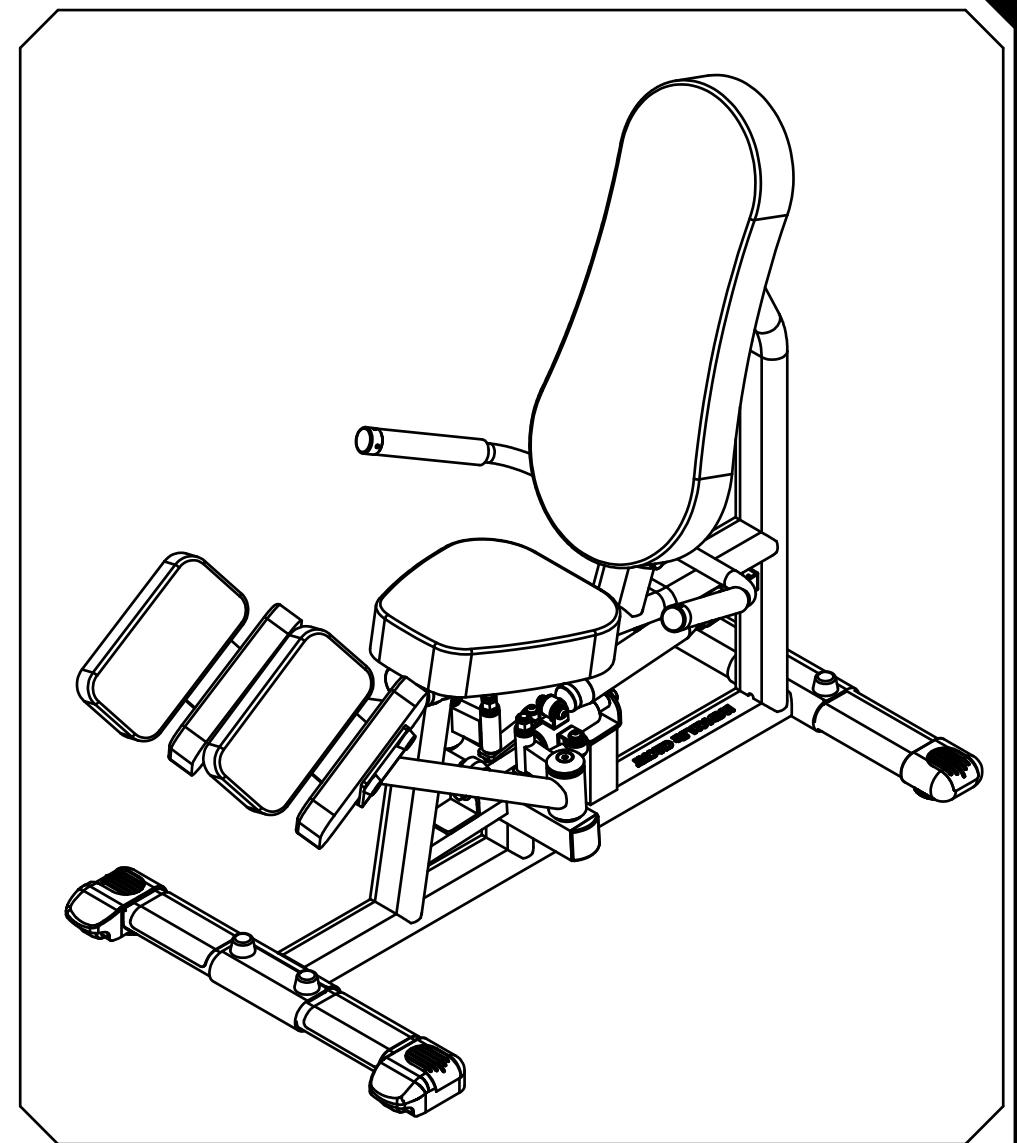


SteelFlex



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

Trademark of United States Fitness Products Council

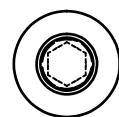
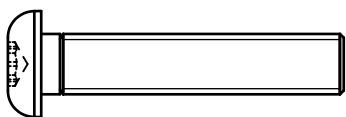
THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:

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.

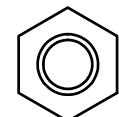
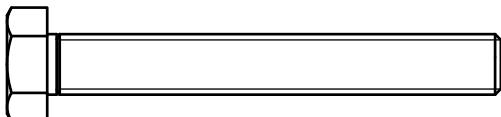
CTH-1100.4 OWNER'S MANUAL

# CTH-1100 ASSEMBLY INSTRUCTIONS

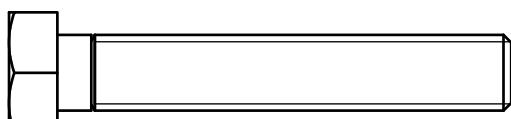
## HARDWARE ILLUSTRATION



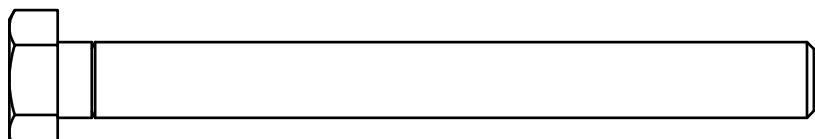
(A2)ROUND ALLEN HEAD M8x40L PARTIAL THREAD QTY.2



