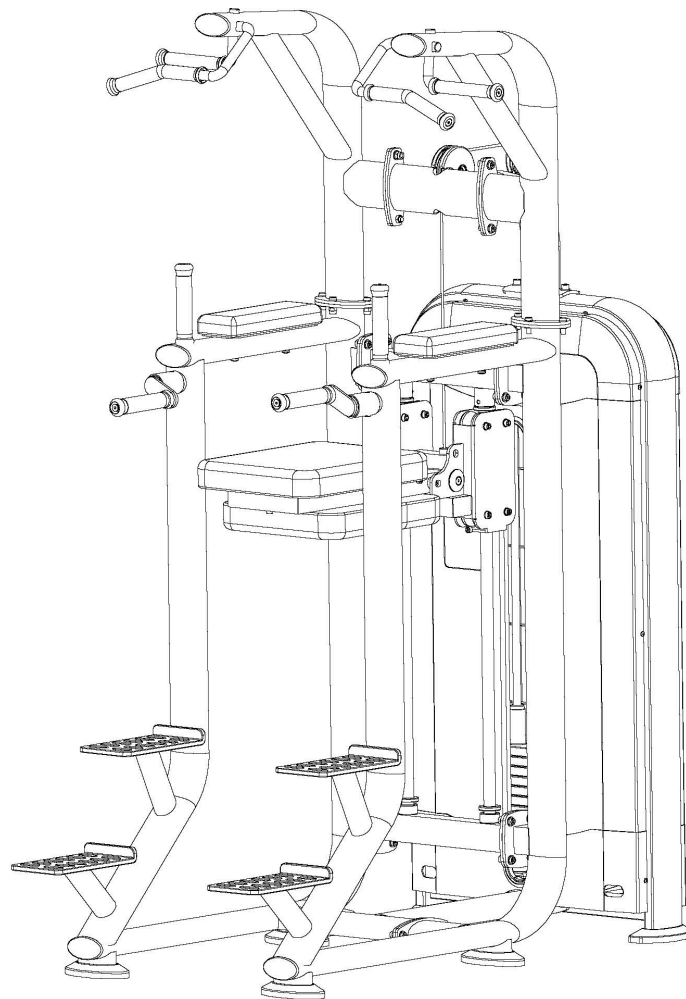


# CUKR-10 Assisted Chin Up Tower with Knee Raise and Dip

## 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.*

# WARNING, Safety & Maintenance

Be sure that all users carefully read and understand all warning, safety and maintenance info on this Owner's Manual or labels on the machine before each use. Failure to do so may result in death or serious injury.

It is imperative that you retain this Owner's Manual and be sure all warning labels are legible and intact.

If you have any questions about the operation, set up or maintenance of this machine please contact the local distributors or sales agents.

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT.**

**TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.

**FAILURE TO FOLLOW THESE RULES MAY RESULT IN SERIOUS INJURY.**

2. Keep clear of the cables and all moving parts when the machine is in use.

3. Always make sure all Snap Links are closed when doing any cable/pulley/strap exercises.

4. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.

5. It is recommended that you should workout with a training partner.

6. Do not allow children or minors to play on or around this equipment.

7. If unsure of proper use of equipment, call your local distributor or agent.

8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

<b>MAINTENANCE SCHEDULE</b>		<b>D</b>	<b>W</b>
Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.		<b>A</b>	<b>E</b>
		<b>I</b>	<b>K</b>
		<b>L</b>	<b>L</b>
		<b>Y</b>	<b>Y</b>
<b>Cables:</b>	Check tension, end fittings, and coating  Check that locking nut at weight stack is tight	√	√
<b>Upholstery:</b>	Wipe down and dry Clean and condition	√	√
<b>Frame:</b>	Wipe down and dry Polish / Wax	√	√
<b>Chrome:</b>	Wipe down and dry Polish / Lubricate	√	√
<b>Nuts/ Bolts/ Fasteners:</b>	Tighten and/ or adjust as needed		√
<b>Guide Rods:</b>	Lubricate and clean		√
<b>Linear Rods:</b>	Lubricate and clean		√
<b>Seat Sleeves:</b>	Lubricate and clean		√
<b>Adjustments/ Locking Pins/ Tightening Knobs</b>			√
<b>Weight Stack Pins</b>			√
<b>Warning Instruction Labels</b>			√
<b>Springs/ Pop Pins</b>		√	
<b>Anti Skid Surfaces</b>			√
<b>Hand Grips/ Rollers</b>			√

## **WARNING** Safety and Maintenance of Cables

**IMPORTANT:** Cables are wear items. It is your responsibility to prevent unexpected breakage.

Cable inspection should be performed daily. Inspect all cables, the nylon coating on all cables, and the area near the fitting at each end of each cable.

**Replace any damaged or worn cable immediately.** Do not allow the machine to be used until damaged or worn cables are replaced. Using or allowing a machine to be used with a suspect cable can result in serious injury. See Owner's Manual for more information.

