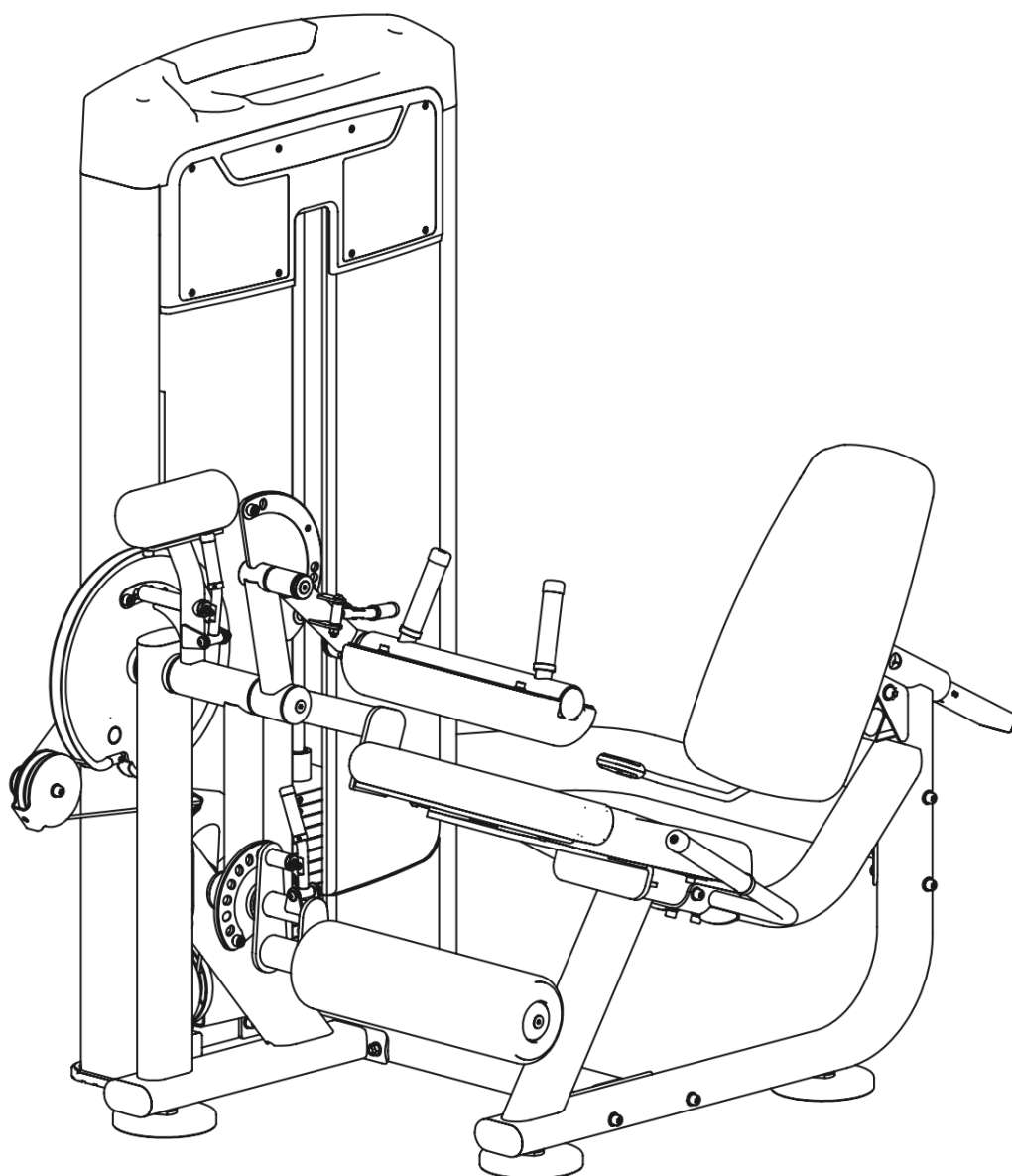




BA01

ADVANCED

Assembly Instructions



Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

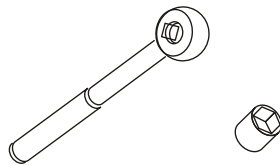
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Instructions

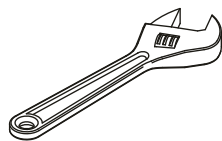
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

