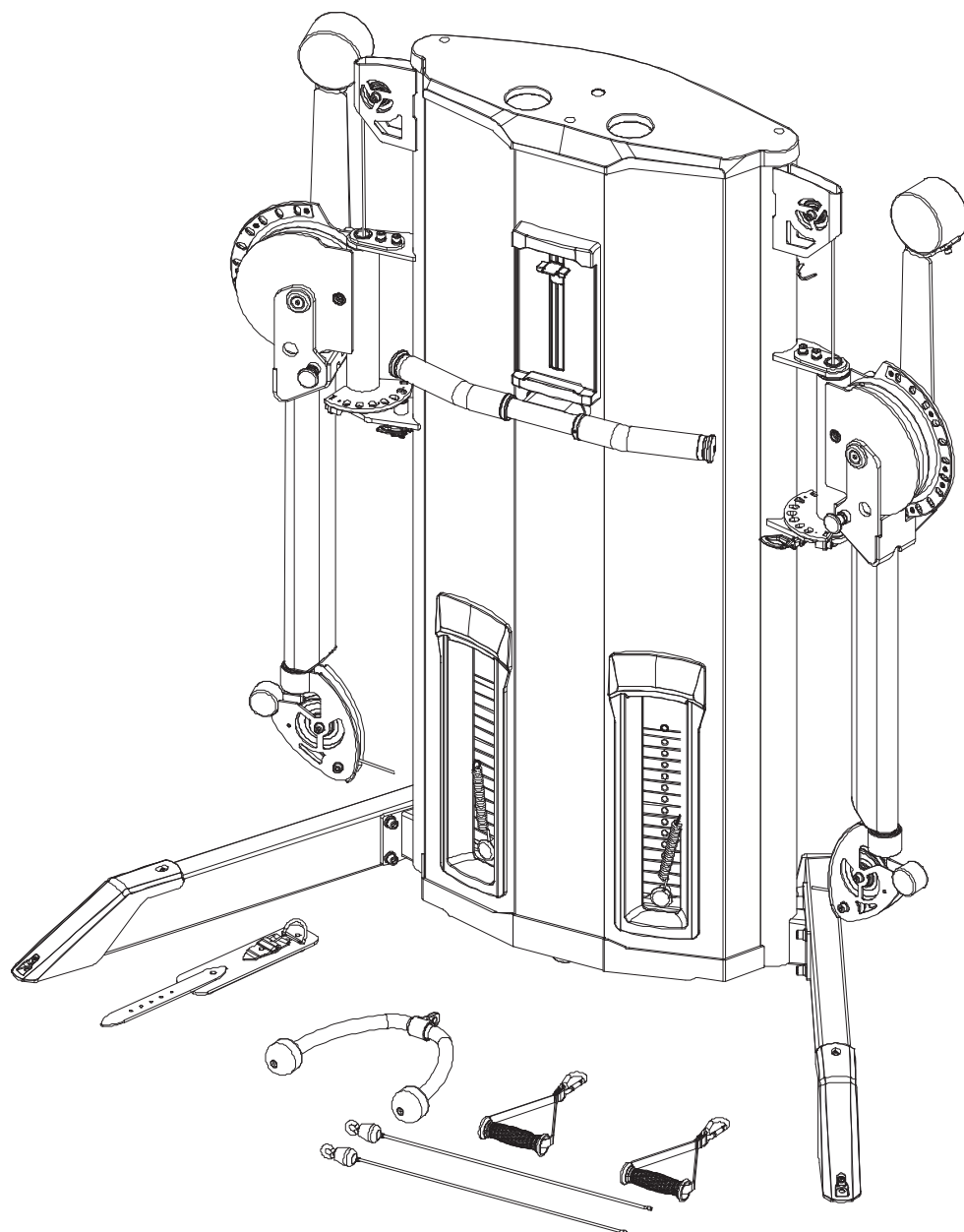


OWNER'S MANUAL

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.

