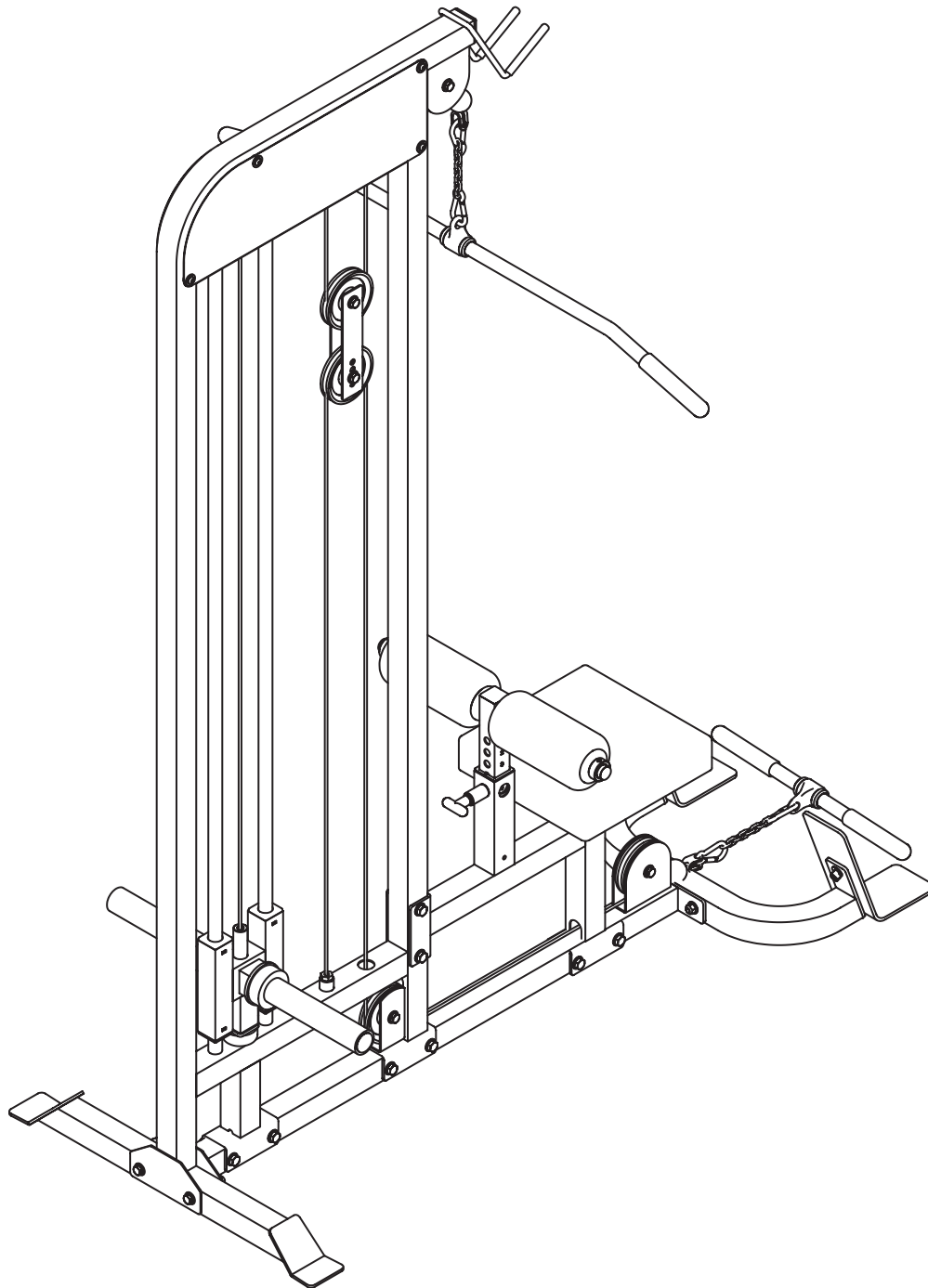


SUPER GYM



SG6027 HI-LO LAT MACHINE **Assembly Instructions**

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Important Safety Instructions

