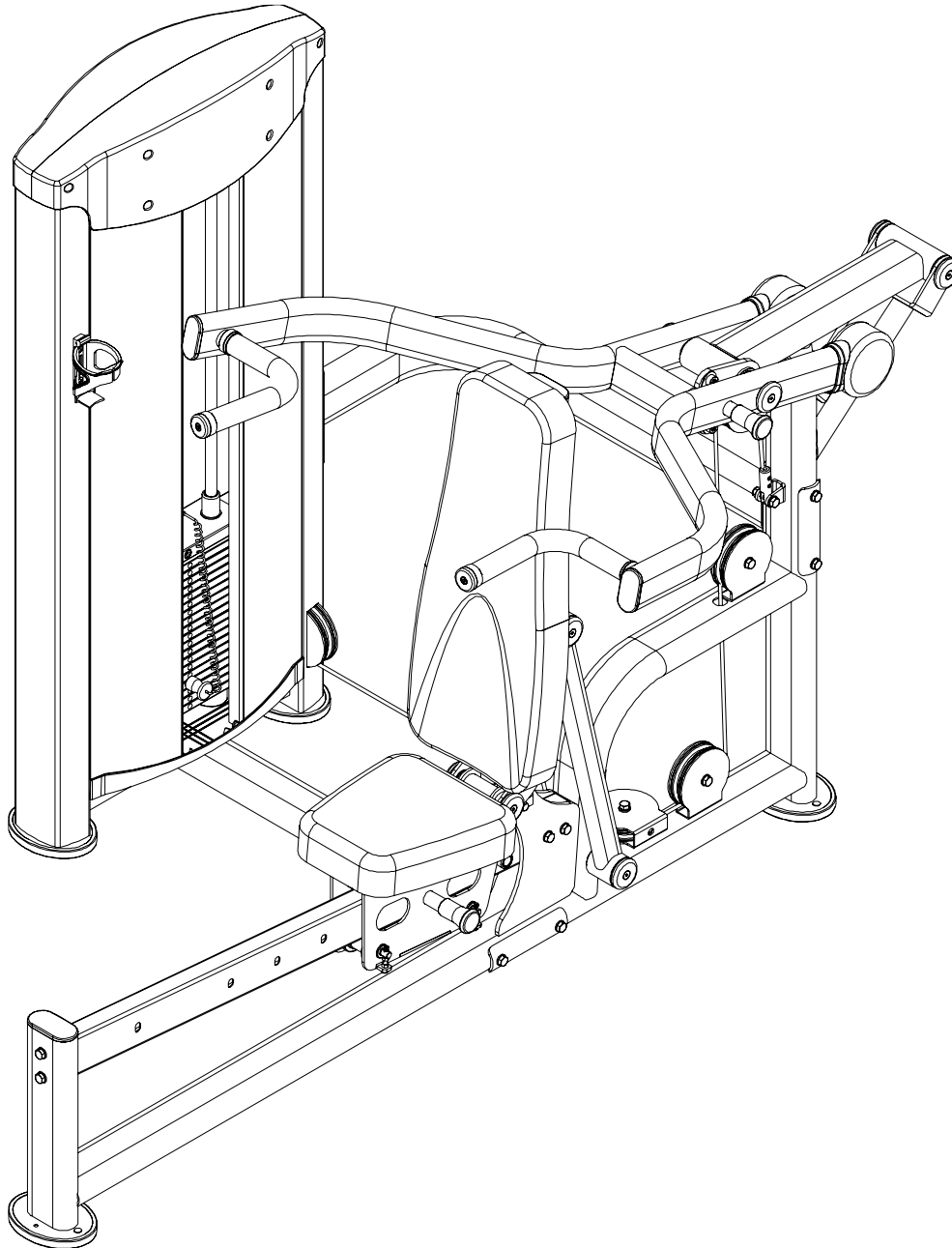


5401-G1 Gronk Dual Incline Chest & Shoulder Press

Assembly Manual



SAFETY INFORMATIONS

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

Replace damaged parts with original parts and regularly carry out preventive maintenance;

Replace defective parts immediately and/or take the equipment out of use until it is repaired;

Replace damaged labels;

For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;

Adjust the required force so that exercises are smooth and uniform;

Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;

Never release the ankle, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

The training equipment shall only be used in areas where access and control is specifically regulated by the owner.

The training equipment shall only be used in supervised area.

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems.

