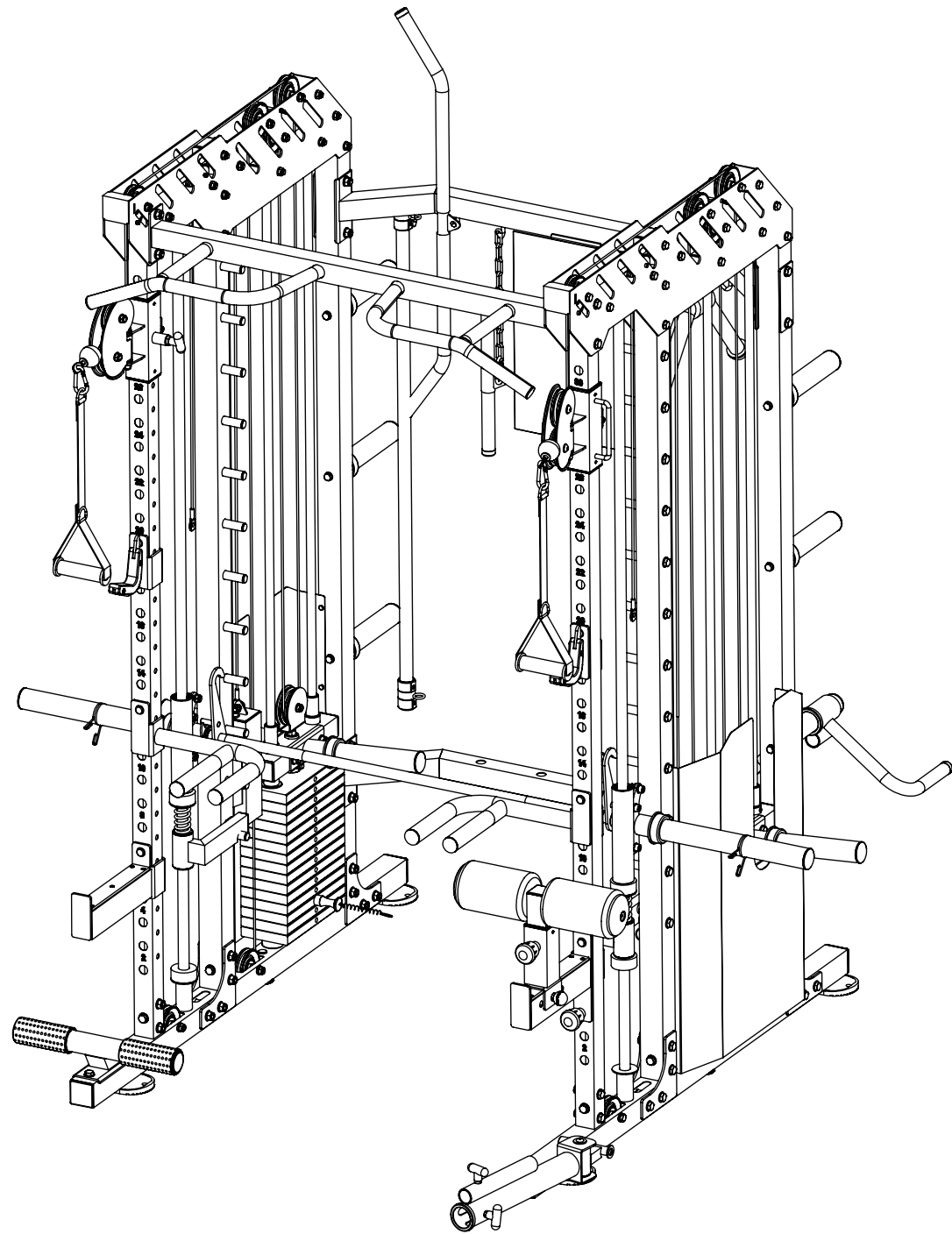


PRIMAL[®]

**Primal Personal Series Multi Rack
System MRX5.0**

PSSS0205



USER' S MANUAL

Before use, please read through the guide book and keep well.



CAUTION

Read all precautions and instructions in this manual
before using this equipment.

TABLE OF CONTENTS

Important Safety Instructions -----	1
Instructions -----	2
Parts List -----	3
Exploded View -----	7
Measurement Guide -----	9
Assembly Instructions -----	11
Assembly -----	12
Barbell Plate Spec -----	36
Maintenance Schedule -----	37
General Maintenance Information -----	38
Weight Training Tips -----	40
Specifications -----	40

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout---no loose clothing.
- Be careful when getting on or off the equipment.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged.
- Never drop or insert anything into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Do not attempt to lift more weight than you can control safely.
- Do not use the equipment outdoors.

Personal Safety During Assembly

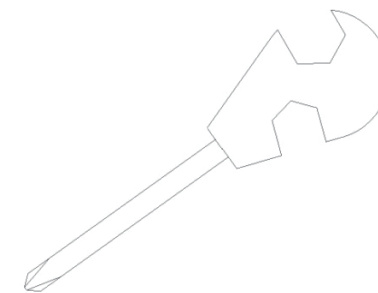
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

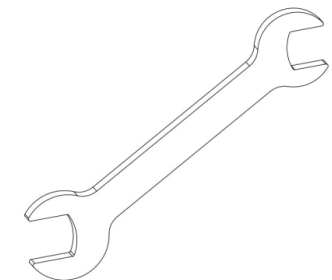
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your carton. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

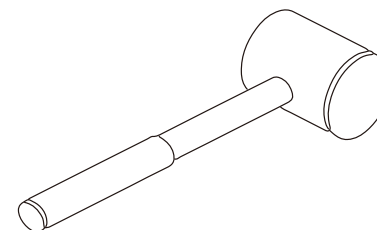
Tools Required



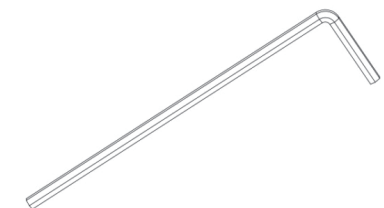
Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

Note: some of these parts may come pre-installed.

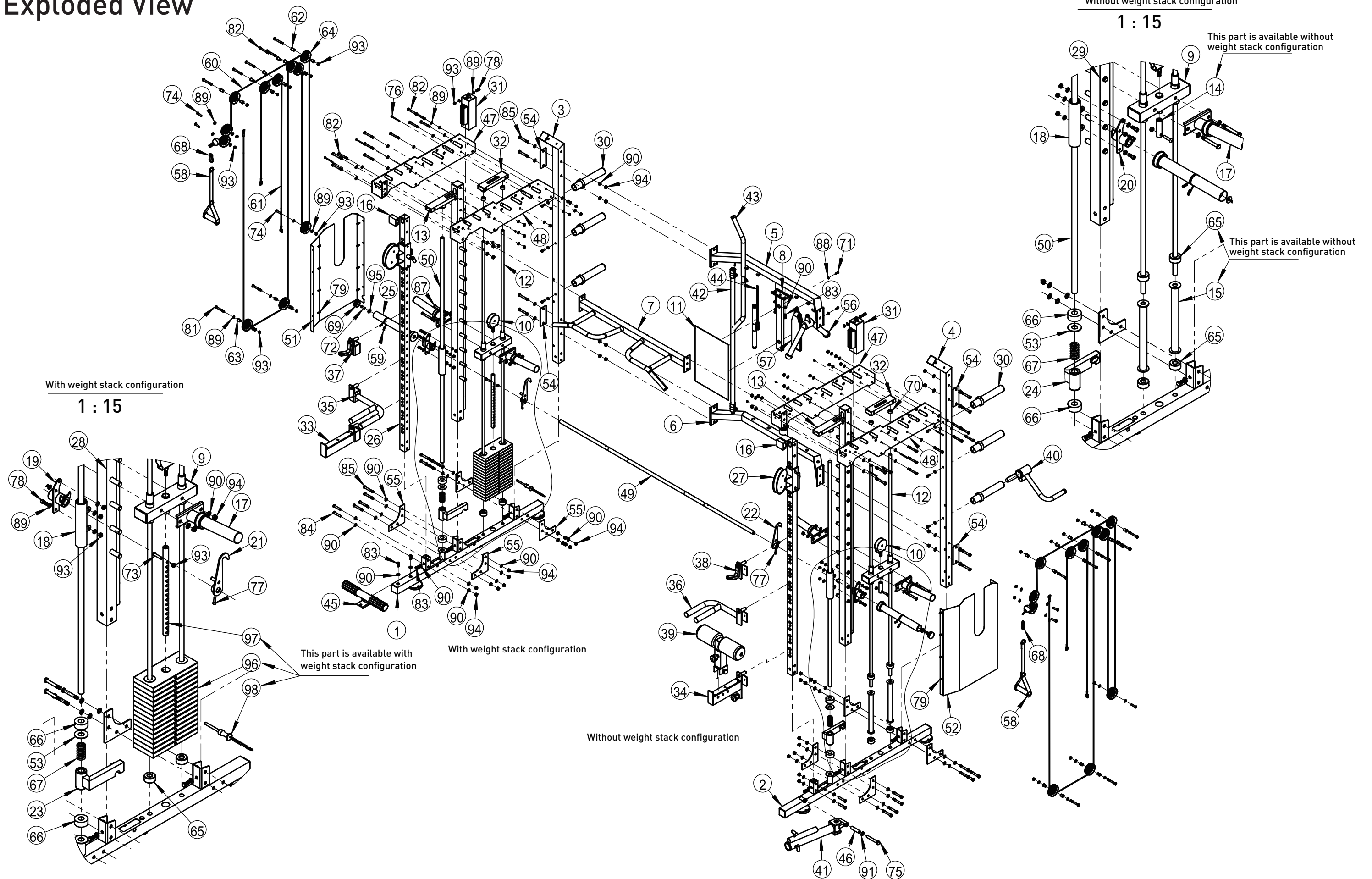
Item	Name	Spec	Qty
1	Left Bottom Support Assembly		1
2	Right Bottom Support Assembly		1
3	Left Rear Column Assembly		1
4	Right Rear Column Assembly		1
5	Upper Rear Connection Assembly		1
6	Lower Rear Connection Assembly		1
7	Pull Up Assembly		1
8	Poster Support Frame Assembly		1
9	Load Bearing Support Assembly		2
10	Pulley Frame Assembly		2
11	Display Board Assembly Welding		1
12	Rear Guide Pipe	Φ20×1.0×1995	4
13	Linear Shaft Fixing Tube Assembly		2
14	Cable Fixing Welding		2
15	Supporting Pipe Welding		4
16	Small Lined Pipe	J60×30×2×68	2
17	Barbell Plate Support Assembly		4
18	Guide Sleeve Assembly		2
19	Left Connection Part Assembly		1
20	Right Connection Part Assembly		1
21	Left hook welding		1
22	Right hook welding		1
23	Left Safety Assembly		1
24	Right Safety Assembly		1
25	Barbell Rack Assembly		2
26	Left Sliding Frame Assembly		1
27	Right Sliding Frame Assembly		1
28	Left column assembly		1
29	Right column assembly		1
30	Barbell rack assembly		6

Item	Name	Spec	Qty
31	Sub Weight Plates Assembly		2
32	Long Lined Pipe Assembly		2
33	Left bumper Assembly		1
34	Right bumper Assembly		1
35	Left Parallel Bar Assembly		1
36	Right parallel bar Assembly		1
37	Left hook Assembly		1
38	Right hook Assembly		1
39	Front Knee Assembly		1
40	Rowing Grip Attachment Assembly		1
41	Barbell Rowing Attachment		1
42	High Pull Tube Assembly		1
43	High Tie Rod Assembly		1
44	Low Pull Tube Assembly		1
45	Pedal assembly		1
46	Casing Pipe	Φ20×2×80	1
47	Inner Splint Welding		2
48	Inner Splint Welding 2		2
49	Barbell bar	Φ28×2028	1
50	Guid Rod	Φ25×2027	2
51	Left Shield		1
52	Right Shield		1
53	Ring Plate	Φ60×Φ26×3	2
54	Conection Plate	160×60×4.0(2 holes)	4
55	L-Shape Contecting Piece	165×165×5.0	8
56	Pull Back Handle		1
57	Foot Pull	360×80	1
58	Pull Handle	Φ30×138×157.5×300	2
59	Butterfly Clip	Φ49	2
60	HPA402 Cable 1		2

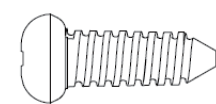
Item	Name	Spec	Qty
61	HPA402 Cable 2		2
62	Iron based powder set	Φ10.2×Φ16×24	24
63	Powder metallurgy sleeve	Φ10.2×Φ16×20	8
64	φ89 Pulley Group	Φ89×25.4	22
65	Buffer pad	Φ50×Φ20×25	8
66	Buffer pad	Φ60×Φ26×26	4
67	Compression Spring	Φ26×70×Φ6	2
68	Gourd Hook	Φ7	2
69	Inner piston	Φ50X1.2 Pipe	2
70	Fixing Tube	Φ30×17	4
71	Button Head Cap Bolt	M8×25	2
72	Button Head Cap Bolt	M10×30	2
73	Button Head Cap Bolt	M10×45	2
74	Button Head Cap Bolt	M10×45 L 15	6
75	Hex Bolt	M16×110	1
76	Flat Head Cap Screw	M5×75	6
77	Flat Head Cap Screw	M8×25	2
78	Flat Head Cap Screw	M10×25	8
79	Hex Bolt	M6×16	16
80	Hex Bolt	M10×25	6
81	Hex Bolt	M10×80	4
82	Hex Bolt	M10×85	30
83	Hex Bolt	M12×25	10
84	Hex Bolt	M12×65	4
85	Hex Bolt	M12×85	24
86	Hex Bolt	M12×90	4
87	Hex Bolt	M12×100	4
88	Flat Washer	Φ8.5×Φ16×1.5	2
89	Flat Washer	Φ11×Φ20×2	78
90	Flat Washer	Φ13×Φ24×2	82

Item	Name	Spec	Qty
91	φ16 Flat Washer	Φ30×Φ17.5×3	1
92	Nut	M5	6
93	Nut	M10	50
94	Nut	M12	36
95	Flat Washer	Φ11×Φ30×2.5	2
96	Weight plate(6kg-15)		2
97	15 Hole Selection Shaft	Φ25×475	2
98	Magnetic Selection Pin	Φ10×Φ33.5×155	2

