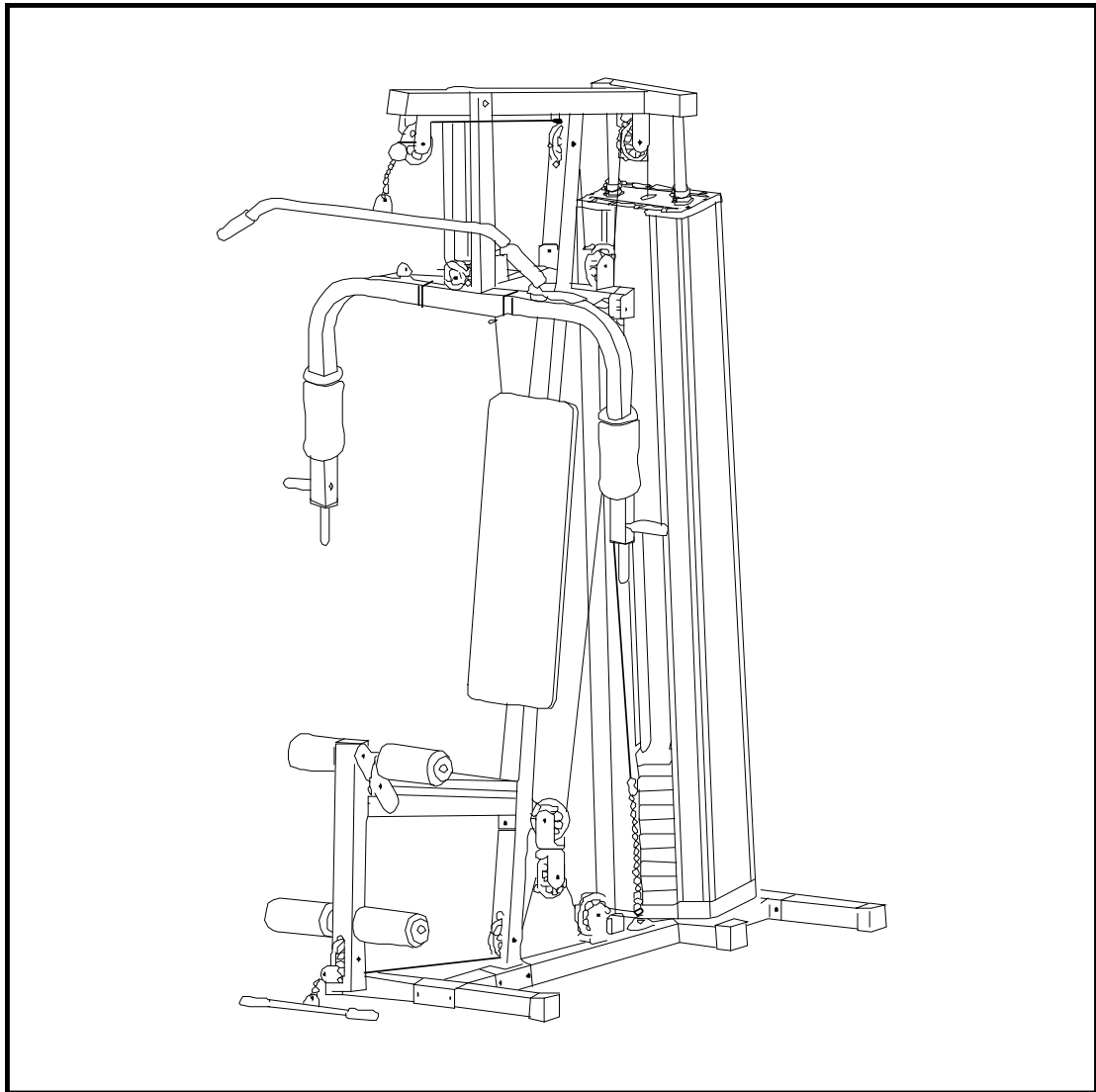


CF-4200C

HOME GYM



Important Safety Information

Please keep this manual in a safe place for reference.

