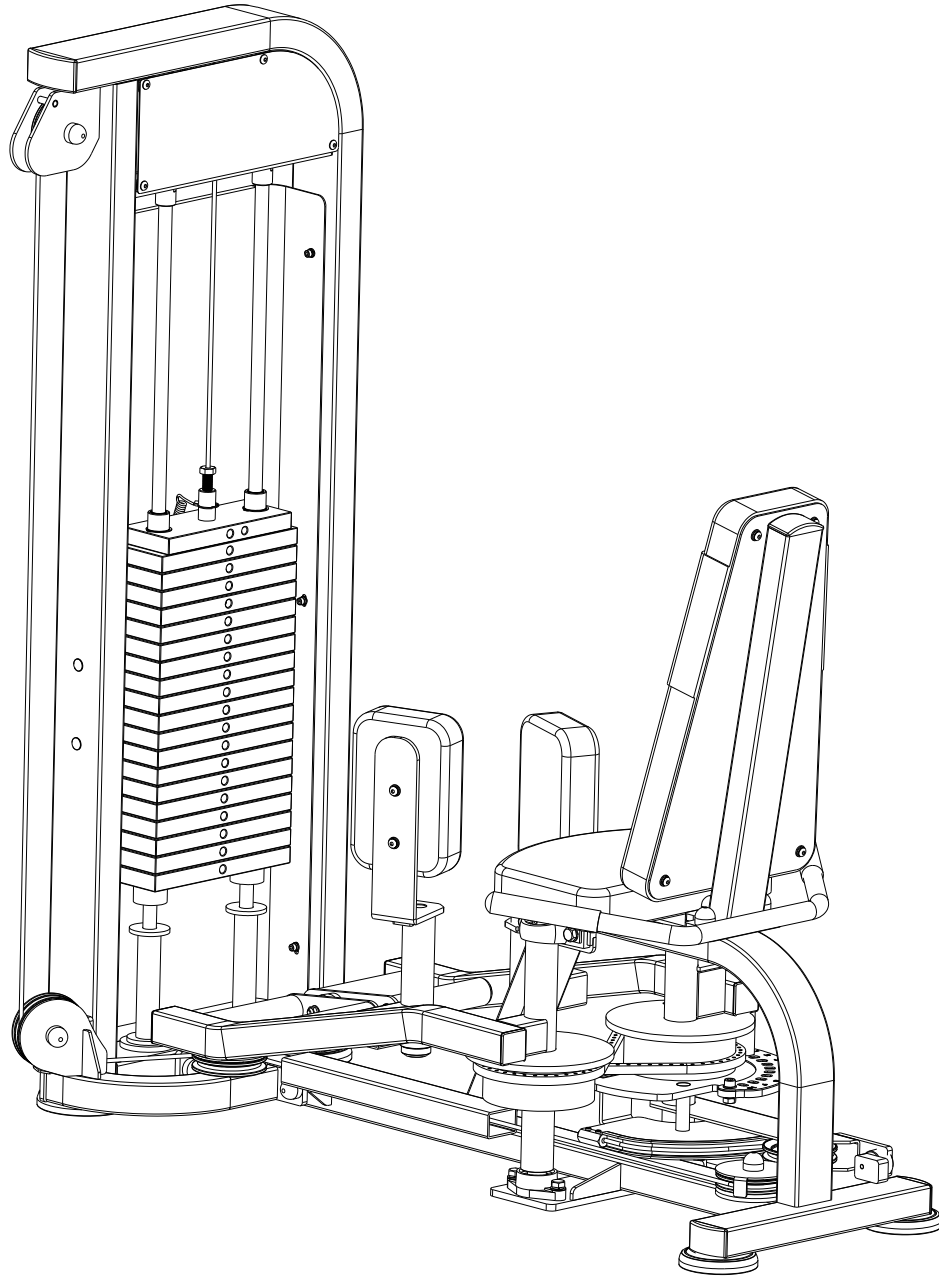


Primal Strength Monster Series

PSSS0076Abductor/Adductor



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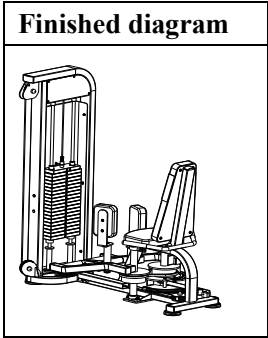
01/IMPORTANT NOTICE

