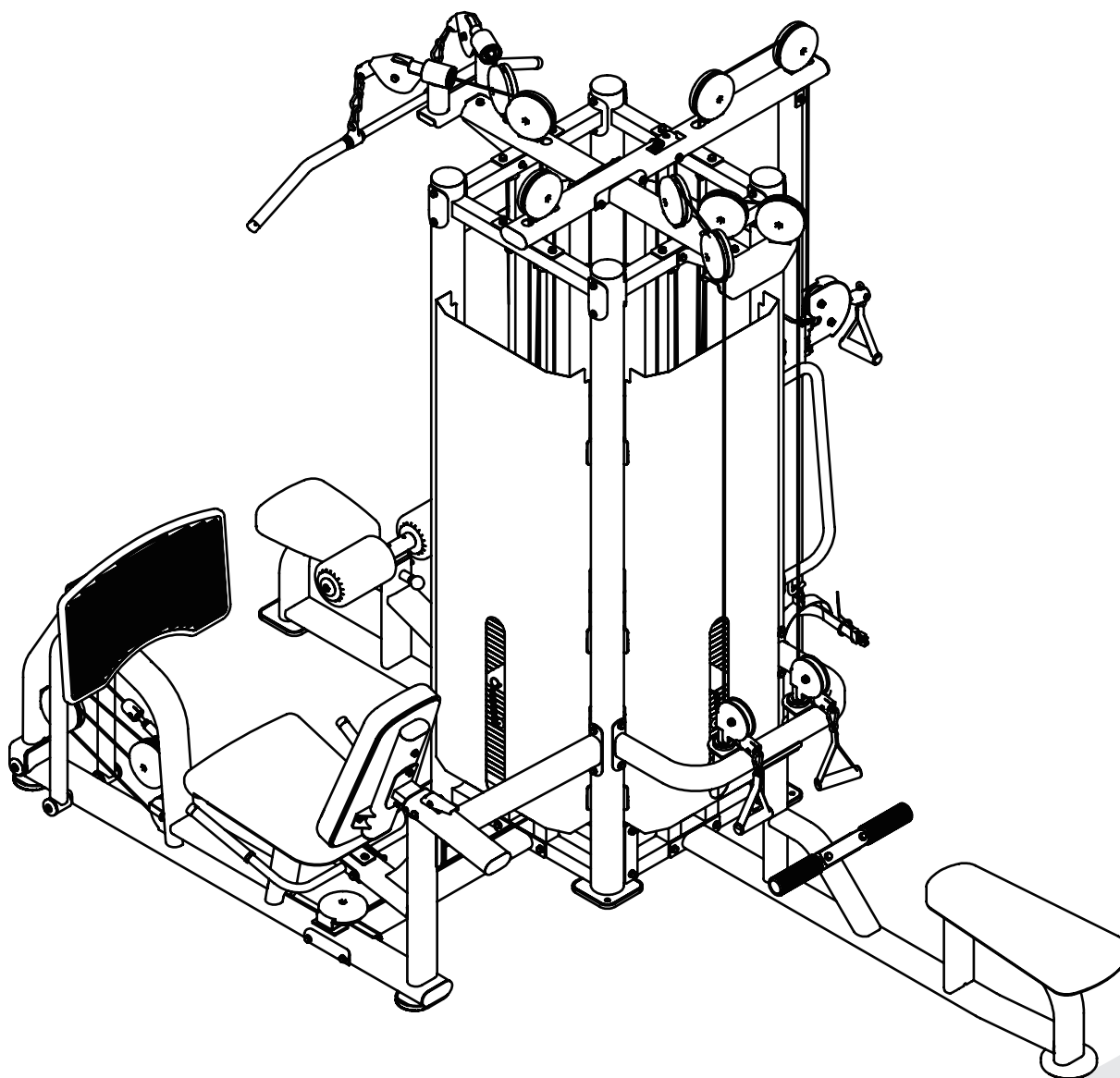


SA023

4 STACK MULTI-STATION

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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

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Important Safety Instructions

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

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

Personal Safety During Assembly

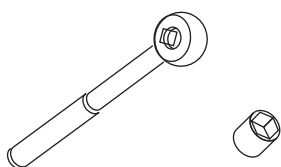
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

Instructions

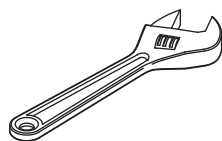
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

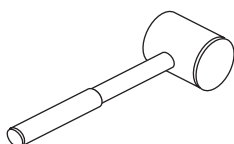
Tools Required



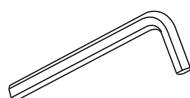
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Adjustable Back Pad Support

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame 1	1	31	Handle Frame	1
2	Main Frame 2	1	32	Back Cushion	1
3	Lower Left Connecting Frame	1	33	Back Cushion Telescopic Frame	1
4	Lower Connecting Frame	1	34	Sliding Catheter	1
5	Upper Connecting Frame 1	2	35	Cover	4
6	Upper Left Connecting Frame	1	36	Choose Iron Guide Rod	8
7	Upper Beam Support 1	1	37	Pulley Connecting Frame	3
8	Pull Frame	1	38	Small Pulley Cover	6
9	Main Frame	1	39	Ground Frame	1
10	Diagonal Brace	1	40	Long Handle	1
11	High Tension Bracket	1	41	φ 38 Shaft Bushing	2
12	Rowing Frame	1	42	Pipe Plug	4
13	Pulley Connecting Frame	1	43	Big Seat Pad	1
14	Handle Holder	1	44	Level 3 Tension Sleeve	2
15	Bottom Pulley Frame	2	45	PutGloves	2
16	Bottom Reinforced U-Seat	2	46	Cushion	3
17	FOAM Telescopic Frame	1	47	Cover Holder	24
18	Foam Frame	1	48	HILO Cable Assembly	1
19	Ground Frame	1	49	High Tension Cable Assembly	1
20	Lower Support 2	2	50	Leg Kick Cable Assembly	1
21	Top pulley Frame	2	51	Rowing Cable Assembly	1
22	Armrest	2	52	Choose Iron	60
23	Foot Pedal	1	53	Counterweight Iron Components	4
24	Left Sliding Sleeve	1	54	Select Iron Bolt Set	4
25	Double Pulley Frame	1	55	Rubber Mat	8
26	Front Swing Frame	1	56	Large Pulley Cover	25
27	Pedals	1	57	Hollow Hexagon Bolt	1
28	Pedal Rack	1	58	Hex Flange Nut M12	8
29	Connecting Rod	2	59	Floor Mat	8
30	Ground Frame	1	60	Large Oval Pipe Plug	10