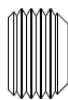
Exploded View



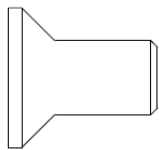
Measurement Guide



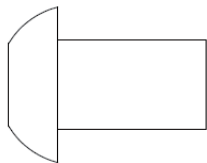
Cross Recessed Pan Head Tapping Screw



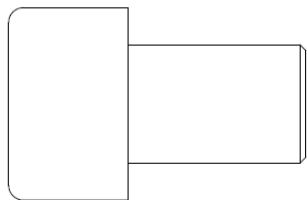
Hex Socket Set Screw with Flat Point



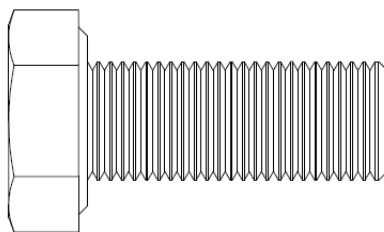
Flat Head Cap Screw



Button Head Cap Screw



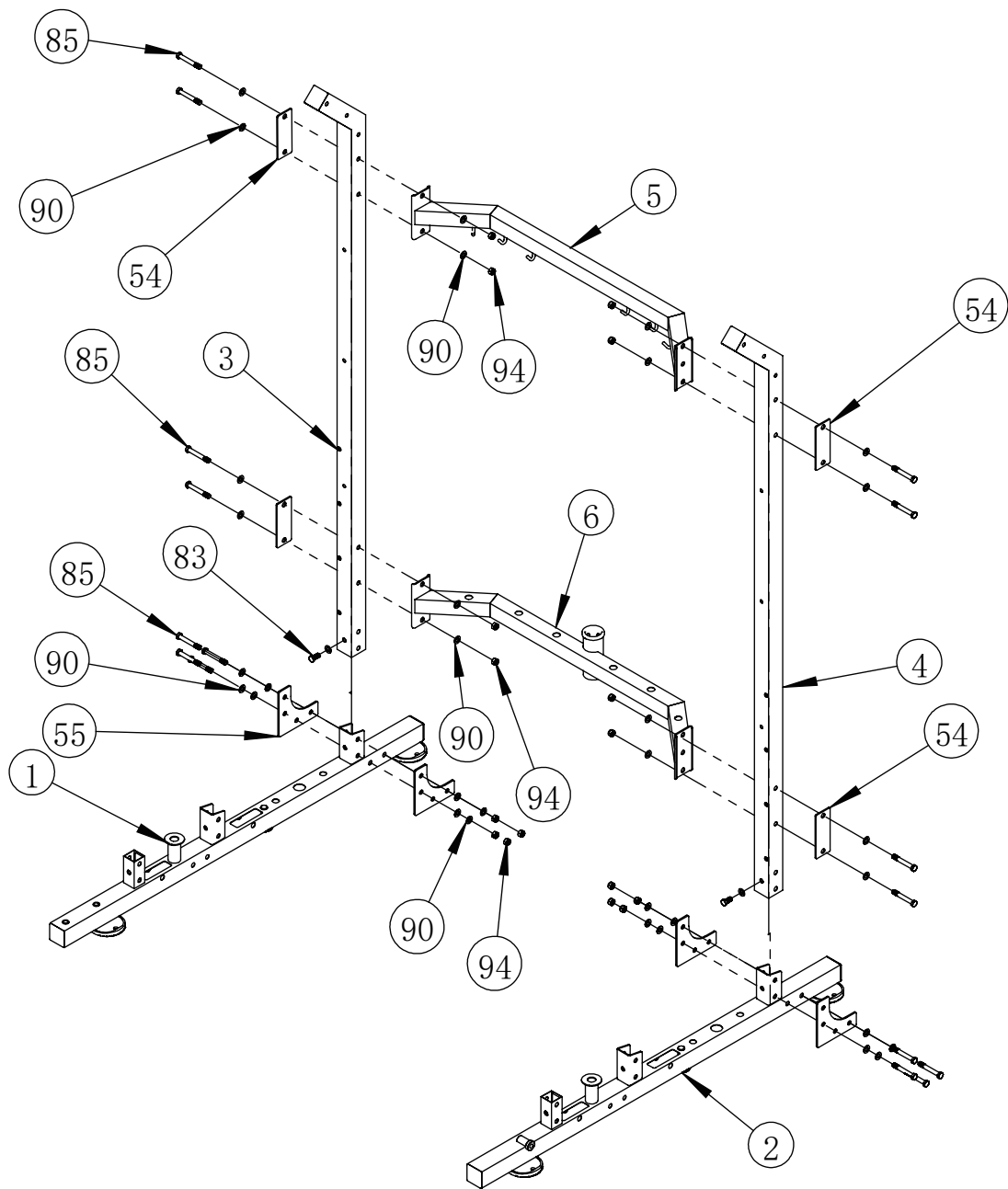
Socket Head Cap Bolt



Hex Bolt



Exploded View



Item	Name	Spec	Qty
1	Left Bottom Support Assembly		1
2	Right Bottom Support Assembly		1
3	Left Rear Column Assembly		1
4	Right Rear Column Assembly		1
5	Upper Rear Connection Assembly		1
6	Lower Rear Connection Assembly		1
54	Conection Plate	160×60×4.0[2 holes]	4
55	L-Shape Contecting Piece	165×165×5.0	4
83	Hex Bolt	M12×25	2
85	Hex Bolt	M12×85	16
90	Flat Washer	Φ13×Φ24×2	34
94	Nut	M12	16

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, and easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

Note: As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly Step 1

1. Attach Left Rear Column Assembly (3) and Right Rear Column Assembly (4) to Left Bottom Support Assembly (1) and Right Bottom Support Assembly (2).

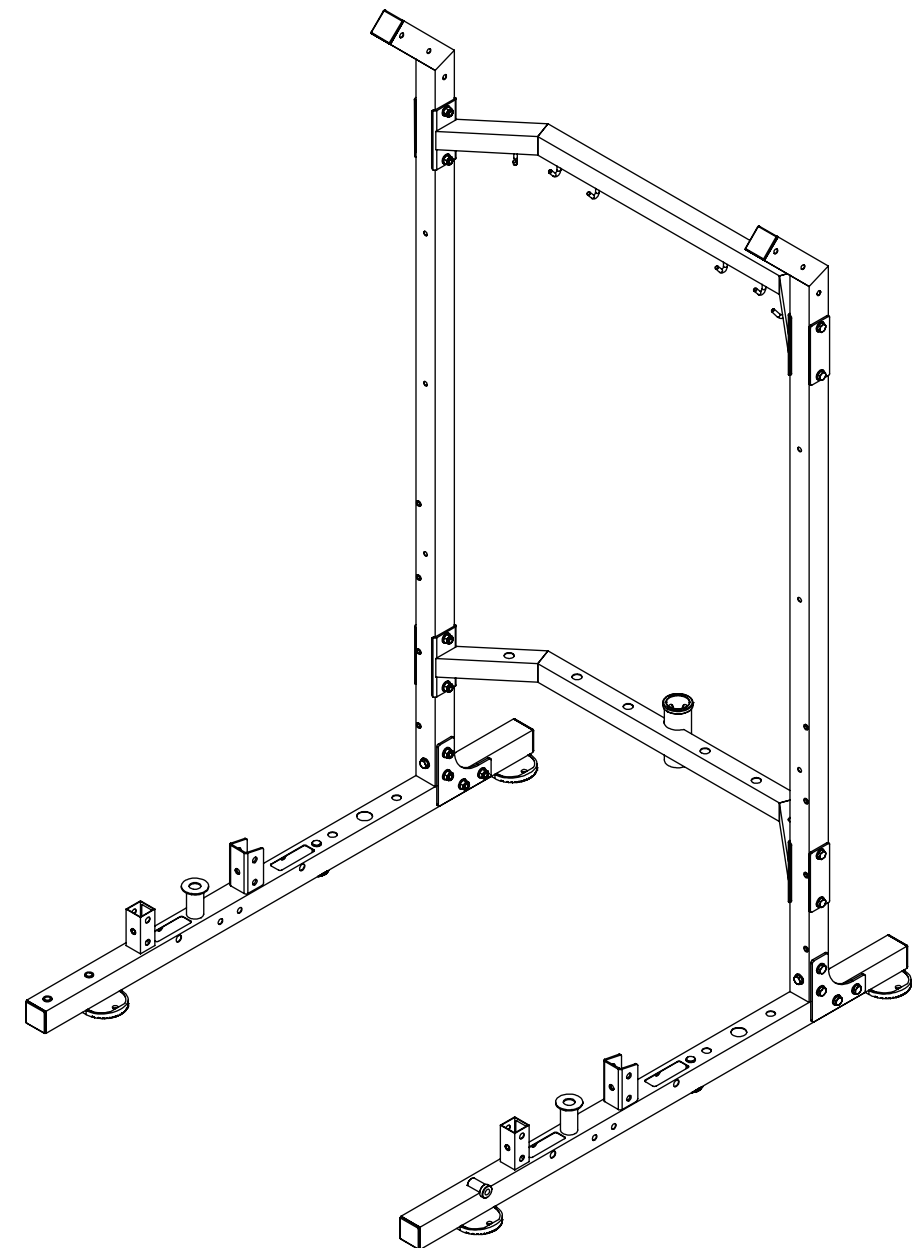
Using: Hex Bolt M12×25 (83), Hex Bolt M12×85 (85), Φ12 Flat Washer (90), M12 Nut (94) and L-Shape Connecting Piece 165×165×5 (55).

2. Attach Upper Rear Connection Assembly (5) and Lower Rear Connection Assembly (6) to Left Rear Column Assembly (3) and Right Rear Column Assembly (4).

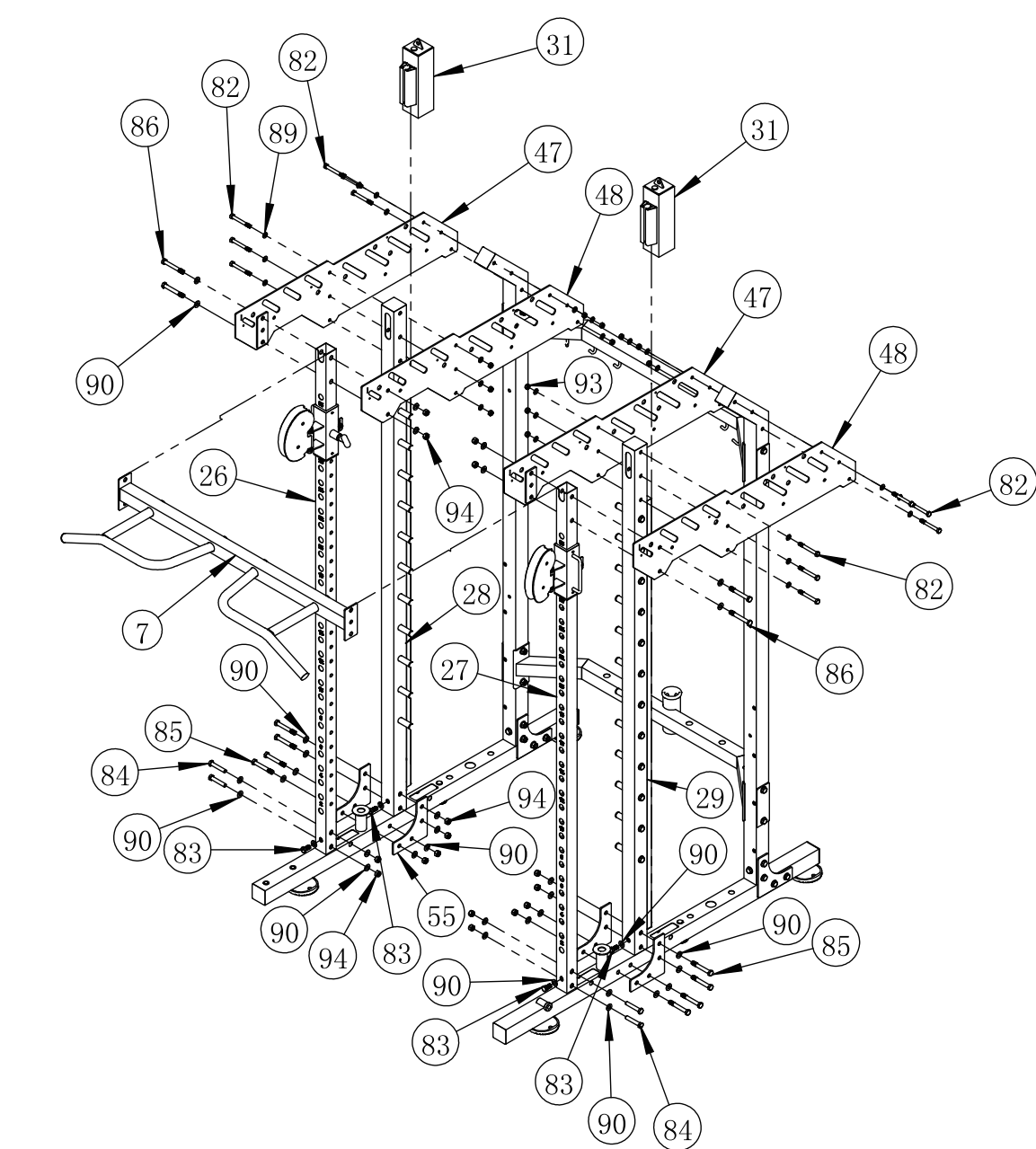
Using: Hex Bolt M12×85 (85), Φ12 Flat Washer (90), M12 Nut (94) and Connection Plate 160×60×4 (54).

Note: As with any assembled part, proper alignment and adjustment is critical.

While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.



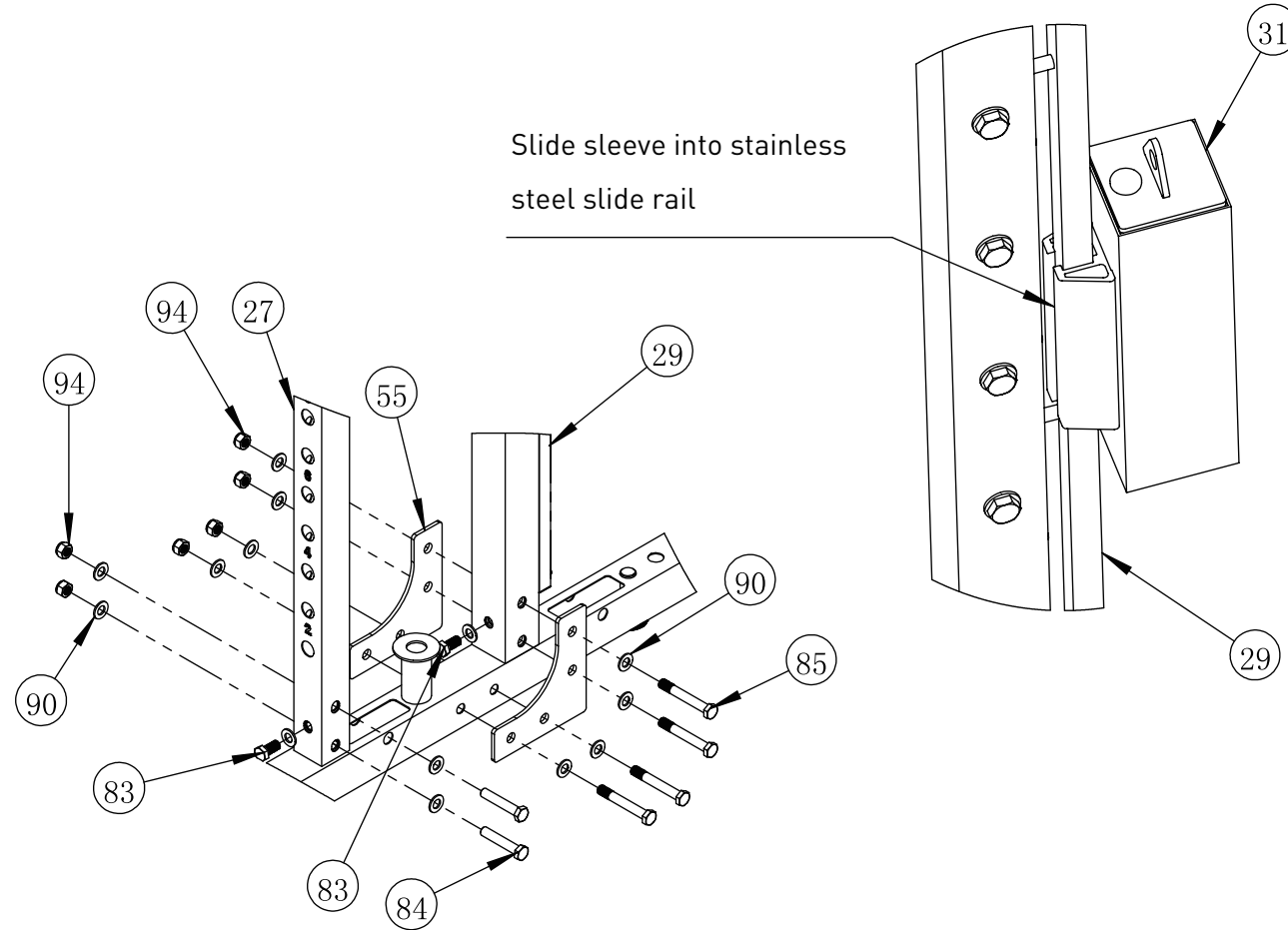
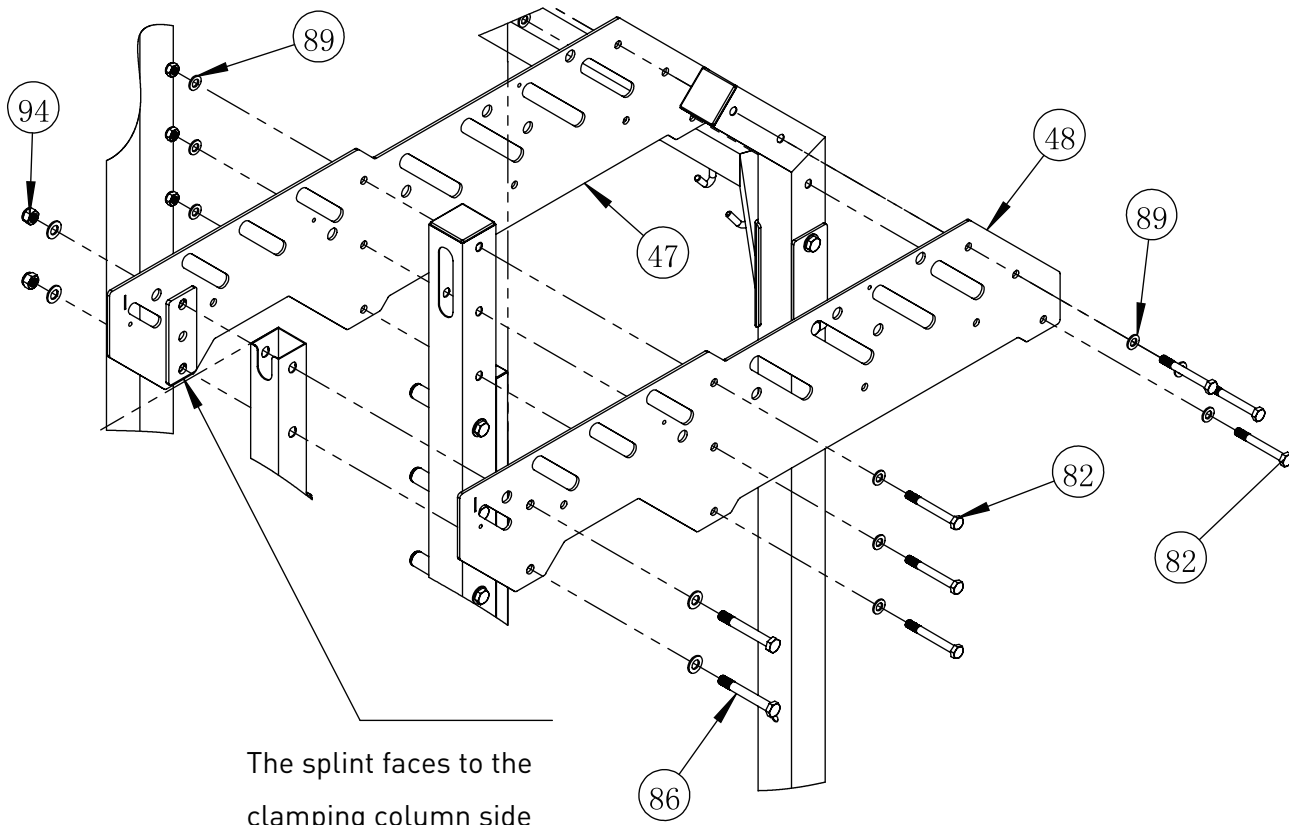
Step 2: Exploded View



