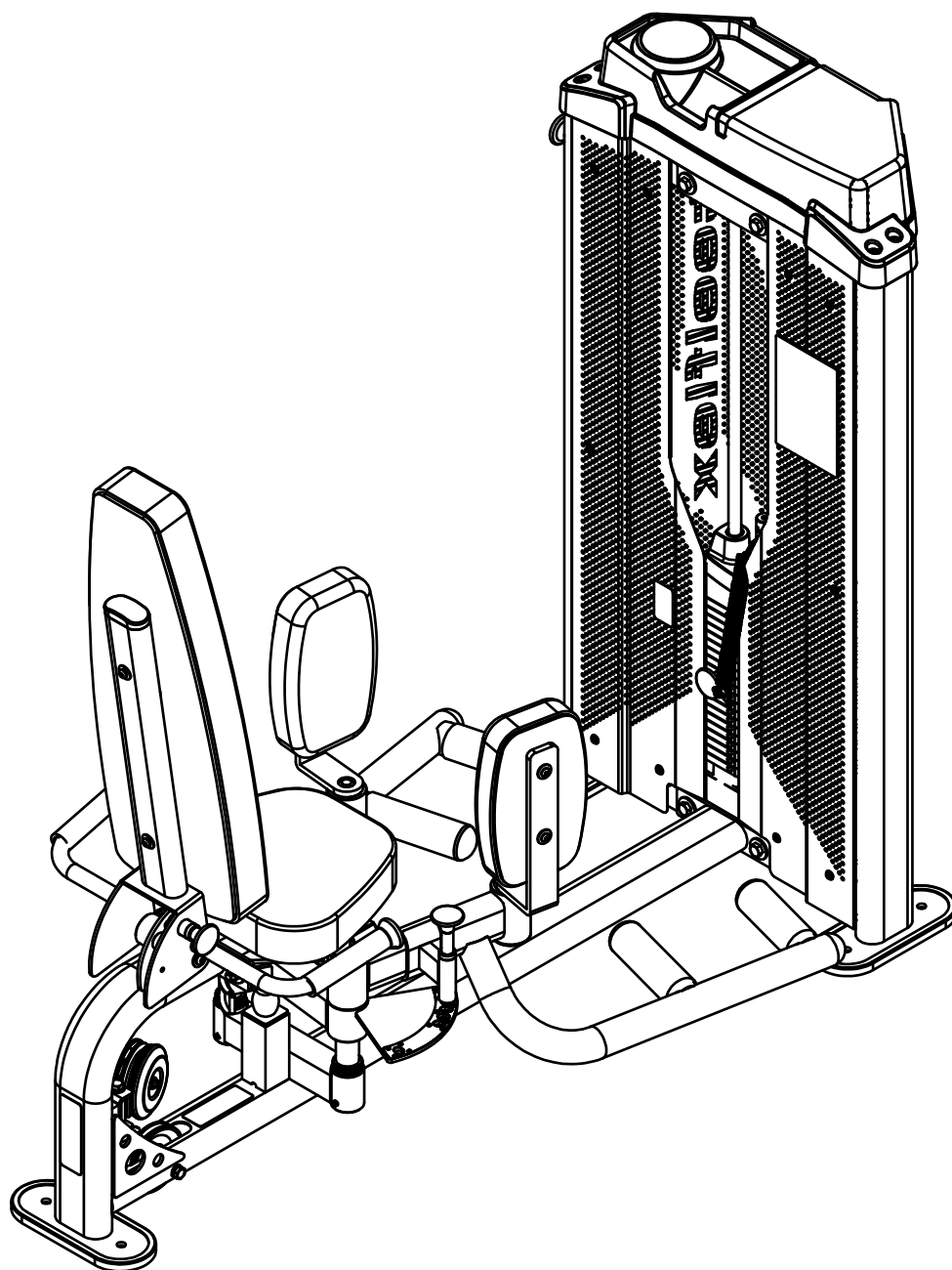


HAB-1100.2



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

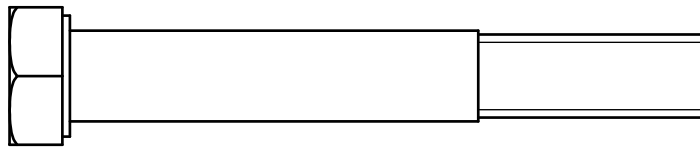
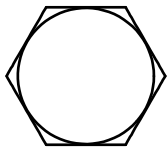
Fax: 886-2-27229750

www.steelflexfitness.com

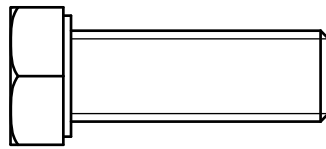
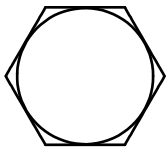
HAB-1100.2 OWNER'S MANUAL

HAB-1100 ASSEMBLY INSTRUCTIONS

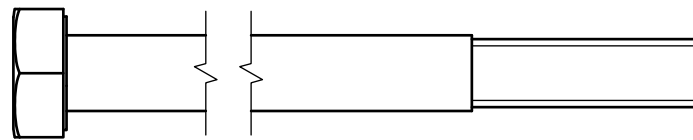
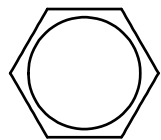
HARDWARE ILLUSTRATION



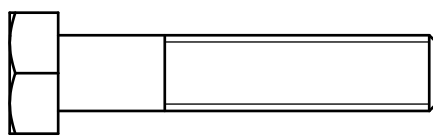
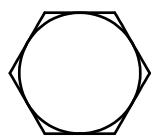
(A1)HEX BOLT M12X85L PARTIAL THREAD QTY.1



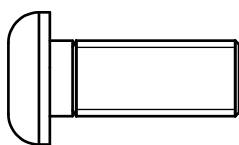
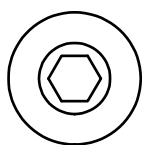
(A2)HEX BOLT M12X35L PARTIAL THREAD QTY.2



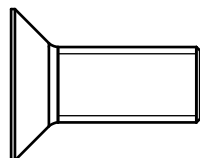
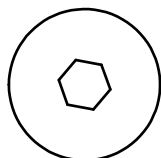
(A3)HEX BOLT M10X120L PARTIAL THREAD QTY.1



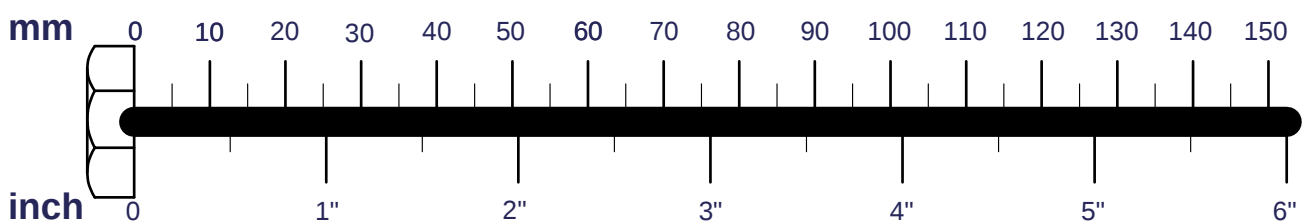
(A4)HEX BOLT M10X50L PARTIAL THREAD QTY.1



(A5)ROUND ALLEN HEAD M10X25L PARTIAL THREAD QTY.2

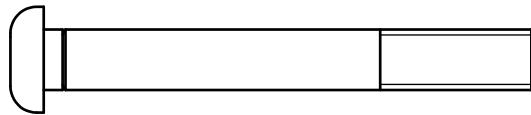
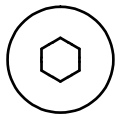


(A6)CONE HEAD M10X25L PARTIAL THREAD QTY.2

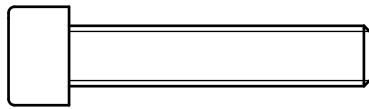
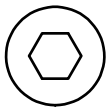


HAB-1100 ASSEMBLY INSTRUCTIONS

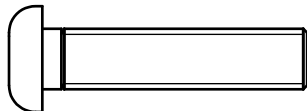
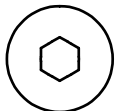
HARDWARE ILLUSTRATION



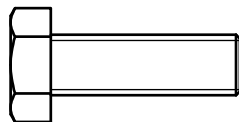
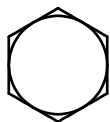
(A8)ROUND ALLEN HEAD M8X65L PARTIAL THREAD QTY.2



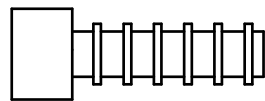
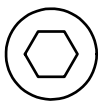
(A9)ROUND ALLEN HEAD M8X40L PARTIAL THREAD QTY.1



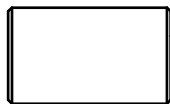
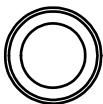
(A10)ROUND ALLEN HEAD M8X35L PARTIAL THREAD QTY.4



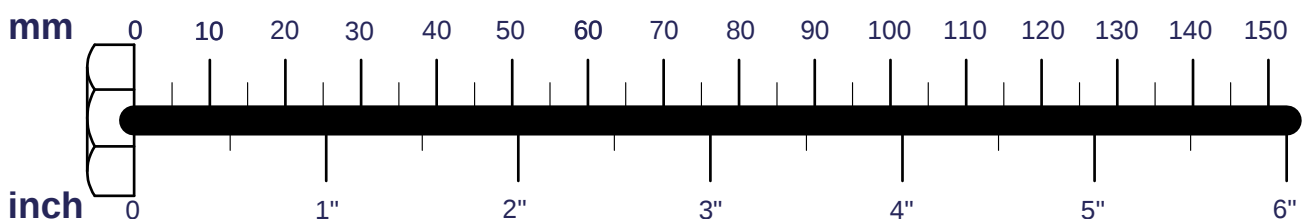
(A11)HEX BOLT M8X25L PARTIAL THREAD QTY.4



(A12)ROUND ALLEN HEAD 5/16"X1"L PARTIAL THREAD QTY.2

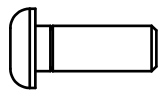


(A13)STEEL BUSHING Ø12XØ8.5X21L QTY.1

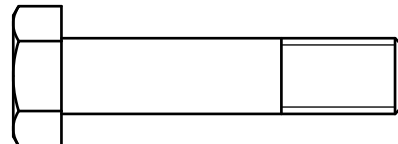
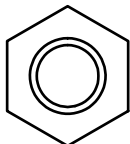


HAB-1100 ASSEMBLY INSTRUCTIONS

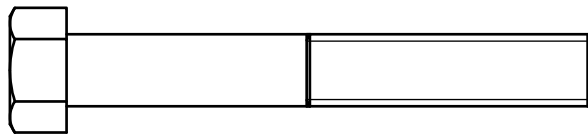
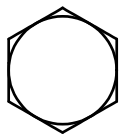
FRAME HARDWARE ILLUSTRATION FOR DOOR