## **Important Safety Instructions**

Before beginning any fitness program, you should obtain a complete physical examination from your physician.

### **WHEN USING EXERCISE EQUIPMENT, YOU SHOULD ALWAYS TAKE BASIC PRECAUTIONS, INCLUDING THE FOLLOWING:**

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not remove any safety labels from the machine. **MAX. USER WEIGHT: 180Kgs**
- 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.
- Keep hands, limbs, loose clothing, and long hair well out of the way of all moving parts.
- Use care when getting on or off the unit.
- 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 unit when it has been dropped or damaged. Return the equipment to a service center for examination and repair.
- Never drop or insert objects 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.
- Do not use the equipment outdoors or near water.

### **Personal Safety During Assembly**

- Before beginning assembly, please take the time to read the instructions thoroughly.
- 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 the 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 your equipment.

- After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call the dealer from whom you purchased the machine or call the dealer nearest you.

### **Obtaining Service**

- Please use this Owner's Manual to make sure that all parts have been included in your shipment.
- Retain this Owner's Manual for future reference.

## **PREPARATION**

Thank you for purchasing this equipment. This machine is part of our line of quality strength training machines, which lets you target specific muscle groups to achieve better muscle tone and overall body conditioning. To maximize your use of the equipment please study this Owner's Manual thoroughly.

### **INSTALLATION Requirements**

Follow these installation requirements when assembling:

Set up the machine on a solid, flat surface. A smooth, flat surface under the machine helps keep it level. A level machine has fewer malfunctions.

Provide ample space around the machine. Open space around the machine allows for easier access.

Insert all bolts in the same direction. For aesthetic purposes, insert all bolts in the same direction unless specified (in text or illustrations) to do otherwise.

Leave room for adjustments. Tighten fasteners such as bolts, nuts, and screws so the unit is stable, but leave room for adjustments. Do not fully tighten fasteners until instructed in the assembly steps to do so.

### **ASSEMBLY Tips**

Read all "Notes" on each page before beginning each step.

While you may be able to assemble the machine using the illustrations only, important safety notes and other tips are included in the text.

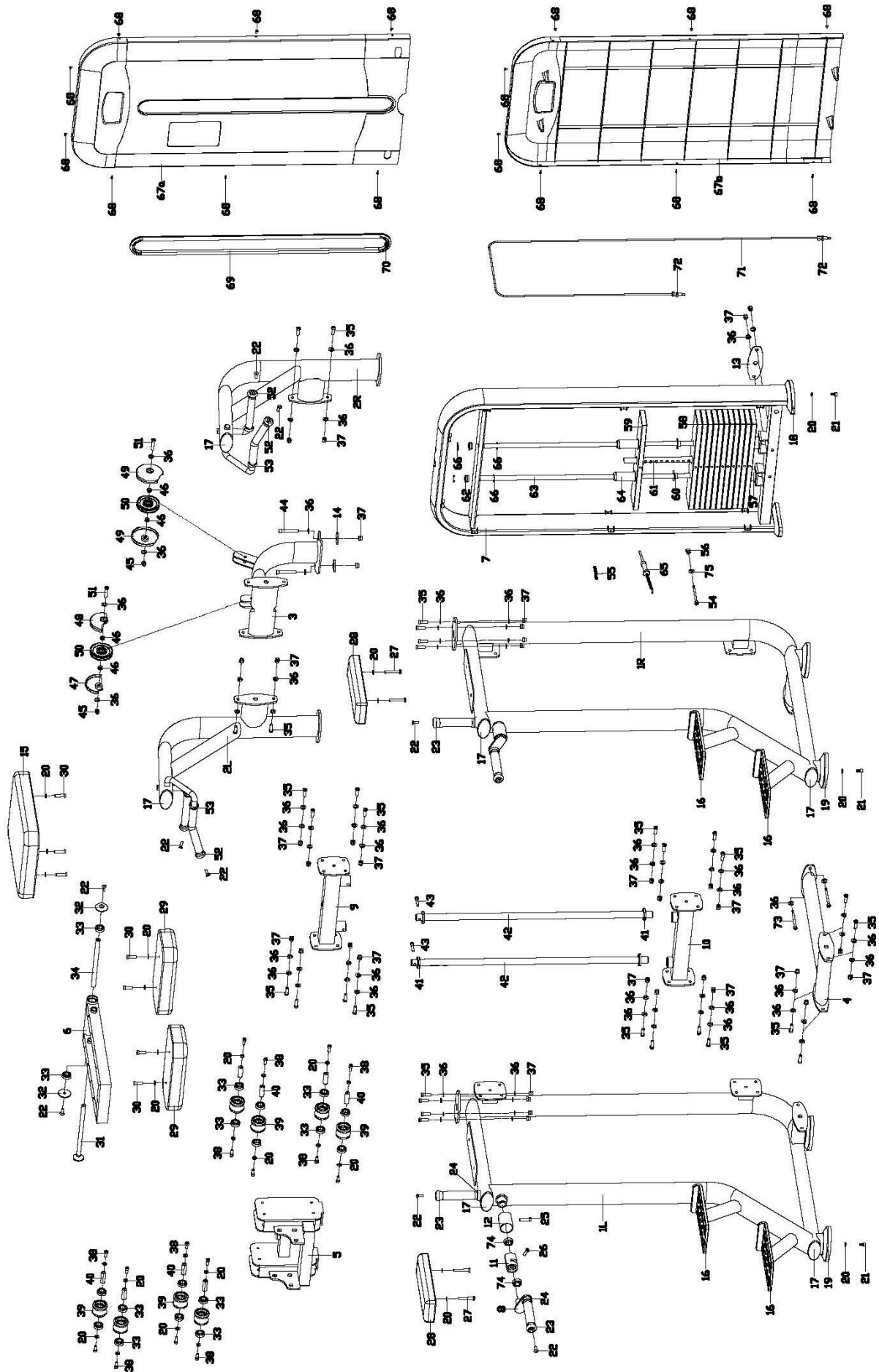
Some pieces may have extra holes that you will not use. Use only those holes indicated in the instructions and illustrations.