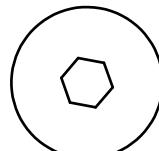
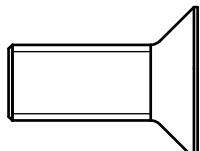
(A3)HEX BOLT M8X60L PARTIAL THREAD QTY.4



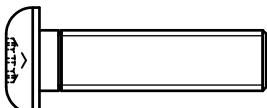
(A4)HEX BOLT M10X60L PARTIAL THREAD QTY.4



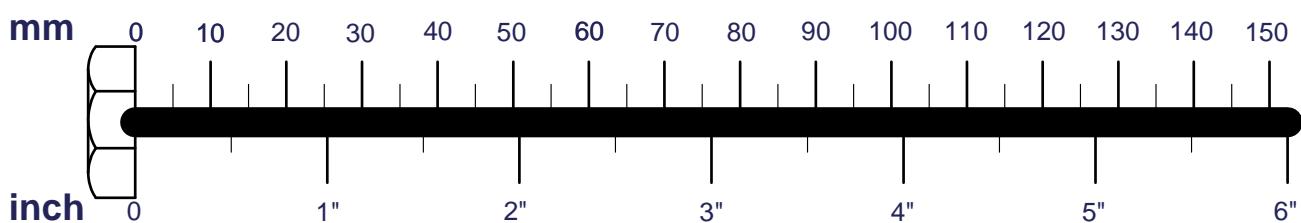
(A5)HEX BOLT M10X100L PARTIAL THREAD QTY.2



(A6)M10X25L SOCKER FLAT HEAD SCREW QTY.2



(A7)ROUND ALLEN HEAD M8x30L PARTIAL THREAD QTY.8

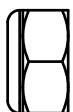


# CTH-1100 ASSEMBLY INSTRUCTIONS

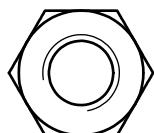
## HARDWARE ILLUSTRATION



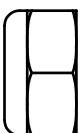
(B1) NYLON LOCK NUT M8 QTY.2



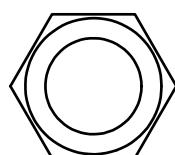
(C3) M8(I.D.)FLAT WASHER Ø18X1.5T QTY.4



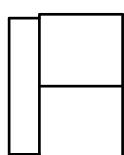
(B2) NYLON LOCK NUT M10 QTY.6



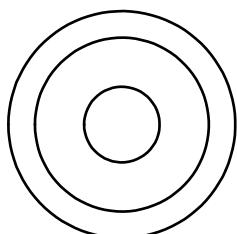
(C4) M8(I.D.)FLAT WASHER Ø24X1.6T QTY.4



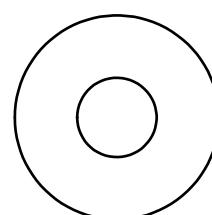
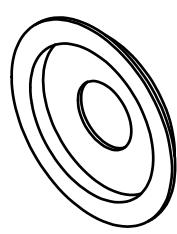
(B4) NYLON LOCK NUT 1/2" QTY.2



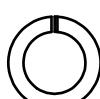
(C5) M10(I.D.)FLAT WASHER Ø19X1.5T QTY.4



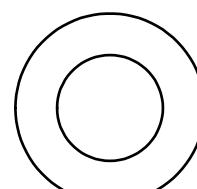
(C1) 3/8" ROUDN END CAP WASHER QTY.4



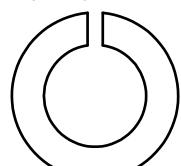
(C6) M10(I.D.)FLAT WASHER Ø27X1.6T QTY.4



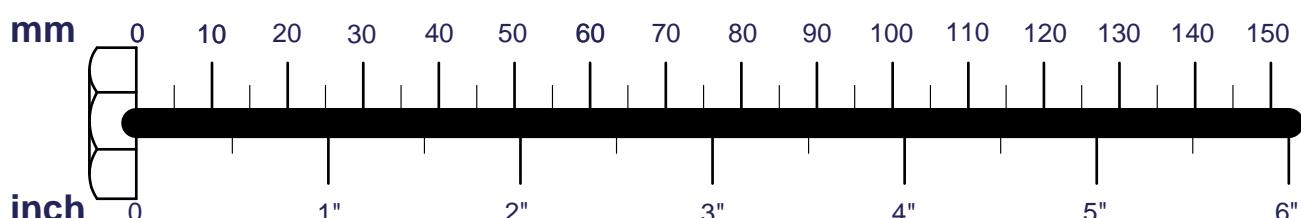
(C2) M8 SPRING WASHER QTY.4



(C7) 1/2"(I.D.)FLAT WASHER Ø25X2T QTY.2

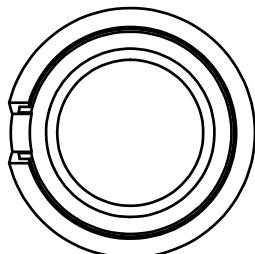
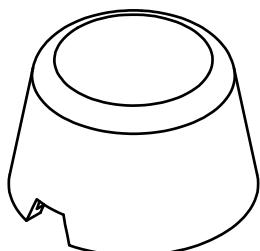
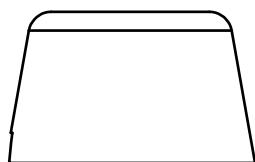


