



MF2000 OWNER'S 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.

TABLE OF CONTENTS

1.	IMPORTANT SAFETY INSTRUCTIONS	3
2.	PARTS LIST	4
3.	ASSEMBLY INSTRUCTIONS	5
4.	WARRANTY	17

1. IMPORTANT SAFETY INSTRUCTIONS

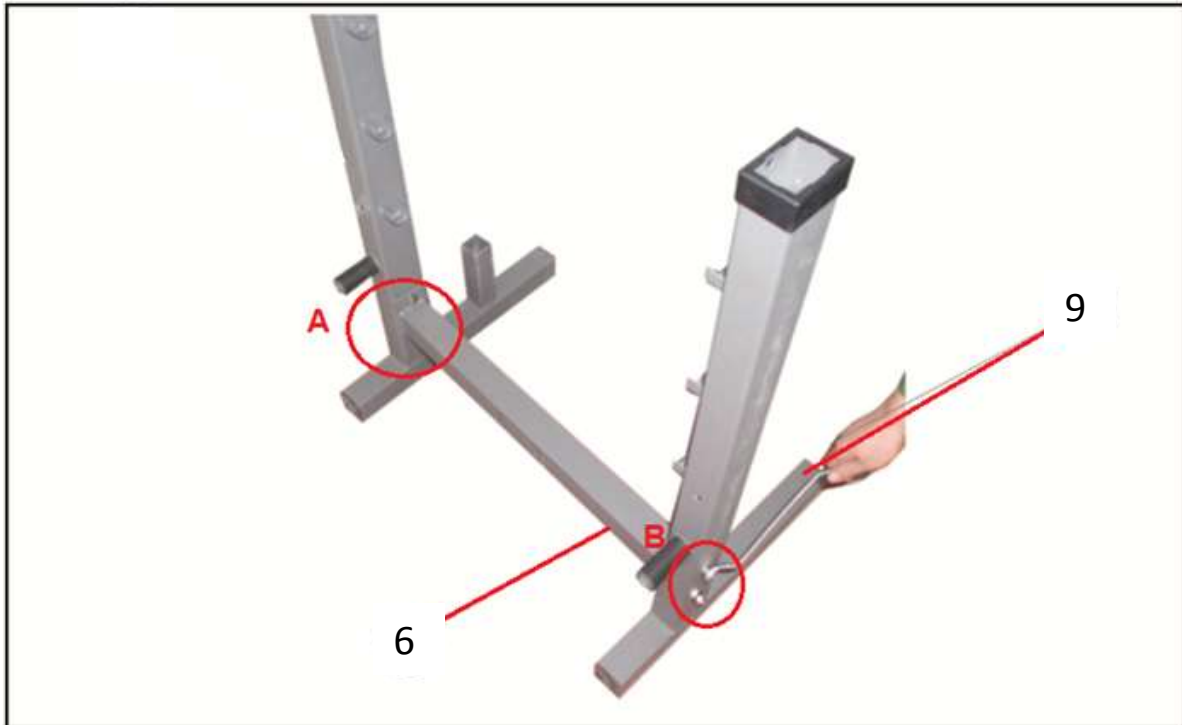
WARNING - Read all instructions before using this machine.

- 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.