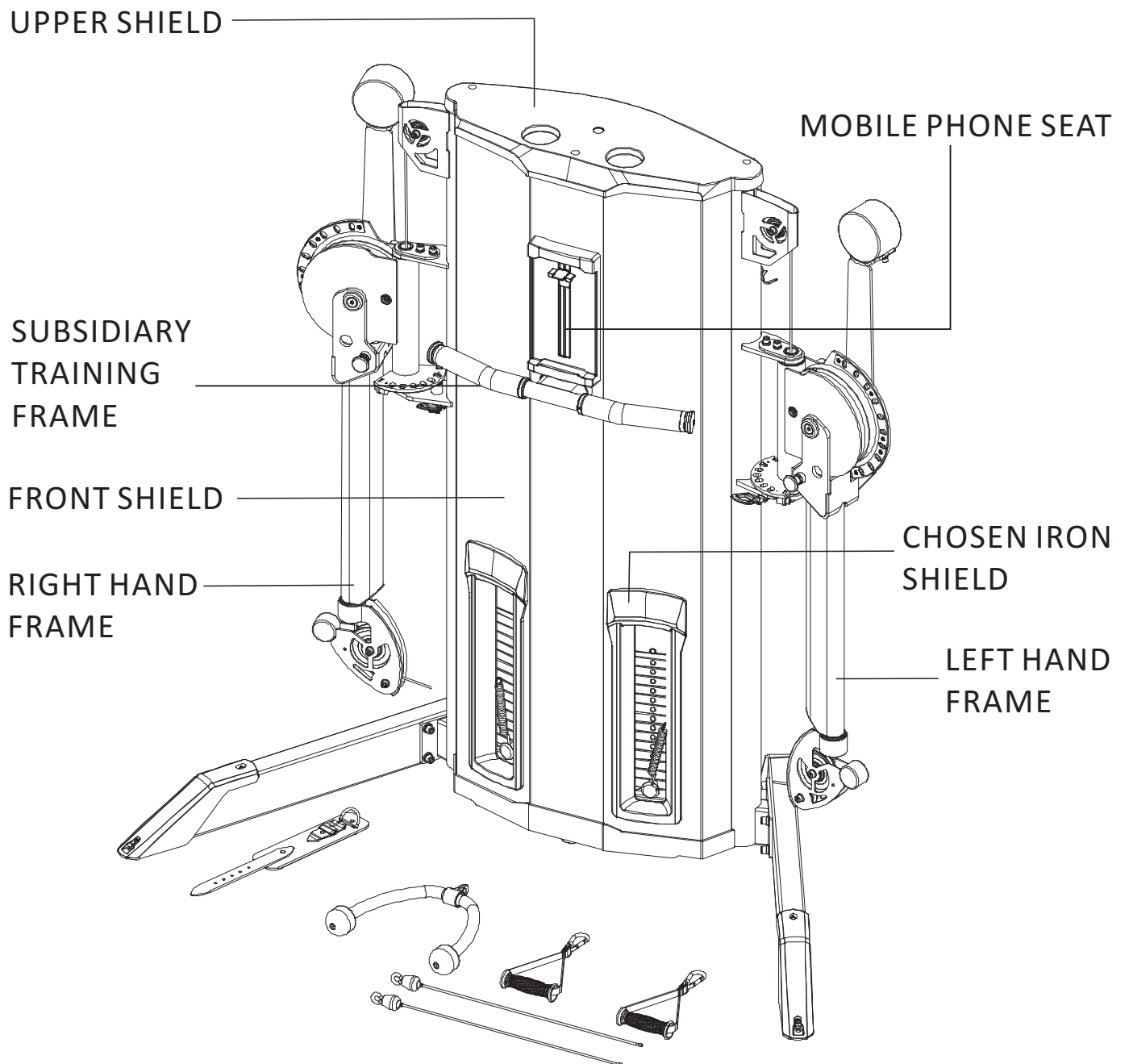
1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware 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.

