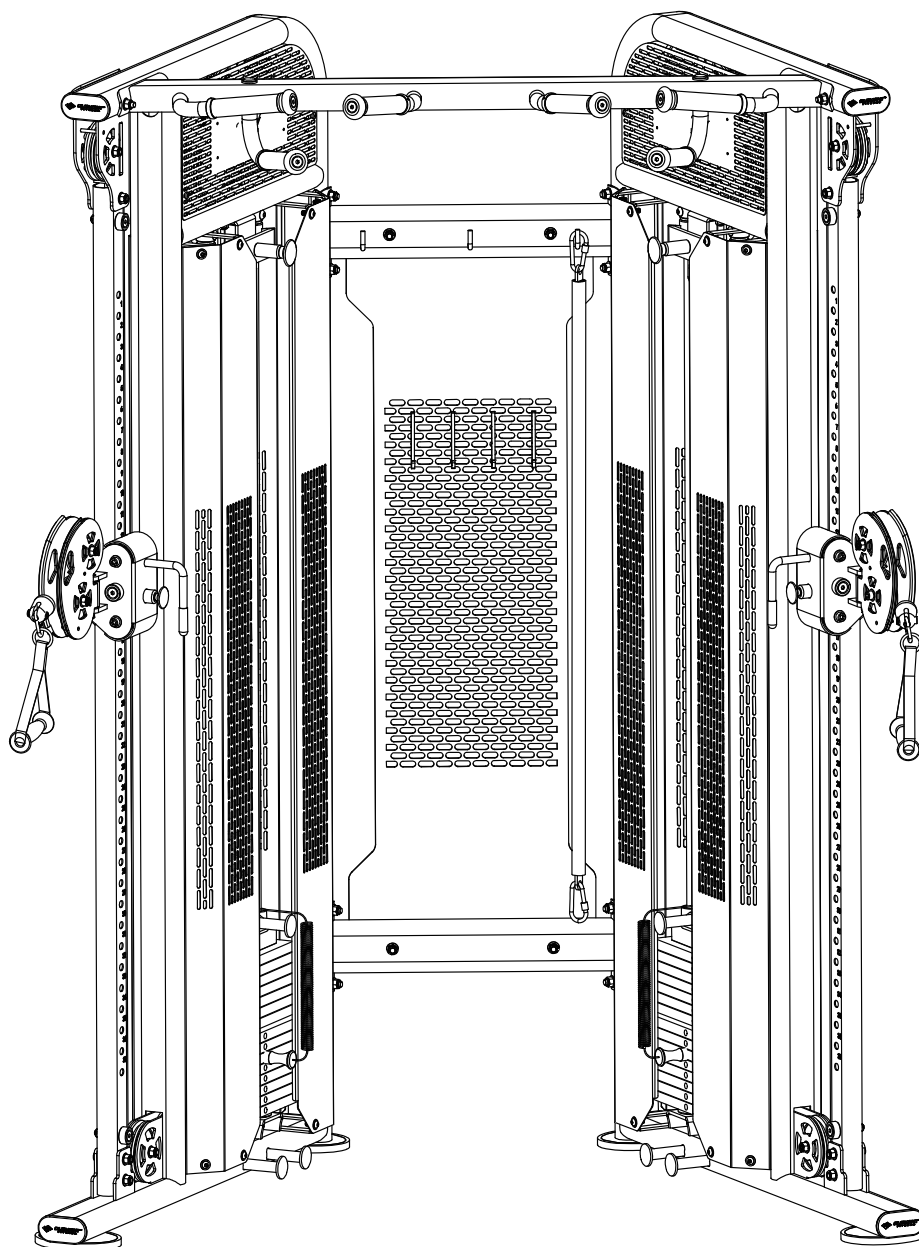




GRONK FITNESS CFT



CALIFORNIA PROPOSITION 65 WARNING

This product contains one or more chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm.

