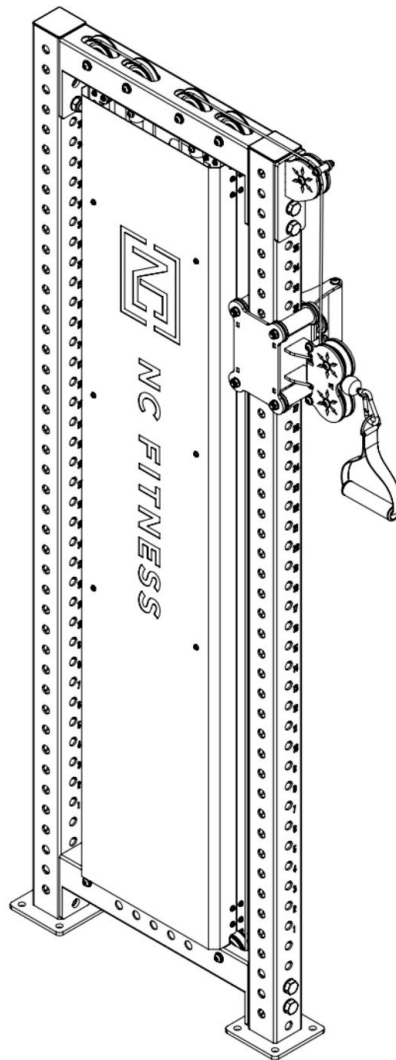




NC FITNESS

SINGLE PULLEY STATION



IMPORTANT:

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

SAFETY INFORMATION

- 1.The product must be installed on a stable and level surface.
- 2.Keep children and pets away from the exercise area, small parts could pose a choking hazard if swallowed.
DO NOT leave children unattended in the same room with the machine.
- 3.Keep hands away from all moving parts.
- 4.Only 1 person at a time should use the machine.
- 5.Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.
- 6.Do not place any sharp objects around the equipment.
- 7.Secure the product against unauthorized and unsupervised use. The Single Pulley Station is for consumer use only. Public or semipublic use is not allowed.
- 8.If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms stop the workout and seek immediate medical attention.
- 9.At least 2 persons are needed to assemble this equipment.

WARNING:

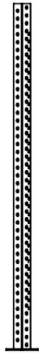
Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any illness.

Always examine before using to ensure all parts are in working order.

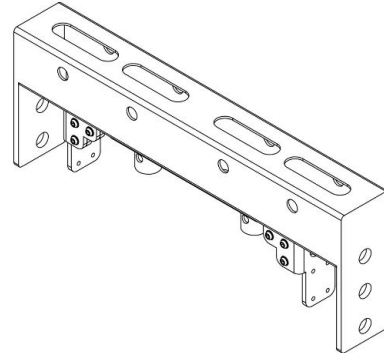
READ AND FOLLOW THE SAFETY INSTRUCTIONS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN RESULT IN SERIOUS INJURY.

