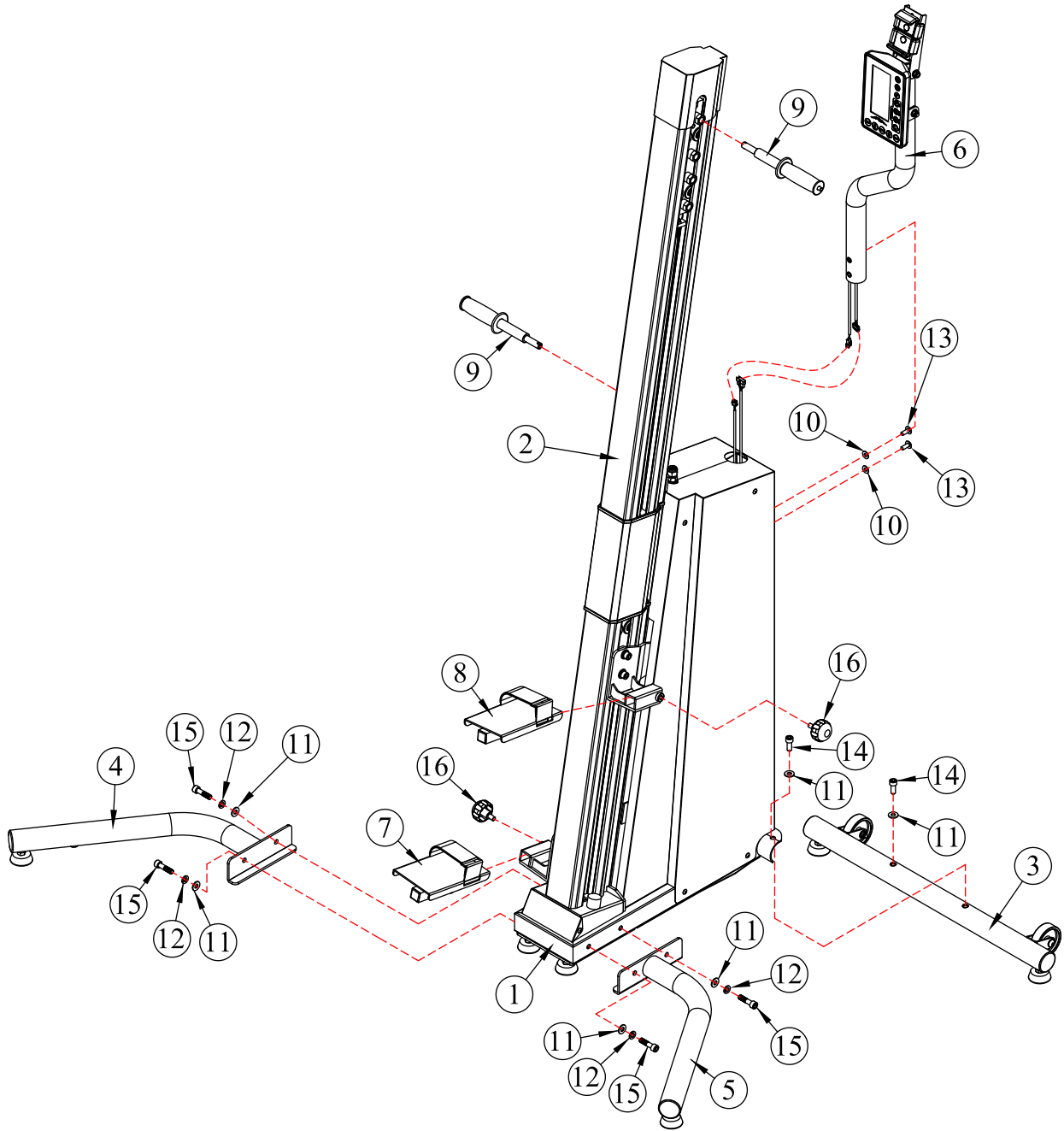


<b>ASSEMBLY PARTS LISTING</b>		
<b>NO.</b>	<b>DESCRIPTION</b>	<b>Q'TY</b>
1	BASE FRAME ASSEMBLY	1
2	FRONT RAIL SYSTEM	1
3	REAR STABILIZER ASSEMBLY	1
4	FRONT STABILIZER ASSEMBLY- LEFT	1
5	FRONT STABILIZER ASSEMBLY - RIGHT	1
6	CONSOLE STEM	1
7	PEDAL ASSEMBLY -LEFT	1
8	PEDAL ASSEMBLY -RIGHT	1
9	HANDLE BAR	2
10	FLAT WASHER - $\phi$ 8 x $\phi$ 18 x 1.5T	2
11	FLAT WASHER - $\phi$ 10 x $\phi$ 22 x 2T	6
12	SPRING WASHER -M10	4
13	BUTTON HEAD ALLEN BOLT - M8x20L	2
14	BUTTON HEAD ALLEN BOLT -M10x25L	2
15	BUTTON HEAD ALLEN BOLT -M10x40L	4
16	PEDAL ASSEMBLY KNOB - W3/8"x15L	2