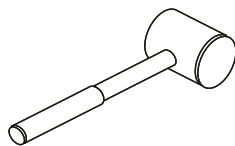
Tools Required



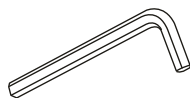
Ratchet Wrench and Socket



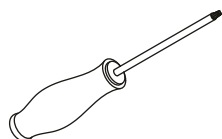
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



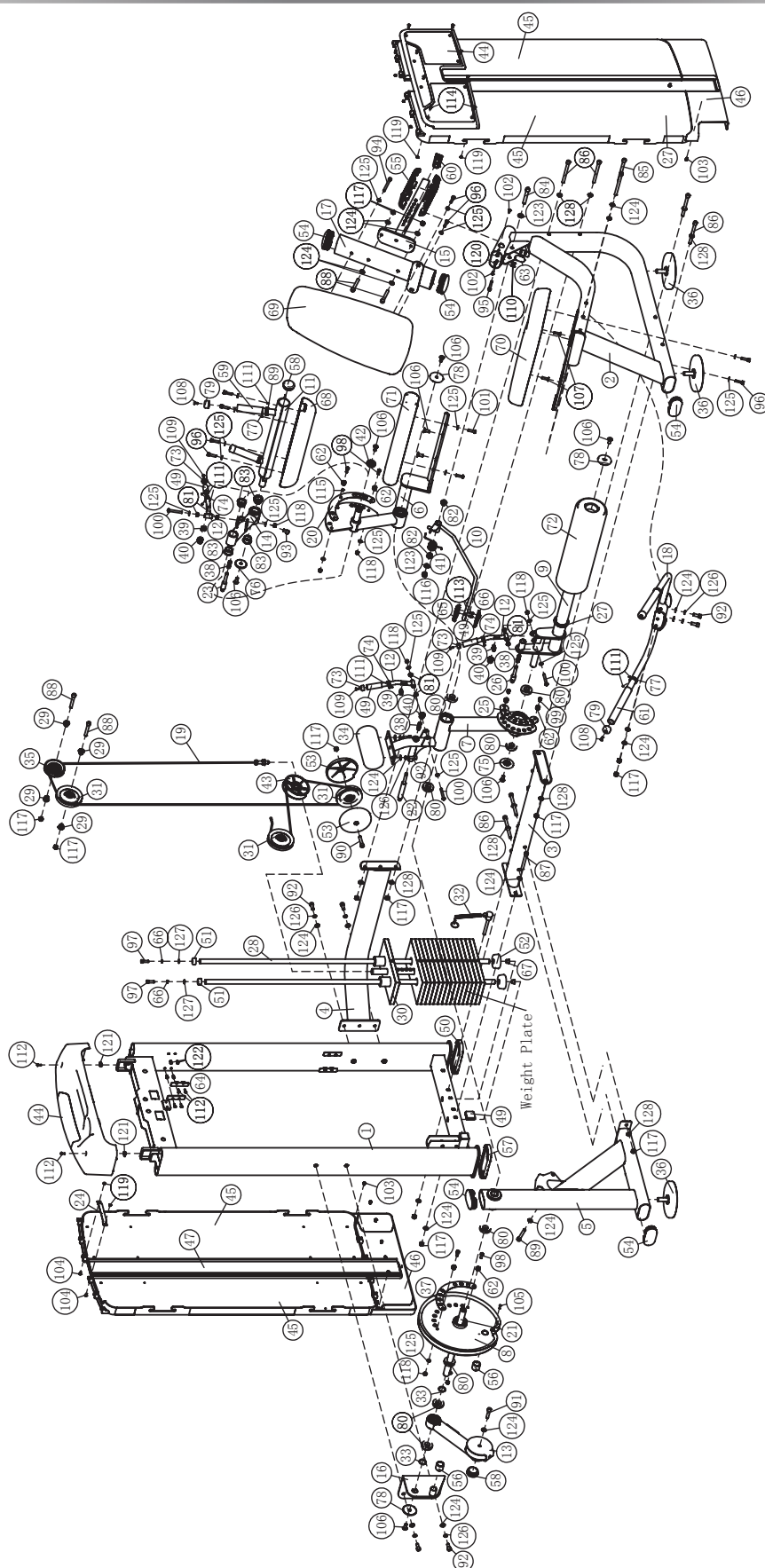
Phillips Screwdriver

Parts List

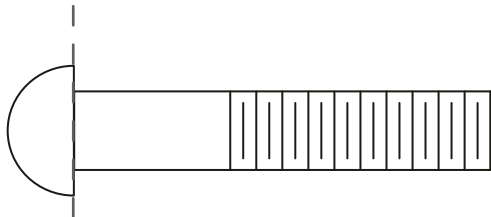
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	66	Handle Lower Cover	1
2	Seat Frame	1	67	Rubber Plug	2
3	Bottom Cross Brace	1	68	Leg Pad	1
4	Rear Cross Brace	1	69	Back Pad	1
5	Shaft Support Frame	1	70	Seat Pad	1
6	Support Frame	1	71	Front Seat Pad	1
7	Swing Frame	1	72	FOAM Assy	1
8	Rope Wheel	1	73	Aluminium Grip Cap $\phi 22 \times \phi 17 \times 12$	3
9	FOAM Frame	1	74	Aluminium Grip Cap $\phi 22 \times \phi 17 \times 9.5$	3
10	Handle Frame	1	75	Aluminum Cap $\phi 60 \times \phi 10.5 \times 10.9$	1
11	Leg Frame	1	76	End Cap $\phi 50 \times 8$	1
12	FOAM Handle Frame	3	77	Aluminium Grip Cap $\phi 33 \times \phi 26.8 \times 9.5$	4
13	Reversing Frame	1	78	End Cap $\phi 60 \times \phi 10.5 \times 10.9$	3
14	Adjusting Frame	1	79	Aluminium Grip Cap $\phi 32.5 \times \phi 26 \times 19$	4
15	Elastic Frame	1	80	Bearing 6005-2Z	8
16	Front Cross Brace	1	81	Bushing $\phi 16 \times \phi 8 \times 8$	6
17	Back Pad Frame	1	82	Bushing $\phi 25 \times \phi 12.2 \times 13$	2
18	Handle Frame Assy	1	83	Bushing $\phi 38 \times \phi 25.4 \times 18$	4
19	Cable	1	84	Socket Head Cap Screw M12 $\times$ 80	1
20	Scale Plate	1	85	Socket Head Cap Screw M10 $\times$ 125	2
21	Shaft $\phi 25 \times 402$	1	86	Socket Head Cap Screw M10 $\times$ 120	6
22	Shaft $\phi 18.2 \times 164$	1	87	Socket Head Cap Screw M10 $\times$ 90	2
23	Shaft $\phi 18.2 \times 108$	1	88	Socket Head Cap Screw M10 $\times$ 70	4
24	Connecting Plate	1	89	Socket Head Cap Screw M10 $\times$ 60	1
25	Adjustable Plate	1	90	Socket Head Cap Screw M10 $\times$ 50	1
26	Shaft $\phi 18.2 \times 95$	1	91	Socket Head Cap Screw M10 $\times$ 45	1
27	FOAM Aluminium Ring	1	92	Socket Head Cap Screw M10 $\times$ 25	8
28	Guide Rod	2	93	Socket Head Cap Screw M10 $\times$ 12	1
29	Bushing	4	94	Socket Head Cap Screw M8 $\times$ 80	1
30	Top Plate	1	95	Socket Head Cap Screw M8 $\times$ 45	1
