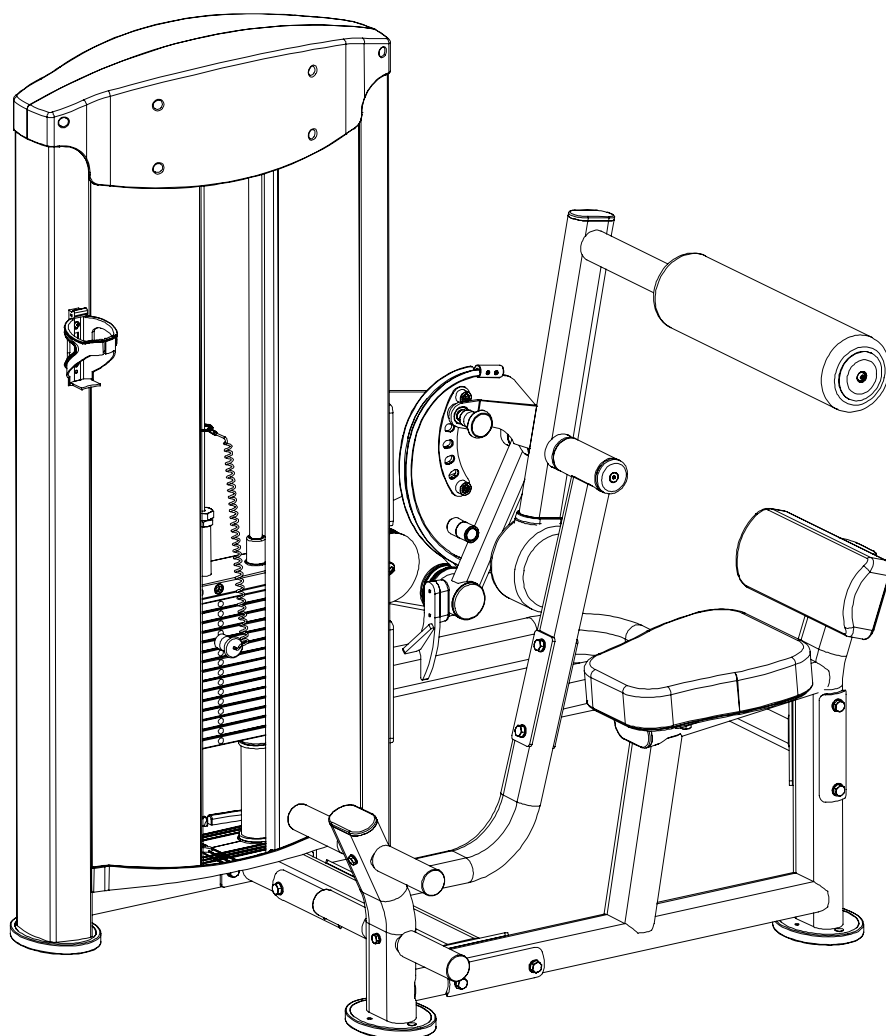


GRONK 5408-G1

BACK EXTENSION/ABDOMINAL

GUIDE ASSEMBLY PRODUCT



Master Parts List

Bubble No.	Part No.	Description	Qty
1	5408-001-G1	Tower Frame	1
2	5408-002-G1	Main Frame	1
3	5408-003-G1	Connecting Tube	1
4	5408-004-G1	Rotating Arm	1
5	5408-005-G1	Connecting Frame	1
6	5408-006-G1	Support Frame	1
7	5408-007-G1	Cam Support	1
8	5408-008-G1	Connecting Frame	1
9	5408-009-G1	Rotating Frame	1
12	5408-012-G1	Weight Selector Pin	1
14	5408-014-G1	Central Axle	1
15	5408-015-G1	Guide-Rod	2
18	5408-018-G1	Pedal Bar	1
19	5408-019-G1	Bolt	2
21	5408-021-G1	Fixing Plate	2
22	5408-022-G1	Fixing Plate	3
23	5408-023-G1	Special Washer	2
28	5408-028-G1	Ending Cap	2
29	5408-029-G1	Top Weight Stack	1
30	5408-030-G1	Selector Shaft	1
31	5408-031-G1	Weight Stack	15
33	5408-033-G1	Side Face	4
35	5408-035-G1	Top Cover	2
36	5408-036-G1	Base Cover	2
37	5408-037-G1	Back Cover	1
38	5408-038-G1	Front Cover	2
51	5408-051-G1	Cable	1
60		Flat Washer (73)	22
61		Spring Washer (71)	10
62		Lock Nut Hex M10 (74)	10
63		Pan Head Allen Bolt M10x25 (64)	4
64		Pan Head Allen Bolt M10x65 (65)	2
65		Pan Head Allen Bolt M10x125 (68)	6
66		Pan Head Allen Bolt M10x100 (67)	2
67		Flat Head Allen Bolt M8x15 (62)	2
68		Hex Head Bolt M10x25 (64)	3
69		Hex Head Bolt M8x15 (63)	2
70		Flat Washer M8 (72)	2