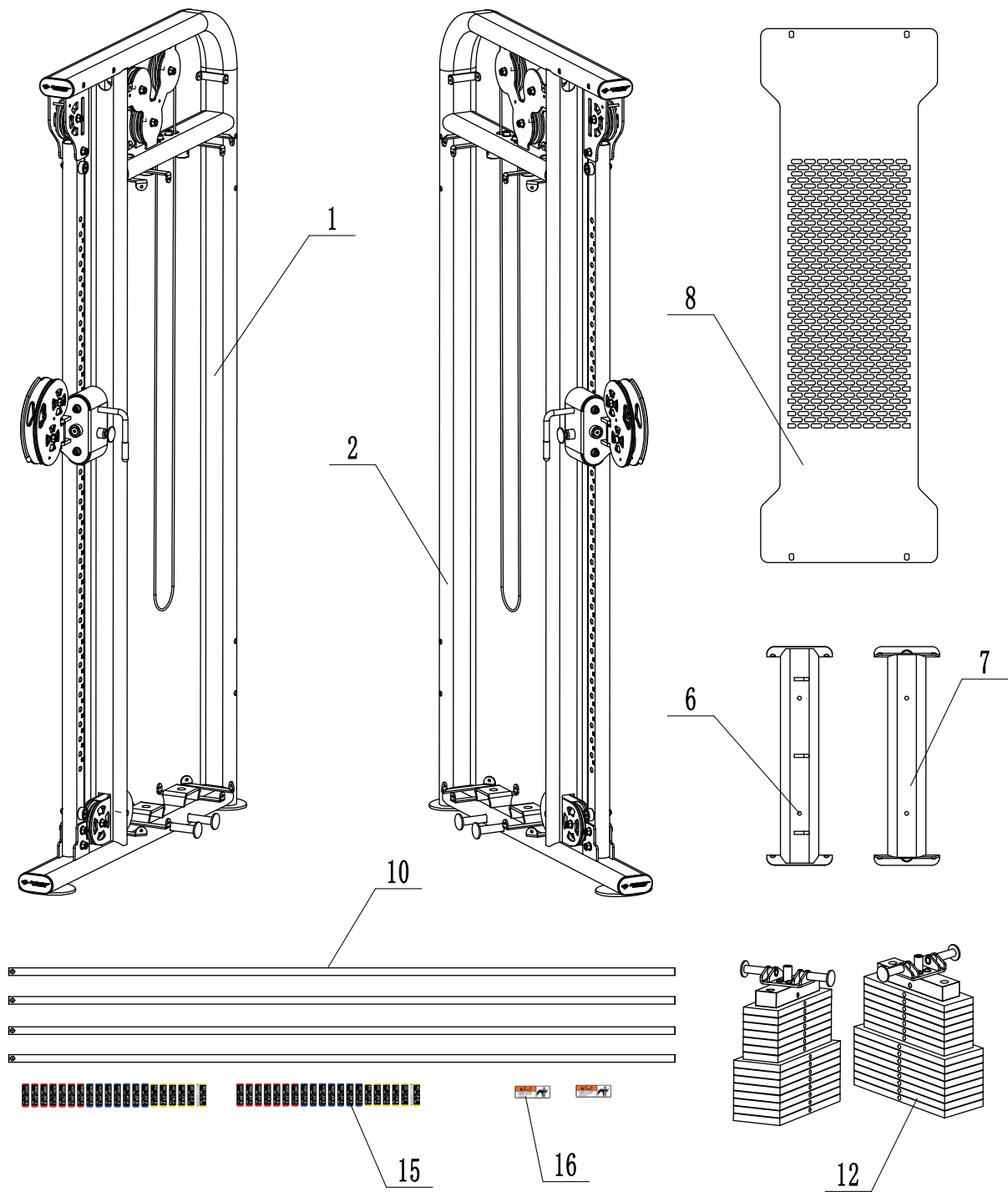
For more information, visit www.P65Warnings.ca.gov.