31	4.5" Pulley	3	96	Socket Head Cap Screw M8 $\times$ 30	8
32	Selector Pin W/Coil	1	97	Socket Head Cap Screw M8 $\times$ 25	2
33	Aluminium Grip Ring	2	98	Socket Head Cap Screw M8 $\times$ 20	4
34	Counter Weight	1	99	Socket Head Cap Screw M8 $\times$ 10	2
35	3.5" Pulley	1	100	Button Head Cap Screw M8 $\times$ 60	3
36	Adjustable Foot Plate	3	101	Button Head Cap Screw M8 $\times$ 30	2
37	Adjustable Foot Plate	1	102	Button Head Cap Screw M6 $\times$ 12	2
38	Spring $\phi 1.2 \times \phi 13 \times 38$	3	103	Button Head Cap Screw M6 $\times$ 10	12
39	Chain	3	104	Button Head Cap Screw M5 $\times$ 10	2
40	Lock Nut	3	105	Socket Head Cap Screw M4 $\times$ 15	1
41	Spring $\phi 30 \times \phi 3 \times 164$	1	106	Flat Head Cap Screw M10 $\times$ 25	8
42	End Cap $\phi 38 \times 6$	1	107	Flat Head Cap Screw M8 $\times$ 30	2
43	V-Pulley	1	108	Nyloc Flat Head Cap Screw M6 $\times$ 16	4
44	Top Shroud	1	109	Flat Head Cap Screw M5 $\times$ 15	3
45	Side Shroud	4	110	Socket Set Screw M6 $\times$ 16	2
46	Under Shroud	2	111	Socket Set Screw M5 $\times$ 3	14
47	Back Buckle	1	112	Cross head self-tapping screw 5 $\times$ 15	18
48	Front cover	1	113	Cross head self-tapping screw 4 $\times$ 10	2
49	Grip $\phi 21 \times \phi 14 \times 65$	3	114	Cross Recess Pan Head Screw M5 $\times$ 15	8
50	Rubber Foot	2	115	Cross Recess Pan Head Screw M4 $\times$ 8	1
51	Shroud Clip	2	116	Nylon lock Nut M12	1
52	Weight Rubber Bumper	2	117	Nylon lock Nut M10	15
53	Pulley Cover	2	118	Nylon lock Nut M8	7
54	Plug PT50 $\times$ 100	5	119	Nylon lock Nut M5	10
55	Plastic Tube Guide	2	120	Hex Nut M6	2
56	Stopper $\phi 32 \times \phi 25.4 \times 28$	2	121	Reed Nut M5	2
57	Plug F38	1	122	Flat Head Hex Rivet Nut	16
58	Plug $\phi 50$	2	123	Flat Washer $\phi 13 \times \phi 24 \times 1.5$	2
59	Grip $\phi 30 \times \phi 22 \times 120$	2	124	Flat Washer $\phi 11 \times \phi 20 \times 2$	22
60	Plug	1	125	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	23
61	Grip $\phi 36 \times \phi 22 \times 205$	2	126	Spring Washer $\phi 10$	8
62	Stopper $\phi 17 \times 10.5$	6	127	Spring Washer $\phi 8$	2
63	Cushion	1	128	Arc washers $\phi 10$	12
64	Shroud Clip	8	129	Lube oil box	1
65	Cover As-Handle	1			

