

# SL7039

## JAMMER

### OWNER'S MANUAL

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21N

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

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## CAUTION!

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

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# Important Safety Instructions

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

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

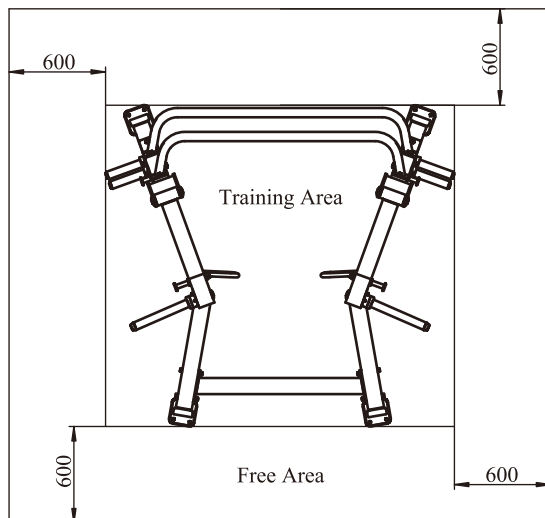
# Important Safety Instructions

## 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.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 2\*150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 2258\*1999\*2133mm

Product Total Surface: 2258\*1999mm

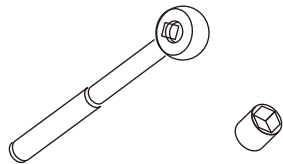
Product Total Mass: 181.4kg/ 400lbs

# Instructions

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

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

## Tools Required



Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

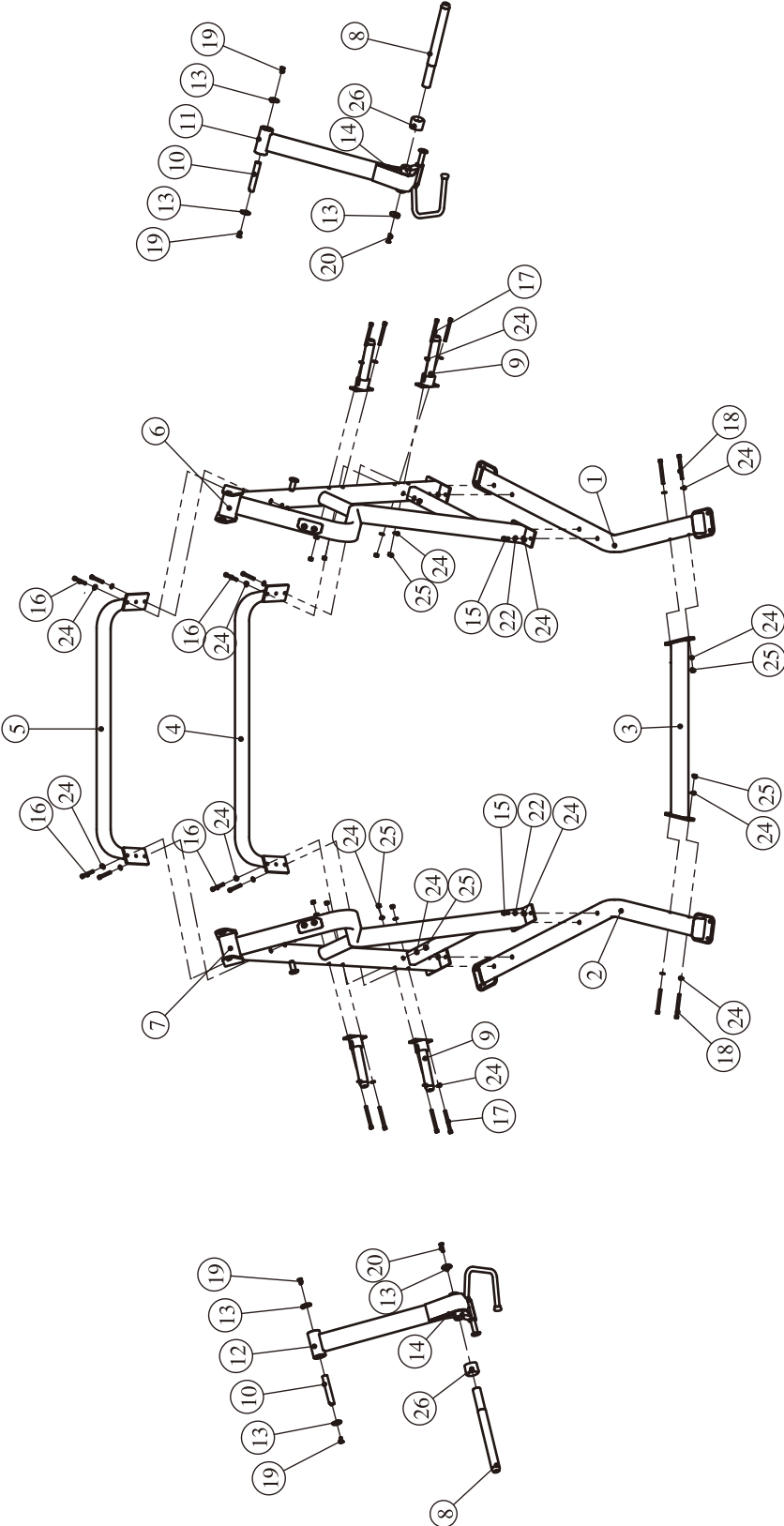
# Exploded View and Parts List

## Overall

ItemNo.	Grade No.	Part No.	Description	QTY
1	1	SL703901ASSY	Right Bottom Frame ASSY	1
2	2	SL703902ASSY	Left Bottom Frame ASSY	1
3	3	SL70390300	Bottom Frame	1
4	4	SL70390400	Bottom Connection Frame	1
5	5	SL70390500	Top Connection Frame	1
6	6	SL703906ASSY	Right Upright Frame ASSY	1