HARDWARE AND PARTS LIST

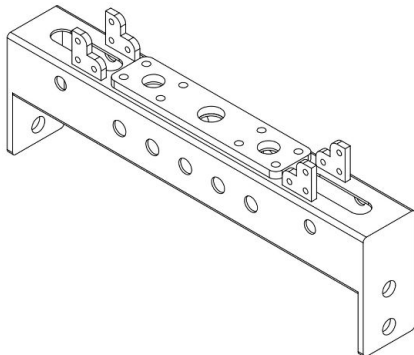
1-2250mm Upright-2pcs



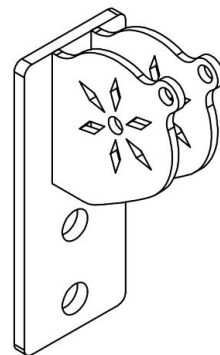
2-Top Crossbeam-1pc



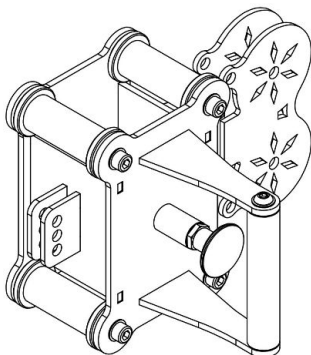
3-Bottom Crossbeam-1pc



4-Side Pulley Part



5-Adjustable Handle-1



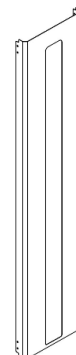
6-Cover with Logo-1pc



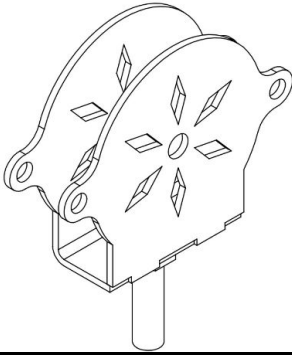
7- Cable-1pc



8-Cover-1pc



9-Middle Pulley part-1pc



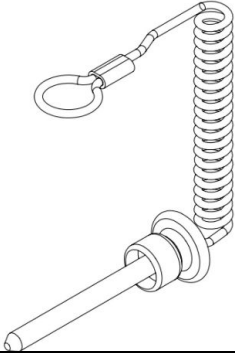
10-Guide Rod-2pcs



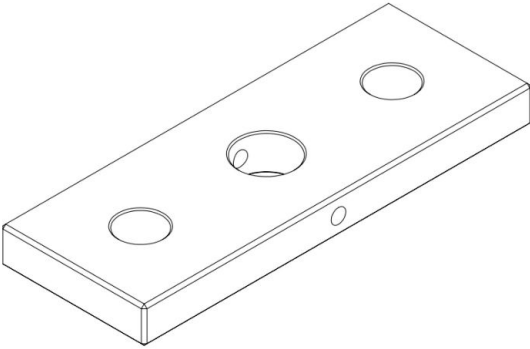
11-Lifting Bar-1pc



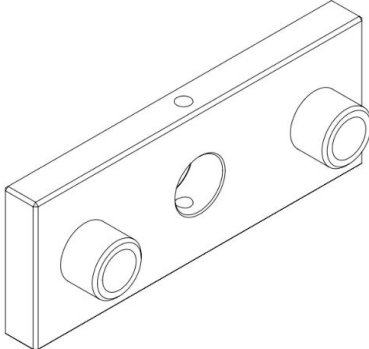
12-Magnetic Pin



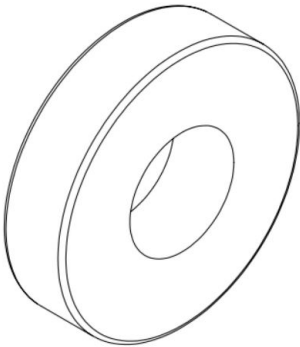
13-Weight Stack-19pcs



14-Top Weight Stack-1pc



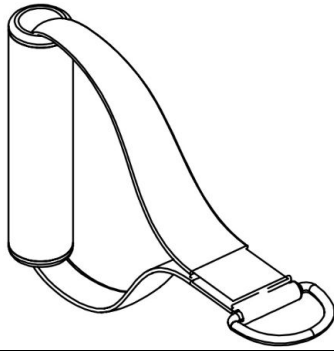
15-Rubber Pad-2pcs



16-carabiner-1pc



17-Handle-1pc



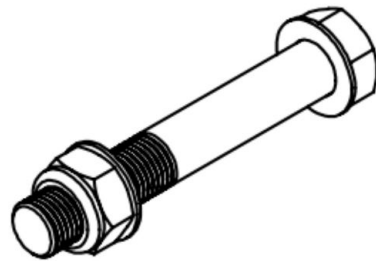
18-Size Sticker-1pc



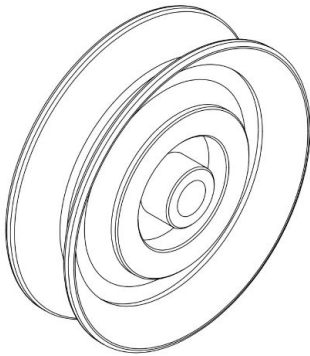
19-Spring Pin-1pc



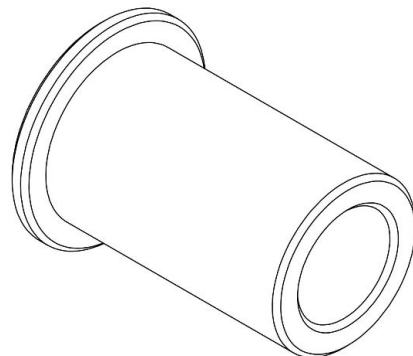
20-M18x120 Bolt-8sets
(1 bolt,2 washers,1 locknut/set)



