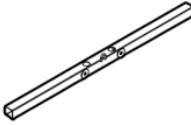
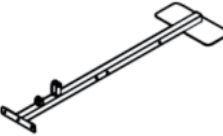

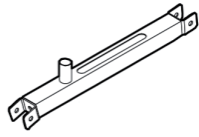

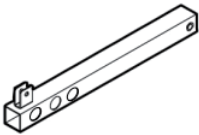


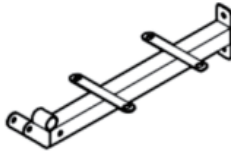

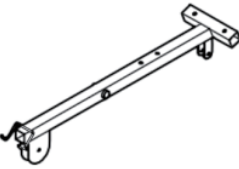
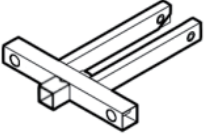


IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

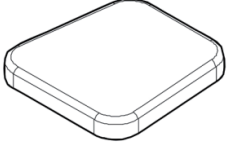
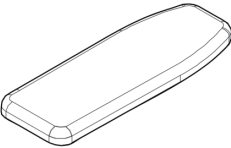
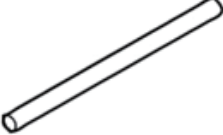
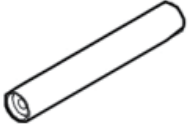


ASSEMBLY & INSTRUCTION MANUAL

PACKING DETAILS: TOTAL 3 BOXES

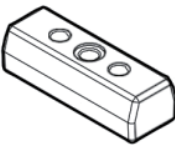
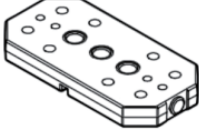
BOX-1/3

| NO. | PARTS | QTY |
|-----|---|-----|
| 1 |  | 1 |
| 2 |  | 1 |
| 3 |  | 2 |
| 4 |  | 1 |
| 5 |  | 1 |
| 6 |  | 1 |

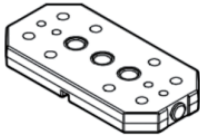
| NO. | PARTS | QTY |
|-----|---|-----|
| 7 |  | 1 |
| 8 |  | 1 |
| 9 |  | 1 |
| 10 |  | 1 |
| 11 |  | 1 |
| 12 |  | 1 |

| NO. | PARTS | QTY |
|-----|---|-----|
| 13 |  | 1 |
| 14 |  | 1 |
| 17 |  | 2 |
| 18 |  | 2 |
| 19 |  | 1 |
| |  Hardware Kit | |

BOX-2/3

| NO. | PARTS | QTY |
|-----|---|-----|
| 15 |  | 1 |
| 16 |  | 4 |

BOX-3/3

| NO. | PARTS | QTY |
|-----|---|-----|
| 16 |  | 5 |

INDEX

| | |
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| • Exercise Instructions _____ | 19 |
| • Fitness Tips & Techniques _____ | 20 |
| • Conditioning Guidelines _____ | 21 |
| • Warm Up & Cool Down _____ | 22 |
| • Maintenance _____ | 23 |

IMPORTANT SAFETY INSTRUCTIONS

The equipment is only intended for home use and is not intended for commercial, institutional and/or studio facilities use.

HEALTH 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 inactive, pregnant or suffer from any illness.
- If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.
- To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

INSTALLATION

Soozier recommends that all equipment:

- Be secured to or set up on a solid, level surface to stabilise and eliminate rocking or tipping over during training.
- Be set up inside your home away from moisture and dust (the equipment is not designed for outdoor use).
- Be set up with sufficient ventilation to ensure proper operation.
- Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended that there should be at least 1 m of space around the equipment where access is required to exercise.

PROPER USAGE

- Do not use the equipment in any way other than as designed or intended by the manufacturer. It is imperative that Soozier equipment is used properly to avoid injury.
- Injuries may result from exercising improperly or excessively.
- Your Trojan equipment should only be used by one person at a time.
- Be careful to maintain your balance while using, mounting, dismounting or assembling your Soozier equipment to avoid injury.
- Do not attempt to adjust the seat or handlebars while you are on your Soozier equipment.
- Servicing other than the procedures in this manual should be performed by an authorised service representative only.

ACCESS CONTROL

- Soozier recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. Keep children away from all equipment.
- Parents or others supervising adults must provide close supervision of children if the equipment is used in the presence of children.

INSPECTION

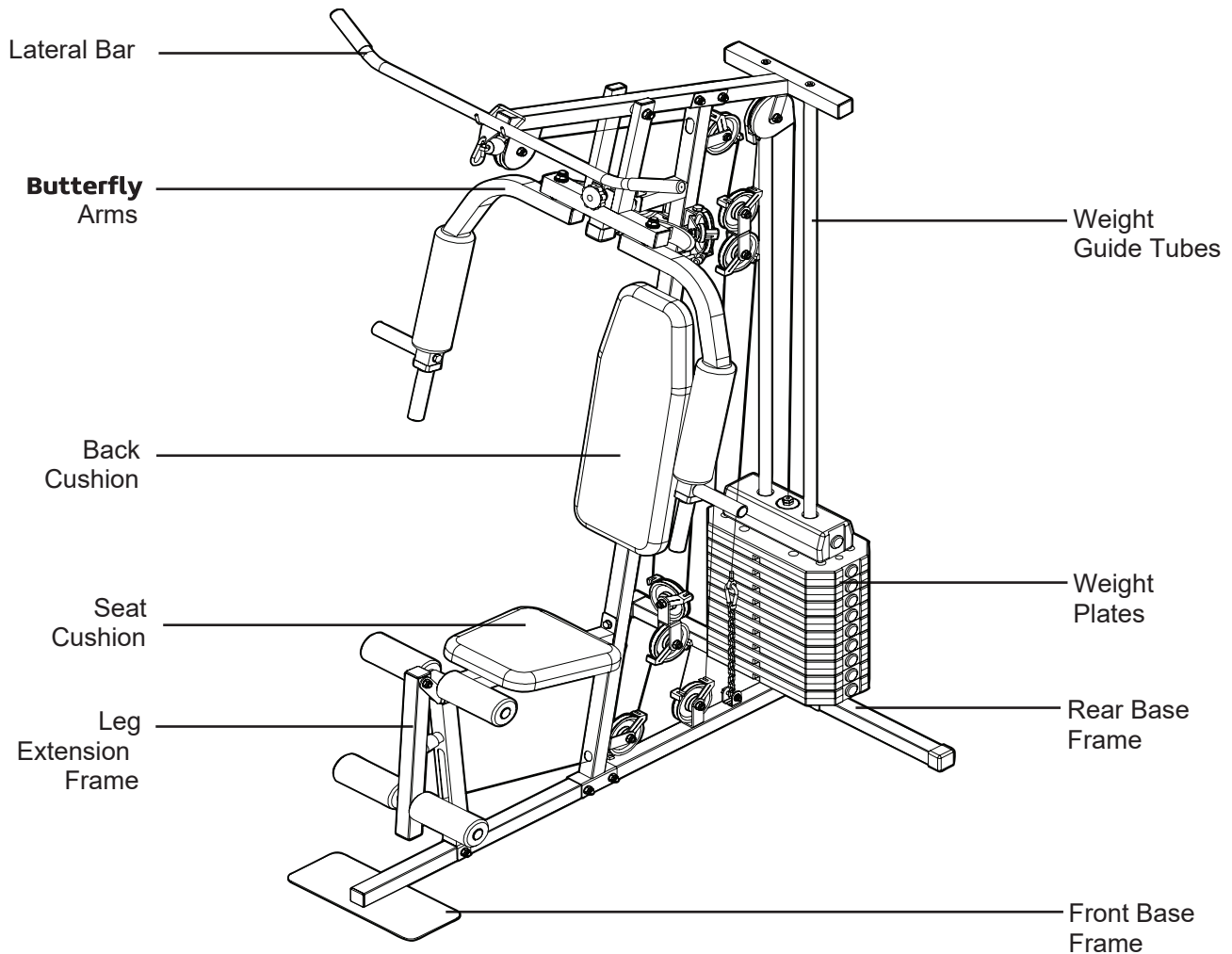
- Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all Trojan equipment use only replacement parts supplied by Soozier.
- Always make sure that all nuts and bolts are tightened prior to each use.
- Maintain labels and nameplates – do not remove labels for any reason. They contain important information.
- Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your Soozier equipment.
- Before any use, examine all accessories approved for use with the Soozier equipment for damage or wear.
- Should your Soozier equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.

