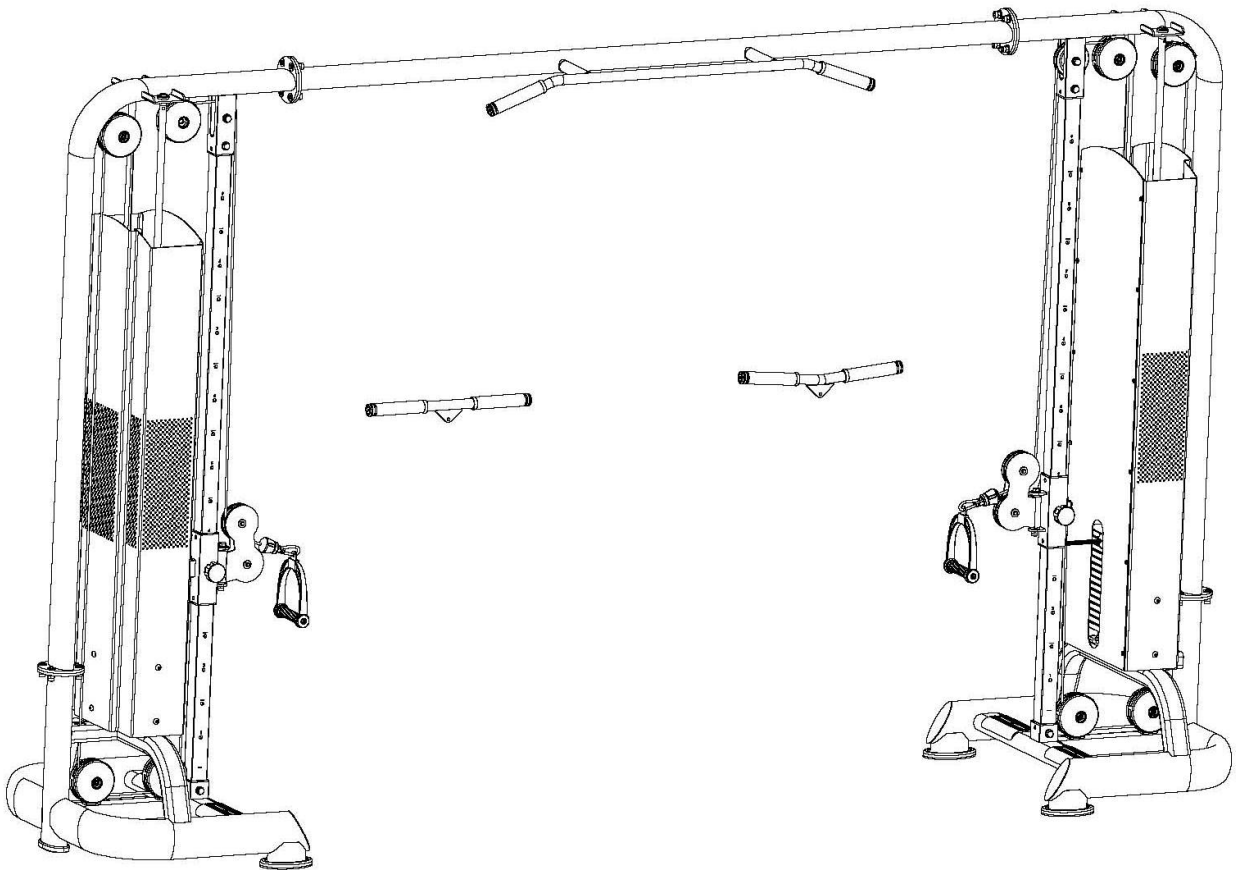


CEM-10 CS Cable Machine (COVER, NORMAL GRIP)

Owner's Manual



IMPORTANT !

Please read all instructions carefully before using this product.

Retain this manual for future reference.

The specifications of this product may vary slightly from the illustrations and are subject to change without notice.

SAFETY INFORMATION

Note the following precaution before assembling and operating the machine. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT.

Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.

It is recommended that all users of this exercise equipment be informed of the following information prior to use.

-ACCESS CONTROL

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 facility owner.

-INSTALLATION

SECURING EQUIPMENT - recommends that all equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over.

