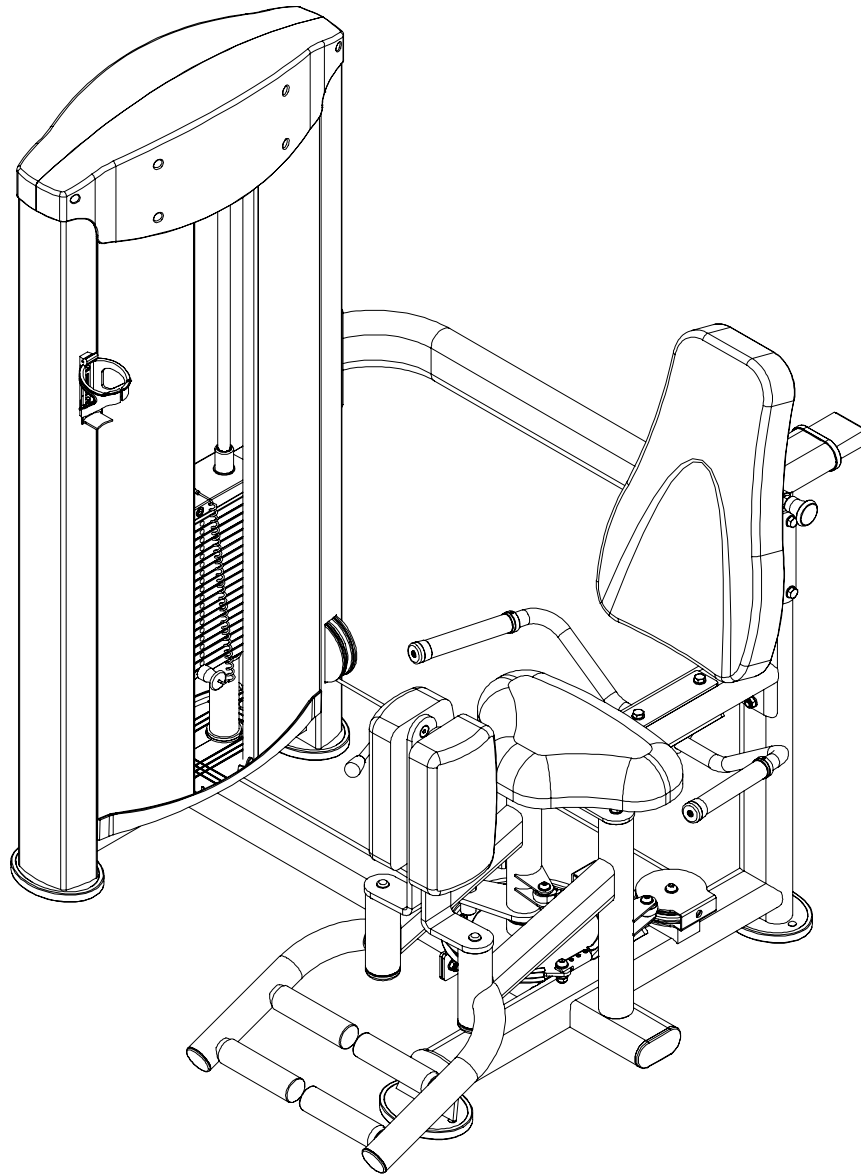


5402-G1 Dual Inner/Outer Thigh

Assembly Manual



SAFETY INFORMATION

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 anklet, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

- Electrical equipment must be connected to a grounded electrical system. For treadmills use a 16A breaker, at least. Make sure that the installation voltage is the same as the equipment. Regularly ensure that the cables and plugs are in perfect condition. Do not place power cables under carpets or any other object;

- Keep electrical equipment disconnected from the mains when not in use.

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.

- When using treadmills the user should not be on the belt when starting the equipment. Hold the handles and place your feet on the side rails and then start the unit. Check the alignment of the belt.

- The treadmills have a safety switch that is coupled to the monitor and is fastened to one's clothing. If you want to stop the treadmill quickly, remove the switch. Make sure it is working properly.

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

- Heartbeat sensors cannot be used as accurate measurements for clinical use. Use them only as a reference.

- Wear appropriate ffittech attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear ffittech 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.

