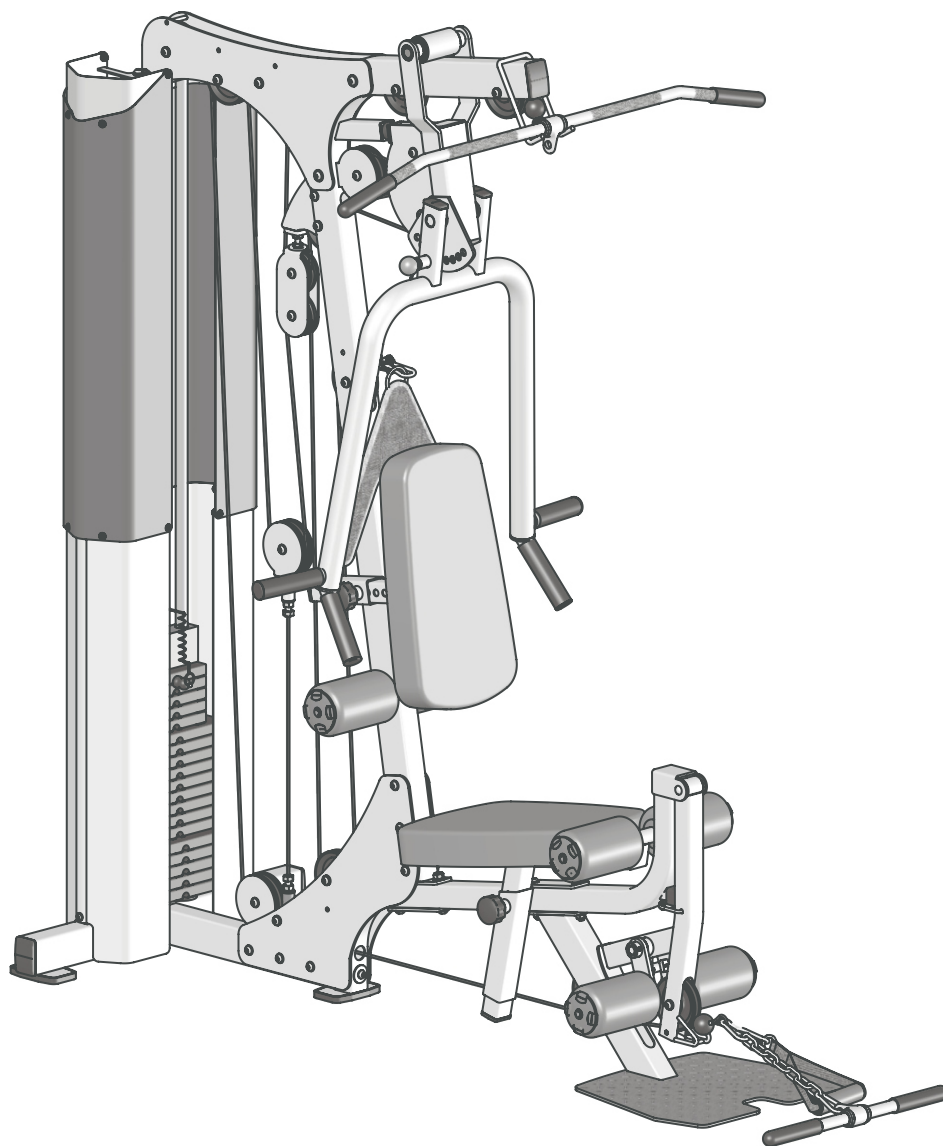


IF1560

1560 Home Gym

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

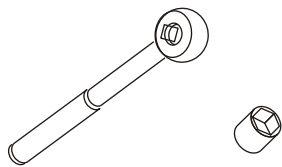
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

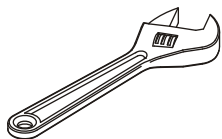
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

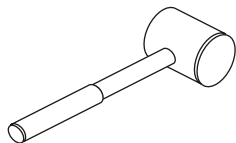
Tools Required



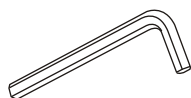
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

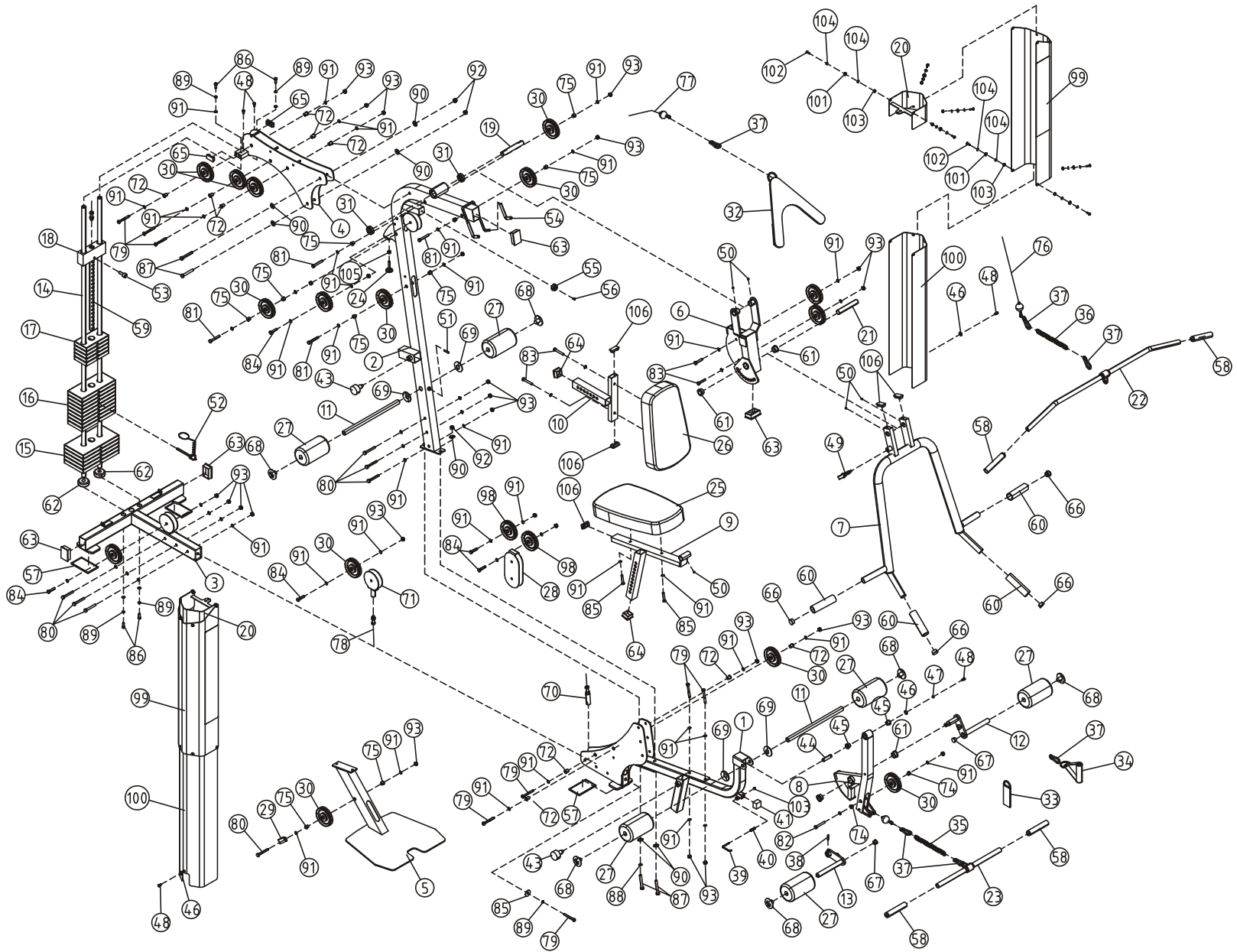
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
1	Seat Pad Support Receptacle	1	27	Upholstered Roller Pad 100*22*180	6
2	Main Upright	1	28	Pulley Bracket	1
3	Rear Frame	1	29	Cable Retainer Bracket	1
4	Main Top Beam	1	30	Pulley	15
5	Front Upright	1	31	Bearing ID25	2
6	Press Arm Support	1	32	Ab Strap	1
7	Press Arm	1	33	Ankle Strap	1
8	Leg Extension Lever	1	34	Lat Strap	1
9	Seat Pad Support	1	35	Long Chain	1
10	Telescope for Back Pad	1	36	Short Chain	1
11	Long Foam Tube	2	37	Gear Hook	6
12	Foam Frame w/Shaft	1	38	Slip Tension Pin	1
13	Foam Frame w/o Shaft	1	39	U Shape pin	1
14	Guide Rod	2	40	Small Spring	1
15	Weight Plate 15LBS	5	41	End Cap Bummper	1
16	Weight Plate 10LBS	9	43	Pop Pin (Locking)	2
17	Weight Plate 5LBS	5	44	Shaft for Leg Extension	1
18	Top Plate	1	45	Bronze Bushing ID16	2
19	Shaft for Chest Press	1	46	Flat Washer $\Phi 9 \times \Phi 22 \times 2$	3
20	Weight Shroud	2	47	Spring Washer $\Phi 8$	1
21	Shaft for Chest Press Adjustment	1	48	Button Head Cap Screw M8*15	5
22	Long Lat Bar	1	49	Pop Pin	1
23	Short Lat Bar	1	50	Screw M8*6	5
24	Adjustable Stopper	1	51	Button Head Cap Screw M8*35	1
25	Seat Pad 546*290*75	1	52	Weight Pin	1
26	Back Pad 496*290*75	1	53	Philip Screw M12*35	1