-PROPER USAGE

1. Do not use any equipment in any way other than as designed or intended by the manufacturer. It is imperative that the equipment is used properly to avoid injury.
2. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCIZING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.

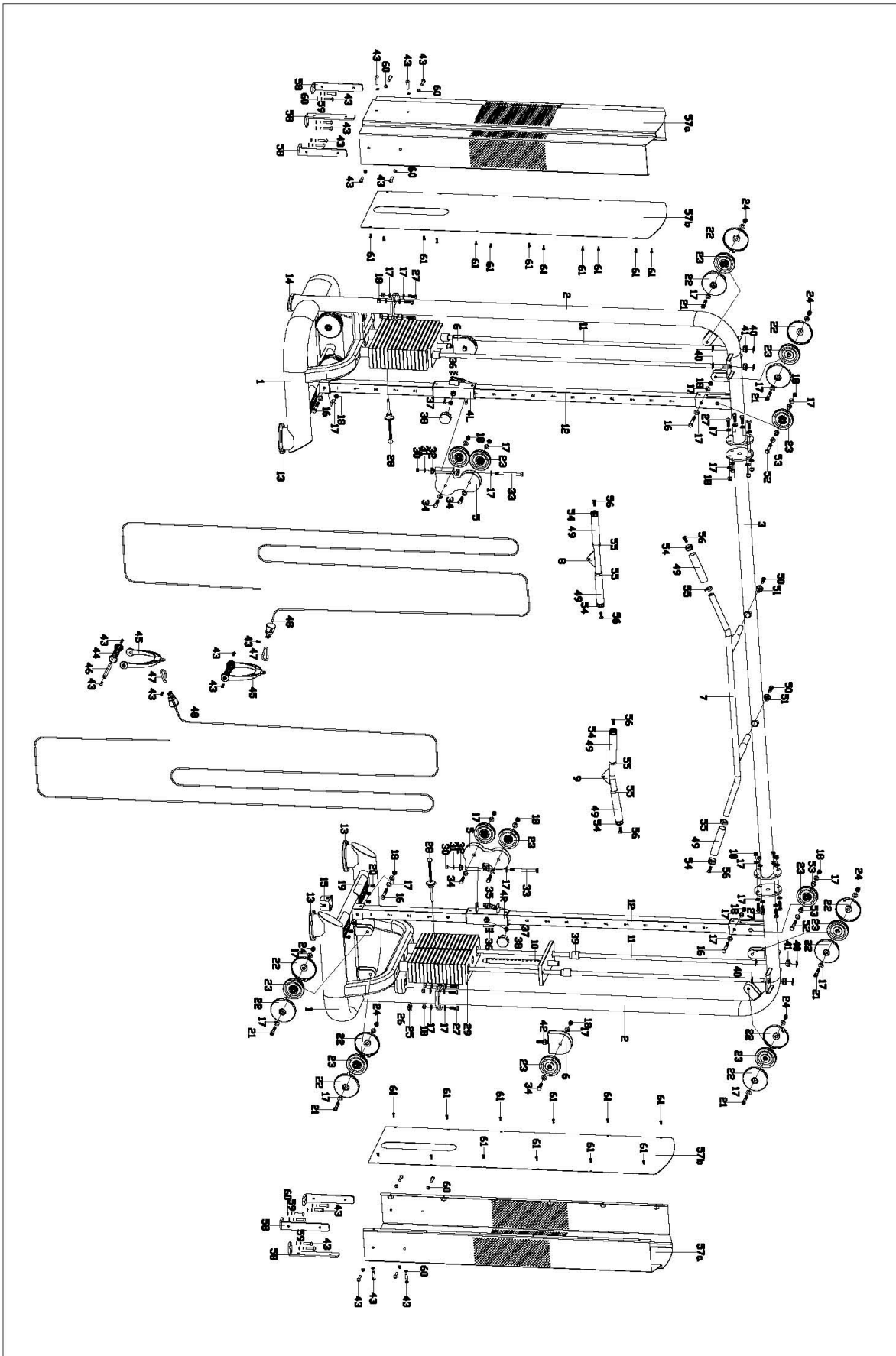
INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and or has worn or broken parts. For all equipment use only replacement parts supplied by the manufacturer.
2. Cables and Belts pose an extreme liability if used when frayed. Always replace any cable at first sign of wear.
3. Routinely inspect all accessory clips that join attachments to the cables and replace at the first sign of wear.
4. MAINTAIN LABELS AND NAMEPLATES - Do not remove labels for any reason. They contain important information.
5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
7. Before any use, examine all accessories approved for use with the equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly understand all the SAFTY INFORMATION.
2. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have user's secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

