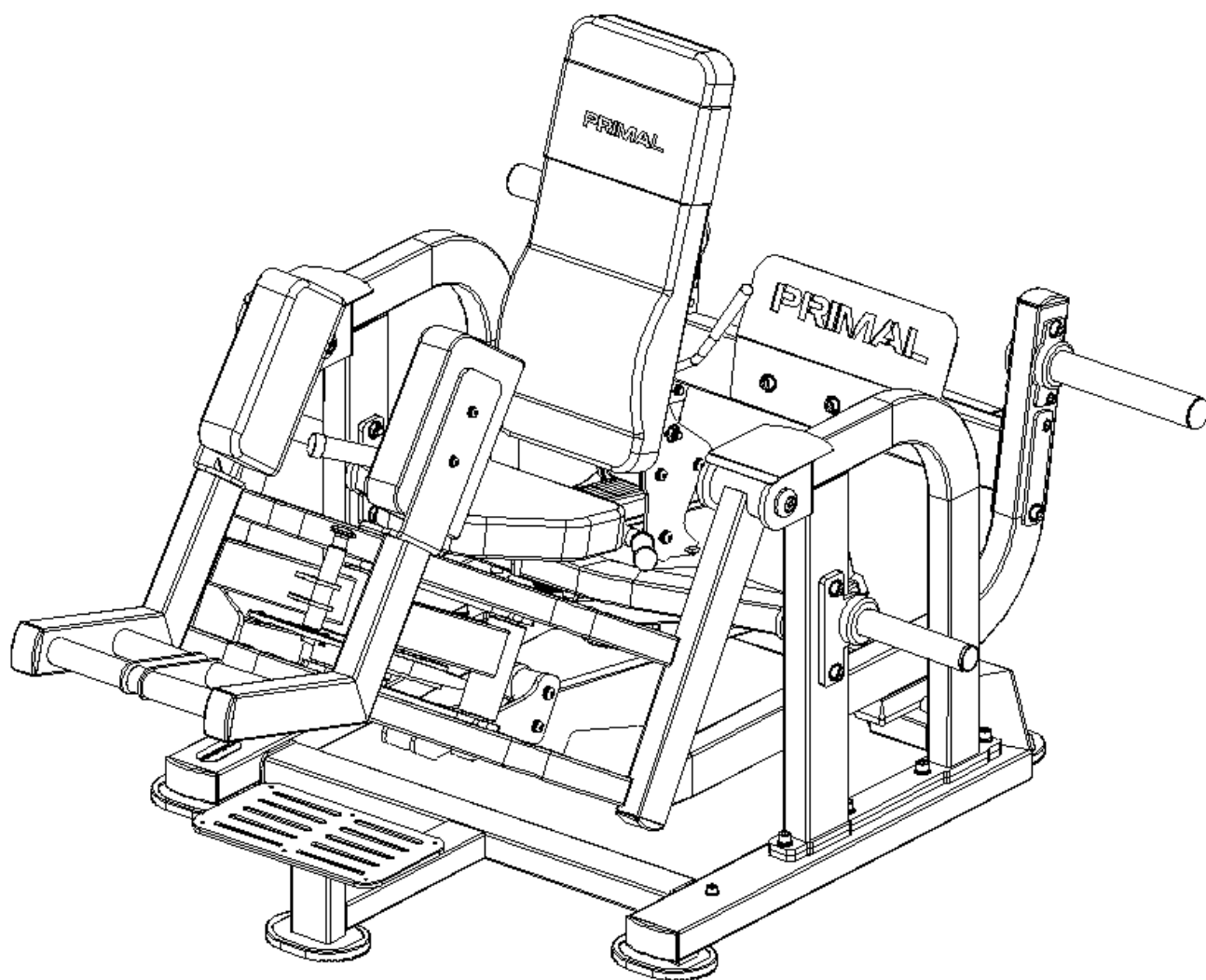


PRIMAL

Primal Performance Series Plate Loaded Hip Abductor PSSS0256



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01/IMPORTANT NOTICE

Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up

the hair to avoid any possible dangers.