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

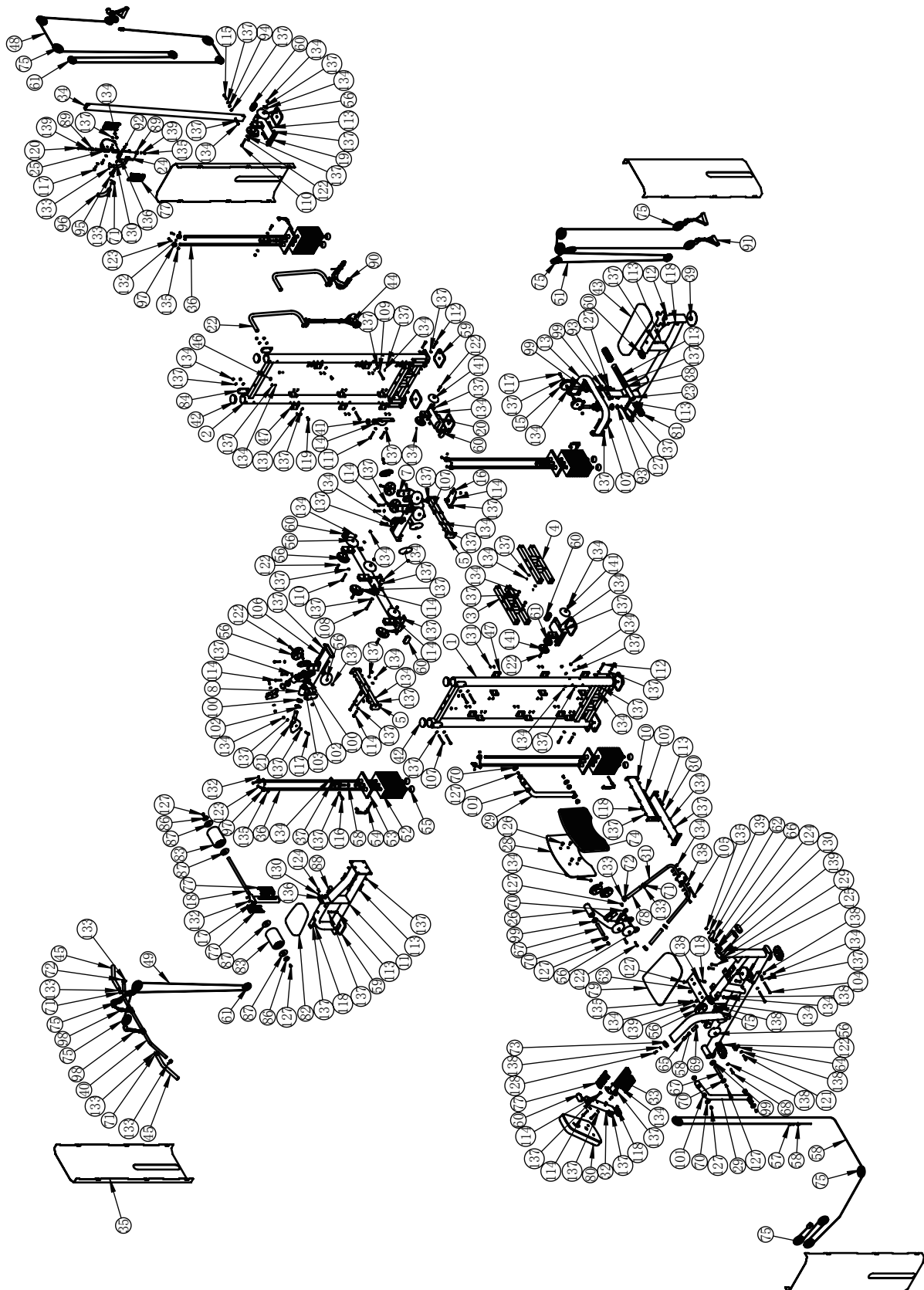
Item No.	Description	Qty	Item No.	Description	Qty
61	Small Pulley	9	90	Foot Pull Sleeve	1
62	Pin Rack	1	91	Rally Set	3
63	Cushion Board	1	92	Sliding Pad	2
64	Pulley Baffle	1	93	End Cap	2
65	Cable Connecting Shaft	1	94	Spacer Sleeve	1
66	Torsion Spring	1	95	Arc Handle Latch Assembly	1
67	Rotating Shaft	2	97	Guide Rod Fixing Sleeve	8
68	Shoulder Bolt	1	98	Gourd Hook	9
69	Steel Cable Fixed Shaft	1	99	flange Bearing	8
70	Shaft end Cover	8	100	Deep Groove Ball Bearing	4
71	25 Aluminum Retaining Ring	5	101	Copper Bearing	8
72	Small Aluminum Head	5	102	Elastic Ring For Hole	4
73	Large Rubber Pad	1	103	External Circlips	2
74	Pedal Cover	1	104	Hex Bolts M10*150	2
75	Big Pulley	18	105	Hex Bolts M10*130	2
76	Adhesive Mat	2	106	Hex Bolts M10*125	2
77	Hollow Pipe Sleeve	6	107	Hex Bolts M10*120	14
78	Long Gloves	3	108	Hex Bolts M10*115	1
79	Seat Pad	1	109	Hex Bolts M10*105	2
80	Back Pad	1	110	Hex Bolts M10*95	2
81	Rubber Sleeve	2	111	Hex Bolts M10*85	2
82	Seat Pad	1	112	Hex Bolts M10*80	6
83	Foam	2	113	Hex Bolts M10*75	14
84	Short Arc External Fixation Plate	2	114	Hex Bolts M10*70	17
85	Double Pulley Frame Shaft	1	115	Hex Bolts M10*55	1
86	Aluminum Cap	2	116	Hex Bolts M10*50	3
87	Aluminum Ring	4	117	Hex Bolts M10*45	6
88	Elastic Pin Assembly	1	118	Hex Bolts M10*30	11
89	Bushing	2	119	Hex Bolts M10*25	4