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	5402-001-G1	TOWER FRAME	4
1	5402-001-G1	Tower frame	1
2	5402-002-G1	MAIN FRAME	3
3	5402-003-G1	SEAT FRAME	1
5	5402-005-G1	RIGHT SWING FRAME	1
6	5402-006-G1	TOP COVER	1
7	5402-007-G1	Cam	1
10	5402-010-G1	CONNECTING TUBE	1
11	5402-011-G1	CONNECTING TUBE	1
13	5402-013-G1	ADJUSTING LEVER	1
14	5402-014-G1	HANDLEBAR	1
15	5402-015-G1	ADJUSTING TUBE	1
18	5402-018-G1	SELECTOR SHAFT	1
23	5402-023-G1	BACK CUSHION	1
26	5402-026-G1	GUIDE-ROD	2
27	5402-027-G1	FIXING PLATE	1
28	5402-028-G1	FIXING PLATE	2
30	5402-030-G1	CHAIN	0
33	5402-033-G1	TERMINAL	1
36		BOLT 60*M6	2
39	5402-039-G1	SEAT CUSHION	1
45	5402-045-G1	WEIGHT STACK	19

46	5402-046-G1	TOP WEIGHT STACK	1
52	5402-052-G1	SIDE FACE	4
54	5402-054-G1	Base cover	2
55	5402-055-G1	FRONT COVER	2
56	5402-056-G1	BACK COVER	1
58		PAN HEAD, PHILLIP BOLT M6*15	8
63	5402-063-G1	PULLEY	1
64	5402-064-G1	PULLEY	1
73		FLAT WASHER	4
75		FLAT WASHER	28
76		HEX HEAD BOLT M10*25	4
76		HEX HEAD BOLT M10x25	4
78		HEX HEAD BOLT M10*125	2
79		LOCK NUT HEX M10	10
80		HEX HEAD BOLT M10x75	2
83		Pan head Phillips bolt M6x15	12
84		PAN HEAD, ALLEN BOLT M10x65	1
86		LOCK NUT HEX M8	1
87		PAN HEAD, ALLEN BOLT M8x40	1
90		PAN HEAD, ALLEN BOLT M10x35	1

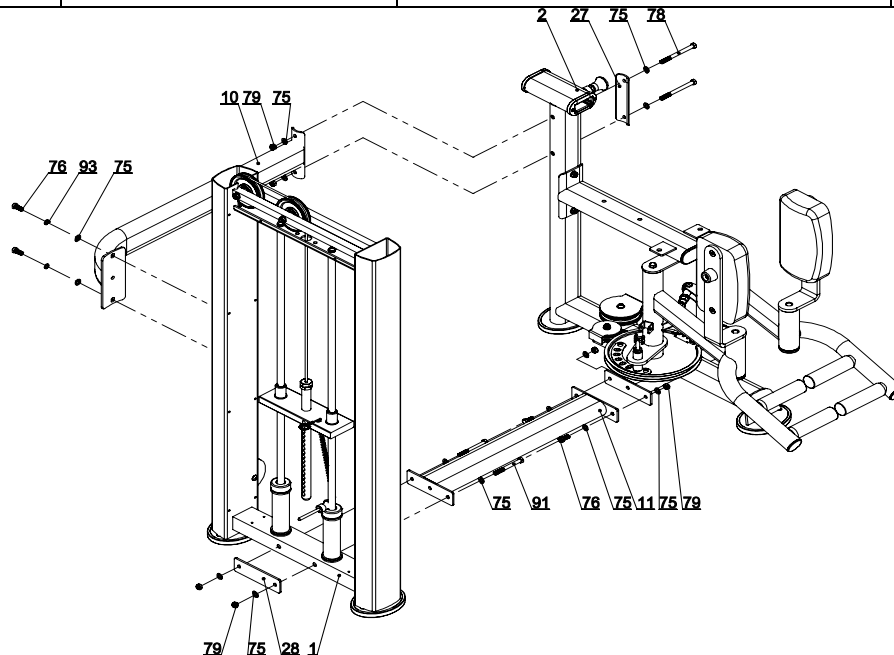
91		HEX HEAD BOLT M10*100	2
93		SPRING WASHER	2
93		spring washer	2
95		PAN HEAD, ALLEN BOLT M10x25	2
96		PAN HEAD, ALLEN BOLT M10x50	2
100		ALLEN BOLT M6*20	2
101		EXTRA BIG WASHER 11*34*3	2
102		BIG WASHER 9*24*2	2
103		SMALL WASHER 20*6*5	2

