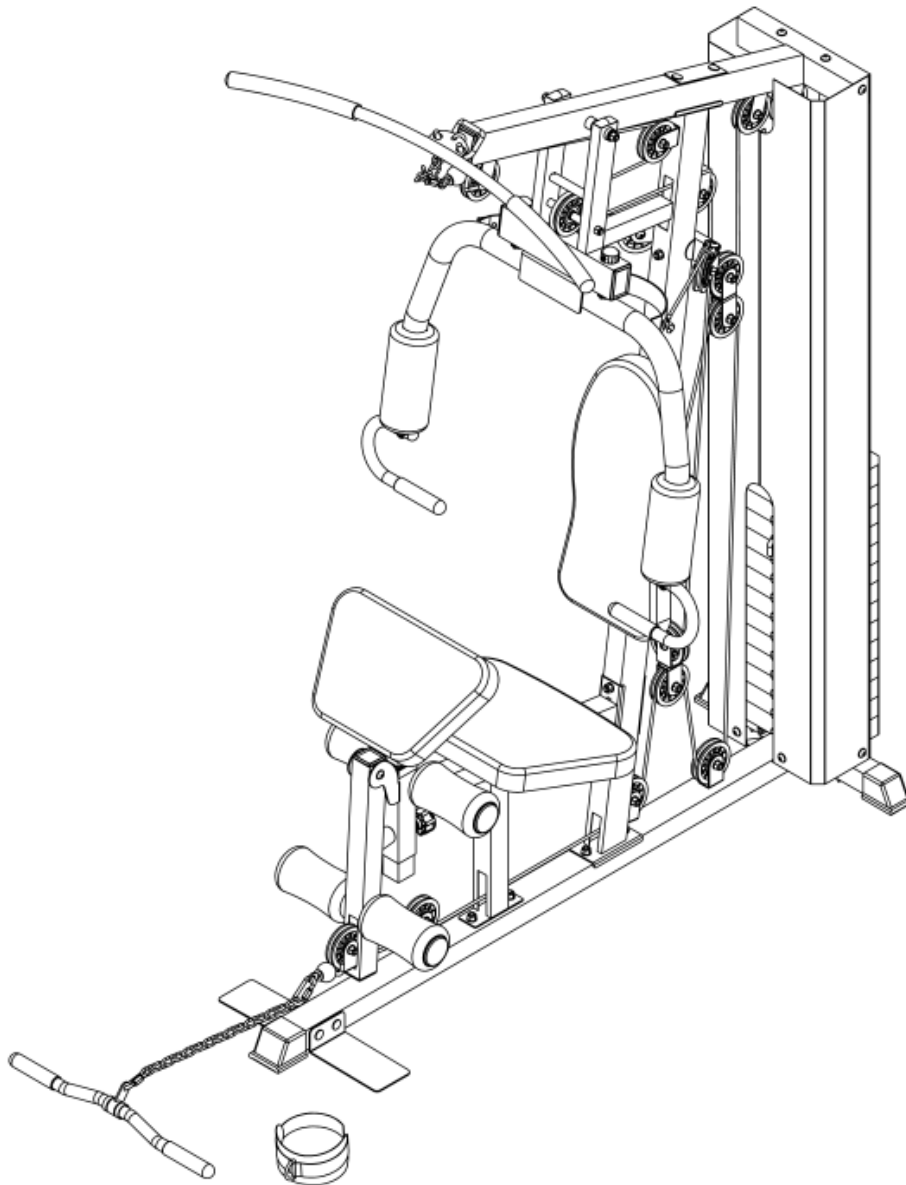


SS1 SINGLE STATION OWNER'S MANUAL



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.

