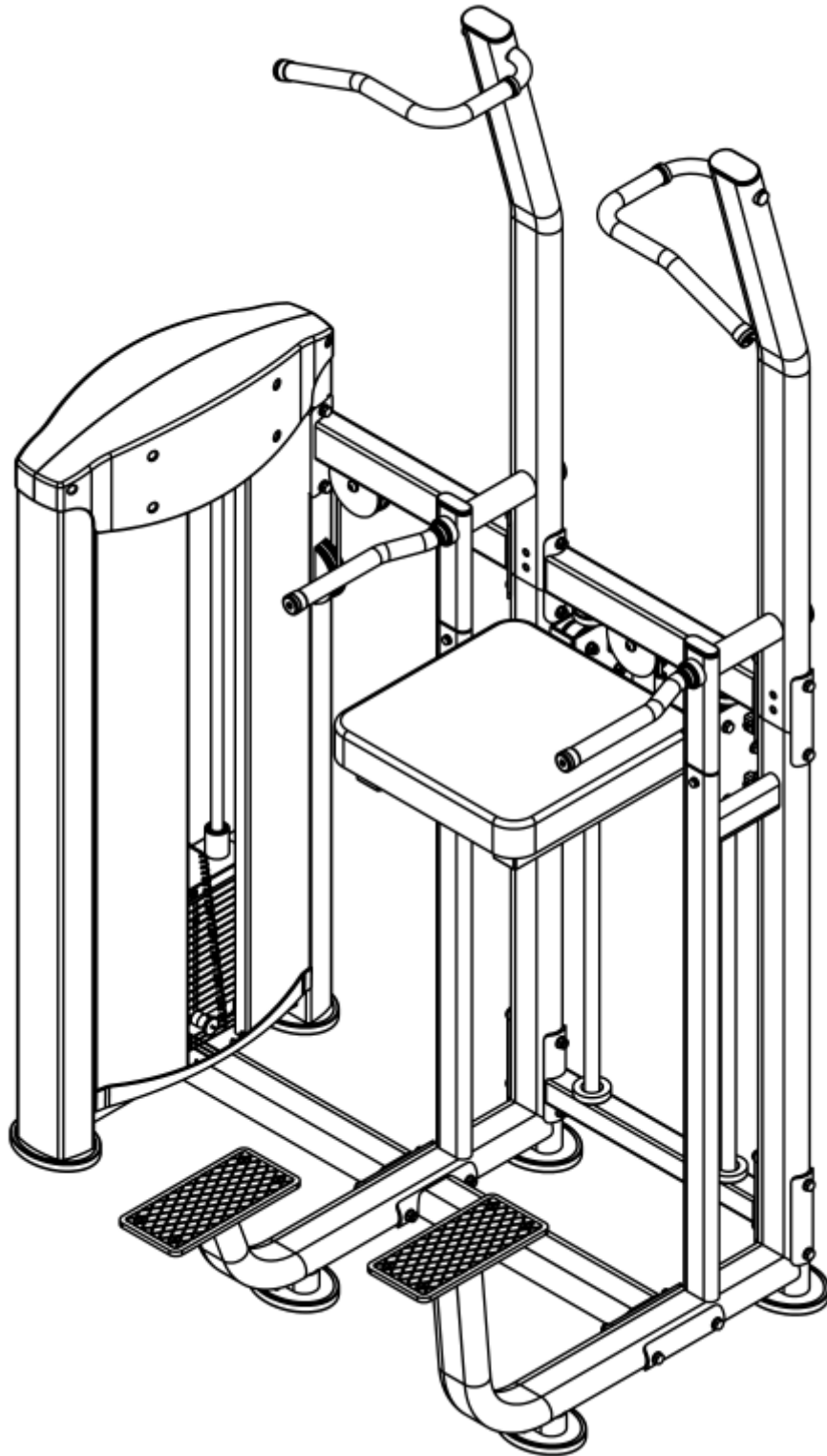


GRONK 5409-G1 DIPCHIN ASSIST MACHINE

OWNER'S MANUAL



Bubble No.	Part Number	Description	Qty
001	5409-001-01G1	TOWER FRAME	1
002	5409-002-01G1	LEFT LOWER FRAME	1
003	5409-003-01G1	RIGHT LOWER FRAME	1
004	5409-004-01G1	LEFT UPPER FRAME	1
005	5409-005-01G1	RIGHT UPPER FRAME	1
007	5409-007-01G1	CONNECTING TUBE	1
011	5409-011-01G1	SLIDING FRAME	1
015	5409-015-01G1	MOVEMENT GUIDE	2
016	5409-016-01G1	GUIDE-ROD	2
017	5409-017-01G1	FIXING PLATE	4
018	5409-018-01G1	FIXING PLATE	1
023	5409-023-01G1	BASE COVER	2
024	5409-024-01G1	SIDE FACE	4
025	5409-025-01G1	FRONT COVER	2
026	5409-026-01G1	BACK COVER	1
028	5409-028-01G1	WEIGHT STACK	14
029	5409-029-01G1	WEIGHT STACK	1
030	5409-030-01G1	TOP WEIGHT STACK	1
031	5409-031-01G1	SELECTOR SHAFT	1
032	5409-032-01G1	WEIGHT SELECTOR PIN	1
035	5409-035-01G1	TOP COVER	2