(C8) 1/2" SPRING WASHER QTY.2

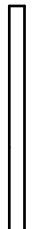
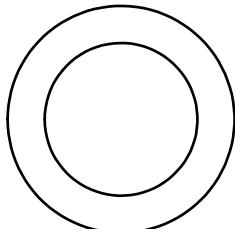


# CTH-1100 ASSEMBLY INSTRUCTIONS

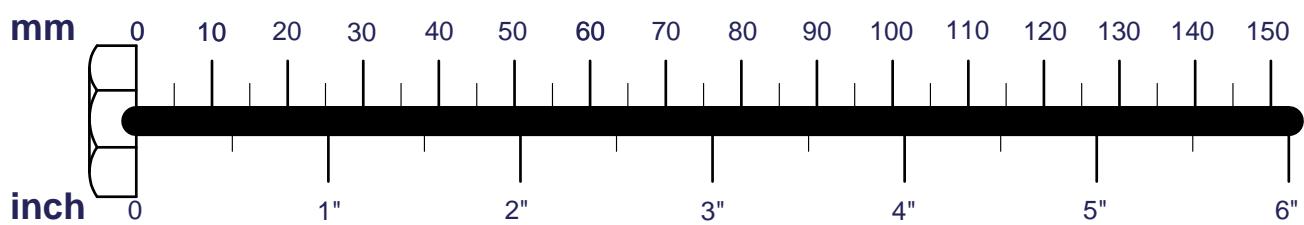
## HARDWARE ILLUSTRATION



(C9)1/2" BOLT CAP(9212-024) QTY.4



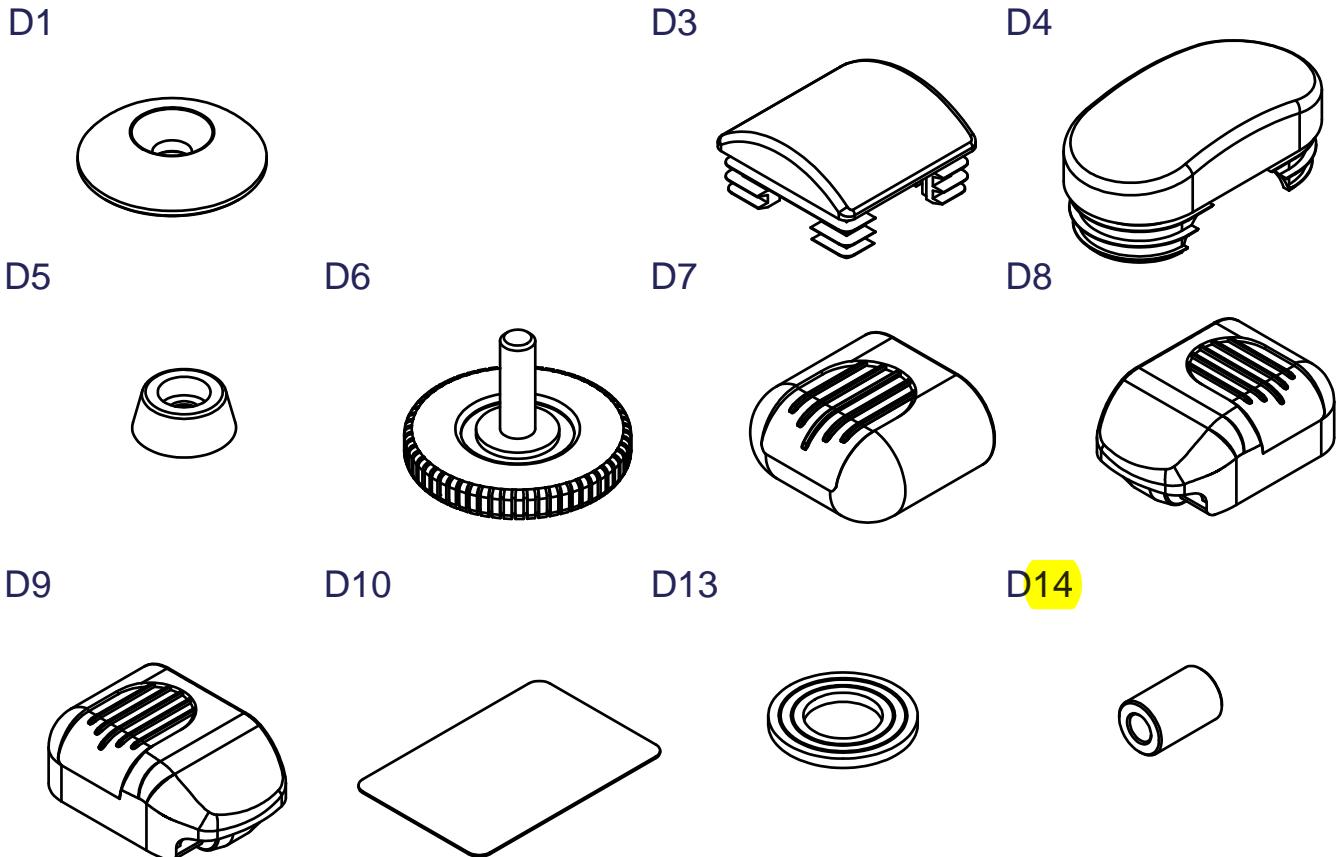
(C10)M20(I.D.)FLAT WASHER Ø30X2T QTY.4



# CTH-1100 ASSEMBLY INSTRUCTIONS

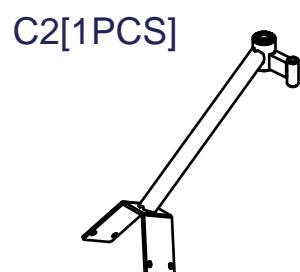
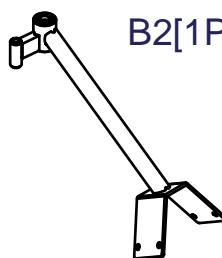
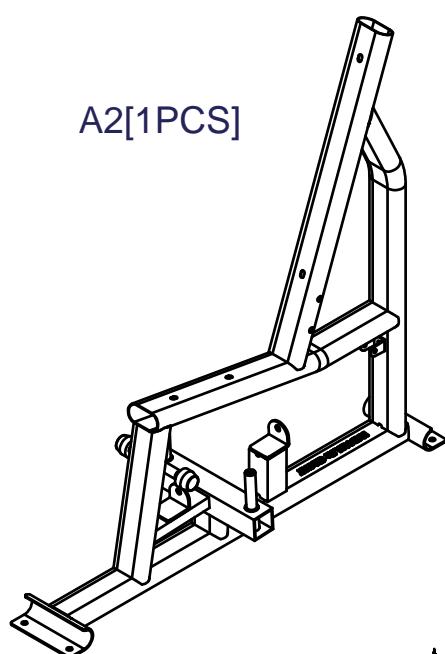
## HARDWARE ILLUSTRATION

D1. Ø50X10 END COVER (8130-131)	[2PCS]
D3. □50 ROUND END CAP (9211-087)	[2PCS]
D4. 40X80 END CAP(9211-113)	[2PCS]
D5.RUBBER BOLT HEAD PROTECTOR 5/16"(9214-030)	[8PCS]
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]
D13.Ø39.5X3TXØ20 RUBBER DOUNT(9310-068)	[2PCS]
