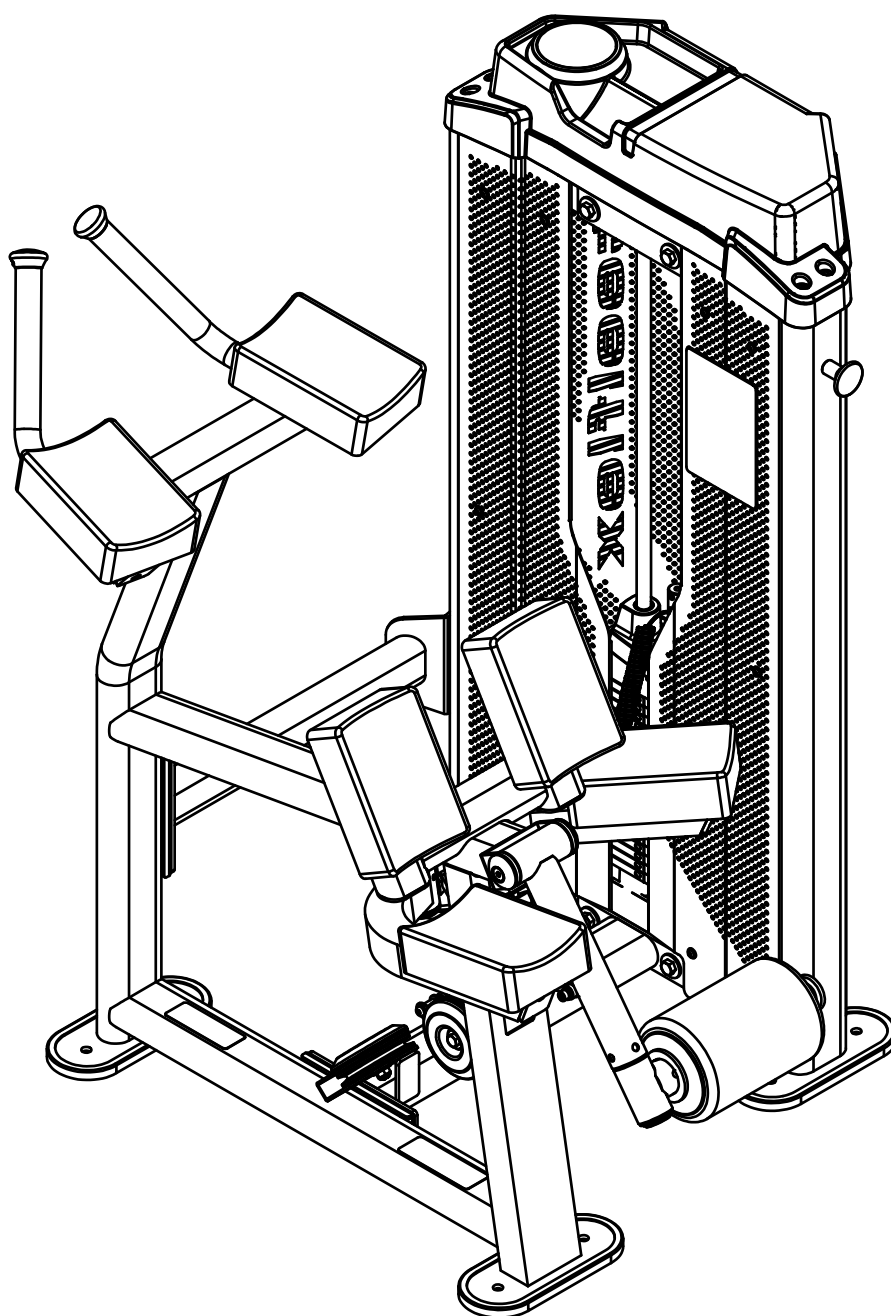


HOPE



Steelflex

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Sales Office:

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

Tel: 886-2-27209980

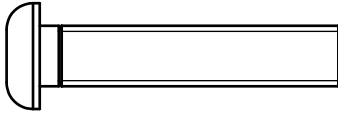
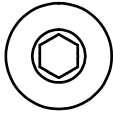
Fax: 886-2-27229750

www.steelflexfitness.com

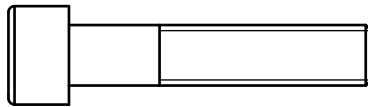
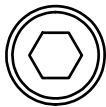
HLC400B.1 OWNER'S MANUAL

HLC400B ASSEMBLY INSTRUCTIONS

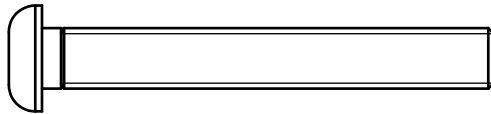
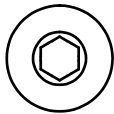
HARDWARE ILLUSTRATION



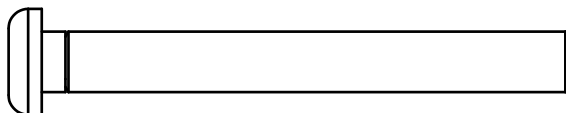
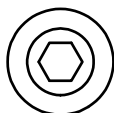
(A1)ROUND INNER HEX SCREW M8X40L PARTIAL THREAD QTY.1



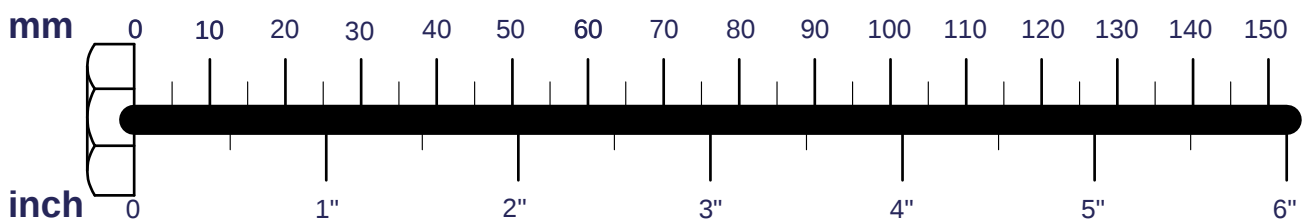
(A2)HEX BOLT M8X40L PARTIAL THREAD QTY.1



(A3)ROUND INNER HEX SCREW M8X60L PARTIAL THREAD QTY.4

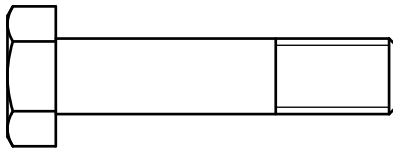
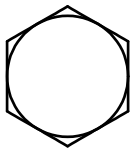


(A4)ROUND INNER HEX SCREW M8X70L PARTIAL THREAD QTY.8

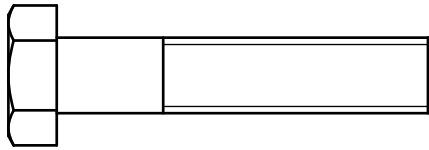
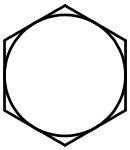


HLC400B ASSEMBLY INSTRUCTIONS

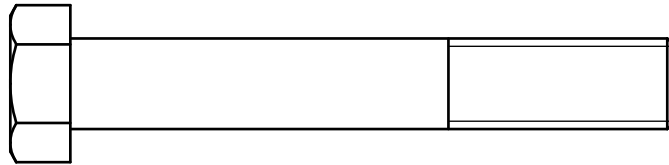
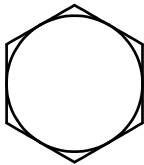
HARDWARE ILLUSTRATION



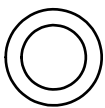
(A5)HEX BOLT M10X45L PARTIAL THREAD QTY.1



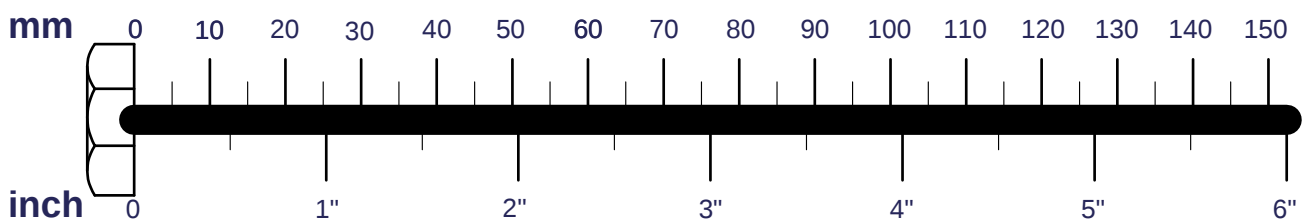
(A6)HEX BOLT M10X50L PARTIAL THREAD QTY.1



(A7)HEX BOLT M12X80L PARTIAL THREAD QTY.2

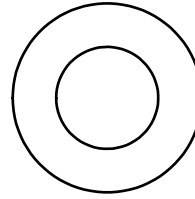
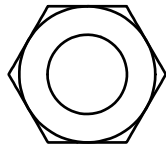


(A8)STEEL BUSHING Ø12XØ8.5XØ21.5 QTY.1

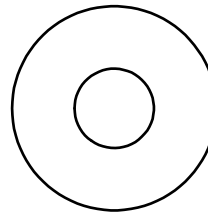
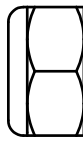
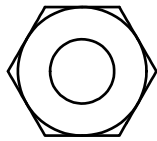


HLC400B ASSEMBLY INSTRUCTIONS

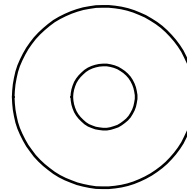
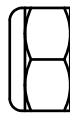
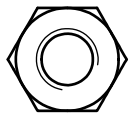
HARDWARE ILLUSTRATION



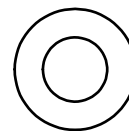
(B1)NYLON LOCK NUT M12 QTY.2 (C1)M12(I.D.)FLAT WASHER Ø25 QTY.4