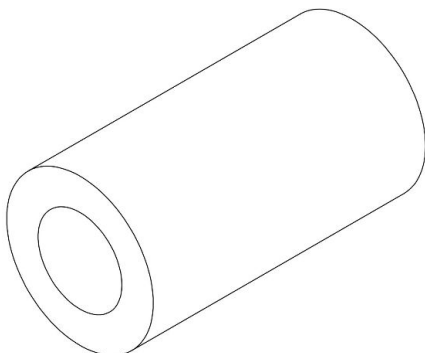
21-Pulley



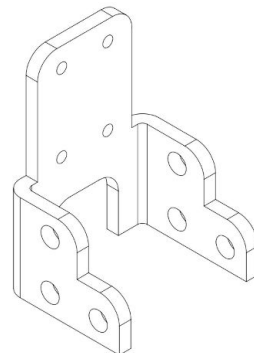
22-Bearing



23-Supporting Tube



24-Connecting part

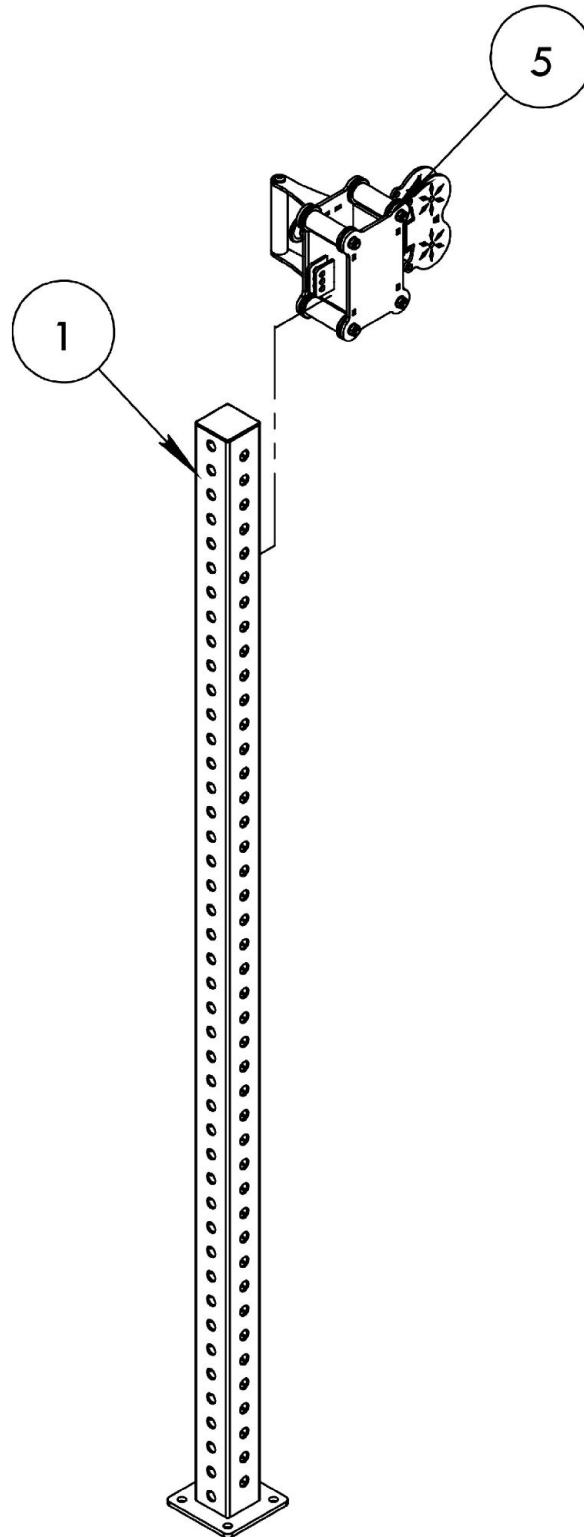


Pulleys and some parts are attached with bolts already.

