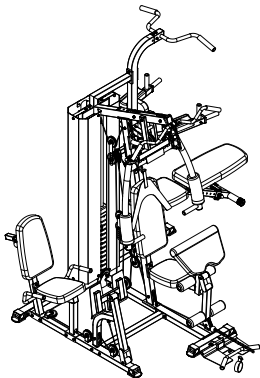


# Installation and Operation Manual

## Deluxe Integrated Training Machine

# KH 325



## Catalogue

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**Please keep this instruction manual properly for reference in the future.**

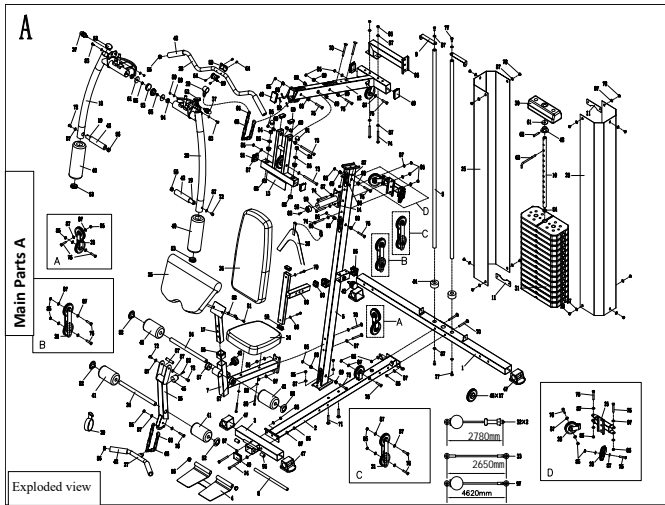
### **Precautions**

Although the training equipment has taken the safety precautions into consideration as much as possible during the design and manufacturing process, there are still some safety precautions which need to be observed during the operation. Please read the instruction manual carefully before assembling and using the training equipment, especially the following safety precautions:

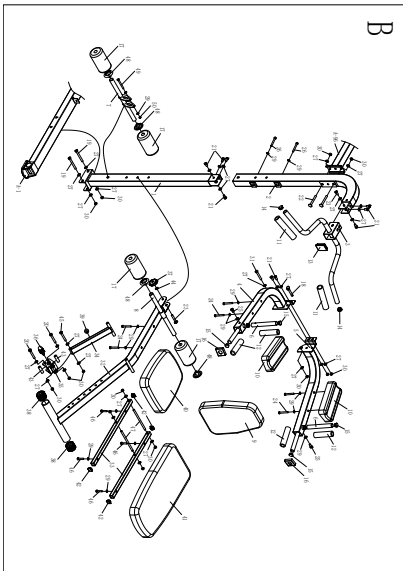
1. Keep children, pets, etc. away from the training equipment, and don't allow unattended children to stay alone in the room where the training equipment is placed.
2. The training equipment can only be used by one person at a time.
3. If the user feels dizziness, nausea, chest tightness or has other uncomfortable symptoms, stop using the training equipment immediately and see a doctor immediately.
4. The training equipment shall be placed on a clean and flat surface. The training equipment shall not be used near the water or outdoors.
5. When using the training equipment, keep hands away from any transmission parts.
6. When using the training equipment for training, the dress shall be suitable for training. Don't wear loose or other types of clothes that may be stuck during the training process. It is also recommended to wear sports shoes or healthcare shoes as much as possible during the training process.
7. In the process of using the training equipment, users can only do in the manner described in the operating instructions, and it is forbidden to use the training methods which are not mentioned in the operating instructions for training.
8. Avoid placing any objects with sharp parts around the training equipment.
9. Any disabled person is not allowed to use the training equipment without the supervision of the training partners or nursing staff.
10. Before training, it is usually required to warm up by doing various stretching exercises.
11. If the training equipment has abnormal functions, it is forbidden to use it.
12. In the process of training, the training records require to be made at any time.
13. The training equipment is not suitable for use as medical equipment.
14. The maximum user weight of this product is 120kg.

### **.Warning:**

You must consult a doctor before training. This is especially important for users who are over 35 years old or who have medical history. Before using any fitness equipment, you must carefully read all the instructions for use and operation. The company will not bear any responsibility for injuries caused by your own reasons.



## Attachment B





## Parts list

### Main Parts A

Serial number	Name and specification	Quantity	Serial number	Name and specification	Quantity
1	Rear bottom pipe assembly	1	51	50 internal plug of the square tube	2
2	Ground pipe assembly	1	52	25 circular tube plug	4
3	Front ground pipe assembly	1	53	50 internal plug of the round tube	6
4	Pedal	1	54	spheroidal internal plug of the round tube	1
5	Counterweight guide rod weldment	2	55	Bushing between pipes	3
6	Front inclined tube assembly	1	56	25 internal plug of the round tube	8
7	Front bottom frame support pipe assembly	1	57	Plastic shaft sleeve	2
8	Limit tube	1	58	Push-forward cushion	1
9	Shield connecting plate1	2	59	Circular tube shaft sleeve	4
10	Weight lever assembly	1	60	38 internal plug of the square tube	1
11	Shield connecting plate2	2	61	Adjusting rod flat pad	3
12	Carrying bar assembly	1	62	Straight pin	1
13	Cantilever assembly	1	63	L-shaped inserted pin	1
14	Limit tube assembly	1	64	Self-plugging rivet	4
15	U-shaped seat connecting pipe assembly	1	65	Lock catch	5
16	leg-lifting assembly	1	66	Eight-ring chain	2
17	Rubber grip assembly for hands	1	67	Rotation shaft	1
18	Right swing arm assembly	1	68	Pulley pressing sleeve (big)	4
19	Front push handlebar assembly	2	69	Pulley pressing sleeve (small)	16
20	Left swing arm assembly	1	70	Pan head square neck bolt (M10*90)	6
21	Pulley connecting plate	2	71	Pan head square neck bolt (M10*65)	2
22	Double U-shaped seat weldment	1	72	Hexagon socket pan-headed bolt	4