EXPLODED DIAGRAM



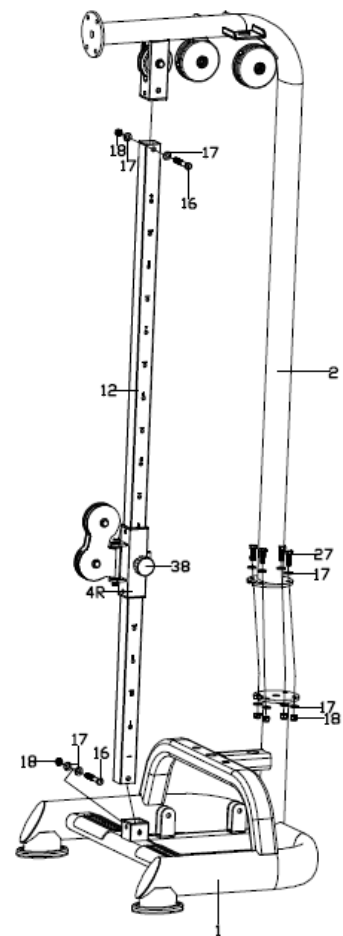
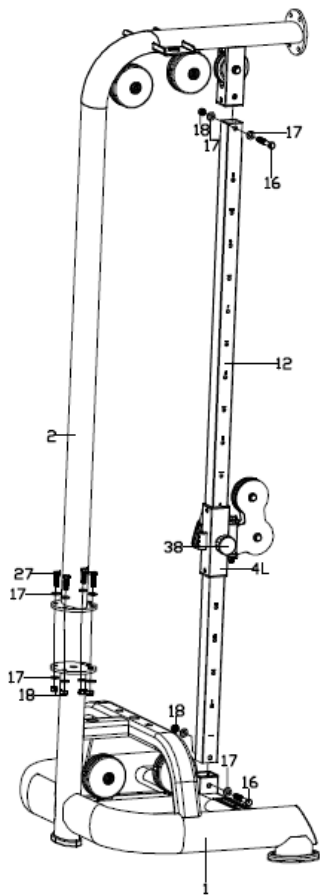
Parts list

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Bottom tube	2	32	Sleeve	4
2	Junction tube	2	33	Hex boltM10*132	2
3	Upper frame	1	34	Hex boltM12*48	6
4L/R	Adjusting tube joint	1/1	35	Grip	2
5	Guide plate joint	2	36	Inner hexagon bolt M8*16	6
6	U-shape support joint	2	37	Hex nut M16*1.5	2
7	Long handle joint	1	38	Pop-pin knob	2
8	Short straight handle joint	1	39	Nylon sleeve	4
9	Short V-handle joint	1	40	E-shape washerΦ15	8
10	Pull rod joint	1	41	Plug	4
11	Slide pole joint	4	42	Hex nut M16	2
12	Slide tube	2	43	Inner hexagon bolt M8*20	30
13	Rubber end cap	4	44	Handlebar grip	2
14	Oval end cap	2	45	Handlebar	2
15	Bushing	8	46	Short axleΦ16*140	2
16	Hex bolt M12*78	4	47	Hoist hook	2
17	Flat washer D13* 2.5*Φ24	76	48	Steel cable	2
18	Nylon nut M12	28	49	Foam grip	6
19	Stablizer base plate	4	50	Inner hexagon bolt M12*30	2
20	Cross screw M4*12	12	51	End cap	2
21	Inner hexagon bolt M12*60	8	52	Hex bolt M12*85	2
22	Pulley cover	16	53	Spacer	4
23	Pulley	16	54	Aluminum end plate	6
24	Acorn nut M12	8	55	Handlebar stopper	6
25	Plug	4	56	Bolt M10*30	6
26	Cushion	4	57a/b	Cover	1/1
27	Hexagon bolt M12*35	16	58	Support board	6
28	Safety pin	2	59	Spring washer D8	12
29	Weight plate	30	60	Flat washer	24
30	Nylon nutM10	2	61	Screw M6*16	24
31	Flat washerD10*D20*2	2			

