



A935
OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

ROTARY *TORSO*

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

SPORTS ART INDUSTRIAL CO., LTD.

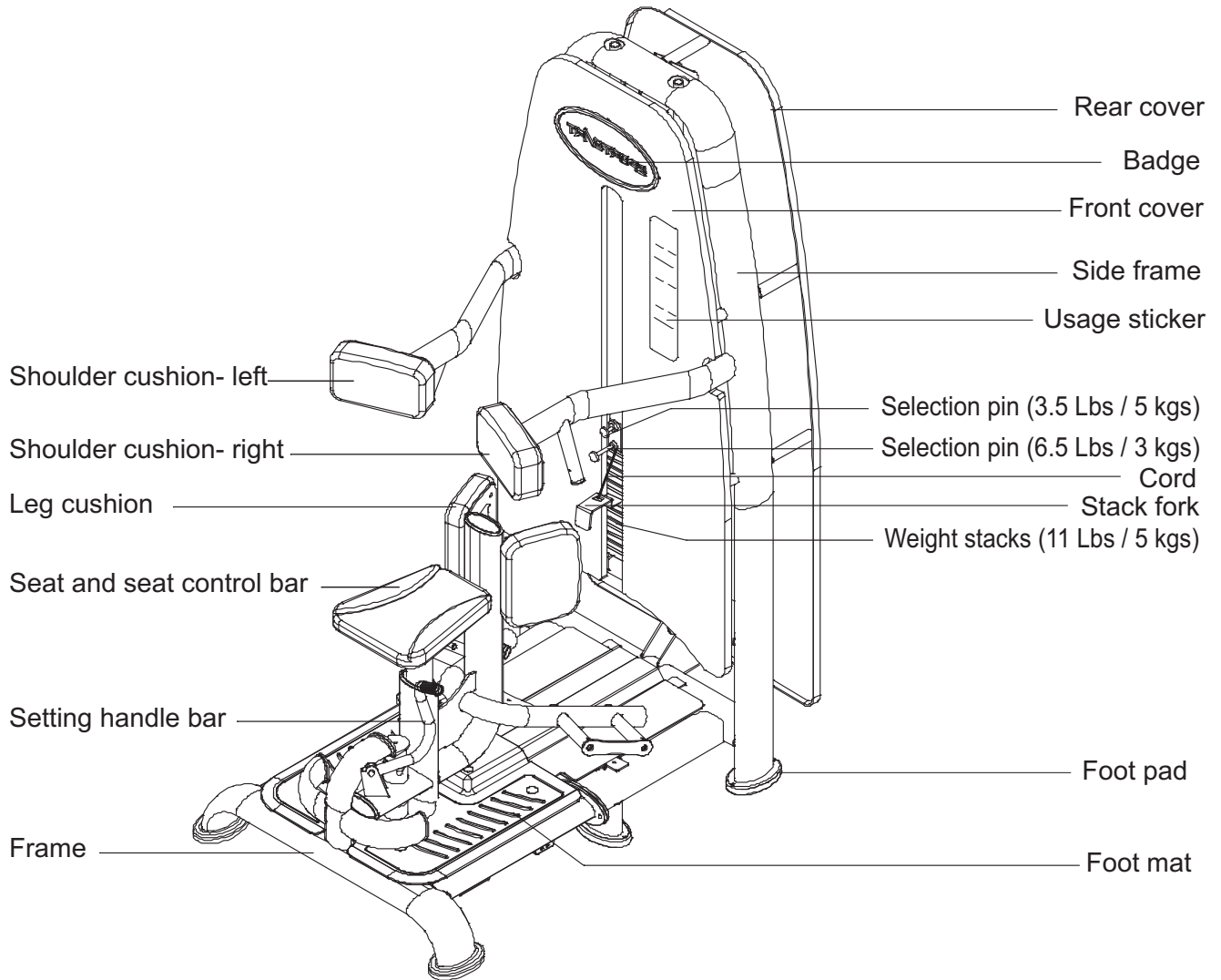
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SportsArtFITNESS

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. Storage tray kit includes one storage tray, one bracket, two screws, four washers and two nuts.