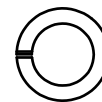
(B2)NYLON LOCK NUT M10 QTY.2 (C2)M10(I.D.)FLAT WASHER Ø27 QTY.4



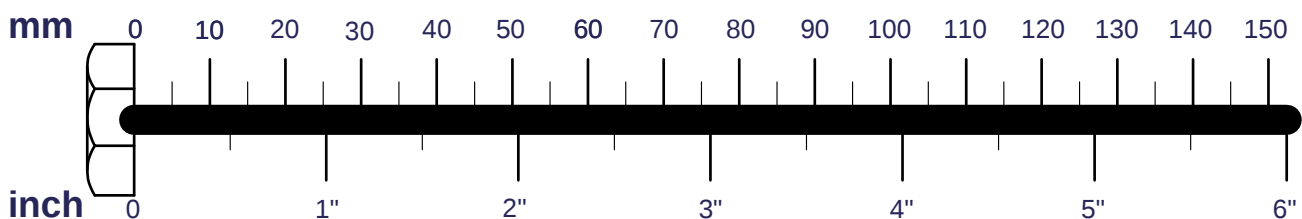
(B3)NYLON LOCK NUT M8 QTY.2 (C3)M8(I.D.)FLAT WASHER Ø24 QTY.12



(C4)M8(I.D.)FLAT WASHER Ø16 QTY.4

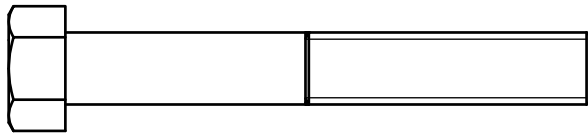
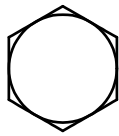


(C5)SPRING WASHER M8 QTY.12

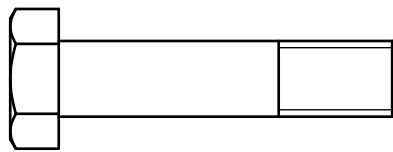
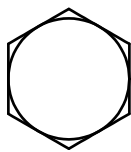


HLC400B ASSEMBLY INSTRUCTIONS

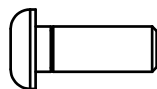
FRAME HARDWARE ILLUSTRATION



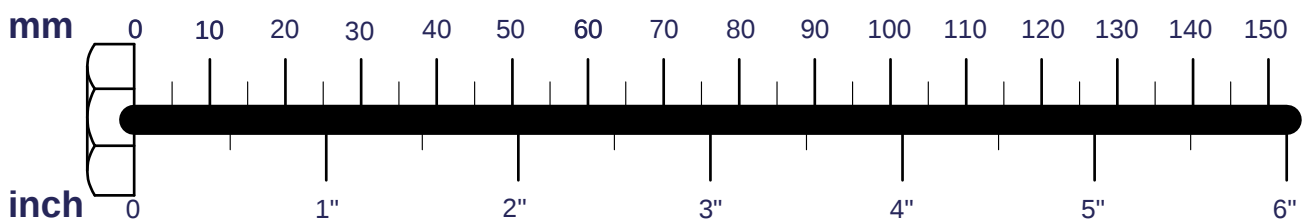
(AA2)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1



(AA3)HEX BOLT M10X45L PARTIAL THREAD QTY.2

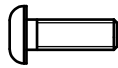


(AA4)ROUND INNER HEX SCREW M6x16L PARTIAL THREAD QTY.24

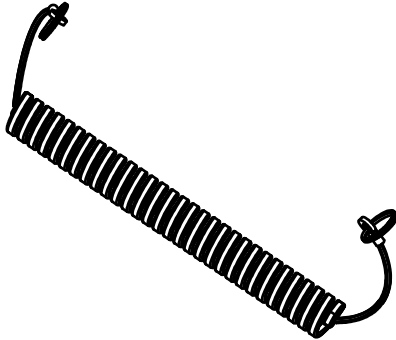


HLC400B ASSEMBLY INSTRUCTIONS

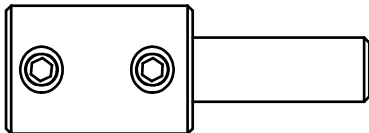
FRAME HARDWARE ILLUSTRATION



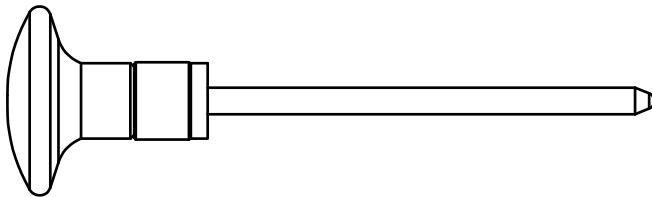
(AA5)ROUND INNER HEX SCREW M4x12L PARTIAL THREAD QTY.4



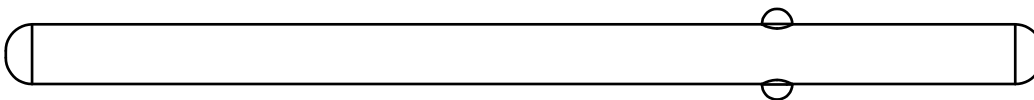
(AA6)ELASTIC BELT QTY.1



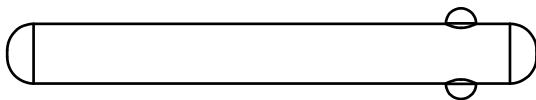
(AA7)RT3(8260-009) QTY.1



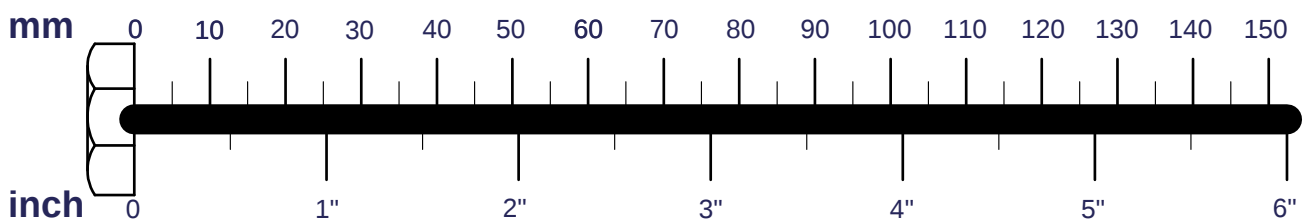
(AA8)20LB PIN(8250-152) QTY.1



(AA9)Ø5/16" FIXED PIN (8250-166) QTY.1

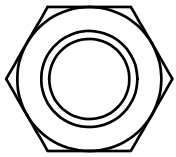


(AA10)Ø5/16" FIXED PIN (8250-167) QTY.1

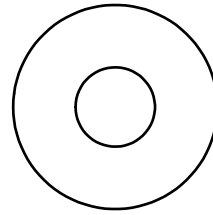


HLC400B ASSEMBLY INSTRUCTIONS

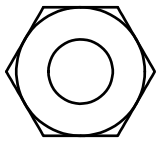
HARDWARE ILLUSTRATION



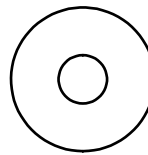
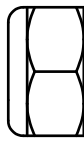
(BB1)1/2"NUT-13UNC QTY.1



(CC1)M10(I.D.)FLAT WASHER Ø27 QTY.5



(BB2)NYLON LOCK NUT M10 QTY.2



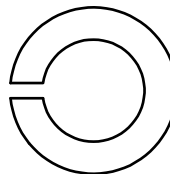
(CC2)M6(I.D.)FLAT WASHER Ø19 QTY.24



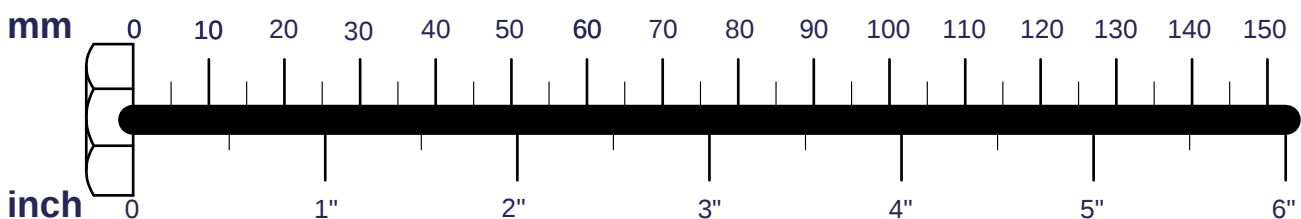
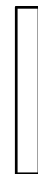
(BB3)NYLON LOCK NUT M4 QTY.4



(CC3)M4(I.D.)FLAT WASHER Ø10 QTY.8



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



HLC400B ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1.Ø3/4"XØ13.5X8L STEEL BUSHING(8110-014)-----	[2PCS]
D2.Ø1/2"XØ8.5X21L STEEL BUSHING(8110-144)-----	[1PCS]
D3.Ø70XØ52X20L STEEL BUSHING(8130-065)-----	[1PCS]
D4.Ø50X10 CAP COVER(8130-131)-----	[3PCS]
D5.Ø38XØ26X1.5t CU WASHER(8520-008)-----	[2PCS]
D6.Ø116X17 CAP COVER(9211-173)-----	[3PCS]
D7.Ø120XØ51X3t NYLON WASHER(9214-039)-----	[2PCS]
D8.108X14.5tX263L RUBBER PAD(9310-075)-----	[2PCS]
D9.Ø110X22 PULLEY (9213-002B)-----	[2PCS]
D10.3520mm STEEL CABLE(FHLC400BA)-----	[1PCS]

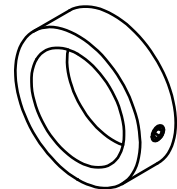
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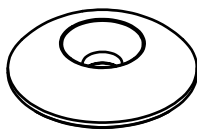
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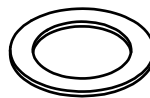
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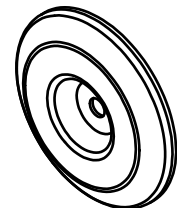
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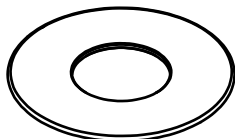
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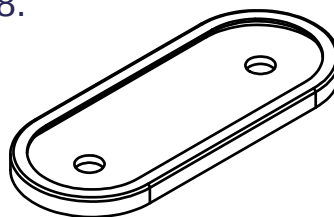
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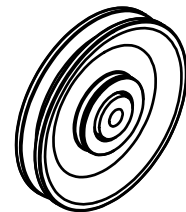
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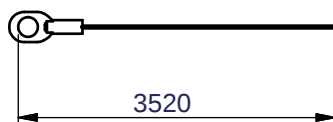
D8.