**NOTE:** With so many assembled parts, proper alignment and adjustment is critical. While tightening the nuts and bolts, be sure to leave room for adjustments.

**NOTE:** The bottles that are marked "Poison" is your touch up paint. Keep away from children.

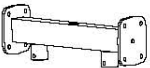
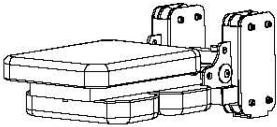
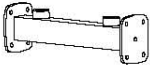

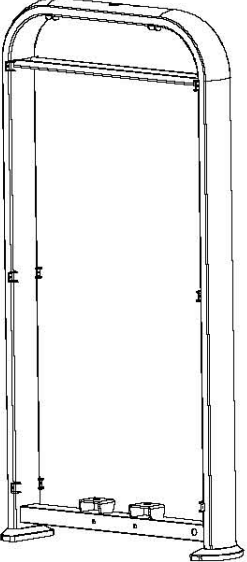
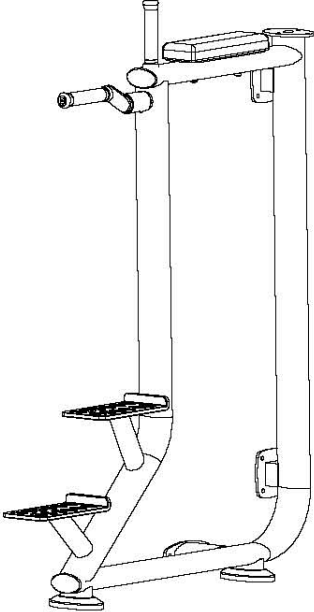
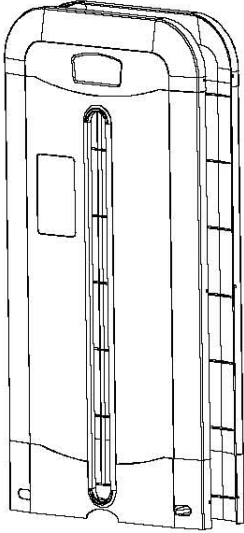
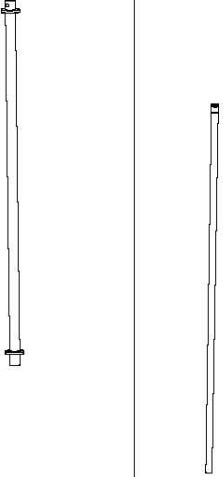
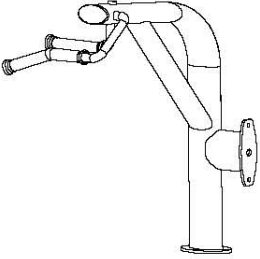
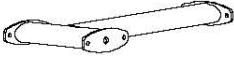
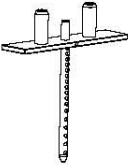
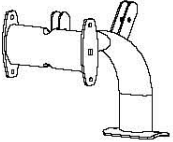







**CAUTION:** Obtain assistance! If you feel like you can't assemble the machine by yourself then do not attempt to do so as this could result in injury. Review the installation requirements before proceeding with the following steps.

