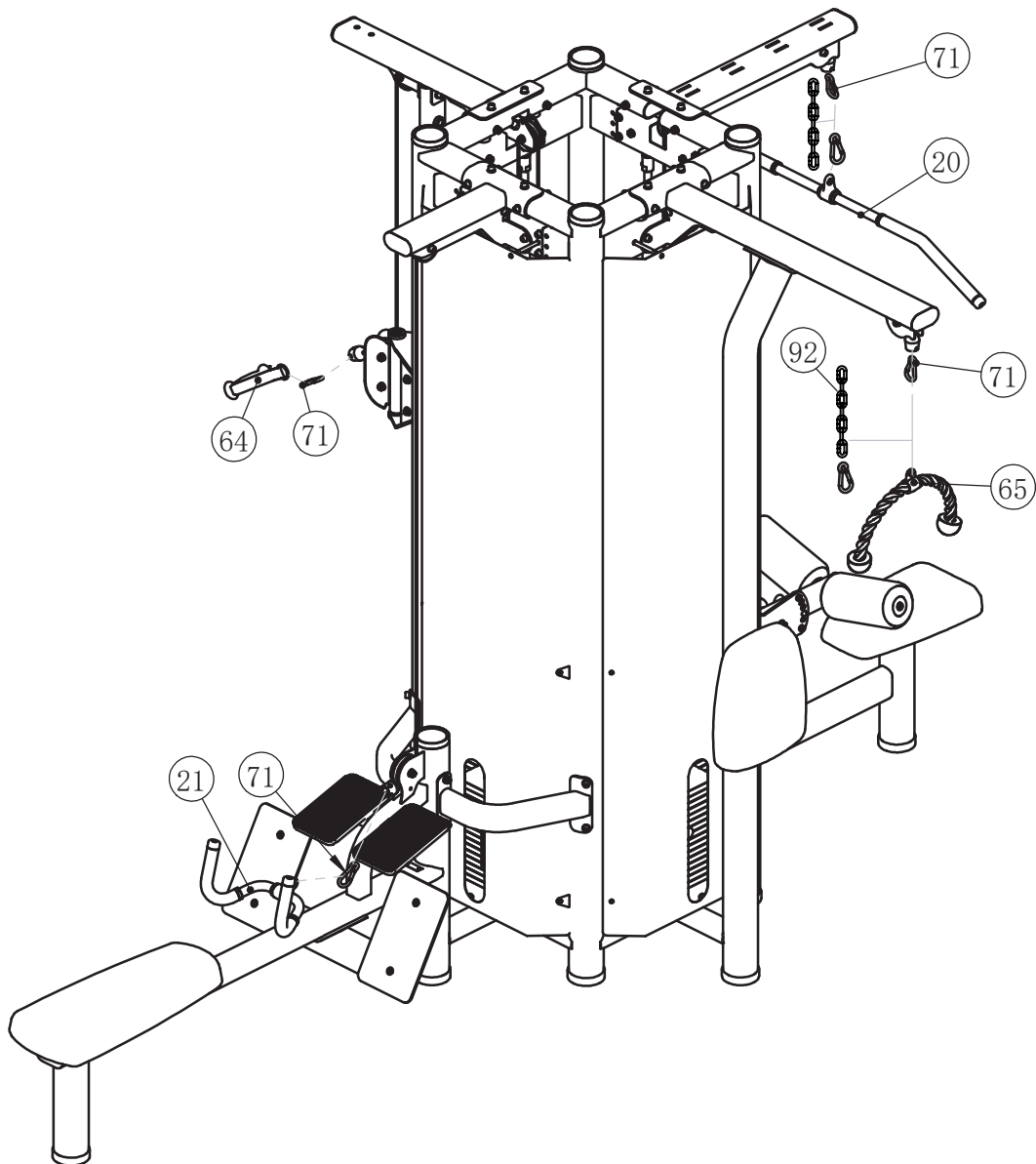
Item No	Description	QTY
73	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7
89	Flat Head Cap Screw M10 $\times$ 35	2
93	Soket Head Cap Screw M8 $\times$ 120	2
110	Button Head Cap Screw M8 $\times$ 30	4
111	Button Head Cap Screw M8 $\times$ 70	1



Assembly

STEP 10

Item No	Description	QTY
20	High Pull Handle	1
21	Low Pull Handle	1
64	Tension Sleeve Set	1
65	Pull Rope	1
71	Gourd Hook	6
92	Seven link chain	2



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.

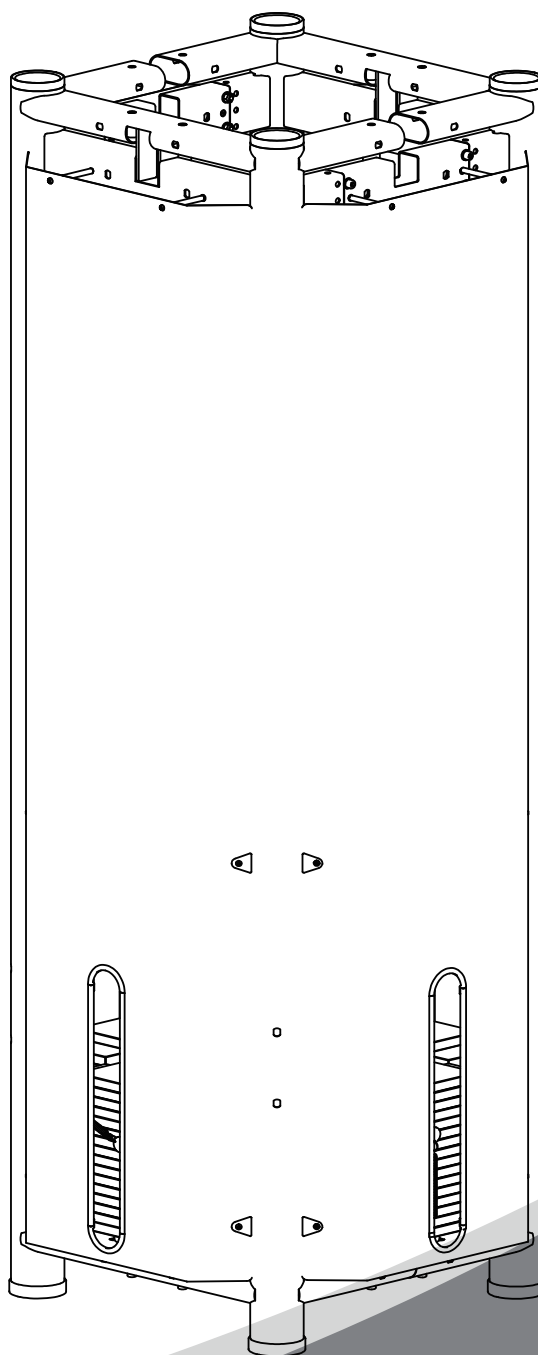
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

RE8023-00

4 STACK MULTI-STATION

OWNER'S MANUAL



! 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:

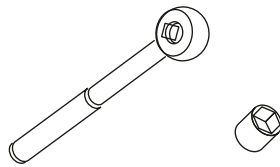
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3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers 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.

Instructions

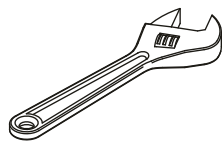
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

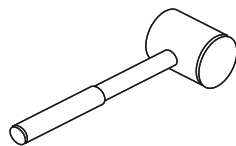
Tools Required



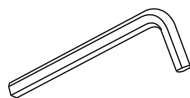
Ratchet Wrench and Socket



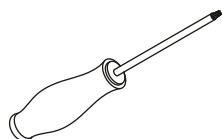
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



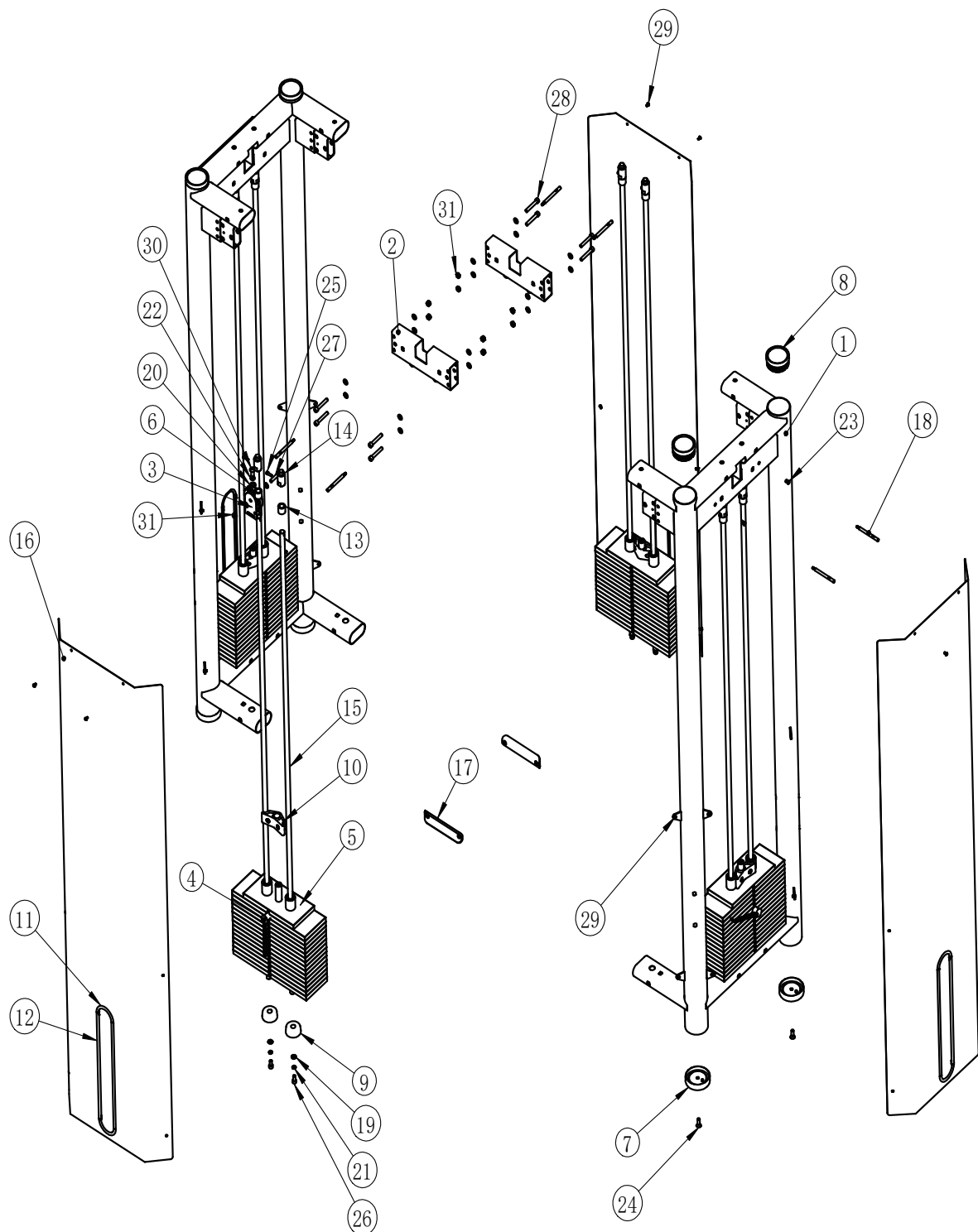
Phillips Screwdriver

Parts List

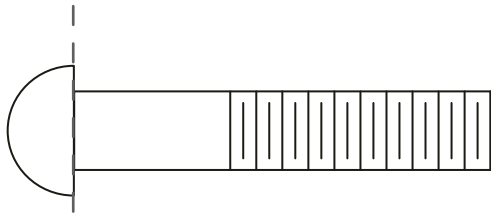
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	CAGE Rack	2	17	Vertical arc-shaped external fixing plate	2
2	Connecting Frame	2	18	Shield top pillar	8
3	Rotating Quilley Frame	1	19	Flat Washer $\phi 11 \times \phi 20 \times 2$	26
4	Select The Iron Pin Group	4	20	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	1
5	Counterweight Iron Component	4	21	Spring Washer $\phi 10$	8
6	Small Pulley	1	22	Spring Washer $\phi 12$	1
7	Floor Mat	4	23	Flat head hexagonal rivet nut	4
8	Pipe Plug	4	24	Flat Head Cap Screw M10×30	4
9	Rubber Pad	8	25	Socket Head Cap Screw M6×20	8
10	Rubber Seat	4	26	Socket Head Cap Screw M10×20	8
11	Inner cover upper strip	8	27	Socket Head Cap Screw M10×50	1
12	Inner protective cover edge strip	8	28	Socket Head Cap Screw M10×65	8
13	Guide rod protective cover	8	29	Button Head Cap Screw M6×10	24
14	Guide rod positioning axis	8	30	Button Head Cap Screw M12×25	1
15	Guide rod	8	31	Nylon Lock Nut M10	9
16	Front cover	4			

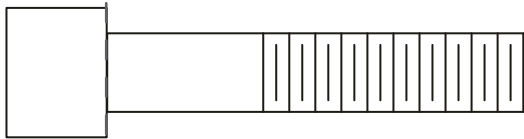
Exploded View



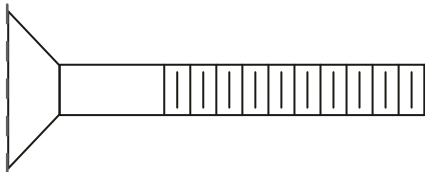
Measurement Guide



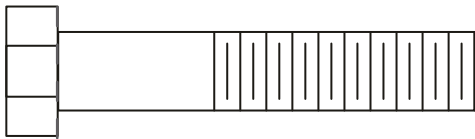
BHCS = Button Head Cap Screw



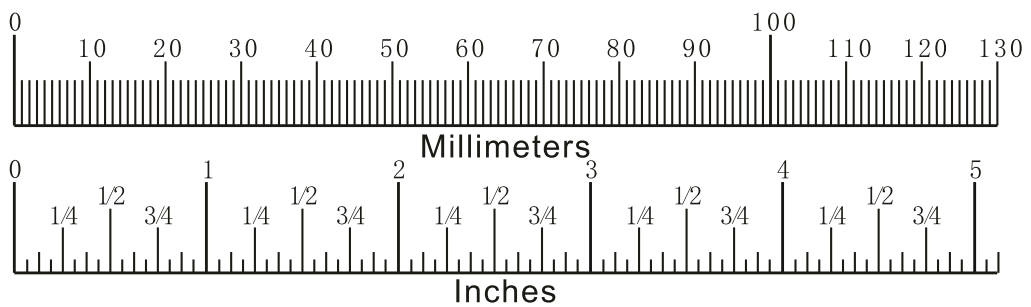
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

