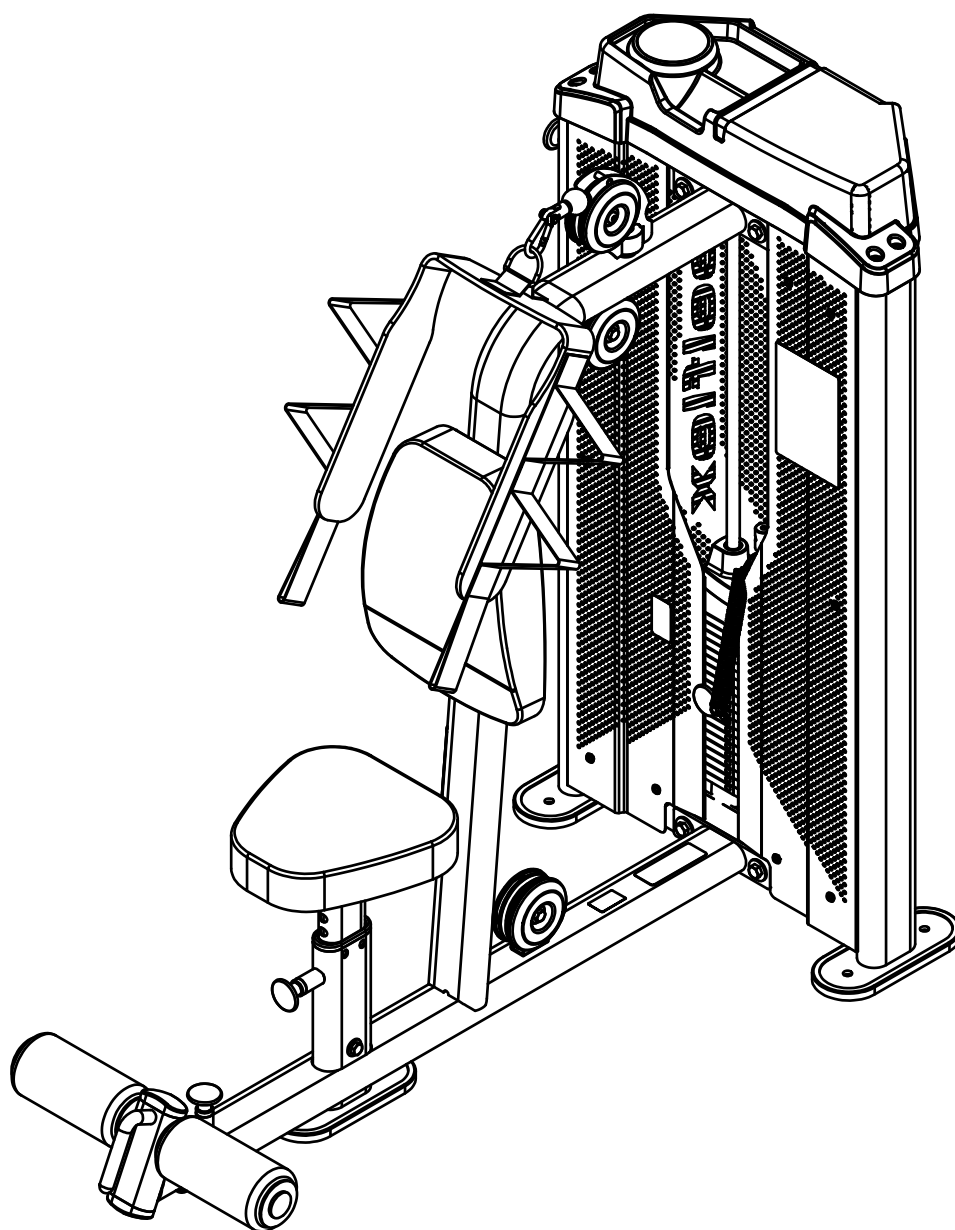


HOPE



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

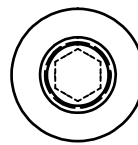
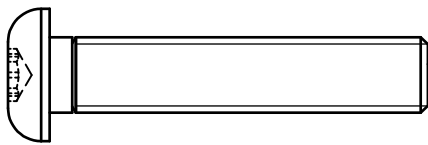
Fax: 886-2-27229750

www.steelflexfitness.com

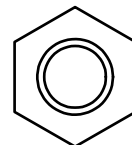
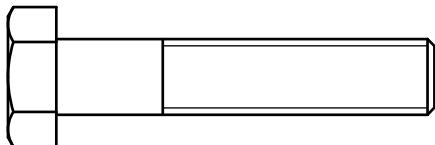
HAM-900.2 OWNER'S MANUAL

HAM-900 ASSEMBLY INSTRUCTIONS

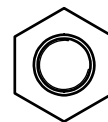
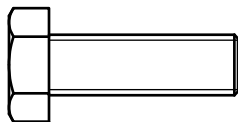
HARDWARE ILLUSTRATION



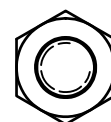
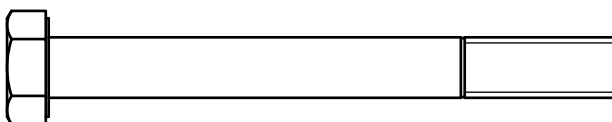
(A1)ROUND ALLEN HEAD M10X50L PARTIAL THREAD QTY.1



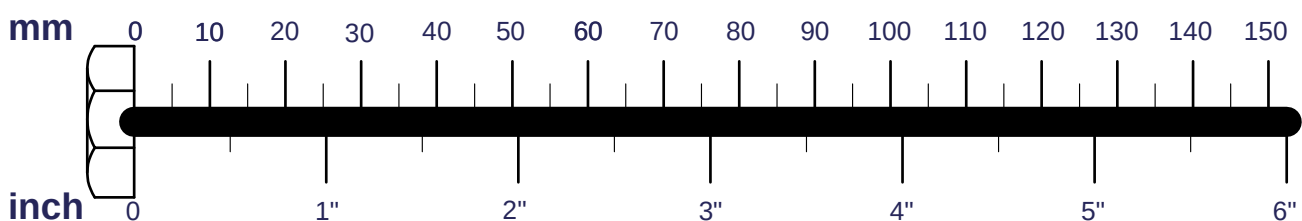
(A2)HEX BOLT M10X50L PARTIAL THREAD QTY.2



(A3)HEX BOLT M8X25L PARTIAL THREAD QTY.4

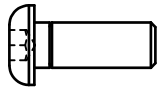


(A4)HEX BOLT M8X75L PARTIAL THREAD QTY.2

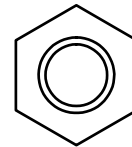
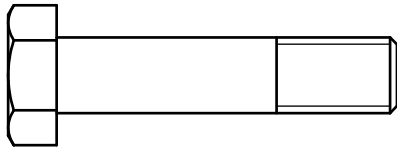


HAM-900 ASSEMBLY INSTRUCTIONS

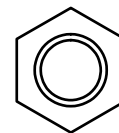
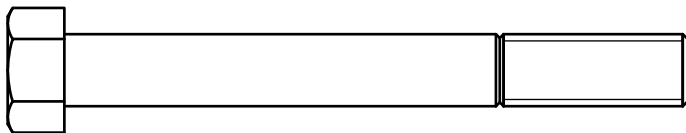
FRAME HARDWARE ILLUSTRATION FOR HDA



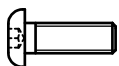
(A6)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.24



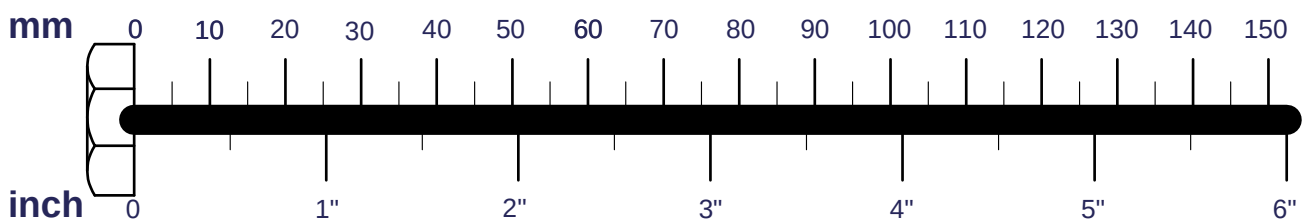
(A7)HEX BOLT M10X45L PARTIAL THREAD QTY.2



