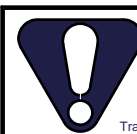
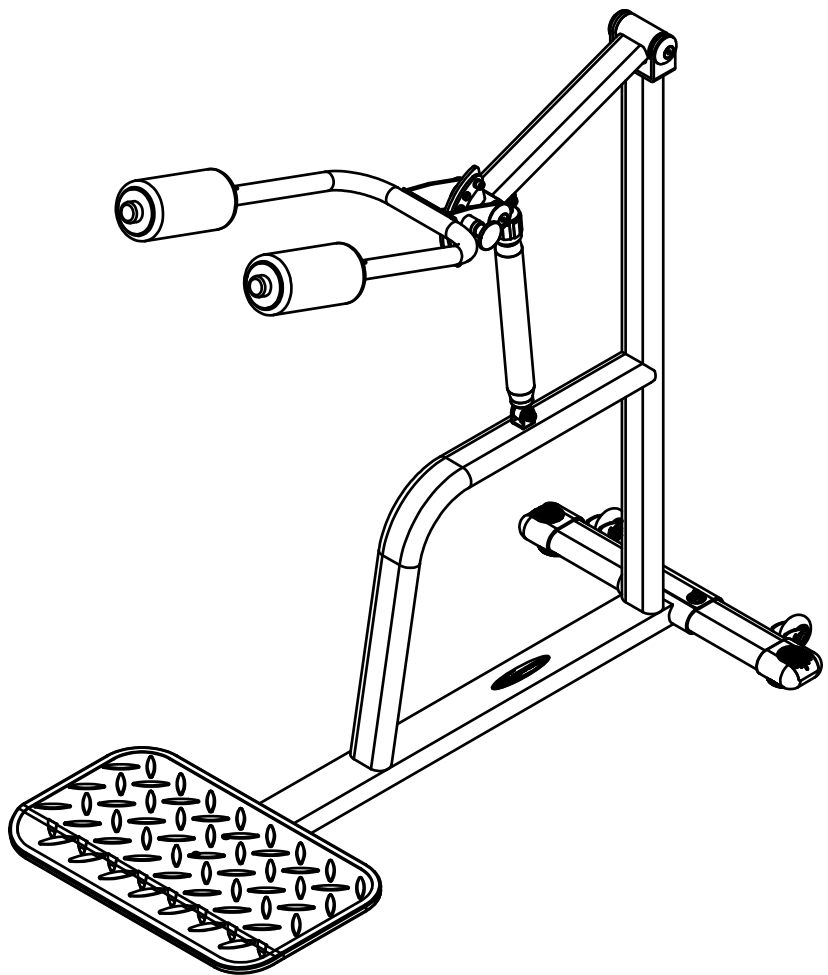


SteelFlex



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

Trademark of United States Fitness Products Council

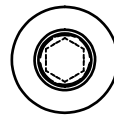
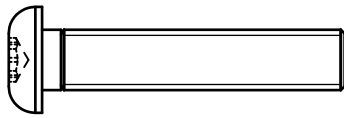
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.

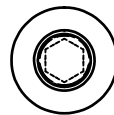
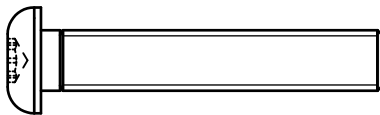
CSQ-1200 OWNER'S MANUAL

CSQ-1200 ASSEMBLY INSTRUCTIONS

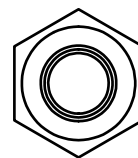
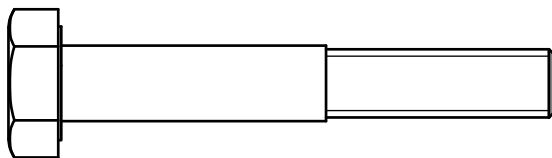
HARDWARE ILLUSTRATION



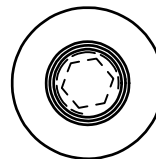
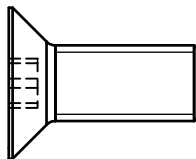
(A1)ROUND ALLEN HEAD M8x40L PARTIAL THREAD QTY.2



