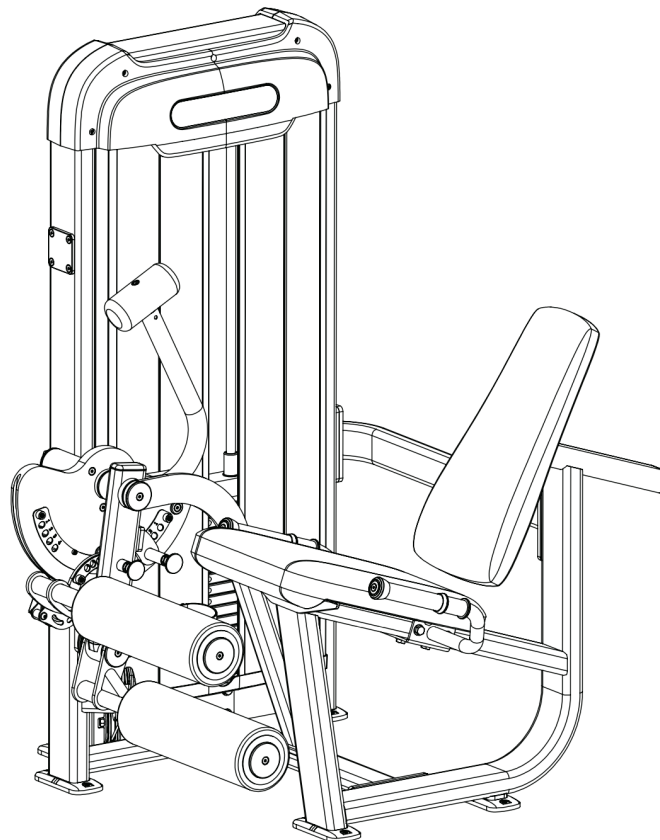




P10

 **POWERFUL**

Assembly Instructions



LEG EXTENSION / LEG CURL



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

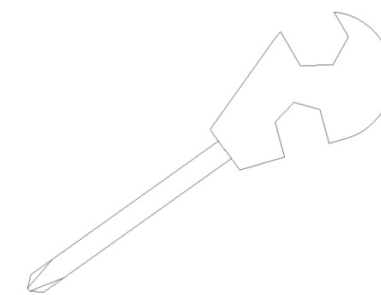
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit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

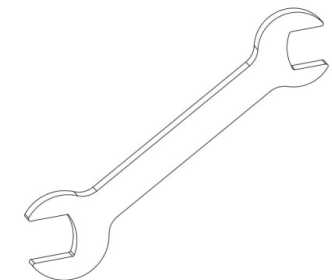
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your carton. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

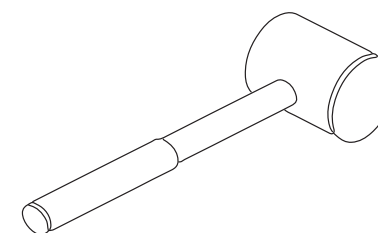
Tools Required



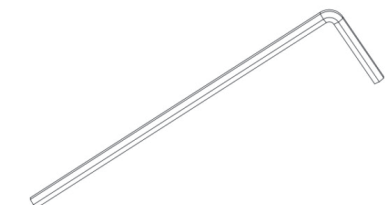
Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

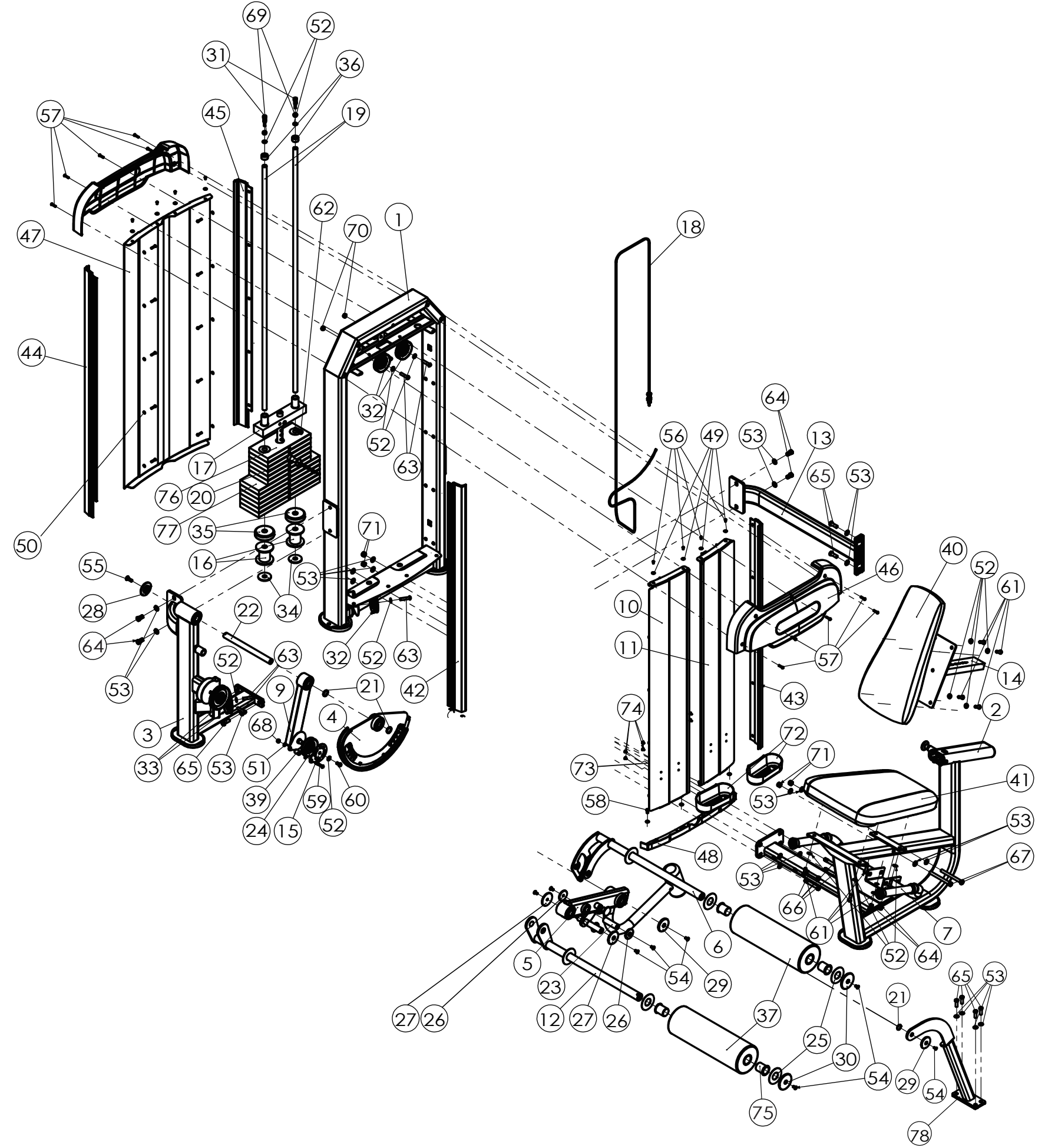
Parts List

Note: some of these parts may come pre-installed.

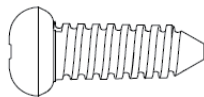
Item	Part Name	Specific	Qty
1	Mast assembly		1
2	Main frame assembly		1
3	Wheel support frame assembly		1
4	Roulette assembly		1
5	Rotary arm bracket assembly		1
6	Leg press foam frame assembly		1
7	Handle frame assembly		1
8	Floor-attached rib tube assembly		1
9	Wheel swing frame assembly		1
10	Left front guard assembly		1
11	Right front guard assembly		1
12	Leg foam frame welding parts		1
13	Side rib pipe weldment		1
14	Welding parts of back pad frame		1
15	pulley guard weldment		1
16	Reinforced fixed weldments		1
17	Elevator 75mm		2
18	Top sheet group (15) A		1
19	CPS04 steel cable	Φ5×3865	1
20	guide rod	Φ20×1368	2
21	Magnetic latch set	Φ10×Φ33.5×155	1
22	Bearing spacer	Φ30×Φ26×4	3
23	shaft	Φ25×311	1
24	short axis	Φ25×84	2
25	Φ89 aluminum pulley	Φ89×20	1
26	stainless steel round plate	Φ110×Φ41×2	4
27	Decorative end cap Φ50	Φ9×Φ50×6.3	2
28	Decorative end cap Φ65	Φ9×Φ65×6.4	3
29	Bearing cover Φ65×Φ11	Φ11×Φ65×12.9	1
30	Φ80 decorative end cap	Φ9×Φ80×6.4	2
31	Turning - hexagon socket head cap bolts	Φ7.5×M10×45	2
32	Φ89 pulley block	Φ89×25.4	3
33	Φ114 pulley block	Φ114×25.4	2
34	Counterweight support frame rubber pad	Φ60×Φ19.3×5	2
35	Counterweight Cushion	Φ19.5×Φ90×25	2
36	Guide rod fixing sleeve	Φ30×17	2

37	long foam	Φ143×Φ40.5×455	2
38	Short cable retainer	Φ8.5×Φ18×24	1
39	back pad	627×316×64	1
40	kick seat cushion	600×434×74	1
45	top guard	704×242×127	2
46	rear guard	590×107×1377	1
47	bottom guard	601×64.7×30	1
48	Flat Washers	Φ5.5×Φ15×1	2
50	Flat Washers	Φ8.5×Φ16×1.5	6
51	Flat Washers	Φ11×Φ20×2	18
52	Flat Washers	Φ13×Φ24×2	30
53	Hexagon socket head screw	M8×16	7
54	Hexagon socket head screw	M10×30	1
55	Hexagon socket head bolts	M5×10	2
56	Hexagon socket head bolts	M6×20	10
57	Hexagon socket head bolts	M8×16	4
58	Hexagon socket head bolts	M8×45	1
59	Hexagon socket head bolts	M10×20	1
60	Hexagon socket head bolts	M10×30	8
61	Hex socket head cap bolts	M10×35	1
62	Hexagon socket head bolts	M10×45 15	5
63	Hex Bolts	M12×25	6
64	Hex Bolts	M12×35	8
65	Hex Bolts	M12×85	4
66	Hex Bolts	M12×110	2
67	Hex Bolts	M12×130	2
68	Nii hat	M8	1
69	Hex nuts	M10	2
70	Nii hat	M10	2
71	Nii hat	M12	8
72	storage box	205×96×62	1
73	Flat Washers	Φ4.3×Φ12×1	4
74	Cross recessed large flat round screw	M4×10	4
75	pulley cover	Φ116×Φ10.5×16	1
76	Nylon disc steel cable fixing column	M8×Φ25×25	1
77	Φ30 decorative end cap	Φ9×Φ30×6	2
78	Hexagon socket head screw	M8×16	2

Exploded View



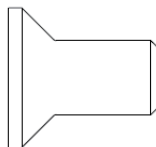
Measurement Guide



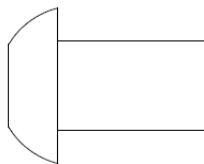
Cross Recessed Pan Head Tapping Screw



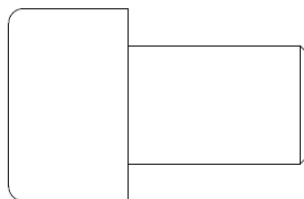
Hex Socket Set Screw with Flat Point



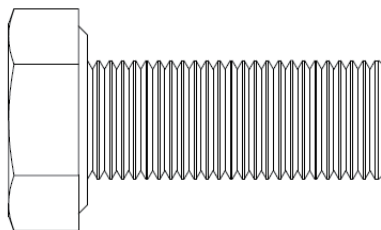
Flat Head Cap Screw



Button Head Cap Screw



Socket Head Cap Bolt



Hex Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, and easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

Note: As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Put 1 door frame assembly (#1), 1 main frame assembly (#2), and 1 wheel support frame assembly (#3) 1 piece of side rib tube weldment (#13) and 1 piece of floor rib tube assembly (#8) are connected together.

Use: 4 pieces of hexagonal bolts M12×25 (#63),

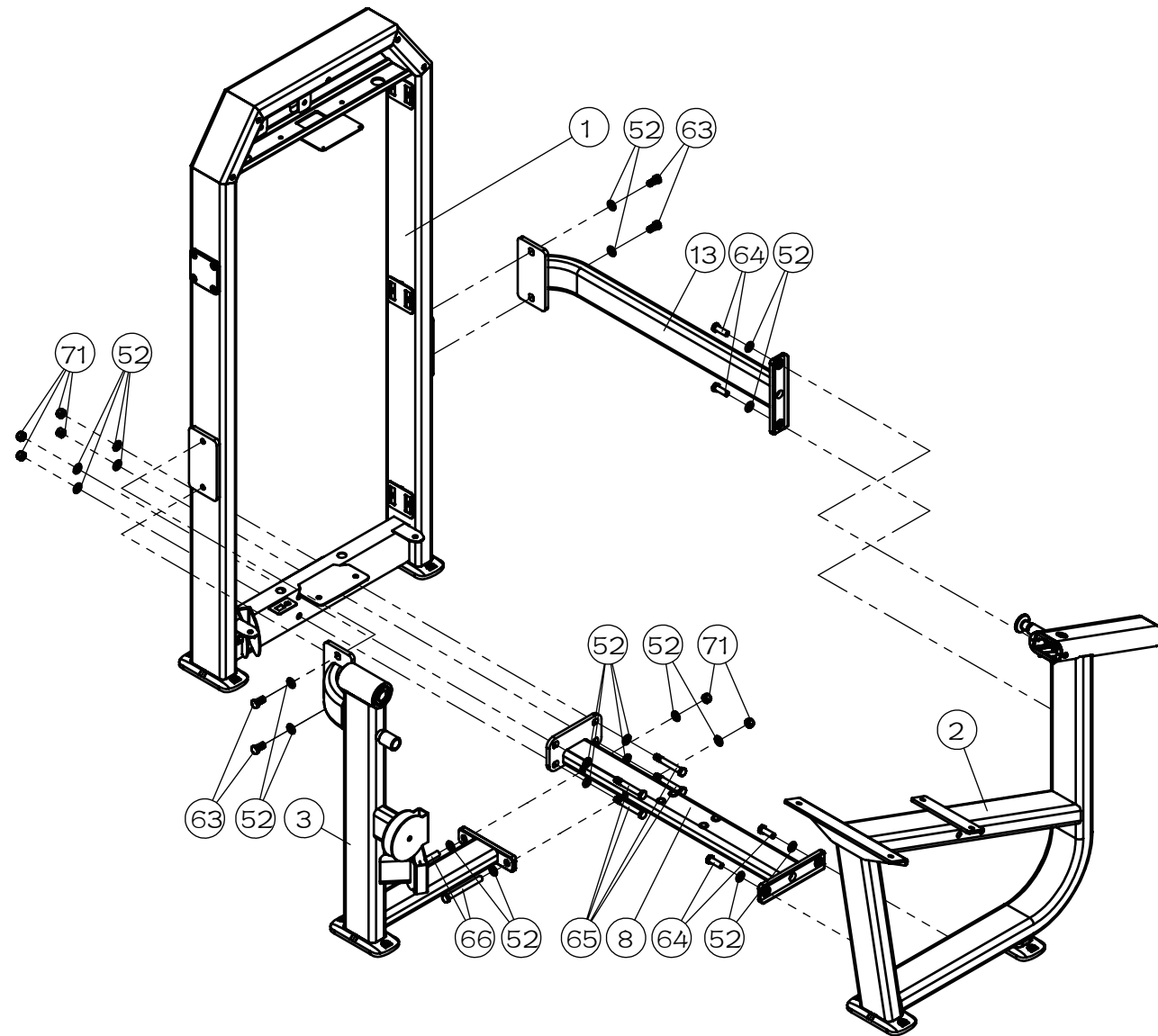
20 pieces of flat washers $\Phi 13 \times \Phi 24 \times 2$ (#52)

4 pieces of hexagonal bolts M12×35 (#64),

4 pieces of hexagonal bolts M12×85 (#65)

6 pieces of caps M12 (#71), 2 pieces of hex bolts M12×110 (#66)

Note: Tighten the bolts and caps to meet the requirements of installation fit.



Step 2

1. Put 1 piece of bearing end cover $\Phi 65 \times \Phi 11$ (#29), 1 piece of rotating shaft (#23), 1 piece of wheel swing frame assembly (#9), 3 pieces Bearing spacer (#22), 1 roulette assembly (#4), 1 roulette arm frame assembly (#5), 1 reinforced fixing weld Connector (#16), 1 piece of decorative end cap $\Phi 65$ (#28) is installed on the wheel support frame assembly (#3), and the reinforcement is fixed. The weldment (#16) and the floor stiffener tube weldment (#8) are connected.

Use: 1 hexagon socket head screw M10×30 (#54), 1 hex socket head screw M8×16 (#53)

4 pieces of hexagonal bolts M12×35 (#64), 4 pieces of flat washers $\Phi 13 \times \Phi 24 \times 2$ (#52)

2. Install 1 piece of $\Phi 89$ aluminum pulley (#25), 1 piece of short steel cable stopper (#38), and 1 piece of welded piece of pulley guard plate (#15) to the pulley plate rocker assembly (#9).

Use: 1 hexagon socket head bolt M10×20 (#59), 1 flat washer $\Phi 11 \times \Phi 20 \times 2$ (#51)

