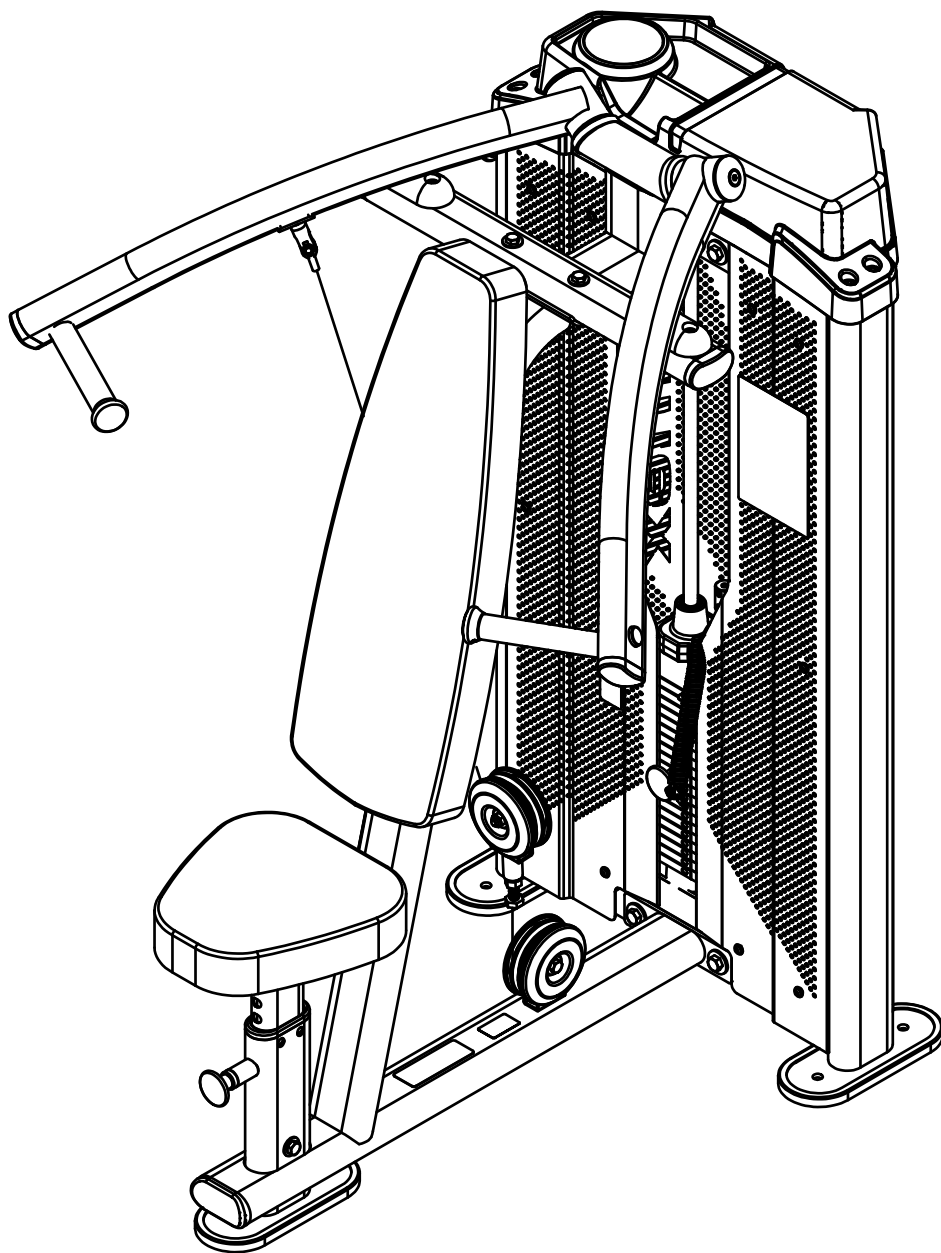


HOPE



Steelflex

JOONG CHENN INDUSTRY CO., LTD.

Sales Office:

3F28, No.5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110 R.O.C.

Tel: 886-2-27209980

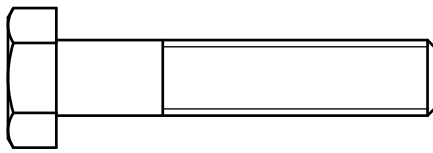
Fax: 886-2-27229750

www.steelflexfitness.com

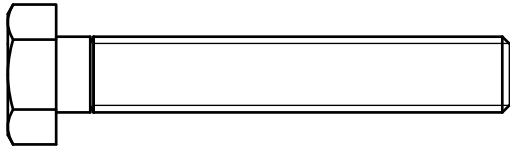
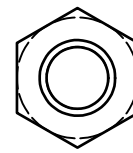
HSP-800.2 OWNER'S MANUAL

HSP-800 ASSEMBLY INSTRUCTIONS

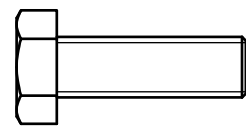
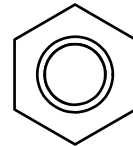
HARDWARE ILLUSTRATION



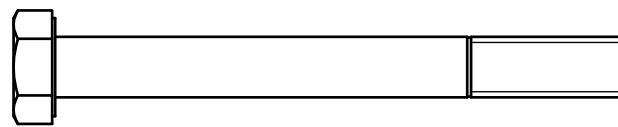
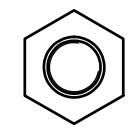
(A1)HEX BOLT M10X50L PARTIAL THREAD QTY.2



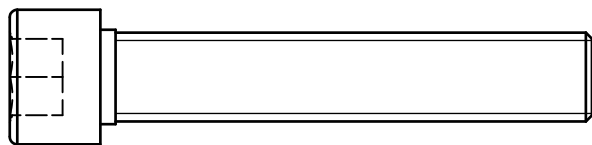
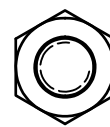
(A2)HEX BOLT M10X60L PARTIAL THREAD QTY.2



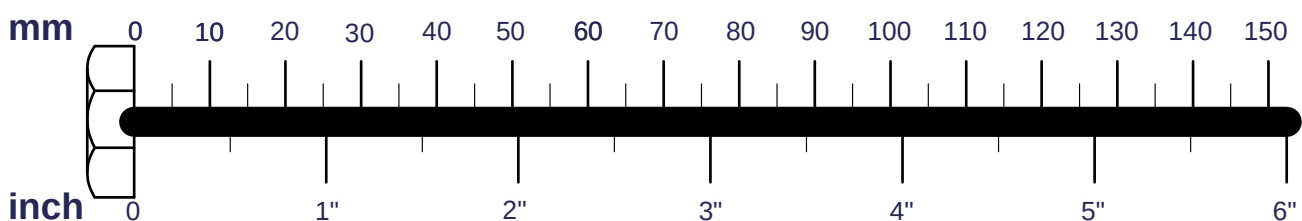
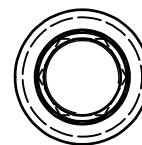
(A3)HEX BOLT M8X25L PARTIAL THREAD QTY.4



(A4)HEX BOLT M8X75L PARTIAL THREAD QTY.2

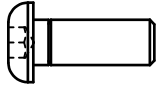


(A5)ROUND ALLEN HEAD M12X65L PARTIAL THREAD QTY.4

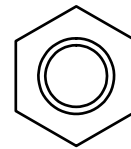
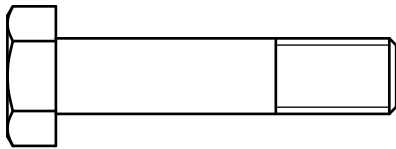


HSP-800 ASSEMBLY INSTRUCTIONS

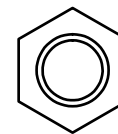
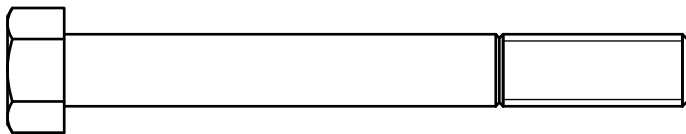
FRAME HARDWARE ILLUSTRATION FOR HDA



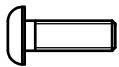
(A7)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.24



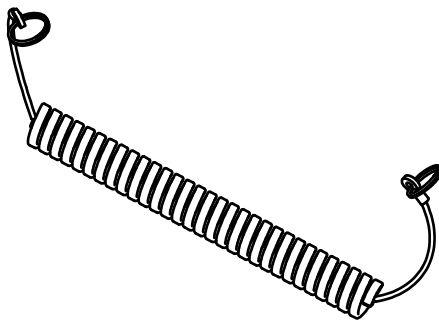
(A8)HEX BOLT M10X45L PARTIAL THREAD QTY.2



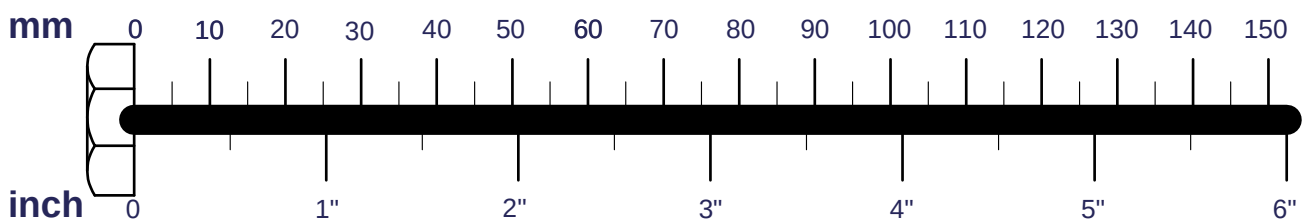
(A10)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1