Parts List

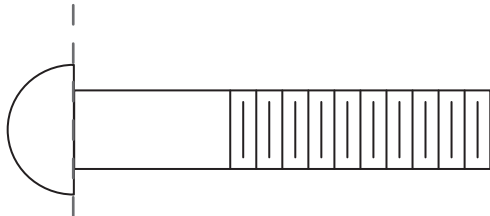
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty
120	Hex Bolts M8*95	1
121	Hexagon Socket Head Bolt M10*45	1
122	Hexagon Socket Head Bolt M10*50	16
123	Hexagon Socket Button Head Screw M8*50	8
124	Hexagon Socket Head Bolt M8*30	2
125	Hexagon Socket Countersunk Head Screw M10*75	2
126	Hexagon Socket Countersunk Head Screw M10*30	4
127	Hexagon Socket Countersunk Head Screw M10*25	15
128	Hexagon Socket Button Head Screw M10*30	1
129	Hexagon Socket Button Head Screw M8*45	1
130	Hexagon Socket Button Head Screw M6*12	6
131	Flat Philips Screw M5*20	48
132	Socket Set Screws With M8*10	10
133	Socket Set Screws With M5*3	12
134	Nylon Lock Nut M10	93
135	Nylon Lock Nut M8	11
136	Hexagon Nut	6
137	Flat Washer $\phi 11 \times \phi 20 \times 1.5$	151
138	Flat Washer $\phi 11 \times \phi 23 \times 2$	20
139	Flat Washer $\phi 9 \times \phi 16 \times 1$	5
140	Lubricating oil	2
141	Elastic cylindrical pin	4

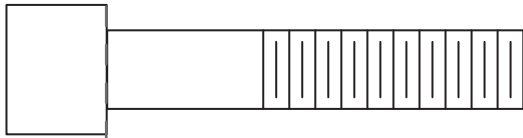
Exploded View



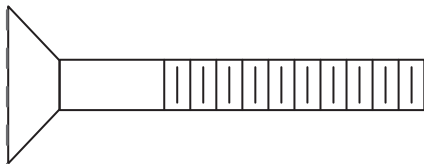
Measurement Guide



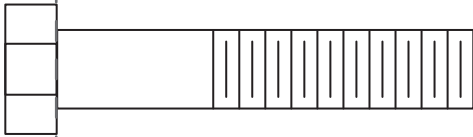
BHCS = Button Head Cap Screw



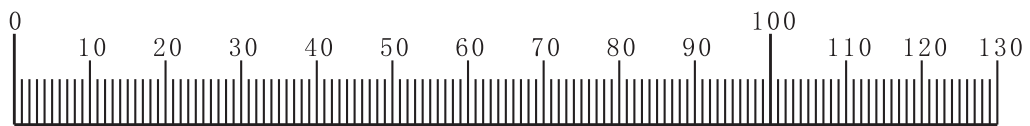
SHCS = Socket Head Cap Screw



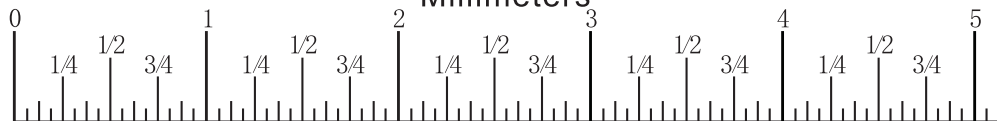
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

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.