D14.Ø5/8"X23.5L STEEL BUSHING(8110-181)	[2PCS]



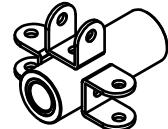
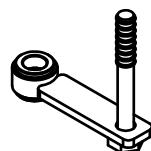
# CTH-1100 ASSEMBLY INSTRUCTIONS

## PARTS ILLUSTRATION SHEET



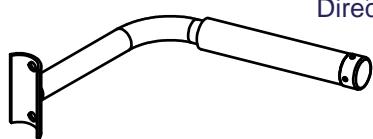
F[2PCS]

S[1PCS]  
8220-164  
Ø20X260L



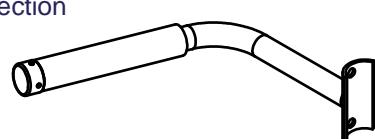
G[1PCS]

Direction



H[1PCS]

Direction

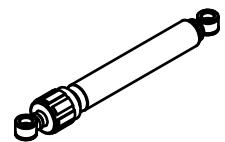
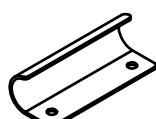
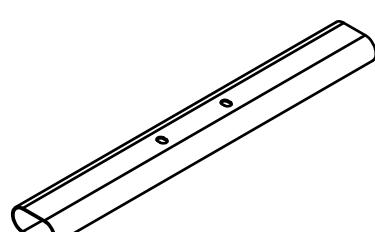
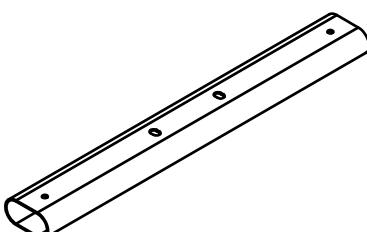


I[1PCS]  
5584-K007  
40X80X2TX600L

J[1PCS]  
5584-K008  
40X80X2TX600L

K[2PCS]  
8386-101

L1[1PCS]  
8830-039

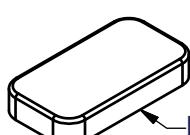
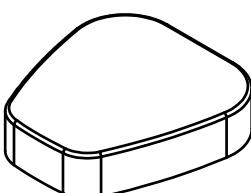
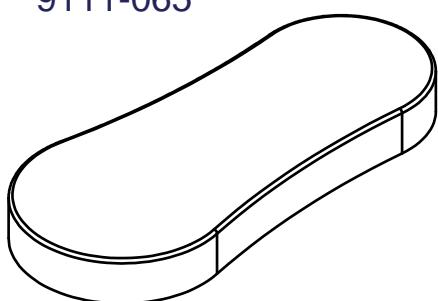