				(M10*20)	
23	Rotating U seat	1	73	Hexagonal bolt (M10*135)	2
24	sponge holder tube	2	74	Hexagonal bolt (M10*90)	4
25	Iron net protection cover	2	75	Hexagonal bolt (M10*65)	8
26	High handlebar tube assembly	1	76	Hexagonal bolt (M10*45)	10
27	high-pulling handlebar assembly	1	77	Hexagonal bolt (M10*20)	4
28	Swing arm U-shaped seat assembly	2	78	Hexagon socket pan-headed bolt (M10*12)	12
29	high-pulling bushing weldment	1	79	Hexagonal bolt M8*40	2
30	Counter weight head	1	80	Hexagonal bolt (M8*65)	2
31	Clump weight	11	81	Hexagonal bolt (M8*15)	2
32	high-pulling wire rope assembly(2780mm)	3	82	Cross recessed pan head screws (M6*20)	2
33	Butterfly arm wire rope assembly (2650mm)	1	83	Hexagonal bolt M8*25	2
34	Seat cushion components	1	84	Jam nut(M16)	2
35	Backrest cushion components	1	85	Jam nut(M10)	37
36	Hand pad component	1	86	Big flat pad (Φ16)	2
37	Small spring pin rotary knob	2	87	Flat pad (Φ10)	70
38	Training rope assembly	1	88	Flat pad (Φ8)	10
39	Round adhesive tape components	1	89	Jam nutM8	2
40	Big sponge holder	2	90	Hexagonal bolt (M10*95)	1
41	sponge holder	4	91	Nut cover (M16)	2
42	Sponge grip	6	92	high-pulling PVC sleeve	2
43	Spring pin rotary knob	2	93	Cushion adjustment tube	1
44	Shock pad	2	94	Spacer bush	2
45	leg-lifting blotter	1	95	PVC gum cover	2
46	Pulley	17	96	Weldments for connection pipe jacking	1
47	Outer foot strap	4	97	Loaded leg press wire rope assembly(4620mm)	1
48	Counterweight head bushing	1			



49	50*70 internal plug of the rectangular tube				
50	25*50 internal plug of the rectangular tube				
<b>Tool</b>					
	Spanner 13#,14# and 17#	2		Hex wrenches 6#	2
	Special spanner	1			

<b>B Parts list</b>					
Serial number	Name and specification	Quantity	Serial number	Name and specification	Quantity
1	parallel bars' lower support frame	1	26	Hexagonal bolt (M8*95)	2
2	Parallel bars upper support frame	1	27	Flat pad (Φ10)	30
3	High-pulling handlebar assembly	1	28	N/A	
4	parallel bars' left armrest tube	1	29	Flat pad (Φ8)	16
5	parallel bars' right armrest tube	1	30	Jam nut ( M10)	14
6	Armrest standpipe	2	31	Hexagonal bolt ( M10*75)	1
7	Leg curling supporting frame	1	32	Dumbbell stool main frame	1
8	sponge holder tube	1	33	Backrest cushion tube	2
9	Backrest assembly	1	34	Adjusting pipe weldment	1
10	Rubber grip assembly for hands	2	35	Adjustable bracket	1
11	Handlebar grip (Φ28 tube)	2	36	Adjusting knob	1
12	Handlebar grip (Φ25 tube)	4	37	Torx knob nut	1
13	70*50 internal plug of the rectangular tube	1	38	Outer foot strap of round tube	2
14	internal plug of the round tube (Φ28 tube)	2	39	blotter	1
15	internal plug of the round tube (Φ25 tube)	6	40	Seat cushion	1
16	Hollow plug	2	41	Backrest cushion	1
17	sponge holder	4	42	25 internal plug of the square tube	4
18	Inserted pin with suspension loop	1	43	Spacer bush	2
19	Hexagonal bolt ( M10*95)	2	44	Big flat pad (Φ10)	11
20	Hexagonal bolt ( M10*70)	2	45	Hexagonal bolt ( M10*65)	1
21	Hexagonal bolt ( M10*20)	10	46	Hexagonal bolt (M8*40)	4
22	Pan head square neck bolt	2	47	Double-threaded screw ( M10*185)	2

	( M10*90)				
23	Pan head square neck bolt ( M10*70)	1	48	25 circular tube plug	4
24	Hexagonal bolt (M8*65)	6	49	Hexagonal bolt (M8*80)	1
25	Hexagonal bolt (M8*25)	2	50	Jam nut ( M8 )	1
<b>C Parts list</b>					
1	leg curling bottom tube weldment	1	20	Rotation shaft	2
2	Connection pipe weldment	1	21	Pulley pressing sleeve ( small )	2
3	Pulley frame	1	22	Hexagonal bolt (M10*95)	4
4	Backrest cushion frame	1	23	Hexagonal bolt (M10*90)	8
5	Seat cushion frame	1	24	Hexagonal bolt (M10*70)	4
6	Right arm-rest frame	1	25	Hexagonal bolt (M10*65)	1
7	Left arm-rest frame	1	26	Hexagonal bolt (M10*45)	4
8	leg-lifting frame	1	27	Hexagon socket pan-headed bolt (M10*20)	5
9	Pedal frame	1	28	Cross recessed pan head screws (M6*20)	2
10	Seat cushion assembly	1	29	Hexagonal bolt (M8*65)	2
11	Backrest cushion assembly	1	30	Flat pad (Φ10)	46
12	Pulley assembly	5	31	Jam nut ( M10 )	22
13	Outer foot strap ( 50*70tube )	1	32	Flat pad (Φ8)	4
14	Plastic shaft sleeve	4	33	backrest cushion adjustable bracket	1
15	50 internal plug of the square tube	1	34	Flexible knob	1
16	25*50 internal plug of the rectangular tube	7	35	50Bushing between pipes	2
17	internal plug of the round tube ( Φ25 tube )	2	36	38 internal plug of the square tube	1
18	Handlebar grip ( Φ25 tube )	2	37	Hexagonal bolt (M8*40)	2
19	blotter	2			

# Installation steps

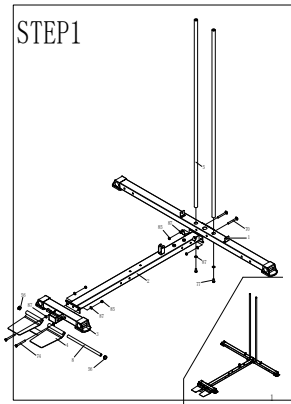
## Installation steps of main part A

**IMPORTANT:** Please check whether all the accessories are complete after opening the carton.

**Remarks:** During the assembly process, it is best to assemble the product by two or more people together so as to avoid injury during the assembly process.

