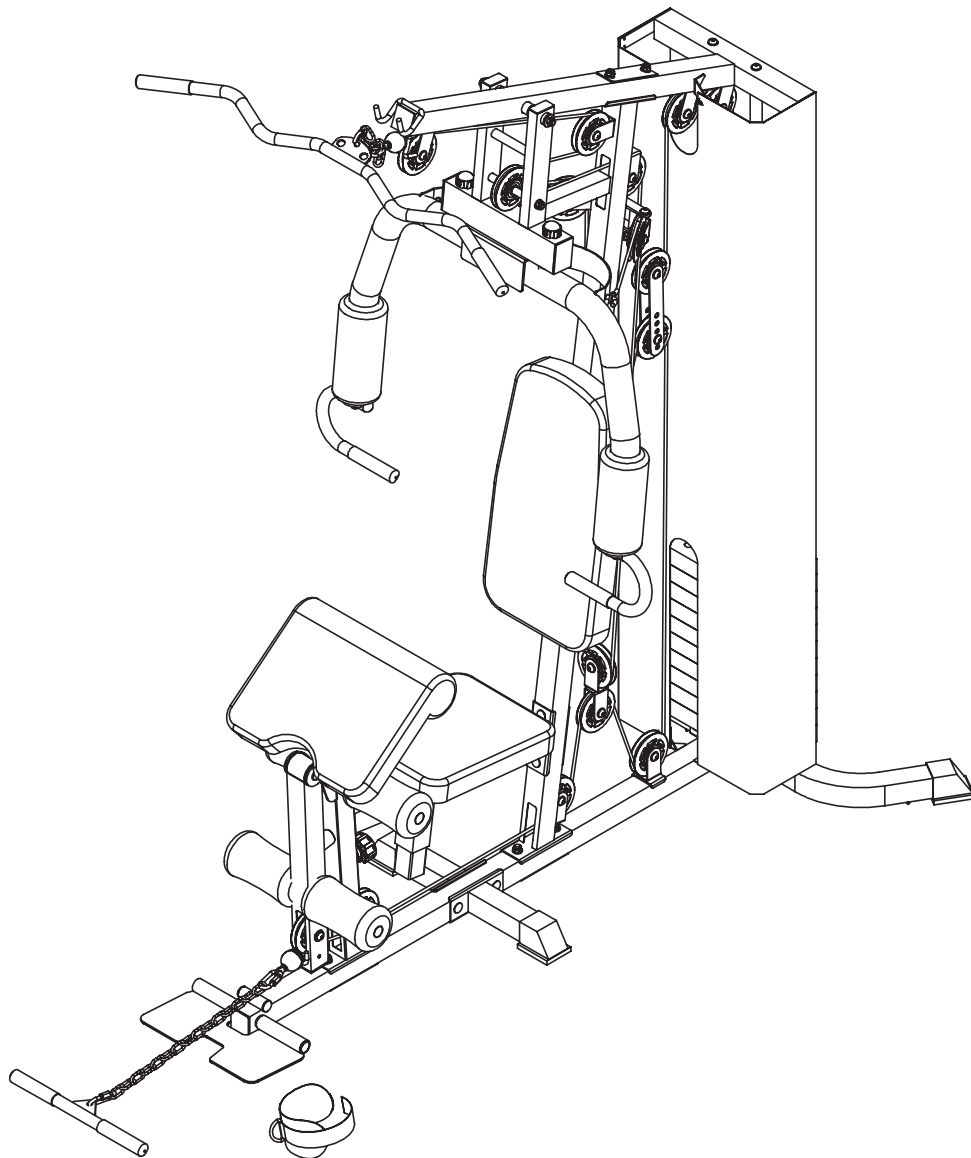


LSG

SSN105 All-In-One Single Station Pulley Machine

USER MANUAL



Product may vary slightly from the item pictured due to model upgrades.



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

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lsgfitness.com.au



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I. IMPORTANT SAFETY INSTRUCTIONS



WARNING: Read all instructions before using this machine.

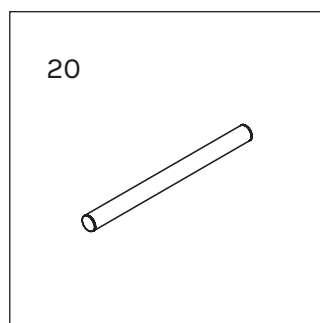
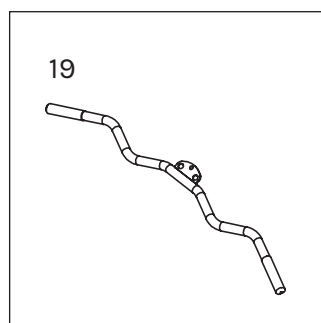
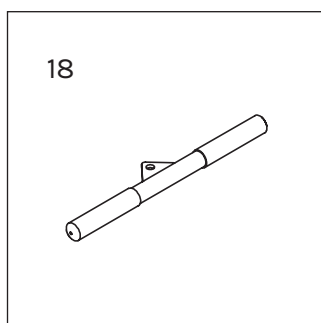
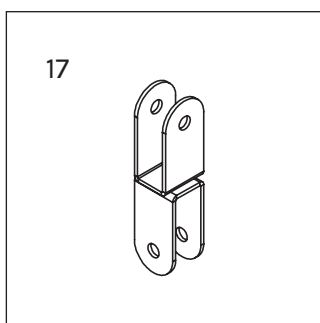
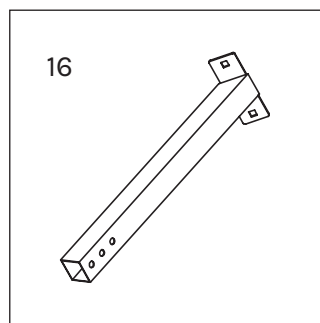
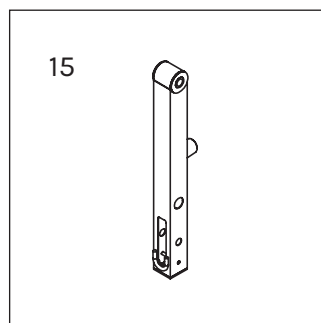
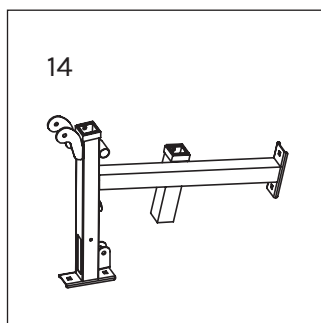
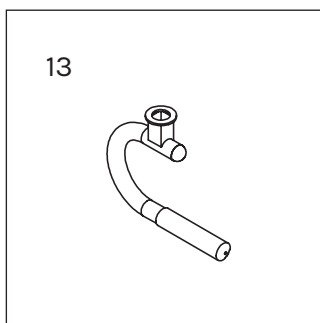
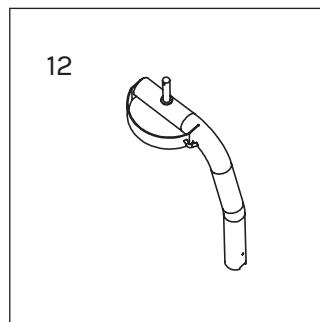
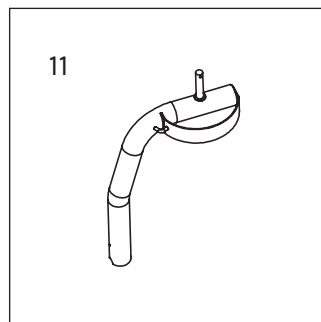
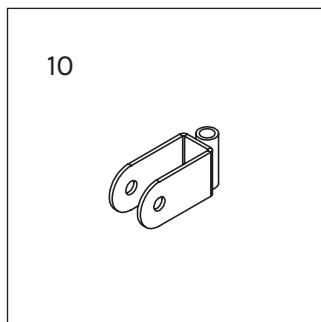
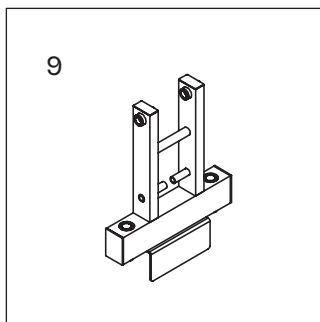
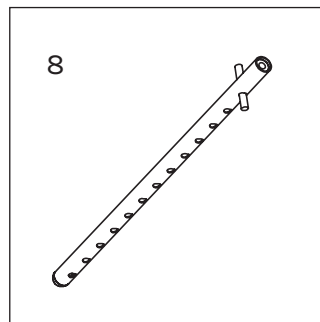
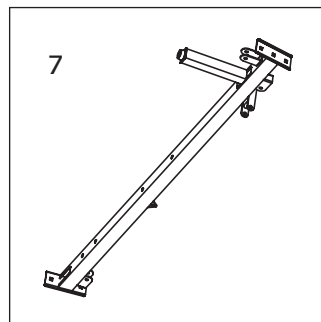
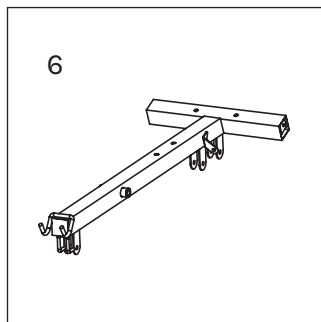
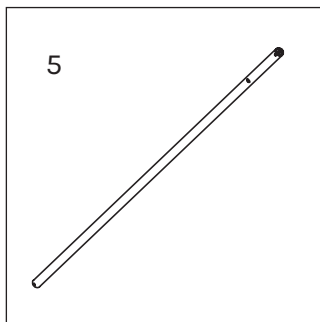
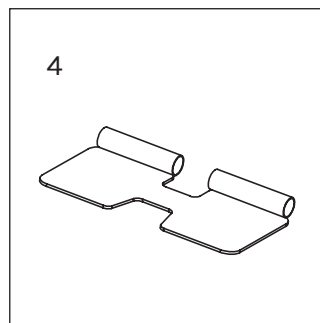
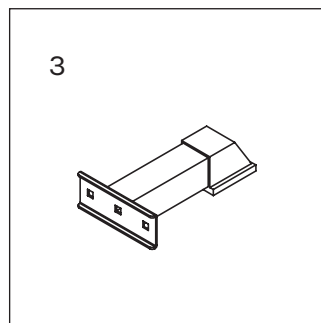
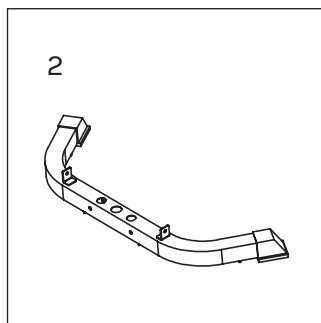
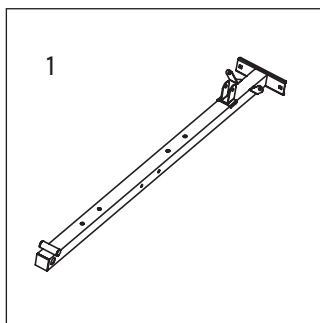
- Install the product on a flat level surface.
- Place your unit on a solid, level surface when in use.
- Never allow children on or near the machine.
- Keep hands away from all moving parts.
- Never drop or insert any object into any openings.
- Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.
- Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- Only 1 person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Do not use the machine near water or outdoors.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp objects around the machine.
- Users with disabilities should not use the machine without a qualified person or physician in attendance.
- Never operate the machine if the machine is not functioning properly.
- A spotter is recommended during exercise.