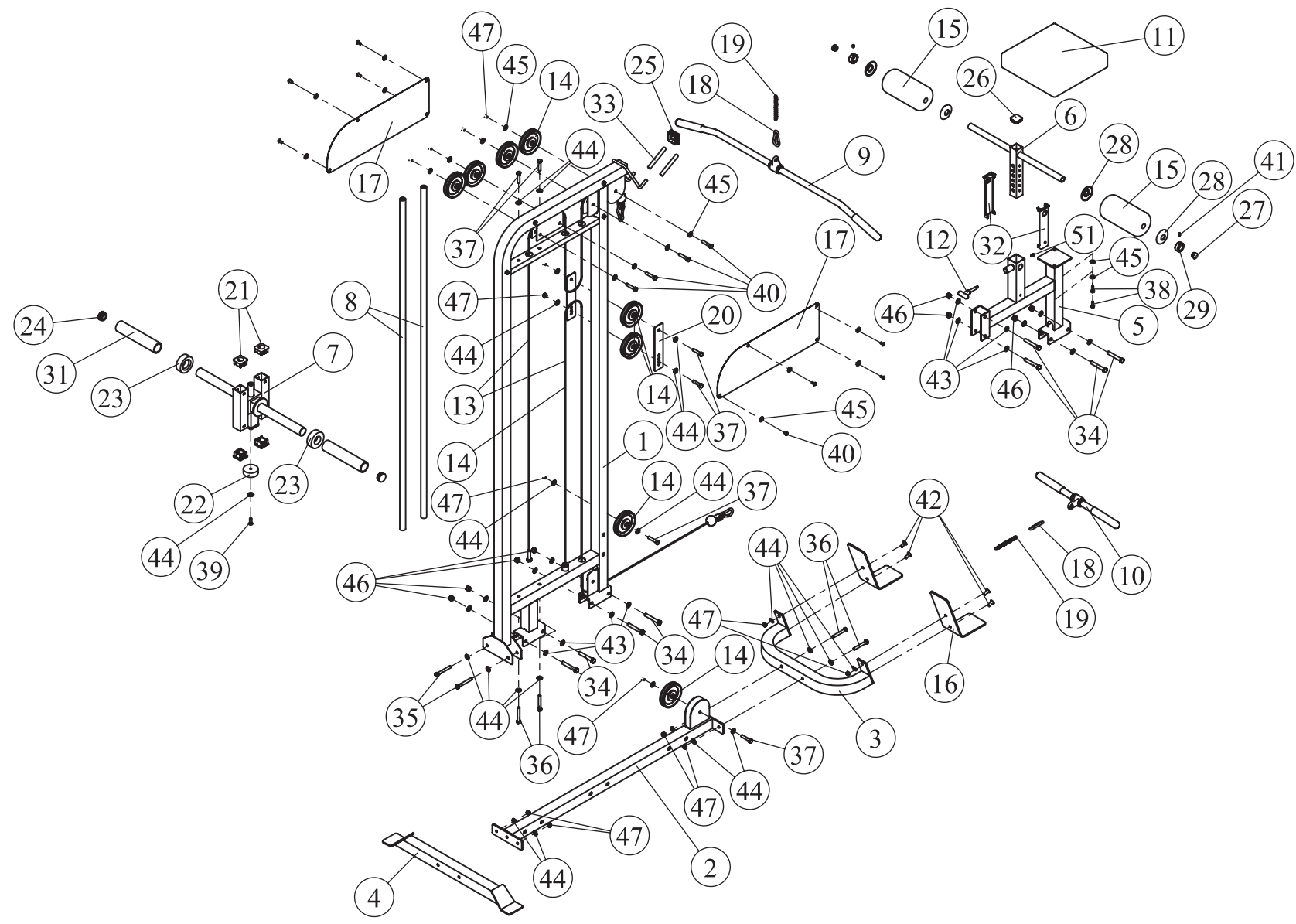
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the machine. 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.