# ASSEMBLY PARTS



## ASSEMBLY STAGE #1 – REAR STABILIZER ASSEMBLY

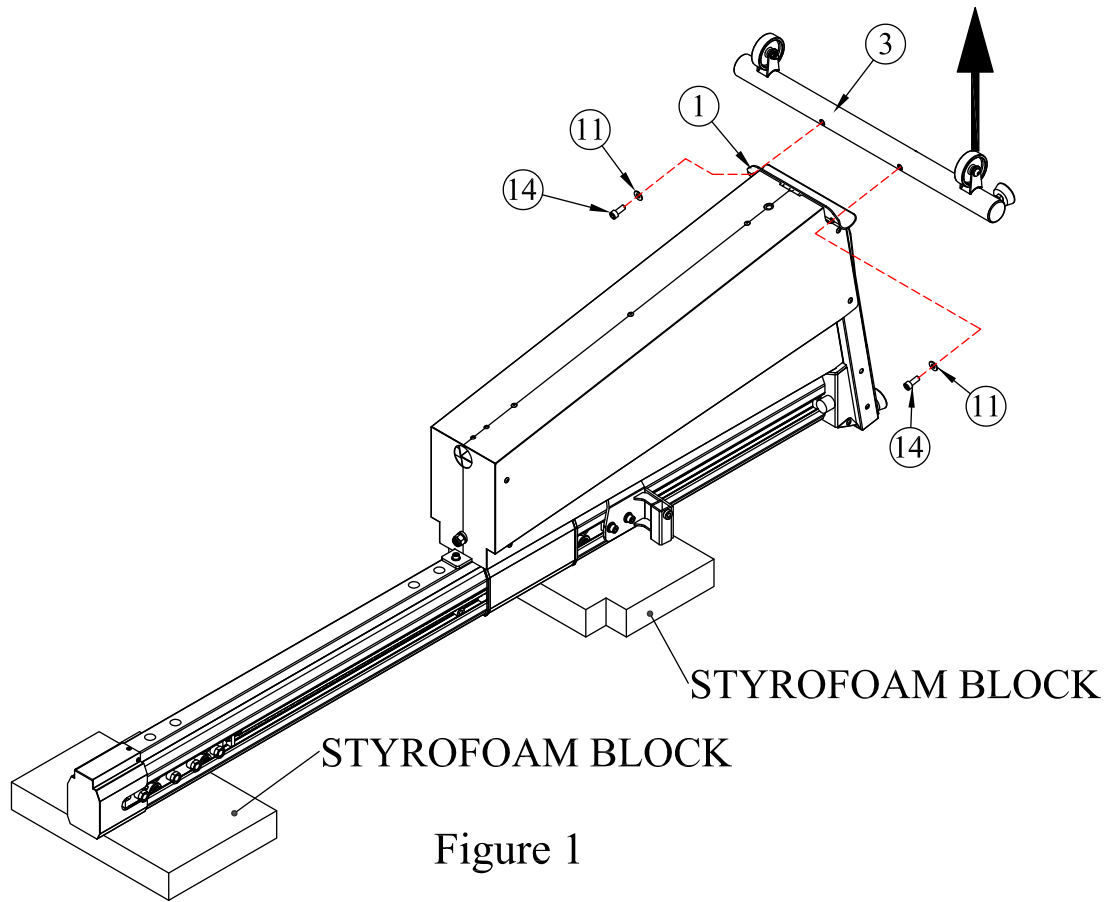


Figure 1

### Assembly Hardware Required:

#11	Flat Washer	$\phi 10 \times \phi 22 \times 2T$	Q'ty : 2
#14	Button Head Allen Bolt	M10x25L	Q'ty : 2

### Assembly Description:

- (A) Take out the Styrofoam block from carton to the floor. Move Climber out from carton and put onto Styrofoam block gently to protect Climber (as Figure 1)
- (B) Assemble rear stabilizer assembly (#3) on base frame assembly (#1) with flat washer (#11) and button head allen bolt (#14). Wheel direction should follow arrow as indicated in Figure 1.

## ASSEMBLY STAGE #2 - FRONT STABILIZER ASSEMBLY

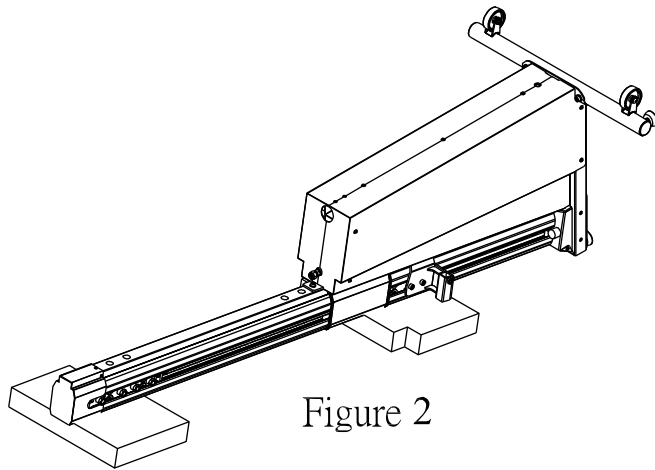


Figure 2

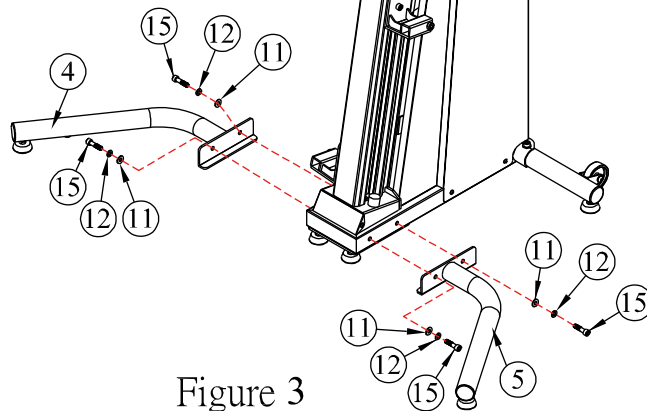


Figure 3

### Assembly Hardware:

#11	Flat Washer	$\phi 10 \times \phi 22 \times 2T$	Q'ty : 4
#12	Spring Washer	M10	Q'ty : 4
#15	Button Head Allen Bolt	M10x40L	Q'ty : 4

### Assembly Description:

- (A) Stand the machine up (as figure 3) by moving it from the ground (as Figure 2)
- (B) Assemble front stabilizer assembly-Left (#4) and front stabilizer assembly-Right (#5) with flat washer (#11) ,spring washer (#12) and button head allen bolt - M10x40L (#15) as seen in Figure 3.

