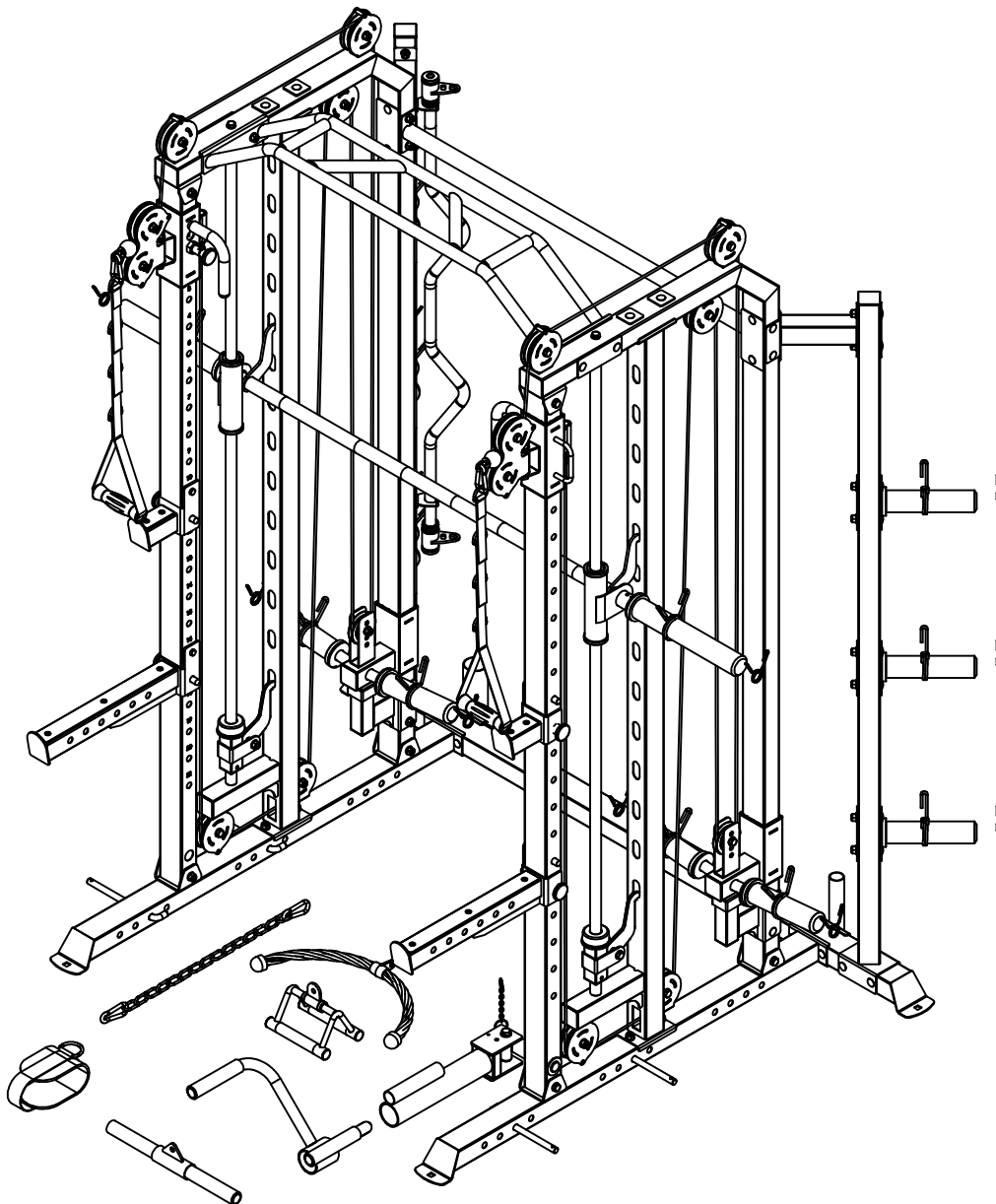




OWNER'S MANUAL

Strength Master 1001



ASSEMBLY MANUAL

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled.
- Ensure you correctly orientate each piece before attaching.
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

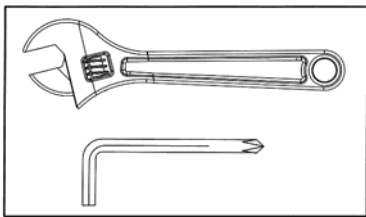
WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

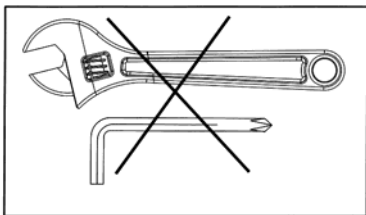
IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

Fasten Nuts and Bolts

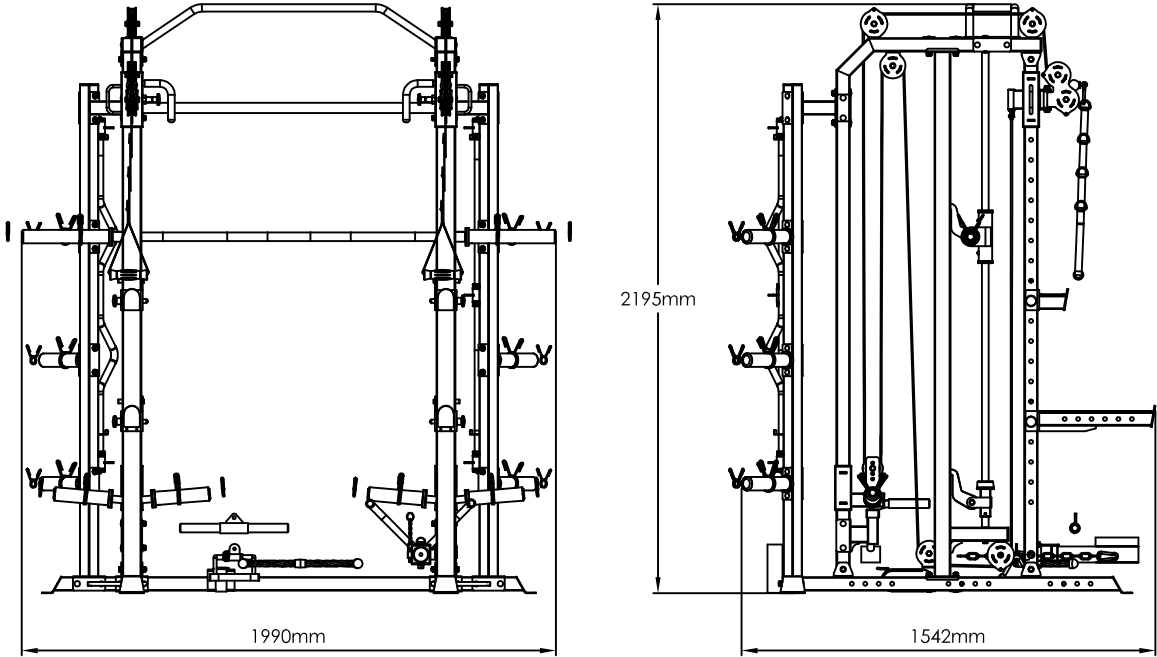


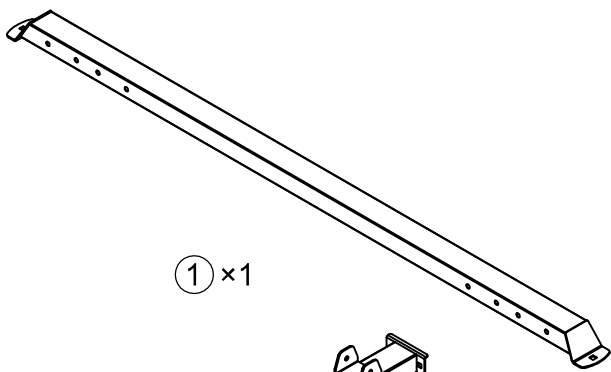
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.
NOTE: Do not over tighten any component with pivoting function.
Make sure all pivoting components are able to move freely.



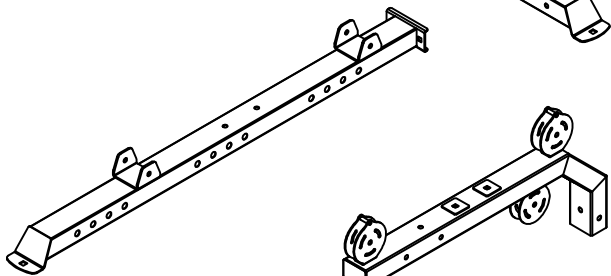
Do not tighten all Nuts and Bolts in this step.