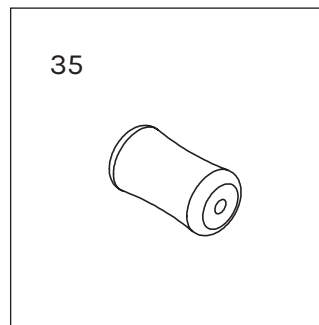
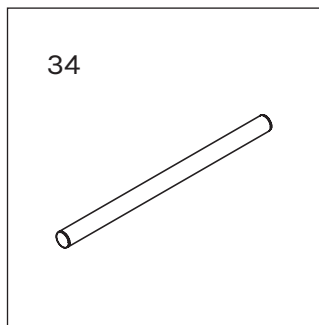
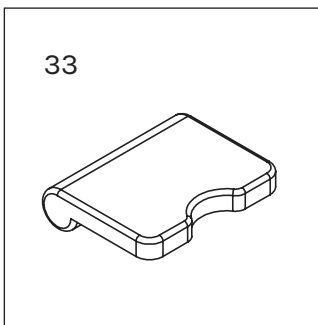
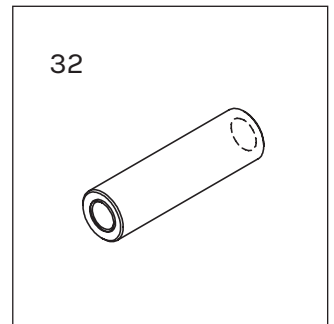
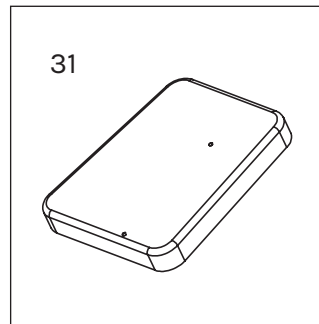
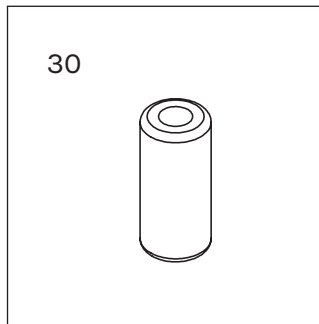
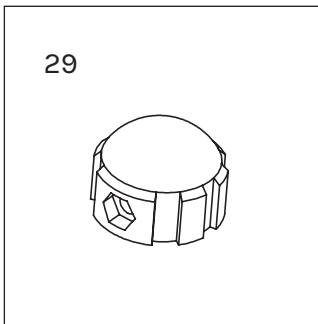
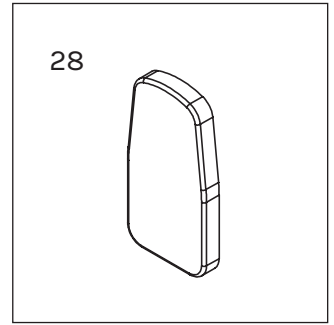
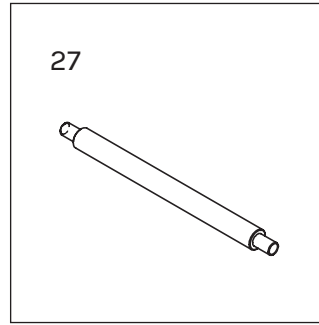
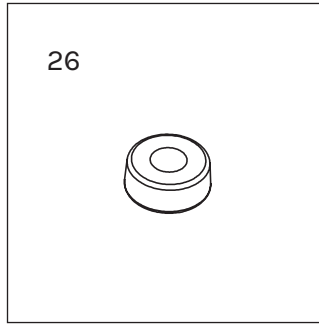
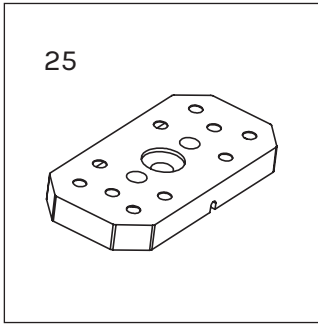
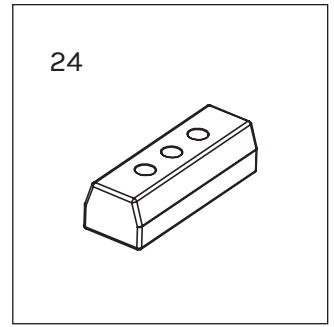
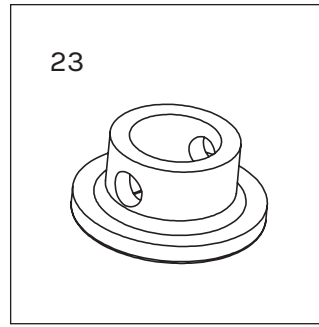
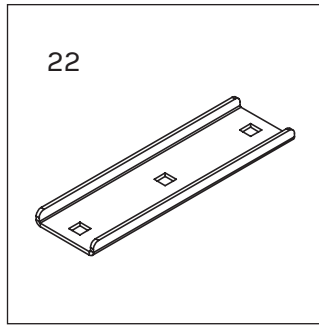
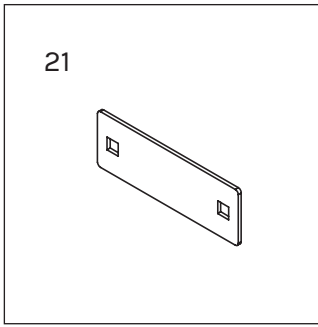
II. CARE INSTRUCTIONS

- Lubricate moving joints with silicon spray after periods of usage.
- Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- The machine can be kept clean by wiping it down using a dry cloth.
- Check and adjust the tension of wire rope on a regular basis.
- Regularly check all moving parts and make sure there are no signs of wear and damage, if any the use of the device must be stopped immediately and contact our after-sales department.
- During inspection, it is necessary to make sure that all bolts and nuts are completely fixed. If any bolt or nut connection is loosened, please re-tighten.
- Check weld for cracks.
- Failure to perform daily maintenance may result in personal injury or equipment damage.

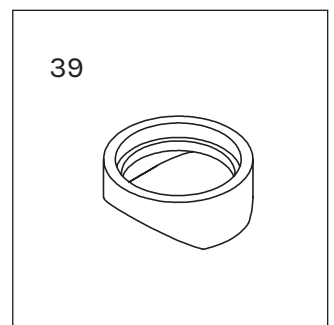
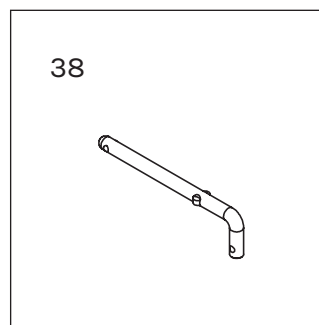
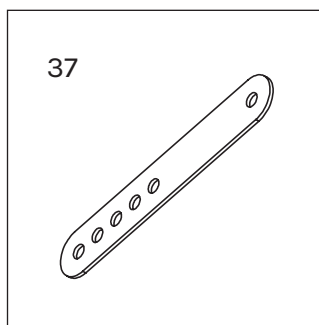
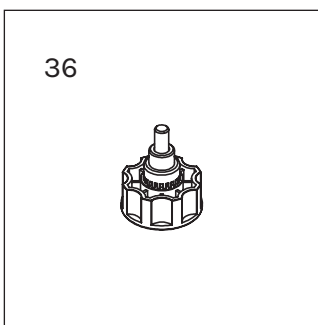
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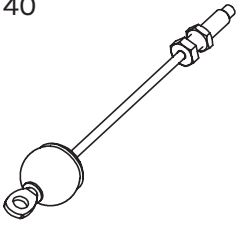