# Exploded Drawing



## Parts list

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1L/R	Main frame	1.p.r.	39	Roller	8
2L/R	Upper connecting frame	1.p.r.	40	Roller axle	8
3	Upper horizontal frame	1	41	Cushion	4
4	Bottom connecting frame	1	42	Slide bar	2
5	Guide plate	1	43	Bolt M10*50	2
6	Seat frame	1	44	Bolt M12*80	2
7	Weight frame	1	45	Nut M12	2
8	Handlebar	2	46	Alloy sleeve	4
9	Upper connecting tube	1	47	Pulley cover	1
10	Middle connecting tube	1	48	Pulley cover	1
11	Handlebar demise	2	49	Pulley cover	2
12	Rotate handlebar tube	2	50	Pulley	2
13	Connecting board	1	51	Bolt M12*55	2
14	Base plate	2	52	Aluminum head	4
15	Seat rest	1	53	Handlebar stopper	4
16	Pedal	4	54	Bolt M8*115	1
17	End cap	6	55	Bolt M10*70	1
18	End cap	2	56	Nylon nut M18	1
19	Oval end cap	4	57	Cushion	2
20	Flat washer D10	23	58	Weight block (10KG)	11
21	Bolt M10*16	6	59	Weight (10KG)	1
22	Cross hear screw M10*30	10	60	Nylon bushing	22
23	Aluminum head	4	61	Pull rod	1
24	Aluminum spacer	4	62	End cap	2
25	Bolt M12*45	2	63	Slider bar	2
26	Bolt M10*30	2	64	Nylon axle	2
27	Bolt M10*85	4	65	Plug pin	1
28	Elbow pad	2	66	E snap ring	4
29	Backrest	2	67a/b	Weight cover	1p.r.
30	Screw M10*65	7	68	Bolt M6*12	16
31	Plug pin	1	69	Adhesive tape	1
32	End cap	2	70	Snap joint	1
33	Special bearing 6004	18	71	Cable	1
34	Fixed long axle	1	72	Flange nut M12	2
35	Bolt M12*35	32	73	Bolt M12*100	2
36	Flat washer D13×2.5×Φ24	68	74	Bearing 6905	4
37	Nylon nut M12	32	75	Flat washer D8	1
38	Bolt M10*25	16			

			
#9 Upper connecting tube 1PC	#5 Guide plate 1PC	#10 Middle connecting tube 1PC	#13 Connecting board 1PC
			
#7 Weight frame 1PC	#11L/R Main frame 1PC	#67a/b Weight cover 1PC	#42 Slide bar 2PCS #63 Slide bar 2PCS
			
	#4 Bottom connecting frame 1PC	#61 Pull rod 1PC	#3 Upper horizontal frame 1PC
#2L/R Upper connecting frame 1PC			
	#58 Weight block (10KG) 11PCS	#50 Pulley 2PCS	#66 Plug pin 1PC
			
#49 Pulley cover 2PCS	#57 Cushion 2PCS	#47 Pulley cover 1PC	#48 Pulley cover 1PC

## NOTE:

Most of the listed hardware has been packaged separately, but some of them have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required.

Please refer the individual steps for the installation and pay attention to the preinstalled hardware.

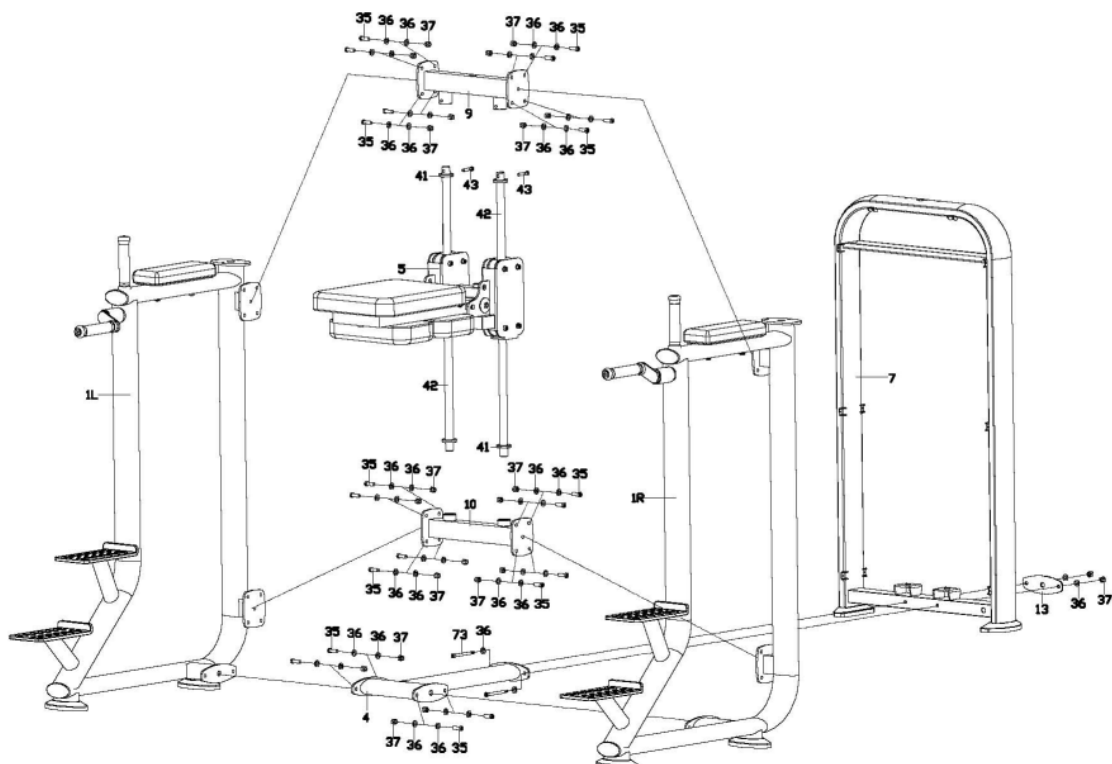
## ASSEMBLY INSTRUCTION

**NOTE:** It is well suggested that two or more people to assemble this machine to avoid any possible injury.

Remove all the security tape and wrapping before the installation.

