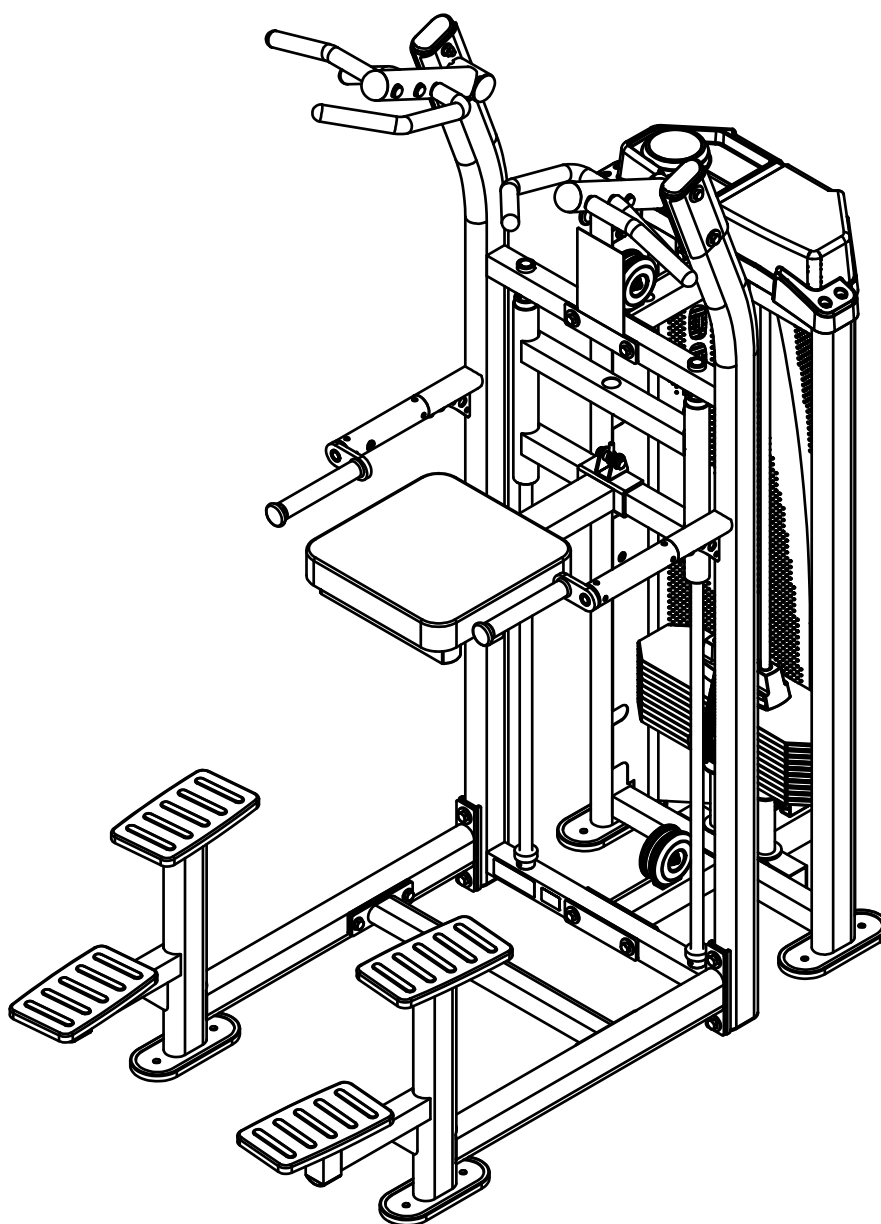


HOPE



Steelflex

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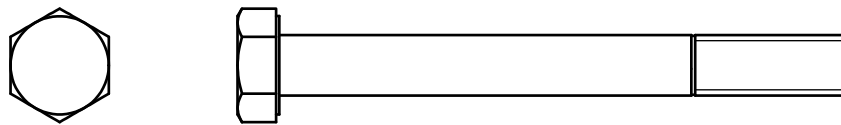
HCD-2100.3 OWNER'S MANUAL

HCD2100 ASSEMBLY INSTRUCTIONS

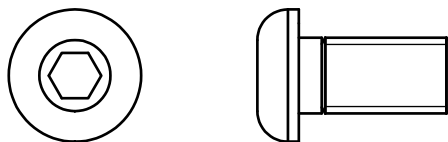
HARDWARE ILLUSTRATION



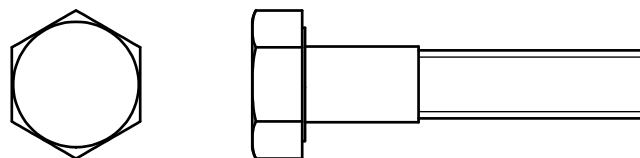
(A1)ROUND INNER HEX SCREW M6X16L PARTIAL THREAD QTY.4



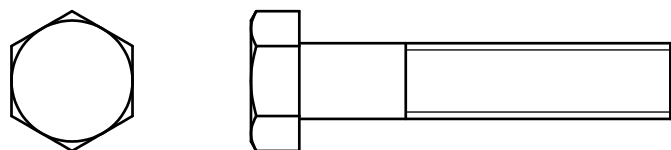
(A2)HEX BOLT M8X75L PARTIAL THREAD QTY.4



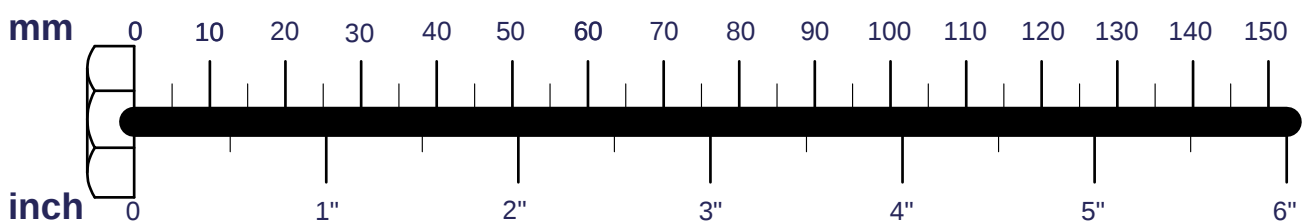
(A3)ROUND INNER HEX SCREW M10X20L PARTIAL THREAD QTY.4



(A4)HEX BOLT M10X45L PARTIAL THREAD QTY.2

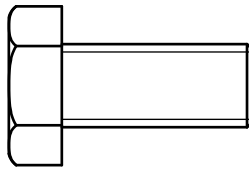
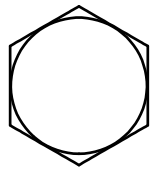


(A5)HEX BOLT M10X50L PARTIAL THREAD QTY.2

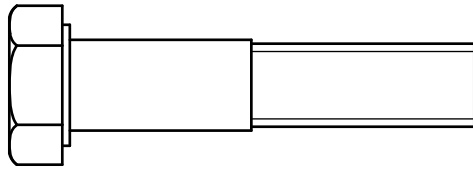
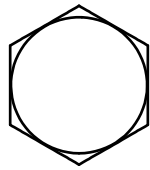


HCD2100 ASSEMBLY INSTRUCTIONS

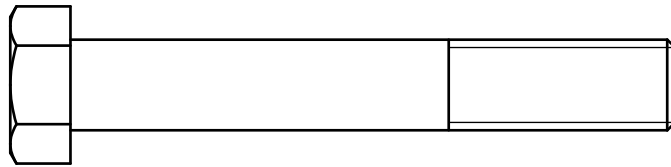
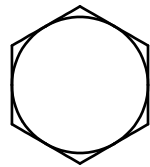
HARDWARE ILLUSTRATION



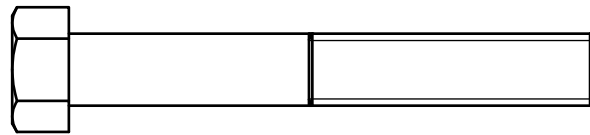
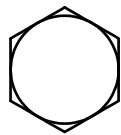
(A6)HEX BOLT M12X25L PARTIAL THREAD QTY.4



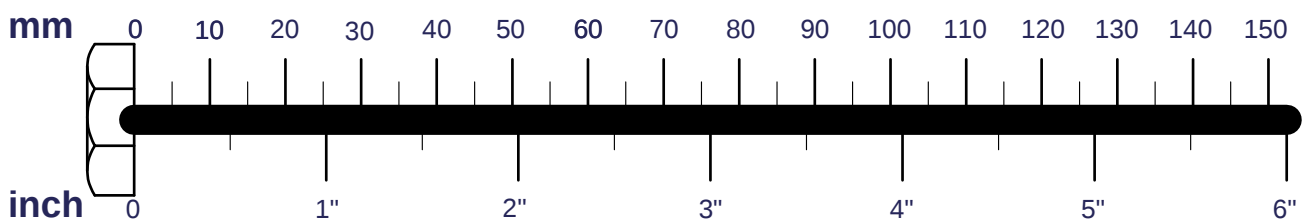
(A7)HEX BOLT M12X55L PARTIAL THREAD QTY.1



