

# SL7046

## ISO-LATERAL SUPER CHEST PRESS OWNER'S MANUAL

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22M

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

# Table Of Contents

## CAUTION!

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

Important Safety Instructions-----	3
Instructions-----	5
Exploded View and Parts List-----	6
Measurement Guide-----	20
Assembly Instructions-----	21
Assembly-----	22
Adjust Instructions and Exercise Instructions-----	27
Maintenance Schedule-----	29
General Maintenance Information-----	30
Weight Training Tips-----	31

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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.

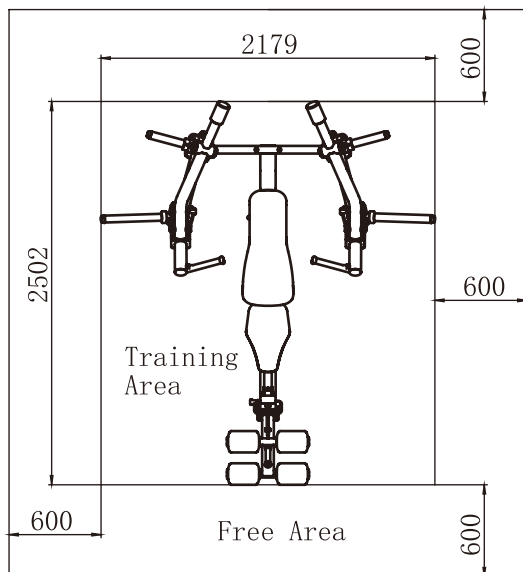
# Important Safety Instructions

## 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: 300kg/ 660lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 2502\*2179\*1136mm

Product Total Surface: 2502\*2179mm

Product Total Mass:

# 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

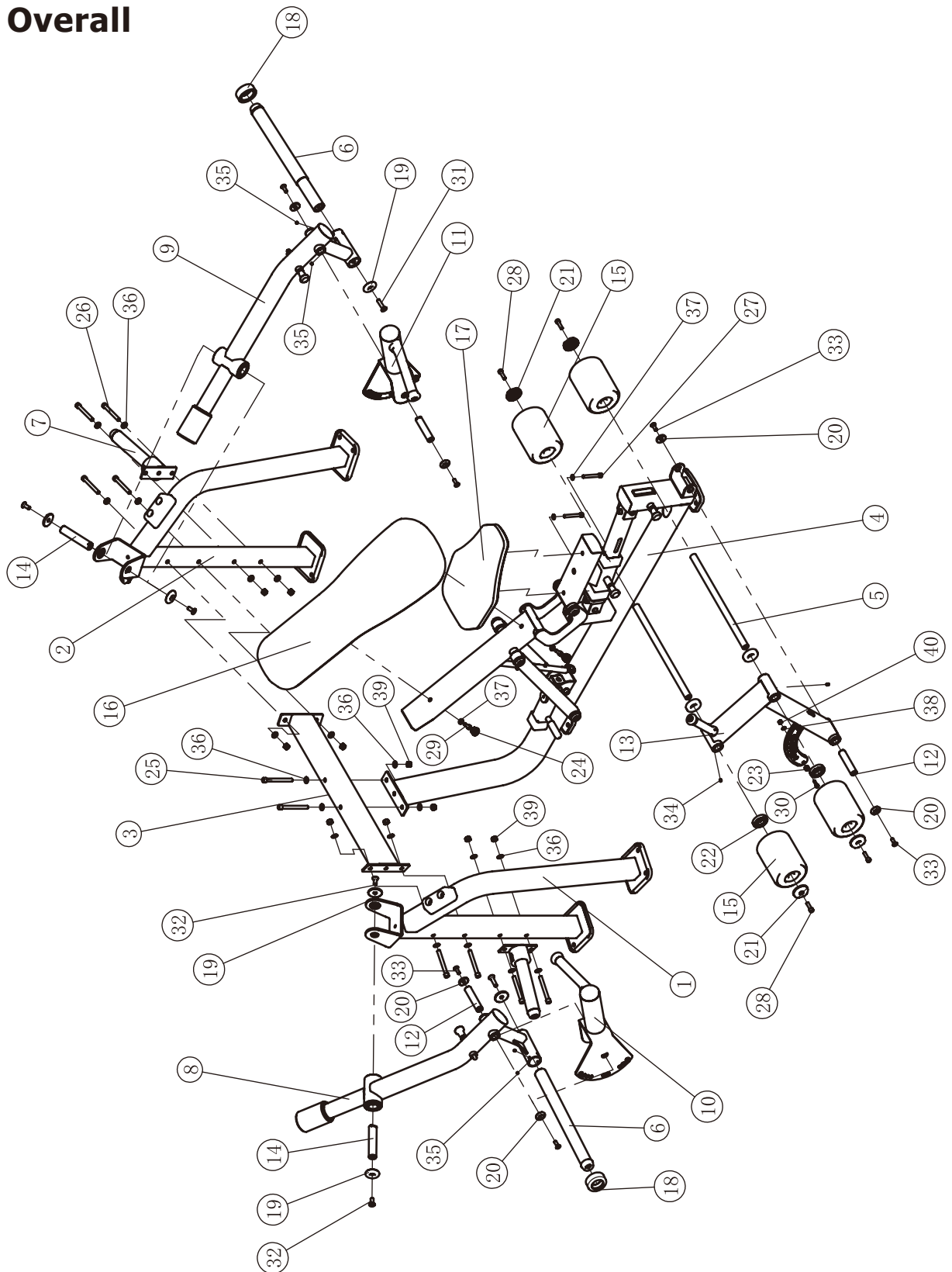
# Exploded View and Parts List

## Overall

Item No.	Grade No.	Part No.	Description	QTY
1	1	SL704601ASSY	Left Frame ASSY	1
2	2	SL704602ASSY	Right Frame ASSY	1
3	3	SL70460300	Rear Crossmember	1
4	4	SL704604ASSY	Main Frame ASSY	1
5	5	ABS701307ASSY	Foam Tube ASSY	2
6	6	SL703910ASSY	Weight Horn ASSY	2
7	7	SL703911ASSY	Weight Plate Storage ASSY	2
8	8	SL704608ASSY	Left Arm Frame ASSY	1
9	9	SL704609ASSY	Right Arm Frame ASSY	1
10	10	SL70461000ASSY	Left Handle Frame ASSY	1
11	11	SL70461100ASSY	Right Handle Frame ASSY	1
12	12	SL70462300	Pivot Shaft $\Phi 25.4$	3
13	13	SL704613ASSY	Swing Frame ASSY	1
14	14	SL70462400	Pivot Shaft $\Phi 30$	2
15	15	SL950221ASSY	Foam Pad	4
16	16	SL70462500	Back Pad	1
17	17	SL70461700	Seat Pad	1
18	18	SL70011600	Weight Horn Rubber Donut	2
19	19	SL70011700	Aluminum End Cap $\Phi 54*\Phi 12.5*10.6$	6
20	20	IN-D21202000	Aluminum End Cap $\Phi 38*\Phi 10.5*8$	6
21	21	IT95062000	Cap ASSY	4
22	22	IE95029100	Plastic Ring $\Phi 60*\Phi 26*12$	4
23	23	IN-S10111200	Sleeve $\Phi 17*10.5$	1
24	24	E7DZB1000	Plug $\Phi 31.5*18$	2
25	25	GB70M12*125DHS20	Socket Head Cap Screw M12*125	2
26	26	GB70M12*105DHS20	Socket Head Cap Screw M12*105	8
27	27	GB70M10*75DHS20	Socket Head Cap Screw M10*75	2
28	28	GB70M10*35*35DHS20NL	Socket Head Cap Screw M10*35	4
29	29	GB70M10*30DHS20	Socket Head Cap Screw M10*30	2
30	30	GB70M8*25DHS20	Socket Head Cap Screw M8*25	1
31	31	CNLM12*50*50DS20NL	Flat Head Cap Screw M12*50	2
32	32	CNLM12*30DS20NL	Flat Head Cap Screw M12*30	4
33	33	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	6
34	34	GB77M8*10DS18NL	Socket Set Screw M8*10	2
35	35	GB77M8*6DS18NL	Socket Set Screw M8*6	4
36	36	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	20
37	37	GB9510DHS2	Flat Washer $\Phi 11*\Phi 23*2$	4
38	38	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	1
39	39	NM12DHS2	Nylon Lock Nut M12	10
40	40	NM8DHS2	Nylon Lock Nut M8	1
41	41	NBS4DHS	Hex Key S=4	1
42	42	NBS6DHS	Hex Key S=6	1
43	43	NBS8DHS	Hex Key S=8	1
44	44	NBS10DHS	Hex Key S=10	1

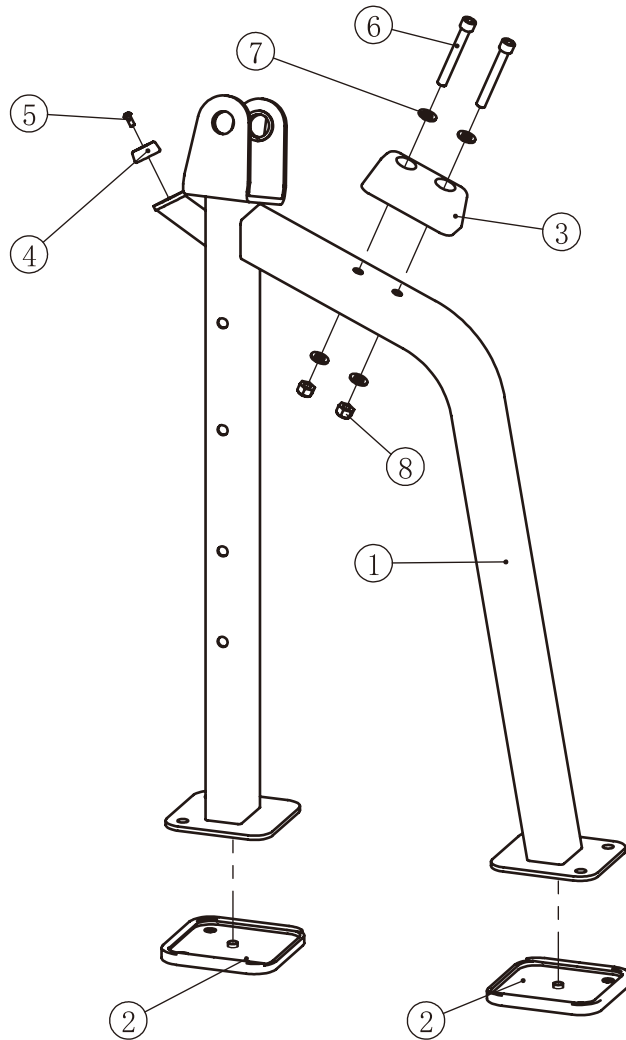
# Exploded View and Parts List

## Overall



# Exploded View and Parts List

## Left Frame ASSY

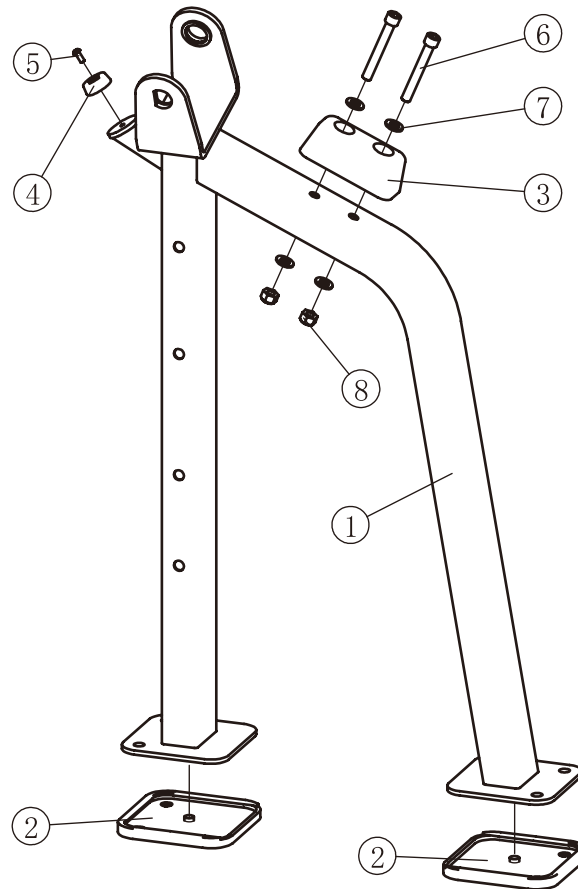


Item No.	Grade No.	Part No.	Description	QTY
1	1.1	SL70460100	Left Frame	1
2	1.2	CWRVL0051200V1	Rubber Foot	2
3	1.3	PL380800	Large Rubber Bumper	1
4	1.4	PS10007100	Bumper	1
5	1.5	PNLM6*15DHS20	Button Head Cap Screw M16*15	1
6	1.6	GB70M12*90DHS20	Socket Head Cap Screw M12*120	2
7	1.7	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*1.5$	4
8	1.8	NM12DHS2	Nylon Lock Nut M12	2



# Exploded View and Parts List

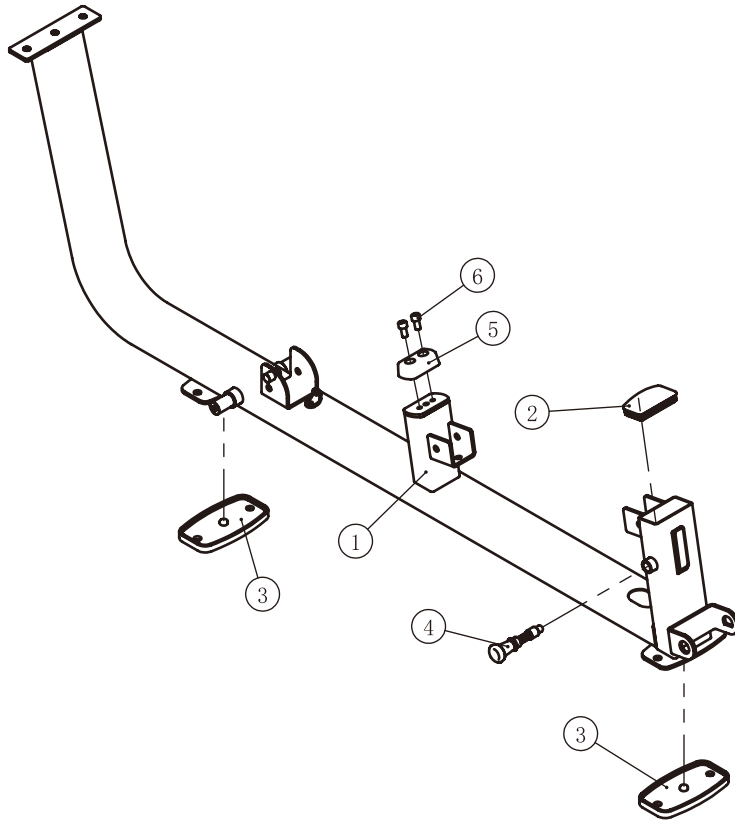
## Right Frame ASSY



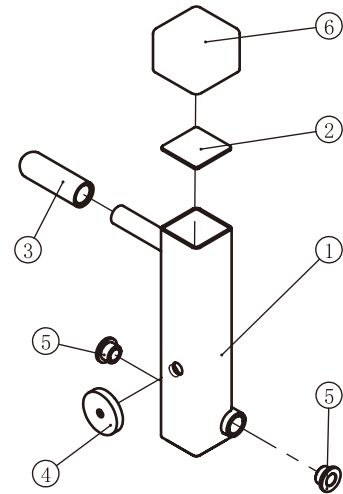
Item No.	Grade No.	Part No.	Description	QTY
1	2.1	SL70460200	Right Frame	1
2	2.2	CWRVL0051200V1	Rubber Foot	2
3	2.3	PL380800	Large Rubber Bumper	1
4	2.4	PS10007100	Bumper	1
5	2.5	PNLM6*15DHS20	Button Head Cap Screw M16*15	1
6	2.6	GB70M12*90DHS20	Socket Head Cap Screw M12*120	2
7	2.7	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*1.5$	4
8	2.8	NM12DHS2	Nylon Lock Nut M12	2

# Exploded View and Parts List

## Main Frame Sub ASSY



## Swinging Support Frame ASSY

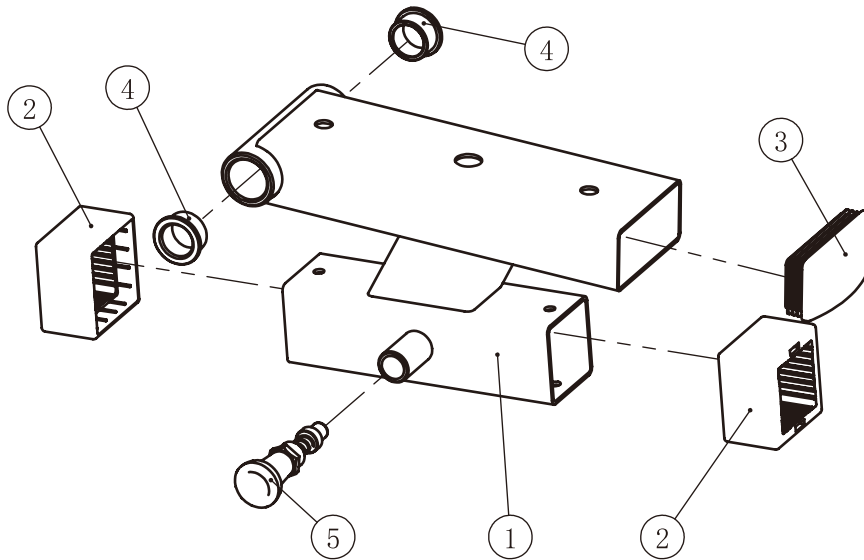


Item No.	Grade No.	Part No.	Description	QTY
1	4.1.1	SL70460400	Main Frame	1
2	4.1.2	VLP8000	Pipe Plug □50*100	1
3	4.1.3	BS81223100	Rubber Foot	2
4	4.1.4	IT95021600	Spring Pin	1
5	4.1.5	RS17000400	Bumper	1
6	4.1.6	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2

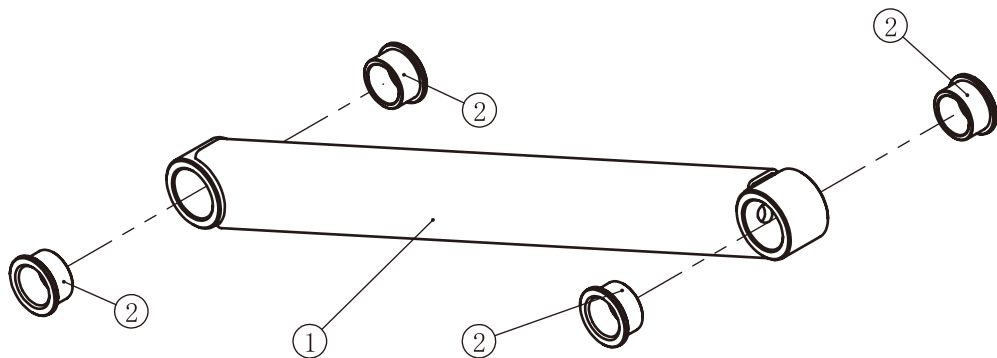
Item No.	Grade No.	Part No.	Description	QTY
1	4.2.1	SL70461200	Swinging Support Frame	1
2	4.2.2	CHBRUTEX0703	The Seal Plate	1
3	4.2.3	PBF70001Y	Grip Φ26*Φ19*80	1
4	4.2.4	TPF-533000	Bumper Φ45*8	1
5	4.2.5	M01402000	Bushing Φ25*Φ18*Φ12.2*13	2
6	4.2.6	PBF60101	Square Rubber Sleeve □50*46	1