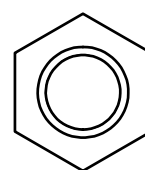
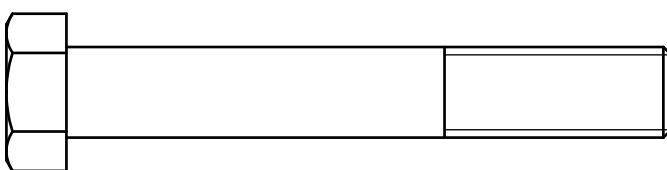
(A2)ROUND ALLEN HEAD M8x45L PARTIAL THREAD QTY.2



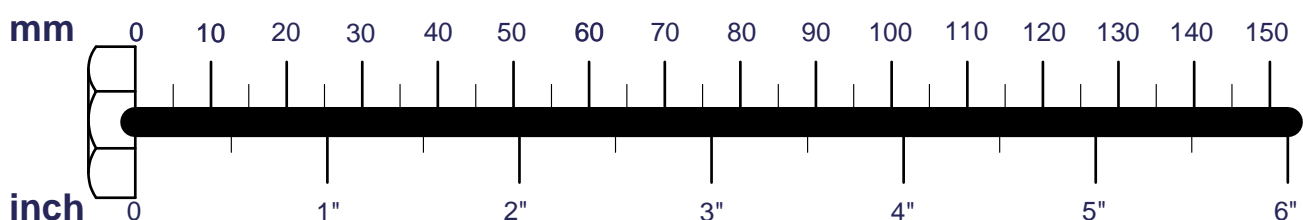
(A3)HEX HEAD BOLT M10X65L PARTIAL THREAD QTY.2



(A4)SOCKER FLAT HEAD SCREW M10X25L PARTIAL THREAD QTY.4



(A5)HEX HEAD BOLT M12X80L PARTIAL THREAD QTY.2

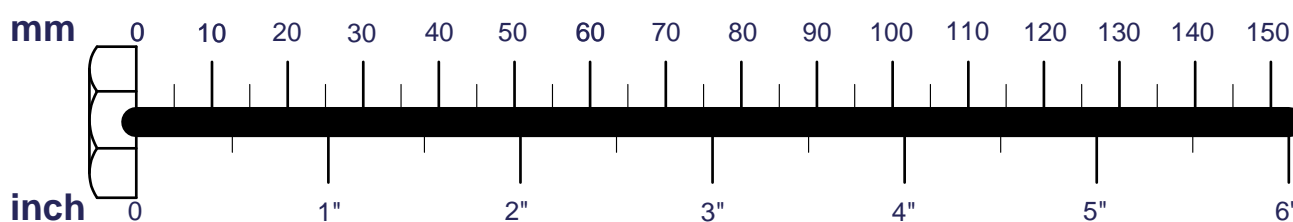


CSQ-1200 ASSEMBLY INSTRUCTIONS

HARDWARE ILLUSTRATION

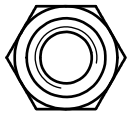


(A6)ALLEN SCREW M5X4L FULL THREAD QTY.4

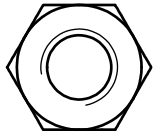


CSQ-1200 ASSEMBLY INSTRUCTIONS

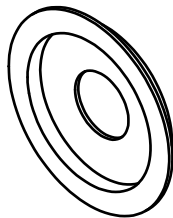
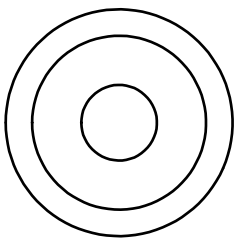
HARDWARE ILLUSTRATION



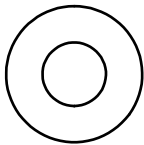
(B1)NYLON LOCK NUT M8 QTY.4



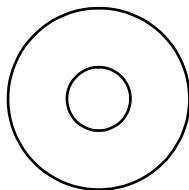
(B2)NYLON LOCK NUT M10 QTY.2



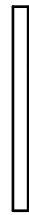
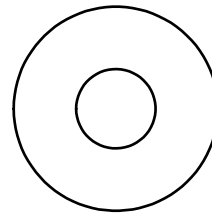
(C1)3/8" ROUDN END CAP WASHER QTY.2