(A8)HEX BOLT M12X80L PARTIAL THREAD QTY.8

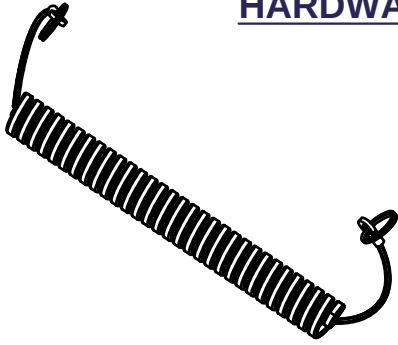


(A10)HEX BOLT $\varnothing 3/8$ "X2-3/4"L PARTIAL THREAD QTY.1

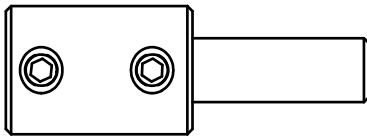


HCD2100 ASSEMBLY INSTRUCTIONS

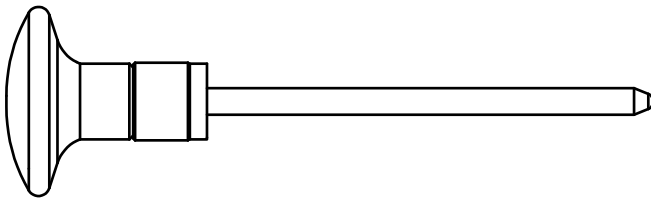
HARDWARE ILLUSTRATION



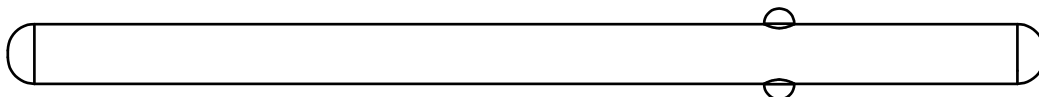
(A13)ELASTIC BELT (F920003) QTY.1



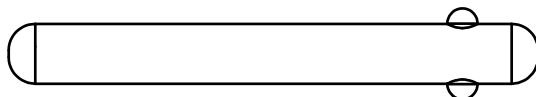
(A14)WEIGHT STACK CABLE (8260-009) QTY.1



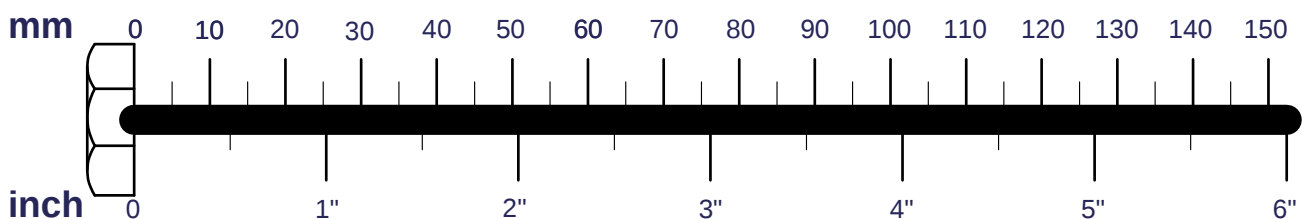
(A16)20LB PIN(8250-152) QTY.1



(A17)Ø5/16" FIXED PIN (8250-166) QTY.2

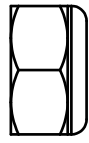
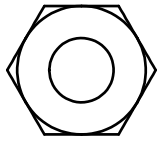


(A18)Ø5/16" FIXED PIN (8250-167) QTY.1

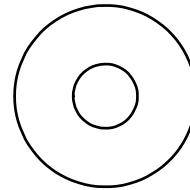


HCD2100 ASSEMBLY INSTRUCTIONS

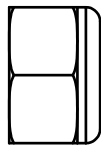
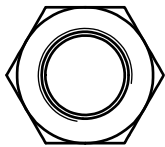
HARDWARE ILLUSTRATION



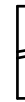
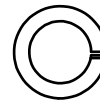
(B1)NYLON LOCK NUT M10 QTY.4



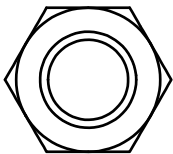
(C1)M8(I.D.)FLAT WASHER Ø24 QTY.4



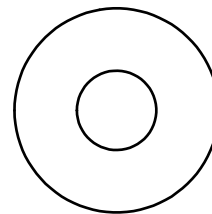
(B2)NYLON LOCK NUT M12 QTY.9



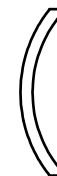
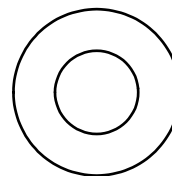
(C2)M8 SPRING WASHER QTY.4



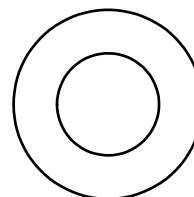
(B3)LOCK NUT 1/2"X13 UNC QTY.1



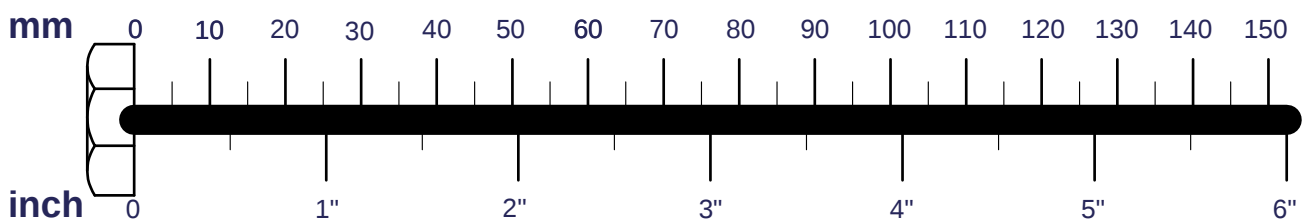
(C3)M10(I.D.)FLAT WASHER Ø27 QTY.9



(C4)M10 ARC WASHER QTY.4

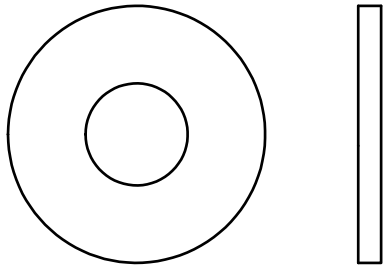


(C5)M12(I.D.)FLAT WASHER Ø25 QTY.6

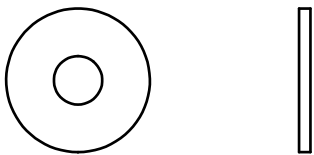


HCD2100 ASSEMBLY INSTRUCTIONS

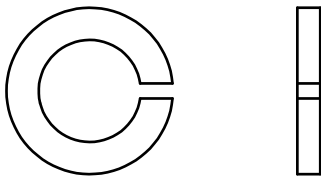
HARDWARE ILLUSTRATION



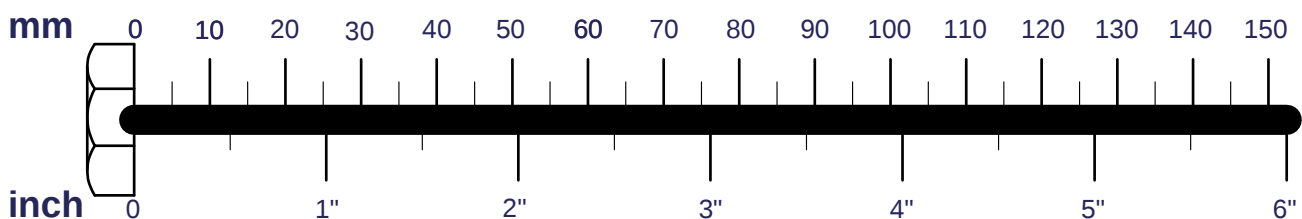
(C6)M12(I.D.)FLAT WASHER Ø34 QTY.16



(C7)M6(I.D.)FLAT WASHER Ø19 QTY.4



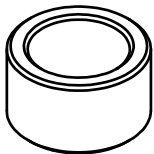
(C9)1/2" SPRING WASHER QTY.1



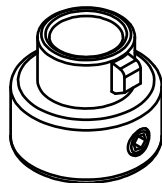
HCD2100 ASSEMBLY INSTRUCTIONS

(D1)STEEL BUSHING(8110-127)-----	[2PCS]
(D2)Ø3/4" SHAFT COLLAR(9211-046)-----	[2PCS]
(D3)Ø60 END CAP(9211-075)-----	[2PCS]
(D4)50X50L END CAP(9211-088)-----	[6PCS]
(D5)50X150L END CAP(9211-114)-----	[2PCS]
(D6)Ø115xØ11x14t PULLEY SIDE COVER(9211-173)-----	[4PCS]
(D7)50X10tX50L RUBBER PAD(9214-002)-----	[3PCS]
(D8)MUSHROOM HEAD(9215-024)-----	[1PCS]
(D11)108X15tX263L RUBBER PAD(9310-075)-----	[4PCS]
(D12)162X16tX295L RUBBER PAD(9310-107)-----	[4PCS]
(D13)Ø45xØ24x15t RUBBER COUNT(9310-108)-----	[4PCS]
(D14)STEEL CABLE 5220mm(FHCD2100A1)-----	[1PCS]
(D15)Ø110X22L PULLEY(9213-002B)-----	[4PCS]
(D16)Ø65xØ20x70L RUBBER COUNT(9310-049)-----	[2PCS]