Step 1

Assemble tower frame (1) to the main frame (2) using connecting tubes (10, 11). Fix with washers, bolts, lock nuts and fixing plates. Adjust position and tighten everything properly.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	0750-001-G1	TOWER FRAME	1
2	0750-002-G1	MAIN FRAME	1
10	0750-010-G1	CONNECTING TUBE	1
11	0750-011-G1	CONNECTING TUBE	1
27		FIXING PLATE	1
28		FIXING PLATE	1
75		FLAT WASHER	14
76		HEX HEAD BOLT M10*25	4
78		HEX HEAD BOLT M10*125	2
79		LOCK NUT HEX M10	6
91		HEX HEAD BOLT M10*100	2
93		SPRING WASHER	2

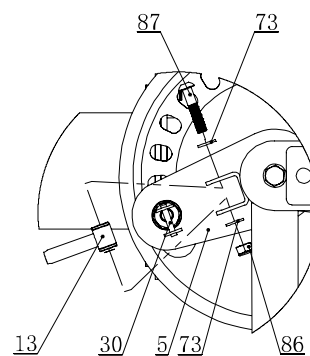
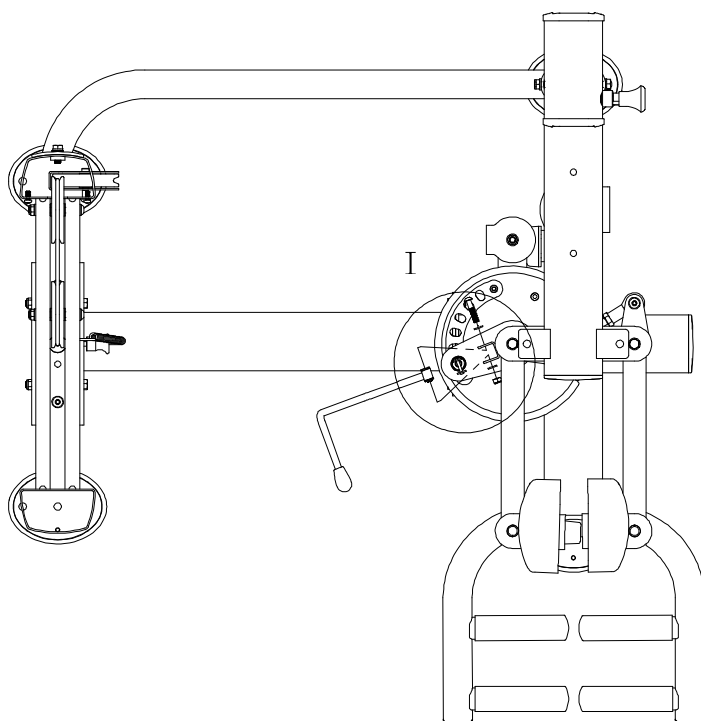


Step 2

Assemble chain (30) to adjusting lever (13), then fix to right swing frame (5) using bolt, washers, and nut. Tighten properly.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
5	0750-005-G1	RIGHT SWING FRAME	1
13	0750-013-G1	ADJUSTING LEVER	1
30		CHAIN	1
73		FLAT WASHER	4
87		PAN HEAD, ALLEN BOLT M8x40	1
86		LOCK NUT HEX M8	1