Assembled Dimension: 1990mm x 1542mm x2195mm

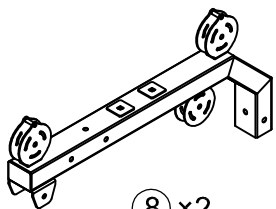




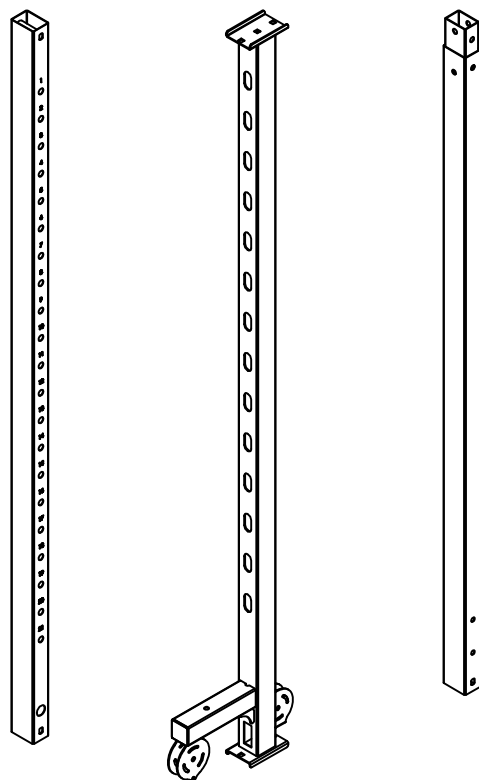
① × 1



② × 2



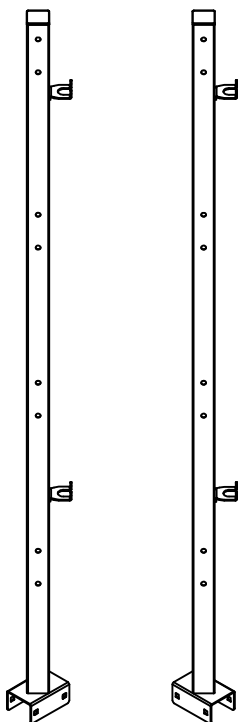
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③ × 2

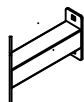
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⑤ × 2

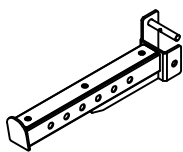


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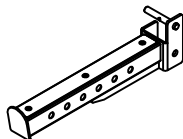
⑦ × 1



⑨ × 2



⑩ × 1



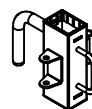
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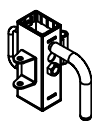
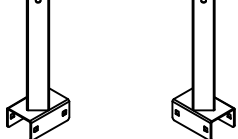
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⑬ × 1



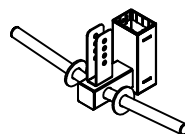
⑭ × 1



⑮ × 1



⑯ × 2



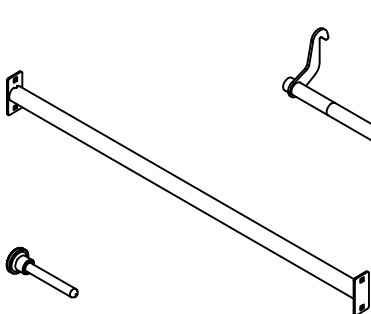
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⑱ × 1

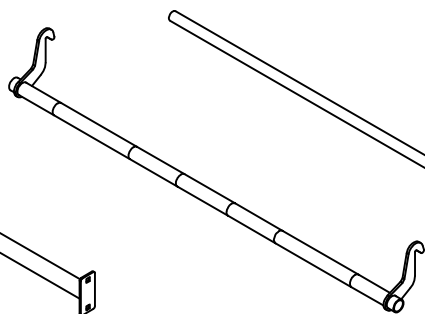


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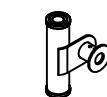


⑳ × 1

㉑ × 4



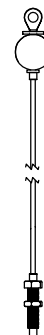
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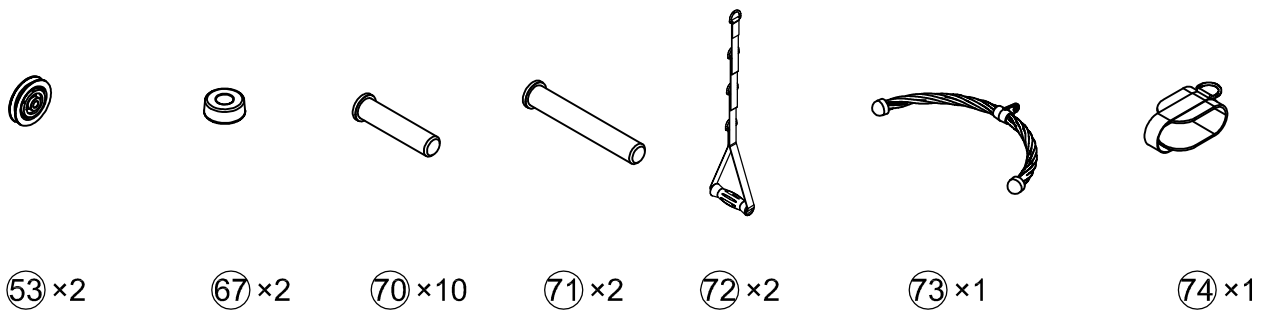
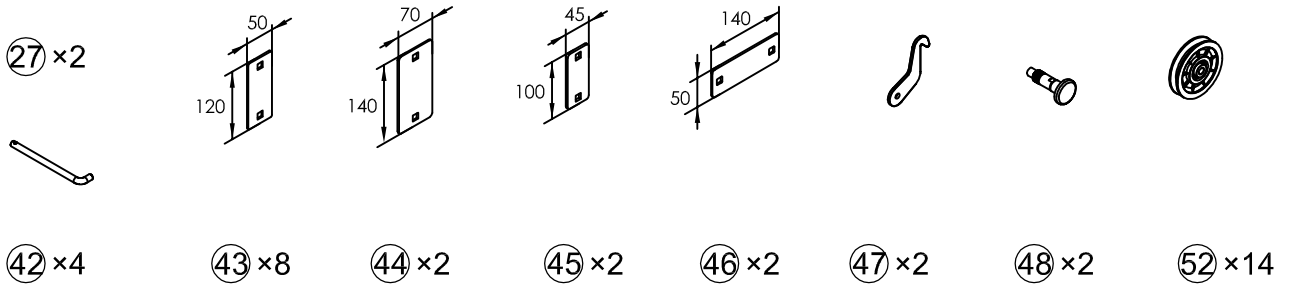
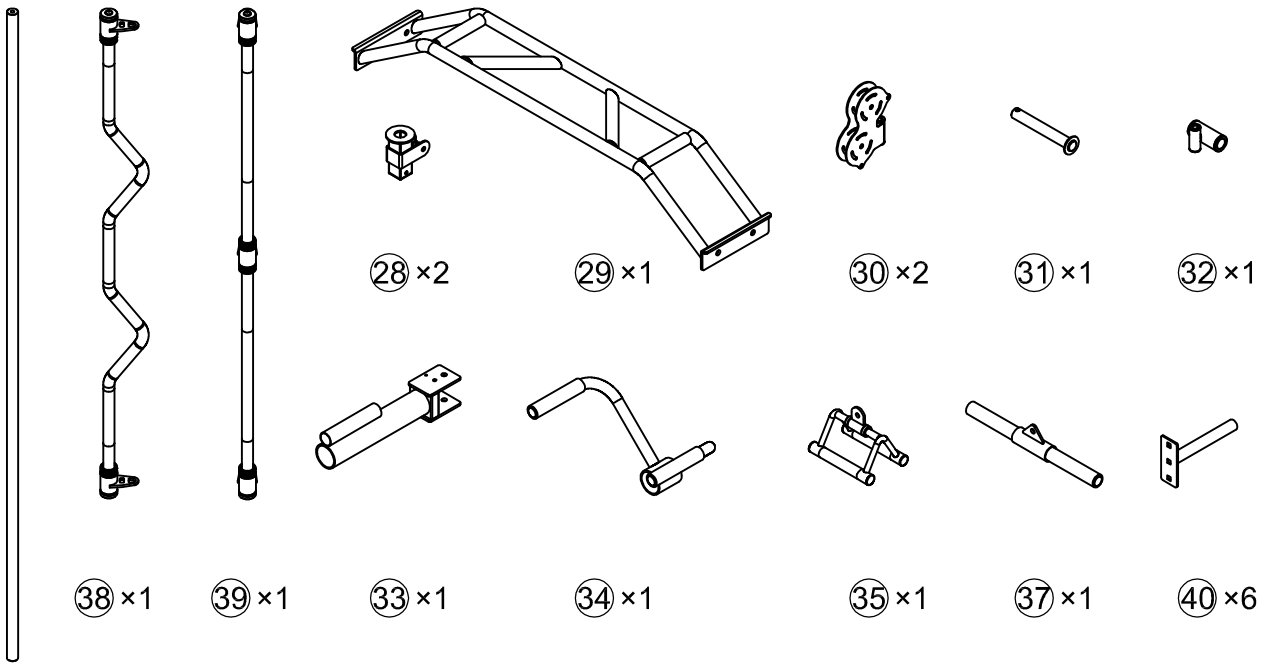
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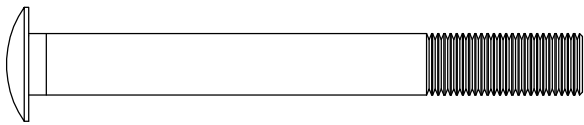


