

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

Trademark of United States Fitness Products Council

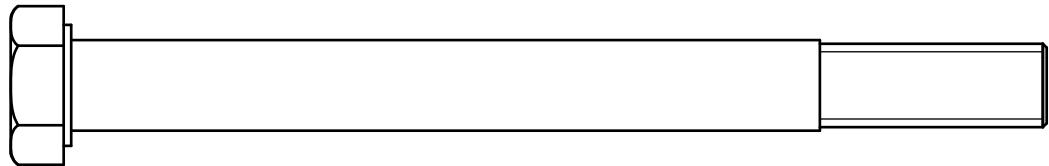
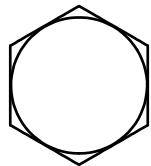
**THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, YOU MUST FOLLOW THESE RULES:**

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.

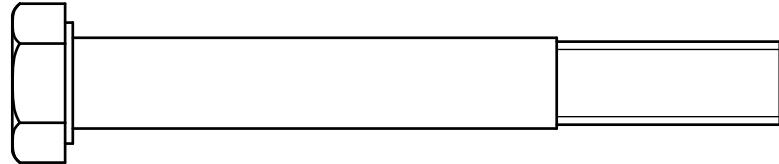
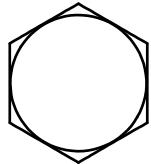
**CMH-1400 OWNER'S MANUAL**

# CMH-1400 ASSEMBLY INSTRUCTIONS

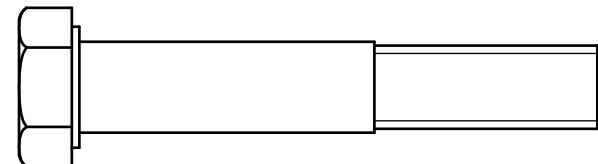
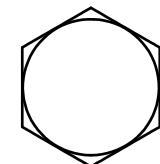
## HARDWARE ILLUSTRATION



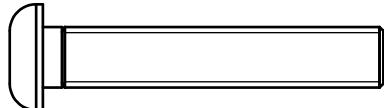
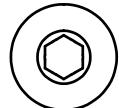
(A1)HEX BOLT M12X130L PARTIAL QTY.4



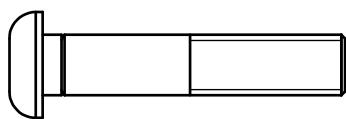
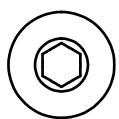
(A2)HEX BOLT M12X95L PARTIAL QTY.2



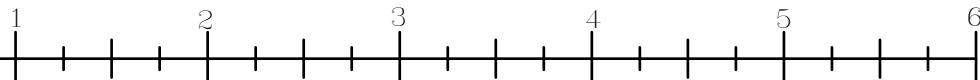
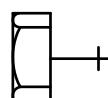
(A3)HEX BOLT M12X70L PARTIAL QTY.2



(A4)ROUND INNER HEX SCREW M8X45L PARTIAL QTY.2

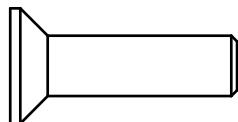
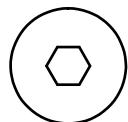


(A5)ROUND INNER HEX SCREW M8X40L PARTIAL QTY.2



# CMH-1400 ASSEMBLY INSTRUCTIONS

## HARDWARE ILLUSTRATION



(A6)M8X30L SOCKER FLAT SCREW QTY.4



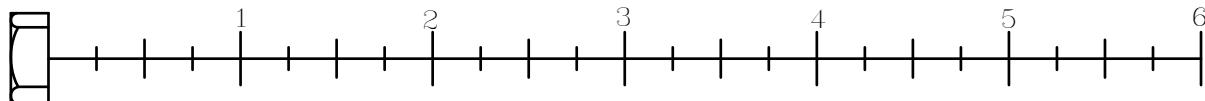
(A7)BOLT CAP(9212-024) QTY.8



(A8)ROUND INNER HEX SCREW M5X4L QTY.4

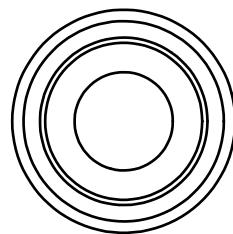
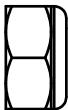