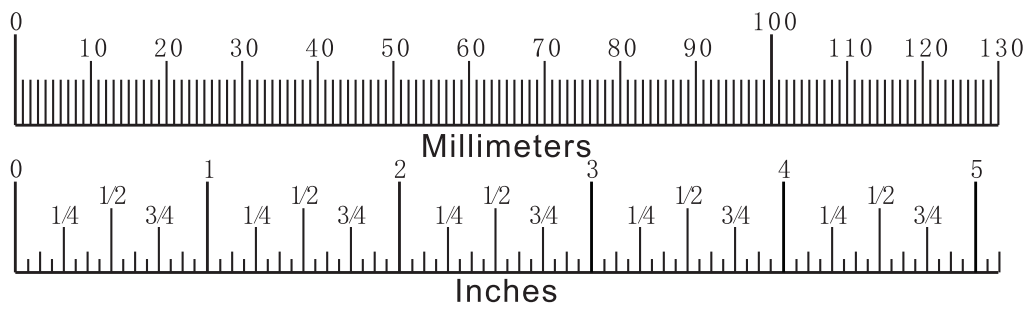
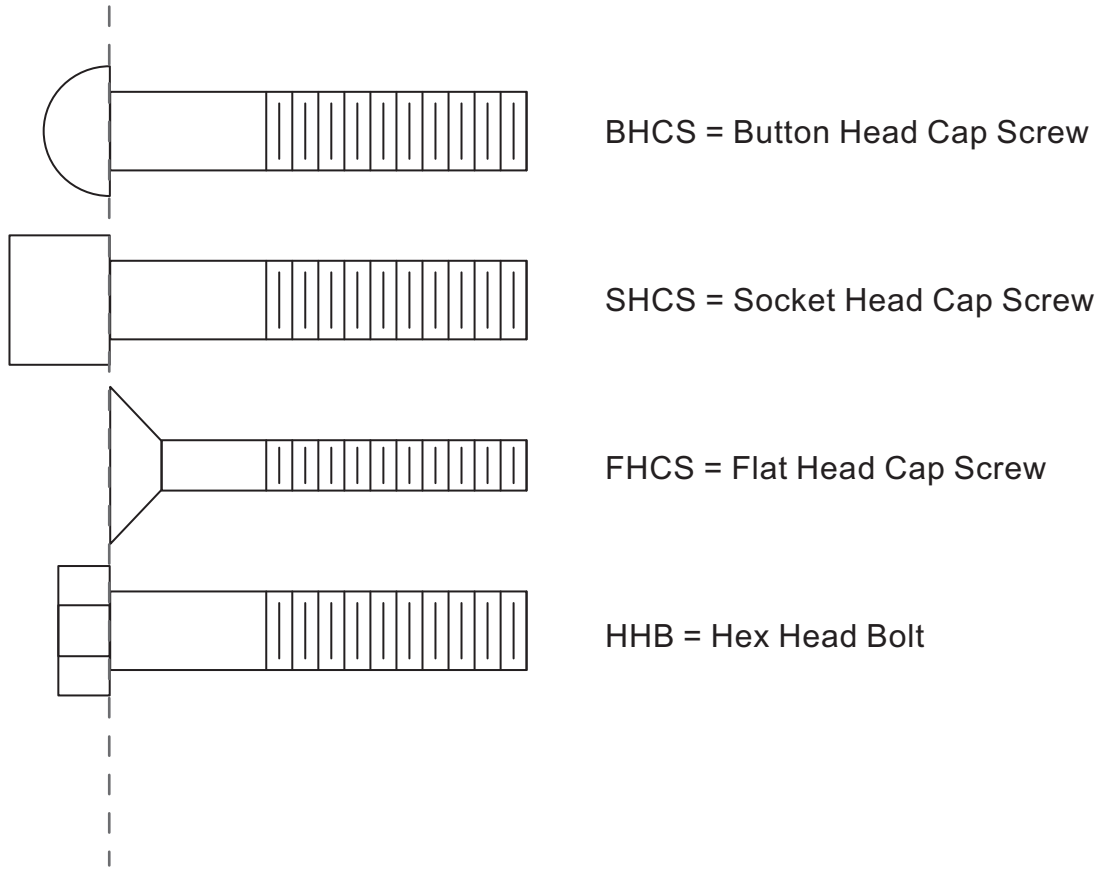
Personal Safety During Assembly

- * 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 machine 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.

Exploded View Diagram



Measurement Guide



Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Support Frame	1	27	Plug $\Phi 25$	6
2	Bottom Cross Brace	1	28	Plastic Fender Washer $\Phi 66 \times 8$	4
3	Footrest	1	29	Fender Washer $\Phi 40 \times \Phi 26.5 \times 16$	2
4	Bent Base Frame	1	30	Grip $\Phi 24 \times 154$	4
5	Seat Frame	1	31	PVC Cannula $\Phi 48 \times \Phi 38 \times 230$	2
6	Roller Adjuster	1	32	Easy Glide Adjuster Sleeve $\square 50 / \square 38$	2
7	Weights Carriage	1	33	Sleeve $\Phi 10 \times 113$	2
8	Guide Rod	2	34	Hex Head Bolt M12*80	8
9	Lat Bar	1	35	Hex Head Bolt M10*80	2
10	Straight Bar	1	36	Hex Head Bolt M10*75	4
11	Seat Pad	1	37	Hex Head Bolt M10*50	10
12	Pull Pin	1	38	Hex Head Bolt M8*25	2
13	Cable	2	39	Button Head Cap Screw M10*35	1
14	4.5" Pulley $\Phi 114 \times 26.4$	8	40	Button Head Cap Screw M8*15	8
15	Roller Pad $\Phi 110 \times 22 \times 220$	2	41	Socket Set Screw M8*10	2
16	Pedal	2	42	Flat Head Cap Screw M10*25	4
17	Top Shroud	2	43	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	16
18	Snap Link	4	44	Flat Washer $\Phi 11 \times \Phi 23 \times 2$	31
19	Link	2	45	Flat Washer $\Phi 9 \times \Phi 22 \times 2$	10
20	Pulley Bracket	2	46	Nylon Lock Nut M12	8
21	Bushing Endcap $\square 44.5 \times \Phi 25$	4	47	Nylon Lock Nut M10	14
22	Weight Rubber Bumper $\Phi 63.5 \times 25.4$	1	48	Hex Key S=4	1
23	Bumper $\Phi 76.2 \times \Phi 38 \times 25.4$	2	49	Hex Key S=6	1
24	Plug $\Phi 38$	2	50	Hex Key S=3/16"	1
25	Plug $\square 50$	1	51	Button Head Cap Screw M6*20	1
26	Plug $\square 38$	1			

