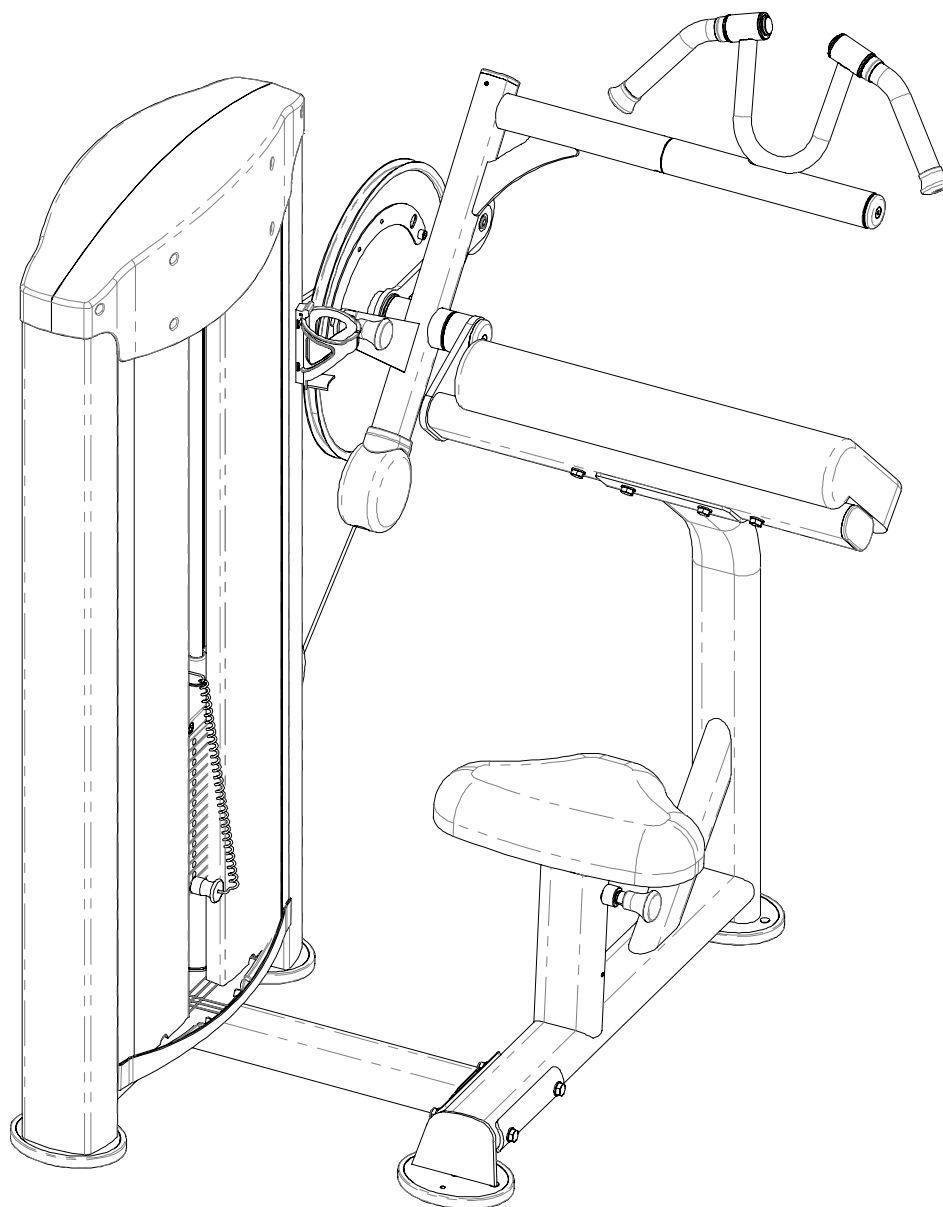


5404-G1 GRONK BICEP/TRICEP



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 anklet, 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.