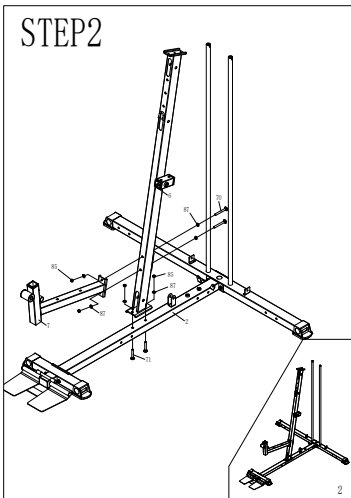
### Step 1

1. Place the rear bottom pipe assembly (1) and the ground pipe assembly (2) in accordance with the picture, and use M10\*90 pan head square neck bolts (70),  $\Phi 10$  flat pad (87) and M10 jam nut (85) to fasten them tightly.
2. Insert the counterweight guide rod weldment (5) into the corresponding hole of the rear bottom pipe assembly (1), and then use M10\*20 hexagonal bolt (77) and  $\Phi 10$  flat pad (87) to fasten tightly from the bottom.
3. Place the ground pipe assembly (2) and the front ground pipe assembly (3) in accordance with the picture, and use M10\*90 Hexagonal bolt (74),  $\Phi 10$  flat pad (87) and M10 jam nut (85) to fasten them tightly.
4. Use the limit tube (8) to pass through the pedal (4) and fix it on the front ground pipe assembly (3) in accordance with the picture, and then use the 25 internal plug of the round tube (56) to cover both ends of the limit tube (8).



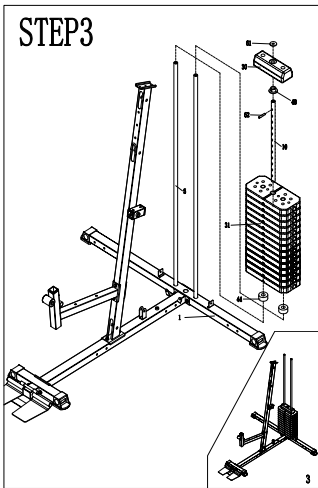
## Step 2

1. Place the front inclined pipe assembly (6) on the assembled ground pipe assembly (2) in accordance with the picture, use M10\*65 pan head square neck bolts (71),  $\Phi 10$  flat pads (87) and M10 jam nut (85) to fasten them tightly. 2. Put the front bottom frame support pipe assemble (7) and the front inclined tube assembly (6) in accordance with the picture, and use M10\*90 pan head square neck bolts (70),  $\Phi 10$  flat pads (87) and jam nut (85) to fasten them tightly.



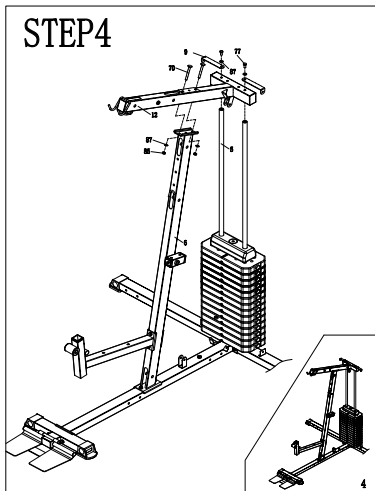
### Step 3

1. First install the shock pad (44) and clump weight (31) into the counterweight guide rod weldment (5) in accordance with the picture; then insert them in the direction in accordance with the picture, and pass the straight pin (62) through the Counterweight head bushing (48) and the first hole of the weight lever assembly (10) (counting from top to bottom), and then install the counter weight head (30); finally, place the adjusting rod flat pad (61) in the position.



## Step 4

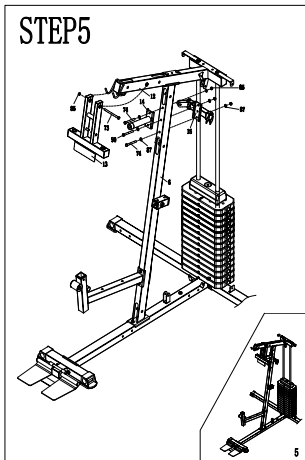
1. Align the holes on the horizontal tube on the carrying bar assembly (12) with the counterweight guide rod weldment (5) and assemble; then use M10\*20 hexagonal bolt (77),  $\Phi$ 10 flat pads (87) and shield connecting plate 1 (9) to fasten from the top, but not fasten tightly temporarily; then align the holes of the carrying bar assembly (12) and the front inclined pipe assembly (6) in accordance with the picture, and use M10\*90 pan head square neck bolts (70),  $\Phi$ 10 flat pad (87) and M10 jam nut (85) to tighten them.



## Step 5

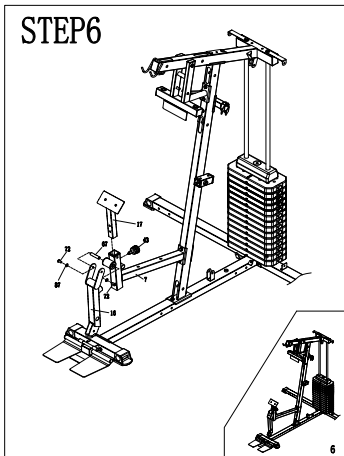
1. Place the limit pipe assembly (14), front inclined pipe assembly (6), U-shaped seat connecting pipe assembly (15) in accordance with the picture, and use M10\*95 hexagonal bolts (90), M10\*90 hexagonal bolt (74),  $\Phi$ 10 flat pad (87) and M10 jam nut (85) to tighten it.