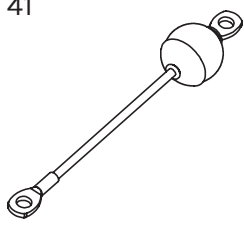
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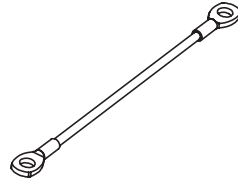
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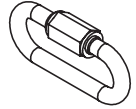
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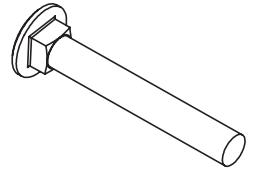
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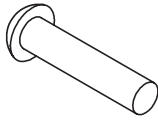
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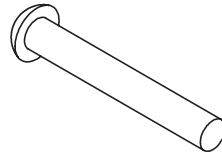
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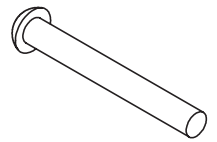
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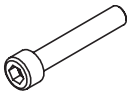
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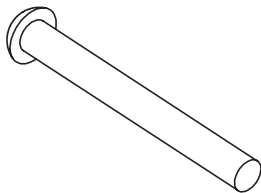
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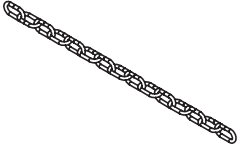
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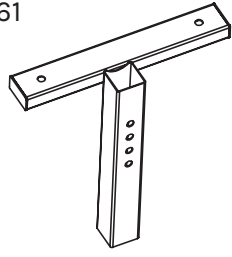
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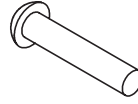
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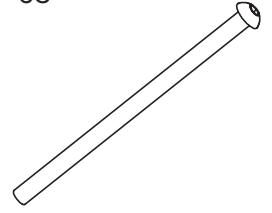
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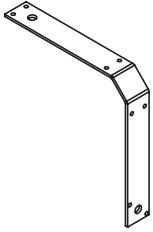
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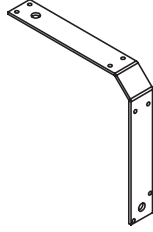
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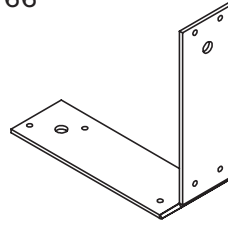
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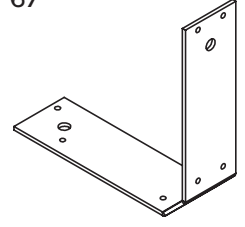
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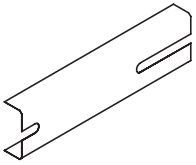
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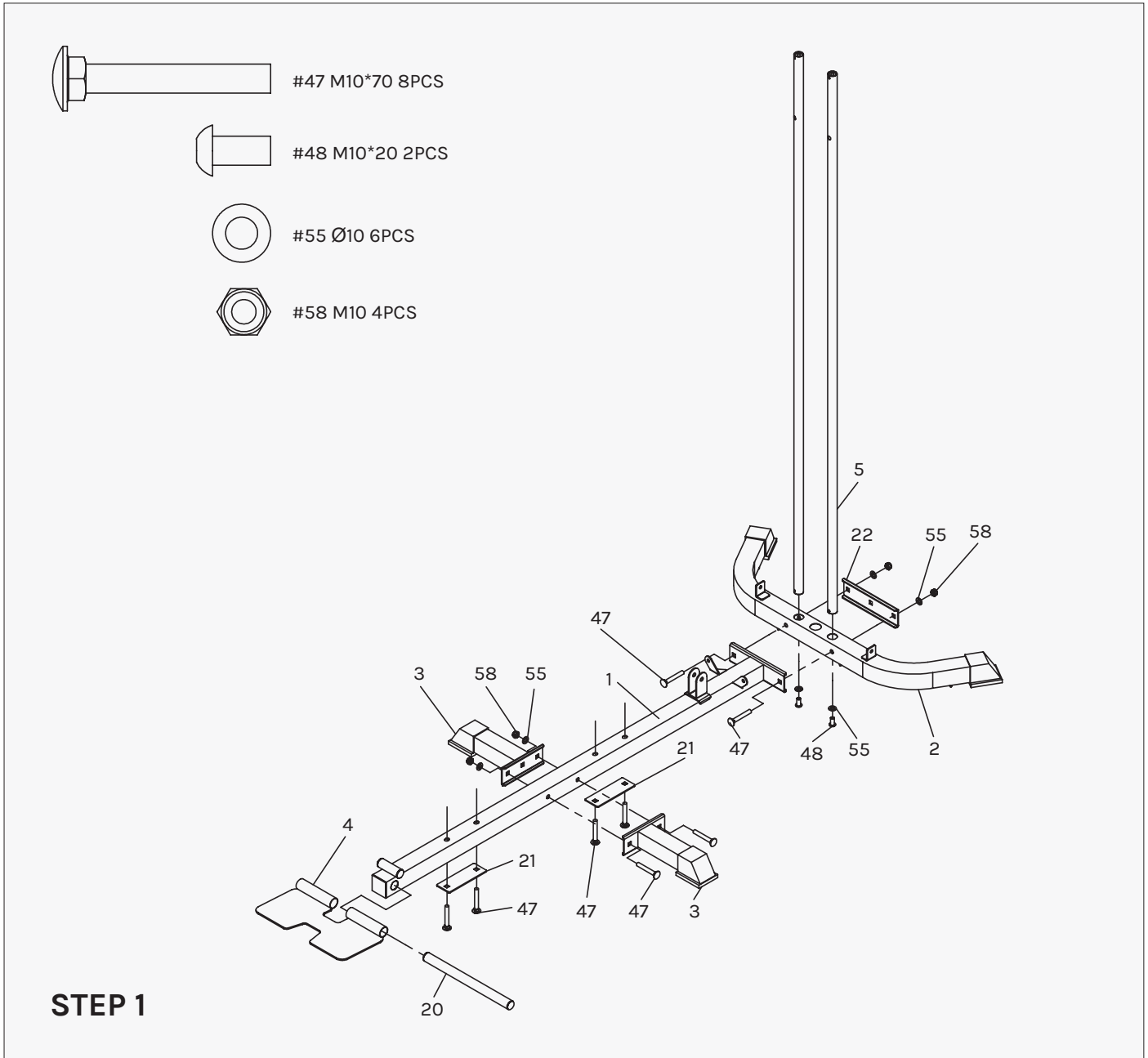
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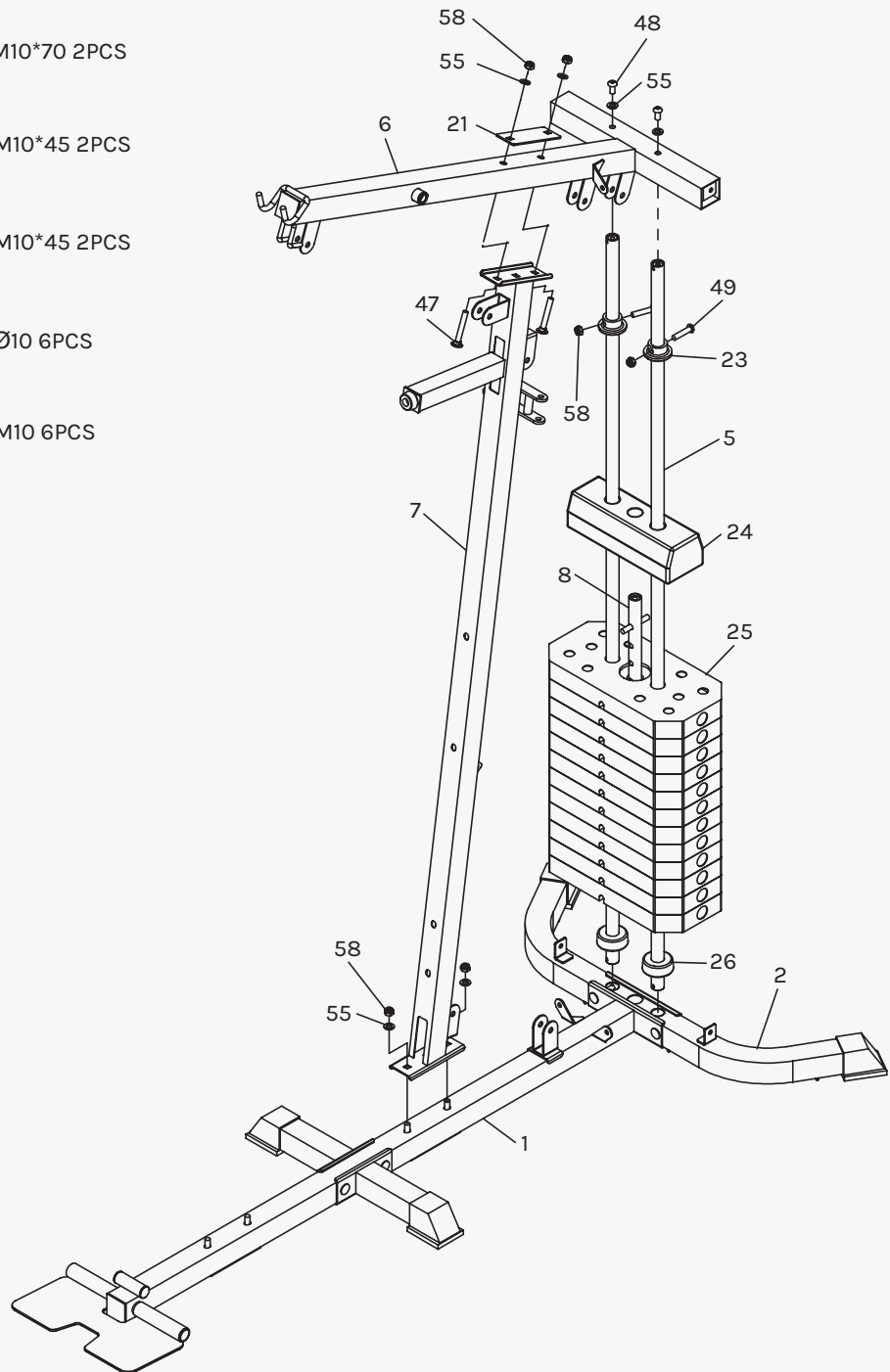
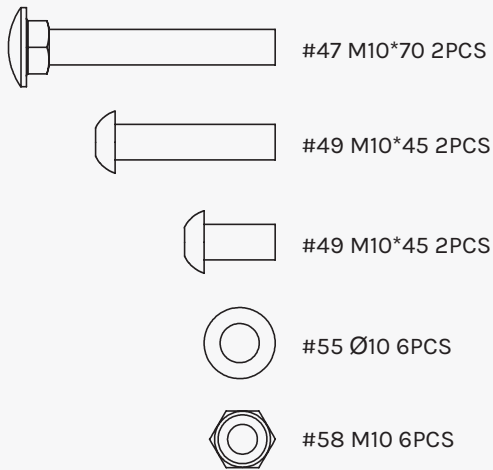
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IV. ASSEMBLY INSTRUCTIONS