71		Pan Head Phillips Bolt M6x15 (70)	30
72		Pan Head Phillips Bolt M6x20 (75)	2
73		Washer (76)	2
74		Big Washer (77)	2
75		Washer (78)	2
76		Allen Head Set Screw M8x8 (69)	5

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;

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.

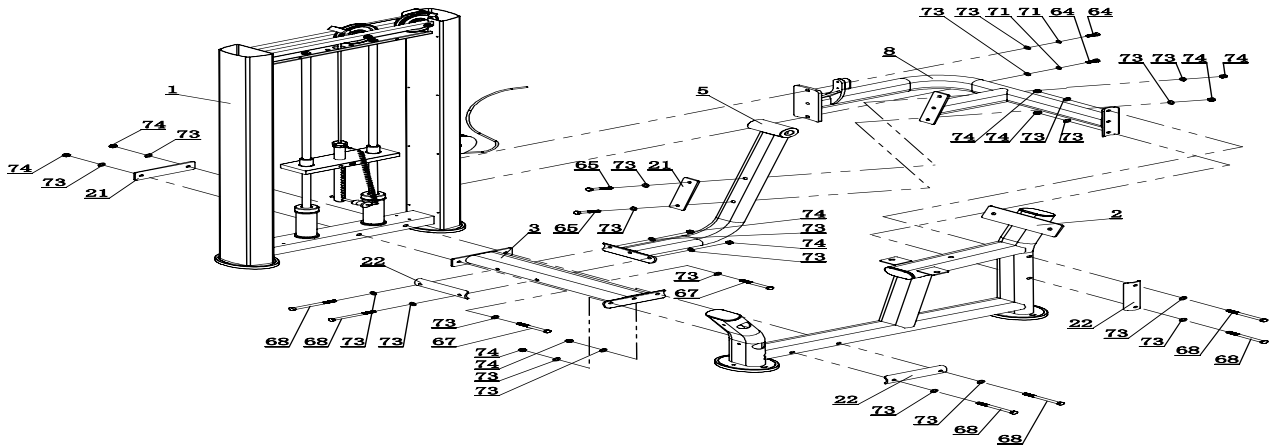
Wear appropriate ffitech attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear ffitech shoes for exercising.

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.

Step 1: Assemble tower frame(1) to the main frame(2) using connecting tube(3), connecting frame(5) and connecting frame(8), fixing plate(21), and fixing plate(22). Use 14 flat washers(73), 2 spring washers(71), 6 lock nuts hex M10(74), 2 pan head Allen bolt M10x25(64), 2 pan head Allen bolt M10x65 (65), 6 pan head Allen bolt M10x125(68) and 2 pan head Allen bolt M10x100 (67). Do not tighten bolts and nuts in this step.