7. Do warm-up exercises before operating the machine.

8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.

9. Children must exercise under the supervision of adults.

10. WARNING: Keep hands and feet away from moving parts.

11. WARNING: DO NOT beyond adjustable setting range.

12. WARNING: Keep children or pets away from the machine when operating it.

13. WARNING: Keep all control apparatus in proper position.

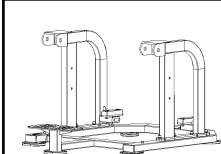
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.

15. Operating the machine in controlled area is recommended.

02/ASSEMBLY PROCEDURE

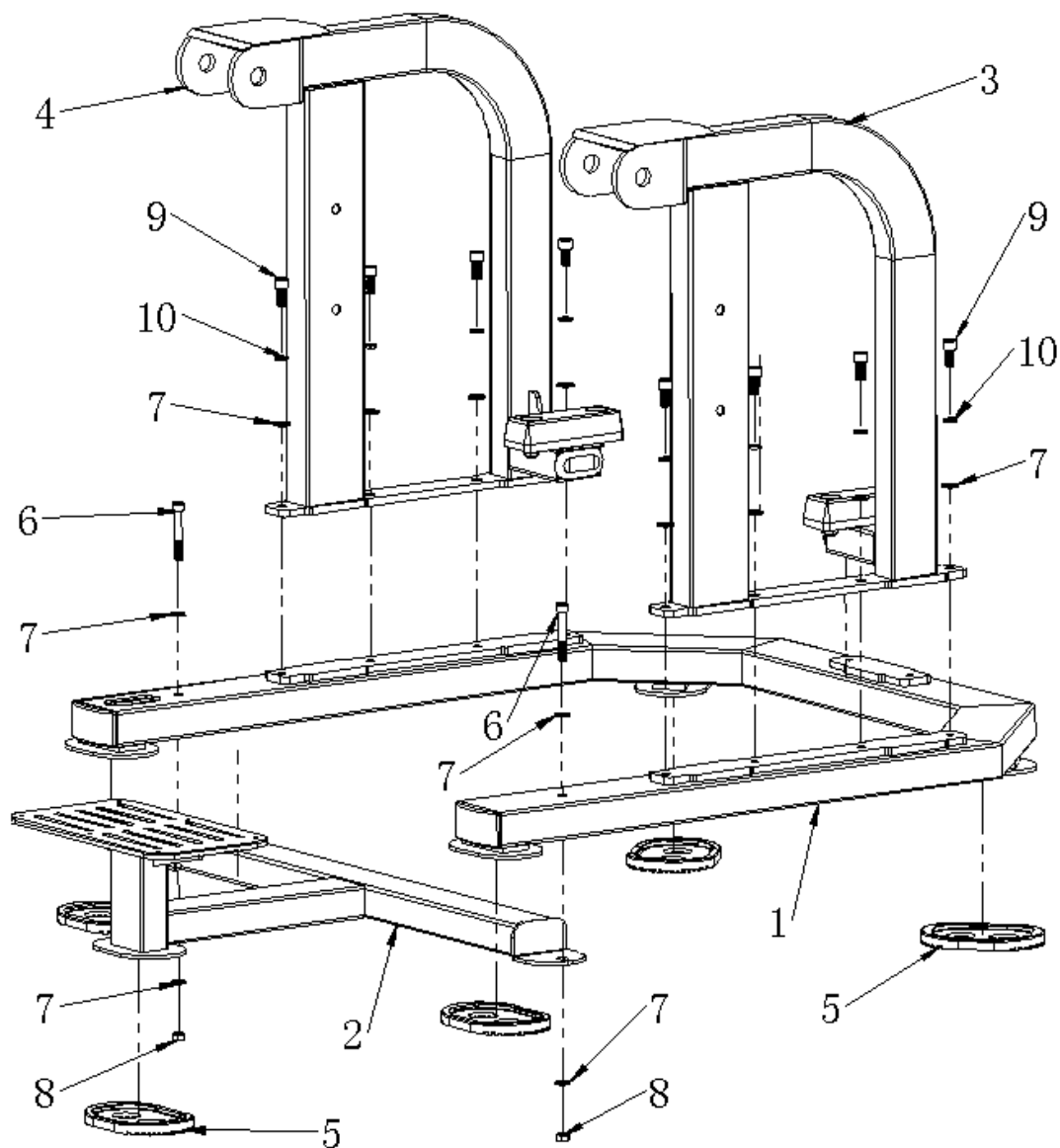
1) Step 1

Finished diagram



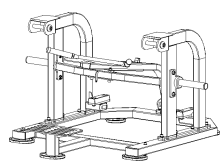
Bill of materials

No	Name	Spec	Qty
1	Base	Weldment	1
2	Foot pad	Weldment	1
3	Left frame	Weldment	1
4	Right frame	Weldment	1
5	Rubber foot	170*120*T15	5
6	Hexagon socket cylinder bolt	M10*70	2
7	Drum washer	Φ12	12
8	Hexagon lock nut	M10	2
9	Hexagon socket cylinder bolt	M12*25	8
10	Spring washer	Φ12	8