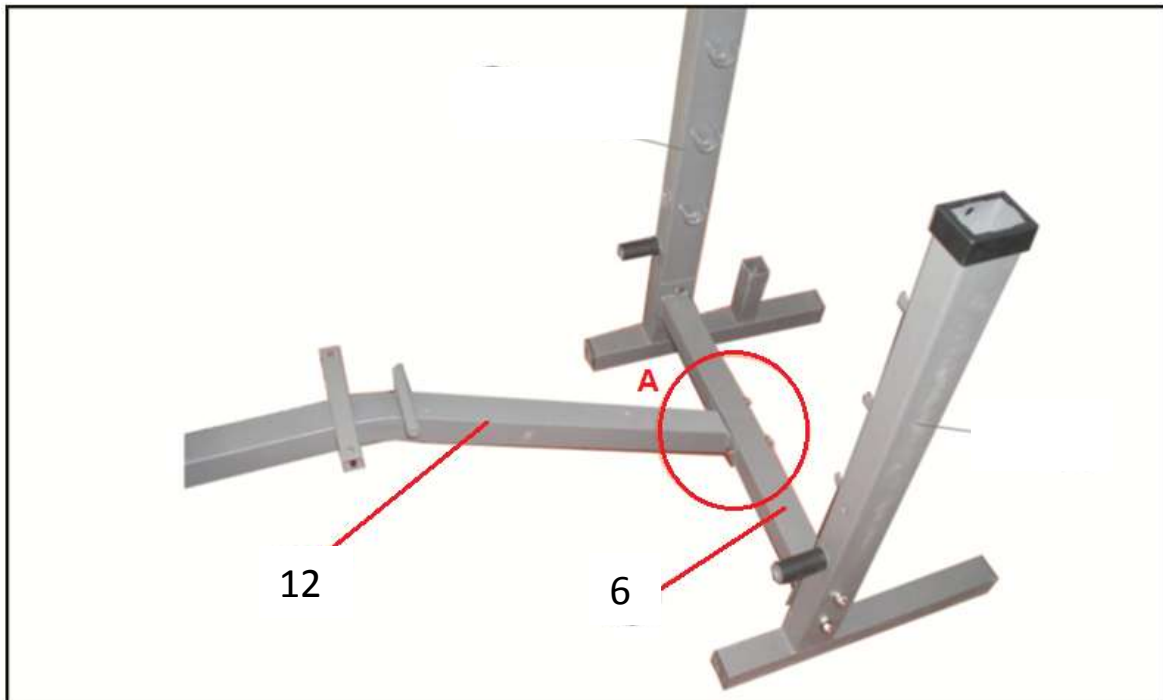
2. PARTS LIST

NO	NAME	QTY	NO	NAME	QTY
01	Adjustable frame	2	21	Cushion	1
02	Pulling Bar	1	22	Handle Bar	2
03	Pulling Post	1	23	Cable	1
04	Cross Tube	1	24	Bolt M12*75	2
05	Weight Bar	1	25	Bolt M10*120	2
06	Cross beam	1	26	Bolt M10*65	9
07	Cross beam	1	27	Bolt M10*55	1
08	Fly Frame	2	28	Bolt M8*40	2
09	Back Frame	2	29	Bolt M8*20	2
10	Foam	2	30	Bolt M6*35	4
11	Connecting pipe	1	31	Bolt M6*30	4
12	Main Frame	1	32	Bolt M6*15	4
13	Foam	4	33	Nut M12	2
14	Foam Tube	2	34	Nut M10	12
15	Front Frame	1	35	Nut M8	2
16	Fixed Frame	1	36	Washer Φ 12	4
17	Cushion Tube	2	37	Washer Φ 10	24
18	Seated Cushion	1	38	Washer Φ 8	6
19	Back Cushion	1	39	Washer Φ 6	12
20	Cushion Frame	1	40	Pin Φ 10*55	1

