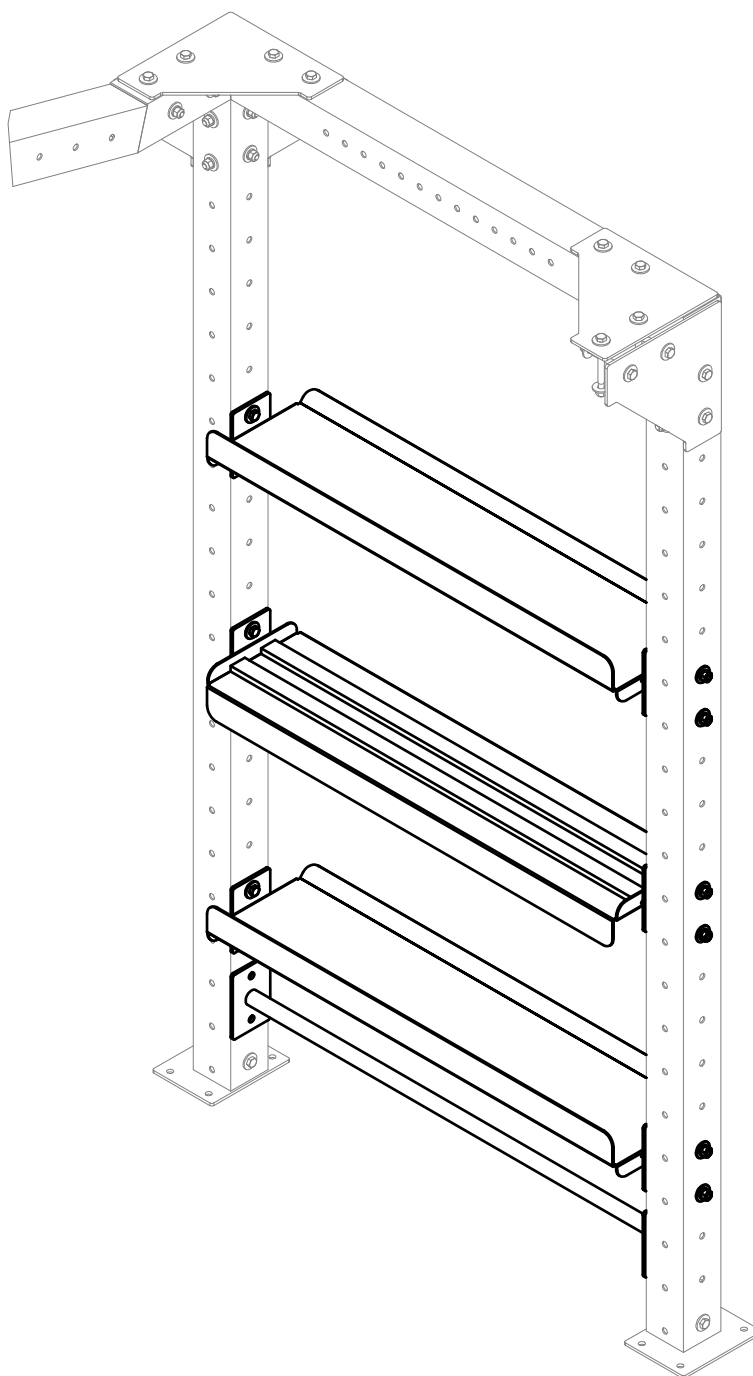


FUNCTION MACHINE



JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

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

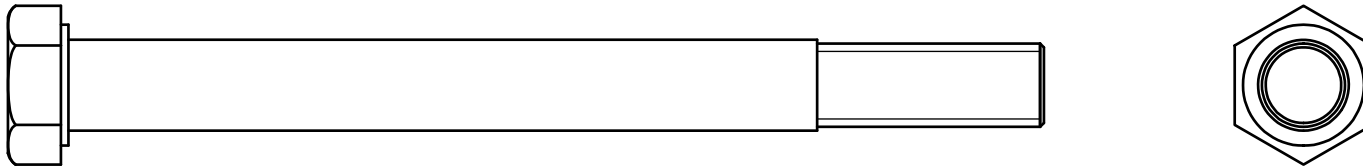
Tel: 886-2-27209980

Fax: 886-2-27229750

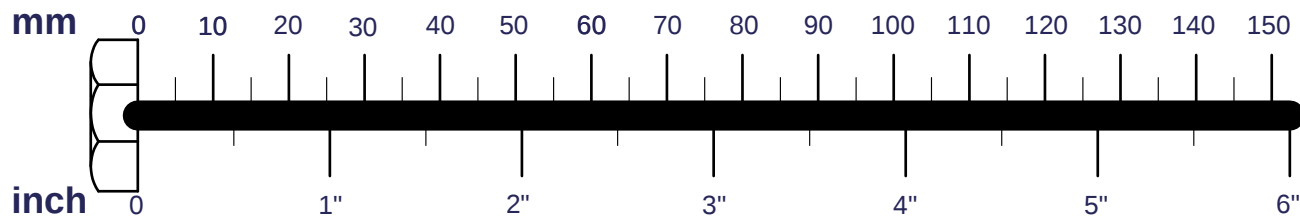
www.steelflexfitness.com

FCR1 OWNER'S MANUAL

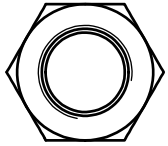
HARDWARE ILLUSTRATION



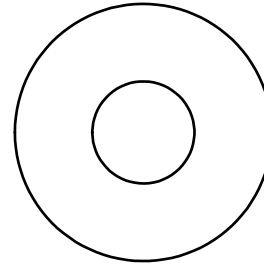
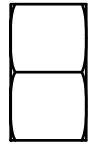
(A1)HEX BOLT M12X130L PARTIAL THREAD QTY.12



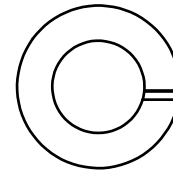
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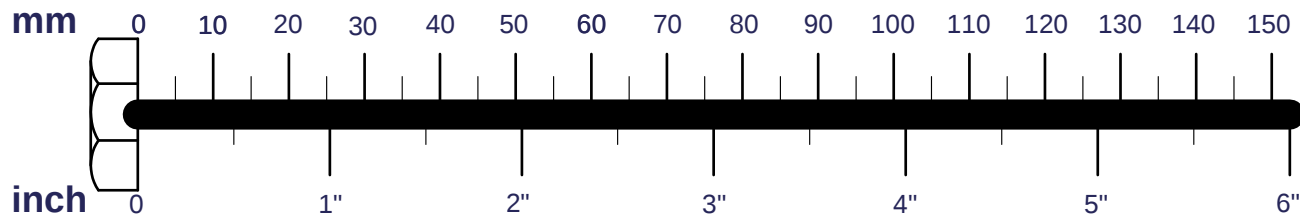
(B1)LOCK NUT M12 QTY.12



(C1)M12(I.D.)FLAT WASHER Ø34 QTY.24

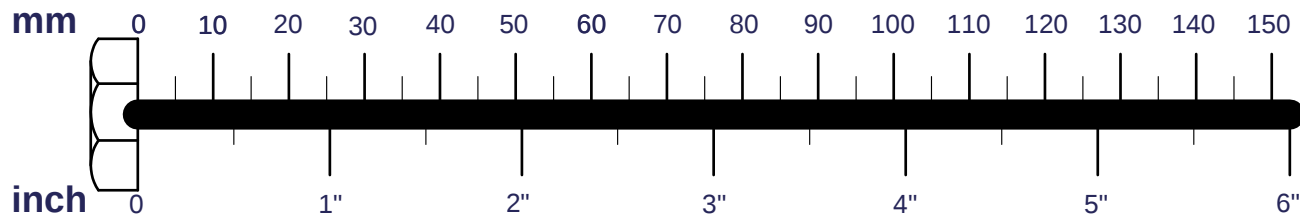
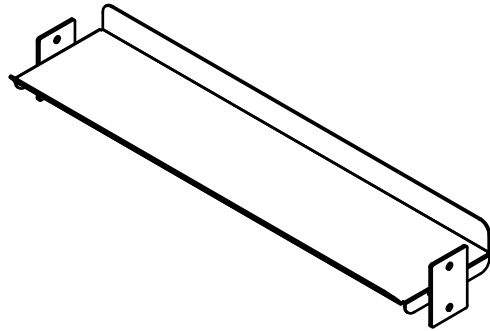


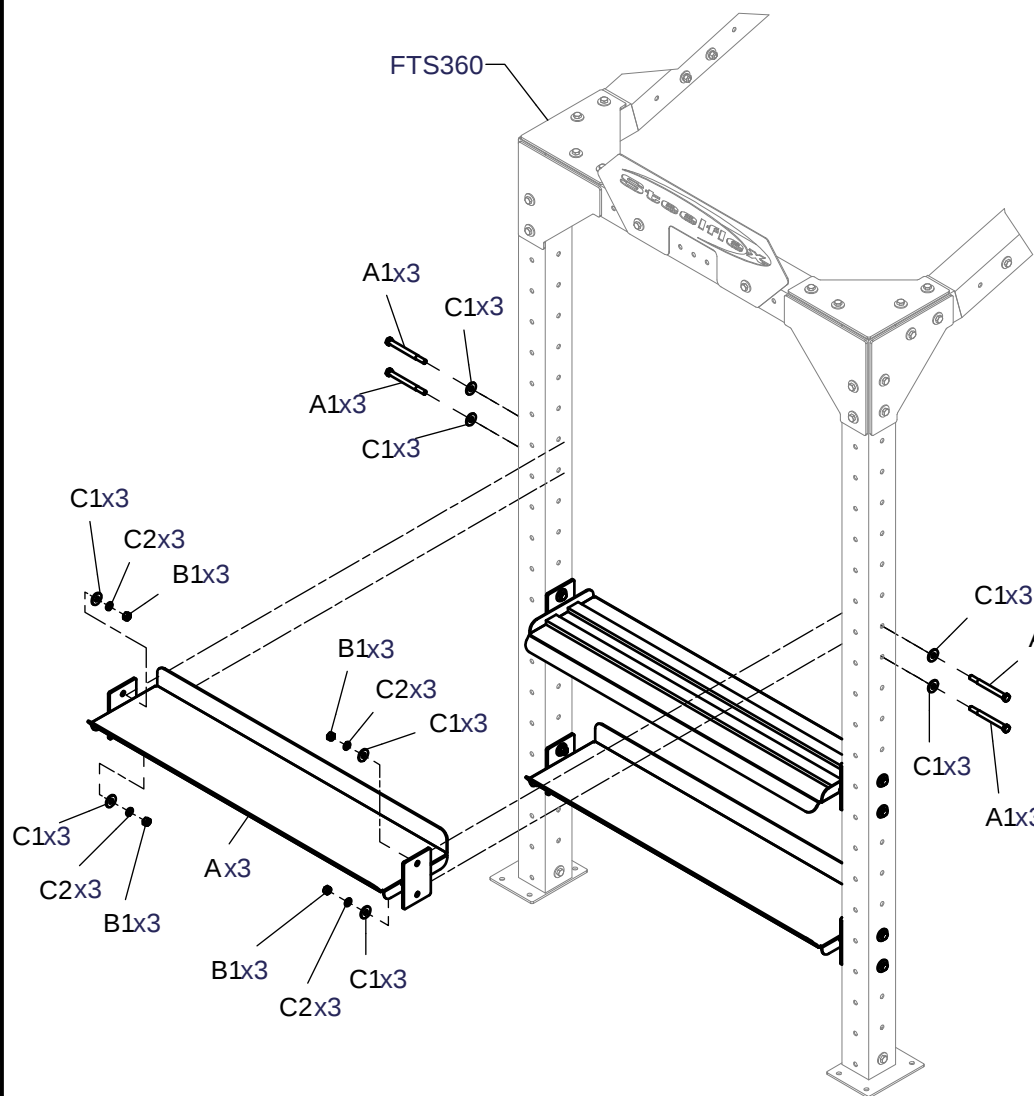
(C2)SPRING WASHER M12 QTY.12



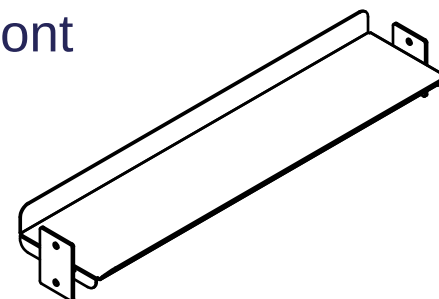
PARTS ILLUSTRATION SHEET

A [3SET]

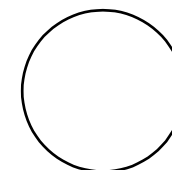




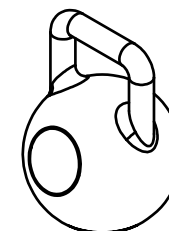
front



Applicable

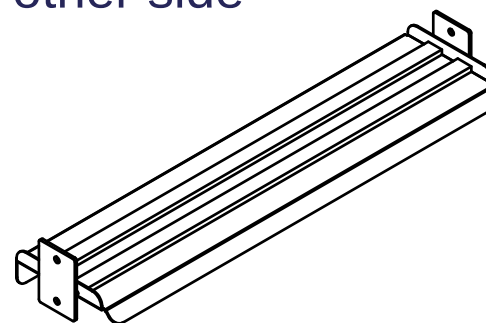


Medicine bal

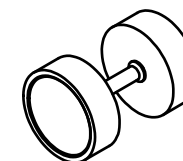


Kettlebells

other side



Applicable



Dumbbel