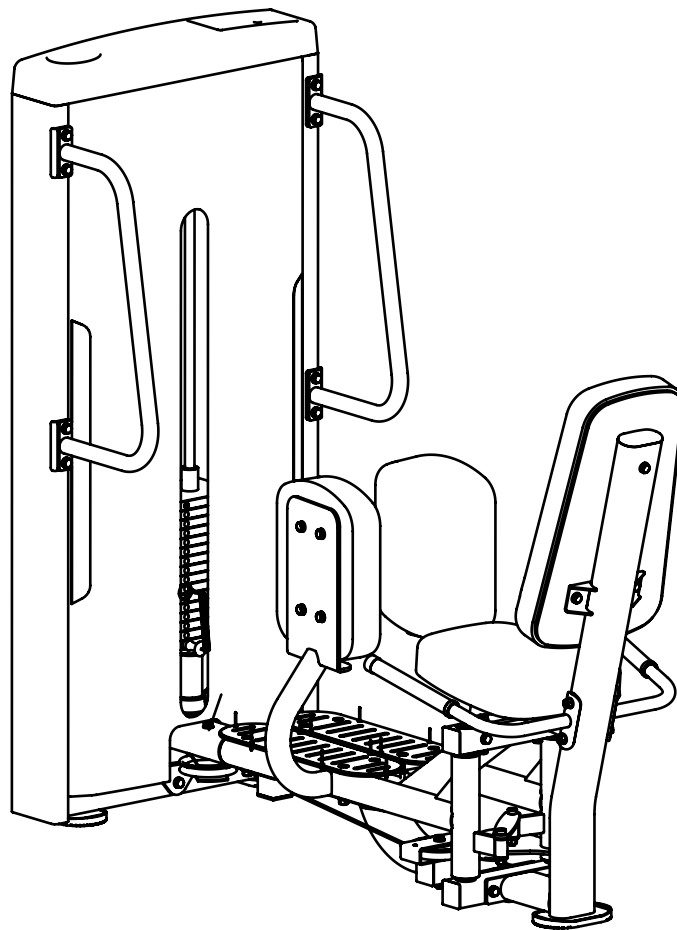


**SA036D**

STAND/SEAT ABDUCTION

# OWNER'S MANUAL



**! CAUTION**

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

## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* Never operate the unit when it has been dropped or damaged.
- \* Never drop or insert anything into any opening in the equipment.
- \* Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- \* Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- \* Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### Personal Safety During Assembly

- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

### Overall

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame ASSY	1	36	Bushing $\phi 25 \times \phi 12.2 \times 13$	4
2	Connecting Frame	1	37	Bearing 6005	4
3	Upper Supporting Frame	1	38	External Circlips	2
4	Split Leg Bracket Right	1	39	Hex Head Bolt M10*130	2
5	Split Leg Bracket Left	1	40	Hex Head Bolt M10*110	1
6	Upper Handle Rack	2	41	Hex Head Bolt M10*100	1
7	Lower Supporting Frame	1	42	Hex Head Bolt M10*95	2
8	Back Pad Support	1	43	Hex Head Bolt M10*90	1
10	Handle Frame	2	44	Hex Head Bolt M10*80	2
11	Foot Pedal	2	45	Hex Head Bolt M10*70	2
13	Pedal Plate	2	46	Hex Head Bolt M10*75	5
15	Connecting Rack	1	47	Hex Head Bolt M10*30	18
16	Pivot $\phi 25 \times 364$	2	49	Flat Head Cap Screw M8*75	4
18	Cable ASSY	1	50	Flat Head Cap Screw M8*35	4
19	Cable ASSY 2	1	51	Button Head Cap Screw M10*25	4
20	Back Cushion	1	52	Socket Head Cap Screw M8*25	2
21	Seat Pad	1	53	Socket Head Cap Screw M4*15	1
22	Back Cushion	2	54	Flat Head Cap Screw M6*16	2
23	Aluminum Cap $\phi 25$	2	56	Socket Set Screw M5*3	4
24	Aluminum Ring $\phi 25$	2	57	Nylon Lock Nut M10	15
25	4.5" Pulley	2	58	Flat Washer $\phi 11 \times \phi 20 \times 2$	55
26	Grip $\phi 30 \times \phi 22 \times 205$	2	59	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	10
27	Rubber Foot	1	60	Nylon Lock Nut M8	8
28	Plug PT50*100	1	61	Rivets With Flat And Round Head	12
29	Plug $\square 50$	8	62	Cushion 50*35*25	2
30	Plug $\phi 60$	2			