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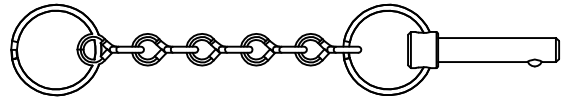


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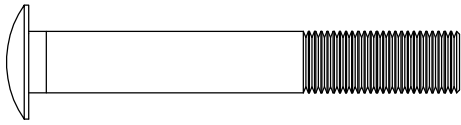




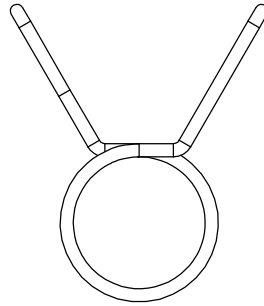
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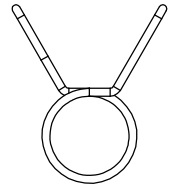
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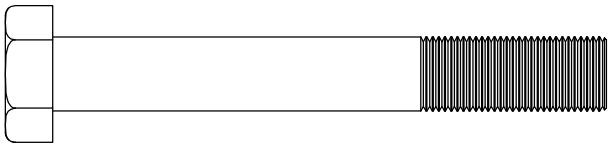
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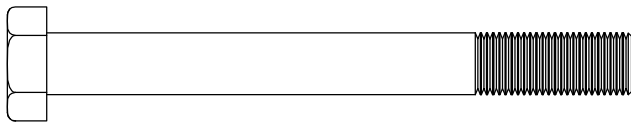
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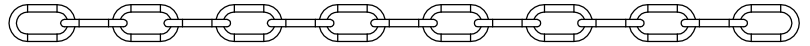
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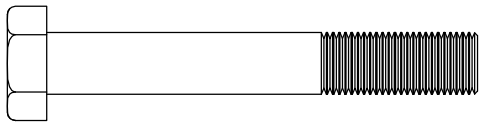
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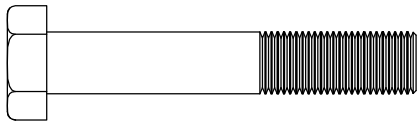
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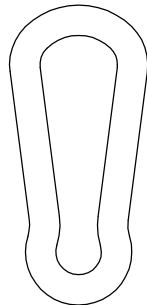
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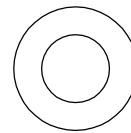
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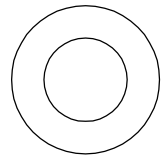
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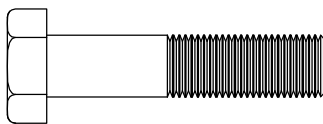
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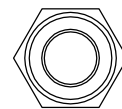
94 x 100



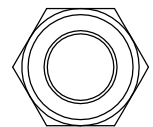
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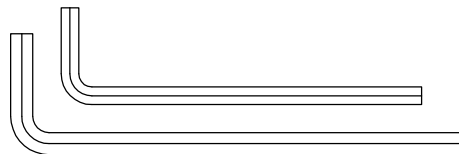
88 x 16



96 x 72



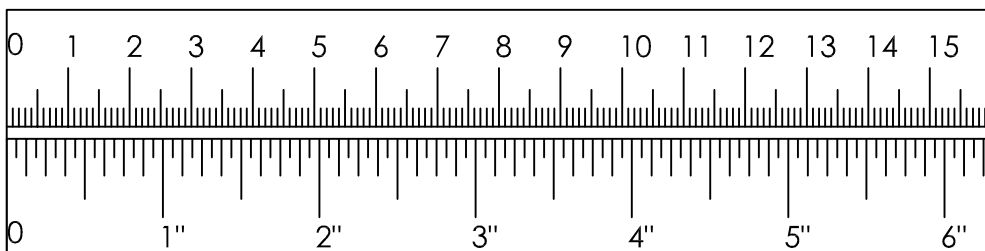
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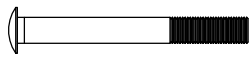
4# x 1

5# x 1

mm



82



x4

M10x90

94



x4

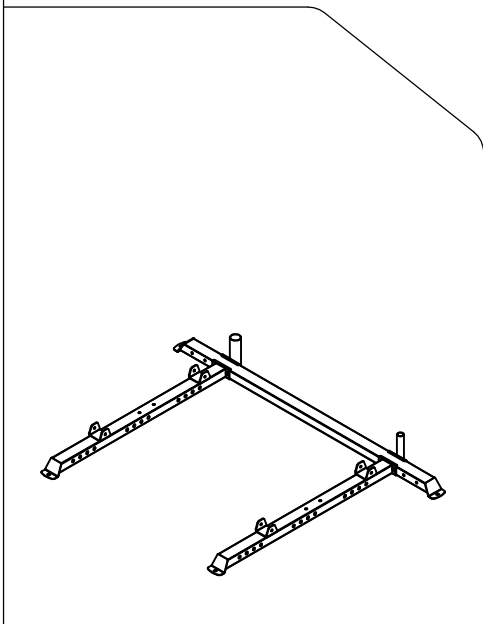
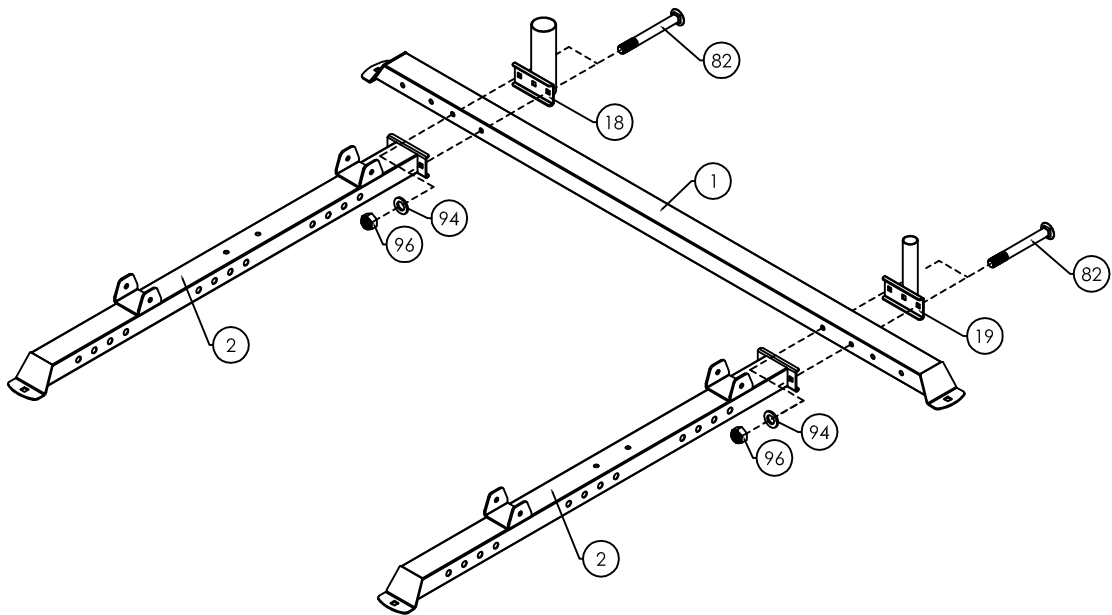
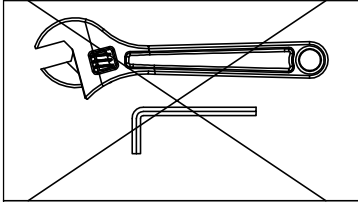
Ø10