ASSEMBLY INSTRUCTIONS

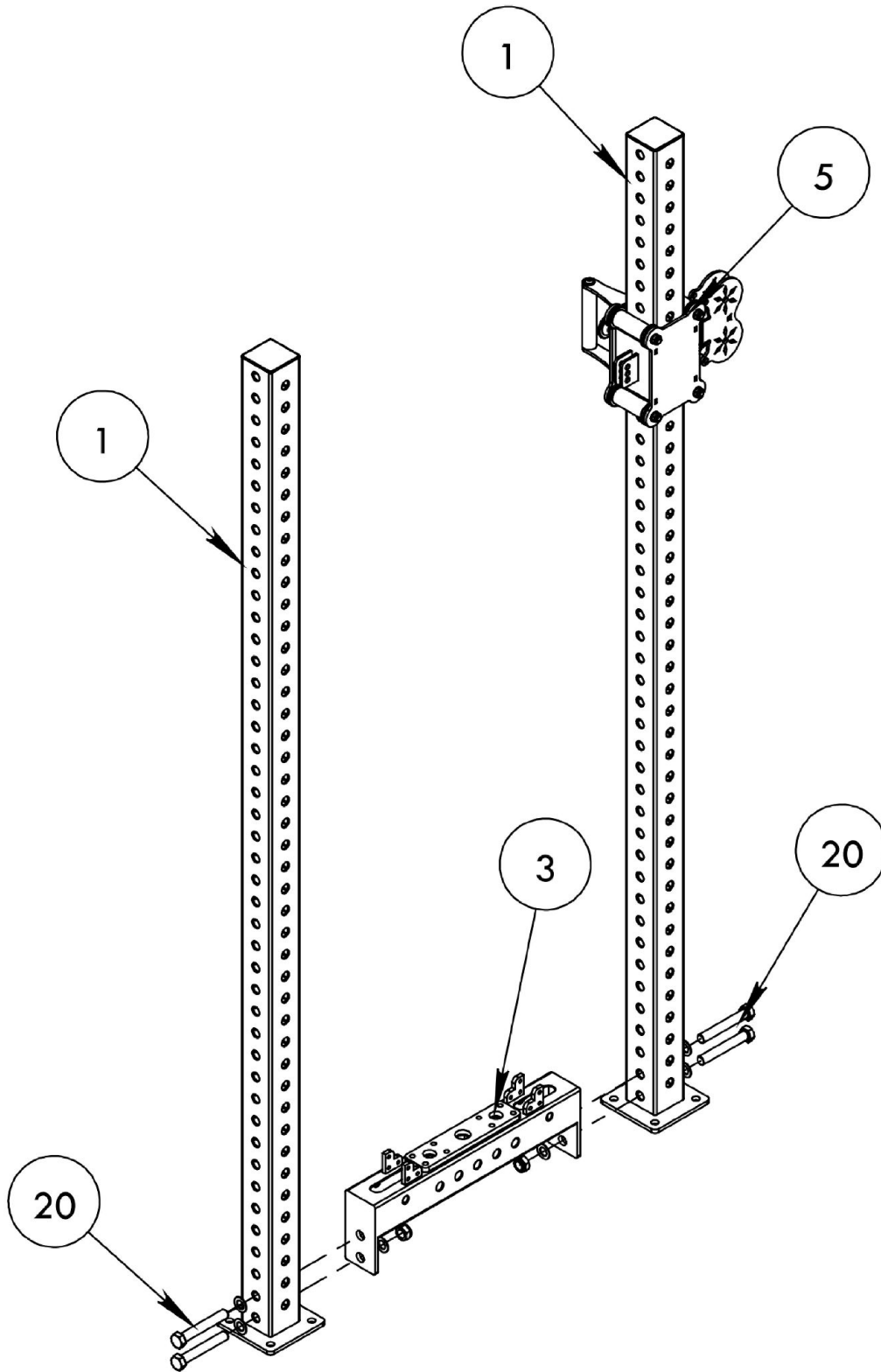
STEP-1

Put the adjustable handle(5)through the upright (1) and fix it with pull pin.