D1



D2



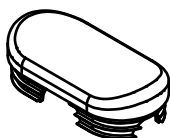
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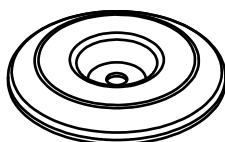
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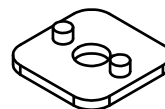
D5



D6



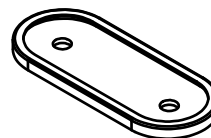
D7



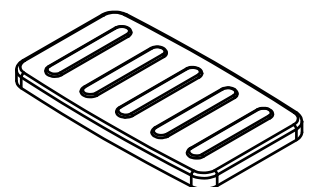
D8



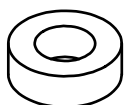
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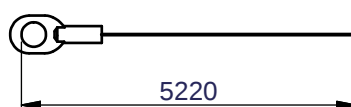
D12



D13



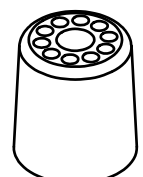
D14



D15

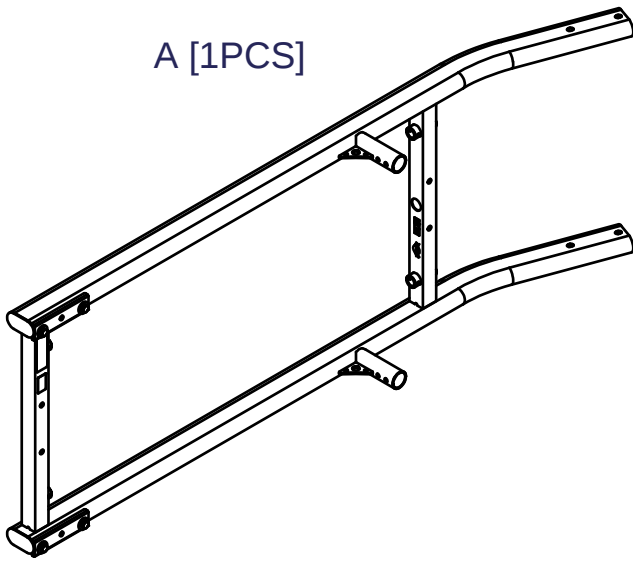


D16

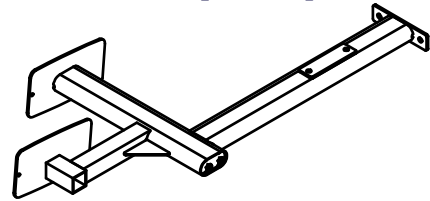


HCD2100 ASSEMBLY INSTRUCTIONS

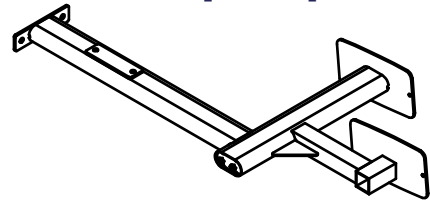
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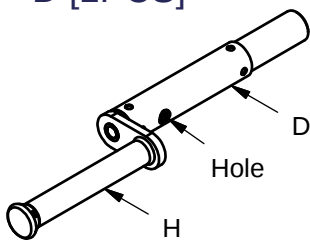
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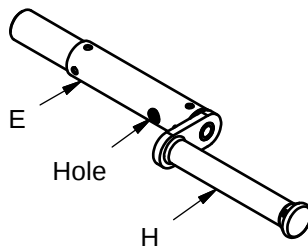
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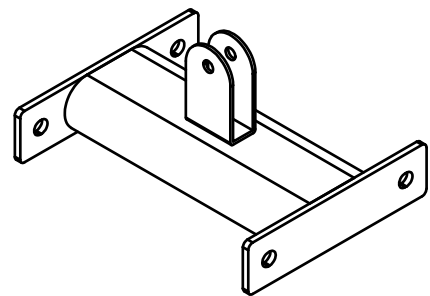
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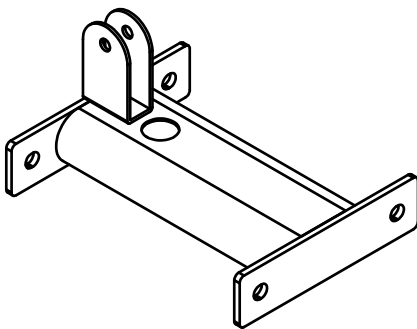
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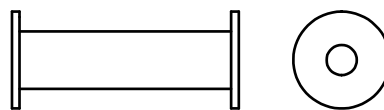
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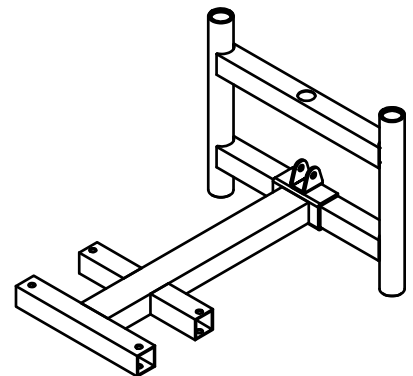
G [1PCS]



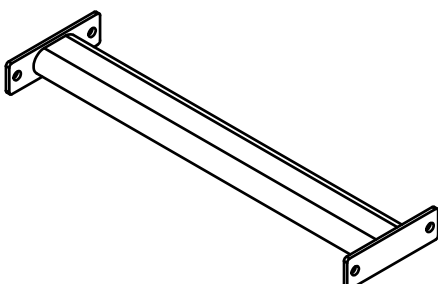
I1 [2PCS]
6670-004



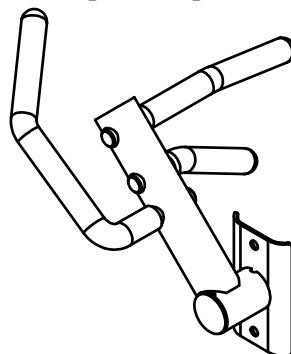
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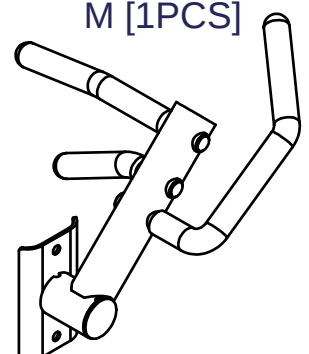
K [1PCS]



L [1PCS]

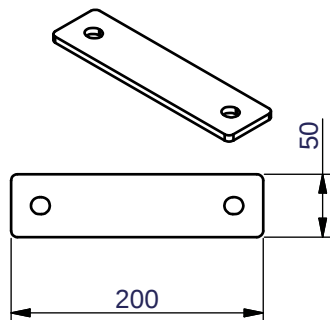


M [1PCS]

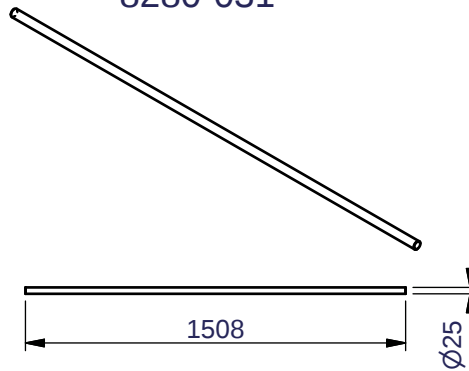


HCD2100 ASSEMBLY INSTRUCTIONS

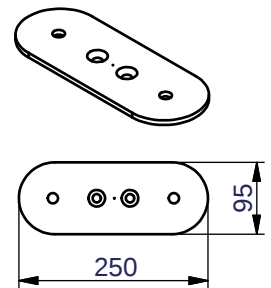
N [1PCS]
8312-077



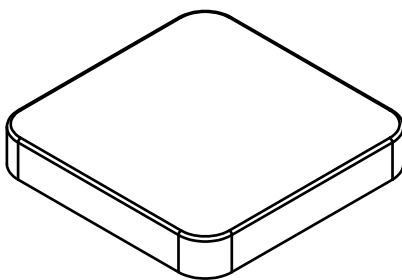
O [2PCS]
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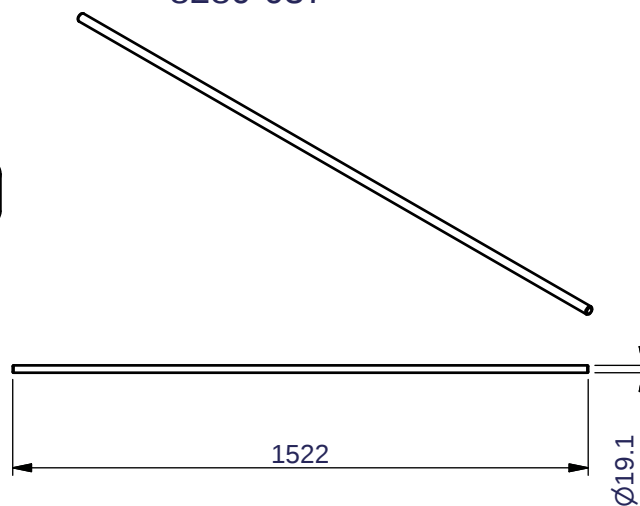
P [4PCS]
8313-188