# Exploded View and Parts List

## Sliding Rack ASSY



## Support Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	4.5.1	SL70460500	Sliding Rack	1
2	4.5.2	KPSOB2100V1	Tube Guide □63.5*□50.8	2
3	4.5.3	VLP8000	Pipe Plug □50*100	1
4	4.5.4	M02502000	Bushing $\Phi 38*\Phi 32*\Phi 25.4*18$	2
5	4.5.5	IT95251600	Spring Pin	1

Item No.	Grade No.	Part No.	Description	QTY
1	4.7.1	SL70410700	Support Frame	1
2	4.7.2	M02502000	Bushing $\Phi 38*\Phi 32*\Phi 25.4*18$	4

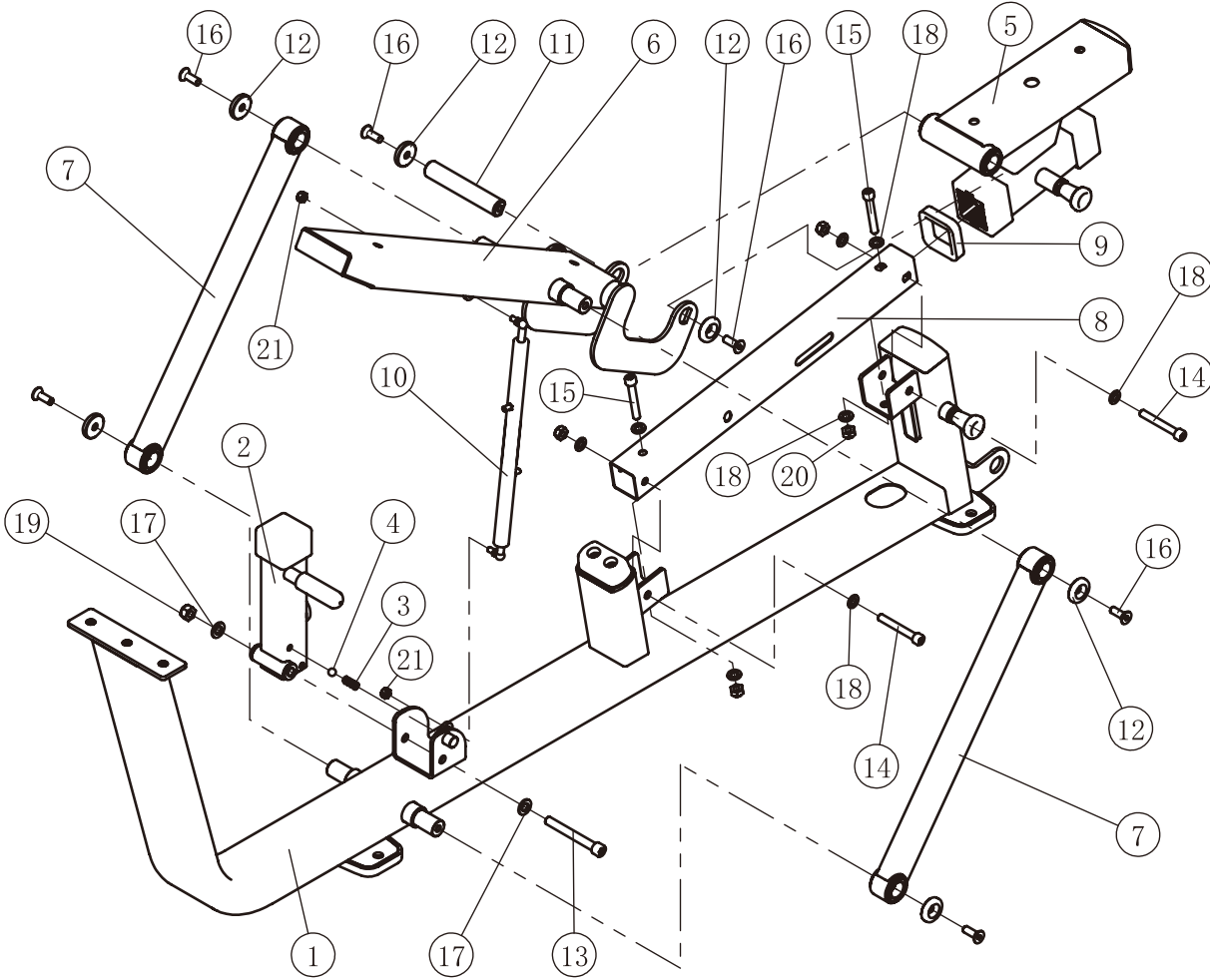
# Exploded View and Parts List

## Main Frame ASSY

Item No.	Grade No.	Part No.	Description	QTY
1	4.1	SL70460400ASSY	Main Frame Sub ASSY	1
2	4.2	SL70461200ASSY	Swinging Support Frame ASSY	1
3	4.3	SL70412500	Spring	1
4	4.4	PBF9001803	Ball	1
5	4.5	SL704605ASSY	Sliding Rack ASSY	1
6	4.6	SL70460600	Back Pad Frame	1
7	4.7	SL704107ASSY	Support Frame ASSY	2
8	4.8	SL70461500	Adjustable Tube	1
9	4.9	IF93272100	Limit Bumper	1
10	4.10	QD22-420-14	Gas Spring	1
11	4.11	SL70462200	Pivot Shaft $\Phi 25.4$	1
12	4.12	IN-D21202000	Aluminum End Cap $\Phi 38*\Phi 10.5*8$	6
13	4.13	GB70M12*100DHS20	Socket Head Cap Screw M12*100	1
14	4.14	GB70M10*75DHS20	Socket Head Cap Screw M10*75	2
15	4.15	GB70M10*70DHS20	Socket Head Cap Screw M10*35	2
16	4.16	CNLM10*30*30DS20NL	Flat Head Cap Screw M10*30	6
17	4.17	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*1.5$	2
18	4.18	GB9510DHS2	Flat Washer $\Phi 11*\Phi 23*2$	8
19	4.19	NM12DHS2	Nylon Lock Nut M12	1
20	4.20	NM10DHS2	Nylon Lock Nut M10	4
21	4.21	NM8DHS2	Nylon Lock Nut M8	2

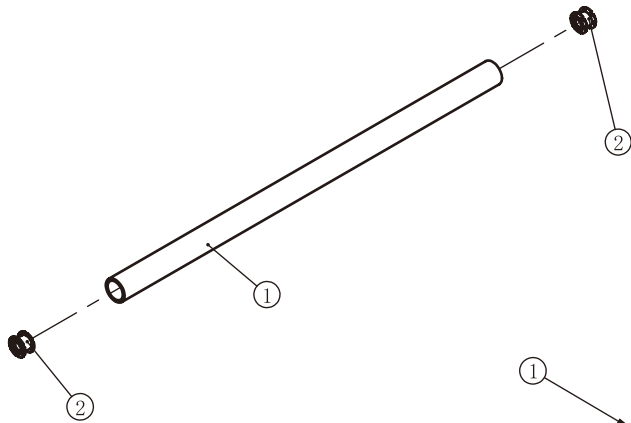
# Exploded View and Parts List

## Main Frame ASSY

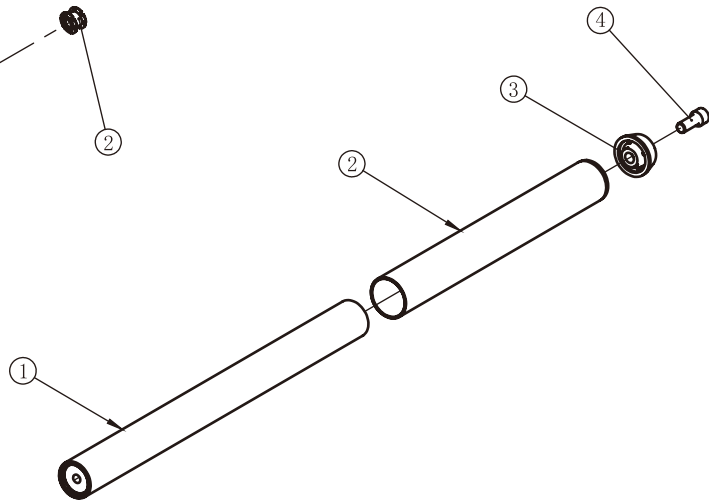


# Exploded View and Parts List

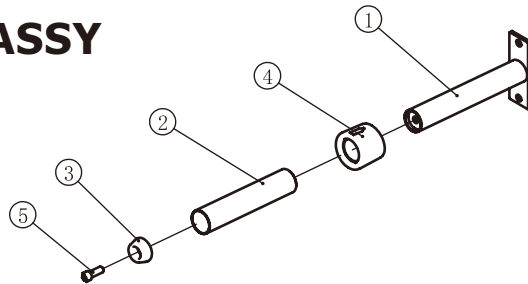
## Foam Tube ASSY



## Weight Horn ASSY



## Weight Plate Storage ASSY



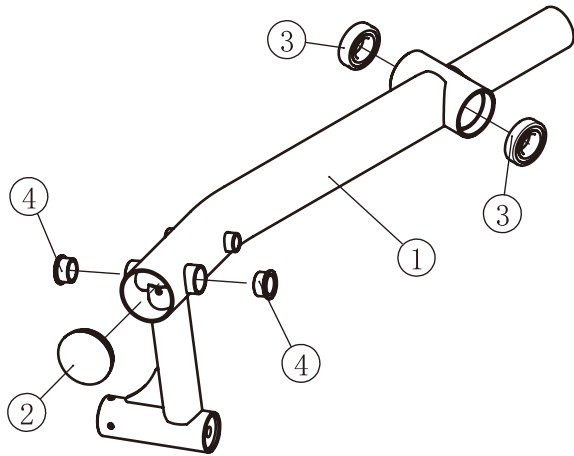
Item No.	Grade No.	Part No.	Description	QTY
1	5.1	ABS70130700	Foam Tube	1
2	5.2	IF81165000	Nut $\Phi 25$	2