Keep children and pets, away from the equipment especially during use. Children should be watched so they do not to play with the equipment, whether or not it is in use.

The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety.

When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion.

Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury.

Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose.

Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment.

Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty.

Wear appropriate athletic attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear athletic shoes for exercising.

Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.

Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

The person exercising should face the equipment at all times during the exercise. The weight stacks should remain within the field of vision of the user throughout exercise to prevent danger to the third party.

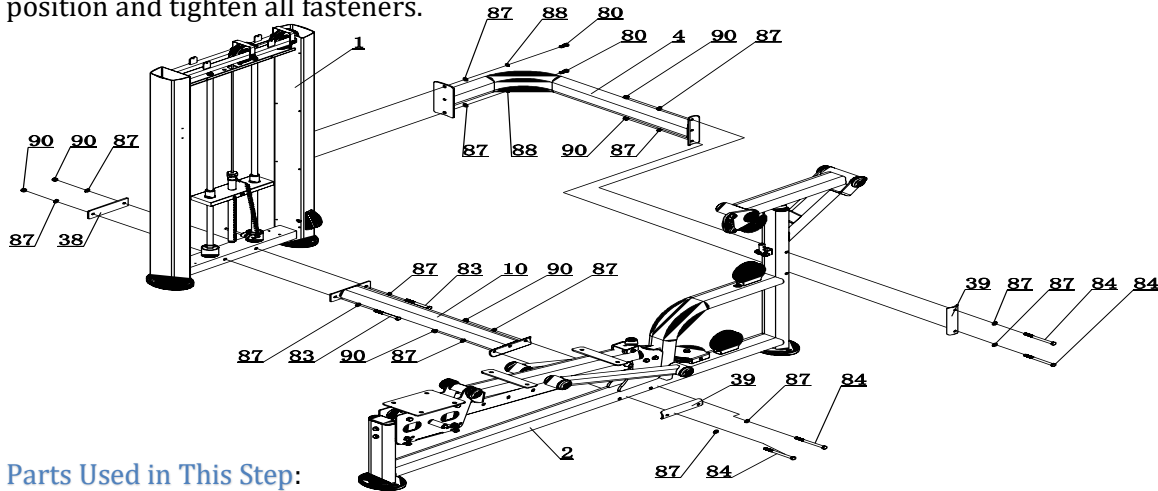
Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

Master Parts List

Bubble No.	Part No.	Description	Qty
1	5401-001-G1	TOWER FRAME	4
2	5401-002-G1	MAIN FRAME	1
3	5401-003-G1	ARM FRAME	1
4	5401-004-G1	UPPER CONNECTING TUBE	1
5	5401-005-G1	BACK ADJUSTING TUBE	1
7	5401-007-G1	SEAT ADJUSTING TUBE	1
9	5401-009-G1	ADJUSTABLE FRAME	1
10	5401-010-G1	LOWER CONECTING TUBE	1
13	5401-013-G1	PIVOT SHAFT	1
22		ENDING CAP	10
23	5401-023-G1	TERMINAL	1
24	5401-024-G1	GUIDE-ROD	2
25	5401-025-G1	SELECTOR SHAFT	1
26	5401-026-G1	TOP WEIGHT STACK	1
27	5401-027-G1	WEIGHT STACK	19
38		FIXING PLATE	1
39		FIXING PLATE	2
42	5401-042-G1	SHOCK ABSORBER RUBBER	2
44		TOP COVER	2

45	5401-045-G1	BASE COVER	2
46	5401-046-G1	FRONT COVER	2
47	5401-047-G1	BACK COVER	1
48	5401-048-G1	SIDE FACE	4
49	5401-049-G1	BOTTLE CAGE	1
52	5401-052-G1	SEAT CUSHION	1
53	5401-053-G1	BACK CUSHION	1
59		CABLE	1
64		PAN HEAD, PHILLIP BOLT M5x15	2
65		PAN HEAD, PHILLIP BOLT M6x15	26
65		PAN HEAD PHILIPS BOLT M6x15	4
67		BOLT M8x8	5
68		FLAT HEAD, ALLEN BOLT M8x15	2
75		PAN HEAD, ALLEN BOLT M10x25	2
80		HEX HEAD BOLT M10x25	10
83		HEX HEAD BOLT M10x100	2
84		HEX HEAD BOLT M10x125	4
87		FLAT WASHER	24
88		SPRING WASHER	4
90		NUT M10	6

Step 1: Assemble the tower frame (1) to the main frame (2) using lower connect tube (10) and upper connect tube (4). Secure with fixing plates, bolts, washers and nuts. Adjust position and tighten all fasteners.