041	5409-041-01G1	SHOCK ABSORBER RUBBER	4
049	5409-049-01G1	ENDING CAP	2
050	5409-050-01G1	CABLE	1
052		FLAT WASHER	46
053		HEX HEAD BOLT M10x125	18
054		HEX HEAD BOLT M10x100	2
060		HEX HEAD BOLT M10x30	1
061		PAN HEAD, ALLEN BOLT M10x20	2
062		SPRING WASHER	4
063		PAN HEAD, ALLEN BOLT M10x25	2
064		HEX HEAD BOLT M10x25	2
065		FLAT WASHER	2
066		HEX HEAD BOLT M10x15	4
068		ROUND HEAD, ALLEN BOLT M8x80	1
070		FLAT HEAD ALLEN BOLT M8x15	2
072		LOCK NUT HEX M10	17
074		ROUND HEAD ALLEN BOLT M10x15	2
075		PAN HEAD PHILLIPS BOLT M6x15	26
078		BOTTLE HOLDER	1
079		PAN HEAD PHILLIPS BOLT M6x20	2

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.

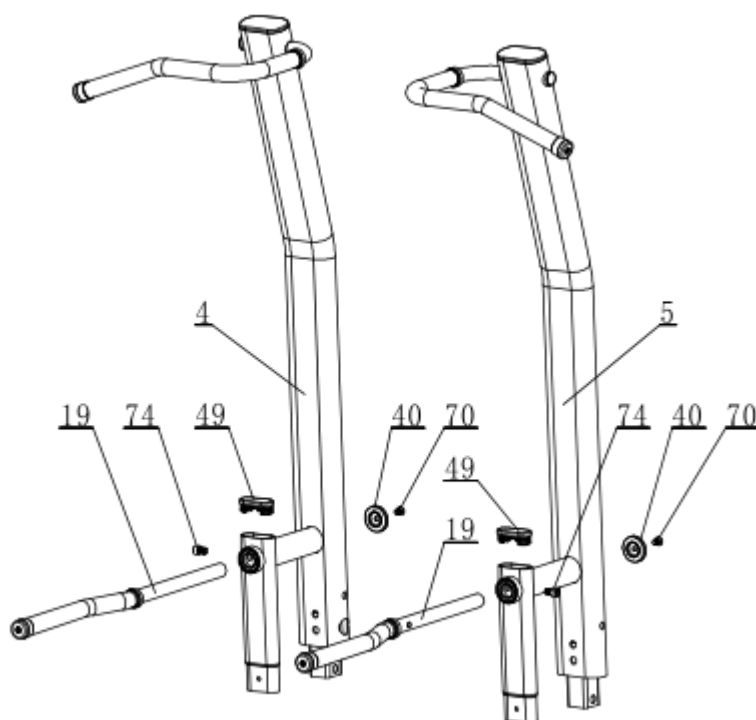
Do not wear loose clothing that could eventually become caught in the equipment. Always wear shoes for exercising.

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.