(A9)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1

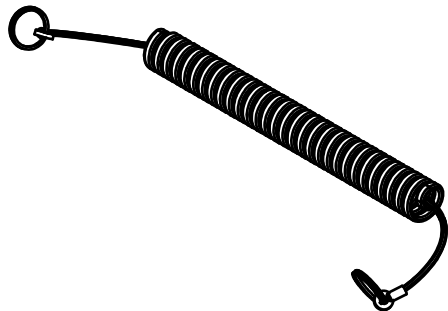


(A10)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

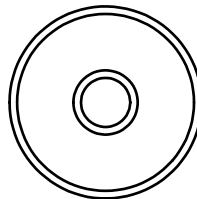
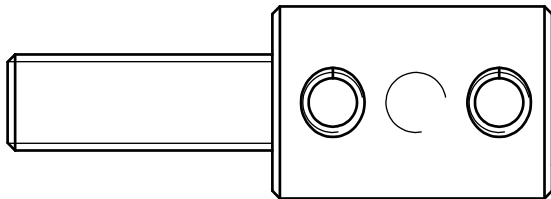


HAM-900 ASSEMBLY INSTRUCTIONS

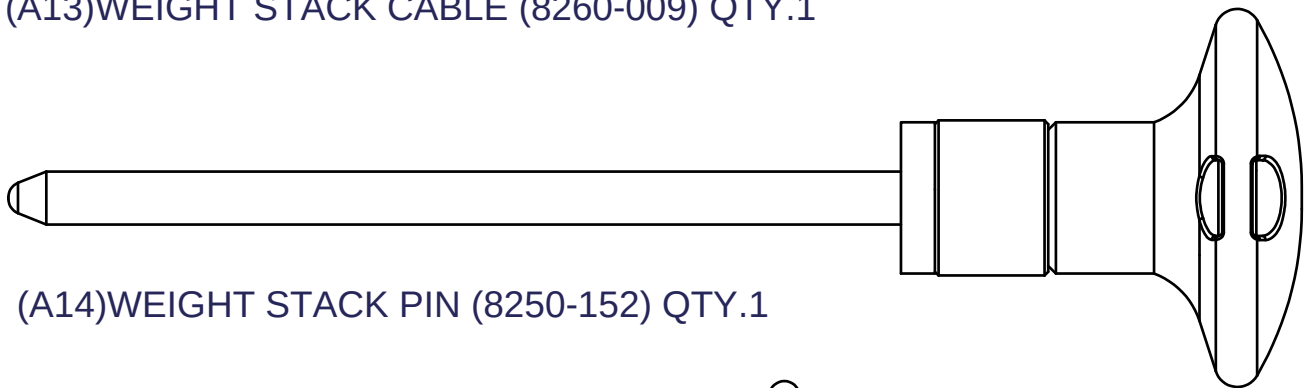
FRAME HARDWARE ILLUSTRATION FOR HDA



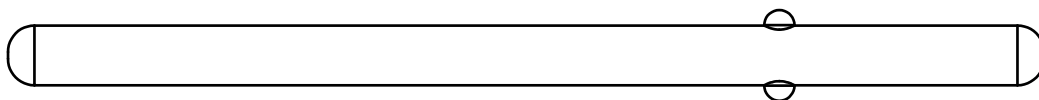
(A11)ELASTIC BELT (F920003) QTY.1



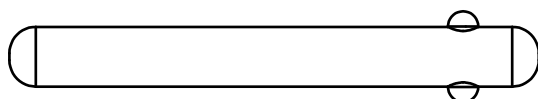
(A13)WEIGHT STACK CABLE (8260-009) QTY.1



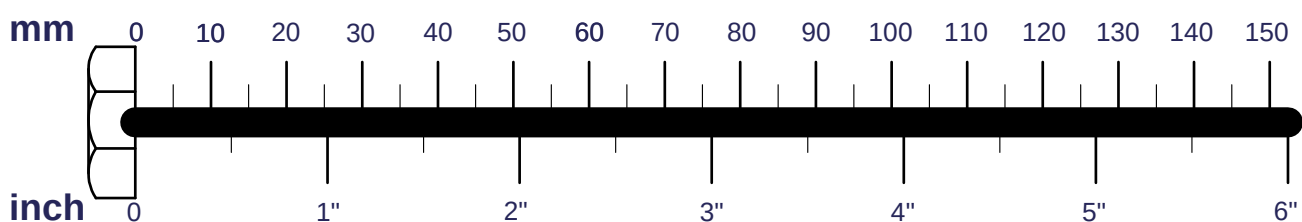
(A14)WEIGHT STACK PIN (8250-152) QTY.1



(A15)Ø5/16" FIXED PIN (8250-166) QTY.1

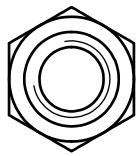
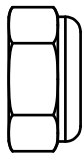


(A16)Ø5/16" FIXED PIN (8250-167) QTY.1

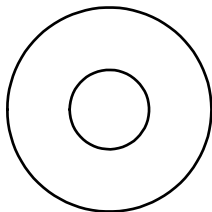


HAM-900 ASSEMBLY INSTRUCTIONS

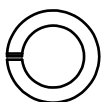
HARDWARE ILLUSTRATION



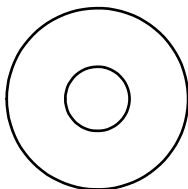
(B1)NYLON LOCK NUT M10 QTY.3



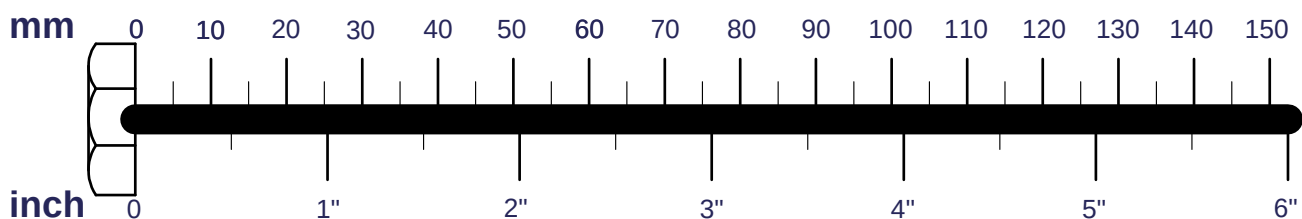
(C1)M10(I.D.)FLAT WASHER Ø27 QTY.6



(C2)M8 SPRING WASHER QTY.6

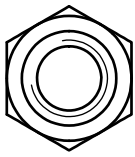


(C3)M8(I.D.)FLAT WASHER Ø24 QTY.6

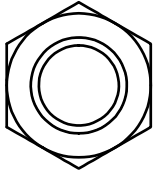


HAM-900 ASSEMBLY INSTRUCTIONS

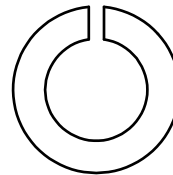
FRAME HARDWARE ILLUSTRATION FOR HDA



(B2)NYLON LOCK NUT M10 QTY.2



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



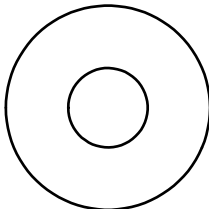
(C9)1/2" SPRING WASHER QTY.1



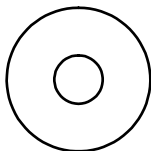
(B4)NYLON LOCK NUT M4 QTY.4



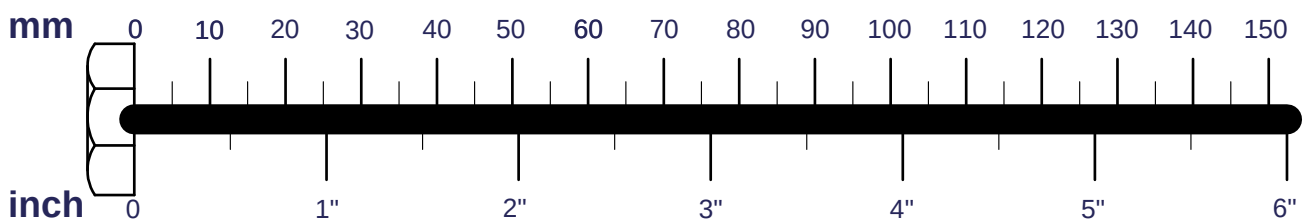
(C10)M4(I.D.)FLAT WASHER Ø10 QTY.8



(C6)M10(I.D.)FLAT WASHER Ø27 QTY.5



(C7)M6(I.D.)FLAT WASHER Ø19 QTY.24

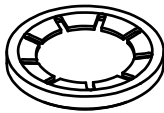


HAM-900 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø1" FLAT END CAP(8341-033)-----	[4PCS]
D2.Ø8 SPRING SNAP LINK (8810-001)-----	[1PCS]
D3.40X80 End Cap (9211-113)-----	[2PCS]
D4.3" Nylon Washer (9214-008)-----	[4PCS]
D5.108X263 RUBBER PAD(9310-075)-----	[1PCS]
D6.Ø110 PULLEY(9213-002B)-----	[3PCS]
D7.4225mm BELT(FHAM900A1)-----	[1PCS]
D8.EXERCISE CHART (9420-085)-----	[1PCS]
D9.PLATE CAP(9211-173)-----	[6PCS]