7	7	SL703907ASSY	Left Upright Frame ASSY	1
8	8	SL703910ASSY	Weight Frame ASSY	2
9	9	SL703911ASSY	Weight Plate Storage ASSY	4
10	10	PL1301400	Pivot Shaft $\Phi$ 30	2
11	11	SL703908ASSY	Right Arm Frame ASSY	1
12	12	SL703909ASSY	Left Arm Frame ASSY	1
13	13	SL70011700	Domed Aluminium Cap	6
14	14	GB77M8*6DS18NL	Socket Set Screw M8*6	4
15	15	GB70M12*35DHS20	Socket Head Cap Screw M12*35	8
16	16	GB70M12*80DHS20	Socket Head Cap Screw M12*80	8
17	17	GB70M12*125DHS20	Socket Head Cap Screw M12*125	8
18	18	GB70M12*130DHS20	Socket Head Cap Screw M12*130	4
19	19	CNLM12*30DS20NL	Flat Head Cap Screw M12*30	4
20	20	CNLM12*50*50DS20NL	Flat Head Cap Screw M12*50	2
21	22	GB9312DHS12	Spring Washer $\Phi$ 12	4
22	24	GB9512DHS2	Flat Washer $\Phi$ 13* $\Phi$ 24*1.5	48
23	25	NM12DHS2	Nylon lock Nut M12	20
24	26	PL0702900	Weight Horn Rubber Donut	2
25	27	NBS4DHS	Hex Key S=4	1
26	28	NBS6DHS	Hex Key S=6	1
27	29	NBS8DHS	Hex Key S=8	1
28	30	NBS10DHS	Hex Key S=10	1
29	31	YHY	Lube	1

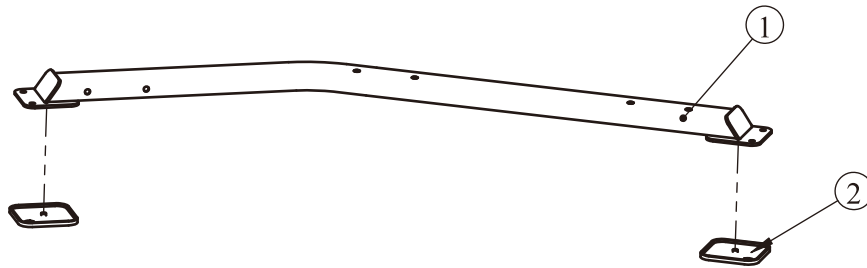
# Exploded View and Parts List

## Overall



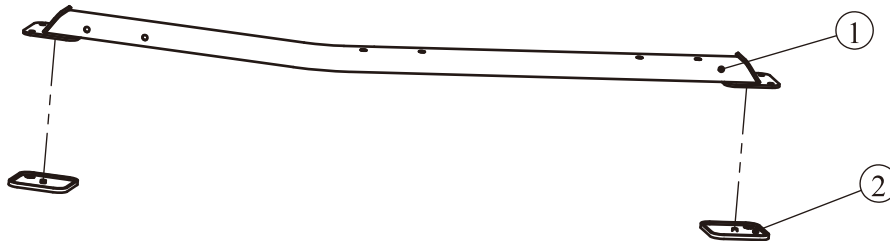
# Exploded View and Parts List

## Right Bottom Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	1.1	SL70390100	Right Bottom Frame	1
2	1.2	CWRVL0051200	Rubber Foot	2

## Left Bottom Frame ASSY



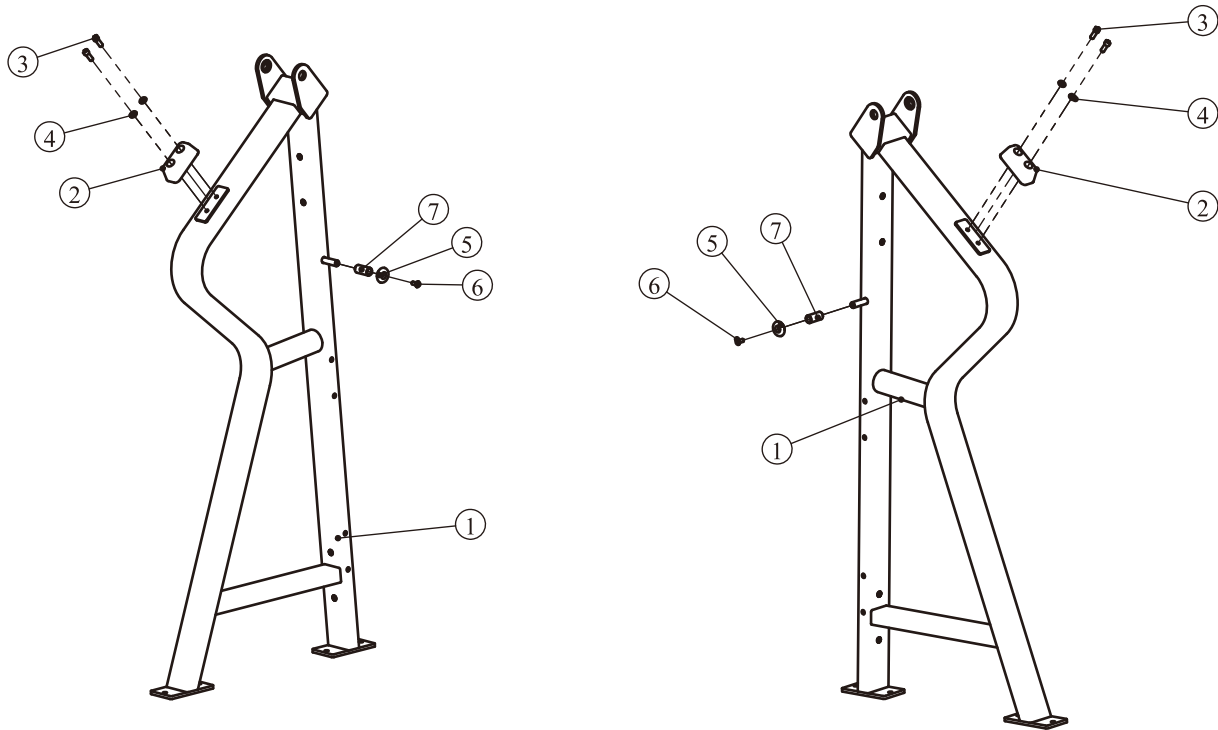
ItemNo.	Grade No.	Part No.	Description	QTY
1	2.1	SL70390200	Left Bottom Frame	1
2	2.2	CWRVL0051200	Rubber Foot	2