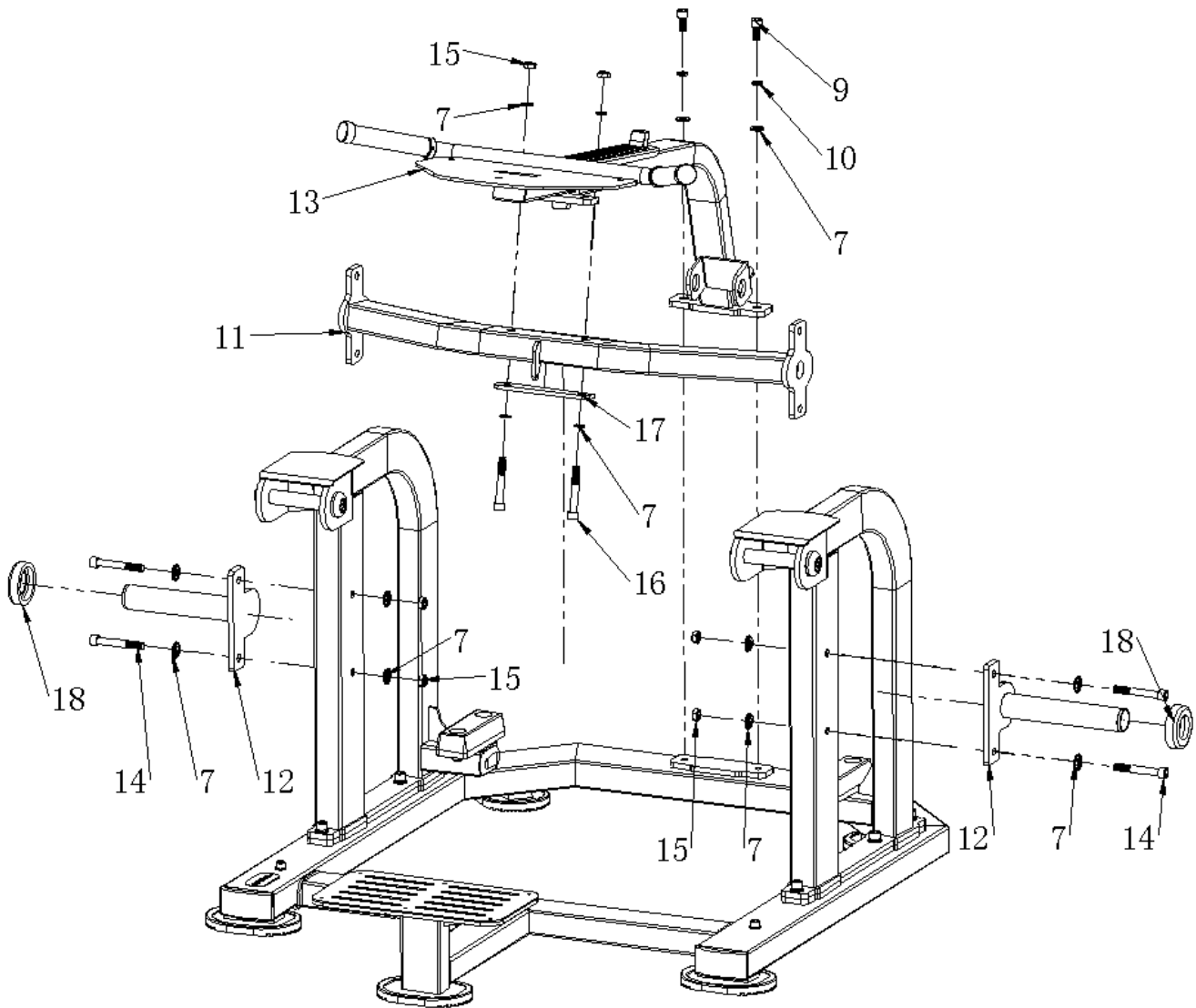


2) Step 2

Finished diagram

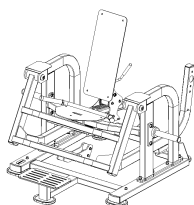


Bill of materials			
No	Name	Spec	Qty
7	Drum washer	Φ12	14
9	Hexagon socket cylinder bolt	M12*25	2
10	Spring washer	Φ12	2
11	Support assembly	Weldment	1
12	Bull horns	Weldment	2
13	Seat frame assembly	Weldment	1
14	Hexagon socket cylinder bolt	M12*90	4
15	Hexagon lock nut	M12	6
16	Hexagon socket cylinder bolt	M12*80	2
17	Connecting plate	180*40*T6	1
18	Round crash pad	Φ75*Φ42.5*20	2