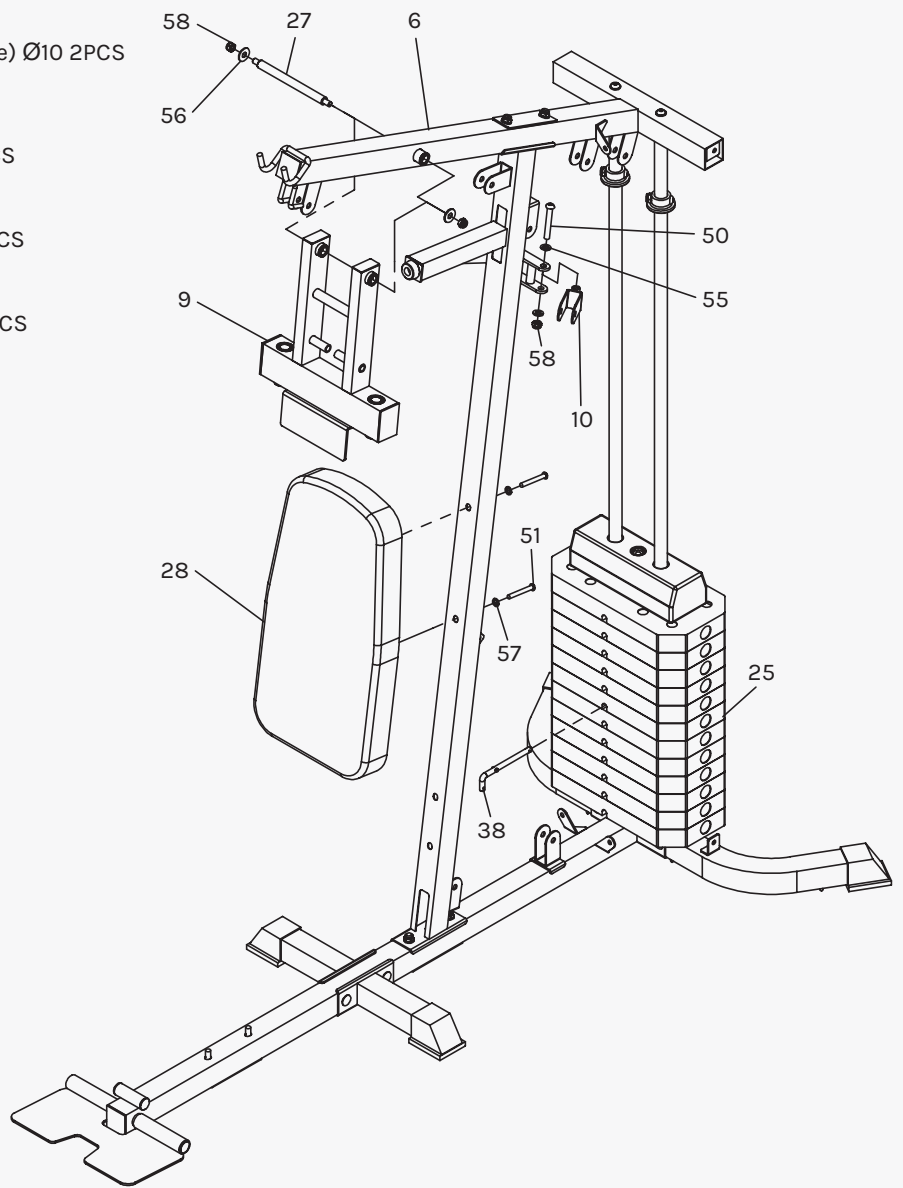
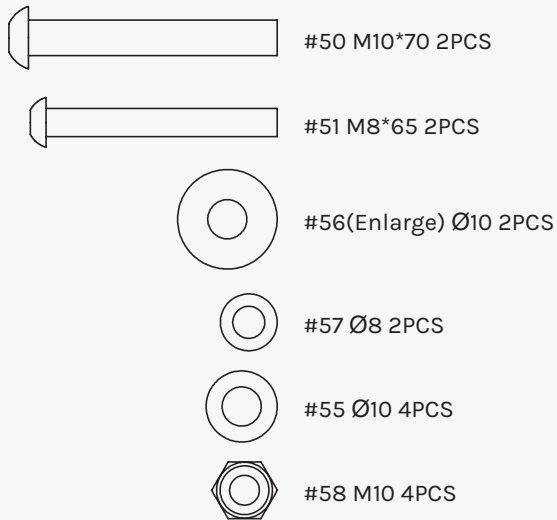


1. Connect the guide rod (#5) to the back patch (#2), fix with two bolts, Hexagon bolt M10*20 (#48) and two gaskets Φ 10 flat gasket (#55).
2. Connect the front patch (#1) to the rear patch (#2) with a 170mm connecting plate (#22), two bolted horse-drawn bolts M10*70 (#47), two nuts M10 (#58) and two Φ 10 gaskets (#55).
3. Connect two small patches (#3) to the front patch (#1) and fix them with two bolted horse-drawn bolts M10*70 (#47), two nuts M10 (#58) and two Φ 10 gaskets (#55).
4. Attach the pattern board (#4) to the front (#1) and fix it with a paddle pole (#20).
5. Fix two 110mm connectors (#21) under the front patch (#1) with four bolted carriage bolts M10*70 (#47).




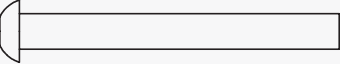


STEP 2

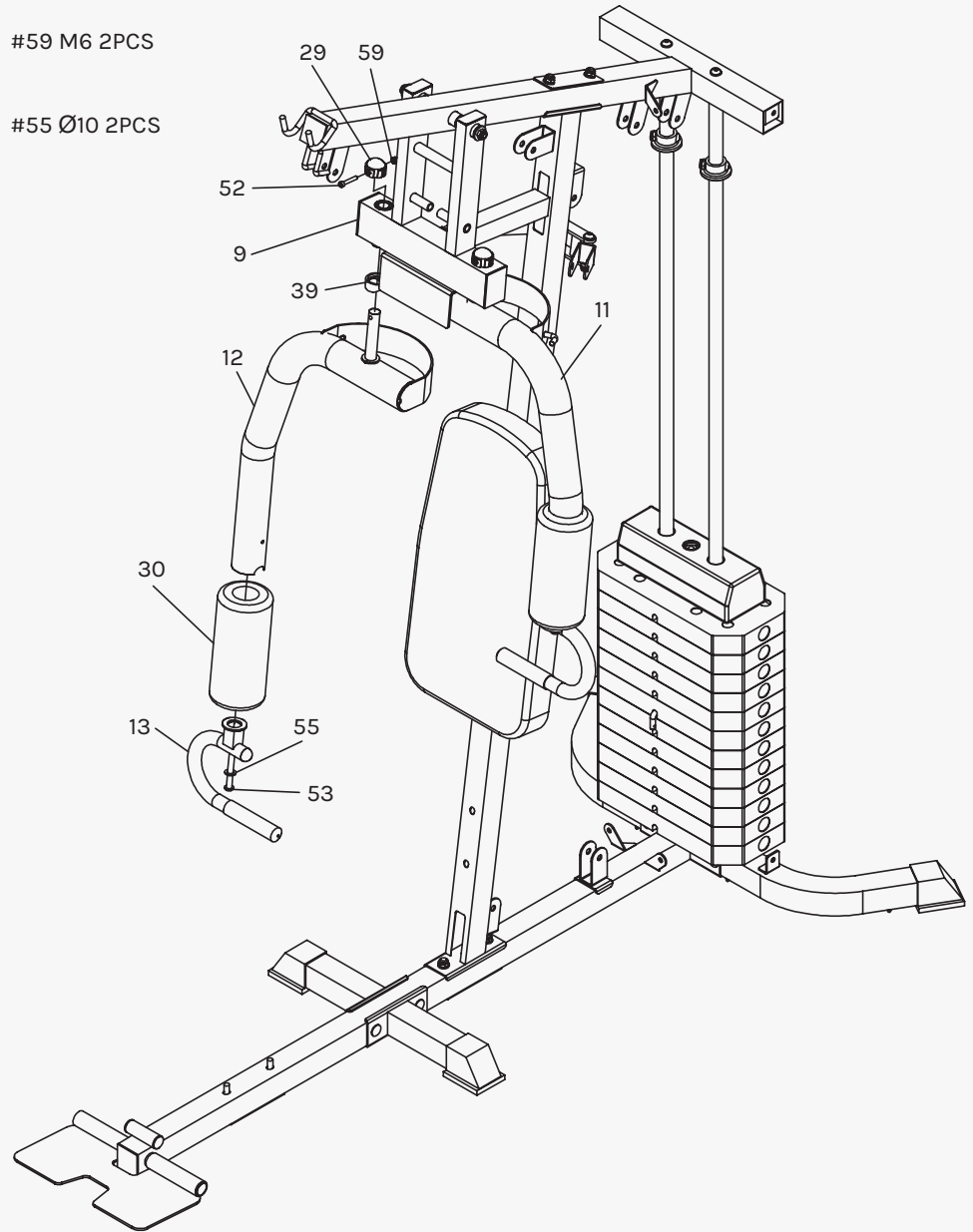
1. The two counterweight cushions (#26) are respectively mounted on the guide rod(#5). As shown in the figure, the weight distribution block (#25) is perforated one by one, and then, after the end, the added bar (#8) is put into the middle adjustment hole of the weight distribution block, and finally the weight distribution top block (#24) is put in. Fix M10 nut (#58) to guide rod (#5) with Hexagon bolt M10*45 (#49).
2. Connect the column (#7) with two M10 (#58) and two gaskets (#55) to the front patch (#1).
3. The upper beam (#6) is connected to the guide rod (#5) and the column (#7), respectively, and fixed with two bolts, the hexagonal bolt M10*20 (#48), four Φ 10 flat gaskets (#55), two horse-drawn bolts, M10*70 (#47), a 110mm connecting plate (#21) and two M10 nuts (#58), respectively.



