

A915
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS



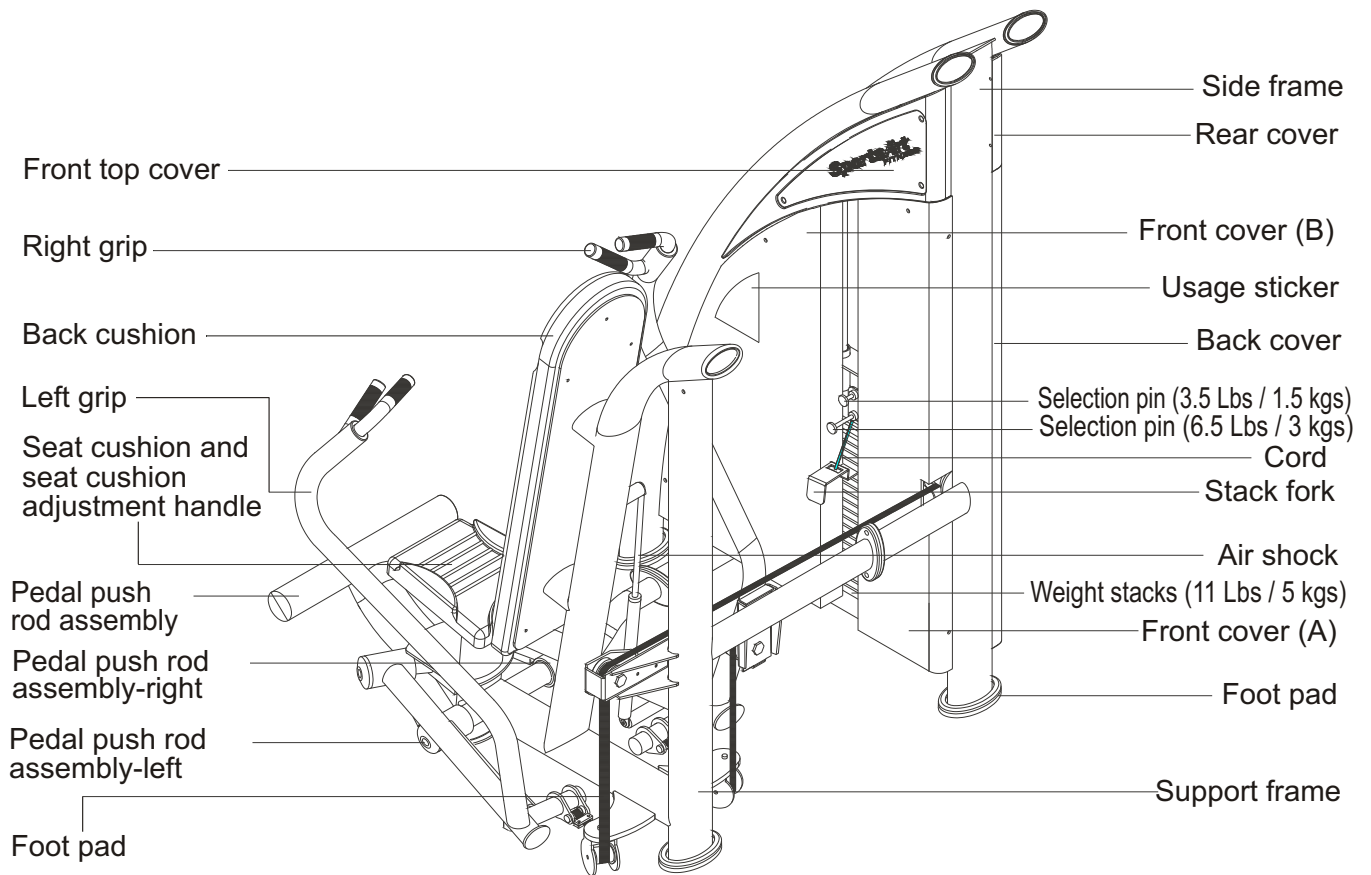
***INDEPENDENT
CHEST PRESS***

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 side frame.
2. One support frame
3. One pedal push rod assy
4. One pedal push rod
5. One grip
6. Four hex socket head bolts M8 x P1.25 x L30, for the pedal push rod assembly and pedal pushing rod (right and left)
7. Four spring washers, M8, for the pedal pushing rod assembly and pedal push rod (right and left)
8. Four flat washers D17 x d8.3 x t2 for foot rest
9. Two hex socket head bolts, M8 x P1.25 x L20, for the pedal push rod and grip
10. Two wave washer, (WN6203) for the pedal push rod and grip
11. One bearing washer for the grip
12. One washer for the pedal push rod
13. One double-end open wrench, 17mm x 23mm
14. One double-end open wrench, 8mm x 17mm
15. One hex key wrench, M6
16. One hex key wrench, M5
17. User's manual
18. One double-end open wrench, 8mm x 10mm
19. One double-end open wrench, 12mm x 15mm