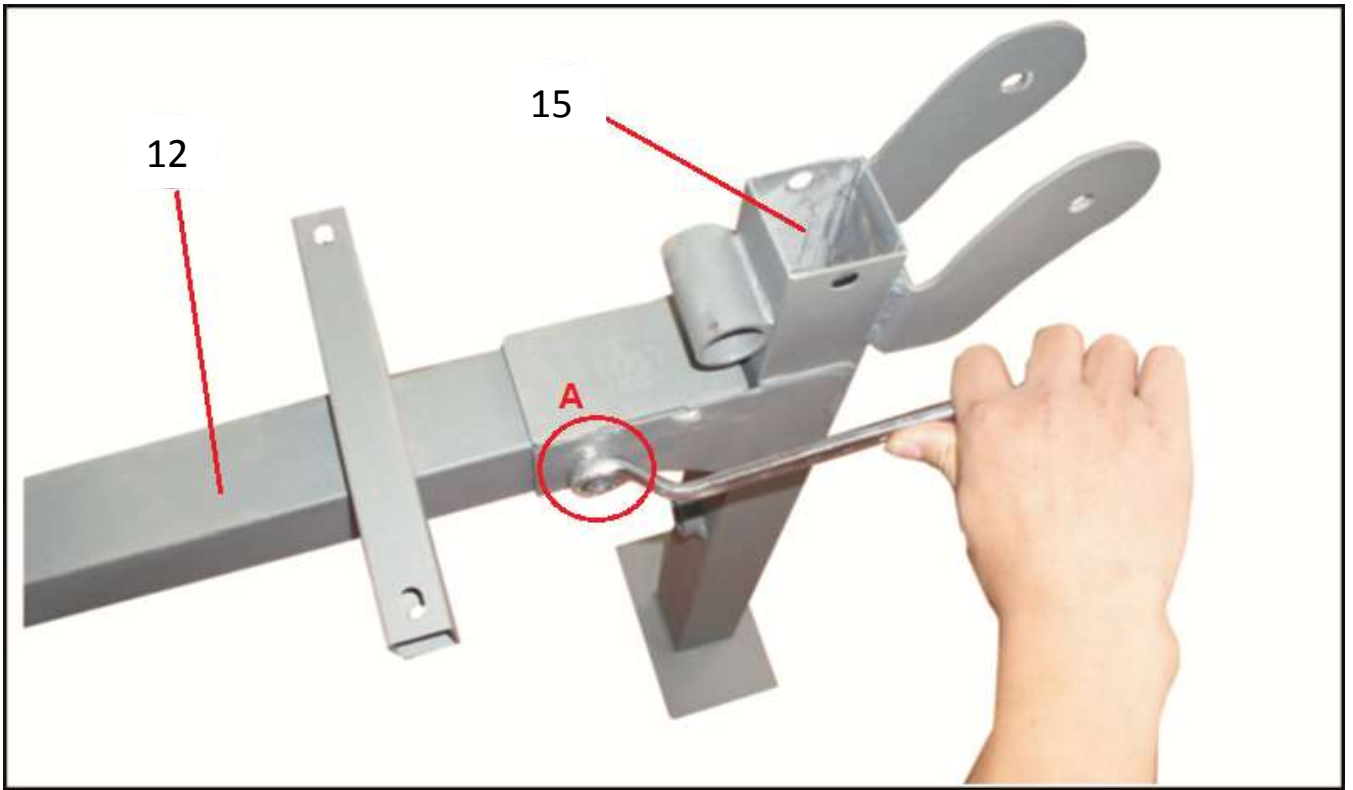
3. ASSEMBLY INSTRUCTIONS



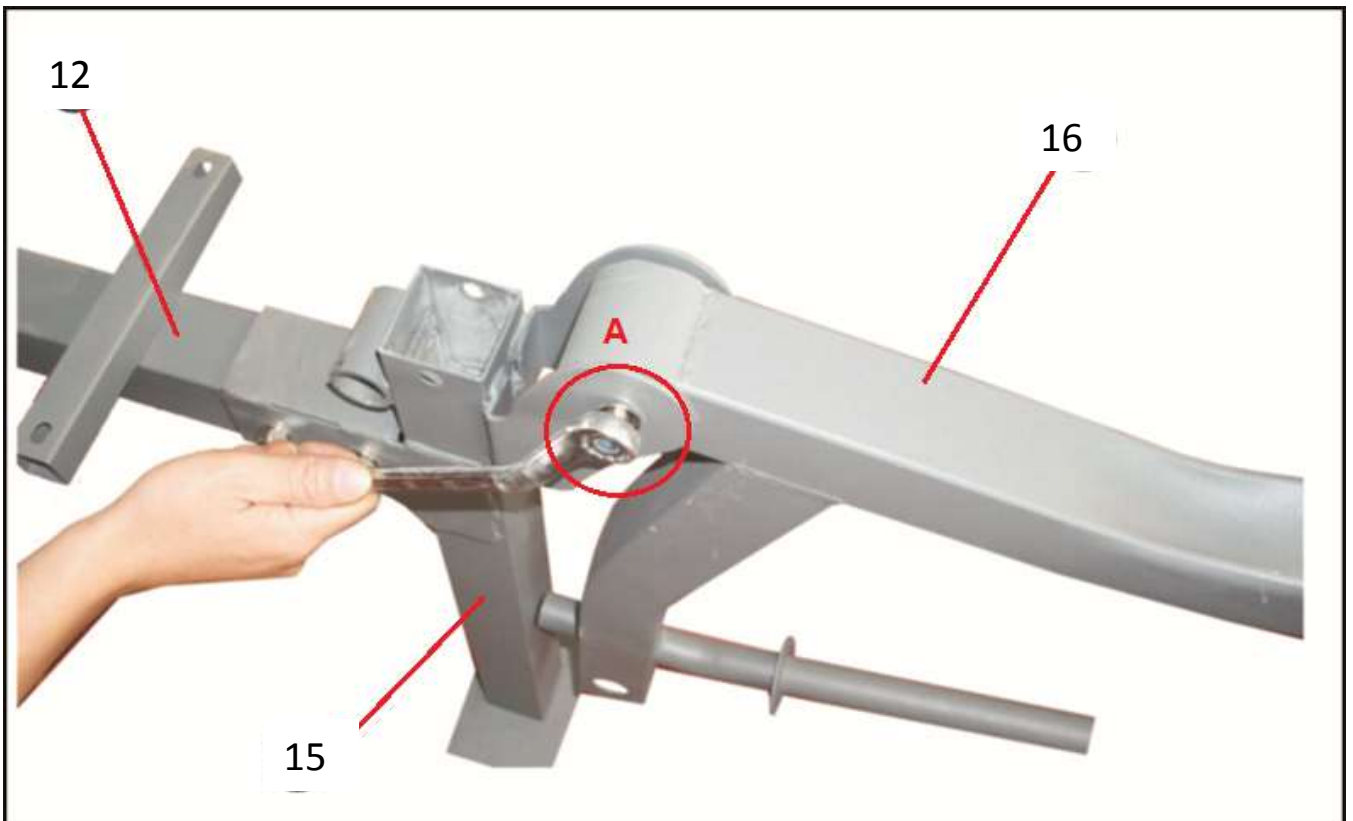
1. Bolt together the cross beam (6) and back frame (9) with 10mm bolts 65mm long (26) with washer (37) + nuts (34)