Specifications

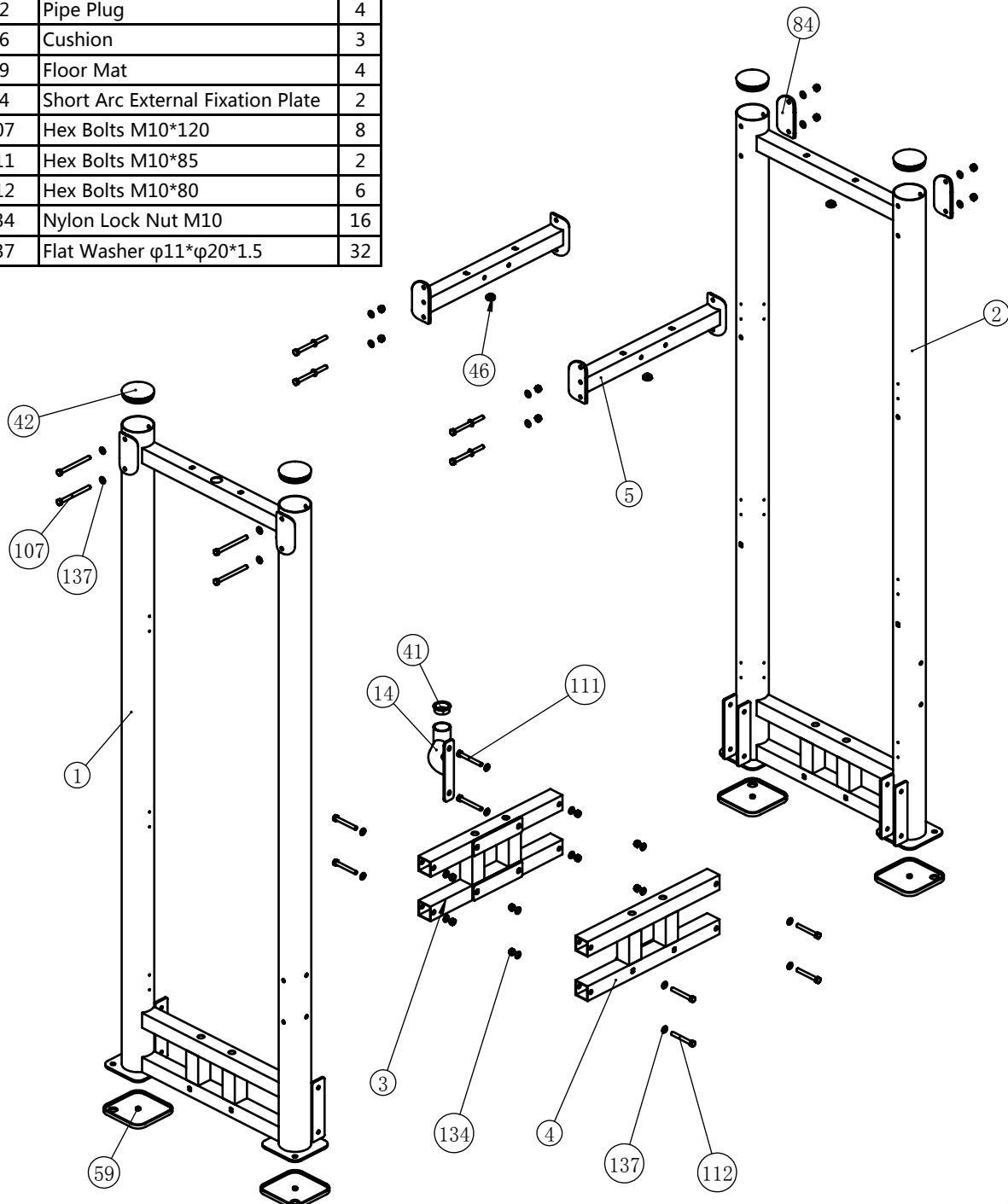
Maximum Wt. Capacity: 4*125Kg/ 275lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

Assembly

STEP 1

Item No.	Description	Qty
1	Main Frame 1	1
2	Main Frame 2	1
3	Lower Left Connecting Frame	1
4	Lower Connecting Frame	1
5	Upper Connecting Frame 1	2
14	Handle Holder	1
41	φ 38 Shaft Bushing	2
42	Pipe Plug	4
46	Cushion	3
59	Floor Mat	4
84	Short Arc External Fixation Plate	2
107	Hex Bolts M10*120	8
111	Hex Bolts M10*85	2
112	Hex Bolts M10*80	6
134	Nylon Lock Nut M10	16
137	Flat Washer φ11*φ20*1.5	32



STEP 2

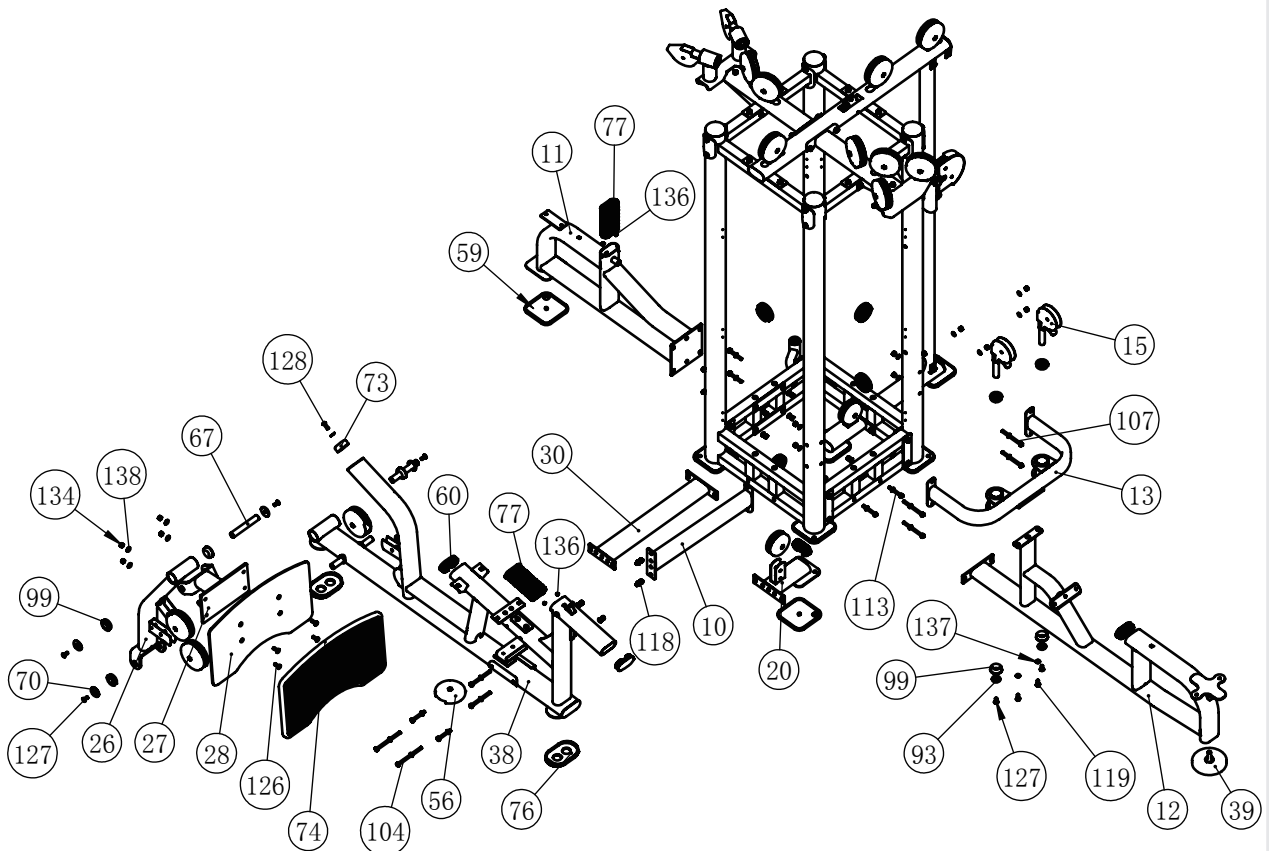
This diagram shows an exploded view of a mechanical assembly, likely a piece of laboratory equipment. The main structure is a rectangular frame with four vertical posts and a base. Various components are shown in their relative positions, with callout numbers 1 through 139. A table on the right side of the diagram lists the part numbers, descriptions, and quantities for parts 71 through 139.