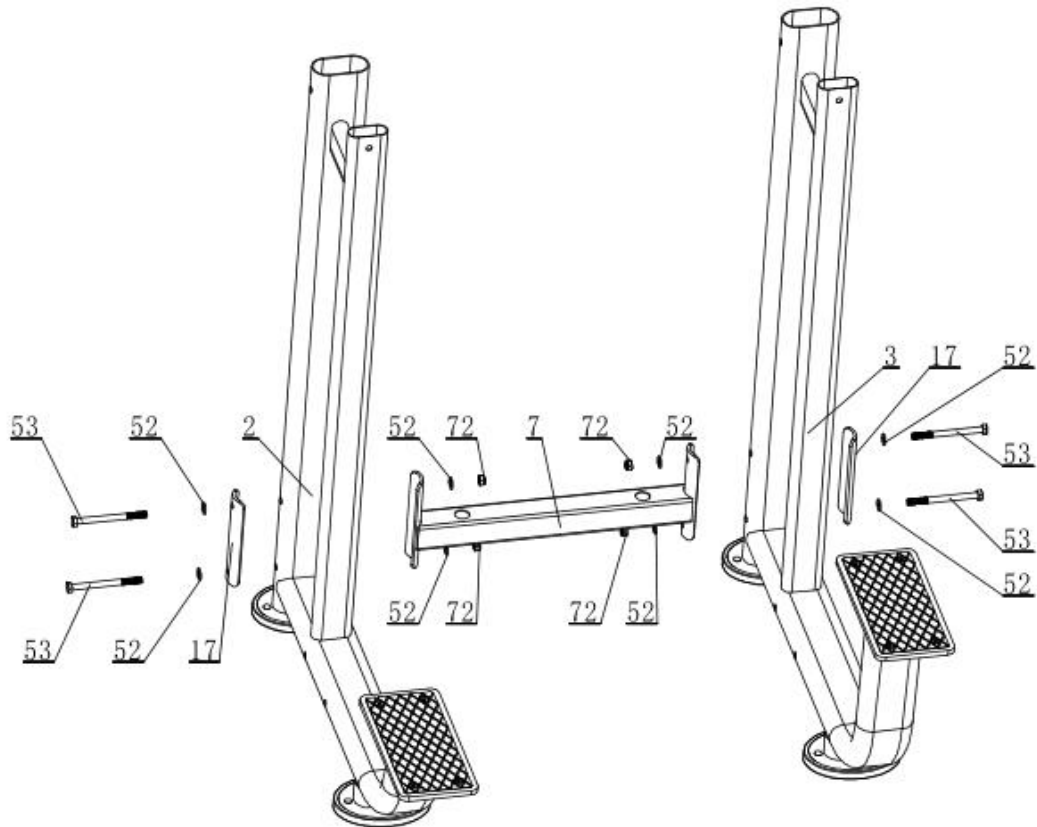
Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

Step 1: CONNECT THE 2 HANDLEBAR(19), 1 TO LEFT UPPER FRAME(4) AND 1 TO RIGHT UPPER FRAME(5), USING 2ROUND HEAD ALLEN BOLT M10X15(74), 2 ENDING CAP(49) AND 2 FLAT HEAD ALLEN BOLT M8X15(70) AND USINGRIGHT TOOLS TIGHTEN BOLTS PROPERLY.



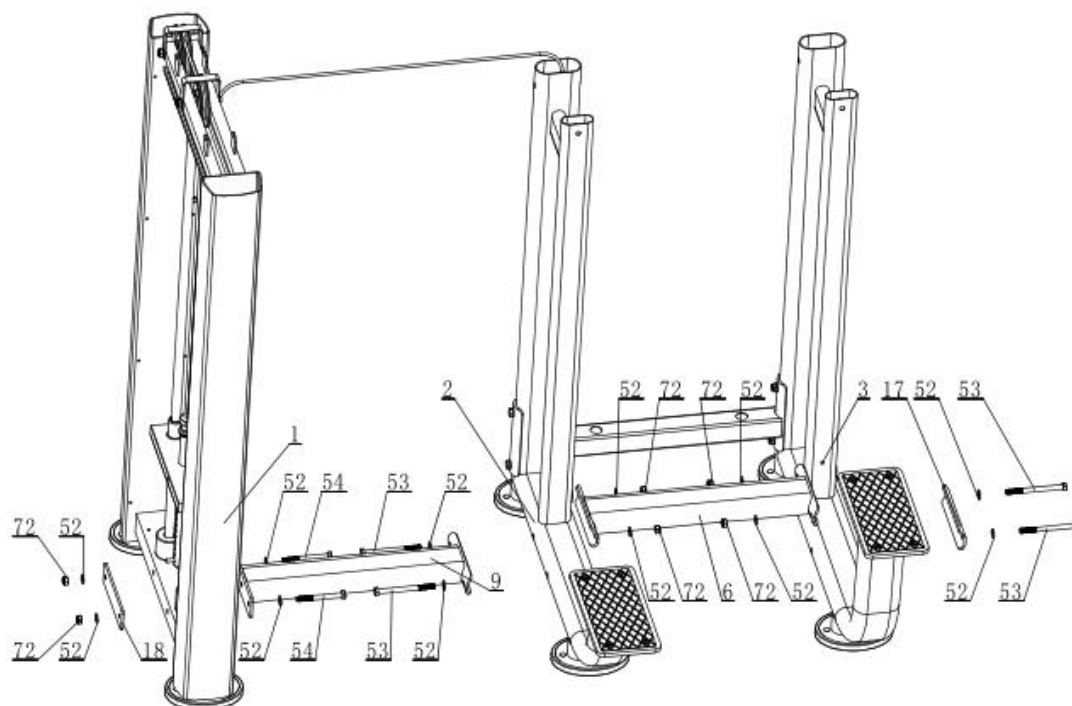
No.	English description	Qty
4	LEFT UPPER FRAME	1
5	RIGHT UPPER FRAME	1
19	HANDLE BAR	2
40	ENDING CAP	2
49	DECORATIVE CAP	2
70	FLAT HEAD, ALLEN BOLT M8x15	2
74	ROUND HEAD, ALLEN BOLT M10x15	2