Operator's Manual

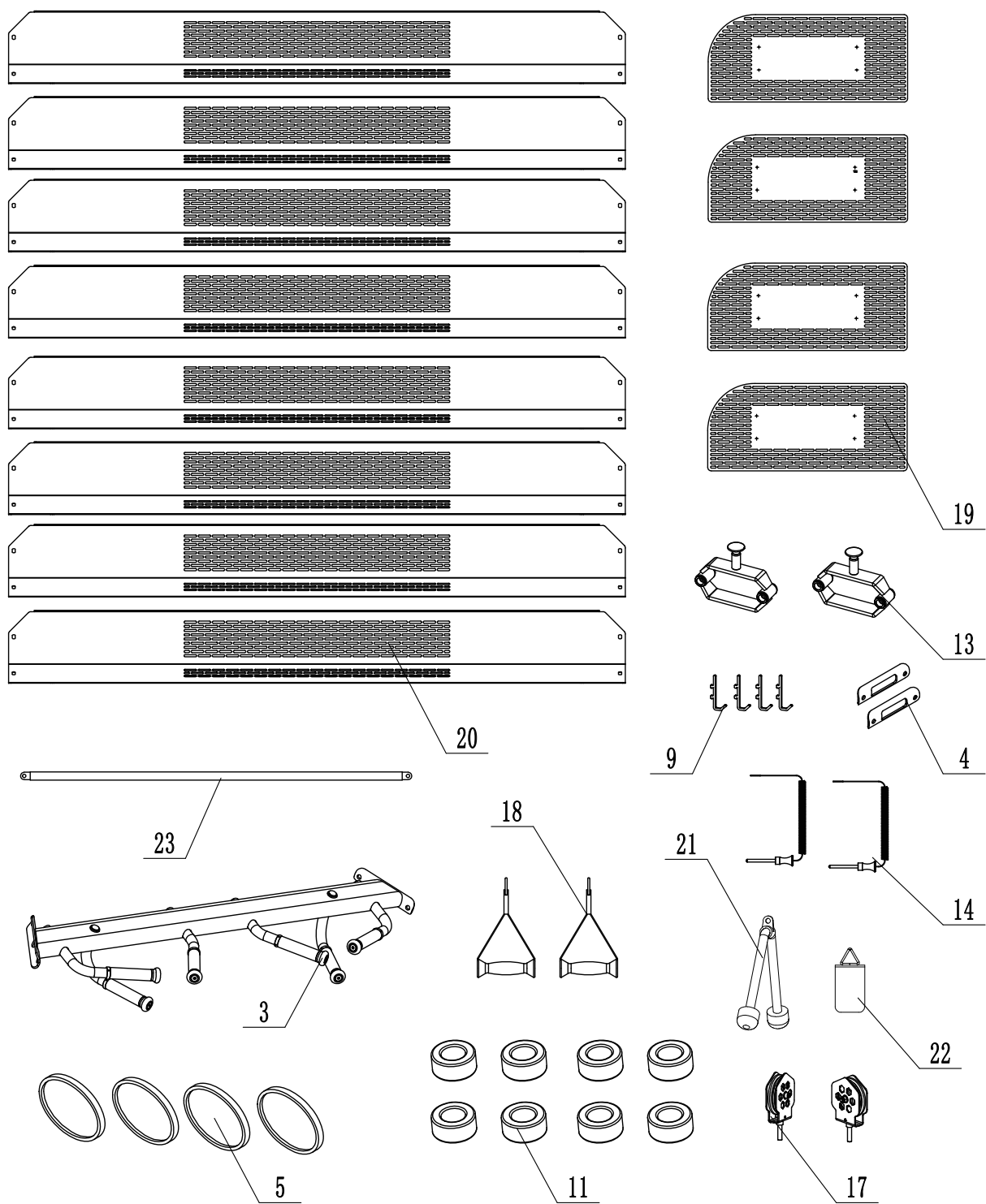
5010-G1

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!

ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



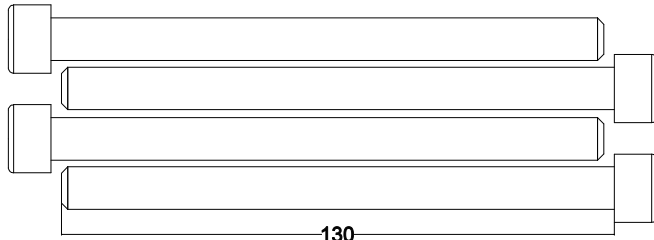
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW



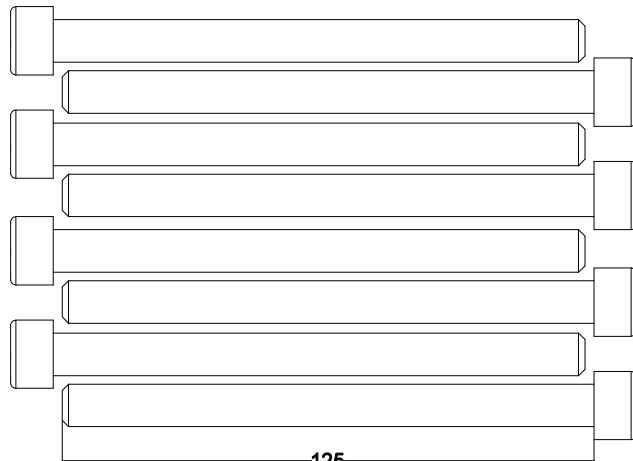
ASSEMBLY PARTS DIAGRAM / EXPLODED VIEW

NO.	Article	QTY
(1)	Left main frame	1
(2)	Right main frame	1
(3)	Handle frame	1
(4)	Cambered strengthen plate	2
(5)	Gasket	4
(6)	Upper connection tube	1
(7)	Bottom connection tube	1
(8)	Accessories storage plate	1
(9)	Accessories hook	4
(10)	Guide rod	4
(11)	Weighting buffer	4
(12)	Weight stack	2
(13)	5LB adjustable weight	4
(14)	Weight stack selector pin	2
(15)	Weight stack sticker	2
(16)	Hand warning sticker	2
(17)	Pulley frame	2
(18)	Handle Accessories	2
(19)	Small cover	4
(20)	Big cover	8
(21)	Triceps rope	1
(22)	Foot belt	1
(23)	Pushing rod	1

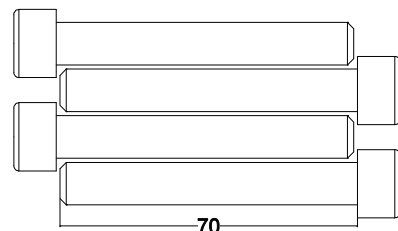
HARDWARE PACK



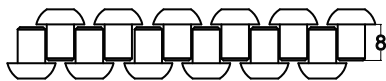
130
NO.24 M10x130(4)



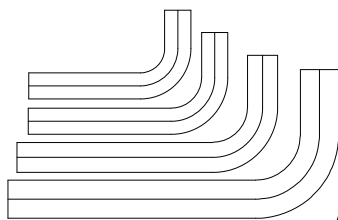
125
NO.25 M10x125(8)



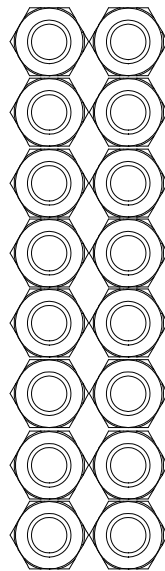
70
NO.26 M10x70(4)



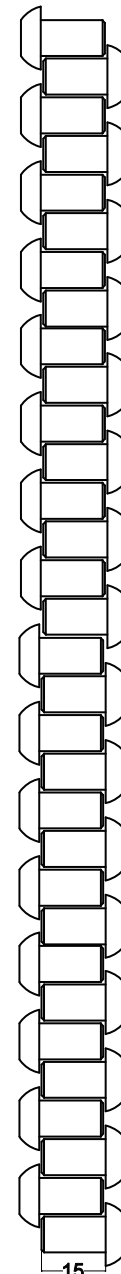
NO.28 M6x8(12)