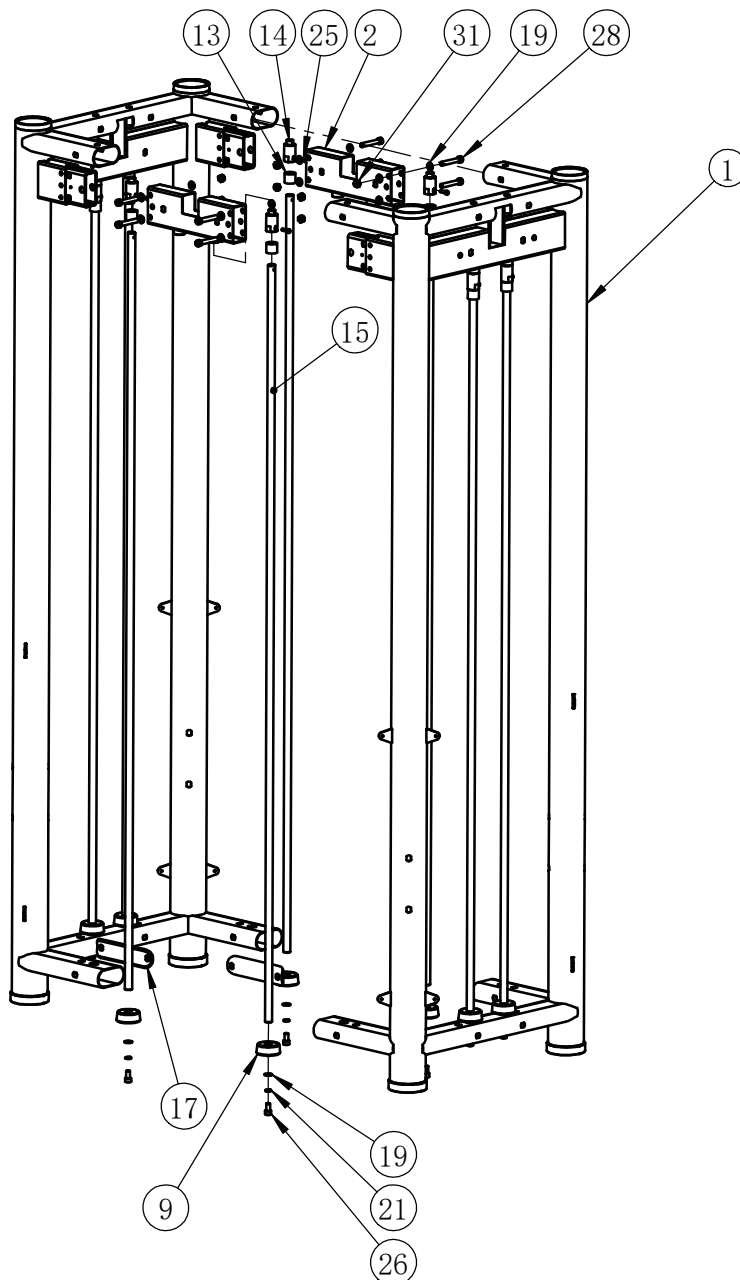
NOTE

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

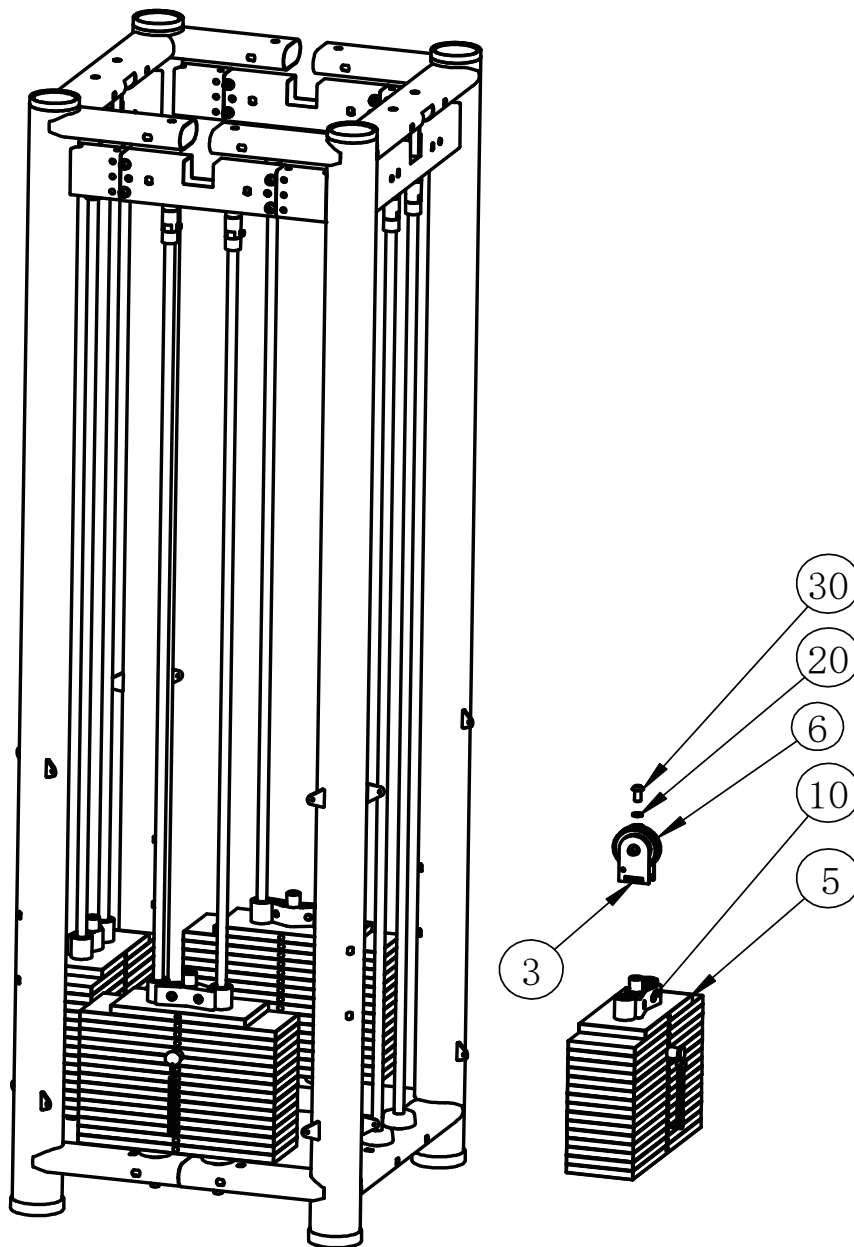
Item NO.	Description	Qty	Item NO.	Description	Qty
1	CAGE Rack	2	19	Flat Washer $\phi 11 \times \phi 20 \times 2$	26
2	Connecting Frame	2	21	Spring Washer $\phi 10$	8
9	Rubber Pad	8	25	Socket Head Cap Screw M6 $\times$ 20	8
13	Guide rod protective cover	8	26	Socket Head Cap Screw M10 $\times$ 20	8
14	Guide rod positioning axis	8	28	Socket Head Cap Screw M10 $\times$ 65	8
15	Guide rod	8	31	Nylon Lock Nut M10	9
17	Vertical arc-shaped external fixing plate	2			



Assembly

STEP 2

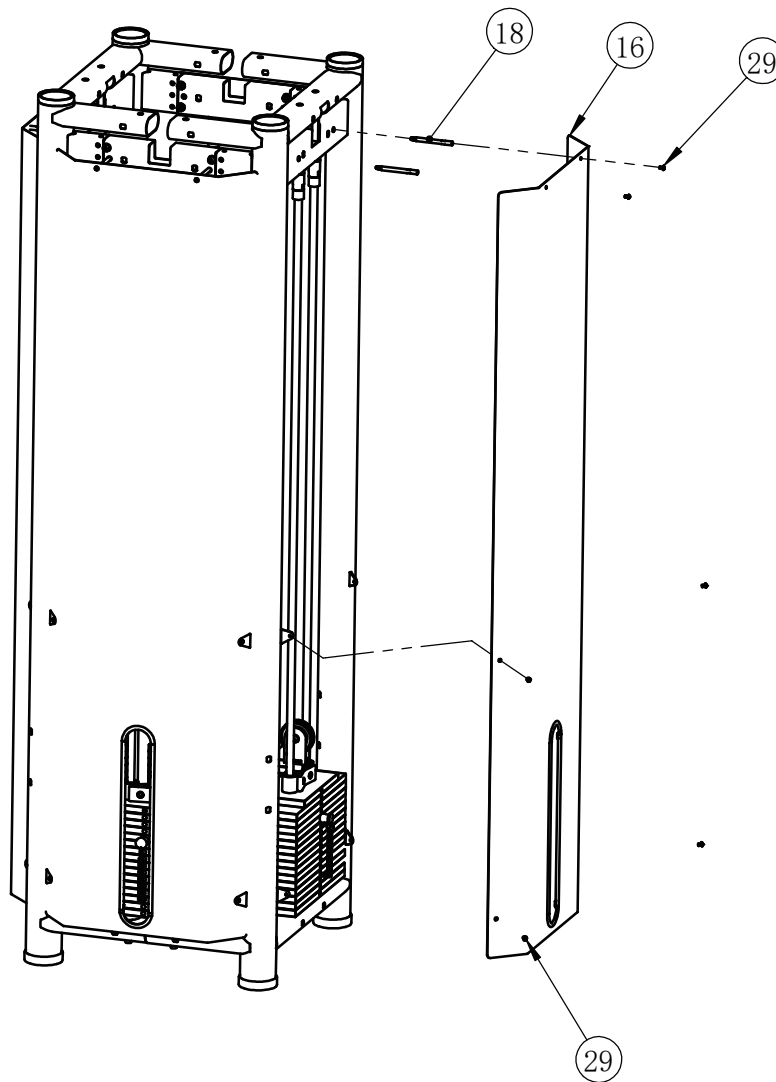
Item NO.	Description	Qty	Item NO.	Description	Qty
3	Rotating Qulley Frame	1	10	Rubber Seat	4
5	Counterweight Iron Component	4	20	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	1
6	Small Pulley	1	30	Button Head Cap Screw M12 $\times$ 25	1



Assembly

STEP 3

Item NO.	Description	Qty	Item NO.	Description	Qty
16	Front cover	4	29	Button Head Cap Screw M6×10	24
18	Shield top pillar	8			



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 properly.

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 bolt 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.

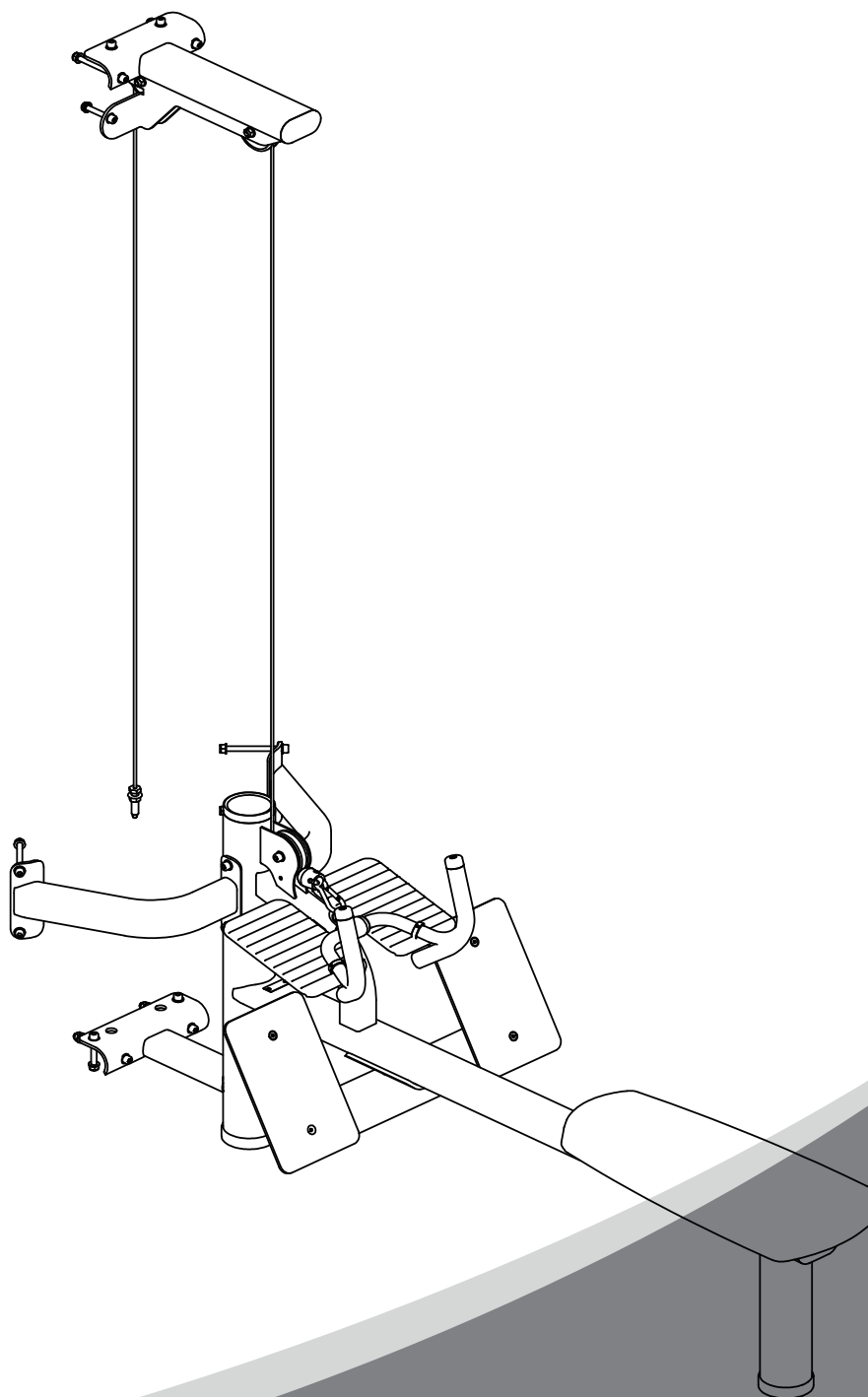
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

RE8023-01

4 STACK MULTI-STATION

OWNER'S MANUAL



! CAUTION

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

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:

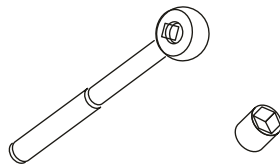
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Instructions

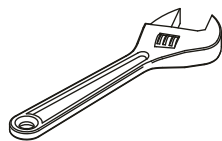
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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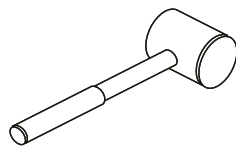
Tools Required



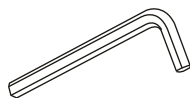
Ratchet Wrench and Socket



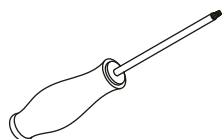
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



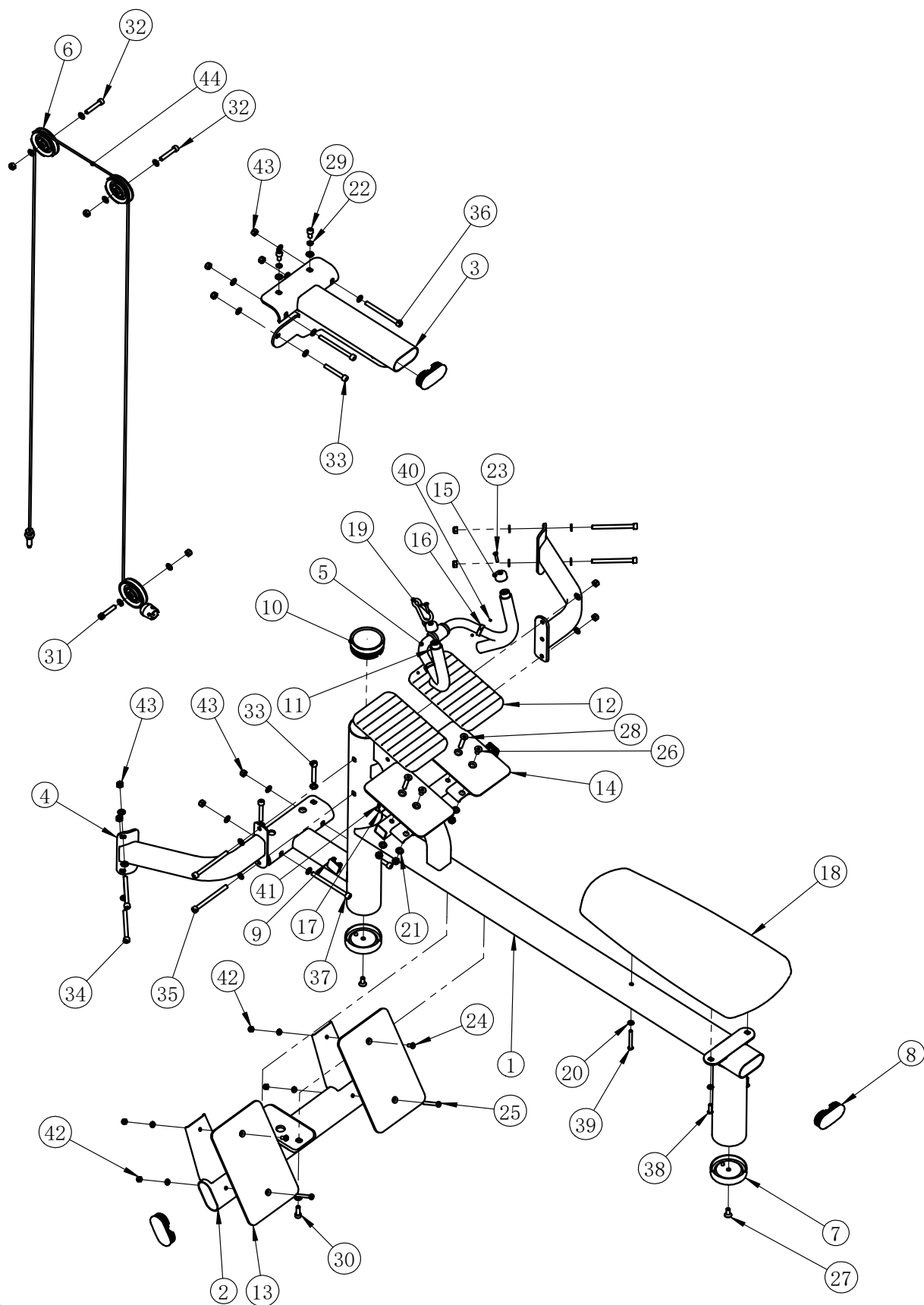
Phillips Screwdriver

Parts List

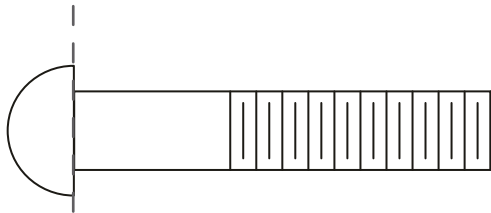
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Connecting frame	1	23	Flat Head Cap Screw M6×30	2
2	Foot pedal holder	1	24	Flat Head Cap Screw M8×20	2
3	Upper fixed bracket	1	25	Flat Head Cap Screw M8×65	2
4	Connecting frame	2	26	Flat Head Cap Screw M10×20	2
5	Pull the handle low	1	27	Flat Head Cap Screw M10×25	2
6	Small Pulley	3	28	Flat Head Cap Screw M10×55	2
7	Floor Mat	2	29	Socket Head Cap Screw M10×20	2
8	Large elliptical pipe plug	4	30	Socket Head Cap Screw M10×30	2
9	F38 Pipe Plug	2	31	Socket Head Cap Screw M10×50	1
10	95 Pipe Plug	1	32	Socket Head Cap Screw M10×55	2
11	Put on the gloves	2	33	Socket Head Cap Screw M10×70	4
12	foot pad	2	34	Socket Head Cap Screw M10×115	4
13	pedal	2	35	Socket Head Cap Screw M10×125	2
14	Handle placement board	2	36	Socket Head Cap Screw M10×120	2
15	Inch aluminum head	2	37	Socket Head Cap Screw M10×130	2
16	Aluminum retaining ring	2	38	Button Head Cap Screw M8×30	2
17	Serial number nameplate	1	39	Button Head Cap Screw M8×70	1
18	seat cushion	1	40	Hexagon socket set screws with flat point M5×3	4
19	Hulu Hook	1	41	Mushroom head break mandrel blind rivets $\phi 4 \times 8$	2
20	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7	42	Nylon Lock Nut M8	4
21	Flat Washer $\phi 11 \times \phi 20 \times 2$	42	43	Nylon Lock Nut M10	21
22	Spring Washer $\phi 10$	2	44	Rowing cable group	1