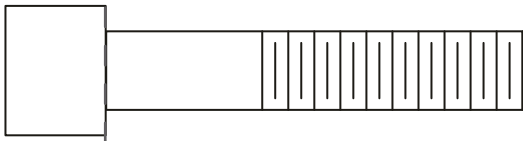
Exploded View



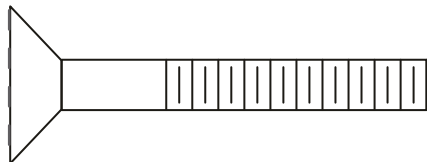
Measurement Guide



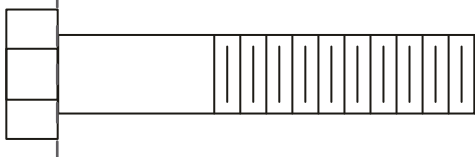
BHCS = Button Head Cap Screw



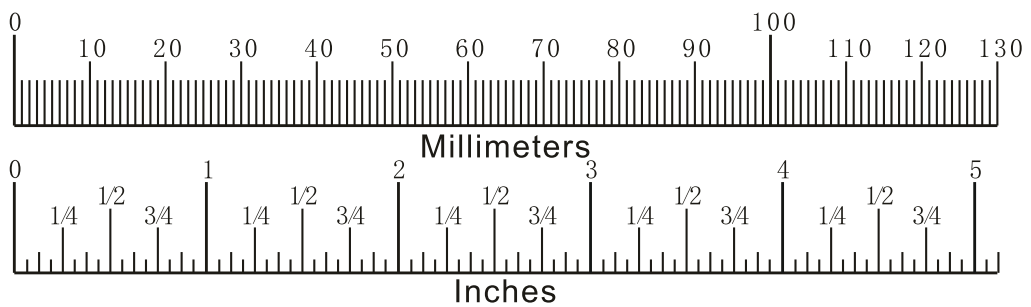
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