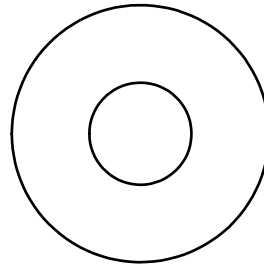
(C2)M8(I.D.)FLAT WASHER Ø18X1.5T QTY.4



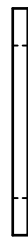
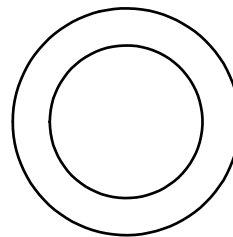
(C3)M8(I.D.)FLAT WASHER Ø24X1.6T QTY.4



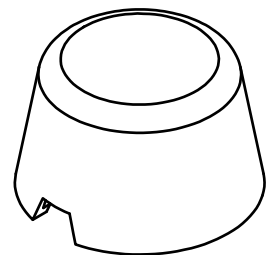
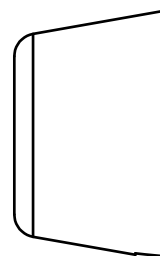
(C4)M10(I.D.)FLAT WASHER Ø27X1.6T QTY.2



(C5)M12(I.D.)FLAT WASHER Ø34X3T QTY.2



(C6)M20 WASHERØ30 QTY.4



(C7)1/2" BOLT CAP(9212-024) QTY.2

mm

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

inch

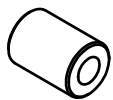
0 1" 2" 3" 4" 5" 6"

CSQ-1200 ASSEMBLY INSTRUCTIONS

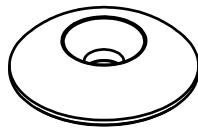
HARDWARE ILLUSTRATION

- D1. Ø16.1XØ8X22.5L STEEL BUSHING(8110-150)-----[2PCS]
D2. Ø50X10 END COVER (8130-131)-----[4PCS]
D3. Ø35XØ26X19L STEEL BUSHING (8890-079)-----[2PCS]
D4. Ø64X24H PULLEY (9213-023)-----[2PCS]
D5. 3" Nylon WASHER (9214-008)-----[4PCS]
D6. Ø60X42H DECK BUFFER (9214-037)-----[2PCS]
D7. 40X80 ROUND END COVER (9261-070)-----[2PCS]

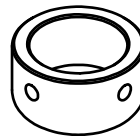
D1



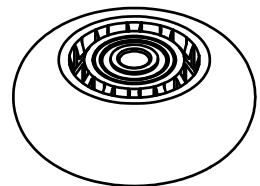
D2



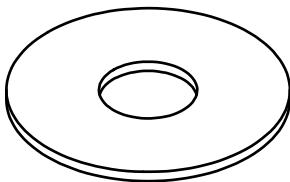
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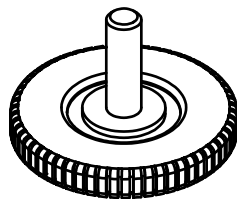
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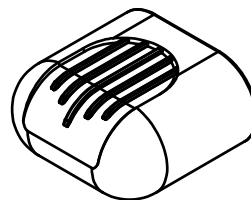
D5



D6



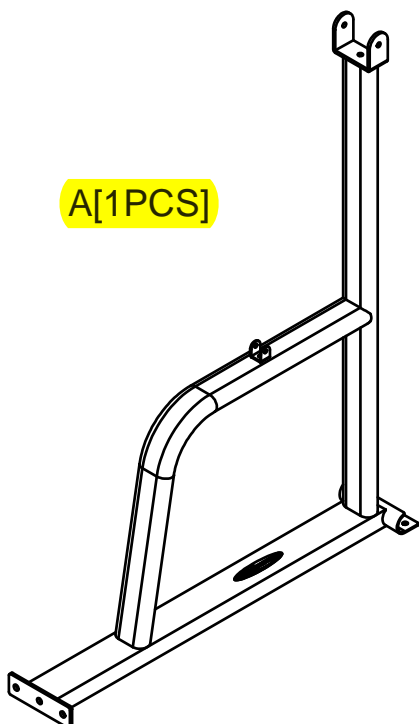
D7



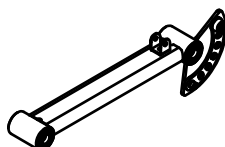
CSQ-1200 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