Parts List

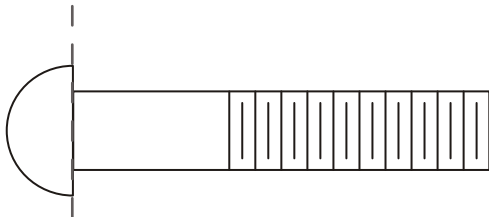
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
54	Rubber stopper	2	81	Button Head Cap Screw M10*70	4
55	Nylon Stopper	1	82	Button Head Cap Screw M10*65	1
56	Philip Screw M6*15	1	83	Button Head Cap Screw M10*50	6
57	Base Pad	3	84	Button Head Cap Screw M10*45	5
58	Lat Bar Grip	4	85	Flat Washer $\Phi 38 \times \Phi 11 \times 2$	1
59	Selector Rod	1	86	Button Head Cap Screw M10*25	4
60	Handle Grip	4	87	Button Head Cap Screw M12*80	4
61	Bronze Bushing ID25.4	4	88	Spring Washer $\Phi 12$	1
62	Weight Stack Bumper	2	89	Spring Washer $\Phi 10$	5
63	Plug76.2*50.8	4	90	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	7
64	Plug44.5	2	91	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	62
65	Plug50*25	2	92	Nylon Lock Nut M12	3
66	Plug32	4	93	Nylon Lock Nut M10	26
67	Plug25	2	94	Wrench 17-19	1
68	Plug,roller pad tube cap	6	95	Hex Key S=6	1
69	Plastic Washer	4	96	Hex Key S=4	1
70	Cable Adaptor	1	97	Lubricant	1
71	Pulley Bracket w/Shaft	1	98	Small Pulley	2
72	Longer Pulley Spacer	10	99	Middle Weight Shroud	2
74	Short Pulley Spacer	2	100	Bottom Weight Shroud	2
75	Long Pulley Spacer	10	101	Small Spacer	16
76	Chest Press Cable	1	102	Button Head Cap Screw M6*20	16
77	Mid Pulley Cable	1	103	Nylon Lock Nut M6	17
78	Leg Press Cable Substitute	1	104	Flat Washer $\Phi 6.6 \times \Phi 12 \times 1.6$	32
79	Button Head Cap Screw M10*80	8	105	Regular Hex Nut M10	1
80	Button Head Cap Screw M10*75	7	106	Plug 50*25	5

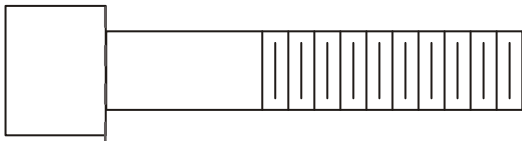


Exploded View

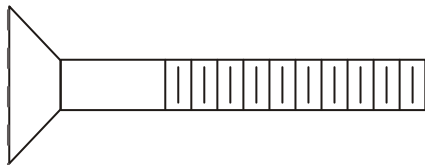
Measurement Guide



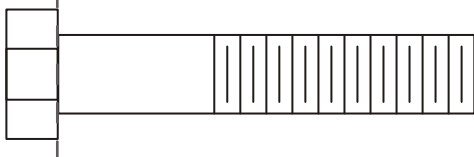
BHCS = Button Head Cap Screw



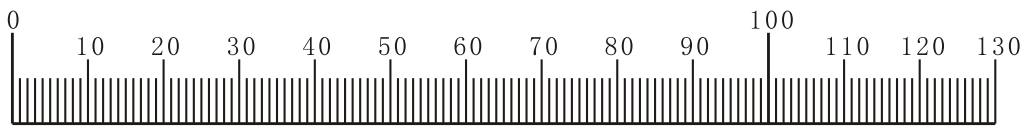
SHCS = Socket Head Cap Screw



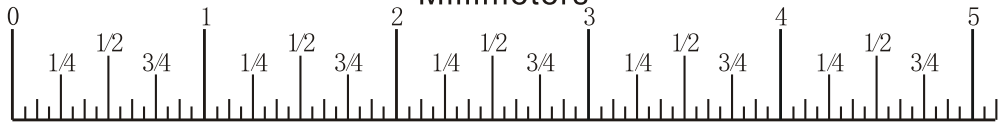
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

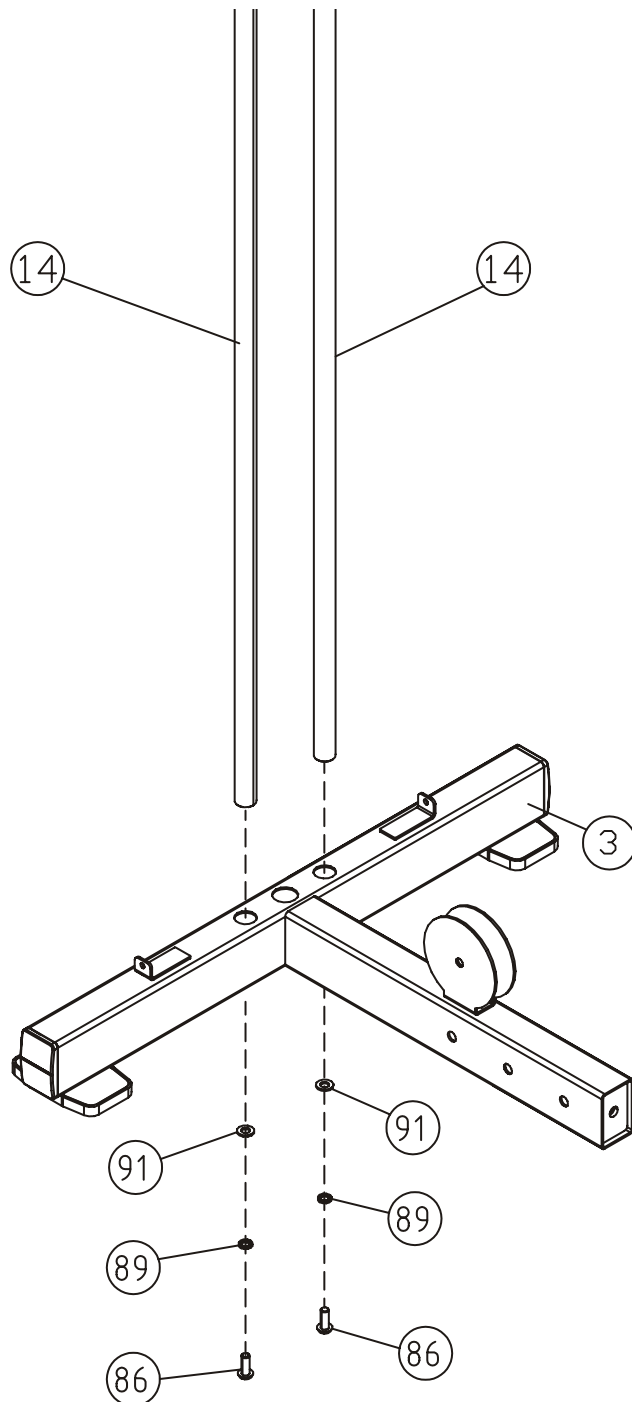
Attach two Guide Rod (#14) to the Rear Frame (#3) using:

two M10*25 BHCS (#86)

two Φ 10 Spring Washer (#89)

two Φ 11* Φ 20* 2 Flat Washer (#91)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