STEP 2: Assemble the connecting tube(7) to the left lower frame(3) and right lower frame(2). To fix use 4 hex head bolt M10x125(53), 8 flat washer(52) and 4 lock nut hex M10(72). Do not tighten the bolts and nuts in this step.



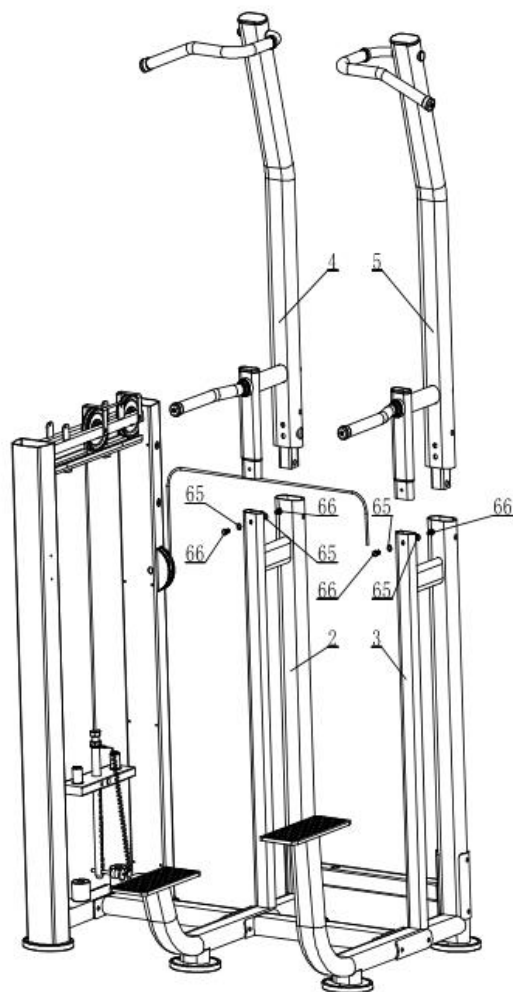
Nº	English description	Qt
2	LEFT LOWER FRAME	1
3	RIGHT LOWER FRAME	1
7	CONNECTING TUBE	1
17	FIXING PLATE	4
52	FLAT WASHER	8
53	HEX HEAD BOLT M10x125	4
72	LOCK NUT HEX M10	4

STEP 3: Assemble the connecting tube(9) to the tower frame(1), using 2 hex head bolt M10x100(54), 4 flat washer(52), 1 fixing plate(18) and 2 lock nut hex M10(72). Then assemble the connecting tube(9) to the left lower frame(2) and connecting tube(6), using 2 hex head bolt M10x125(53), 4 flat washer(52) and 2 lock nut hex M10(72). On the other side of connecting tube(6), assemble the connecting tube(6) to the right lower frame(3), using 2 hex head bolt M10x125(53), 4 flat washer(52), 1 fixing plate(17) and 2 lock nut hex M10(72). Do not tighten bolts and nuts in this step.



