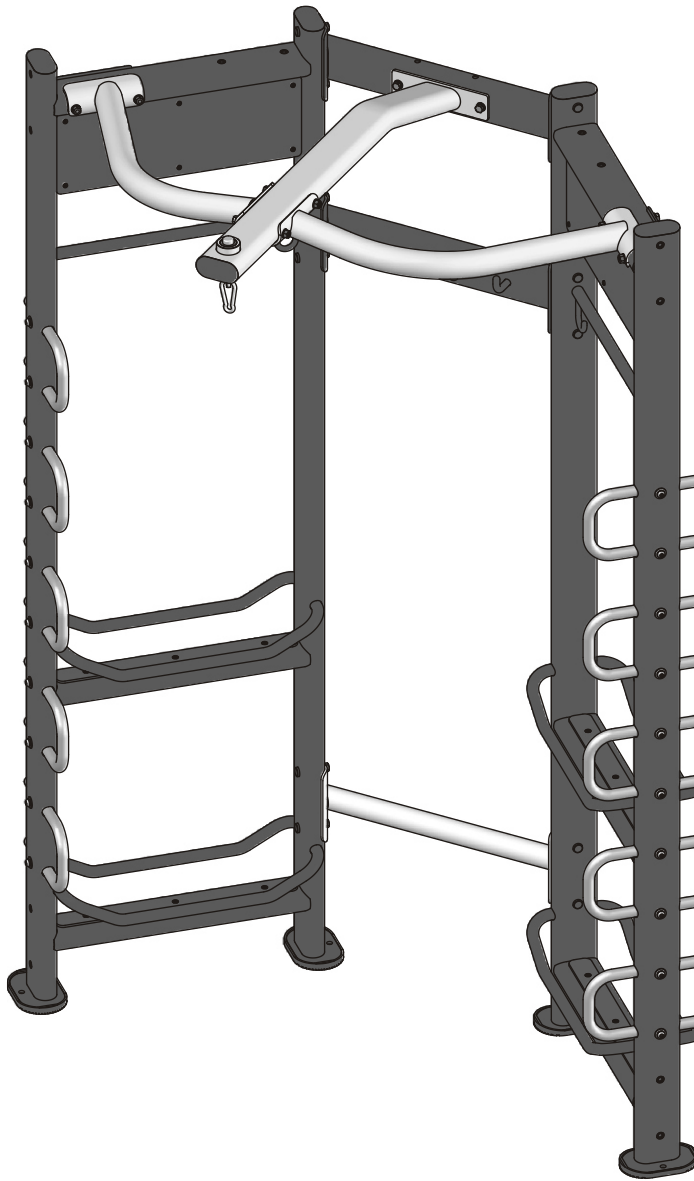


IZ7002

BOXING STATION

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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Important Safety Instructions

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

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

PERSONAL SAFETY DURING ASSEMBLY

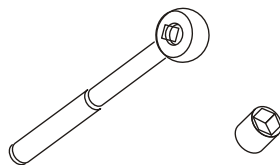
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

Instructions

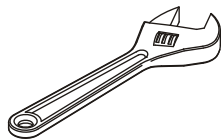
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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

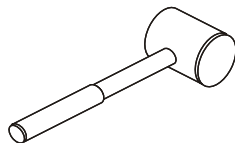
Tools Required



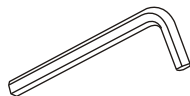
Ratchet Wrench and Socket



Adjustable Wrench



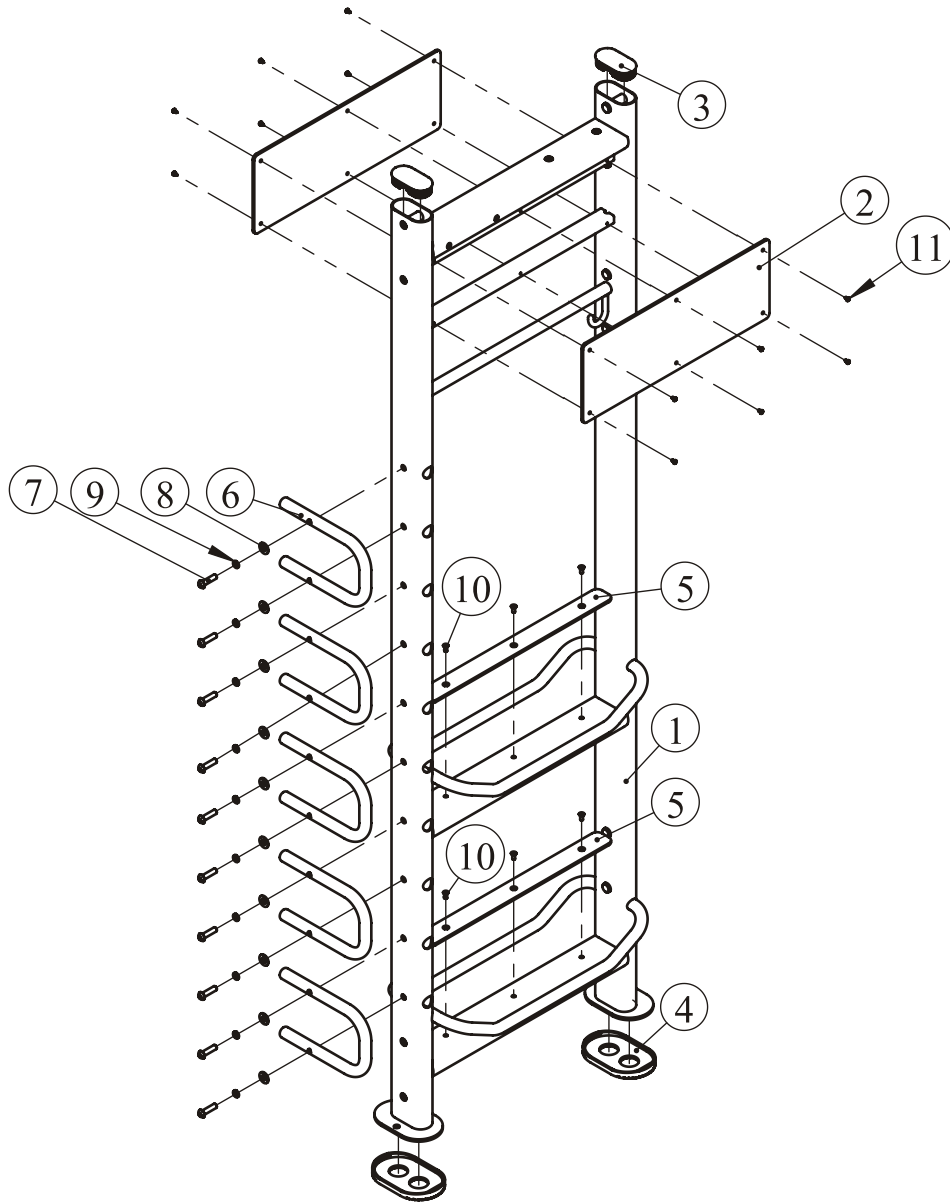
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

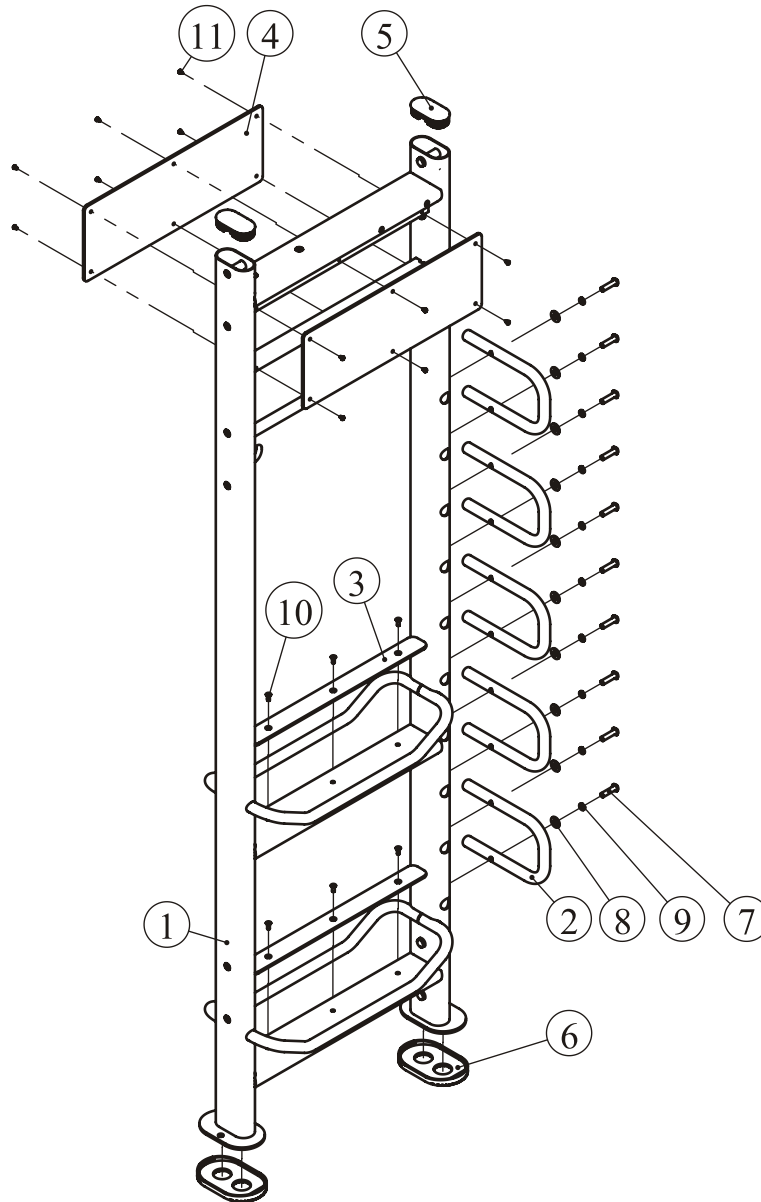
Left Main Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	7	Button Head Cap Screw M10*40	10
2	Upper Fender	2	8	Flat Washer $\Phi 11*\Phi 25*2$	10
3	Pipe plug	2	9	Spring Washer $\Phi 10$	10
4	Rubber Foot	2	10	Cross Recessed Countersunk Head Screw M6*12	6
5	Dead Block	2	11	Cross Recessed Pan Head Self-drilling Tapping Screws ST4.8*19	12
6	U-Curve Draw Bar	5			

Exploded View and Parts List

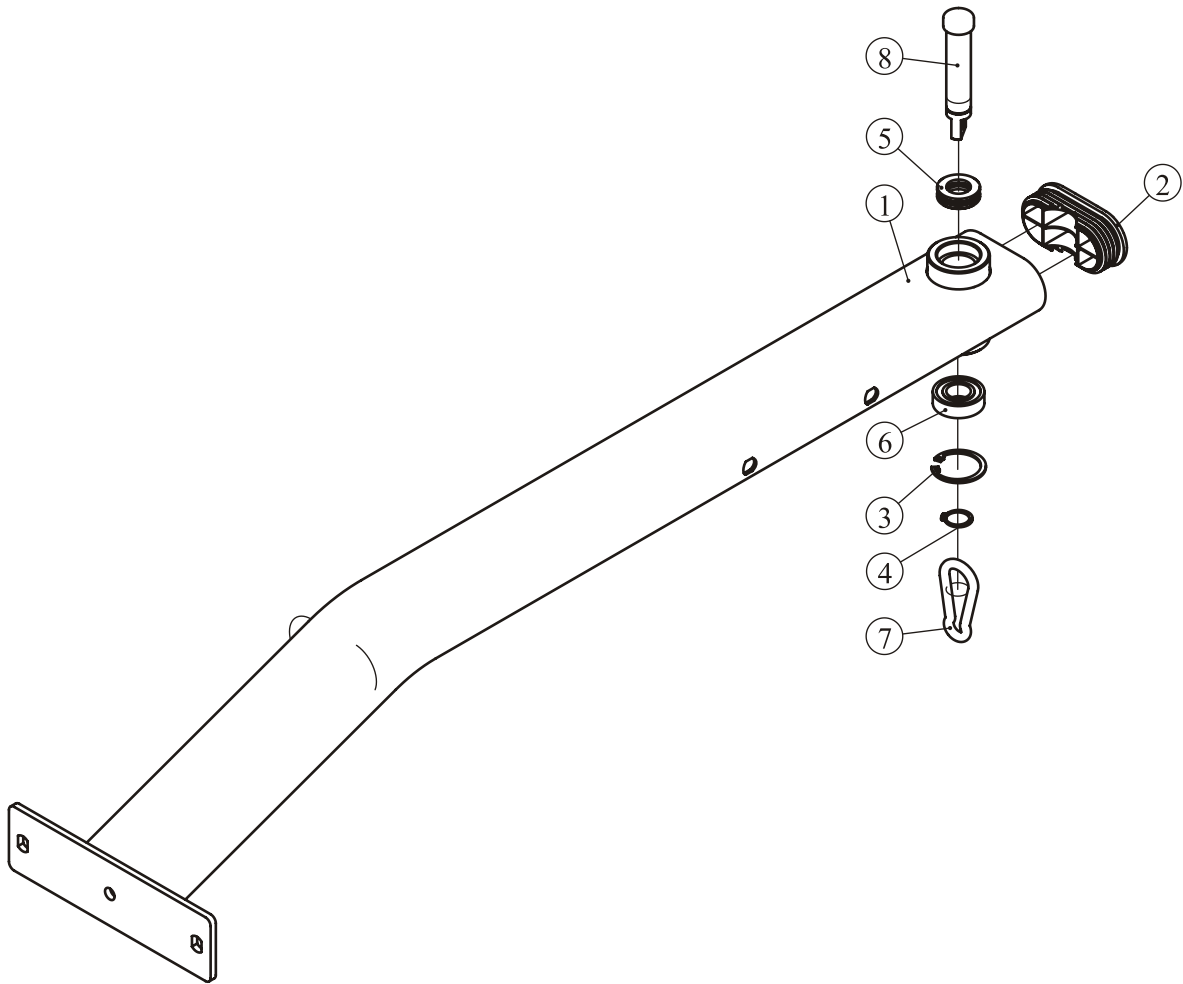
Right Main Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	7	Button Head Cap Screw M10*40	10
2	U-Curve Draw Bar	5	8	Flat Washer $\Phi 11*\Phi 25*2$	10
3	Dead Block	2	9	Spring Washer $\Phi 10$	10
4	Upper Fender	2	10	Cross Recessed Countersunk Head Screw M6*12	6
5	Pipe plug	2	11	Cross Recessed Pan Head Self-drilling Tapping Screws ST4.8*19	12
6	Rubber Foot	2			

Exploded View and Parts List

Upper Carriage Assembly



ITEM NO.	Description	QTY
1	Upper Carriage	1
2	Pipe Plug	1
3	Circlip For Shaft	1
4	Circlip For Sole	1
5	Thrust Bearing	1
6	Deep Groove Ball Bearing	1
7	Purse Hook	1
8	Sandbags Shaft	1

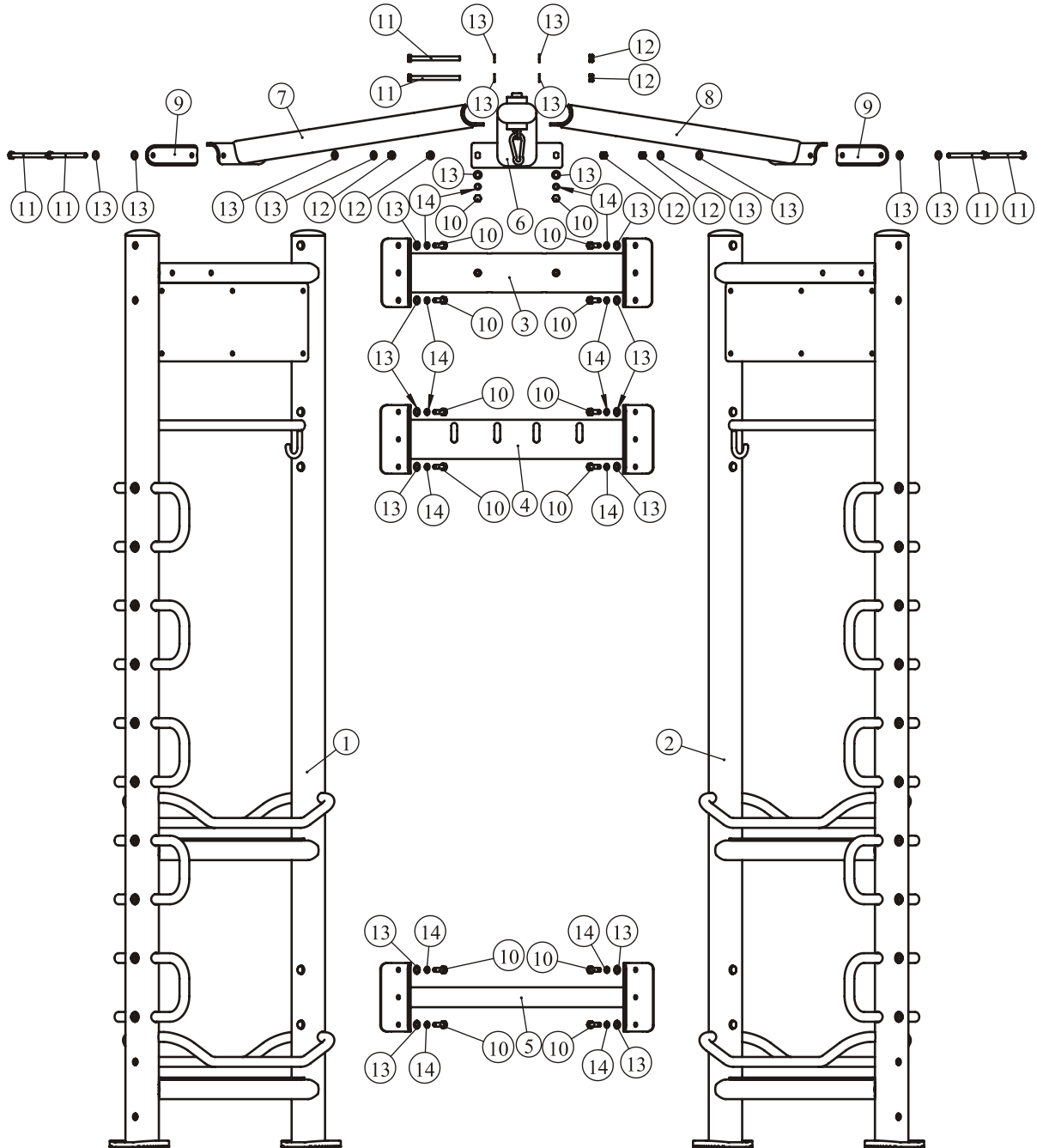
Exploded View and Parts List

Overall

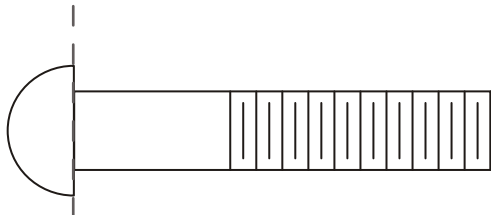
ITEM NO.	Description	QTY
1	Left Main Frame Assembly	1
2	Right Main Frame Assembly	1
3	Boxing Upside Connection Frame	1
4	Hook Rack	1
5	Shake Rope Frame	1
6	Upper Carriage Assembly	1
7	Left Carriage	1
8	Right Carriage	1
9	Arc Fixed Plate	2
10	Hex Head Bolt M10*30	14
11	Hex Head Bolt M10*130	6
12	Nylon lock Nut M10	6
13	Flat Washer $\Phi 11*\Phi 20*2$	26
14	Spring Washer $\Phi 10$	14

Exploded View and Parts List

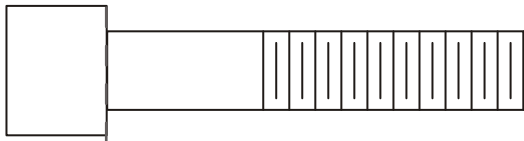
Overall



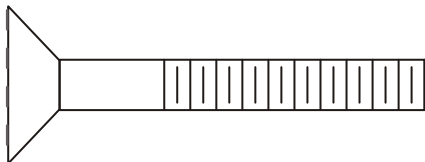
Measurement Guide



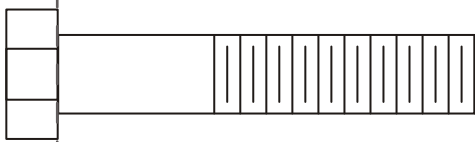
BHCS = Button Head Cap Screw



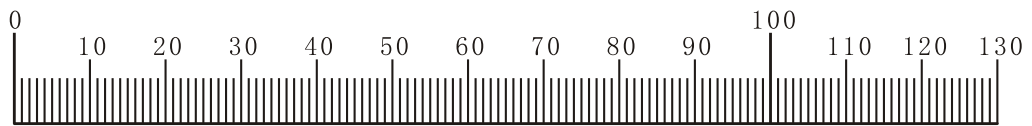
SHCS = Socket Head Cap Screw



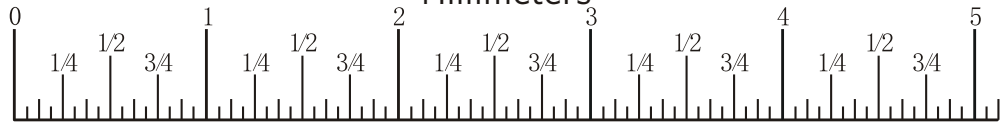
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

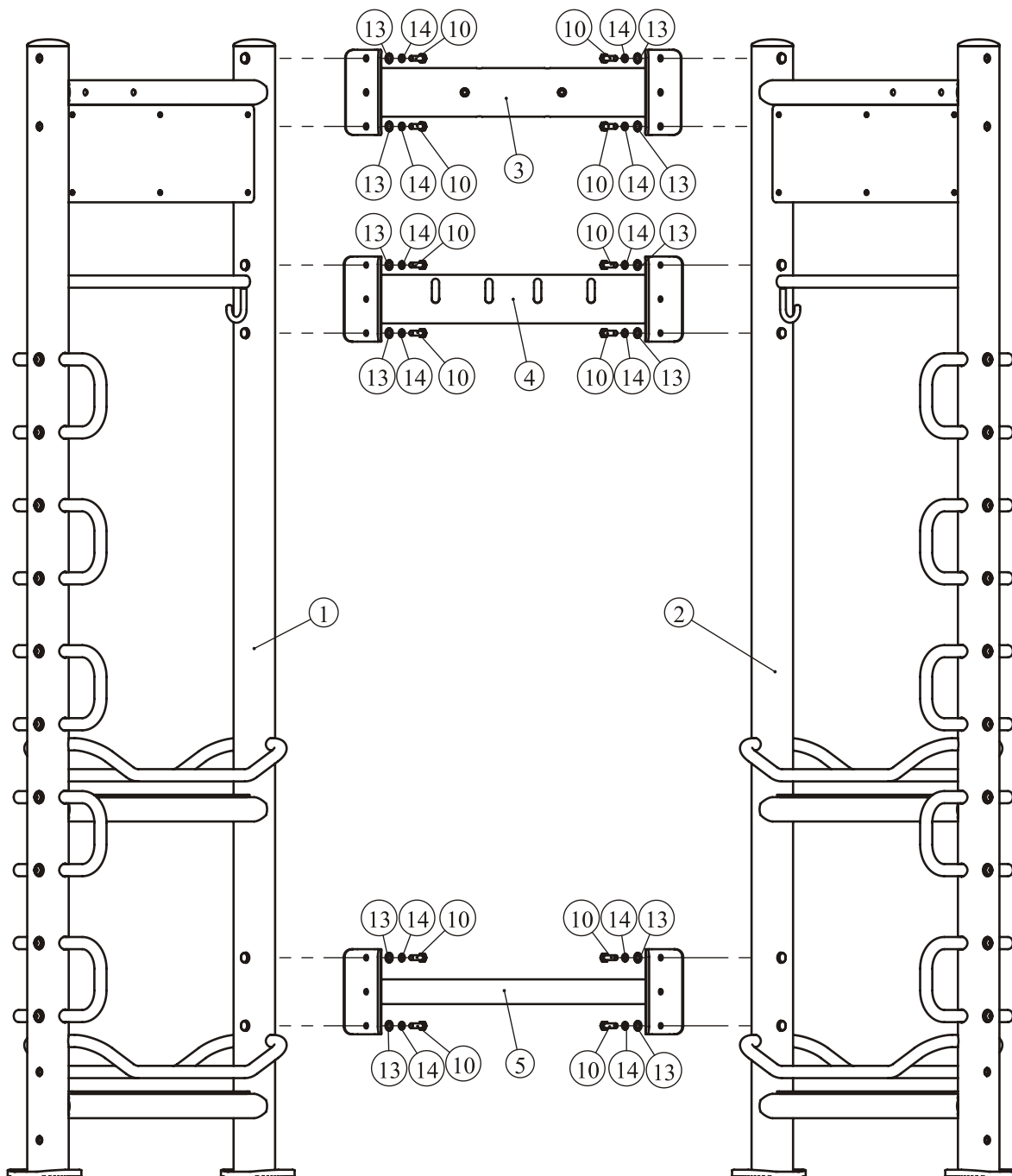
Assembly

STEP 1

Attach Boxing Upside Connection Frame (#3), Hook Rack (#4), Shake Rope Frame (#5), to Middle Left Main Frame Assembly (#1) and Right Main Frame Assembly (#2), using:

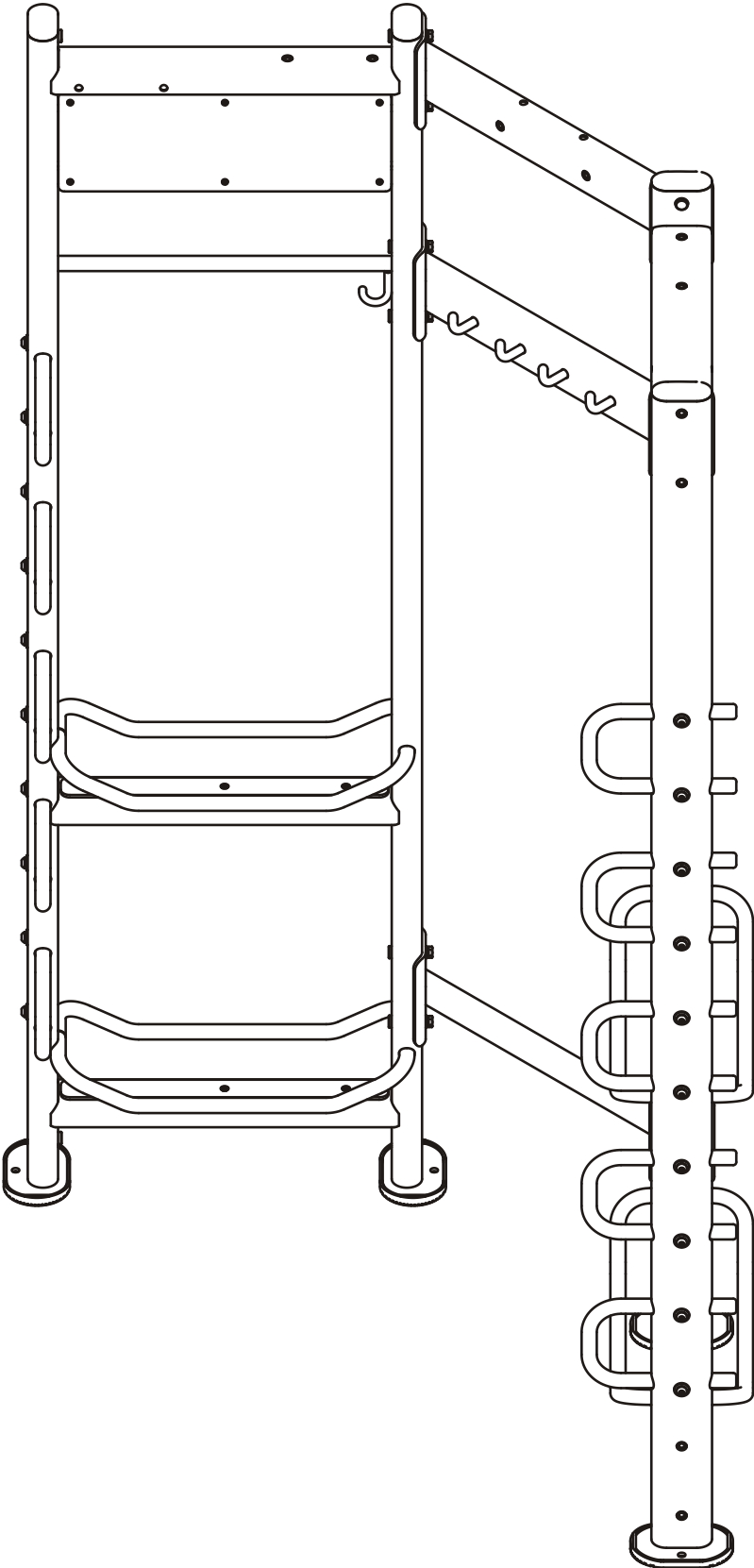
- twelve M10*30 HHB (#10)
- twelve $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- twelve $\Phi 10$ Spring Washer (#14)

Note: Do not tighten the hardware.