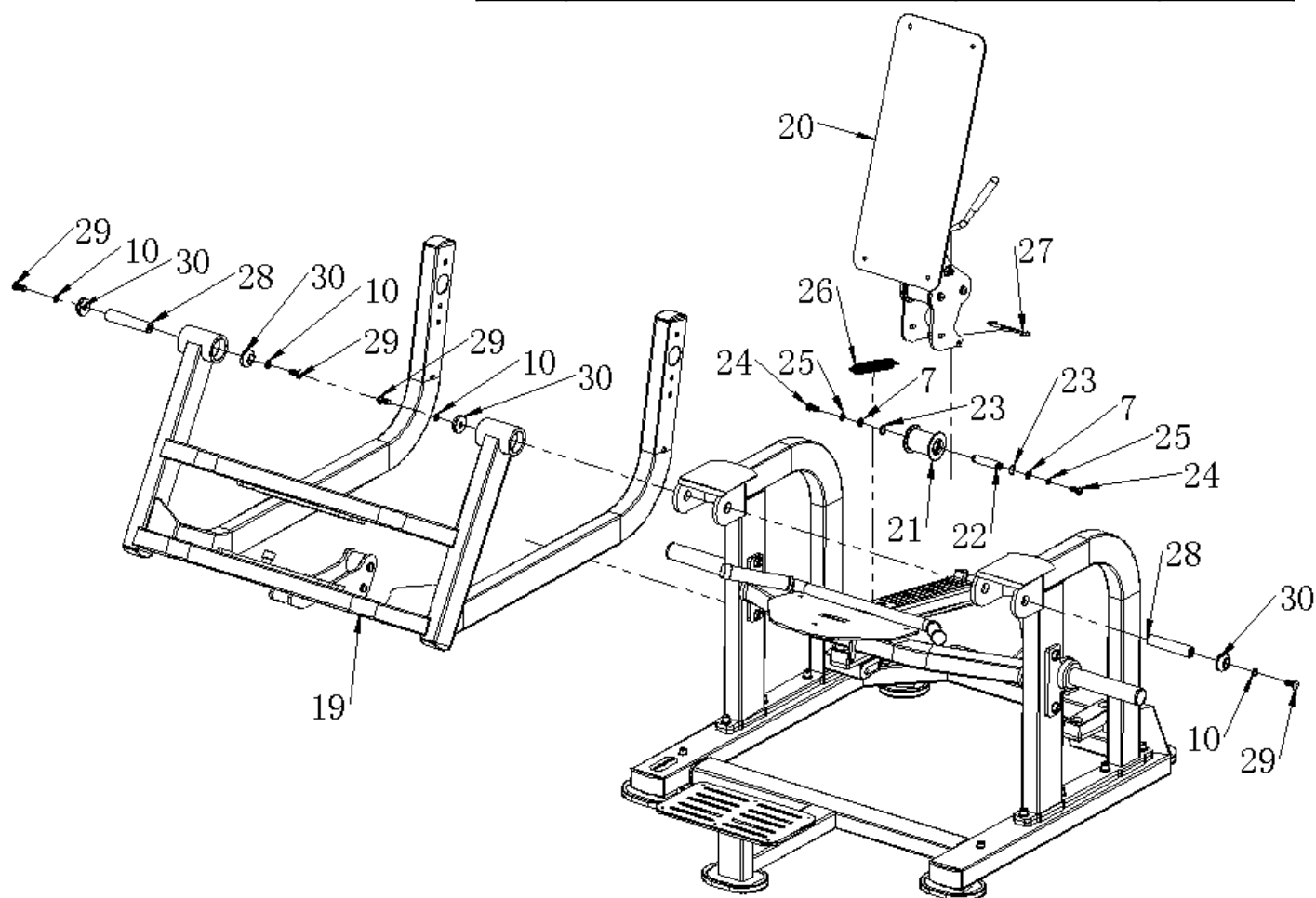


3) Step 3

Finished diagram



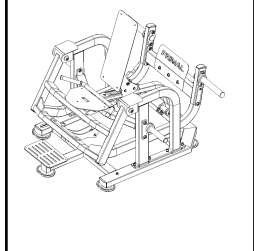
Bill of materials			
No	Name	Spec	Qty
7	Drum washer	Φ12	2
10	Spring washer	Φ12	4
19	Support assembly	Weldment	1
20	Back frame	Weldment	1
21	Idler wheel	Φ70*78	1
22	Idler wheel shaft	Φ17*80	1
23	Elastic collar	Φ17	2
24	Hexagon socket flat head bolt	M10*25	2
25	Spring washer	Φ10	2
26	Tension spring	Φ25*183*Φ2.2	1
27	Spring hanger	113*36*T6	1
28	Movable arm rotating shaft	Φ25*127	2
29	Hexagon socket flat head bolt	M12*25	4
30	End cover	Φ43.5*14.5	4