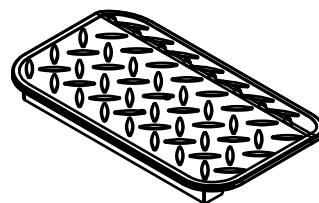
A[1PCS]



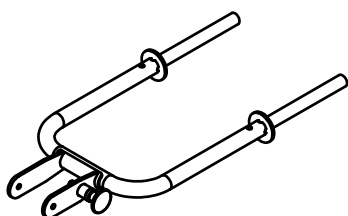
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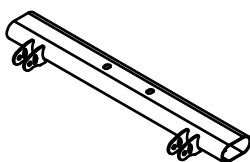
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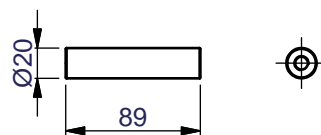
D[1PCS]



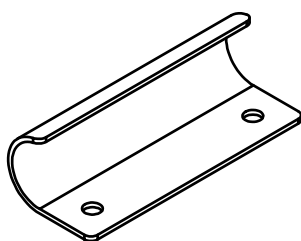
E[2PCS]



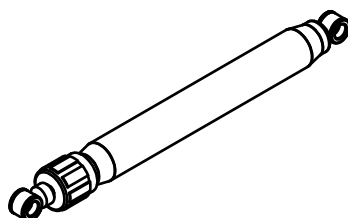
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8220-149
Ø20X89L



