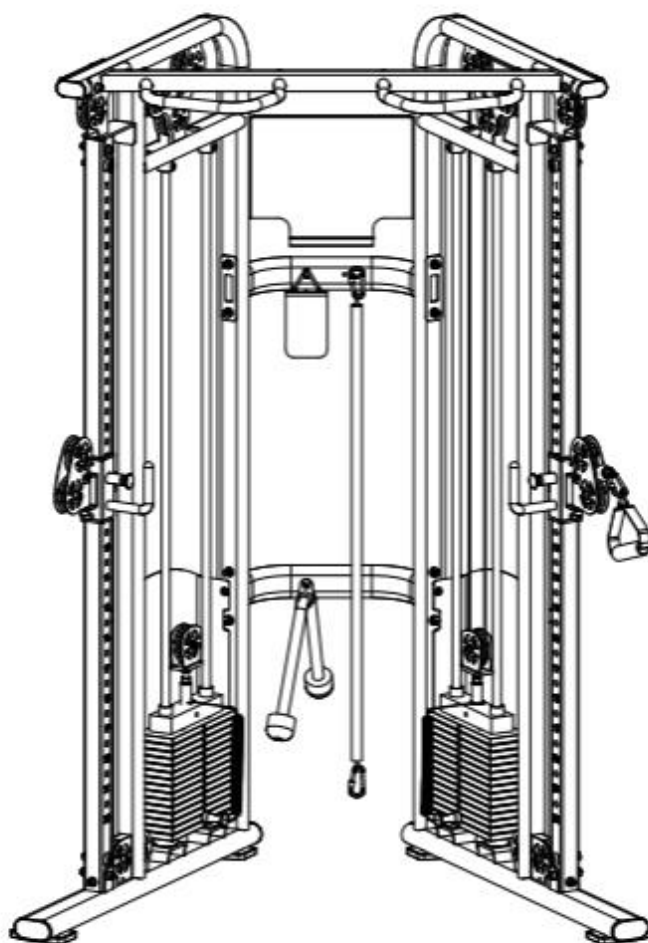




FUNCTIONAL TRAINER



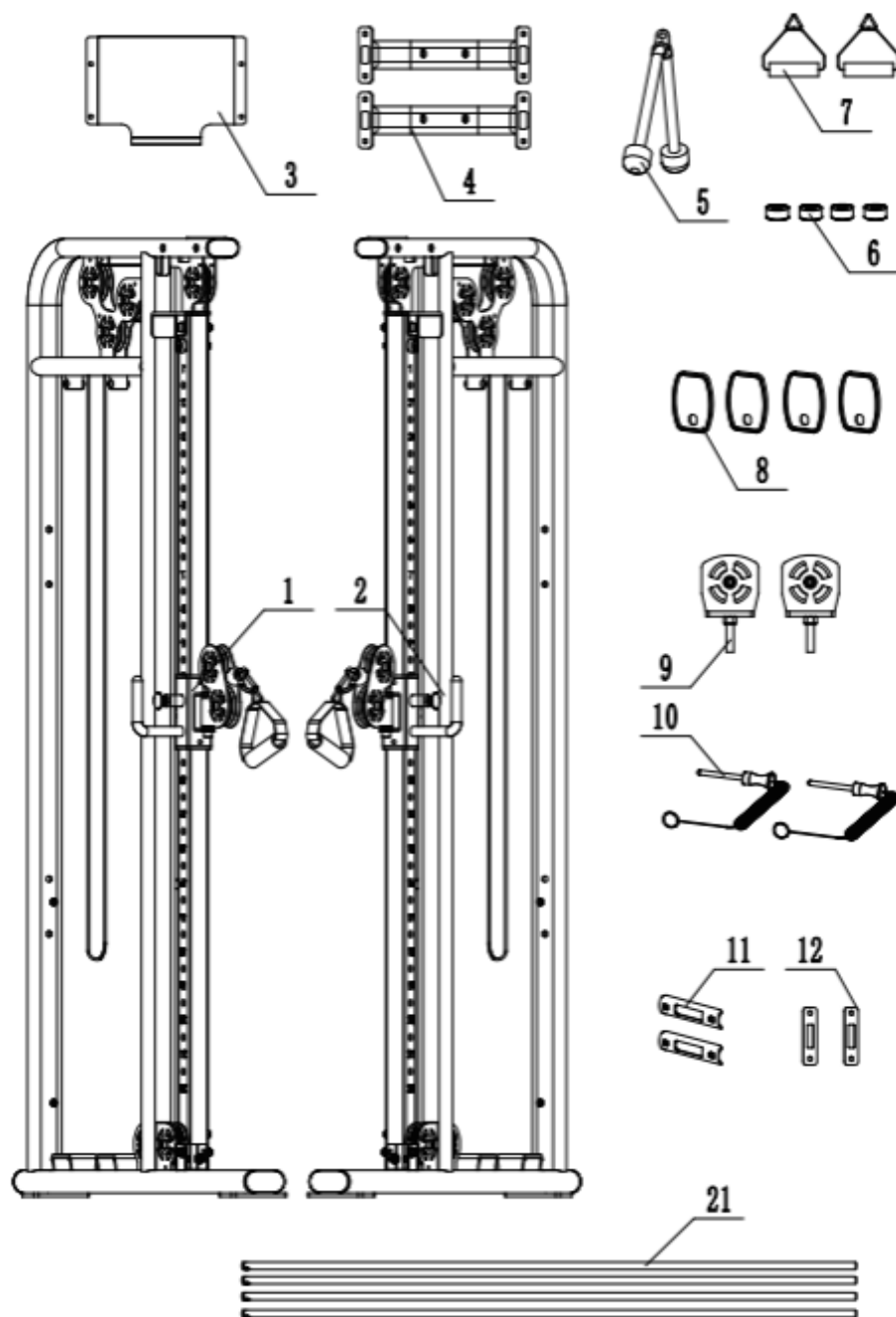
Operator's Manual

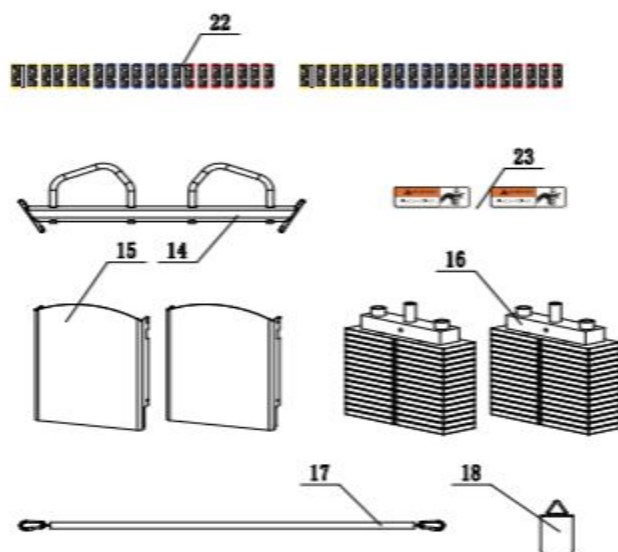
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!



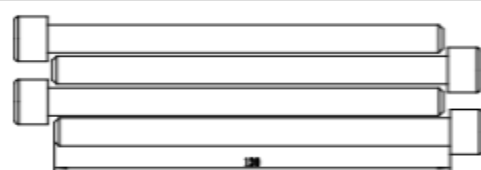
Bubble #	Part Number	Description	Qty
1	5001-001-V1	Left main frame	1
2	5001-002-V1	Right main frame	1
3	5001-003-V1	Logo plate	1
4	5001-004-V1	Rear connection tube	2
5	5001-005-V1	Triceps rope	1
6	5001-006-V1	Weighting buffer	4
7	5001-007-V1	Pull handle	2
8	5001-008-V1	Gasket	4
9	5001-009-V1	Moving pulley	2
10	5001-010-V1	Weight stack selector	2
11	5001-011-V1	Cambered strength plate	2
12	5001-012-V1	Flat strength plate	2
13	5001-013-V1	Cable	2
14	5001-014-V1	Top connection tube	1
15	5001-015-V1	Rear cover	2
16	5001-016-V1	Weight stack	2 groups
17	5001-017-V1	Rod	1
18	5001-018-V1	Foot cover	1
19	5001-019-V1	Left pulley frame	1
20	5001-020-V1	Right pulley frame	1
21	5001-021-V1	Guide rod	4
22	5001-022-V1	Weight stack sticker	2