ASSEMBLY INSTRUCTION

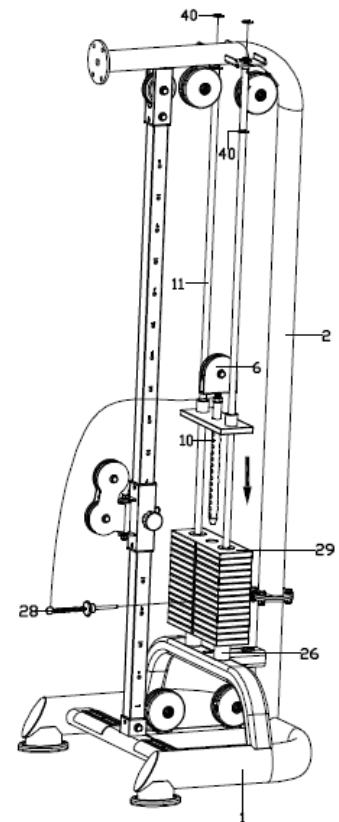
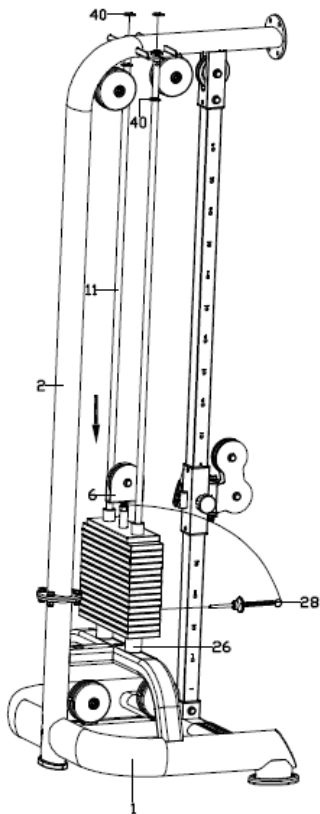
STEP 1

- A: Insert the Adjusting tube joint (4L/R) to the Slide tube (12) and fasten with pop-pin knob (38), then insert the slide tube (12) to the stabilizer (1) & Junction tube (2), secure with Hex bolt (16), flat washer (17) & nylon nut (18)
- B: Fix the Junction tube (2) to the stabilizer (1) with Hexagon bolt (27), flat washer (17) & nylon nut (18).



STEP 2

- A. Insert the Slide pole joint (11) to the Stabilizer (1) (Note: You can pull it to the bottom for easy assembling), and then insert the cushion (26), weight plate (29) & the pull rod joint (10) to the slide pole joint (11), finally fix the slide pole joint (11) to the junction tube (2) with E-shape washer (40);
- B. Insert the safety pin (28) to the U-shape support joint (6), then insert the safety pin (28) to the hole of the weight plate (29) & pull rod joint (10) respectively, finally fasten the U-shape support joint (6) to the pull rod joint (10).