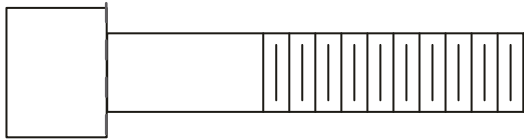
Exploded View



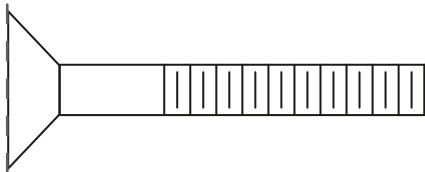
Measurement Guide



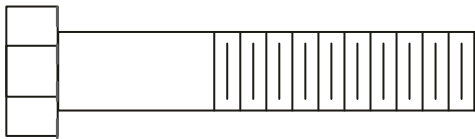
BHCS = Button Head Cap Screw



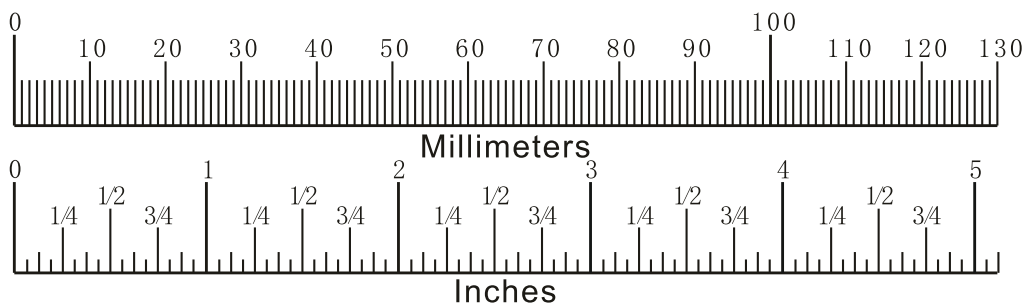
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

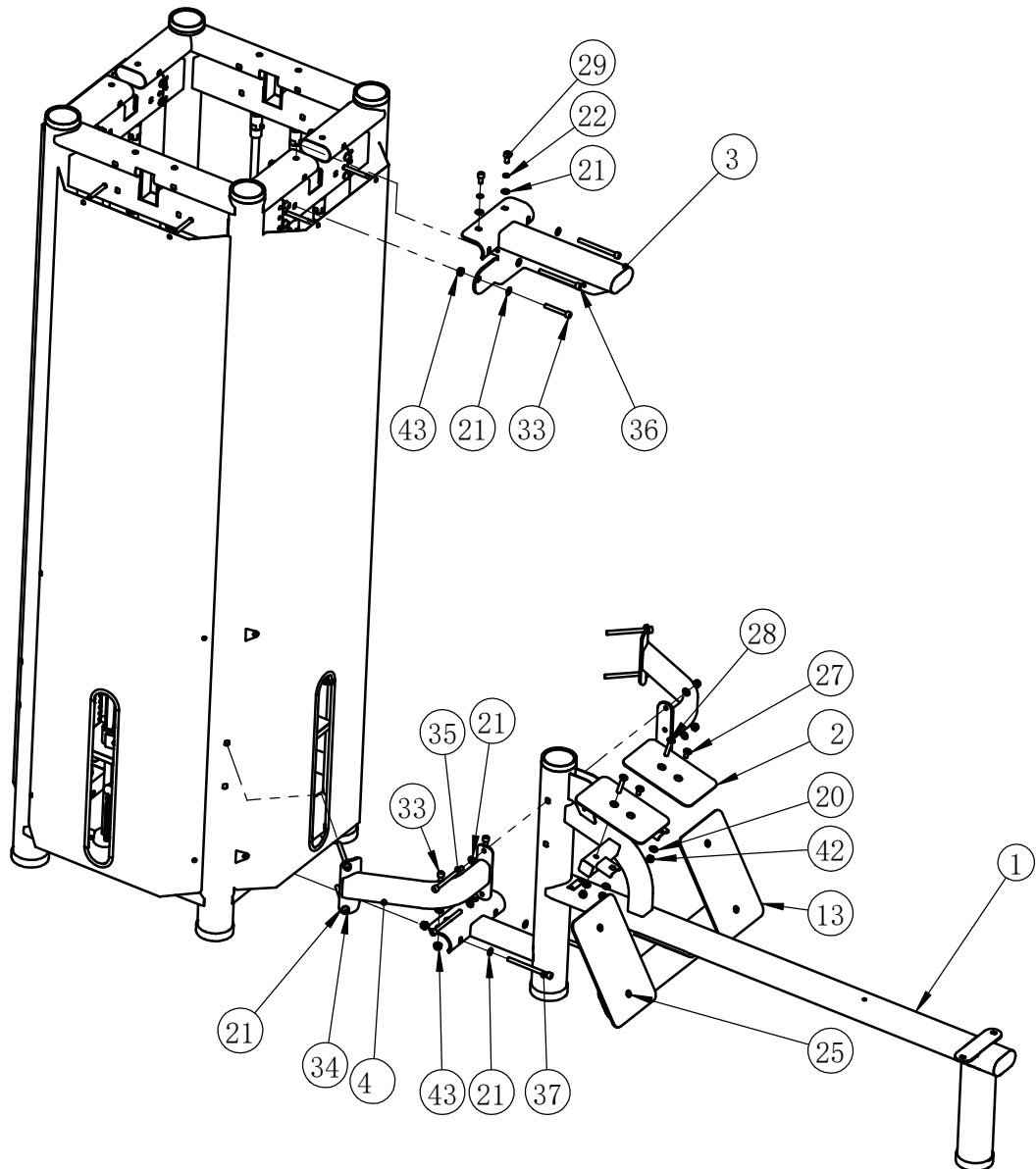
NOTE

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

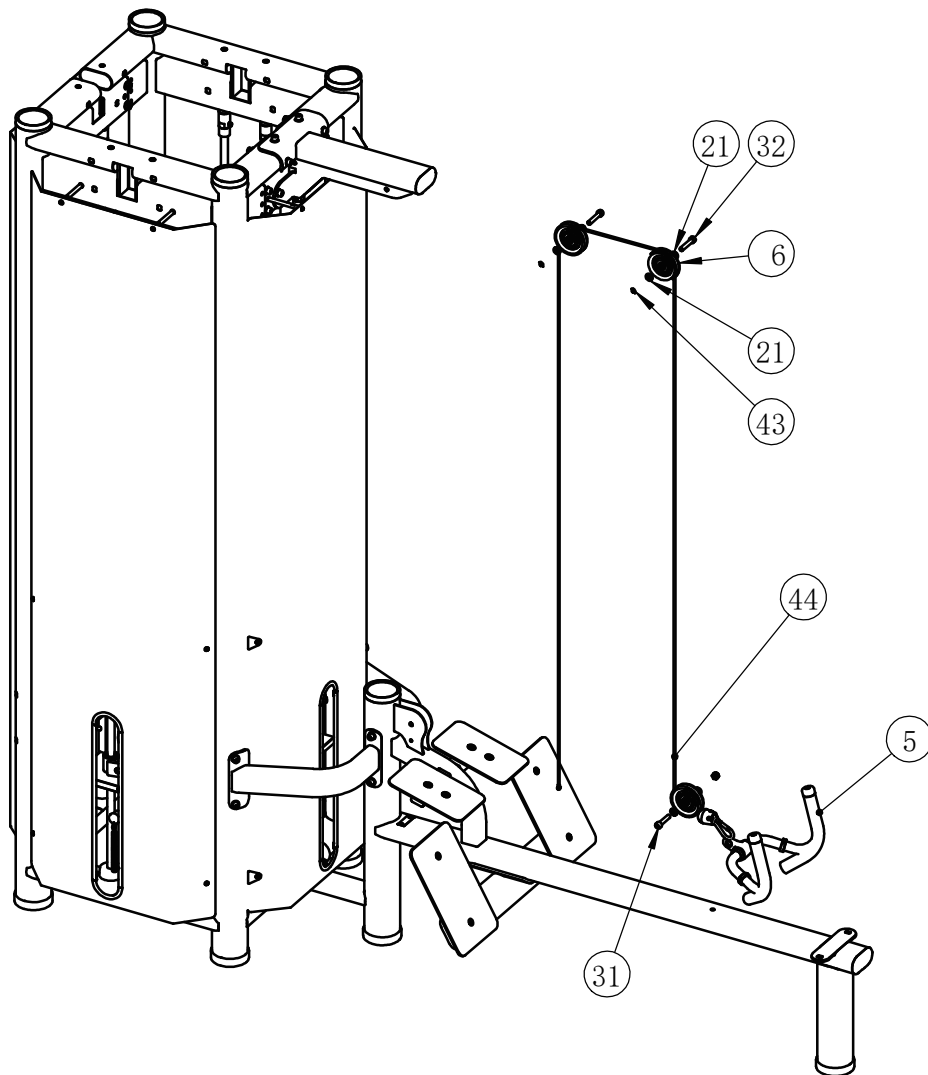
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Connecting frame	1	28	Flat Head Cap Screw M10×55	2
2	Foot pedal holder	1	29	Socket Head Cap Screw M10×20	2
3	Upper fixed bracket	1	33	Socket Head Cap Screw M10×70	4
4	Connecting frame	2	34	Socket Head Cap Screw M10×115	4
13	pedal	2	35	Socket Head Cap Screw M10×125	2
20	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7	36	Socket Head Cap Screw M10×120	2
21	Flat Washer $\phi 11 \times \phi 20 \times 2$	42	37	Socket Head Cap Screw M10×130	2
22	Spring Washer $\phi 10$	2	42	Nylon Lock Nut M8	4
25	Flat Head Cap Screw M8×65	2	43	Nylon Lock Nut M10	21
27	Flat Head Cap Screw M10×25	2			



Assembly

STEP 2

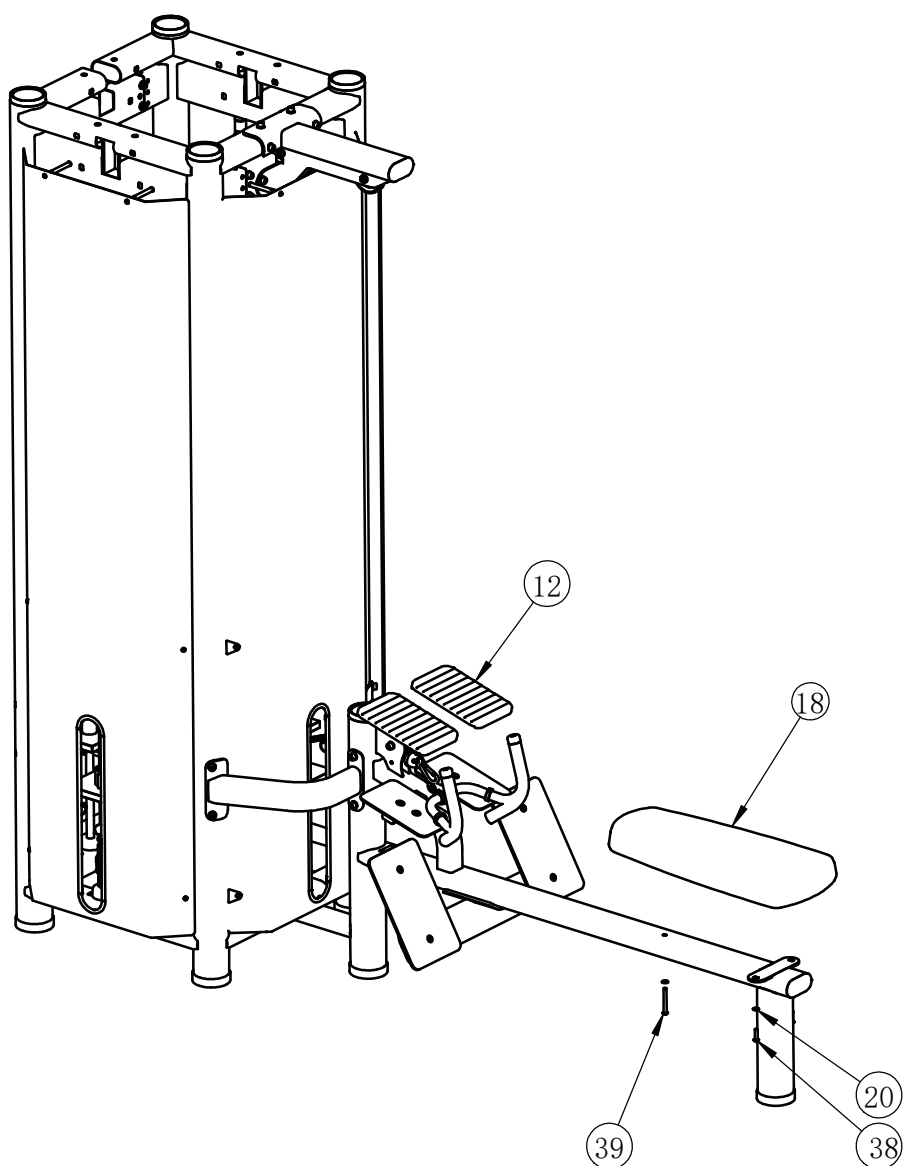
Item NO.	Description	Qty	Item NO.	Description	Qty
5	Pull the handle low	1	32	Socket Head Cap Screw M10×55	2
6	Small Pulley	3	43	Nylon Lock Nut M10	21
21	Flat Washer $\phi 11 \times \phi 20 \times 2$	42	44	Rowing cable group	1
31	Socket Head Cap Screw M10×50	1			



Assembly

STEP 3

Item NO.	Description	Qty	Item NO.	Description	Qty
12	foot pad	2	38	Button Head Cap Screw M8×30	2
18	seat cushion	1	39	Button Head Cap Screw M8×70	1
20	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7			



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.
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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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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.
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Anti-Skid Surfaces:

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

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- * We use only high quality belt, and mil-spec cables.
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- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
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Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt 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.

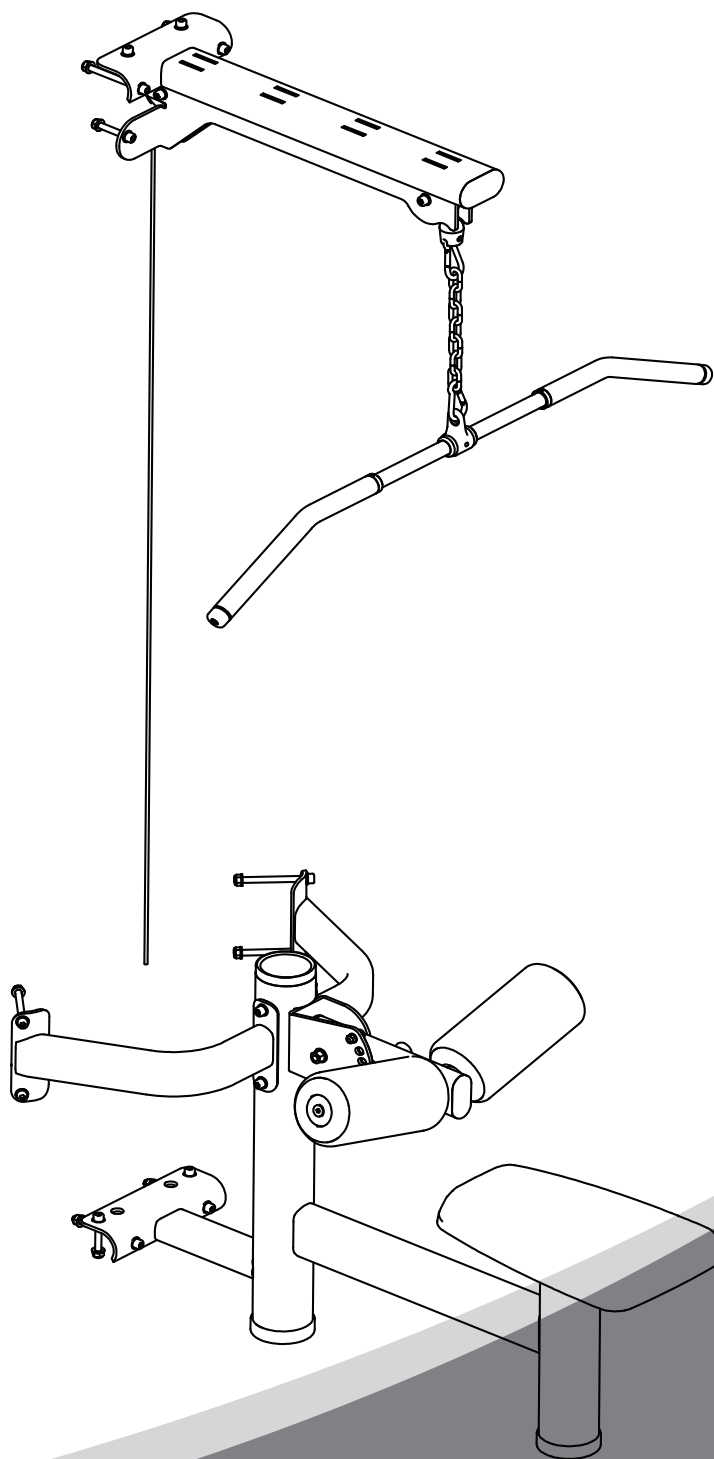
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

RE8023-02

4 STACK MULTISTATION

OWNER'S MANUAL



! 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:

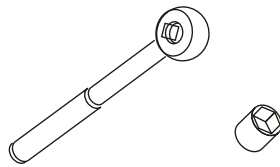
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Instructions

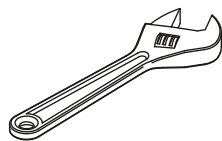
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

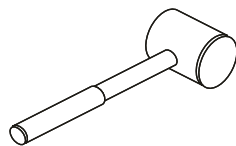
Tools Required



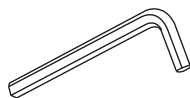
Ratchet Wrench and Socket



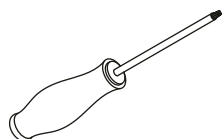
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

Parts List

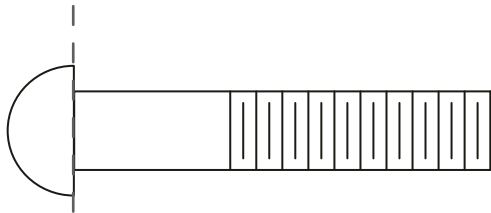
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Connecting frame	2	27	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4
2	body frame	1	28	Flat Washer $\phi 11 \times \phi 20 \times 2$	34
3	Pull up the fixed bracket high	1	29	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	2
4	FOAM rack	1	30	Spring Washer $\phi 10$	2
5	Pull the handle high	1	31	Flat Head Cap Screw M6 $\times$ 30	2
6	Elastic pin component	1	32	Flat Head Cap Screw M10 $\times$ 25	2
7	Small Pulley	2	33	Flat Head Cap Screw M10 $\times$ 35	2
8	Floor Mat	2	34	Socket Head Cap Screw M8 $\times$ 20	2
10	Large elliptical pipe plug	1	35	Socket Head Cap Screw M10 $\times$ 55	2
11	elliptical pipe plug	2	36	Socket Head Cap Screw M10 $\times$ 20	2
12	95 Pipe Plug	1	37	Socket Head Cap Screw M10 $\times$ 70	4
15	Put on the gloves	2	38	Socket Head Cap Screw M10 $\times$ 115	4
16	FOAM end cap	4	39	Socket Head Cap Screw M10 $\times$ 120	2
17	stop collar	2	40	Socket Head Cap Screw M10 $\times$ 125	2
18	25 inch aluminum head	2	41	Socket Head Cap Screw M10 $\times$ 130	2
19	25 aluminum retaining ring	2	42	Button Head Cap Screw M8 $\times$ 30	2
20	Aluminum end cap	2	43	Button Head Cap Screw M12 $\times$ 100	1
21	Lining plate	1	44	Hexagon socket set screws with flat point M5 $\times$ 3	4
22	FOAM frame axis	1	45	Nylon Lock Nut M8	2
23	Copper bearing	2	46	Nylon Lock Nut M10	16
24	Phimosi leather FOAM	2	47	Nylon Lock Nut M12	1
25	seat cushion	1	48	Seven link chain	1
26	Hulu Hook	2	49	High tension steel cable assembly	1

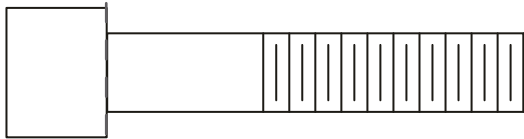
Exploded View

This exploded view diagram illustrates the assembly of a mechanical device, likely a pump or a similar fluid-handling unit. The components are numbered 1 through 49. The main assembly consists of a base (1) with a vertical support (2) and a horizontal arm (3). A motor (4) is mounted on the arm, connected to a drive shaft (5) which passes through a seal (6) and a bearing (7). The drive shaft is connected to a pump head (8) which includes a piston (9) and a check valve (10). A flywheel (11) is attached to the drive shaft. A belt (12) is used to drive the pump head. A chain (13) is connected to the belt. A handle (14) is attached to the chain. A foot pedal (15) is connected to the handle. A foot pedal (16) is connected to the handle. A foot pedal (17) is connected to the handle. A foot pedal (18) is connected to the handle. A foot pedal (19) is connected to the handle. A foot pedal (20) is connected to the handle. A foot pedal (21) is connected to the handle. A foot pedal (22) is connected to the handle. A foot pedal (23) is connected to the handle. A foot pedal (24) is connected to the handle. A foot pedal (25) is connected to the handle. A foot pedal (26) is connected to the handle. A foot pedal (27) is connected to the handle. A foot pedal (28) is connected to the handle. A foot pedal (29) is connected to the handle. A foot pedal (30) is connected to the handle. A foot pedal (31) is connected to the handle. A foot pedal (32) is connected to the handle. A foot pedal (33) is connected to the handle. A foot pedal (34) is connected to the handle. A foot pedal (35) is connected to the handle. A foot pedal (36) is connected to the handle. A foot pedal (37) is connected to the handle. A foot pedal (38) is connected to the handle. A foot pedal (39) is connected to the handle. A foot pedal (40) is connected to the handle. A foot pedal (41) is connected to the handle. A foot pedal (42) is connected to the handle. A foot pedal (43) is connected to the handle. A foot pedal (44) is connected to the handle. A foot pedal (45) is connected to the handle. A foot pedal (46) is connected to the handle. A foot pedal (47) is connected to the handle. A foot pedal (48) is connected to the handle. A foot pedal (49) is connected to the handle.

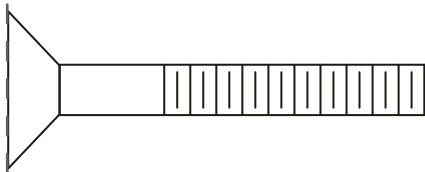
Measurement Guide



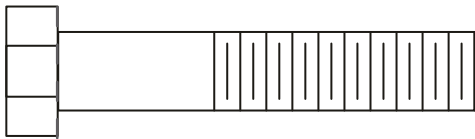
BHCS = Button Head Cap Screw



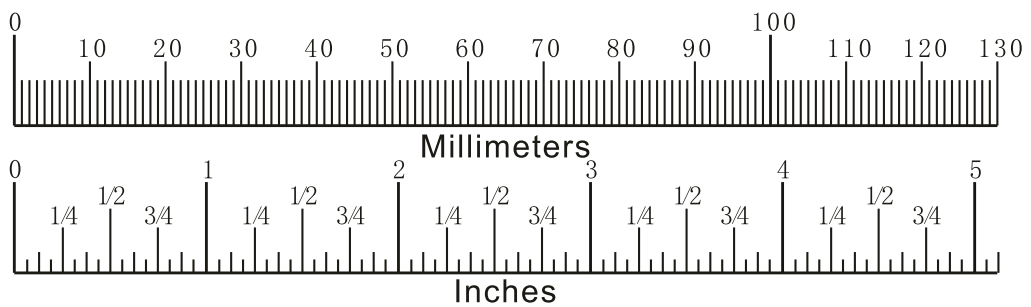
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

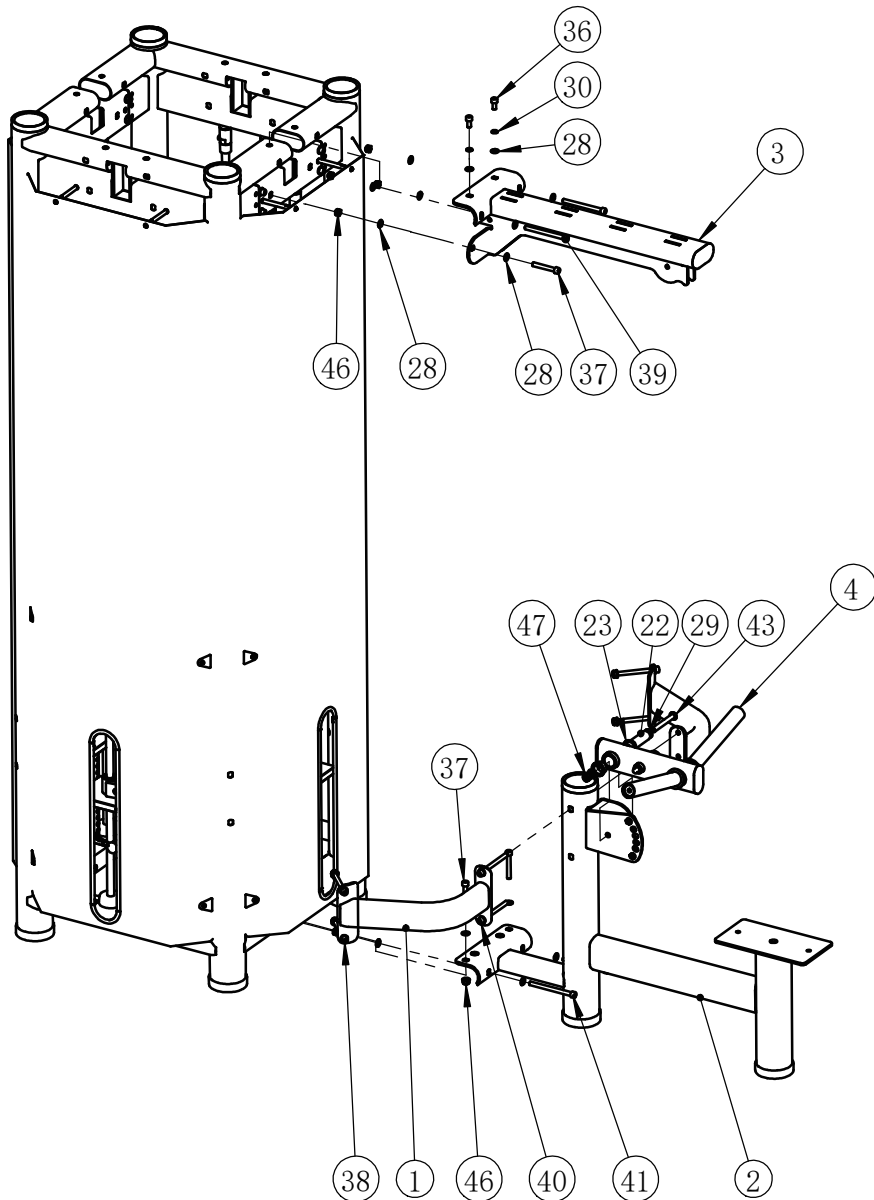
NOTE

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

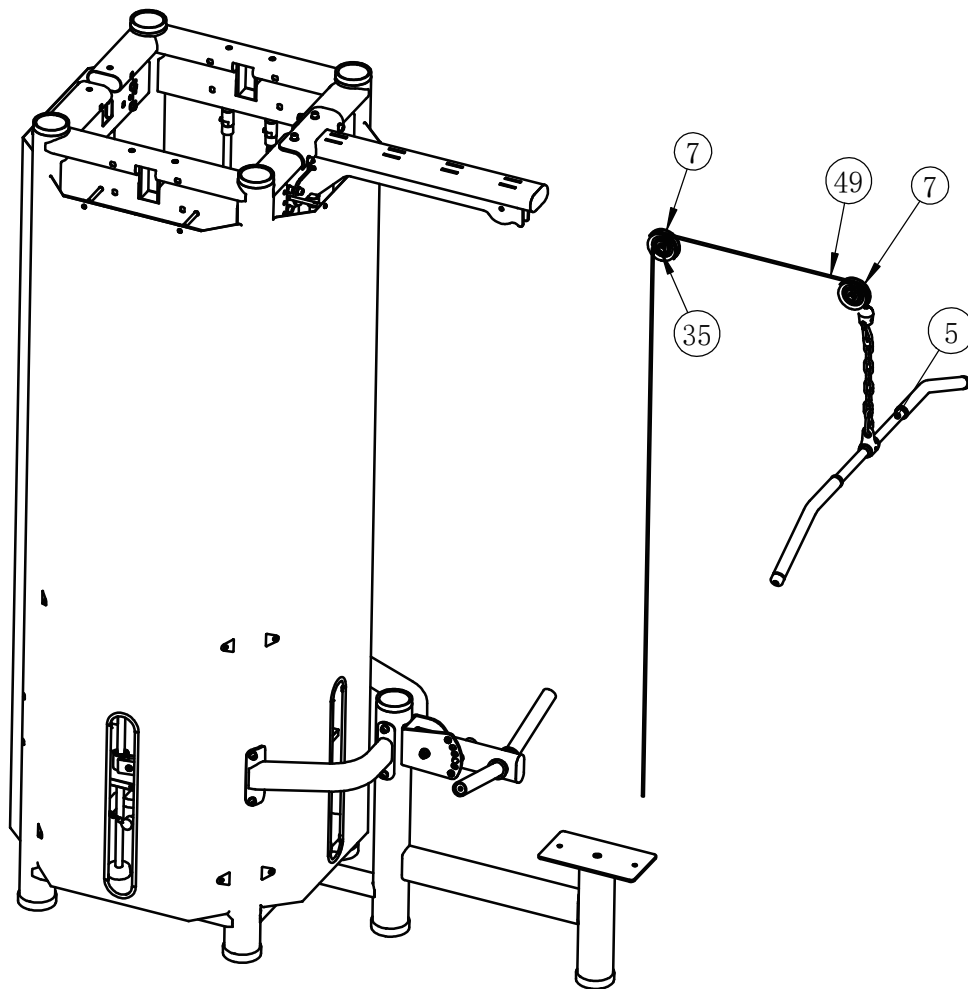
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Connecting frame	2	36	Socket Head Cap Screw M10×20	2
2	body frame	1	37	Socket Head Cap Screw M10×70	4
3	Pull up the fixed bracket high	1	38	Socket Head Cap Screw M10×115	4
4	FOAM rack	1	39	Socket Head Cap Screw M10×120	2
22	FOAM frame axis	1	40	Socket Head Cap Screw M10×125	2
23	Copper bearing	2	41	Socket Head Cap Screw M10×130	2
28	Flat Washer $\phi 11 \times \phi 20 \times 2$	34	43	Button Head Cap Screw M12×100	1
29	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	2	46	Nylon Lock Nut M10	16
30	Spring Washer $\phi 10$	2	47	Nylon Lock Nut M12	1