# Exploded View and Parts List

## Right Upright Frame ASSY

## Left Upright Frame ASSY



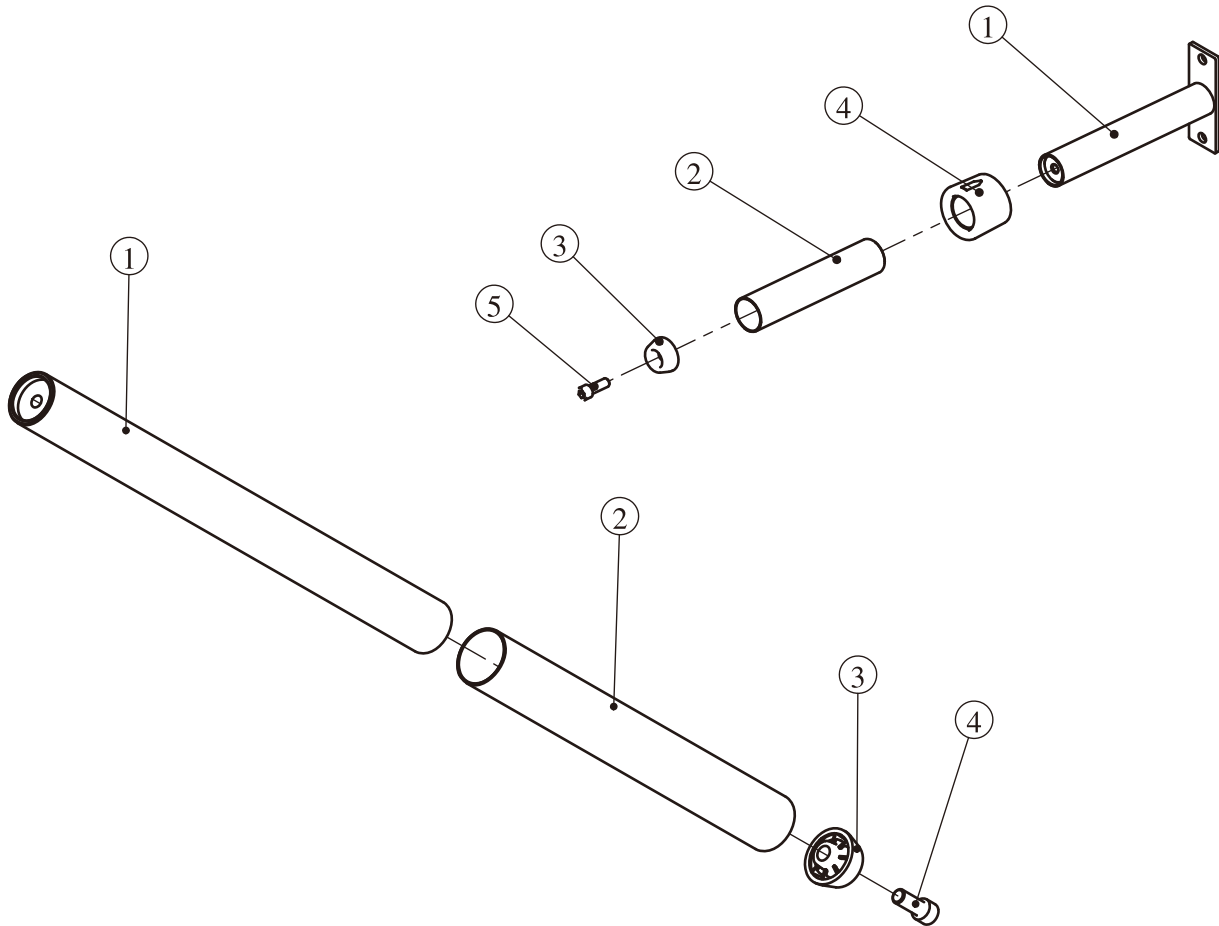
ItemNo.	Grade No.	Part No.	Description	QTY
1	6.1	SL70390600	Right Upright Frame	1
2	6.2	PL380800	Large Rubber Bumper	1
3	6.3	GB70M12*35*35DHS20	Socket Head Cap Screw M12*35	2
4	6.4	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
5	6.5	IN-S51102100	Domed Aluminium Cap	1
6	6.6	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	1
7	6.7	SL70383100	Rotating Sleeve	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	7.1	SL70390700	Left Upright Frame	1
2	7.2	PL380800	Large Rubber Bumper	1
3	7.3	GB70M12*35*35DHS20	Socket Head Cap Screw M12*35	2
4	7.4	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	2
5	7.5	IN-S51102100	Domed Aluminium Cap	1
6	7.6	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	1
7	7.7	SL70383100	Rotating Sleeve	1