Assembly

STEP 1



Assembly

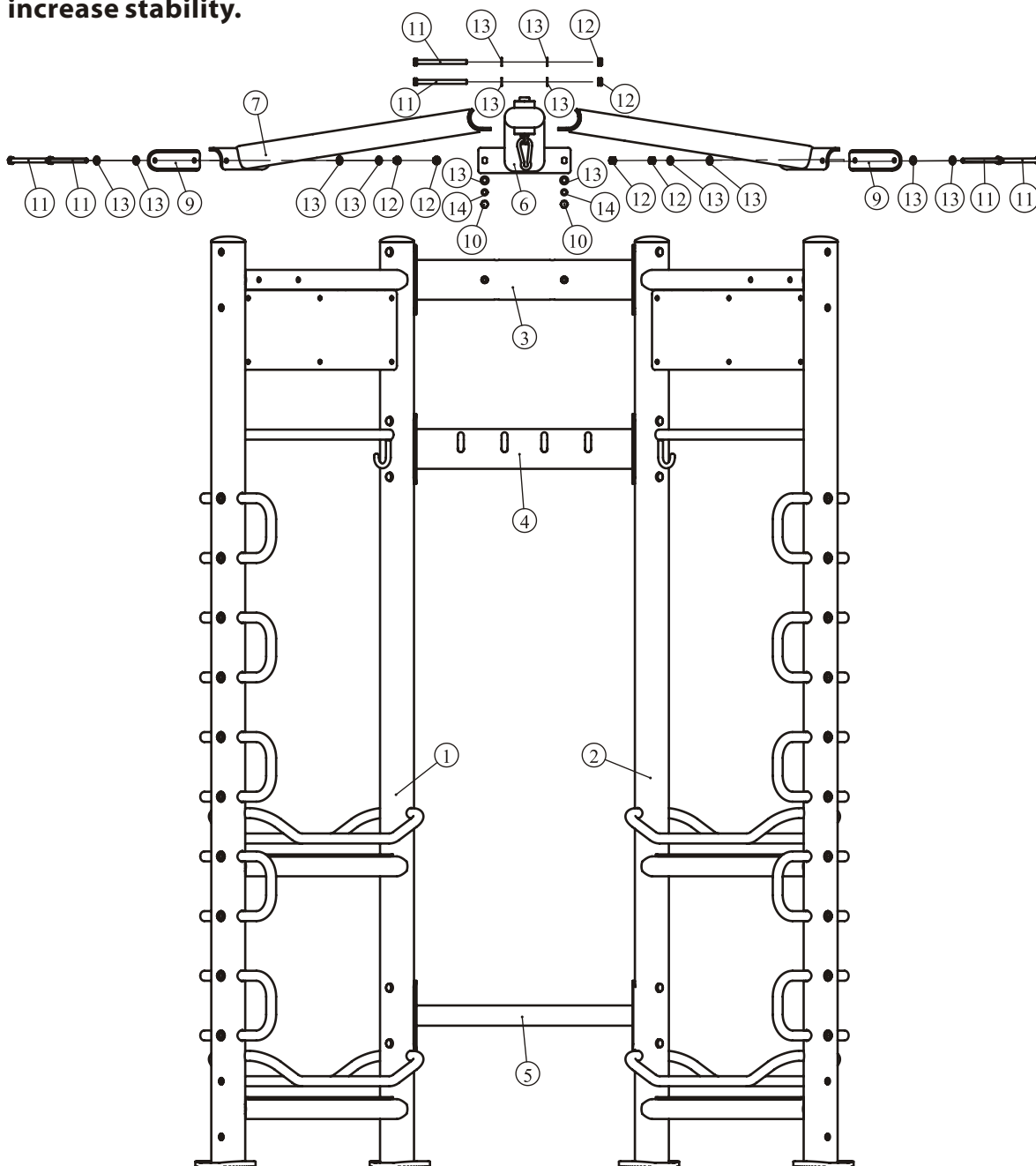
STEP 2

Attach After Upper Carriage Assembly (#6), Two I Arc Fixed Plate (#9), Left Carriage (#7), Right Carriage (#8) to Middle Left Main Frame Assembly (#1) and Right Main Frame Assembly (#2), using:

- six M10*130 HHB (#11)
- twelve $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- six M10 Nylon lock Nut (#12)
- two M10*30 HHB (#10)
- two $\Phi 10$ Spring Washer (#14)

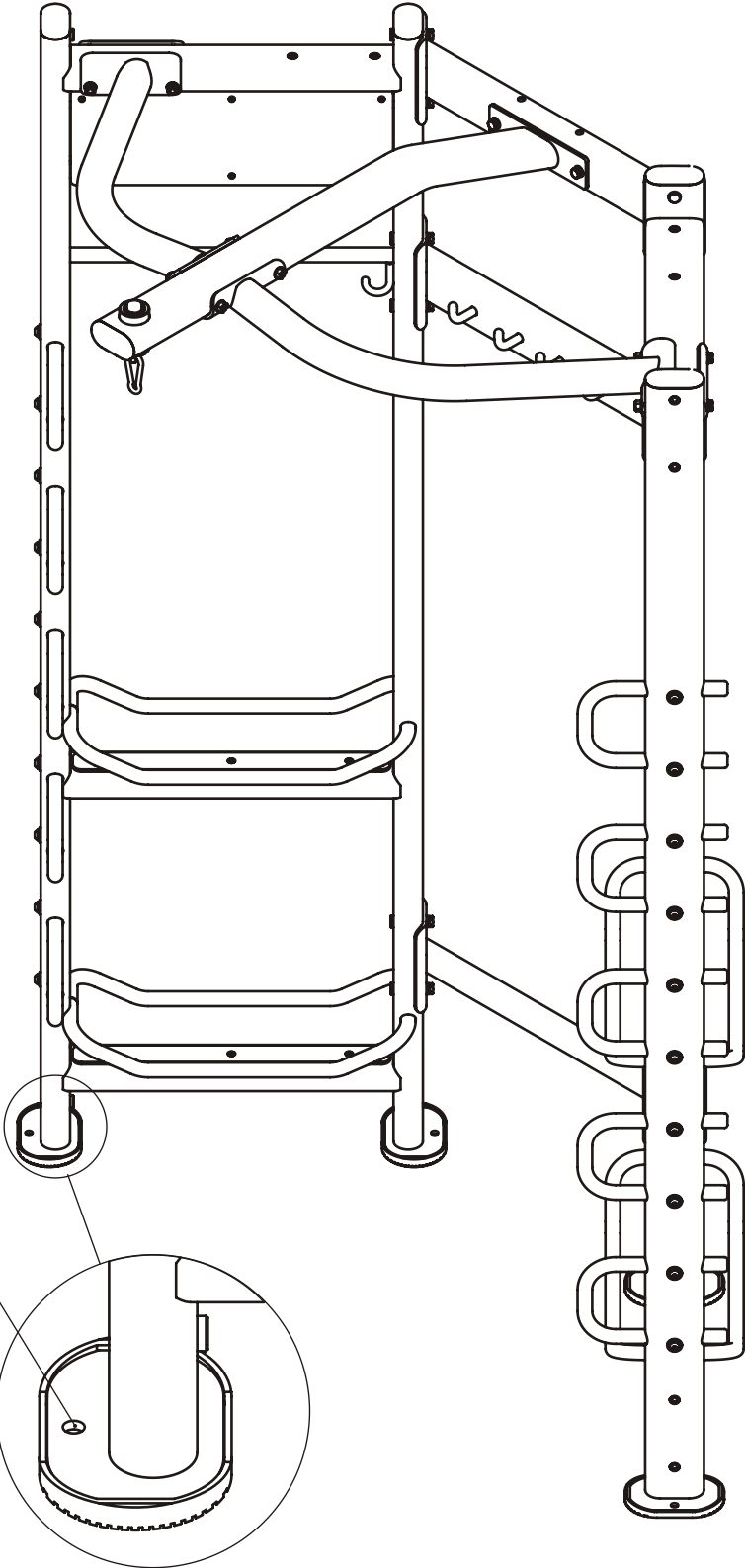
Note: Tighten all the hardware.

All equipment must be anchored to the floor to prevent movement and increase stability.



Assembly

STEP 2



Floor Anchor
Point

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.

Specifications

Class: S

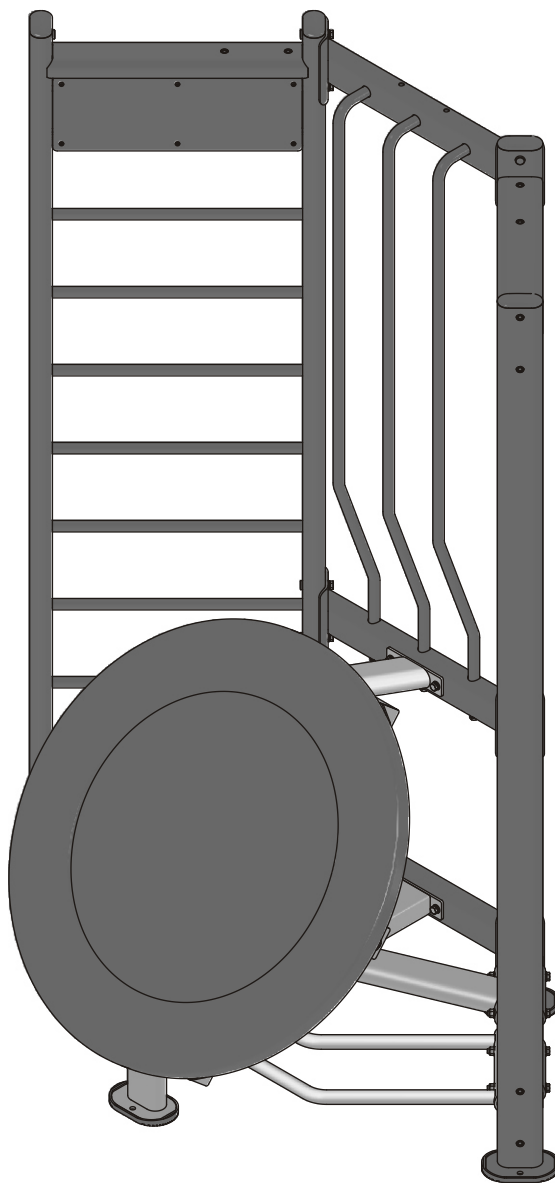
Maximum User Weight: 150Kg/ 330lbs.



IZ7003

REBOUNDER STATION

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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- * 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

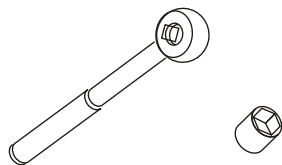
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
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Instructions

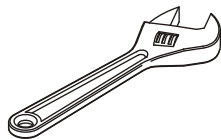
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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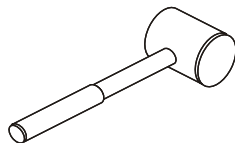
Tools Required



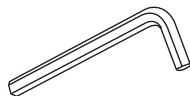
Ratchet Wrench and Socket



Adjustable Wrench



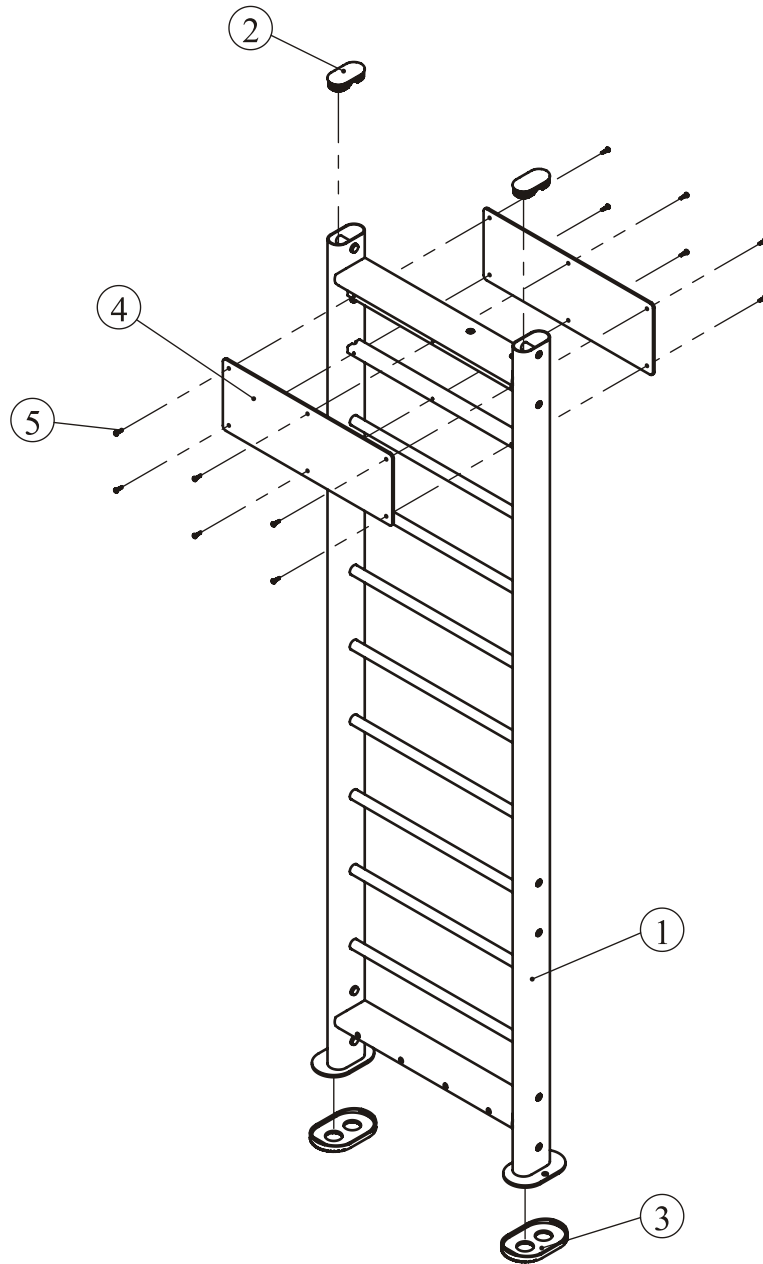
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

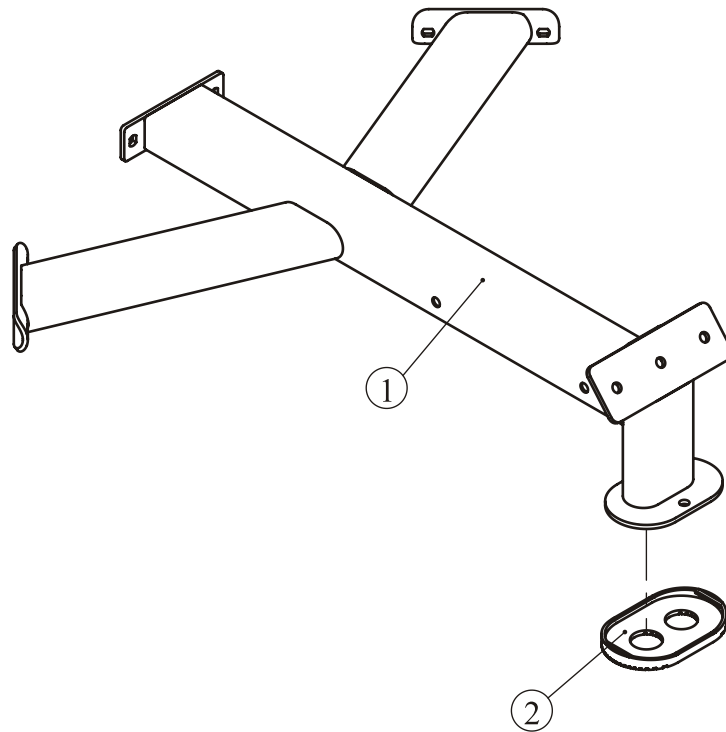
Main Frame Assembly



ITEM NO.	Description	QTY
1	Main Frame	1
2	Pipe Plug	2
3	Rubber Foot	2
4	Upper Fender	2
5	Cross Recessed Pan Head Self-drilling Tapping Screws ST4.8*19	12

Exploded View and Parts List

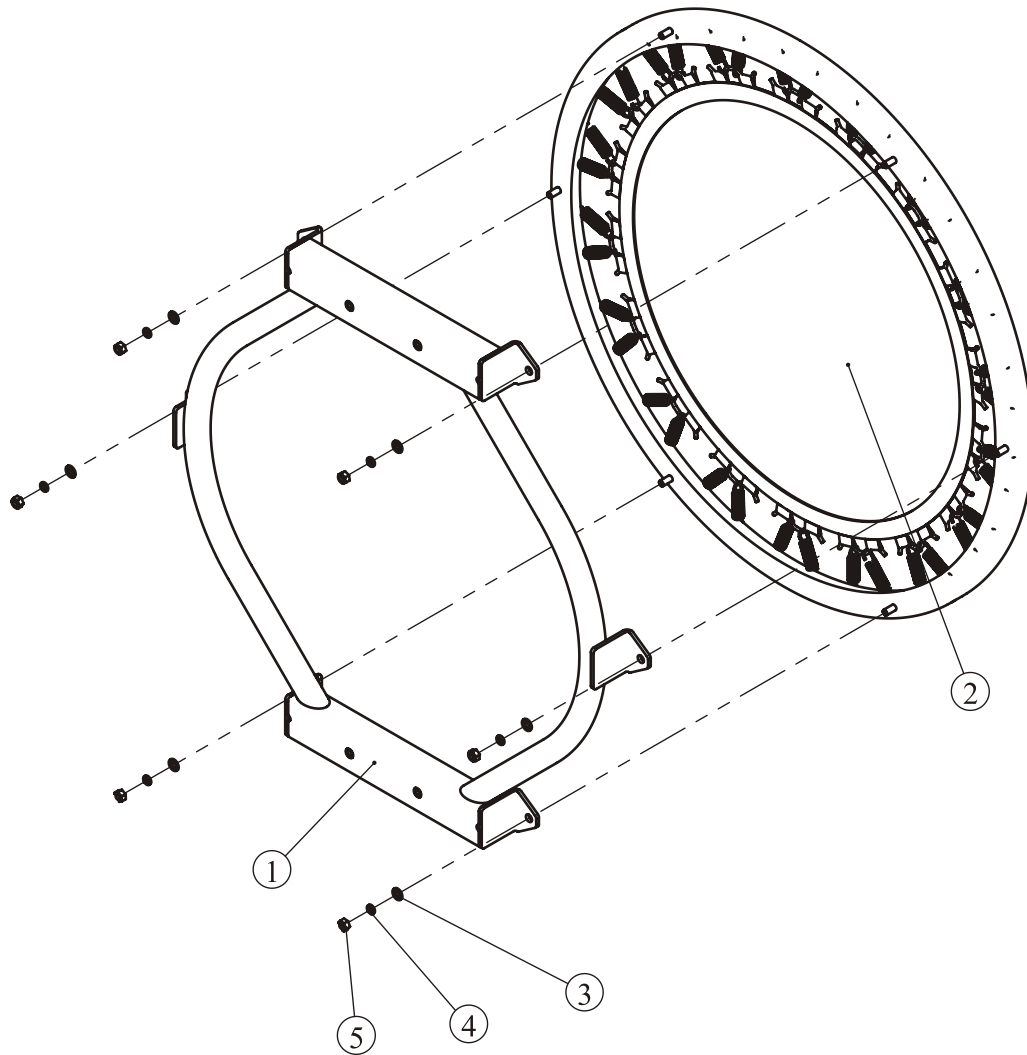
Bottom Cross Frame Assembly



ITEM NO.	Description	QTY
1	Bottom Cross Frame	1
2	Rubber Foot	1

Exploded View and Parts List

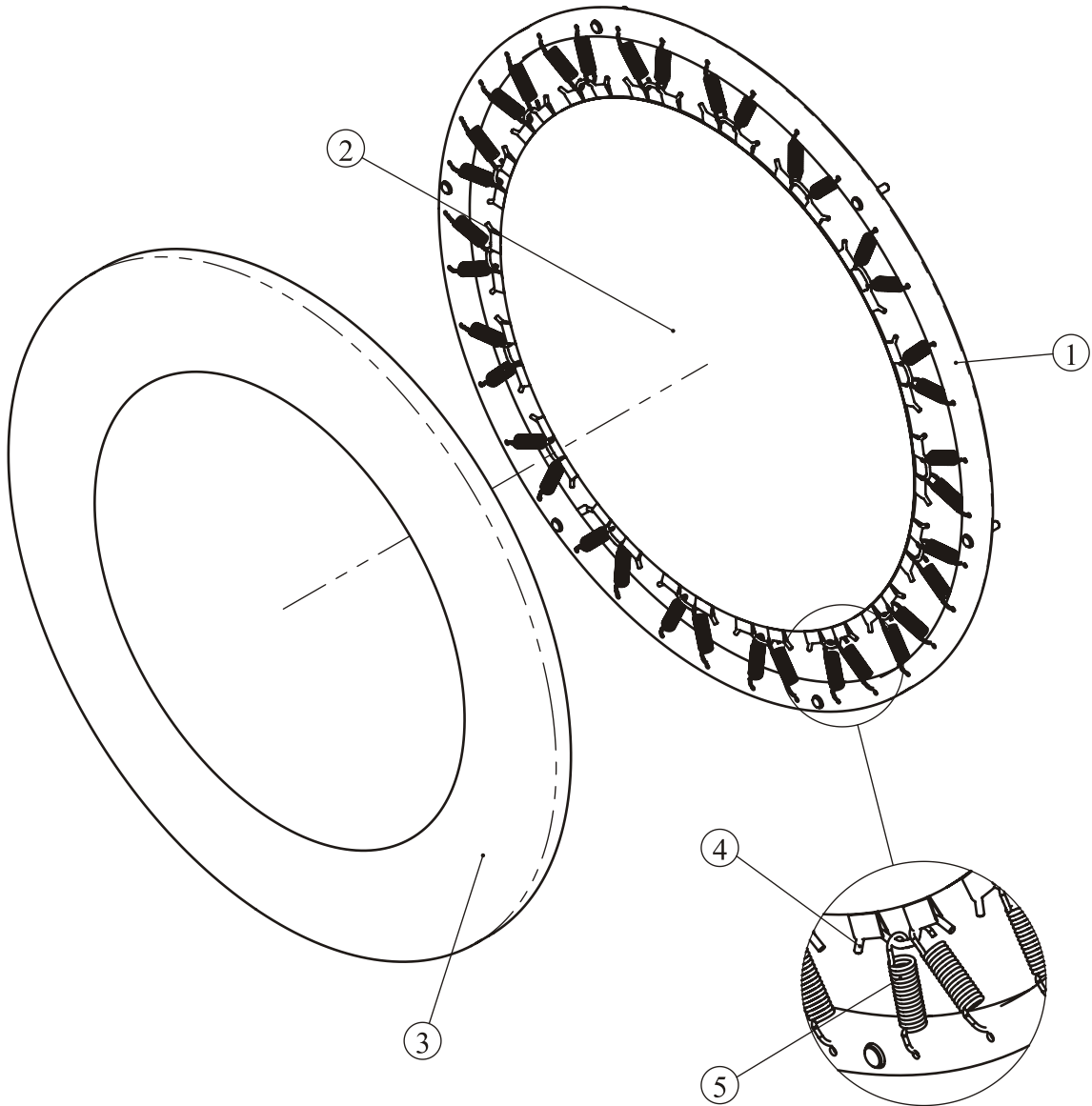
Rebound Frame Assembly



ITEM NO.	Description	QTY
1	Rebound Frame	1
2	Ring Frame Assembly	1
3	Flat Washer $\Phi 11*\Phi 20*2$	6
4	Spring Washer $\Phi 10$	6
5	Nylon Lock Nut M10	6

Exploded View and Parts List

Ring Frame Assembly



ITEM NO.	Description	QTY
1	Ring Frame	1
2	Nylon Mesh Fabric	1
3	Protective Cloth	1
4	W-shaped Hook	18
5	Cylindroid Helical-coil Extension Spring	36

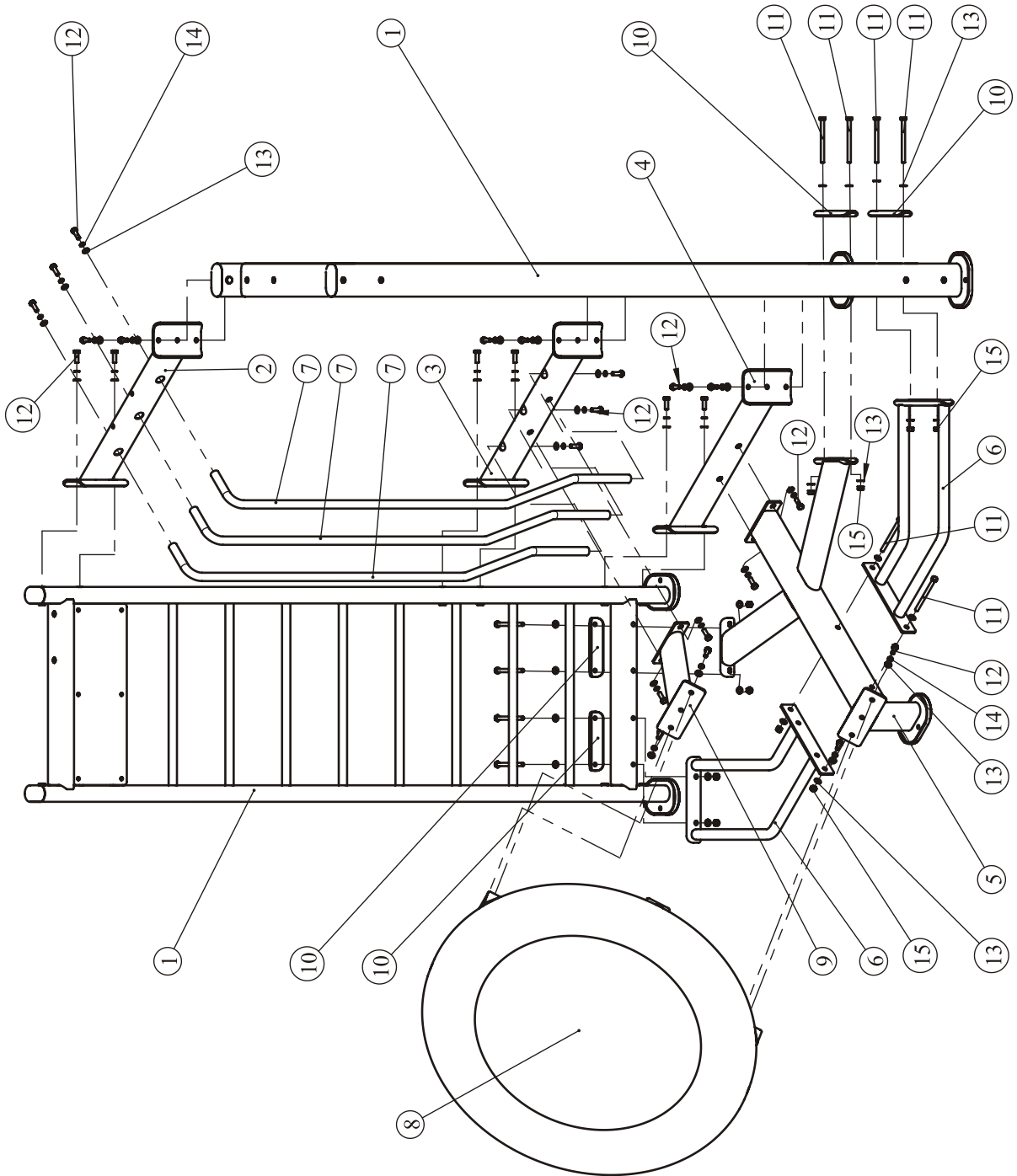
Exploded View and Parts List

Overall

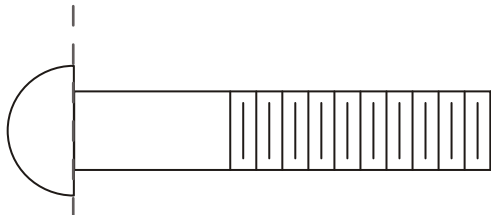
ITEM NO.	Description	QTY
1	Main Frame Assembly	2
2	Top Cross Brace	1
3	Middle Cross Brace	1
4	Bottom Cross Brace	1
5	Bottom Cross Frame Assembly	1
6	Medicine Ball Rack	2
7	Fender Rod	3
8	Rebound Frame Assembly	1
9	Short Connector Brace	1
10	Arc Fixed Plate	4
11	Hex Head Bolt M10*130	10
12	Hex Head Bolt M10*30	26
13	Flat Washer $\Phi 11*\Phi 20*2$	46
14	Spring Washer $\Phi 10$	26
15	Nylon Lock Nut M10	10

Exploded View and Parts List

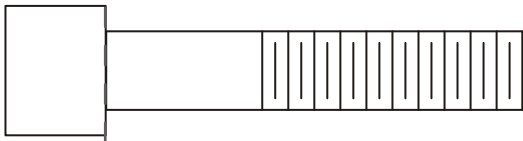
Overall



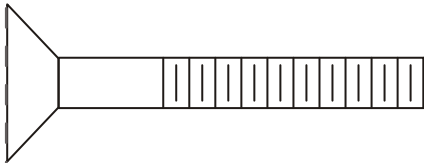
Measurement Guide



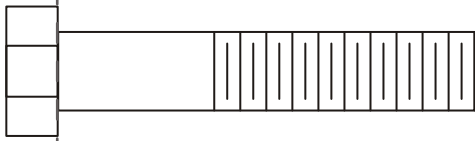
BHCS = Button Head Cap Screw



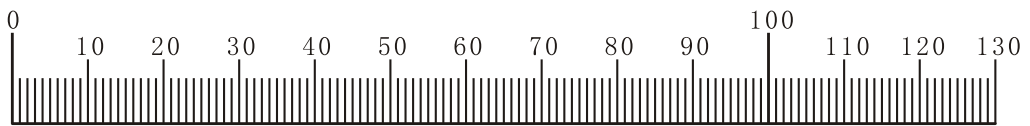
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

Assembly Instructions

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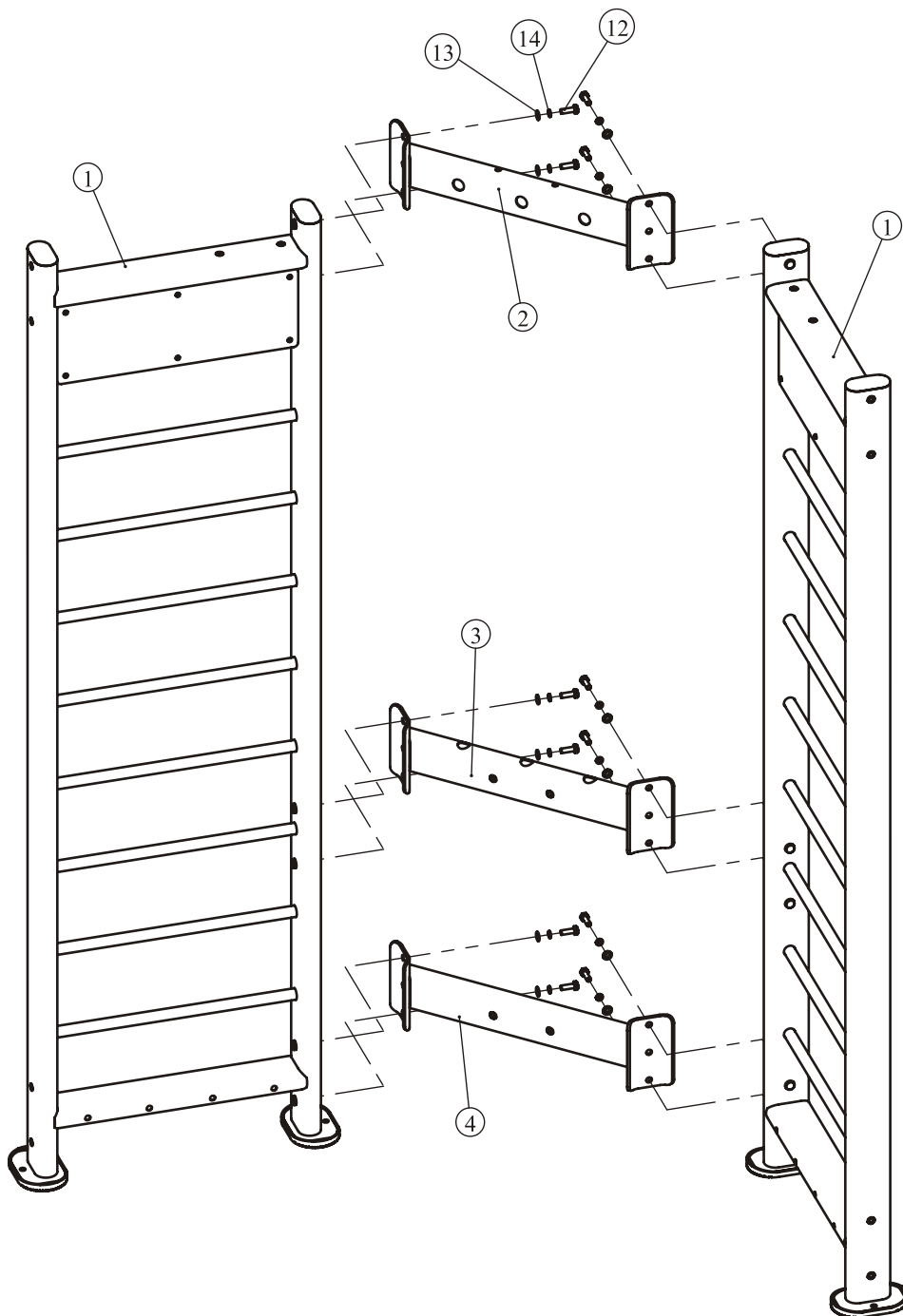
Assembly

STEP 1

Attach the Top Cross Brace (#2), Middle Cross Brace (#3) and Bottom Cross Brace (#4) to the both Main Frame Assemblies (#1) using:

- twelve M10*30 HHB (#12)
- twelve $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- twelve $\Phi 10$ Spring Washer (#14)

Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



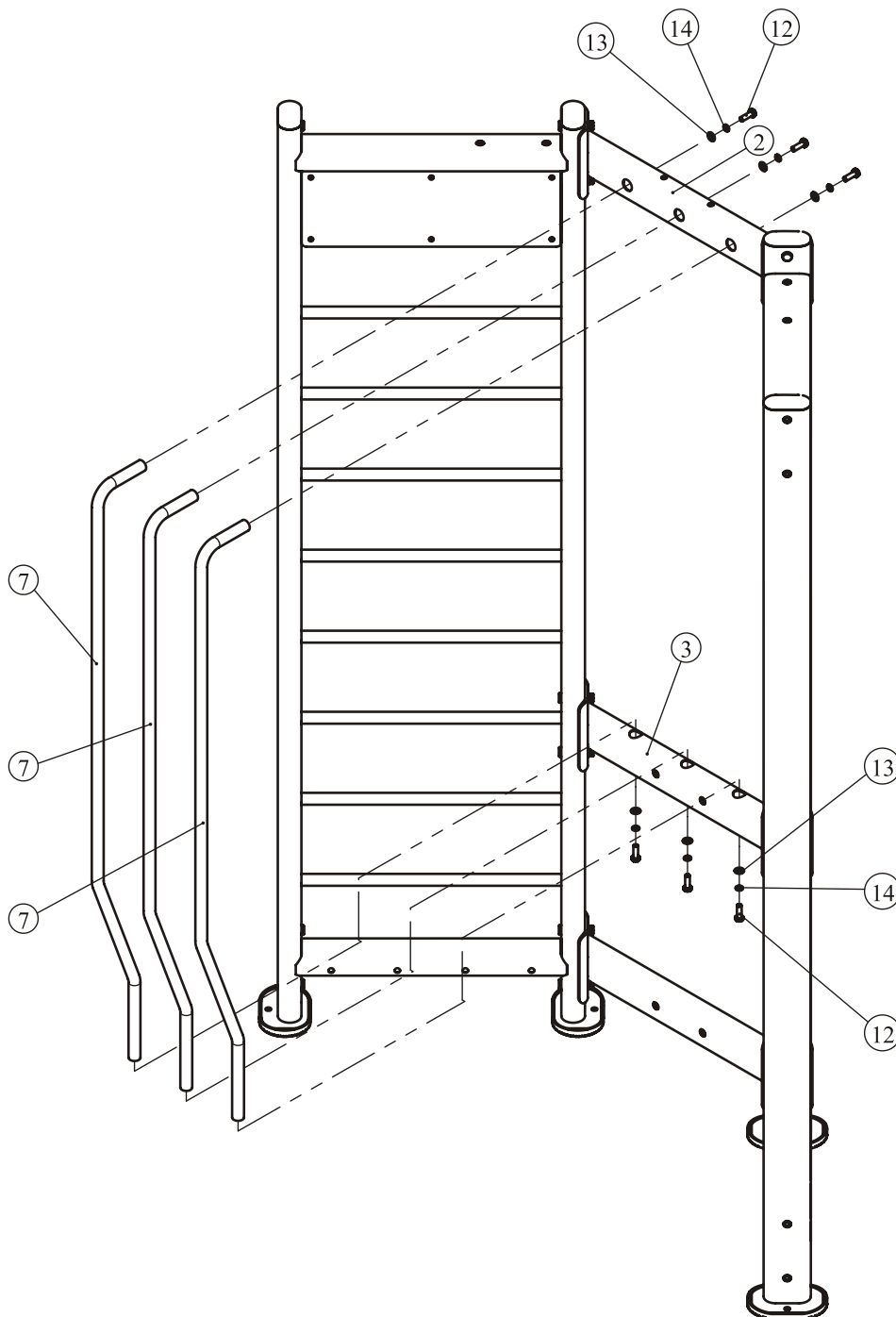
Assembly

STEP 2

Attach three Fender Rod (#7) to the Top Cross Brace (#2) and Middle Cross Brace (#3) using:

- six M10*30 HHB (#12)
- six $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- six $\Phi 10$ Spring Washer (#14)

Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 3

1. Attach the Bottom Cross Frame Assembly (#5), two Arc Fixed Plate (#10) to the Bottom Cross Brace (#4) and both Main Frame Assemblies (#1) using:

- four M10*130 HHB (#11)
- two M10*30 HHB (#12)
- ten $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- two $\Phi 10$ Spring Washer (#14)
- four M10 Nylon lock Nut(#15)

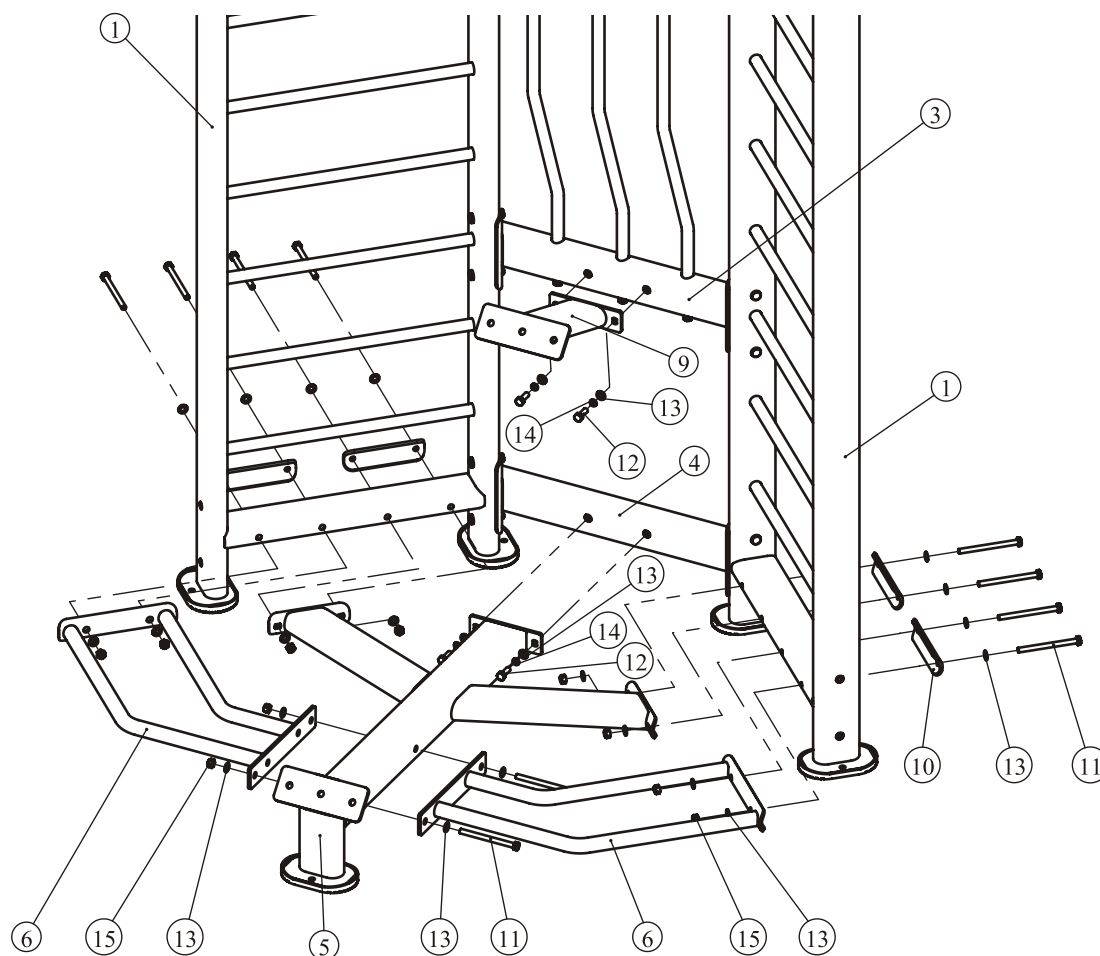
2. Attach the both Medicine Ball Rack (#6), two Arc Fixed Plate (#10) to Bottom Cross Frame Assembly (#5) and both Main Frame Assemblies (#1) using:

- six M10*130 HHB (#11)
- twelve $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- six M10 Nylon lock Nut (#15)

3. Attach the Short Connector Brace (#9) to the Middle Cross Brace (#3) using:

- two M10*30 HHB (#12)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- two $\Phi 10$ Spring Washer (#14)

Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

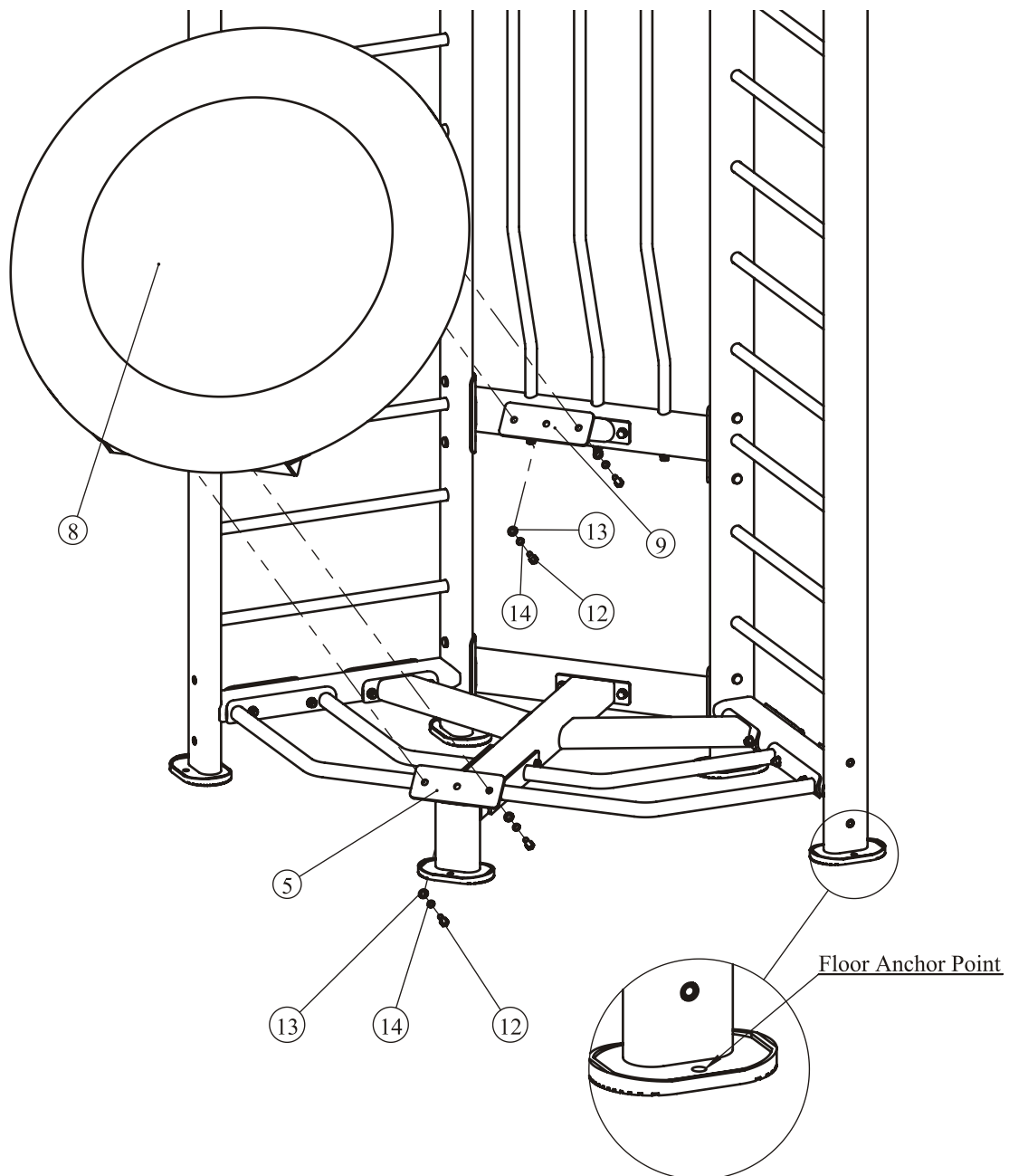
STEP 4

Attach the Rebound Frame Assembly (#8) to the Short Connector Brace (#9) and Bottom Cross Frame Assembly (#5) using:

- four M10*30 HHB (#12)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#13)
- four $\Phi 10$ Spring Washer (#14)

Note: Wrench tighten bolts and Nylon Lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.



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.

Specifications

Class: S

Maximum User Weight: 150Kg/ 330lbs.



IZ7004

POWER RACK 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

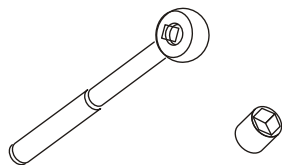
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

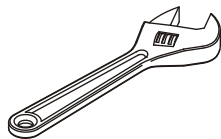
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

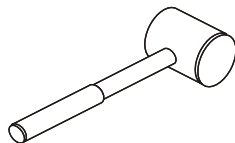
Tools Required



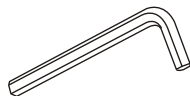
Ratchet Wrench and Socket



Adjustable Wrench



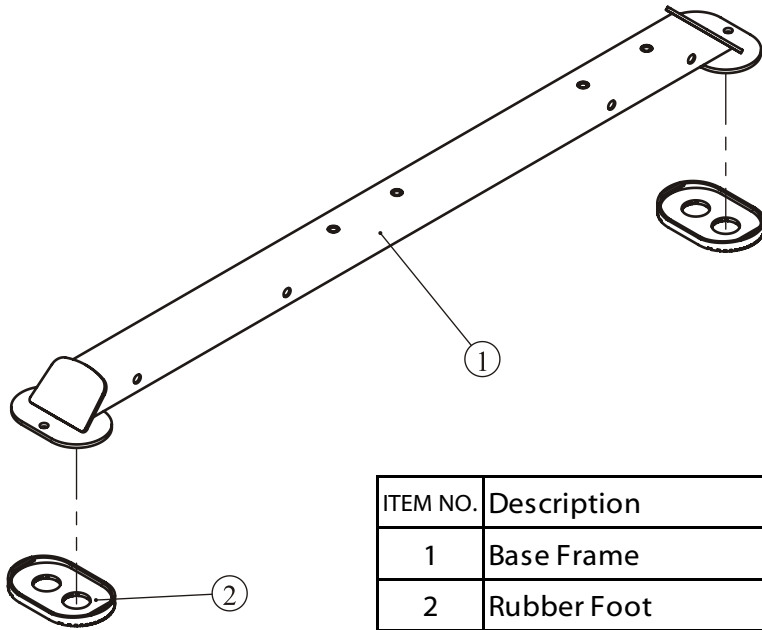
Rubber Mallet



Hex Key Wrench Set

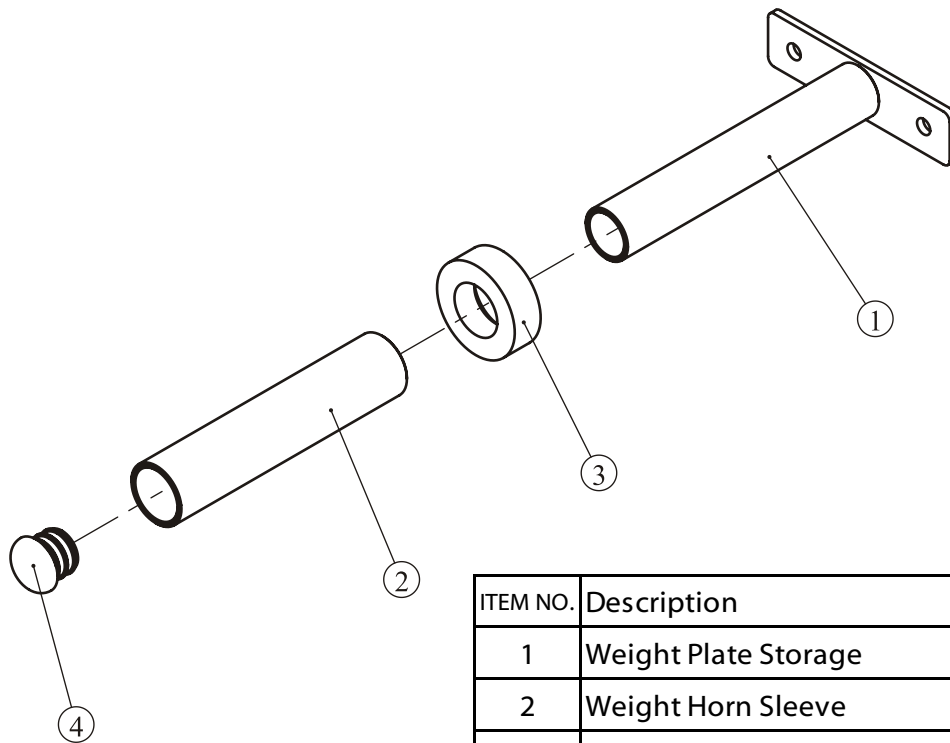
Exploded View and Parts List

Base Frame Assembly



ITEM NO.	Description	QTY
1	Base Frame	1
2	Rubber Foot	2

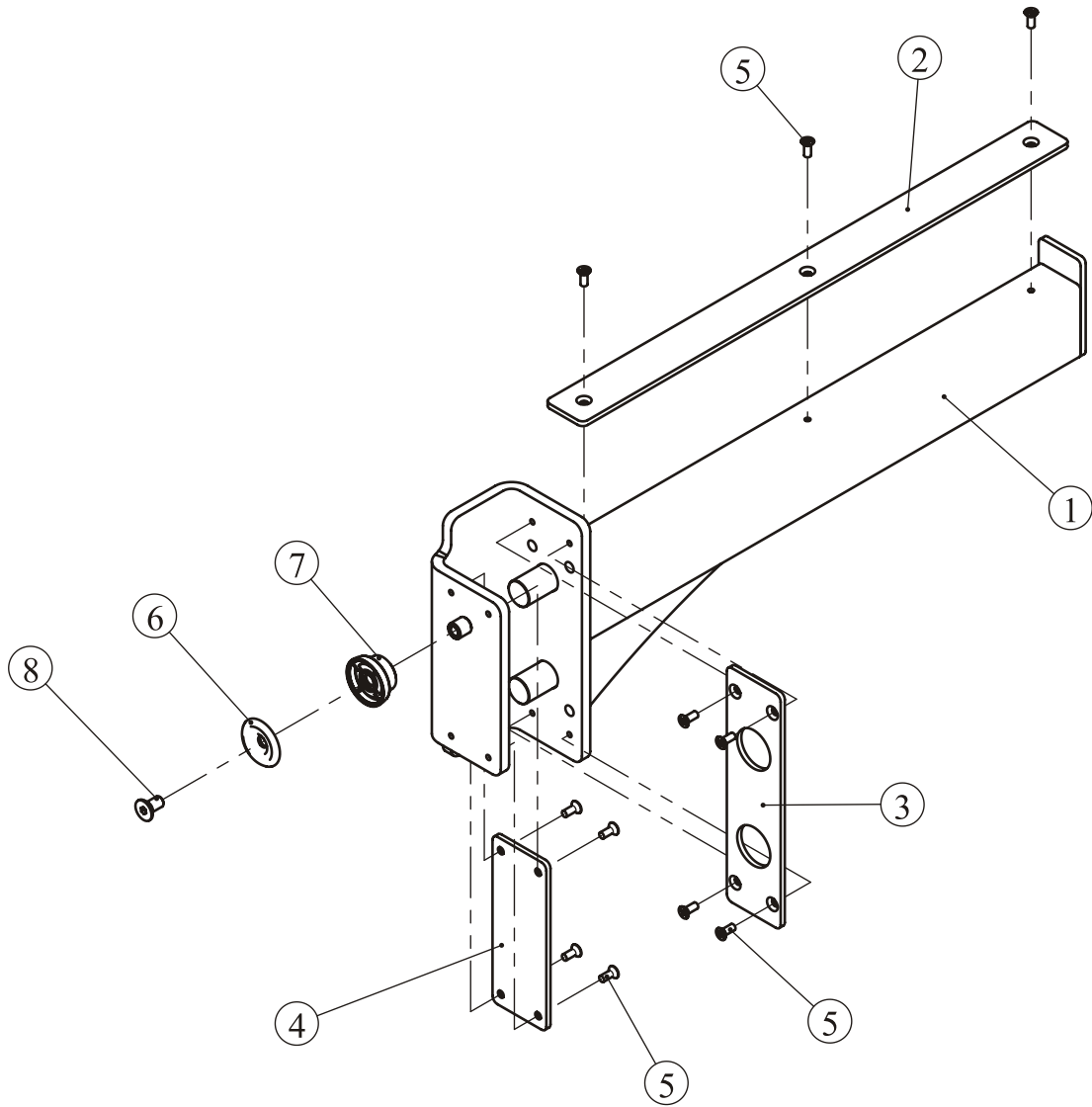
Weight Plate Storage Assembly



ITEM NO.	Description	QTY
1	Weight Plate Storage	1
2	Weight Horn Sleeve	1
3	Weight Horn Rubber Donut	1
4	End Plug	1

Exploded View and Parts List

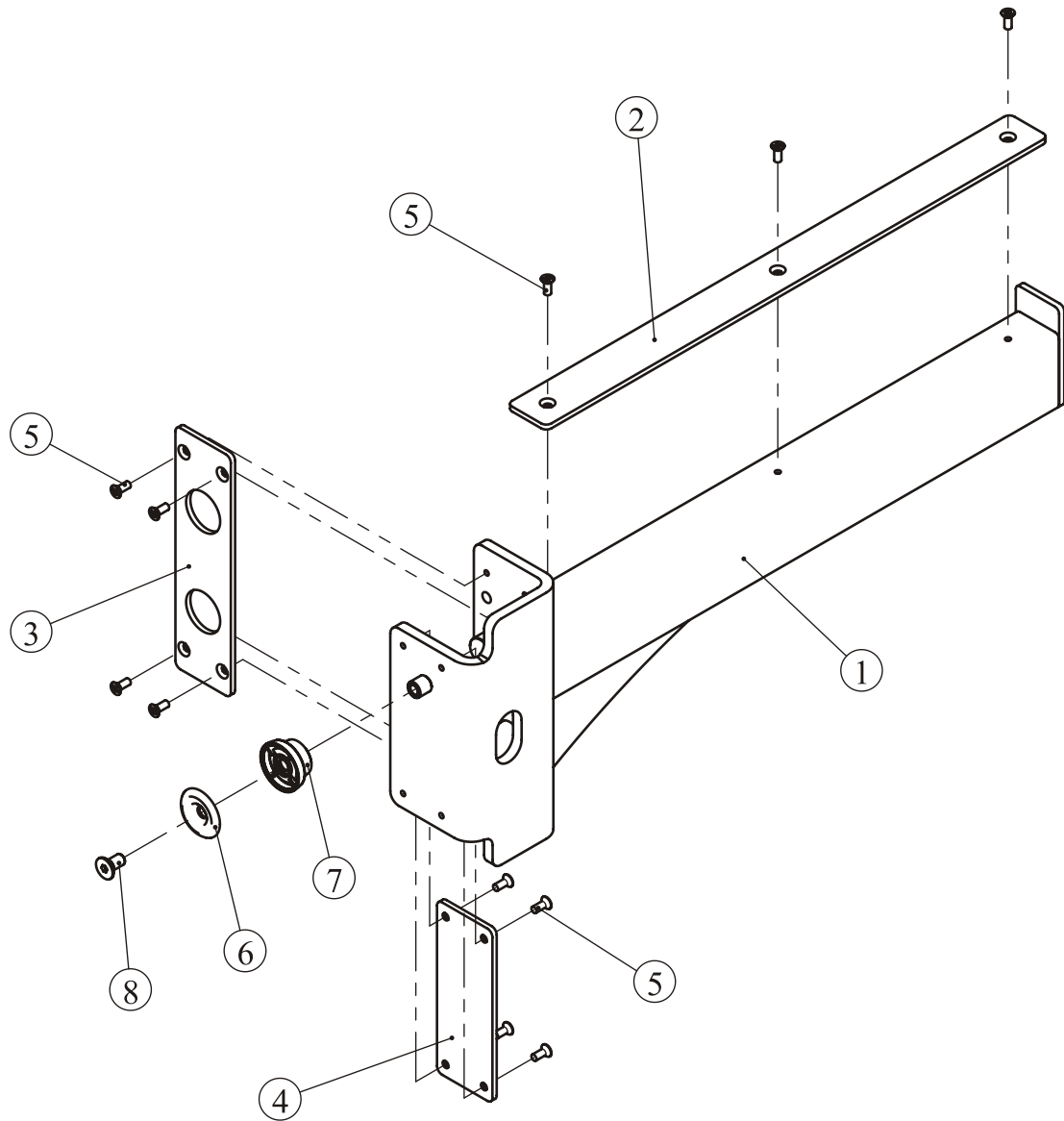
Carriage 1 Assembly



ITEM NO.	Description	QTY
1	Carriage 1	1
2	Long Plastic Plate	1
3	Plastic Plate 1	1
4	Plastic Plate 2	1
5	Cross Recessed Countersunk Head Screw M6*12	11
6	Plactic Knob-Cap	1
7	Plactic Knob-Base	1
8	Flat Head Cap Screw M10*20	1

Exploded View and Parts List

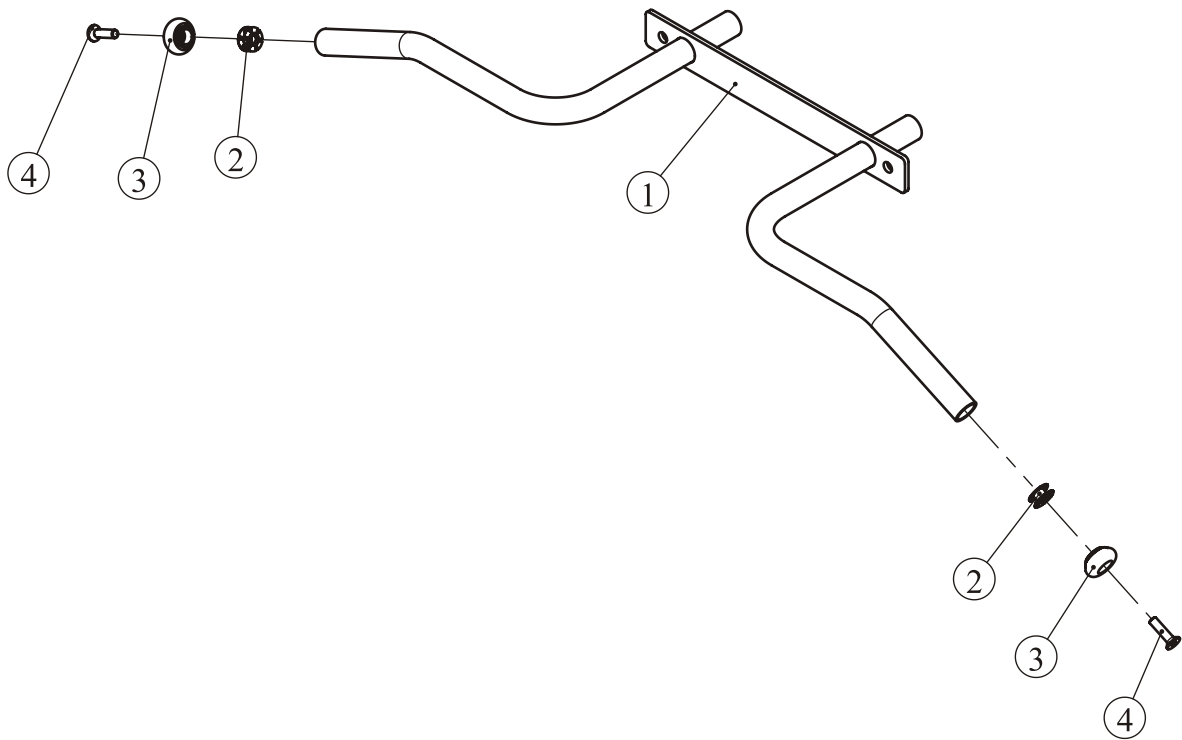
Carriage 2 Assembly



ITEM NO.	Description	QTY
1	Carriage 2	1
2	Long Plastic Plate	1
3	Plastic Plate 1	1
4	Plastic Plate 2	1
5	Cross Recessed Countersunk Head Screw M6*12	11
6	Plastic Knob-Cap	1
7	Plastic Knob-Base	1
8	Flat Head Cap Screw M10*20	1

Exploded View and Parts List

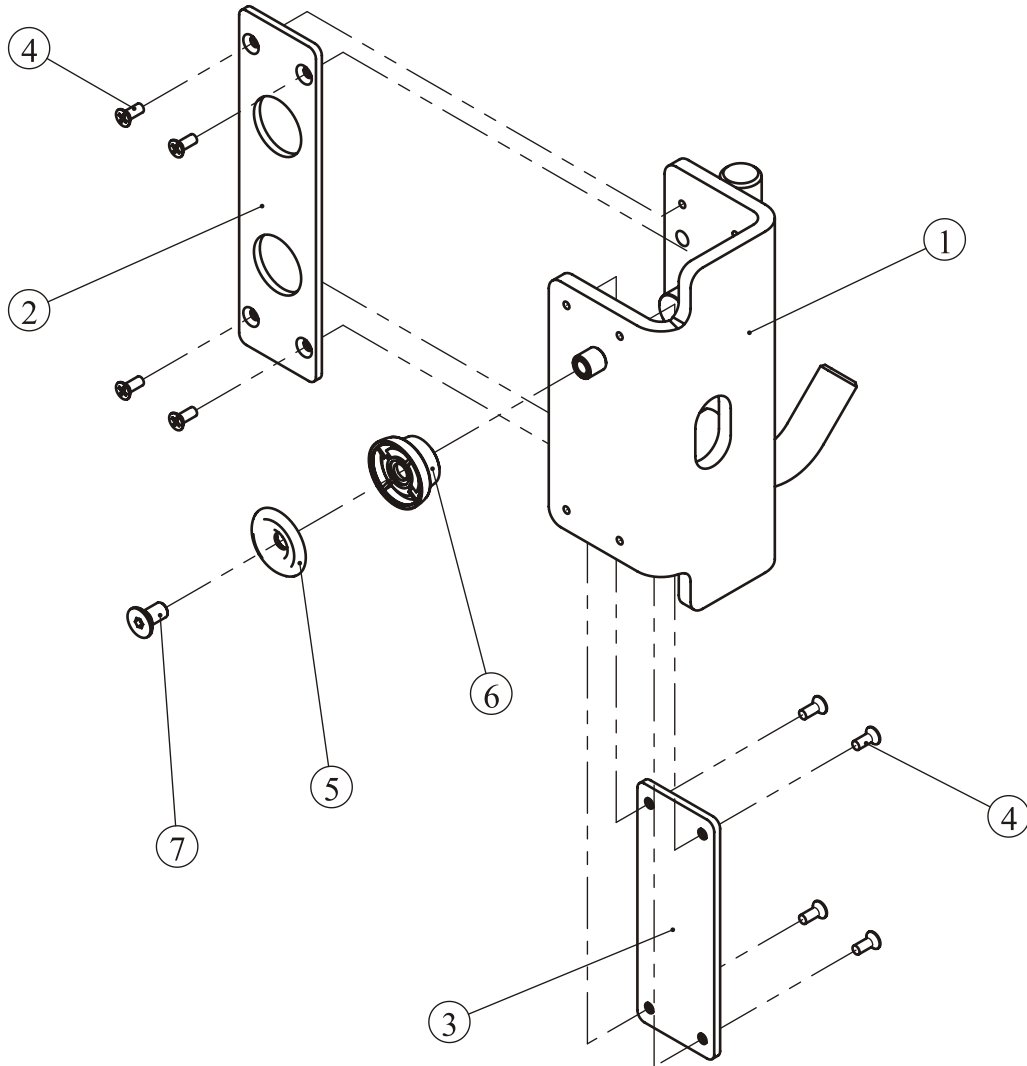
Lat Bar Assembly



ITEM NO.	Description	QTY
1	Lat Bar	1
2	Sunbonnet	2
3	Aluminium Grip Cap	2
4	Flat Head Cap Screw M10*40	2