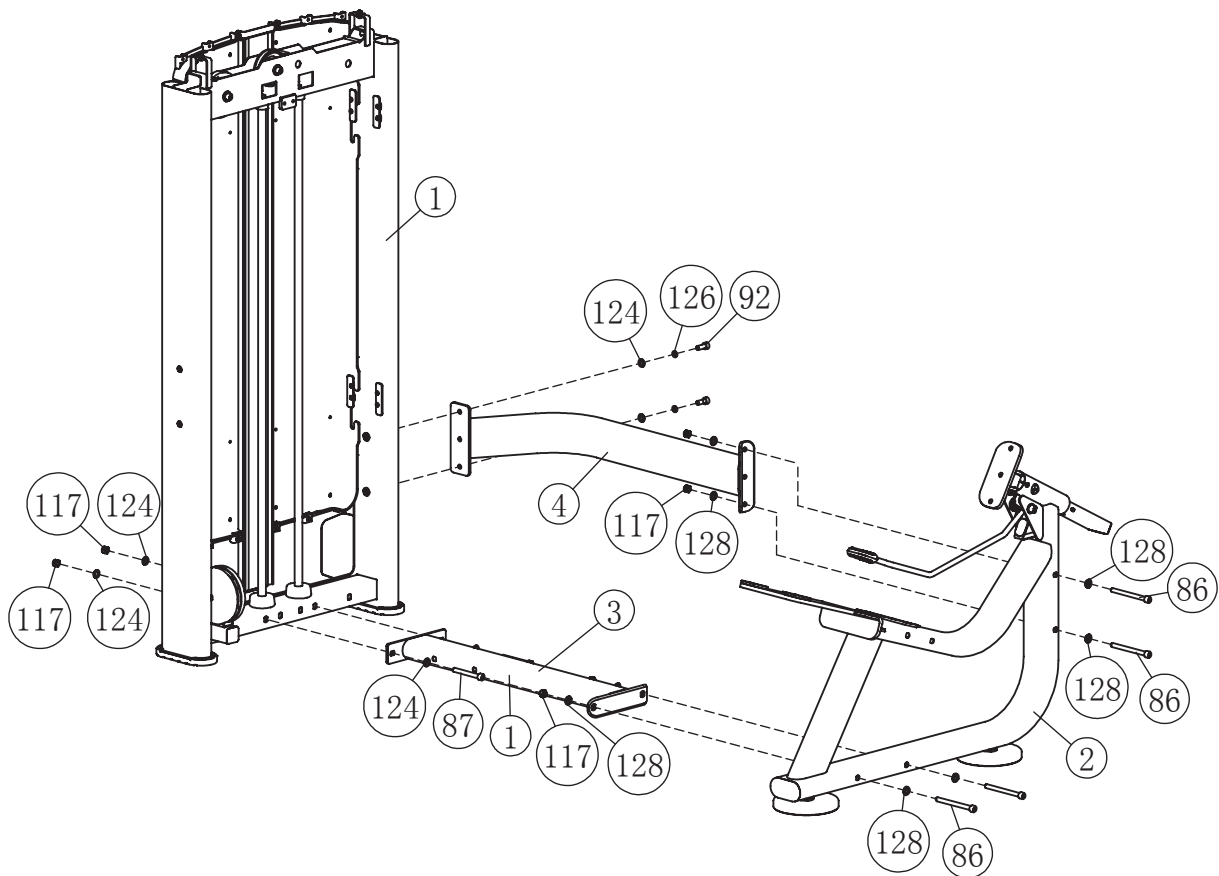
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
1	Weight Stack Frame	1	87	Socket Head Cap Screw M10×90	2
2	Seat Frame	1	92	Socket Head Cap Screw M10×25	2
3	Bottom Cross Brace	1	117	Nylon lock Nut M10	6
4	Rear Cross Brace	1	124	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
86	Socket Head Cap Screw M10×120	4	128	Arc washers $\phi 10$	10

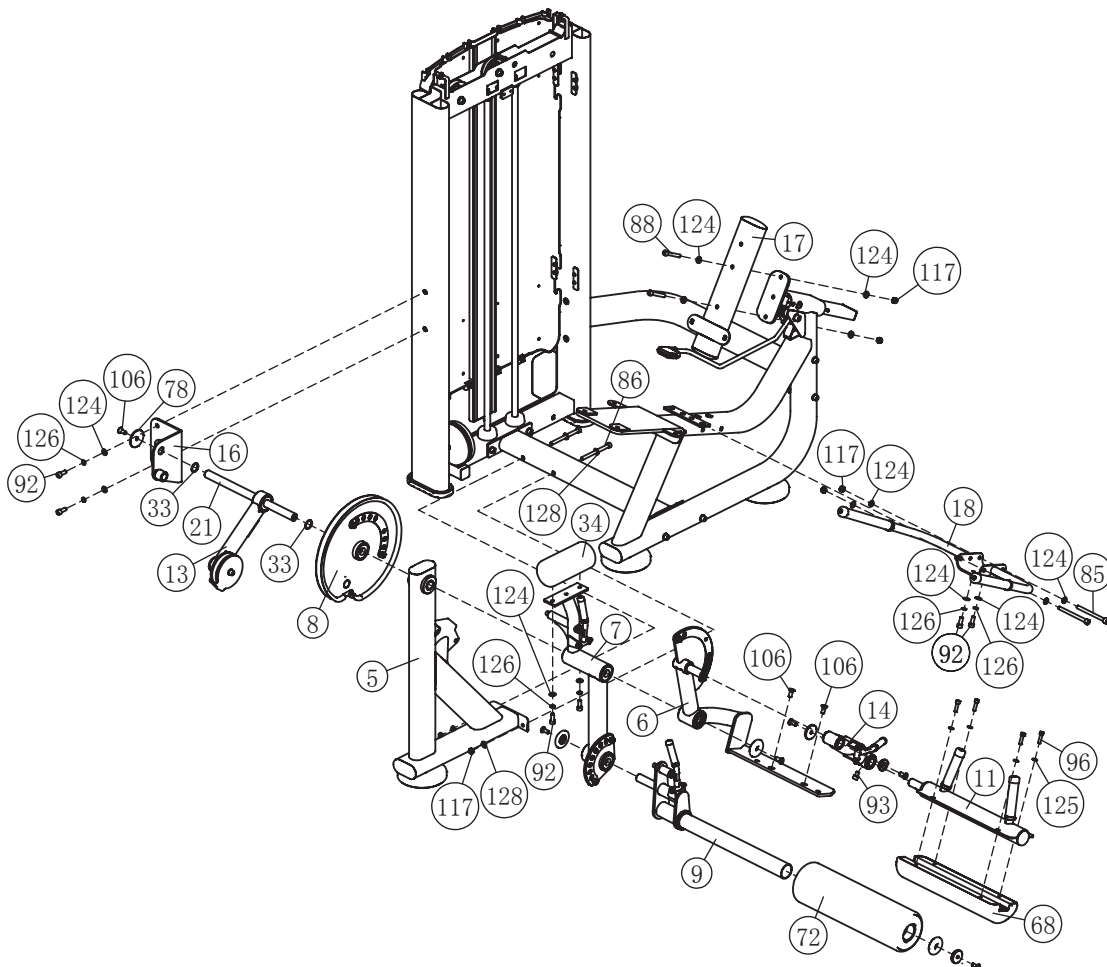


Assembly

STEP 2

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty	Item No.	Description	Qty
5	Shaft Support Frame	1	72	FOAM Assy	1
6	Support Frame	1	78	End Cap $\phi 60 \times \phi 10.5 \times 10.9$	1
7	Swing Frame	1	85	Socket Head Cap Screw M10 $\times$ 125	2
8	Rope Wheel	1	86	Socket Head Cap Screw M10 $\times$ 120	2
9	FOAM Frame	1	88	Socket Head Cap Screw M10 $\times$ 70	2
11	Leg Frame	1	92	Socket Head Cap Screw M10 $\times$ 25	6
13	Reversing Frame	1	93	Socket Head Cap Screw M10 $\times$ 12	1
14	Adjusting Frame	1	96	Socket Head Cap Screw M8 $\times$ 30	4
16	Front Cross Brace	1	106	Flat Head Cap Screw M10 $\times$ 25	3
17	Back Pad Frame	1	117	Nylon lock Nut M10	6
18	Handle Frame Assy	1	124	Flat Washer $\phi 11 \times \phi 20 \times 2$	14
21	Shaft $\phi 25 \times 402$	1	125	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4
33	Aluminium Grip Ring	2	126	Spring Washer $\phi 10$	6
34	Counter Weight	1	128	Arc washers $\phi 10$	4
68	Leg Pad	1			