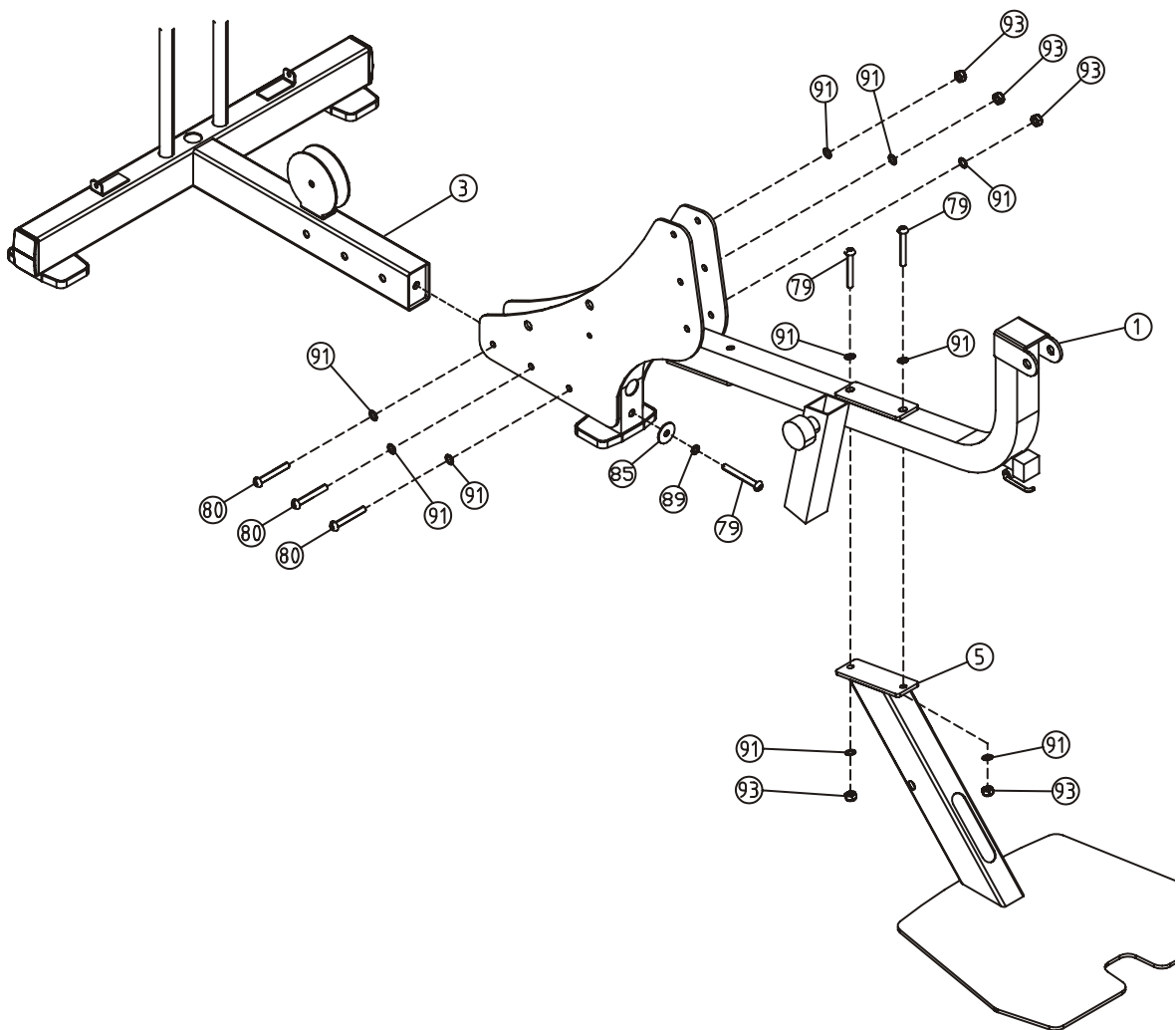


Assembly

Step 2

1. Attach the Seat Pad Support Receptacle (#1) to the Rear Frame (#3) using:
 - three M10*75 BHCS (#80)
 - three M10 Nylon Lock Nut(#93)
 - one $\Phi 38*\Phi 11*2$ Flat Washer (#85)
 - six $\Phi 11*\Phi 20* 2$ Flat Washer (#91)
 - one M10*80 BHCS (#79)
 - one $\Phi 10$ Spring Washer (#89)
2. Attach the Front Upright (#5) to the Seat Pad Support Receptacle (#1) using:
 - two M10*80 BHCS (#79)
 - two M10 Nylon Lock Nut (#93)
 - four $\Phi 11*\Phi 20* 2$ Flat Washer (#91)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 3

Attach the Main Upright (#2) to the Seat Pad Support Receptacle (#1) using:

three M10*75 BHCS (#80)

three M10 Nylon Lock Nut (#93)

one Φ 12 Spring Washer (#88)

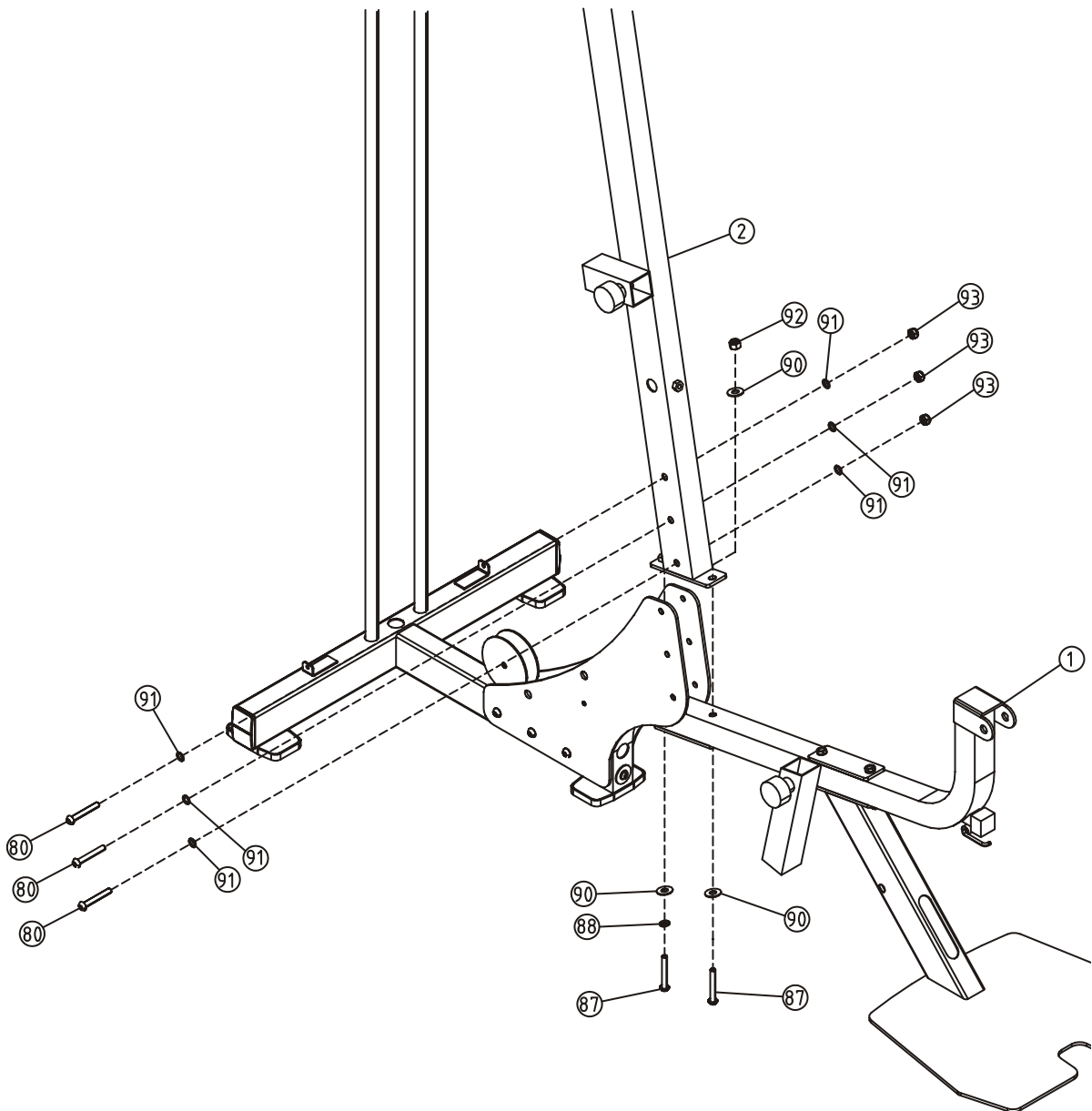
one M12 Nylon Lock Nut (#92)

six Φ 11* Φ 20* 2 Flat Washer (#91)

two M12*80 BHCS (#87)

three Φ 13* Φ 24*1.5 Flat Washer (#90)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 4