2. Assemble the cantilever assembly (13) and the carrying bar assembly (12) into the the corresponding holes in accordance with the picture, and fasten them with M10\*135 hexagonal bolts (73) and M10 jam nuts (85).



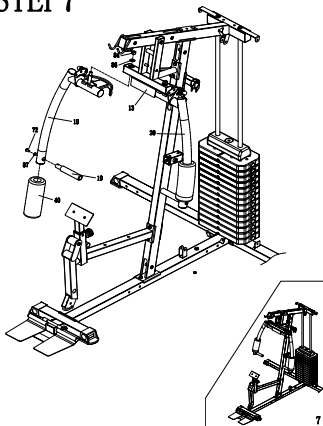
## Step 6

1. Insert the rotation shaft (67) into the front bottom frame support pipe assemble (7) in accordance with the picture, and then align the leg-lifting assembly (16) with the front bottom frame support pipe assemble (7) in accordance with the picture, and use M10 \*20 hexagon socket pan-headed bolts (72) and  $\Phi$ 10 flat pad (87) to fasten tightly.
2. Insert the rubber grip assembly for hands (17) into the front bottom frame support pipe assembly (7) in accordance with the picture, and fasten them with the spring pin rotary knob (43).





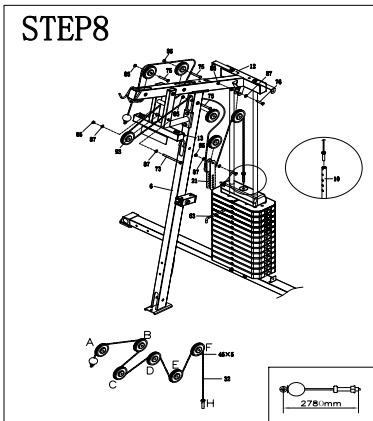
# STEP 7



## Step 8

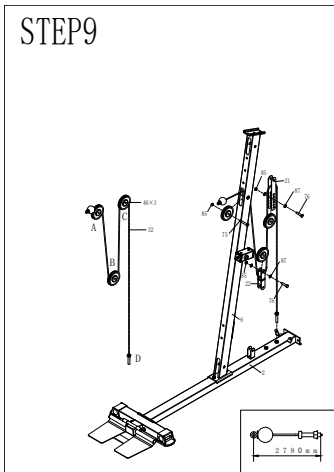
1. Take the wire ropes (32) and place them as shown in the picture. Assemble them in the sequence shown in the picture.

2. The assembly methods of pulleys A, B and D are the same, which are as shown in the picture. The sequence is M10\*65 hexagonal bolt (75), pulley assembly (46), M10 jam nut (85); 3. As shown in picture C, the sequence is M10\*135 hexagonal bolts (73),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87), M10 jam nut (85), which are fixed on the cantilever assembly (13); 4. As shown in the picture E, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21),  $\Phi$ 10 flat pad (87), M10 jam nut (85); 5. As shown in picture F, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87), M10 jam nut (85), which are fixed on the carrying bar assembly (12); 6. As shown in picture H, finally fasten tightly the other end of the wire rope (32) on the weight lever assembly (10), and insert the L-shaped inserted pin (63) into the clump weight



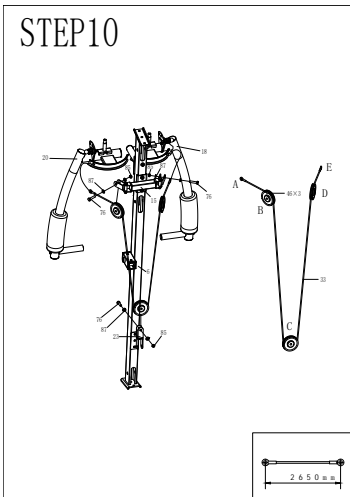
## Step 9

1. Take the wire ropes (32), place them as shown in the picture, and assemble them in the order shown in the picture.
2. As shown in picture A, the sequence is M10\*65 hexagonal bolt (75), pulley assembly (46), M10 jam nut (85), which are fixed in the front inclined pipe assembly (6);
3. As shown in picture B, the sequence is M10\*45 hexagonal bolts (76),  $\Phi 10$  flat pad (87), pulley assembly (46),  $\Phi 10$  flat pad (87), and M10 jam nut (85), which are fixed on the double U-shaped seat weldment (22).
4. As shown in picture C, the sequence is M10\*45 hexagonal bolt (76),  $\Phi 10$  flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21),  $\Phi 10$  flat pad (87) and the M10 jam nut (85);
5. Finally, fasten the other end of the wire rope (32) tightly on the ground pipe assembly (2).



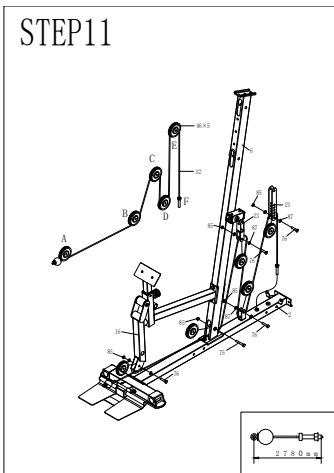
## Step 10

1. Take the butterfly arm wire ropes (33), place them as shown in the picture, and assemble them in the sequence shown in the picture;
2. As shown in pictures A and E, hang both ends of the wire rope (33) in the right swing arm assembly (18) and left swing arm assembly (20);
3. As shown in picture B and D, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87), and M10 jam nut (85), which are fixed in U-shaped seat connecting pipe assembly(15);
4. As shown in picture C, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87), and M10 jam nut (85), which are fixed on the rotating U seat ( 23).