D9.



D10.



HLC400B ASSEMBLY INSTRUCTIONS

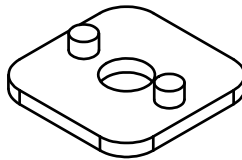
FARME HARDWARE ILLUSTRATION

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]
DD5.DD7.Ø110X22 PULLEY (9213-002B)-----	[2PCS]
DD6.108X14.5tX263L RUBBER PAD(9310-075)-----	[2PCS]

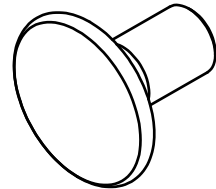
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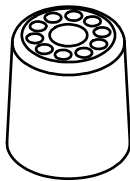
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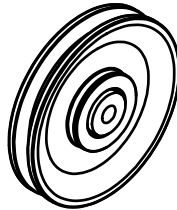
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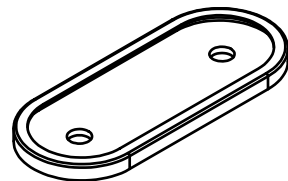
DD4.



DD5.



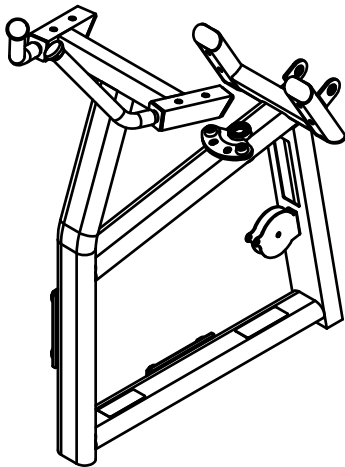
DD6.



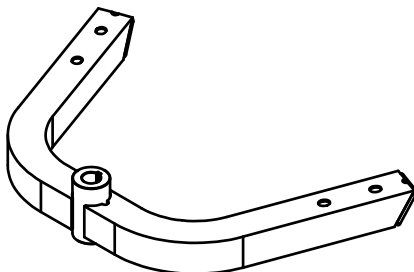
HLC400B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

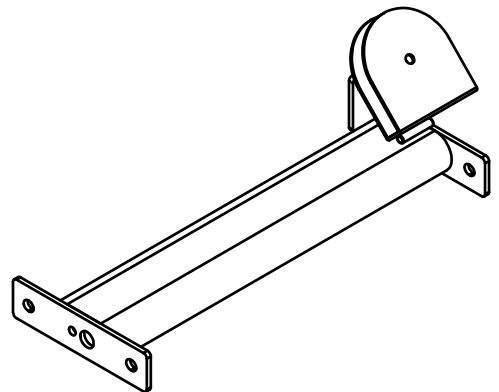
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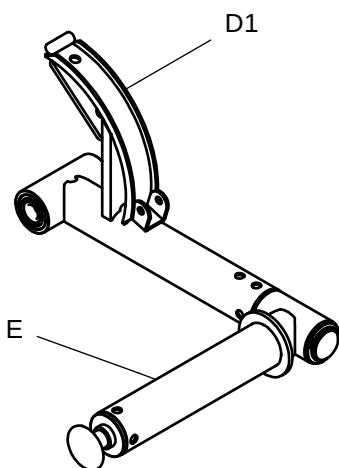
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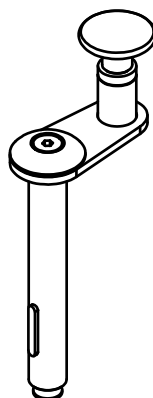
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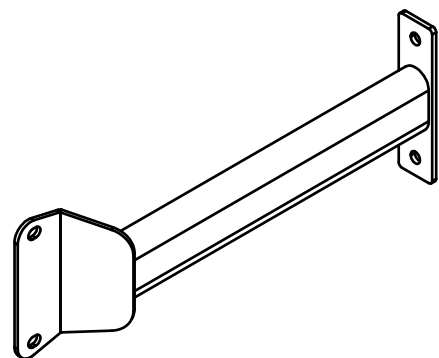
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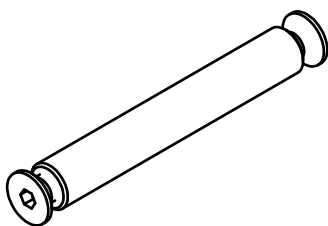
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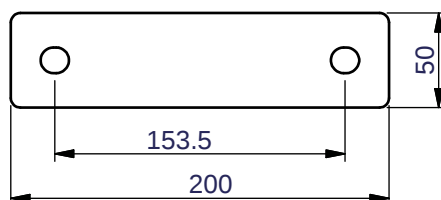
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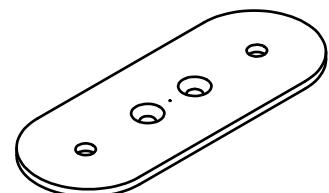
H [1SET]
8210-200
Ø17X112L



I [PCS]
8312-077



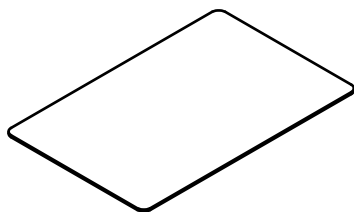
J [2PCS]
8313-188



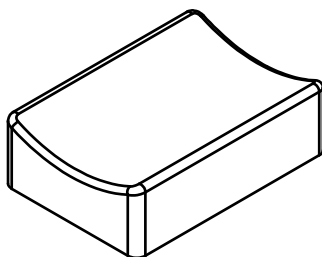
HLC400B ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

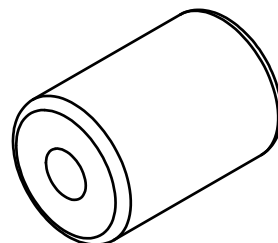
K [1PCS]
9420-120



L [6SET]
9131-060



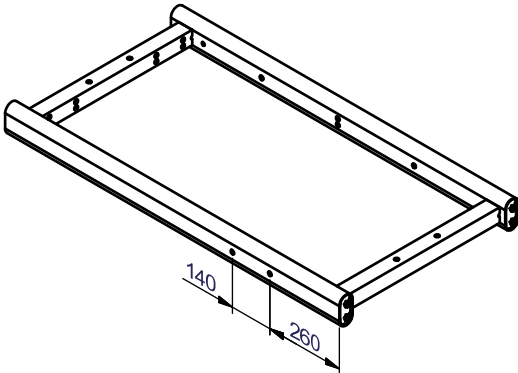
M1 [1SET]
9161-078



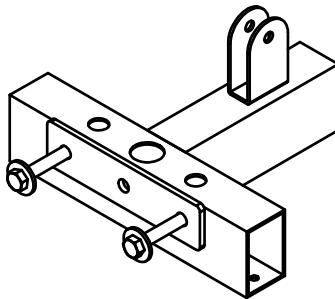
HLC400B ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

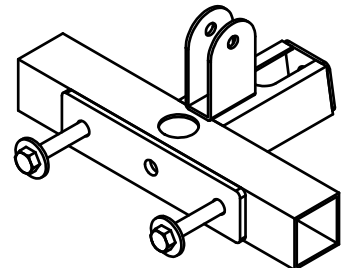
AA [1SET]
6610-036



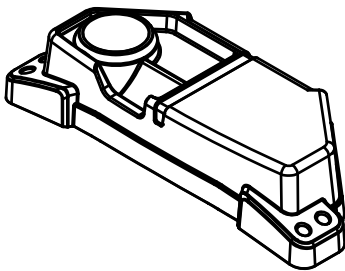
AB [1SET]
6610-017



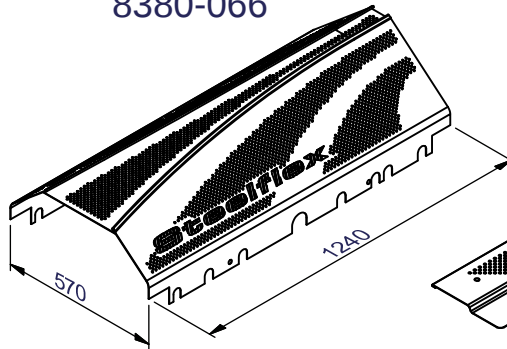
AC [1PCS]
6610-018



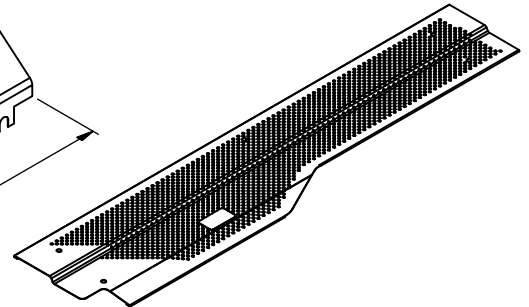
AD [1PCS]
9211170-023



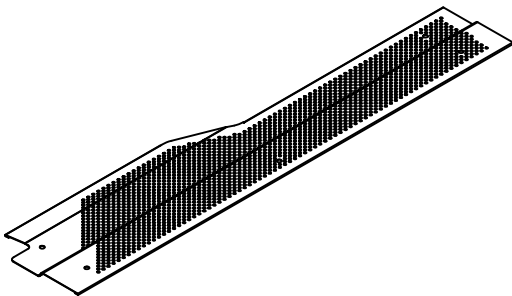
AE [1PCS]
8380-066



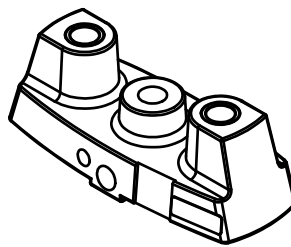
AF [1SET]
8380-067



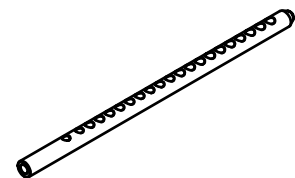
AG [1PCS]
8380-068



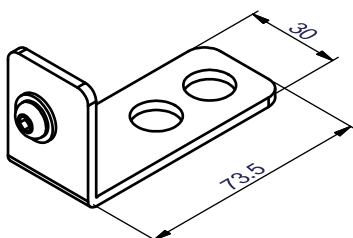
AH [1SET]
8400-006



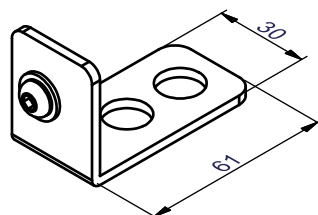
AI [1PCS]
8210-191
Ø3/4"X400L



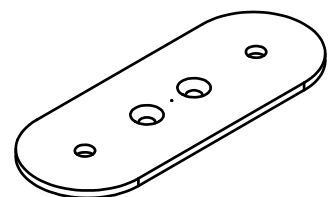
AJ[6SET]
8331-064



AK[4SET]
8331-065



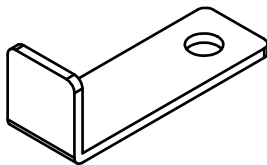
AL[2PCS]
8313-188



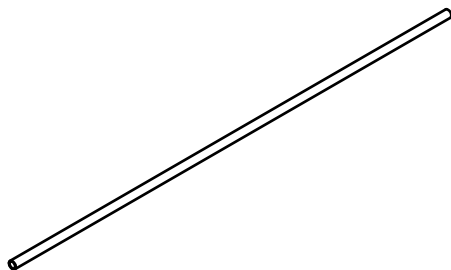
HLC400B ASSEMBLY INSTRUCTIONS