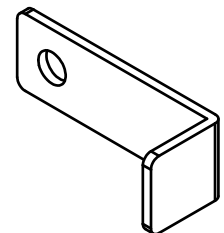
Q [1PCS]
9122-046



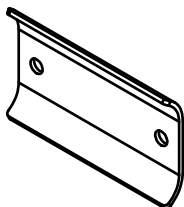
R1 [2PCS]
8280-037



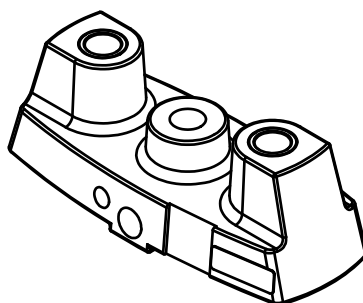
S [1PCS]
8331-017



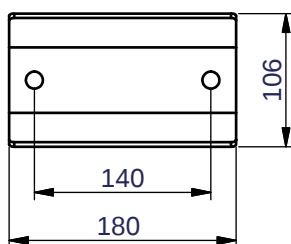
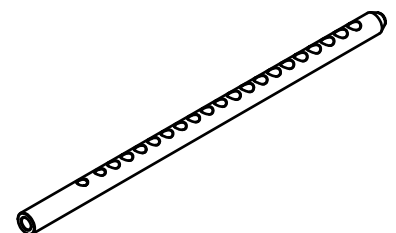
T [2PCS]
8343-309



U [1PCS]
8400-006

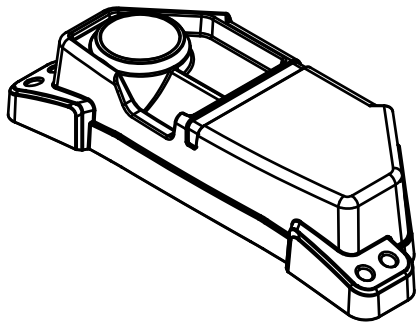


V1 [1PCS]
8210-191
Ø3/4"X400L

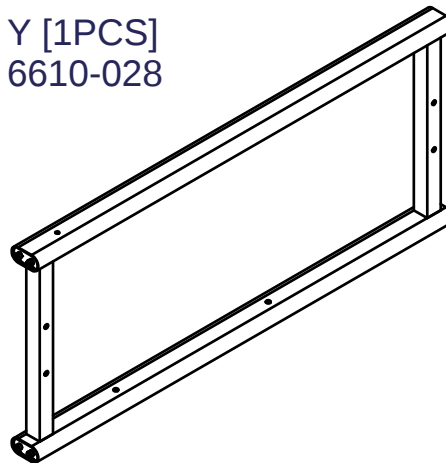


HCD2100 ASSEMBLY INSTRUCTIONS

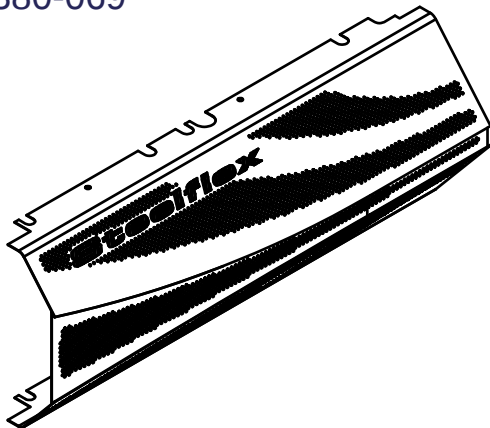
W [1PCS]
9211170-023



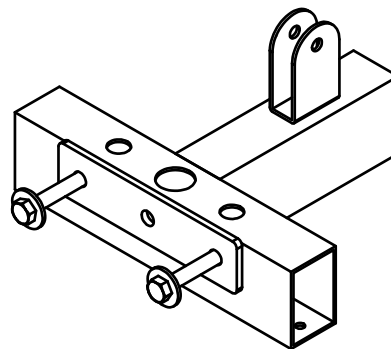
Y [1PCS]
6610-028



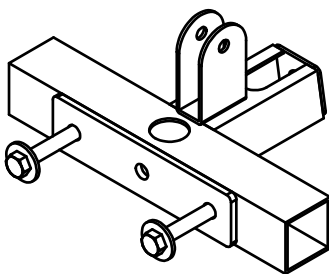
Z [1PCS]
8380-069



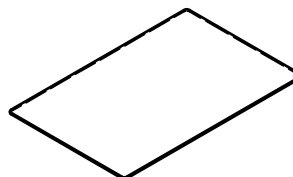
AA [1PCS]
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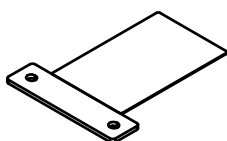
AB [1PCS]
6610-018



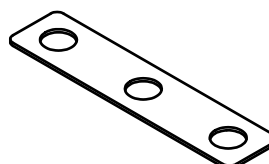
AC [1PCS]
9420-096
EXERCISE CHART



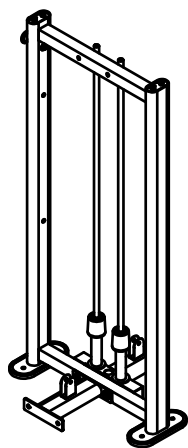
AD [1SET]
20HCD2100-N



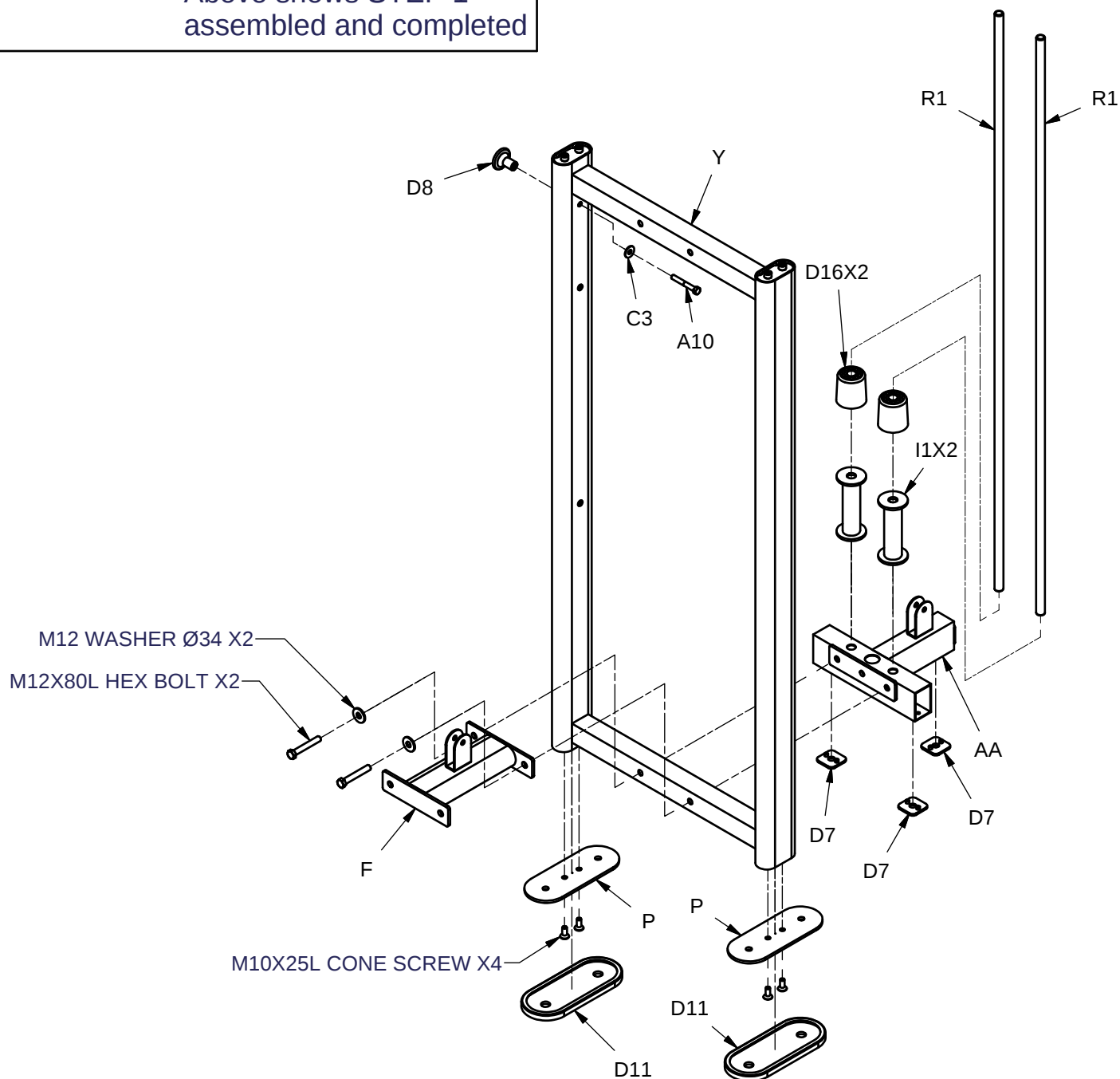
AE [1PCS]
8311-194



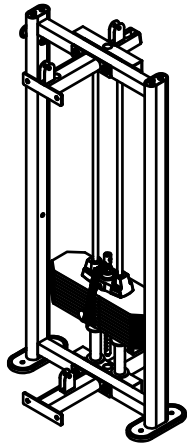
HCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed

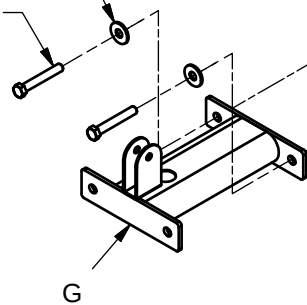


HCD2100 ASSEMBLY INSTRUCTIONS

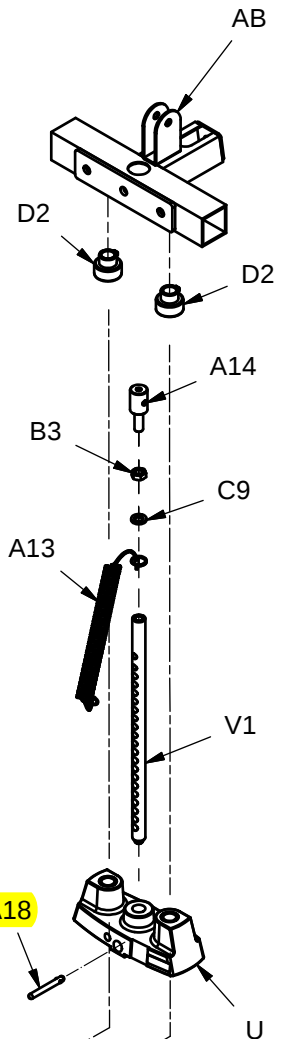
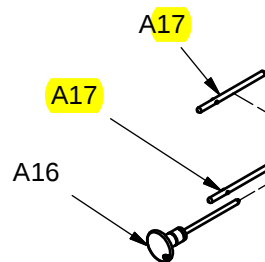


Above shows STEP 2
assembled and completed

M12 WASHER Ø34 X2
M12X80L HEX BOLT X2



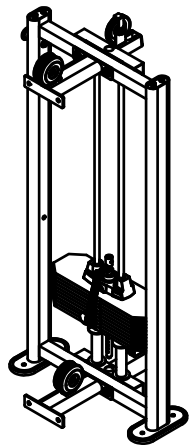
Note : Insert A17 through the hole of
the first weight plate
do not remove them



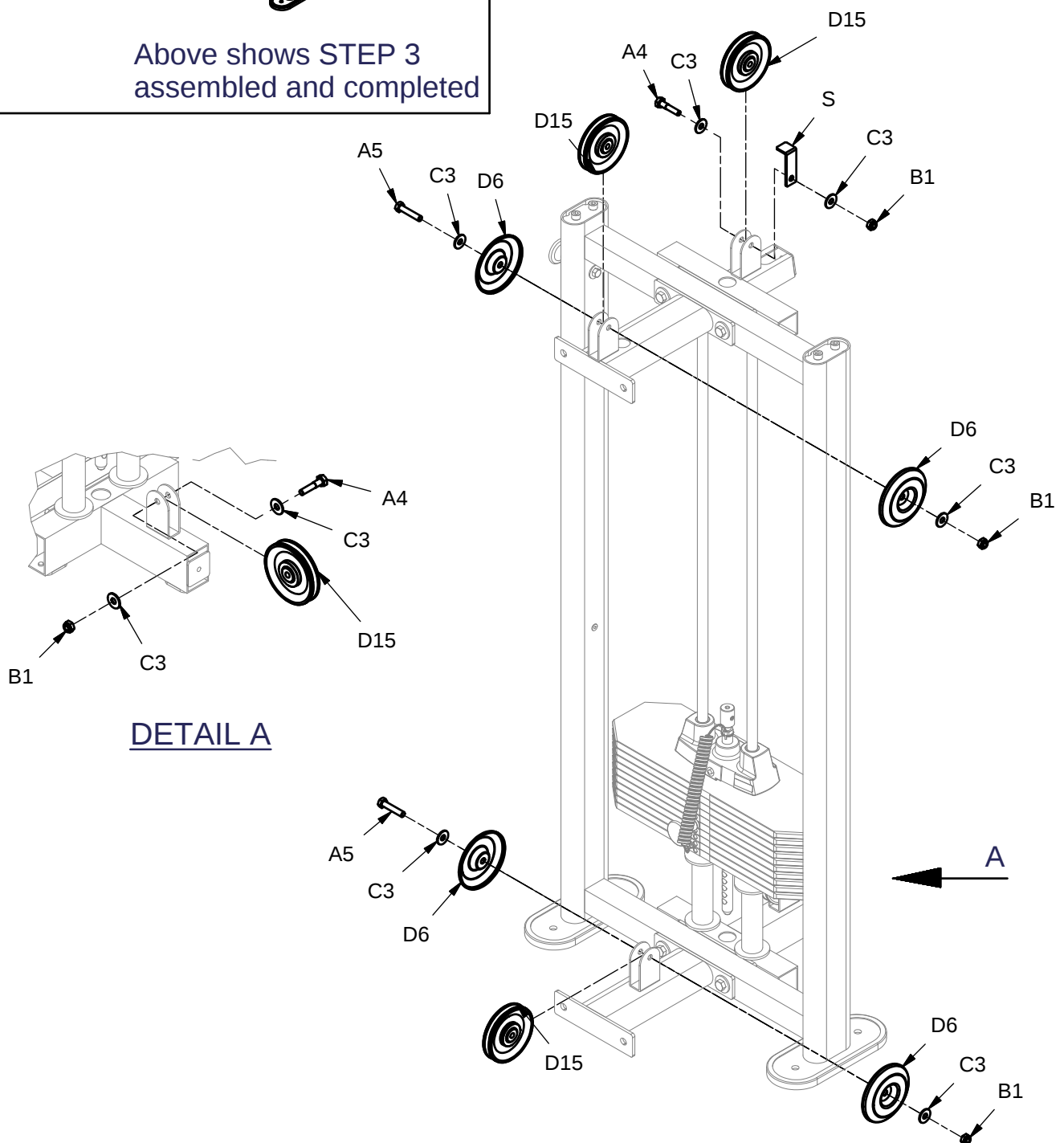
NOTE:

1. Place A17 - 8250-166 (pin)X2PCS into the first and the fourth weight plate.
2. Place A16 - 8250-152 (weight stack pin) into the the hole 20th of the weight stack.
3. Make sure U- 8400-006(top plate) cling to (first weight plate) and fix in A18 - 8250-167(pin).
4. Finally remove A16 - 8250-152 (weight stack pin) and use as usual.

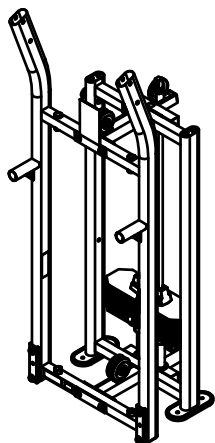
HCD2100 ASSEMBLY INSTRUCTIONS



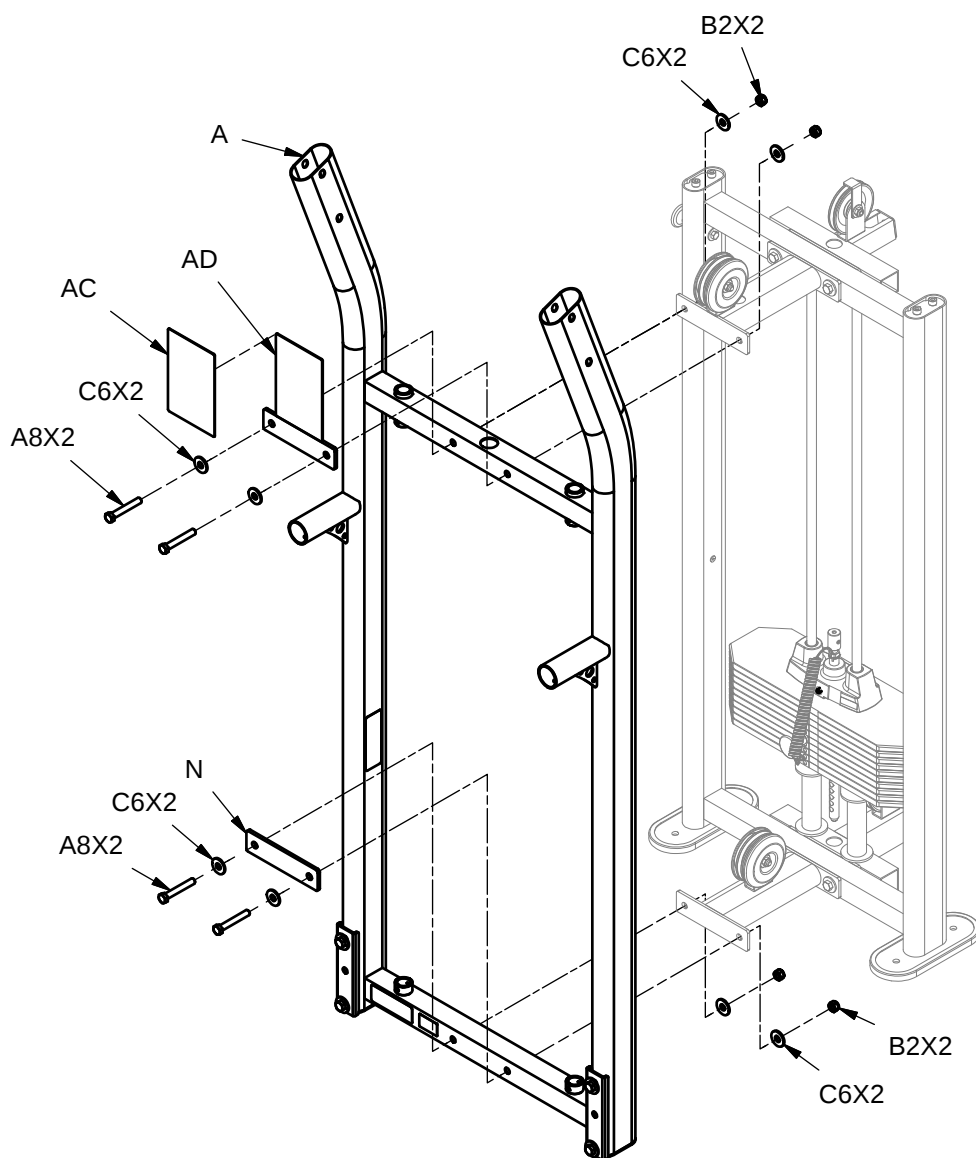
Above shows STEP 3
assembled and completed