# Exploded View and Parts List

## Barbell ASSY

## Weight Plate Storage ASSY



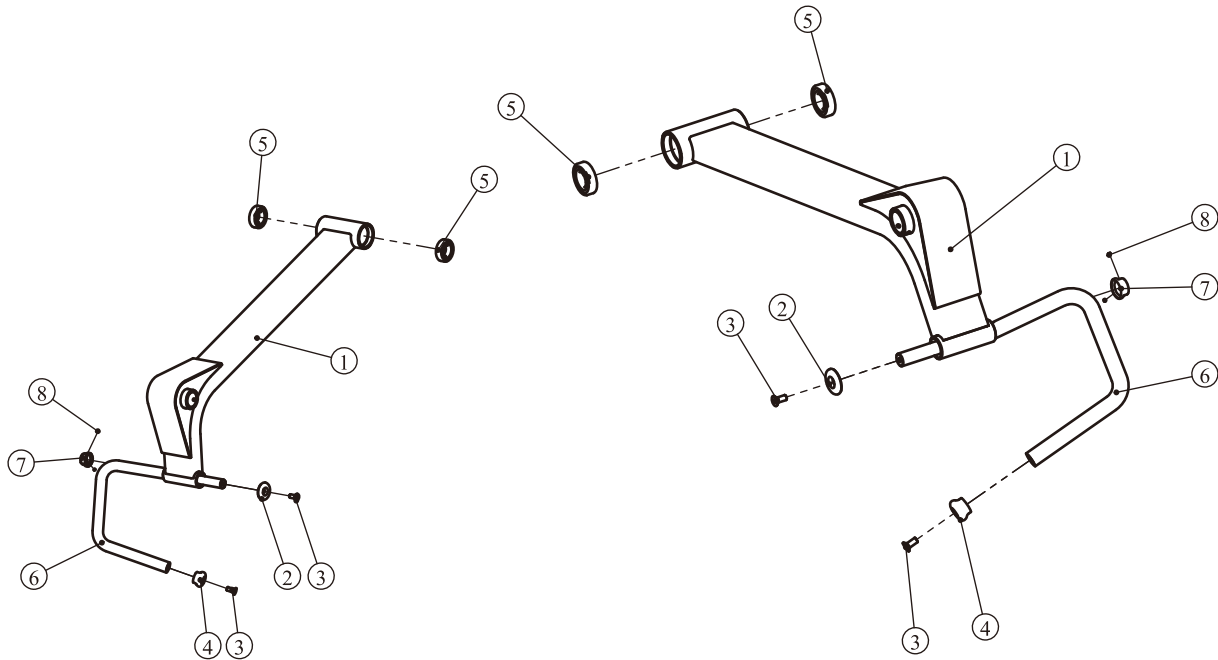
ItemNo.	Grade No.	Part No.	Description	QTY
1	8.1	SL70391000	Weight Horn Assembly	1
2	8.2	HSP70522000	Long Weight Horn Sleeve	1
3	8.3	SL70012000	Weight Horn Plastic Cap	1
4	8.4	GB70M12*30DS20NL	Socket Head Cap Screw M12*30	1

ItemNo.	Grade No.	Part No.	Description	QTY
1	9.1	SL70391100	Weight Plate Storage	1
2	9.2	PL0702800	Weight Horn Sleeve	1
3	9.3	PL0702300	Weight Horn Plastic Cap	1
4	9.4	PL4003200	Weight Horn Rubber Donut	1
5	9.5	GB70M12*35N19	Socket Head Cap Screw M12*35	1