71	25 Aluminum Retaining Ring	1	115
72	Small Aluminum Head	1	120
			130
			133
			134
			135
			136
			137
			139

Assembly

STEP 3

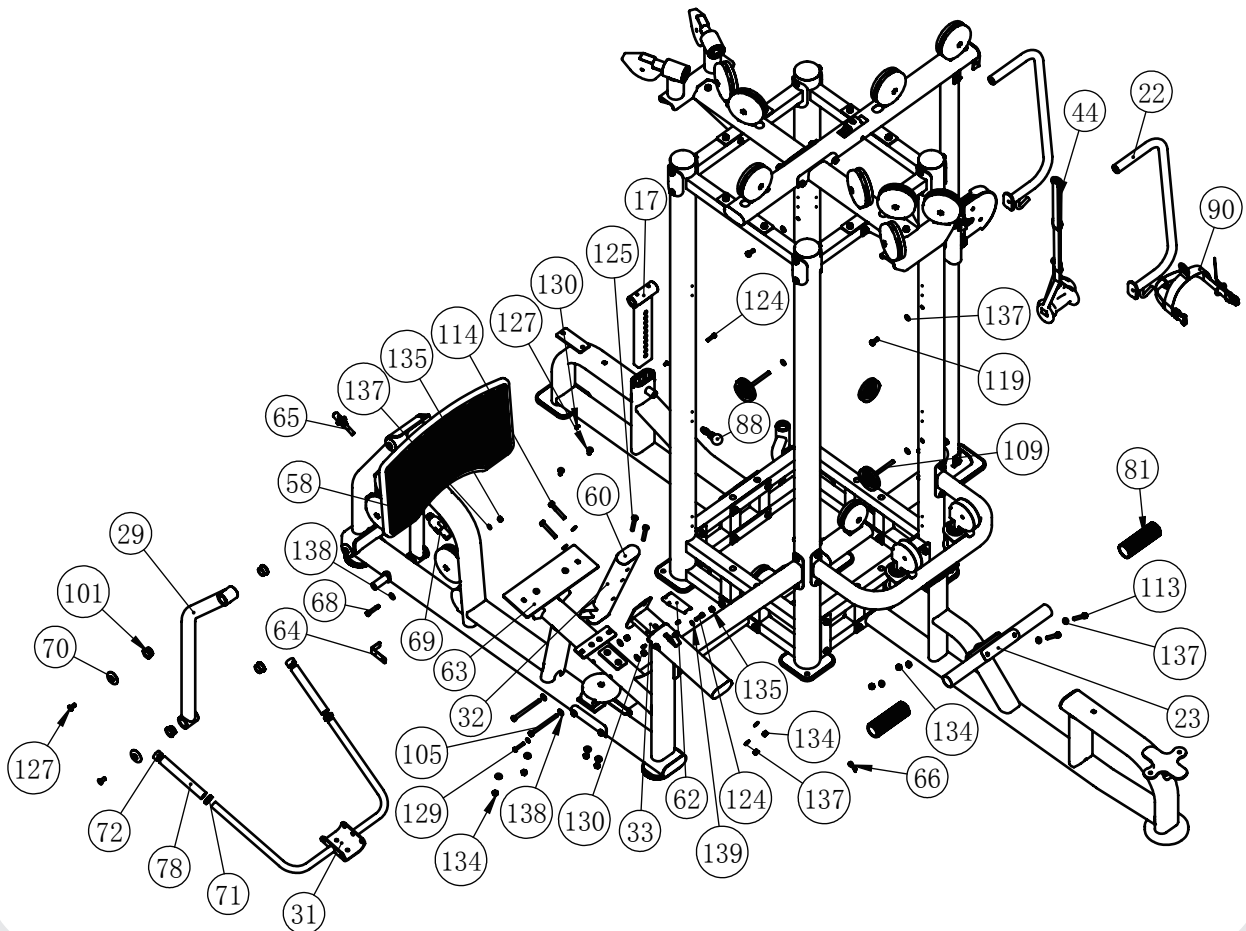
Item No.	Description	Qty	Item No.	Description	Qty
9	Main Frame	1	73	Large Rubber Pad	1
10	Diagonal Brace	1	74	Pedal Cover	5
11	High Tension Bracket	1	76	Adhesive Mat	2
12	Rowing Frame	1	77	Hollow Pipe Sleeve	4
13	Pulley Connecting Frame	1	93	End Cap	2
15	Bottom Pulley Frame	2	99	flange Bearing	8
20	Lower Support 2	1	104	Hex Bolts M10*150	2
26	Front Swing Frame	1	107	Hex Bolts M10*120	6
27	Pedals	1	113	Hex Bolts M10*75	8
28	Pedal Rack	1	118	Hex Bolts M10*30	2
30	Ground Frame	1	119	Hex Bolts M10*25	2
38	Small Pulley Cover	2	126	Hexagon Socket Countersunk Head Screw M10*30	4
39	Ground Frame	1	127	Hexagon Socket Countersunk Head Screw M10*25	6
56	Large Pulley Cover	7	128	Hexagon Socket Head Bolt M10*30	1
59	Floor Mat	2	134	Nylon Lock Nut M10	20
60	Large Oval Pipe Plug	4	136	Hexagon Nut	4
67	Rotating Shaft	2	137	Flat Washer $\phi 11 \times \phi 20 \times 1.5$	36
70	Shaft end Cover	4	138	Flat Washer $\phi 11 \times \phi 23 \times 2$	5