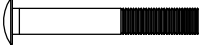

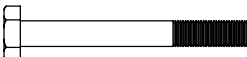

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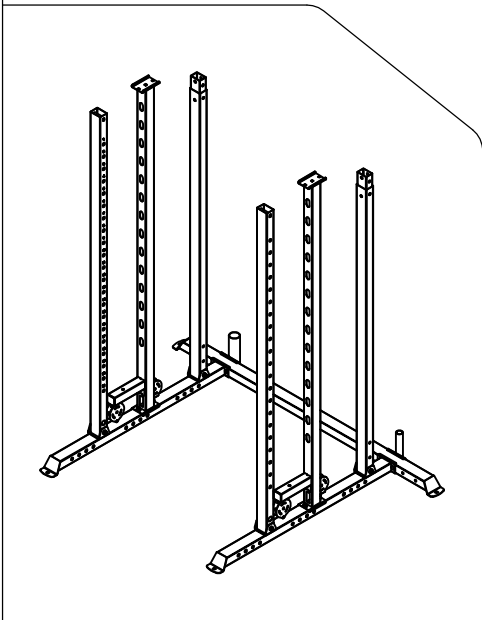
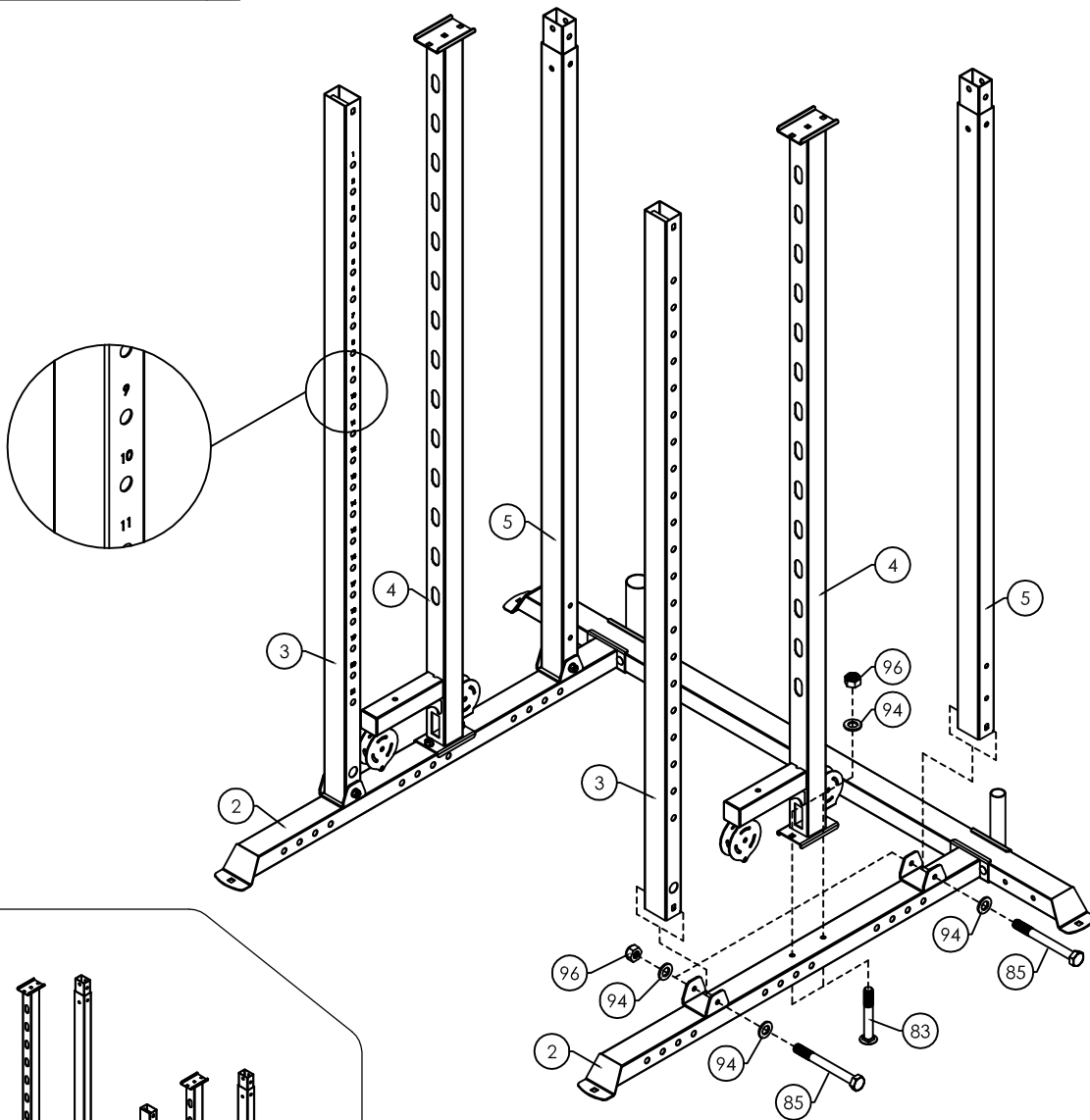
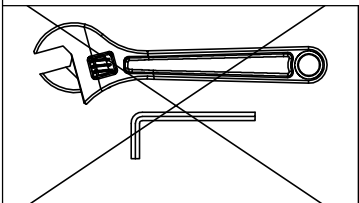


x4

M10



- | | | | | | | | |
|----|---|----|--------|----|--|-----|-----|
| 83 |  | x4 | M10x70 | 94 |  | x12 | Ø10 |
| 85 |  | x4 | M10x95 | 96 |  | x8 | M10 |



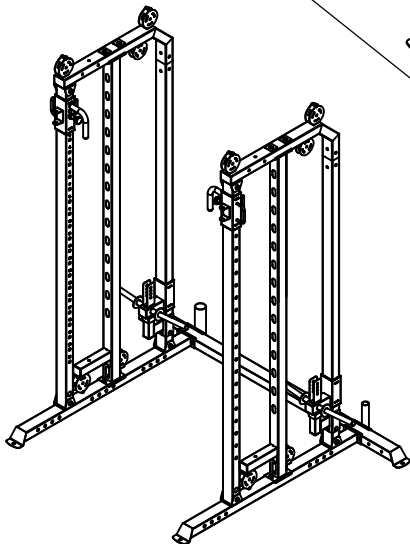
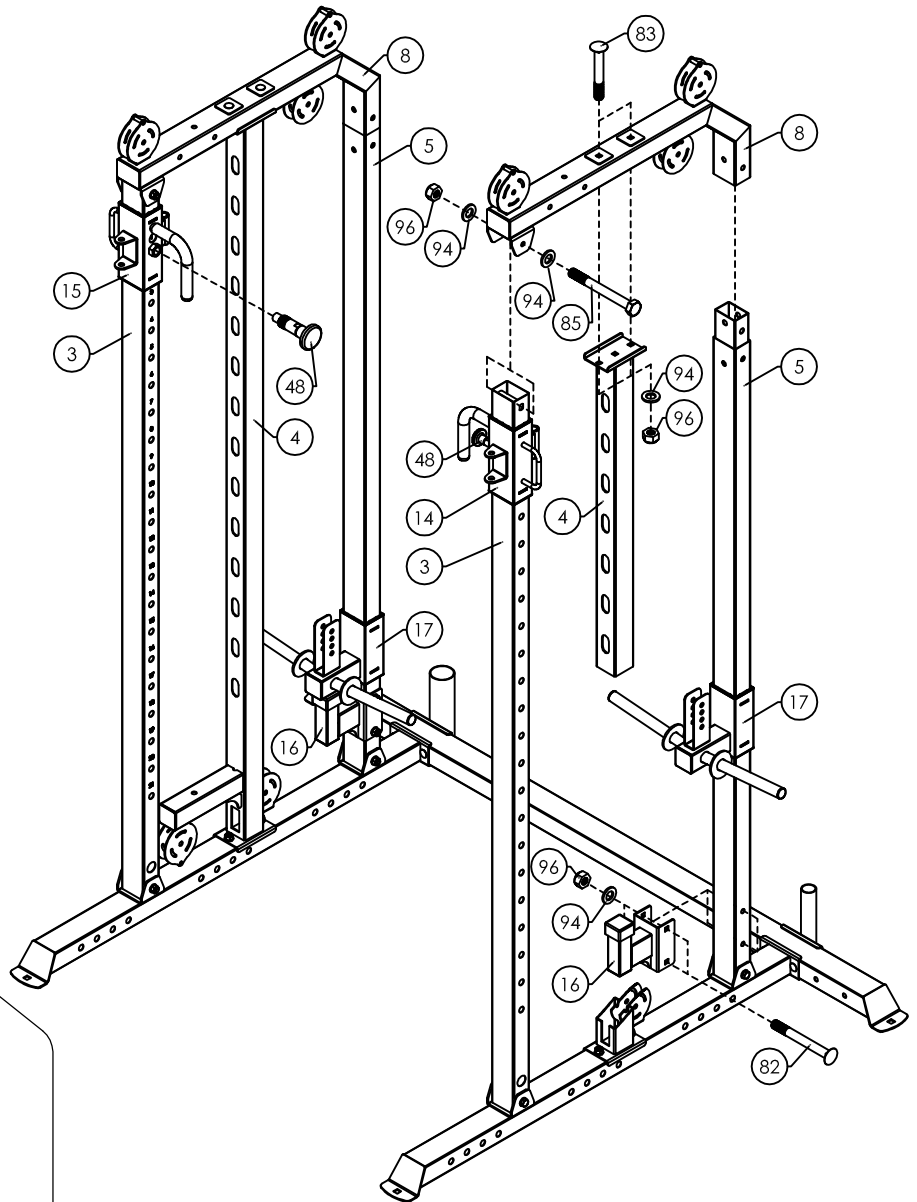
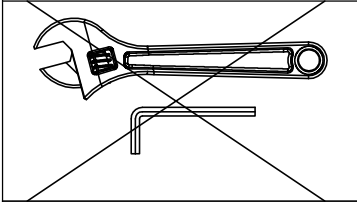
82  ×4 M10×90