Item No.	Grade No.	Part No.	Description	QTY
1	6.1	SL70391000	Weight Horn	1
2	6.2	HSP70522000	Long Weight Horn Sleeve	1
3	6.3	SL70012000	Weight Horn Plastic Cap	1
4	6.4	GB70M12*30DS20NL	Socket Head Cap Screw M12*30	1

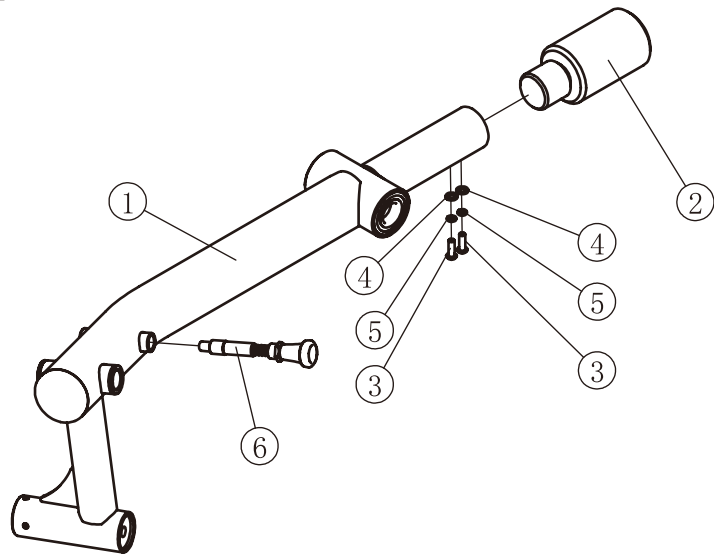
Item No.	Grade No.	Part No.	Description	QTY
1	7.1	SL70391100	Weight Plate Storage	1
2	7.2	PL0702800	Weight Horn Sleeve	1
3	7.3	PL0702300	Weight Horn Plastic Cap	1
4	7.4	PL4003200	Weight Horn Rubber Donut	1
5	7.5	GB70M12*35N19	Socket Head Cap Screw M12*35	1

# Exploded View and Parts List

## Left Arm Frame Sub ASSY



## Left Arm Frame ASSY



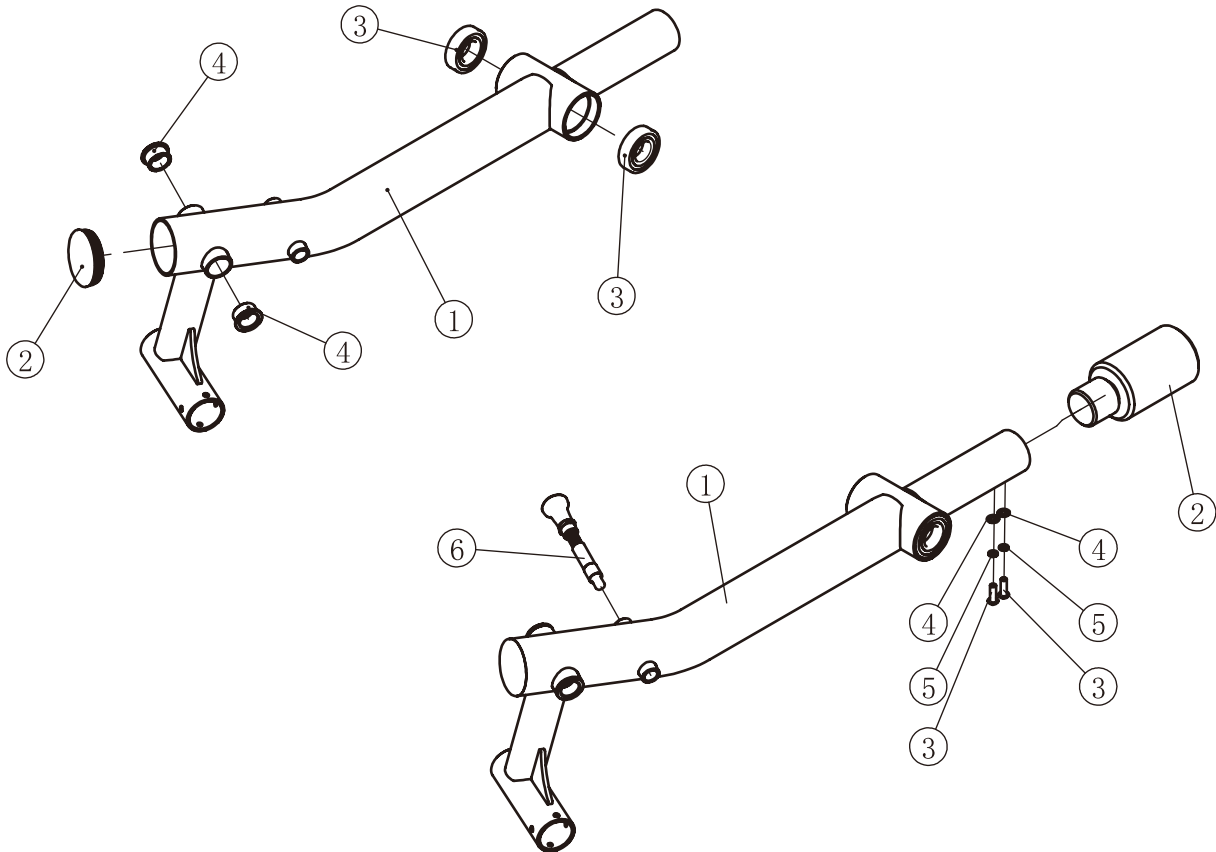
Item No.	Grade No.	Part No.	Description	QTY
1	8.1.1	SL70460800	Left Arm Frame	1
2	8.1.2	HF42641300	Pipe Plug $\Phi 76$	1
3	8.1.3	GB2766206-2ZC3	Deep Groove Ball Bearing $\Phi 30*\Phi 62*16$	2
4	8.1.4	M02502000	Bushing $\Phi 38*\Phi 32*\Phi 25.4*18$	2

Item No.	Grade No.	Part No.	Description	QTY
1	8.1	SL70460800ASSY	Left Arm Frame Sub ASSY	1
2	8.2	IT95121200	Counter Poise Block	1
3	8.3	PNLM8*25DHS20	Button Head Cap Screw M8*25	2
4	8.4	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
5	8.5	GB938DHS12	Spring Washer $\Phi 8$	2
6	8.6	SL70461800	Spring Pin	1

# Exploded View and Parts List

## Right Arm Frame Sub ASSY

## Right Arm Frame ASSY



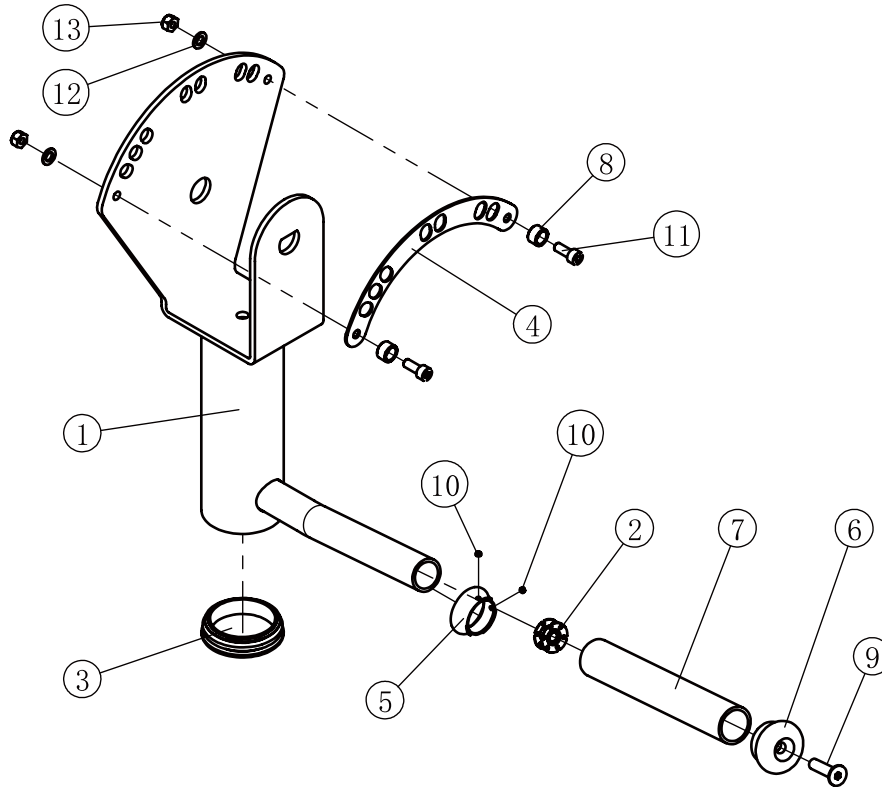
Item No.	Grade No.	Part No.	Description	QTY
1	9.1.1	SL70460900	Right Arm Frame	1
2	9.1.2	HF42641300	Pipe Plug $\Phi 76$	1
3	9.1.3	GB2766206-2ZC3	Deep Groove Ball Bearing $\Phi 30*\Phi 62*16$	2
4	9.1.4	M02502000	Bushing $\Phi 38*\Phi 32*\Phi 25.4*18$	2