1. Attach:

two Weight Stack Bumper (#62)
nine Weight Plate 10LBS (#16)
one Top Plate (#18)
to two Guide Rod (#14)

five Weight Plate 15LBS (#15)
five Weight Plate 5LBS (#17)

2. Attach the Main Top Beam (#4) to the Main Upright (#2) using:

two M12*80 BHCS (#87)
two M12 Nylon Lock Nut (#92)

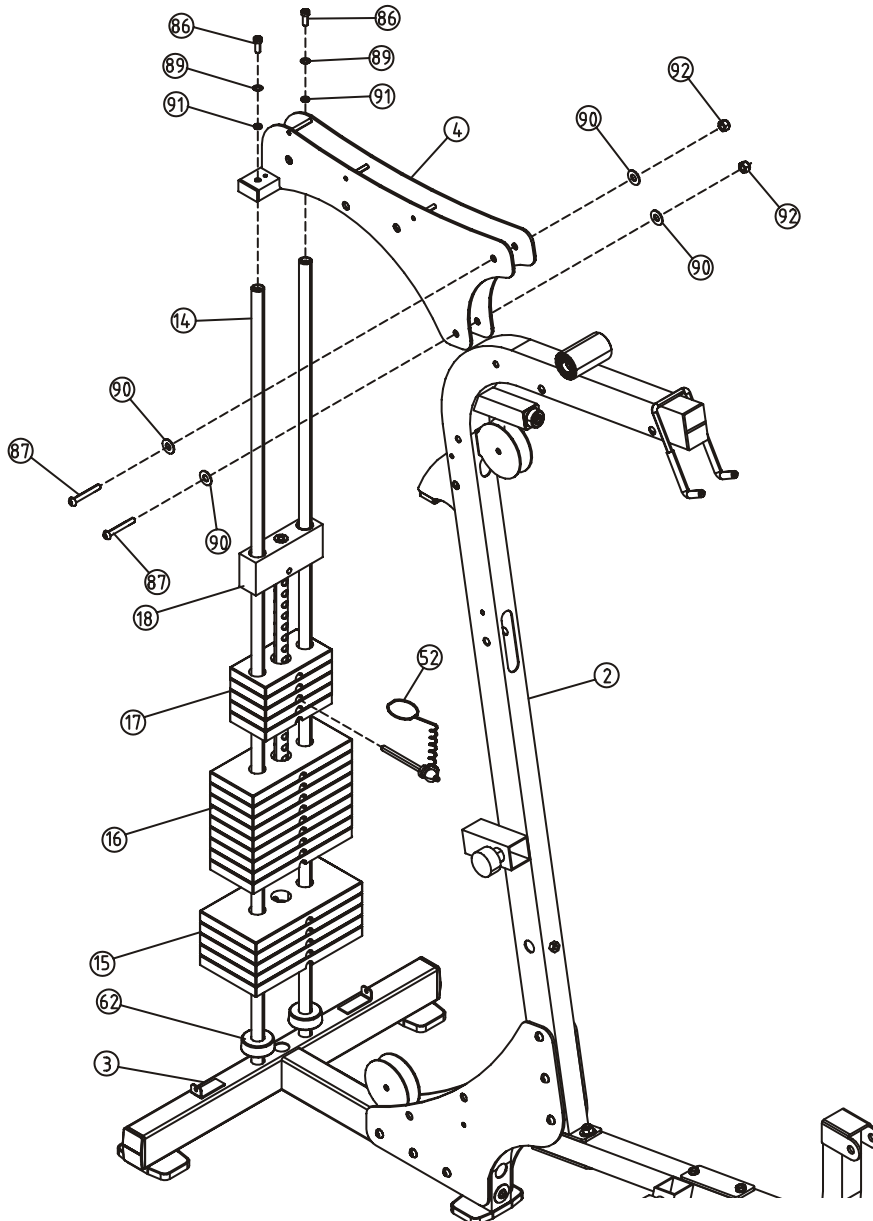
four $\Phi 13 \times \Phi 24 \times 1.5$ Flat Washer (#90)

3. Attach the Main Top Beam (#4) to the Guide Rod (#14) using:

two M10*25 BHCS (#86)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)

two $\Phi 10$ Spring Washer (#89)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