Master Parts List

Bubble No.	Part No.	Description	Bracket	Qty
1	5404-001-G1	SUPPORT FRAME	SUPPORT FRAME (1)	1
2	5404-002-G1	CAM	CAM (2)	1
3	5404-003-G1	ARM FRAME	ARM FRAME (3)	1
5	5404-005-G1	TOWER FRAME	TOWER FRAME (5)	1
6	5404-006-G1	CONNECTING FRAME	CONNECTING FRAME (6)	1
7	5404-007-G1	MAIN FRAME	MAIN FRAME (7)	1
8	5404-008-G1	ARM PAD FRAME	ARM PAD FRAME (8)	1
9	5404-009-G1	SEAT PAD FRAME	SEAT PAD FRAME (9)	1
13	5404-013-G1	SHAFT	SHAFT (13)	1
15	5404-015-G1	MAGNETIC PIN	MAGNETIC PIN (15)	1
17	5404-017-G1	TOP PLATE	TOP PLATE (17)	1
18	5404-018-G1	GUIDE ROD	GUIDE ROD (18)	2
20	5404-020-G1	SELECT SHAFT	SELECT SHAFT (20)	1
21	5404-021-G1	WEIGHT PLATE	WEIGHT PLATE (21)	15
22	5404-022-G1	END CAP	END CAP (22)	2
26	5404-026-G1	FIXING PLATE	FIXING PLATE (26)	1
27	5404-027-G1	FIXING PLATE	FIXING PLATE (27)	1
31	5404-031-G1	ARM PAD	ARM PAD (31)	1
32	5404-032-G1	SEAT PAD	SEAT PAD (32)	1
34	5404-034-G1	FRONT COVER	FRONT COVER (34)	2
35	5404-035-G1	SIDE FACE	SIDE FACE (35)	4
40	5404-040-G1	TOP COVER	TOP COVER (40)	2