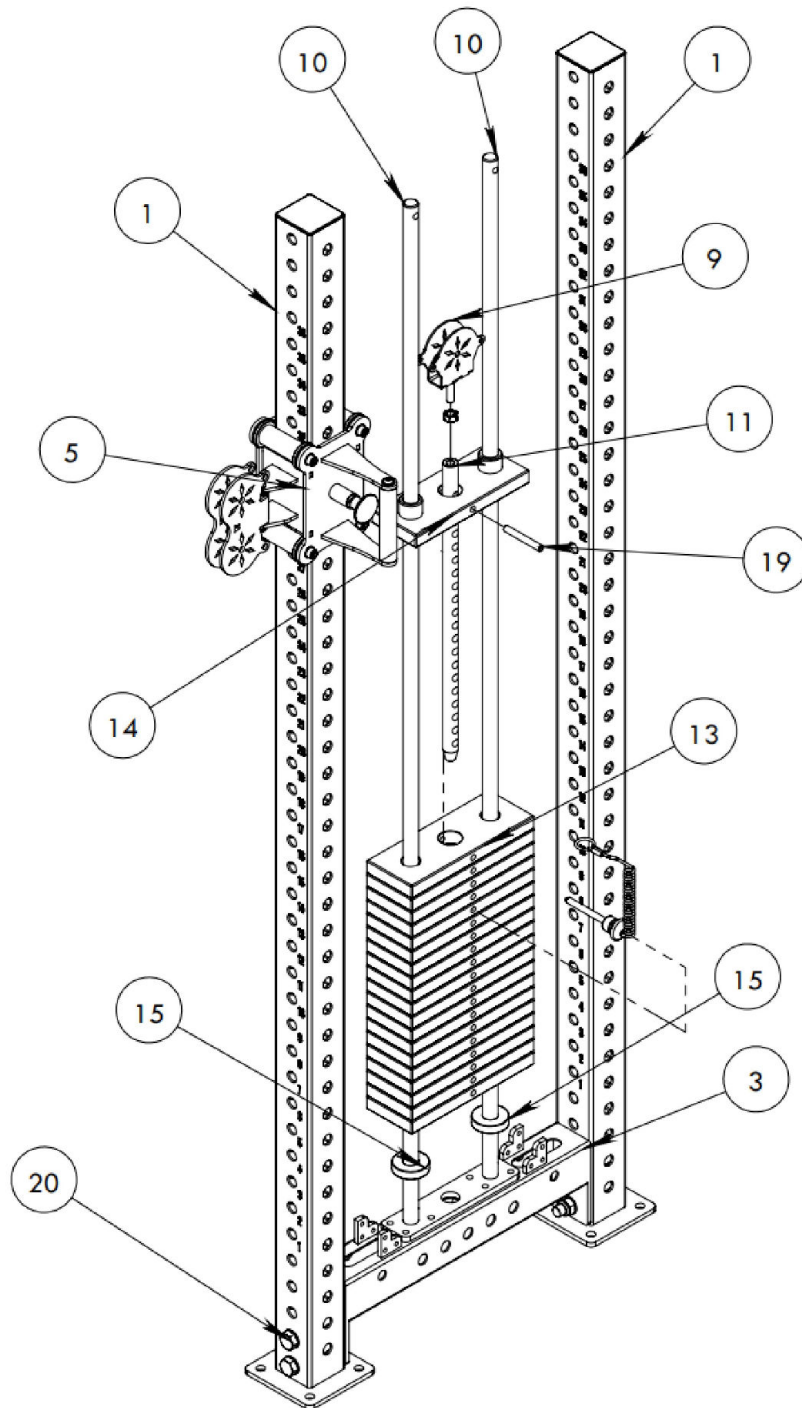
STEP-2

Attach bottom crossbeam(3) to the two uprights(1)with bolts(20),secure all hardware but do not fully tighten at this step.Also need to keep them safe.