(A11)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

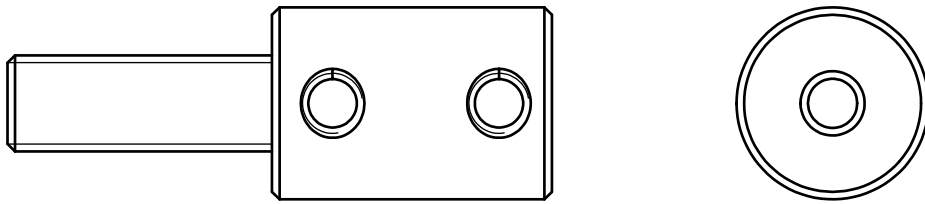


(A12)ELASTIC BELT (F920003) QTY.1

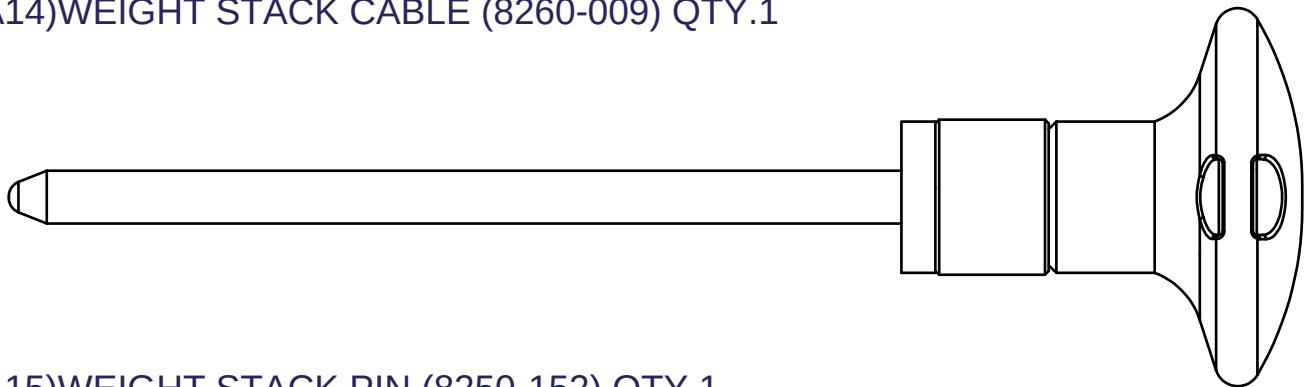


HSP-800 ASSEMBLY INSTRUCTIONS

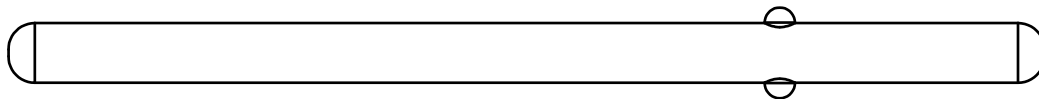
FRAME HARDWARE ILLUSTRATION FOR HDA



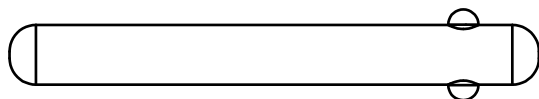
(A14)WEIGHT STACK CABLE (8260-009) QTY.1



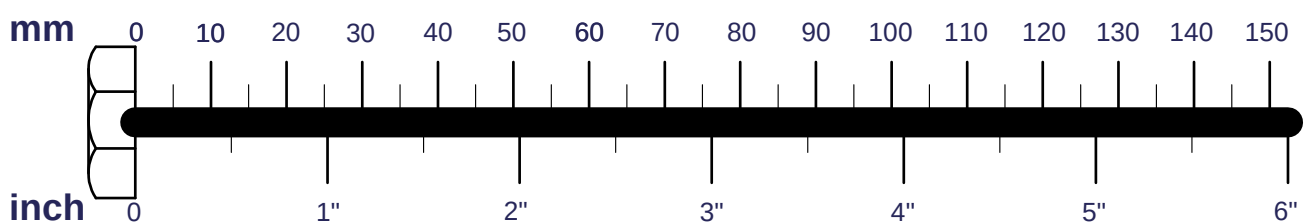
(A15)WEIGHT STACK PIN (8250-152) QTY.1



(A16)Ø5/16" FIXED PIN (8250-166) QTY.1

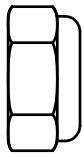


(A17)Ø5/16" FIXED PIN (8250-167) QTY.1

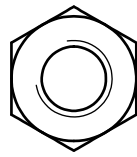


HSP-800 ASSEMBLY INSTRUCTIONS

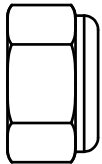
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT M10 QTY.4



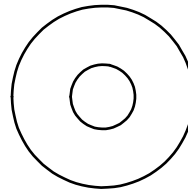
(B2)NYLON LOCK NUT M12 QTY.4



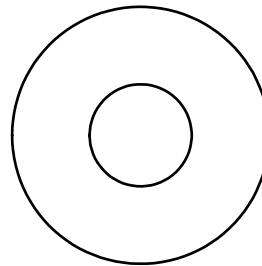
(B6)LOCK NUT 1/2"X13 UNC QTY.1



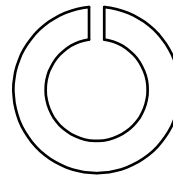
(C1)M10(I.D.)FLAT WASHER Ø27 QTY.8



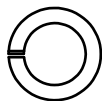
(C3)M8(I.D.)FLAT WASHER Ø24 QTY.6



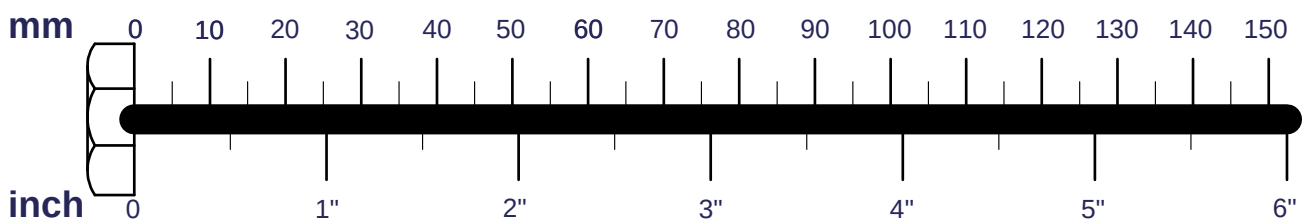
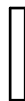
(C4)M12(I.D.)FLAT WASHER Ø34 QTY.4



(C12)1/2" SPRING WASHER QTY.1

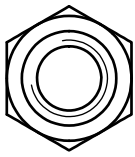


(C2)M8 SPRING WASHER QTY.6

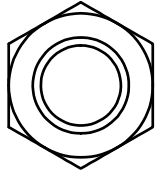


HSP-800 ASSEMBLY INSTRUCTIONS

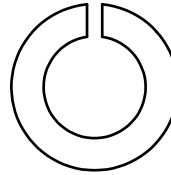
FRAME HARDWARE ILLUSTRATION FOR HDA



(B3)NYLON LOCK NUT M10 QTY.2



(B4)LOCK NUT 1/2"X13 UNC QTY.1



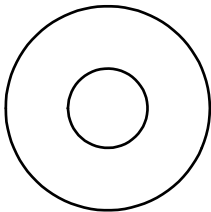
(C10)1/2" SPRING WASHER QTY.1



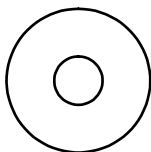
(B5)NYLON LOCK NUT M4 QTY.4



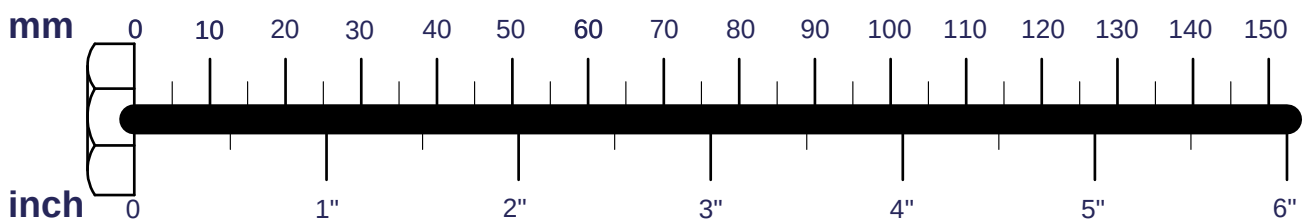
(C11)M4(I.D.)FLAT WASHER Ø10 QTY.8



(C7)M10(I.D.)FLAT WASHER Ø27 QTY.5



(C8)M6(I.D.)FLAT WASHER Ø19 QTY.24



HSP-800 ASSEMBLY INSTRUCTIONS

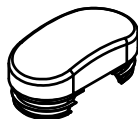
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.40X80 END CAP(9211-113)-----	[4PCS]
D3.50X100 END CAP(9211-114)-----	[1PCS]
D4.116X58X29 RUBBER PAD(9310-057)-----	[2PCS]
D5.108X14.5TX263T RUBBER PAD(9310-075)-----	[1PCS]
D6.Ø110 PULLEY(9213-002B)-----	[2PCS]
D7.1850mm BELT(FHSP800A)-----	[1PCS]
D8.2835mm BELT(FHSP800B1)-----	[1PCS]
D9.Ø12.7X26.5L FIXED PIN(8690-004)-----	[2PCS]
D10.Ø8X0.8T-E Retaining Ring(8781-070)-----	[2PCS]
D11.EXERCISE CHART (9420-084)-----	[1PCS]
D12.PLATE CAP(9211-173)-----	[4PCS]

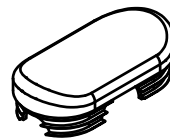
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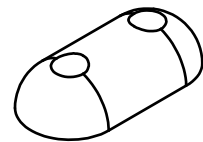
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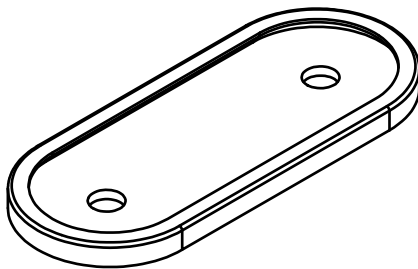
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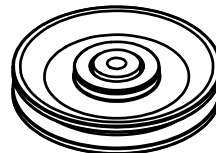
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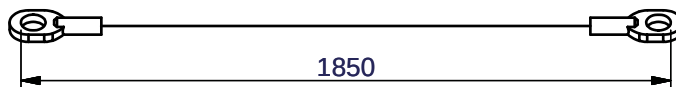
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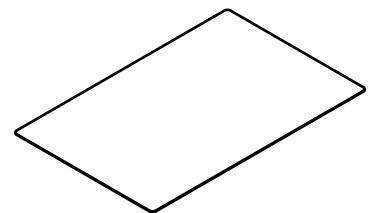
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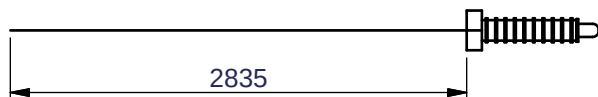
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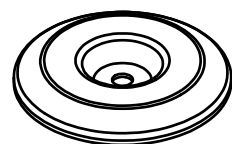
D11