STEP 3

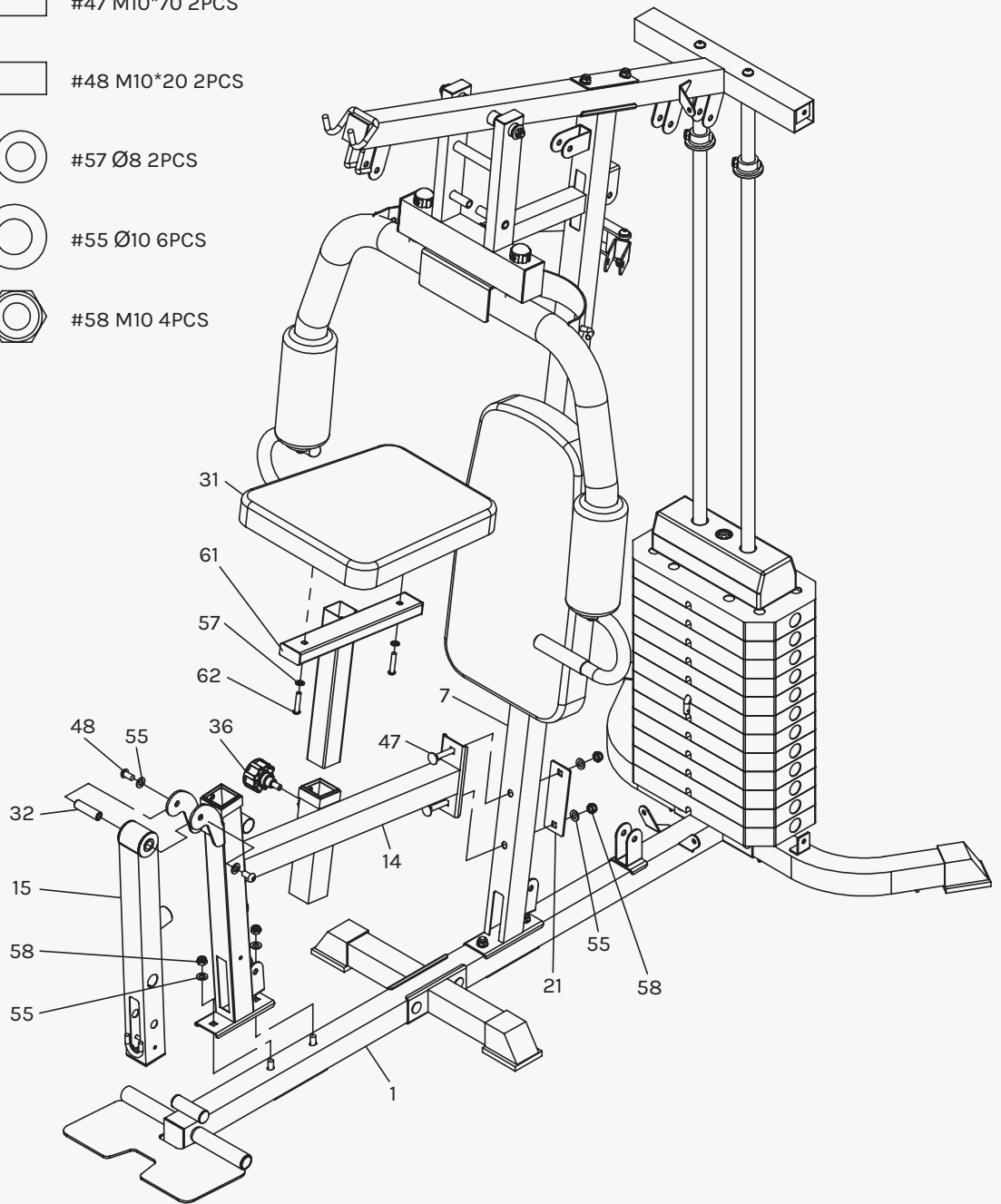
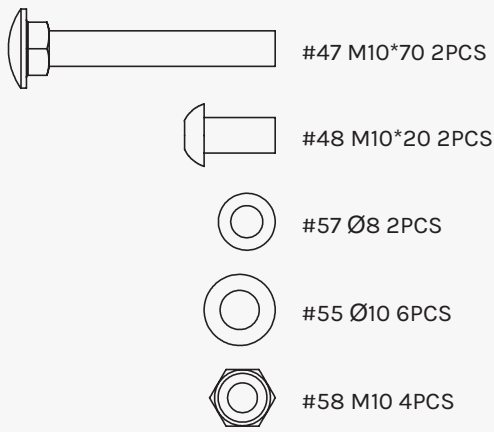
1. Connect the push frame (#9) to the upper beam (#6) and fix with the connecting frame shaft (#27), two $\Phi 10$ enlarged flat gaskets (#56) and two M10 nuts (#58).
2. Two swing pulley frames (#10) are connected to the column (#7) and fixed with Hexagon bolt M10*70 (#50), four $\Phi 10$ flat gaskets and two nuts M10 (#58) respectively.
3. Fix back cushion (#28) to column (#7) with Hexagon bolt M8C65 (#51) and $\Phi 8$ flat gasket (#57).
4. Insert the adjusting counterweight pin (#38) into the counterweight adjusting hole.

-  #52 M6*35 2PCS
-  #53 M10*90 2PCS
-  #59 M6 2PCS
-  #55 Ø10 2PCS




STEP 4


1. First, the arc cover (#39) is set on the left and right butterfly arms (#11) and (#12), then the two butterfly arms are mounted on the frame (#9), respectively, and fixed with two caps (#29), two cylindrical head internal hexagonal bolts M6*35 (#52) and two M6 anti-loosening nuts (#59).
2. The $\Phi 100 \times 210$ mm foam cotton (#30) was mounted on the left and right butterfly arms respectively, and then fixed to the left and right butterfly arms with two disc head Hexagon bolts M10*90 (#53) and two $\Phi 10$ flat gaskets (#55).

