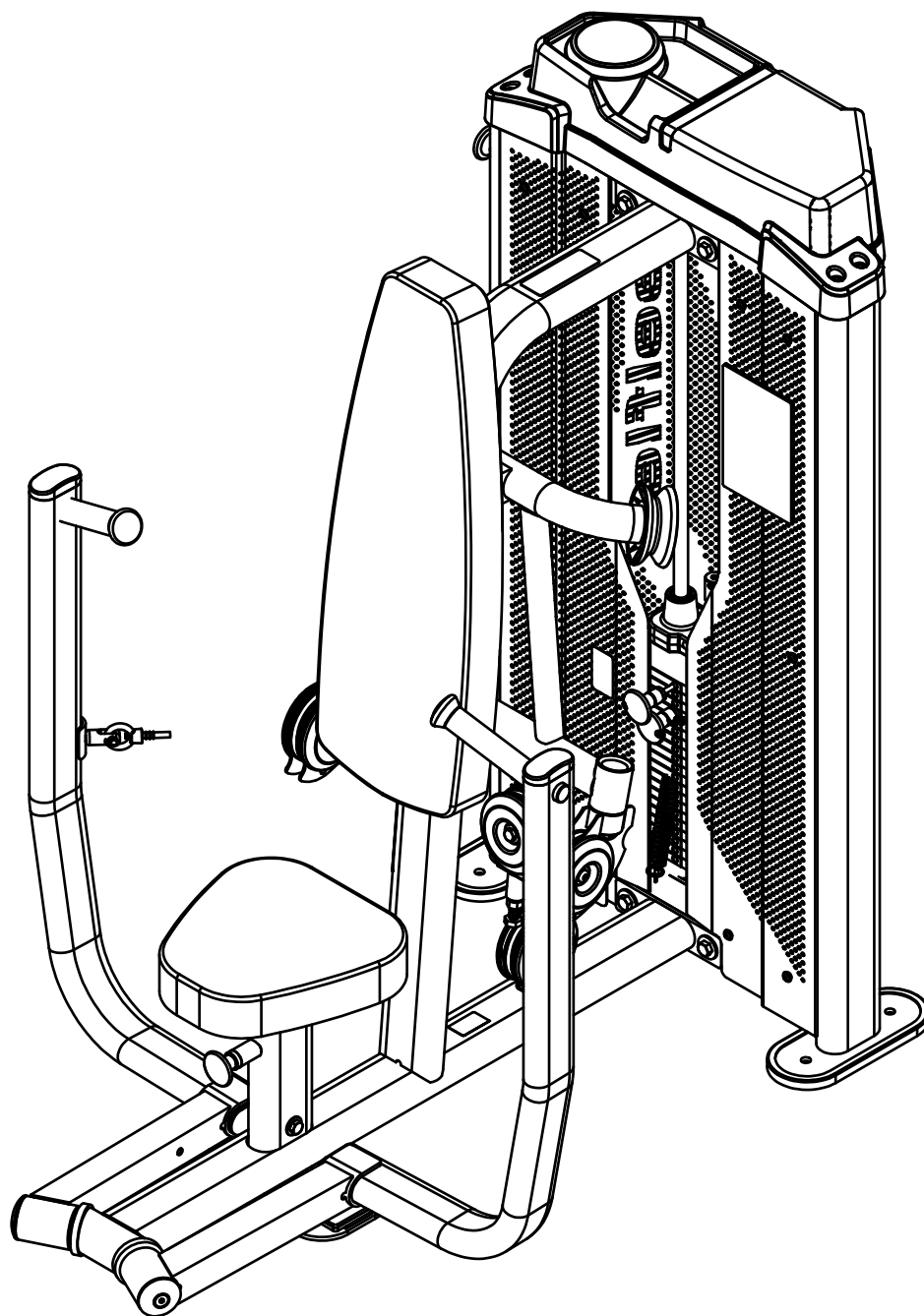


HOPE



Steelflex

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

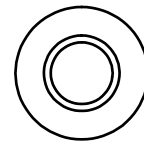
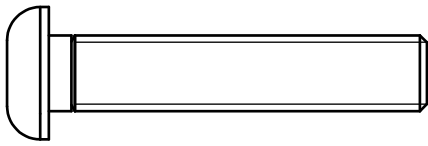
Fax: 886-2-27229750

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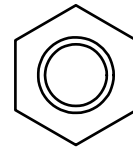
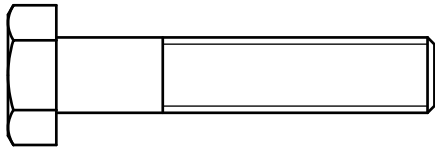
HBP-100.2 OWNER'S MANUAL

HBP-100 ASSEMBLY INSTRUCTIONS

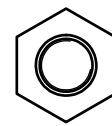
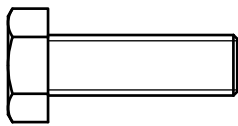
HARDWARE ILLUSTRATION



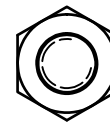
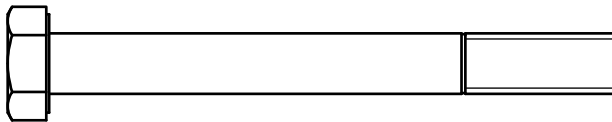
(A1)ROUND ALLEN HEAD M10X50L PARTIAL THREAD QTY.2



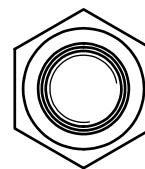
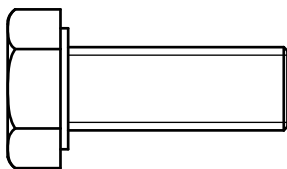
(A2)HEX BOLT M10X50L PARTIAL THREAD QTY.2



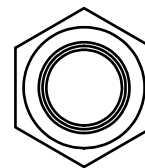
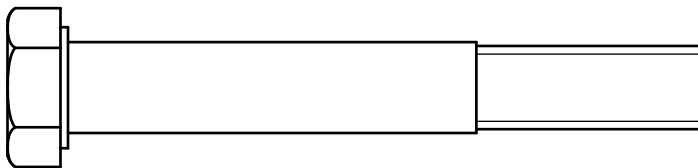
(A3)HEX BOLT M8X25L PARTIAL THREAD QTY.4



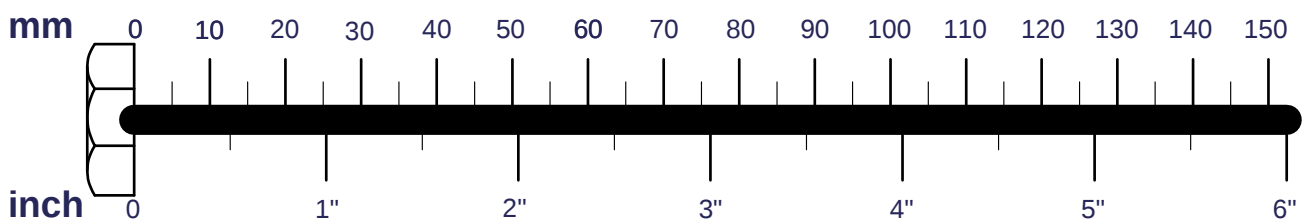
(A4)HEX BOLT M8X75L PARTIAL THREAD QTY.2



(A5)HEX BOLT M12X30L PARTIAL THREAD QTY.3

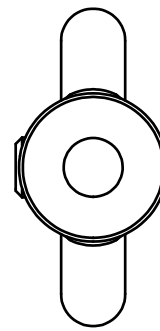
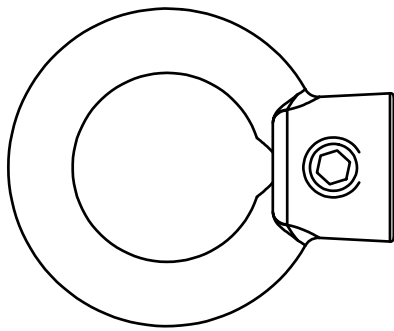


(A6)HEX BOLT M12X85L PARTIAL THREAD QTY.1

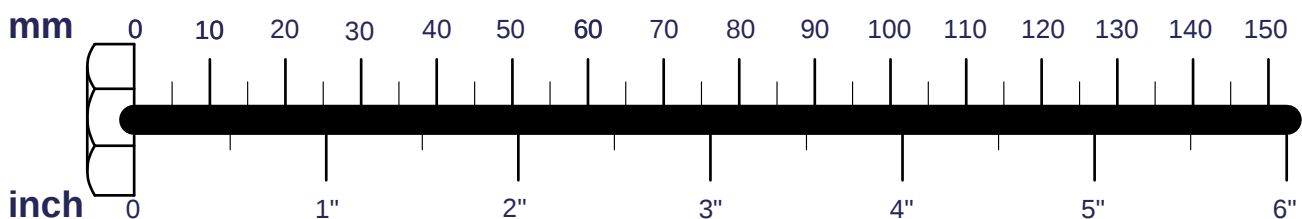


HBP-100 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

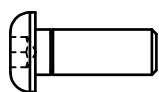


(A7)3/8" LIFT NUT QTY.2

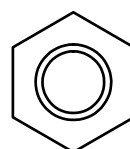
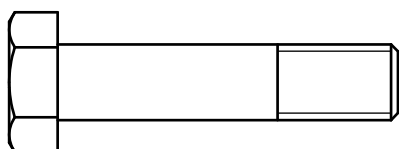


HBP-100 ASSEMBLY INSTRUCTIONS

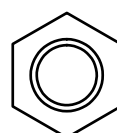
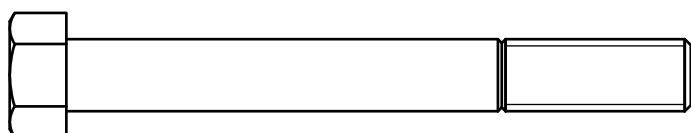
FRAME HARDWARE ILLUSTRATION FOR HDA



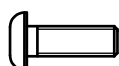
(A9)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.24



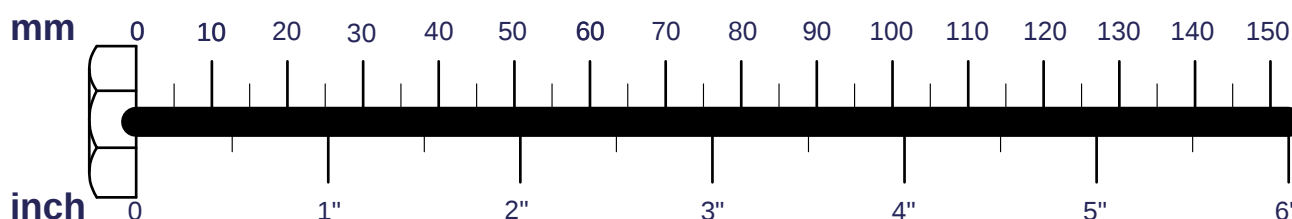
(A10)HEX BOLT M10X45L PARTIAL THREAD QTY.2



(A12)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1

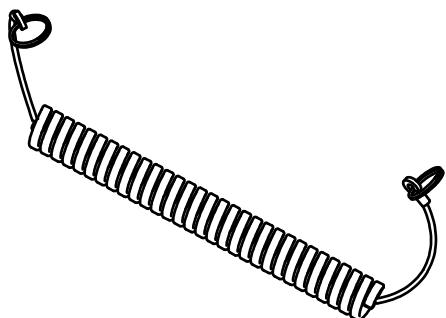


(A13)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

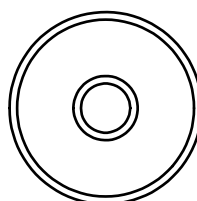
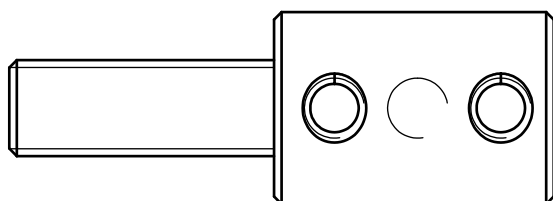


HBP-100 ASSEMBLY INSTRUCTIONS

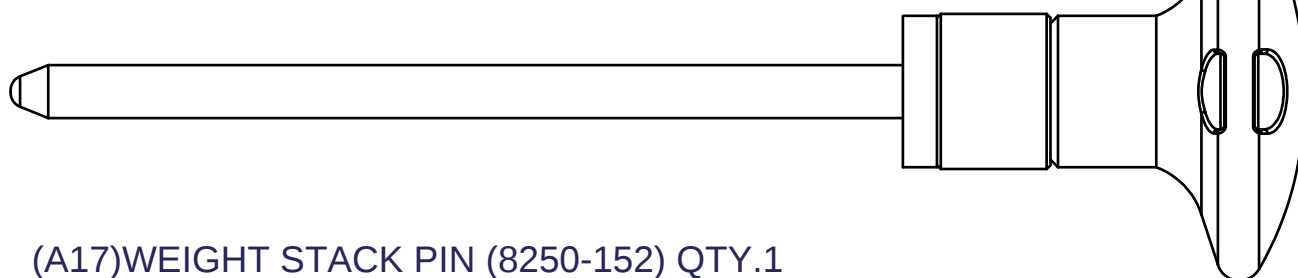
FRAME HARDWARE ILLUSTRATION FOR HDA



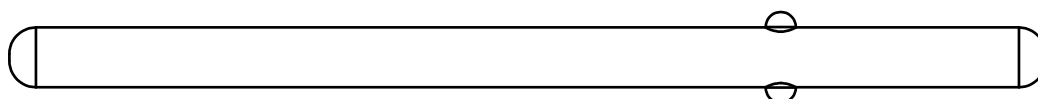
(A14)ELASTIC BELT (F920003) QTY.1



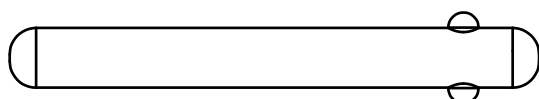
(A16)WEIGHT STACK CABLE (8260-009) QTY.1



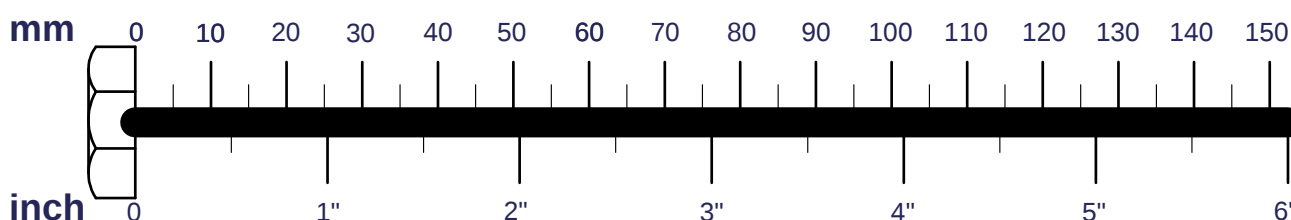
(A17)WEIGHT STACK PIN (8250-152) QTY.1



(A18)Ø5/16" FIXED PIN (8250-166) QTY.1

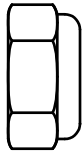


(A19)Ø5/16" FIXED PIN (8250-167) QTY.1

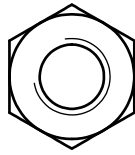


HBP-100 ASSEMBLY INSTRUCTIONS

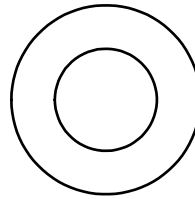
HARDWARE ILLUSTRATION



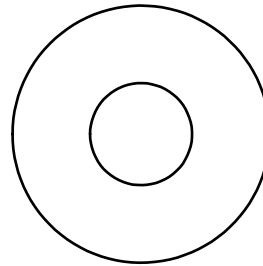
(B1) NYLON LOCK NUT M10 QTY.4



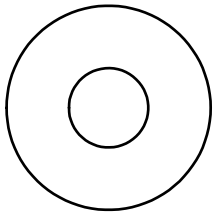
(B5) LOCK NUT 1/2"X13 UNC QTY.1



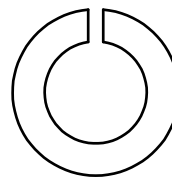
(C4) M12(I.D.) FLAT WASHER Ø25 QTY.1



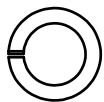
(C5) M12(I.D.) FLAT WASHER Ø34 QTY.3



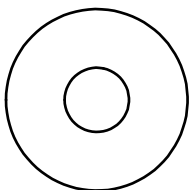
(C1) M10(I.D.) FLAT WASHER Ø27 QTY.8



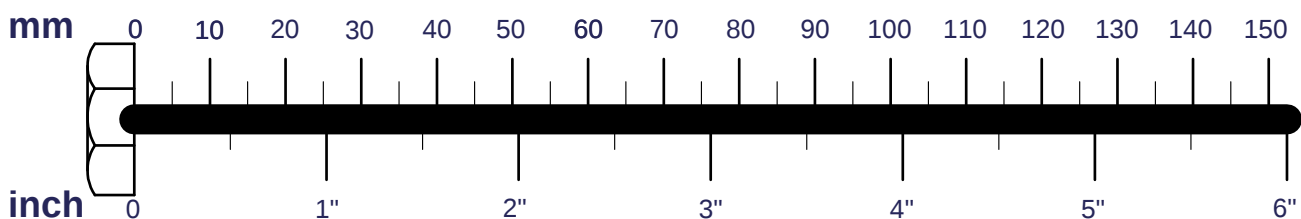
(C13) 1/2" SPRING WASHER QTY.1



(C2) M8 SPRING WASHER QTY.6

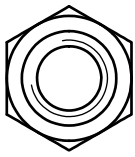


(C3) M8(I.D.) FLAT WASHER Ø24 QTY.6

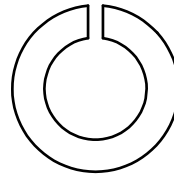
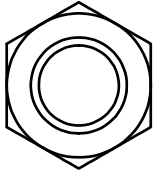


HBP-100 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION FOR HDA



(B2)NYLON LOCK NUT M10 QTY.2

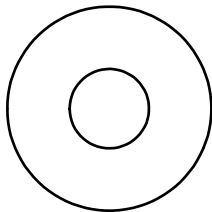


(B3)LOCK NUT 1/2"X13 UNC QTY.1

(C11)1/2" SPRING WASHER QTY.1

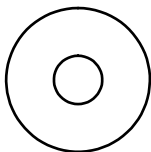


(B4)NYLON LOCK NUT M4 QTY.4

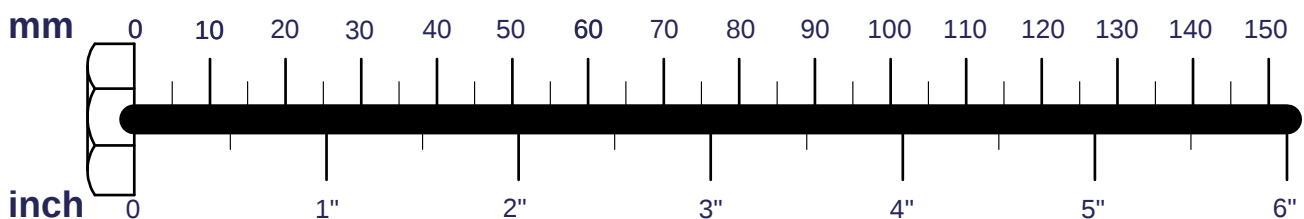


(C12)M4(I.D.)FLAT WASHER Ø10 QTY.8

(C8)M10(I.D.)FLAT WASHER Ø27 QTY.5



(C9)M6(I.D.)FLAT WASHER Ø19 QTY.24



HBP-100 ASSEMBLY INSTRUCTIONS

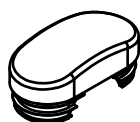
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.40X80 END CAP(9211-113)-----	[2PCS]
D3.290X5TX132L RUBBER PAD(9310-061)-----	[1PCS]
D4.50X5TX100L RUBBER PAD(9310-065)-----	[2PCS]
D5.Ø110 PULLEY(9213-002B)-----	[4PCS]
D6.Ø109 PULLEY(9213-022E)-----	[2PCS]
D7.3215mm BELT(FHBP100A)-----	[1PCS]
D8.2780mm BELT(FHBP100B1)-----	[1PCS]
D9.Ø12.7X26.5L FIXED PIN(8690-004)-----	[2PCS]
D10.Ø8X0.8T-E Retaining Ring(8781-070)-----	[2PCS]
D11.EXERCISE CHART (9420-077)-----	[1PCS]
D12.PLATE CAP (9211-173)-----	[8PCS]

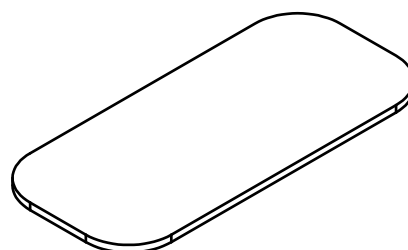
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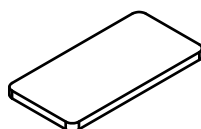
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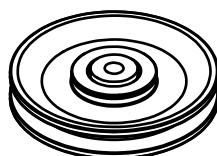
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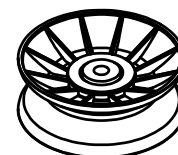
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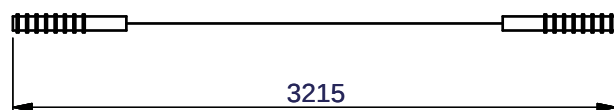
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D6

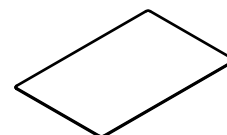
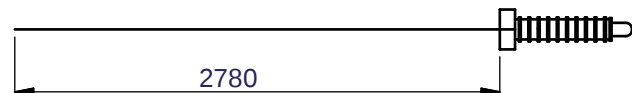


D7



D11

D8



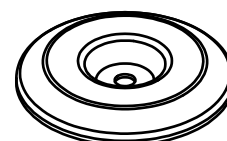
D9



D10



D12



HBP-100 ASSEMBLY INSTRUCTIONS

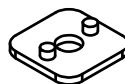
FRAME HARDWARE ILLUSTRATION FOR HDA

D13.3/4" SHAFT COLLAR(9211-046)-----	[2PCS]
D14.2"x2" Rubber Cane Cap(9214-002)-----	[3PCS]
D15.TOWEL RACK(9215-024)-----	[1PCS]
D16.Ø65XØ20X70L Rubber Dount(9310-049)-----	[2PCS]
D18.108X14.5TX263T RUBBER PAD(9310-075)-----	[2PCS]
D19.Ø110 PULLEY(9213-002B)-----	[2PCS]
D20.TOP PLATE(8400-006)-----	[1PCS]
D22.Selector Rod(8210-191)-----	[1PCS]

D13



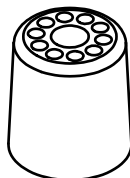
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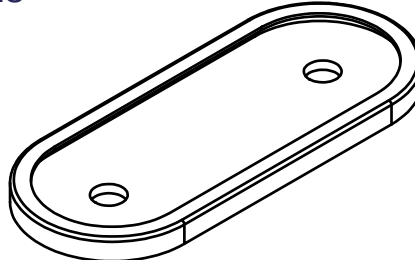
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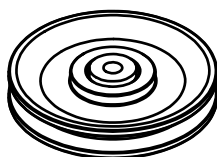
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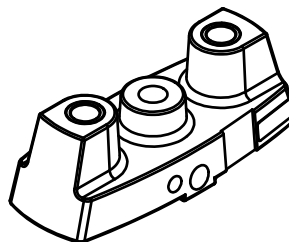
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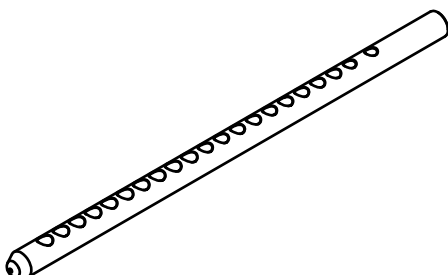
D19



D20



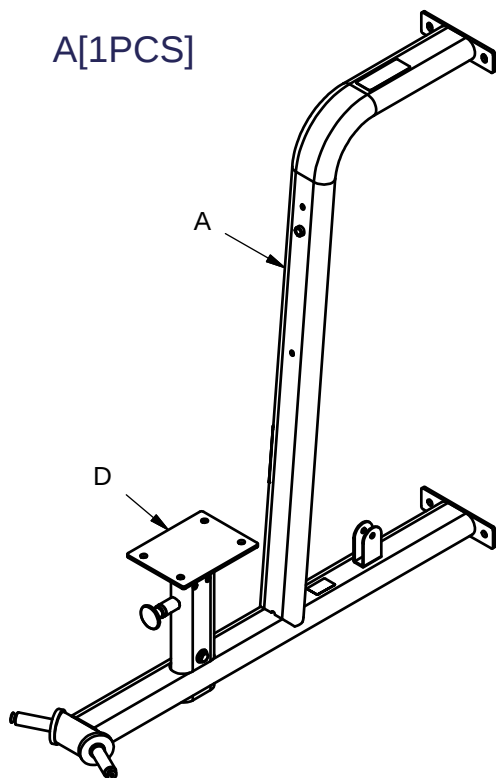
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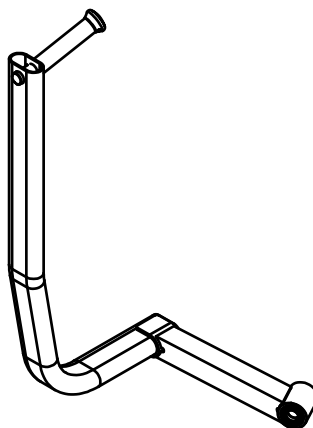
HBP-100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

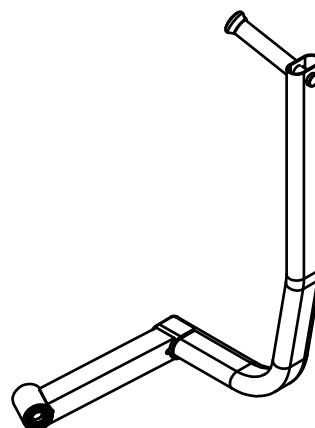
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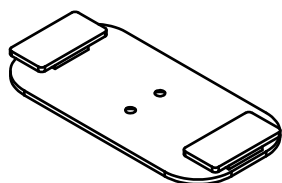
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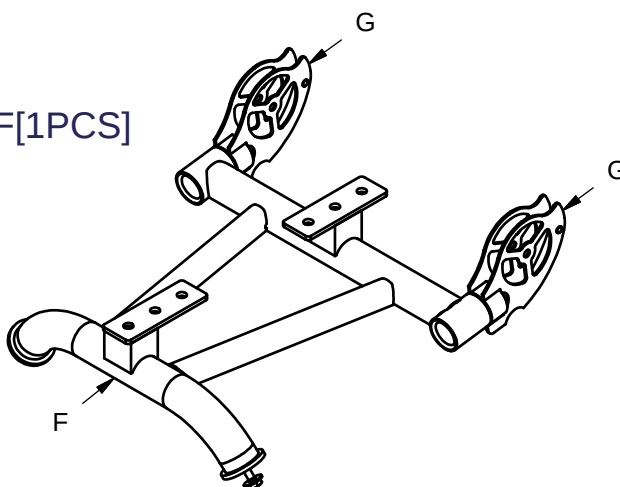
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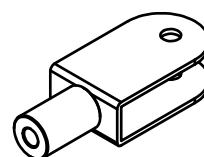
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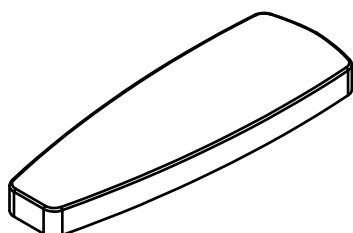
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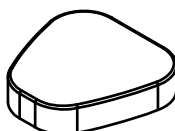
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I[1PCS]
9111-088



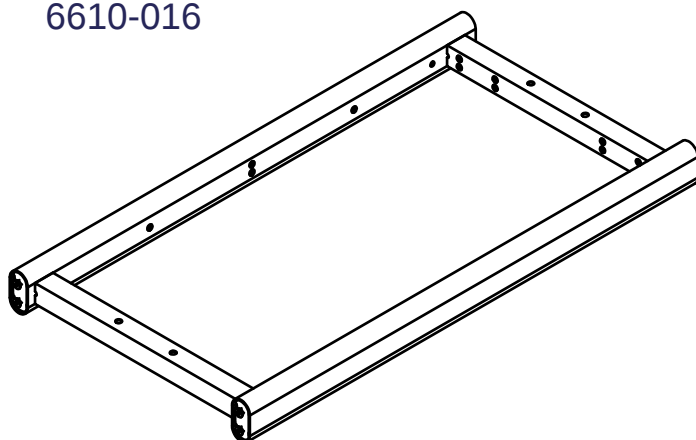
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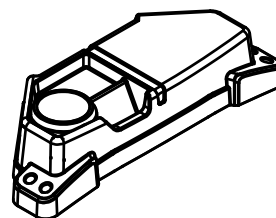
HBP-100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

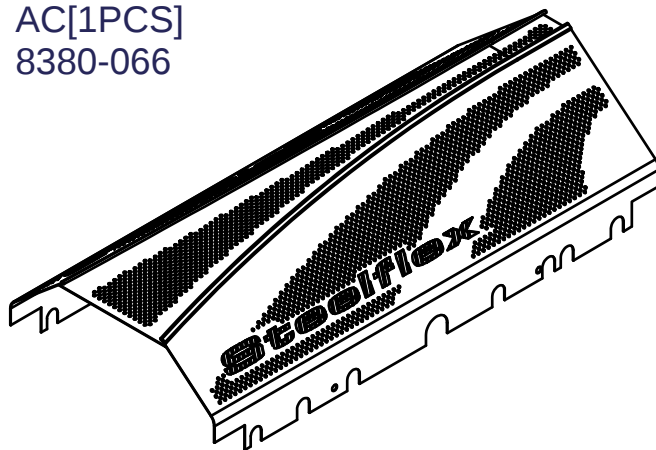
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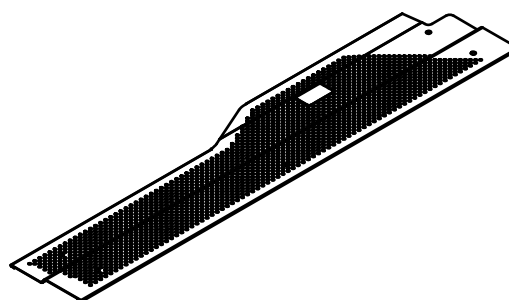
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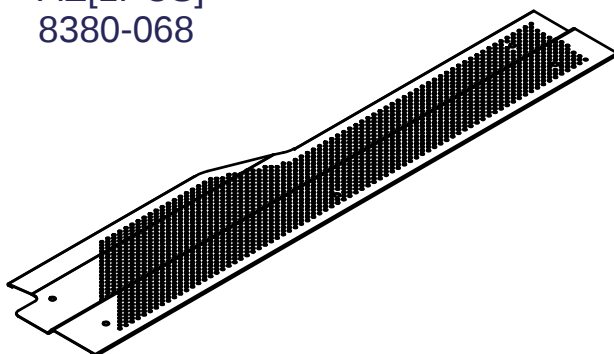
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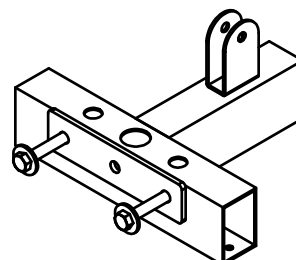
AD[1PCS]
8380-067