Item	Name	Spec	Qty
7	Pull Up Assembly		1
26	Left Sliding Frame Assembly		1
27	Right Sliding Frame Assembly		1
28	Left column assembly		1
29	Right column assembly		1
31	Sub Weight Plates Assembly		2
47	Inner Splint Welding		2
48	Inner Splint Welding 2		2
55	L-Shape Contecting Piece	165×165×5.0	4

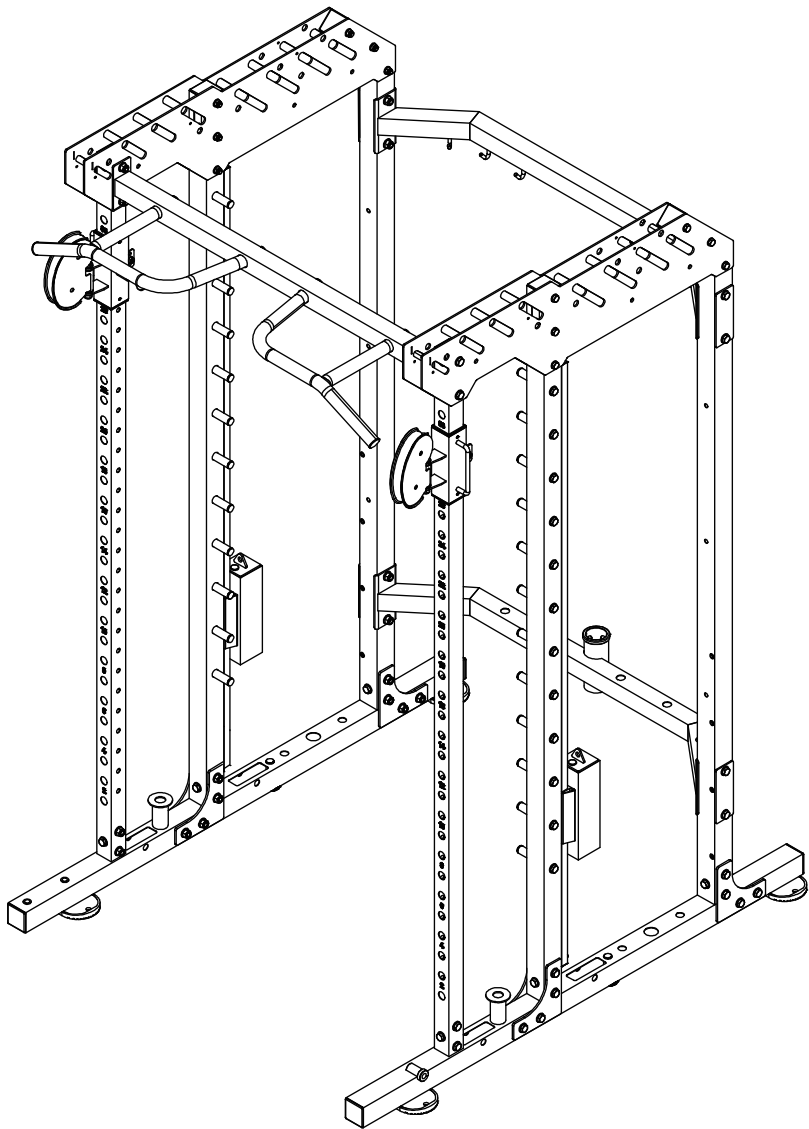
Item	Name	Spec	Qty
82	Hex Bolt	M10×85	12
83	Hex Bolt	M12×25	4
84	Hex Bolt	M12×65	4
85	Hex Bolt	M12×85	8
86	Hex Bolt	M12×90	4
89	Flat Washer	Φ11×Φ20×2	24
90	Flat Washer	Φ13×Φ24×2	36
93	Nut	M10	12
94	Nut	M12	16

Assembly
Step 2:

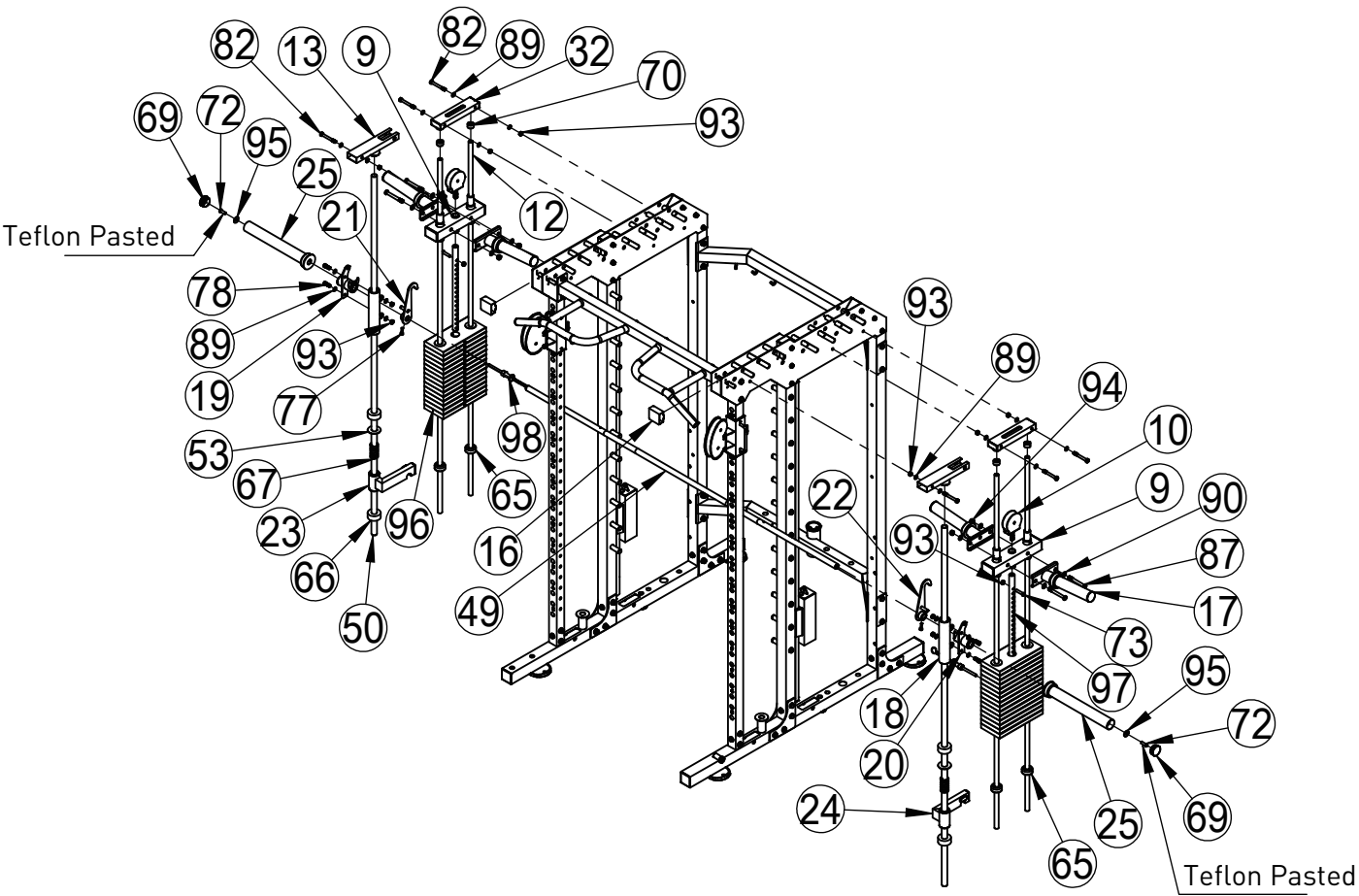


Step 2

- 1.Attach Left column assembly (28) and Right column assembly (29) to Left Bottom Support Assembly (1) and Right Bottom Support Assembly (2).
Using: Hex Bolt M12×25(83), Hex Bolt M12×85(85), Φ12 Flat Washer(90), M12 Nut(94) and L-Shape Contecting Piece165×165×5 (55).
- 2.Attach Left Sliding Frame Assembly (26) and Right Sliding Frame Assembly (27) to Left Bottom Support Assembly (1) and Right Bottom Support Assembly (2).
Using:Hex Bolt M12×25(83), Hex Bolt M12×65(84), Φ12 Flat Washer(90), M12 Nut(94).
- 3.Attach Sub Weight Plates Assembly (31) to Left column assembly (28) and Right column assembly (29).
- 4.Attach Left Rear Column Assembly (3), Left column assembly (28),Right Rear Column Assembly (4) and Right column assembly(29),
Using: Hex Bolt M10×85(82), Φ10 Flat Washer(89), M10 Nut(93), Inner Splint Welding(47)and Inner Splint Welding 2(48).
- 5.Attach Inner Splint Welding (47),Inner Splint Welding 2 (48),Left Sliding Frame Assembly (26),Right Sliding Frame Assembly (27) and Pull Up Assembly (7).
Using: Hex Bolt M12×90(86), Φ12 Flat Washer(90), M12 Nut(94).



Assembly Step 3: with Weight Plates

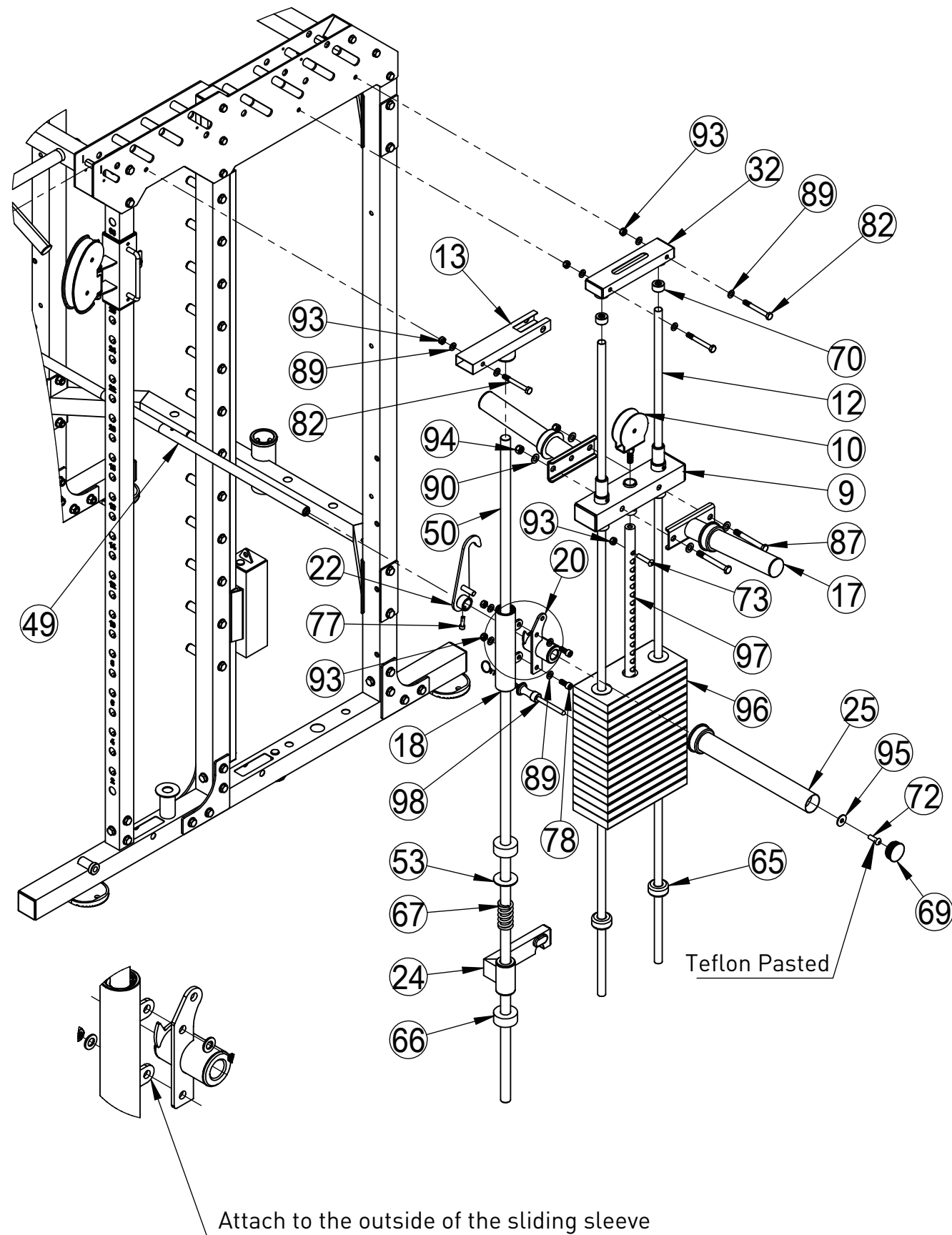


Item	Name	Spec	Qty
9	Load Bearing Support Assembly		2
10	Pulley Frame Assembly		2
12	Rear Guide Pipe	Φ20×1.0×1995	4
13	Linear Shaft Fixing Tube		2
16	Small Lined Pipe	J60×30×2×6	2
17	Barbell Plate Support Assembly		4
18	Guide Sleeve Assembly		2
19	Left Connection Part Assembly		1
20	Right Connection Part Assembly		1
21	Left hook welding		1
22	Right hook welding		1
23	Left Safety Assembly		1
24	Right Safety Assembly		1
25	Barbell Rack Assembly		2
32	Long Lined Pipe Assembly		2
49	Barbell bar	Φ28×2028	1
50	Guide Rod	Φ25×2027	2
53	Ring Plate	Φ60×Φ26×3	2
65	Buffer pad	Φ50×Φ20×25	4

Item	Name	Spec	Qty
66	Buffer pad	Φ60×Φ26×26	2
67	Compression Spring	Φ26×70×Φ6	2
69	Inner piston	Φ50×1.2 Pipe	4
70	Fixing Tube	Φ30×17	2
72	Button Head Cap Bolt	M10×30	2
73	Button Head Cap Bolt	M10×45	4
77	Flat Head Cap Screw	M8×25	2
78	Flat Head Cap Screw	M10×25	1
82	Hex Bolt	M10×85	1
87	Hex Bolt	M12×100	1
89	Flat Washer	Φ11×Φ20×2	1
90	Flat Washer	Φ13×Φ24×2	1
93	Nut	M10	1
94	Nut	M12	2
95	Flat Washer	Φ11×Φ30×2.5	2
96	Weight plate(6kg-15)		1
97	15 Hole Selection Shaft	Φ25×475	2
98	Magnetic Selection Pin	Φ10×Φ33.5×155	2

Assembly

Step 3: with Weight Plates



Step 3: with Weight Plates

1.Put Buffer pad (65) on Rear Guide Pipe(12) and put them into the hole of Left Bottom Support Assembly(1) and Right Bottom Support Assembly(2),Place 15 weight plates on each side.