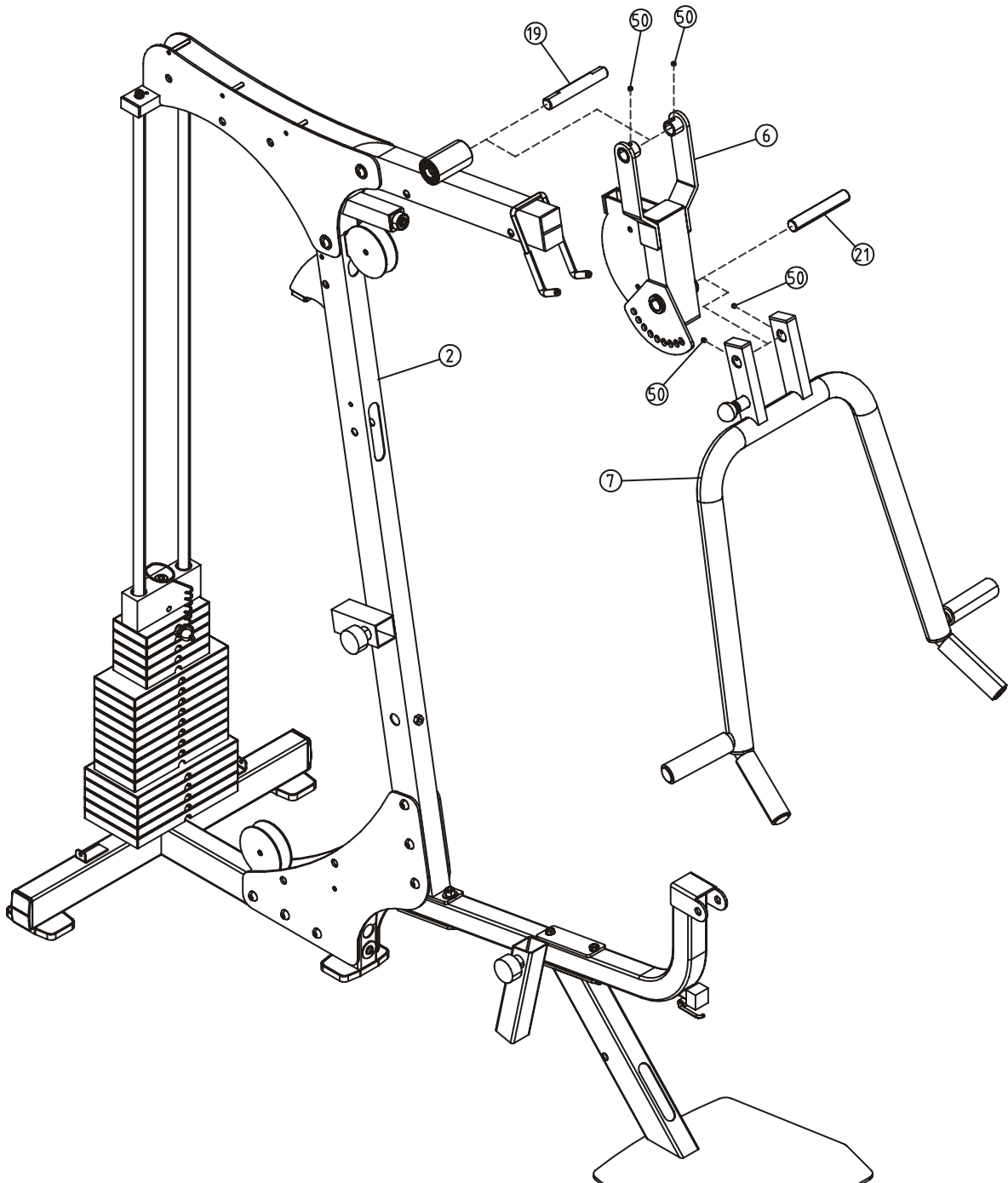


Assembly

Step 5

1. Attach the Press Arm Support (#6) to the Main Upright (#2) using:
one $\Phi 25 \times 162$ Shaft for Chest Press (#19) two M8*6 Screw (#50)
2. Attach the Press Arm (#7) to Press Arm Support (#6) using:
one $\Phi 25.4 \times 152$ Shaft for Chest Press Adjustment (#21)
two M8*6 Screw (#50)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

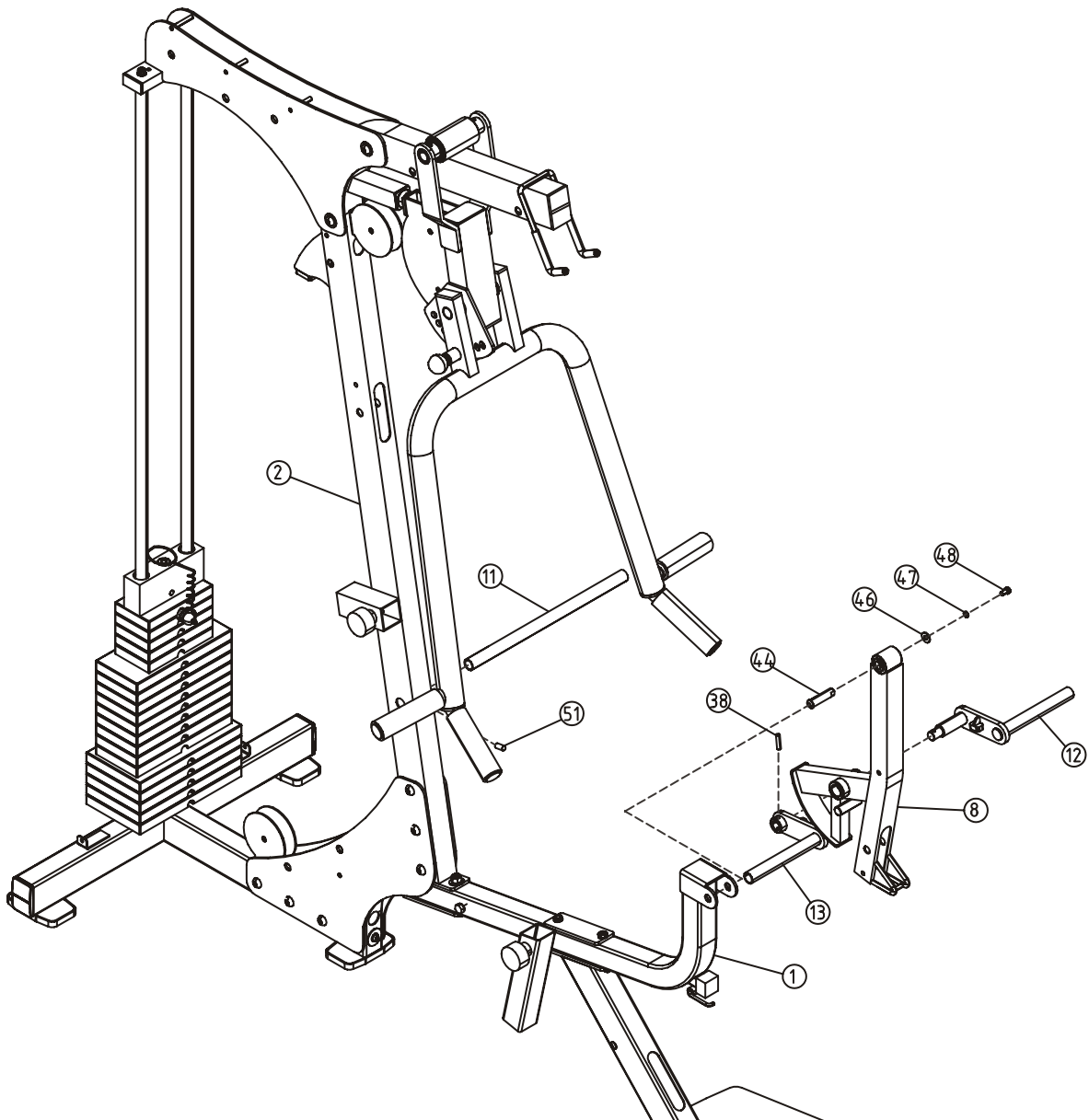


Assembly

Step 6

1. Attach the Long Foam Tube $\Phi 25 \times 433$ (#11) to the Main Upright (#2) using:
one M8*35 BHCS (#51)
2. Attach the Leg Extension Lever (#8) to the Seat Pad Support Receptacle (#1) using:
one $\Phi 16 \times M8 \times 61$ Shaft for Leg Extension (#44) one $\Phi 9 \times \Phi 22 \times 2$ Flat Washer (#46)
one $\Phi 8$ Spring Washer (#47) one M8*15 BHCS (#48)
3. Attach the Foam Frame w/Shaft (#12) & Foam Frame w/o Shaft (#13) to the Leg Extension Lever (#8) using:
one $\Phi 8 \times 32$ Slip Tension Pin (#38)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