### Step 1

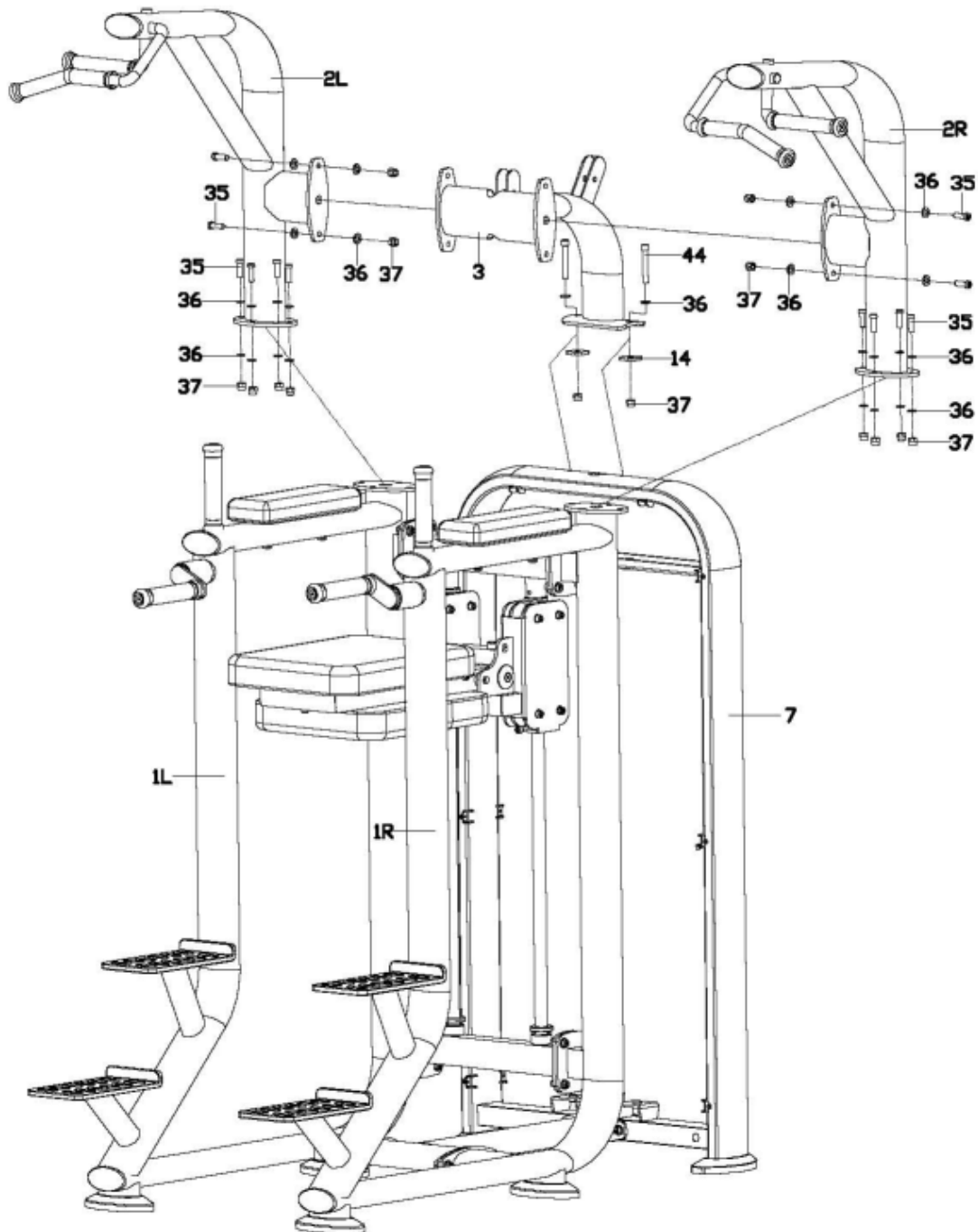
1. Pre lock the Bottom connecting frame (4) on the Main frame (1L/R) with Bolt (35), Flat washer (36) and Nylon nut (37).
2. Pre lock the Bottom connecting frame (4) on the Weight frame (7) with Bolt (73), Flat washer (36), Connecting board (13) and Nylon nut (37).
3. Pre lock the Main frame (1L/R) on the Middle connecting tube (10) with Bolt (35), Flat washer (36), and Nylon nut (37).
4. Install two Slide bars (42) into the hole of the Middle connecting tube (10), and then accordingly put the Cushion (41), Guide plate (5) and Cushion (41).
5. Lock the Slide bars (42) to the Upper connecting tube (9) with the Bolt (43).
6. Pre lock the Upper connecting tube (9) to the Main frame (1L/R) with the Bolt (35), Flat washer (36), and Nylon nut (37).