D8



D12



D9



D10



HSP-800 ASSEMBLY INSTRUCTIONS

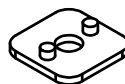
FRAME HARDWARE ILLUSTRATION FOR HDA

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

D13



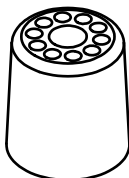
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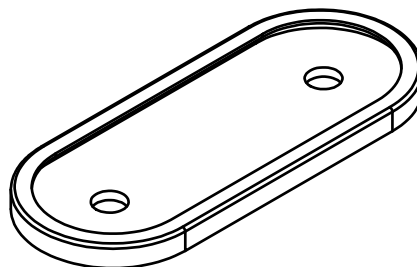
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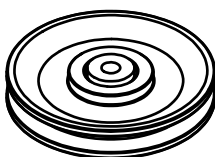
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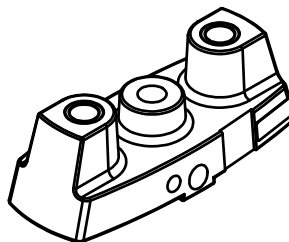
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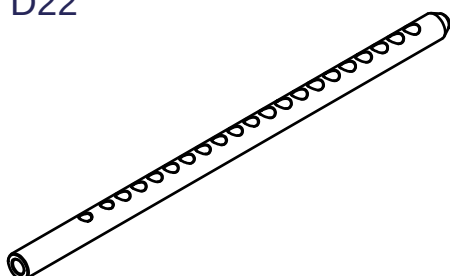
D19



D20



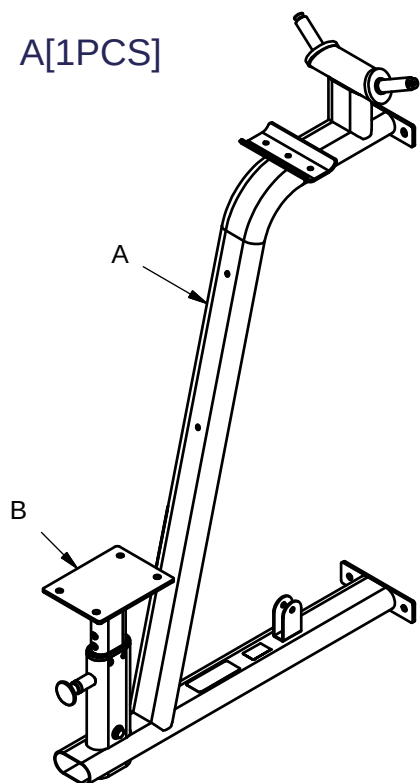
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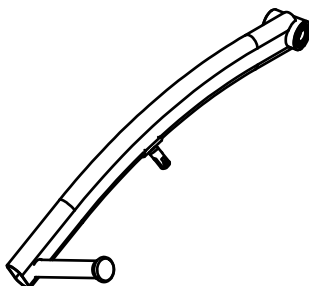
HSP-800 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

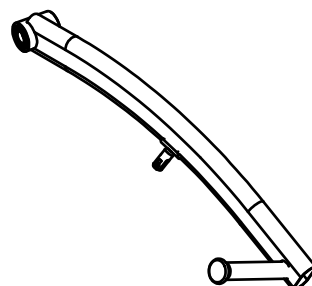
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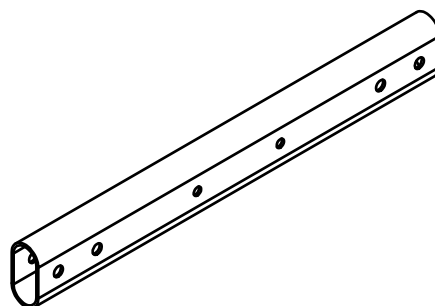
C[1PCS]



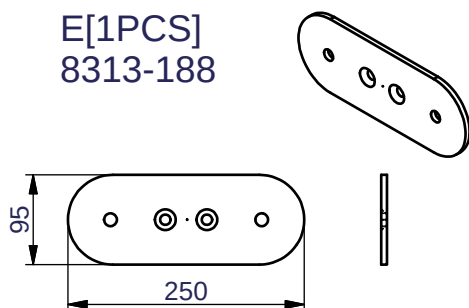
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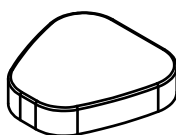
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40X80X3TX600L



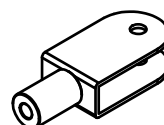
E[1PCS]
8313-188



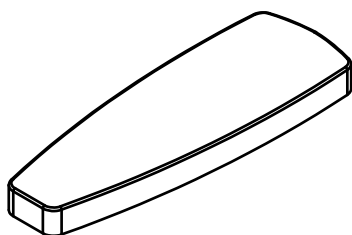
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I[1PCS]
6640-019



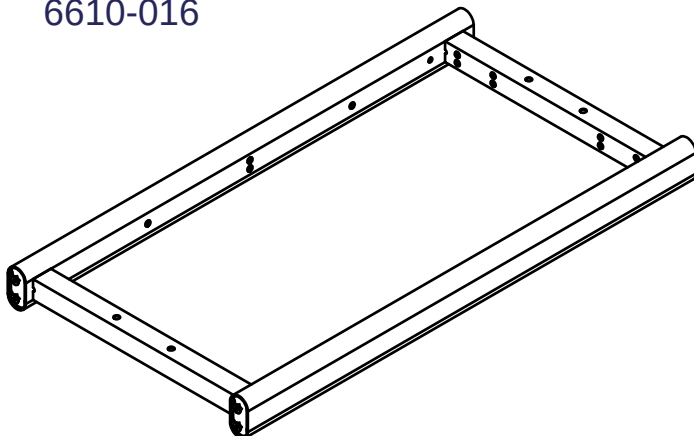
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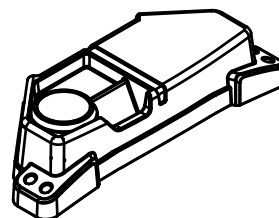
HSP-800 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

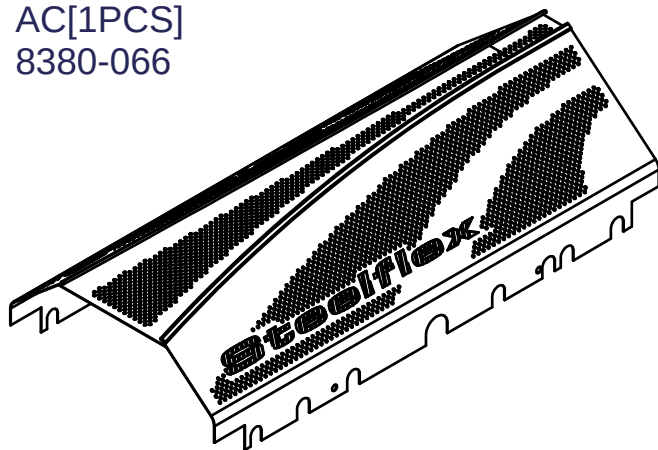
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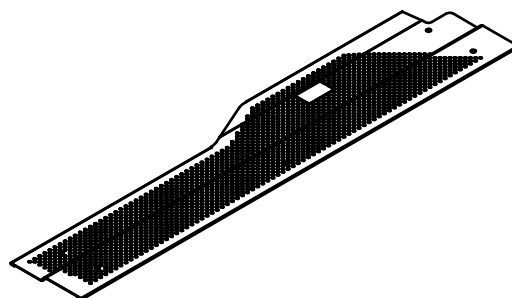
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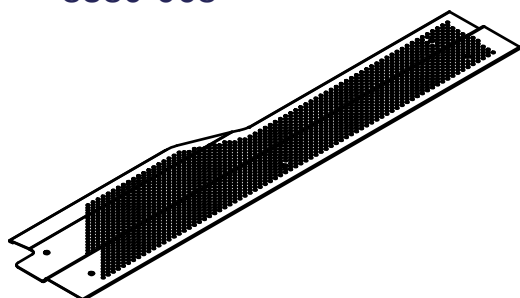
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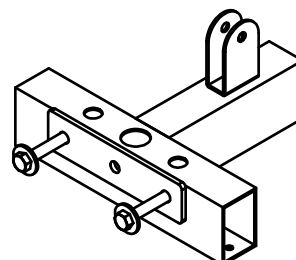
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8380-067



AE[1PCS]
8380-068



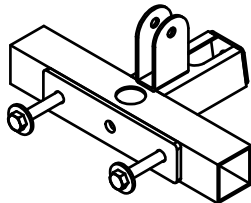
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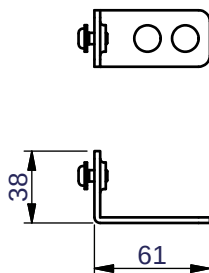
HSP-800 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