# Exploded View and Parts List

## Right Arm Frame ASSY

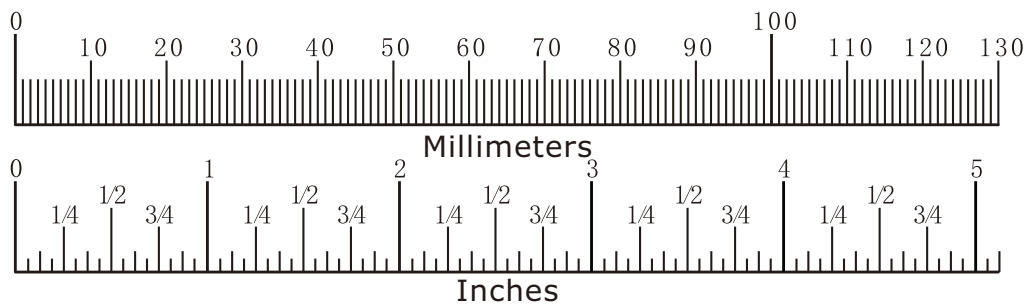
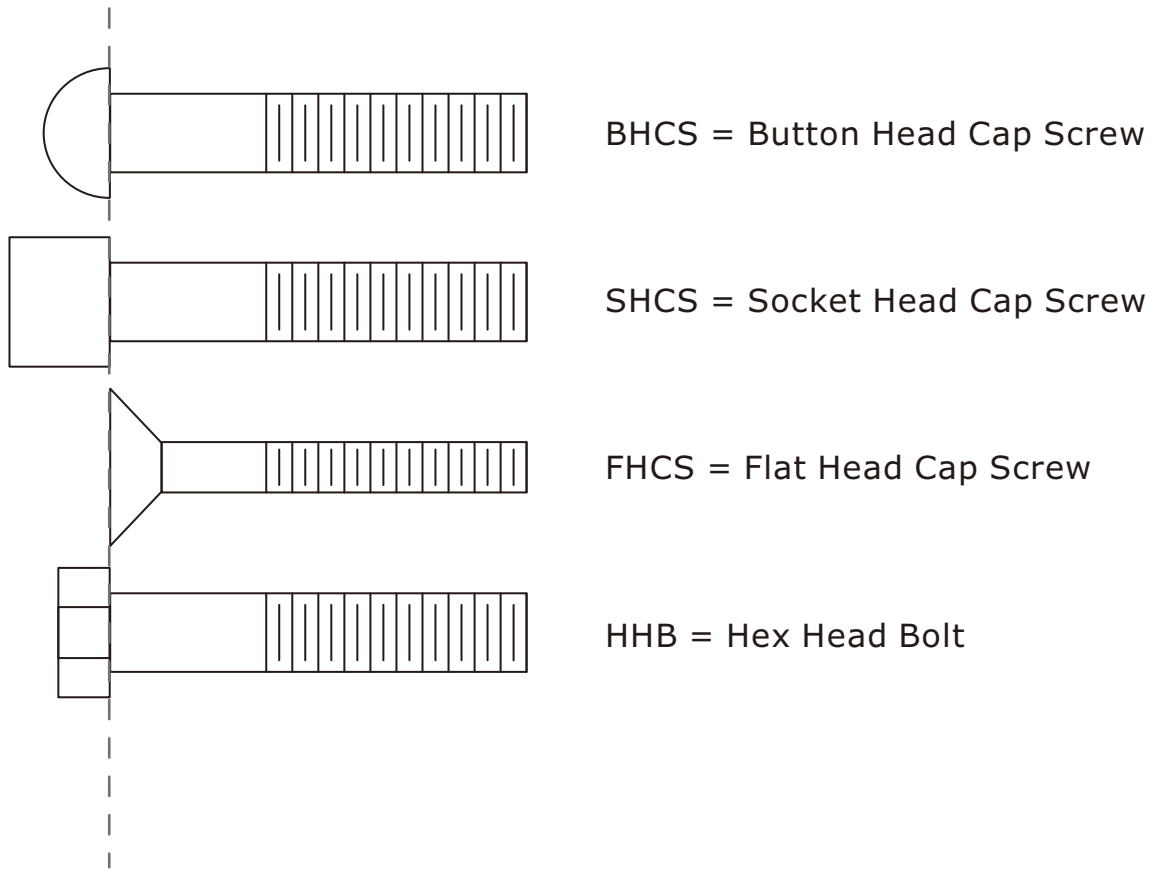
## Left Arm Frame ASSY



ItemNo.	Grade No.	Part No.	Description	QTY
1	11.1	SL70390800	Right Arm Frame	1
2	11.2	IN-S51102100	Domed Aluminium Cap	1
3	11.3	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	2
4	11.4	IT90102100	Aluminium Grip Cap $\Phi$ 25	1
5	11.5	GB2766206-2ZC3	Ball Bearing	2
6	11.6	SL70393100	Grip	1
7	11.7	IT90102200	Aluminium Grip Ring $\Phi$ 25	1
8	11.8	YZGB7710-32*3.2N19	Socket Set Screw10-32*3.2	2

ItemNo.	Grade No.	Part No.	Description	QTY
1	12.1	SL70390900	Left Arm Frame	1
2	12.2	IN-S51102100	Domed Aluminium Cap	1
3	12.3	CNLM10*25DS20NL	Flat Head Cap Screw M10*25	2
4	12.4	IT90102100	Aluminium Grip Cap $\Phi$ 25	1
5	12.5	GB2766206-2ZC3	Ball Bearing	2
6	12.6	SL70393100	Grip	1
7	12.7	IT90102200	Aluminium Grip Ring $\Phi$ 25	1
8	12.8	YZGB7710-32*3.2N19	Socket Set Screw10-32*3.2	2

# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

# Assembly Instructions

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

## **NOTE**

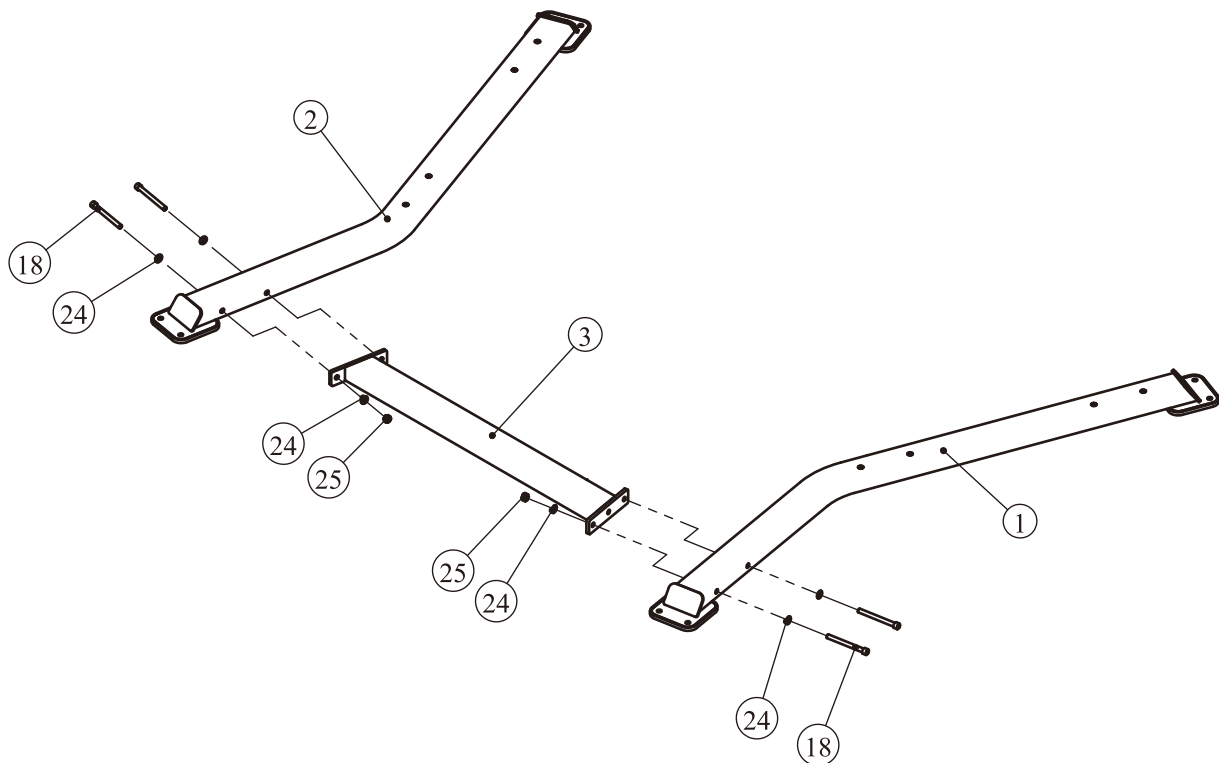
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