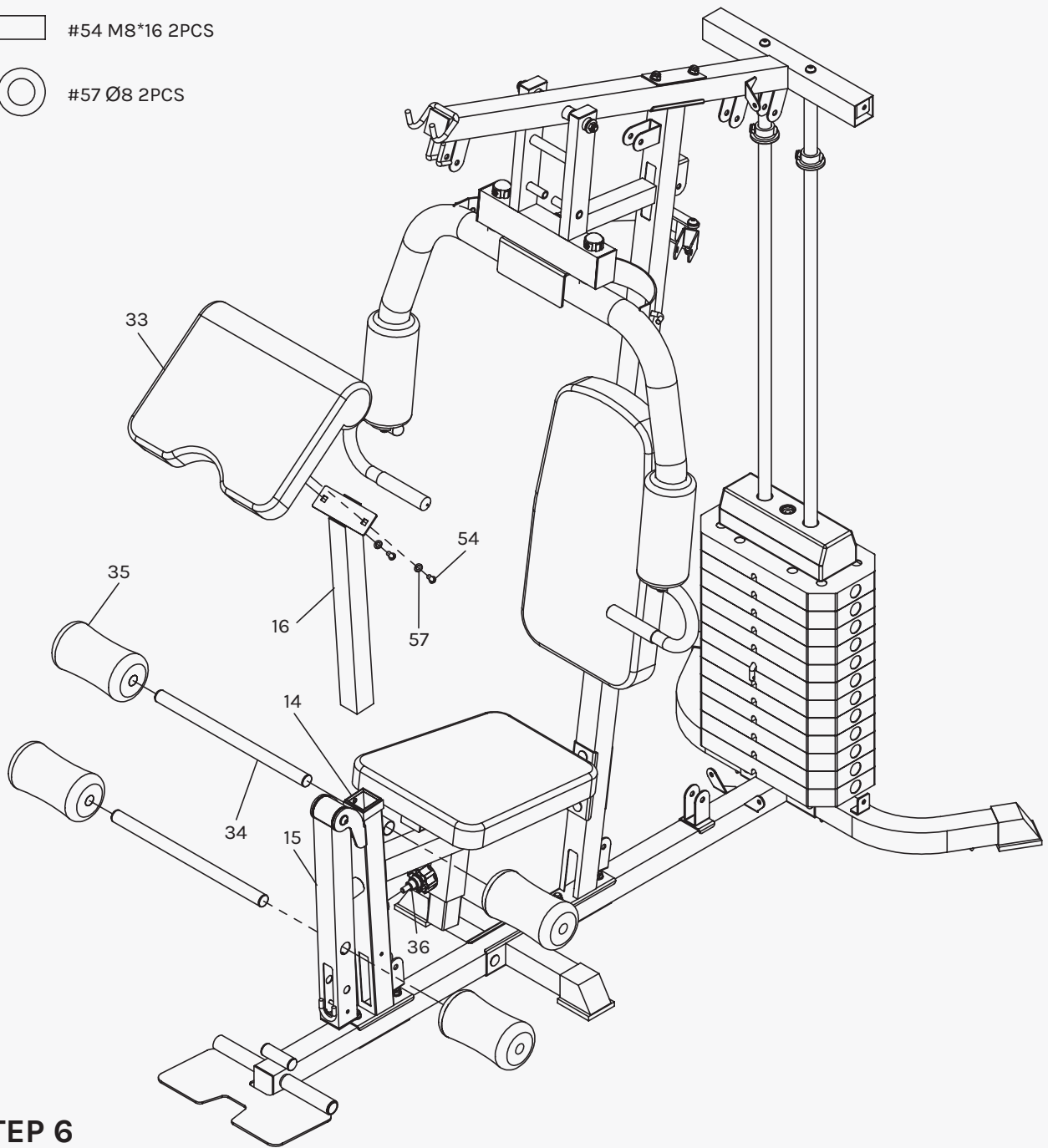


STEP 5

1. Attach the cushion frame (#14) to the column (#7) and fix it with two horse-drawn bolts M10*70 (#47), two $\Phi 10$ flat gaskets (#55), one 110mm connecting plate (#21) and two M10 nuts (#58).
2. The cushion (#31) is fixed to the seat holder with two Hexagon bolts M8*65 (#51) and two $\Phi 8$ flat gaskets (#57).
3. Insert the seat cushion adjusting frame (#61) into the seat support (#14) and adjust the appropriate height by pumping (#36).
4. Fasten the leg arm (#15) with leg arm bushing (#32), two disc head inner hexagonal bolts M 10*20 (#48) and two $\Phi 10$ flat gaskets (#55) to the cushion frame.

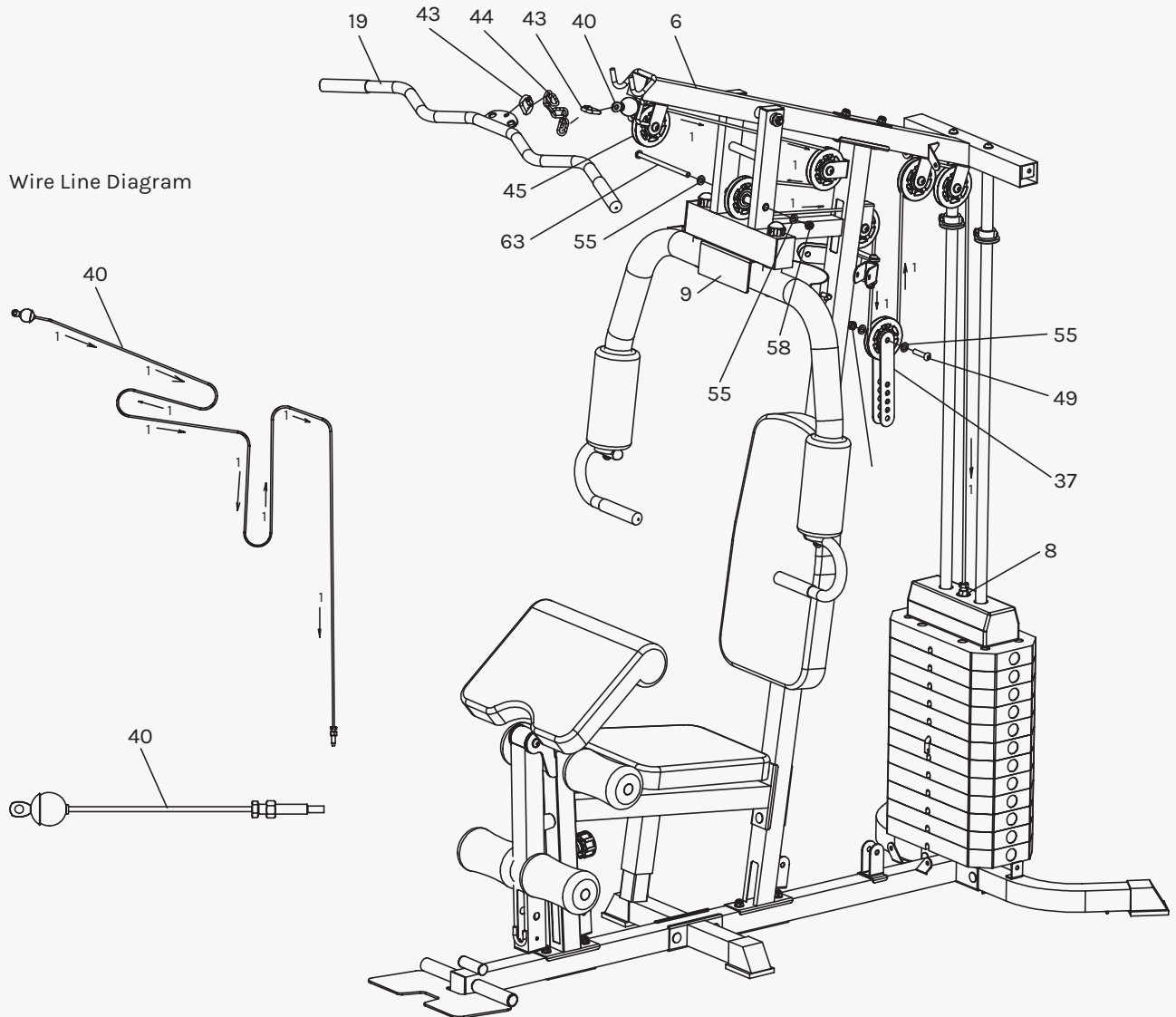
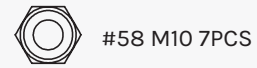
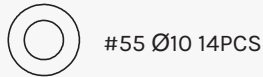
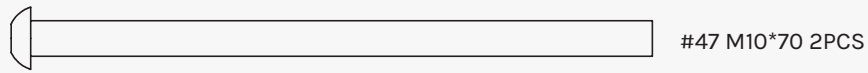
 #54 M8*16 2PCS

 #57 Ø8 2PCS



STEP 6

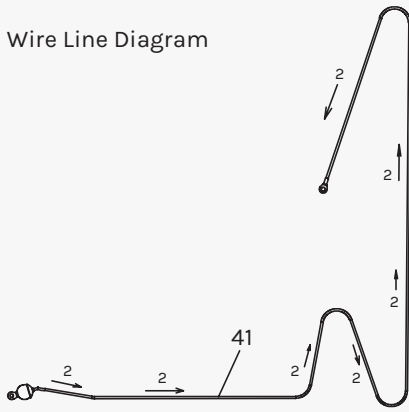
1. The arm pad (#33) is fixed to the arm force hanger (#16) with two inner hexagonal bolts M8*16 (#54) and two $\Phi 8$ flat gaskets (#57). Insert it into the cushion rack (#14) and adjust the appropriate height by pumping (#36).
2. As shown in the figure, two bubble cotton tubes (#34) are inserted into the leg arm (#15), and four $\Phi 100*175$ mm foam cotton (#35) are inserted on the foam tube.