Exploded View and Parts List

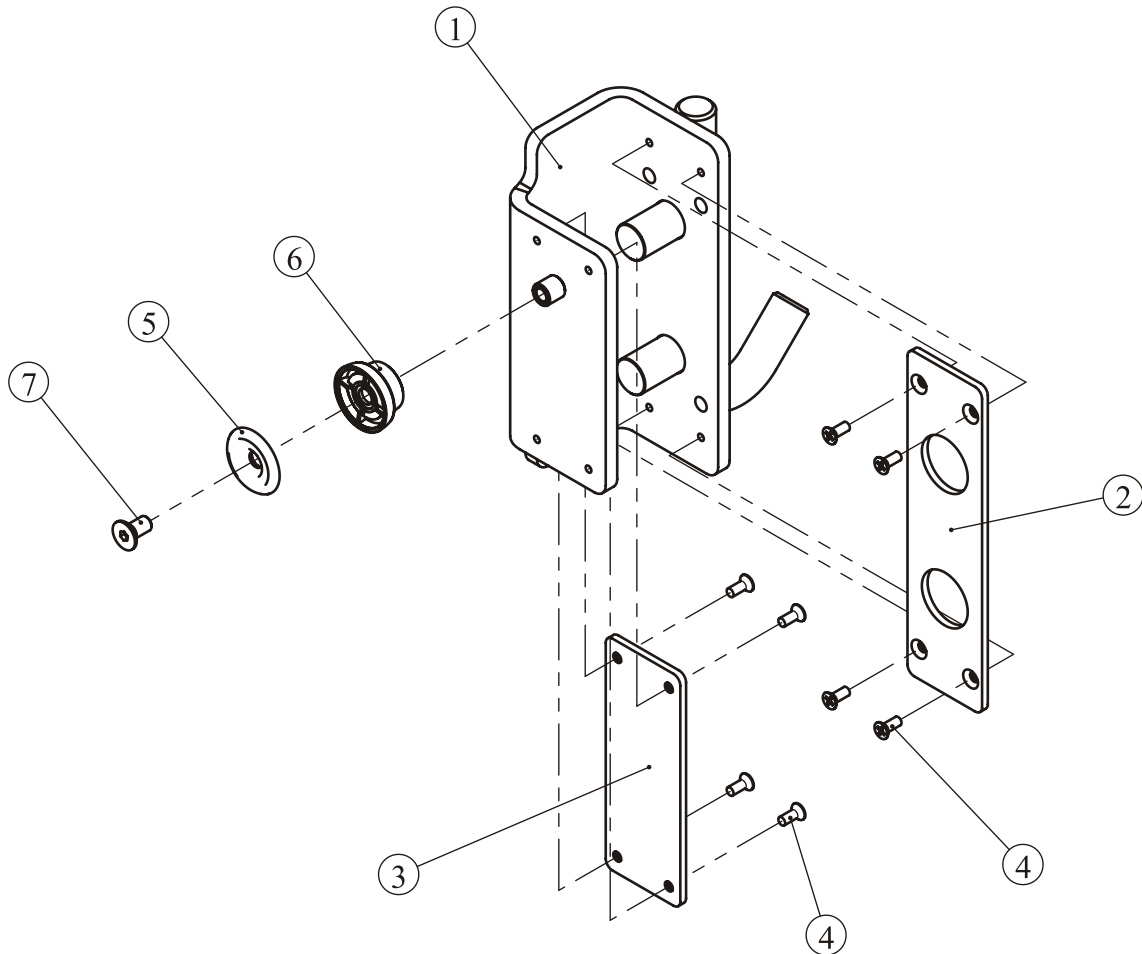
Weight Hook 1 Assembly



ITEM NO.	Description	QTY
1	Weight Hook 1	1
2	Plastic Plate 1	1
3	Plastic Plate 2	1
4	Cross Recessed Countersunk Head Screw M6*12	8
5	Plastic Knob-Cap	1
6	Plastic Knob-Base	1
7	Flat Head Cap Screw M10*20	1

Exploded View and Parts List

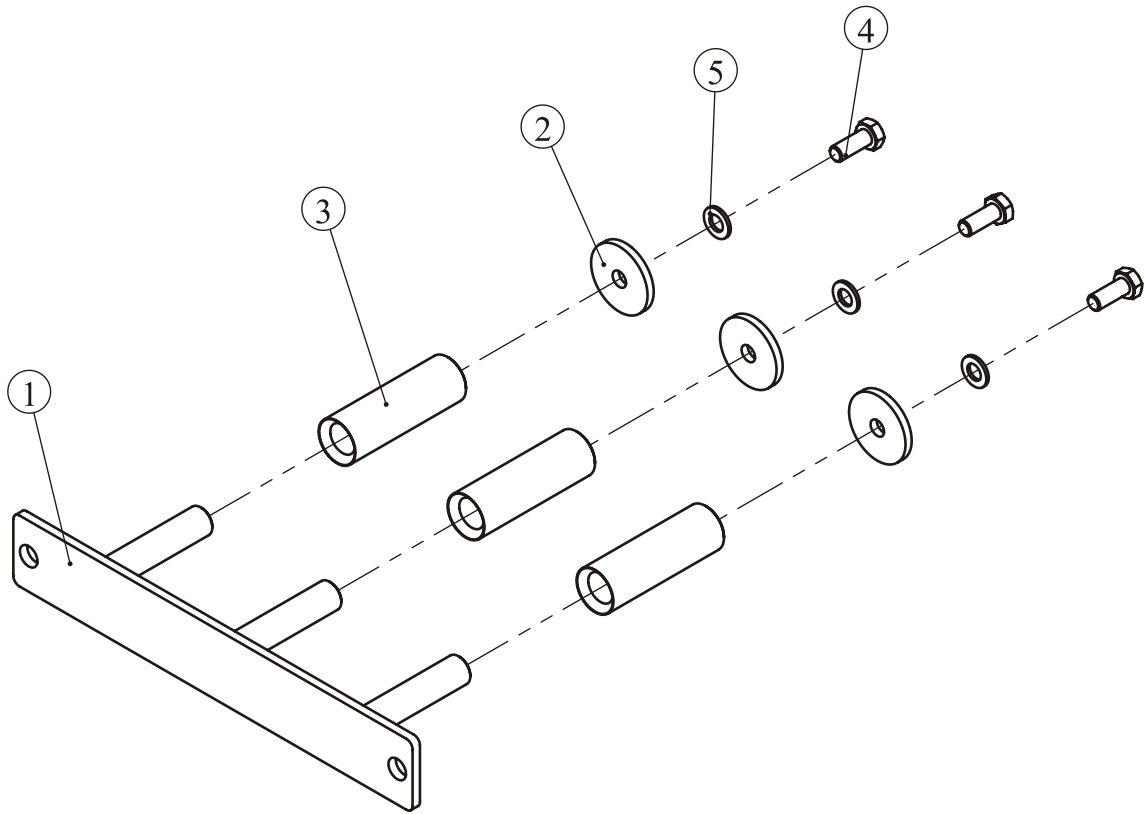
Weight Hook 2 Assembly



ITEM NO.	Description	QTY
1	Weight Hook 2 Assembly	1
2	Plastic Plate 1	1
3	Plastic Plate 2	1
4	Cross Recessed Countersunk Head Screw M6*12	8
5	Plastic Knob-Cap	1
6	Plastic Knob-Base	1
7	Flat Head Cap Screw M10*20	1

Exploded View and Parts List

Rubber Band Rack Assembly



ITEM NO.	Description	QTY
1	Rubber Band Rack	1
2	Flat Washer $\Phi 46*\Phi 11*5$	3
3	Sleeve	3
4	Hex Head Bolt M10*25	3
5	Flat Washer $\Phi 11*\Phi 20*2$	3

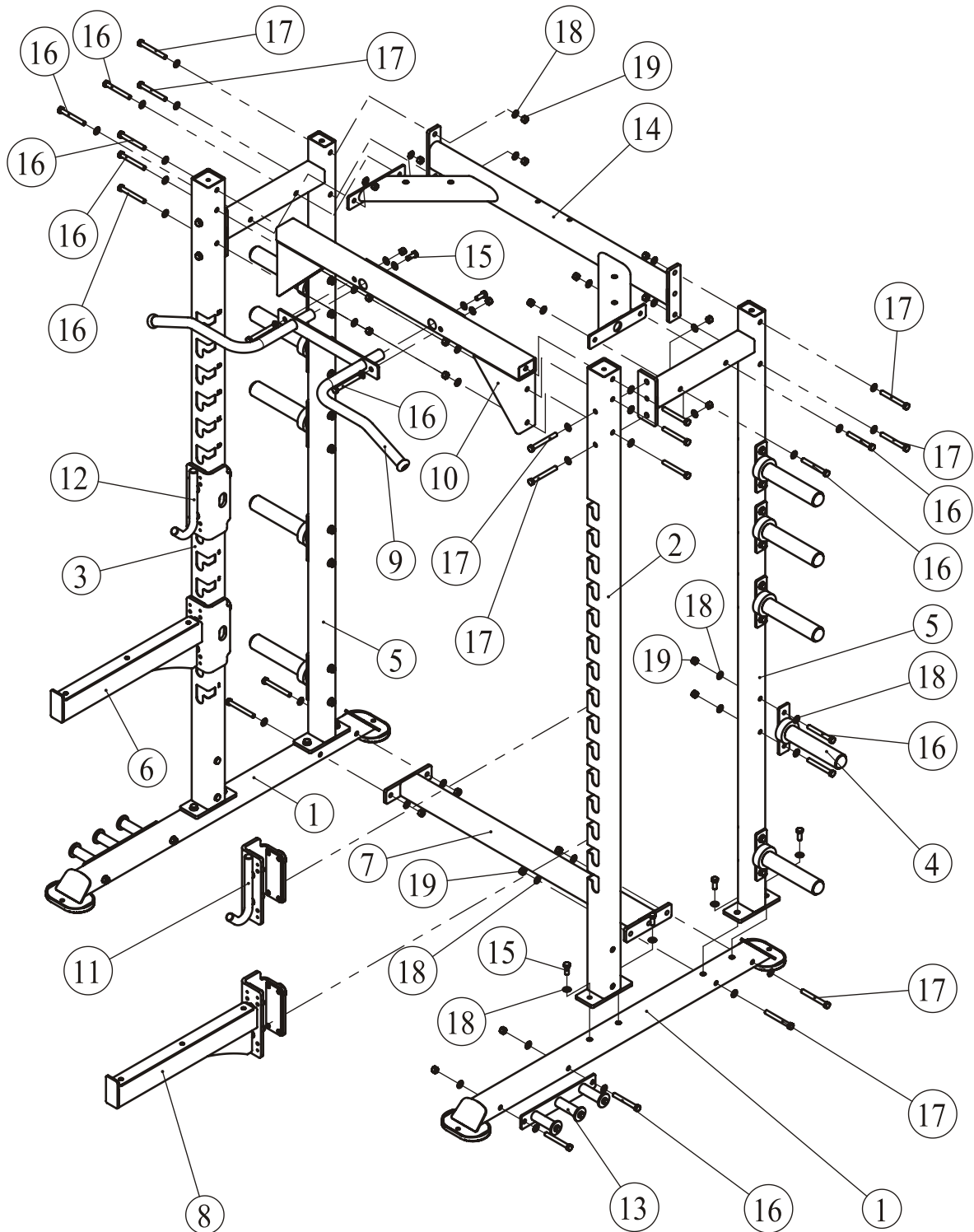
Exploded View and Parts List

Overall

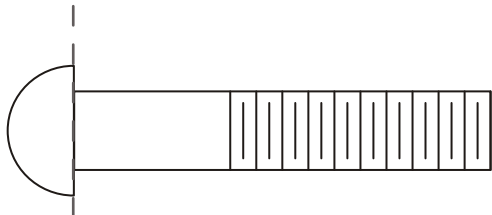
ITEM NO.	Description	QTY
1	Base Frame Assembly	2
2	Upright Frame 1	1
3	Upright Frame 2	1
4	Weight Plate Storage Assembly	10
5	Rear Upright Frame	2
6	Carriage 1 Assembly	1
7	Bottom Cross Frame	1
8	Carriage 2 Assembly	1
9	Lat Bar Assembly	1
10	Lat Top Cross Brace	1
11	Weight Hook 1 Assembly	1
12	Weight Hook 2 Assembly	1
13	Rubber Band Rack Assembly	2
14	Top Cross Brace	1
15	Hex Head Bolt M12*30	10
16	Hex Head Bolt M12*100	36
17	Hex Head Bolt M12*105	12
18	Flat Washer $\Phi 13*\Phi 24*1.5$	104
19	Nylon Lock Nut M12	46

Exploded View and Parts List

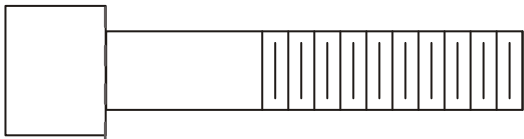
Overall



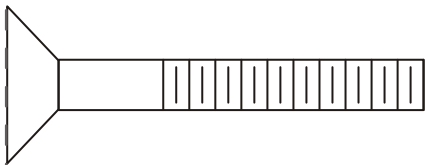
Measurement Guide



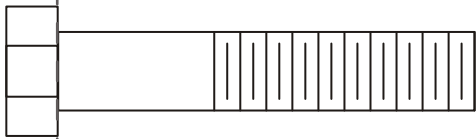
BHCS = Button Head Cap Screw



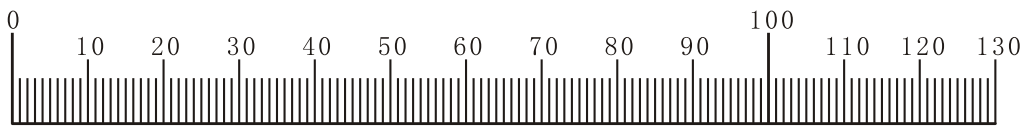
SHCS = Socket Head Cap Screw



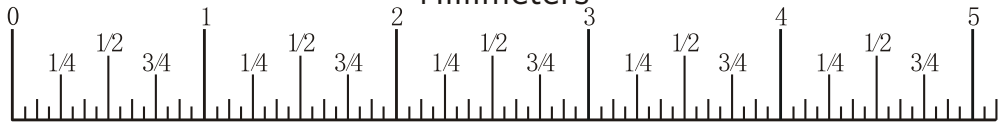
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

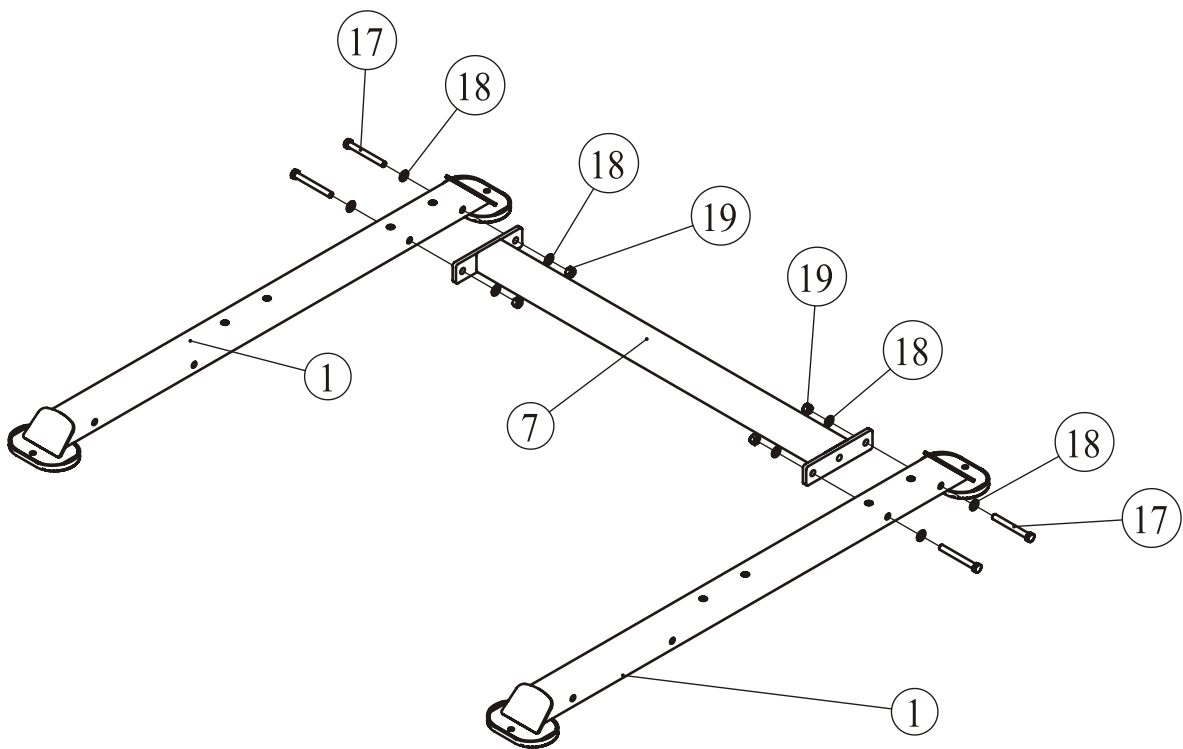
Assembly

STEP 1

Attach the both Base Frame Assemblies (#1) to the Bottom Cross Frame (#7) using:

- four M12*105 HHB (#17)
- eight $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
- four M12 Nylon Lock Nut (#19)

Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.



Assembly

STEP 2

1. Attach the Upright Frame 1 (#2) and Upright Frame 2 (#3) to the both Base Frame Assemblies (#1) using:
 - four M12*30 HHB (#15)
 - four $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
2. Attach the both Rear Upright Frames (#5) to the Upright Frame 1 (#2), Upright Frame 2 (#3) and both Base Frames Assemblies (#1) using:
 - four M12*30 HHB (#15)
 - four M12*105 HHB (#17)
 - twelve $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
 - four M12 Nylon Lock Nut (#19)
3. Attach the Top Cross Brace (#14) to the both Rear Upright Frames (#5) using:
 - four M12*100 HHB (#16)
 - four M12*105 HHB (#17)
 - sixteen $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
 - eight M12 Nylon Lock Nut (#19)
4. Attach the Lat Top Cross Brace (#10) to the Upright Frame 1 (#2) and Upright Frame 2 (#3) using:
 - six M12*100 HHB (#16)
 - ten $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
 - four M12 Nylon Lock Nut (#19)

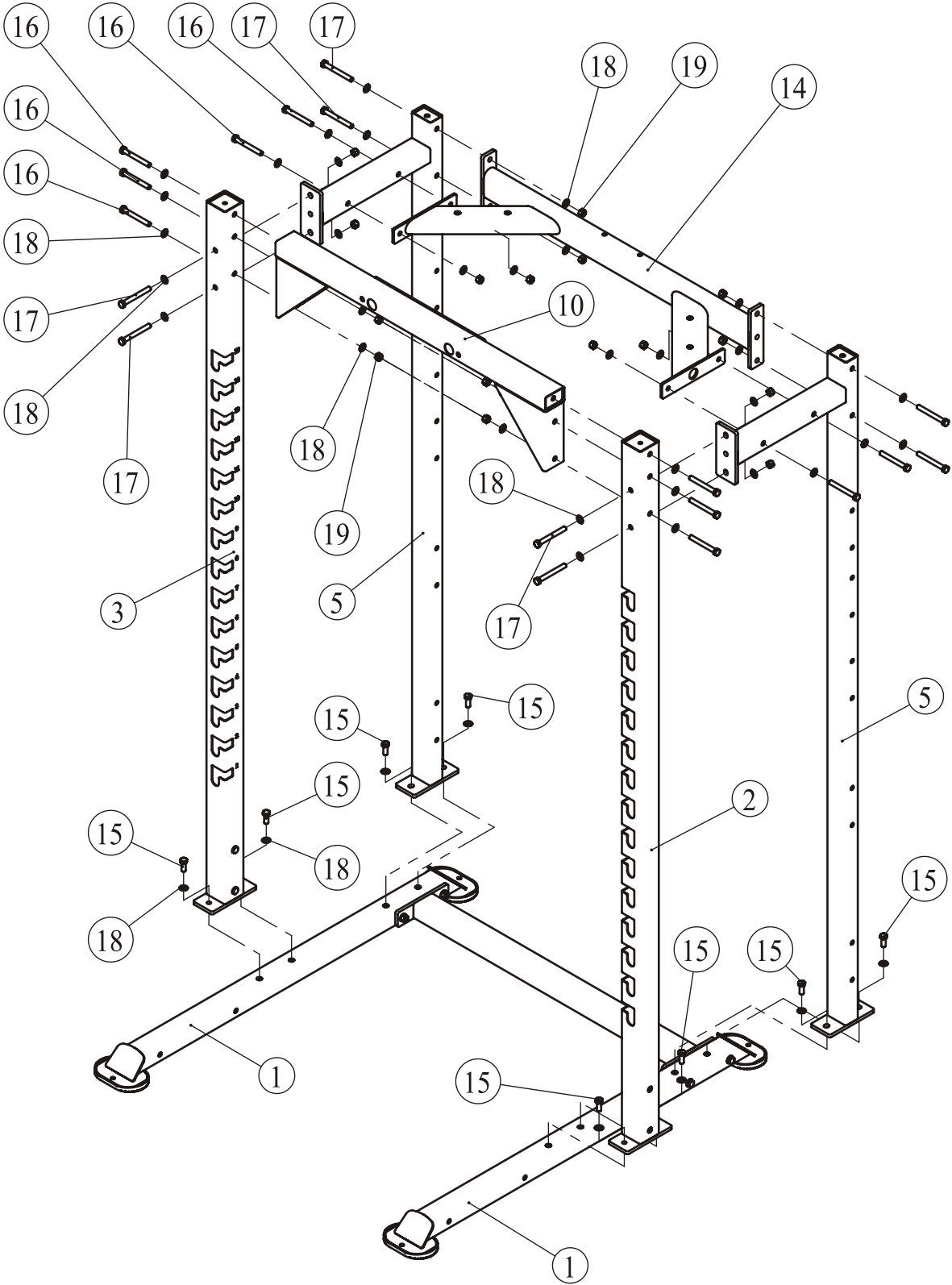
Note: Hand tighten bolts and Nylon Lock Nuts until machine is fully assembled.

STEP 3

1. Attach the Lat Bar Assembly (#9) to the Lat Top Cross Brace (#10) using:
 - two M12*30 HHB (#15)
 - two M12*100 HHB (#16)
 - six $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
 - two M12 Nylon Lock Nut (#19)
2. Attach the Rubber Band Rack Assembly (#13) to the Base Frame Assembly (#1) using:
 - four M12*100 HHB (#16)
 - eight $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
 - four M12 Nylon Lock Nut (#19)
3. Attach the Weight Plate Storage Assembly (#4) to the Rear Upright Frame (#5) using:
 - twenty M12*100 HHB (#16)
 - forty $\Phi 13*\Phi 24*1.5$ Flat Washer (#18)
 - twenty M12 Nylon Lock Nut (#19)

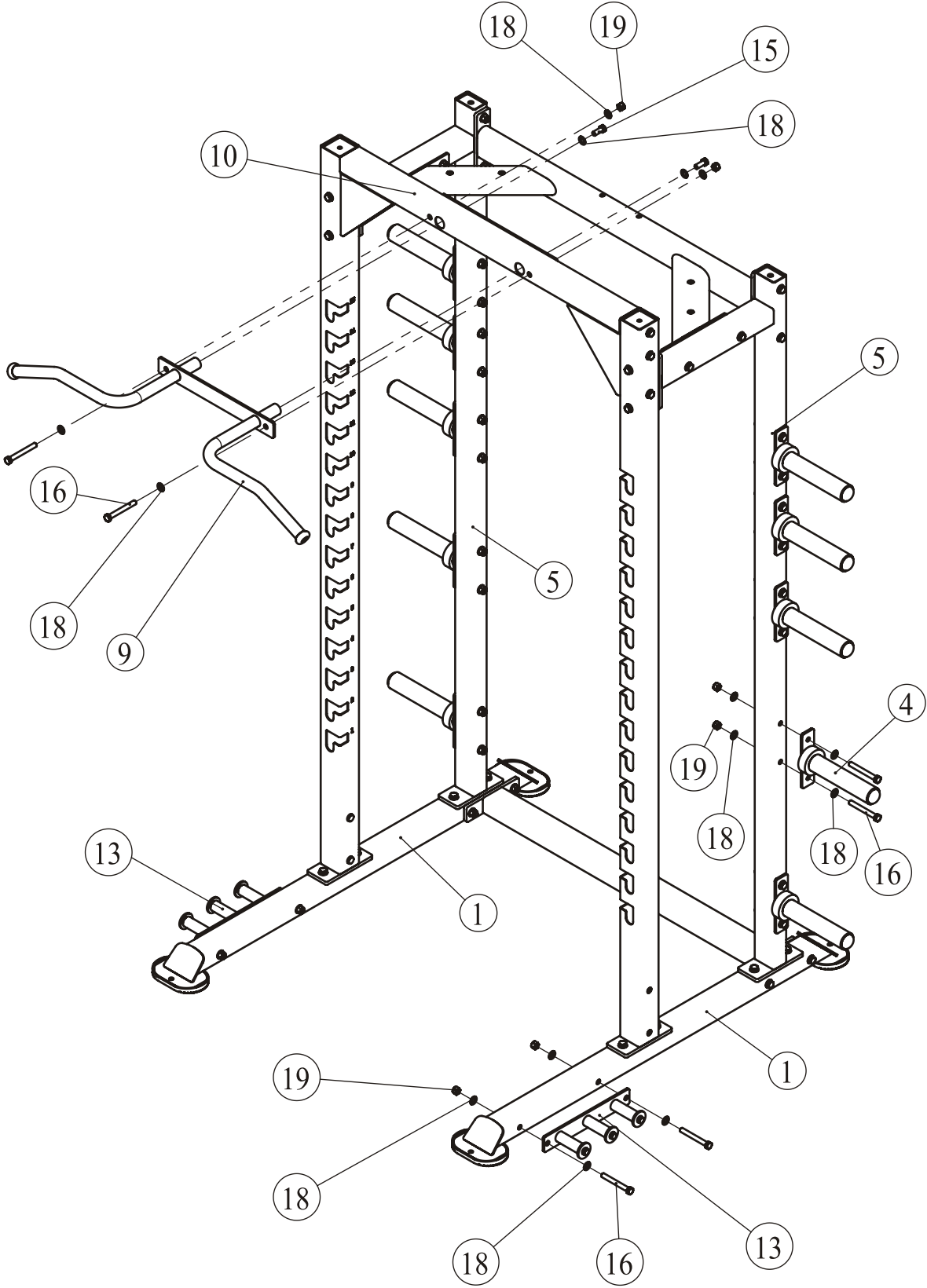
Assembly

STEP 2



Assembly

STEP 3



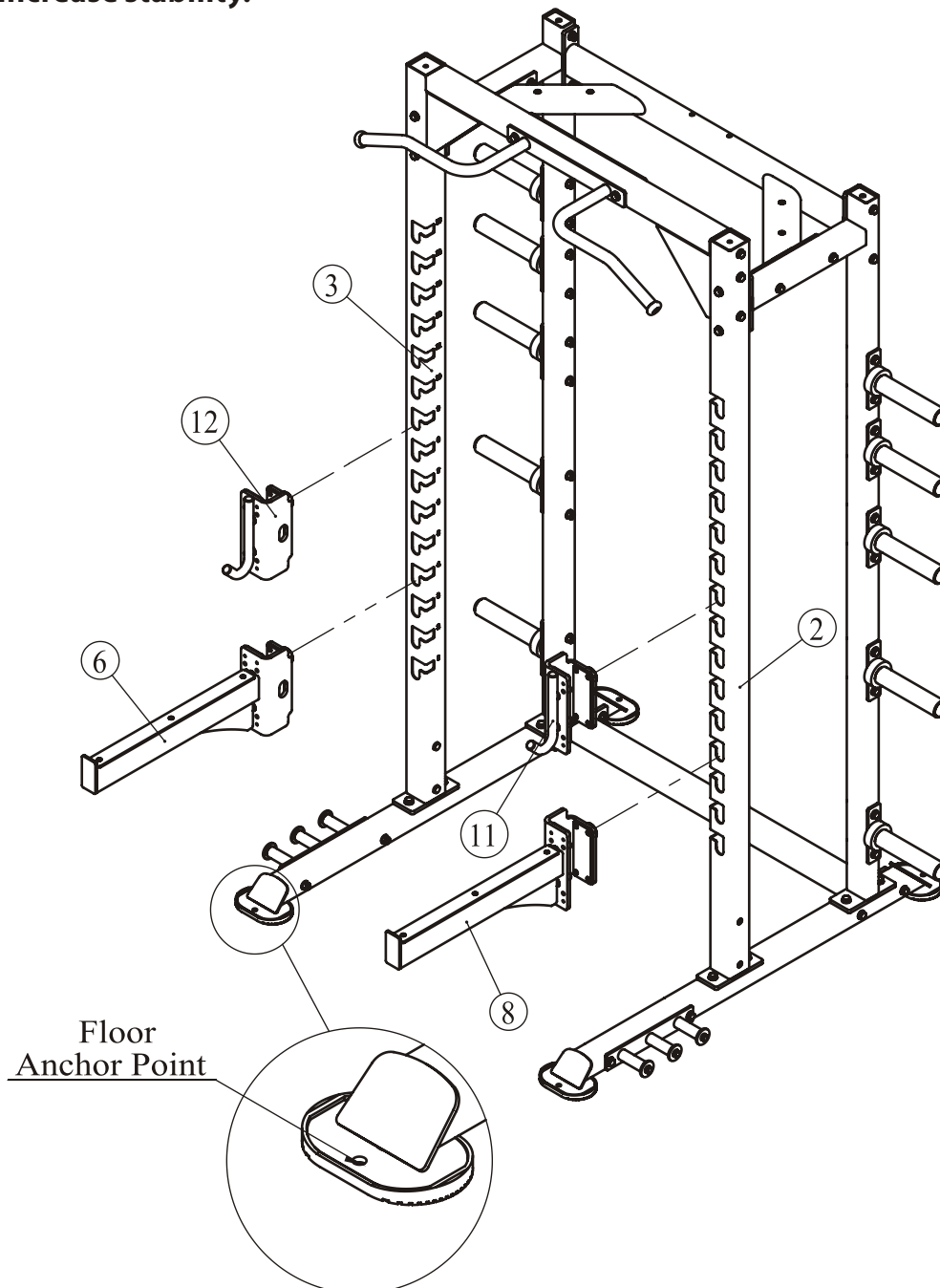
Assembly

STEP 4

1. Attach the Carriage 1 Assembly (#6) and Weight Hook 2 Assembly (#12) to the Upright Frame 2 (#3).
2. Attach the Carriage 2 Assembly (#8) and Weight Hook 1 Assembly (#11) to the Upright Frame 1 (#2).

Note: Wrench tighten bolts and Nylon Lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.



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.