## Parts List

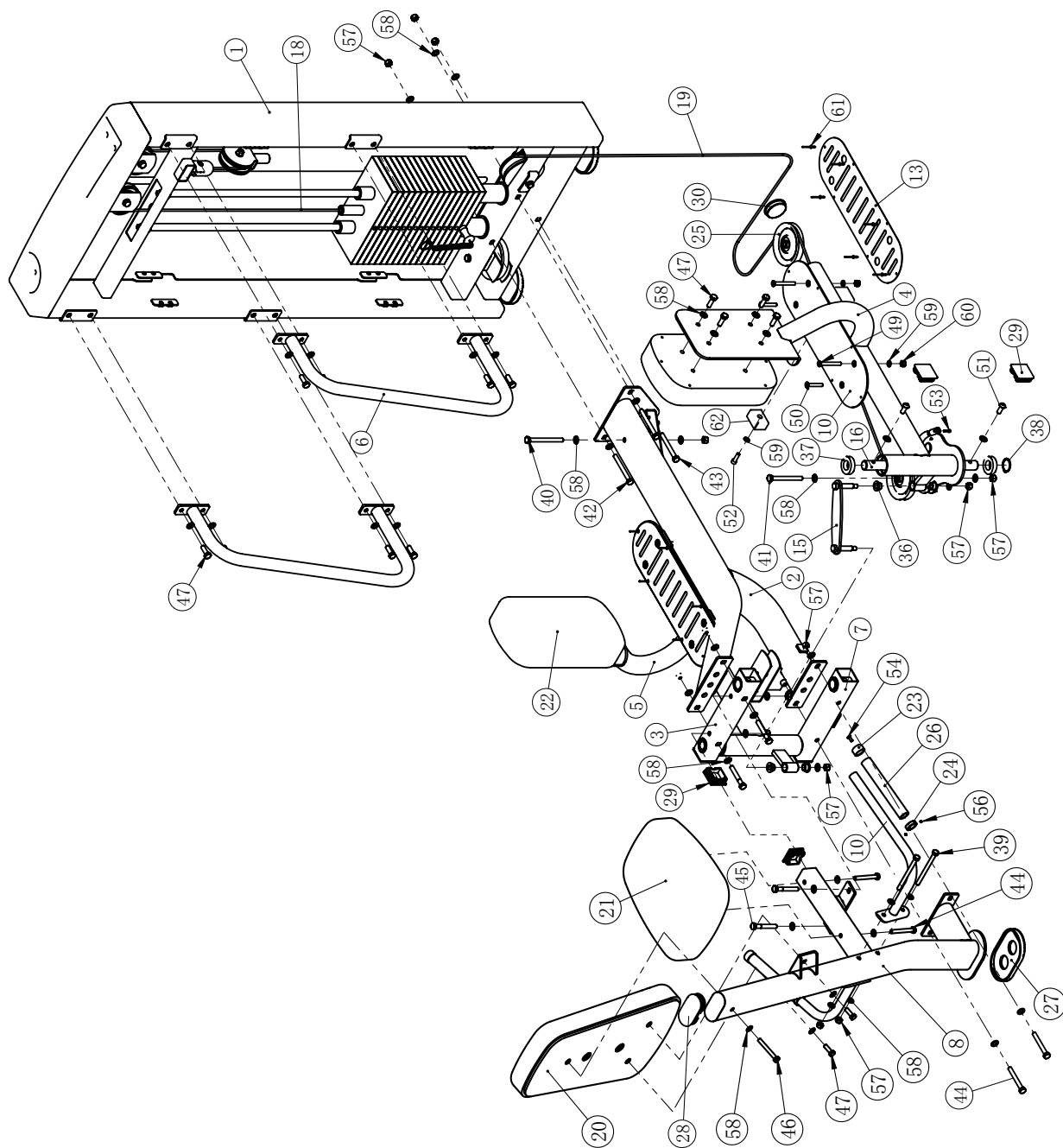
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