FARME PARTS ILLUSTRATION SHEET

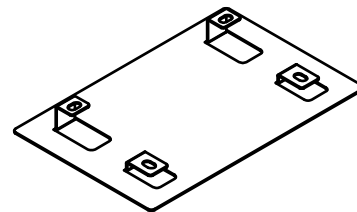
AM [1PCS]
8331-017



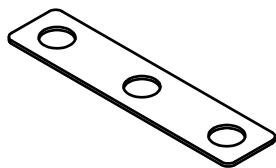
AN [2PCS]
8280-036
Ø3/4"X1222L



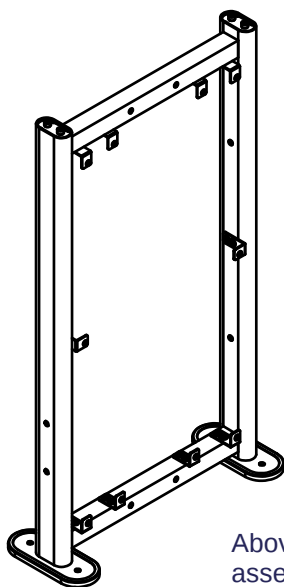
AO [1PCS]
8345-014



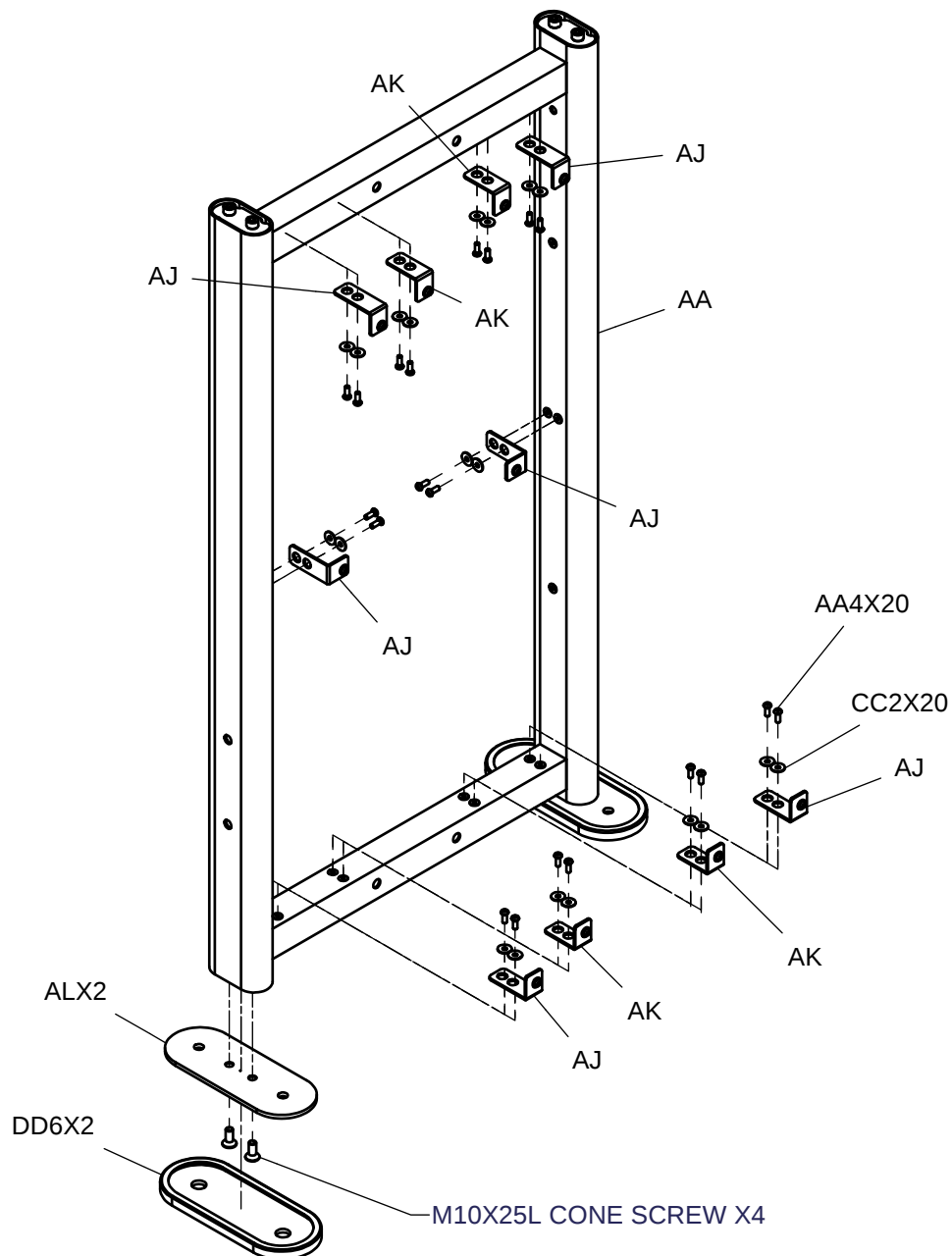
AP [1PCS]
8311-194



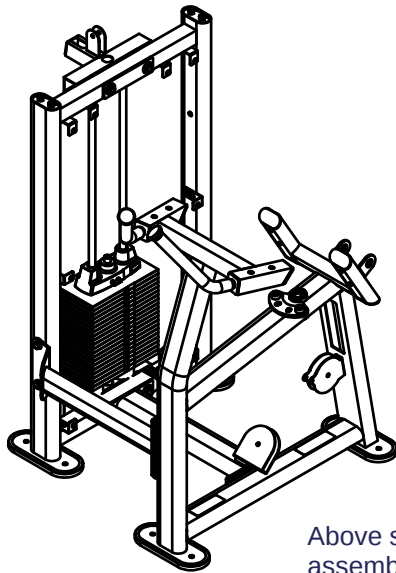
HLC400B ASSEMBLY INSTRUCTIONS



Above shows STEP 1
assembled and completed



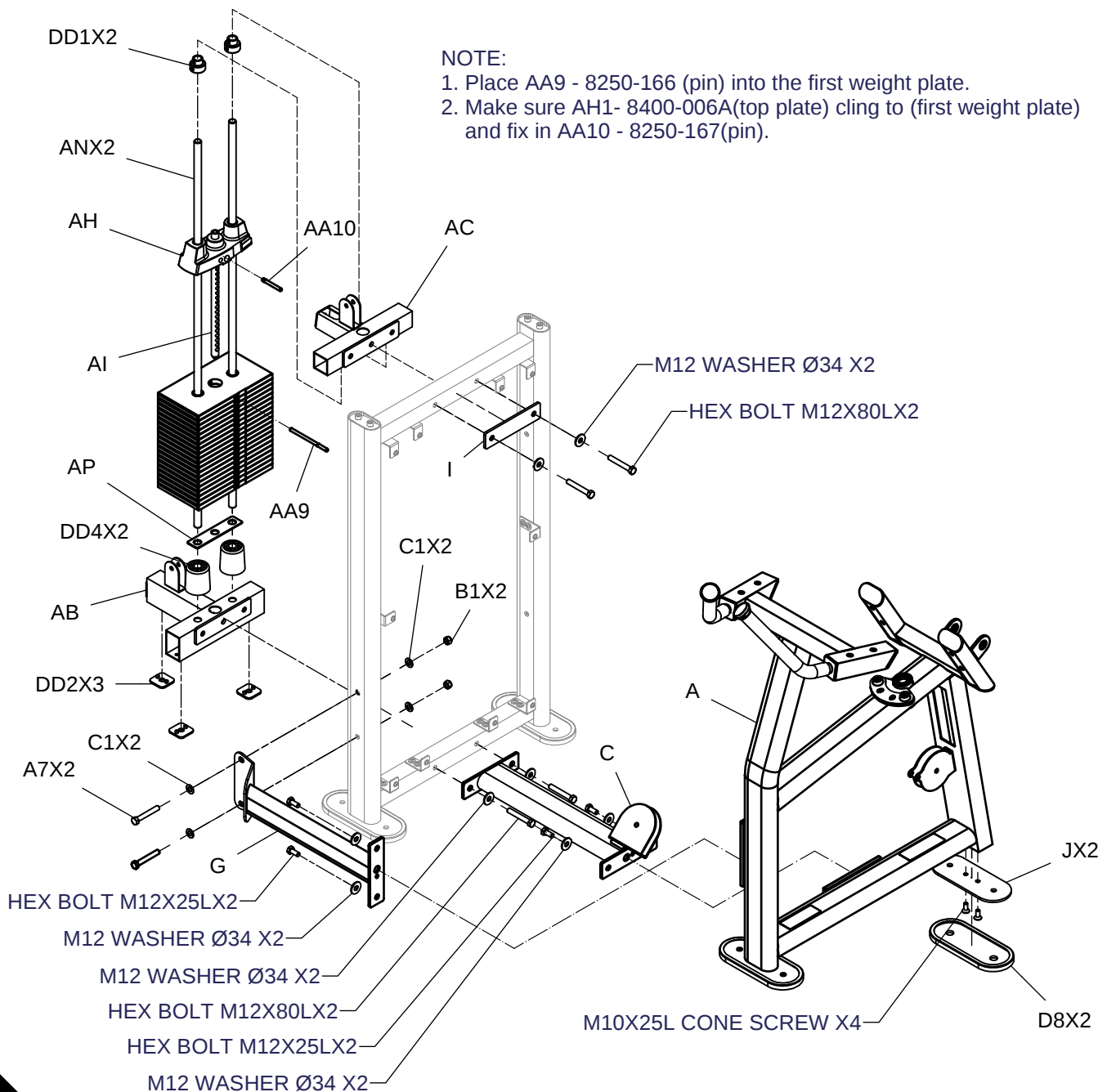
HLC400B ASSEMBLY INSTRUCTIONS



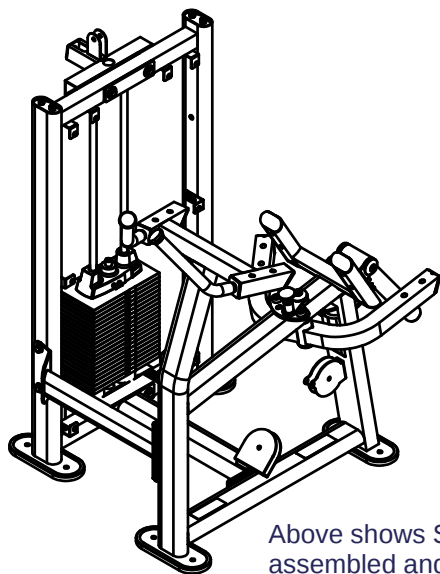
Above shows STEP 2
assembled and completed

NOTE:

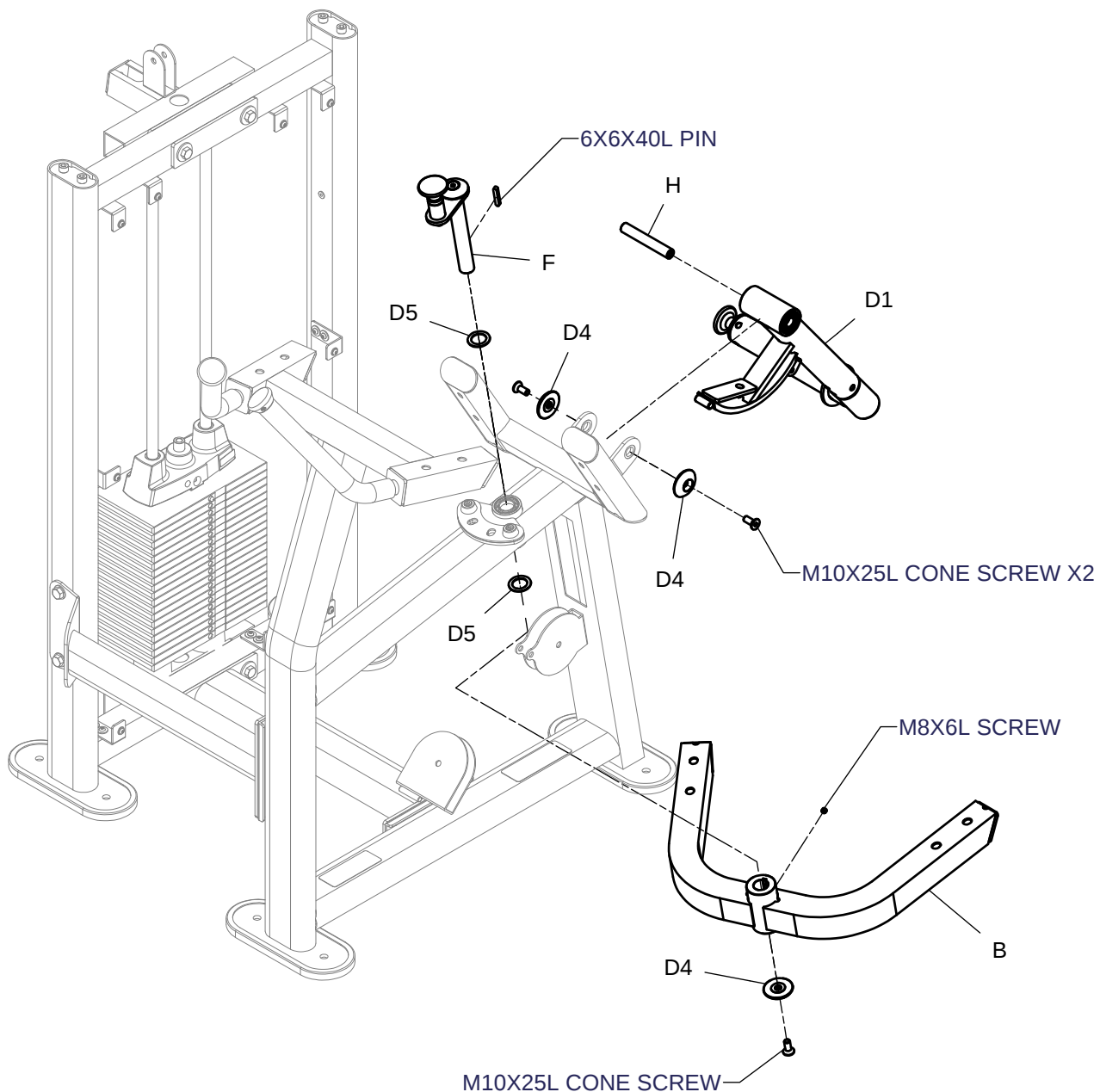
1. Place AA9 - 8250-166 (pin) into the first weight plate.
2. Make sure AH1- 8400-006A(top plate) cling to (first weight plate) and fix in AA10 - 8250-167(pin).



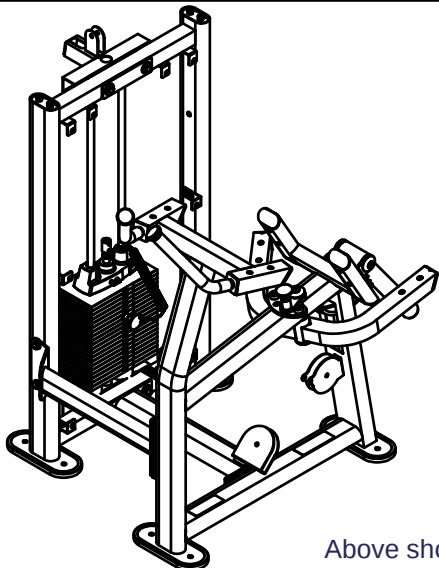
HLC400B ASSEMBLY INSTRUCTIONS



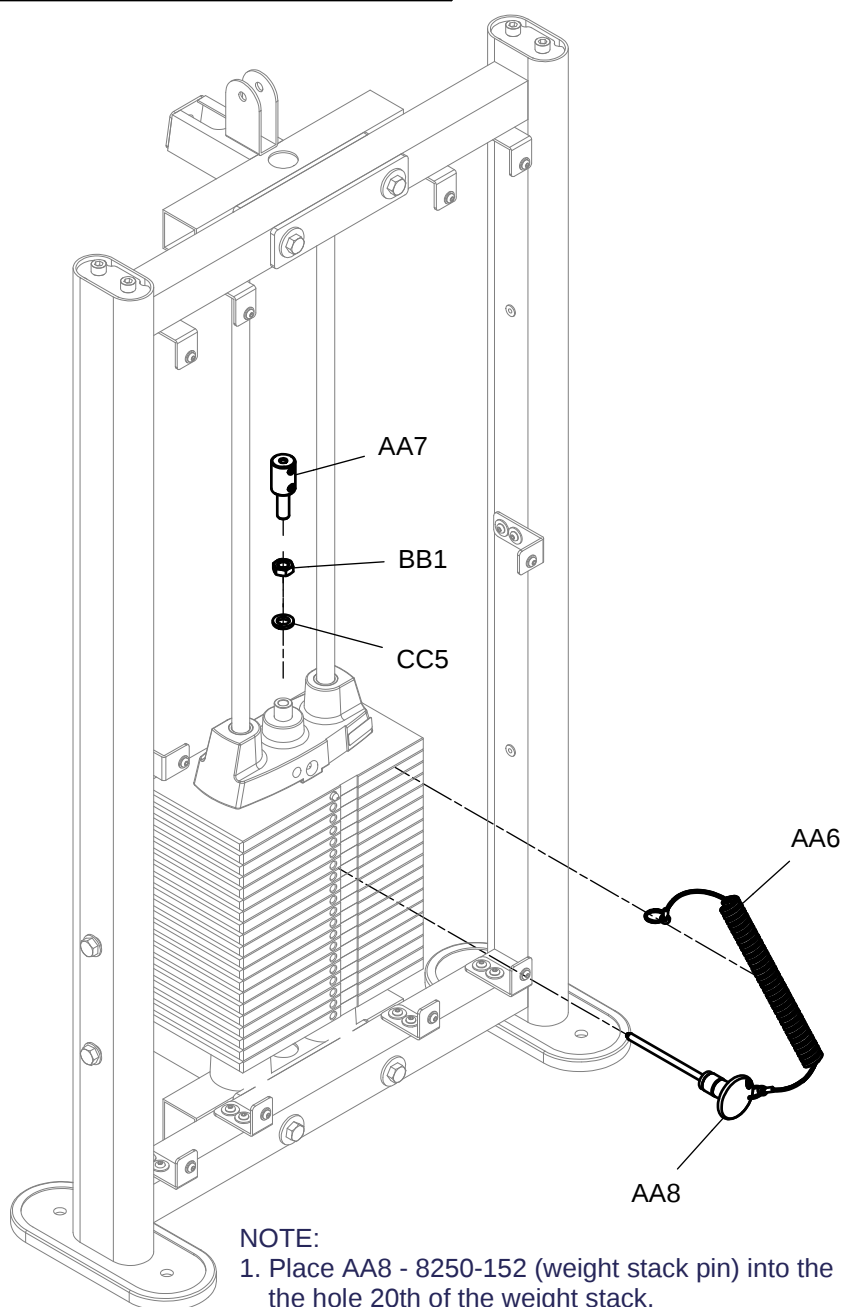
Above shows STEP 3
assembled and completed



HLC400B ASSEMBLY INSTRUCTIONS



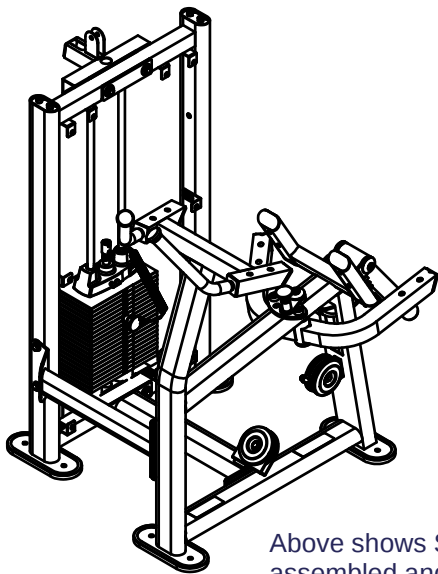
Above shows STEP 4
assembled and completed



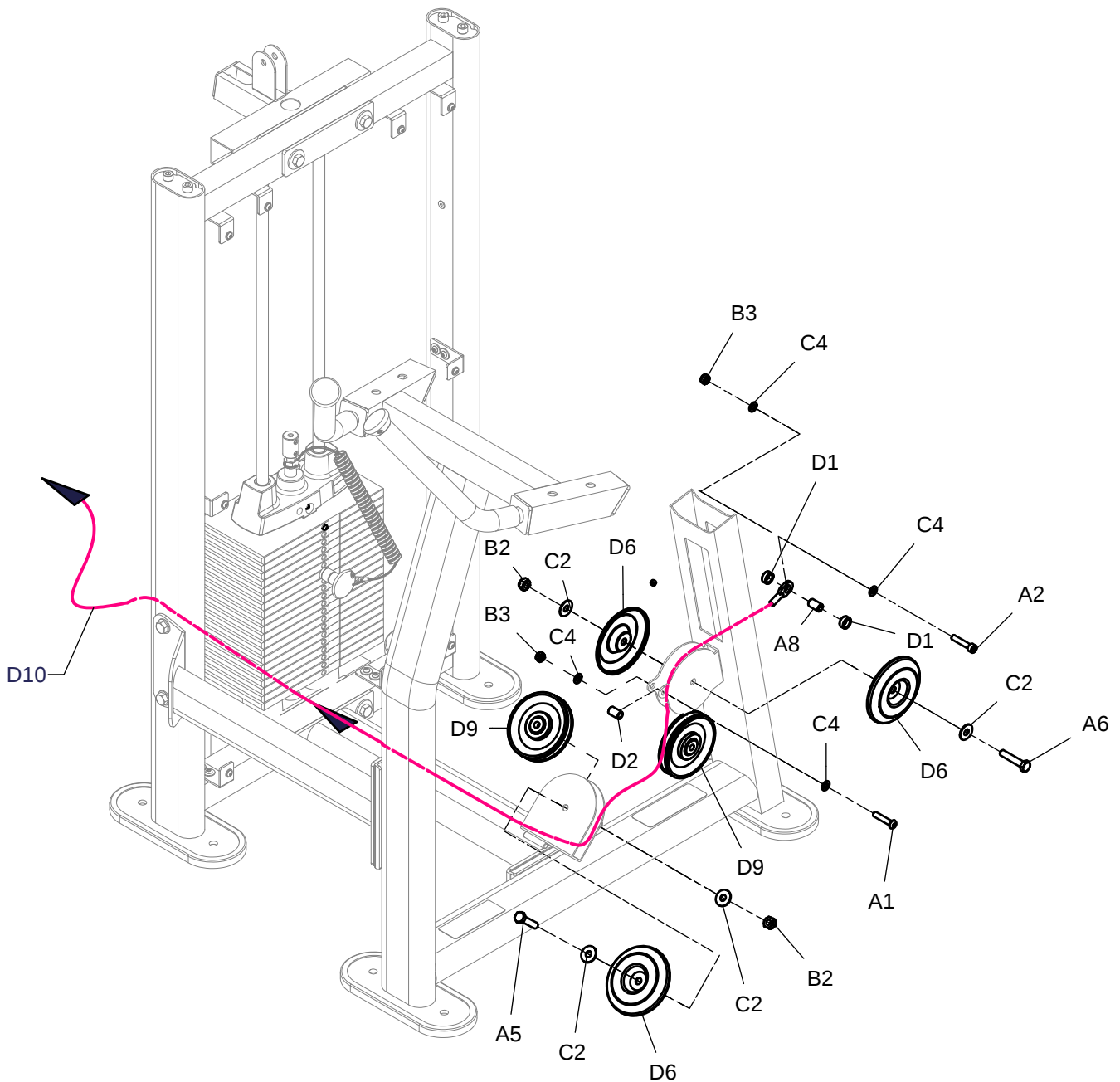
NOTE:

1. Place AA8 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
2. Finally remove AA8 - 8250-152 (weight stack pin) and use as usual.

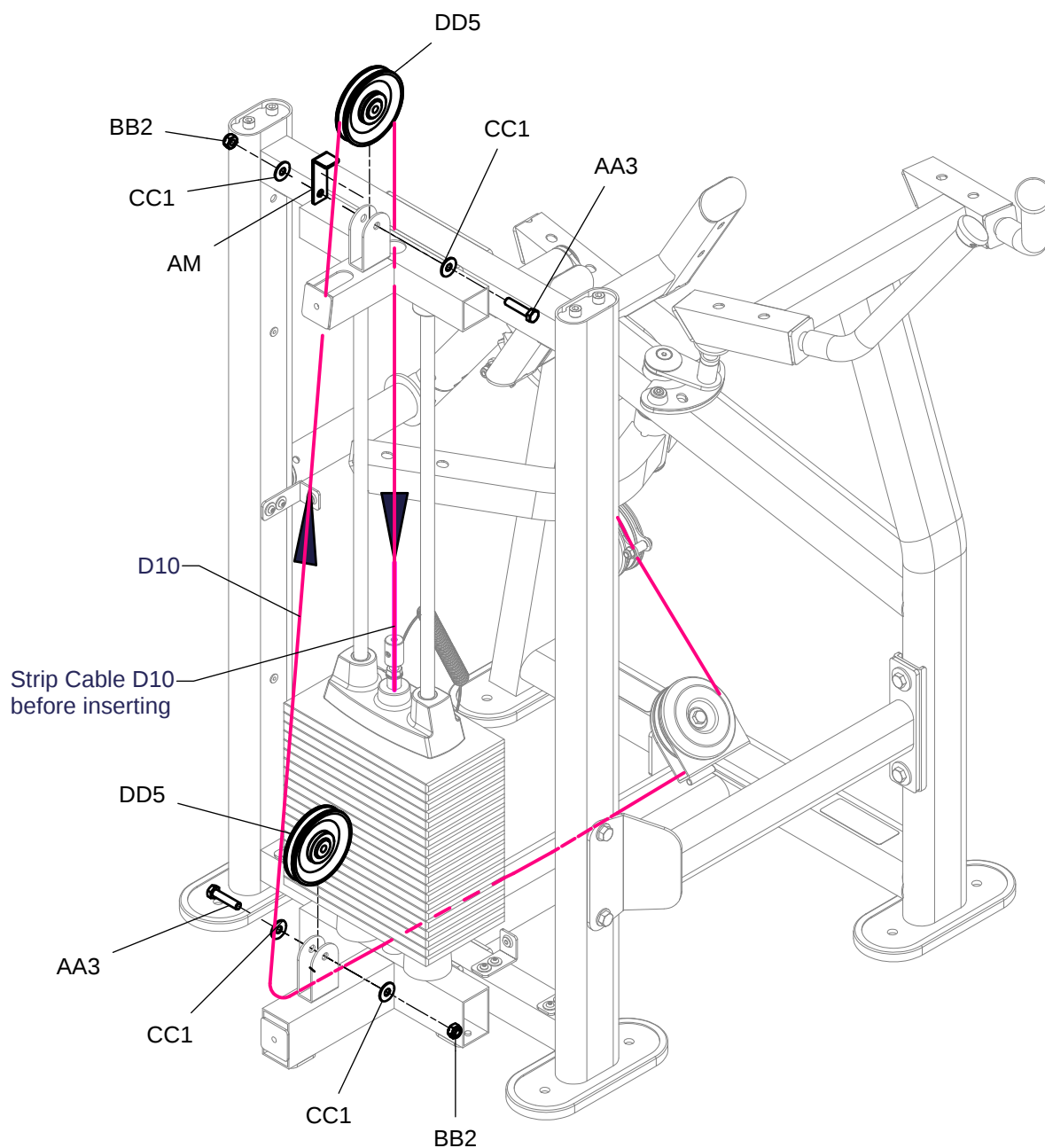
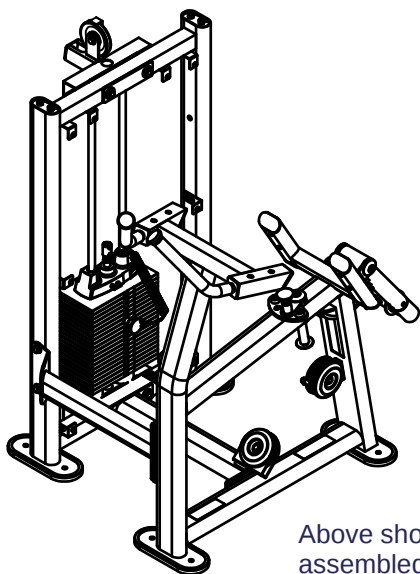
HLC400B ASSEMBLY INSTRUCTIONS