AE[1PCS]
8380-068



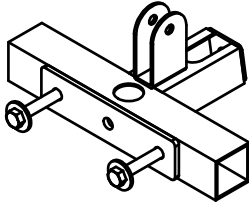
AF[1PCS]
6610-017



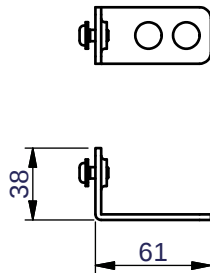
HBP-100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

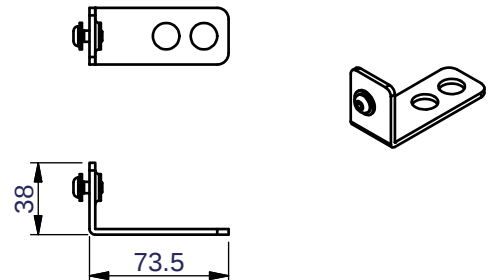
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6610-018



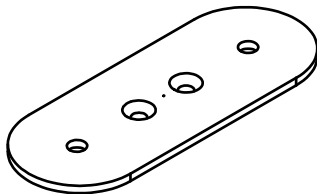
AH[4PCS]
8331-065



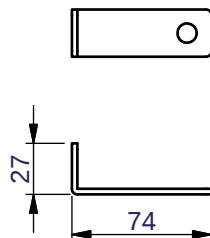
AI[6PCS]
8331-064



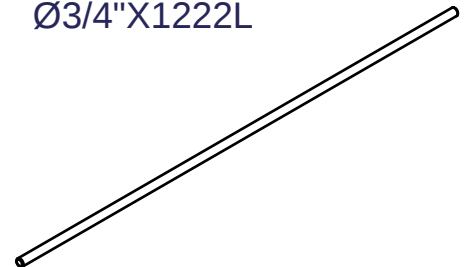
AJ[2PCS]
8313-188



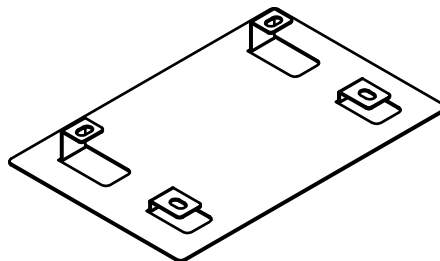
AK[1PCS]
8331-017



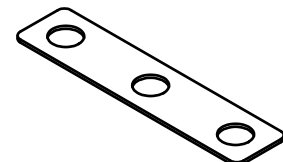
AL1[2PCS]
8280-036
Ø3/4"X1222L



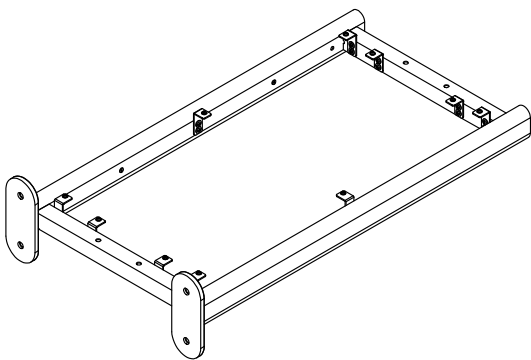
AN[1PCS]
8345-014



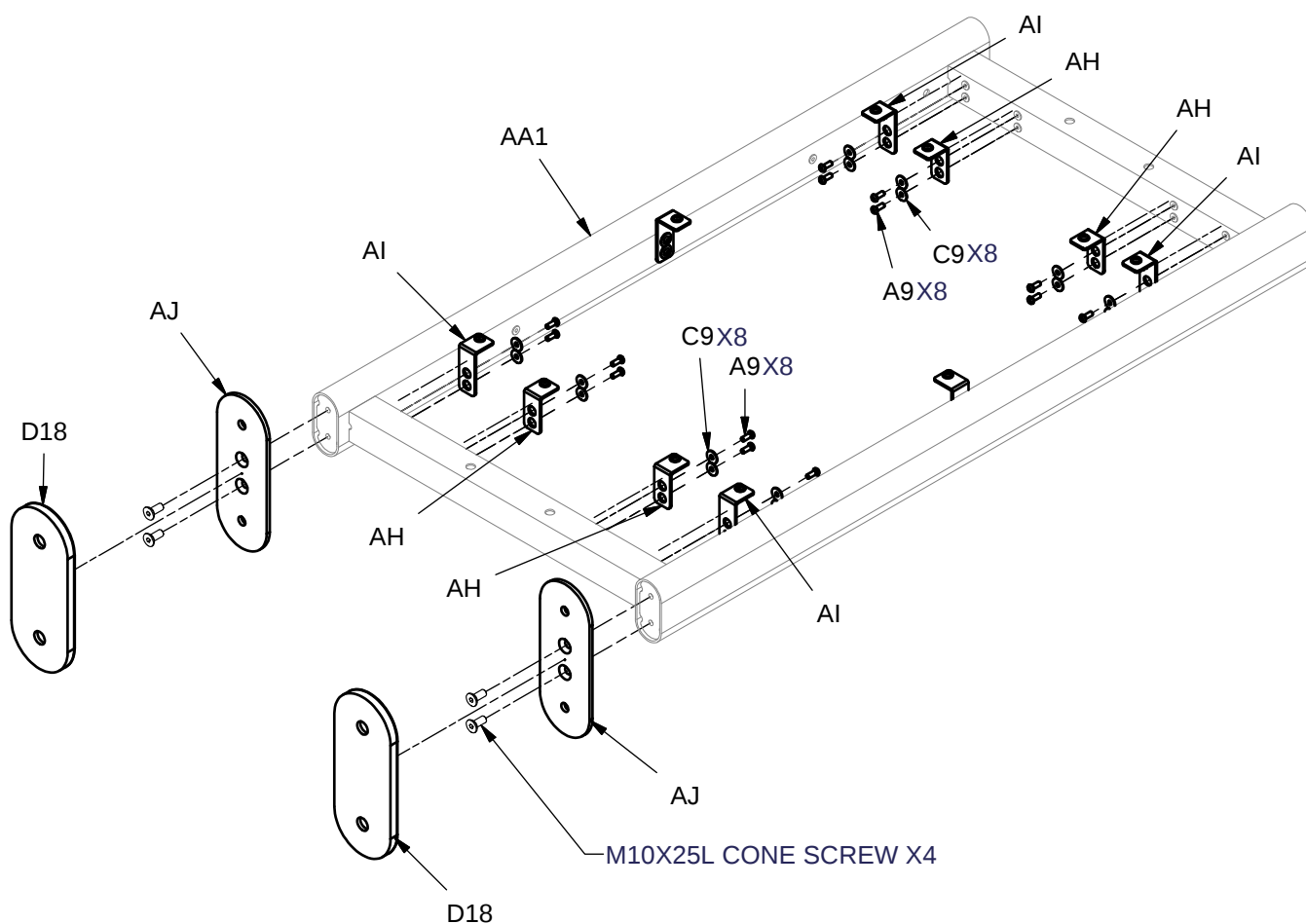
AO[1PCS]
8311-194



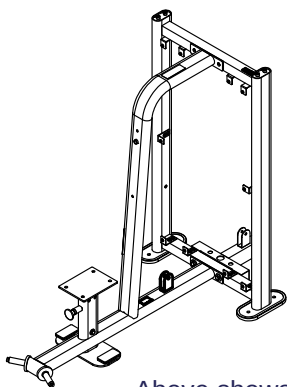
HBP-100 ASSEMBLY INSTRUCTIONS



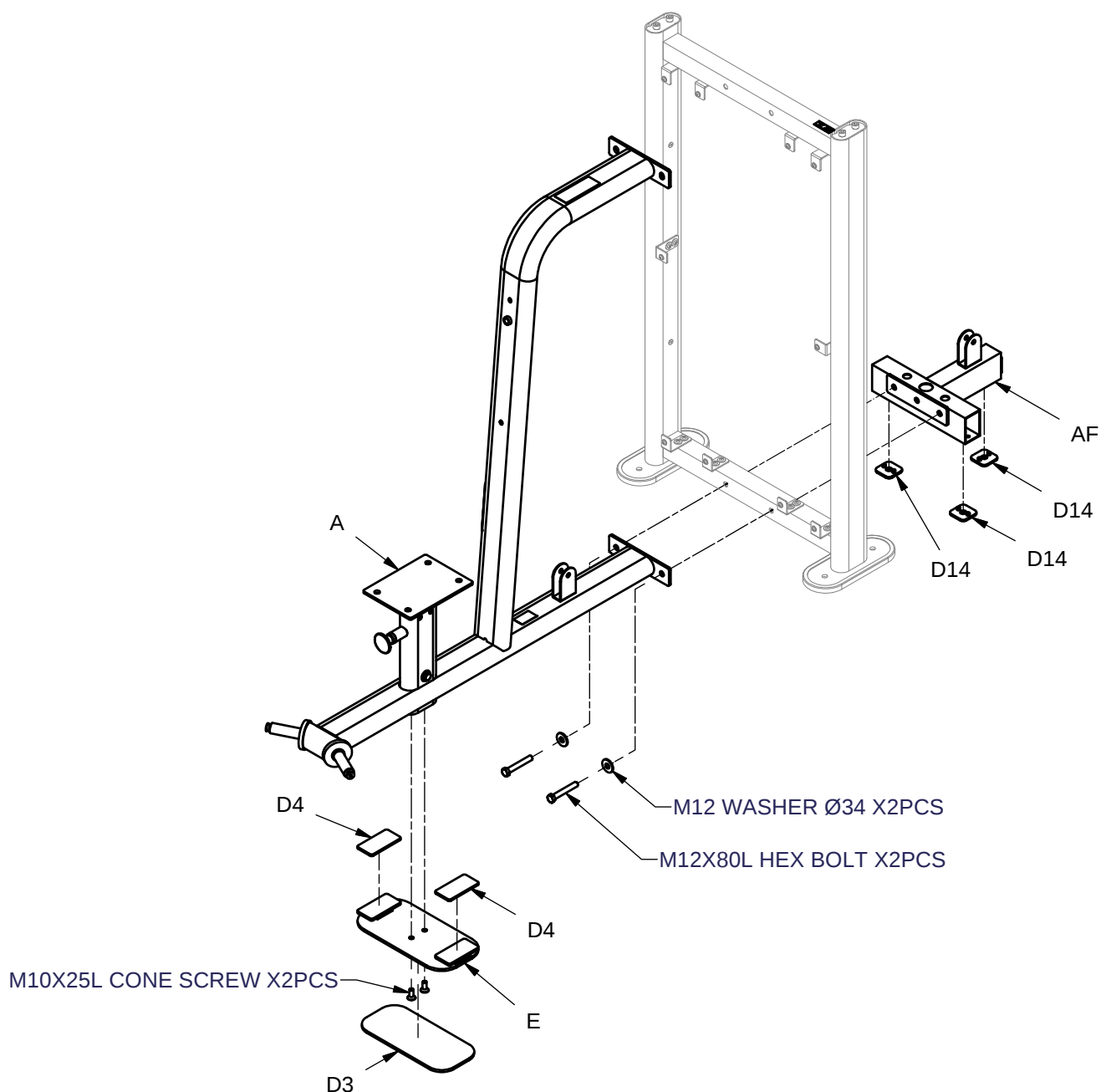
Above shows STEP 1
assembled and completed