M[1PCS]  
9111-065

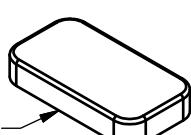
N[1PCS]  
9121-067

O[2PCS]  
9131-022

R[2PCS]  
9131-023

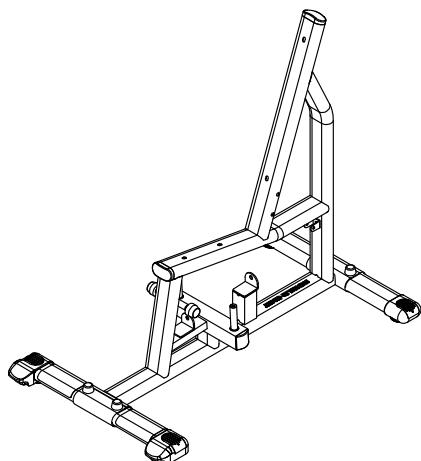


Nail

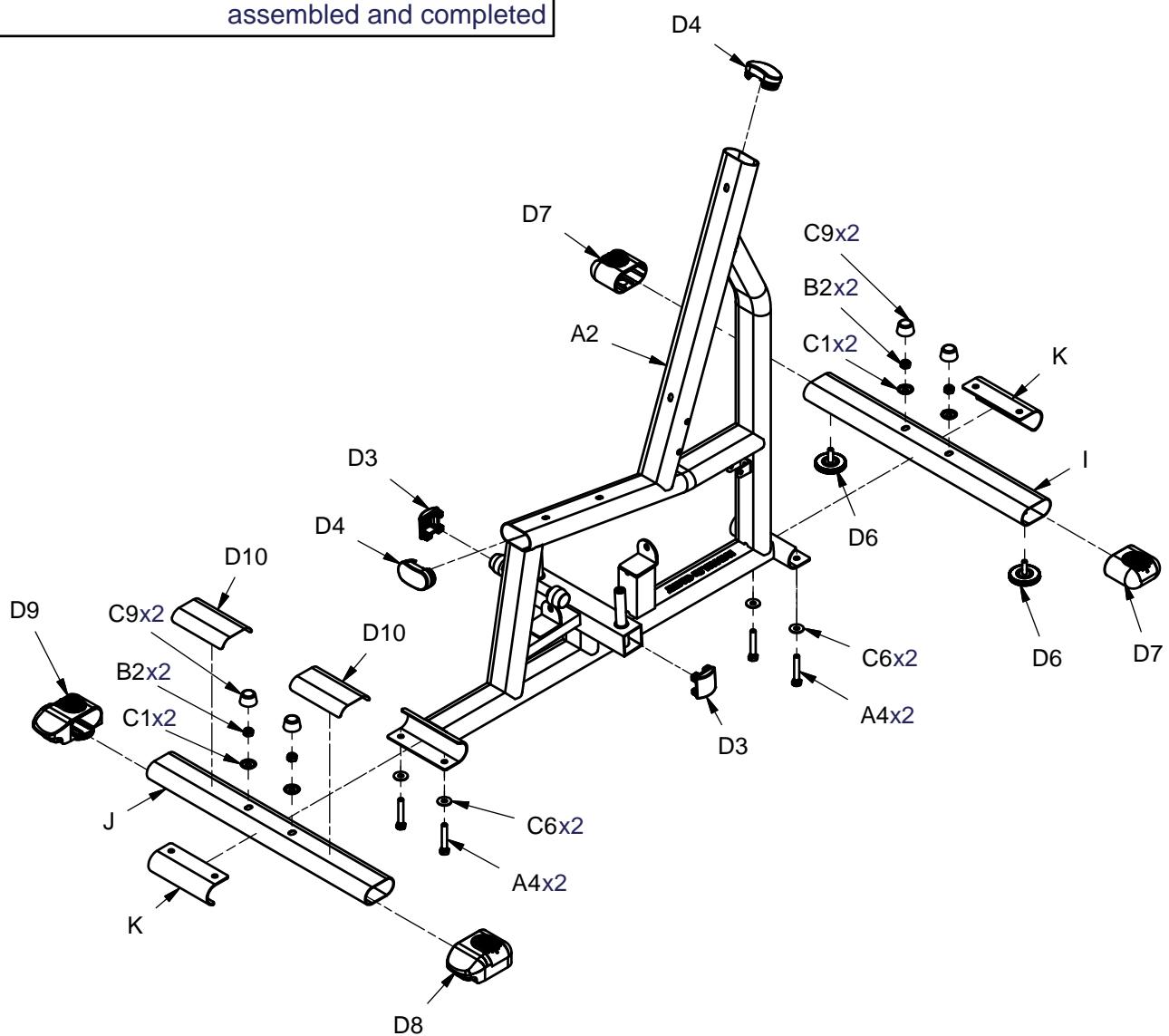