Item No.	Grade No.	Part No.	Description	QTY
1	9.1	SL70460900ASSY	Right Arm Frame Sub ASSY	1
2	9.2	IT95121200	Counter Poise Block	1
3	9.3	PNLM8*25DHS20	Button Head Cap Screw M8*25	2
4	9.4	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	2
5	9.5	GB938DHS12	Spring Washer $\Phi 8$	2
6	9.6	SL70461800	Spring Pin	1



# Exploded View and Parts List

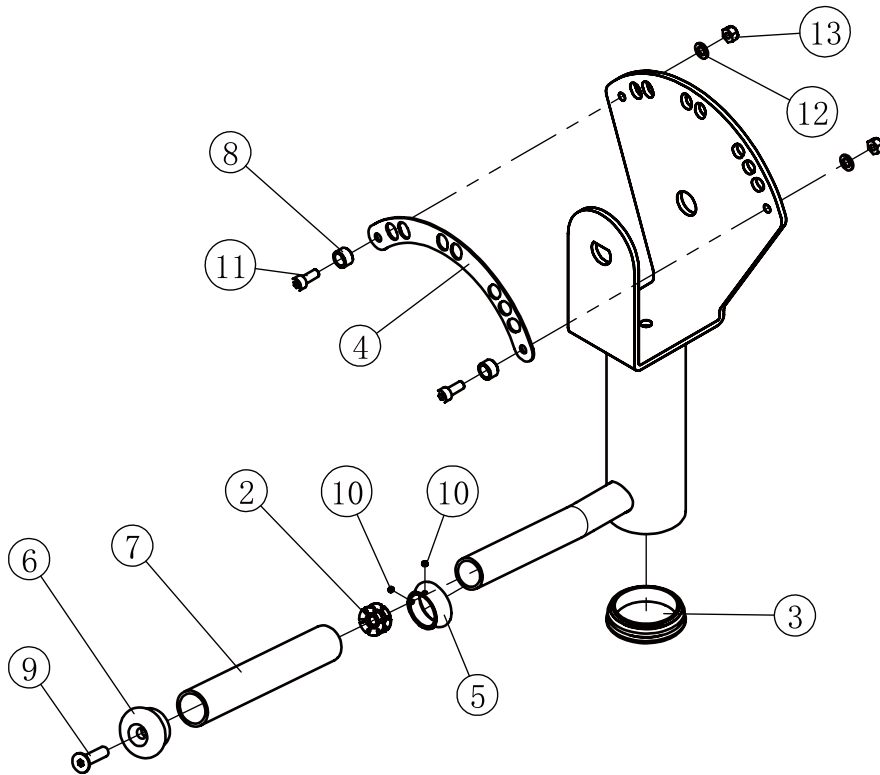
## Left Handle Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	10.1	SL70461000	Left Handle Frame	1
2	10.2	IF81212700	Nut $\Phi 32$	1
3	10.3	HF42641300	Pipe Plug $\Phi 76$	1
4	10.4	SL70461900	Left Lining Plate	1
5	10.5	IT90122100	Aluminium Grip Ring $\Phi 32$	1
6	10.6	IT90122000	Aluminium Grip Cap $\Phi 32$	1
7	10.7	026-01PL0235-23	$\Phi 32$ Grip	1
8	10.8	IN-S10111200	Sleeve $\Phi 17 \times 10.5$	2
9	10.9	CNLM10*40N19NL	Flat Head Cap Screw M10*40	1
10	10.10	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32*3.2	2
11	10.11	GB70M8*20DHS20	Socket Head Cap Screw M18*20	2
12	10.12	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
13	10.13	NM8DHS2	Nylon Lock Nut M8	2

# Exploded View and Parts List

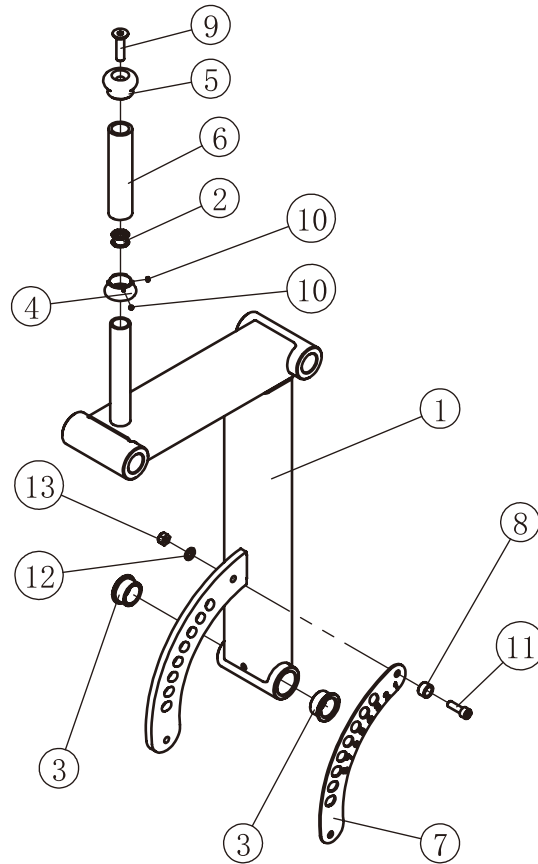
## Right Handle Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	11.1	SL70461100	Right Handle Frame	1
2	11.2	IF81212700	Nut $\Phi 32$	1
3	11.3	HF42641300	Pipe Plug $\Phi 76$	1
4	11.4	SL70462000	Right Lining Plate	1
5	11.5	IT90122100	Aluminium Grip Ring $\Phi 32$	1
6	11.6	IT90122000	Aluminium Grip Cap $\Phi 32$	1
7	11.7	026-01PL0235-23	$\Phi 32$ Grip	1
8	11.8	IN-S10111200	Sleeve $\Phi 17 \times 10.5$	2
9	11.9	CNLM10*40N19NL	Flat Head Cap Screw M10*40	1
10	11.10	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32*3.2	2
11	11.11	GB70M8*20DHS20	Socket Head Cap Screw M18*20	2
12	11.12	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	2
13	11.13	NM8DHS2	Nylon Lock Nut M8	2

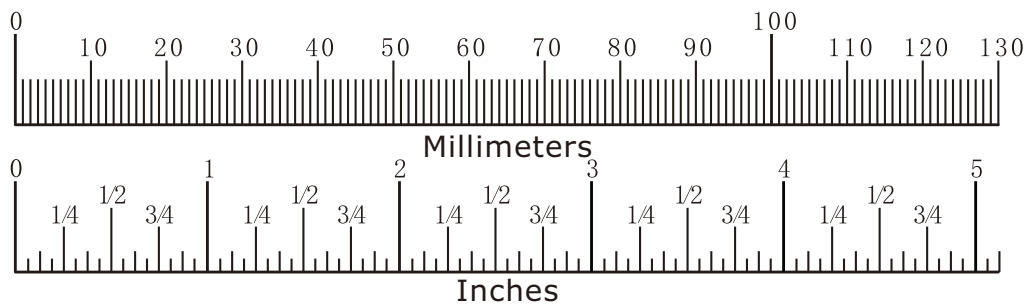
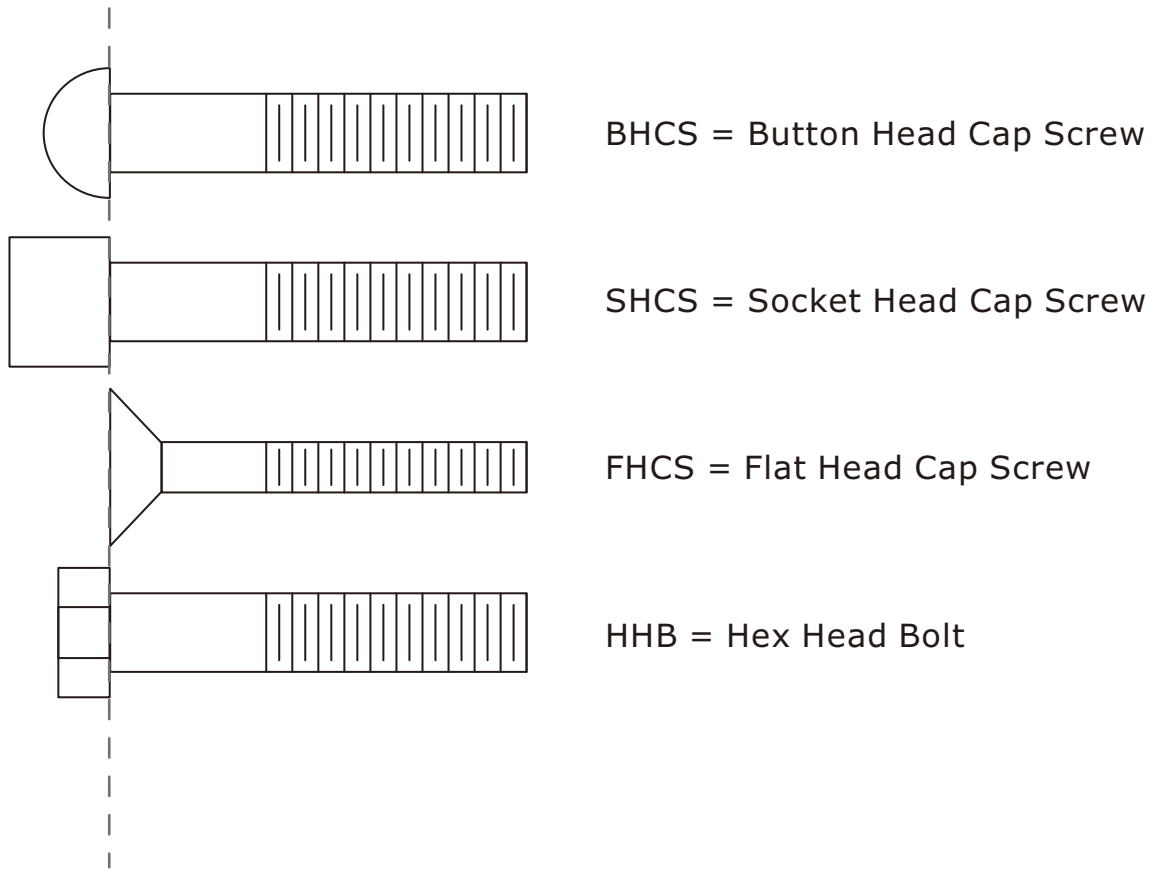
# Exploded View and Parts List