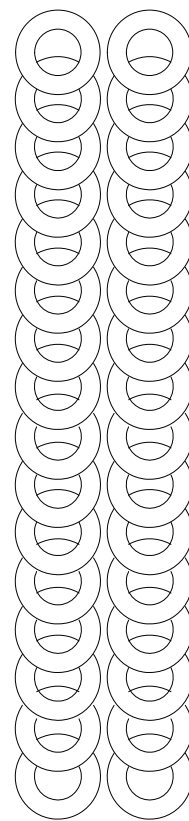
4#/5#/6#/8# Allen Wrench(1)



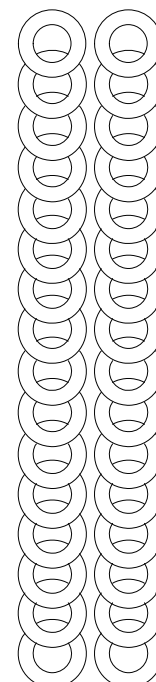
NO.31 Ø10(16)



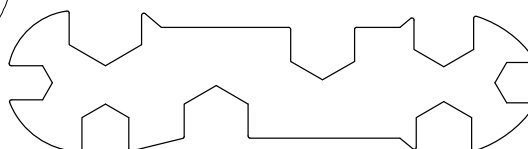
NO.27 M8x15(32)



NO.30 Ø10(32)



NO.29 Ø8(32)



Universal Wrench(1)

ASSEMBLY INSTRUCTIONS

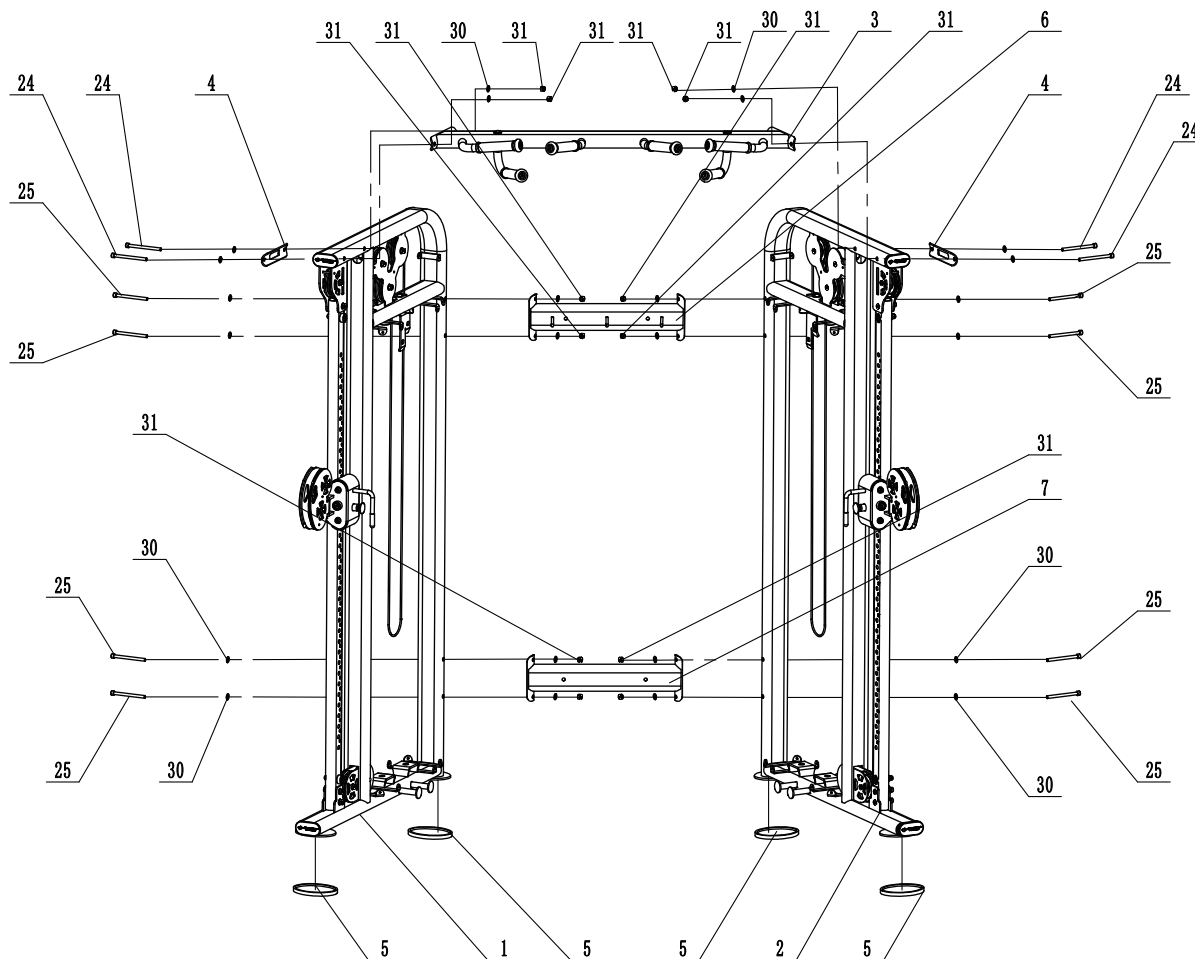
STEP 1

1. Put Gasket (5) on Left main frame (1) and Right main frame (2) .
2. Connect Upper connection tube (6) and Bottom connection tube (7) , use Cylinder head hex bolt (25) 、Washer (30) 、Self locking nut (31) .
3. Connect Handle frame (3) and Cambered strengthen plate (4) , use Cylinder head hex bolt (24) 、Washer (30) 、Self locking nut (31) .

KEY	DESCRIPTION	SPECIFICATION
(1)	Left main frame	
(2)	Right main frame	
(3)	Handle frame	
(4)	Cambered strengthen plate	
(5)	Gasket	
(6)	Upper connection tube	
(7)	Bottom connection tube	
(24)	Cylinder head hex bolt	M10*130
(25)	Cylinder head hex bolt	M10*125
(30)	Washer	φ10
(31)	Self locking nut	M10

ASSEMBLY INSTRUCTIONS

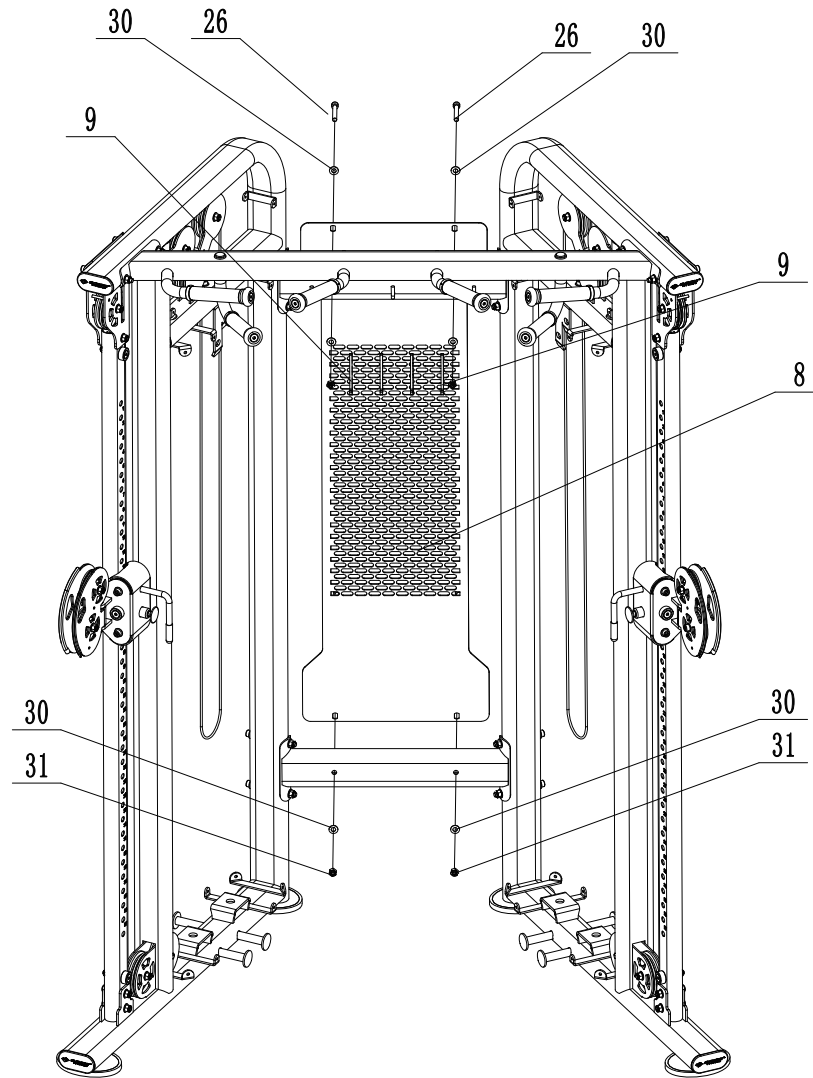
STEP 1



ASSEMBLY INSTRUCTIONS

STEP 2

1. Assemble Accessories storage plate (8) , use Cylinder head hex bolt (26) 、 Washer (30) 、 Self locking nut (31) .
2. Assemble Accessories hook (9) .