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:

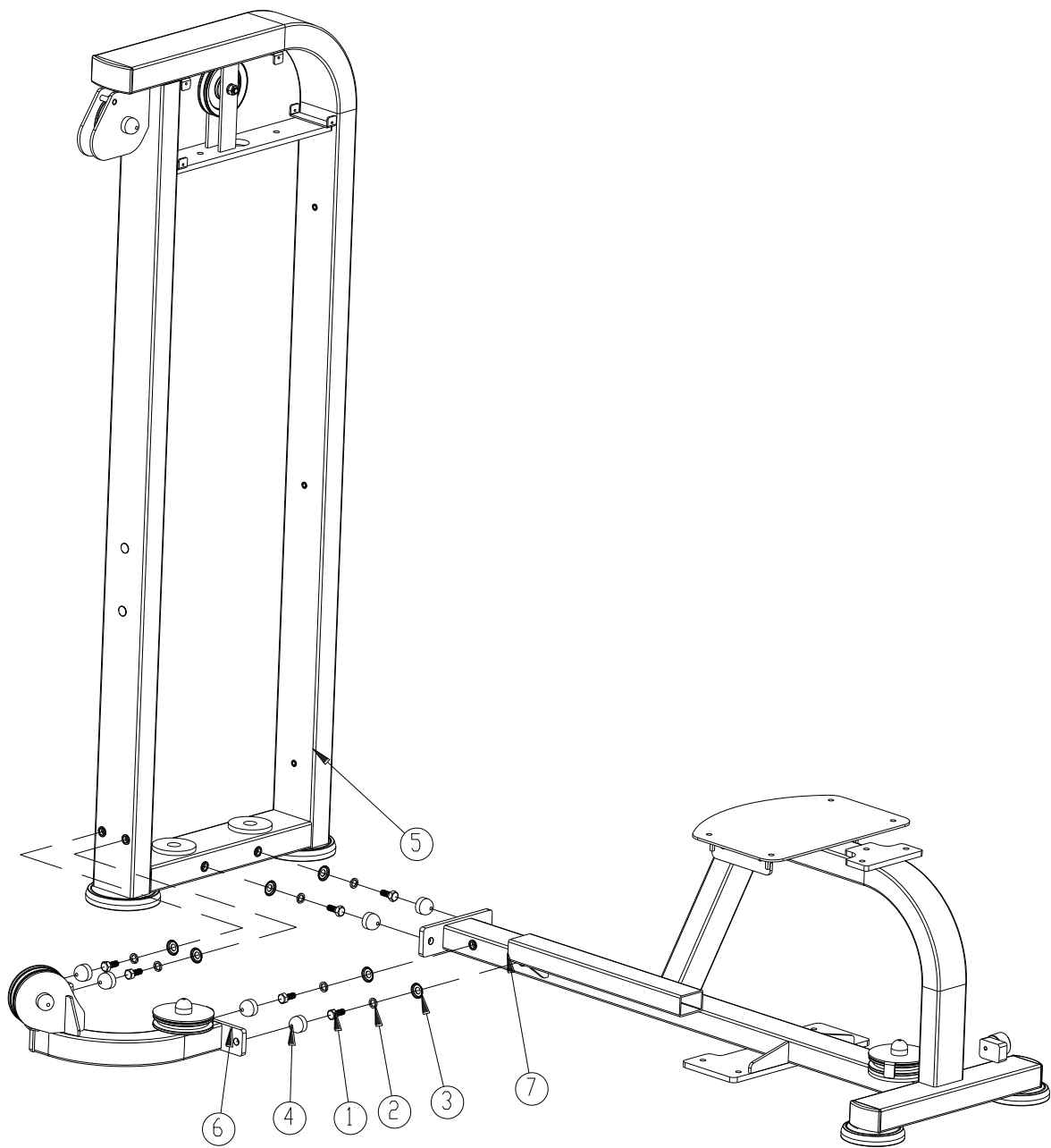
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the 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 baby 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