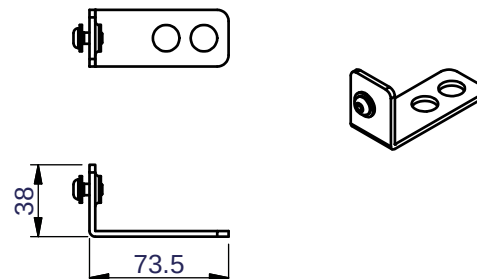
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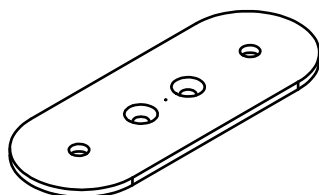
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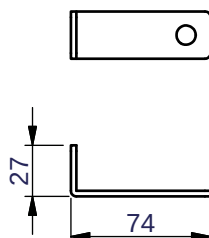
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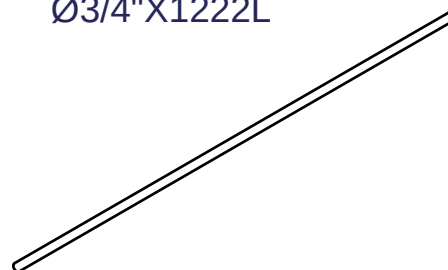
AJ[2PCS]
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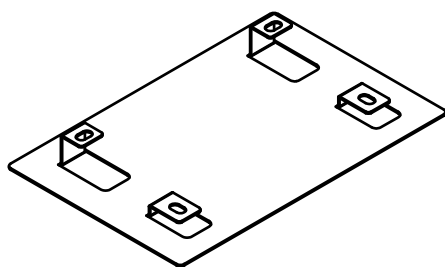
AK[1PCS]
8331-017



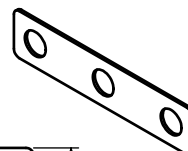
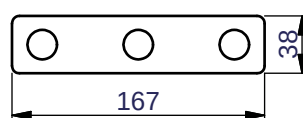
AL1[2PCS]
8280-036
Ø3/4"X1222L



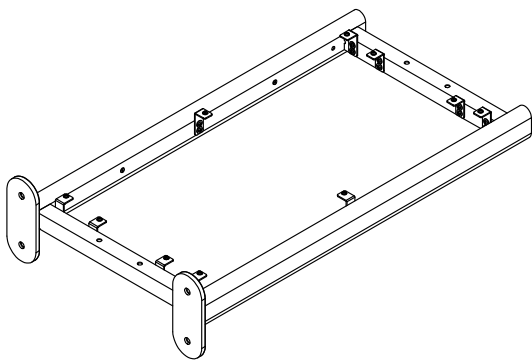
AN[1PCS]
8345-014



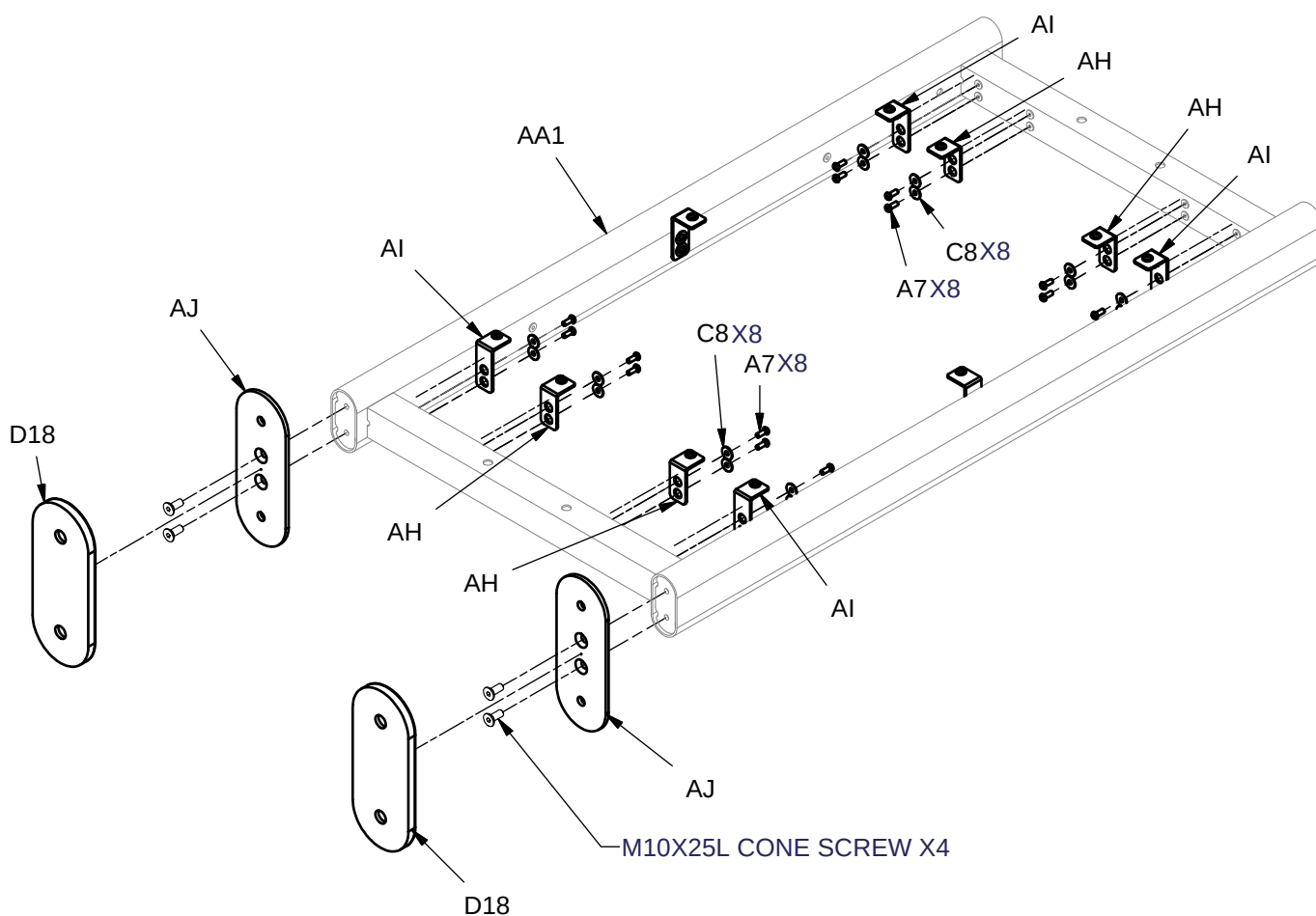
AO[1PCS]
8311-194



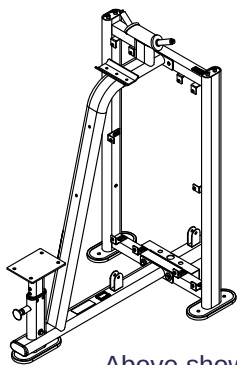
HSP-800 ASSEMBLY INSTRUCTIONS



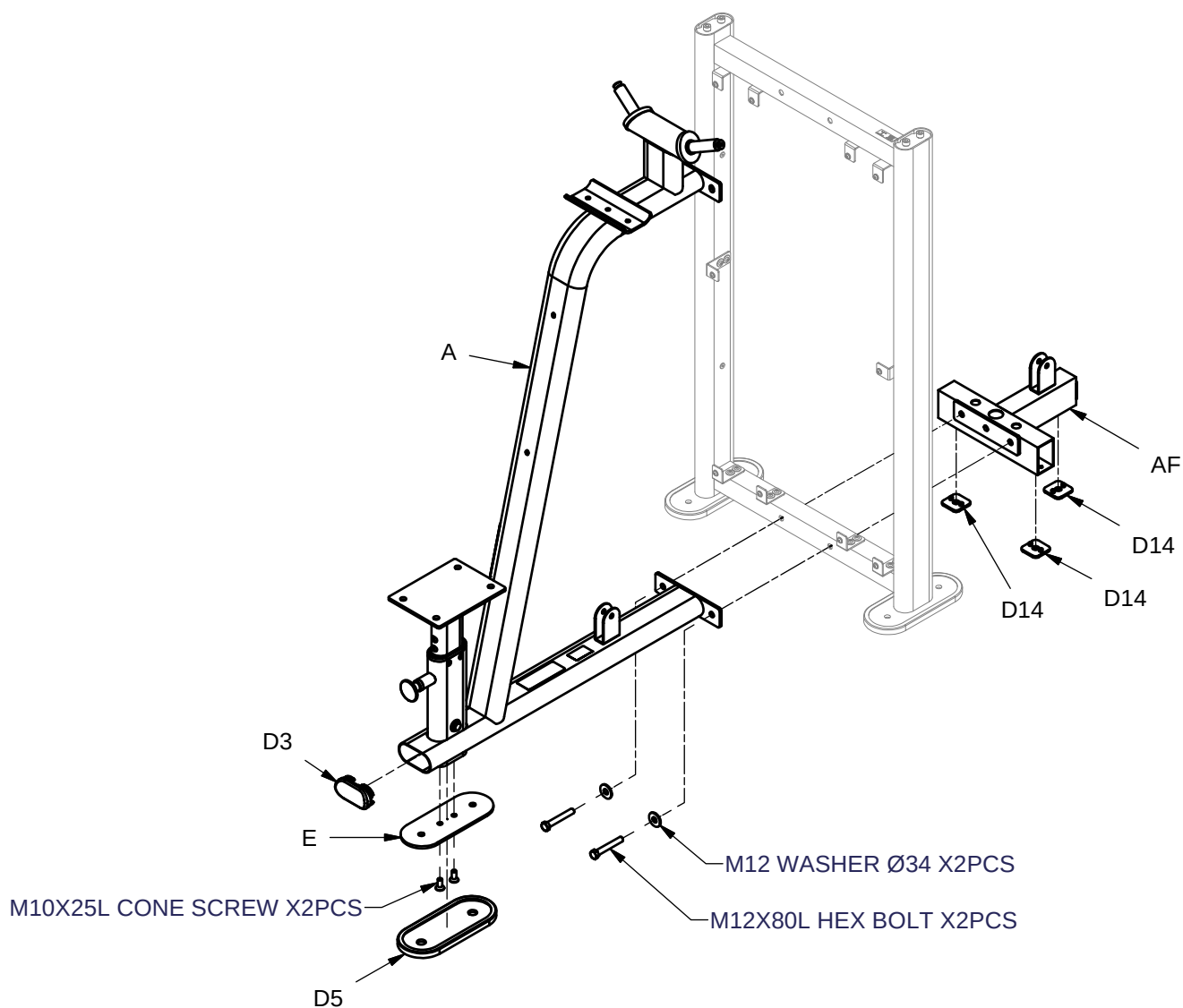
Above shows STEP 1
assembled and completed



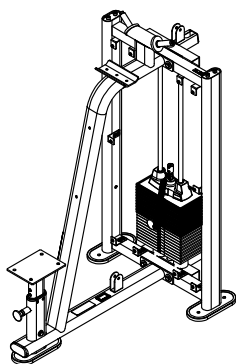
HSP-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed



HSP-800 ASSEMBLY INSTRUCTIONS

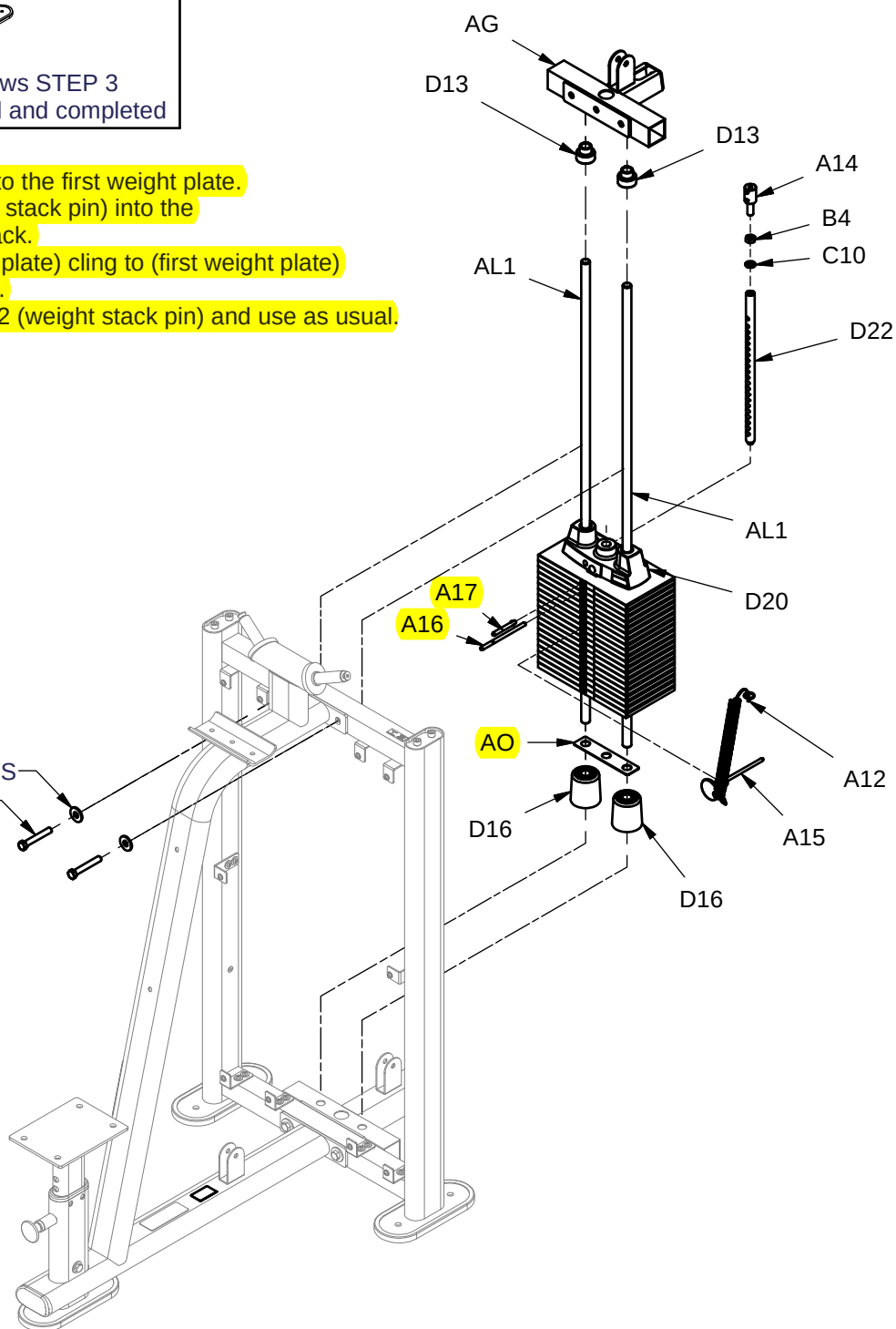


Above shows STEP 3
assembled and completed

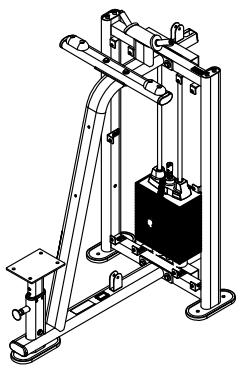
NOTE:

1. Place A16 - 8250-166 (pin) into the first weight plate.
2. Place A15 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D20 8400-006(top plate) cling to (first weight plate) and fix in A17 - 8250-167(pin).
4. Finally remove A15 - 8250-152 (weight stack pin) and use as usual.

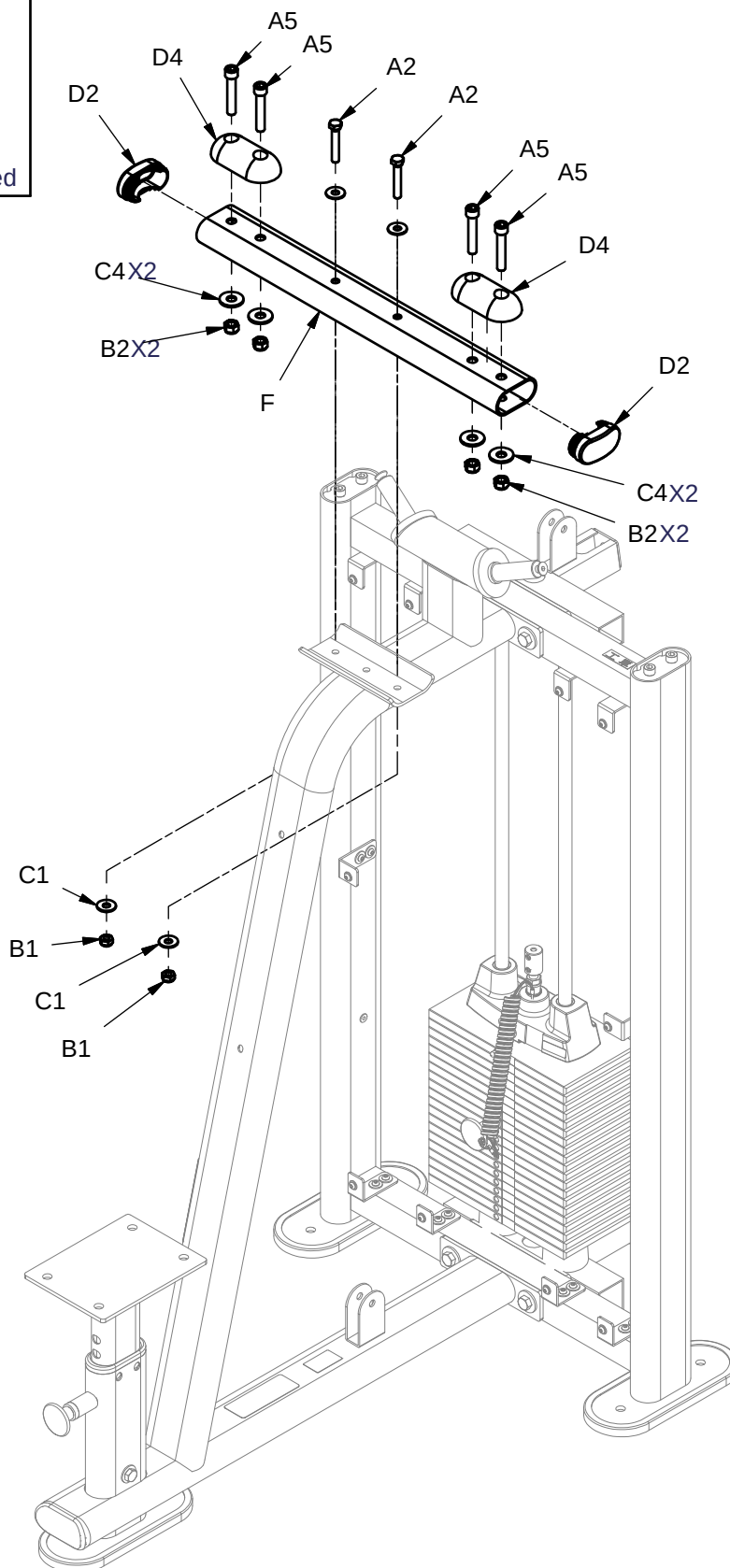
M12 WASHER Ø34 X2PCS
M12X80L HEX BOLT X2PCS