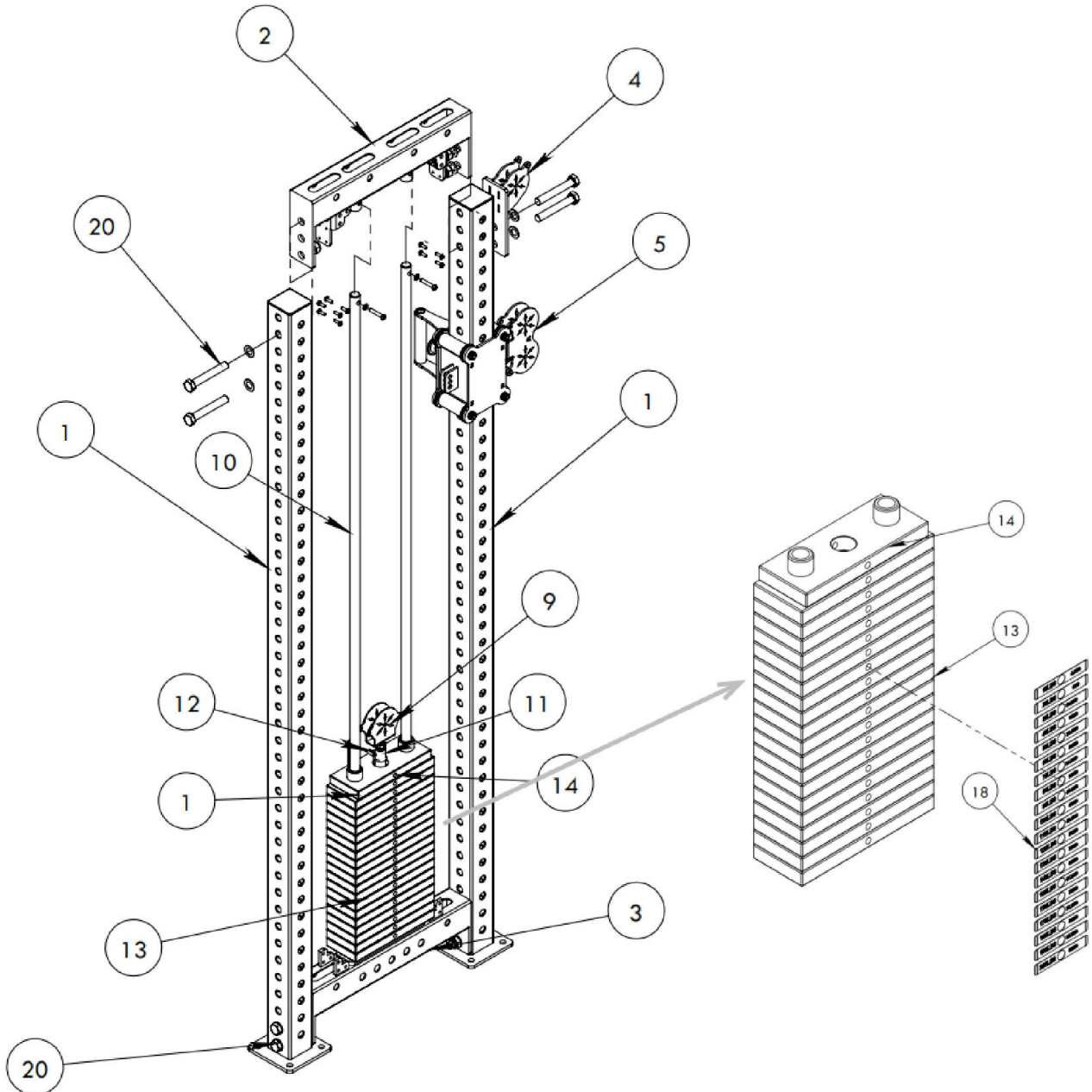
STEP-2

Put rubber pads on the top of crossbeam, then weight stacks, guild rop, weight lifting bars, etc to instructions, at this step must be careful, at least 2 persons needed.