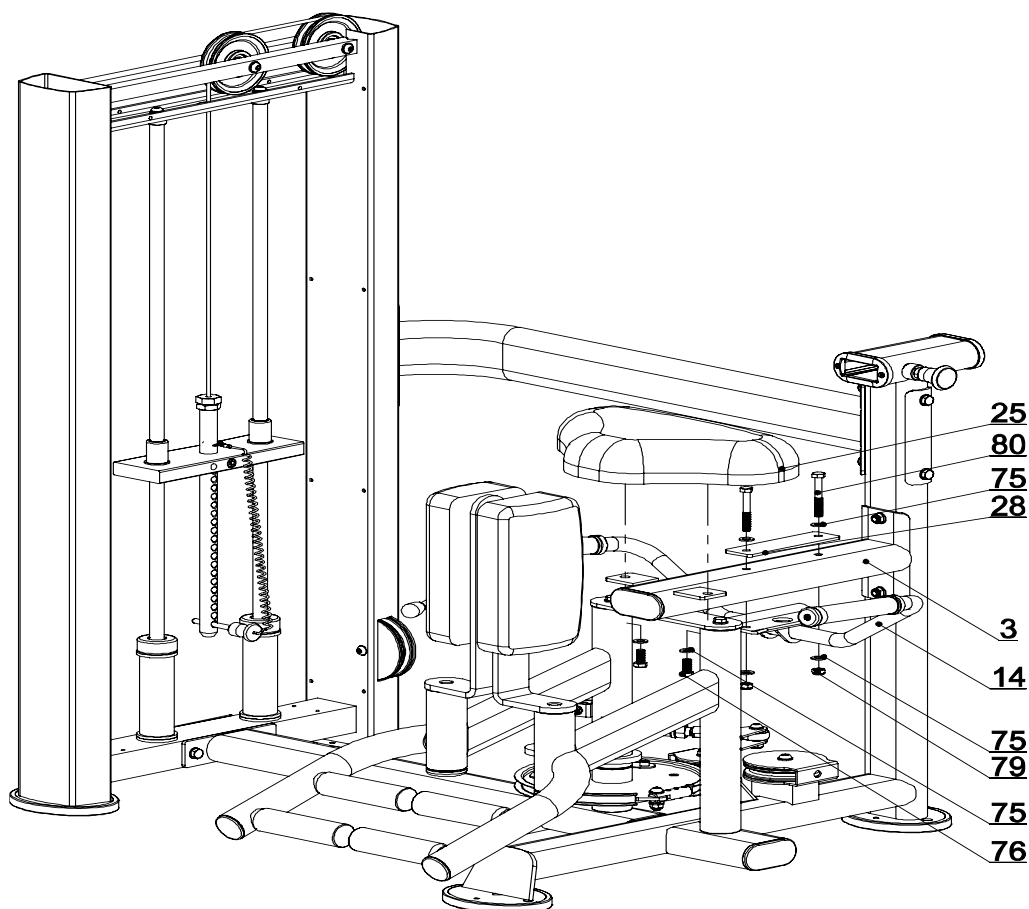


Step 3

Attach handlebar (14) to seat frame (3) and fix seat cushion (39). Use fixing plate and fasteners to secure. Tighten all bolts properly.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
3	0750-003-G1	SEAT FRAME	1
14	0750-014-G1	HANDLEBAR	1
28		FIXING PLATE	1
39	0750-039-G1	SEAT CUSHION	1
75		FLAT WASHER	6
76		HEX HEAD BOLT M10x25	2
79		LOCK NUT HEX M10	2
80		HEX HEAD BOLT M10x75	2

