

The Surgeon General
has determined that lack
of physical activity is
detrimental to your health.™

Trademark of United States Fitness Products Council

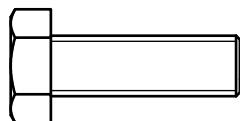
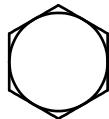
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.

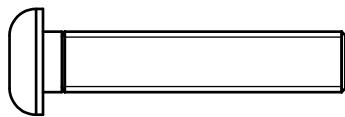
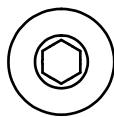
CBC-400.3 OWNER'S MANUAL

CBC-400 ASSEMBLY INSTRUCTIONS

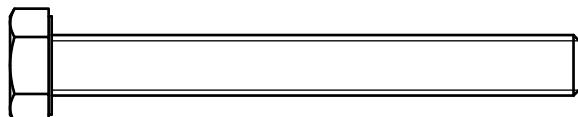
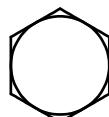
HARDWARE ILLUSTRATION



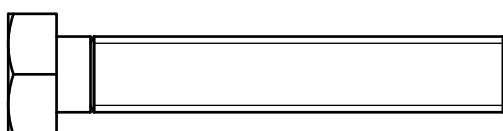
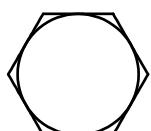
(A1)HEX BOLT M8X25L PARTIAL QTY.4



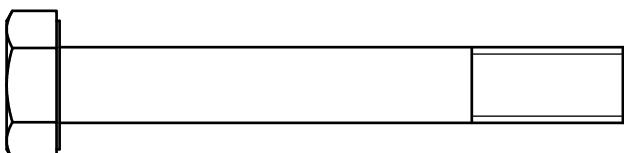
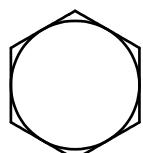
(A2)ROUND INNER HEX SCREW M8X40L PARTIAL QTY.2



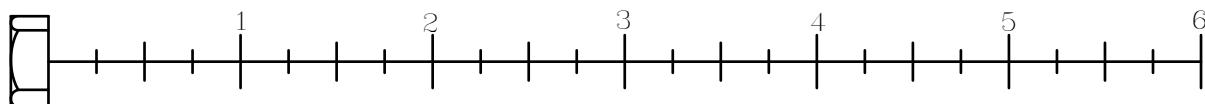
(A3)HEX BOLT M8X70L PARTIAL QTY.2



(A4)HEX BOLT M10X60L PARTIAL QTY.4



(A5)HEX BOLT M10X75L PARTIAL QTY.2

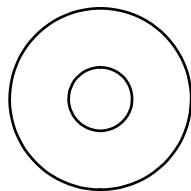


CBC-400 ASSEMBLY INSTRUCTIONS

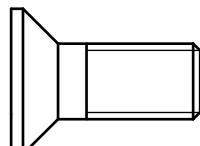
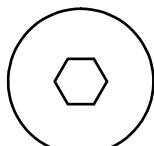
HARDWARE ILLUSTRATION



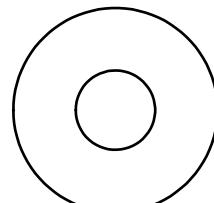
(A6) BOLT CAP(9212-024) QTY.4



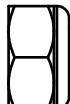
(C2) M8(I.D.)FLAT WASHER Ø24 QTY.6



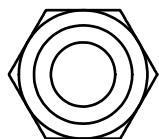
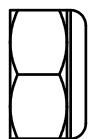
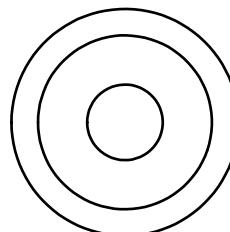
(A7) M10X25L SOCKER FLAT SCREW QTY.4



