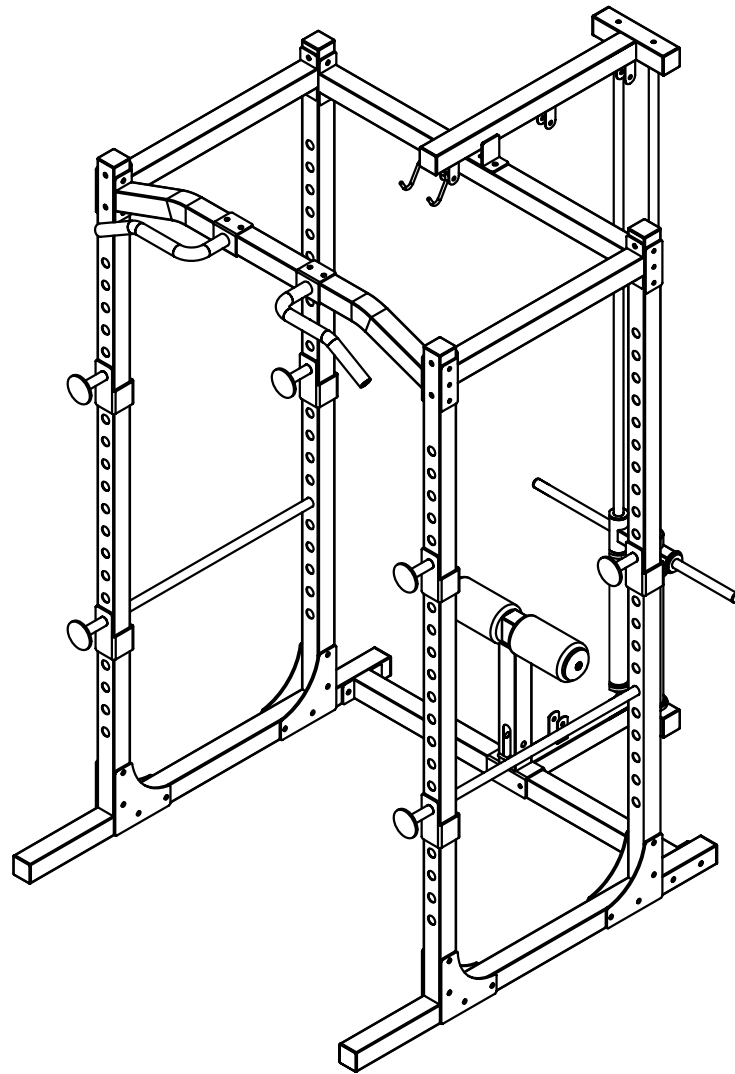


owner's manual

QJ-PK013



Important Safety Information

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

NOTE: Hand tighten bolts and nylon until machine is fully assembled.

! CAUTION

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

WARNING!

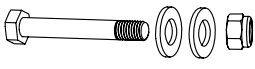
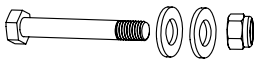
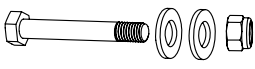
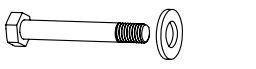
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The product LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