23	5001-023-V1	Hand warning sticker	2
24		Cylinder head hex bolt M10*60	4
25		Cylinder head hex bolt M10*75	4
26		Cylinder head hex bolt M10*70	2
27		Cylinder head hex bolt M10*65	4
28		Cylinder head hex bolt M8*16	12
29		Flat washer Φ8	12
30		Flat washer Φ10	76
31		Self locking nut M10	40
32		Cylinder head hex bolt M10*105	4
33		Cylinder head hex bolt M10*50	18
34		Cylinder head hex bolt M12*100	2
35		Counter sunk head hex bolt M10*75	4
36		Counter sunk head hex bolt M12*70	2
37		Flat washer Φ12	4
38		Self locking nut M12	2
39		Spring washer Φ12	2
40		Nut M12	4
41		Rivet Φ4*13	4
42		Top thread M8×16	4
43		Yellow aluminum handle M10	2
44		Rubber handle grip Φ18.5*90	2
45		Aluminum pulley Φ89	18
46		Tube plug 50×100	4
47		Hollow sleeve square 60 to 50	4
48		Spring Φ12	2
49		Small copper sleeve	4
50		Nylong stopper Φ32*15	4
51		Self locking hook	4
52		Tube plug 40*80	2
53		Cylinder head hex bolt M10*20	4
54		Handle grip Φ25x450	2
55		Top thread M5x3.5	8
56		Aluminum stopper ring Φ25	4