## Swing Frame ASSY



Item No.	Grade No.	Part No.	Description	QTY
1	13.1	SL70461300	Swing Frame	1
2	13.2	IF81165000	Nut $\Phi 25$	1
3	13.3	M02502000	Bushing $\Phi 38*\Phi 32*\Phi 25.4*18$	2
4	13.4	IT90102200	Aluminium Grip Ring $\Phi 25$	1
5	13.5	IT90102100	Aluminium Grip Cap $\Phi 25$	1
6	13.6	026-01PL0206-12	$\Phi 25$ Grip	1
7	13.7	SL70462100	Lining Plate	1
8	13.8	IN-S10111200	Sleeve $\Phi 17*10.5$	1
9	13.9	CNLM10*40N19NL	Flat Head Cap Screw M10*40	1
10	13.10	YZGB7710-32*3.2N19NL	Socket Set Screw 10-32*3.2	2
11	13.11	GB70M8*25DHS20	Socket Head Cap Screw M18*25	1
12	13.12	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	1
13	13.13	NM8DHS2	Nylon Lock Nut M8	1

# 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

Attach the Left Frame ASSY (#1) and the Right Frame ASSY (#2) with the Rear Crossmember (#3) and the Main Frame ASSY (#4) using:

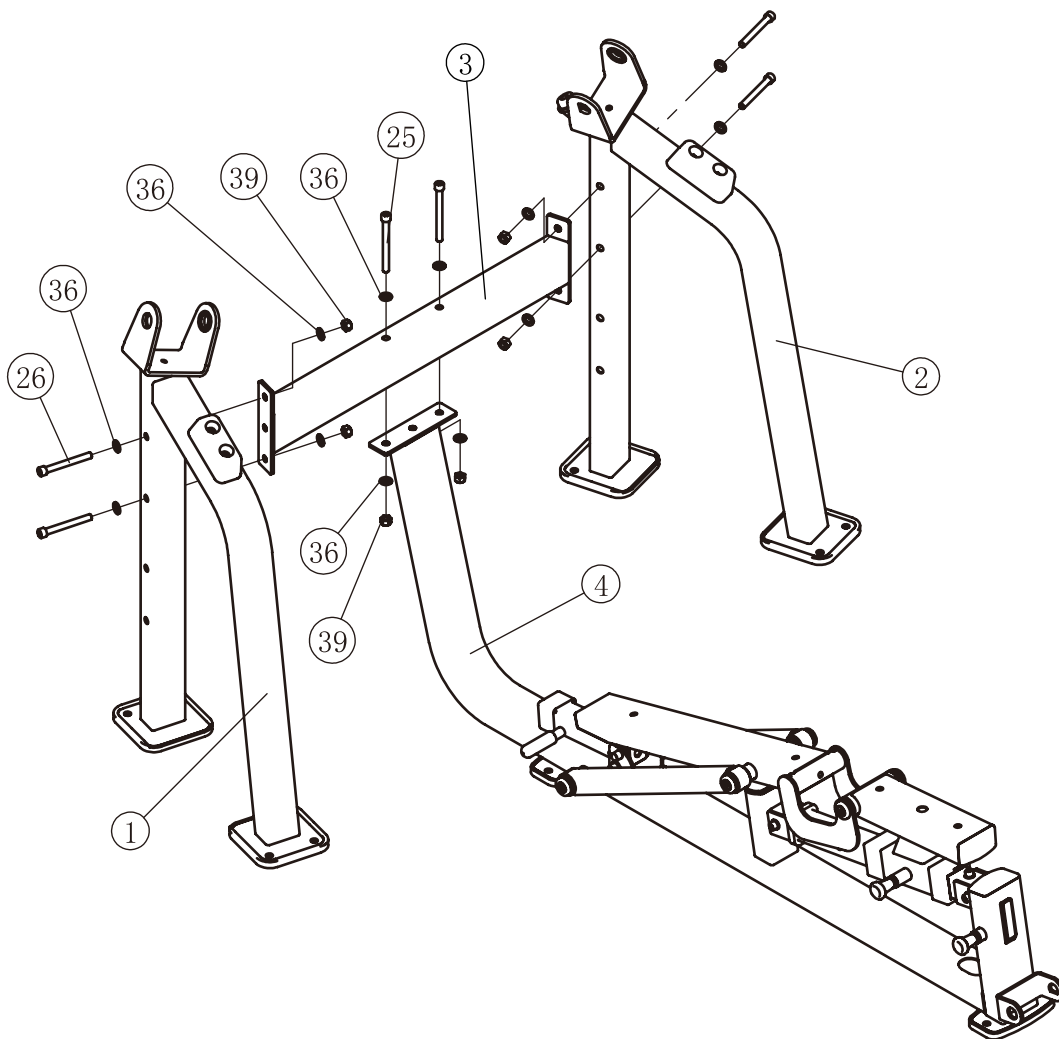
two M12\*125 SHCS (#25)

four M12\*105 SHCS (#26)

twelve  $\Phi 13*\Phi 24*2.5$  Flat Washer (#36)

six M12 Nylon Lock Nut (#39)

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

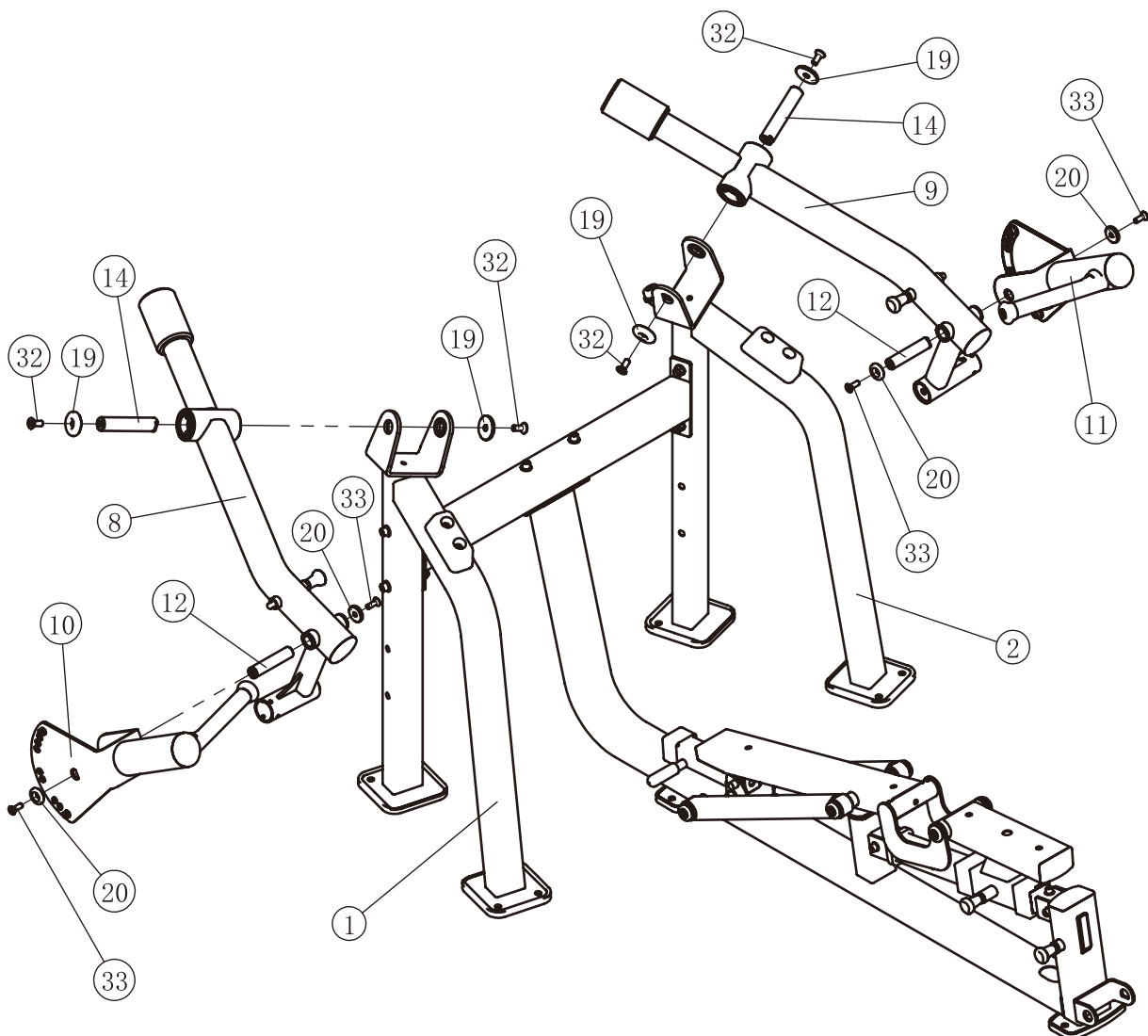


# Assembly

## STEP 2

1. Attach the Left Arm Frame ASSY (#8) and the Right Arm Frame ASSY (#9) to the Left Frame ASSY (#1) and the Right Frame ASSY (#2) using:  
two Pivot Shaft  $\Phi 30$  (#14)  
four  $\Phi 54 \times \Phi 12.5 \times 10.6$  Aluminum End Cap (#19)  
four M12\*30 FHCS (#32)
2. Attach the Left Handle Frame ASSY (#10) and the Right Handle Frame ASSY (#11) to the Left Arm Frame ASSY (#8) and the Right Arm Frame ASSY (#9) using:  
two Pivot Shaft  $\Phi 25.4$  (#12)  
four  $\Phi 38 \times \Phi 10.5 \times 8$  Aluminum End Cap (#20)  
four M10\*30 FHCS (#33)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