2.Attach Pulley Frame Assembly (10),Barbell Plate Support Assembly(17),15 Hole Selection Shaft(97) to Load Bearing Support Assembly(9).

Using: Button Head Cap Bolt(73), Hex Bolt M12X100(87), $\phi 10$ Flat Washer (89), $\phi 12$ Flat Washer(90), M12 Nut(94).

3.Attach the step 2 components to Rear Guide Pipe(12),attach Fixing Tube (70) to Rear Guide Pipe(12),attach Long Lined Pipe Assembly(32) to Fixing Tube(70) on top of Rear Guide Pipe(12), Using: Hex Bolt M10X85(82), $\phi 10$ Flat Washer (89), M10 Nut(93).

4.Attach Guid Rod (50) to the hole of Left Bottom Support Assembly(1) and Right Bottom Support Assembly(2),put Buffer pad(66), Left Safety Assembly (23),Right Safety Assembly (24), Compression Spring(67), Ring Plate(53), Buffer pad(66), Guide Sleeve Assembly(18), Linear Shaft Fixing Tube Assembly(13) to the top end.

Using: Hex Bolt M10X85(82), $\phi 10$ Flat Washer(89), M10 Nut(93).

5.Put Left hook welding (21),Left Connection Part Assembly(19) into Barbell bar(49), then attach to L-Shape Connecting Piece (55),

Using: Flat Head Cap Screw (77).attach Right hook welding(22),

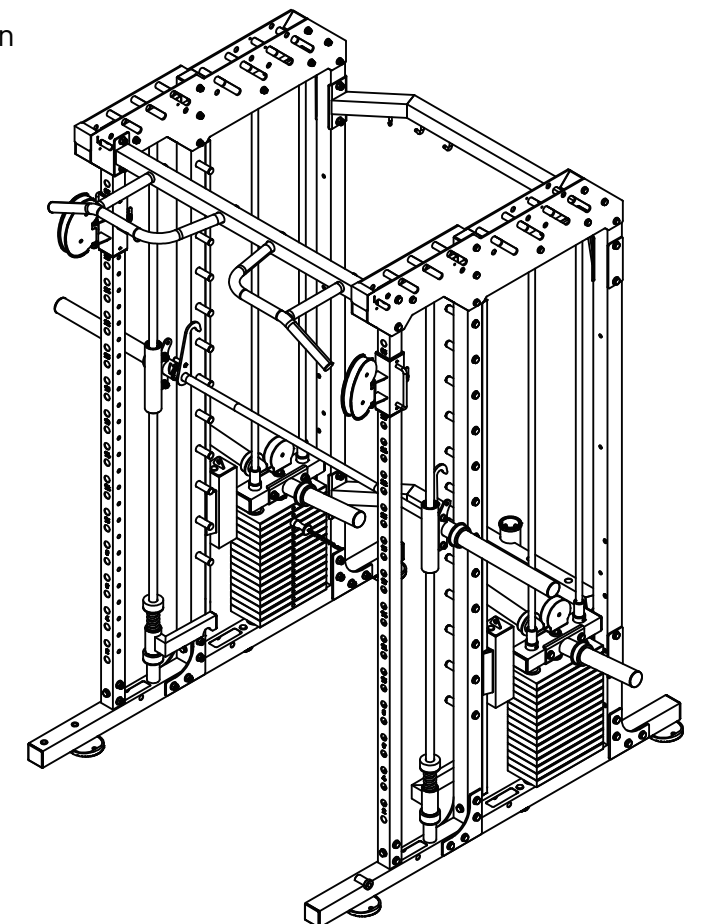
Right Connection Part Assembly (20) to the right end,

Using Flat Head Cap Screw M8X25(77).

6.Attach step 5 components to Guide Sleeve Assembly(18),

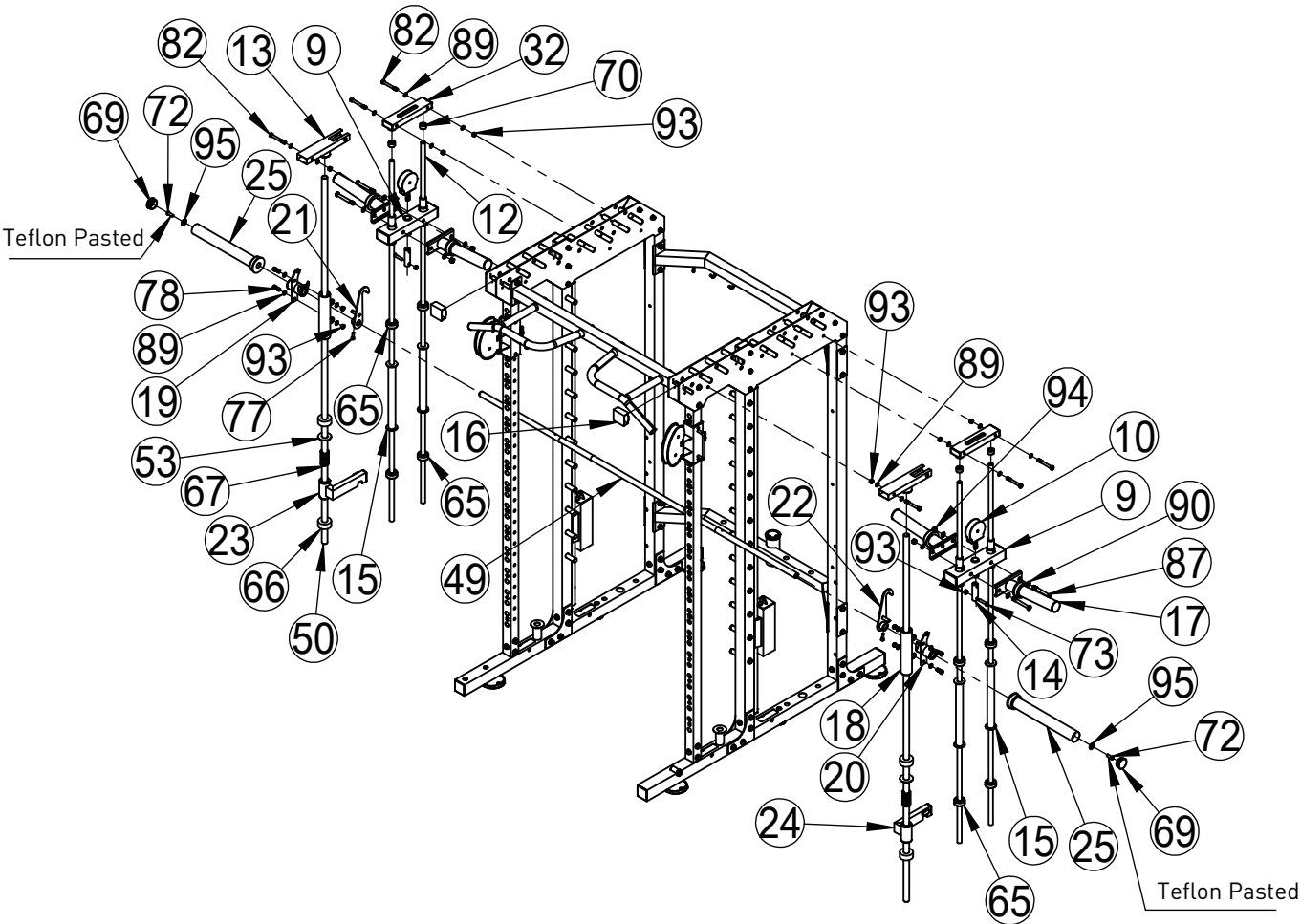
Using:Flat Head Cap Screw M10X25(78), $\phi 10$ Flat Washer (89), M10 Nut(93).

7.Attach Barbell Rack Assembly (25)and Barbell bar(49) using Teflon Pasted Button Head Cap Bolt(72) and Flat Washer(95), then put Inner piston(69) into it,attache Small Lined Pipe (16) to the slot of the upper splint,attach Magnetic Selection Pin (98) to 15 Hole Selection Shaft (97).



Assembly

Step 3: with Weight Plates

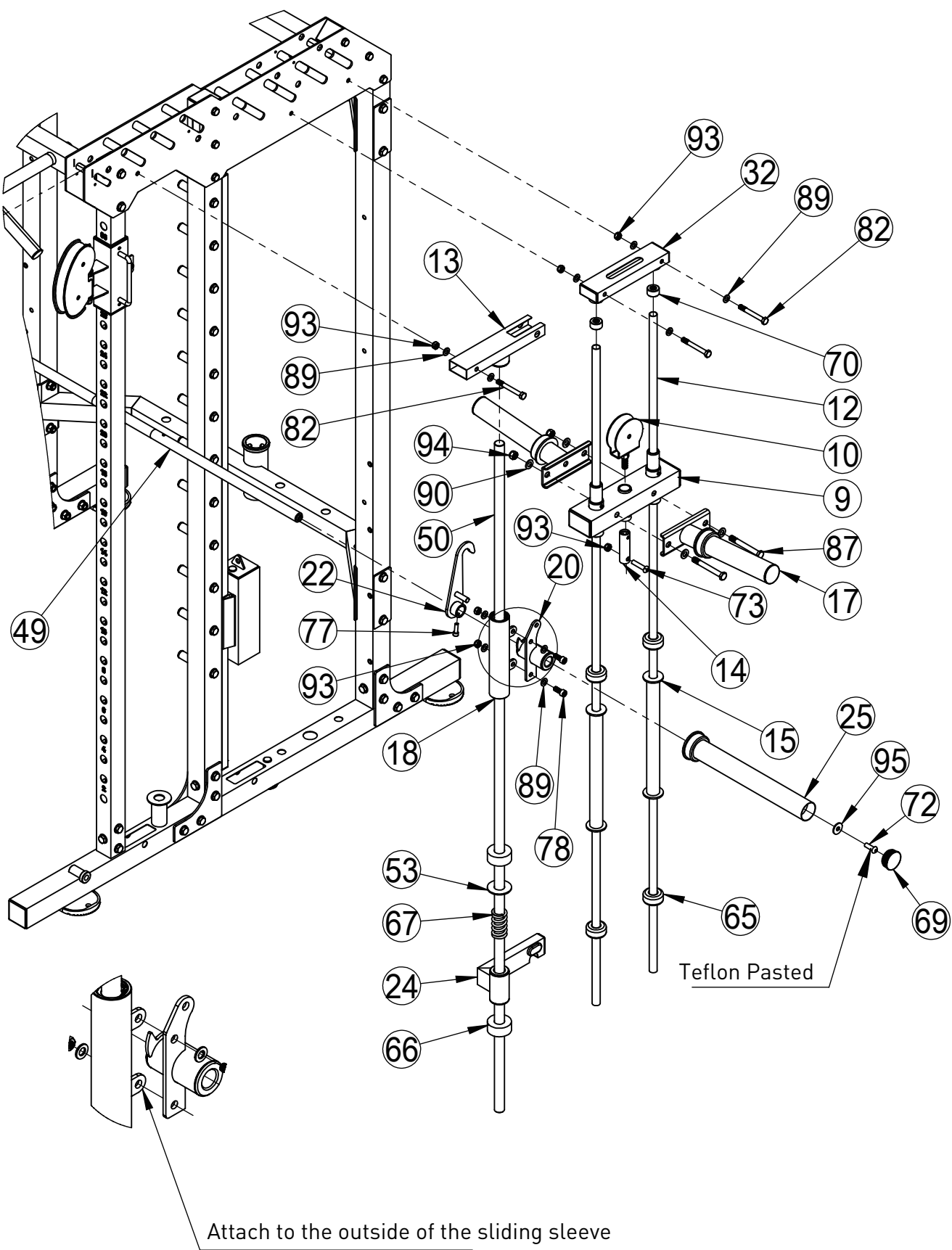


Item	Name	Spec	Qty
9	Load Bearing Support Assembly		2
10	Pulley Frame Assembly		2
12	Rear Guide Pipe		4
13	Linear Shaft Fixing Tube		2
14	Cable Fixing Welding		2
15	Supporting Pipe Welding		4
16	Small Lined Pipe	J60×30×2×6	2
17	Barbell Plate Support Assembly		4
18	Guide Sleeve Assembly		2
19	Left Connection Part Assembly		1
20	Right Connection Part Assembly		1
21	Left hook welding		1
22	Right hook welding		1
23	Left Safety Assembly		1
24	Right Safety Assembly		1
25	Barbell Rack Assembly		2
32	Long Lined Pipe Assembly		2
49	Barbell bar	Φ28×2028	1

Item	Name	Spec	Qty
50	Guid Rod	Φ25×2027	2
53	Ring Plate	Φ60×Φ26×3	2
65	Buffer pad	Φ50×Φ20×25	4
66	Buffer pad	Φ60×Φ26×26	4
67	Compression Spring	Φ26×70×Φ6	2
59	Inner piston	Φ50×1.2 Pipe	2
70	Fixing Tube	Φ30×17	4
72	Button Head Cap Bolt	M10×30	2
73	Button Head Cap Bolt	M10×45	2
77	Flat Head Cap Screw	M8×25	2
78	Flat Head Cap Screw	M10×25	4
82	Hex Bolt	M10×85	6
87	Hex Bolt	M12×100	4
89	Flat Washer	Φ11×Φ20×2	20
90	Flat Washer	Φ13×Φ24×2	8
93	Nut	M10	12
94	Nut	M12	4
95	Flat Washer	Φ11×Φ30×2.5	2