Specifications

Class: S

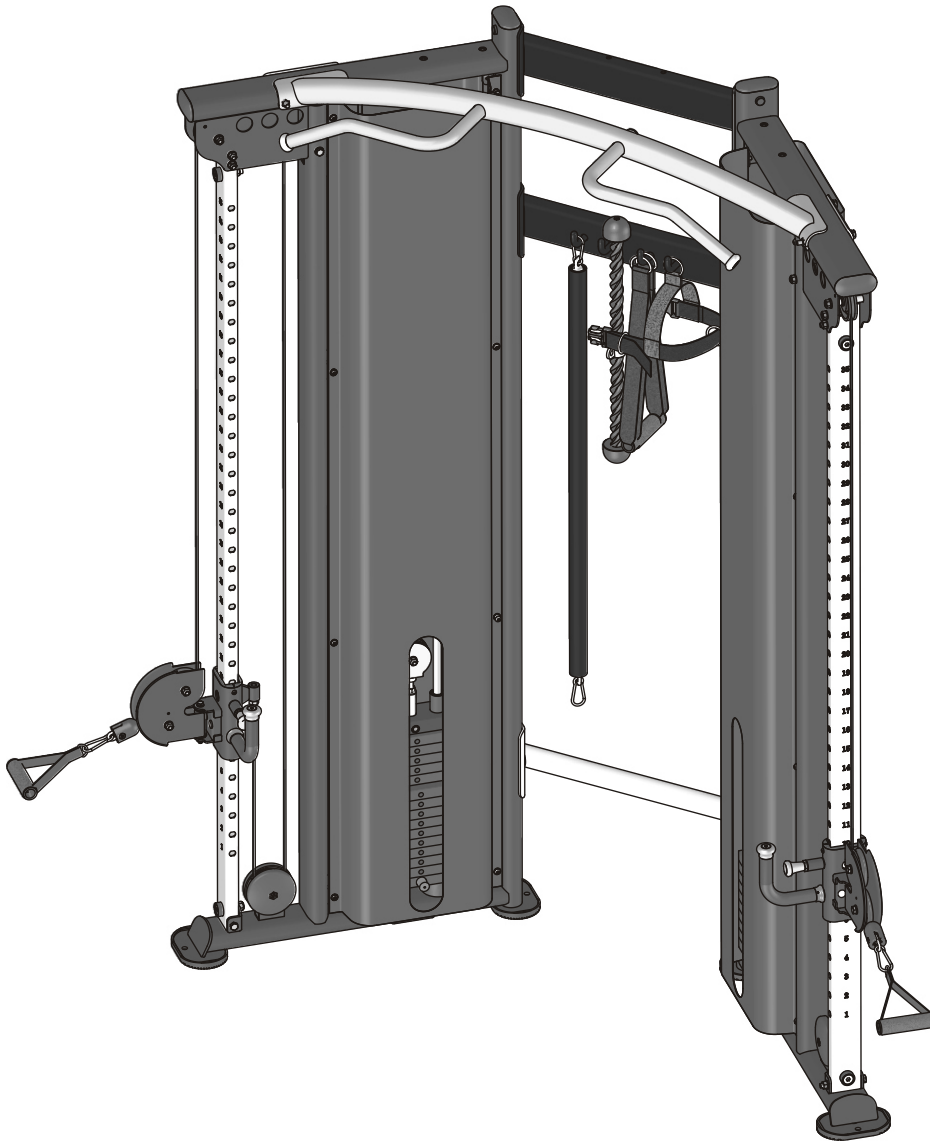
Maximum User Weight: 150Kg/ 330lbs.



IZ7005

DAP 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

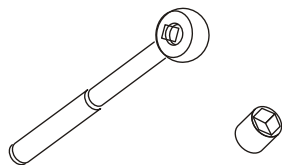
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

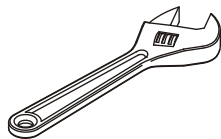
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

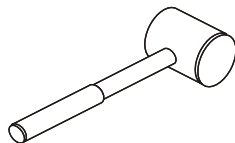
Tools Required



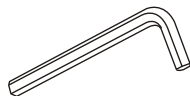
Ratchet Wrench and Socket



Adjustable Wrench



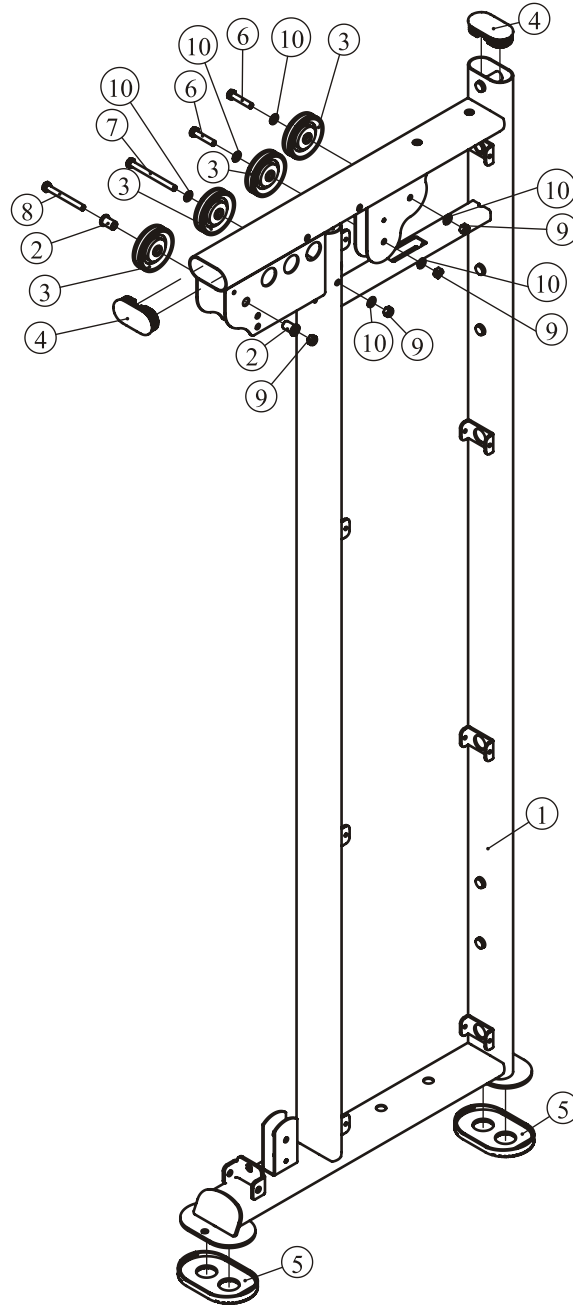
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

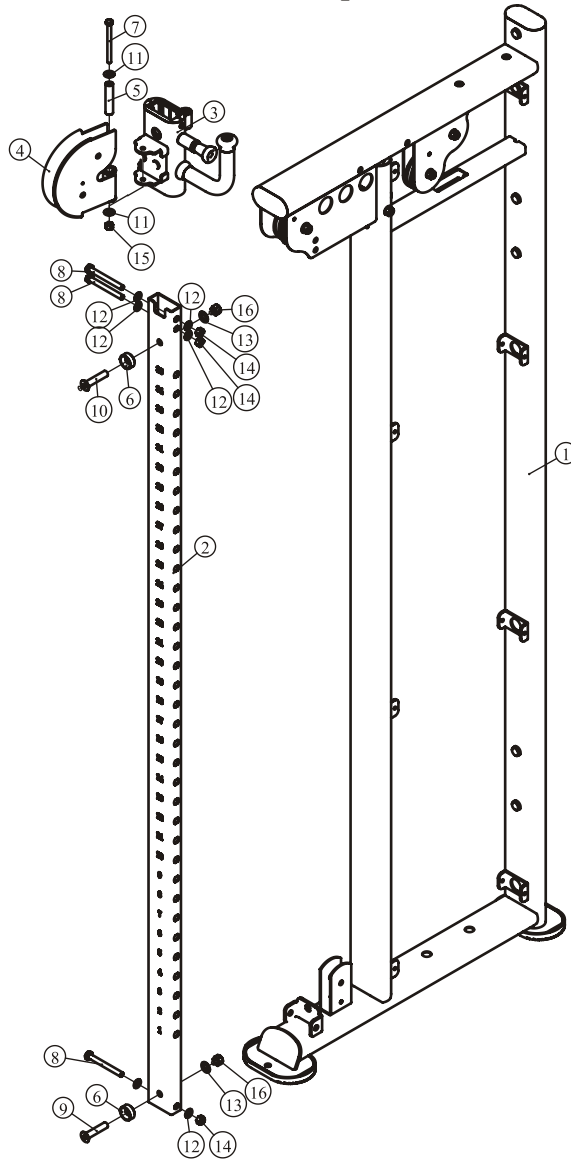
Main Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame	1	6	Hexagonal Head Bolt M10*50	2
2	Long Distanzbuchse	2	7	Hexagonal Head Bolt M10*115	1
3	Small Pulley	4	8	Hexagonal Head Bolt M10*95	1
4	Pipe Plug	2	9	Nylon lock Nut M10	4
5	Rubber Foot	2	10	Flat Washer $\Phi 11 * \Phi 20 * 2$	6

Exploded View and Parts List

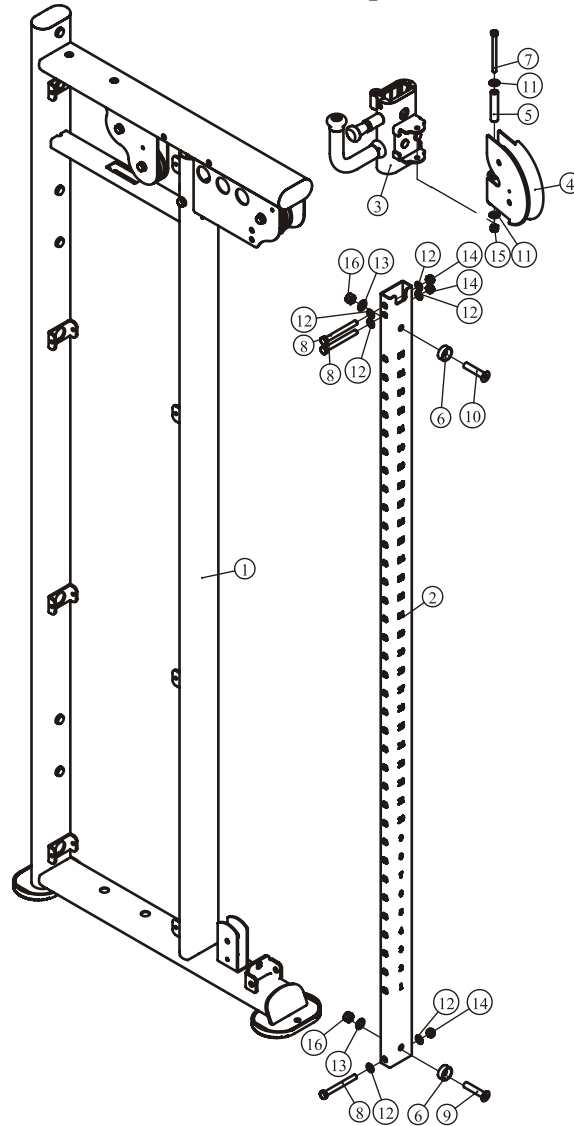
Left Main Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame Assembly	1	9	Hexagon Socket Countersunk Head Screws M12*60*60	1
2	Left Sliding Tube	1	10	Hexagon Socket Countersunk Head Screws M12*55*55	1
3	Left Sliding Sleeve Assembly	1	11	Flat Washer $\Phi 9*\Phi 16*1.6$	2
4	Sister Block Frame Assembly	1	12	Flat Washer $\Phi 11*\Phi 20*2$	6
5	Spindle	1	13	Flat Washer $\Phi 13*\Phi 24*2.5$	2
6	Nylon Spacer	2	14	Nylon lock Nut M10	3
7	Hexagonal Head Bolt M10*100	1	15	Nylon lock Nut M8	1
8	Hexagonal Head Bolt M10*95	3	16	Nylon lock Nut M12	2

Exploded View and Parts List

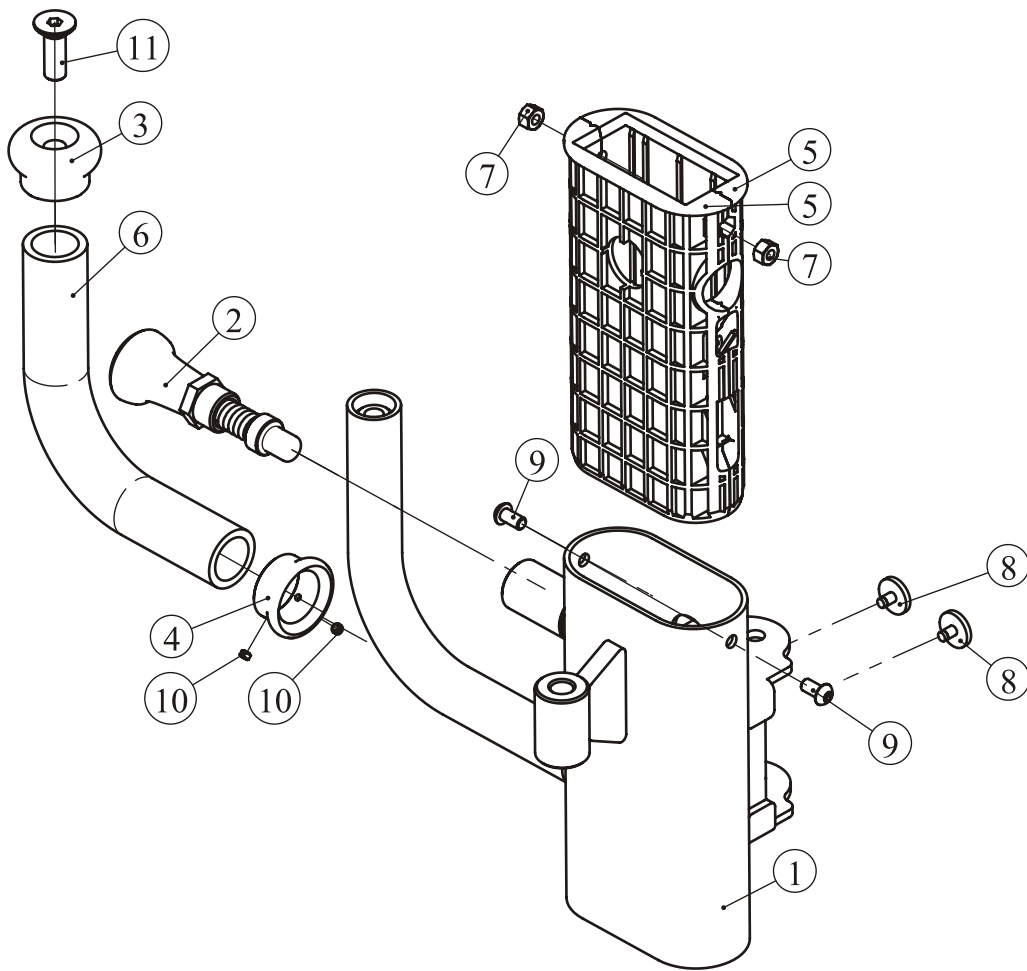
Right Main Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Main Frame Assembly	1	9	Hexagon Socket Countersunk Head Screws M12*60*60	1
2	Right Sliding Tube	1	10	Hexagon Socket Countersunk Head Screws M12*55*55	1
3	Right Sliding Sleeve Assembly	1	11	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	2
4	Sister Block Frame Assembly	1	12	Flat Washer $\Phi 11 * \Phi 20 * 2$	6
5	Spindle	1	13	Flat Washer $\Phi 13 * \Phi 24 * 2.5$	2
6	Nylon Spacer	2	14	Nylon lock Nut M10	3
7	Hexagonal Head Bolt M10*100	1	15	Nylon lock Nut M8	1
8	Hexagonal Head Bolt M10*95	3	16	Nylon lock Nut M12	2

Exploded View and Parts List

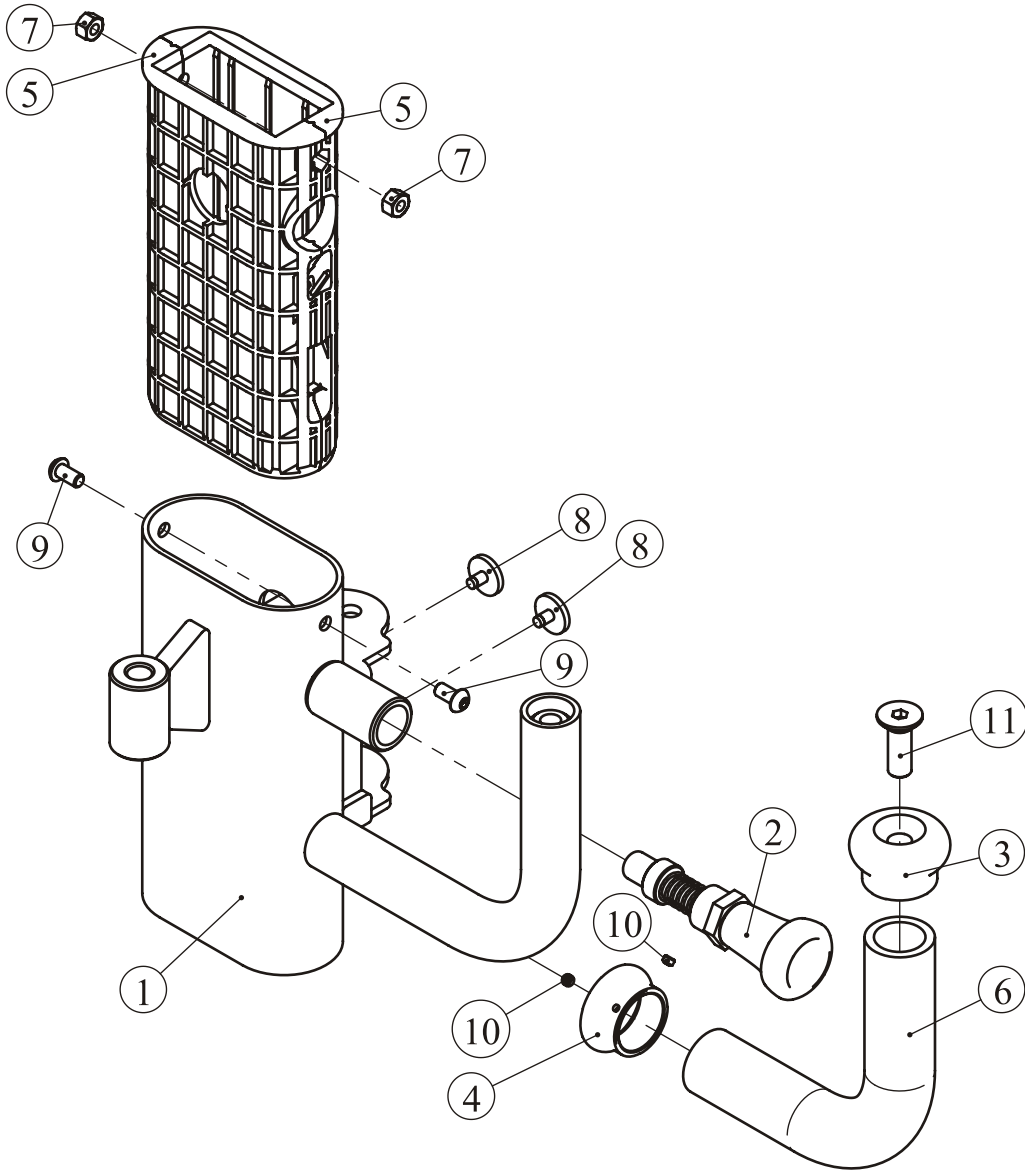
Left Sliding Sleeve Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Left Sliding Sleeve Frame	1	7	Hexagon Nut M6	2
2	Spring Bolt	1	8	Skidding	2
3	Aluminum Head	1	9	Button Head Cap Screw M6*12	2
4	Aluminum Baffle Ring	1	10	Hexagonsock 10-32UNF*3.2	2
5	Cavity Pipe Shroud	2	11	Hexagon Socket Countersunk Head Screws M10*25	1
6	Grip	1			

Exploded View and Parts List

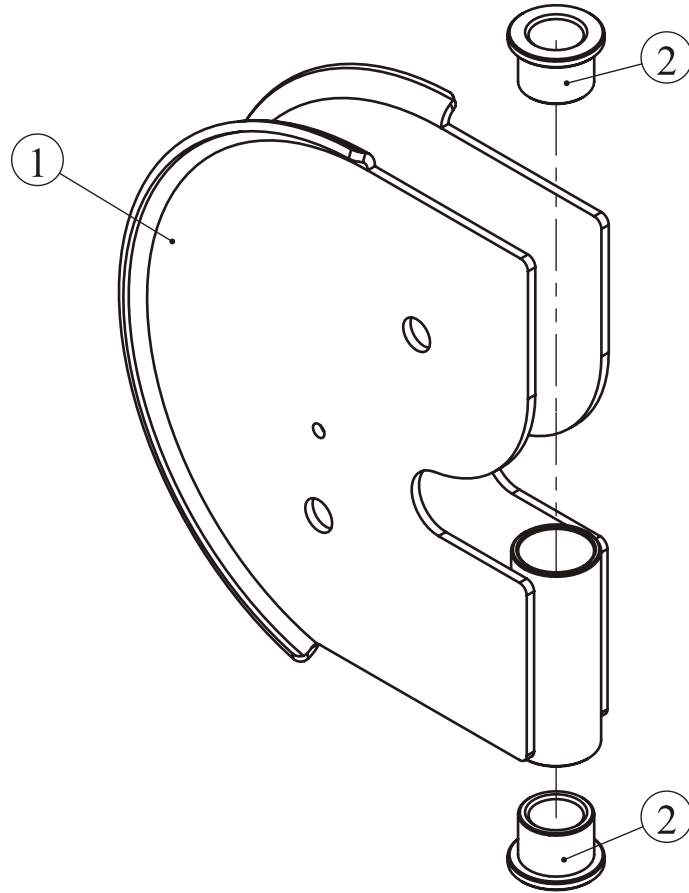
Right Sliding Sleeve Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Right Sliding Sleeve Frame	1	7	Hexagon Nut M6	2
2	Spring Bolt	1	8	Skidding	2
3	Aluminum Head	1	9	Button Head Cap Screw M6*12	2
4	Aluminum Baffle Ring	1	10	Hexagonsock 10-32UNF*3.2	2
5	Cavity Pipe Shroud	2	11	Hexagon Socket Countersunk Head Screws M10*25	1
6	Grip	1			

Exploded View and Parts List

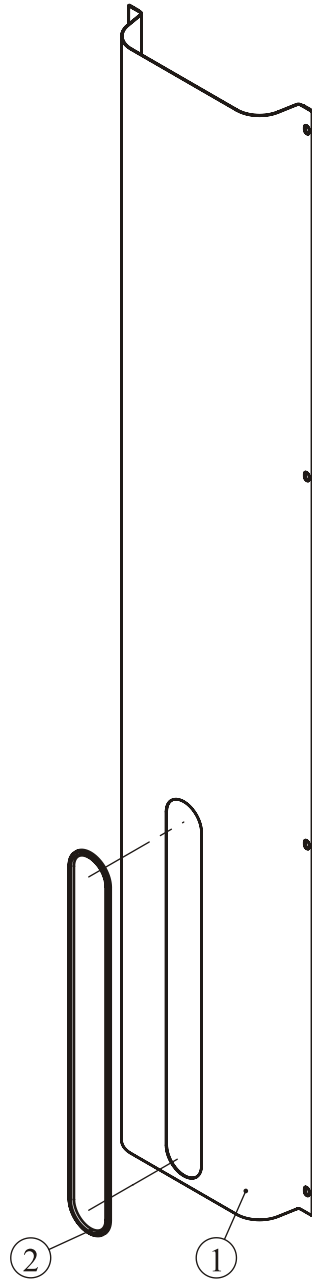
Sister Block Frame Assembly



ITEM NO.	Description	QTY
1	Sister Block Frame	1
2	Lining	2

Exploded View and Parts List

Front Cover Assembly



ITEM NO.	Description	QTY
1	Front Cover Assembly	1
2	Edgings	1

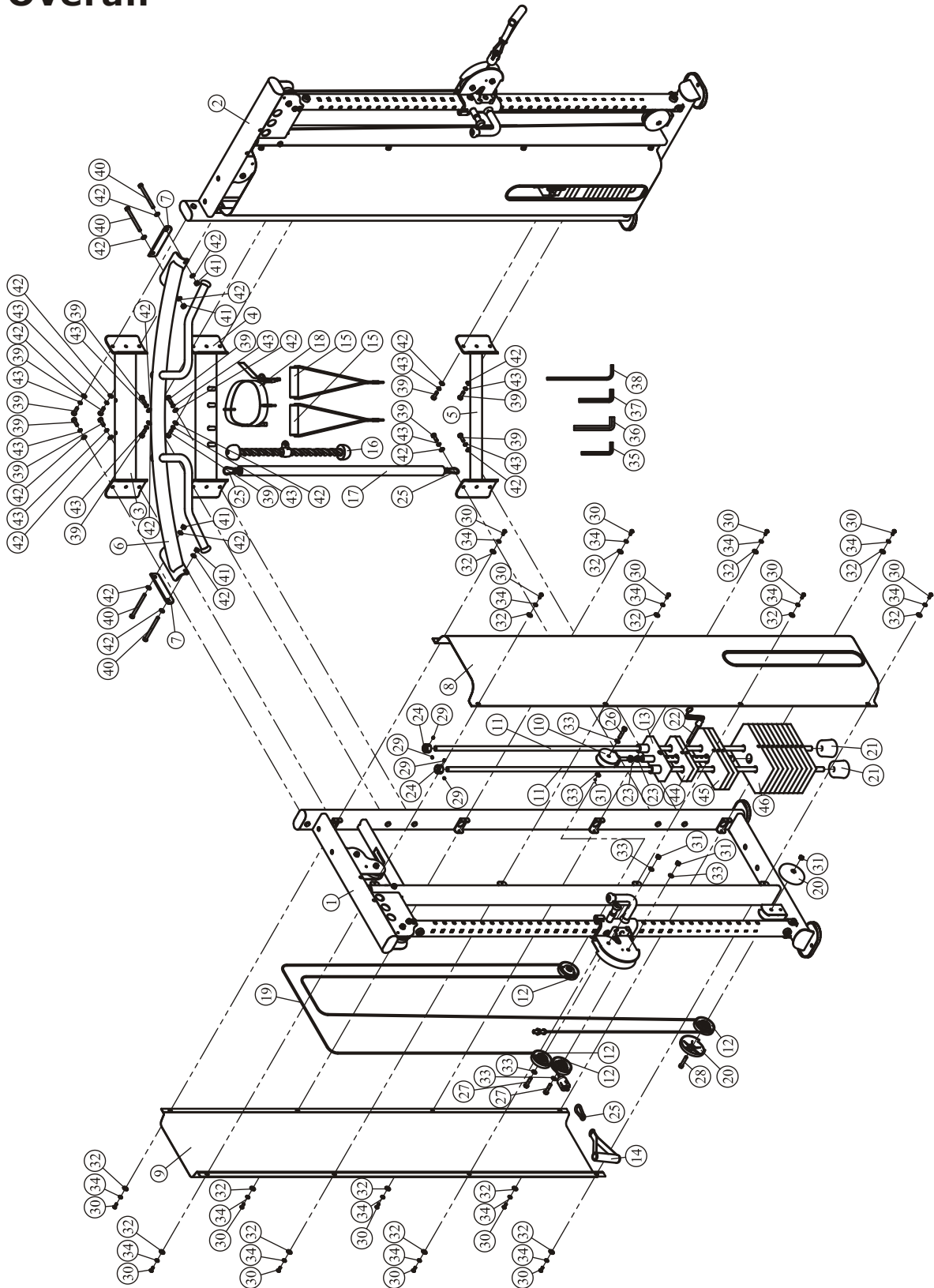
Exploded View and Parts List

Overall

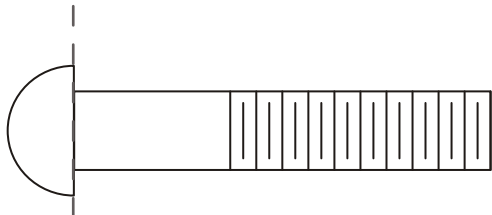
ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Left Main Frame Assembly	1	24	Fixing Sleeve	4
2	Right Main Frame Assembly	1	25	Zinc Hook	4
3	Upside Connection Frame	1	26	Hex Head Bolt M10*50	2
4	Hook Rack	1	27	Hex Head Bolt M10*45	4
5	Shake Rope Frame	1	28	Hexagon Socket Head Cap Screws M10*50	2
6	Top Rail Frame Assembly	1	29	Hexagonsock M8*8	8
7	Arc Fixed Plate	2	30	Hexagon Button Head Cap Screws M8*20	32
8	Front Cover Assembly	2	31	Nylon lock Nut M10	8
9	Rear Cover	2	32	Flat Washer $\Phi 9*\Phi 22*1.6$	32
10	Pulley Link Span	2	33	Flat Washer $\Phi 11*\Phi 20*2$	12
11	Guide Rod	4	34	Spring Washer $\Phi 8$	32
12	Small Sheave	8	35	Hexkey Wrench Set S=3/16"	1
13	SYD-JZJ Assembly	2	36	Hexkey Wrench Set S=8	1
14	Pull Cover	2	37	Hexkey Wrench Set S=6	1
15	Long Pull Cover	2	38	Hexkey Wrench Set S=4	1
16	Pull The Rope	1	39	Hex Head Bolt M10*30	12
17	Direct Handle	1	40	Hex Head Bolt M10*130	4
18	Flex Leg Warmer	1	41	Nylon lock Nut M10	4
19	Tightwire Assembly	2	42	Flat Washer $\Phi 11*\Phi 20*2$	20
20	Small Wheel Cover	4	43	Spring Washer $\Phi 10$	12
21	Crash Pad	4	44	SYD-JZJ 5LBS	4
22	SYD-JZJ Bolt	2	45	SYD-JZJ 10LBS	6
23	Hexagon Lock Nut 1/2"-13	4	46	SYD-JZJ 15LBS	20

Exploded View and Parts List

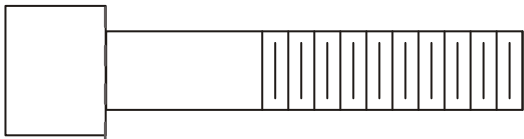
Overall



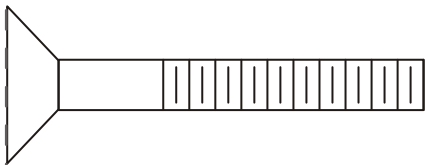
Measurement Guide



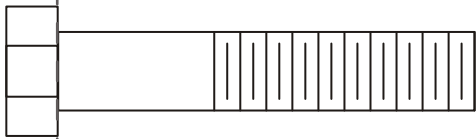
BHCS = Button Head Cap Screw



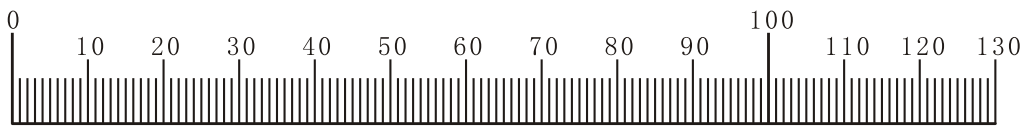
SHCS = Socket Head Cap Screw



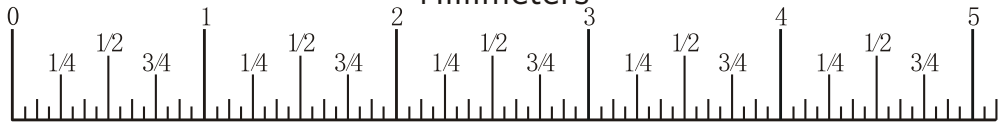
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

Assembly

STEP 1

Attach Upside Connection Frame (#3), Hook Rack (#4), Shake Rope Frame (#5), Top Rail Frame Assembly (#6), Arc Fixed Plate (#7) to the Left Main Frame Assembly (#1) and Right Main Frame Assembly (#2), using:

- twelve M10*30 HHB (#39)
- four M10*130 HHB (#40)
- four M10 Nylon lock Nut (#41)
- twenty $\Phi 11*\Phi 20*2$ Flat Washer (#42)
- twelve $\Phi 10$ Spring Washer (#12)

Note: Hand tighten Bolts and Nylon lock Nuts.