41	5404-041-G1	BASE COVER	BASE COVER (41)	2

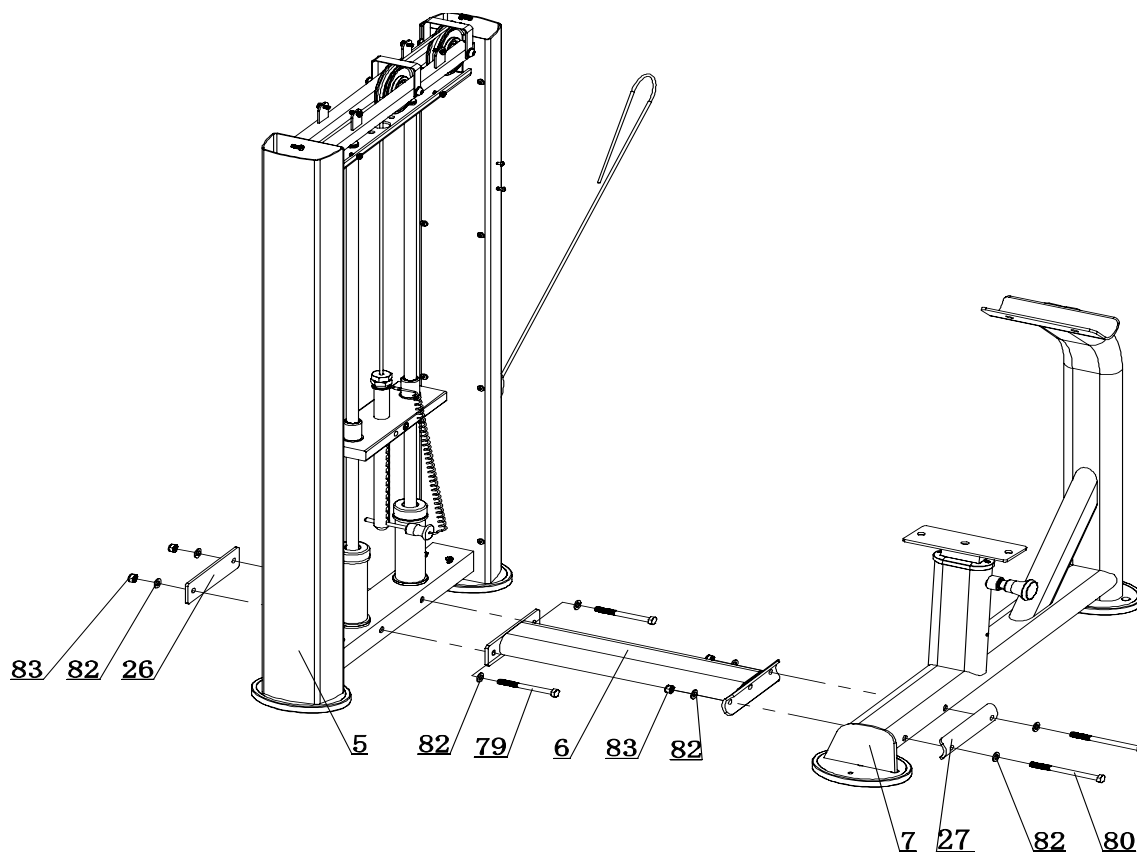
42	5404-042-G1	BOTTLE HOLDER	BOTTLE HOLDER (42)	1
44	5404-044-G1	BACK COVER	BACK COVER (44)	1
47	5404-047-G1	SIDE FACE	SIDE FACE (47)	2
48	5404-048-G1	CABLE	CABLE (48)	1
49	5404-049-G1	FRONT COVER	FRONT COVER (49)	2
59		HEX BOLT M5*15	HEX BOLT M5*15 (59)	2
63		HEX BOLT M6*15	HEX BOLT M6*15 (63)	18
65		SCREW M8*8	SCREW M8*8 (65)	5
67		HEX BOLT M8*15	HEX BOLT M8*15 (67)	2
70		HEX BOLT M10*25	HEX BOLT M10*25 (70)	7
71		HEX BOLT M10*25	HEX BOLT M10*25 (71)	2
75		HEX BOLT M10*70	HEX BOLT M10*70 (75)	2
76		HEX BOLT M10*75	HEX BOLT M10*75 (76)	2
78		PAN HEAD PHILLIPS BOLT M6*15	PAN HEAD PHILLIPS BOLT M6*15 (78)	8
79		HEX HEAD BOLT M10x100	HEX HEAD BOLT M10x100 (79)	2
80		HEX HEAD BOLT M10x125	HEX HEAD BOLT M10x125 (80)	2
81		SPRING WASHER	SPRING WASHER (81)	8
82		FLAT WASHER $\Phi 11*\Phi 20*2$	FLAT WASHER $\Phi 11*\Phi 20*2$ (82)	25
83		NUT M10	NUT M10 (83)	6
84		HEX THREAD BOLT	HEX THREAD BOLT (84)	1

Step 1

Assemble TOWER FRAME (5), CONNECTING FRAME (6), and MAIN FRAME (7) using FIXING PLATE (26), FIXING PLATE (27), HEX HEAD BOLT M10x100 (79), HEX HEAD BOLT M10x125 (80), FLAT WASHER $\Phi 11*\Phi 20*2$ (82), and NUT M10 (83). Do not tighten bolts and nuts in this step.

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
5	5404-005-G1	TOWER FRAME	1
6	5404-006-G1	CONNECTING FRAME	1
7	5404-007-G1	MAIN FRAME	1
26	5404-026-G1	FIXING PLATE	1
27	5404-027-G1	FIXING PLATE	1
79		HEX HEAD BOLT M10x100	2
80		HEX HEAD BOLT M10x125	2
82		FLAT WASHER $\Phi 11*\Phi 20*2$	8
83		NUT M10	4

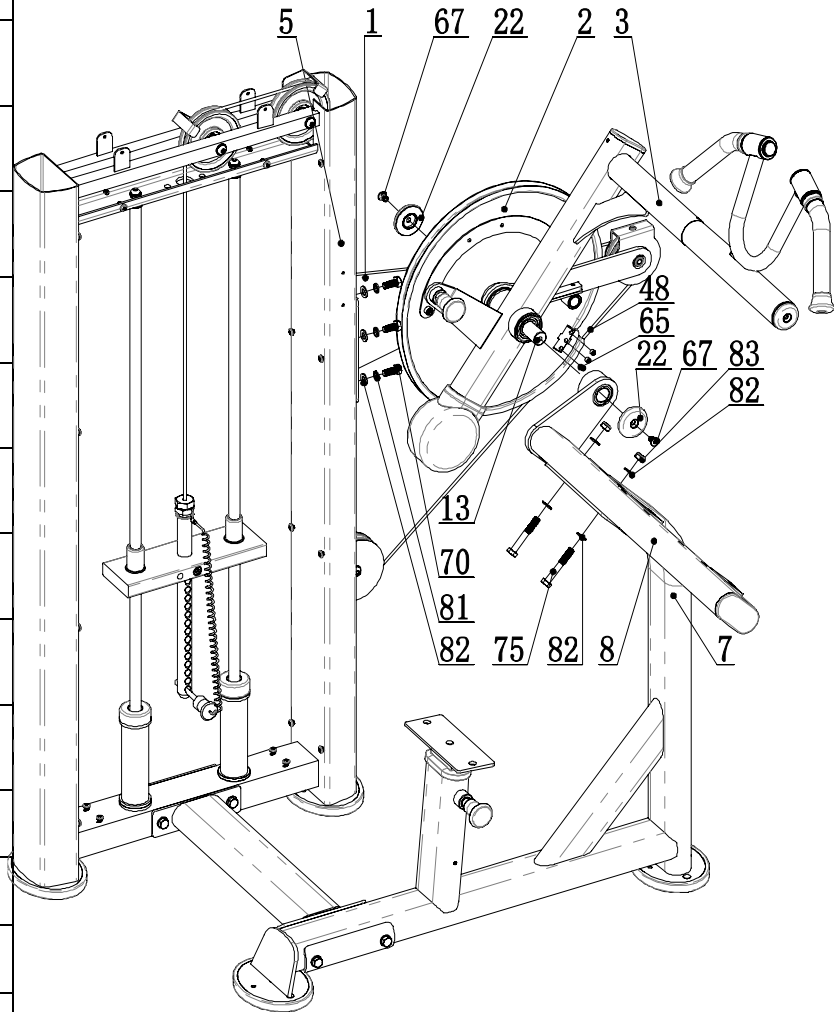


Step 2

Assemble SUPPORT FRAME (1), SHAFT (13) and TOWER FRAME (5) using HEX BOLT M10*25 (70), SPRING WASHER (81), and FLAT WASHER $\Phi 11*\Phi 20*2$ (82). Install ARM FRAME (3) and ARM PAD FRAME (8) to CAM (2) using END CAP (22), HEX BOLT M8*15 (67). Fix ARM PAD FRAME (8) to MAIN FRAME (7) using HEX BOLT M10*70 (75), FLAT WASHER $\Phi 11*\Phi 20*2$ (82) and NUT M10 (83).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
1	5404-001-G1	SUPPORT FRAME	1
2	5404-002-G1	CAM	1
3	5404-003-G1	ARM FRAME	1
5	5404-005-G1	TOWER FRAME	1
7	5404-007-G1	MAIN FRAME	1
8	5404-008-G1	ARM PAD FRAME	1
13	5404-013-G1	SHAFT	1
22	5404-022-G1	END CAP	2
48	5404-048-G1	CABLE	1
65		SCREW M8*8	5
67		HEX BOLT M8*15	2
70		HEX BOLT M10*25	3
75		HEX BOLT M10*70	2
81		SPRING WASHER	3
82		FLAT WASHER $\Phi 11*\Phi 20*2$	7
83		NUT M10	2