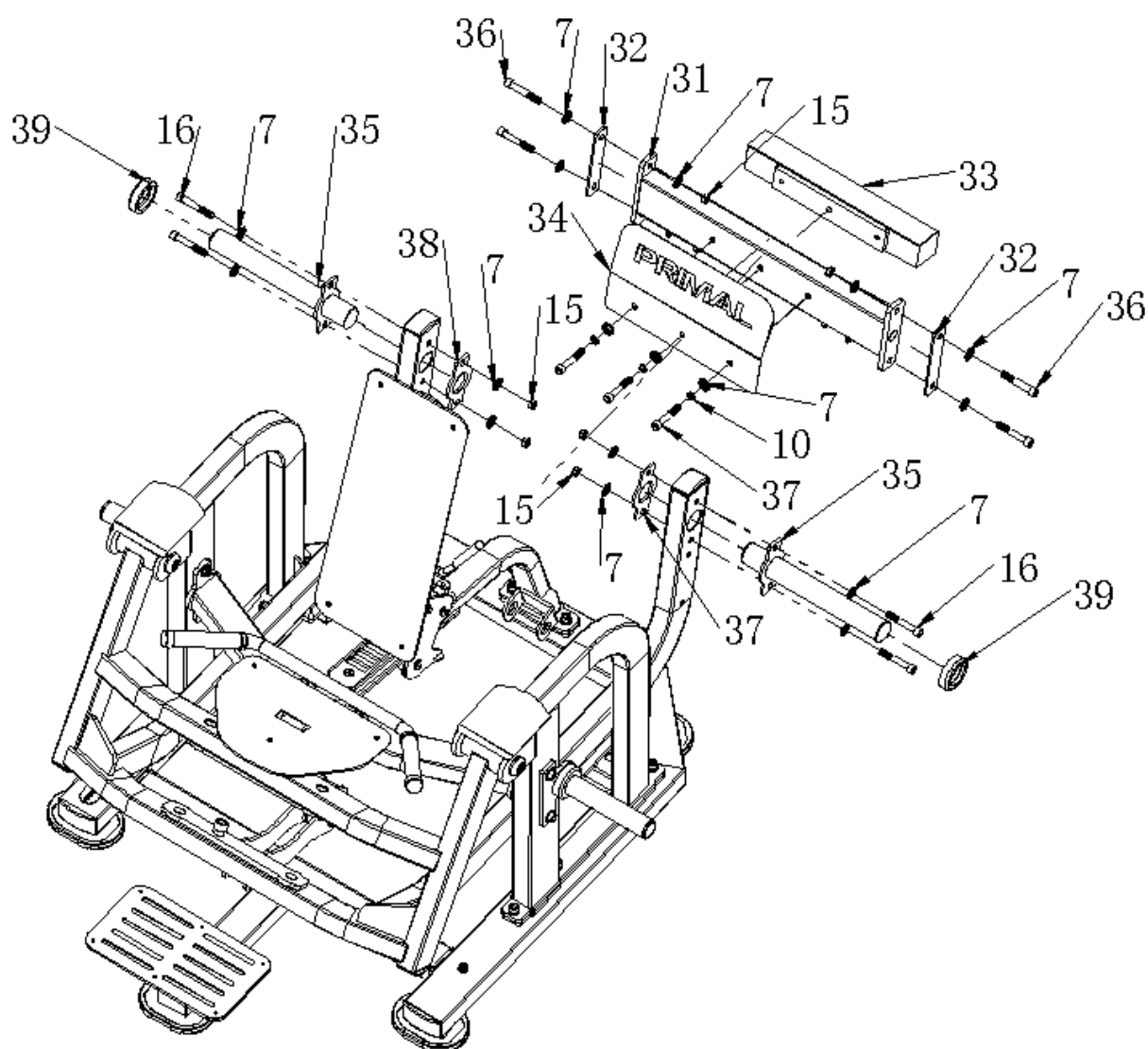
Bill of materials			
No	Name	Spec	Qty

4) Step 4

Finished diagram



7	Drum washer	Φ12	19
10	Spring washer	Φ12	3
15	Hexagon lock nut	M12	8
16	Hexagon socket cylinder bolt	M12*80	4
31	External connecting assembly	Weldment	1
32	Connecting plate	180*40*T6	2
33	Balance weight	Weldment	1
34	LOGO plate	234.73*395*T2	1
35	Bull horn assembly	Weldment	2
36	Hexagon socket cylinder bolt	M12*75	4
37	Hexagon socket cylinder bolt	M12*65	3
38	Bull horn fixed plate	135*45*T6	2
39	Round crash pad	Φ75*Φ48.5*20	2

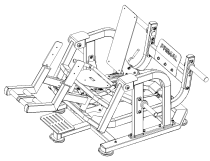


Bill of materials

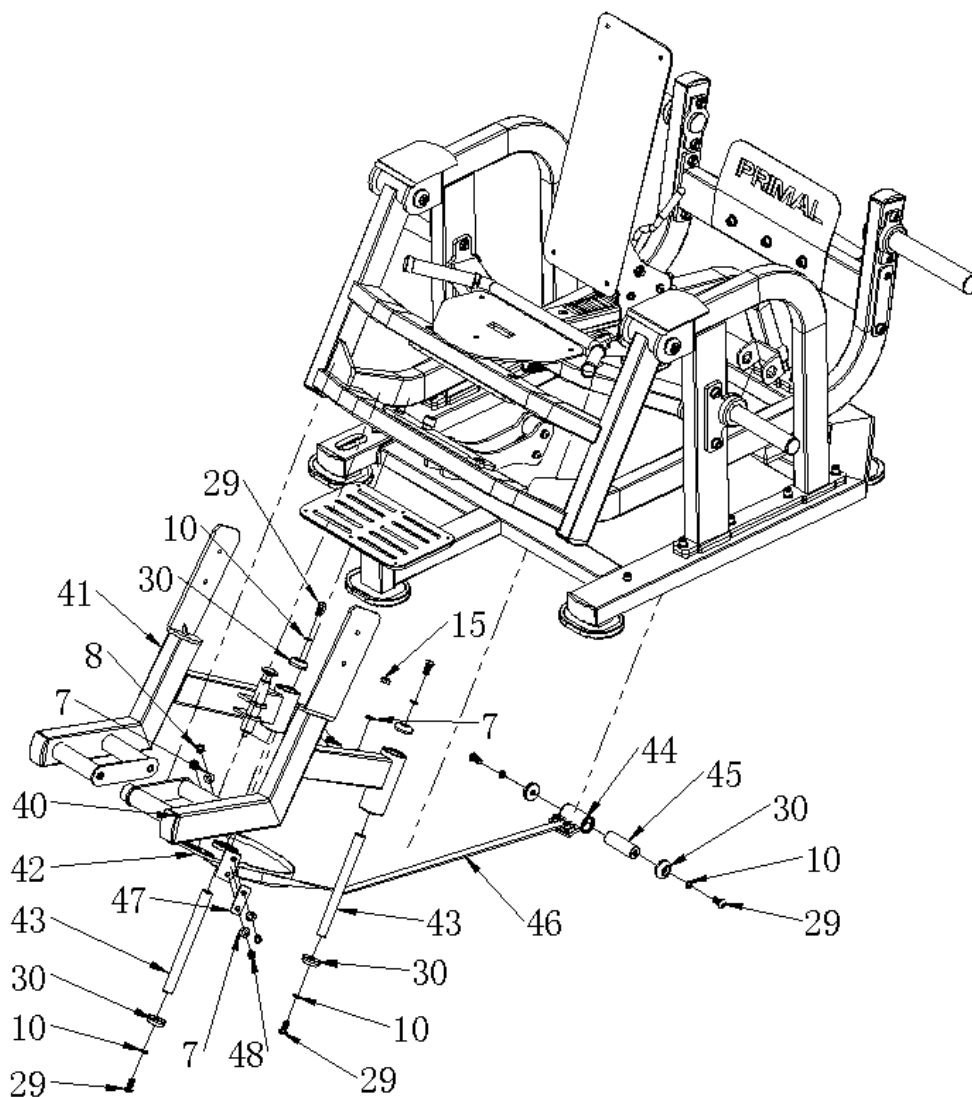
No	Name	Spec	Qty
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5) Step 5

Finished diagram



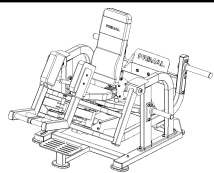
7	Drum washer	Φ12	5
8	Hexagon lock nut	M10	2
10	Spring washer	Φ12	6
15	Hexagon lock nut	M12	1
29	Hexagon socket flat head bolt	M12*25	6
30	End cover	Φ43.5*14.5	6
40	Left moving arm assembly	Weldment	1
41	Right moving arm assembly	Weldment	1
42	Belt disc	Weldment	1
43	Centre shaft	Φ25*258	2
44	Belt rotating shaft assembly	Weldment	1
45	Rotating shaft	Φ30*93	1
46	Belt	23*T3*1078	1
47	Belt fixed plate	70*25*T6	1
48	Hexagon socket cylinder bolt	M10*30	2