Equipment Schematic



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

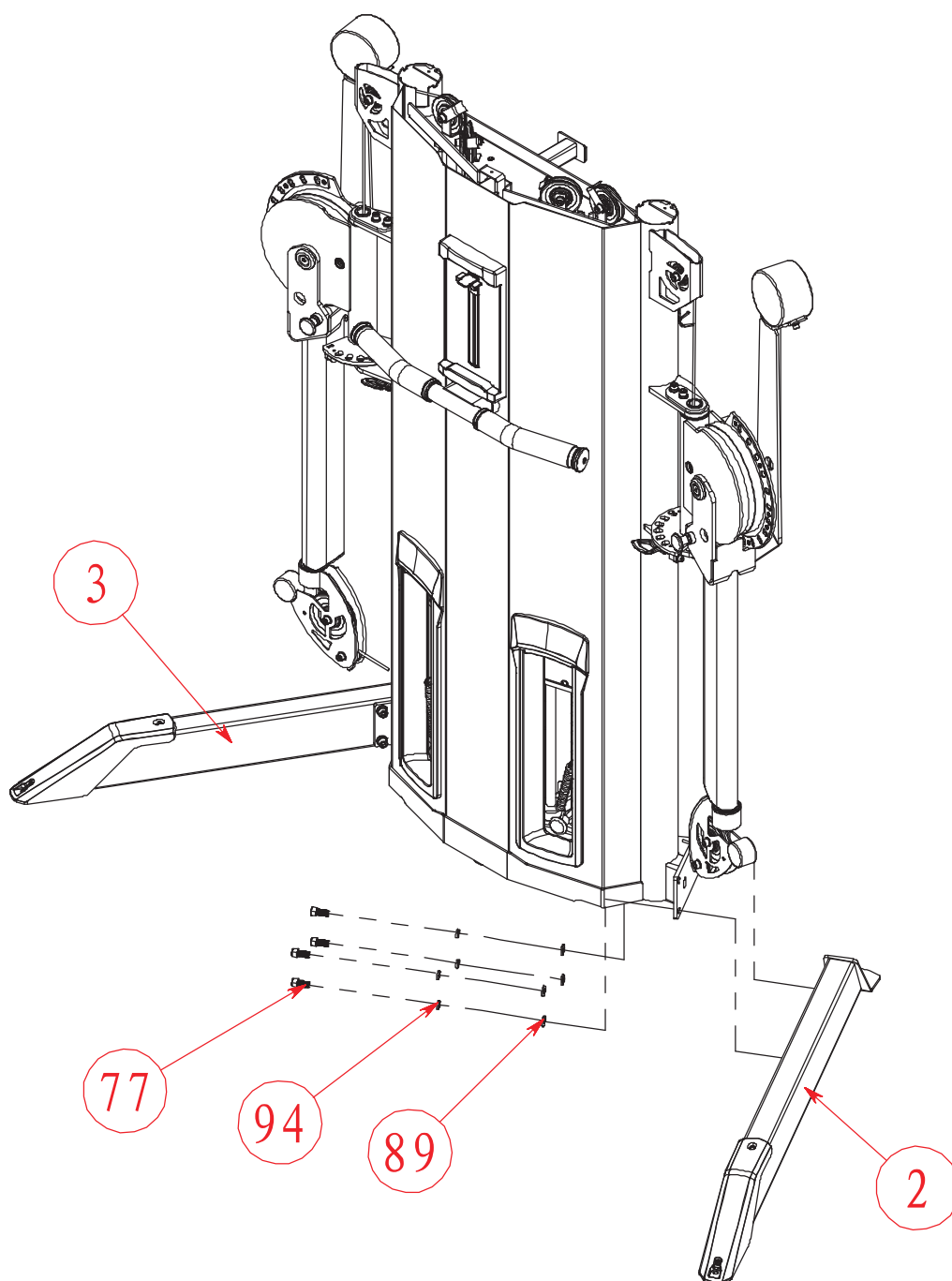
*One year: Bushings, Pivot bearings, guide rods, Weight plate, cams, swivel welding parts, Pull-pin components