94  ×12 Ø10

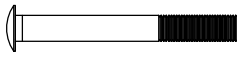
83  ×4 M10×70

96  ×10 M10

85  ×2 M10×95



82



x8

M10x90

94



x8

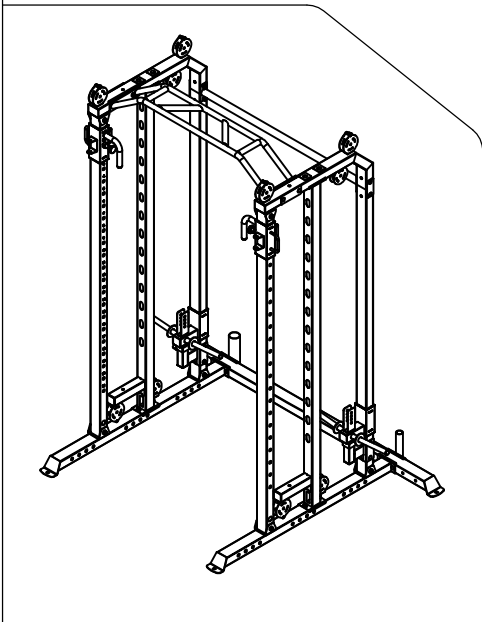
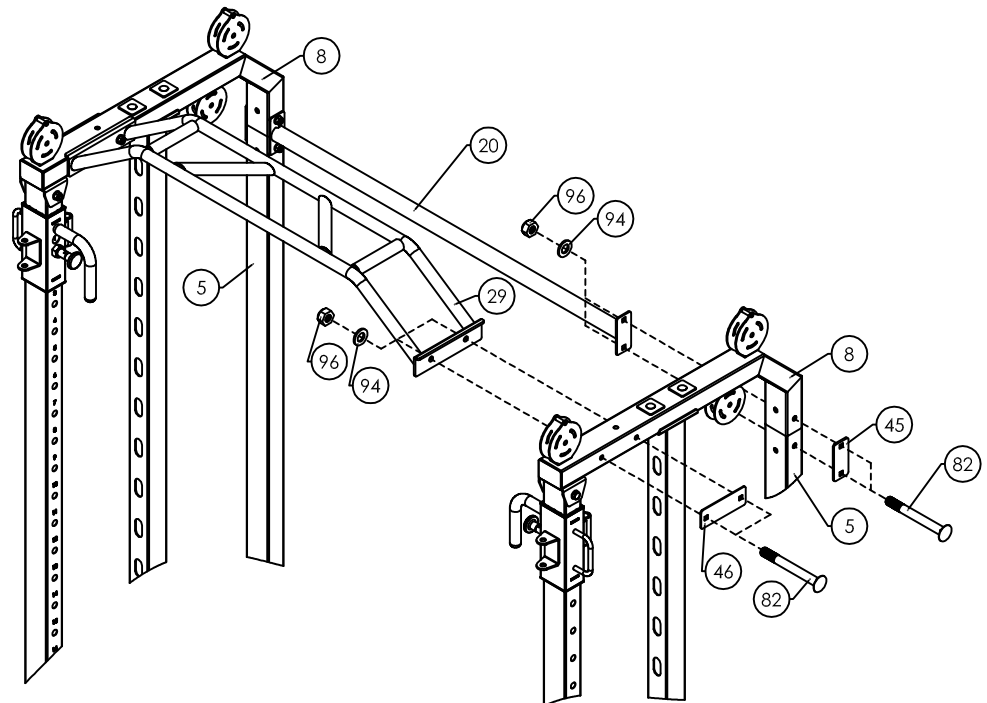
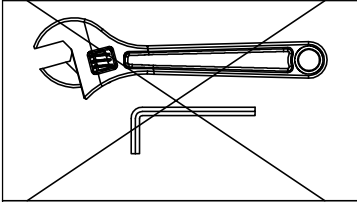
Ø10

96



x8

M10




82  ×4 M10×90



94   ×12 Ø10

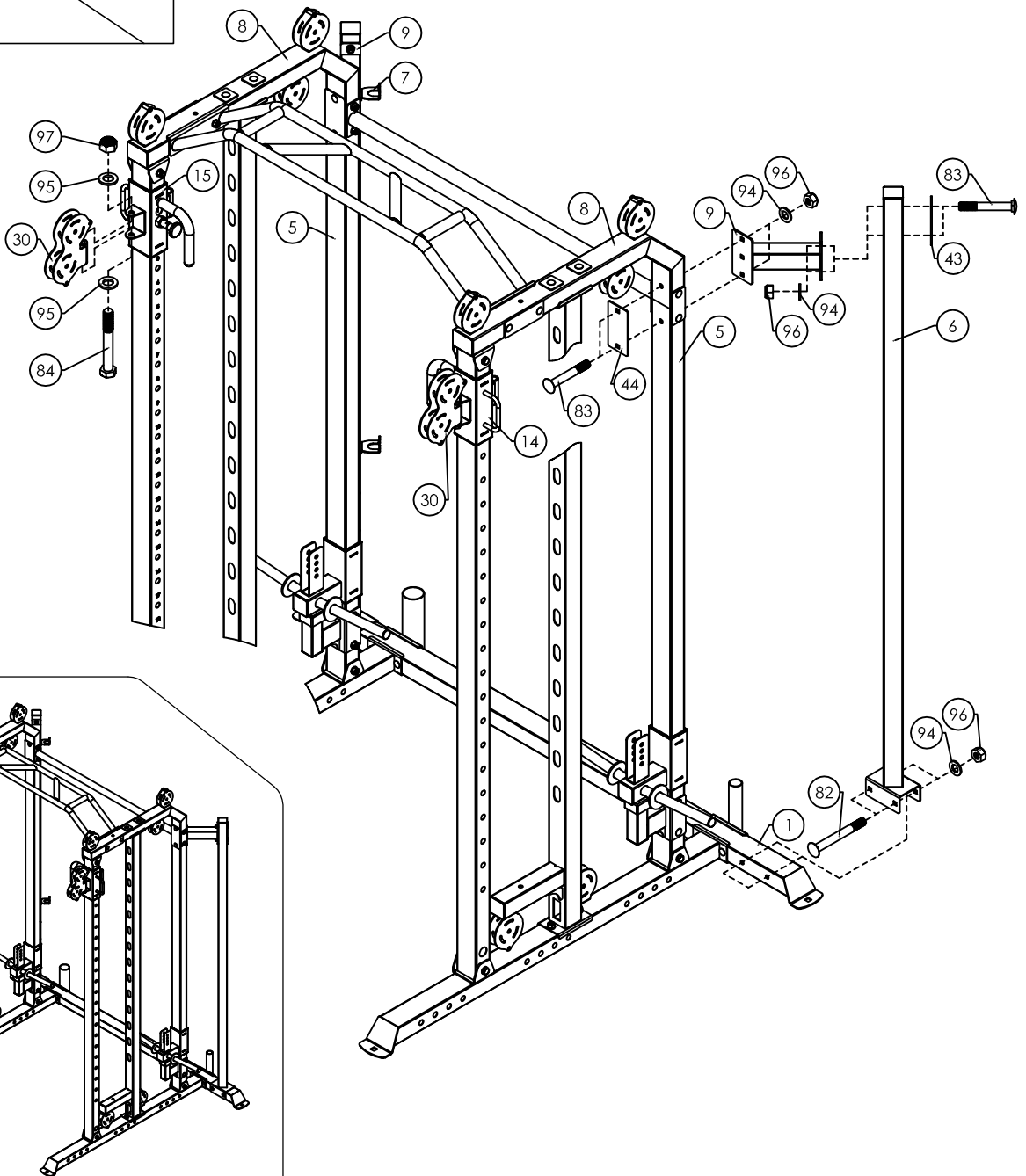
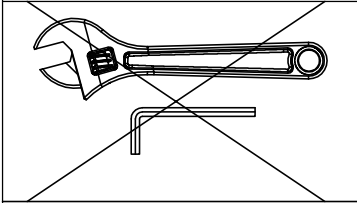
83  ×8 M10×70