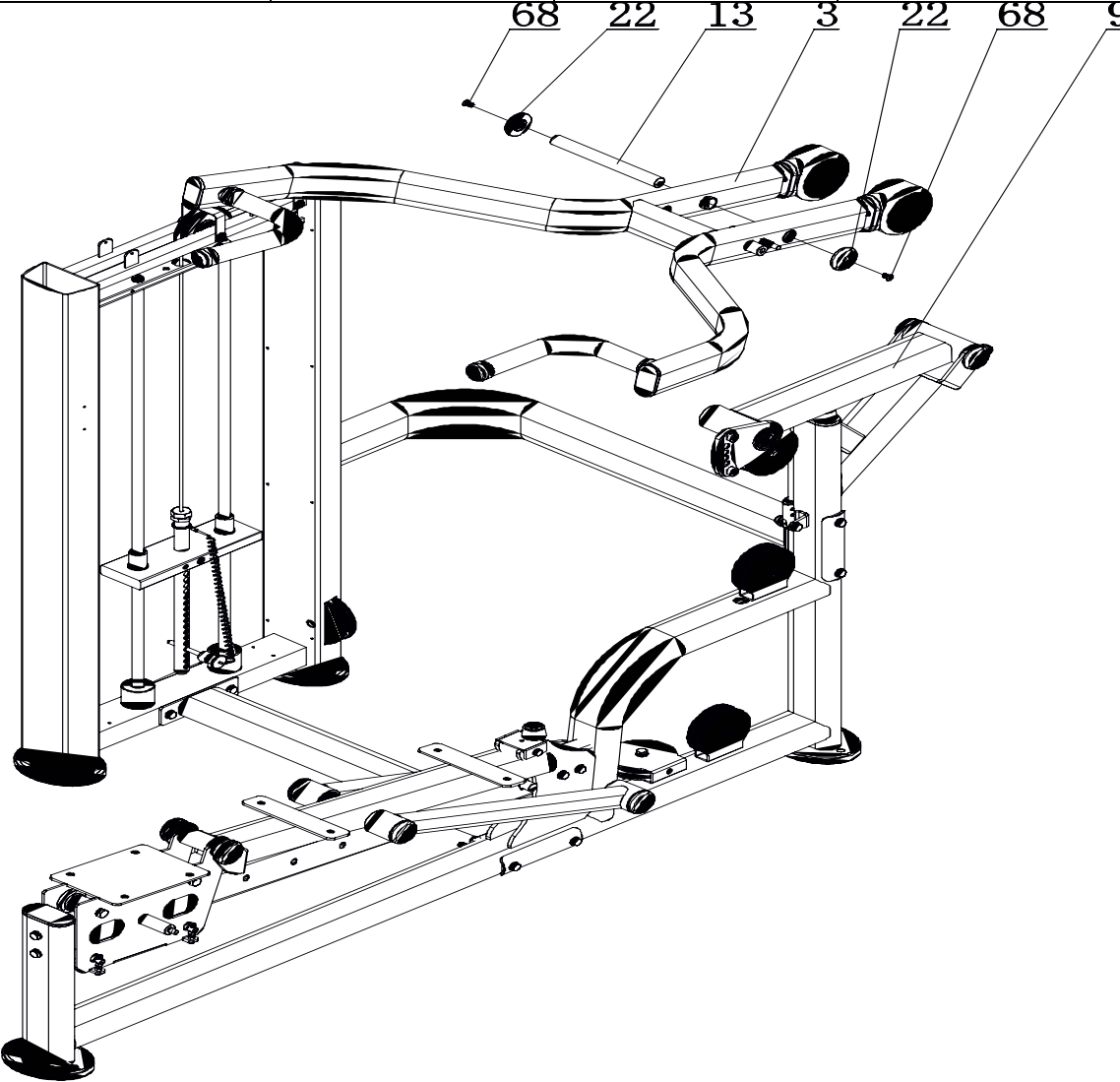
Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	5401-001-G1	TOWER FRAME	1
2	5401-002-G1	MAIN FRAME	1
4	5401-004-G1	UPPER CONNECTING TUBE	1
10	5401-010-G1	LOWER CONECTING TUBE	1
38		FIXING PLATE	1
39		FIXING PLATE	2
80		HEX HEAD BOLT M10x25	2
83		HEX HEAD BOLT M10x100	2
84		HEX HEAD BOLT M10x125	4
87		FLAT WASHER	14
88		SPRING WASHER	2
90		NUT M10	6