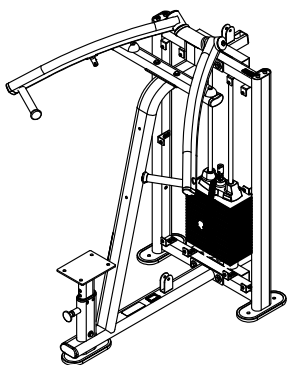
HSP-800 ASSEMBLY INSTRUCTIONS



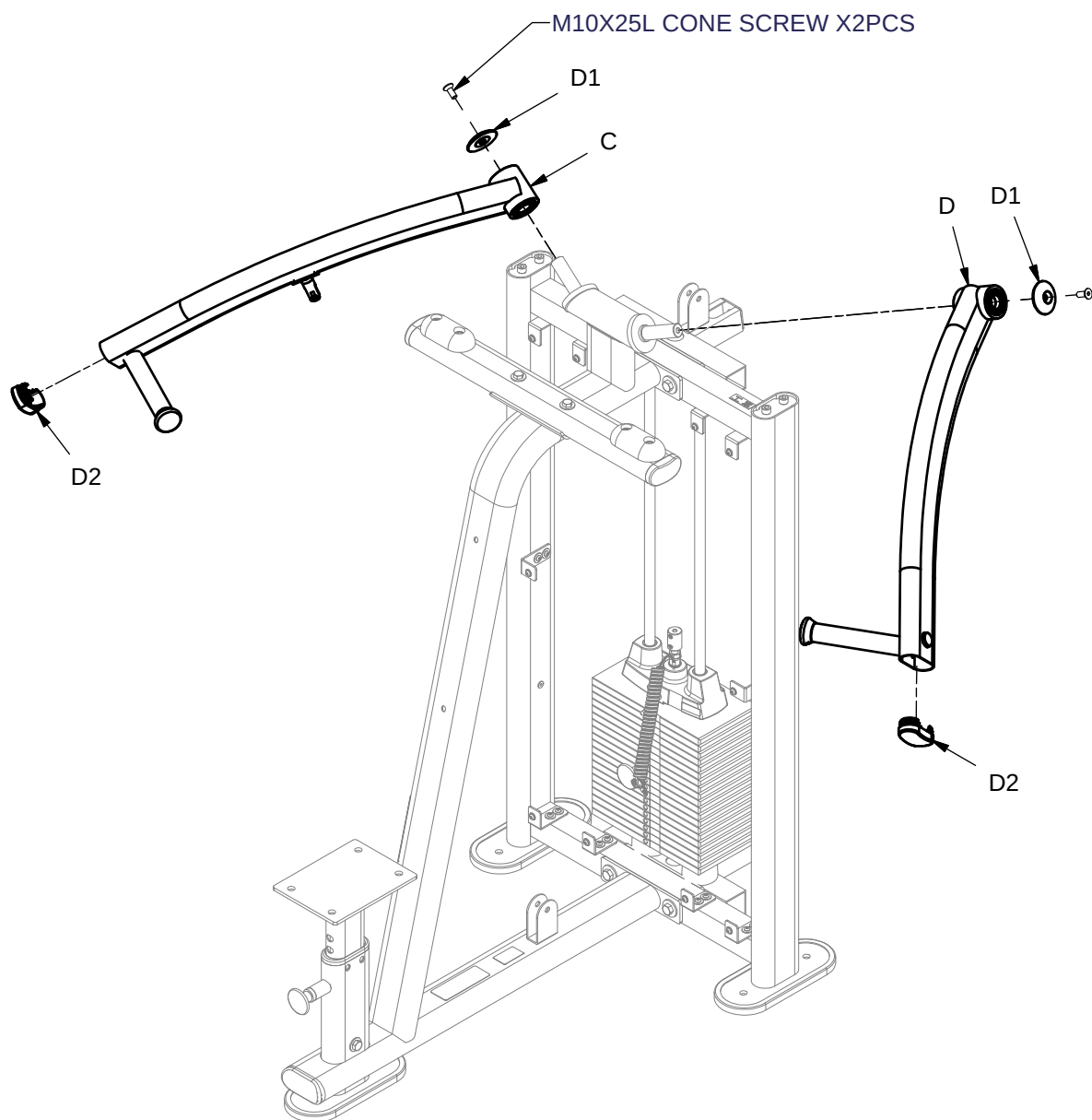
Above shows STEP 4
assembled and completed



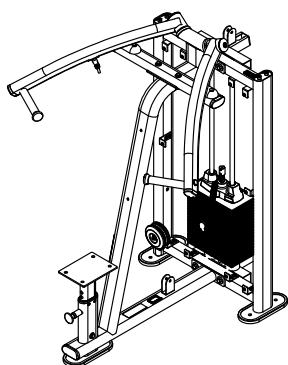
HSP-800 ASSEMBLY INSTRUCTIONS



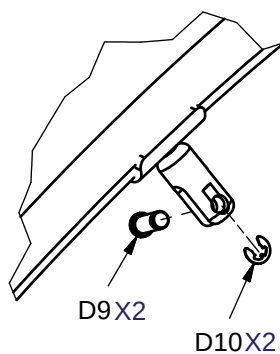
Above shows STEP 5
assembled and completed



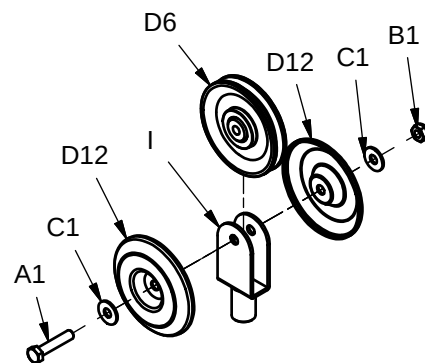
HSP-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