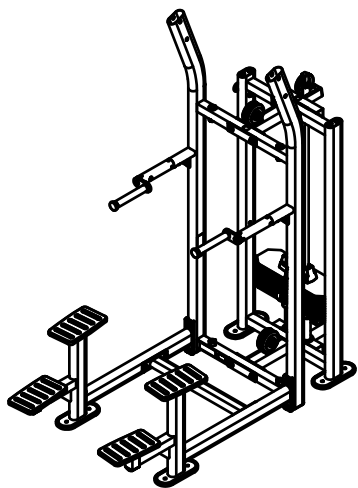
HCD2100 ASSEMBLY INSTRUCTIONS



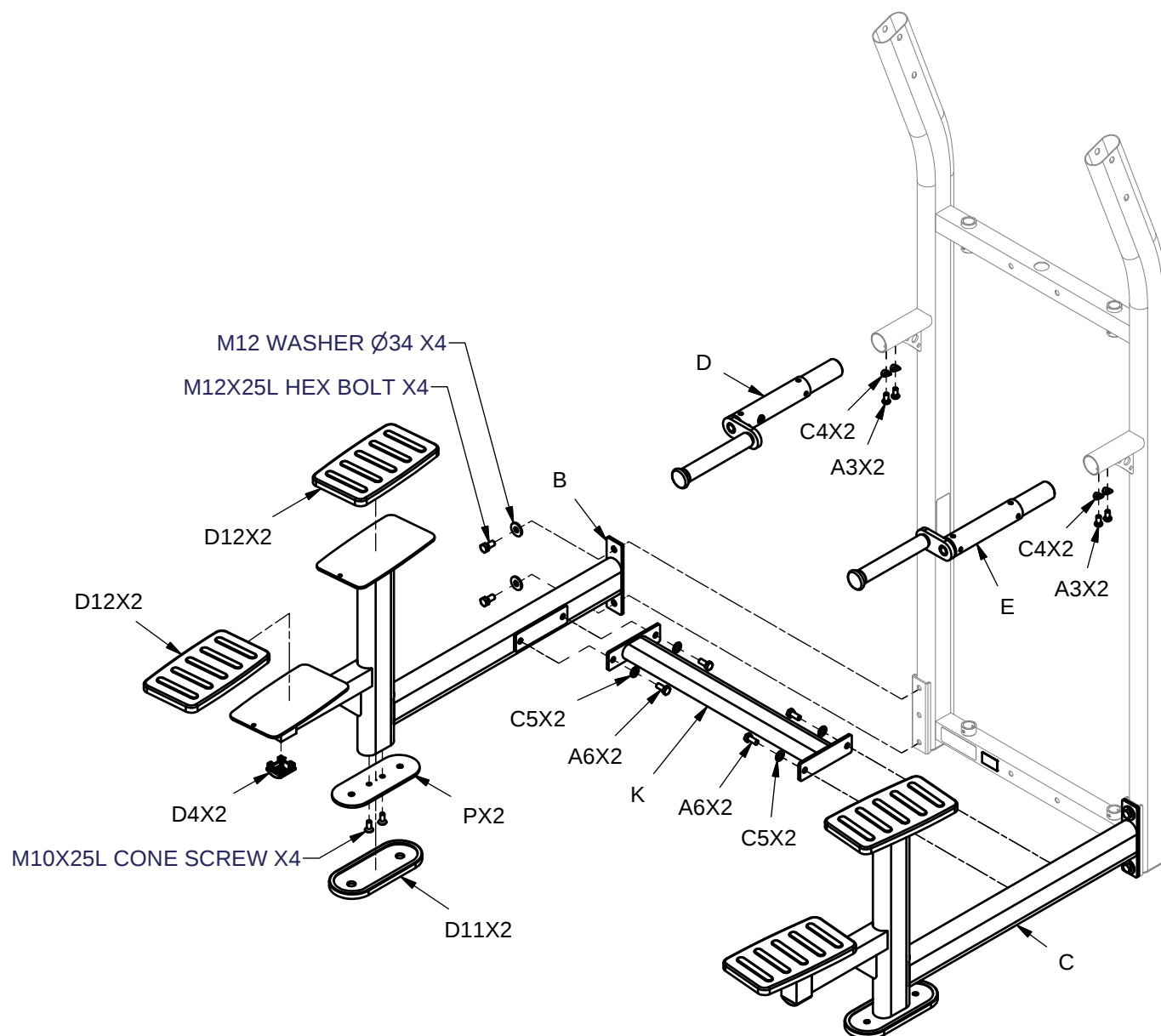
Above shows STEP 4
assembled and completed



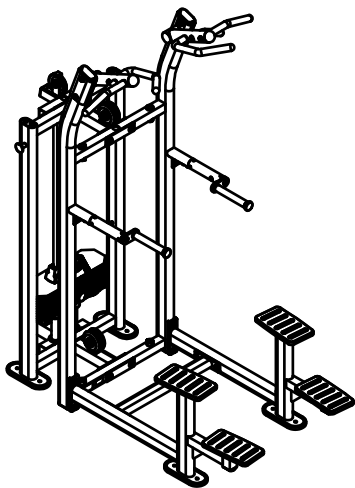
HCD2100 ASSEMBLY INSTRUCTIONS



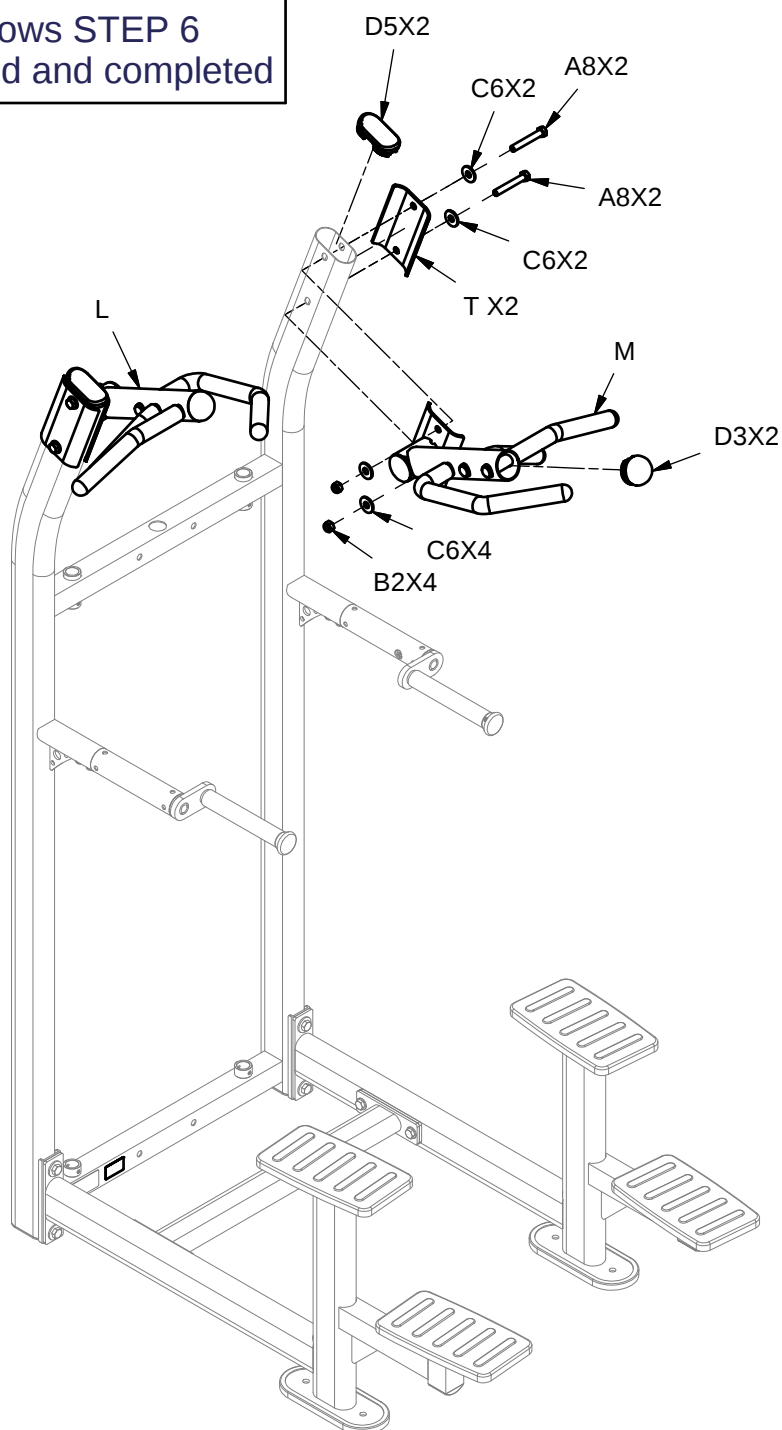
Above shows STEP 5
assembled and completed