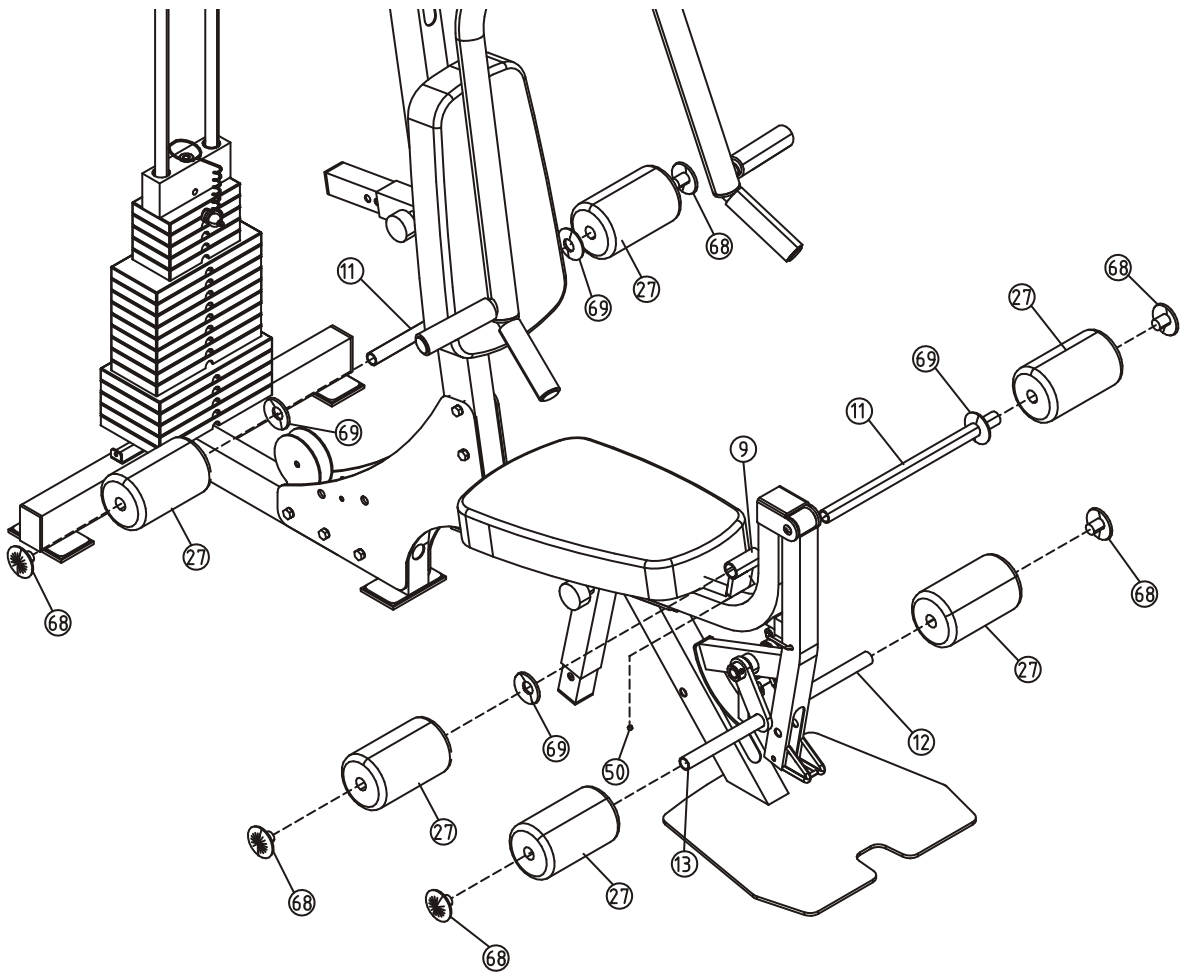


Assembly

Step 8

1. Attach two $\Phi 100 \times 180$ Upholstered Roller Pad (#27) to the Long Foam Tube (#11) using:
two $\Phi 25$ Plug, roller pad tube cap (#68) two $\Phi 66$ Plastic Washer (#69)
2. Attach one Upholstered Roller Pad (#27) & one Plug, roller pad tube cap (#68) to the Foam Frame w/o Shaft (#13).
3. Attach one Upholstered Roller Pad (#27) & one Plug, roller pad tube cap (#68) to the Foam Frame w/Shaft (#12).
4. Attach the Long Foam Tube $\Phi 25 \times 433$ (#11) to the Seat Pad Support (#9) using:
one M8*6 Screw (#50)
5. Attach two $\Phi 100 \times 180$ Upholstered Roller Pad (#27) to the Long Foam Tube (#11) using:
two $\Phi 25$ Plug, roller pad tube cap (#68) two $\Phi 66$ Plastic Washer (#69)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

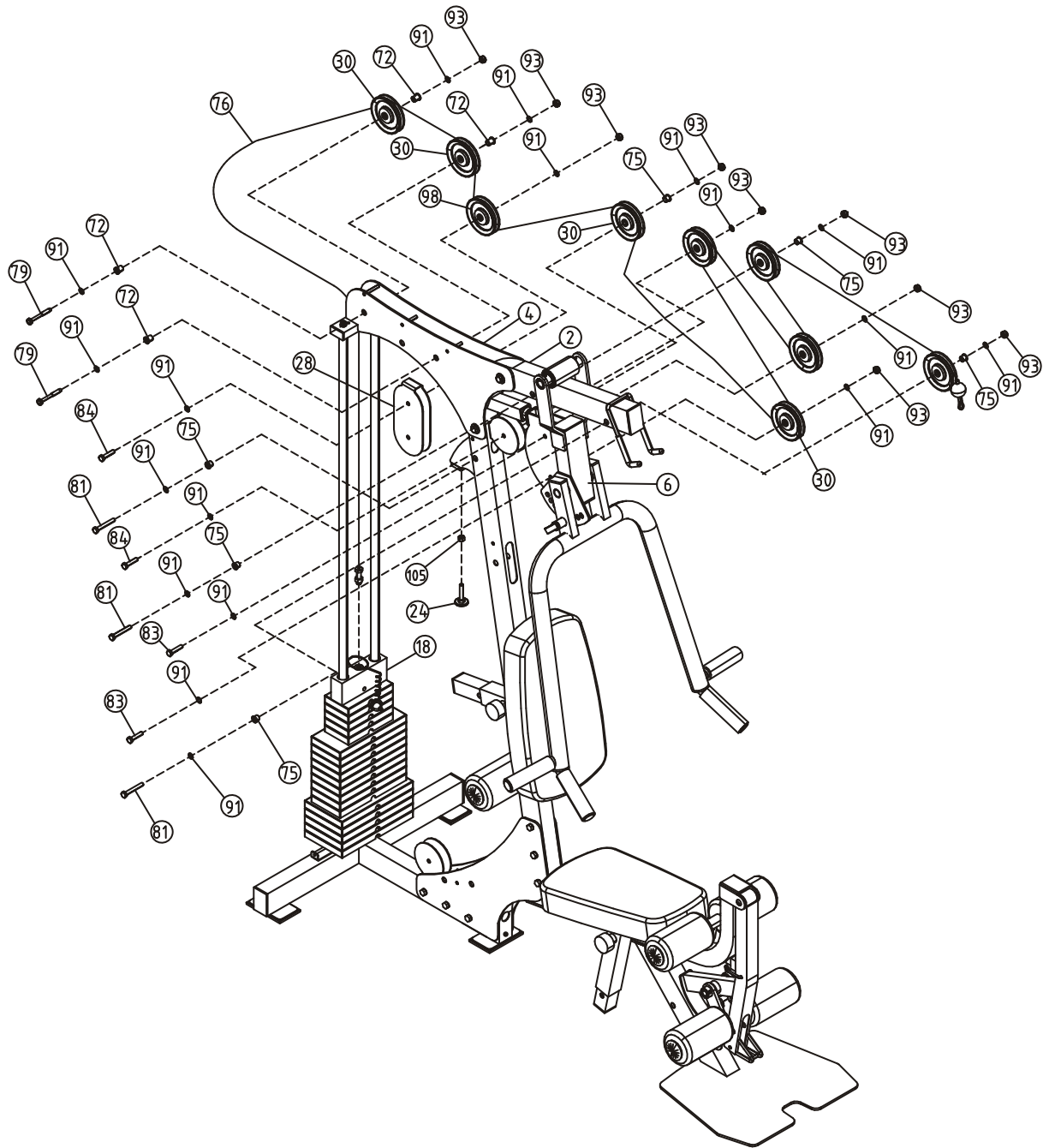
Step 9

1. Attach the Adjustable Stopper (#24) to the Main Upright (#2) using:
one M10 Regular Hex Nut (#105)
2. Attach the Chest Press Cable (#76) to the Top Plate (#18).
3. Attach two $\Phi 114$ Pulley (#30) to the Main Top Beam (#4) using:
two M10*80 BHCS (#79)
four $\Phi 20*\Phi 10.5*19.5$ Longer Pulley Spacer (#72)
four $\Phi 11*\Phi 20* 2$ Flat Washer (#91)
two M10 Nylon Lock Nut (#93)
4. Attach one $\Phi 89$ Pulley (#98) to the Pulley Bracket (#28) using:
one M10*45 BHCS (#84)
two $\Phi 11*\Phi 20*2$ Flat Washer (#91)
one M10 Nylon Lock Nut (#93)
5. Attach four $\Phi 114$ Pulley (#30) to the Main Upright (#2) using:
three M10*70 BHCS (#81)
one M10*45 BHCS (#84)
six $\Phi 20*\Phi 10.5*14$ Long Pulley Spacer (#75)
eight $11*\Phi 20* 2$ Flat Washer (#91)
four M10 Nylon Lock Nut (#93)
6. Attach two $\Phi 114$ Pulley (#30) to the Press Arm Support (#6) using:
two M10*50 BHCS (#83)
four $11*\Phi 20* 2$ Flat Washer (#91)
two M10 Nylon Lock Nut (#93)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Assembly