D1



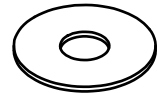
D2



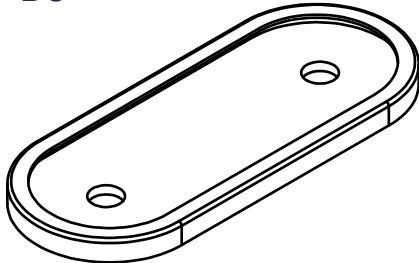
D3



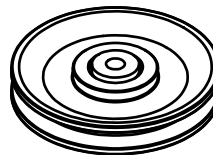
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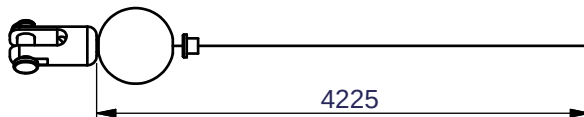
D5



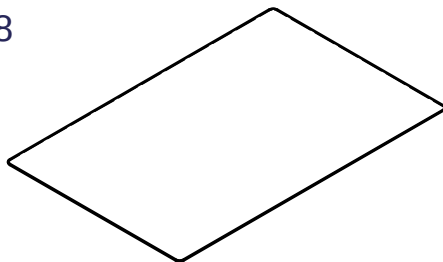
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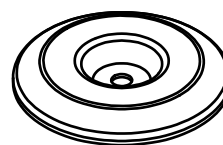
D7



D8



D9



HAM-900 ASSEMBLY INSTRUCTIONS

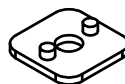
FRAME HARDWARE ILLUSTRATION FOR HDA

D10.3/4" SHAFT COLLAR(9211-046)-----	[2PCS]
D11.2"x2" Rubber Cane Cap(9214-002)-----	[3PCS]
D12.Towel rack(9215-024)-----	[1PCS]
D13. Ø65XØ20X70L Rubber Dount(9310-049)-----	[2PCS]
D15.108X14.5TX263T RUBBER PAD(9310-075)-----	[2PCS]
D16.Ø110 PULLEY(9213-002B)-----	[2PCS]
D17.TOP PLATE(8400-006)-----	[1PCS]
D19.Selector Rod(8210-191)-----	[1PCS]

D10



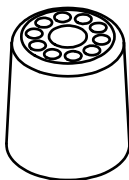
D11



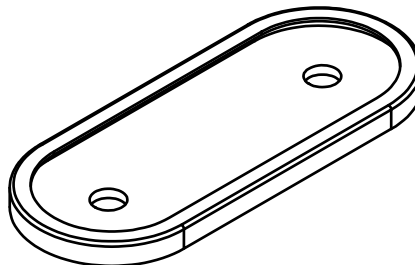
D12



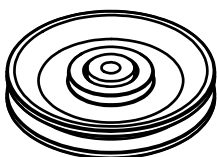
D13



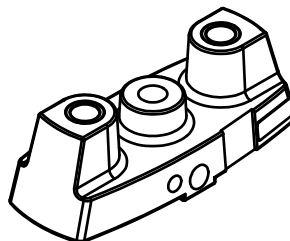
D15



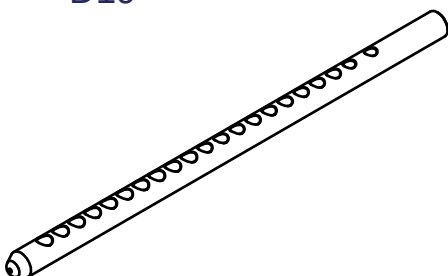
D16



D17



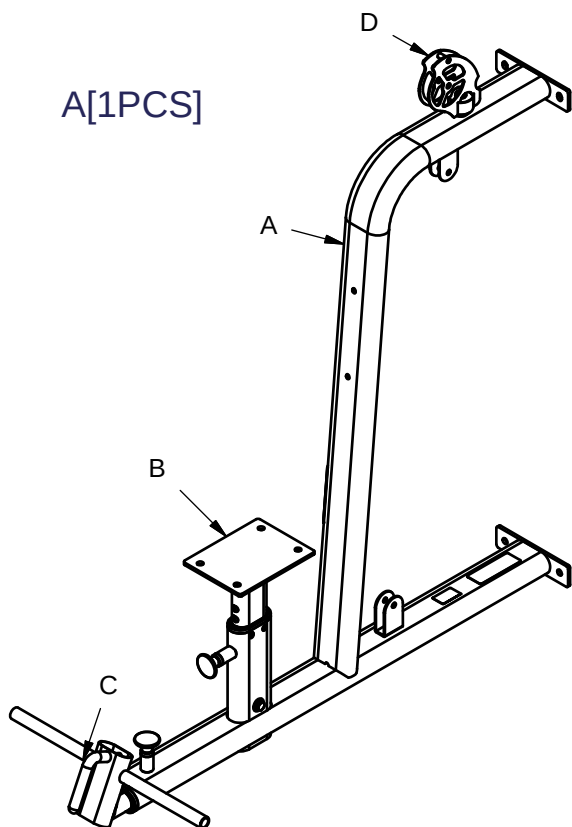
D19



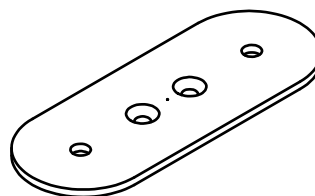
HAM-900 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

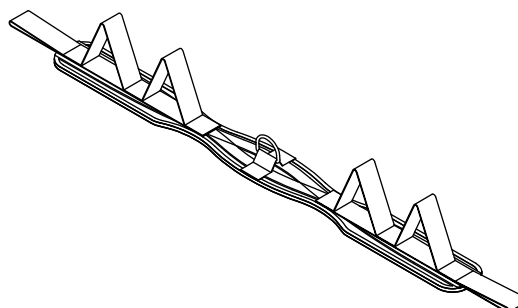
A[1PCS]



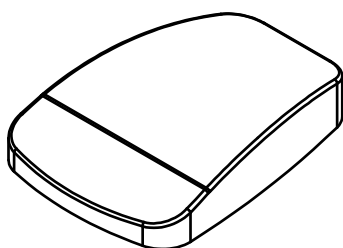
E[1PCS]
8313-188



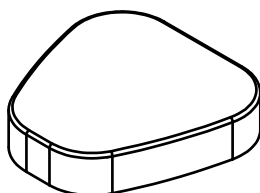
F[1PCS]
9630-220



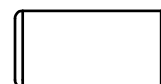
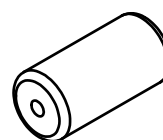
G[1PCS]
9111-089



H[1PCS]
9121-093



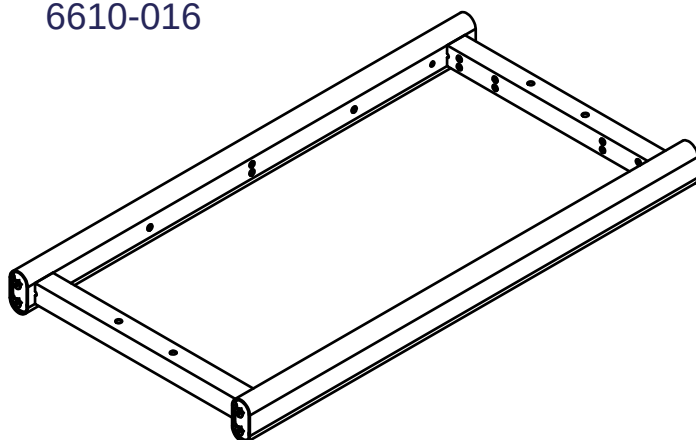
I[2PCS]
9161-077
ψ4"X23X8"



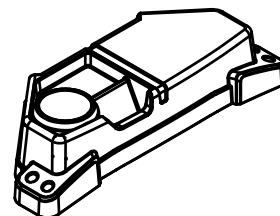
HAM-900 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