Assembly

STEP 4

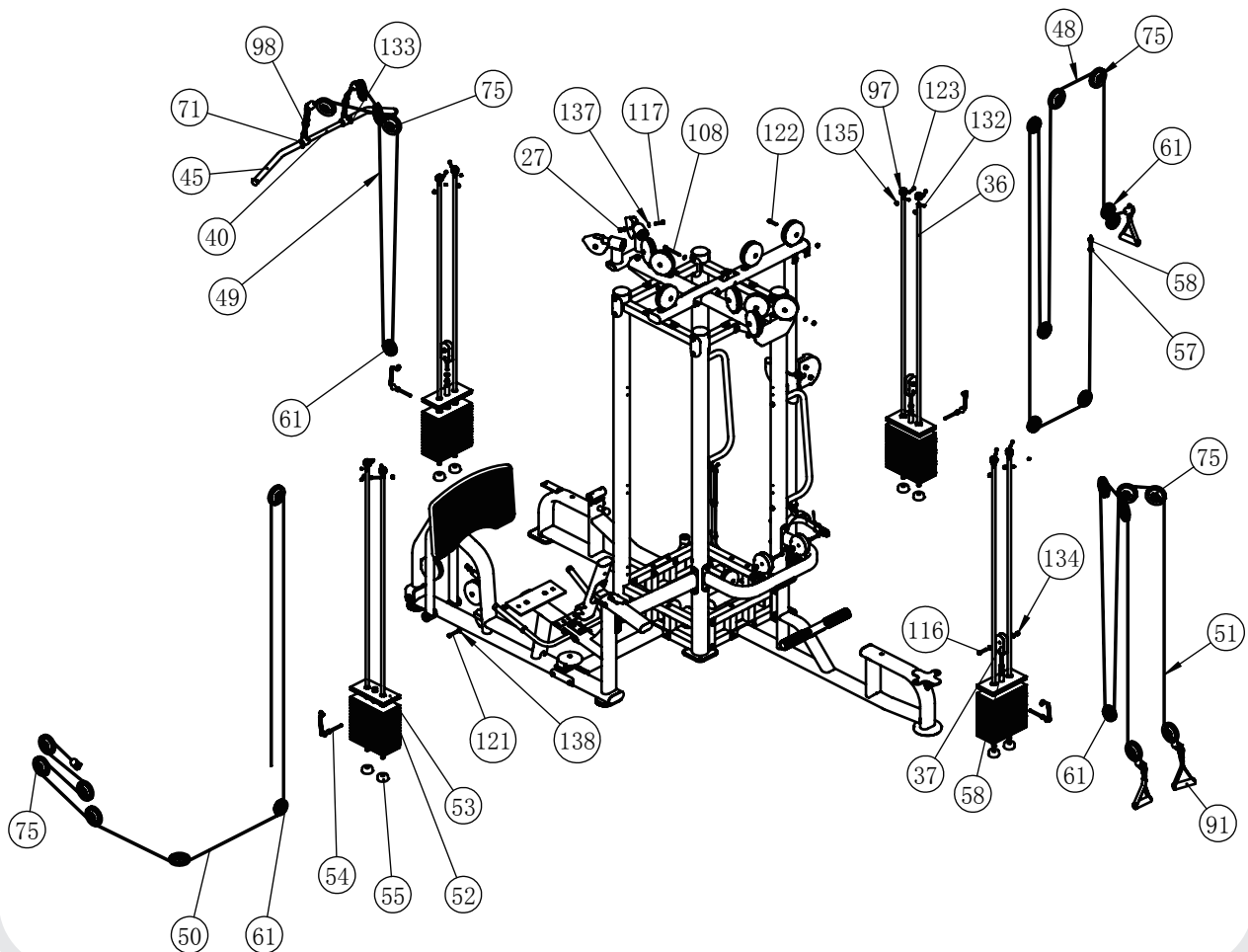
Item No.	Description	Qty	Item No.	Description	Qty
17	Foam Telescopic Frame	1	78	Long Gloves	2
22	Armrest	2	81	Rubber Sleeve	2
23	Foot Pedal	1	88	Elastic Pin Assembly	1
29	Connecting Rod	2	90	Foot Pull Sleeve	1
31	Handle Frame	1	101	Copper Bearing	8
32	Back Cushion	1	105	Hex Bolts M10*130	2
33	Back Cushion Telescopic Frame	1	109	Hex Bolts M10*105	2
44	Level 3 Tension Sleeve	2	113	Hex Bolts M10*75	2
58	Hex Flange Nut M12	1	114	Hex Bolts M10*70	2
60	Large Oval Pipe Plug	2	119	Hex Bolts M10*25	2
62	Pin Rack	1	124	Hexagon Socket Head Bolt M8*30	2
63	Cushion Board	1	125	Hexagon Socket Head Bolt M10*75	2
64	Pulley Baffle	1	127	Hexagon Socket Countersunk Head Screw M10*25	6
65	Cable Connecting Shaft	1	129	Hexagon Socket Pan Head Screw M8*45	1
66	Torsion Spring	1	130	Hexagon Socket Pan Head Screw M6*12	4
68	Shoulder Bolt	1	134	Nylon Lock Nut M10	10
69	Steel Cable Fixed Shaft	1	135	Nylon Lock Nut M8	2
70	Shaft End Cover	4	137	Flat Washer $\phi 11*\phi 20*1.5$	13
71	25 Aluminum Retaining Ring	2	138	Flat Washer $\phi 11*\phi 23*2$	9
72	Small Aluminum Head	2	139	Flat Washer $\phi 9*\phi 16*1$	3