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

*Three Months: upholstery

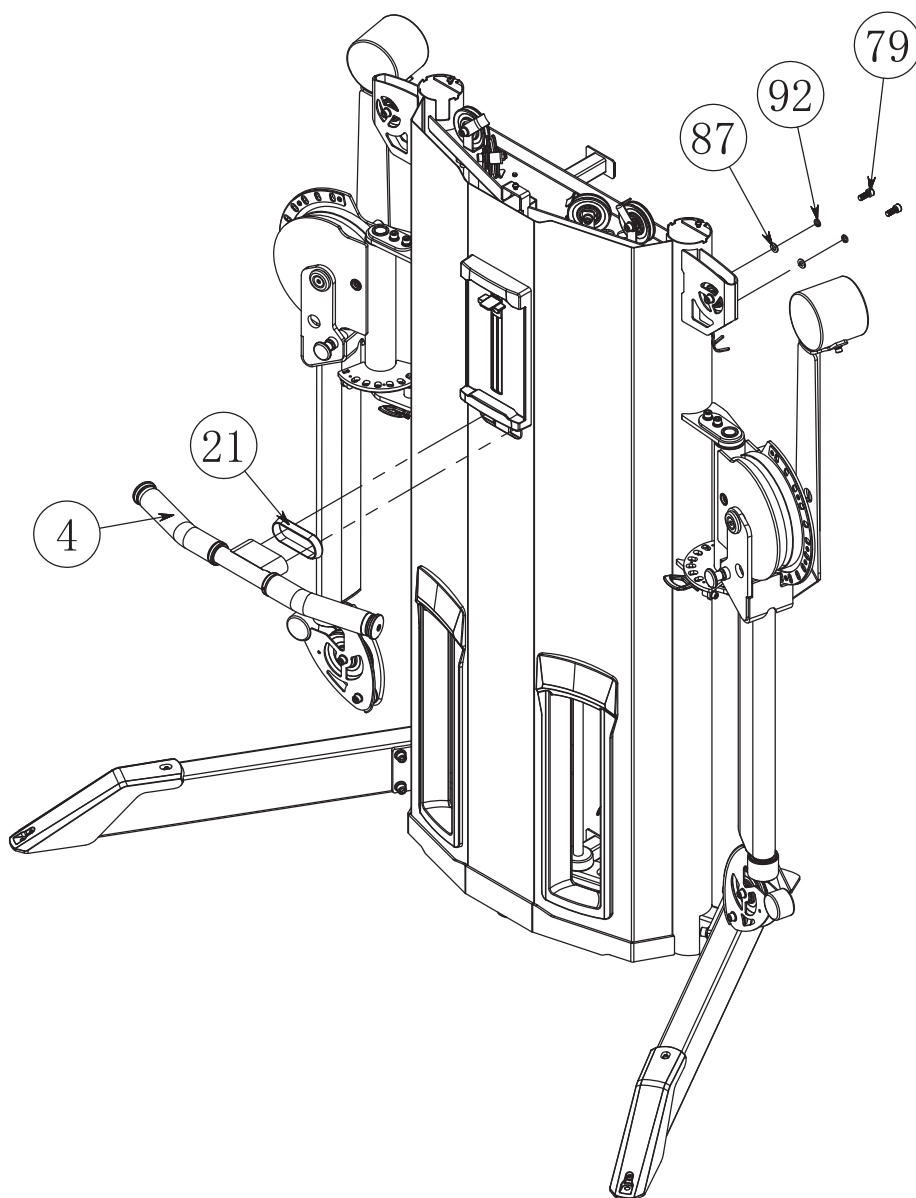
Assembly step1

STEP	NUMBER	NAME	SPECIFICATION	AMOUNT
1	2	RIGHT SUPPORT FRAME		1
	3	LEFT SUPPORT FRAME		1
	77	COLUMN INNER HEX BOLT	M12*25	8
	89	FLAT WASHER	Φ24*Φ13*2.5	8
	94	SPRING WASHER	M12	8



