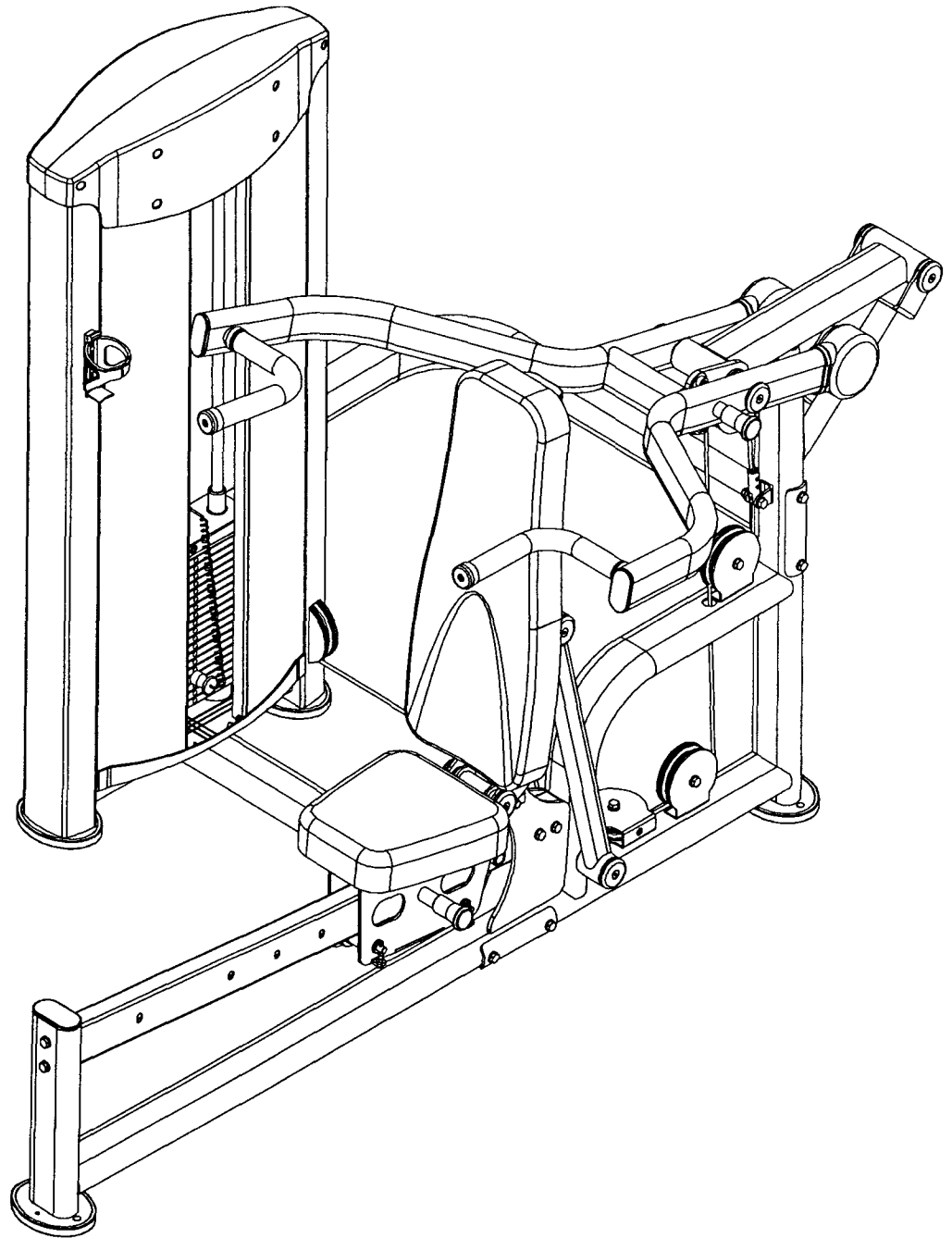


708 CHEST/SHOULDER PRESS GUIDE ASSEMBLY PRODUCT



ABSTRACT

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Pictures and photos in this manual are merely illustrative. The company reserves the right to change specifications and design without notice. This manual may illustrate optional items which are not part of the equipment purchased. Read all the information applied to the product and the Manual/Guide that comes with it.

PREVENTIVE MAINTENANCE SPECIFICATIONS OF THE PRODUCT

Follow these guidelines to maintain perfect operation of the equipment.