STEP 2

1. Attach:

- two Guide Rod (#11)
- two $\Phi 76*60$ Crash Pad (#21)
- ten SYD-JZJ 15LBS (#46)
- three SYD-JZJ 10LBS (#45)
- two SYD-JZJ 5LBS (#44)
- one SYD-JZJ Assembly (#13)

to the Left Main Frame Assembly (#1) using:

- two $\Phi 36*\Phi 19.2*25$ Fixing Sleeve (#24)
- four M8*8 Hexagonsock (#29)

2. Attach:

- two Guide Rod (#11)
- two $\Phi 76*60$ Crash Pad (#21)
- ten SYD-JZJ 15LBS (#46)
- three SYD-JZJ 10LBS (#45)
- two SYD-JZJ 5LBS (#44)
- one SYD-JZJ Assembly (#13)

to the Right Main Frame Assembly (#2) using:

- two $\Phi 36*\Phi 19.2*25$ Fixing Sleeve (#24)
- four M8*8 Hexagonsock (#29)

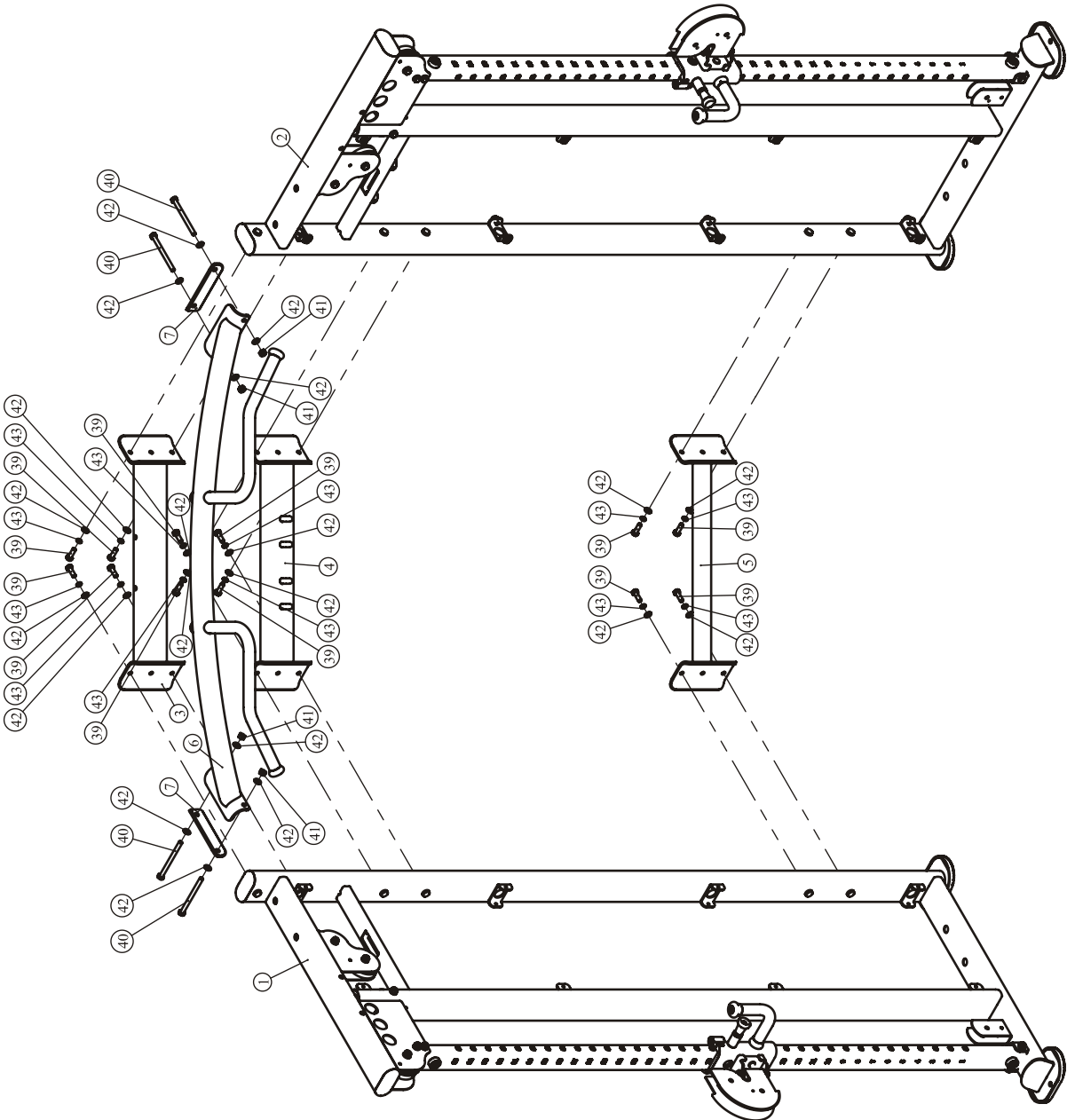
3. Attach two SYD-JZJ Bolt (#22) to the SYD-JZJ Assembly (#13).

4. Attach two Pulley Link Span (#10) and four Hexagon Lock Nut 1/2"-13 (#23) to the two SYD-JZJ Assembly (#13), (**Note: The direction of the Hexagon Lock Nut**).

Note: Hand tighten Bolts and Nylon lock Nuts.

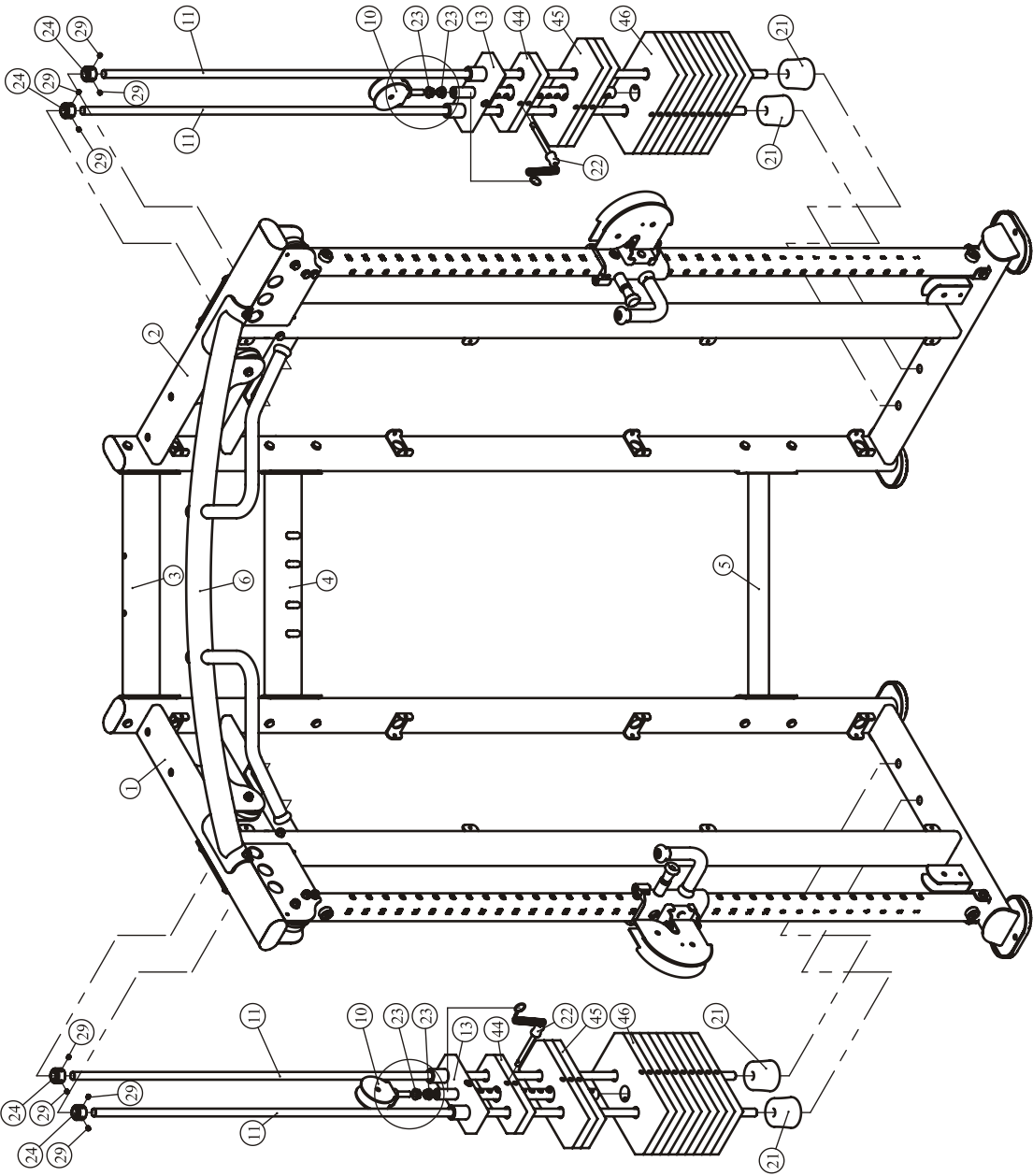
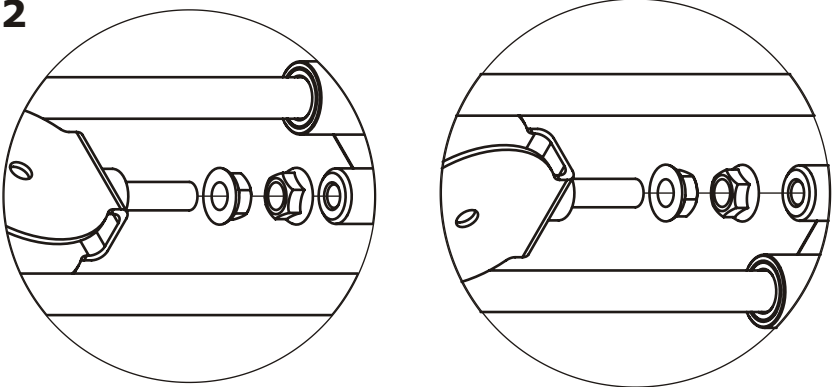
Assembly

STEP 1



Assembly

STEP 2



Assembly

STEP 3

1. Remove the Cable sheath Assembly (#19-1) from the Tightwire Assembly (#19), Configuration As Shown.
2. Attach two Tightwire Assembly (#19) to the left and right slip Frame (#1-3, #2-3). Attach two Small Sheave (#12) and four Small Wheel Cover (#20) to the Left Main Frame Assembly (#1) and Right Main Frame Assembly (#2) using:
 - two M10*50 Hexagon Socket Head Cap Screws (#28)
 - two M10 Nylon lock Nut (#31)
3. Attach two Small Sheave (#12) to the two Pulley Link Span (#10) using:
 - two M10*50 Hex Head Bolt (#26)
 - four $\Phi 11*\Phi 20*2$ Flat Washer (#33)two M10 Nylon lock Nut (#31)
4. Attach four Small Sheave (#12) to the Double Pulley Bracket (#1-4, #2-4), using:
 - four M10*45 Hex Head Bolt (#27)
 - eight $\Phi 11*\Phi 20*2$ Flat Washer (#33)four M10 Nylon lock Nut (#31)
5. Attach two Cable sheath Assembly (#19-1) to the Tightwire Assembly (#19). Attach two Zinc Hook (#25) to two Tightwire Assembly (#19). Attach two Pull Cover (#14) to two Zinc Hook (#25).

Note: Hand tighten Bolts and Nylon lock Nuts.

STEP 4

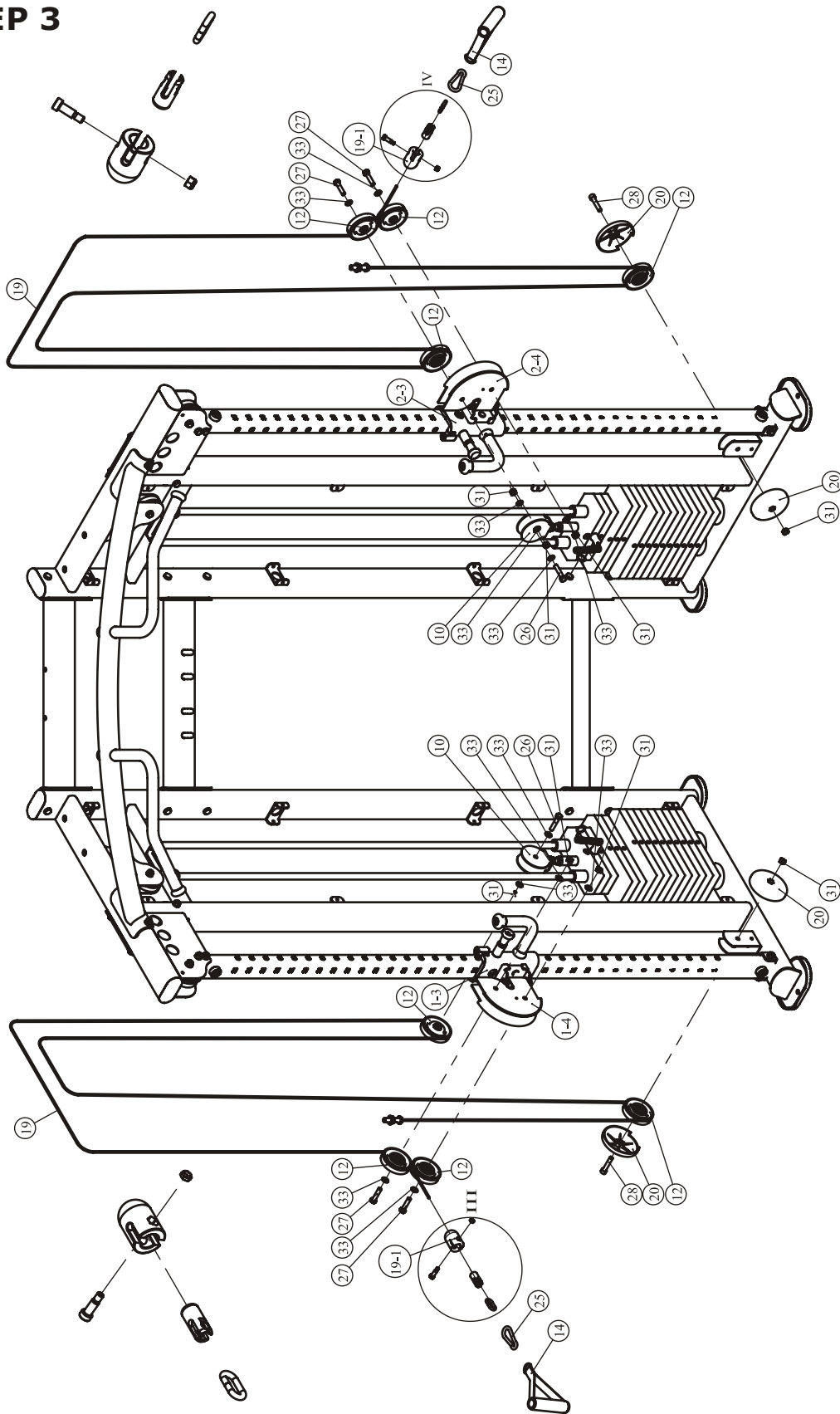
1. Attach one Front Cover Assembly (#8) and one Rear Cover (#9) to Left Main Frame Assembly (#1), using:
 - sixteen M8*20 Hexagon Button Head Cap Screws (#30)
 - sixteen $\Phi 9*\Phi 22*1.6$ Flat Washer (#32)
 - sixteen $\Phi 8$ Spring Washer (#34)
2. Attach one Front Cover Assembly (#8) and one Rear Cover (#9) to Right Main Frame Assembly (#2), using:
 - sixteen M8*20 Hexagon Button Head Cap Screws (#30)
 - sixteen $\Phi 9*\Phi 22*1.6$ Flat Washer (#32)
 - sixteen $\Phi 8$ Spring Washer (#34)
3. Attach two Zinc Hook (#25) to the Direct Handle (#17).
4. Attach two Long Pull Cover (#15), one Pull The Rope (#16), one Direct Handle (#17) and one Flex Leg Warmer (#18) to Hook Rack (#4).

Note: Hand tighten Bolts and Nylon lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.

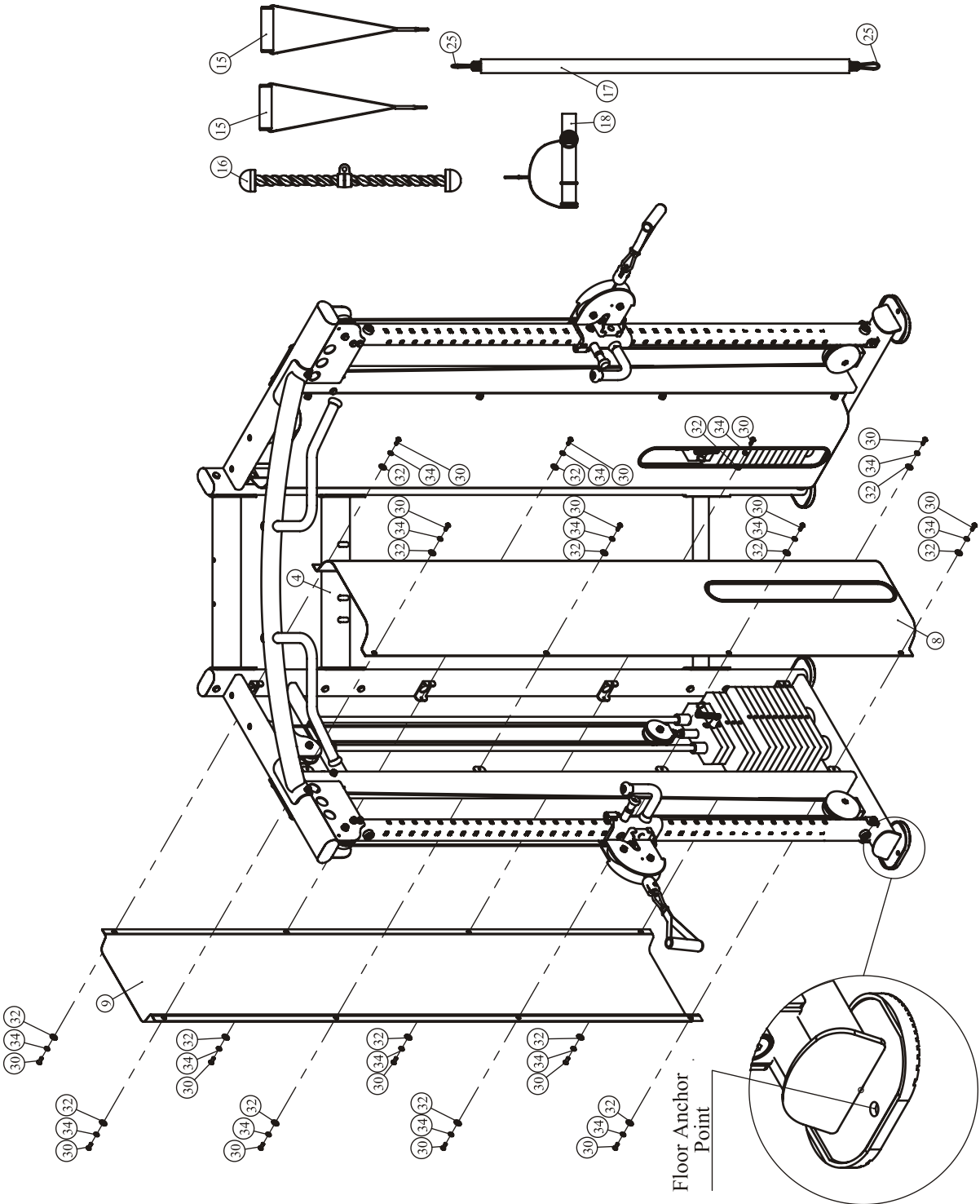
Assembly

STEP 3



Assembly

STEP 4



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.

Specifications

Class: S

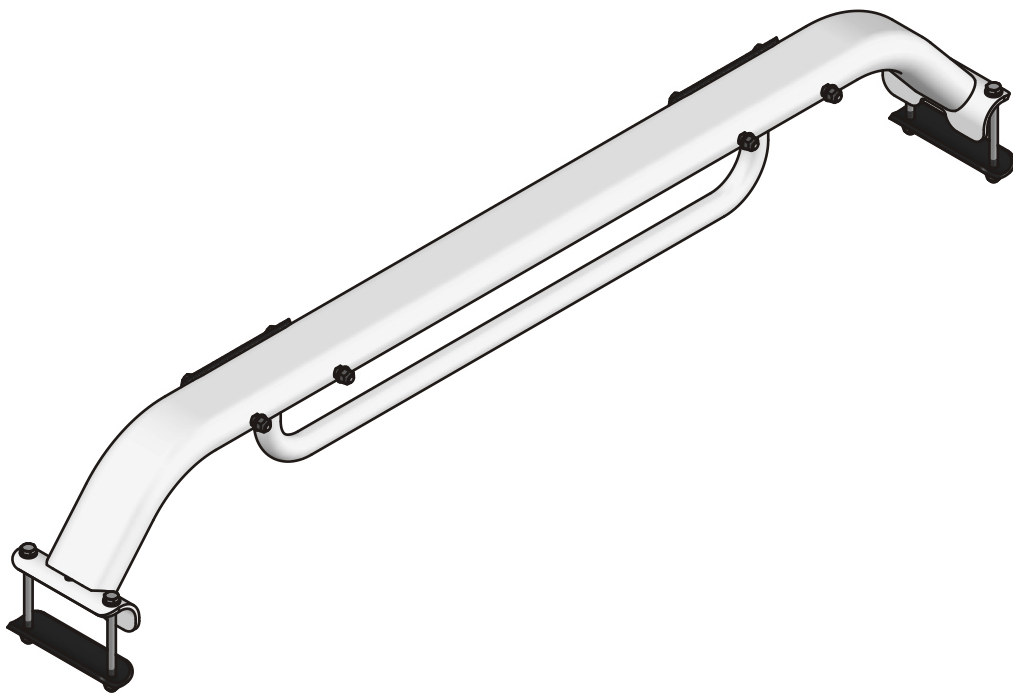
Maximum User Weight: 150Kg/ 330lbs.



IZ7006

CONNECTOR

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

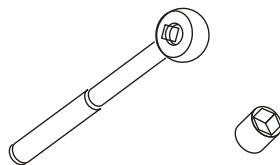
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

Instructions

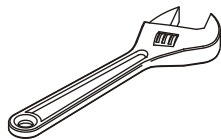
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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

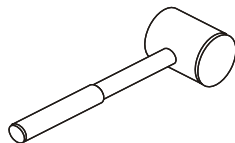
Tools Required



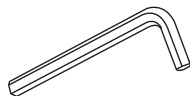
Ratchet Wrench and Socket



Adjustable Wrench



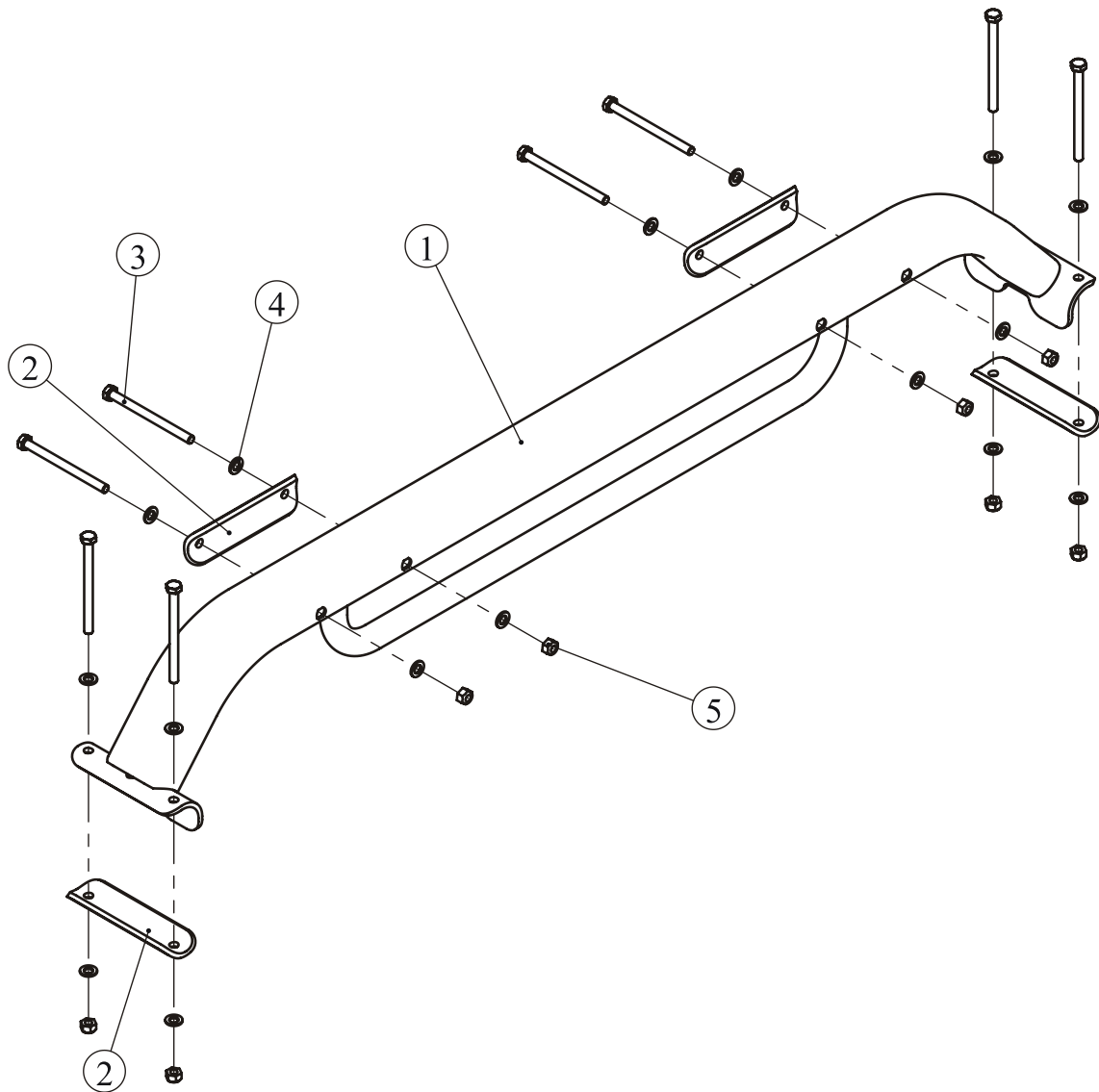
Rubber Mallet



Hex Key Wrench Set

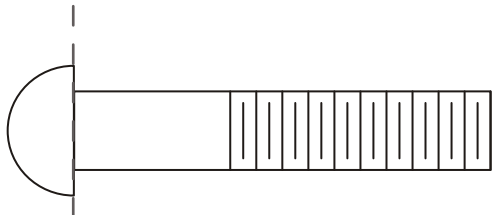
Exploded View and Parts List

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

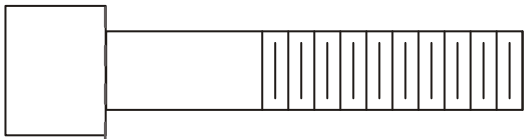


ITEM NO.	Description	QTY
1	Connection	1
2	Arc Fixed Plate	4
3	Hex Head Bolt M10*130	8
4	Flat Washer $\Phi 11 * \Phi 20 * 2$	16
5	Nylon Lock Nut M10	8

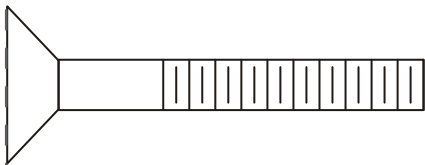
Measurement Guide



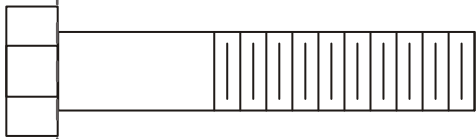
BHCS = Button Head Cap Screw



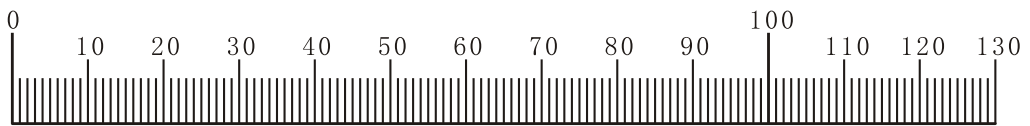
SHCS = Socket Head Cap Screw



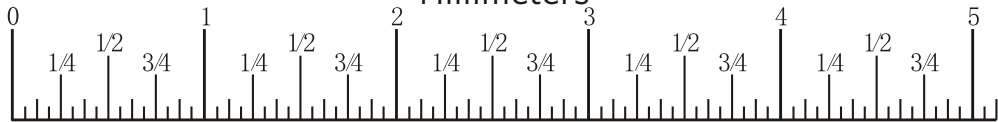
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

Assembly

3 STATION STEP

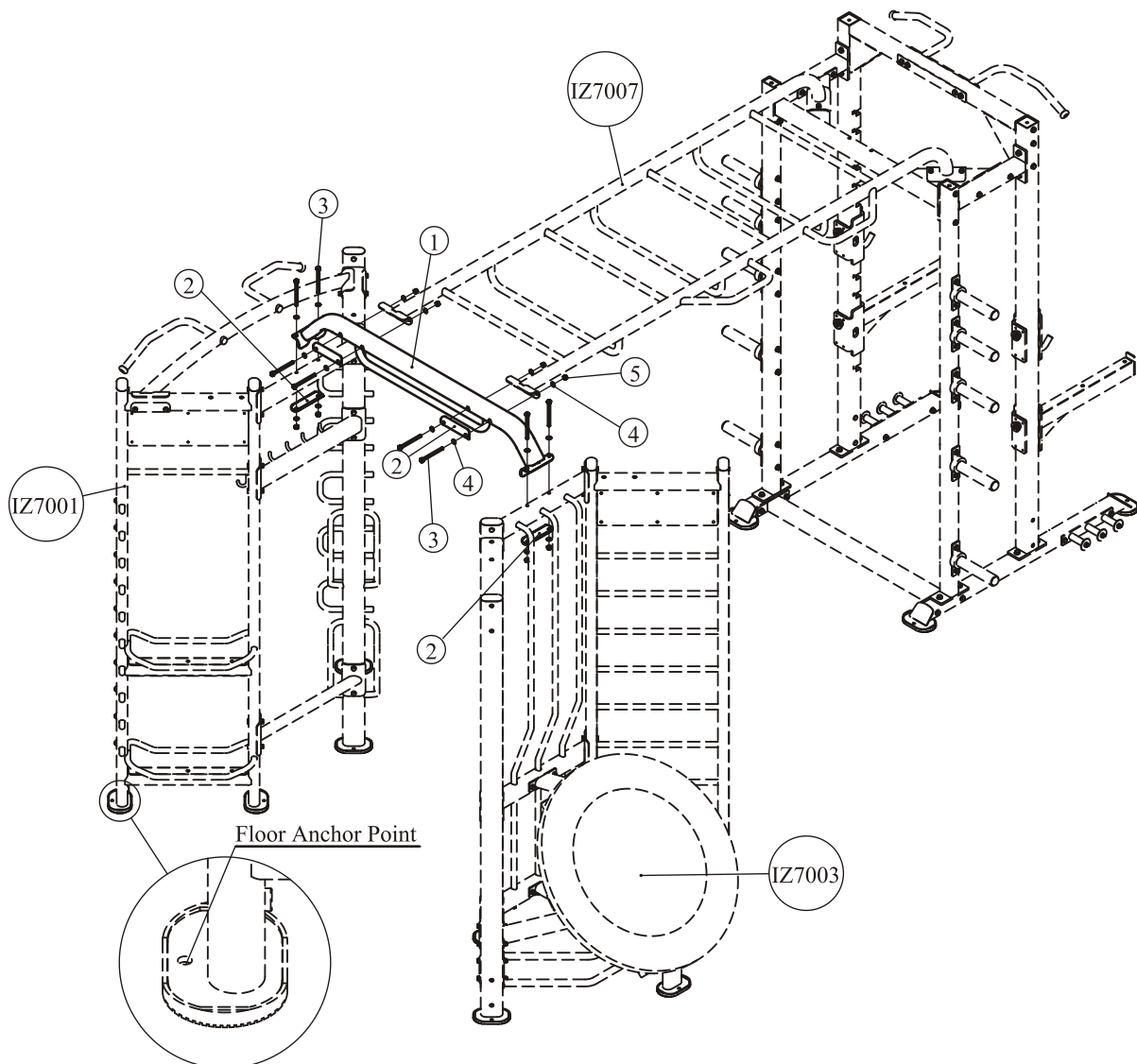
IZ7001, IZ7002, IZ7003, IZ7004, IZ7005 are interchangeable, because of that, Select two models of them as an example.

Attach the IZ7001, IZ7003 and IZ7007 to the Connection (#1) using:

- four Arc Fixed Plate (#2)
- eight M10*130 HHB (#3)
- sixteen $\Phi 11*\Phi 20*2$ Flat Washer (#4)
- eight M10 Nylon Lock Nut (#5)

Note: Wrench tighten bolts and Nylon Lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.