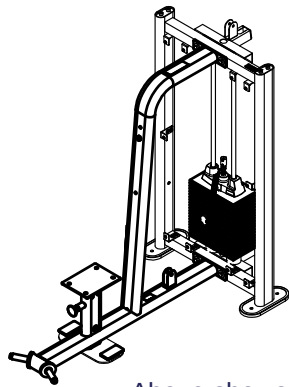
HBP-100 ASSEMBLY INSTRUCTIONS



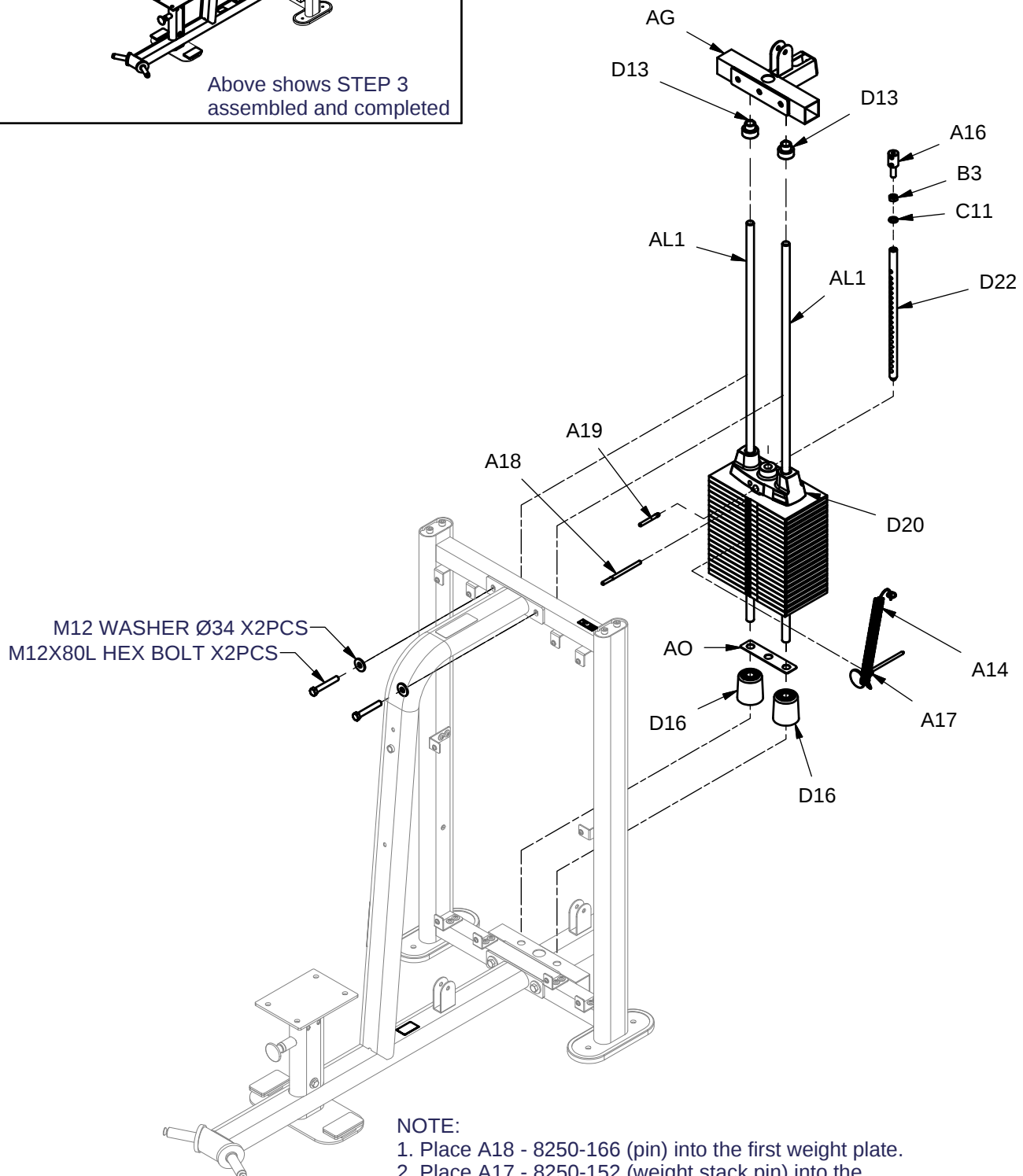
Above shows STEP 2
assembled and completed



HBP-100 ASSEMBLY INSTRUCTIONS



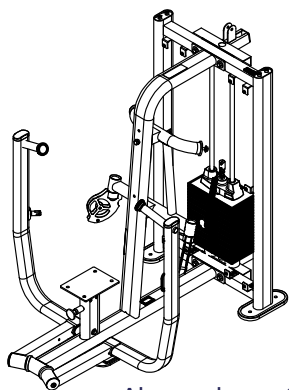
Above shows STEP 3
assembled and completed



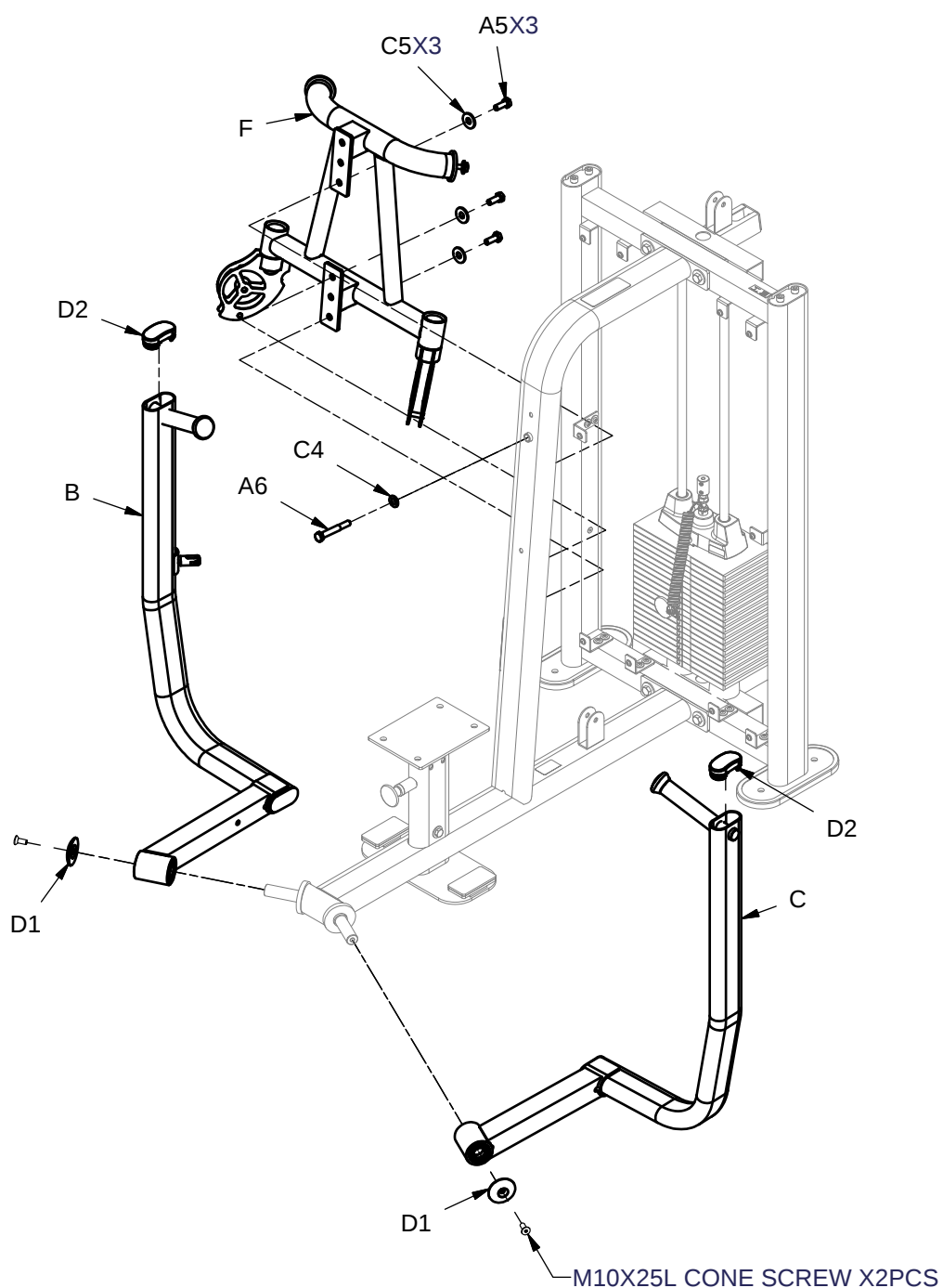
NOTE:

1. Place A18 - 8250-166 (pin) into the first weight plate.
2. Place A17 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D20- 8400-006A(top plate) cling to (first weight plate) and fix in A19 - 8250-167(pin).
4. Finally remove A17 - 8250-152 (weight stack pin) and use as usual.