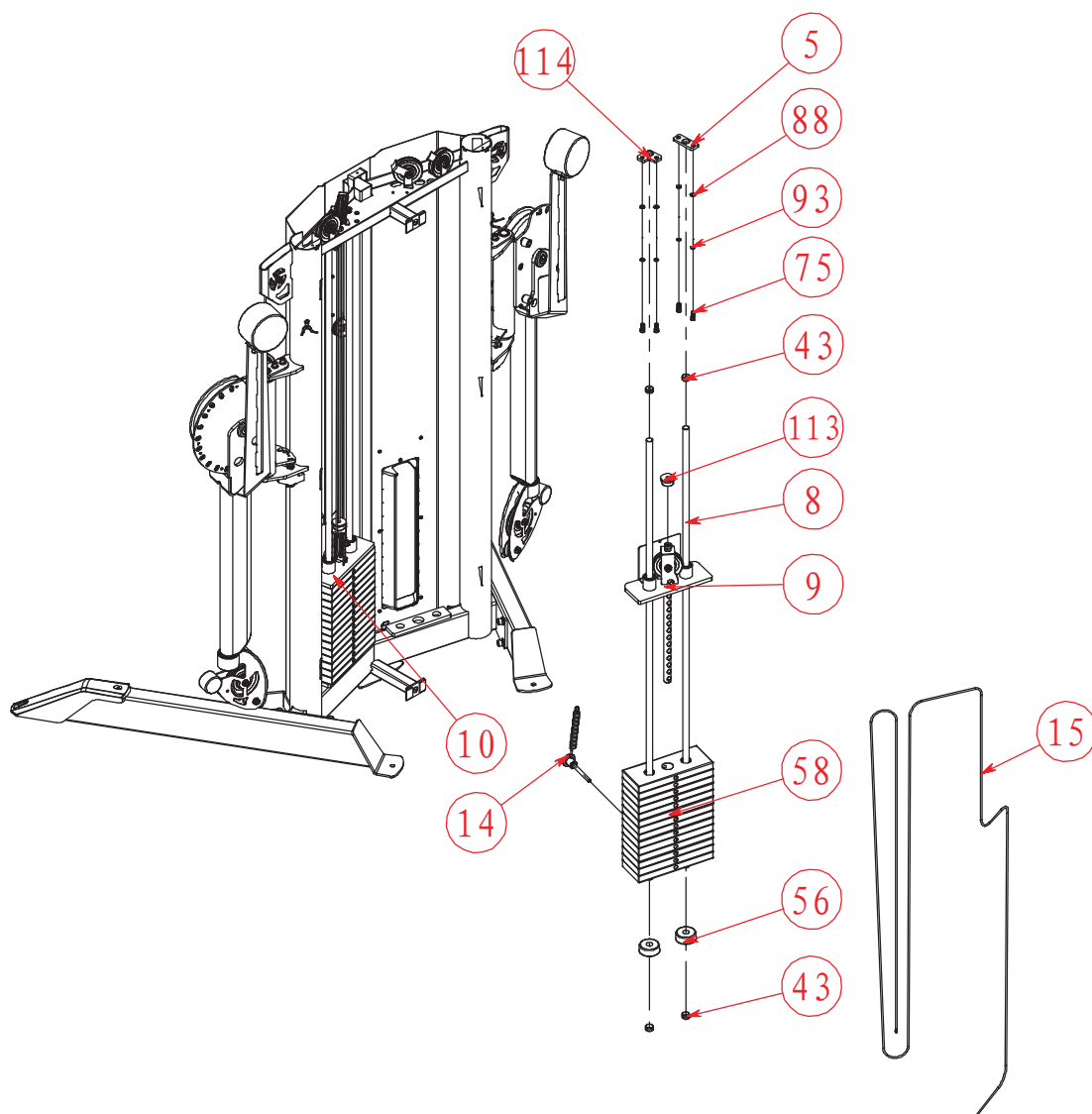
Assembly step 2

STEP	NUMBER	NAME	SPECIFICATION	AMOUNT
2	4	SUBSIDIARY TRAINING FRAME		1
	21	SPACER BUSH		1
	79	COLUMN INNER HEX BOLT	M10*25	2
	87	FLAT WASHER	Φ20*Φ10.5*2	2
	92	SPRING WASHER	M10	2