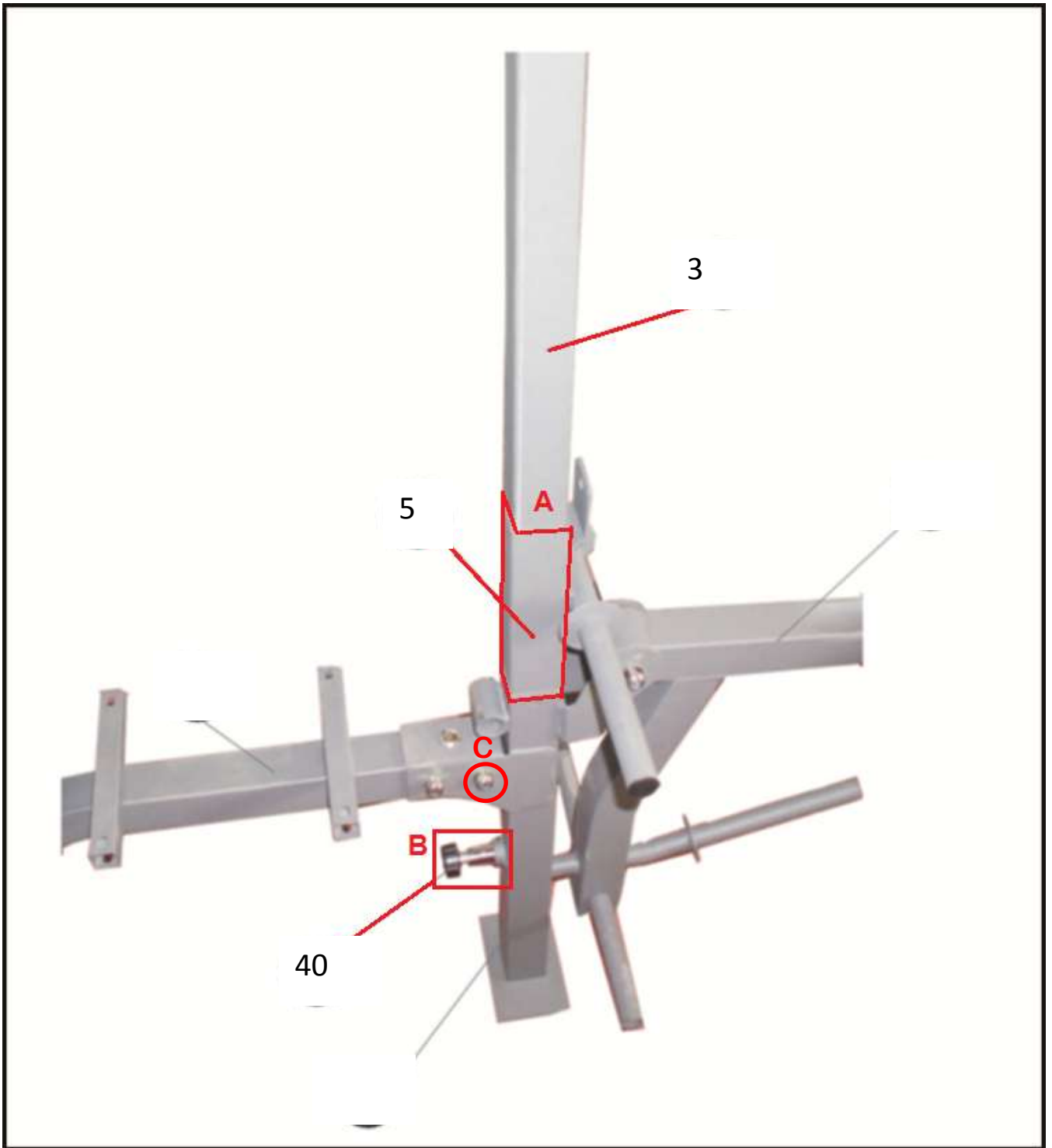
2. Bolt together the main frame (12) and cross beam (6) with 12mm bolts 75mm long (24) with washer (36) + nuts (33)



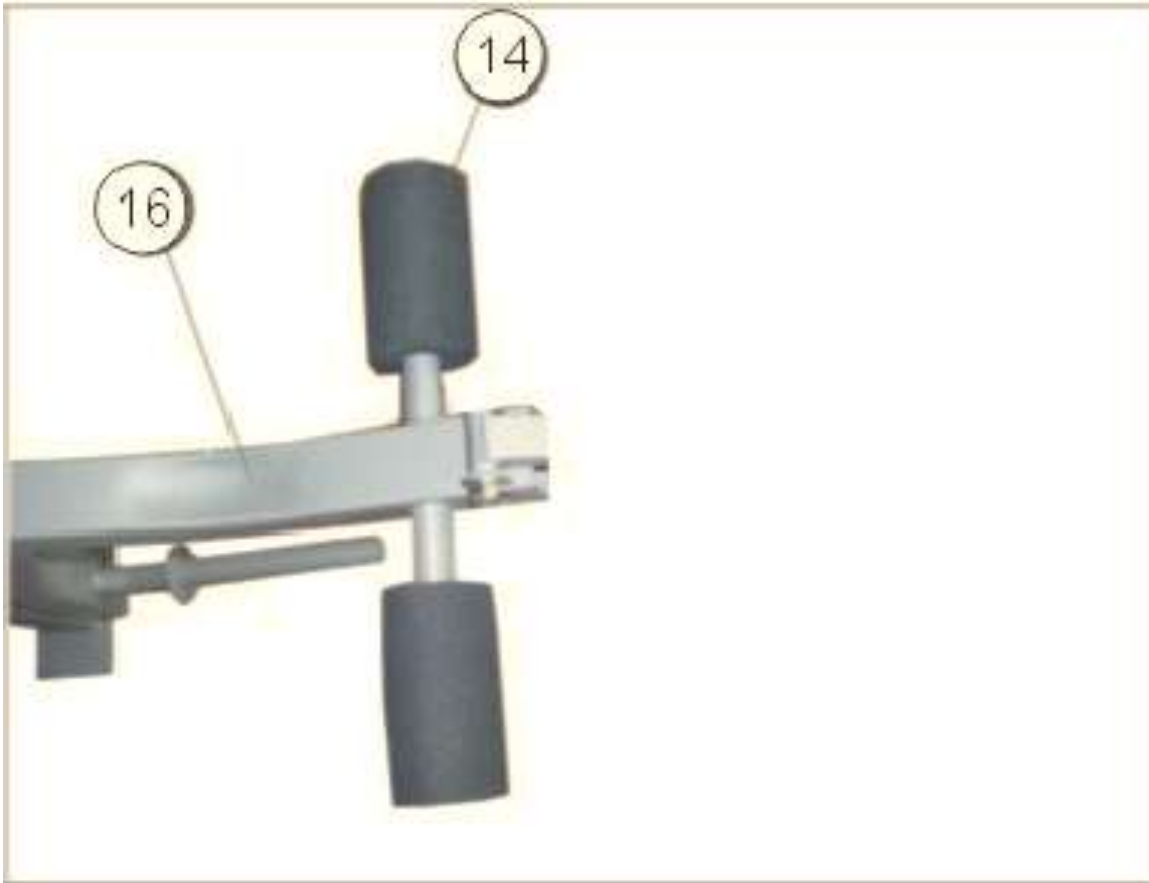
3. Bolt together main frame (12) and front frame (15) with 10mm bolts 65mm long (26) with washer (37) + nuts (34)