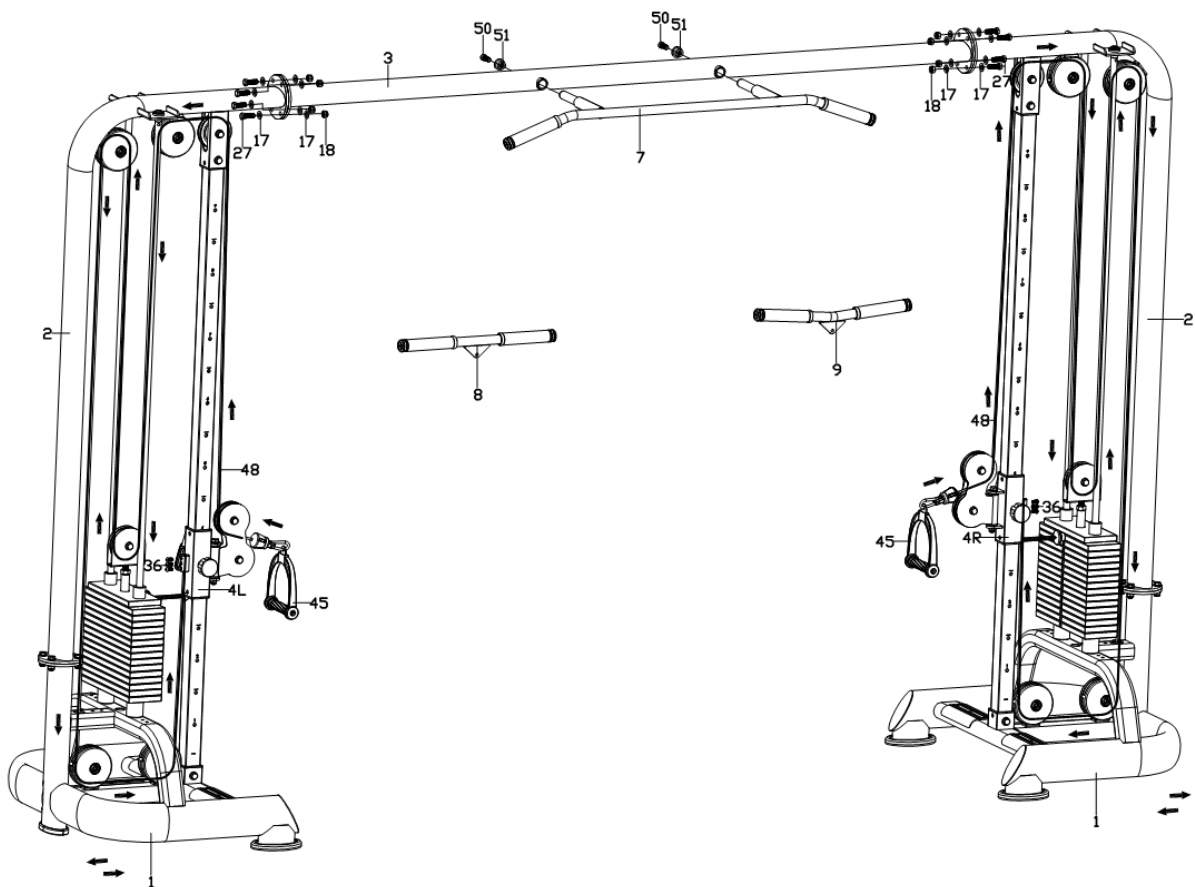


STEP 3

A: Fix the upper frame (3) to the junction tube (2) with hexagon bolt (27), flat washer (17) & nylon nut (18), then fix the Long handle joint (7) to the Upper frame (3) with inner hexagon bolt (50) & end caps (51)