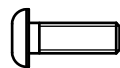
(AA1)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.24



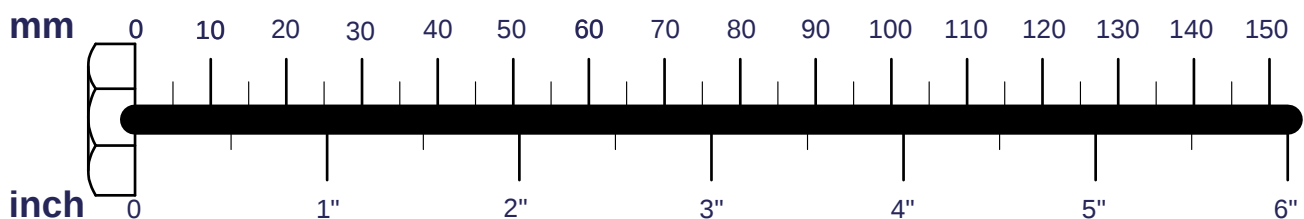
(AA2)HEX BOLT M10X45L PARTIAL THREAD QTY.2



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

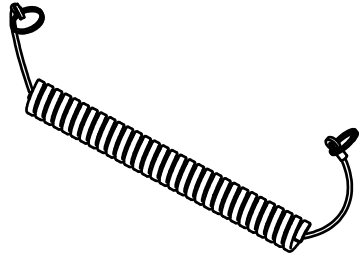


(AA5)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.4

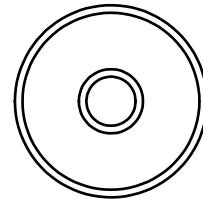
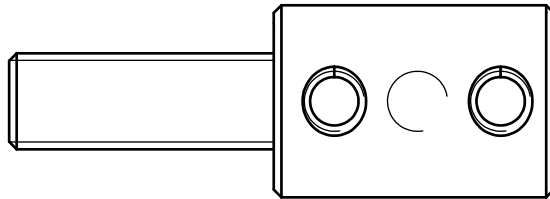


HAB-1100 ASSEMBLY INSTRUCTIONS

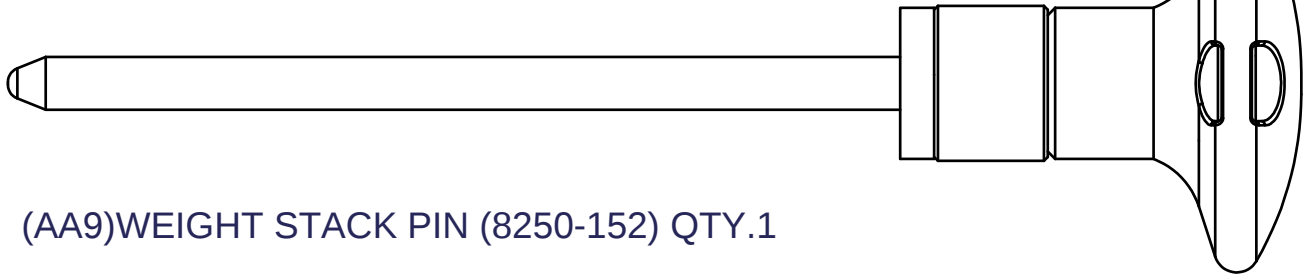
FRAME HARDWARE ILLUSTRATION FOR DOOR



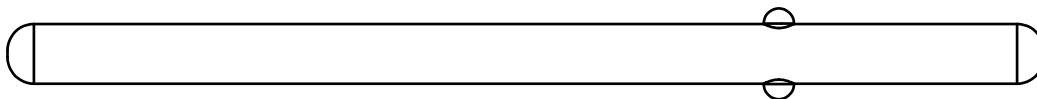
(AA6)ELASTIC BELT (F920003) QTY.1



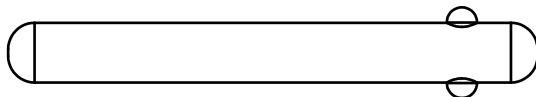
(AA8)WEIGHT STACK CABLE (8260-009) QTY.1



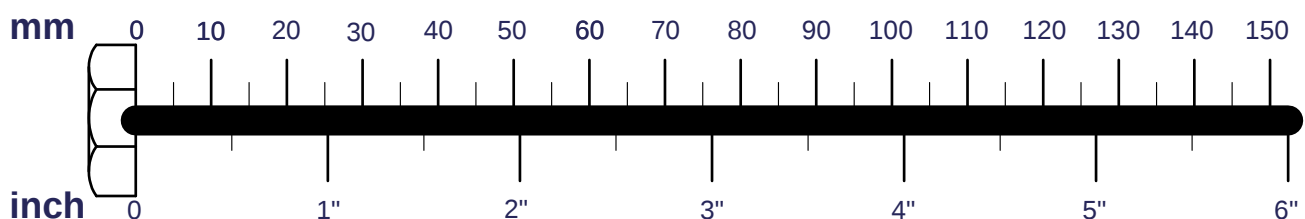
(AA9)WEIGHT STACK PIN (8250-152) QTY.1



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

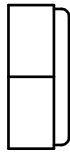
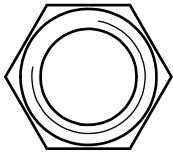


(AA11)Ø5/16" FIXED PIN (8250-167) QTY.1

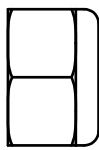
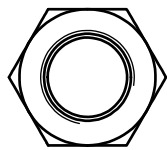


HAB-1100 ASSEMBLY INSTRUCTIONS

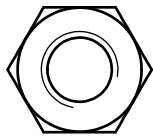
HARDWARE ILLUSTRATION



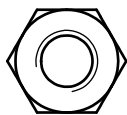
(B1) NYLON LOCK NUT 1/2"X12X8t QTY.2



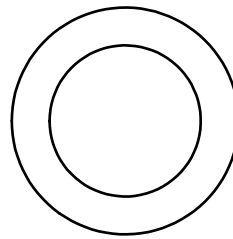
(B2) NYLON LOCK NUT M12 QTY.3



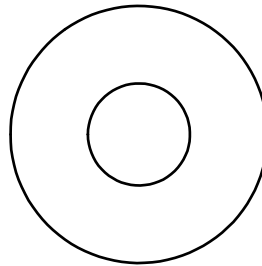
(B3) NYLON LOCK NUT M10 QTY.2



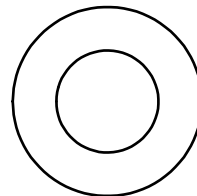
(B4) NYLON LOCK NUT M8 QTY.1



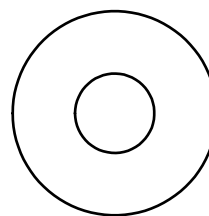
(C2) M20(I.D.) FLAT WASHER Ø30 QTY.2



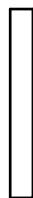
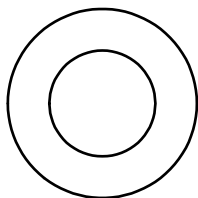
(C3) M12(I.D.) FLAT WASHER Ø34 QTY.4



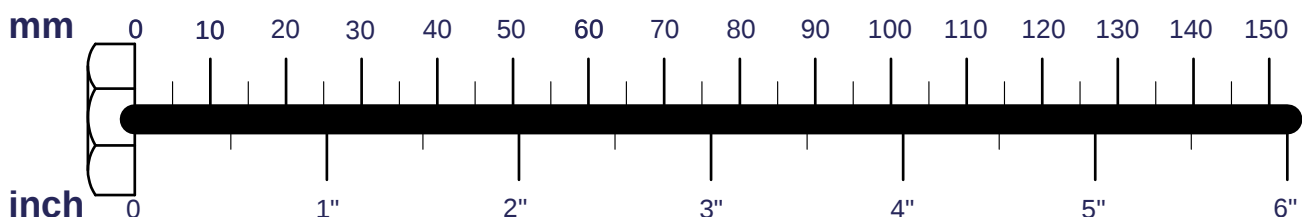
(C4) M12(I.D.) FLAT WASHER Ø25 QTY.2



(C5) M10(I.D.) FLAT WASHER Ø27 QTY.4

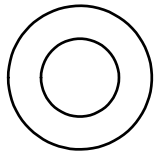


(C1) 1/2" (I.D.) FLAT WASHER Ø25 QTY.2

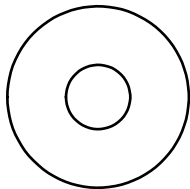


HAB-1100 ASSEMBLY INSTRUCTIONS

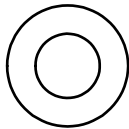
HARDWARE ILLUSTRATION



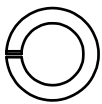
(C6) M10(I.D.) FLAT WASHER Ø19 QTY.2



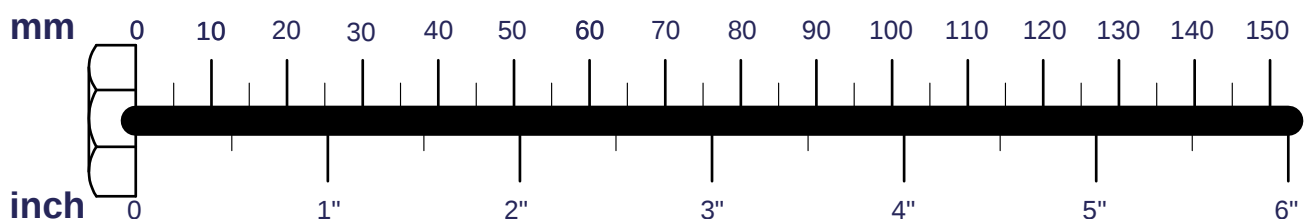
(C9) M8(I.D.) FLAT WASHER Ø24 QTY.10



(C10) M8(I.D.) FLAT WASHER Ø16 QTY.2

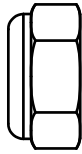
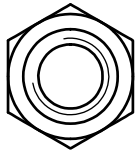


(C11)M8 SPRING WASHER QTY.8

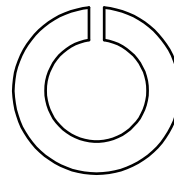
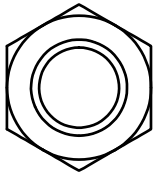