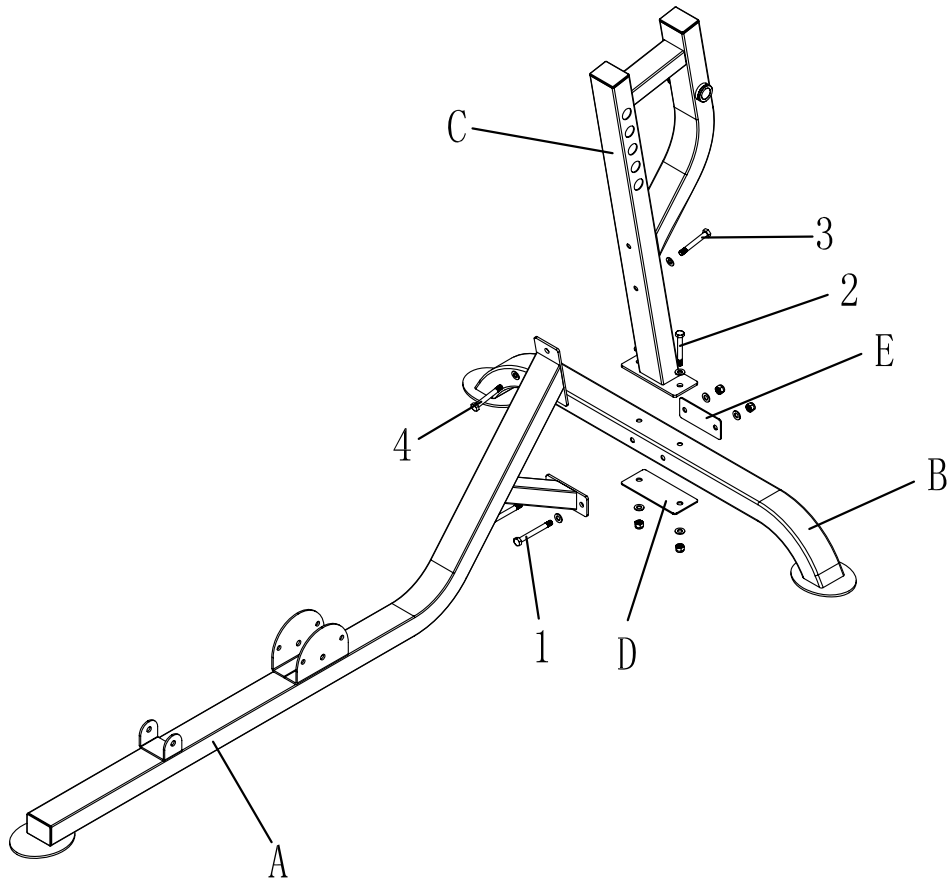
It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS


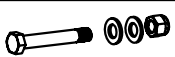

- This unit should only be used on a level surface and is intended for indoor use only. We recommend an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near to the unit.

