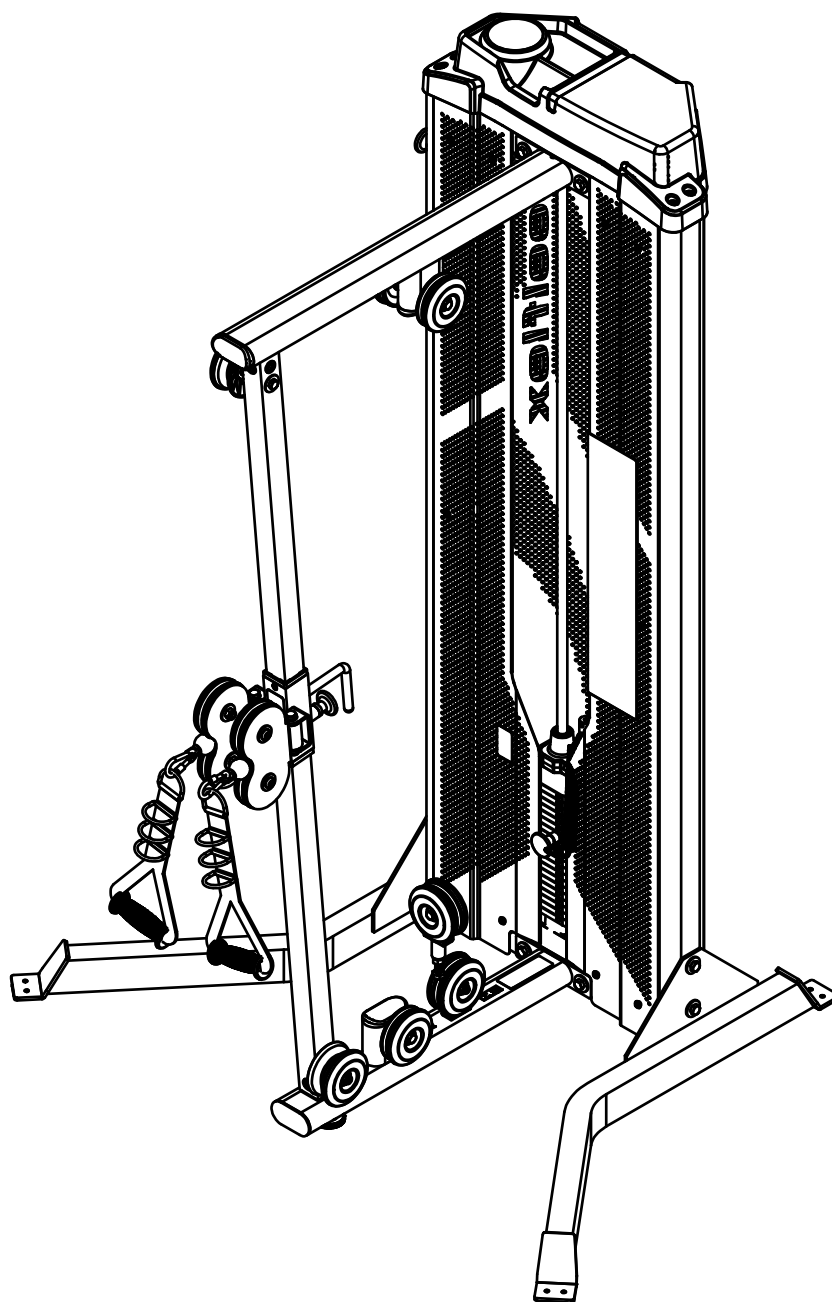


HOPE



JOONG CHENN INDUSTRY CO., LTD.

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

Tel: 886-2-27209980

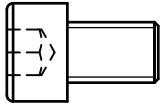
Fax: 886-2-27229750

www.steelflexfitness.com

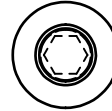
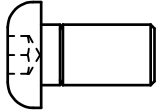
HCC-2300.2 OWNER'S MANUAL

HCC-2300 ASSEMBLY INSTRUCTIONS

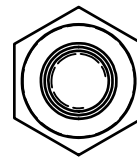
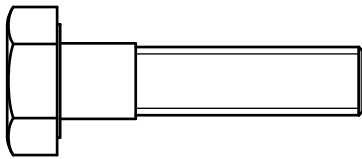
HARDWARE ILLUSTRATION



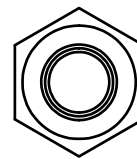
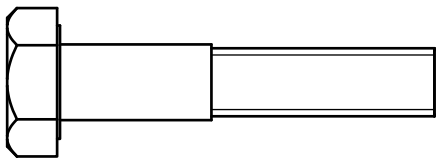
(A1)ROUND ALLEN HEAD M8X12L PARTIAL THREAD QTY.2



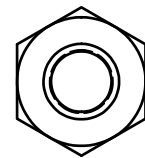
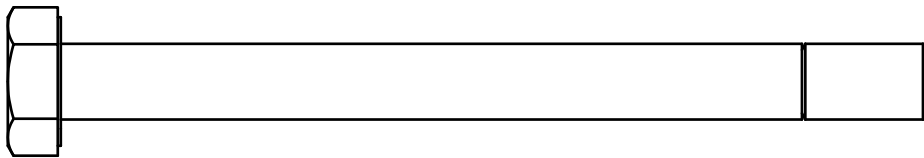
(A2)ROUND ALLEN HEAD M8X15L PARTIAL THREAD QTY.8



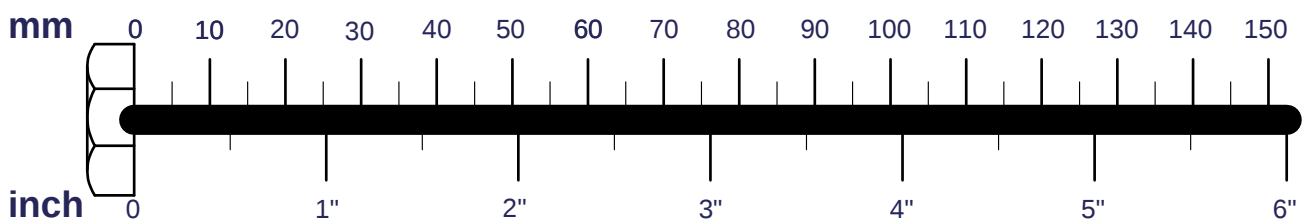
(A3)HEX BOLT M10X40L PARTIAL THREAD QTY.3



(A4)HEX BOLT M10X50L PARTIAL THREAD QTY.2

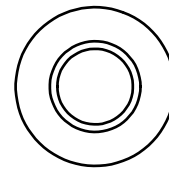
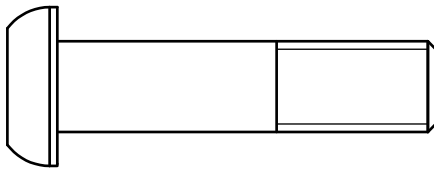


(A5)HEX BOLT M10X115L PARTIAL THREAD QTY.2

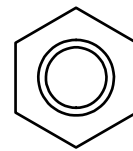
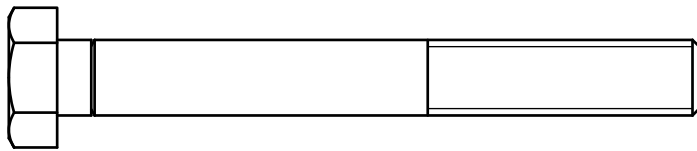


HCC-2300 ASSEMBLY INSTRUCTIONS

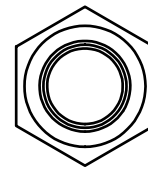
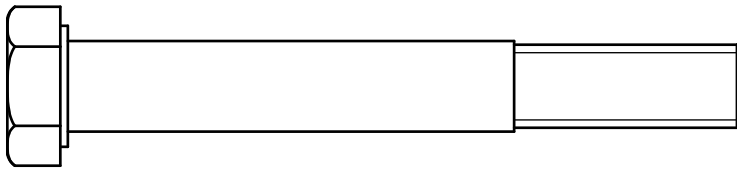
HARDWARE ILLUSTRATION



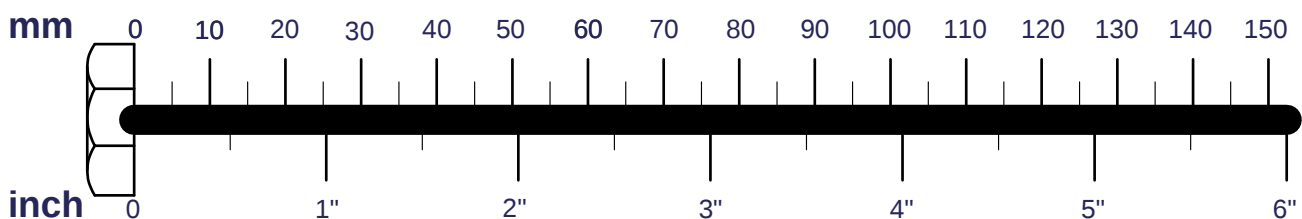
(A7)ROUND ALLEN HEAD M12X50L PARTIAL THREAD QTY.4



(A8)HEX BOLT M12X85L PARTIAL THREAD QTY.4

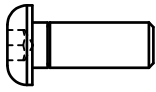


(A18)HEX BOLT M12X90LL PARTIAL THREAD QTY.2

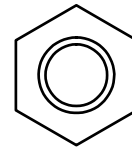
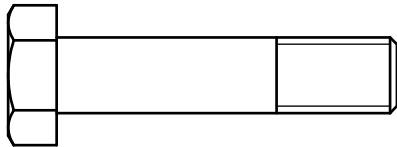


HCC-2300 ASSEMBLY INSTRUCTIONS

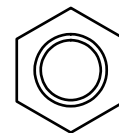
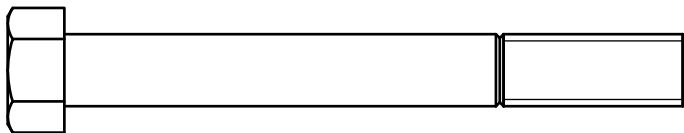
FRAME HARDWARE ILLUSTRATION FOR DOOR



(A10)ROUND ALLEN HEAD M6X16L PARTIAL THREAD QTY.26



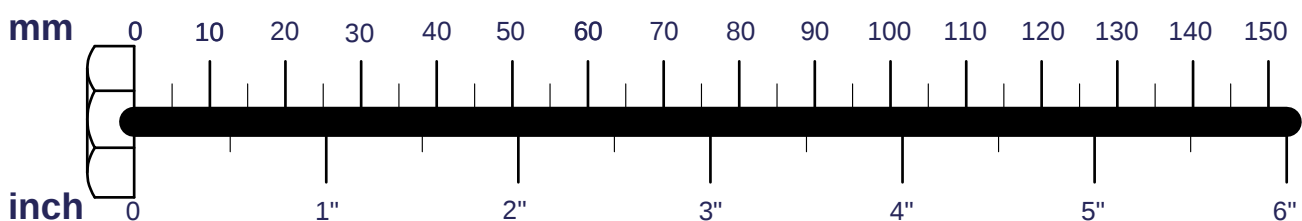
(A11)HEX BOLT M10X45L PARTIAL THREAD QTY.2



(A13)HEX BOLT 3/8"X2-3/4"L PARTIAL THREAD QTY.1

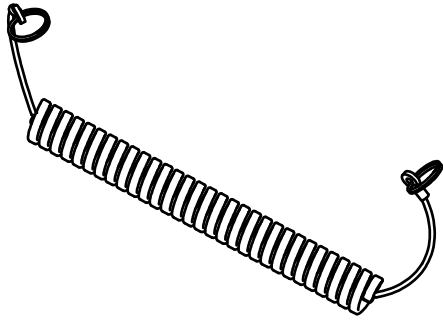


(A14)ROUND ALLEN HEAD M4X12L PARTIAL THREAD QTY.6

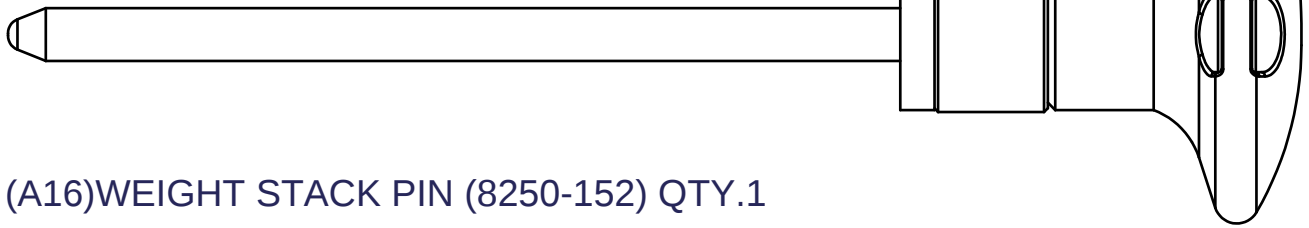


HCC-2300 ASSEMBLY INSTRUCTIONS

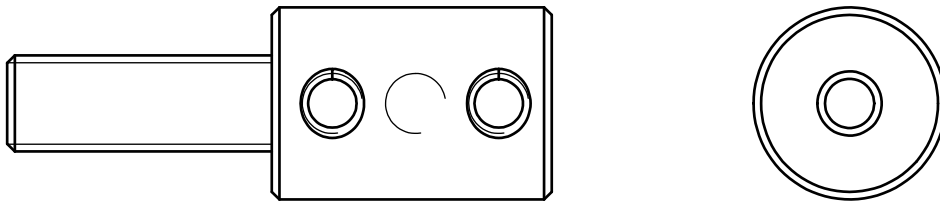
FRAME HARDWARE ILLUSTRATION FOR DOOR



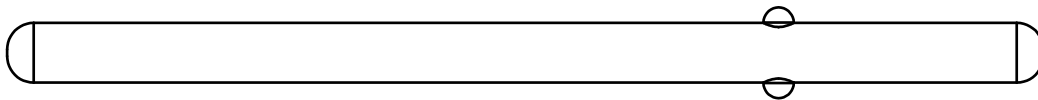
(A15)ELASTIC BELT (F920003) QTY.1



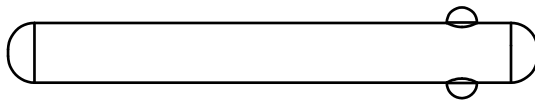
(A16)WEIGHT STACK PIN (8250-152) QTY.1



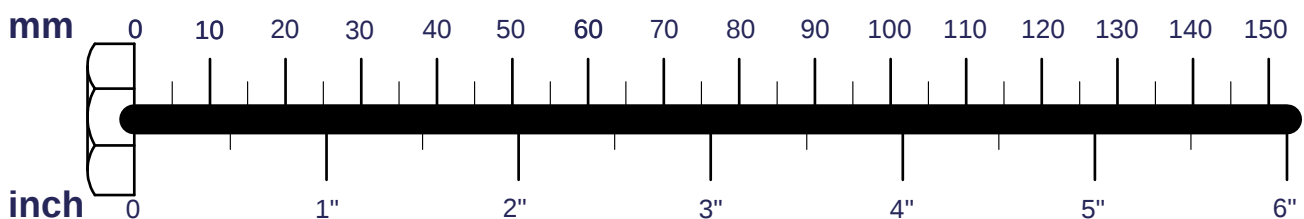
(A17)WEIGHT STACK CABLE (8260-009) QTY.1



(A19)Ø5/16" FIXED PIN (8250-166) QTY.1

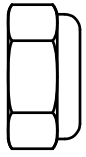


(A20)Ø5/16" FIXED PIN (8250-167) QTY.1

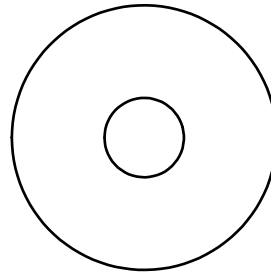
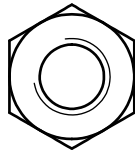


HCC-2300 ASSEMBLY INSTRUCTIONS

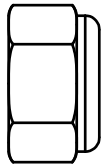
HARDWARE ILLUSTRATION



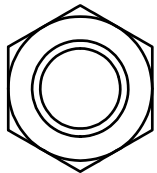
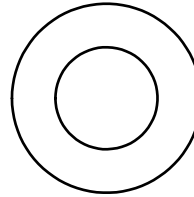
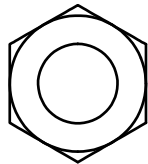
(B1) NYLON LOCK NUT M10 QTY.4



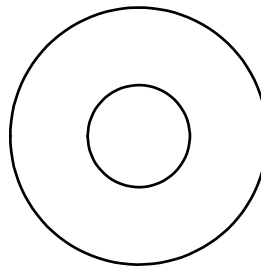
(C3) M10(I.D.) FLAT WASHER Ø35 QTY.2



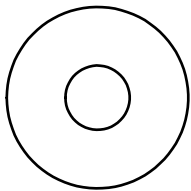
(B2) NYLON LOCK NUT M12 QTY.10



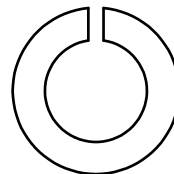
(B3) LOCK NUT 1/2"X13 UNC QTY.1



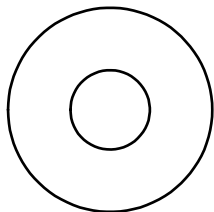
(C4) M12(I.D.) FLAT WASHER Ø25 QTY.4



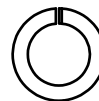
(C1) M8(I.D.) FLAT WASHER Ø24 QTY.8



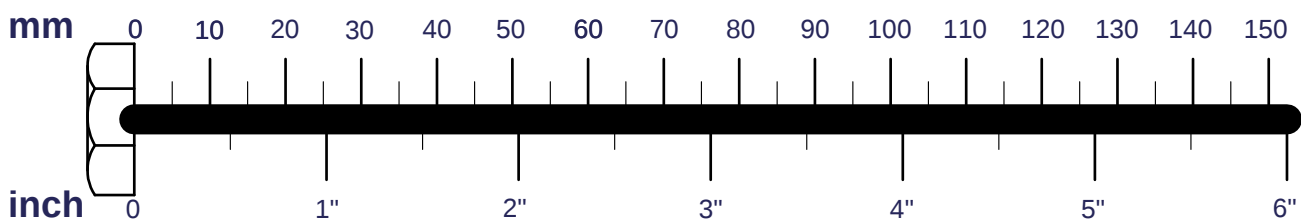
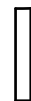
(C6) 1/2" SPRING WASHER QTY.1



(C2) M10(I.D.) FLAT WASHER Ø27 QTY.9

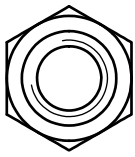


(C7) M8 SPRING WASHER QTY.2

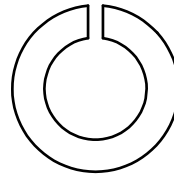
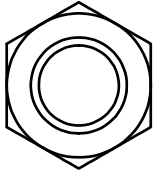


HCC-2300 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION FOR DOOR



(B4)NYLON LOCK NUT M10 QTY.2



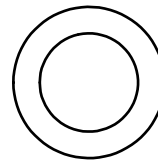
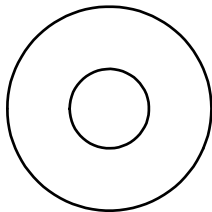
(B5)LOCK NUT 1/2"X13 UNC QTY.1

(C11)1/2" SPRING WASHER QTY.1



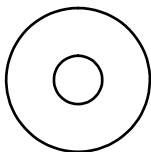
(B6)NYLON LOCK NUT M4 QTY.6

(C12)M4(I.D.)FLAT WASHER Ø10 QTY.12



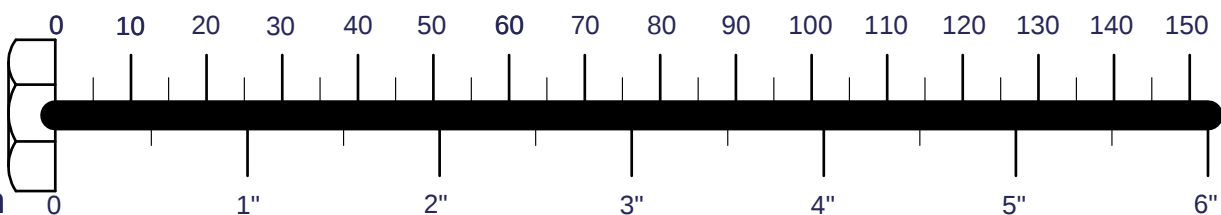
(C8)M10(I.D.)FLAT WASHER Ø27 QTY.5

(C13)M12(I.D.)FLAT WASHER Ø20 QTY.4



(C9)M6(I.D.)FLAT WASHER Ø19 QTY.26

mm



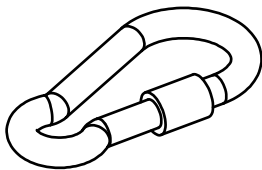
inch

HCC-2300 ASSEMBLY INSTRUCTIONS

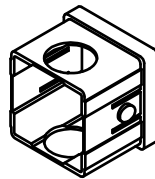
HARDWARE ILLUSTRATION

D1.Ø8 SPRING SNAP LINK(8810-005)-----	[2PCS]
D2. 60x50 NYLON BUSHING(9211-033) -----	[2PCS]
D3.50X100X2T END CAP(9211-114)-----	[3PCS]
D4.PLATE CAP (9211-173)-----	[9PCS]
D5. 50X50 Rubber Cane Cap(9214-002)-----	[4PCS]
D7. SHOULDER BELT(9630-221) -----	[2PCS]
D8. ANKLE STRAP(NAS3)-----	[1PCS]
D9.Ø110 PULLEY(9213-002B)-----	[5PCS]
D10.Ø4-1/2" PULLEY(9213-010E)-----	[4PCS]
D11.Ø109 PULLEY(9213-022E)-----	[2PCS]
D12. 7600mm STEEL CABLE(FHCC2300A)-----	[1PCS]
D13. 4210mm STEEL CABLE(FHCC2300B)-----	[1PCS]

D1



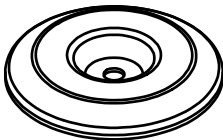
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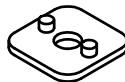
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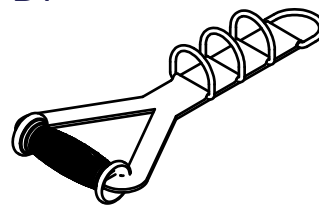
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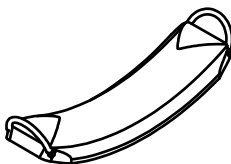
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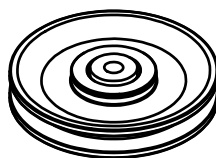
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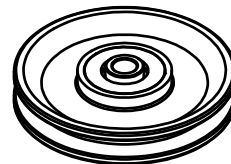
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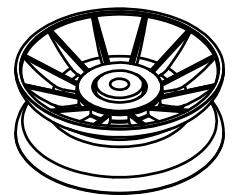
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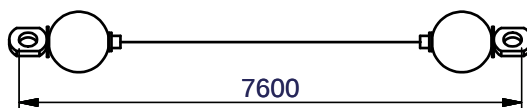
D10



D11



D12



D13



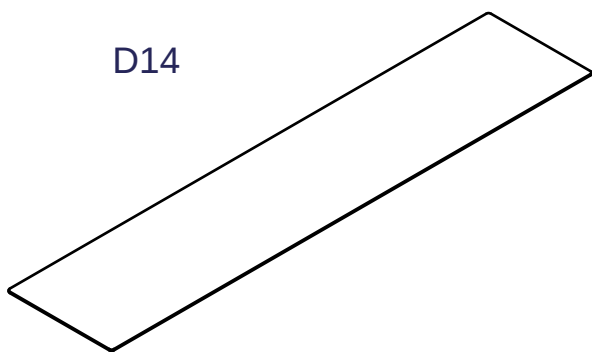
HCC-2300 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

D14.EXERCISE CHART (9420-123)-----[1PCS]

D22.Ø15.9XØ10.5X11LL STEEL BUSHING (8110-131)-----[2PCS]

D14



D22



HCC-2300 ASSEMBLY INSTRUCTIONS

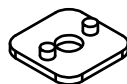
FRAME HARDWARE ILLUSTRATION FOR DOOR

D15.3/4" SHAFT COLLAR(9211-046)-----	[2PCS]
D16.50x50 Rubber Cane Cap(9214-002)-----	[3PCS]
D17.TOWEL RACK(9215-024)-----	[1PCS]
D18.Ø65XØ20X70L Rubber Dount(9310-049)-----	[2PCS]
D19.Ø110 PULLEY(9213-002B)-----	[2PCS]
D20.TOP PLATE(8400-006)-----	[1PCS]
D21.Selector Rod(8210-191)-----	[1PCS]

D15



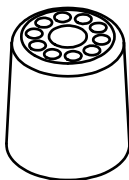
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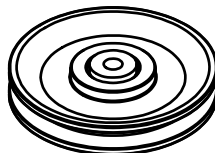
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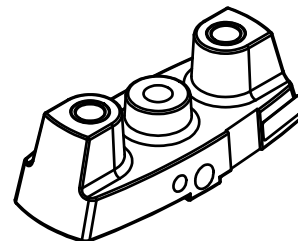
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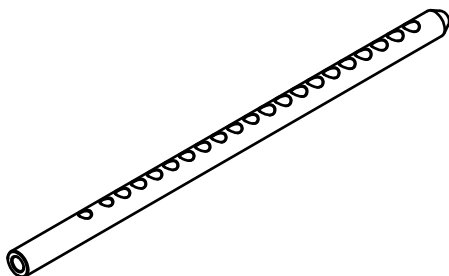
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D20



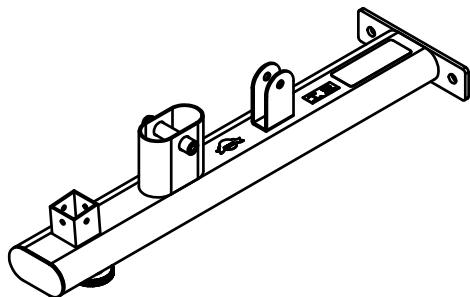
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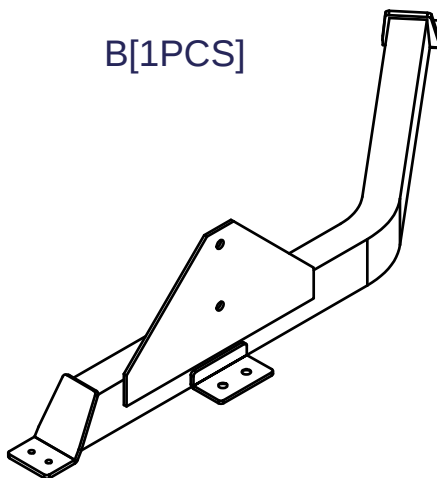
HCC-2300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

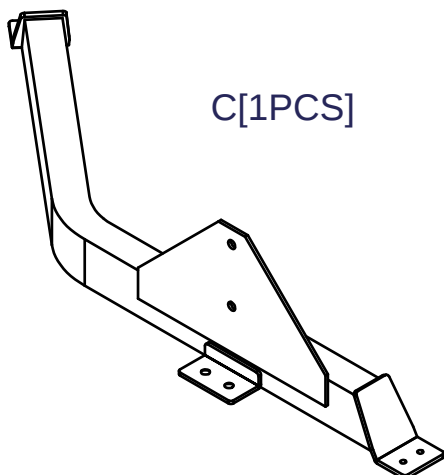
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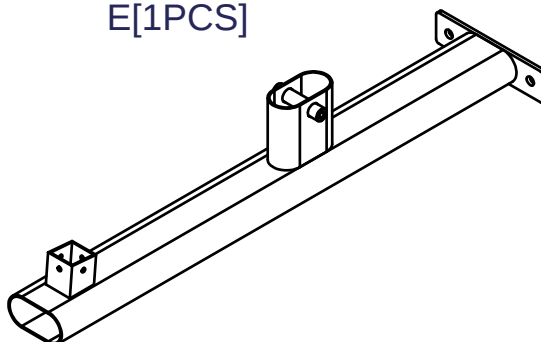
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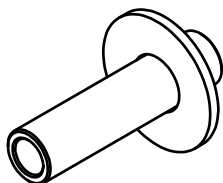
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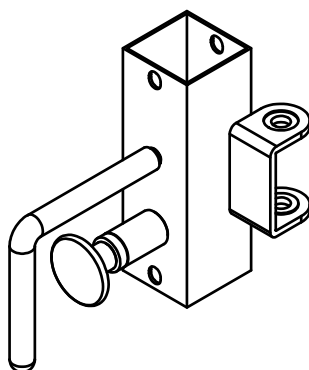
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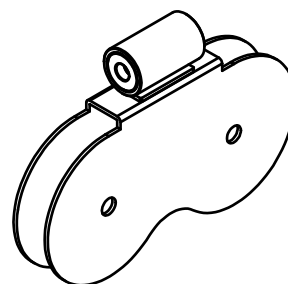
F[2PCS]



G1[1PCS]



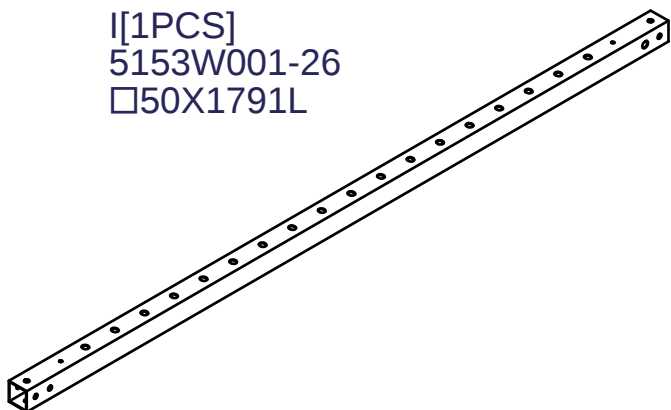
H1[2PCS]



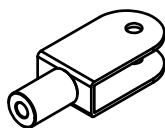
HCC-2300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

I[1PCS]
5153W001-26
□50X1791L



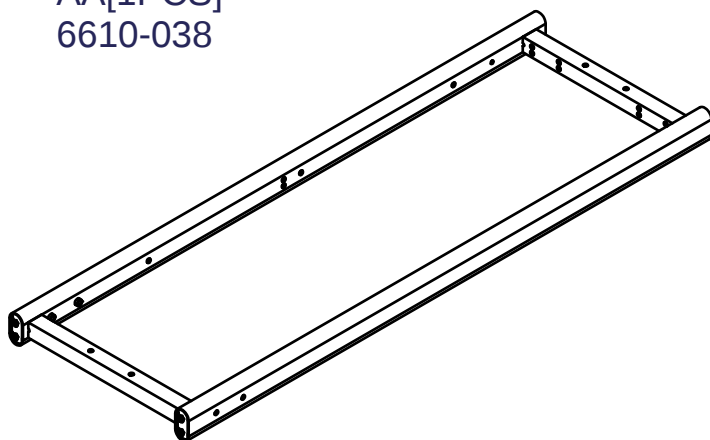
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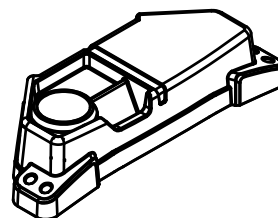
HCC-2300 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

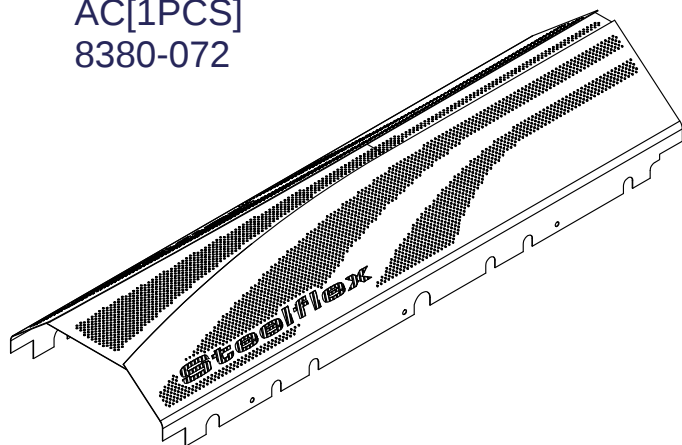
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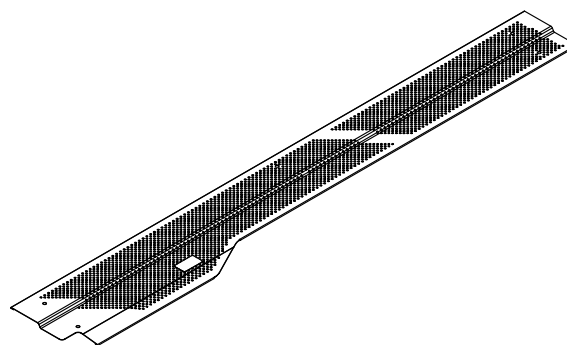
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9211170-023



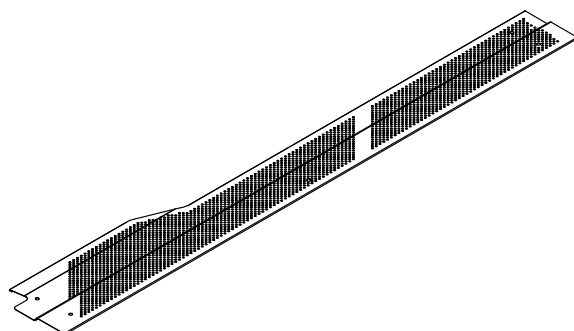
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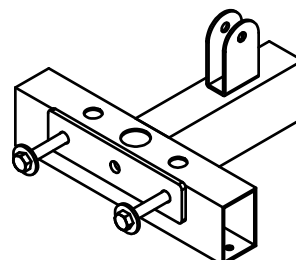
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8380-073



AE[1PCS]
8380-074



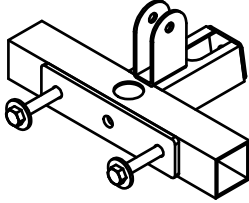
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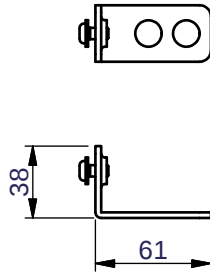
HCC-2300 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

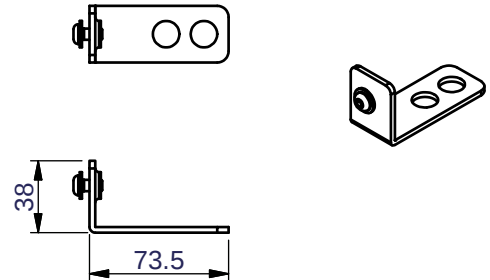
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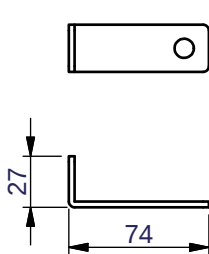
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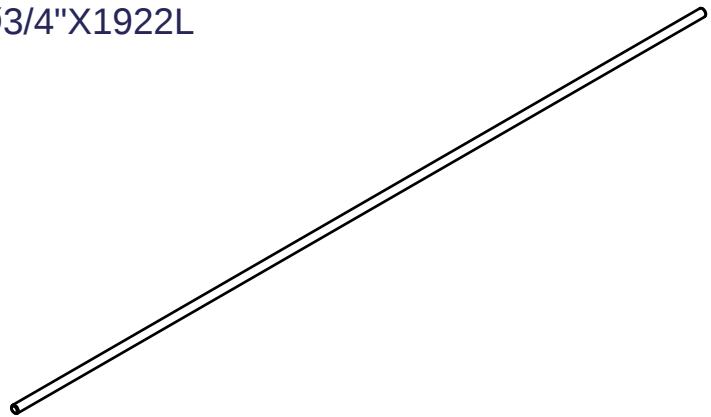
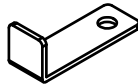
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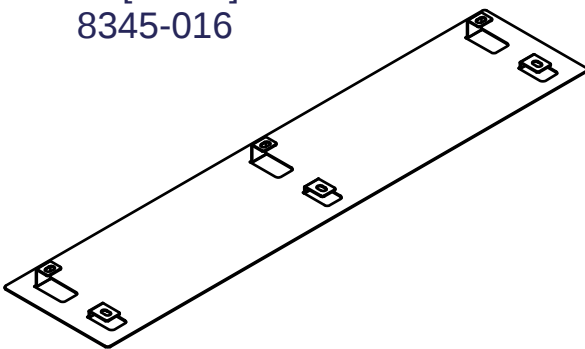
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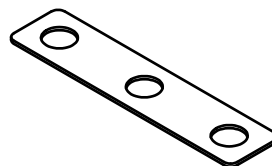
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Ø3/4"X1922L



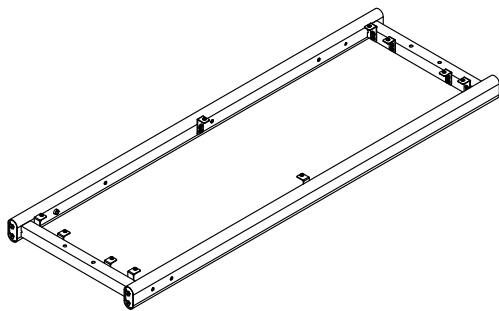
AL[1PCS]
8345-016



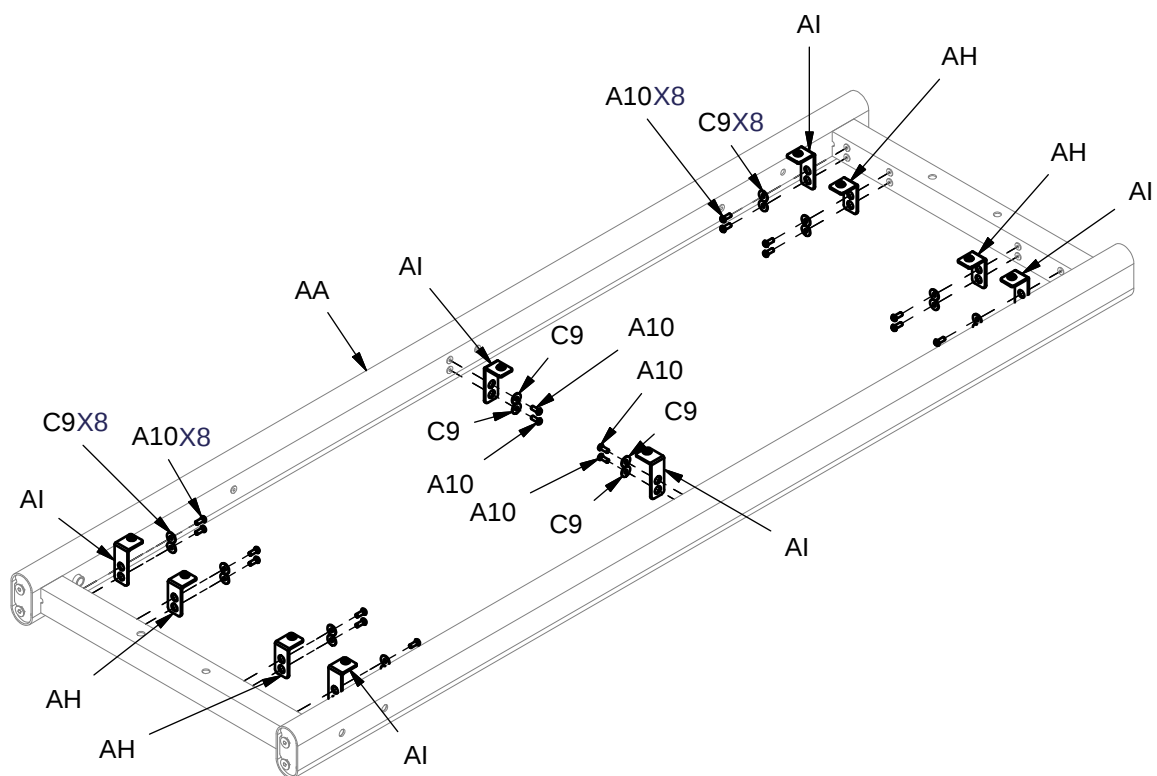
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8311-194



HCC-2300 ASSEMBLY INSTRUCTIONS

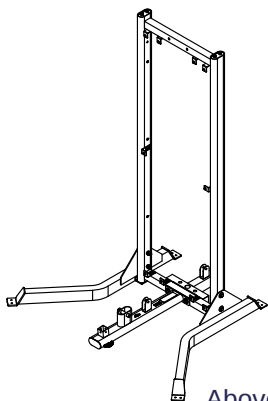


Above shows STEP 1
assembled and completed

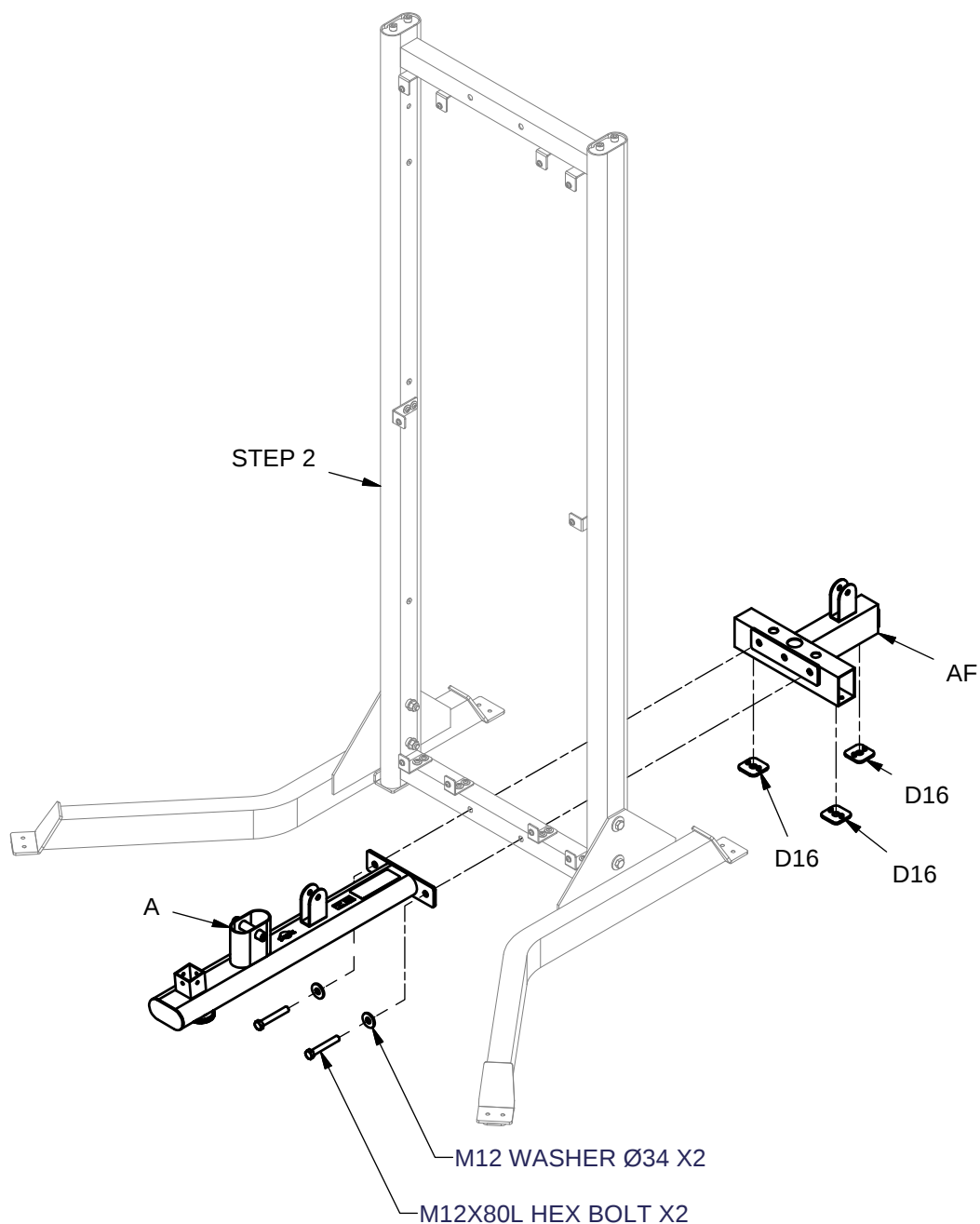


A line drawing of a base mounting bracket. It features a central vertical post with a horizontal base. The base has two angled legs extending outwards. The vertical post has a series of mounting holes along its length. The base has a small rectangular plate with a hole in the center.

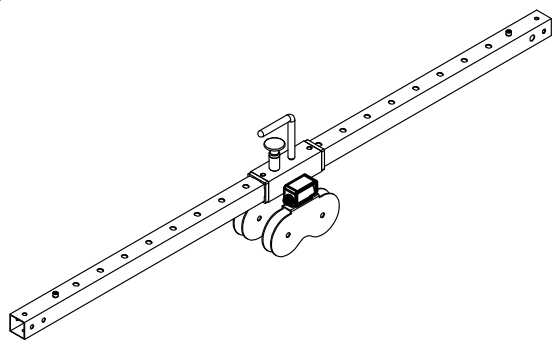
HCC-2300 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed



HCC-2300 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

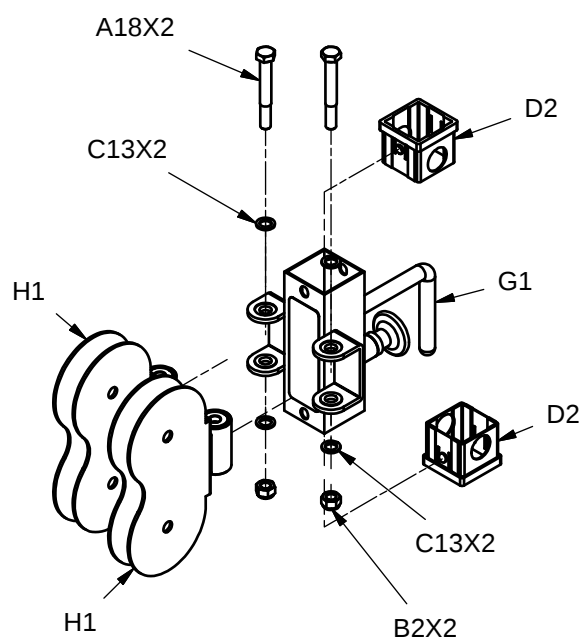
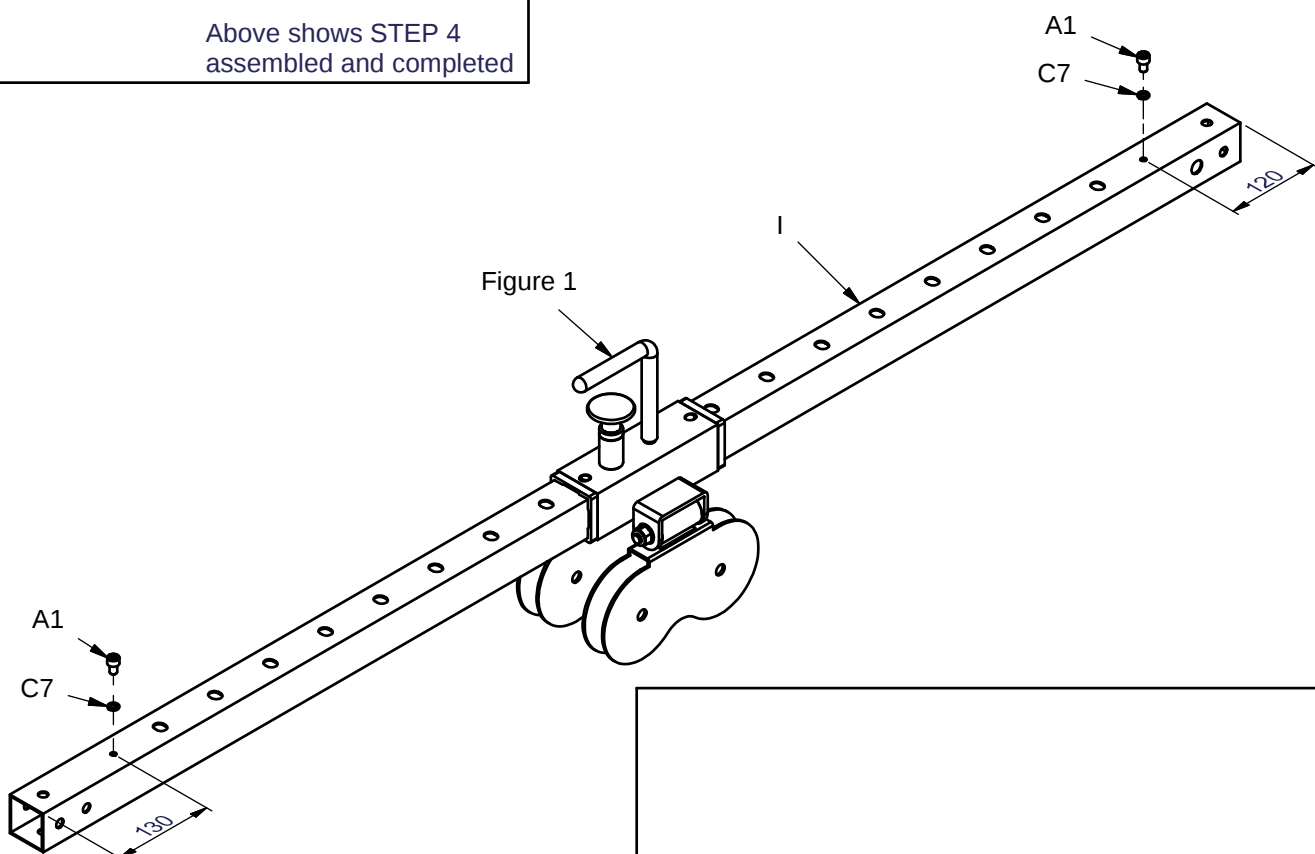
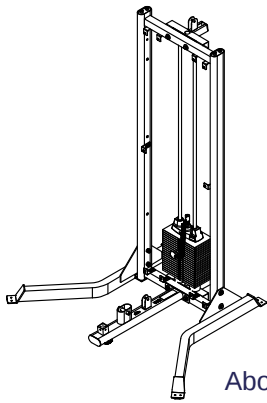


Figure 1

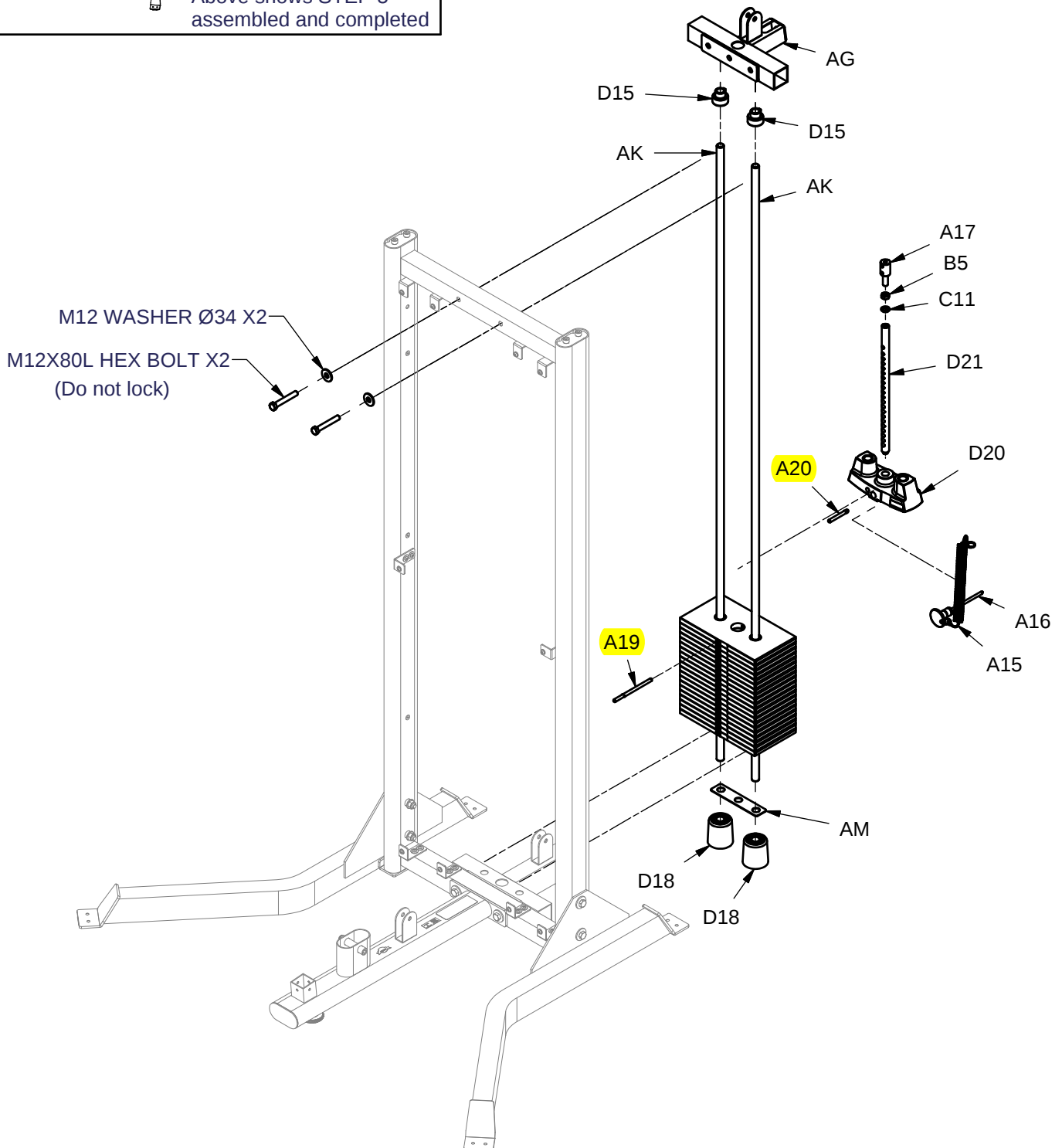
HCC-2300 ASSEMBLY INSTRUCTIONS



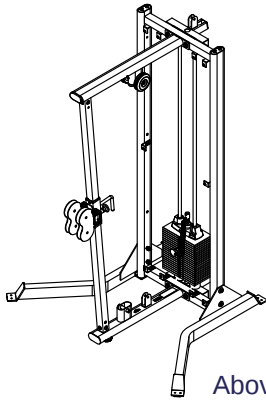
Above shows STEP 5
assembled and completed

NOTE:

1. Place **A19 - 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 D20- 8400-006 (top plate) cling to (first weight plate) and fix in **A20 - 8250-167** (pin).
4. Finally remove **A16 - 8250-152** (weight stack pin) and use as usual.



HCC-2300 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed

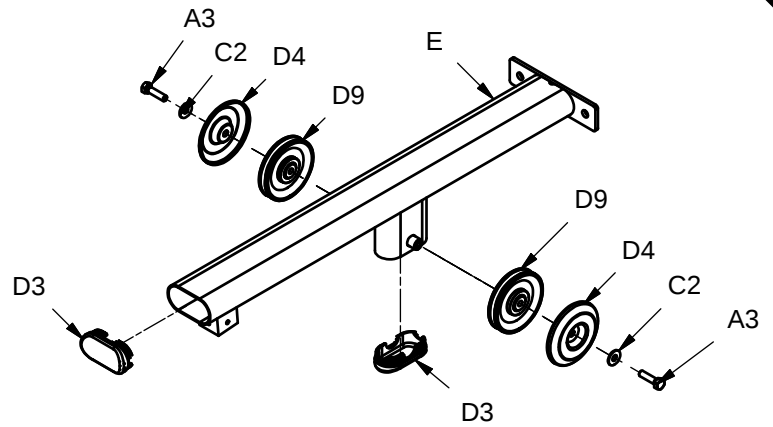
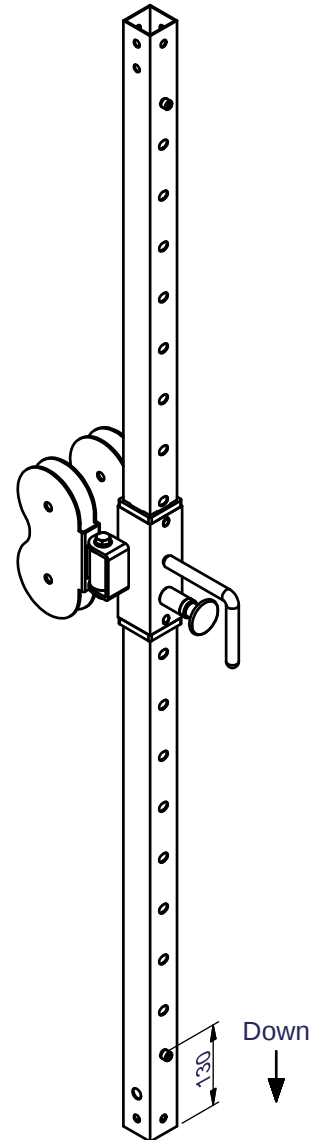
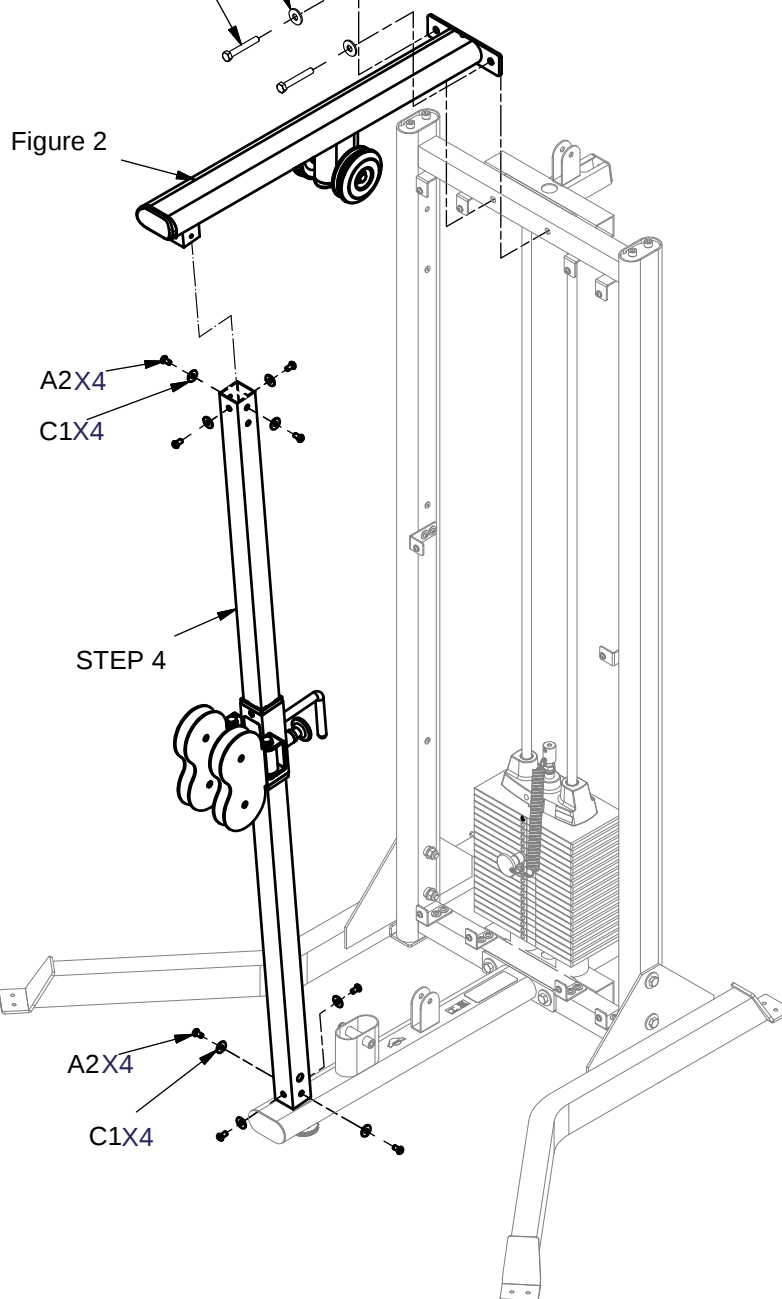
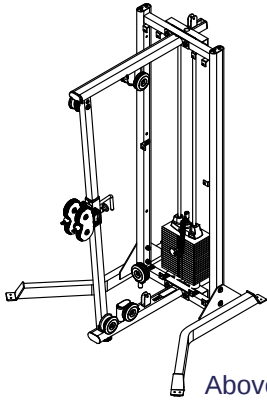


Figure 2

M12 WASHER Ø34 X2
M12X80L HEX BOLT X2



HCC-2300 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

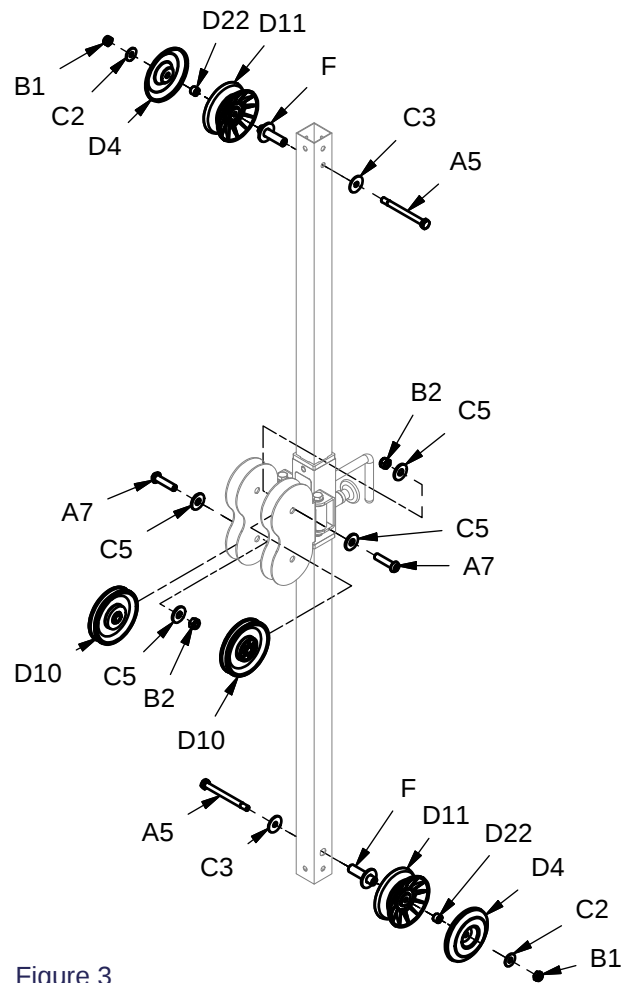


Figure 3

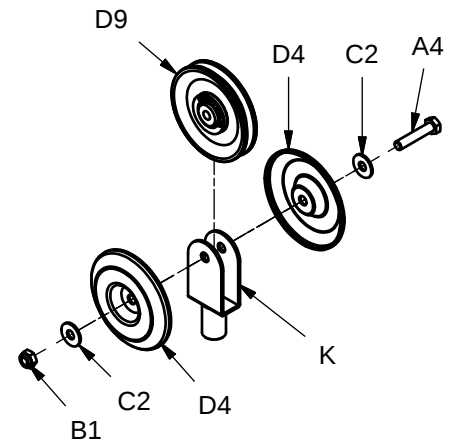
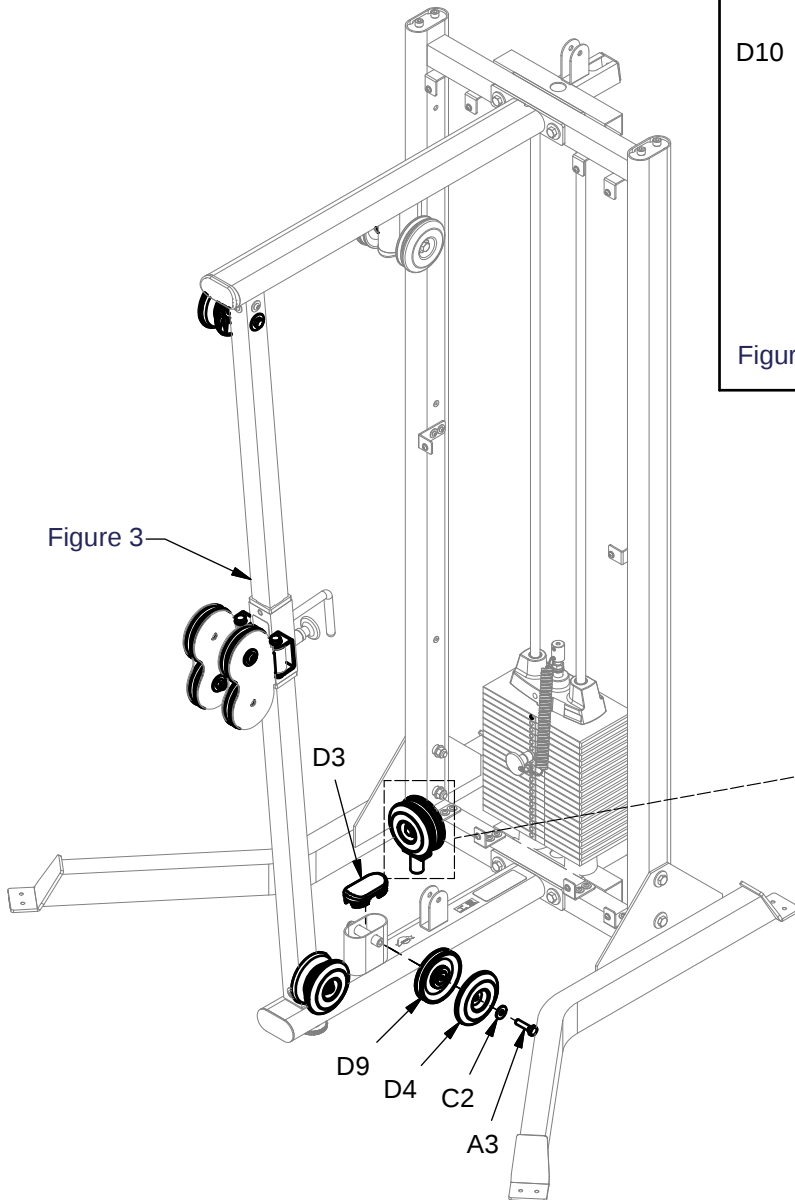
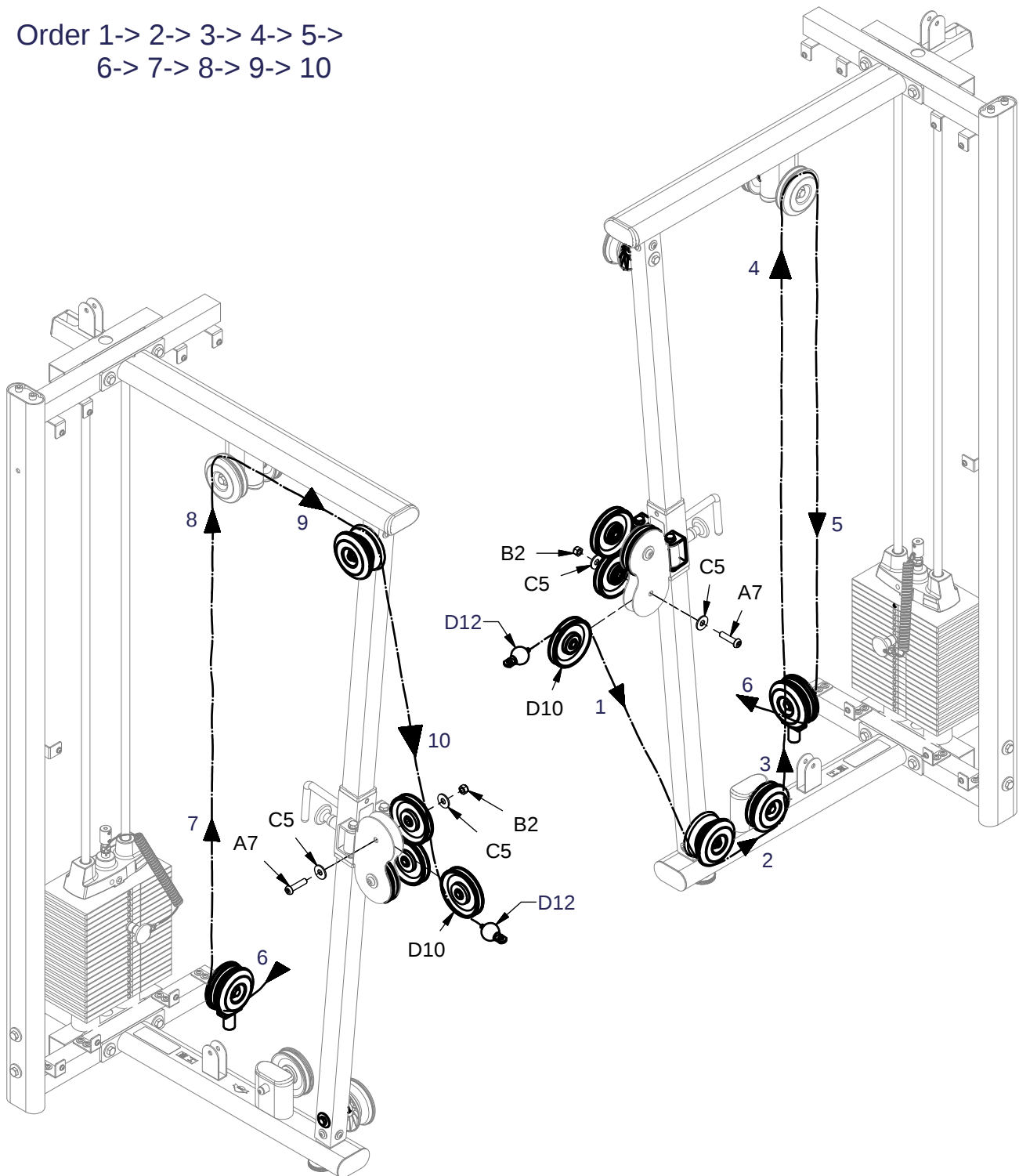


Figure 4

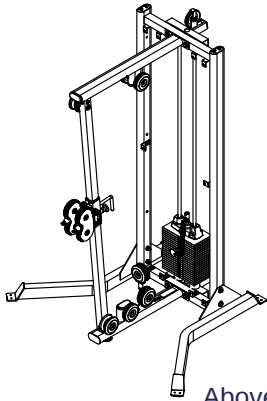
HCC-2300 ASSEMBLY INSTRUCTIONS

Cable Configuration Diagram

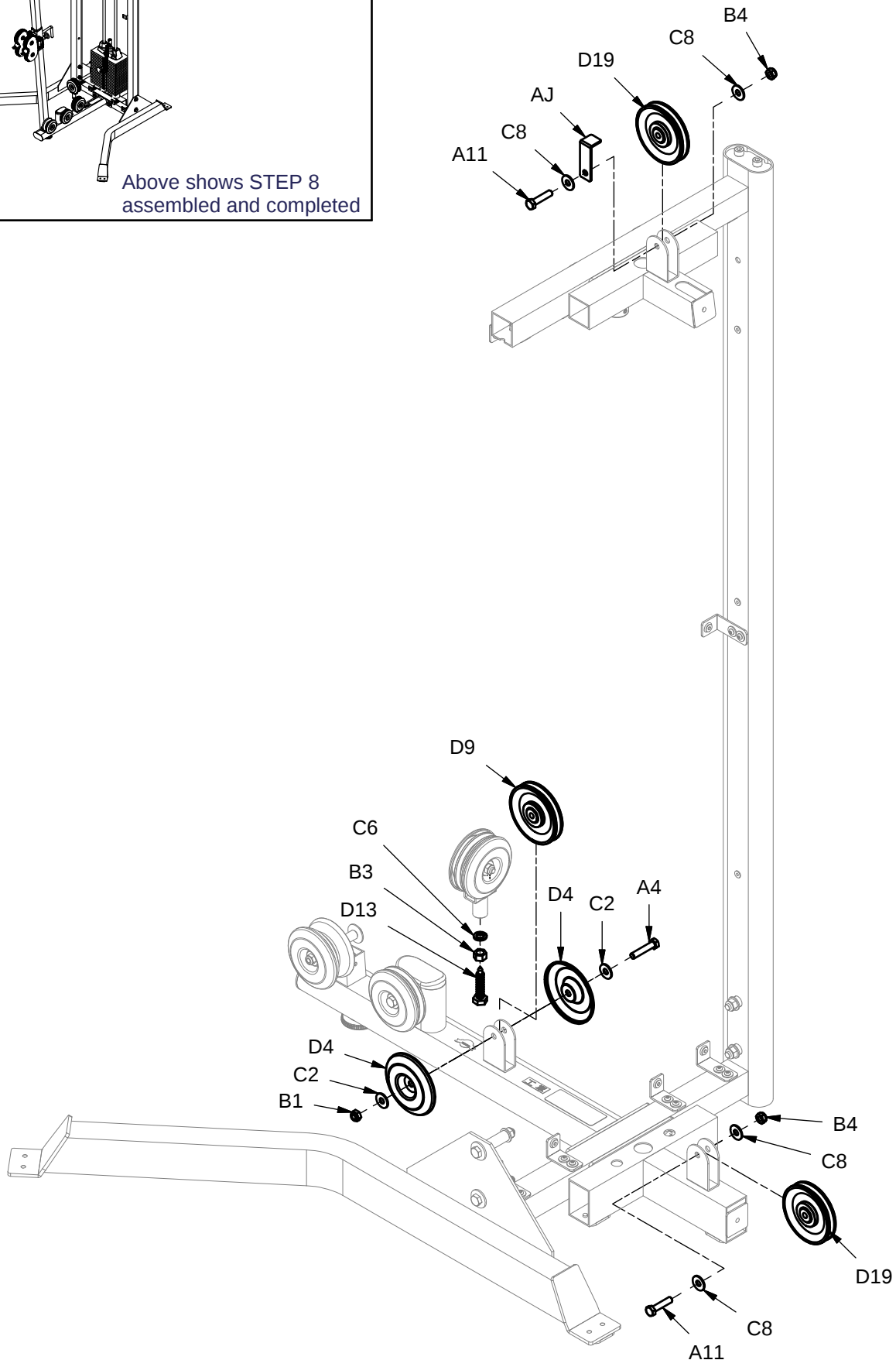
Order 1-> 2-> 3-> 4-> 5->
6-> 7-> 8-> 9-> 10



HCC-2300 ASSEMBLY INSTRUCTIONS

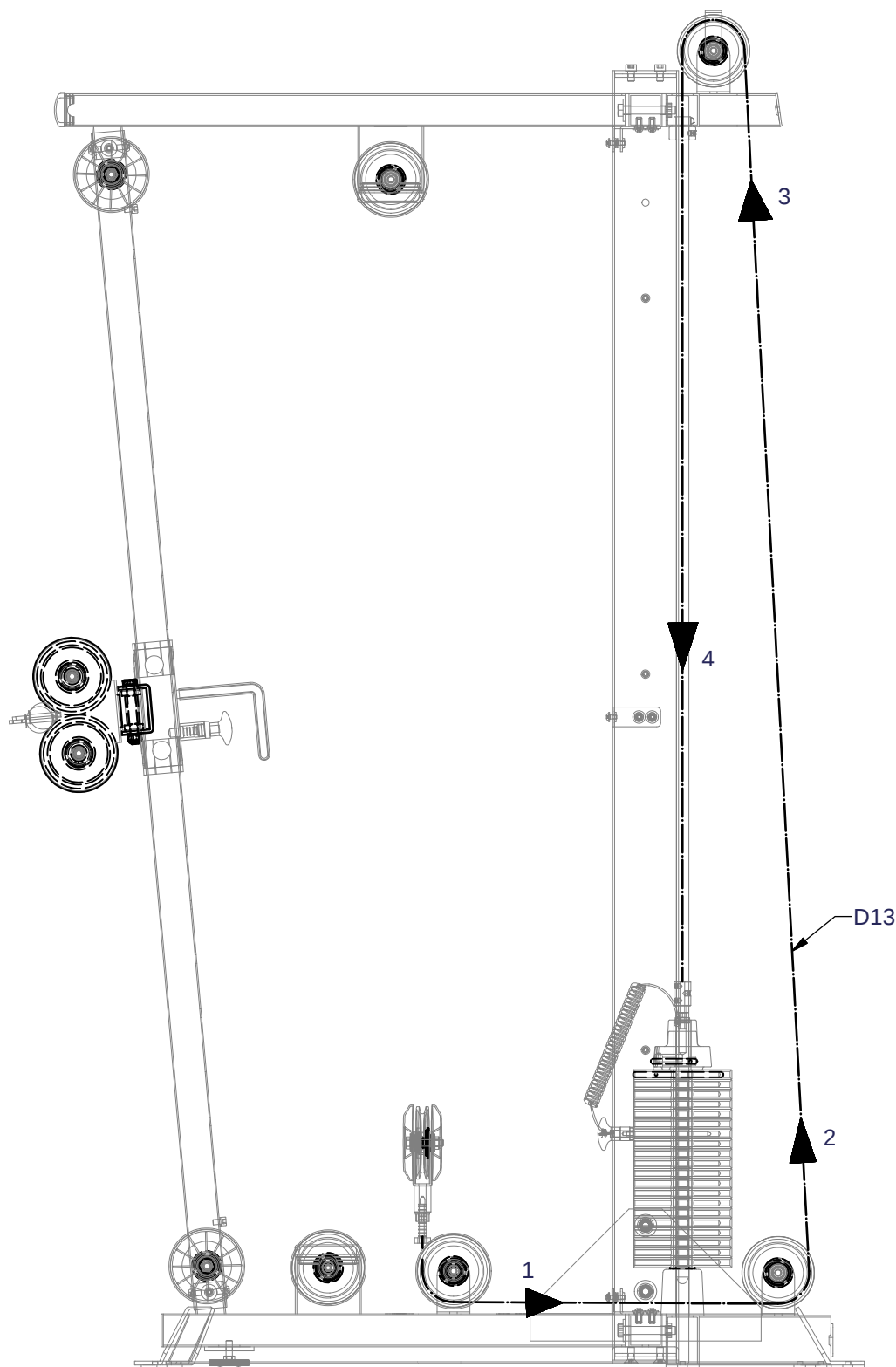


Above shows STEP 8
assembled and completed

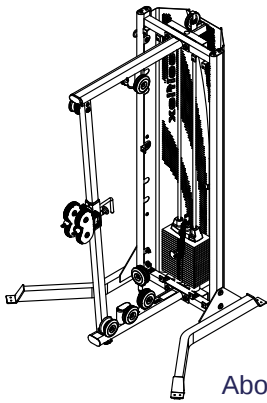


HCC-2300 ASSEMBLY INSTRUCTIONS

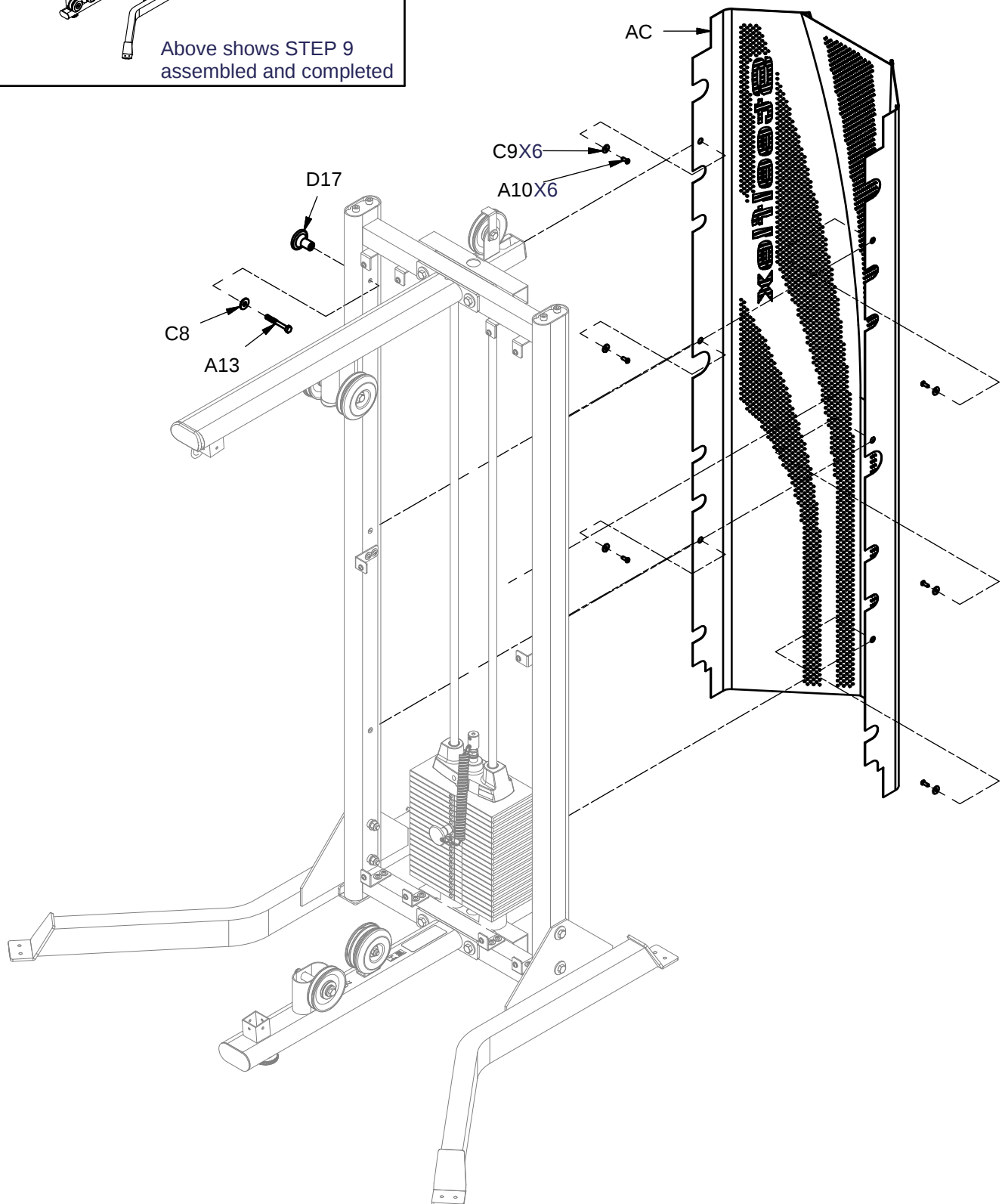
Cable Configuration Diagram



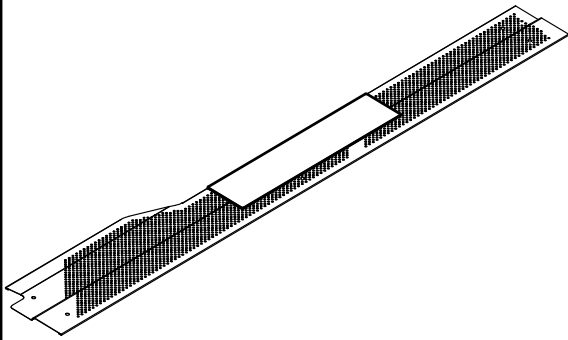
HCC-2300 ASSEMBLY INSTRUCTIONS



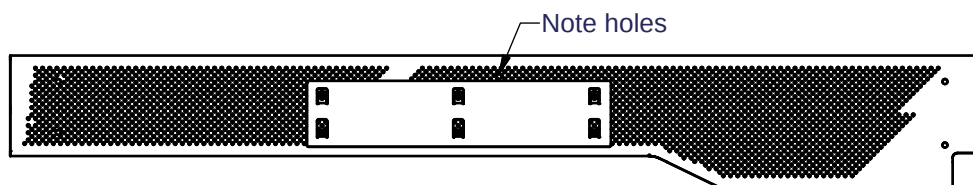
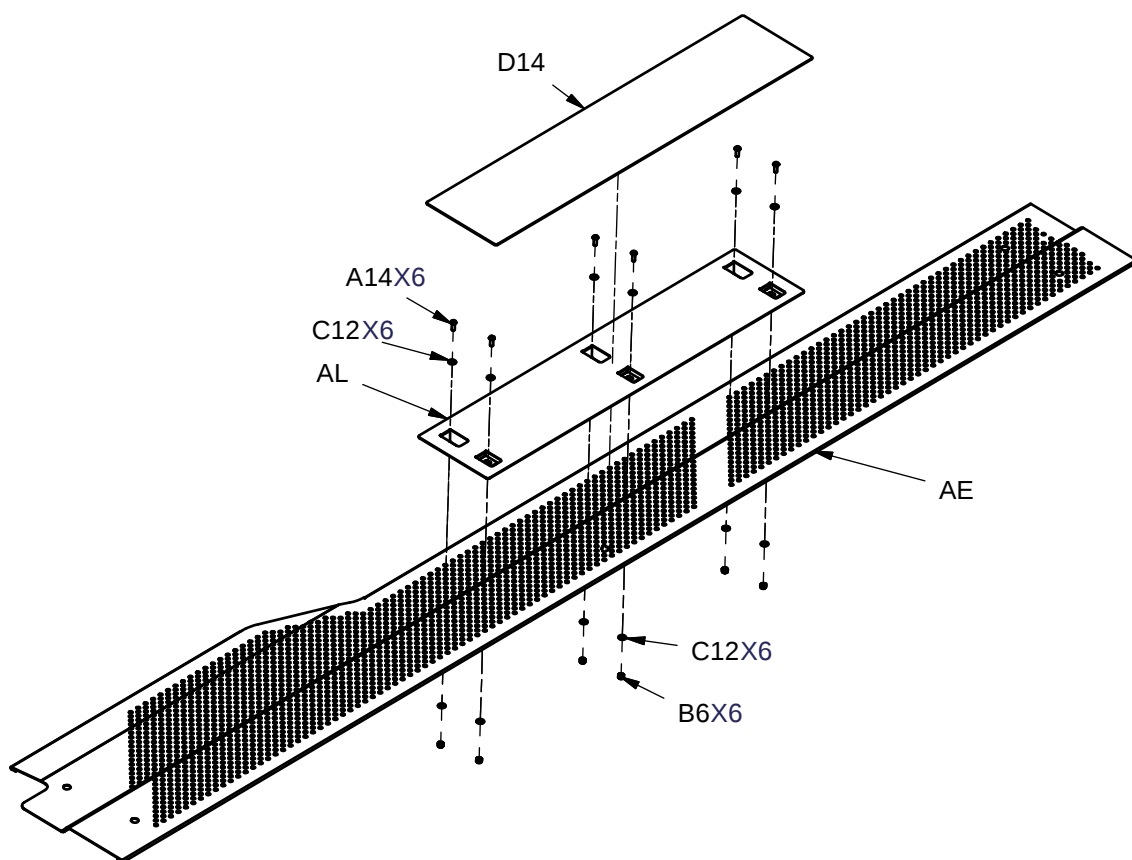
Above shows STEP 9
assembled and completed



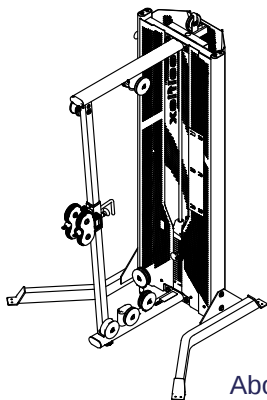
HCC-2300 ASSEMBLY INSTRUCTIONS



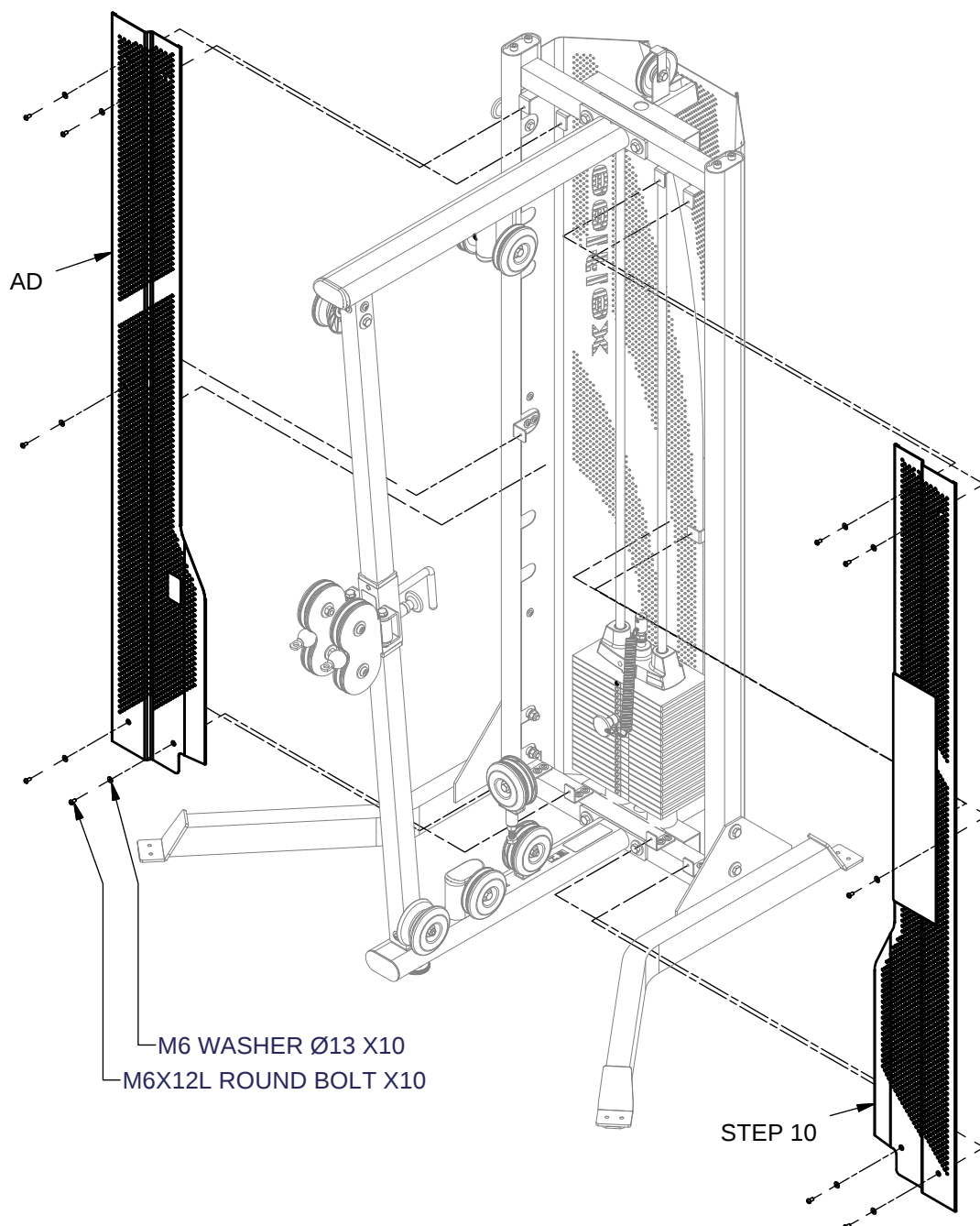
Above shows STEP 10
assembled and completed



HCC-2300 ASSEMBLY INSTRUCTIONS

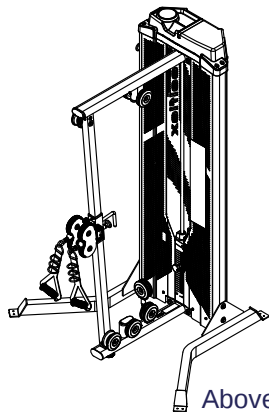


Above shows STEP 11
assembled and completed

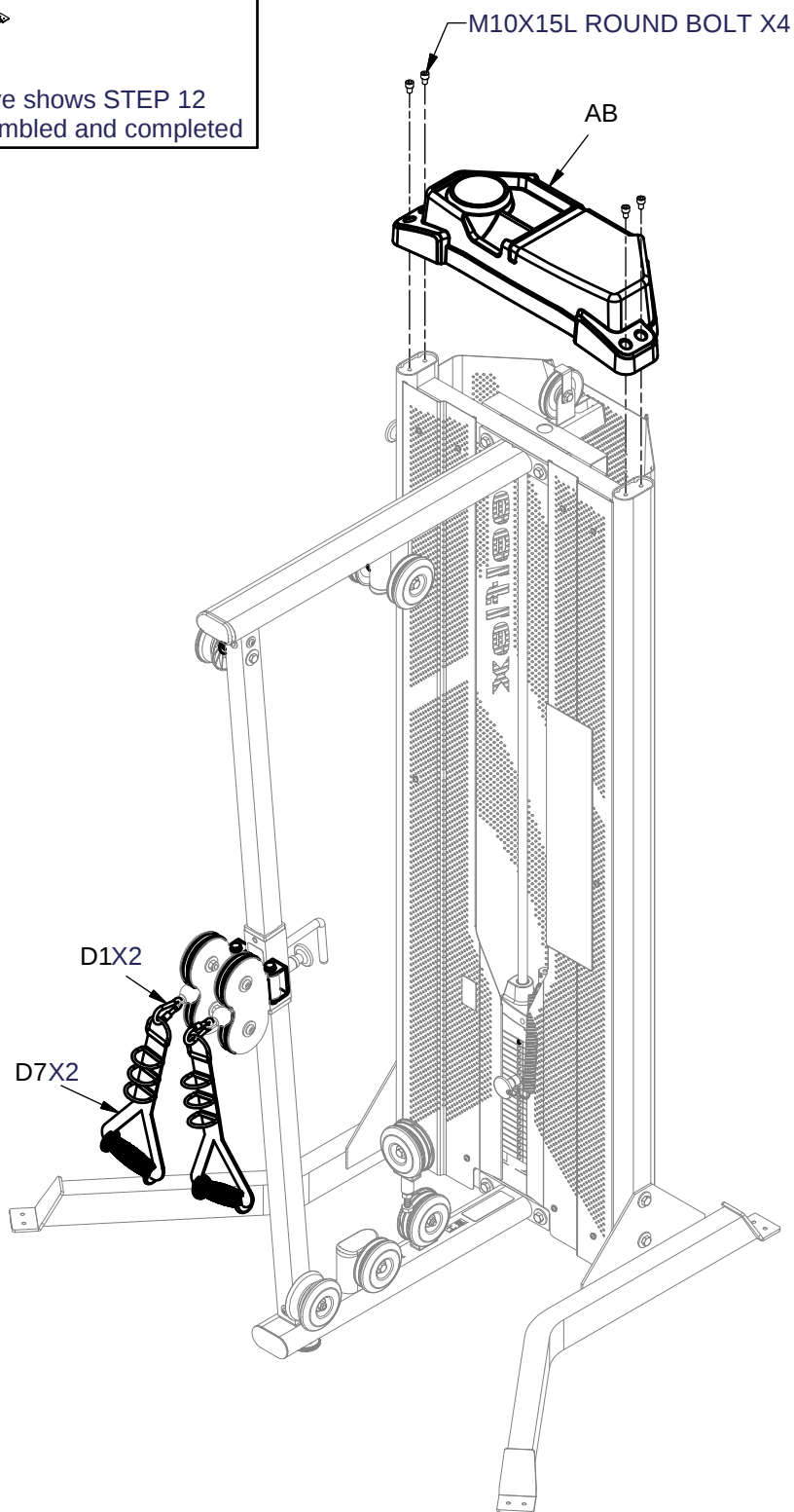


M6 WASHER Ø13 X10
M6X12L ROUND BOLT X10

HCC-2300 ASSEMBLY INSTRUCTIONS



Above shows STEP 12
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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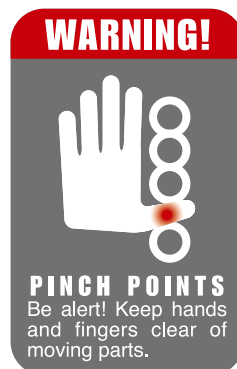
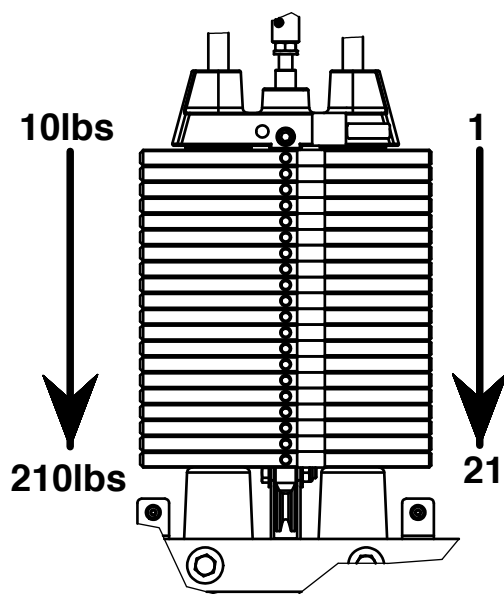
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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