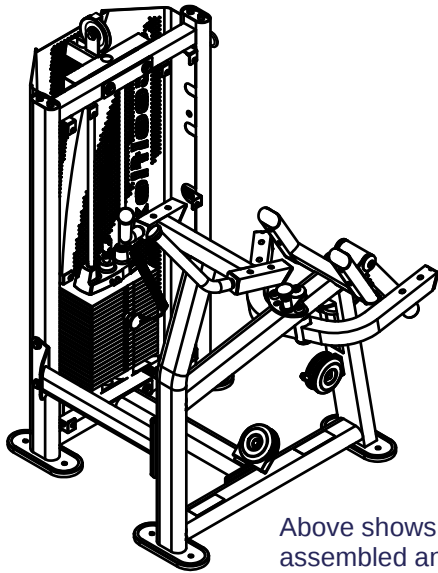
Above shows STEP 5
assembled and completed



HLC400B ASSEMBLY INSTRUCTIONS

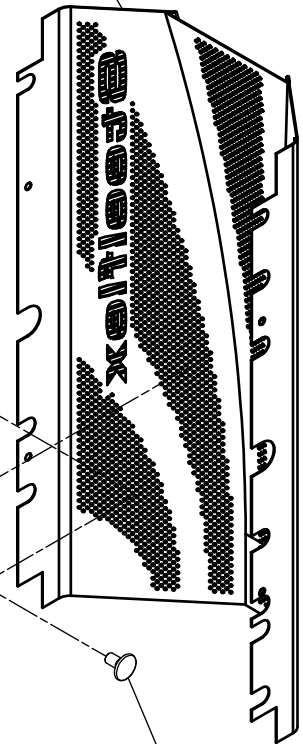


HLC400B ASSEMBLY INSTRUCTIONS

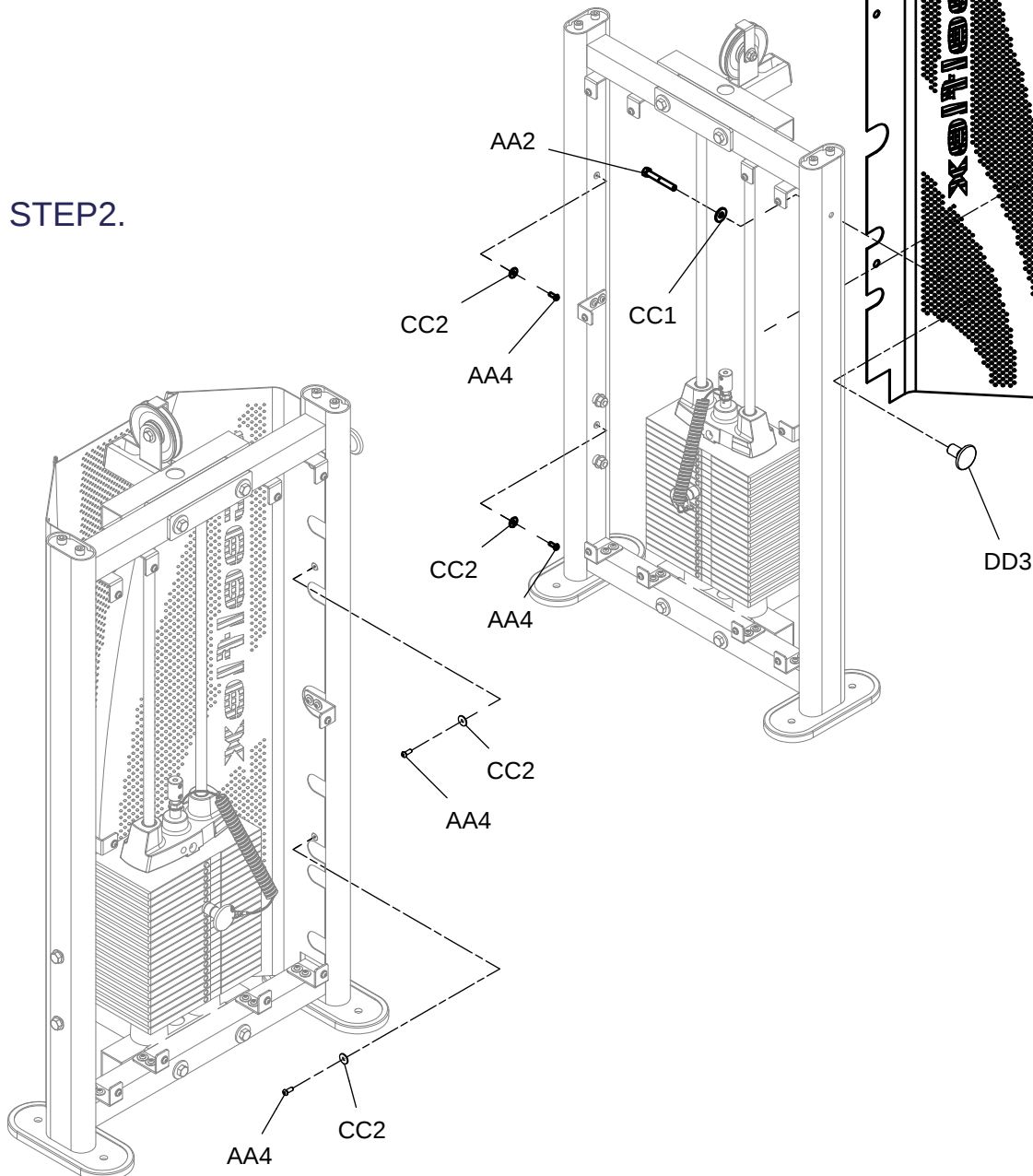


STEP1.