Nail

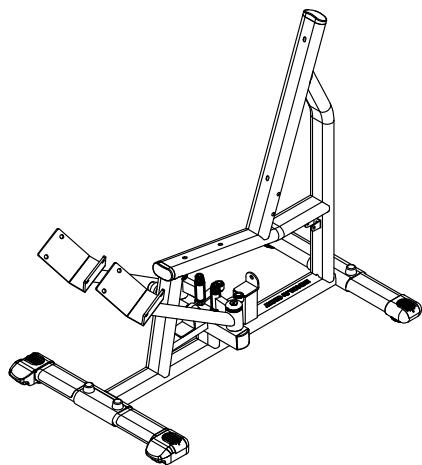
# CTH-1100 ASSEMBLY INSTRUCTIONS



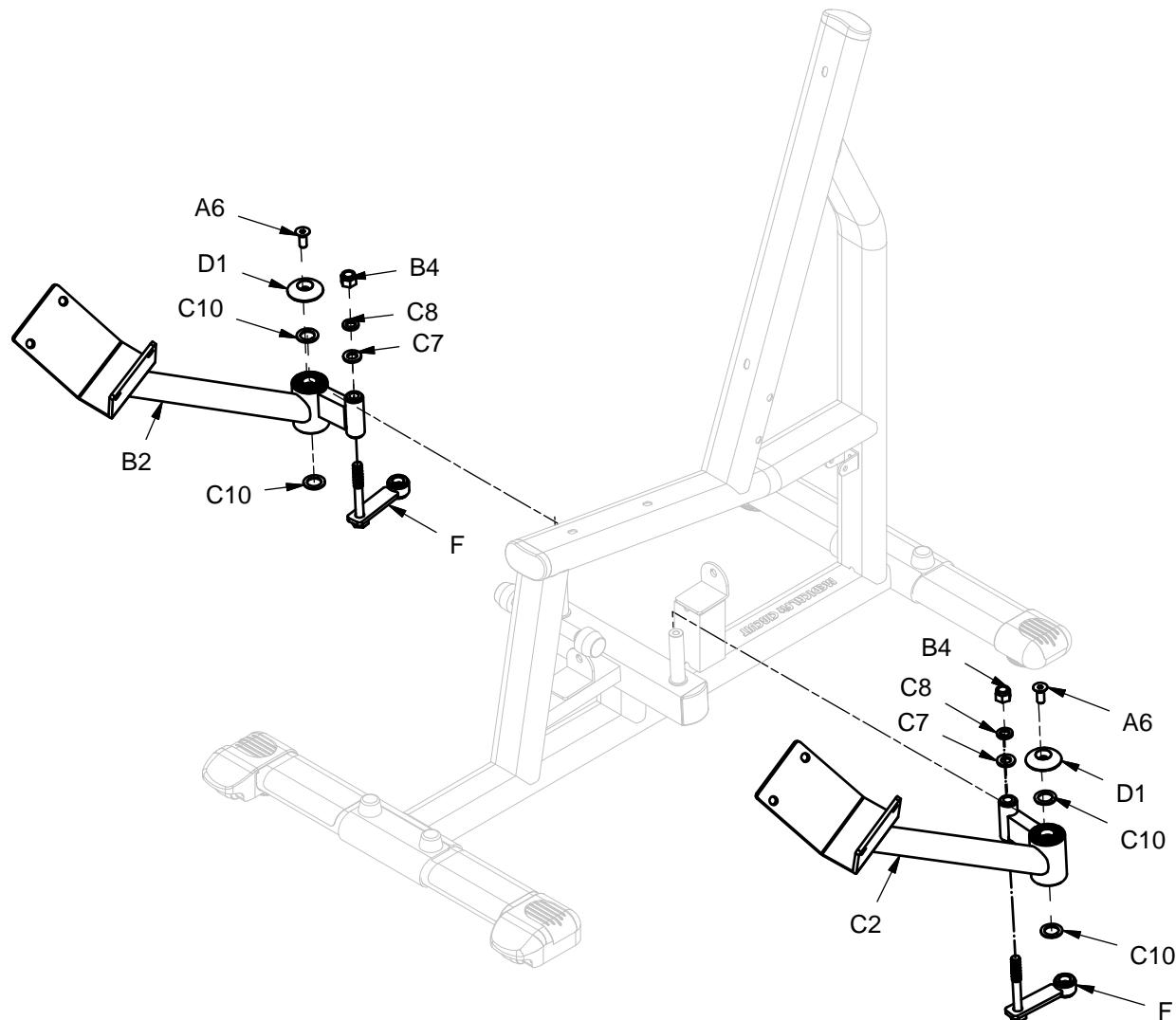
Above shows STEP 1  
assembled and completed