Assembly

4 STATION STEP

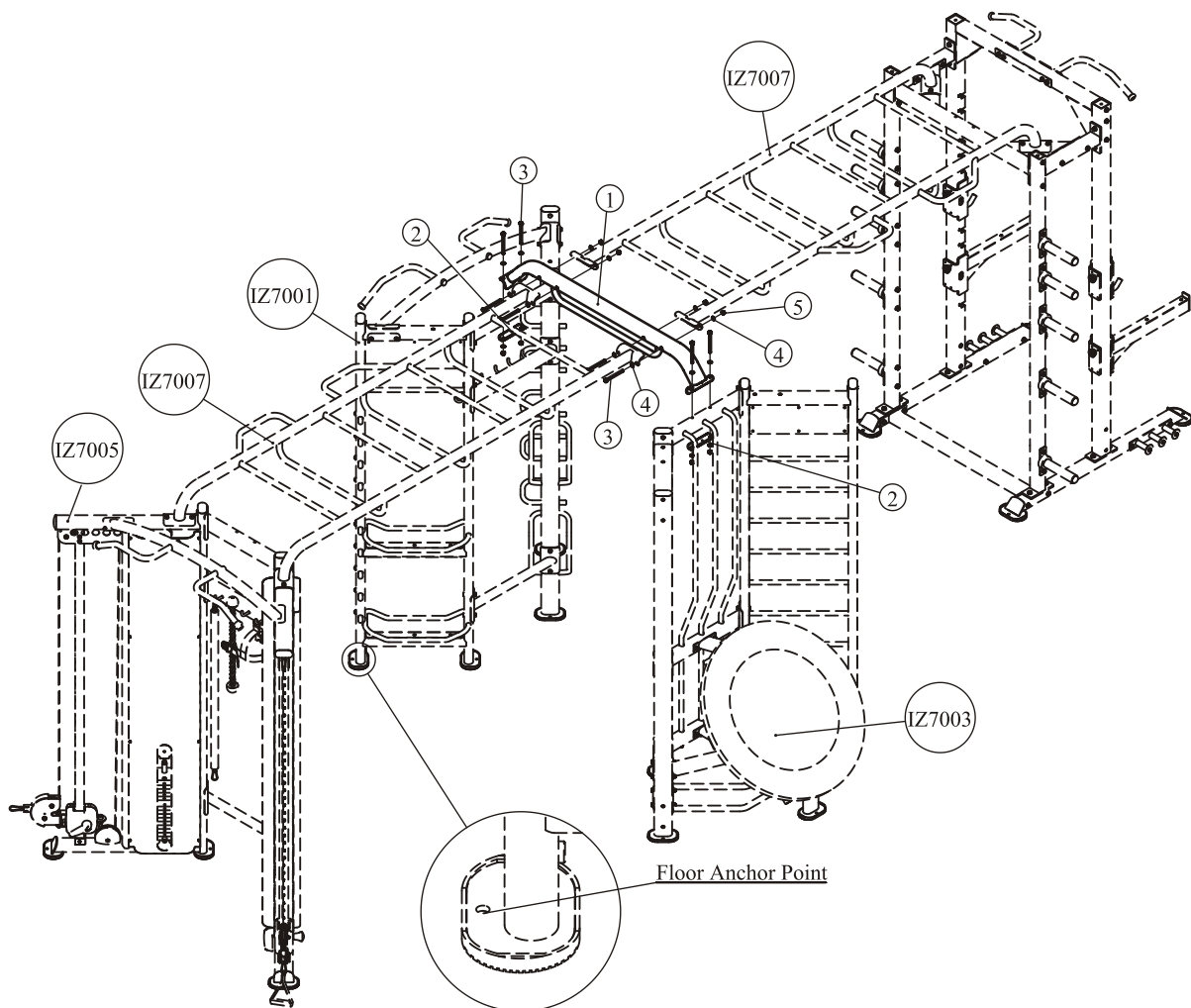
IZ7001, IZ7002, IZ7003, IZ7004, IZ7005 are interchangeable, because of that, Select two models of them as an example.

Attach the IZ7001, IZ7003 and two IZ7007 to the Connection (#1) using:

- two Arc Fixed Plate (#2)
- eight M10*130 HHB (#3)
- sixteen $\Phi 11 * \Phi 20 * 2$ Flat Washer (#4)
- eight M10 Nylon Lock Nut (#5)

Note: Wrench tighten bolts and Nylon Lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.



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.

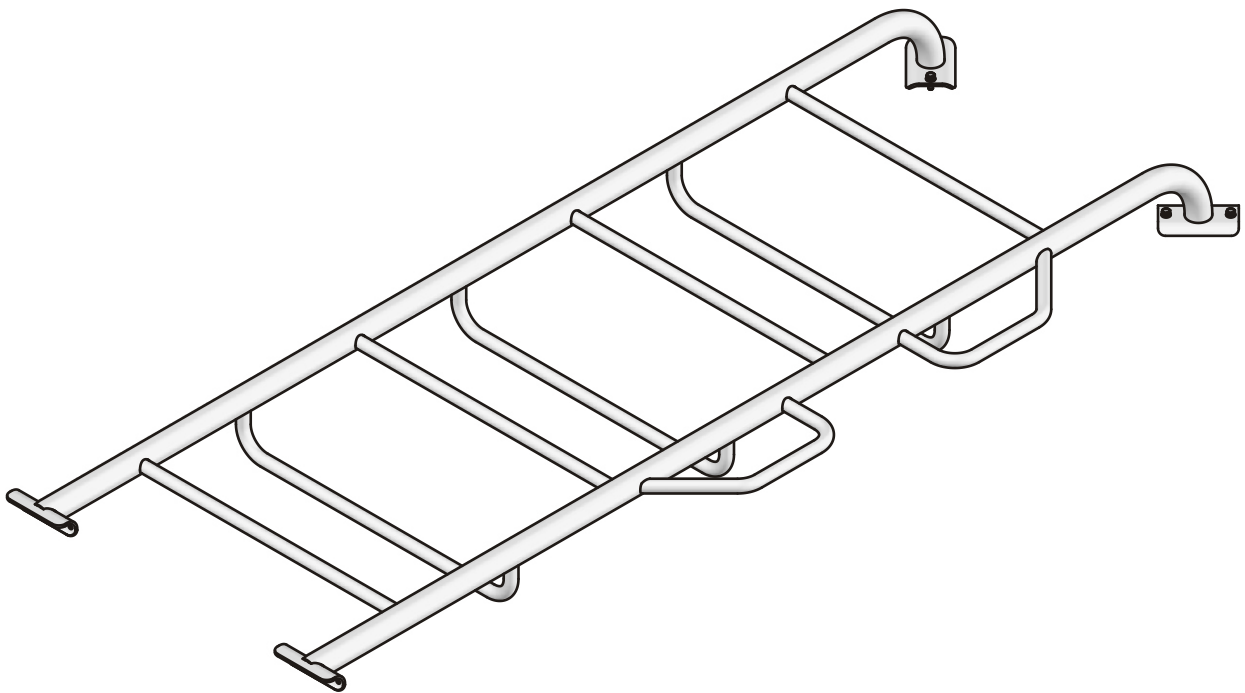
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



IZ7007

STAIR 2

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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Exploded View and Parts List-----	5
Measurement Guide-----	6
Assembly Instructions-----	7
Assembly-----	8
Maintenance Schedule-----	9
General Maintenance Information-----	10
Weight Training Tips-----	11

Important Safety Instructions

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

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

PERSONAL SAFETY DURING ASSEMBLY

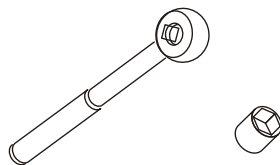
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

Instructions

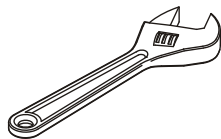
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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

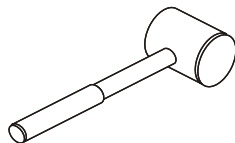
Tools Required



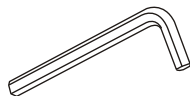
Ratchet Wrench and Socket



Adjustable Wrench



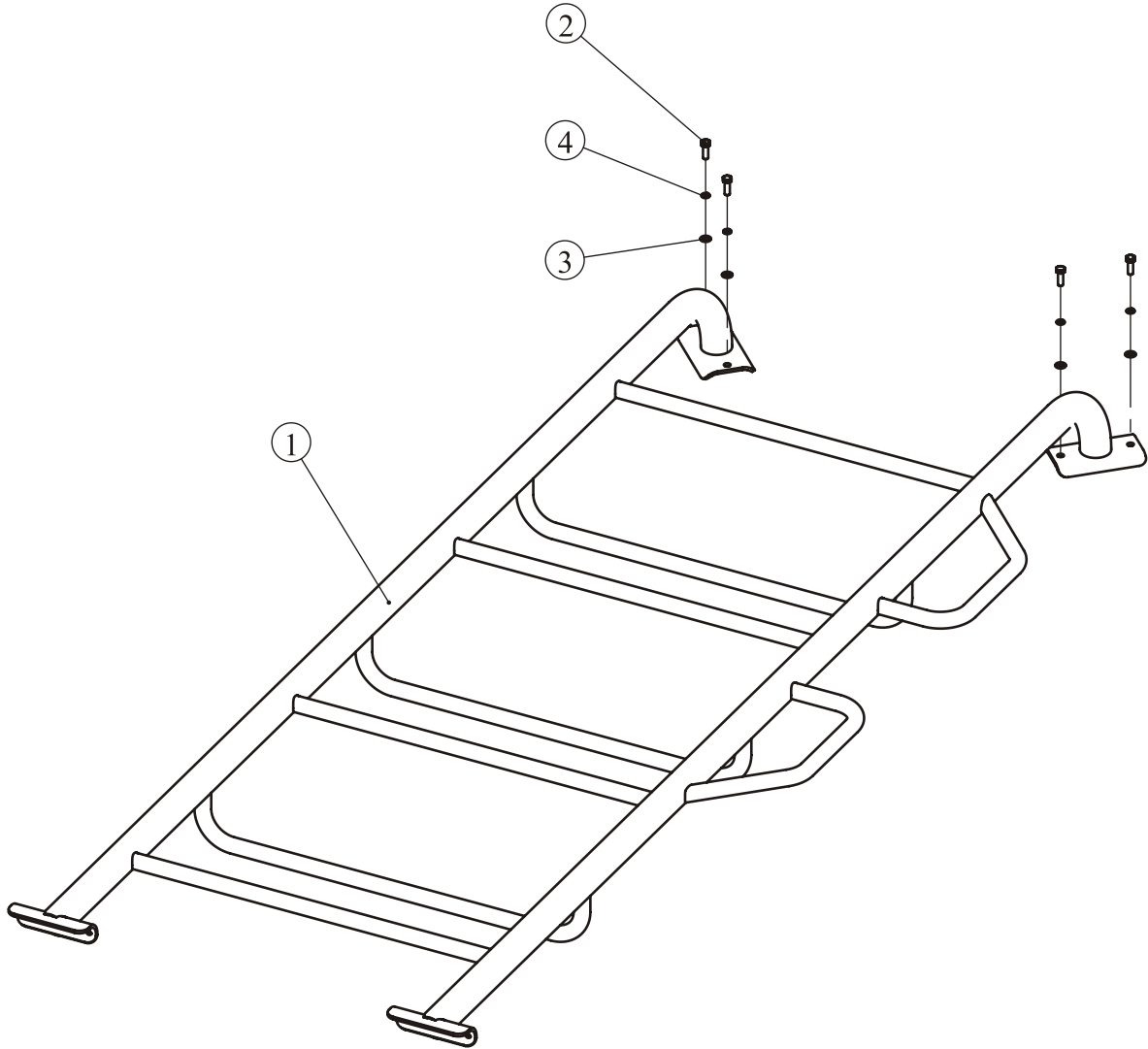
Rubber Mallet



Hex Key Wrench Set

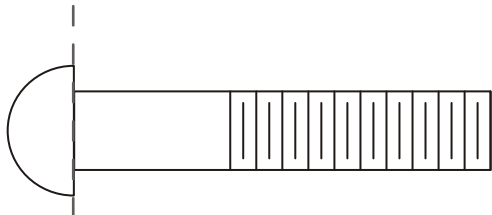
Exploded View and Parts List

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

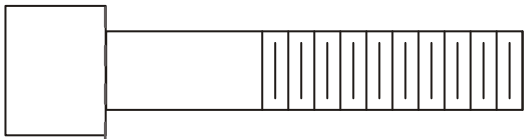


ITEM NO.	Description	QTY
1	Stair 2	1
2	Hex Head Bolt M10*30	4
3	Flat Washer $\Phi 11 * \Phi 20 * 2$	4
4	Spring Washer $\Phi 10$	4

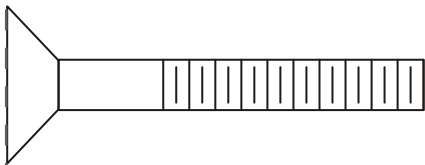
Measurement Guide



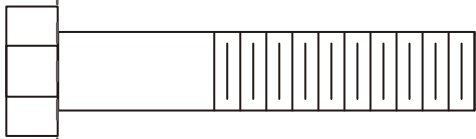
BHCS = Button Head Cap Screw



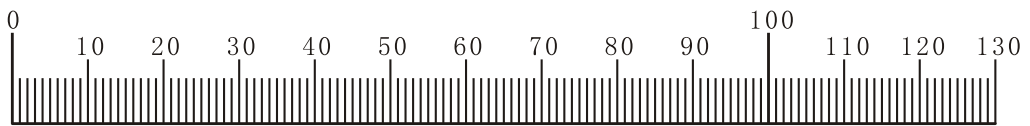
SHCS = Socket Head Cap Screw



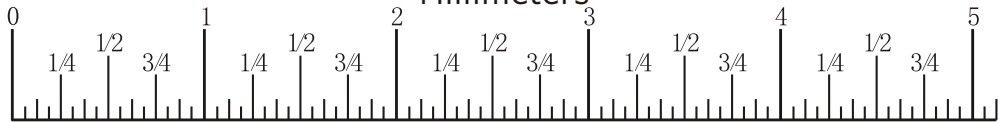
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

Assembly

STEP

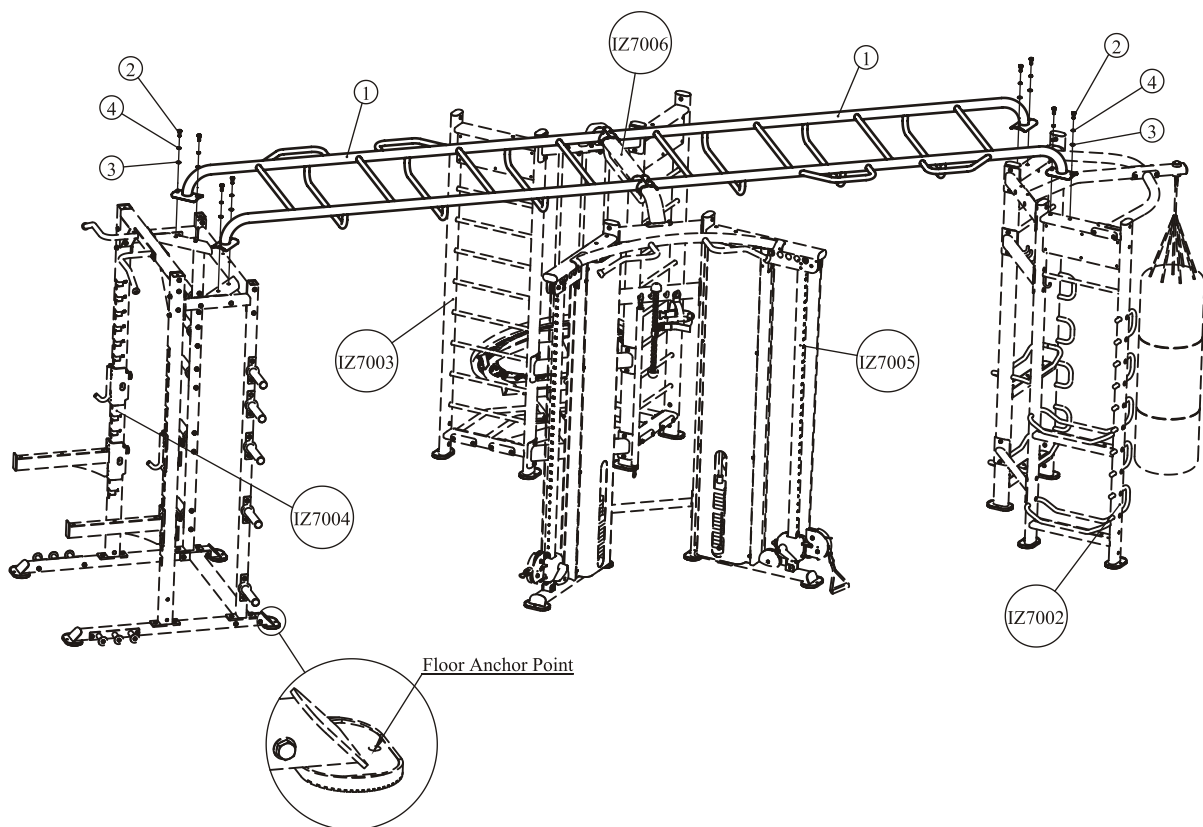
IZ7001, IZ7002, IZ7003, IZ7004, IZ7005 are interchangeable, because of that, Select two models of them as an example.

Attach the IZ7002, IZ7004 and IZ7006 to the two Stair 2 (#1) using:

- eight M10*30 HHB (#2)
- eight $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#3)
- eight $\Phi 10$ Spring Washer (#4)

Note: Wrench tighten bolts and Nylon Lock Nuts.

All equipment must be anchored to the floor to prevent movement and increase stability.



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.
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- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
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Decals:

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Nuts and Bolts:

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Belt and Cable Tension:

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Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
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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

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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.

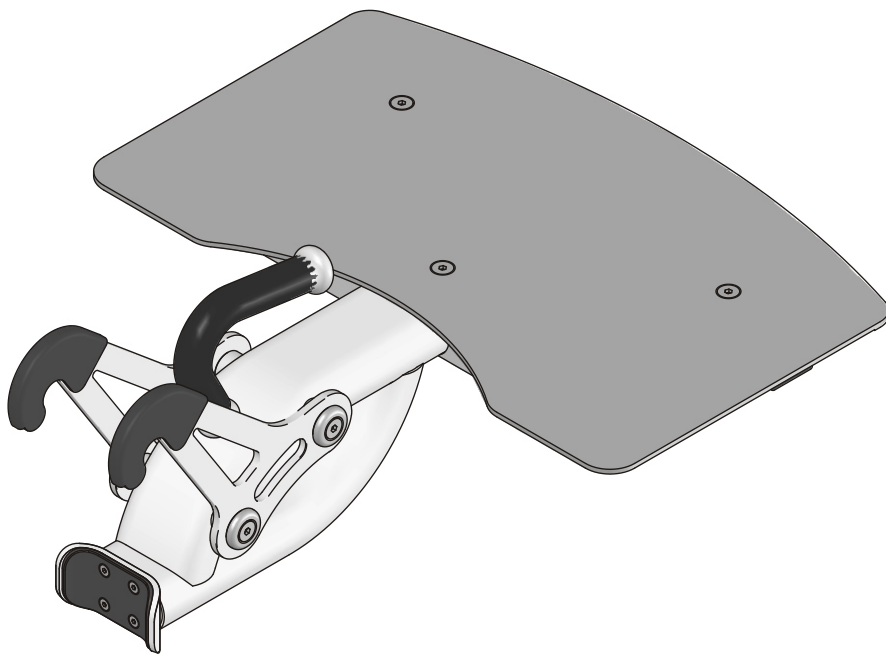
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



IZ7009

STEP ATTACHMENT

OWNER'S MANUAL



! CAUTION

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before using this equipment

! CAUTION

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- * 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.
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- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

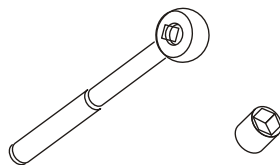
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

Instructions

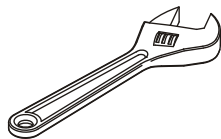
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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

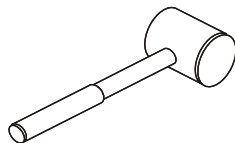
Tools Required



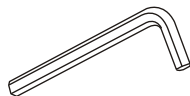
Ratchet Wrench and Socket



Adjustable Wrench



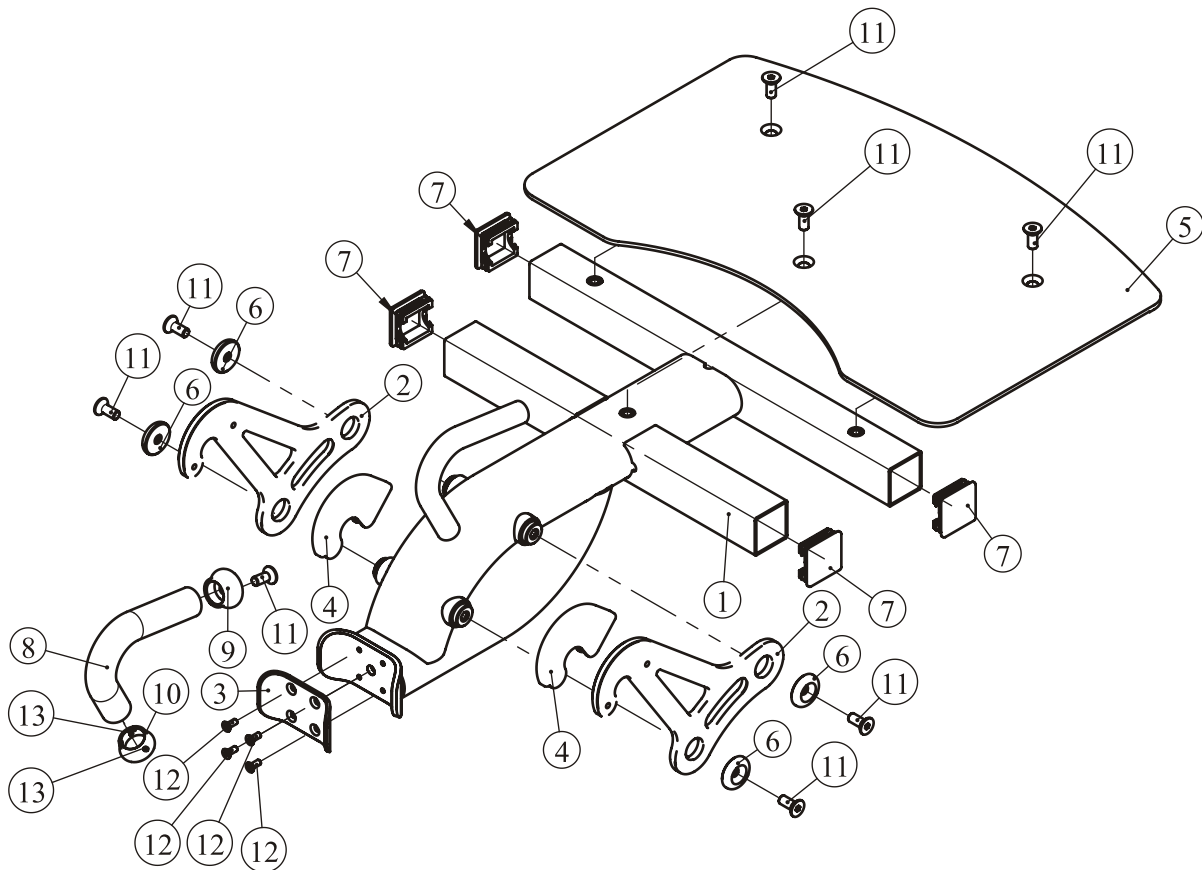
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

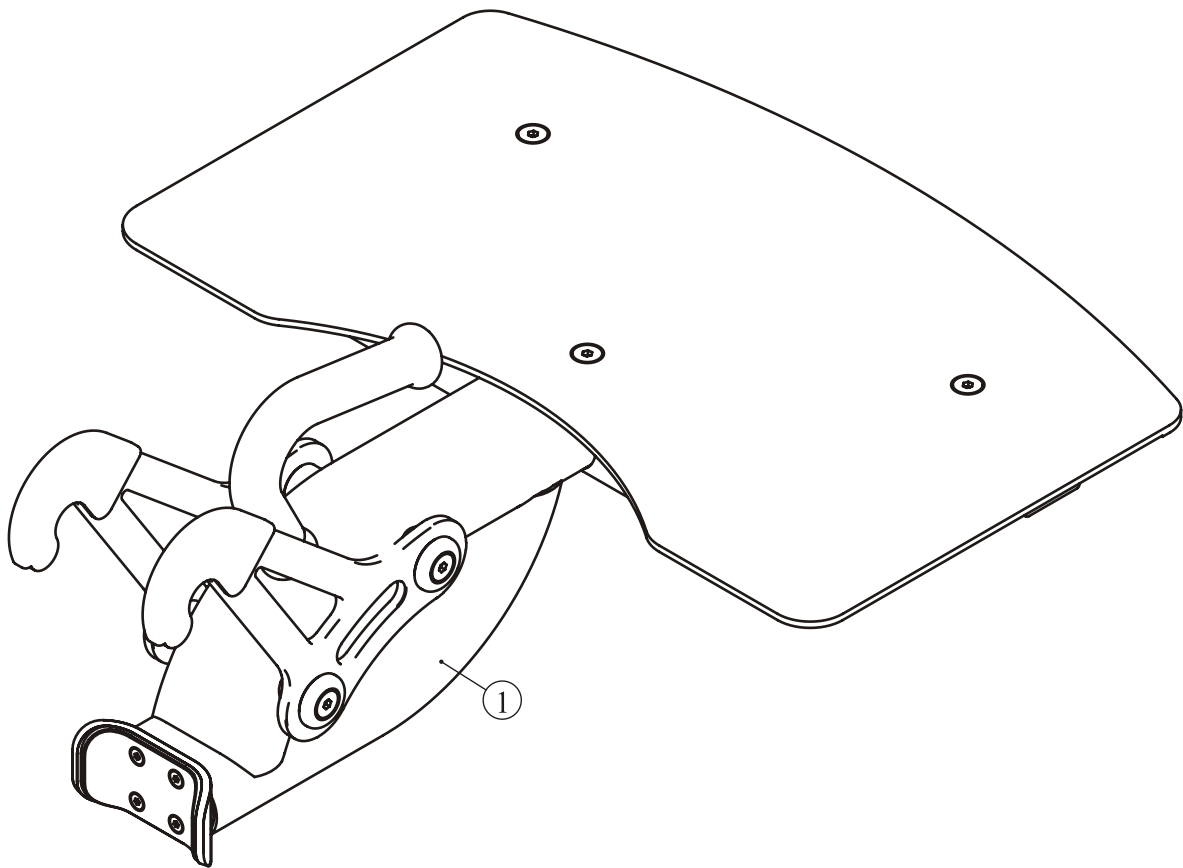
Pedal Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Pedal Frame	1	8	Handle Grip	1
2	Pothook	2	9	Aluminum Head	1
3	Dead Block	1	10	Aluminum Baffle Ring	1
4	Pothook Shield	2	11	Hexagon Socket Button Head Screws M10*25	8
5	Aluminum Pedals	1	12	Cross Recessed Countersunk Head Screw M6*12	4
6	End Cap	4	13	Hex Screw Set 10-32*3.2	2
7	Tube Plug	4			

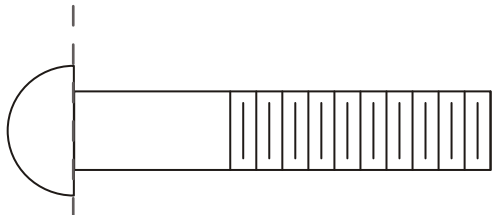
Exploded View and Parts List

Overall

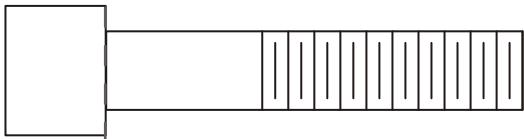


ITEM NO.	Description	QTY
1	Pedal Frame Assembly	1

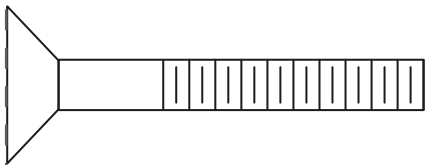
Measurement Guide



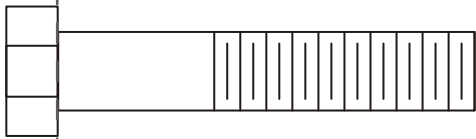
BHCS = Button Head Cap Screw



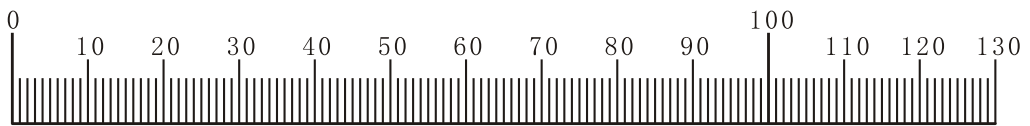
SHCS = Socket Head Cap Screw



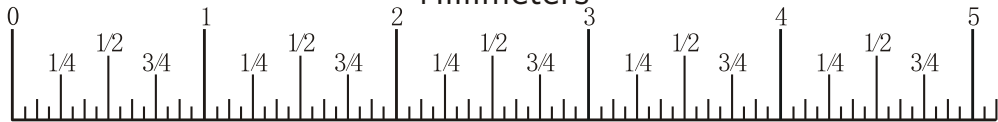
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

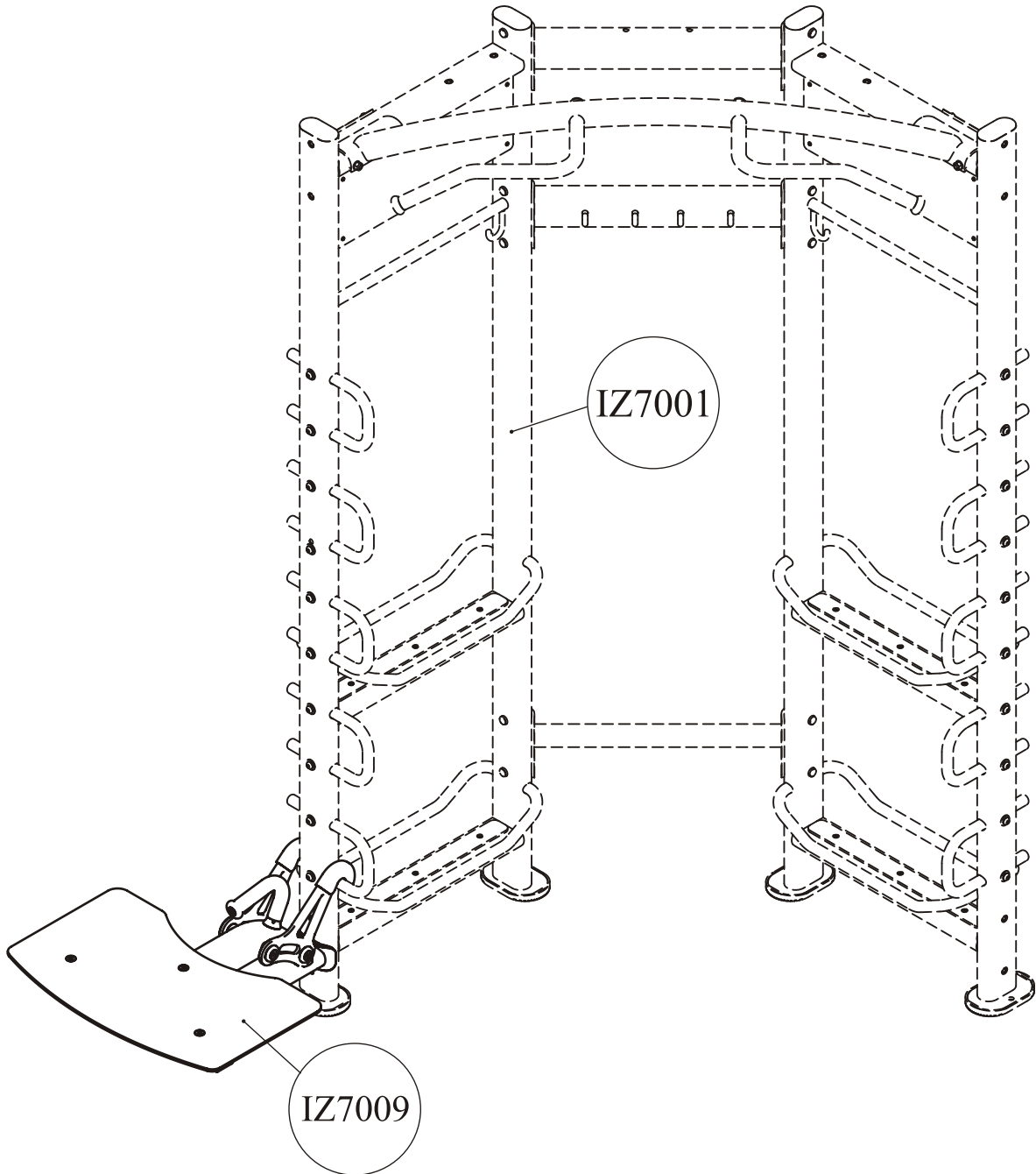
When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

Assembly

STEP

Attach the IZ7009 to Connection IZ7001 or IZ7002.