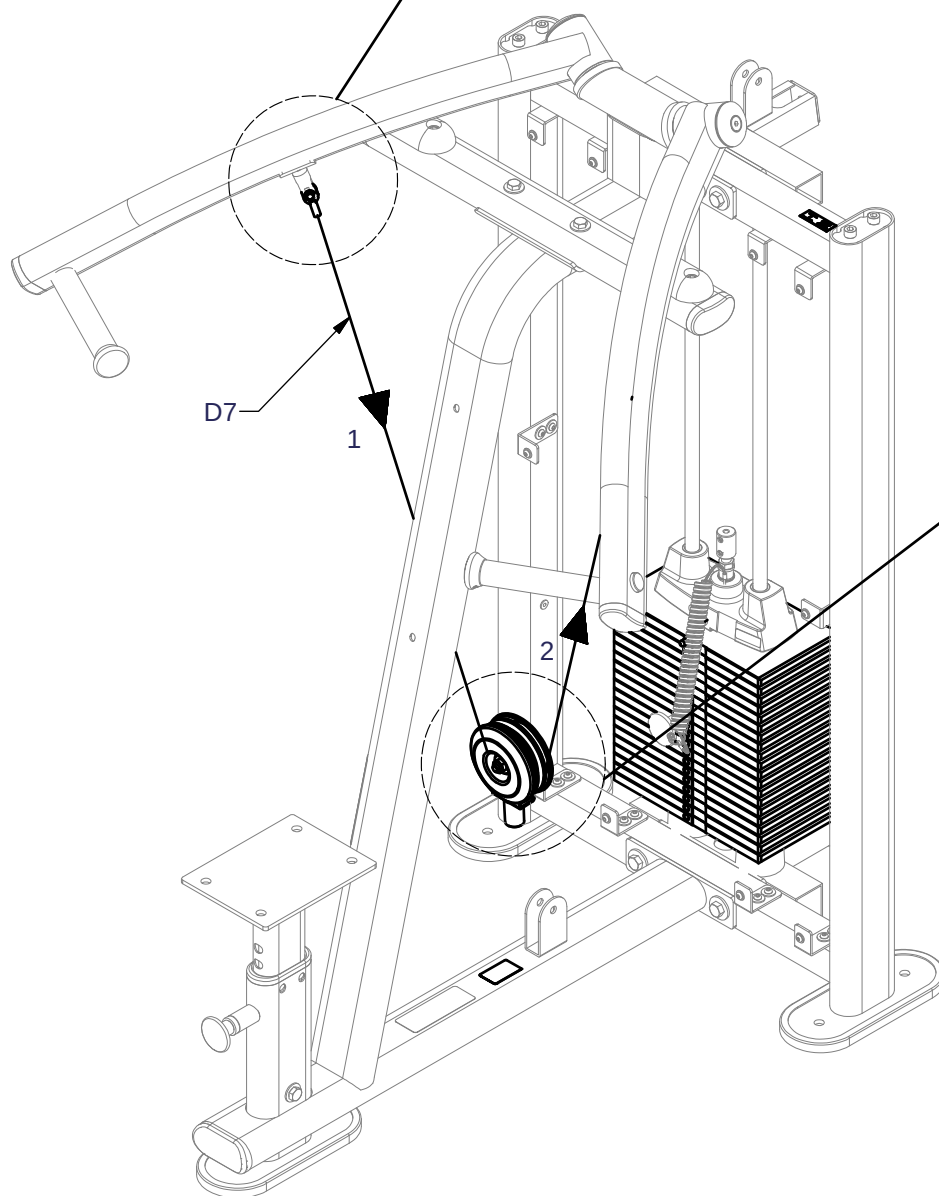


DETAIL VIEW B

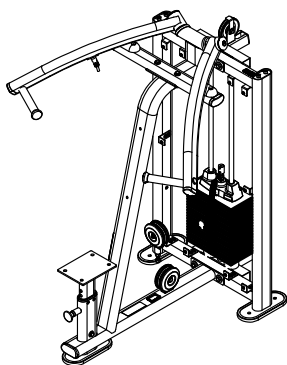


DETAIL VIEW A

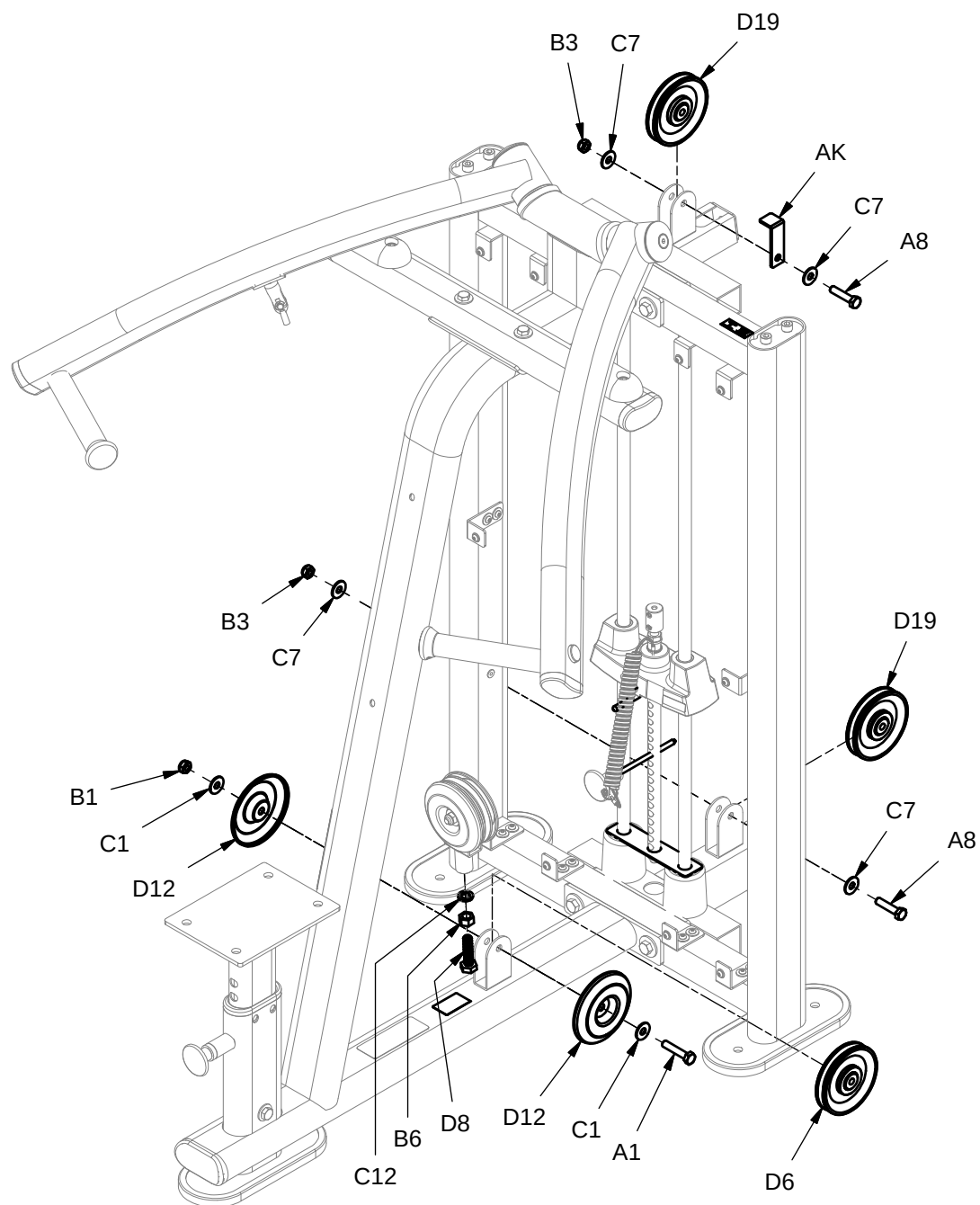
Cable to constitute illustration



HSP-800 ASSEMBLY INSTRUCTIONS

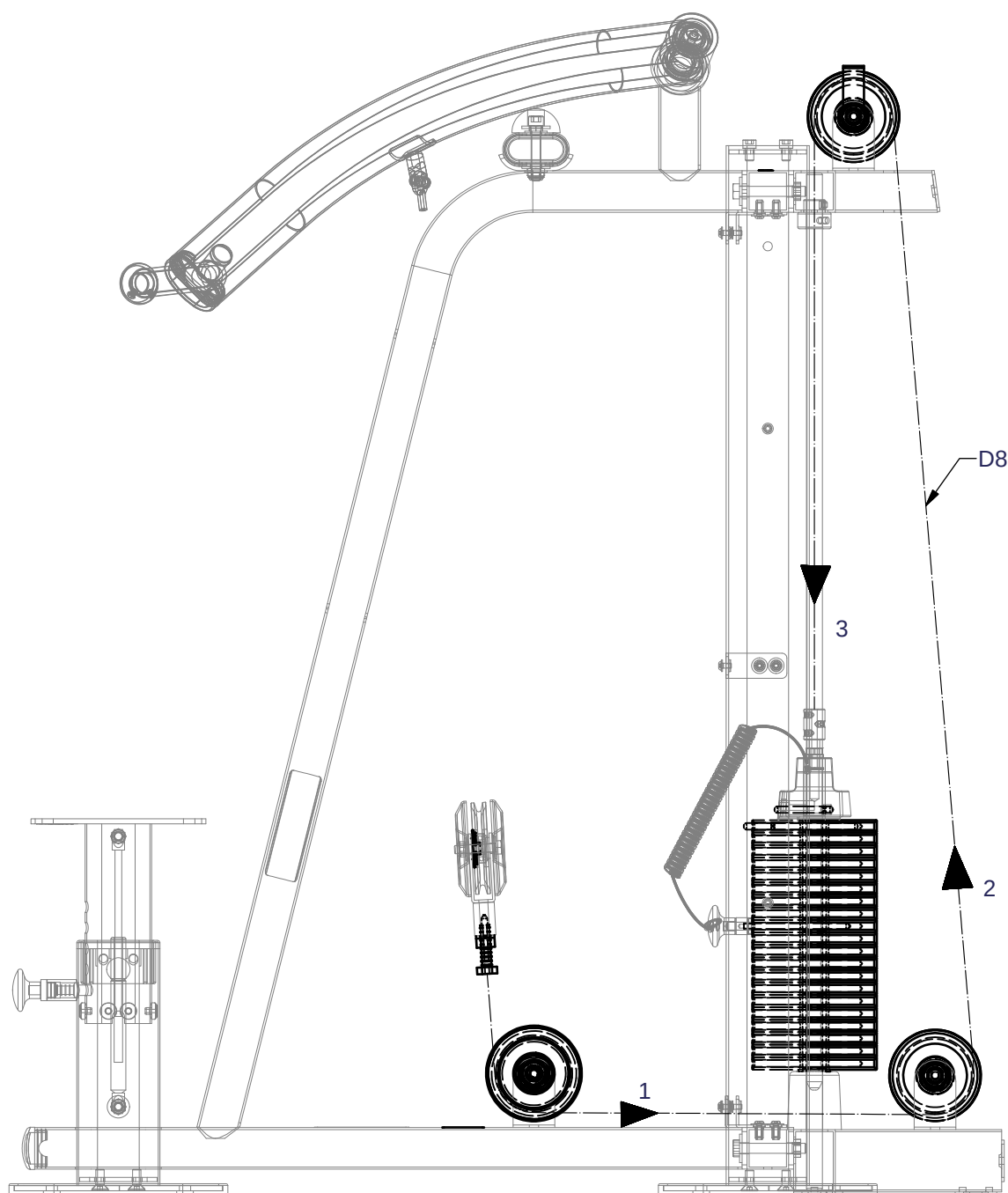


Above shows STEP 7
assembled and completed

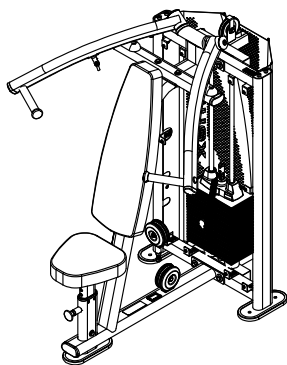


HSP-800 ASSEMBLY INSTRUCTIONS

Cable to constitute illustration



HSP-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed

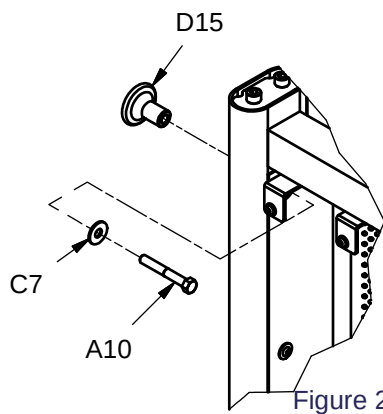
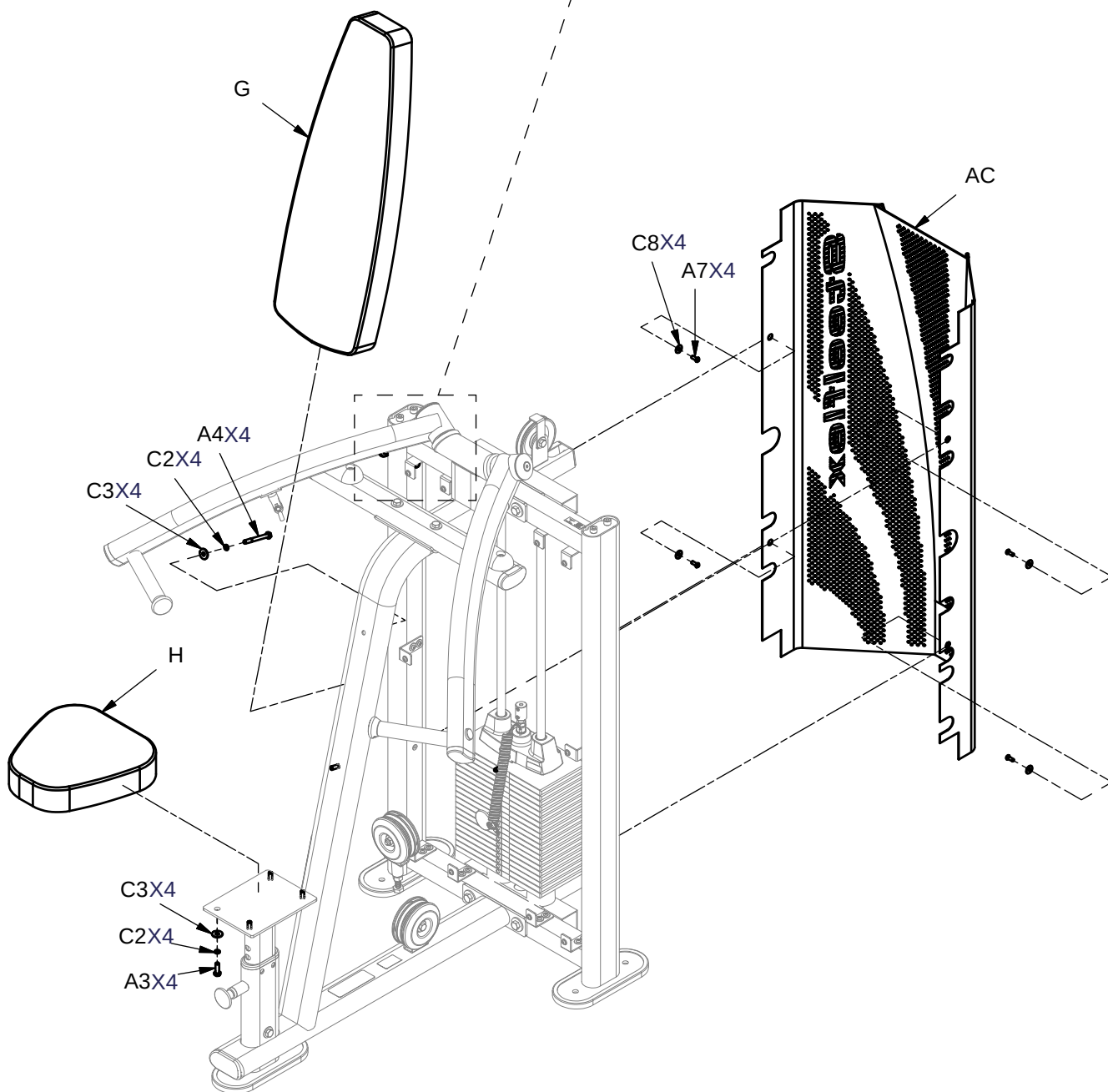
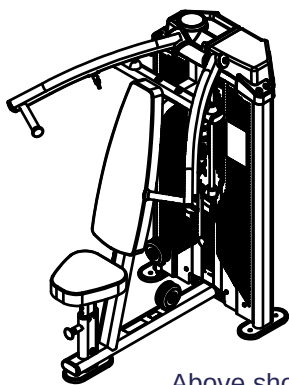