95   ×4 Ø12

84  ×2 M12×90

96   ×12 M10

97   ×2 M12



86



x4 M10x70

94



x8 Ø10

87

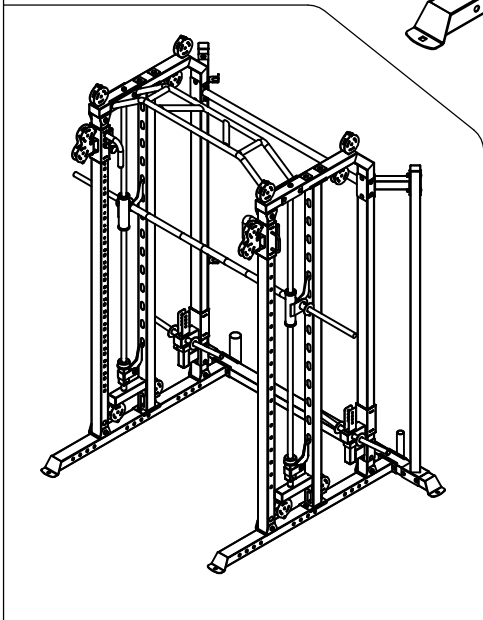
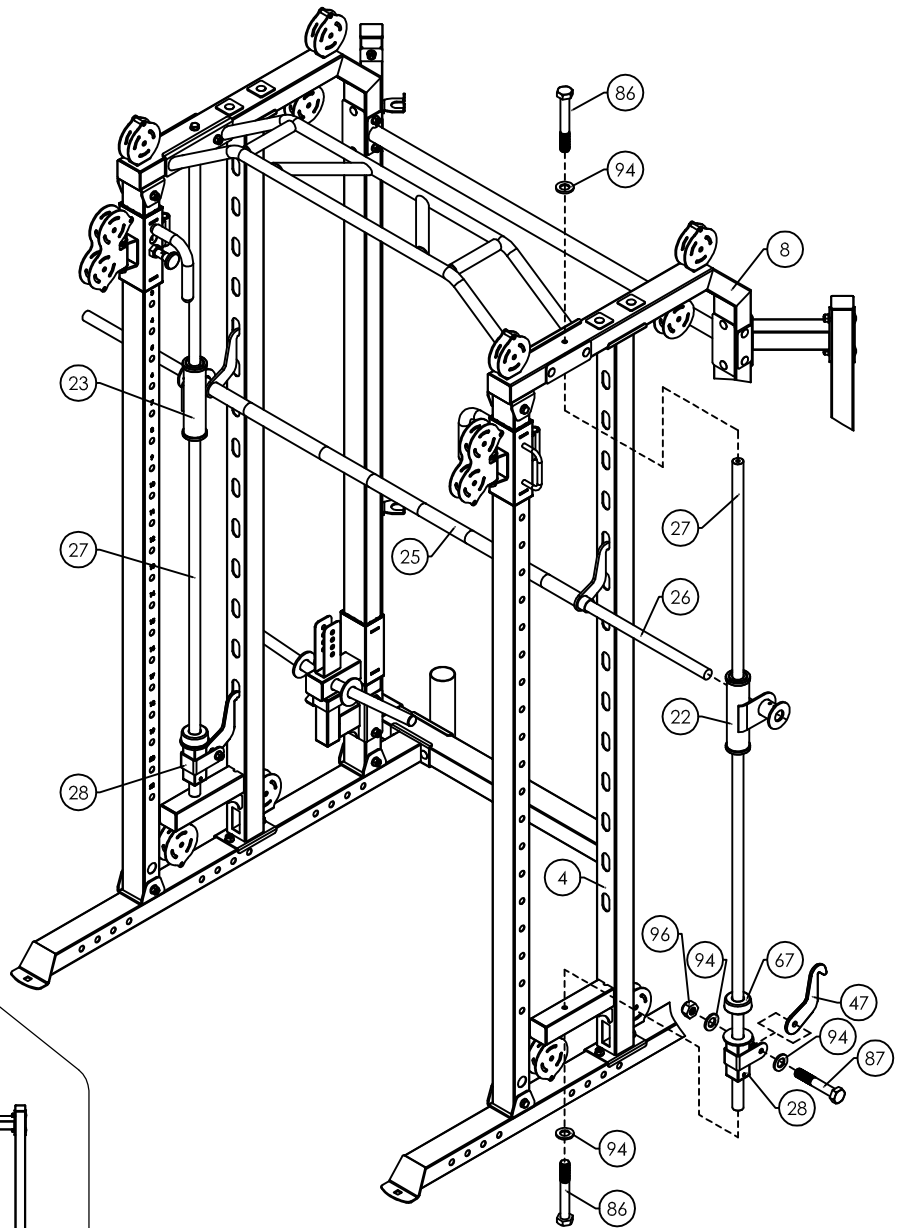
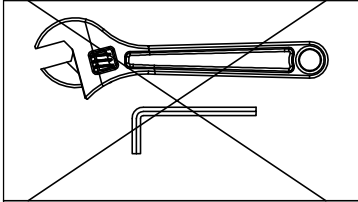


x2 M10x60

96



x2 M10



88



x16 M10x45

94

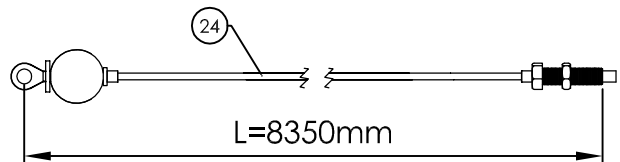
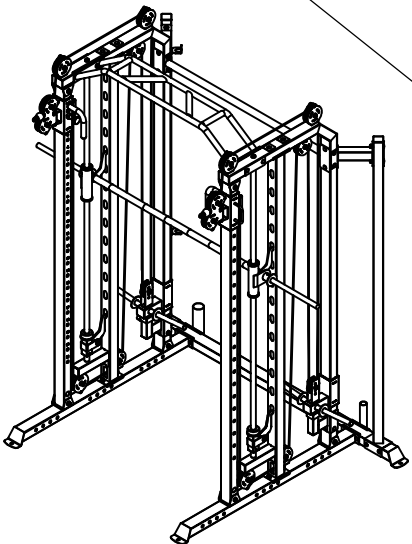
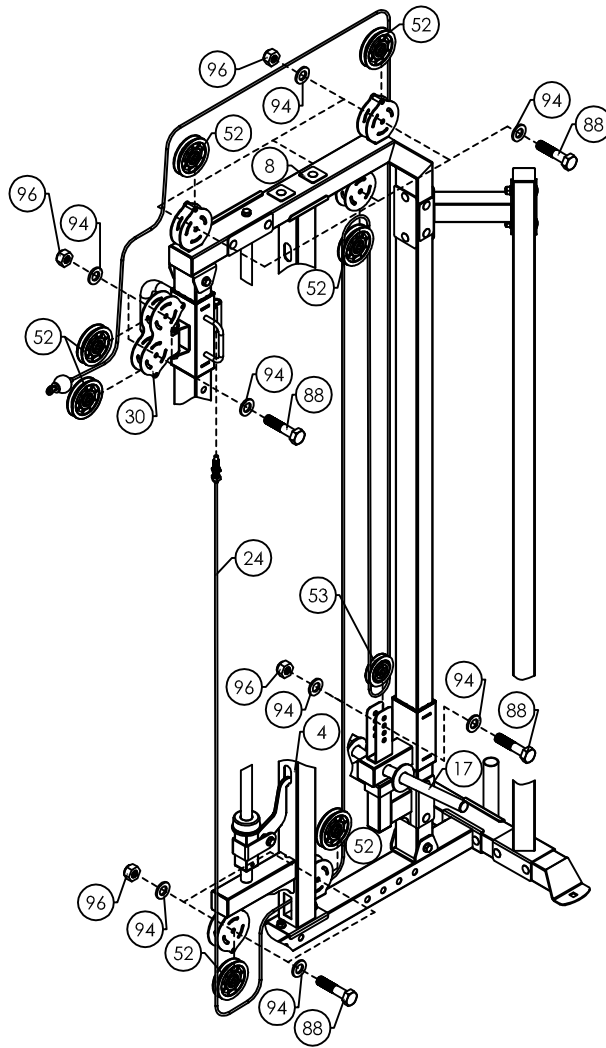
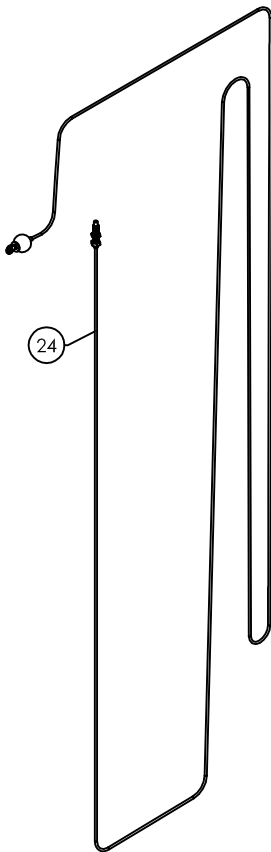
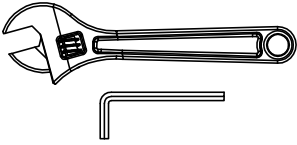


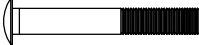

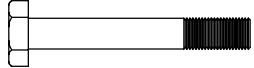



x32 Ø10

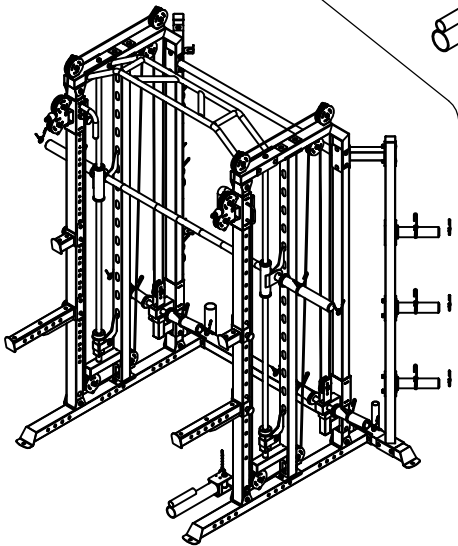
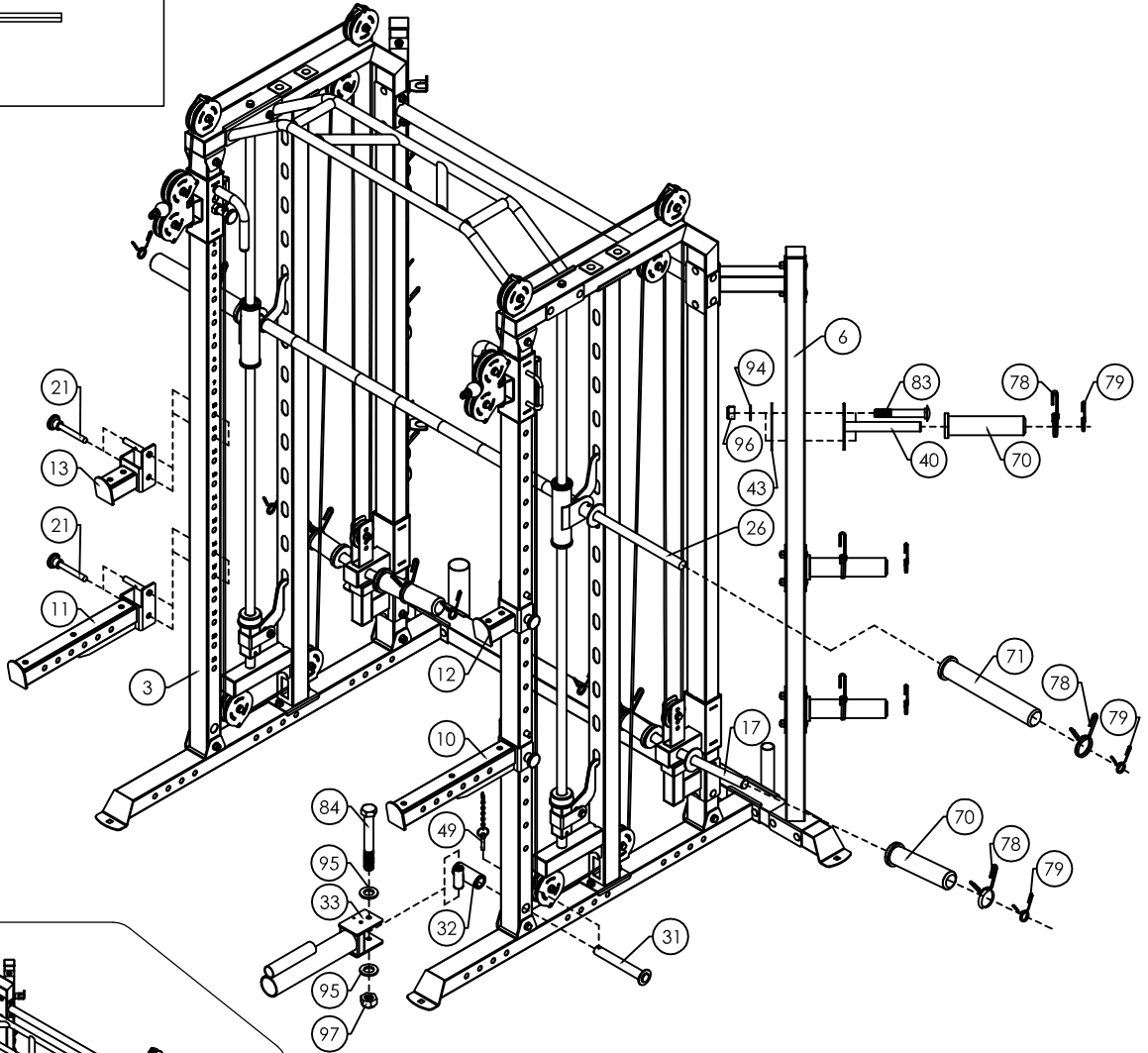
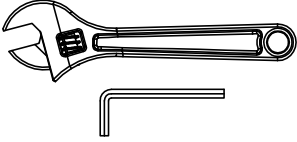
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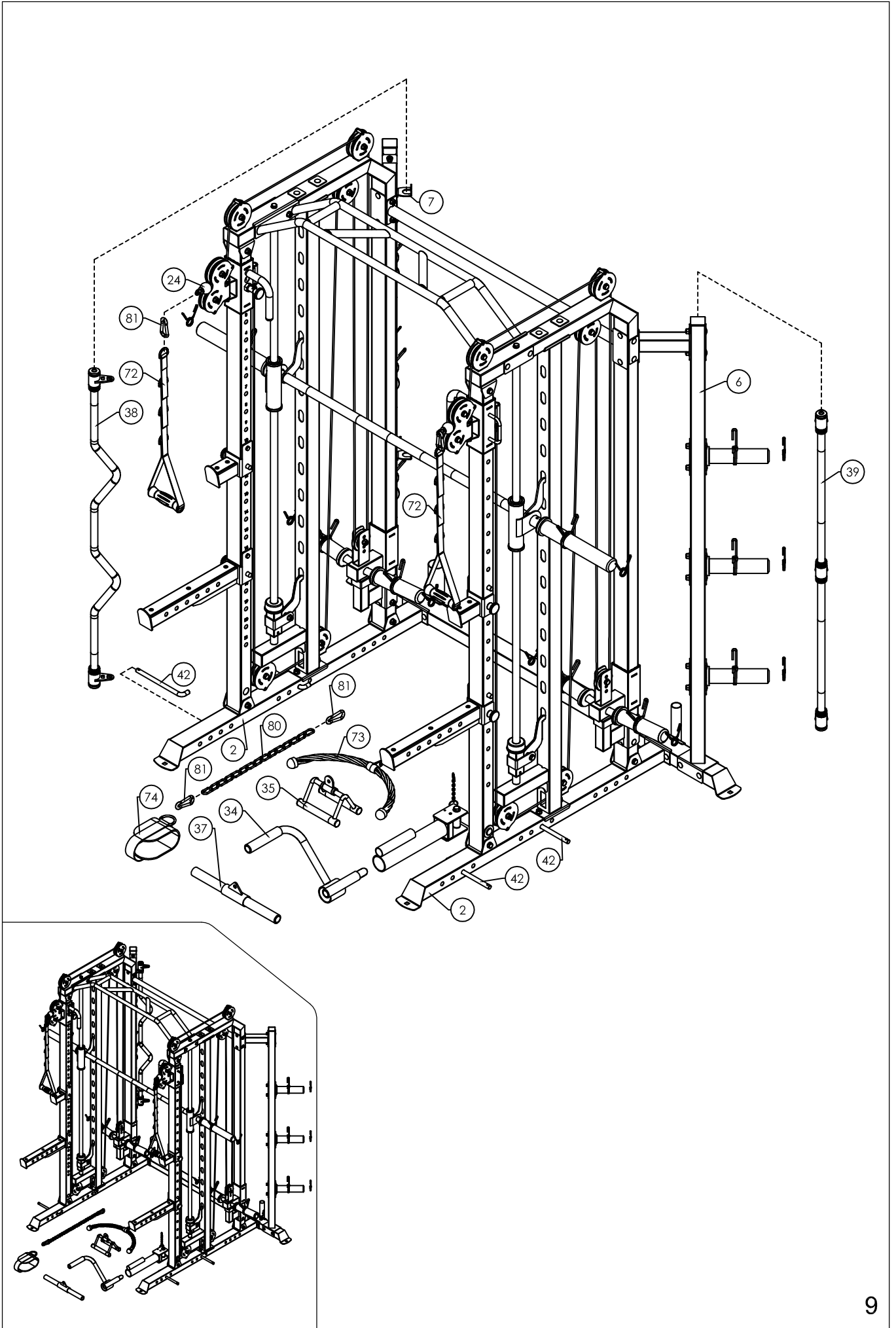