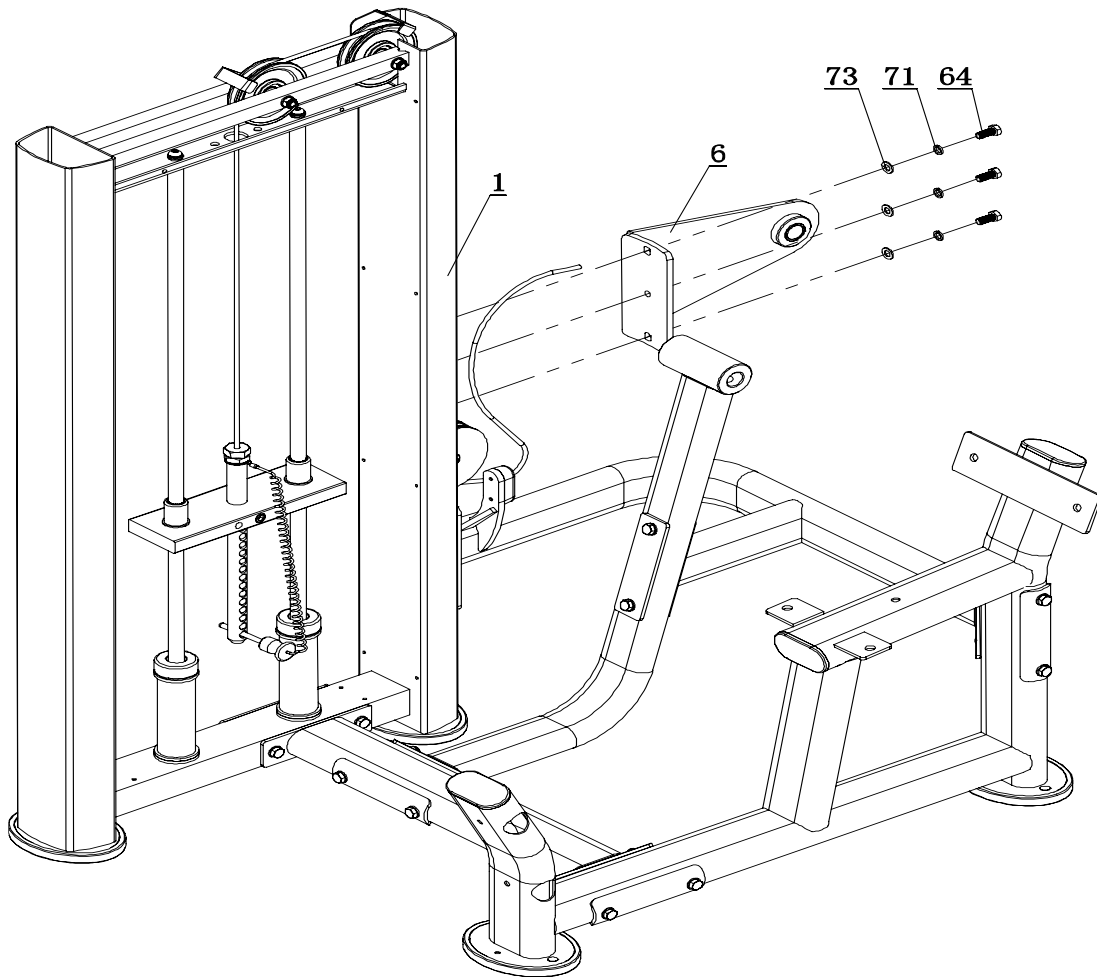
Parts Used in This Step:

Bubble No.	Description	Qty
1	Tower Frame	1
2	Main Frame	1
3	Connecting Tube	1
5	Connecting Frame	1
8	Connecting Frame	1
21	Fixing Plate	2
22	Fixing Plate	3
60	Flat Washer (73)	14
61	Spring Washer (71)	2
62	Lock Nut Hex M10 (74)	6
63	Pan Head Allen Bolt M10x25 (64)	2
64	Pan Head Allen Bolt M10x65 (65)	2
65	Pan Head Allen Bolt M10x125 (68)	6
66	Pan Head Allen Bolt M10x100 (67)	2

Step 2: Assemble support frame (6) to tower frame (1) using 2 hex head bolt M10x25 (64), 3 flat washer (71), 3 spring washer (73). Do not tighten the bolts and nuts in this step.

Parts Used in This Step:

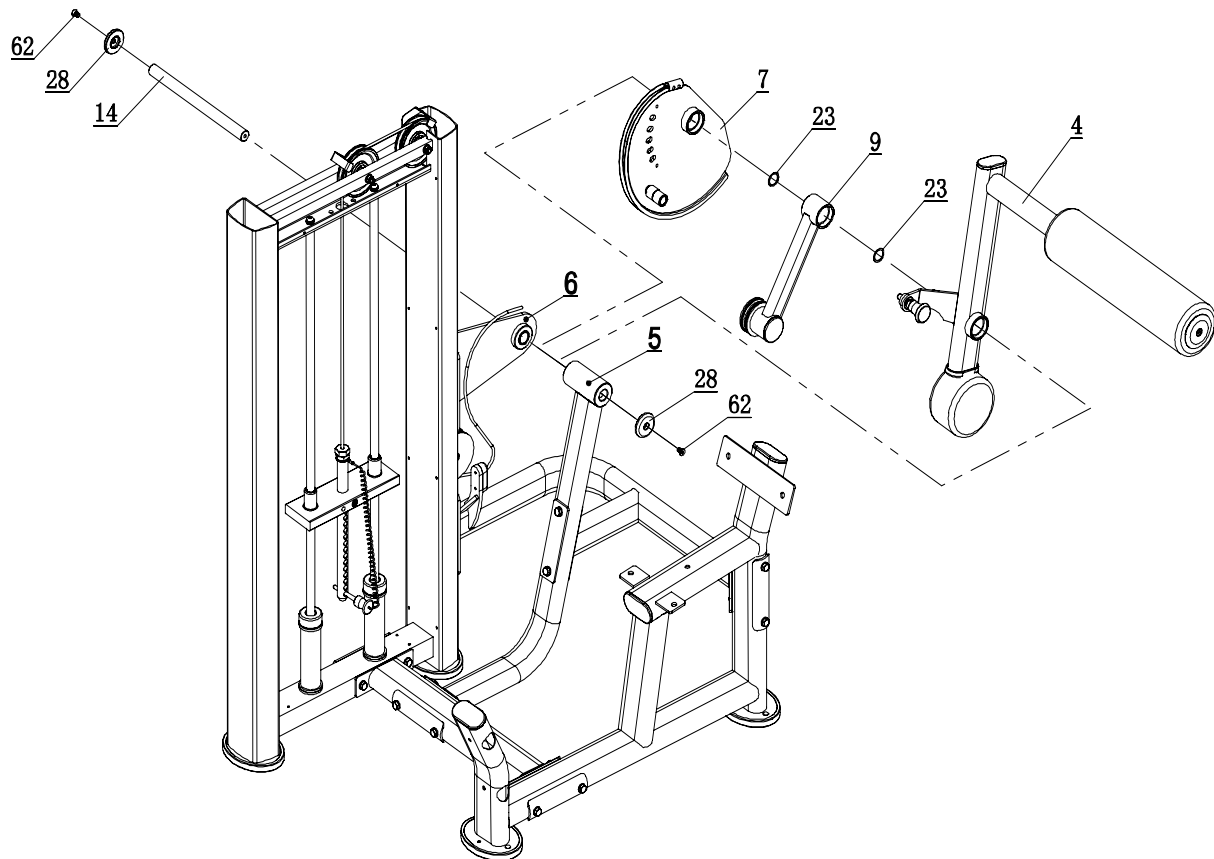
Bubble No.	Description	Qty
1	Tower Frame	1
6	Support Frame	1
67	Hex Head Bolt M10x25 (64)	2
60	Flat Washer (73)	3
61	Spring Washer (71)	3



Step 3: Assemble support frame (6), the cam support (7), special washer (23), rotating frame (9), special washer (23), rotating arm (4) to the connecting frame (5), using central axle (14). Fix 2 ending cap (28) with 2 flat head Allen bolt M8x15 (62). Tighten bolts and nuts from steps 1, 2 and 3 properly.

Parts Used in This Step:

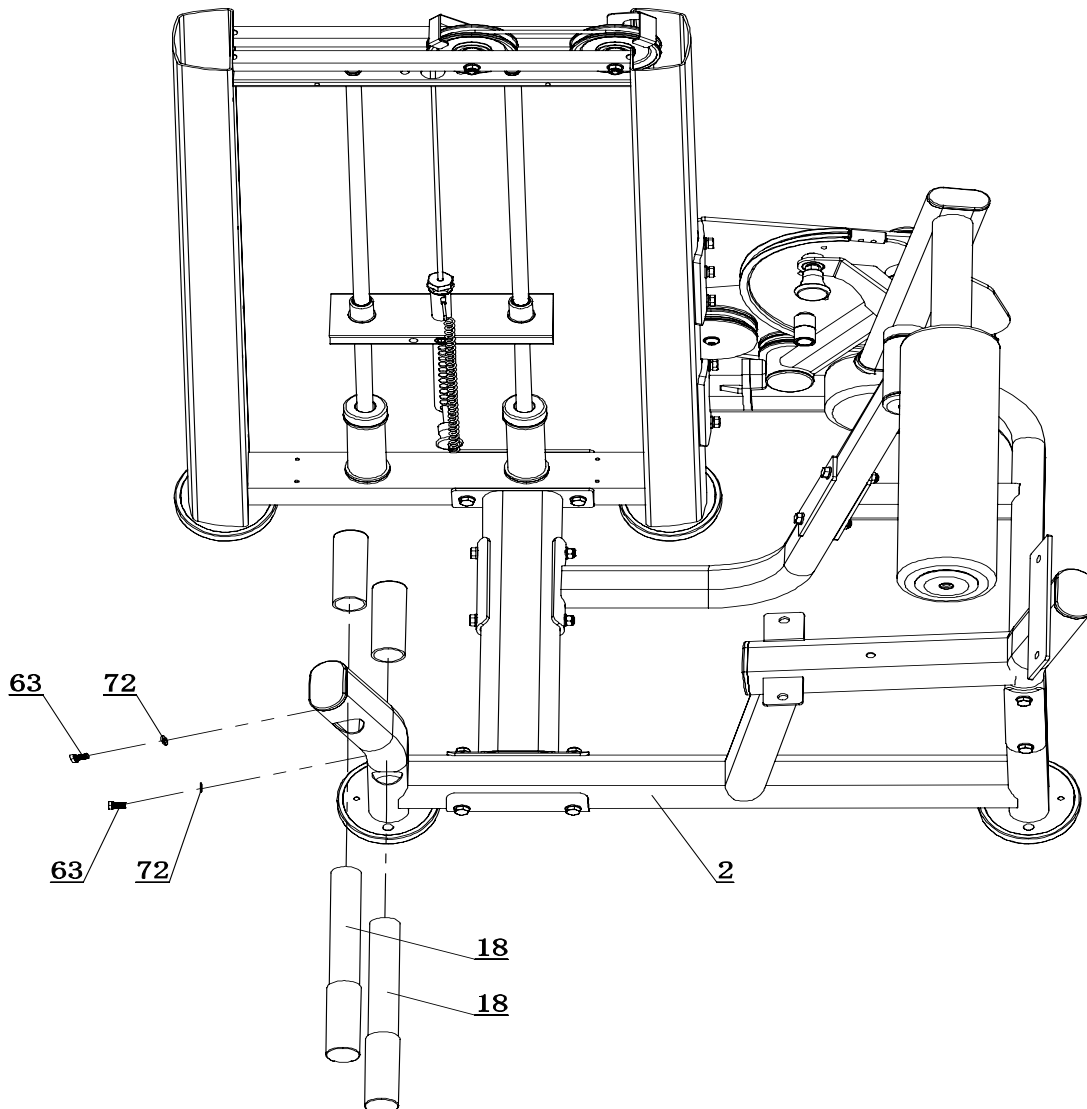
Bubble No.	Description	Qty
4	Rotating Arm	1
5	Connecting Frame	1
6	Support Frame	1
7	Cam Support	1
9	Rotating Frame	1
14	Central Axle	1
23	Special Washer	2
28	Ending Cap	2
68	Flat Head Allen Bolt M8x15 (62)	2



Step 4: Fix the pedal bar (18) to the main frame (2), using 2 hex head bolt M8x15 (63), 2 flat washers M8 (72). Tighten bolts properly.

Parts Used in This Step:

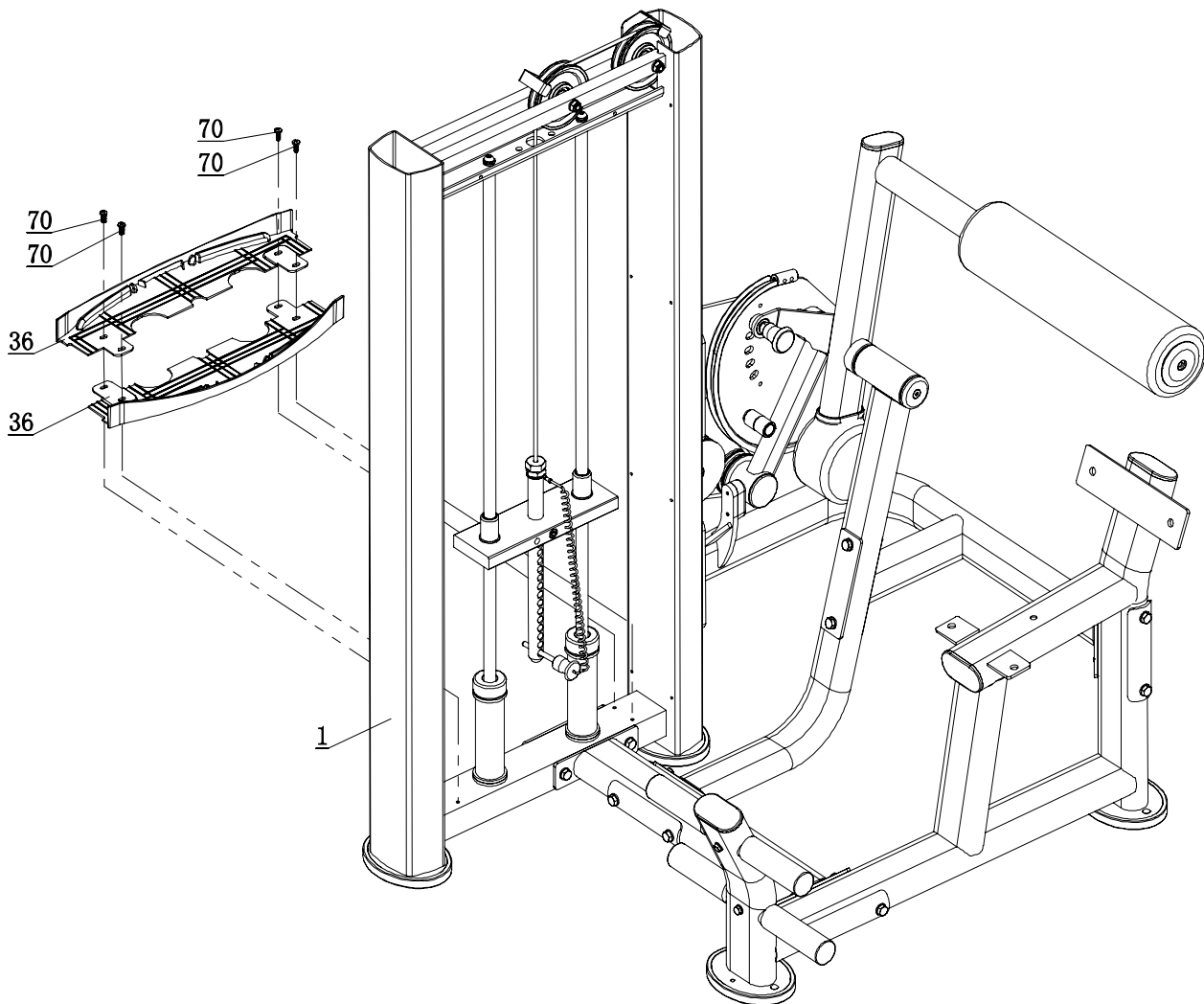
Bubble No.	Description	Qty
2	Main Frame	1
18	Pedal Bar	1
69	Hex Head Bolt M8x15 (63)	2
70	Flat Washer M8 (72)	2



Step 5: Install 2 base cover(36) to tower frame(1) using 4 pan head Phillips bolt M6x15(70).

Parts Used in This Step:

Bubble No.	Description	Qty
1	Tower Frame	1
36	Base Cover	2
71	Pan Head Phillips Bolt M6x15 (70)	4