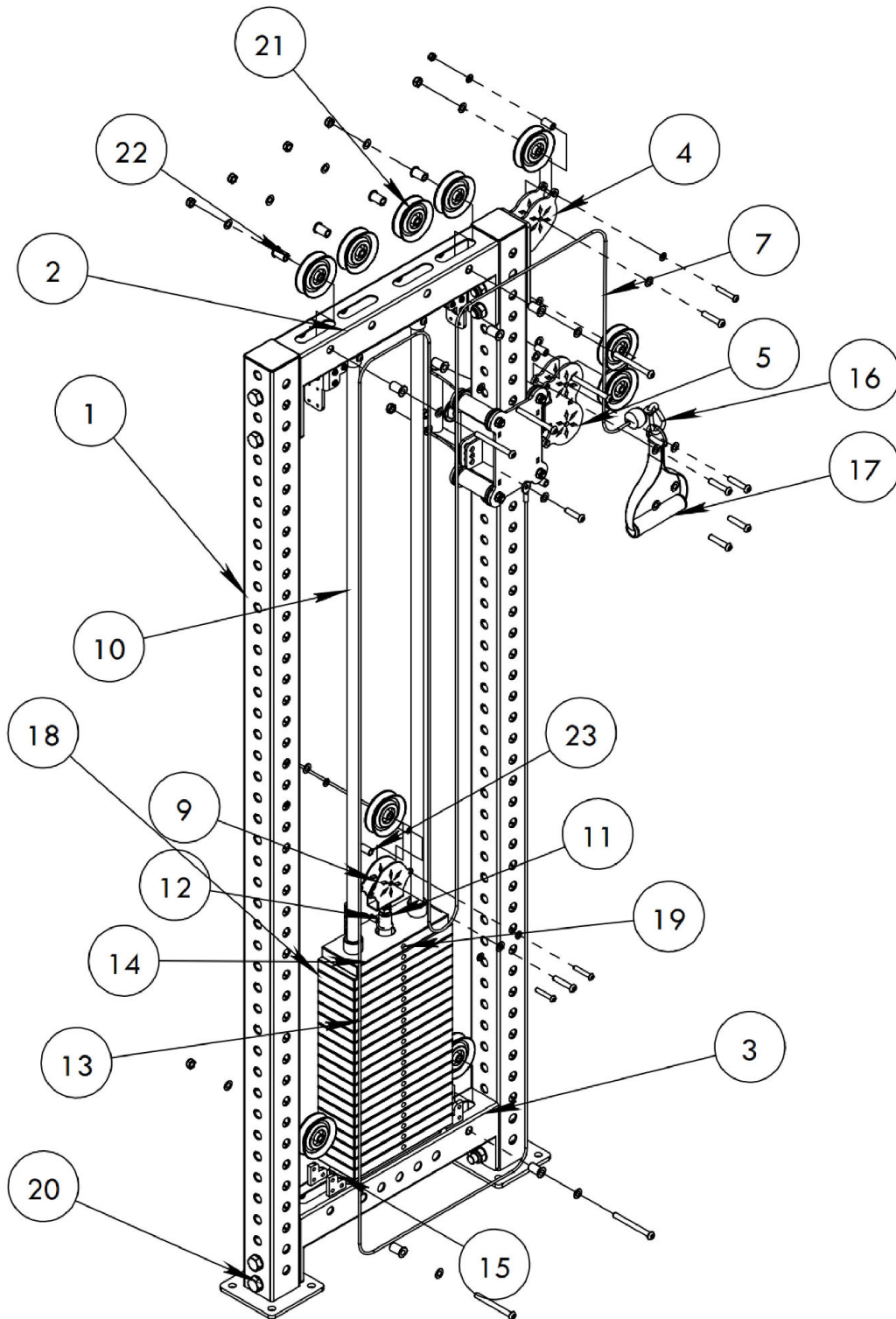
STEP-3

Attach the top crossbeam(2) to the two uprights(1),at this step,please fasten each hardware tightly.



STEP-4

Pulleys and small bolts are already attached to each part, when necessary, please take them off and keep them into a box or somewhere from being missed.



STEP-5

Attach the two covers to connecting parts and make sure each hardware is fixed tightly.

