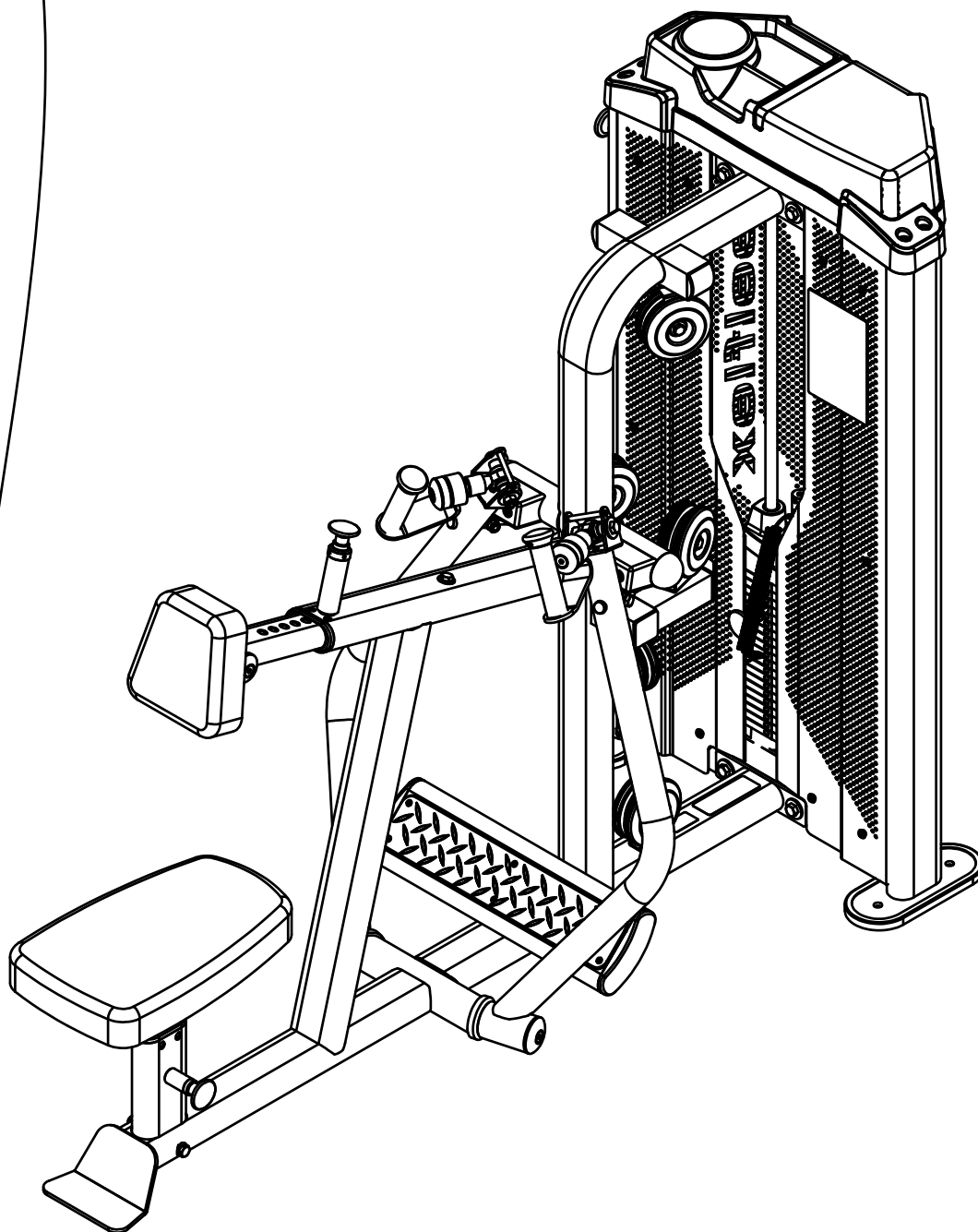


HRM-1700.2



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

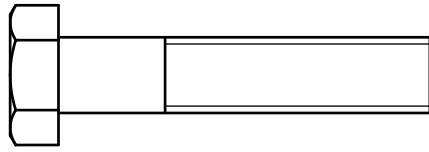
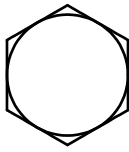
Fax: 886-2-27229750

www.steelflexfitness.com

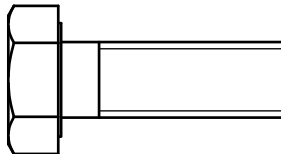
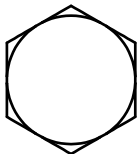
HRM-1700.2 OWNER'S MANUAL

HRM1700 ASSEMBLY INSTRUCTIONS

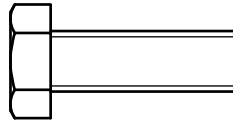
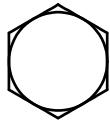
HARDWARE ILLUSTRATION



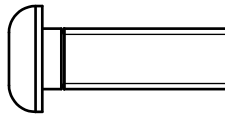
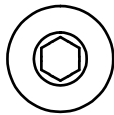
(A1)HEX BOLT M10X50L PARTIAL THREAD QTY.6



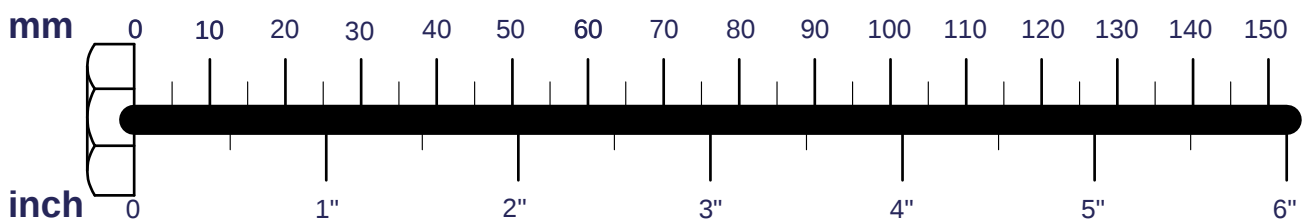
(A2)HEX BOLT M10X30L PARTIAL THREAD QTY.2



(A3)HEX BOLT M8X25L PARTIAL THREAD QTY.4

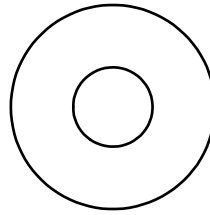
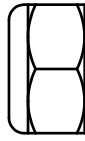
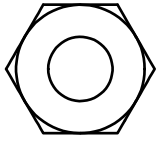


(A4)ROUND INNER HEX SCREW M8X25L PARTIAL QTY.4



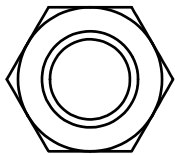
HRM1700 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

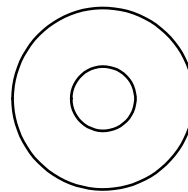


(B1)NYLON LOCK NUT M10 QTY.8

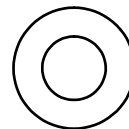
(C1)M10(I.D.)FLAT WASHER Ø27 QTY.12



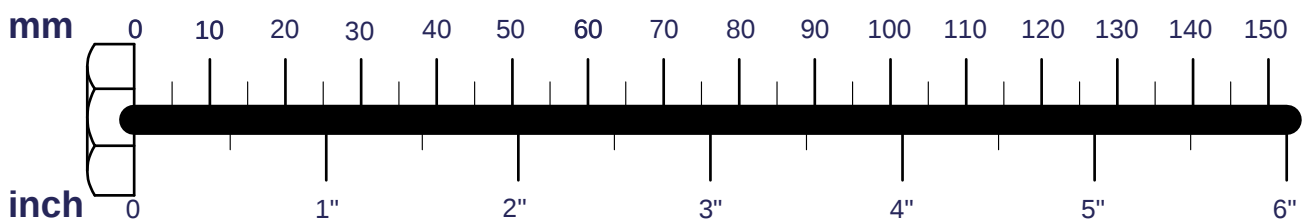
(B2)1/2"NUT-13UNC QTY.1



(C3)M8(I.D.)FLAT WASHER Ø24 QTY.4



(C4)M8(I.D.)FLAT WASHER Ø16 QTY.4

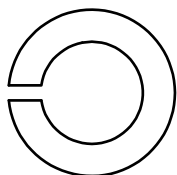


HRM1700 ASSEMBLY INSTRUCTIONS

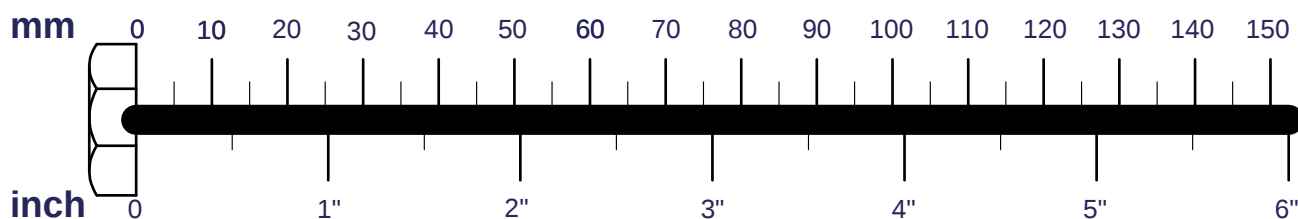
HARDWARE ILLUSTRATION



(C6)SPRING WASHER M8 QTY.8

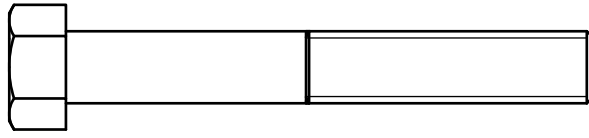
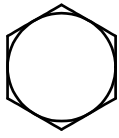