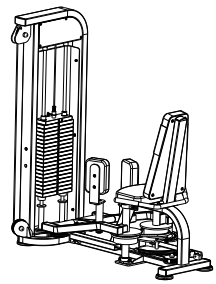


Bill of materials			
1	Outer hexagon bolt	M12X25	6
2	Split washer	Ø12	6
3	Drum washer	Ø12.5	6
4	Bolt cap	Ø31X20.3	6
5	Gantry		1
6	Side connection fixing assembly		1
7	frame		1

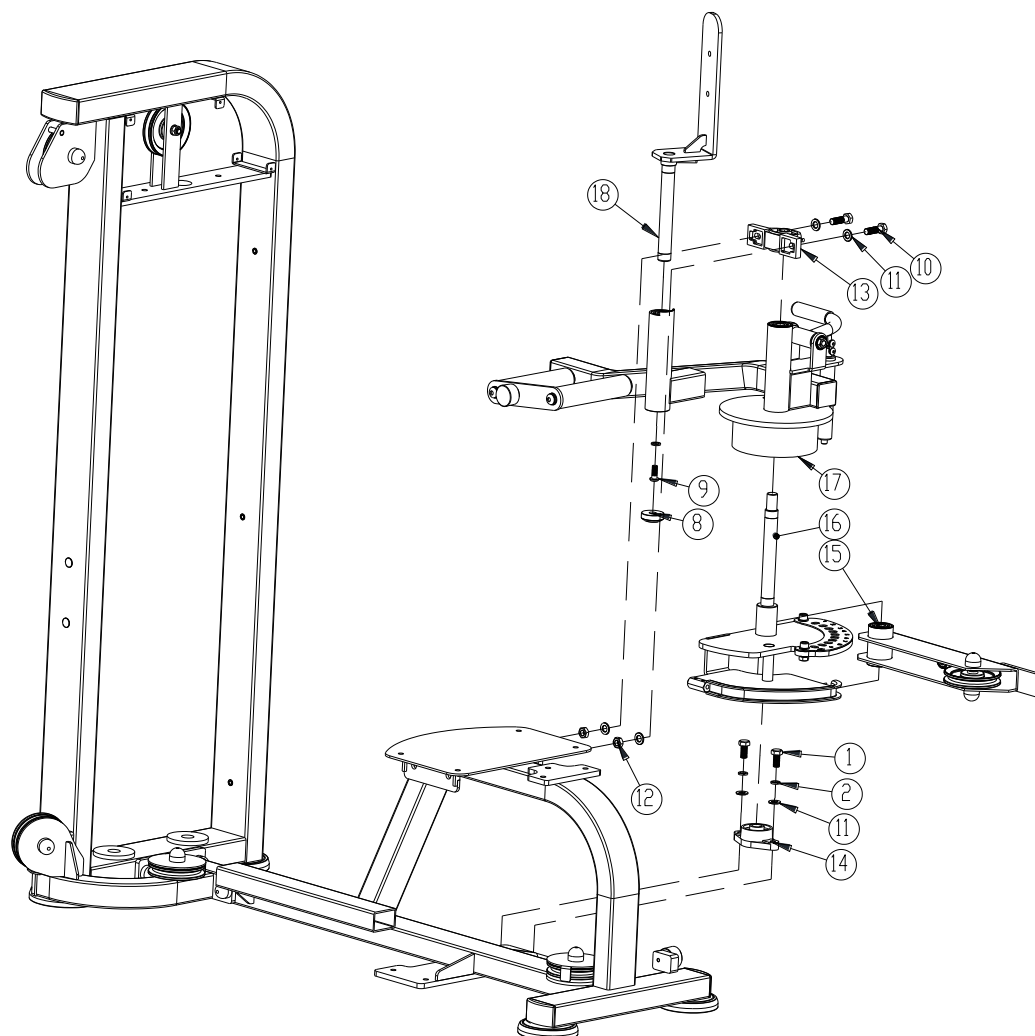


2) Step 2

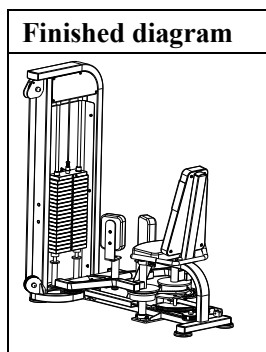
Finished diagram



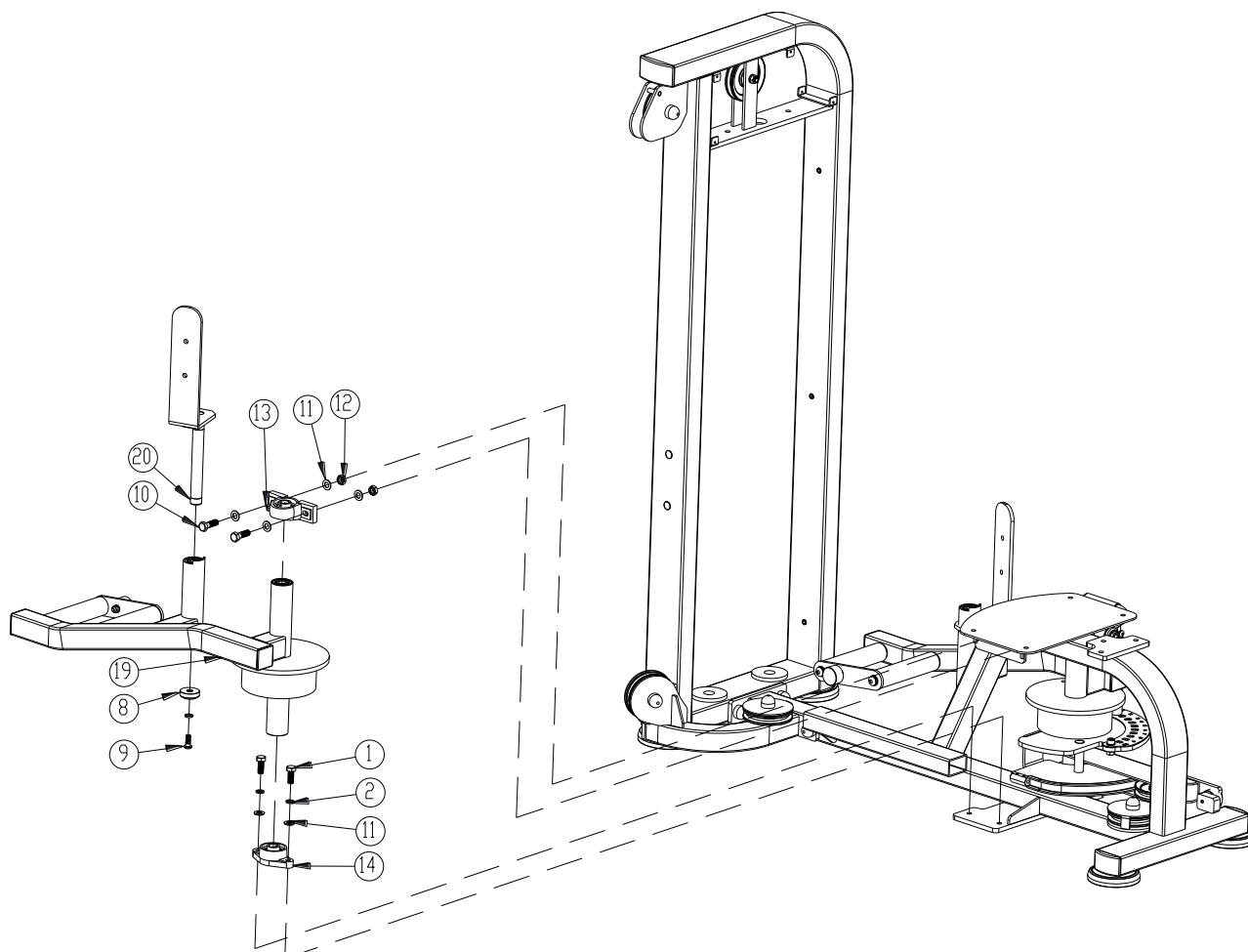
Bill of materials			
1	Outer hexagon bolt	M12X25	2
2	Split washer	Ø12	6
8	End cap	Φ43.5X14.5	1
9	Hexagon pan head bolt	M12X25	1
10	Outer hexagon bolt	M12X40	2
11	Flat washer	Ø12	6
12	Hexagon locknut	M12	2
13	Vertical seated bearing UCP204	GB / T7810-1995	1
14	Rhombus seated bearing UCFLU205	GB / T7810-1995	1
15	Drive assembly 2		1
16	Drive assembly		1
17	Right foot swing assembly		1
18	Leg cushion fixing assembly		1