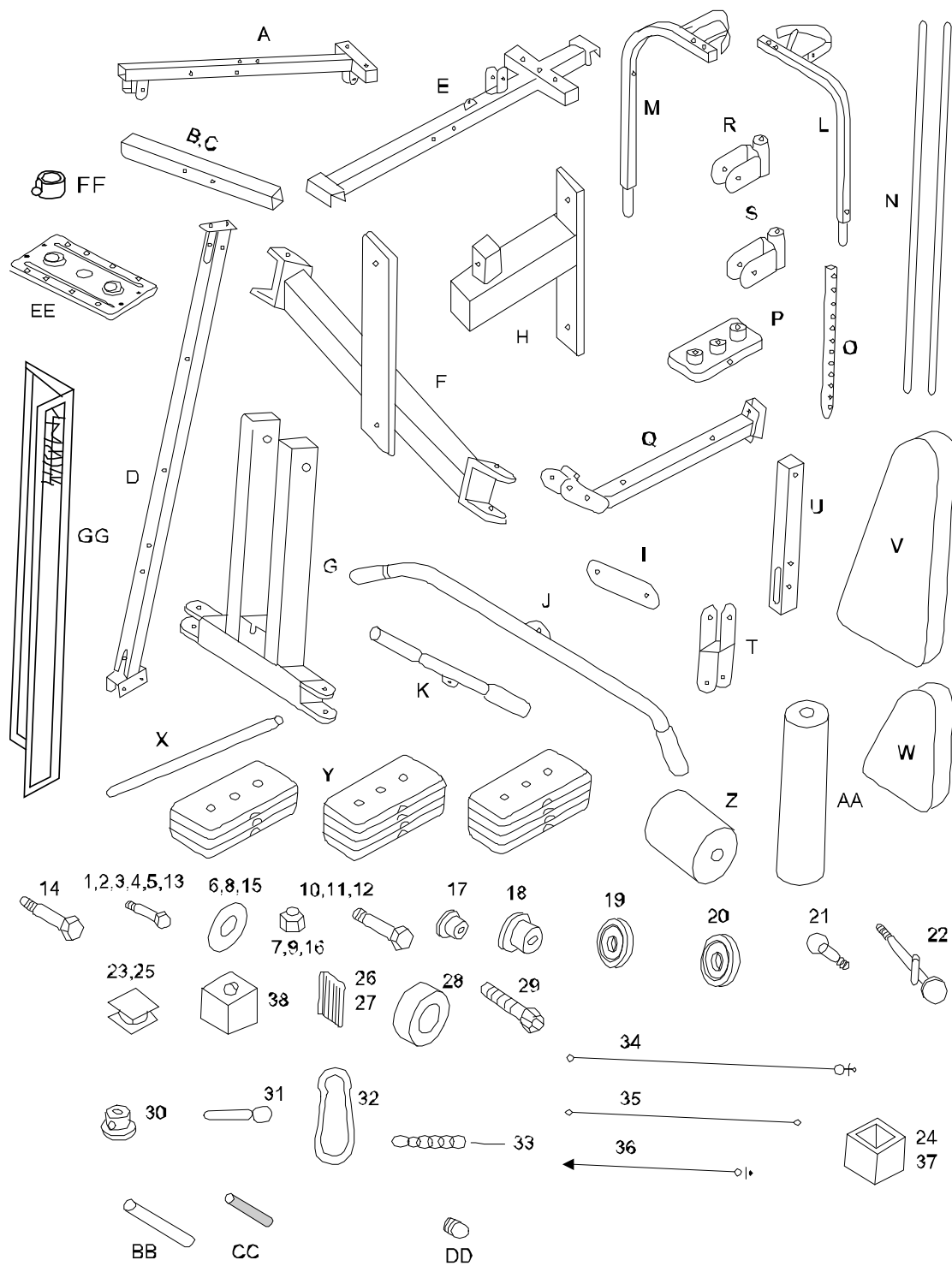
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of freespace all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment is not suitable for therapeutic use.
11. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

FITNESS HOME GYM PARTS LIST

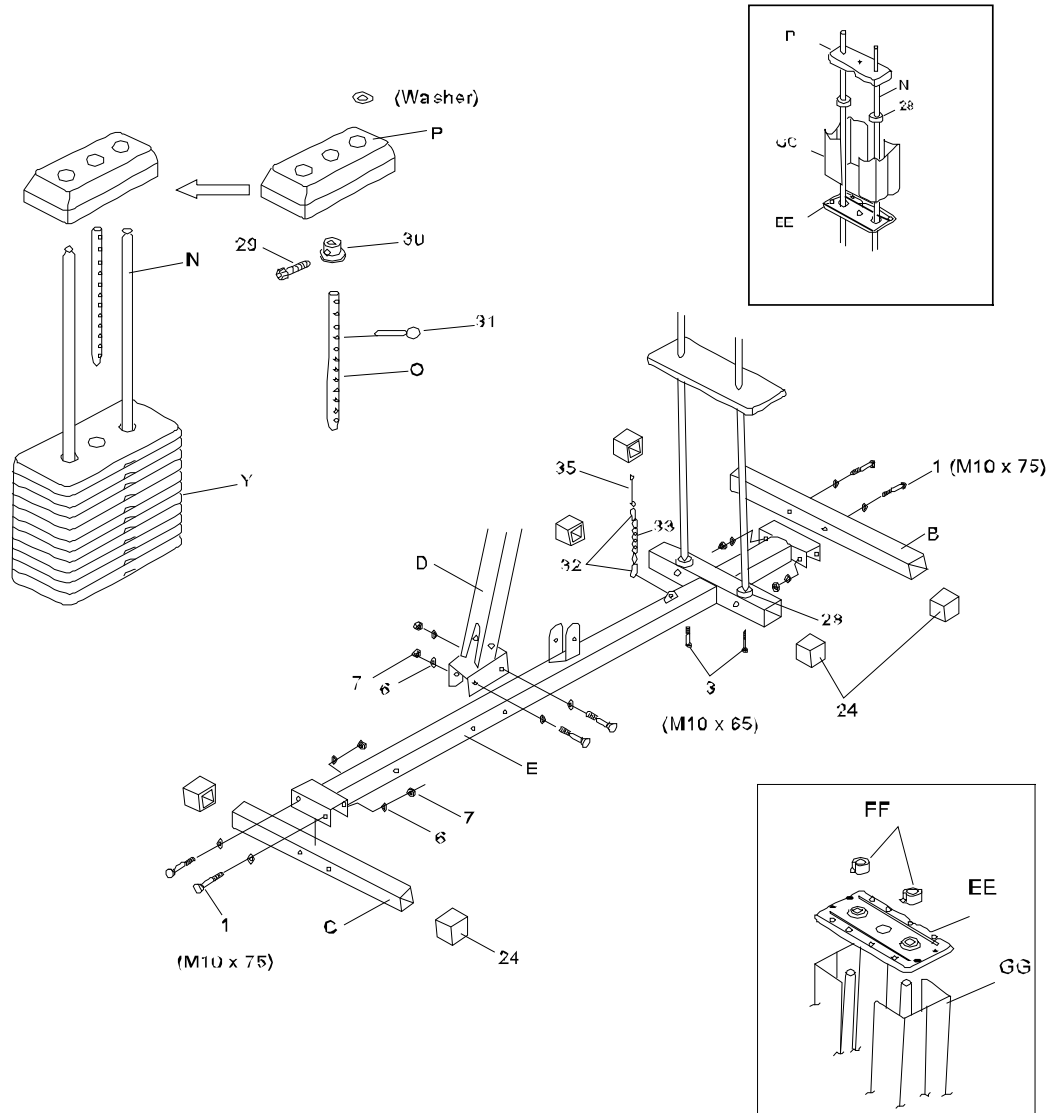
| No. | Parts Name | Q't | No. | Parts Name | Q't |
|-----|------------------------|-----|-----|---------------------------------|-----|
| A | Top Cross Beam | y | Q | Seat Support | y |
| B | Back Stabilizing Base | 1 | R | Right Pulley Bracket | 1 |
| C | Front Stabilizing Base | 1 | S | Left Pulley Bracket | 1 |
| D | Verticle Beam | 1 | T | Floating Pulley Block | 1 |
| E | Main Base | 1 | U | Leg Extension | 1 |
| F | Pulley Coordinate Beam | 1 | V | Back Cushion | 1 |
| G | Press Bar | 1 | W | Seat | 1 |
| H | Resist Bar | 1 | X | Pad Holders | 1 |
| I | Pulley Block | 1 | Y | Weight plate | 2 |
| J | Lat Bar | 2 | Z | Foam Pads for Leg Extension Bar | 11 |
| K | Curling Bar | 1 | AA | PEC Deck Pads | 4 |
| L | LEFT PEC. Deck. Arm | 1 | BB | PRESS BAR HANDLE | 2 |
| M | Right PEC. Deck. Arm | 1 | CC | FOAM GRIP | 2 |
| N | Guide Rod | 1 | DD | PLASTIC INSERT CAP | 4 |
| O | Guide Pin | 2 | EE | Weight Cover Support | 4 |
| P | Top Plate | 1 | FF | Protector Holder | 2 |
| | | | GG | Weight Cover Plate | 2 |