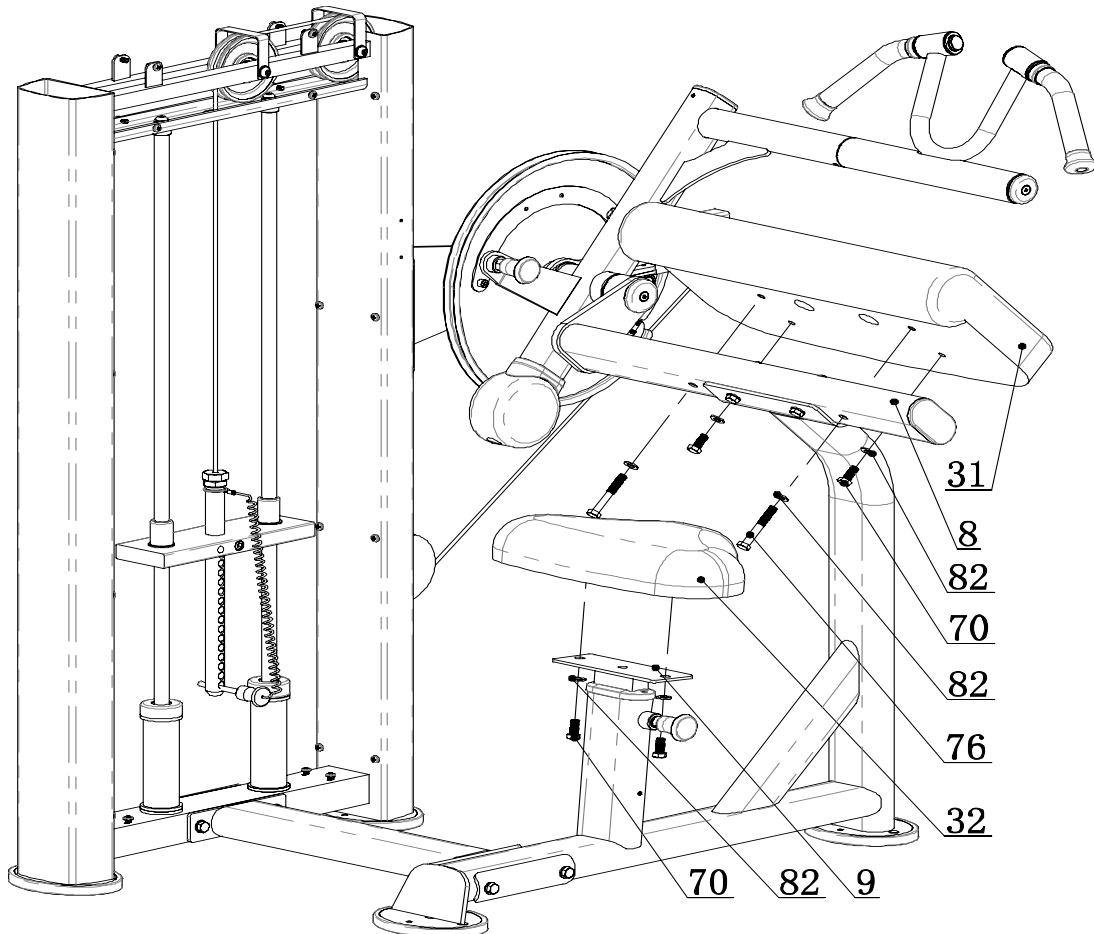


Step 3

Install SEAT PAD (32) to SEAT PAD FRAME (9) using HEX BOLT M10*25 (70) and FLAT WASHER $\Phi 11*\Phi 20*2$ (82). Install ARM PAD (31) to ARM PAD FRAME (8) using HEX BOLT M10*25 (70), HEX BOLT M10*75 (76), and FLAT WASHER $\Phi 11*\Phi 20*2$ (82).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
8	5404-008-G1	ARM PAD FRAME	1
9	5404-009-G1	SEAT PAD FRAME	1
31	5404-031-G1	ARM PAD	1
32	5404-032-G1	SEAT PAD	1
70		HEX BOLT M10*25	4
76		HEX BOLT M10*75	2
82		FLAT WASHER $\Phi 11*\Phi 20*2$	4