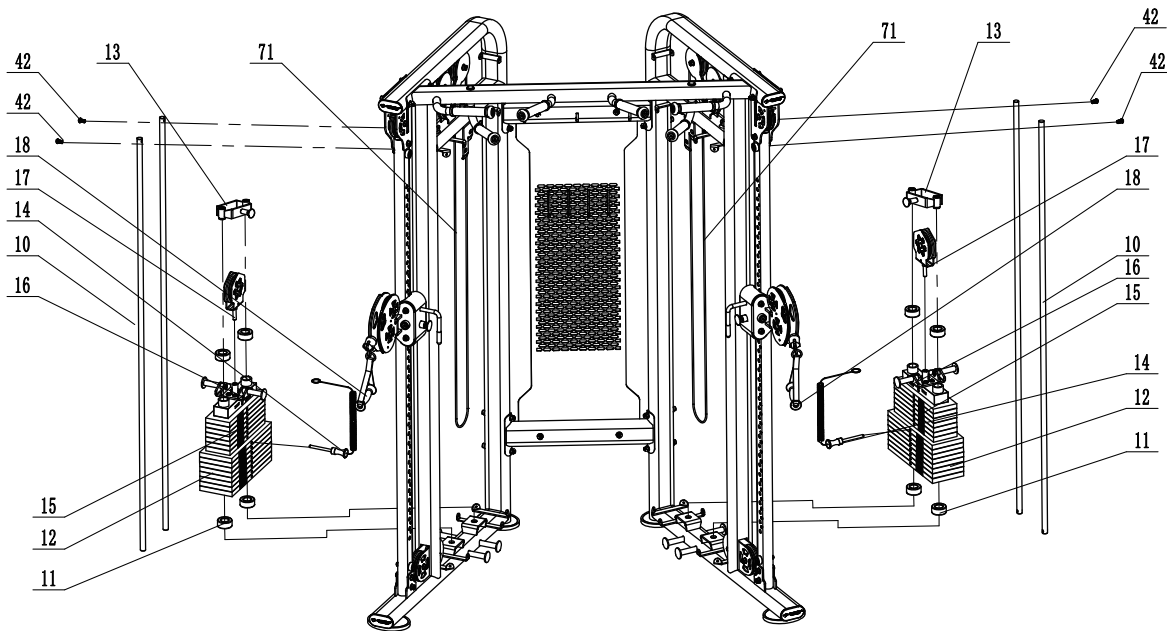


KEY	DESCRIPTION	SPECIFICATION
(8)	Accessories storage plate	
(9)	Accessories hook	
(26)	Cylinder head hex bolt	M10*70
(30)	Washer	φ10
(31)	Self locking nut	M10

ASSEMBLY INSTRUCTIONS

STEP 3

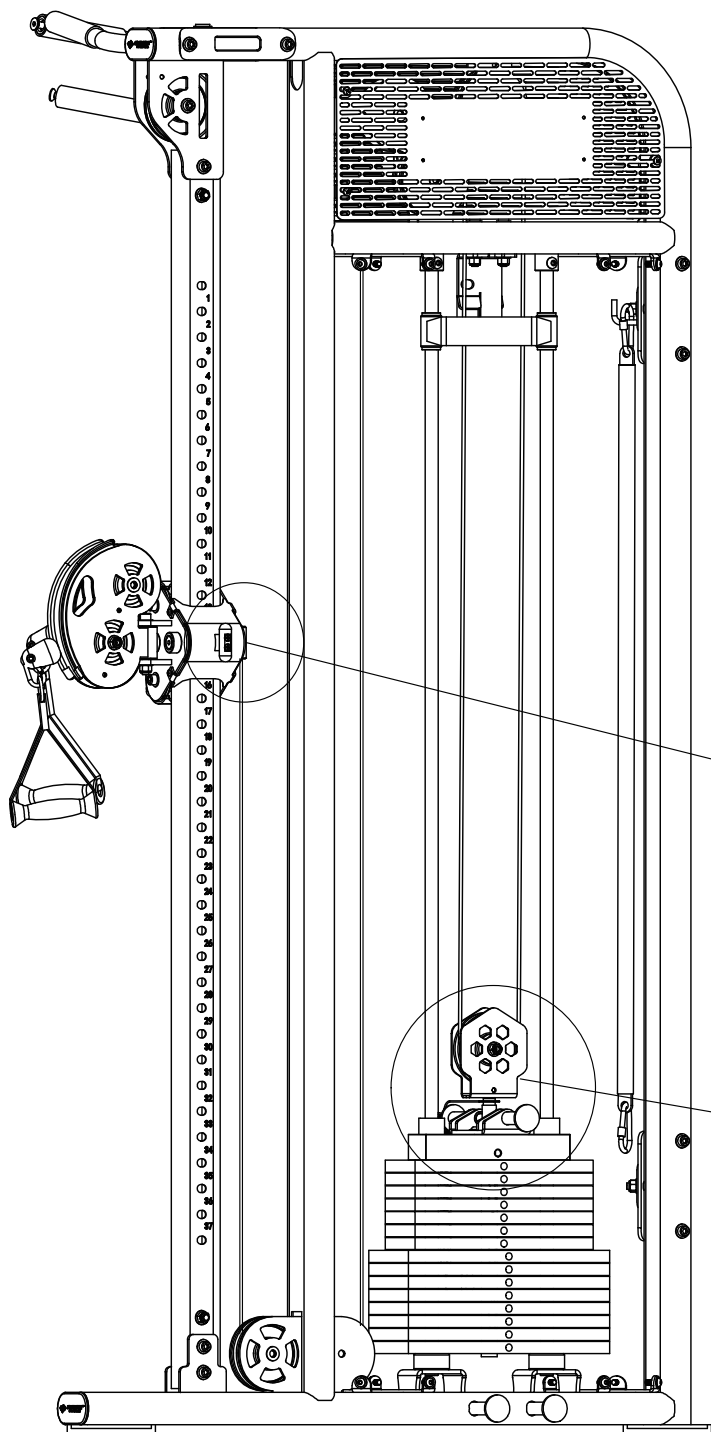
1. Assemble Guide rod (10) on Main frame, Assemble Weighting buffer (11) and Weight stack (12) 、 5LB adjustable weight (13) .
2. Put Weight stack selector pin (14) on Weight stack (12) , Stick Weight stack sticker (15) and Hand warning sticker (16) .
3. Dis-assemble Pulley frame (17) , take off cable (71) and put it on Pulley frame (17) , make sure cable is on the rail, connect Handle Accessories (18) .
4. Test machine, screw up all bolts.



KEY	DESCRIPTION	SPECIFICATION
(10)	Guide rod	
(11)	Weighting buffer	
(12)	Weight stack	
(13)	5LB adjustable weight	
(14)	Weight stack selector pin	
(15)	Weight stack sticker	
(16)	Hand warning sticker	
(17)	Pulley frame	
(18)	Handle Accessories	
(42)	Umbrella head hex bolt	M10x20
(71)	Selector shaft	

ASSEMBLY INSTRUCTIONS

STEP 3



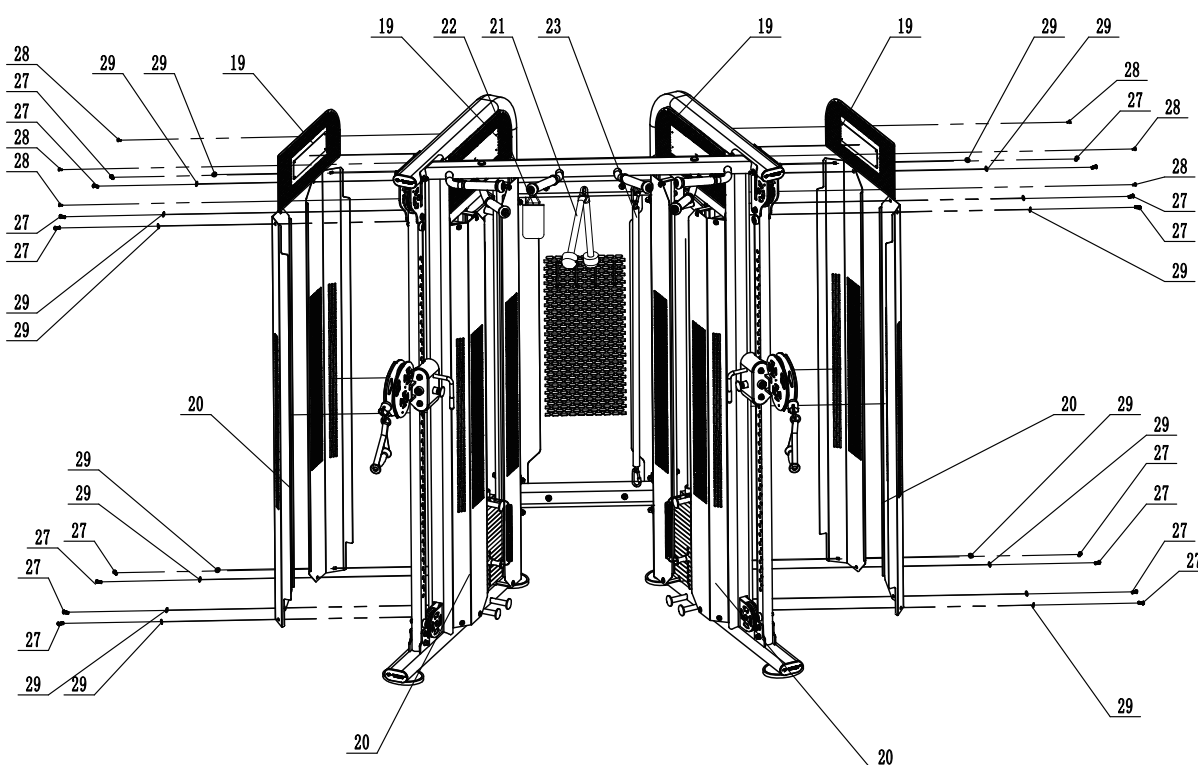
ATTENTION:
the threaded polt end must be
engaged by a minimum of 12mm or
1/2" with jam nut tightened to
avoid risk of injury or death.

screw until the thread lock is
no longer visible

ASSEMBLY INSTRUCTIONS

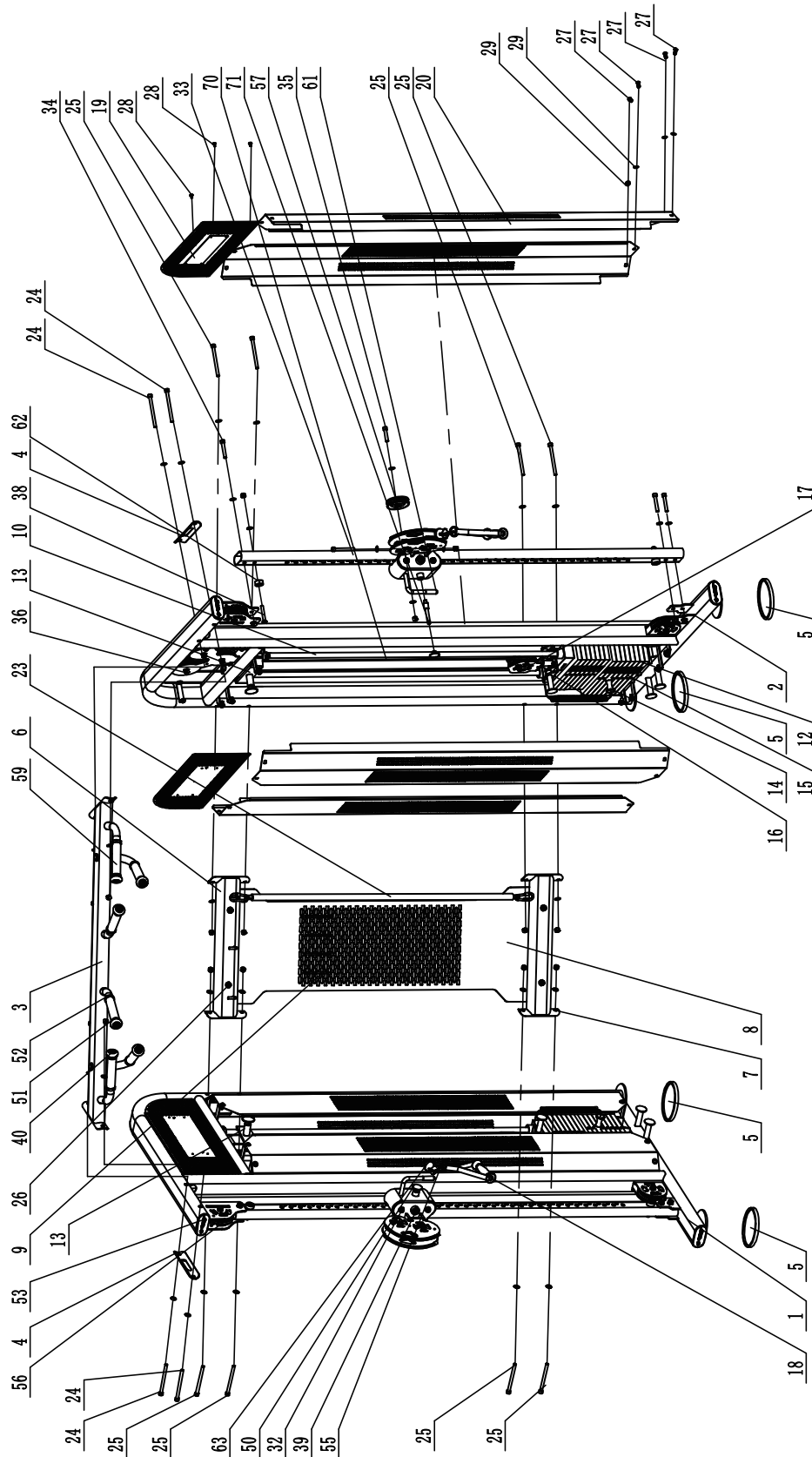
STEP 4

1. Assemble upper logo cover, use Umbrella head hex bolt (28) .
2. Assemble weight stack cover, use Umbrella head hex bolt (27) 和 Washer (29) .
3. Screw up all bolts.
4. Assemble Triceps rope (21) 、 Foot belt (22) 、 Pushing rod (23) .



KEY	DESCRIPTION	SPECIFICATION
(19)	Small cover	
(20)	Big cover	
(21)	Triceps rope	
(22)	Foot belt	
(23)	Pushing rod	
(27)	Umbrella head hex bolt	M8*15
(28)	Umbrella head hex bolt	M6*8
(29)	Washer	φ 8

APPENDIX-FULL ASSEMBLY/EXPLODED VIEW/FULL PARTS LIST



APPENDIX-FULL PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	QTY
1	Left main frame		1
2	Right main frame		1
3	Handle frame		1
4	Cambered strengthen plate		2
5	Gasket		4
6	Upper connection tube		1
7	Bottom connection tube		1
8	Accessories storage plate		1
9	Accessories hook		4
10	Guide rod		4
11	Weighting buffer		4
12	Weight stack		2
13	5LB adjustable weight		4
14	Weight stack selector pin		2
15	Weight stack sticker		2
16	Hand warning sticker		2
17	Pulley frame		2
18	Handle Accessories		2
19	Small cover		4
20	Big cover		8
21	Triceps rope		1
22	Foot belt		1
23	Pushing rod		1
24	Cylinder head hex bolt	M10*130	4
25	Cylinder head hex bolt	M10*125	8
26	Cylinder head hex bolt	M10*70	8
27	Umbrella head hex bolt	M8*15	32
28	Umbrella head hex bolt	M6*8	12
29	Washer	φ8	40
30	Washer	φ10	100
31	Self locking nut	M10	62
32	Cylinder head hex bolt	M10x120	4
33	Cylinder head hex bolt	M10x85	2
34	Cylinder head hex bolt	M10x65	8
35	Cylinder head hex bolt	M10x55	4
36	Cylinder head hex bolt	M10x50	12
37	Counter sunk head hex bolt	M10x130	2
38	Counter sunk head hex bolt	M10x70	4

APPENDIX-FULL PARTS LIST

39	Counter sunk head hex bolt	M10x30	2
40	Counter sunk head hex bolt	M10x25	6
41	Counter crossover bolt	M5x25	4
42	Umbrella head hex bolt	M10x20	8
43	Umbrella head hex bolt	M8x25	8
44	Umbrella head hex bolt	M5x10	4
45	Top screw	M5x3.5	20
46	Rivet	M5x13	16
47	Nut	M12	2
48	Stepper bearing	6000	4
49	Stepper bearing	6003	12
50	Aluminum knob	M10	4
51	Aluminum cover	φ29	6
52	Aluminum stopper	φ29	10
53	Aluminum tube cover	50*100	4
54	small spring	φ12	2
55	Self locking hook		3
56	Pulley	114	14
57	Pulley	89	4
58	Wheel		6
59	Rubber handle grip	φ28*150	6
60	Rubber handle grip	φ28*450	2
61	Handle grip	φ14	2
62	Stopper gasket	φ32*15	4
63	Cable head	B-52	2
64	Cable head cover	B-53	2
65	TPU cover		2
66	Bolt	M8×16	2
67	Self locking nut	M8	2
68	Self locking hook		2
69	Out hex bolt	M12*60	4
70	Cable		2
71	Selector shaft		2