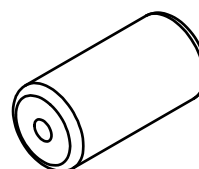
G[1PCS]
8386-101



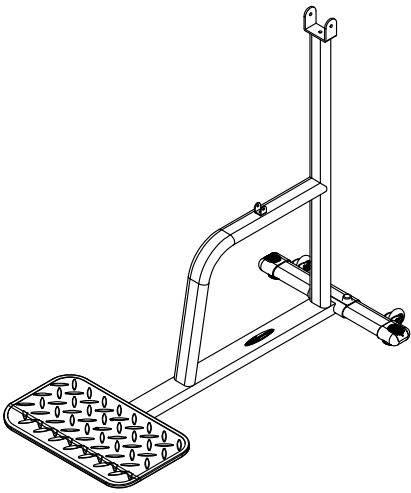
H[1PCS]
8830-017



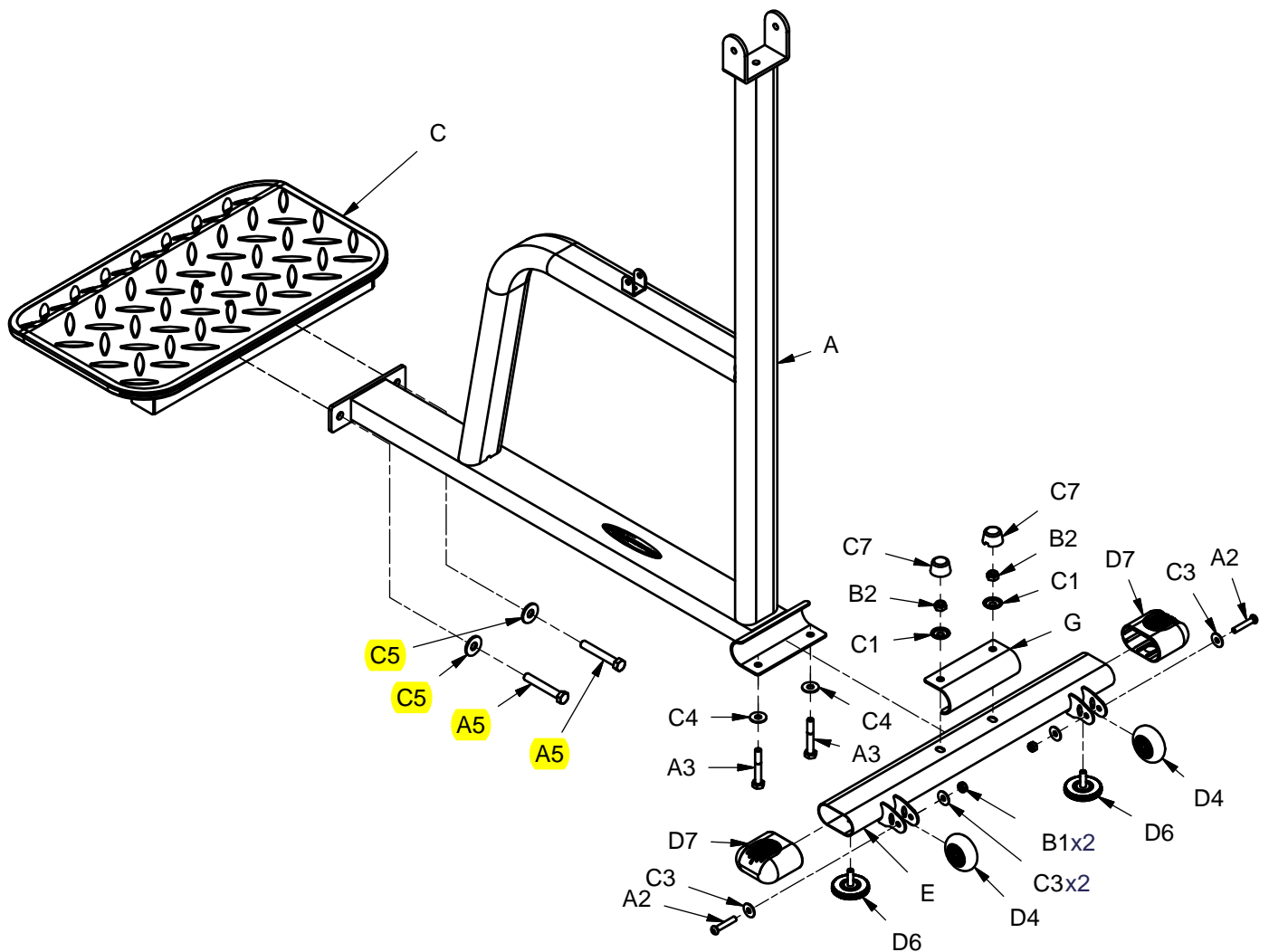
I[2PCS]
9161-077