Assembly Instructions

Assembly of the machine 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.

Specifications

Class: S

Maximum Wt. Capacity: 91×2 Kg/ 200×2 lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

STEP 1 Install the Main Frame

1. Attach Main Support Frame (#1), Bottom Cross Brace (#2), Bent Base Frame (#4) using:

four Flat Washers $\Phi 10$ (#44)

two Hex Head Bolts M10*80 (#35)

four Nylon Lock Nuts M12 (#46)

two Nylon Lock Nuts M10 (#47)

eight Flat Washers $\Phi 12$ (#43)

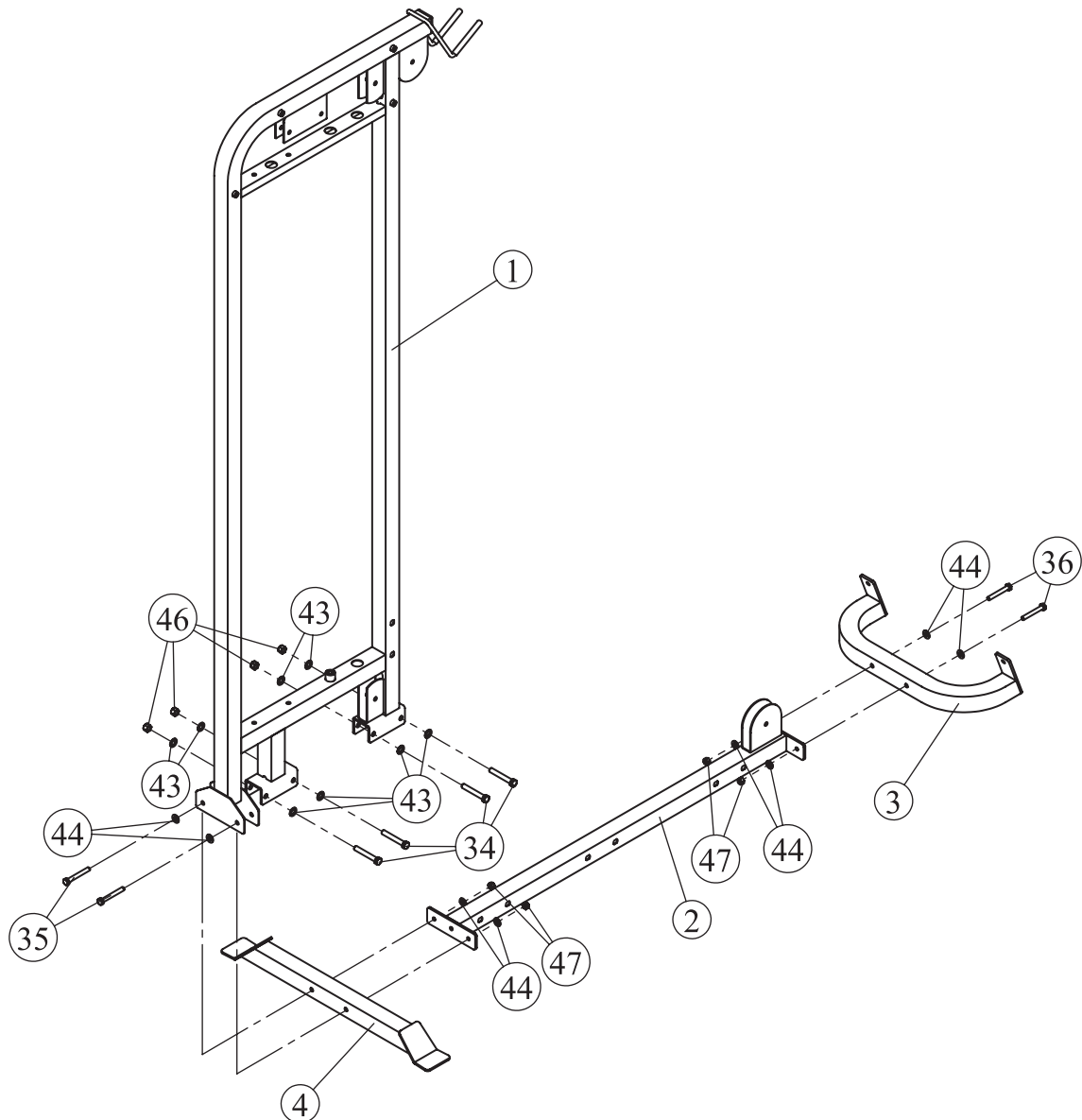
four Hex Head Bolts M12*80 (#34)