D. STEP BY STEP INSTRUCTION:

1. Tighten the pedal pushing rod with screws as shown in Fig.1.

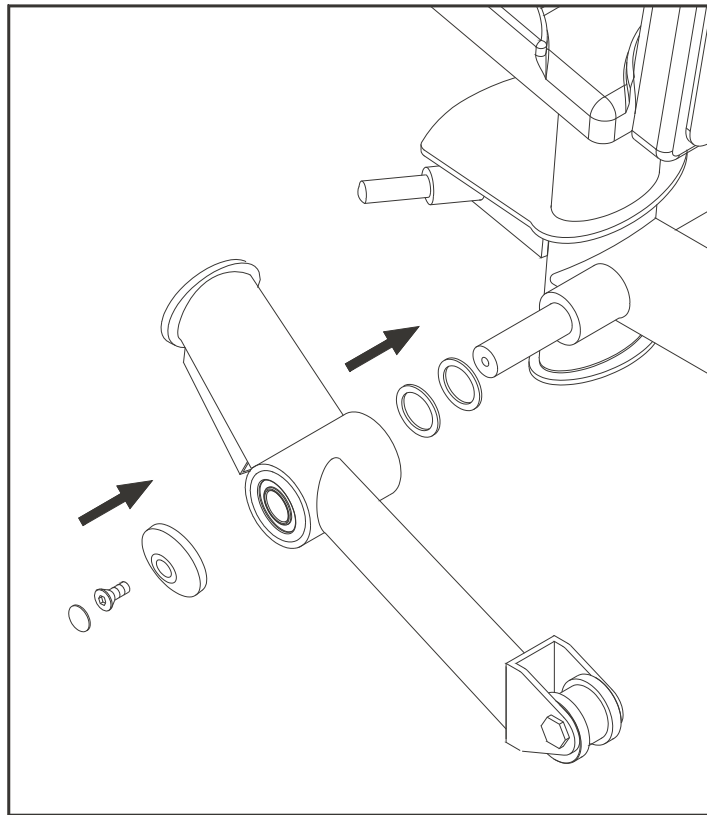


Fig.1

2. Tighten the grip with screws as shown in Fig.2.

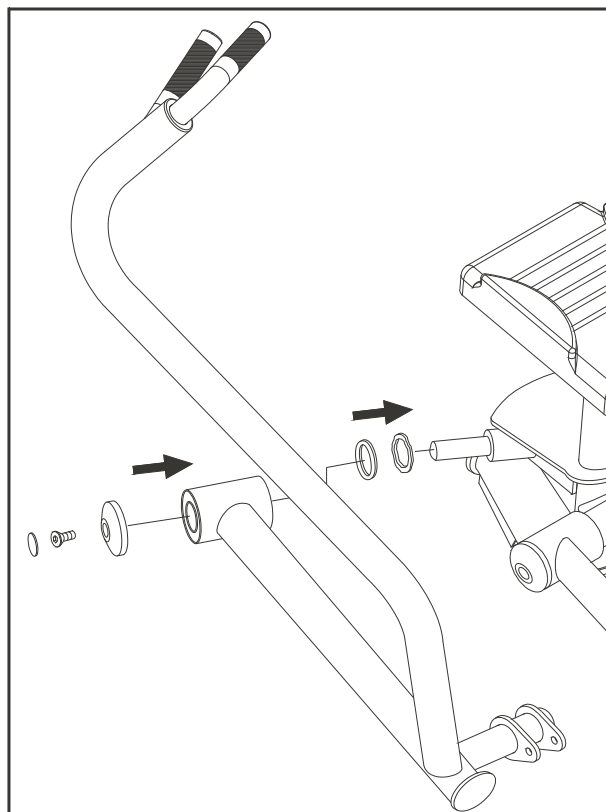


Fig.2

3. Tighten the pedal push assembly and both left and right push rods together with screws as shown in Fig. 3.

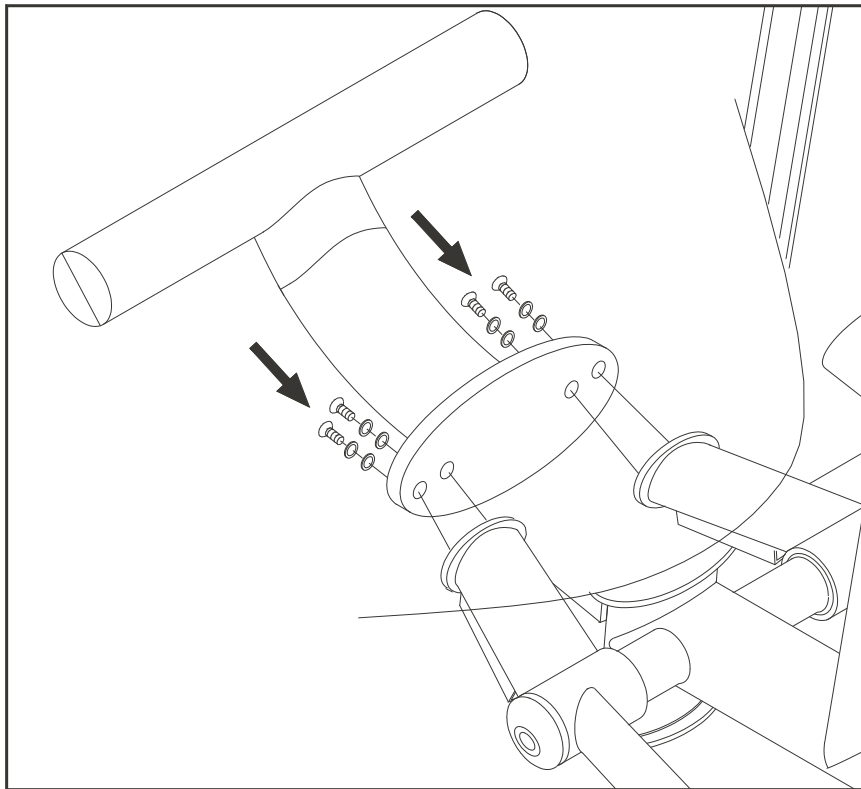


Fig.3

4. Assemble the belt and secure the screws tightly as shown in Fig. 4.

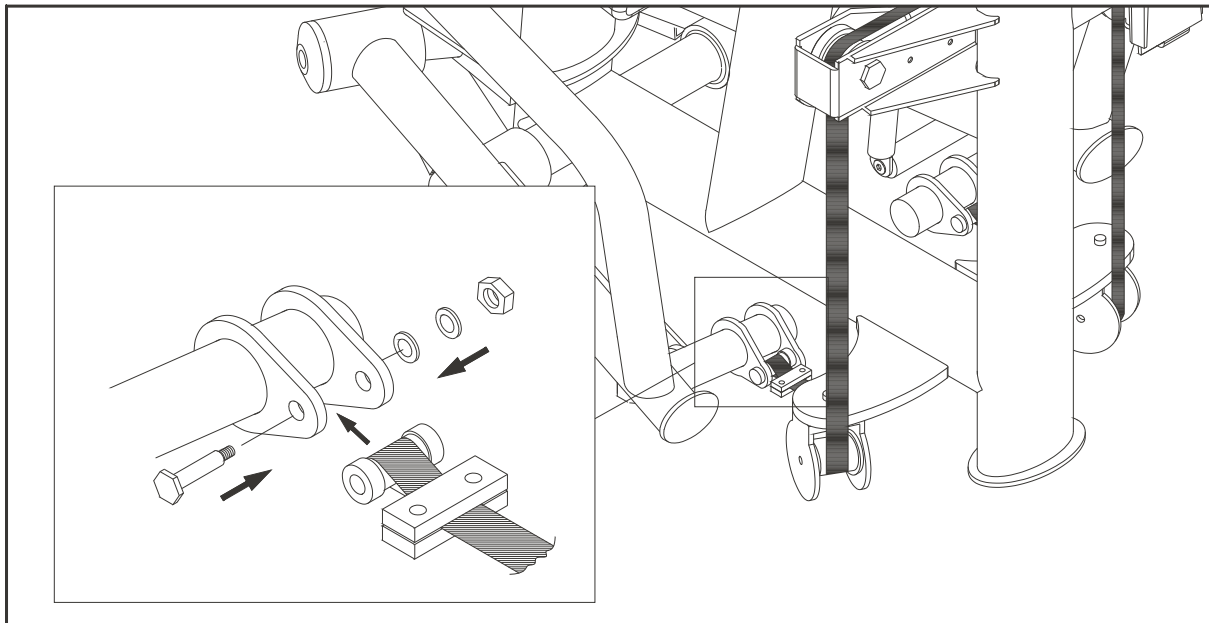


Fig.4

E. BELT ADJUSTMENT:

1. If the belt is too tight or too loose, first loosen nut A as shown 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 the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 5)