HARDWARE KIT

| No. | Parts Name | Q't | No. | Parts Name | Q't |
|-----|-------------------------|-----|-----|----------------------------------|-----|
| 1 | M10x75 Hex Bolt | y | 20 | Φ90xΦ9.x22 Pulley | y |
| 2 | M10x70 Hex Bolt | 10 | 21 | Insert Pin | 3 |
| 3 | M10x65 Hex Bolt | 2 | 22 | Knob & Pin | 2 |
| 4 | M10x60 Hex Bolt | 7 | 23 | 38mm Square Plastic Insert Caps | 1 |
| 5 | M10x50 Hex Bolt | 4 | 24 | 50mm Square Rubber End Caps | 3 |
| 6 | Φ0 Washer | 9 | 25 | 50mm Square Plastic insert caps | 6 |
| 7 | M10 Nuts | 62 | 26 | PVC BUFFER | 7 |
| 8 | Φ12 Washer | 30 | 27 | RUBBER BUFFER | 1 |
| 9 | M12 Nuts | 12 | 28 | Rubber Donut Weight Stack Bottom | 2 |
| 10 | M12x125 Hex Bolt | 6 | 29 | Hex Bolt | 2 |
| 11 | M12x85 Hex Bolt | 1 | 30 | Bolt Organize | 1 |
| 12 | M12x70 Hex Bolt | 3 | 31 | Select Weight Pin | 1 |
| 13 | M10x25 Hex Bolt | 2 | 32 | SNAP Hooks | 1 |
| 14 | M8x50 Hex Bolt | 2 | 33 | Chain | 4 |
| 15 | Φ8 Washer | 2 | 34 | Cable | 1 |
| 16 | M8 Nuts | 2 | 35 | Cable | 1 |
| 17 | Φ18xΦ12.7x10 METAL BusH | 6 | 36 | Cable | 1 |
| 18 | Φ19xΦ12.8 METAL BusH | 8 | 37 | 38mm Square Rubber End Caps | 1 |
| 19 | Φ90xΦ9.6x30 Pulley | 9 | 38 | 38mm SLIDER Caps | 2 |