## STEP 1

1. Attach Left Bottom Frame ASSY (#2) to Bottom Frame (#3), using:
  - two M12\*130 SHCS (#18)
  - two M12 Nylon lock Nut (#25)
  - four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#24)
2. Attach Right Bottom Frame ASSY (#1) to Bottom Frame (#3), using:
  - two M12\*130 SHCS (#18)
  - two M12 Nylon lock Nut (#25)
  - four  $\Phi 13*\Phi 24*2.5$  Flat Washer (#24)

**NOTE: DO NOT tighten the hardware.**

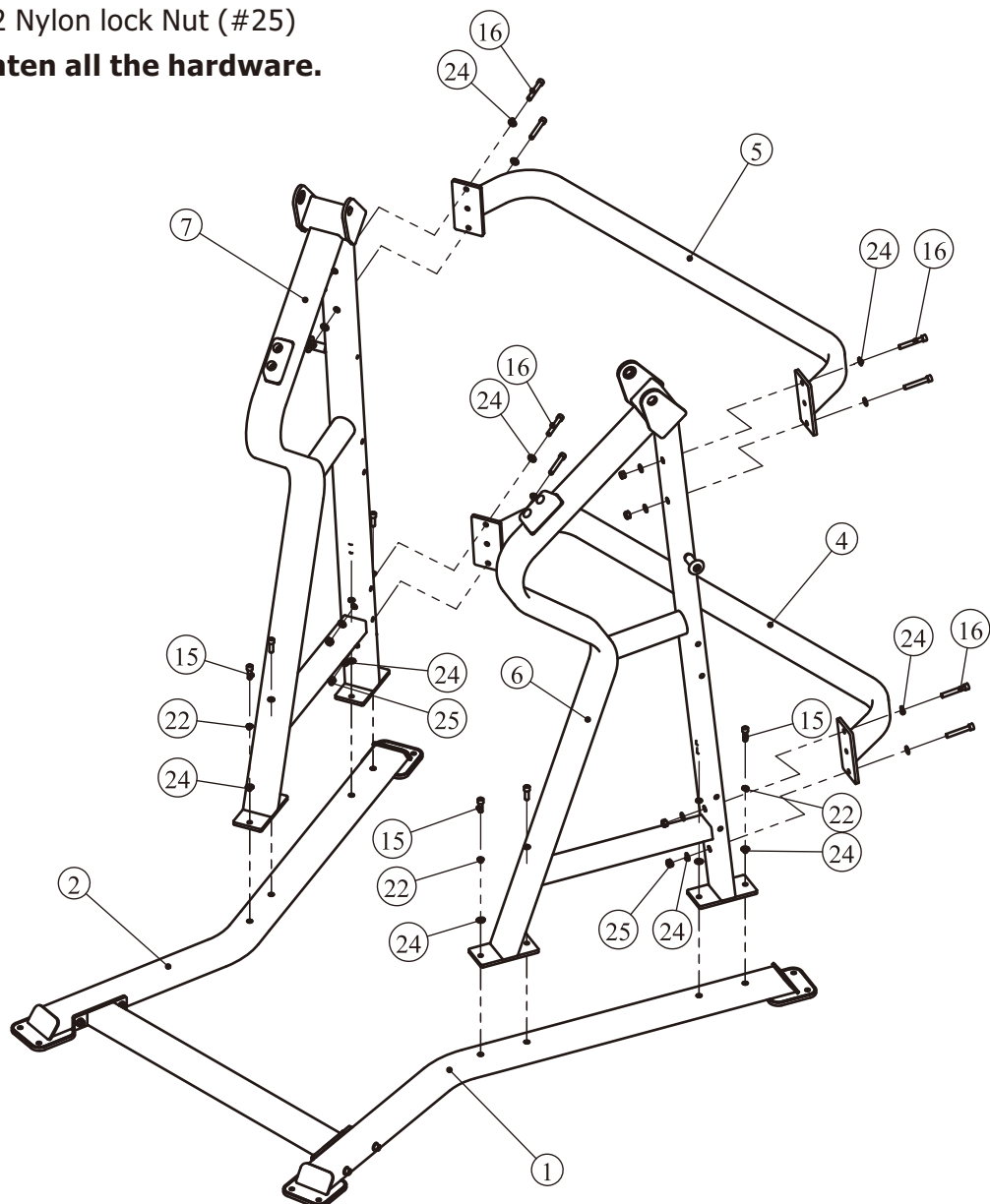


# Assembly

## STEP 2

1. Attach Right Upright Frame ASSY (#6) and Left Upright Frame ASSY (#7) to Right Bottom Frame ASSY (#1) and Left Bottom Frame ASSY (#2), using:
  - eight M12\*35 SHCS (#15)
  - eight Spring Washer $\Phi$ 12 (#22)
  - eight  $\Phi$ 13\* $\Phi$ 24\*2.5 Flat Washer (#24)
2. Attach Bottom Connection Frame (#4) and Top Connection Frame (#5) to Right Upright Frame ASSY (#6) and Left Upright Frame ASSY (#7), using:
  - eight M12\*80 SHCS (#16)
  - sixteen  $\Phi$ 13\* $\Phi$ 24\*2.5 Flat Washer (#24)
  - eight M12 Nylon lock Nut (#25)

