



**A923**  
OWNER'S MANUAL  
ASSEMBLY INSTRUCTIONS

## PULL OVER

TÜV-CERT ISO 9001 / 9002 / 14000  
CERTIFIED QUALITY PRODUCTS.

**SPORTS ART INDUSTRIAL CO., LTD.**

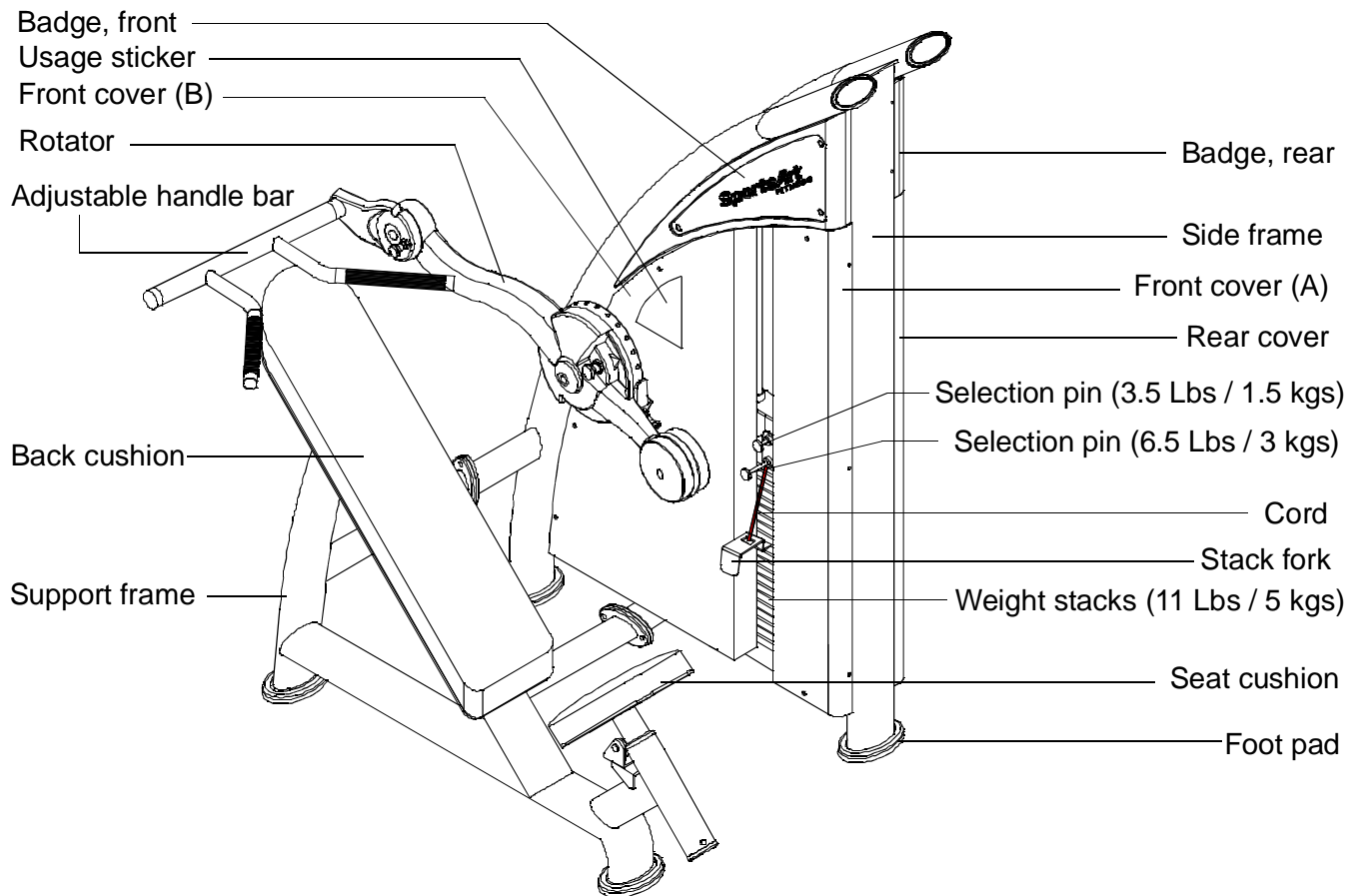
2012.10

**SportsArt** FITNESS

## **A. SAFETY INSTRUCTIONS**

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

## **B. Introduction**



### **C. List of Parts**

1. One double-end open wrench, 17mm x 23mm
2. One double-end open wrench, 8mm x 17mm
3. One hex key wrench, M6
4. One hex key wrench, M5
5. User's manual
6. One storage tray

## **D. STEP BY STEP INSTRUCTION:**

1. Use the rotator adjustment pin to establish a suitable initial position for the user as shown in Fig.1.

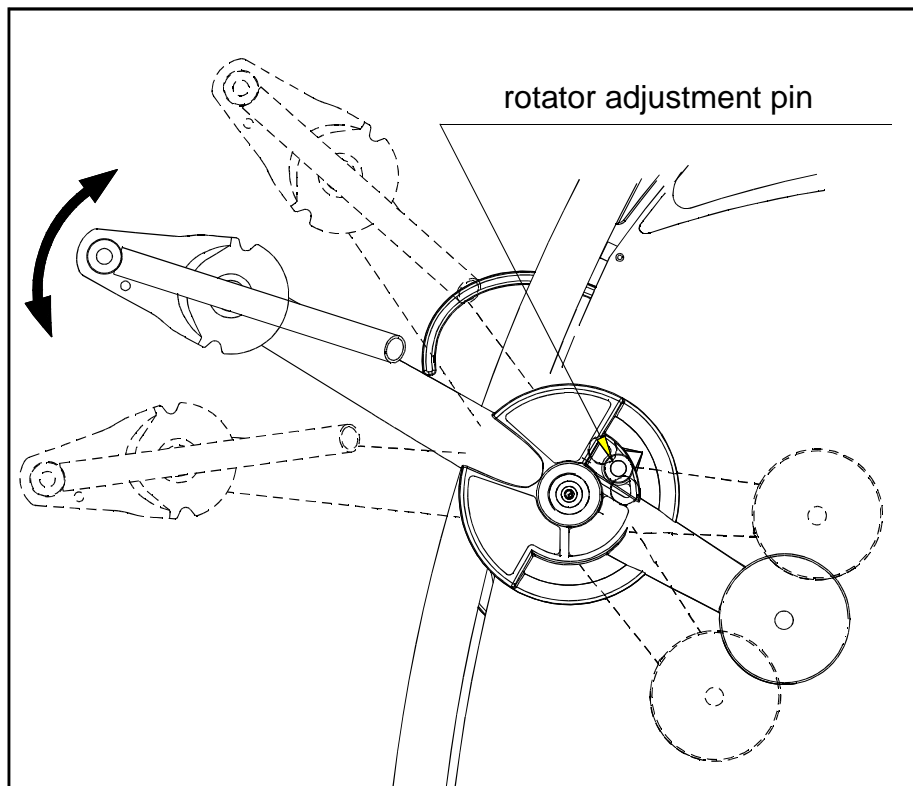


Fig.1

2. Use the plate adjustment pin to set the plate to the proper position, as shown in Fig.2.

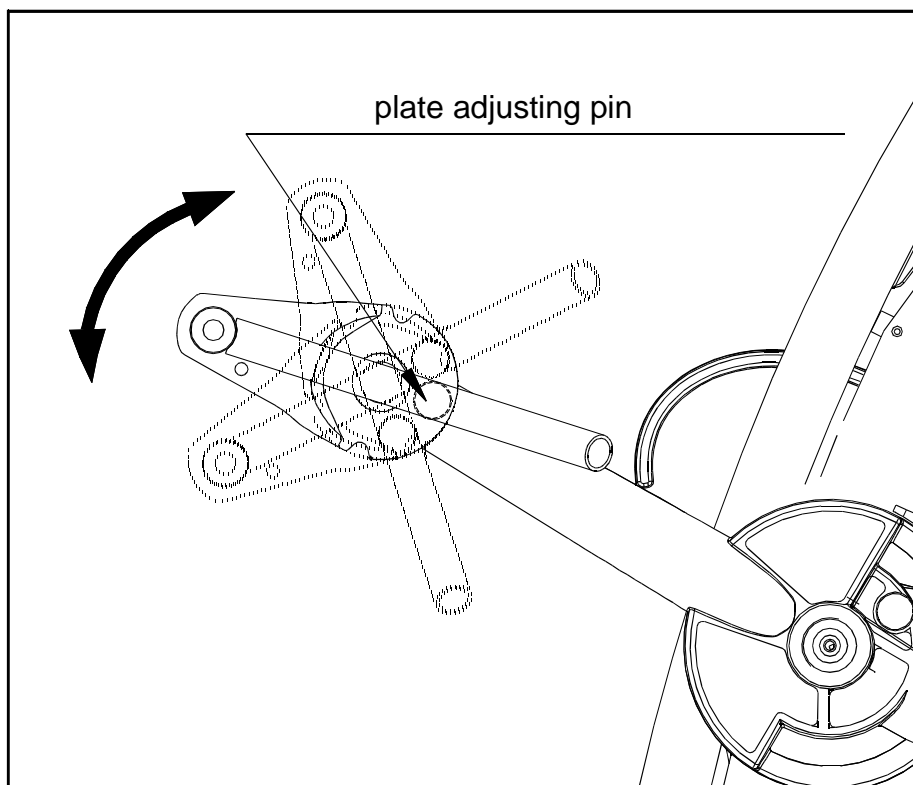


Fig.2

3. To shorten the rotating range, move the rotator adjustment pin to the "A" position.  
To increase the rotating range, move the rotator adjustment pin to the "B" position.  
(See Fig.3 or 3-1)

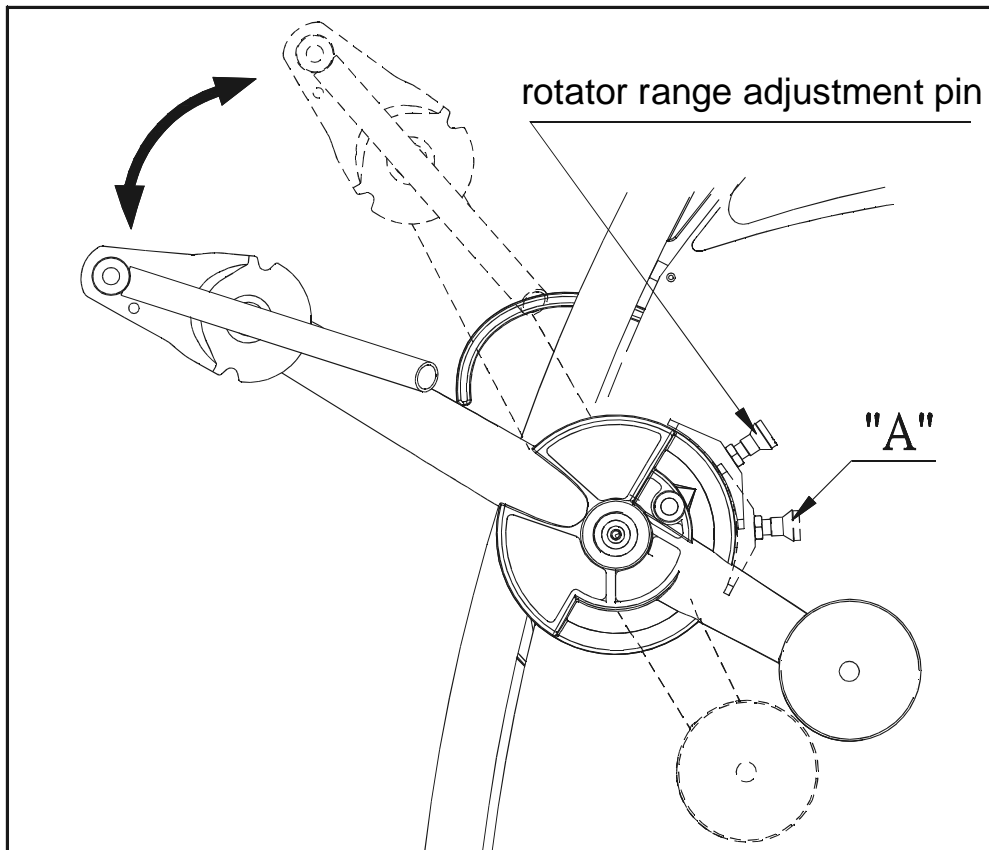


Fig.3

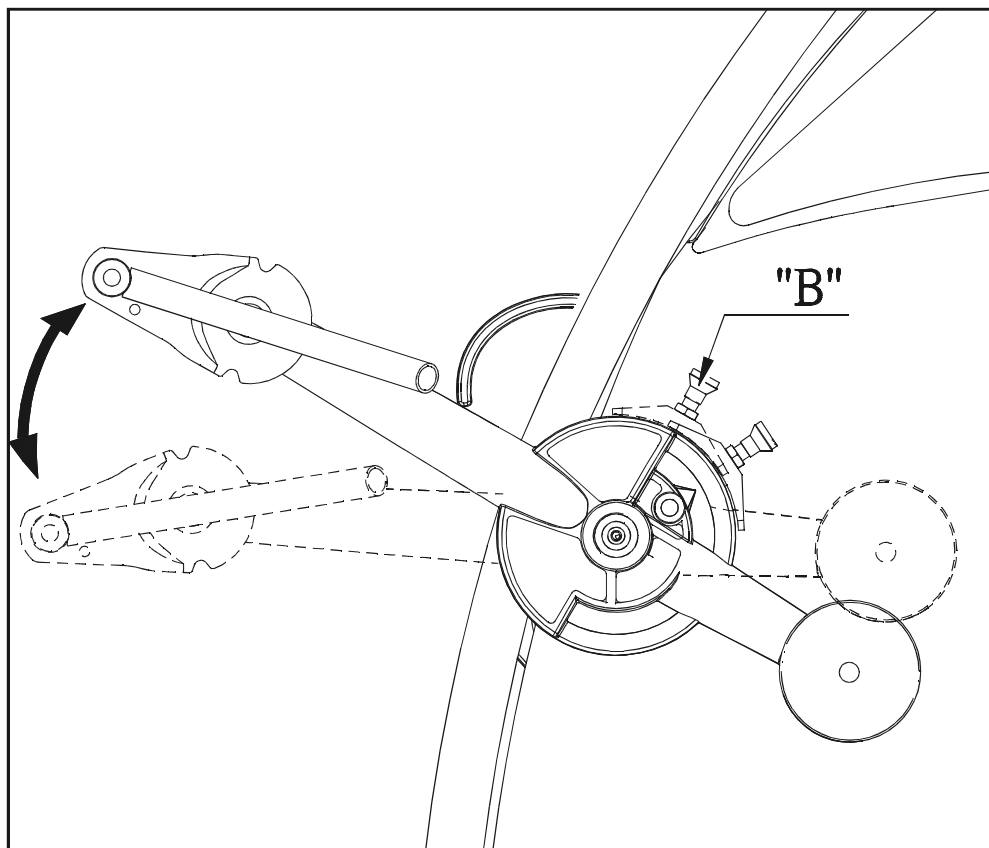


Fig.3-1

## **E. Belt Adjustment**

1. If the belt is too tight or too loose, loosen nut A as shown in the diagram below, then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position then tighten nut A.
2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds 35mm after the first step, loosen the screws on C and adjust the belt to the proper length. Tighten the screws and repeat the first step again. (See Fig.4)

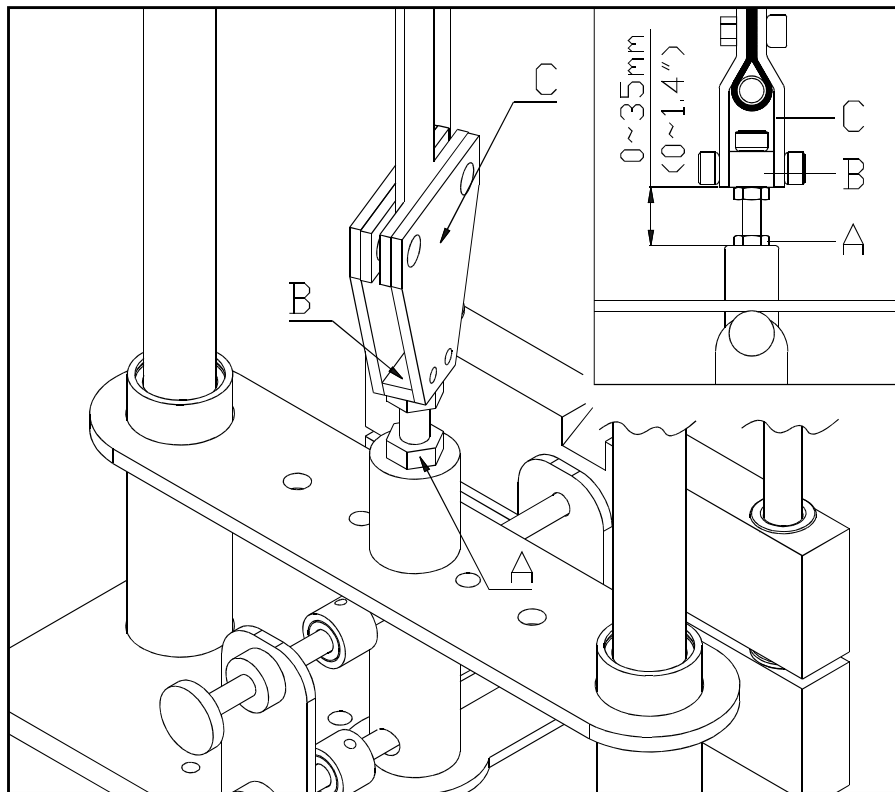


Fig.4

## **F. HOW TO USE THE MINOR WEIGHT STACK**

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.
2. Pull the pin to release the weight. (See Fig. 5)

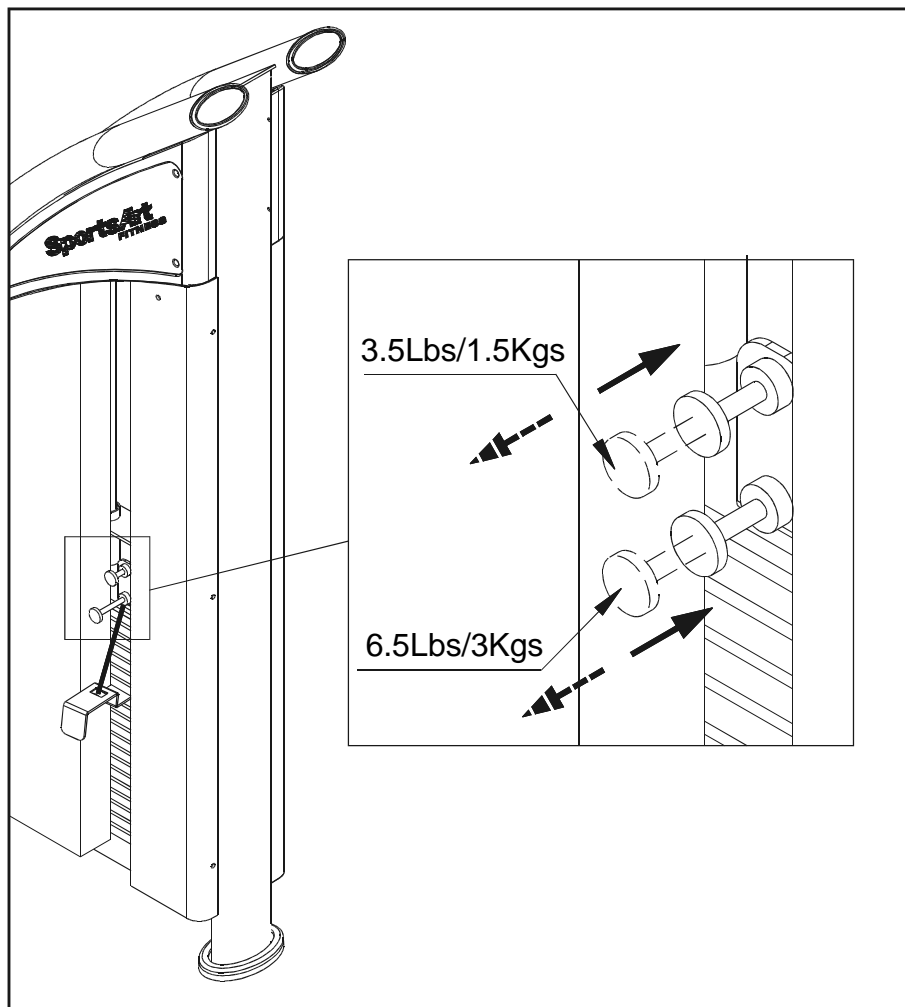
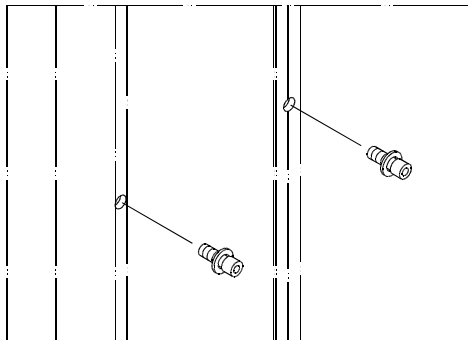
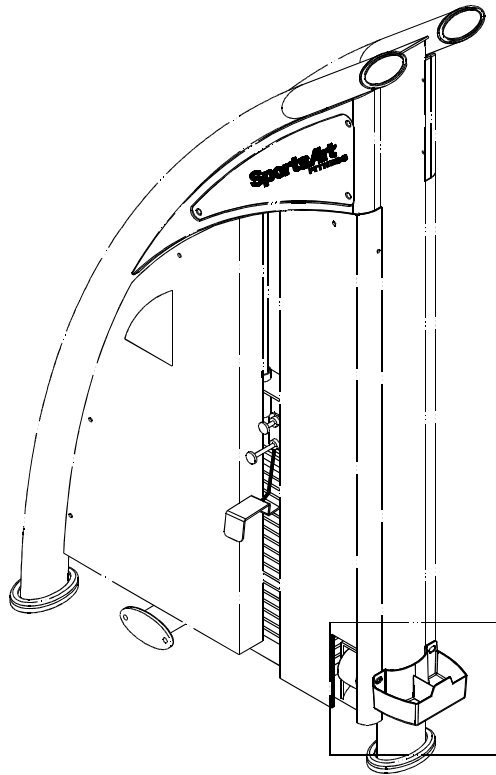


Fig.5

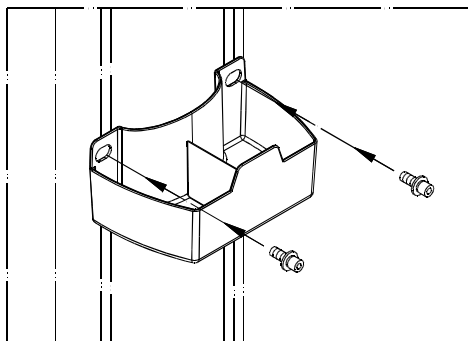


## **G. STORAGE TRAY ASSEMBLY**

Applicable strength products include that these products have the frame as following shape.



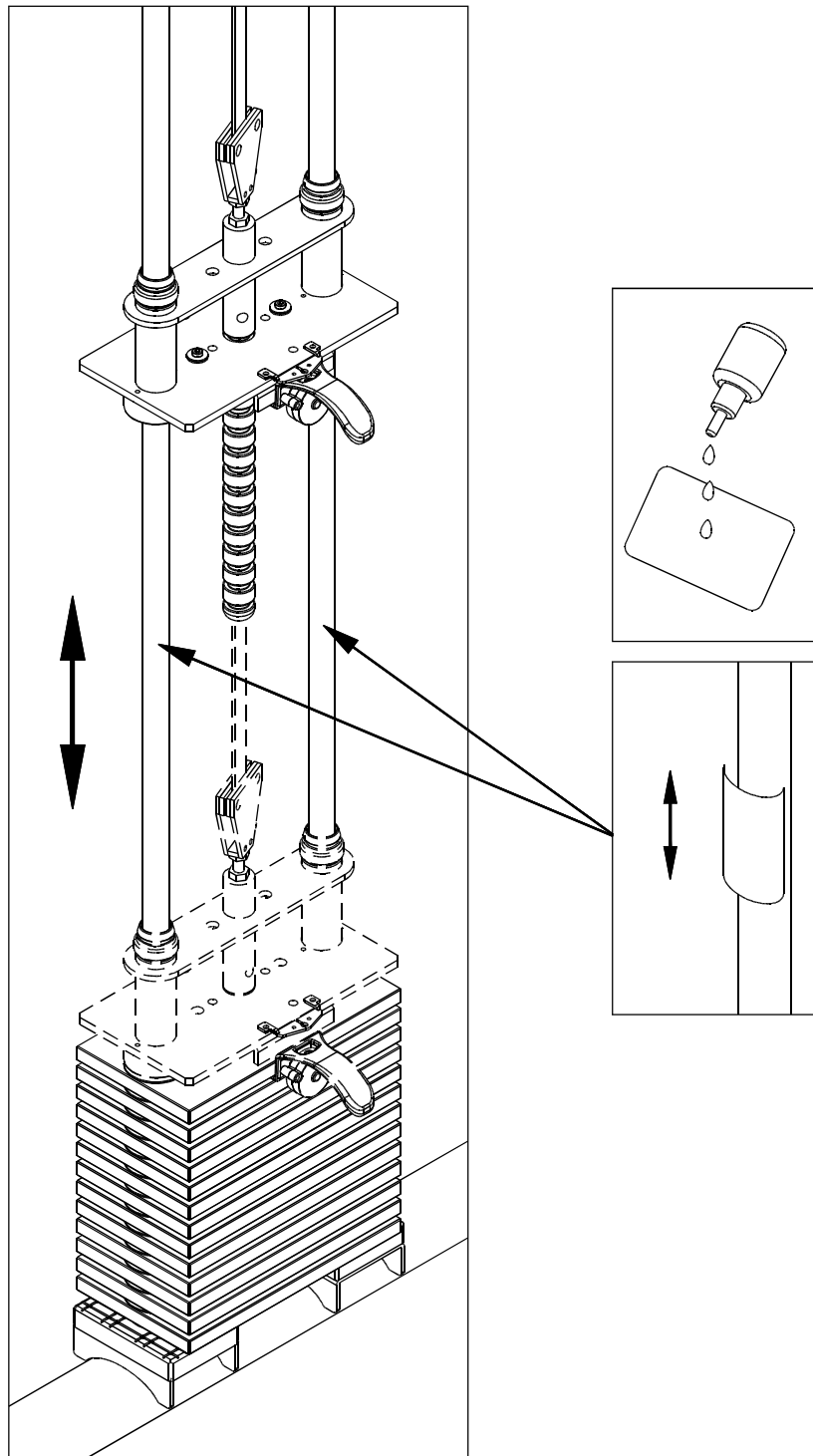
**Step 1:**  
Remove the existing screw and washer from tubing.



**Step 2:**  
Place storage tray onto tubing and tighten with the screw and washer that you just removed from step.

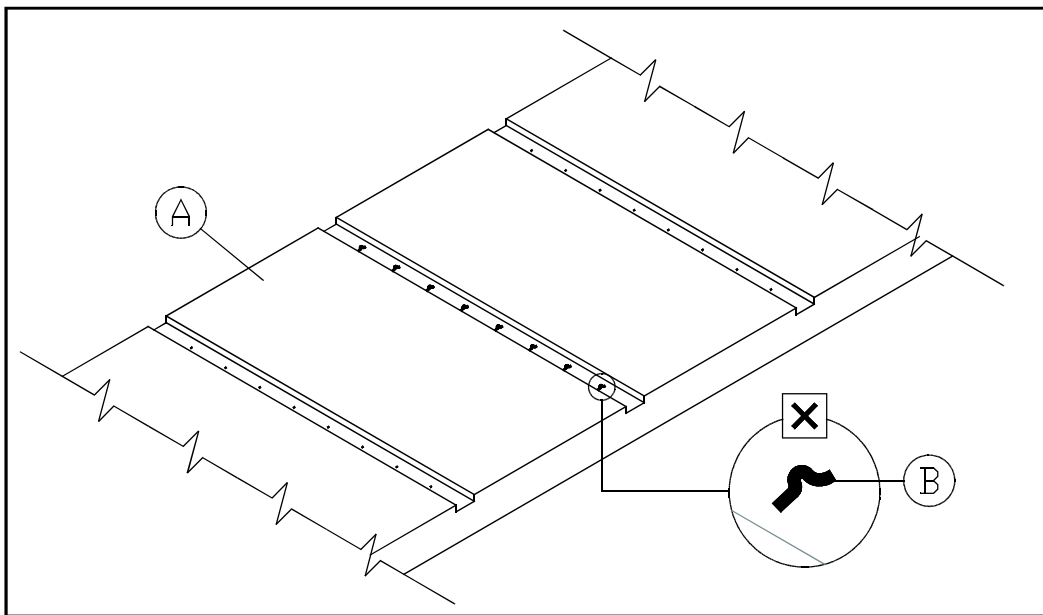
## **H. Maintenance Information**

1. Lubricate guide rods every four months as follows.
  - (a) Place silicone lubricant on a clean, dry, lint-free cloth. Wipe guide rods thoroughly.
  - (B) Operate the unit and inspect for smoothness.
  - (c) Repeat steps (a) and (b) 2~3 times.
2. Inspect cable and belt tightness. Adjust cables and belts as necessary according to instructions in owner manuals.



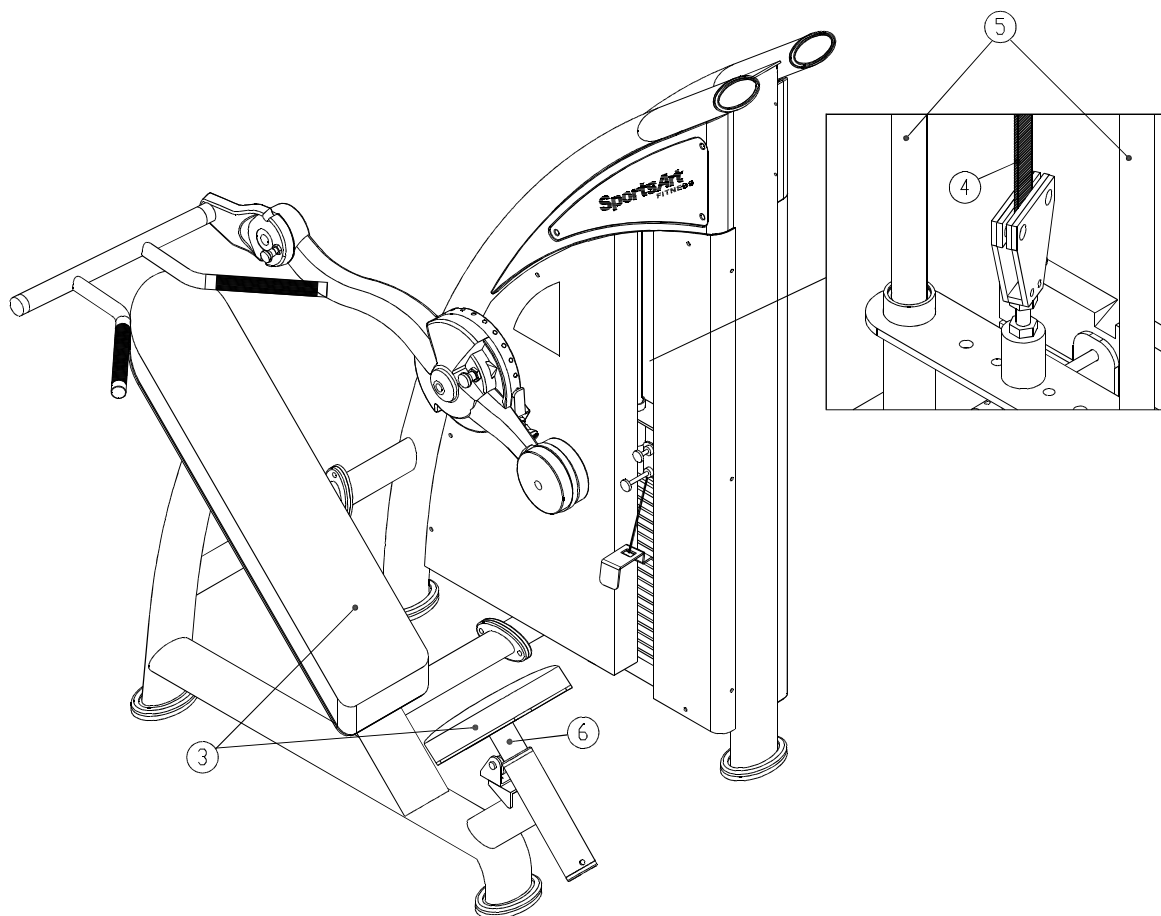
## **I. Important Safety Information**

1. We recommend replacing belts once a year.
2. For safety, after one year of use, inspect the following at least once a month: A. the belt area; B. the belt fibers. In particular, inspect for cracks in the belt and for exposed fibers or other abnormalities. If you find any abnormality, stop usage immediately and replace the belt. Note: more frequent inspections may be needed in some cases.



## J. Maintenance Schedule

(A923) Maintenance Schedule							
	Area	Daily	Weekly	Monthly	Quarterly	Yearly	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness. Tighten if necessary.
3	Cushions	•					Wipe clean with a damp cloth.
4	Belts		•				Inspect for wear and breakage. Replace once every four years.
5	Guide rods				•		Clean and lubricate.
6	Extendable tube				•		Clean and lubricate.



## **K. Maintenance Task List (Strength Products):**

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

### **Daily tasks**

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green<sup>®</sup> all-purpose cleaner and water, to thoroughly clean the product exterior.
2. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
3. Use a clean, lint-free towel, dampened with a mixture of Simple Green<sup>®</sup> all-purpose cleaner and water, to wipe cushions clean.

### **Weekly tasks**

1. Inspect belts or cables (as applicable) for wear and breakage. Replace belts once every four years.

### **Quarterly tasks**

1. Clean guide rods. Use a clean, lint-free towel, dampened with a mixture of Simple Green<sup>®</sup> all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the guide rods.

### **Caution**

Please follow standard safety precautions when working on this product.

- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

## **L. Maintenance One-year Maintenance Log:**

Facility : \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product Model Number : \_\_\_\_\_ Serial Number: \_\_\_\_\_

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Daily Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Daily Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Weekly Tasks	Weeks 1-7							Weeks 8-14							Weeks 15-21							Weeks 22-28						
Completed																												

Weekly Tasks	Weeks 29-35							Weeks 36-42							Weeks 43-49							Weeks 50-52						
Completed																												

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1				Quarter 2				Quarter 3				Quarter 4			
Completed																

Yearly Tasks	Year 1											
Completed												

Notes: \_\_\_\_\_

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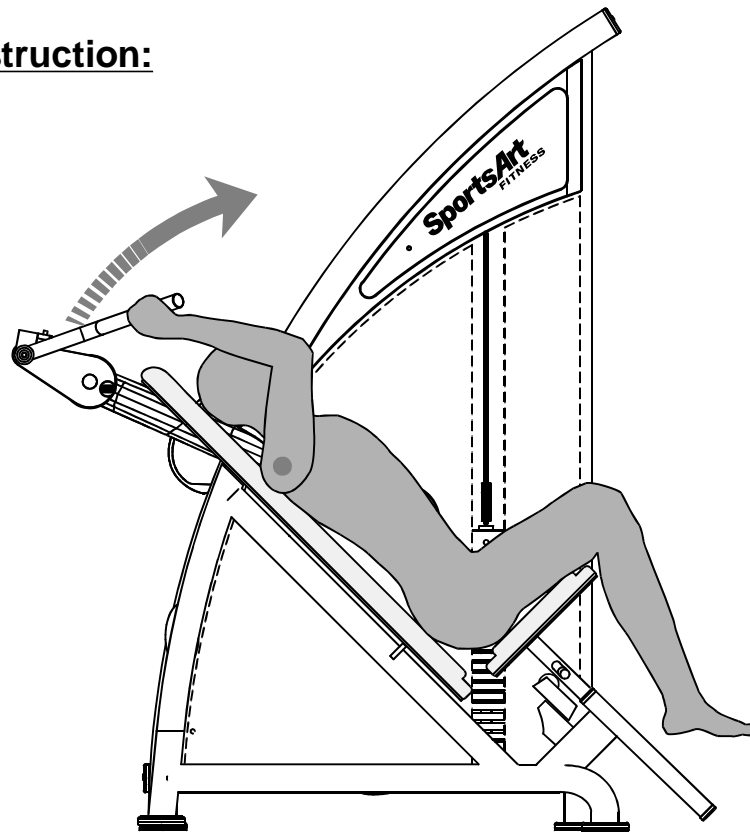
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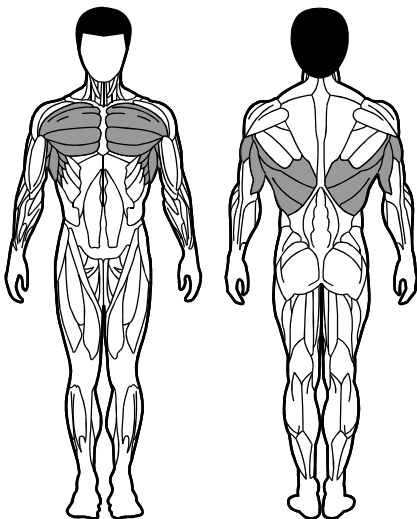
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## Usage Instruction:



# ***PULL OVER***



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- ① Select a resistance level that enables you to perform the movement correctly.
- ② Raise arms slightly above shoulder height and lower to starting position.
- ③ Make sure that the upper body remains stationary.
- ④ Perform the exercise in a controlled manner. Exhale when pushing against resistance.

### **CAUTION**

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.