3) Step 3

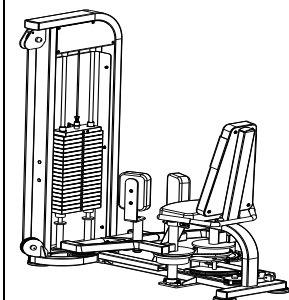


Bill of materials			
1	Outer hexagon bolt	M12X25	2
2	Split washer	Ø12	3
8	End cap	Φ 43. 5X14. 5	1
9	Hexagon pan head bolt	M12X25	1
10	Outer hexagon bolt	M12X40	2
11	Flat washer	Ø12	6
12	Hexagon locknut	M12	2
13	Vertical seated bearing UCP204	GB / T7810-1995	1
14	Rhombus seated bearing UCFLU205	GB / T7810-1995	1
19	Left swing assembly		1
20	Foot pad fixing assembly		1

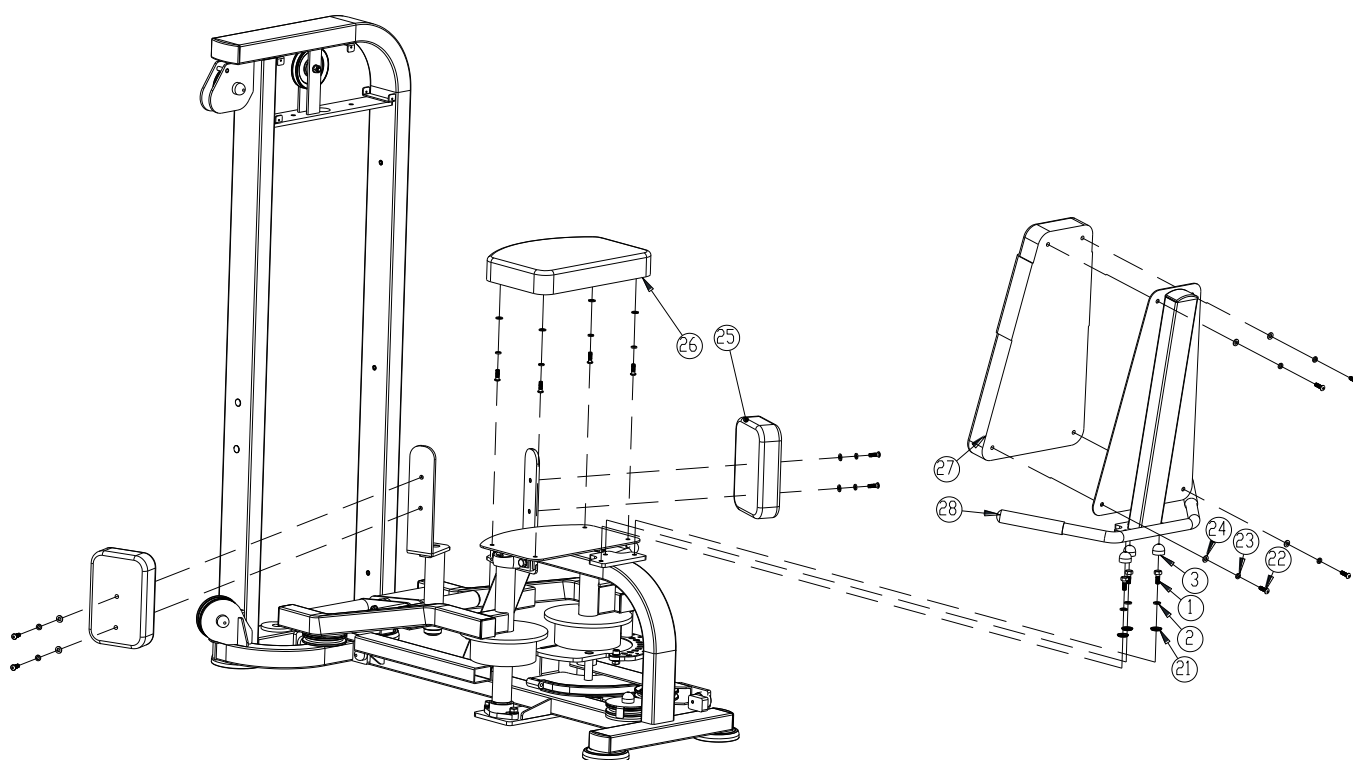


4) Step 4

Finished diagram

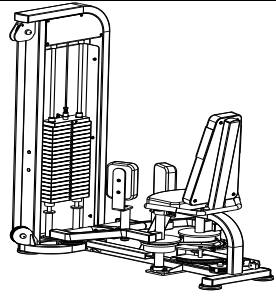


Bill of materials			
1	Outer hexagon bolt	M12X25	3
2	Split washer	Ø12	3
3	Screw cap	Φ31X20.3	3
21	Drum washer	Ø12.5	3
22	Hexagon pan head bolt	M8X25	12
23	Split washer	Ø8	12
24	Flat washer	Ø8	12
25	Leg cushion	240X160X60	2
26	seat	390X280X60	1
27	Back cushion	610X361.5X60	1
28	Back cushion tube assembly		1

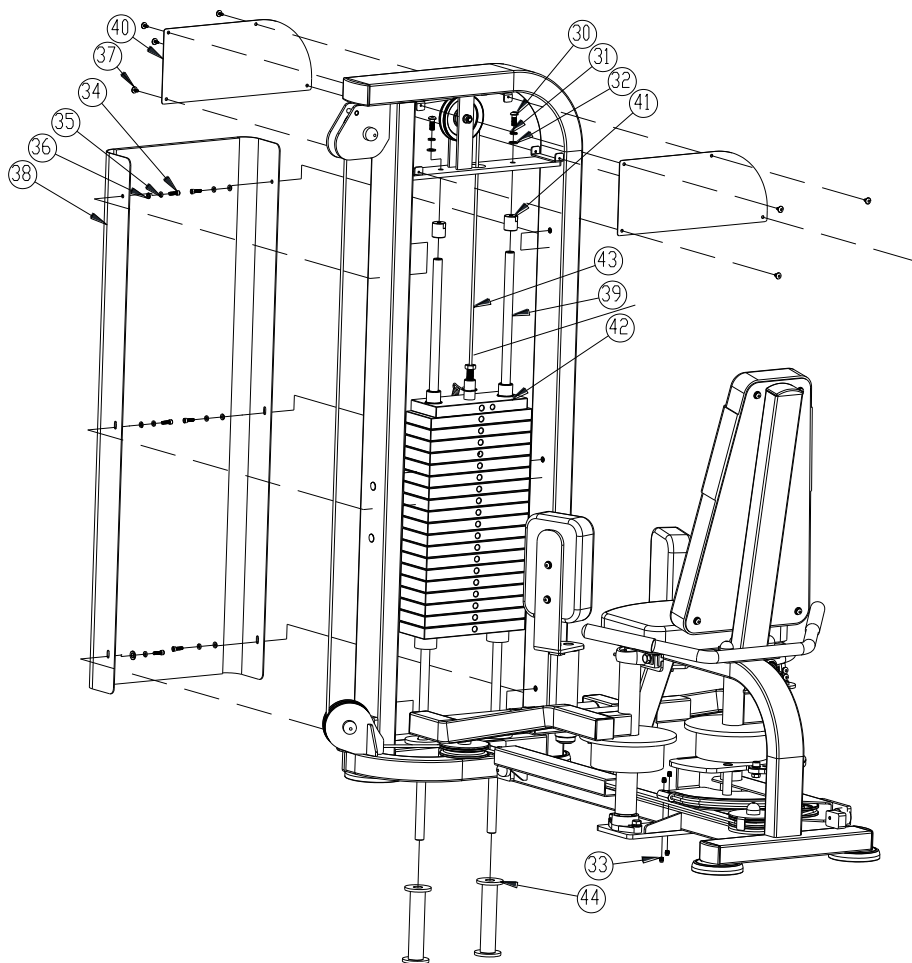


5) Step 5

Finished diagram



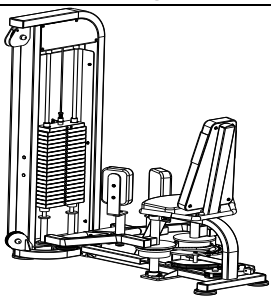
Bill of materials			
29	Hexagon pan head bolt	M10X25	2
30	Split wahser	Ø10	2
31	Flat washer	Ø10	3
32	Hexagon locknut	M8X10	4
33	Hexagon cylinder bolt	M6X15	6
34	Split washer	Ø6	6
35	Flat washer	Ø6	5
36	Hexagon pan head bolt	M5X12	8
37	Safety board	1240 X 621. 4 X T2	1
38	Guide rod	∅ 20 X 1344	2
39	Training flitch plate	415X174XT2	2
40	Guide rod fixing sleeve	Φ 30X33	2
41	Weight stack	100KG	1
42	Steel cable	Ø6X5000	1
43	Weight stack supporting tube assembly		2



6) Step 6

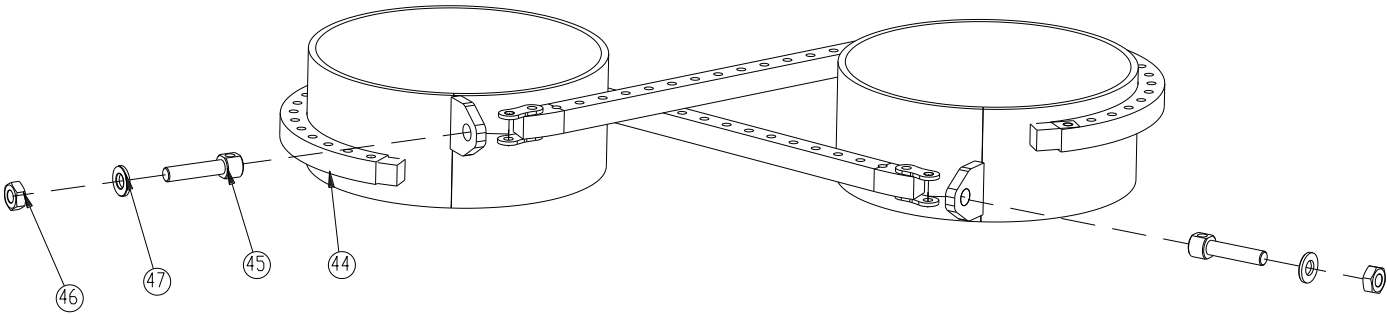
Chain installation instruction:

Finished diagram

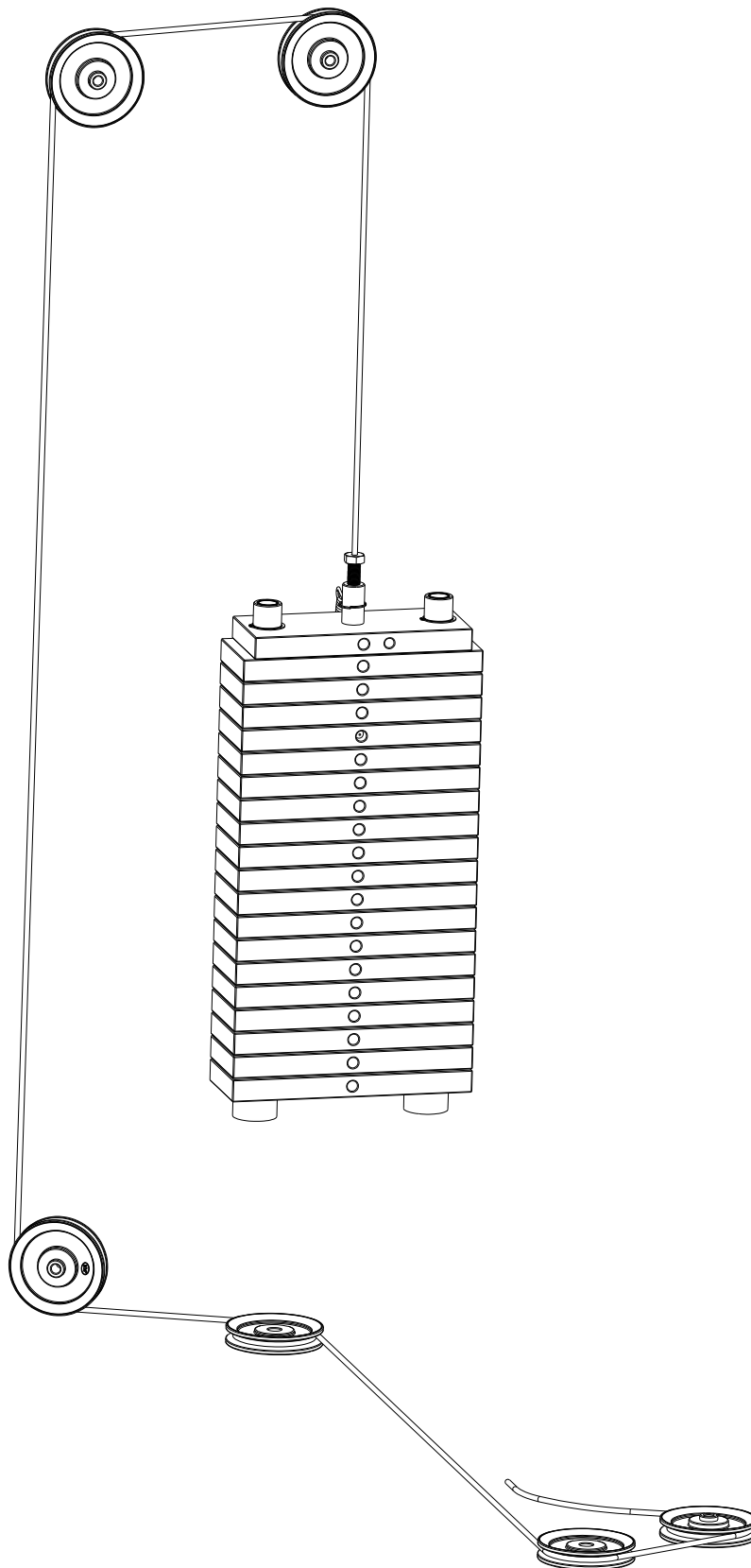


Bill of materials

44	Chain	10B-01 pitch 15.875*34 pitch center distance 539.75	2
45	Adjusting screw	Φ12XM8X45	2
46	M8 hexagon nut	M8	2
24	Flat washer	Ø8	2



7) Step 7
Pulley installation instruction:



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	Hip Add/Abd Combo	Model	S3014
Floor Space	1450*1700*1620	Weight stack	100KG
Net weight	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.