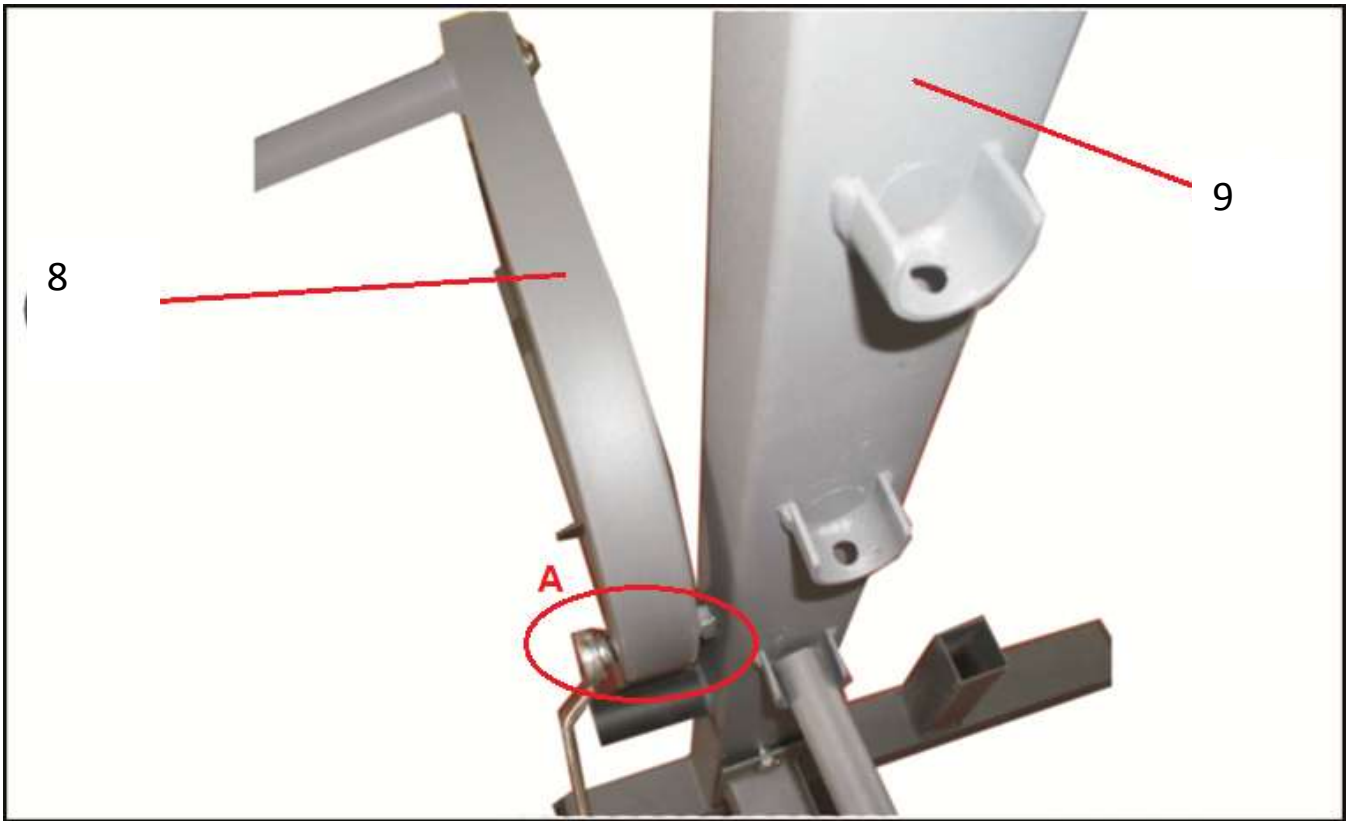
4. Bolt together fixed frame (16) and front frame (15) with 12mm bolts 75mm long (24) with washer (36) + nuts (33).