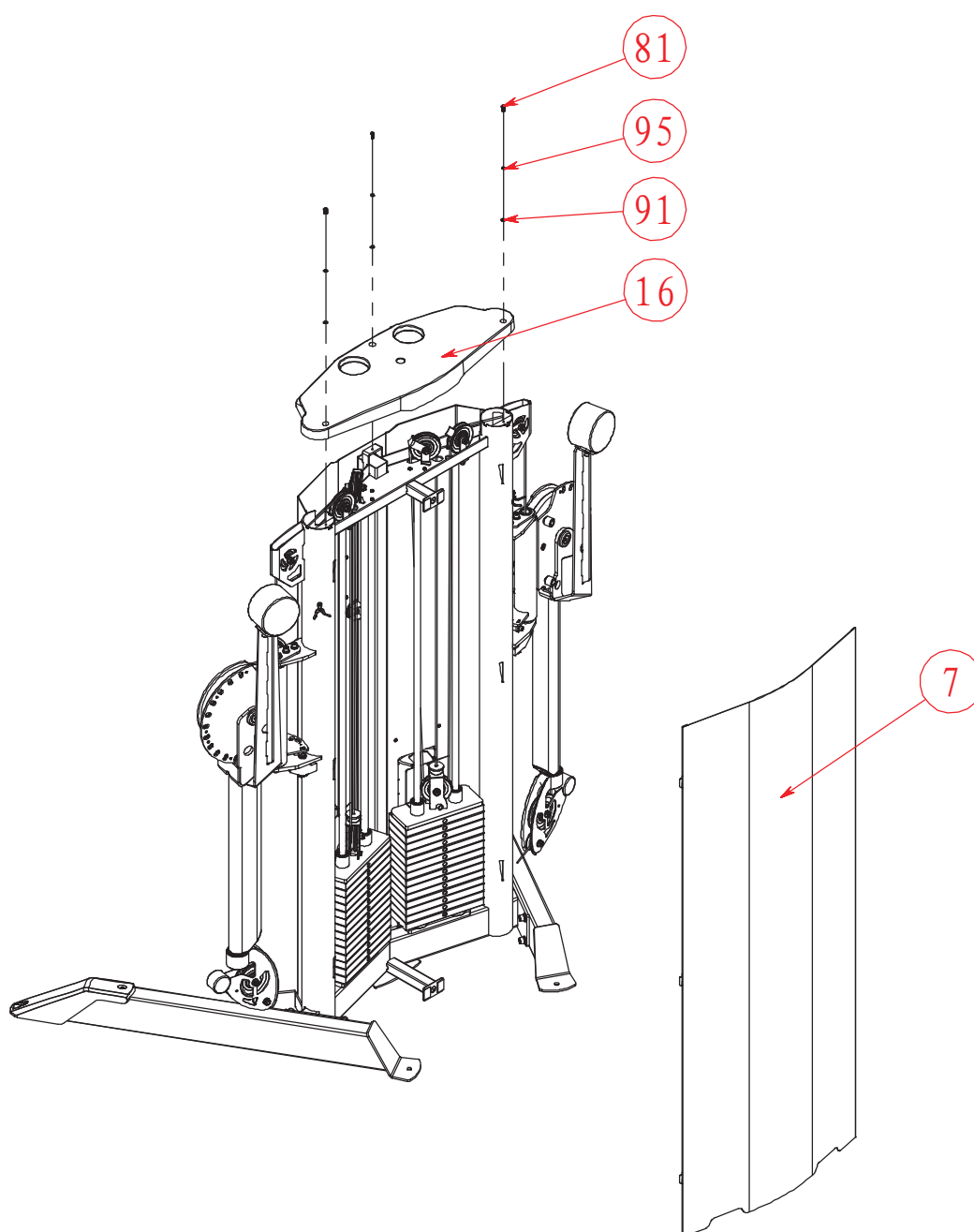
Assembly step 3

STEP	NUMBER	NAME	SPECIFICATION	AMOUNT
3	5	LIMITING ROD BOARD		2
	8	GUILDING ROD		4
	9	LEFT WEIGHT STACK PLATE		1
	10	RIGHT WEIGHT STACK PLATE		1
	14	PIN SETS		2
	15	CABLE SETS		2
	43	GUIDING ROD END CAP		8
	56	BUMPING PLATE		4
	58	10B CHOSEN IRON SETS		28
	75	COLUMN INNER HEX BOLT	M8*20	8
	88	FLAT WASHER	$\Phi 16*\Phi 8.4*1.6$	8
	93	SPRING WASHER	M8	8
	113	BUMPING PLATE	R-C-4003	2
	114	LIMITING ROD BOARD		2