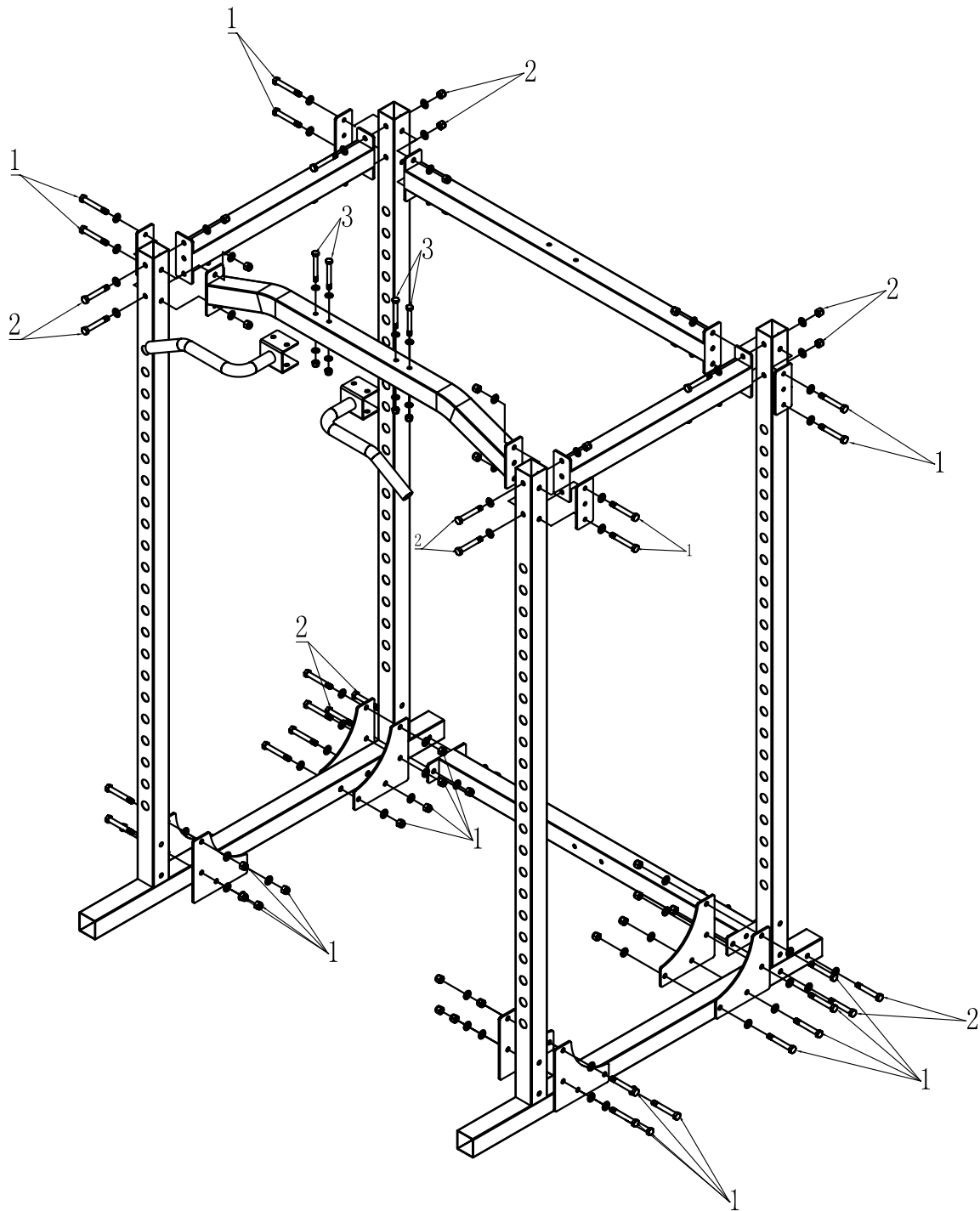


1		M10*95 bolt, lock nut, washer ×2	2		M10*75 bolt, lock nut, washer ×2
3		M10*70 bolt, lock nut, washer ×1	4		M10*70 bolt, washer ×1













