

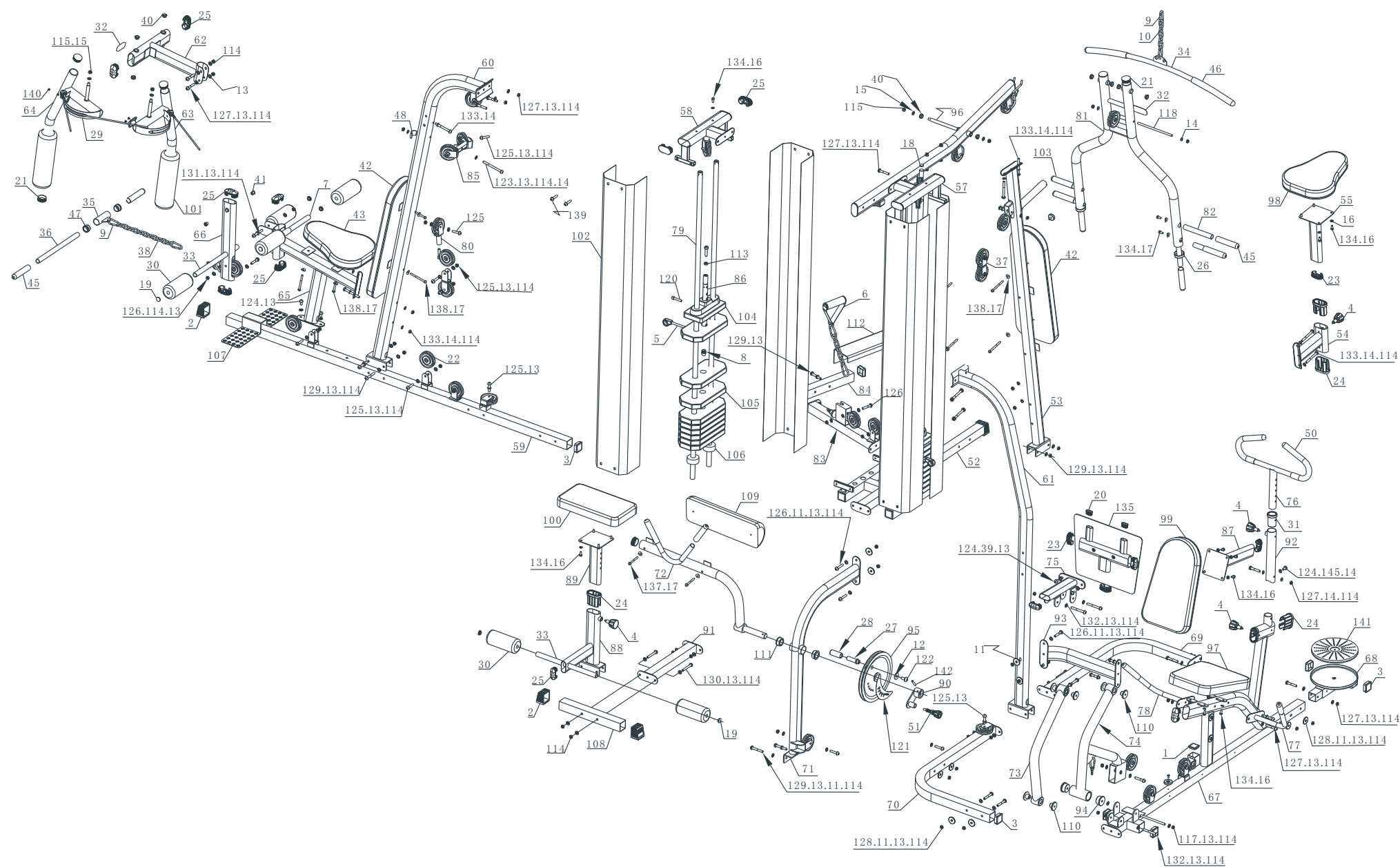


FC6014

6-STATION GYM



IX. Explosive view



VIII. List of Parts

S/N	Parts name	Qty.	S/N	Parts name	Qty.
75	Pedal frame	1	111	Φ48 plastic shaft sleeve	2
76	Adjustable handle	1	112	Pedal	1
77	Left gripping piece	1	113	M12 flat nut	2
78	Right gripping piece	1	114	M10 check nut	77
79	Guide rod	4	115	M12 check nut	4
80	Mobile small pulley frame	1	116	M8 check nut	1
81	Seating support	1	117	M10X160 screw rod	1
82	Horizontal gripping pipe	4	118	M10X225 screw rod	1
83	Rope pulling pedal branch pipe	1	119	M6X15 large flat head phillips screw	1
84	Handle bottom tube	1	120	M10X50 cylindrical hexagon socket head cap screw	2
85	Small pulley yoke	1	121	Small angle label	1
86	Counter weight pull rod	2	122	M12X25 Hex screw	1
87	Backrest adjusting piece	1	123	M10X120 Hex screw	1
88	Chest pressing seat straight pipe	1	124	M10X20 Hex screw	5
89	Chest pressing seat adjusting pipe	1	125	M10X45 Hex screw	26
90	Spinning handle	1	126	M10X55 Hex screw	9
91	Chest pressing seat underframe	1	127	M10X60 Hex screw	10
92	Twisting hand rest outer sleeve	1	128	M10X65 Hex screw	6
93	Side connecting pipe	1	129	M10X70 Hex screw	10
94	Φ54 shaft sleeve	2	130	M10X75 Hex screw	2
95	Large turnplate	1	131	M10X80 Hex screw	3
96	M12 stud bolt	1	132	M10X85 Hex screw	3
97	seat cushion soft packet 1	1	133	M10X95 Hex screw	7
98	Seat cushion soft packet 2	1	134	M8X20 Hex screw	20
99	Backrest soft packet	1	135	Pedal frame	1
100	seat cushion soft packet 3	1	136	M8X35 Hex screw	1
101	Hand rest large foam sleeve	2	137	M8X70 Hex screw	2
102	Counter weight outer mesh enclosure	4	138	M8X95 Hex screw	6
103	Flat washer	2	139	M8X20 Hex screw	16
104	Counter weight head	2	140	M5X8 cross pan head screw	4
105	Small clump weight	18	141	Twist disc	1
106	Shock pad	4	142	Cotter pin	1
107	Pedal	1			
108	Chest pressing seat underframe horizontal pipe	1			
109	Chest pressing soft packet	1			
110	Φ48 shaft sleeve	6			

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Thank you very much to choose our power series products. Before installation and usage, please read the instructions carefully.

Applicable standards for this product: GB 17498.1-2008 GB 17498.2-2008

I. Product features

This machine can exercise many parts of your body, like anterior deltoids, pectoralis majors, anconeuses, trapeziuses, latissimus dorsi, etc.

1. The force strength is determined by the number of the counter weight.(adjust the position where the counter weight bolts(5) are inserted into the counter weight hole, which can change the tension strength; insert and extract spring pin (4), which can adjust the height of the fittings).
2. Hold the long handles (34) for lat pulldown exercise.
3. Hold the short handles (35) by hands for biceps exercise, pull-up exercise, seated boat row, etc.
4. Carry out chest pushing exercise with the seating support (81).
5. Use the kicking pieces (66) for kicking exercise.
6. Carry out chest press exercise with the right chest expanding arm (63) and left chest expanding arm (64).
7. The apparatus also has such exercise functions as back leg press, chest press, etc.

II. Safety consideration

In order to ensure your safety and physical and mental health during exercise, please read the **safety consideration** carefully.

! Warning: At the time of installation and usage, any negligence of the following safety consideration may cause serious physical injury.

1. Put the machine on a clean flat ground, with enough flexible exercise space reserved. Do not use the training equipment outdoor or near any water source.
2. Before using the equipment for exercise, do 5-10 minutes of warm-up exercise to stretch and flexible your body. Do not use it within 1 hour after meal.
3. Keep children and pets far away from the training equipment, and keep the children who are alone away in the room where the training equipment is placed.
4. The apparatus is provided with some functions of counter weight, and each group of counter weights can only be used by one person at one time.
5. If you feel physically uncomfortable, like dizzy, vomitive, chest stuffy, etc., please stop use immediately and see a doctor.
6. Do not stand or squat on the seat. When the equipment works, do not move or approach the selection sheet, and keep hands away from any drive components.
7. Children and the teenagers must use it under supervision of the experienced adult rather than independently.
8. When using this training equipment, please wear suitable sports wear and sports shoes, and do not wear any loose clothes or other clothes that may get stuck during exercise.