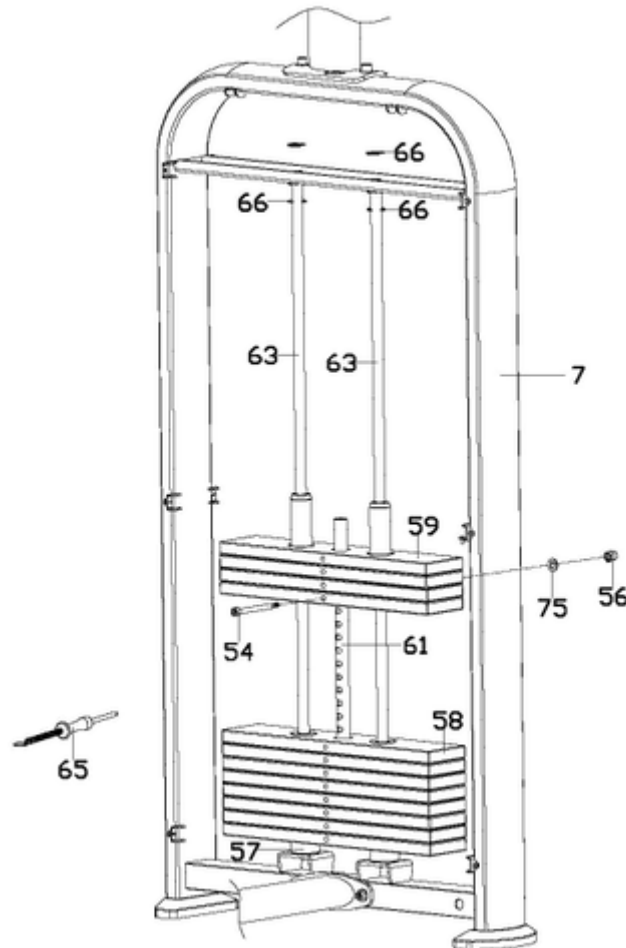
## Step 2

1. Pre lock the Weight frame (7) to the Upper horizontal frame (3) with the Bolt (44), Flat washer (36), Base plate (14) and Nylon nut (37).
2. Pre Lock the Upper connecting frame (2L/R) to the Main frame (1L/R) and Upper horizontal frame (3) with the Bolt (35), Flat washer (36), and Nylon nut (37).
3. Lock all the screws tightly.