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW

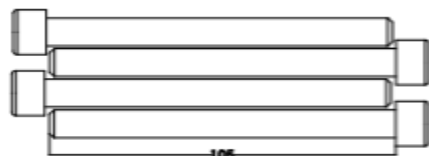




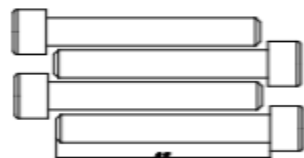
HARDWARE PACK



M10x120(4)



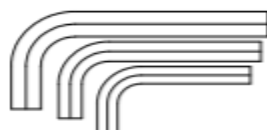
NO. 32 M10x105(4)



NO. 27 M10x65(4)



NO. 24 M10x60(4)



4#/6#/8# Allen Wrench(1)



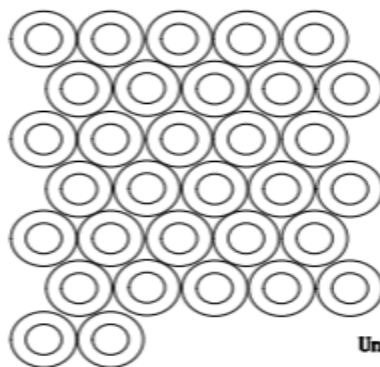
NO. 28 M8x16(12)



NO. 29 ø8(12)



NO. 31 ø10(16)



NO. 30 ø10(32)



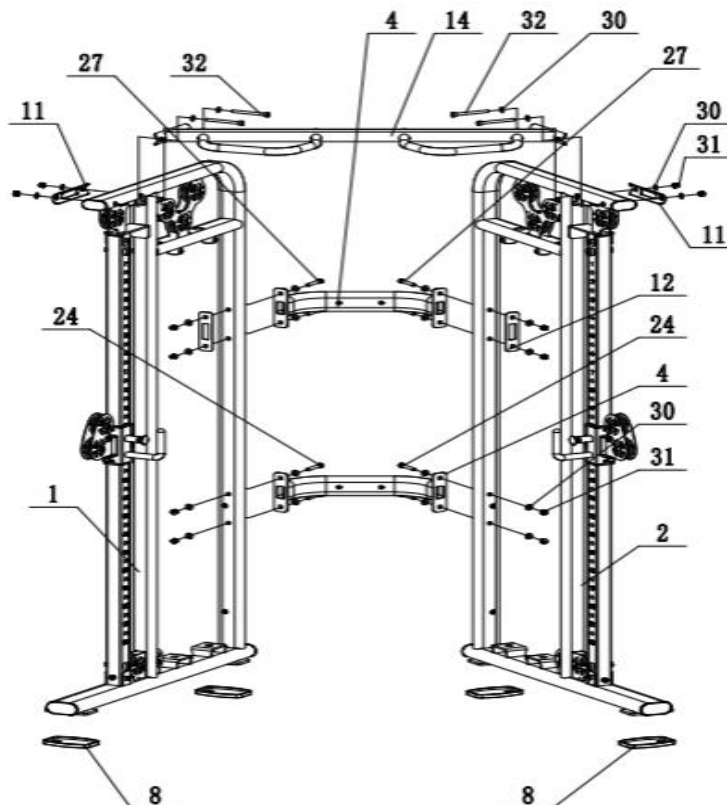
Universal Wrench(1)

ASSEMBLY INSTRUCTIONS – STEP 1

1. Put 8 (Gasket) on 1 (Left main frame) and 2 (Right main frame).
2. Connect 1, 2 and 4 (Rear connection tube), using 12 (Flat strength plate), 27 (M10*65 bolt), 30 (Flat washer), and 31 (Self locking nut).
3. Connect 1, 2 and 14 (Top connection tube), using 30 (Washer), 31 (Nut), and 32 (M10*105 bolt).

Bubble #	Description	Qty
1	Left main frame	1
2	Right main frame	1
4	Rear connection tube	2
8	Gasket	4
11	Cambered strength plate	2
12	Flat strength plate	2
14	Top connection tube	1
27	Cylinder head hex bolt M10*65	4
30	Flat washer $\Phi 10$	76
31	Self locking nut M10	40
32	Cylinder head hex bolt M10*105	4

STEP 1

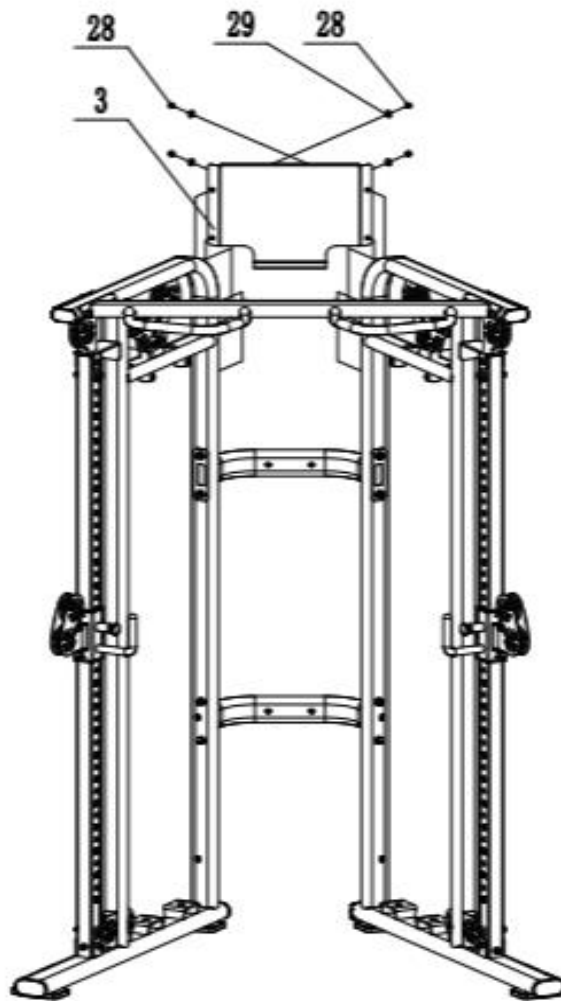


ASSEMBLY INSTRUCTIONS – STEP 2

1. Connect 3 (Logo plate), using 28 (M8*16 bolt) and 29 (Flat washer).

Bubble #	Description	Qty
3	Logo plate	1
28	Cylinder head hex bolt M8*16	12
29	Flat washer $\Phi 8$	12