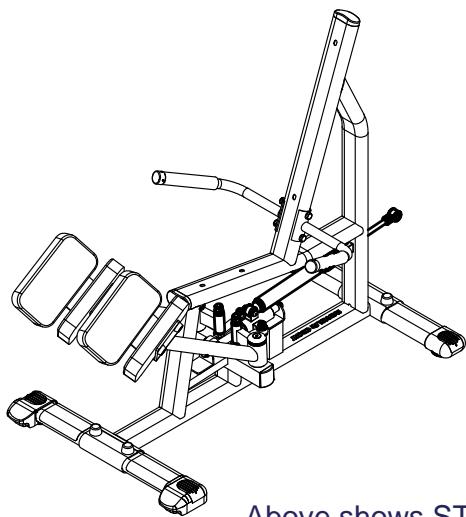
# CTH-1100 ASSEMBLY INSTRUCTIONS



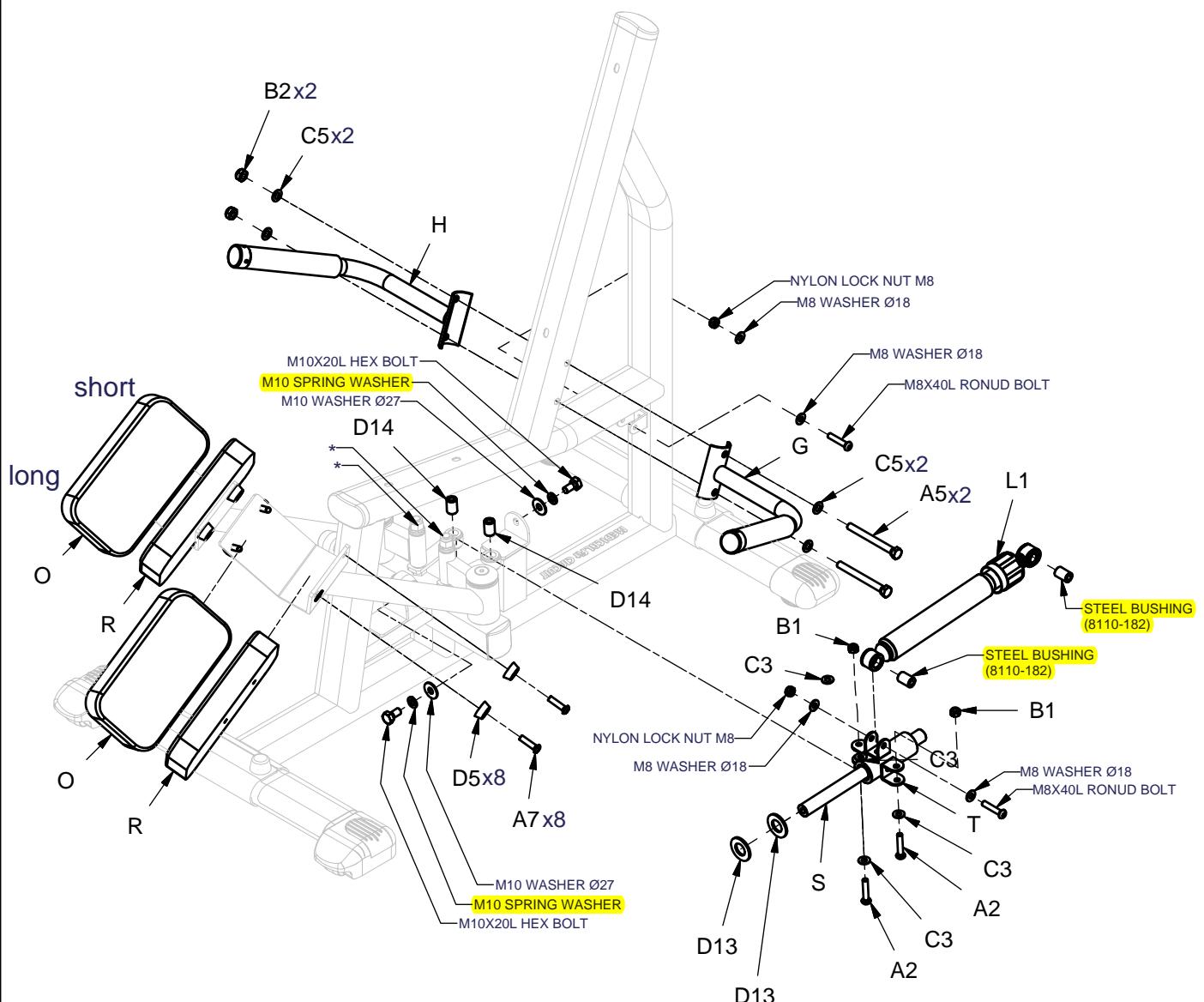
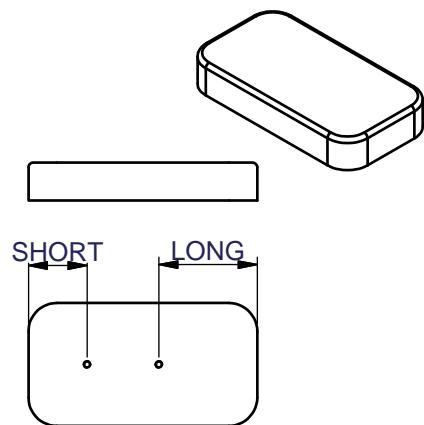
Above shows STEP 2  
assembled and completed



# CTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 3  
assembled and completed

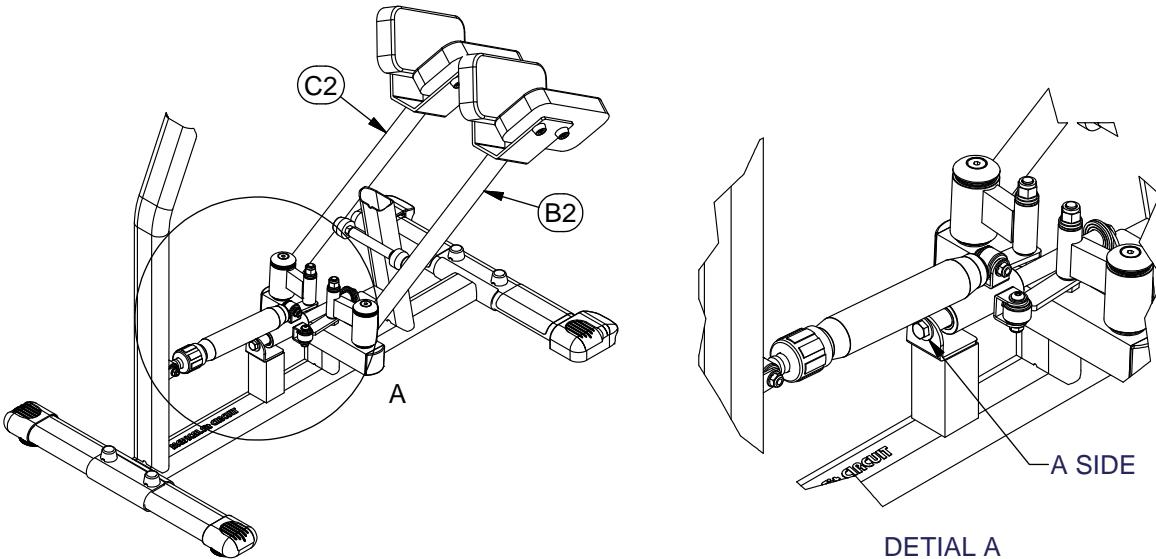


\* : Tighten the nylon locknut until it fixed,  
and loosen it 1/4 circle in order to avoid too tight nylon locknut influencing the machine movement.

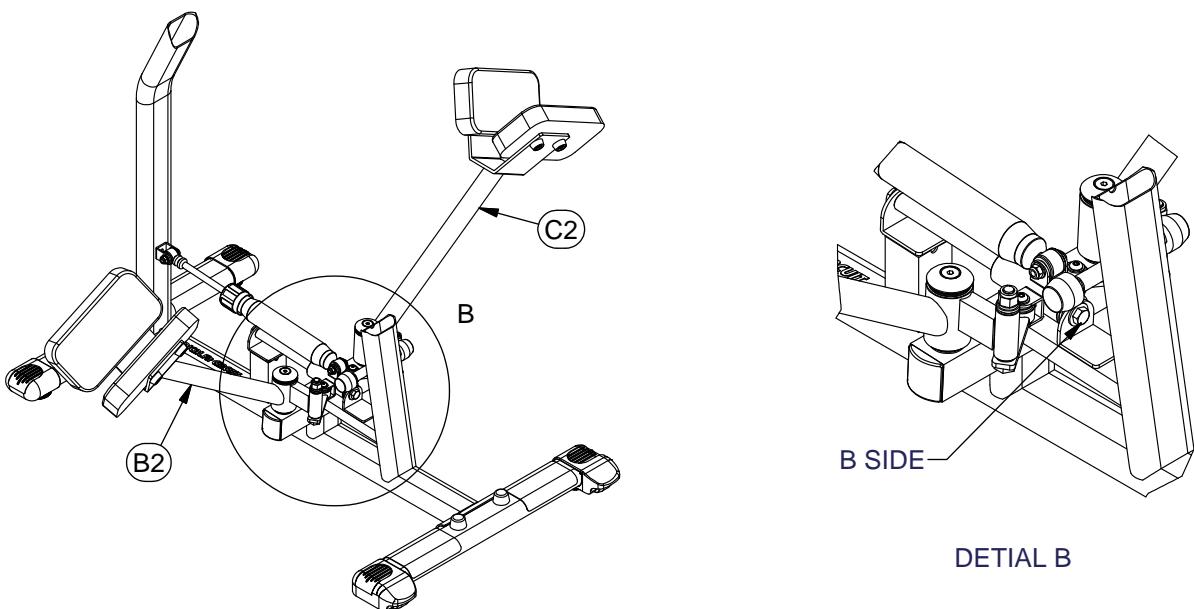
## Warning

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

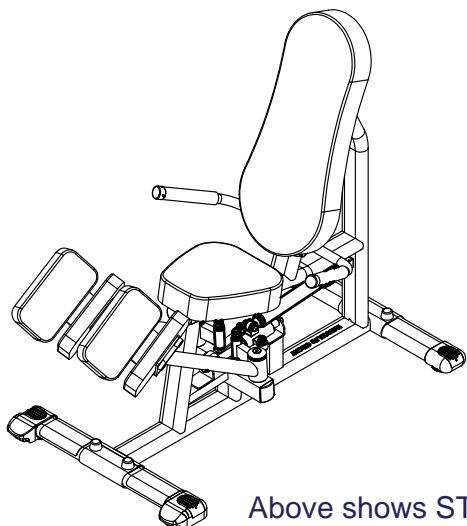


Step 2, turn the curved leg frame B2 and C2 together inwards, so that the lower sliding seat is placed at the rear, and when the locking guide rod (8220-162) A side screw group (M10X15L general hexagonal screw, M10 spring Washer, M10 Washer Ø27 side), re-tighten



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 O27 side), re-tighten

# CTH-1100 ASSEMBLY INSTRUCTIONS



Above shows STEP 4  
assembled and completed

