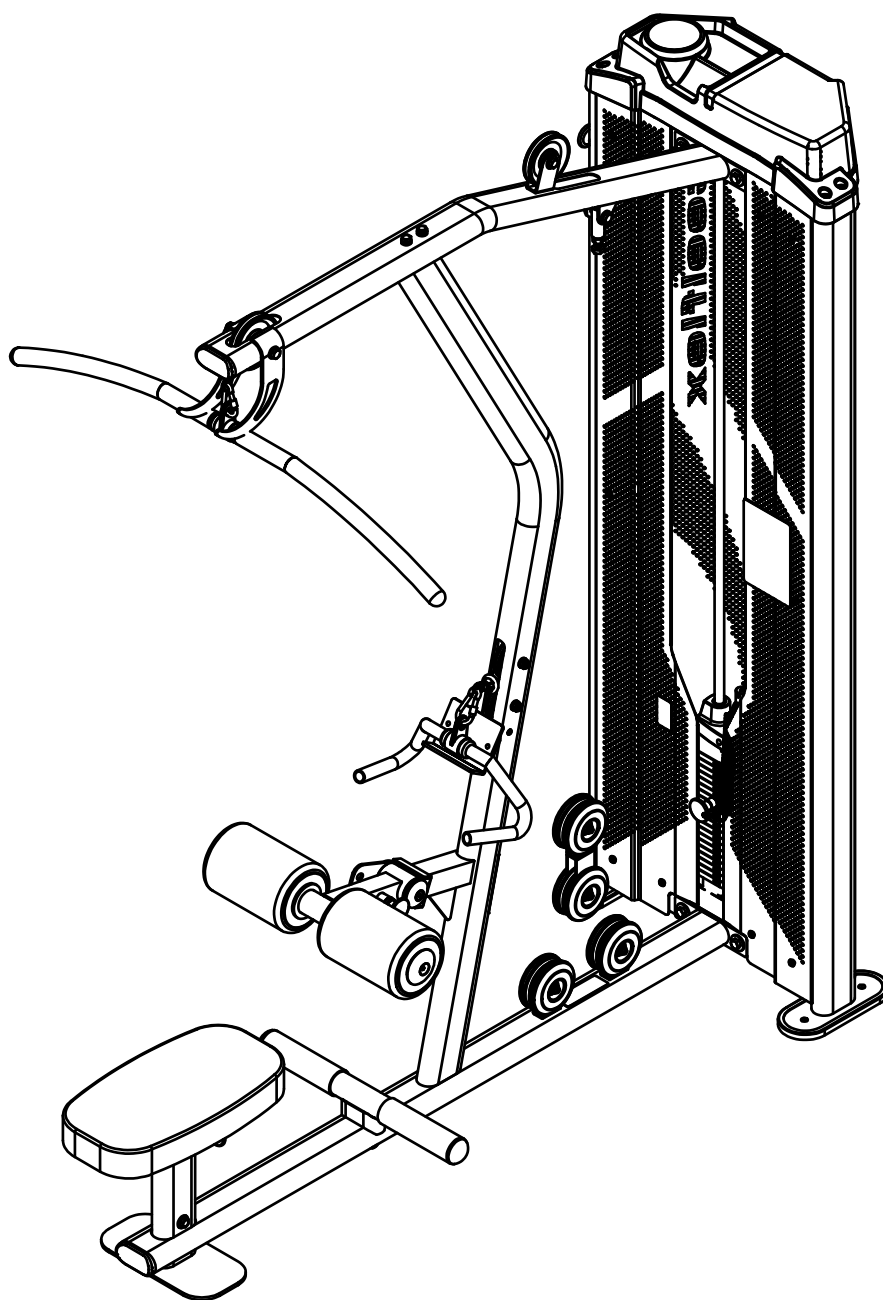


# HOPE



**Steelflex**

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Tel: 886-2-27209980

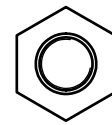
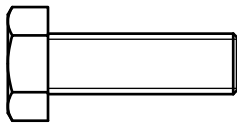
Fax: 886-2-27229750

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

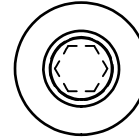
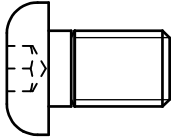
## HLM-300B.1 OWNER'S MANUAL

# HLM-300B ASSEMBLY INSTRUCTIONS

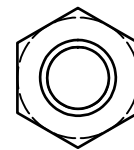
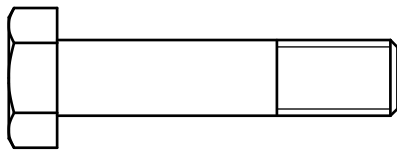
## HARDWARE ILLUSTRATION



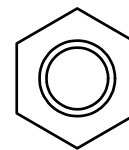
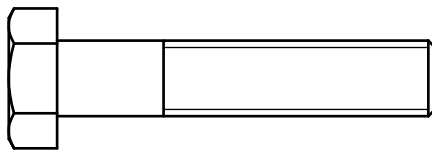
(A1)HEX BOLT M8X25L PARTIAL THREAD QTY.4



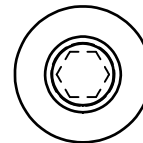
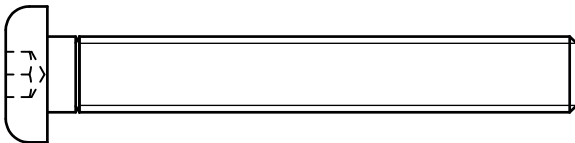
(A2)ROUND ALLEN HEAD M10X16L PARTIAL THREAD QTY.2



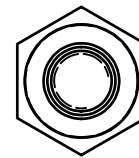
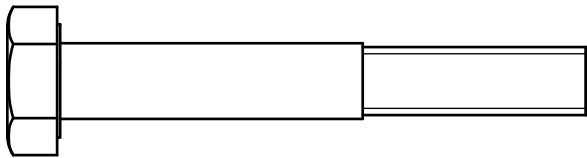
(A3)HEX BOLT M10X45L PARTIAL THREAD QTY.1



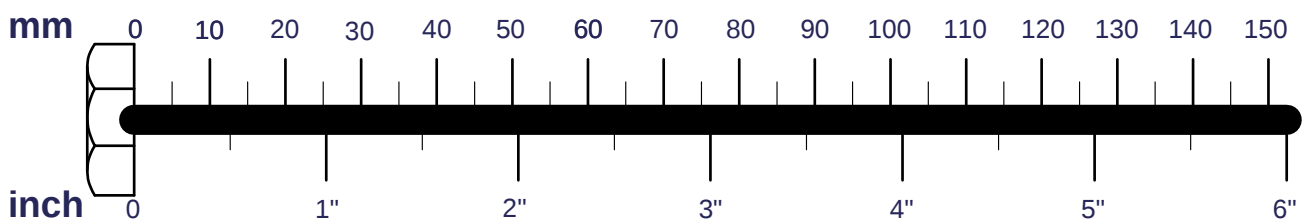
(A4)HEX BOLT M10X50L PARTIAL THREAD QTY.4



(A5)ROUND ALLEN HEAD M10X70L PARTIAL THREAD QTY.2

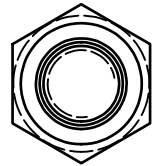
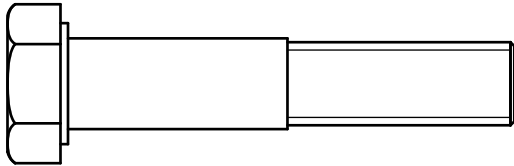


(A6)HEX BOLT M10X70L PARTIAL THREAD QTY.4

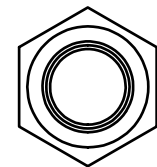
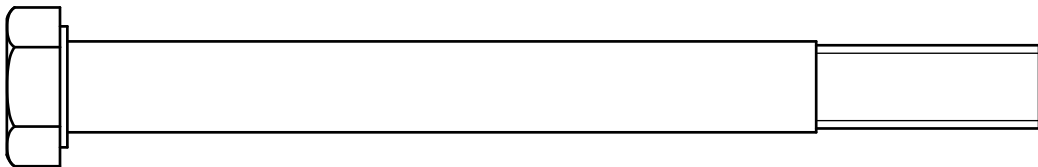


# HLM-300B ASSEMBLY INSTRUCTIONS

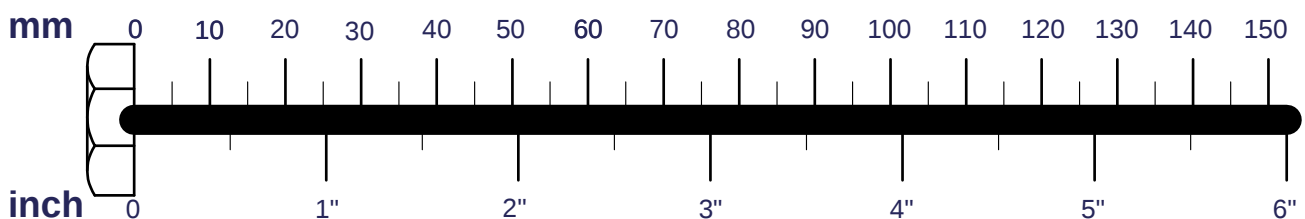
## HARDWARE ILLUSTRATION



(A8)HEX BOLT M12X60L PARTIAL THREAD QTY.1

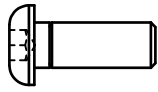


(A9)HEX BOLT M12X130L PARTIAL THREAD QTY.1

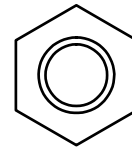
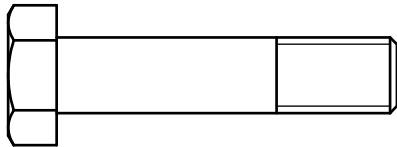


# HLM-300B ASSEMBLY INSTRUCTIONS

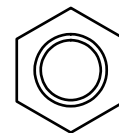
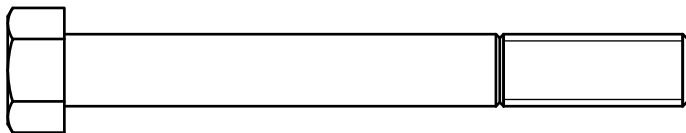
## FRAME HARDWARE ILLUSTRATION FOR DOOR



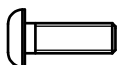
(A10)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.26



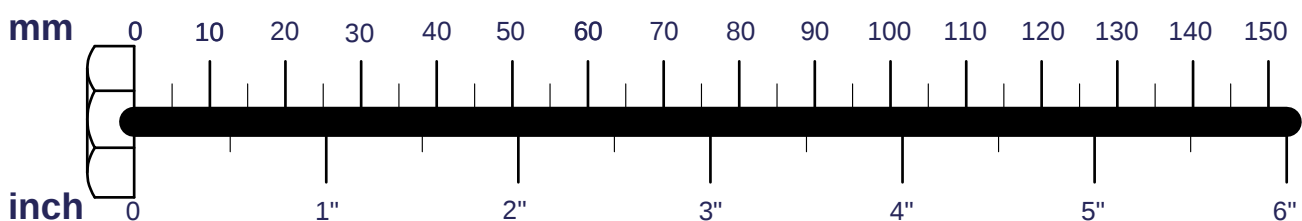
(A11)HEX BOLT M10X45L PARTIAL THREAD QTY.2



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

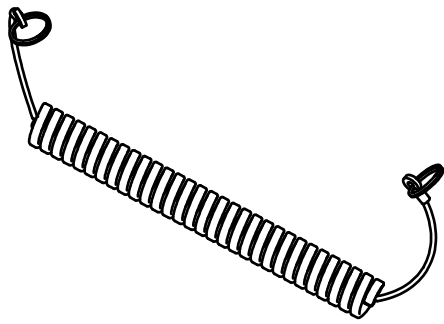


(A14)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

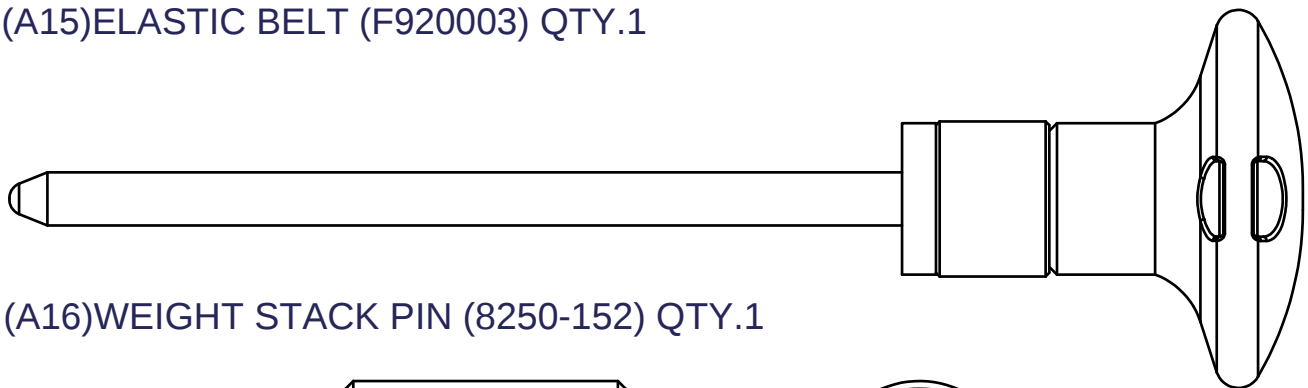


# HLM-300B ASSEMBLY INSTRUCTIONS

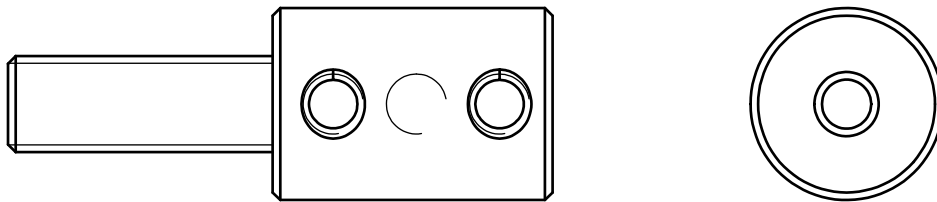
## FRAME HARDWARE ILLUSTRATION FOR DOOR



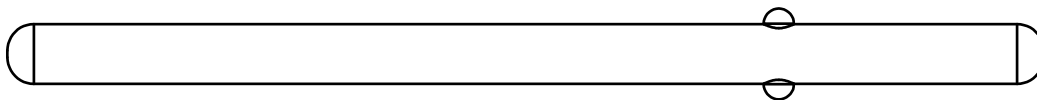
(A15)ELASTIC BELT (F920003) QTY.1



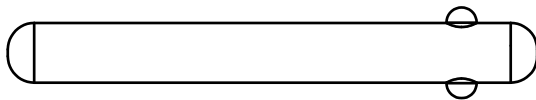
(A16)WEIGHT STACK PIN (8250-152) QTY.1



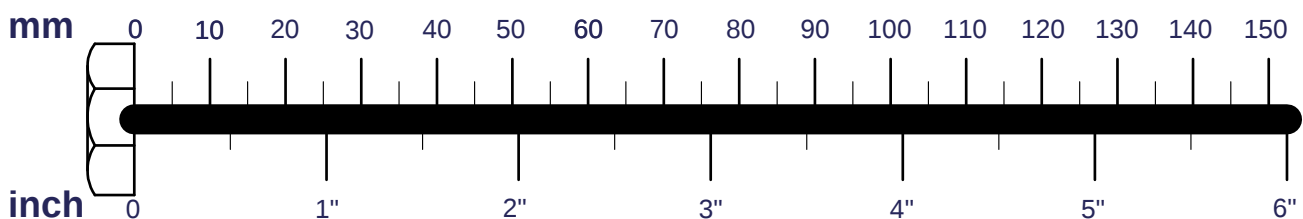
(A17)WEIGHT STACK CABLE (8260-009) QTY.1



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

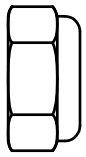


(A19)Ø5/16" FIXED PIN (8250-167) QTY.1

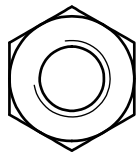


# HLM-300B ASSEMBLY INSTRUCTIONS

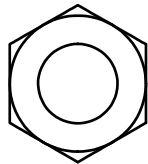
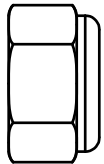
## HARDWARE ILLUSTRATION



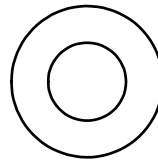
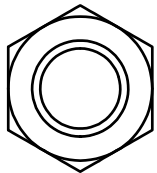
(B1) NYLON LOCK NUT M10 QTY. 7



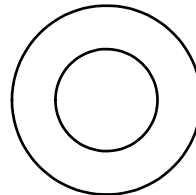
(B2) NYLON LOCK NUT M12 QTY. 2



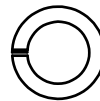
(B3) LOCK NUT 1/2"X13 UNC QTY. 1



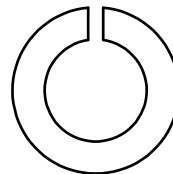
(C3) M10(I.D.) FLAT WASHER Ø20 QTY. 10



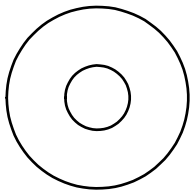
(C4) M12(I.D.) FLAT WASHER Ø25 QTY. 4



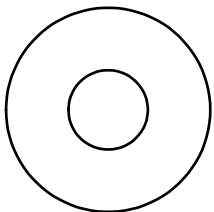
(C5) M8 SPRING WASHER QTY. 4



(C6) 1/2" SPRING WASHER QTY. 1



(C1) M8(I.D.) FLAT WASHER Ø24 QTY. 4



(C2) M10(I.D.) FLAT WASHER Ø27 QTY. 10



mm

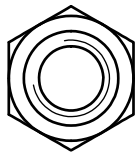
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inch

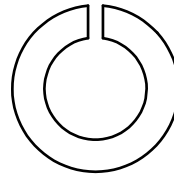
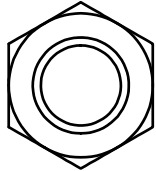
0 1" 2" 3" 4" 5" 6"

# HLM-300B ASSEMBLY INSTRUCTIONS

## FRAME HARDWARE ILLUSTRATION FOR DOOR



(B4)NYLON LOCK NUT M10 QTY.2



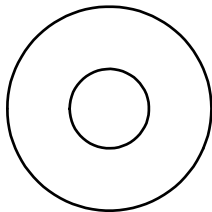
(B5)LOCK NUT 1/2"X13 UNC QTY.1

(C10)1/2" SPRING WASHER QTY.1

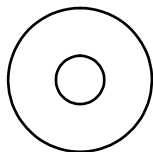


(B6)NYLON LOCK NUT M4 QTY.4

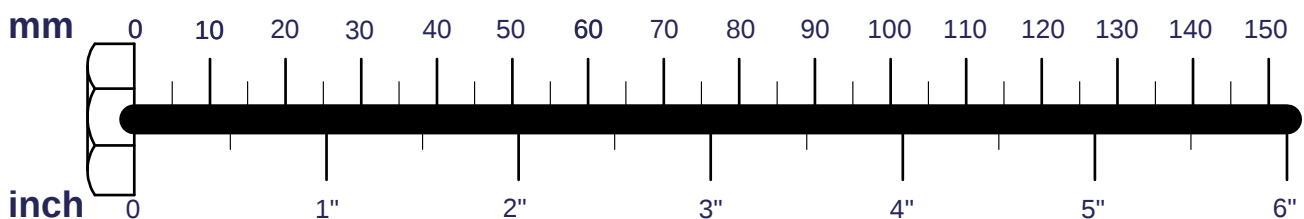
(C11)M4(I.D.)FLAT WASHER Ø10 QTY.8



(C7)M10(I.D.)FLAT WASHER Ø27 QTY.5



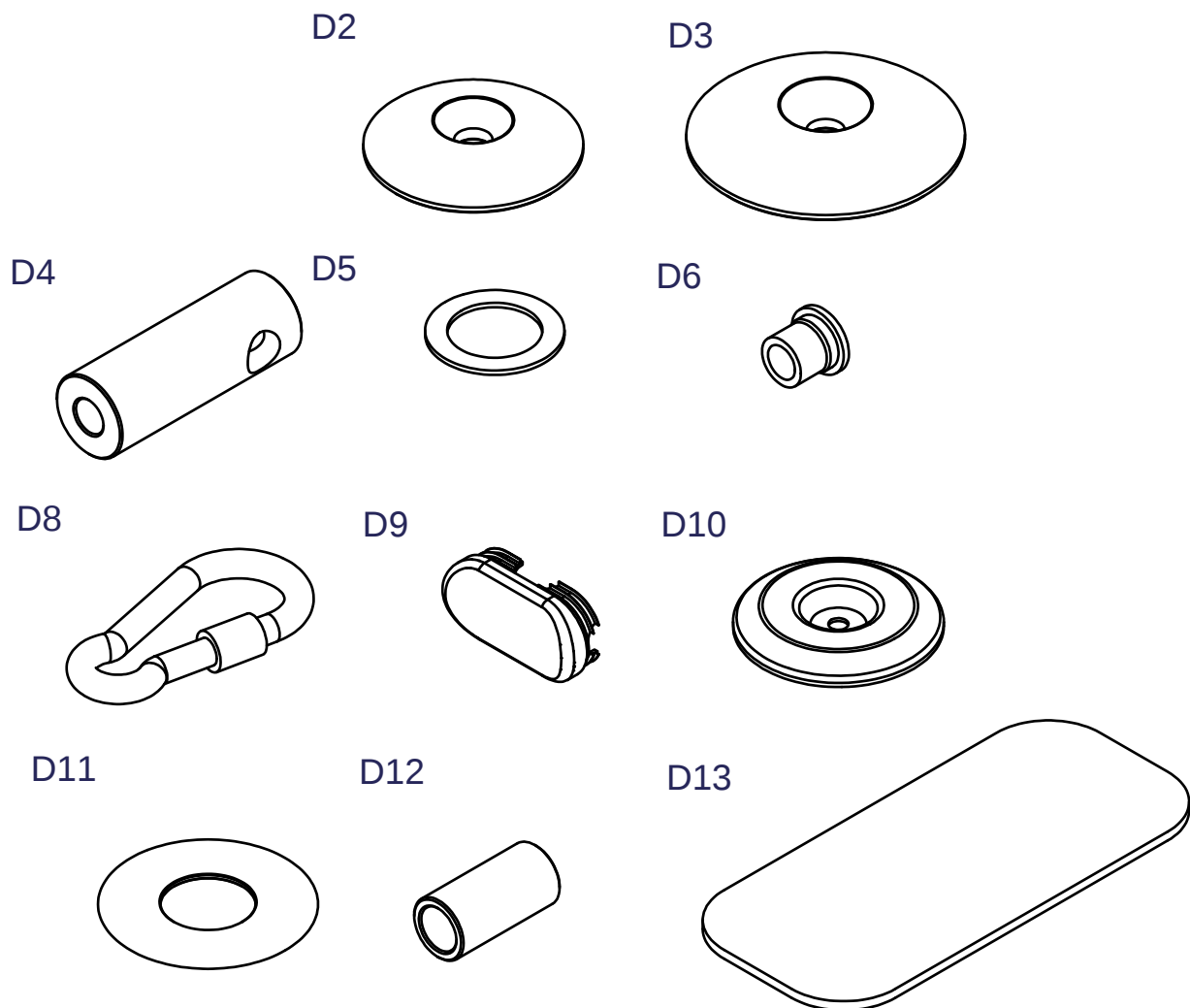
(C8)M6(I.D.)FLAT WASHER Ø19 QTY.26



# HLM-300B ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION

|                                                   |        |
|---------------------------------------------------|--------|
| D2.Ø60 CAP COVER(8130-231)-----                   | [2PCS] |
| D3.Ø75 CAP COVER(8130-236)-----                   | [2PCS] |
| D4.Ø1"X70L STEEL BUSHING (8220-244)-----          | [1PCS] |
| D5.Ø1" CU WASHER (8520-008)-----                  | [2PCS] |
| D6. Ø10XØ16X16.5L Steel Bushing (8530-009)-----   | [4PCS] |
|                                                   |        |
| D8.Ø8 SPRING SNAP LINK(8810-005)-----             | [2PCS] |
| D9.50X100X2T END CAP(9211-114)-----               | [2PCS] |
| D10.PLATE CAP (9211-173)-----                     | [8PCS] |
| D11. Ø120XØ51X3T Nylon Washer (9214-039)-----     | [4PCS] |
| D12.Ø3/4"XØ13.5X38L STEEL BUSHING (8110-147)----- | [2PCS] |
| D13.290X5TX132L RUBBER PAD(9310-061)-----         | [1PCS] |

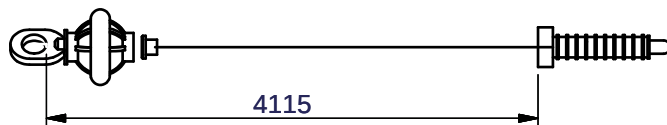


# HLM-300B ASSEMBLY INSTRUCTIONS

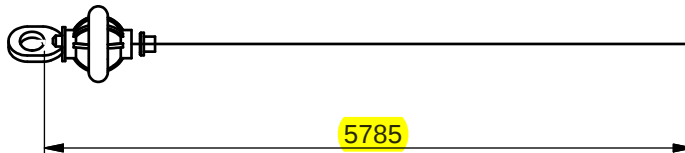
## HARDWARE ILLUSTRATION

|                                         |        |
|-----------------------------------------|--------|
| D14.4115mm STEEL CABLE(FHLM300BA1)----- | [1PCS] |
| D15.5785mm STEEL CABLE(FHLM300BB1)----- | [1PCS] |
| D16.Ø110 PULLEY(9213-002B)-----         | [6PCS] |
| D17.Ø117 PULLEY(9213-010E)-----         | [1PCS] |
| D18.Ø94 PULLEY(9213-052B)-----          | [2PCS] |
| D19.EXERCISE CHART (9420-119)-----      | [1PCS] |

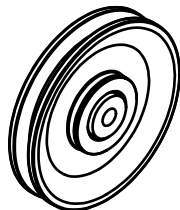
D14



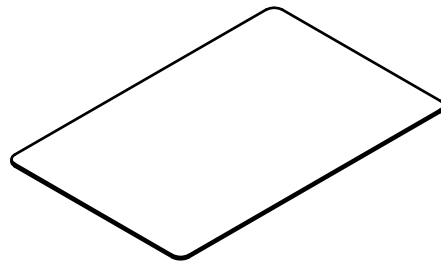
D15



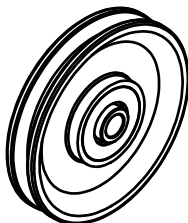
D16



D19



D17



D18



# HLM-300B ASSEMBLY INSTRUCTIONS

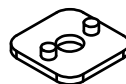
## FRAME HARDWARE ILLUSTRATION FOR DOOR

|                                              |        |
|----------------------------------------------|--------|
| D20.3/4" SHAFT COLLAR(9211-046)-----         | [2PCS] |
| D21.2"x2" Rubber Cane Cap(9214-002)-----     | [3PCS] |
| D22.TOWEL RACK(9215-024)-----                | [1PCS] |
| D23.Ø65XØ20X70L Rubber Dount(9310-049)-----  | [2PCS] |
| D24.108X14.5TX263T RUBBER PAD(9310-075)----- | [2PCS] |
| D25.Ø110 PULLEY(9213-002B)-----              | [2PCS] |
| D26.TOP PLATE(8400-006)-----                 | [1PCS] |
| D27.Selector Rod(8210-191)-----              | [1PCS] |

D20



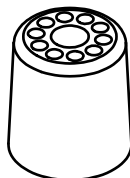
D21



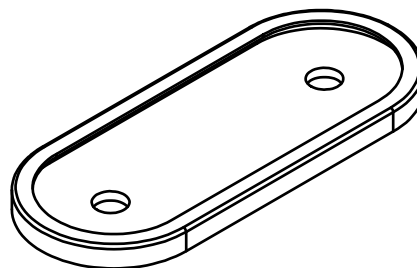
D22



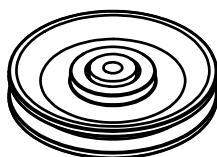
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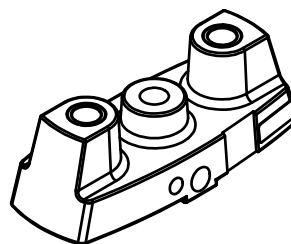
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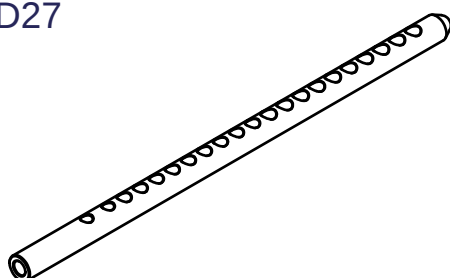
D25



D26



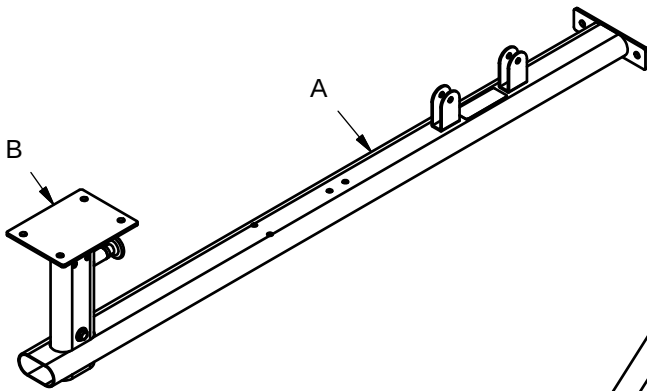
D27



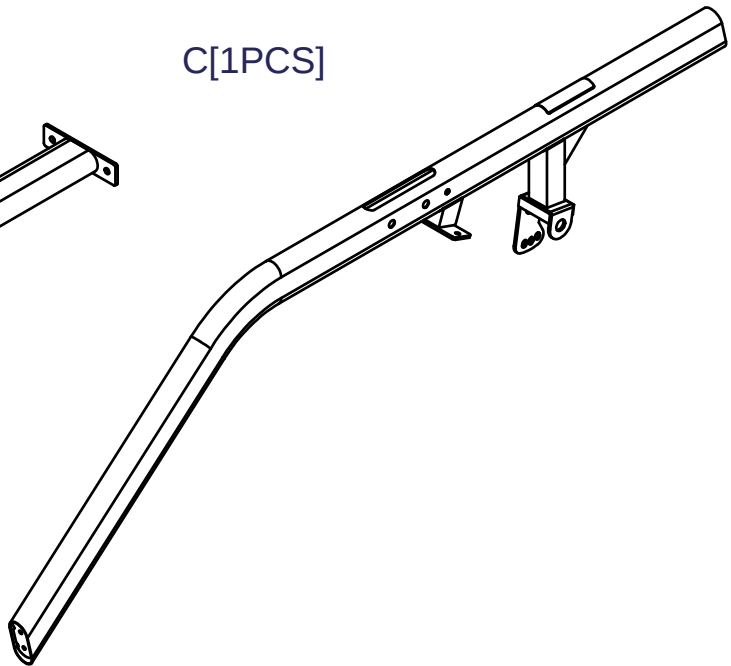
# HLM-300B ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

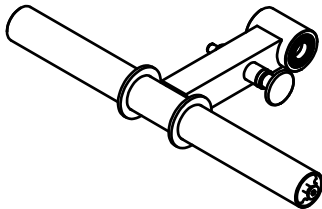
A1[1PCS]



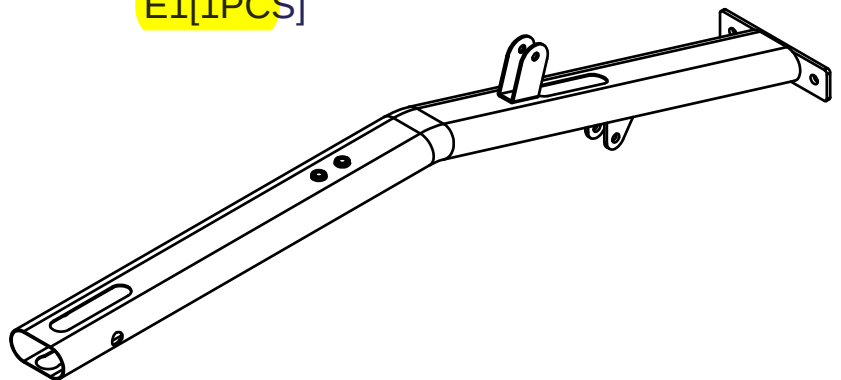
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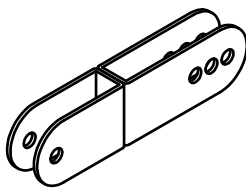
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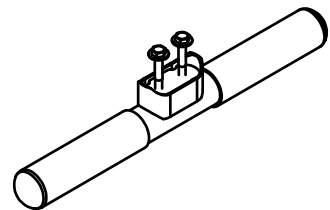
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F[1PCS]



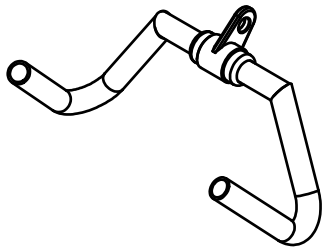
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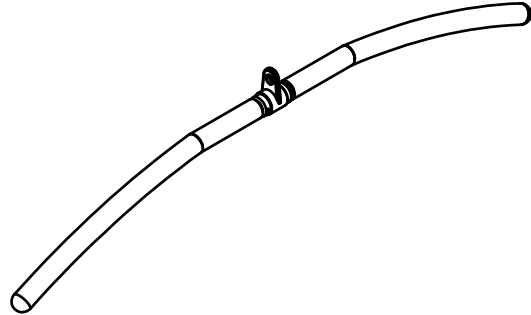
# HLM-300B ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET

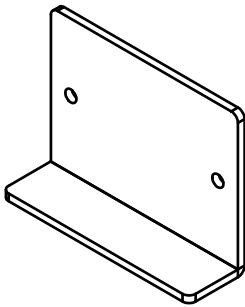
I[1PCS]  
280250



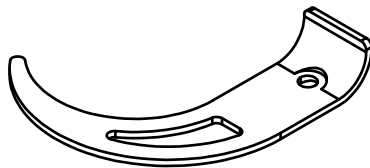
J1[1PCS]  
20LB1200J



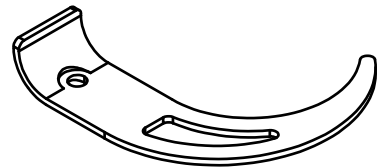
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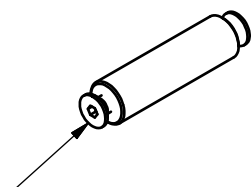
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8343-315



M[1PCS]  
8343-316

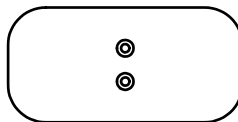


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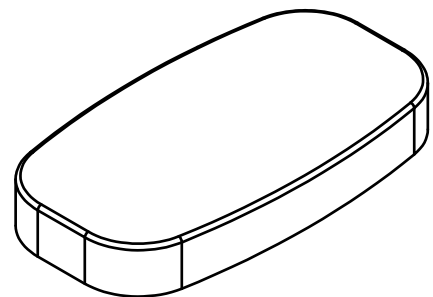


M10X25L CONE SCREW

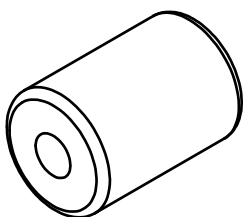
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P[1PCS]  
9121-106



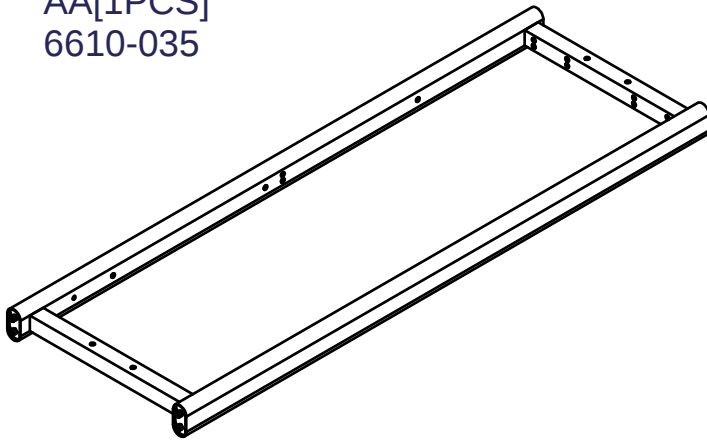
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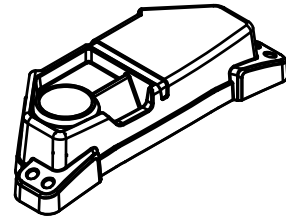
# HLM-300B ASSEMBLY INSTRUCTIONS

## FRAME PARTS ILLUSTRATION SHEET FOR DOOR

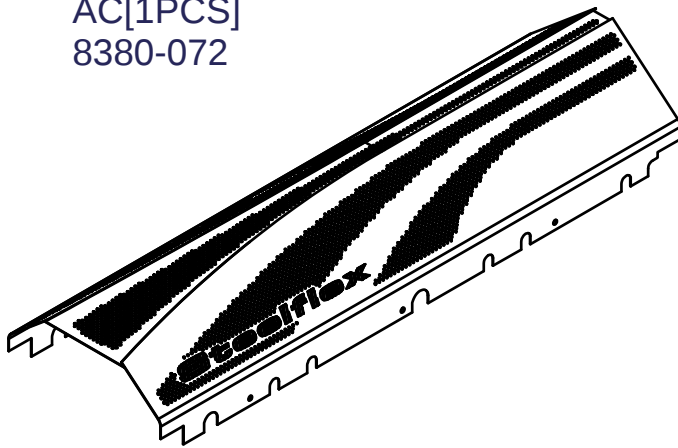
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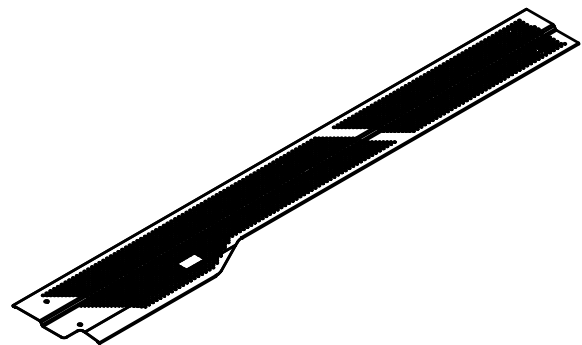
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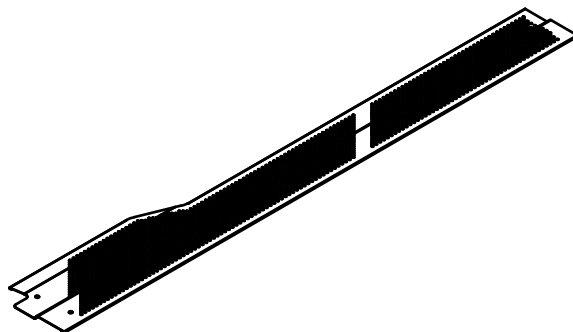
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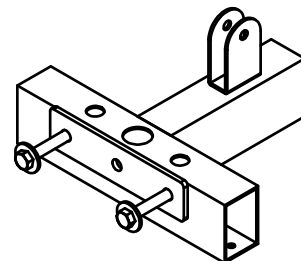
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AE[1PCS]  
8380-074



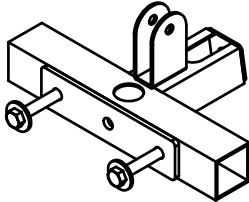
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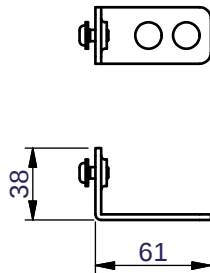
# HLM-300B ASSEMBLY INSTRUCTIONS

## FRAME PARTS ILLUSTRATION SHEET FOR DOOR

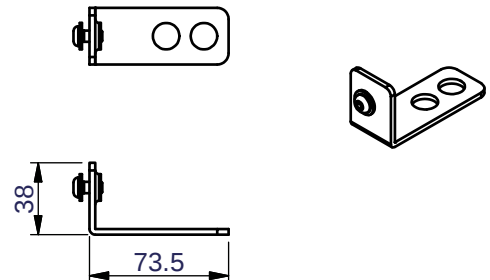
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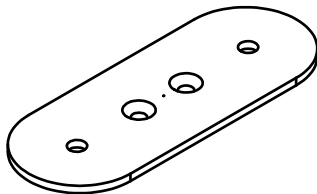
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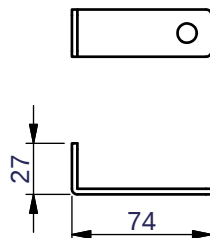
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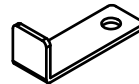
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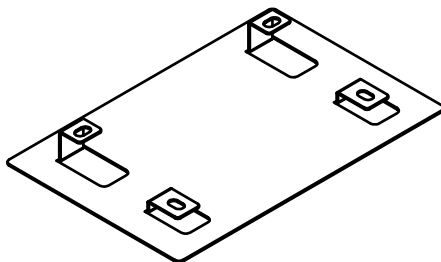
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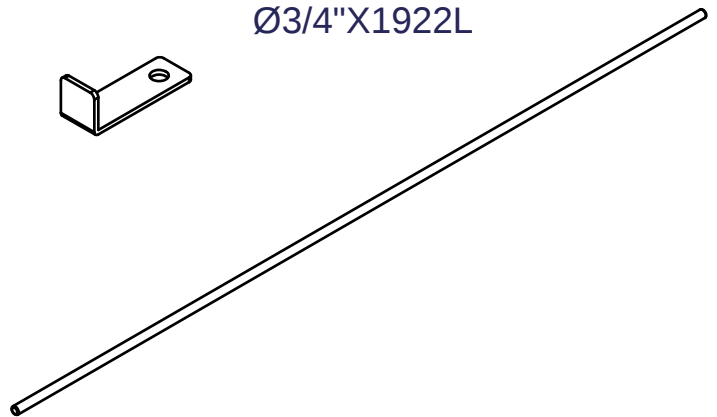
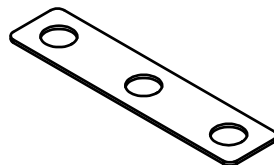
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Ø3/4"X1922L



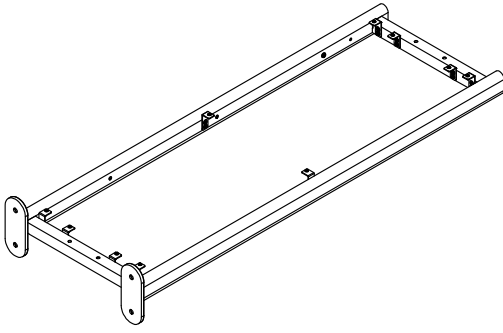
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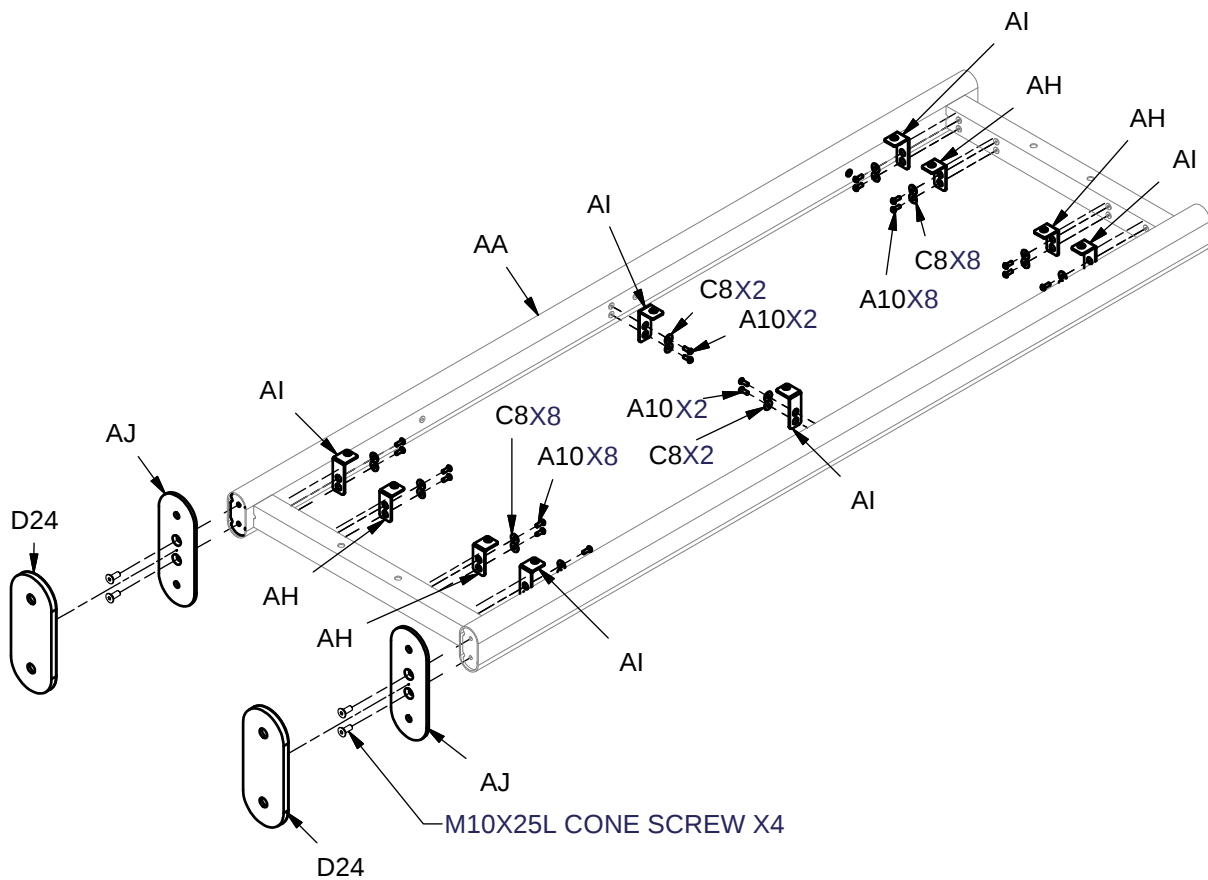
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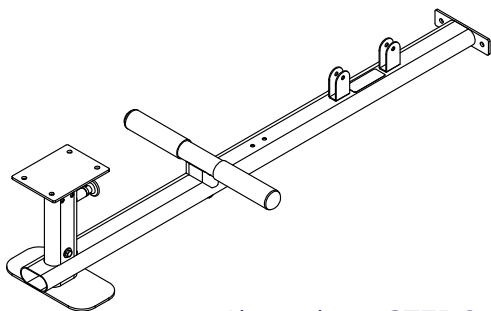
# HLM-300B ASSEMBLY INSTRUCTIONS



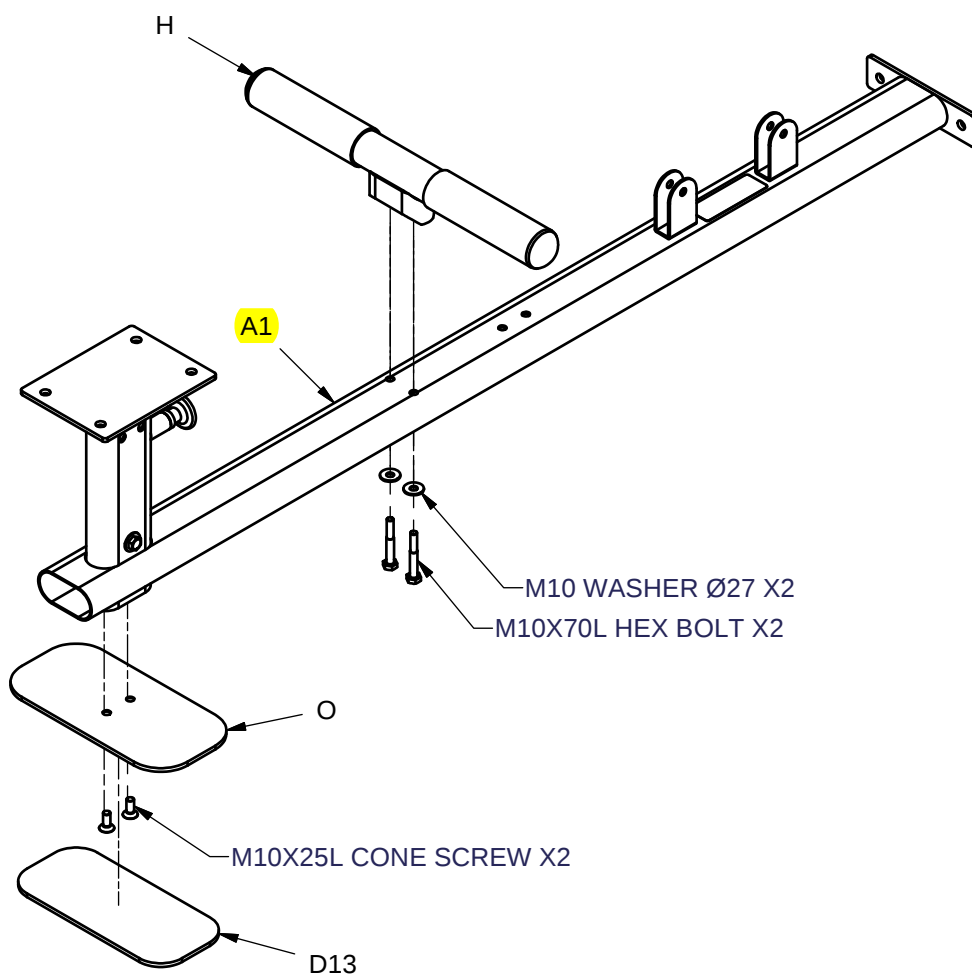
Above shows STEP 1  
assembled and completed



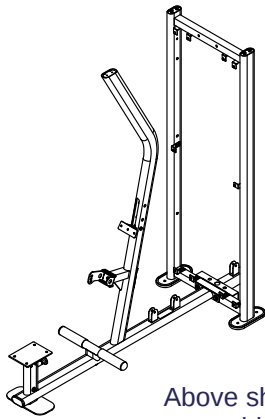
# HLM-300B ASSEMBLY INSTRUCTIONS



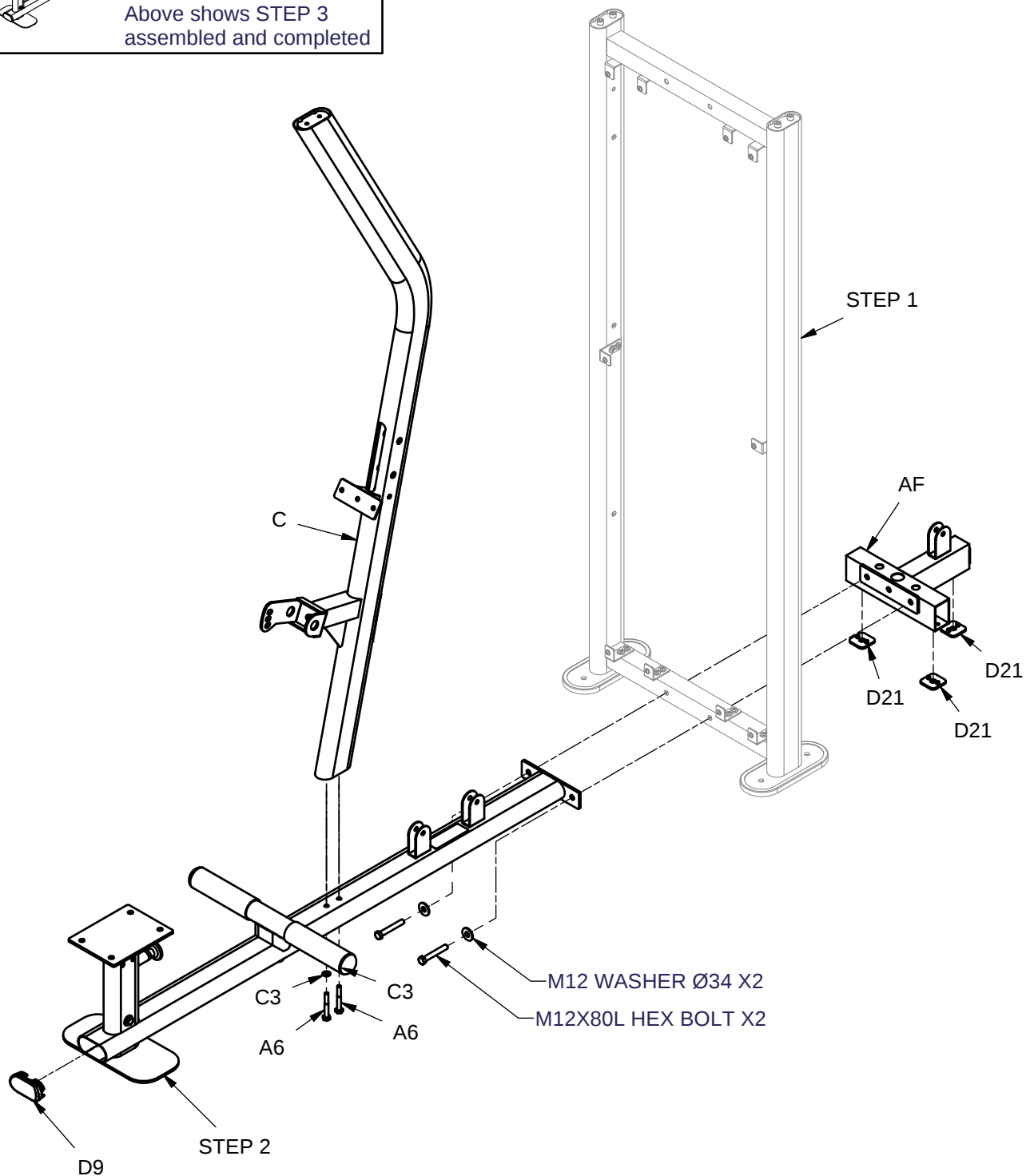
Above shows STEP 2  
assembled and completed



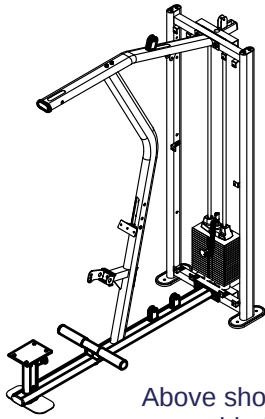
# HLM-300B ASSEMBLY INSTRUCTIONS



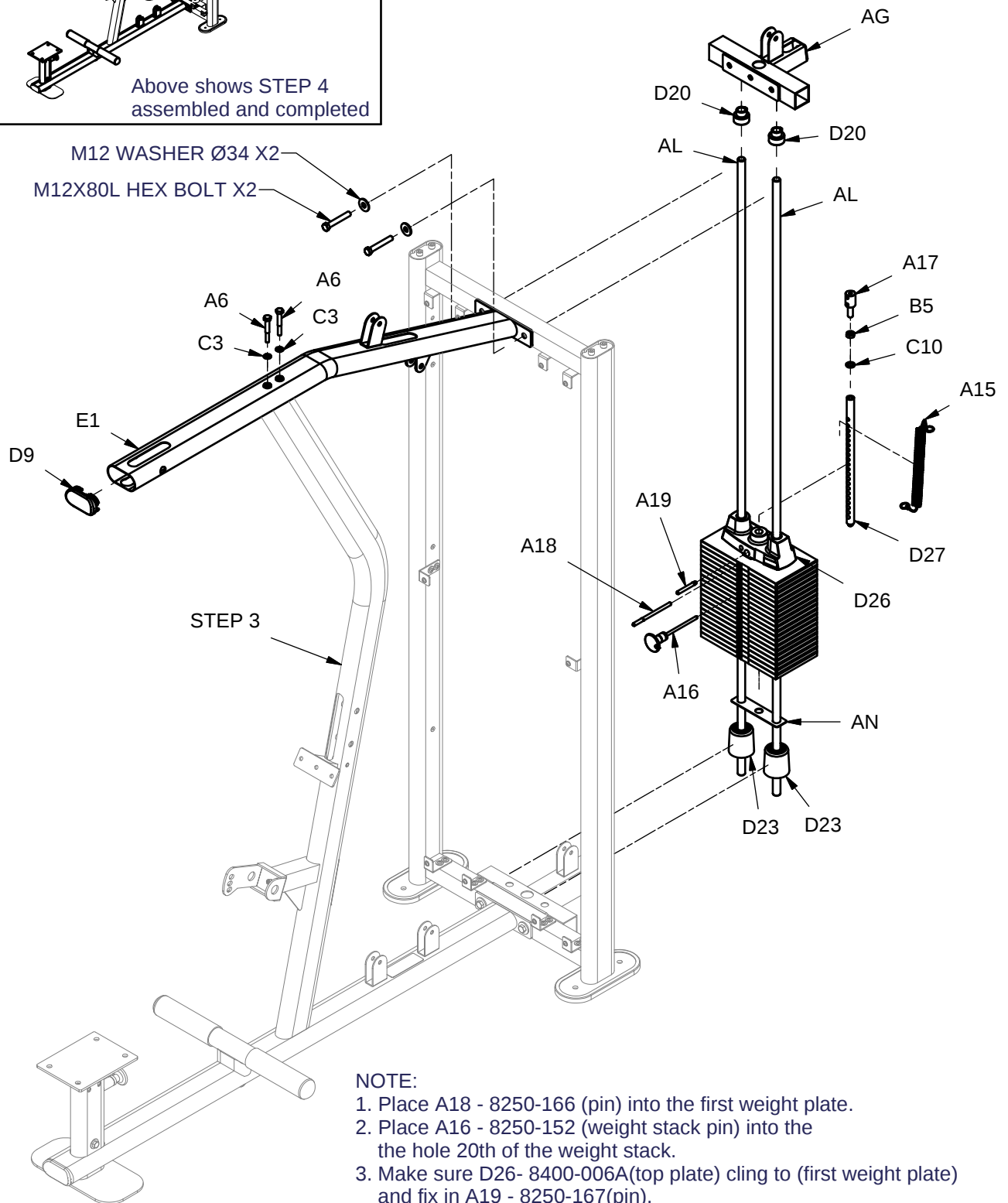
Above shows STEP 3  
assembled and completed



# HLM-300B ASSEMBLY INSTRUCTIONS



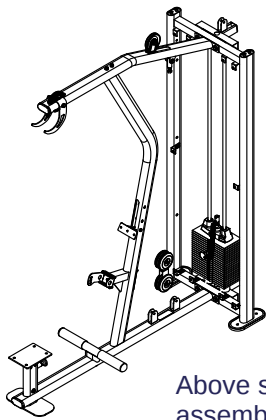
Above shows STEP 4  
assembled and completed



## NOTE:

1. Place A18 - 8250-166 (pin) into the first weight plate.
2. Place A16 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D26- 8400-006A(top plate) cling to (first weight plate) and fix in A19 - 8250-167(pin).
4. Finally remove A16 - 8250-152 (weight stack pin) and use as usual.

# HLM-300B ASSEMBLY INSTRUCTIONS



Above shows STEP 5  
assembled and completed

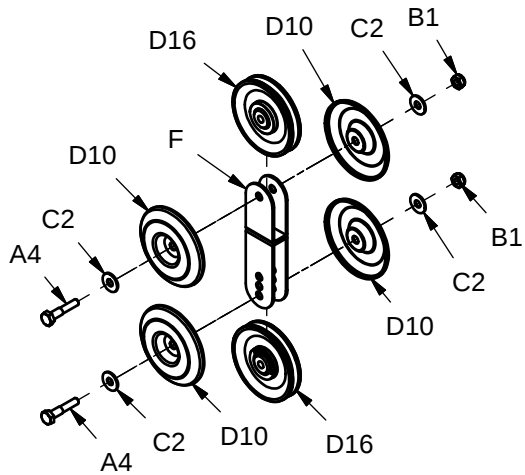
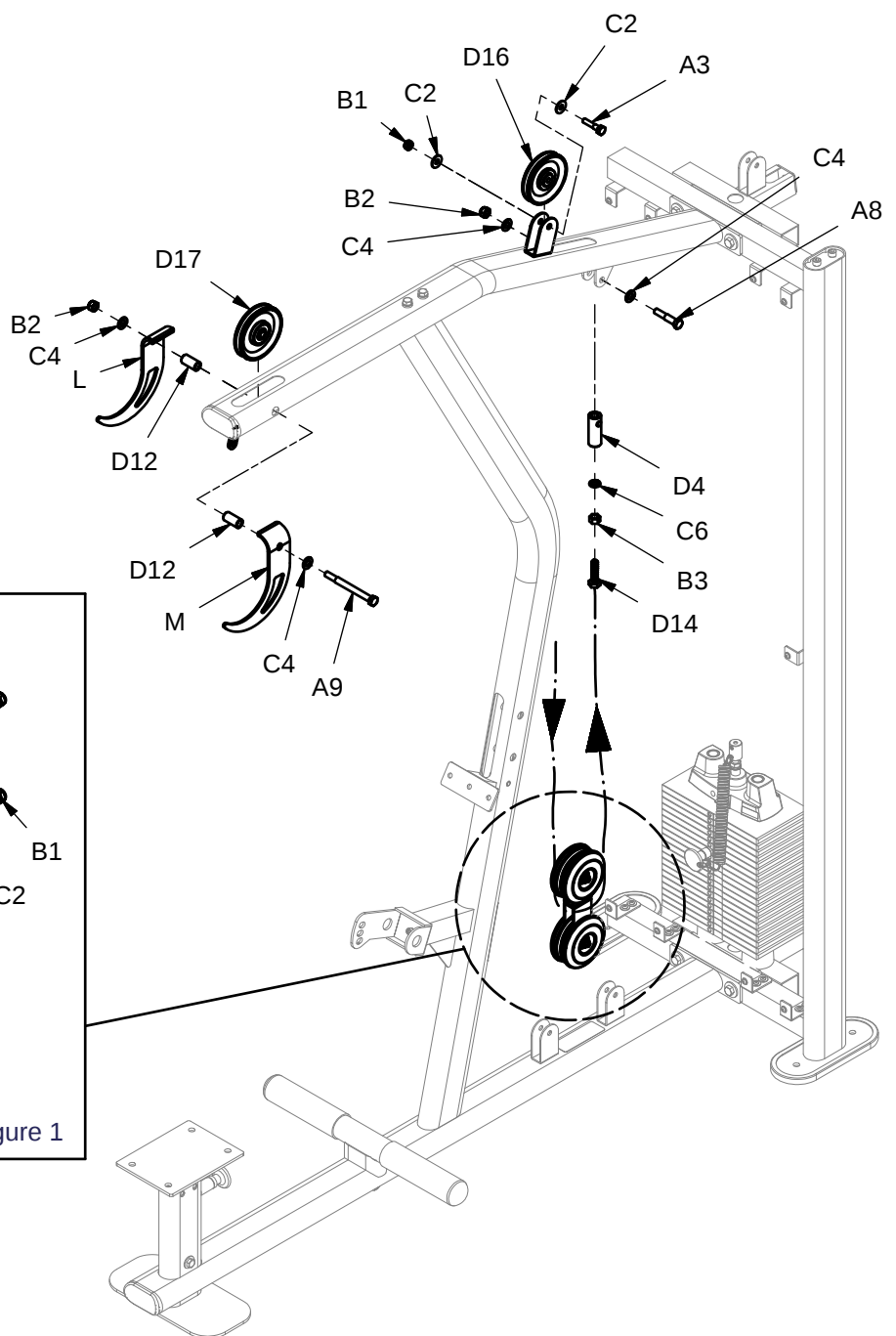
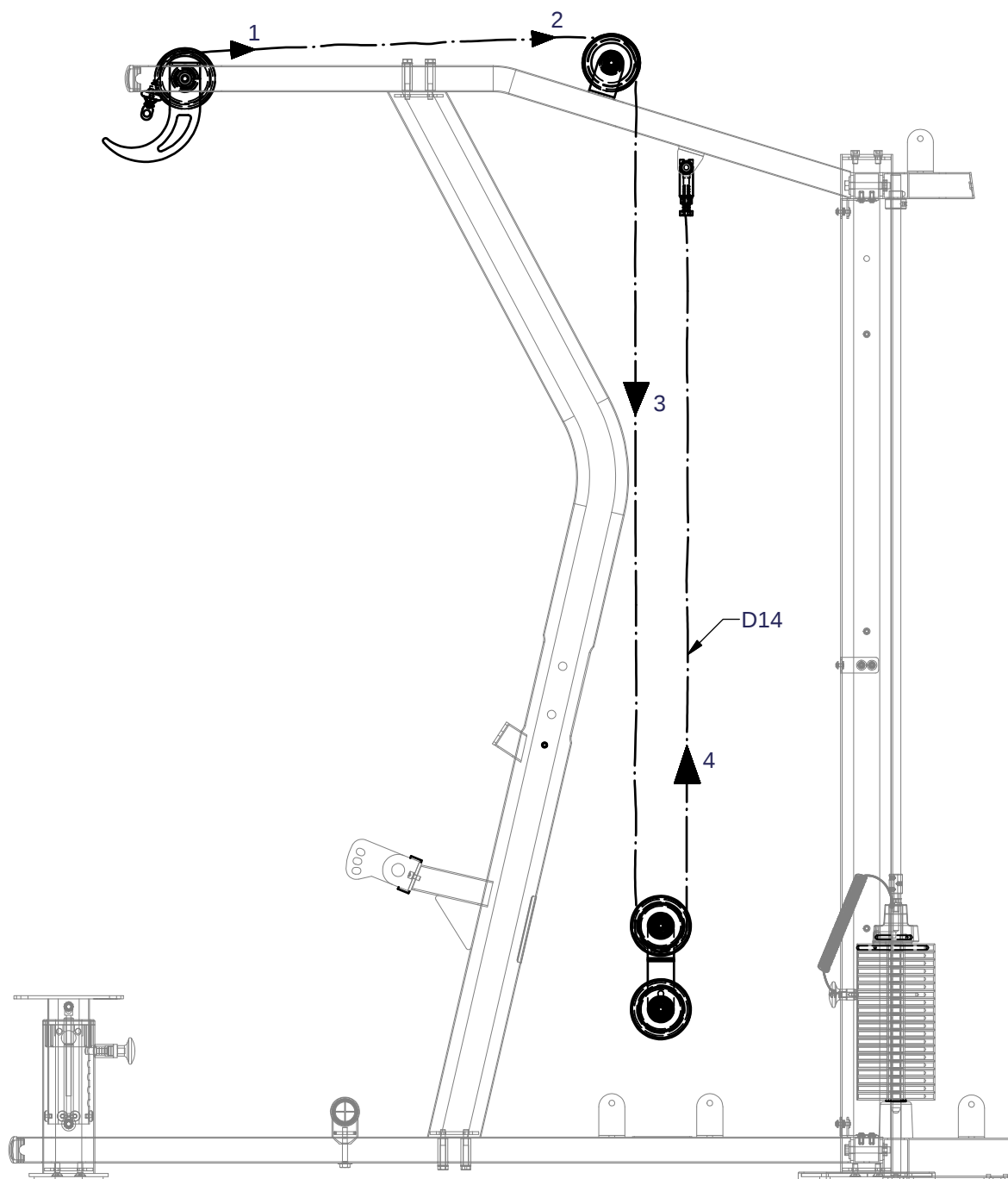


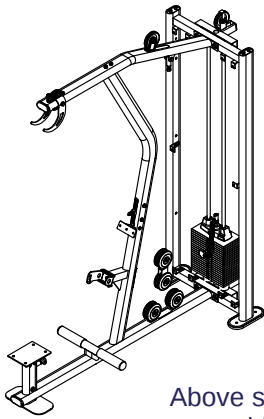
Figure 1

# HLM-300B ASSEMBLY INSTRUCTIONS

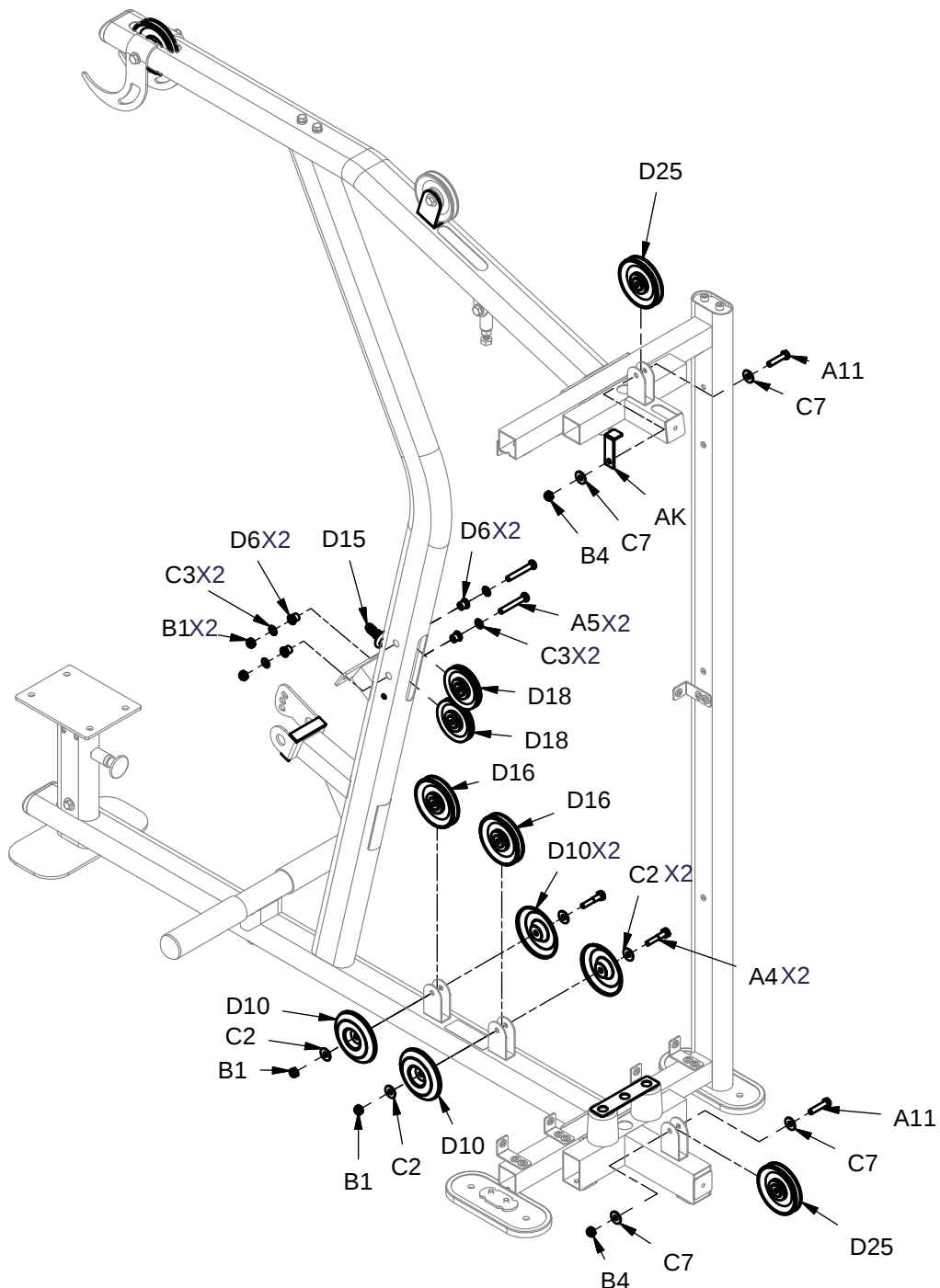
Cable to constitute illustration



# HLM-300B ASSEMBLY INSTRUCTIONS

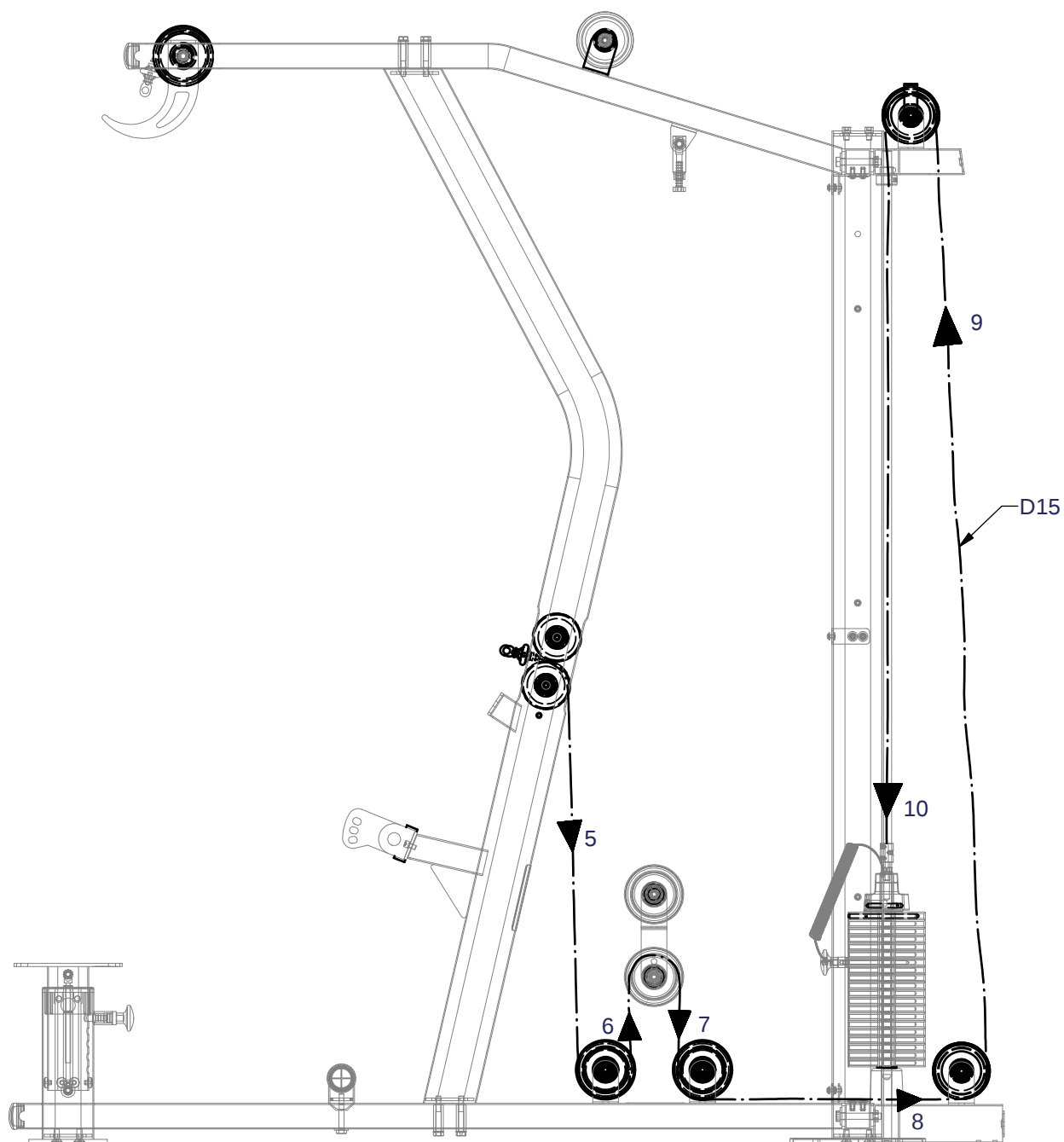


Above shows STEP 6  
assembled and completed

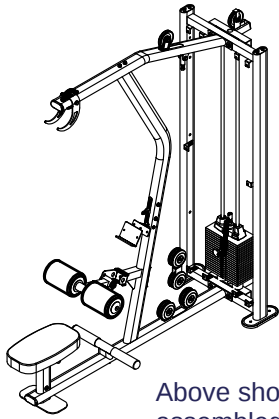


# HLM-300B ASSEMBLY INSTRUCTIONS

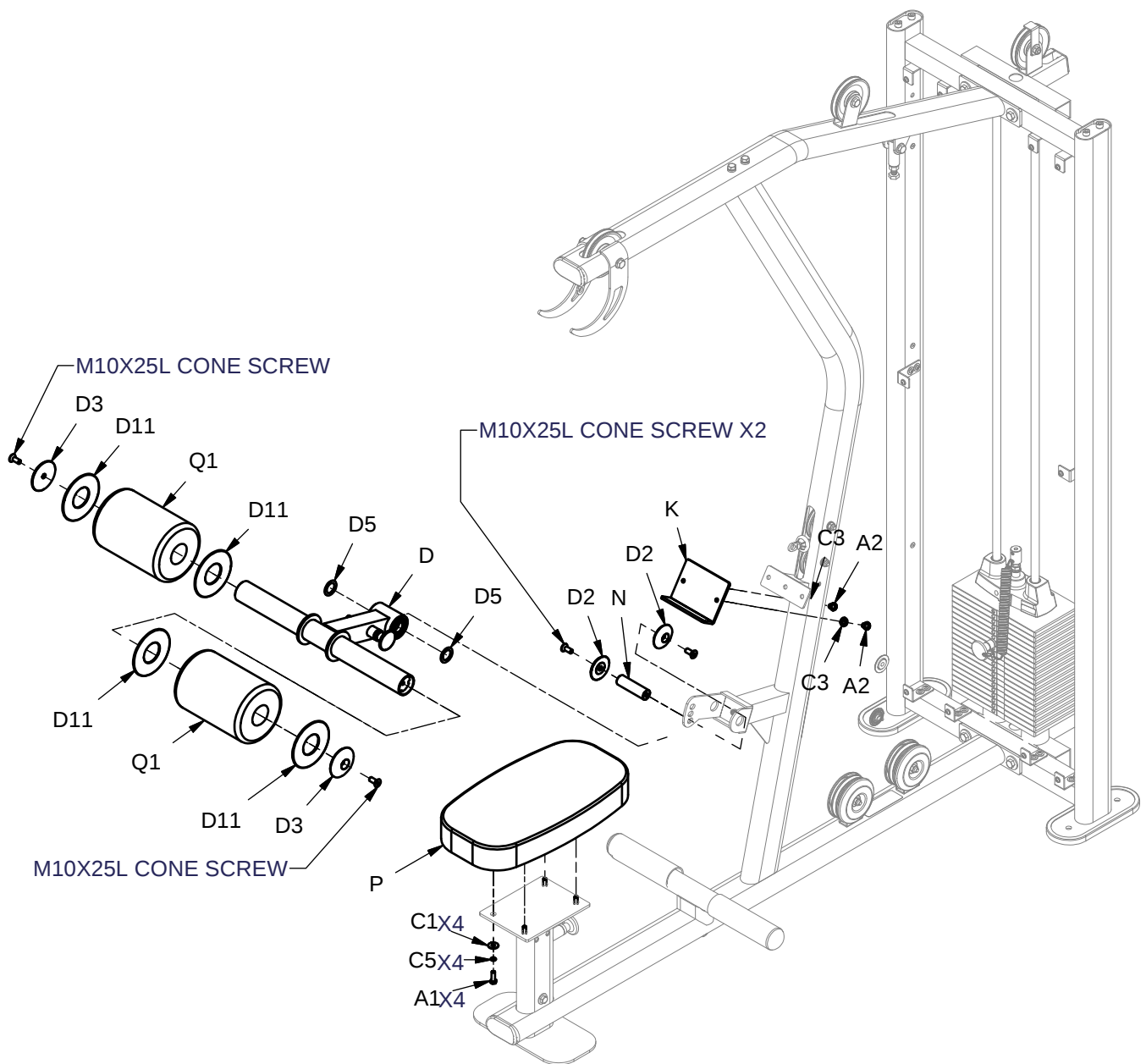
Cable to match illustration



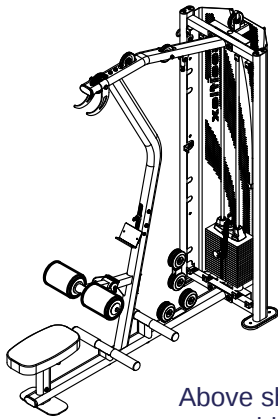
# HLM-300B ASSEMBLY INSTRUCTIONS



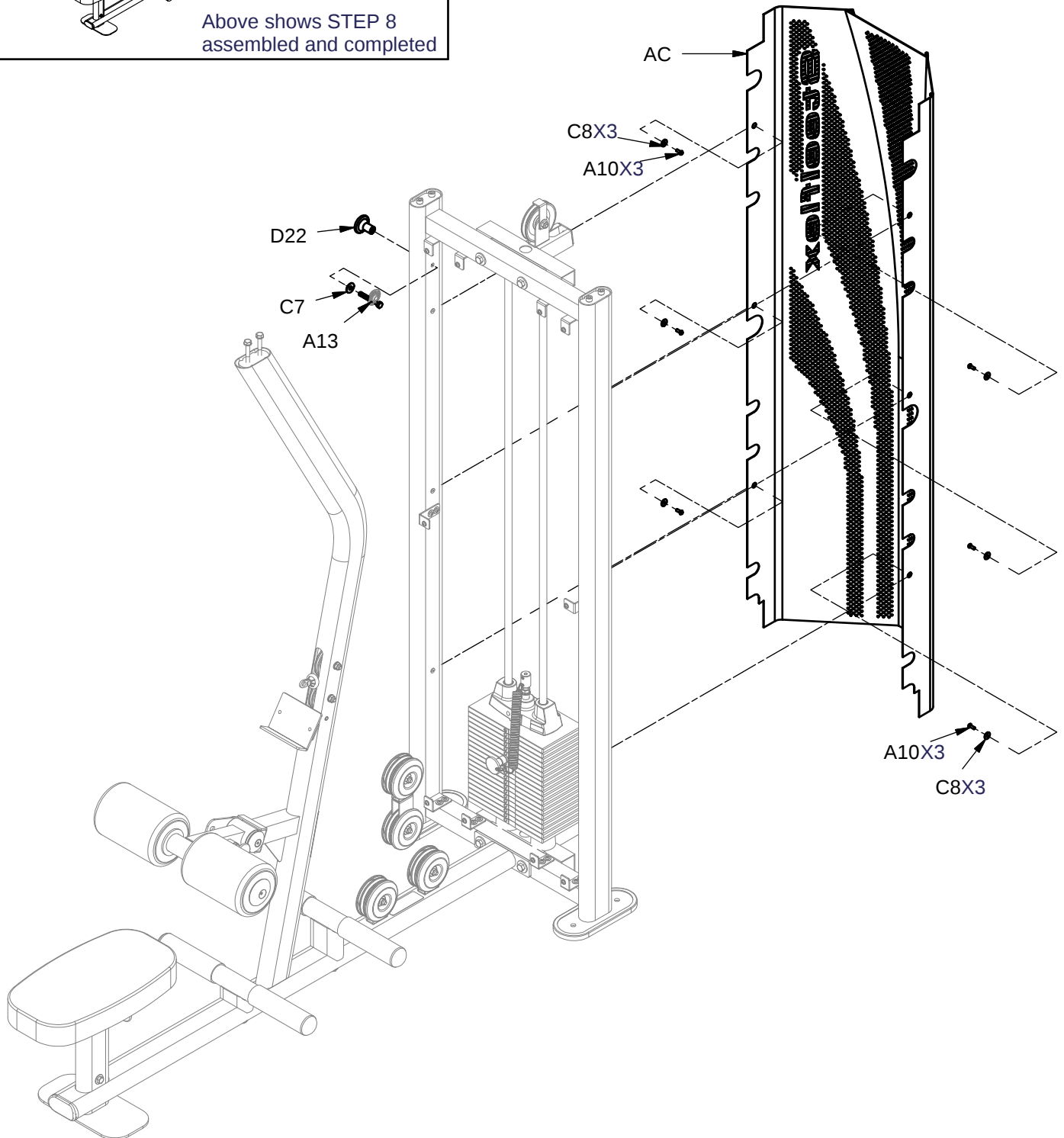
Above shows STEP 7  
assembled and completed



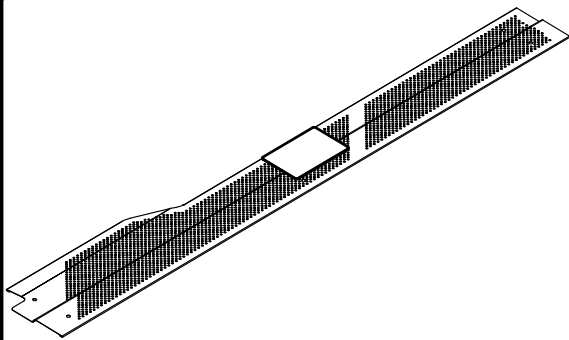
# HLM-300B ASSEMBLY INSTRUCTIONS



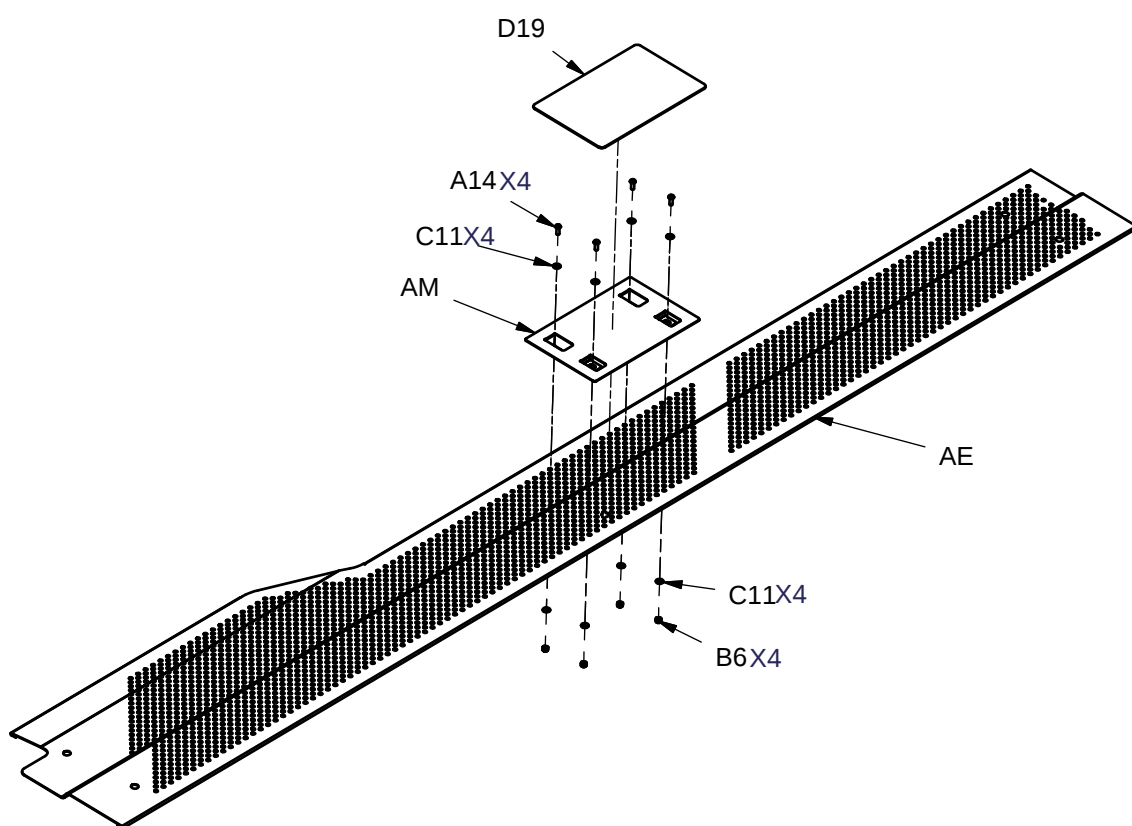
Above shows STEP 8  
assembled and completed



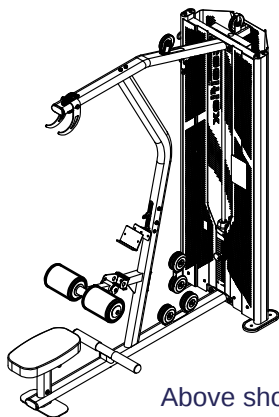
# HLM-300B ASSEMBLY INSTRUCTIONS



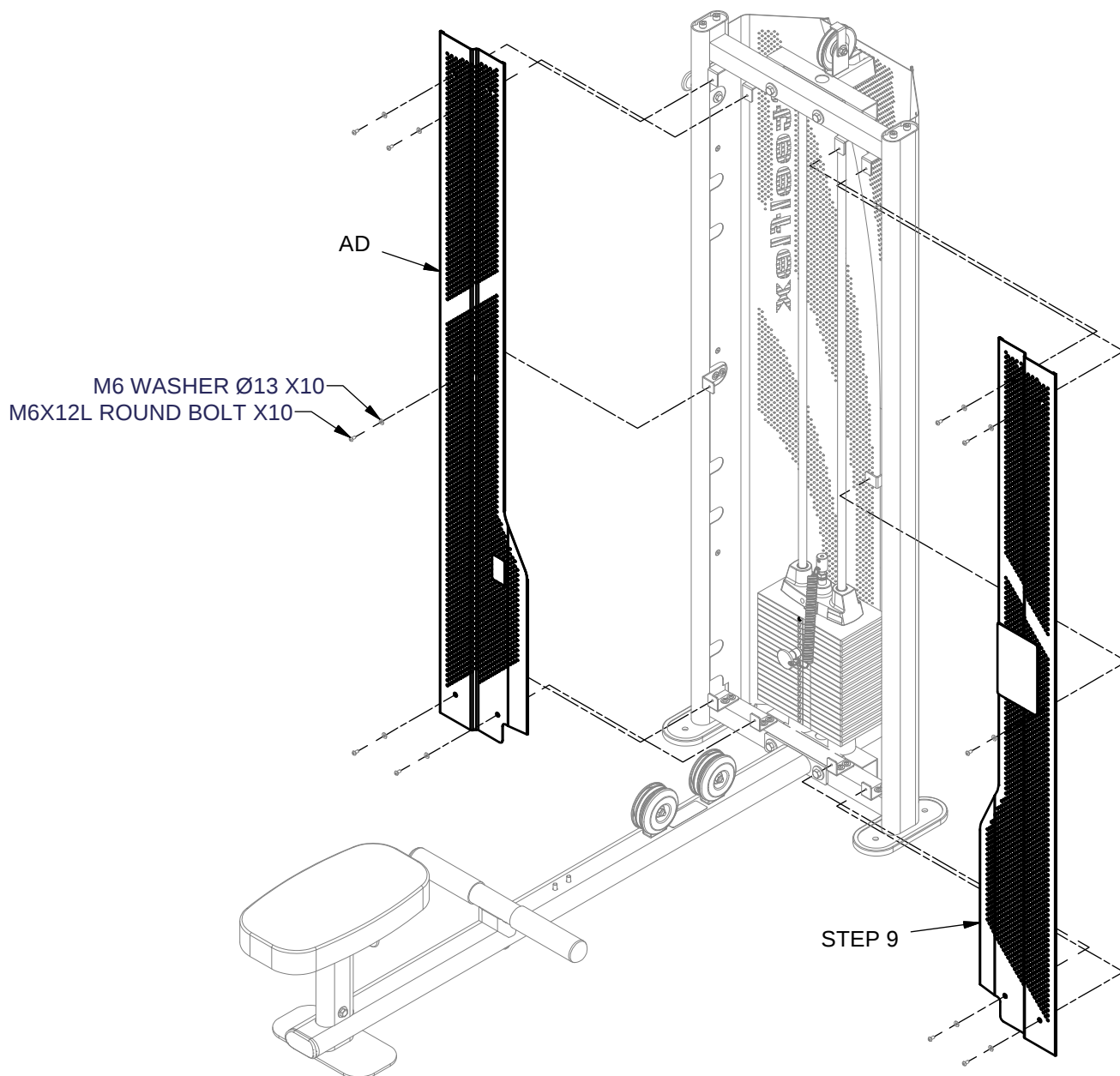
Above shows STEP 9  
assembled and completed



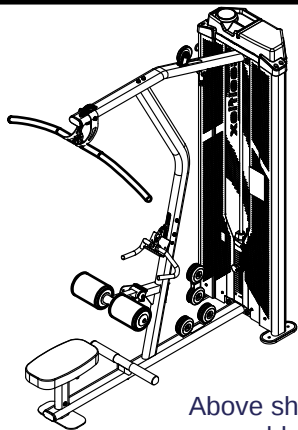
# HLM-300B ASSEMBLY INSTRUCTIONS



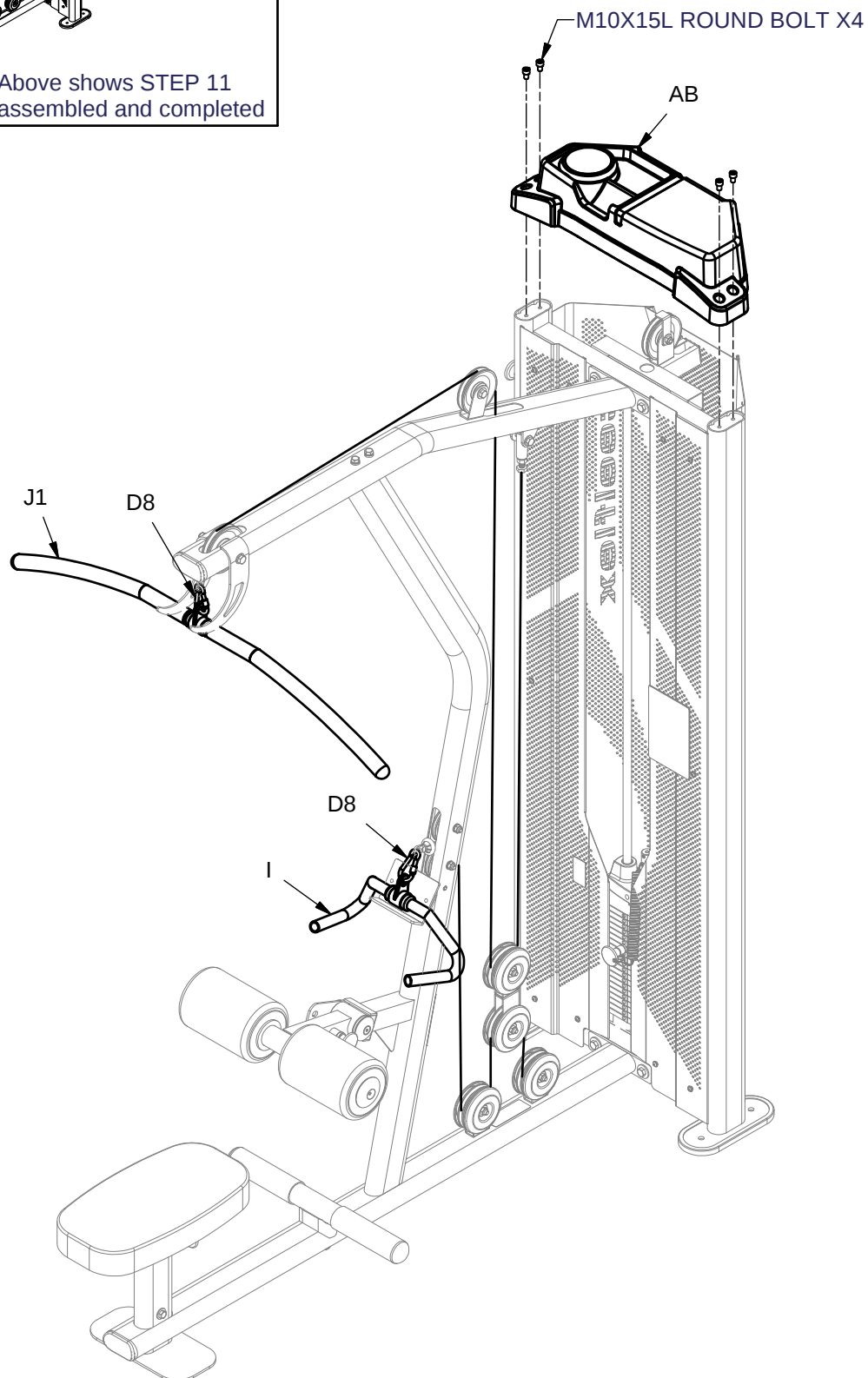
Above shows STEP 10  
assembled and completed



# HLM-300B ASSEMBLY INSTRUCTIONS



Above shows STEP 11  
assembled and completed



# HOPE ASSEMBLY INSTRUCTIONS

## DECAL REFERENCE

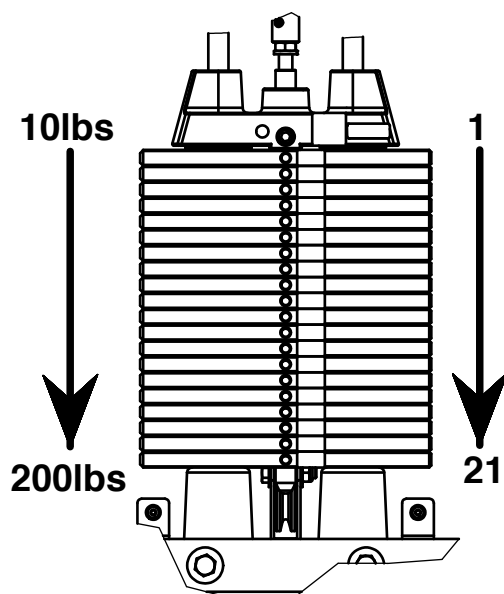
### MAINTENANCE SCHEDULE

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.

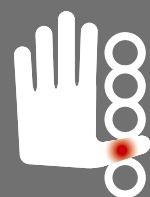
9440-259



9440-417

9440-418

**WARNING!**



**PINCH POINTS**  
Be alert! Keep hands and fingers clear of moving parts.

9440-117