VIII. List of Parts

S/N	Parts name	Qty.
1	Square tube 45X45 internal bulkhead	1
2	Square tube 50X50 external inclined bulkhead	4
3	Square tube 50X50 internal bulkhead	12
4	Spring pin	4
5	Counter weight bolt	2
6	Simplified handle	1
7	Horizontal foam pipe (L=434)	1
8	Counter weight lever bulkhead	2
9	Small hoist hook	7
10	Short iron chain	2
11	M10(Φ40×3.0) large flat washer	12
12	M12(Φ37×3.0) large flat washer	1
13	M10(Φ20×1.5) small flat washer	132
14	M10(Φ20×1.5) small arc washer	19
15	M12(Φ24×2.0) small flat washer	4
16	M8(Φ16×1.2) small flat washer	26
17	M8(Φ24×2.0) small arc washer	12
18	G22 bulkhead	2
19	G25 bulkhead	6
20	40X20 oval pipe plug	2
21	G48 bulkhead	7
22	Φ90 small pulley	30
23	70x30 oval bulkhead	7
24	80 cover 70 hollow cover	5
25	80X40 oval bulkhead	13
26	G48 cover G25 pipe sleeve	2
27	Wheel disc limit lever	1
28	Cushion collar	1
29	Cushion	2
30	Small foam cover	6
31	G48 sleeve and G38 hollow cover	1
32	LOGO	2
33	Horizontal kicking pipe (L=400)	2
34	Long handle	1
35	Short handle	1
36	Handle inner pipe (L=370)	1
37	Codirectional small pulley piece	2

S/N	Parts name	Qty.
38	Mesh enclosure lower cover	2
39	Mesh enclosure upper cover	2
40	Φ25 shaft sleeve	10
41	Φ20 shaft sleeve	2
42	Long backrest	2
43	Triangular seat cushion	1
44	Foot pad	1
45	Short handle sleeve	12
46	Mid-length handle sleeve	2
47	G38 COVER G25 hollow cover	2
48	Small arc lugs	1
49	Mesh enclosure lining lug	8
50	Long handle sleeve(L=400)	2
51	Long spring pin	1
52	Seating underframe	1
53	Seating vertical pipe	1
54	Seating support	1
55	Adjustable seating support	1
56	Upper frame	1
57	Right guide rod fixation frame	1
58	Left guide rod fixation frame	1
59	Chest expanding underframe	1
60	Chest expanding backrest	1
61	Chest expanding rear vertical pipe	1
62	Chest expanding cantilever support	1
63	Chest expanding right arm	1
64	Chest expanding left arm	1
65	Chest expanding support	1
66	Front kicking piece	1
67	Thrust support	1
68	Twist disc mounting frame	1
69	Underframe bent pipe 2	1
70	Underframe bent pipe 1	1
71	Side floorstand	1
72	Chest pressing bent pipe	1
73	Back leg-pressing rear pipe	1
74	Back leg-pressing front pipe	1

15. Back leg press exercise (gluteus medius, gluteus minimus, abdominal muscles and quadratus lumborum group)

Sit on the seat cushion soft packet 1 (97), hold the handle by hands, bend legs to put feet horizontally on the pedal frame(144), and straighten bent legs to move the pedal frame back and forth.

16. Chest pressing exercise (abdominal muscles and quadratus lumborum group)

Adjust the chest pressing seat adjusting pipe (89) to the correct position, sit on the seat cushion soft packet 3 (100), and hook the small foam cover (30) with feet. Grip the upper handle of the chest pressing bent pipe (72) by hands, with chest close to the chest pressing soft packet (109), exert strength of the waist to move the upper part body back and forth.

VI. Maintenance guide

➤ Daily cleaning:

Wipe the surfaces of the apparatus with a piece of cotton cloth soaked in diluted neutral detergent.

Wipe the sliding parts with a piece of cotton cloth and degreaser.

➤ Daily patrol:

Check whether stay cord is twined, worn and get loose?

Check whether rack connection part fastening is reliably connected?

Check whether rotating parts can freely roll and have noise?

Check whether sports chart and warning mark are defective?

➤ Weekly maintenance:

Check whether fasteners get loose

Check whether sports parts of the apparatus are smooth and have abnormal sound when exercising.

If necessary, please refuel after rinsing thoroughly.

VII. Fault analysis and elimination

Fault condition	Reason analysis	Elimination method
"Squeak" abnormal sound during operation	Lubricate the bearing	Properly add lubricant or clean or replace bearing
"Click" abnormal sound during operation	Floor is not smooth or fasteners get loose	Leveling or add rubber leather cushion to refasten
Sway from side to side during operation.	Fasteners get loose.	Screw up them again.
Cushion is damaged.	Normal or abnormal wearing	Buy a new one to replace it.
Deformation of some parts	Abnormal operation	Properly knock or turn them for correction or buy new ones for replacement.

9. When using this exerciser, follow only the ways shown in the operation constructions, and never adopt any other ways uncovered by the operation constructions.

10. Do not place any articles with a pointed or sharp part around the exerciser.

11. No disability is allowed to use the exerciser without a training partner or nurser.

12. Do not use the exerciser in case of any functional abnormality.

13. Never rush down any rising counter weight to prevent other counter assembly from smash.

14. Use the exerciser only after the pin is confirmed to have been inserted into the pinhole.

15. Correctly install the steel rope to avoid damage, and periodically apply a thin coat of oil on the moving parts (like inside of the axis of swivel, guide posts, pins, etc.) to prevent locking.

16. The weight of the user of the product must not exceed 130kg.

17. The maximum load born by the product is 60kg (clump weight+counter weight head). Never add counter weight randomly without permission.

18. Only parts from original manufacturer can be used. Random alteration for structure and functions of the product may cause unpredictable injury to the user.

! Warning

Warm-up exercise is necessary before any exercise. It is important, especially for the user older than 35 or having a medical history to consult your doctor before any exercise. In addition, any users that cannot withstand long-time exercise, or suffer from adiposity, hypertension, and / or cardiovascular diseases must consult an authoritative medical organization before any exercise or keeping exercise. Be sure to read carefully all the use and operation instructions before using any exerciser. Our company is not responsible in any way for any self-caused injury.

Before assembly, please read all the instructions carefully.

● Ensure all parts and components are tightly locked, because improper or loose installation may injury your body.

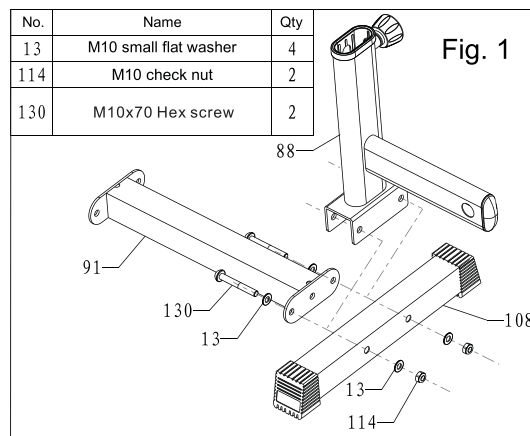
● We suggest that two persons should cooperate with each other to finish installation of the equipment.

Note: Final power of interpretation for product appearance, specification, model and so on belongs to the Company. In case of any change, no additional notice will be given. The actual product is should prevail.

III. Installation instructions

! The product must be installed by professionals with relevant qualifications or from the manufacturer. It is best to assemble the product jointly by two persons in order to avoid any injury caused during the assembly.

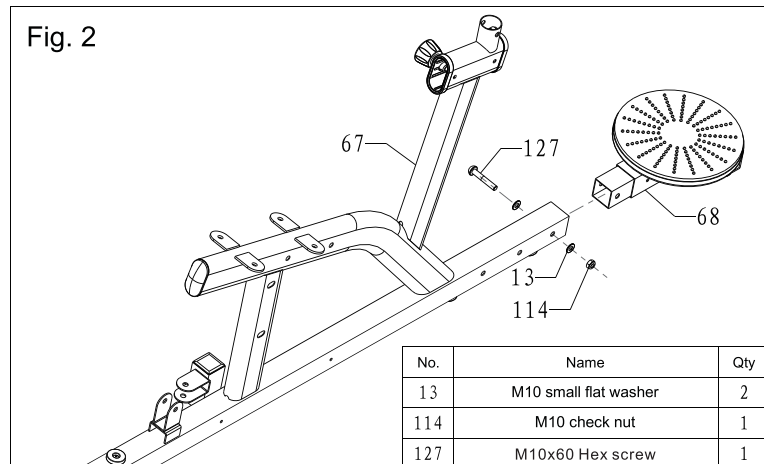
1. Before installation, please arrange the space reasonably, in order to ensure that you may not be disturbed by others or may be subject to unnecessary injury, so as to keep your happiness during exercising.



Step 1: Chest pressing

underframe combination
(as shown in Fig. 1)

Adopt M10X75 screw (130), M10 small flat washer (13) and M10 check nut (114) to fasten the chest pressing seat underframe (91), chest pressing bottom horizontal pipe (108) and chest pressing seat straight pipe (88) together.



Step 2: thrust underframe combination (as shown in Fig. 2)

Assemble the thrust support (67) and twist disc mounting frame (68) according to the corresponding holes, and adopt M10X60 screw (127), M10 check nut (114) and M10 small flat washer (13) for fastening.

direction opposite to the direction faced during kicking back, and then kick as strenuous as possible opposite to the supporting sponge stick.

5. Leg hooking while standing (muscles of crus)

This exercise item allows only one leg for exercise. Use a hanger to hang the wire rope to the leg, with the knee against the round sponge stick, and then bend the leg as strenuous as possible.

6. Bent arm pull-up (biceps brachii and wrists)

Install the simplified handle (6) to the small low pulley, grip the simplified handle (6) with a hand, stand straight, and tread on the pedal (112), with the posterior arm close to the body and the front arm lifting the handle as far as possible.

7. Exercise of biceps brachii (front biceps brachii and forearm muscles)

Install the short handle (35) to the small low pulley, grip the short handle (35) by two hands, tread on the pedal (112), and stand straight, with the posterior arm close to the body and the front arm lifting the handle as far as possible.

8. Waist twist exercise (abdominal muscles and quadratus lumborum group)

Adjust the adjustable handle (76) to a proper height, stand on the twist disc (141) and twist waist from right to left with hands resting on the adjustable handle (76).

9. Pull-down while sitting (musculus triceps brachii of the upper arms)

Use the small hoist hook and short iron chain to install the long handle (34) to the high pulley, adjust the long handle to a proper height, grip the handle tightly, stand straight, tread on the flat floor, and move up and down by taking shoulders as a center.