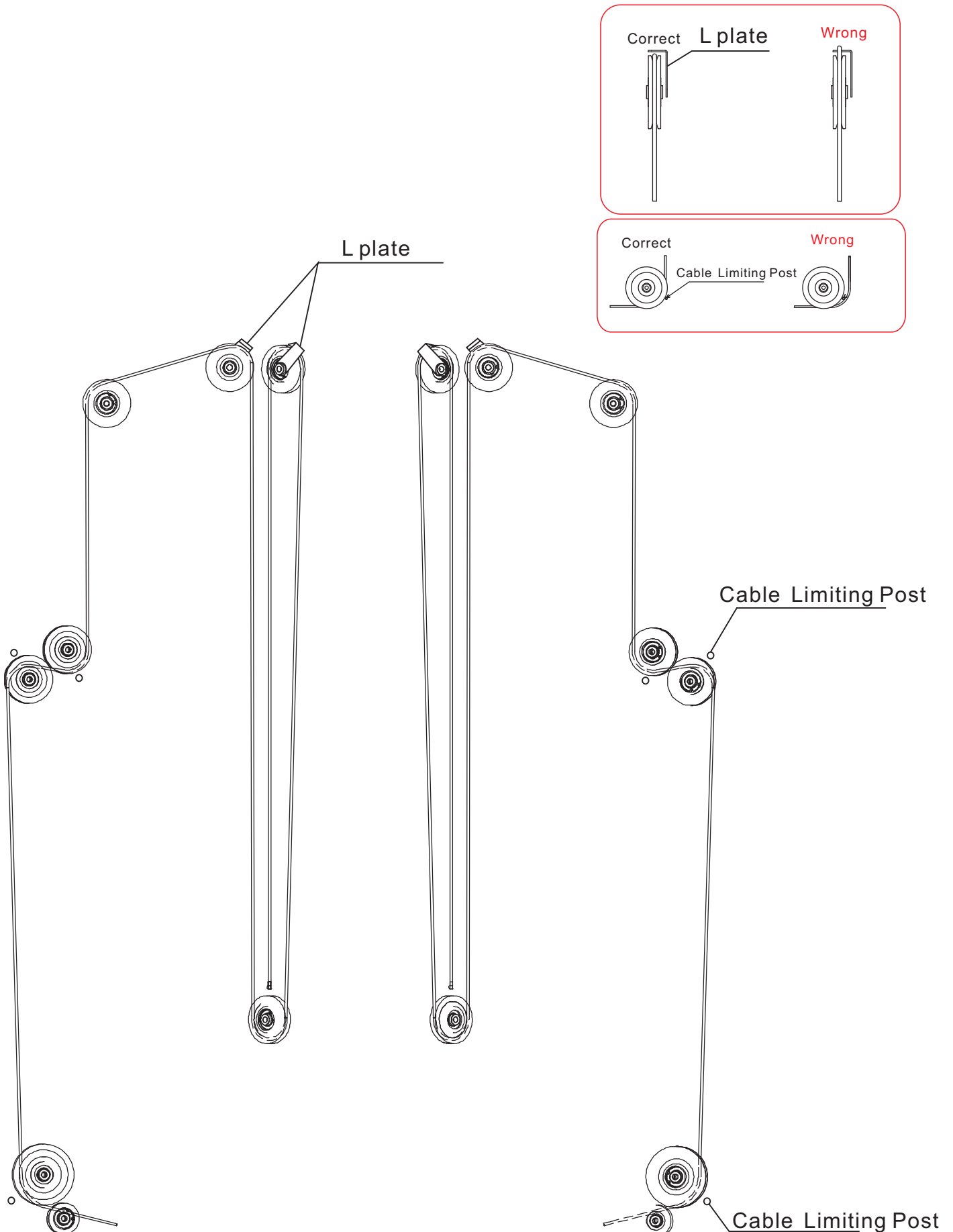


Assembly step 4

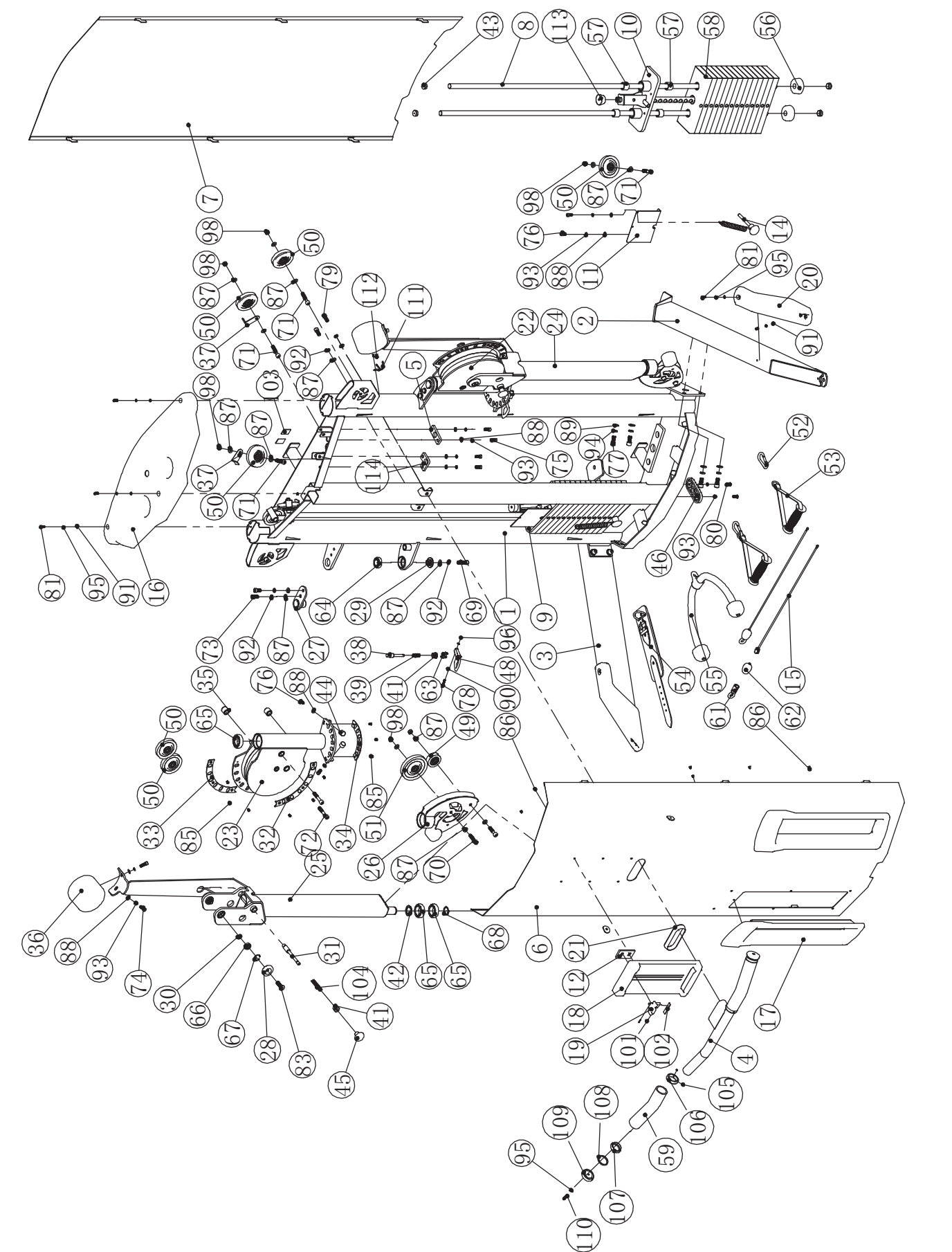
STEP	NUMBER	NAME	SPECIFICATION	AMOUNT
4	7	BACK SHIELD		1
	16	UPPER SHIELD		1
	81	Hexagon socket button head screw	M6*16	3
	91	FLAT WASHER	$\Phi 12 \times \Phi 6.4 \times 1.6$	3
	95	SPRING WASHER	M6	3