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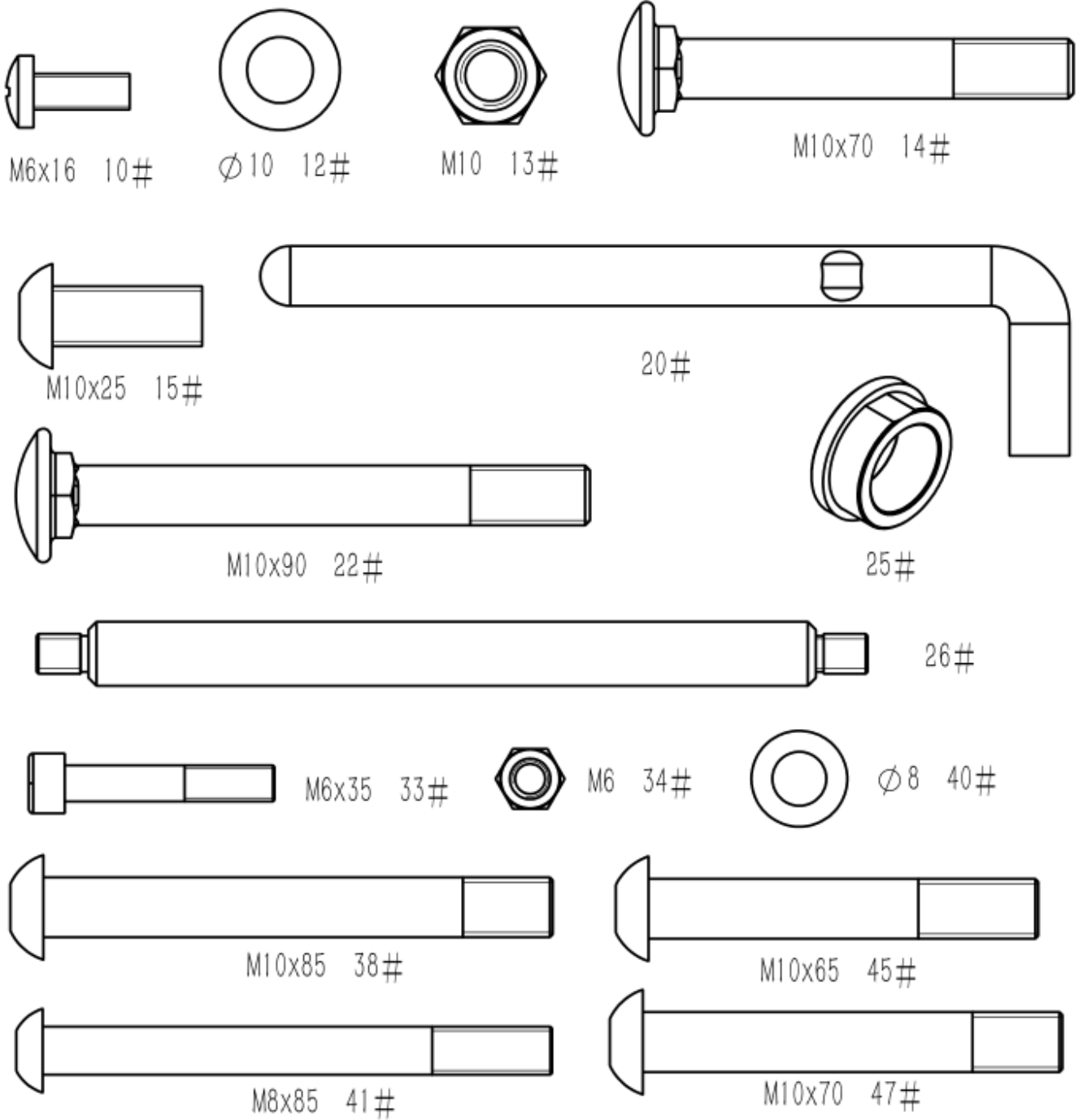
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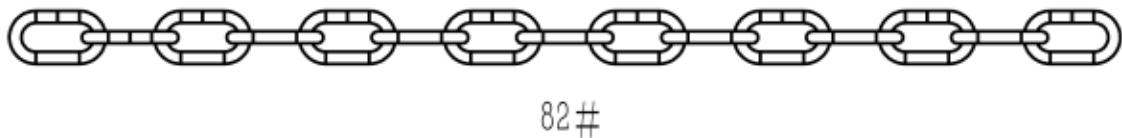
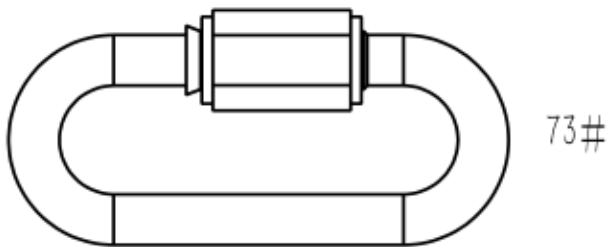
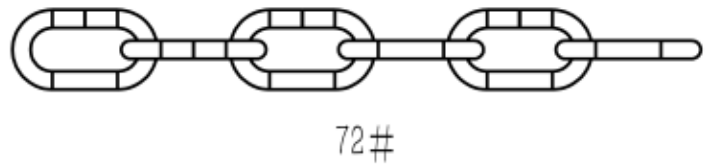
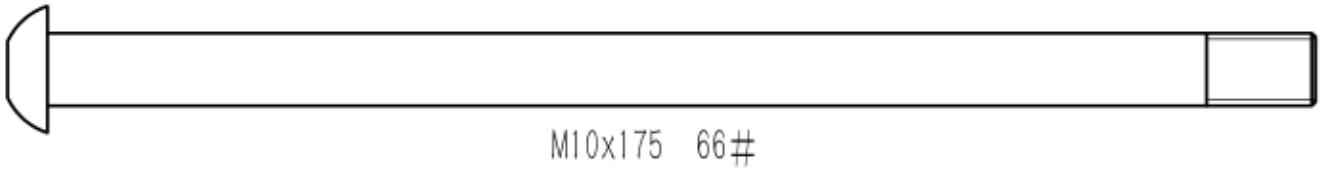
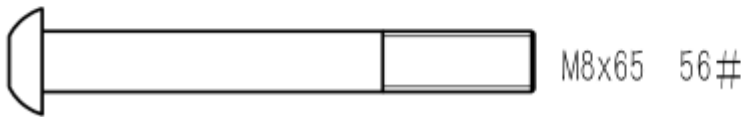
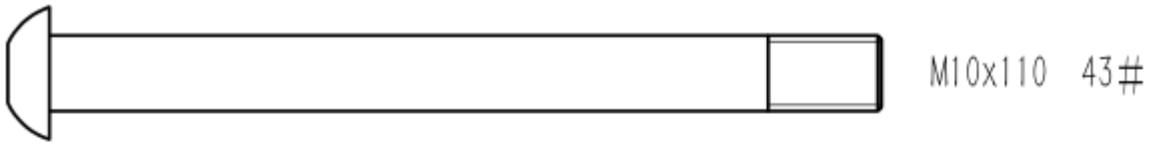
1. IMPORTANT SAFETY INSTRUCTIONS

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.
- 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.
- Disabled person 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.