10. Back pulldown (trapeziuses, upper back muscles)

Use the small hoist hook and short iron chain to install the long handle (34) to the high pulley, adjust the long handle to a proper height, grip the handle tightly, sit straightly on the seat, face the counter weight of the equipment, and move up and down by taking shoulders as a center.

11. Chest pulldown (latissimus dorsalis, deltoid muscles and anterior biceps brachii)

Use the small hoist hook and short iron chain to install the long handle (34) to the high pulley, adjust the long handle to a proper height, grip the handle tightly, put the thighs under the round sponge stick for supporting while sitting on the seat, and pull the handle to chest while bending your body to finish the exercise.

12. Forward chest pushing (pectoral muscles, shoulder deltoids and muscles triceps brachii)

Sit on adjustable seating support (55), with the seating support (81) at the chest, and at the same time push the left/right arm to the maximum extension range, where the handle position is changed from horizontal to vertical direction, in order to exercise your muscles correspondingly at different angles.

13. Chest-expanding exercise (pectoralis major)

Sit on the chest expanding seat frame (65), with anterior arm lean against the hand-rest large foam (101), push elbow rather than arm forward, to exercise your muscles correspondingly at different angles.

14. Leg stretching (quadriceps femoris)

Sit on the chest expanding seat frame (65), hook the round sponge stick with legs, and stretch legs slowly.

IV. Exercise instructions

Using the product can enhance your physical fitness and exercise your muscles, and can reduce your weight by cooperating with rational diet.

Warm-up exercise before exercise

The warm-up exercise before exercise can promote your blood circulation, make your muscles reach good exercise state, and at the same time cut the risks of cramps or muscle strain during exercise.

Exercise period

In the exercise period, long-term regular exercise can promote the flexibility of leg muscles. During exercise, select a proper exercise intensity as per the actual situations. Do not do strenuous stretch exercise to prevent muscle injury. Upon muscle injury, stop exercise immediately.

Relaxing period after exercise

In the relaxing period, repeat the actions before the exercise for about 5 minutes, with action amplitude and speed properly cut, in order to adjust the heat in your body by actions and finally relax your muscles.

After your adapting to the exercise intensity, you may gradually prolong exercise time and increase exercise intensity. It is best to exercise at least 3 times every week.

V. Training instructions

1. Seated cable row (trapeziuses, latissimus dorsises, bicepses and forearm muscles)

Install the short handle (35) to the low pulley, and seat on the floor to support the kicking piece (66) with your feet, with legs slightly bent. Straighten your legs when your body moves upward, and bend and straighten your elbows when bending and straighten your waist.

2. Kicking back while standing (muscles and ligaments of thigh and cruse)

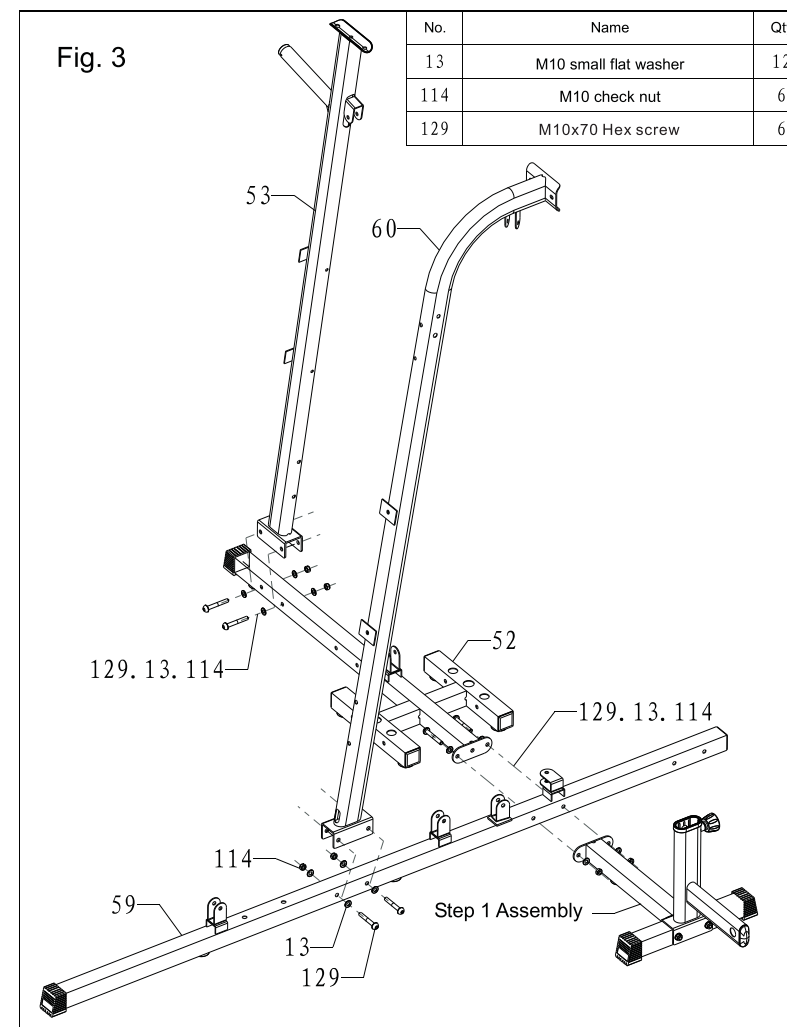
This exercise item allows only one leg for exercise. Connect the wire rope at the low pulley to the ankle, provide a proper protective cover to the ankle, support the leg with hand and lean the leg to the round sponge stick, and slowly kick back and return.

3. Lateral kicking while standing (leg muscles)

This exercise item allows only one leg for exercise. Do the same warm-up exercise as formal kicking back exercise. Be sure to stand in correct place to make the exercising leg outside the equipment, support the leg with hand and lean the leg to the round sponge stick, and then kick as strenuous as possible opposite to the supporting sponge stick.

4. Kicking front while standing (muscles of the crus and hip)

This exercise item allows only one leg for exercise. Do the same warm-up exercise as formal kicking back exercise. Stand with the face toward the

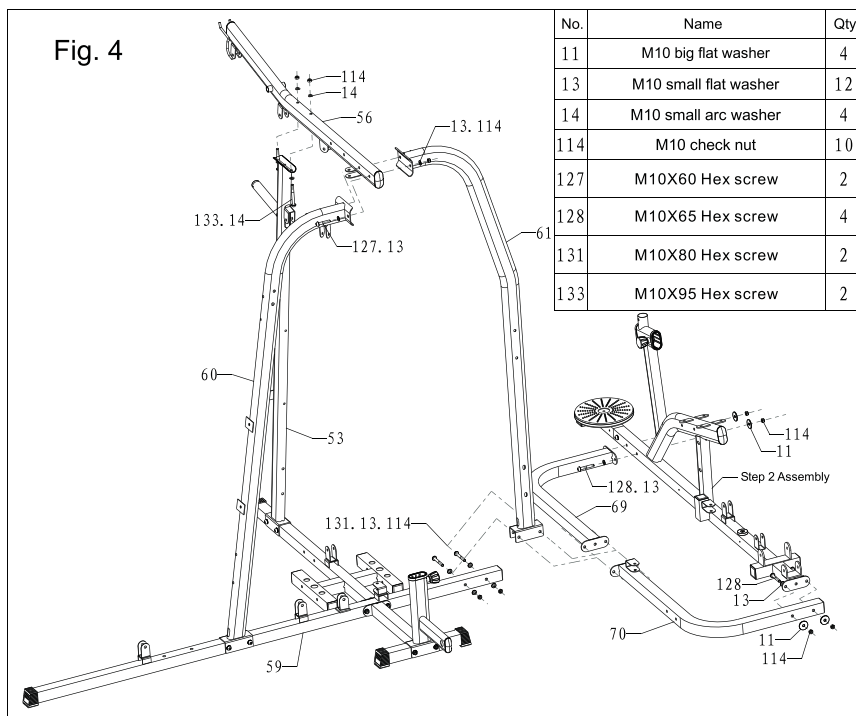


Step 3: Main frame assembly (1) (as shown in Fig. 3)

Align the seating underframe (52) with the corresponding holes of chest expanding underframe pipe (59) and Step 1 assembly, and adopt M10X70 screw (129), M10 small washer (13) and M10 check nut(114) for fixation but not for fastening temporarily.

Adopt M10X70 screw (129), M10 small washer (13) and M10 check nut (114) to connect but not lock seating vertical pipe (53) and seating underframe (52).

Adopt M10X70 screw (129), M10 small washer (13) and M10 check nut (114) to connect but not lock chest expanding backrest (60) and chest expanding underframe (59).



Step 4: main frame assembly (2) (as shown in Fig. 4)

Adopt M10X80 screw (131), M10 small washer (13) and M10 check nut (114) to connect but not lock temporarily chest expanding rear vertical pipe (61), underframe bent pipe 1(70), underframe bent pipe 2(69) and chest expanding underframe(59).

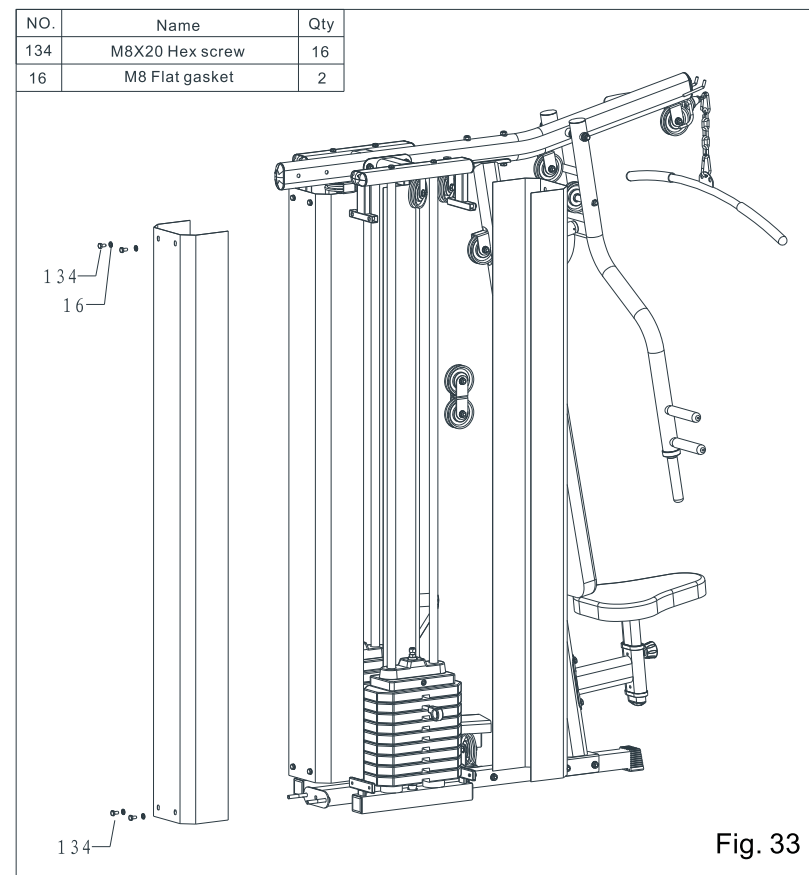
Adopt M10X95 screw (133), M10 arc small washer (14) and M10 check nut (114) to connect but not lock temporarily upper frame (56) and seating vertical pipe (53).

Adopt M10X60 screw (127), M10 small washer (13) and M10 check nut (114) to connect but not lock temporarily upper frame (56), chest expanding rear vertical pipe (61) and chest expanding backrest (60).

Adopt M10X65 screw (128), M10 small washer (13), M10 large washer (11), M10 check nut (114) to connect but not lock temporarily underframe bent pipe 2 (69) and Step 2 assembly. Note that M10 large washer (11) should be on the external side during such connection.

Adopt M10X65 screw (128), M10 small washer (13), M10 large washer (11) and M10 check nut (114) to connect but not lock temporarily underframe bent pipe 1(70) and Step 2 assembly. Note that M10 large washer (11) should be on the external side during such connection.

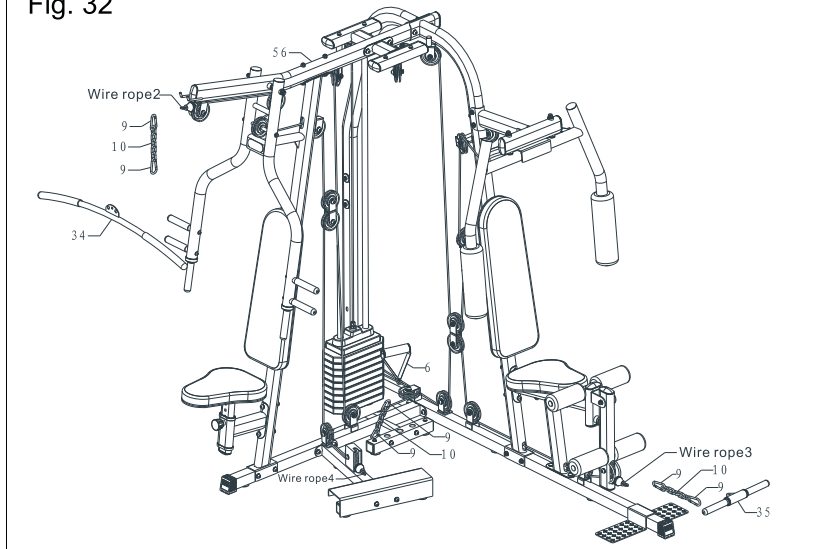
Adjust the positions of all parts to avoid any obliqueness of main frame and unstableness of underframe. Then, screw down all nuts.



Step 33: Installation of iron shield(as shown in Fig. 33)

The iron shield is aligned with the hole position as shown in the figure. Two rings are screwed with a screw (134) and a gasket (16). When the screw is all screwed up, they are tightened one by one.

Fig. 32



Step 32: placement of handle (as shown in Fig. 32)

Use the small hoist hook(9) and long iron chain(144) to connect wire rope 2 with the long handle (34), and hang the long handle(34) to the upper frame(56).

Use the small hoist hook (9) and short iron chain (10) to connect wire rope 4 with the simplified handle (6).

Use the small hoist hook (9) and short iron chain (10) to connect wire rope 3 with the short handle (35).

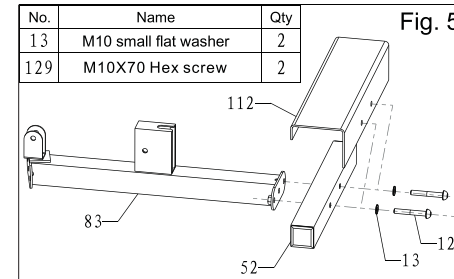


Fig. 5

Step 5: Pull rope pedal piece assembly (as shown in Fig. 5)
Adopt M10X70 screw (129) and M10 small flat washer (13) to fasten rope pulling pedal branch pipe (83), seating underframe (52) and pedal (112) together as per the corresponding positions shown in the figure.

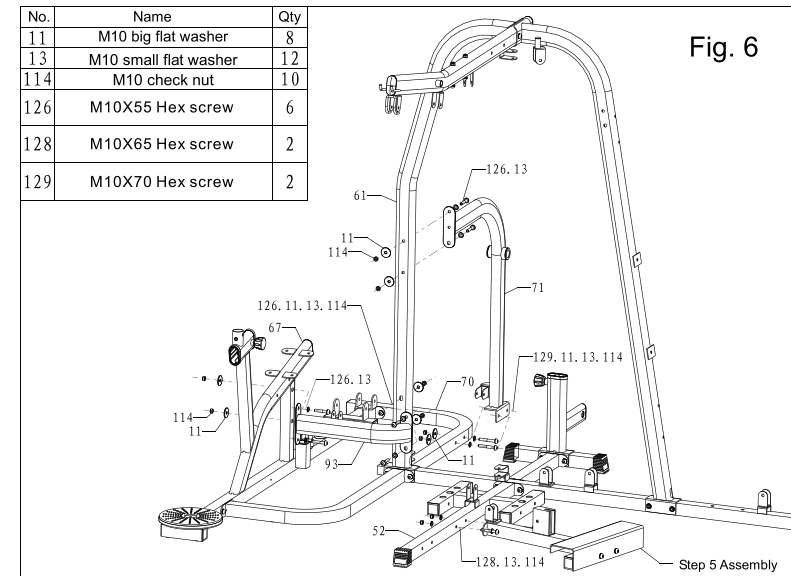


Fig. 6

Step 6: pushing arm assembly installation (as shown in Fig. 6)

Combine Step 5 assembly and seating underframe (52) with M10X65 screw (128), M10 small flat washer (13) and M10 check nut (114) and fasten them.

Connect but don't lock temporarily side connecting pipe (93), thrust seat frame (67) and chest expanding rear vertical pipe(61) with M10X55 screw (126), M10 small flat washer (13) and M10 large flat washer (11) and M10 check nut (114) as per the corresponding positions.

Connect but don't lock temporarily side floorstand (71) and underframe bent pipe 1(70) with M10X70 screw (129), M10 small flat washer (13), M10 large flat washer (11) and M10 check nut (114).

Connect side floorstand (71) and chest expanding rear vertical pipe (61) with M10X55 screw (126), M10 small flat washer(13), M10 large flat washer (11) and M10 check nut(114) as per the corresponding positions, and lock unfastened screws in this step. Note the position where the M10 large flat washer (11) is placed.

Fig. 7

Fig. 7 is an exploded perspective view of a mechanical assembly. The main assembly consists of a base frame with two long horizontal rails (52) and a vertical support structure (79). A stack of plates (106) is mounted on the vertical support, secured by a clamping mechanism (104, 105) and a hex screw (120). A small component (5) is shown near the clamping mechanism. An exploded view of the clamping mechanism shows a hex screw (120) passing through a plate (106), a washer (104), and a nut (105). A small component (5) is also shown near the clamping mechanism. A small component (86) is shown near the base of the vertical support.

No.	Name	Qty
16	M8 small flat washer	4
120	M10X50 Hex screw	2
134	M8X20 Hex screw	4

No.	Name	Qty
16	M8 small flat washer	4
120	M10X50 Hex screw	2
134	M8X20 Hex screw	4

Insert weight guide rod(79) into seating underframe(52) along mating hole .

Fasten counter weight pull rod (86) and counter weight head (104) with M10X50 column cap screw (120) as per the mating hole.

No.	Name	Qty
13	M10 small flat washer	8
113	M12 flat nut	1
114	M10 check nut	4
125	M10X45 Hex screw	4

Fig. 31

Technical drawing of a gym machine, likely a lat pulldown or similar exercise machine. The drawing shows the main frame, pulleys, cables, and a weight stack. Key components are labeled with numbers: 125, 13, 114 (top bar assembly), 80 (pulley), 22 (cable), 37 (pulley), 113 (weight stack), 86 (weight stack), and 'Wire rope1 L=3170' (cable). The drawing is a perspective view showing the machine's structure and the placement of the weight stack.

3170

(Wire rope 1)

Step 31: Installation of connecting wire rope
 as shown in Fig. 31)

No.	Name	Qty
13	M10 small flat washer	8
113	M12 flat nut	1
114	M10 check nut	4
125	M10X45 Hex screw	4

Step 31: Installation of connecting wire rope (as shown in Fig. 31)

Use M10X45 screws (125), M10 small flat washers (13) and M10 check nuts (114) to lock the $\Phi 90$ small pulley (22) into the positions of the corresponding pulley lugs as shown in the figure.

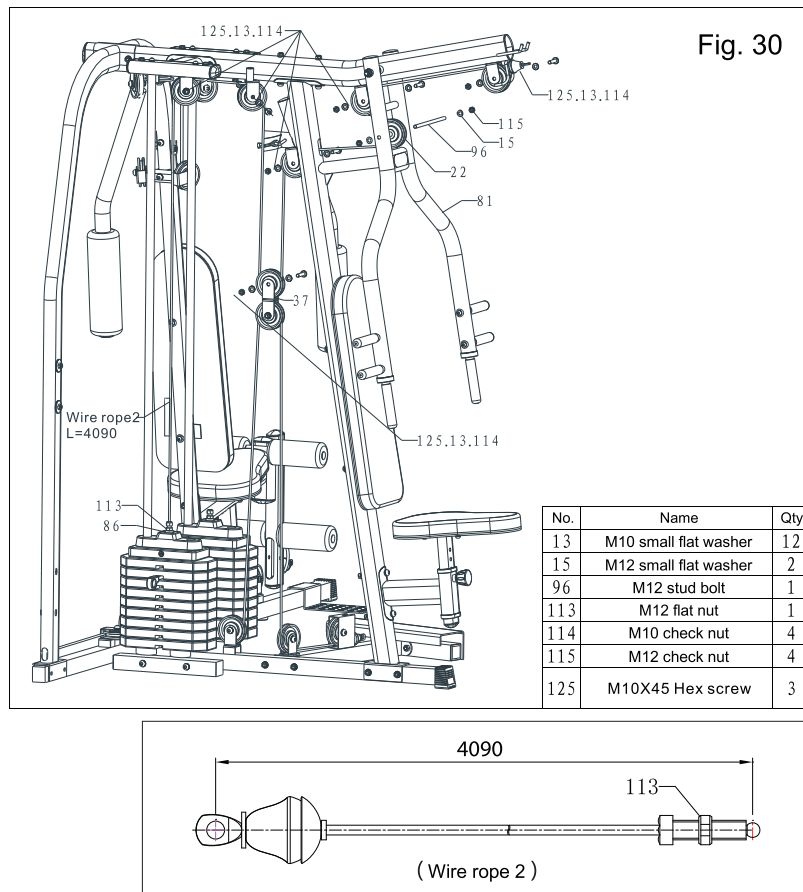
Use M10X45 screws (125), M10 small flat washers (13) and M10 check nuts (114) to lock $\Phi 90$ small pulley (22) into the codirectional small pulley piece (37).

Lock the head of wire rope 1 into the mobile small pulley frame (80), and turn it to the correct position.

Lock the end of wire rope 1 into the counter weight pull rod (86), and turn it to the correct position to lock the wire rope head with the M12 flat nuts (113).

Note that the wire rope should be put into the small pulley before it is locked to the $\Phi 90$ small pulley (22).

After the above-said screws are locked, check whether $\Phi 90$ small pulley (22) can rotate flexibly. If not, regulate them looser slightly.



Step 30: raise chest pushing wire rope installation (as shown in Fig. 30)

Lock $\Phi 90$ small pulley (22) into all corresponding small pulley lugs with M10X45 screw (125), M10 small flat washer (13) and M10 check nut (114), as per the positions shown in the figure.

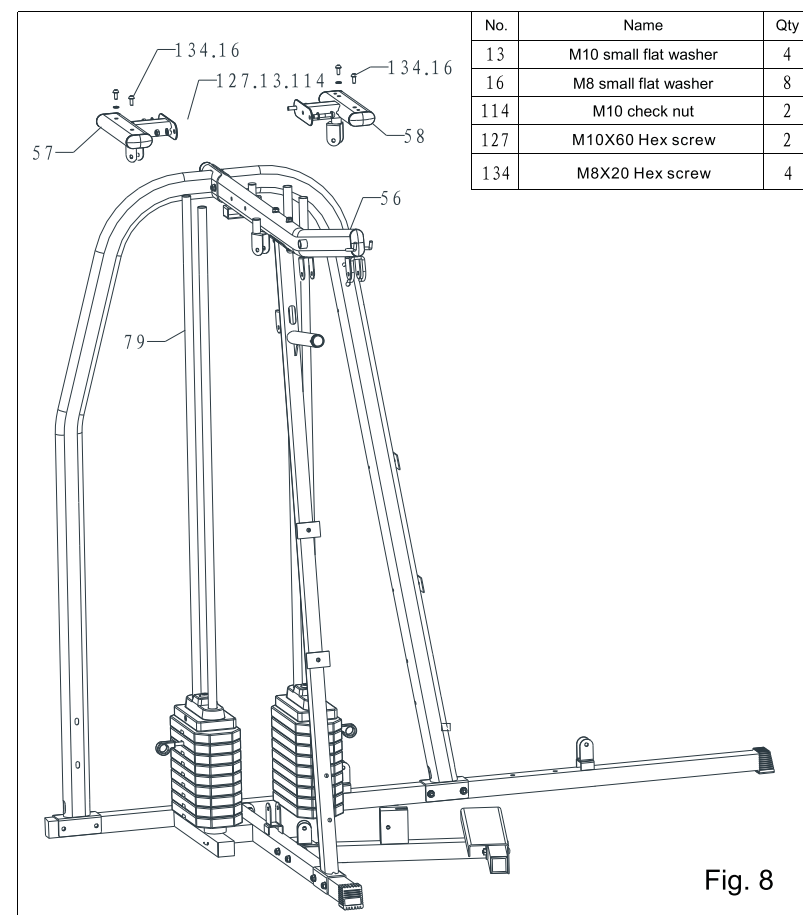
Lock $\Phi 90$ small pulley (22) into the corresponding position of seating support (81) with M12 stud bolt (96), M12 small flat washer (15) and M12 brake nut (115).

Lock $\Phi 90$ small pulley (22) into codirectional small pulley piece (37) with M10X45 screw (125), M10 small flat washer (13) and M10 check nut (114).

Lock the wire rope head with M12 flat nut (113), after the wire rope 2 tails is locked into counter weight pull rod (86), and rotated to a proper position.

Note that the wire rope should be put onto the small pulley before the $\Phi 90$ small pulley (22) is locked.

After the above-said screws are locked, check whether $\Phi 90$ small pulley (22) can rotate flexible. If not, regulate them looser slightly.



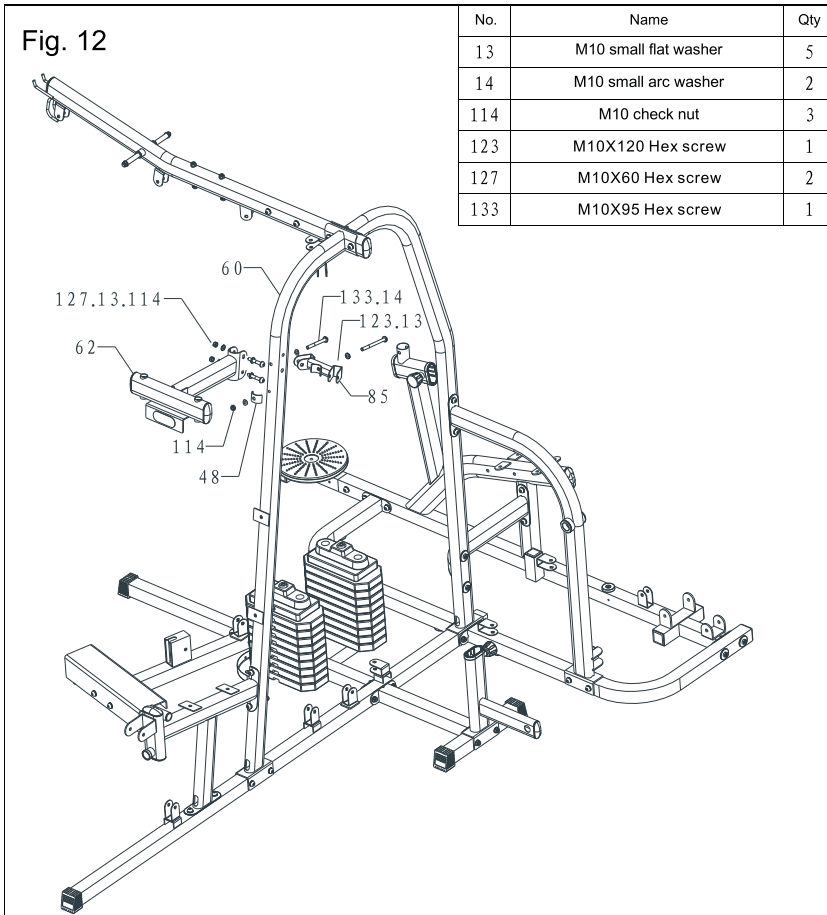
Step 8: guide rod fixation frame installation (as shown in Fig. 8)

Firstly fit counter weight guide rod (79) into right guide rod fixation frame (57) as per the mating hole, and then into the corresponding hole of left guide rod fixation frame (58). Don't lock the screw for the time being.

Assemble right guide rod fixation frame (57), left guide rod fixation frame (58) and upper frame (56) as per the mating hole, and fasten them with M10X60 screw (127), M10 small flat washer (13) and M10 check nut (114).

Adopt M8X20 screw (134) and M8 small flat washer (16) to fasten counter weight guide rod (79), right guide rod fixation frame (57) and Left guide rod fixation frame (58) as per the mating hole.

Fig. 12



Step 12: installation of chest expanding cantilever support (62) and small pulley yoke (85) (as shown in Fig. 12)

Align small pulley yoke (85) with chest expanding backrest (60) as per the mating hole, and then fasten them with M10X120 screw (123), M10 small flat washer (13) and M10 check nut (114).

Align chest expanding cantilever support (62) with chest expanding backrest (60) as per the mating hole, and then fix them with M10X60 screw (127), M10 small flat washer (13) and M10 check nut (114). Then, adopt M10X95 screw (133) and M10 arc small washer (14) to fasten Chest expanding cantilever support (62).

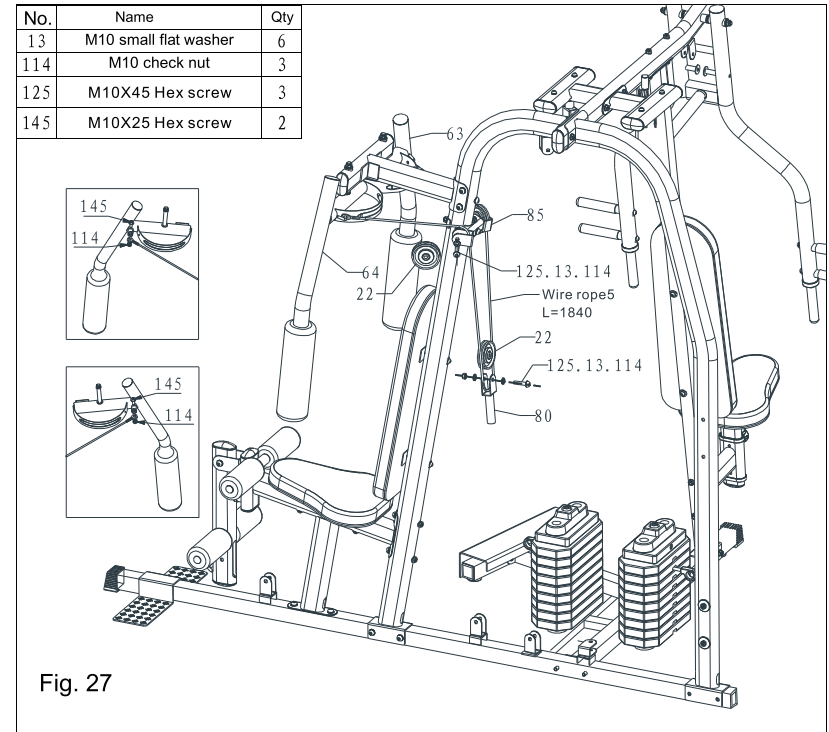
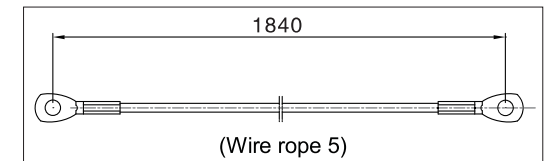


Fig. 27

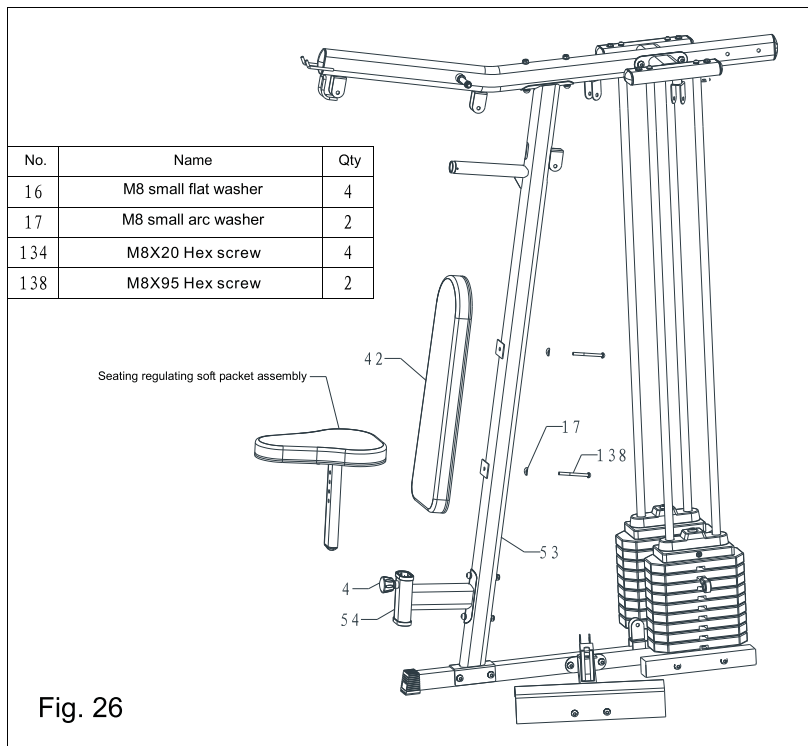


Step 27: chest expanding wire rope installation (as shown in Fig. 27)

Put both ends of pull rope 5 into the hooks on chest expanding right arm (63) and chest expanding left arm (64). Adopt M10X45 screw (125), M10 small flat washer (13) and M10 check nut (114) to lock $\Phi 90$ small pulley (22) into small pulley yoke(85) and mobile small pulley frame (80) as per the positions shown in the figure.

Note that the $\Phi 90$ small pulley (22) should be firstly put into the wire rope, before they are locked to $\Phi 90$ small pulley (22).

After the above-said screws are locked, check whether $\Phi 90$ small pulley (22) can rotate flexible. If not, regulate them looser slightly.

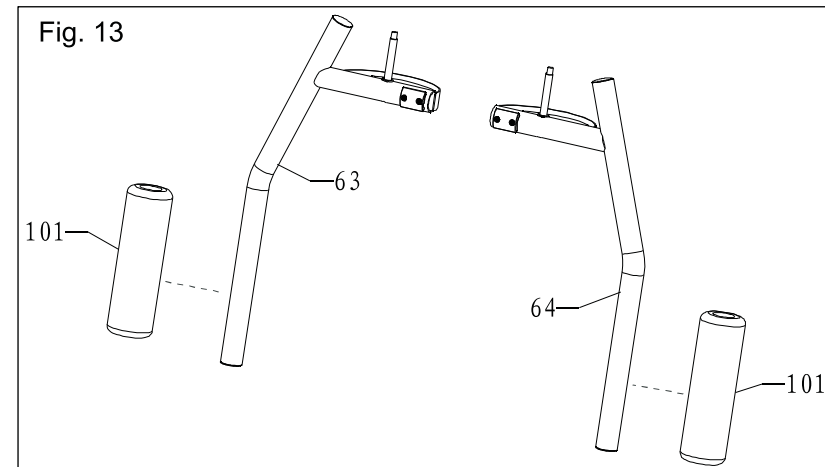


Step 26: final assembly of seating soft packet (as shown in Fig. 26)

Fasten seat cushion soft packet 2 (98) and adjustable seating support (55) with M8X20 screw (134) and M8 small flat washer (16). Note the soft packet direction.

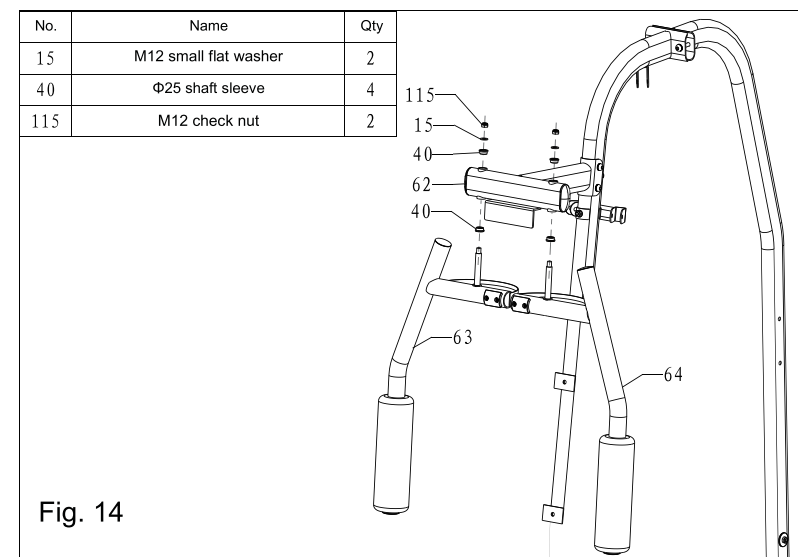
Insert seating regulating soft packet assembly into seating support (54), and then lock the spring pin (4) after they are regulated to a proper position.

Align long backrest (42) with seating vertical pipe (53) as per the mating hole, and then fasten them with M8X95 screw (138) and M8 arc small washer (17).



Step 13: chest expanding left right arm assembly (as shown in Fig. 13)

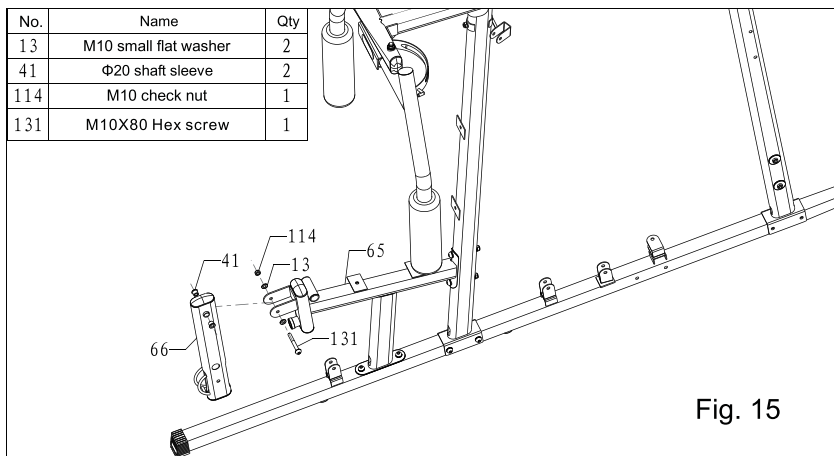
Enclose hand rest large foam sleeve (101) in chest expanding right arm (63) and chest expanding left arm (64).



Step 14: chest expanding force arm installation (as shown in Fig. 14)

Enclose Φ25 shaft sleeve (40) in the corresponding position of chest expanding cantilever support (62), and then enclose chest expanding right arm (64) and chest expanding left arm (63) in the corresponding position of chest expanding cantilever support (62). Finally, adopt M12 small flat washer (15) and M12 check nut (115) for fastening. Note that they cannot be locked too tightly to allow flexible rotation of left and right force arms.

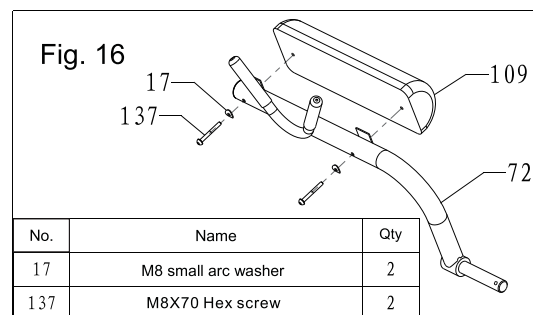
During assembling, smear lubricant onto the inner hole of Φ25 shaft sleeve (40).



Step 15: front kicking piece installation (as shown in Fig. 15)

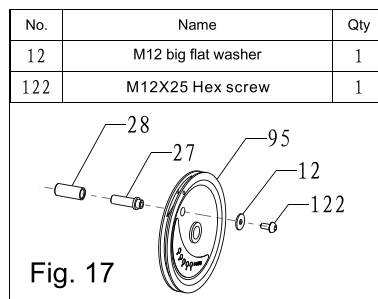
After Φ20 shaft sleeve (41) and kicking piece (66) are combined, put them into chest expanding support (65) as per the mating position, and then fasten them with M10X80 screw (131), M10 small flat washer (13) and M10 check nut (114). Note that they should not be locked too tightly to allow flexible rotation of kicking piece (66).

Note that lubricant should be smeared onto the inner hole of Φ20 shaft sleeve (41).



Step 16: Final assembly of chest pressing bent pipe (as shown in Fig. 16)

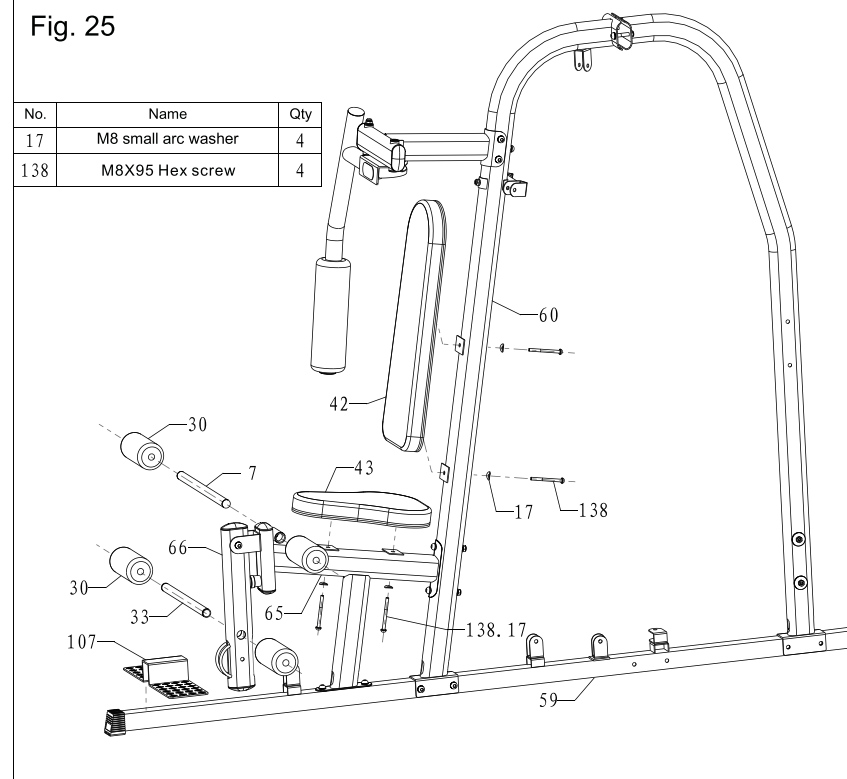
Fasten the chest pressing bent pipe (72) and the chest pressing soft packet (109) with M8X70 screw (137) and M8 arc small washer (17).



Step 17: Final assembly of large turnplate (as shown in Fig. 17)

Fasten large turnplate (95) and wheel disc limit lever (27) with M12X25 screw (122) and M12 large flat washer (12).

Sleeve the cushion collar (28) onto the wheel disc limit lever (27) to the end of the limit lever (27).



Step 25: final assembly of chest expanding soft packet and foam cover (as shown in Fig. 25)

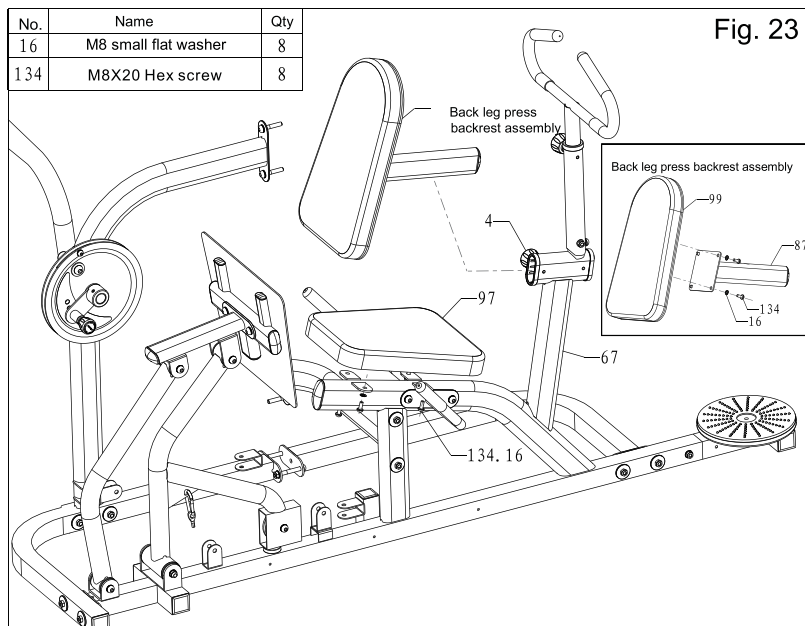
Align long backrest (42) with chest expanding backrest (60) as per the mating hole, and then fasten them with M8X95 screw (138) and M8 arc small washer (17).

Align triangular seat cushion (43) with chest expanding support (65) as per the mating hole, and then fasten them with M8X95 screw (138) and M8 arc small washer (17).

Insert horizontal foam pipe (7) into chest expanding support (65), and then put them into foam cover (30).

Insert horizontal kicking pipe (33) into front kicking piece (66), and then put them into foam cover (30).

Put pedal (107) on chest expanding underframe pipe (59).

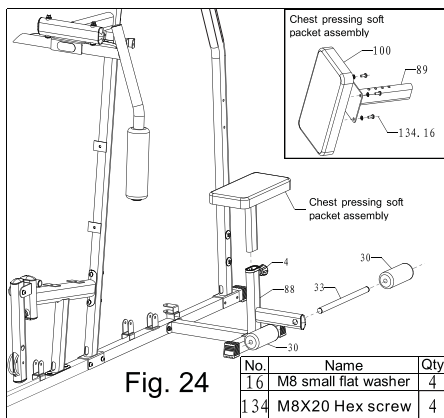


Step 23: final assembly of back leg press frame soft packet (as shown in Fig. 23)

Fasten backrest soft packet (99) and backrest adjusting piece (87) together with M8X20 screw (134) and M8 small flat washer (16).

Put back leg press backrest assembly into thrust support (67) as per the mating position, and then lock the spring pin (4) after it is regulated to a proper position.

Assemble seat cushion soft packet 1 (97) and thrust support (67) as per the mating position, and then fasten them with M8X20 screw (134) and M8 small flat

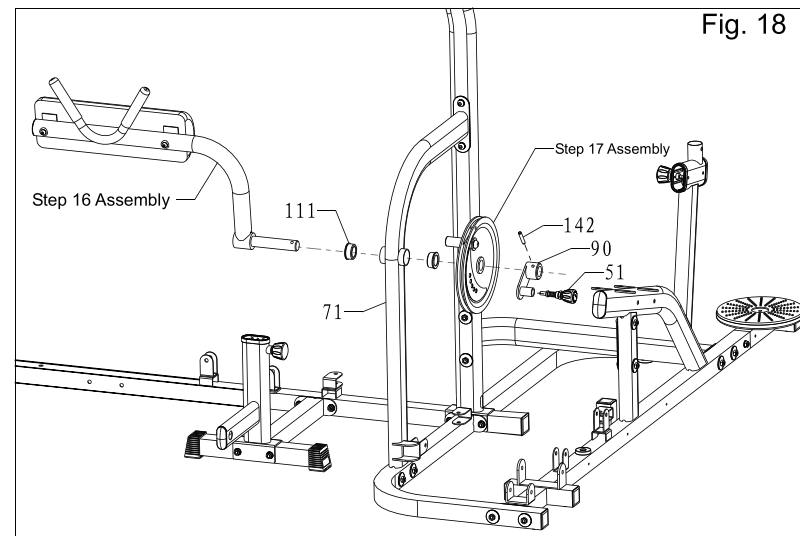


Step 24: Final assembly of chest pressing seat (as shown in Fig. 24)

Fasten chest pressing seat cushion soft packet (100) and chest pressing seat adjusting pipe (89) with M8X20 screw (134) and M8 small flat washer (16).

Insert chest pressing soft packet assembly into chest pressing seat straight pipe (88), and then lock the bolt (4) after they are regulated to a proper position.

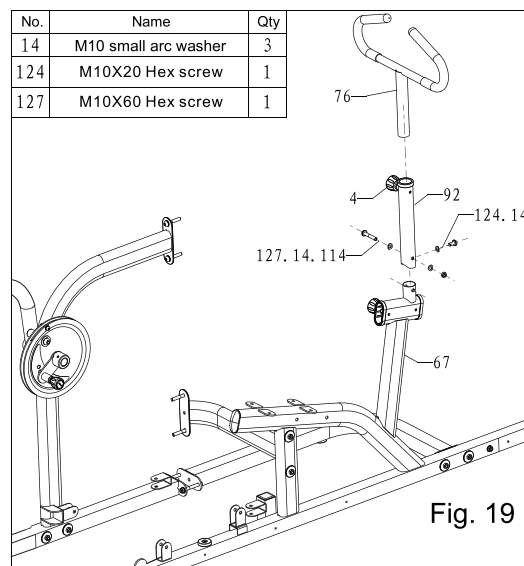
Insert horizontal kicking pipe (33) into chest pressing seat pipe (88), and then them into Small foam cover (30).



Step 18: final assembly of chest pressing part (as shown in Fig. 18)

Put $\Phi 48$ plastic shaft sleeve (111) into side floorstand (71) as per the mating position. Insert Step 16 assembly into the corresponding hole of side floorstand (71) to combine with Step 17 assembly and Spinning handle (90), and fix them with cotter pin (142). Screw long spring pin (51) into spinning handle (90) as per the mating position.

During final assembly, note the angle of large wheel disc, of which the moving part should be smeared with lubricant.



Step 19: Final assembly of twisting hand rest (as shown in Fig. 19)

Fasten twisting hand rest outer sleeve (92) and thrust support (67) with M10X20 screw (124), M10X 60 screw (127), M10 arc small washer (14) and M10 check nut (114).

Fit adjustable handle (76) into twisting hand rest outer sleeve (92) and screw down Spring pin (4) at a proper height.

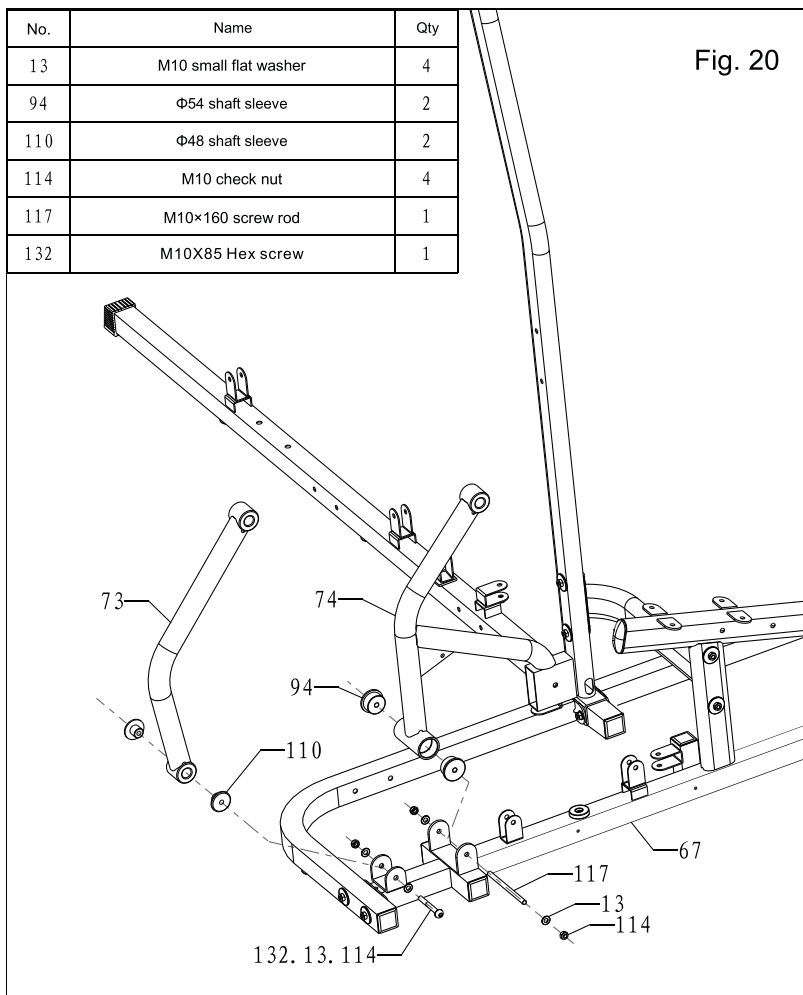


Fig. 20

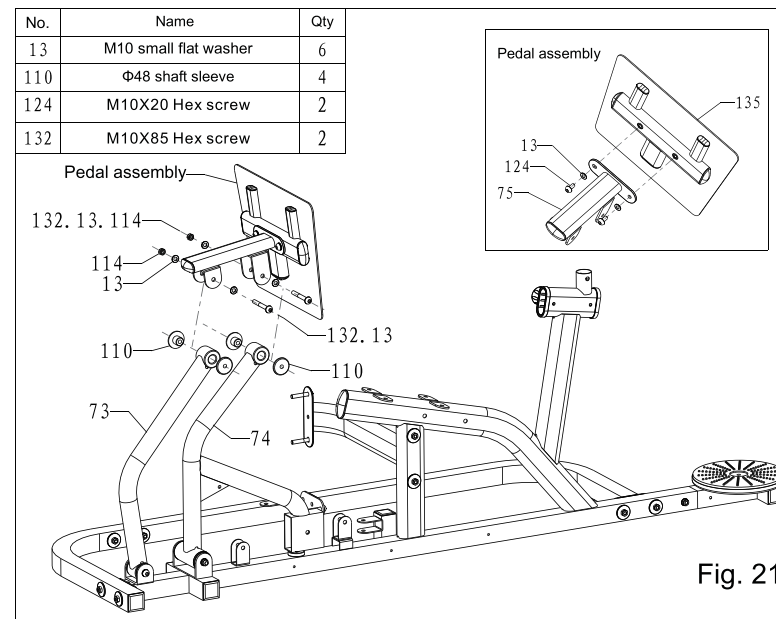


Fig. 21

Step 21: final assembly of back leg press frame head (as shown in Fig. 21)

Fasten pedal frame (75) and pedal frame (135) with M10X20 screw (124) and M10 small flat washer (13).

Put Φ48 shaft sleeve (110) into back leg press rear pipe (73) and back leg press front pipe (74) as per the mating position.

Align the pedal assembly with the back leg press rear pipe (73) and back leg press front pipe (74) as per the mating position, and then fasten them with M10X85 screw (132), M10 small flat washer (13) and M10 check nut (114).

Note that they should not be locked too tightly to allow flexible rotation of pedal assembly.

Add lubricant at the movable joints.

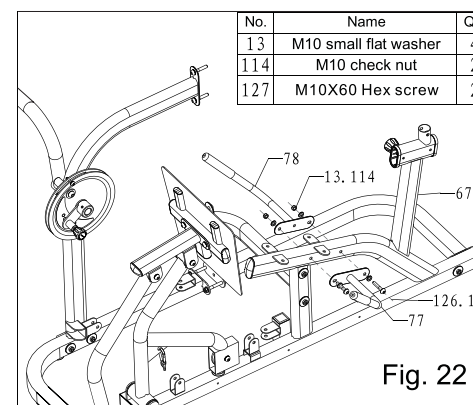


Fig. 22

Step 22: Gripping handle assembly (as shown in Fig. 22)

Fasten left gripping piece (77), right gripping piece (78) and thrust support (67) with M10X60 screw (127), M10 small flat washer (13) and M10 check nut (114).

Step 20: main assembly of back leg press underframe (as shown in Fig. 20)

Combine Φ48 shaft sleeve (110) and back leg press rear pipe (73), and put them into thrust support (67) as per the mating position, and then fasten them with M10X85 screw (132), M10 small flat washer (13) and M10 check nut (114).

Combine Φ54 shaft sleeve (94) and back leg press front pipe (74), put them into thrust support (67) as per the mating position, and then fasten them with M10X160 screw rod (117), M10 small flat washer (13) and M10 check nut (114).

Note that they should not be locked too tightly to allow flexible rotation of back leg press rear pipe (73) and back leg press front pipe (74).

Add lubricant at the movable joints.