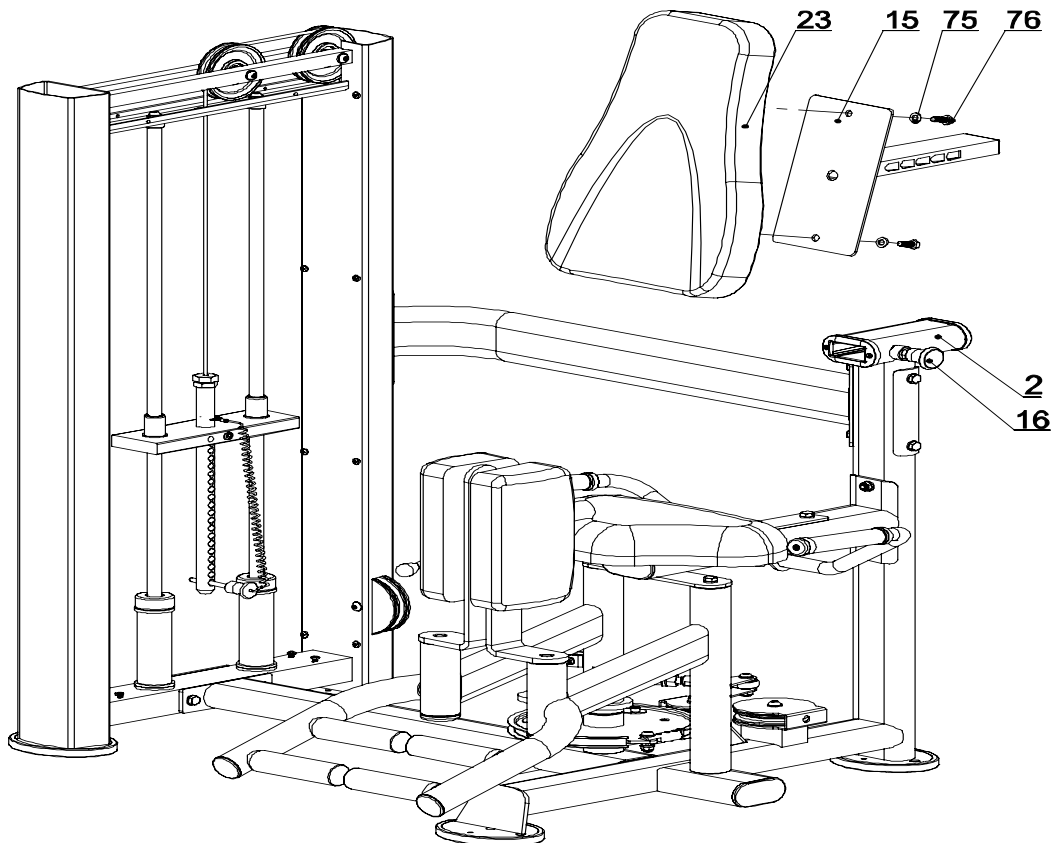


Step 4

Fix back cushion (23) to adjusting tube (15). Insert tube into main frame (2).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
2	0750-002-G1	MAIN FRAME	1
15	0750-015-G1	ADJUSTING TUBE	1
23	0750-023-G1	BACK CUSHION	1
75		FLAT WASHER	2
76		HEX HEAD BOLT M10x25	2

