*HAM900 Maintenance

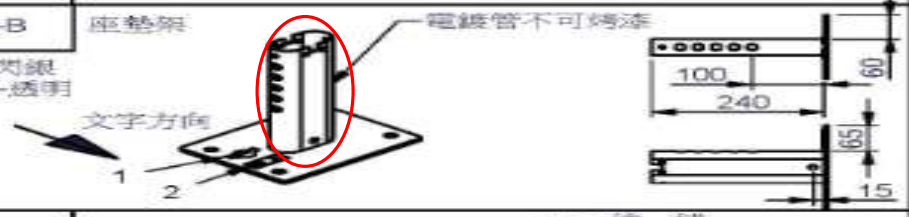
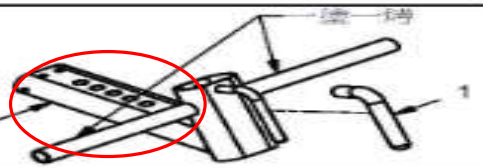
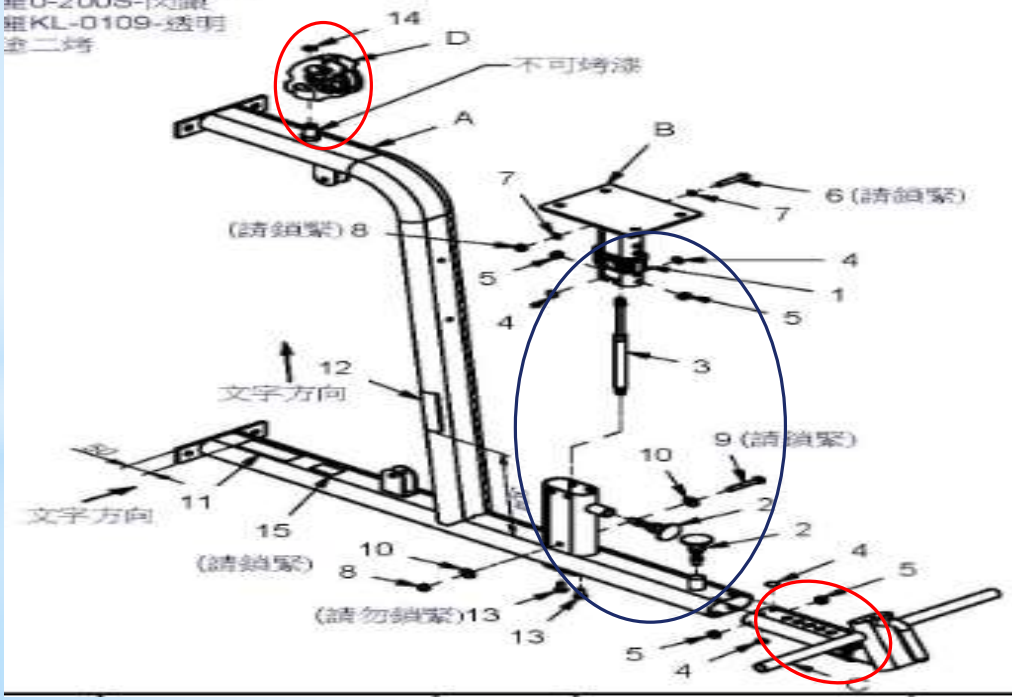


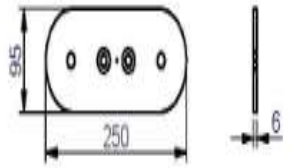
* Customers can put some grease on pivot points(red circle place), with brass or gunmetal bushings.

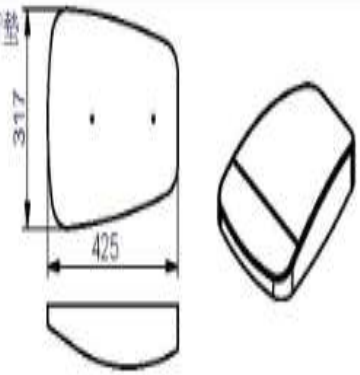
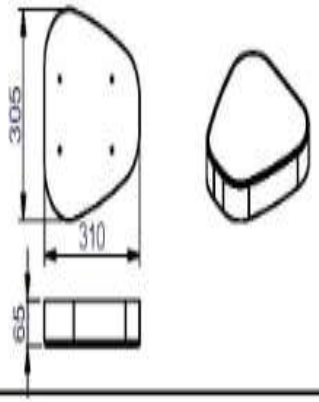
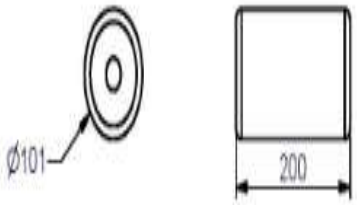


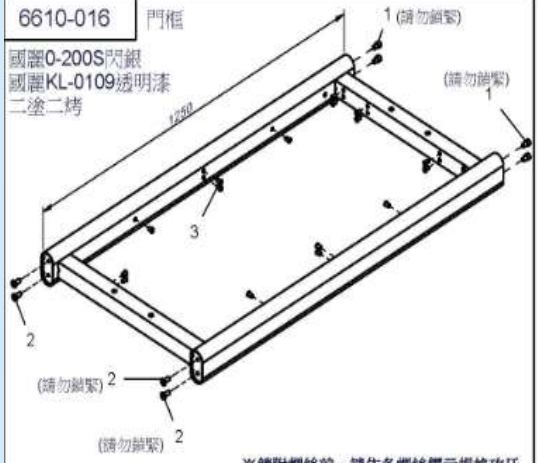
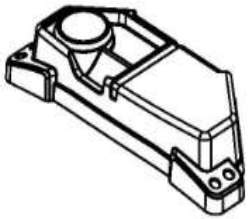
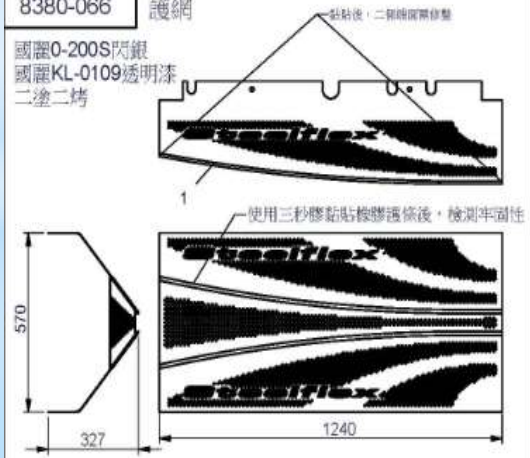


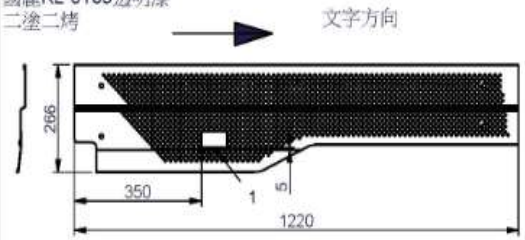
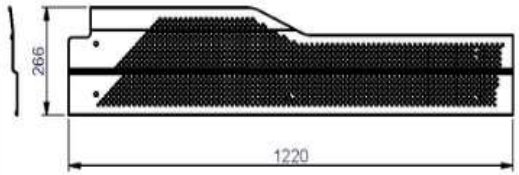
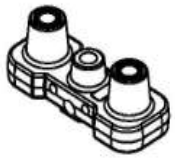
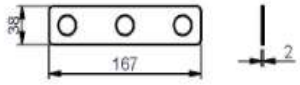
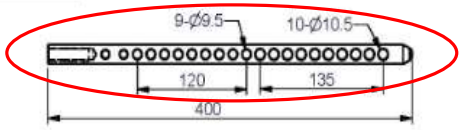
* Let's maintain your machine!

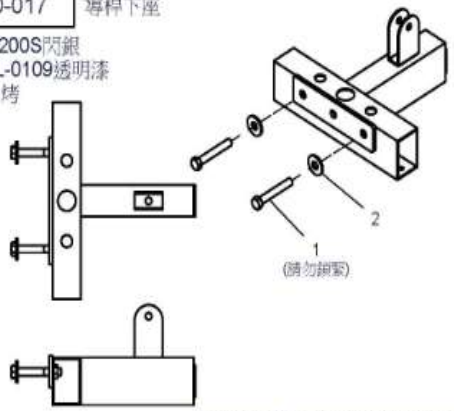
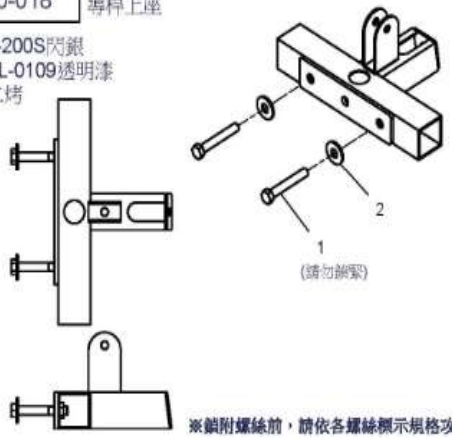
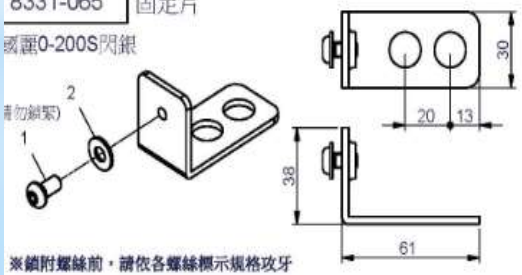
20HAM900-B [illegible]0-200S-閃銀 [illegible]KL-0109-透明 [illegible]途一烤	座墊架 	1SET	1.貼9440-055貼紙=1PCS 2.貼"工單"貼紙=1PCS
20HAM900-C [illegible]0-200S-閃銀 [illegible]KL-0109-透明 [illegible]途二烤	腳角架 	1SET	1.組立9212-068 高密度把手=1PCS
20HAM900-D [illegible]0-200S-閃銀 [illegible]KL-0109-透明 [illegible]途二烤	旋轉座 	1SET	1.組立8510-010軸承=1PCS
20HAM900-A [illegible]0-200S-閃銀 [illegible]KL-0109-透明 [illegible]途二烤	主架 	1SET	1.組立9211-107雙層套=2PCS 2.組立8250-066調整組=2PCS 3.組立8330-027氣壓棒=1PCS 4.組立9211-036按扣墊=4PCS 5.組立9211-118按扣墊=4PCS 6.組立M10X55L 一般外六角螺絲=1PCS 7.組立M10華司Ø16墊=2PCS 8.組立M10尼帽=2PCS 9.組立M10X65L 一般外六角螺絲=1PCS 10.組立M10華司Ø27墊=2PCS 11.貼9440-259貼紙=1PCS 12.貼9440-258貼紙=1PCS 13.組立M10X25L 錐形平頭內六角螺絲=2PCS 14.組立S20扣環=1PCS 15.黏貼9440-365認證貼紙=1PCS 設變單號 2014120001

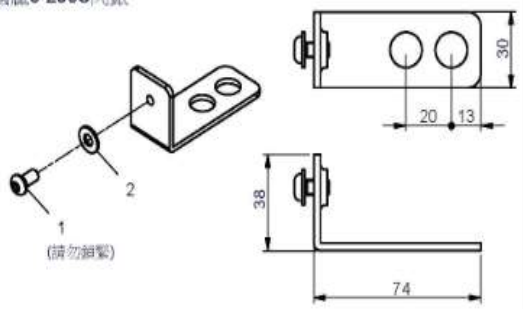
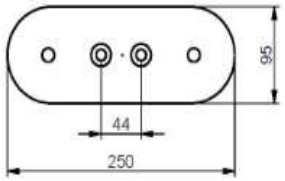
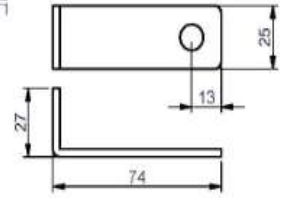
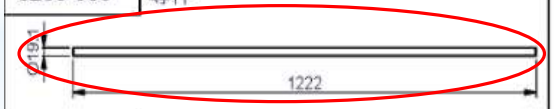
零件代碼	品名及圖案	用量	備註
8313-188 國雄0-200S-閃銀 國雄KL-0109-透明二塗二烤	固定片 	1PCS	HLHAM900A
23HAM900	附件包	1SET	HLHAM900A
25HAM900	皮帶輪包	1SET	HLHAM900A
9420-085	動作銘板	1PCS	9630-126氣泡袋X 160X460XB-平口
FHAM900	鋼索包	1SET	HLHAM900A
GHAM900	螺絲包	1SET	HLHAM900A
KHAM900	說明書	1PCS	
9630-220	背帶	1PCS	HLHAM900A
			1.9630-229蜂巢紙=8PCS 80HX60X35 2.9630-230蜂巢紙=2PCS 40HX188X40

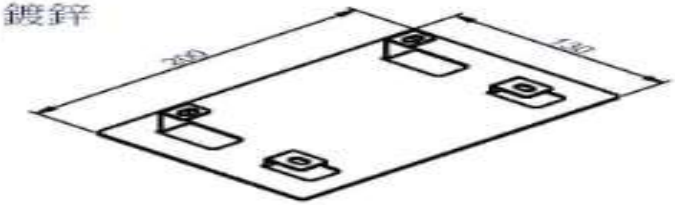
零件代碼	品名及圖案	用量	備註
9111-089 黑色耐寒乳膠皮	背墊 	1PCS	
9121-093 黑色耐寒乳膠皮	座墊 	1PCS	設變單號 2016030001
9161-077	泡棉 	2PCS	

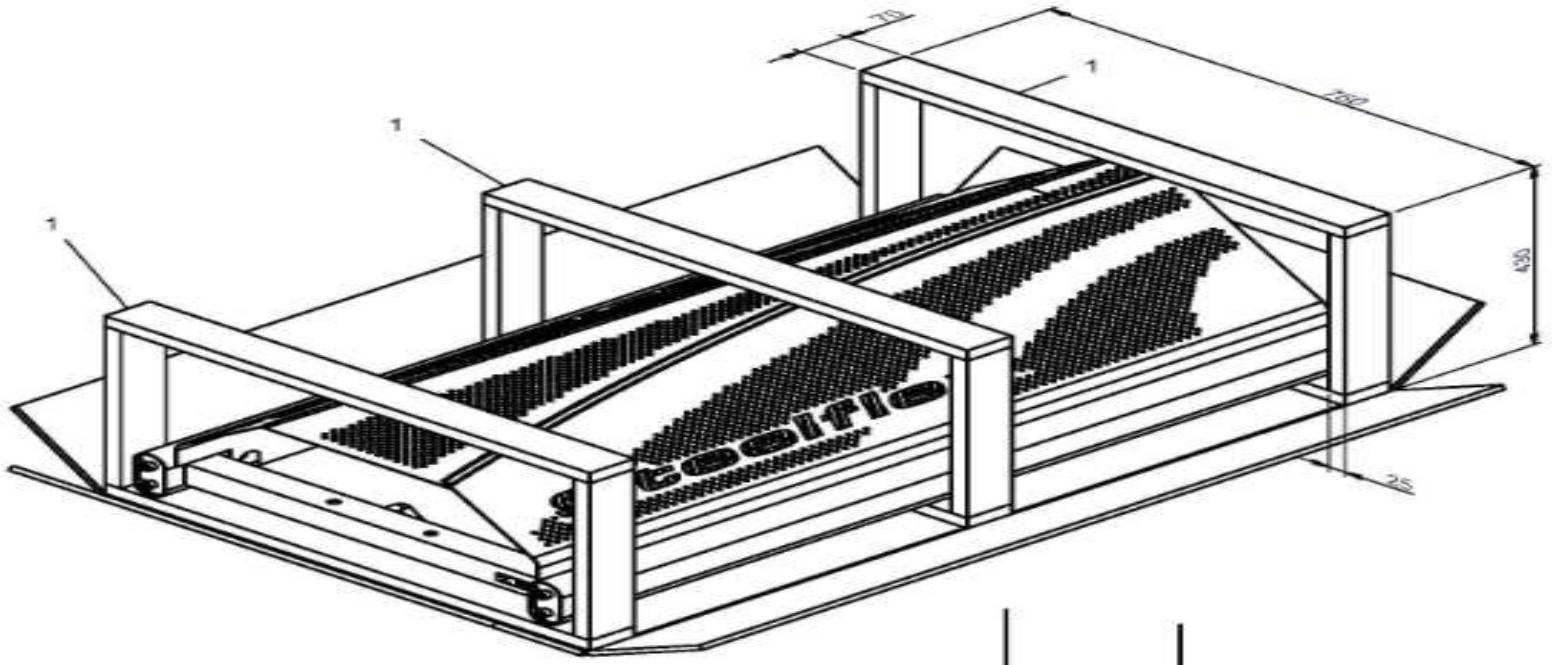
零件代碼	品 名 及 圖 案	用量	備 註
6610-016	門框 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤 	1SET	1.組立M10X15L=4PCS 圓頭內六角螺絲-CAP 2.組立M10X25L=4PCS 鉚彩平頭內六角螺絲 3.組立M6拉帽(身體有沉)=24PCS 4.貼工單貼紙=1PCS 
9211-170	上蓋 暗紅色 	1SET	H9211170內箱
8380-066	護網 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤 	1SET	1.黏貼9310-088=-2PCS Ø5.5X2tX1250L 設變單號 2014030002

零件代碼	品 名 及 圖 案	用量	備 註
8380-067	護網 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤 	1SET	1.黏貼9440-117防夾手警告標籤=1PCS
8380-068	護網 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤 	1SET	設變單號 2017120005
8400-006A	選擇上片 	1SET	HLHDA內箱
8311-194	固定片 K32027G深 灰 砂 	1PCS	HLHDA內箱
8210-191	20孔選擇桿 電鍍 	1PCS	HLHDA內箱 Ø3/4"x400L

零件代碼	品 名 及 圖 案	用量	備 註
6610-017	導桿下座 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤  ※鎖附螺絲前，請依各螺絲標示規格攻牙	1SET	1.組立M12X80L=2PCS 一般外六角螺絲 2.組立M12華司Ø34=2PCS HLHDA內箱
6610-018	導桿上座 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤  ※鎖附螺絲前，請依各螺絲標示規格攻牙	1SET	1.組立M12X80L=2PCS 一般外六角螺絲 2.組立M12華司Ø34=2PCS 設變單號 2013050002 HLHDA內箱
8331-065	固定片 國麗0-200S閃銀  ※鎖附螺絲前，請依各螺絲標示規格攻牙	4SET	1.組立M6X12L=4PCS 半圓頭內六角螺絲 2.組立M6華司Ø14=4PCS HLHDA內箱

零件代碼	品 名 及 圖 案	用量	備 註
8331-064	固定片 國麗0-200S閃銀  ※鎖附螺絲前，請依各螺絲標示規格攻牙	6SET	1.組立M6X12L=6PCS 半圓頭內六角螺絲 2.組立M6華司Ø14=6PCS 設變單號 2014030002 HLHDA內箱
8313-188	固定片 國麗0-200S閃銀 國麗KL-0109透明漆 二塗二烤 	2PCS	1.9180-001保麗龍=1PCS 150X100X50mm 2.9180-002保麗龍=1PCS 165X130X110mm 3.9180-027特固龍=4PCS Ø65X45X215L 4.9630-011氣泡布=2PCS 1000X1000 HLHDA內箱
8331-017	固定片 國麗0-200S閃銀 	1PCS	HLHDA內箱
8280-036	導桿 	2PCS	Ø19.05X1222L
23HDA	附件包	1SET	HLHDA內箱

零件代碼	品 名 及 圖 案	用量	備 註
25HDA	皮帶輪包	1SET	HLHDA內箱
GHDA	螺絲包	1SET	HLHDA內箱
8345-014 固定板	鍍鋅 	1SET	設變單號 2013050002 HLHDA內箱
門框包裝示意圖		1SET	1.組立9700-074橫板=3PCS 2.M5X20L十字鐵板牙=18PCS 3.M5華司Ø14=18PCS



HAM-900 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø1" FLAT END CAP(8341-033)----------[4PCS]
D2.Ø8 SPRING SNAP LINK (8810-001)----------[1PCS]
D3.40X80 End Cap (9211-113)----------[2PCS]
D4.3" Nylon Washer (9214-008)----------[4PCS]
D5.108X263 RUBBER PAD(9310-075)----------[1PCS]
D6.Ø110 PULLEY(9213-002B)----------[3PCS]
D7.4225mm BELT(FHAM900A1)----------[1PCS]
D8.EXERCISE CHART (9420-085)----------[1PCS]
D9.PLATE CAP(9211-173)----------[6PCS]

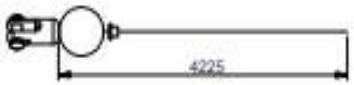
D1 D2 D3 D4



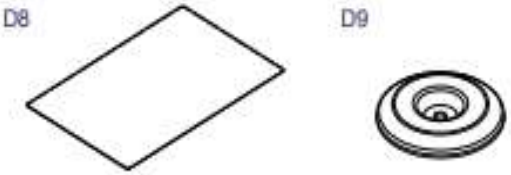
D5 D6



D7



D8 D9



HAM-900 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION FOR HDA

D10.3/4" SHAFT COLLAR(9211-046)----------[2PCS]
D11.2"x2" Rubber Cane Cap(9214-002)----------[3PCS]
D12.Towel rack(9215-024)----------[1PCS]
D13. Ø65XØ20X70L Rubber Dount(9310-049)----------[2PCS]
D15.108X14.5TX263T RUBBER PAD(9310-075)----------[2PCS]
D16.Ø110 PULLEY(9213-002B)----------[2PCS]
D17.TOP PLATE(8400-006)----------[1PCS]
D19.Selector Rod(8210-191)----------[1PCS]

D10 D11 D12



D13 D15



D16 D17



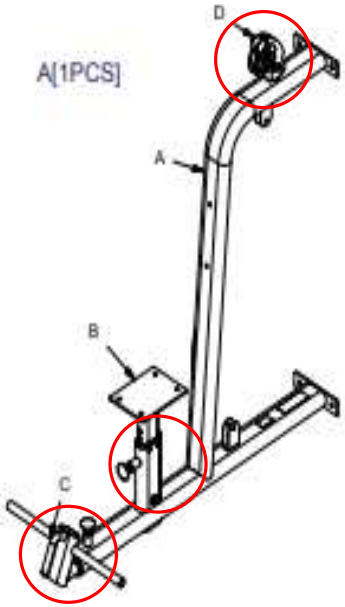
D19



HAM-900 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

A[1PCS]



E[1PCS]
8313-188



F[1PCS]
9630-220



G[1PCS]
9111-089



H[1PCS]
9121-093



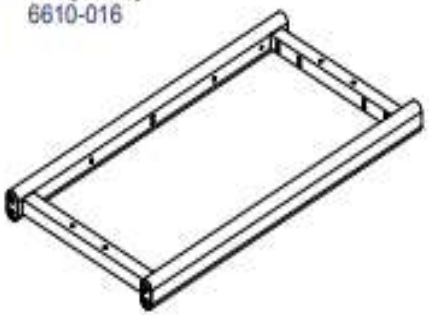
I[2PCS]
9161-077
φ4*X23X8*



HAM-900 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

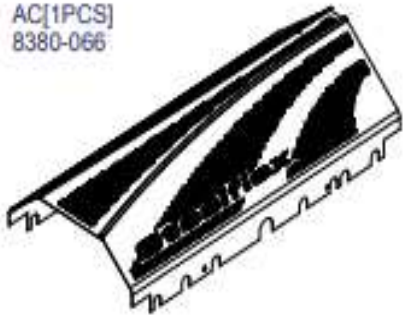
AA1[1PCS]
6610-016



AB[1PCS]
9211170-023



AC[1PCS]
8380-066



AD[1PCS]
8380-067



AE[1PCS]
8380-068



AF[1PCS]
6610-017



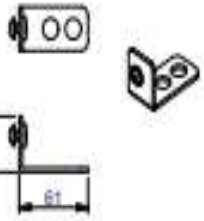
HAM-900 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

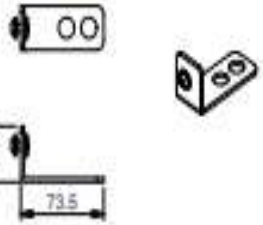
AG[1PCS]
6610-018



AH[4PCS]
8331-065



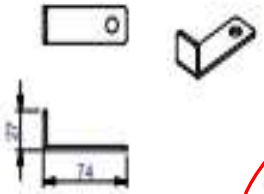
AI[6PCS]
8331-064



AJ[2PCS]
8313-188



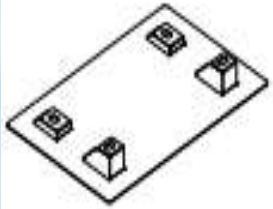
AK[1PCS]
8331-017



AL1[2PCS]
8280-036
Ø3/4"X1222L



AN[1PCS]
8345-014



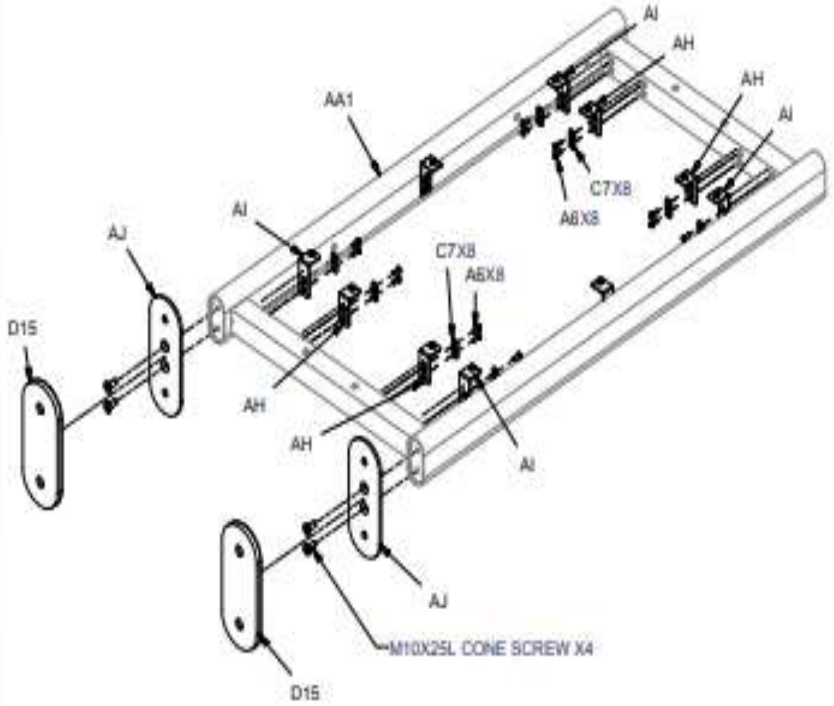
AO[1PCS]
8311-194



HAM-900 ASSEMBLY INSTRUCTIONS



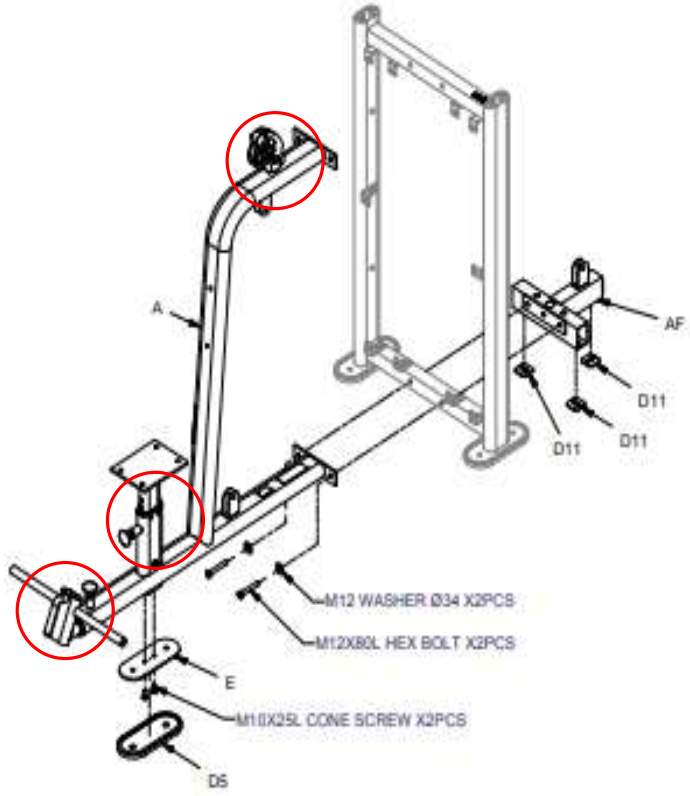
Above shows STEP 1
assembled and completed



HAM-900 ASSEMBLY INSTRUCTIONS



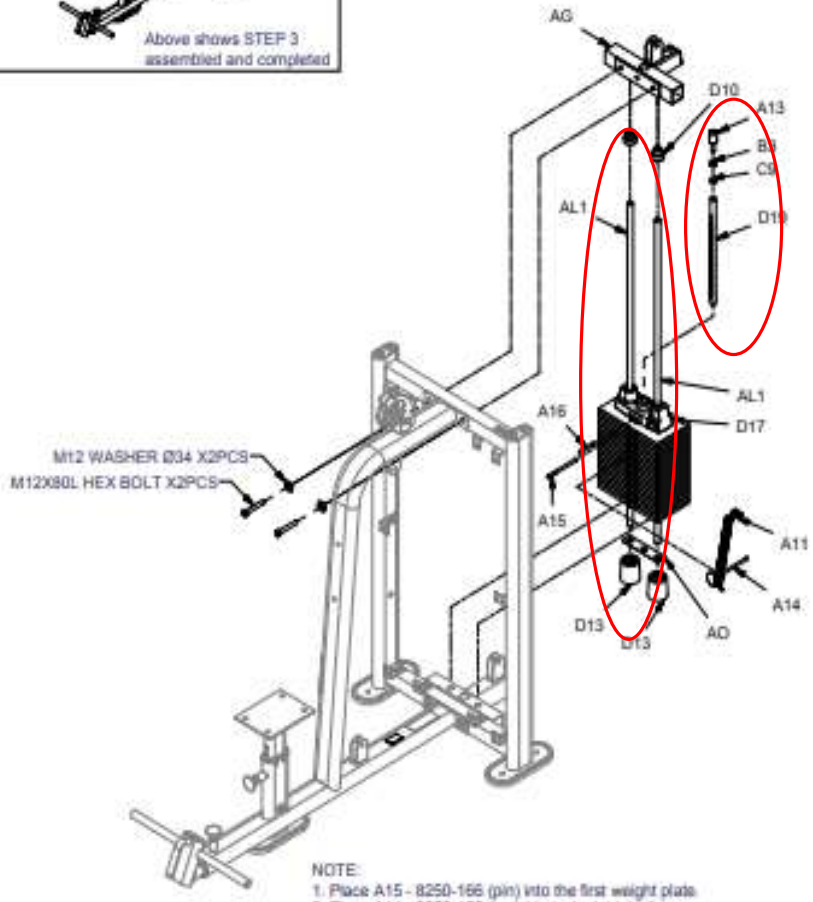
Above shows STEP 2
assembled and completed



HAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed

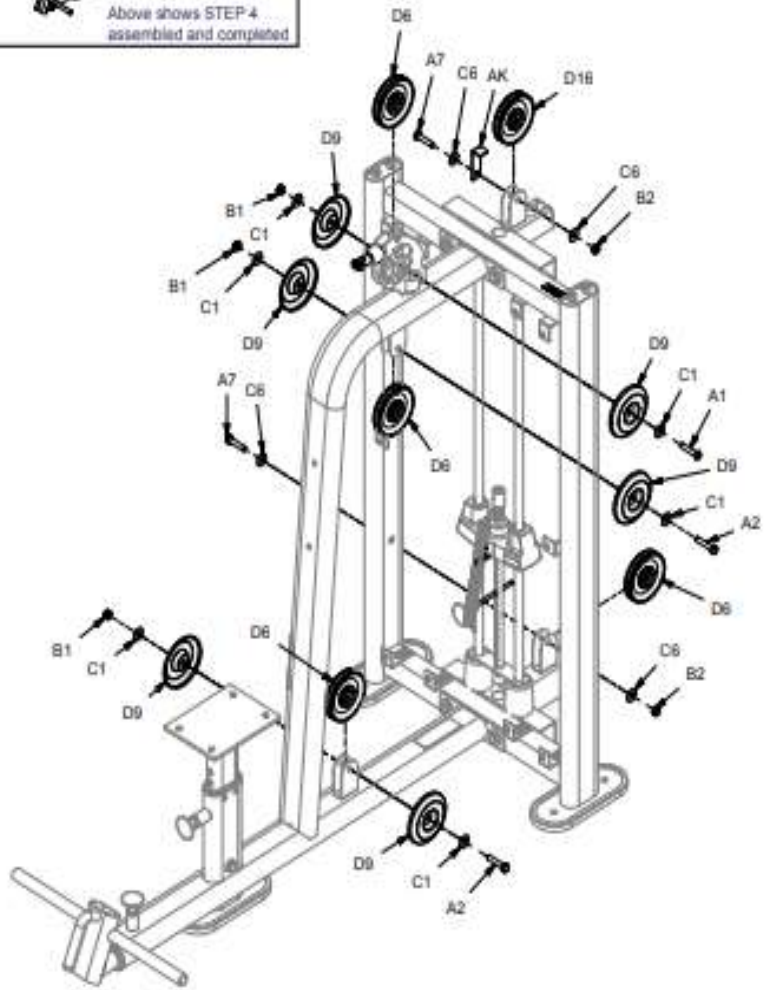


NOTE:
1. Place A15 - 8250-166 (pin) into the first weight plate.
2. Place A14 - 8250-152 (weight stack pin) into the
   the hole 20th of the weight stack.
3. Make sure D17- 8400-006A(top plate) cling to (first weight plate)
   and fix in A16 - 8250-167(pin).
4. Finally remove A14 - 8250-152 (weight stack pin) and use as usual.

HAM-900 ASSEMBLY INSTRUCTIONS

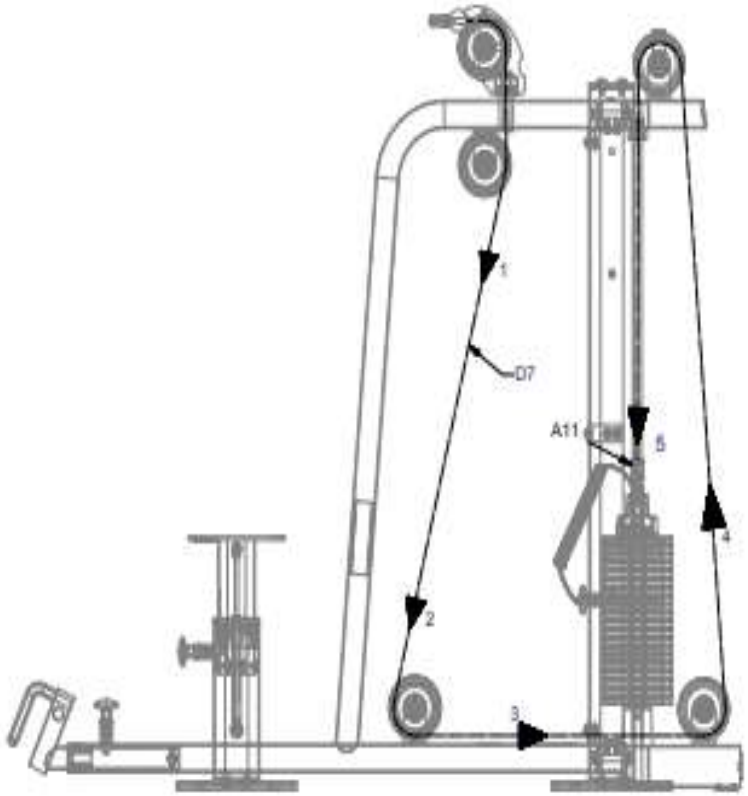


Above shows STEP 4 assembled and completed



HAM-900 ASSEMBLY INSTRUCTIONS

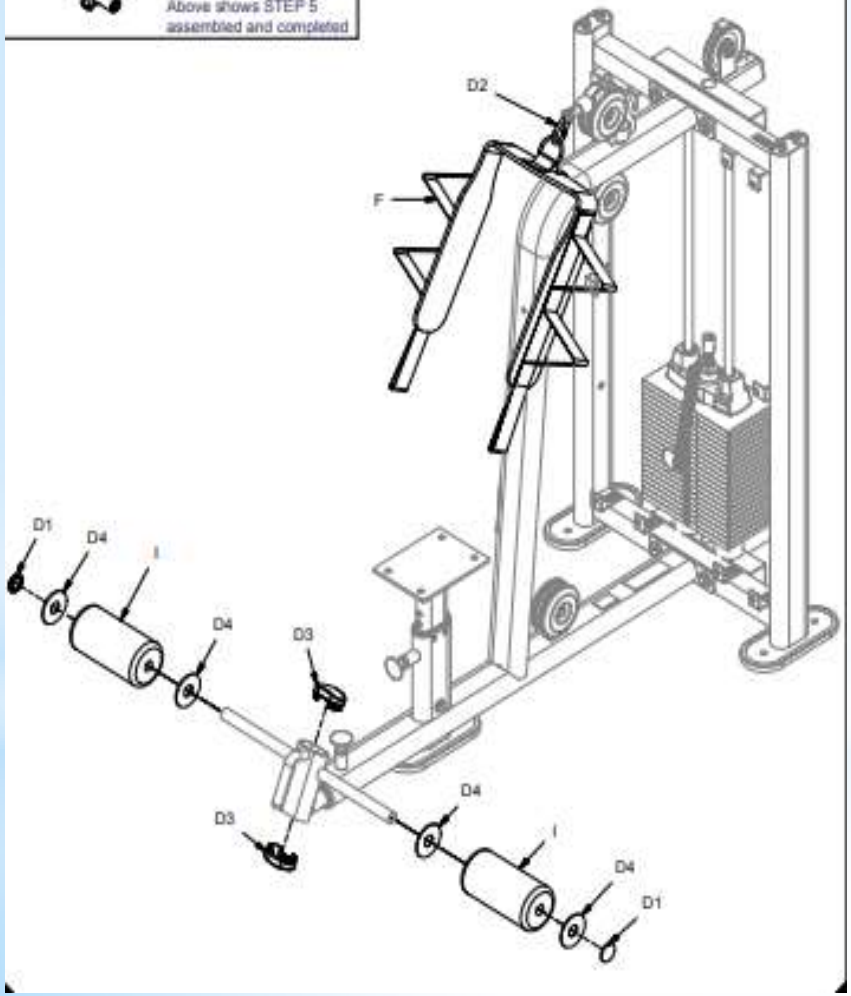
Cable to constitute illustration



HAM-900 ASSEMBLY INSTRUCTIONS



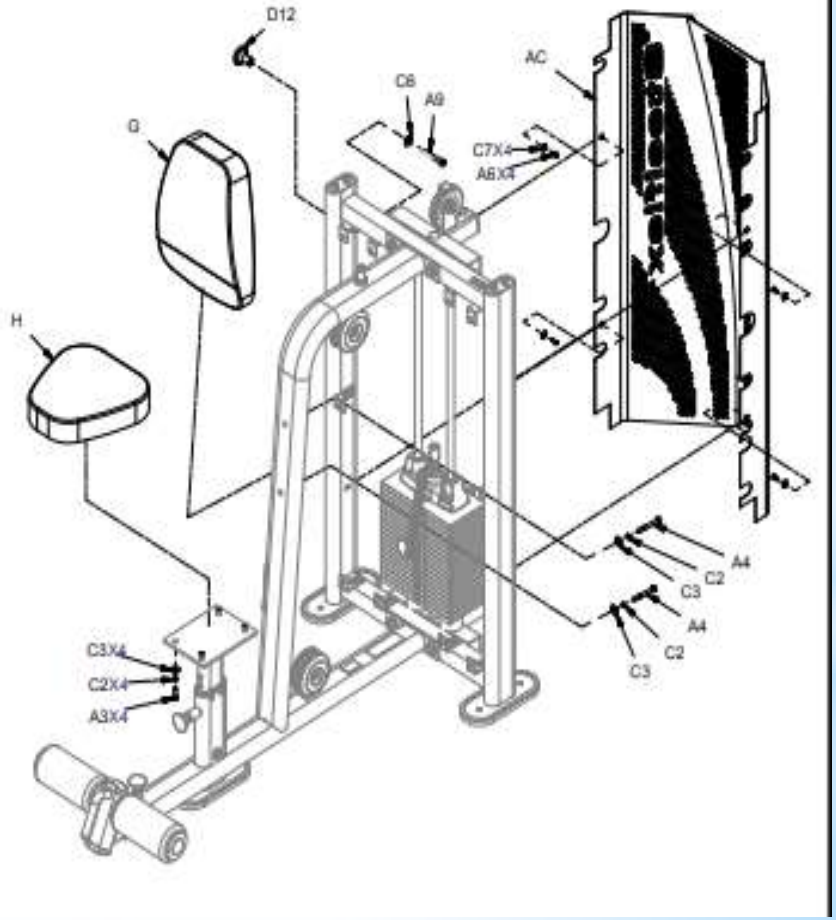
Above shows STEP 5
assembled and completed



HAM-900 ASSEMBLY INSTRUCTIONS



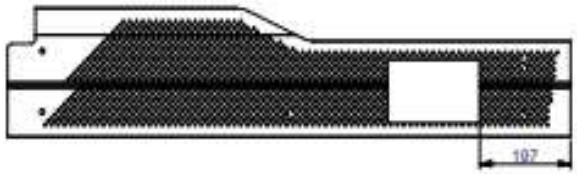
Above shows STEP 6
assembled and completed



HAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 7 assembled and completed



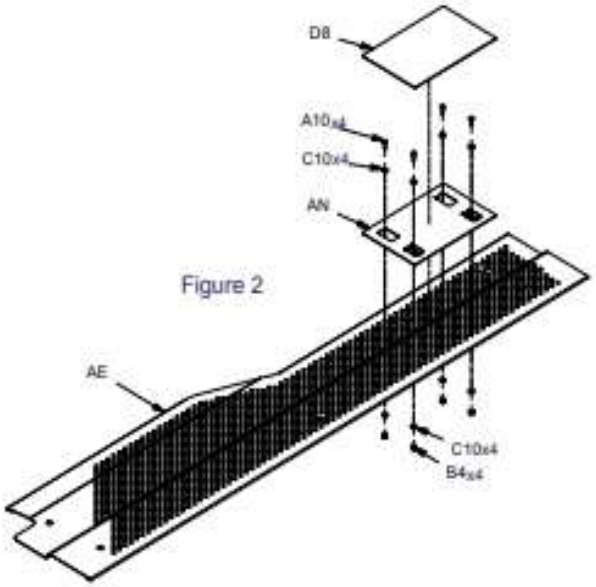


Figure 2



Above shows STEP 7 assembled and completed

HOPE ASSEMBLY INSTRUCTIONS

DECAL REFERENCE



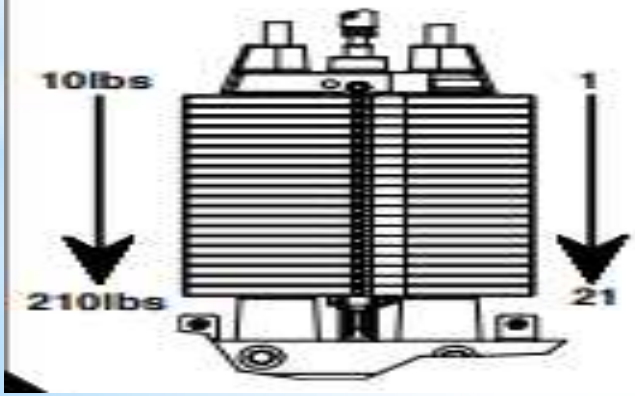
9440-258



9440-259



9440-047





9440-117

*Well done!

