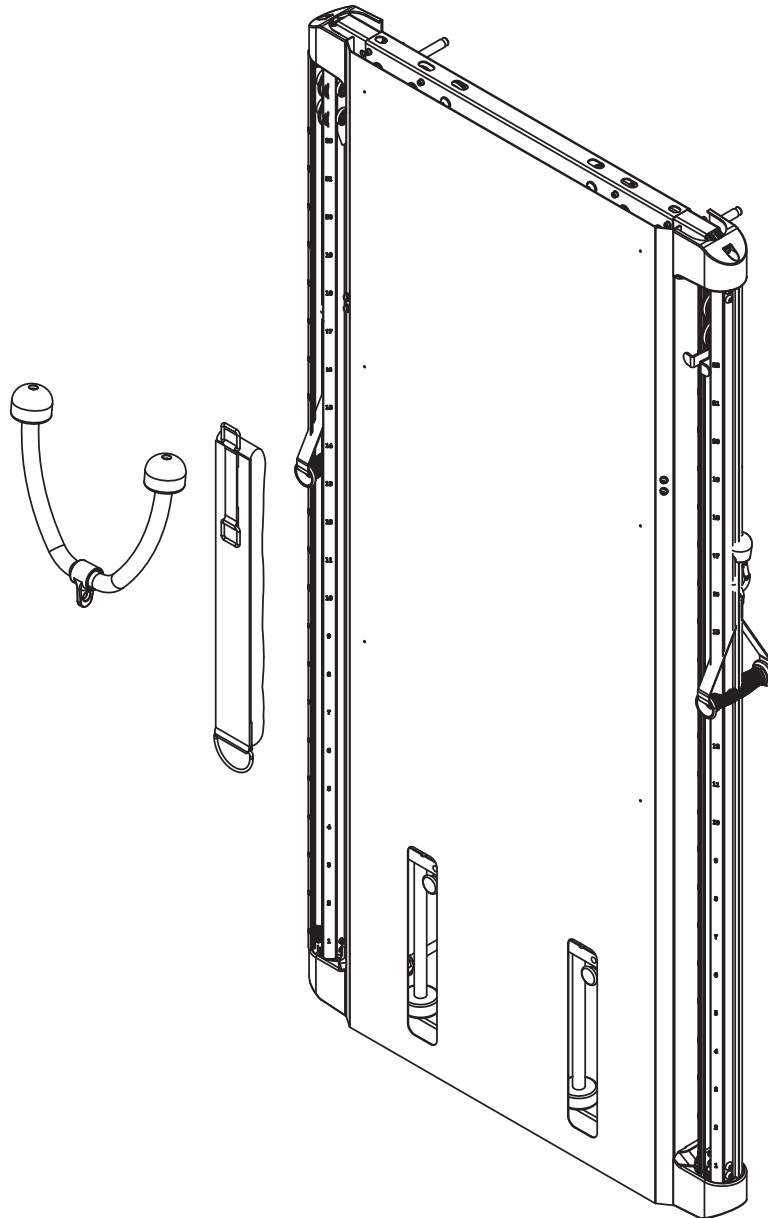


# OWNER'S MANUAL

## Rope Dynamic Trainers



### CAUTION

Please read all instructions in this manual before use the equipment and keep the manual well.

# Cautions

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing can not be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.(Apply to single station with cable)
6. The equipment should be placed indoors, and make sure that the ground is flat, and there are enough space around the equipment for user to exercise on the machine freely.
7. Before using the machine, please check the cables to ensure that cable is in the groove of pulley, and attention should be paid especially to the end of cable. (Apply to single station with cable)
8. Only originally attached or manufacturer provided weight stack can be used in this

equipment and can not increase the weight of weight stack by use of other manufacturers' weight stack plate. (Apply to single station with cable)

9. Child and pet are not allowed to be too close to the equipment while it is in using.
10. If exerciser feels dizzy or physical pain while training he or she should stop exercising immediately and consult a doctor.
11. The equipment should be used in a well defined place and under well managed and monitored way of the equipment owner.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