(A9)BUCKLE E-Ø12 QTY.2

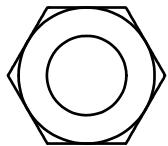
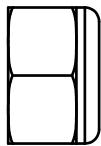


# CMH-1400 ASSEMBLY INSTRUCTIONS

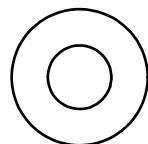
## HARDWARE ILLUSTRATION



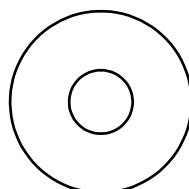
(B1) M8 NYLON LOCK NUT QTY.4 (C4) 1/2" ROUND END CAP WASHER QTY.8



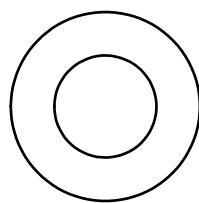
(B2) M12 NYLON LOCK NUT QTY.8



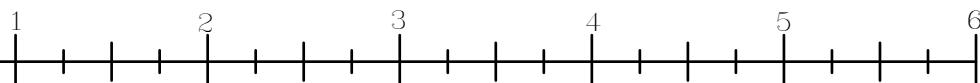
(C1) M8(I.D.)FLAT WASHER Ø18 QTY.4



(C2) M8(I.D.)FLAT WASHER Ø24 QTY.4



(C3) M12(I.D.)FLAT WASHER Ø25 QTY.8



# CMH-1400 ASSEMBLY INSTRUCTIONS

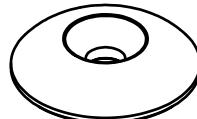
## HARDWARE ILLUSTRATION

(D1)Ø16.1XØ8X22.5L STEEL BUSHING(8110-150)	-----[2PCS]
(D2)Ø50X10 END COVER(8130-131)	-----[1PCS]
(D3)CU WASHER(8520-007)	-----[1PCS]
(D4)Ø35X26X19L STEEL BUSHING(8890-079)	-----[2PCS]
(D5)Ø64 PULLEY(9213-023)	-----[2PCS]
(D6) 3" NYLON WASHER(9214-008)	-----[4PCS]
(D7)Ø60X42H DECK BUFFER(9214-037)	-----[4PCS]

D1.



D2.



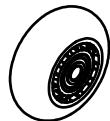
D3.



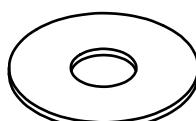
D4.



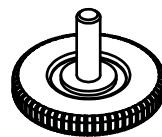
D5.



D6.

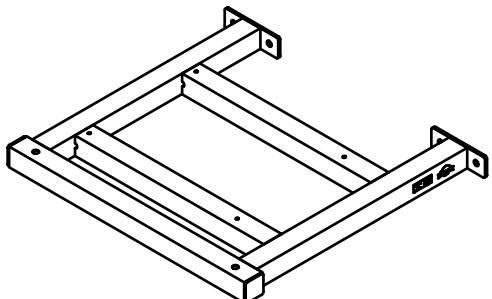


D7.

