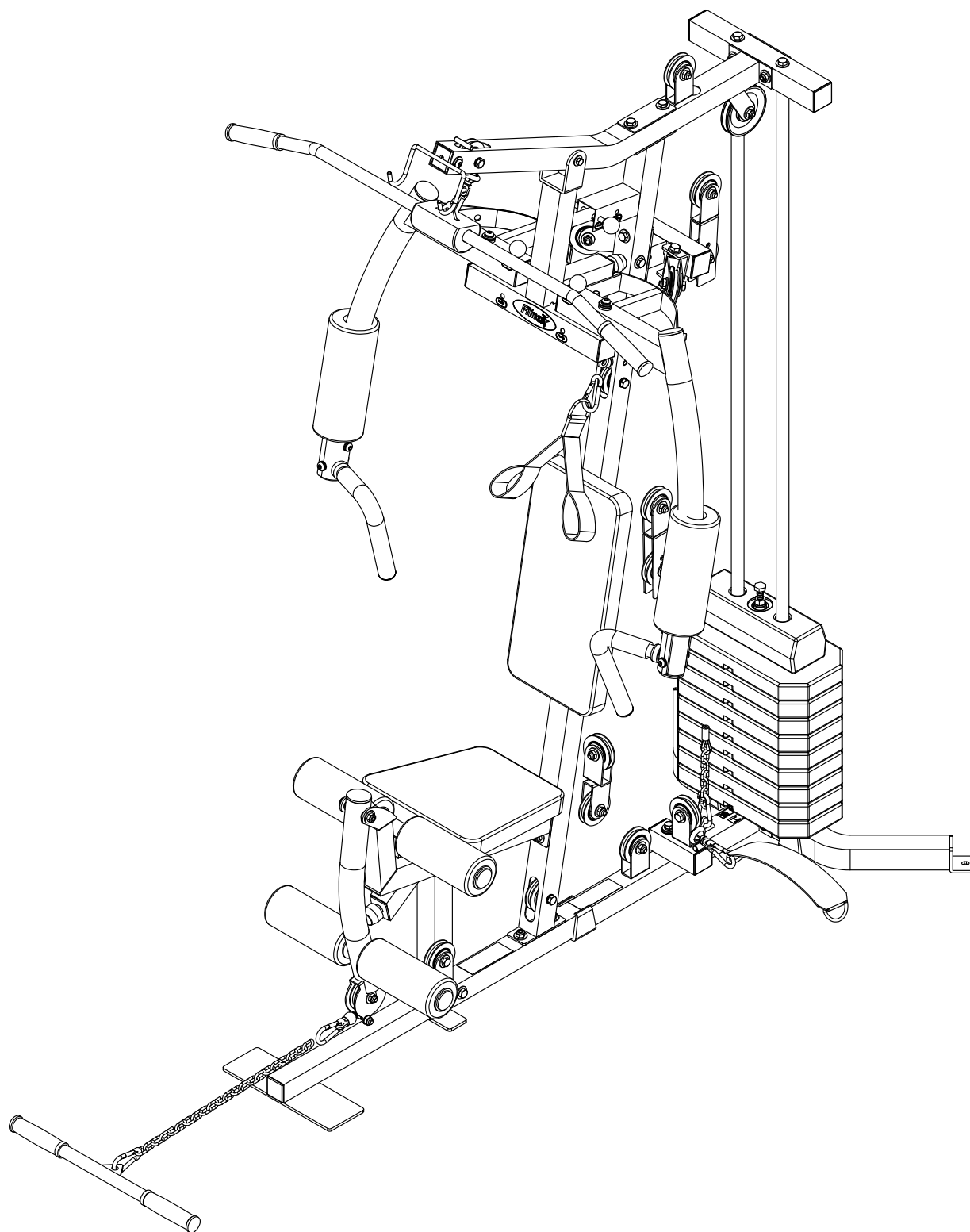




*RMG30*



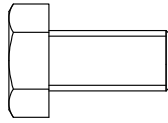
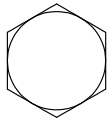
Assembly & Instructions

**OWNER'S & MANUAL**

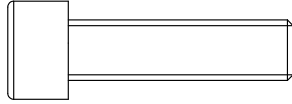
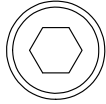
# RMG30 HARDWARE

(shown in actual size)

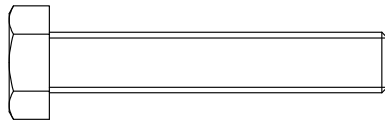
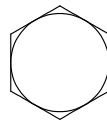
A1. M8X16L General Hexagon Head Screws...2PCS(Pre-installed)



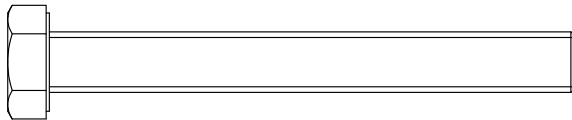
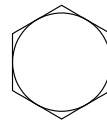
A2. M8X25L Full Thread Screw-CAP...2PCS



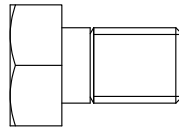
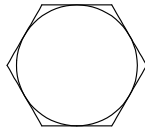
A3. M8X45L General Hexagon Head Full Screw...2PCS



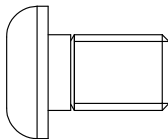
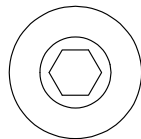
A4. M8X70L General Hexagon Head Full Screw...2PCS



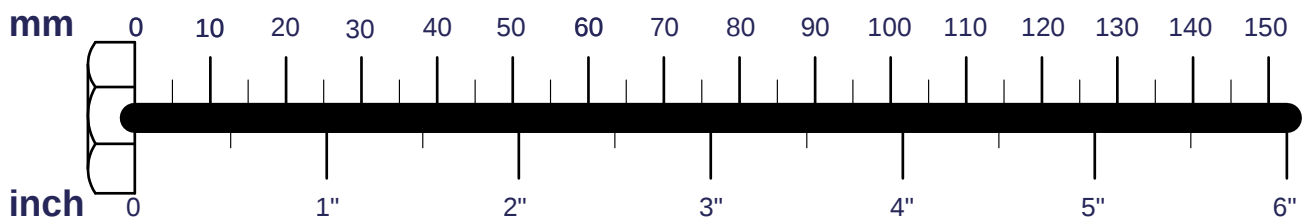
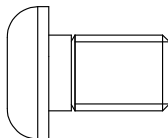
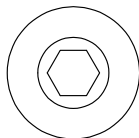
A5. M10X15L General Hexagon Head Screws...1PCS(Pre-installed)



A6. M10X16L Hexagon Socket Head Screws With Half Round Head-Alloy Steel...2PCS



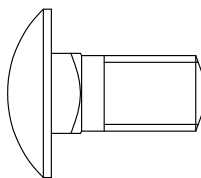
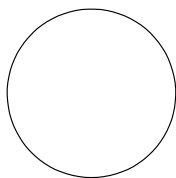
A7. M10X16L Hexagon Socket Head Screws With Half Round Head...8PCS



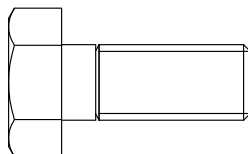
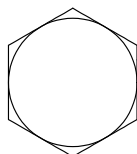
# RMG30 HARDWARE

(shown in actual size)

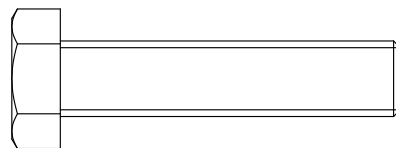
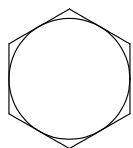
A8. M10X20L Carriage Screw...2PCS



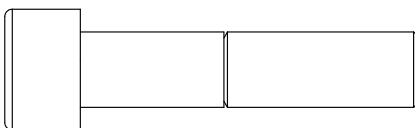
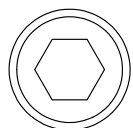
A9. M10X25L General Hexagon Head Screws...2PCS