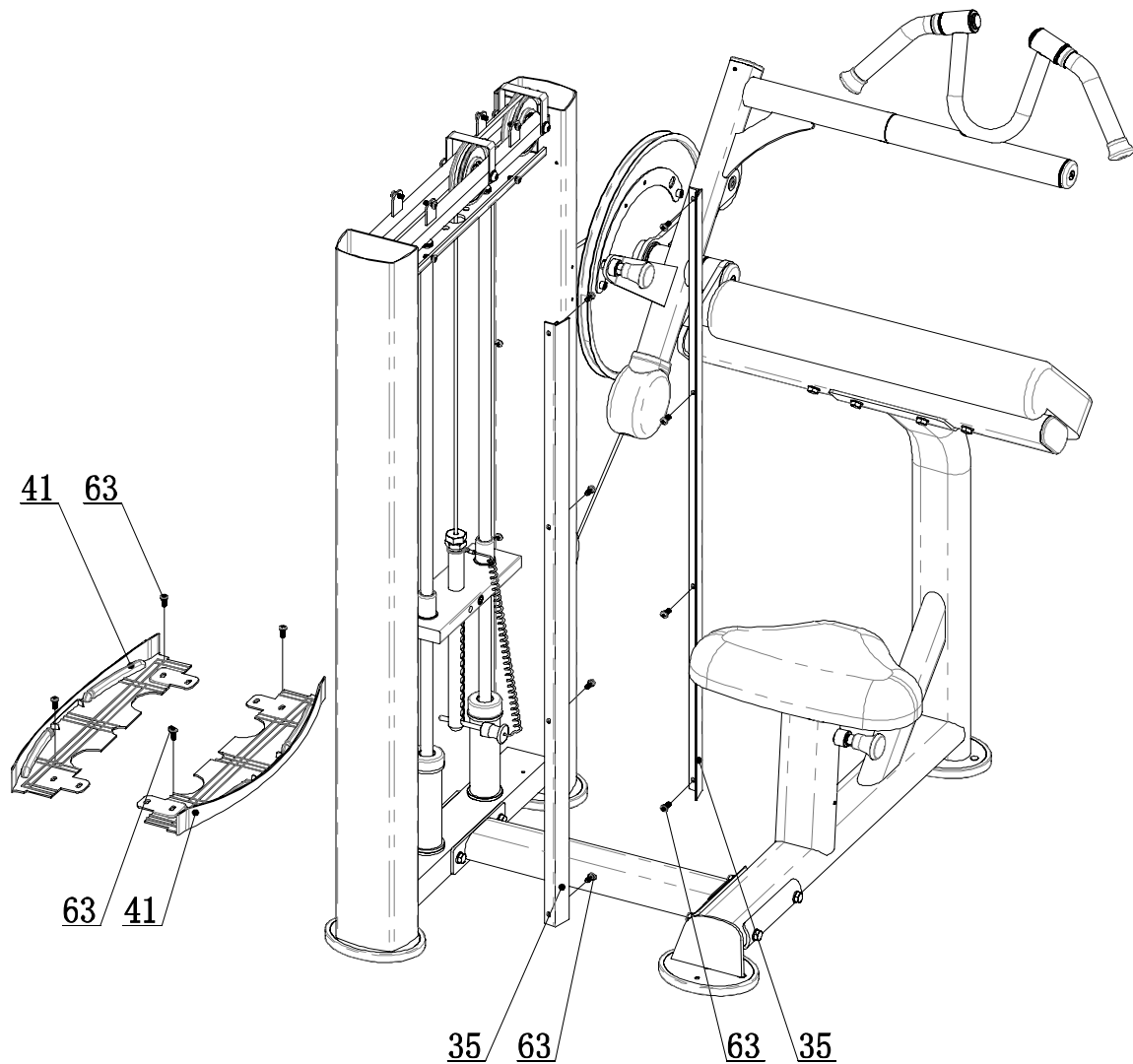


Step 4

Install BASE COVER (41) to TOWER FRAME (5) using HEX BOLT M6*15 (63). Install SIDE FACE (35) to TOWER FRAME (5) using HEX BOLT M6*15 (63).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
5	5404-005-G1	TOWER FRAME	1
35	5404-035-G1	SIDE FACE	2
41	5404-041-G1	BASE COVER	2
63		HEX BOLT M6*15	8