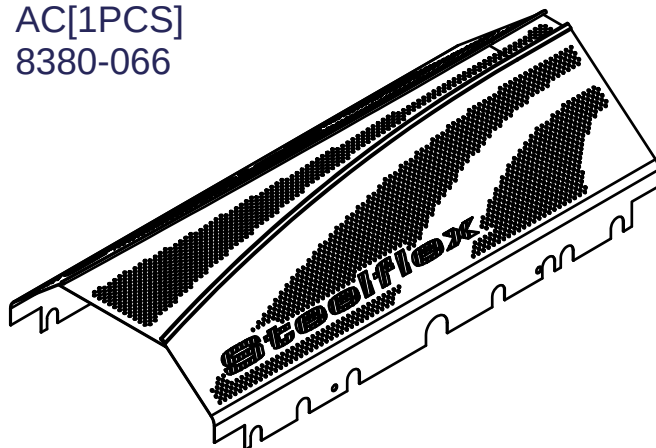
AA1[1PCS]
6610-016



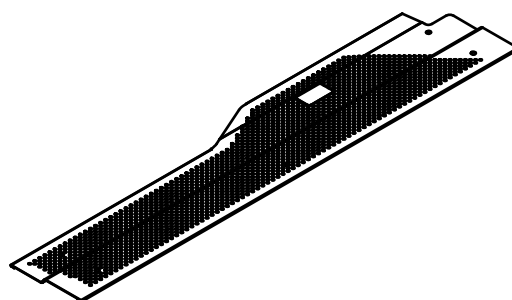
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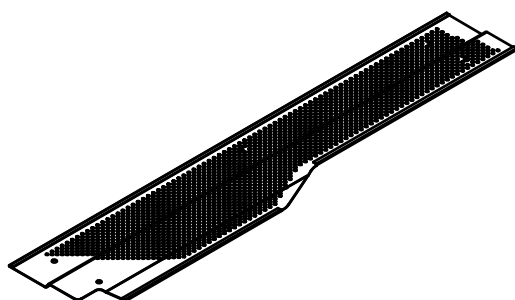
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8380-066



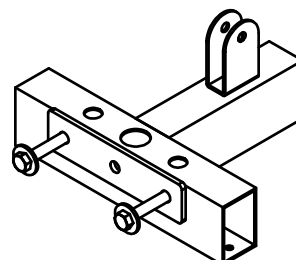
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8380-067



AE[1PCS]
8380-068



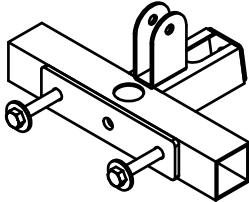
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6610-017



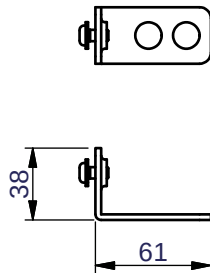
HAM-900 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR HDA

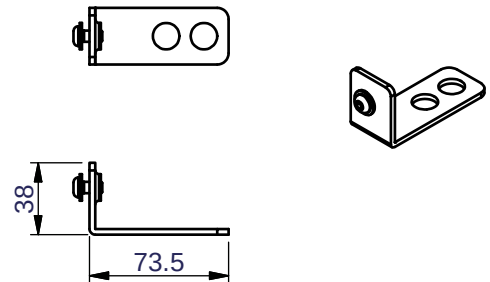
AG[1PCS]
6610-018



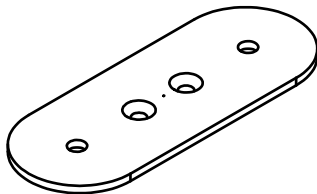
AH[4PCS]
8331-065



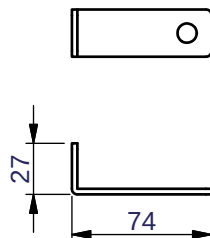
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8331-064



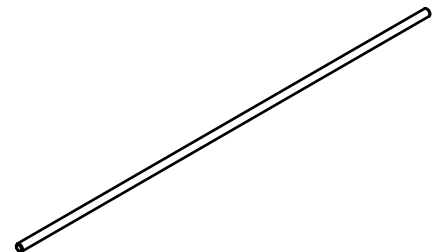
AJ[2PCS]
8313-188



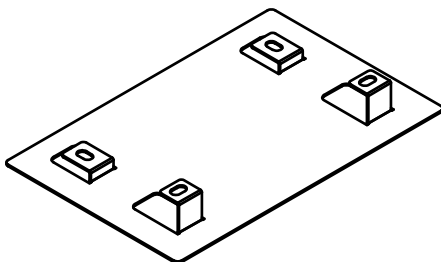
AK[1PCS]
8331-017



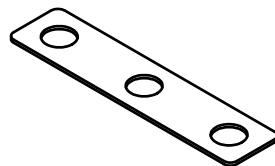
AL1[2PCS]
8280-036
Ø3/4"X1222L



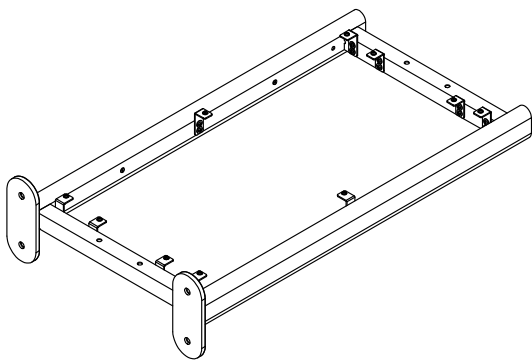
AN[1PCS]
8345-014



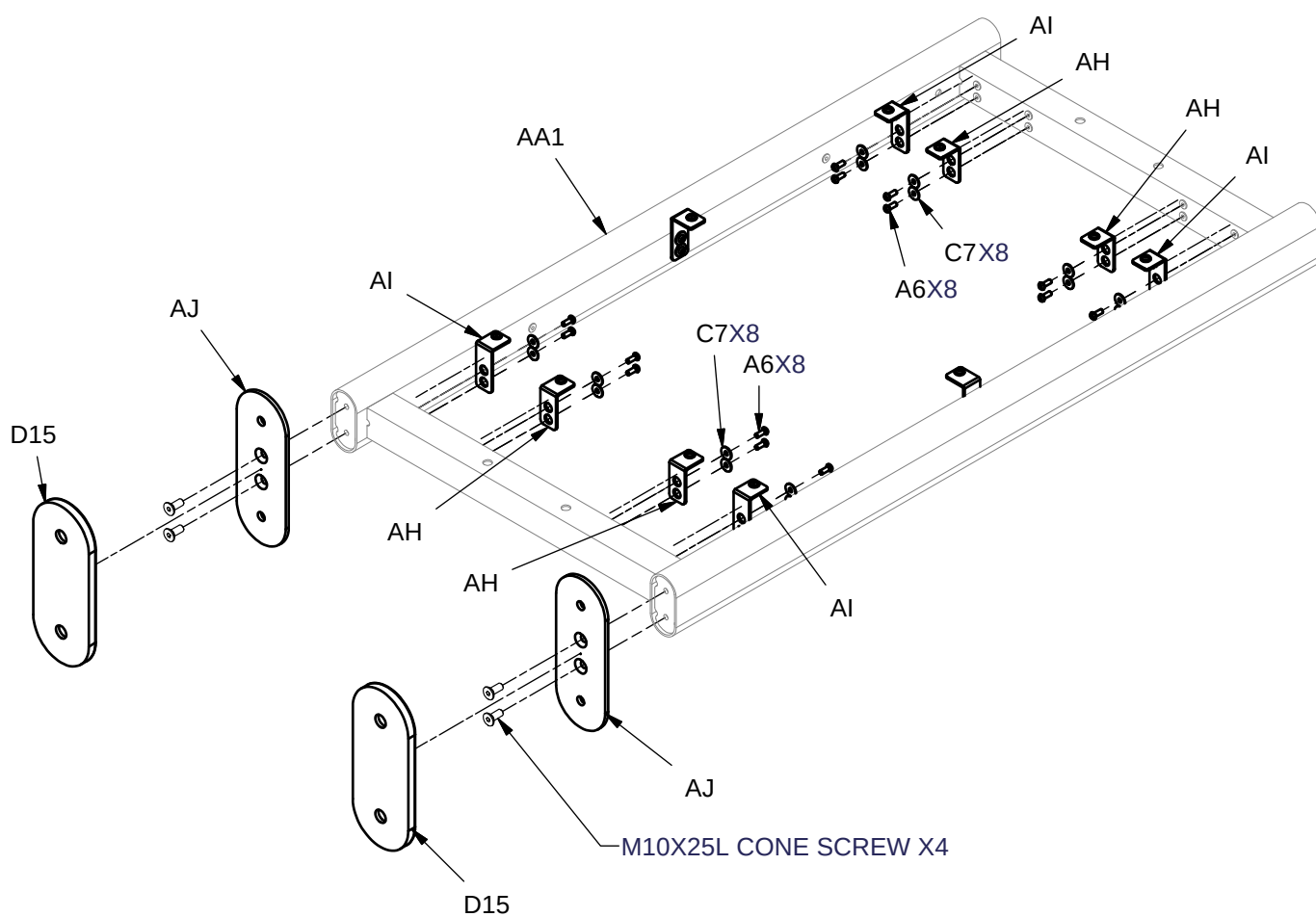
AO[1PCS]
8311-194



HAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



A detailed line drawing of a mechanical testing machine, likely a universal testing machine (UTM). The machine features a heavy-duty frame with a vertical column on the right and a horizontal crosshead that can move along the column. A specimen is held between two grips, one of which is attached to the crosshead. The machine is designed to apply a controlled force to a specimen to test its mechanical properties.