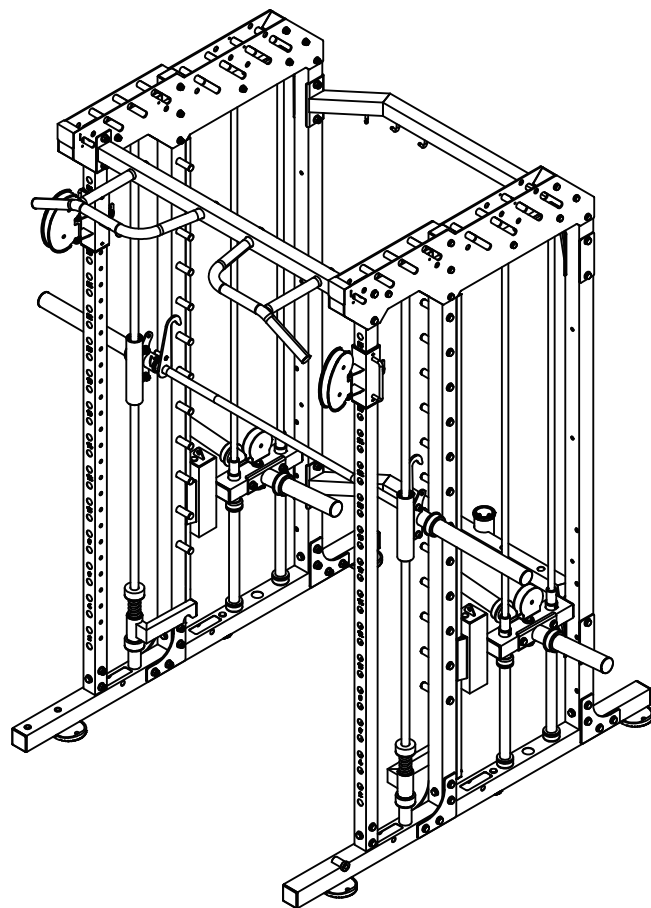
Assembly

Step 3: W/O Weight Plates

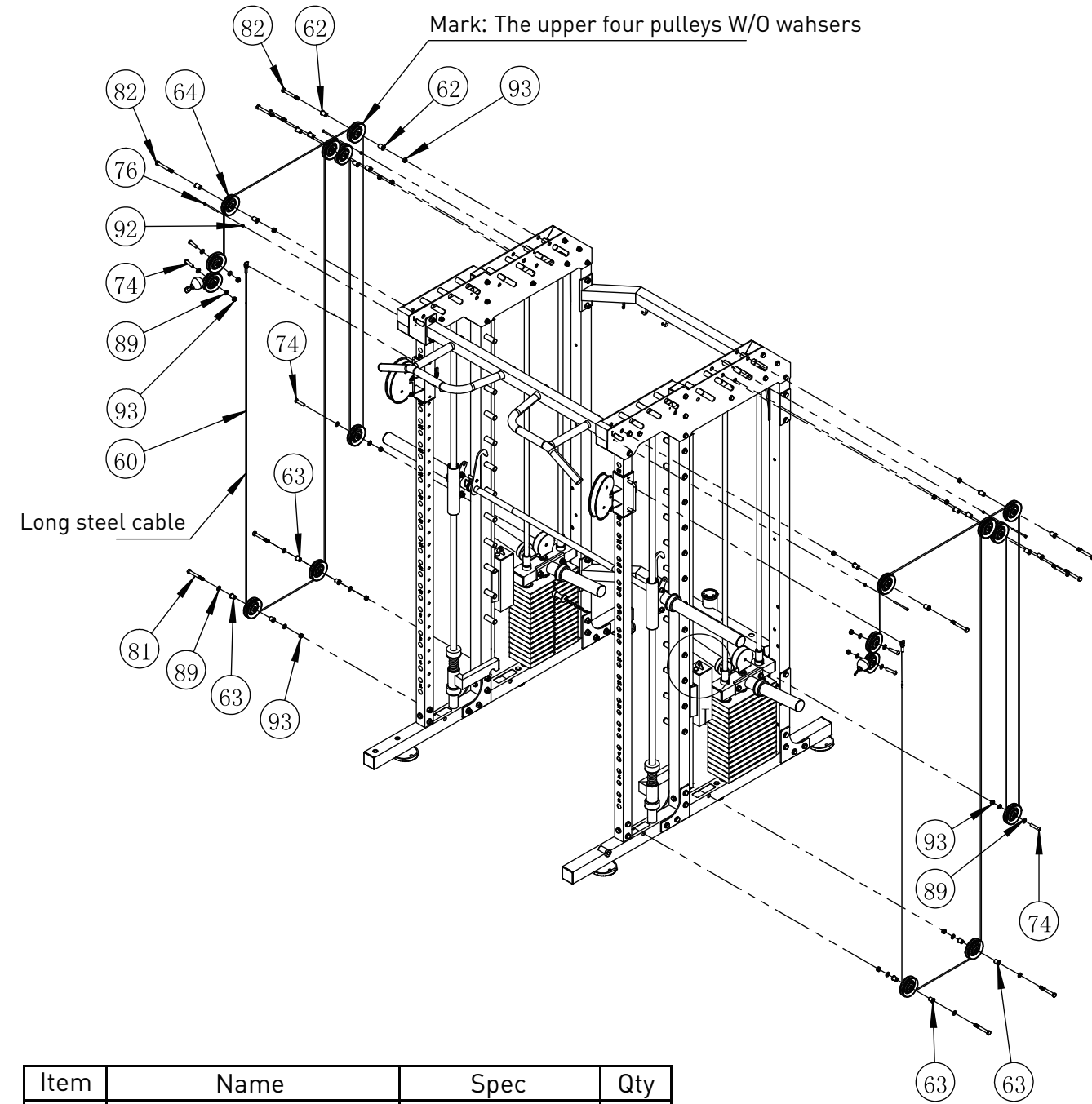


Step 3: W/O Weight Plates

- 1.Put Buffer pad (65) into Rear Guide Pipe(12),then attach to the hole of Left Bottom Support Assembly(1) and Right Bottom Support Assembly(2),Barbell Plate Support Assembly(17),Buffer pad(65).
- 2.Attach Pulley Frame Assembly(10),Barbell Plate Support Assembly(17),15 Hole Selection Shaft(97)to Load Bearing Support Assembly(9).
- Using: Button Head Cap Bolt(73), Hex Bolt(87), Flat Washer(89), Flat Washer(90), M12 Nut(94).
- 3.Attach the step 2 components to Rear Guide Pipe(12),attach Fixing Tube(70) to top of Rear Guide Pipe(12),attach Long Lined Pipe Assembly(32),Rear Guide Pipe(12),Fixing Tube(70) to Inside of the upper splint.
- Using: Hex Bolt M10×85(82), Φ10 Flat Washer(89), M10 Nut(93).
- 4.Attach Guid Rod(50) to the hole of Left Bottom Support Assembly(1) and Right Bottom Support Assembly(2), put Buffer pad(66),Left Safety Assembly(23), Right Safety Assembly(24), Compression Spring (67),Ring Plate(53),Buffer pad(66),Guide Sleeve Assembly(18),Linear Shaft Fixing Tube Assembly(13) from upside.
- Using: Hex Bolt M10×85(82), Flat Washer(89), M10 Nut(93) fix to the Inside of the upper splint.
- 5.Attach Left hook welding(21),Left Connection Part Assembly(19) to Barbell bar(49) then attach to L-Shape Contecting Piece(55)
- Using: Flat Head Cap Screw(77).attach Right hook welding(22),Right Connection Part Assembly(20) the same way,
- Using: Flat Head Cap Screw(77) fix to the rightside.
- 6.Attach the step 5 components to Guide Sleeve Assembly(18),
- Using: Flat Head Cap Screw M10×25(78), Φ10 Flat Washer(89) M10 Nut(93).
- 7.Attach Barbell Rack Assembly (25)and Barbell bar(49) using Teflon Pasted Button Head Cap Bolt(72) and Flat Washer(95),then put Inner piston(69) into it,Snap the small inner liner into the slot in the head of the upper splint.



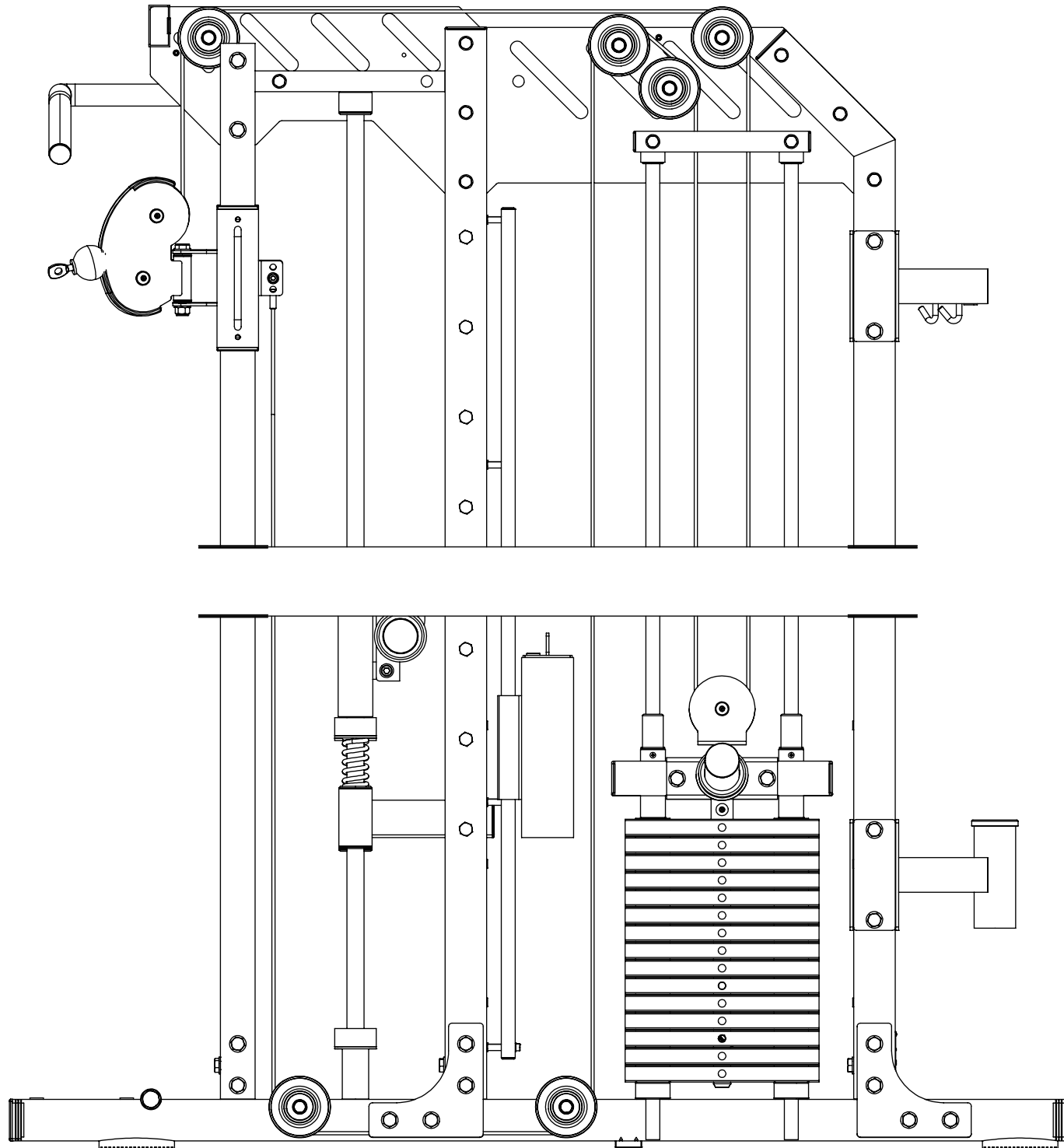
Step 4: Exploded View



Item	Name	Spec	Qty
60	HPA402 Cable 1		2
62		Φ10.2×Φ16×24	16
63		Φ10.2×Φ16×20	8
64	Φ89 Pulley Group	Φ89×25.4	18
74	Button Head Cap Bolt	M10×45 L 15	6
76	Flat Head Cap Screw	M5×75	6
81	Hex Bolt	M10×80	4
82	Hex Bolt	M10×85	8
89	Flat Washer	Φ11×Φ20×2	20
92	Nut	M5	6
93	Nut	M10	18

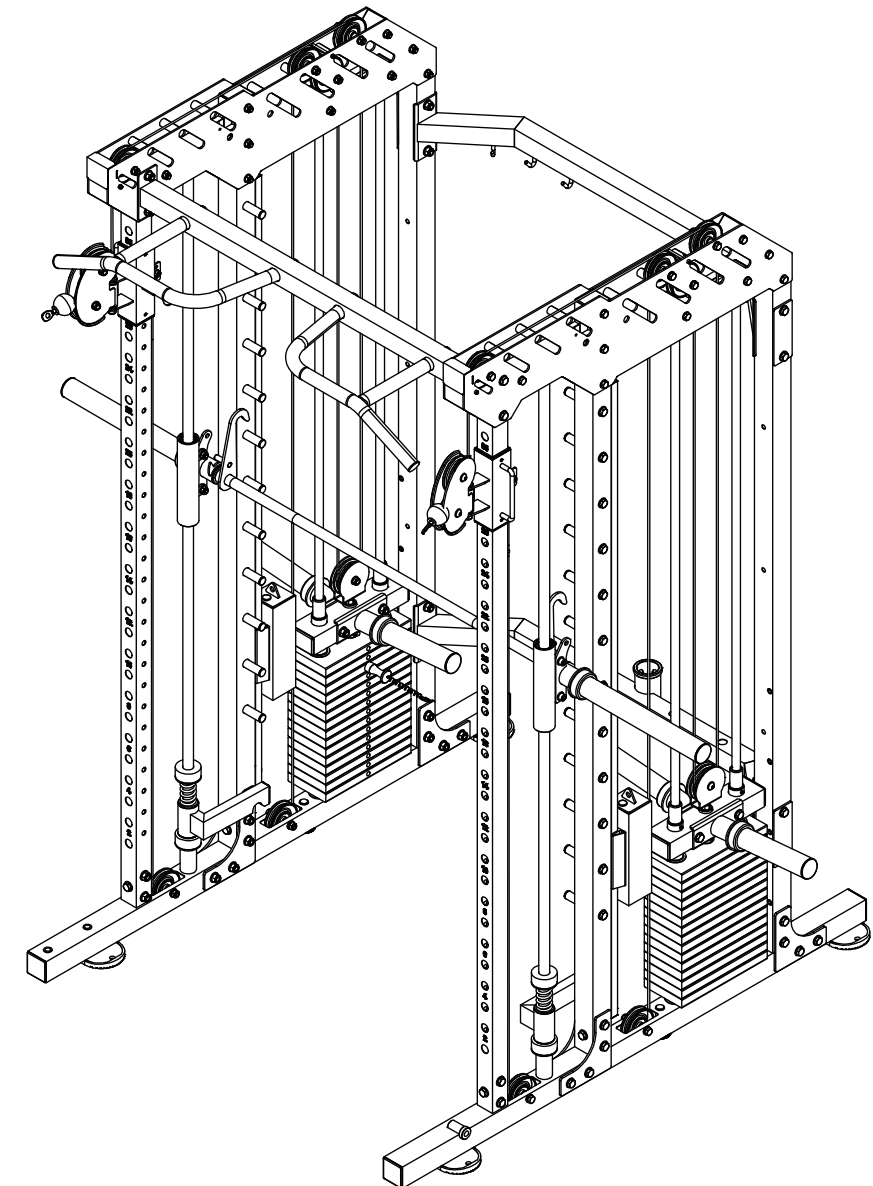
Assembly

Step 4:

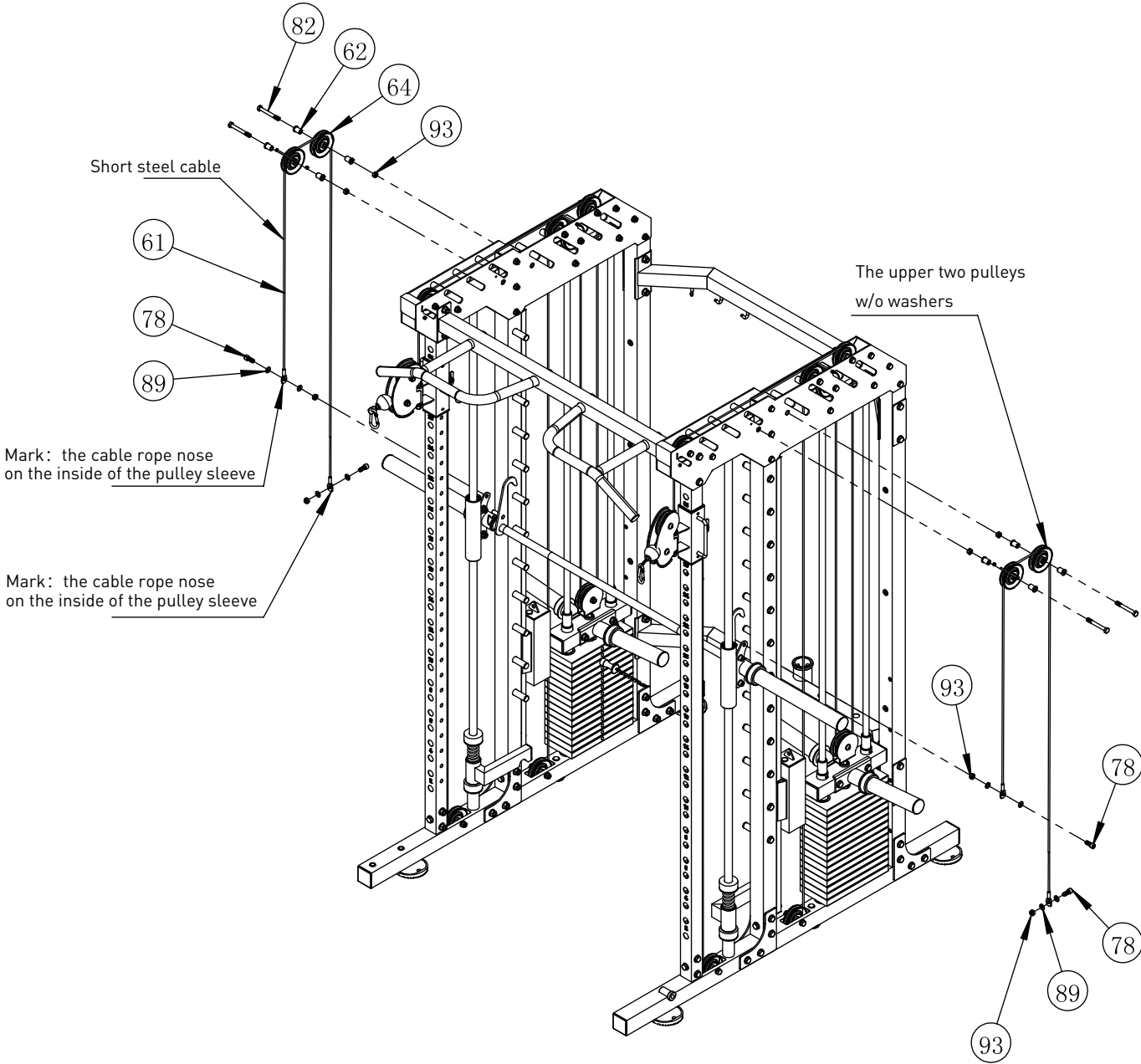


Step 4:

1. Attach $\Phi 89$ Pulley Group(64), HPA402 Cable 1(60) to the double pulley board of Left Sliding Frame Assembly(26) and Right Sliding Frame Assembly(27),
Using: Button Head Cap Bolt(74), Hex Bolt M12 $\times$ 85(85), $\Phi 10$ Flat Washer(89), M10Nut(93).
Cable ball end in outside.
2. Attach HPA402 Cable 1 (60) to the top of the inside of the upper splint,
Using: Hex Bolt M10 $\times$ 85(82), M10 Nut(93), Iron based powder set(62), $\Phi 89$ Pulley Group(64).
3. Attach HPA402 Cable 1(60) to Pulley Frame Assembly (10),
Using: Button Head Cap Bolt(74), $\phi 10$ Flat Washer(89), M10Nut(93), $\Phi 89$ $\phi 89$ Pulley Group(64).
4. Attach HPA402 Cable 1(60) to the bottom of the inside of the upper splint,
Using: Hex Bolt(82), M10Nut(93), Iron based powder set(62), $\Phi 89$ Pulley Group(64).
5. Attach HPA402 Cable 1 (60) to Left Bottom Support Assembly(1) and Right Bottom Support Assembly (2).
Using: Hex Bolt(81), M10Nut(93), Powder metallurgy sleeve(63), $\Phi 89$ Pulley Group(64).
6. Thread the nose end of HPA402 Cable 1 (60) through the adjusting U-shaped plate bolts on the Left Sliding Frame Assembly (26) and Right Sliding Frame Assembly (27) and fix it.

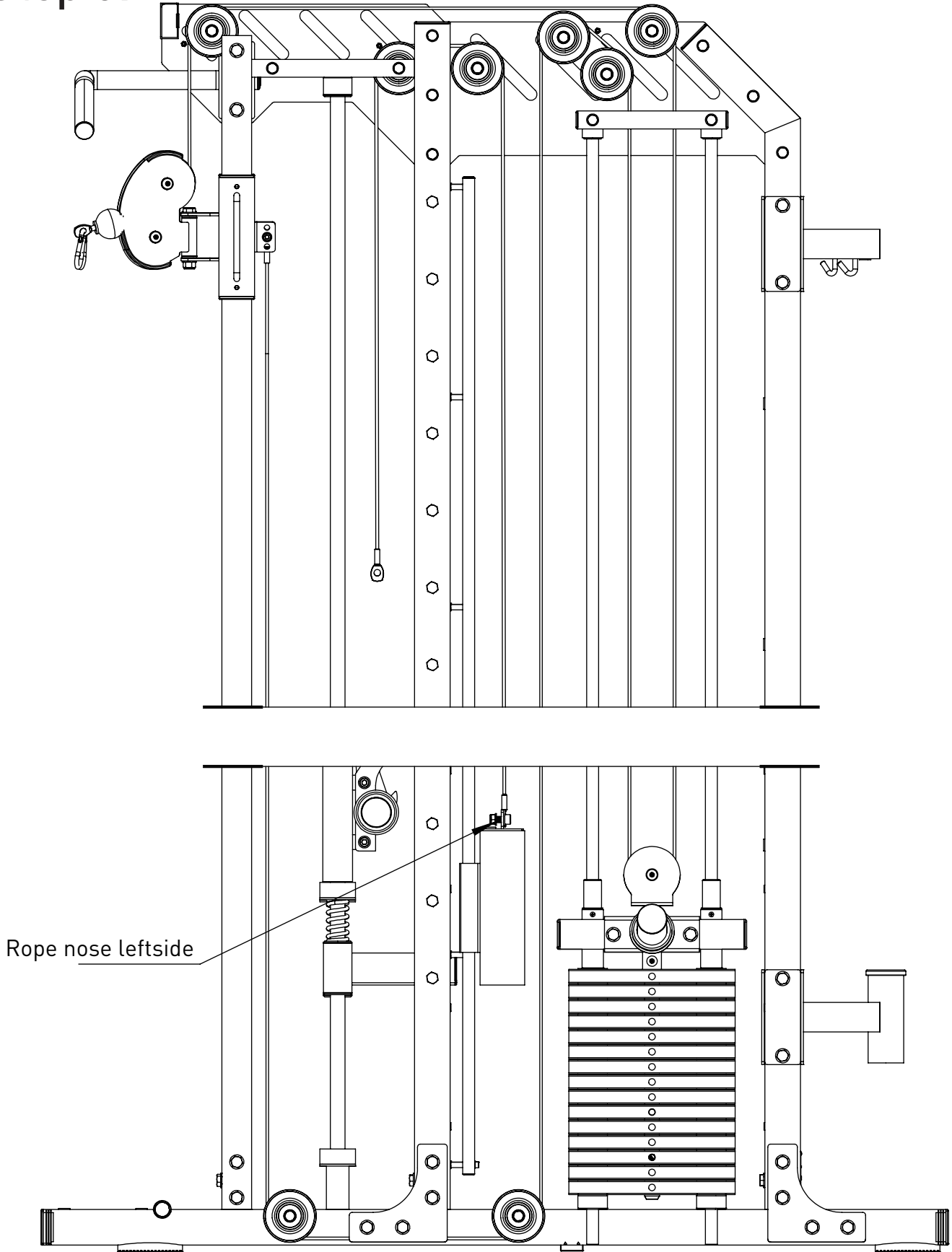


Assembly Step 5: Exploded View



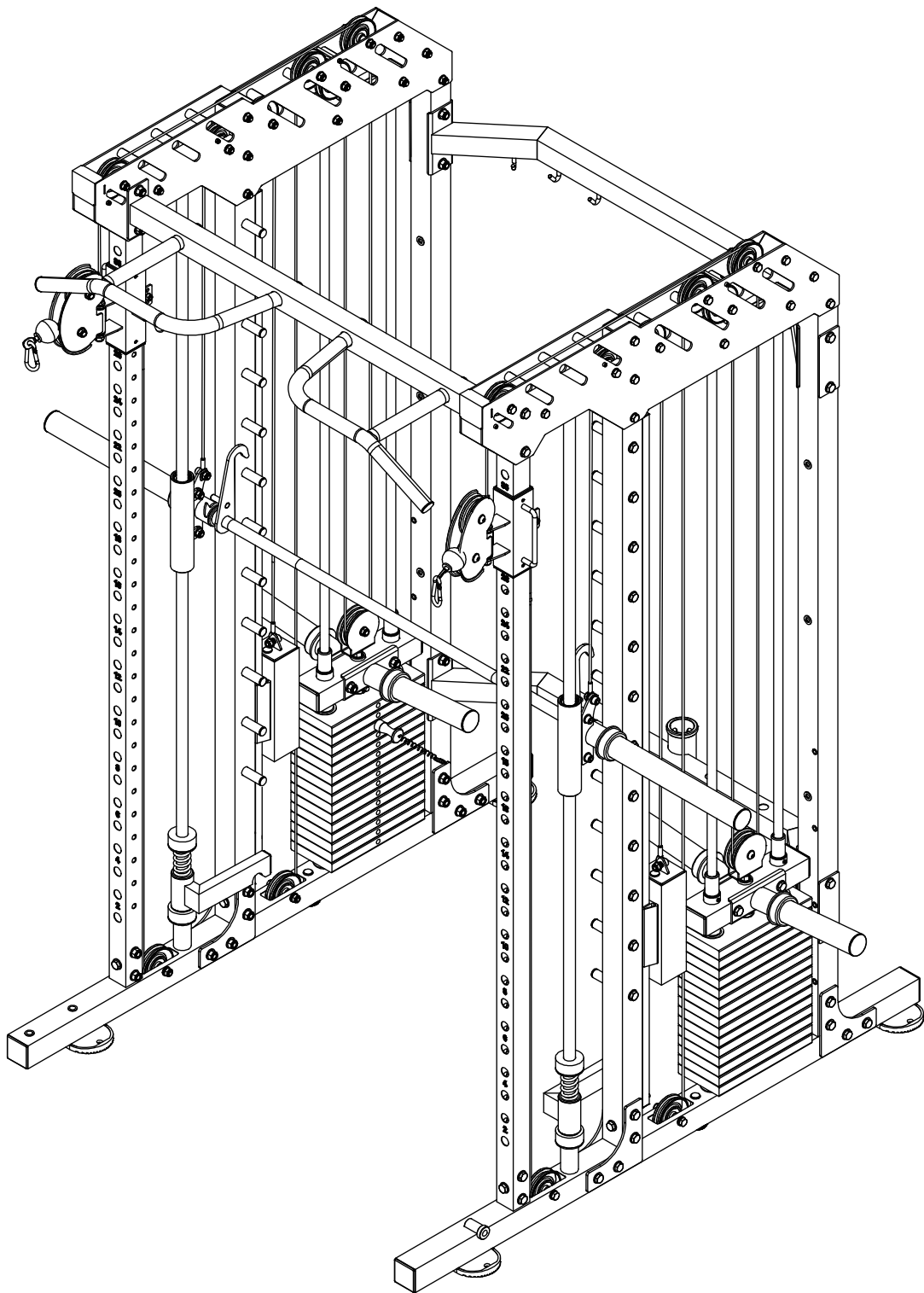
Item	Name	Spec	Qty
61	HPA402 Cable 2		2
62		Φ10.2×Φ16×24	8
64	Φ89 Pulley Group	Φ89×25.4	4
78	Flat Head Cap Screw	M10×25	4
82	Hex Bolt	M10×85	4
89	Flat Washer	Φ11×Φ20×2	8
93	Nut	M10	8

Assembly Step 5:

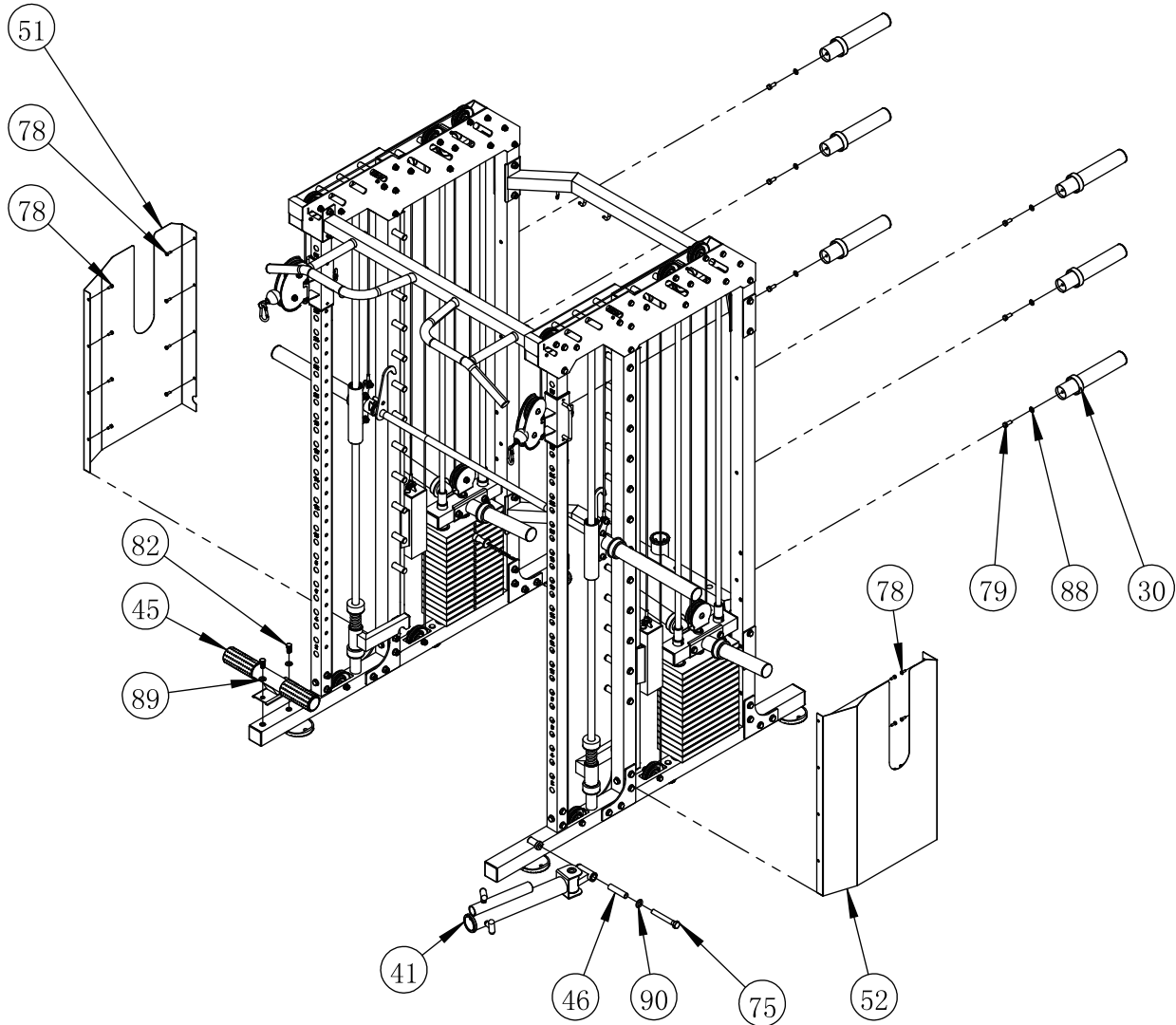


Step 5:

- 1.Attach HPA402 Cable 2 (61) to inside of the upper splint,
Using: Hex Bolt(82), M10Nut(93), Iron based powder set(62), Φ89 Pulley Group(64).
- 2.Fix the rope nose at one end of HPA402 Cable 2 (61) to the Left Connection Part Assembly(19)
and Right Connection Part Assembly (20).
Using: Flat Head Cap Screw(78), Φ10Flat Washer(89), M10Nut(93).
- 3.Fix the rope nose at the other end of HPA402 Cable 2 (61) to Sub Weight Plates Assembly (31).
Using: Flat Head Cap Screw(78), Φ10 Flat Washer(89), M10Nut(93).