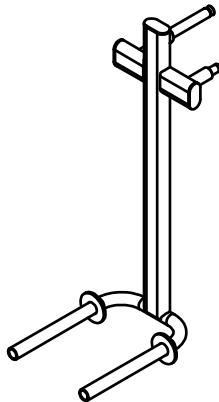


## PARTS ILLUSTRATION SHEET

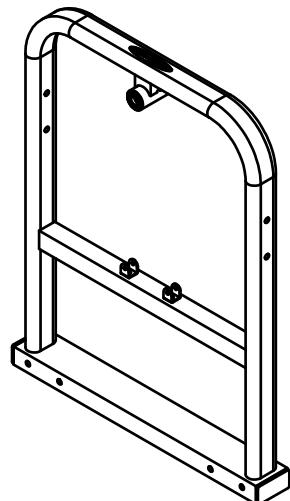
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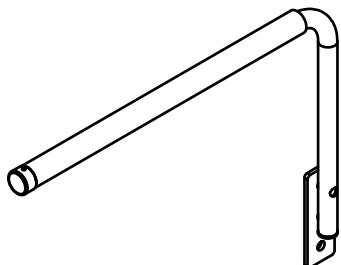
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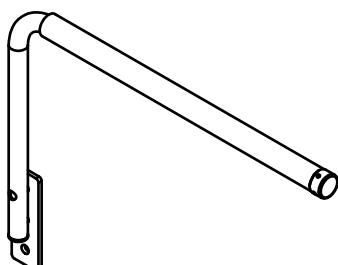
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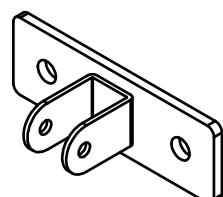
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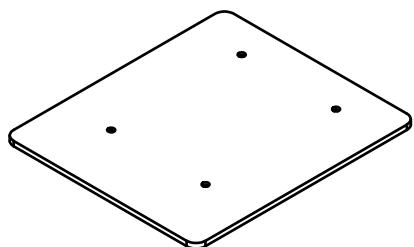