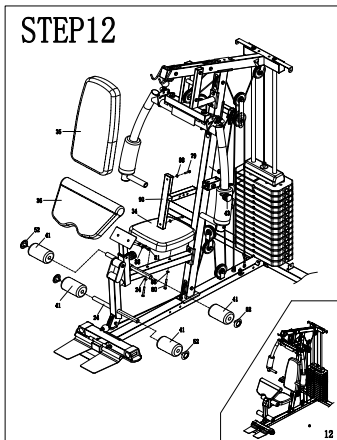
## Step11

1. Take the wire ropes (32), place them as shown in the picture, and assemble them in the sequence shown in the picture;
2. As shown in picture A, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87) and M10 jam nut (85), which are fixed on the leg-lifting assembly (16);
3. As shown in picture B, the sequence is M10\*65 hexagonal bolt (75), pulley assembly (46) and M10 jam nut (85), which are fixed in the front inclined pipe assembly (6);
4. As shown in picture C, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87), and M10 jam nut (85), which are fixed on the rotating U seat (23)
5. As shown in picture D, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87), and M10 jam nut (85), which are fixed on the ground pipe assembly(2);
6. As shown in picture E, the sequence is M10\*45 hexagonal bolt (76),  $\Phi$ 10 flat pad (87), pulley assembly (46),  $\Phi$ 10 flat pad (87) and M10 jam nut (85), which are fixed on the double U-shaped seat weldment (22);
7. As shown in picture F, finally lock the other end of the wire rope (32) to the ground pipe assembly (2).



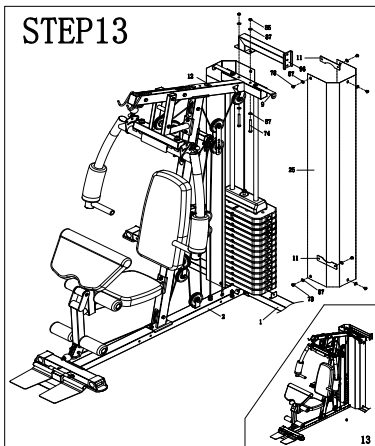
## Step 12

1. Take the backrest cushion component (35), fix it on the cushion adjustment tube (93) with M8\*40 hexagonal bolts (79) and  $\Phi 8$  flat pad (88) in accordance with the position in the picture, and then fix the cushion adjustment tube (93) and insert it into the front inclined pipe assembly (6), and finally fasten it tightly with the spring pin rotary knob (43);
2. Take the seat cushion (34), and use M8\*65 hexagonal bolts (80) and  $\Phi 8$  flat pad (88) in accordance with the position in the picture to fasten it tightly;
3. Take the hand pad (36) and fasten and fix it with M8\*15 hexagonal bolts (81) and  $\Phi 8$  flat pad (88) in accordance with the position in the picture;
4. After installing the 2PCS sponge stick tube (24) as shown in the picture, finally install the PVC gum cover (95) and sponge stick (41) on the sponge stick tube (24).



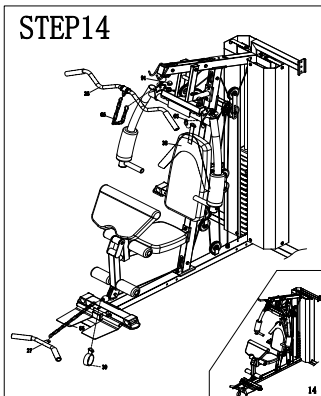
## Step13

1. Place the iron net protection cover (25) and the shield connecting plate2 (11) in accordance with the picture; fasten and fix them to the installed main part with M10\*10 hexagon socket pan-headed bolts (78) and  $\Phi 10$  flat pads (87).



## Step14

1. Assemble the high handlebar tube assembly (26), eight-ring chain (66), lock catch (65), low-pulling handlebar assembly (27), training rope assembly (38), and nut cover (91) as shown in the picture; put the round adhesive tape components (39).
2. After the assembly is completed, check whether the screws are are fastened and fixed tightly.



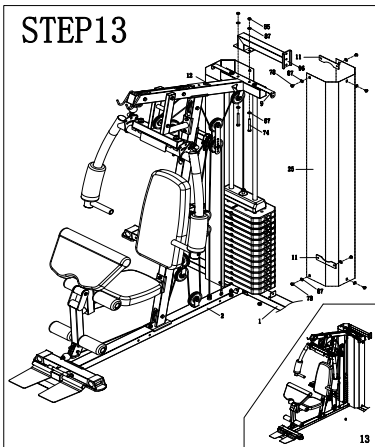


## Installation steps of attachment section B

### Step13

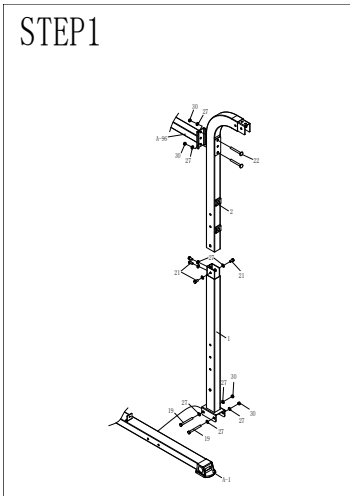
Note: Before you assemble Attachment B, you need to reassemble the body step 13

1. Place the weldments for connection pipe jacking (96) and carrying bar assembly (12) in accordance with the picture; use M10\*90 Hexagonal bolt (74),  $\Phi$ 10 flat pads (87) and M10 jam nuts (85) to put them tightened and fixed; 2. Place the iron net protection cover (25) and the shield connecting plate2 (11) in accordance with the picture; fasten and fix them to the installed main part with M10\*10 hexagon socket pan-headed bolts (78) and  $\Phi$ 10 flat pads (87).



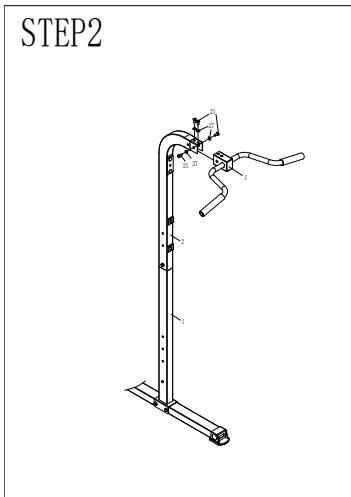
## Step 1

1. Place the parallel bars parallel bars' lower support frame (1) and the rear bottom tube assembly (A-1) in accordance with the picture, and use M10\*95 hexagonal bolts (19),  $\Phi$ 10 flat pads (27) and M10 jam nuts (30) to fasten them tightly.
2. Place the parallel bars' lower support frame (1) and parallel bars' upper support frame (2) in accordance with the picture, and fasten and fix them with M10\*20 hexagonal bolts (21) and  $\Phi$ 10 flat pads (27).
3. Place parallel bars' upper support frame (2) and the weldments for connection pipe jacking (A-96) in accordance with the picture, and use M10\*90 pan head square neck bolts (22),  $\Phi$ 10 flat pads (27) and M10 jam nuts (30) to fasten and fix them tightly.



