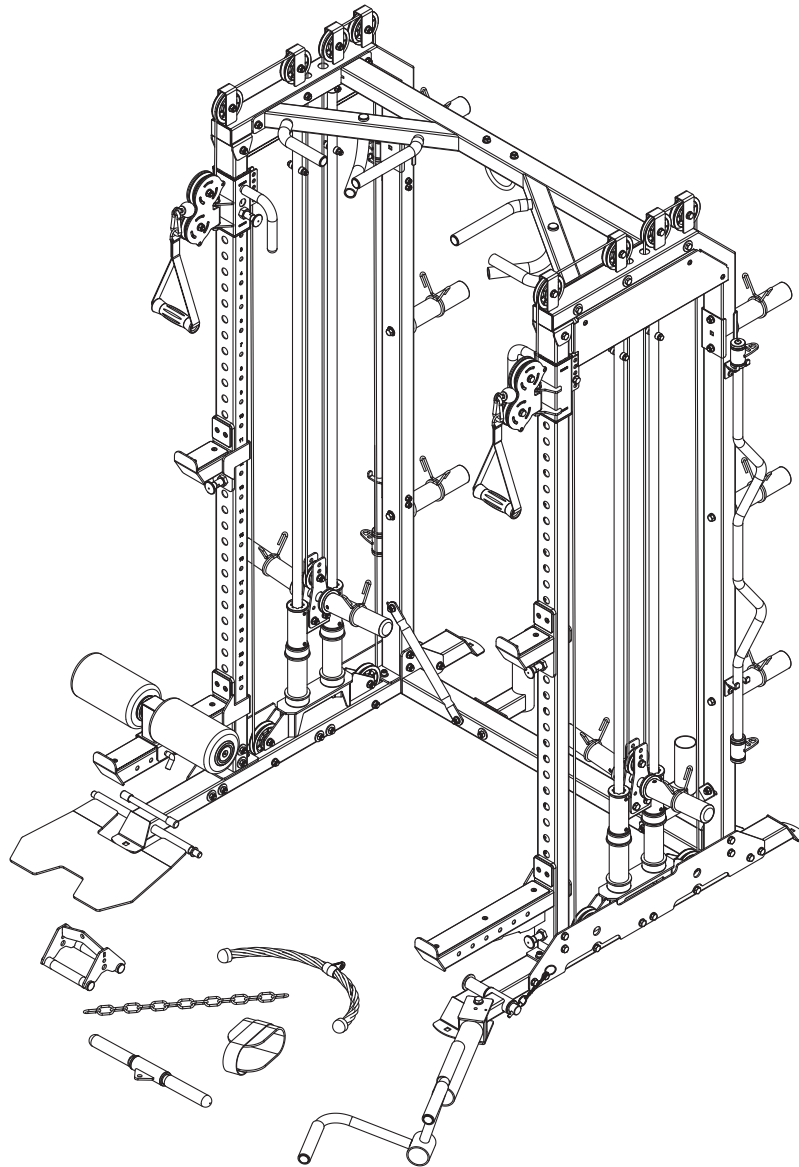




OWNER'S MANUAL

Pro Master 1001



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20220704-V1.0

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| PARTS LIST..... | 20 |

BEFORE YOU BEGIN

Thank you for selecting the Pro Master 1001. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

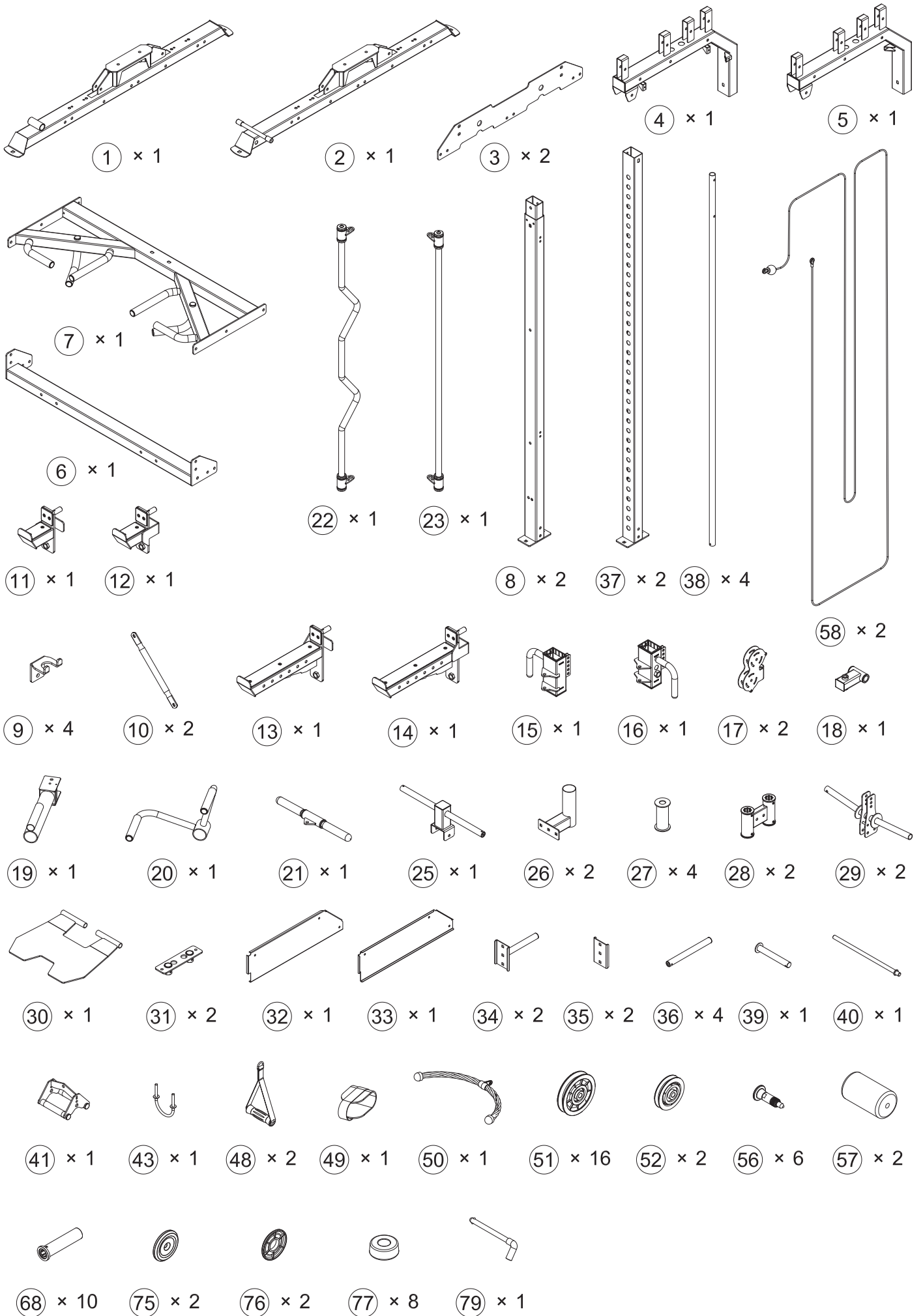
IMPORTANT SAFETY NOTICE

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

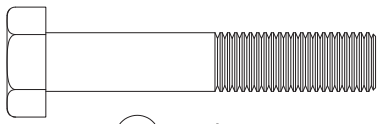
1. **Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
13. **This equipment is designed and intended for home and consumer use only, not for commercial use.**

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

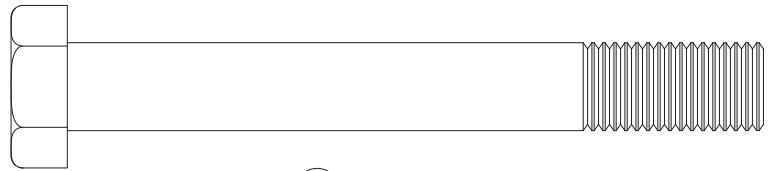
SAVE THESE INSTRUCTIONS.



HARDWARE PACK



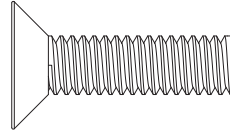
81 × 4



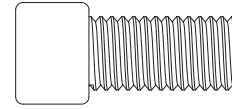
90 × 3



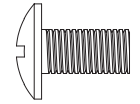
82 × 4



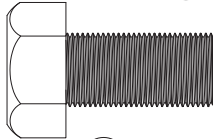
93 × 2



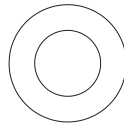
94 × 16



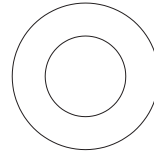
95 × 6



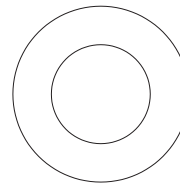
83 × 4



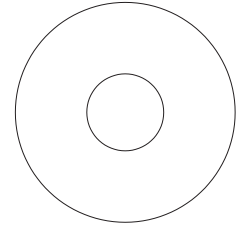
97 × 32



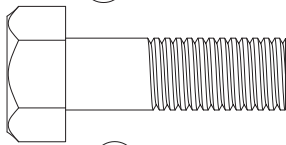
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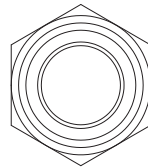
99 × 6



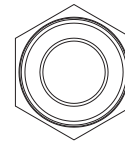
100 × 22



84 × 2



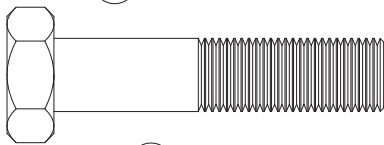
103 × 3



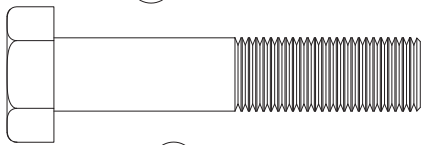
102 × 68



101 × 16



85 × 12



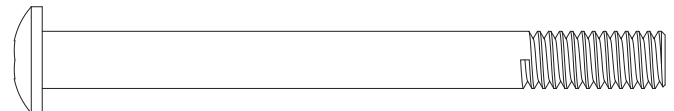
86 × 10



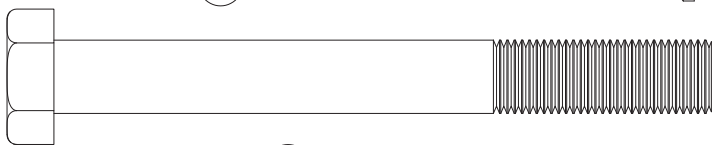
104 × 4



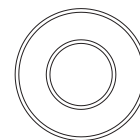
87 × 6



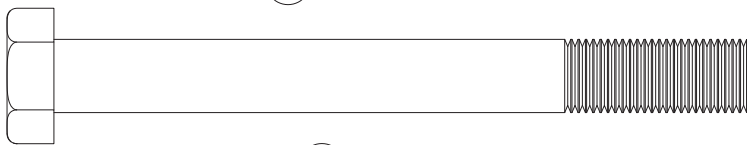
106 × 8



88 × 20

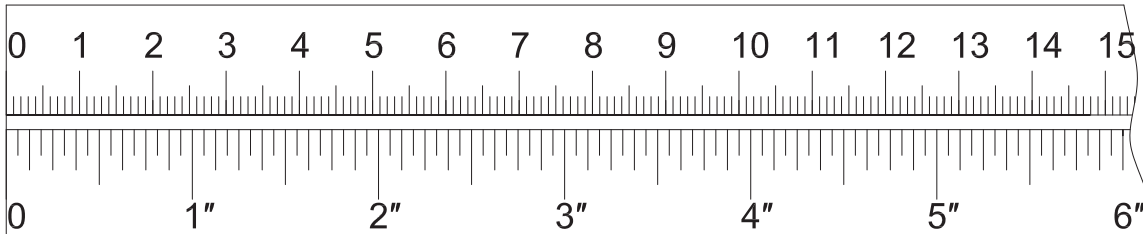


78 × 8

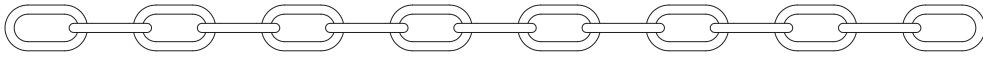


89 × 12

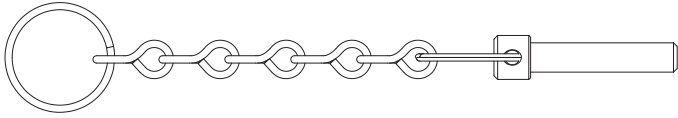
mm



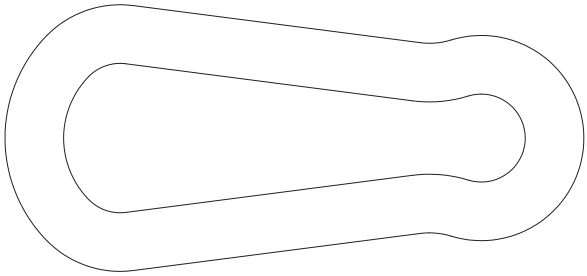
HARDWARE PACK



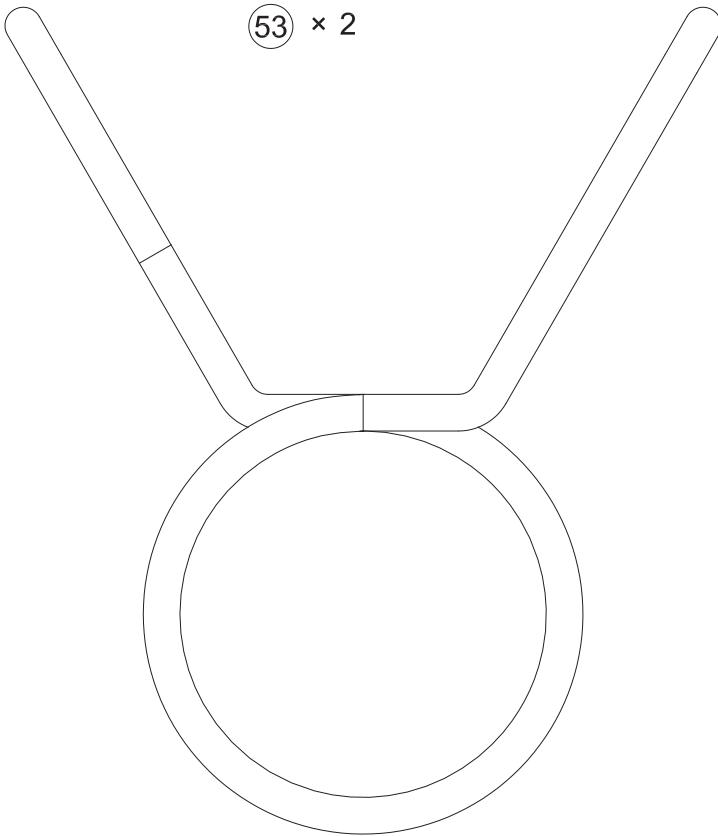
54 × 1



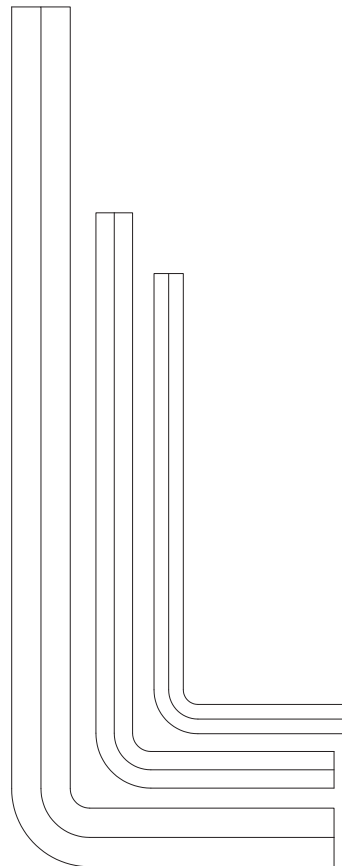
47 × 1



53 × 2



55 × 10

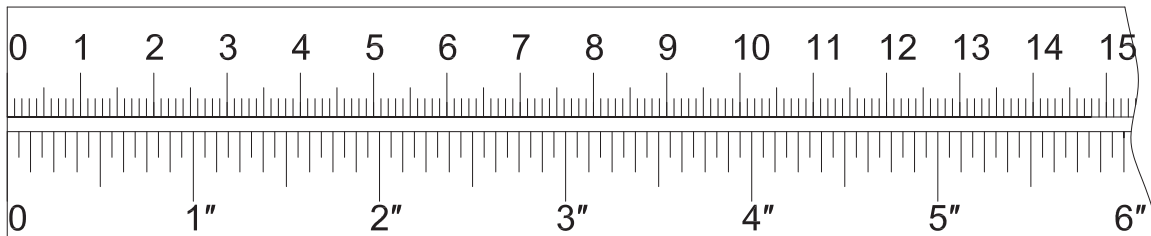


4# × 1

5# × 1

8# × 1

mm

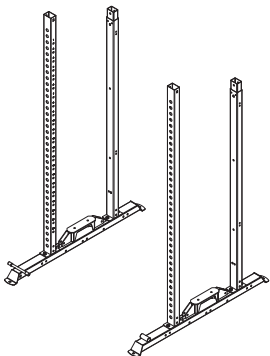
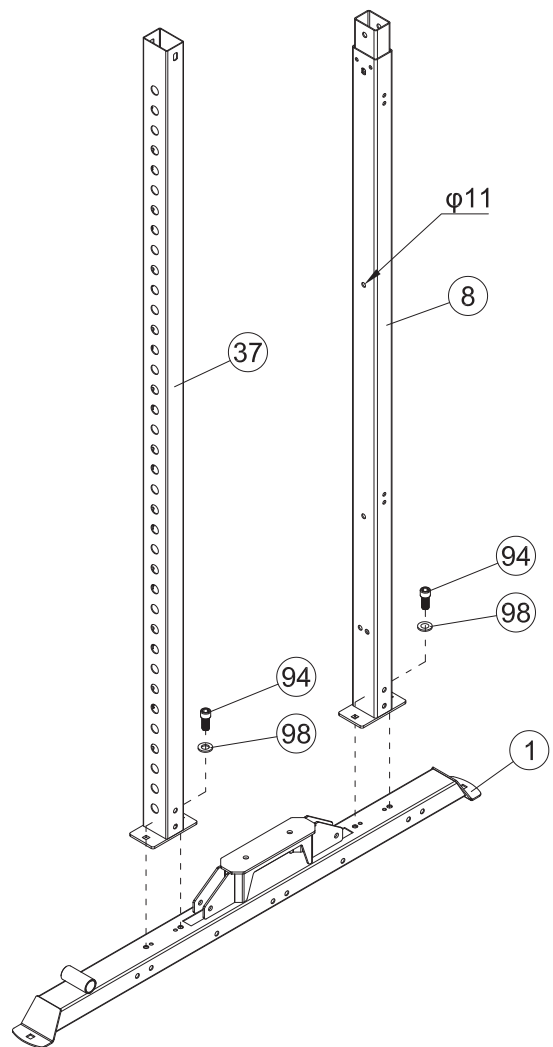
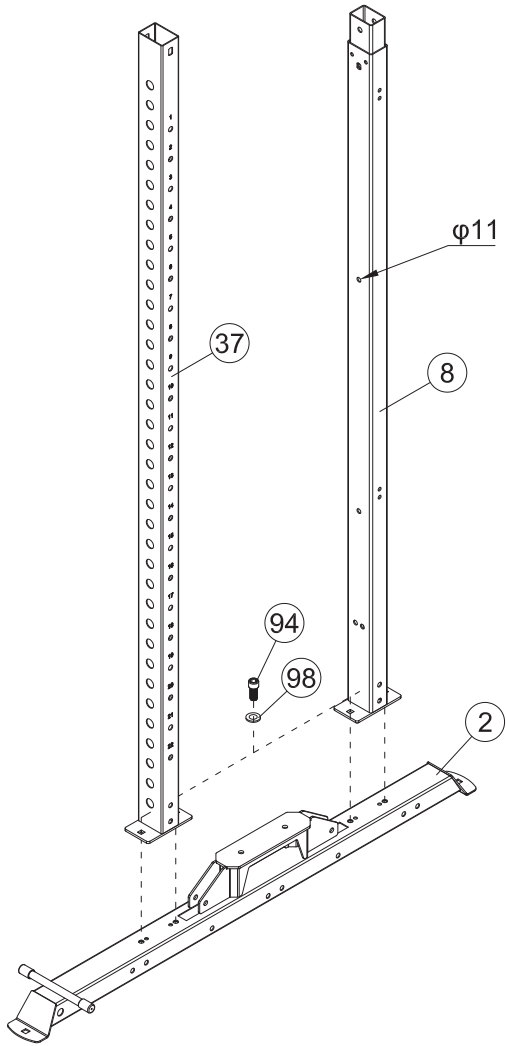
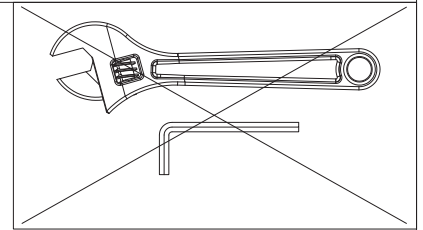




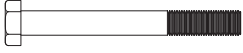


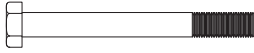




× 8 M10×20

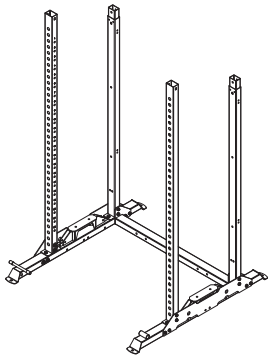
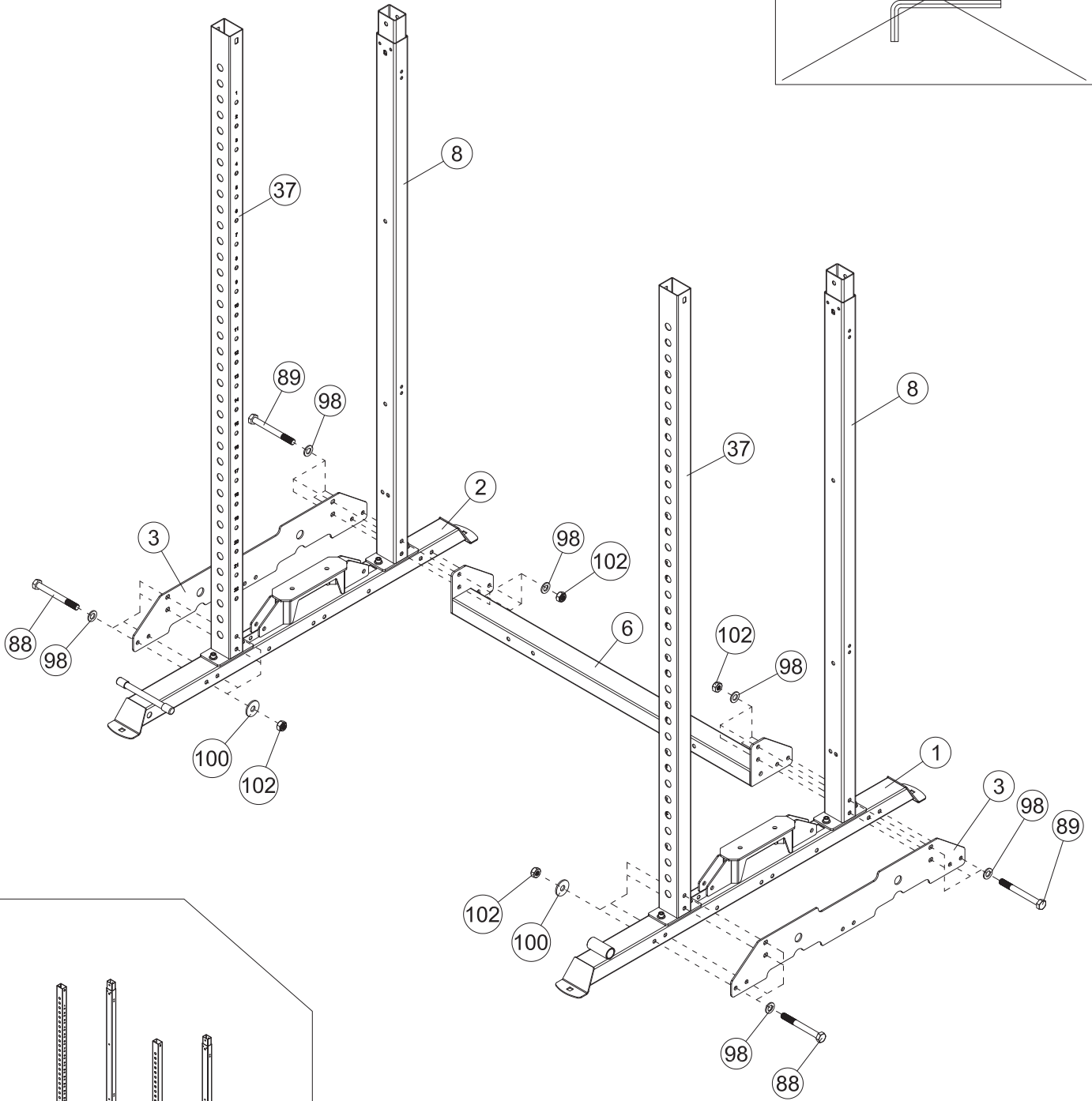
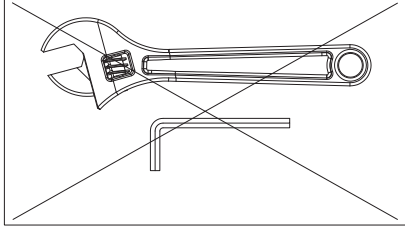


× 8 φ10



| | |
|-----|-------|
| #1 | BOX 3 |
| #2 | BOX 3 |
| #8 | BOX 1 |
| #37 | BOX 1 |

- (88) 
× 8 M10×90
(98) 

× 24 φ10
- (89) 
× 8 M10×95
(100) 

× 8 φ30×φ10.5×2.5
- (102) 

× 16 M10

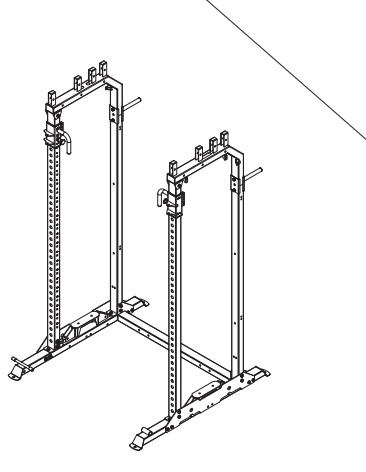
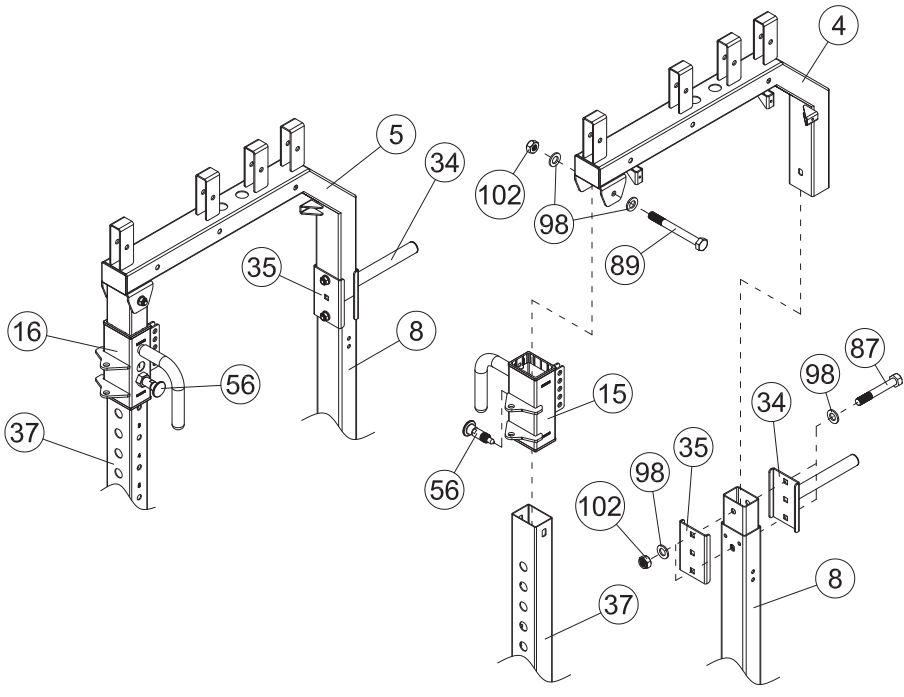
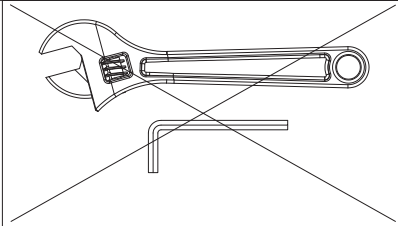


| | |
|----|-------|
| #3 | BOX 2 |
| #6 | BOX 3 |

- (87)
× 4 M10×70
(98)

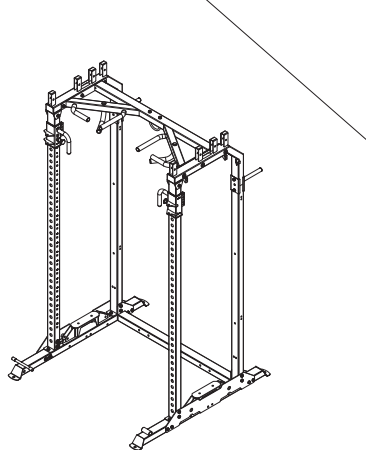
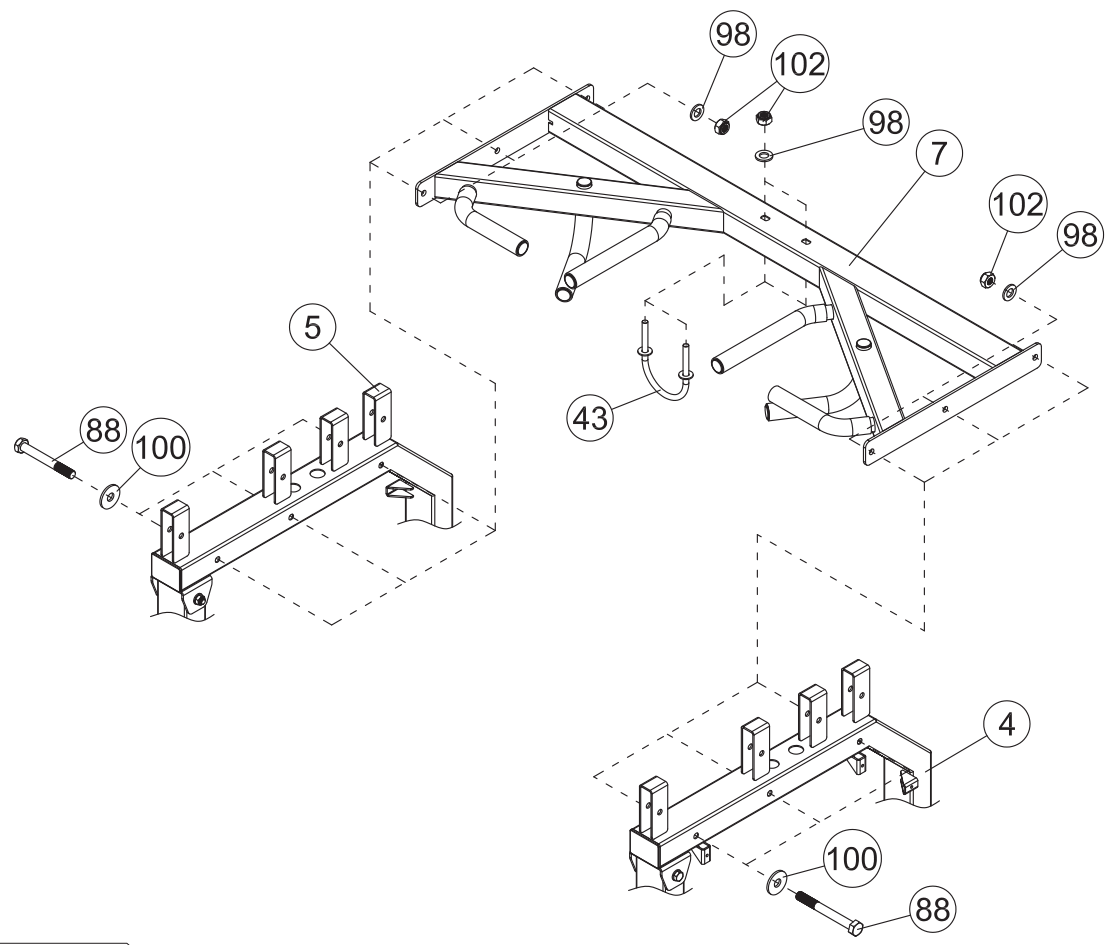
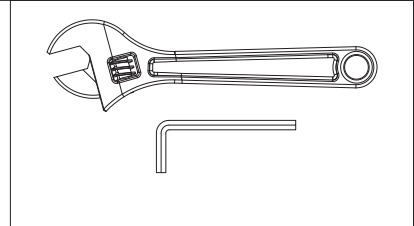
× 12 φ10
- (89)
× 2 M10×95
(102)

× 6 M10



| | |
|-----|-------|
| #4 | BOX 4 |
| #5 | BOX 4 |
| #15 | BOX 5 |
| #16 | BOX 5 |
| #34 | BOX 5 |
| #35 | BOX 5 |
| #56 | BOX 5 |

- (88)
× 6 M10×90
(100)
× 6 φ30×φ10.5×2.5
- (98)
× 8 φ10
(102)
× 8 M10



| | |
|-----|-------|
| #7 | BOX 2 |
| #43 | BOX 5 |

78   × 8 φ18×φ9×10

94  × 8 M10×20

101   × 8 M8

81  × 4 M8×45

97  × 16 φ8

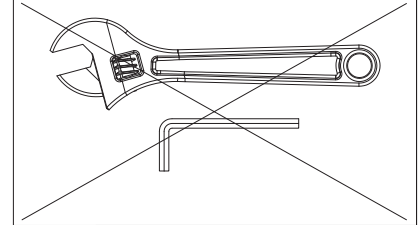
102   × 4 M10

82  × 4 M8×60

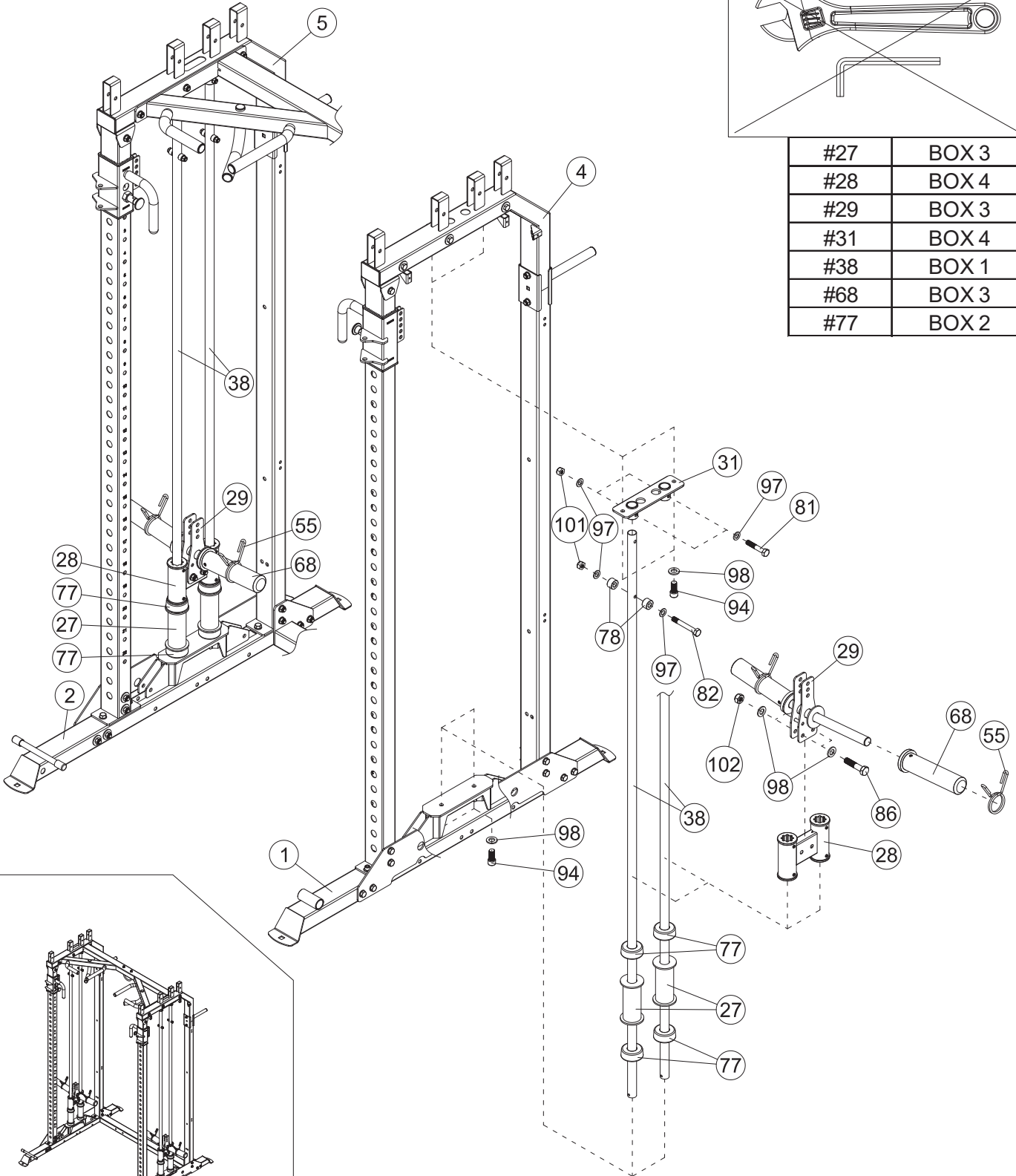
98  × 16 φ10

55  × 4 φ49

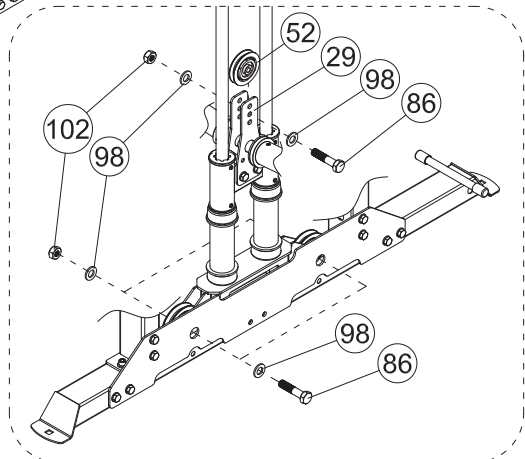
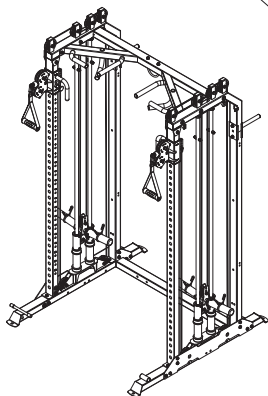
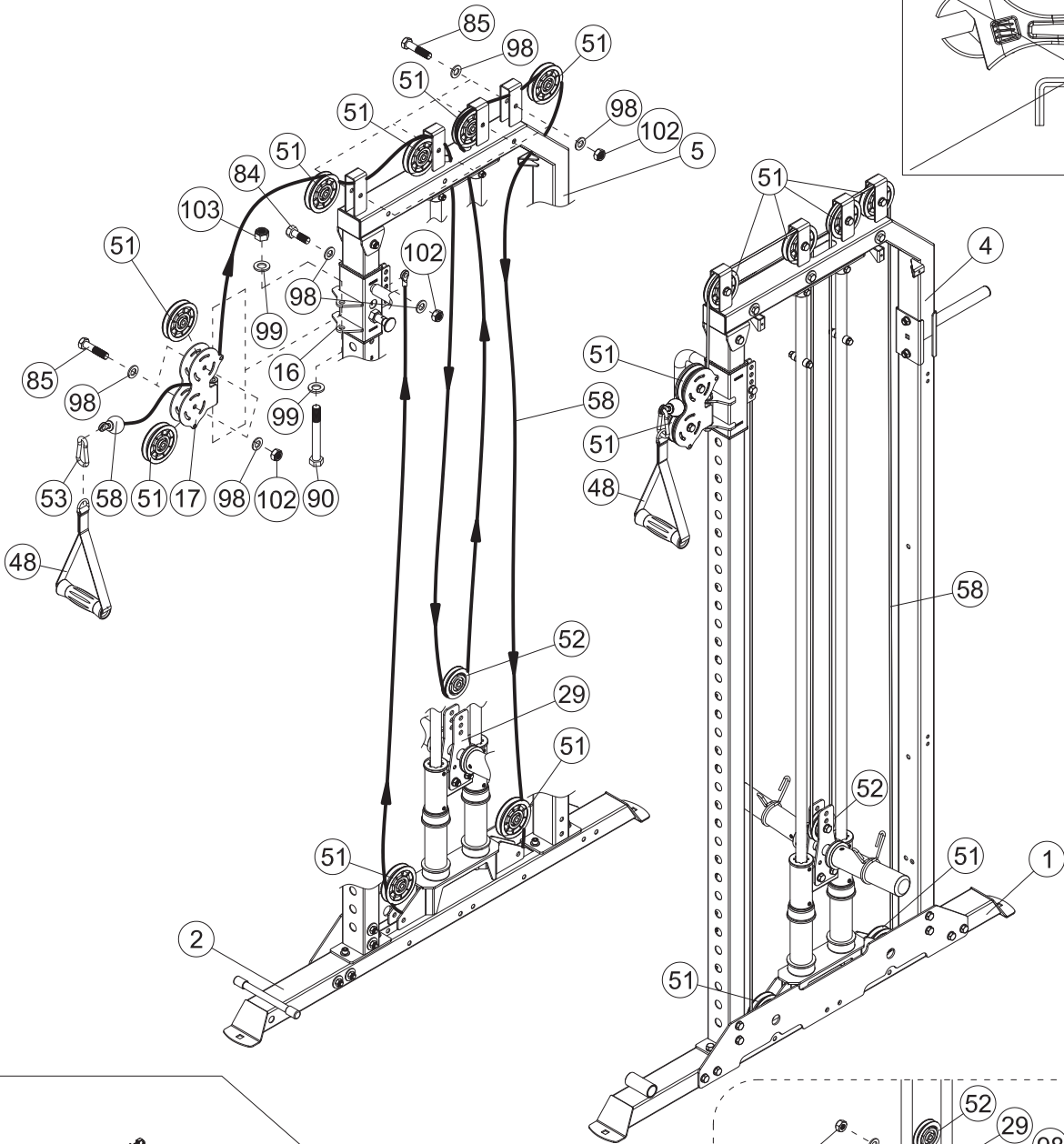
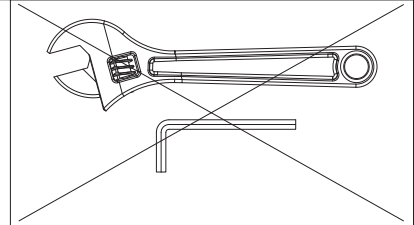
86  × 4 M10×50