Step 2: Assemble arm frame (3) to adjustable frame (9) using pivot shaft (13), ending caps (22), and bolts. Tighten securely.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
3	5401-003-G1	ARM FRAME	1
9	5401-009-G1	ADJUSTABLE FRAME	1
13	5401-013-G1	PIVOT SHAFT	1
22		ENDING CAP	10
68		FLAT HEAD, ALLEN BOLT M8x15	2

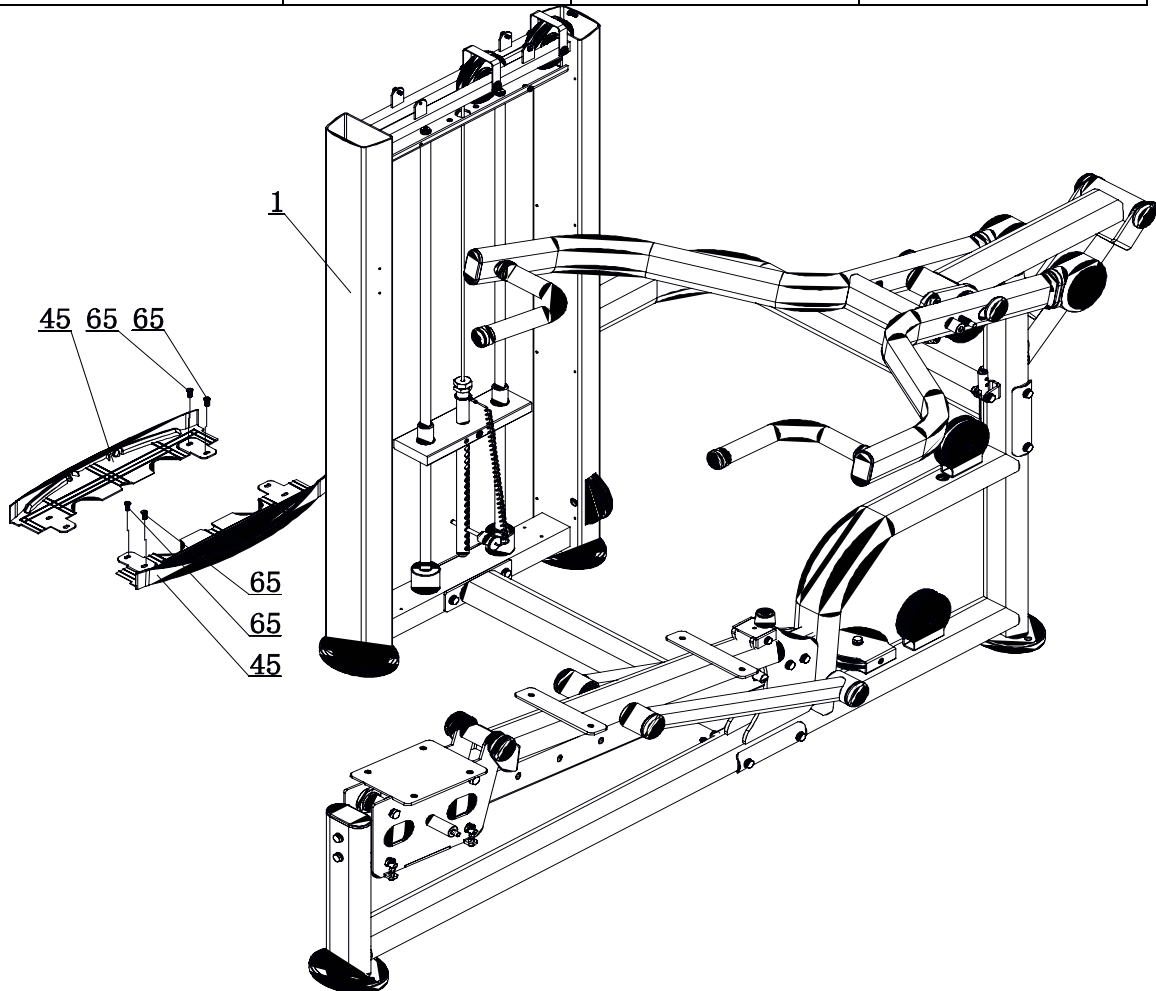


Step 3

Fix 2 base covers (45) to tower frame (1) using bolts.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	5401-001-G1	TOWER FRAME	1
45		BASE COVER	2
65		PAN HEAD PHILIPS BOLT M6x15	4