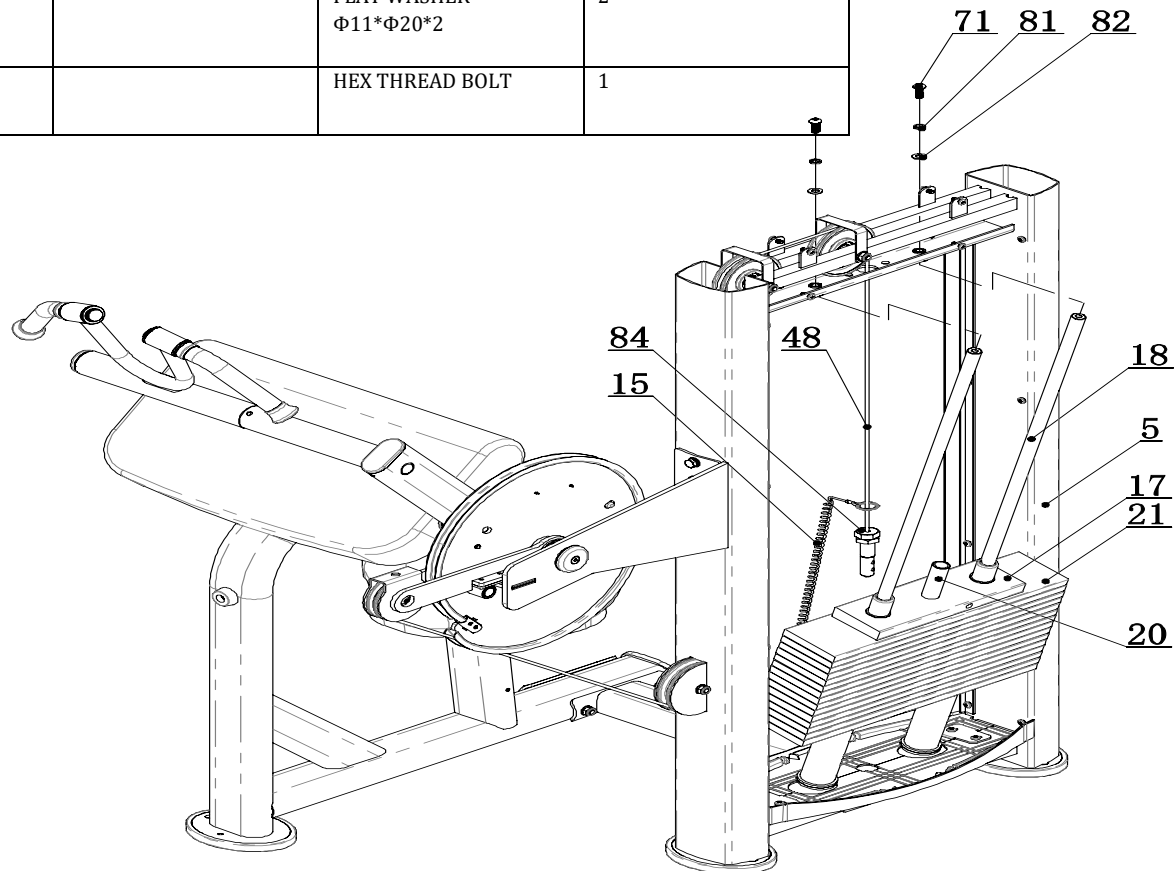


Step 5

Remove HEX THREAD BOLT (84) from SELECT SHAFT (20), and remove HEX BOLT M10*25 (71), SPRING WASHER (81), and FLAT WASHER (82) from GUIDE ROD (18). Remove MAGNETIC PIN (15), TOP PLATE (17), and SELECT SHAFT (20). Insert 15 pcs WEIGHT PLATE (21) into GUIDE ROD (18). Then reinstall MAGNETIC PIN (15), TOP PLATE (17), and SELECT SHAFT (20). Fix GUIDE ROD (18) using HEX BOLT M10*25 (71), SPRING WASHER (81), and FLAT WASHER (82). Reinstall HEX THREAD BOLT (84) and adjust to CABLE (48).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
15	5404-015-G1	MAGNETIC PIN	1
17	5404-017-G1	TOP PLATE	1
18	5404-018-G1	GUIDE ROD	2
20	5404-020-G1	SELECT SHAFT	1
21	5404-021-G1	WEIGHT PLATE	15
48	5404-048-G1	CABLE	1
71		HEX BOLT M10*25	2
81		SPRING WASHER	2
82		FLAT WASHER Φ11*Φ20*2	2
84		HEX THREAD BOLT	1