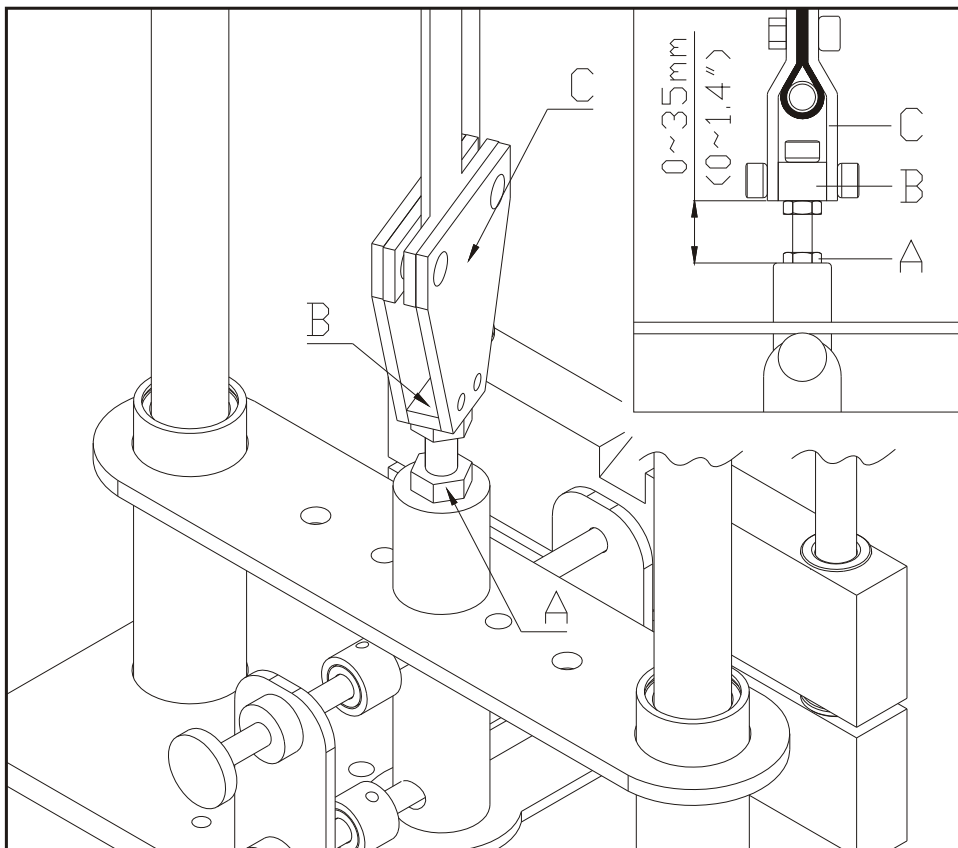


Fig.5

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. 6)

