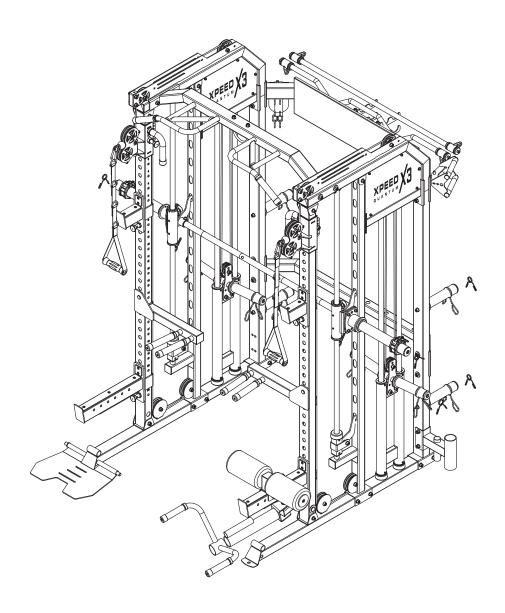




# **ALL-IN-ONE TRAINER**

**ASSEMBLY MANUAL** 



### **CAUTION**

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



# **WELCOME TO THE XPEED FAMILY!**

Congratulations on your purchase of the Xpeed Quantum X3 All-In-One Trainer.

You've made an excellent choice to advance your fitness journey and build a better body. Before you begin assembling your new equipment, please read through this manual carefully. Your safety is our top priority and adhering to these guidelines will ensure a smooth and secure assembly process.

## **IMPORTANT**

#### SAFETY & PRECAUTIONS

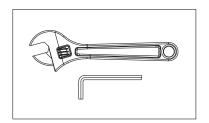
The Xpeed Quantum X3 All-In-One Trainer is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment such as this. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- 1. Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.
- 2. Only one person at a time should use the machine.
- 3. If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout immediately and consult your GP.
- 4. Position the machine on a clear, level surface. DO NOT use the machine 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 machine. Running or aerobic shoes are also required when using the machine.
- 7. Use the machine only for its intended purpose as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- 8. Do not place any sharp objects around the machine.
- 9. Disabled persons should not use the machine without a qualified person or physician in attendance.
- 10. Always perform stretching exercises to properly warm up before using the machine.
- 11. Never operate the machine if it is not functioning properly.

#### 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.

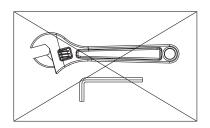
#### **FASTENING NUTS & BOLTS**



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.

## WARRANTY INFORMATION

This Xpeed Quantum Functional Trainer comes with a 5 year structural Warranty, along with 2 year cover on all cables and pulleys and moving parts and a 1 year warranty on upholstery. This warranty applies to the original owners of the Quantum Functional Trainer and does not cover second-hand equipment or re-sold equipment. Xpeed Warrants that Cables and pulleys will be free from defects in the material or workmanship for 2 years. During this period if faults occur, Xpeed will repair or replace these faults at no charge to the owner. Repairs or replacements will need to be approved by Xpeed and performed by an accredited technician unless otherwise stated by Xpeed.

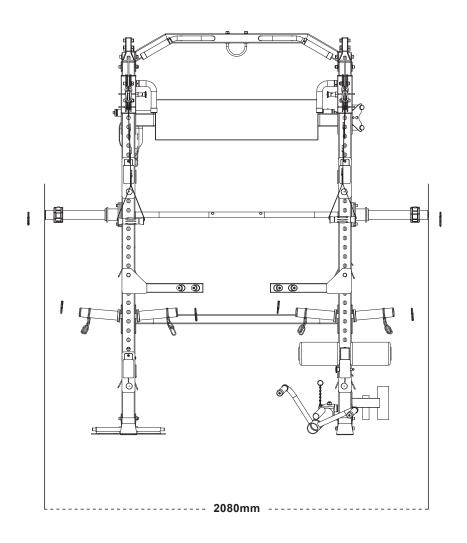
Xpeed recommends having this unit assembled by an accredited technician otherwise warranty will be void if faults occur due to misassembly. Any faults that occur due to alterations, misapplications or any damages that occur in freight or transport of this unit are not covered under the Xpeed Warranty.