## Fitting instructions

1. When strip off the wrappage around the surface of equipment, should be careful, do not hurt the machine with knife scratches on the surface.
2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.
3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.
4. When install the equipment, should have two or more persons working together to ensure the accurate location of parts assembly.
5. When install the equipment should pay attention to the assembly instructions to prevent component fitting to a wrong place or some components being omitted.
6. The suitable installation tools should be used to avoid the equipment damages or human injuries caused by the use of inappropriate tools in the installation process.
7. If need to move equipment, the movement must be after the completion of installation. The equipment can not be moved when the installation process hasn't finished or locking nut hasn't been tightened up.
8. Attention should be paid to the sequence of fastening locking nut, when the overall installation of the equipment is not finished, should not tighten up the nut that is being installed. After the whole machine is properly fitted together, the locking nuts can be tightened up one by one.
9. Before installation the cable terminals should be checked to make sure whether they are firm. (Apply to single station with cable)
10. After the completion of installation, start the initial trial of the equipment with gentle

force. Make certain that the equipment is without any abnormality before normally use the machine. If something unusual is found with the equipment that, it is necessary to check the equipment carefully, identify the problems and reinstall it.

## **Warranty**

\*Ten years: Main Frames

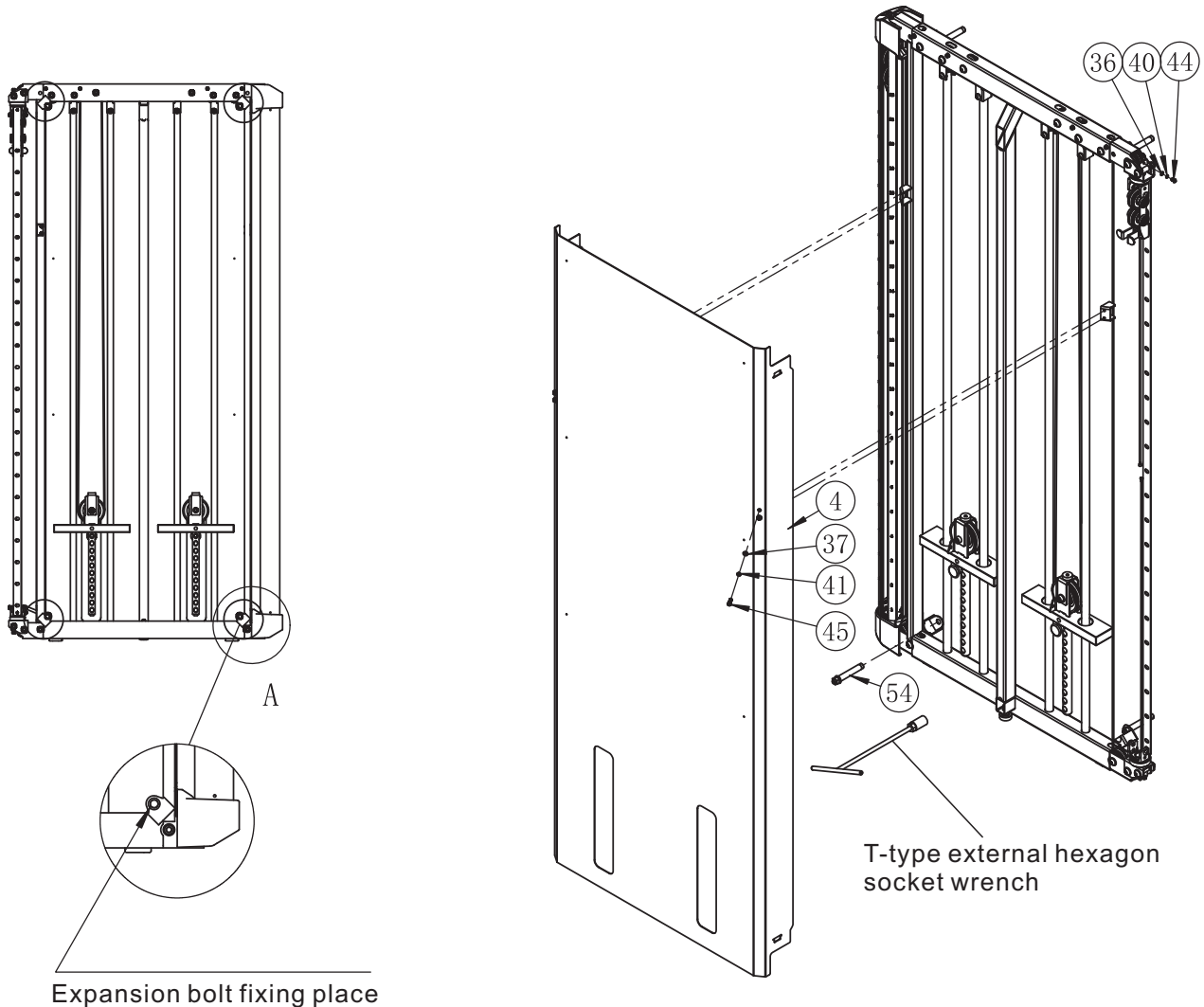
\*One year: Bushings, Pivot bearings, guide rods, Weight plate, cams, swivel welding parts, Pull-pin components