D. 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.1)

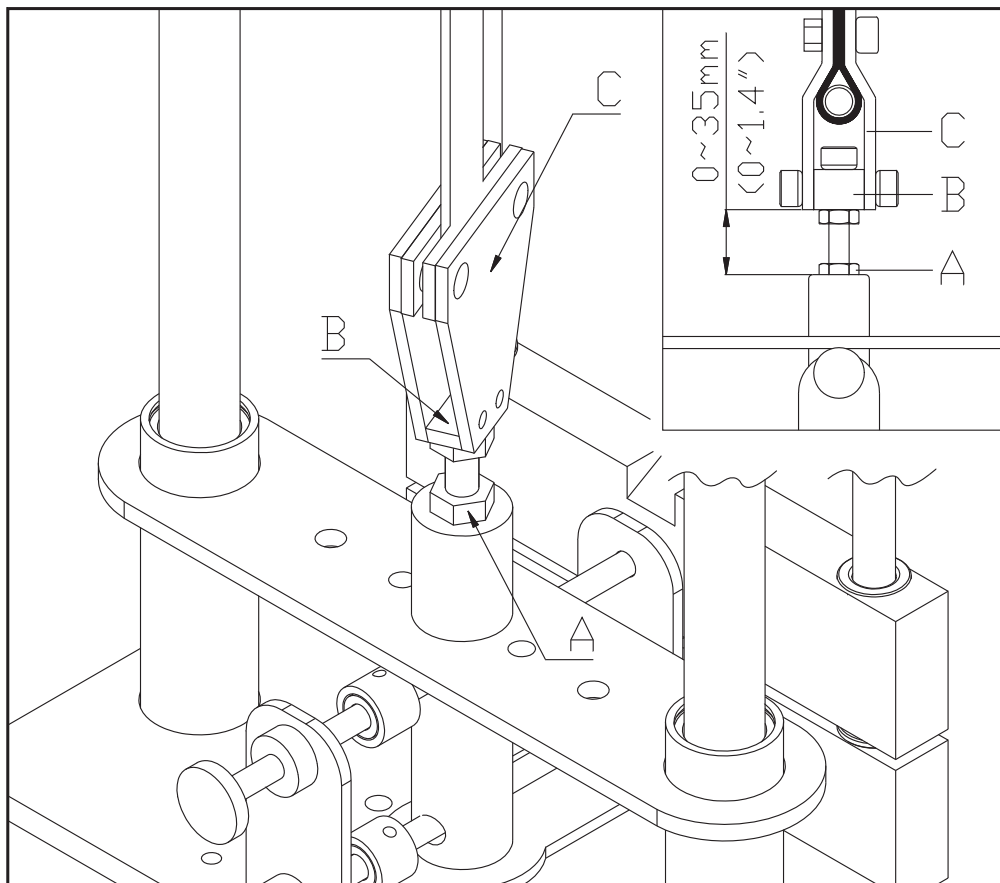


Fig.1

E. 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.2)

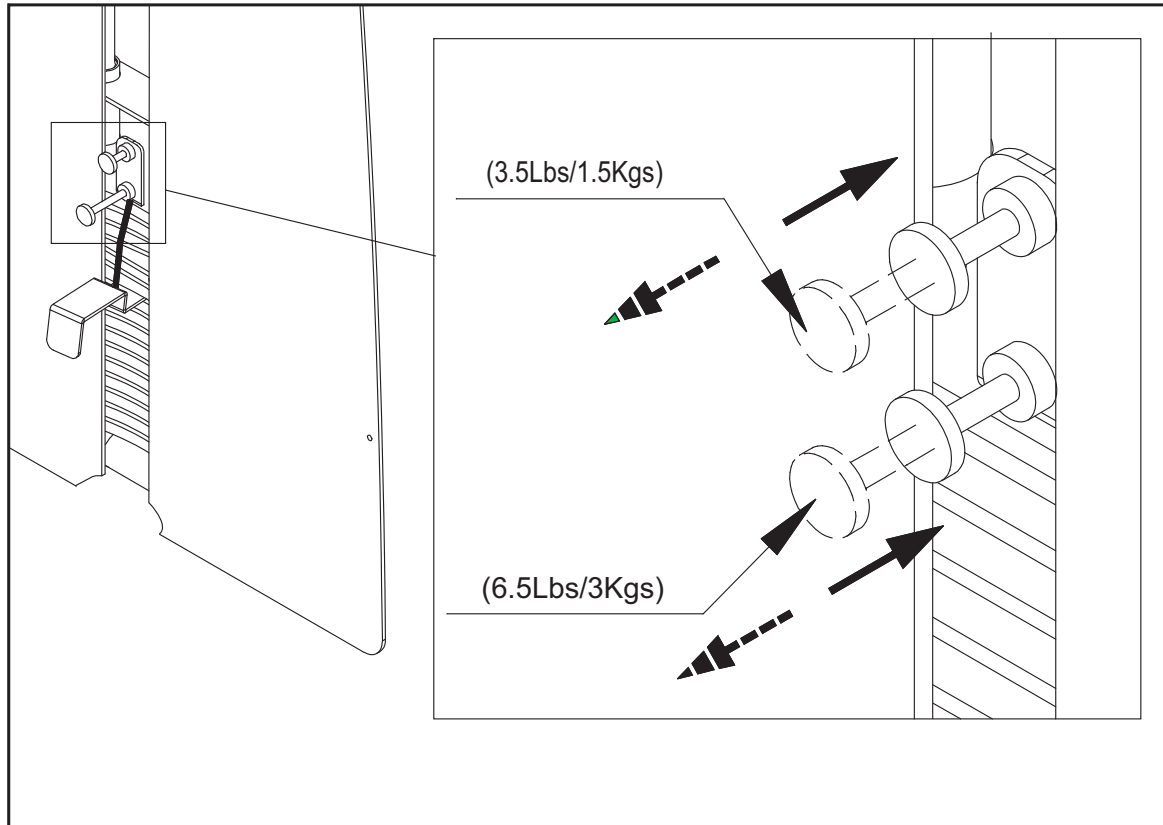


Fig.2

F. STORAGE TRAY ASSEMBLY:

1. Place the storage tray (A) and bracket (B) onto the tubing as figure shown.
2. Insert the screws and washers into the holes and tighten with nuts plus washers.
(See Fig. 3)