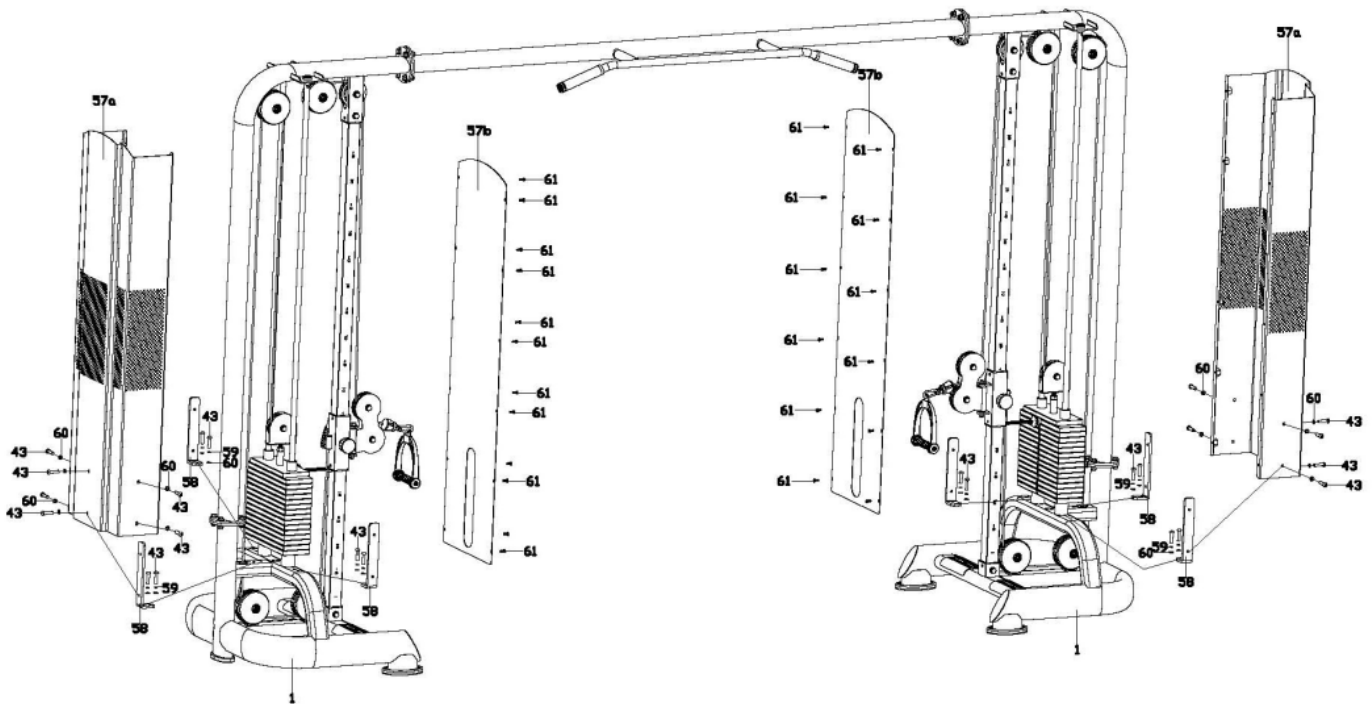
B: Connect the Steel cable (48) to the Handlebar (45) as pic shown (attention the direction), then pull the steel cable (48) and fix it to the adjusting tube joint (4L/R) with inner hexagon bolt (36)

C: The handlebar (45) can be replaced by Short straight handle joint (8) & Short V-handle joint (9) when exercising.



STEP 4

1. Fix the support board (58) to the bottom tube (1) with the inner hexagon bolt (43), spring washer (59) and flat washer (60).
2. Fix the front cover (57a) to the support board (58) with the inner hexagon bolt (43), and flat washer (60). Then fix the rear cover (57b) to the front cover (57a) with the screw (61).



WARM-UP and COOL-DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

WARM-UP

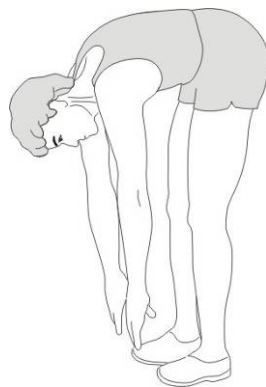
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

STRETCHING

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. **DO NOT BOUNCE.**



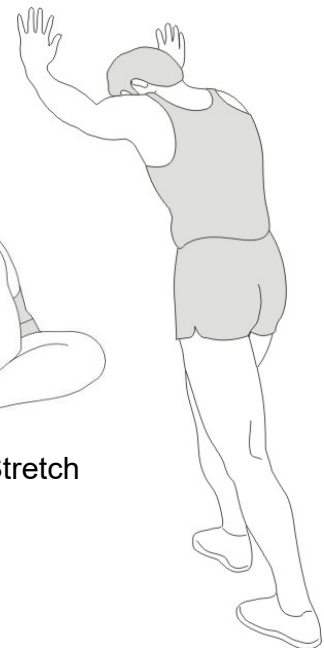
Side Stretch



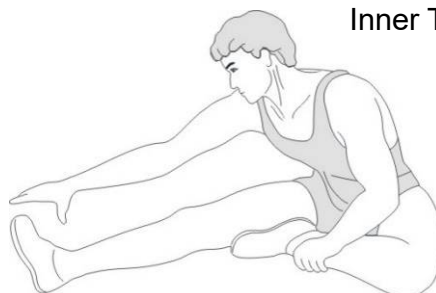
Toe Touch



Inner Thigh Stretch



Calf-Achilles Stretch



Hamstring Stretch

Remember always to check with your physician before starting any exercise program.

COOL-DOWN

The purpose of cooling down is to return the body to its normal or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart.