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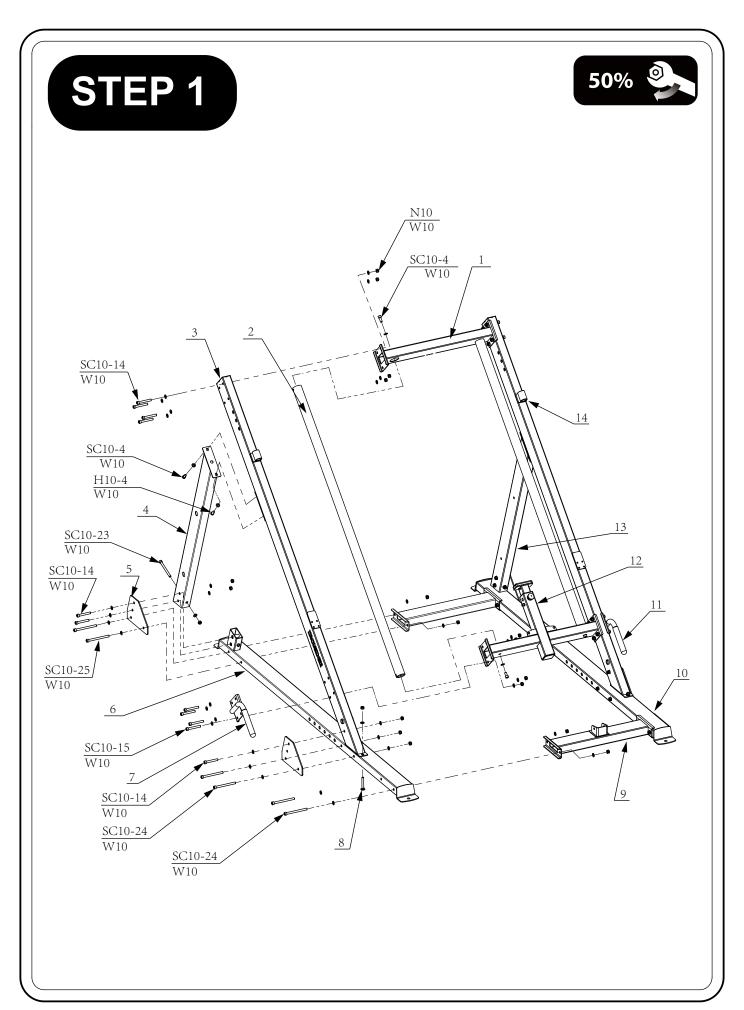
General Information and Maintenance Advice

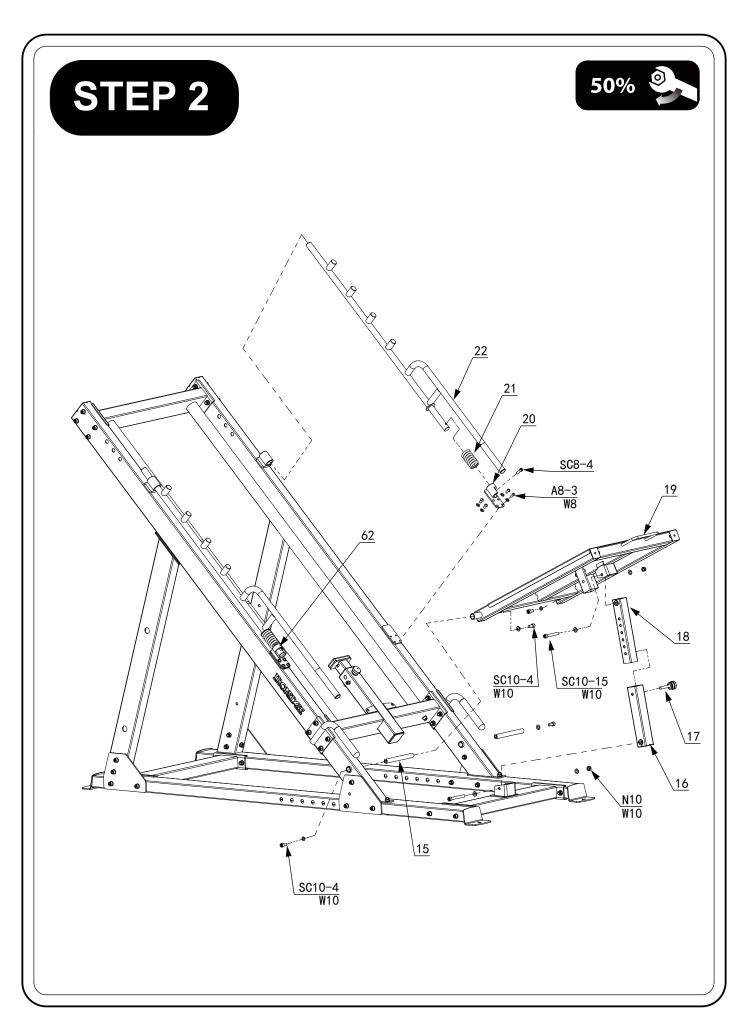
Be sure to read the entire manual before you assemble or operate your Cable Machine. Please note the following precautions:

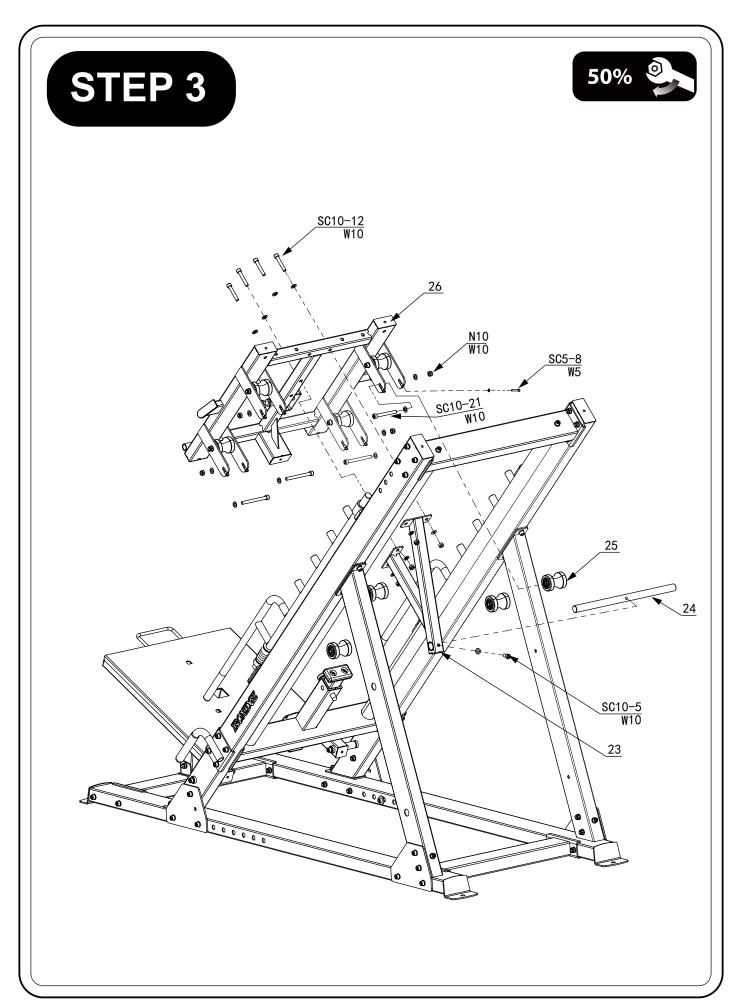
- 1. Keep children and pets away from the machine
- 2. To be used by one person at a time
- 3. Do not use the equipment near water or outdoors
- 4. Position on a level surface
- 5. Keep hands away from moving parts
- 6. Always wear appropriate workout clothing when exercising. Do not wear clothing that could become caught in the equipment.
- 7. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 8. Before using the equipment, always do stretching exercises to properly warm up.
- 9. Never operate the equipment if the equipment is not functioning properly.

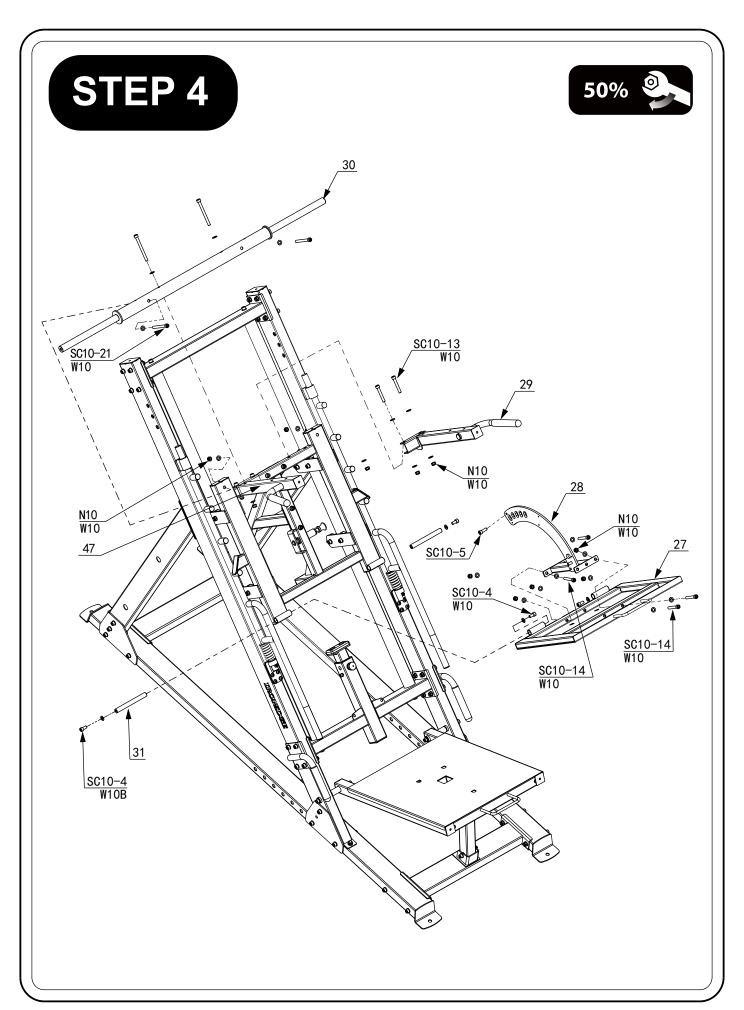
Warranty Terms

- The Frame is under warranty for 10 years against manufacturing defects
- Integral bearings, guide rods, pulleys, weight plates, cables and grips are under warranty for 1 year against manufacturing defects
- Upholstery is under warranty for 90 days against manufacturing defects
- Warranty does not extend to wear and tear through normal use, or rust







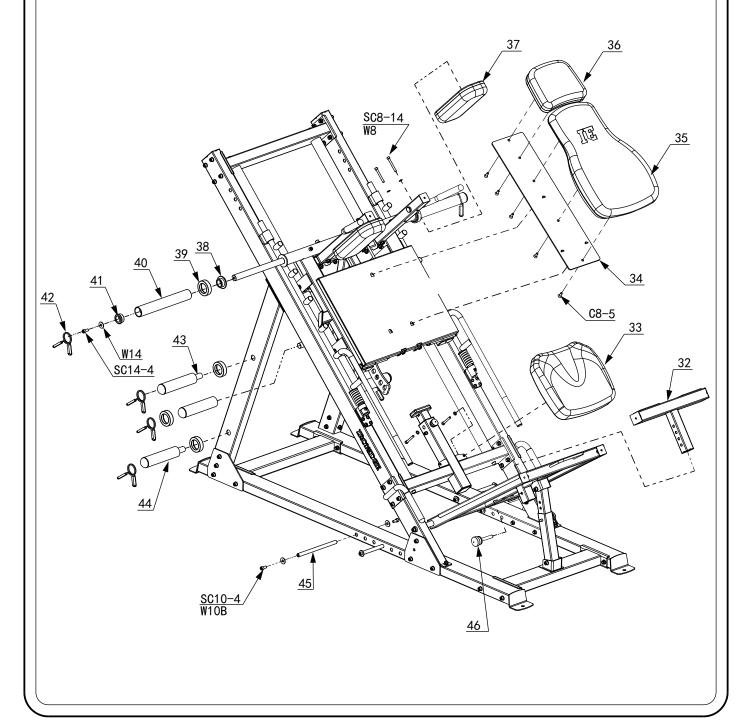


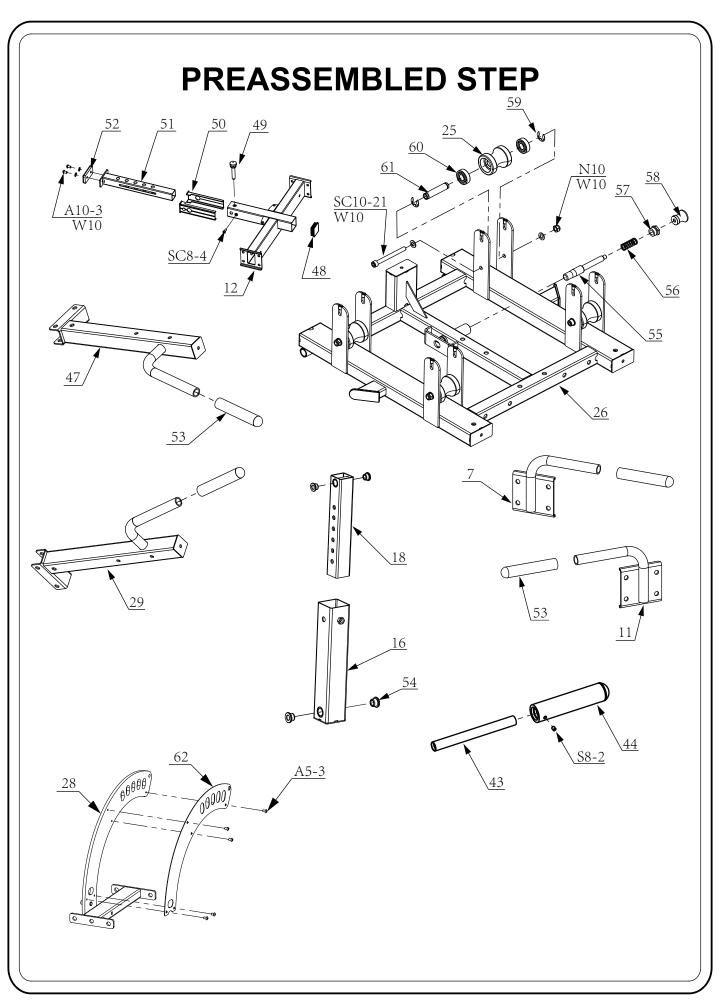
INFORMATION

We recommend having a second person assist with lifting heavy items during assembly.

STEP 5







PARTS LIST

PART#	DESCRIPTION	QTY
1	Top Connecting Tube Assembly	1
2	Guide Rod	2
3	Inclined Tube Assembly 1	1
4	Supporting Tube Assembly 1	1
5	Connecting Plate	4
6	Bottom LengthwiseTube Assembly 1	1
7	Handle Assembly 1	1
8	Carriage Bolt M10x70	2
9	Bottom Transverse Tube Assembly 1	1
10	Bottom LengthwiseTube Assembly 2	1
11	Handle Assembly 2	1
12	Pad Mounting Tube Assembly	1
13	Supporting Tube Assembly 2	1
14	Inclined Tube Assembly 2	1
15	Shaft L=169mm	2
16	Adjusting Support Assembly	1
17	Pin	1
18	Perforated Tube Assembly	1
19	Lower Pedal Assembly	1
20	Limit Bracket 1	1
21	Spring 1	2
22	Safety Bar Assembly	2
23	Barbell Bracket	1
24	Barbell Rod	1
25	Plastic Wheel	8
26	Sliding Frame Assembly	1
27	Higher Pedal	1
28	Adjusting Plate Assembly	1
29	Handle Assembly	1
30	Weight Bar	1
31	Shaft L=165	2
32	Foot Support Assembly	1
33	Seat Pad	1
34	Back Pad Mounting Plate	1
35	Back Pad	1
36	Head Pad	1
37	Shoulder Pad	2
38	Tube Bushing	2
39	Ruber Spacer	2
40	Outer Weight Tube	2
41	Outer Tube Bushing	2
42	Barbell Clamp	8
43	Short Barbell Bar	4
44	Olympic Adapter Sleeve	4
45	Hanging Rod	4
46	Pin	1
		-

47 48	Handle Assembly	1
48	•	1
	Square Cap	1
49	Pin 2 Rod Diametre=16	1
50	Plastic Sleeve	2
51	Safe Tube	1
52	Rubber Buffer	1
53	Handle Grip	4
54	Copper Bushing	4
55	Pull Pin	1
56	Spring	1
57	Threader Bushing	1
58	Knob	1
59	Circlip	16
60	Bearing	16
61	Shaft	8
62	Shield Plate	1
W8	Washer 8	19
W10	Washer 10	141
W10B	Bigger Washer 10	16
W14	Washer 14	2
N10	Nut M10	64
A5-3	Allen Bolt M5 x 8	5
A8-3	Allen Bolt M8 x 15	8
A10-3	Allen Bolt M10 x 16	2
S8-2	Socket Set Screw M8x10	6
C8-6	Counter Sunk Head ScrewM8 x 30	5
SC5-8	Socket Cap Screw M5x25	8
SC8-3	Socket Cap ScrewM8x15	1
SC8-4	Socket Cap ScrewM8x20	3
H10-4	Hex Head Cap Screw M10x20	2
SC8-12	Socket Cap ScrewM8x60	2
SC8-14	Socket Cap ScrewM8x70	4
SC10-4	Socket Cap ScrewM10x20	20
SC10-5	Socket Cap ScrewM10x25	6
SC10-12	Socket Cap ScrewM10x60	4
SC10-13	Socket Cap ScrewM10x65	4
SC10-14	Socket Cap ScrewM10x70	10
SC10-15	Socket Cap ScrewM10x75	17
SC10-17	Socket Cap ScrewM10x85	1
SC10-21	Socket Cap ScrewM10x105	10
SC10-22	Socket Cap ScrewM10x110	2
SC10-23	Socket Cap ScrewM10x115	2
SC10-24	Socket Cap ScrewM10x120	4
SC10-25	Socket Cap ScrewM10x125	8
SC14-4	Socket Cap ScrewM14x20	2