Ø101XØ25.6X200L



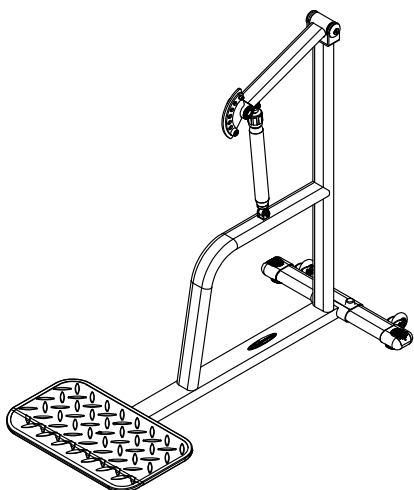
CSQ-1200 ASSEMBLY INSTRUCTIONS



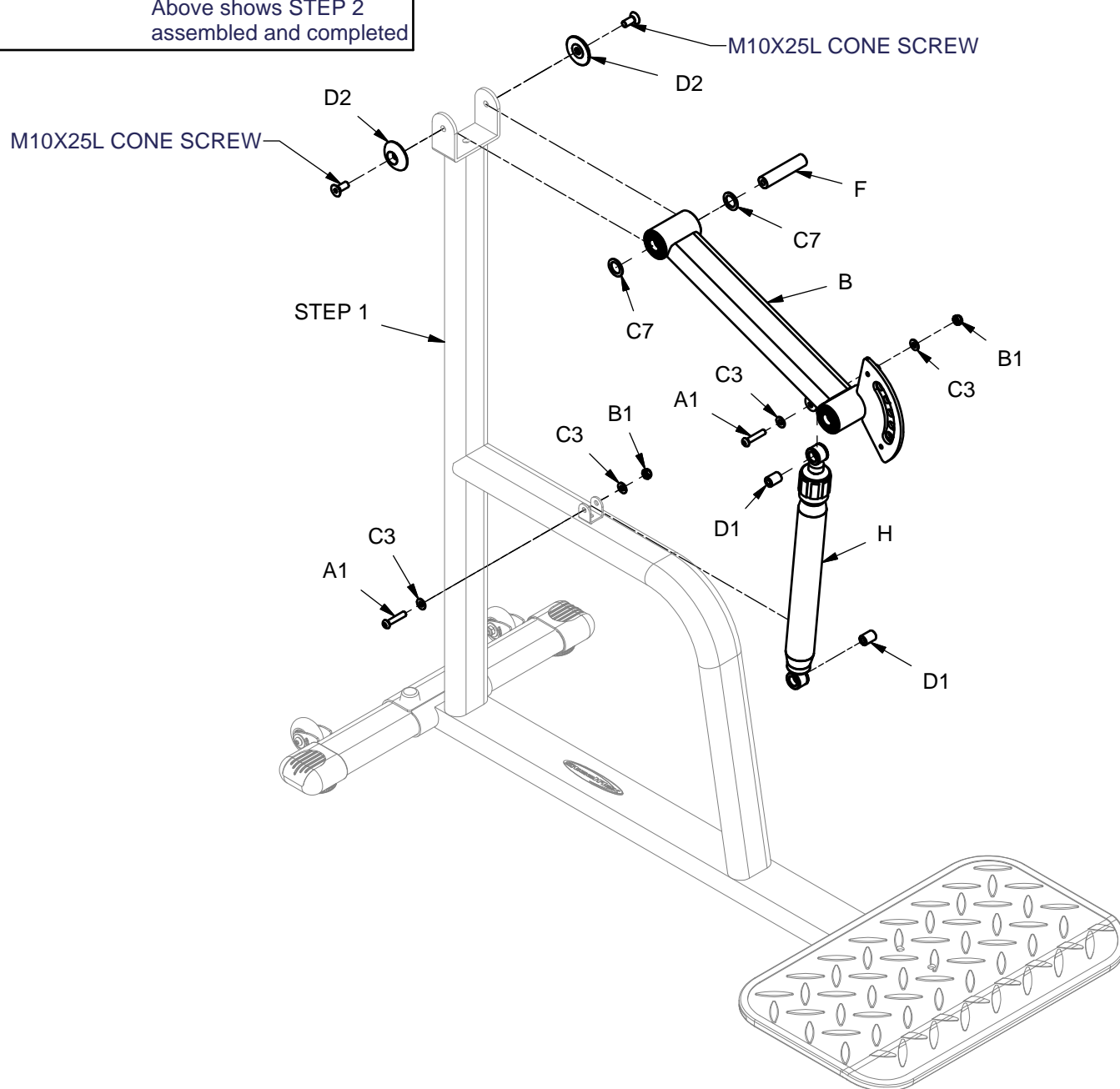
Above shows STEP 1
assembled and completed