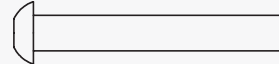
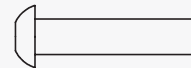
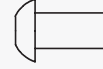




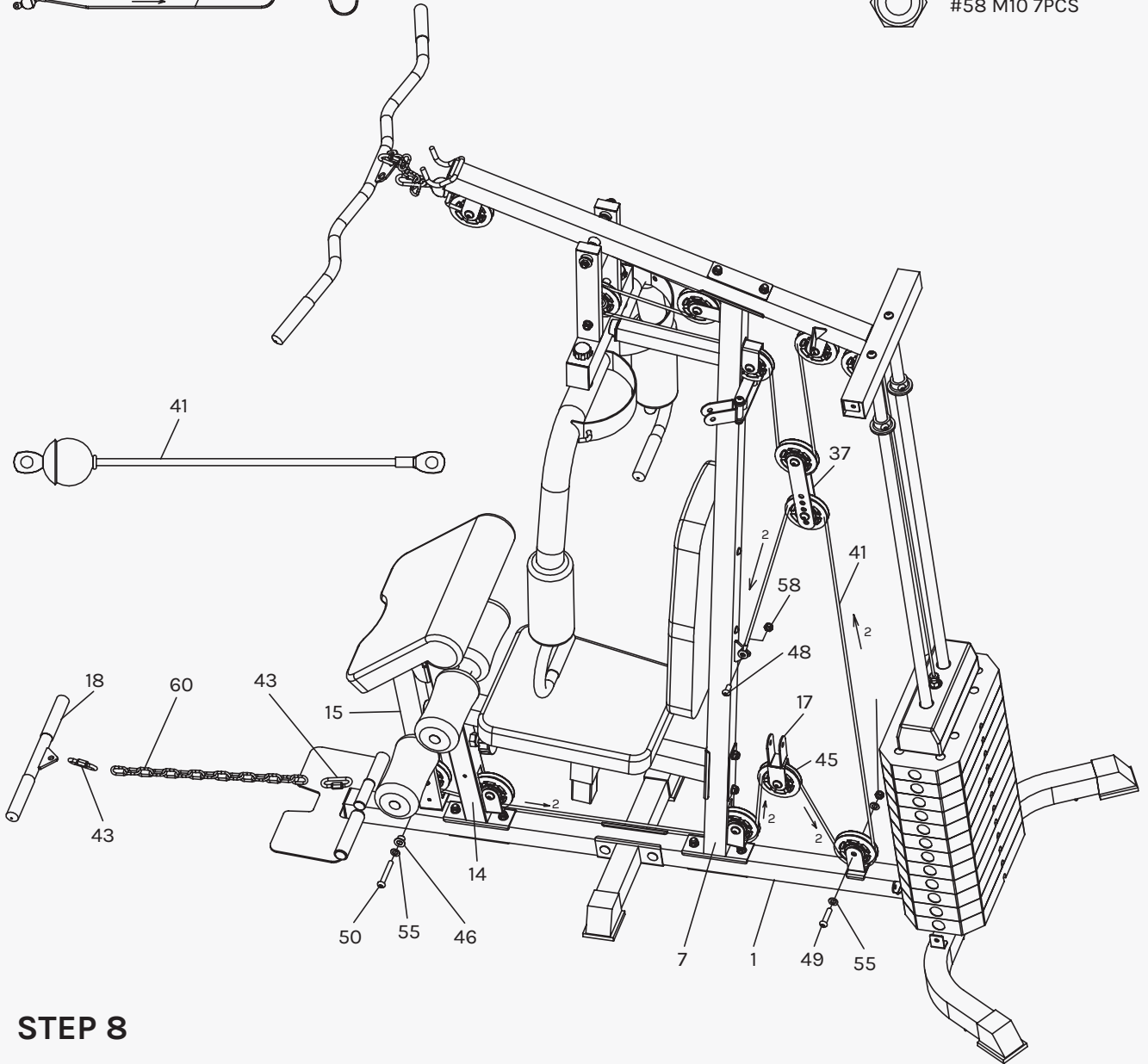
STEP 7

1. Feed the Lat Cable (#40) through 7x Pulley (#45) as shown in image following, secure with 14 Washers 10 (#55), 6 Hex Bolts M10*45 (#49), 1 Hex Bolt M10*175 (#63), 7 Nut M10 (#58), 2 Pulley plate (#37). Connect the end which is bolted to the added bar (#8).
2. Check if the wire rope is tightened after the whole instrument is assembled. If the wire rope is slightly loose, adjust it by tightening the lower bolt of the back tie rod (#40). If the wire rope is loose, adjust the mounting hole position of the pulley by the pulley adjusting plate (#37).

Wire Line Diagram



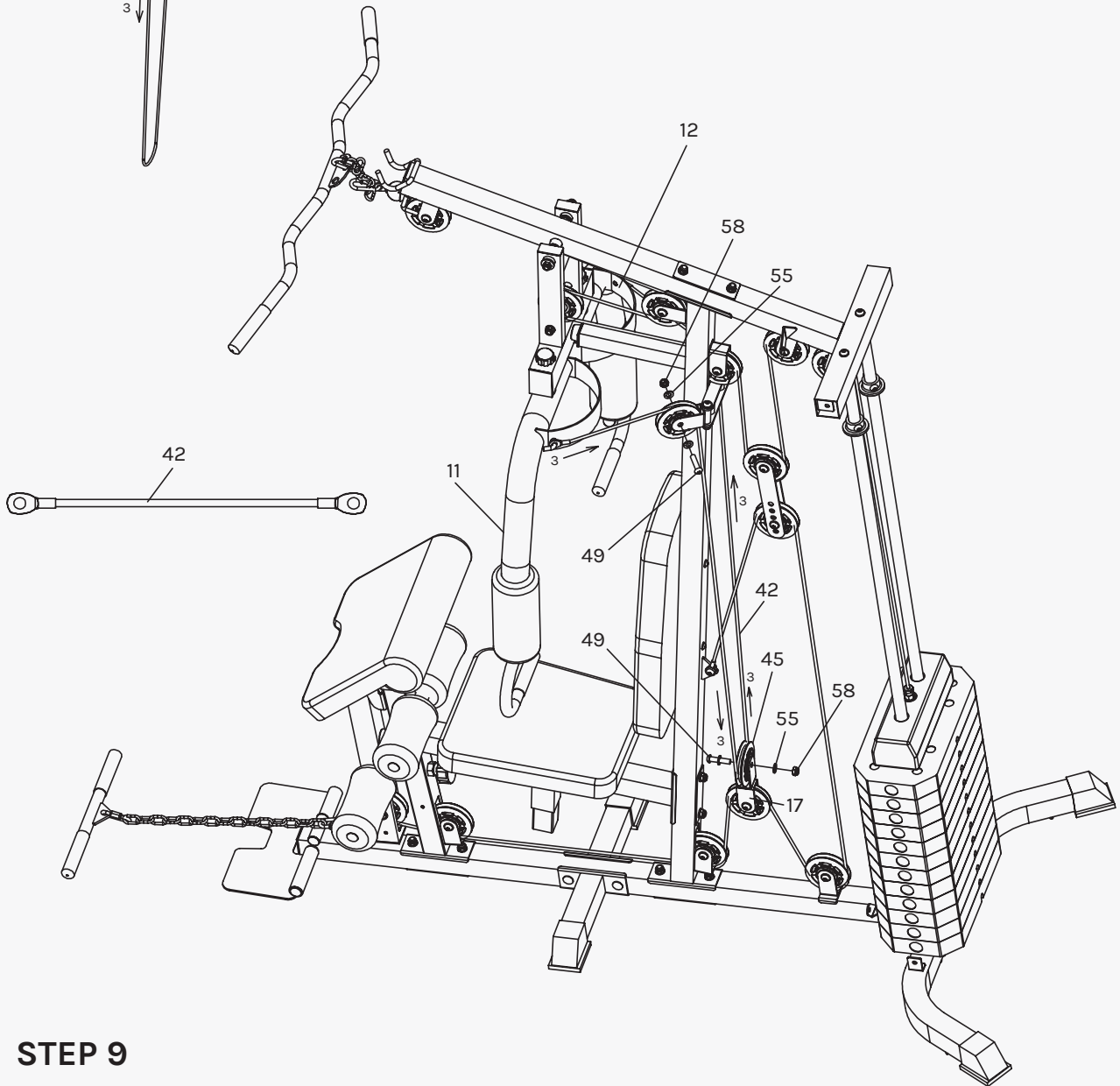
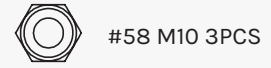
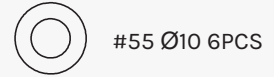
-  #50 M10*70 1PCS
-  #49 M10*45 5PCS
-  #48 M10*20 1PC
-  #55 Ø10 12PCS
-  #58 M10 7PCS



STEP 8

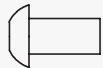
1. Fix the Triceps Cable (#41) as shown in image, secure with 6 Pulley (#45), 5 Hex Bolts M10*45 (#49), 1 Hex Bolt M10x70 (#50), 1 Hex Bolt M10x20 (#48), 12 Φ10 Washers 41 (#55), 7 Nuts (#58).