### Weight Stack Frame ASSY

Item NO.	Description	Qty	Item NO.	Description	Qty
1.1	Weight Stack Frame	1	1.16	Shroud Sticker	4
1.2	Guide Rod	2	1.17	Pulley Rack	1
1.3	Mount Sleeve $\phi 29 \times \phi 8.5 \times 12$	2	1.18	Hex Head Bolt M10*105	2
1.4	Rubber Foot	2	1.19	Hex Head Bolt M10*50	3
1.5	4.5" Pulley	2	1.20	Socket Head Cap Screw M8*25	2
1.6	3.5" Pulley	3	1.21	Button Head Cap Screw M5*15	20
1.8	Top Plate	1	1.22	Nylon Lock Nut M10	4
1.9	Selector Pin W/Coil	1	1.23	Flat Washer $\phi 11 \times \phi 20 \times 2$	9
1.11	Rubber Mat $\phi 63.5 \times \phi 19 \times 25.4$	4	1.24	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	2
1.12	Inner Shroud	1	1.25	Flat Washer $\phi 5.3 \times \phi 10 \times 1$	4
1.13	Outer Shroud	1	1.26	Spring Washer $\phi 8$	2
1.14	Upper Shroud	1	1.27	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
1.15	Shield Fixed Seat	8	1.28	Quick Nut 13.68*21*M5	4