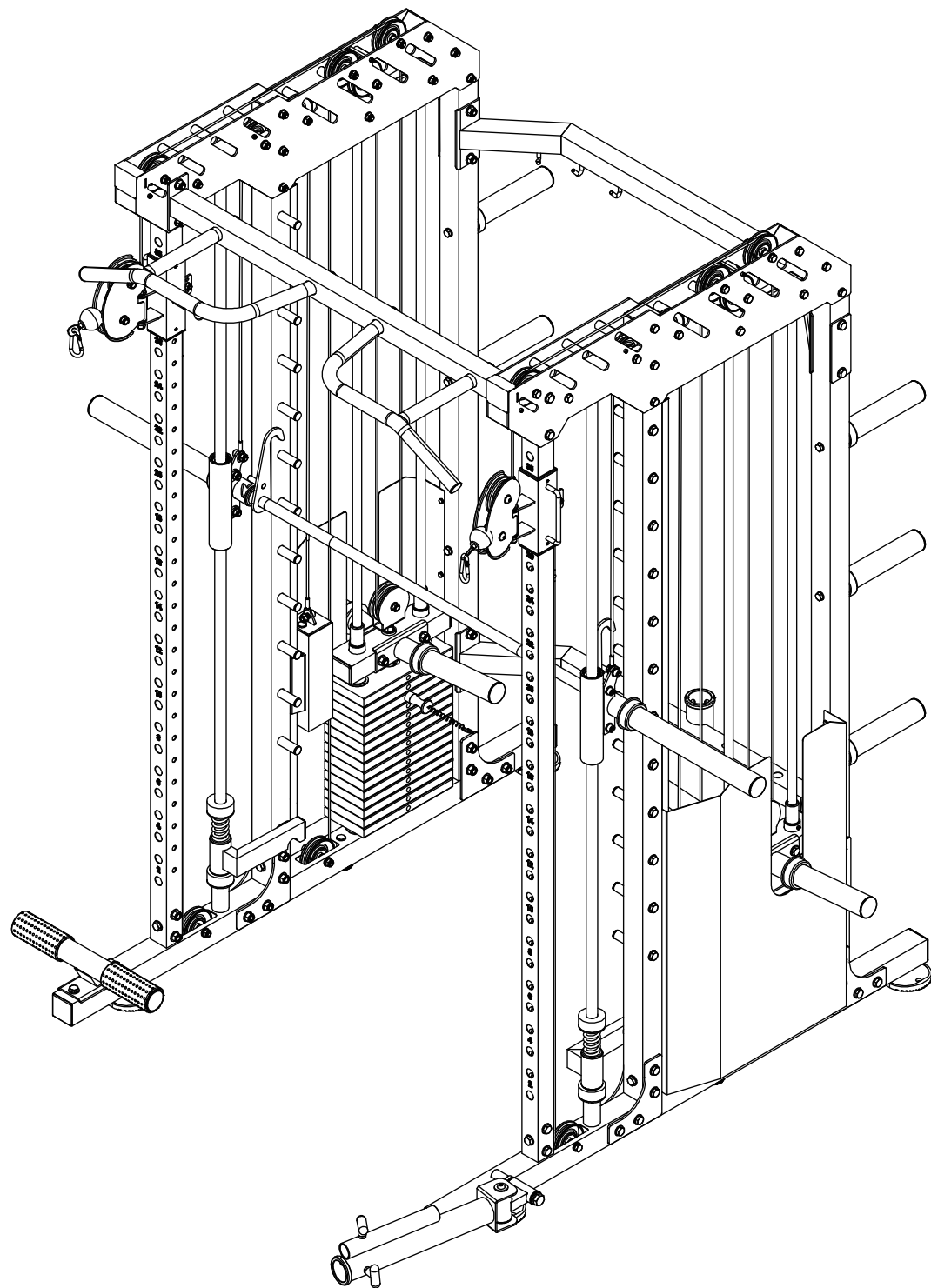
Assembly
Step 6: Exploded View



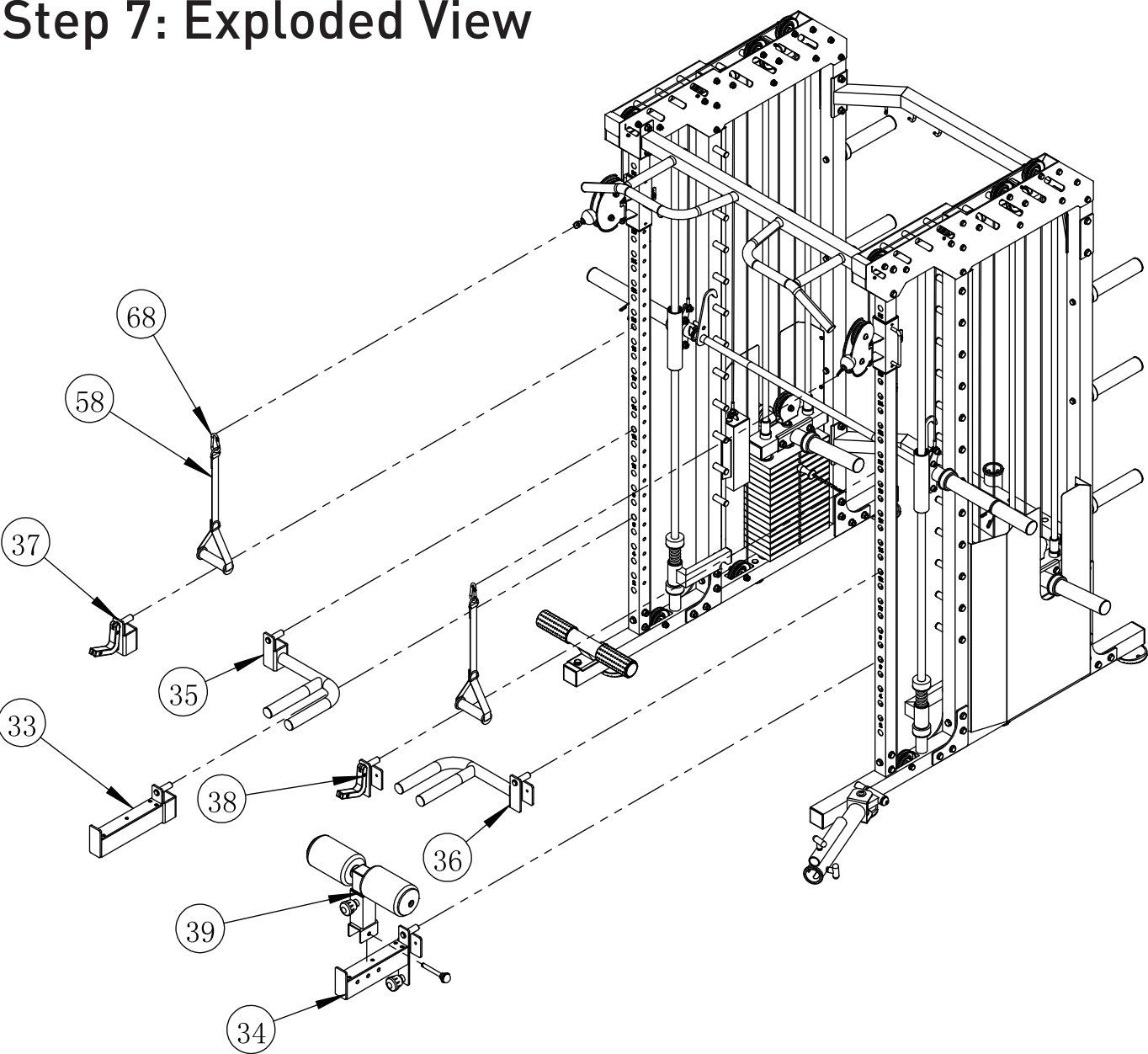
Item	Name	Spec	Qty
30	Barbell rack assembly		6
41	Barbell Rowing Attachment		1
45	Pedal assembly		1
46	Casing Pipe	Φ20×2×80	1
51	Left Shield		1
52	Right Shield		1
75	Hex Bolt	M16×110	1
79	Hex Bolt	M6×16	16
80	Hex Bolt	M10×25	6
83	Hex Bolt	M12×25	2
89	Flat Washer	Φ11×Φ20×2	6
90	Flat Washer	Φ13×Φ24×2	2
91	Φ16 Flat Washer	Φ30×Φ17.5×3	1

Step 6:

- 1.Attach Barbell rack assembly (30) to Left Rear Column Assembly (3) and Right Rear Column Assembly (4),
Using: Hex Bolt(80), Φ10Flat Washer(89).
- 2.Attach Left Shield (51) and Right Shield (52) to the main frame.
Using: Hex BoltM6×16 (79).
- 3.Attach Casing Pipe(46) to Barbell Rowing Attachment (41),fix to Right Bottom Support Assembly (2).
Using: Hex Bolt (75),Φ16 Flat Washer (91).



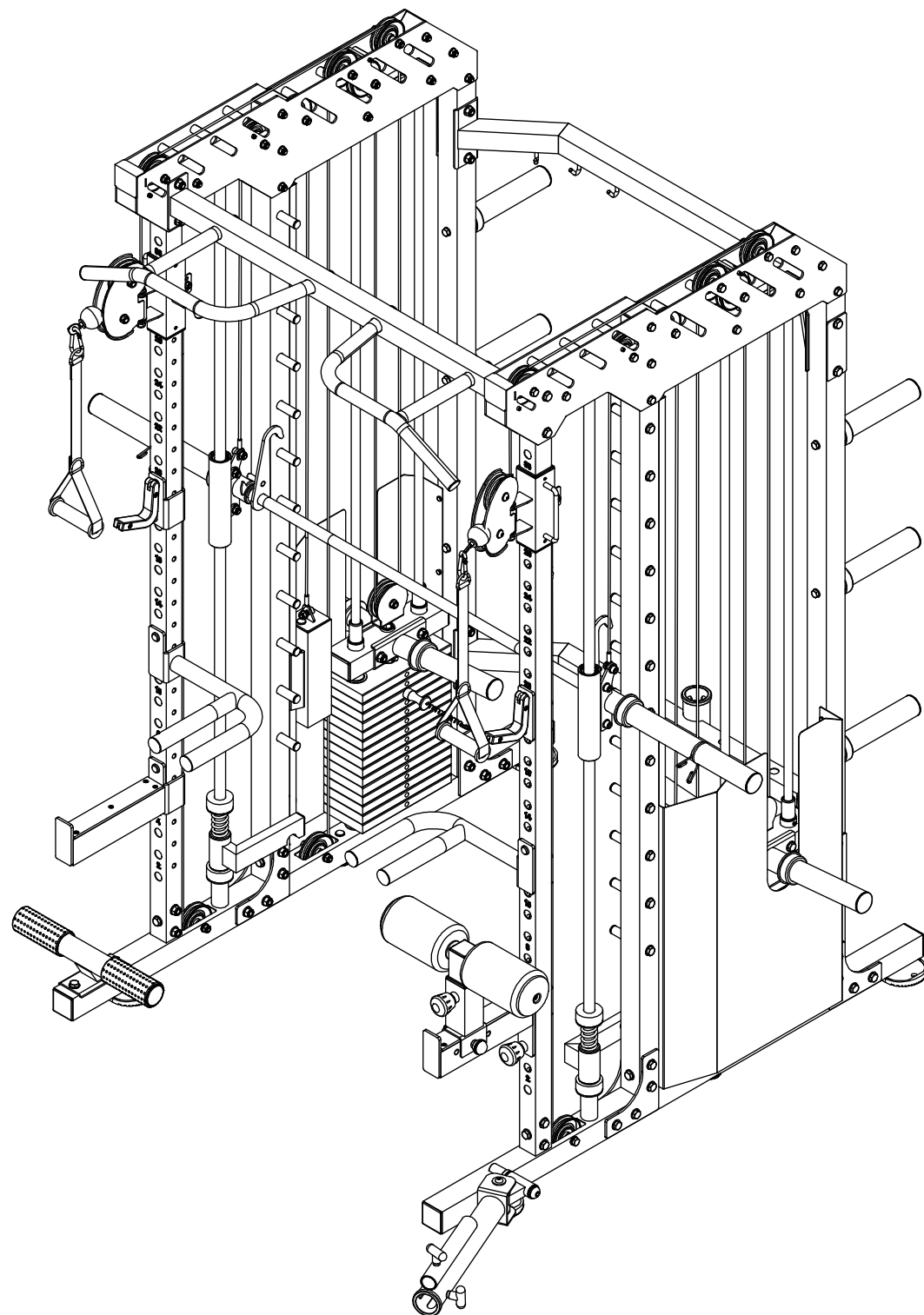
Assembly
Step 7: Exploded View



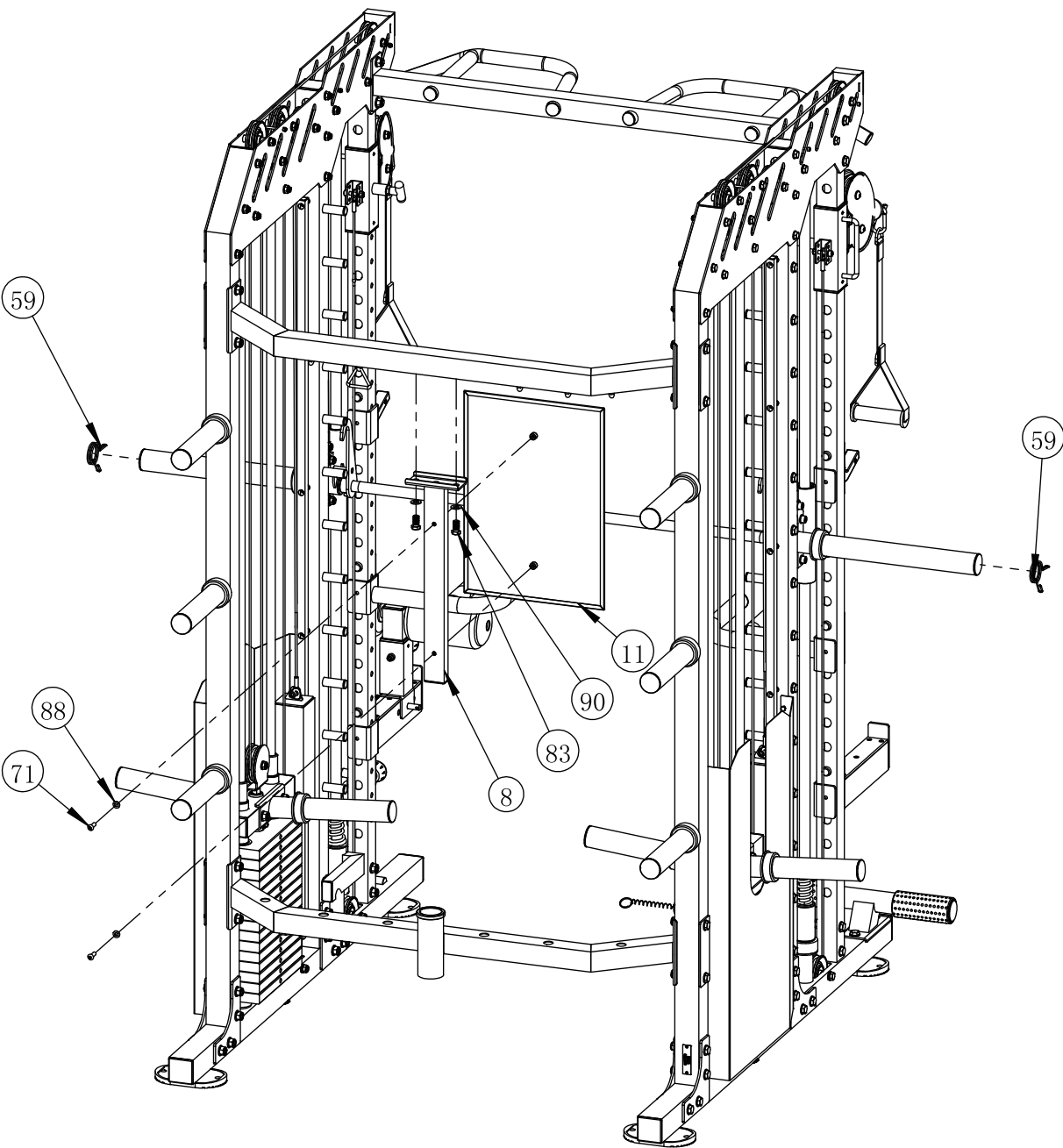
Item	Name	Spec	Qty
33	Left bumper Assembly		1
34	Right bumper Assembly		1
35	Left Parallel Bar Assembly		1
36	Right parallel bar Assembly		1
37	Left hook Assembly		1
38	Right hook Assembly		1
39	Front Knee Assembly		1
58	Pull Handle	Φ30×138×157.5×300	2
68	Gourd Hook	Φ7	2

Step 7:

- 1.Attach Left bumper Assembly (33) and Right bumper Assembly (34),Left Parallel Bar Assembly (35) and Right parallel bar Assembly (36),Left hook Assembly (37) and Right hook Assembly (38) to Left Sliding Frame Assembly (26) and Right Sliding Frame Assembly (27) separately.
- 2.Unplug the round head pin of Front Knee Assembly (39), then attach to Right bumper Assembly (34),Secure the column with a round head pull pin.
- 3.Attach Pull Handle (58),Gourd Hook (68) to the rope nose of HPA402 Cable 1 (60).



