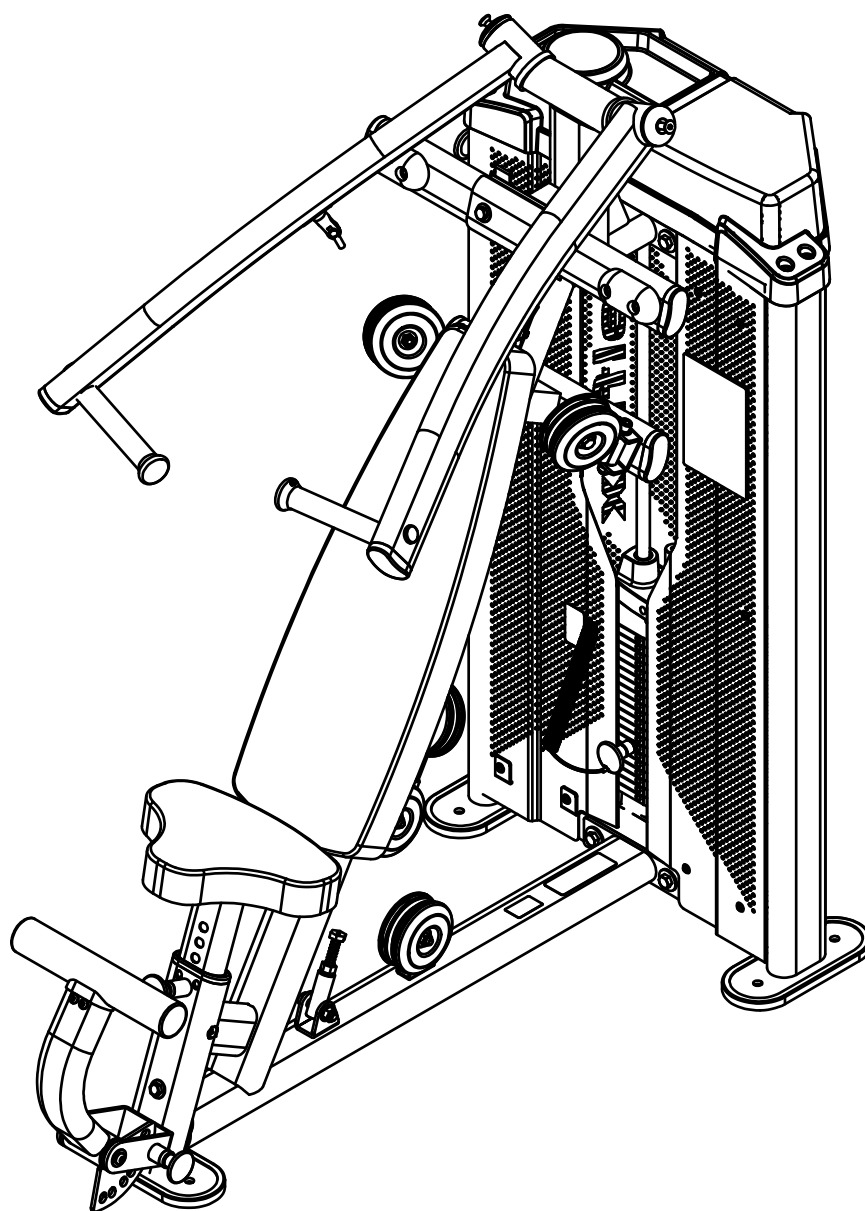


# HOPE



**Steelflex**

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Tel: 886-2-27209980

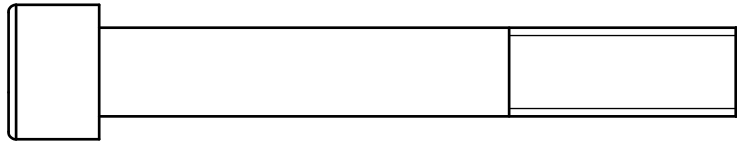
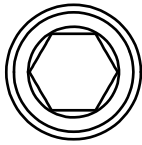
Fax: 886-2-27229750

[www.steelflexfitness.com](http://www.steelflexfitness.com)

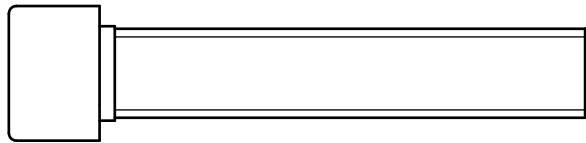
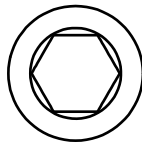
## HIP-1400.2 OWNER'S MANUAL

# HIP-1400 ASSEMBLY INSTRUCTIONS

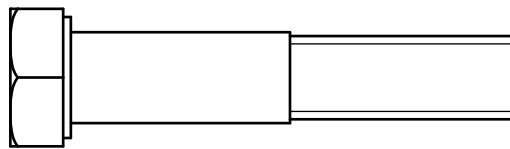
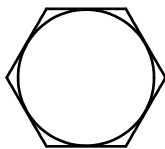
## HARDWARE ILLUSTRATION



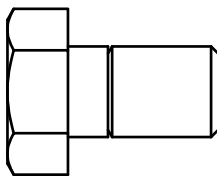
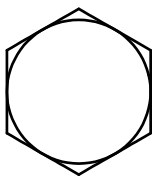
(A1)ROUND ALLEN HEAD M12X85L PARTIAL THREAD QTY.2



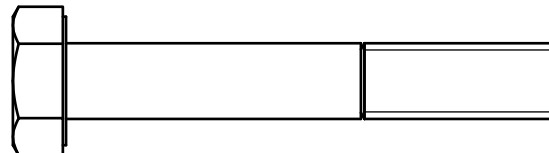
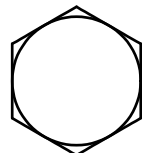
(A2)ROUND ALLEN HEAD M12X65L PARTIAL THREAD QTY.4



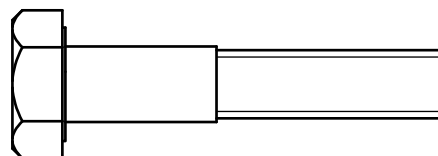
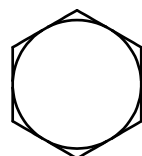
(A3)HEX BOLT M12X60L PARTIAL THREAD QTY.1



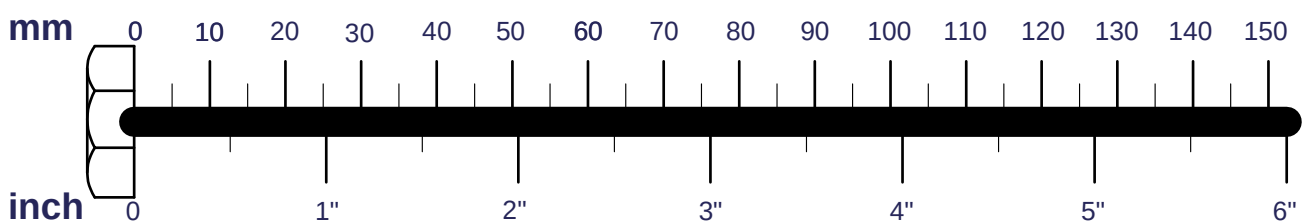
(A4)HEX BOLT M12X25L PARTIAL THREAD QTY.2



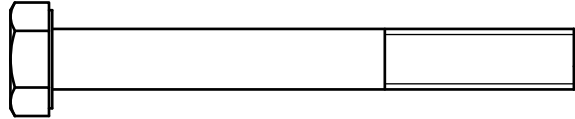
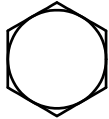
(A5)HEX BOLT M10X65L PARTIAL THREAD QTY.2



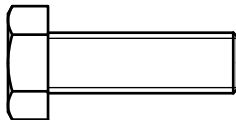
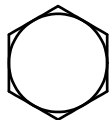
(A6)HEX BOLT M10X50L PARTIAL THREAD QTY.5



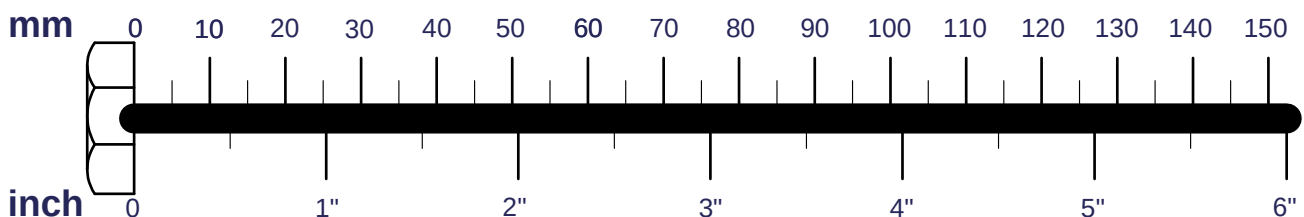
## HARDWARE ILLUSTRATION



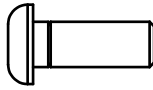
(A8)HEX BOLT HEAD M8X75L PARTIAL THREAD QTY.2



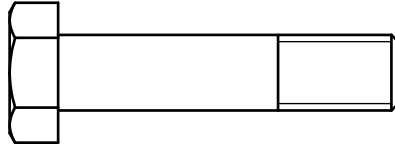
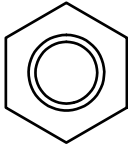
(A9)HEX BOLT HEAD M8X25L PARTIAL THREAD QTY.4



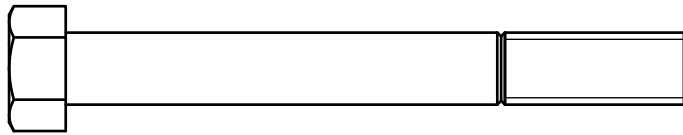
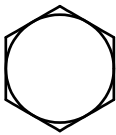
## FRAME HARDWARE ILLUSTRATION FOR DOOR



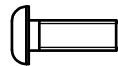
(A10)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.24



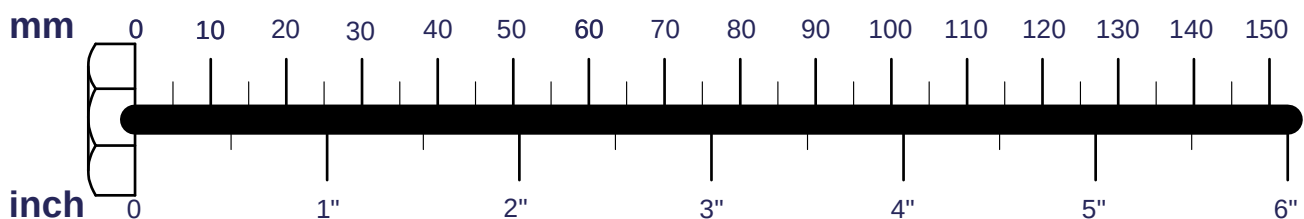
(A11)HEX BOLT M10X45L PARTIAL THREAD QTY.2