2. Attach Bottom Cross Brace (#2), Footrest (#3) using:

four Flat Washers $\Phi 10$ (#44)

two Hex Head Bolts M10*75 (#36)

two Nylon Lock Nuts M10 (#47)



STEP 2 Install the Seat Frame, Roller Adjuster and Pedal

1. Attach Seat Frame (#5) to the Main Support Frame (#1) using:

four Flat Washers $\Phi 12$ (#43) two Nylon Lock Nuts M12 (#46)

two Hex Head Bolts M12*80 (#34)

Attach Seat Frame (#5) to the Bottom Cross Brace (#2) using:

four Flat Washers $\Phi 12$ (#43) two Nylon Lock Nuts M12 (#46)

two Hex Head Bolts M12*80 (#34)

2. Attach Roller Adjuster (#6) to the Seat Frame (#5) using:

pull Pin (#12)

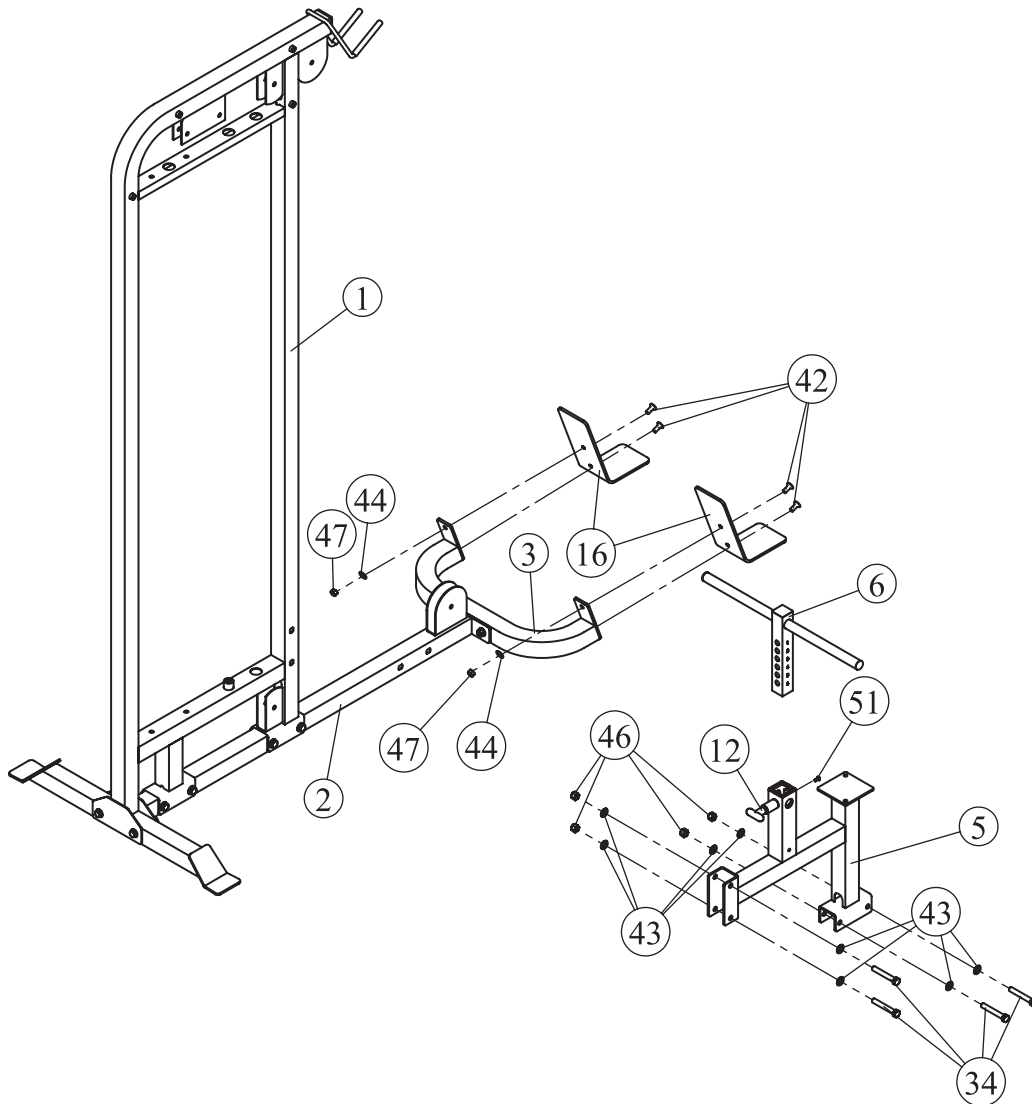
button Head Cap Screw M6*20 (#51)