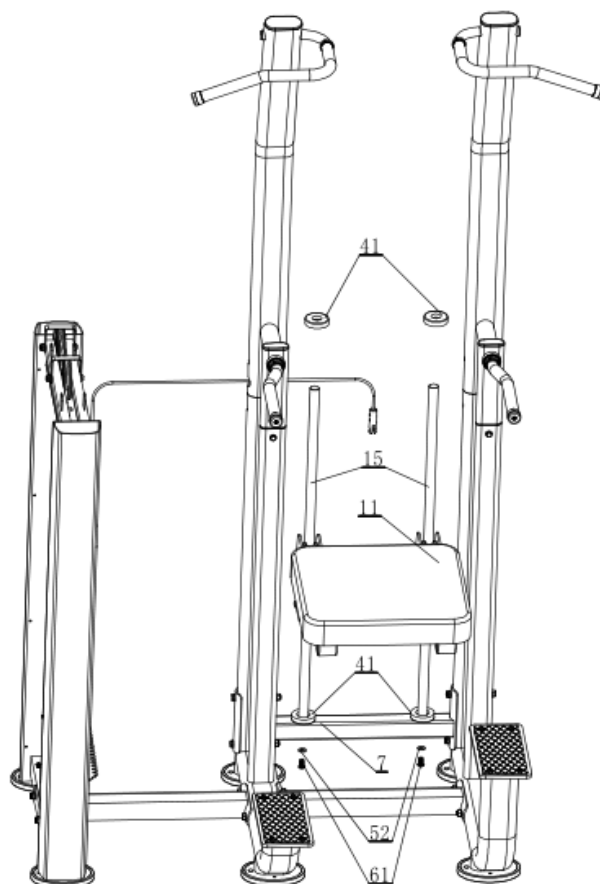
Nº	English description	Qt
1	TOWER FRAME	1
3	RIGHT LOWER FRAME	1
6	CONNECTING TUBE	1
9	CONNECTING TUBE	1
17	FIXING PLATE	1
18	FIXING PLATE	1
52	FLAT WASHER	12
53	HEX HEAD BOLT M10x125	4
54	HEX HEAD BOLT M10x100	2
72	LOCK NUT HEX M10	6

STEP 4: Connect the left upper frame(4) to the left lower frame(2), using 2 hex head bolt M10x15(66) and 2 flat washer(65). Assemble the right upper frame(5) and right lower frame(3), using 2 hex head bolt M10x15(66) and 2 flat washer(65). Do not tighten the bolts in this step.



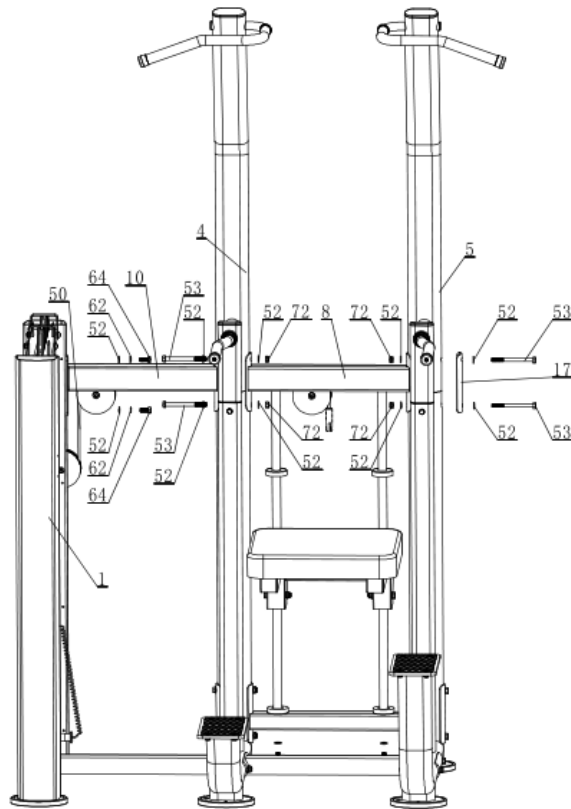
Nº	English description	Qt
2	LEFT LOWER FRAME	1
3	RIGHT LOWER FRAME	1
4	LEFT UPPER FRAME	1
5	RIGHT UPPER FRAME	1
67	FLAT WASHER	12
66	HEX HEAD BOLT M10x15	4

STEP 5: Insert 2 movement guides(15) to the connecting tube(7) using 2 flat washer(52) and 2 panhead Allen bolt M10x20(61). Insert 2 shock absorber rubber(41), sliding frame(11), and 2 shockabsorber rubber(41). Do not tighten the bolts.