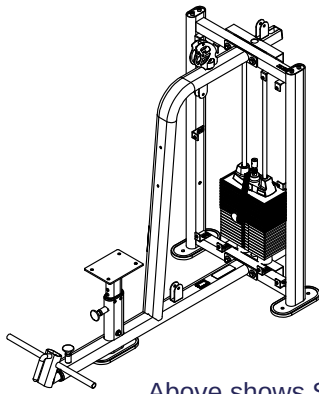
Diagram illustrating the assembly of a mechanical component, showing the main structure and various sub-components labeled A through AF.

Key components and labels:

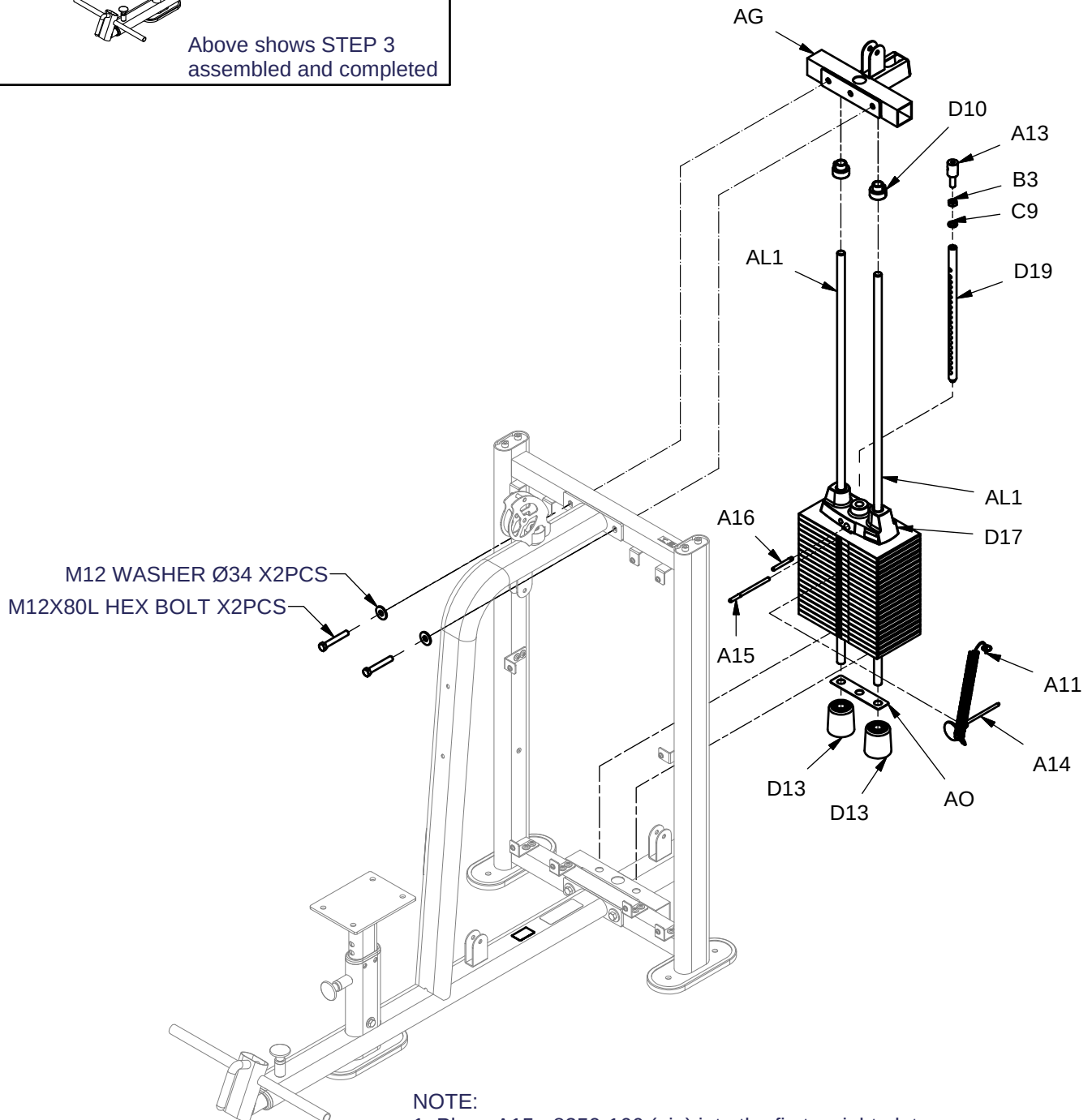
- A**: Main vertical support structure.
- AF**: Horizontal support structure.
- D11**: Four small rectangular components (likely spacers or washers) used for alignment.
- M12 WASHER Ø34 X2PCS**: Two M12 washers.
- M12X80L HEX BOLT X2PCS**: Two M12x80L hex bolts.
- M10X25L CONE SCREW X2PCS**: Two M10x25L cone screws.
- D5**: A small rectangular component (likely a spacer or washer).
- E**: A small rectangular component (likely a spacer or washer).

The diagram shows the assembly sequence, with components A and AF forming the main frame, and D11, M12 WASHERS, M12X80L HEX BOLTS, M10X25L CONE SCREWS, D5, and E being used to secure the structure.

HAM-900 ASSEMBLY INSTRUCTIONS



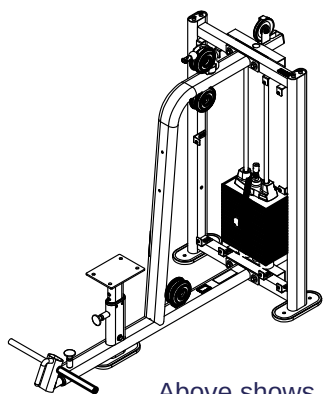
Above shows STEP 3
assembled and completed



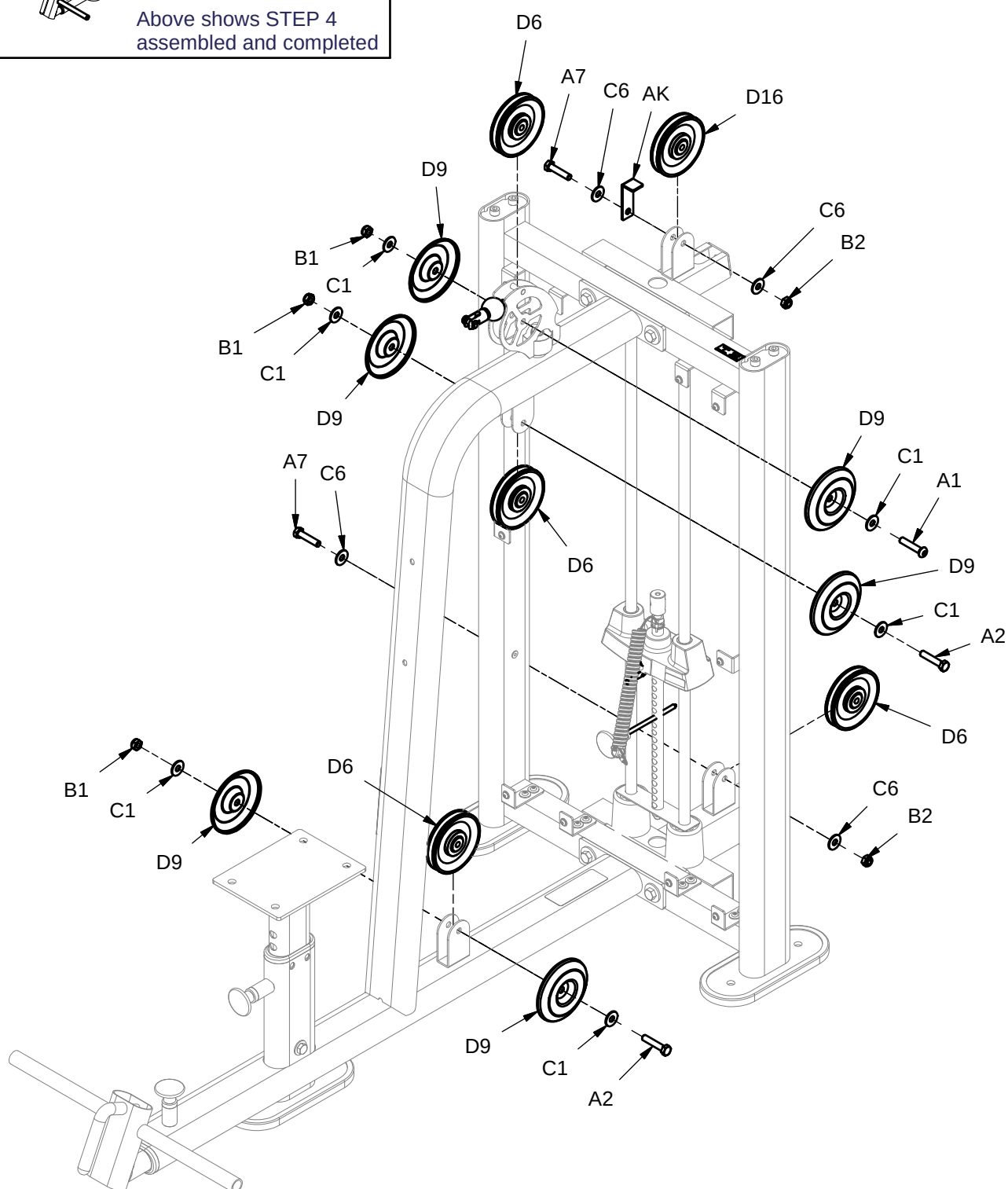
NOTE:

1. Place A15 - 8250-166 (pin) into the first weight plate.
2. Place A14 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D17- 8400-006A(top plate) cling to (first weight plate) and fix in A16 - 8250-167(pin).
4. Finally remove A14 - 8250-152 (weight stack pin) and use as usual.