Figure 2



HSP-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

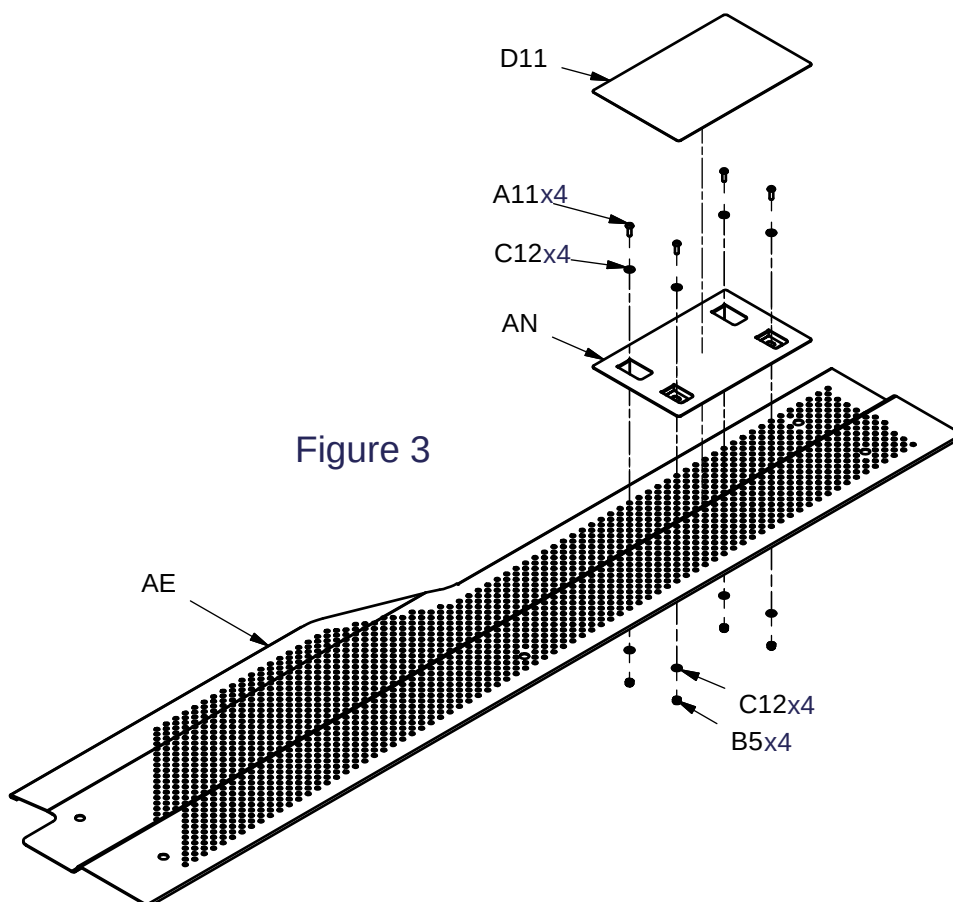
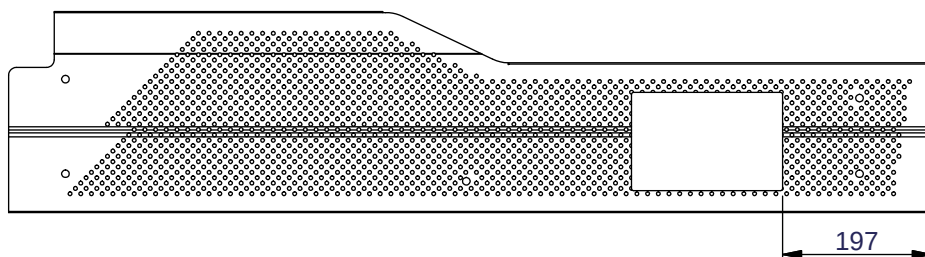
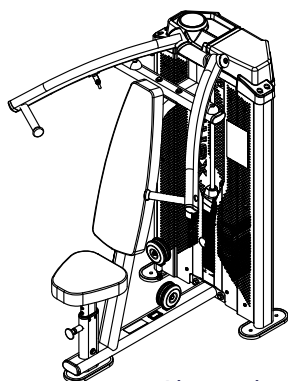


Figure 3

HSP-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed

M10X15L ROUND ALLEB BOLT X4PCS

AB

AD

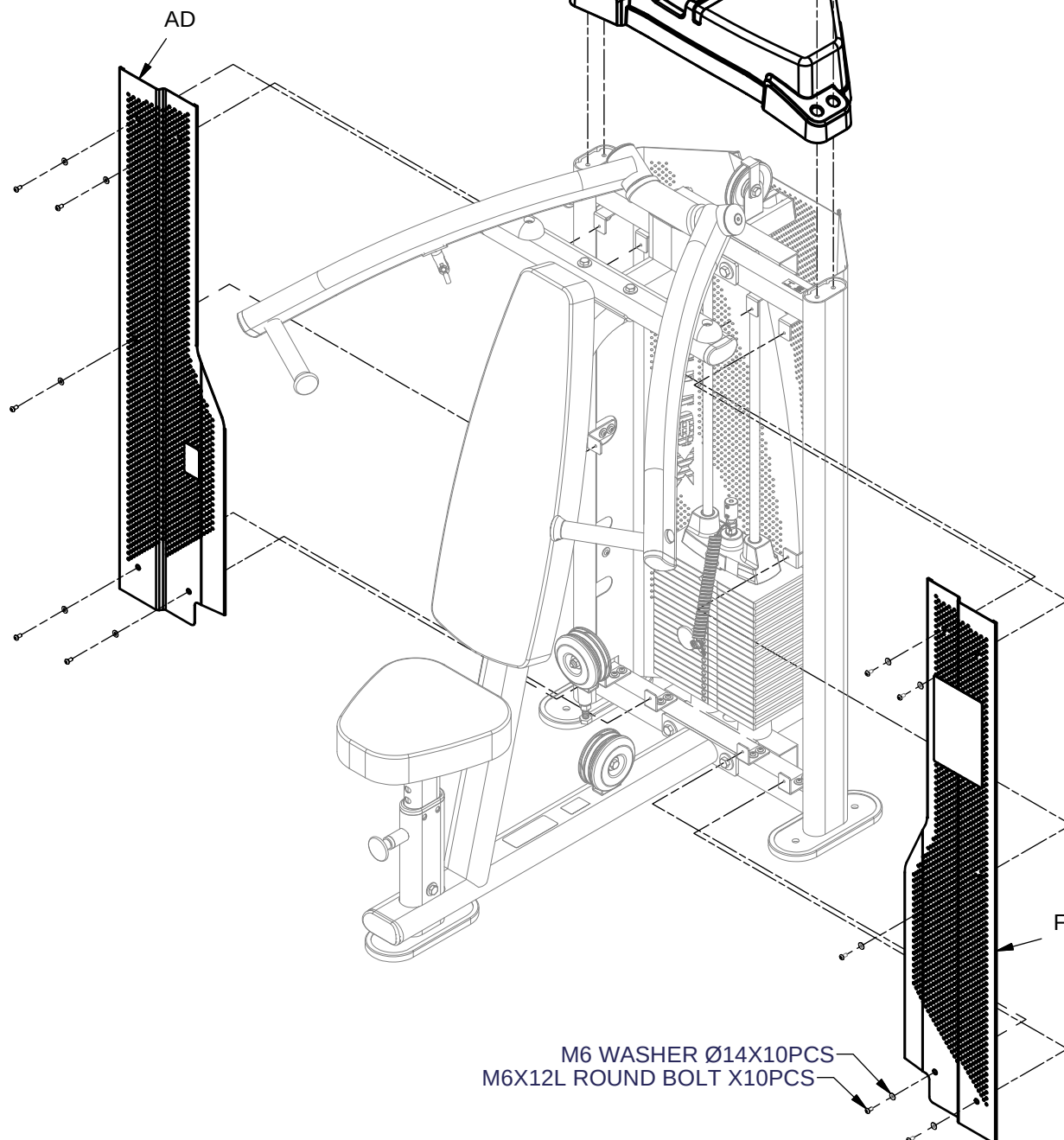


Figure 3

M6 WASHER Ø14X10PCS
M6X12L ROUND BOLT X10PCS

HOPE ASSEMBLY INSTRUCTIONS

DECAL REFERENCE

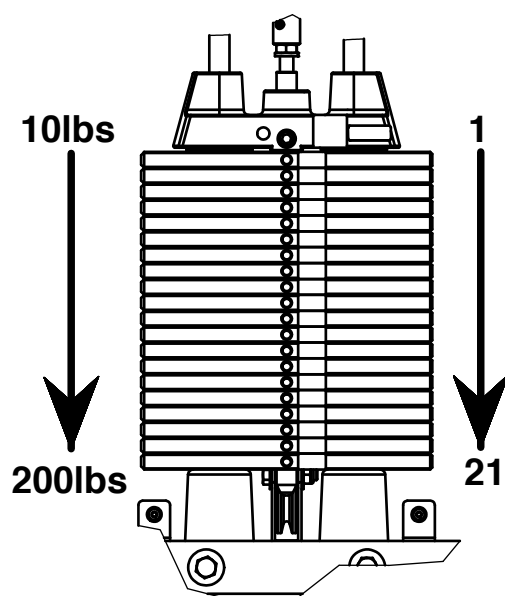
MAINTENANCE SCHEDULE

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.

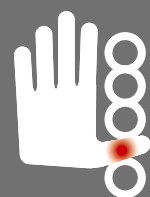
9440-259

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