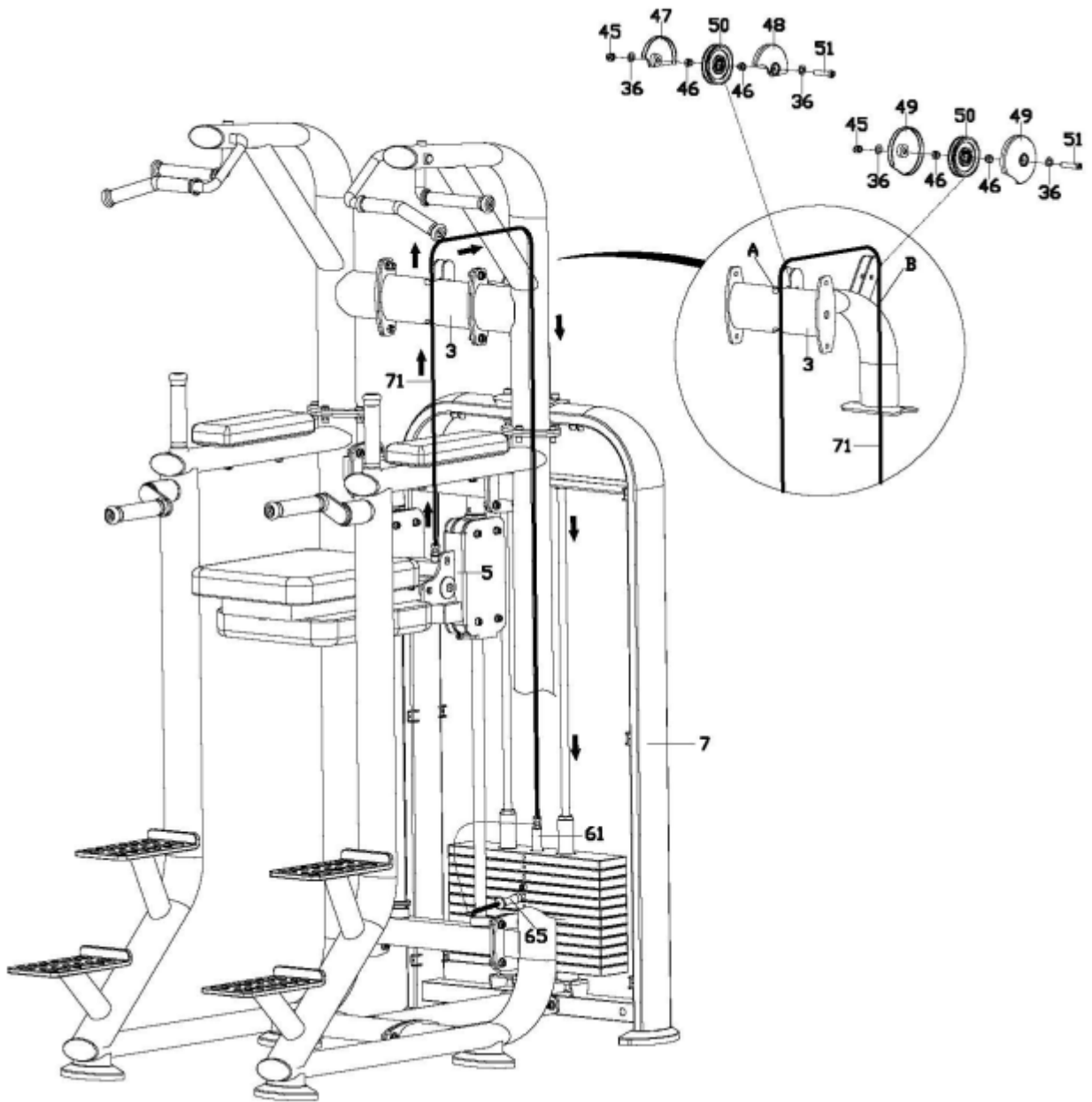
### Step 3

1. Install the Cushion (57), Slider bar (63), Weight block (10KG) (58) and Weight (59) in sequence into the Weight frame (7).
2. Lock the Slider bar (63) to the Weight frame (7) with the E snap ring (66).
3. With the sequence from small to big, from up to down, stick the weight notes on the Weight block(10kg) (58).
4. Lock the four Weight blocks (10kg) (58) to the Pull rod (61) with the Bolt (54), Flat washer (75) and Nylon nut (56). And then install the Plug pin (65) to the Pull rod (61).