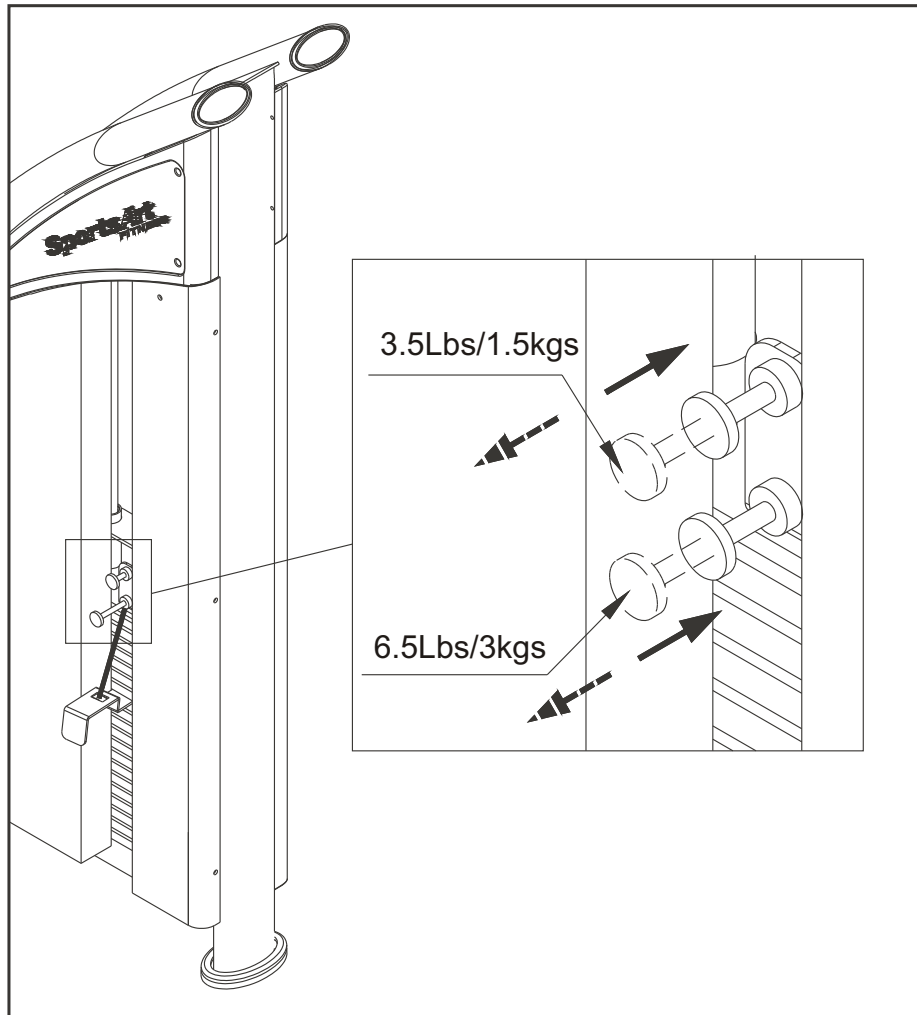
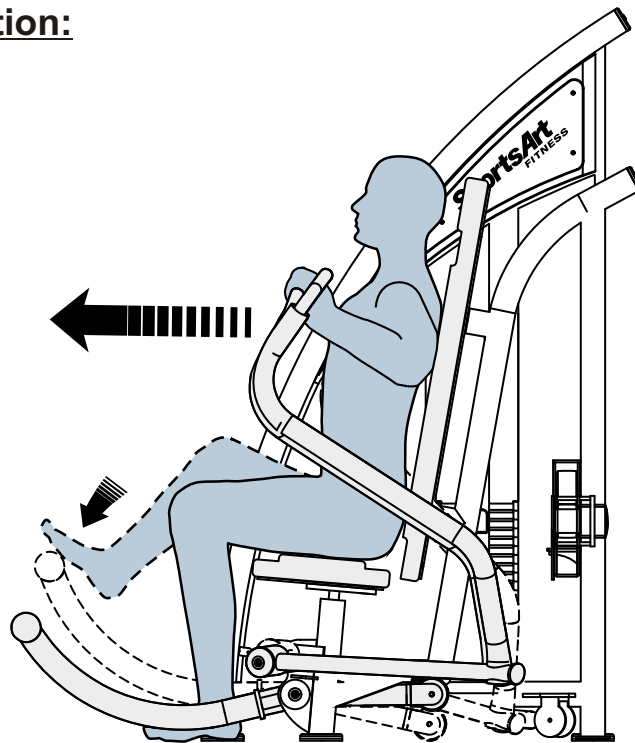
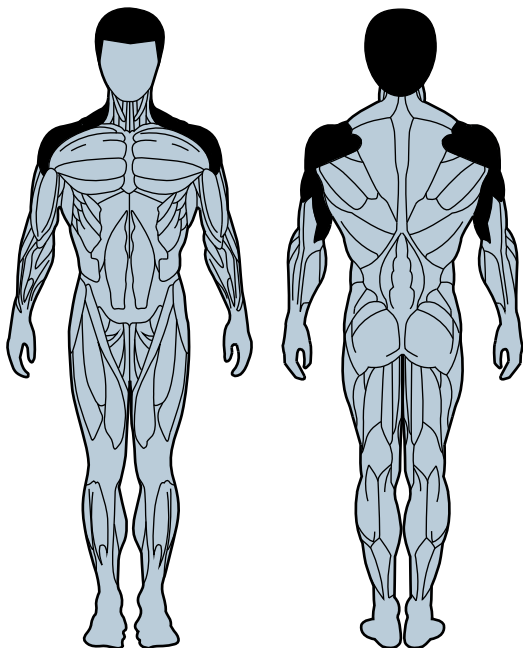


Fig.6

Usage Instruction:



INDEPENDENT CHEST PRESS



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- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust seat height so that handles are at chest level. Place back firmly against back pad.
- ③ Push handles forward. Do not lock arms.
- ④ Avoid excessive arching of the back when bringing handles back to starting position.
- ⑤ 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.