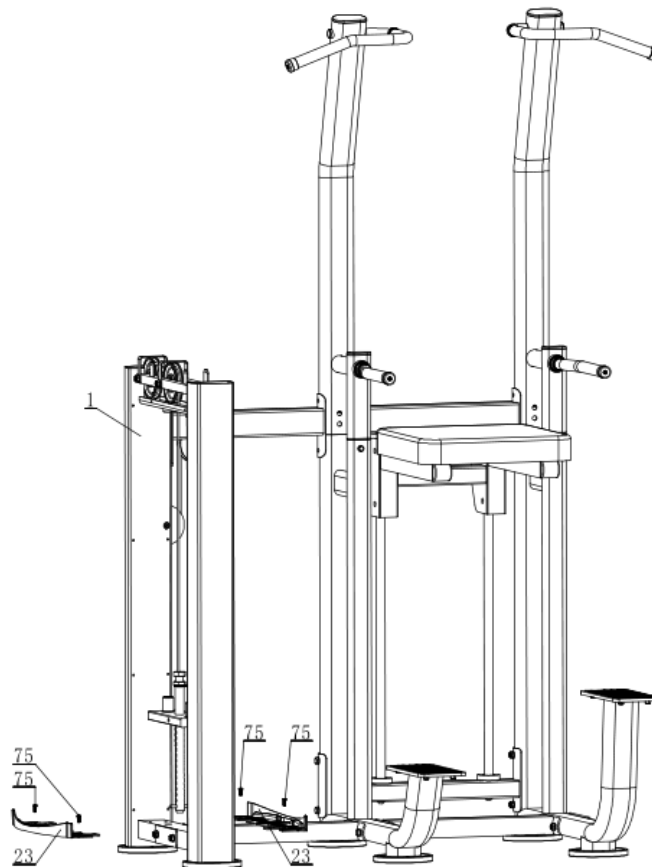
Nº	English description	Qt
7	CONNECTING TUBE	1
11	SLIDING FRAME	1
15	MOVEMENT GUIDE	2
41	SHOCK ABSORBER RUBBER	47
52	FLAT WASHER	2
61	PAN HEAD, ALLEN BOLT M10x20	2

STEP 6: Insert the cable(50) into connecting tube(10) and connecting tube(8) and fix the pulleys. Assemble the connecting tube(10) to the tower frame(1), using 2 hex head bolt M10x25(64), 2 springwasher(62) and 2 flat washer(52). Then assemble the connecting tube(10) to the left upper frame(4) and connecting tube(8), using 2 hex head bolt M10x125(53), 4 flat washer(52) and 2 lock nut hex M10(72). Assemble the 2 movement guide to the connecting tube(8). Assemble the connecting tube(8) to the right lower frame(3) and right upper frame(5), using 2 hex head bolt M10x125(53), fixing plate(17), 4 flat washer(52) and 2 lock nut hex M10(72). In this step using the right tools tighten the bolts and nuts from steps 1-6 properly.



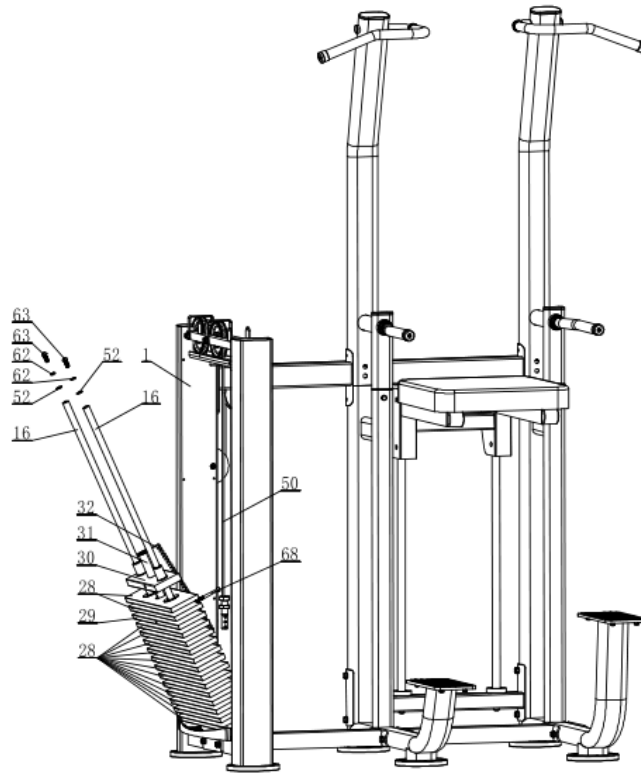
Nº	English description	Qt
1	TOWER FRAME	1
4	LEFT UPPER FRAME	1
5	RIGHT UPPER FRAME	1
8	CONNECTING TUBE	1
10	CONNECTING TUBE	1
17	FIXING PLATE	1
50	CABLE	1
52	FLAT WASHER	10
53	HEX HEAD BOLT M10x125	4
62	SPRING WASHER	2
64	HEX HEAD BOLT M10x25	2
72	LOCK NUT HEX M10	4