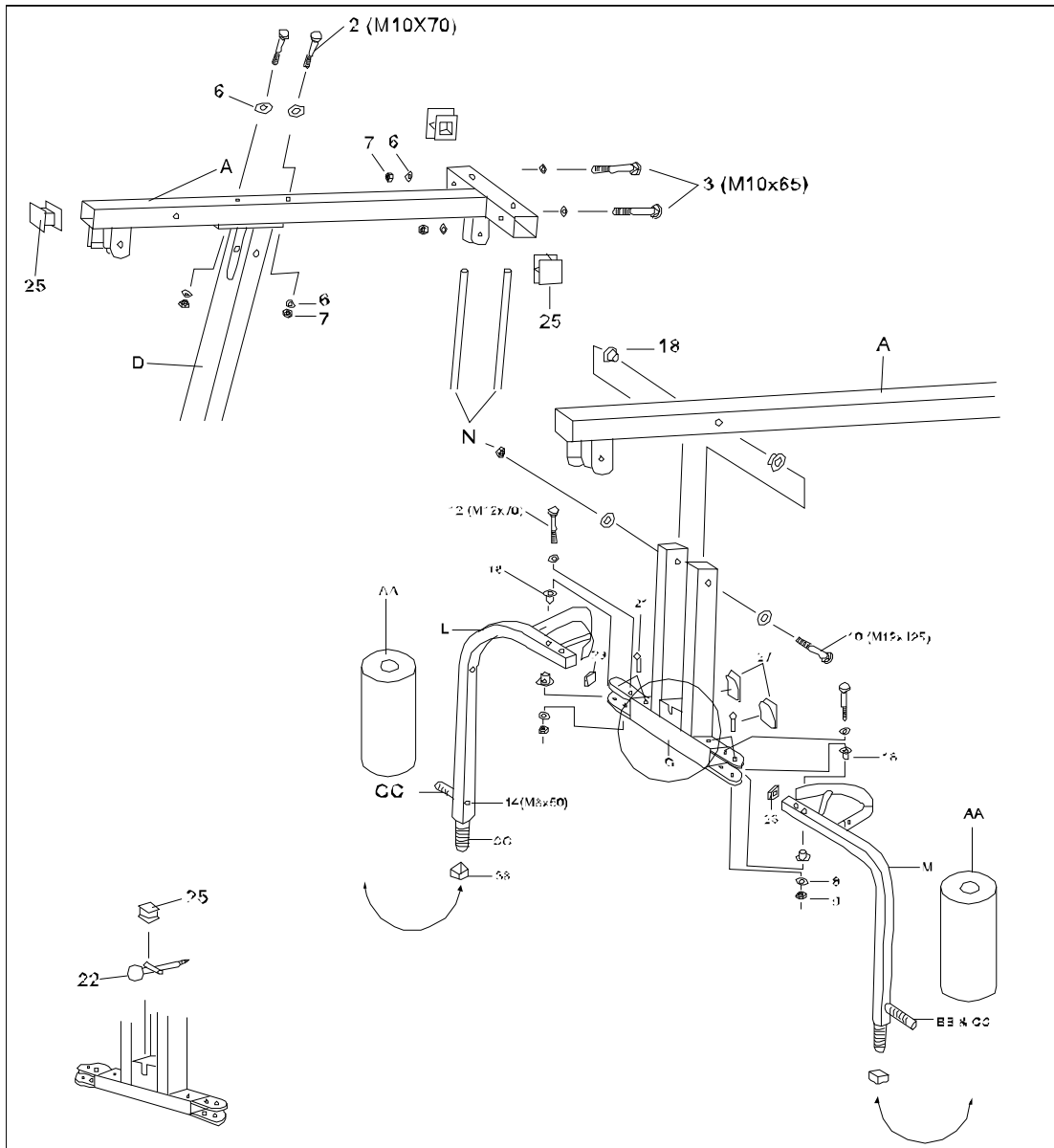


ASSEMBLY INSTRUCTIONS



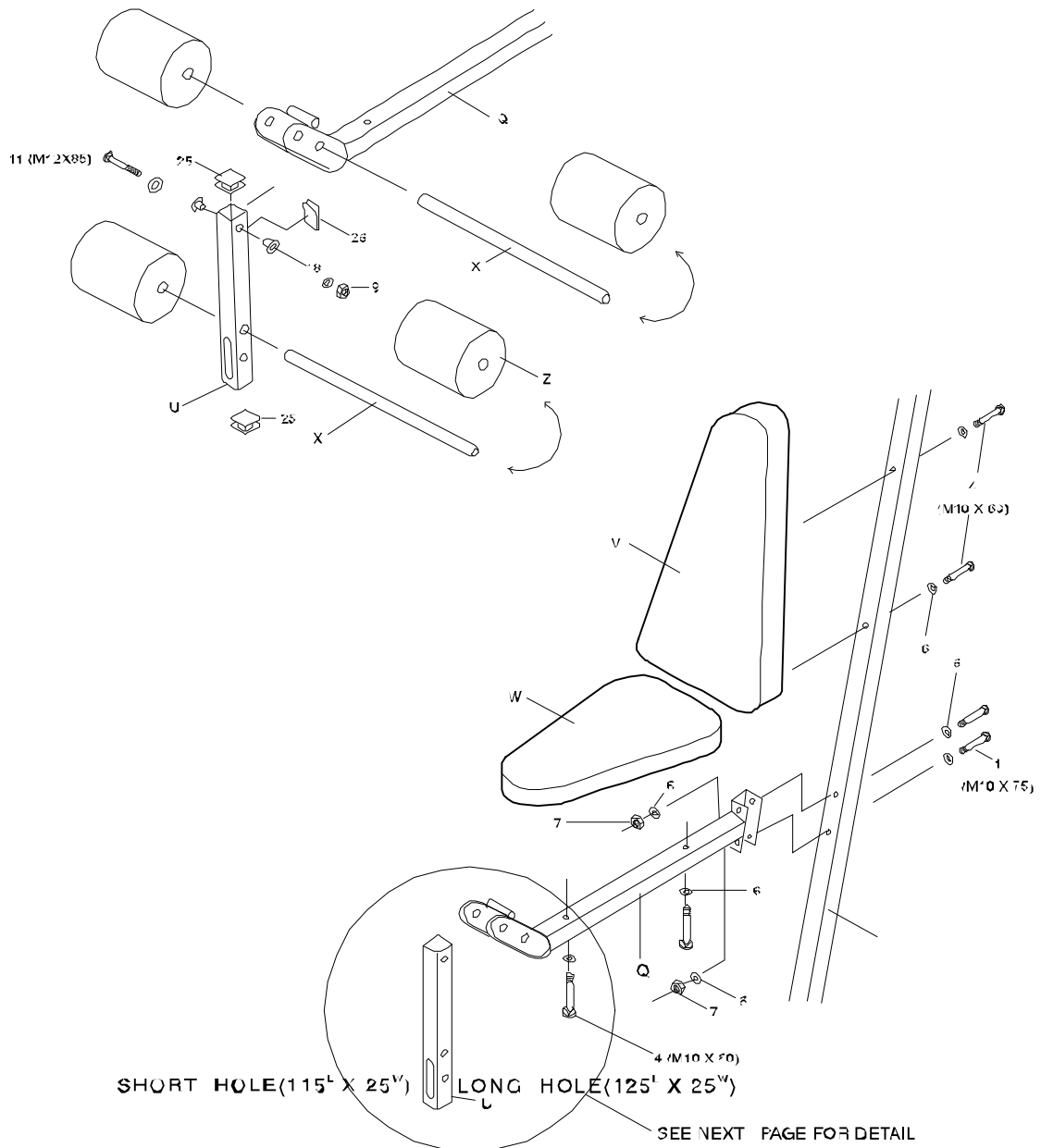
1. ATTACH FRONT (C) AND BACK (B) STABILIZING BASES TO MAIN BASE (E). ATTACH VERTICLE BEAM (D) TO MAIN BASE (E).
2. ATTACH RUBBER END CAPS (24) TO EACH END OF ASSEMBLED BASE.
3. INSERT THE GUIDE RODS (N) PUTTING PREVIOUSLY ONE OF THE WEIGHT COVER SUPPORT (EE) TOGETHER WITH THE RUBBER DONUT WEIGHT STACK BOTTOM (28) ON THE MAIN BASE (E) AS SHOWN IN THE DRAWING, AND SCREW THE GUIDE ROD(N) TO THE MAIN BASE (E). SLID EACE WEIGHT PLATE(Y) ALONG THE GUIDE ROD(N). (NOTE:GROOVE FOR SELECTOR PIN ON WEIGHT PLATES SHOULD FACE DOWN).
4. ATTACH GUIDE PIN (O) TO TOP PLATE (P) THEN ONTO. GUIDE RODS (N) AND INTO WEIGHT STACK.
5. FIT THE WEIGHT COVER PLATES (GG) WHICH HAS PREVIOUSLY BEEN FITTED TO THE BOTTOM. FIT THE OTHER SUPPORT (EE) ON THE TOP OF THE PLATES (GG), SECURING THE UNIT WITH THE HOLDERS (FF).

ASSEMBLY INSTRUCTIONS



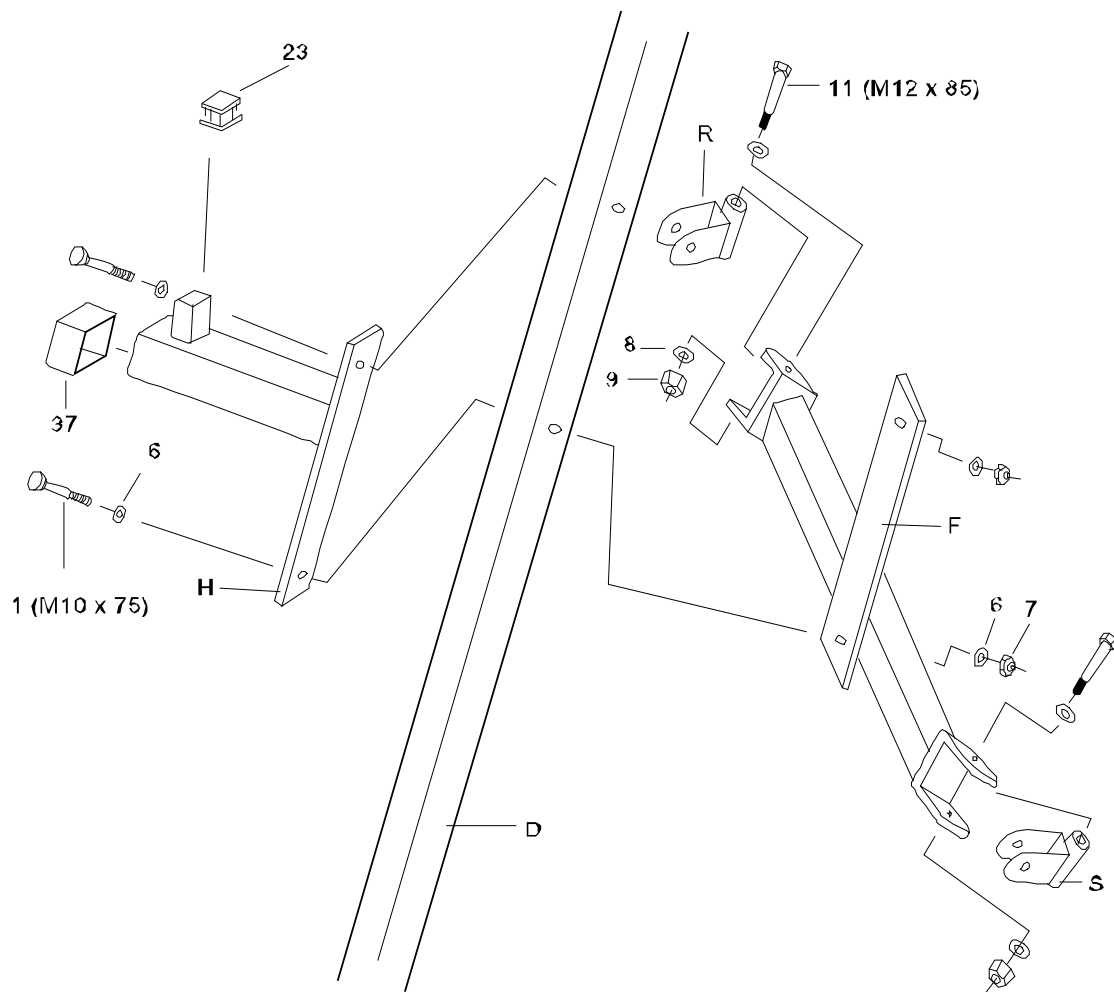
1. SLIDE THE SQUARE RUBBER END CAPS(38) OVER THE FIXED HANDLES OF THE PEC DECK ARMS(L,M)
2. FIX THE RUBBER BUFFER(27) TO PRESS BAR (G)
3. ATTACH TOP BEAM(A) TO VERTICAL BEAM (D) AND INSERT GUIDE RODS (N) INTO THE HOLES IN THE TOP BEAM (DO NOT TIGHTEN AT THIS STAGE)
4. ATTACH SQUARE PLASTIC INSERT CAPS(25) TO ENDS OF TOP BEAM(A)
5. USING METAL BUSHES(18) AND HEX BOLTS (10) AND NUTS/WASHERS(8,9) ATTACH THE PRESS BAR (G) TO TOP CROSS BEAM(A)
6. USING THE INSERT PIN (21) TO FIT BOTH PEC DECK ARMS(L,M) TO THE PRESS BAR (G)
7. FIX BOTH PEC DECK ARMS(L,M) TO PRESS BAR ASSEMBLY (G) USING METAL BUSHES (18) AND HEX BOLTS, NUTS AND WASHERS(12,9,8)*(NOTE:2BUSHES, 2WASHERS, 1BOLT & 1NUT PER ARM) SLIDE PEC DECK PADS (AA) ON PEC DECK ARMS (L,M)
8. ATTACH PEC DECK HANDLES (BB) USING HEX BOLT(16) AND WASHER (15) TO PEC DECK ARMS(L,M)

ASSEMBLY INSTRUCTIONS



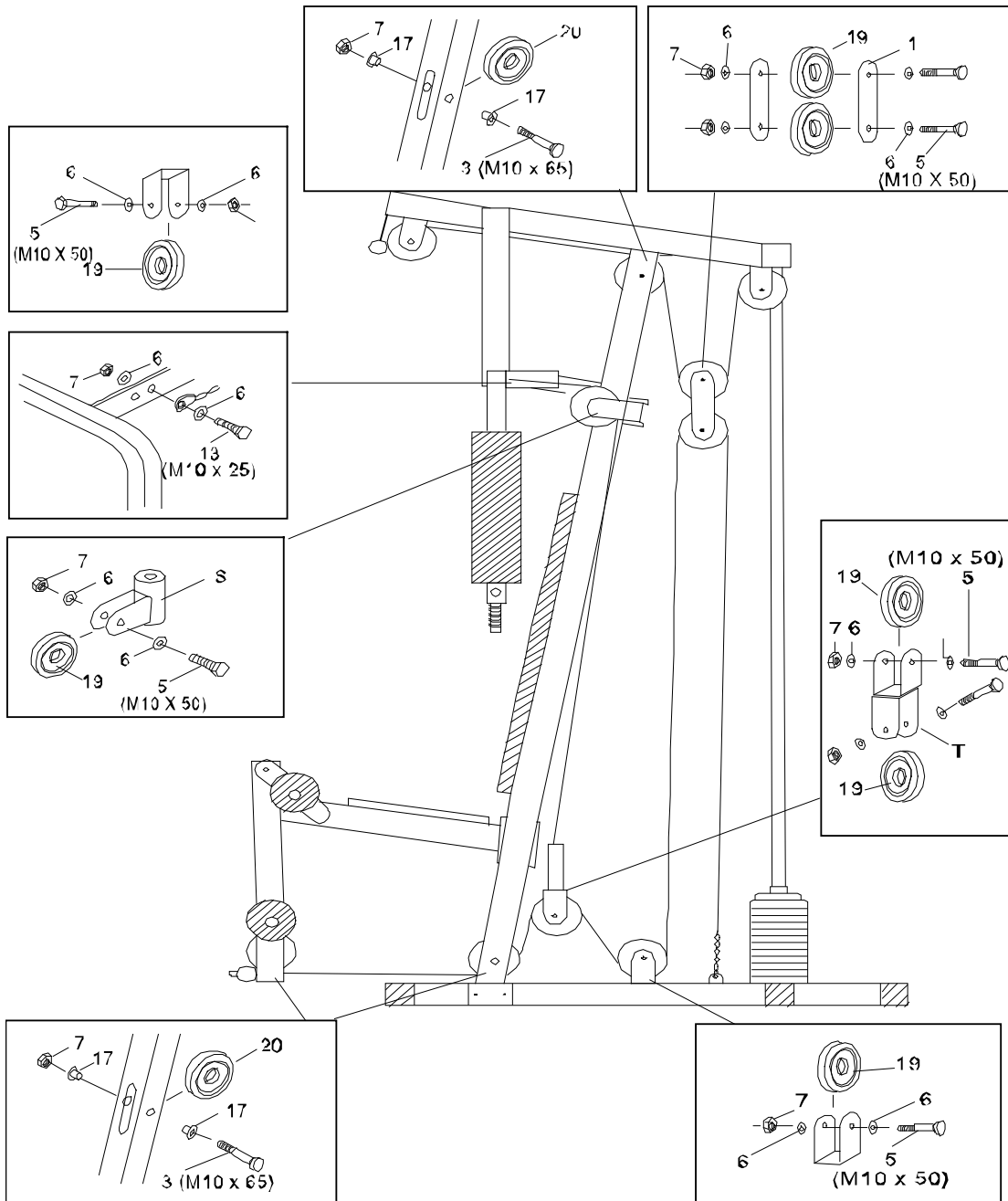
- 1) ATTACH SEAT SUPPORT (Q) TO VERTICAL BEAM (D) AND ATTACH LEG EXTENSION (U) TO SEAT SUPPORT (Q). INSERT PAD HOLDERS (X) AND PUSH ON FOAM PADS (Z).
- 2) FIX PVC BUFFER (26) TO LEG EXTENSION (U) AND ATTACH SQUARE PLASTIC INSERT CAP (25) TO TOP AND BOTTOM ENDS OF LEG EXTENSION (U).
- 3) ATTACH BACK CUSHION (V) TO VERTICAL BEAM (D) AND SEAT (W) TO SEAT SUPPORT (Q)

ASSEMBLY INSTRUCTIONS



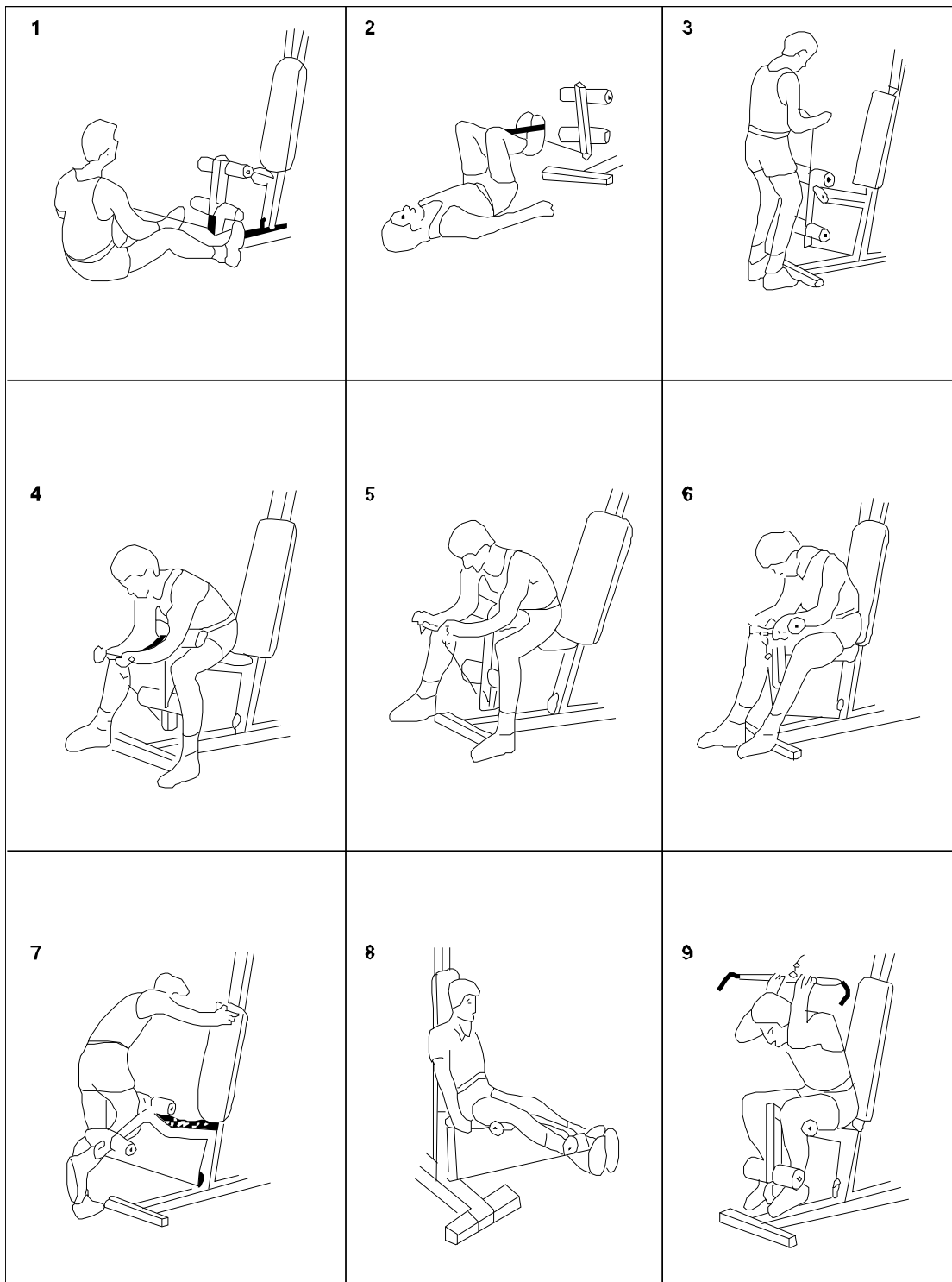
- 1) ATTACH RESIST BAR(H) TO FRONT AND PULLEY COORDINATE BEAM(F) TO BACK OF VERTICAL BEAM(D) USING BOLTS(1), WASHERS(6) AND NUTS(7)
- 2) ATTACH RIGHT PULLEY BRACKET(R) AND LEFT PULLEY BRACKET(S) TO PULLEY COORDINATE BEAM (F) USING BOLTS(11), WASHERS(8) AND NUTS(9)
- 3) ATTACH SQUARE RUBBER END CAP(37) TO END OF RESIST BAR(H) AND SQUARE PLASTIC INSERT(23) TO UPRIGHT SECTION OF RESIST BAR(H)

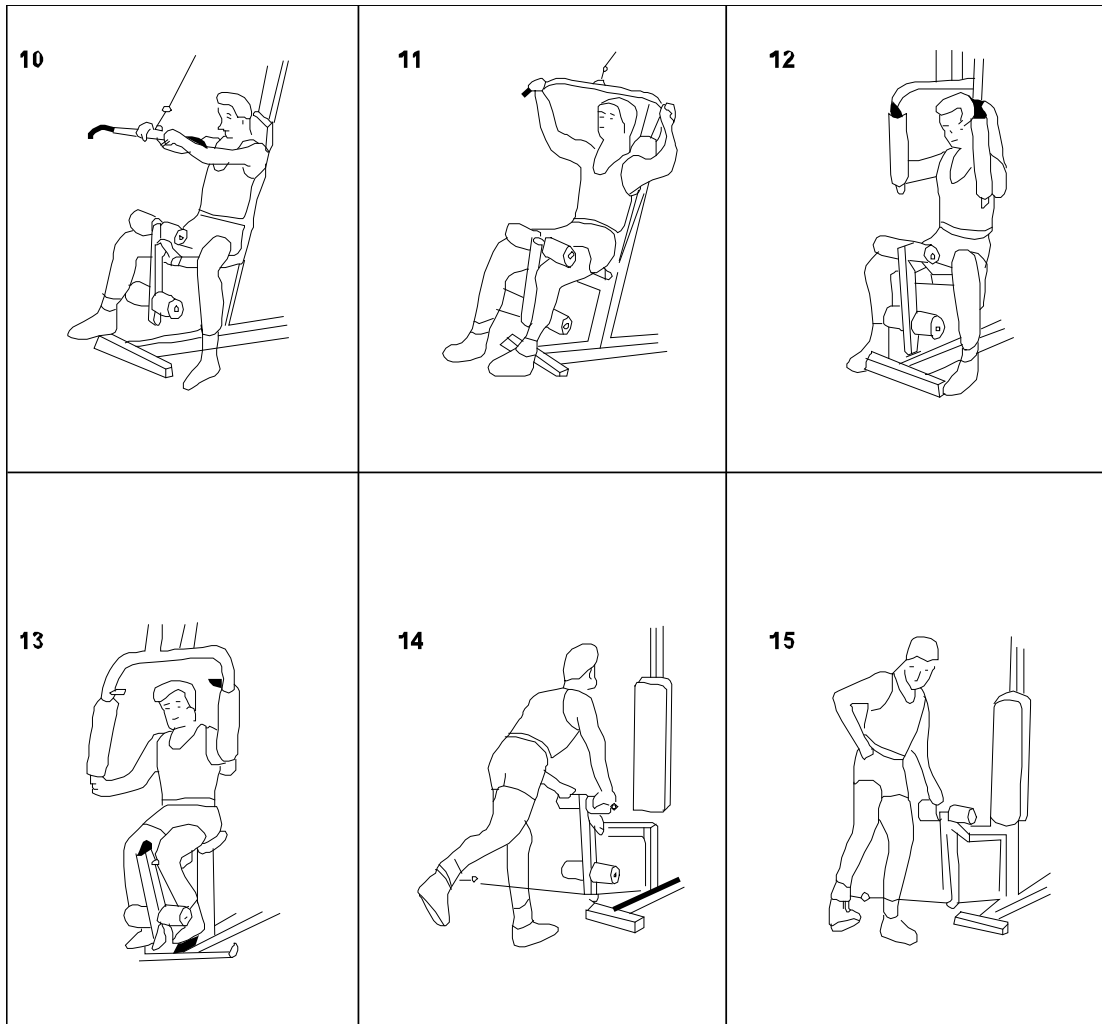
ASSEMBLY INSTRUCTIONS



- 1) THREAD ALL THREE CABLES THROUGH GYM, ASSEMBLE AND ATTACH PULLEY WHEELS AS SHOWN IN EACH EXPLODED VIEW. (*NOTE: CABLES AND PULLEY WHEELS MUST BE THREADED AND ASSEMBLED AT THE SAME TIME)
- 2) CABLE POSITIONS ARE: (34) FROM LEG EXTENSION TO FRAME WITH CHAIN(33) TENSION ADJUSTER (35) FROM LEFT PEC DECK ARM(L). TO RIGHT PEC DECK ARM(M). (36) FROM LAT BAR(J) TO WEIGHT STACK TOP PLATE(P).
- 3) THE CHAIN(33) AND TWO SNAP HOOKS(32) ARE USED TO ADJUST SLACKNESS FROM CABLES
- 4) TIGHTEN ALL NUTS AND BOLTS

EXERCISE INSTRUCTION





WARNINGS

PRIOR TO UNDERTAKING ANY PROGRAM OF EXERCISE THAT REQUIRES A MAJOR INCREASE IN PHYSICAL ACTIVITY, CONSULTATION WITH A COMPETENT MEDICAL AUTHORITY IS STRONGLY RECOMMENDED. IN ADDITION, ANYONE WHO HAS A PHYSICAL HANDICAP, SUFFERS FROM A PROLONGED ILLNESS, OR WHO HAS INCREASED RISK FACTORS SUCH AS OBESITY, HYPERTENSION, CARDIO-CIRCULATORY PROBLEMS, ETC., SHOULD CONSULT A COMPETENT MEDICAL AUTHORITY BEFORE UNDERTAKING ANY EXERCISE OR ENGAGING IN A CONTINUING PROGRAM OF EXERCISING.

1. PLEASE READ THROUGH INSTRUCTIONS CAREFULLY BEFORE STARTING TO ASSEMBLE.
2. BE SURE ALL THE PARTS ARE SECURELY TIGHTENED. FAILURE TO DO SO MAY RESULT IN MECHANICAL FAILURE OR PERSONAL INJURY.
3. WE RECOMMEND TWO PEOPLE FOR PROPER ASSEMBLY OF THE HOME GYM.