2. PARTS LIST





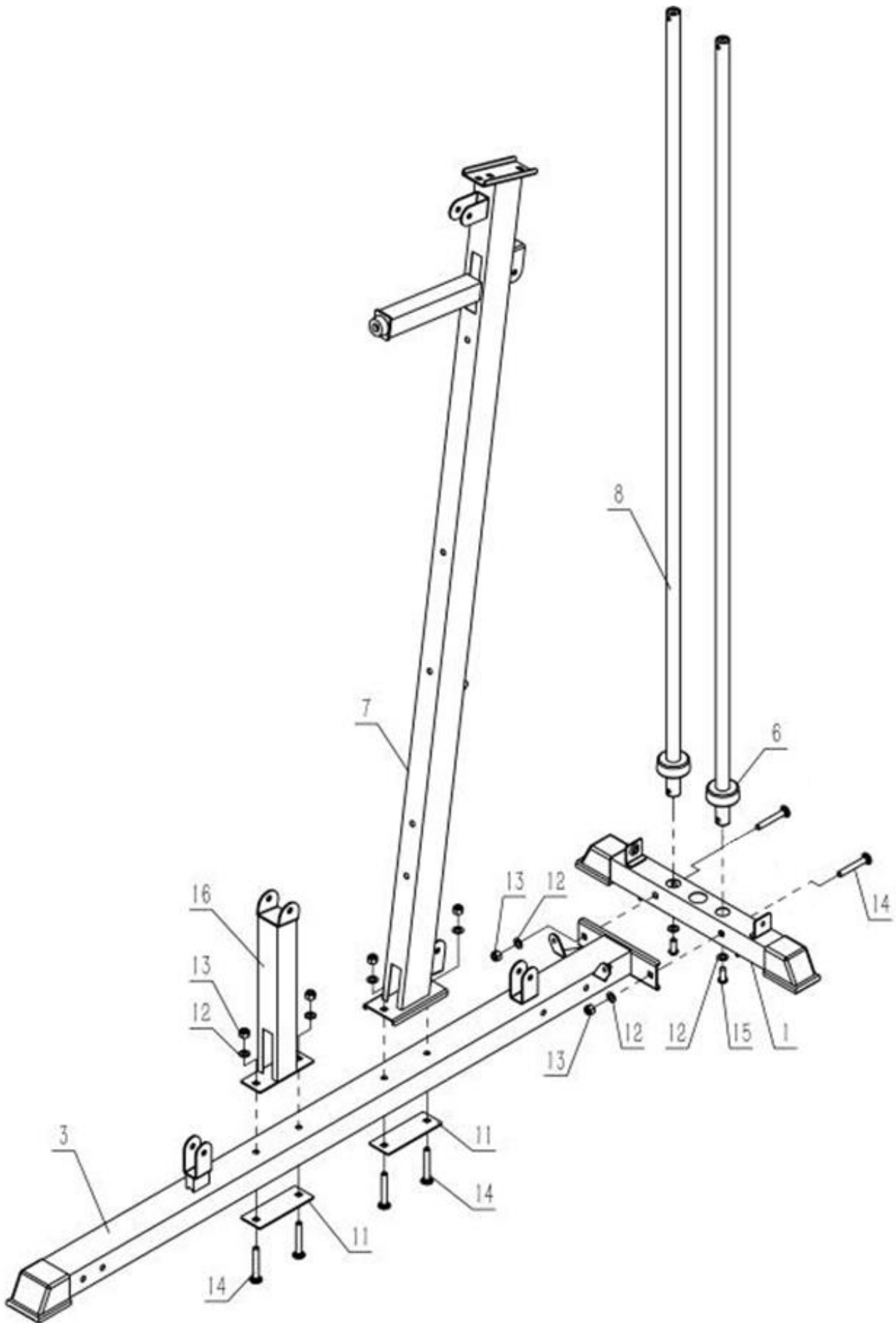
#	Description	Specification	Qty	#	Description	Specification	Qty
1	Ground piece		1	43	Pan head screw	M10 x 110	1
			1	44	Block		2
3	Ground piece		1	45	Pan head bolt	M10 x 65	2
4	Pipe set	50 x70	1	46	Seat cushion frame		1
5	Tube set		2	47	Pan head screw	M10 x 70	1
6	Cushion		2	48	Swing arm		1
7	Vertical beam		1	49	Pipe		2
8	Guide rod		2	50	Axis		1
9	Rubber cushion	Φ38 x Φ 32	1	51	Pan head screw	M10 x 16	8
10	Bolt	M6x16	2	52	Cushion		1
11	Plate		4	53	Tube set		1
12	Washer	Φ 10	68	54	Spring pull pin		1
13	Lock -nut	M10	35	55	Seat cushion		1
14	Screw carriage	M10 x 70	6	56	Pan head screw	M8 x 65	2
15	Pan head screw	M10 x 25	5	57	Arm frame		1
16	Reinforcing pipe		1	58	Arm pad		1
17	Weights		14	59	Pan head screw	M8 x 15	2
18	Shaft lever		1	60	Foam tube		2
19	Weight		1	61	Foams roll		4
20	L pin		1	62	Foam pipe plug		4
21	Frame piece		1	63	Feet		2
22	Screw carriage	M10 x 90	6	64	Pulley		16
23	Pipe		3	65	Wheel rack		1
24	Pipe	Φ 25	3	66	Allen screw	M10 x 175	1
25	Powder liner	Φ 25 x3	8	67	Allen screw	M10 x 45	15
26	Long axis		1	68	Cable	3050mm	1
27	Frame piece		1	69	Roller frame		1
28	Pipe	Φ50 x25	2	70	Cable	3020mm	1
29	Bush		2	71	Cable	3250mm	1
30	Left fly arms		1	72	6 ring chain		2
31	Right fly arms		1	73	C shape buckle		5
32	Blocks		2	74	Left shield		1
33	Cylinder head screw	M6 x 35	2	75	Right shield		1
34	Lock-nut	M6	2	76	Flat gasket	Φ 5	6
35	Foam		2	77	Lock-nut	M5	3
36	Handles		2	78	Bolt	M5X10	3
37	Tube sets		4	79	Lat pulldown bar		1
38	Pan head screw	M10 x 85	2	80	Handle set		2
39	Back cushion		1	81	Row bar		1
40	Washer	Φ 8	6	82	15 ring chains		1
41	Bolts	M8x85	2	83	Bushing assembly		1
42	Pulley bracket		1				

3. ASSEMBLY INSTRUCTIONS

Note: It is strongly recommended this machine to be assembled by 2 or more people to avoid possible injury.

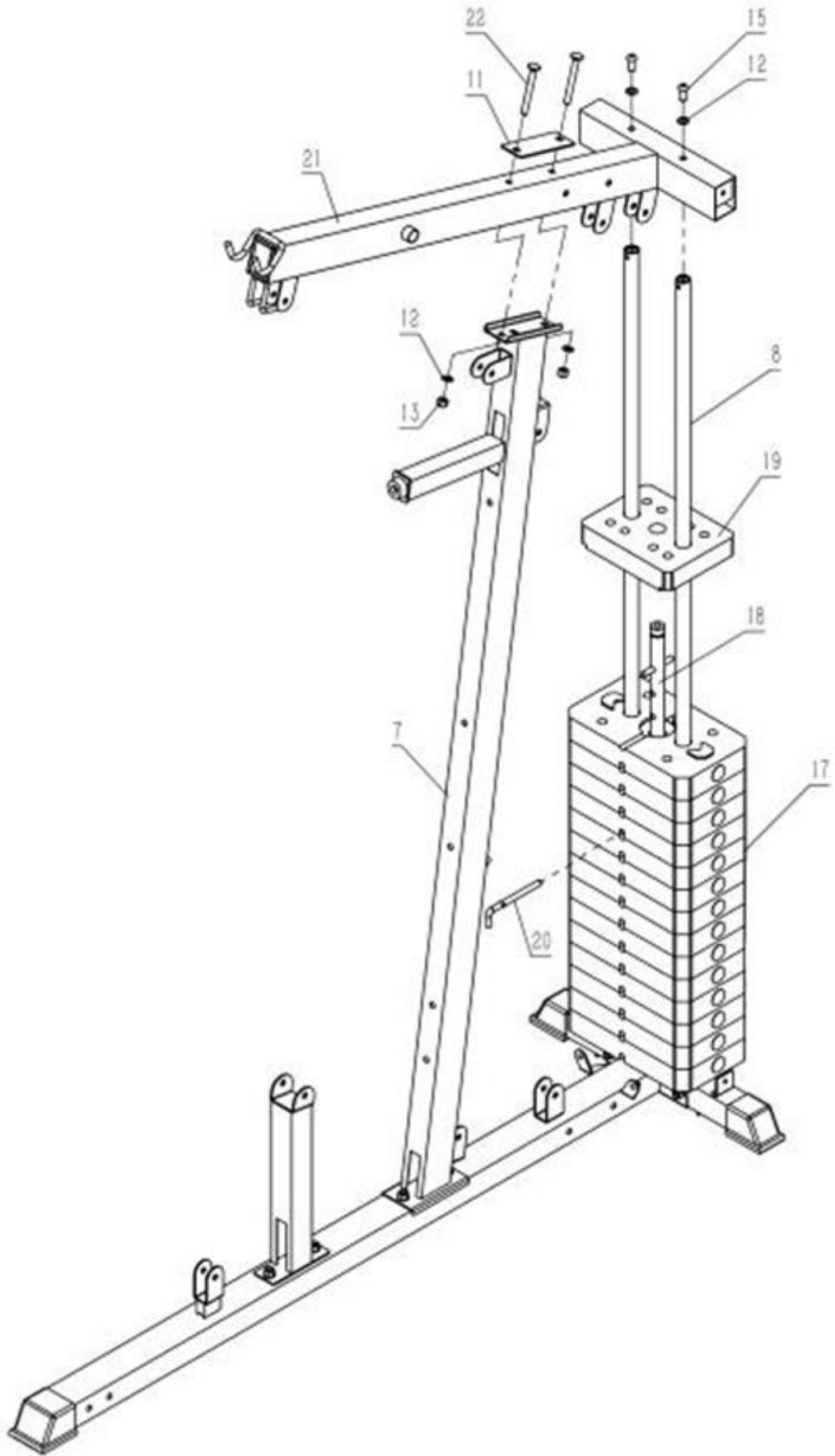
STEP 1

1. Slide the 2 cushions (6#) onto the guide rods (8#)
2. Insert the guide rods (8#) into the 2 holes on ground piece (1#)
 - a. Use 2 pan head screws M10x25 (15#) and 2 Φ 10 washers (12#) to attach the guide rod (8#) to ground piece (1#)
3. Connect ground piece (3#) to ground piece (1#)
 - a. Use 2 screw carriage M10x70 (14#), 2 Φ 10 washers (12#) and 2 M10 lock -nut (13#)
4. Connect the vertical beam (7#) and fixed plate (#11) to ground piece (#3) from the bottom.
 - a. Use 2 screw carriage M10x70 (14#), 2 Φ 10 washers (12#) and 2 M10 lock-nut (13#)
5. Connect mat reinforcement pipe (16#), fixed plate plate (11#) to ground piece (3#) from the bottom.
 - a. Use 2 screw carriage M10x70 (14#), 2 Φ 10 washers (12#) and 2 M10 lock-nut (13#)



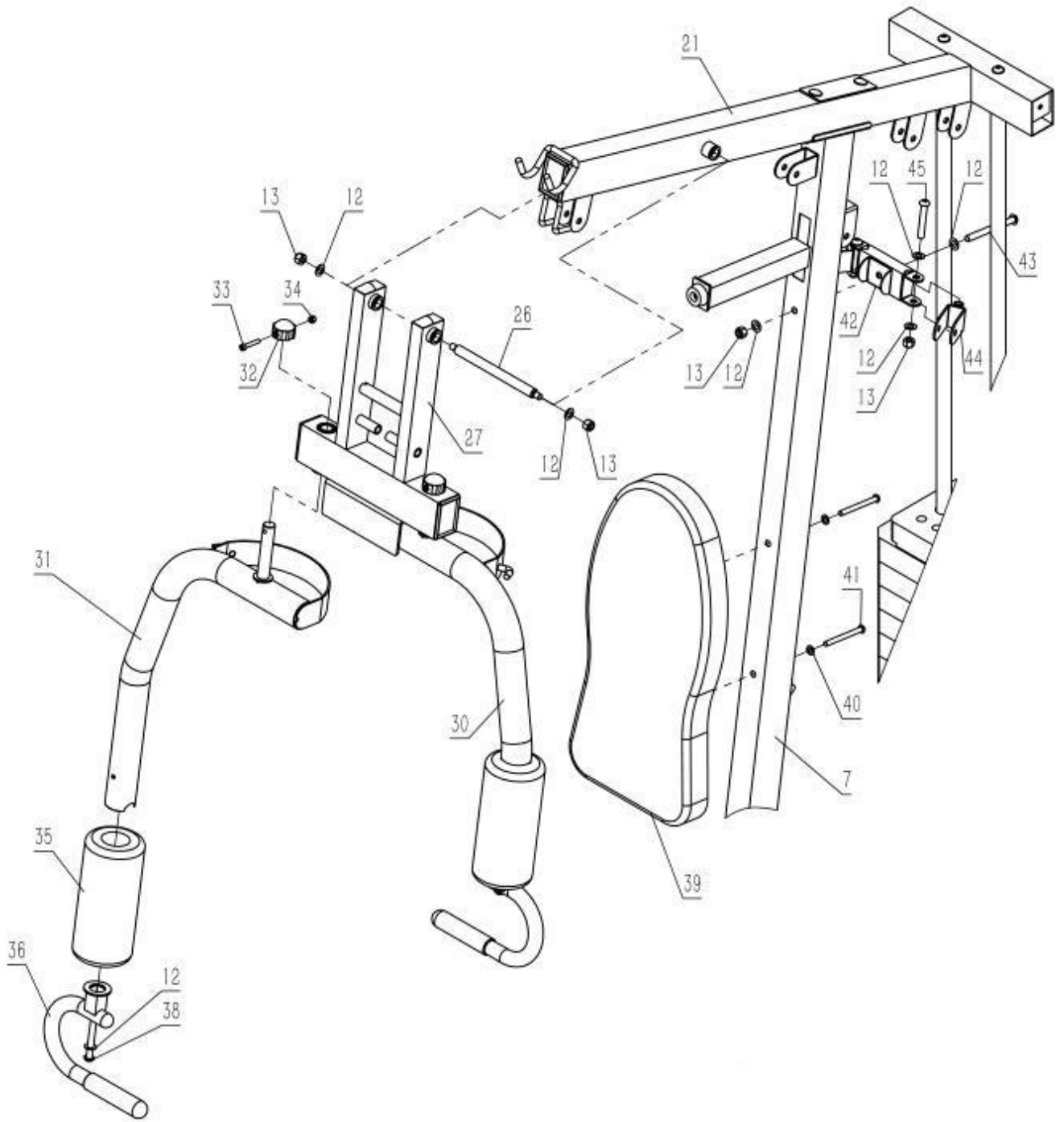
STEP 2

1. Slide 14 weights (17#) into the guide rods (8#) in order. Insert the shaft lever (18#) into the middle hole, then place the counter weight (#19) on top.
2. Select a choice piece (17#) with L pin (20#)
3. Connect frame piece (21#) to the upper guide rods (8#)
 - a. Use 2 pan head screws M10x25 (15#), 2 Φ 10 gaskets (#12)
4. Connect vertical beam (7#) and plate plate (11#) to frame piece (21#)
 - a. Use 2 screw carriage M10x90 (22#), 2 Φ 10 washers (12#) and 2 lock-nut M10 (13#)



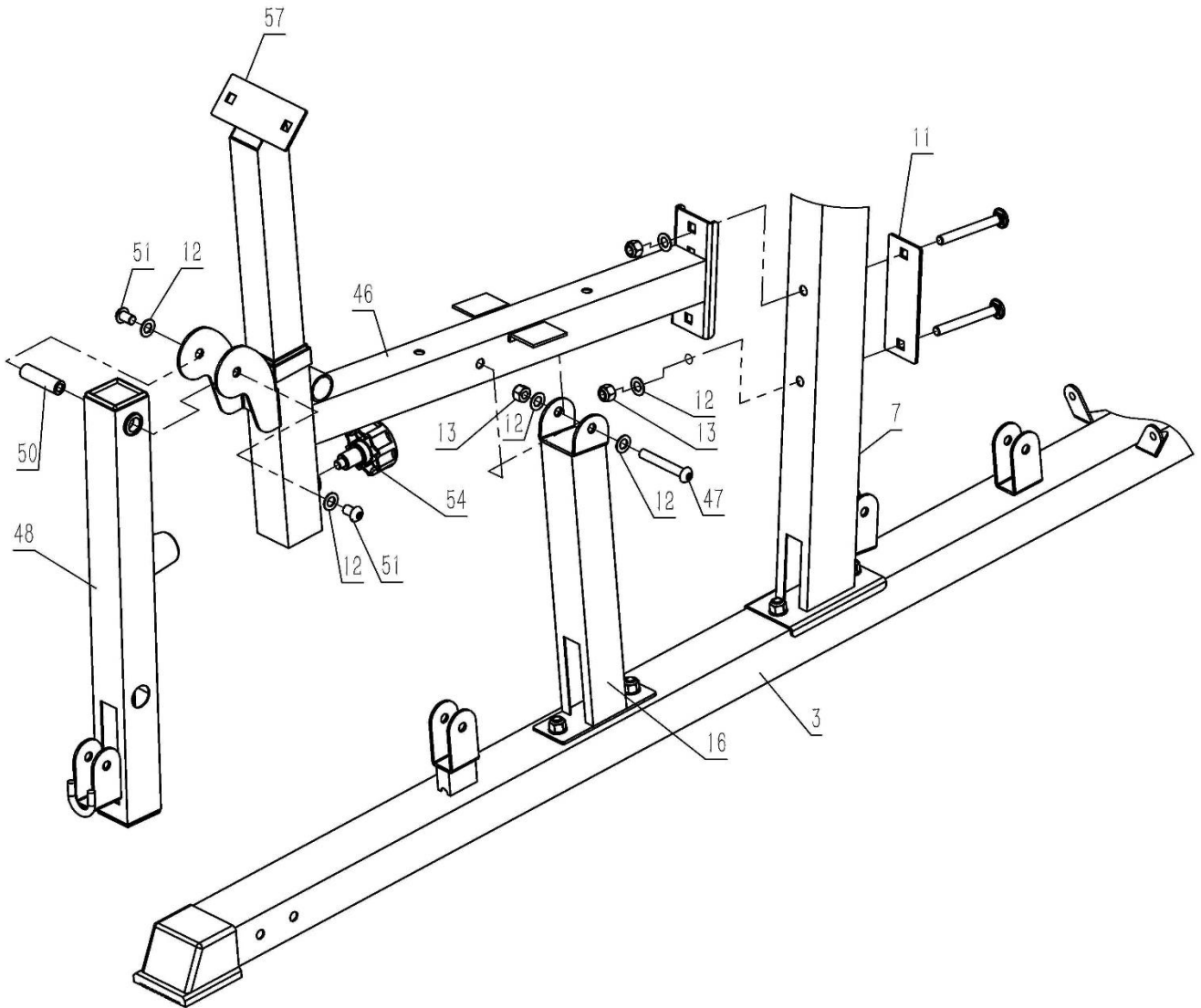
STEP 3

1. Connect frame piece (27#) to frame piece (21#)
 - a) Use the long axis (26#), 2 Φ 10 washers (12#) and 2 (13#) M10 lock-nuts.
2. Connect the left and right fly arms (30#, 31#) to frame piece (27#)
 - a) Use 2 cylinder head screws M6x35 (33#), 2 blocks (32#) and 2 M6 lock-nuts (34#),
 - b) Place 2 foams (35#) onto the fly arms (30#, 31#)
3. Connect 2 handles (36#) to the fly arms (30#, 31#)
 - a) Use 2 pan head screws M10x85 (38#)
4. Connect pad (39#) to beam (7#)
 - a) Use 2 head screw M8x85 (41#) and 2 Φ 8 washer (40#)
5. Connect the pulley bracket (42#) with vertical beam (7#)
 - a) Use 1 pan head screw M10x110 (43#), 2 Φ 10 washers (12#) and 1 M10 lock-nut (13#)
6. Connect the block (44#) to the pulley bracket (42#)
 - a) Use 2 pan head bolt M10x65 (45#), 4 Φ 10 washer (12#) and 2 M10 lock-nut (13#)



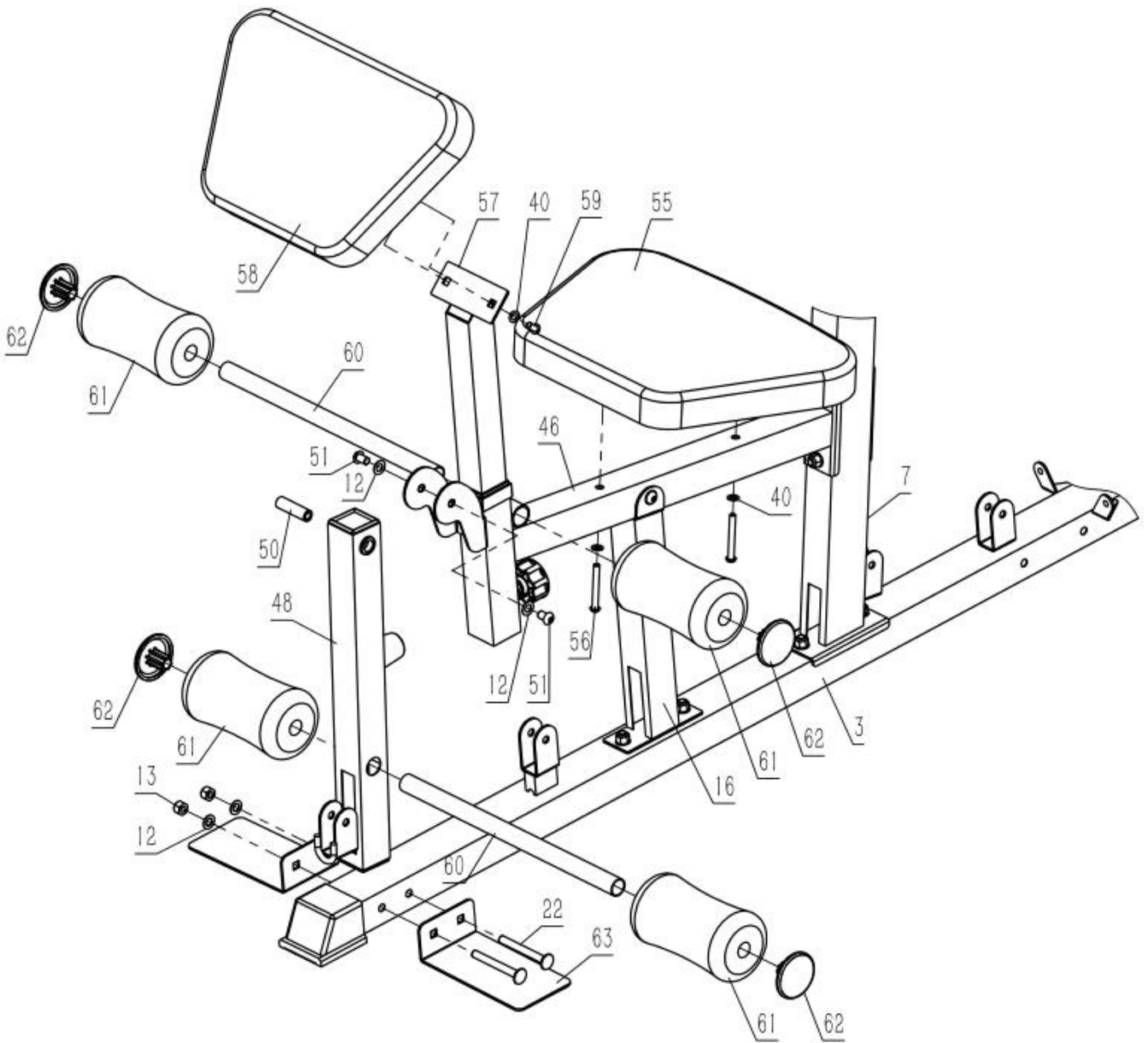
STEP 4

1. Connect the seat cushion frame (46#) with plate (11#) through the vertical beam (7#)
 - a. Use 2 screw carriage M10x90 (22#), 2 Φ 10 washers (12#) and 2 M10 lock-nut (13#),
2. Connect the seat cushion frame (46#) to reinforcing pipe (16#)
 - a. Use 1 pan head screw M10x70 (47#), 2 Φ 10 washers (12#) and 1 M10 lock-nut (13#)
3. Connect the swing arm (48#) and axis (50#) to seat cushion frame (46#)
 - a. Use 2 pan head screws M10x16 (51#), 2 Φ 10 washer (12#)
4. Connect arm frame (57#) to the cushion frame (46#) with spring pull pin (54#)



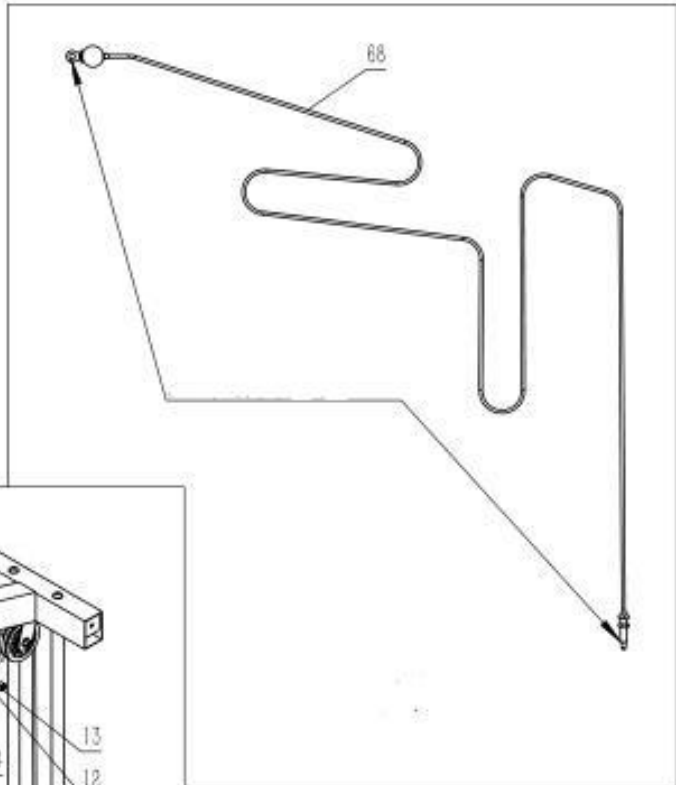
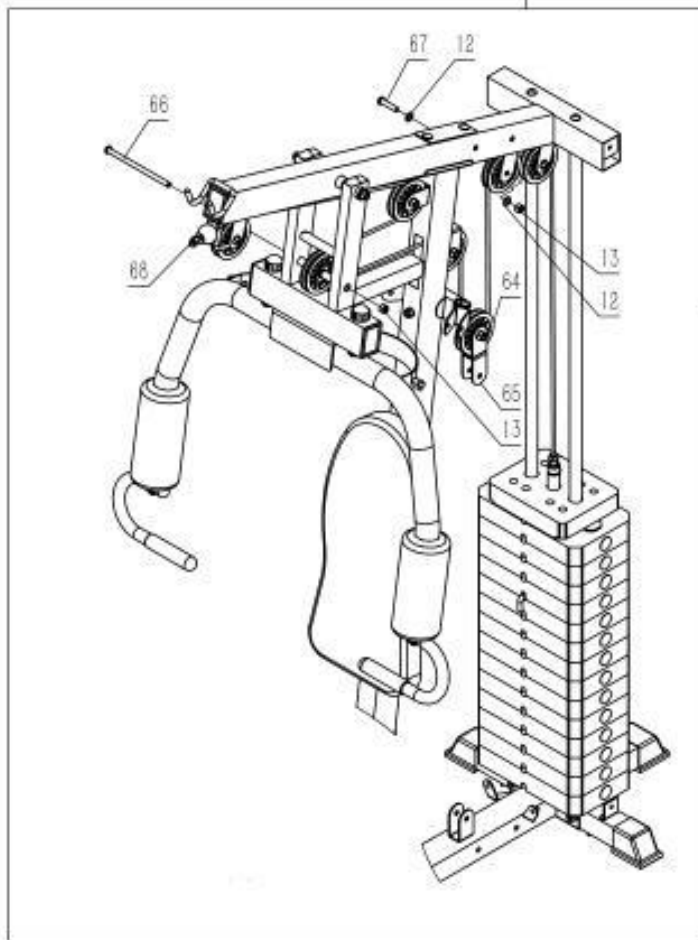
STEP 5

1. Connect the seat cushion (55) to the seat cushion frame (#46)
 - a. Use 2 pan head screws M8x65 (56#) and 2 Φ 8 washer (40#)
2. Connect arm pad (58#) to arm frame (57#)
 - a. Use 2 pan head screws M8x15 (59#) and 2 Φ 8 washer (40#)
3. Insert 2 foam tube (60#) through the sleeves located on the seat cushion frame (46#) and swing arm (48#)
 - a. Secure with 4 foam roll (61#), and 4 foam pipe plug (62#)
4. Connect the 2 foot pedals to ground piece (3#)
 - a. Use 2 screw carriage M10x90 (22#), 2 Φ 10 washers (12#) and 2 M10 lock-nut (13#)



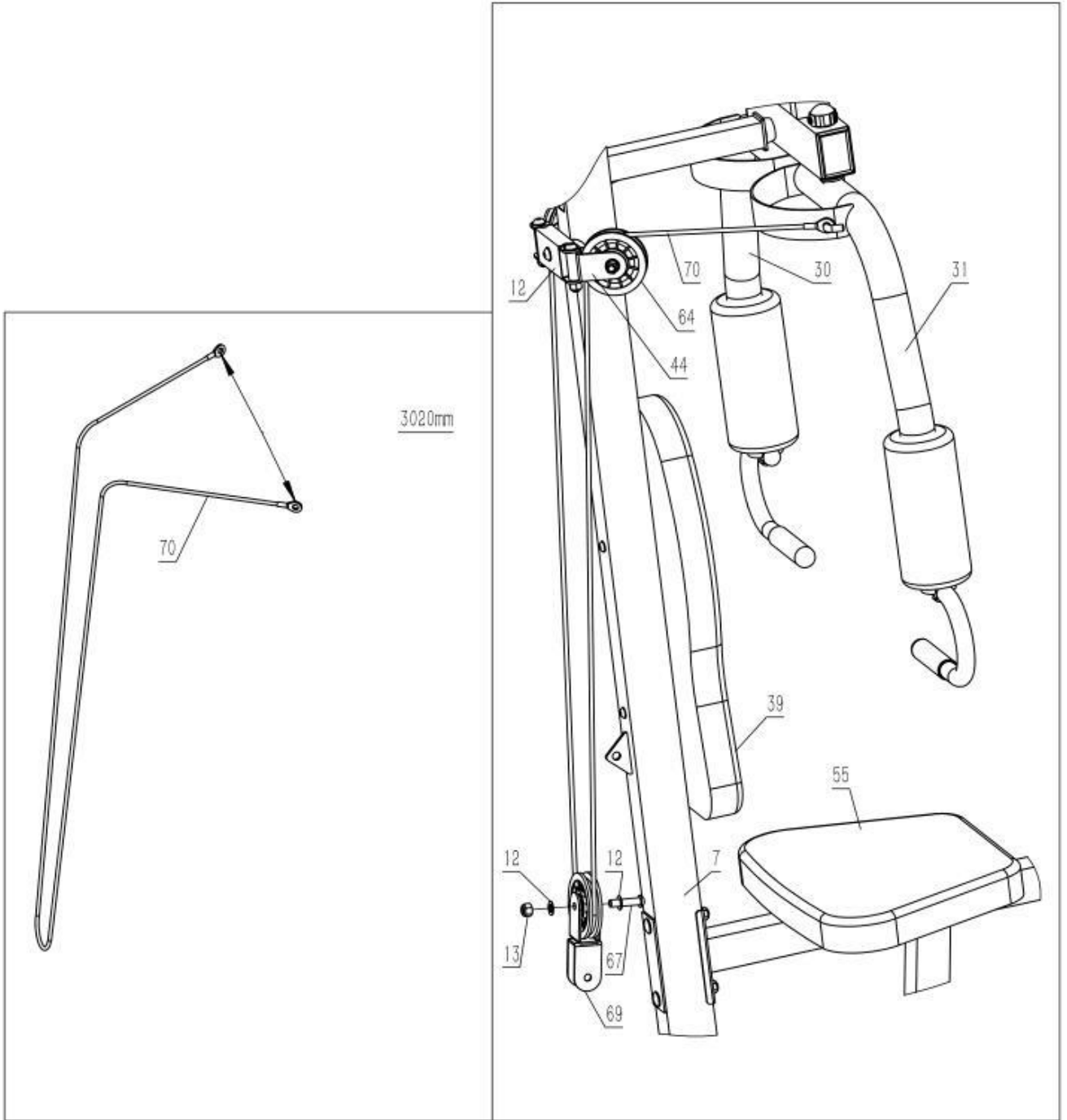
STEP 6

1. Pull the 3050mm cable (68#) connection, screw head with 1 end connected to shaft lever (18#) through the machine, in accordance with the cable diagram.
 - a. Use 7 pulley (64#), 6 Allen pan head screw M10x45 (67#), 1 Allen pan head screw M10x175 (66#), 10 Φ 10 washer (12#), 7 M10 lock-nut 1 (13#), 1 wheel rack (65#).



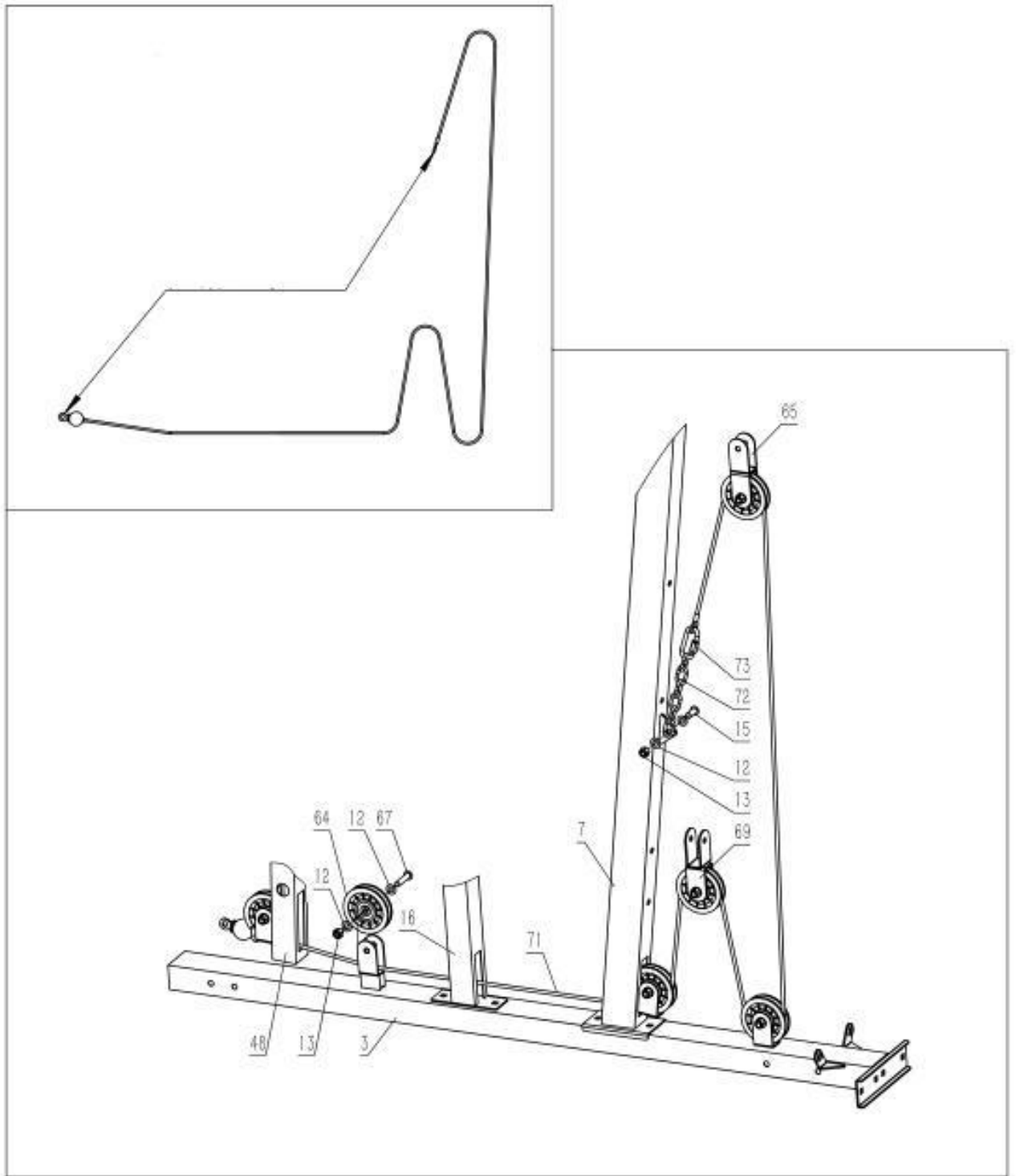
STEP 7

1. Reference the cable diagram.
2. Hook the 3020mm cable (70#) to both ends of the cable on the left and right of fly arms (30#, 31#)
3. Set up the 3020mm cable (70#) with the rest of the frame.
 - a. Use cross roller frame (69#), 3 pulleys (64#), 3 socket head pan head screw M10x45 (67#), 6 Φ 10 washer (12#) and 3 M10 lock-nut (13#).



STEP 8

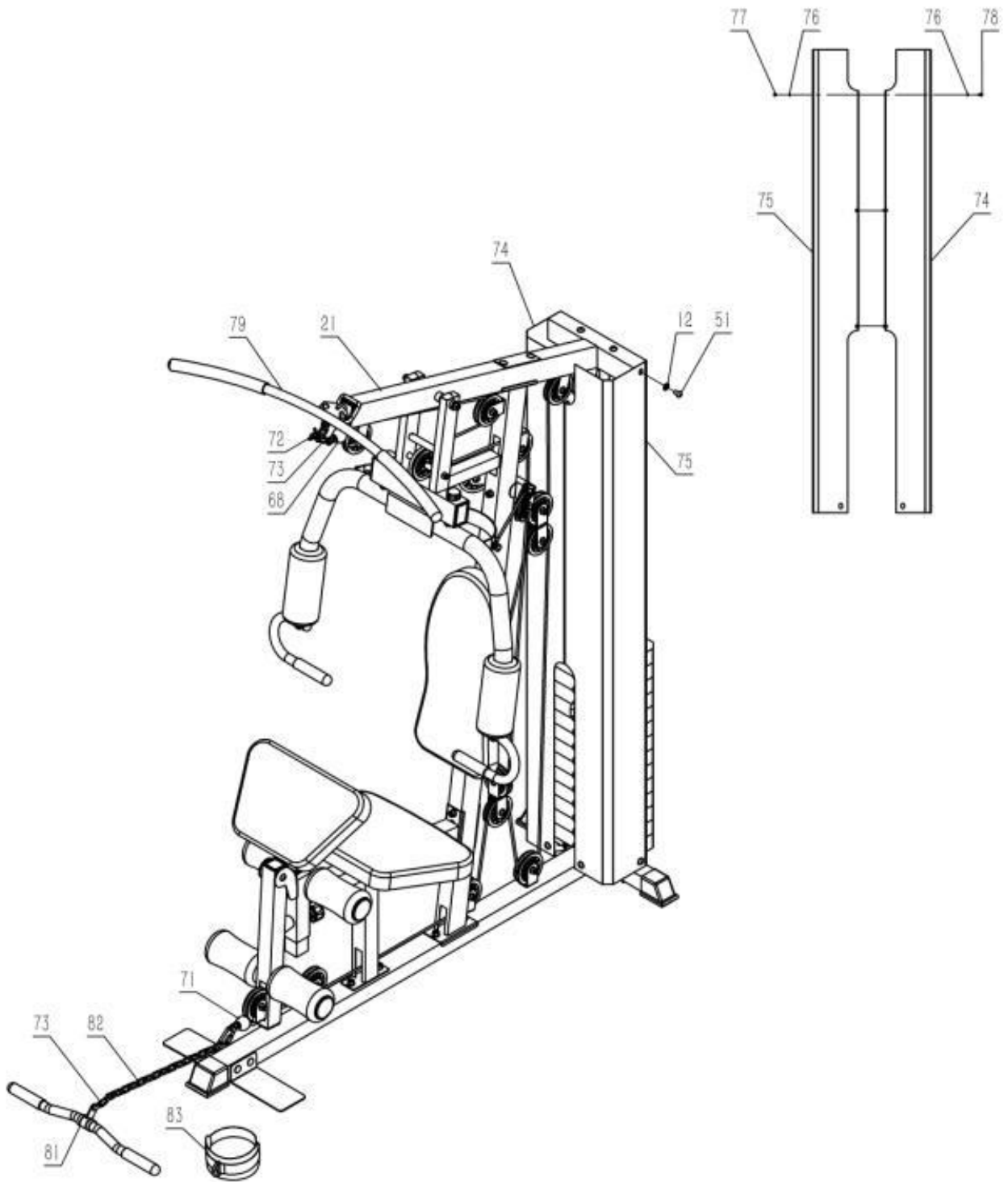
1. Reference the cable diagram.
2. Attach the 3250mm cable (71#)
 - a. Use 6 pulleys (64#), 6 Allen pan head screw M10x45 (67#), 1 Allen pan head screw M10x25 (15#), 14 Φ 10 washer (#12), 7 M10lock-nut (#13), 1 C shape buckle (73#) and 1 6 ring chain (72#).



3.

STEP 9

1. Connect the left and right shield (75#, 74#)
 - a. Use 3 bolt M5x10 (78#), 3 M5 lock-nut (77#), 3 flat gasket Φ 5 (76#)
2. Connect the left and right shield (75#, 74#) to the ground piece (1#), ground piece (3#) and the frame piece (#21)
 - a. 6 pan head bolts M10x16 (51#), 6 Φ 10 gaskets (12#)
3. Connect the 3050mm cable (68#) with lat pulldown bar (79#)
 - a. Use 2 C shape buckles (73#) and 1 6 ring chain (72#)
4. Connect 3250mm cable (71#) with row bar (81#)
 - a. Use 2 C shape buckles (73#) and 1 15 ring chain (82#)



4. 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.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

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

For all warranty or support related enquiries an email must be sent to lodge a support case in our system.

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