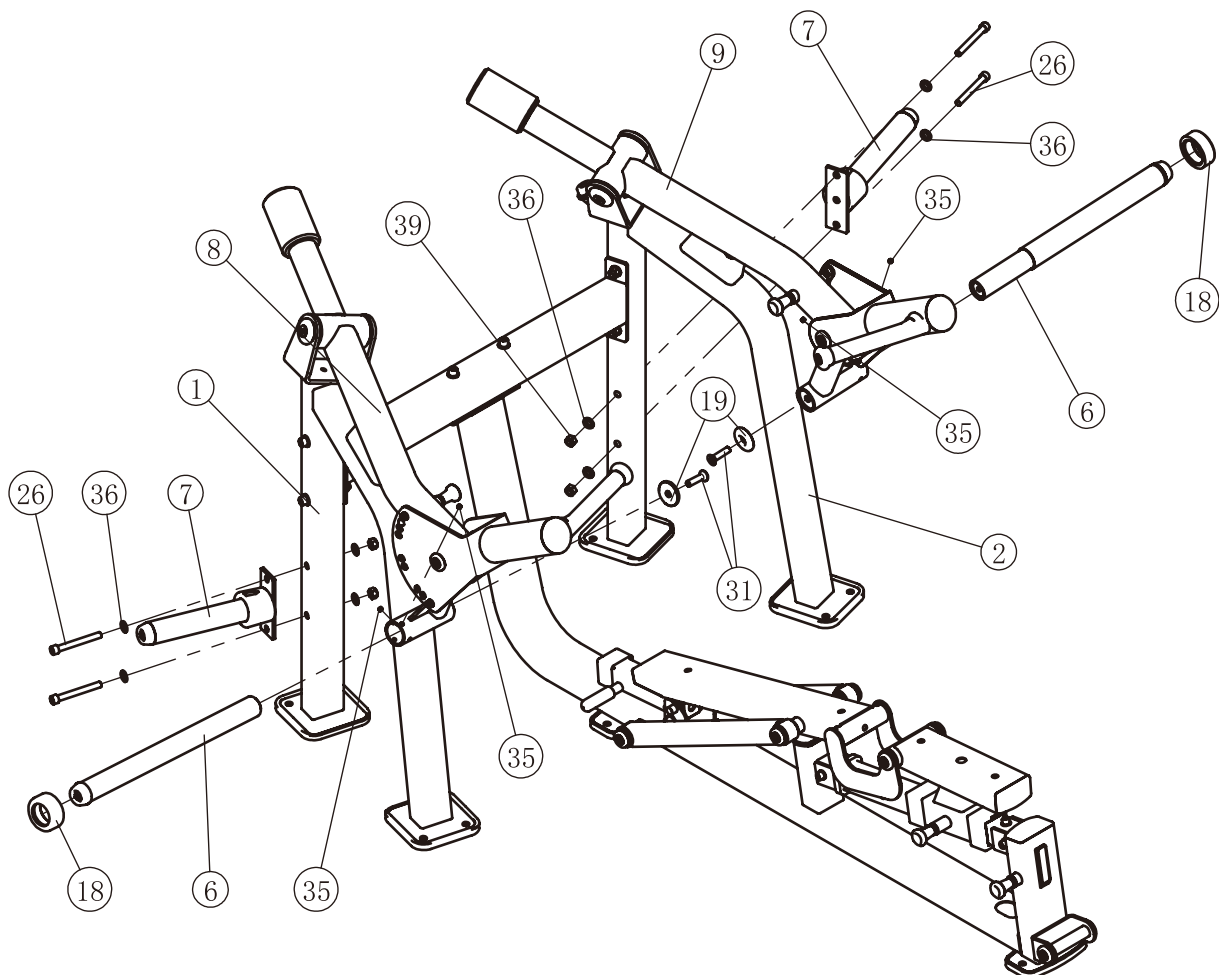


# Assembly

## STEP 3

1. Attach two Weight Plate Storage ASSY (#7) to the Left Frame ASSY (#1) and the Right Frame ASSY (#2) using:  
four M12\*105 SHCS (#26)  
eight  $\Phi 13*\Phi 24*2.5$  Flat Washer (#36)  
four M12 Nylon Lock Nut (#39)
2. Attach two Weight Horn ASSY (#6) to the Left Arm Frame ASSY (#8) and the Right Arm Frame ASSY (#9) using:  
two Weight Horn Rubber Donut (#18)  
two  $\Phi 54*\Phi 12.5*10.6$  Aluminum End Cap (#19)  
two M10\*50 FHCS (#31)  
four Socket Set Screw M8\*6 (#35)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



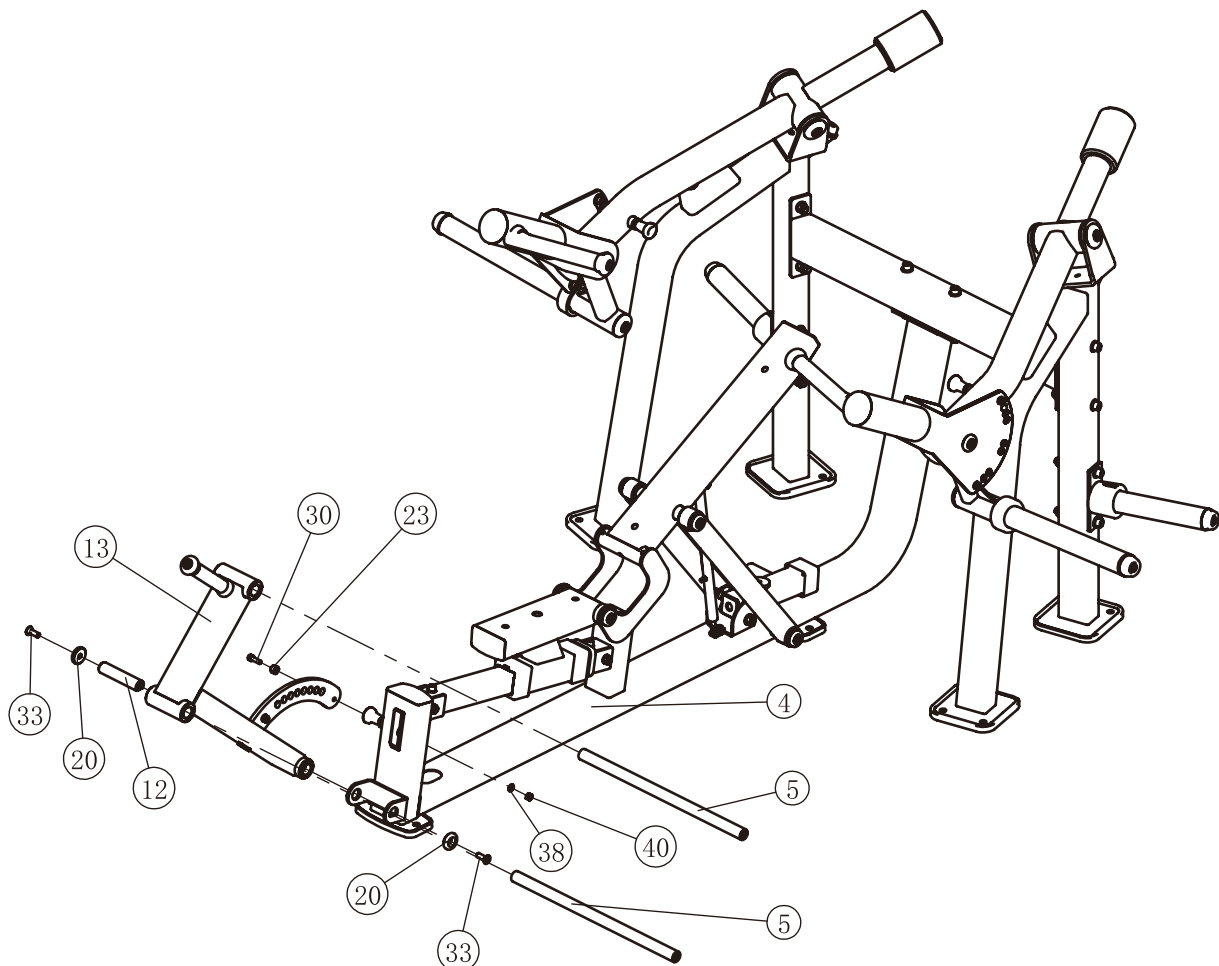


# Assembly

## STEP 4

1. Attach the Swing Frame ASSY (#13) to the Main Frame ASSY (#4) using:
  - one Pivot Shaft  $\Phi 25.4$  (#12)
  - two  $\Phi 38 \times \Phi 10.5 \times 8$  Aluminum End Cap (#20)
  - two M10\*30 FHCS (#33)
  - one M8\*25 SHCS (#30)
  - one Sleeve  $\Phi 17 \times 10.5$  (#23)
  - one  $\Phi 9 \times \Phi 16 \times 1.6$  Flat Washer (#38)
  - one M8 Nylon Lock Nut (#40)
2. Attach two Foam Tube ASSY (#5) to the Swing Frame ASSY (#13).