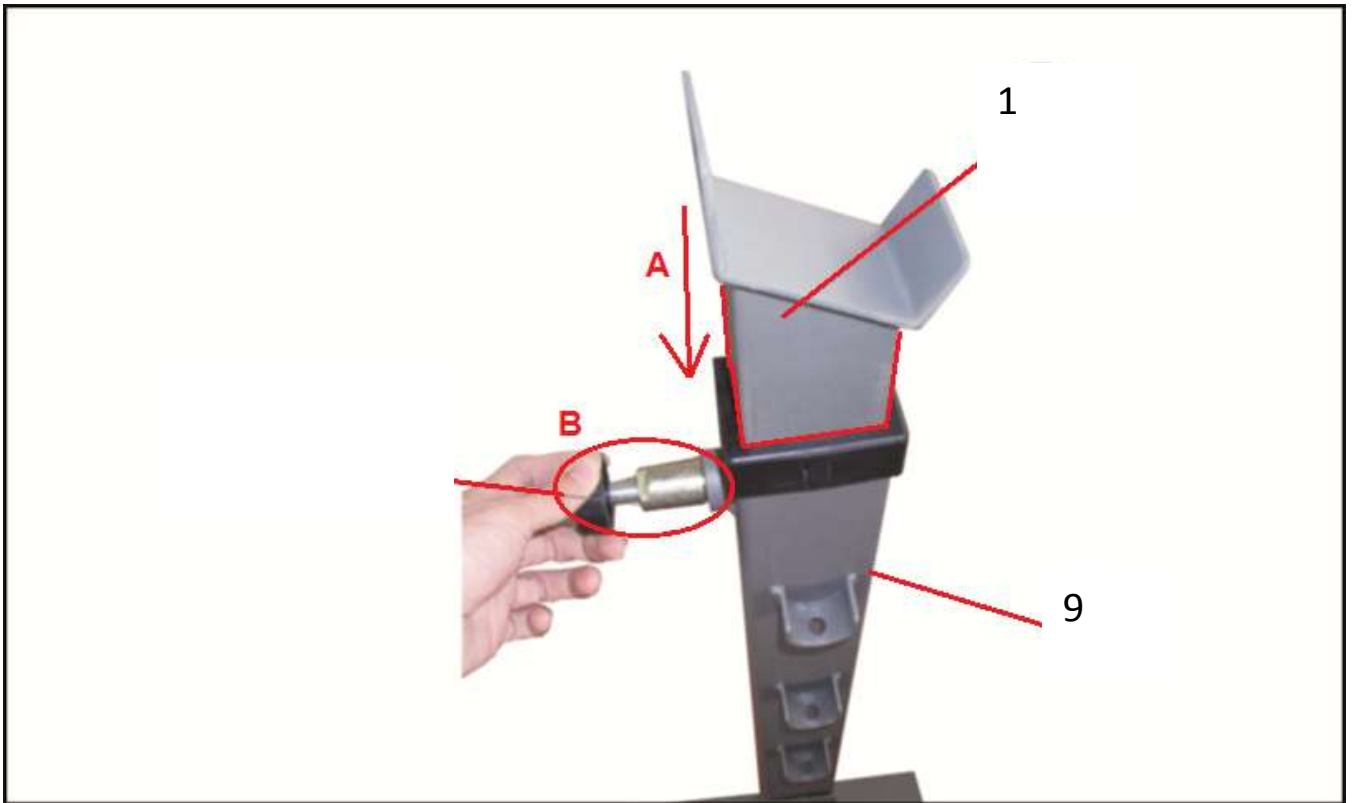
5. Insert the pulling post (3) into the weight bar (5) and fasten it to the front frame (15) with the pop pin.



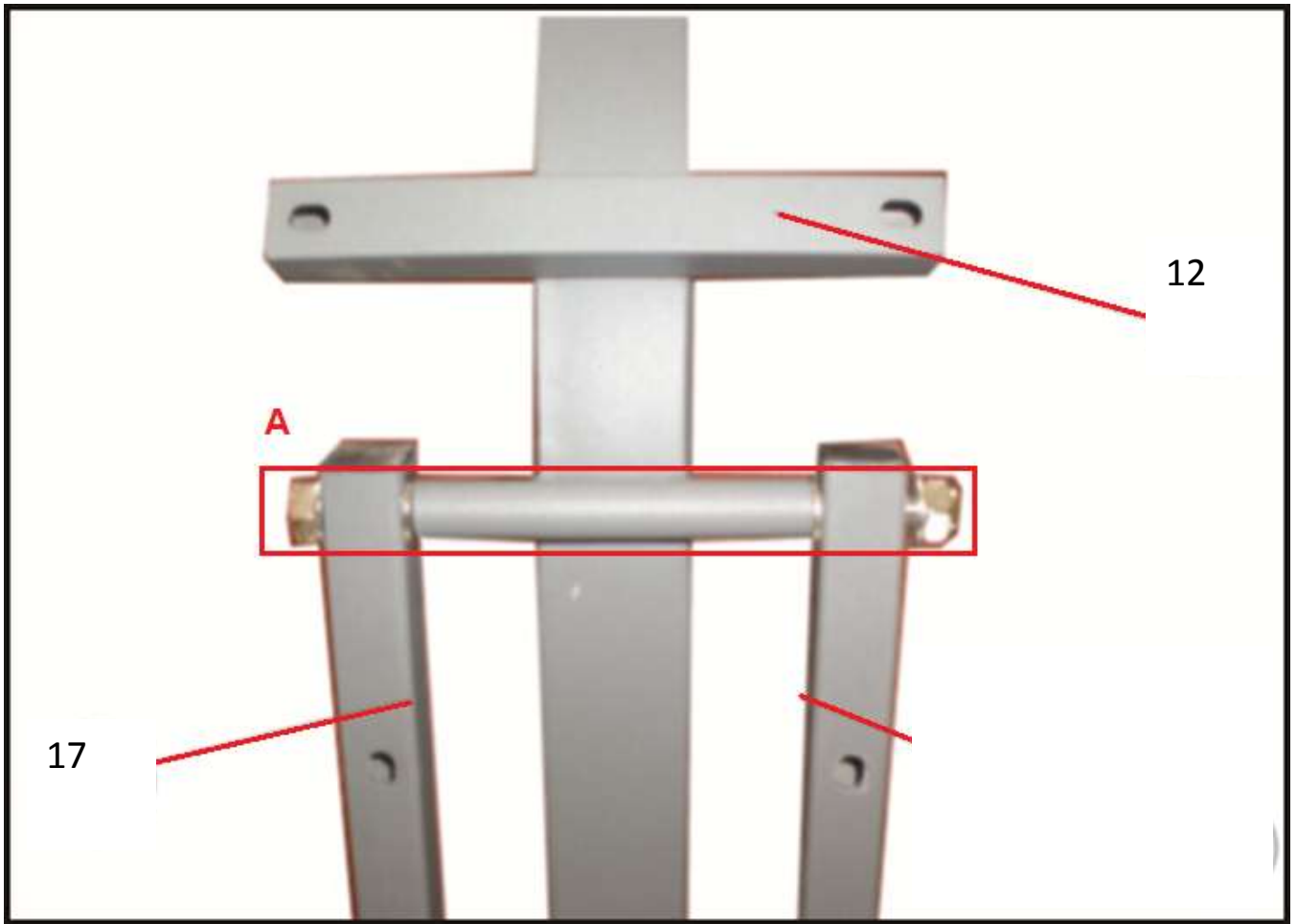
6. Take the foam tubes (14) and insert onto the fixed frame (16).



7. Bolt together the fly frame (8) and back frame (9) with 10mm bolts 120mm long (37) with washer (12) and nuts (34).



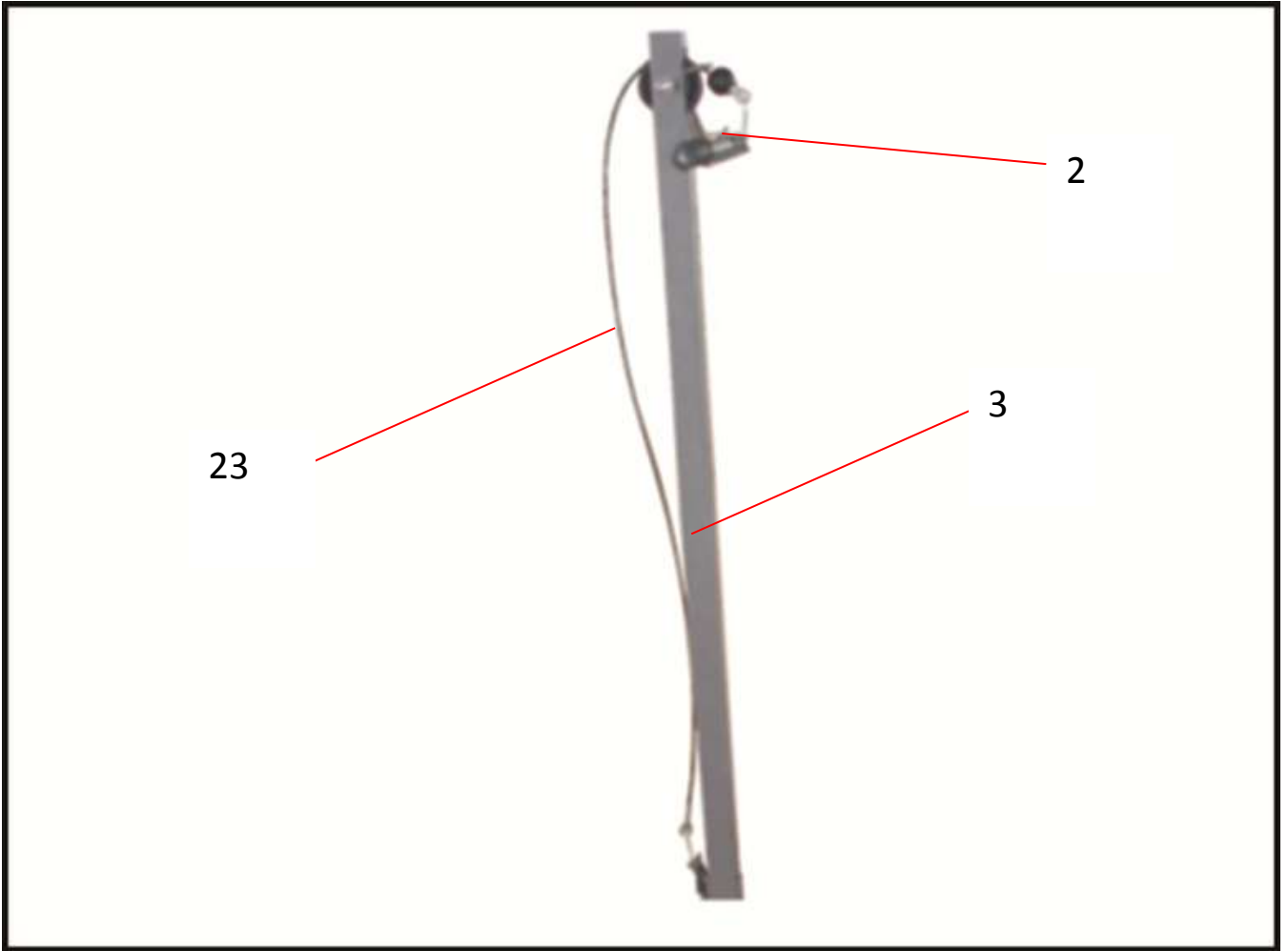
8. Insert adjustable frame (1) into the back frame (9) then fasten with pop pin.



9. Fix together the main frame (12) and cushion tube (17)



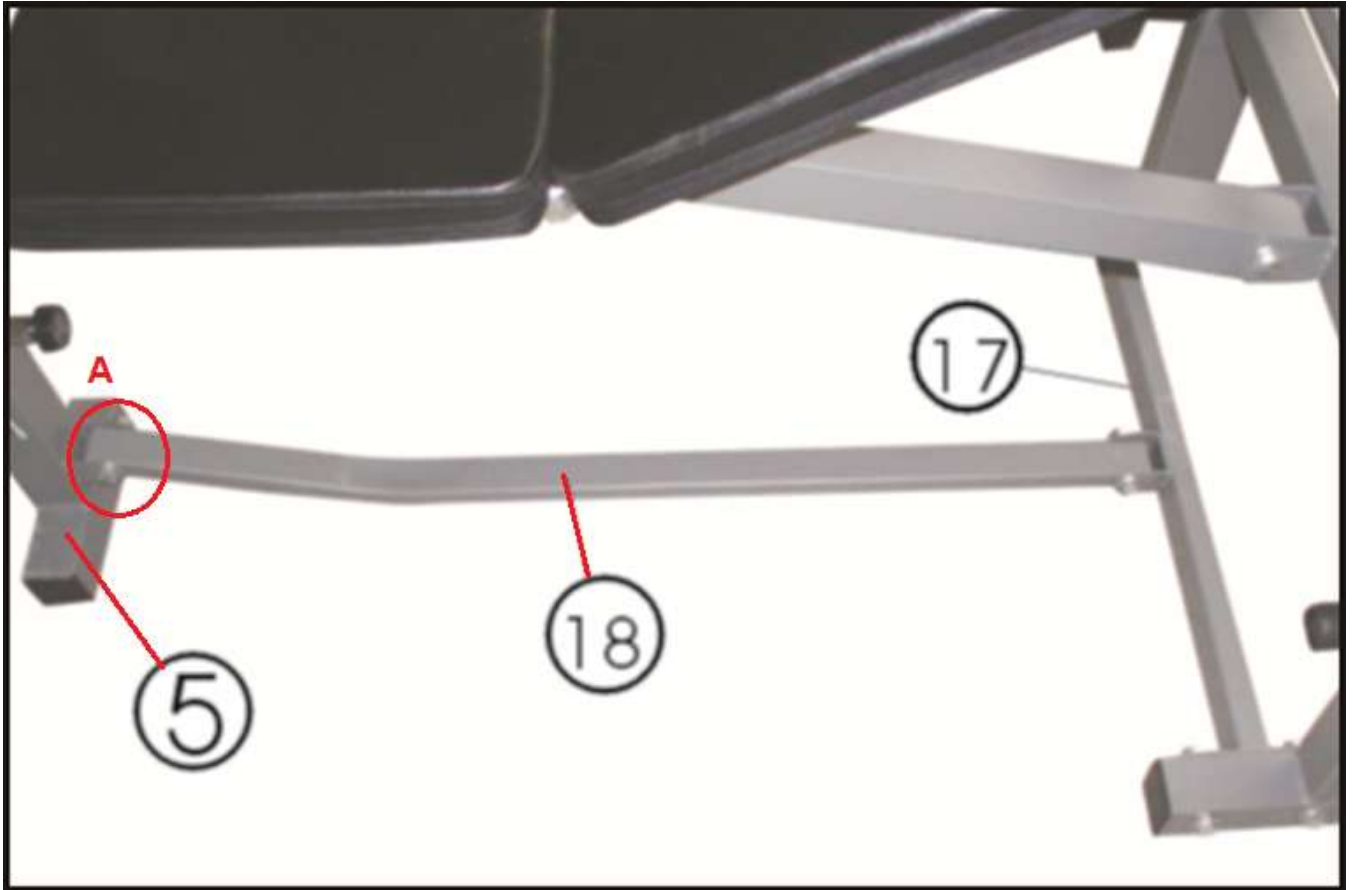
10. Using the 6mm bolt 35mm long (30) fasten the seated cushion (18) onto the main frame (12) .
Fix the back cushion (19) to the main frame (17).



11. Fasten the cables



12. Bolt together the cross beam (7) and back frame (9) with 10mm bolts 65mm long (26) with washer (37) and nuts (34).



13. Bolt together the cross beam (7), connecting pipe (11) and front frame (16) with 8 mm bolts

The machine may be folded for storage by simply removing the pin



5. 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:

<http://www.lifespanonline.com.au/Warranty-Policy>