## Step 2

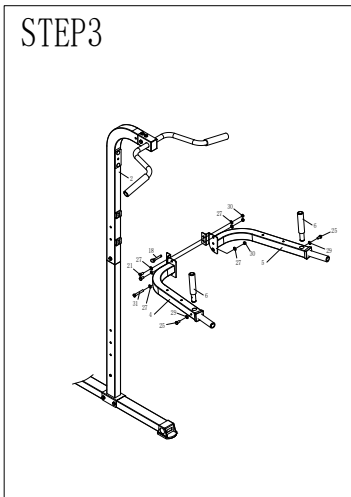
1. Place parallel bars' upper support frame (2) and high-pulling handlebar assembly (3) of the double pole in accordance with the picture, and fasten and fix them with M10\*20 hexagonal bolts (21) and  $\Phi$ 10 flat pads (27).



### Step3

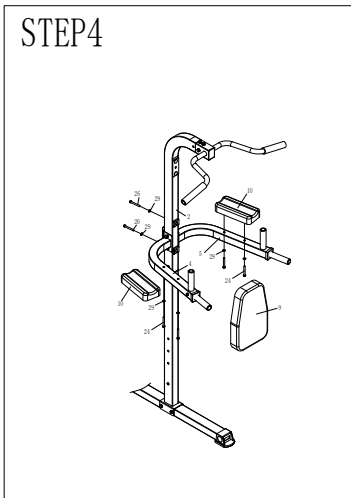
1. Place the parallel bars' left armrest tube (4), parallel bars' right armrest tube(5) and parallel bars' upper support frame (2) in accordance with the picture, and use M10\*75 hexagonal bolts (31), M10\*20 hexagonal bolts (21),  $\Phi 10$  flat pad (27) and M10 jam nut (30) to fasten and fix them, and finally assemble it with the inserted pin with suspension loop (18).

2. Place the armrest standpipe (6), parallel bars' left armrest pipe (4), and parallel bars' right armrest pipe (5) in accordance with the picture, and fasten and fix them with M8\*25 hexagonal bolts (25) and  $\Phi 8$  flat pads (29).



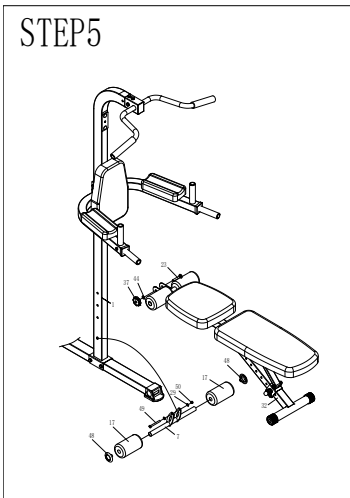
## Step 4

1. Align parallel bars' upper support frame (2) with the holes of the backrest assembly (9) in accordance with the picture, and then fasten and fix them with M8\*95 hexagonal bolts (26) and  $\Phi 8$  flat pads (29). 2. Align the parallel bars' left armrest tube (4) and parallel bars' right armrest tube(5) with the holes of the rubber grip assembly for hands (10) in accordance with the picture, and then use M8\*65 hexagonal bolts (24) and  $\Phi 8$  flat pads (29) to fasten and fix them.



## Step5

1. Place the assembled dumbbell stool main frame (32) and the parallel bars' lower support frame (1) in accordance with the picture, and use M10\*70 pan head square neck bolts (23),  $\Phi 10$  large flat pads (44) and torx knob nuts (37) to fasten and fix. 2. Assemble the leg curling supporting frame (7), the sponge stick(17) and the 25 circular tube plug (48) on the parallel bars' lower support frame in accordance with the picture.

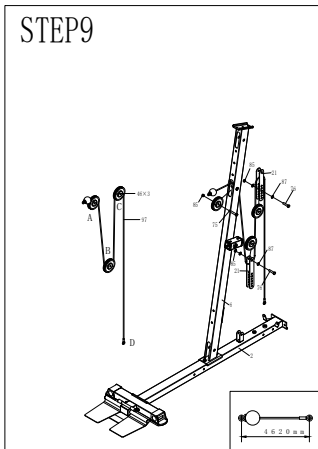


## Installation steps of attachment section C

### Step 9

Note: Before you assemble Attachment C, you need to reassemble the body step 9

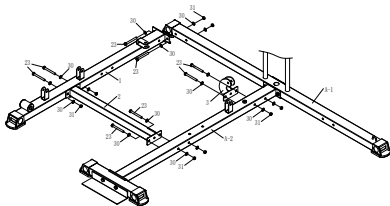
1. Take the wire ropes (97), place them as shown in the picture, and assemble them in the sequence shown in the picture.
2. As shown in picture A, the sequence is M10\*65 hexagonal bolts (75), pulley assembly (46), M10 jam nut (85) fixed in the front inclined pipe assembly (6).
3. As shown in picture B, the sequence is M10\*45 hexagonal bolts (76),  $\Phi 10$  flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21),  $\Phi 10$  flat pad (87) , and M10 jam nut (85);
4. As shown in picture C, the sequence is M10\*45 hexagonal bolt (76),  $\Phi 10$  flat pad (87), pulley connecting plate (21), pulley assembly (46), pulley connecting plate (21),  $\Phi 10$  flat pad (87) , and M10 jam nut (85).
5. As shown in picture D, refer to step 4 in the attachment C for installation of the loaded leg press wire rope assembly(4620mm) (97) on the accessory.