Note: Hook to hang.



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.

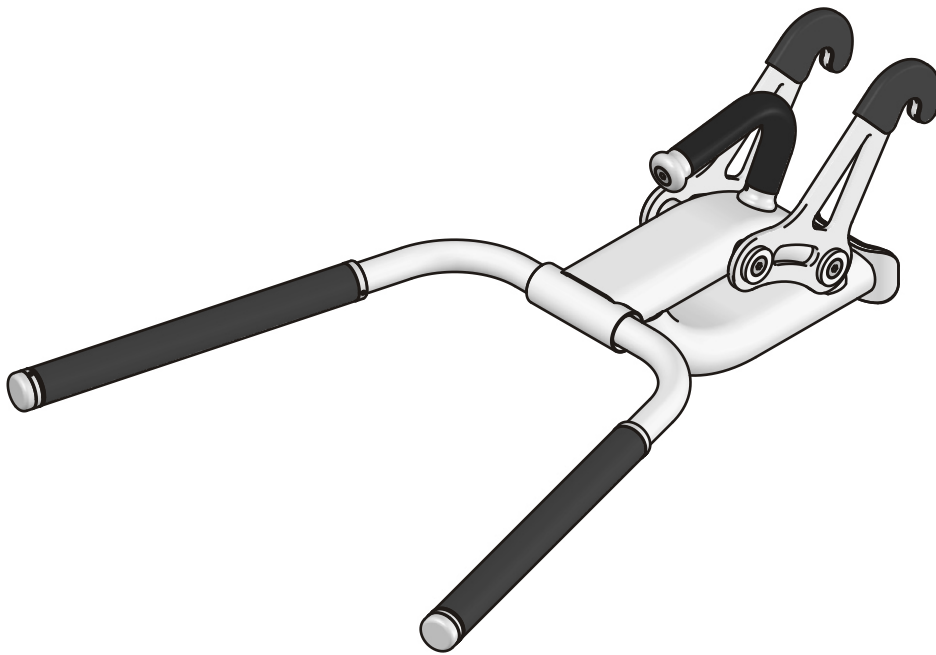
Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.



IZ7010

DIP ATTACHMENT

OWNER'S MANUAL



! CAUTION

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

! CAUTION

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Weight Training Tips-----	12

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

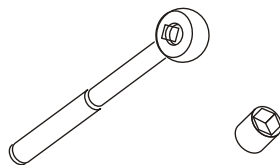
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Instructions

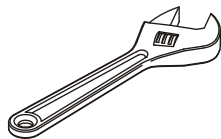
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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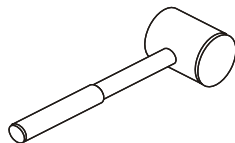
Tools Required



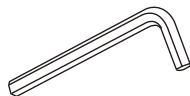
Ratchet Wrench and Socket



Adjustable Wrench



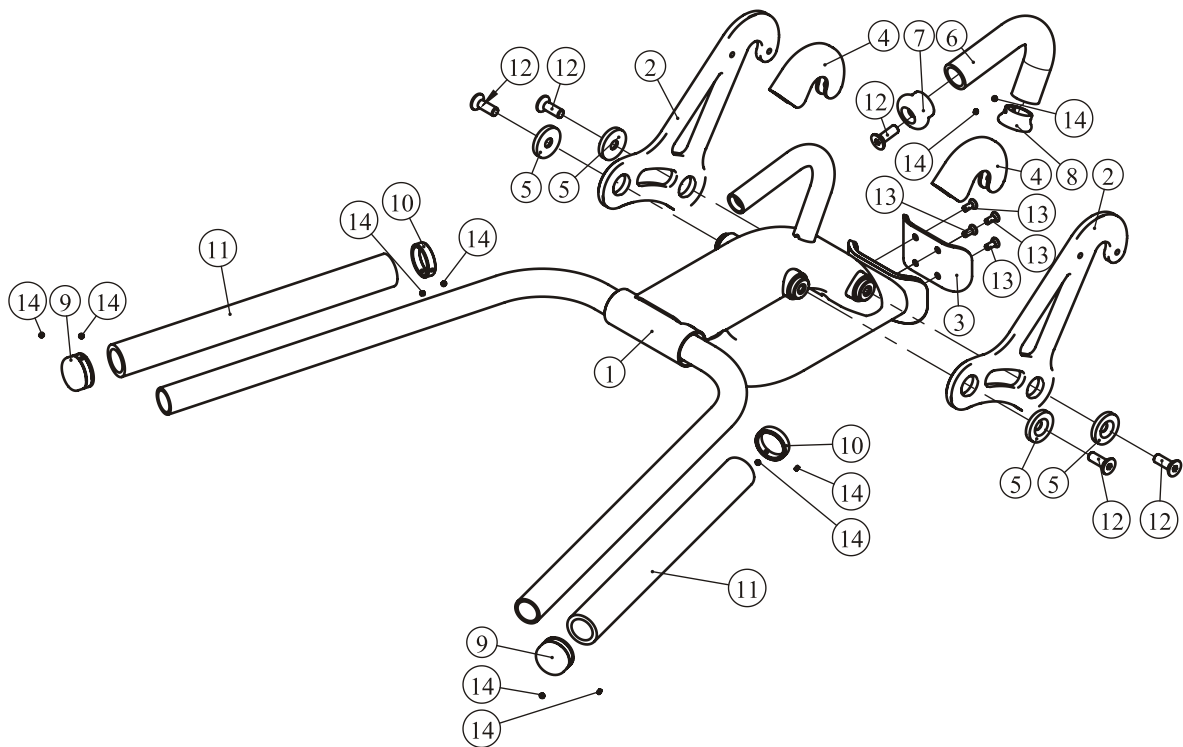
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

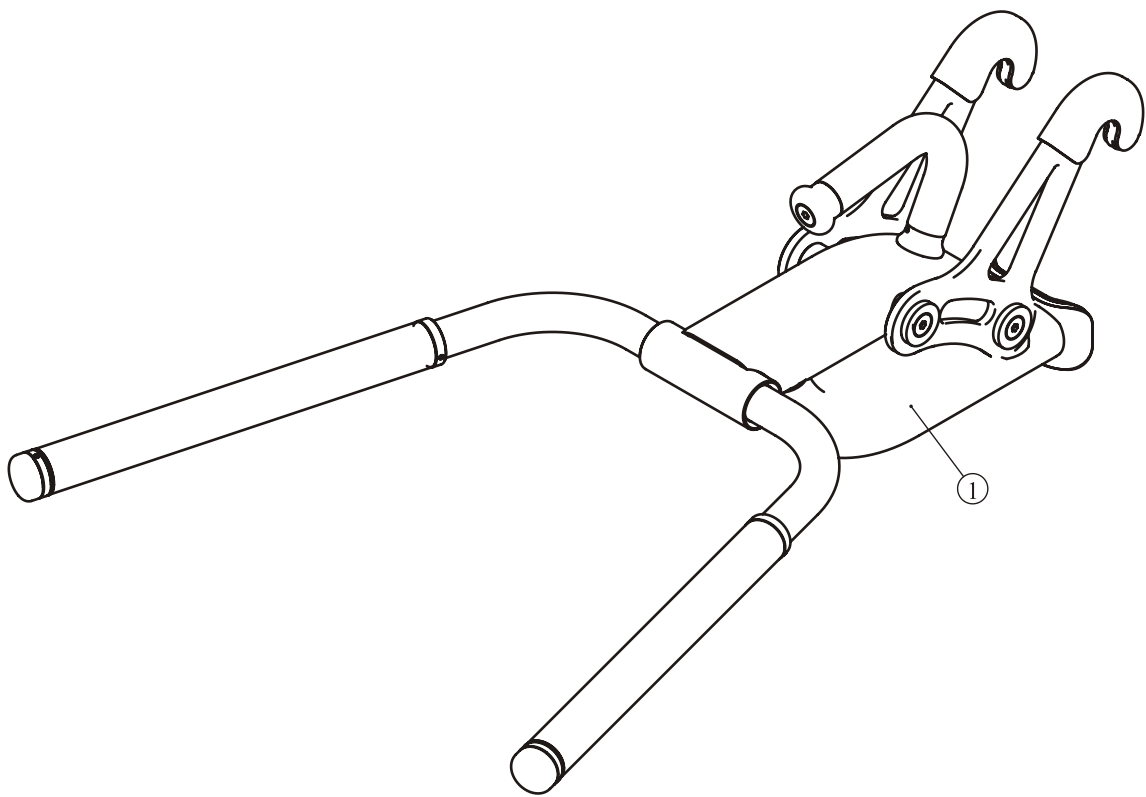
Parallel Bars Frame Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Parallel Bars Frame	1	8	Aluminum Baffle Ring	1
2	Pothook	2	9	Aluminum Head	2
3	Dead Block	1	10	Aluminum Baffle Ring	2
4	Pothook Shield	2	11	Handle Grip 360	2
5	End Cap	4	12	Hexagon Socket Button Head Screws M10*25	5
6	Handle Grip 225	1	13	Cross Recessed Countersunk Head Screw M6*12	4
7	Aluminum Head	1	14	Hex Screw Set 10-32*3.2	10

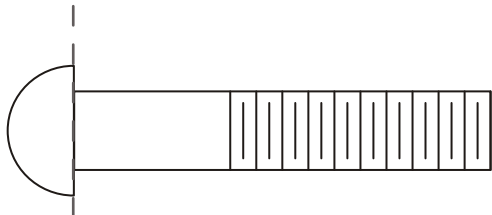
Exploded View and Parts List

Overall

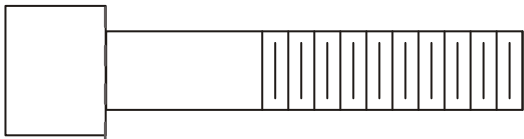


ITEM NO.	Description	QTY
1	Parallel Bars Frame Assembly	1

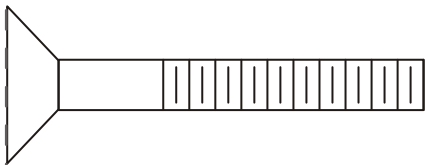
Measurement Guide



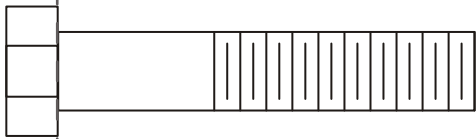
BHCS = Button Head Cap Screw



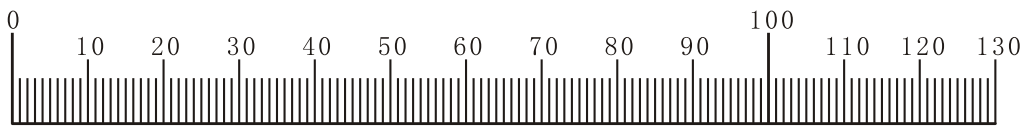
SHCS = Socket Head Cap Screw



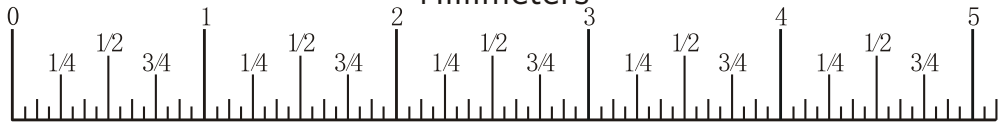
FHCS = Flat Head Cap Screw



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

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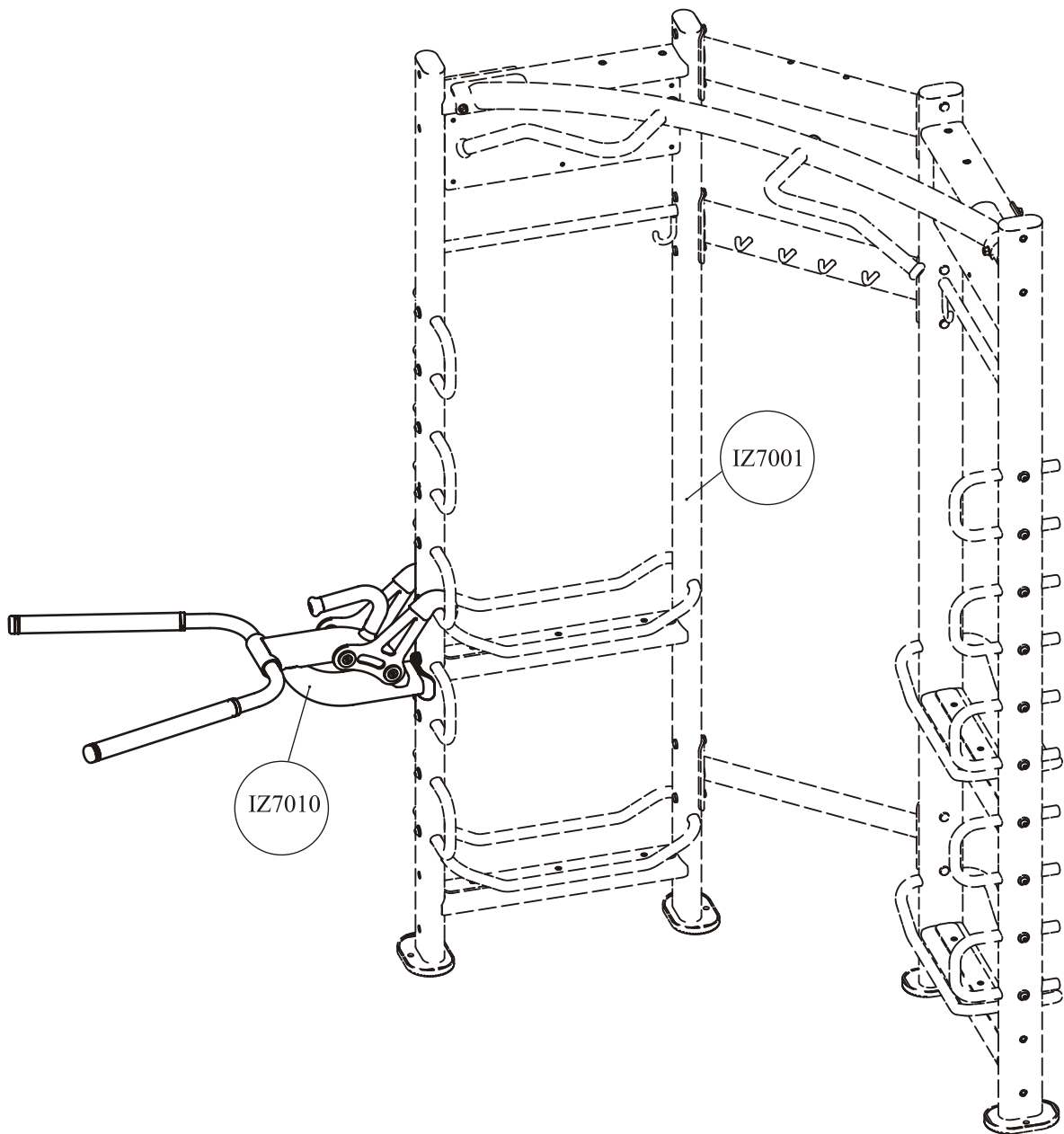
When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

Assembly

STEP

Attach the IZ7010 to Connection IZ7001 or IZ7002.

Note: Hook to hang.



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							

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Upholstery:

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Belt and Cable Tension:

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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.

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Weight Training Tips

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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.

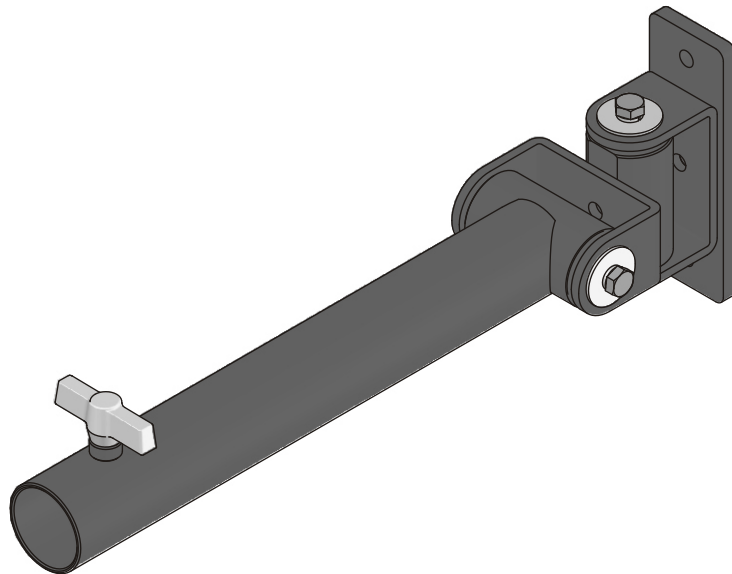
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IZ7012

PIVOT

OWNER'S MANUAL



! CAUTION

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- * Be careful when getting on or off the equipment.
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- * 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

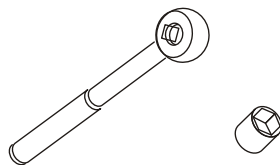
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Instructions

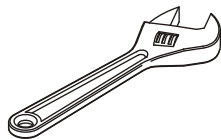
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

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

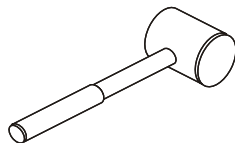
Tools Required



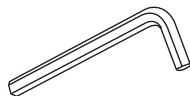
Ratchet Wrench and Socket



Adjustable Wrench



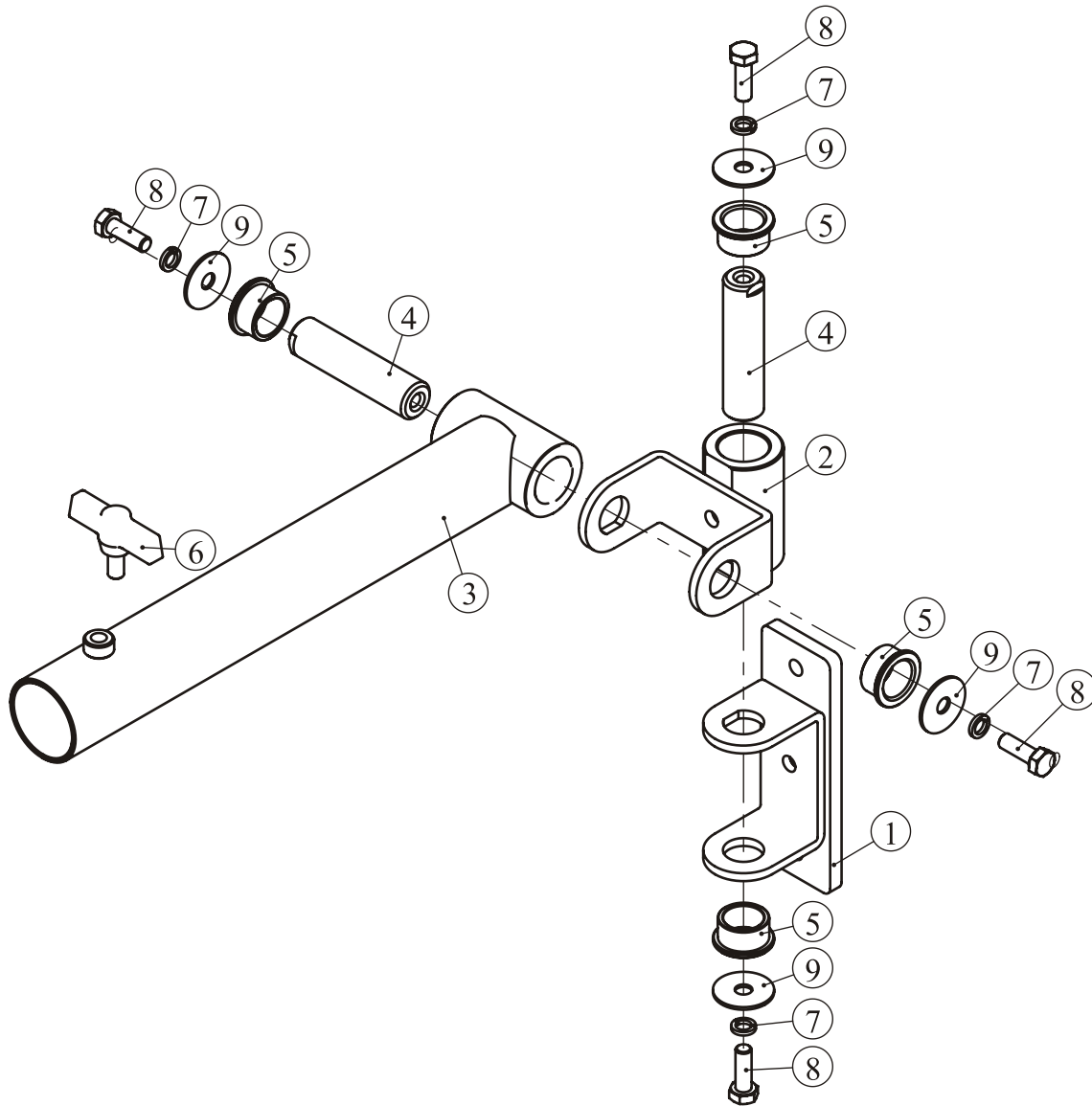
Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List

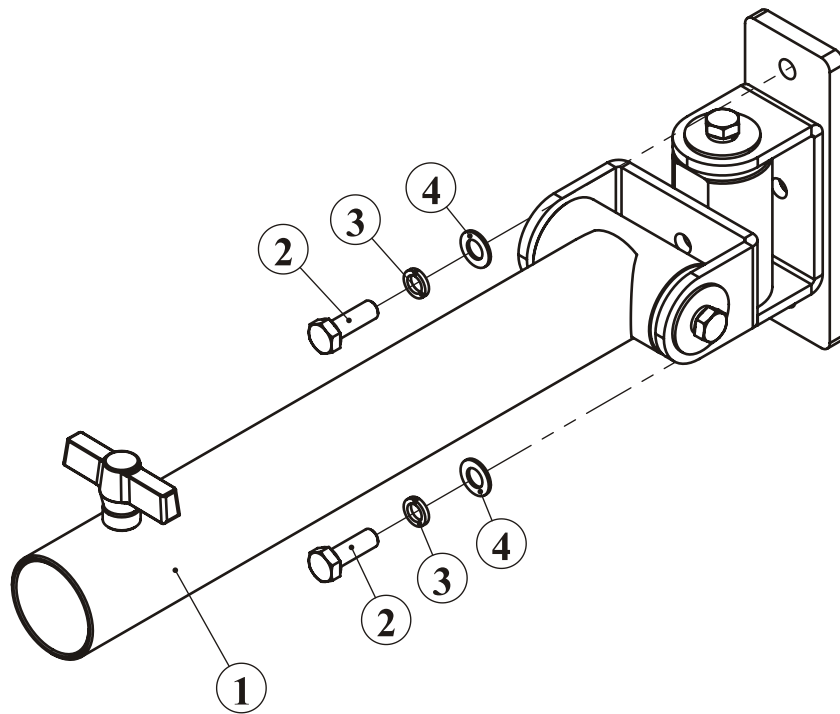
Turret Mount Assembly



ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Fixed Frame	1	6	Quickly Handle	1
2	Turn Frame	1	7	Spring Washer $\Phi 10$	4
3	Turret Mount Frame	1	8	Hexagonal Head Bolt M10*30	4
4	Spindle	2	9	Washer $\Phi 11*\Phi 38*2$	4
5	Copper Base Bearing	4			

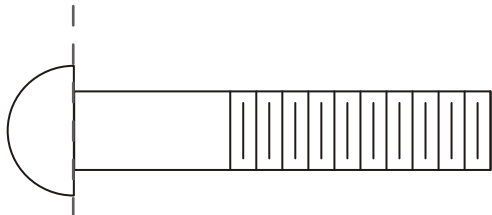
Exploded View and Parts List

Overall

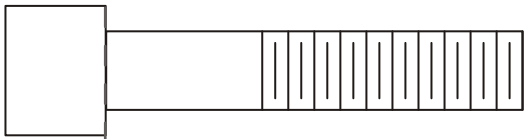


ITEM NO.	Description	QTY
1	Turret Mount Assembly	1
2	Hex Head Bolt M10*30	2
3	Spring Washer $\Phi 10$	2
4	Flat Washer $\Phi 11*\Phi 20*2$	2

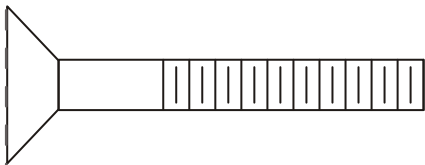
Measurement Guide



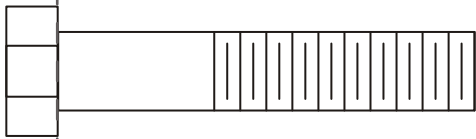
BHCS = Button Head Cap Screw



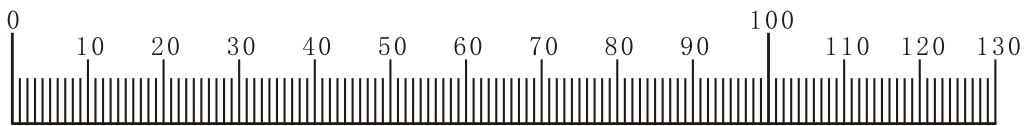
SHCS = Socket Head Cap Screw



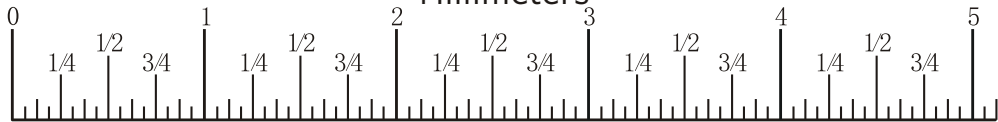
FHCS = Flat Head Cap Screw



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.

All equipment must be anchored to the floor to prevent movement and increase stability.

Due to the wide variation of flooring on which the unit can be installed, contact a qualified contractor to determine an appropriate fastening system for your floor.

Use 3/8" diameter hardware (10 mm) to anchor the machine. Anchors should have a minimum pull out force of 220 lbs (110 kgs) for each position.

When attaching the machine to the floor, if there is a gap between the machine foot (or bracket) and the floor, do not use the anchor to remove the gap as this can cause the machine frame to deform. Instead, place a shim between the bottom of the foot and the floor, then tighten the anchor.

Assembly

STEP

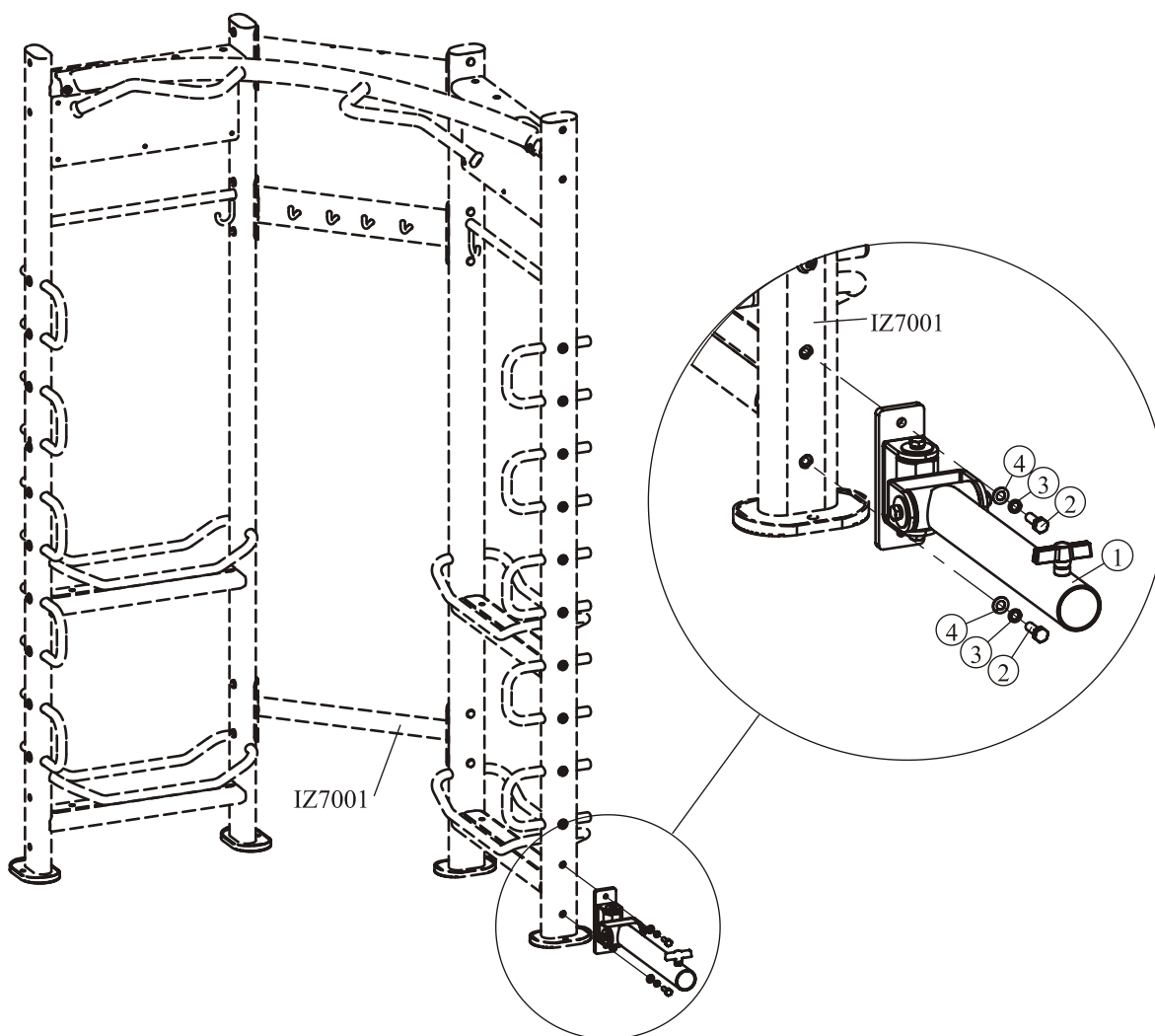
When assemble the Turret Mount Assembly (#1), The IZ7001, IZ7002, IZ7003, IZ7004 are interchangeable, because of that, Select one models of them as an example.

Attach the Turret Mount Assembly (#1) to the IZ7001 using:

- two M10*30 HHB (#2)
- two $\Phi 10$ Spring Washer (#3)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#4)

Note: Wrench tighten bolts.

All equipment must be anchored to the floor to prevent movement and increase stability.



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.