Step 9



Assembly

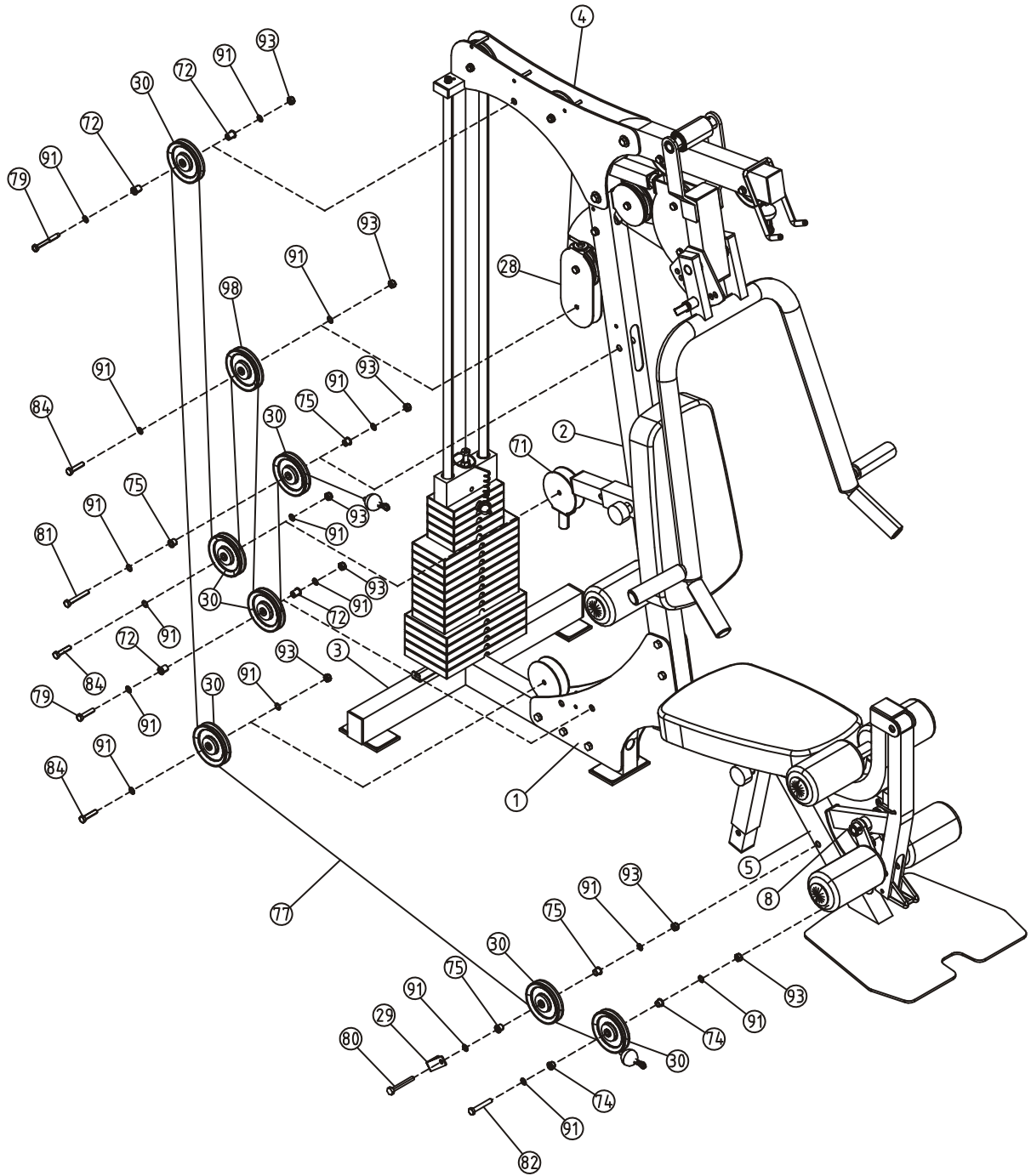
Step 10

1. Attach the Mid Pulley Cable (#77) to the Leg Extension Lever (#8).
2. Attach one $\Phi 114$ Pulley (#30) to the Leg Extension Lever (#8) using:
 - one M10*65 BHCS (#82)
 - two $\Phi 20 \times \Phi 10.5 \times 11.5$ Short Pulley Spacer (#74)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
3. Attach one $\Phi 114$ Pulley (#30) to the Front Upright (#5) using:
 - one Cable Retainer Bracket (#29)
 - one M10*75 BHCS (#80)
 - two $\Phi 20 \times \Phi 10.5 \times 14$ Long Pulley Spacer (#75)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
4. Attach one $\Phi 114$ Pulley (#30) to the Rear Frame (#3) using:
 - one M10*45 BHCS (#84)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
5. Attach one $\Phi 114$ Pulley (#30) to the Main Top Beam (#4) using:
 - one M10*80 BHCS (#79)
 - two $\Phi 20 \times \Phi 10.5 \times 19.5$ Longer Pulley Spacer (#72)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
6. Attach one $\Phi 114$ Pulley (#30) to the Pulley Bracket w/Shaft (#71) using:
 - one M10*45 BHCS (#84)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
7. Attach one $\Phi 89$ Pulley (#98) to the Pulley Bracket (#28) using:
 - one M10*45 BHCS (#84)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
8. Attach one $\Phi 114$ Pulley (#30) to the Seat Pad Support Receptacle (#1) using:
 - one M10*80 BHCS (#79)
 - two $\Phi 20 \times \Phi 10.5 \times 19.5$ Longer Pulley Spacer (#72)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)
9. Attach one $\Phi 114$ Pulley (#30) to the Main Upright (#2) using:
 - one M10*70 BHCS (#81)
 - two $\Phi 20 \times \Phi 10.5 \times 14$ Long Pulley Spacer (#75)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91)
 - one M10 Nylon Lock Nut (#93)

Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Assembly

Step 10

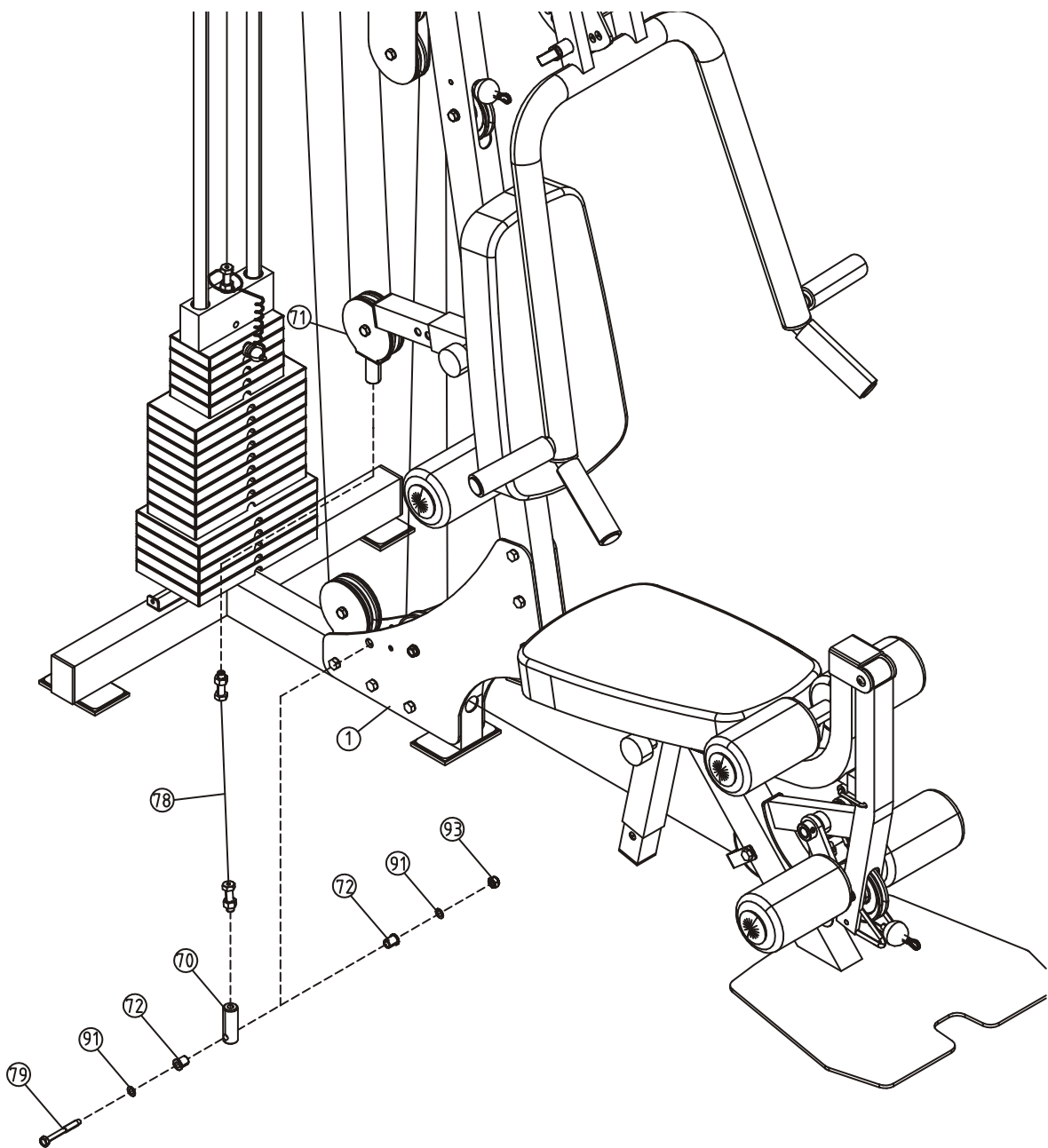


Assembly

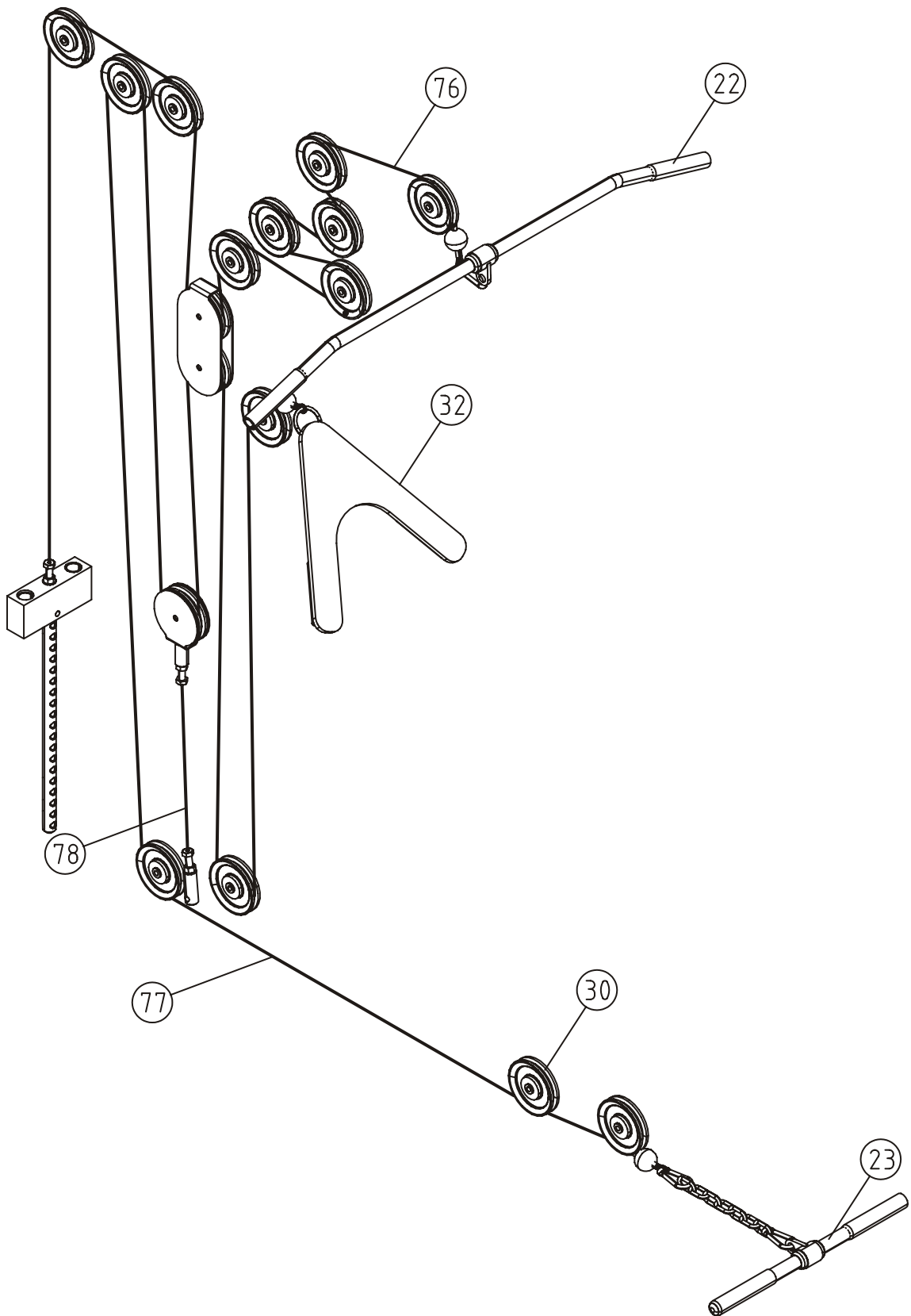
Step 11

1. Attach the Leg Press Cable Substitute (#78) to the Pulley Bracket w/Shaft (#71).
2. Attach the Leg Press Cable Substitute (#78) to the Cable Adaptor (#70).
3. Attach the Cable Adaptor (#70) to the Seat Pad Support Receptacle (#1) using:
one M10*80 BHCS (#79) two $\Phi 20 \times \Phi 10.5 \times 19.5$ Longer Pulley Spacer (#72)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#91) one M10 Nylon Lock Nut (#93)

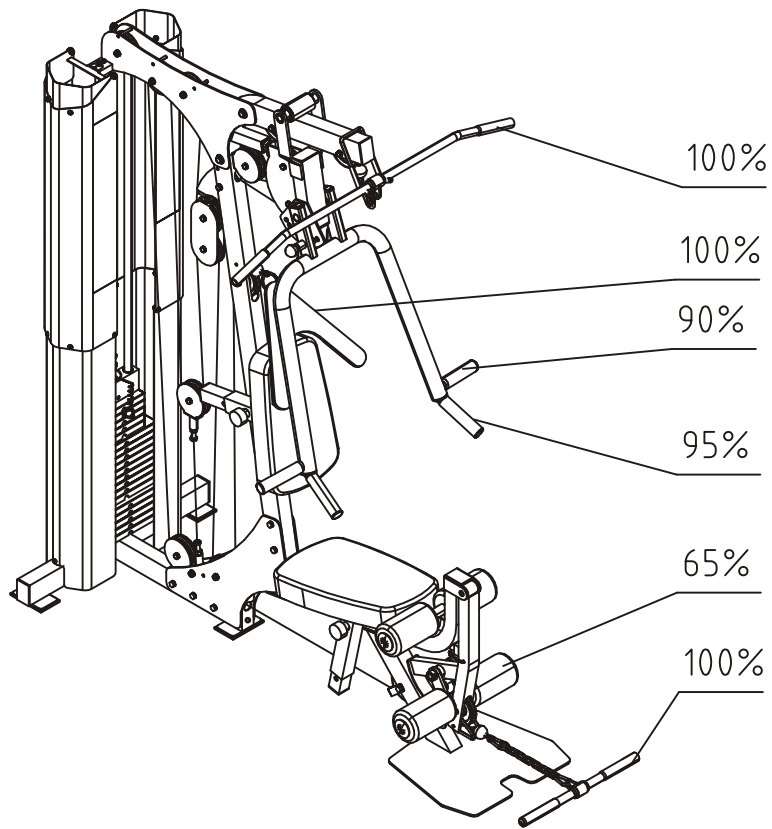
Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Cable View



Weight Ratios



	100%	95%	90%	65%
1	10	9.5	9	6.5
2	15	14	13.5	10
3	20	19	18	13
4	25	24	23	16
5	30	29	27	20
6	35	33	32	23
7	45	43	41	29
8	55	52	50	36
9	65	62	59	42
10	75	71	68	49
11	85	81	77	55
12	95	90	86	62
13	105	100	95	68
14	115	110	104	75
15	125	119	113	81
16	140	133	126	91
17	155	147	140	101
18	170	162	153	111
19	185	176	167	120
20	200	190	180	130

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *We use only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

This unit is for gyms, Please consult with a training instructor before using.

Specifications

1. Class: H
2. Maximum Load of Trainer: 150Kg/ 330lbs.