### ASSEMBLY STAGE #3 - CONSOLE ASSEMBLY

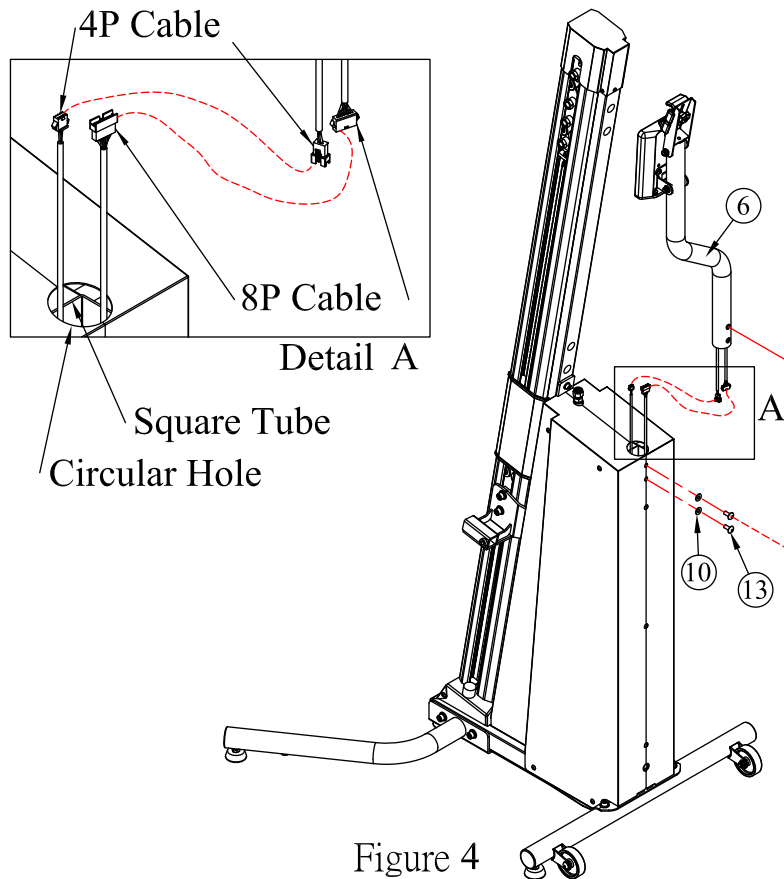


Figure 4

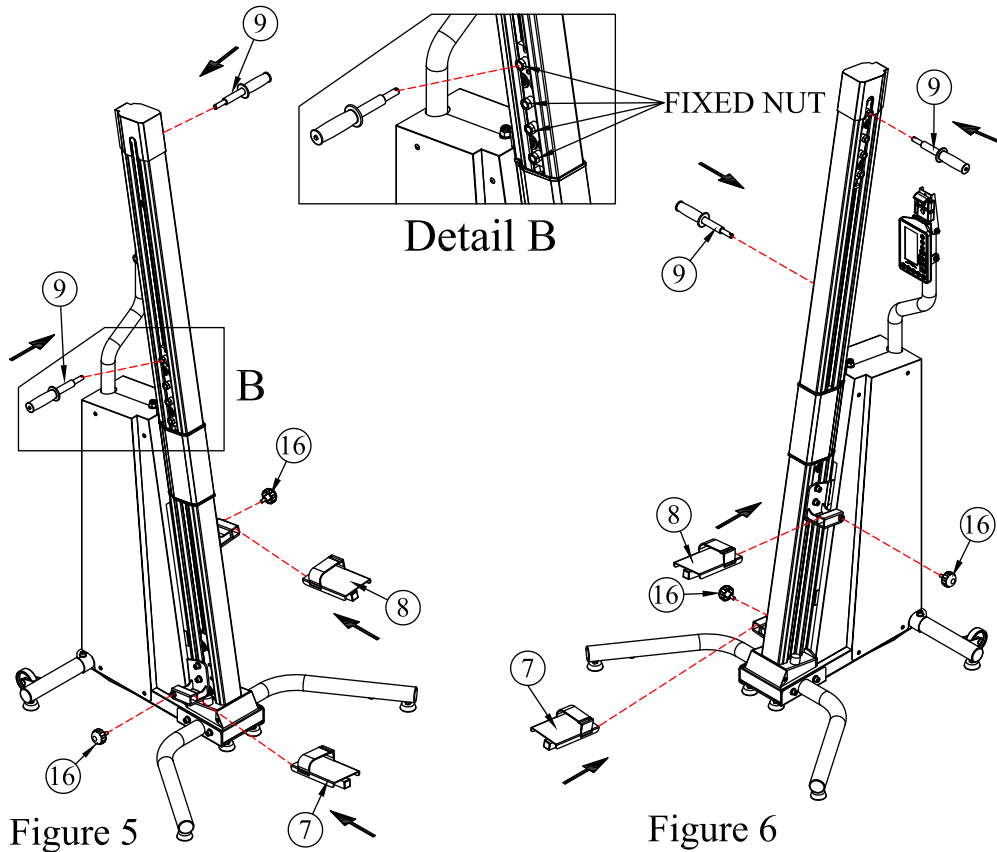
#### Assembly Hardware:

#10	Flat Washer	$\phi 8 \times \phi 18 \times 1.5T$	Q'ty : 2
#13	Button Head Allen Bolt	M8x20L	Q'ty : 2

#### Assembly Description:

- (A) Gently pull out the 4P Cable and 8P Cable wires from the base frame assembly's (#1) circular hole and connect them with the appropriate cables from the console stem (#6) as shown in Figure 4 and Detail A.
- (B) Careful not to pinch/cut any wires, gently slide console stem (#6) into the circular hole and square tube of base frame assembly (#1). Please ensure to gently put extra wiring into the circular hole/square tube while assembling and do not let any wires get pinched or cut. Then, tighten console stem (#6) base frame assembly (#1) with flat washer (#10) and button head allen bolt (#13) as shown in Figure 4.

## ASSEMBLY STAGE #4 - PEDAL AND HANDLE ASSEMBLY



### Assembly Hardware:

#16 Pedal Assembly Knob W3/8"x15L Q'ty : 2

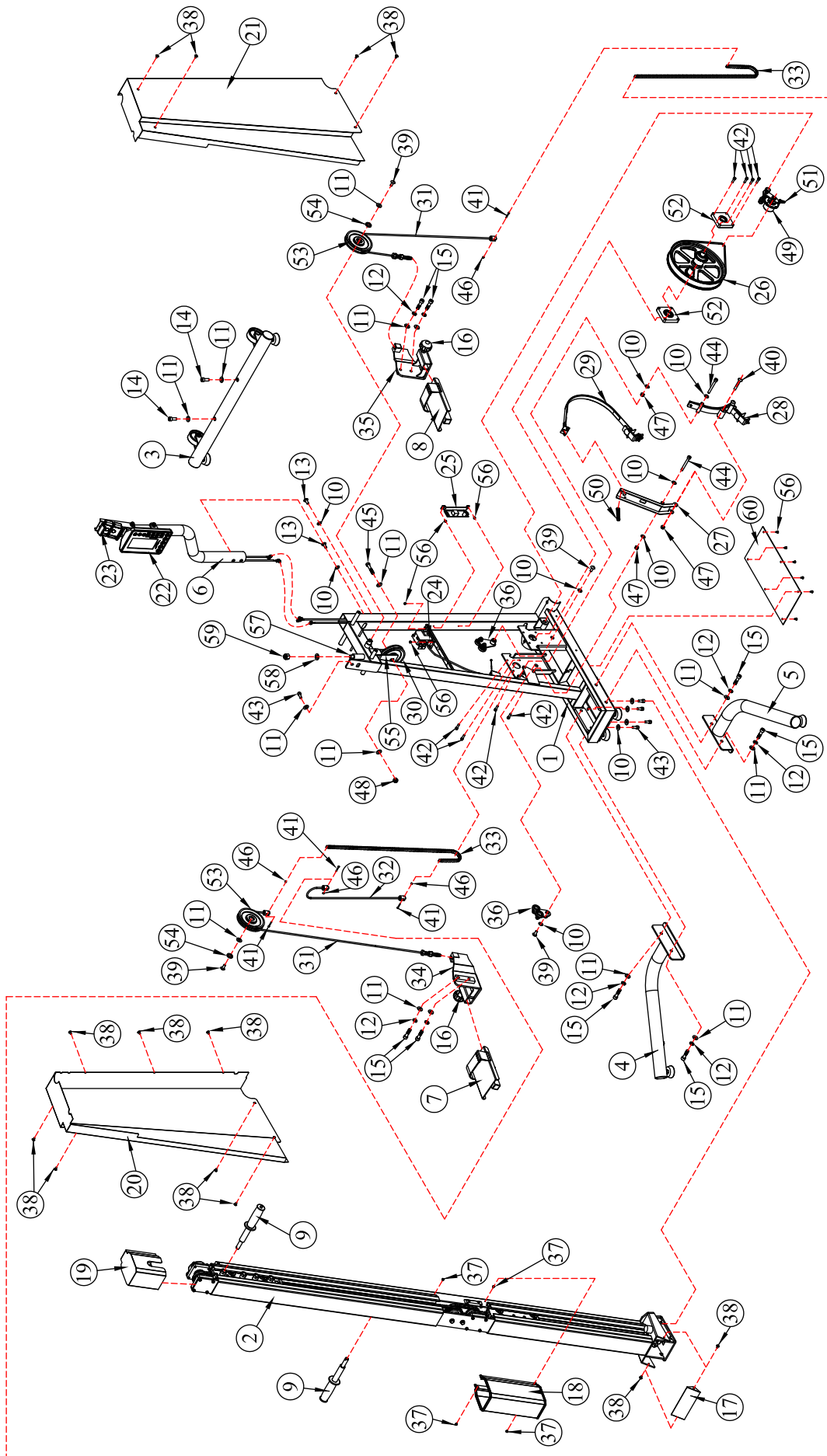
### Assembly Description:

- (A) Insert Pedal Assembly-Left (#7) and Pedal Assembly-Right (#8) entirely into the pedal slots and tighten with Pedal Assembly Knob (#16) as shown in Figure 5 and Figure 6.
- (B) Insert handle bar (#9) and into preferred Fixed Nut position by pressing handle button located at end of handle grip and following the arrow direction as indicated in Figure 5 and 6. Insert the handle bar (#9) thoroughly and completely into Fixed Nut Position and release button at end of handle once handle bar (#9) is pushed completely to end.
- (C) Adjust Velcro strap on Pedal Assembly-Left (#7) and Pedal Assembly-Right (#8) to preferred position.

## ASSEMBLY PARTS LISTING

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	BASE FRAME ASSEMBLY	1	36	IDLER BRACKET ASSEMBLY	2
2	FRONT REAL SYSTEM	1	37	SELF-TAPPING SCREW -M4x10L	7
3	REAR STABILIZER ASSEMBLY	1	38	BUTTON HEAD ALLEN BOLT -M5x10L	13
4	FRONT STABILIZER ASSEMBLY -Left	1	39	BUTTON HEAD ALLEN BOLT -M8x20L	4
5	FRONT STABILIZER ASSEMBLY -Right	1	40	BUTTON HEAD ALLEN BOLT -M8x55L	1
6	CONSOLE STEM	1	41	SOCKET HEAD CAP SCREW -M3x25L	4
7	PEDAL ASSEMBLY - Left	1	42	SOCKET HEAD CAP SCREW -M6x20L	8
8	PEDAL ASSEMBLY - Right	1	43	SOCKET HEAD CAP SCREW -M8x20L	5
9	HANDLE BAR	2	44	SOCKET HEAD CAP SCREW -M8x70L	2
10	FLAT WASHER- $\phi$ 8x $\phi$ 18x1.5T	10	45	HEX HAED CAP SCEEW -W3/8"x50L	1
11	FLAT WASHER- $\phi$ 10x $\phi$ 22x2T	13	46	NYLON NUT-M3	4
12	SPRING WASHER-M10	8	47	NYLON NUT-M8	3
13	BUTTON HEAD ALLEN BOLT -M8x20L	2	48	NYLON NUT-W3/8"	1
14	BUTTON HEAD ALLEN BOLT -M8x25L	2	49	SMALL GENERATOR ASSEMBLY	1
15	BUTTON HEAD ALLEN BOLT -M8x40L	4	50	SPRING-LONG	1
16	PEDAL ASSEMBLY KNOB -W3/8"x15L	2	51	SPRING-SHORT	1
17	FRONT LOWER COVER	1	52	BEARING BOARD ASSEMBLY-6004ZZ	2
18	MIDDLE COVER	1	53	BIG PULLEY-NO BUSHING	2
19	FRONT UPPER COVER	1	54	SPECIAL WASHER- $\phi$ 24.5x $\phi$ 17.2x4T	2
20	LEFT SIDE COVER	1	55	PULLEY HOLDER	1
21	RIGHT SIDE COVER	1	56	SELF-TAPPING SCREW -M4x12L	10
22	CONSOLE	1	57	HEX HAED CAP SCEEW -W1/2"x140L	1
23	MOBILE PHONE HOLDER	1	58	FLAT WASHER- $\phi$ 13x $\phi$ 25x2T	1
24	WINDING MOTOR	1	59	NYLON NUT-W1/2"	1
25	CONTROLLER PANEL	1	60	LOWER PLASTIC COVER	1
26	WHEEL DRIVE ASSEMBLY	1			
27	BRAKE BELT FRAME ASSEMBLY	1			
28	BRAKE PAD ASSEMBLY	1			
29	BRAKE BELT ASSEMBLY	1			
30	BIG PULLEY	1			
31	PULLEY CABLE	2			
32	DOUBLE CABLE	1			
33	CHAIN	2			
34	PEDAL HOLDER -LEFT	1			
35	PEDAL HOLDER -RIGHT	1			





## **IMPORTANT SAFETY INFORMATION**

When using the Climber, always follow basic precautions, including the following:

- To ensure your safety and to protect the unit, read all the instructions before assembling and using the climber.
- To ensure the proper use and safety of the climber, make sure that all users read this manual. Please make this manual a part of your training program.

**Please read all instructions before using the Climber.**

### **DANGER**

To reduce the risk of electric shock:

- Do not use a heart rate monitor transmitter in combination with an electrical heart pacemaker. The heart rate transmitter may cause disturbances.
- Use caution to not soak or wet the climber surfaces with any liquids. To clean, please use a damp cloth to wipe the surface.
- Do not leave any open containers on the climber. Water bottles with a closable lid are acceptable to be used in conjunction with the climber.
- Always keep the climber clean and clear of any obstructions.

### **ATTENTION**

- Before starting an exercise program on this machine, please consult your physician or doctor to understand your physical condition. Pregnant women should consult their physician before beginning an exercise program.
- If you experience chest pains, nausea, dizziness, or any other abnormal symptoms while using the climber, please discontinue use immediately and consult your physician before continuing. Do not overexert yourself or work to exhaustion.
- Only qualified engineers or Maintenance Company should perform any repair work, if needed.

### **WARNING**

In order to reduce risk of injury to yourself and to others:

- All users must familiarize themselves with the climber and its features prior to use.
- Use care when getting on or off the climber.
- Do not allow children or those unfamiliar with its operation on or near the climber. Do not leave children or pets unsupervised around the climber.
- Assemble and operate the climber on a solid, level surface. Locate the climber a few feet from walls or furniture. Check the unit before each use and verify that all fasteners are secure. Maintain the climber in good working condition.
- Use the climber only for its intended use as described in this manual. Do not use accessory attachments that are not recommended by the manufacturer; such attachments might cause injuries.
- Never operate the unit if it is damaged, if it is not working properly, if it has been dropped, or if it has been dropped in water.
- Do not use outdoors.

- Never drop or insert objects into any opening.
- Wear proper exercise clothing and shoes during a workout—no loose clothing. Tie long hair back. Keep all loose towels away. Ensure that shoelaces do not extend beyond the bottom of your shoe and could possibly get stuck in climber rail. Wear proper athletic shoes when using the climber. Shoes should have rubber or high traction soles. Do not wear heeled shoes or shoes with leather soles. Make sure no rocks or small pebbles are stuck in the soles of shoes prior to use.
- Keep hands away from all moving parts.
- Inspect the climber for worn or loose parts prior to use. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
- Do not rock the unit.
- Never overload the equipment – check the maximum user weight of the equipment.
- Injuries to health may result from incorrect or excessive training.
- **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.
- Keep pets off the climber at all times and clearly away from the climber while it is in use.
- Allow only one person standing on the machine while it is in use.
- Do not modify or disassemble the climber in any way. If any question, call your agent for assistance.
- Make sure the climber has fully stopped operation before leaving the machine

## **GENERAL MAINTENANCE**

**WARNING:** Maintenance and/or repairs should only be performed by professional qualified personnel.

- Periodic cleaning and inspection of the climber regularly for damage and/or wear is recommended.
- If you have any questions or concerns, please do not hesitate to contact manufacturer for any clarification.
- Manufacturer is not liable for any personal injury or damages as of a result from lack of qualifications.

**CLEANING:** Please note that the use of water or other liquids with the climber can cause serious or fatal electric shock. Ensure that no liquids contact electrical components, wires, displays or other electrical areas.

- Remove dirt and dust with a damp cloth and mild soapy water. Ensure that the climber is dried with a dry cloth after cleaning.
- Do not use abrasive cleaners or brushes as the paint and surfaces can be scratched. Do not use sharp tools or aggressive solvents when cleaning. Only use mild, non-abrasive soaps to avoid damage to the climber.
- **Recommended Weekly Maintenance:**
  - Clean the handle bars, base frame assembly, covers, front of the console and cover panels
  - Check the overall condition of the climber and rail chains for signs of wear or damage