## Step 1

1. Place the leg curling bottom tube weldment (1) and the rear bottom pipe assembly (A-1) in accordance with the picture, use M10\*90 hexagonal bolts (23),  $\Phi$ 10 flat pads (30) and M10 jam nuts (31) ) to fasten and fix them tightly.
2. Put the leg curling bottom tube weldment (1) , the connecting pipe weldment (2), and the ground pipe assembly (A-2) in accordance with the picture, and use M10\*90 hexagonal bolts (23),  $\Phi$ 10 flat pads (30) and M10 jam nut (31) to tighten them.
3. Place the pulley frame (3) and the ground pipe assembly (A-2) in accordance with the picture, and use M10\*90 hexagonal bolts (23),  $\Phi$ 10 flat pads (30) and M10 jam nuts (31) to fasten and fix them tightly.

# STEP1

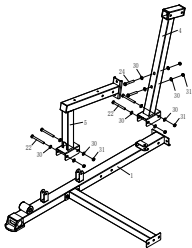




## Step 2

1. Put the leg curling bottom tube weldment (1) and the backrest cushion frame (4) in accordance with the picture, and fasten and fix them with M10\*95 hexagonal bolts (22),  $\Phi$ 10 flat pads (30) and M10 jam nuts (31).
2. Place the leg curling bottom tube weldment (1), the backrest cushion frame (4) and seat cushion frame (5) in accordance with the picture, and use M10\*95 hexagonal bolts (22), M10\*70 hexagonal bolts (24),  $\Phi$ 10 flat pad (30) and the M10 jam nut (31) to fasten and fix them tightly.

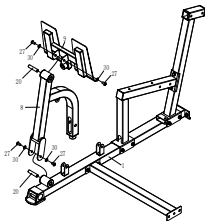
## STEP2



### Step 3

1. Insert the rotating shaft (20) into the leg curling bottom tube weldment (1) in accordance with the picture, and then align the leg-lifting frame (8) with the leg curling bottom tube weldment (1) in accordance with the picture, and use M10\*20 hexagon socket pan-headed bolt (27) and  $\Phi 10$  flat pad (30) to fasten and fix. 2. First insert the rotating shaft (20) into the leg-lifting frame (8) in accordance with the picture, then align the Pedal frame(9) with the leg-lifting frame (8) in accordance with the picture, and use M10\*20 hexagon socket pan head bolts (27) and  $\Phi 10$  flat pad (30) to fasten and fix.

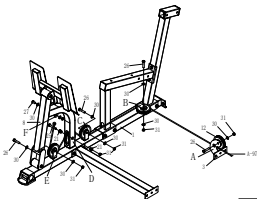
## STEP3



## Step4

1. Next, go on the assembly of the loaded leg press wire rope assembly (A-97) and do the job in the sequence shown in the picture;
2. As shown in picture A, the sequence is M10\*45 hexagonal bolts (26),  $\Phi$ 10 flat pad (30), pulley assembly (12),  $\Phi$ 10 flat pad (30), M10 jam nut (31), which are fixed on the pulley frame (3);
3. As shown in picture B, the sequence is M10\*45 hexagonal bolts (26),  $\Phi$ 10 flat pad (30), pulley assembly (12),  $\Phi$ 10 flat pad (30) and M10 jam nut (31), which are fixed on the leg curling bottom tube weldment (1);
4. As shown in picture C, the sequence is M10\*45 hexagonal bolt (26),  $\Phi$ 10 flat pad (30), pulley assembly (12),  $\Phi$ 10 flat pad (30), M10 jam nut (31), which are fixed on the leg curling bottom tube weldment(1);
5. As shown in picture D, the sequence is M10\*65 hexagonal bolt (25), pulley pressing sleeve (21), pulley assembly (12),  $\Phi$ 10 pulley pressing sleeve (21) and M10 jam nut (31), which are fixed on the leg-lifting frame (8);
6. As shown in picture E, the sequence is M10\*45 hexagonal bolts (26),  $\Phi$ 10 flat pad (30), pulley assembly (12),  $\Phi$ 10 flat pad (30) and M10 jam nut (31), which are fixed on the leg curling bottom tube weldment (1);
7. As shown in picture F, the sequence is M10\*20 hexagon socket pan-headed bolt (27),  $\Phi$ 10 flat pad (30), loaded leg press wire rope assembly (A-96),  $\Phi$ 10 flat pad (30) and M10 jam nut (31), which are fixed on the leg-lifting frame (8).

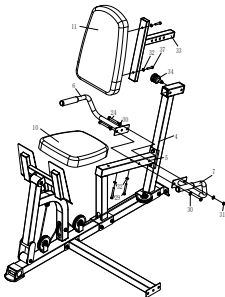
## STEP4



## Step 5

1. Place the seat cushion frame (5), the right arm-rest frame (6) and the left arm-rest frame (7) in accordance with the picture, and use M10\*70 hexagonal bolts (24),  $\Phi$ 10 flat pads (30) and M10 jam nuts (31) to fasten and fix them tightly. 2. Take the seat cushion assembly (10) and fasten and fix it with M8\*65 hexagonal bolts (29) and  $\Phi$ 8 flat pads (32) in accordance with the position in the picture; 3. Take the cushion assembly (11) and fix it on the backrest cushion adjustable bracket (33) with M8\*40 hexagonal bolts (37) and  $\Phi$ 8 flat pad (32) in accordance with the position in the picture; then install the installed backrest cushion adjustable bracket (33) and put it into the backrest cushion frame (4). Finally, fasten and fix it with the flexible knob (34).

## STEP5

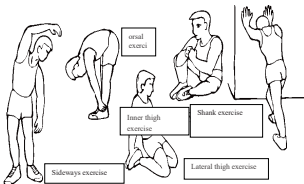


# Training instruction

In addition to the functions of enhancing physical fitness and building muscle, this product also plays a role in weight loss through a reasonable diet.

## Warm up before training

The warm-up exercise at this stage can enhance the blood circulation of the trainers' bodies and make the muscles reach a good training state, while reducing the risk of cramps or muscle damage during the process of training. Each time before training, please do the warm-up exercises in accordance with the following recommended training methods. Each kind of stretching exercise must be maintained for about 30 seconds. When doing exercises, you must be careful not to do intense stretching exercises to prevent muscle damage. Once the muscle is damaged, please stop exercising.