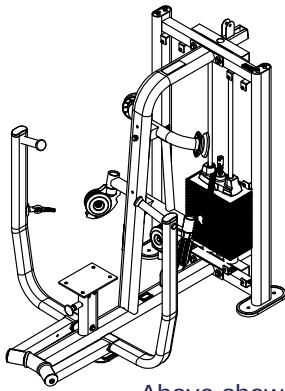
HBP-100 ASSEMBLY INSTRUCTIONS



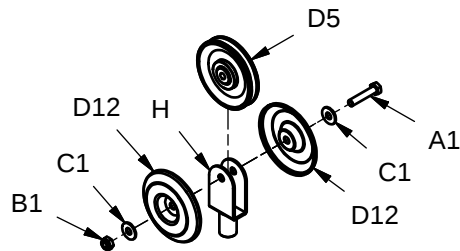
Above shows STEP 4
assembled and completed



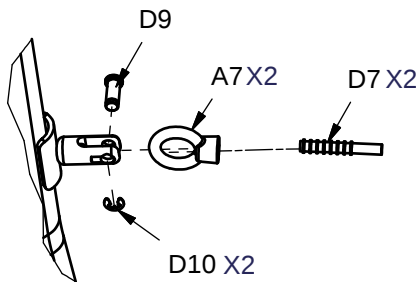
HBP-100 ASSEMBLY INSTRUCTIONS



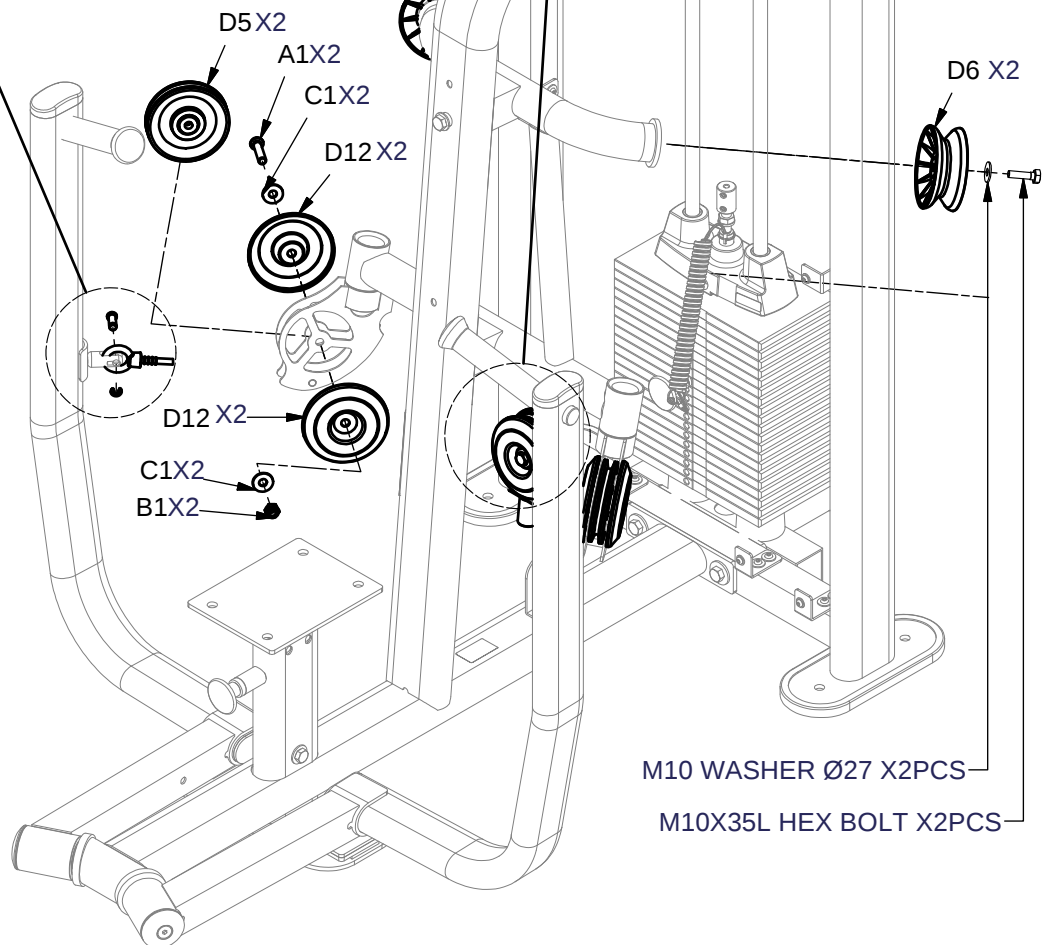
Above shows STEP 5
assembled and completed



DETAIL VIEW B



DETAIL VIEW A

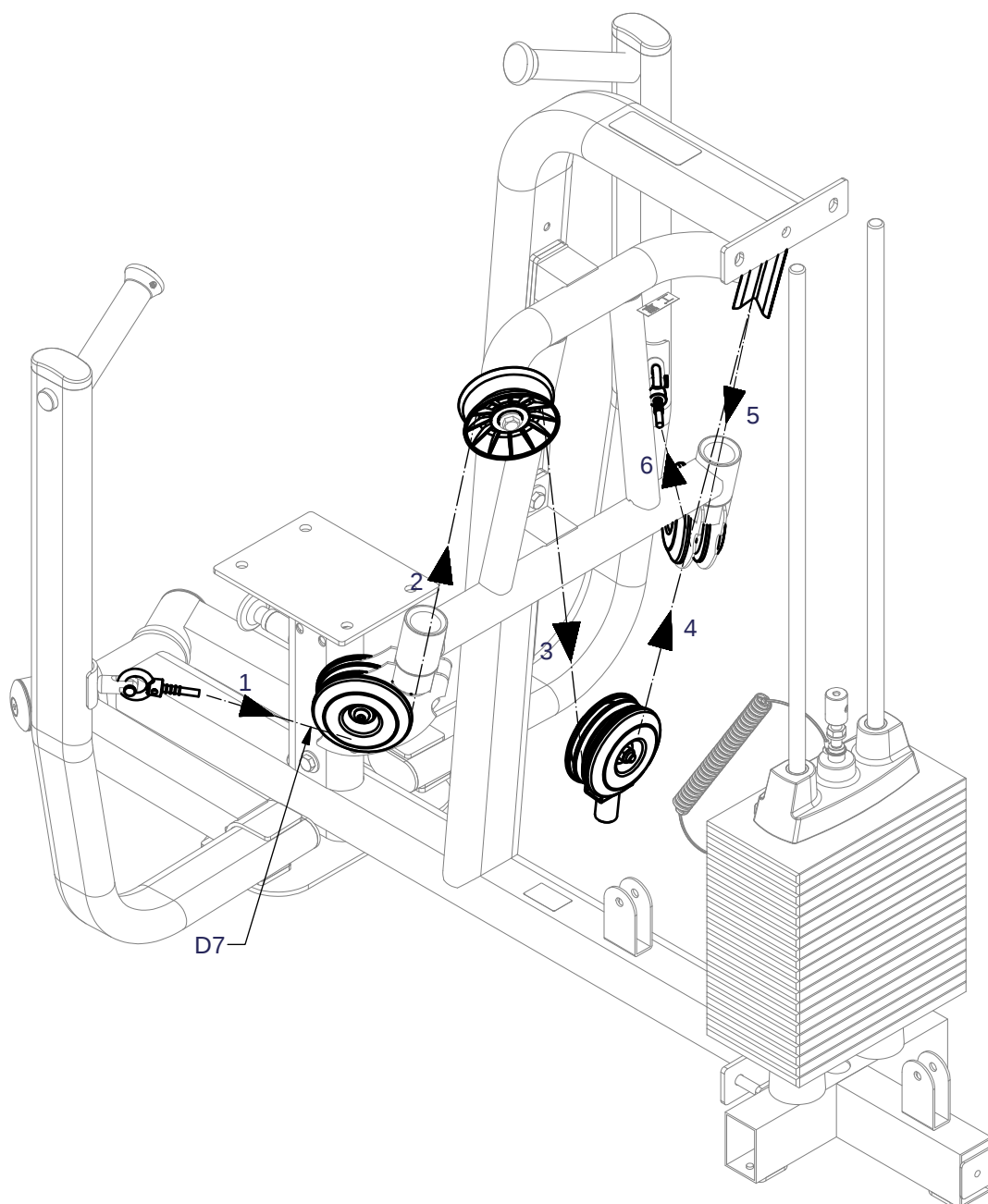


M10 WASHER Ø27 X2PCS

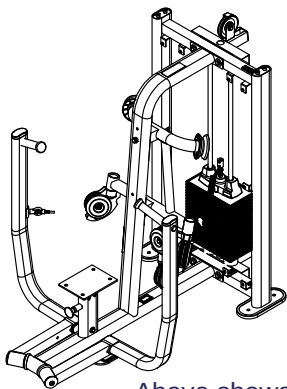
M10X35L HEX BOLT X2PCS

HBP-100 ASSEMBLY INSTRUCTIONS

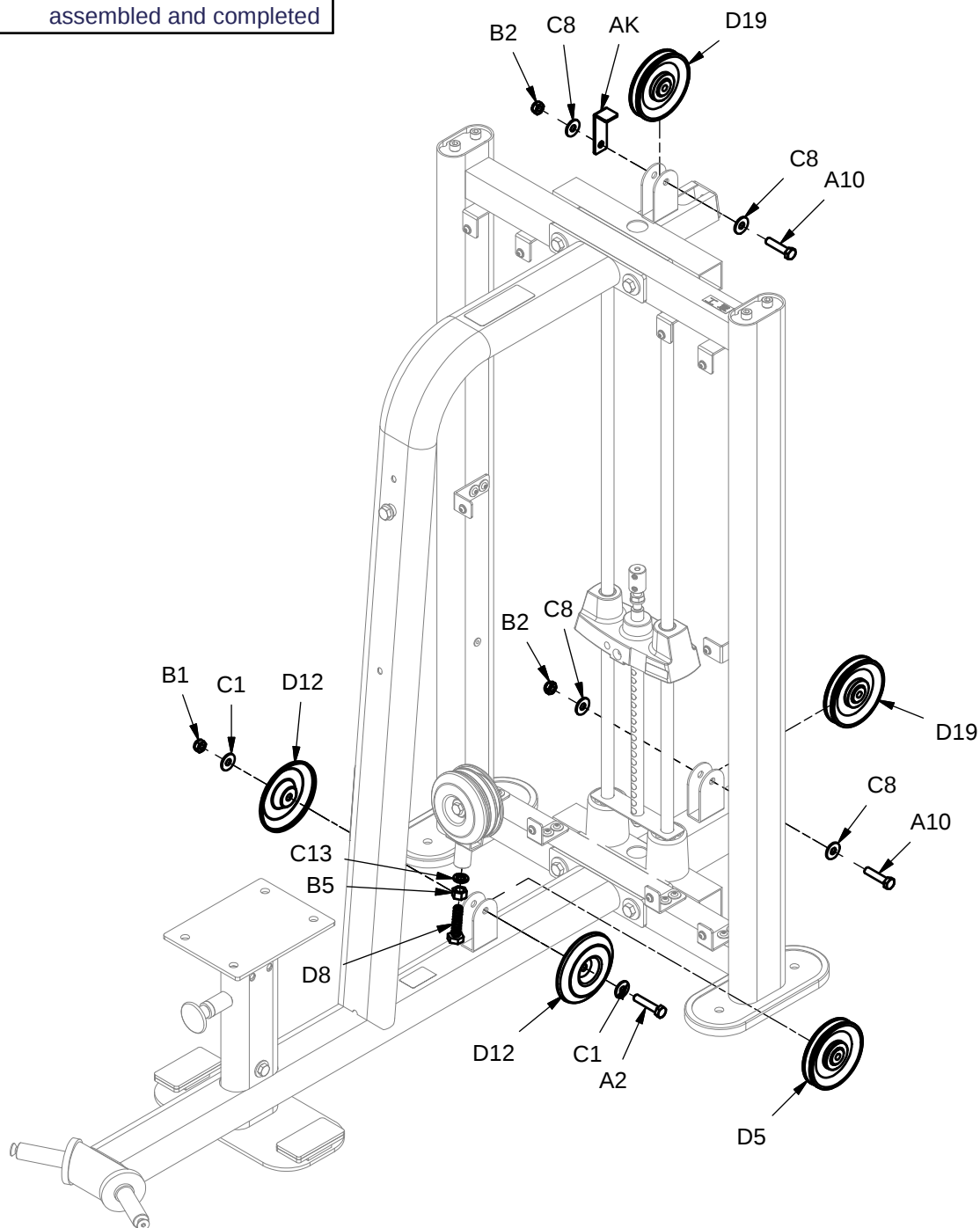
Cable to constitute illustration



HBP-100 ASSEMBLY INSTRUCTIONS

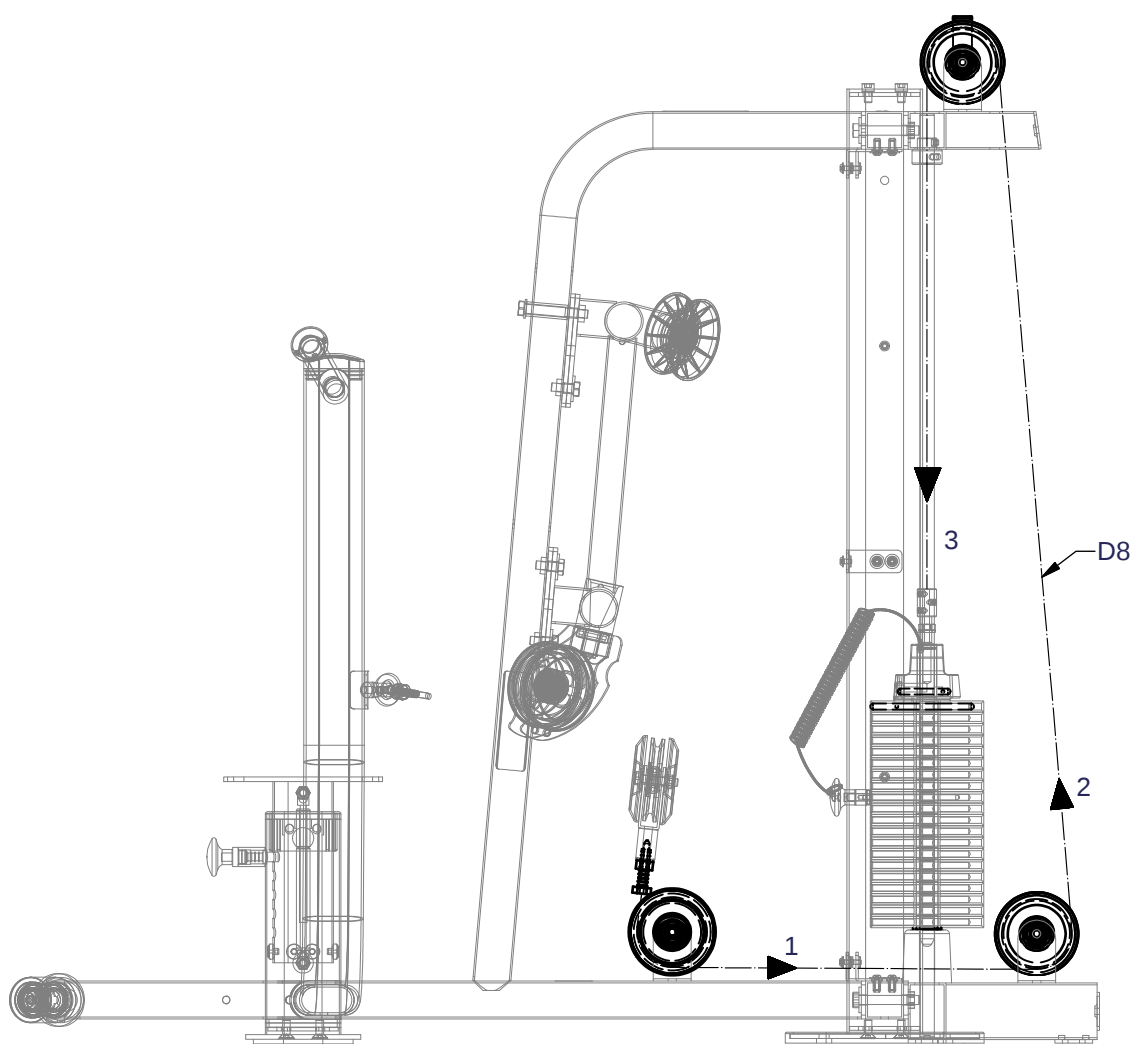


Above shows STEP 6
assembled and completed

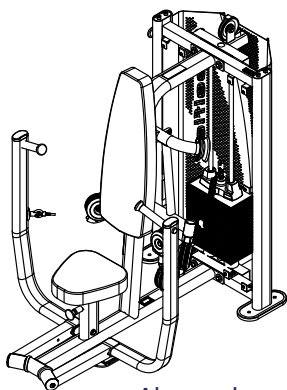


HBP-100 ASSEMBLY INSTRUCTIONS

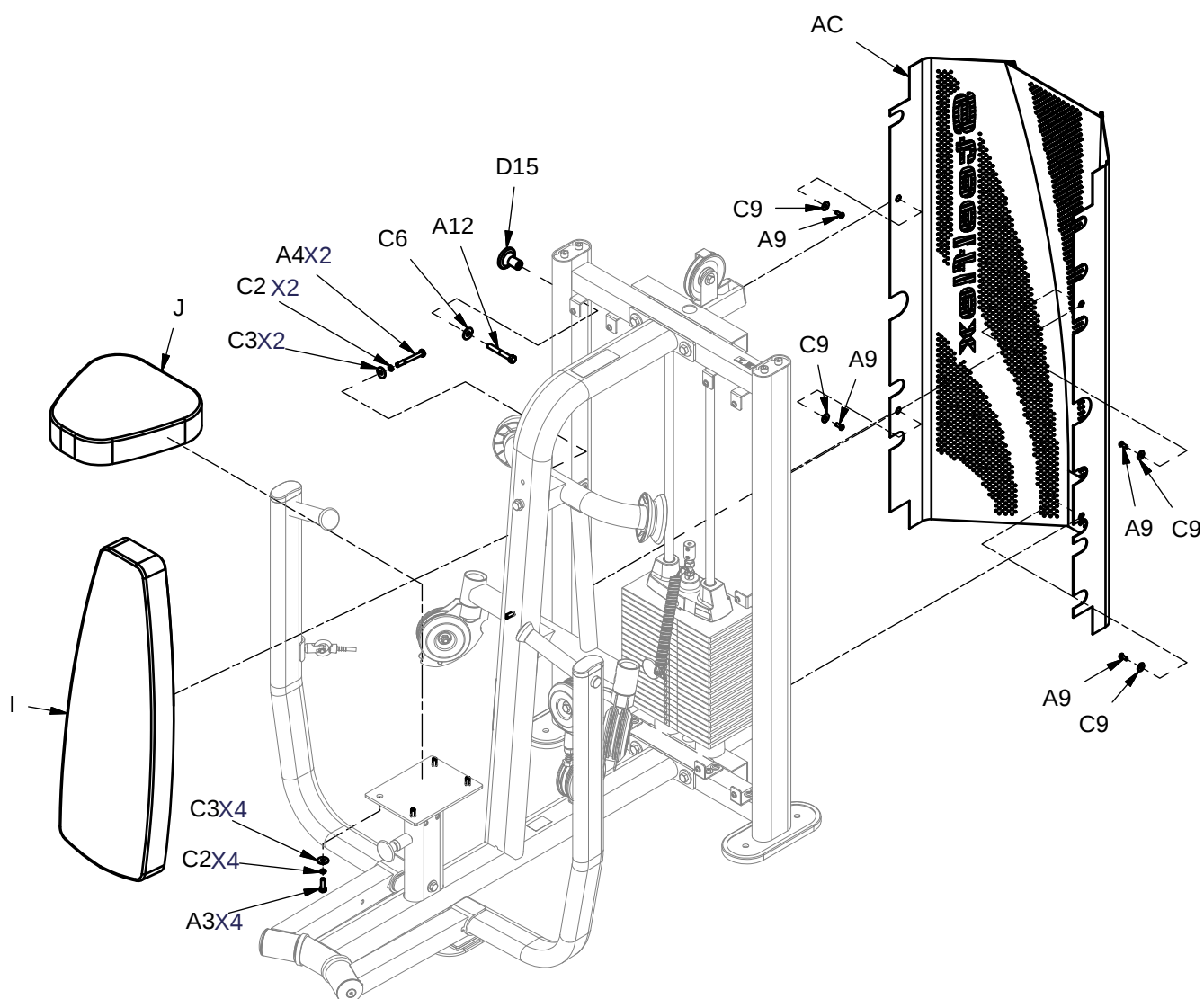
Cable to constitute illustration



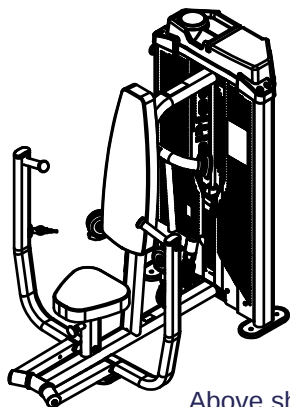
HBP-100 ASSEMBLY INSTRUCTIONS



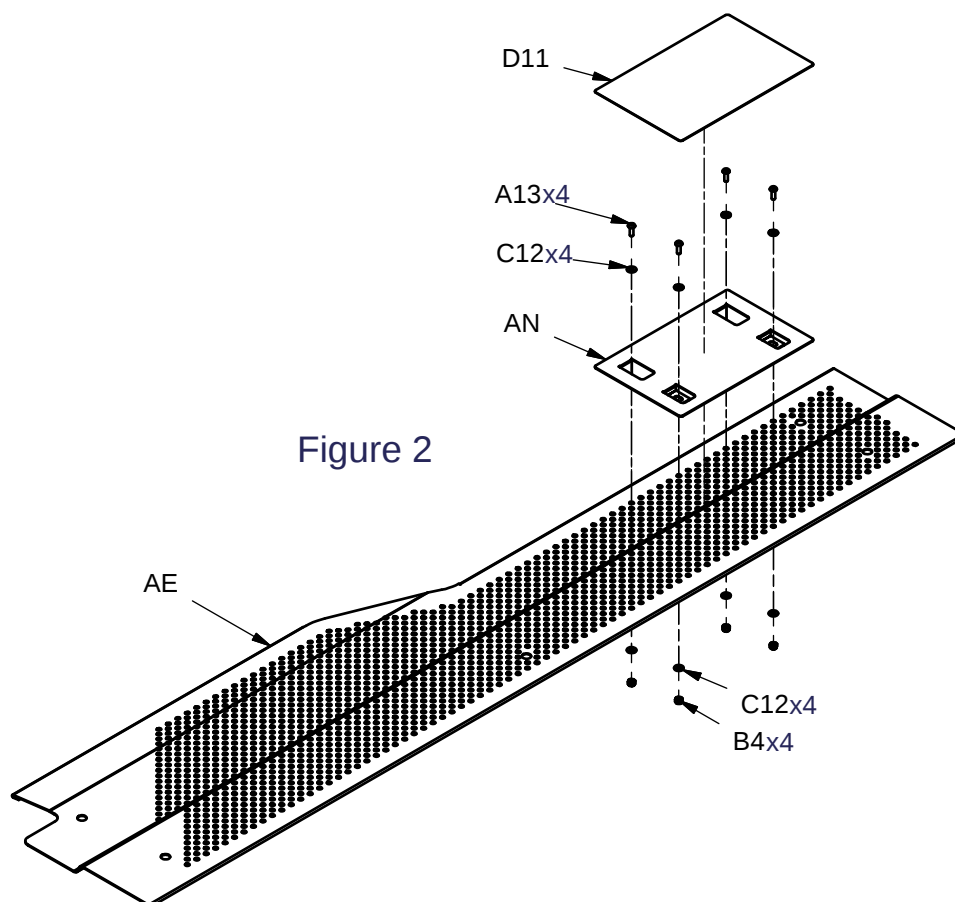
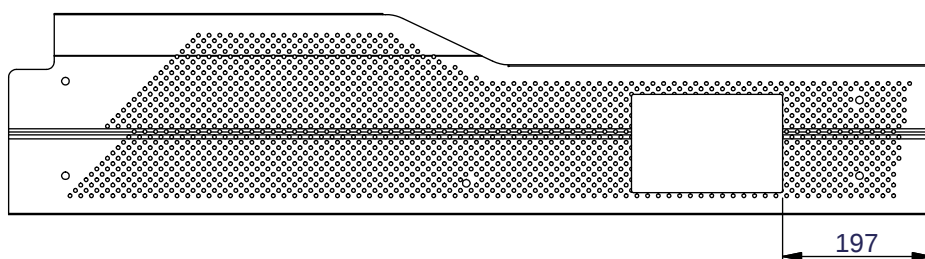
Above shows STEP 7
assembled and completed



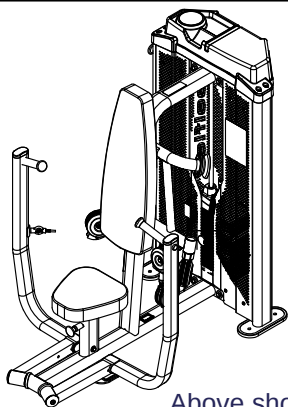
HBP-100 ASSEMBLY INSTRUCTIONS



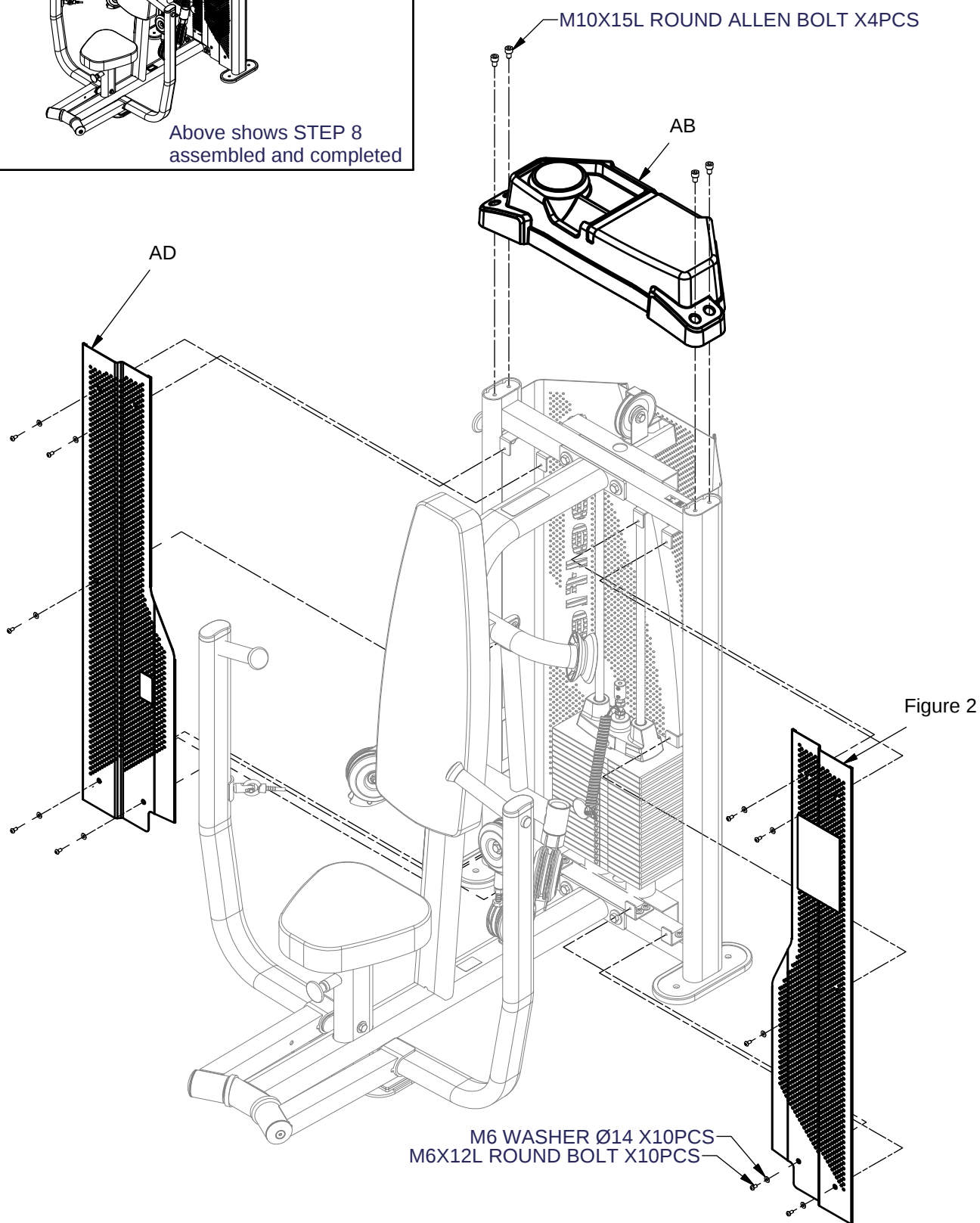
Above shows STEP 7
assembled and completed



HBP-100 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed



HOPE ASSEMBLY INSTRUCTIONS

DECAL REFERENCE

MAINTENANCE SCHEDULE

Check the function and integrity of the following components. As noted, inspect equipment before each workout. Replace all damaged, broken or worn components immediately.

		W	D	E	A	I	L	L	Y
Cables:	Check tension, end fittings, and coating	✓							