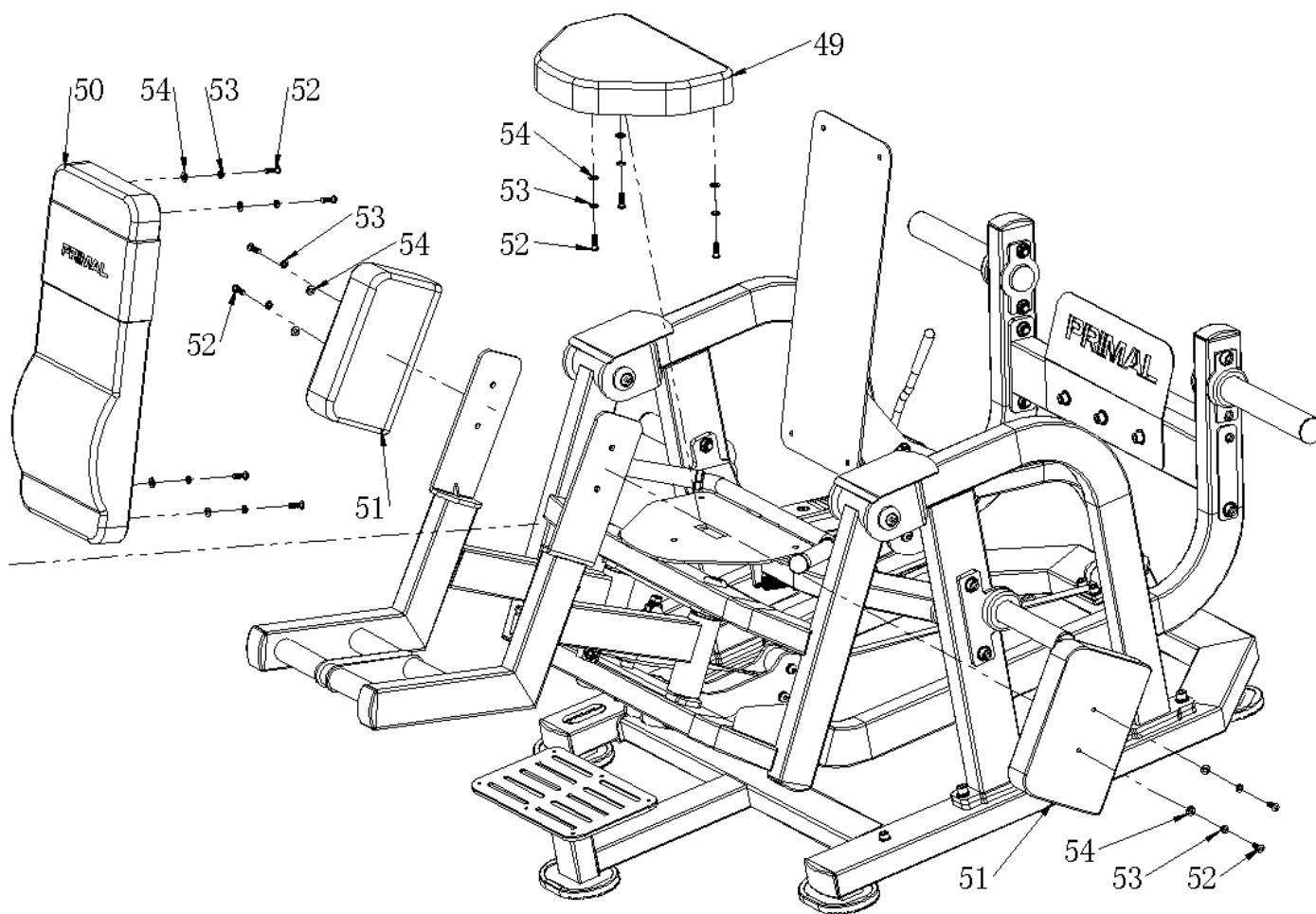
Bill of materials

6) Step 6

Finished diagram



No	Name	Spec	Qty
49	Seated pad	390*280*60	1
50	Back pad	280*660	1
51	Thigh pad	290*180*60	2
52	Hexagon socket flat head bolt	M8*25	11
53	Flat washer	Φ8	11
54	Spring washer	Φ8	11



03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and

other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Plate Loaded Hip Abductor	Model	PSSS0256
Floor space	11842*1422*1213	Weight stack	
Net Weight	196 Kg	Level	S
Category: S: Professional and Commercial; H: household			

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.

3. The below-listed damages are out of warranty:

- 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
- 2). the damages caused by improper adjusting weight stack pin.
- 3). the damages caused by improper maintenance.
- 4). the damages caused by other violation operating.