HAM-900 ASSEMBLY INSTRUCTIONS

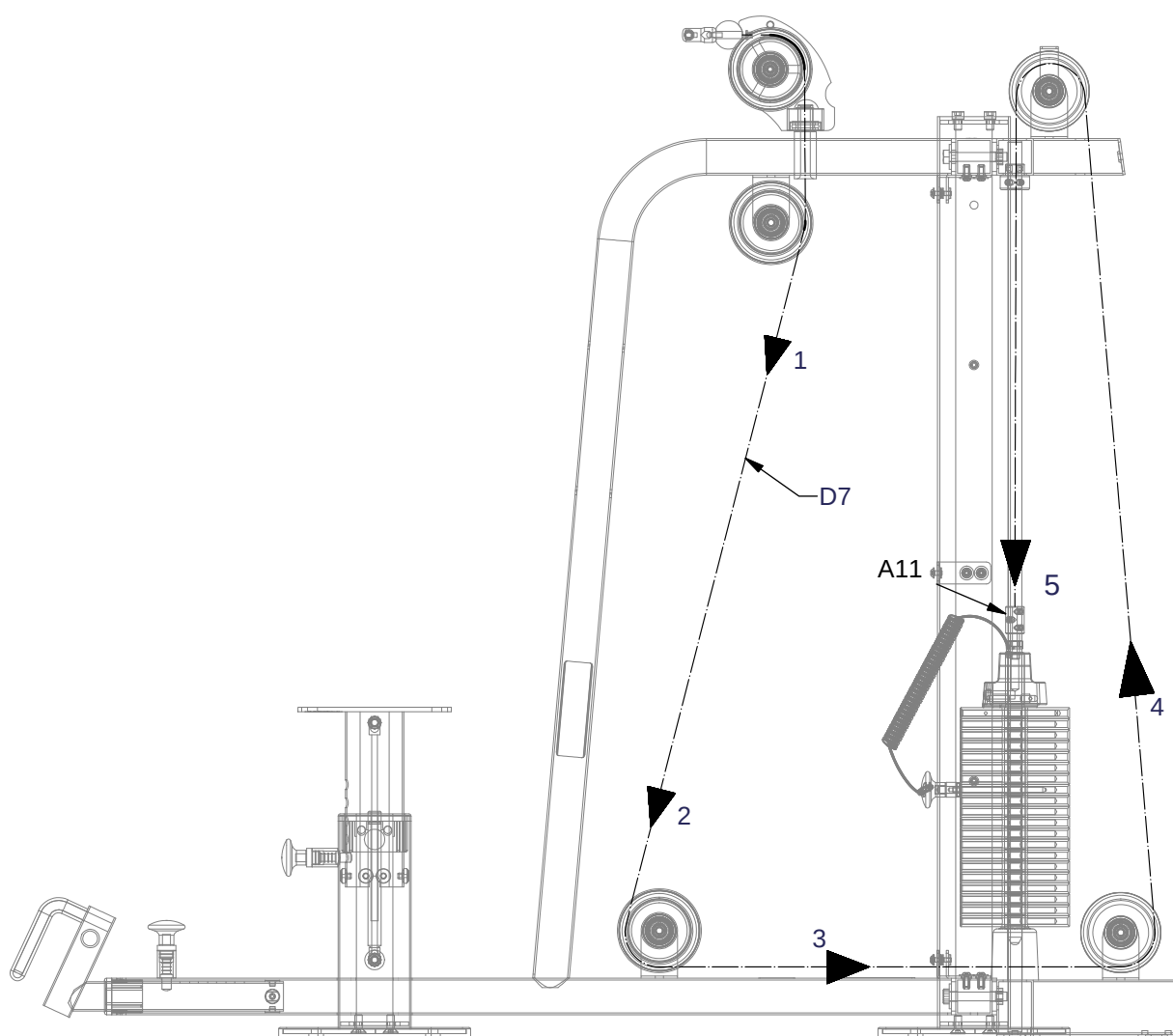


Above shows STEP 4
assembled and completed

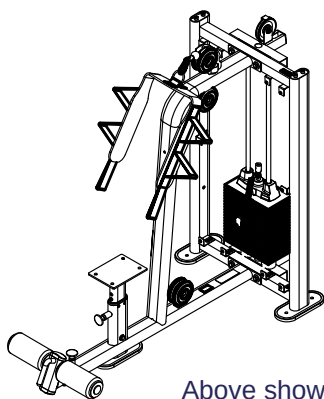


HAM-900 ASSEMBLY INSTRUCTIONS

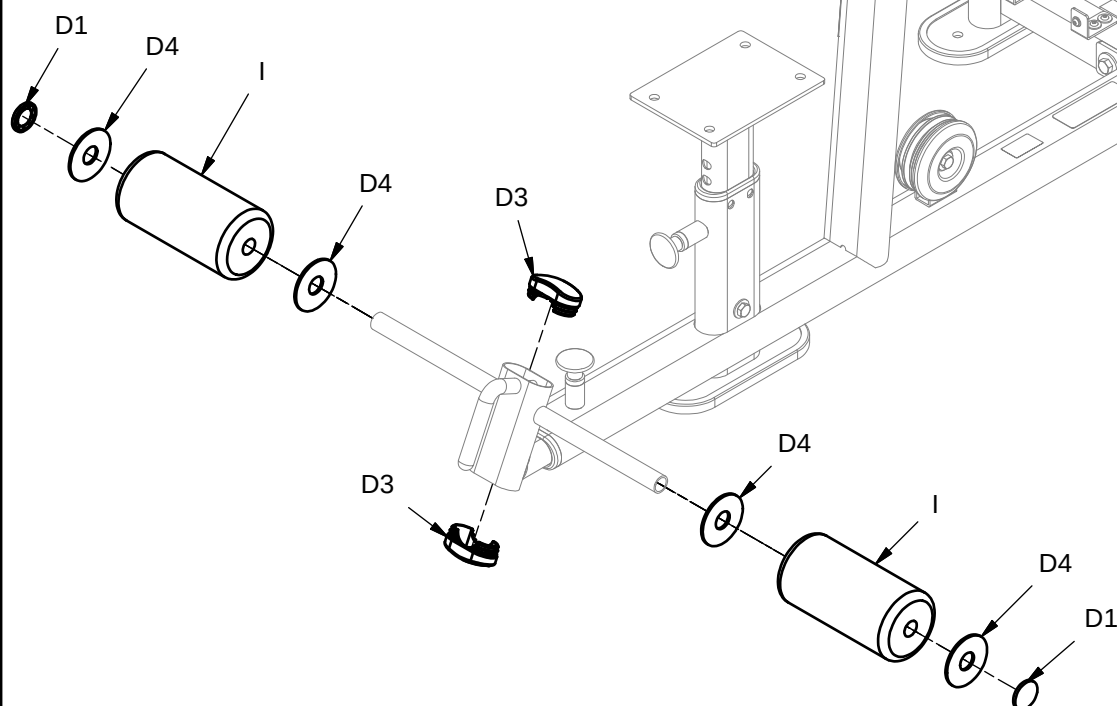
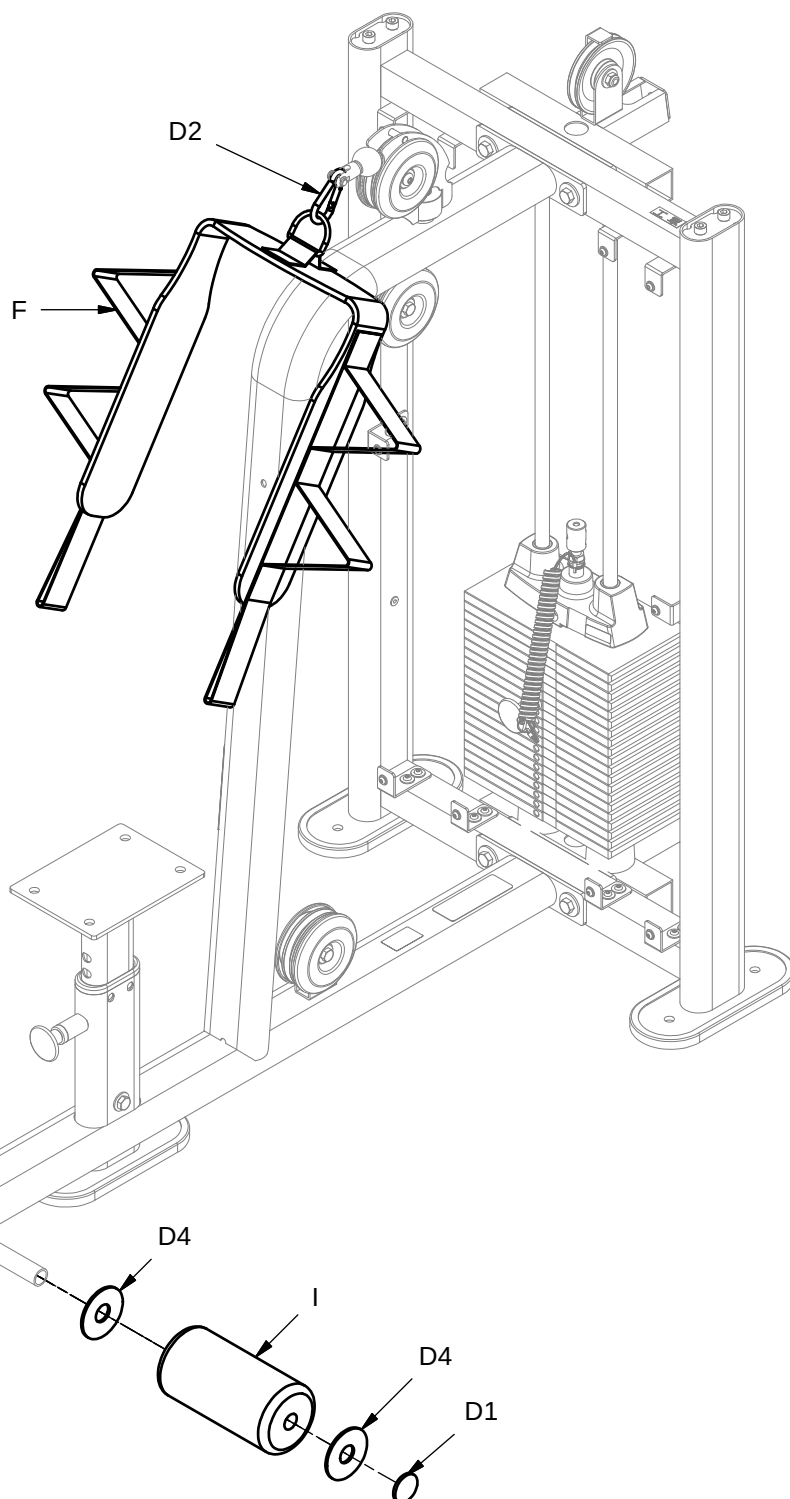
Cable to constitute illustration