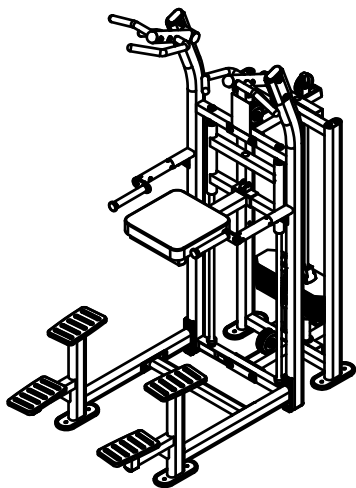
HCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed



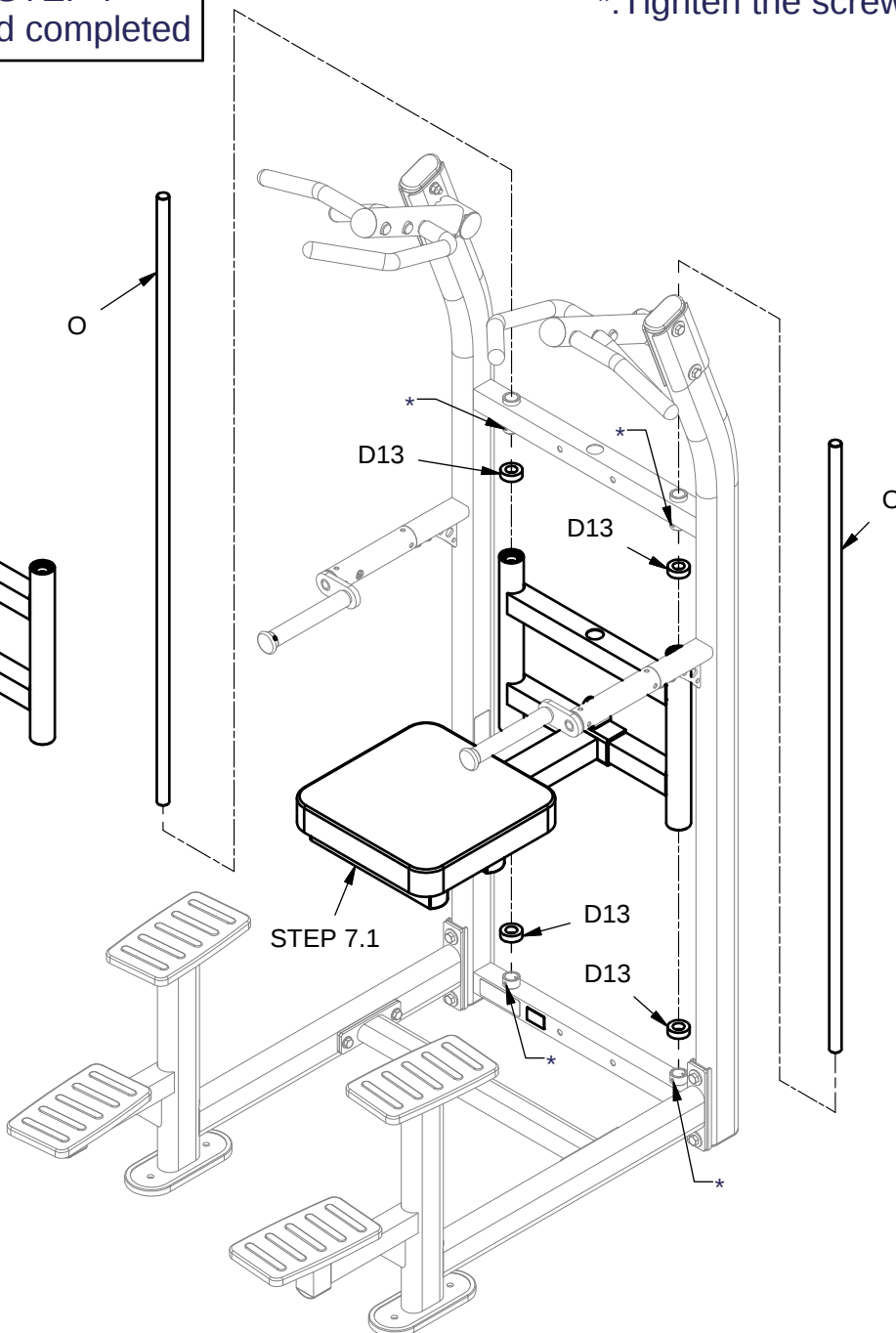
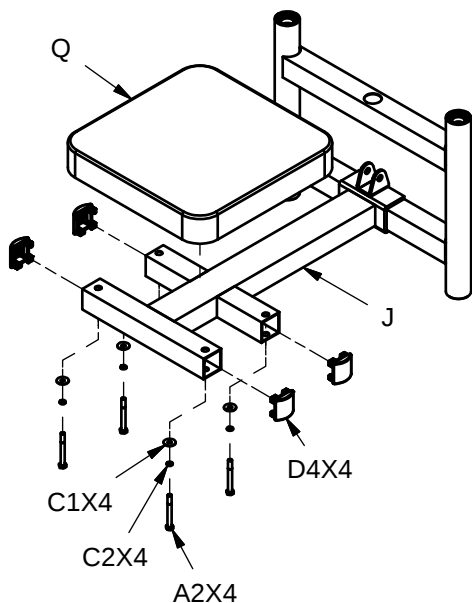
HCD2100 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

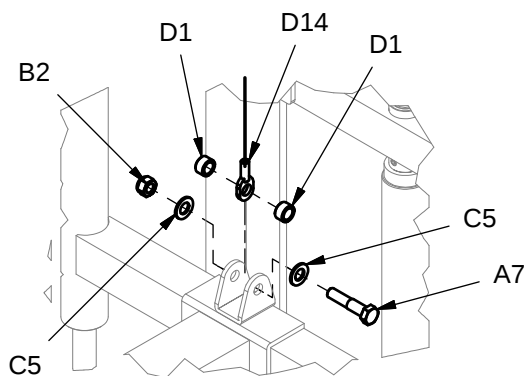
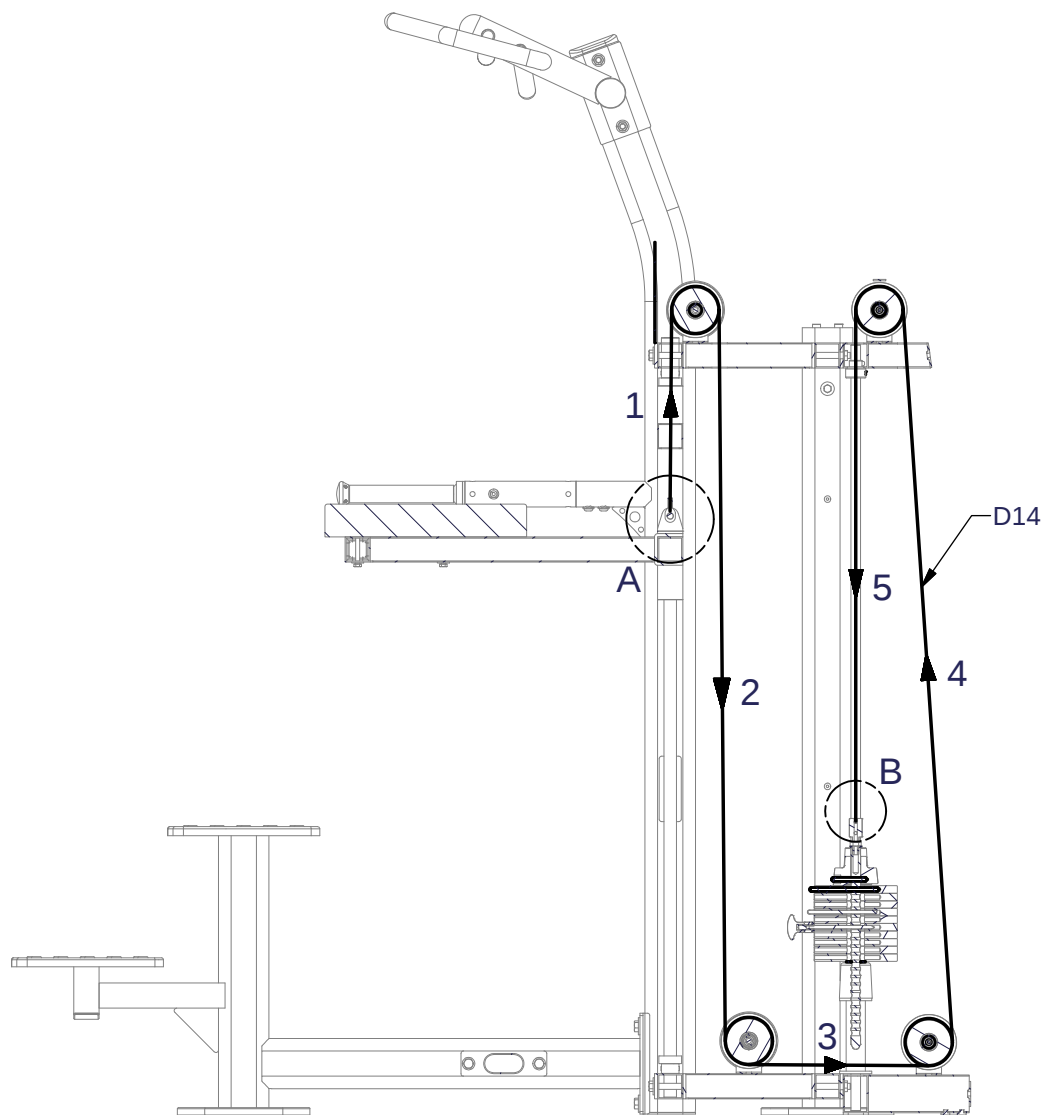
*:Tighten the screw