OPERATING WARNINGS

- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all Soozier equipment.
- Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.
- Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.
- Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

PRE ASSEMBLY CHECK LIST



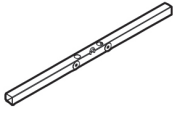
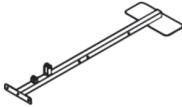

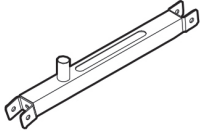

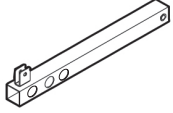
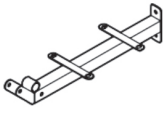

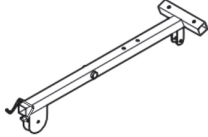
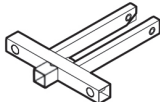

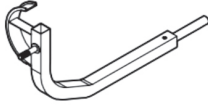
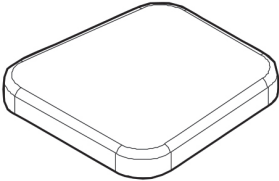
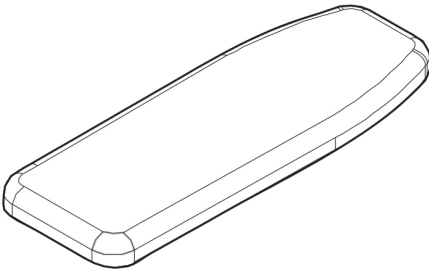
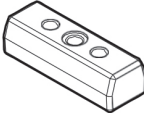
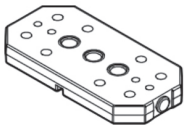
| | |
|--------------------|--|
| Exercise Parts | Chest, Shoulders, Back, Legs and Arms |
| Exercise Functions | Seated pec deck, Seated chest press, Seated leg extensions, Standing single leg hamstring curls, Lat pull downs, Narrow reverse grip lat pull down, Straight arm lat pull backs, Reverse grip triceps push downs, Seated triceps press, Triceps push downs |
| Set-up Size | 1350 mm (l) x 1030 mm (w) x 2100 mm (h) |
| User Weight | 100 kg (maximum) |
| Loading Weight | 45 kg (maximum) |

HARDWARE & TOOLS LIST

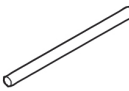
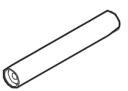
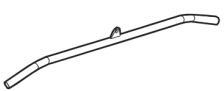
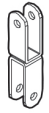

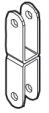








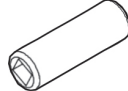


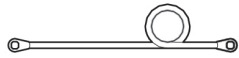





















INSTRUCTIONS FOR ASSEMBLY

- Before you start to assemble, please check the hardware packaging to make sure all parts are included.
- Each step has its own packet of bolts and nuts (look for sticker indicating what step the packet will be used for).
- Ensure all nuts and bolts are tightened properly before moving onto the next step.
- Test the Plastic Dome Caps (45) on the Nylon Nuts (70) for best fit.
- Basic tools, such as an Allen Key will be provided for assembly but additional tools will be required for complete and safe assembly.
















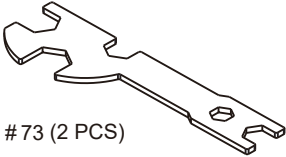
IMPORTANT NOTICE: Some of the smaller parts may be pre-fitted to larger components, please ensure you check carefully before contacting us regarding any missing parts.

| | | |
|---|--|--|
|  <p>#1 REAR BASE FRAME (1 PC)</p> |  <p>#2 FRONT BASE FRAME (1 PC)</p> |  <p>#3 WEIGHT GUIDE TUBE (2 PCS)</p> |
|  <p>#4 FRONT SUPPORT FRAME (1 PC)</p> |  <p>#5 SELECTOR SHAFT (1 PC)</p> |  <p>#6 LEG EXTENSION FRAME (1 PC)</p> |
|  <p>#7 SEAT BASE FRAME (1 PC)</p> |  <p>#8 SUPPORT FRAME (1 PC)</p> |  <p>#9 UPPER CROSS BEAM (1 PC)</p> |
|  <p>#10 PRESS BAR (1 PC)</p> |  <p>#11 LEFT BUTTERFLY ARM (1 PC)</p> |  <p>#12 RIGHT BUTTERFLY ARM (1 PC)</p> |
|  <p>#13 SEAT CUSHION (1 PC)</p> |  <p>#14 BACK CUSHION (1 PC)</p> |  <p>#15 TOP WEIGHT PLATE (1 PC)</p>  <p>#16 WEIGHT PLATE (9 PCS)</p> |

HARDWARE & TOOLS LIST

| | | | |
|---|--|--|---|
|  #17 FOAM TUBE (2 PCS) |  #18 HANDLE TUBE (2 PCS) |  #19 LAT BAR (1 PC) |  #20 REVERSE U (1 PC) |
|  #21 SINGLE PULLEY BLOCK (2 PCS) |  #22 PULLEY U (1 PC) |  #23 PLUM BLOSSOM NUT (1 PC) |  #24 WEIGHT SELECTOR PIN (1 PC) |
|  #25 RUBBER RING (2 PCS) |  #26 PLASTIC WASHER (1 PC) |  #27 SELECTOR SHAFT PIN (1 PC) |  #28 Crank (1 PC) |
|  #29 POTHOOK (2 PCS) |  #30 LEG FOAM ROLLER (4 PCS) |  #31 ARM FOAM ROLLER (2 PCS) |  #32 PULLEY (11PCS) |
| | |  #35 CABLE 35 (L = 2330 MM) (1 PC) | |
|  #36 CABLE 36 (L = 3800 MM) (1 PC) | |  #37 CABLE 37 (L = 2750 MM) (1 PC) | |
|  #38 OIL BUSHING SMALL(2PCS) | | | |
|  #39 OIL BUSHING BIG (4 PCS) |  #40 SELECTOR SHAFT END CAP (1 PC) |  #42 CHAIN (1 PC) | |
|  #43 BUMPER (1 PC) |  #44 SELECTOR SHAFT BUSHING (1 PC) |  #45 ROUND CAP (Ø25 MM) (1 PC) |  #46 HANDLE GRIP (6 PCS) |
|  #47 SQUARE END PLUG (38 MM) (8 PCS) |  #48 SQUARE END PLUG (40 MM) (2 PCS) |  #49 SQUARE CAP (38 MM) (3 PCS) |  #50 SQUARE END PLUG (20 X 40 MM) (2 PCS) |
|  #51 MIDDLE-EMPTY PLUG (38 X Ø26) (2 PCS) |  #52 ROUND END PLUG Ø25 MM (4 PCS) |  #53 PLASTIC COVER (2 PCS) |  #54 PULLEY COVER (2 PCS) |
|  #55 PULLEY HOOK (18 PCS) |  #56 HEX BOLT (M12 X 120 MM) (1 PC) |  #57 HEX BOLT (M10 X 65 MM) (2 PCS) |  #58 HEX BOLT (M10 X 60 MM) (11 PCS) |