(A13)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1

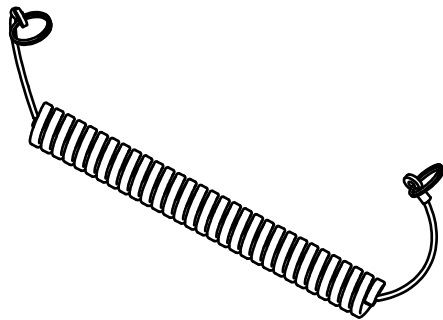


(A14)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

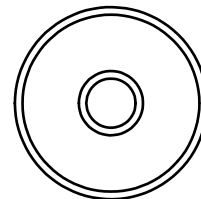
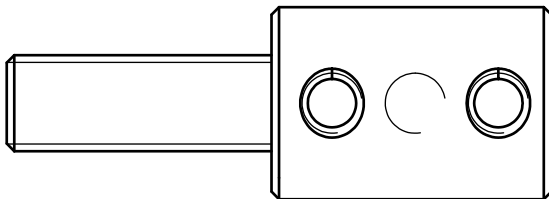


# HIP-1400 ASSEMBLY INSTRUCTIONS

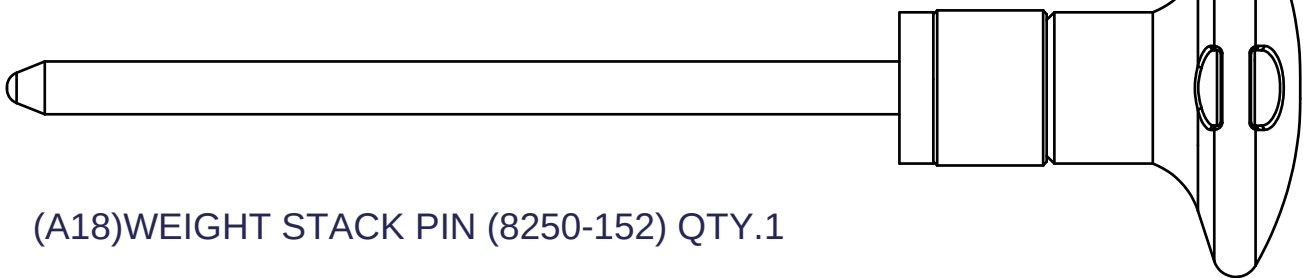
## FRAME HARDWARE ILLUSTRATION FOR DOOR



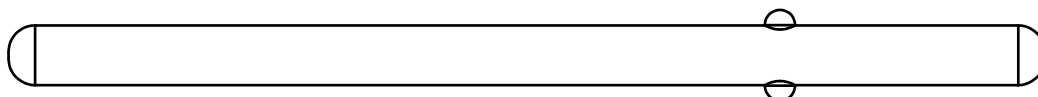
(A15)ELASTIC BELT (F920003) QTY.1



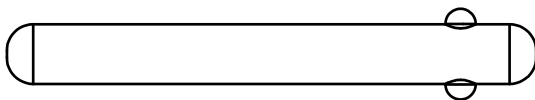
(A17)WEIGHT STACK CABLE (8260-009) QTY.1



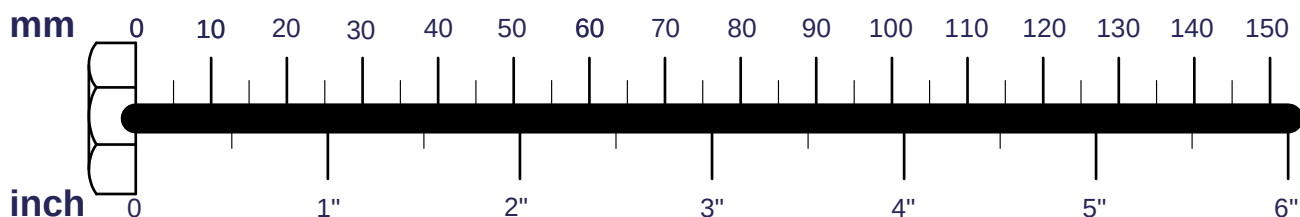
(A18)WEIGHT STACK PIN (8250-152) QTY.1



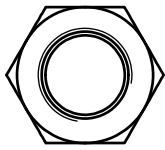
(A19)Ø5/16" FIXED PIN (8250-166) QTY.1



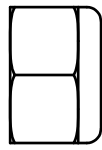
(A20)Ø5/16" FIXED PIN (8250-167) QTY.1



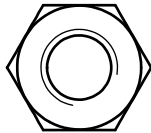
## HARDWARE ILLUSTRATION



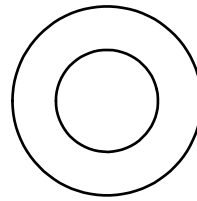
(B1) NYLON LOCK NUT M12 QTY.7



(B2) NYLON LOCK NUT M10 QTY.7



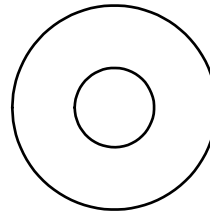
(B3) LOCK NUT 1/2" X13UNC QTY.1



(C3) M12(I.D.) FLAT WASHER Ø25 QTY.8



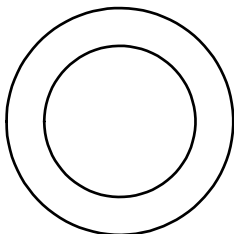
(C4) M10(I.D.) FLAT WASHER Ø27 QTY.16



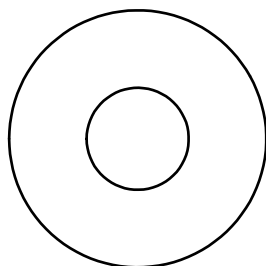
(C5) M8(I.D.) FLAT WASHER Ø24 QTY.6



(C1) M20(I.D.) FLAT WASHER Ø30 QTY.2



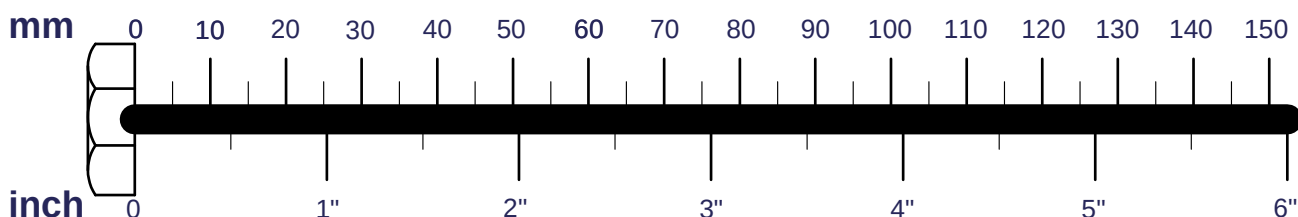
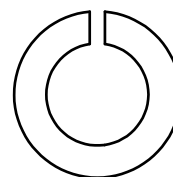
(C2) M12(I.D.) FLAT WASHER Ø34 QTY.4



(C6) M8 SPRING WASHER QTY.6

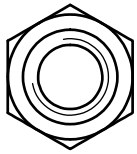


(C7) 1/2" SPRING WASHER QTY.1

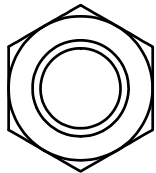


# HIP-1400 ASSEMBLY INSTRUCTIONS

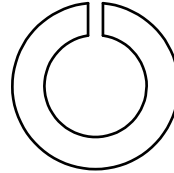
## FRAME HARDWARE ILLUSTRATION FOR DOOR



(B4)NYLON LOCK NUT M10 QTY.2



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



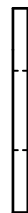
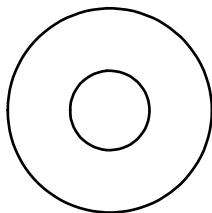
(C13)1/2" SPRING WASHER QTY.1



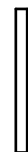
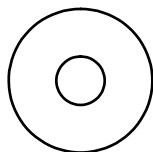
(B6)NYLON LOCK NUT M4 QTY.4



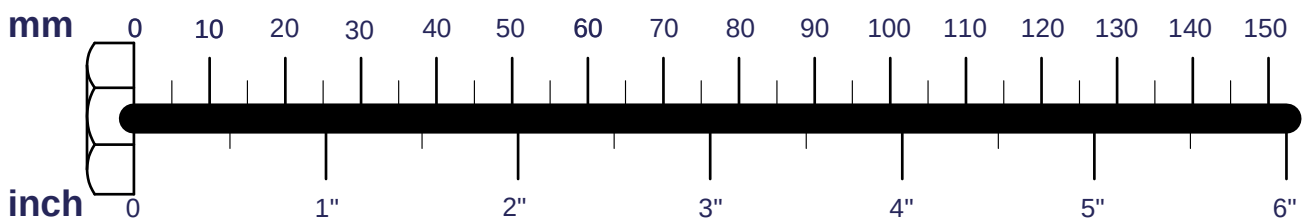
(C14)M4(I.D.)FLAT WASHER Ø10 QTY.8



(C10)M10(I.D.)FLAT WASHER Ø27 QTY.5



(C11)M6(I.D.)FLAT WASHER Ø19 QTY.24



# HIP-1400 ASSEMBLY INSTRUCTIONS

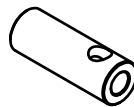
## HARDWARE ILLUSTRATION

|                                      |       |         |
|--------------------------------------|-------|---------|
| D1.ø60 End Cap (8130-231)            | ----- | [2PCS]  |
| D2.ø1" Sleeve (8220-244 )            | ----- | [1PCS]  |
| D3.ø50 End Plug (9211-074)           | ----- | [2PCS]  |
| D4.40X80 End Plug (9211-113)         | ----- | [6PCS]  |
| D5.Pully Cap (9211-173)              | ----- | [10PCS] |
| D6. Rubber Stopper (9310-057)        | ----- | [2PCS]  |
| D7. Rubber Pad (9310-075)            | ----- | [1PCS]  |
| D8. ø110 Pully (9213-002B)           | ----- | [5PCS]  |
| D9. 1980mm Steel Cable (FHIP1400A1)  | ----- | [1PCS]  |
| D10. 3270mm Steel Cable (FHIP1400B1) | ----- | [1PCS]  |
| D11. Exercise Chart (9420-091)       | ----- | [1PCS]  |
| D12. ø12.7X26.5L Pin (8690-004)      | ----- | [2PCS]  |
| D13. ø8X0.8t E Ring (8781-070)       | ----- | [2PCS]  |

D1



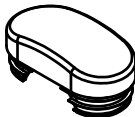
D2



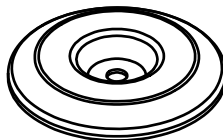
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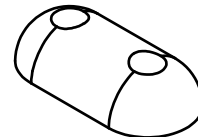
D4



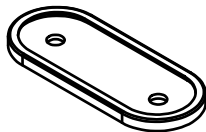
D5



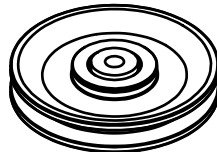
D6



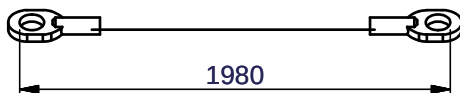
D7



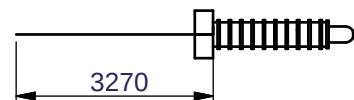
D8



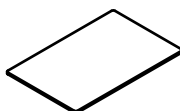
D9



D10



D11



D12



D13





# HIP-1400 ASSEMBLY INSTRUCTIONS

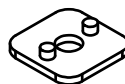
## FRAME HARDWARE ILLUSTRATION FOR DOOR

- D14. 3/4" Shaft Collar (9211-046) -----[2PCS]  
D15. 2"x2" Rubber Cane Cap (9214-002) -----[3PCS]  
D16. Tower Rack (9215-024)-----[1PCS]  
D17. ø65xø20x70L Rubber Dount (9310-049) -----[2PCS]  
D19. 108x14.5tx263 Rubber Pad (9310-075)-----[2PCS]  
D20. ø110 Pulley (9213-002B) -----[2PCS]  
D21. Top Plate (8400-006) -----[1PCS]  
D23. Selector Rod (8210-191) -----[1PCS]

D14



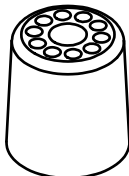
D15



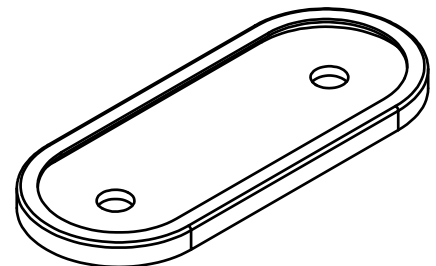
D16



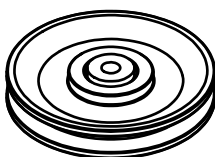
D17



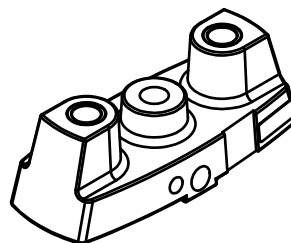
D19



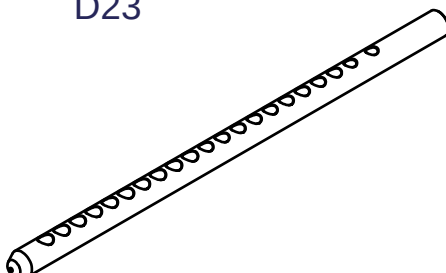
D20



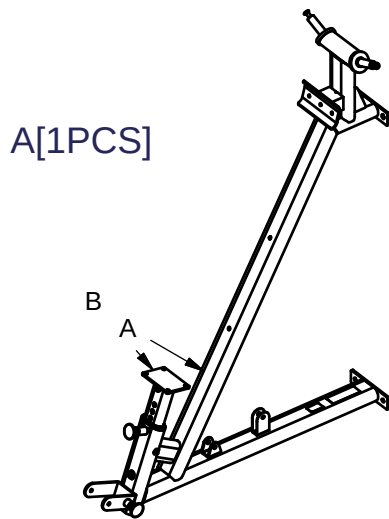
D21



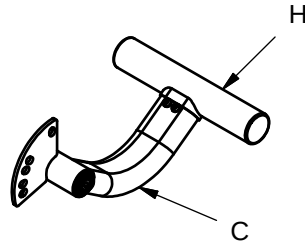
D23



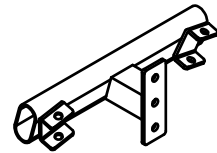
## PARTS ILLUSTRATION SHEET



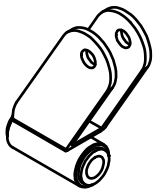
C[1PCS]



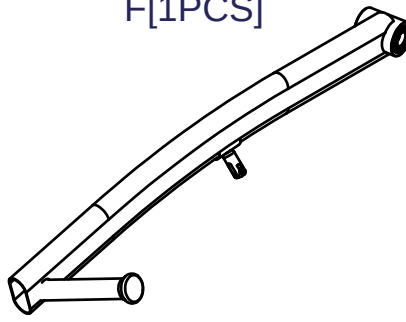
D[1PCS]



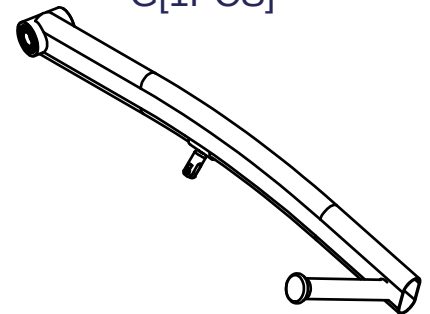
E[2PCS]



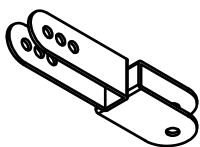
F[1PCS]



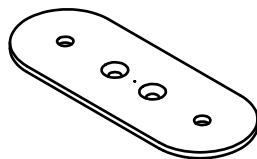
G[1PCS]



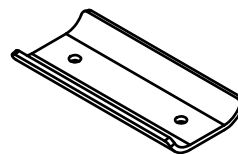
I[1PCS]  
6640-018



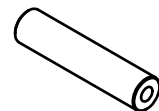
J[1PCS]  
8313-188



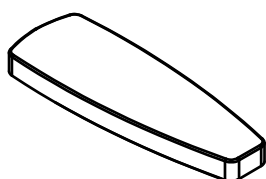
K[1PCS]  
8343-301



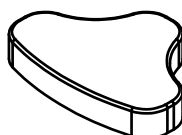
L[1PCS]  
8220-149



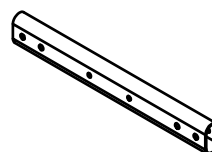
M[1PCS]  
9111-088



N[1PCS]  
9121-103

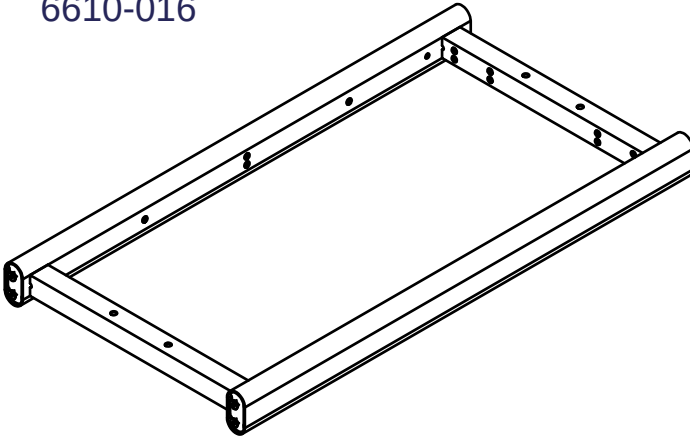


O[1PCS]  
40x80x3tx600L

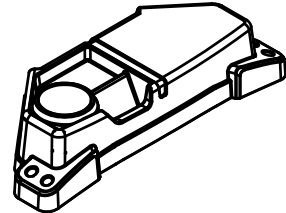


## FRAME PARTS ILLUSTRATION SHEET FOR DOOR

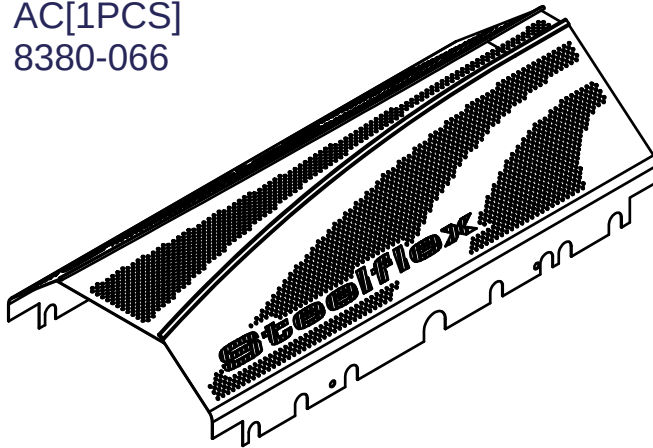
AA1[1PCS]  
6610-016



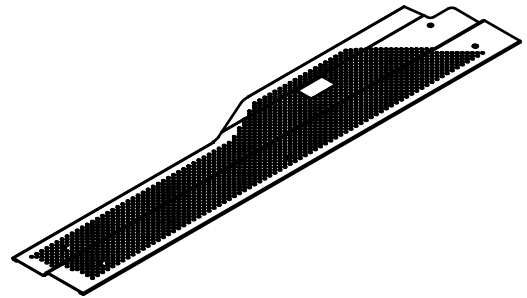
AB[1PCS]  
9211170-023



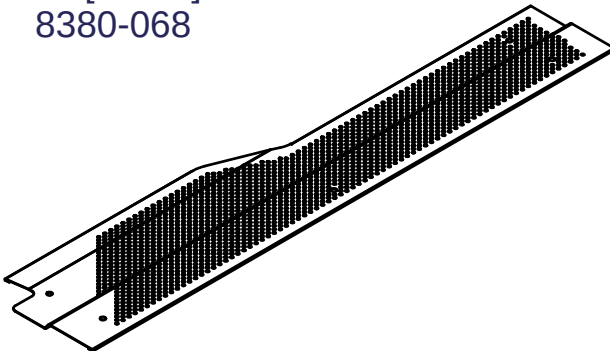
AC[1PCS]  
8380-066



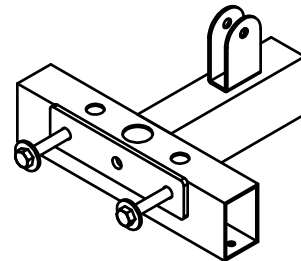
AD[1PCS]  
8380-067



AE[1PCS]  
8380-068

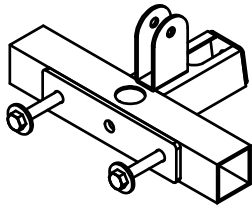


AF[1PCS]  
6610-017

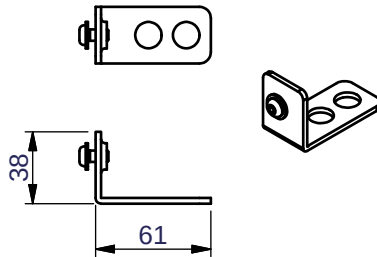


## FRAME PARTS ILLUSTRATION SHEET FOR DOOR

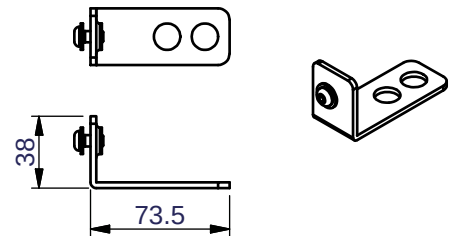
AG[1PCS]  
6610-018



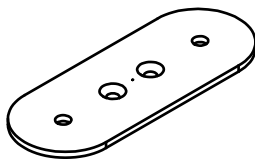
AH[4PCS]  
8331-065



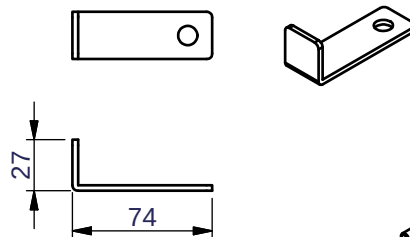
AI[6PCS]  
8331-064



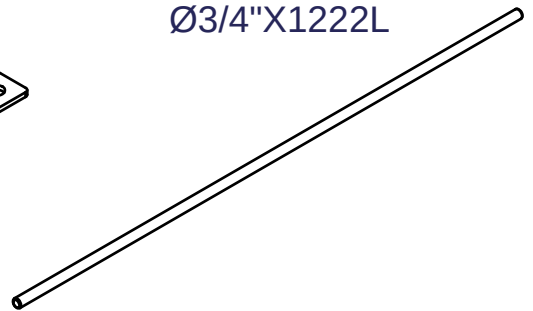
AJ[2PCS]  
8313-188



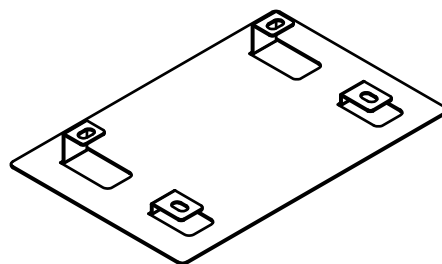
AK[1PCS]  
8331-017



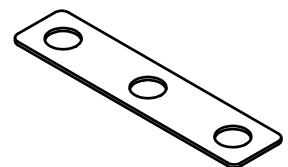
AL1[2PCS]  
8280-036  
Ø3/4"X1222L

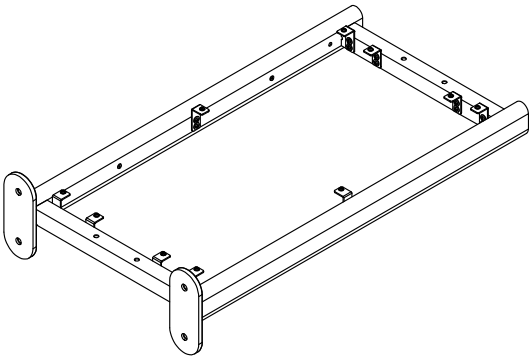


AN[1PCS]  
8345-014

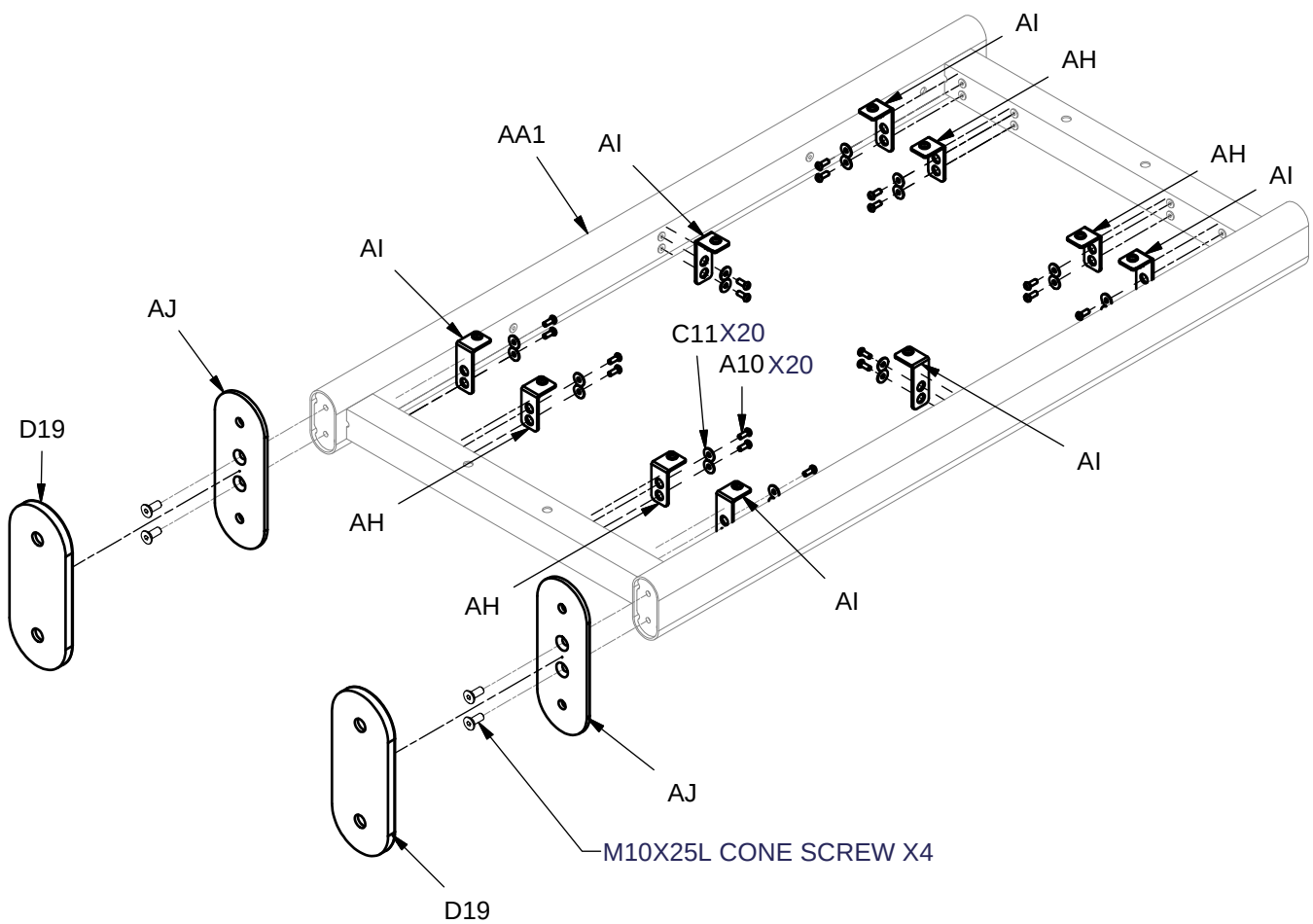


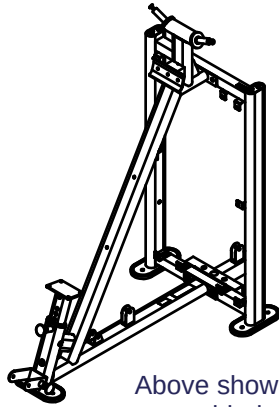
AO[1PCS]  
8311-194



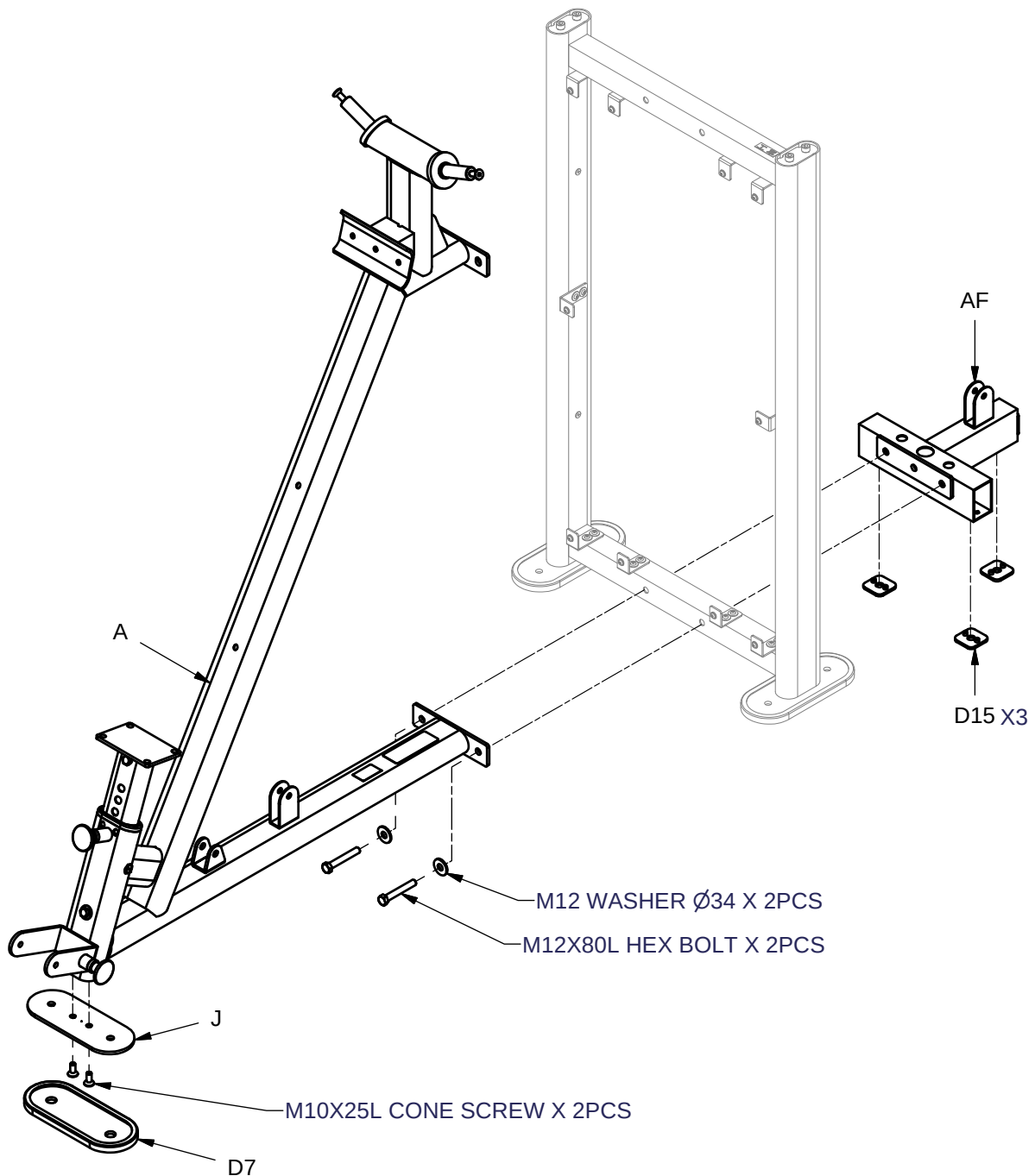


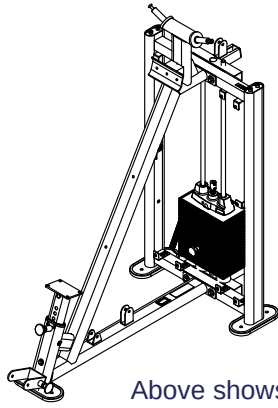
Above shows STEP 1  
assembled and completed



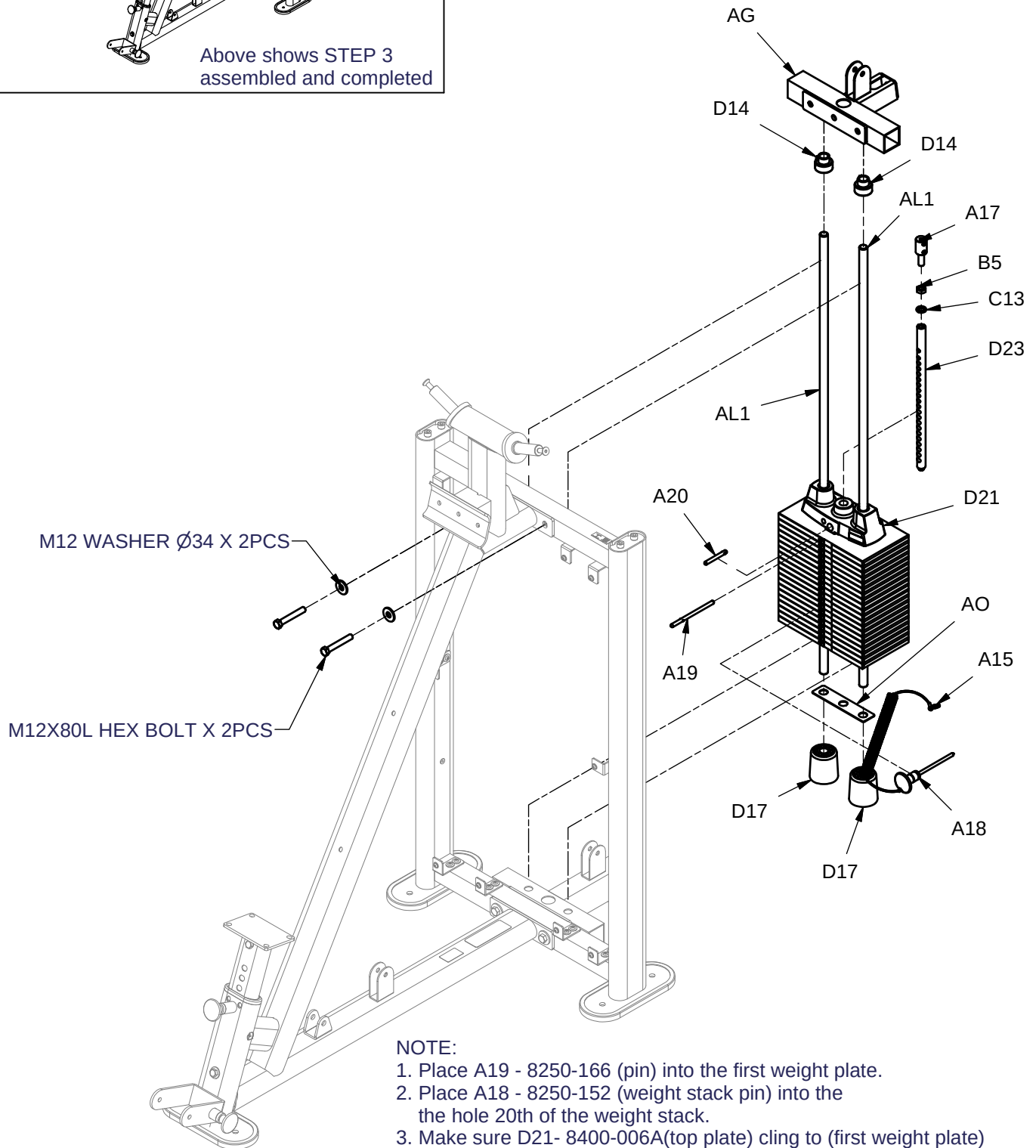


Above shows STEP 2  
assembled and completed



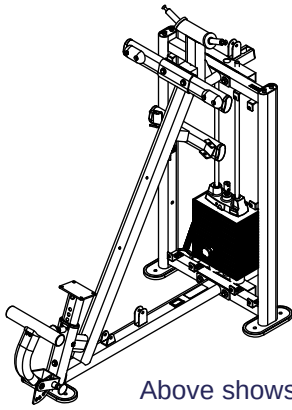


Above shows STEP 3  
assembled and completed

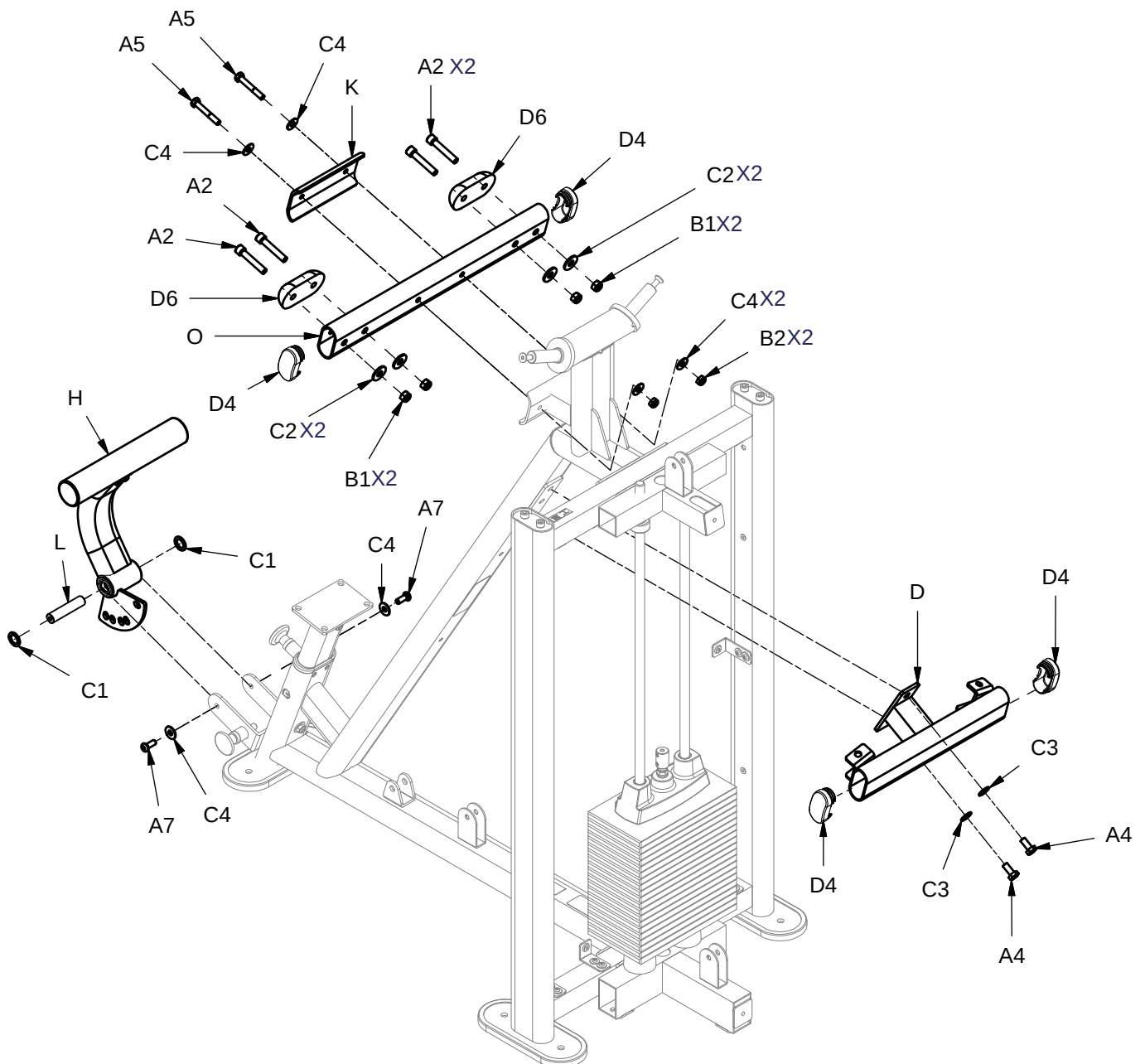


## NOTE:

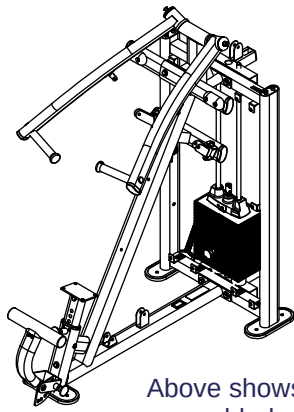
1. Place A19 - 8250-166 (pin) into the first weight plate.
2. Place A18 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D21- 8400-006A(top plate) cling to (first weight plate) and fix in A20 - 8250-167(pin).
4. Finally remove A18 - 8250-152 (weight stack pin) and use as usual.



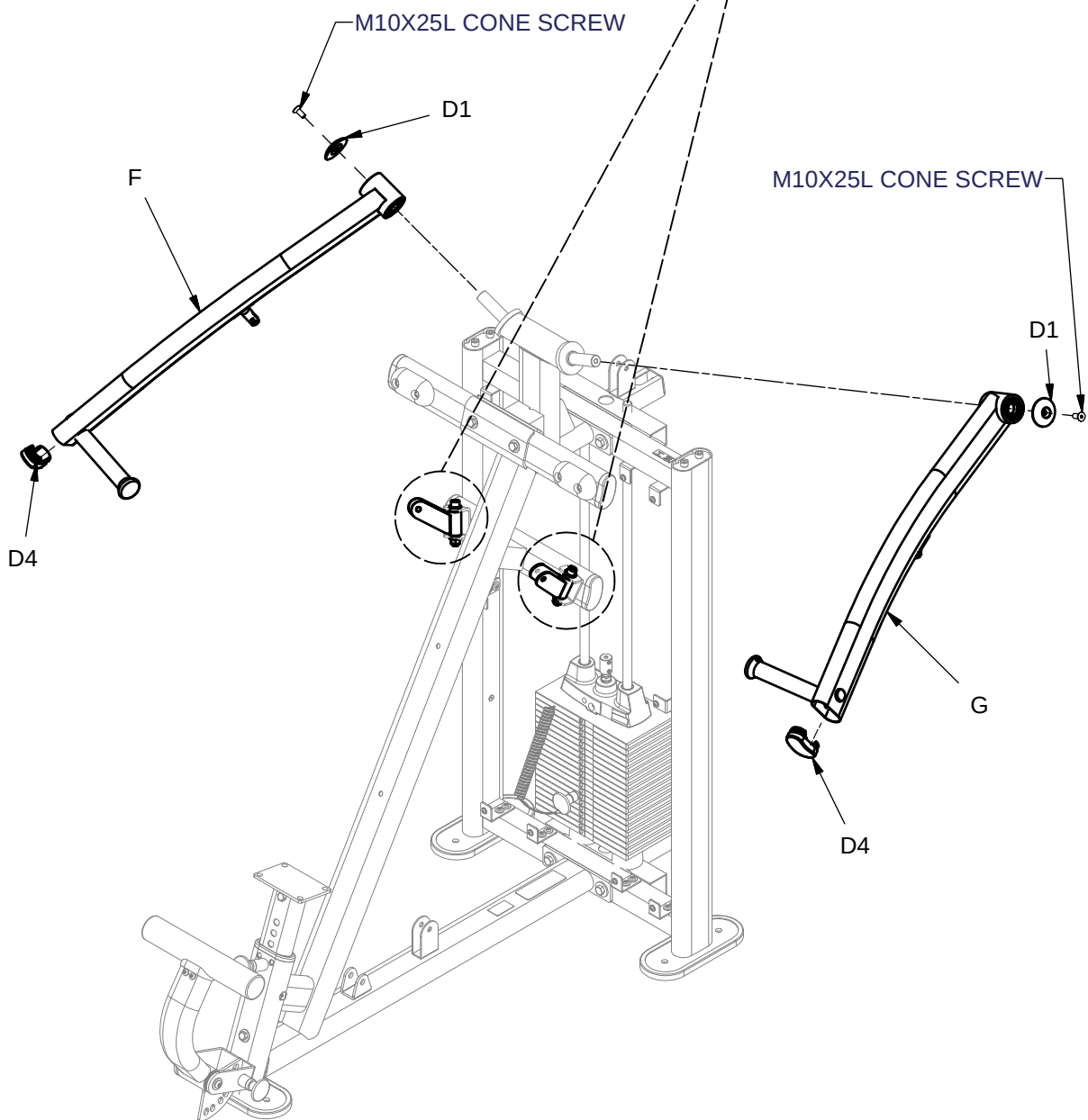
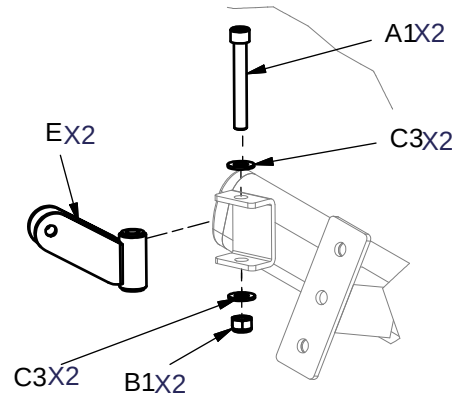
Above shows STEP 4  
assembled and completed







Above shows STEP 5  
assembled and completed



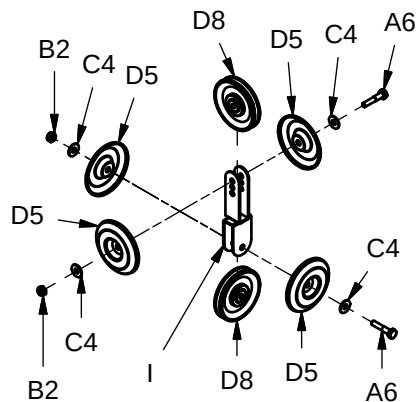
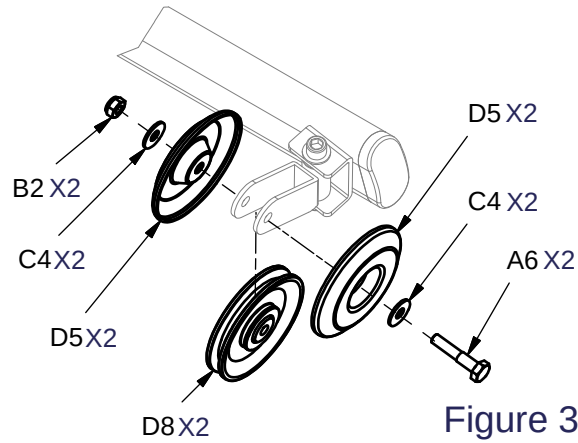
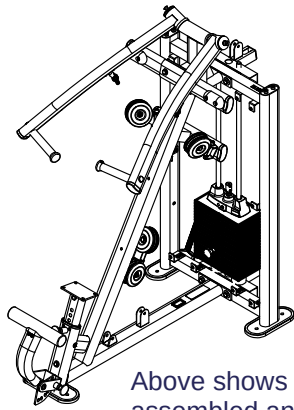
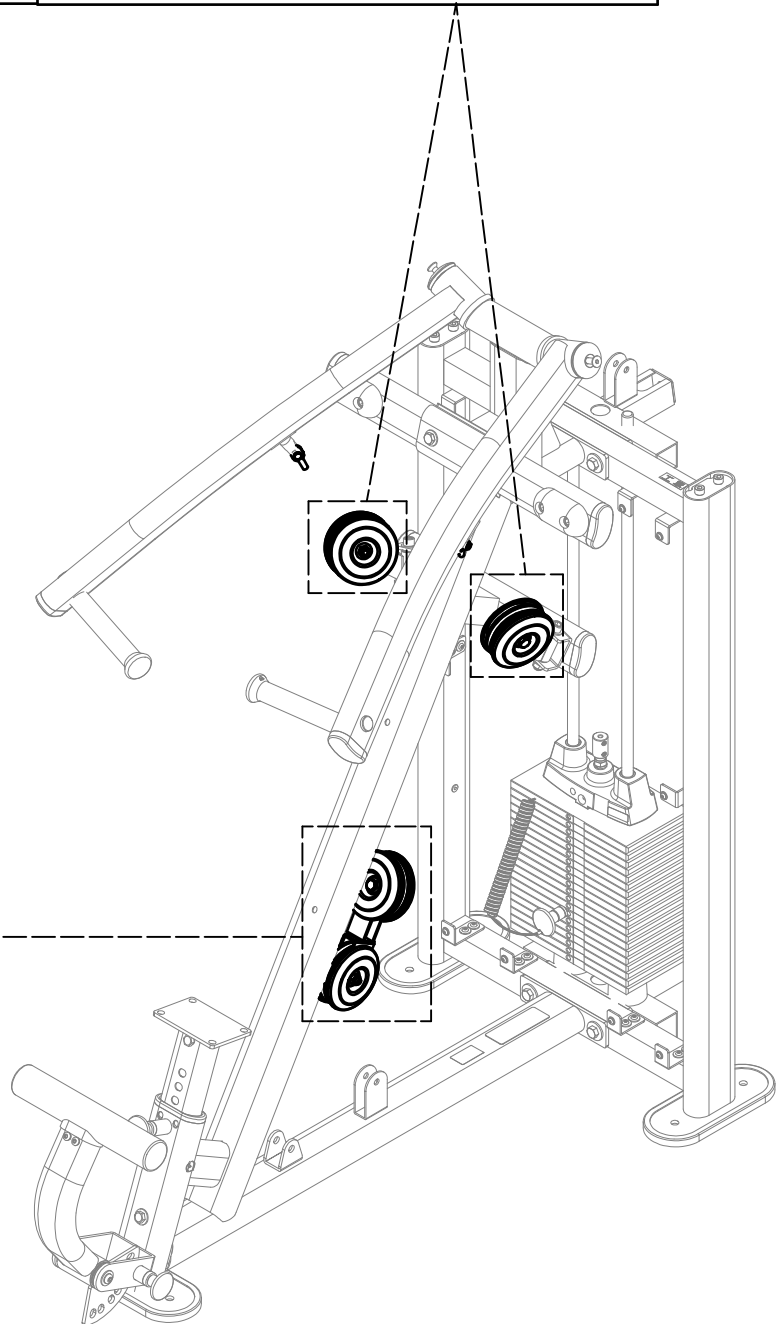


Figure 2



## Cable to Constitute Illustration

Figure 4

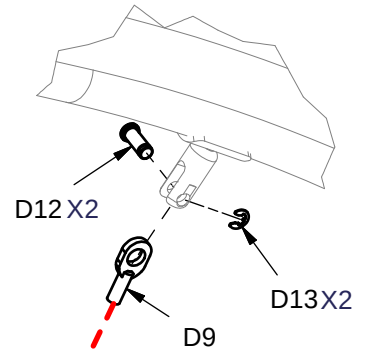
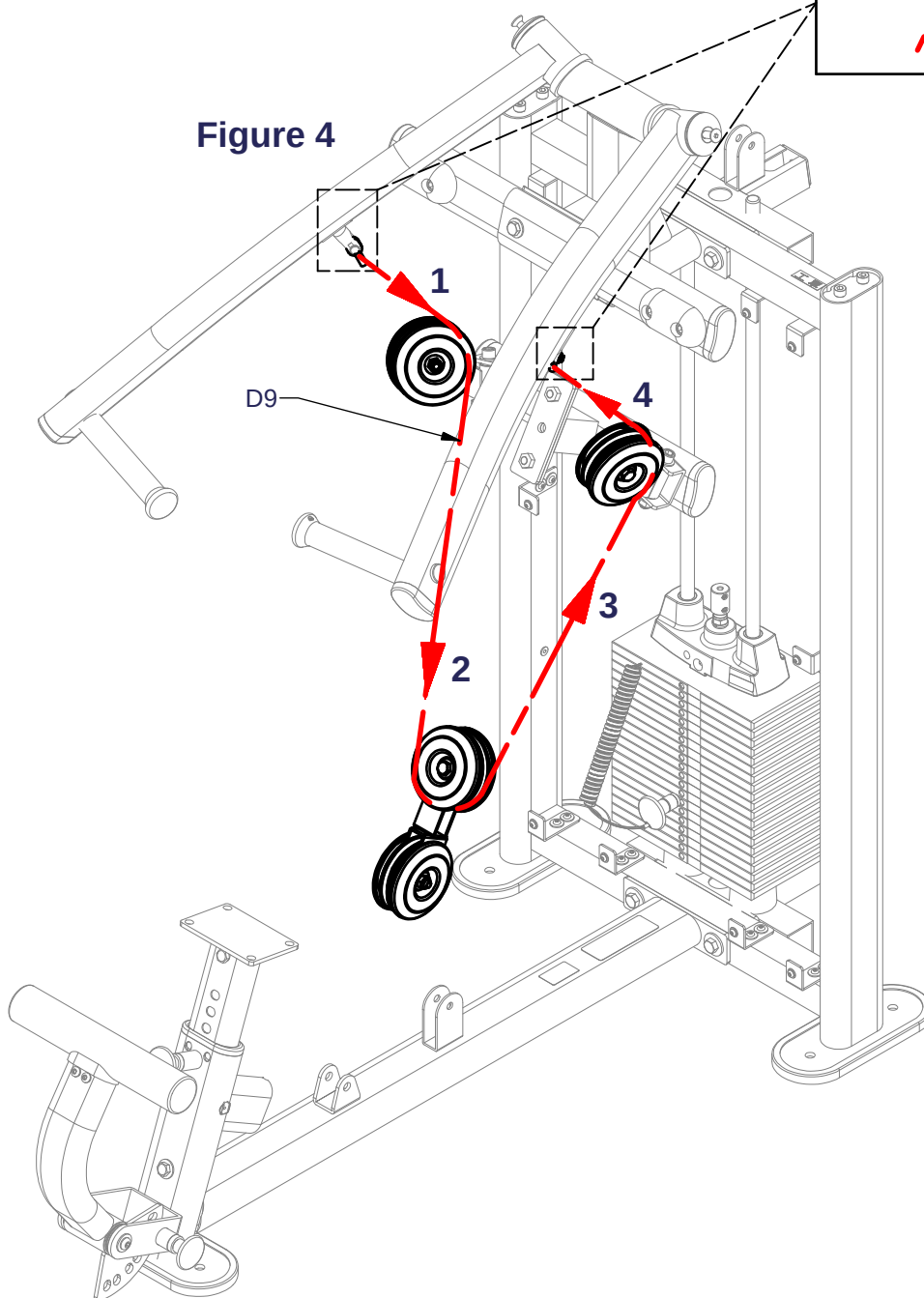
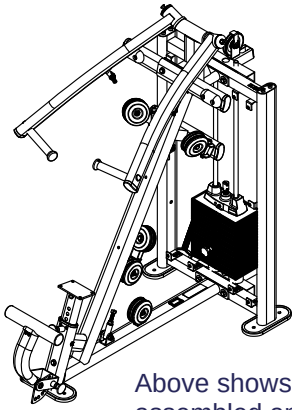
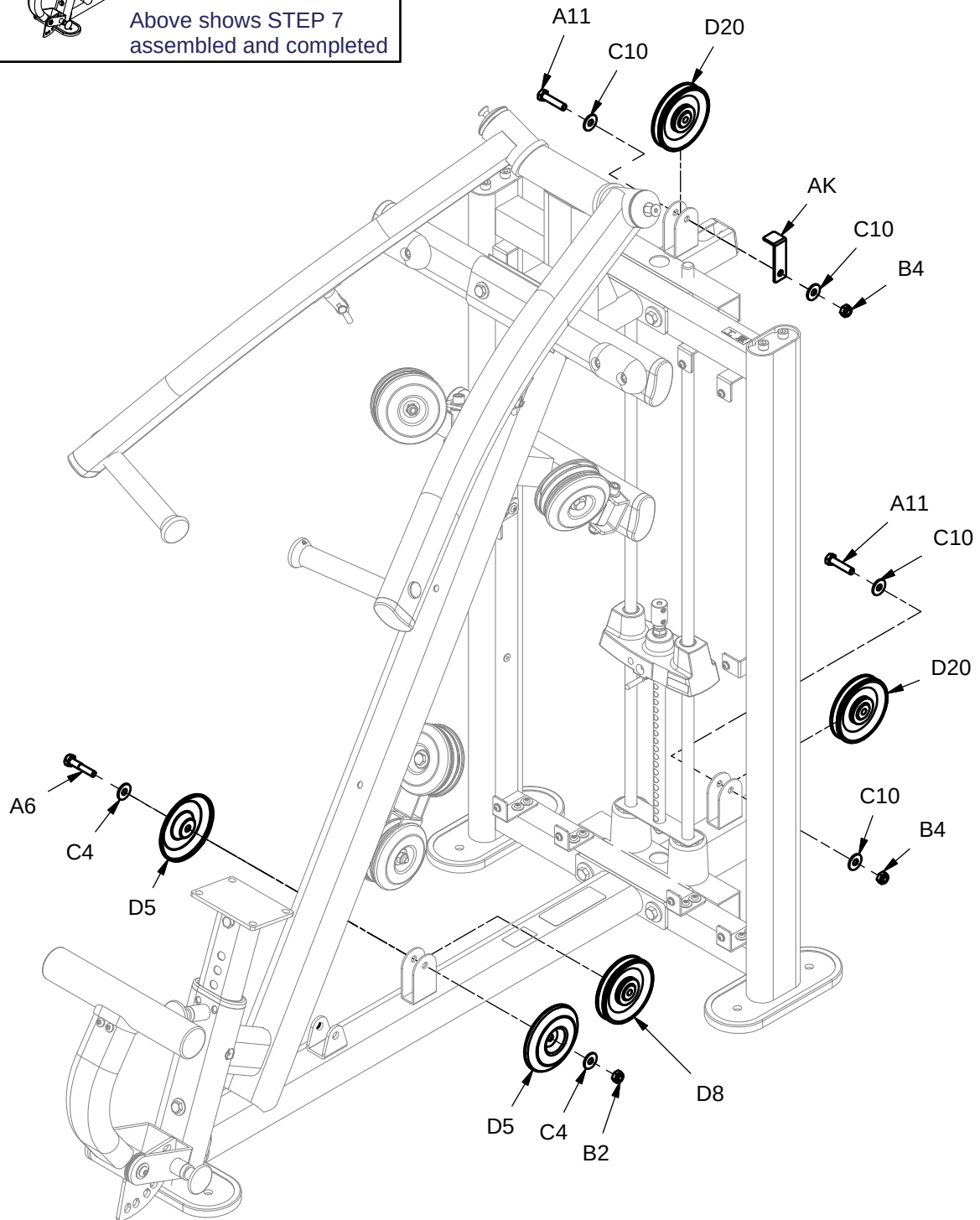


Figure 4

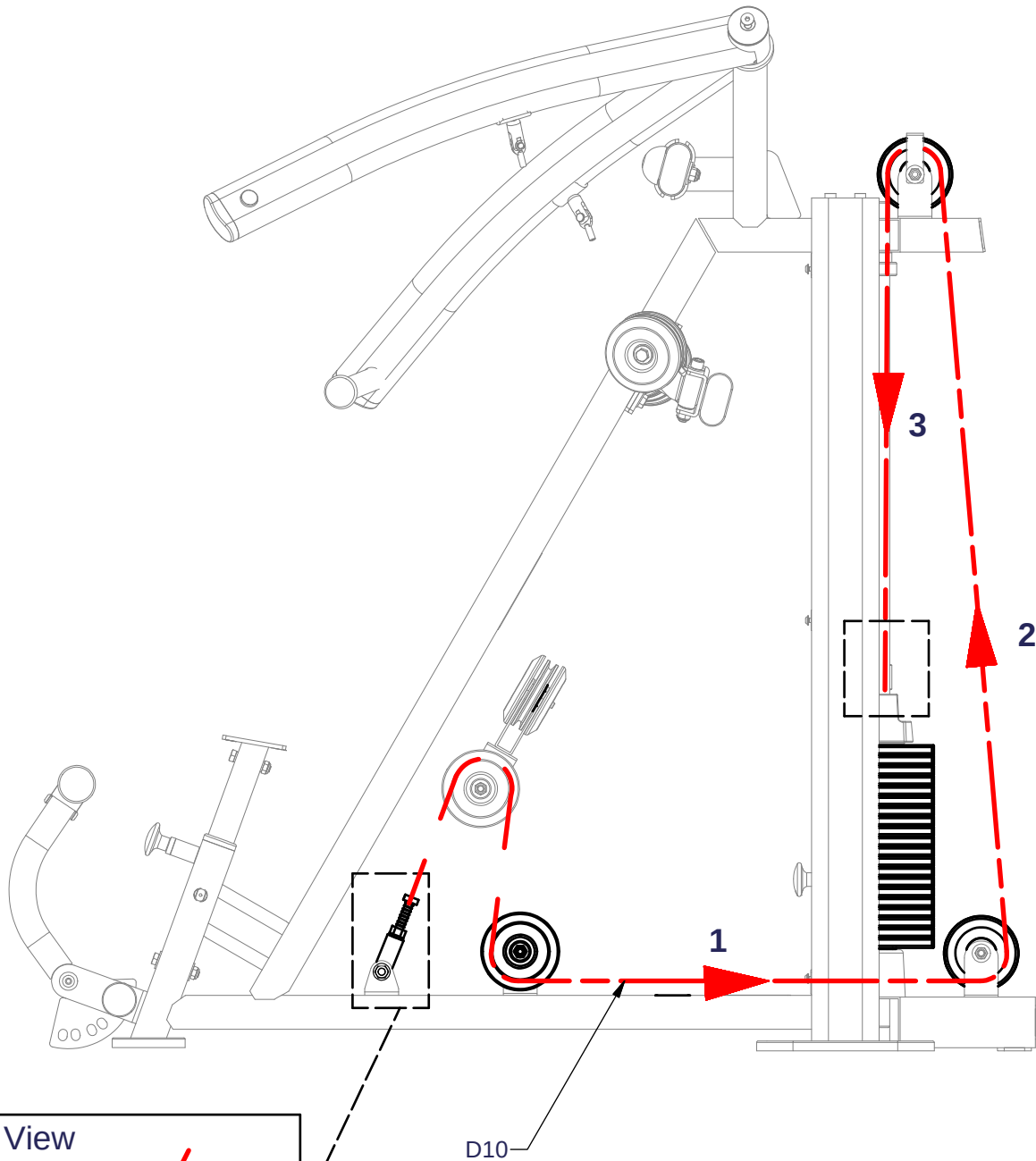




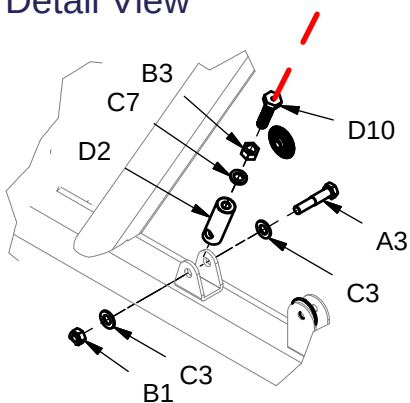
Above shows STEP 7  
assembled and completed



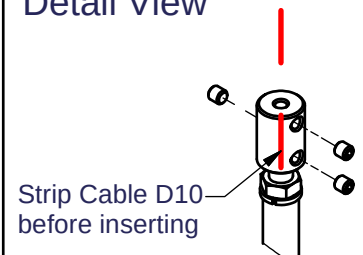
## Cable to Constitute Illustration

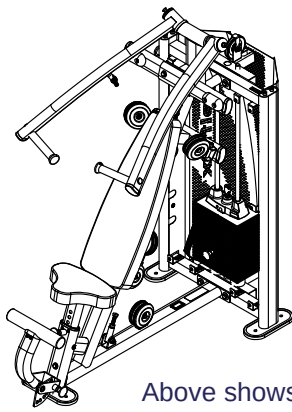


### Detail View



### Detail View





Above shows STEP 8  
assembled and completed

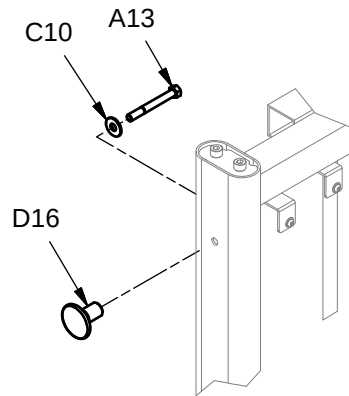
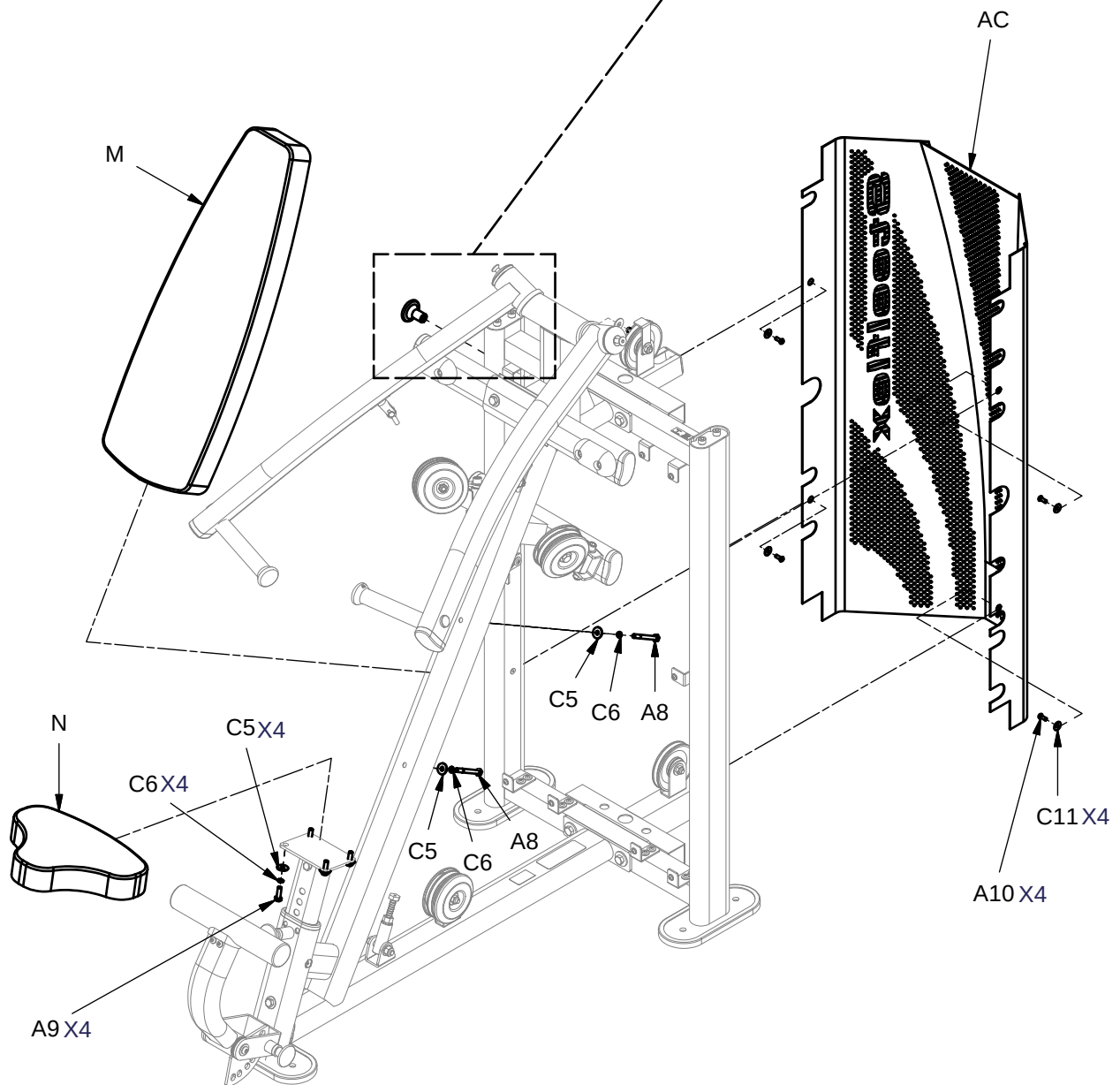
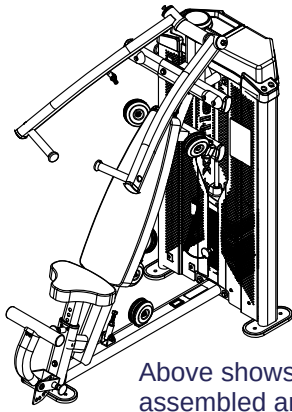


Figure 5





Above shows STEP 9  
assembled and completed

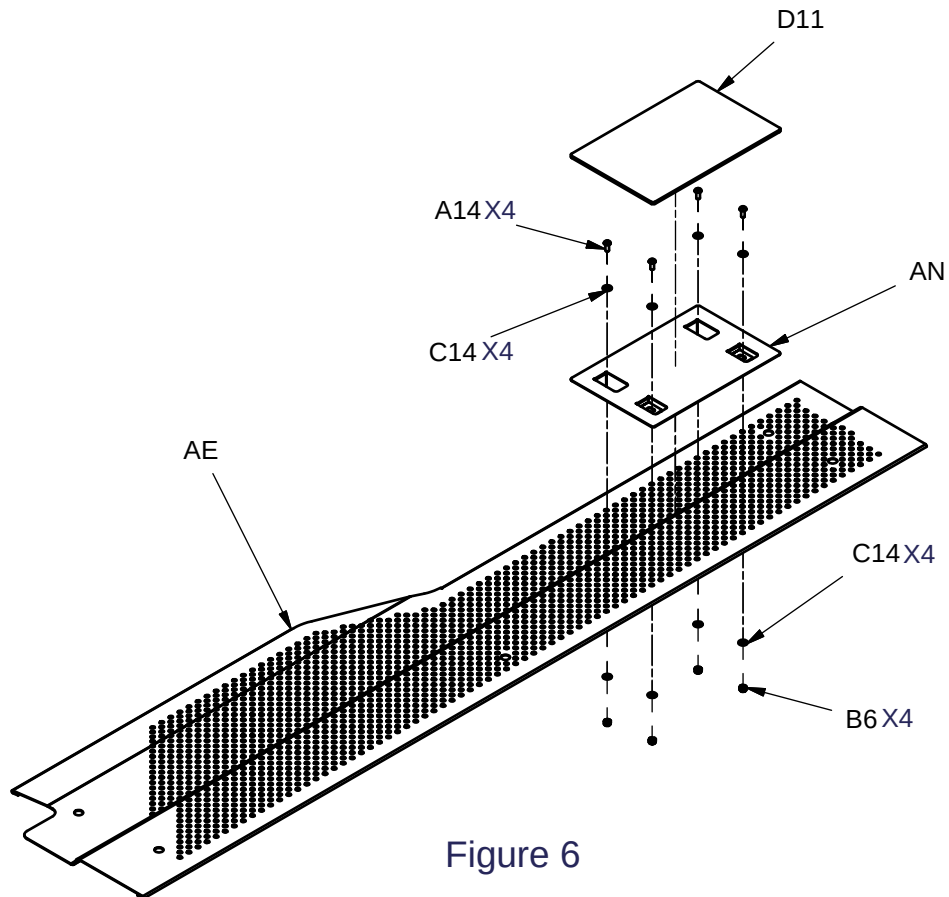
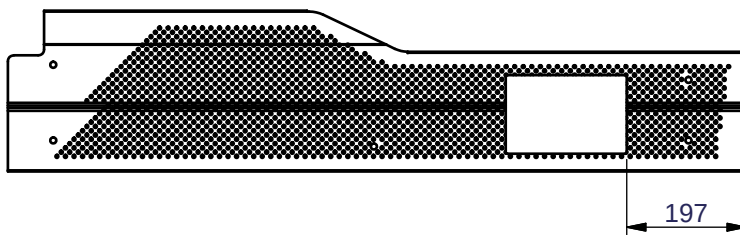
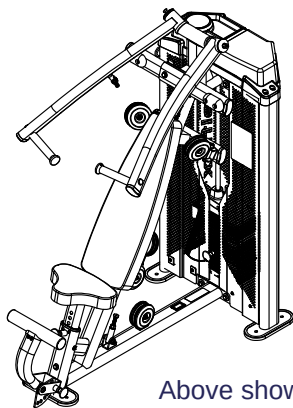
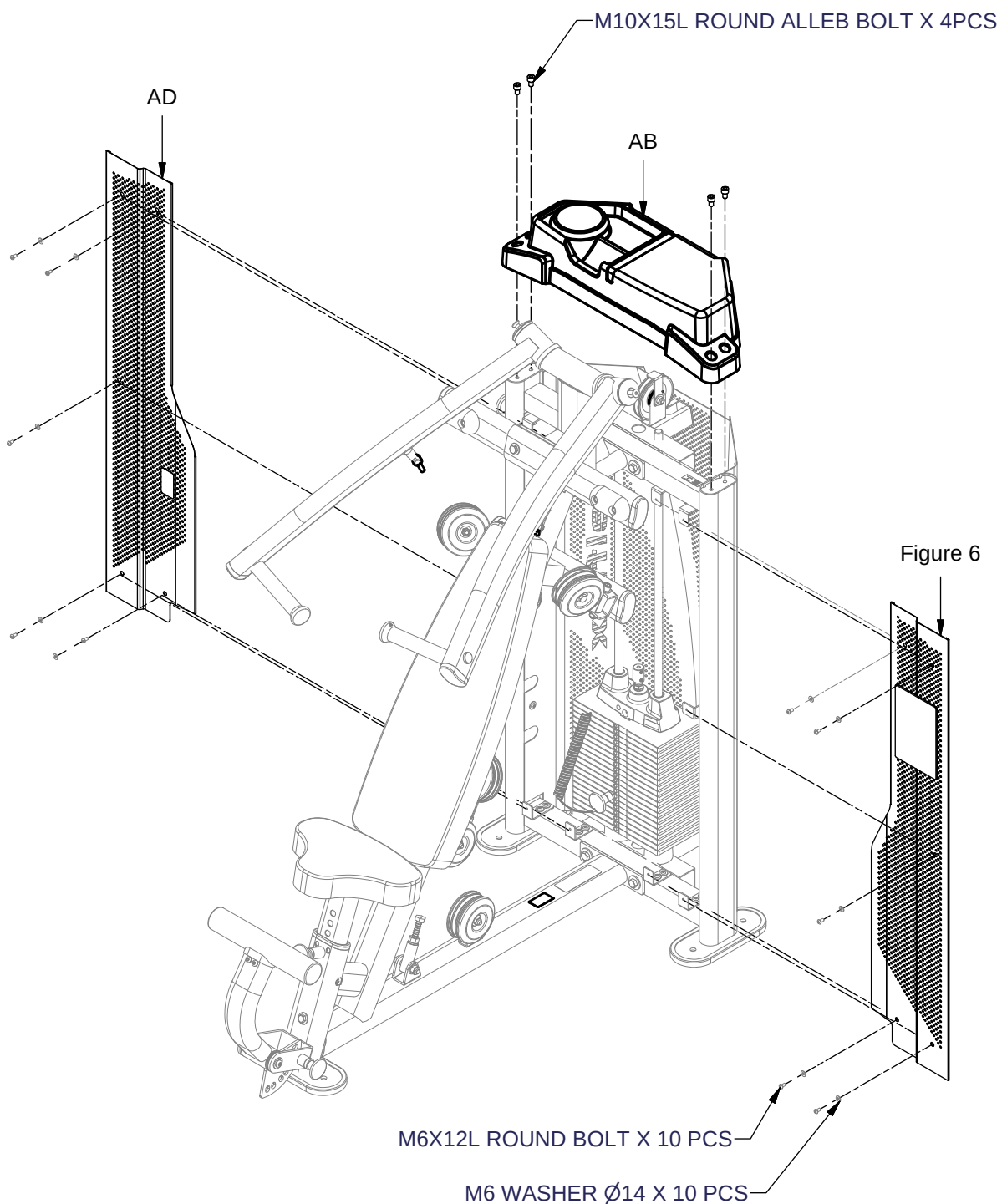


Figure 6





Above shows STEP 10  
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<br>E<br>E<br>K<br>L<br>Y | D<br>A<br>I<br>L<br>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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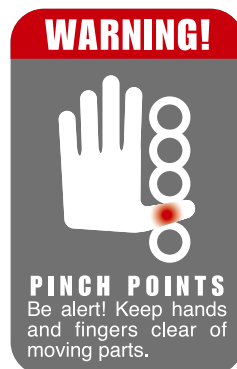
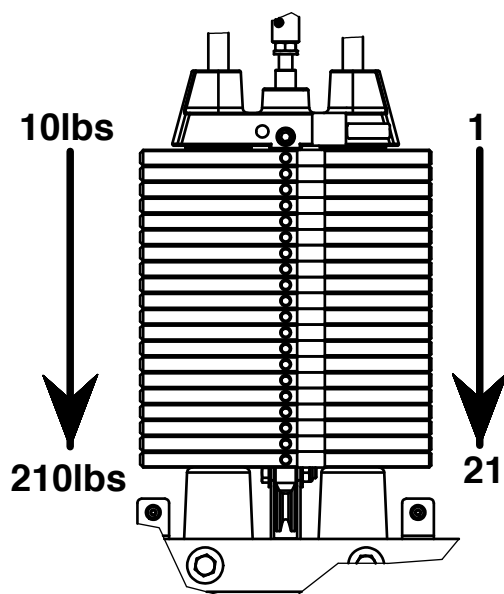
**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

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



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