Estações e Máquinas Stations and Machines Estaciones y Máquinas	Diária/Diary/Daily	Semanal/Weekly	Mensal/Monthly	Trimestral/Quaterly
<ul style="list-style-type: none"> ✓Fique atento à aparição de ruídos estranhos. ✓Be aware of strange noises. ✓Esté atento a la aparición de ruidos extraños. 	X			
<ul style="list-style-type: none"> ✓Inspeccionar e revisar: Cabos de aço, em toda a sua extensão, seus respectivos terminais e todas as partes móveis e pesos. ✓Inspect and review: Steel cables, and terminals throughout its length and all moving parts and weights. ✓Inspeccionar y revisar: Cables de acero, sus respectivos terminales en toda su extensión y todas las partes móviles y pesas. 	X			
<ul style="list-style-type: none"> ✓Limpar: Assentos e pegadores. ✓Clean: Seats and handles. ✓Limpiar: Asientos y pegadores. 	X			
<ul style="list-style-type: none"> ✓Inspeccionar: Barras, manipulós, superficies antiderrapantes e etiquetas de segurança. ✓Inspect: Bars, handles, non-slip surfaces and safety labels. ✓Inspeccionar: Barras, perillas, superficies antideslizantes y etiquetas de seguridad. 		X		
<ul style="list-style-type: none"> ✓Limpar e lubrificar: Guias de pesos, utilizar vaselina ou desingripante para lubrificação. ✓Clean and lubricate: Weight guides, use Vaseline or WD40 for lubrication. ✓Limpiar y lubricar: Guias de pesas, utilizar vaselina o lubricador para lubricación. 		X		
<ul style="list-style-type: none"> ✓Inspeccionar todos os parafusos e encaixes, apertar se necessário. ✓Inspect all screws and fittings, tighten if necessary. ✓Inspeccionar todos los tornillos y encajes, apretar si necesario. 		X		
<ul style="list-style-type: none"> ✓Limpar polias e partes móveis dos assentos. ✓Clean pulleys and moving parts of the seats. ✓Limpiar poleas y partes móviles de los asientos. 			X	
<ul style="list-style-type: none"> ✓Inspeccionar: toda a estrutura do equipamento. ✓Inspect: the entire equipment structure. ✓Inspeccionar: toda la estructura del equipamiento. 		X		

Note: For your convenience and quick access, the same information is applied in the product, sticker fixed on tower.

SAFETY INFORMATIONS

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

Replace damaged parts with original parts and regularly carry out preventive maintenance;

Replace defective parts immediately and/or take the equipment out of use until it is repaired;

Replace damaged labels;

For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;

Adjust the required force so that exercises are smooth and uniform;

Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;

Never release the anklet, handles or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;

The training equipment shall only be used in areas where access and control is specifically regulated by the owner.

The training equipment shall only be used in supervised area.

PERSONAL

Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems and those with a disability or pre-existing health problems.

Keep children and pets, away from the equipment especially during use. Children should be watched so they do not to play with the equipment, whether or not it is in use.

The equipment is not intended to be used by children or people with some reduction in their physical, sensory or mental capacity, lack of experience and knowledge, unless they have been given the necessary instructions for the use of the equipment and be under the care of a person who is responsible for their safety.

When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning or maintenance when the equipment is in motion.

Keep your body, clothes and hair away from any moving parts so that you do not suffer an accident or serious injury.

Do not allow more than one person use the equipment at the same time, except in those stations that are designed for this purpose.

Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment.

Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness or breathing difficulty.

Wear appropriate athletic attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear athletic shoes for exercising.

Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.

