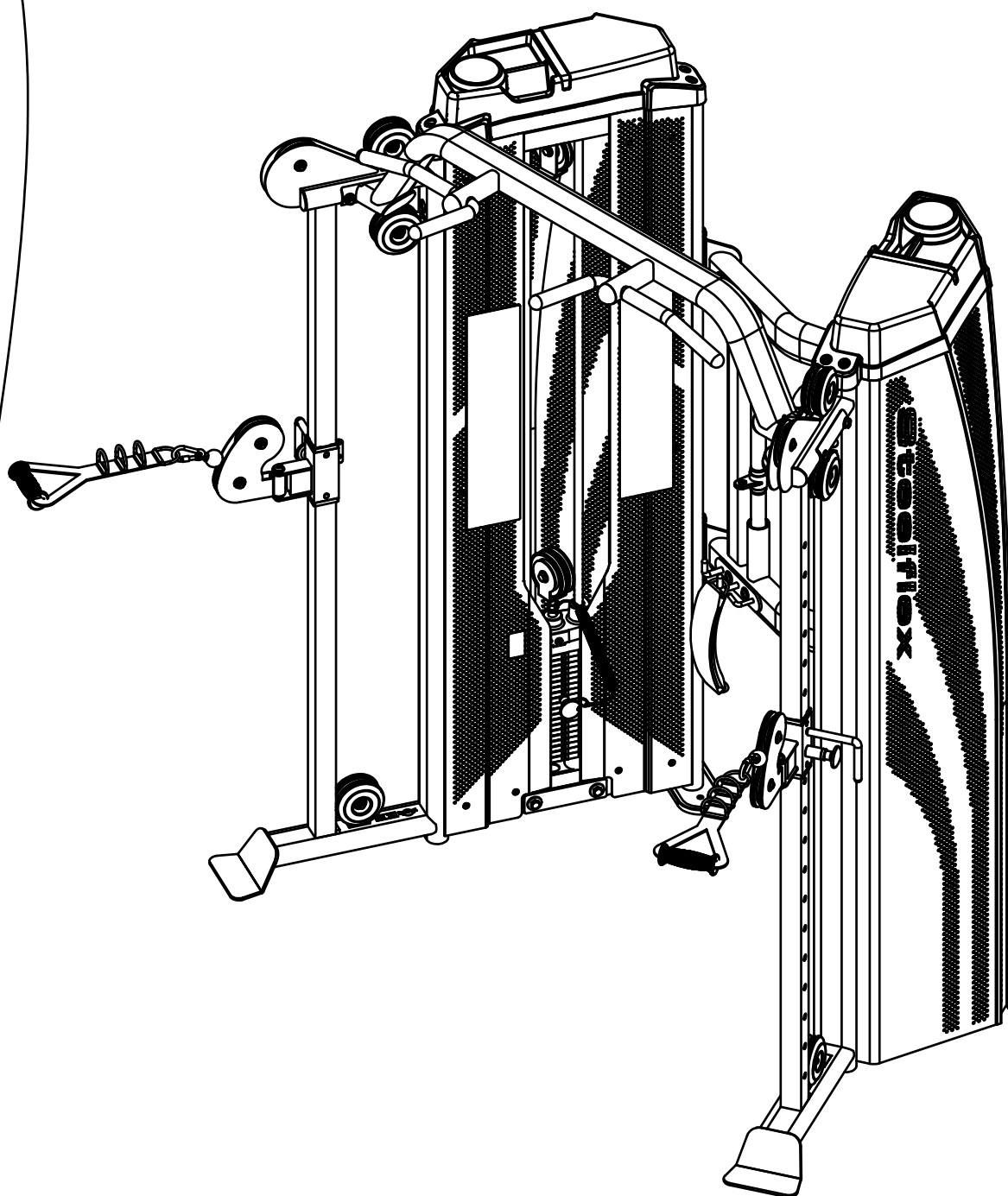


HOPE



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Tel: 886-2-27209980

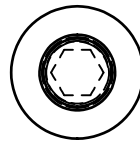
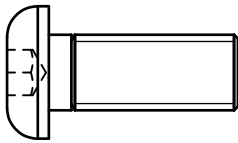
Fax: 886-2-27229750

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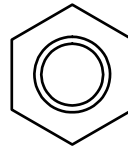
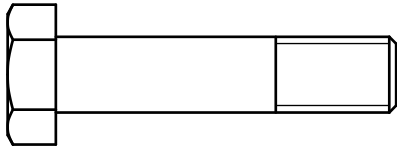
HDC-2000.2 OWNER'S MANUAL

HDC-2000 ASSEMBLY INSTRUCTIONS

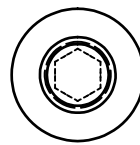
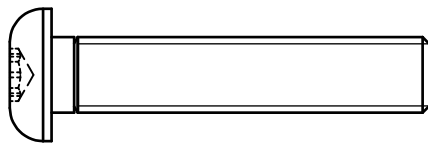
MAIN FRAME HARDWARE ILLUSTRATION



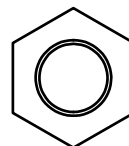
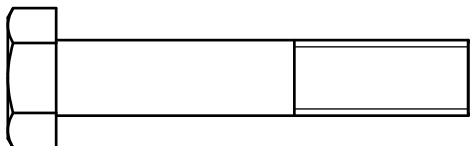
(A1)ROUND ALLEN HEAD M10X25L PARTIAL THREAD QTY.8



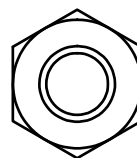
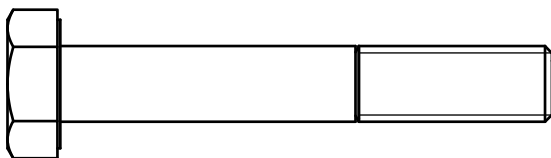
(A2)HEX BOLT M10X45L PARTIAL THREAD QTY.10



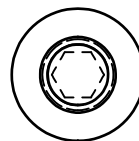
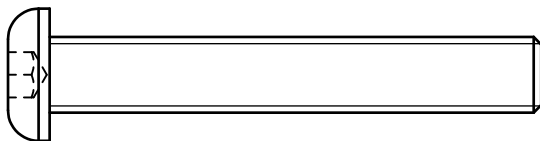
(A3)ROUND ALLEN HEAD M10X50L PARTIAL THREAD QTY.6



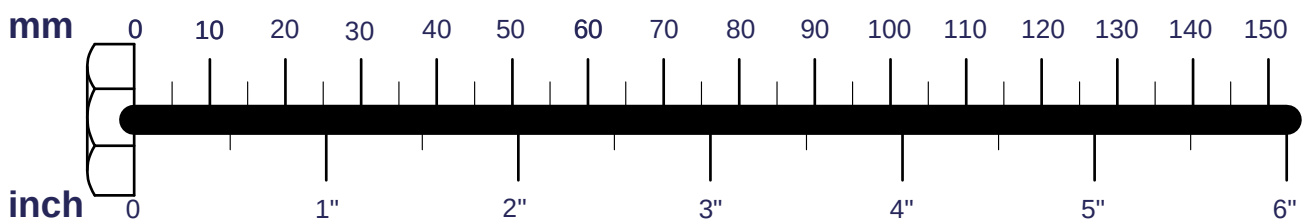
(A4)HEX BOLT M10X55L PARTIAL THREAD QTY.2



(A5)HEX BOLT M10X65L PARTIAL THREAD QTY.2

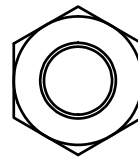
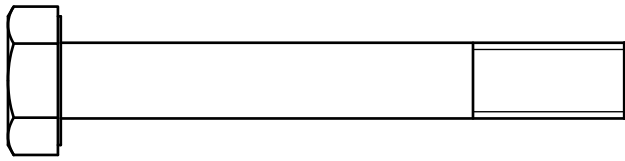


(A6)ROUND ALLEN HEAD M10X65L PARTIAL THREAD QTY.2

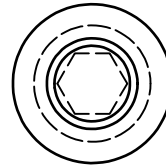
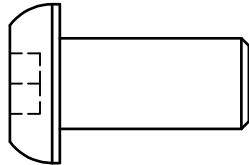


HDC-2000 ASSEMBLY INSTRUCTIONS

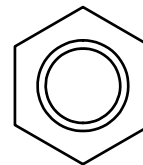
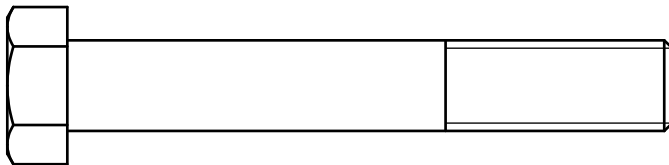
MAIN FRAME HARDWARE ILLUSTRATION



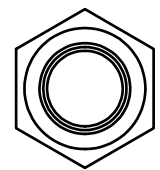
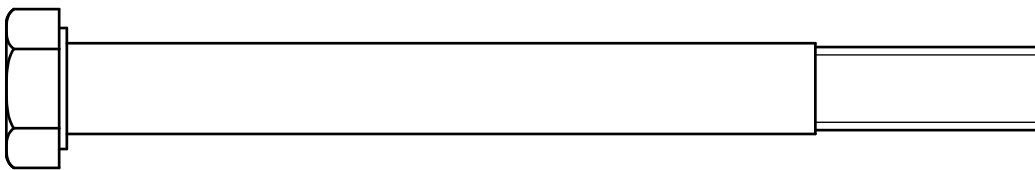
(A7)HEX BOLT M10X75L PARTIAL THREAD QTY.2



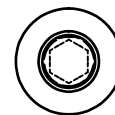
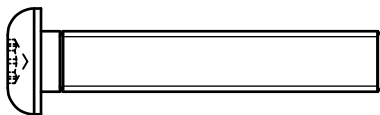
(A8)ROUND ALLEN HEAD M12X25L PARTIAL THREAD QTY.4



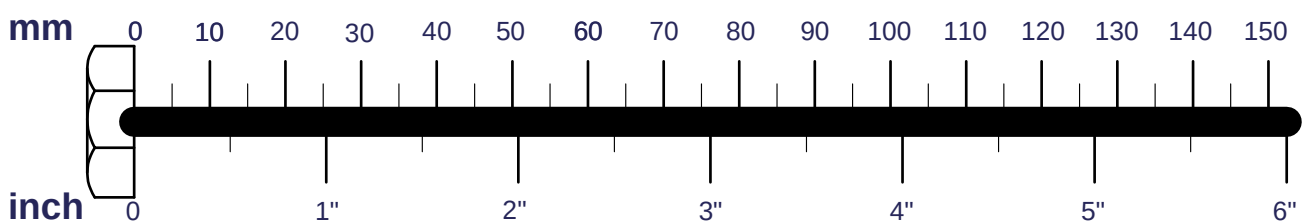
(A9)HEX BOLT M12X80L PARTIAL THREAD QTY.8



(A10)HEX BOLT M12X130L PARTIAL THREAD QTY.4

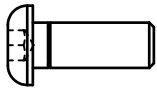


(A16)ROUND ALLEN HEAD M10X45L PARTIAL THREAD QTY.6



HDC-2000 ASSEMBLY INSTRUCTIONS

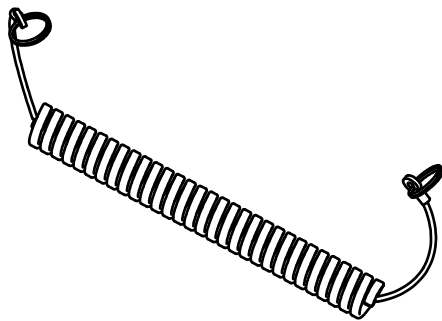
HARDWARE ILLUSTRATION FOR DOOR



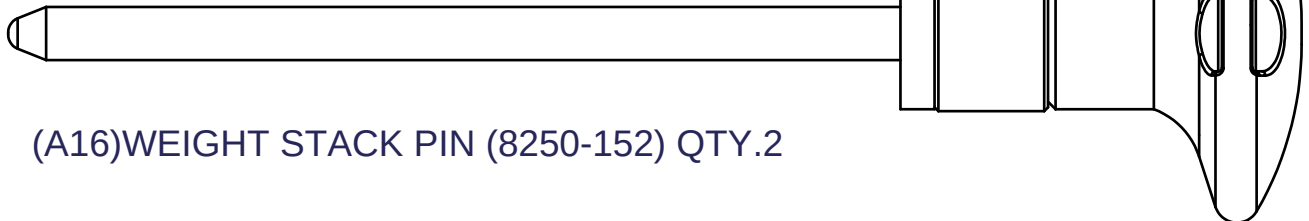
(A12)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.52



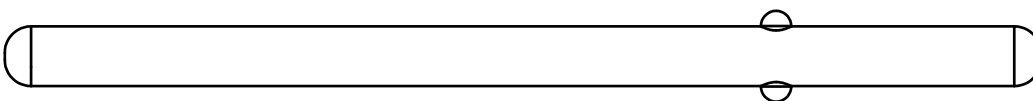
(A13)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.12



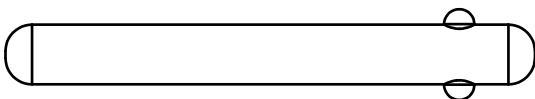
(A14)ELASTIC BELT (F920003) QTY.2



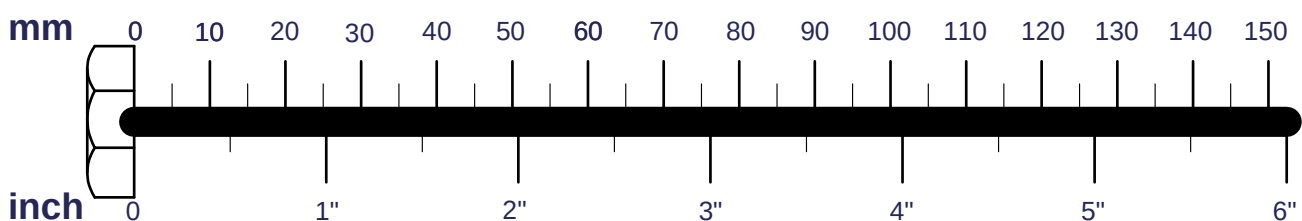
(A16)WEIGHT STACK PIN (8250-152) QTY.2



(A17)Ø5/16" FIXED PIN (8250-166) QTY.2

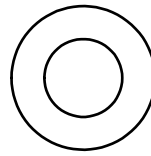
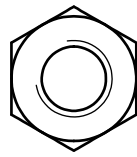
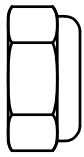


(A18)Ø5/16" FIXED PIN (8250-167) QTY.2

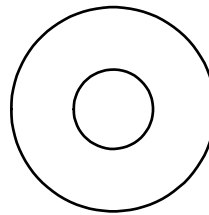
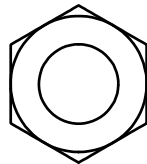
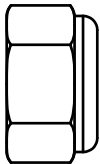


HDC-2000 ASSEMBLY INSTRUCTIONS

MAIN FRAME HARDWARE ILLUSTRATION

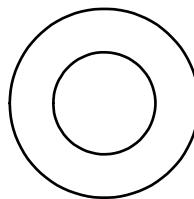


(B1)NYLON LOCK NUT M10 QTY.26 (C1)M10(I.D.)FLAT WASHER Ø19 QTY.2

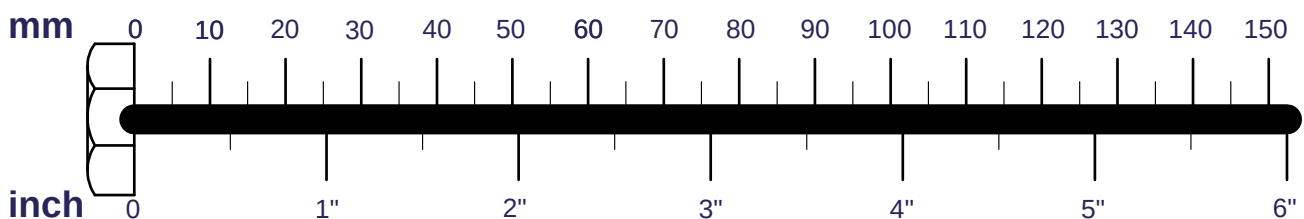


(B2)NYLON LOCK NUT M12 QTY.10

(C2)M10(I.D.)FLAT WASHER Ø27 QTY.62

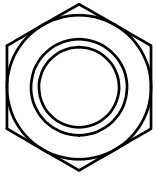


(C3)M12(I.D.)FLAT WASHER Ø25 QTY.26

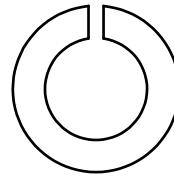


HDC-2000 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION FOR DOOR



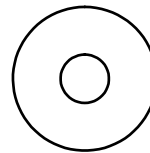
(B3)LOCK NUT 1/2"X13 UNC QTY.2



(C4)1/2" SPRING WASHER QTY.2



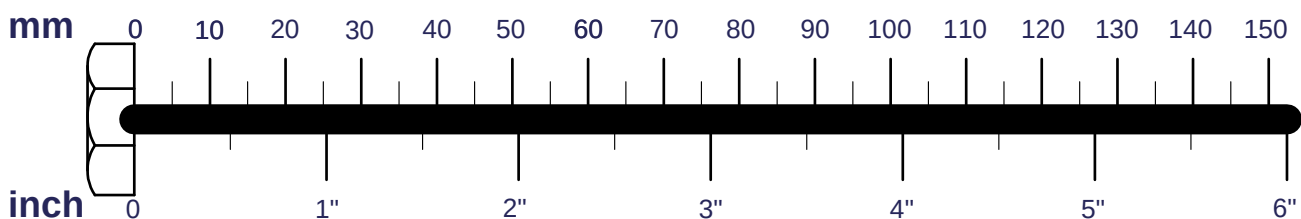
(B4)NYLON LOCK NUT M4 QTY.12



(C6)M6(I.D.)FLAT WASHER Ø19 QTY.52



(C7)M4(I.D.)FLAT WASHER Ø10 QTY.24



HDC-2000 ASSEMBLY INSTRUCTIONS

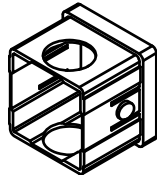
HARDWARE ILLUSTRATION

D1.Ø8 Spring Snap Link (8810-005)-----	[2PCS]
D2.60X50 NYLON BUSHING(9211-033) -----	[4PCS]
D3. Ø3/4" Shaft Collar (9211-046)-----	[4PCS]
D4. Ø50 Round End Cap (9211-074)-----	[2PCS]
D5.PLATE CAP (9211-173)-----	[12PCS]
D6.50X5TX50L RUBBER PAD(9214-002)-----	[6PCS]
D7.38X4TX38L RUBBER PAD(9310-001)-----	[2PCS]
D8. Ø65XØ20X70H Rubber Dount(9310-049)-----	[4PCS]
D9.108X14.5TX263T RUBBER PAD(9310-075)-----	[2PCS]
D10.SHOULDER BELT(9630-221) -----	[2PCS]
D11.ANKLE STRAP(NAS3)-----	[2PCS]
D12.RESISTANCE BAND(TR20)-----	[1PCS]
D13.EXERCISE CHART (9420-095)-----	[1PCS]

D1



D2



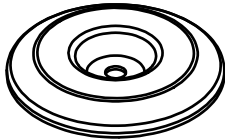
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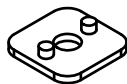
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D5



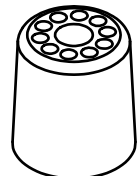
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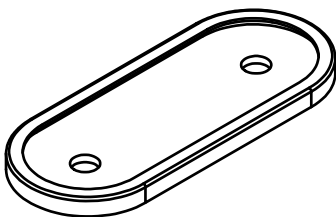
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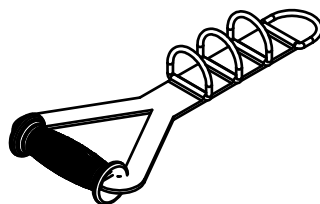
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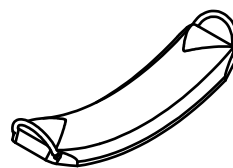
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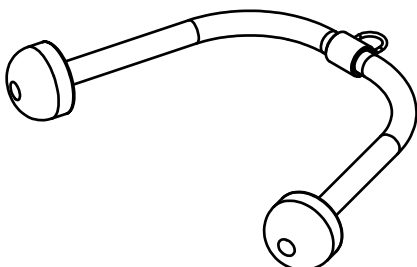
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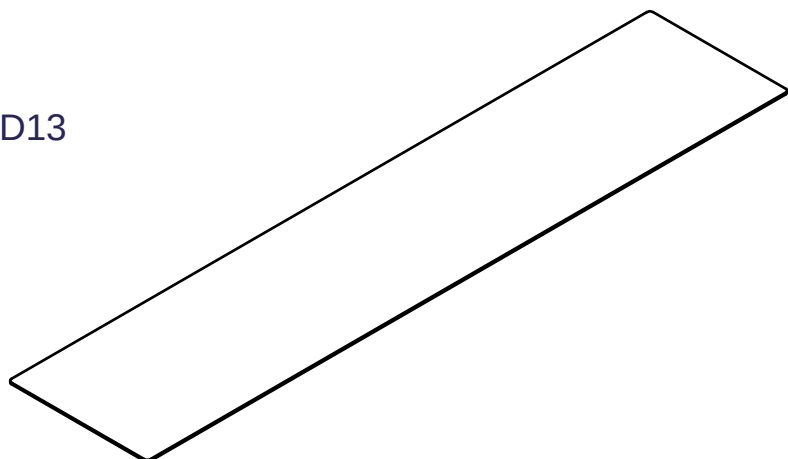
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D12



D13

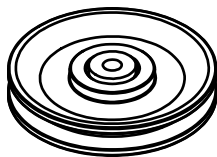


HDC-2000 ASSEMBLY INSTRUCTIONS

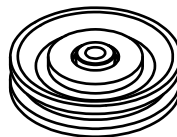
HARDWARE ILLUSTRATION

D14.Ø110 PULLEY(9213-002B)-----	[26PCS]
D15.Ø90 PULLEY(9213-011C)-----	[2PCS]
D16.TOP PLATE(8400-006)-----	[2PCS]
D18. 10980mm STEEL CABLE(FHDC2000A1)-----	[1PCS]
D19. 11450mm STEEL CABLE(FHDC2000B1)-----	[1PCS]
D20. 38X1TX38 DOUBLE-FACED ADHESIVE TAPE(9190-006)-----	[2PCS]
D21.Selector Rod(8210-191)-----	[2PCS]
D22.EXERCISE CHART (9420-117)-----	[1PCS]

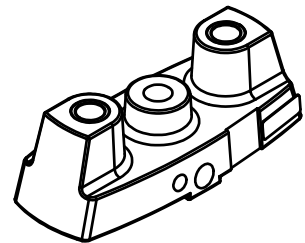
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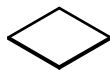
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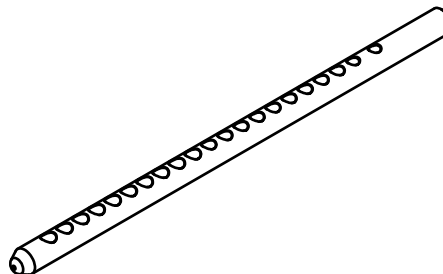
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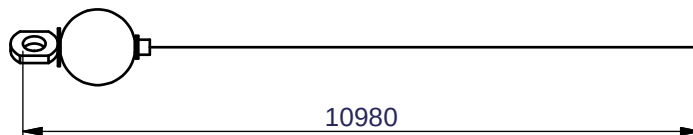
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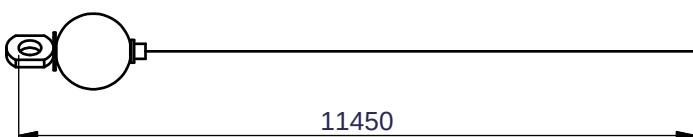
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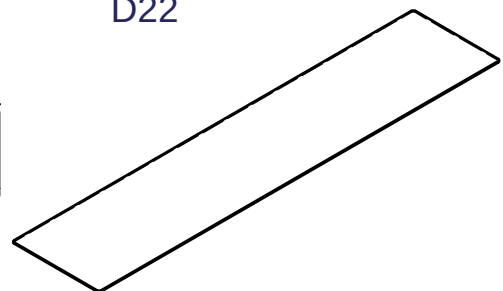
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D19



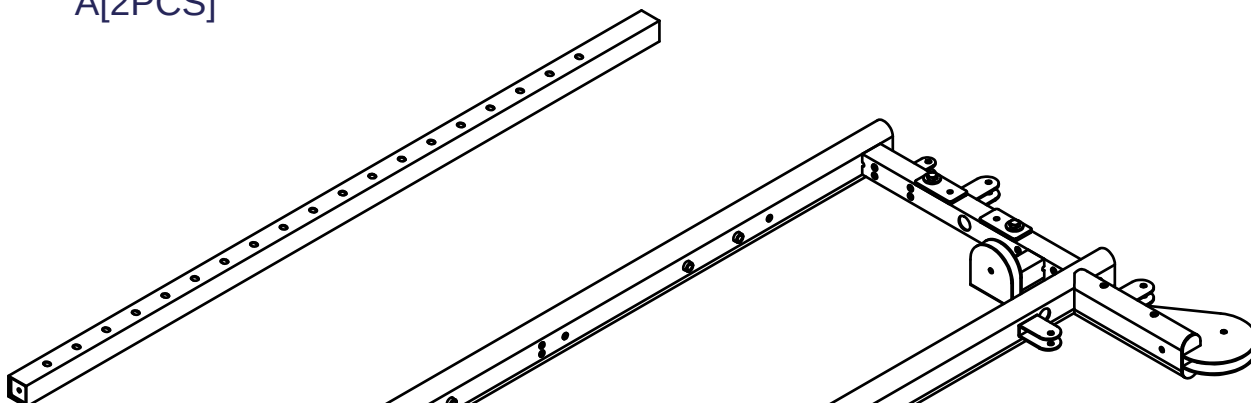
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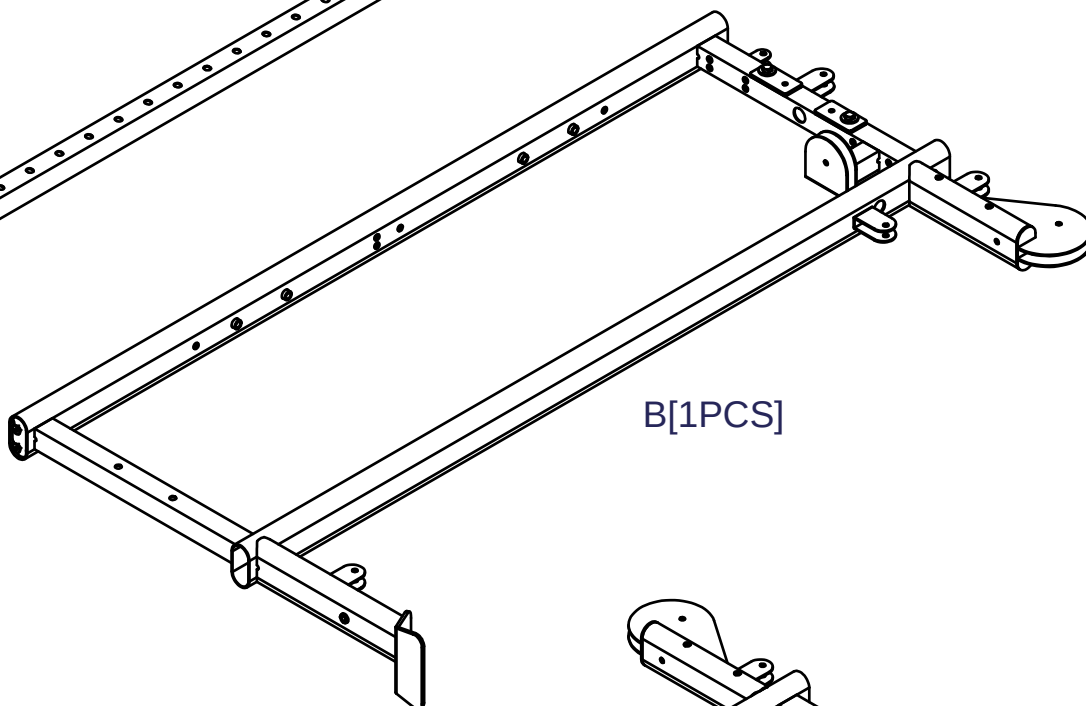
HDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

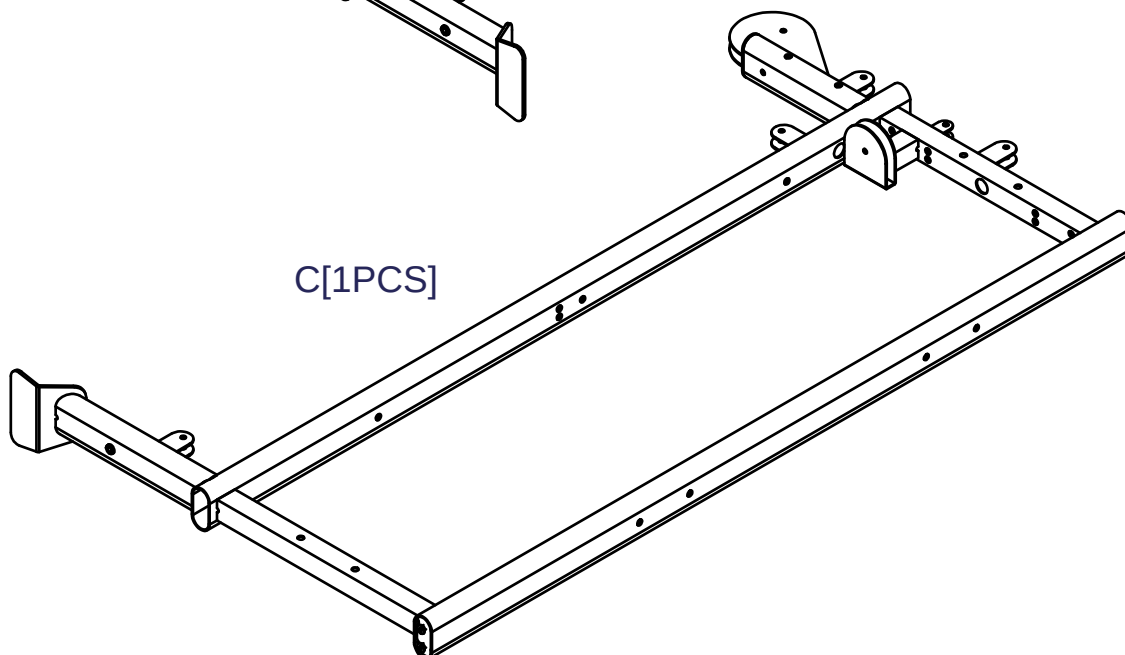
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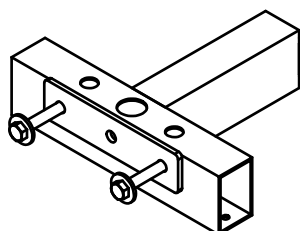
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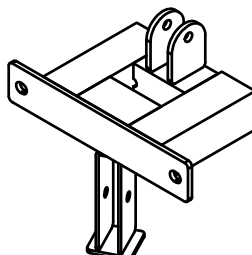
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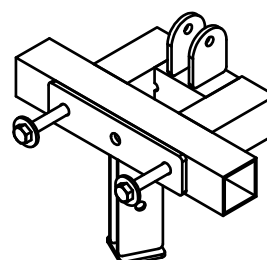
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E[1PCS]



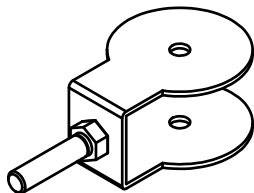
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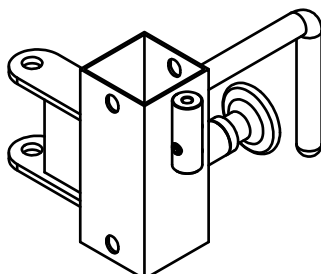
HDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

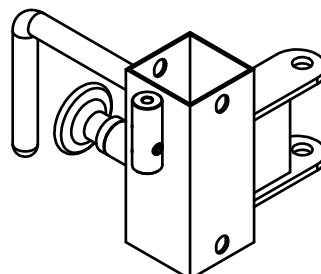
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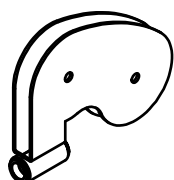
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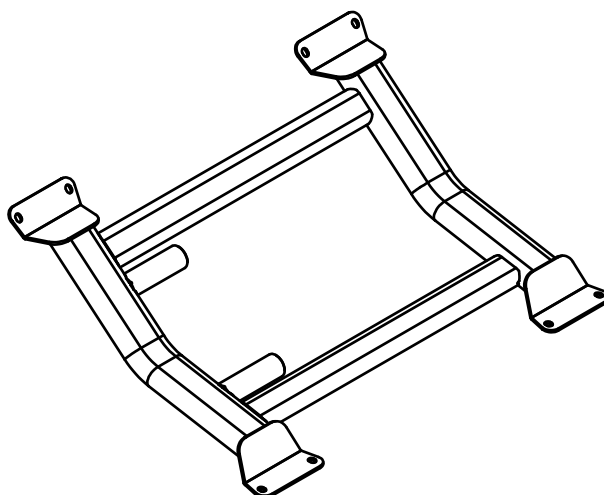
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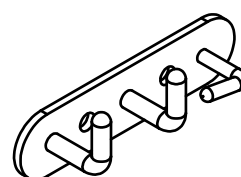
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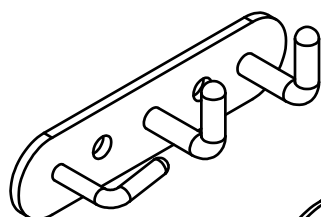
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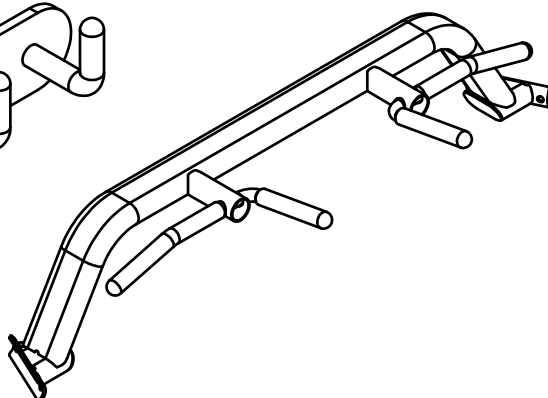
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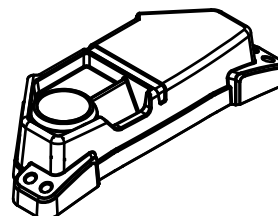
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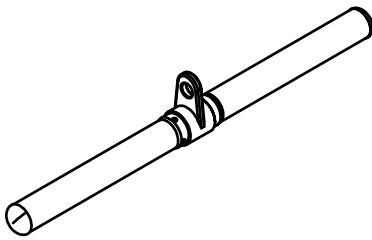
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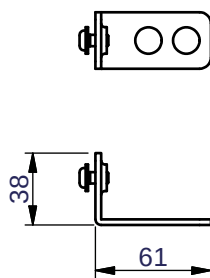
HDC-2000 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

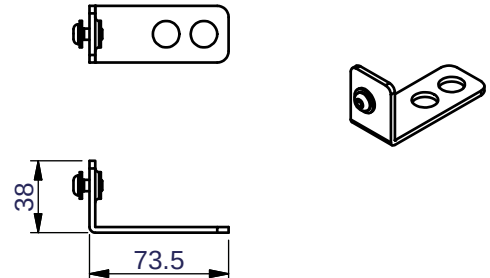
P1[1PCS]
20LB500E



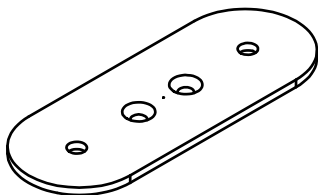
Q[8PCS]
8331-065



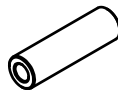
R[12PCS]
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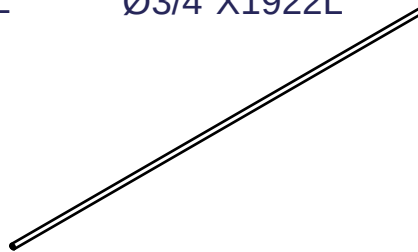
S[2PCS]
8313-188



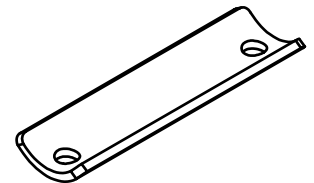
T[2PCS]
8210-189
Ø3/4"X64.5L



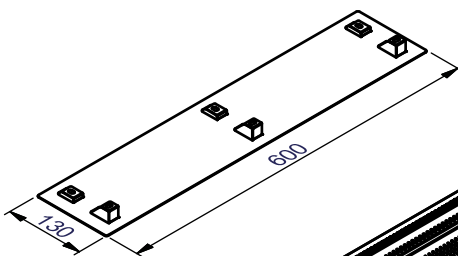
U1[4PCS]
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Ø3/4"X1922L



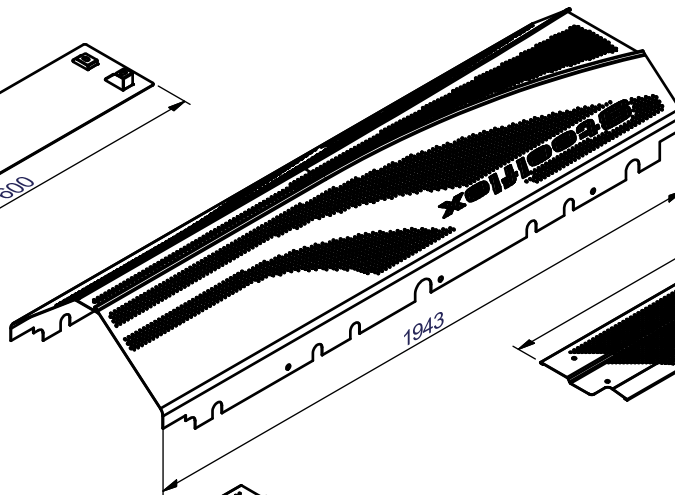
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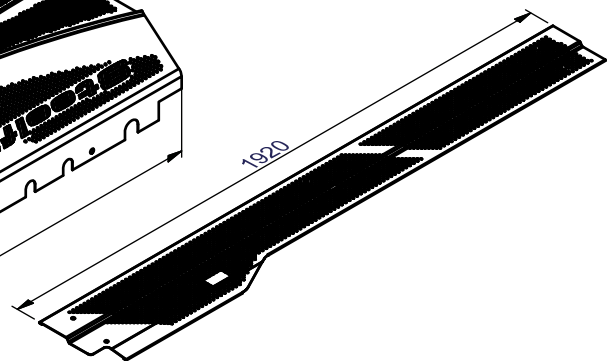
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8345-016



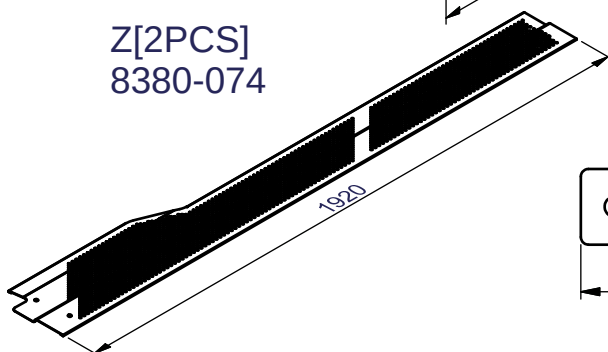
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8380-072



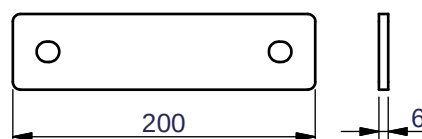
Y[2PCS]
8380-073



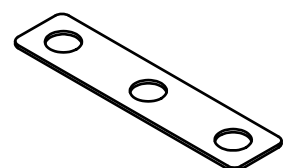
Z[2PCS]
8380-074



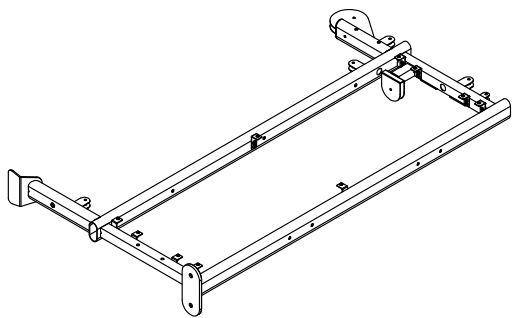
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8312-077



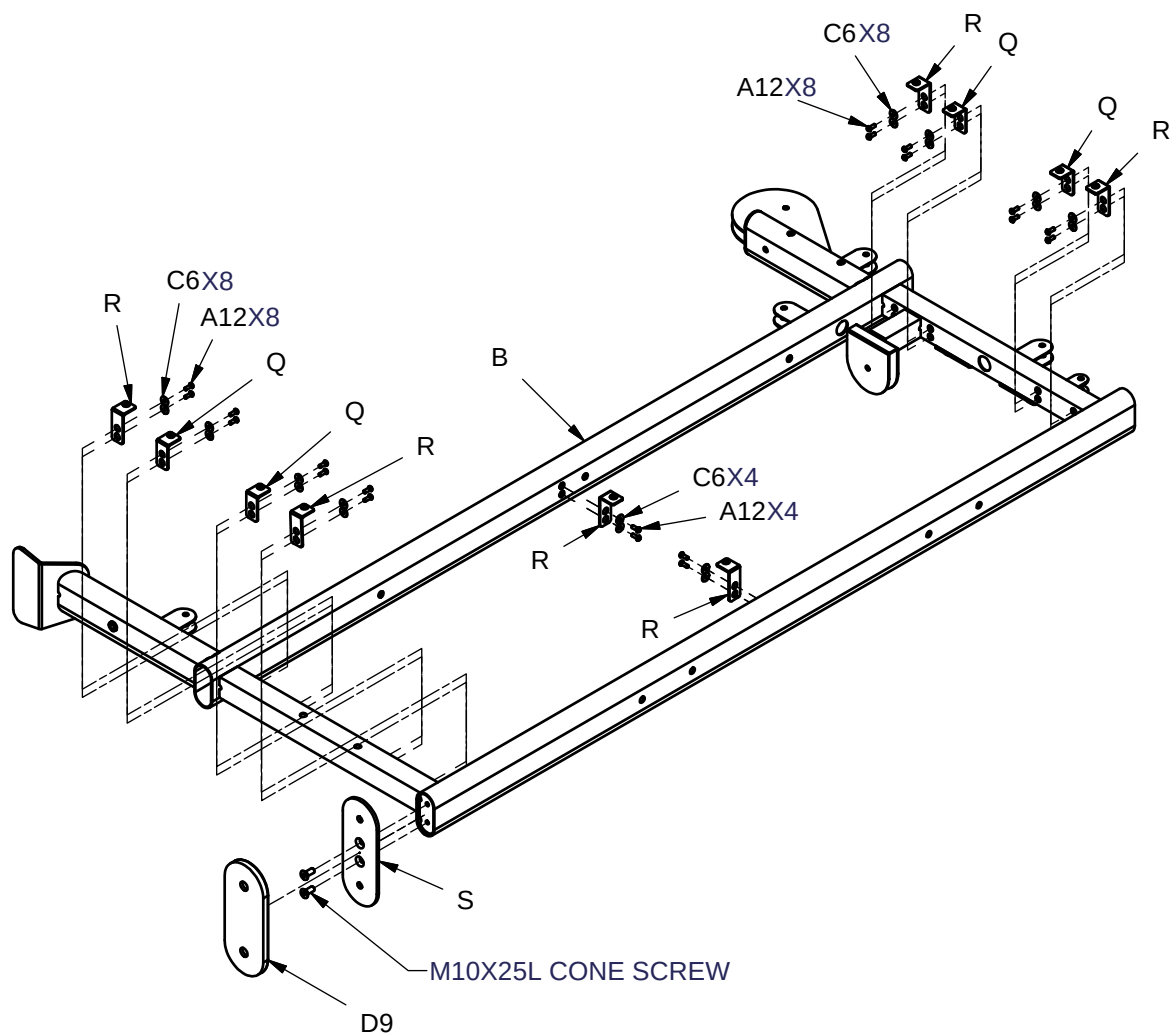
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8311-194



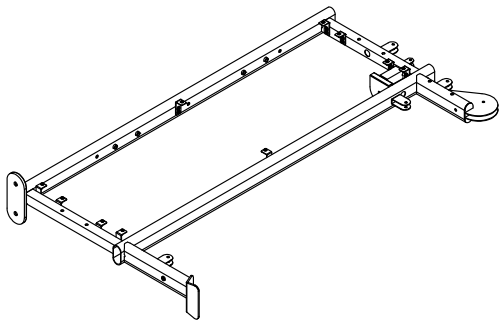
HDC-2000 ASSEMBLY INSTRUCTIONS



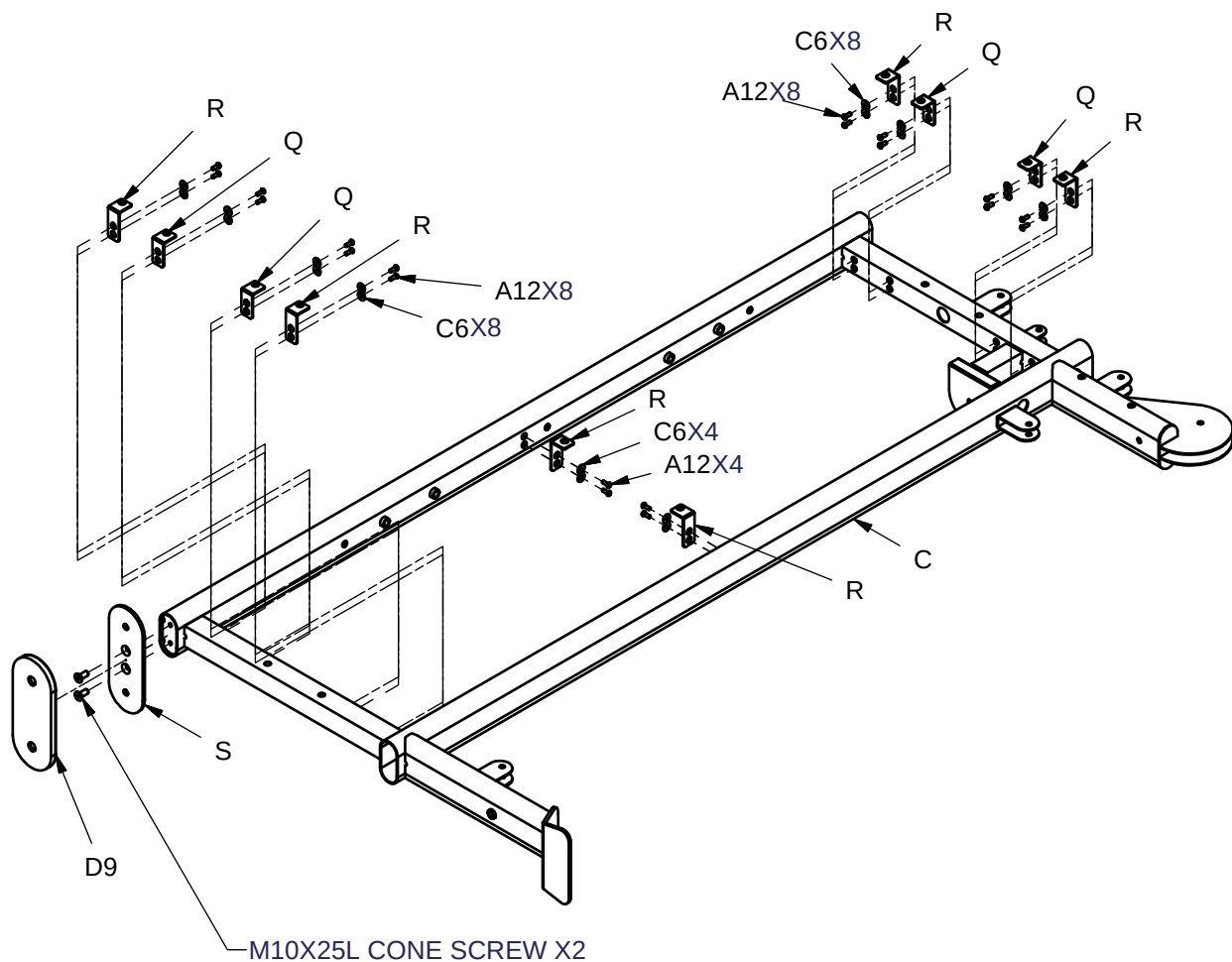
Above shows STEP 1
assembled and completed



HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 2
assembled and completed



Assembled Procedure

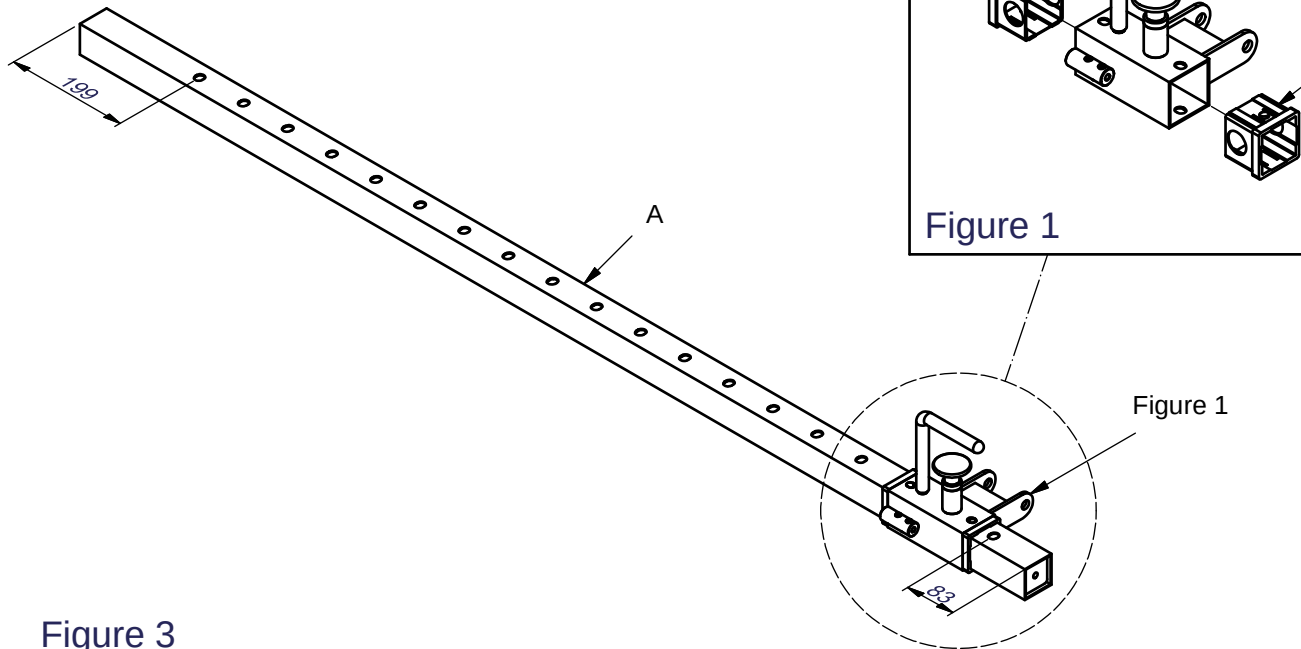


Figure 3

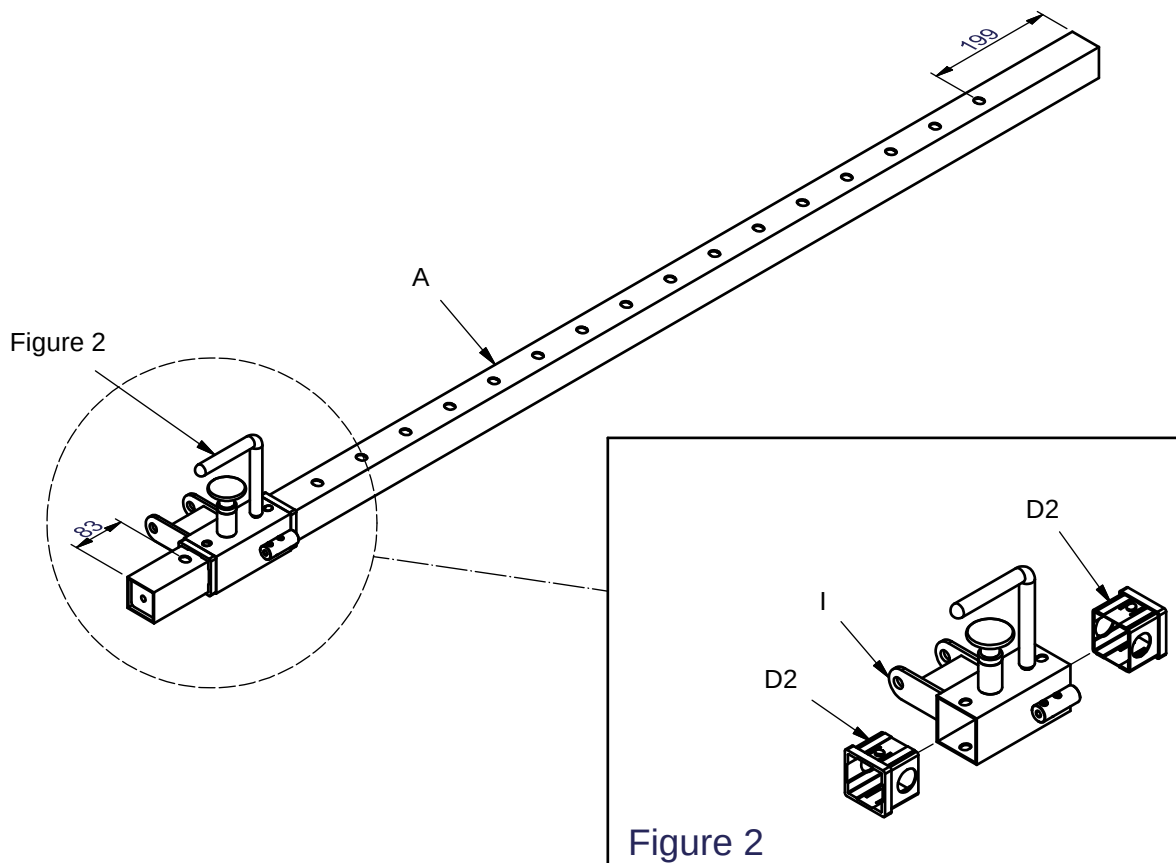


Figure 4

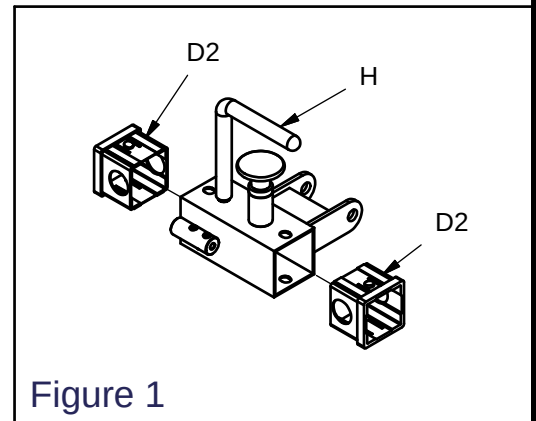


Figure 1

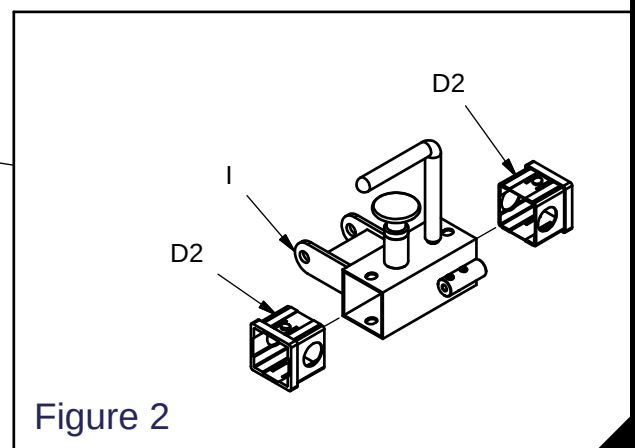
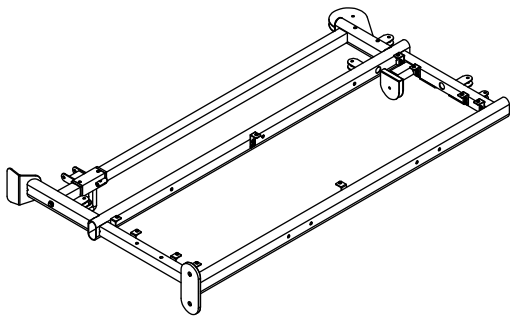
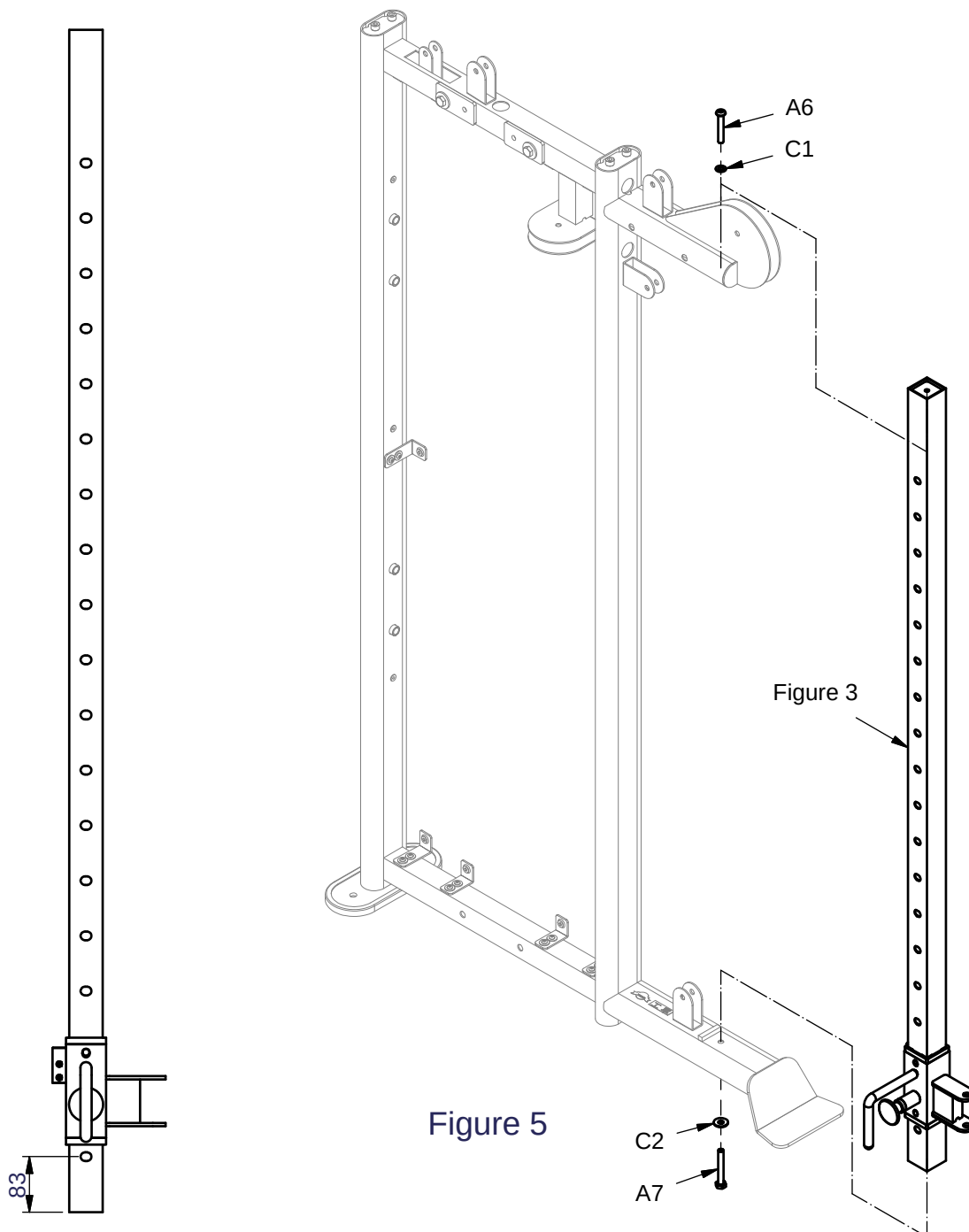


Figure 2

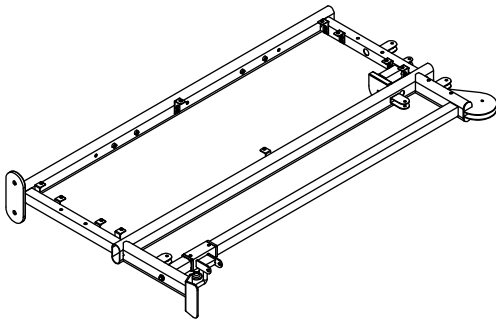
HDC-2000 ASSEMBLY INSTRUCTIONS



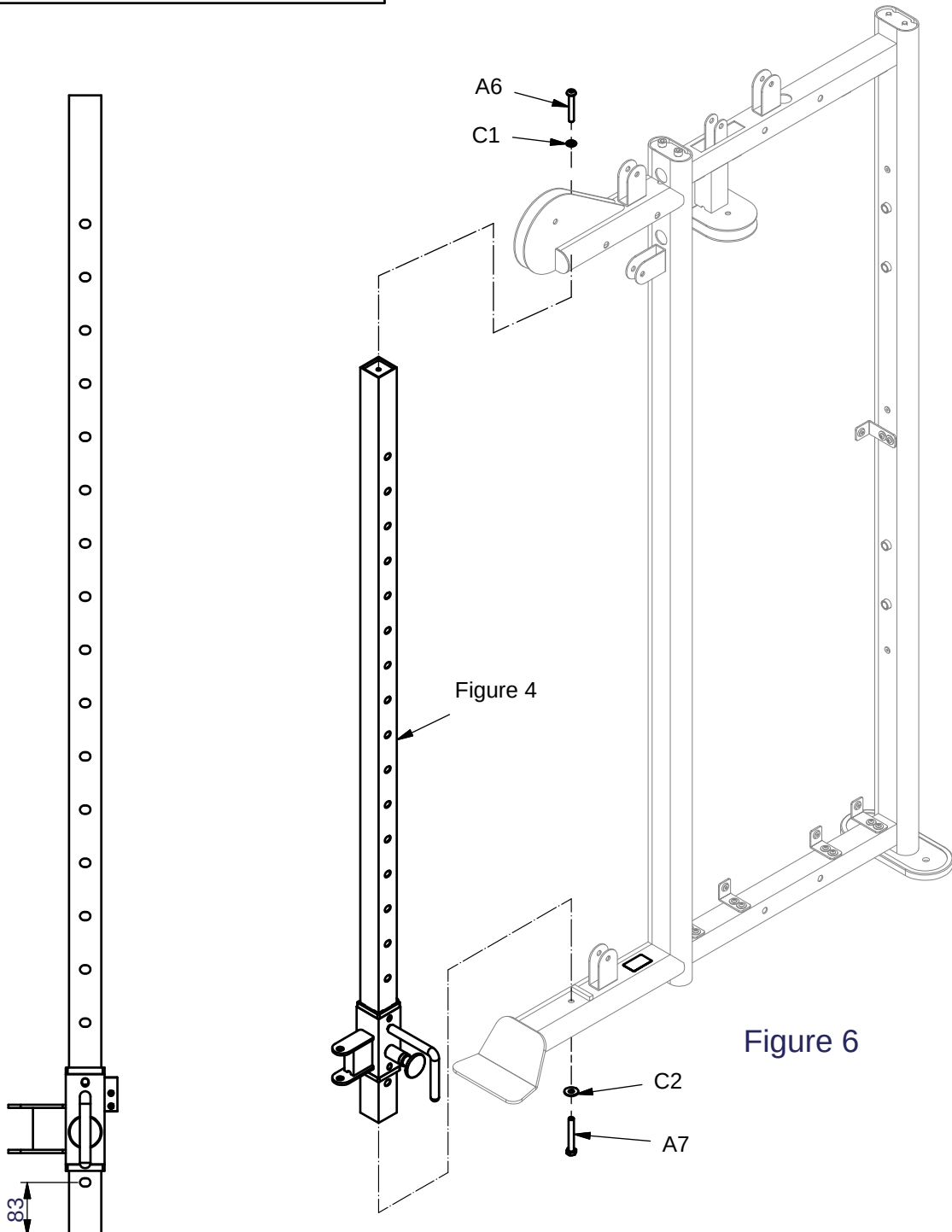
Above shows STEP 3
assembled and completed



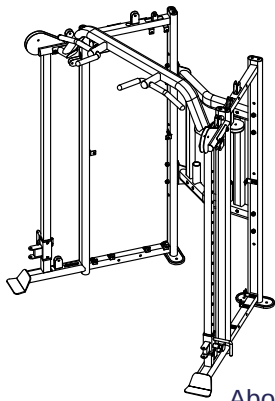
HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed



HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

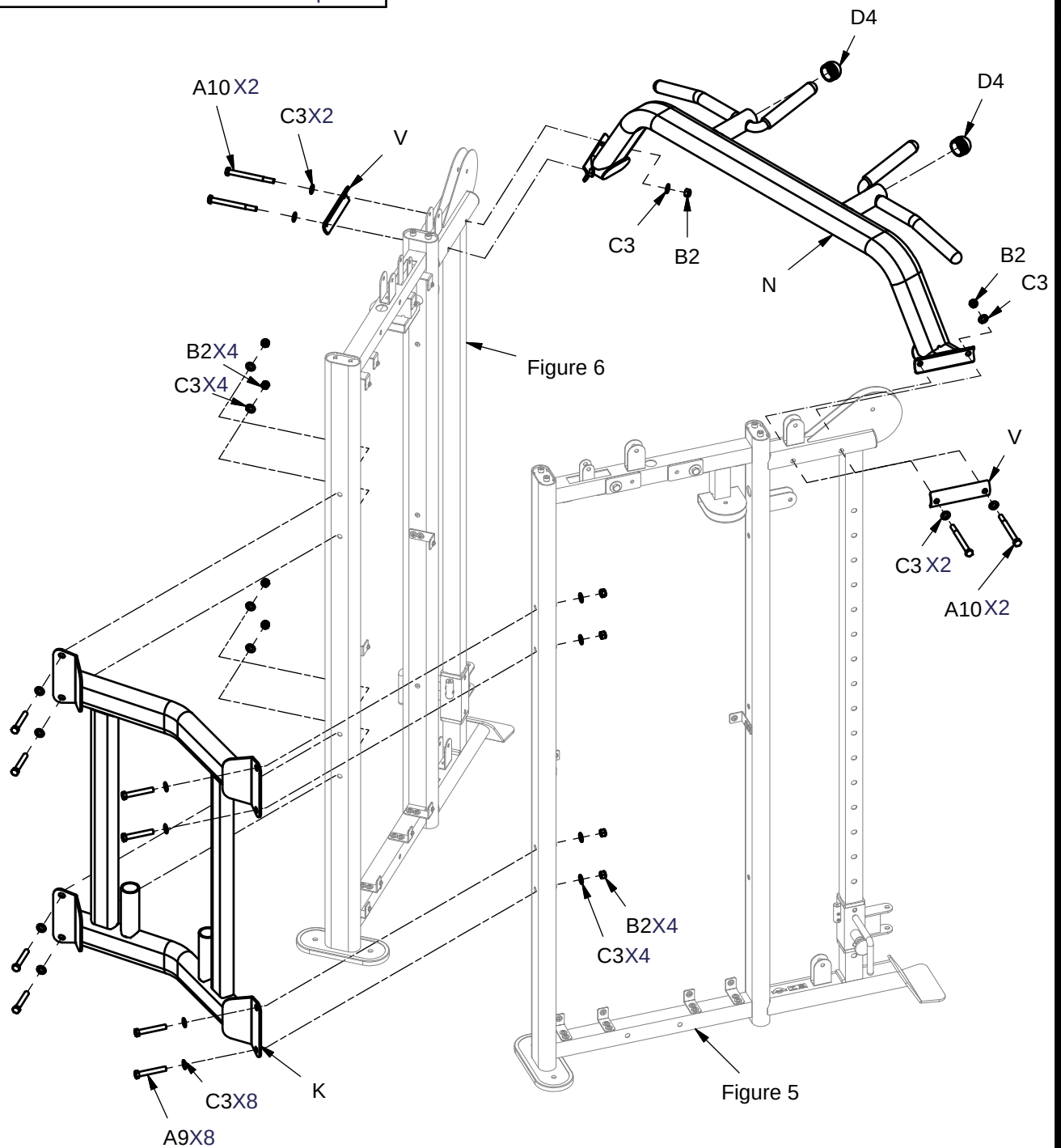
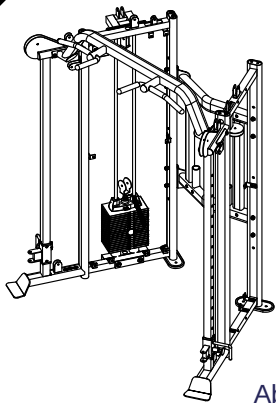


Figure 6

Figure 5

HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

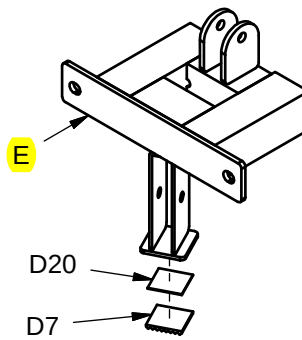


Figure 7

NOTE:

1. Place A17 - 8250-166 (pin) into the first weight plate.
2. Place A16 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D16- 8400-006(top plate) cling to (first weight plate) and fix in A18 - 8250-167(pin).
4. Finally remove A16 - 8250-152 (weight stack pin) and use as usual.

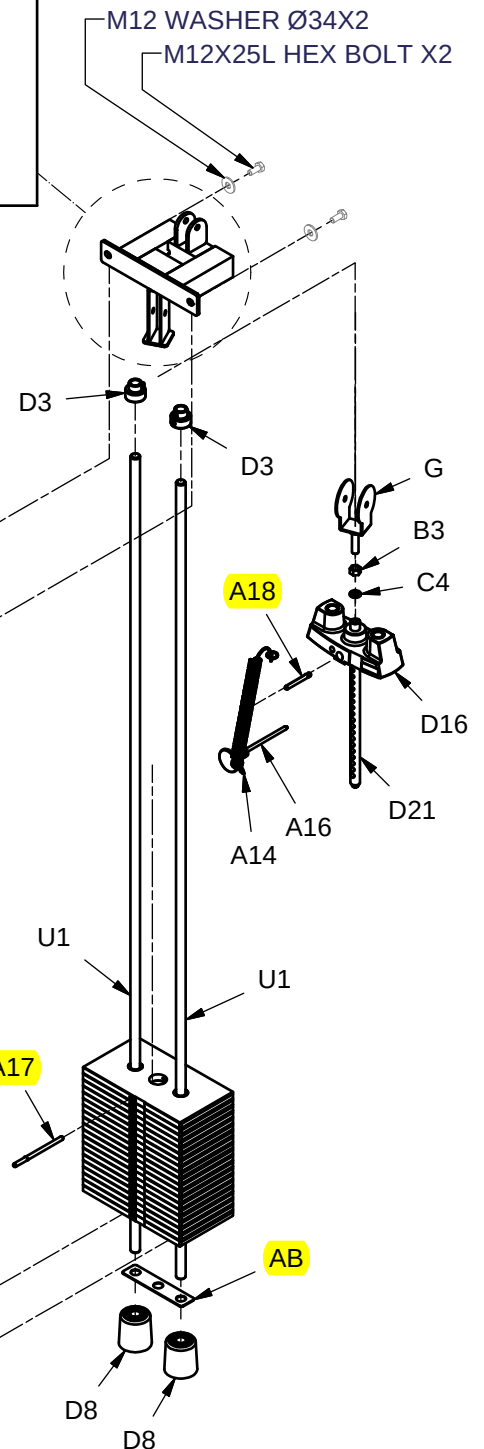


Figure 5

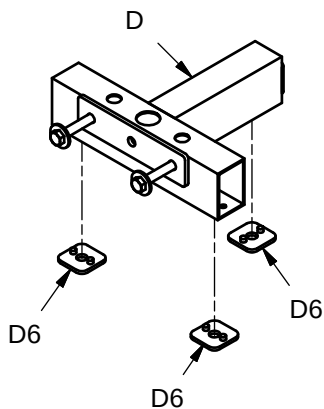
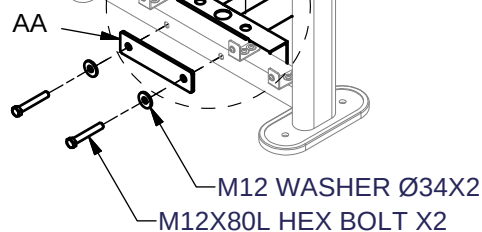
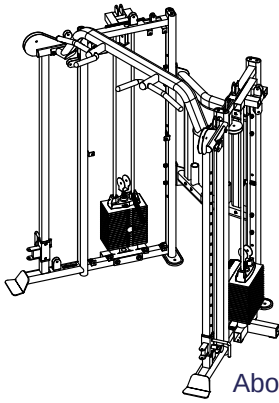


Figure 8



HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

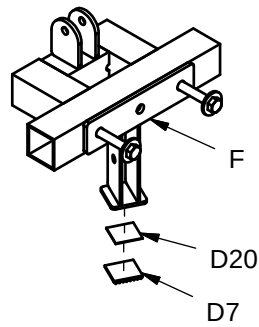


Figure 9

NOTE:

1. Place A17 - 8250-166 (pin) into the first weight plate.
2. Place A16 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure D16- 8400-006(top plate) cling to (first weight plate) and fix in A18 - 8250-167(pin).
4. Finally remove A16 - 8250-152 (weight stack pin) and use as usual.

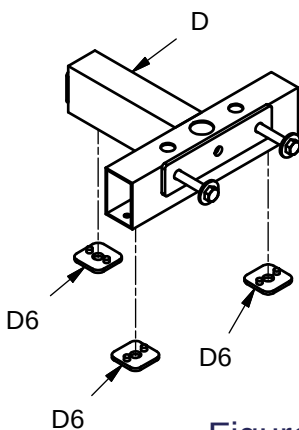
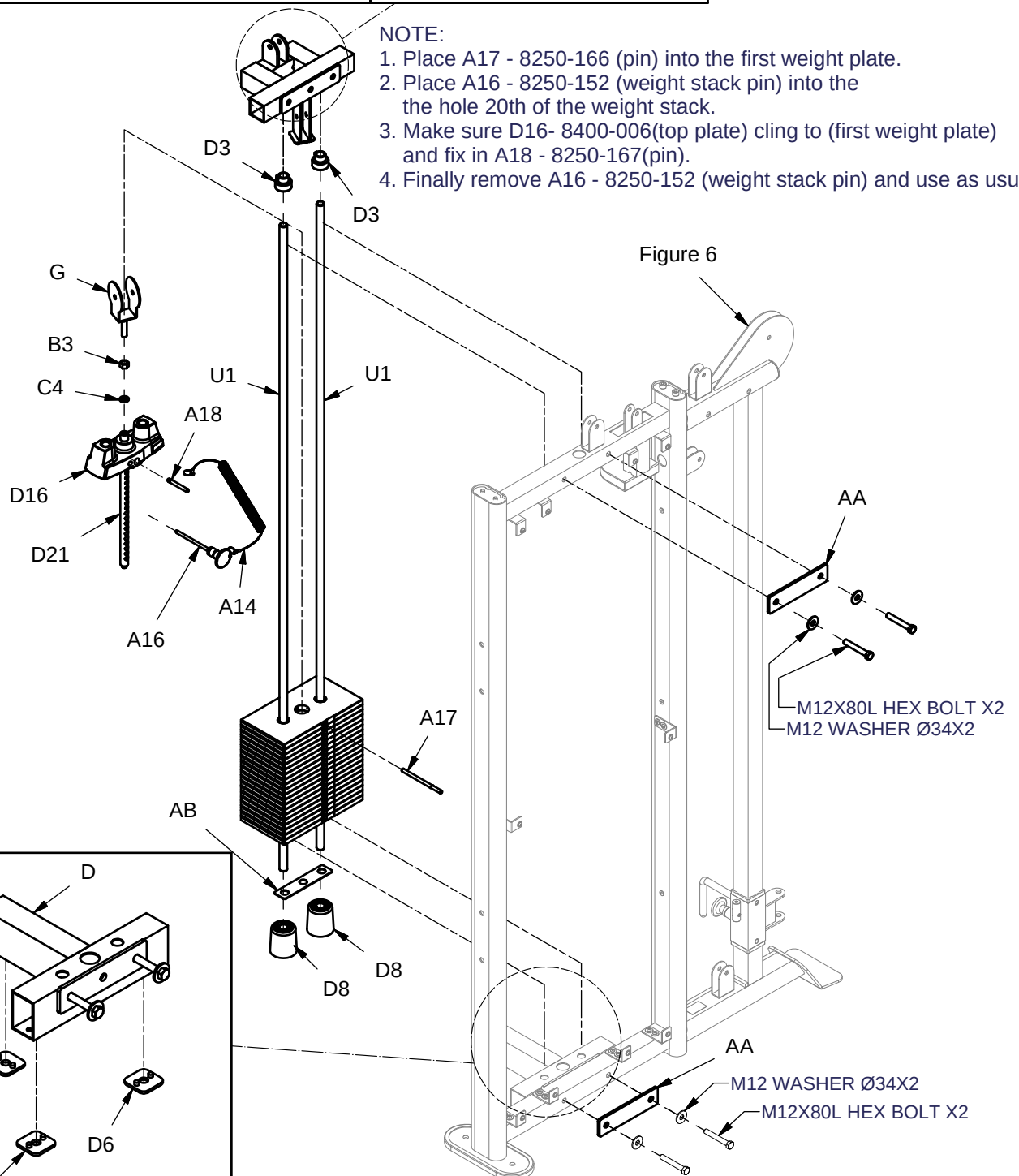
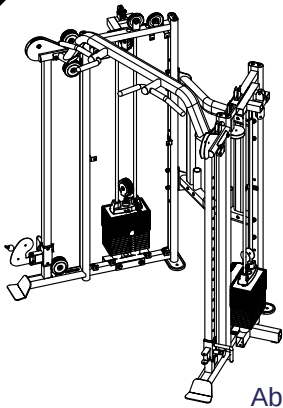


Figure 10

HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

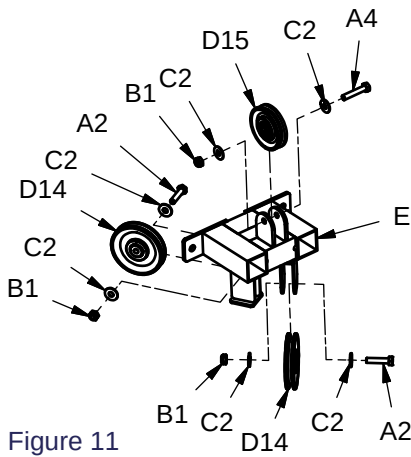


Figure 11

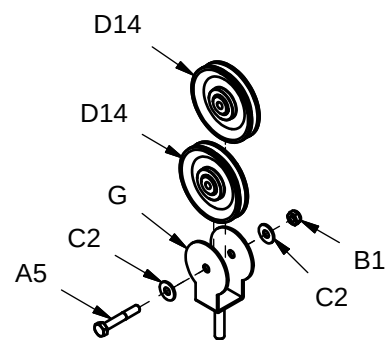


Figure 12

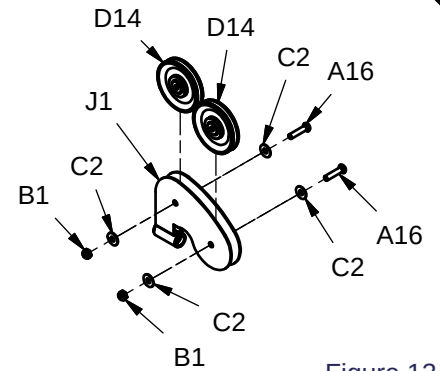


Figure 13

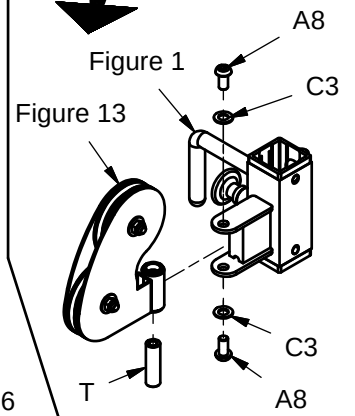
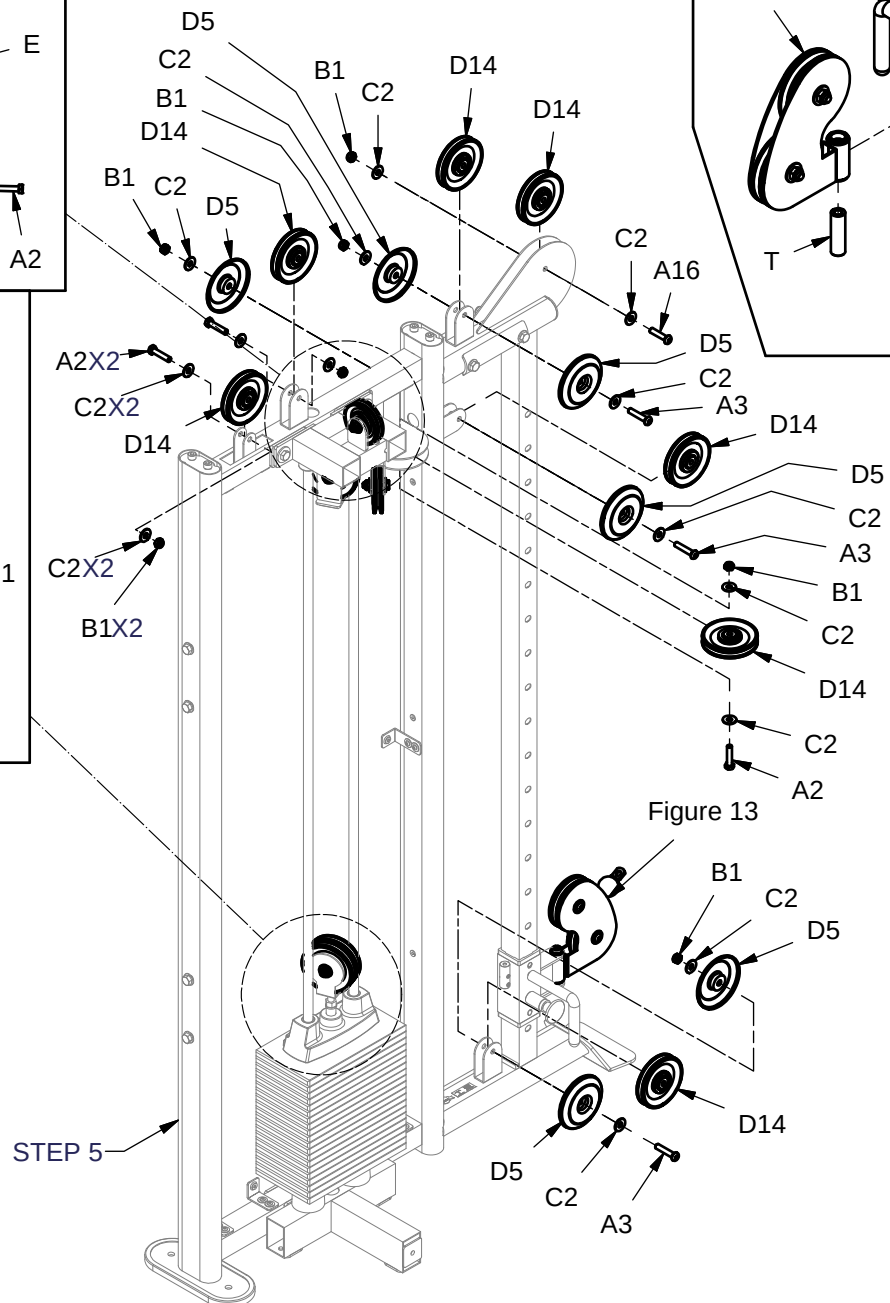


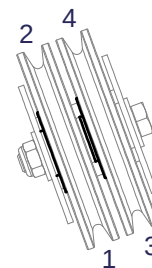
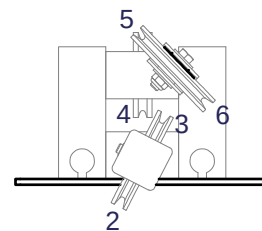
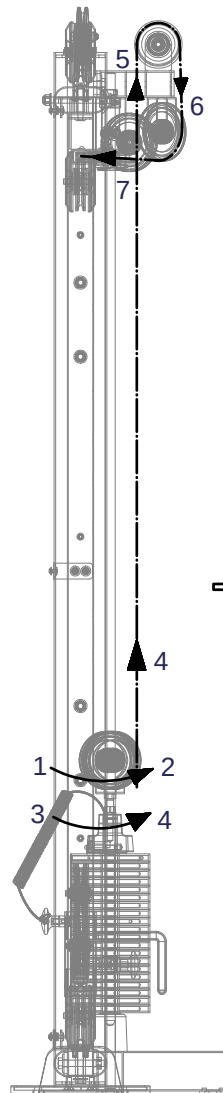
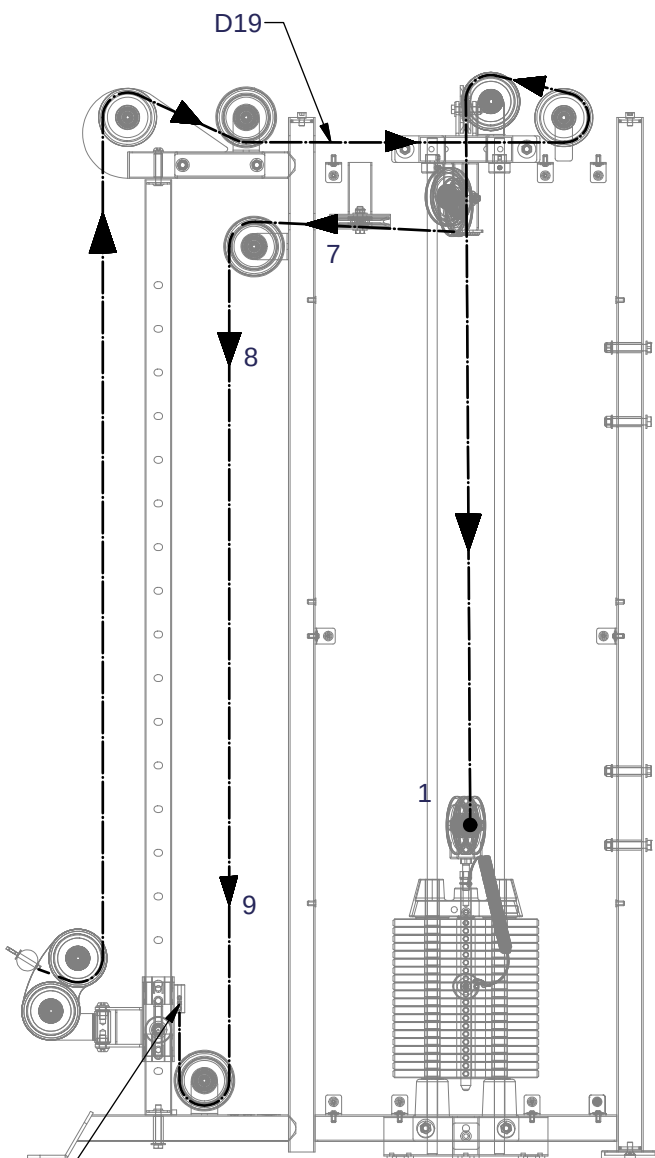
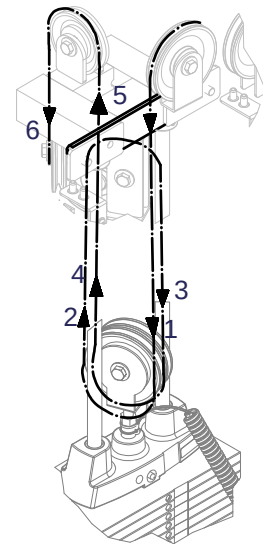
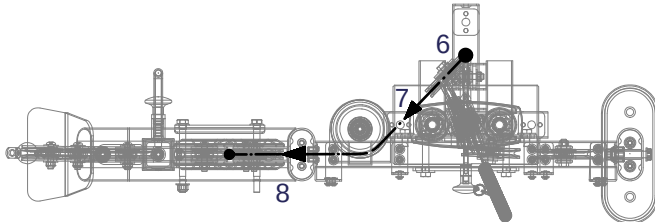
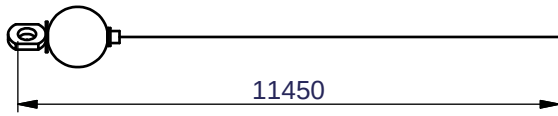
Figure 14



STEP 5

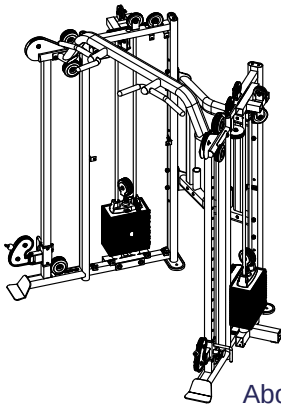
Wire Rope Illustration

D19



5/16"x5/16"L SCREWS X3

HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed

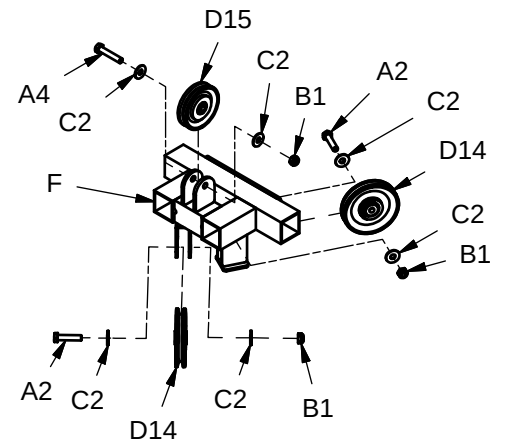


Figure 14

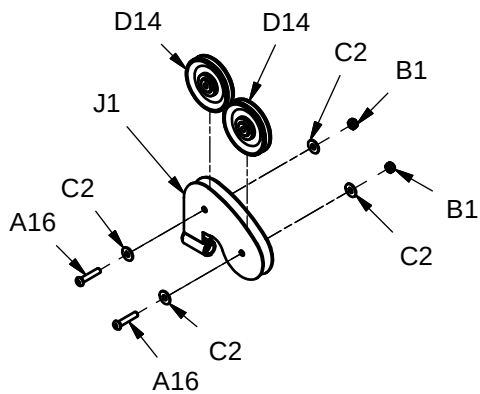


Figure 15

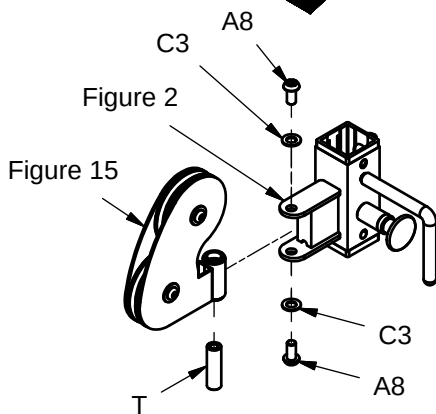


Figure 16

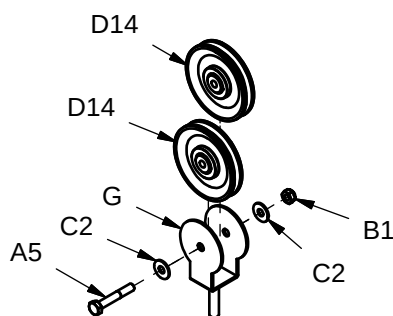
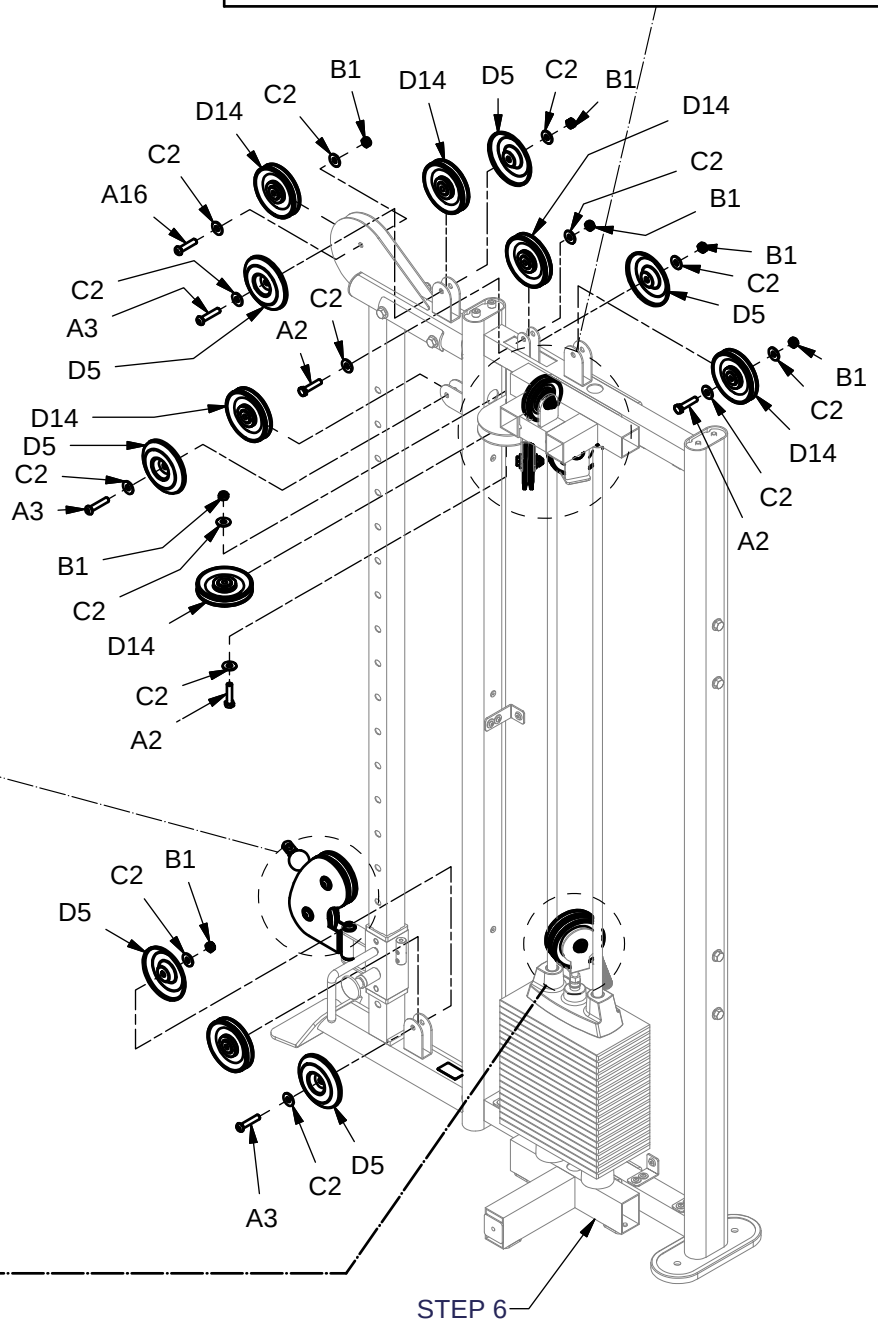


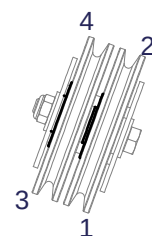
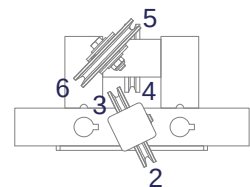
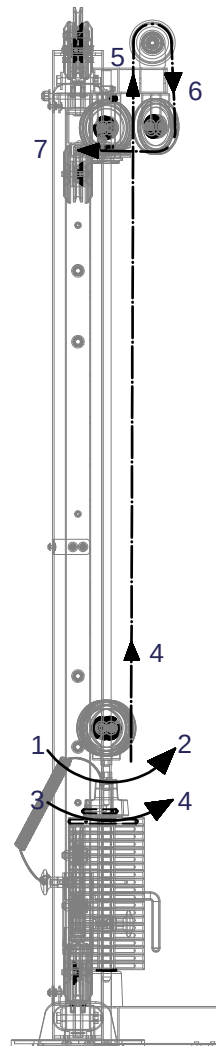
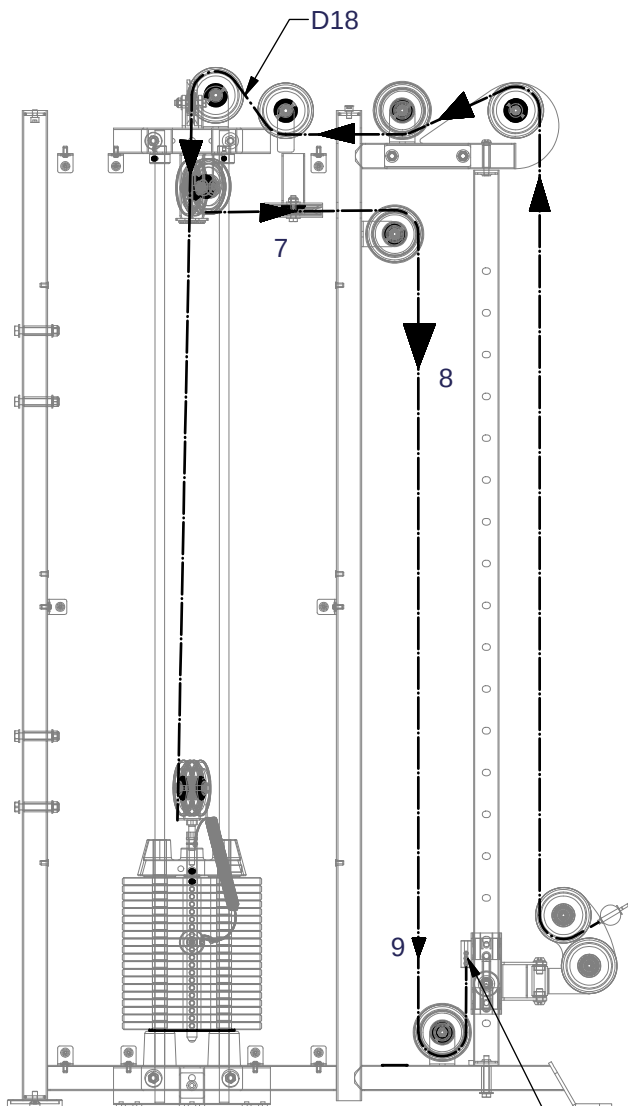
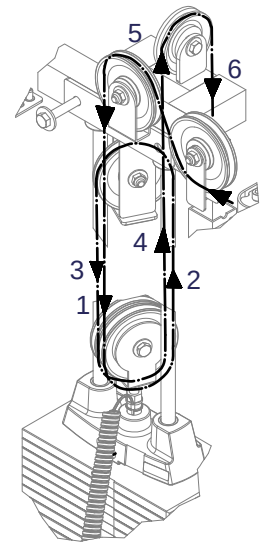
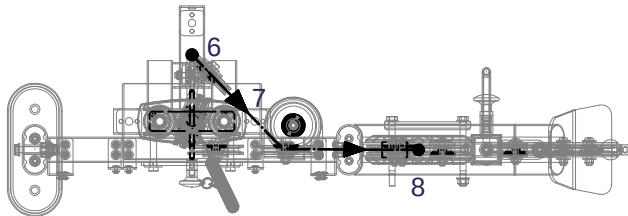
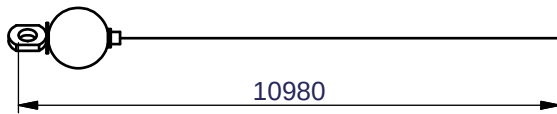
Figure 17



STEP 6

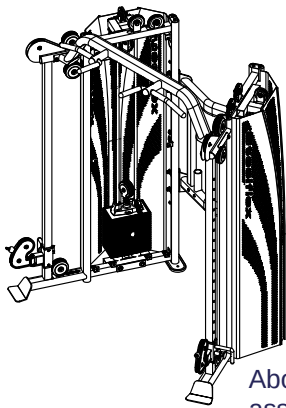
Wire Rope Illustration

D18

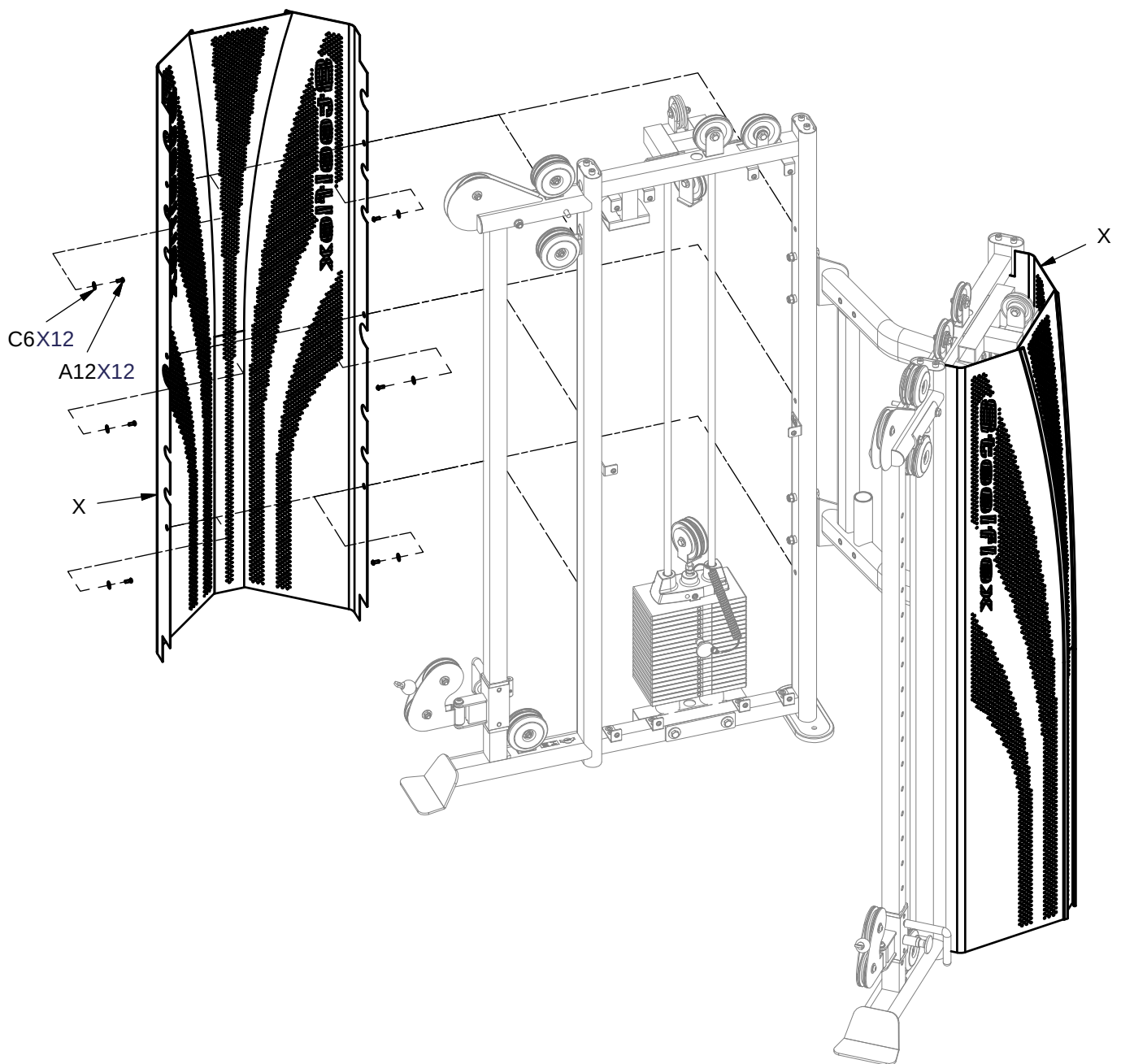


5/16"X5/16"L SCREWS X3

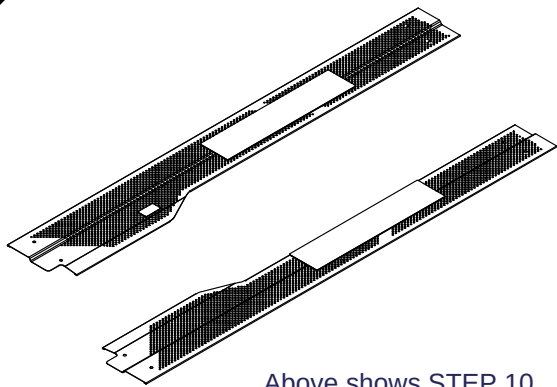
HDC-2000 ASSEMBLY INSTRUCTIONS



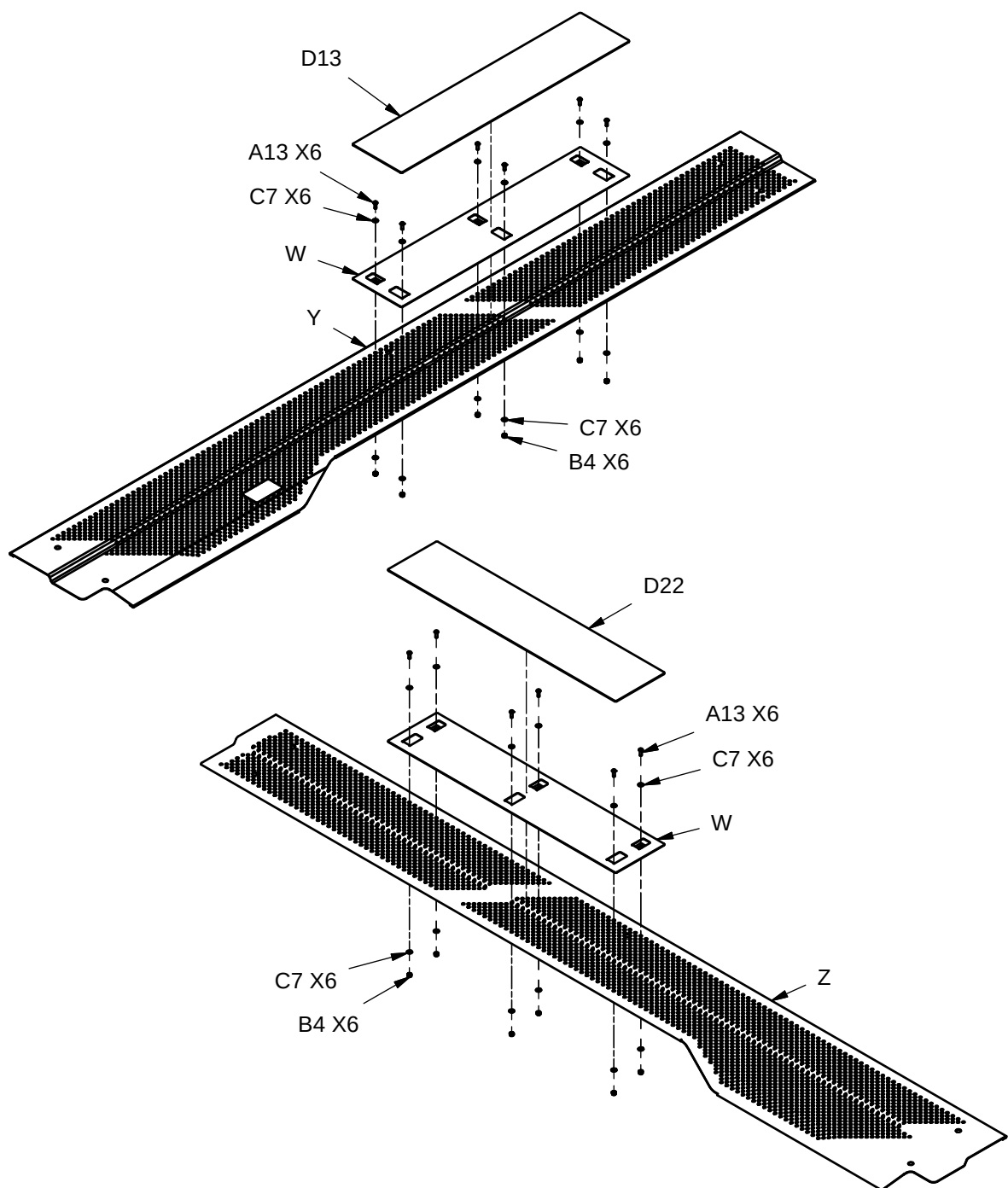
Above shows STEP 9
assembled and completed



HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed



HDC-2000 ASSEMBLY INSTRUCTIONS

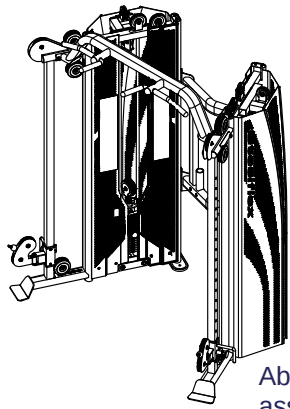
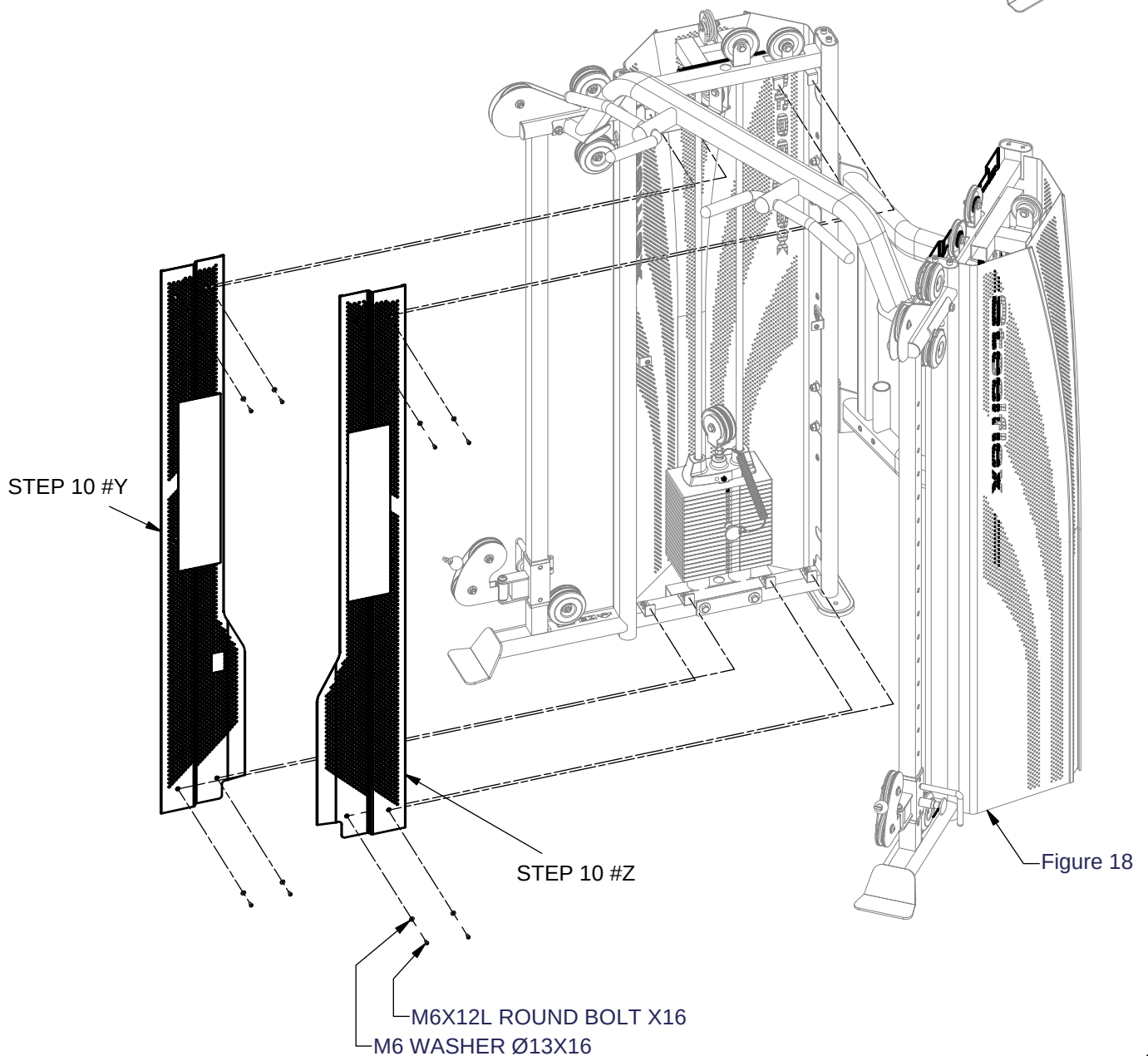
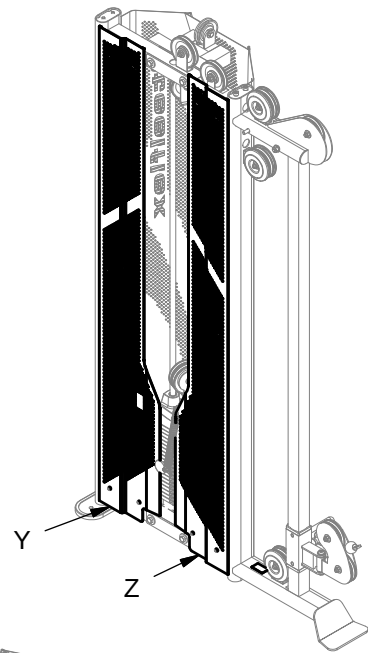
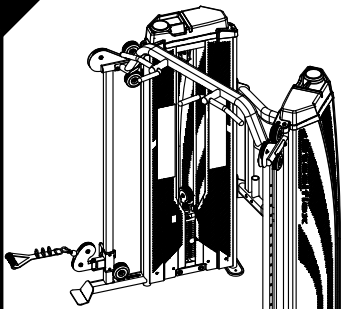


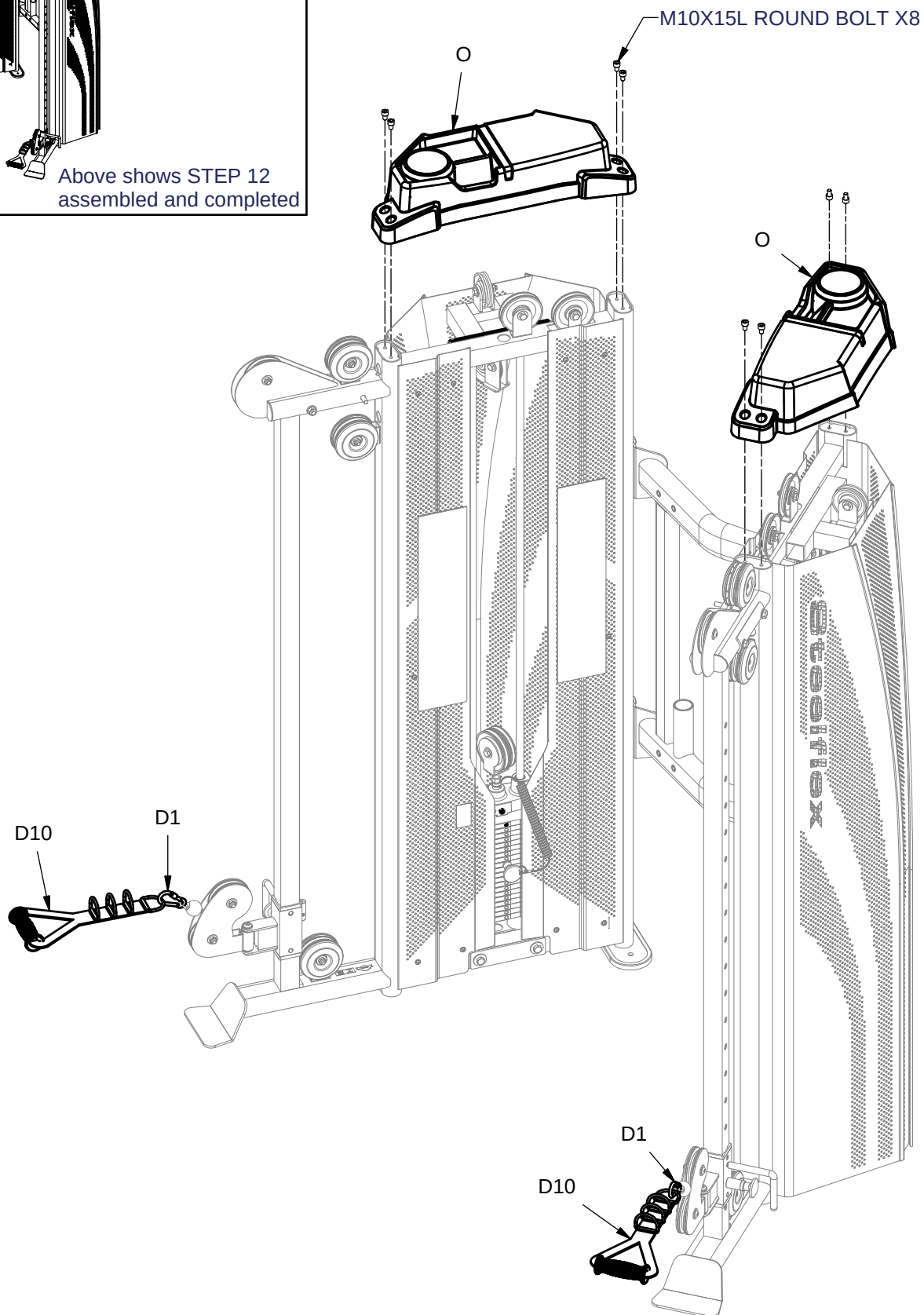
Figure 18



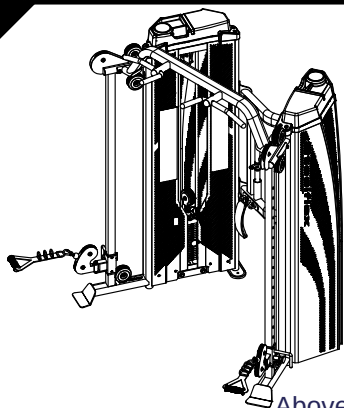
HDC-2000 ASSEMBLY INSTRUCTIONS



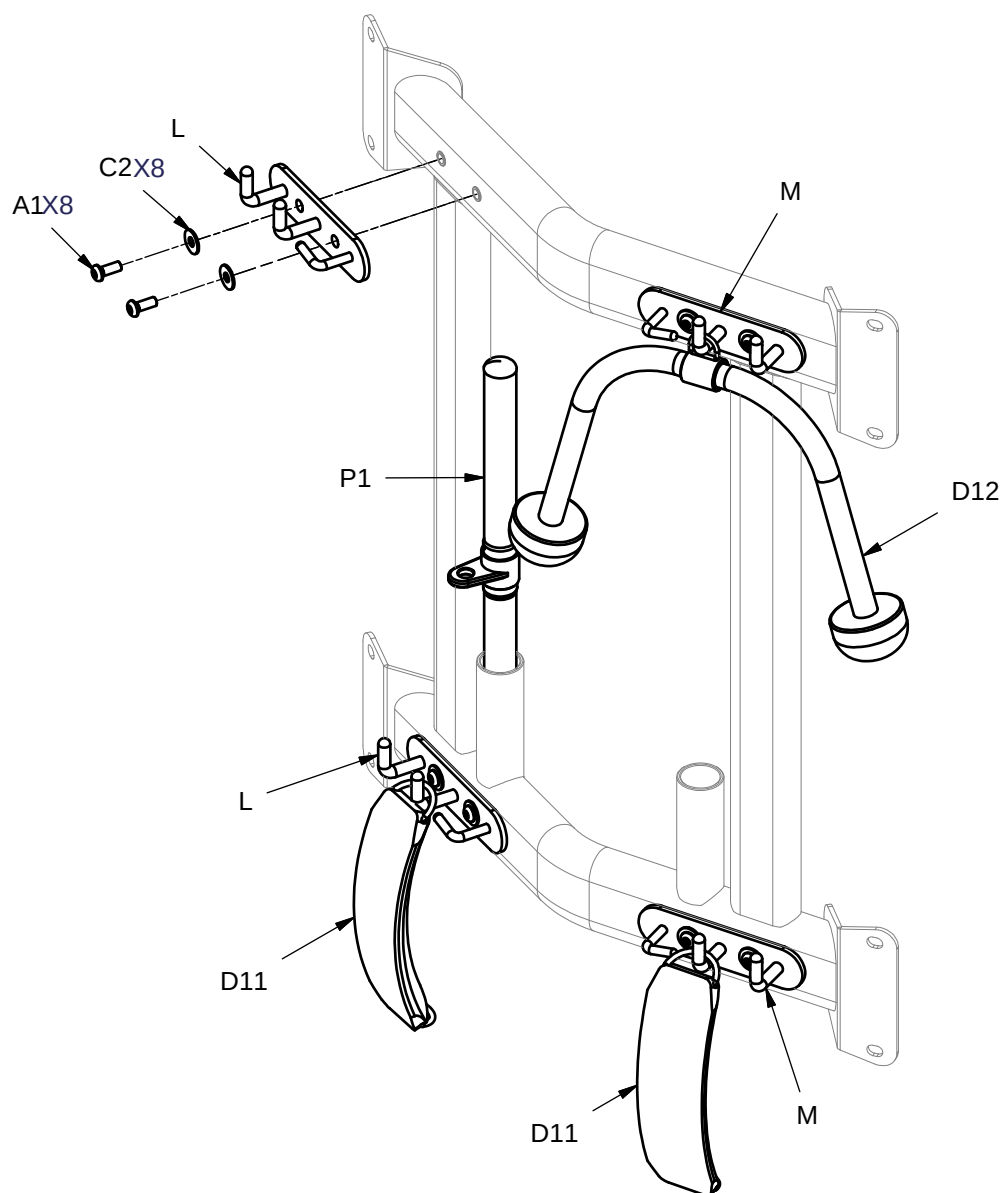
Above shows STEP 12
assembled and completed



HDC-2000 ASSEMBLY INSTRUCTIONS



Above shows STEP 13
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

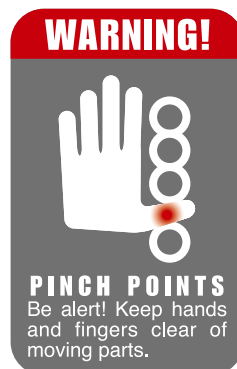
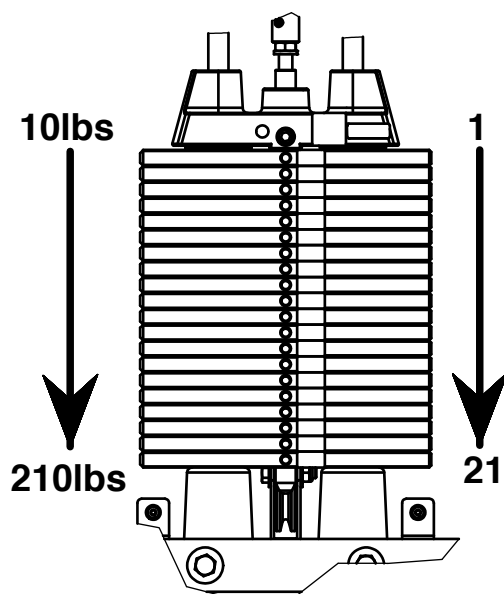
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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