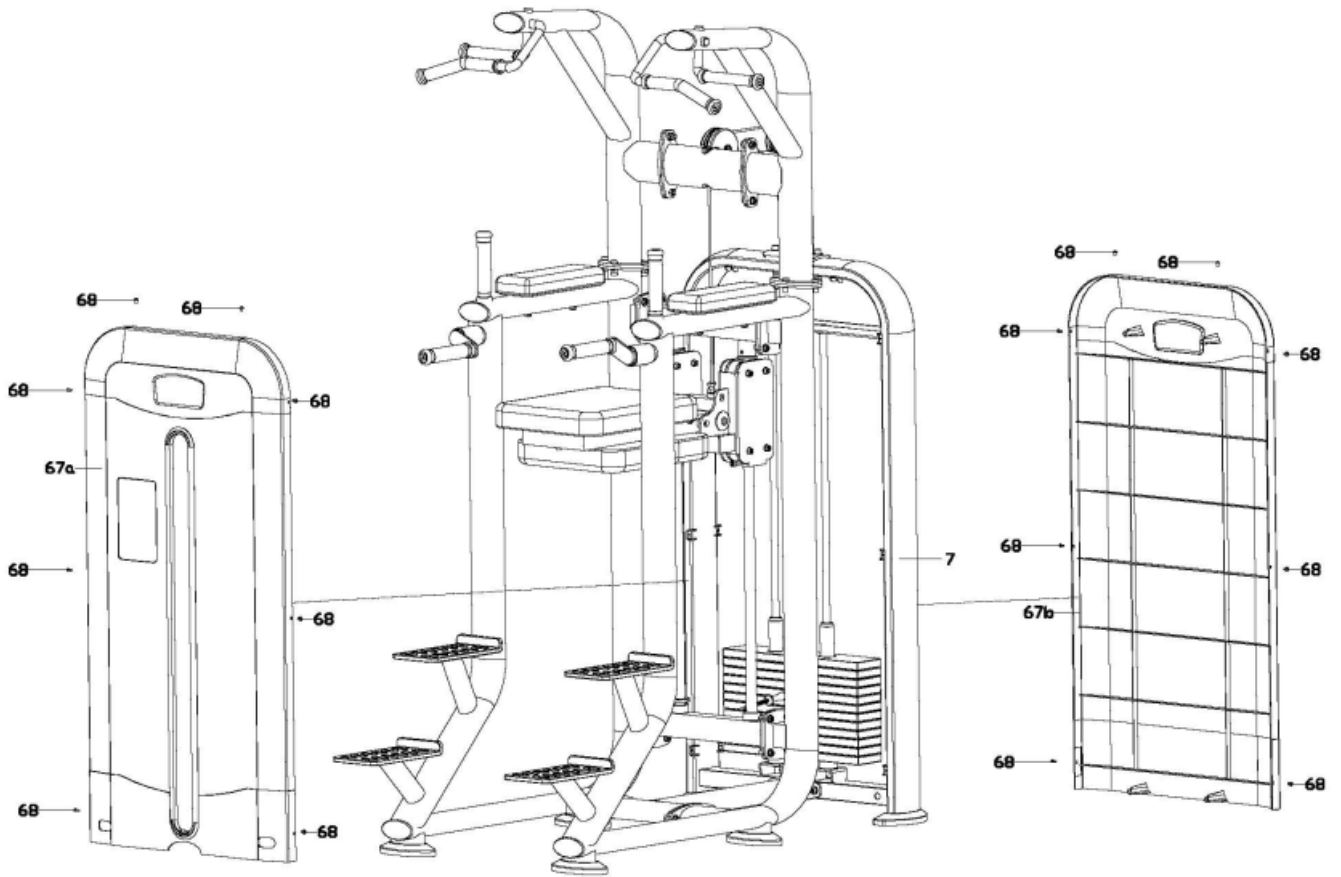
### Step 4

1. Lock the Cable (71) to the Guide plate (5).
2. Install the Cable (71) according to the direction of arrow; (Notice: Through the Cable (71) from the A hole of Upper horizontal frame (3) and through it out from the B hole of Upper horizontal frame (3).)
3. Lock the Alloy sleeve (46) , Pulley cover (49) and Pulley (50) to the Upper horizontal frame (3) with the Bolt (51), Flat washer (36) and Nut (45); and then lock the Alloy sleeve (46) , Pulley cover (47) (48) and Pulley (50) to the Upper horizontal frame (3) with the Bolt (51), Flat washer (36) and Nut (45).
4. Install the coil of the Plug pin (65) to the bolt of the Cable (71), and then lock the bolt of the Cable (71) to the Pull rod (61).



## Step 5

Lock the Front block cover (67a) and Rear block cover (67b) tightly in the weight frame (1) with bolt (68).



# WARM-UP and COOL-DOWN

Using your machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and in conjunction with a calorie-controlled diet, help you lose weight.

## WARM-UP PHASE

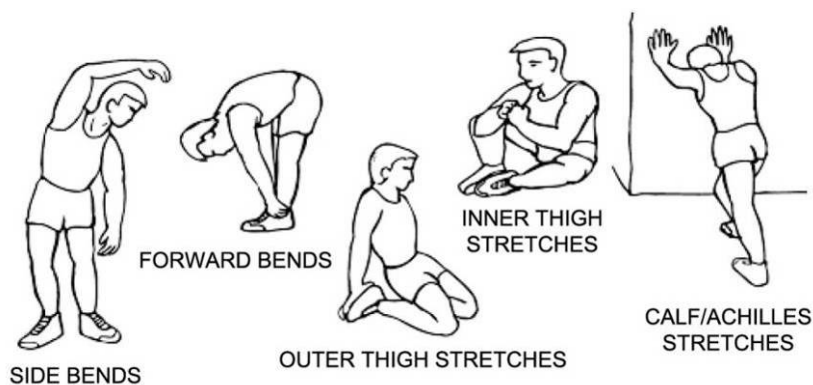
The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength-training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks,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

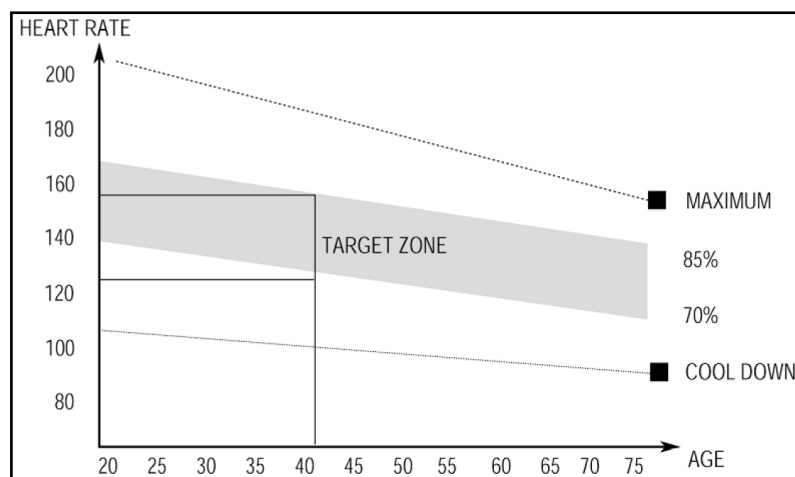
**DO NOT BOUNCE.**

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



## EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.



## COOL-DOWN PHASE

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.