(C3) M10(I.D.)FLAT WASHER Ø27 QTY.8



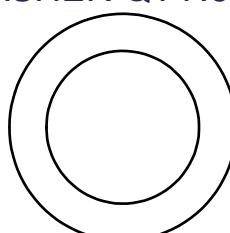
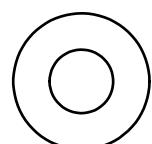
(B1) M8 NYLON LOCK NUT QTY.2



(C4) 3/8" ROUND END CAP WASHER QTY.4

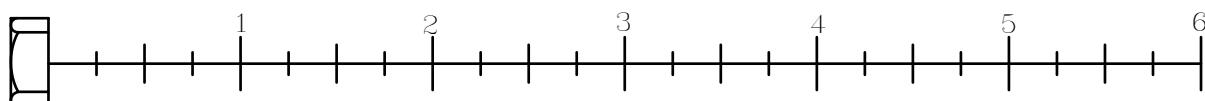
(B2) M10 NYLON LOCK NUT QTY.6

(C5) M8 SPRING WASHER QTY.6



(C1) M8(I.D.)FLAT WASHER Ø18 QTY.4

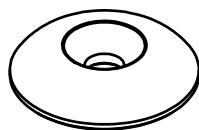
(C6) M20 WASHERØ30 QTY.4



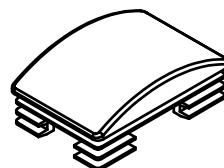
HARDWARE ILLUSTRATION

(D1)Ø50X10 END COVER(8130-131)	-----[4PCS]
(D3)50X75 ROUND END CAP(9211-084)	-----[1PCS]
(D5)50X50X1.8t ROUND END CAP(9211-087)	-----[2PCS]
(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)50X1tX180L RUBBER PAD(9311-020)	-----[1PCS]
(D11)95X140L RUBBER PAD(9630-003)	-----[2PCS]
(D13)Ø16.1xØ8x22.5L STEEL BUSHING(8110-150)	-----[2PCS]

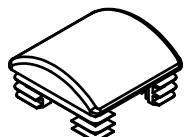
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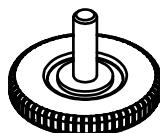
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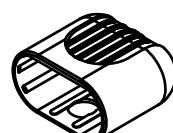
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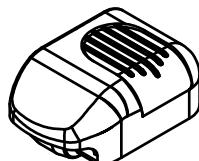
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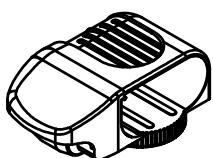
D7.



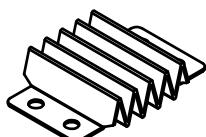
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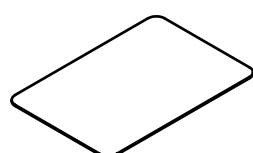
D9.



D10.



D11.

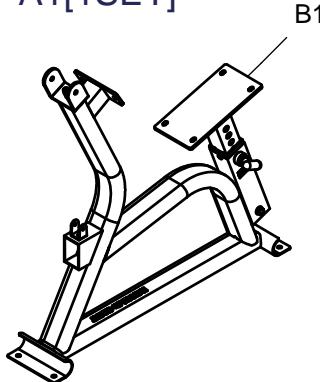


D13.

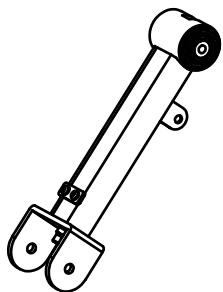


PARTS ILLUSTRATION SHEET

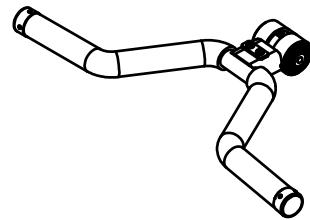
A1[1SET]



C1[1SET]



D1[1SET]



E[1SET]

8312-090
50X5tX140L

F[1SET]

