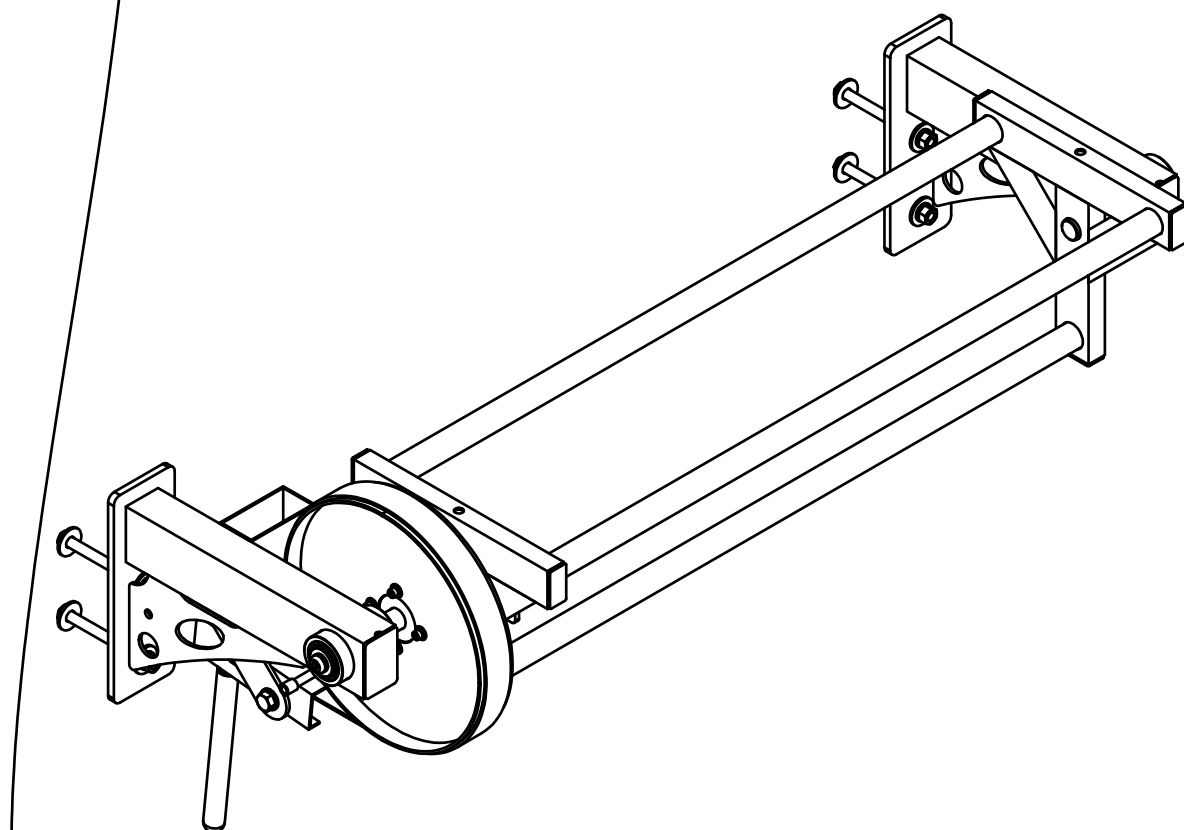


FUNCTION MACHINE



JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

Tel: 886-2-27209980

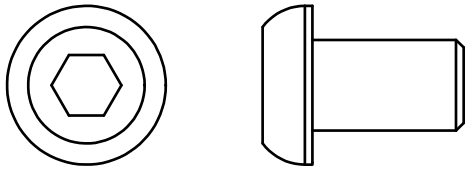
Fax: 886-2-27229750

www.steelflexfitness.com

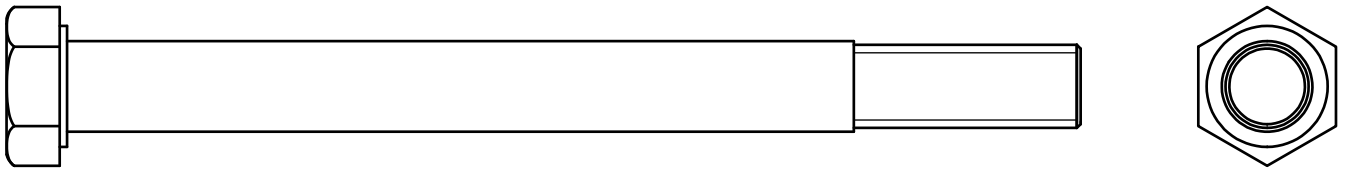
FMR1 OWNER'S MANUAL

FMR1 ASSEMBLY INSTRUCTIONS

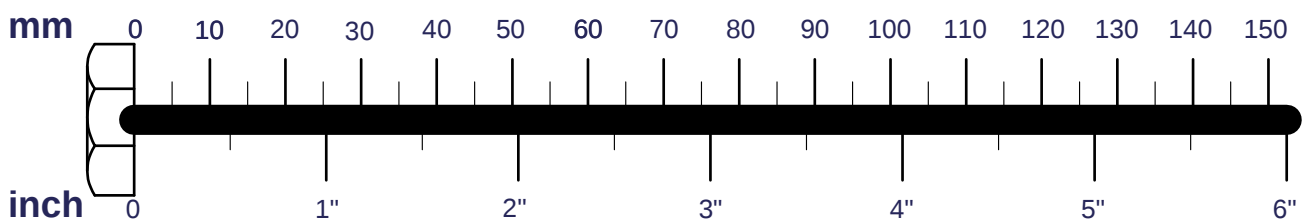
HARDWARE ILLUSTRATION



(A1)ROUND INNER HEX SCREW M12X20L FULL THREAD QTY.2

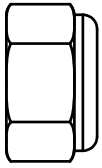


(A2)HEX BOLT M12X135L PARTIAL THREAD QTY.4

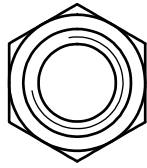


FMR1 ASSEMBLY INSTRUCTIONS

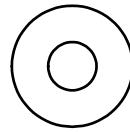
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT 1/2" QTY.1



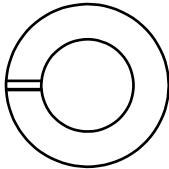
(B2)LOCK NUT M12X10T QTY.6



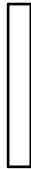
(C3)M6(I.D.)FLAT WASHER Ø16 QTY.4



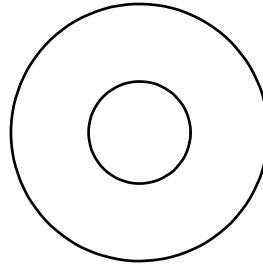
(C1)M12 SPRING WASHER QTY.9



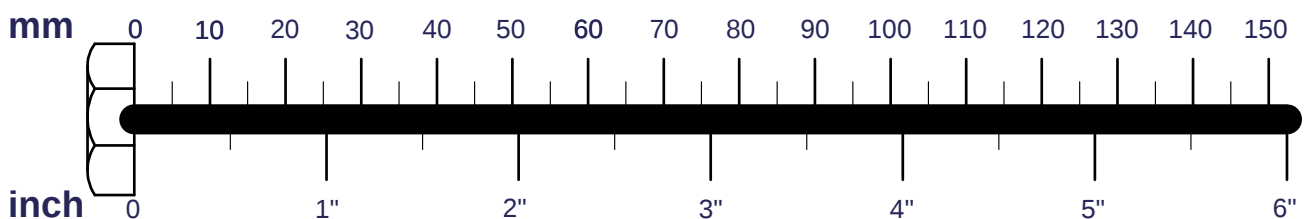
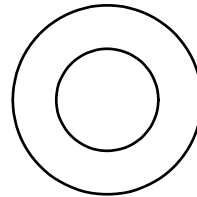
(C4)M12(I.D.)FLAT WASHER Ø34 QTY.13



(C2)M6 SPRING WASHER QTY.4



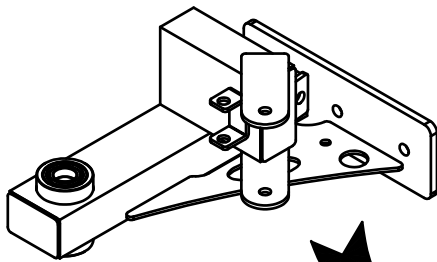
(C5)M12(I.D.)FLAT WASHER Ø25 QTY.2



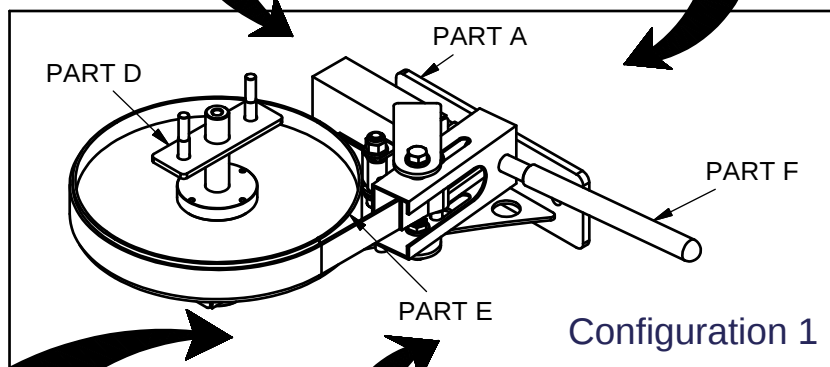
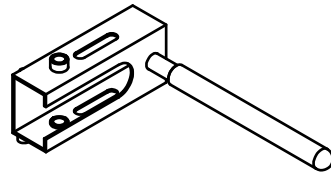
FMR1 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

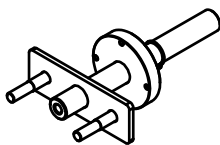
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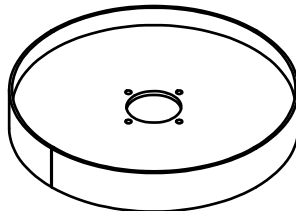
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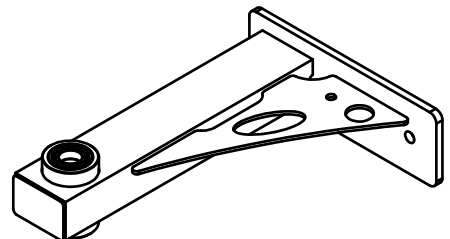
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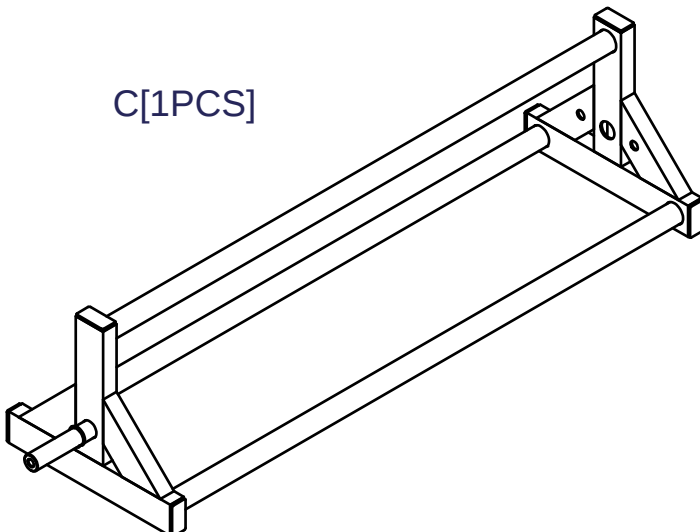
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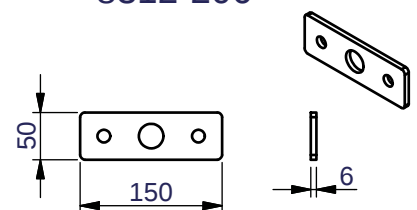
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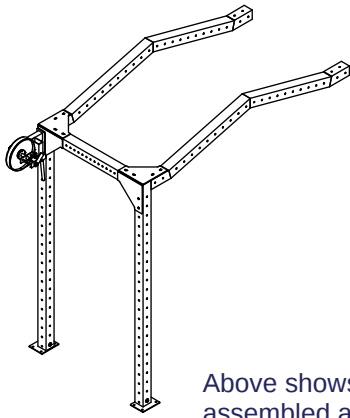
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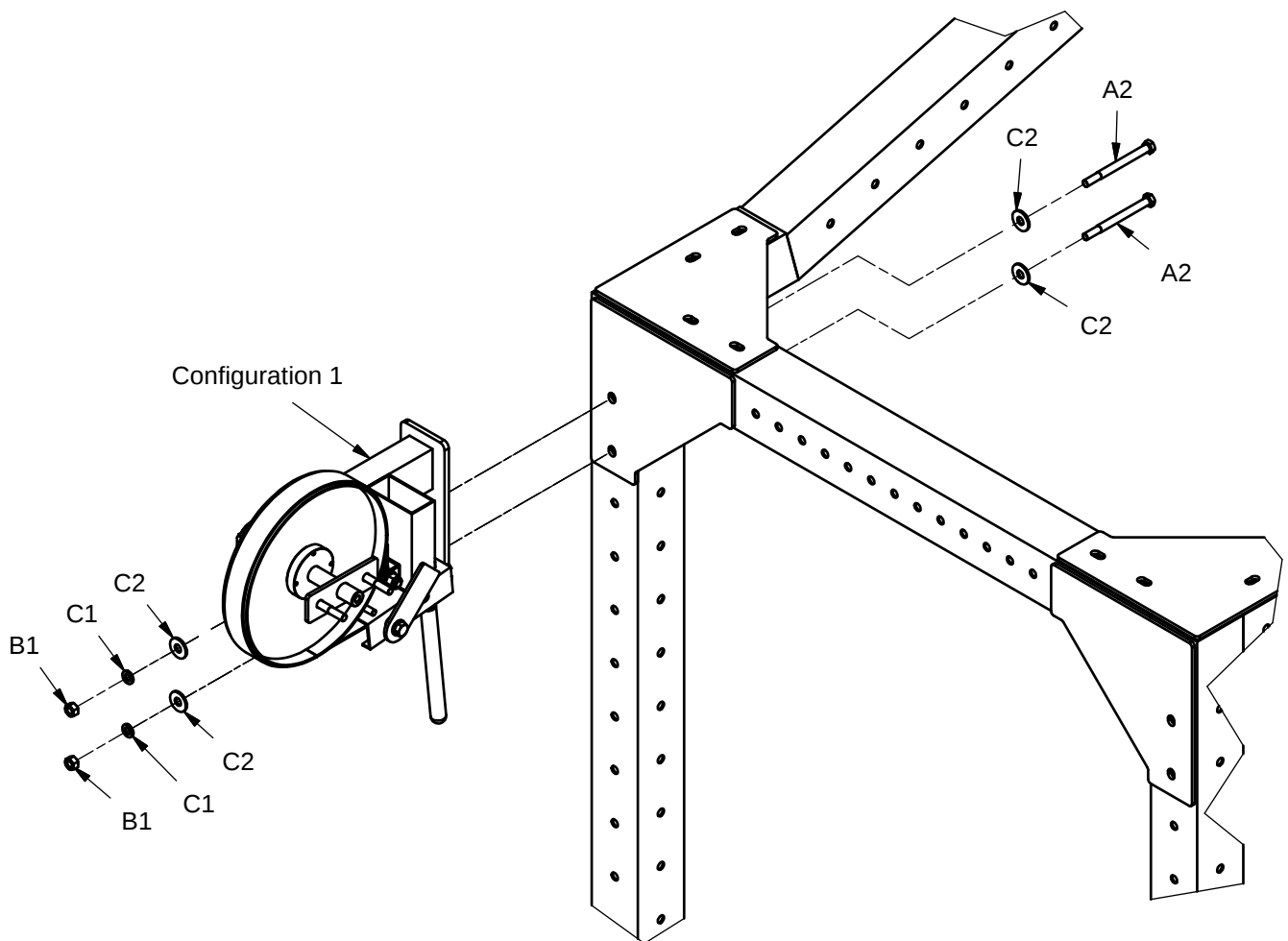
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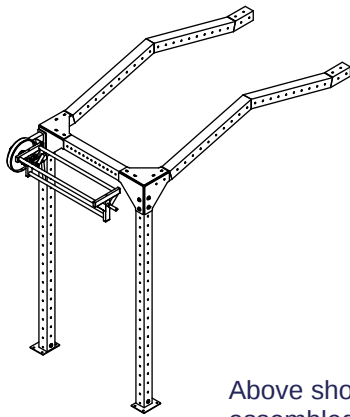
FMR1 ASSEMBLY INSTRUCTIONS



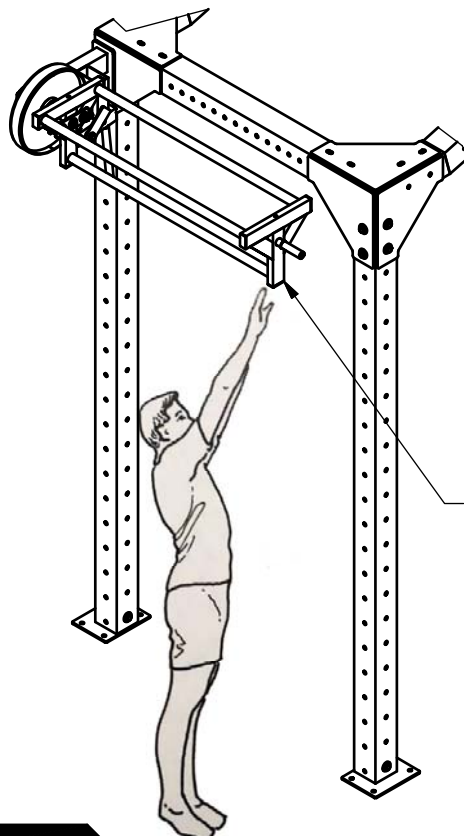
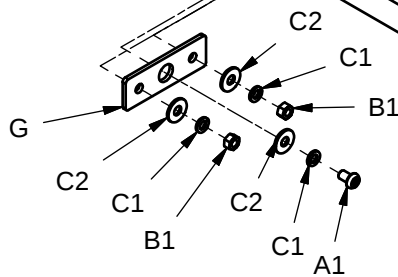
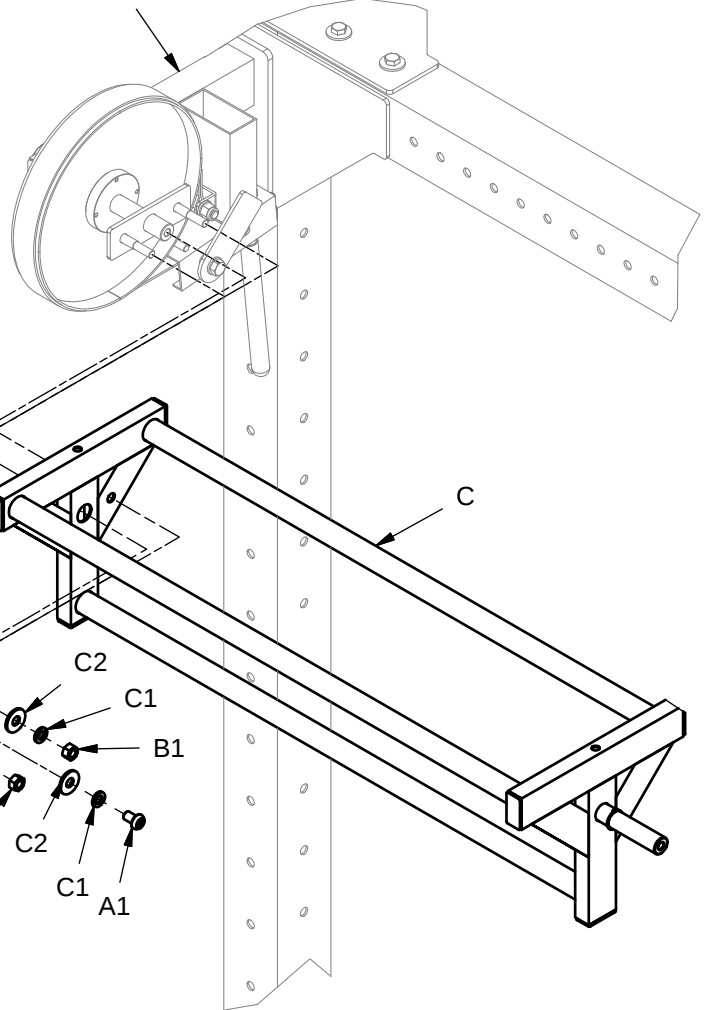
Above shows STEP 1
assembled and completed



FMR1 ASSEMBLY INSTRUCTIONS



STEP 1



Danger :
The structure needs to be supported

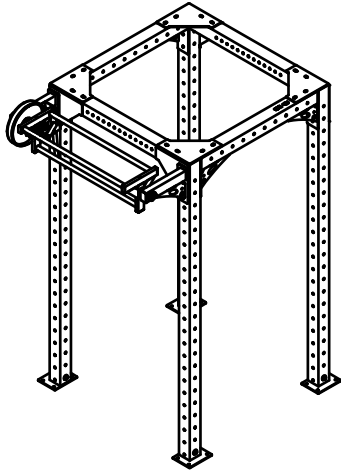
Above show assembled

Diagram illustrating Step 2 of the assembly process. A bracket (B) is being mounted to the vertical post. The bracket is secured using two screws (A2) and two washers (C2). The bracket is positioned to hold the horizontal bar in place. The diagram shows the bracket being aligned with the post and the screws being inserted through the bracket into the post.

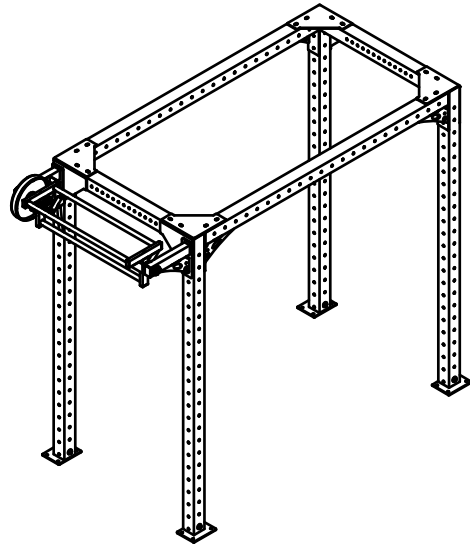
FMR1 ASSEMBLY INSTRUCTIONS

Assmebly Guide as follow:

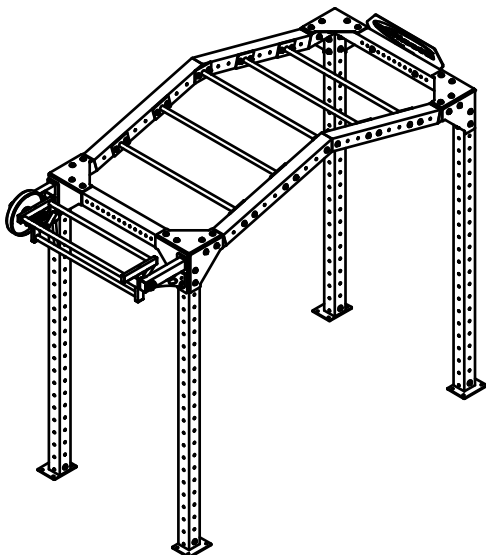
FTS360S



FTS360M



FTS360L



FTS3604