HAB-1100 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION FOR DOOR



(BB1)NYLON LOCK NUT M10 QTY.2



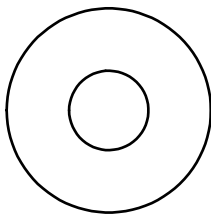
(BB2)LOCK NUT 1/2"X13 UNC QTY.1

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

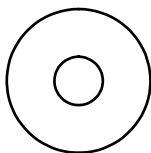


(BB3)NYLON LOCK NUT M4 QTY.4

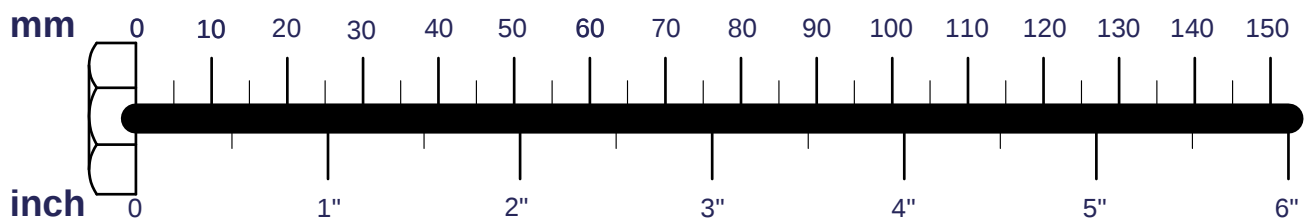
(CC5)M4(I.D.)FLAT WASHER Ø10 QTY.8



(CC1)M10(I.D.)FLAT WASHER Ø27 QTY.5



(CC2)M6(I.D.)FLAT WASHER Ø19 QTY.24



HAB-1100 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D1. $\phi 3/4$ "x8L Steel Bushing (8110-014)	-----	[2PCS]
D2. $\phi 5/8$ "x19L Steel Bushing (8110-136)	-----	[2PCS]
D3. $\phi 60$ End Cap (8130-231)	-----	[2PCS]
D4. No.2950 Bearing (8510-008)	-----	[2PCS]
D5. $\phi 3/8$ " CU Washer (8520-008)	-----	[5PCS]
D6. $\phi 10$ x21.5L Steel Bushing (8530-010)	-----	[2PCS]
D7. $\phi 50$ End Plug (9211-074)	-----	[2PCS]
D8. $\square 50$ End Plug (9211-087)	-----	[2PCS]
D9. 40x80 End Plug (9211-113)	-----	[1PCS]
D10. Pully Cap (9211-173)	-----	[2PCS]
D11. Rubber Stopper (9212-019)	-----	[1PCS]
D12. Rubber Pad (9310-075)	-----	[1PCS]
D13. $\phi 110$ Pully (9213-002B)	-----	[2PCS]
D14. Exercise Chart (9420-087)	-----	[1PCS]
D15. 4355 mm Steel Cable (FHAB1100A1)	-----	[1PCS]

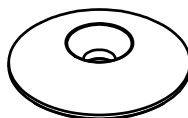
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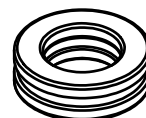
D2



D3



D4



D5



D6



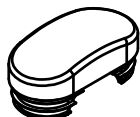
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D8



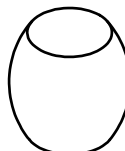
D9



D10



D11



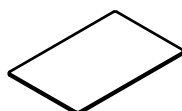
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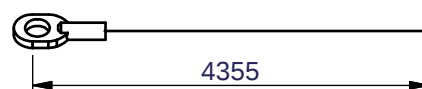
D13



D14



D15



HAB-1100 ASSEMBLY INSTRUCTIONS

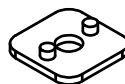
FRAME HARDWARE ILLUSTRATION FOR DOOR

DD1. 3/4" Shaft Collar (9211-046)	-----[2PCS]
DD2. 2"x2" Rubber Cane Cap (9214-002)	-----[4PCS]
DD3. Tower Rack (9215-024)	-----[1PCS]
DD4. ø65xø20x70L Rubber Dount (9310-049)	-----[2PCS]
DD6. 108x14.5tx263 Rubber Pad (9310-075)	-----[2PCS]
DD7. ø110 Pully (9213-002B)	-----[2PCS]
DD8. Top Plate (8400-006)	-----[1PCS]
DD10. Selector Rod (8210-191)	-----[1PCS]

DD1



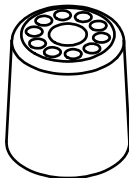
DD2



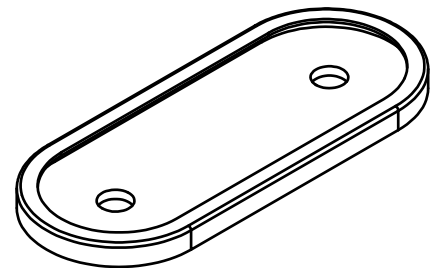
DD3



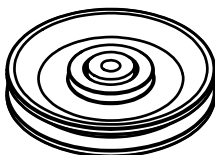
DD4



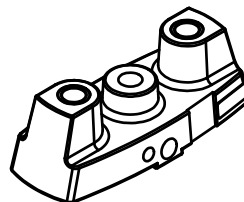
DD6



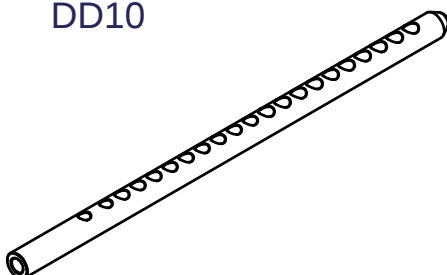
DD7



DD8



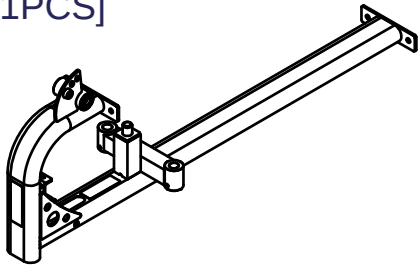
DD10



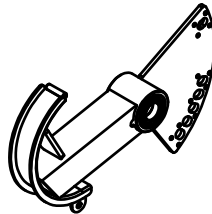
HAB-1100 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

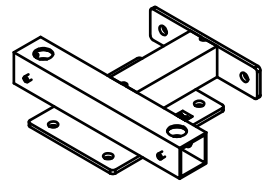
A[1PCS]



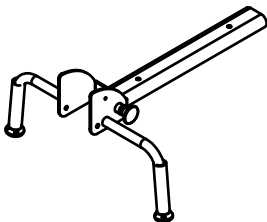
B[1PCS]



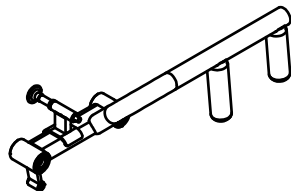
C[1PCS]



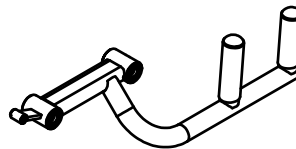
D[1PCS]



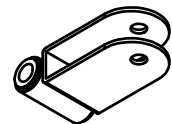
E[1PCS]



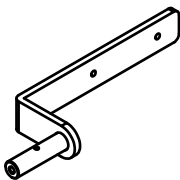
F[1PCS]



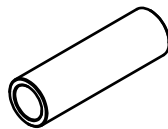
G[1PCS]



H[2PCS]



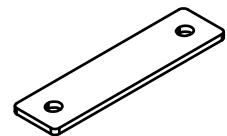
I[1PCS]
8130-358



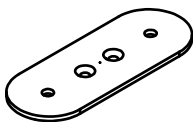
J[1PCS]
8130-359



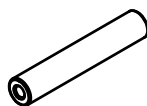
K[1PCS]
8312-077



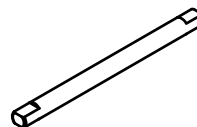
L[1PCS]
8313-188



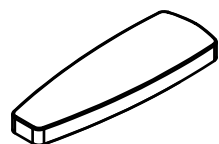
M[1PCS]
8220-242



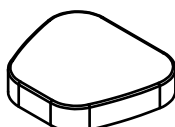
N[2PCS]
8220-243



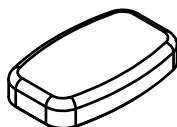
P[1PCS]
9111-088



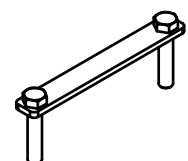
Q[1PCS]
9121-102



R[2PCS]
9131-056



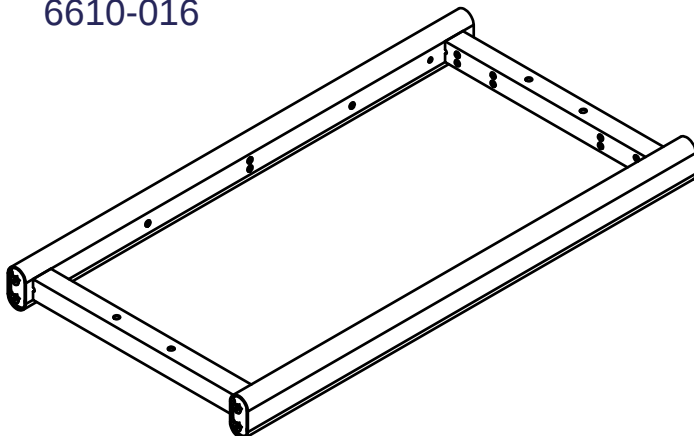
T[1PCS]
6680-025



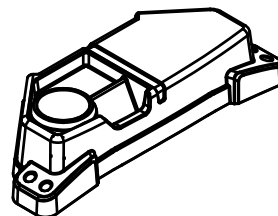
HAB-1100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

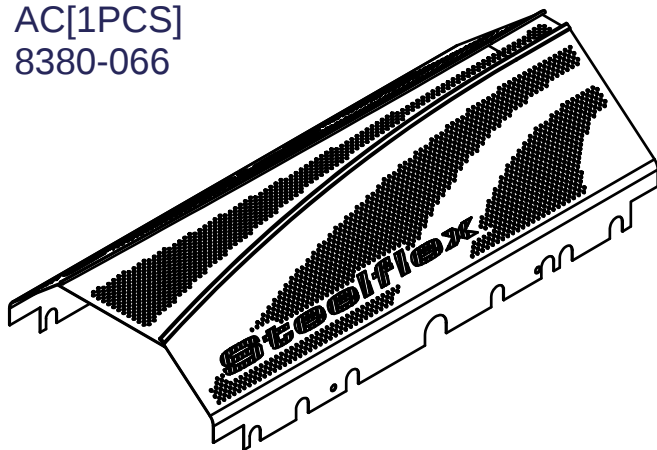
AA1[1PCS]
6610-016



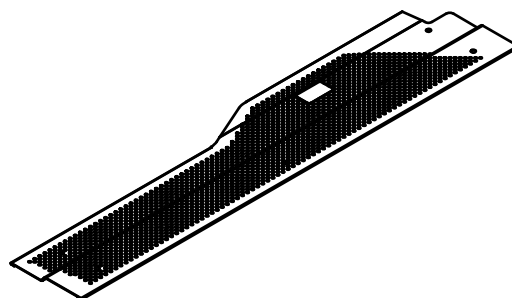
AB[1PCS]
9211170-023



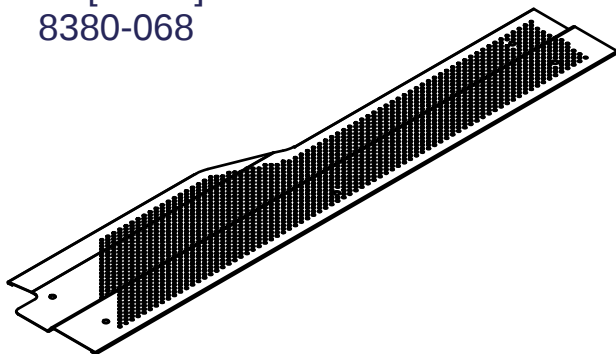
AC[1PCS]
8380-066



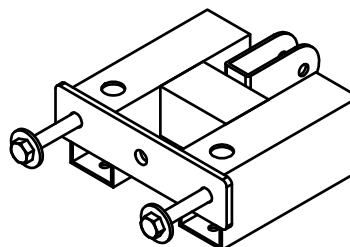
AD[1PCS]
8380-067



AE[1PCS]
8380-068



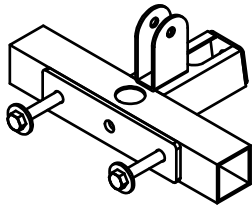
AF[1PCS]
6610-029



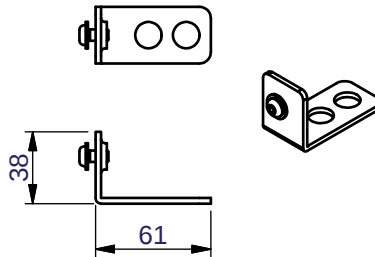
HAB-1100 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

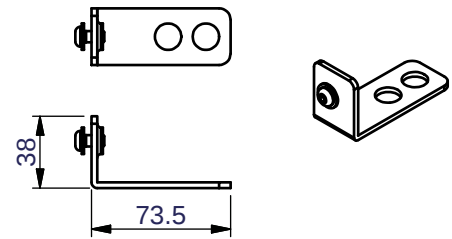
AG[1PCS]
6610-018



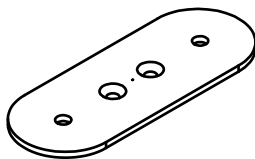
AH[4PCS]
8331-065



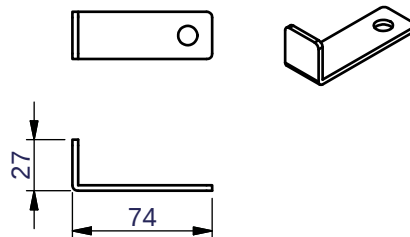
AI[6PCS]
8331-064



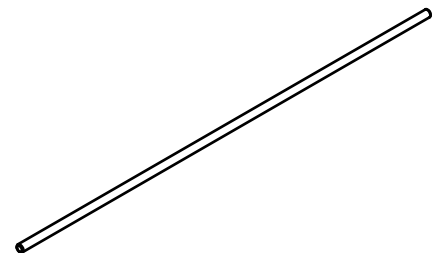
AJ[2PCS]
8313-188



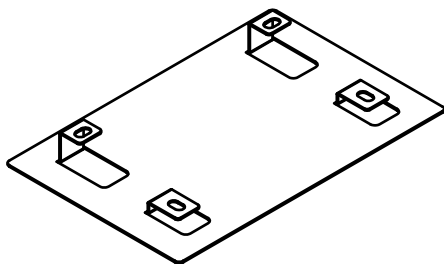
AK[1PCS]
8331-017



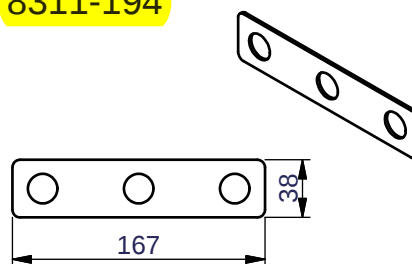
AL1[2PCS]
8280-036
Ø3/4"X1222L



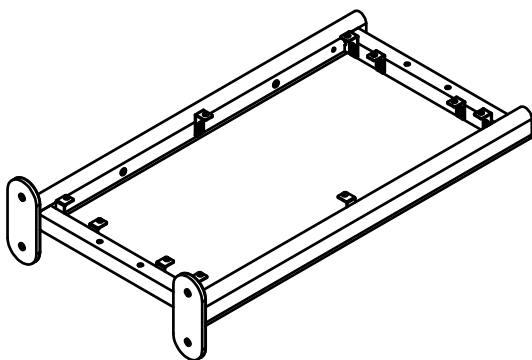
AN[1PCS]
8345-014



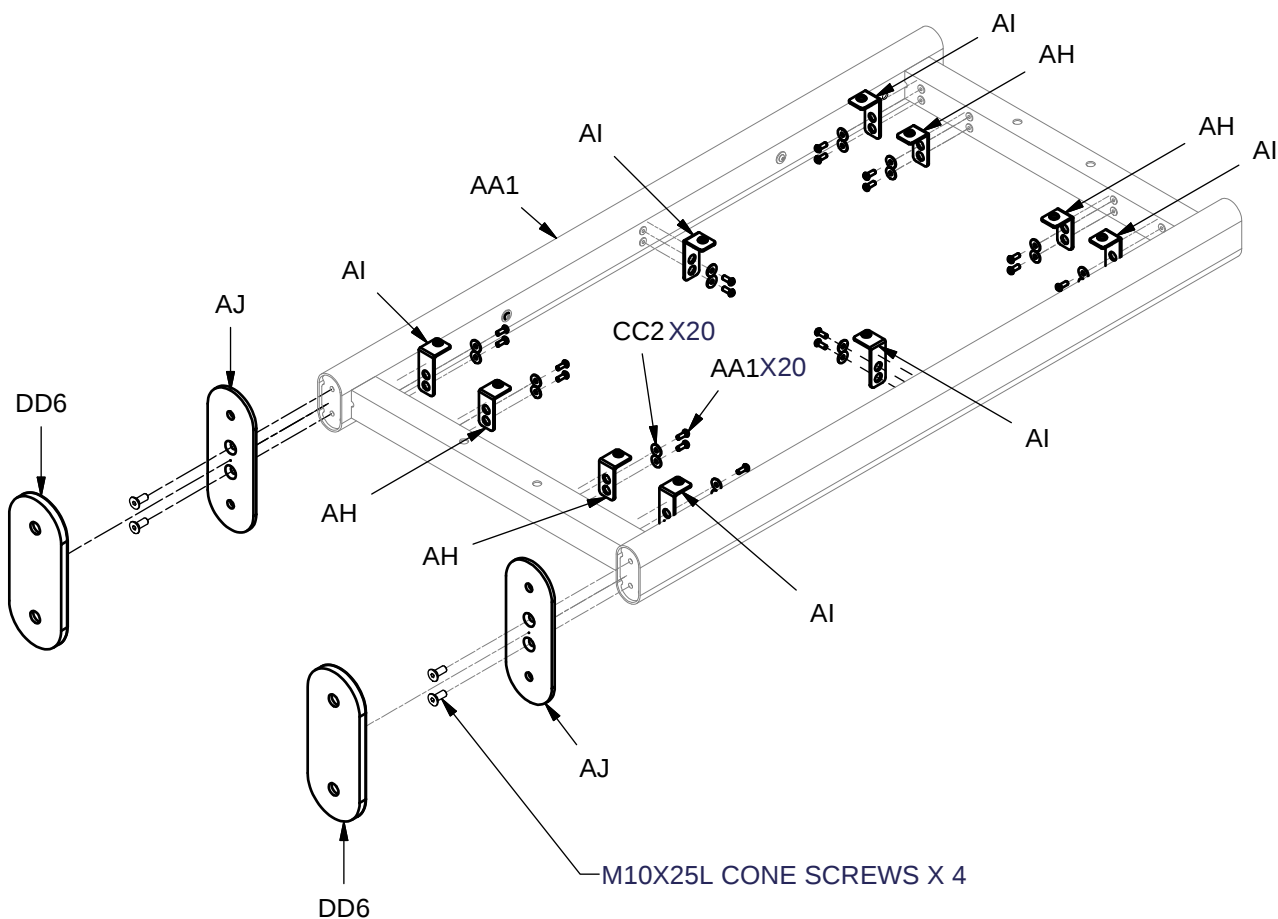
AO[1PCS]
8311-194



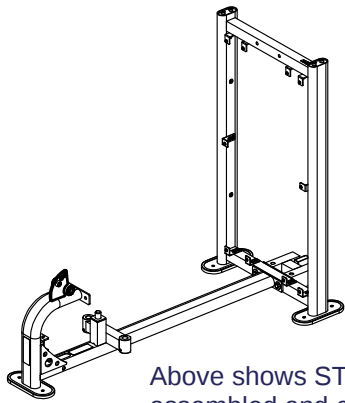
HAB-1100 ASSEMBLY INSTRUCTIONS



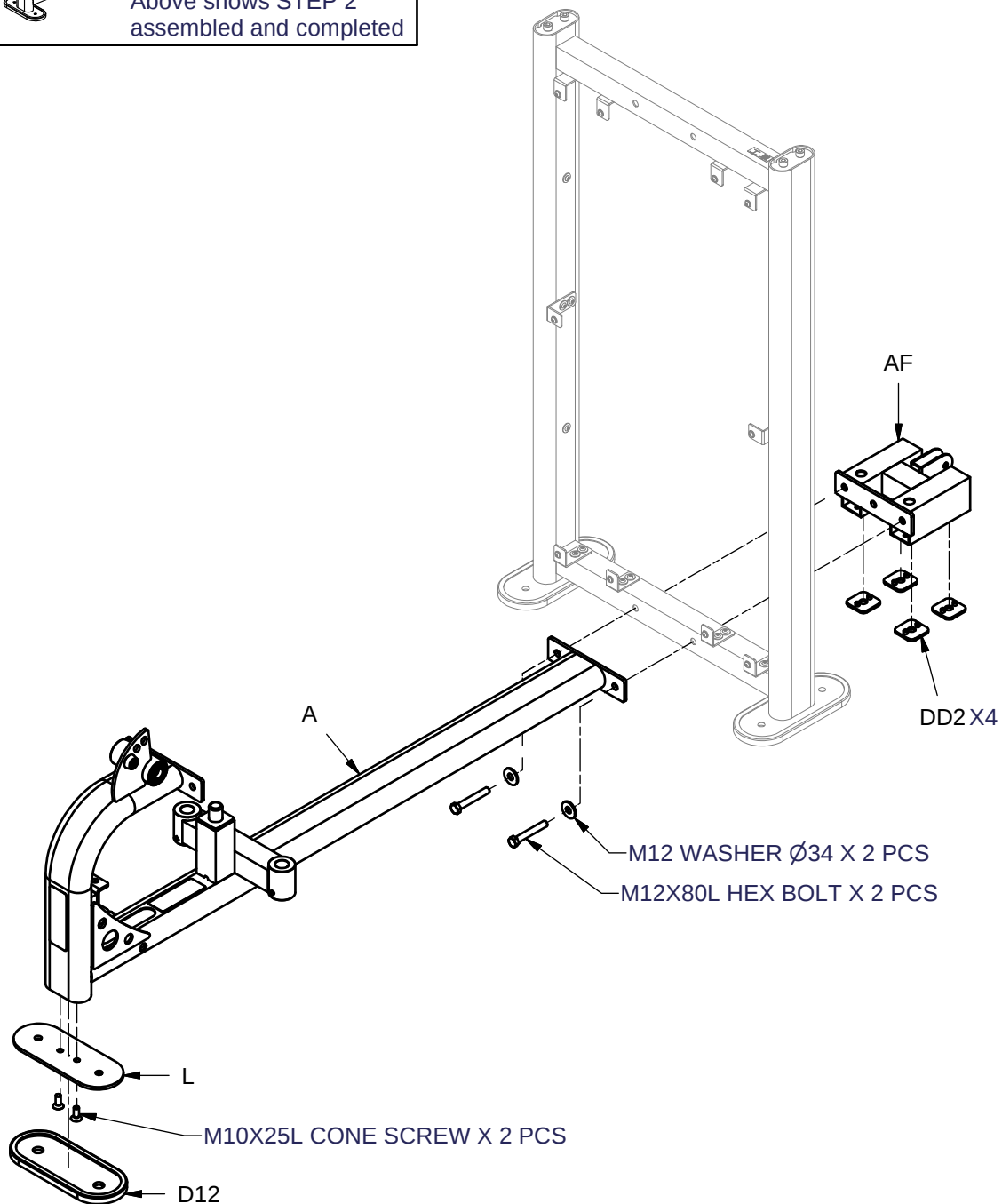
Above shows STEP 1
assembled and completed



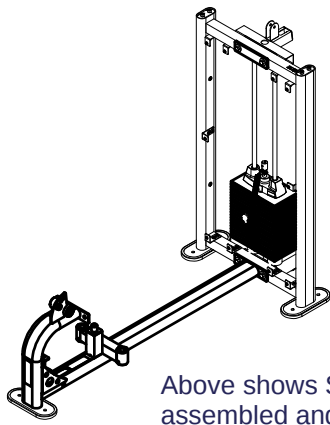
HAB-1100 ASSEMBLY INSTRUCTIONS



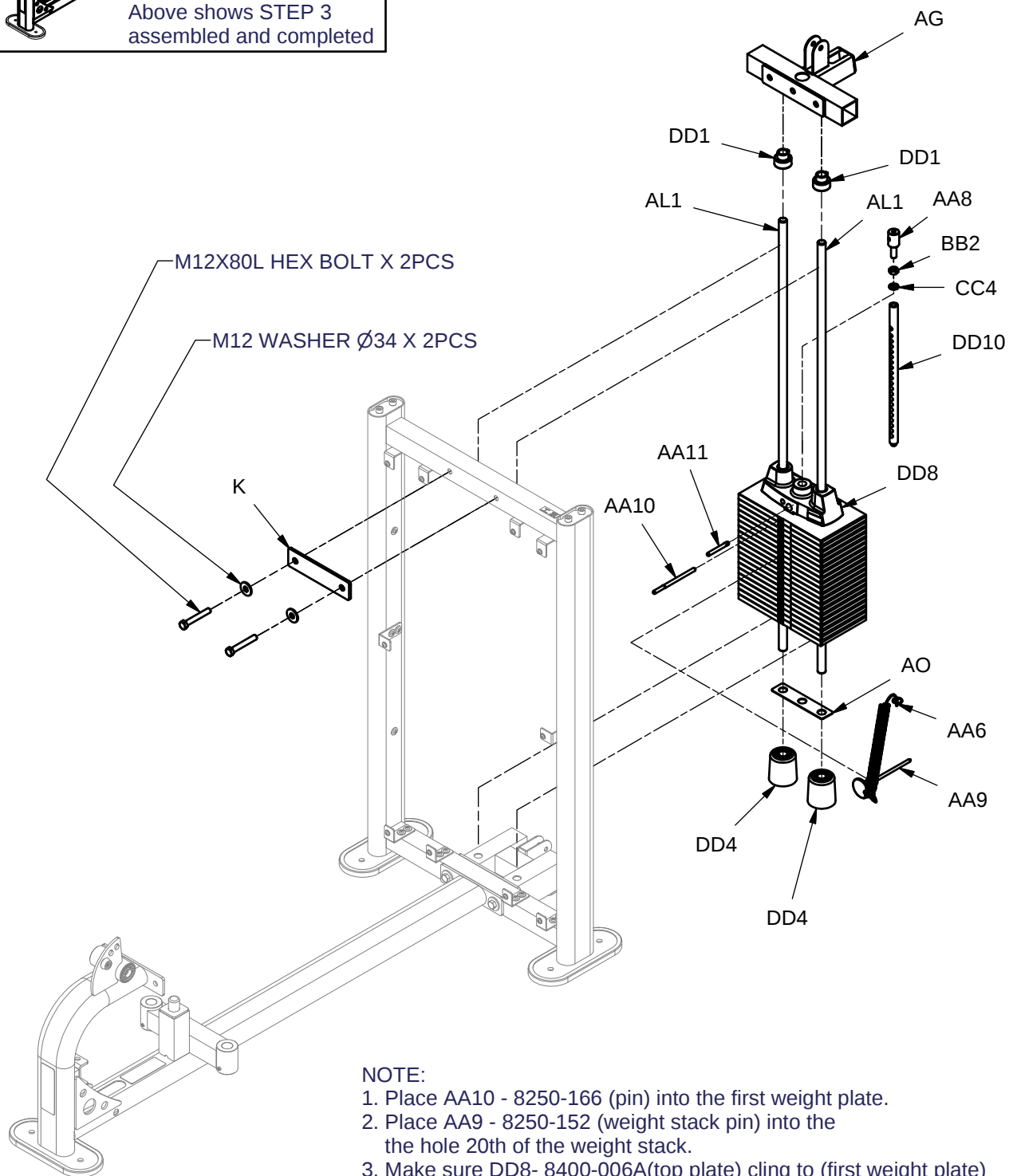
Above shows STEP 2
assembled and completed



HAB-1100 ASSEMBLY INSTRUCTIONS



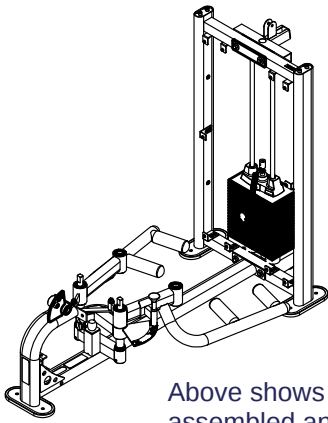
Above shows STEP 3
assembled and completed



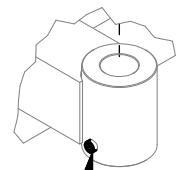
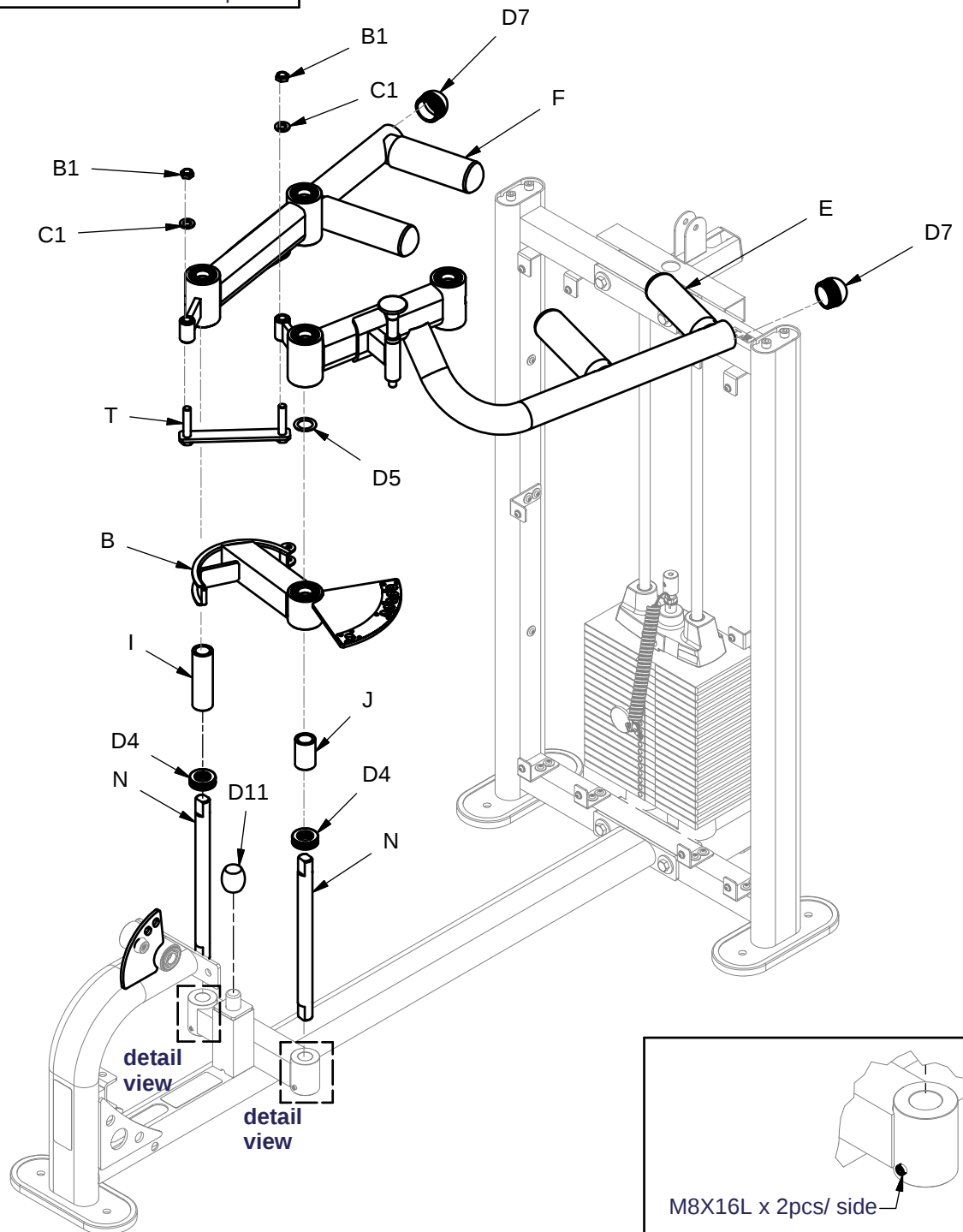
NOTE:

1. Place AA10 - 8250-166 (pin) into the first weight plate.
2. Place AA9 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure DD8- 8400-006A(top plate) cling to (first weight plate) and fix in AA11 - 8250-167(pin).
4. Finally remove AA9 - 8250-152 (weight stack pin) and use as usual.

HAB-1100 ASSEMBLY INSTRUCTIONS



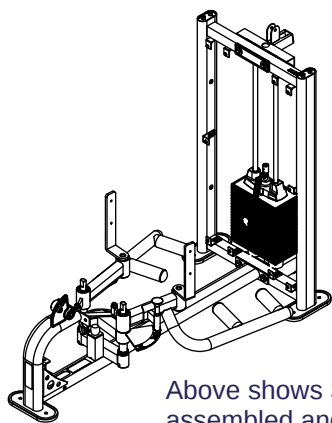
Above shows STEP 4
assembled and completed



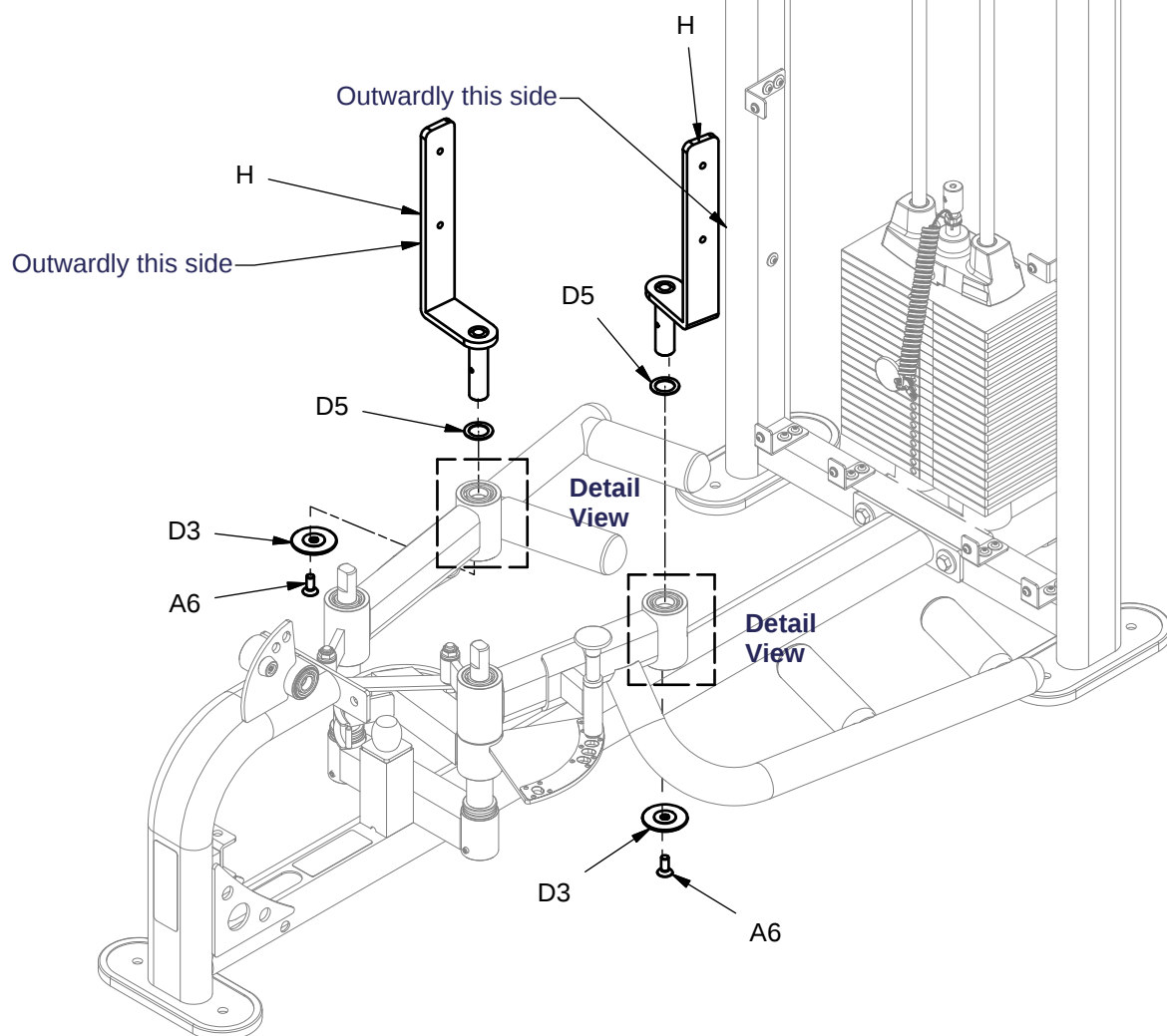
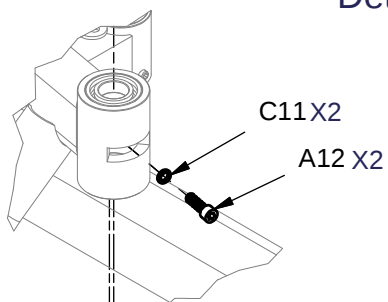
M8X16L x 2pcs/ side

Tighten screws x 4pcs

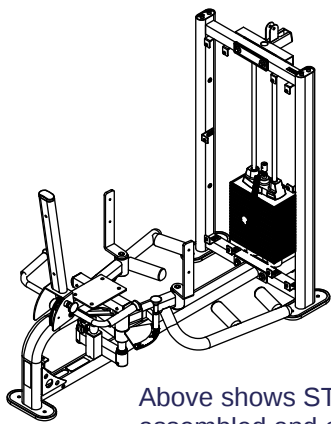
HAB-1100 ASSEMBLY INSTRUCTIONS



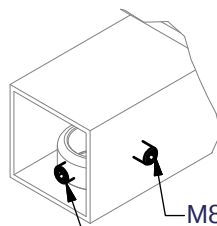
Detail View



HAB-1100 ASSEMBLY INSTRUCTIONS



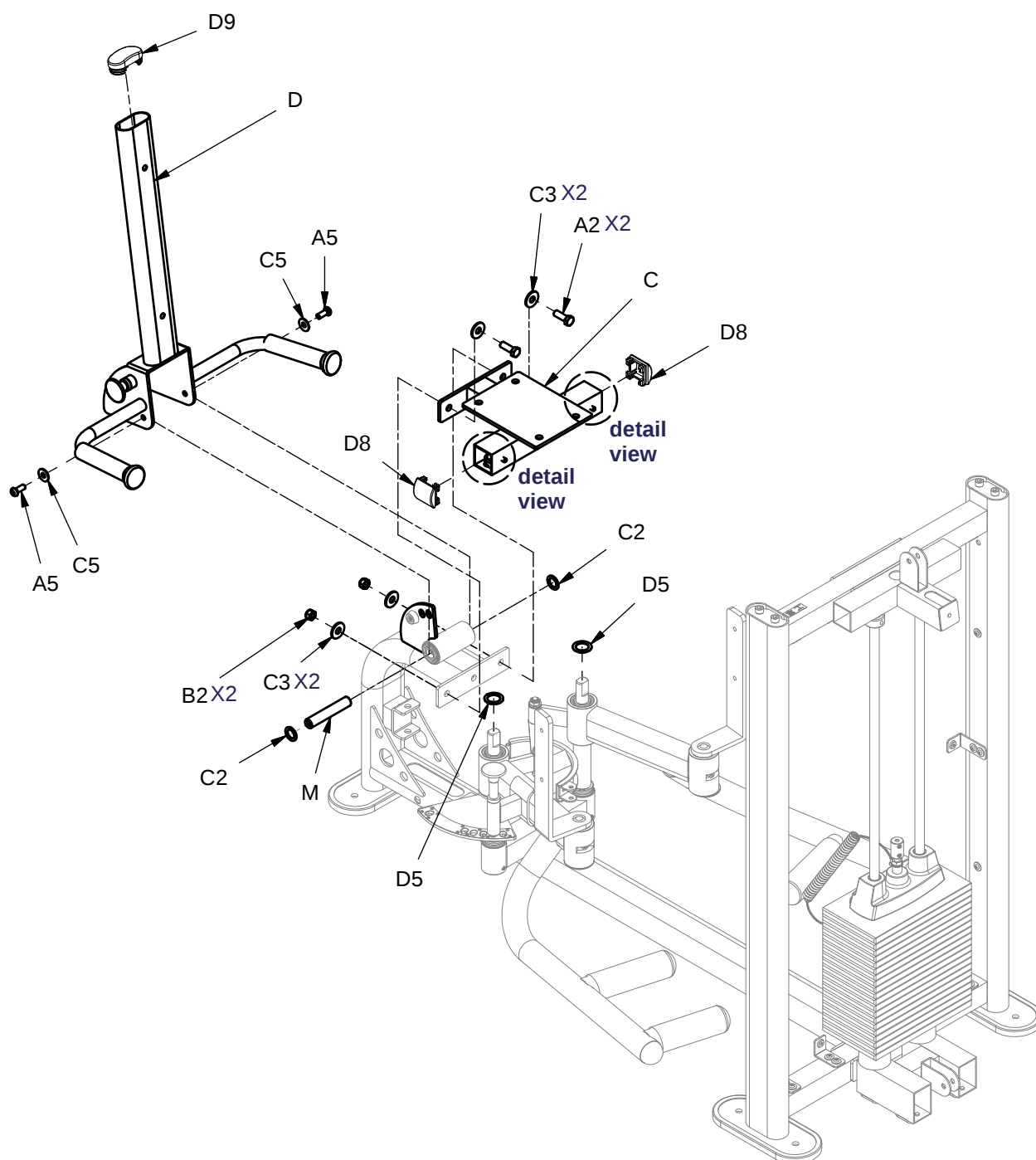
Above shows STEP 6
assembled and completed