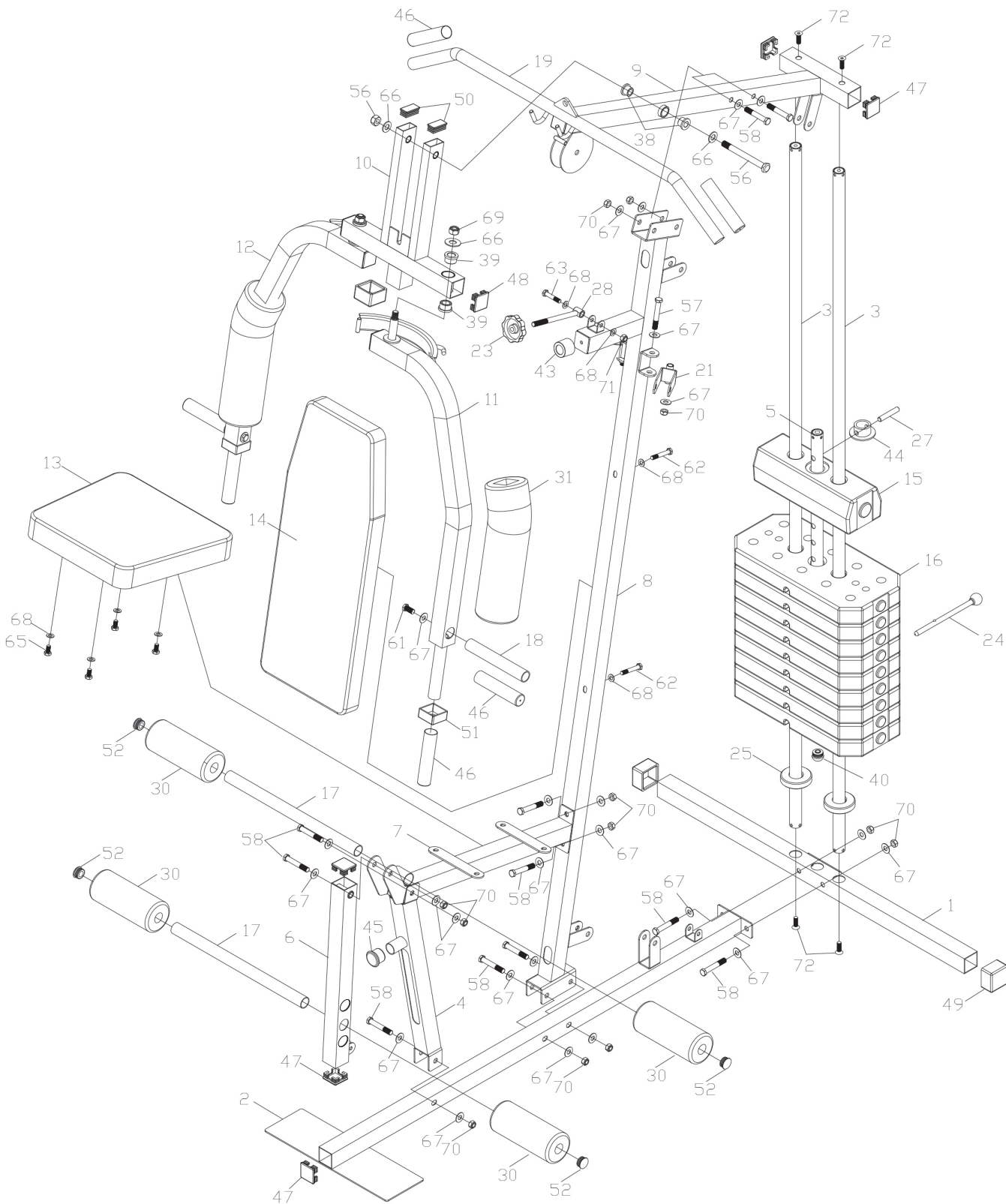
HARDWARE & TOOLS LIST

| | | | |
|--|--|--|---|
|  #59 HEX BOLT (M10 X 50 MM) (9 PCS) |  #60 HEX BOLT (M10 X 45 MM) (2 PCS) |  #61 HEX BOLT (M10 X 20 MM) (2 PCS) |  #62 HEX BOLT (M8 X 50 MM) (2 PCS) |
|  #63 HEX BOLT (M8 X 40 MM) (2 PCS) |  #64 HEX BOLT (M8 X 25 MM) (1 PC) |  #65 HEX BOLT (M8 X 15 MM) (4 PCS) |  #66 WASHER M12 (4 PCS) |
|  #67 WASHER M10 (50 PCS) |  #68 WASHER M8 (12 PCS) |  #69 NYLON NUT M12 (3 PCS) |  #70 NYLON NUT M10 (24 PCS) |
|  #71 NYLON NUT M8 (3 PCS) |  #72 BOLT (M10 X 25 MM) (4 PCS) |  #42 ALLEN KEY (1 PC) |  #73 (2 PCS) |

PARTS LIST

| No. | Description | Qty | No. | Description | Qty |
|-----|------------------------|-----|-----|------------------------------|-----|
| 1 | Rear Base Frame | 1 | 39 | Oil Bushing Big | 4 |
| 2 | Front Base Frame | 1 | 40 | Selector Shaft End Cap | 1 |
| 3 | Weight Guide Tube | 2 | 41 | Allen Key | 1 |
| 4 | Front Support Frame | 1 | 42 | Chain | 1 |
| 5 | Selector Shaft | 1 | 43 | Bumper | 1 |
| 6 | Leg Extension Frame | 1 | 44 | Selector Shaft Bushing | 1 |
| 7 | Seat Base Frame | 1 | 45 | Round Cap (Ø25mm) | 1 |
| 8 | Support Frame | 1 | 46 | Handle Grip | 6 |
| 9 | Upper Cross Beam | 1 | 47 | Square End Plug (38 mm) | 8 |
| 10 | Press Bar | 1 | 48 | Square End Plug (40 mm) | 2 |
| 11 | Left Butterfly Arm | 1 | 49 | Square Cap (38 mm) | 3 |
| 12 | Right Butterfly Arm | 1 | 50 | Square End Plug (20 x 40 mm) | 2 |
| 13 | Seat Cushion | 1 | 51 | Middle-Empty Plug (38 X Ø26) | 2 |
| 14 | Back Cushion | 1 | 52 | Round End Plug (Ø25 mm) | 4 |
| 15 | Top Weight Plate | 1 | 53 | Plastic Cover | 2 |
| 16 | Weight Plate | 9 | 54 | Pulley Cover | 2 |
| 17 | Foam Tube | 2 | 55 | Pulley Hook | 18 |
| 18 | Handle Tube | 2 | 56 | Hex Bolt (M12 x 120 mm) | 1 |
| 19 | Lat Bar | 1 | 57 | Hex Bolt (M10 x 65 mm) | 2 |
| 20 | Reverse U | 1 | 58 | Hex Bolt (M10 x 60 mm) | 11 |
| 21 | Single Pulley Block | 2 | 59 | Hex Bolt (M10 x 50 mm) | 9 |
| 22 | Pulley U | 1 | 60 | Hex Bolt (M10 x 45 mm) | 2 |
| 23 | Plum Blossom Nut | 1 | 61 | Hex Bolt (M10 x 20 mm) | 2 |
| 24 | Weight Selector Pin | 1 | 62 | Hex Bolt (M8 x 50 mm) | 2 |
| 25 | Rubber Ring | 2 | 63 | Hex Bolt (M8 x 40 mm) | 2 |
| 26 | Plastic Washer | 1 | 64 | Hex Bolt (M8 x 25 mm) | 1 |
| 27 | Selector Shaft Pin | 1 | 65 | Hex Bolt (M8 x 15 mm) | 4 |
| 28 | Crank | 1 | 66 | Washer (M12) | 4 |
| 29 | Pothook | 2 | 67 | Washer (M10) | 50 |
| 30 | Leg Foam Roller | 4 | 68 | Washer (M8) | 12 |
| 31 | Arm Foam Roller | 2 | 69 | Nylon Nut (M12) | 3 |
| 32 | Pulley | 11 | 70 | Nylon Nut (M10) | 24 |
| 35 | Cable 35 (L = 2330 mm) | 1 | 71 | Nylon Nut (M8) | 3 |
| 36 | Cable 36 (L = 3800 mm) | 1 | 72 | Bolt (M10 x 25 mm) | 4 |
| 37 | Cable 37 (L = 2750 mm) | 1 | 73 | Tool | 2 |
| 38 | Oil Bushing Small | 2 | | | |

EXPLODED DRAWING

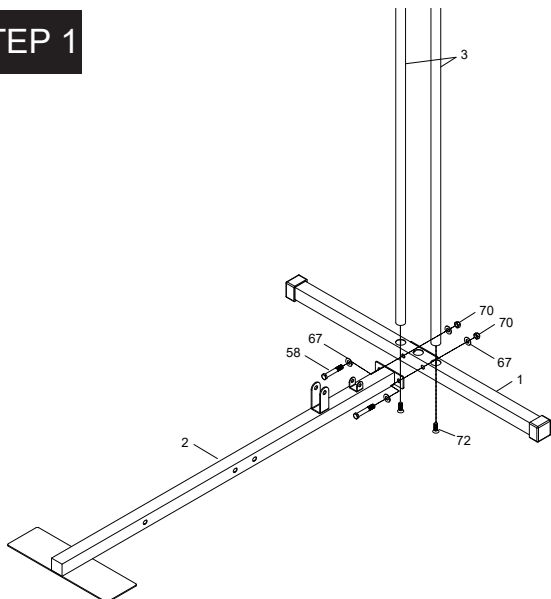


ASSEMBLY STEPS

1. PREPARATION

- Before assembling make sure that you will have enough space around the item.
- Use the supplied parts and hardware for the assembly.
- Before assembling please check whether all the required parts have been supplied as per the exploded drawing on the opposite page.
- **Notice:** Some of the smaller parts may be pre-fitted to larger components, please ensure you check carefully before contacting us regarding any missing parts.

STEP 1



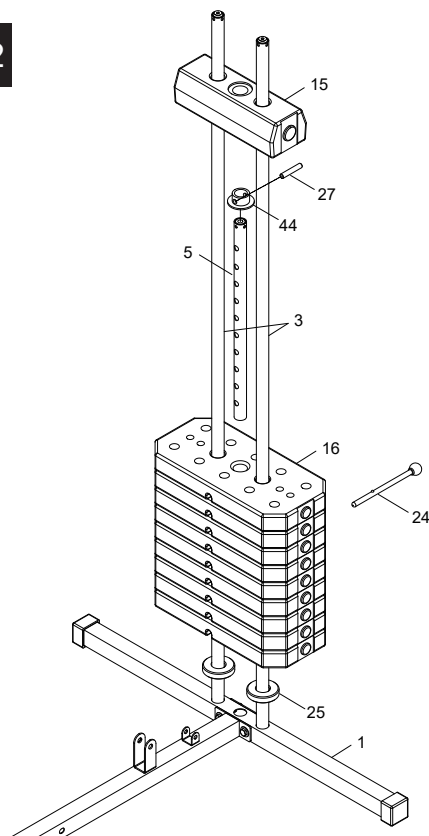
STEP 1:

Remove the Weight Guide Tubes (3) from the carton and insert these into the Rear Base Frame (1) and secure Bolts (72) from underneath.

Attach the Front Base Frame (2) to the Rear Base Frame (1) by using 2 Hex Bolts (58), 2 Washers (67) and 2 Nylon Nuts (70).

Ensure all bolts are tight before proceeding.

STEP 2



STEP 2:

Slide 2 Rubber Rings (25) onto the Weight Guide Tubes (3). Once completed you can now slide 9 Weight Plates (16) down the Weight Guide Tubes (3).

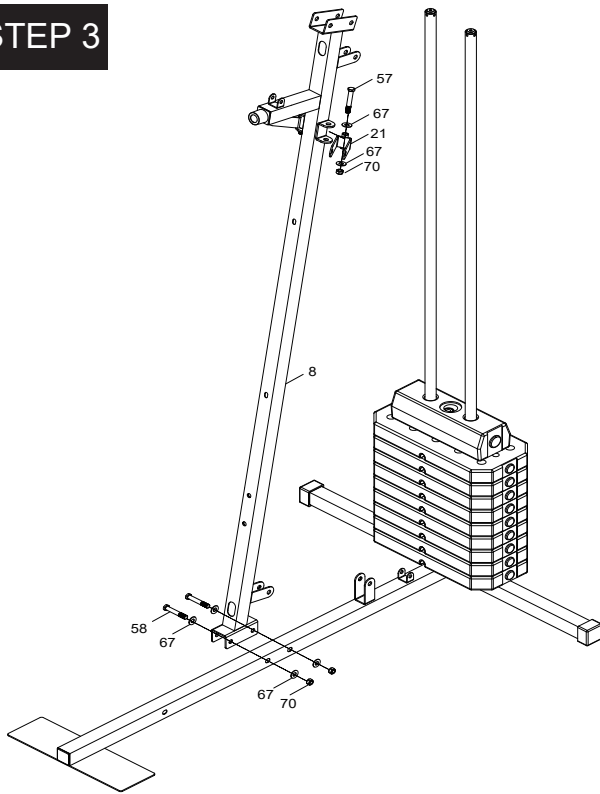
Now slide the Selector Shaft (5) down the middle hole in the weight plates ensuring that the selector shaft's holes with the tapered edge face backwards. Line up with the weight selection holes underneath each weight plate.

You can now slide the Selector Shaft Bushing (44) down the Selector Shaft (5) ensuring that smaller circle faces upwards. By simply lifting the Selector Shaft (5) up slightly you must now slide the Selector Shaft Pin (27) through the first hole on the Selector Shaft (5) and the hole on the Selector Shaft Bushing (44).

Once completed slide the Selector Shaft (5) back down and slide the Top Weight Plate (15) down the Weight Guide Tubes (3) and Selector Shaft (5) so that it sits firmly on top. Now insert the Weight Selector Pin (24) into any weight for the meantime. Ensure all bolts are tight before proceeding.

ASSEMBLY STEPS

STEP 3



STEP 3:

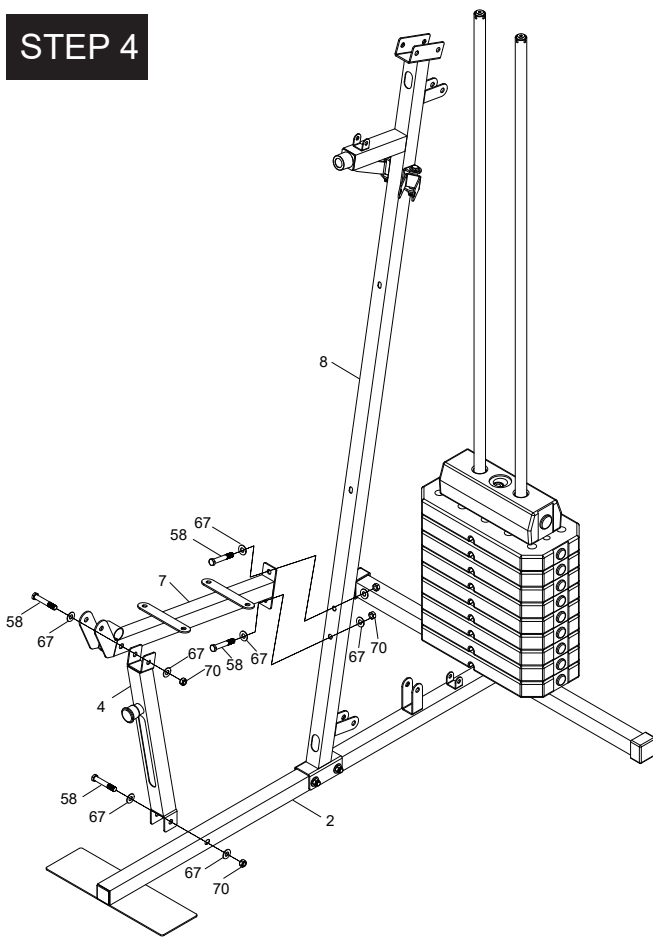
Attach the Support Frame (8) to the Front Base Frame (20) using 2 Hex Bolts (58), 4 Washers (67) and 2 Nylon Nuts (70).

Attach the 2 Single Pulley Blocks (21) to the Support Frame (8) using 2 Hex Bolts (58), 4 Washers (67) and 2 Nylon Nuts (70).

Do not overtighten the Single Pulley Blocks (21).

They must be secure, but must still be able to move.

STEP 4



STEP 4:

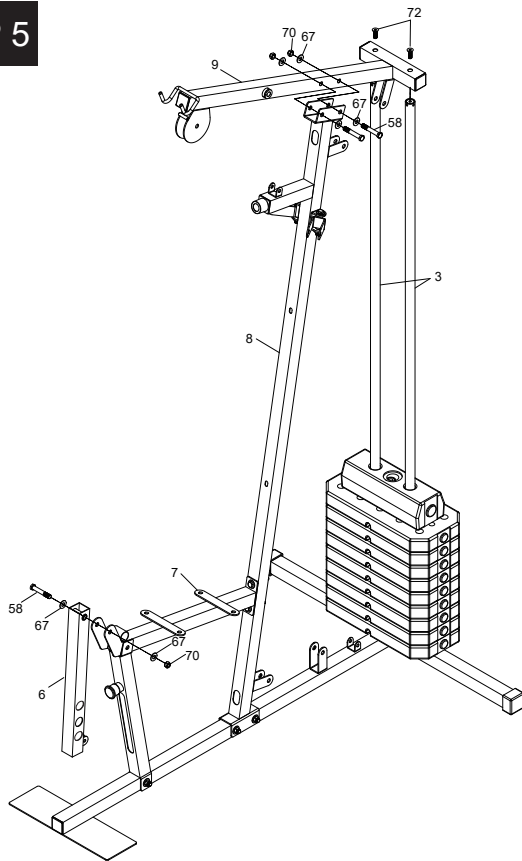
Attach the Front Support Frame (4) to the Front Base Frame (2) with 1 Hex Bolt M10 x 60 mm (58), 2 Washers (67) and 1 Nylon Nut (70).

Now attach the Seat Base Frame (7) to the Front Support Frame (4) and the Front Base Frame (2).

Ensure all bolts are tight before proceeding.

ASSEMBLY STEPS

STEP 5



STEP 5:

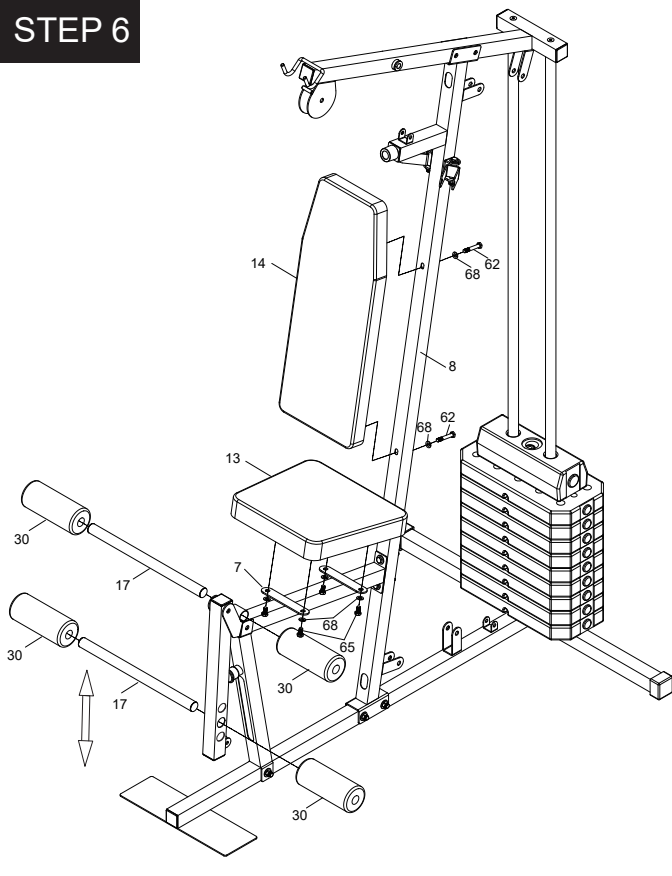
Attach the Upper Cross Beam (9) to the Weight Guide Tubes (3) using 2 Bolts (72).

Attach the Upper Cross Beam (9) to the Support Frame (8) using 2 Hex Bolts (58), 4 Washers (67) and 2 Nylon Nuts (70).

Proceed to attach the Leg Extension Frame (6) and the Seat Base Frame (7) by using 1 Hex Bolt (58), 2 Washers (67) and 1 Nylon Nut (70).

Ensure all bolts are tight before proceeding.

STEP 6



STEP 6:

Attach the Back Cushion (14) to the Support Frame (8) using 2 Hex Bolts (62) and 2 Washers (68).

Now attach the Seat Cushion (13) to the Seat Base Frame (7) using 4 Hex Bolts (65) and 4 Washers (68).

Insert the Foam Tube (17) into the Leg Extension Frame (6) and the Seat Base Frame (7).

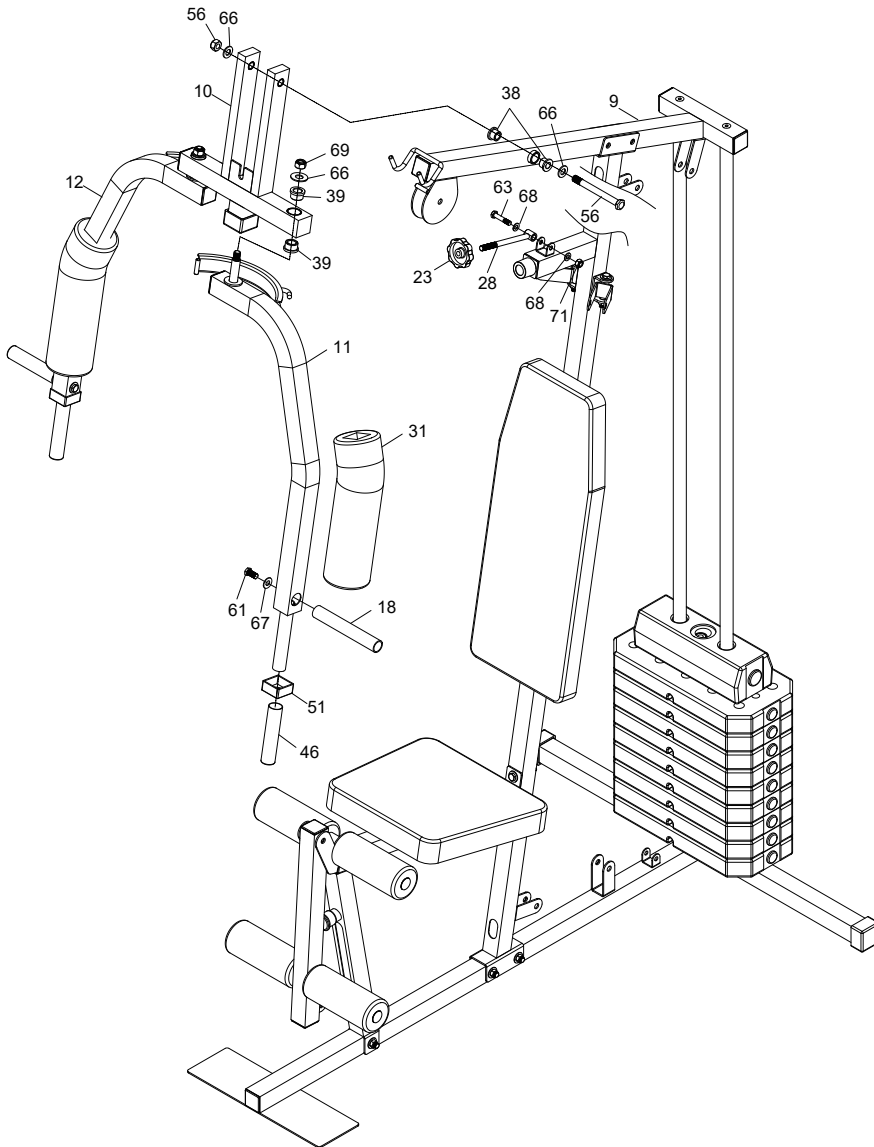
Ensure all bolts are tight before proceeding.

Slide the Leg Foam Rollers (30) onto the Foam Tubes (17).

Leg length is different, up and down adjustment Foam Tube(17) can adjust to the appropriate position.

ASSEMBLY STEPS

STEP 7



STEP 7:

Attach the Press Bar (10) to the Upper Cross Beam (9) using 1 Hex Bolt (56), 2 Washers (66) and 1 Nylon Nut (69).

Please note that 2 Small Oil Bushings (38) have been pre-assembled onto the Upper Cross Beam (9) as well as 4 Big Oil Bushings (39) into the Press Bar (10).

Attach the Right Butterfly Arm (12) and the Left Butterfly Arm (11) to the Press Bar (10) using 2 Washers (66) and 2 Nylon Nuts (69).

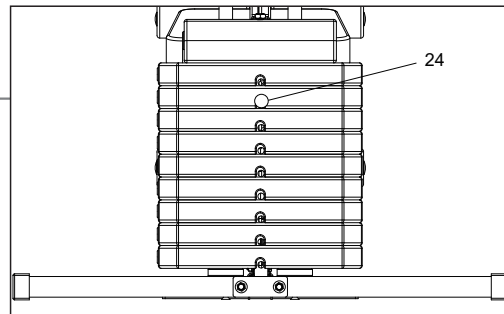
Slide the Arm Foam Rollers (31) onto the Right Butterfly Arm (12) as well as the Left Butterfly Arm (11).

Attach the Handle Tube (18) to the Right Butterfly Arm (12) and the Left Butterfly Arm (11) using 2 Hex Bolts (61) and 2 Washers (67).

Now slide 2 Middle Empty Plugs (51) and 2 Handle Grips (46) onto the Right Butterfly Arm (12) as well as the Left Butterfly Arm (11).

Attach the Crank (28) to the Support Frame (8) using 1 Hex Bolt (63), 2 Washers and 1 Nylon Nut (71).

Slide Plum Blossom Nut (23) onto the Crank (28) and secure tightly once latched onto Press Bar (10).



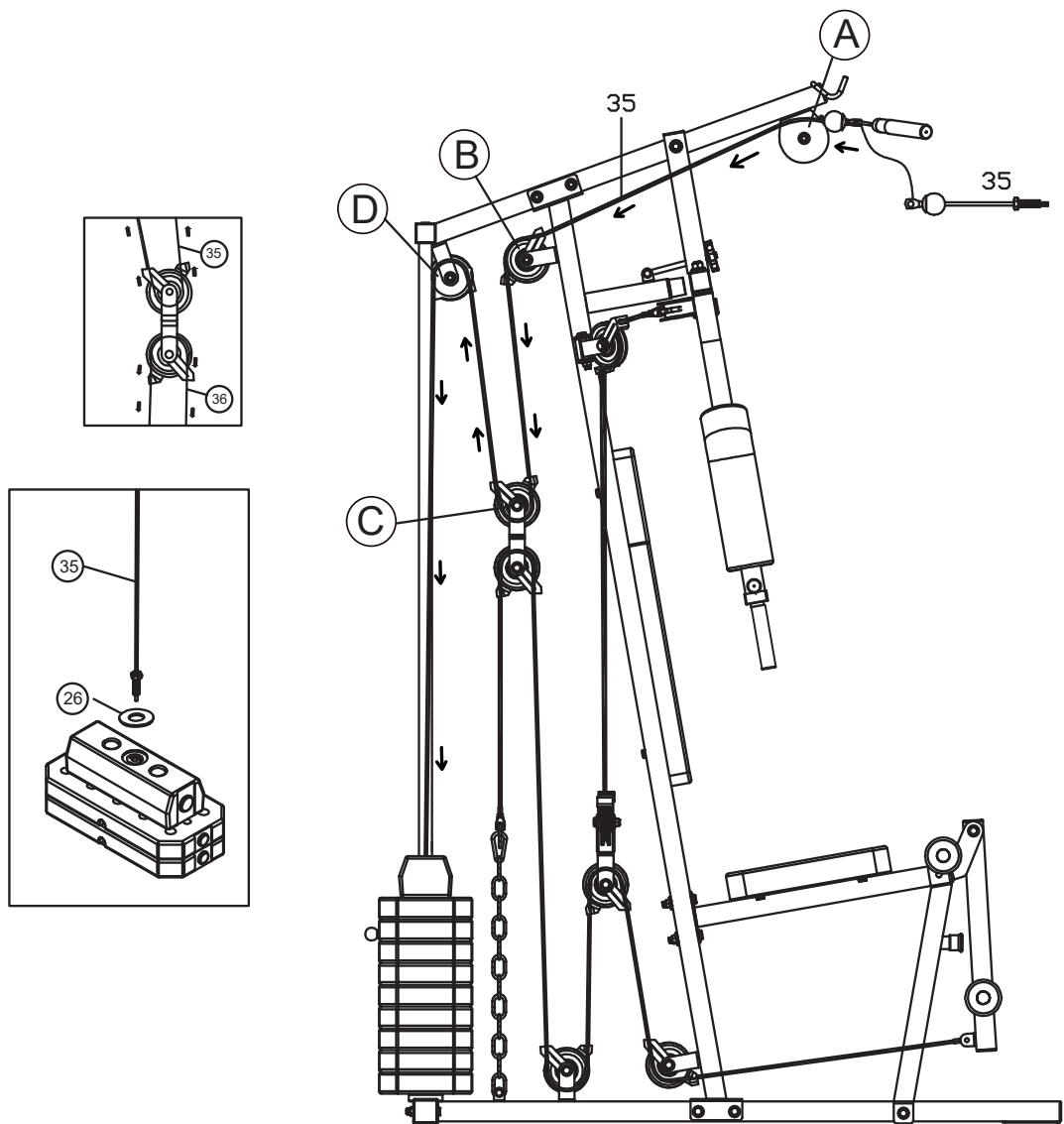
Note: Each Butterfly Arm is Labeled with an "L" for the Left (11) and a "R" for the Right (12).

Left and Right is seen as if you were standing behind the unit looking at it (i.e if facing the unit from the front the Left will now be on your right and visa versa).

ASSEMBLY STEPS

STEP-BY-STEP PROCESS FOR ATTACHING THE PULLEYS & THREADING CABLES

STEP 8



STEP 8: CABLE 35

Installing the pulley system:

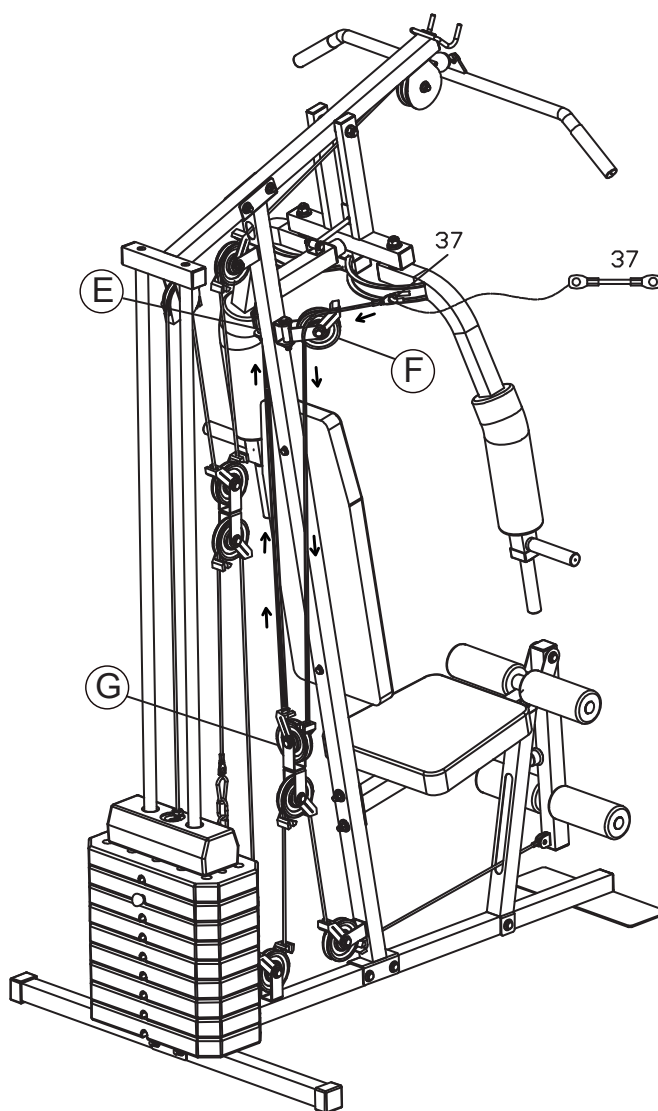
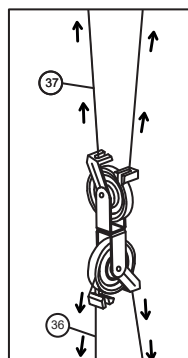
1. Install Pulley (32)Ⓐ onto the Upper Cross Beam (9) using 1 Hex Bolt (60), 2 Washers (67) and 1 Nylon Nut (70).
2. Once complete, install Pulley (32)Ⓑ and 2 Pulley Hooks (55) (which are used to help thread the cable) onto the Support Frame (8) using 1 Hex Bolt (59), 2 Washers (67) and 1 Nylon Nut (70).
3. Install Pulley (32)Ⓒ and 2 Pulley Hooks (55) to the Pulley U (22) using 1 Hex Bolt (59), 2 Washers (67) and 1 Nylon Nut (70).
4. Install Big Pulley (32)Ⓓ (also indicated by a different colour or additional colour mark on it) and 2 Pulley Covers (54) onto the Upper Cross Beam (9) using 1 Hex Bolt (59), 2 Washers (67) and 1 Nylon Nut (70).
5. Attach the bolt end of Cable 35 to the Selector Shaft (5) with Plastic Washer (26) by screwing it in. Attach the ball end of Cable 35 to the Lat Bar (19) using 1 Pothook (29).

Threading the cable through the pulley system:

1. Thread Cable 35 through the groove of Pulley (32)Ⓐ and then through the Upper Cross Beam (9).
2. Thread Cable 35 through the groove over Pulley (32)Ⓑ.
3. Directly below Pulley (32)Ⓑ loop Cable 35 under Pulley (32)Ⓒ.
4. Directly above Pulley (32)Ⓒ, loop Cable 35 over Pulley (32)Ⓓ.

COMPUTER FUNCTIONS

STEP 9



STEP 9: CABLE 37

Installing the pulley system:

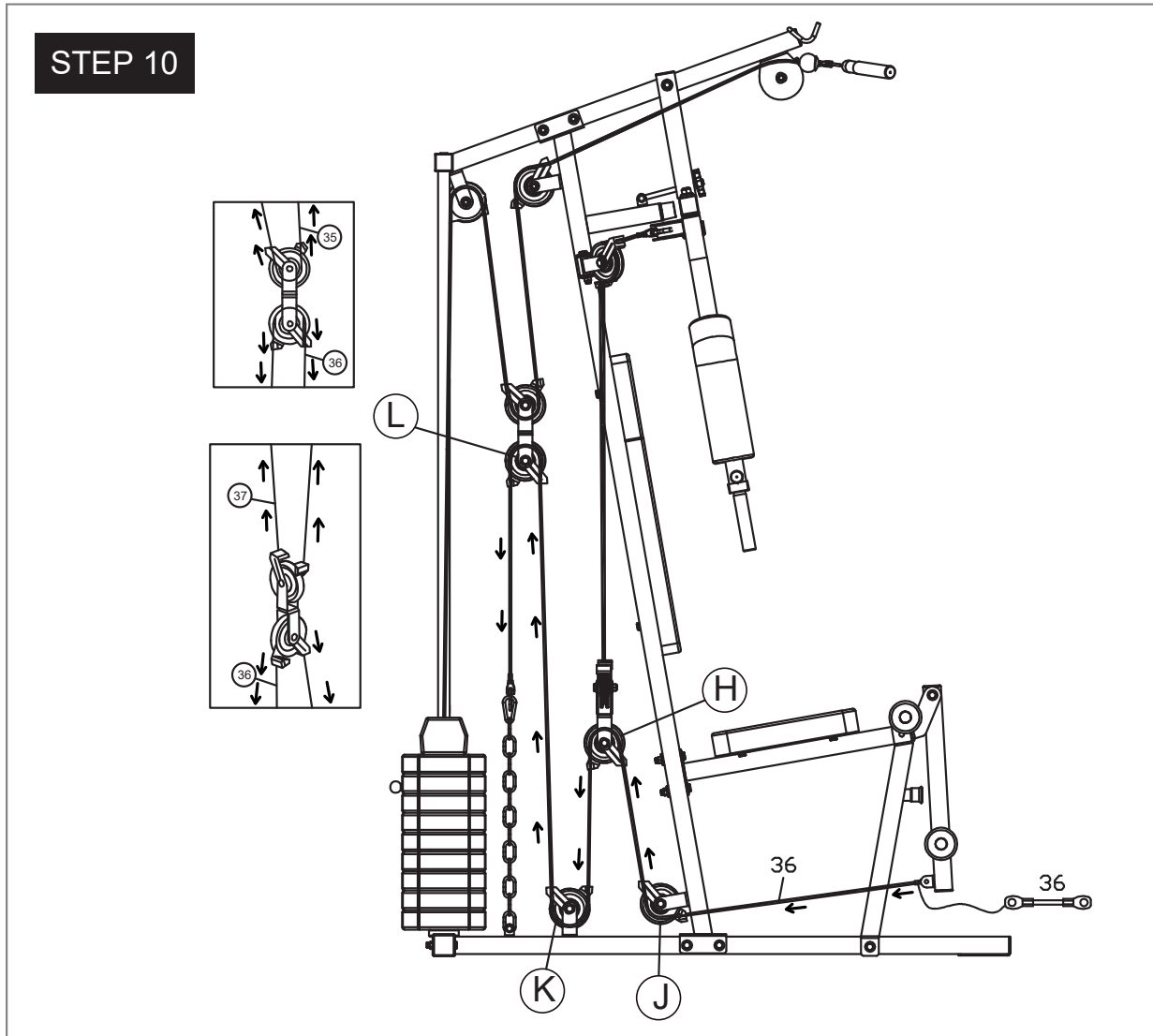
1. Install Pulley (32)(F) and 2 Pulley Hooks (55) to the Reverse U (20) using 1 Hex Bolt (59), 2 Washers (67) and 1 Nylon Nut (70).
2. Install Pulley (32)(G) and 2 Pulley Hooks (55) to the Reverse U (20) using 1 Hex Bolt (59), 2 Washers (67) and 2 Nylon Nuts (70).
3. Install Pulley (32)(E) and 2 Pulley Hooks (55) to the Single Pulley Block (21) using 1 Hex Bolt (59), 2 Washers (67) and 2 Nylon Nuts (70).

Threading the cable through the pulley system:

4. Attach end of Cable (37) to the Left Butterfly Arm (11) by hooking the steel loop onto the steel hooks welded behind the arm.
5. Thread Cable 37 over Pulley (32)(F) which is attached to the side of the Support Frame (8) and down towards Pulley (32)(G) situated behind the Support Frame (8).
6. Thread Cable 37 under Pulley (32)(G) and back up towards Pulley (32)(E).
7. Thread Cable 37 over Pulley (32)(E) and attach the final open end to the hook located behind the Left Butterfly Arm (11).
8. Attach end of Cable 37 to the Right Butterfly Arm (12) by hooking the steel loop onto the steel hooks welded behind the arm.

EXERCISE INSTRUCTIONS

STEP 10



STEP 10: CABLE 36

Installing the pulley system:

1. Attach 1 open side of Cable 36 to the Leg Extension Frame (6) using 1 Hex Bolt (63), 2 Washers (68) and 1 Nylon nut (71) and thread cable under Pulley (J).
2. Install Pulley (32)(J) and 2 Pulley Hooks (55) to the Front Base Frame (2) using 1 Hex Bolt (59), 2 Washers (67) and 2 Nylon Nuts (70).
3. Install Pulley (32)(H) and 2 Pulley Hooks (55) to the Reverse U (20) using 1 Hex Bolt (59), 2 Washers (67) and 2 Nylon Nuts (70).
4. Install Pulley (32)(K) and 2 Pulley Hooks (55) to the Front Base Frame (2) using 1 Hex Bolt (59), 2 Washers (67) and 2 Nylon Nuts (70).
5. Install Pulley (32)(L) and 2 Pulley Hooks (55) to the Front Base Frame (2) using 1 Hex Bolt (59), 2 Washers (67) and 2 Nylon Nuts (70).
6. Attach 1 x Chain (42) to the final open end of Cable 36.
7. Attach Chain (42) to Front Base Frame (2) using 1 x Pothook (29).

Threading the cable through the pulley system:

1. Thread Cable 36 under Pulley (32)(J) and up towards Pulley (32)(H).
2. Thread Cable 36 over Pulley (32)(H) and back down towards Pulley (32)(K).
3. Thread Cable 36 under Pulley (32)(K) and back up towards Pulley (32)(L).
4. Thread Cable 36 over Pulley (32)(L) and back down.

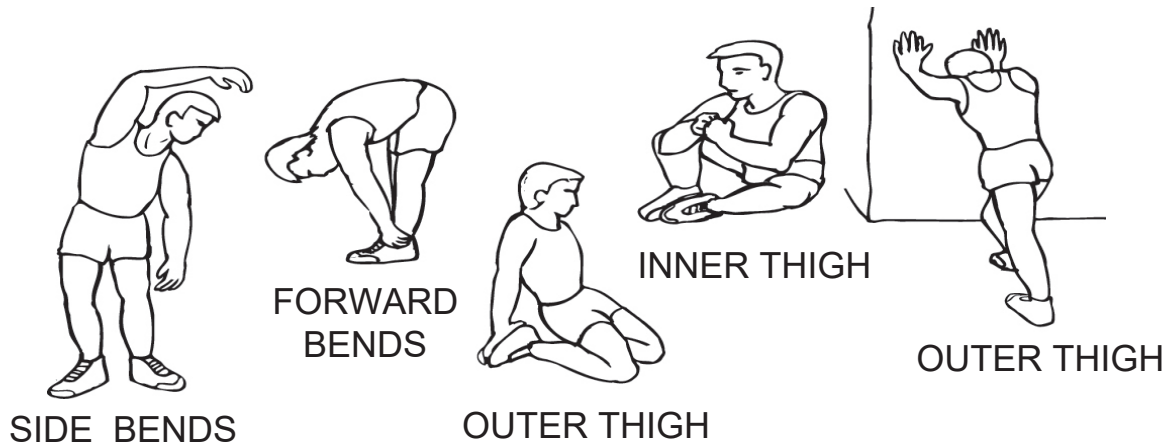
EXERCISE INSTRUCTIONS

Using your machine provides you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch.

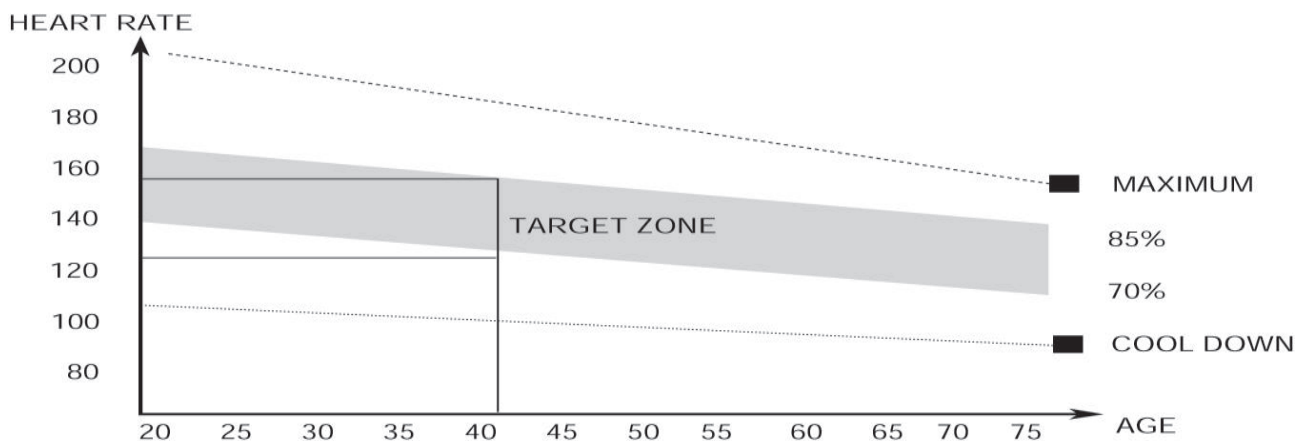
If it hurts, STOP.



THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become stronger. Work at your own pace, but it is very important to maintain a steady tempo throughout.

The rate of work should be sufficient to raise your heart beat into the target zone shown on the graph below.



This stage is to let your Cardiovascular System and muscles wind down. This is a repeat of the warm up exercise i.e. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least 3 times a week, and if possible space your workouts evenly throughout the week.

FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs.