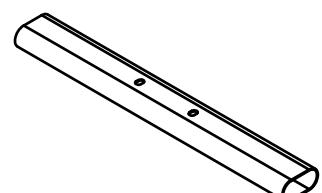
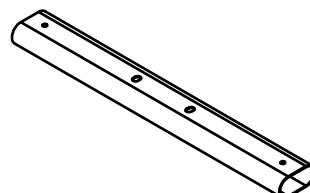
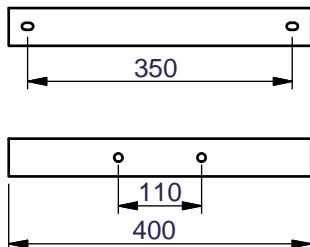
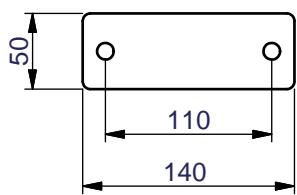
10CBC400-01
□50X2.5tX400L

G[1PCS]

5584-K007
40X80X2tX600L

H[1PCS]

5584-K008
40X80X2tX600L



J[2PCS]

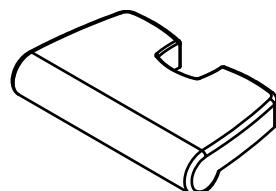
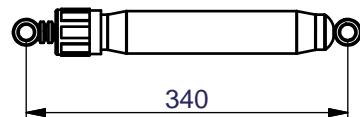
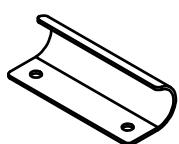
8386-101

K1[1PCS]

8830-018

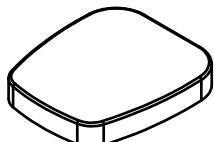
L[1PCS]

9131-020

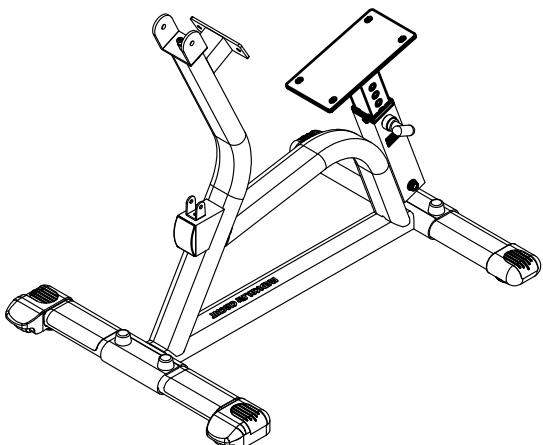


M[1PCS]