(C7)SPRING WASHER 1/2" QTY.1

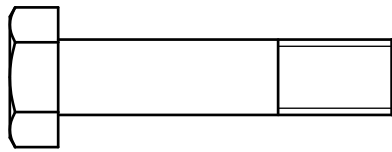
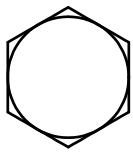


HRM1700 ASSEMBLY INSTRUCTIONS

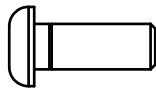
FRAME HARDWARE ILLUSTRATION



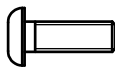
(AA2)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1



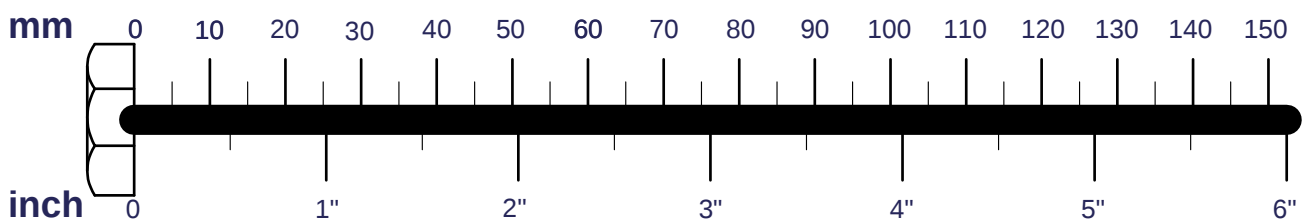
(AA3)HEX BOLT M10X45L PARTIAL THREAD QTY.2



(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.24

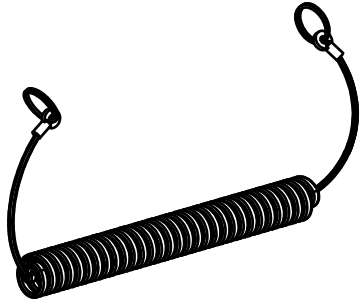


(AA5)ROUND INNER HEX SCREW M4x12L PARTIAL THREAD QTY.4

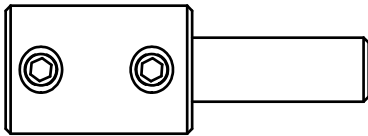


HRM1700 ASSEMBLY INSTRUCTIONS

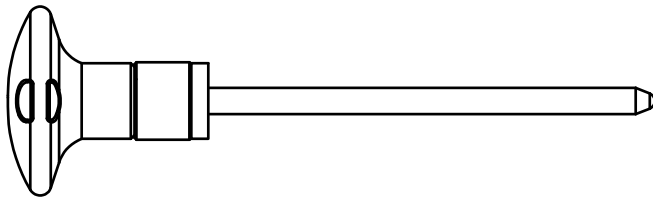
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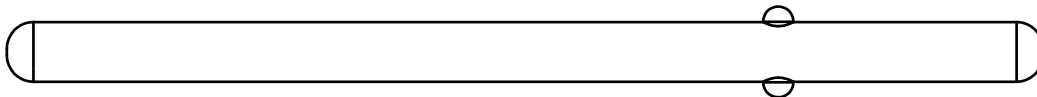
(AA7)ELASTIC BELT QTY.1



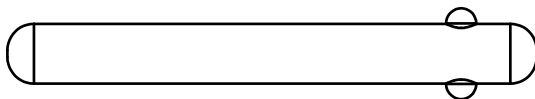
(AA8)RT3(8260-009) QTY.1



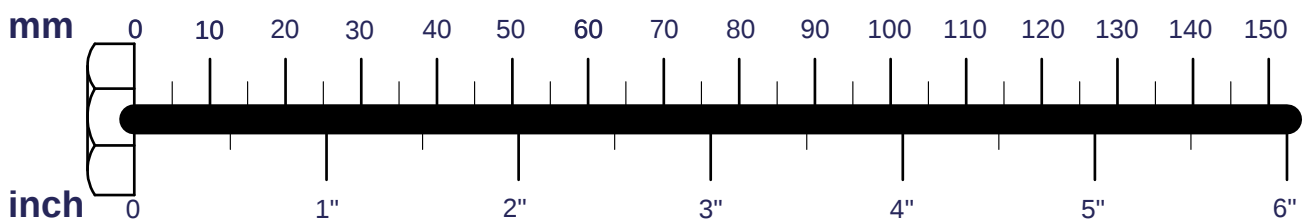
(AA9)10/15/20LB PIN(8250-152) QTY.1



(AA10)Ø5/16" FIXED PIN (8250-166) QTY.1

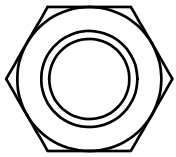


(AA11)Ø5/16" FIXED PIN (8250-167) QTY.1

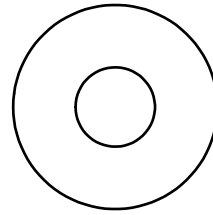


HRM1700 ASSEMBLY INSTRUCTIONS

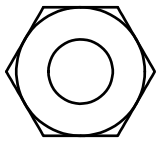
HARDWARE ILLUSTRATION



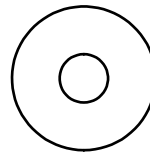
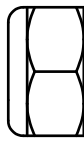
(BB1)1/2"NUT-13UNC QTY.1



(CC1)M10(I.D.)FLAT WASHER Ø27 QTY.5



(BB2)NYLON LOCK NUT M10 QTY.2



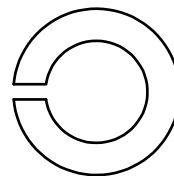
(CC2)M6(I.D.)FLAT WASHER Ø19 QTY.24



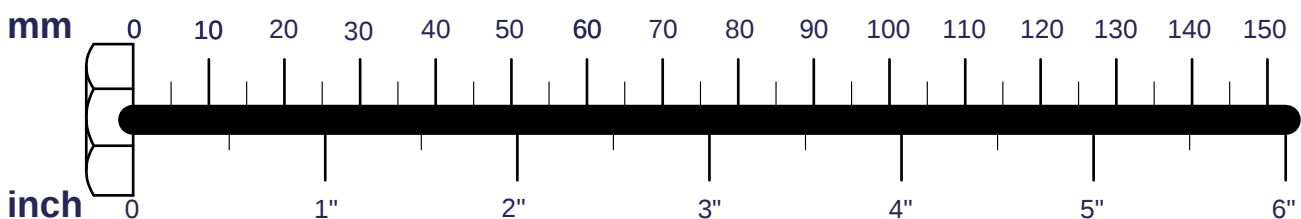
(BB3)NYLON LOCK NUT M4 QTY.4



(CC3)M4(I.D.)FLAT WASHER Ø10 QTY.8



(CC5)SPRING WASHER 1/2" QTY.1

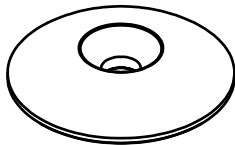


HRM1700 ASSEMBLY INSTRUCTIONS

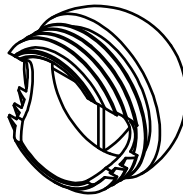
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.Ø60x49 END CAP(9211-075)-----	[2PCS]
D3.50X50X2.5t END CAP(9211-088)-----	[2PCS]
D4.50X150X41.5H END CAP(9211-162)-----	[2PCS]
D5.50X100X56 RUBBER PAD(9214-038)-----	[2PCS]
D6.Ø116X17 CAP COVER (9211-173)-----	[12PCS]
D7.3370mm STEEL CABLE(FHRM1700A)-----	[1PCS]
D8.2800mm STEEL CABLE(FHRM1700B1)-----	[1PCS]
D9.Ø110X22 PULLEY (9213-002B)-----	[6PCS]

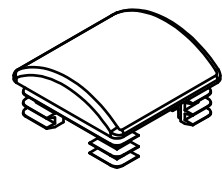
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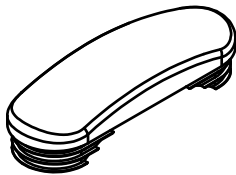
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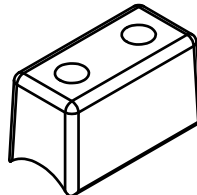
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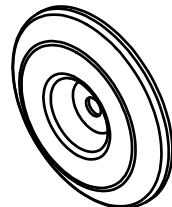
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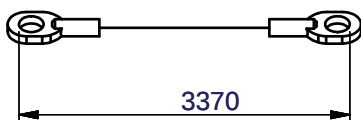
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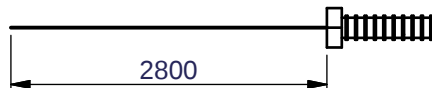
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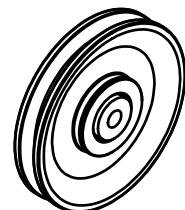
D7.



