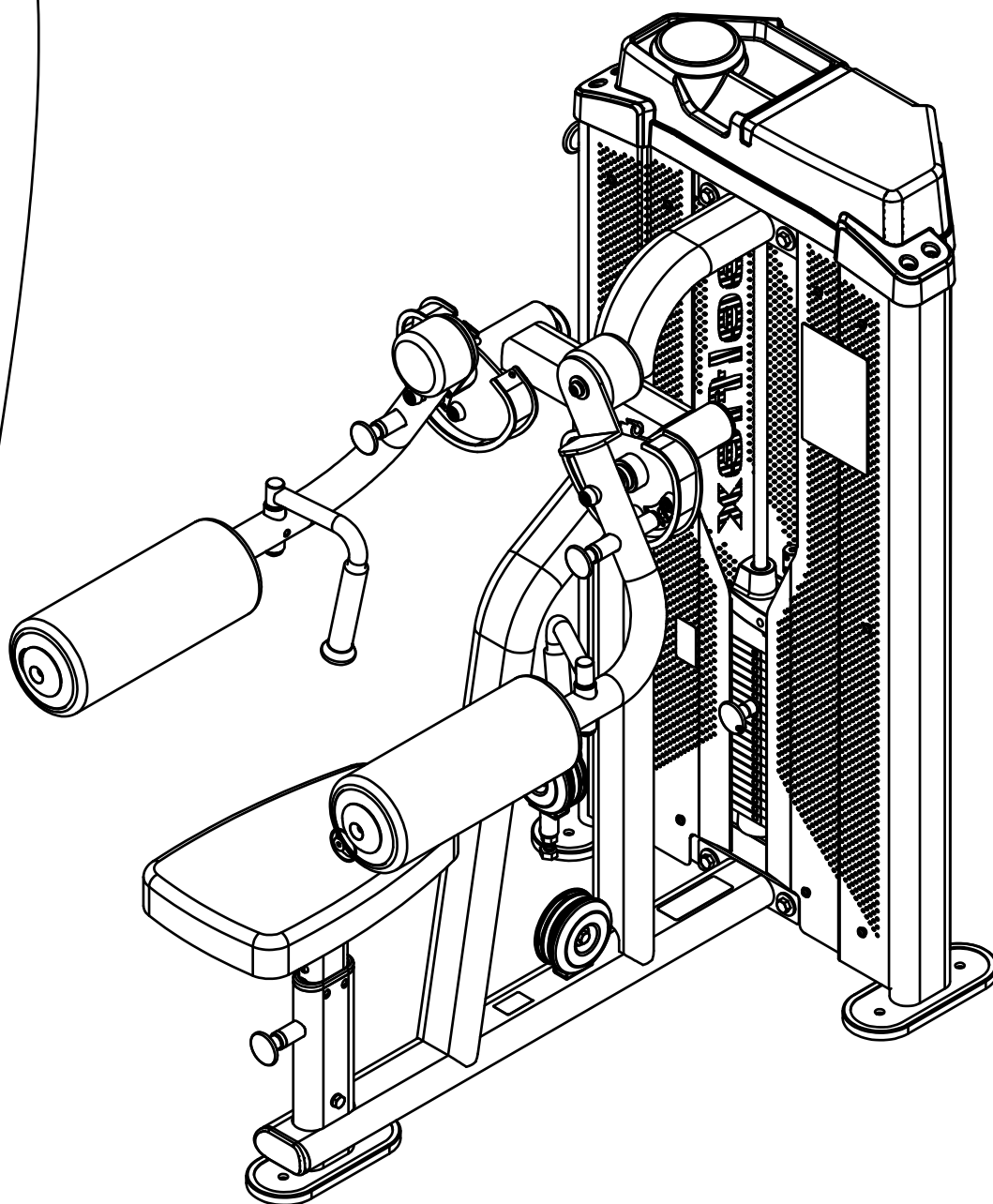


HDR-1300.3



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

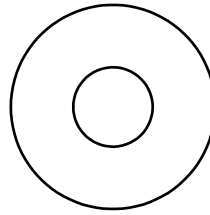
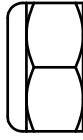
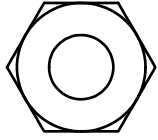
Fax: 886-2-27229750

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HDR-1300.3 OWNER'S MANUAL

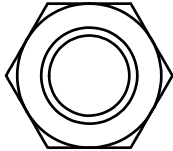
HDR1300 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

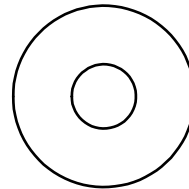


(B1)NYLON LOCK NUT M10 QTY.2

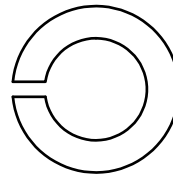
(C1)M10(I.D.)FLAT WASHER Ø27 QTY.4



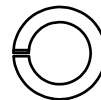
(B2)1/2"NUT-13UNC QTY.1



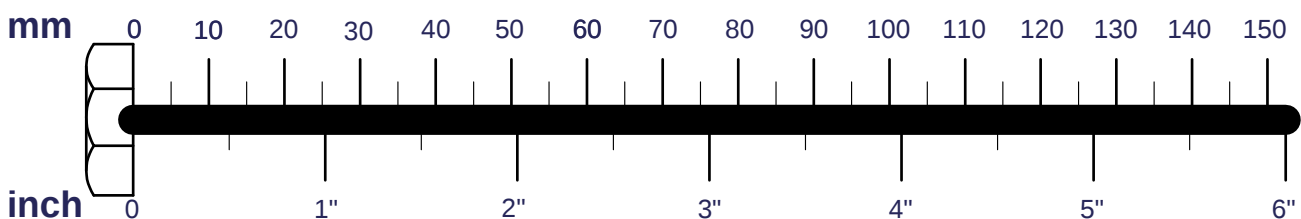
(C3)M8(I.D.)FLAT WASHER Ø24 QTY.4



(C5)SPRING WASHER 1/2" QTY.1

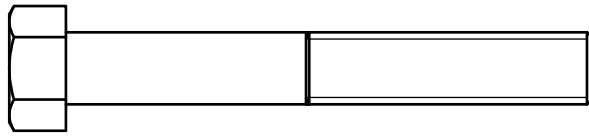
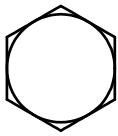


(C6)SPRING WASHER M8 QTY.4

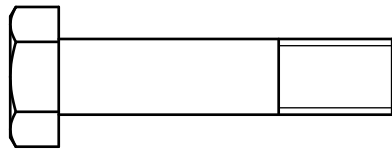
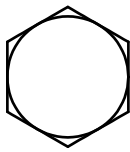


HDR1300 ASSEMBLY INSTRUCTIONS

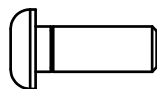
FRAME HARDWARE ILLUSTRATION



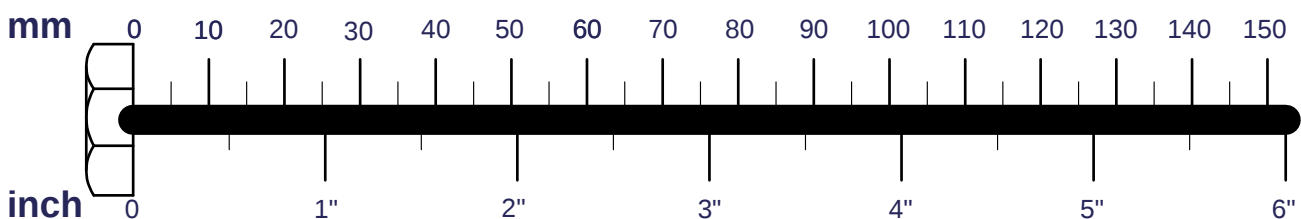
(AA2)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1



(AA3)HEX BOLT M10X45L PARTIAL THREAD QTY.2

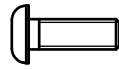


(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.24

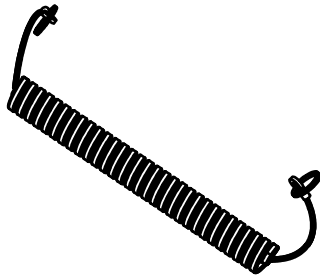


HDR1300 ASSEMBLY INSTRUCTIONS

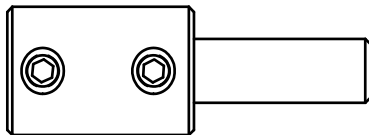
FRAME HARDWARE ILLUSTRATION



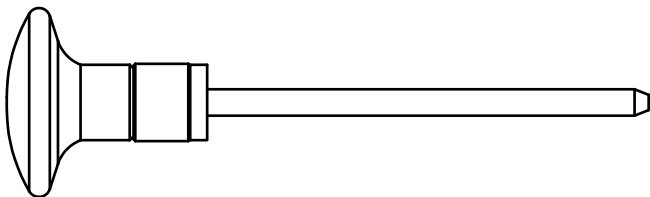
(AA5)ROUND INNER HEX SCREW M4x12L PARTIAL THREAD QTY.4