Assembly

STEP 5

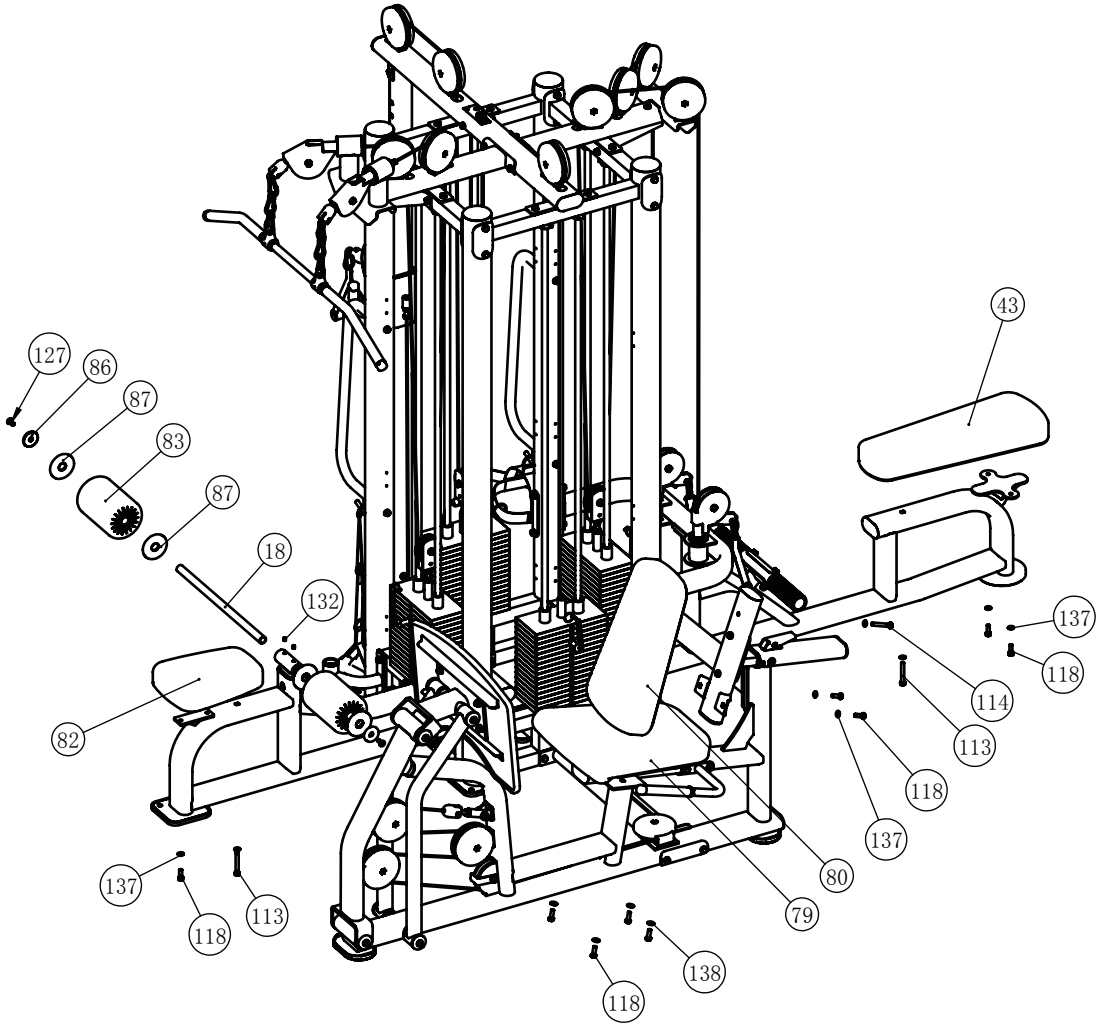
Item No.	Description	Qty	Item No.	Description	Qty
36	Choose Iron Guide Rod	8	75	Big Pulley	18
37	Pulley Connecting Frame	3	91	Rally Set	3
40	Long Handle	1	97	Guide Rod Fixing Sleeve	8
45	PutGloves	2	98	Gourd Hook	9
48	HILO Cable Assembly	1	108	Hex Bolts M10*115	1
49	High Tension Cable Assembly	1	116	Hex Bolts M10*50	3
50	Leg Kick Cable Assembly	1	117	Hex Bolts M10*45	6
51	Rowing Cable Assembly	1	121	Hexagon Socket Head Bolt M10*45	1
52	Choose Iron	60	122	Hexagon Socket Head Bolt M10*50	16
53	Counterweight Iron Components	4	123	Socket Head Screws M8*50	8
54	Select Iron Bolt Set	4	132	Socket Set Screws With M8*10	8
55	Rubber Mat	8	133	Socket Set Screws With M5*3	8
57	Hollow Hexagon Bolt	1	134	Nylon Lock Nut M10	26
58	Hex Flange Nut M12	7	135	Nylon Lock Nut M8	8
61	Small Pulley	9	137	Flat Washer $\phi 11 \times \phi 20 \times 1.5$	18
71	25 Aluminum Retaining Ring	2	138	Flat Washer $\phi 11 \times \phi 23 \times 2$	2
72	Small Aluminum Head	2			