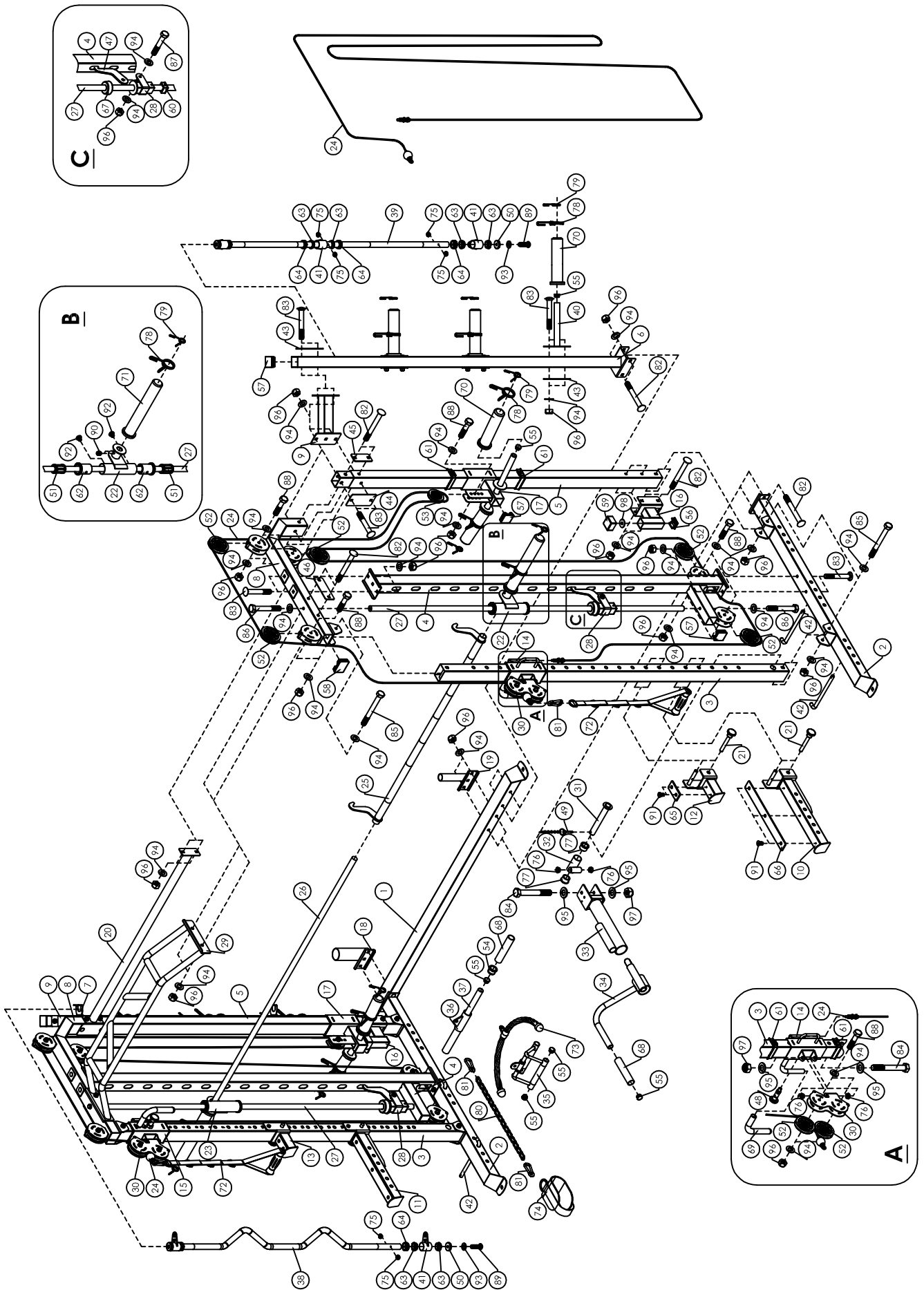
x16 M10



83		x12	M10x70	94		x12	Ø10
84		x1	M12x90	95		x2	Ø12
97		x1	M12	96		x12	M10







PARTS LIST

NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY

KEY NO.	PART DESCRIPTION	SPEC	Q'TY
1	Rear Base Frame		1
2	Base Frame		2
3	Front Post		2
4	Middle Post		2
5	Rear Post		2
6	Rear Post L		1
7	Rear Post R		1
8	Top Frame		2
9	Rear Reclining Frame		2
10	Long Safety Rack L		1
11	Long Safety Rack R		1
12	Short Safety Rack L		1
13	Short Safety Rack R		1
14	Frame Slider L		1
15	Frame Slider R		1
16	Supporting Seat		2
17	Plate Loader		2
18	Coarse Barbell Seat		1
19	Fine Barbell Seat		1
20	Horizontal Bar		1
21	Magnetic Pin		4
22	Shaft Block L		1
23	Shaft Block R		1
24	Double Pull Cadle		2
25	Weight Tube With Safety Hook		1
26	Weight lifting lever	Φ25×1965	1
27	Guide Rod	Φ25×1770	2
28	Safety Hook Bracket		2
29	Multifunction Horizontal Bar		1
30	Pulley Case		2
31	Rotating Shaft		1
32	Spacer		1
33	Rotating Frame		1
34	Handle		1
35	V-type Handle		1
36	Small Grip Frame		1
37	Small Handle Tube	φ25×1.5×400	1

38	Cambered Bar (Attachment)		1
39	Straight Bar (Attachment)		1
40	Weights Stow Rod		6
41	Rotate Ring		5
42	Weights Post	210×40×φ14	4
43	Bracket	120×50×3	8
44	Bracket	140×70×3	2
45	Bracket	100×45×4	2
46	Bracket	140×50×3	2
47	Safety Hook	R25×φ11×6	2
48	Moving Lock Pin		2
49	Pop Pin		1
50	Bar End	φ38×φ9×8	4
51	Linear Motion Bearing	LB254058	4
52	Pulley With Bearings	φ96	14
53	Small Pulley With Bearing	φ75	2
54	Bushing	φ38×φ34×φ27×26	10
55	Rectangular End Cap	φ25	18
56	Rectangular End Cap	□38	2
57	Rectangular End Cap	□50	6
58	Rectangular End Cap	□70×50	2
59	Tube End Cap	□38	2
60	Safety Hook Bracket Guides	38×26×30×3	2
61	Slide Guide	60×80×2×□50×70	8
62	Sliding Rod Guide	φ55×φ46×φ40×68	4
63	Bushing	φ38×φ27×11	10
64	Bushing	φ37×φ27×15	6
65	Rack Liner	90×45×5	2
66	Rack Liner	415×45×5	2
67	Rubber Stopper	φ62×φ24.5×25	2
68	Dips Handle	Φ23×150	4
69	Dips Handle	φ24×φ18×227	2
70	Olympic Barbell Sleeve	φ50×210	10
71	Olympic Barbell Sleeve	φ50×335	2
72	Nylon Strap Iso-Handle		2
73	Rope		1
74	Ankle Strap	PH1300	1
75	Self-plugging Rivet	φ4×10	12
76	Bushing	φ25×φ21.8×φ12.2×8	6
77	Bushing	φ38×φ34×φ25×22	2
78	Spring Clip	φ49	12

79	Spring Clip	φ24.5	12
80	15-Joint Chain		1
81	Hook	φ8	4
82	Carriage Bolt	M10×90	20
83	Carriage Bolt	M10×70	28
84	Hex Bolt	M12×90	3
85	Hex Bolt	M10×95	6
86	Hex Bolt	M10×70	4
87	Hex Bolt	M10×60	2
88	Hex Bolt	M10×45	16
89	Allen Bolt	M8×25	4
90	Set Screw	M8×10	4
91	Sunk Screw	M6×12	10
92	Cross Screw	M6×7	4
93	Washer	8	4
94	Washer	10	100
95	Washer	12	6
96	Nut	M10	72
97	Nut	M12	3
98	Washer	φ38×φ13×3	2
99	Allen Wrench	5#	1
100	Allen Wrench	4#	1