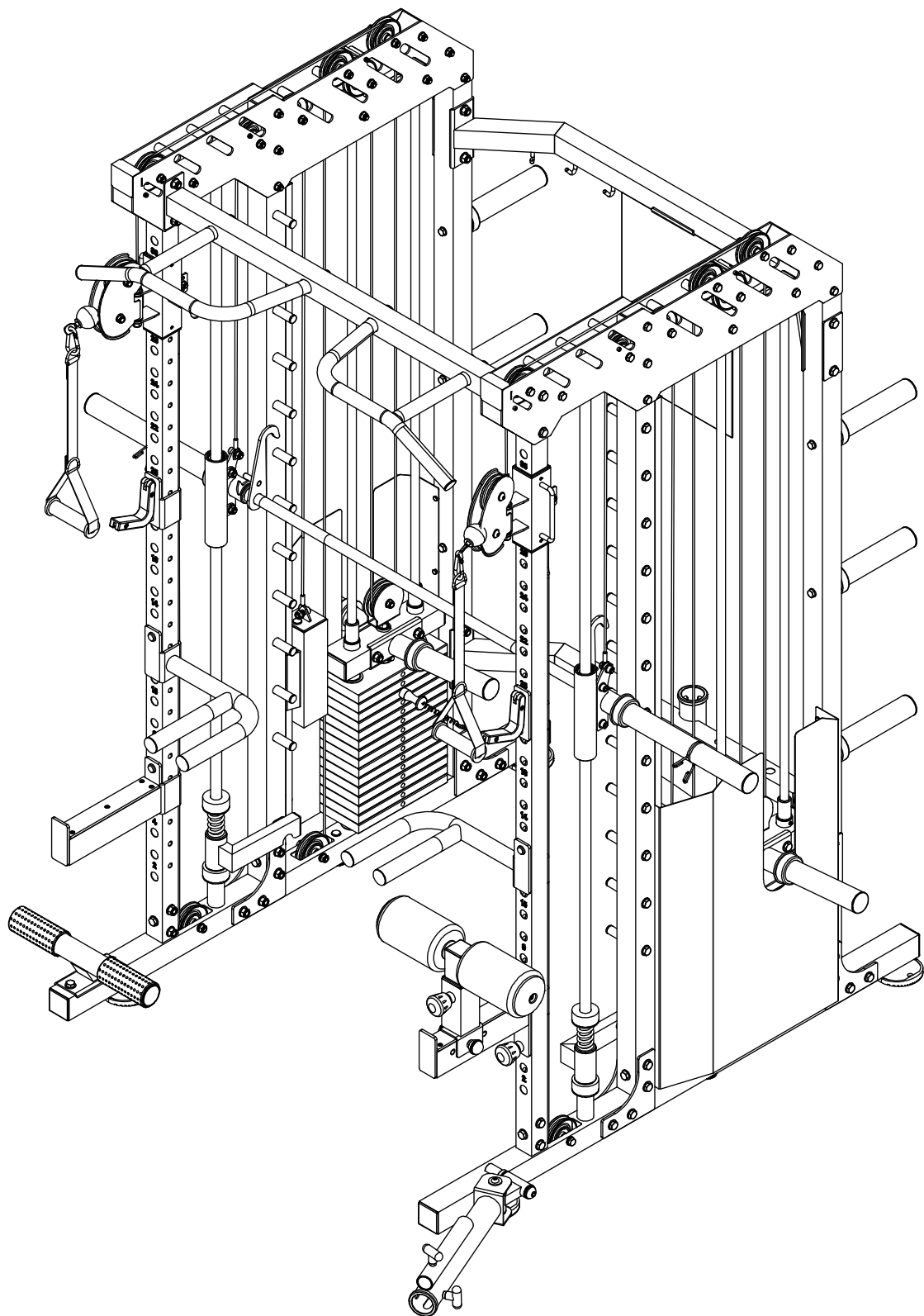
Assembly
Step 8: Exploded View



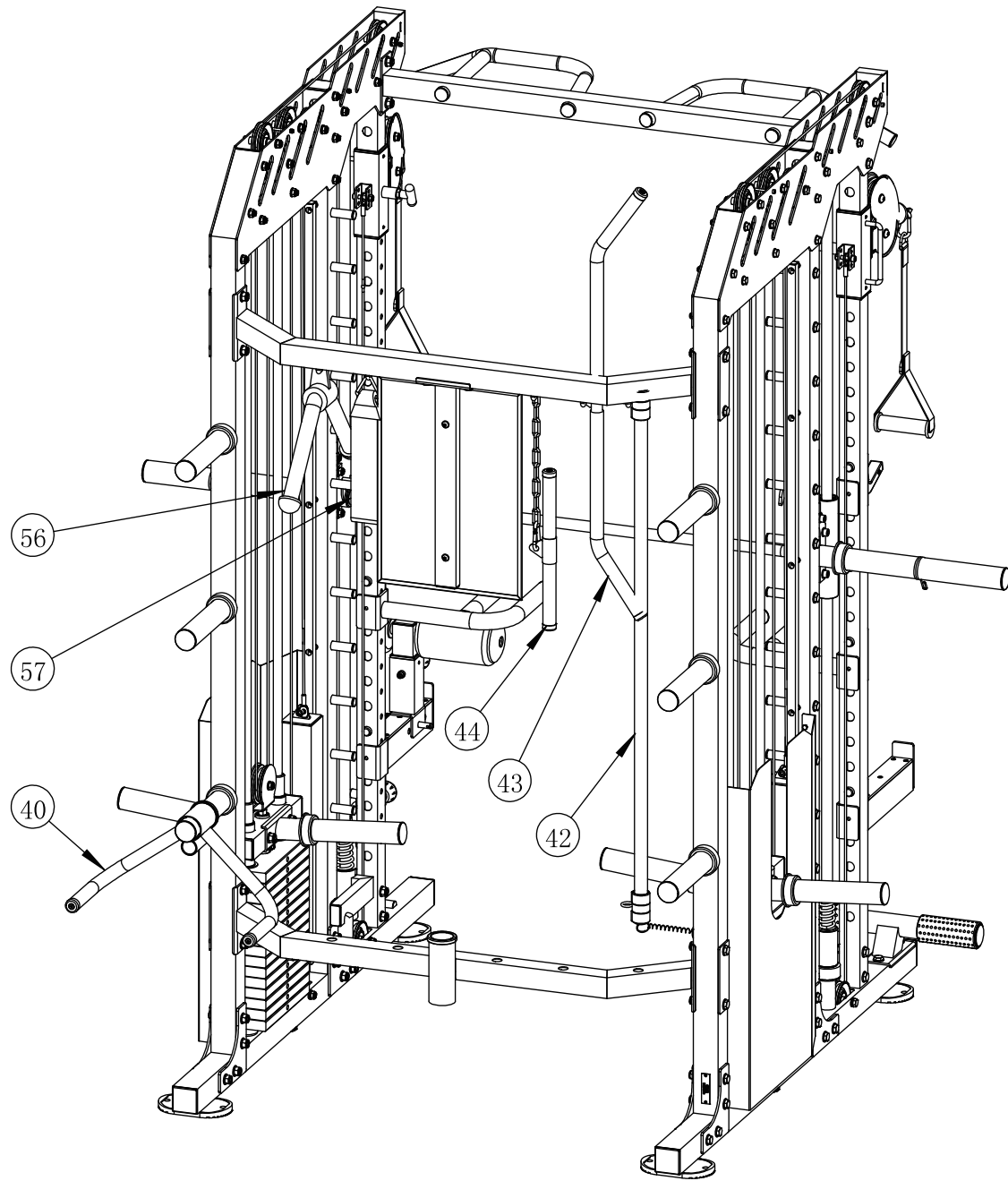
Item	Name	Spec	Qty
8	Poster Support Frame Assembly		1
11	Display Board Assembly Welding		1
59	Butterfly Clip	Φ49	2
71	Button Head Cap Bolt	M8×25	2
83	Hex Bolt	M12×25	2
88	Flat Washer	Φ8.5×Φ16×1.5	2
90	Flat Washer	Φ13×Φ24×2	2

Step 8:

- 1.Attach Poster Support Frame Assembly (8) to Upper Rear Connection Assembly (5), Using: Hex Bolt(83), Φ12Flat Washer(90).
- 2.Attach Display Board Assembly Welding(11) to Poster Support Frame Assembly (8), Using: Button Head Cap Bolt(71), Φ8 Flat Washer(88).
- 3.Attach Butterfly Clip (59) to Barbell Rack Assembly (25).



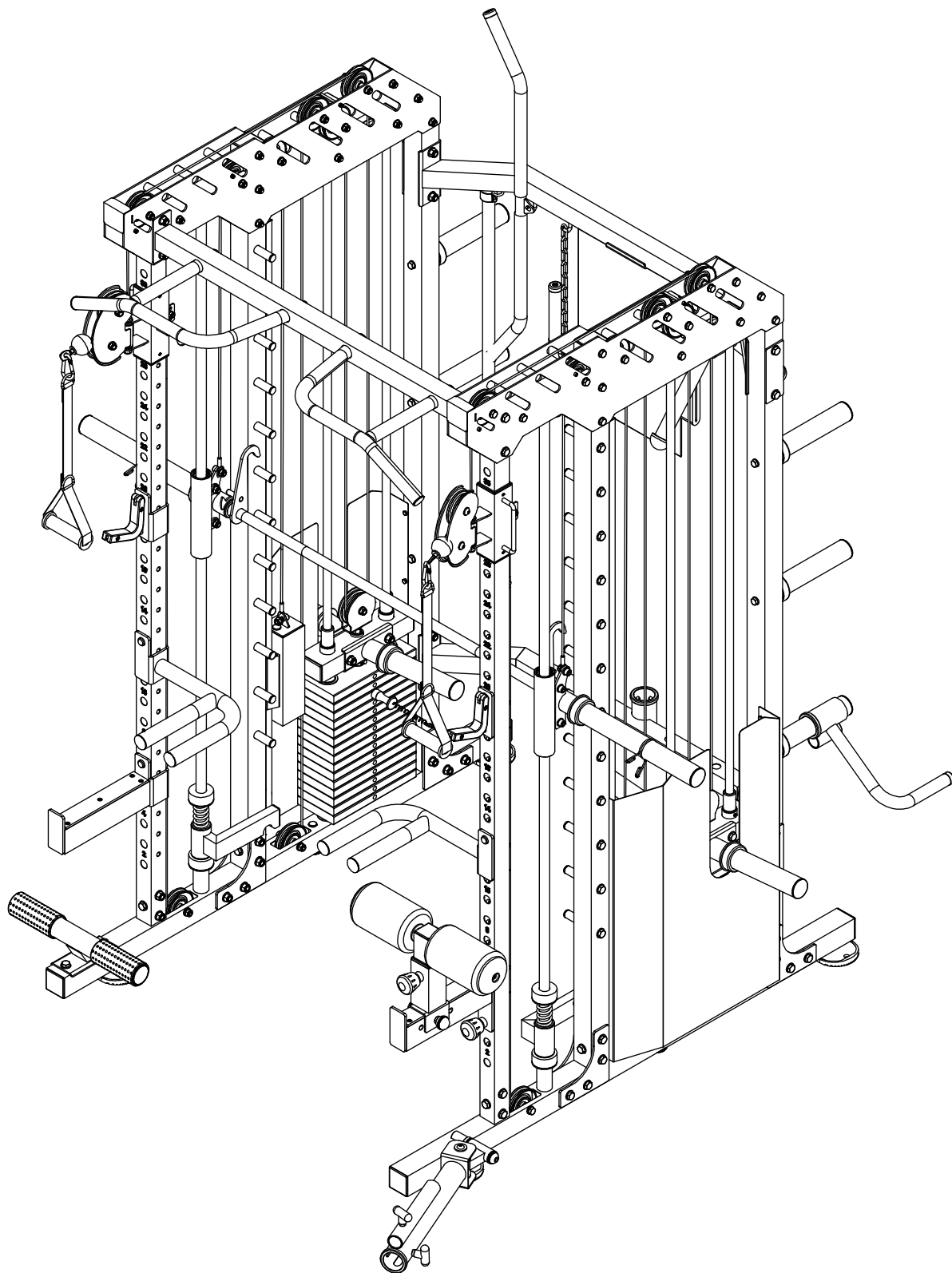
Assembly
Step 9: Exploded View



Item	Name	Spec	Qty
40	Rowing Grip Attachment		1
42	High Pull Tube Assembly		1
43	High Tie Rod Assembly		1
44	Low Pull Tube Assembly		1
56	Pull Back Handle		1
57	Foot Pull	360×80	1

Step 9:

- 1.Attach High Pull Tube Assembly (42),High Tie Rod Assembly (43),Low Pull Tube Assembly (44), Ring Plate (53),Foot Pull (57) to the hook of Upper Rear Connection Assembly (5).
- 2.Attach Rowing Grip Attachment Assembly (40) to the barbell tube on the rear of the main frame.



Barbell Plate Spec

Weight	5KG	10KG	15KG	20KG	25KG
Thickness	20mm	34mm	40mm	49mm	62mm
Dinameter	230mm	450mm	450mm	450mm	450mm
Inner diameter	50mm	50mm	50mm	50mm	50mm

During training, the end of the active barbell plate is fixed with a butterfly clip to prevent it from falling off and hurting people.



Please pay attention to the warning content in the label during use.

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean: Upholstery	DAILY	WEEKLY							
Inspect: Cables or Belts and their tension	DAILY	WEEKLY							
Inspect: Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect: All Decals	WEEKLY	3 MONTHS							
Inspect: All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect: Anti-skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate: Guide rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHS	3 MONTHS							
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHS	3 MONTHS							
Clean and Wax: All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease: Linear Bearings	6 MONTHS	YEARLY							
Replace: Cables, Belts and Connecting Parts	YEARLY	3 YEARLY							

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- Check all pieces for signs of visible wear or damage.
- Check springs in snap hooks and pull-pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- Periodically take the time to use a mild soap or approved vinyl upholstery cleaner to deter the onset of cracking or drying.
- Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- Replace ripped or worn upholstery immediately.
- Keep sharp or pointed objects clear of all upholstery.

Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed.
- Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- We use only high quality belt, and mil-spec cables.
- Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tensions:

- Referring to the Owner’s Manual, when belts or cables are used check all bolts attachment to be sure they are properly attached.
- Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- Wipe down adjusting tubes with a dust free rag before applying lubricant.
- Lubricate seat sleeves and Guide Rods with silicon or Teflon based lubricant spray.

Linear Bearings:

- Referring to the owner’s manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Specifications

- Assembled Dimension: 1600×2100×2200 mm
- Net Weight: 234 kg
- Class: H Max User
- Weight: 150 kg Max Loaded
- Weight:1. Smith barbell 200 kg
 - 2. The pulling force of unilateral fly is 100 kg (when the maximum load is 190 kg)
 - 3. Olympic barbell 200 kg
 - 4. No weight stack configuration, and the pulling force of unilateral fly is 75 kg (when the maximum load is 150 kg)