	Check that locking nut at weight stack is tight		✓						
Upholstery:	Wipe down and dry	✓							
	Clean and condition		✓						
Frame:	Wipe down and dry	✓							
	Polish / Wax		✓						
Chrome:	Wipe down and dry	✓							
	Polish / Lubricate		✓						
Nut / Bolts / Fasteners:	Tighten and / or adjust as needed		✓						
Guide Rods:	Lubricate and clean		✓						
Linear Rods:	Lubricate and clean		✓						
Seat Sleeves:	Lubricate and clean		✓						
Adjustments / Locking Pins / Tightening Knobs			✓						
Weight Stack Pins			✓						
Warning Instruction Labels			✓						
Springs / Pop Pins		✓							
Anti Skid Surfaces			✓						
Hand Grips / Rollers			✓						

For Steelflex Customer Service
Call +886 2 27209980

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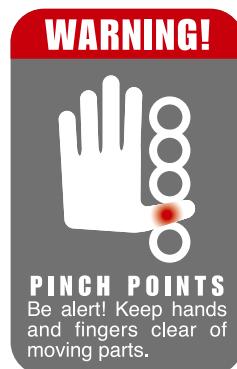
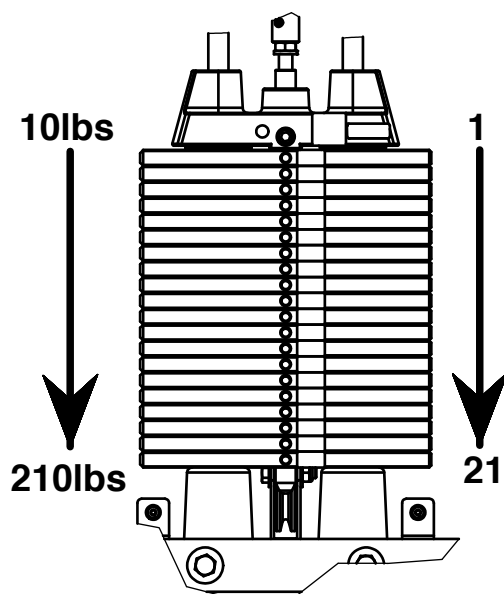
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.
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/strap 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 Steelflex Customer Service +886 2 27209980.
8. **WARNING:** Consult your physician before starting your exercise program. For your own safety, do not begin any exercise program without proper instruction.

9440-259



9440-047



9440-117