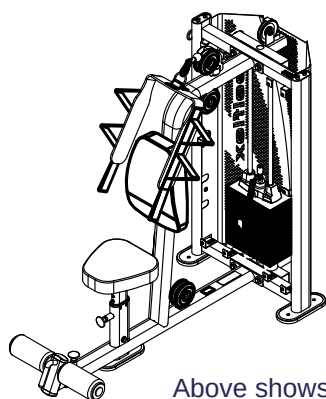
HAM-900 ASSEMBLY INSTRUCTIONS



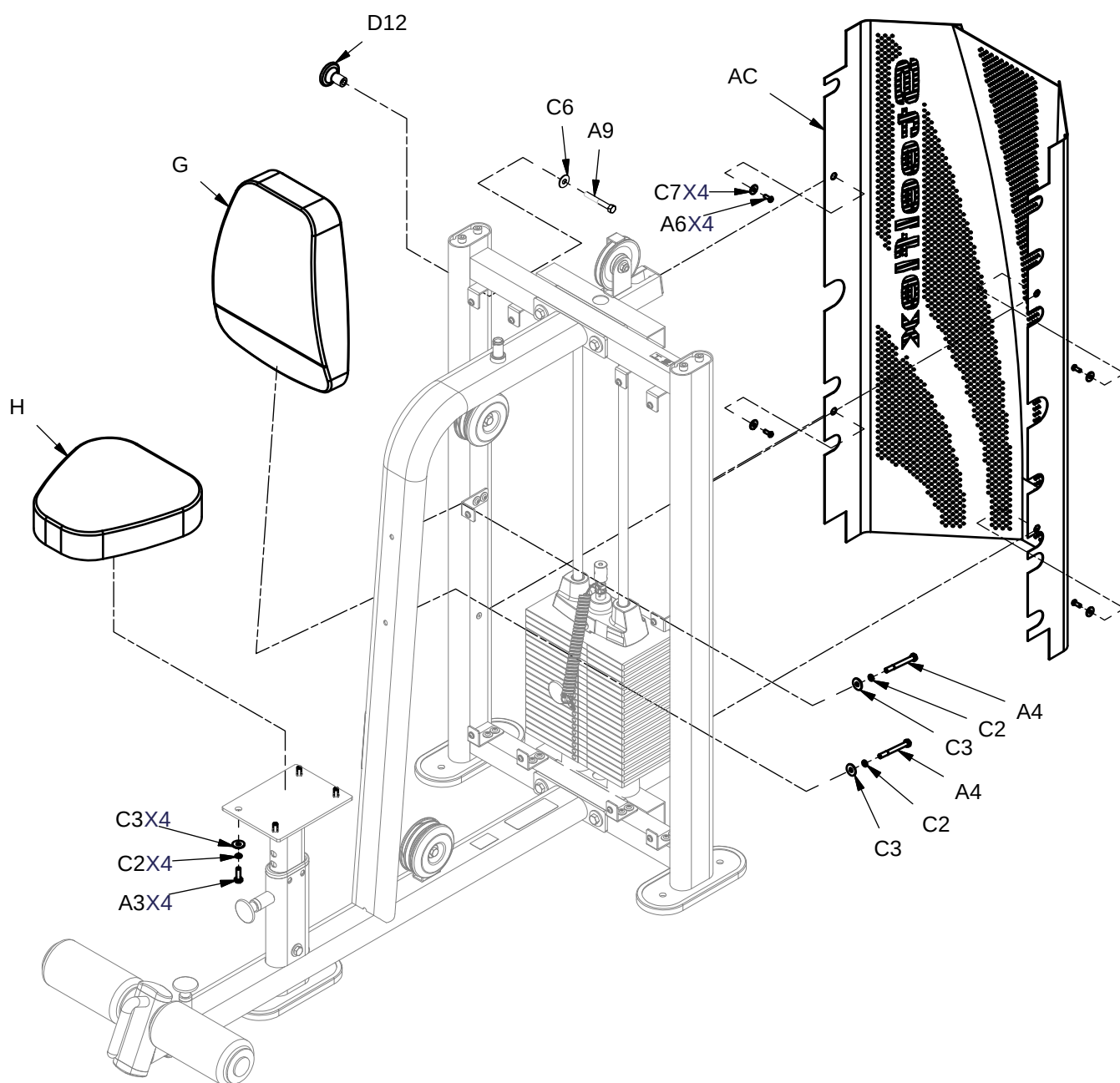
Above shows STEP 5
assembled and completed