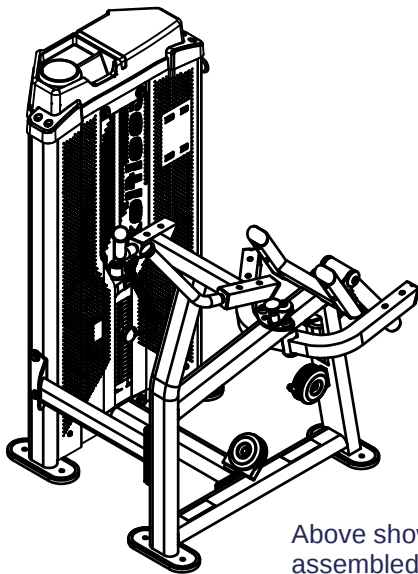
AE



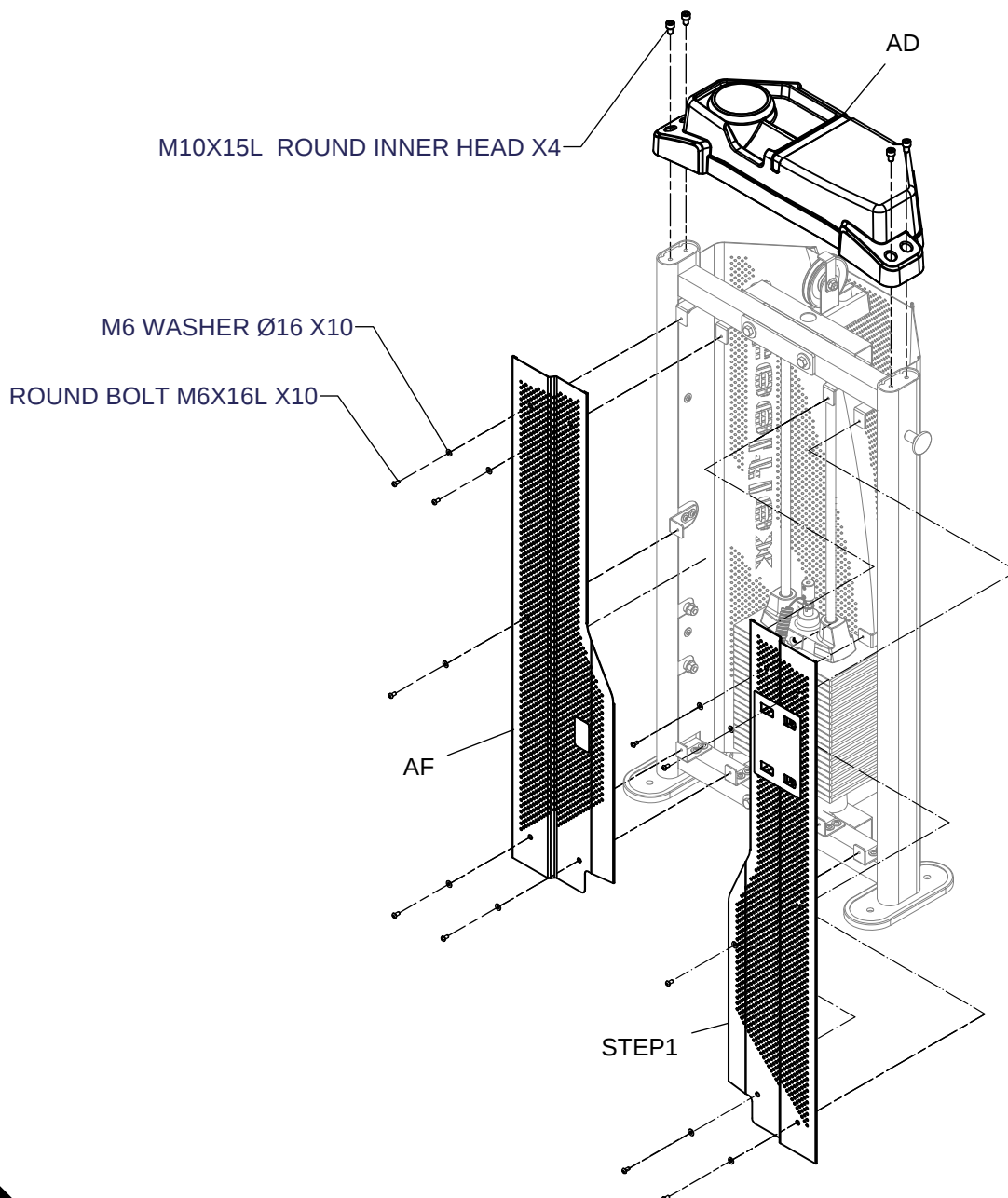
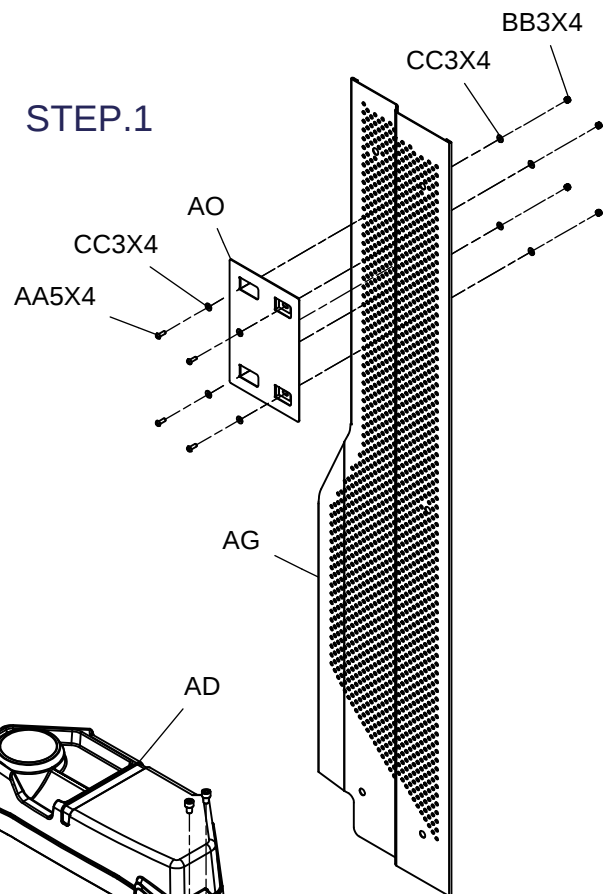
STEP2.



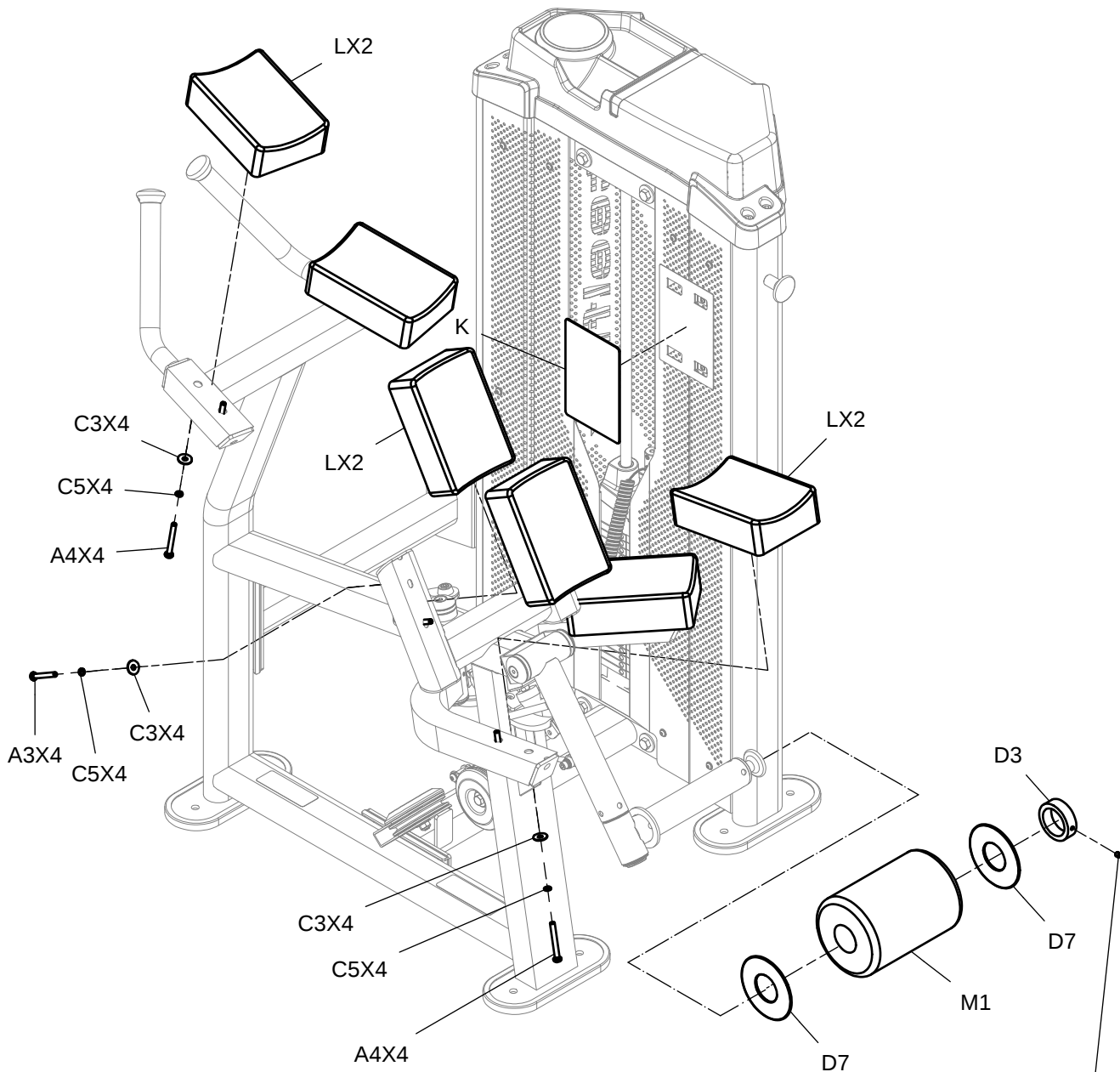
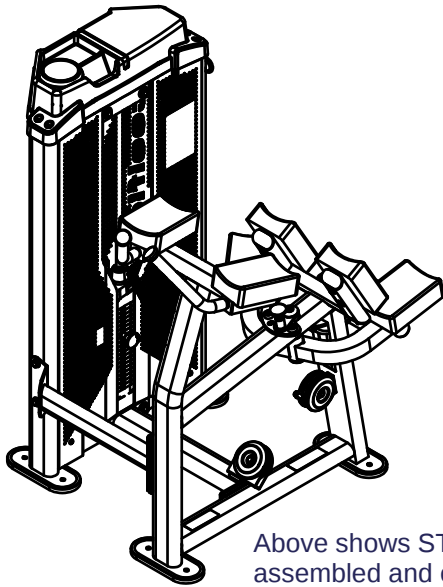
HLC400B ASSEMBLY INSTRUCTIONS



STEP.1



HLC400B ASSEMBLY INSTRUCTIONS



5/16"X5/16"L ALLEN HEAD BOLT

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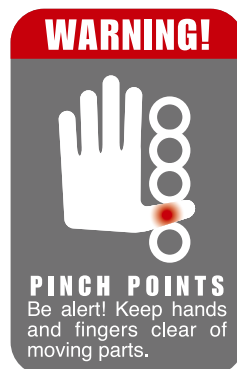
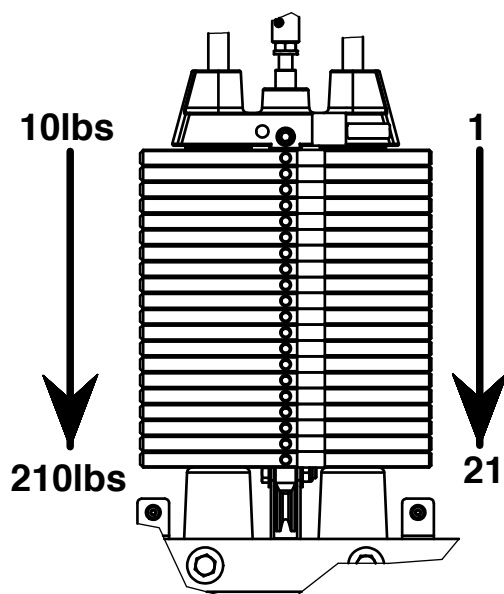
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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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9440-047



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