Wire Line Diagram




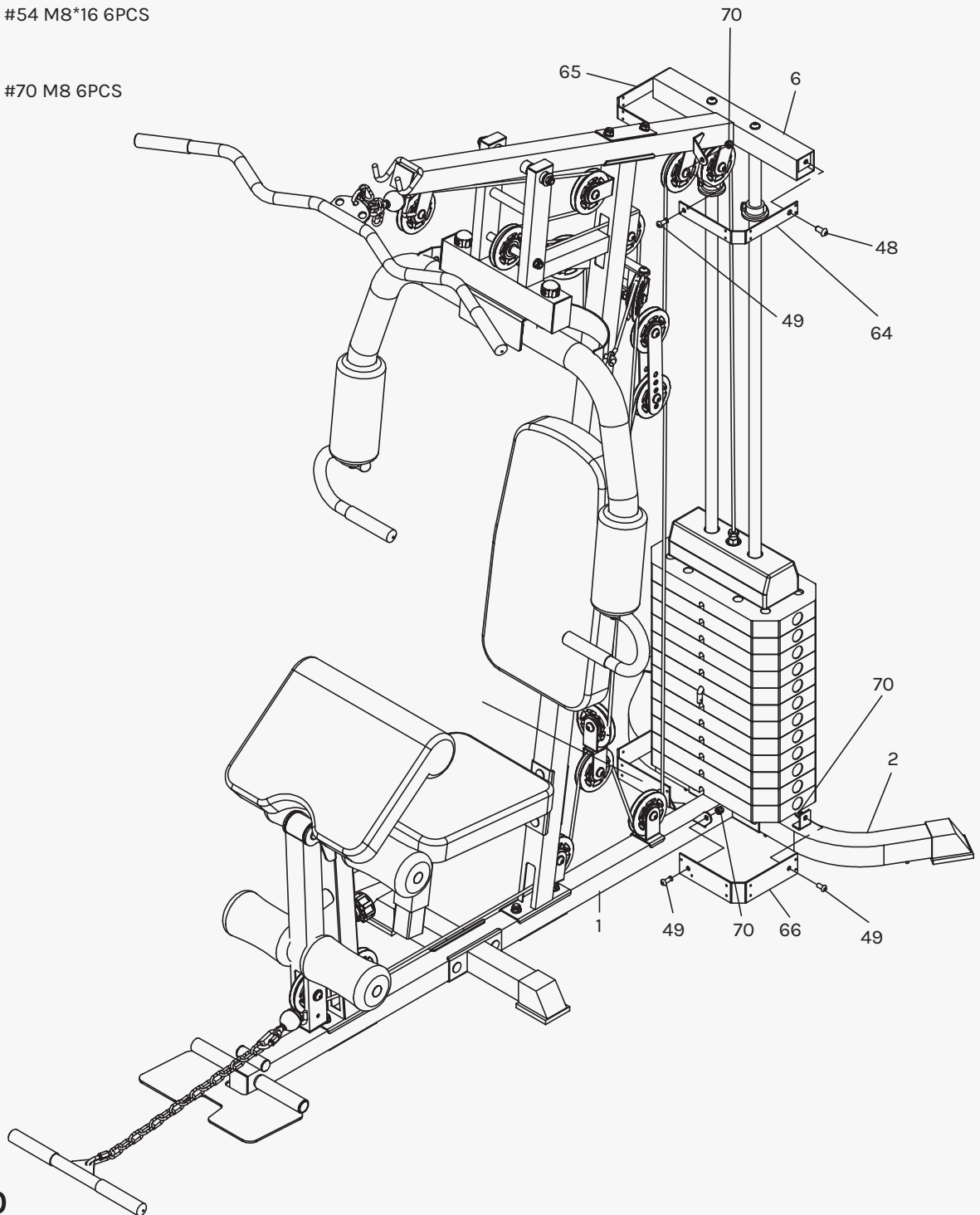
STEP 9

1. Connect the Butterfly Cable (#42) to left Butterfly (#11) and right Butterfly (#12) as shown in image, secure with 1 Pulley Set (#17), 3 Pulley (#45), 3 Hex Bolts M10*45 (#49), 6 Φ 10 Washers (#55), 3 Nuts (#58).

 #48 M10*20 2PCS

 #54 M8*16 6PCS

 #70 M8 6PCS



STEP 10

1. Connect the upper curtain fixing plates A , B (#64, #65) , the upper beam (#6) with bolts M10 * 20 (#48), bolts M8 * 16 (#49), nuts M8 (#70);
2. Connect the lower curtain fixing plates A, B (#66, #67), the front patch (#1), the rear patch (#2) with bolts M8 * 16 (#49), nuts M8 (#70).

V. EXERCISE GUIDE

ⓘ PLEASE NOTE:

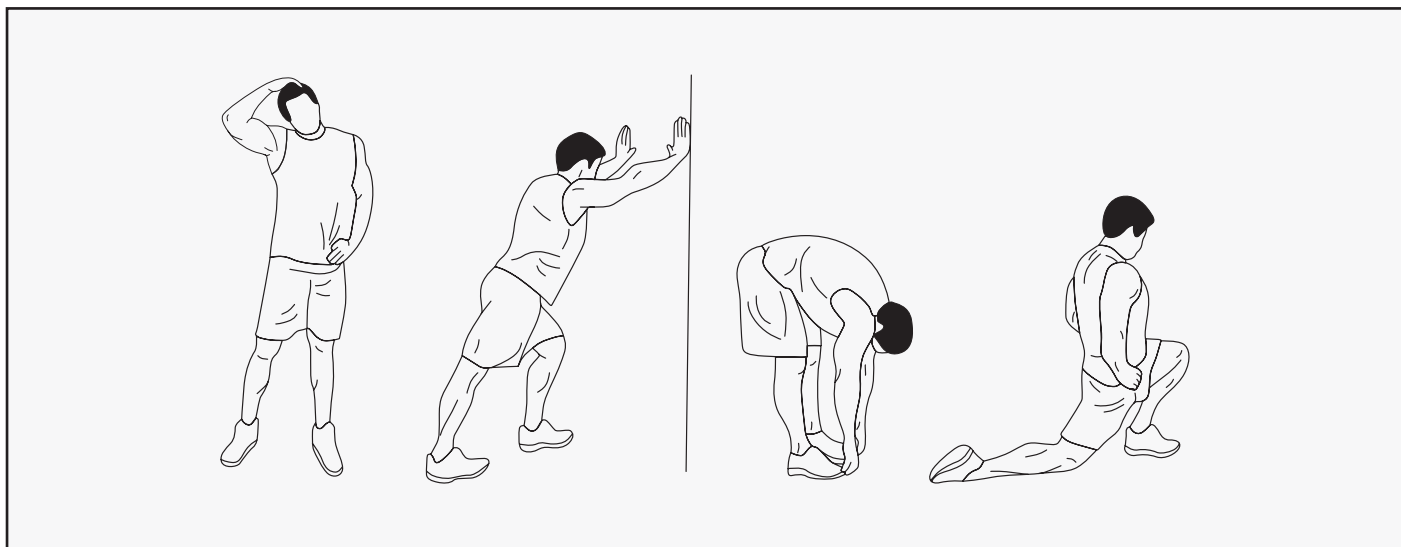
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercise is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life.

The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart.

So as you can see, the fitter you are, the healthier and greater you will feel.



WARM UP

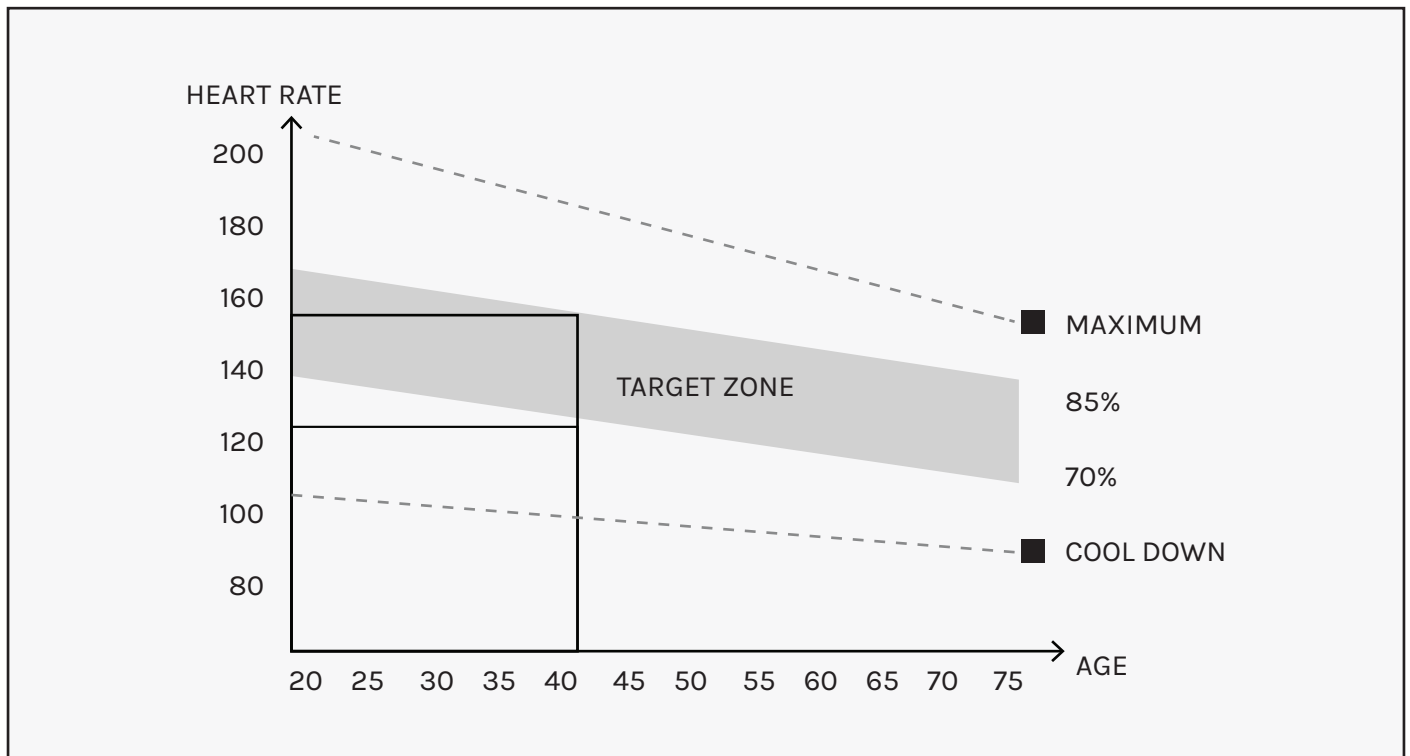
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

COOL DOWN

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

WORKOUT GUIDELINES



! This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

VI. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au.

Please visit our website to view our full warranty terms and conditions:

<https://www.lsgfitness.com.au/pages/warranty>

WARRANTY AND SUPPORT

Please email us at support@lsgfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries, please lodge a support ticket first by sending us an email.

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