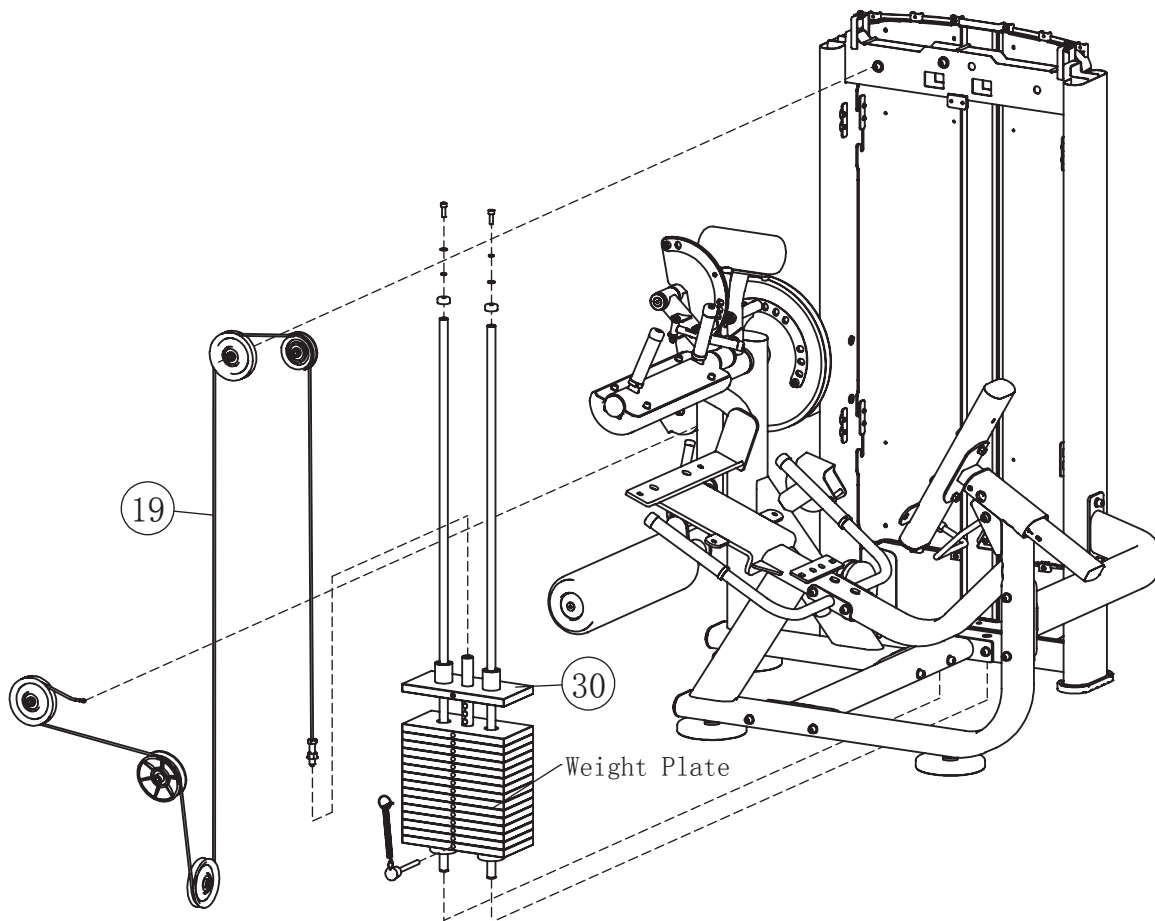


Assembly

STEP 3

Note: Hand Tighten Bolts and Nylon Lock Nuts.