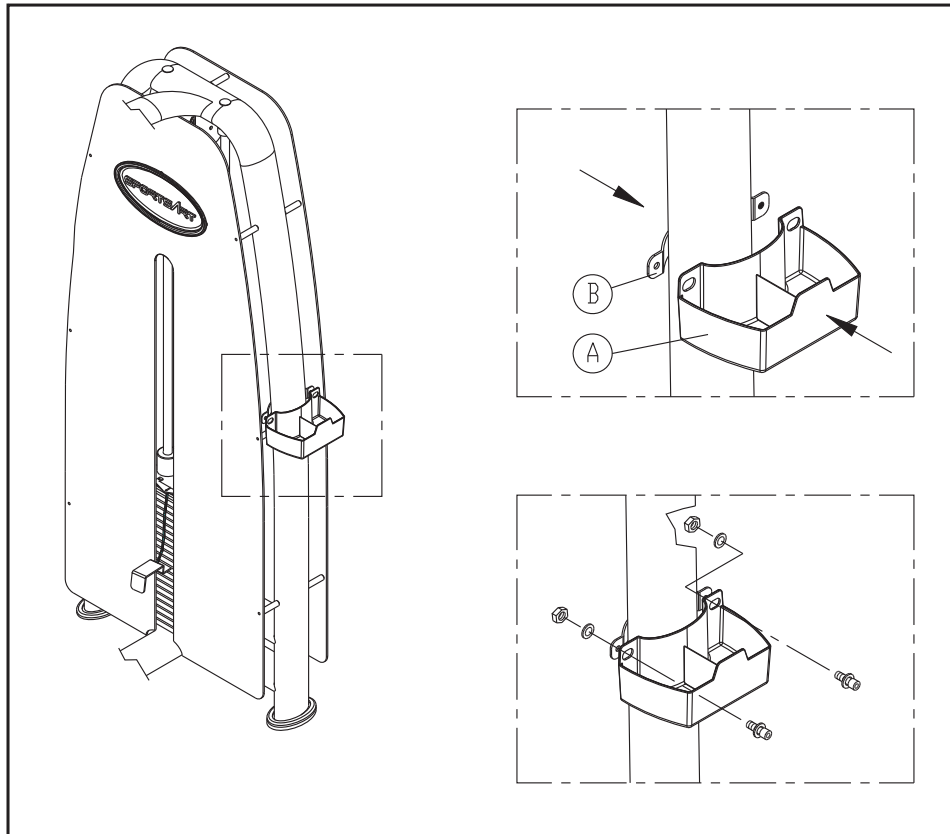
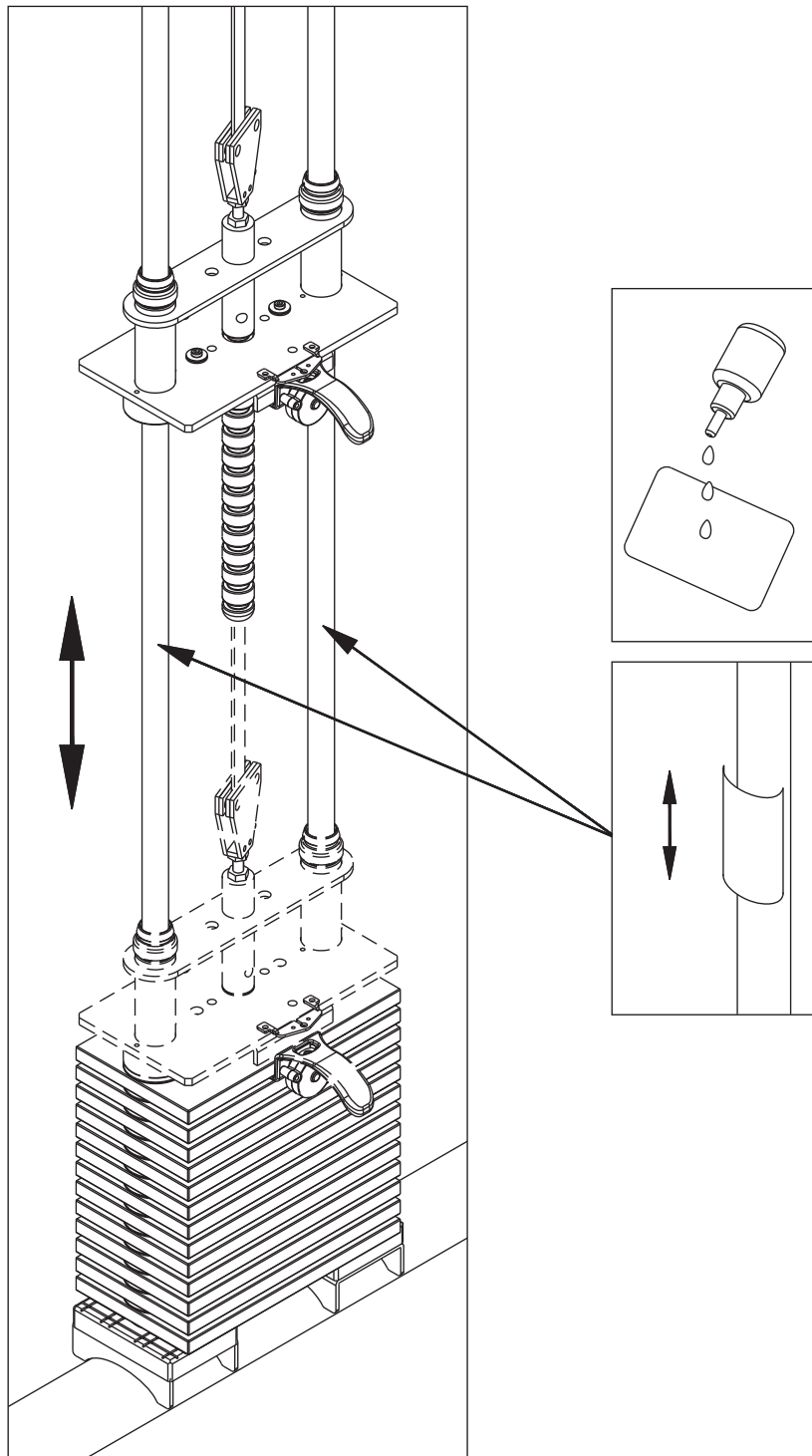


Fig.3

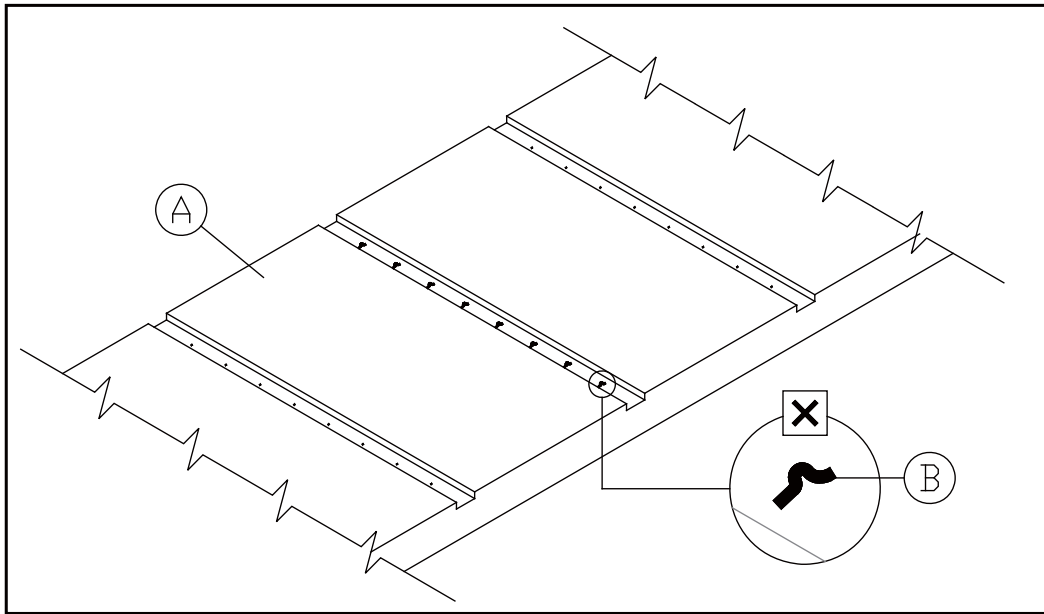
G. Maintenance Information

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.

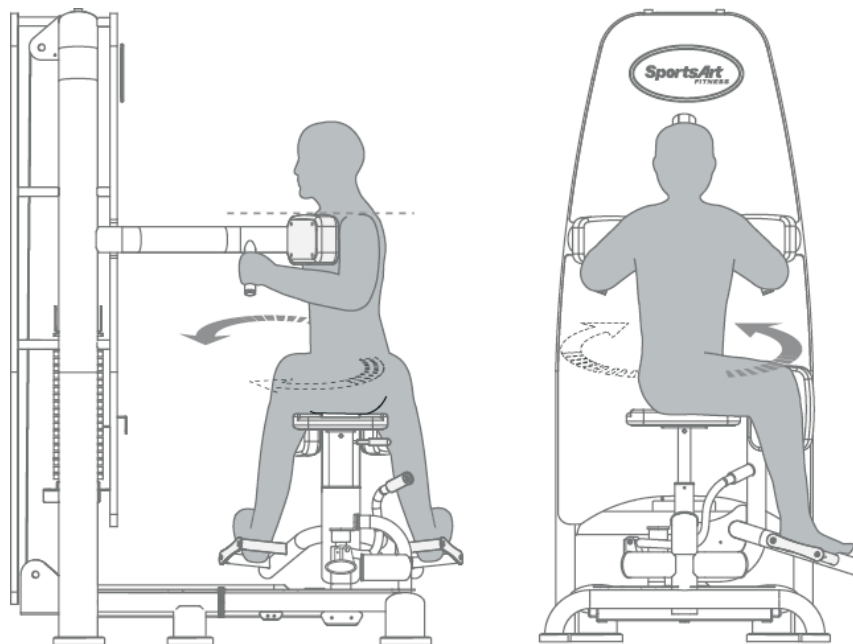


H. Important Safety Information

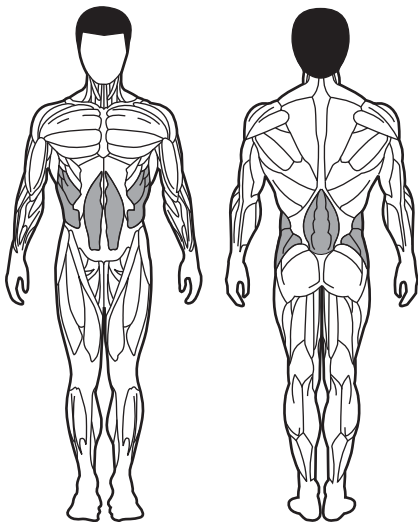
1. We recommend replacing belts once a year.
2. For safety, after one year of use, inspect the following at least once a month: A. the belt area; B. the belt fibers. In particular, inspect for cracks in the belt and for exposed fibers or other abnormalities. If you find any abnormality, stop usage immediately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



Usage Instruction:



ROTARY TORSO



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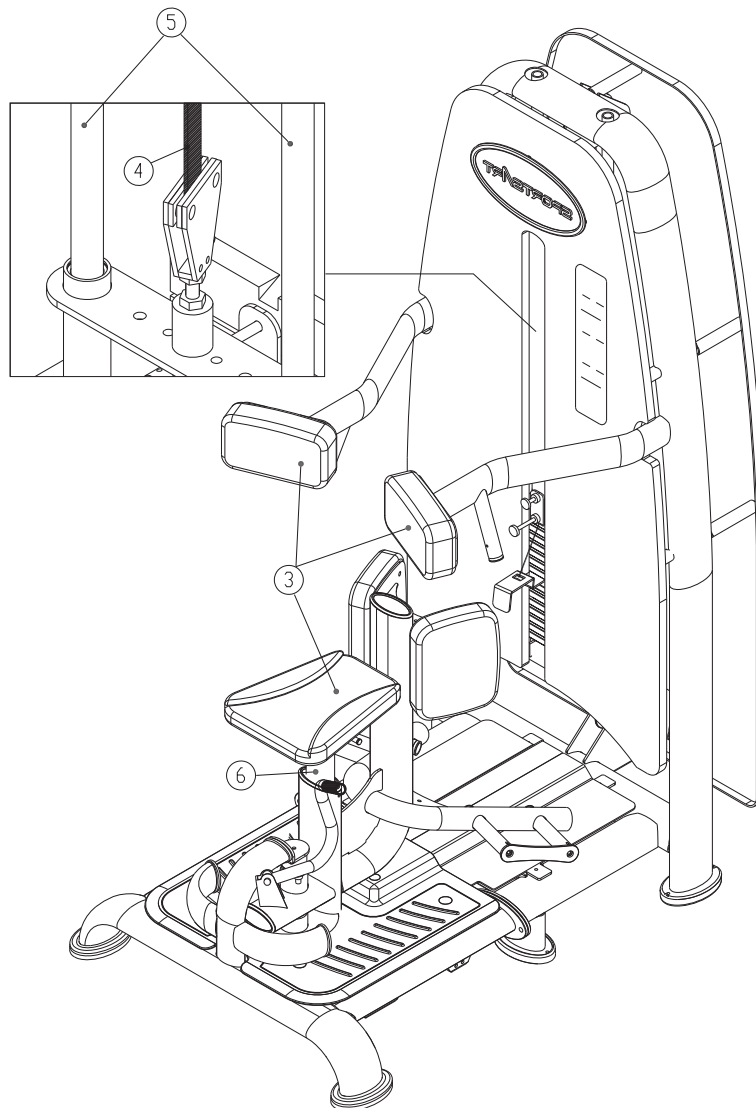
CAUTION

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.

- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust the seat height so that your shoulders are level with the upper part of the chest pads.
- ③ Grasp both handles with your hands.
- ④ Position your feet in the supports as indicated in the picture.
- ⑤ Pull the bar underneath the seat to select a starting position for either side, slowly rotate your torso and return to original position.
- ⑥ Pull the bar underneath the seat to the other starting position, slowly rotate your torso and return to original position.
- ⑦ Keep legs in contact with pads at all times during the movement.
- ⑧ Keep chest in contact with chest pads at all times during the movement.
- ⑨ Perform the exercise in a controlled manner. Exhale when pulling against resistance.

I. MAINTENANCE SCHEDULE

(A935) Maintenance Schedule							
	Area	Daily	Weekly	Monthly	Quarterly	Yearly	Notes
1	Unit exterior	•					Clean.
2	Screws	•					Inspect for looseness. Tighten if necessary.
3	Cushions	•					Wipe clean with a damp cloth.
4	Belt		•				Inspect for wear. Replace every four years.
5	Guide rods				•		Clean, then lubricate.
6	Extension tube				•		Clean, then lubricate.



J. 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[®] 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[®] 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 and extension tube. Use a clean, lint-free towel, dampened with a mixture of Simple Green[®] all-purpose cleaner and water. Apply a small amount of silicone lubricant onto the guide rods and extension tube.

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.

K. 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 36-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____