STEP 7: Assemble 2 base cover(23) to the tower frame(1) using 4 pan head Phillips bolt M6x15(75) and using the right tools tighten bolts properly.



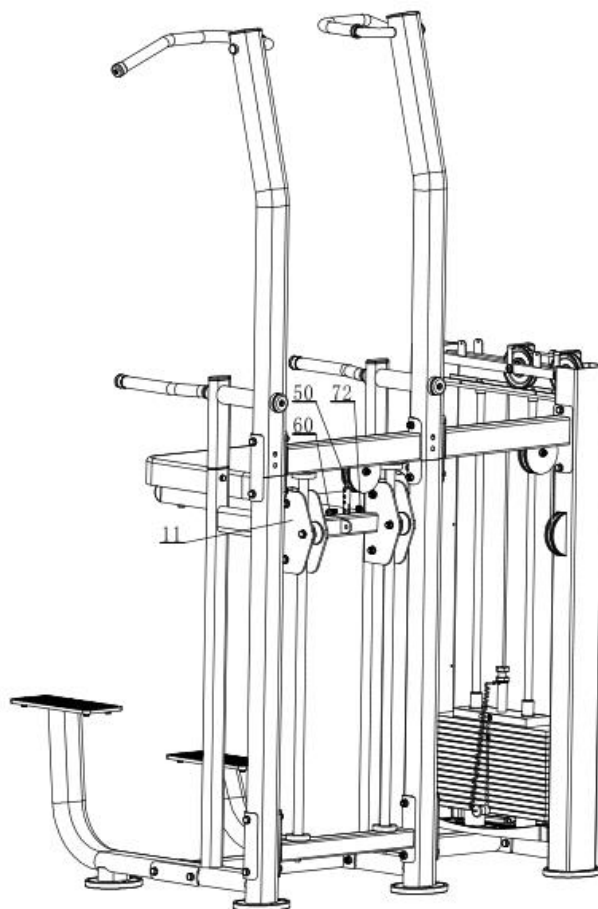
Nº	English description	Qty
1	TOWER FRAME	1
23	BASE COVER	2
75	PAN HEAD PHILLIPS BOLT M6X15	4

Step 8: Remove the cable(50) from selector shaft(31) and remove 2 spring washer(62), 2 flat washers(52) and 2 pan head Allen bolt M10x25(63) from guide-rod(16). Incline the guide-rod(16) as shown in the drawing and then remove the combination of the top weight stack(30) and selector shaft(31). Make sure the shock absorber rubber is in the right position, then put 15 weight stacks(28) to the guide-rod(16), insert back the combination of the top weight stack(30) and selector shaft(31). Assemble the guide-rod(16) to the tower frame(1) using 2 spring washers(62), 2 flat washers(52) and 2 pan head Allen bolt M10x25(63) using 1 Allen bolt round head M8x80(68) lock the 3 first weight in the position of the weight stack(29). Connect the cable(50) to the selector shaft(31) and using the right tools tighten properly bolts and nuts.