D8.



D9.



HRM1700 ASSEMBLY INSTRUCTIONS

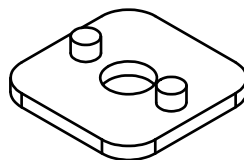
FARME HARDWARE ILLUSTRATION

DD1.Ø3/4" SHAFT COLLAR(9211-046)-----	[2PCS]
DD2.50X4tX50L RUBBER PAD(9214-002)-----	[3PCS]
DD3.Ø50X33.5L PLASTICS BAR(9215-024)-----	[1PCS]
DD4.Ø65XØ20X70L RUBBER DOUNT(9310-049)-----	[2PCS]
DD6.108X14.5tX263L RUBBER PAD(9310-075)-----	[2PCS]
DD7.Ø110X22 PULLEY (9213-002B)-----	[2PCS]

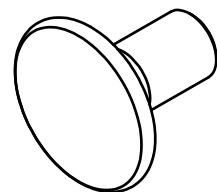
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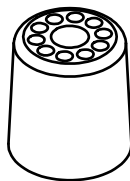
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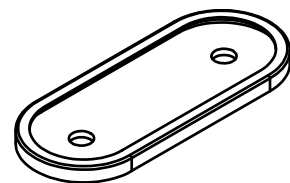
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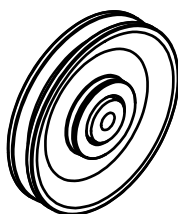
DD4.



DD6.



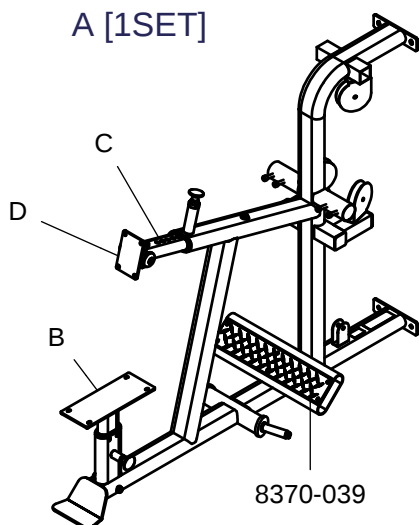
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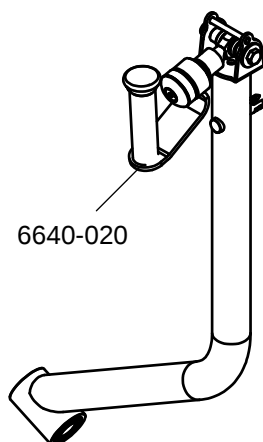
HRM1700 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

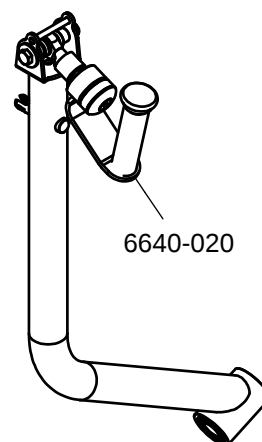
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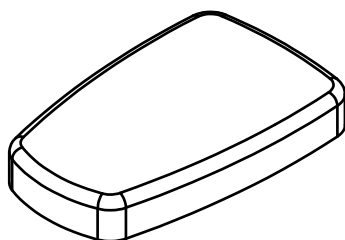
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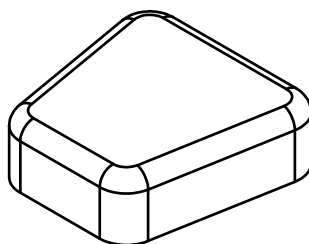
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G [1SET]
9121-095



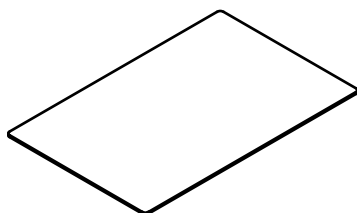
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I [1SET]
6640-019



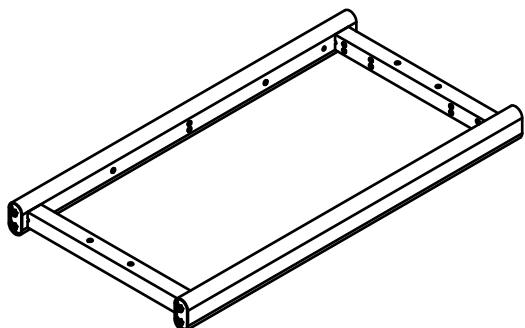
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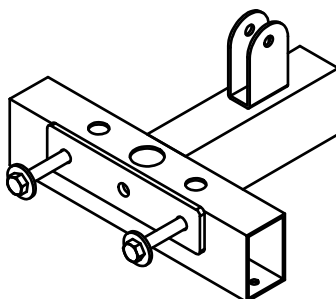
HRM1700 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

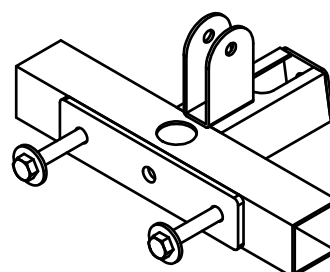
AA [1SET]
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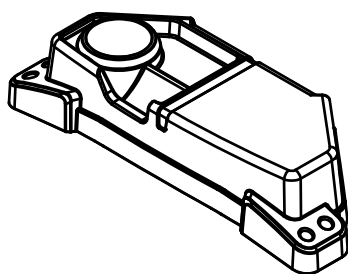
AB [1SET]
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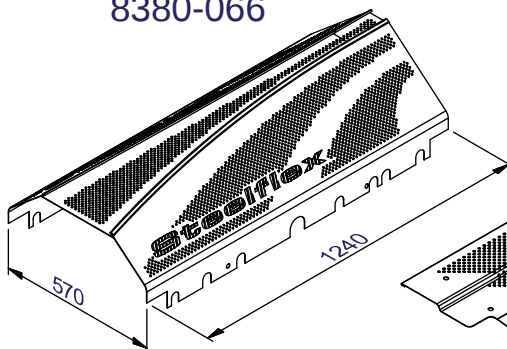
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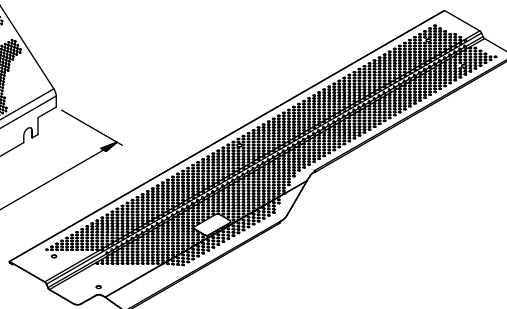
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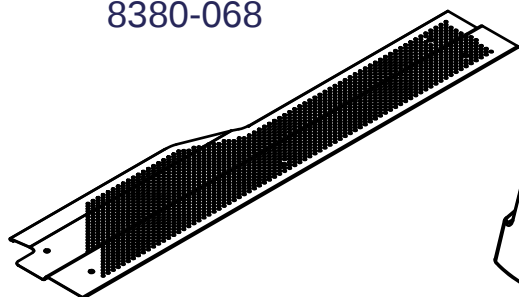
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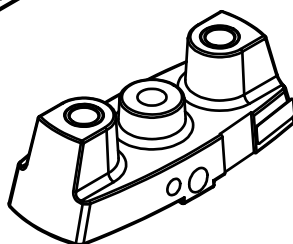
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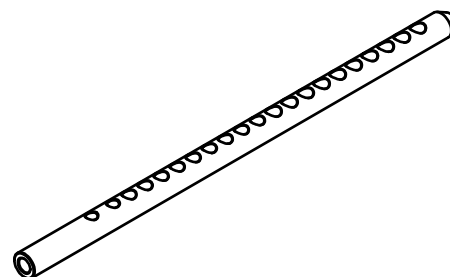
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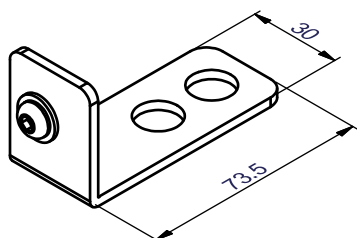
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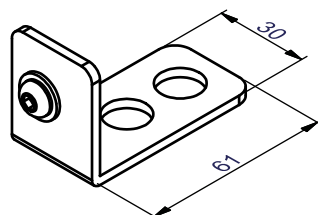
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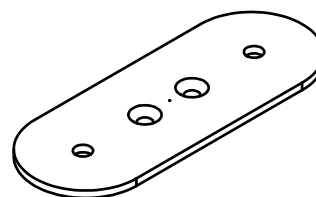
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AK[4SET]
8331-065



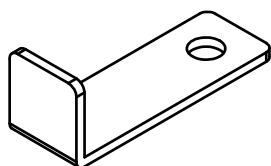
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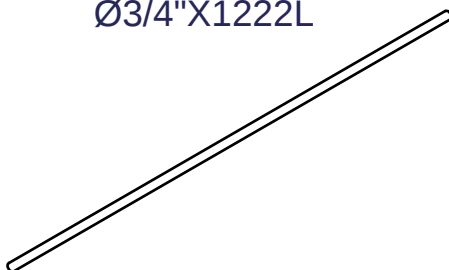
HRM1700 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