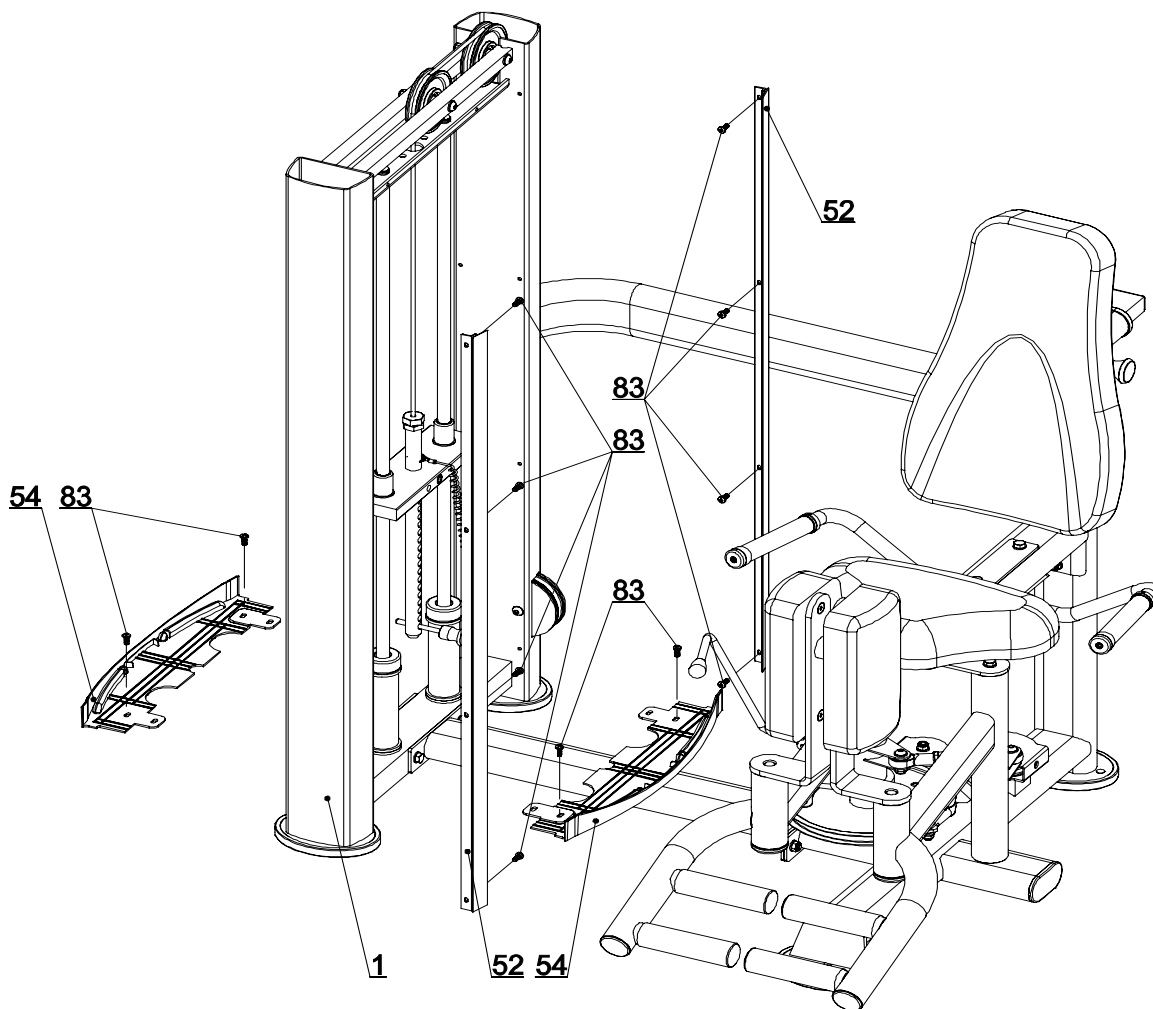


Step 5

Attach base covers (54) and side faces (52) to the tower frame using bolts.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	0750-001-G1	TOWER FRAME	1
52	0750-052-G1	SIDE FACE	2
54		BASE COVER	2
83		PAN HEAD PHILLIPS BOLT M6x15	12