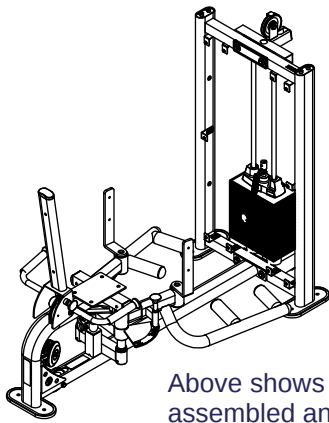
M8X20L X 2pcs / side

M8X10L X 1pcs / side

Tighten screws x 6 pcs



HAB-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

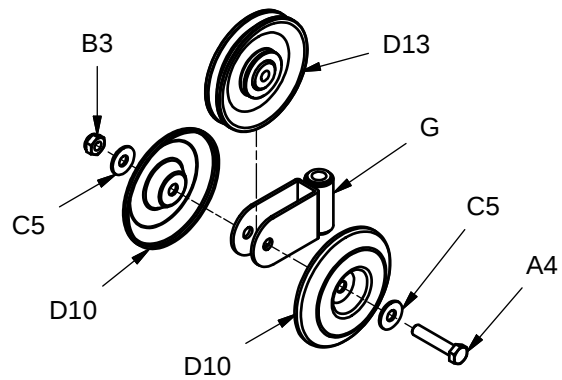


Figure 2

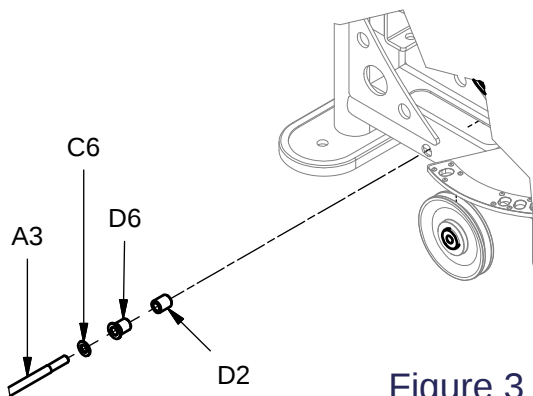


Figure 3

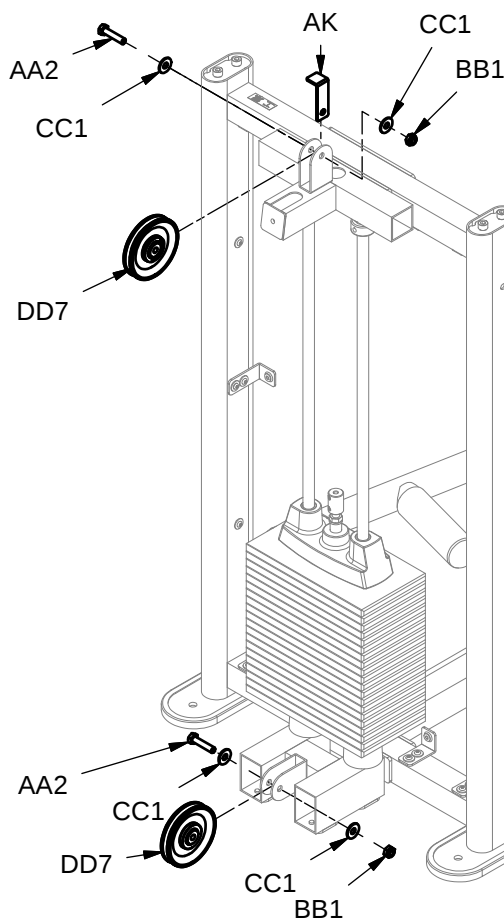
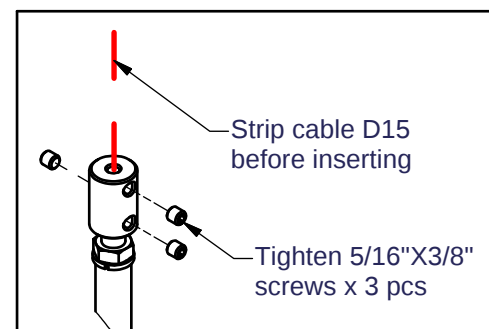
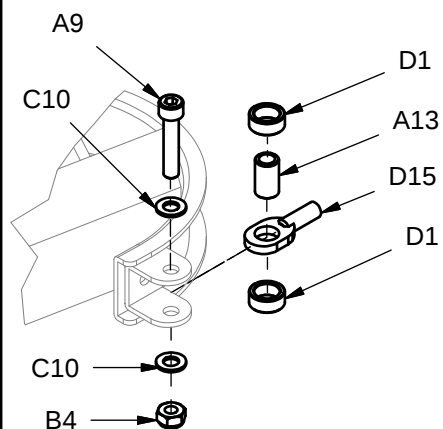
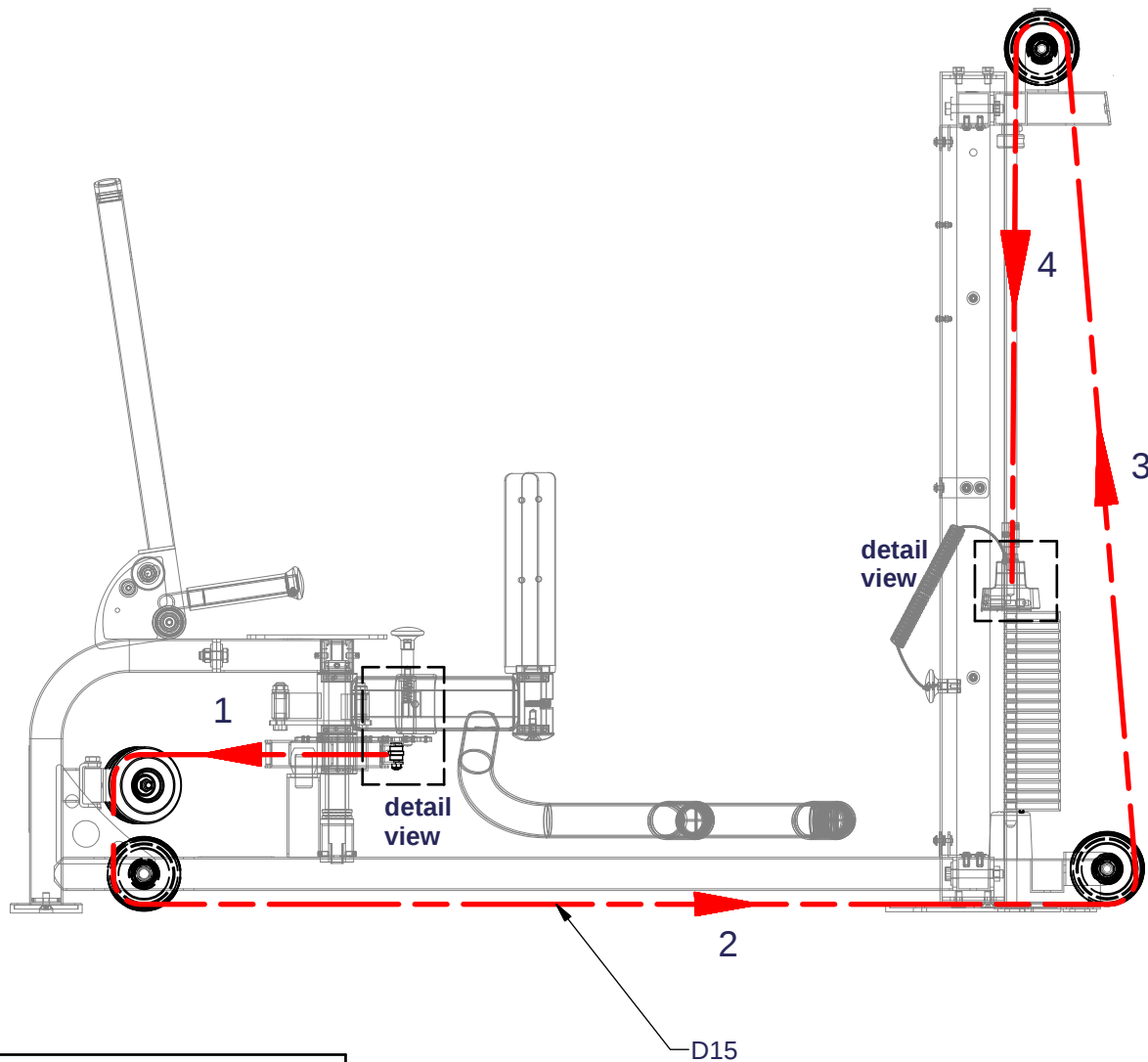