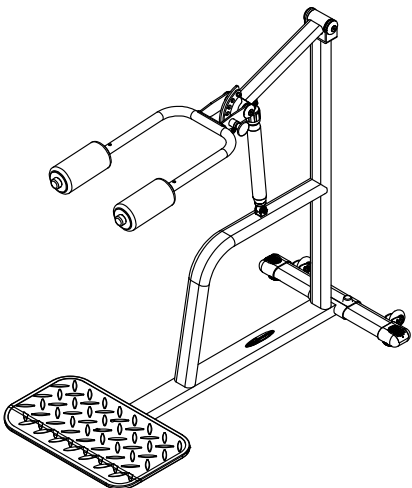
CSQ-1200 ASSEMBLY INSTRUCTIONS



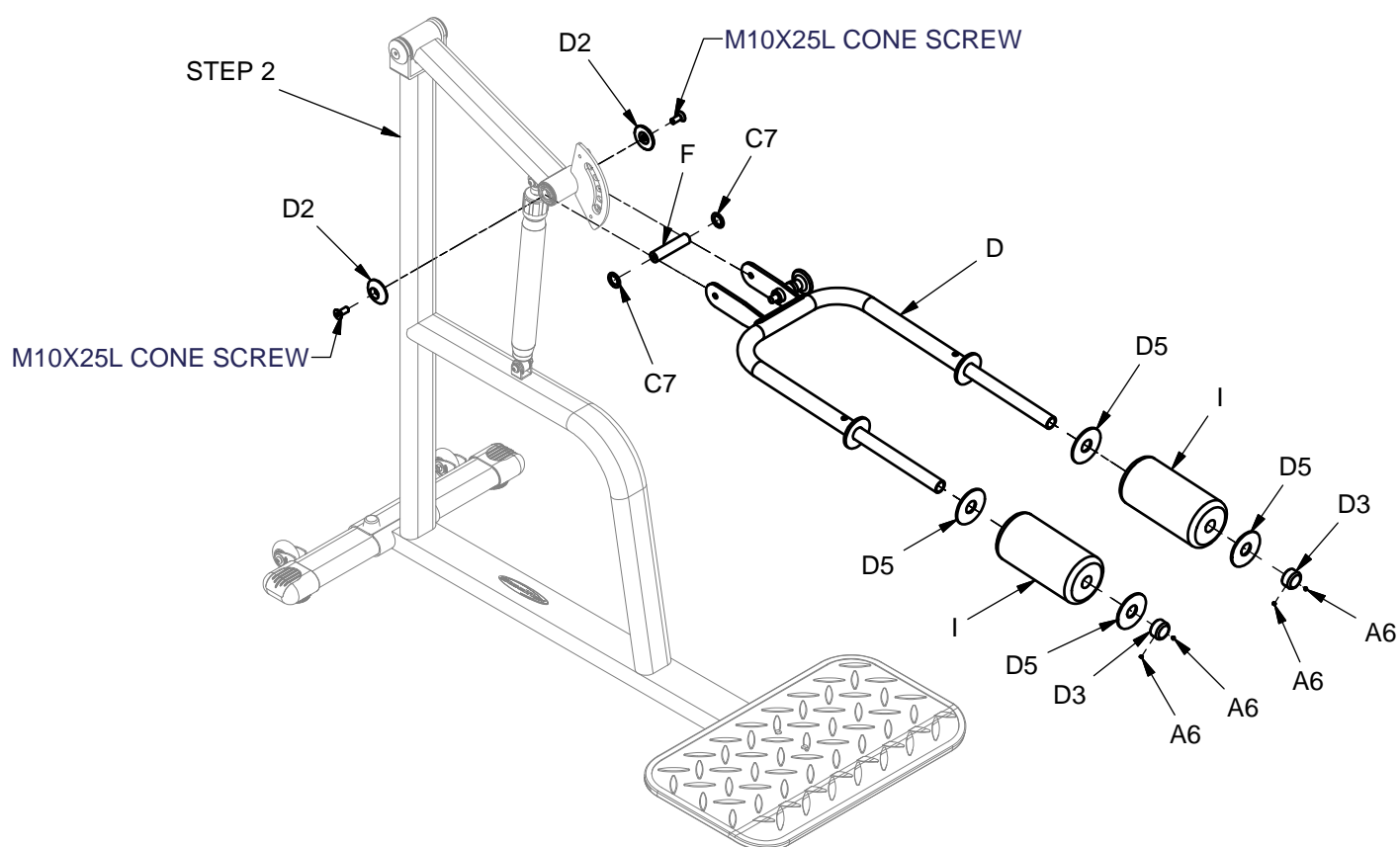
Above shows STEP 2
assembled and completed



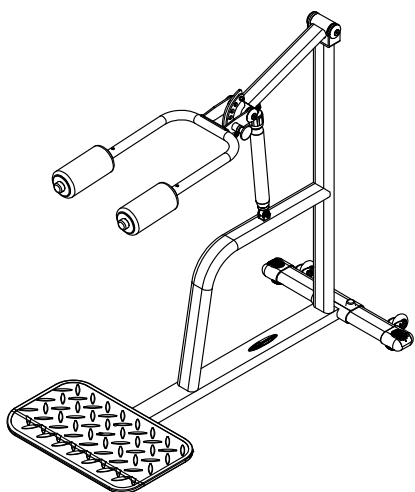
CSQ-1200 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed



CSQ-1200 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed