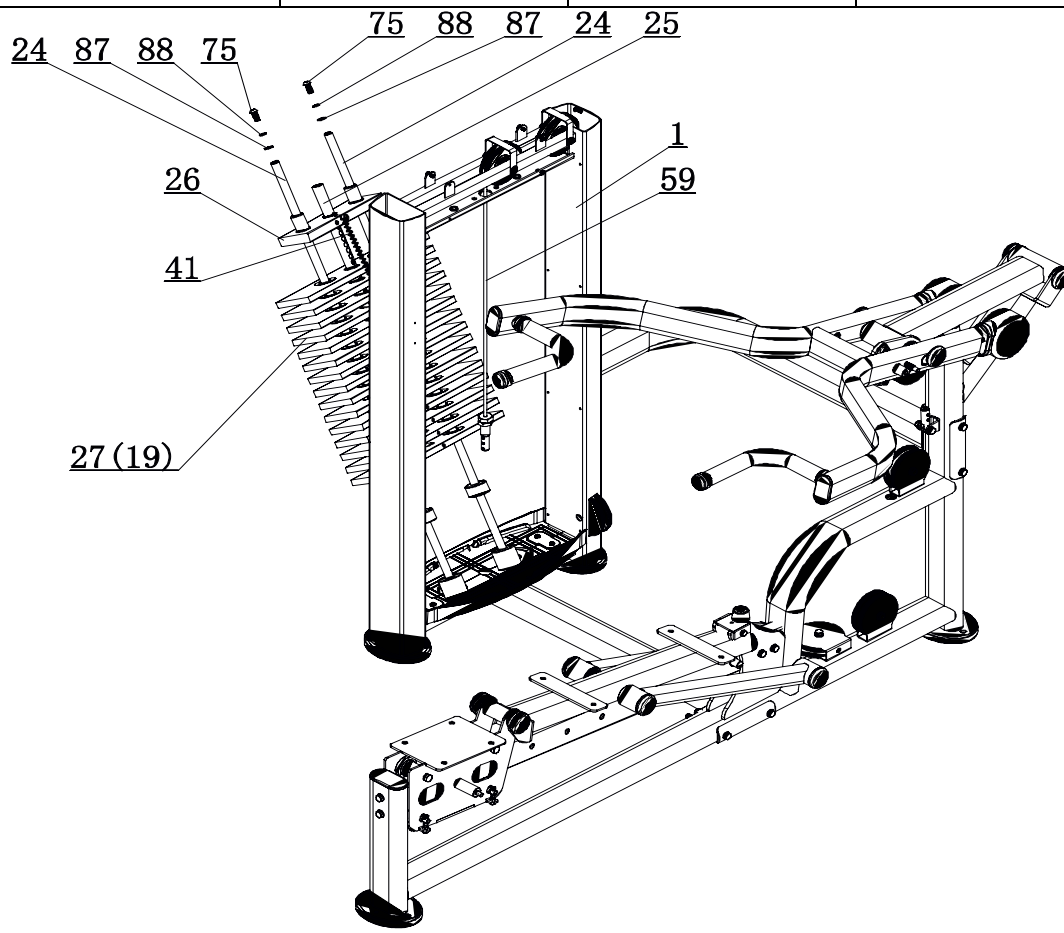


Step 4

Remove bolts and washers from guide-rod (24), incline and load weight stacks. Reinstall top weight stack (26), then reconnect guide-rod and cable to tower frame (1).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	5401-001-G1	TOWER FRAME	1
24	5401-024-G1	GUIDE-ROD	2
25	5401-025-G1	SELECTOR SHAFT	1
26	5401-026-G1	TOP WEIGHT STACK	1
27	5401-027-G1	WEIGHT STACK	19
42	5401-042-G1	SHOCK ABSORBER RUBBER	2
75		PAN HEAD, ALLEN BOLT M10x25	2
87		FLAT WASHER	2
88		SPRING WASHER	2