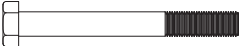


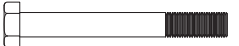




| | |
|-----|-------|
| #27 | BOX 3 |
| #28 | BOX 4 |
| #29 | BOX 3 |
| #31 | BOX 4 |
| #38 | BOX 1 |
| #68 | BOX 3 |
| #77 | BOX 2 |

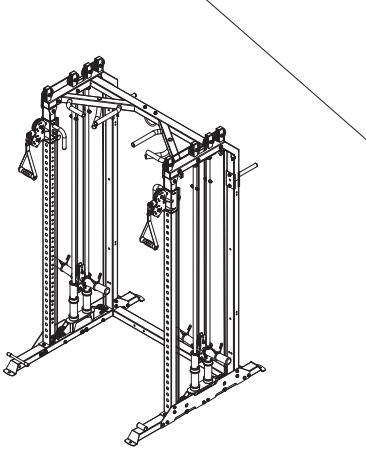
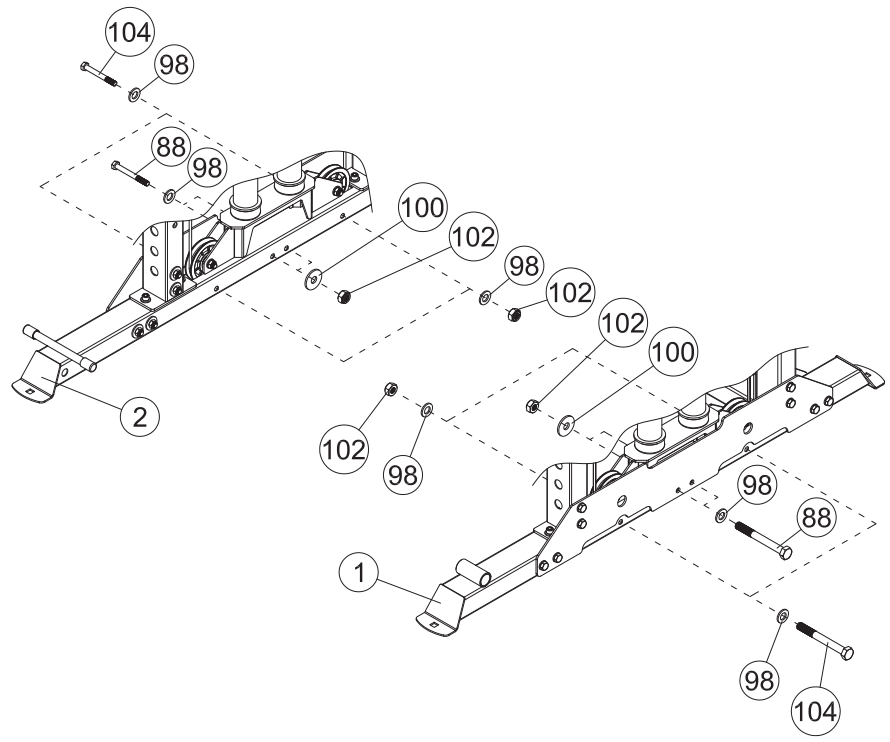
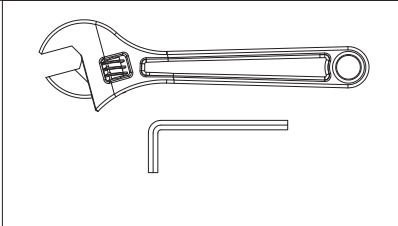


- | | | | | | | | | |
|----|--|-------------|-----|--|----------|----|--|--------|
| 84 | | × 2 M10×30 | 98 | | × 40 φ10 | 53 | | × 2 φ8 |
| 85 | | × 12 M10×45 | 99 | | × 4 φ12 | | | |
| 86 | | × 6 M10×50 | 102 | | × 20 M10 | | | |
| 90 | | × 2 M12×95 | 103 | | × 2 M12 | | | |

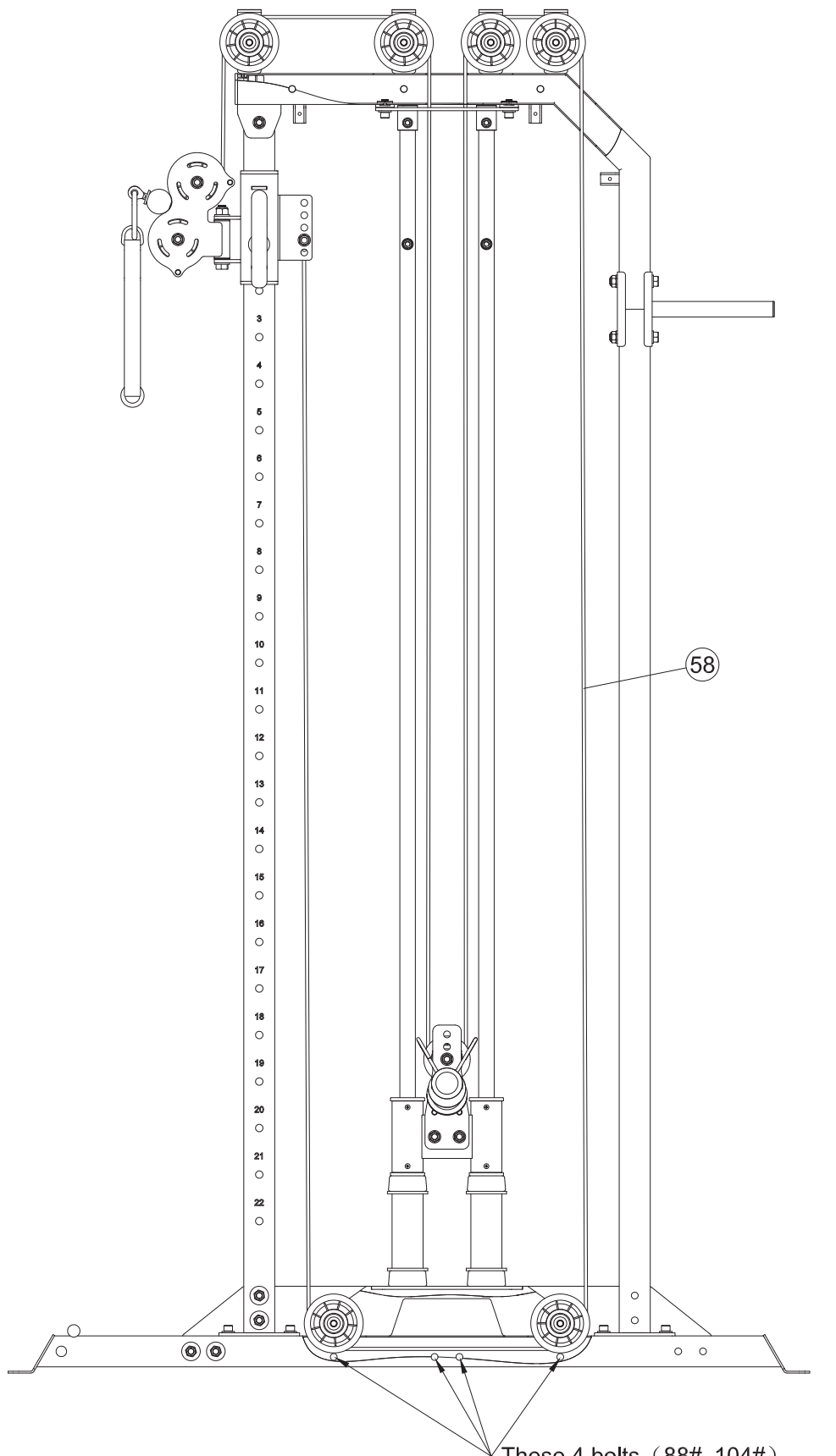


| | |
|-----|-------|
| #17 | BOX 2 |
| #48 | BOX 2 |
| #51 | BOX 2 |
| #52 | BOX 5 |
| #58 | BOX 5 |

- | | | | | | | | | |
|-----|---|-----|--------|-----|---|---|------|---------------|
| 88 |  | × 4 | M10×90 | 100 |  |  | × 4 | φ30×φ10.5×2.5 |
| 104 |  | × 4 | M10×85 | 102 |  |  | × 8 | M10 |
| 98 |  | | | |  | | × 12 | φ10 |



7-A



These 4 bolts (88# 104#)
should be under the cable (58#)