Figure 3

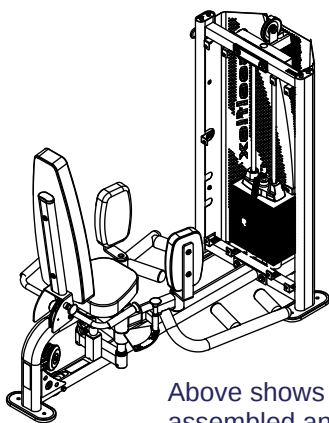
Figure 2

HAB-1100 ASSEMBLY INSTRUCTIONS

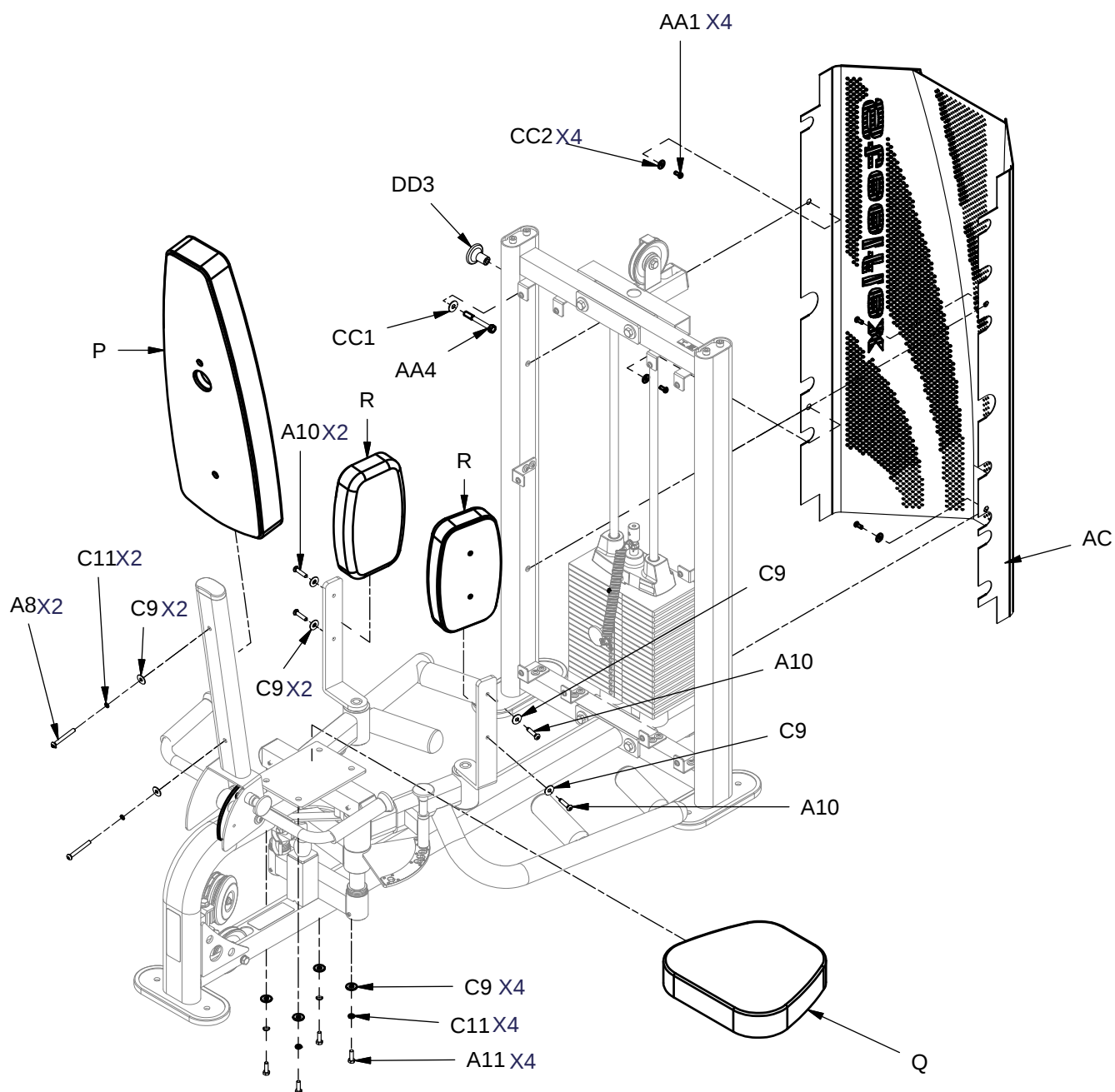
Cable to Constitute Illustration



HAB-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed



HAB-1100 ASSEMBLY INSTRUCTIONS

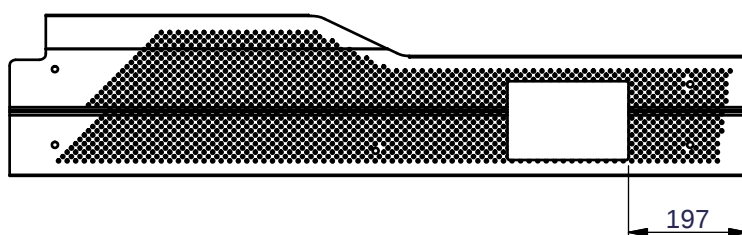
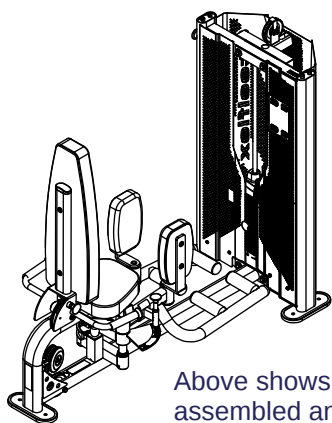
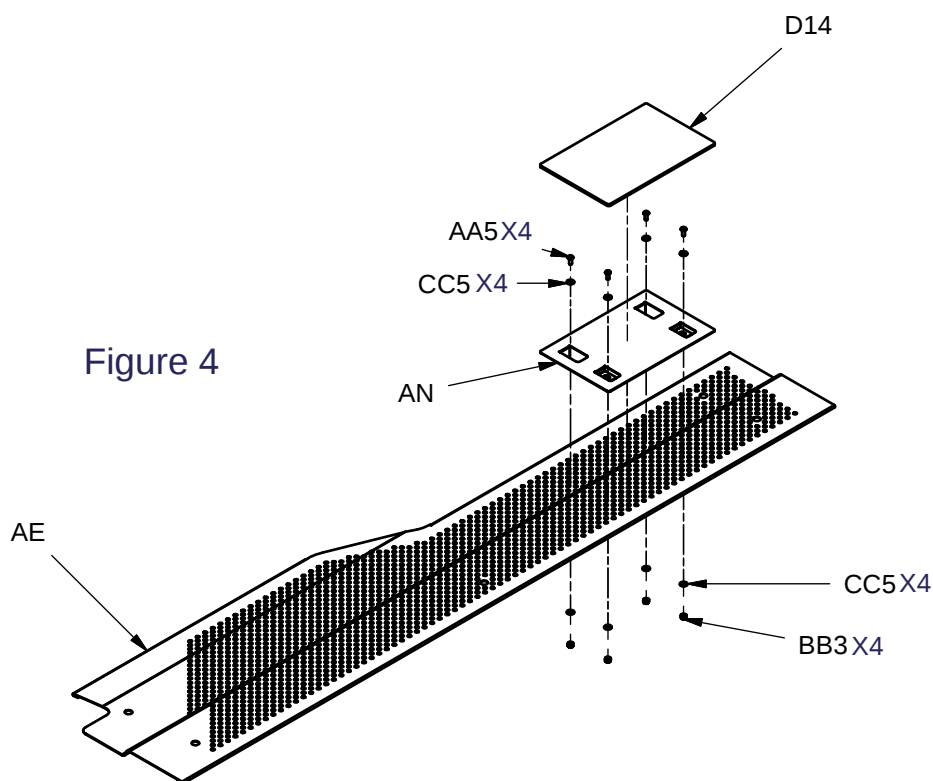
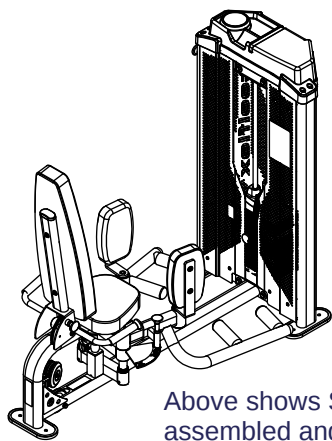


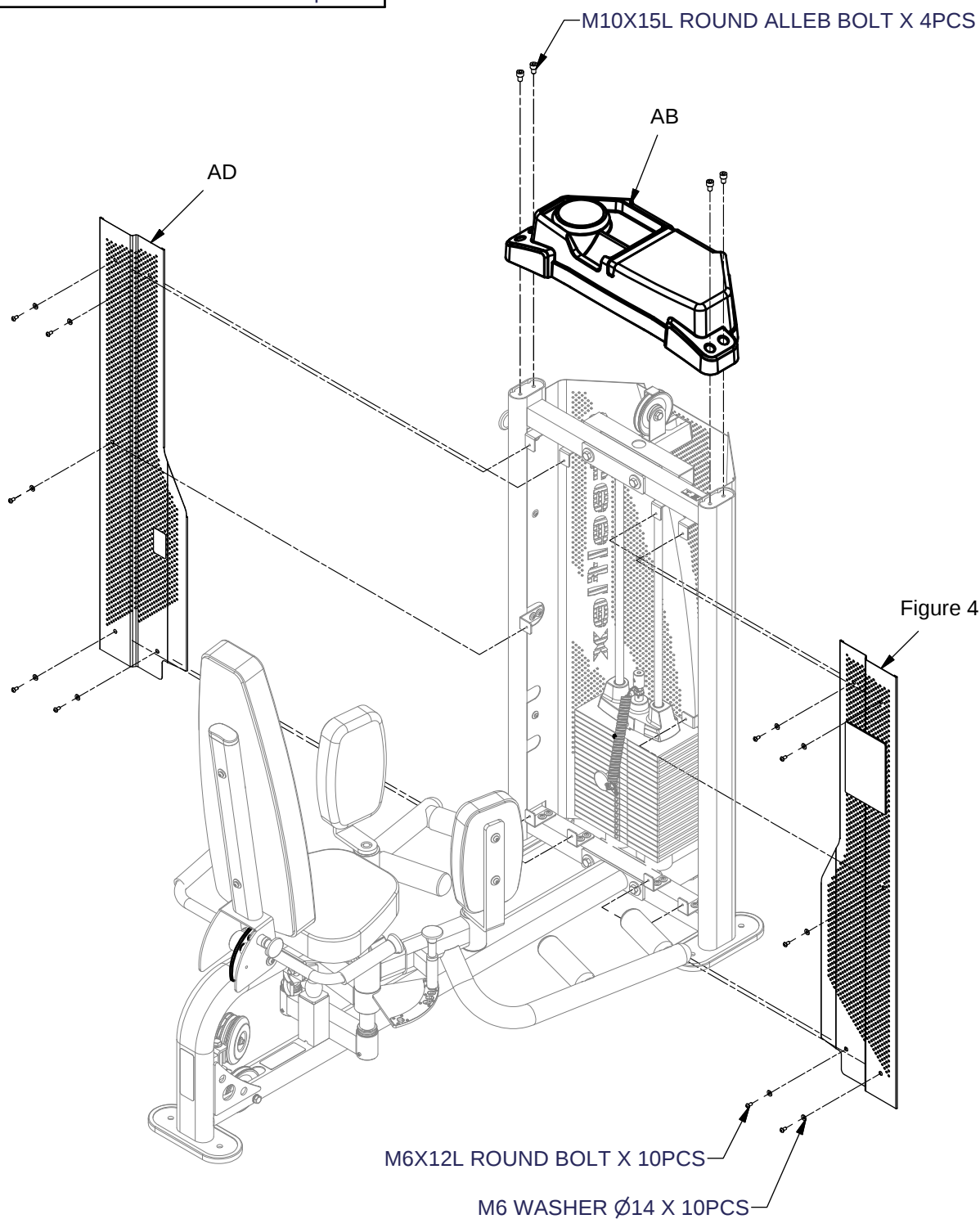
Figure 4



HAB-1100 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

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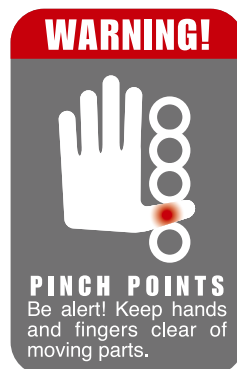
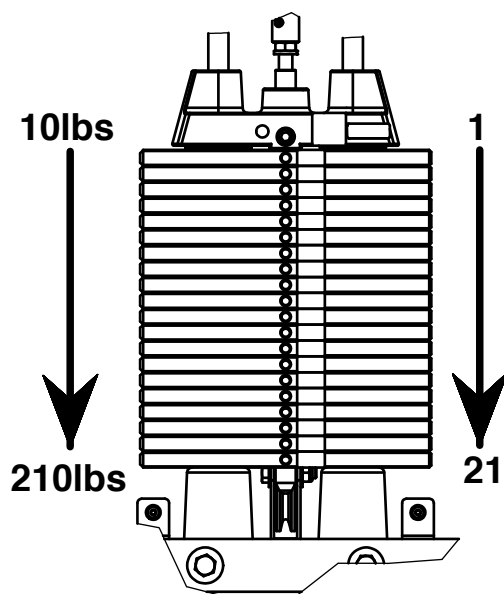
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.

9440-259



9440-047



9440-117