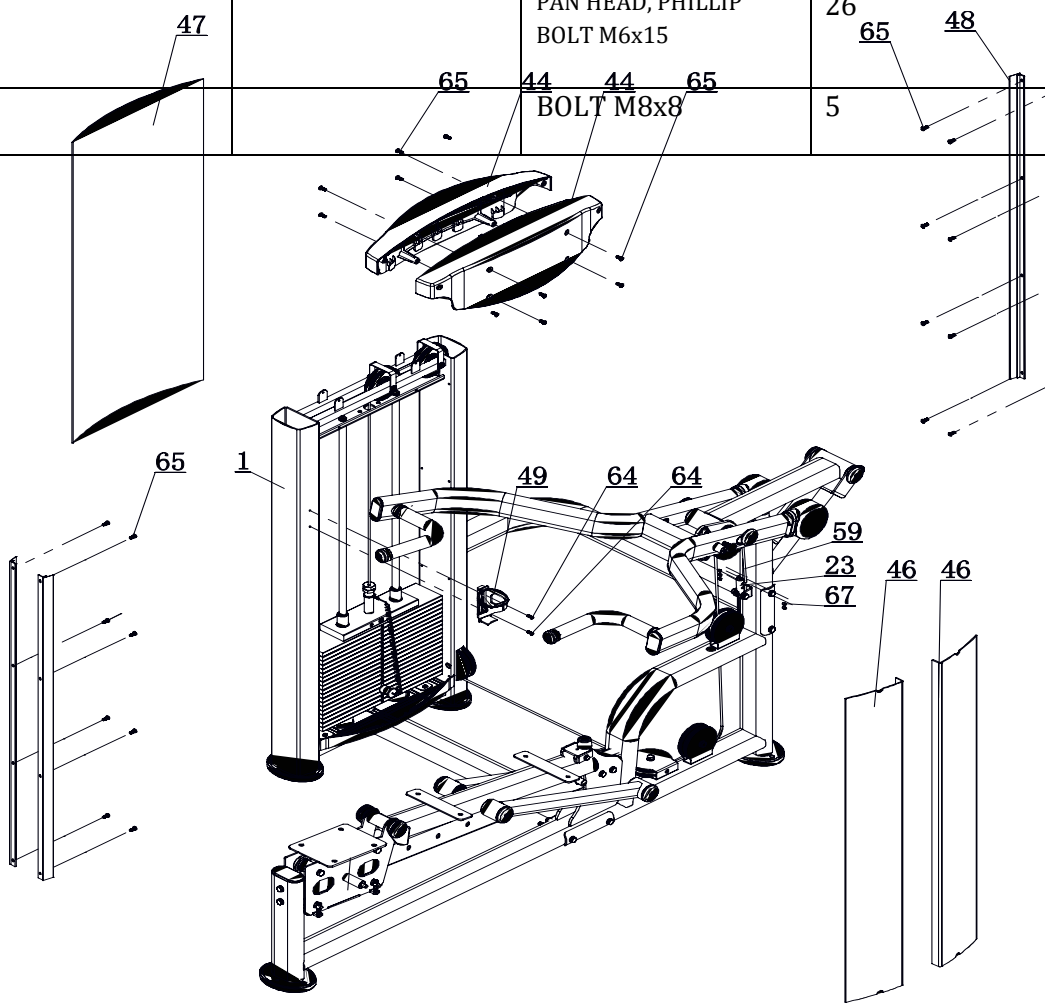


Step 5

Fix 4 side faces (48), install front/back covers (46/47), and bottle cage (49). Put on top cover (44). Secure with bolts.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	5401-001-G1	TOWER FRAME	1
23	5401-023-G1	TERMINAL	1
44	5401-044-G1	TOP COVER	2
46	5401-046-G1	FRONT COVER	2
47	5401-047-G1	BACK COVER	1
48	5401-048-G1	SIDE FACE	4
49	5401-049-G1	BOTTLE CAGE	1
59		CABLE	1
64		PAN HEAD, PHILLIP BOLT M5x15	2
65		PAN HEAD, PHILLIP BOLT M6x15	26
67		BOLT M8x8	5



Step 6

Fix back cushion (53) to back adjusting tube (5), and seat cushion (52) to seat tube (7) using bolts and washers. Tighten securely. **Assembly Complete.**

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
5	5401-005-G1	BACK ADJUSTING TUBE	1
7	5401-007-G1	SEAT ADJUSTING TUBE	1
52	5401-052-G1	SEAT CUSHION	1
53	5401-053-G1	BACK CUSHION	1
80		HEX HEAD BOLT M10x25	8
87		FLAT WASHER	8