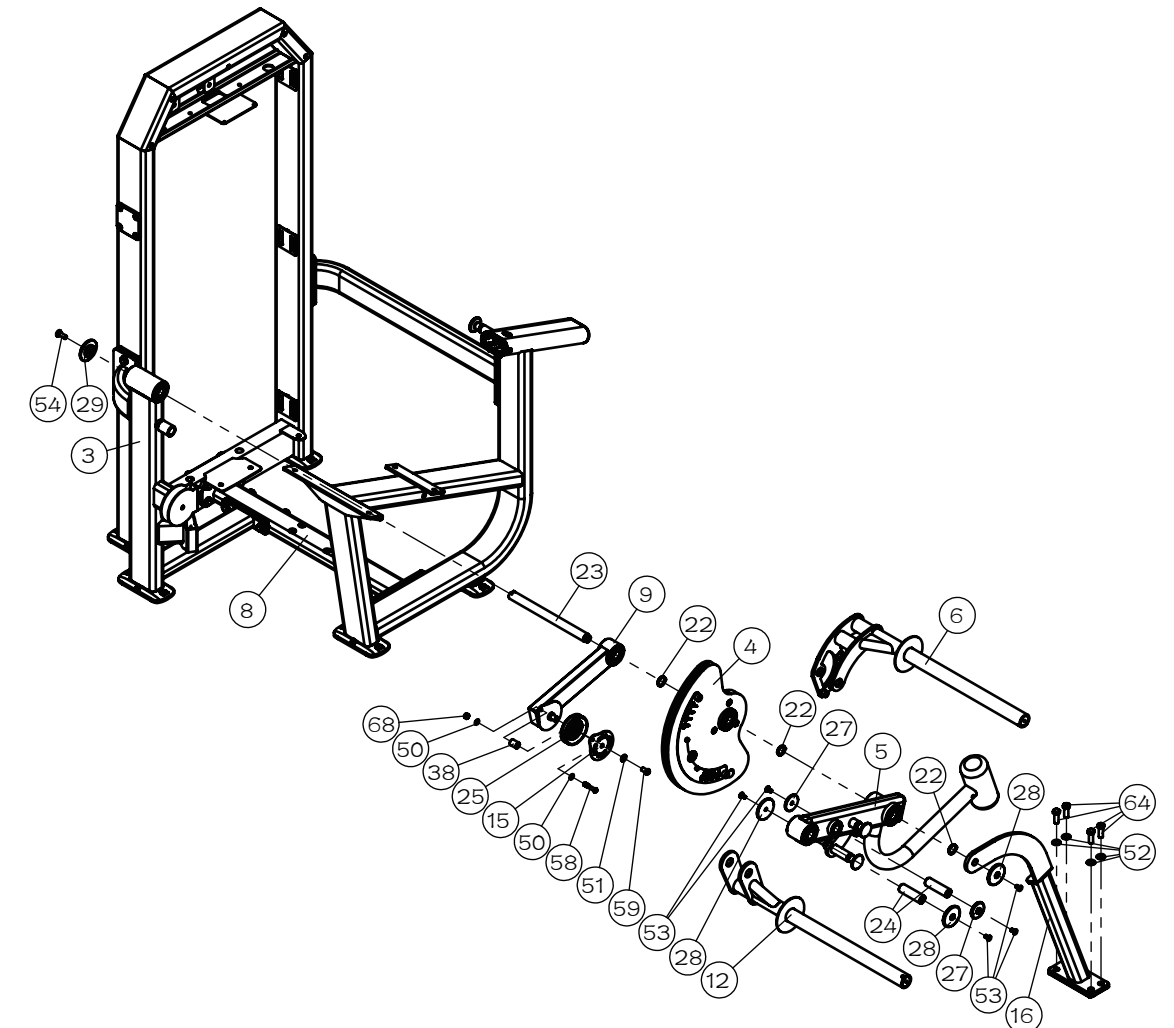
1 piece of inner hexagon umbrella head bolt M8×45 (#58), 1 piece of nipple M8 (#68)

2 pieces of flat washers $\Phi 8.5 \times \Phi 16 \times 1.5$ (#50)

3. Put 1 piece of leg press foam frame assembly (#6), 1 piece of leg foam frame welding piece (#12), 2 pieces of short shaft (#24), 2 pieces Decorative end cap $\Phi 50$ (#27), 2 pcs decorative end cap $\Phi 65$ (#28), mounted on the turntable arm bracket assembly (#5).

Use: 4 pieces of socket head cap screws M8×16 (#53).

Note: Tighten the bolts and caps to meet the requirements of installation fit.



Step 3

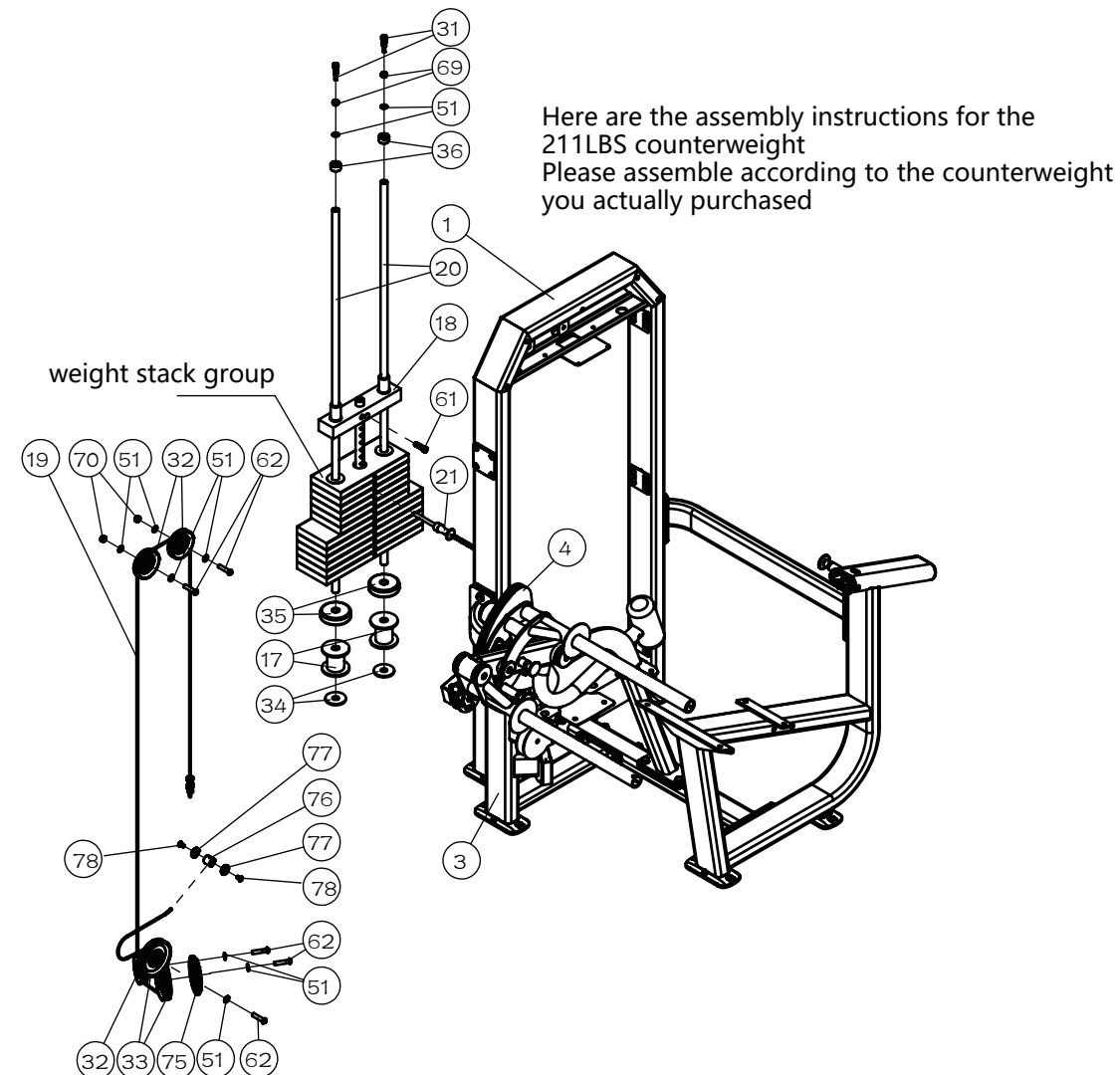
1. Combine 2 pieces of guide rod fixing sleeves (#36), 2 pieces of guide rods (#20), 1 piece of top sheet group (15)A (#18), 1 set of counterweight iron group and 2 pieces Heavy buffer pad (#35), 2 pieces of heightening frame 75mm (#17), 2 pieces of counterweight support frame rubber pads (#34) are installed to the door frame assembly piece (#1).

Use: 2 pcs Turned - Socket Head Cap Bolts (#31), 2 pcs Hex Nuts M10 (#69)
2 pieces flat washers $\Phi 11 \times \Phi 20 \times 2$ (#51)

2. Pass a steel cable (#19) through the pulley as shown in the figure, and connect the two ends with the top piece (15)A (#18) and the wheel assembly (#4) respectively. Connect it; install 3 pieces of $\Phi 89$ pulley blocks (#32) to the mast assembly (#1); attach 2 pieces of $\Phi 114$ pulley blocks (#33) 1 piece Pulley Cover (#75) to fit onto Wheel Support Frame Assembly (#3).

Use: 5 pieces of hexagon socket head bolts M10 $\times$ 45 (#62),
7 pieces of flat washers $\Phi 11 \times \Phi 20 \times 2$ (#51) 2 pieces of cap M10 (#70),
1 piece of roulette steel cable fixing column (#76),
2 pieces of $\Phi 30$ decorative end caps (#77)
2 pieces of hexagon socket head bolts M8 $\times$ 16 (#78)

Note: 1. Tighten the bolts and caps to meet the installation requirements.



Step 4

1. Install 1 piece of bottom guard (#47) on the door frame assembly (#1).

Use: 4 pieces of hexagon socket head bolts M8 $\times$ 16 (#57),
4 pieces of flat washers $\Phi 8.5 \times \Phi 16 \times 1.5$ (#50)

2. Install the 1 glove box (#72) to the left front shroud assembly (#10).

Use: 4 pieces of cross recessed large oblate screws M4 $\times$ 10 (#74),
4 pieces of flat washers $\Phi 4.3 \times \Phi 12 \times 1$ (#73)

3. Install 1 right front shroud assembly (#11), 1 left front shroud assembly (#10), and 1 rear shroud assembly (#46) Attach to mast assembly (#1).

Use: 2 pieces of hexagon socket head bolts M5 $\times$ 10 (#55),
2 pieces of flat washers $\Phi 5.5 \times \Phi 15 \times 1$ (#48)

4. Install the 2-piece top guard (#45) onto the mast assembly (#1).

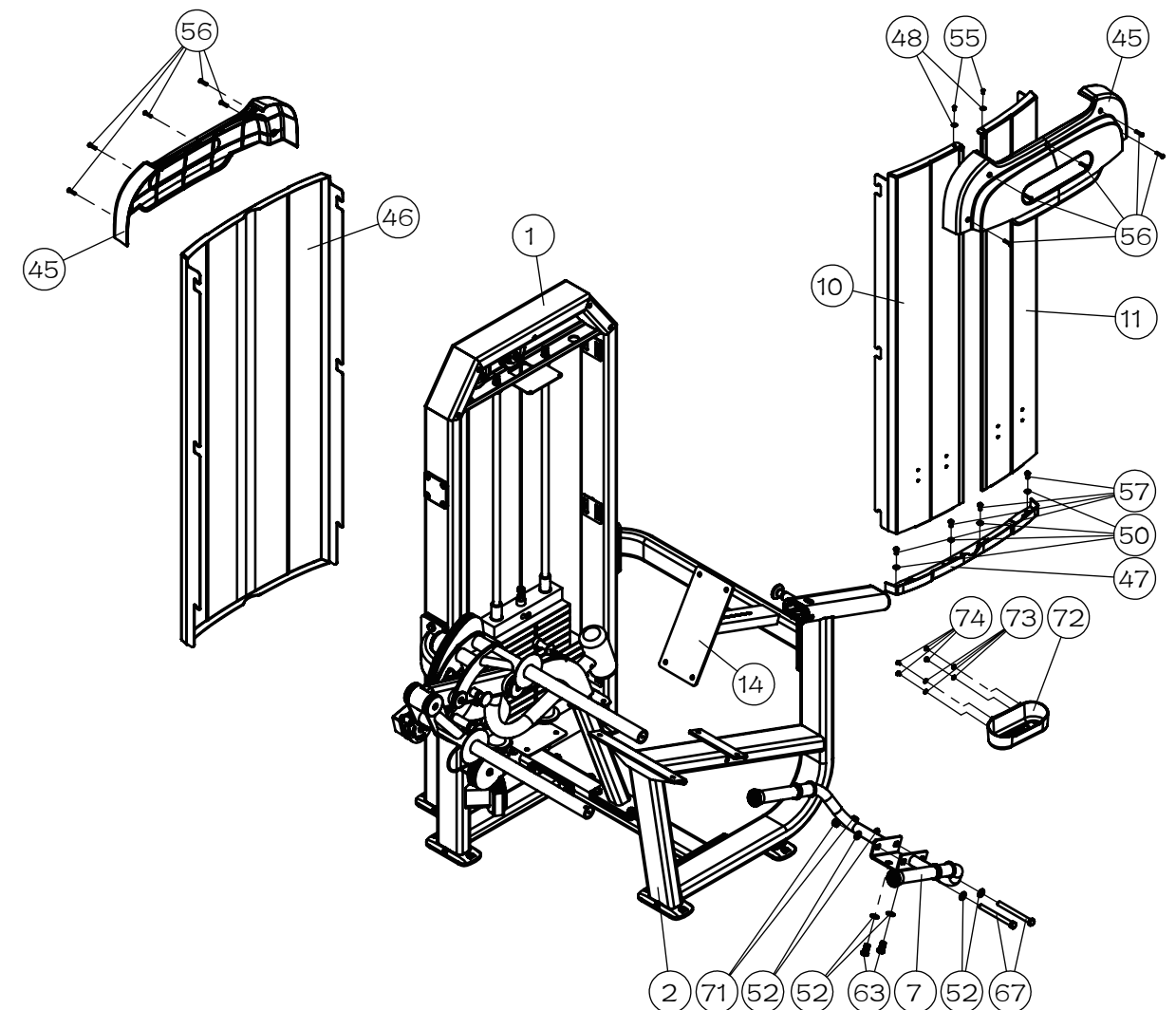
Use: 10 pieces of hexagon socket head bolts M6 $\times$ 20 (#56)

5. Install 1 back pad frame weldment (#14) to the main frame assembly (#2).

6. Install the 1 piece handle frame assembly (#7) onto the main frame assembly (#2).

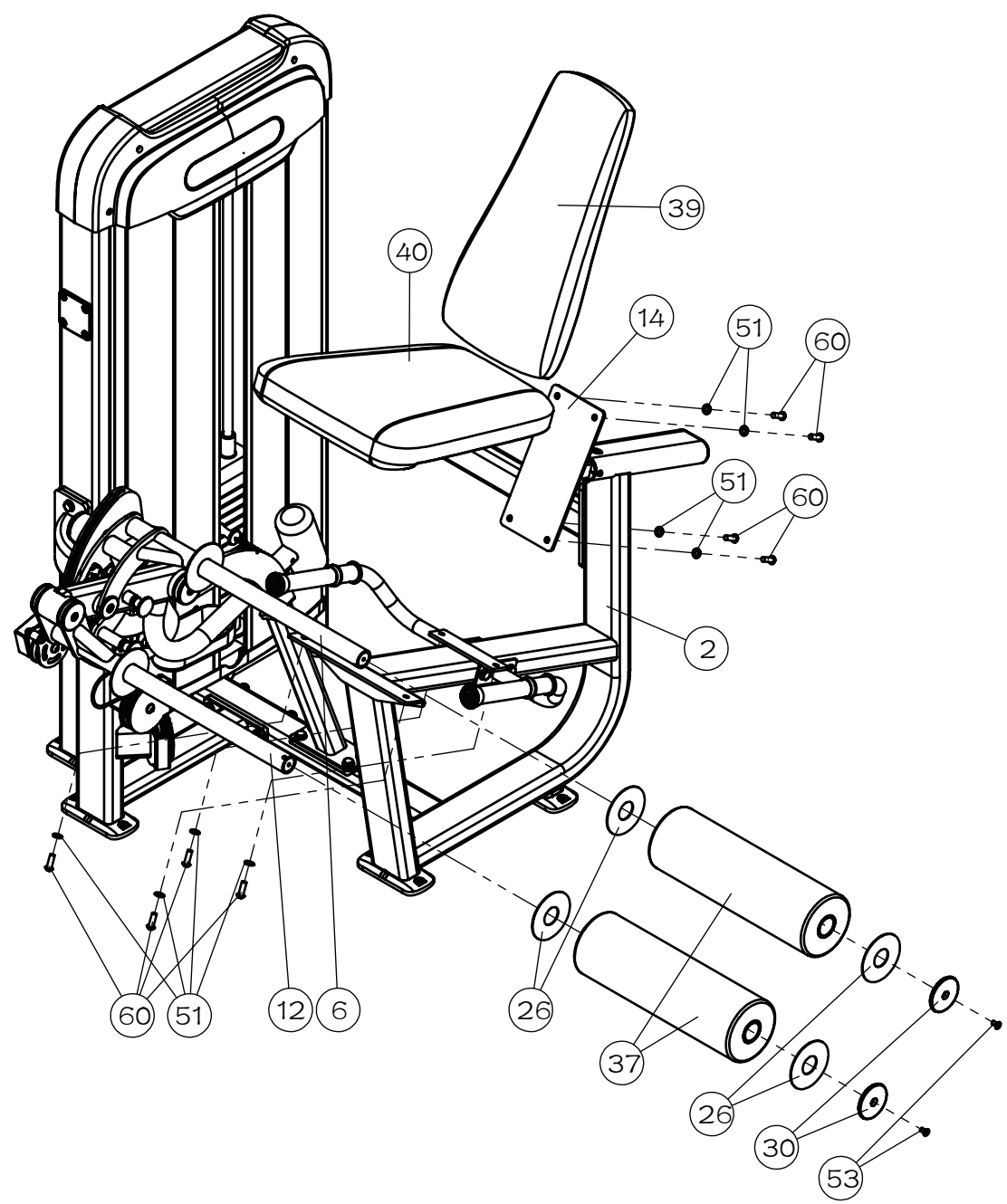
Use: 2 pieces of hexagonal bolts M12 $\times$ 25 (#63),
6 pieces of flat washers $\Phi 13 \times \Phi 24 \times 2$ (#52)
2 pieces of hexagonal bolts M12 $\times$ 130 (#67), 2 pieces of M12 caps (#71)

Note: 1. Tighten the bolts and caps to meet the requirements of installation and fit.



Step 5

- 1. Install 1 back pad (#39) to the back pad frame weldment (#14).
Use: 4 pieces of hexagon socket head bolts M10×30 (#60),
4 pieces of flat washers Φ11×Φ20×2 (#51)
 - 2. Install 1 kick seat pad (#40) onto the main frame assembly (#2).
Use: 4 pieces of hexagon socket head bolts M10×30 (#60),
4 pieces of flat washers Φ11×Φ20×2 (#51)
 - 3. Put 2 pieces of long foam (#37), 4 pieces of stainless steel round plates (#26),
and 2 pieces of Φ80 decorative end caps (#30) respectively Install to Leg Press Foam
Frame Assembly (#6) and Leg Foam Frame Weld (#12).
Use: 2 pieces of hexagon socket head screws M8×16 (#53)
- Note: Tighten the bolts and caps to meet the requirements of installation fit.



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)	MONTHS	3 MONTHS							
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHS	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							

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 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 Tensions:

- Referring to the Owner's Manual, when belts or cables are used check all bolts attachment 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 silicon or Teflon based lubricant spray.

Linear Bearings:

- Referring to the owner's manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use 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.

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

Standard Weight Stack: 96 kg/212 lbs
Optional Weight Stack: 123 kg/271 lbs
Assembled Dimension: 146×122.4×159.6 cm
Net Weight: 160 kg