Item No.	Description	Qty
19	Cable	1
30	Top Plate	1

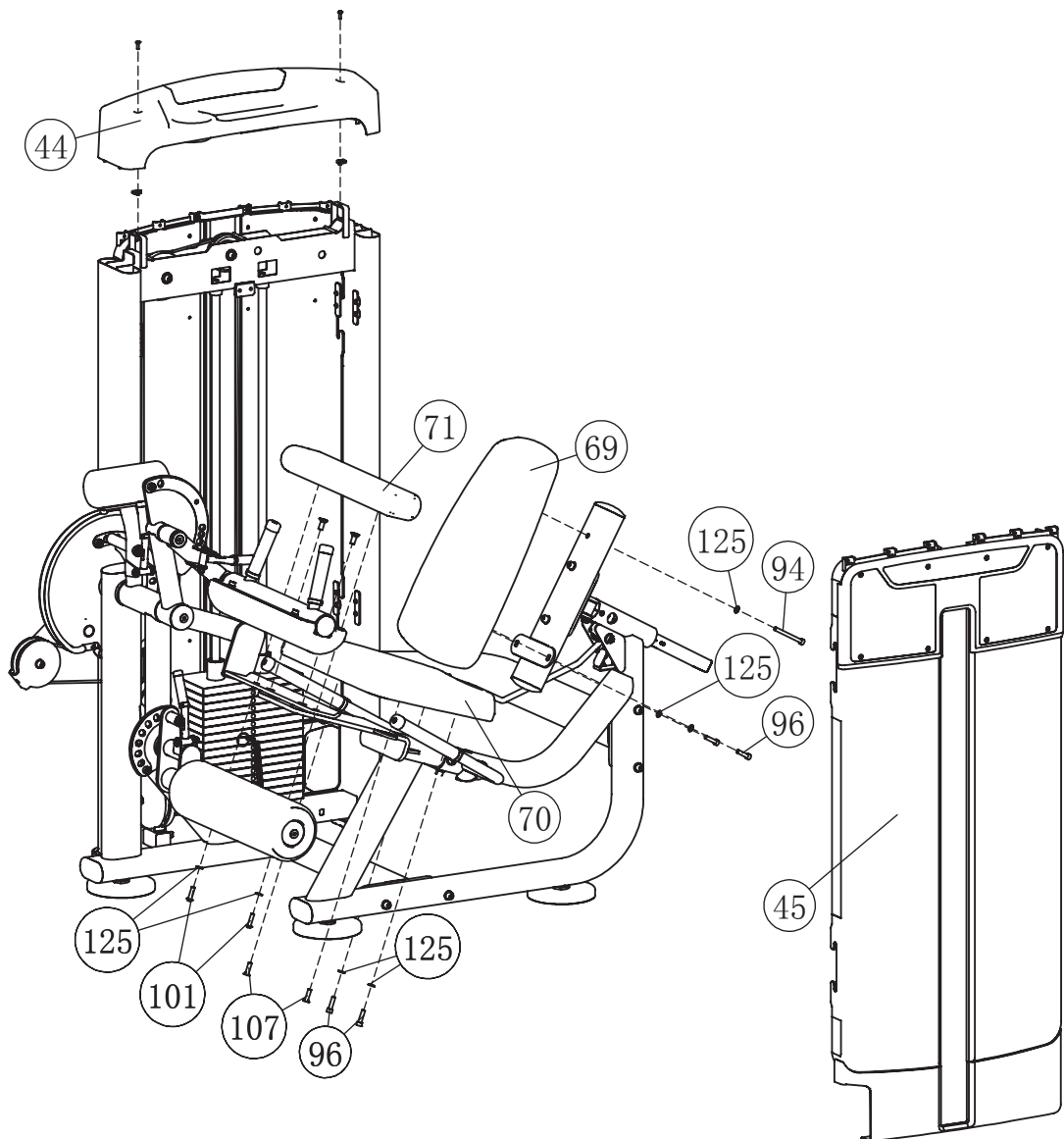


Assembly

STEP 4

Note: Wrench Tighten Screws.

Item No.	Description	Qty	Item No.	Description	Qty
44	Top Shroud	1	94	Socket Head Cap Screw M8×80	1
45	Side Shroud	1	96	Socket Head Cap Screw M8×30	4
69	Back Pad	1	101	Button Head Cap Screw M8×30	2
70	Seat Pad	1	107	Flat Head Cap Screw M8×30	2
71	Front Seat Pad	1	125	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	7



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