STEP 2

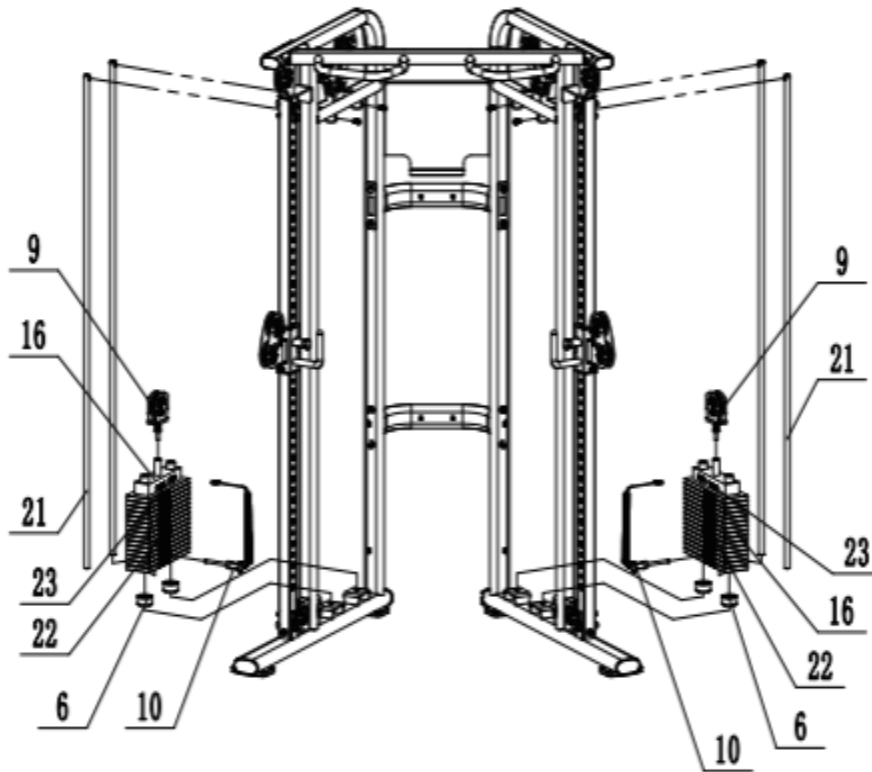


ASSEMBLY INSTRUCTIONS – STEP 3

1. Put 21 (Guide rod) into 1 and 2. Add 6 (Weight buffer), 16 (Weight stack), and top plates.
2. Tighten 21, insert 10 (Selector pin) in 9 (Moving pulley), attach pulley to top plate.
3. Apply 22 (Weight stack sticker) and 23 (Warning sticker).

Bubble #	Description	Qty
6	Weighting buffer	4
9	Moving pulley	2
10	Weight stack selector	2
16	Weight stack	2 groups
21	Guide rod	4
22	Weight stack sticker	2
23	Hand warning sticker	2

STEP 3

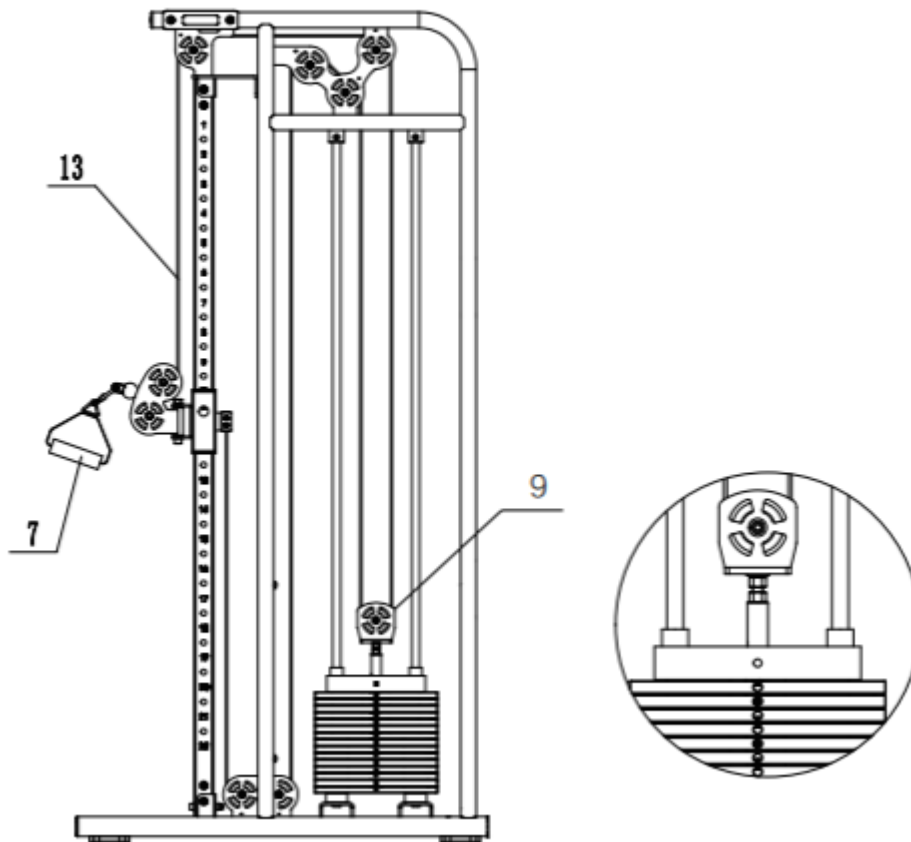


ASSEMBLY INSTRUCTIONS – STEP 4

1. Remove 9 (Pulley), route 13 (Cable) through it, ensure cable is seated correctly.
2. Connect 7 (Pull handle) and test for smooth operation.
3. Lock the nut.

Bubble #	Description	Qty
7	Pull handle	2
9	Moving pulley	2
13	Cable	2

STEP 4



ASSEMBLY INSTRUCTIONS – STEP 5

1. Connect 15 (Rear cover) using 28 and 29.
2. Attach 5 (Triceps rope), 17 (Push rod), and 18 (Foot cover), tighten all bolts.

Bubble #	Description	Qty
5	Triceps rope	1
15	Rear cover	2
17	Rod	1
18	Foot cover	1
28	Cylinder head hex bolt M8*16	12
29	Flat washer $\Phi 8$	12

STEP 5