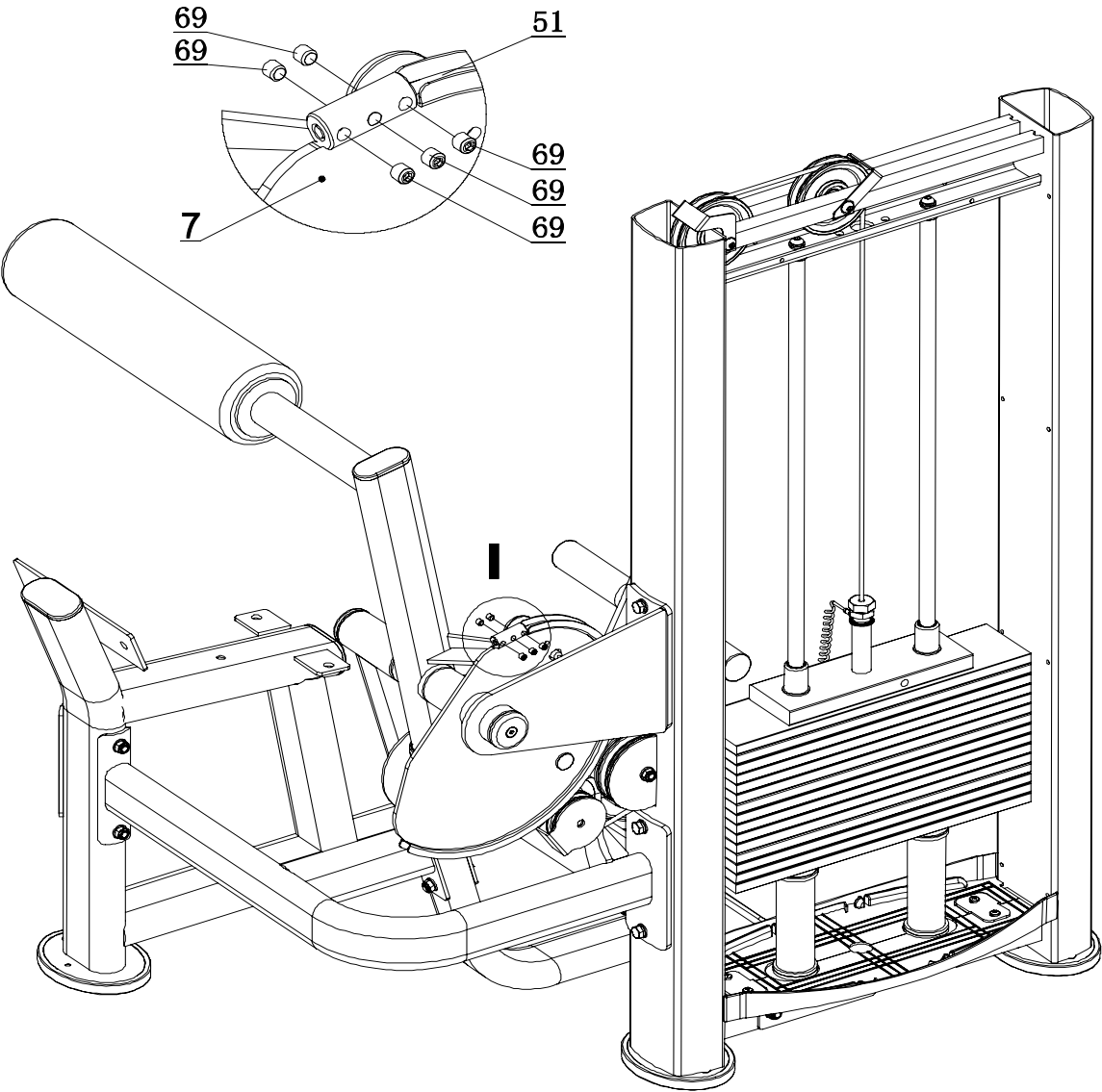
Parts Used in This Step:

This exploded perspective view shows the upper portion of the exercise device. It includes a handle assembly with a long cylindrical handle (30) and a handle grip (29). The main frame (1) is shown with various components labeled with reference numerals: 59, 71, 73, 30, 29, 15, 15, 51, 12, and 31. The handle assembly is positioned to be attached to the main frame.

Step 7: Insert the cable (51) on the cam (7) and fix using 5 Allen head set screw M8x8 (69).
Tighten bolts properly.

Parts Used in This Step:

Bubble No.	Description	Qty
7	Cam Support	1
51	Cable	1
76	Allen Head Set Screw M8x8 (69)	5



Step 8: Fix 4 side faces (33) in the tower frame (1) using 16 pan head Phillips bolt M6x15 (70), 2 in front and 2 in back. Insert 2 front covers (38) and 1 back cover (37) in the tower frame. Then fix bolt (19) using 2 pan head Phillips bolt M6x20 (75), washer (76), washer (78), and big washer (77). Finally, put top cover (35) on the tower frame (1).

Parts Used in This Step:

Bubble No.	Description	Qty
1	Tower Frame	1
19	Bolt	2
33	Side Face	4
35	Top Cover	2
37	Back Cover	1
38	Front Cover	2
71	Pan Head Phillips Bolt M6x15 (70)	16
72	Pan Head Phillips Bolt M6x20 (75)	2
73	Washer (76)	2
74	Big Washer (77)	2
75	Washer (78)	2