The composing of accessories

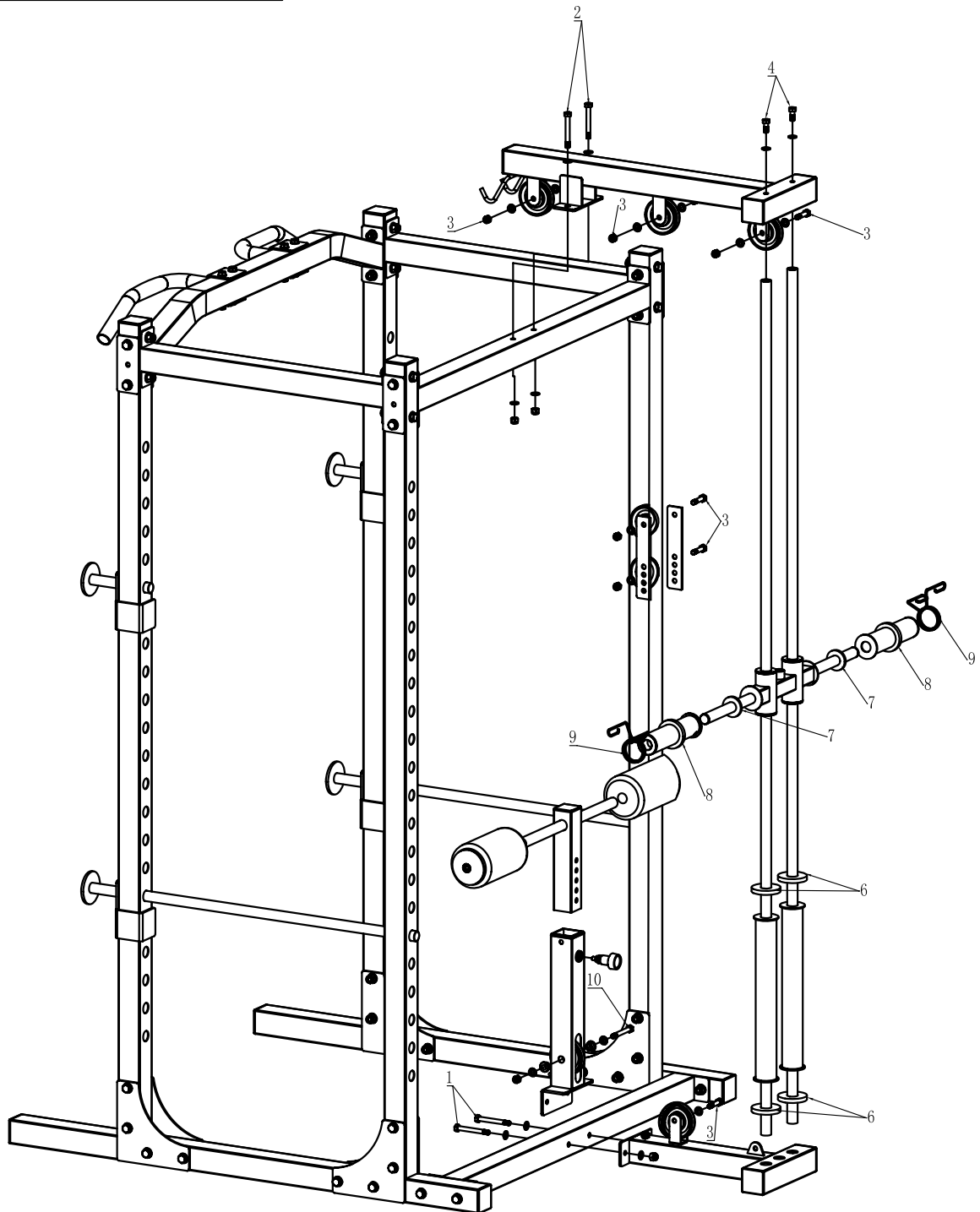
1	 M12*85 bolt, nut, washer × 24	2	 M12*80 bolt, nut, washer × 12
3	 M10*85 bolt, nut, washer × 4		



1 ※ there is anti-slip nylon damo please strenthen it in tool.