Assembly

STEP 2

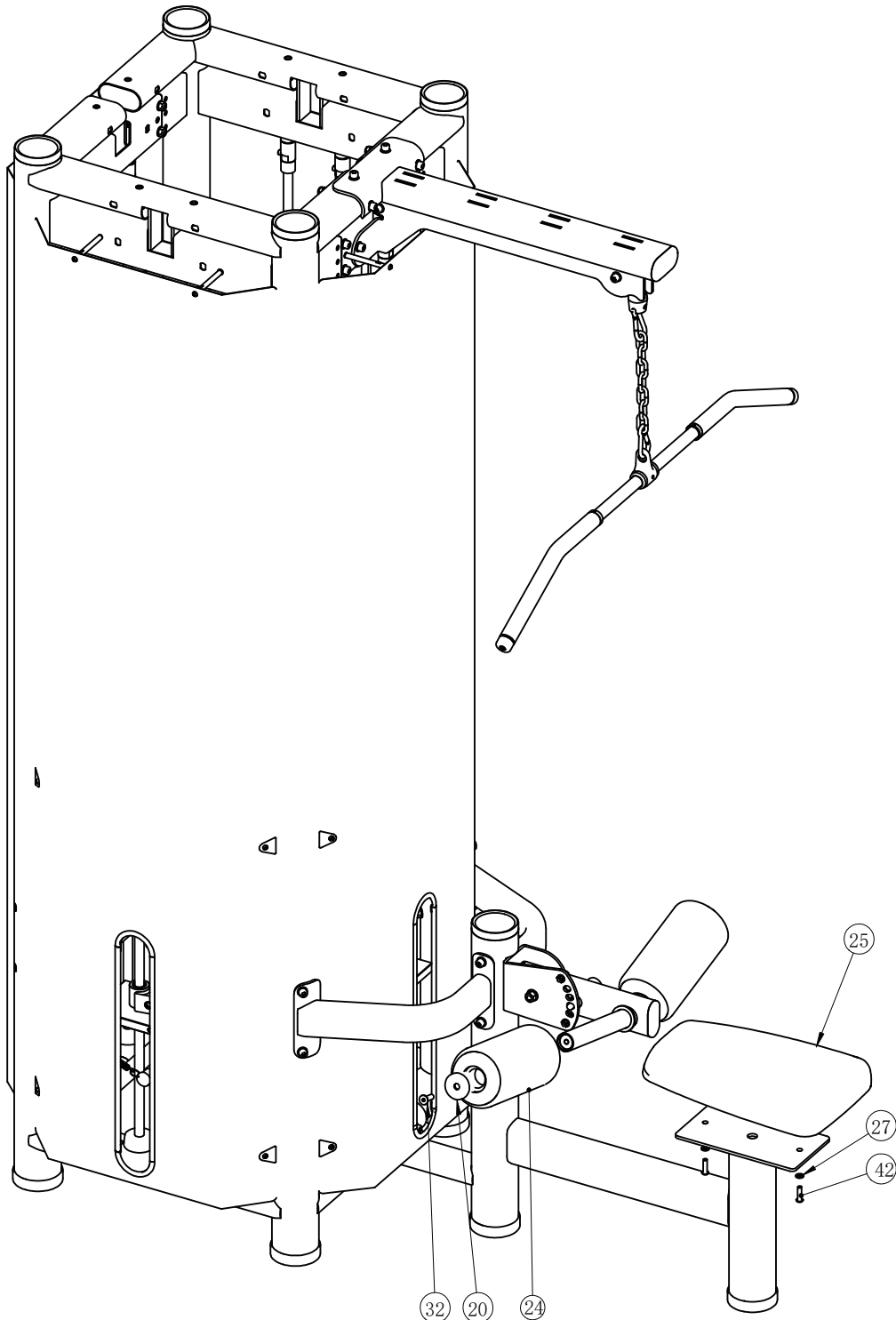
Item NO.	Description	Qty	Item NO.	Description	Qty
5	Pull the handle high	1	35	Socket Head Cap Screw M10×55	2
7	Small Pulley	2	49	High tension steel cable assembly	1



Assembly

STEP 3

Item NO.	Description	Qty	Item NO.	Description	Qty
20	Aluminum end cap	2	27	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4
24	Phimosis leather FOAM	2	32	Flat Head Cap Screw M10 $\times$ 25	2
25	seat cushion	1	42	Button Head Cap Screw M8 $\times$ 30	2



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.

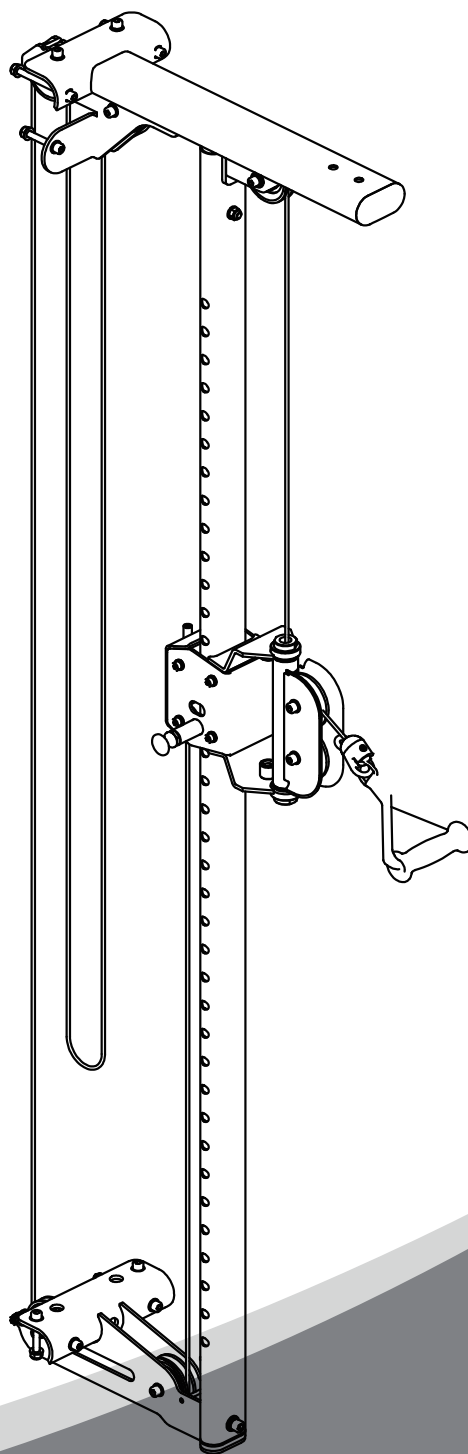
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RE8023-03

4 STACK MULTI-STATION

OWNER'S MANUAL



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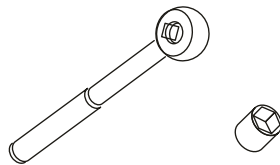
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5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
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Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Instructions

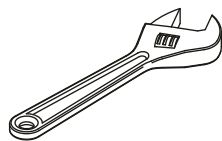
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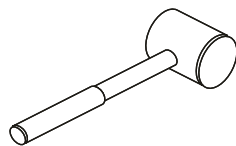
Tools Required



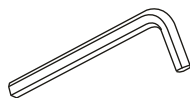
Ratchet Wrench and Socket



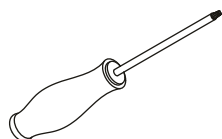
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



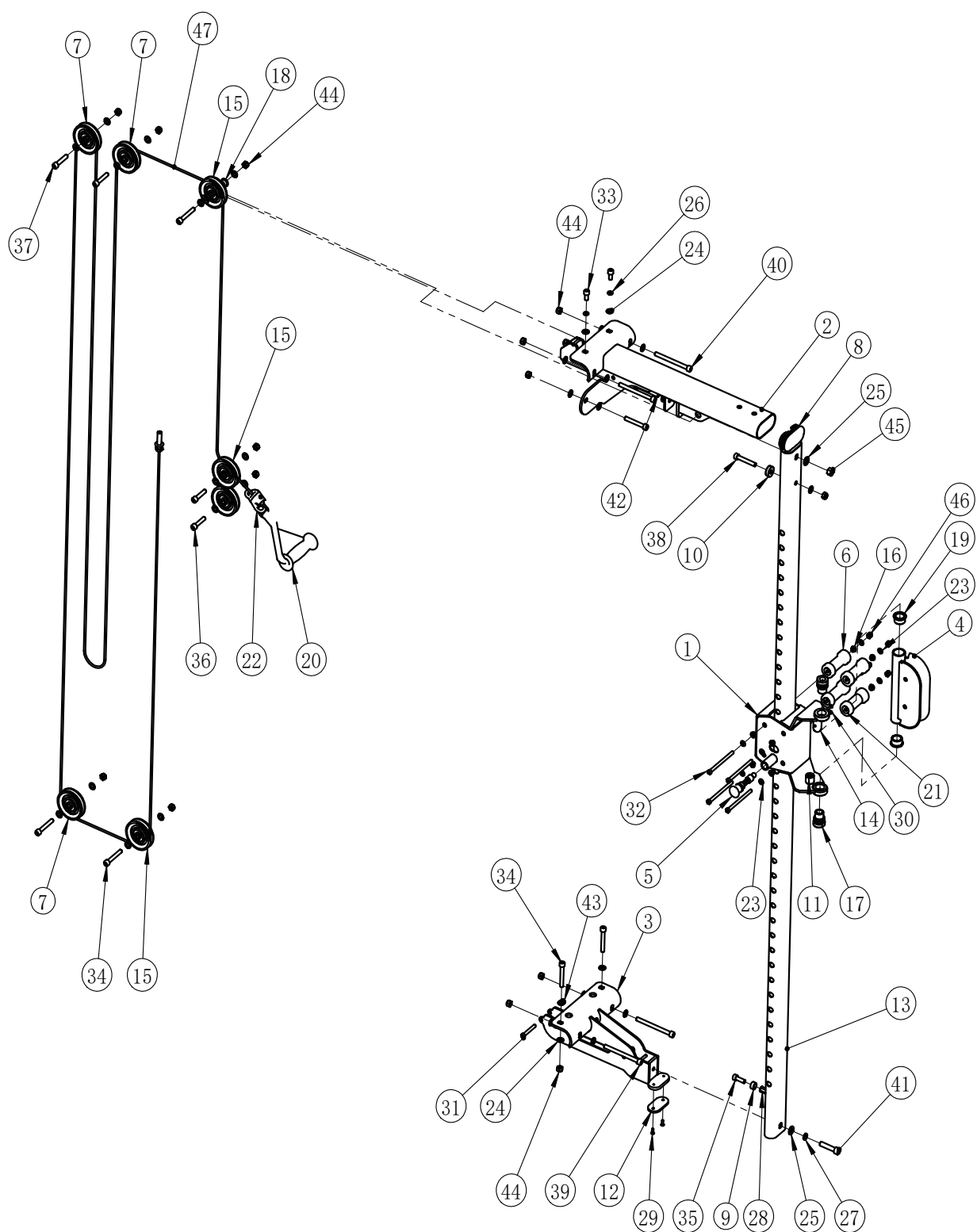
Phillips Screwdriver

Parts List

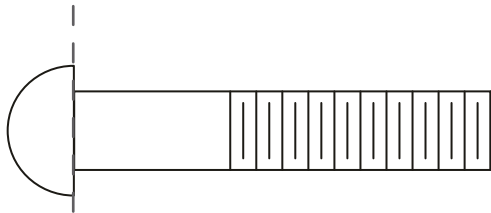
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Right sliding frame	1	25	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	3
2	Upper connection frame	1	26	Spring Washer $\phi 10$	2
3	Sliding wheel frame	1	27	Spring Washer $\phi 12$	1
4	Rotating pulley frame	1	28	Flat head hexagonal rivet nut M10 $\times$ 19.5	1
5	Long elastic pin	1	29	Flat Head Cap Screw M5 $\times$ 15	2
6	Sliding wheel	4	30	Flat Head Cap Screw M5 $\times$ 30	2
7	Small pulley	3	31	Socket Head Cap Screw M8 $\times$ 60	1
8	Large elliptical pipe plug	1	32	Socket Head Cap Screw M8 $\times$ 120	4
9	Spacer sleeve	1	33	Socket Head Cap Screw M10 $\times$ 20	2
10	Nylon limit sleeve	1	34	Socket Head Cap Screw M10 $\times$ 70	7
11	Small nylon limit sleeve	2	35	Socket Head Cap Screw M10 $\times$ 30	1
12	Ground mounted plastic board	1	36	Socket Head Cap Screw M10 $\times$ 50	2
13	Right adjustment tube	1	37	Socket Head Cap Screw M10 $\times$ 55	2
14	Small adjustment handle	1	38	Socket Head Cap Screw M10 $\times$ 65	1
15	Small aluminum pulley	4	39	Socket Head Cap Screw M10 $\times$ 125	2
16	Roller spacer sleeve	8	40	Socket Head Cap Screw M10 $\times$ 120	2
17	Threaded sleeve	2	41	Socket Head Cap Screw M12 $\times$ 55	1
18	Pulley spacer	2	42	Socket Head Cap Screw M12 $\times$ 75	1
19	Copper bearing	2	43	Nylon Lock Nut M8	1
20	Tensile sleeve set	1	44	Nylon Lock Nut M10	16
21	deep groove ball bearing	8	45	Nylon Lock Nut M12	1
22	Hulu Hook	1	46	Cap nut	4
23	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	8	47	Steel cable group	1
24	Flat Washer $\phi 11 \times \phi 20 \times 2$	33			

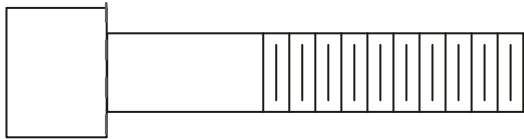
Exploded View



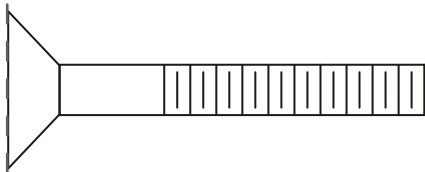
Measurement Guide



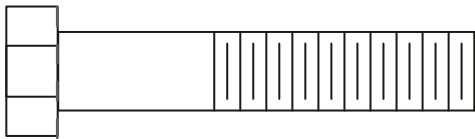
BHCS = Button Head Cap Screw



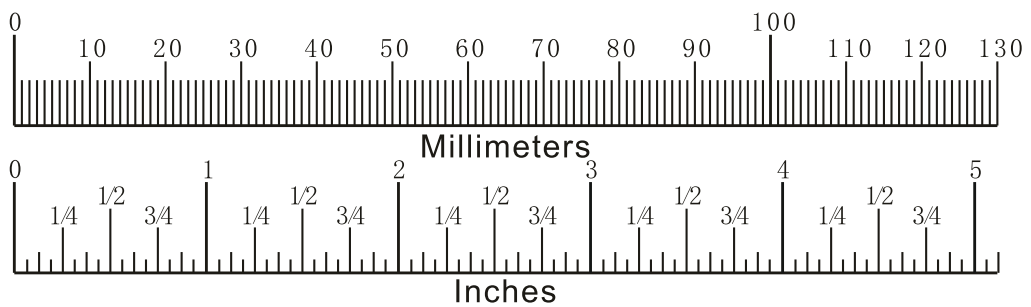
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



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Assembly Instructions

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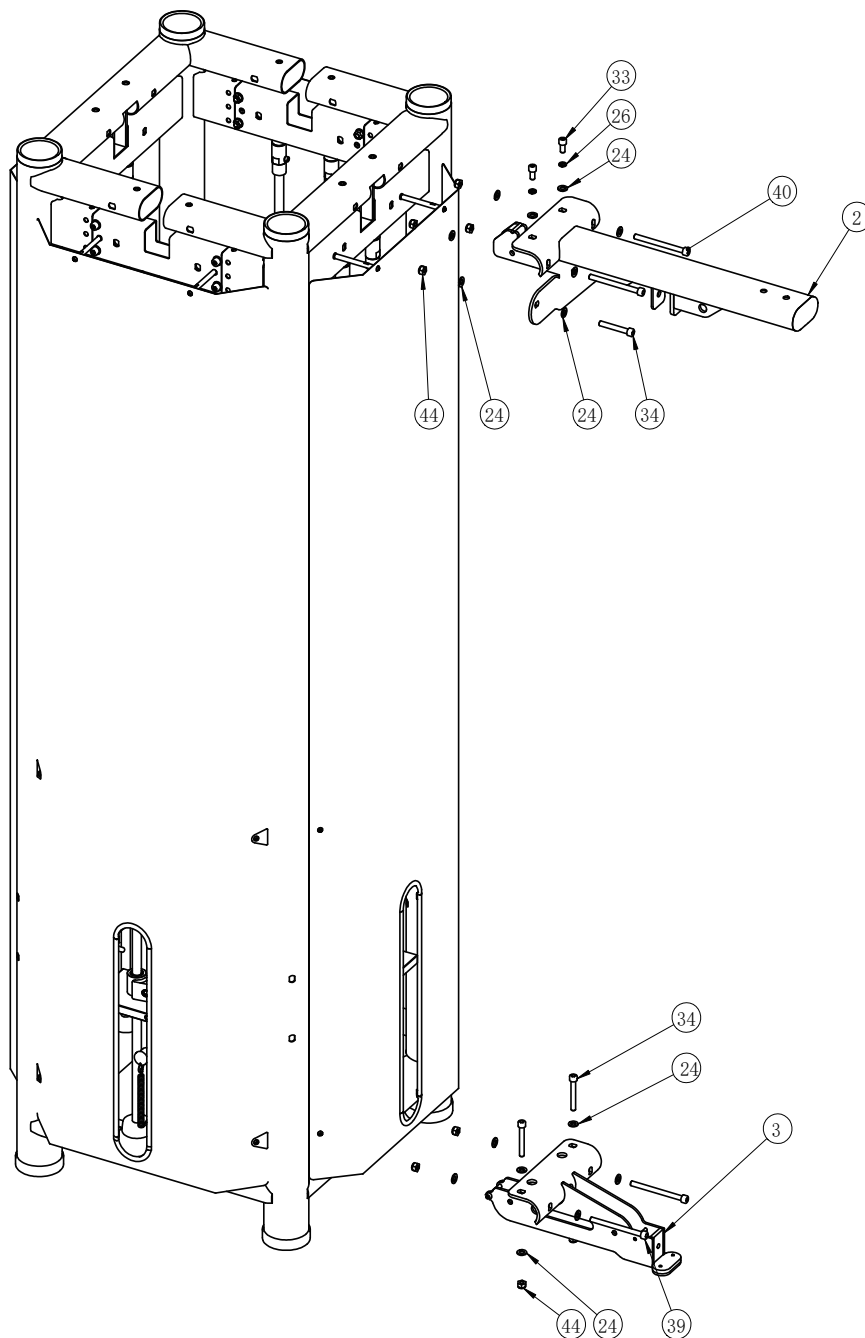
NOTE

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

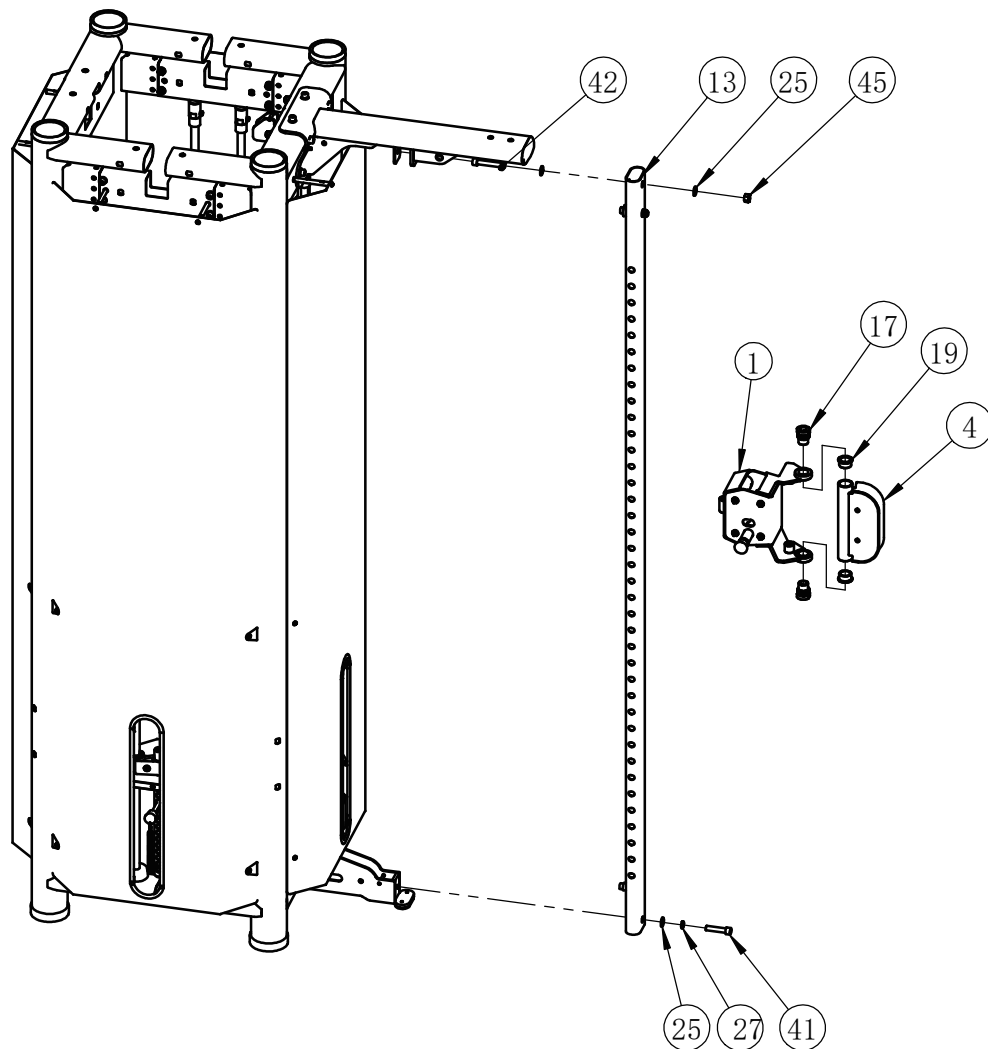
Item NO.	Description	Qty	Item NO.	Description	Qty
2	Upper connection frame	1	34	Socket Head Cap Screw M10×70	7
3	Sliding wheel frame	1	39	Socket Head Cap Screw M10×125	2
24	Flat Washer $\phi 11 \times \phi 20 \times 2$	33	40	Socket Head Cap Screw M10×120	2
26	Spring Washer $\phi 10$	2	44	Nylon Lock Nut M10	16
33	Socket Head Cap Screw M10×20	2			



Assembly

STEP 2

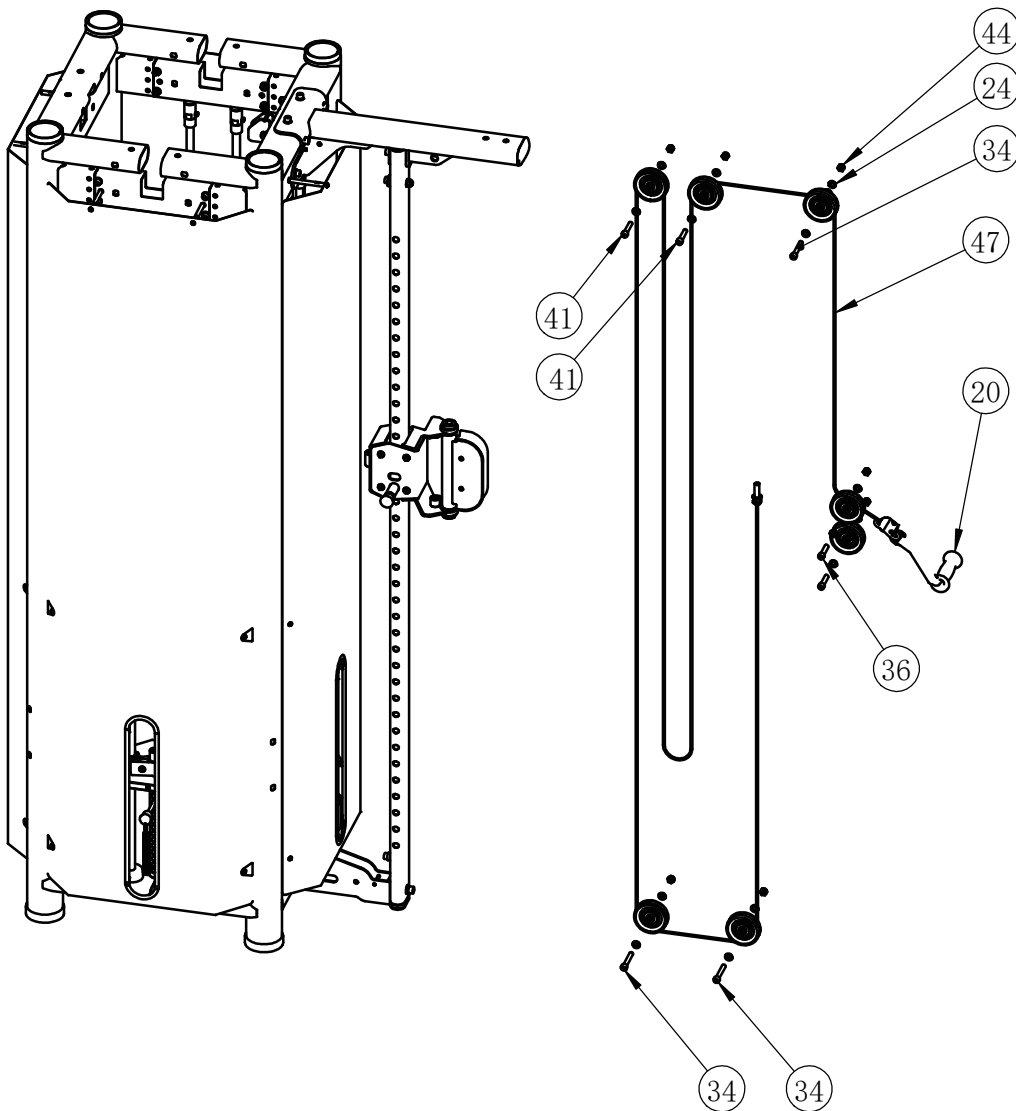
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Right sliding frame	1	25	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	3
4	Rotating pulley frame	1	27	Spring Washer $\phi 12$	1
13	Right adjustment tube	1	41	Socket Head Cap Screw M12 $\times$ 55	1
17	Threaded sleeve	2	42	Socket Head Cap Screw M12 $\times$ 75	1
19	Copper bearing	2	45	Nylon Lock Nut M12	1



Assembly

STEP 3

Item NO.	Description	Qty	Item NO.	Description	Qty
20	Tensile sleeve set	1	37	Socket Head Cap Screw M10×55	2
24	Flat Washer $\phi 11 \times \phi 20 \times 2$	33	44	Nylon Lock Nut M10	16
34	Socket Head Cap Screw M10×70	7	47	Steel cable group	1
36	Socket Head Cap Screw M10×50	2			



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.

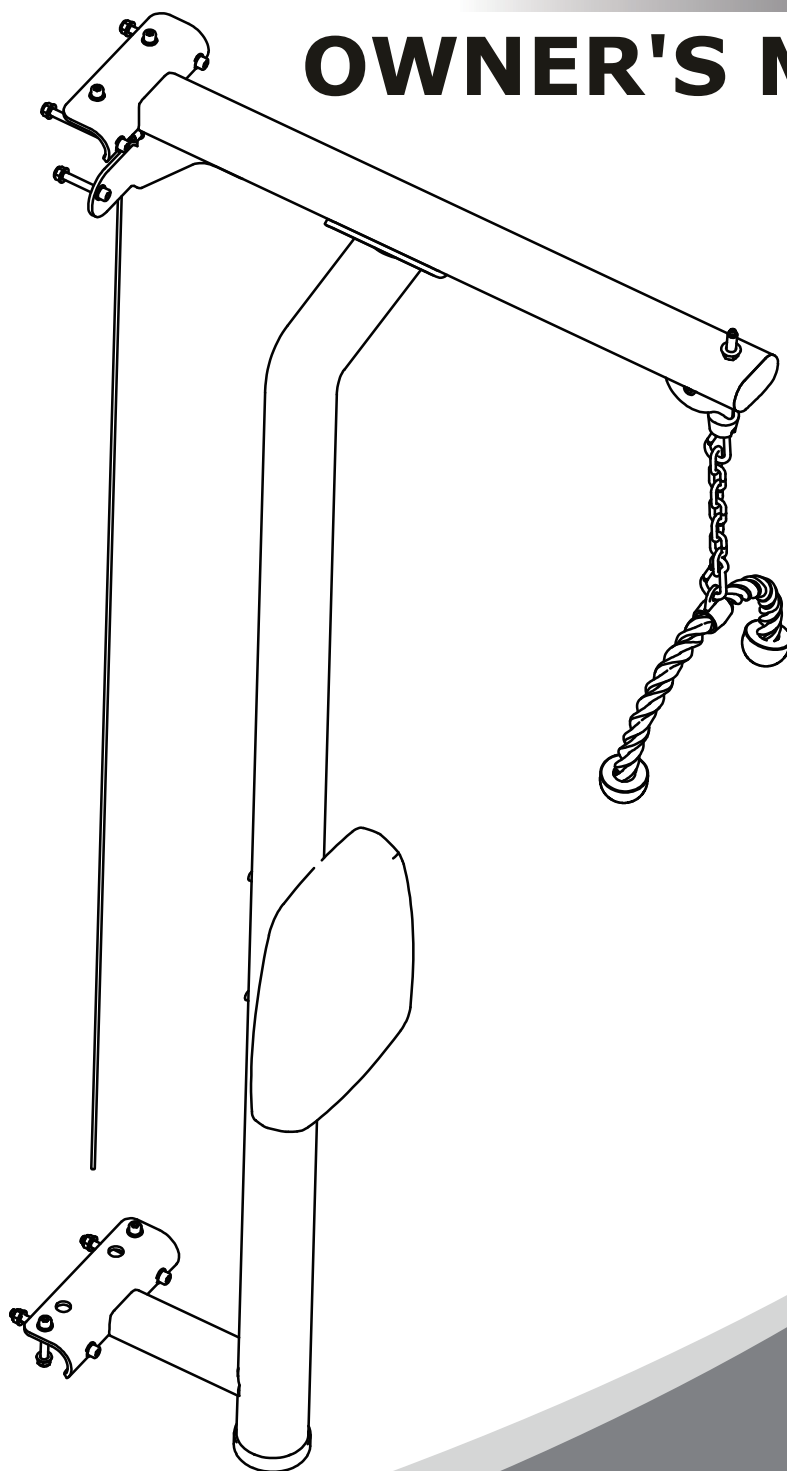
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

RE8023-04

4 STACK MULTI-STATION

OWNER'S MANUAL



! CAUTION

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

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

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Weight Training Tips----- 26

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:

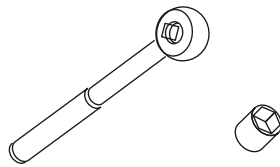
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Instructions

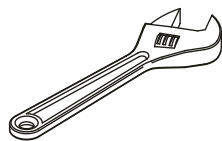
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

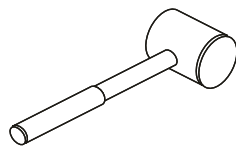
Tools Required



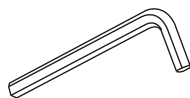
Ratchet Wrench and Socket



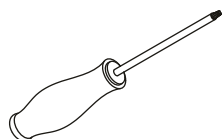
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



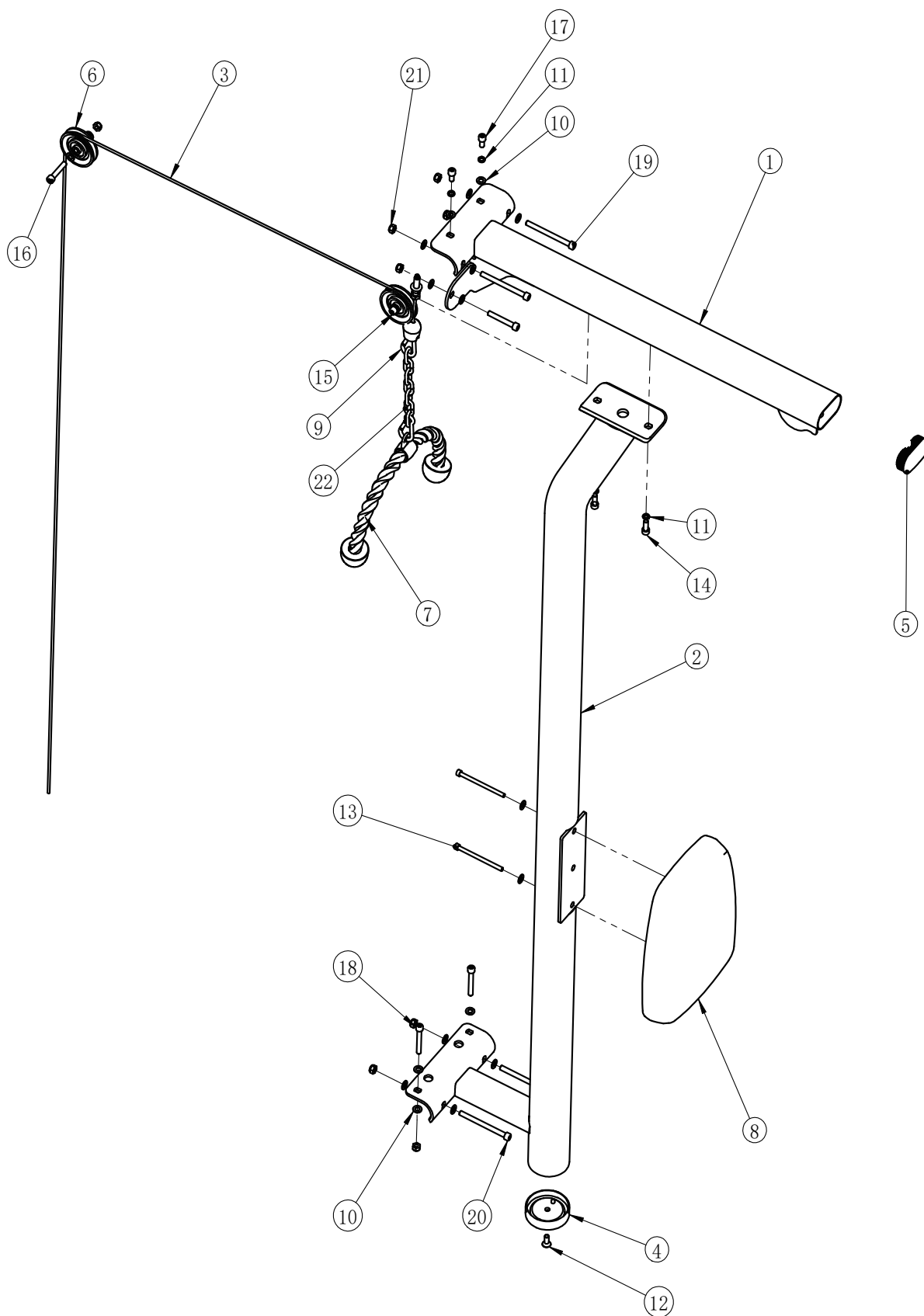
Phillips Screwdriver

Parts List

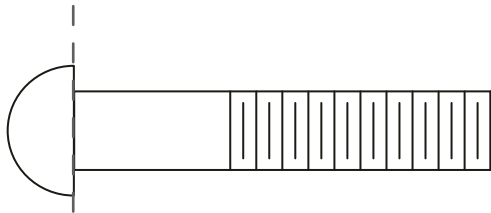
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty
1	Upper fixed bracket	1
2	Support frame	1
3	Triceps Station Cable Group	1
4	95 floor mat	1
5	Large elliptical pipe plug	1
6	Small pulley	2
7	Pull Rope	1
8	seat cushion	1
9	Hulu Hook	2
10	Flat Washer $\phi 11 \times \phi 20 \times 2$	26
11	Spring Washer $\phi 10$	4
12	Flat Head Cap Screw M10 $\times$ 25	1
13	Socket Head Cap Screw M8 $\times$ 120	2
14	Socket Head Cap Screw M10 $\times$ 25	2
15	Socket Head Cap Screw M10 $\times$ 50	1
16	Socket Head Cap Screw M10 $\times$ 55	1
17	Socket Head Cap Screw M10 $\times$ 20	2
18	Socket Head Cap Screw M10 $\times$ 70	4
19	Socket Head Cap Screw M10 $\times$ 120	2
20	Socket Head Cap Screw M10 $\times$ 125	2
21	Nylon Lock Nut M10	10
22	Seven link chain	1

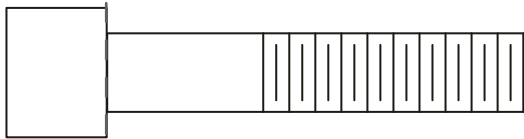
Exploded View



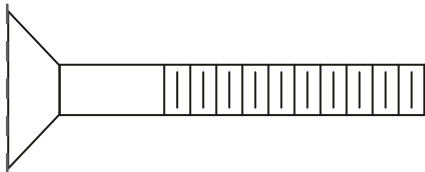
Measurement Guide



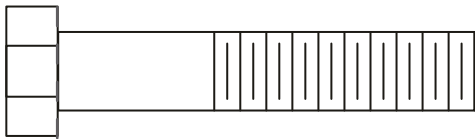
BHCS = Button Head Cap Screw



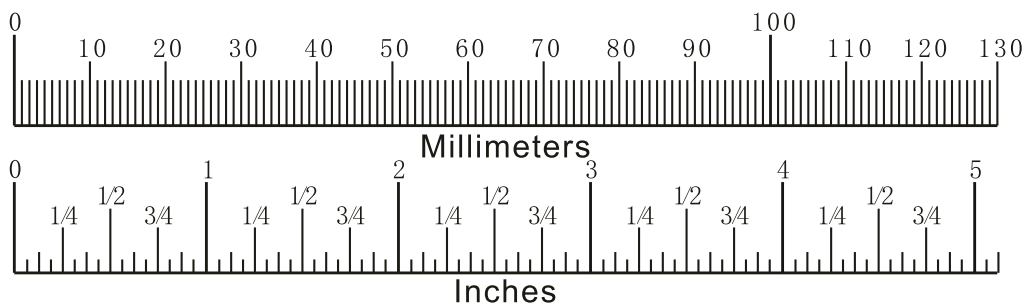
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

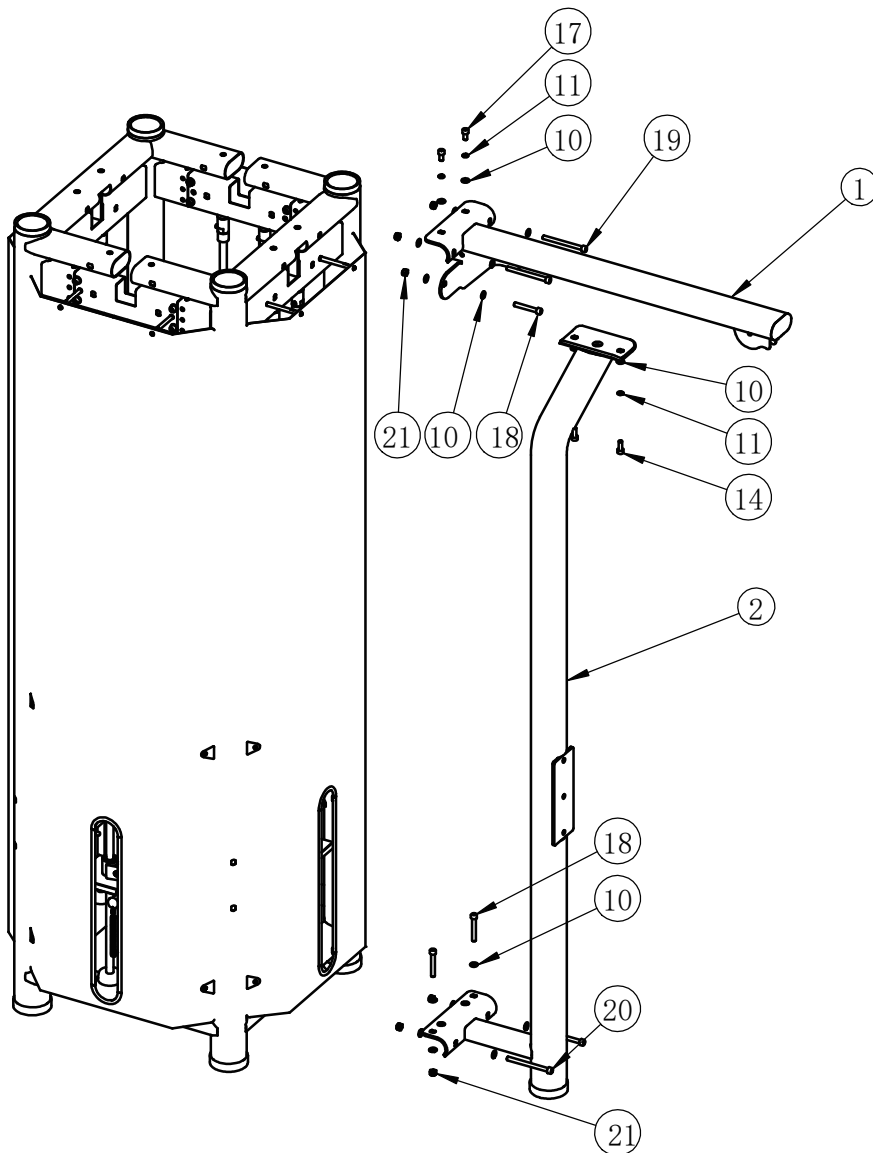
NOTE

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

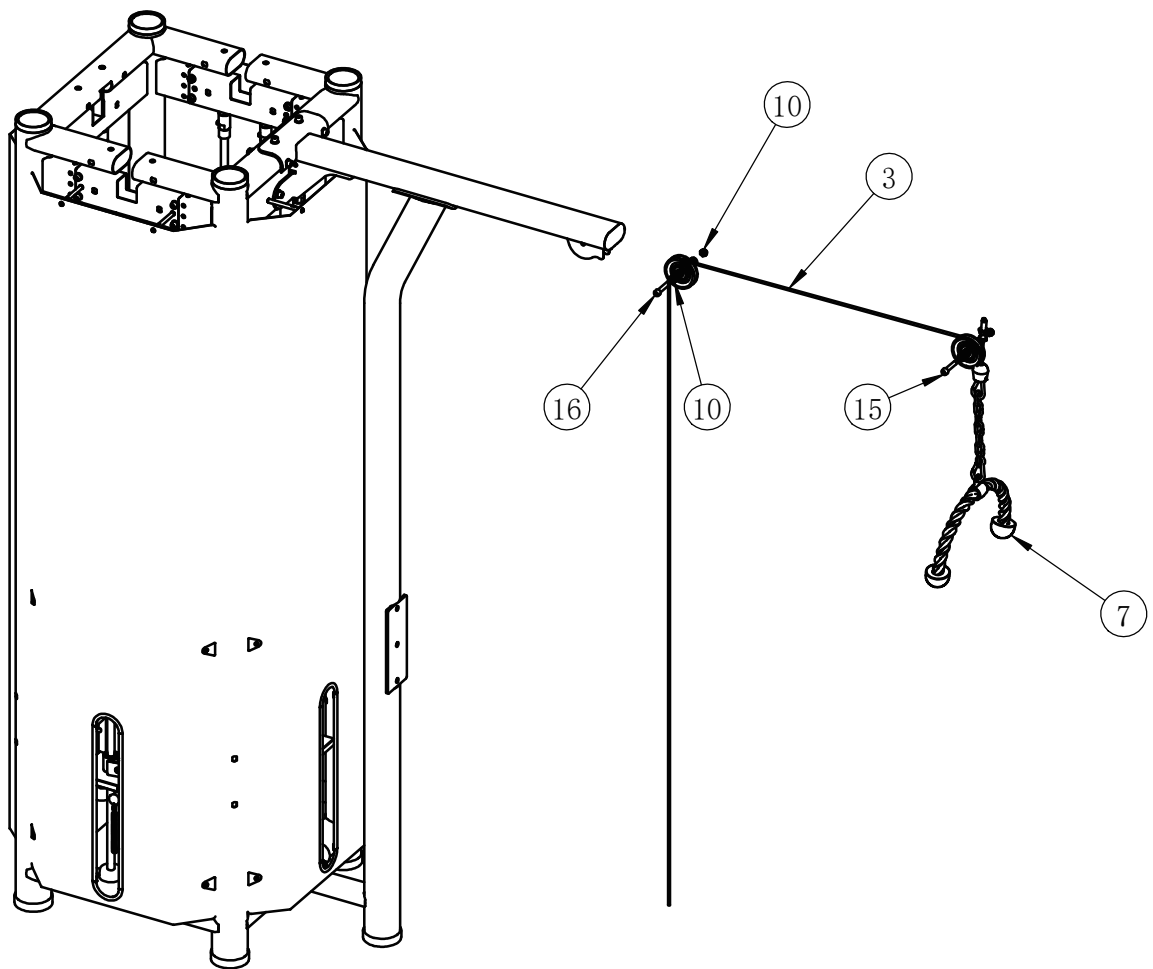
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Upper fixed bracket	1	17	Socket Head Cap Screw M10×20	2
2	Support frame	1	18	Socket Head Cap Screw M10×70	4
10	Flat Washer $\phi 11 \times \phi 20 \times 2$	26	19	Socket Head Cap Screw M10×120	2
11	Spring Washer $\phi 10$	4	20	Socket Head Cap Screw M10×125	2
14	Socket Head Cap Screw M10×25	2	21	Nylon Lock Nut M10	10



Assembly

STEP 2

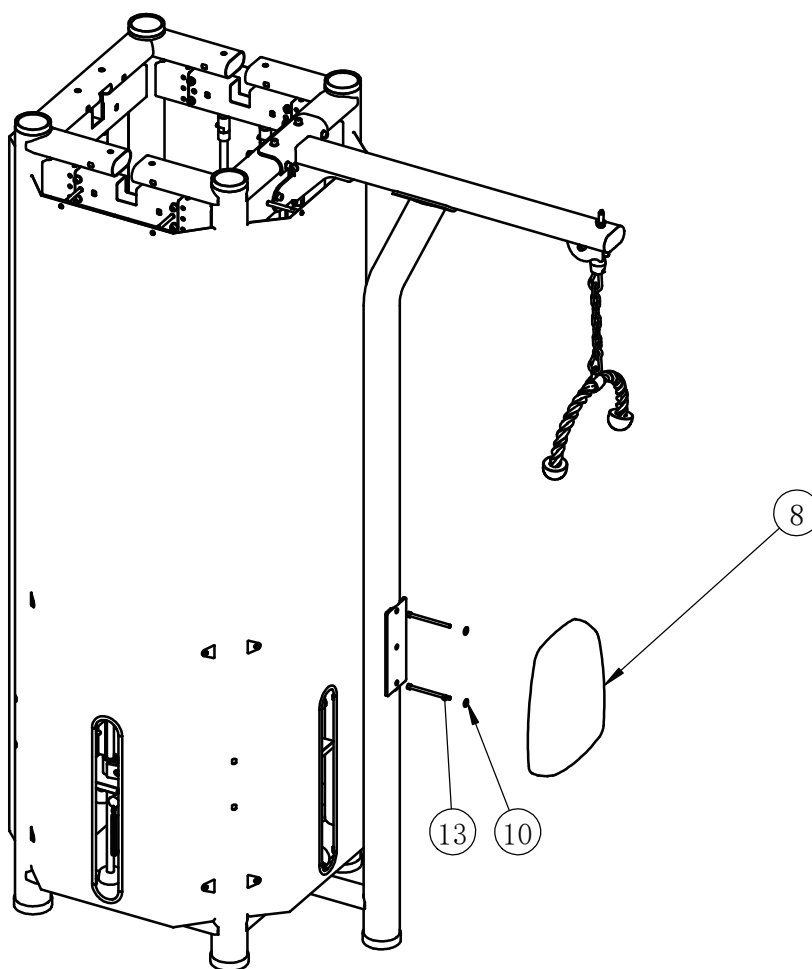
Item NO.	Description	Qty	Item NO.	Description	Qty
3	Triceps Station Cable Group	1	15	Socket Head Cap Screw M10×50	1
7	Pull Rope	1	16	Socket Head Cap Screw M10×55	1
10	Flat Washer $\phi 11 \times \phi 20 \times 2$	26			



Assembly

STEP 3

Item NO.	Description	Qty	Item NO.	Description	Qty
8	seat cushion	1	13	Socket Head Cap Screw M8×120	2
10	Flat Washer $\phi 11 \times \phi 20 \times 2$	26			



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 properly.

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 bolt 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.

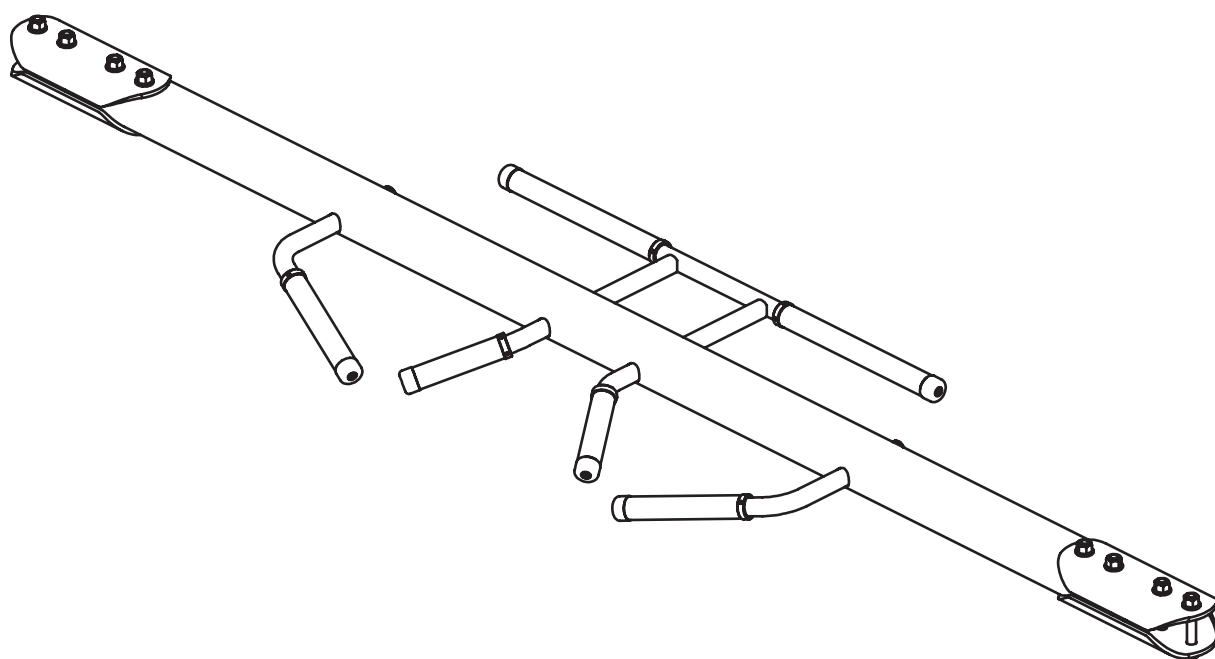
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

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

RE80240 PT

Handle Frame Assembly

OWNER'S MANUAL



! CAUTION

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and instructions in this manual
before using this equipment

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

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Important Safety Instructions

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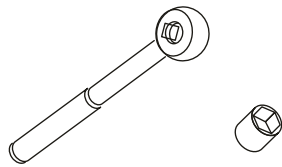
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Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
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.

Instructions

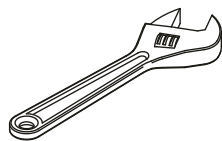
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

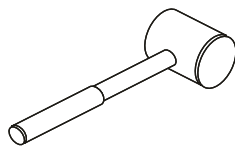
Tools Required



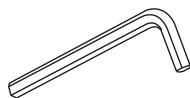
Ratchet Wrench and Socket



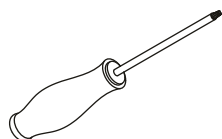
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

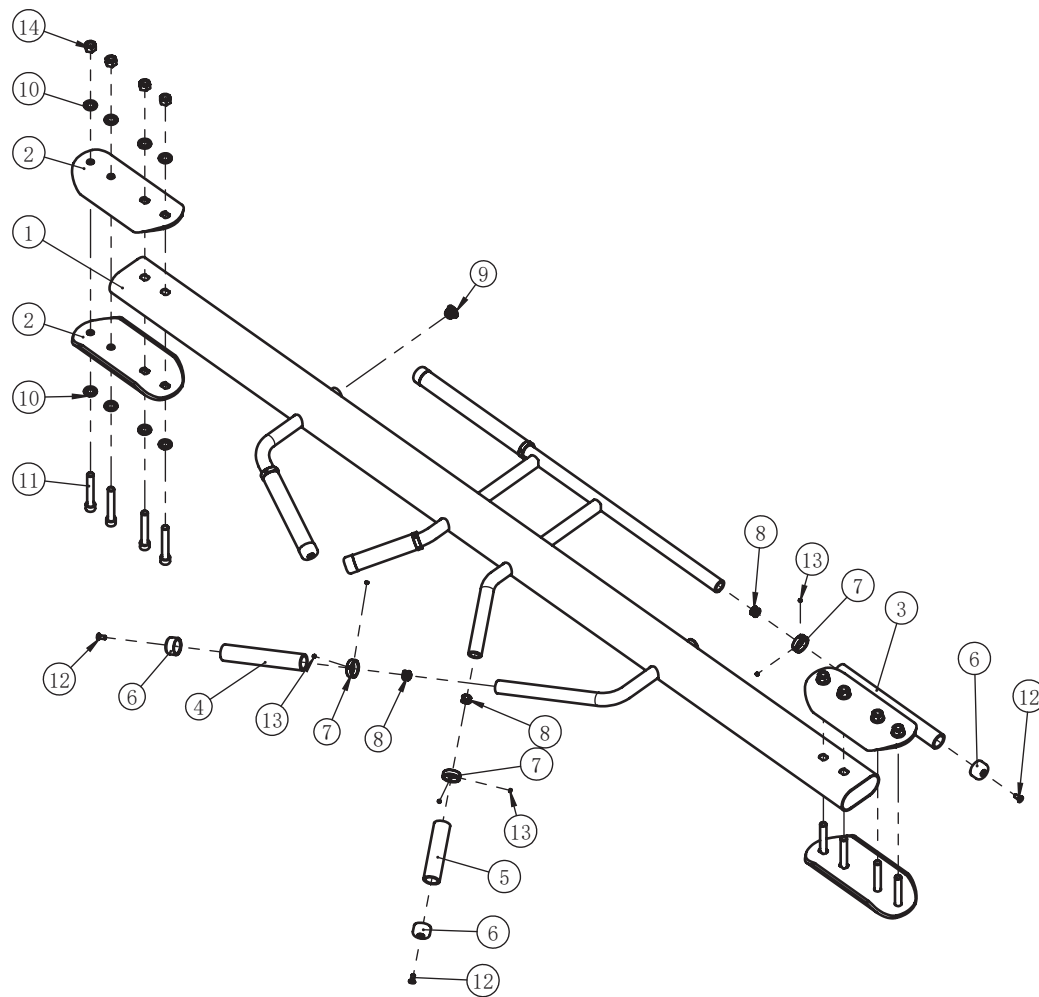


Phillips Screwdriver

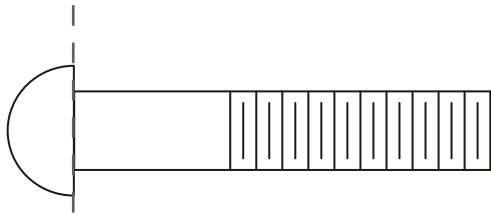
Parts List

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
3	Put the gloves onST $\phi 24 \times \phi 31 \times 265$	2
4	Put the gloves onST $\phi 24 \times \phi 31 \times 170$	2
5	Put the gloves onST $\phi 24 \times \phi 31 \times 120$	2
6	Put the gloves on	6
7	Aluminium Ring $\phi 25$	6
8	Plum shrapnel $\phi 17.6 \times M6$	6
9	Pipe plugs $\phi 25 \times 4.0$	2
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 $\times$ 80	8
12	Flat Head Cap Screw M6 $\times$ 15	6
13	Socket Set Screw M5 $\times$ 3	12
14	Nylon Lock Nut M12	8

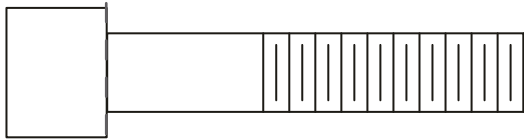
Exploded View



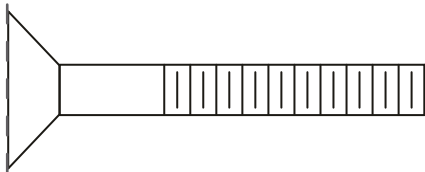
Measurement Guide



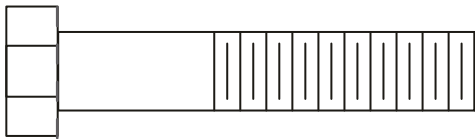
BHCS = Button Head Cap Screw



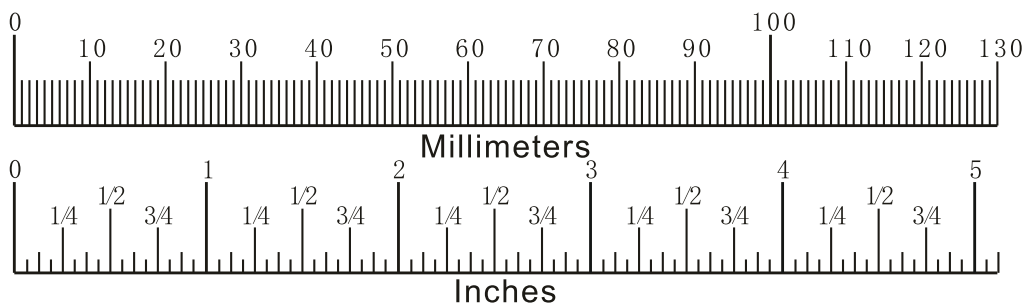
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



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.

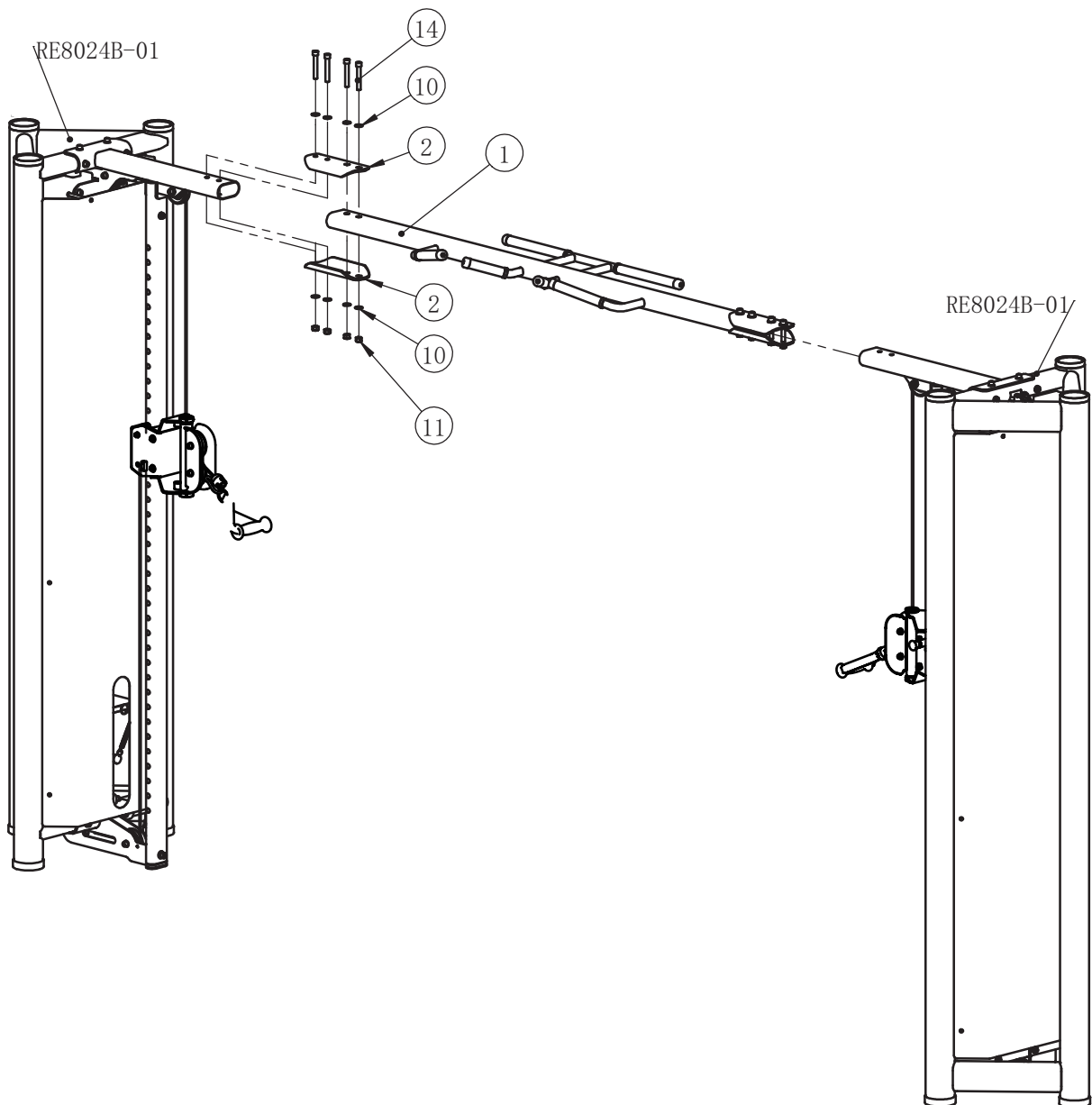
NOTE

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

RE8024B-01+RE8024OPT+RE8024B-01

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 $\times$ 80	8
14	Nylon Lock Nut M12	8

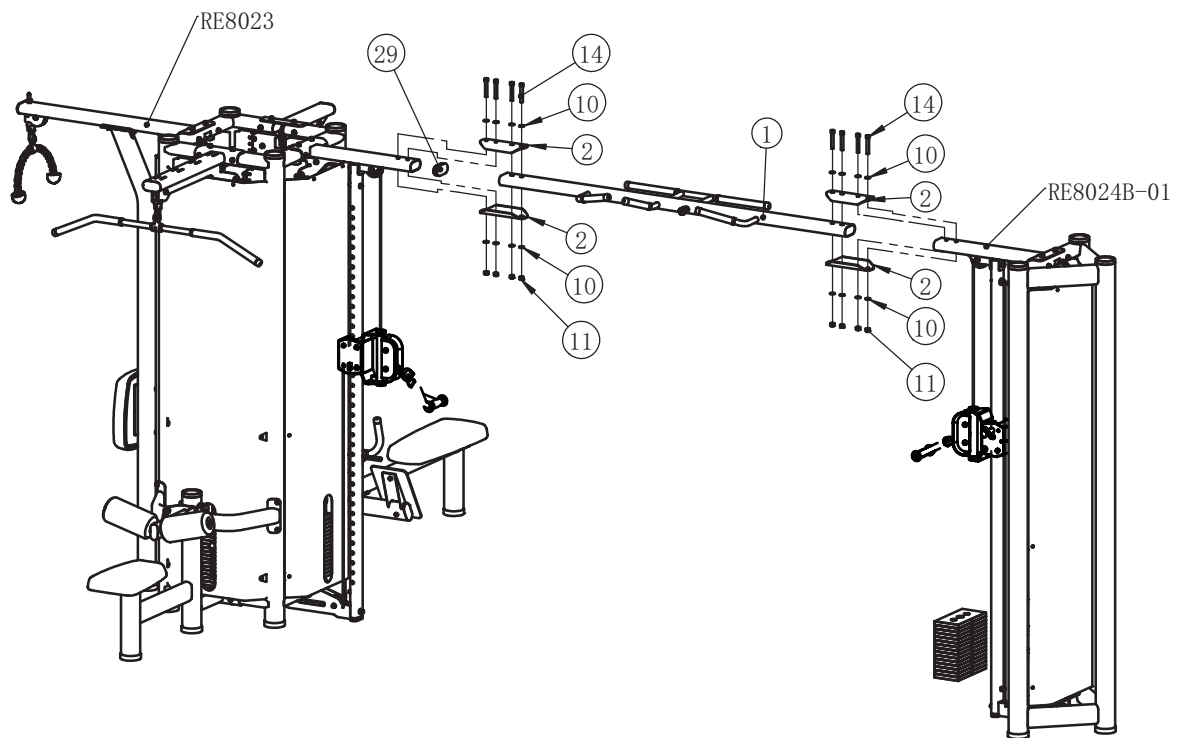


Assembly

RE8023+RE8024OPT+RE8024B-01

When combined, it needs to be removed 29#

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 $\times$ 80	8
14	Nylon Lock Nut M12	8
29	Plug RT50 $\times$ 100	1

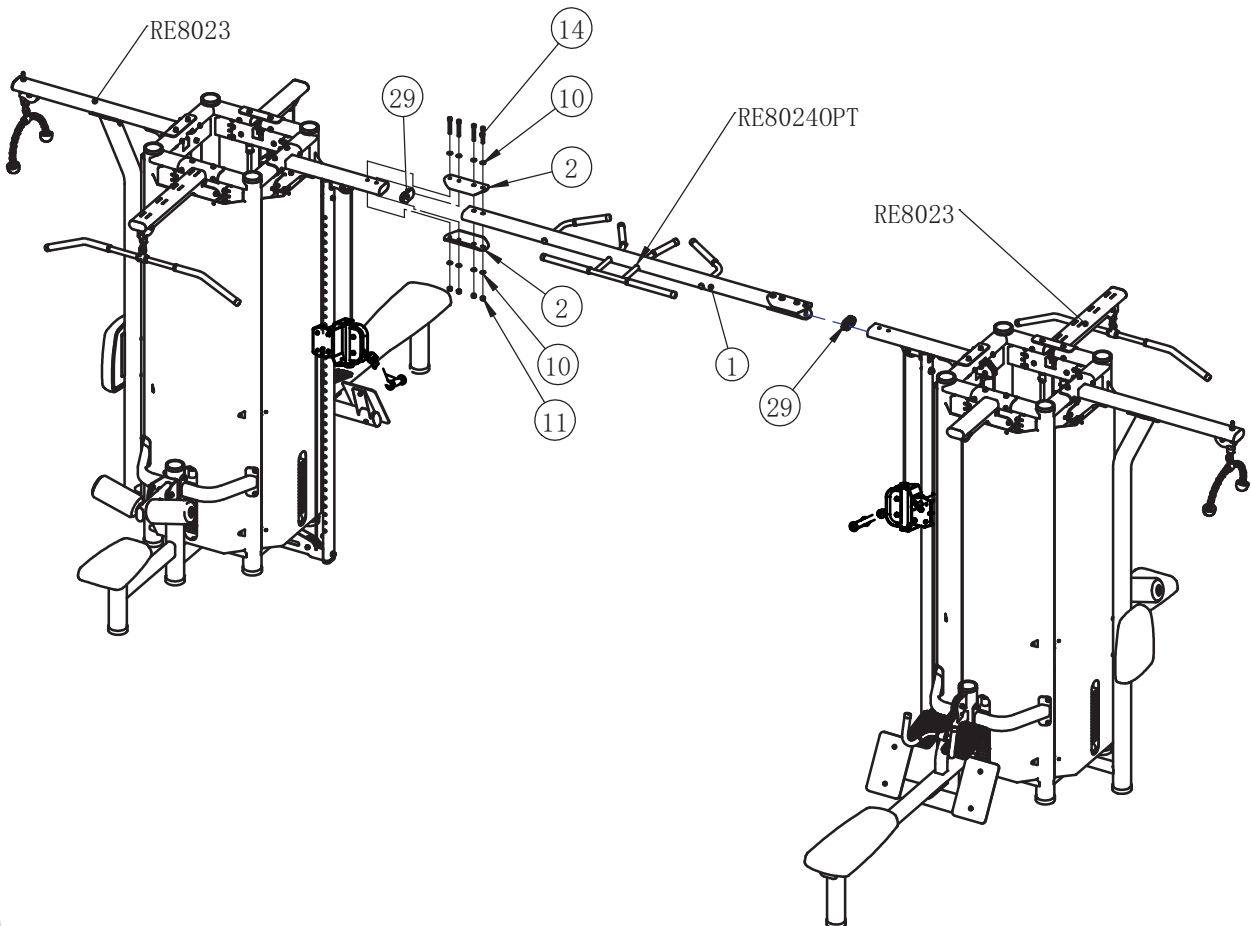


Assembly

RE8023+RE8024OPT+RE8023

When combined, it needs to be removed 29#

Item No	Description	QTY
1	Top Shelf	1
2	Curved Plate	4
10	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	16
11	Socket Head Cap Screw M12 $\times$ 80	8
14	Nylon Lock Nut M12	8
29	Plug RT50 $\times$ 100	2



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 properly.

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 bolt 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.