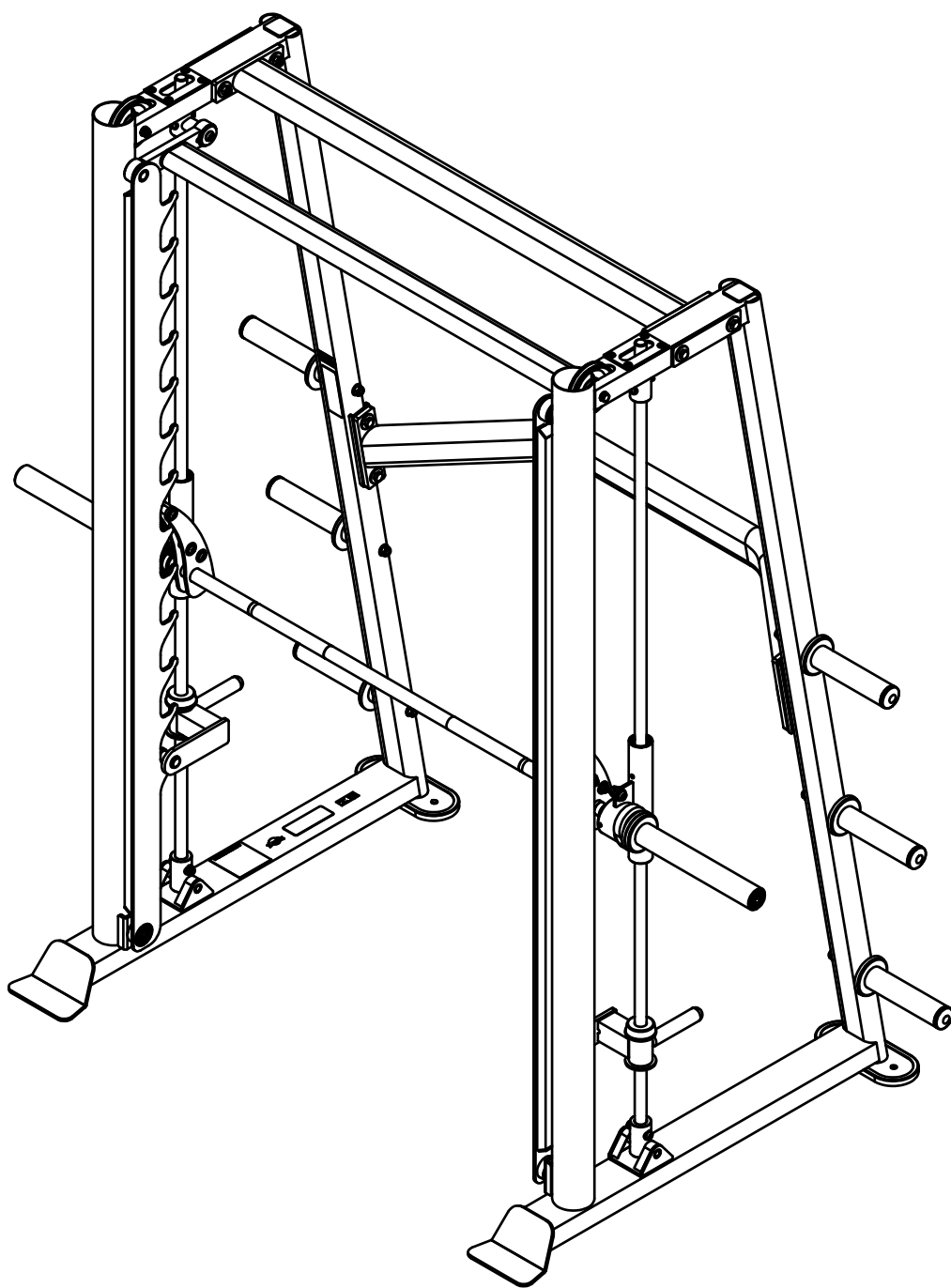


HOPE



Steelflex

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

Tel: 886-2-27209980

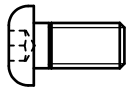
Fax: 886-2-27229750

www.steelflexfitness.com

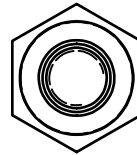
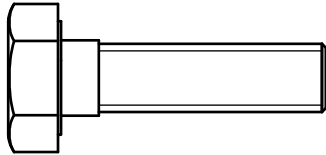
HSM.1 OWNER'S MANUAL

HSM ASSEMBLY INSTRUCTIONS

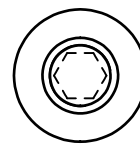
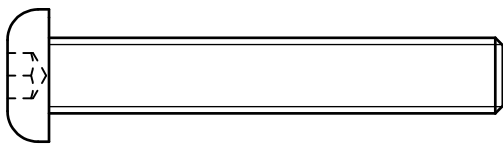
HARDWARE ILLUSTRATION



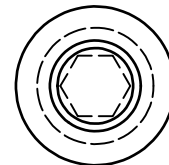
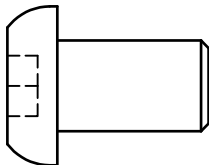
(A1)ROUND ALLEN HEAD M6X12L PARTIAL THREAD QTY.8



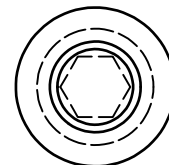
(A2)HEX BOLT M10X35L PARTIAL THREAD QTY.4



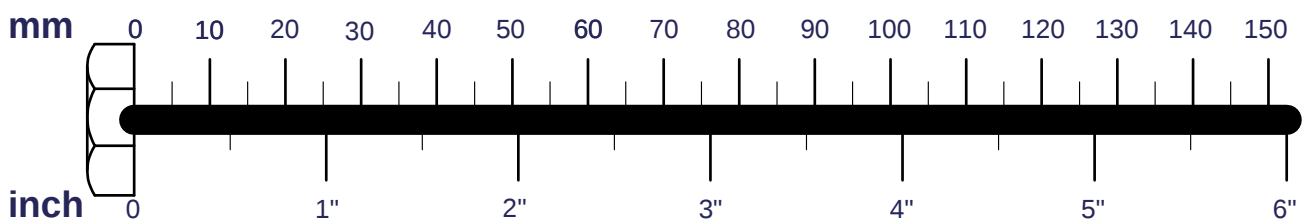
(A3)ROUND ALLEN HEAD M10X60L PARTIAL THREAD QTY.4



(A5)ROUND ALLEN HEAD M12X20L PARTIAL THREAD QTY.4

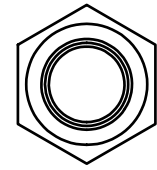
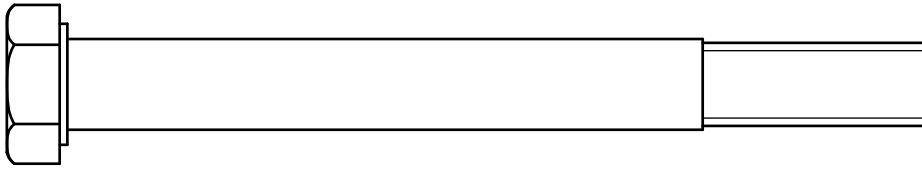


(A6)ROUND ALLEN HEAD M12X30L PARTIAL THREAD QTY.2

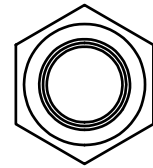
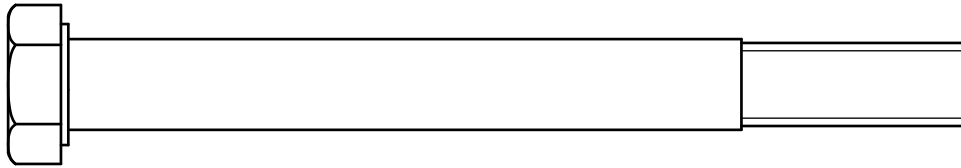


HSM ASSEMBLY INSTRUCTIONS

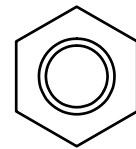
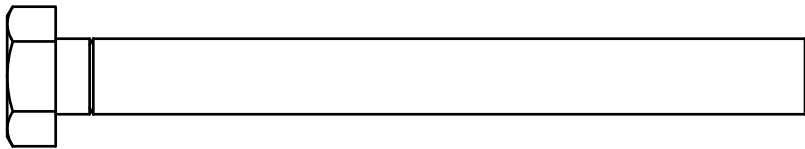
HARDWARE ILLUSTRATION



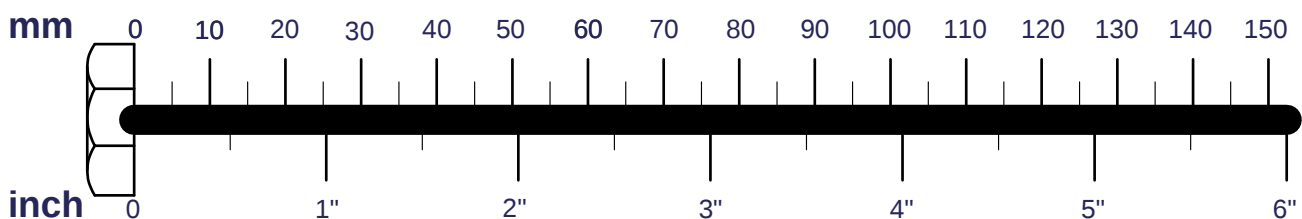
(A7)HEX BOLT M12X115L PARTIAL THREAD QTY.4



(A8)HEX BOLT M12X120L PARTIAL THREAD QTY.2

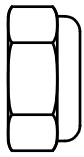


(A9)HEX BOLT M10X100L PARTIAL THREAD QTY.2

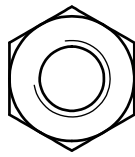


HSM ASSEMBLY INSTRUCTIONS

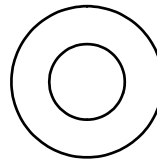
HARDWARE ILLUSTRATION



(B1)NYLON LOCK NUT M10 QTY.6



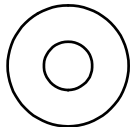
(B2)NYLON LOCK NUT M12 QTY.14



(C4)M10(I.D.)ARC WASHER R25-Ø20 QTY.8



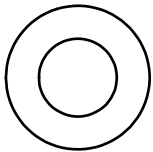
(C5)M12(I.D.)FLAT WASHER Ø25 QTY.12



(C1)M6(I.D.)FLAT WASHER Ø16 QTY.8



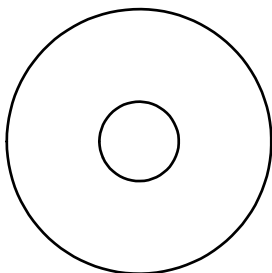
(C2)M10(I.D.)FLAT WASHER Ø19 QTY.4



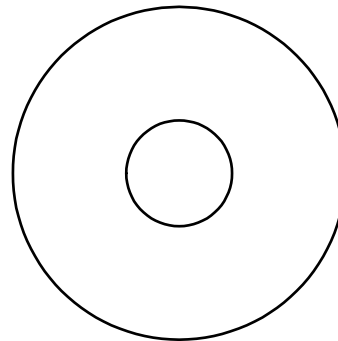
(C6)M12(I.D.)FLAT WASHER Ø34 QTY.12



(C7)M12(I.D.)FLAT WASHER Ø44 QTY.2



(C3)M10(I.D.)FLAT WASHER Ø35 QTY.4



mm

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

inch

0 1" 2" 3" 4" 5" 6"

HSM ASSEMBLY INSTRUCTIONS

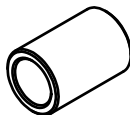
HARDWARE ILLUSTRATION

D1.	Ø5/8"XØ10.5X8L STEEL BUSHING (8110-045)	-----[4PCS]
D2.	Ø3/4"XØ13.5X28L STEEL BUSHING(8110-149)	-----[4PCS]
D3.	Ø45XØ25X80L STEEL BUSHING(8130-392)	-----[2PCS]
D4.	Ø30XØ20.2X6.5L STEEL BUSHING(8130-398)	-----[4PCS]
D5.	Ø10X20X19.5L STEEL BUSHING(8530-015)	-----[4PCS]
D7.	75X5TX120L FIXING PLATE (9220-046)	-----[2PCS]
D8.	Ø2-1/2"X1/2"TX26 RUBBER DOUNT (9310-011)	-----[2PCS]
D9.	Ø2-1/2"X19TX26 RUBBER DOUNT (9310-012)	-----[4PCS]
D10.	Ø90X50X10T RUBBER DOUNT (9310-016)	-----[10PCS]
D11.	108X14.5TX263L RUBBER PAD (9310-075)	-----[2PCS]
D12.	111X15TX80L RUBBER PAD(9310-100)	-----[2PCS]
D13.	Ø117 PULLEY(9213-010C)	-----[2PCS]
D14.	1970mm STEEL CABLE	-----[2PCS]

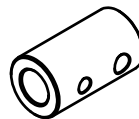
D1



D2



D3



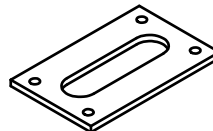
D4



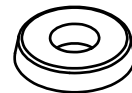
D5



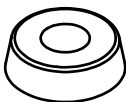
D7



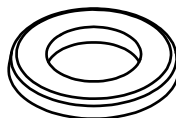
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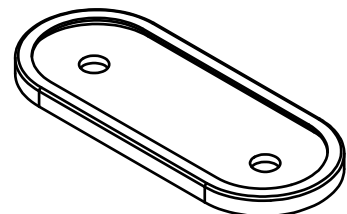
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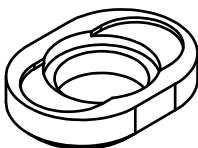
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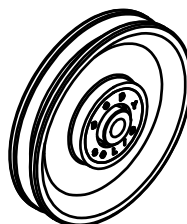
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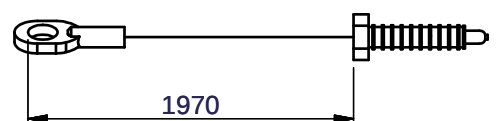
D12



D13



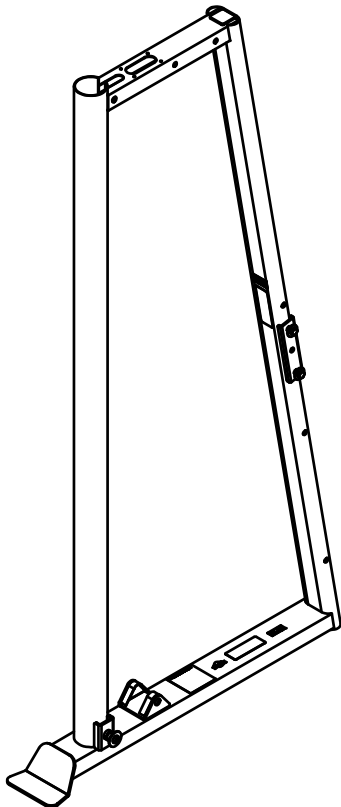
D14



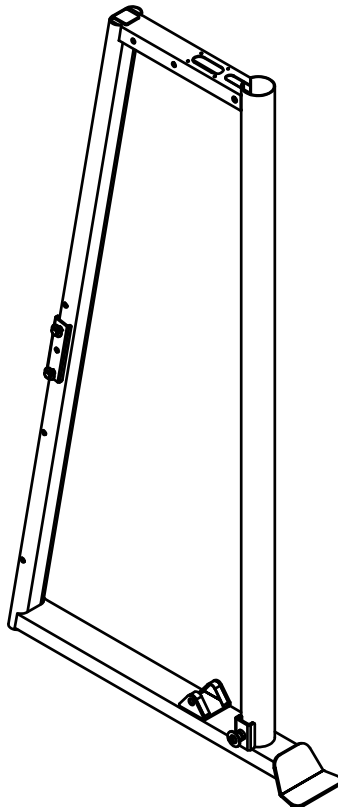
HSM ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

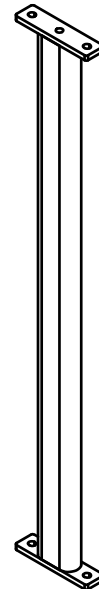
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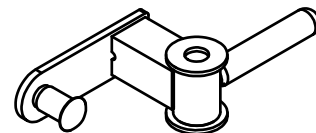
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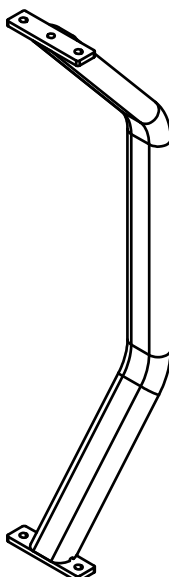
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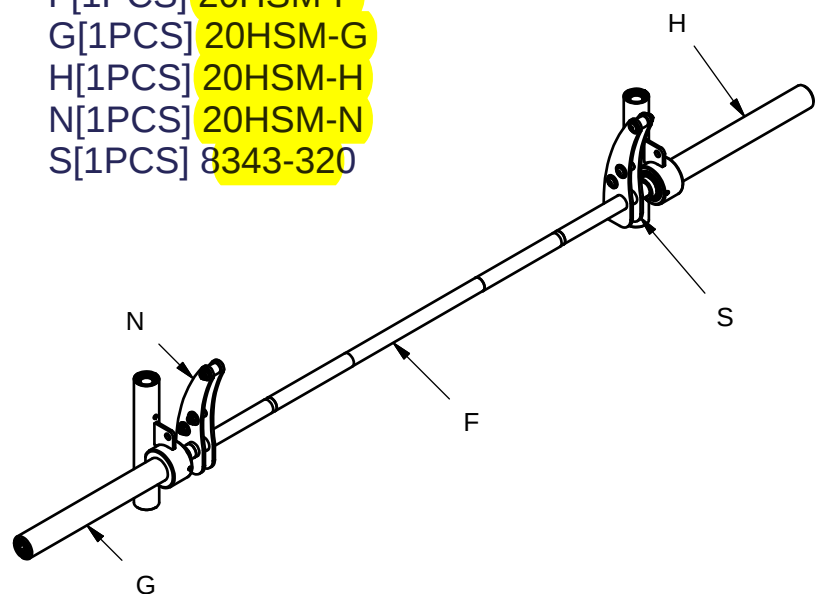
E1[2PCS]



D[1PCS]



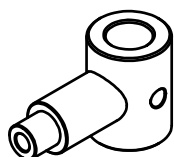
F[1PCS] 20HSM-F
G[1PCS] 20HSM-G
H[1PCS] 20HSM-H
N[1PCS] 20HSM-N
S[1PCS] 8343-320



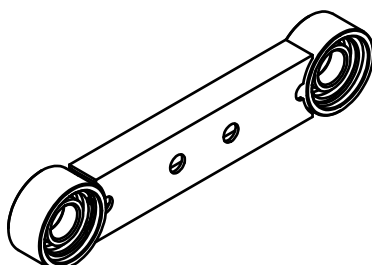
HSM ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

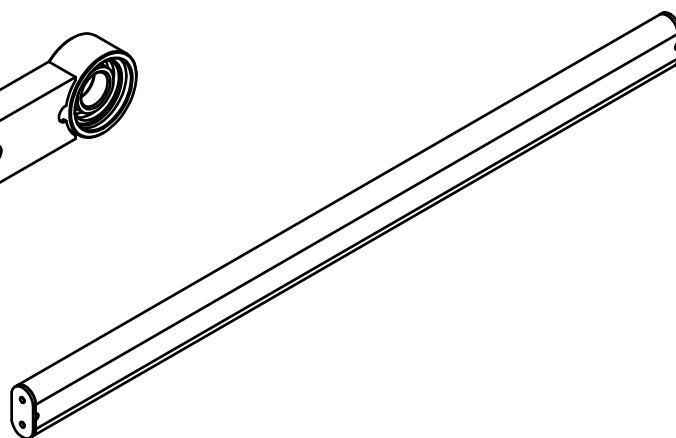
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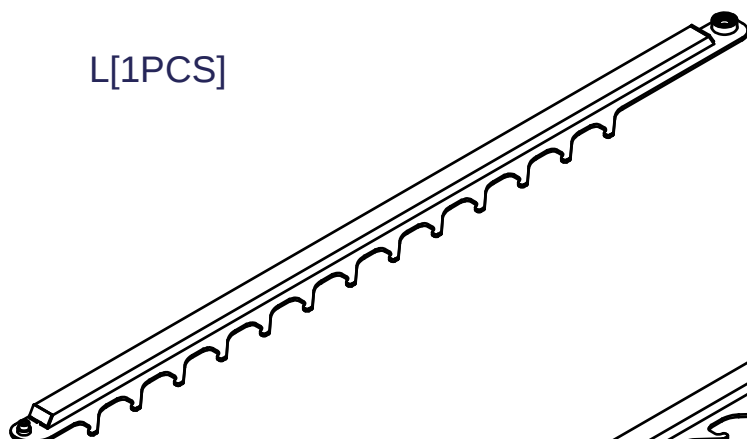
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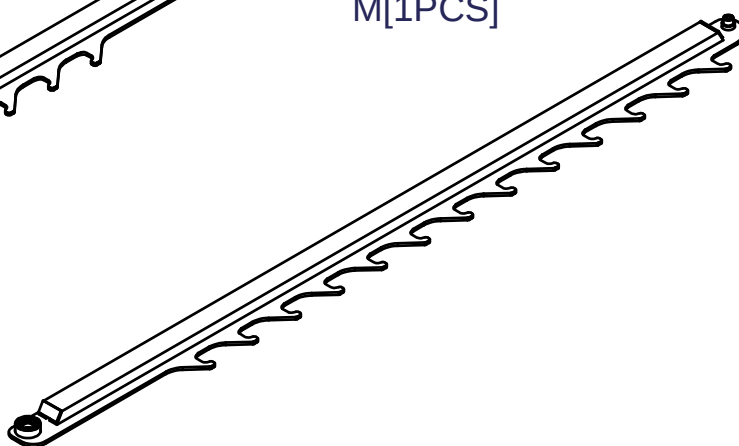
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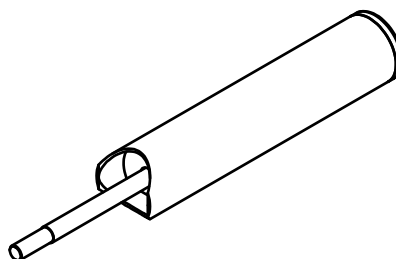
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M[1PCS]



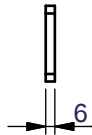
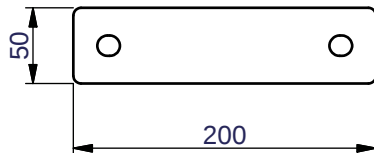
O1[6PCS]



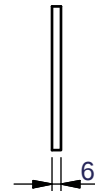
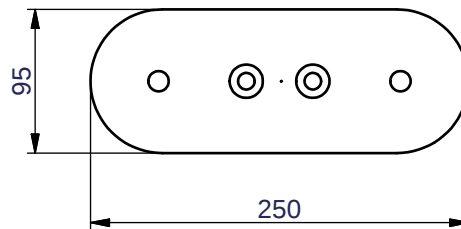
HSM ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

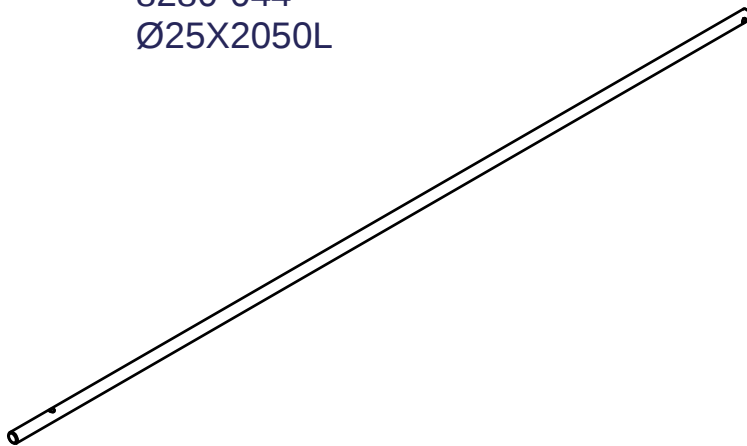
P[2PCS]
8312-077



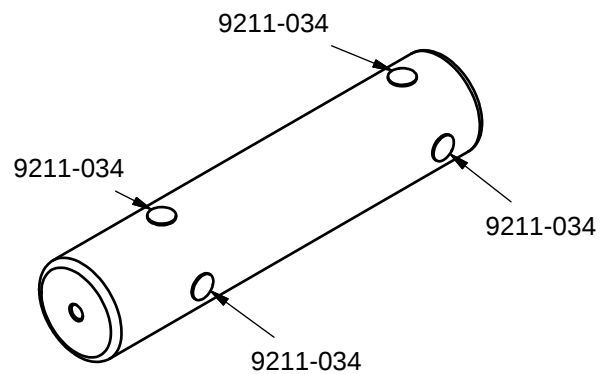
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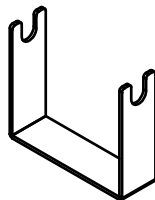
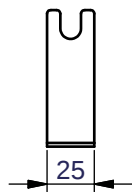
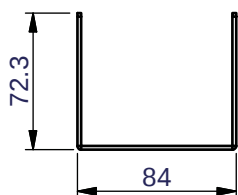
R[2PCS]
8280-044
Ø25X2050L



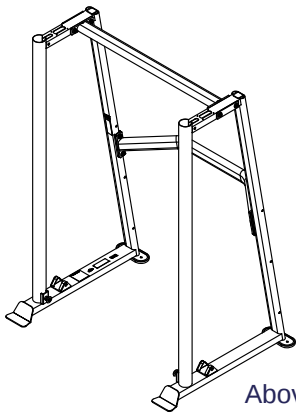
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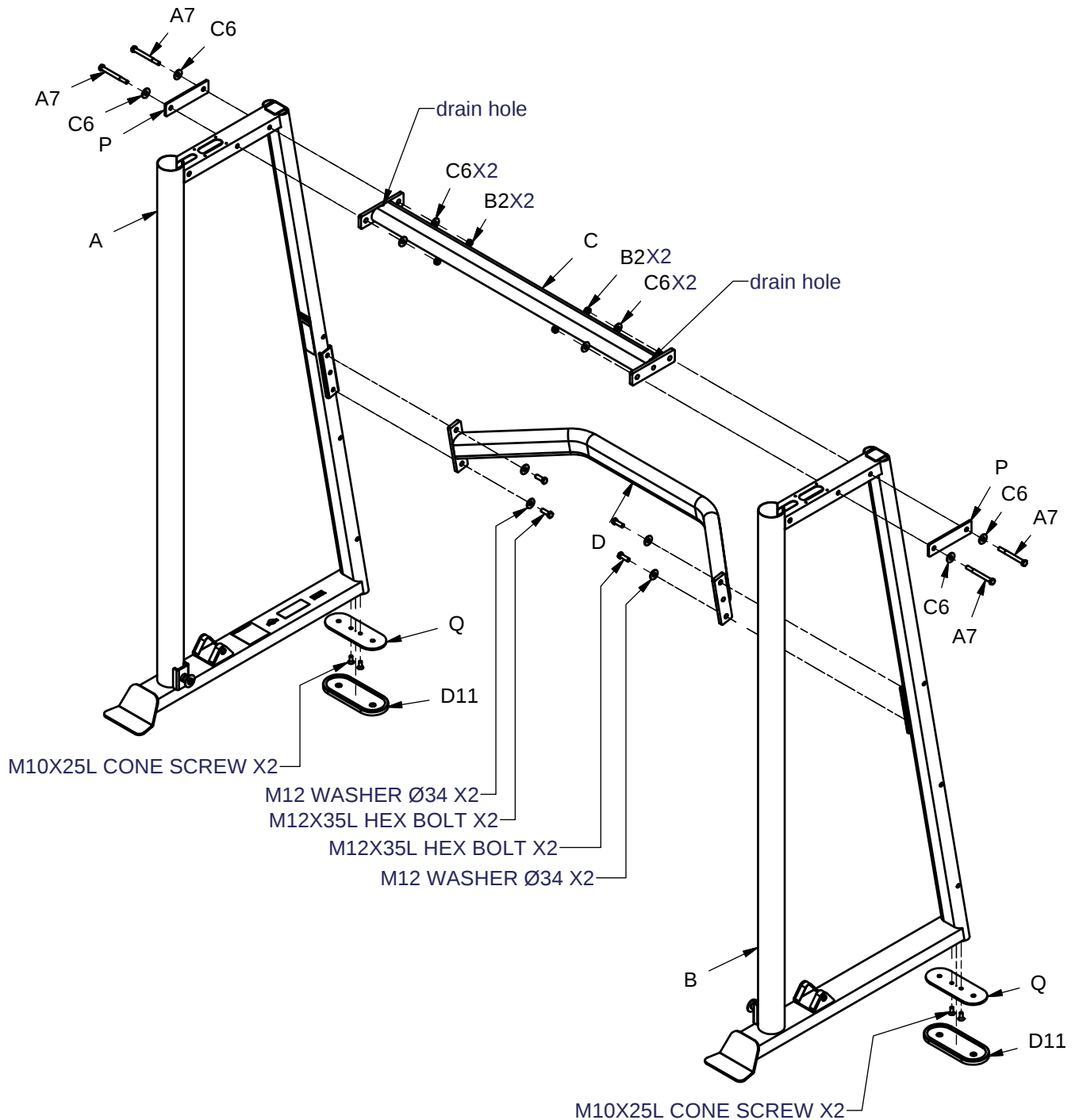
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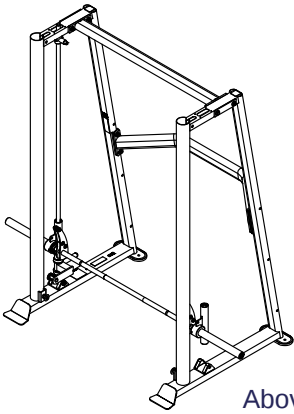
HSM ASSEMBLY INSTRUCTIONS



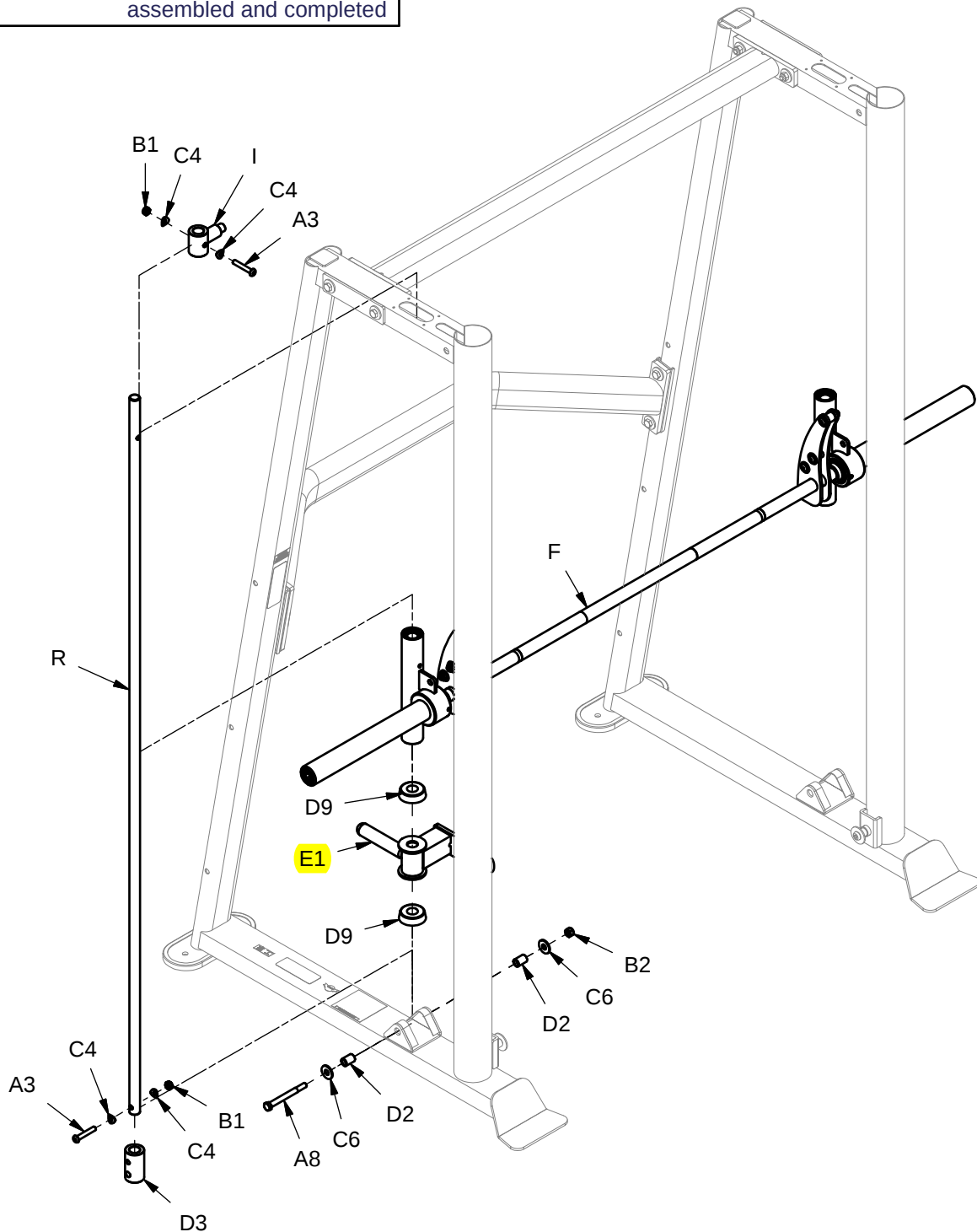
Above shows STEP 1
assembled and completed



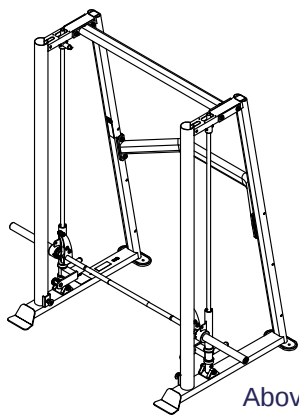
HSM ASSEMBLY INSTRUCTIONS



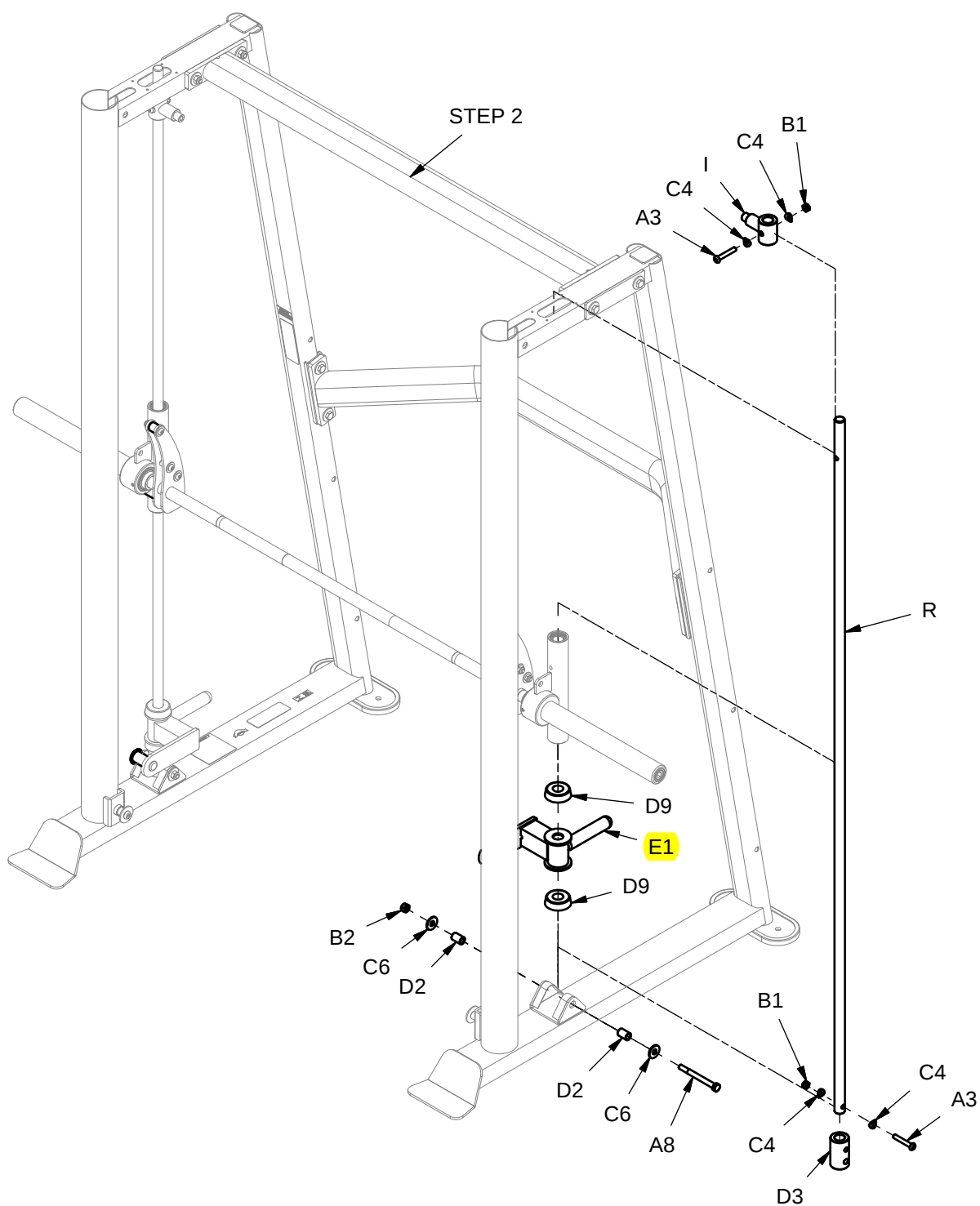
Above shows STEP 2
assembled and completed



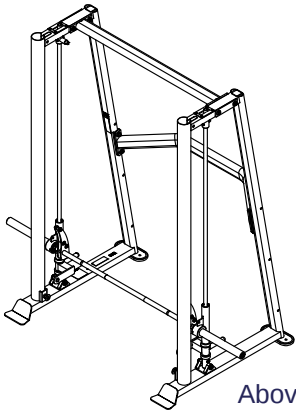
HSM ASSEMBLY INSTRUCTIONS



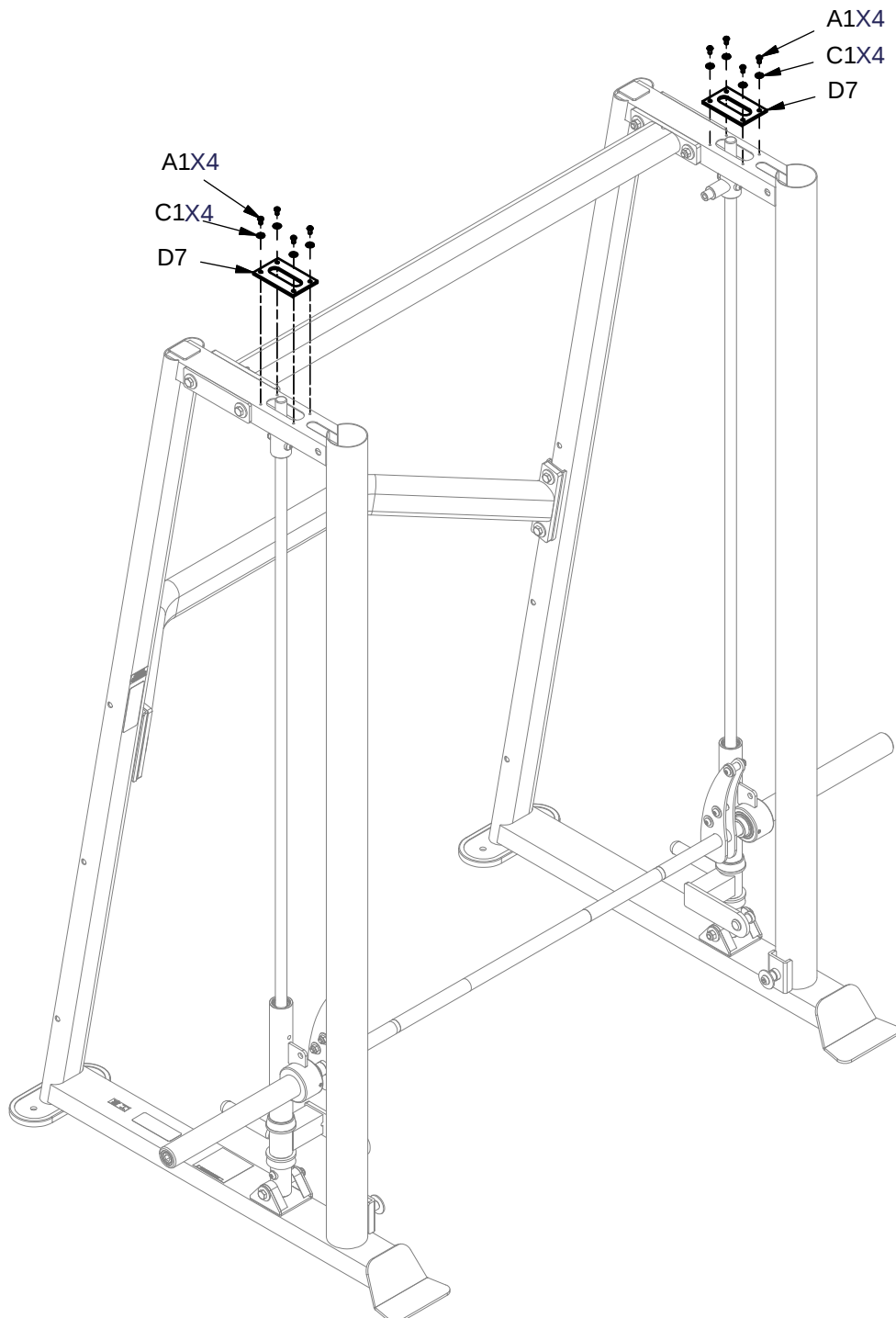
Above shows STEP 3
assembled and completed



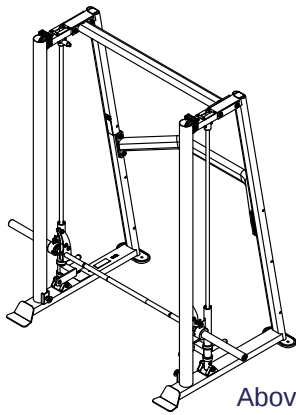
HSM ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

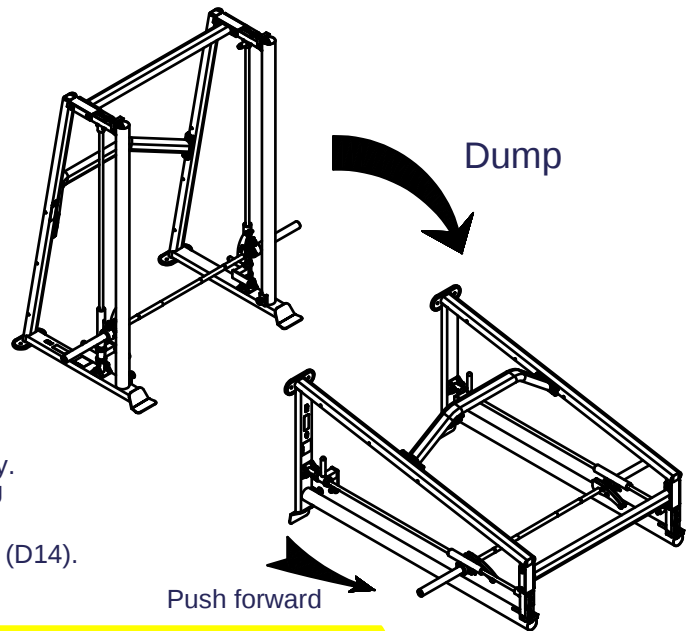


HSM ASSEMBLY INSTRUCTIONS



Above shows STEP 5
assembled and completed

1. Attach D8 then cable (D14) onto Part T and insert Part T into Part A and Part B respectively.
2. Assembly pulley (D13) with D1, D5, C2, A9, Part U and B1 accordingly as shown.
3. Finally, attach A6, B2 and C5 as shown to fix cable (D14).



Place part U in between of D5 and C2 of both sides

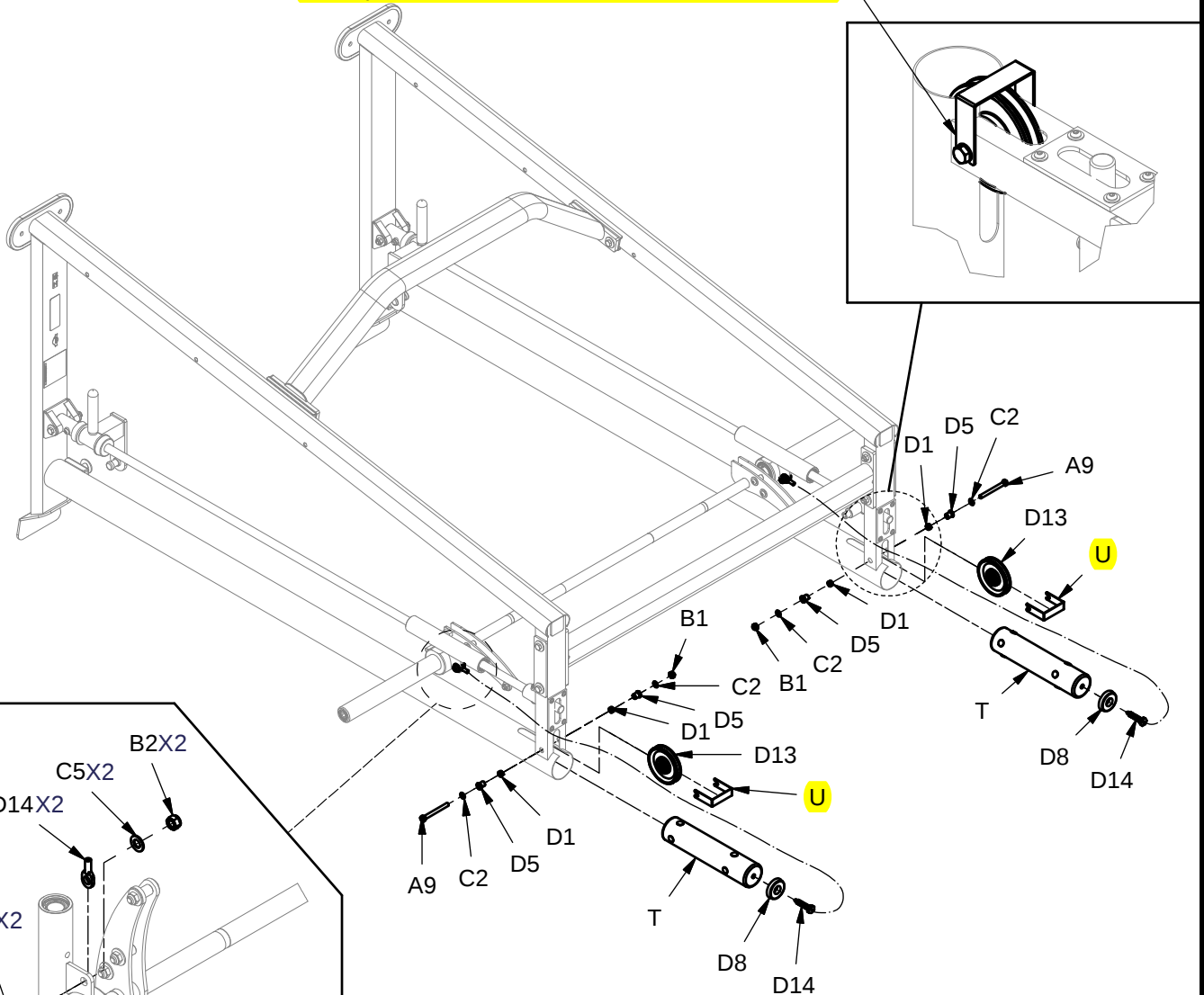
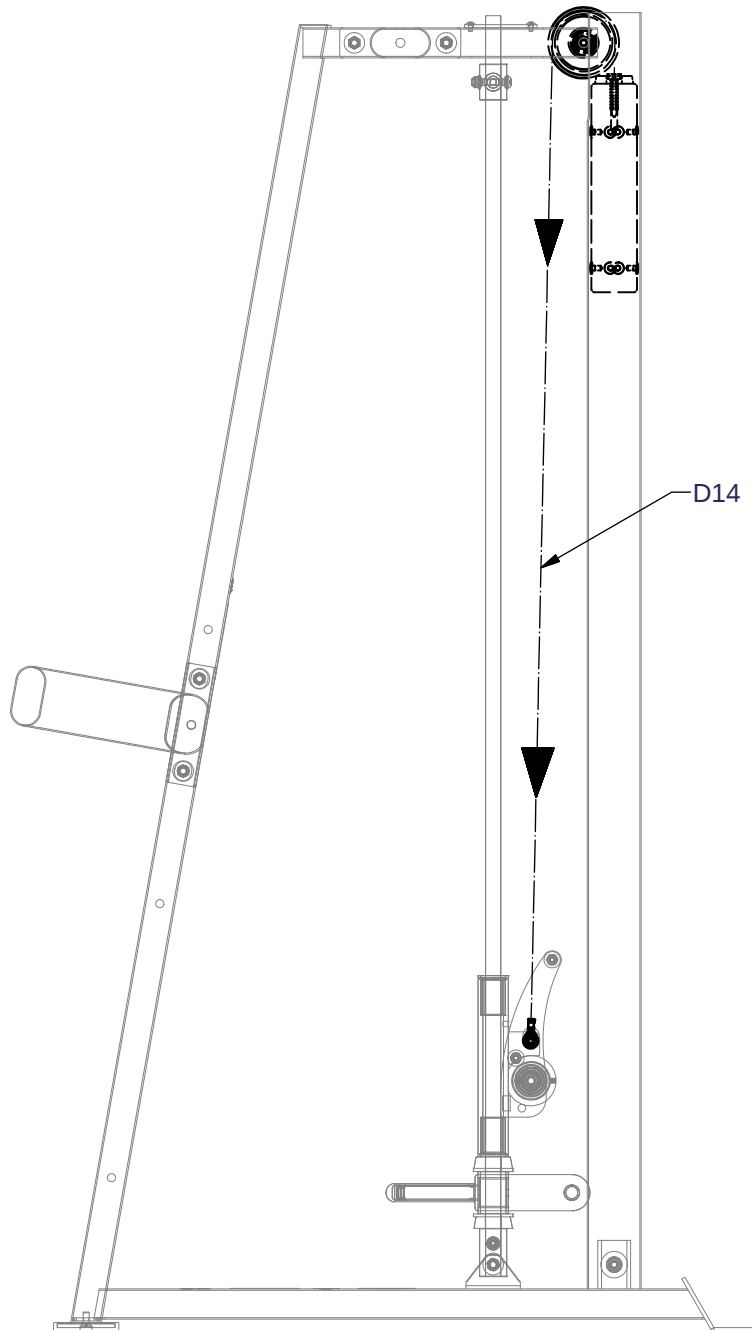
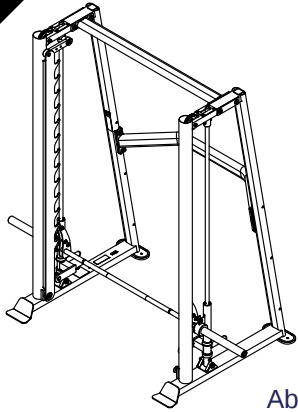


Figure 1

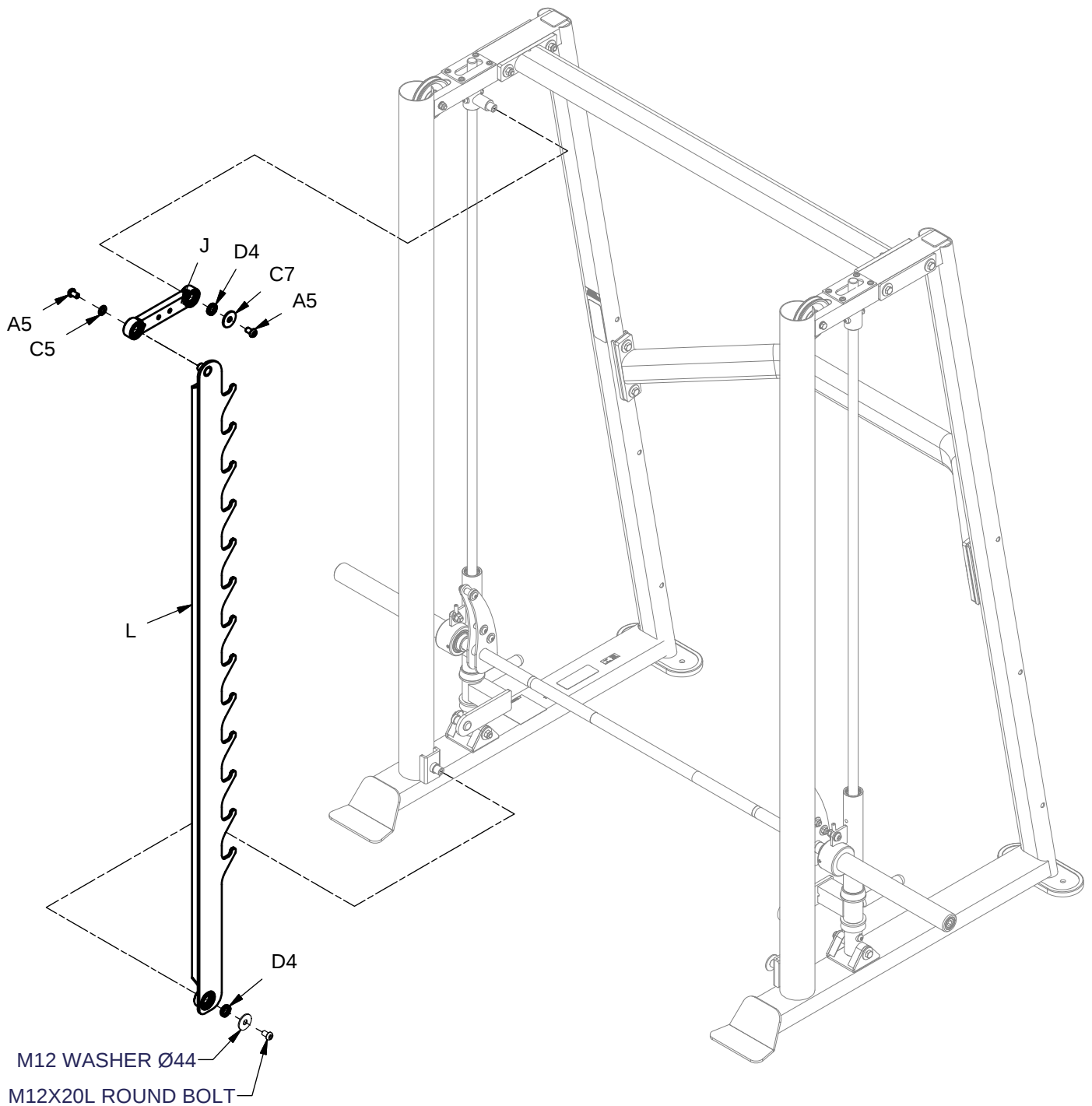
Cable Configuration Diagram



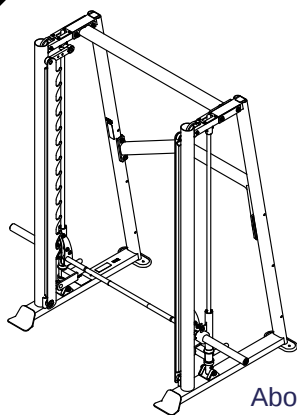
HSM ASSEMBLY INSTRUCTIONS



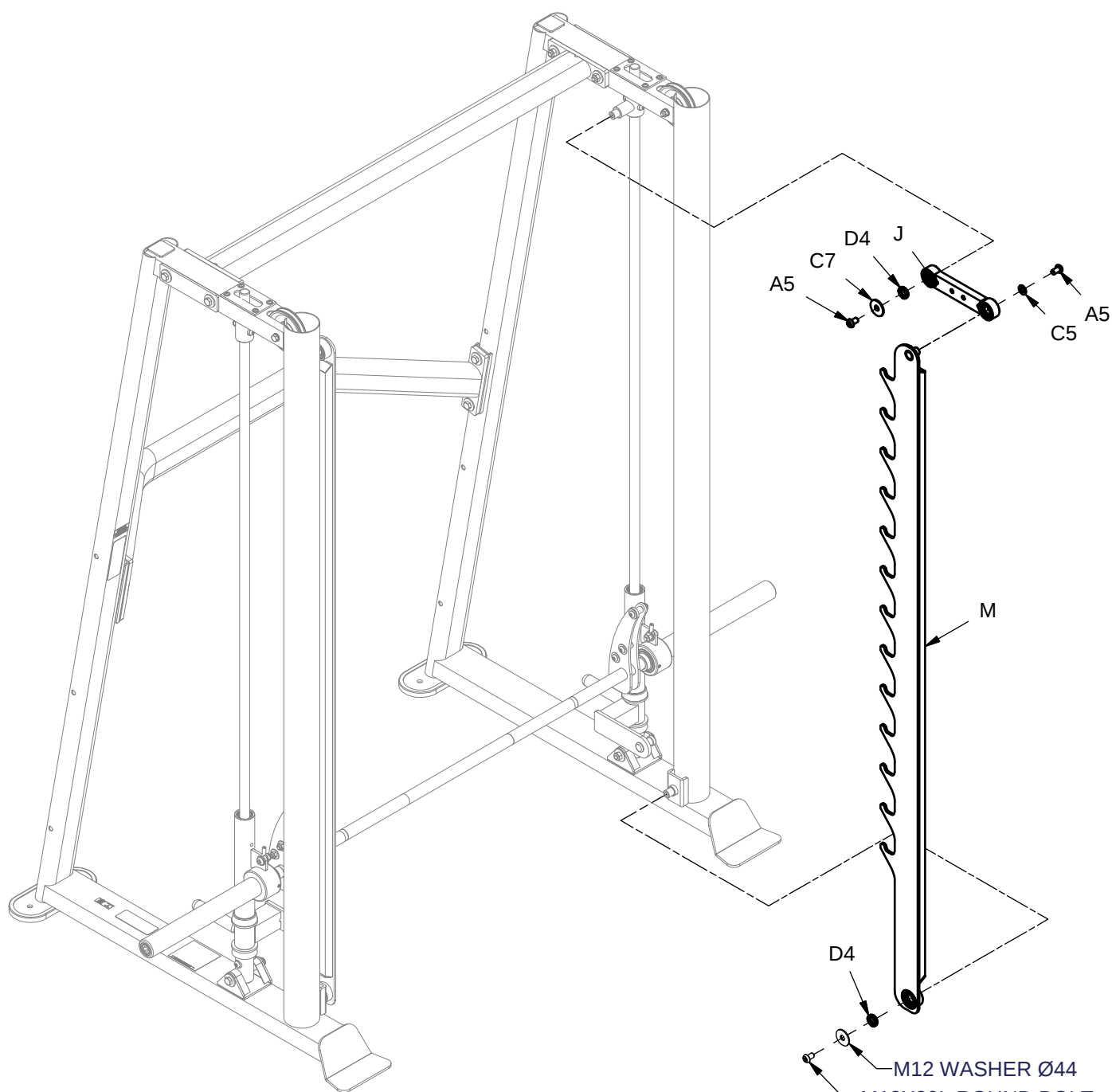
Above shows STEP 6
assembled and completed



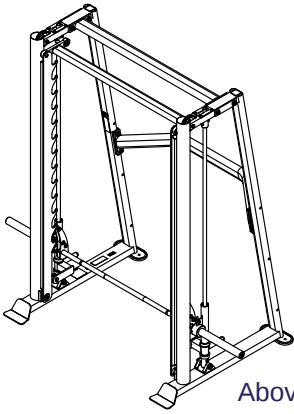
HSM ASSEMBLY INSTRUCTIONS



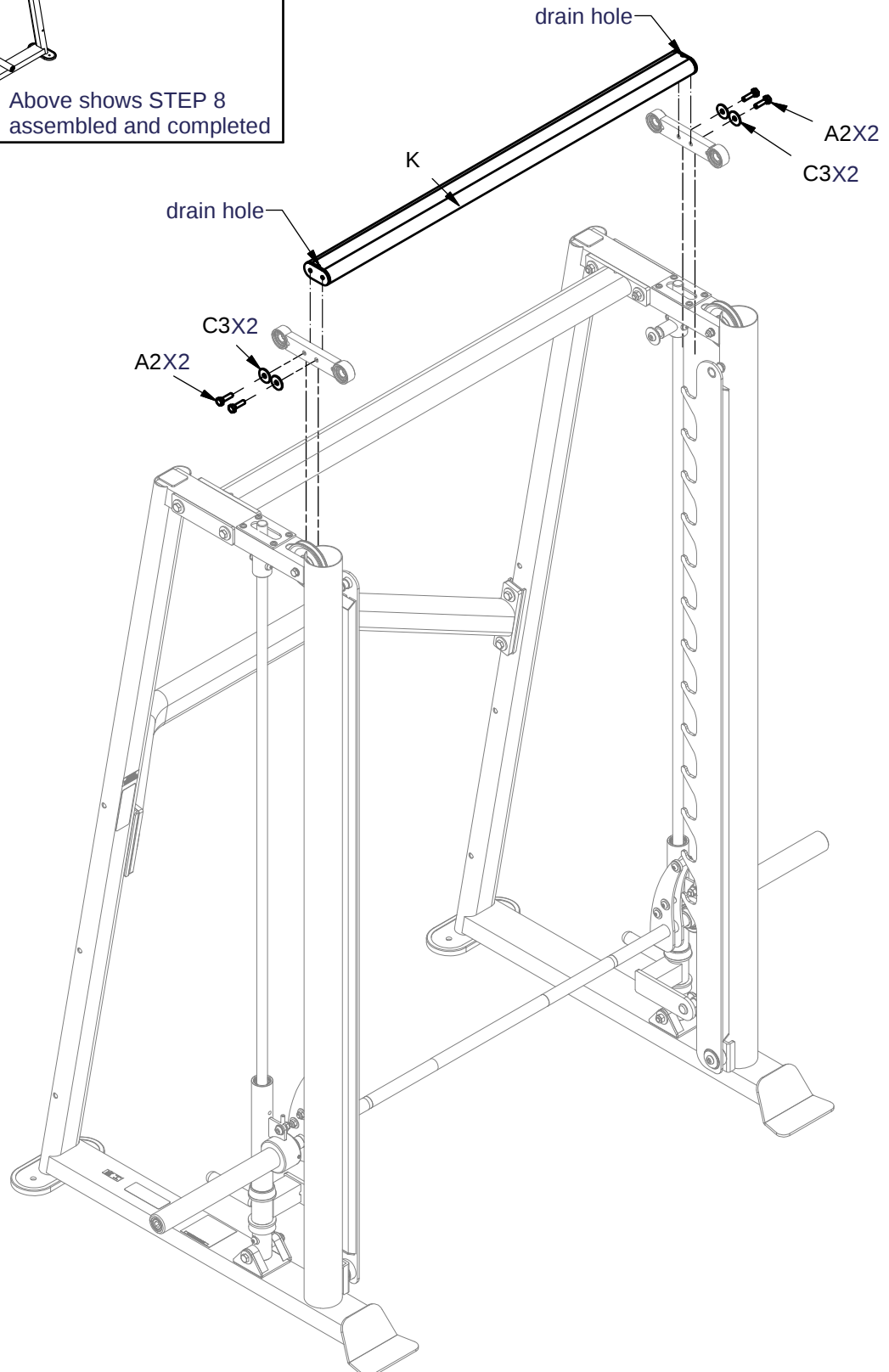
Above shows STEP 7
assembled and completed



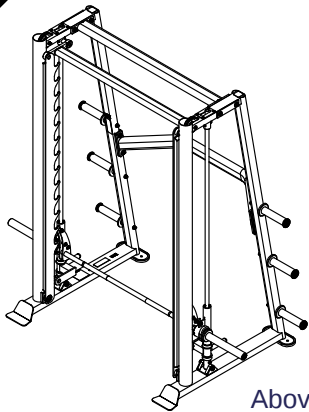
HSM ASSEMBLY INSTRUCTIONS



Above shows STEP 8
assembled and completed



HSM ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