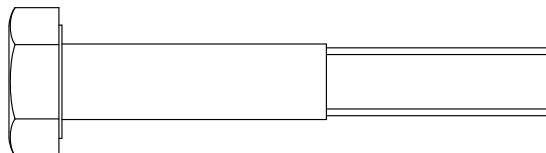
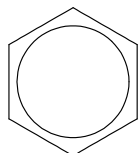
A10. M10X45L General Hexagon Head Screws...14PCS



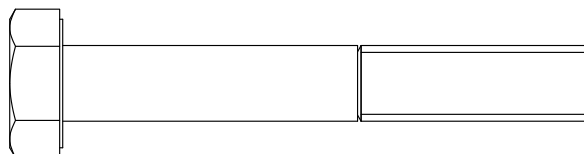
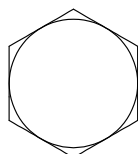
A11. M10X45L Half-Thread Screw-CAP...1PCS



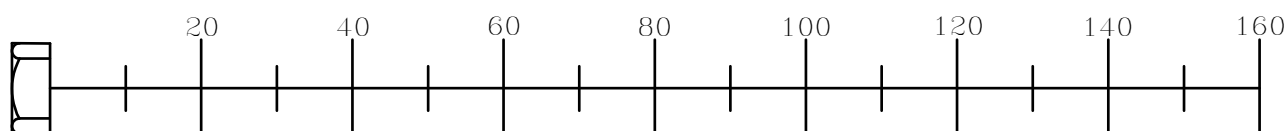
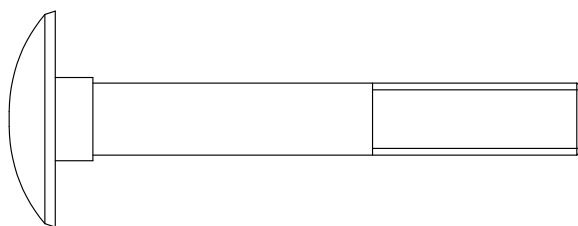
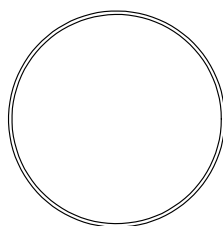
A12. M10X65L General Hexagon Head Screws...3PCS



A13. M10X70L General Hexagon Head Screws...10PCS



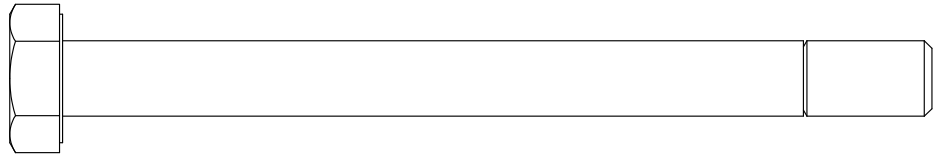
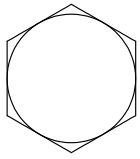
A14. M10X70L Carriage Screw...2PCS



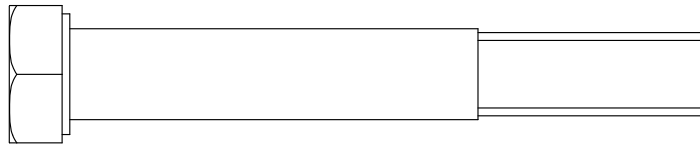
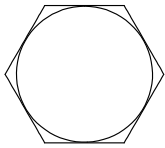
# RMG30 HARDWARE

(shown in actual size)

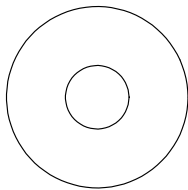
A15. M10X115L General Hexagon Head Screws...1PCS



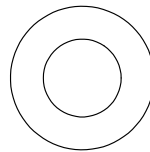
A16. M12X85L General Hexagon Head Screws...2PCS



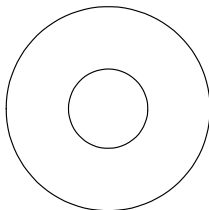
C1. M8-Ø22 WASHER...10PCS(2PCS Pre-installed)



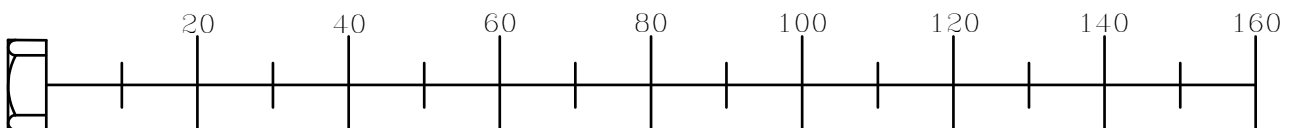
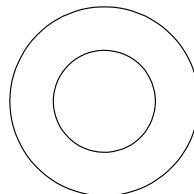
C5. M10-Ø19 WASHER...8PCS



C6. M10-Ø27 WASHER...61PCS(6PCS Pre-installed)



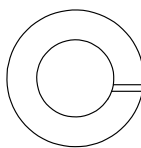
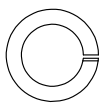
C8. M12-Ø24 WASHER...8PCS



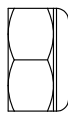
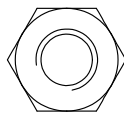
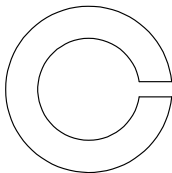
# RMG30 HARDWARE

(shown in actual size)

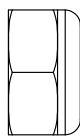
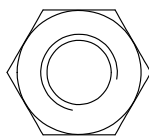
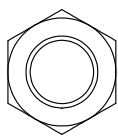
C9. M8 Spring Washers...6PCS(2PCS Pre-installed) C10. M10 Spring Washers...9PCS(3PCS Pre-installed)



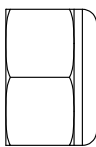
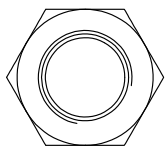
C11. 1/2"-SPWAS Spring Washers...1PCS B1. M8 NYLON LOCK NUT...2PCS



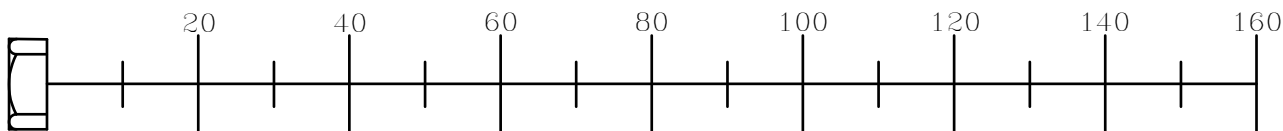
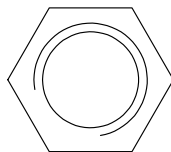
B2. 3/8"-16 NYLON LOCK NUT...2PCS(Pre-installed) B3. M10 NYLON LOCK NUT...34PCS(2PCS Pre-installed)



B4. M12 NYLON LOCK NUT...2PCS

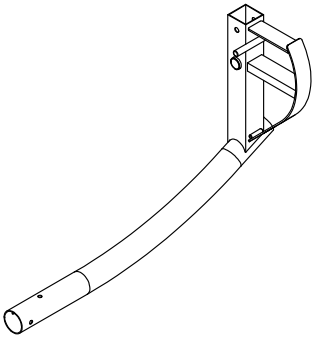


B5. 1/2"-NUT-13UNC Nuts...1PCS

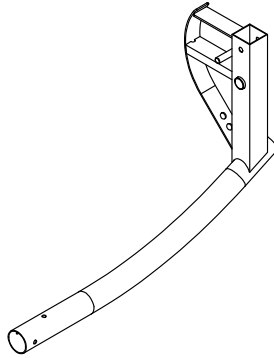


# RMG30 PARTS

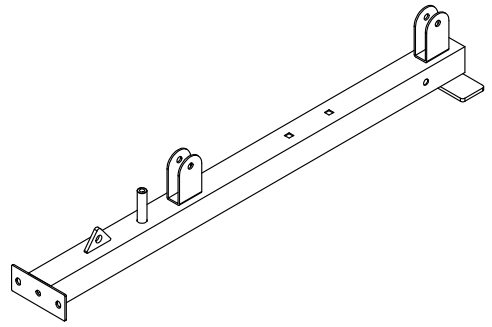
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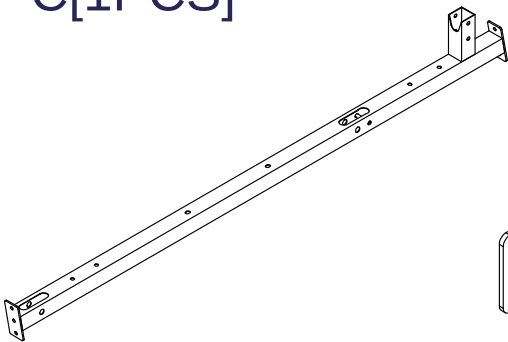
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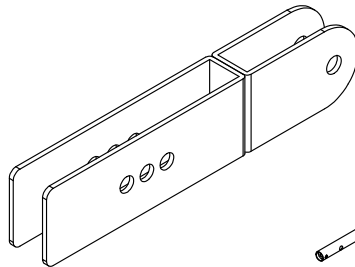
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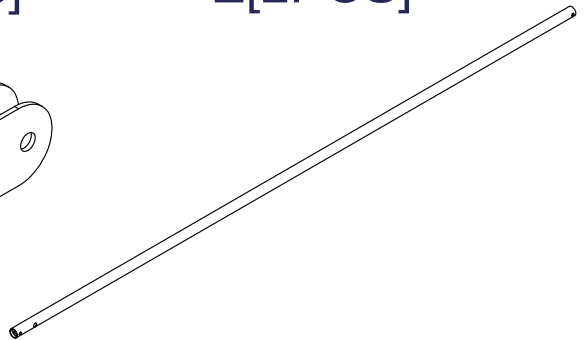
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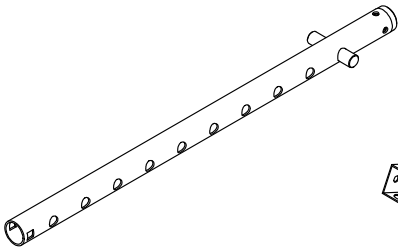
D[2PCS]



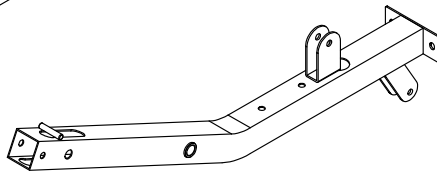
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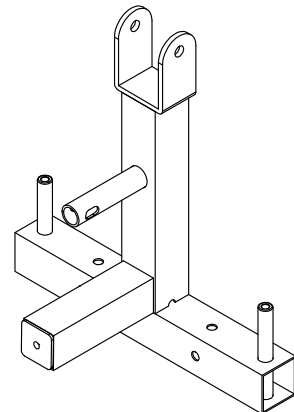
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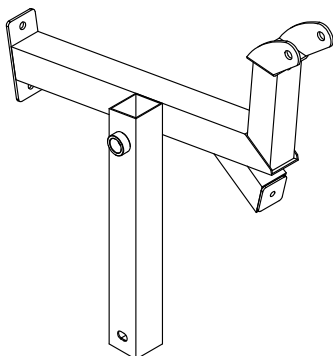
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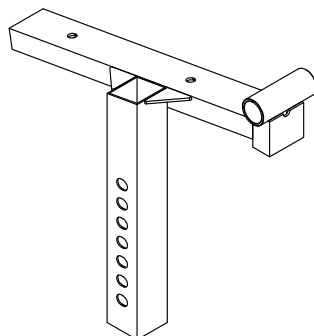
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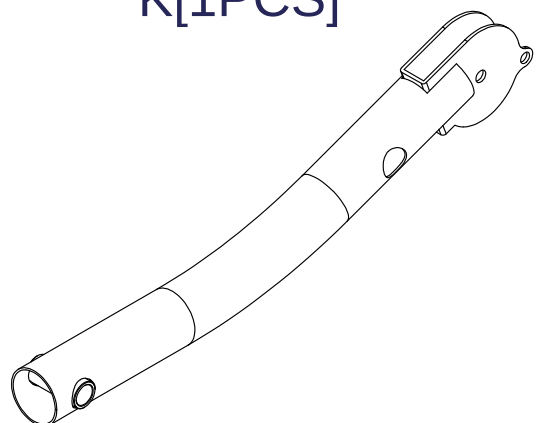
I[1PCS]



J[1PCS]

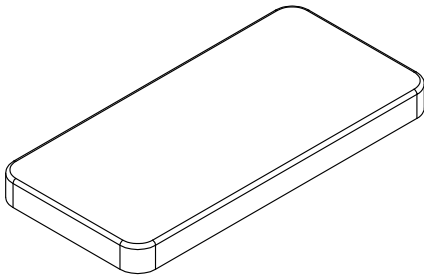


K[1PCS]

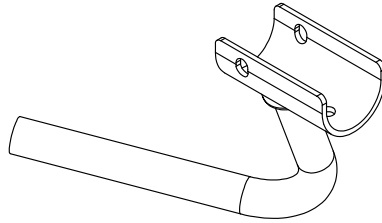


# RMG30 PARTS

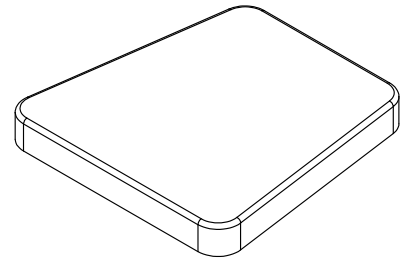
L[1PCS]  
(9111-118)



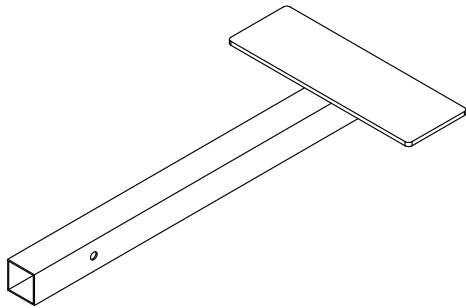
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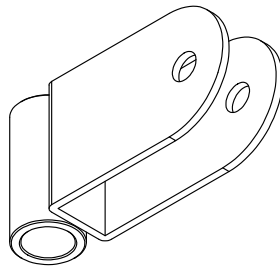
N[1PCS]  
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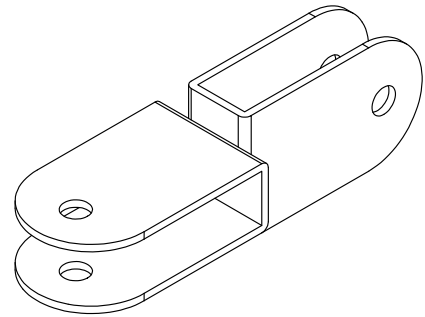
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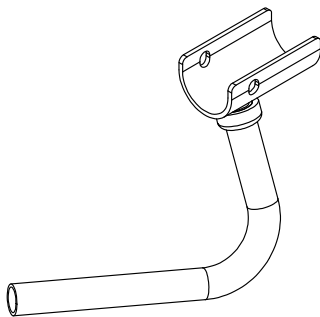
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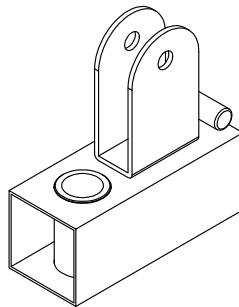
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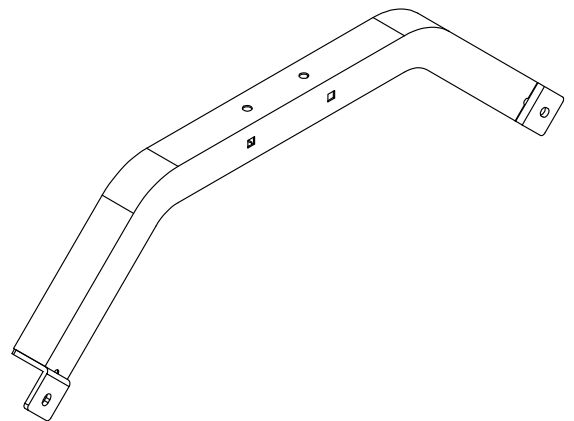
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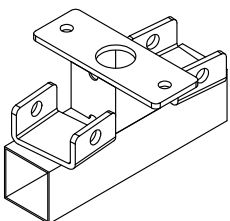
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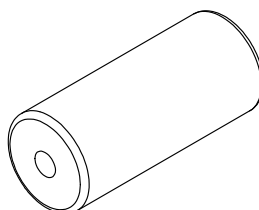
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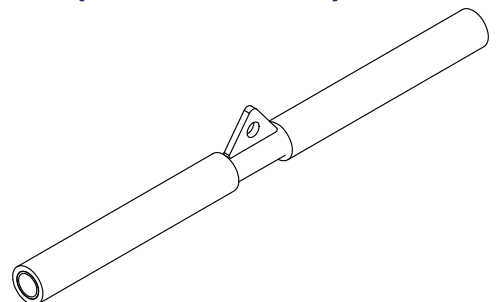
U[1PCS]



V[4PCS]  
(9161-007)

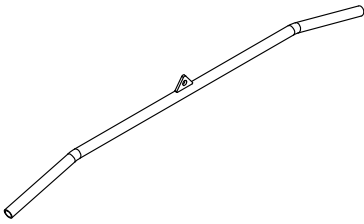


W[1PCS]  
(20LB500A)

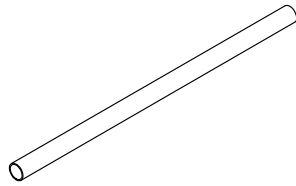


## RMG30 PARTS

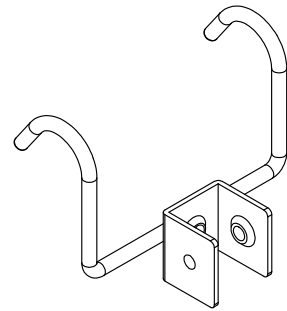
X[1PCS]  
(20LB1100A)



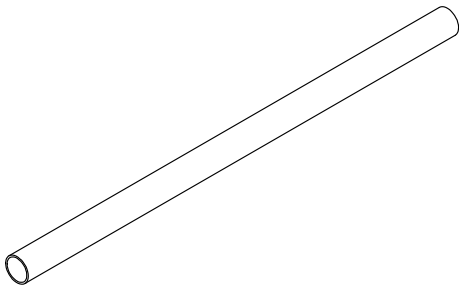
Y[1PCS]  
(10RMG30-47)



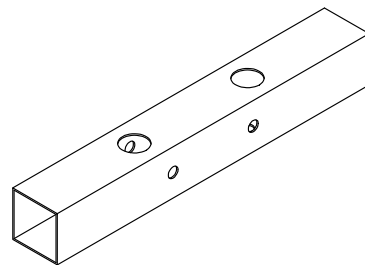
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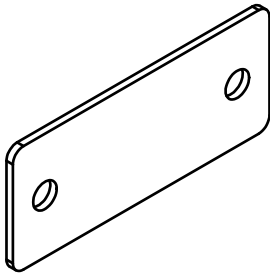
AC[1PCS]  
(10RMG30-48)



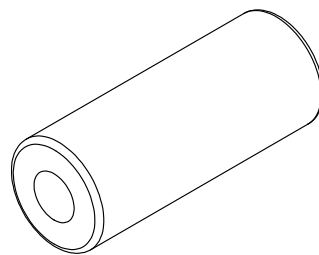
AD[1PCS]  
(10RMG30-05)



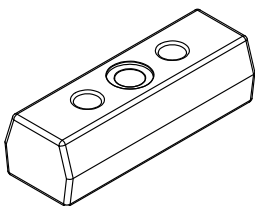
AF[3PCS]  
(8312-165)



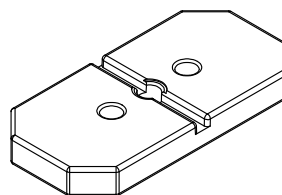
AG[2PCS]  
(9161-010)



AH[1PCS]  
(9219-044)



AO[9PCS]  
(9219-045)



## RMG30 PARTS

|                                                   |         |
|---------------------------------------------------|---------|
| D1. Belt Pulley Set(9213-006B)                    | [16PCS] |
| D2. Belt Pulley Set(9213-002C)                    | [1PCS]  |
| D6. Nylon Washes(9214-001)                        | [8PCS]  |
| D7. Stuffed Mushrooms(8341-033)                   | [4PCS]  |
| D8. Square Plug(9211-004)                         | [1PCS]  |
| D9. Square Plug(9211-225)                         | [10PCS] |
| D10. Double Head Screw(8260-006)(Pre-installed)   | [1PCS]  |
| D11. Pivot(8210-279)(Pre-installed)               | [1PCS]  |
| D12. Single Bead Bolt(8250-046)                   | [1PCS]  |
| D13. Rubber Ring(9310-012)                        | [2PCS]  |
| D17. Gourd Hook (8810-001)                        | [6PCS]  |
| D19. Plug(9211-224)                               | [5PCS]  |
| D21. Tapered Plug(9211-045)                       | [1PCS]  |
| D22. Bone Type Handle(9212-016)(Pre-installed)    | [4PCS]  |
| D23. Bearing Gasket(9211-041)                     | [6PCS]  |
| D24. Single Bead Bolt(8250-040)                   | [3PCS]  |
| D25. Wild Card(9212-010)                          | [3PCS]  |
| D26. Pipe Plug (9211-016)                         | [1PCS]  |
| D27. Stationary Sleeve(8110-179)                  | [2PCS]  |
| D28. Semicircle Plug(9260-021)                    | [2PCS]  |
| D29. Rectangular Plug(9211-009)                   | [2PCS]  |
| D30. Copper Sleeve(8520-002)(Pre-installed)       | [6PCS]  |
| D31. Copper Sleeve(8520-001)(Pre-installed)       | [8PCS]  |
| D32. Rubber Block Pad(9310-018)(Pre-installed)    | [2PCS]  |
| D33. Adjustment Group(8250-012)(Pre-installed)    | [1PCS]  |
| D34. High Density Handle(9162-237)(Pre-installed) | [2PCS]  |
| D35. Foam(9161-026)(Pre-installed)                | [1PCS]  |
| D36. Wire-rope(FRMG30A)2820mm                     | [1PCS]  |
| D37. Wire-rope(FRMG30B)2305mm                     | [1PCS]  |
| D38. Wire-rope(FRMG30C)2655mm                     | [1PCS]  |
| D39. Wire-rope(FRMG30D)2960mm                     | [1PCS]  |
| D40. Ankle Strap(50NAS2)                          | [1PCS]  |
| D41. Chain(8820-002)(STEEL-23)                    | [1PCS]  |
| D42. Shoulder Strap(50ACH16)                      | [1PCS]  |

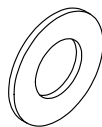
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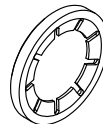
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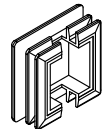
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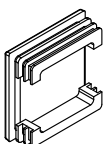
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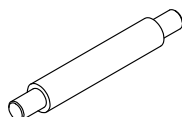
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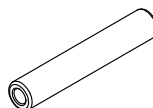
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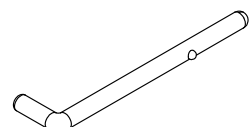
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D11

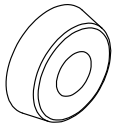


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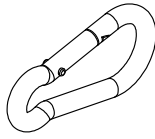


# RMG30 PARTS

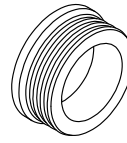
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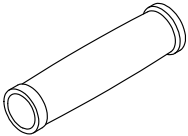
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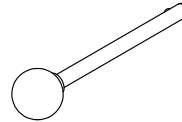
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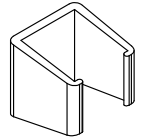
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D24



D25



D26



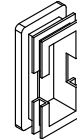
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D28



D29



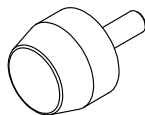
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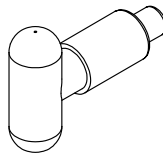
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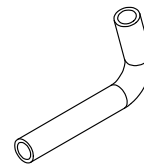
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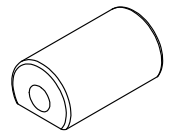
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D34



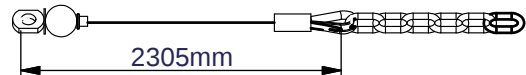
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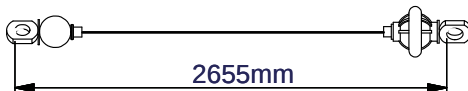
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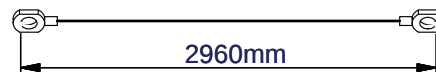
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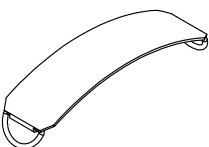
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D39



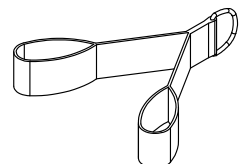
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D41

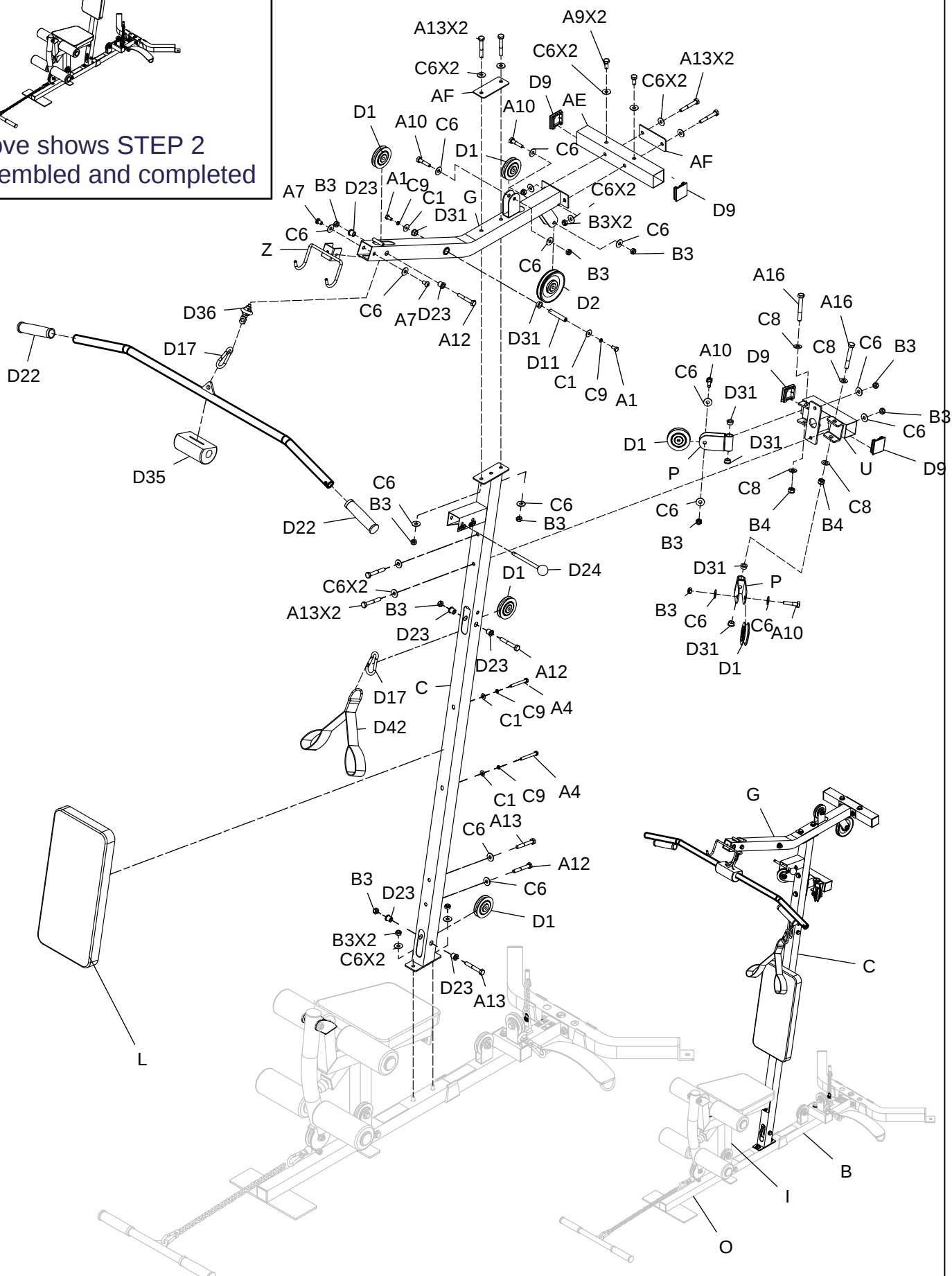


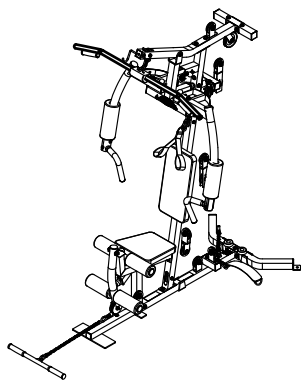
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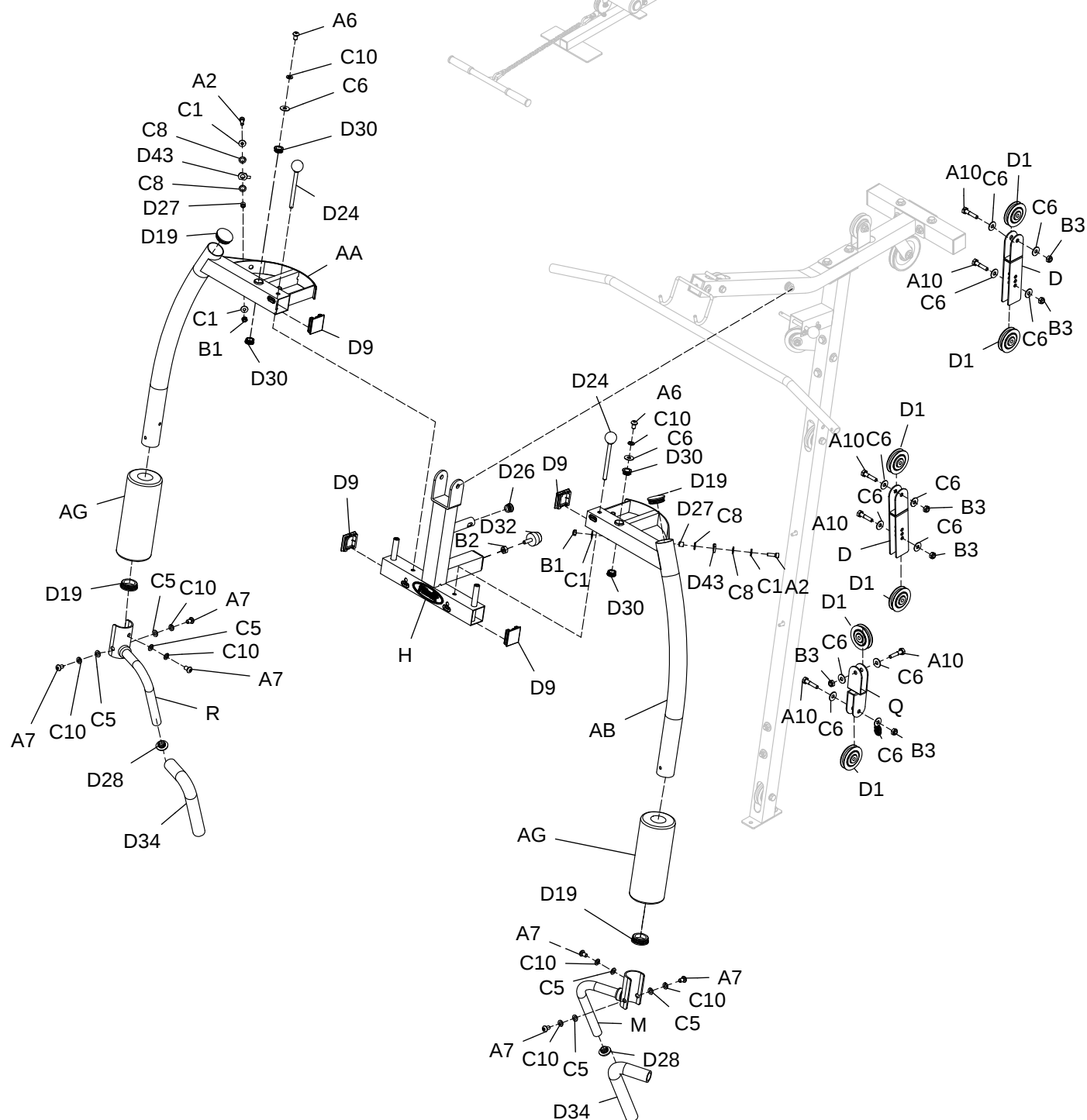
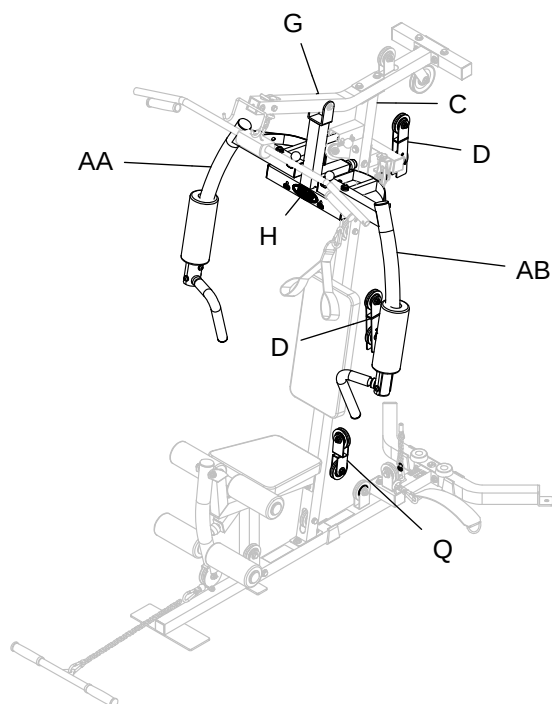


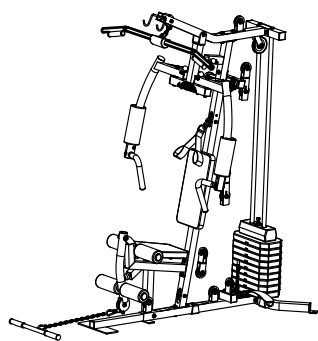
Above shows STEP 2  
assembled and completed



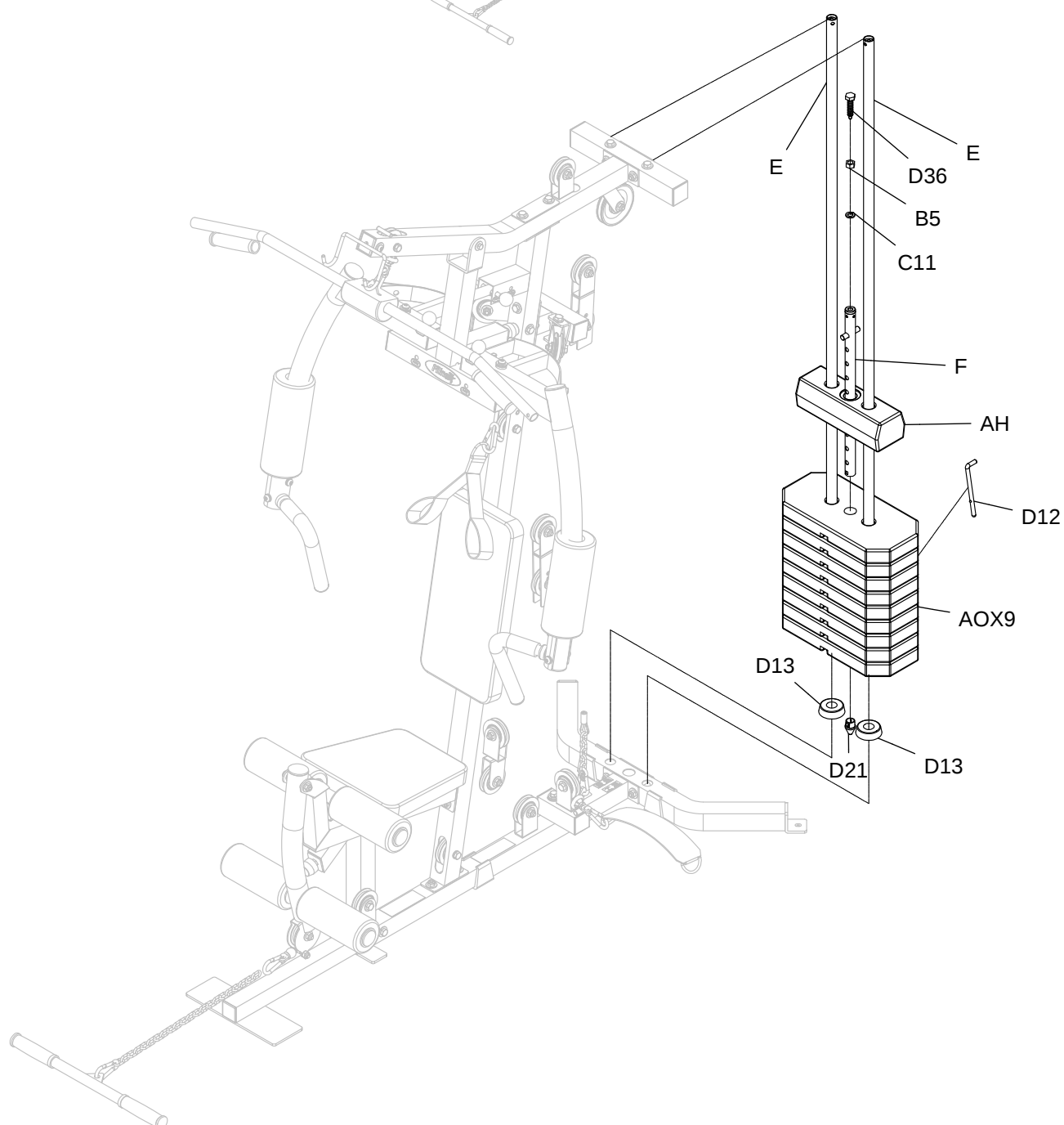
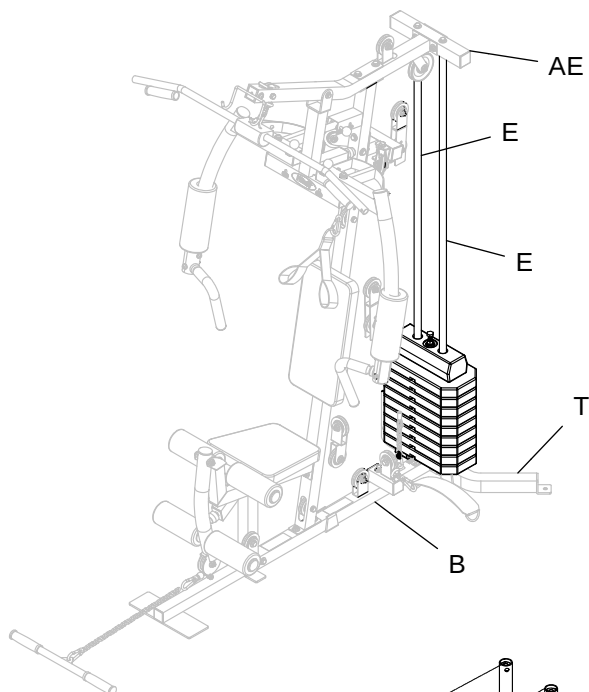


Above shows STEP 3  
assembled and completed

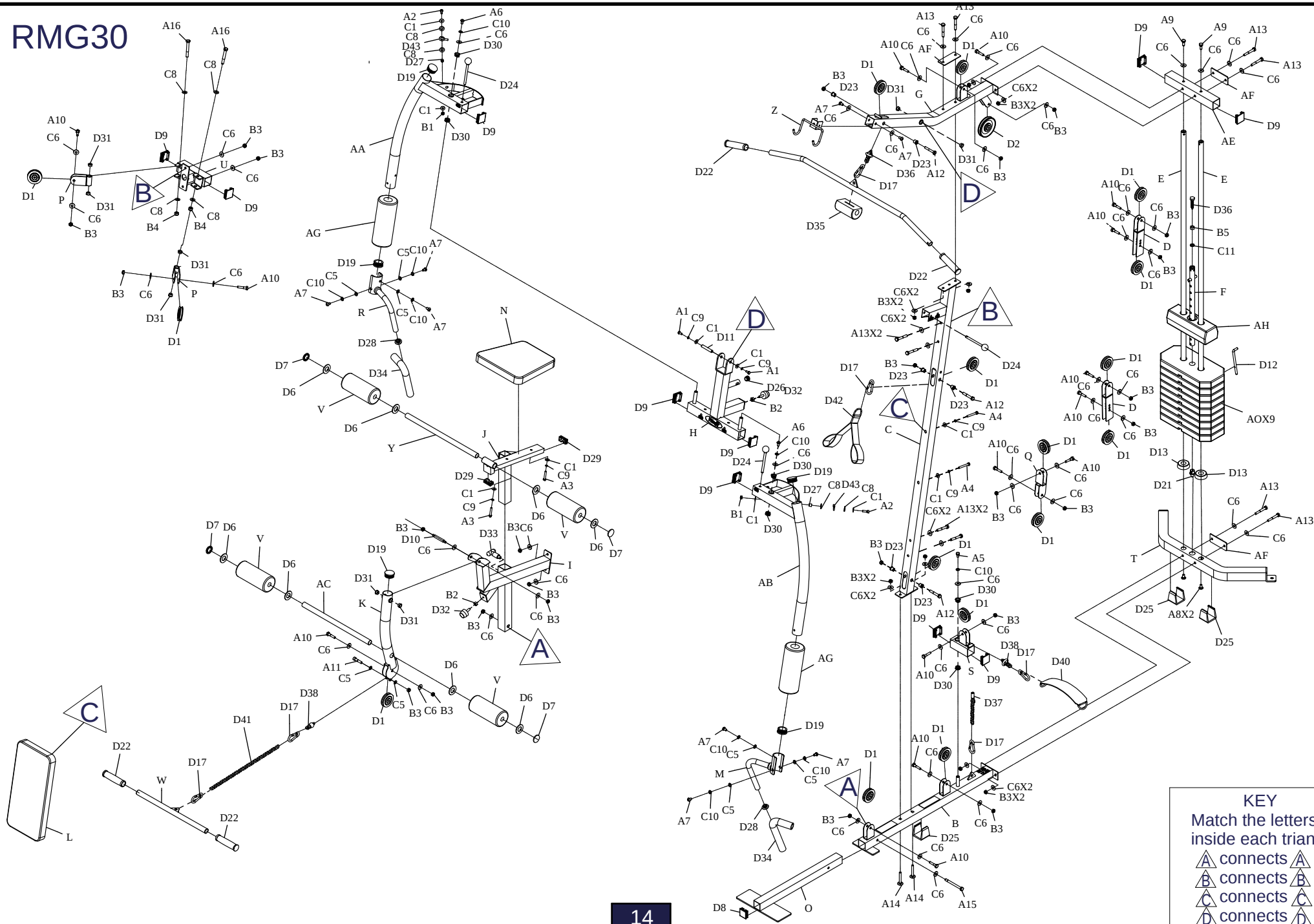


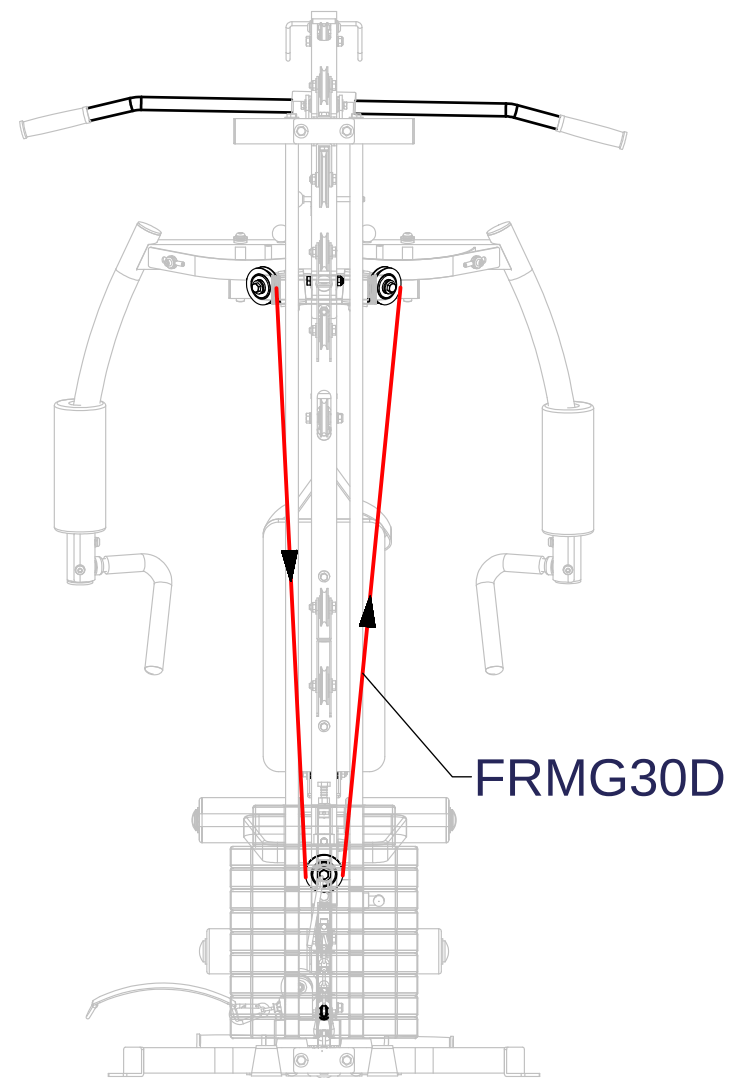
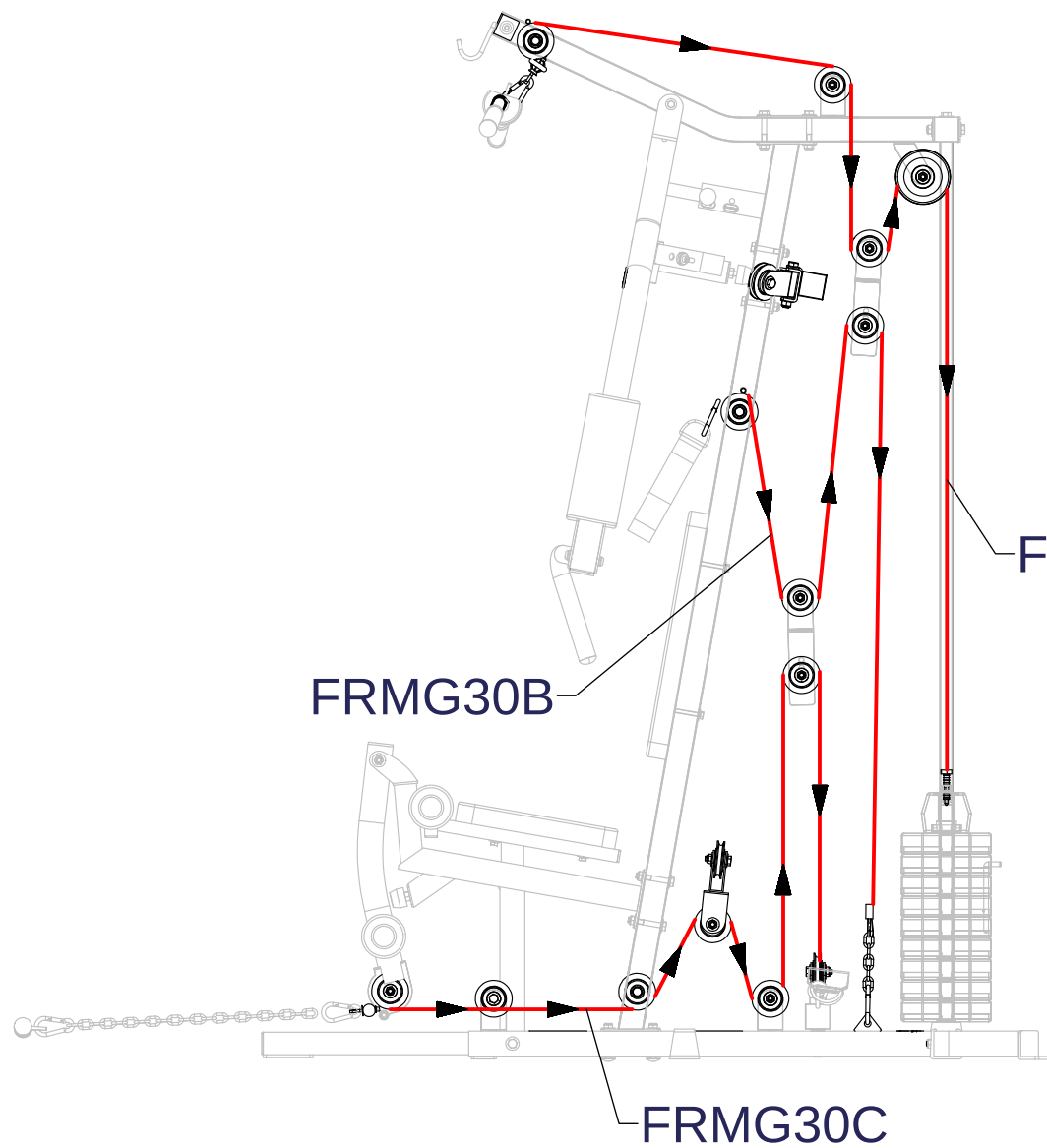


Above shows STEP 4  
assembled and completed



# RMG30





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



## 10-1 WARRANTY

PLEASE CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

This Warranty applies products manufactured or distributed by Joong Chenn Industry Co., Ltd under the FITNEX brand name. The warranty period to the original purchaser is 3 years on frame and 1 year on ALL parts.

FITNEX warrants that the Product you have purchased for non-commercial, personal, family, or household use from FITNEX or from an authorized FITNEX reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

During the warranty period FITNEX will at no additional charge, repair or replace (at FITNEX option) the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal non-commercial, personal, family, or household use. In repairing the product FITNEX may replace defective parts or, at the option of FITNEX, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of FITNEX. FITNEX reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must return the Product to FITNEX in its original container (or equivalent). You must pre-pay any shipping charges, export taxes, customs duties and taxes, or any other charges associated with transportation of the Product.

In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present FITNEX with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty.

This Warranty does not extend to any Product not purchased from FITNEX or from an authorized FITNEX reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by FITNEX; (c) by modification of the Product; (d) as a result of service by anyone other than FITNEX, or an authorized FITNEX warranty service provider. Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon FITNEX receipt of payment or acceptable arrangement of payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY FITNEX MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. FITNEX EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER FITNEX NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES OR COUNTRIES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you specific legal rights and you may also have other rights that may vary from country to country. This is the only express warranty applicable to FITNEX branded products. FITNEX neither assumes nor authorizes anyone to assume for it any other express warranty.

**If you have any questions regarding the warranty, please kindly contact your local authorized FITNEX reseller or email to [joong@ms13.hinet.net](mailto:joong@ms13.hinet.net)**

Keep this card with a copy of your **original bill of sale**.  
This will help process warranty claims if necessary.

PLEASE READ CAREFULLY  
FOR YOUR REFERENCE

Keep this card with a copy of your **original bill of sale**.  
This will help process warranty claims if necessary.



## WARRANTY REGISTRATION

PLEASE FILL OUT AND KEEP THIS WARRANTY CARDS FOR YOUR RECORDS

Congratulations! You have just purchased a quality FITNEX product. To validate the FITNEX Warranty, please have the purchaser complete the following information and keep this warranty card and a copy of your purchase receipt for your records.

**SERIAL NO.** \_\_\_\_\_ **(required)**

NAME OF PURCHASER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ FAX \_\_\_\_\_

The undersigned hereby acknowledges receipt of the FITNEX Warranty and affirms that the date of purchase was \_\_\_\_\_, 20\_\_\_\_.

I have read and understand the conditions and terms of the FITNEX Warranty in its entirety.

STORE PURCHASED FROM \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MODEL \_\_\_\_\_ PRICE \_\_\_\_\_

DATE OF INSTALLATION \_\_\_\_\_

SIGNATURE \_\_\_\_\_

1. Where did you purchase this product from?

\_\_\_\_\_

2. Who will use this product?

\_\_\_\_ % Male      \_\_\_\_ % Female

3. Your Age Group:

\_\_\_\_ Under 25      \_\_\_\_ 55-64  
\_\_\_\_ 25-34      \_\_\_\_ 65-74  
\_\_\_\_ 35-44      \_\_\_\_ 75-84  
\_\_\_\_ 45-54

4. What group best represents your family income?

\_\_\_\_ less than \$50,000      \_\_\_\_ \$100,000 - \$149,999  
\_\_\_\_ \$50,000 - \$74,999      \_\_\_\_ over \$150,000  
\_\_\_\_ \$75,000 - \$99,999

5. How did you first learn about this product?

\_\_\_\_ Magazine      \_\_\_\_ Dealer  
\_\_\_\_ Newspaper Ad      \_\_\_\_ Yellow Pages  
\_\_\_\_ Mail Order Catalog      \_\_\_\_ Fitness Factory Web site  
\_\_\_\_ Radio or TV Ad      \_\_\_\_ Other Web site  
\_\_\_\_ Friend or Relative      \_\_\_\_ Other

6. Why did you purchase our product?

\_\_\_\_ Design / Appearance  
\_\_\_\_ Dealer Recommendation  
\_\_\_\_ Price  
\_\_\_\_ Ease of Operation  
\_\_\_\_ Quality Construction  
\_\_\_\_ Price/Value  
\_\_\_\_ Reputation  
\_\_\_\_ Warranty  
\_\_\_\_ Friend / Family Recommendation  
\_\_\_\_ Other \_\_\_\_\_

### CAUTION • PLEASE NOTE • WARNING

**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

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3. Always make sure all Snap Links are closed when doing any cable / pulley 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 FITNEX distributor.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.



# WARRANTY Registration Card

See Details On Back.  
You must complete and keep this warranty card and  
a copy of your purchase receipt for this  
Warranty to be Valid

This will help process warranty claims if necessary.

Serial Number \_\_\_\_\_



IF YOU HAVE ANY QUESTIONS REGARDING YOUR WARRANTY,  
PLEASE KINDLY CONTACT YOUR LOCAL AUTHORIZED FITNEX RESELLER  
OR EMAIL TO [joong@ms13.hinet.net](mailto:joong@ms13.hinet.net)

IMPORTANT!

**Warranty Registration Card**