## Stage of training

This stage is a formal training stage, and after a long period of regular exercise you can improve the flexibility of the leg muscles. The key to the training process is to exercise with a stable training intensity in accordance with your own training situation. Choose a reasonable training intensity during the exercise and keep your heart rate within the target value range listed in the following table.

**Keep the heart rate within the corresponding target range for at least 12 minutes of training.**

**Most people continue training for 15-20 minutes at the beginning of training.**

### Recovery phase after training

During the recovery phase, repeat the activities in the preparation phase. During the process, you can appropriately reduce the amplitude and speed of the exercise. The time can last for about 5 minutes. You can adjust the body heat through exercise so as to relax the muscles. What should be noted is that vigorous stretching activities can't be done during exercise so as to avoid muscle damage.

In the case when you adapt yourself to training, you can gradually extend the training time and increase the training intensity. It is recommended to train at least 3 times a week, and record the average level of weekly exercise if possible.

# Directive drawing of training



**Seated rowing** (trapezius muscle)  
Install the "T-shaped" low-pulling handlebar assembly at the lower pulley, sit on the ground with your feet supporting the cross column, slightly bend your legs, and do the straightening movement of the waist while completing the elbow extension.



**Bent-knee training** (rectus abdominis)  
Install the low-pulling "T-shaped" handlebar assembly at the lower pulley. Lie flat on the ground, with your legs almost straight, and make your toes upward. Place the T-shaped handlebar assembly between your feet and lift your knees upwards, so that the handlebar assembly is as close as possible to your chest.



**Biceps training** (biceps-forearm muscles)  
Install the low-pulling T-shaped handlebar assembly at the pulley, grasp the T-handlebar assembly with both of your hands, stand up straight with your arms straight. Let your your postthachium close to your body and use your forearms to raise the handlebar assembly as much as possible.



**The biceps training** (biceps and forearm muscles)  
Install the T-shaped low-pulling handlebar at the lower pulley. Adjust the round sponge holder to the highest position. Sit on the seat cushion and make your elbows lean on the circular foam pad. Hold the T-shaped handlebar assembly with your elbow as the center to do arc movements with the largest amplitude as much as possible.



**Biceps training-reverse grip** (biceps-forearm muscle-strengthening)  
Do the same warming up and exercise as in the previous step. What is different is that both of your hands should hold the low handlebar assembly in opposite directions. During the exercise, you can feel that the real force is the place where the hand is holding instead of the biceps.



**Wrist joint training** (forearm muscle group)  
Install the low-pulling T-shaped handlebar assembly at the pulley, adjust the round sponge holder to the highest position, hold the bottom handlebar assembly with both hands, and put the forearm on the round sponge holder and bend the wrist with the largest possible range of motion. If you bend in the opposite direction, you can exercise the extensor muscles of the forearm.









**Leg curl training** (muscle tendon)  
This exercise allows only one leg to do exercises at the same time. Adjust the round sponge holder to the highest position, hang the wire rope on the leg with the hook, hold the knee against the round sponge holder, and then bend your leg as much as possible.



**Leg-kicking training** (quadriceps femoris)  
Adjust the round sponge holder to the lowest level, hook the round sponge holder with your legs, grab the bottom of the seat cushion with both hands, and then slowly straighten your legs.



**Back-bending training** (rectus abdominis, latissimus dorsi)  
Install the high-pulling T-shaped handlebar assembly at the high pulley, adjust the round sponge holder to the lowest position, and hold the garden-shaped sponge stick on both feet. Hold the high-pulling handlebar assembly and bend your waist at the lower foot position as much as possible.

		
<p><b>Straight arm pull-down</b> (pectoralis major, deltoid muscles) Install the high-pulling T-shaped handlebar assembly at the high pulley, sit on the seat cushion, hold the handlebar assembly with your hands, straighten your arms with your shoulders as the center while doing the up and down circular motion. You can increase the range of movement through leaning on the cushion during the movement.</p>	<p><b>Low-pulley training (triceps)</b> Install the high handlebar assembly at the high pulley, adjust the round sponge holder to the highest position, hold the handlebar assembly tightly, and place your thighs under the round sponge holder as a support while sitting on the seat cushion. While arching your back, pull the handlebar assembly to the chest to complete the exercise.</p>	<p><b>Chest-expansion training</b> (pectoralis major) Adjust the PRE-STRETCH and UPPER ARM so that they are parallel to the ground. Lean your forearm on the round sponge holder and push forward with your elbow instead of your arm.</p>
		
<p><b>Pushing-forward training</b> 1) Adjust the front and back of the cushion so that the handlebar assembly on the left/right arm is in the middle of the chest. 2) You can use any set of handlebar assembly to do exercises, and push the left/right arm to the maximum stretching range. Change the angle of the handlebar assembly from horizontal to vertical, so that the muscles can get the corresponding exercises from different angles. 3) Repeat the exercises described above.</p>	<p><b>Lifting the leg at the back (hip muscles)</b> This training allows only one leg to do exercises at the same time. Adjust the round sponge holder to the highest position, connect the steel wire rope at the pulley to the ankle, add a suitable safety protective cover to the ankle, and lean on the round sponge holder with your hands as the support. Then, do the back leg-lifting movements and restoration movement slowly.</p>	<p><b>Side kick (leg muscles)</b> This exercise allows only one leg to be trained at the same time. After doing the same warming up as the back leg-lifting movements, cross your legs during the exercise, and then lift your legs as much as possible to the opposite side of the sponge holder that you hold.</p>

## Warning

Before doing any exercises, you require to do warm-up activities and consult the recommended authoritative medical institutions. Besides, any user who can't bear long-term training due to the physique and suffering from obesity, high blood pressure or cardiovascular disease must consult an authoritative medical institution before doing any exercises or conduct continuous exercises.

Before assembling, please read all the instructions carefully.

- Before doing exercises, make sure that all the parts are fasten. Incorrect or improper installation will cause damage to your body.
- We recommend that two people should work together to complete the installation of the equipment.

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