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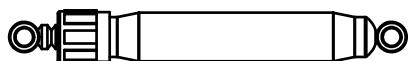
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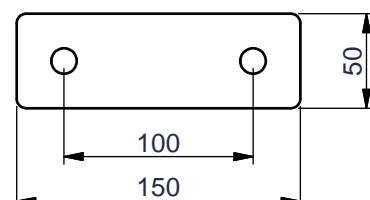
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9710-020



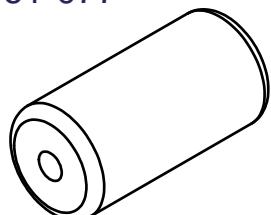
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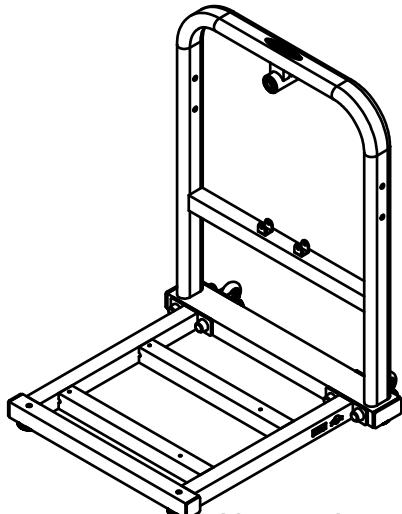
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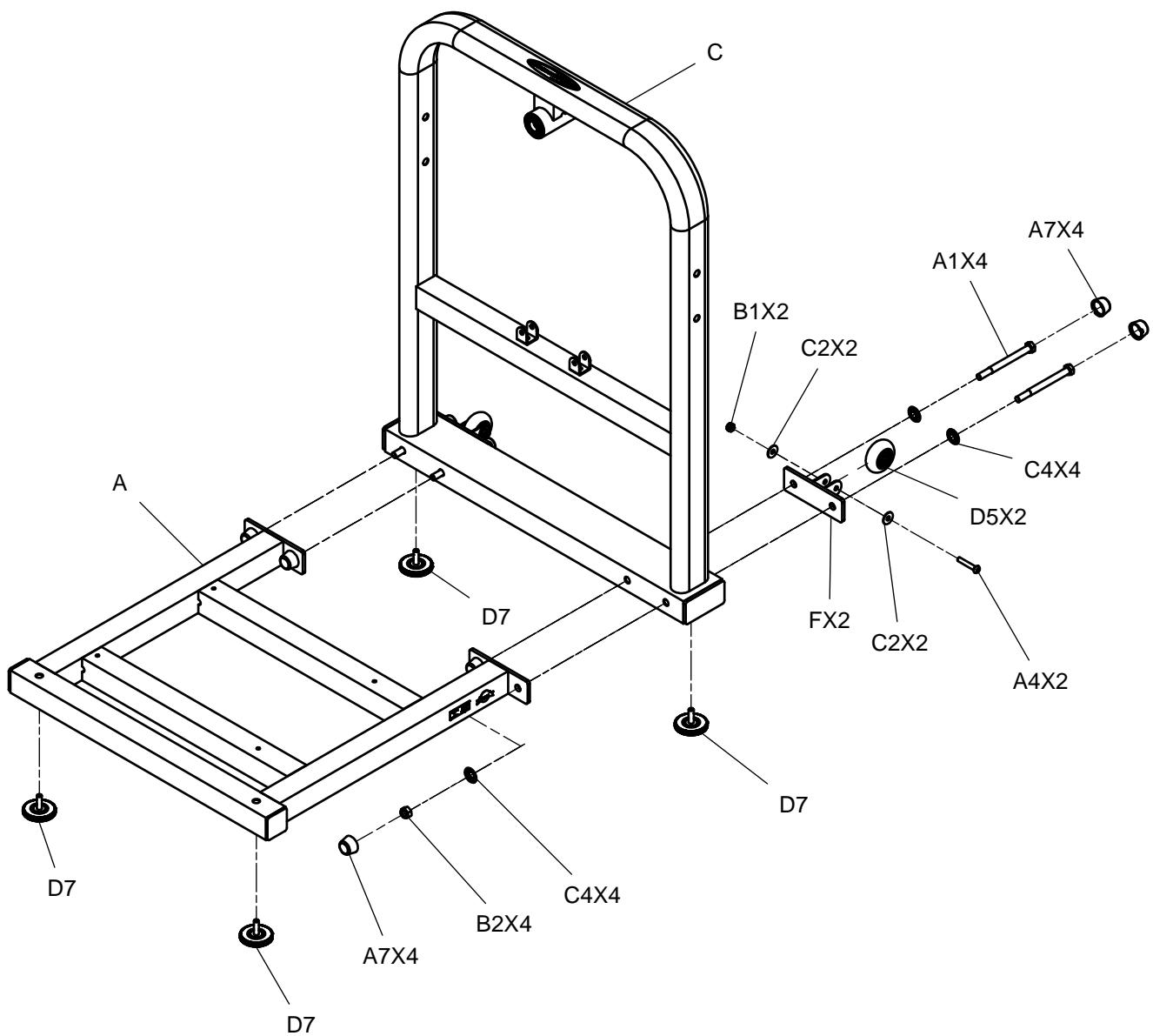
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9161-077