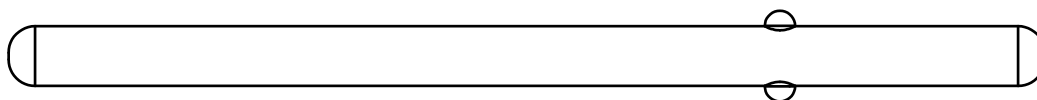
(AA7)ELASTIC BELT QTY.1



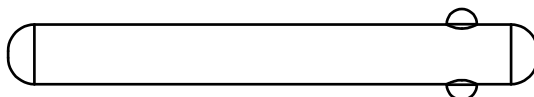
(AA8)RT3(8260-009) QTY.1



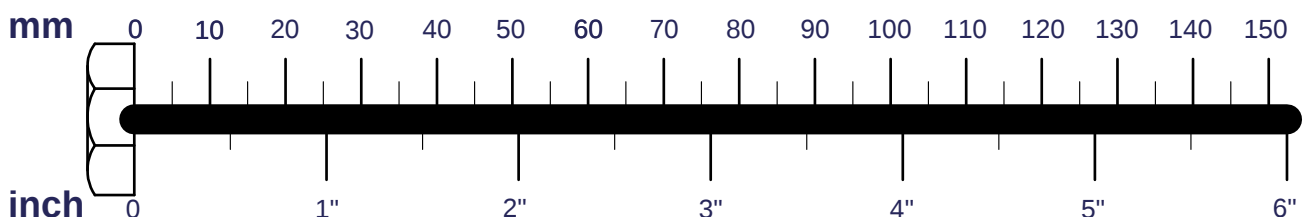
(AA9)20LB PIN (8250-152) QTY.1



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

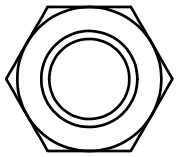


(AA11)Ø5/16" FIXED PIN (8250-167) QTY.1

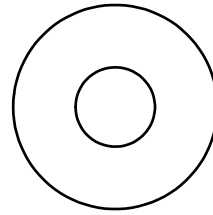


HDR1300 ASSEMBLY INSTRUCTIONS

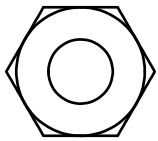
HARDWARE ILLUSTRATION



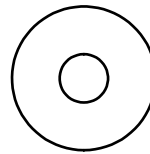
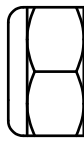
(BB1)1/2"NUT-13UNC QTY.1



(CC1)M10(I.D.)FLAT WASHER Ø27 QTY.5



(BB2)NYLON LOCK NUT M10 QTY.2



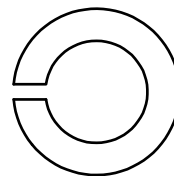
(CC2)M6(I.D.)FLAT WASHER Ø19 QTY.24



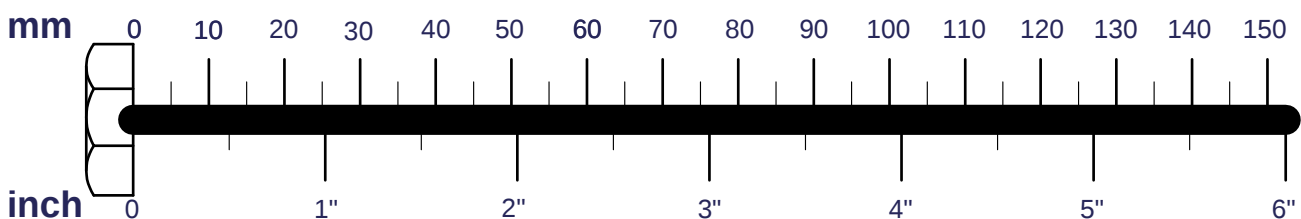
(BB3)NYLON LOCK NUT M4 QTY.4



(CC3)M4(I.D.)FLAT WASHER Ø10 QTY.8



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

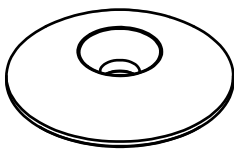


HDR1300 ASSEMBLY INSTRUCTIONS

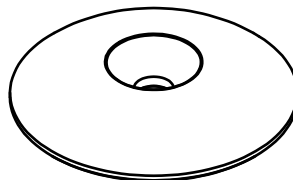
HARDWARE ILLUSTRATION

D1.Ø60 CAP COVER(8130-231)-----	[2PCS]
D2.Ø76 CAP COVER(8130-236)-----	[2PCS]
D3.Ø38XØ26X1.5t CU WSAHER(8520-008)-----	[4PCS]
D4.50X100X2.0tX30H END CAP(9211-114)-----	[1PCS]
D5.Ø116X17 CAP COVER (9211-173)-----	[4PCS]
D6.Ø1" RUBBER PAD(9212-019)-----	[2PCS]
D7.Ø120XØ52X3t NYLON WASHER(9214-039)-----	[4PCS]
D8.108X14.5tX263L RUBBER PAD(9310-075)-----	[1PCS]
D9.1930mm STEEL CABLE(FHDR1300A)-----	[1PCS]
D10.2900mm STEEL CABLE(FHDR1300B1)-----	[1PCS]
D11.Ø110X22 PULLEY (9213-002B)-----	[2PCS]

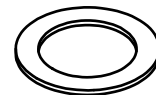
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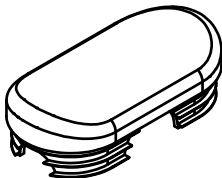
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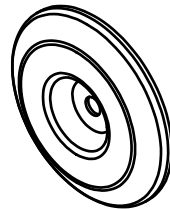
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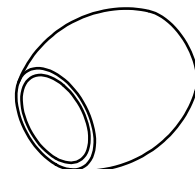
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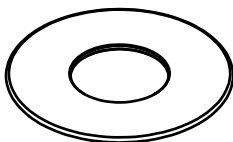
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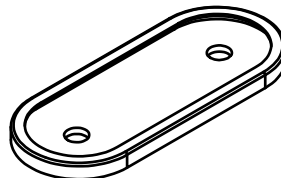
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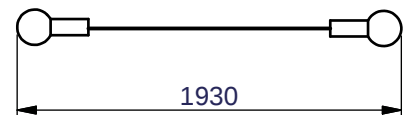
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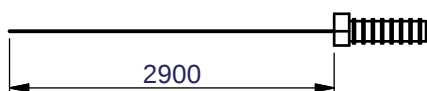
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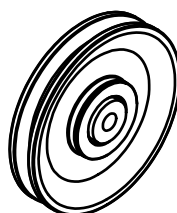
D9.



D10.



D11.



HDR1300 ASSEMBLY INSTRUCTIONS

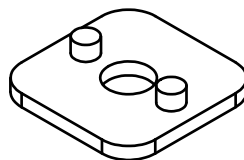
FARME HARDWARE ILLUSTRATION

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]

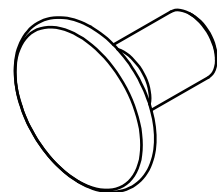
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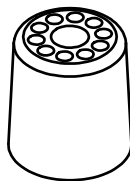
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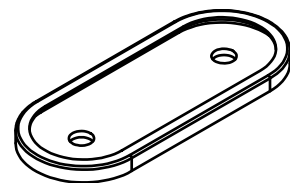
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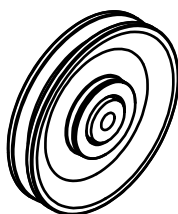
DD4.



DD6.



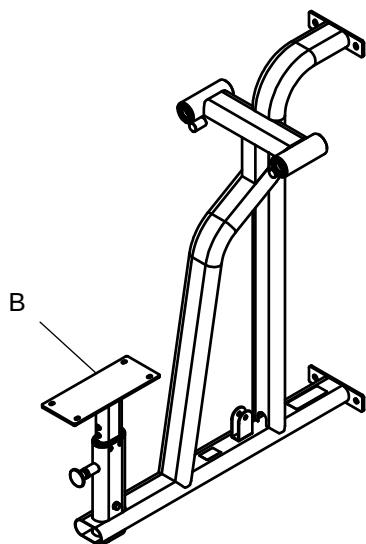
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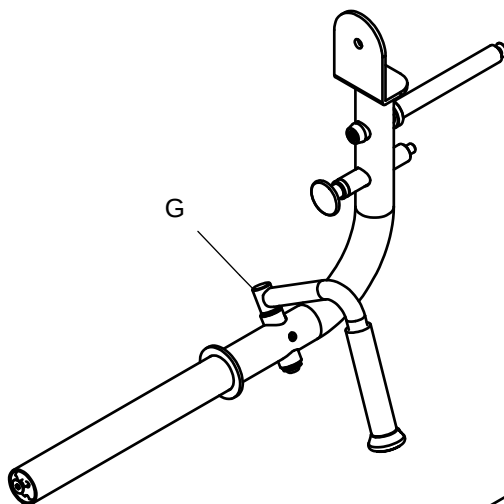
HDR1300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

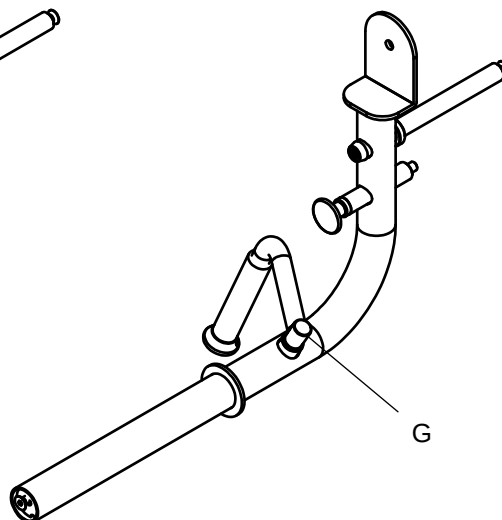
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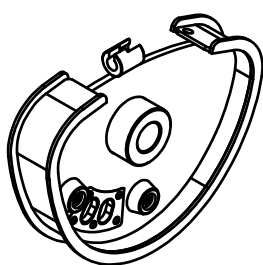
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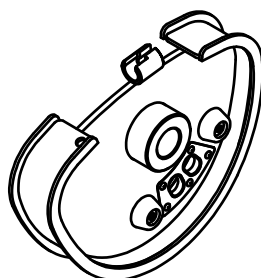
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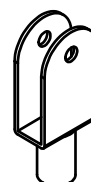
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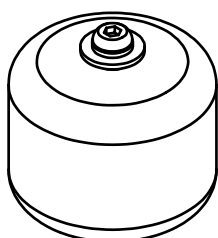
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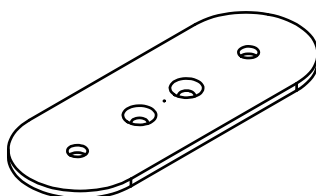
H [1SET]
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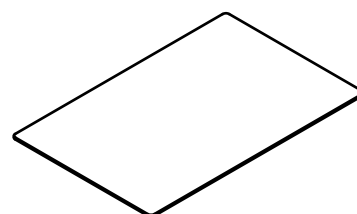
I [2SET]
8230-027



J [1PCS]
8313-188

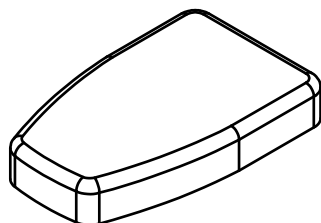


K [1PCS]
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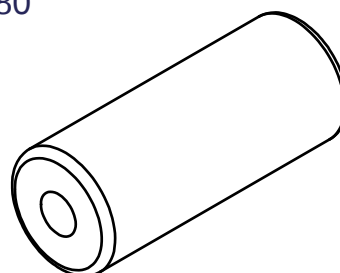


PARTS ILLUSTRATION SHEET

L [1SET]
9121-099



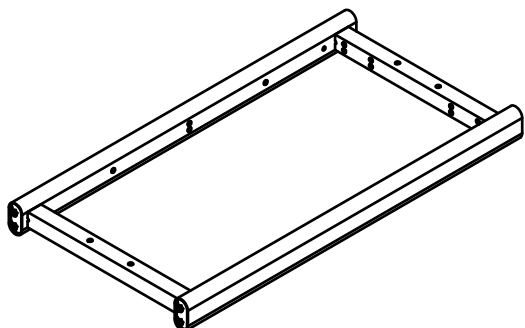
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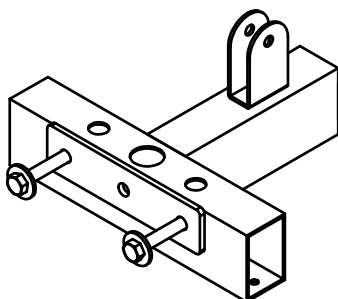
HDR1300 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

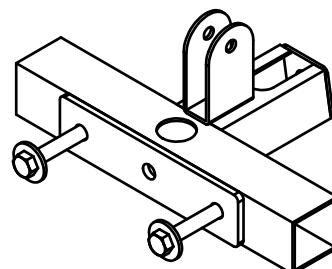
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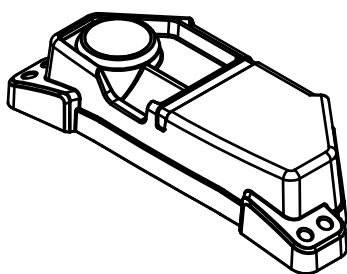
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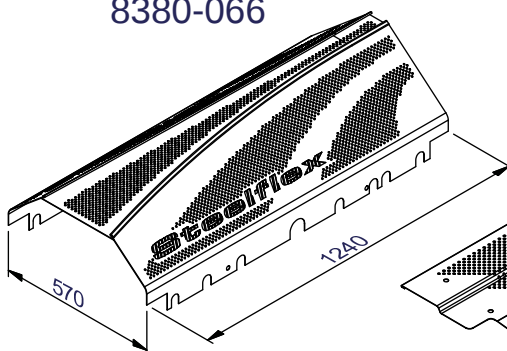
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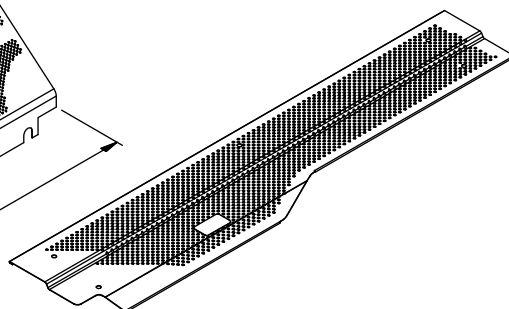
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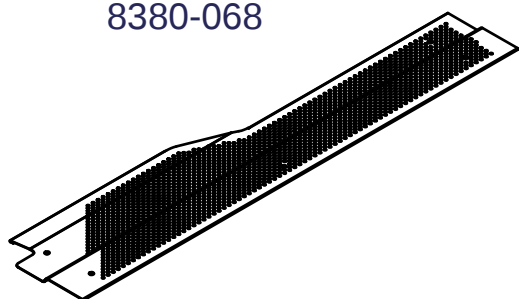
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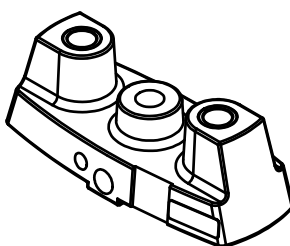
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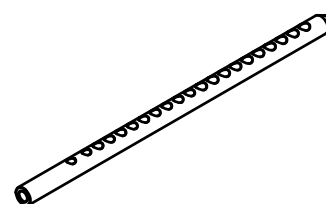
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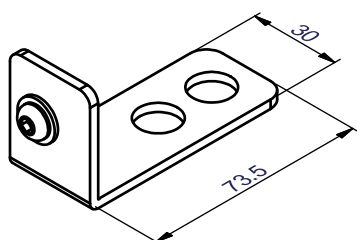
AH [1SET]
8400-006



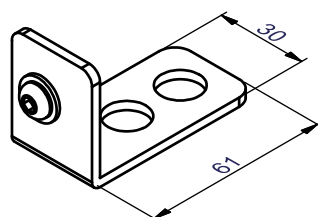
AI1 [1PCS]
8210-191
Ø3/4"X400L



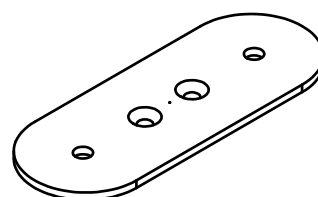
AJ[6SET]
8331-064



AK[4SET]
8331-065



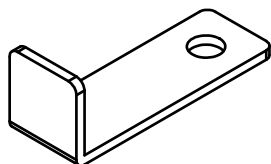
AL[2PCS]
8313-188



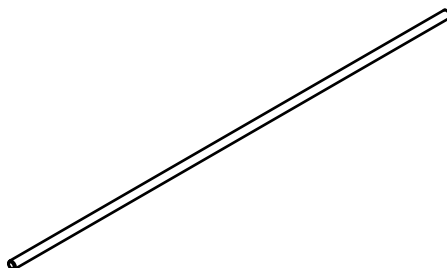
HDR1300 ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

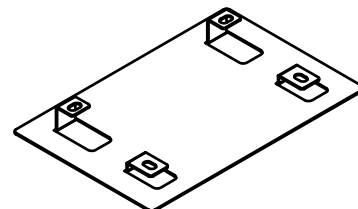
AM [1PCS]
8331-017



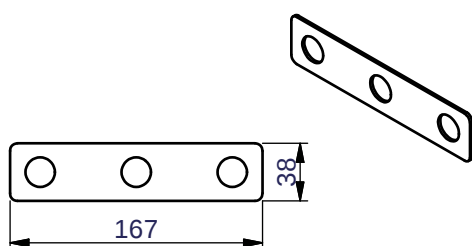
AN1 [2PCS]
8280-036
Ø3/4"X1222L



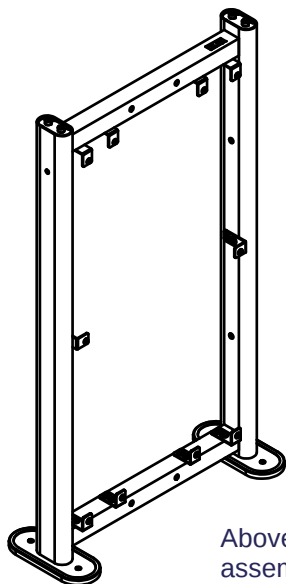
AO [1PCS]
8345-014



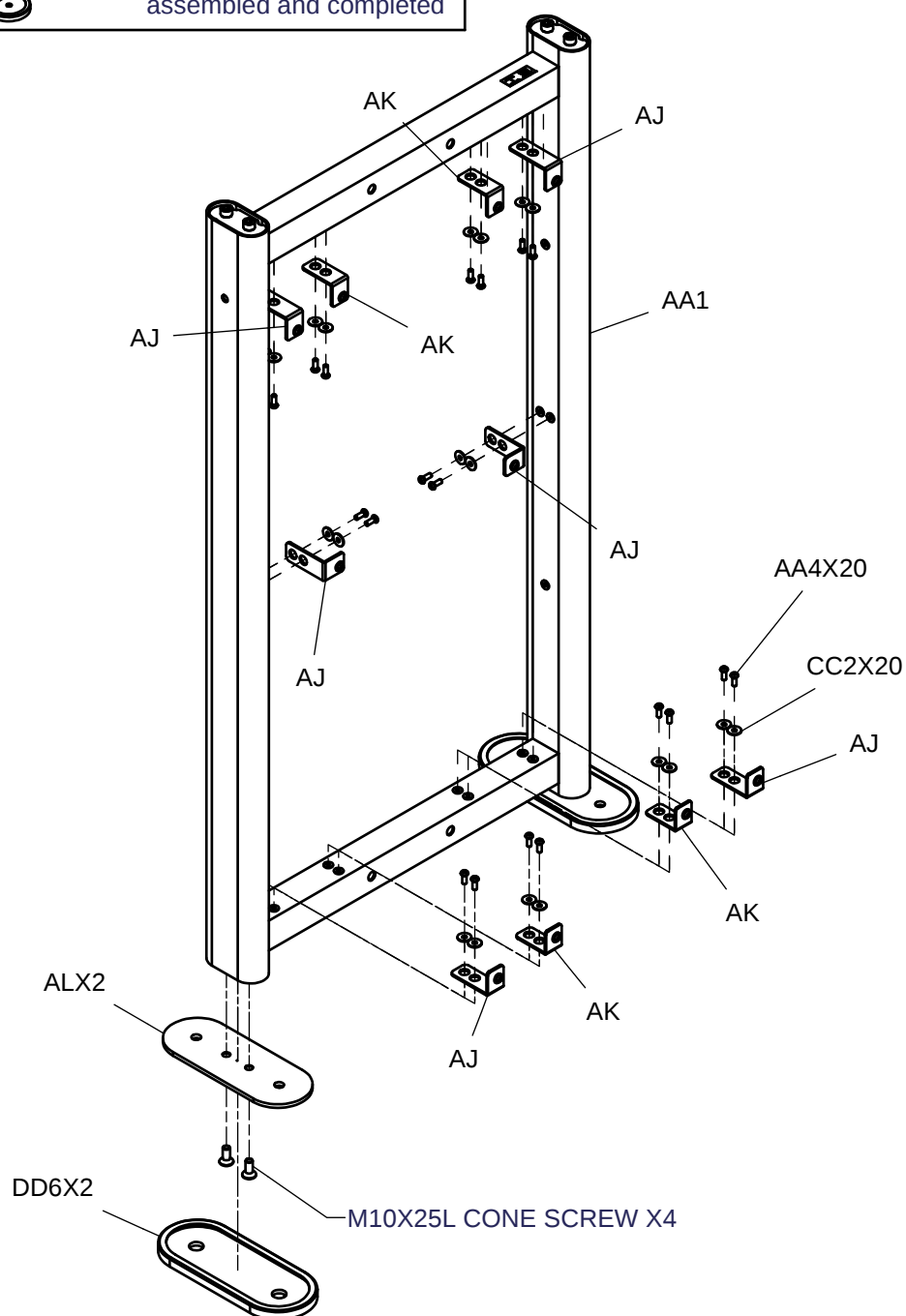
AP[1PCS]
8311-194



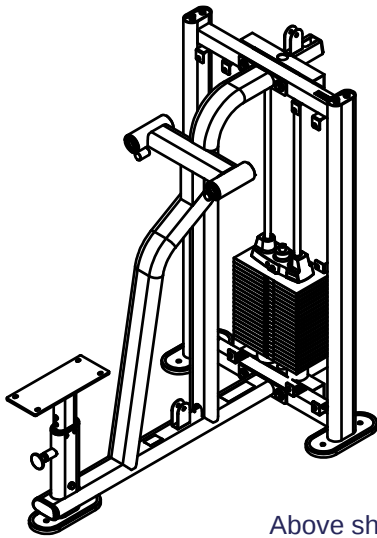
HDR1300 ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



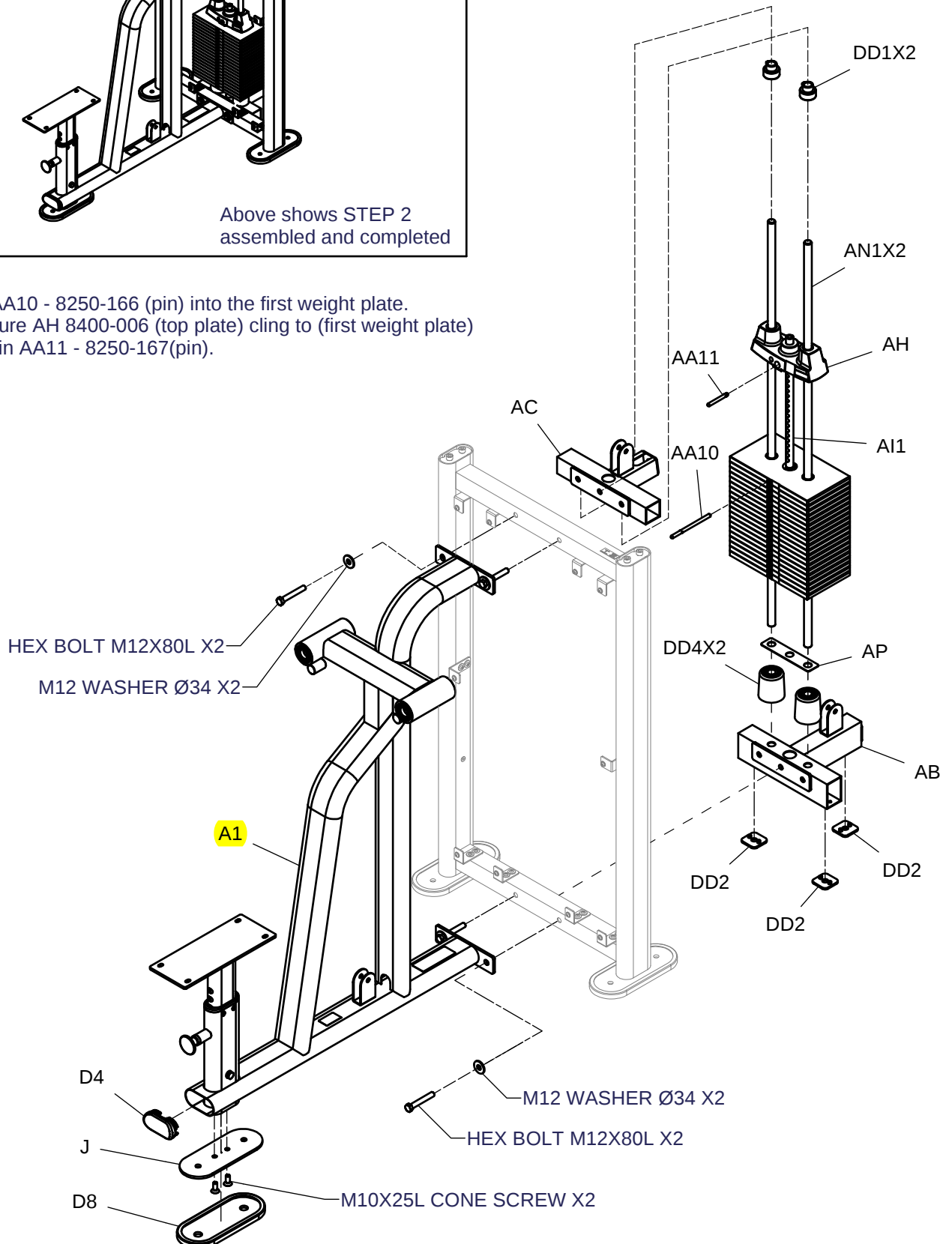
HDR1300 ASSEMBLY INSTRUCTIONS



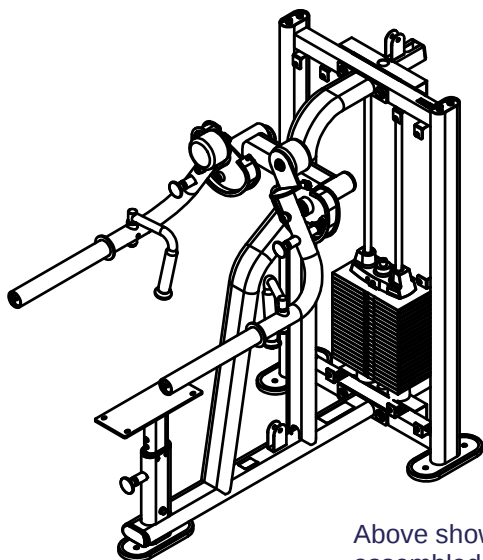
Above shows STEP 2
assembled and completed

NOTE:

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

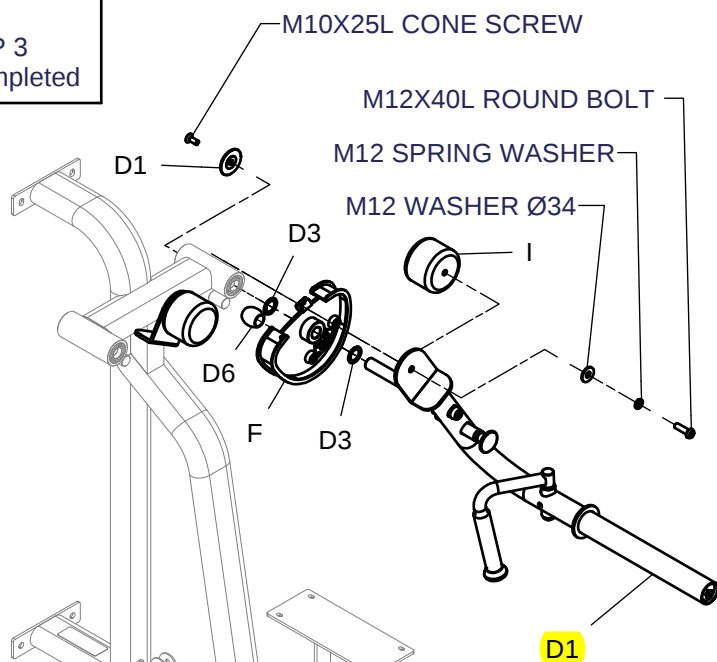


HDR1300 ASSEMBLY INSTRUCTIONS

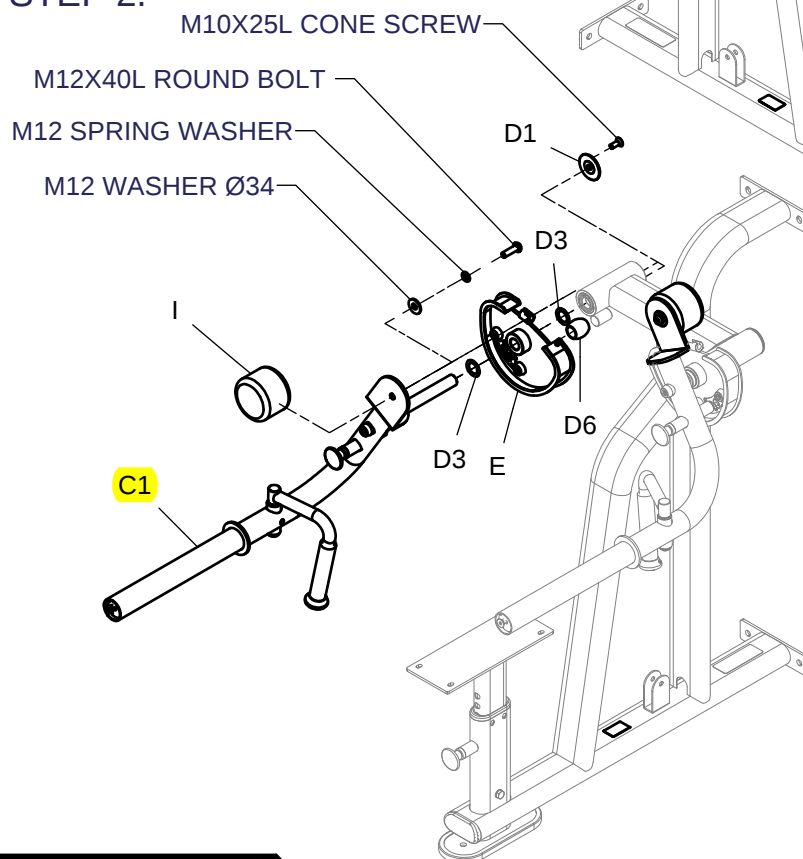


Above shows STEP 3
assembled and completed

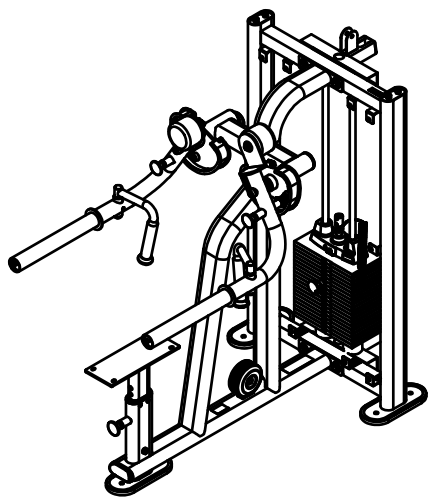
STEP 1.



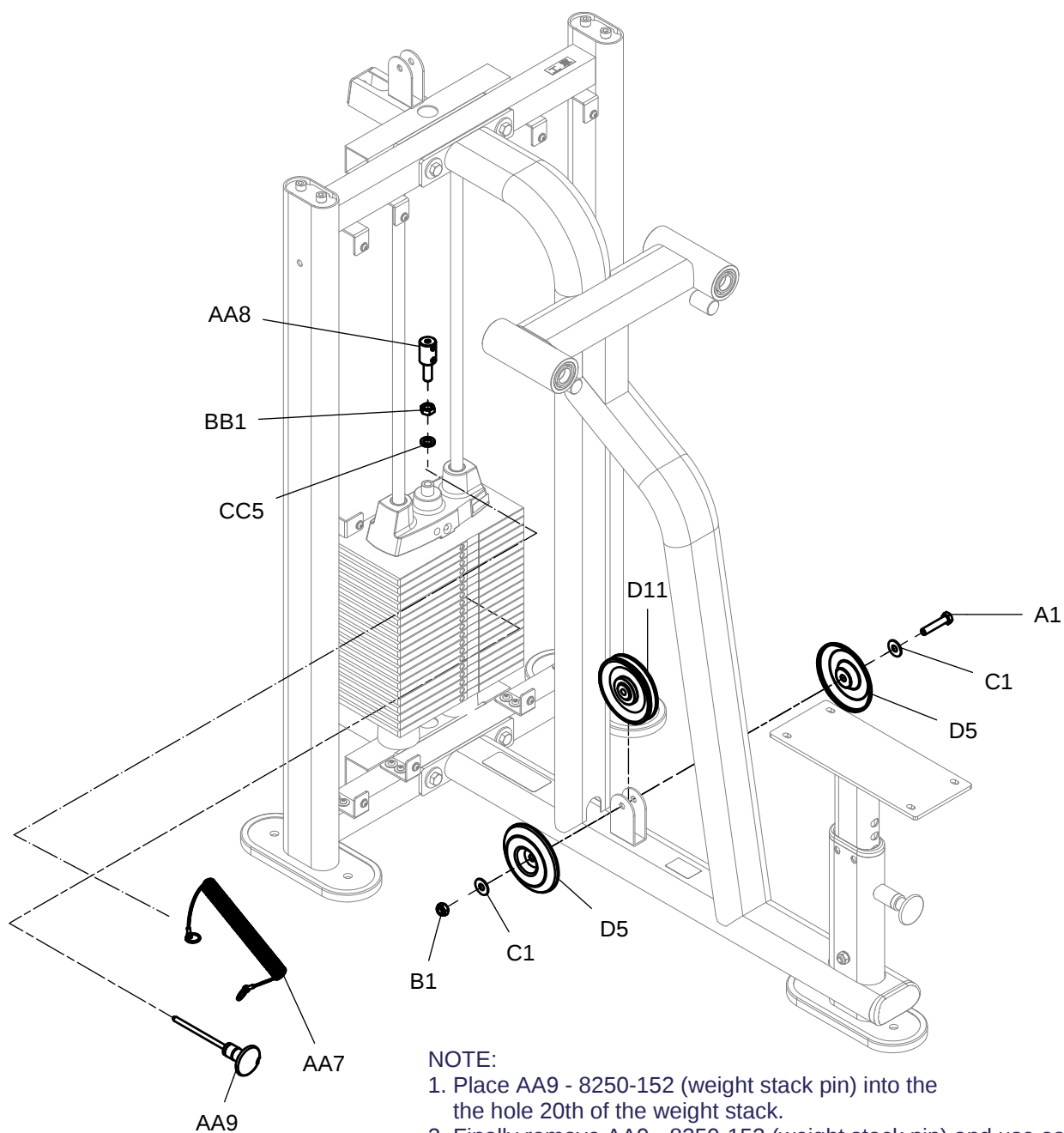
STEP 2.



HDR1300 ASSEMBLY INSTRUCTIONS



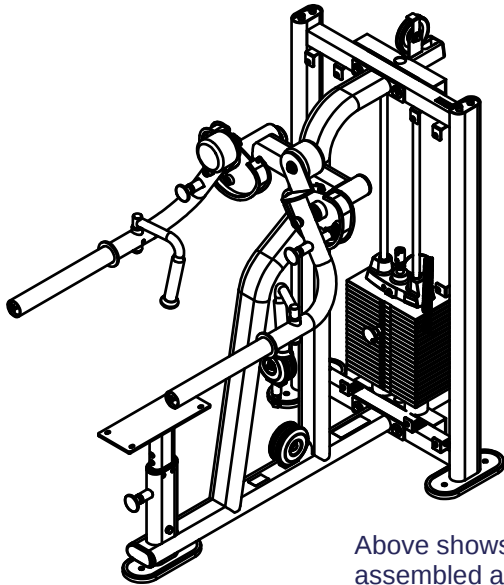
Above shows STEP 4
assembled and completed



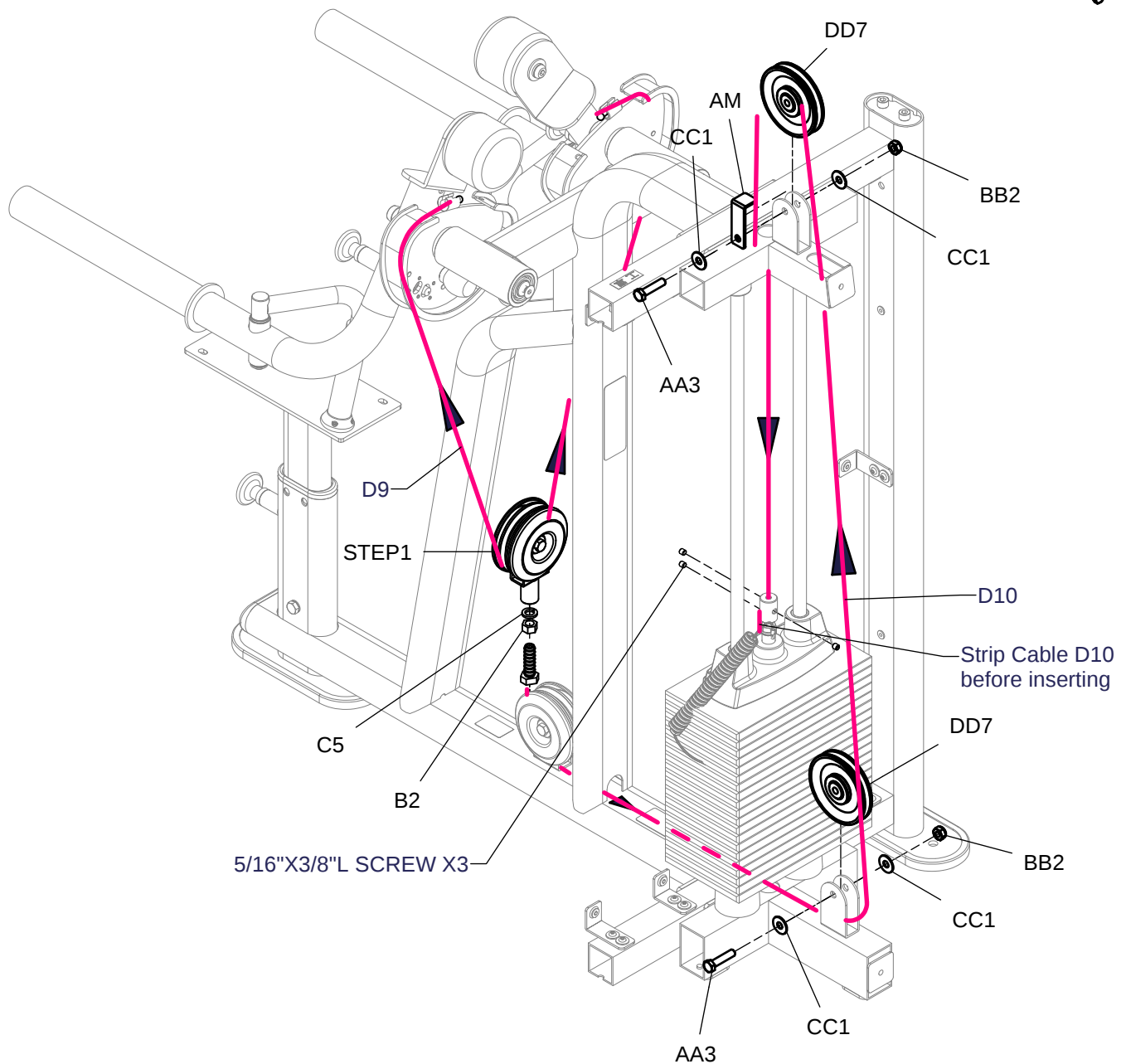
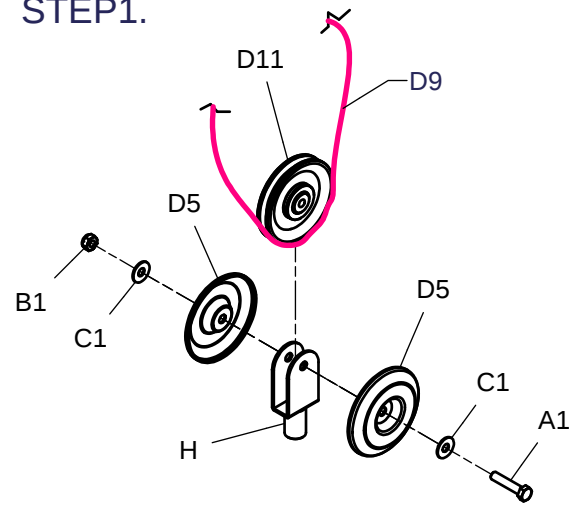
NOTE:

1. Place AA9 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
2. Finally remove AA9 - 8250-152 (weight stack pin) and use as usual.

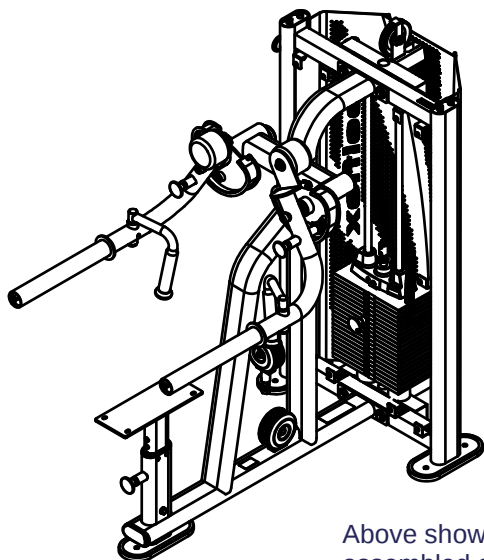
HDR1300 ASSEMBLY INSTRUCTIONS



STEP1.

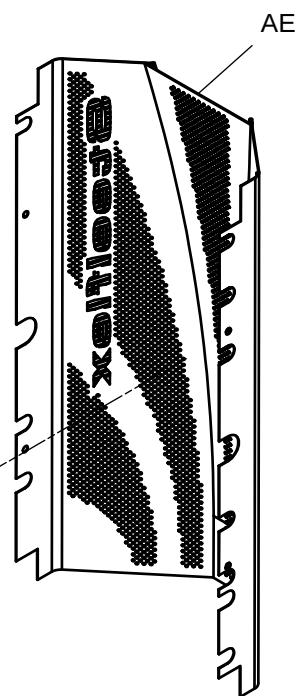


HDR1300 ASSEMBLY INSTRUCTIONS

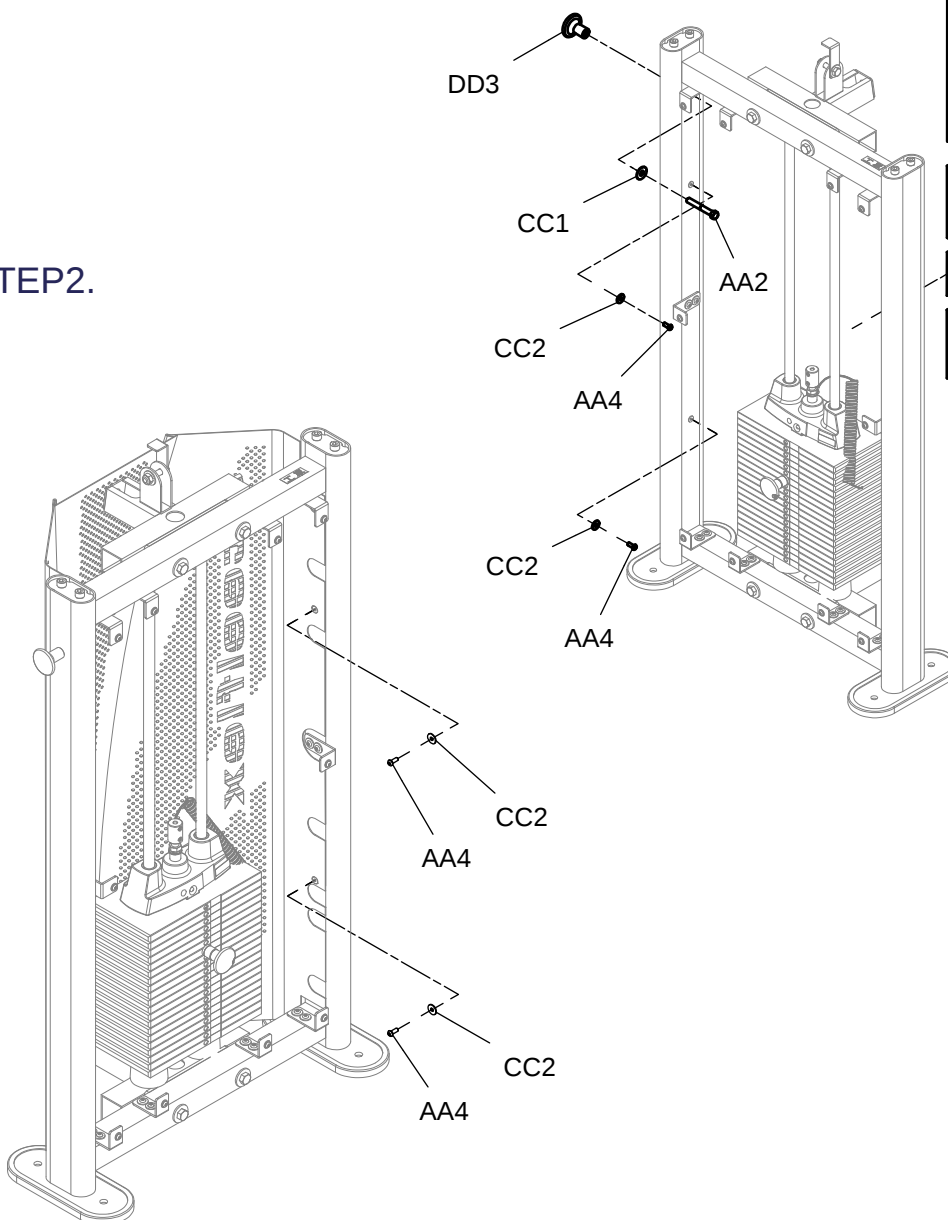


Above shows STEP 6
assembled and completed

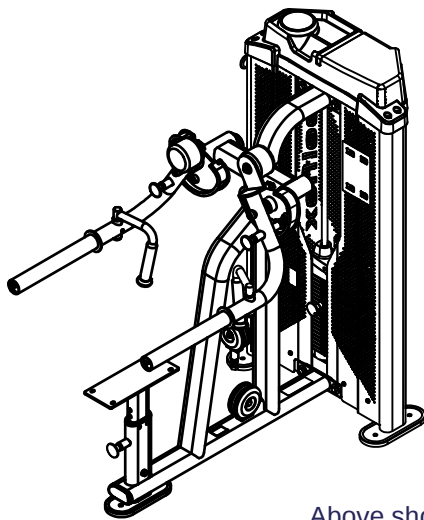
STEP1.



STEP2.

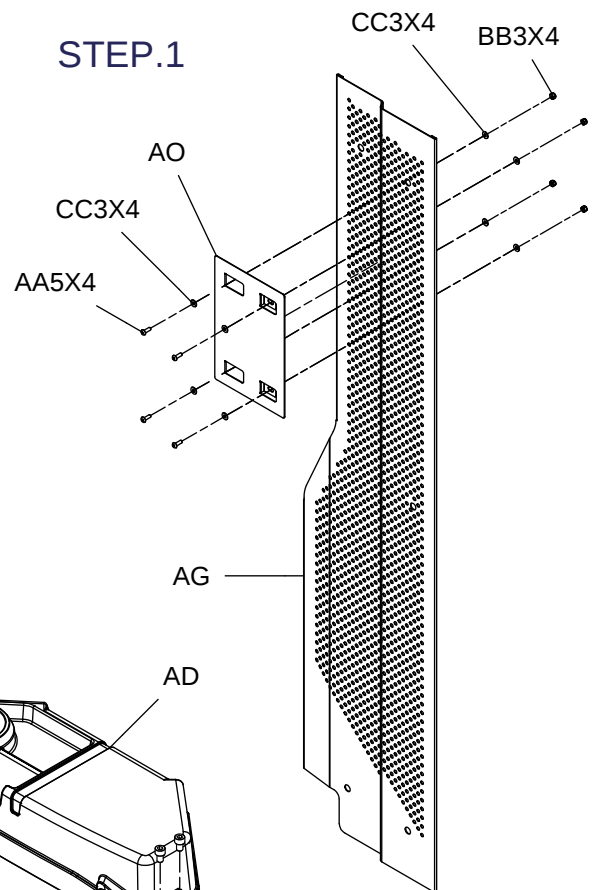


HDR1300 ASSEMBLY INSTRUCTIONS

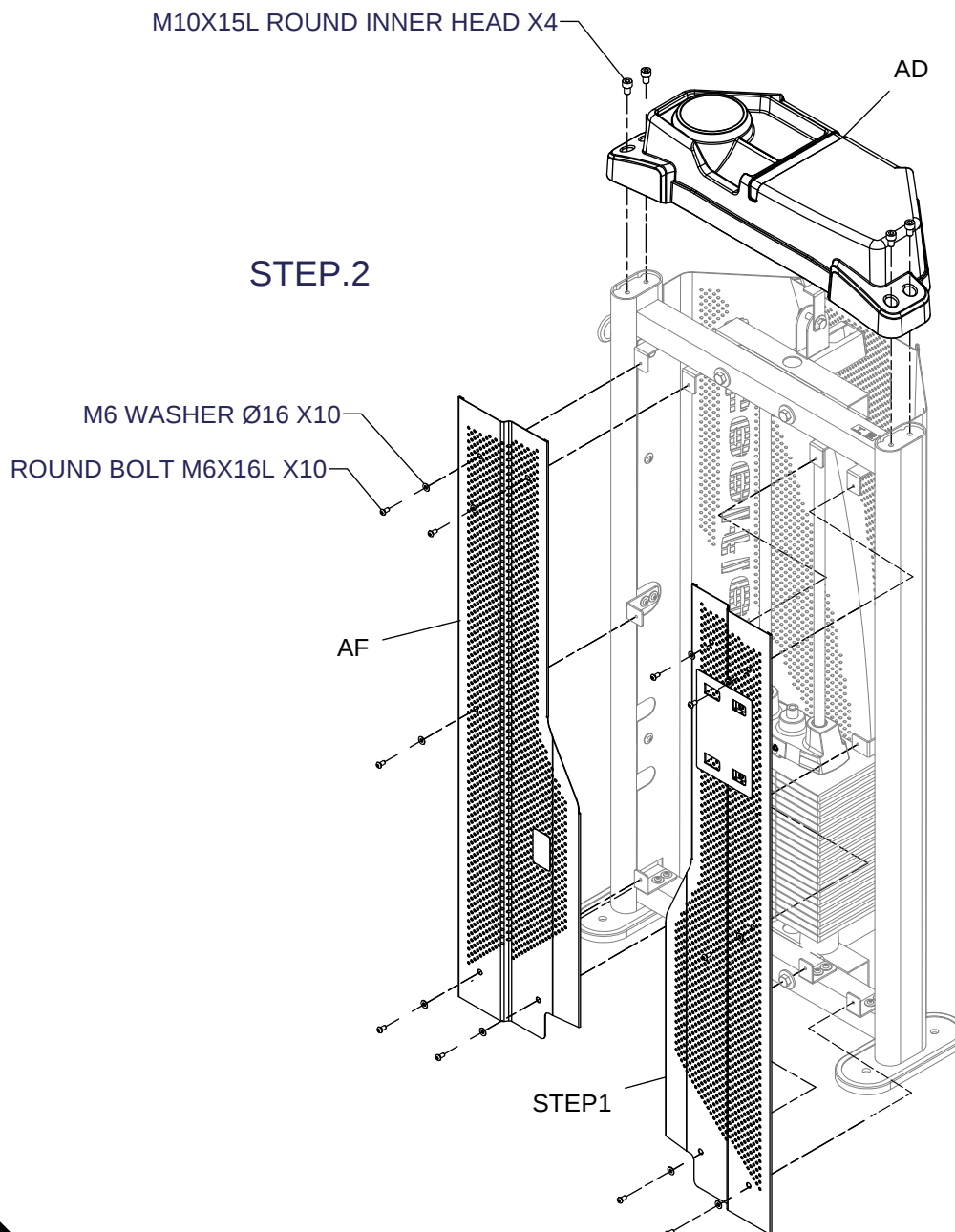


Above shows STEP 7
assembled and completed

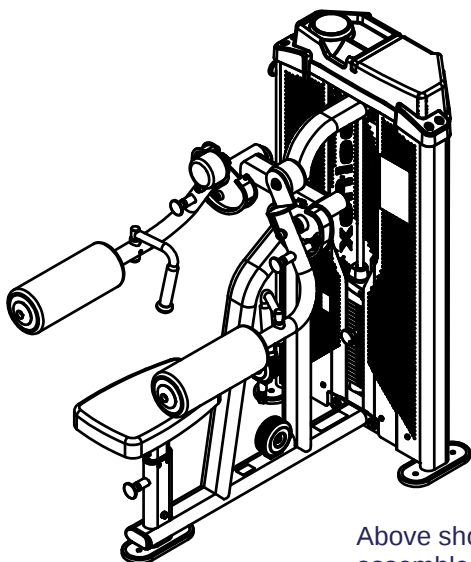
STEP.1



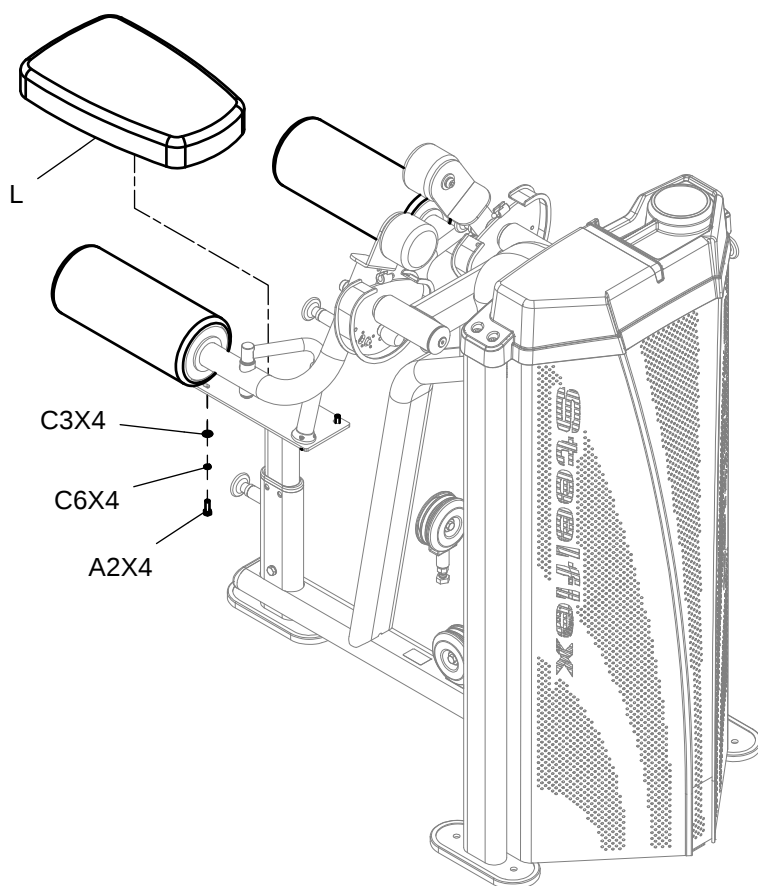
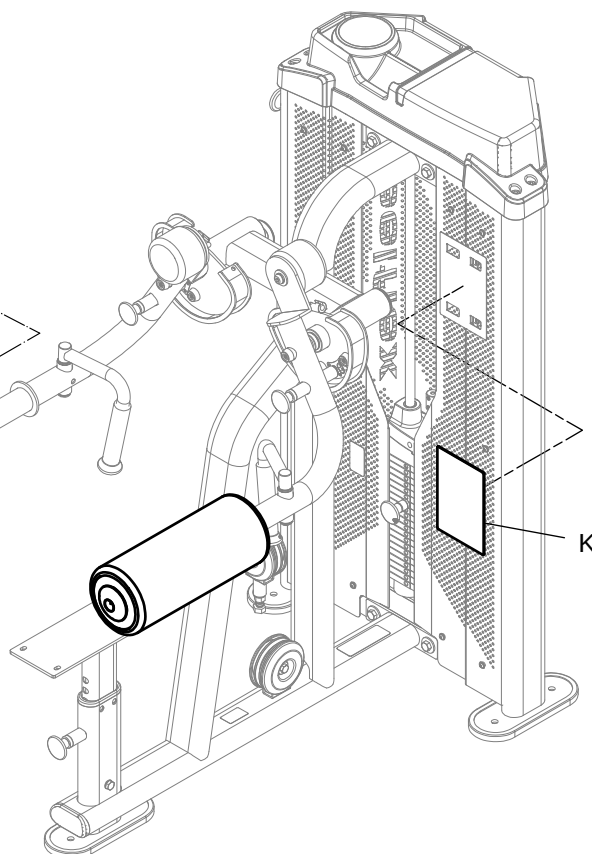
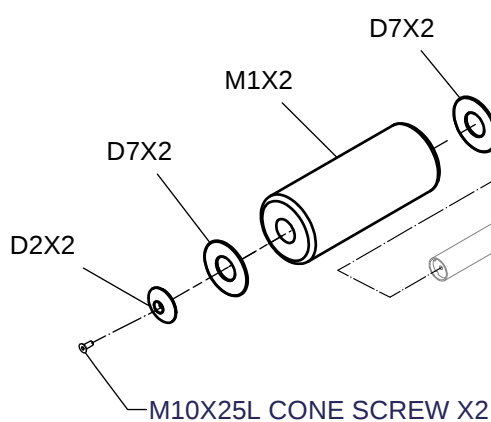
STEP.2



HDR1300 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed



HOPE ASSEMBLY INSTRUCTIONS

DECAL REFERENCE

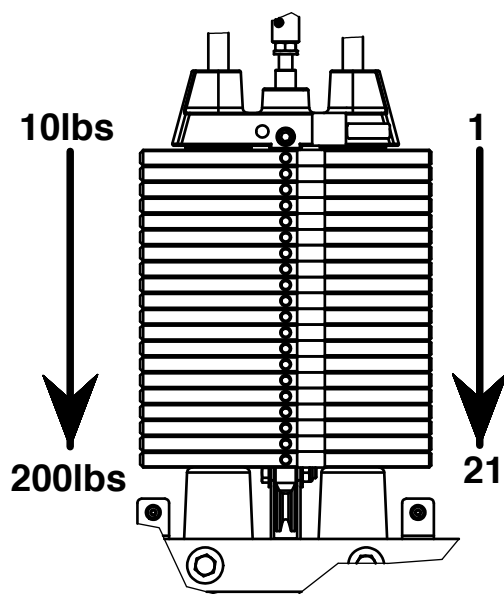
MAINTENANCE SCHEDULE

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

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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:

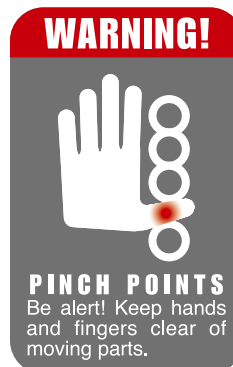
1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing.
2. Keep clear of the cables and all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

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