Assembly

STEP 6	<table border="1"> <thead> <tr> <th data-bbox="738 367 868 371">Item No.</th><th data-bbox="868 367 1302 371">Description</th><th data-bbox="1302 367 1385 371">Qty</th></tr> </thead> </table>	Item No.	Description	Qty
Item No.	Description	Qty		

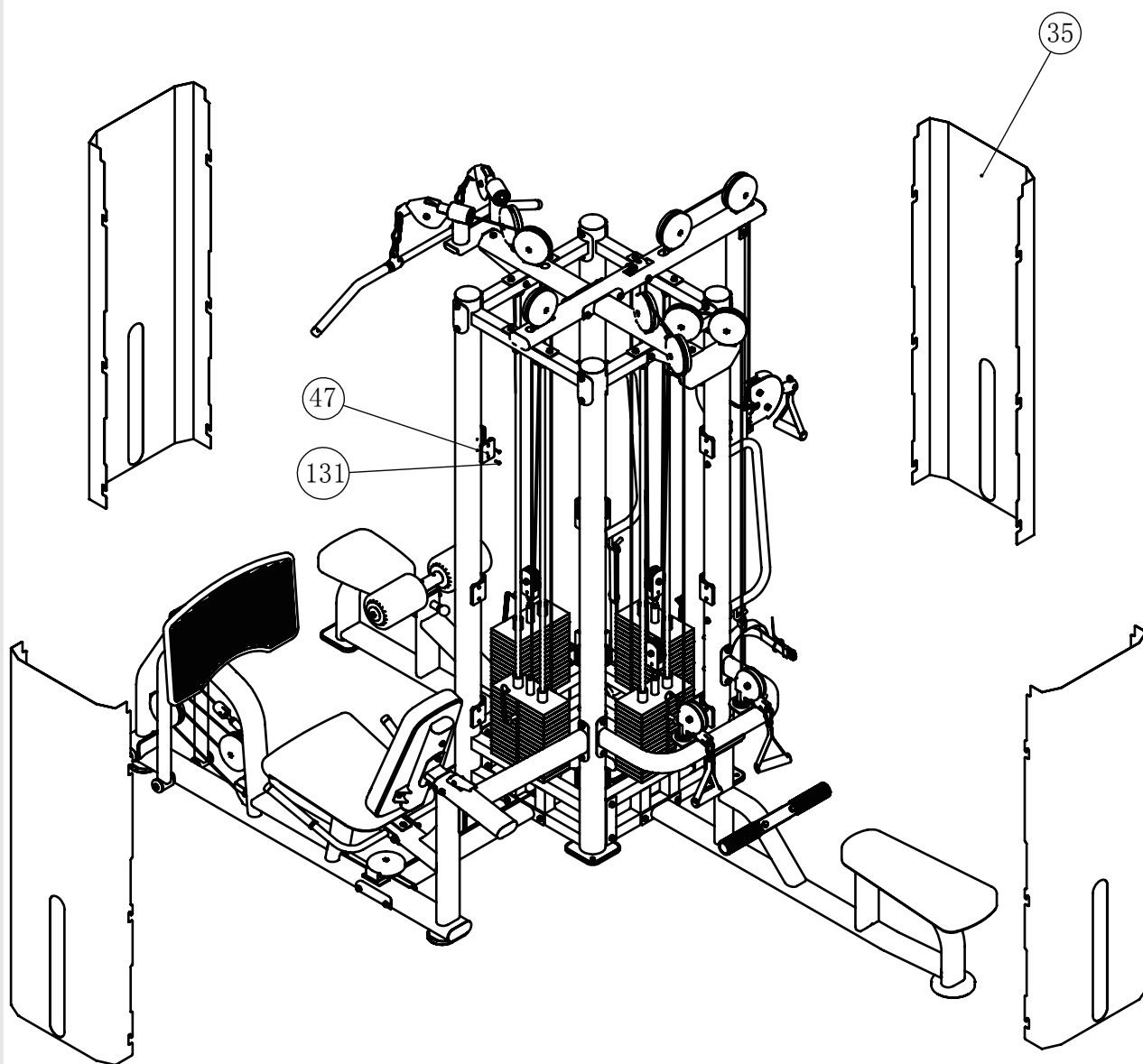
Item No.	Description	Qty
18	Foam Frame	1
43	Big Seat Pad	1
79	Seat Pad	1
80	Back Pad	1
82	Seat Pad	1
83	Foam	2
86	Aluminum Cap	2
87	Aluminum Ring	4
113	Hex Bolts M10*75	2
114	Hex Bolts M10*70	1
118	Hex Bolts M10*30	9
127	Hexagon Socket Countersunk Head Screw M10*25	2
132	Socket Set Screws With M8*10	2
137	Flat Washer $\phi 11^* \phi 20^* 1.5$	8
138	Flat Washer $\phi 11^* \phi 23^* 2$	4



Assembly

STEP 7

Item No.	Description	Qty
35	Cover	4
47	Cover Holder	24
131	Flat Philips Screw M5*20	48



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.

Assembly

STEP 5

ITEM NO.	DESCRIPTION	QTY
41	Hex Head Bolt M10*125	8
53	Nylon Lock Nut M10	8
58	Flat Washer $\phi 11 \times \phi 20 \times 2$	16
93	flat beam	1