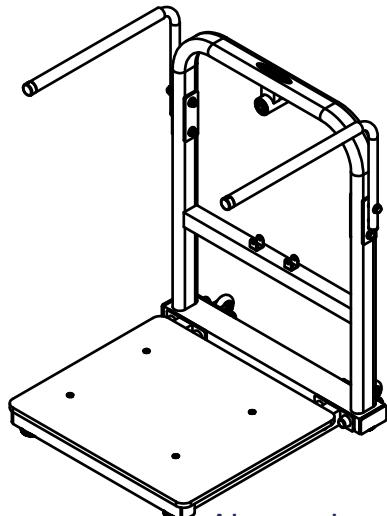
# CMH-1400 ASSEMBLY INSTRUCTIONS



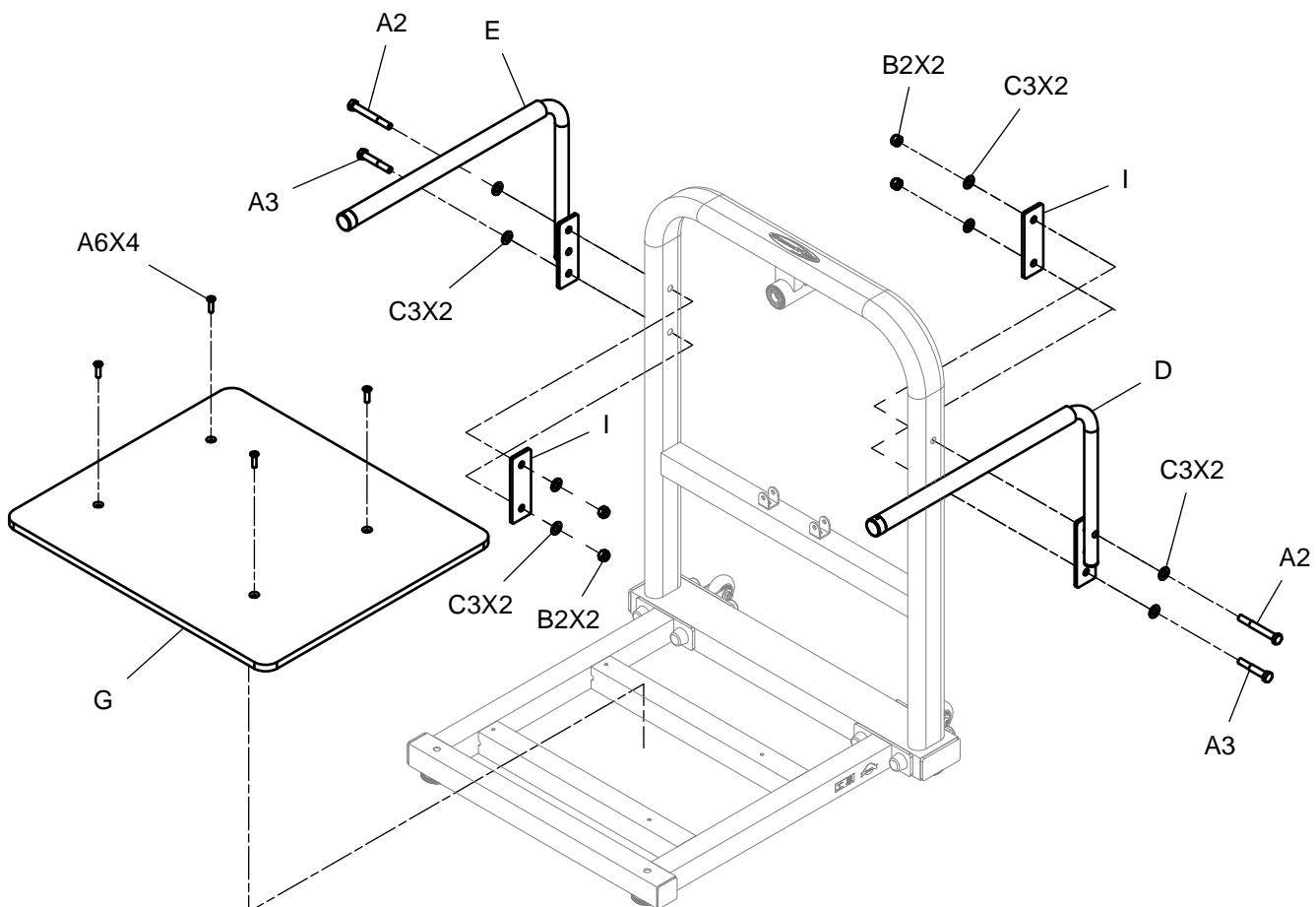
Above shows STEP1  
assembled and completed