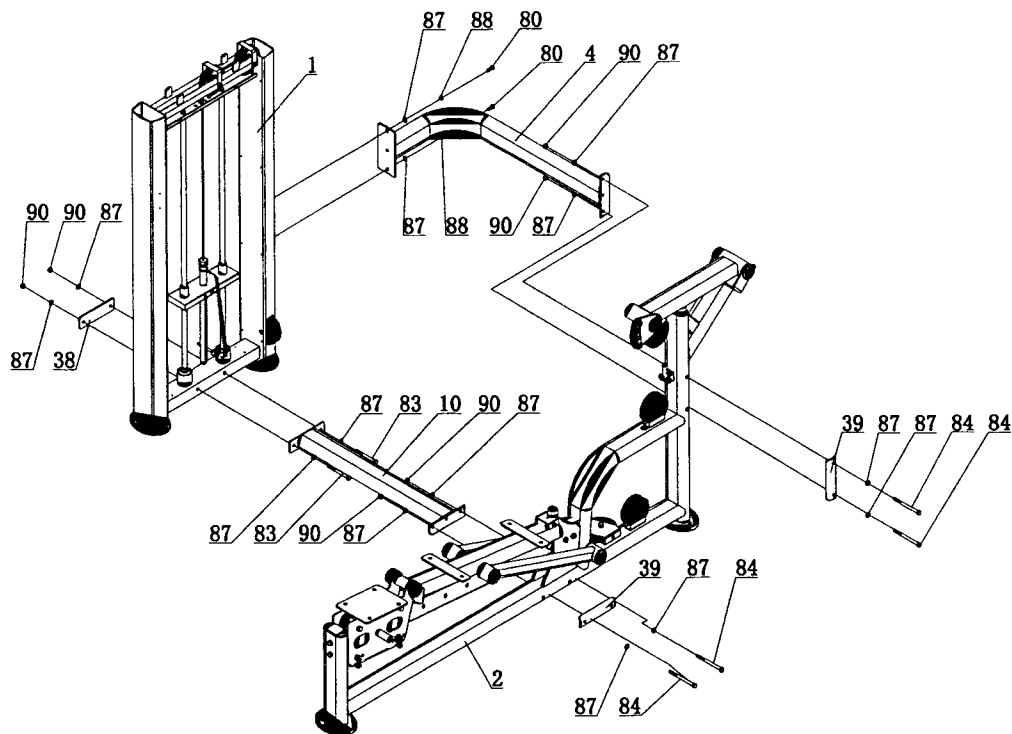
Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises that will move every muscle so you not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

The person exercising should face the equipment at all times during the exercise. The weight stacks should remain within the field of vision of the user throughout exercise to prevent danger to the third party.

Note: For your convenience and quick access, basic safety information, also available in sticker fixed on tower.

ASSEMBLY

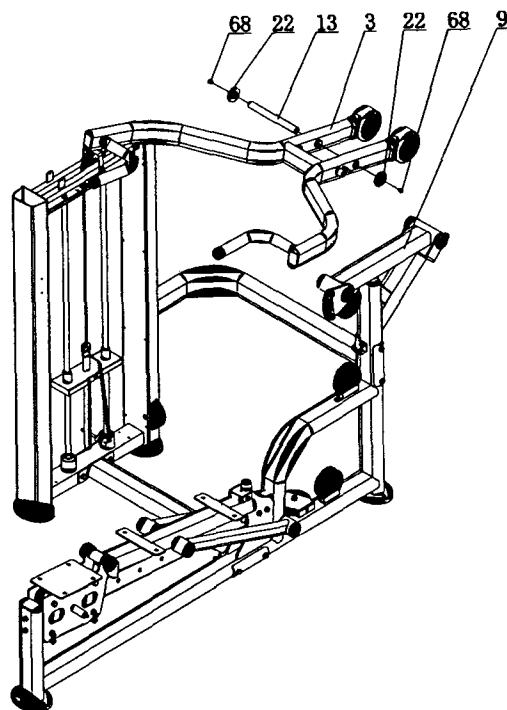
STEP 1



Assemble the tower frame(1) to the main frame(2) using lower connect tube(10) and upper connect tube(4). Fix it to fixing plate(38),fixing plate(39),and using 4 pan head Allen bolt M10x125(84), 2 pan head Allen bolt M10x100(83), 2 pan head Allen bolt M10x25(80), 14 flat washer(87), 2 spring washer(88). Adjust the position of the equipment, and then using the right tools tighten bolts and nuts properly.

Nº	English description	Qt
1	TOWER FRAME	1
2	MAIN FRAME	1
4	UPPER CONNECTING TUBE	1
10	LOWER CONECTING TUBE	1
38	FIXING PLATE	1
39	FIXING PLATE	2
80	HEX HEAD BOLT M10x25	2
83	HEX HEAD BOLT M10x100	2
84	HEX HEAD BOLT M10x125	4
87	FLAT WASHER	14
88	SPRING WASHER	2
90	NUT M10	2

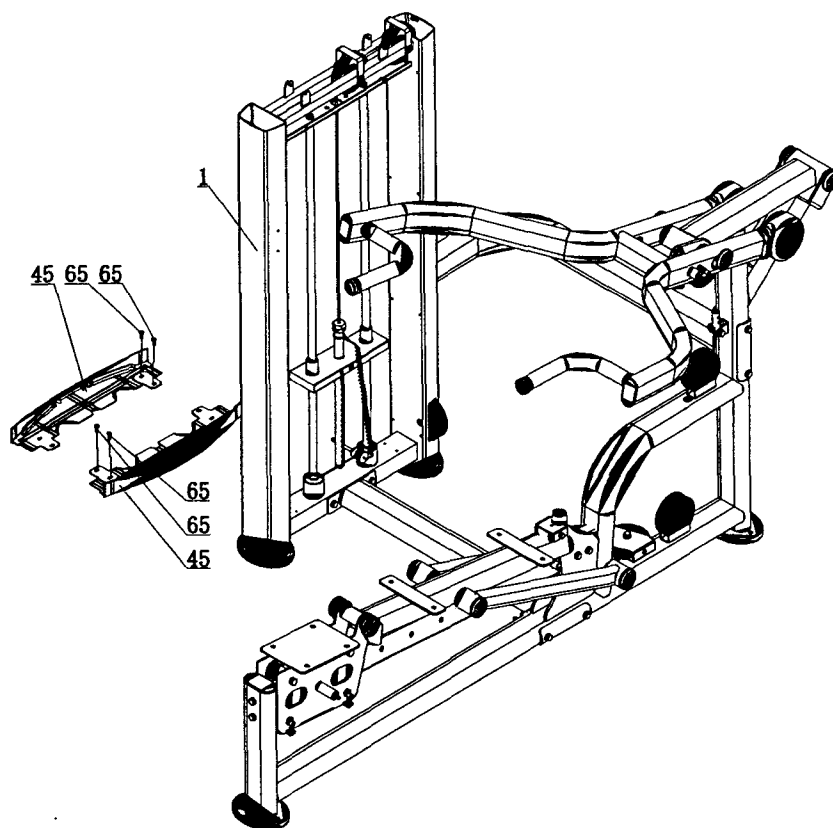
STEP 2



Assemble arm frame(3) to adjustable frame(9) using pivot shaft(13), 2 ending cap(22) and 2 flat head Allen bolt M8x15(68). Using the right tools to tighten bolts and nuts properly.

N°	English description	Qt
3	ARM FRAME	1
9	ADJUSTABLE FRAME	1
13	PIVOT SHAFT	1
22	ENDING CAP	2
68	FLAT HEAD, ALLEN BOLT M8x15	2

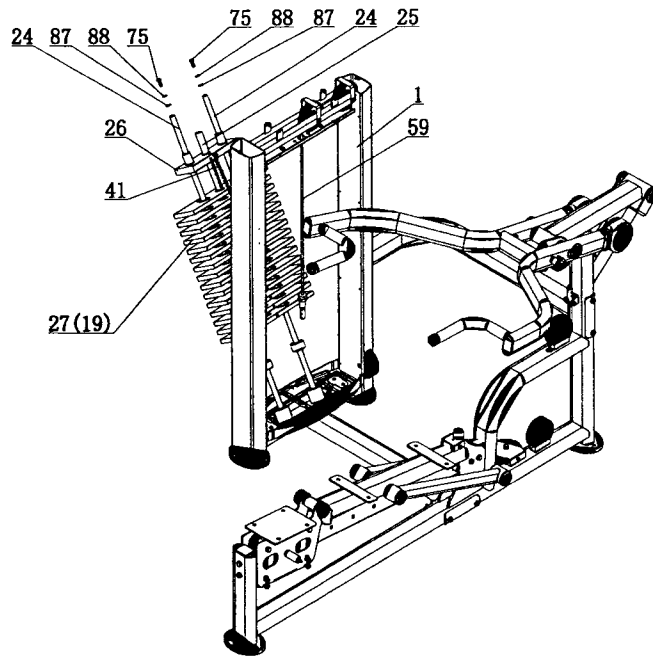
STEP 3



Fix 2 base cover(45) to tower frame(1) using 4 panhead Phillips bolt M6x15(65). Using right tools tighten bolts properly.

N°	English description	Qt
1	Tower frame	1
45	Base cover	2
65	Pan head Philips bolt M6x15	4

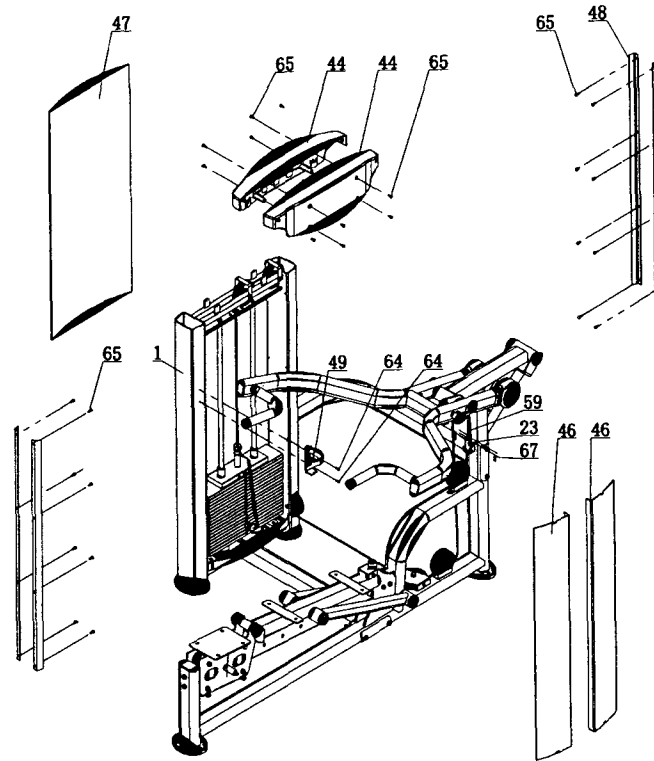
STEP 4



Remove 2 pan head Allen bolt M10x25(75), 2 spring washer(88) and 2 flat washers(87) from guide-rod(24). Incline the guide-rod(24) as shown in the drawing and then remove the combination top weight stack(26). Make sure the shock absorber rubber(42) is in the right position as shown in the drawing, then put 19 weight stacks(27) into the guide-rod(24), insert back the combination of the top weight stack(27). Assemble the guide-rod(24) to the tower frame(1) using 2 spring washer(88), 2 flat washers(87) and 2 pan head Allen bolt M10x25(75).

N°	English description	Qt
1	TOWER FRAME	1
24	GUIDE-ROD	2
25	SELECTOR SHAFT	1
26	TOP WEIGHT STACK	1
27	WEIGHT STACK	19
42	SHOCK ABSORBER RUBBER	2
75	PAN HEAD, ALLEN BOLT M10x25	2
87	FLAT WASHER	2
88	SPRING WASHER	2

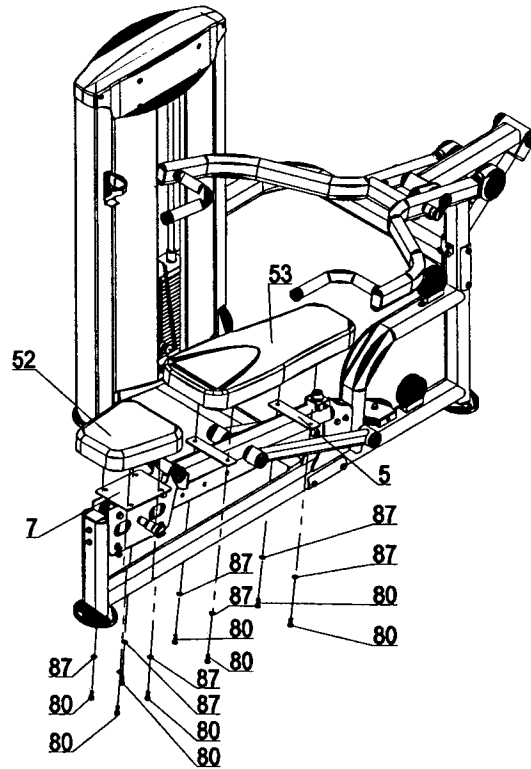
STEP 5



Fix 4 side faces(48) in the tower frame(1) using pan head Phillips bolt M6x15(65), 8 in the front and 8 in the back, using the right tools tighten bolts properly. Insert 2 front covers (46) and 1 back cover(47) in the tower frame(1). Then fix the bottle cage (49) on the tower frame(1), using pan head Phillips bolt M5x15(64), and using the right tools tighten bolts properly. Put top cover(44) on the tower frame(1).

N°	English description	Qt
1	TOWER FRAME	1
23	TERMINAL	1
44	TOP COVER	2
46	FRONT COVER	2
47	BACK COVER	1
48	SIDE FACE	4
49	BOTTLE CAGE	1
59	CABLE	1
64	PAN HEAD, PHILLIP BOLT M5x15	2
65	PAN HEAD, PHILLIP BOLT M6x15	26
67	BOLT M8x8	5

STEP 6



Fix back cushion(53) to back adjusting tube(5), using 4 hex head bolt M10x25(80) and 4 flat washers(87). Install the seat cushion(52) to the seat adjusting tube(7) using 4 hex head bolt M10x25(80) and 4 flat washers(87). Using right tools tighten bolts and nuts properly.

N°	English description	Qt
5	BACK ADJUSTING TUBE	1
7	SEAT ADJUSTING TUBE	1
52	SEAT CUSHION	1
53	BACK CUSHION	1
80	HEX HEAD BOLT M10x25	8
87	FLAT WASHER	8

COMPLETED ASSEMBLY