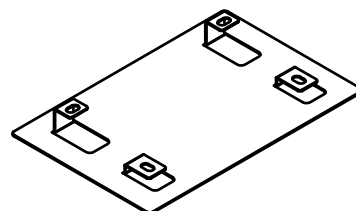
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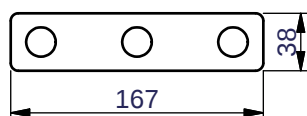
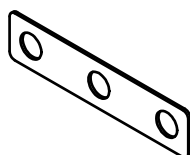
AN1 [2PCS]
8280-036
Ø3/4"X1222L



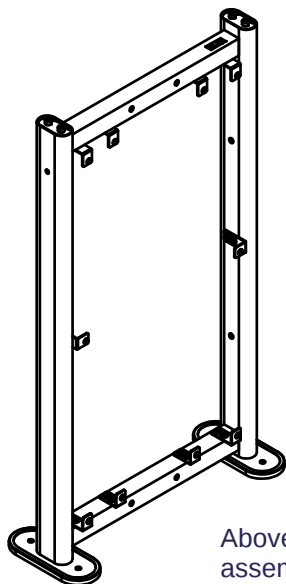
AO [1PCS]
8345-014



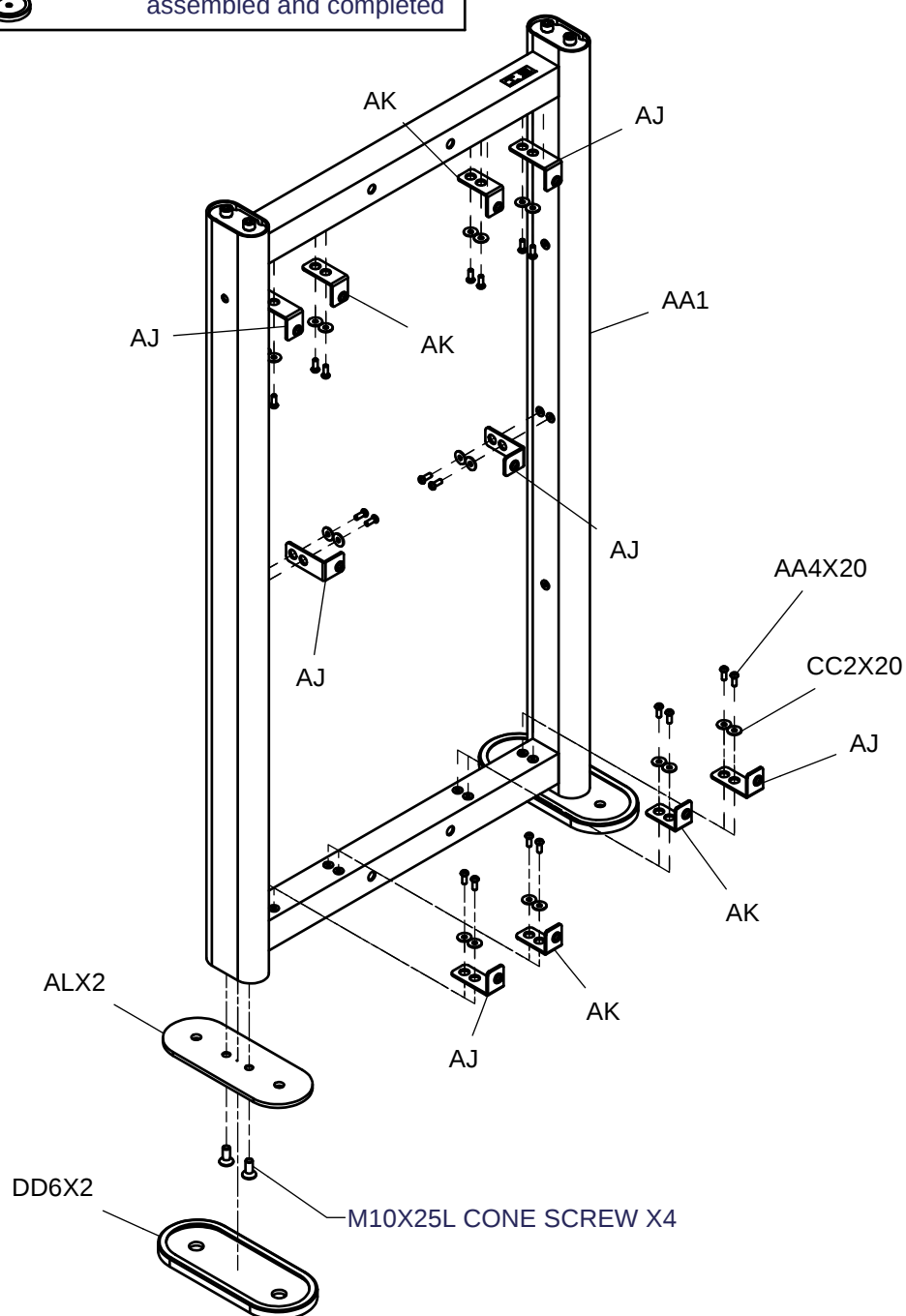
AP[1PCS]
8311-194



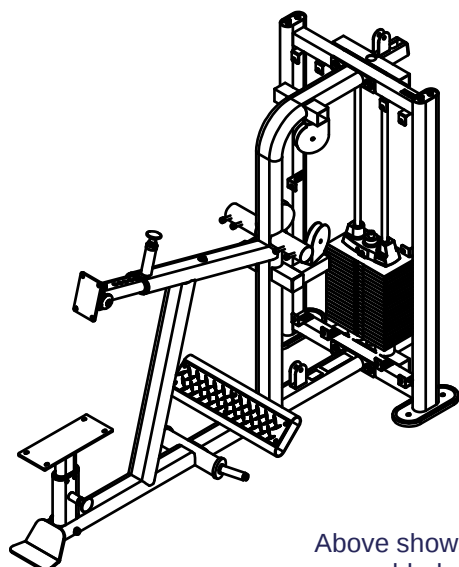
HRM1700 ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



HRM1700 ASSEMBLY INSTRUCTIONS

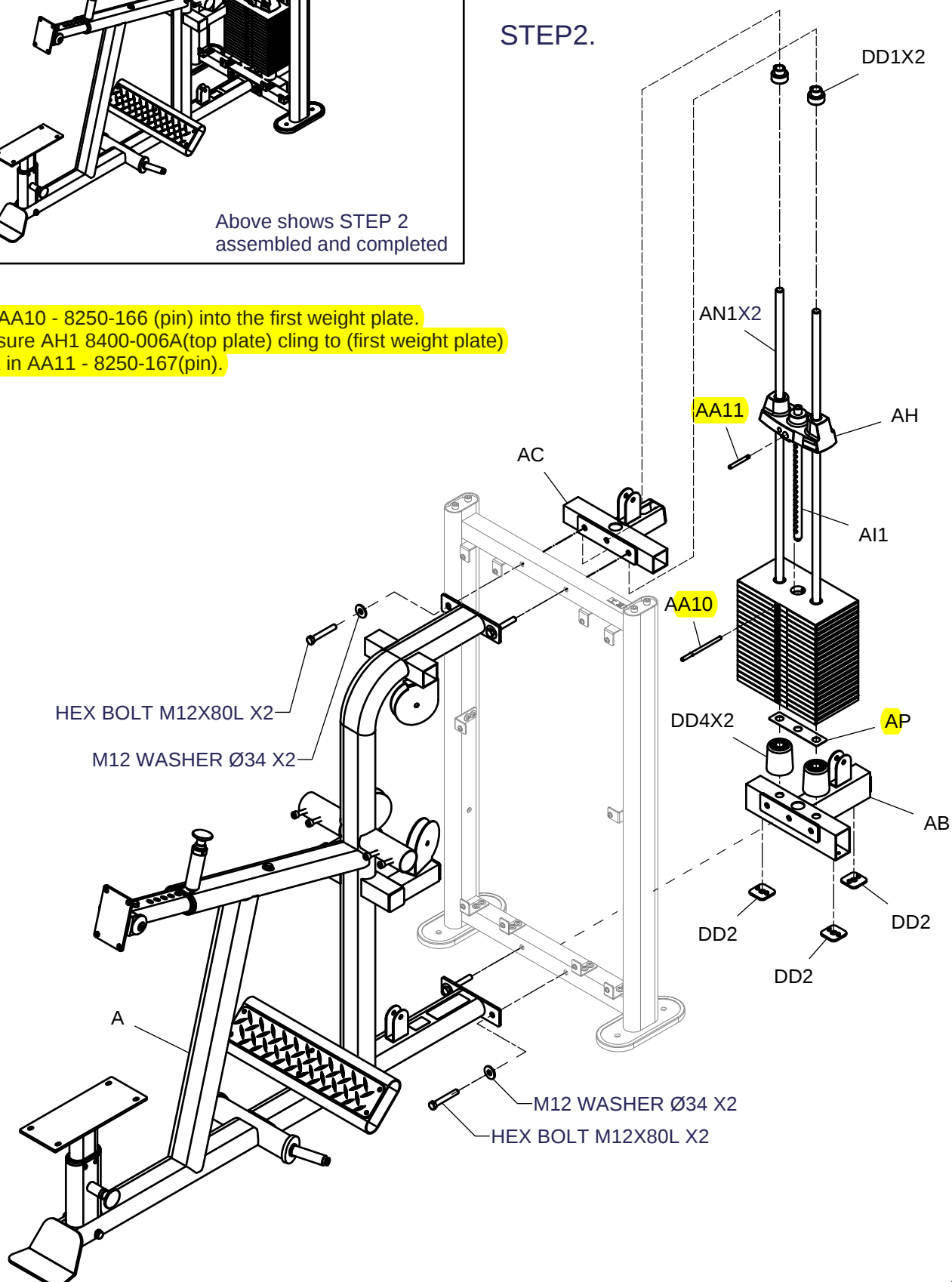


Above shows STEP 2
assembled and completed

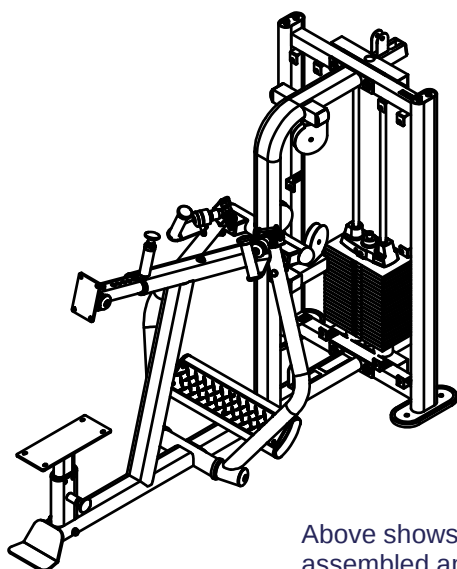
NOTE:

1. Place AA10 - 8250-166 (pin) into the first weight plate.
2. Make sure AH1 8400-006A(top plate) cling to (first weight plate) and fix in AA11 - 8250-167(pin).

STEP2.



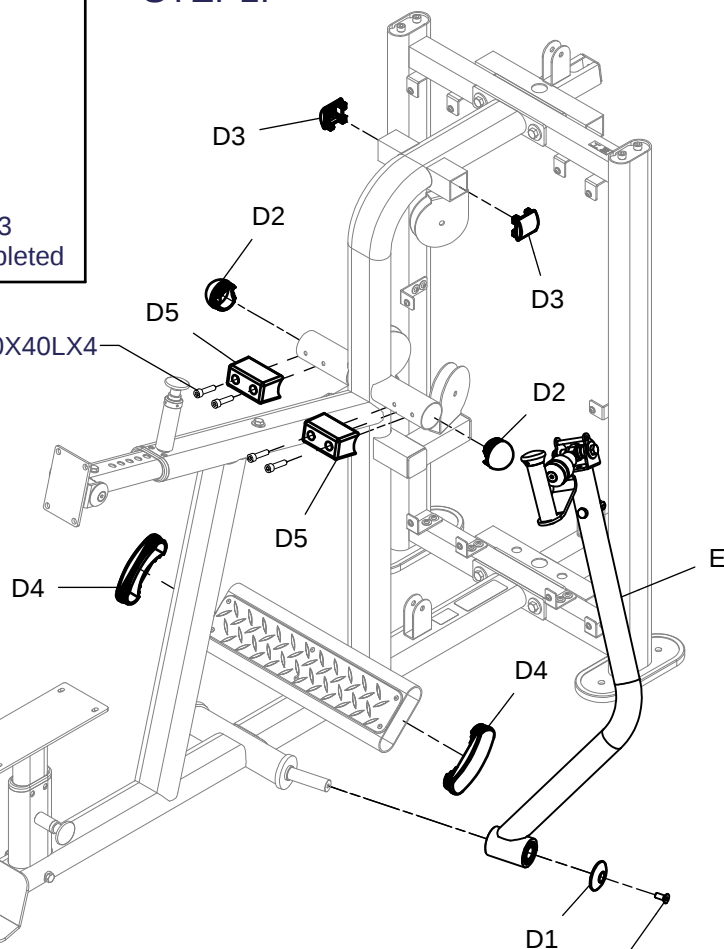
HRM1700 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed

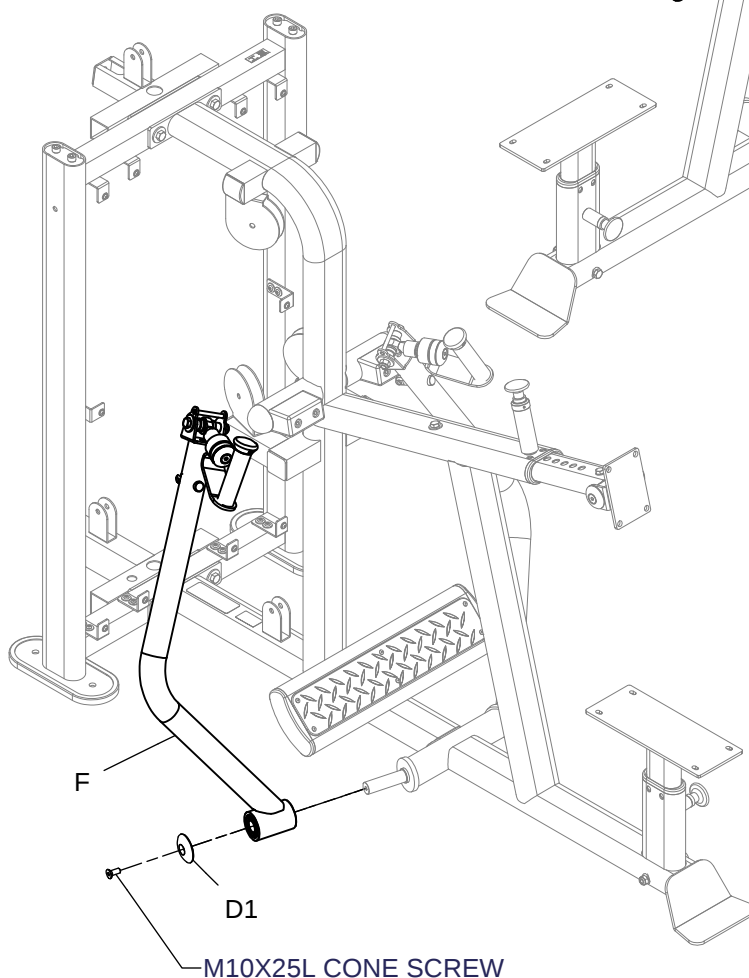
ROUND ALLEN HEAD M10X40LX4

STEP1.

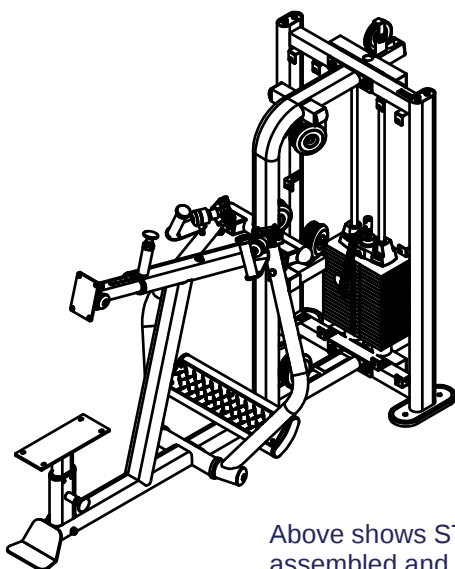


M10X25L CONE SCREW

STEP2.

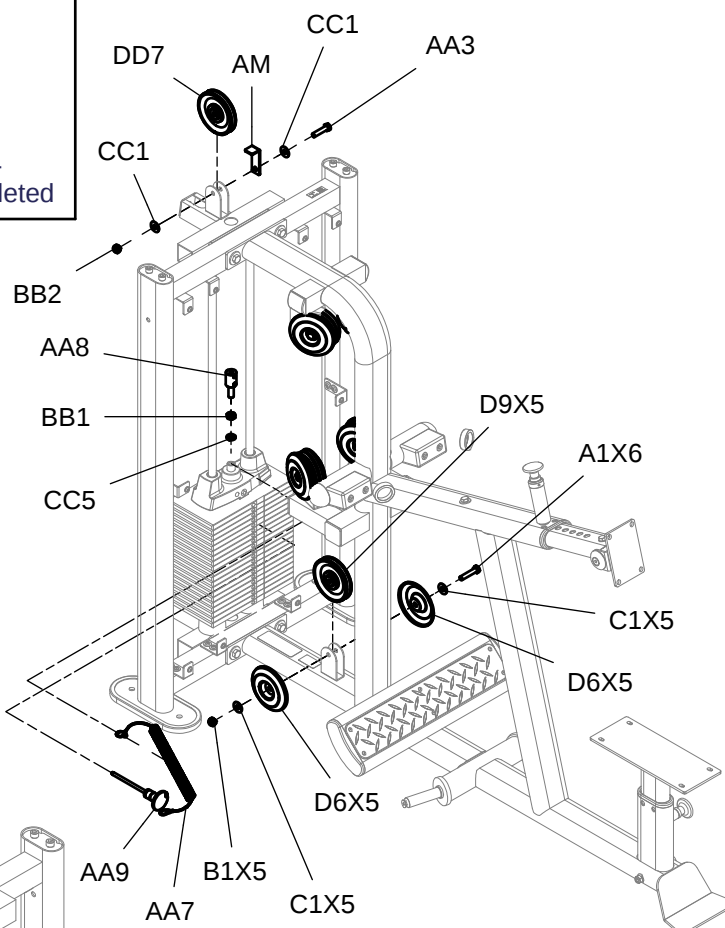


HRM1700 ASSEMBLY INSTRUCTIONS

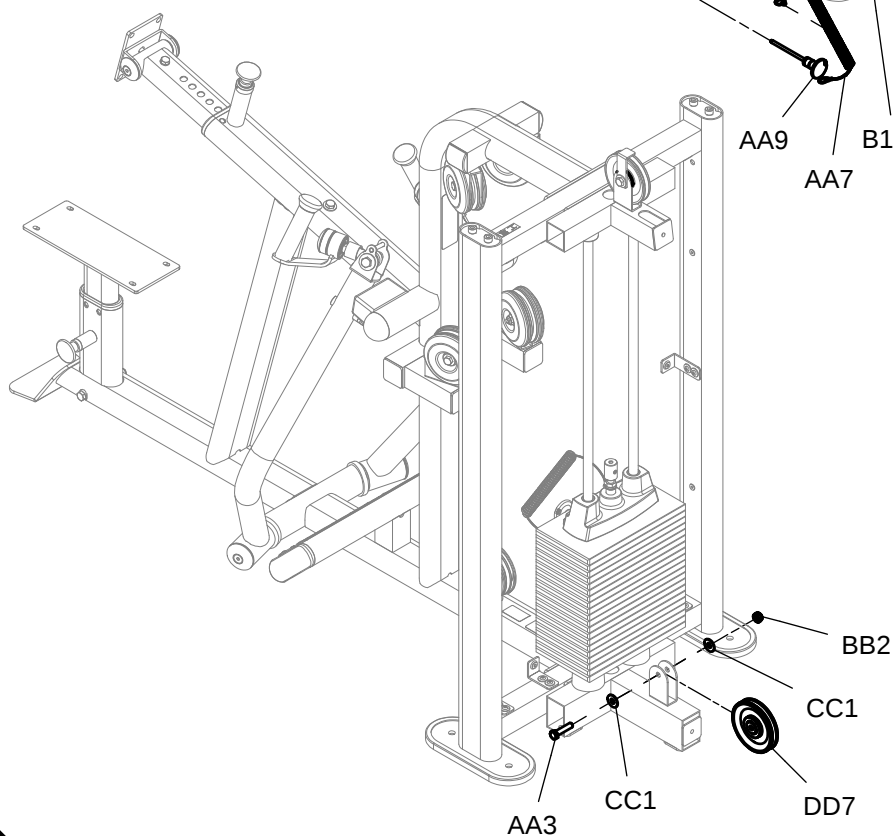


Above shows STEP 4 assembled and completed

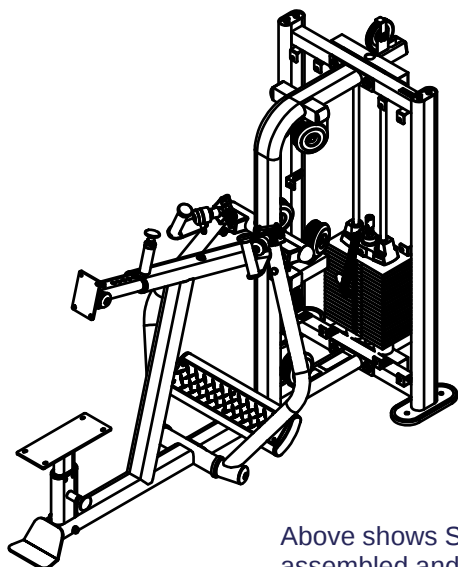
STEP1.



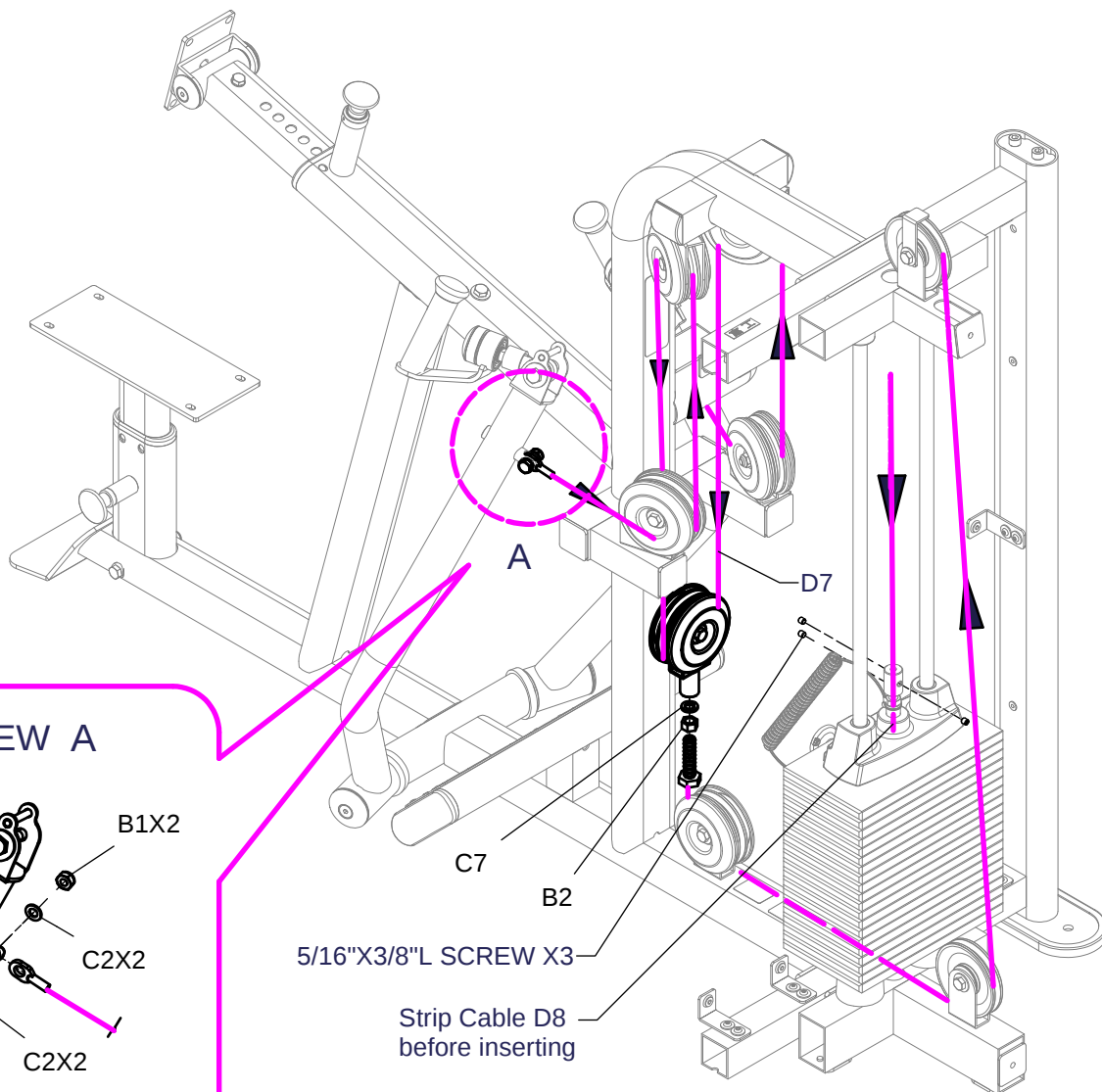
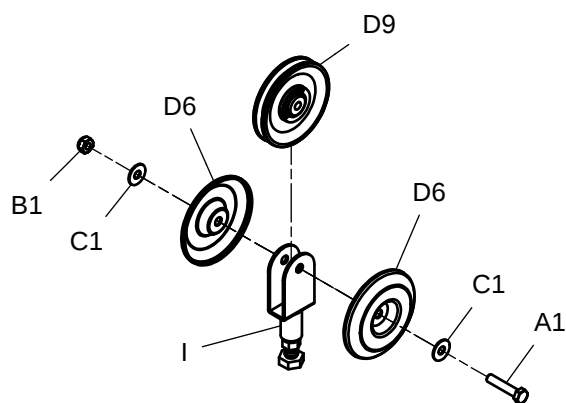
STEP2.



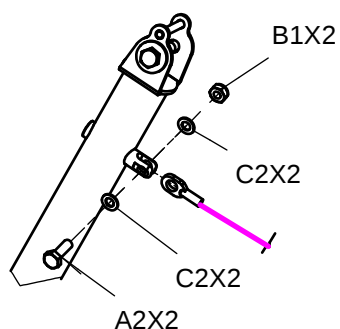
HRM1700 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed



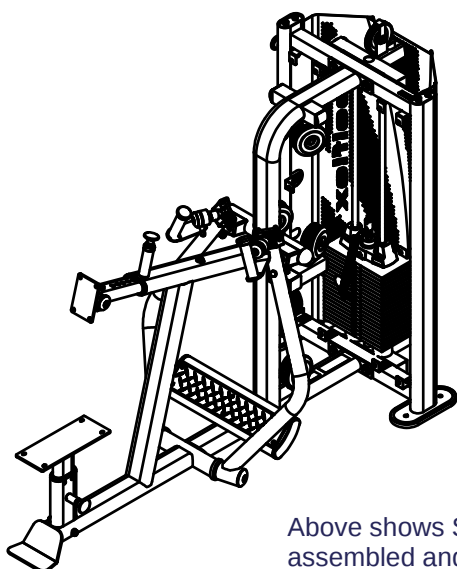
DETAIL VIEW A



5/16"X3/8"L SCREW X3

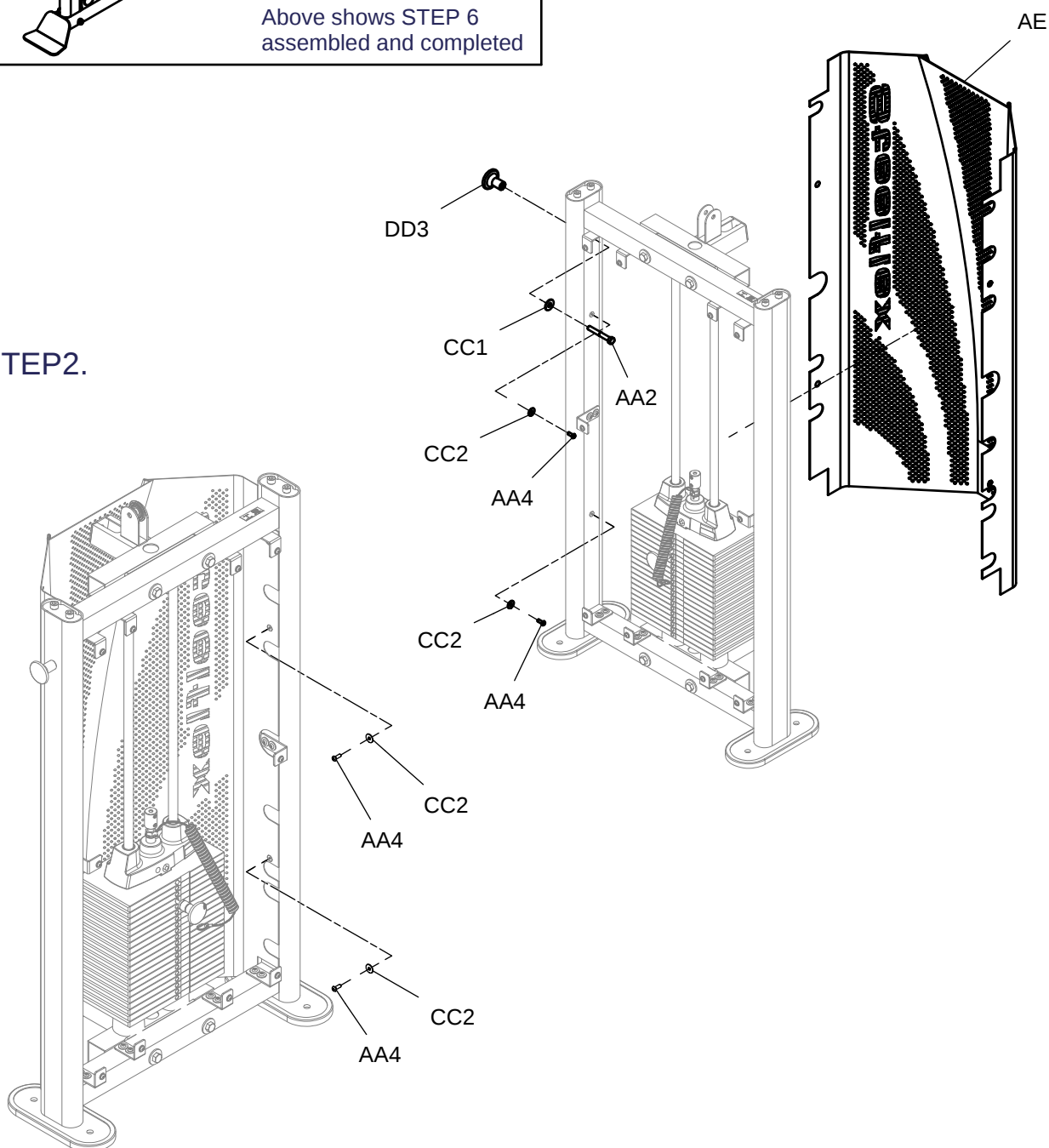
Strip Cable D8
before inserting

HRM1700 ASSEMBLY INSTRUCTIONS

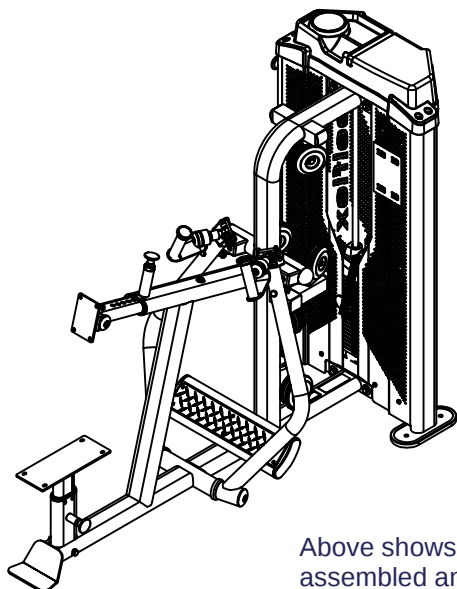


STEP1.

STEP2.