3. Attach two Pedals (#16) to the Footrest (#3) using:

two Flat Washers $\Phi 10$ (#44)

two Nylon Lock Nuts M10 (#47)

four Flat Head Cap Screw M10*25 (#42)



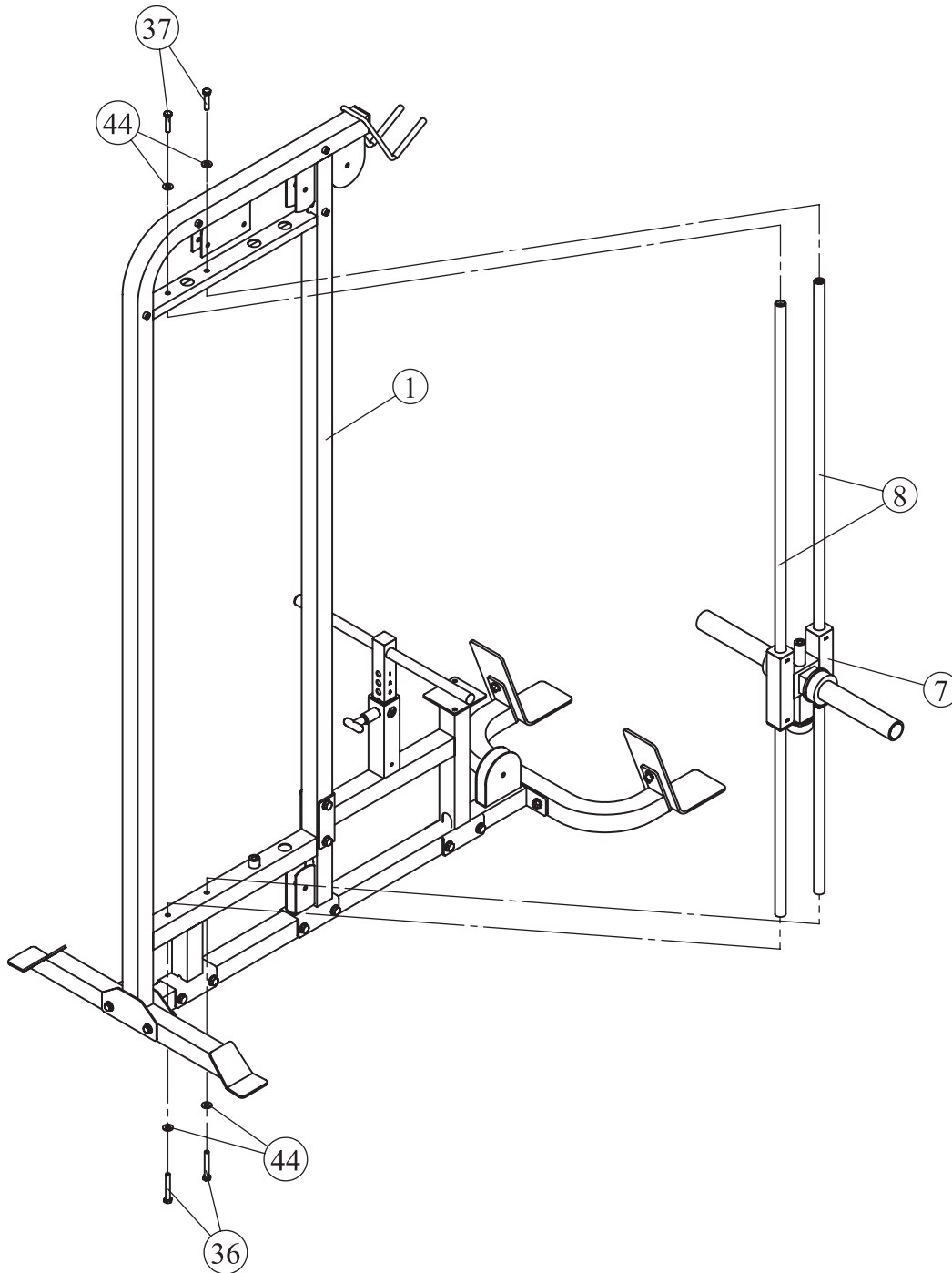
STEP 3 Install Weights Carraige and Guide Rod

Attach Weights Carraige (#7), Guide Rod (#6) to the Main Support Frame (#1) using:

four Flat Washers $\Phi 10$ (#44)

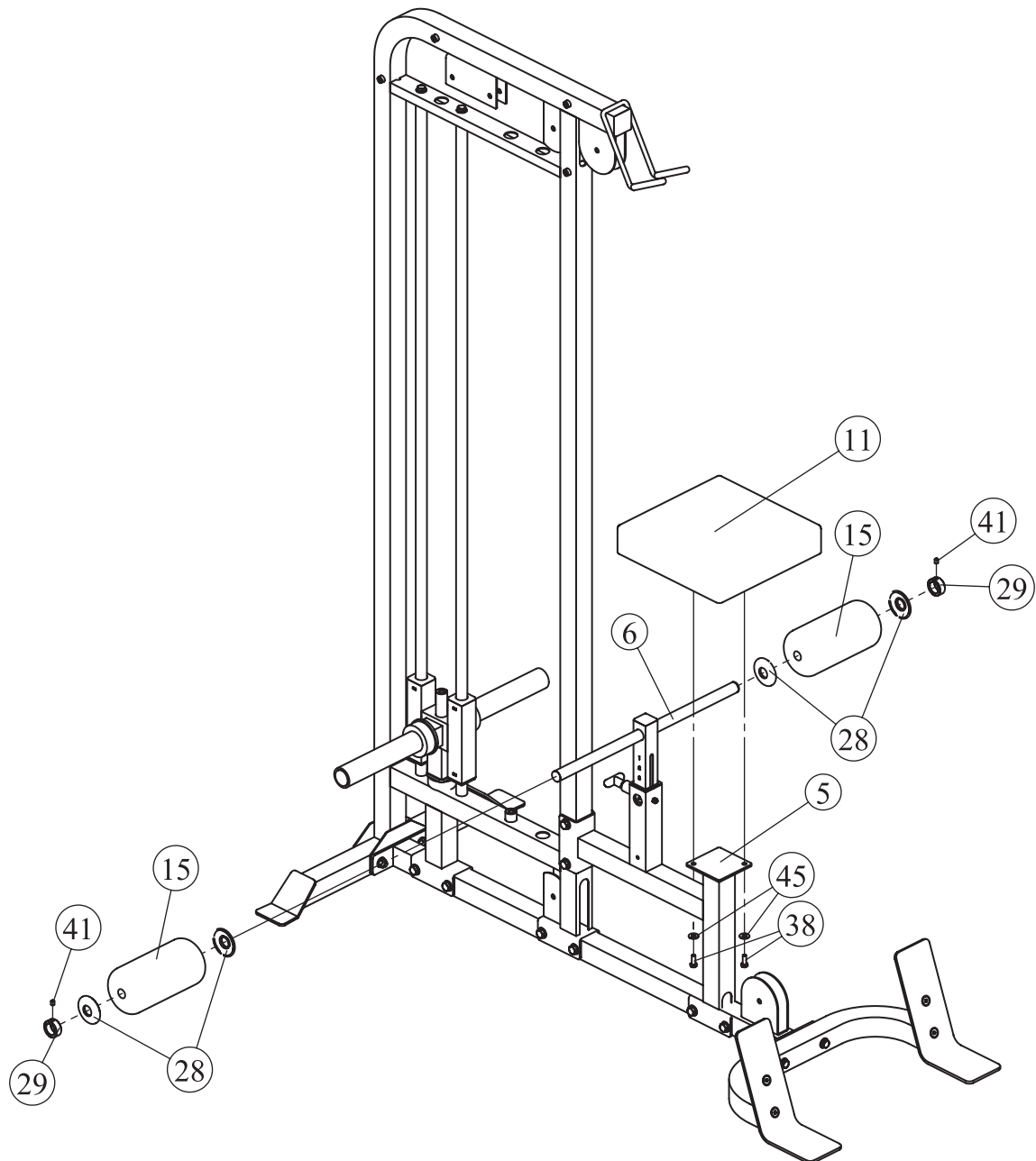
two Hex Bolt M10*75 (#36)

two Hex Head Bolt M10*50 (#37)



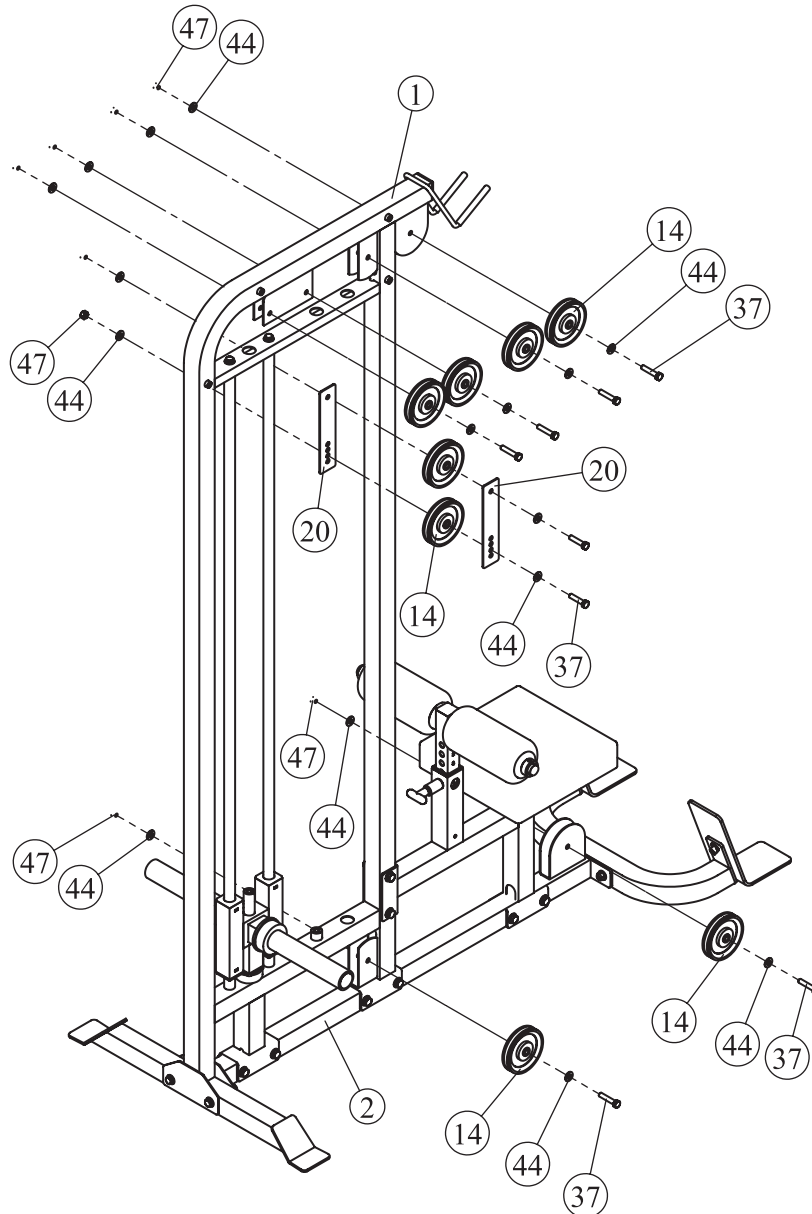
STEP 4 Install Seat Pad and Roller Pad

1. Attach Seat pad (#11) to Seat Frame (#5) using:
two Flat Washer $\Phi 8$ (#45) two Hex Head Bolt M8*25 (#38)
2. Attach four Plastic Fender Washer (#28), two Roller Pad (#15), two Fender Washer (#29) to Roller Adjuster (#6) using:
two Socket Set Screw M8*10 (#41)



STEP 5 Install 4.5" Pulley

1. Attach five 4.5" Pulley (#14) to Main Support Frame (#1) using:
ten Flat Washer $\Phi 10$ (#44) five Hex Head Bolt M10*50 (#37)
five Nylon Lock Nut M10 (#47)
2. Attach one 4.5" Pulley (#14) to Bottom Cross Brace (#2) using:
two Flat Washer $\Phi 10$ (#44) one Hex Head Bolt M10*50 (#37)
one Nylon Lock Nut M10 (#47)
3. Attach two 4.5" Pulley (#15) to two Pulley Bracket (#20) using:
four Flat Washer $\Phi 10$ (#44) two Hex Head Bolt M10*50 (#37)
two Nylon Lock Nut M10 (#47)



STEP 6 Install Cable, Bar, Top Shroud

1. Attach the Cable (#13) to Weights Carraige (#7). Let the Cable (#13) go out of Main Support Frame (#1) at the middle round hole.
2. Attach the Cable (#13) to Main Support Frame (#1). Let the Cable (#13) go out of Main Support Frame (#1) at the middle round hole.
3. Attach Lat Bar (#9), Straight Bar (#10) to two Cable (#13) using:
four Snap Links (#18) two 12 Links (#19)
4. Attach Top Shroud (#17) to the Main Support Frame (#1) using:
eight Flat Washer $\Phi 8$ (#45) eight Button Head Cap Screw M8*15 (#40)