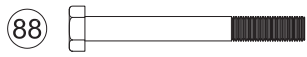
7-B



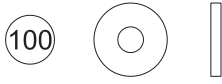
× 2 M10×70



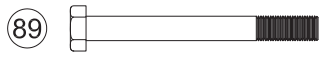
× 8 φ10



× 2 M10×90



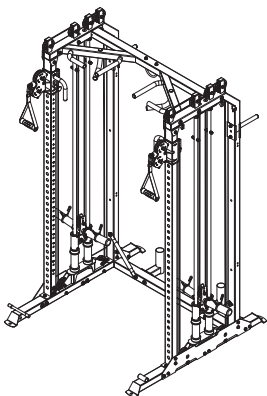
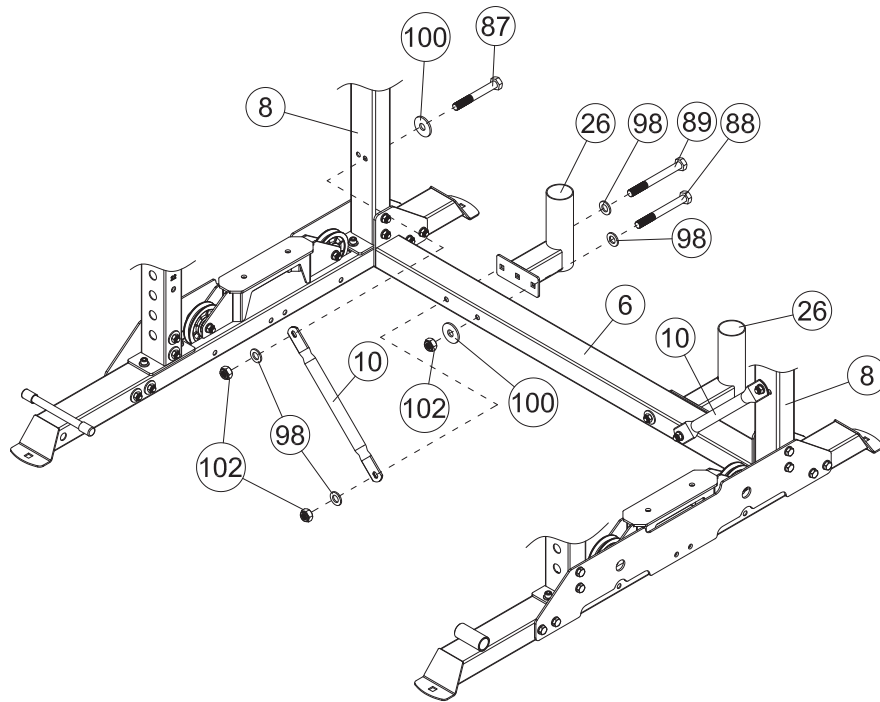
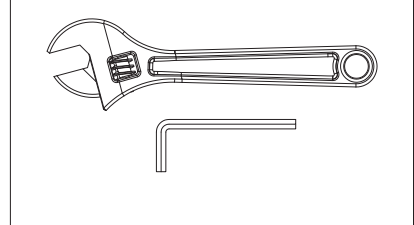
× 4 φ30×φ10.5×2.5



× 2 M10×95



× 6 M10



| | |
|-----|-------|
| #10 | BOX 4 |
| #26 | BOX 5 |



× 4 M10×20

(55)



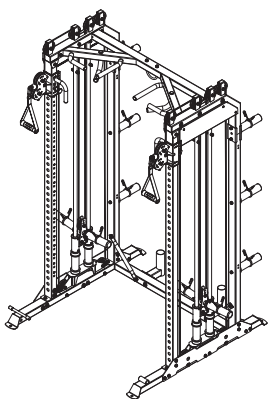
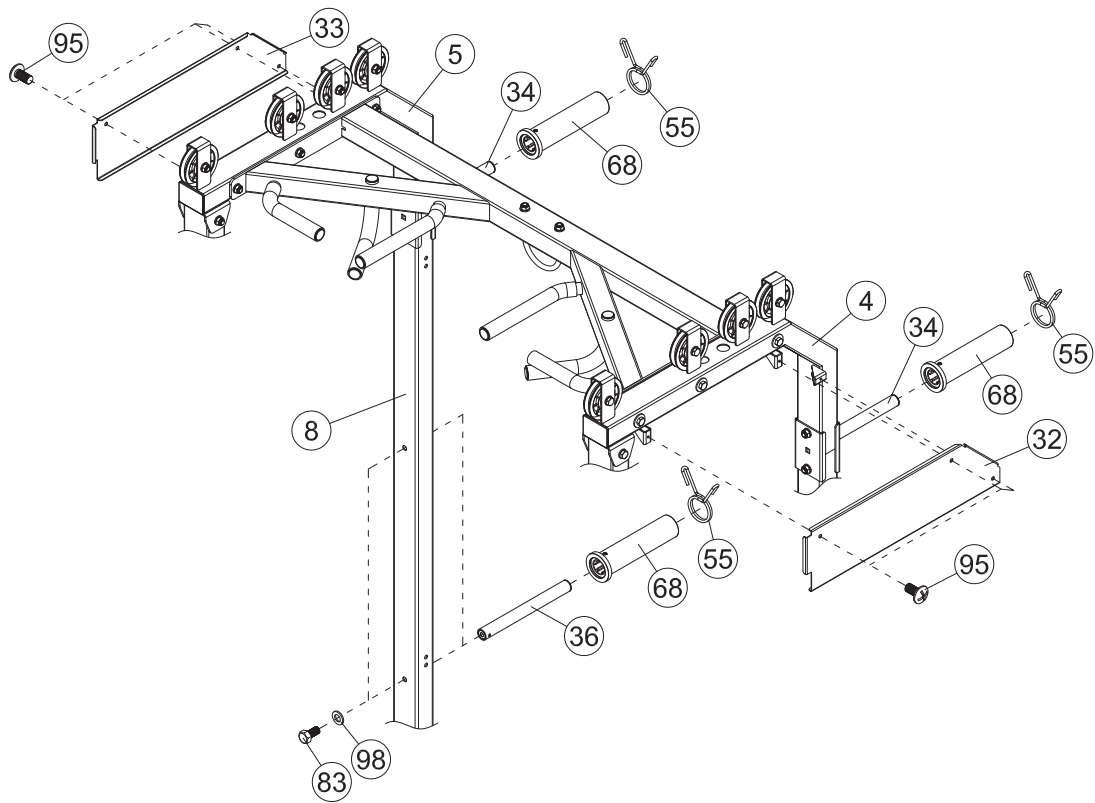
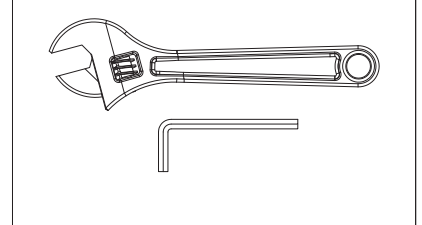
× 6 φ49



× 6 M6×12



× 4 φ10



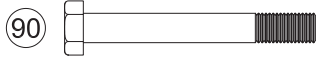
| | |
|-----|-------|
| #32 | BOX 3 |
| #33 | BOX 3 |
| #36 | BOX 5 |
| #68 | BOX 3 |



× 1



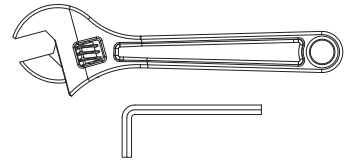
× 2 φ12



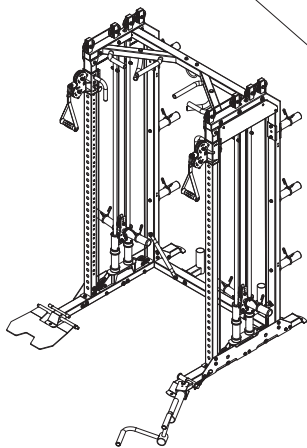
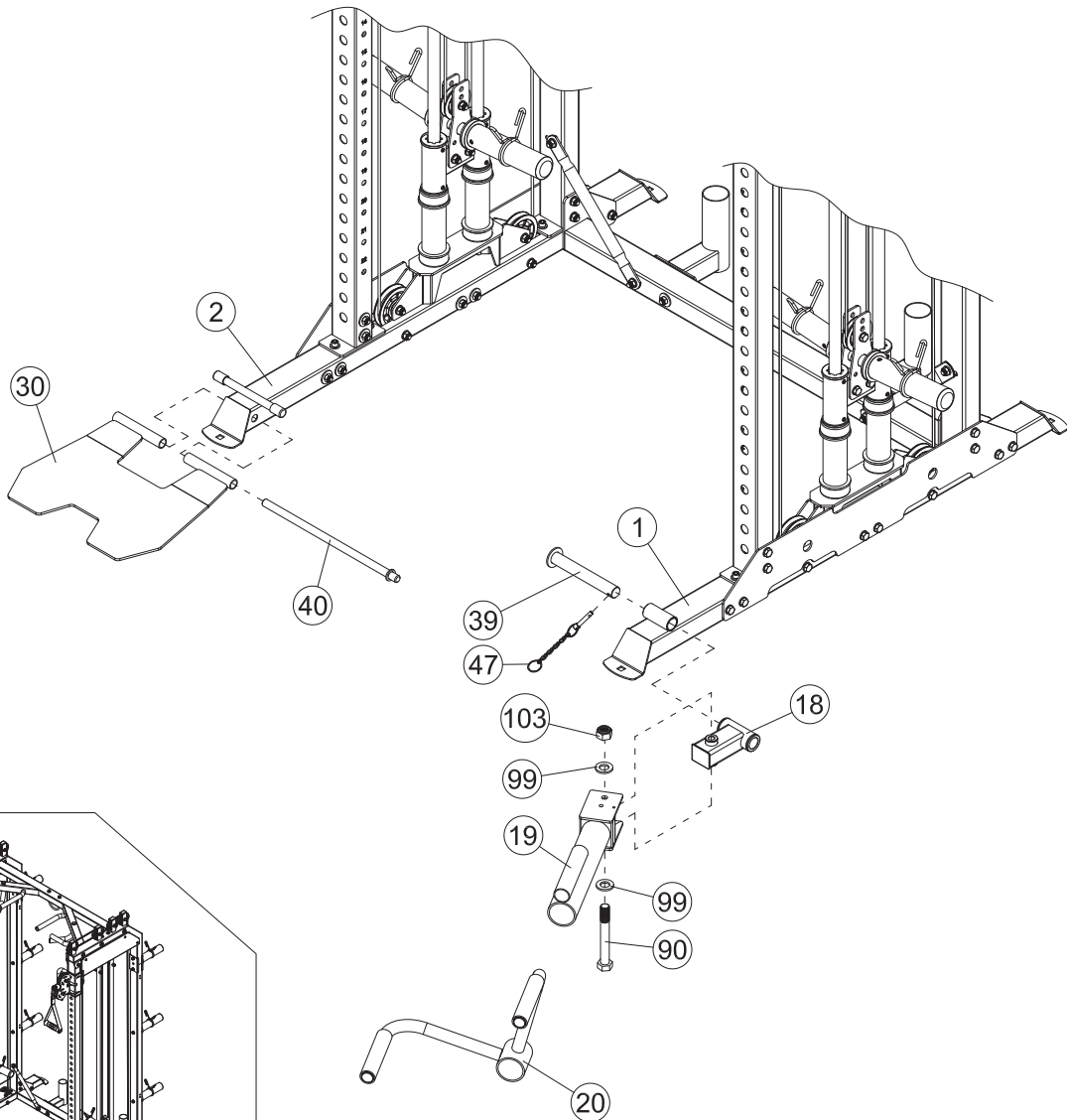
× 1 M12×95



× 1 M12



| | |
|-----|-------|
| #18 | BOX 3 |
| #19 | BOX 4 |
| #20 | BOX 5 |
| #30 | BOX 4 |
| #39 | BOX 5 |
| #40 | BOX 4 |

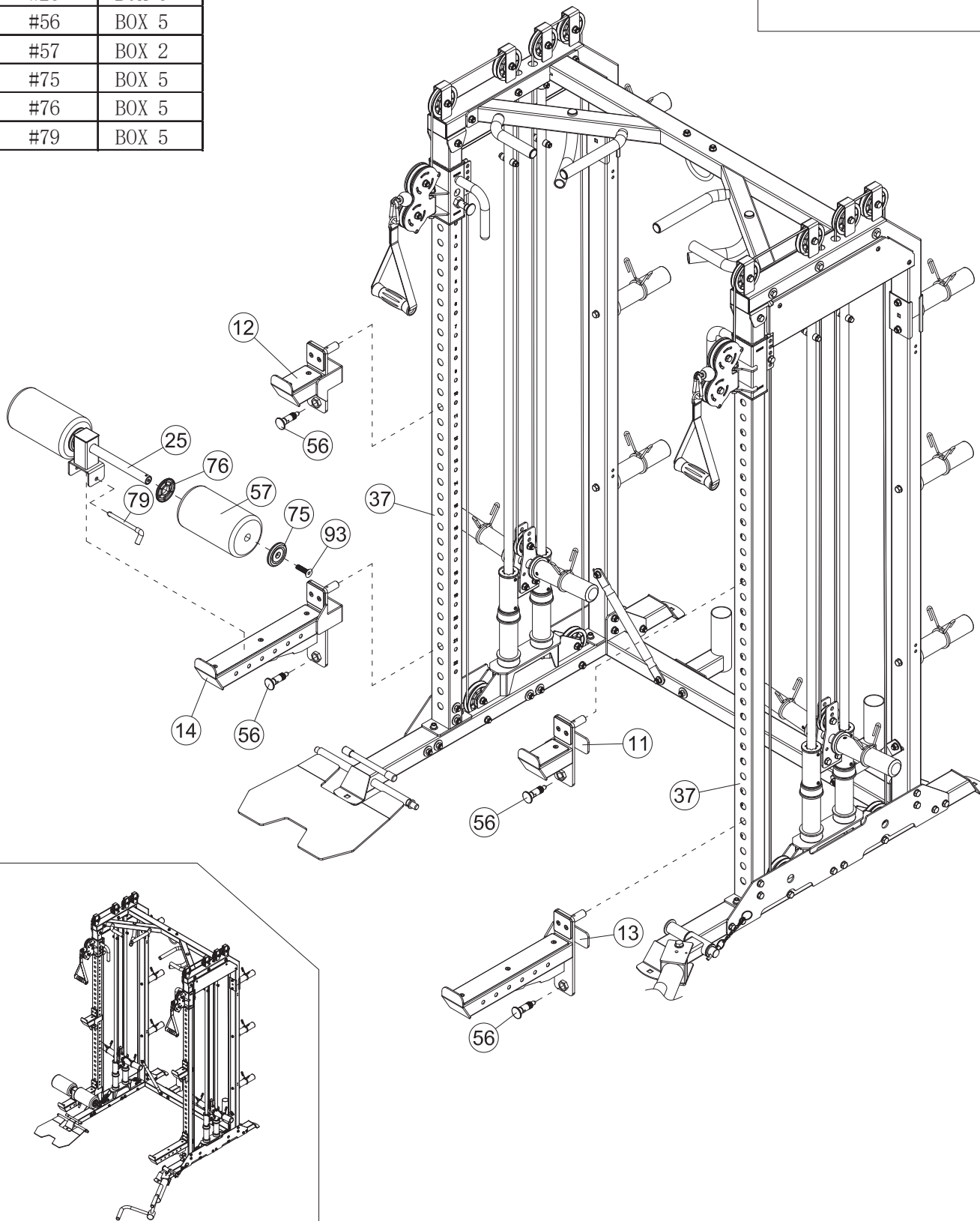
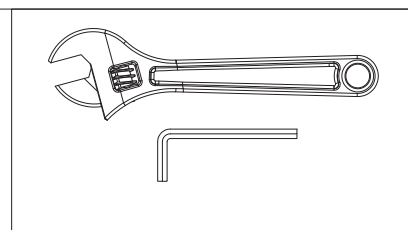


93

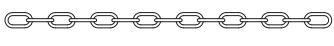


× 2 M8×30

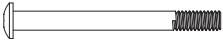
| | |
|-----|-------|
| #11 | BOX 2 |
| #12 | BOX 2 |
| #13 | BOX 2 |
| #14 | BOX 2 |
| #25 | BOX 3 |
| #56 | BOX 5 |
| #57 | BOX 2 |
| #75 | BOX 5 |
| #76 | BOX 5 |
| #79 | BOX 5 |



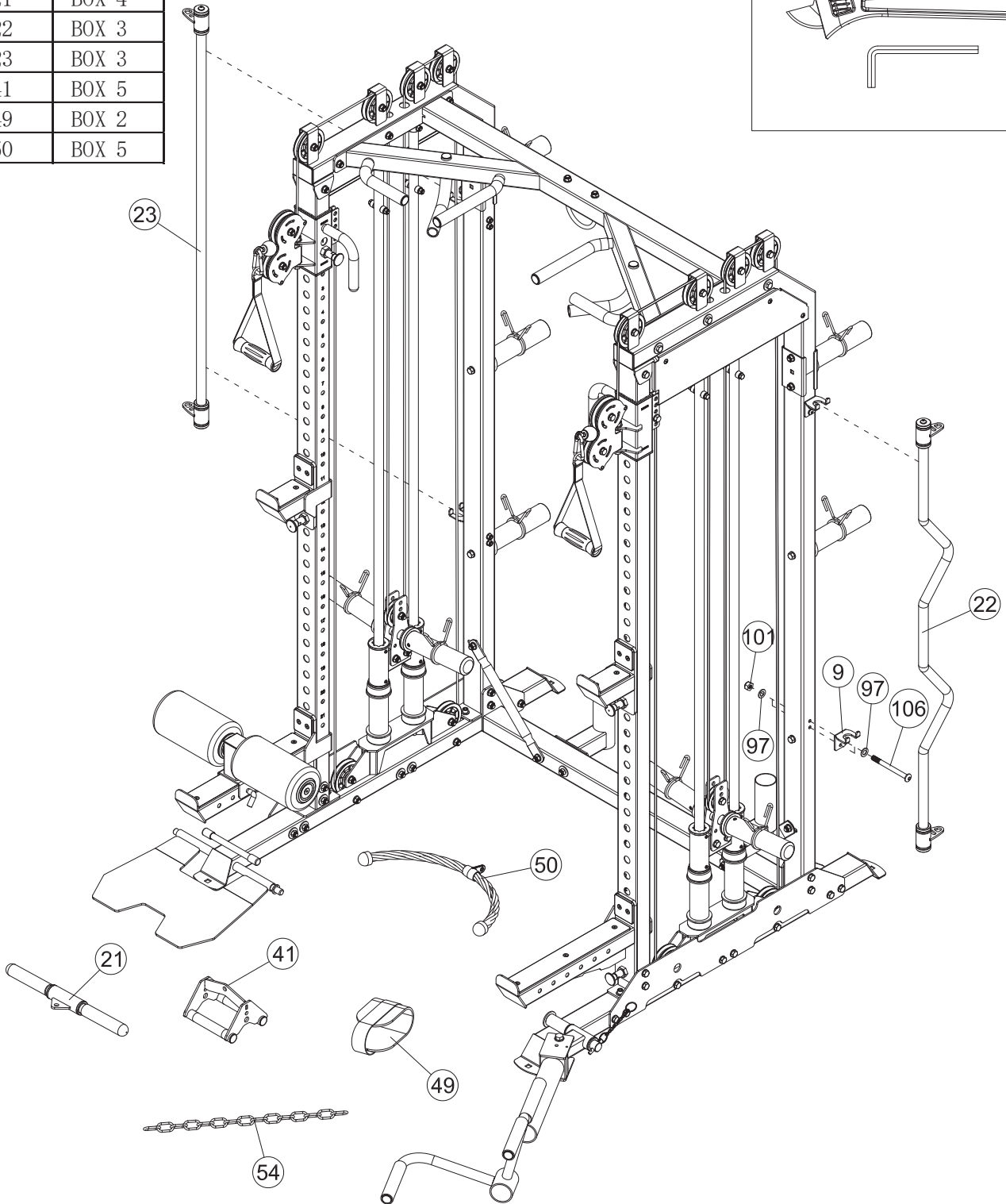
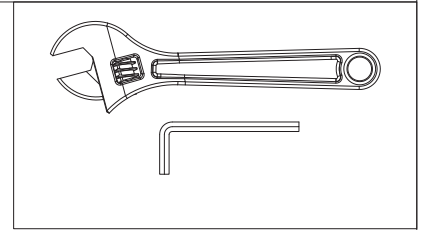
97   × 16 φ8

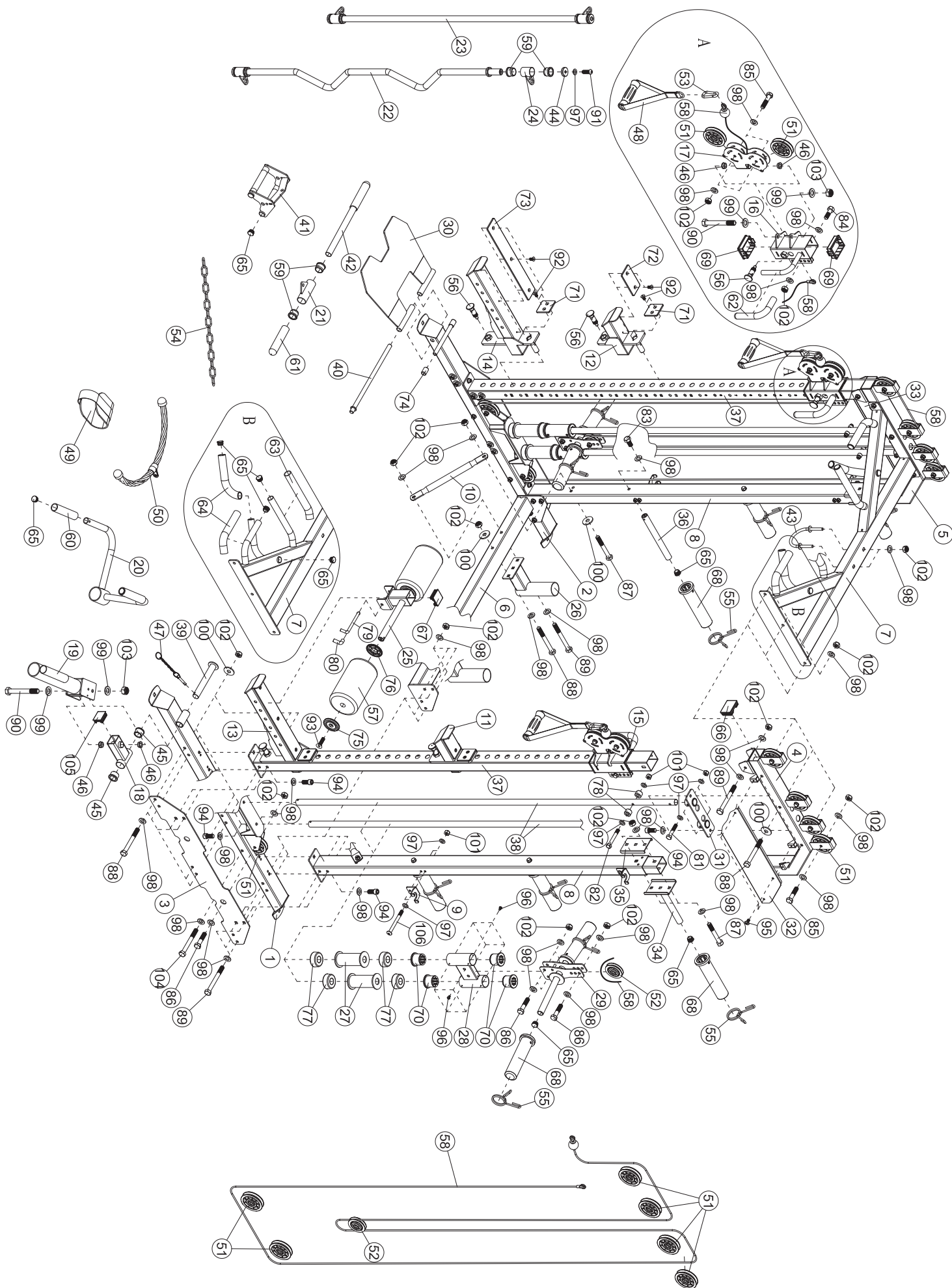
54  × 1

101   × 8 M8

106  × 8 M8×85

| | |
|-----|-------|
| #9 | BOX 5 |
| #21 | BOX 4 |
| #22 | BOX 3 |
| #23 | BOX 3 |
| #41 | BOX 5 |
| #49 | BOX 2 |
| #50 | BOX 5 |





PARTS LIST

| KEY NO. | PART DESCRIPTION | SPEC | QTY |
|---------|---------------------------|---------------|-----|
| 1 | Base Frame L | | 1 |
| 2 | Base Frame R | | 1 |
| 3 | Base Bracket | 855×130×4 | 2 |
| 4 | Top Frame L | | 1 |
| 5 | Top Frame R | | 1 |
| 6 | Connecting Frame Rear | | 1 |
| 7 | Connecting Frame Top | | 1 |
| 8 | Rear Post | | 2 |
| 9 | Handle Store | 50×50×50×4 | 4 |
| 10 | Connecting Rod | φ25×1.5×(363) | 2 |
| 11 | Short Safety Rack L | | 1 |
| 12 | Short Safety Rack R | | 1 |
| 13 | Long Safety Rack L | | 1 |
| 14 | Long Safety Rack R | | 1 |
| 15 | Sliding Frame L | | 1 |
| 16 | Sliding Frame R | | 1 |
| 17 | Pulley Case | | 2 |
| 18 | Spacer | | 1 |
| 19 | Rotating Frame | | 1 |
| 20 | Handle | | 1 |
| 21 | Small Grip Frame | | 1 |
| 22 | Cambered Bar (attachment) | | 1 |
| 23 | Straight Bar (attachment) | | 1 |
| 24 | Rotating Frame for Bar | | 4 |
| 25 | FOAM Frame | | 1 |
| 26 | Barbell Socket | | 2 |
| 27 | Support Frame | | 4 |
| 28 | Sliding Frame Rear | | 2 |
| 29 | Weight Support | | 2 |
| 30 | Foot Pedal Set | | 1 |

PARTS LIST

| KEY NO. | PART DESCRIPTION | SPEC | QTY |
|---------|-------------------|------------------|-----|
| 31 | Guide Rod Support | | 2 |
| 32 | Cover L | 560×152×1.5 | 1 |
| 33 | Cover R | 560×152×1.5 | 1 |
| 34 | Weights Stow Rod | | 2 |
| 35 | Bracket | 120×71×13×3 | 2 |
| 36 | Weights Stow Rod | | 4 |
| 37 | Front Post | | 2 |
| 38 | Guide Rod Rear | φ25×1900 | 4 |
| 39 | Rotating Shaft | | 1 |
| 40 | Long Latch | | 1 |
| 41 | V-type Handle | | 1 |
| 42 | Handle | φ25×1.5×400 | 1 |
| 43 | U-type Hook | | 1 |
| 44 | Bushing | φ38×φ9×8 | 4 |
| 45 | Bushing | φ38×φ34×φ25×22 | 2 |
| 46 | Bushing | φ25×φ20×φ12.2×10 | 6 |
| 47 | Pop Pin | | 1 |
| 48 | Handle | | 2 |
| 49 | Ankle Strap | | 1 |
| 50 | Rope | | 1 |
| 51 | Pulley | φ96 | 16 |
| 52 | Small Pulley | φ75 | 2 |
| 53 | Hook | φ8 | 2 |
| 54 | Joint Chain | | 1 |
| 55 | Spring Clip | φ49 | 10 |
| 56 | Moving Lock Pin | | 6 |
| 57 | FOAM | φ125×φ22×215 | 2 |
| 58 | Double Pull Cable | L=8635mm | 2 |
| 59 | Bushing | φ38×φ34×φ27×26 | 10 |
| 60 | Dips Handle | φ23×150 | 2 |
| 61 | Dips Handle | φ24×150 | 2 |

PARTS LIST

| KEY NO. | PART DESCRIPTION | SPEC | QTY |
|---------|---------------------|-----------------|-----|
| 62 | Dips Handle | φ24×φ18×227 | 2 |
| 63 | Dips Handle | φ30×φ23×250 | 2 |
| 64 | Dips Handle | φ23×200 | 4 |
| 65 | Round End Cap | φ25 | 24 |
| 66 | Rectangular End Cap | □70×50 | 2 |
| 67 | Rectangular End Cap | □50 | 1 |
| 68 | Olympic Sleeve | φ50×210 | 10 |
| 69 | Slide Guide | □60×80×2×□50×70 | 4 |
| 70 | Guides | φ55×φ46×φ27×41 | 8 |
| 71 | Rack Liner | 65×65×5 | 4 |
| 72 | Rack Liner | 115×65×5 | 2 |
| 73 | Rack Liner | 410×65×5 | 2 |
| 74 | Rubber Stopper | φ20×φ16×29 | 2 |
| 75 | FOAM End Cover | φ70×φ9×8.5 | 2 |
| 76 | FOAM Inner Baffle | φ70×φ26×9.5 | 2 |
| 77 | Rubber Stopper | φ62×φ24.5×25 | 8 |
| 78 | Limit Spacer | φ18×φ9×10 | 8 |
| 79 | L Spring Pin | φ10×125 | 1 |
| 80 | Rubber Spacer | φ13×φ9.5×58 | 1 |
| 81 | Hex Bolt | M8×45 | 4 |
| 82 | Hex Bolt | M8×60 | 4 |
| 83 | Hex Bolt | M10×20 | 4 |
| 84 | Hex Bolt | M10×30 | 2 |
| 85 | Hex Bolt | M10×45 | 12 |
| 86 | Hex Bolt | M10×50 | 10 |
| 87 | Hex Bolt | M10×70 | 6 |
| 88 | Hex Bolt | M10×90 | 20 |
| 89 | Hex Bolt | M10×95 | 12 |
| 90 | Hex Bolt | M12×95 | 3 |
| 91 | Allen Bolt | M8×25 | 4 |
| 92 | Allen Bolt | M6×12 | 18 |

PARTS LIST

| KEY NO. | PART DESCRIPTION | SPEC | QTY |
|---------|---------------------|---------------|-----|
| 93 | Allen Bolt | M8×30 | 2 |
| 94 | Allen Bolt | M10×20 | 16 |
| 95 | Screw | M6×12 | 6 |
| 96 | Screw | ST4.0×9 | 16 |
| 97 | Washer | 8 | 36 |
| 98 | Washer | 10 | 132 |
| 99 | Washer | 12 | 6 |
| 100 | Washer | φ30×φ10.5×2.5 | 22 |
| 101 | Hex Nut | M8 | 16 |
| 102 | Hex Nut | M10 | 68 |
| 103 | Hex Nut | M12 | 3 |
| 104 | Hex Bolt | M10×85 | 4 |
| 105 | Rectangular End Cap | □40×50 | 1 |
| 106 | Allen Bolt | M8×85 | 8 |
| | Allen wrench | 4# | 1 |
| | Allen wrench | 5# | 1 |
| | Allen wrench | 8# | 1 |