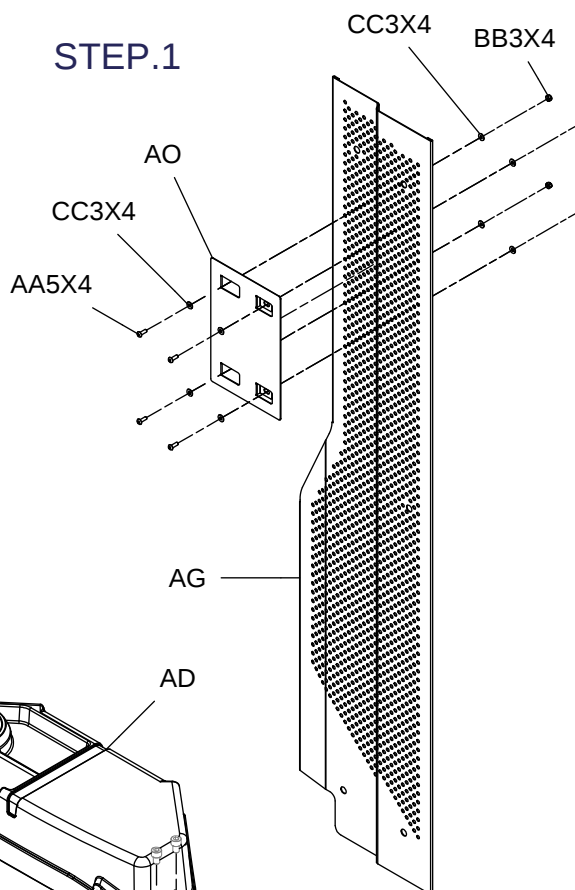


HRM1700 ASSEMBLY INSTRUCTIONS

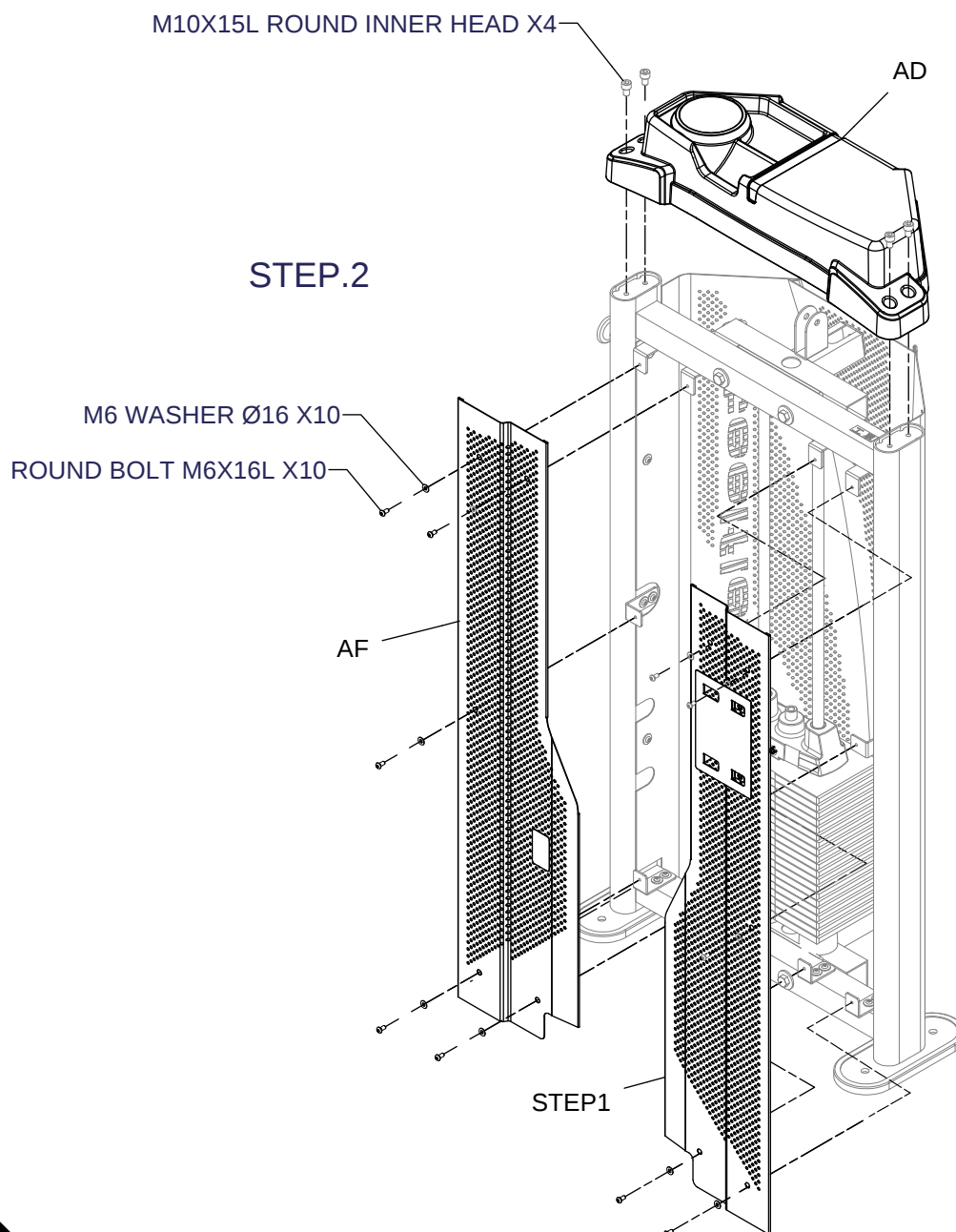


Above shows STEP 7
assembled and completed

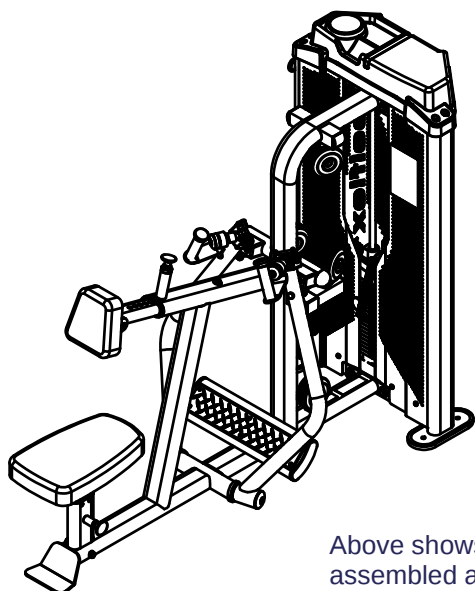
STEP.1



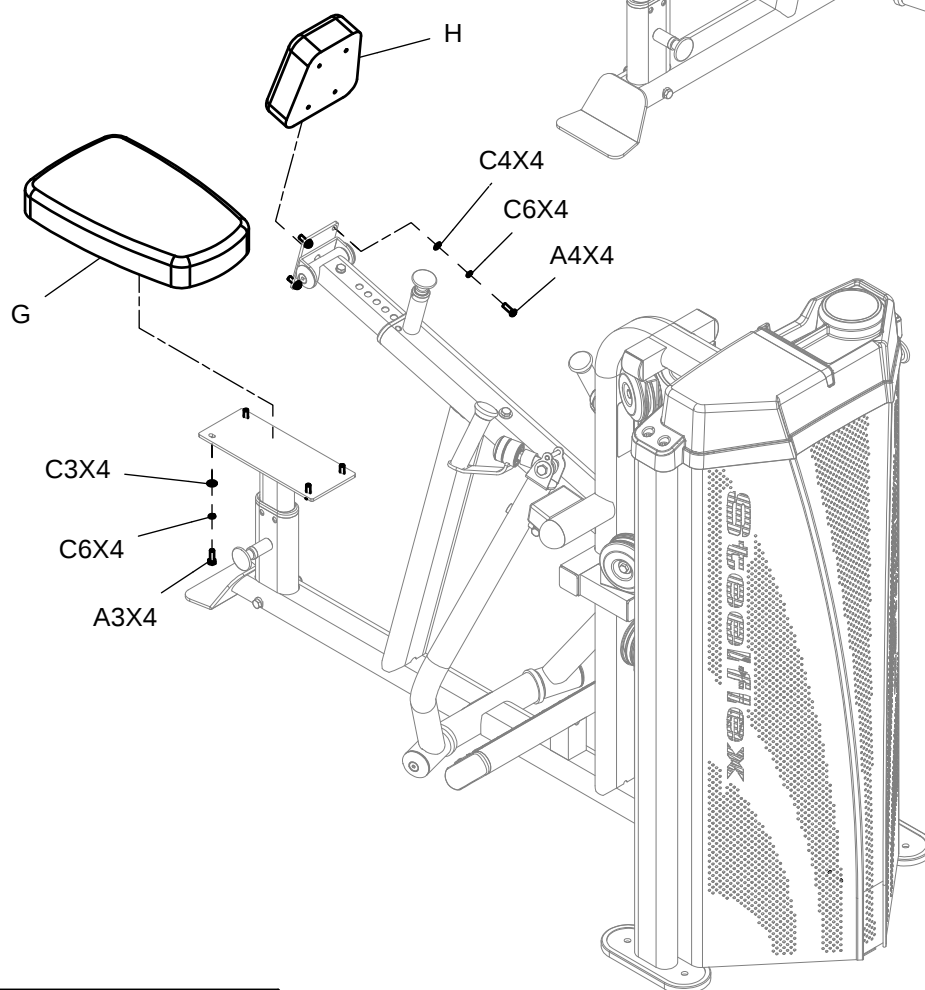
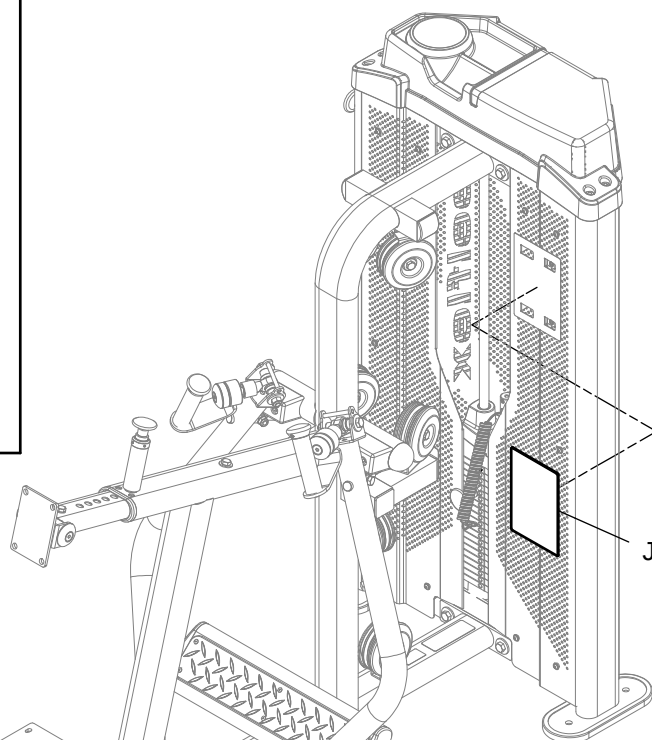
STEP.2



HRM1700 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed



HOPE ASSEMBLY INSTRUCTIONS

DECAL REFERENCE

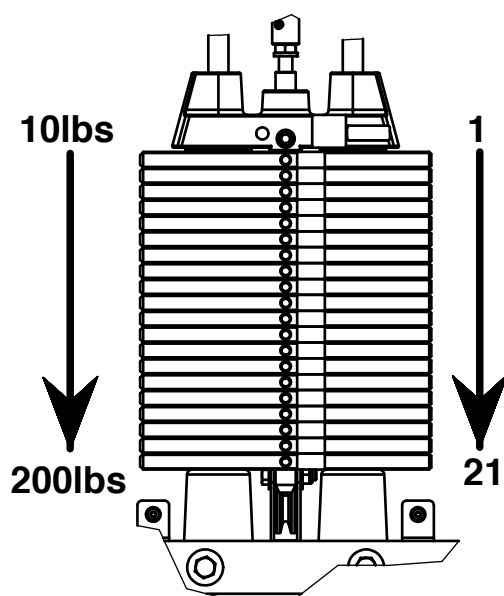
MAINTENANCE SCHEDULE

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 E E K L Y	D A I 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

9440-258



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.

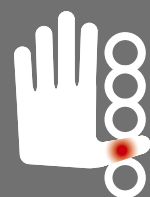
9440-259

lb 10	5	kg	lb 110	55	kg
lb 20	10	kg	lb 120	60	kg
lb 30	15	kg	lb 130	65	kg
lb 40	20	kg	lb 140	70	kg
lb 50	25	kg	lb 150	75	kg
lb 60	30	kg	lb 160	80	kg
lb 70	35	kg	lb 170	85	kg
lb 80	40	kg	lb 180	90	kg
lb 90	45	kg	lb 190	95	kg
lb 100	50	kg	lb 200	100	kg

9440-417

9440-418

WARNING!



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

9440-117