**NOTE: Tighten all the hardware.**

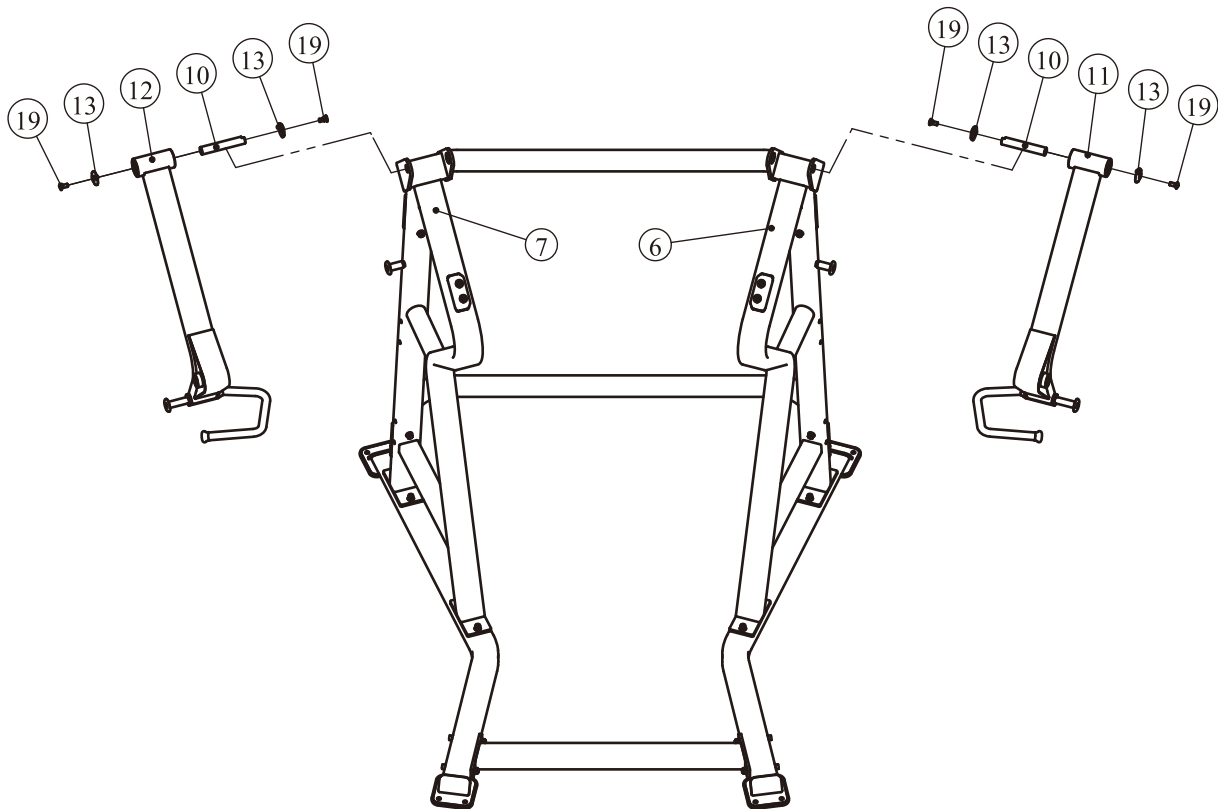


# Assembly

## STEP 3

1. Attach Right Arm Frame ASSY (#11) to Right Upright Frame ASSY (#6), using:
  - two Flat Head Cap Screw M12\*30 (#19)
  - two Domed Aluminium Cap (#13)
  - one Pivot Shaft  $\Phi$ 30 (#10)
2. Attach Left Arm Frame ASSY (#12) to Left Upright Frame ASSY (#7), using:
  - two Flat Head Cap Screw M12\*30 (#19)
  - two Domed Aluminium Cap (#13)
  - one Pivot Shaft  $\Phi$ 30 (#10)

**NOTE: Tighten all the hardware.**



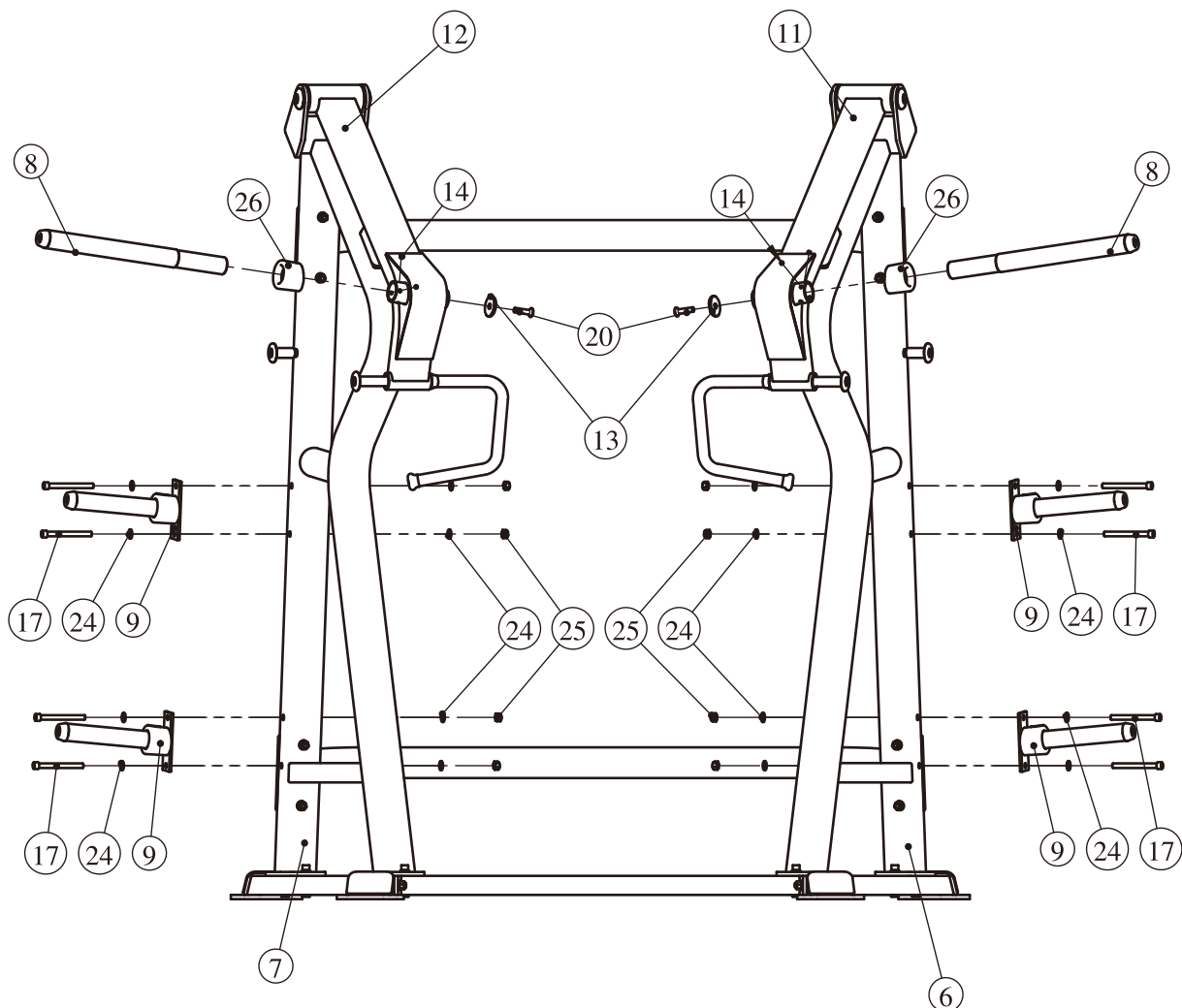


# Assembly

## STEP 4

1. Attach four Weight Plate Storage ASSY (#9) to Right Upright Frame ASSY (#6) and Left Upright Frame ASSY (#7), using:
  - eight M12\*125 SHCS (#17)
  - eight M12 Nylon lock Nut (#25)
  - sixteen  $\Phi 13*\Phi 24*2.5$  Flat Washer (#24)
2. Attach two Weight Frame ASSY (#8) to Right Arm Frame ASSY (#11) and Left Arm Frame ASSY (#12), using:
  - four Socket Set Screw M8\*6 (#14)
  - two Flat Head Cap Screw M12\*50 (#20)
  - two Domed Aluminium Cap (#13)
  - two Weight Horn Rubber Donut (#26)

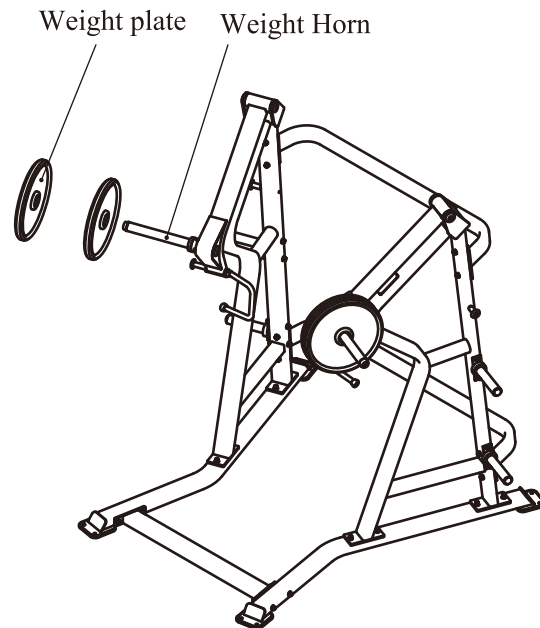
**NOTE: Tighten all the hardware.**



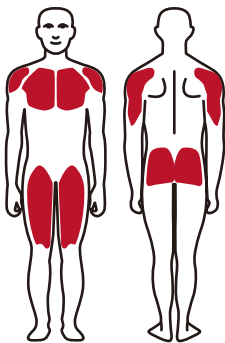
# Adjust Instructions

## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight can not be greater than 150kg.
3. This equipment does not contains Weight Plate.



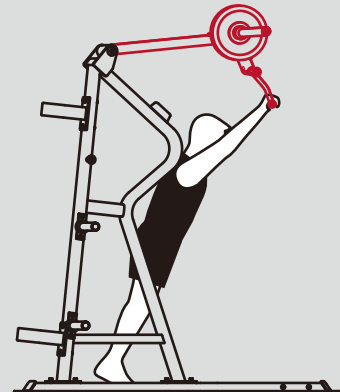
## Exercise Instructions



**Start**



**Finish**



# 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 bolt attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

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

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