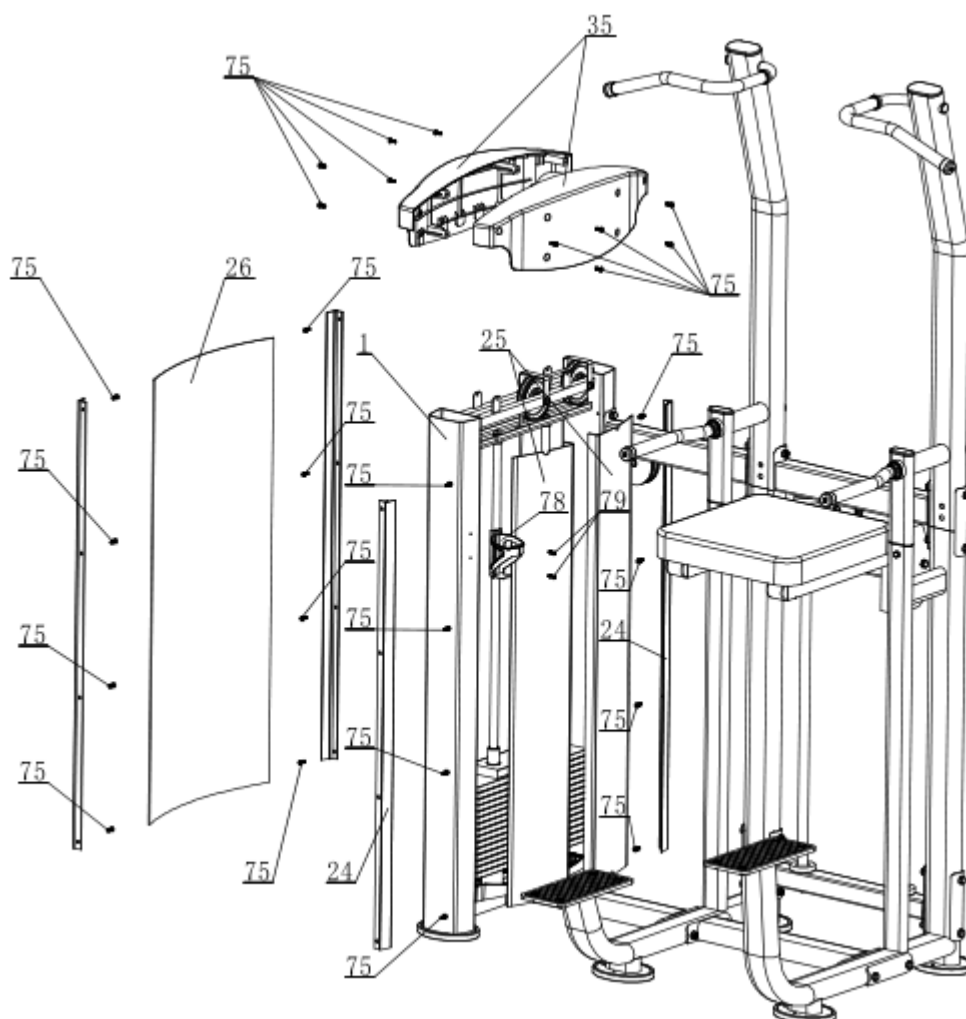
Nº	English description	Qty
1	TOWER FRAME	1
16	GUIDE-ROD	2
28	WEIGHT STACK	14
29	WEIGHT STACK	1
30	TOP WEIGHT STACK	1
31	SELECTOR SHAFT	1
32	WEIGHT SELECTOR PIN	1
50	CABLE	1
52	FLAT WASHER	2
62	SPRING WASHER	47
63	PAN HEAD, ALLEN BOLT M10x25	2
68	ROUND HEAD, ALLEN BOLT M8x80	1

STEP 9: Assemble the terminal already locked in the cable with the sliding frame(11) using hex head bolt M10x30(60) and 1 lock nut hex M10(72) and using right tool tighten bolt and nut properly.



Nº	English description	Qty
50	CABLE	1
11	SLIDING FRAME	1
60	HEX HEAD BOLT M10X30	1
72	LOCK NUT HEX M10	1

STEP 10: Fix 4 side faces(24) in the tower frame(1) using 8 pan head Phillips bolt M6x15(75), 2 in the front and 2 in the back and using the right tools tighten bolts properly. Insert 2 front covers(25) and 1 back cover(26) in the tower frame(1). Fix 2 top cover(35) on the tower frame(1), first inner part and using 10 pan head Phillips bolt M6x15(75) to fix. Then fix the bottle holder(78) on the tower frame(1) using 2 pan head Phillips bolt M5x15(79) and using the right tools tighten bolts properly.



Nº	English description	Qty
1	TOWER FRAME	1
24	SIDE FACE	4
25	FRONT COVER	2
26	BACK COVER	1
35	TOP COVER	2
75	PAN HEAD, PHILLIP BOLT M6x15	26
78	BOTTLE HOLDER	1
79	PAN HEAD, PHILLIP BOLT M6x20	2

COMPLETED ASSEMBLY