\*Half year: Finish, rubber grips, belt, cables.

\*Three Months: upholstery

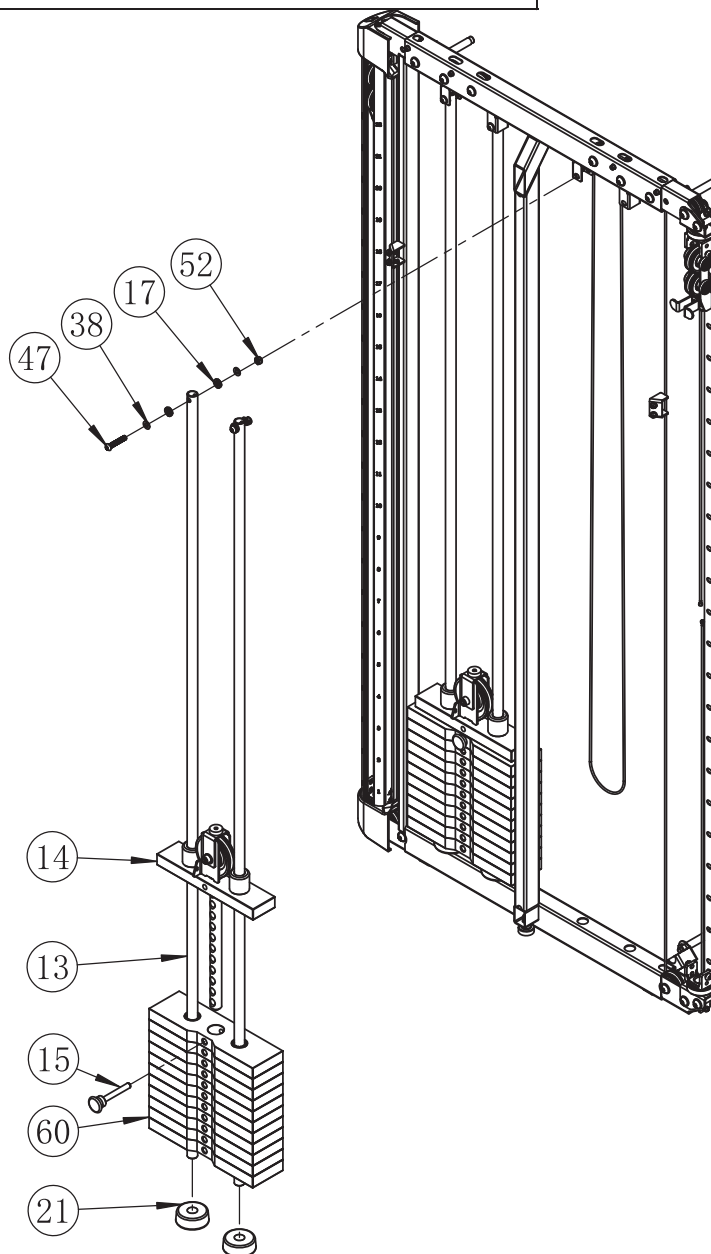
# Assembly step1

| Step | No.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Description       | Specifications                       | Qty |
|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------|-----|
| 1    | 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Guard board       |                                      | 1   |
|      | 16                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Small shield      |                                      | 4   |
|      | 36                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Flat washer       | $\Phi 10 \times \Phi 5.3 \times 1$   | 4   |
|      | 37                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Flat washer       | $\Phi 12 \times \Phi 6.4 \times 1.6$ | 4   |
|      | 40                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Spring washer     | M5                                   | 4   |
|      | 41                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Spring washer     | M6                                   | 4   |
|      | 44                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Socket head screw | M5*10                                | 4   |
|      | 45                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Socket head screw | M6*20                                | 4   |
|      | 54                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Expansion bolt    | M10*100                              | 4   |
|      | <b>Installation steps and precautions</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |                                      |     |
|      | <p>1. Remove the 4 small shields (16) of movable arm group.</p> <p>2. Remove the protect plate mounting screw(45), remove the protect plate(4), (please care of the 1.2 step removed screw, will be used installation later)</p> <p>3. Place the main frame at the location to be installed, before installation must ensure the firm of the wall and ensure that the machine is attached to the ground and cannot be suspended.</p> <p>4. After selecting the installation position and the wall surface, mark the 4-hole position on the wall surface as shown in the figure.</p> <p>5. Using <math>\Phi 15\text{mm}</math> drill, depth 90mm.</p> <p>6. Mounting expansion bolt(54), T-type external hexagon socket wrench is used for fixing the main machine bolt.</p> |                   |                                      |     |



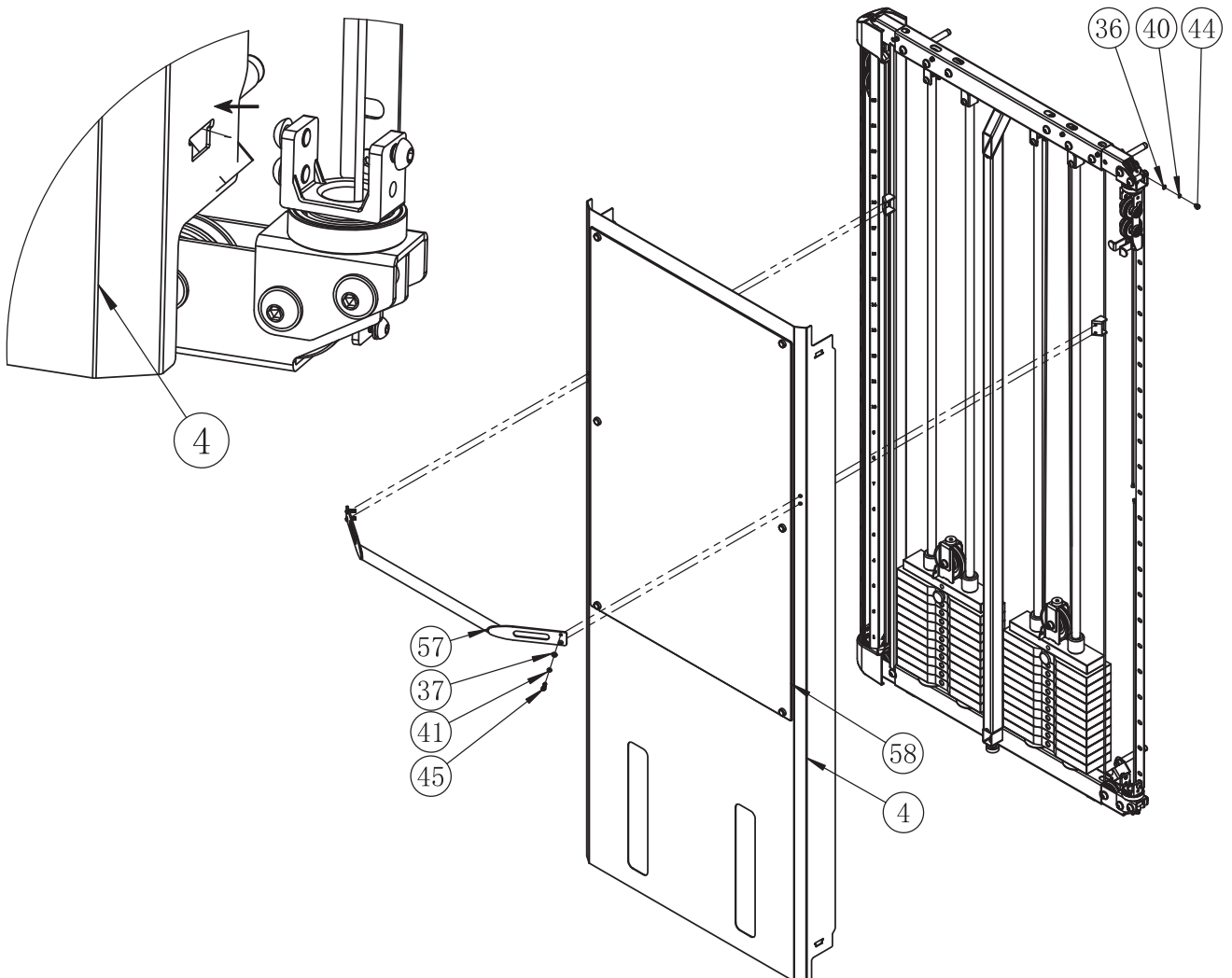
## Assembly step 2

| Step                                                                                                                                                                       | No.                                | Description                  | Specifications | Qty |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|------------------------------|----------------|-----|
| 2                                                                                                                                                                          | 13                                 | Pipe                         |                | 4   |
|                                                                                                                                                                            | 14                                 | Counterweight selection rack |                | 2   |
|                                                                                                                                                                            | 15                                 | Bolt group                   |                | 2   |
|                                                                                                                                                                            | 17                                 | Spacer                       |                | 8   |
|                                                                                                                                                                            | 21                                 | Bumper                       |                | 4   |
|                                                                                                                                                                            | 38                                 | Flat washer                  | Φ16*Φ8.4*1.6   | 8   |
|                                                                                                                                                                            | 47                                 | Socket head screw            | M8*45          | 4   |
|                                                                                                                                                                            | 52                                 | Nut                          | M8             | 4   |
|                                                                                                                                                                            | 60                                 | weight stack plate           |                | 22  |
|                                                                                                                                                                            | Installation steps and precautions |                              |                |     |
| 1. Remove the guide rod (13) fixing screw (47) and remove the counterweight selection frame (14).                                                                          |                                    |                              |                |     |
| 2. Insert the guide rod (13) into the mounting hole of the bottom pipe, install buffer pad (21) in turn, and select iron component(60), counterweight selection rack (14). |                                    |                              |                |     |
| 3. Install guide rod (13) and set screw (47) without locking, ensure the counterweight selection frame is smoothly movement, all screw lock.                               |                                    |                              |                |     |

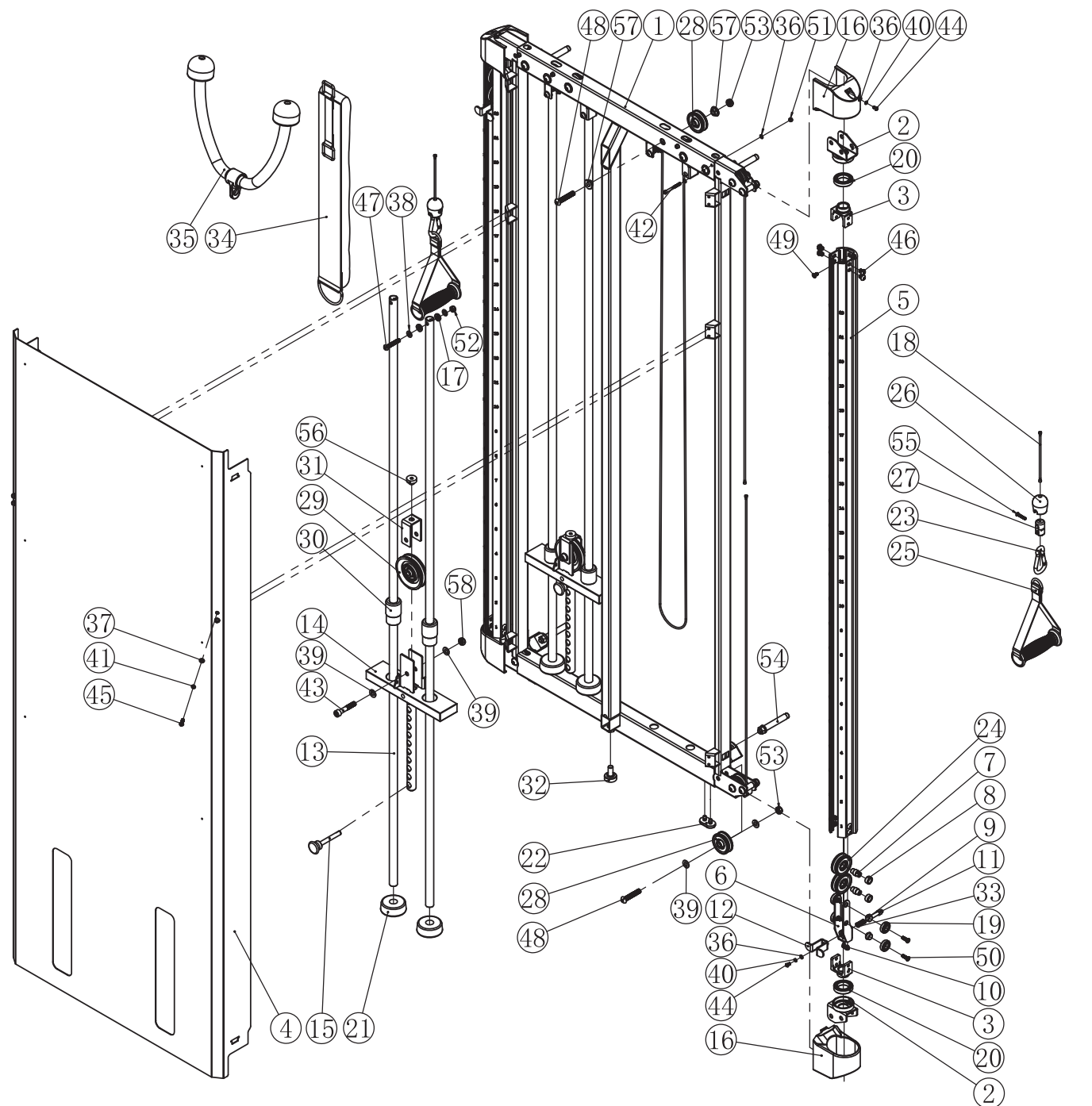


## Assembly step 3

| Step | No.                                                                                                                                                                                                                                                                                  | Description                  | Specifications             | Qty |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|----------------------------|-----|
| 3    | 4                                                                                                                                                                                                                                                                                    | Pipe                         |                            | 1   |
|      | 16                                                                                                                                                                                                                                                                                   | Counterweight selection rack |                            | 4   |
|      | 36                                                                                                                                                                                                                                                                                   | Bolt group                   |                            | 4   |
|      | 37                                                                                                                                                                                                                                                                                   | Spacer                       |                            | 4   |
|      | 40                                                                                                                                                                                                                                                                                   | Bumper                       |                            | 4   |
|      | 41                                                                                                                                                                                                                                                                                   | Flat washer                  | $\Phi 16 * \Phi 8.4 * 1.6$ | 4   |
|      | 44                                                                                                                                                                                                                                                                                   | Socket head screw            | M8*45                      | 4   |
|      | 45                                                                                                                                                                                                                                                                                   | Nut                          | M8                         | 4   |
|      | <b>Installation steps and precautions</b>                                                                                                                                                                                                                                            |                              |                            |     |
|      | <p>1. Install the protect plate(4), (mirror and handle are optional OPT parts)</p> <p>2. Install stand pipe small shield (16), (small shield and protect plate are secured with using the screws removed from first step)</p> <p>3. Please note that the limit of small shield (</p> |                              |                            |     |



## Exploded View



# Exploded List

| No. | Description                  | Specifications | Qty |
|-----|------------------------------|----------------|-----|
| 1   | Main fram                    |                | 1   |
| 2   | Rotation axis frame          |                | 4   |
| 3   | Rotating sleeve              |                | 4   |
| 4   | Guard board                  |                | 1   |
| 5   | Movable arem group           |                | 2   |
| 6   | Sliding rest                 |                | 2   |
| 7   | Roller shaft                 |                | 4   |
| 8   | Pulley casing                |                | 8   |
| 9   | Bearing fixed shaft          |                | 8   |
| 10  | Limit rubber                 |                | 2   |
| 11  | Adjusting column             |                | 2   |
| 12  | Handle                       |                | 2   |
| 13  | Pipe                         |                | 4   |
| 14  | Counterweight selection rack |                | 2   |
| 15  | Bolt group                   |                | 2   |
| 16  | Small shield                 |                | 4   |
| 17  | Spacer                       |                | 8   |
| 18  | Cable group                  |                | 2   |
| 19  | Deep groove ball bearing     | 61902-2Z       | 8   |
| 20  | Deep groove ball bearing     | 61906-2Z       | 4   |
| 21  | Bumper                       |                | 4   |
| 22  | Bumper                       |                | 2   |
| 23  | Hoist hook                   |                | 2   |
| 24  | Pulley                       |                | 4   |
| 25  | Handle group                 |                | 2   |
| 26  | Nylon net                    |                | 2   |
| 27  | Cable holes column           |                | 2   |
| 28  | Pulley group                 |                | 12  |
| 29  | Pulley group                 |                | 2   |
| 30  | Guide sleeve                 |                | 4   |
| 31  | Small U shape frame          |                | 2   |
| 32  | Rubber feet                  |                | 1   |
| 33  | Spring                       |                | 2   |
| 34  | Knee set                     |                | 1   |
| 35  | Pull back set                |                | 1   |
| 36  | Flat washer                  | Φ10*Φ5.3*1     | 18  |
| 37  | Flat washer                  | Φ12*Φ6.4*1.6   | 4   |
| 38  | Flat washer                  | Φ16*Φ8.4*1.6   | 8   |
| 39  | Flat washer                  | Φ20*Φ10.5*2    | 36  |
| 40  | Spring washer                | M5             | 6   |
| 41  | Spring washer                | M6             | 4   |
| 42  | Socket cap screw             | M5*50          | 4   |

# Exploded List

| No. | Description                               | Specifications  | Qty |
|-----|-------------------------------------------|-----------------|-----|
| 43  | Socket cap screw                          | M10*55          | 2   |
| 44  | Socket head screw                         | M5*10           | 6   |
| 45  | Socket head screw                         | M6*20           | 4   |
| 46  | Socket head screw                         | M8*10           | 16  |
| 47  | Socket head screw                         | M8*45           | 4   |
| 48  | Socket head screw                         | M10*55          | 16  |
| 49  | Countersunk hexagon socket screw          | M6*12           | 4   |
| 50  | Countersunk hexagon socket screw          | M6*20           | 8   |
| 51  | Nut                                       | M5              | 4   |
| 52  | Nut                                       | M8              | 4   |
| 53  | Nut                                       | M10             | 18  |
| 54  | Expansion bolt                            | M10*100         | 4   |
| 55  | Cross grooved half countersunk head screw | #10-32UN*1-1/8" | 2   |
| 56  | Bumper                                    |                 | 2   |
| 57  |                                           |                 |     |
| 58  |                                           |                 |     |
| 59  |                                           |                 |     |
| 60  |                                           |                 |     |
| 61  |                                           |                 |     |
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| 69  |                                           |                 |     |
| 70  |                                           |                 |     |
| 71  |                                           |                 |     |
| 72  |                                           |                 |     |
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| 74  |                                           |                 |     |
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| 77  |                                           |                 |     |
| 78  |                                           |                 |     |
| 79  |                                           |                 |     |
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| 81  |                                           |                 |     |
| 82  |                                           |                 |     |
| 83  |                                           |                 |     |
| 84  |                                           |                 |     |

# Maintenance Attentions

## **Daily Maintenance** (Basic Maintenance)

1. Clean the seat pad, back pad and cushion with warm water and soft cloth in order to avoid the sweat erosion to these component.
2. Clean the frame with warm water and soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

## **Monthly Maintenance** (Basic Maintenance)

1. Check transmission cable. Check the tightness and abrasion of the cable (disrepair of the surface, bend, distortion and so on). (Apply to single station with cable)
2. Check guide rod, and wipe it with soft duster cloth and alcohol, and lubricate it by anticorrosive oil, but please don't let excessive oil accumulated on rod. (Apply to single station with cable)
3. Check weight stack to know if there is any damaged steel plate which caused by too much force or friction on rod. (Apply to single station with cable)
4. Check pulley on whether its groove surface is clean and whether it runs smoothly. (Apply to single station with cable)
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

## **Further Maintenance**

1. Check whether bolts on basic frame become loose, springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check whether the oil cylinder suffers oil leakage.