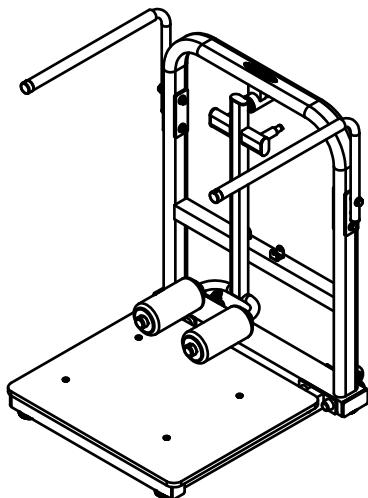
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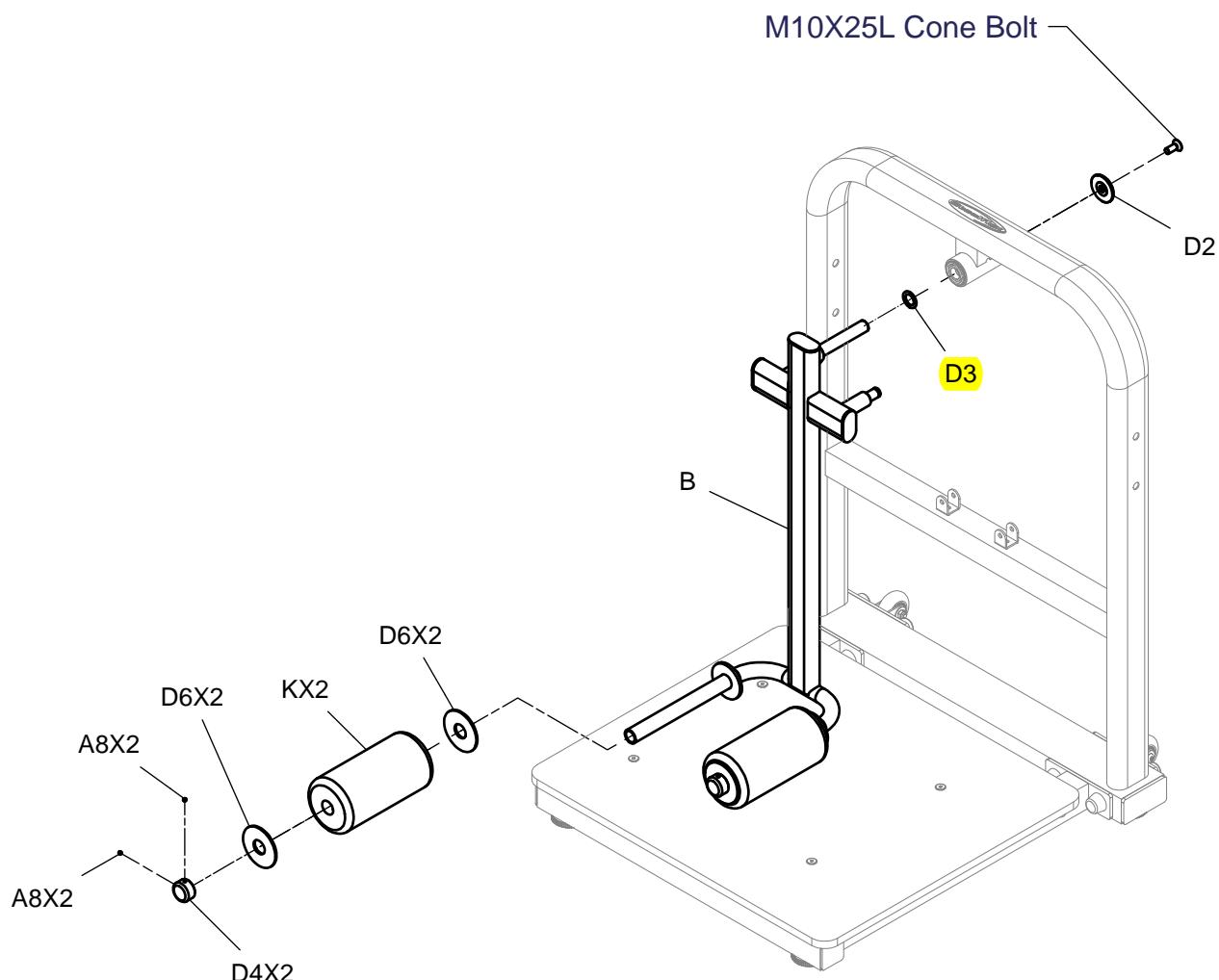
Above shows STEP2  
assembled and completed



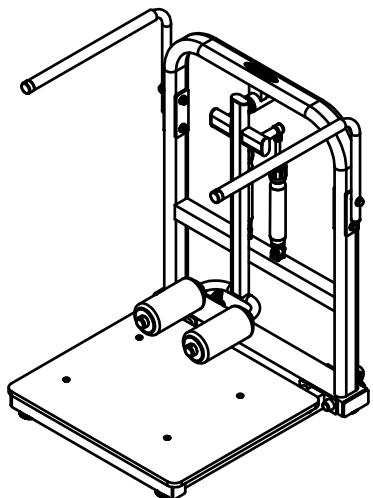
# CMH-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP3  
assembled and completed



# CMH-1400 ASSEMBLY INSTRUCTIONS



Above shows STEP4  
assembled and completed