STEP 7.1

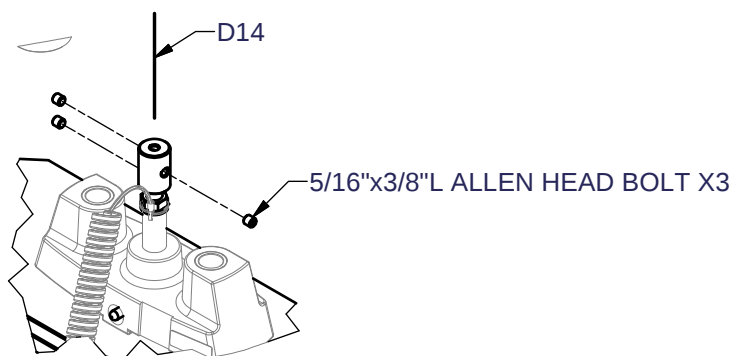


HCD2100 ASSEMBLY INSTRUCTIONS

Wire Rope illustration

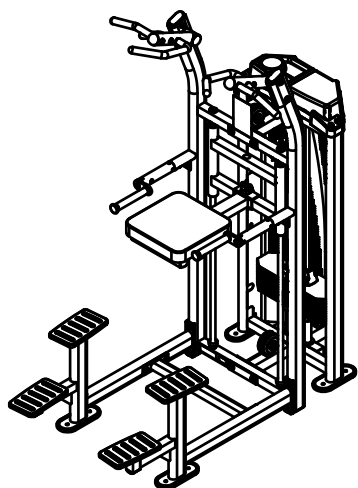


DETAIL A

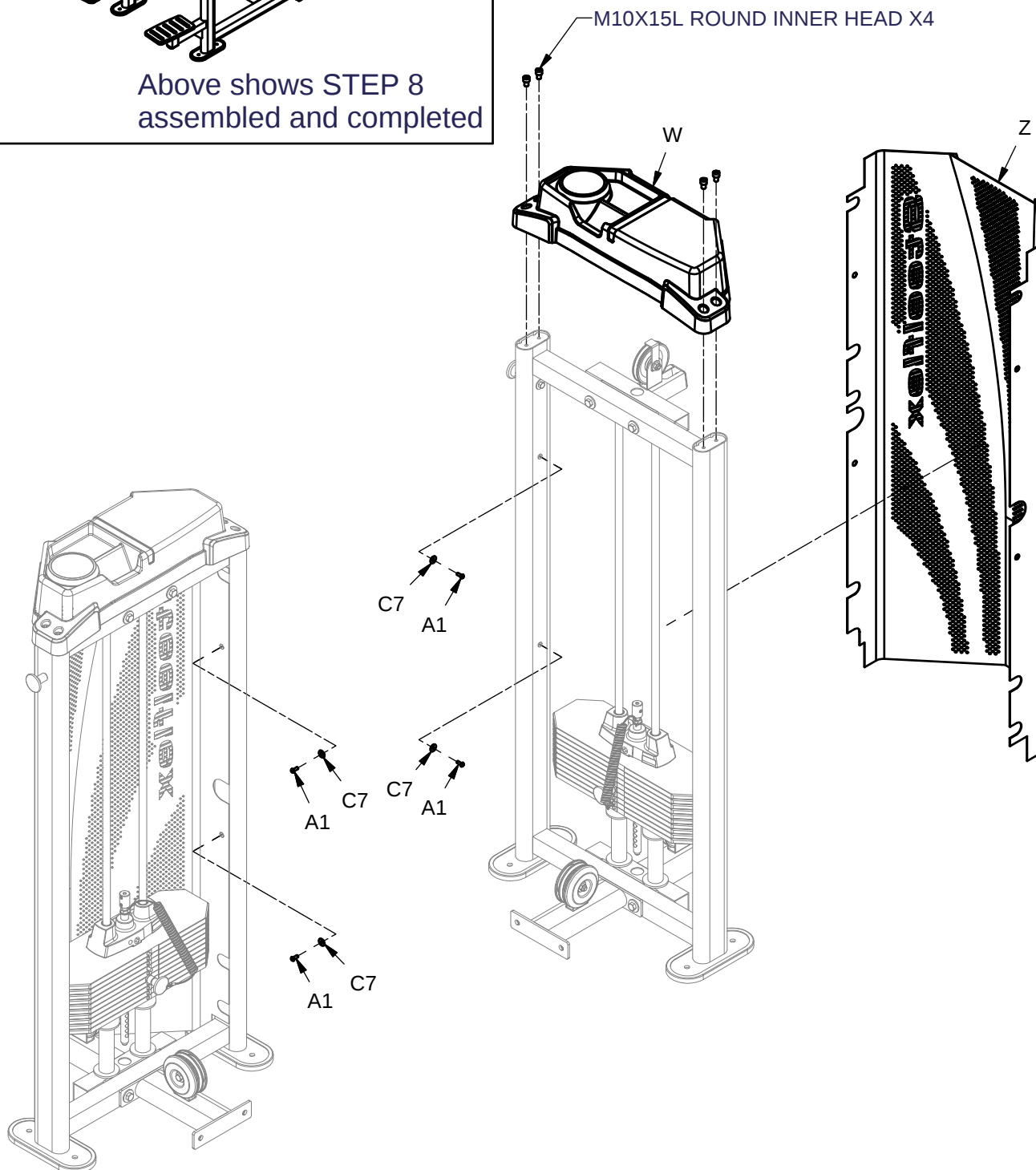


DETAIL B

HCD2100 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.

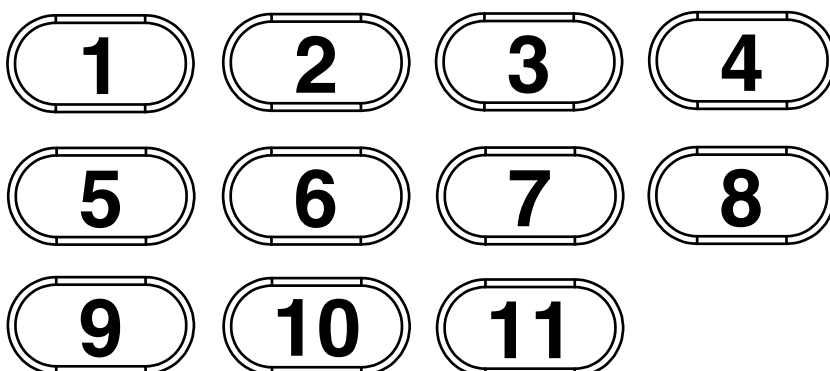
		W	D	E	A	I	L	L	Y
Cables:	Check tension, end fittings, and coating	✓							
	Check that locking nut at weight stack is tight		✓						
Upholstery:	Wipe down and dry	✓							
	Clean and condition		✓						
Frame:	Wipe down and dry	✓							
	Polish / Wax		✓						
Chrome:	Wipe down and dry	✓							
	Polish / 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

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

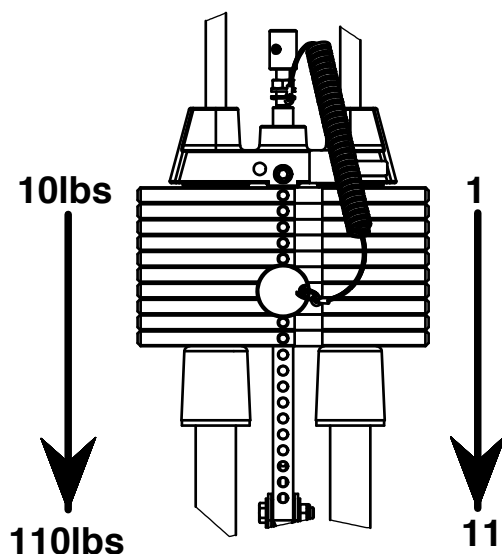
1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.
2. Keep clear of the cables and all 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

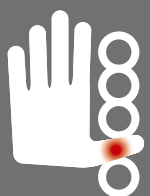


9440-274

9440-258



WARNING!



PINCH POINTS

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

9440-117