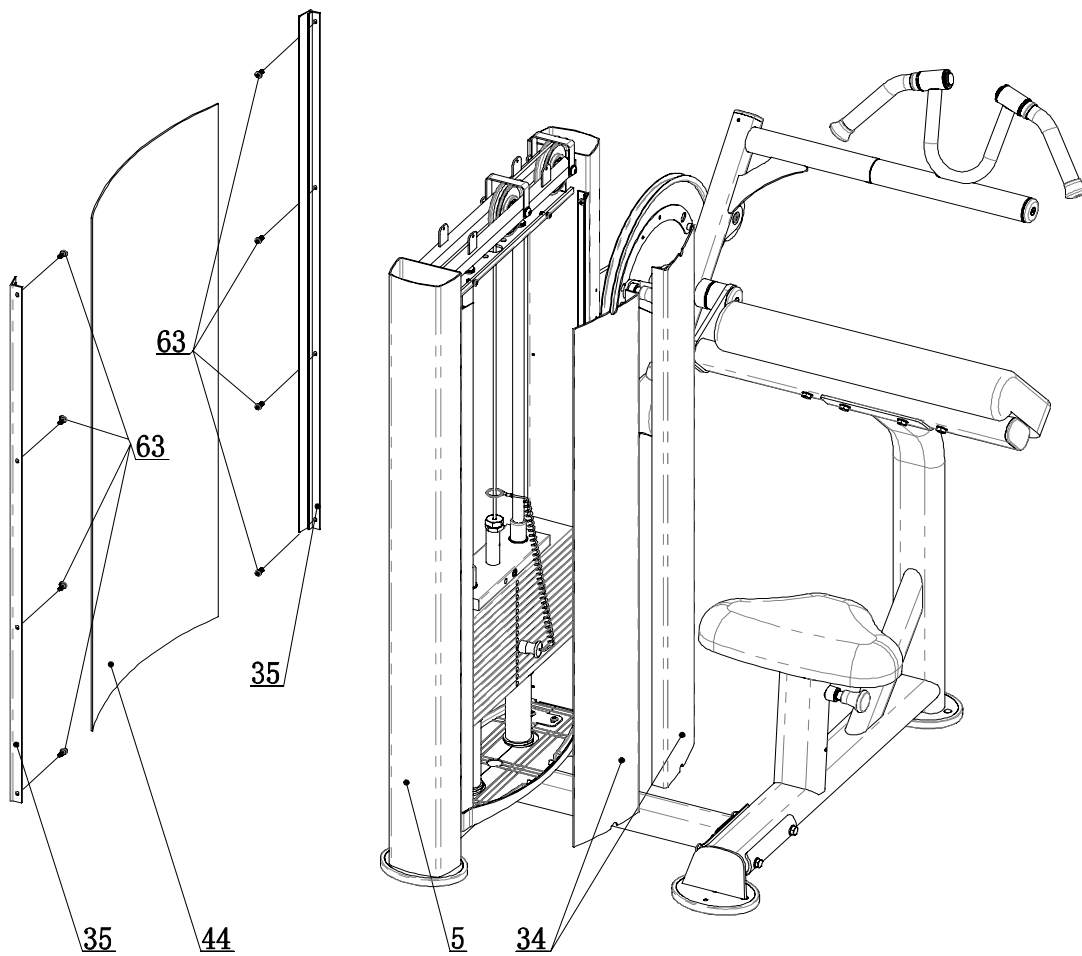


Step 6

Install SIDE FACE (35) to TOWER FRAME (5) using HEX BOLT M6*15 (63). Insert BACK COVER (44). Install FRONT COVER (34) to TOWER FRAME (5).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
5	5404-005-G1	TOWER FRAME	1
34	5404-034-G1	FRONT COVER	2
35	5404-035-G1	SIDE FACE	2
44	5404-044-G1	BACK COVER	1
63		HEX BOLT M6*15	8



Step 7

Fix 2 SIDE FACES (47) to the back of TOWER FRAME (5) using PAN HEAD PHILLIPS BOLT M6*15 (78). Insert FRONT COVERS (49) and BACK COVER (48) into TOWER FRAME (5).

Parts Used in This Step:

Bubble No.	Part No.	Description	Qty
5	5404-005-G1	TOWER FRAME	1
40	5404-040-G1	TOP COVER	2
42	5404-042-G1	BOTTLE HOLDER	1
47	5404-047-G1	SIDE FACE	2
48	5404-048-G1	CABLE	1
49	5404-049-G1	FRONT COVER	2
59		HEX BOLT M5*15	2
63		HEX BOLT M6*15	10
78		PAN HEAD PHILLIPS BOLT M6*15	8