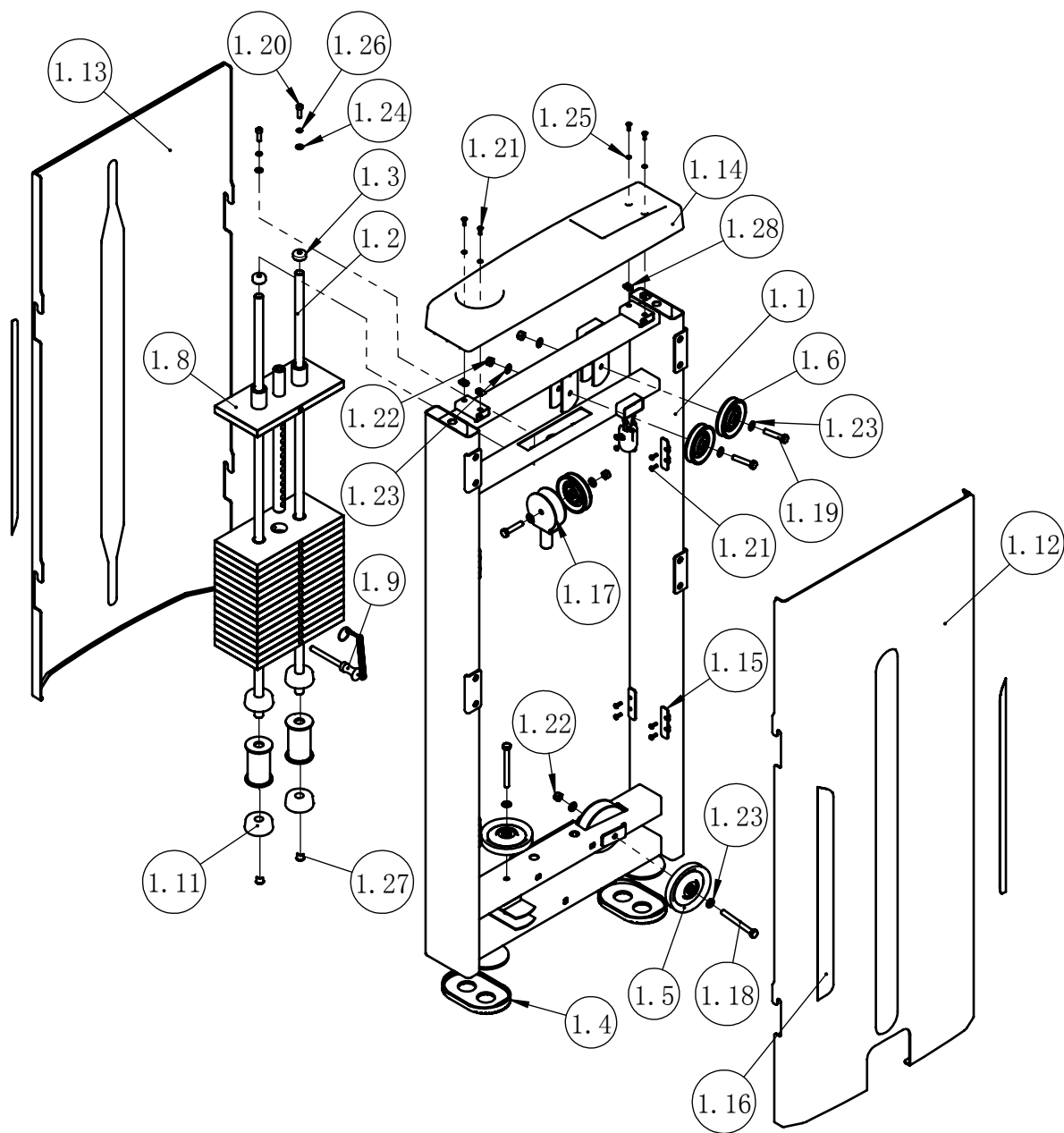
# Exploded View

## Overall



## Exploded View

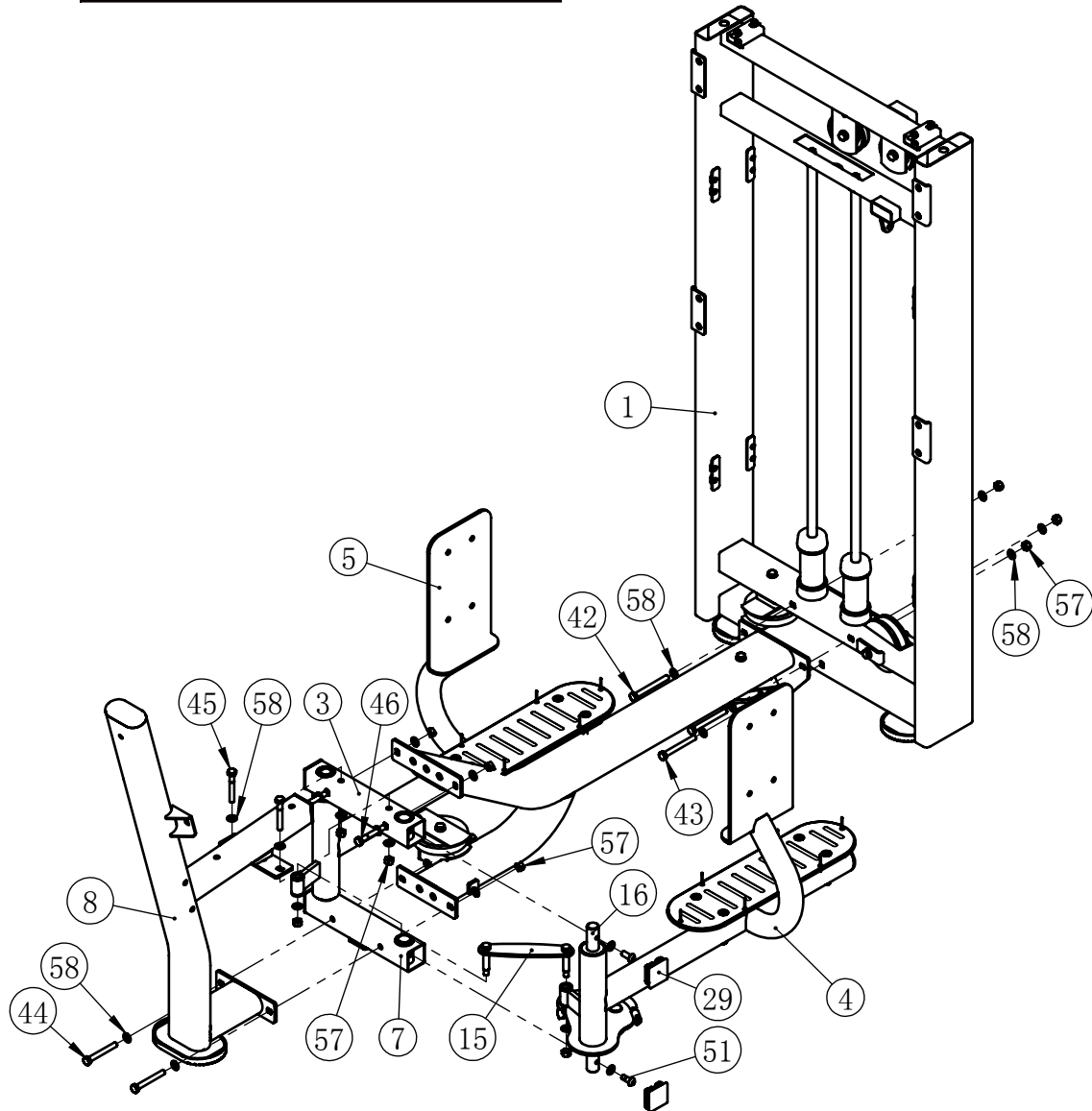
### Weight Stack Frame ASSY



# Assembly

## STEP 1

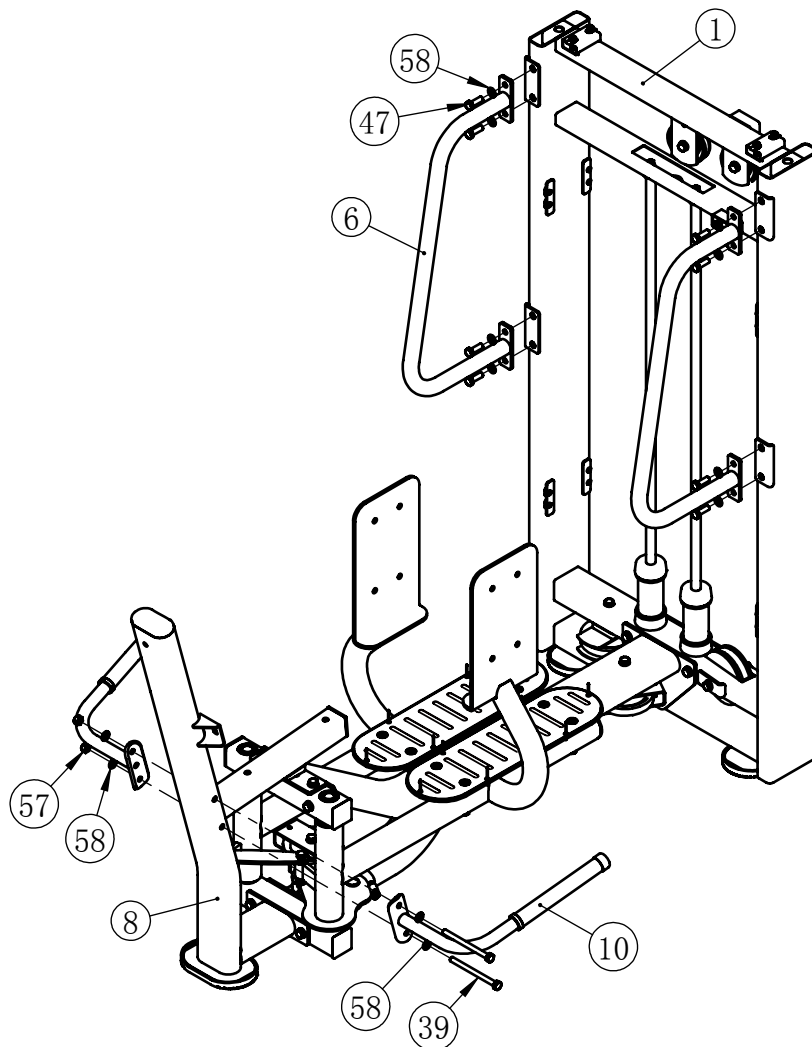
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame ASSY	1	42	Hex Head Bolt M10*95	2
3	Upper Supporting Frame	1	43	Hex Head Bolt M10*90	1
4	Split Leg Bracket Right	1	44	Hex Head Bolt M10*80	2
5	Split Leg Bracket Left	1	45	Hex Head Bolt M10*70	2
7	Lower Supporting Frame	1	46	Hex Head Bolt M10*75	2
8	Back Pad Support	1	51	Button Head Cap Screw M10*25	4
15	Connecting Rack	1	57	Nylon Lock Nut M10	11
16	Pivot $\phi 25 \times 364$	2	58	Flat Washer $\phi 11 \times \phi 20 \times 2$	24
29	Plug $\square 50$	4			



## Assembly

### STEP 2

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Weight Stack Frame ASSY	1	39	Hex Head Bolt M10*125	2
6	Upper Handle Rack	2	47	Hex Head Bolt M10*30	8
8	Back Pad Support	1	57	Nylon Lock Nut M10	2
10	Handle Frame	2	58	Flat Washer $\phi 11 \times \phi 20 \times 2$	12

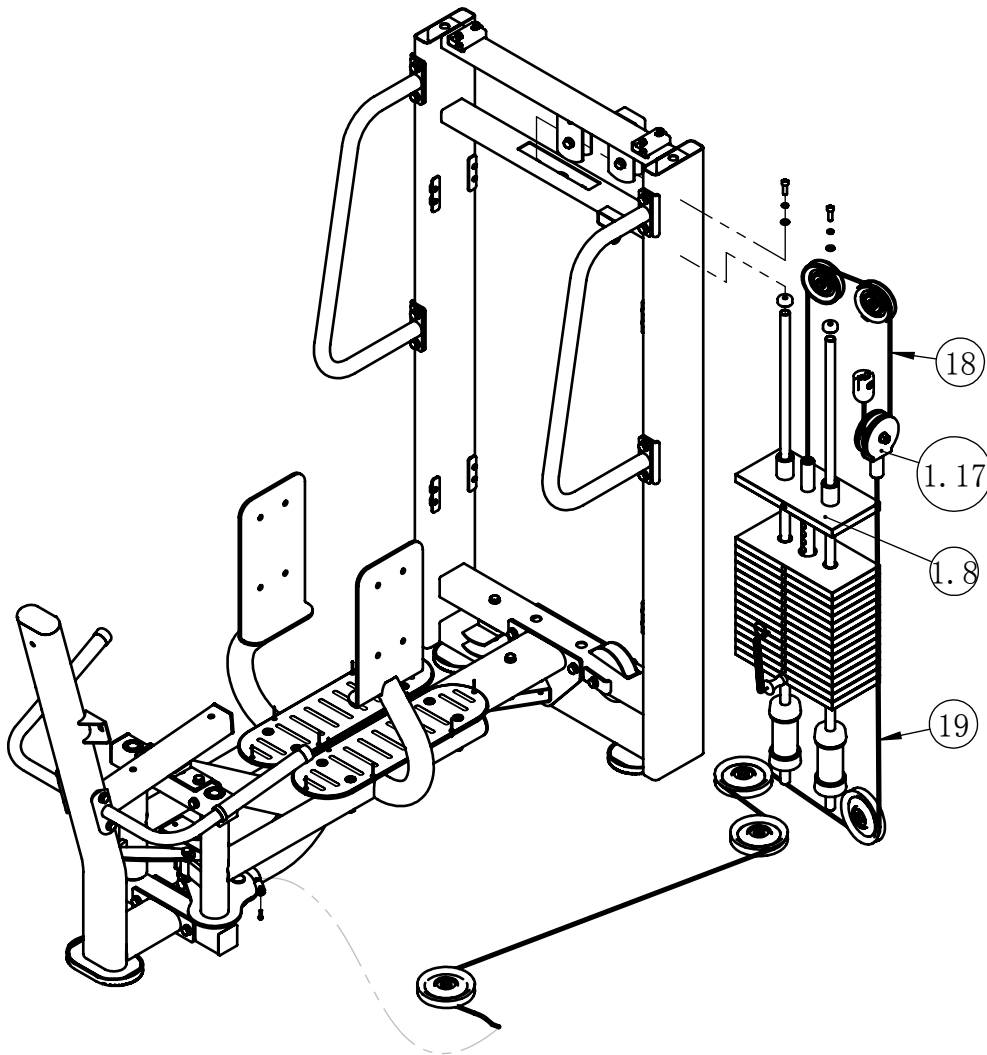




## Assembly

### STEP 3

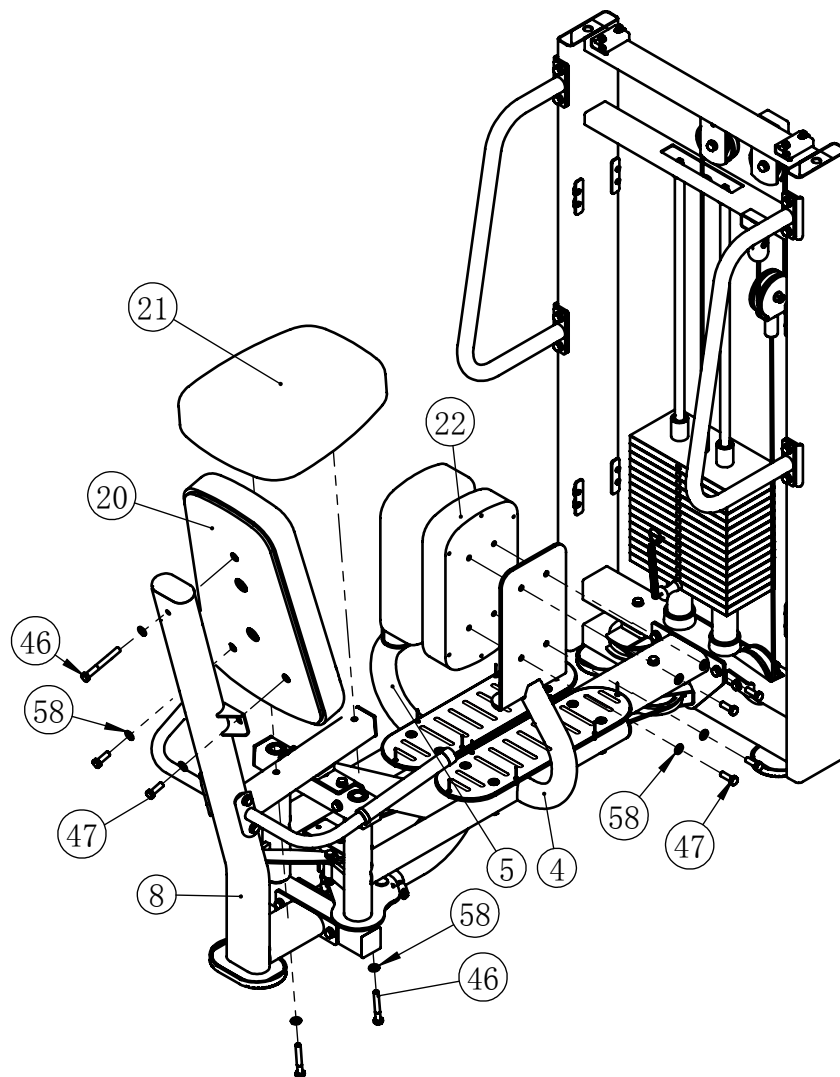
Item NO.	Description	Qty	Item NO.	Description	Qty
1.8	Top Plate	1	18	Cable ASSY	1
1.17	Pulley Rack	1	19	Cable ASSY 2	1



## Assembly

### STEP 4

Item NO.	Description	Qty	Item NO.	Description	Qty
4	Split Leg Bracket Right	1	22	Back Cushion	2
5	Split Leg Bracket Left	1	46	Hex Head Bolt M10*75	3
8	Back Pad Support	1	47	Hex Head Bolt M10*30	10
20	Back Cushion	1	58	Flat Washer $\phi 11 * \phi 20 * 2$	13
21	Seat Pad	1			



## Assembly

### STEP 5

Item NO.	Description	Qty	Item NO.	Description	Qty
1.12	Inner Shroud	1	1.21	Button Head Cap Screw M5*15	4
1.13	Outer Shroud	1	1.25	Flat Washer $\phi 5.3 \times \phi 10 \times 1$	4
1.14	Upper Shroud	1			