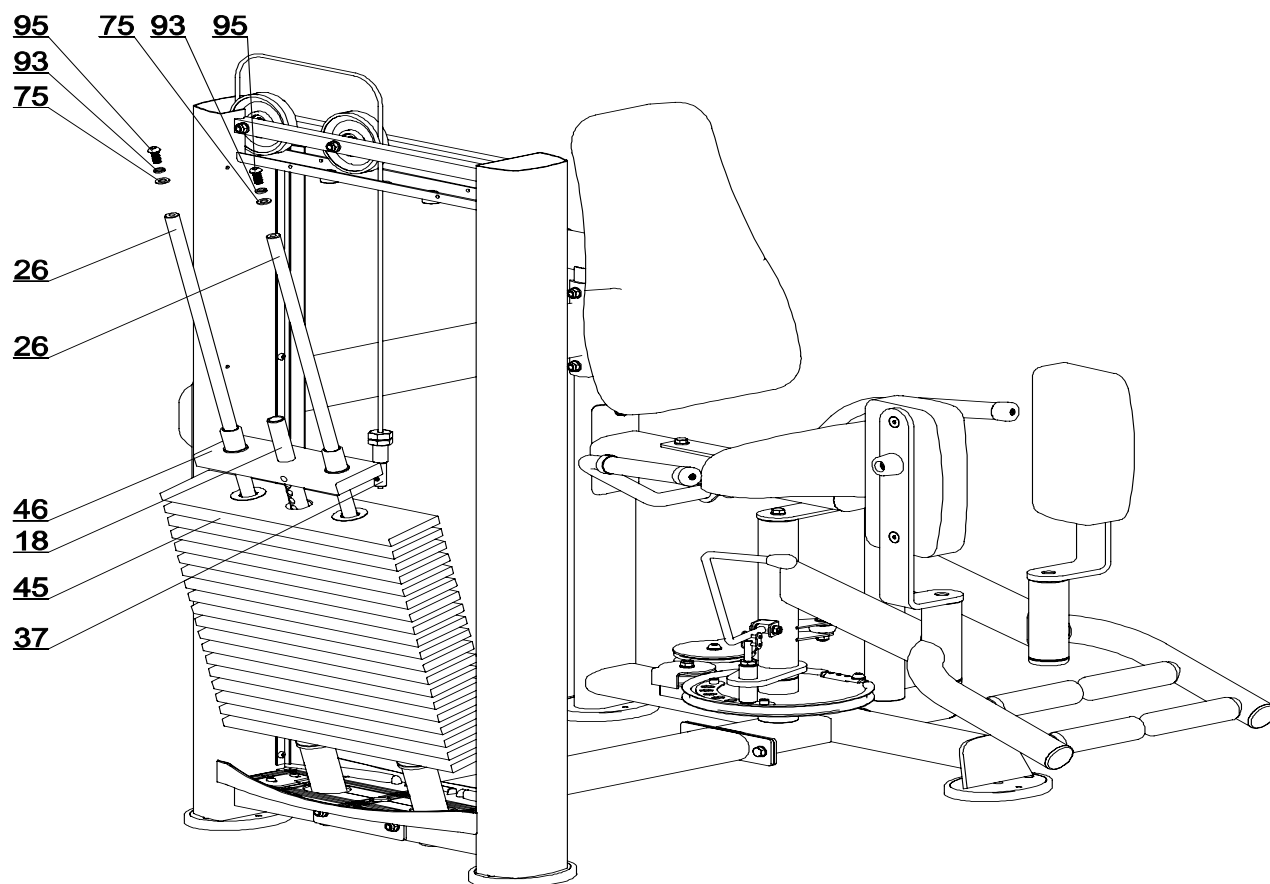


Step 6

Remove cable and hardware, install 19 weight stacks (45), top stack (46), reassemble guide-rods and cable to tower frame (1).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	0750-001-G1	TOWER FRAME	1
18	0750-018-G1	SELECTOR SHAFT	1
26	0750-026-G1	GUIDE-ROD	2
45	0750-045-G1	WEIGHT STACK	19
46	0750-046-G1	TOP WEIGHT STACK	1
75		FLAT WASHER	2
93		SPRING WASHER	2
95		PAN HEAD, ALLEN BOLT M10x25	2