Aerobic exercise improves the fitness of your lungs and heart – your body’s most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

WEIGHT TRAINING

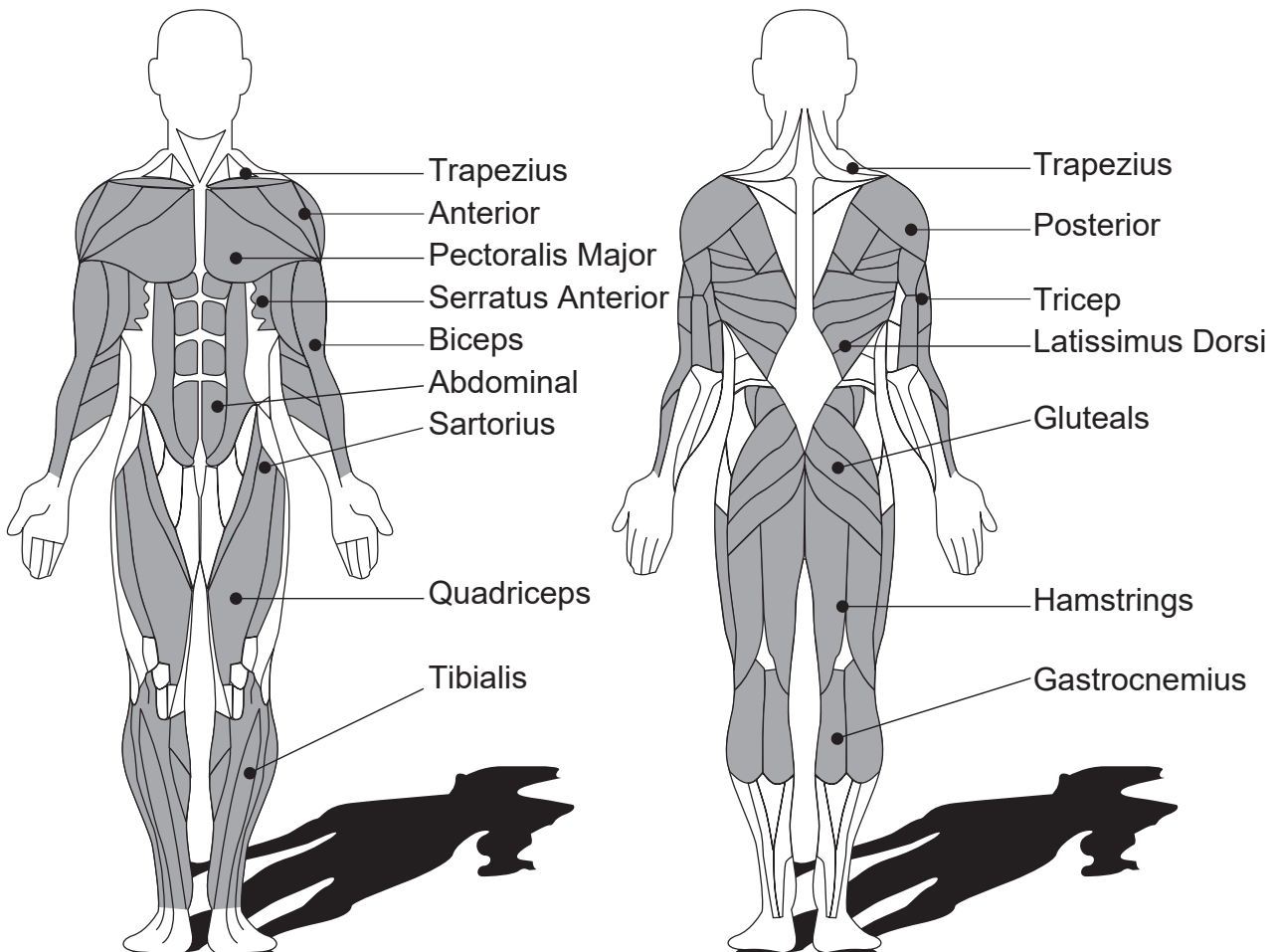
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process.

Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps.

Always consult your physician before beginning any exercise program.

MUSCLE CHART

The targeted muscle groups are the chest, shoulders, back, legs and arms. It will also condition the circulatory system and provide a good aerobic workout. These muscle groups are highlighted on the muscle chart below.



CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment, a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently.
- Establish your target heart rate based on your age and condition.

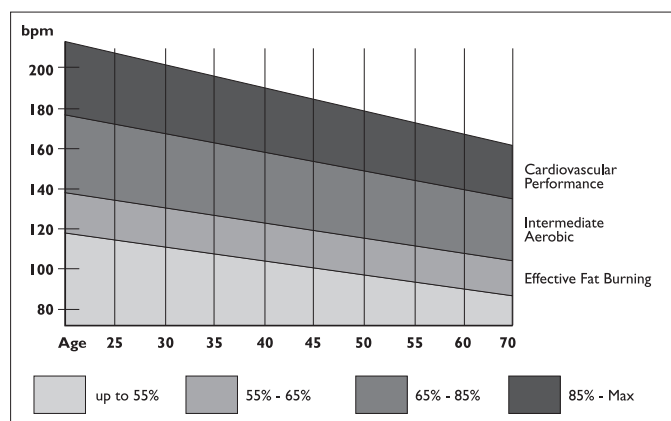
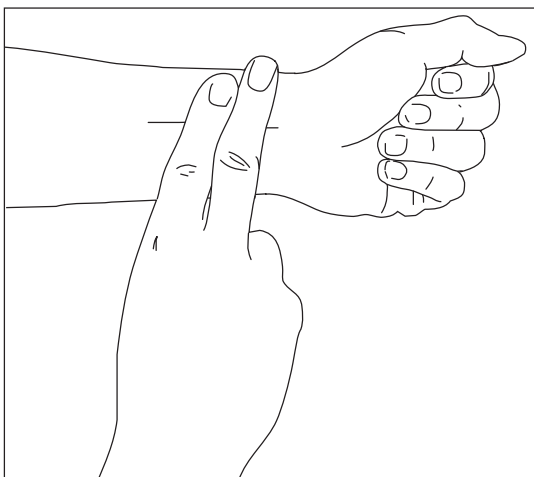
EXERCISE INTENSITY

To maximise the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. (A six second count is used because your heart rate will drop rapidly when you stop exercising).

Adjust the intensity of your exercise until your heart rate is at the proper level.



WARM UP & COOL DOWN

WORKOUT GUIDELINES CLEANING

Each workout should include the following three parts:

- 1. A WARM-UP:** 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
- 2. TRAINING ZONE EXERCISE:** 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes).
- 3. COOL-DOWN:** 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

1. Down Stretch

Bend your knees slightly and body slowly, let your back and shoulders relax, and try to touch your toes. Keep it for 10~15 seconds, repeat 3 times.

2. Hamstring Stretch

Sitting on a clean cushion, then bend your left foot. Place your left foot against the inner thigh of your right foot. Try to touch your toes. Keep it for 10~15 seconds, repeat each foot 3 times.

3. Calf and Foot Stretching

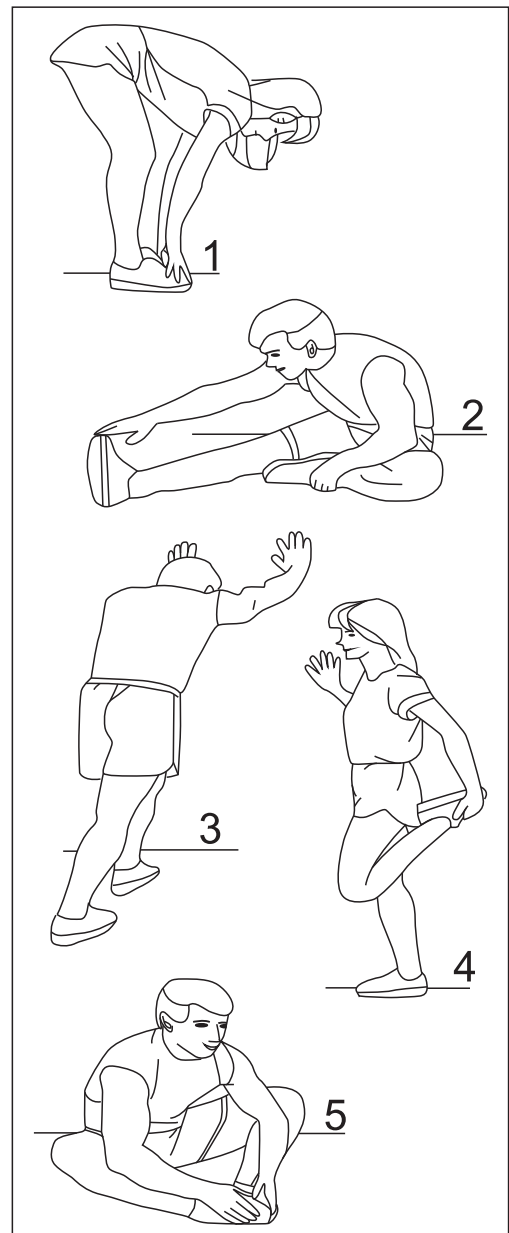
Stand and place both hands on a wall or a tree, one foot behind. Keep the behind foot stand and it is heel on the floor, then tilt to the wall or tree. Keep it for 10~15 seconds, repeat each foot 3 times.

4. Quadriceps Stretch

Place your right hands against a wall or a desk to aid your balance. Then grasp your ankle with your left hand and pull your foot toward your buttocks. Keep it for 10~15 seconds, repeat each foot 3 times.

5. Groin Stretch

Sit with your knees flexed and soles of feet together. Hold your ankles and bend at your hips. Keep it for 10~15 seconds, repeat 3 times.



MAINTENANCE

CLEANING

The machine can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the machine after each use.

Please inspect all assembly bolts and pedals on the machine for proper tightness before use.

STORAGE

Store the machine in a clean and dry environment away from children.

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

IMPORTER ADDRESS:
MH STAR UK LTD
Unit 27, Perivale Park,
Horsenden lane South
Perivale, UB6 7RH
MADE IN CHINA