CABLE ROUTING DIAGRAM



Exploded View



Exploded List

No.	Description	Specifications	Qty
1	MAIN FRAME		1
2	RIGHT SUPPORT FRAME		1
3	LEFT SUPPORT FRAME		1
4	SUBSIDIARY TRAINING FRAME		1
5	LIMITING ROD BOARD		2
6	FRONT SHIELD		1
7	BACK SDHIELD		1
8	GUILDING ROD		4
9	LEFT WEIGHT STACK PLATE		1
10	RIGHT WEIGHT STACK PLATE		1
11	BAFFLE		2
12	RECTANGLE BOARD		1
13			
14	PIN SETS		2
15	CABLE SETS		2
16	UPPER SHIELD		1
17	CHOSEN IRON IRON SHIELD		2
18	MOBILE PHONESEAT		1
19	MOBILE PHONE FIXED SEAT		1
20	PEDAL		2
21	SPACER BUSH		1
22	RIGHT ADJUSTABLE FRAME		1
23	LEFT ADJUSTABLE FRAME		1
24	RIGHT ROTARY HAND		1
25	LEFT ROTARY HAND		1
26	ROTARY FRAME		2
27	FIXED FRAME		2
28	END CAP		4
29	FIXED COVER		2
30	SPACER BUSH		4
31	ADJUSTABLE COLUMN		2
32	LEFT ANTI-SKID BOARD		2
33	RIGHT ANTI-SKID BOARD		2
34	ANTI-SKID BOARD		2
35	LIMITING COVER		4
36	BALANCE IRON		2
37	BEARING BAFFLE		2
38	ADJUSTABLE COLUMN		2
39	SPRING		2
40			
41	M20 NUT		4
42	STOP COLLAR		2

Exploded List

No.	Description	Specifications	Qty
43	GUIDING ROD END CAP		8
44	ROUND LIMITING PLATE		4
45	PULL HANDLE ROTARY BUTTON		2
46	GROUND PLATE		1
47	ENCAPSULATE SUPPORT		2
48	ADJUSTABLE HANDLE		2
49	ALUMINIUM BEARING SETS		2
50	ALUMINIUM BEARING SETS		10
51	ALUMINIUM BEARING SETS		2
52	CALABASH HOOK		2
53	PULL SETS		2
54	FOOT COVER SETS		1
55	BACK PULL SETS		1
56	BUMPING PLATE		4
57	SLIDING COVER		8
58	10B CHOSEN IRON SETS		28
59	HOLE HANDLE COVER		2
60			
61	FLY RING SETS		2
62	HOOK COVER		2
63	ROLLING CONNECT HEAD		2
64	DEEP GROOVE BALL BEARING	6004-2Z	2
65	DEEP GROOVE BALL BEARING	6006-2Z	6
66	DEEP GROOVE BALL BEARING	6001-2Z	4
67	HOLE ELASTIC COLLAR	D0-28	4
68	ELASTIC COLLAR	D0-30	2
69	COLUMN INNER HEX BOLT	M10*40	2
70	COLUMN INNER HEX BOLT	M10*45	4
71	COLUMN INNER HEX BOLT	M10*50	6
72	COLUMN INNER HEX BOLT	M10*60	4
73	COLUMN INNER HEX BOLT	M10*20	4
74	COLUMN INNER HEX BOLT	M8*25	4
75	COLUMN INNER HEX BOLT	M8*20	8
76	COLUMN INNER HEX BOLT	M8*16	8
77	COLUMN INNER HEX BOLT	M12*25	8
78	COLUMN INNER HEX BOLT	M5*30	2
79	COLUMN INNER HEX BOLT	M10*25	2
80	Hexagon socket button head screw	M8*20	2
81	Hexagon socket button head screw	M6*16	7
82			
83	PLATFORM INNER HEX BOLT	M12*40	4
84			

Exploded List

No.	Description	Specifications	Qty
85	Cross Flat Head Bolt	M5*10	18
86	cross recessed countersunk head screw	ST4.2*9.5	20
87	FLAT WASHER	Φ20*Φ10.5*2	28
88	FLAT WASHER	Φ16*Φ8.4*1.6	20
89	FLAT WASHER	Φ24*Φ13*2.5	8
90	FLAT WASHER	Φ10*Φ5.3*1	4
91	FLAT WASHER	Φ12*Φ6.4*1.6	7
92	SPRING WASHER	M10	8
93	SPRING WASHER	M8	18
94	SPRING WASHER	M12	8
95	SPRING WASHER	M6	7
96	NYLON NUT	M5	2
97			
98	NYLON NUT	M10	10
99			
100			
101	Elastic cylindrical pin	2.5*16	2
102	One side rubber pad	55*12*3	1
103	One side rubber pad	35*25*3	4
104	Spring		2
105	Inner Hexagon Pyramid Set Screw	M5*5	4
106	Aluminum Baffle Ring	R-B-2209	2
107	Aluminum Loop	R-B-2208	2
108	Elastic Loop	R-C-2618	2
109	Aluminum End Cap	R-B-2207	2
110	COLUMN INNER HEX BOLT	M6*25	2
111	Dual hook		2
112	Cross Flat Head Bolt	M4*10	4
113	BUMPING PLATE	R-C-4003	2
114	LIMITING ROD BOARD		2
115			
116			
117			
118			
119			
120			
121			
122			
123			
124			
125			
126			

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.