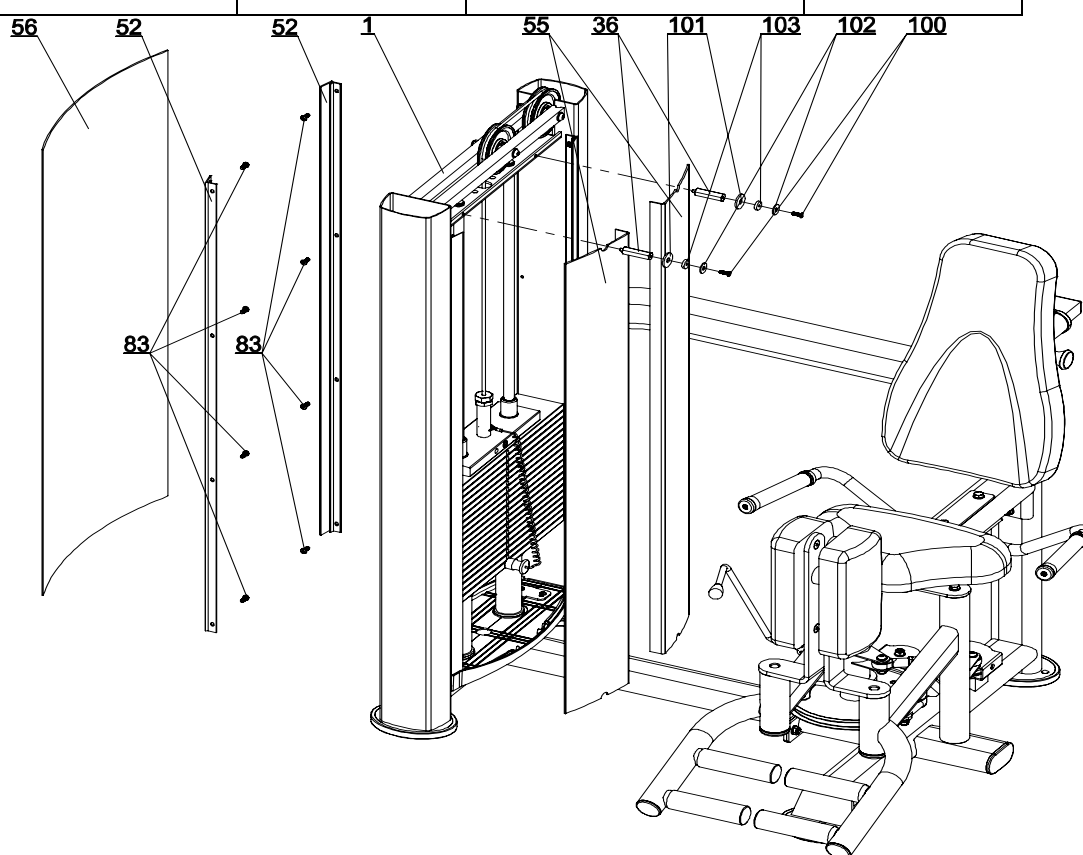


Step 7

Install side faces (52), front and back covers (55, 56), and secure with bolts and washers on tower frame.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	0750-001-G1	TOWER FRAME	1
36		BOLT 60*M6	2
52	0750-052-G1	SIDE FACE	2
56	0750-056-G1	BACK COVER	1
55	0750-055-G1	FRONT COVER	2
58		PAN HEAD PHILLIPS BOLT M6*15	8
100		ALLEN BOLT M6*20	2
101		EXTRA BIG WASHER 11*34*3	2
102		BIG WASHER 9*24*2	2
103		SMALL WASHER 20*6*5	2

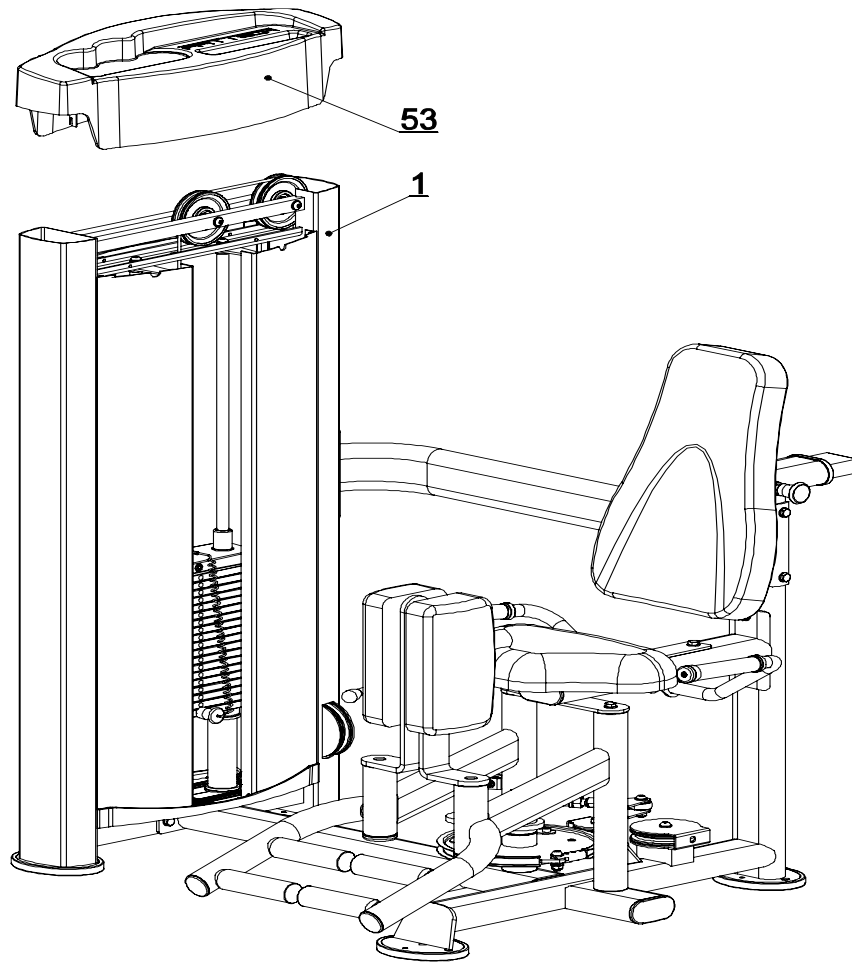


Step 8

Place top cover (6) onto tower frame (1).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	0750-001-G1	TOWER FRAME	1
6	0750-006-G1	TOP COVER	1



Step 9

Assemble pulleys (63, 64), route cable, and fix terminal (33) to cam (7) with bolts and washers.

Bubble No.	Part No.	Description	Qty
2	0750-002-G1	MAIN FRAME	1
7	0750-007-G1	CAM	1
33	0750-033-G1	TERMINAL	1
63		PULLEY	1
64		PULLEY	1
75		FLAT WASHER	4
79		LOCK NUT HEX M10	2
84		PAN HEAD, ALLEN BOLT M10x65	1
90		PAN HEAD, ALLEN BOLT M10x35	1
96		PAN HEAD, ALLEN BOLT M10x50	2

Parts Used in This Step:

