

*SBK1600 Maintenance



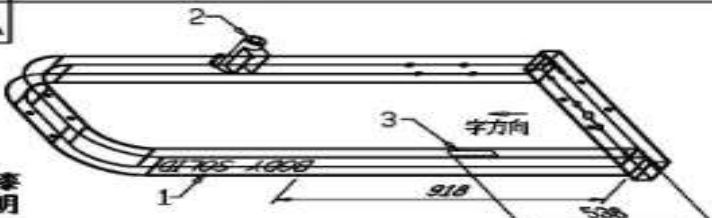
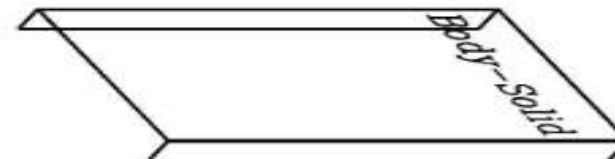
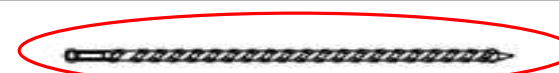
* Customers can put some grease on pivot points (red circle place), with brass or gunmetal bushings.

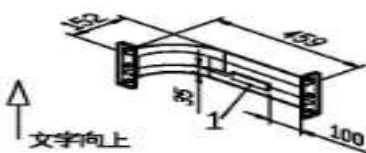
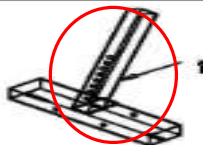
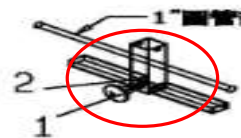
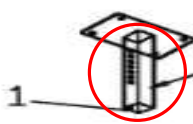


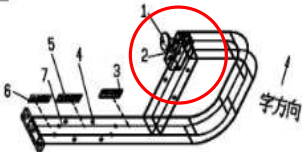
WD-40 多种规格



* Let's maintain your machine!

零件代碼	品 名 及 圖 案	用量	備 註
20SBK1600G-A	 <p>國圖3124S-閃銀漆 國圖KL0002-透明 二塗二烤</p>	1PCS	1.貼9440-028貼紙 BODY-SOLID=1PCS 2.組立8520-004鋼套 $\varnothing 42$ =2PCS 鋼套部位用塑膠袋包裹 3.貼9440-117夾手貼紙=1PCS 與SAM-900G不同
9220-009	 <p>護網(壓克力,茶色)</p>	1PCS	1.貼9190-024子母帶 =1包(16PCS) 586X3TX800L
8280-001	 <p>電鍍</p>	2PCS	$\varnothing 3/4 \times 1510L$
8220-060	 <p>電鍍</p>	1PCS	$\varnothing 1 \times 612L \times 20孔$
FSBK1600	鋼索包	1PCS	
25SBK1600G	皮帶輪包	1SET	
GSBK1600	螺絲包	1SET	
23SBK1600G	附件包	1SET	
KSBK1600G	說明書	1SET	9440-114與說明書包裝成一包
			9180-002保護龍=1PCS 9180-009保護龍=2PCS 9180-008保護龍=3PCS 9630-009束帶=4PCS 9180-026特固龍=2PCS 9180-025特固龍=2PCS

零件代碼	品 名 及 圖 案	用量	備 註
HL SBK1600		包裝前先裝成一盒內箱	
20SBK1600G-B	 <p>國麗3124S-閃銀漆 國麗KL0002-透明 二塗二烤</p> <p>與SAM900G相同</p>	1PCS	
20SBK1600G-E	 <p>國麗3124S-閃銀漆 國麗KL0002-透明 二塗二烤</p> <p>文字向上</p>	1PCS	1.貼9440-199通訊標籤=1PCS
20SBK1600G-F	 <p>國麗3124S-閃銀漆 國麗KL0002-透明 二塗二烤</p> <p>電鍍管不可烤漆(260539)</p>	1PCS	圖表申請單 2018090003
20SBK1600G-G	 <p>國麗3124S-閃銀漆 國麗KL0002-透明 二塗二烤</p> <p>1"圓管部份不上亮光漆</p> <p>↑ 字方向</p>	1PCS	1.組立8250-065調整組=1PCS 2.貼9440-104貼紙=1PCS
20SBK1600G-H	 <p>國麗3124S-閃銀漆 國麗KL0002-透明 二塗二烤</p> <p>不烤漆</p> <p>與SAM900G不同,SBK1600G管內多焊一點</p>	1PCS	1.組立6X45四角平鍵後用PVC膠布 貼合
20SBK1600G-J	 <p>深灰漆 國邦790-49153F1HT</p> <p>電鍍管不可烤漆(260538)</p>	1PCS	1.組立5/16"x1/2" CAP螺絲 =1PCS
8312-077	 <p>國麗3124S-閃銀漆 國麗KL0002-透明 二塗二烤</p> <p>50X6X200</p>	4PCS	9180-002保麗龍=2PCS 9180-009保麗龍=4PCS 9630-009束帶=7PCS 9630-028石棉布=7PCS

零件代碼	品名及圖案	用量	備註
20SBK1600G-D	 圖號3124S-閃鍍漆 圖號KL0002-透明 二塗二烤	1PCS	1.組立8250-065調整組=1PCS 2.貼9440-104貼紙=1PCS 3.貼9440-113鋼索警告貼紙貼紙=1PCS 4.貼9440-055座地貼紙=1PCS 5.貼9440-103貼紙=1PCS 6.貼9440-105貼紙=1PCS 7.貼「工車」貼紙=1PCS

與SAM-900G不同

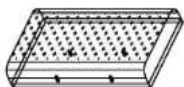
HMSBK1600G 包裝前先裝成一盒內箱

20SBK1600G-C	 圖號3124S-閃鍍漆 圖號KL0002-透明 二塗二烤	1PCS	與SAM-900G相同
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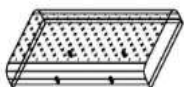
20SBK1600G-I	 圖號3124S-閃鍍漆 圖號KL0002-透明 二塗二烤	1PCS	與SAM-900G相同
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20SBK1600G-O	 圖號3124S-閃鍍漆 圖號KL0002-透明 二塗二烤	偏左 1PCS	與SAM-900G相同
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8400-002	 電鍍	1PCS	9180-002保護圈=1PCS 9180-001保護圈=1PCS
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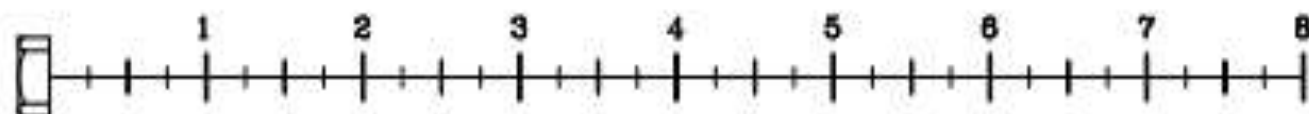
零件代碼	品名及圖案	用量	備註
9121-019	坐墊  黑色耐寒乳膠皮	1PCS	
9161-021	泡棉 	2PCS	Ø150X27X250L 外加包黑色耐寒乳膠皮 委外廠商加工取9161-016 泡棉=2PCS
9161-022	泡棉 	1PCS	Ø150X27X500L 外加包黑色耐寒乳膠皮 委外廠商加工取9161-017 泡棉=1PCS

33SBK-1600GA 包裝明細 (3-3)

9121-019A	坐墊  棗紅色耐寒乳膠皮	1PCS	
9161-021A	泡棉 	2PCS	Ø150X27X250L 外加包棗紅色耐寒乳膠皮 委外廠商加工取9161-016 泡棉=2PCS
9161-022A	泡棉 	1PCS	Ø150X27X500L 外加包棗紅色耐寒乳膠皮 委外廠商加工取9161-017 泡棉=1PCS

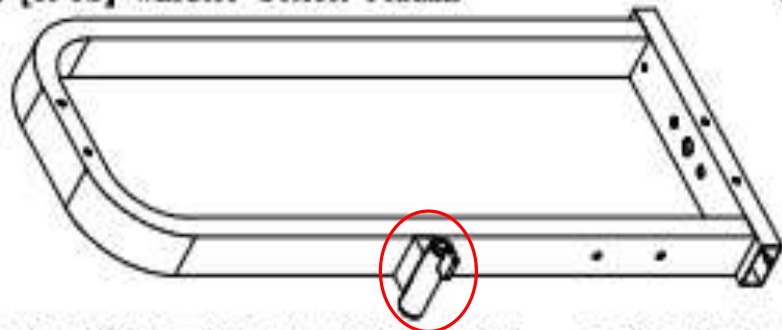
SBK-1600G HARDWARE ILLUSTRATION SHEET

	Qty.		Qty.
 A1. 1/2"x5 1/2" HEX HEAD BOLT	[8PCS]	D11. STEEL CABLE	[1PCS]
 A2. 1/2"x5" HEX HEAD BOLT	[2PCS]	D12. ø4 1/2" PULLEY (9213010B)	[1PCS]
 A3. 1/2"x3 1/2" HEX HEAD BOLT	[2PCS]	D13. ø3" NYLON WASHER (9214-008)	[6PCS]
 A4. 1/2"x2 1/4" HEX HEAD BOLT	[2PCS]	D14. 1"x2" END CAP (9211-088)	[2PCS]
 A5. 5/16"x1 1/4" HEX HEAD BOLT	[4PCS]	D15. 2"x4" FOOT CAP (9211-028)	[5PCS]
 A6. 7/16"x1 1/2" ROUND BOLT	[1PCS]	D16. 38X195 NO-SLIP TAPE (9310-030)	[2PCS]
 A7. 5/16"x3/8" SET SCREW	[3PCS]	D17. ø150X250 FOAM ROLLER (9161-021)	[2PCS]
 A8. 5/8" ROUND BOLT	[1PCS]	D18. ø150X500 FOAM ROLLER (9161-022)	[1PCS]
 A9. 10LB BALL PIN	[1PCS]	D19. WEIGHT SELECTOR BAR (8220-060)	[1PCS]
 B1. 1/2" NYLON LOCK NUT	[14PCS]	D21. ø5/8" ROUND END CAP (9211-015)	[6PCS]
 B2. 5/8" LOCK NUT	[1PCS]	D22. ø1" SHAFT COLLAR (8130-024)	[3PCS]
 C1. 1/2" ROUND END CAP WASHER	[28PCS]		
 C2. ø1" CHROME WASHER	[3PCS]	D1	D2
 C3. 5/16" (LD) WASHER	[4PCS]	D3	D4
 C4. 5/16" SPRING WASHER	[4PCS]	D5	D6
 C5. 5/8" SPRING WASHER	[1PCS]	D7	D8
D1. 1/2" BOLT CAP	[28PCS]	D9	D11
D2. 50X50X1.8t END CAP (9211-087)	[3PCS]	D13	D12
D3. 2"x2" NYLON BUSHING (9211-033)	[4PCS]	D14	D18
D4. ø4" RUBBER DONUT (9310-017)	[2PCS]	D15	D19
D5. ø3/4" SHAFT COLLAR (9211-048)	[2PCS]	D16	D21
D6. ø6" PULLEY (9213009A)	[1PCS]	D17	D22
D7. 2"x4" RUBBER BUSHING (9212-009)	[3PCS]		
D8. 95X140 NO-SLIP TAPE (9310-035)	[2PCS]		
D9. CHROME TOP PLATE (8400-002)	[1PCS]		

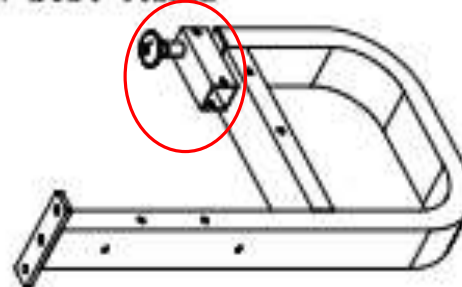


SBK-1600G PARTS ILLUSTRATION SHEET

A [1PCS] WEIGHT STACK FRAME



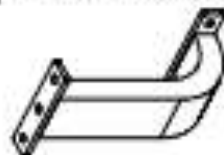
D [1PCS] MAIN BODY FRAME



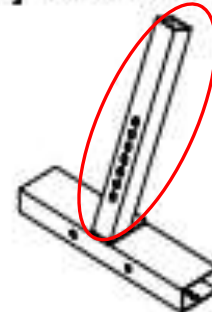
B [1PCS] BOTTOM SUPPORT FRAME



E [1PCS] MIDDLE SUPPORT FRAME



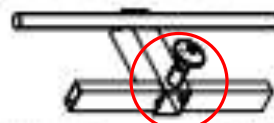
F [1PCS] FRONT FOOT FRAME



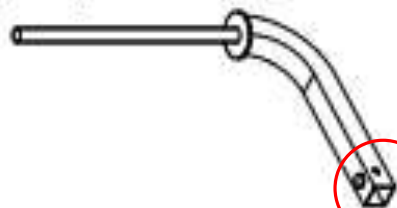
C [1PCS] BOTTOM PULLEY FRAME



G [1PCS] LEG HOLD FRAME



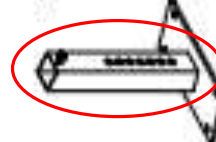
H [1PCS] PIVOT ARM



I [1PCS] CAM WHEEL



J [1PCS] SEAT FRAME



O [1PCS] TOP PULLEY FRAME



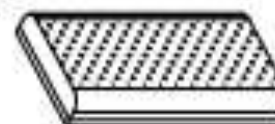
M [2PCS] CHROME GUIDE ROD
8280-001



K [4PCS]
8312-077



P [1PCS] SEAT PAD
9121-019



SBK-1600G BACK MACHING ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURLY UNTIL
YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- Attach A Weight Stack Frame and C Bottom Pulley Frame to B Bottom Support Frame.
- Attach D Main Body Frame to B Bottom Support Frame.
- Attach F Front Foot Frame to D Main Body Frame.
- Attach E Middle Support Frame to A Weight Stack Frame and D Main Body Frame.
- Slide H Pivot Arm into A Weight Stack Frame.
- Attach I Cam Wheel to H Pivot Arm using Cam Pin.

STEP-2

- Attach M Chrome Guide Rods and D4 Rubber Donuts to A Weight Stack Frame.
- Slide on Weight Stack and D9 Chrome Top Plate.
- Attach O Top Pulley Frame to A Weight Stack Frame and Attach D5 Shaft Collar.
- Attach P Seat Pad to J Seat Frame.
- Slide J Seat Frame into D Main Body Frame.

CAUTION: DO NOT OVERTIGHTEN PAD BOLTS.
OVERTIGHTENING WILL STRIP
T-NUTS IN THE WOOD.

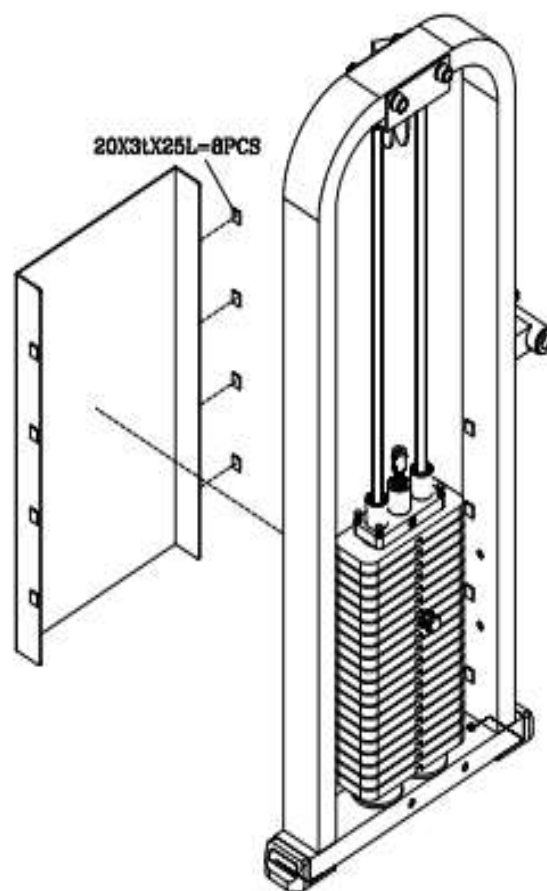
STEP-3

- Attach Foot Rollers and Back Roller.
- Attach Pulleys and Cables as shown.
- Attach End Caps and No-Slip Tape.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.
- Attach Bolt Caps.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your BACK MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

SBK-1600G BACK MACHINE



*Well done!

