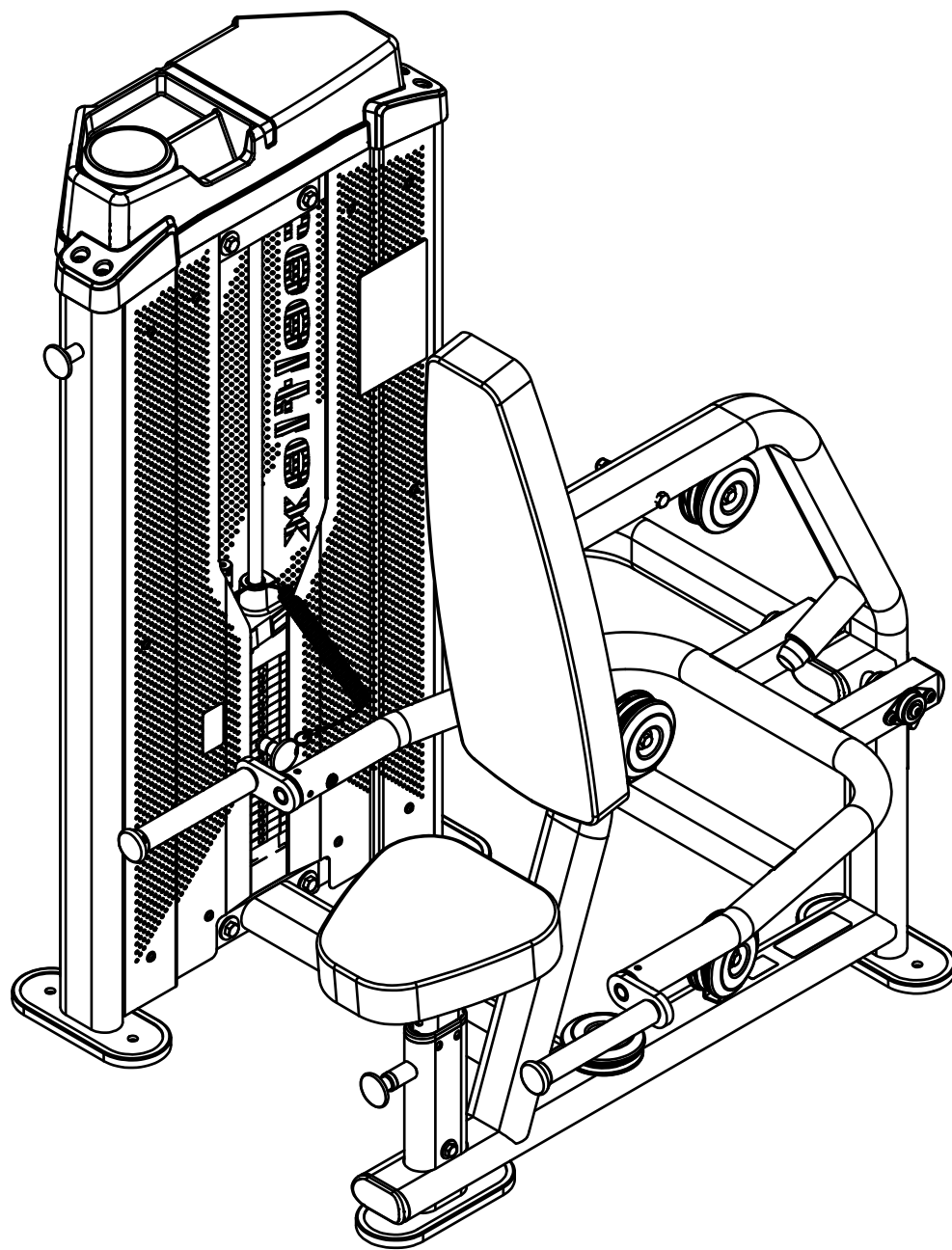


HTM-1000.2



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

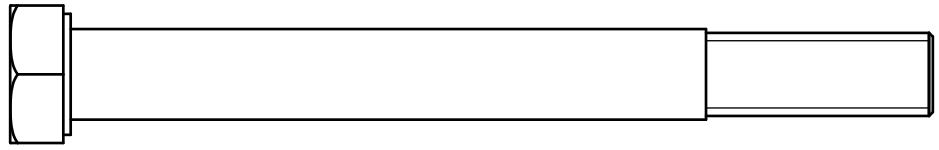
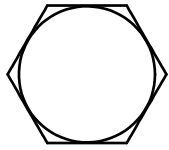
Fax: 886-2-27229750

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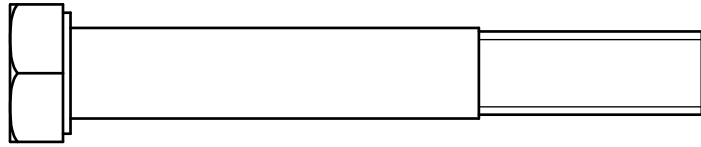
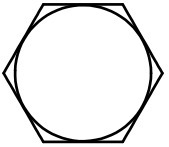
HTM-1000.2 OWNER'S MANUAL

HTM1000 ASSEMBLY INSTRUCTIONS

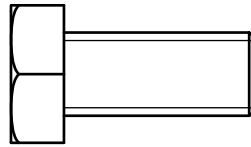
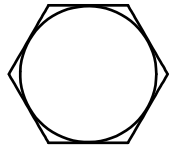
HARDWARE ILLUSTRATION



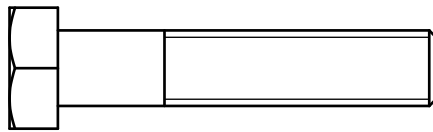
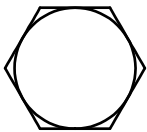
(A1)HEX BOLT M12X115L PARTIAL THREAD QTY.1



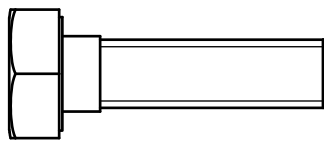
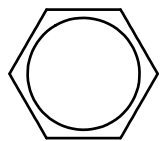
(A2)HEX BOLT M12X85L PARTIAL THREAD QTY.2



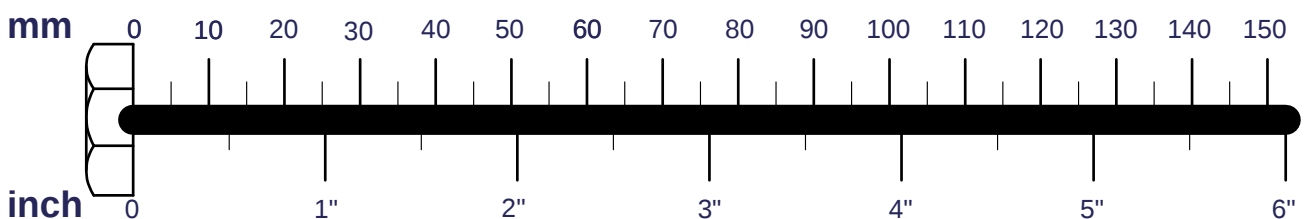
(A3)HEX BOLT M12X25L PARTIAL THREAD QTY.4



(A4)HEX BOLT M10X50L PARTIAL THREAD QTY.3

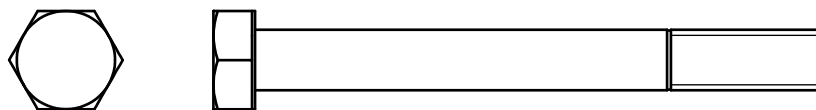


(A5)HEX BOLT M10X35L PARTIAL THREAD QTY.1

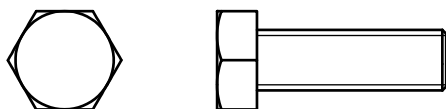


HTM1000 ASSEMBLY INSTRUCTIONS

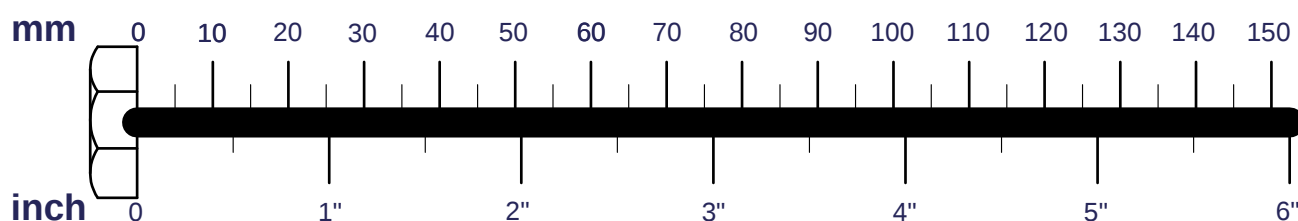
HARDWARE ILLUSTRATION



(A8)HEX BOLT M8X75L PARTIAL THREAD QTY.2

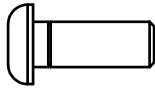


(A9)HEX BOLT M8X25L PARTIAL THREAD QTY.4

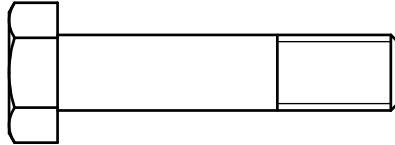
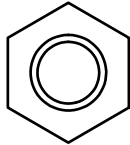


HTM1000 ASSEMBLY INSTRUCTIONS

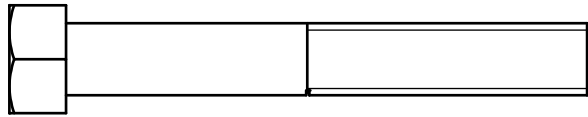
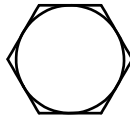
FRAME HARDWARE ILLUSTRATION FOR DOOR



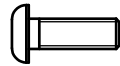
(AA1)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.24



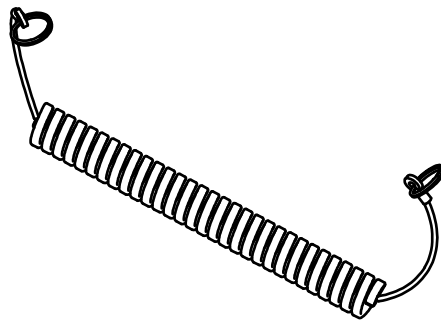
(AA2)HEX BOLT M10X45L PARTIAL THREAD QTY.2



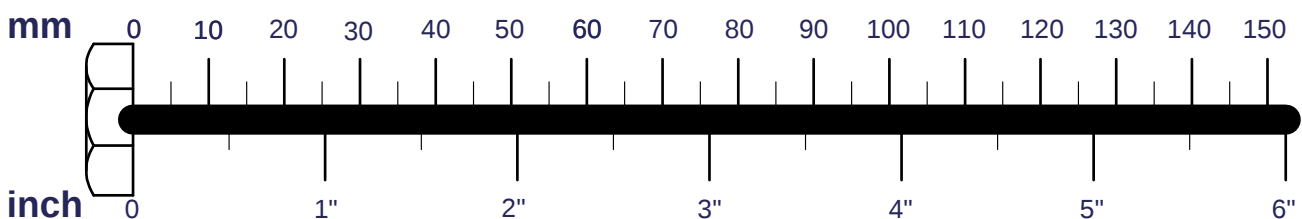
(AA4)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1



(AA5)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

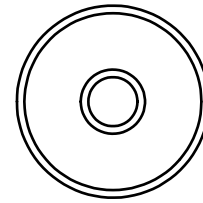
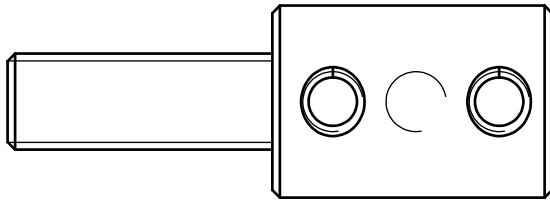


(AA6)ELASTIC BELT (F920003) QTY.1

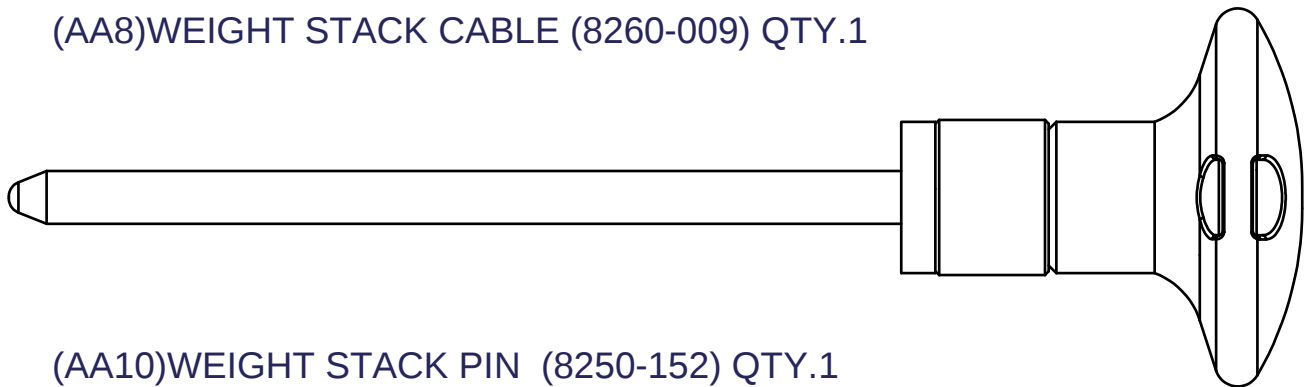


HTM1000 ASSEMBLY INSTRUCTIONS

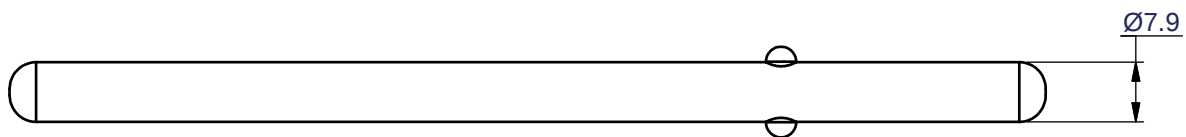
FRAME HARDWARE ILLUSTRATION FOR DOOR



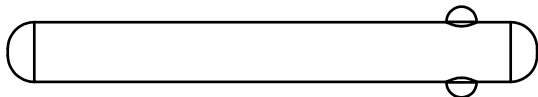
(AA8)WEIGHT STACK CABLE (8260-009) QTY.1



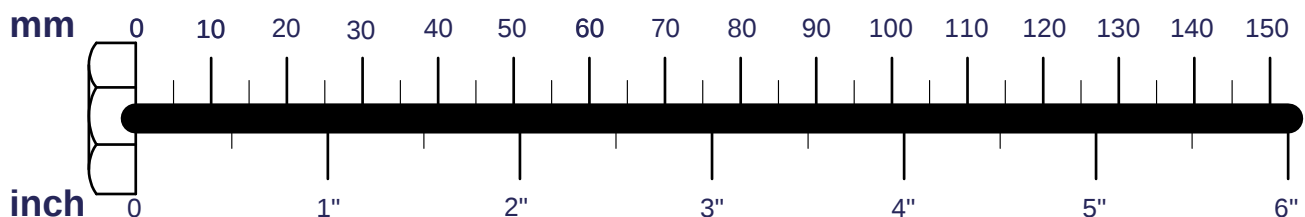
(AA10)WEIGHT STACK PIN (8250-152) QTY.1



(AA11)FIXED PIN (8250-166) QTY.2

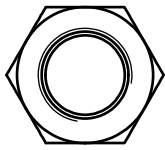


(AA12)Ø5/16" FIXED PIN (8250-167) QTY.1

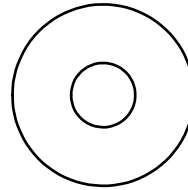
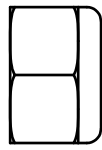


HTM1000 ASSEMBLY INSTRUCTIONS

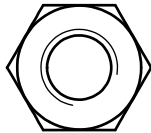
HARDWARE ILLUSTRATION



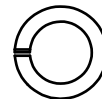
(B1)NYLON LOCK NUT M12 QTY.3



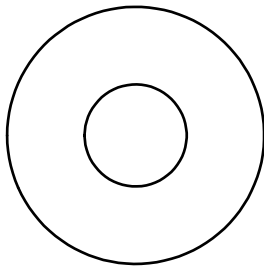
(C6)M8(I.D.) FLAT WASHER Ø24 QTY.6



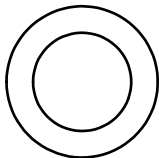
(B2)NYLON LOCK NUT M10 QTY.3



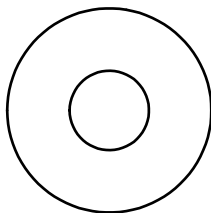
(C7)M8 SPRING WASHER QTY.6



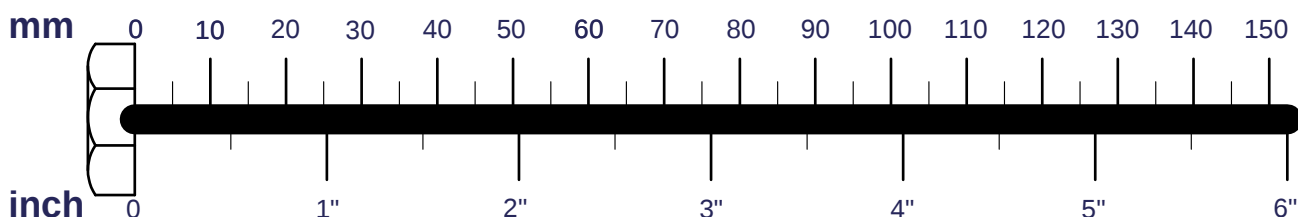
(C1) M12(I.D.) FLAT WASHER Ø34 QTY.8



(C2)M12(I.D.) FLAT WASHER Ø20 QTY.2

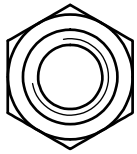


(C3)M10(I.D.) FLAT WASHER Ø27 QTY.7

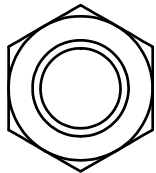


HTM1000 ASSEMBLY INSTRUCTIONS

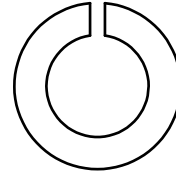
FRAME HARDWARE ILLUSTRATION FOR DOOR



(BB1)NYLON LOCK NUT M10 QTY.2



(BB2)LOCK NUT 1/2"X13 UNC QTY.1



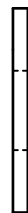
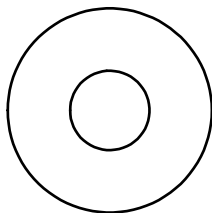
(CC4)1/2" SPRING WASHER QTY.1



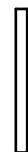
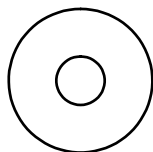
(BB3)NYLON LOCK NUT M4 QTY.4



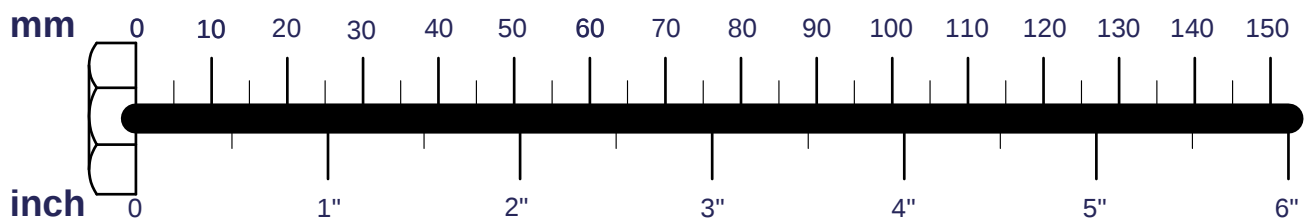
(CC5)M4(I.D.)FLAT WASHER Ø10 QTY.8



(CC1)M10(I.D.)FLAT WASHER Ø27 QTY.5



(CC2)M6(I.D.)FLAT WASHER Ø19 QTY.24



HTM1000 ASSEMBLY INSTRUCTIONS

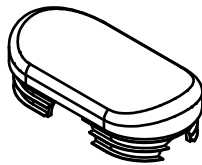
HARDWARE ILLUSTRATION

D2. □50 End Cap (9211-087)	-----[2PCS]
D3. 50X100 End Cap (9211-114)	-----[3PCS]
D4. Pully Cap (9211-173)	-----[7PCS]
D5. Rubber Pad (9310-075)	-----[2PCS]
D6. Ø110 Pully (9213-002B)	-----[4PCS]
D7. Exercise Chart (9420-086)	-----[1PCS]
D8. 4955mm Steel Cable(FHTM1000A1)	-----[1PCS]

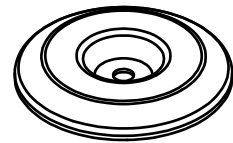
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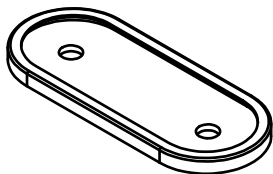
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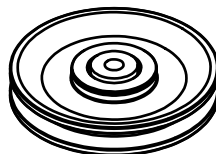
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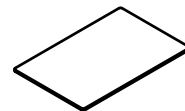
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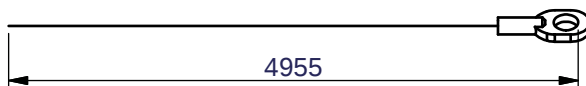
D6



D7



D8



HTM1000 ASSEMBLY INSTRUCTIONS

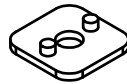
FRAME HARDWARE ILLUSTRATION FOR DOOR

DD1. 3/4" Shaft Collar (9211-046)	-----[2PCS]
DD2. 2"x2" Rubber Cane Cap (9214-002)	-----[3PCS]
DD3. Tower Rack (9215-024)	-----[1PCS]
DD4. ø65 Rubber Dount (9310-049)	-----[2PCS]
DD6. Rubber Pad (9310-075)	-----[2PCS]
DD7. ø110 Pulley (9213-002B)	-----[2PCS]
DD8. Top Plate (8400-006)	-----[1PCS]
DD10. Selector Rod (8210-191)	-----[1PCS]

DD1



DD2



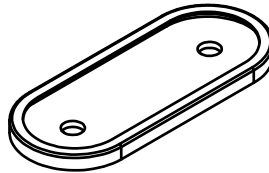
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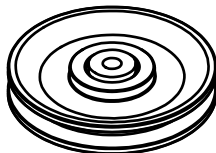
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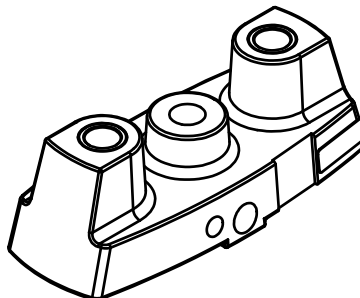
DD6



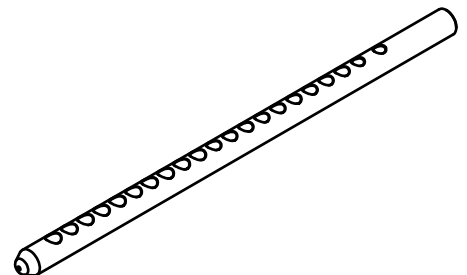
DD7



DD8



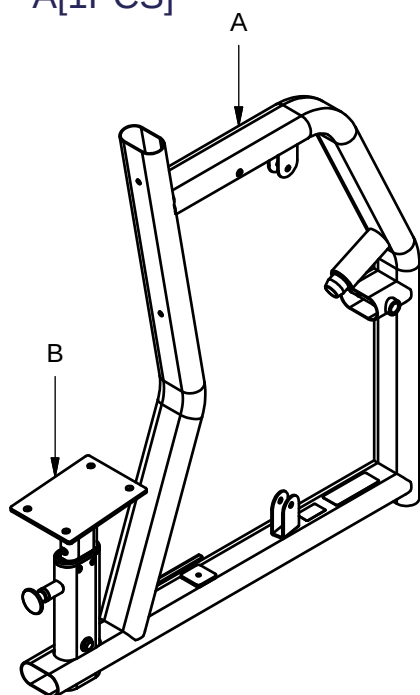
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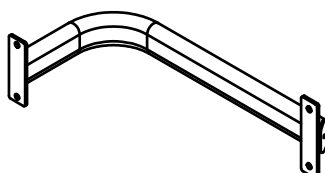
HTM1000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

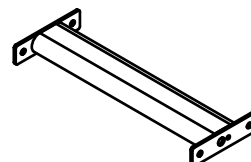
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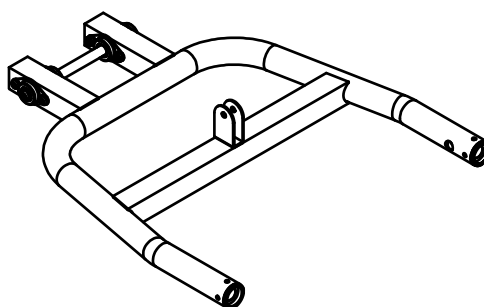
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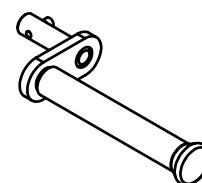
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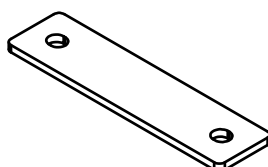
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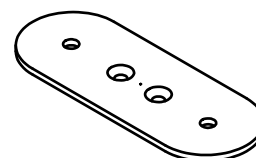
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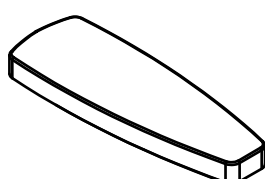
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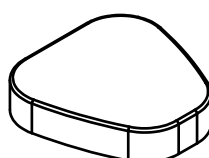
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8313-188



J[1PCS]
9111-088



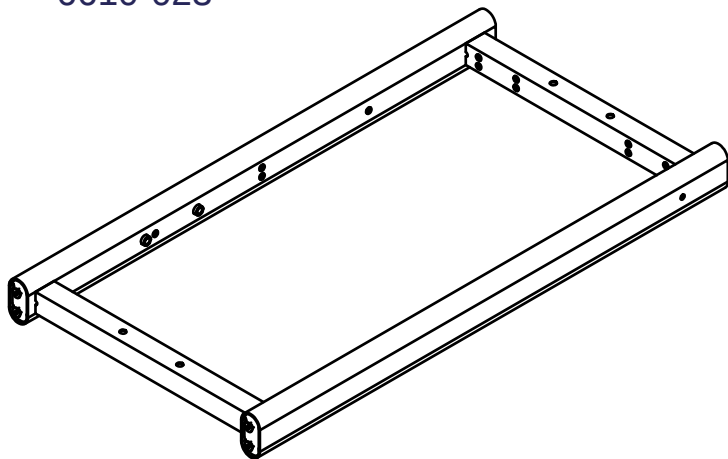
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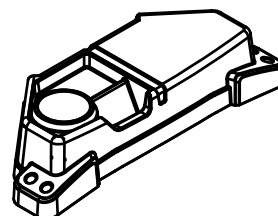
HTM1000 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

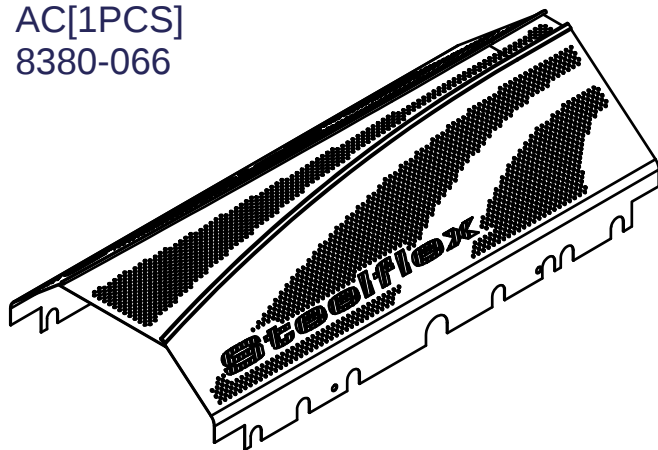
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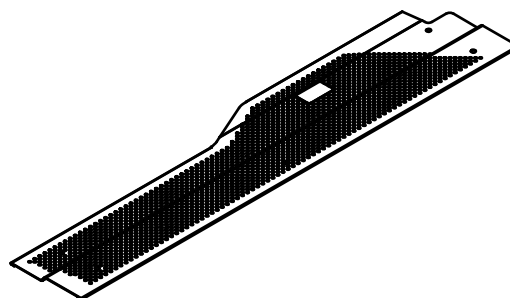
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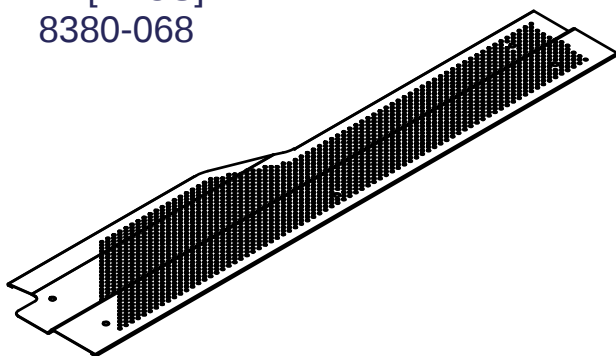
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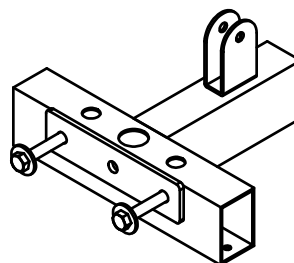
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8380-067



AE[1PCS]
8380-068



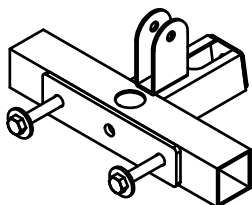
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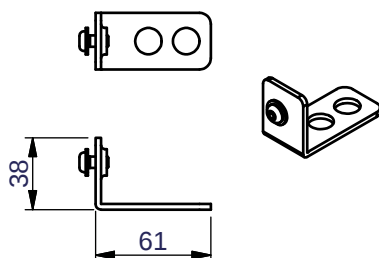
HTM1000 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

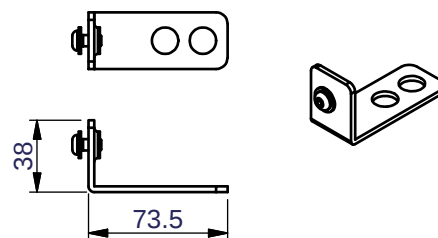
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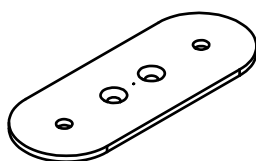
AH[4PCS]
8331-065



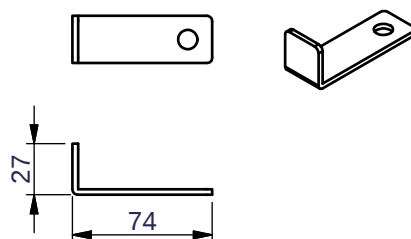
AI[6PCS]
8331-064



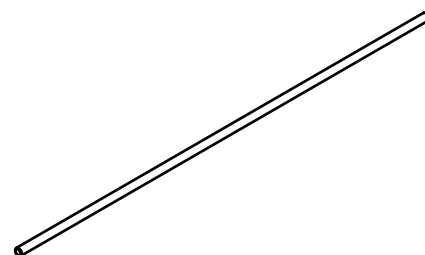
AJ[2PCS]
8313-188



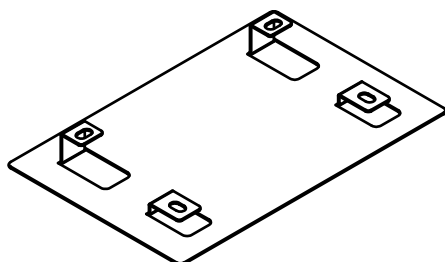
AK[1PCS]
8331-017



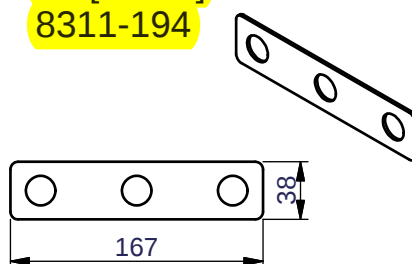
AL1[2PCS]
8280-036
Ø3/4"X1222L



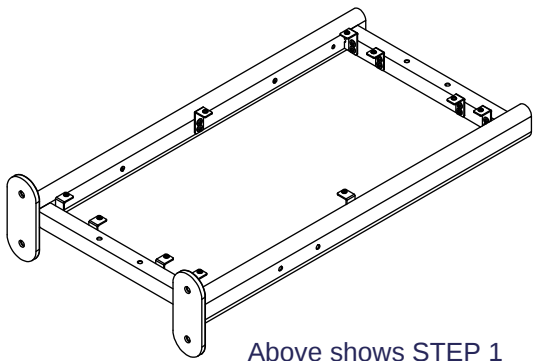
AN[1PCS]
8345-014



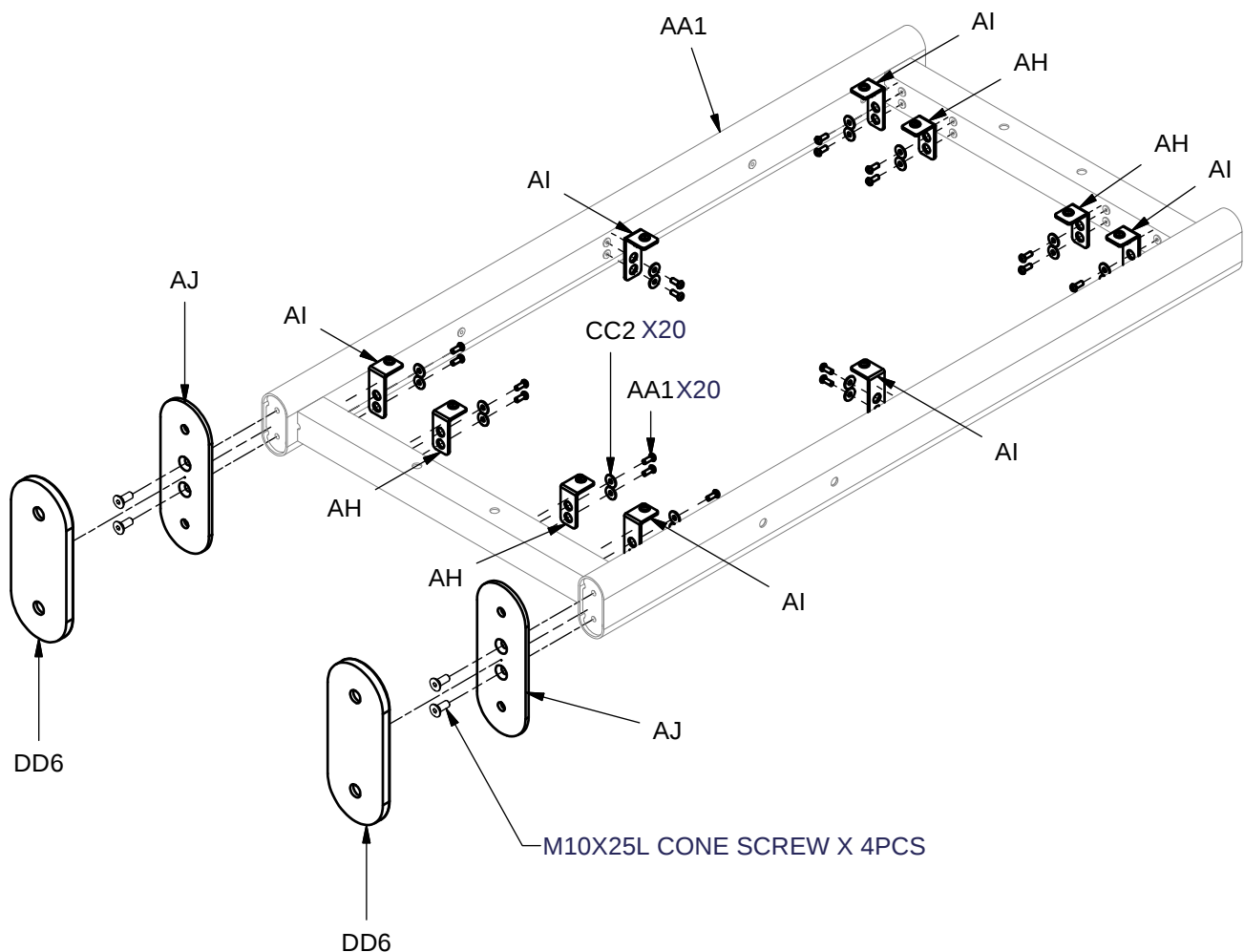
AO[1PCS]
8311-194



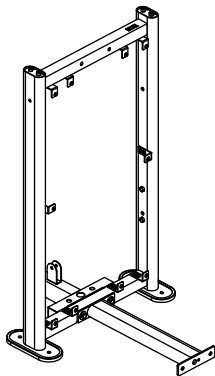
HTM1000 ASSEMBLY INSTRUCTIONS



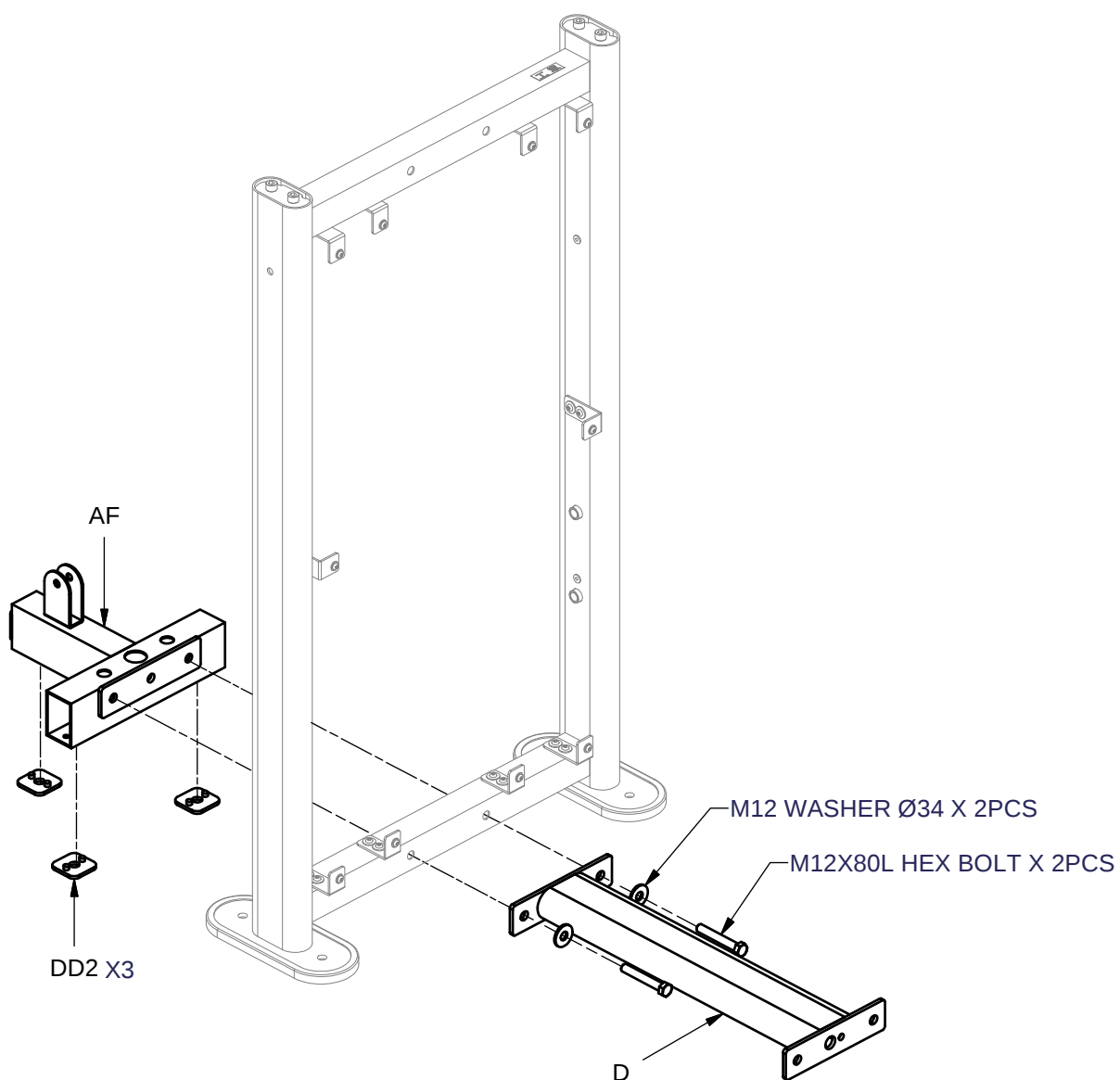
Above shows STEP 1
assembled and completed



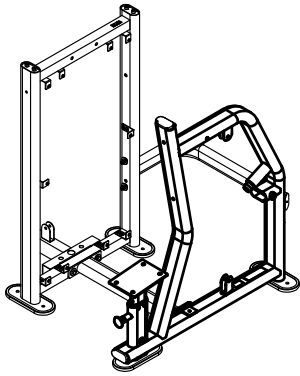
HTM1000 ASSEMBLY INSTRUCTIONS



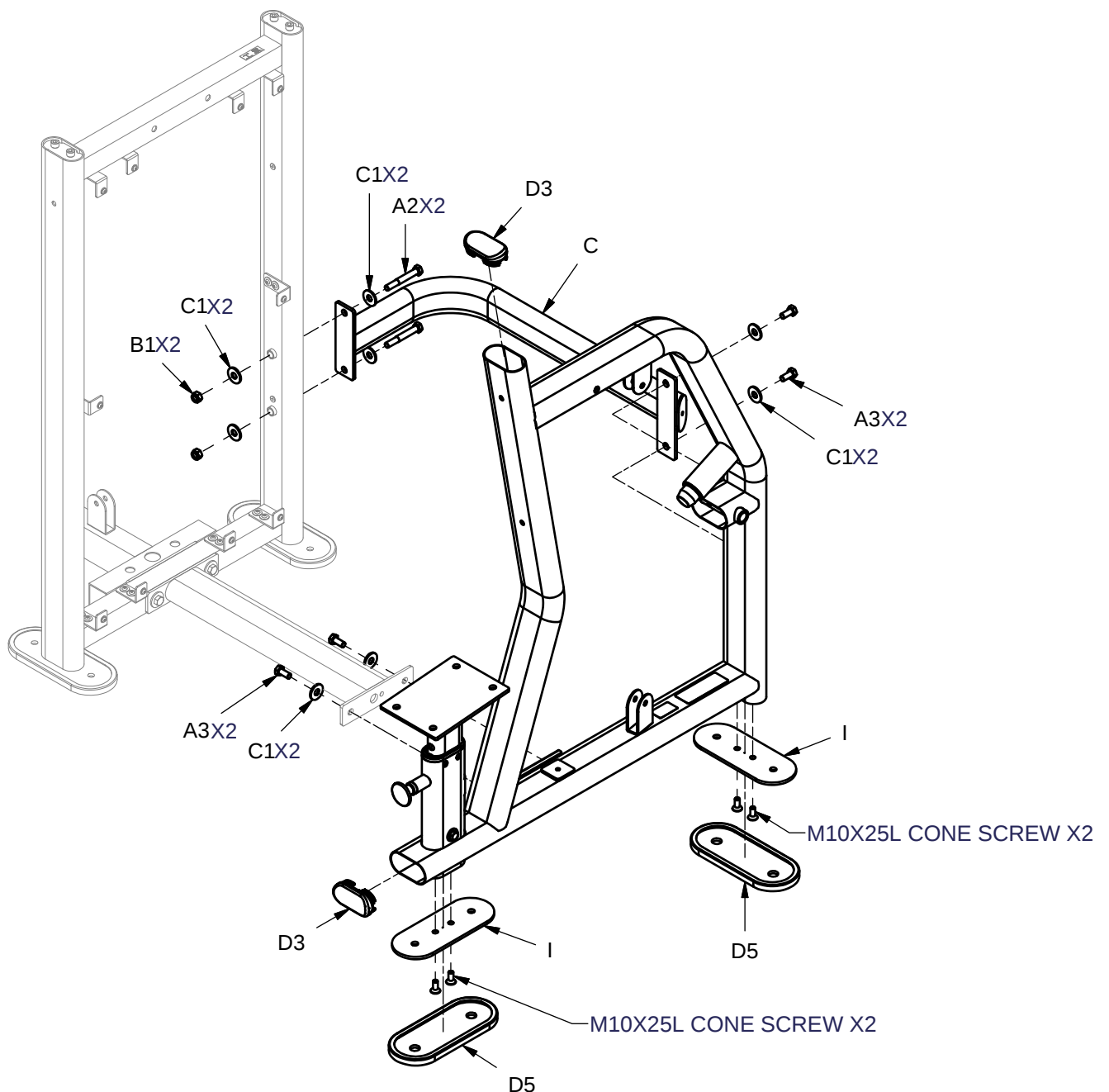
Above shows STEP 2
assembled and completed



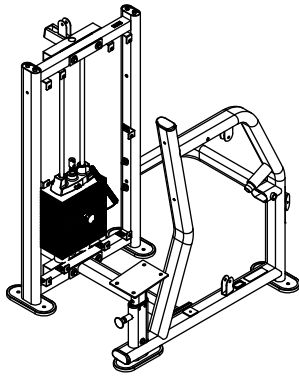
HTM1000 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed



HTM1000 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

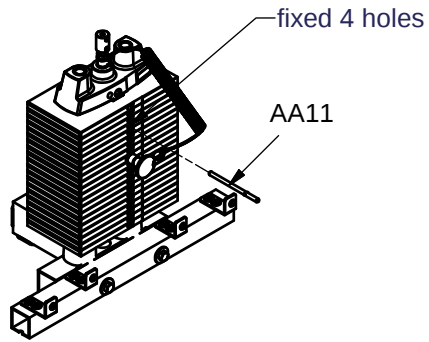
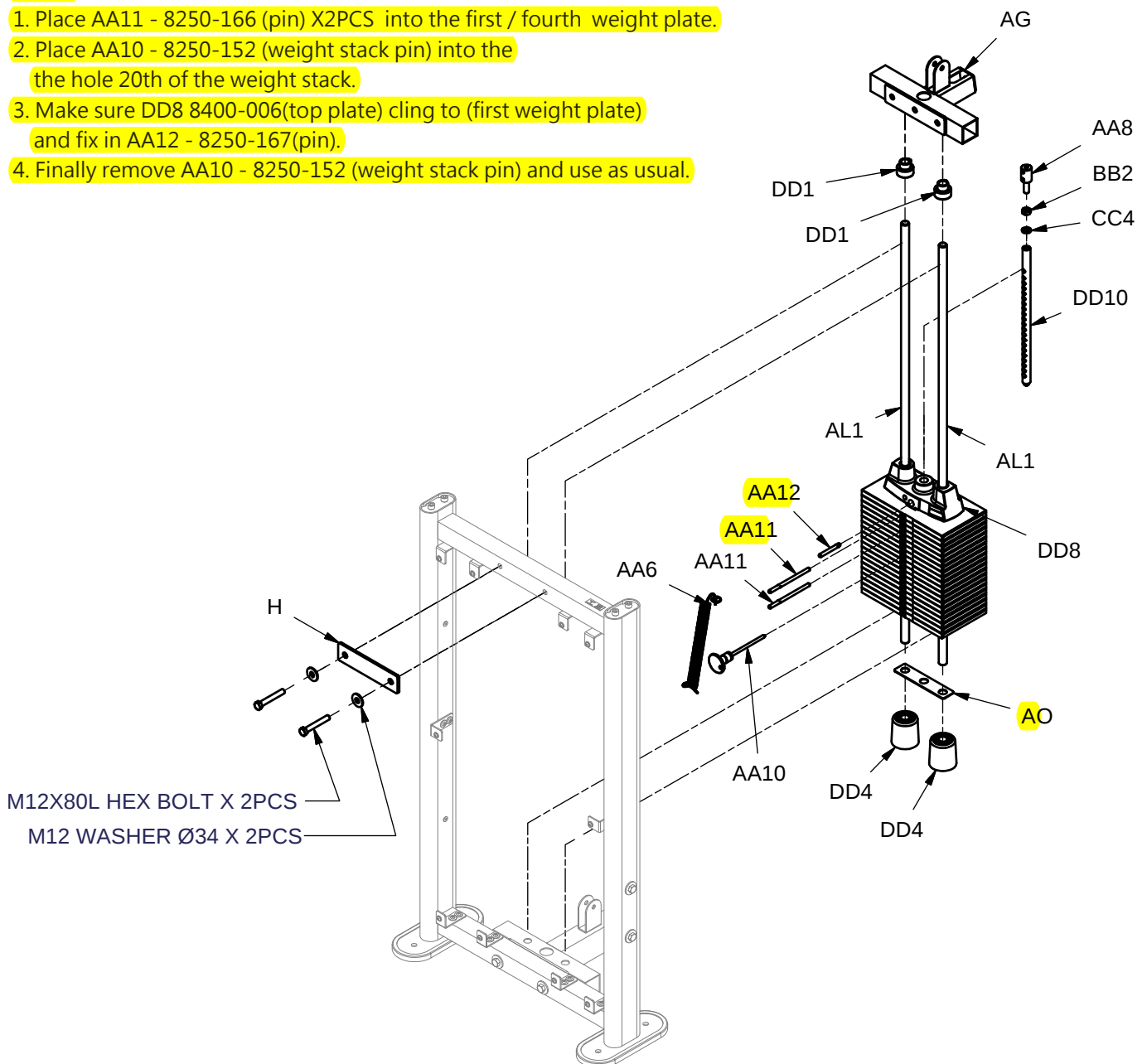


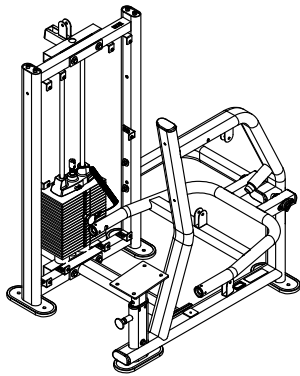
Figure 1

NOTE:

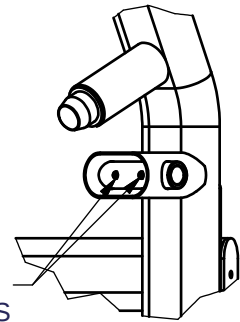
1. Place AA11 - 8250-166 (pin) X2PCS into the first / fourth weight plate.
2. Place AA10 - 8250-152 (weight stack pin) into the the hole 20th of the weight stack.
3. Make sure DD8 8400-006(top plate) cling to (first weight plate) and fix in AA12 - 8250-167(pin).
4. Finally remove AA10 - 8250-152 (weight stack pin) and use as usual.



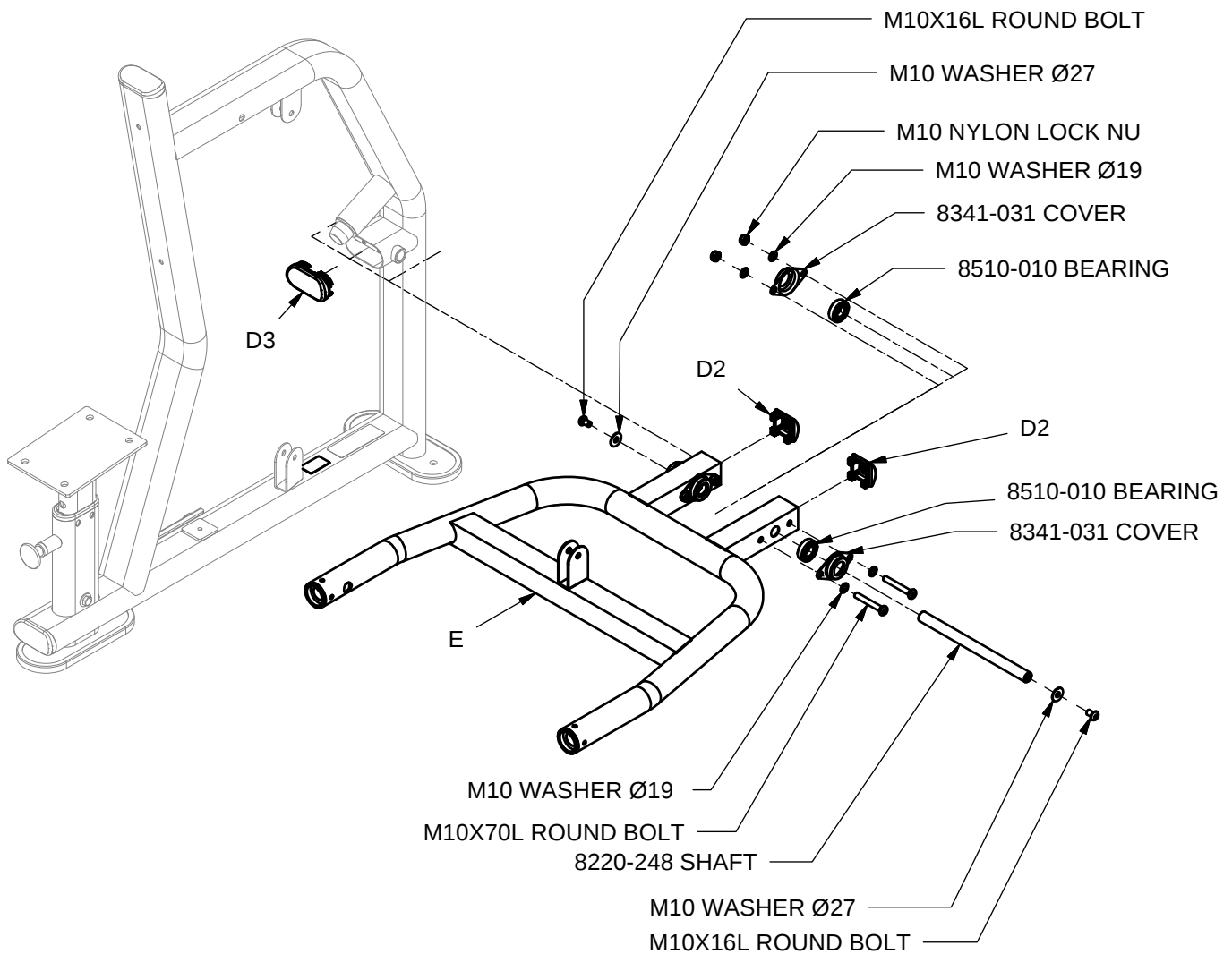
HTM1000 ASSEMBLY INSTRUCTIONS



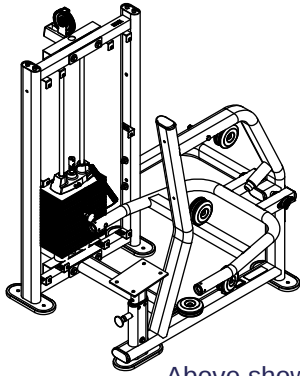
Above shows STEP 5
assembled and completed



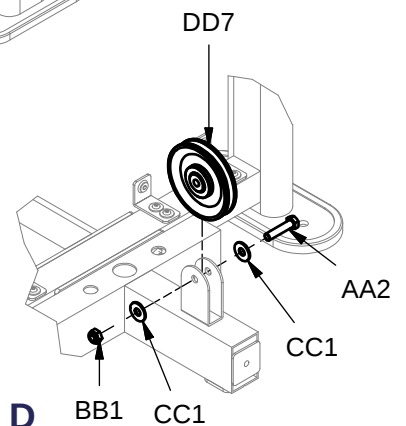
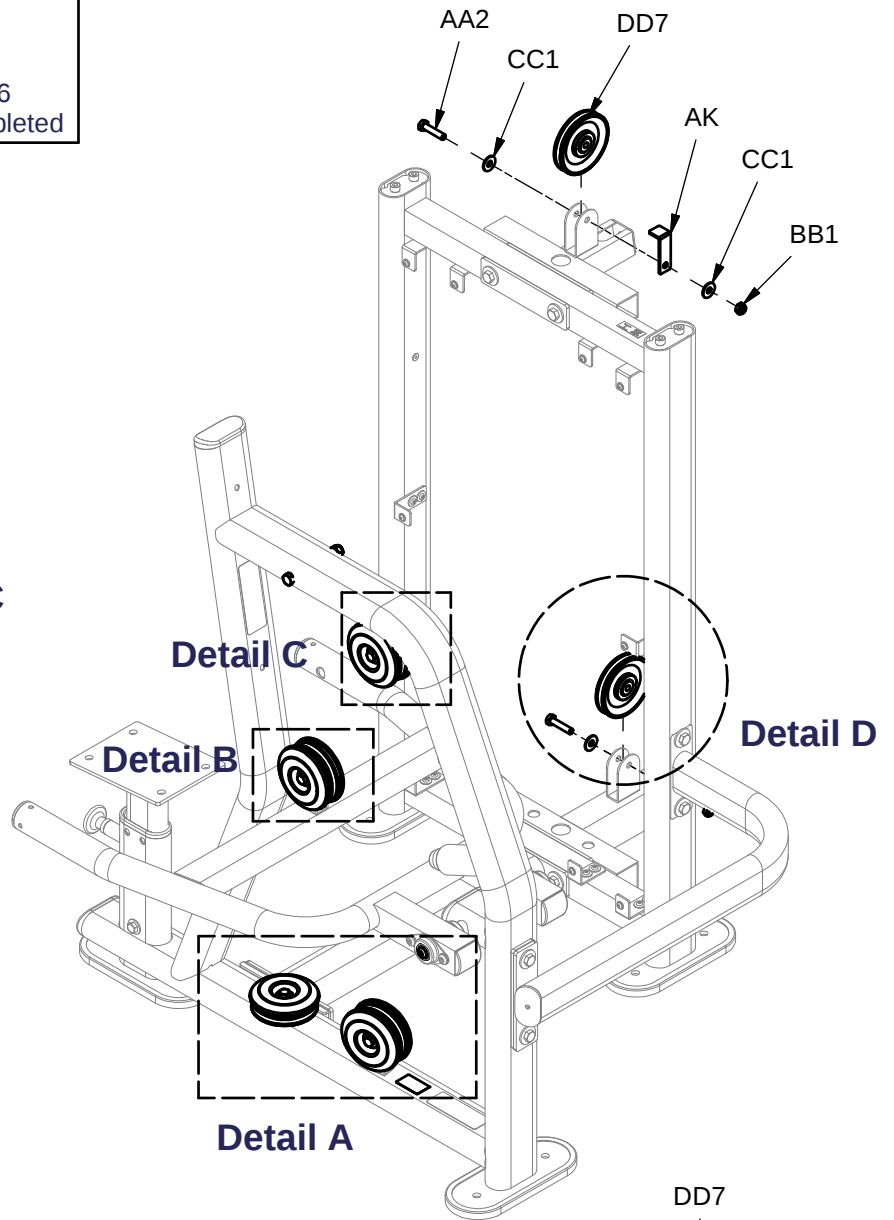
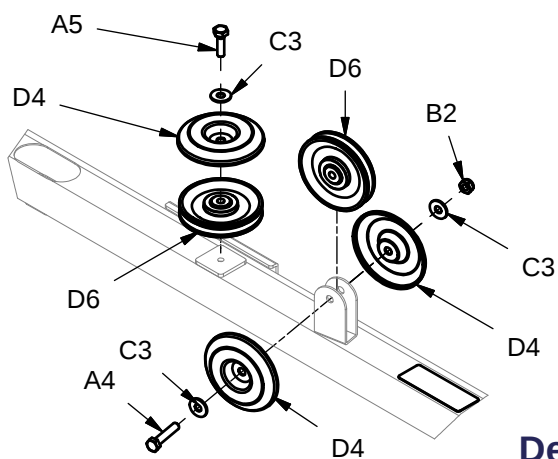
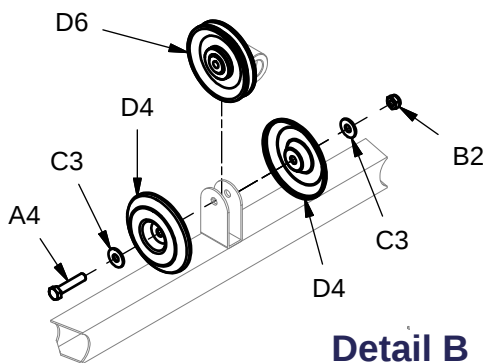
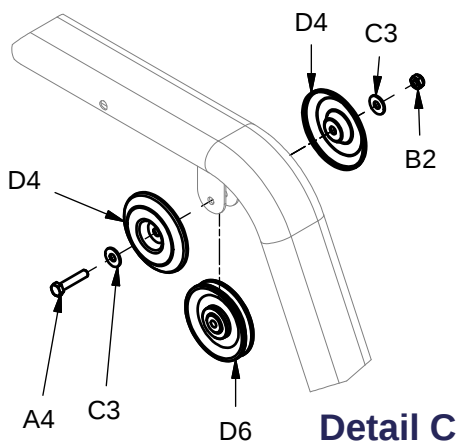
tighten 5/16"X5/16"L
countersunk screw X 2 PCS
AFTER install accessory E,
BEFORE install D3



HTM1000 ASSEMBLY INSTRUCTIONS

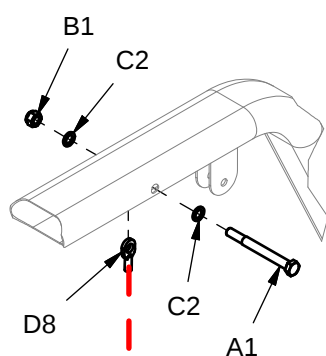
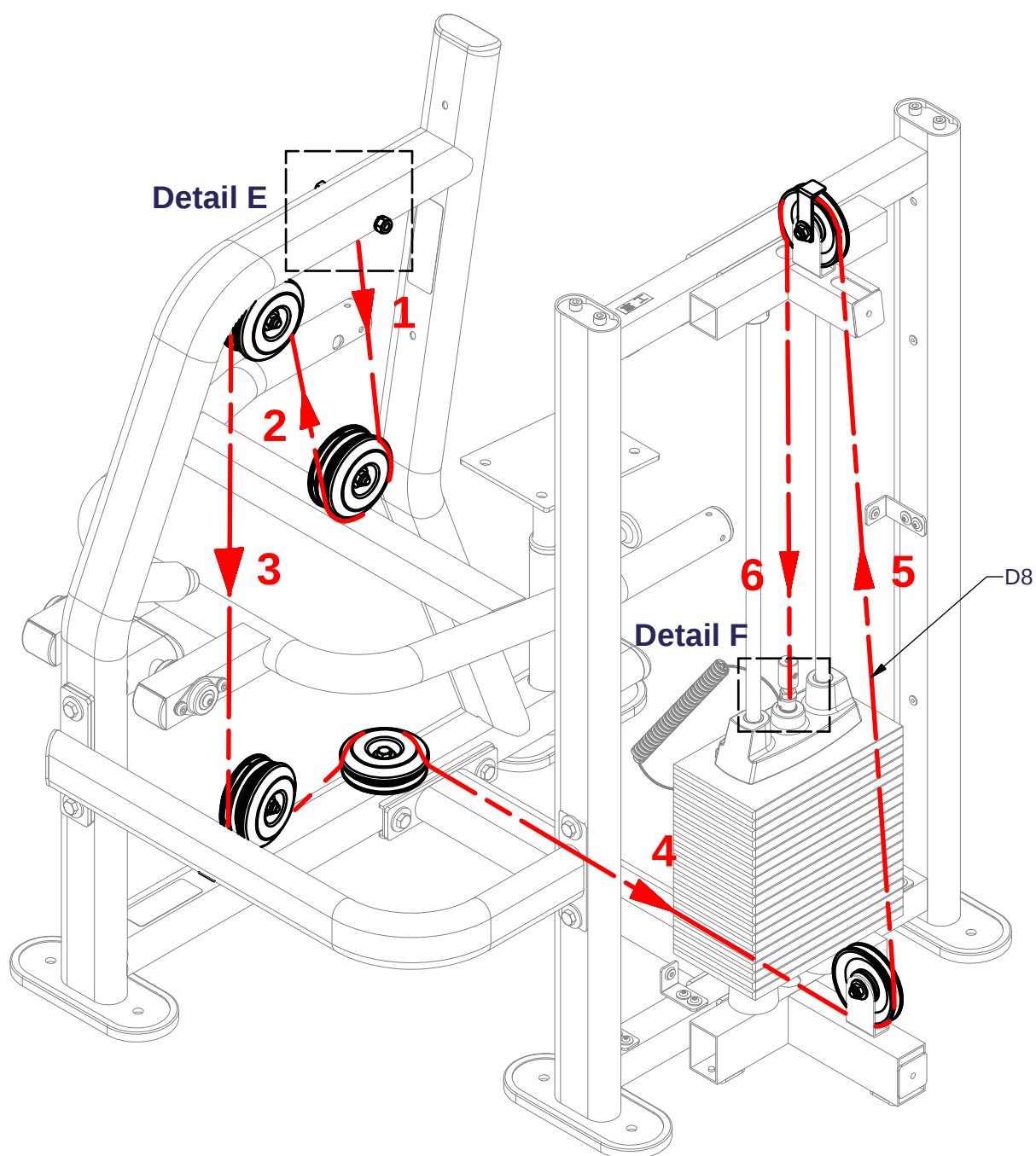


Above shows STEP 6
assembled and completed

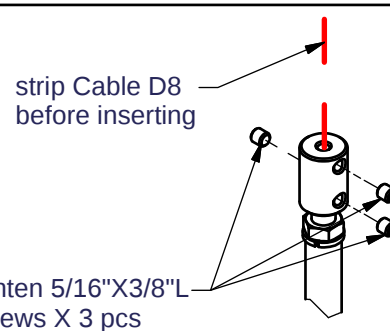


HTM1000 ASSEMBLY INSTRUCTIONS

Cable to Constitute Illustration

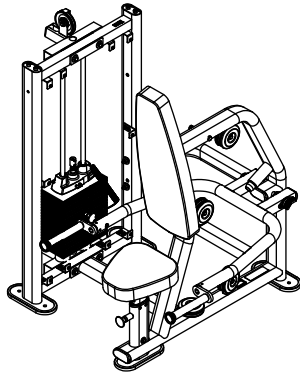


Detail E

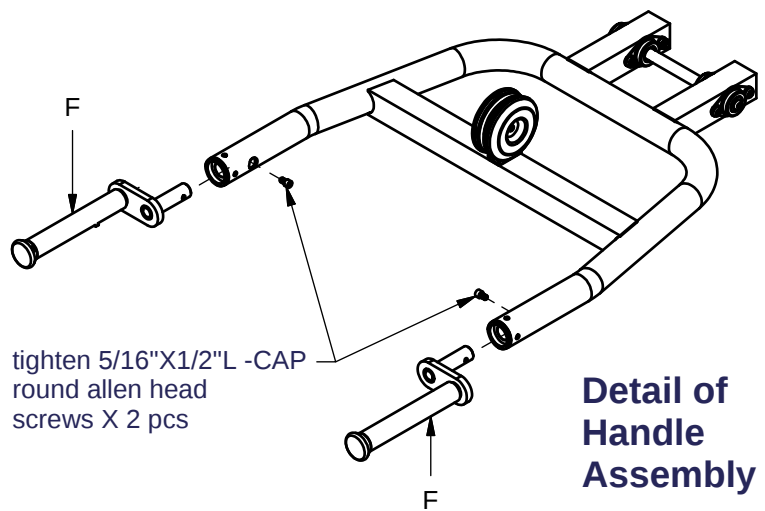


Detail F

HTM1000 ASSEMBLY INSTRUCTIONS

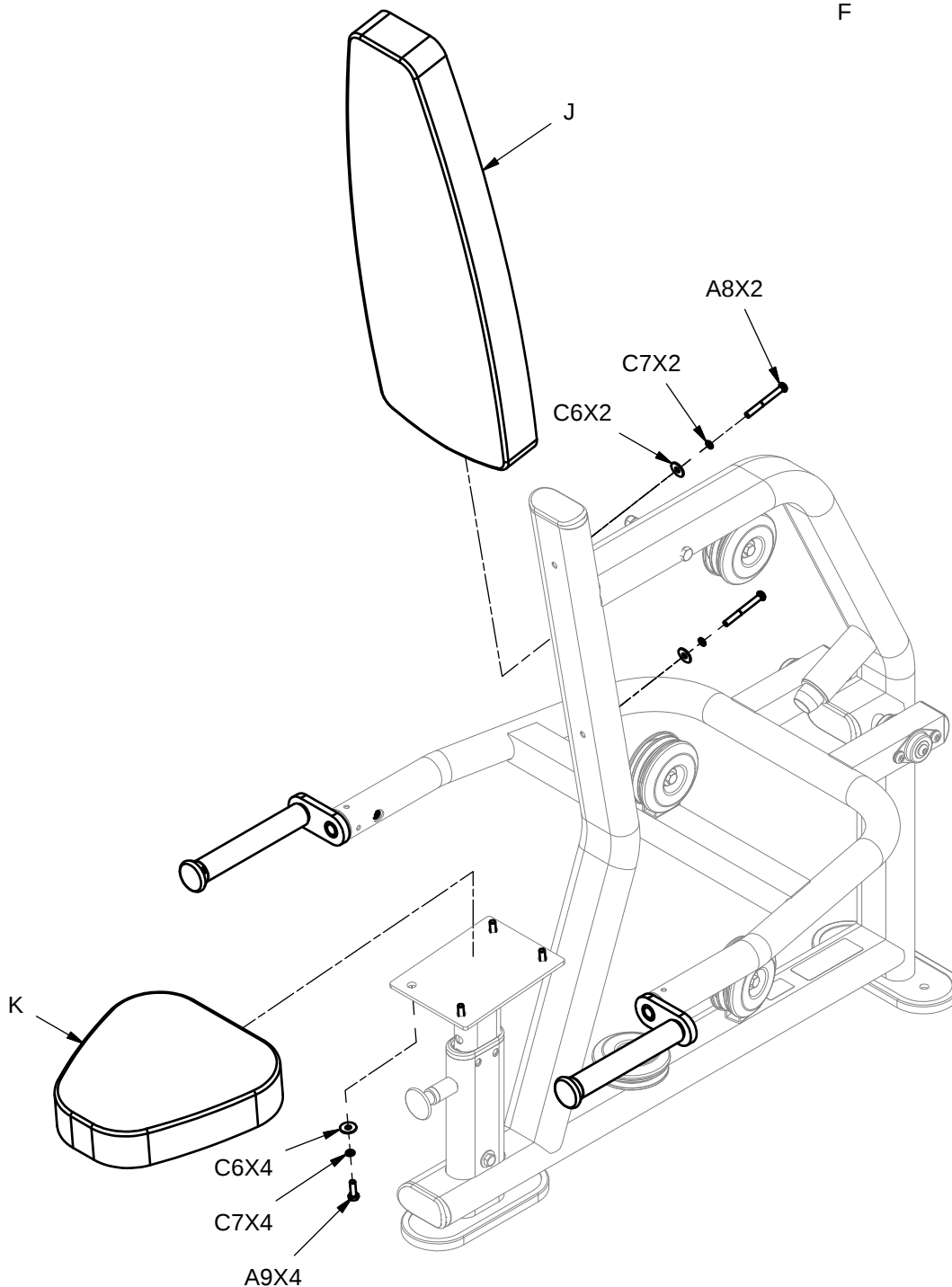


Above shows STEP 7
assembled and completed

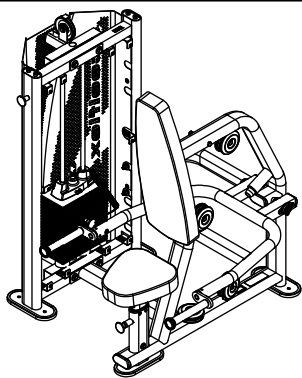


tighten 5/16"X1/2"L -CAP
round allen head
screws X 2 pcs

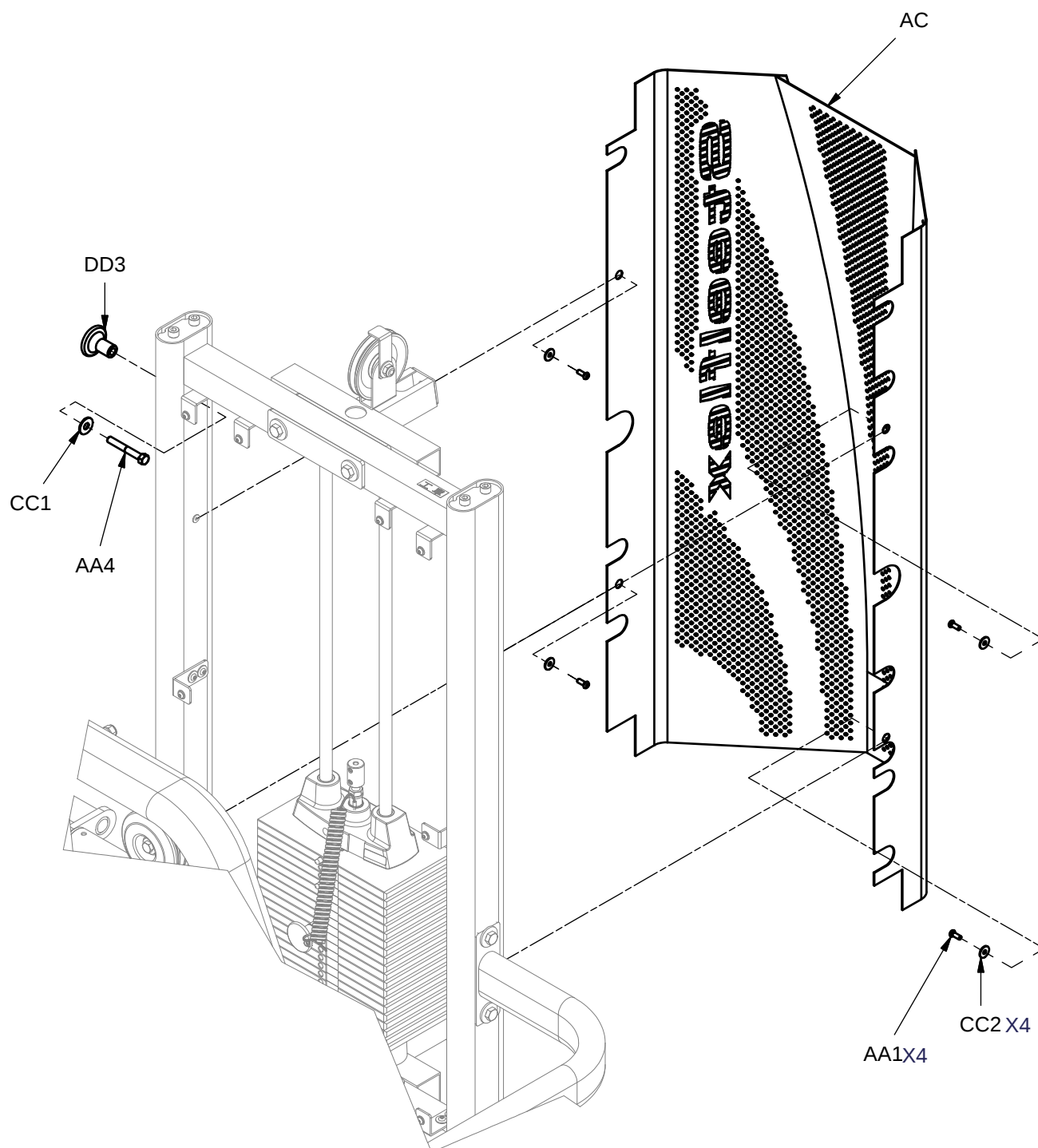
**Detail of
Handle
Assembly**



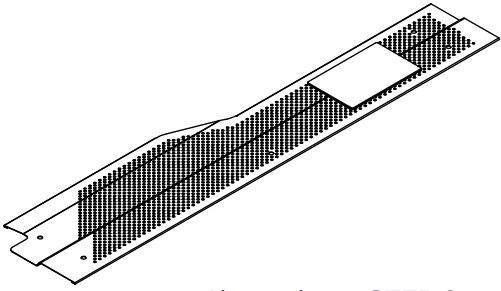
HTM1000 ASSEMBLY INSTRUCTIONS



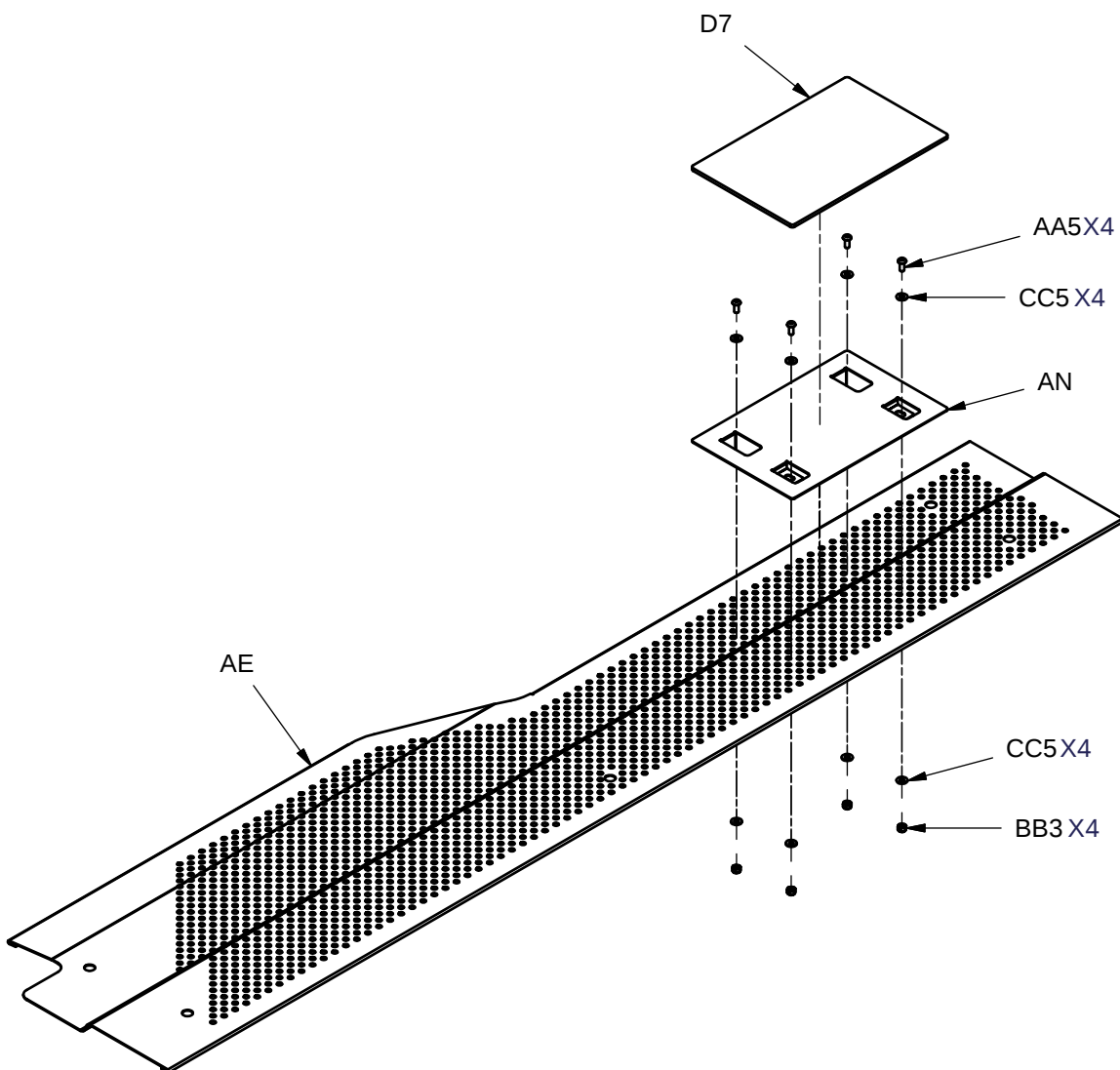
Above shows STEP 8
assembled and completed



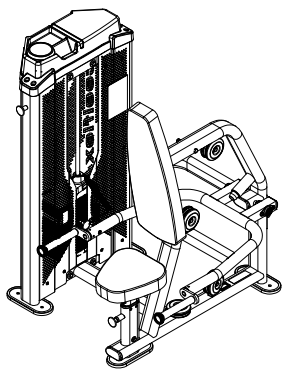
HTM1000 ASSEMBLY INSTRUCTIONS



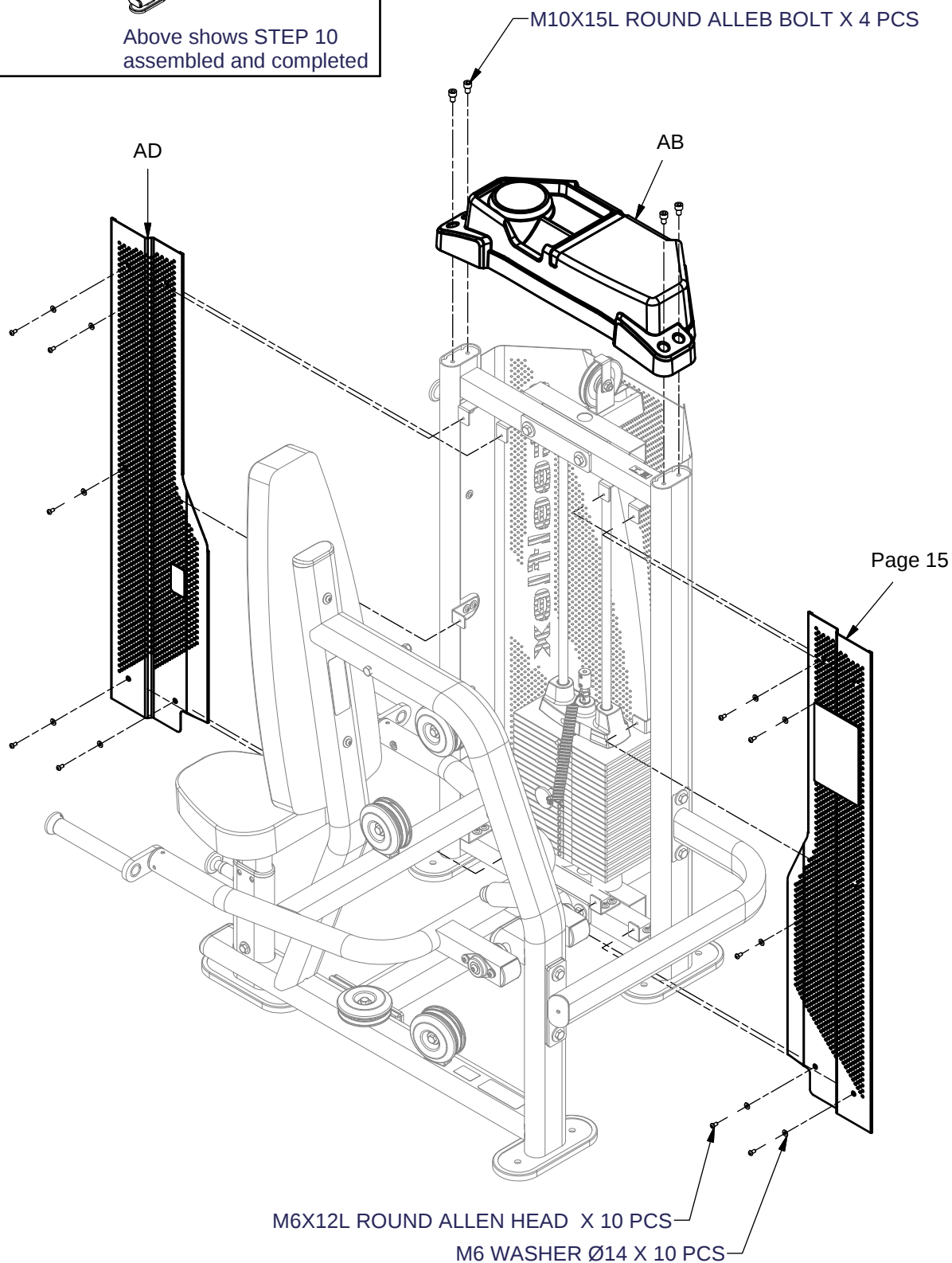
Above shows STEP 9
assembled and completed



HTM1000 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
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

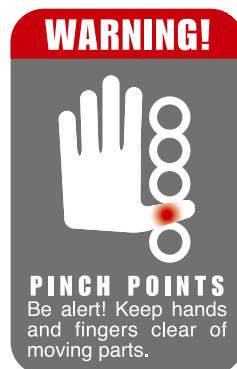
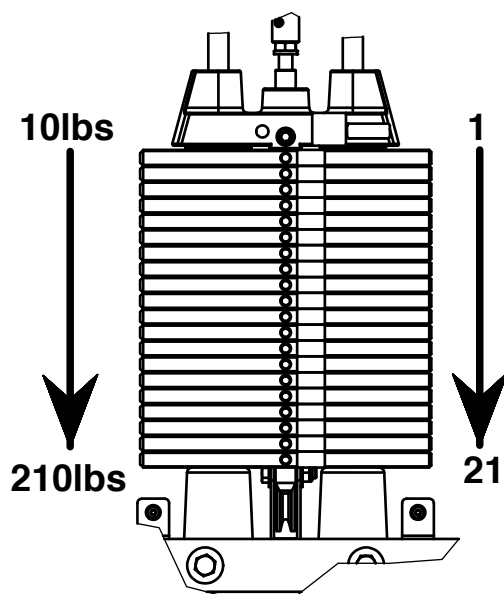
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT.
TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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



9440-047



9440-117