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



# Assembly

## STEP 5

1. Attach four Foam Pad (#15) to two Foam Tube ASSY (#5) and the Swing Frame ASSY (#13) using:

four Cap ASSY (#21)

four  $\Phi 60 \times \Phi 26 \times 12$  Plastic Ring (#22)

four M10\*35 SHCS (#28)

two Socket Set Screw M8\*10 (#34)

2. Attach the Seat Pad (#17) to the Main Frame ASSY (#4) using:

two M10\*75 SHCS (#27)

two  $\Phi 11 \times \Phi 23 \times 2$  Flat Washer (#37)

3 Attach the Back Pad (#16) to the Main Frame ASSY (#4) using:

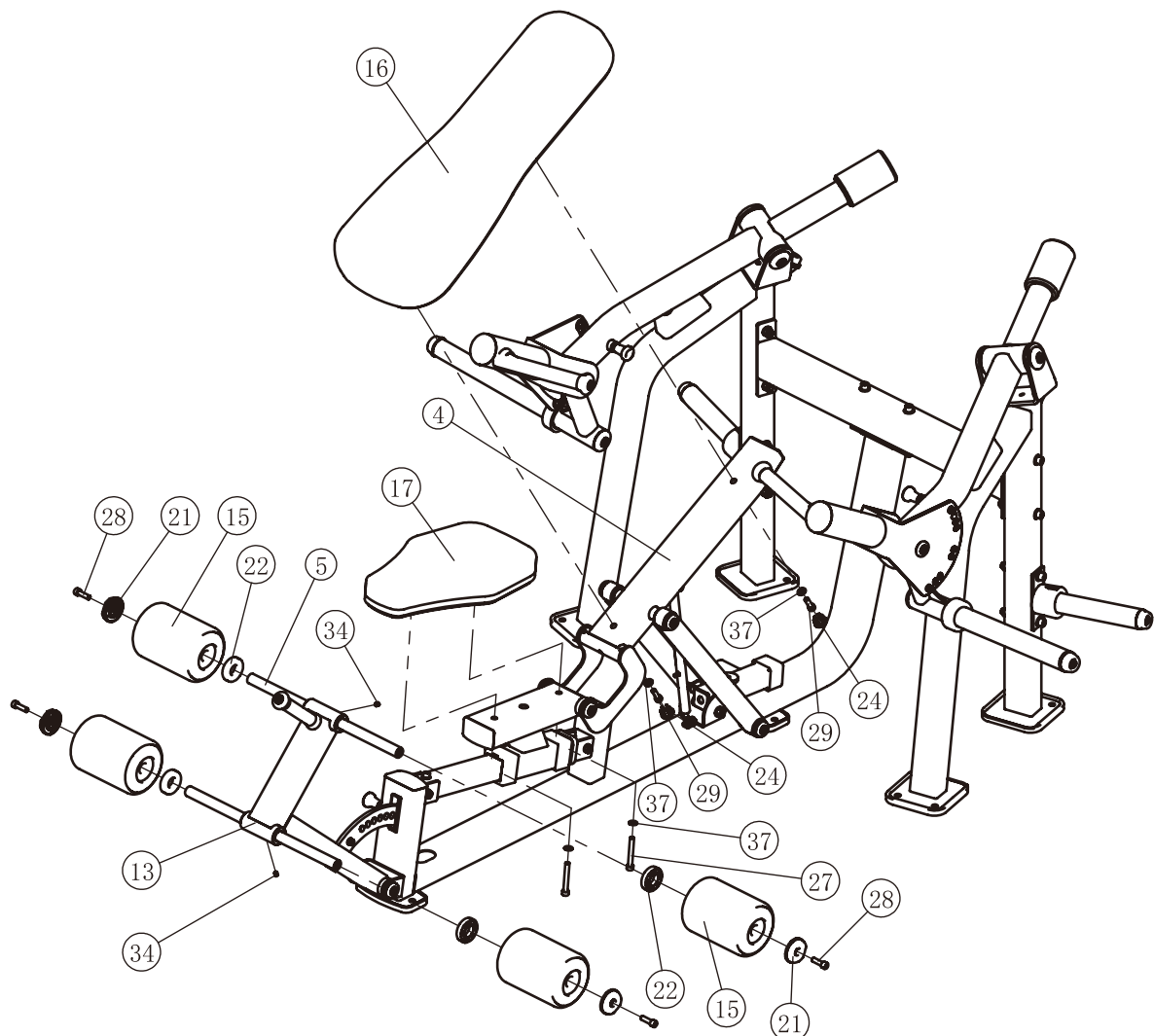
two Plug  $\Phi 31.5 \times 18$  (#24)

two M10\*30 SHCS (#29)

two  $\Phi 11 \times \Phi 23 \times 2$  Flat Washer (#37)

**Note: Wrench tighten bolts and Nylon Lock Nuts.**

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



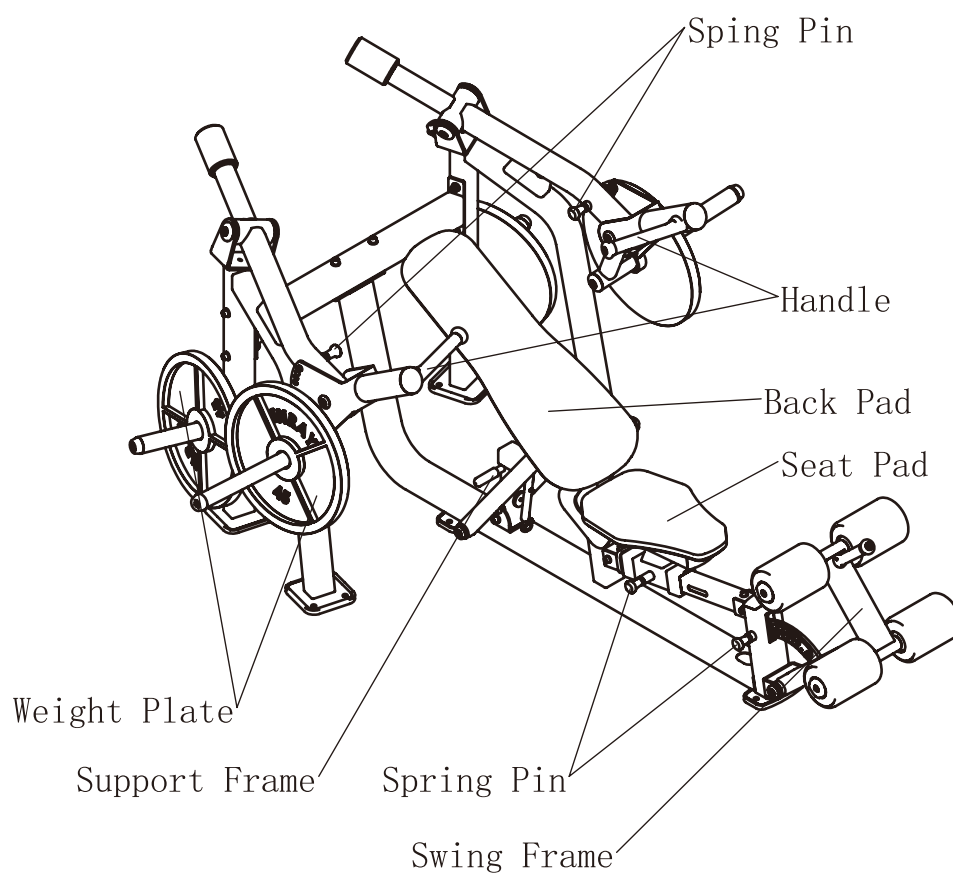
# Adjust Instructions and Exercise Instructions

## 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.

## Desired position adjustment

1. Pull the spring pin, adjust the Seat Pad\Back pad\ Swing Frame\ Support Frame\ Handle to the desired position and then release the spring pin.
2. Make sure the pin gets into the hole completely.

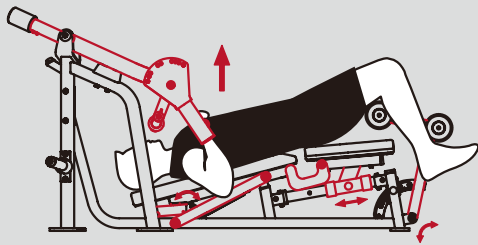


# Adjust Instructions and Exercise Instructions

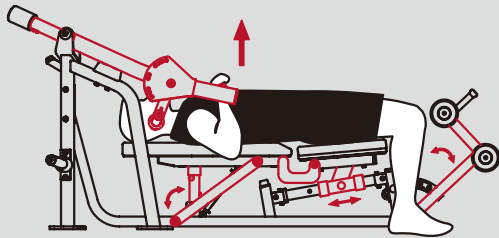
## Exercise Instructions

1. Select an appropriate weight.
2. Adjust the spring pin to the desired position (Decline\ Flat\ Incline).
3. Sit with back against back pad and seat in desired position.
4. Press handles straight upward.
5. Slowly return to starting position.

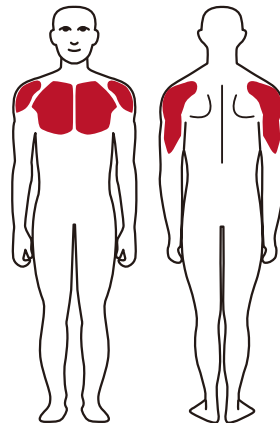
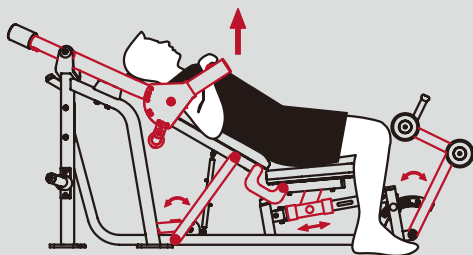
*Decline Chest Press*



*Flat Chest Press*



*Incline Chest Press*



# 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.