The composing of accessories

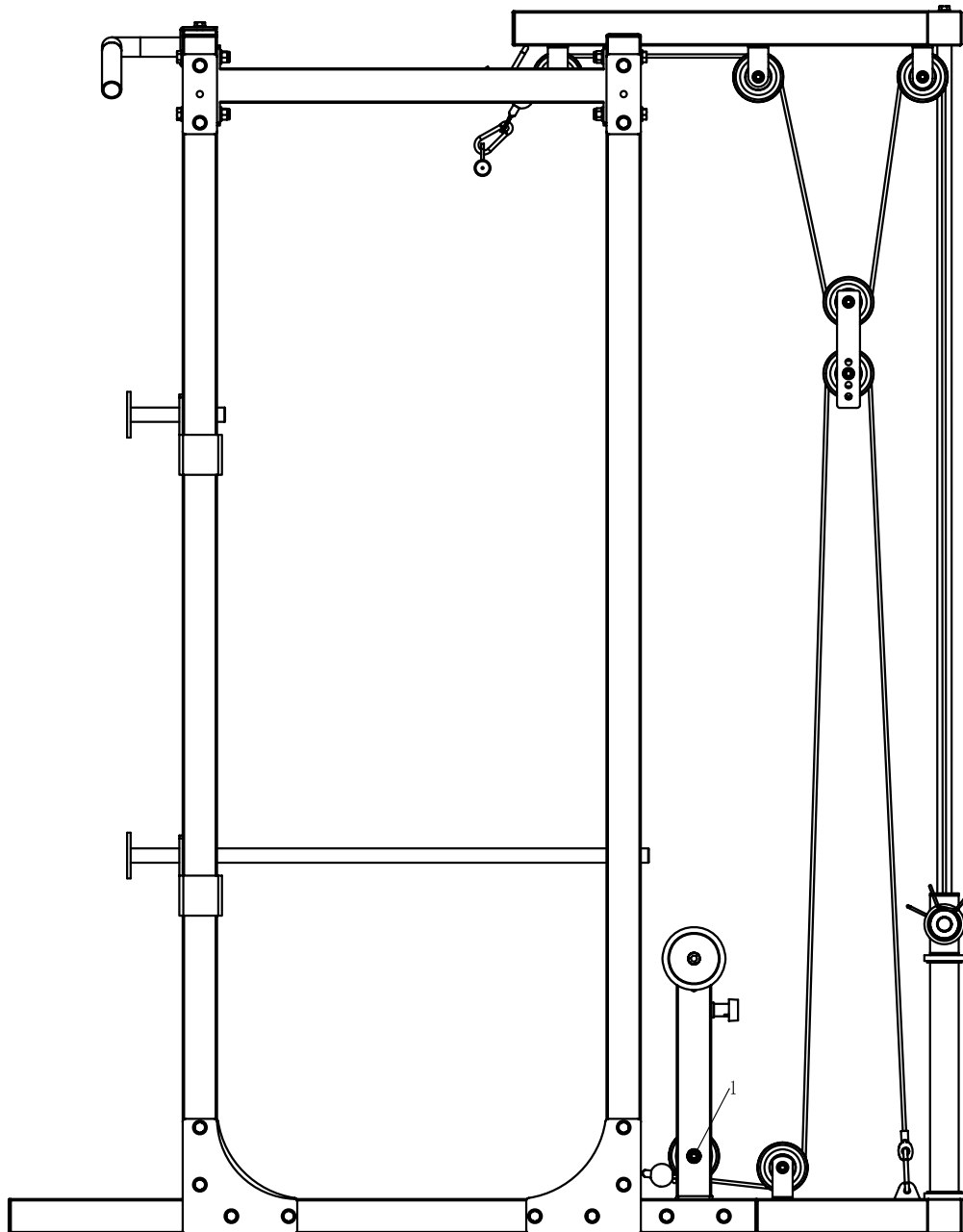
1		M10*85 bolt, nut, washer ×2	2		M10*80 bolt, nut, washer ×2	3		M10*45 bolt, nut, washer ×6
4		M10*25 bolt, washer ×2	5		spring bolt 3pcs ×1	6		φ25-φ70-10 cushion ×4
7		φ25-φ50-6 cushion ×2	8		φ50-φ70-10 cushion ×5	9		φ50 pinchock ×2
10		M10*85 bolt, nut, washer ×1						



※ there is anti-slip nylon damo please strenthen it in tool.

The composing of accessories

1		M10*80 bolt, nut, washer × 1
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3

※ there is anti-slip nylon damo please strenthen it in tool.

rs along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

2. Visually inspect the cables for fraying, cracking, peeling or discoloration.
3. Check slack in cables and re-adjust cable tension if needed.
4. Check that the jam nut on the selector rod top bolt is tight.

Upholstery

1. Wipe down after every workout.
2. Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
3. Keep sharp or pointed objects out of your pockets and clear of all upholstery.

Nuts/Bolts/Fasteners

1. Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically.
2. Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

Guide Rods

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

Adjustments / Locking Pins / Tightening Knobs

1. Check all pieces for signs of visible wear or damage.
2. Check springs in Snap Links and Pop Pins for proper tension and alignment.
3. If the spring sticks or has lost its rigidity, replace it immediately.

Anti-Slip Surfaces

Replace if they appear worn or become slippery.