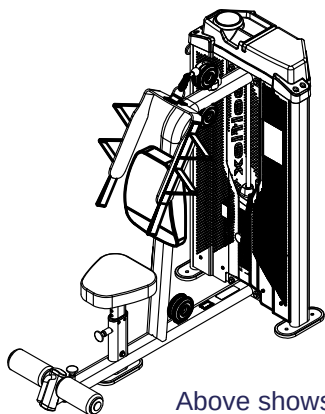
HAM-900 ASSEMBLY INSTRUCTIONS



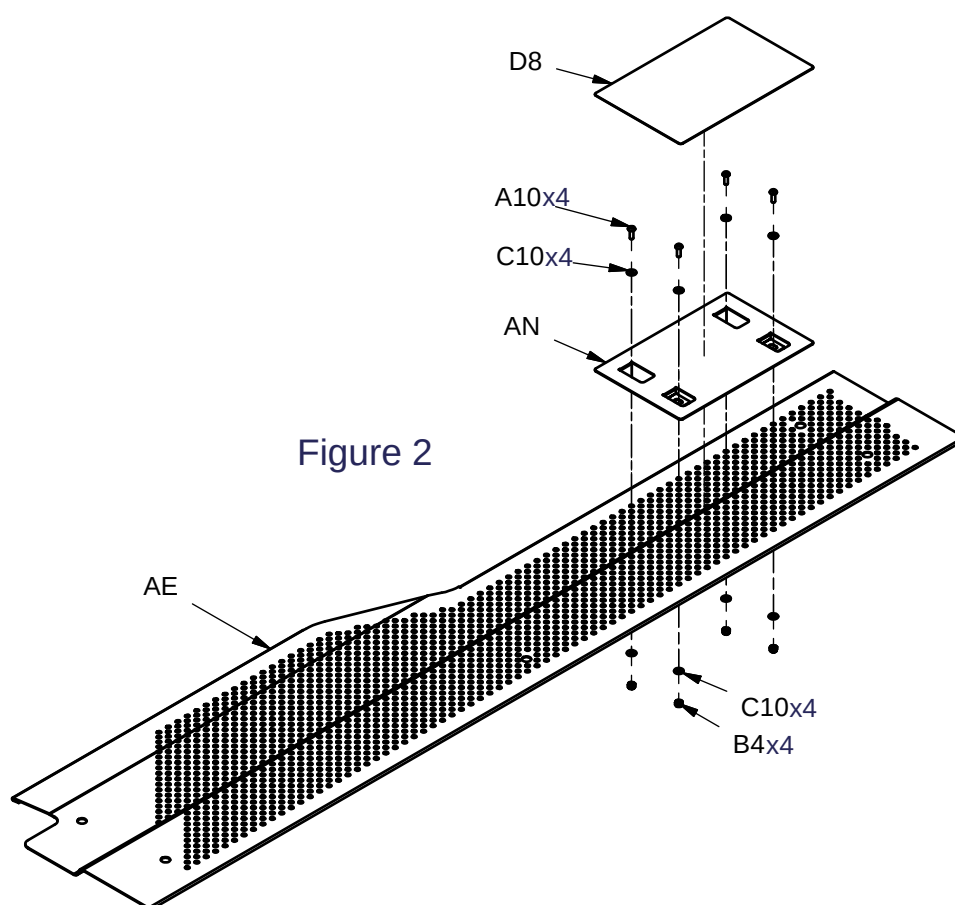
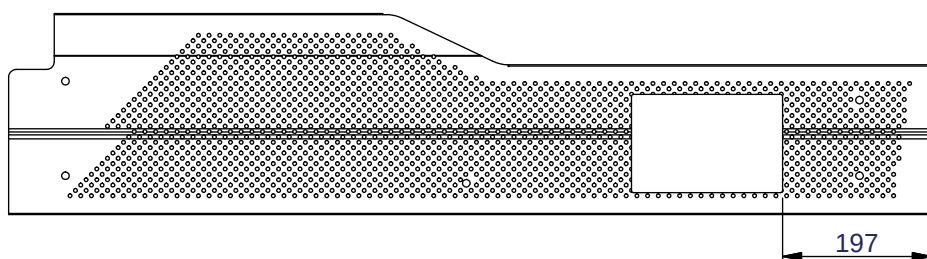
Above shows STEP 6
assembled and completed



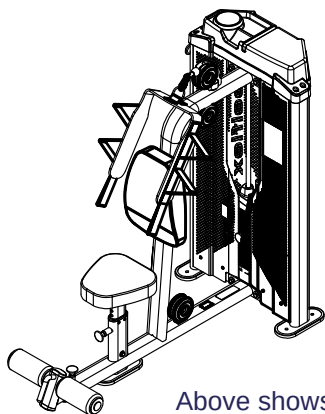
HAM-900 ASSEMBLY INSTRUCTIONS



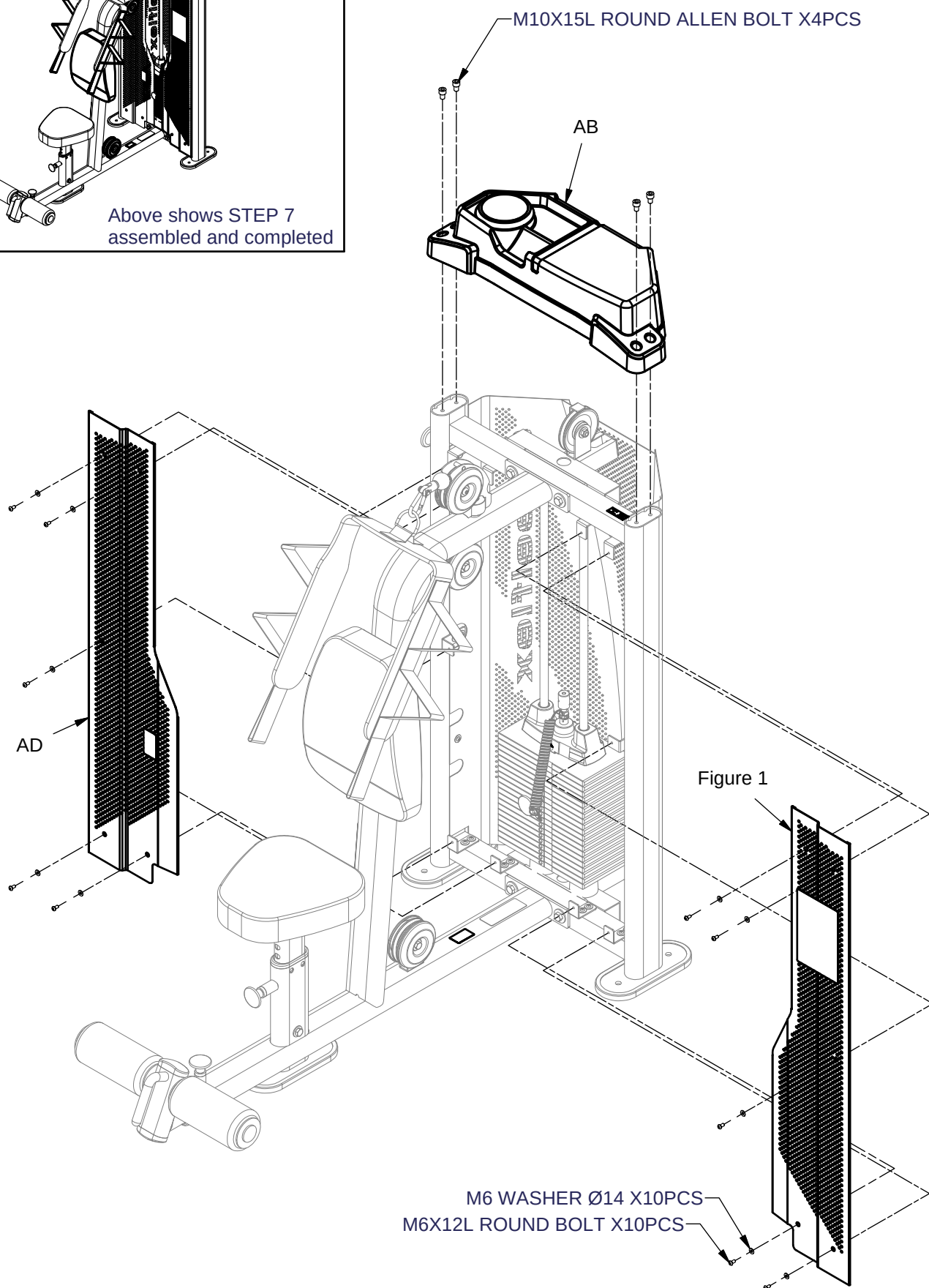
Above shows STEP 7
assembled and completed



HAM-900 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
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.

		WEEKLY	DAILY
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

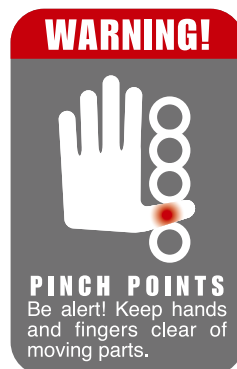
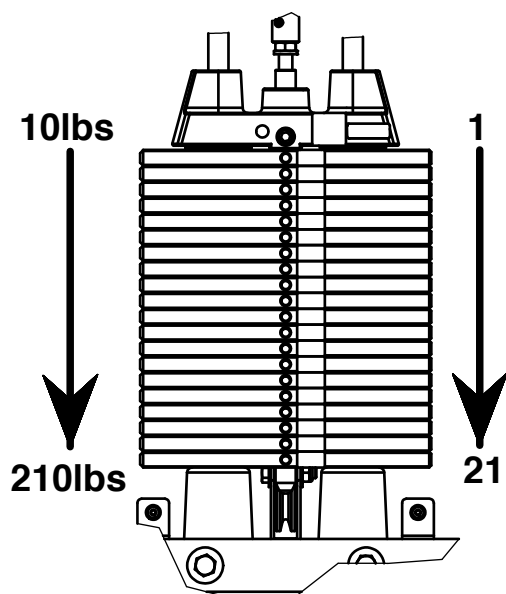
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.

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