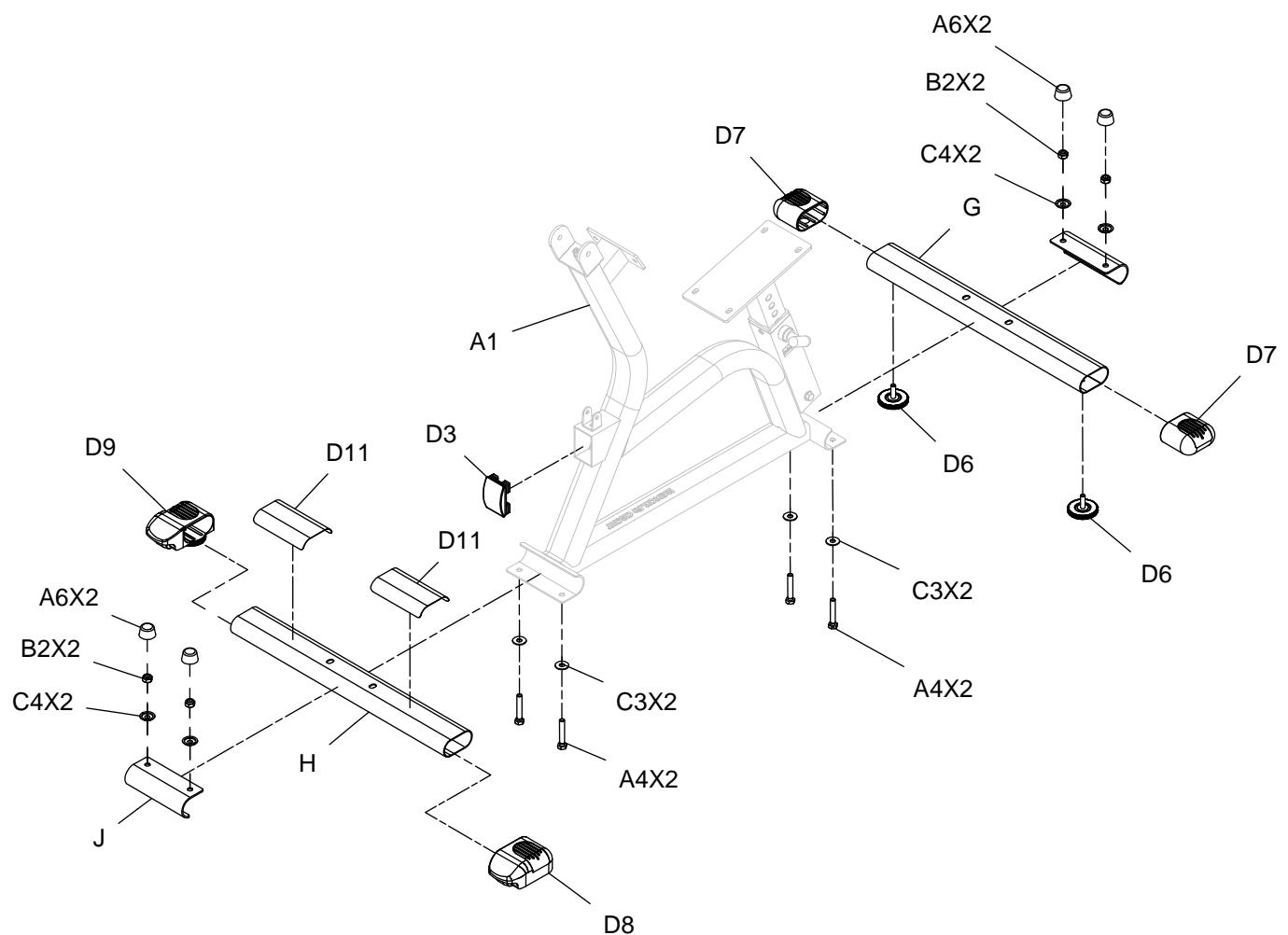
9121-063



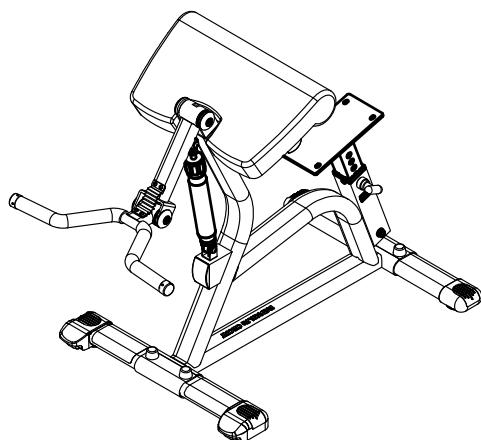
CBC-400 ASSEMBLY INSTRUCTIONS



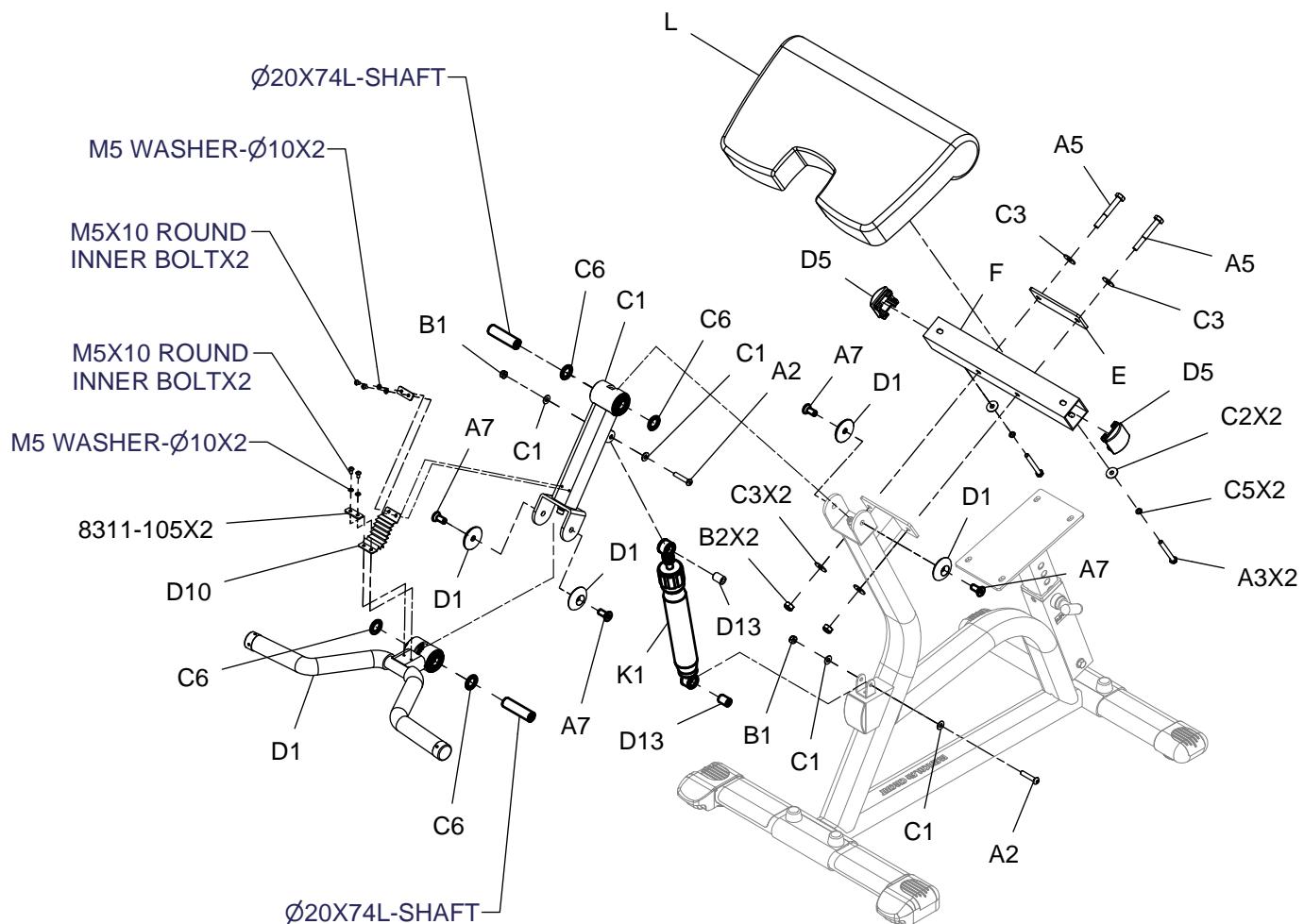
Above shows STEP1
assembled and completed



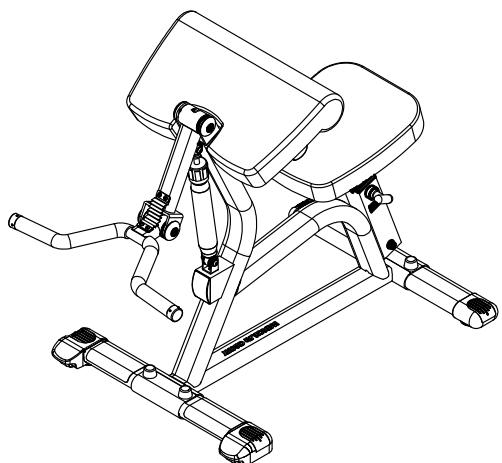
CBC-400 ASSEMBLY INSTRUCTIONS



Above shows STEP2
assembled and completed



CBC-400 ASSEMBLY INSTRUCTIONS



Above shows STEP3
assembled and completed

