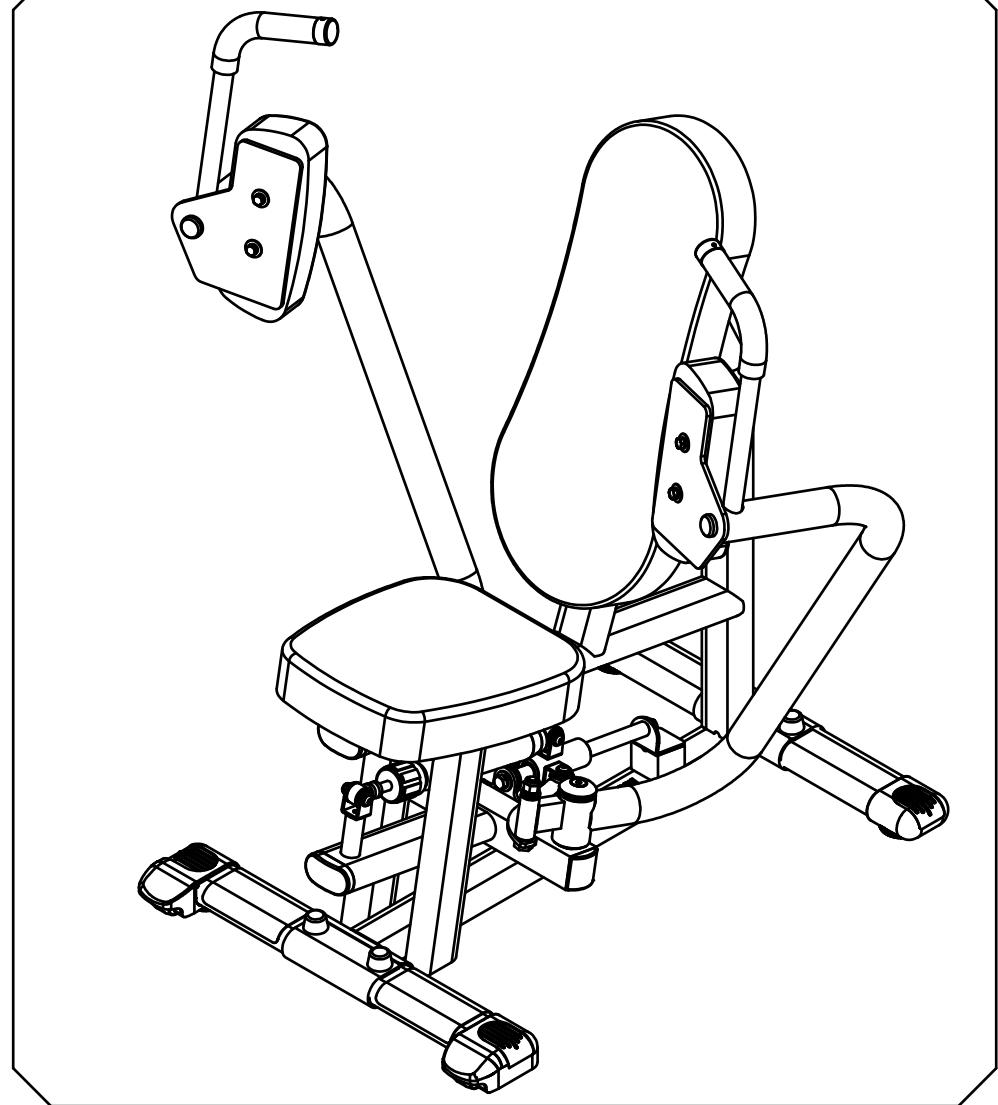


SteelFlex



Trademark of United States Fitness Products Council

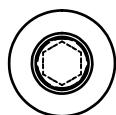
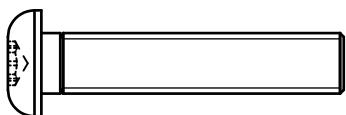
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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 cylinders for leaking. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. Failure to follow these rules may result in serious injury.
2. Keep clear of the cylinder and all moving parts when the machine is in use.
3. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
4. It is recommended that you should workout with a training partner.
5. Do not allow children or minors to play on or around this equipment.
6. If unsure of proper use of equipment, call your local distributor.
7. WARNING: Consult your physician before starting your exercise program. For your own safety do not begin any exercise program without proper instruction.

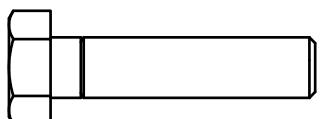
CPD-800.6 OWNER'S MANUAL

CPD-800 ASSEMBLY INSTRUCTIONS

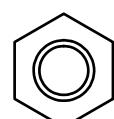
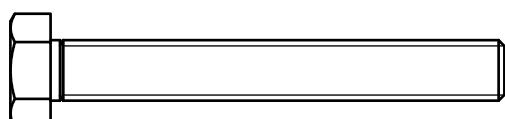
HARDWARE ILLUSTRATION



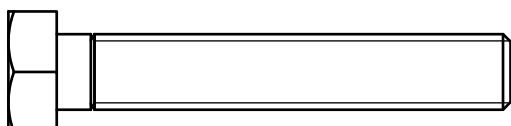
(A1)ROUND ALLEN HEAD M8x40L PARTIAL THREAD QTY.2



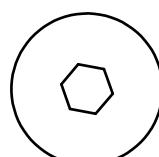
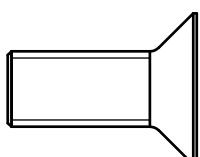
(A2)HEX BOLT M8X35L PARTIAL THREAD QTY.4



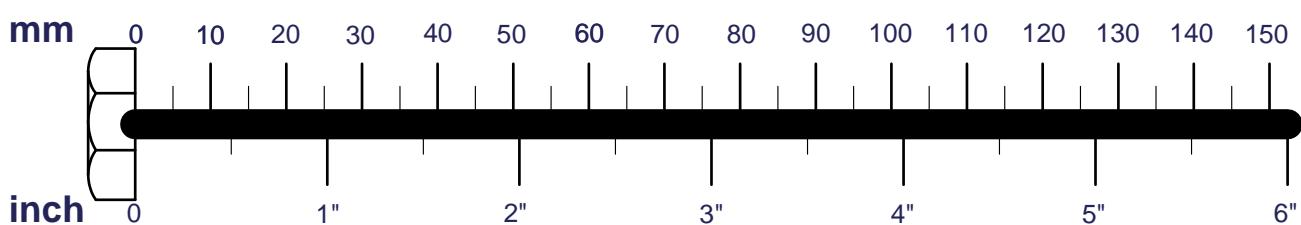
(A3)HEX BOLT M8X60L PARTIAL THREAD QTY.4



(A4)HEX BOLT M10X60L PARTIAL THREAD QTY.4

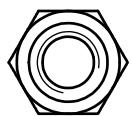


(A5)M10X25L SOCKER FLAT HEAD SCREW QTY.2

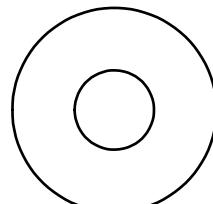
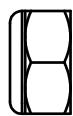


CPD-800 ASSEMBLY INSTRUCTIONS

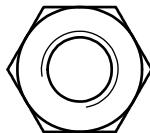
HARDWARE ILLUSTRATION



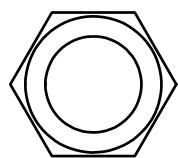
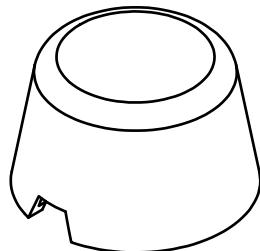
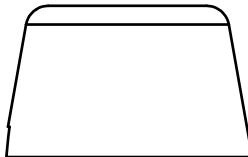
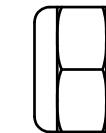
(B1) NYLON LOCK NUT M8 QTY.2



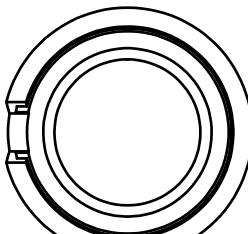
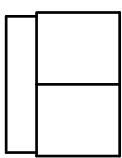
(C5) M10(I.D.)FLAT WASHER Ø27X2T QTY.4



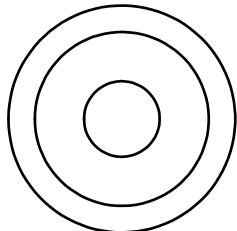
(B2) NYLON LOCK NUT M10 QTY.4



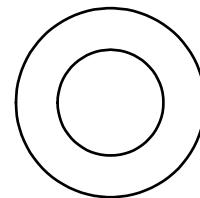
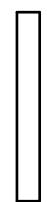
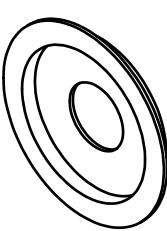
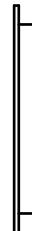
(B4) NYLON LOCK NUT 1/2" QTY.2



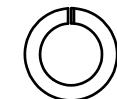
(C6) 1/2" BOLT CAP(9212-024) QTY.4



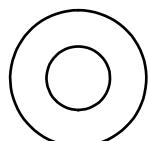
(C1) 3/8" ROUDN END CAP WASHER QTY.4



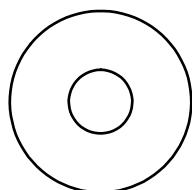
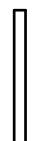
(C7) 1/2"(I.D.)FLAT WASHER Ø25X3T QTY.2



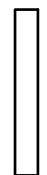
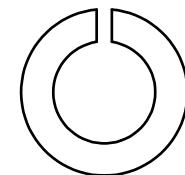
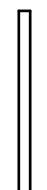
(C2) M8 SPRING WASHER QTY.8



(C3) M8(I.D.)FLAT WASHER Ø18X1.5T QTY.4

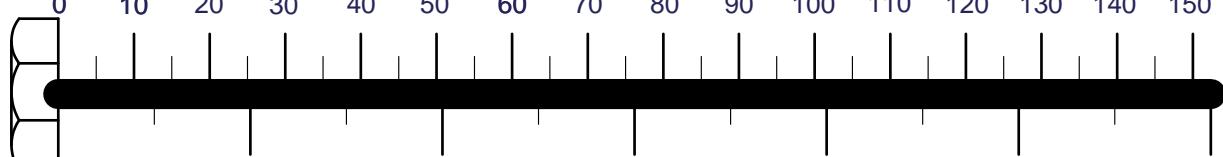


(C4) M8(I.D.)FLAT WASHER Ø24X1.5T QTY.8



(C9) 1/2" SPRING WASHER QTY.2

mm

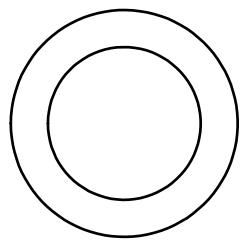


inch

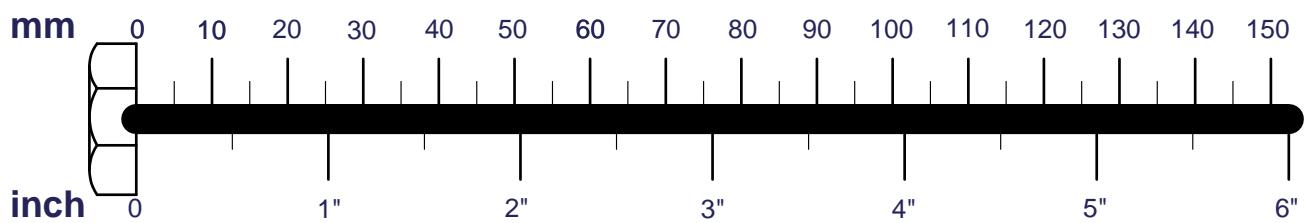


CPD-800 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION



(C10)M20(I.D.)FLAT WASHER Ø30X2T QTY.4

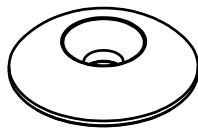


CPD-800 ASSEMBLY INSTRUCTIONS

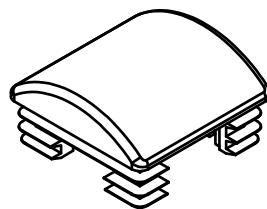
HARDWARE ILLUSTRATION

D1. Ø50X10 END COVER (8130-131)	-----	[2PCS]
D3. □50 ROUND END CAP (9211-087)	-----	[2PCS]
D4. 40X80 END CAP(9211-113)	-----	[3PCS]
D6. Ø60X42H DECK BUFFER (9214-037)	-----	[2PCS]
D7. 40X80 ROUND END COVER (9261-070)	-----	[2PCS]
D8. 40X80 FOOT CAP (9261-071)	-----	[1PCS]
D9. 40X80 FOOT CAP (9261-072)	-----	[1PCS]
D10. 95X140L RUBBER PAD(9630-003)	-----	[2PCS]
D11. Ø30X27L STOPPER(9310-021)	-----	[2PCS]
D13.Ø39.5X3TXØ20 RUBBER DOUNT(9310-068)	-----	[2PCS]
D14.Ø5/8"X23.5L STEEL BUSHING(8110-181)	-----	[2PCS]

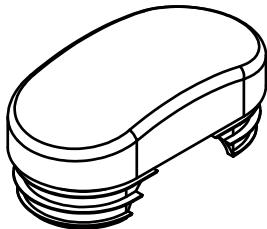
D1



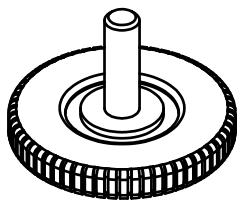
D3



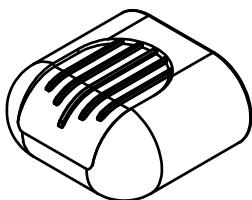
D4



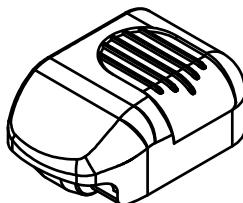
D6



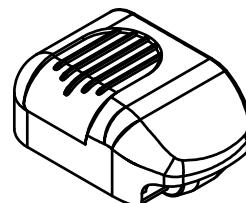
D7



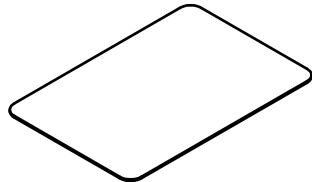
D8



D9



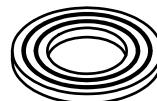
D10



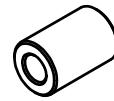
D11



D13

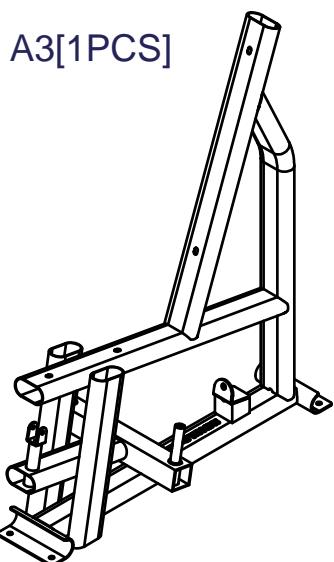


D14

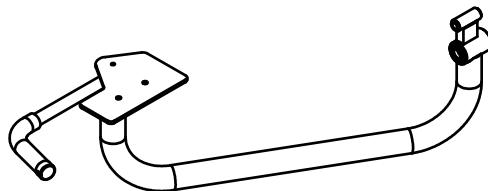


CPD-800 ASSEMBLY INSTRUCTIONS

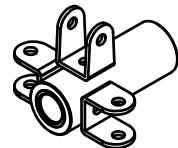
PARTS ILLUSTRATION SHEET



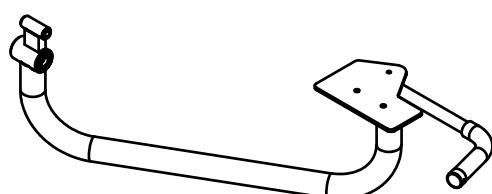
B2[1PCS]



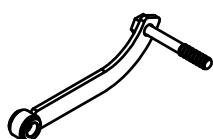
Q[1PCS]



C2[1PCS]



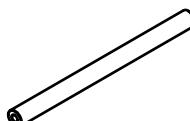
D1[2PCS]



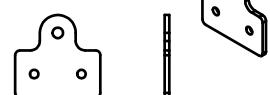
F[1PCS]



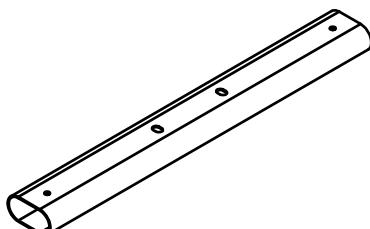
O[1PCS]
8220-162
Ø20X260L



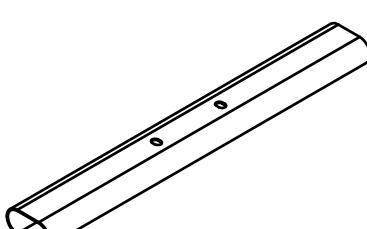
P[1PCS]
8343-211
90X5TX87.5



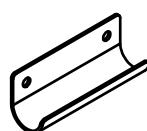
G[1PCS]
5584-K007
40X80X2TX600L



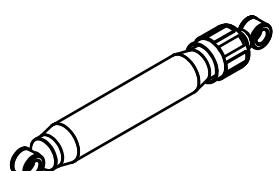
H[1PCS]
5584-K008
40X80X2TX600L



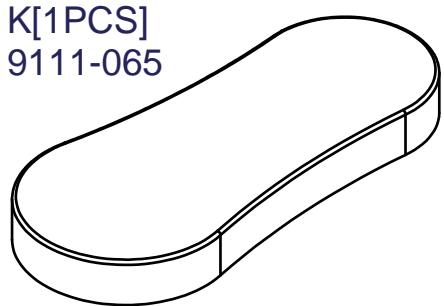
I[2PCS]
8386-101



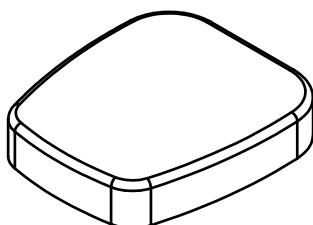
J[1PCS]
8830-018



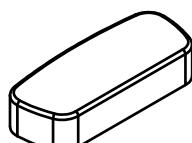
K[1PCS]
9111-065



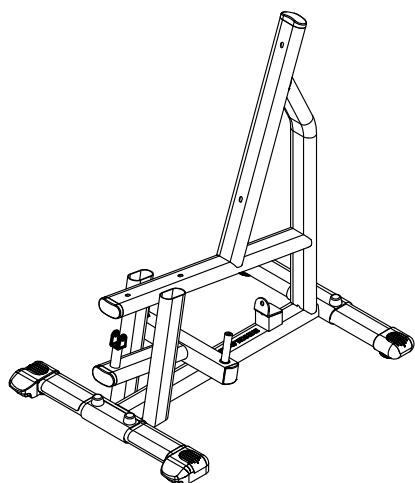
L[1PCS]
9121-064



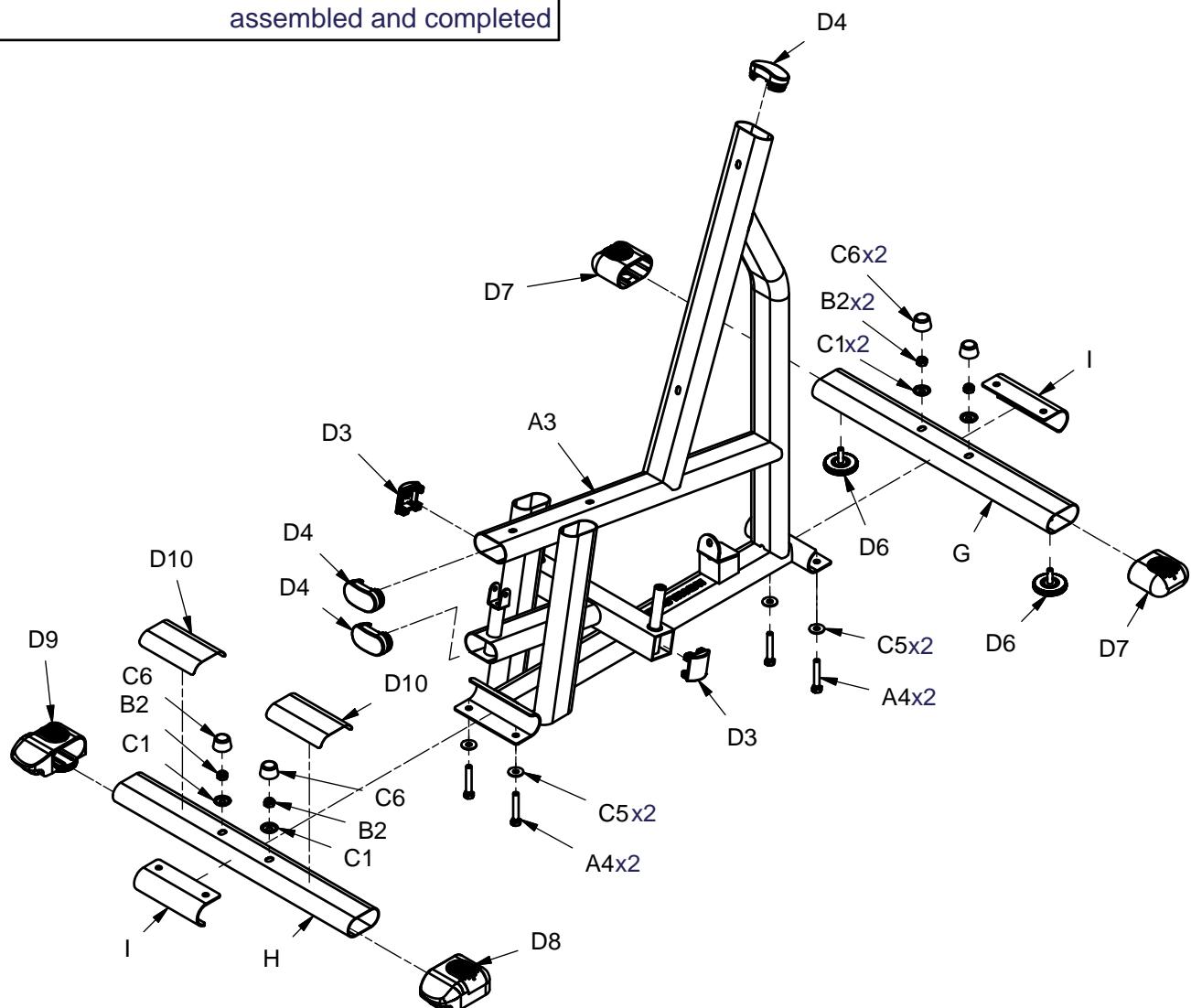
M[2PCS]
9131-021



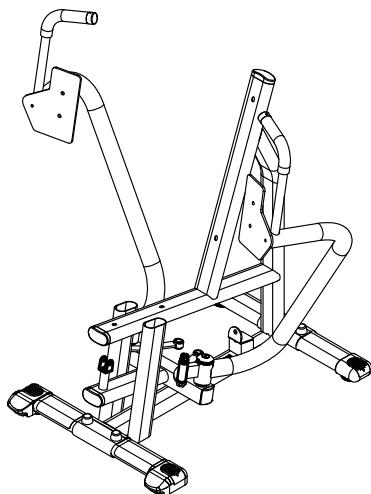
CPD-800 ASSEMBLY INSTRUCTIONS



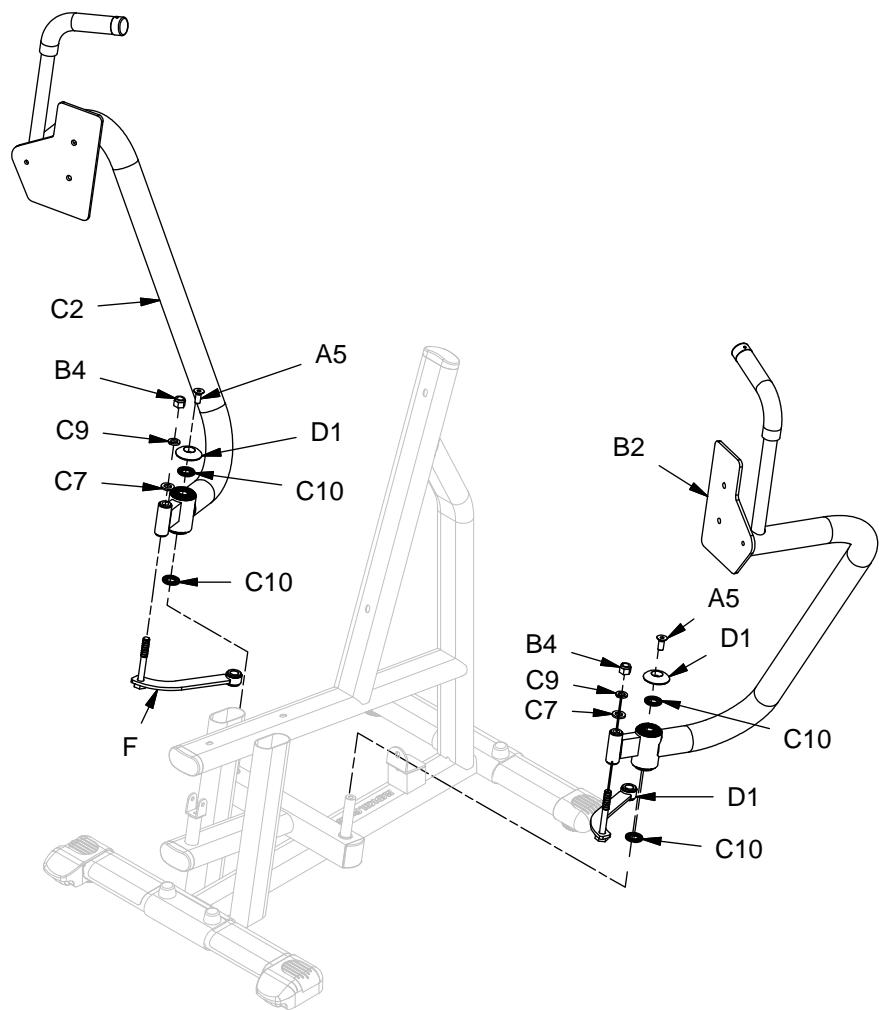
Above shows STEP 1
assembled and completed



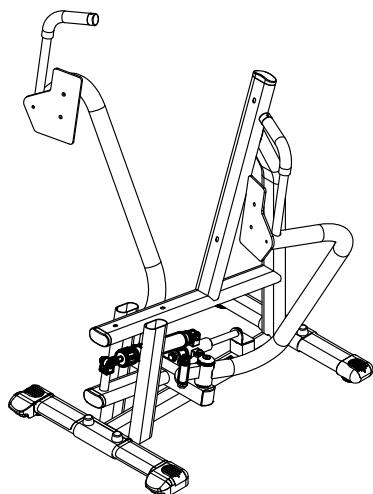
CPD-800 ASSEMBLY INSTRUCTIONS



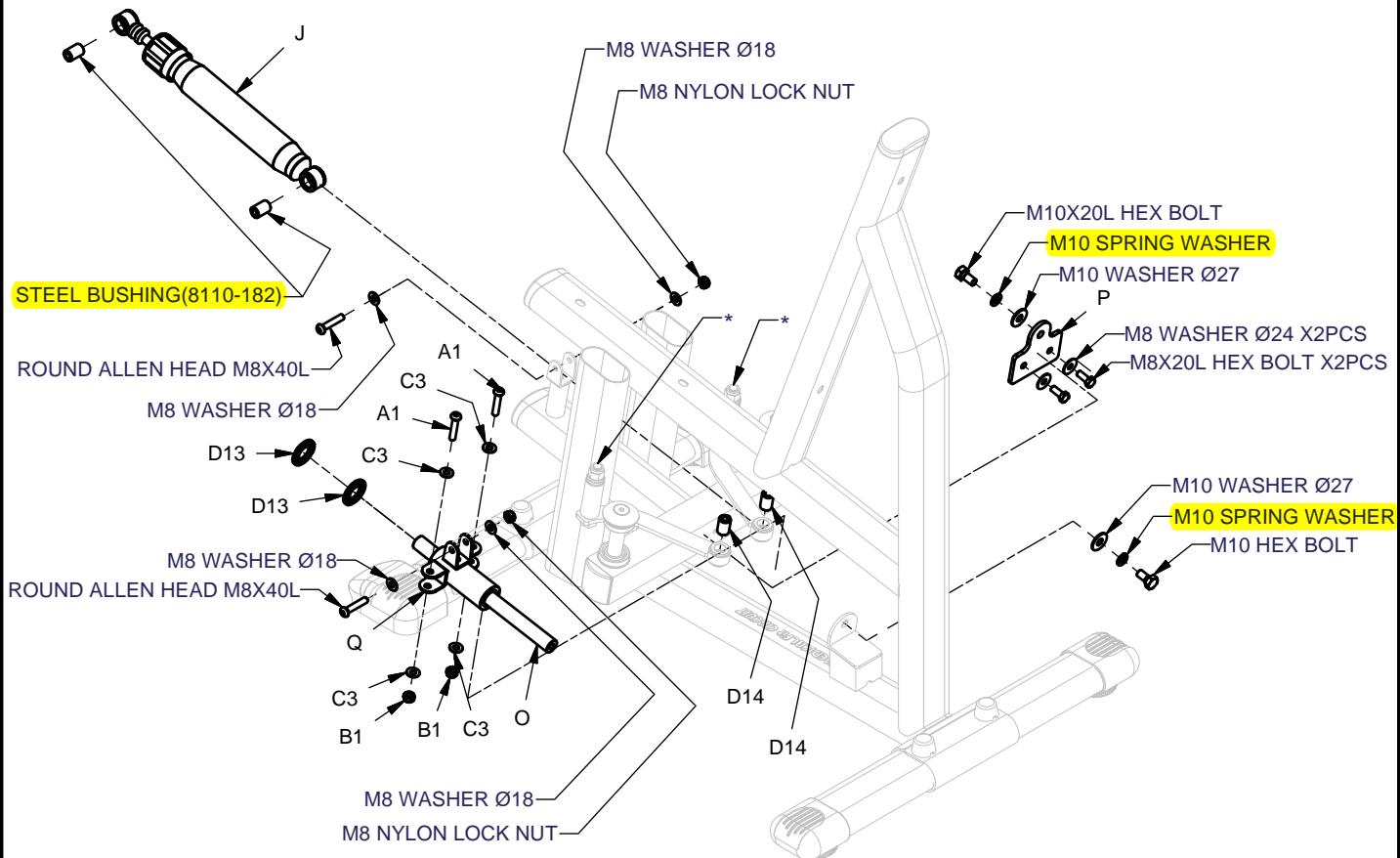
Above shows STEP 2
assembled and completed



CPD-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed

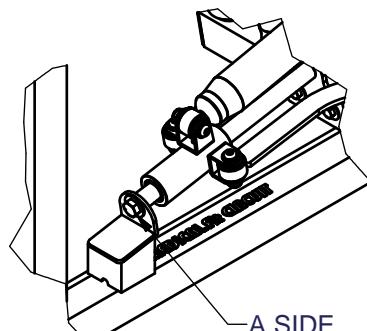
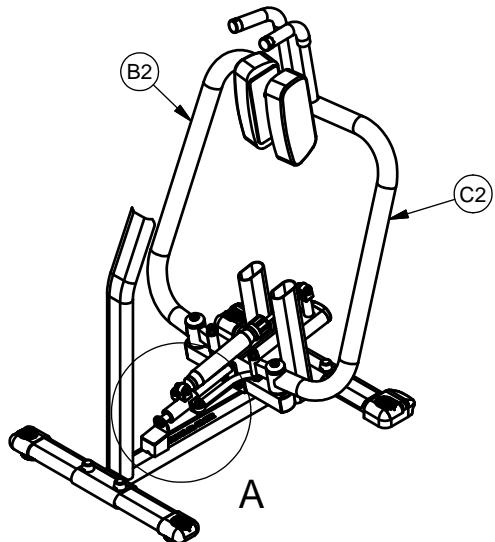


* : Tighten the nylon locknut until it fixed,
and loosen it 1/4 circle in order to avoid too tight nylon locknut influencing the machine movement.

Warning

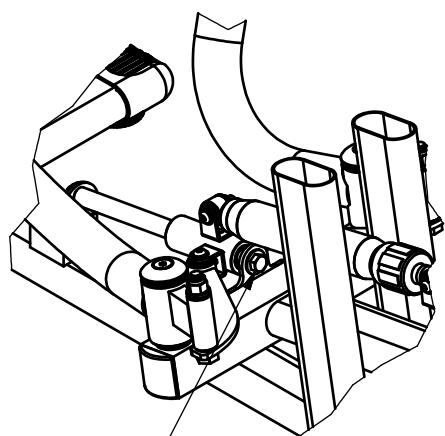
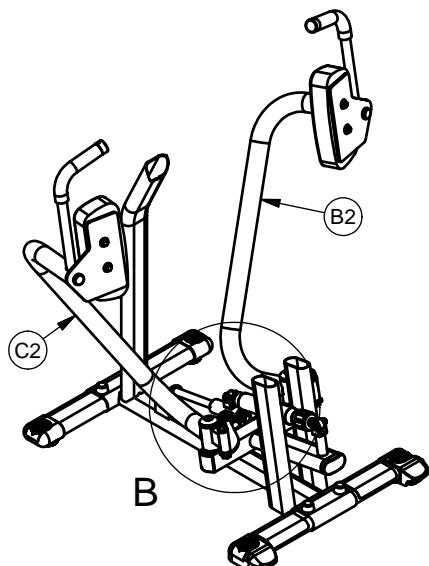
The model has been adjusted before leaving the factory ,In case of abnormal sound or unsMOOTHNESS, please follow the steps below to deal with

Step 1, first loosen the A side and B side screw group



DETIAL A

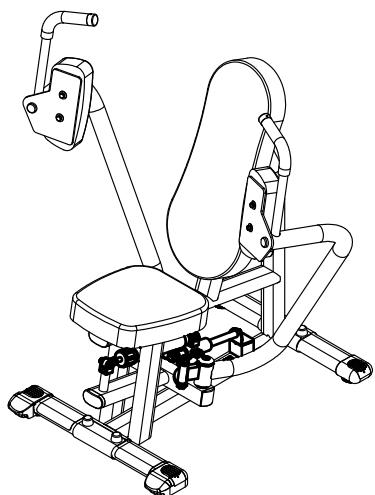
Step 2, turn the curved leg frame B2 and C2 together inwards, so that the lower sliding seat is placed at the rear, and when the locking guide rod (8220-162) A side screw group (M10X15L general hexagonal screw, M10 spring Washer, M10 Washer Ø27 side), re-tighten



DETIAL B

Step 3, turn the curved leg frame B2 and C2 to expand outward to the maximum, so that the lower slide seat is placed in front, and when the screw group (M10X15L general external hexagonal screw, M10 Spring washer, M10 washer Ø27 side), re-tighten

CPD-800 ASSEMBLY INSTRUCTIONS



Above shows STEP 4
assembled and completed