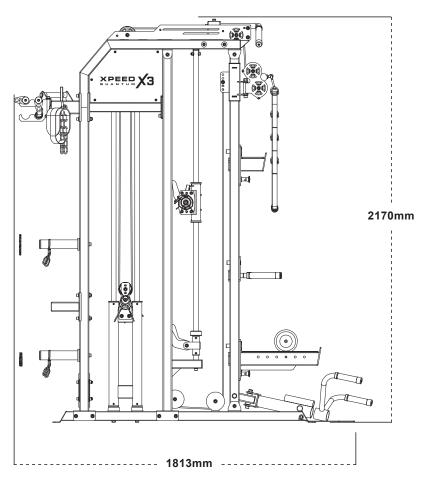
This warranty does not cover the use or failure of equipment in commercial facilities or for commercial applications, in this instance, repairs costs will be at the expense of the user.

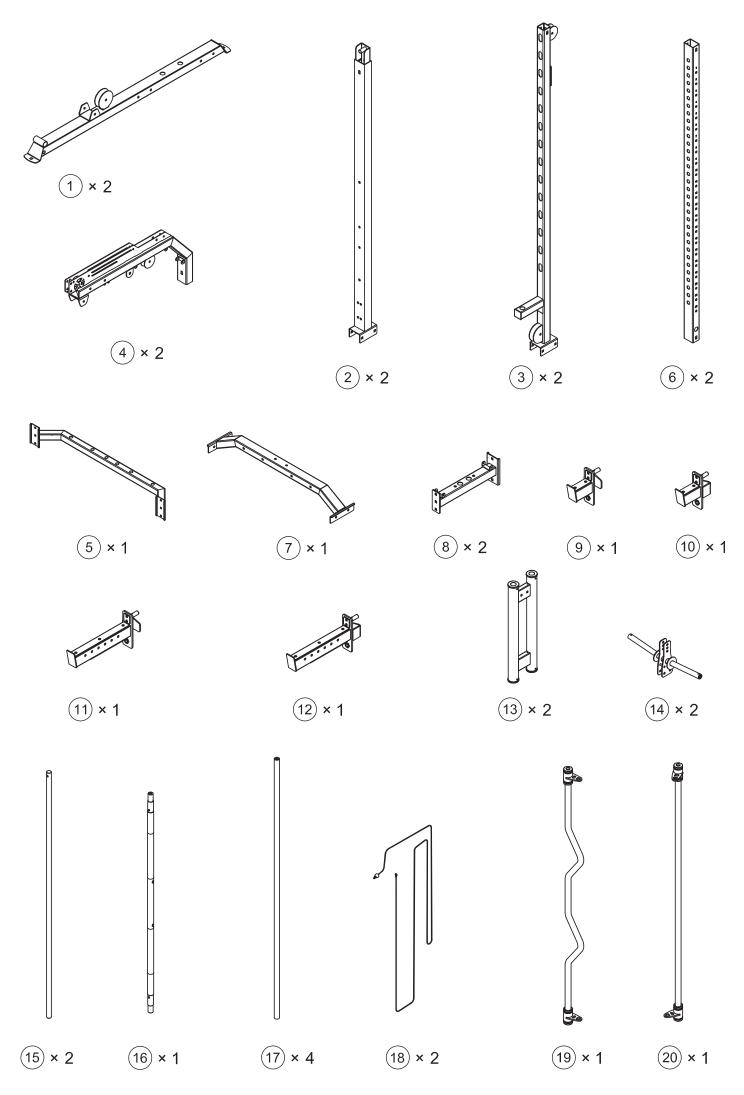
Xpeed reserves the right to provide reconditioned parts and/or to request a return and repair existing defective components on the Xpeed product.

To learn more about the warranty process, please visit **xpeed.com.au**.

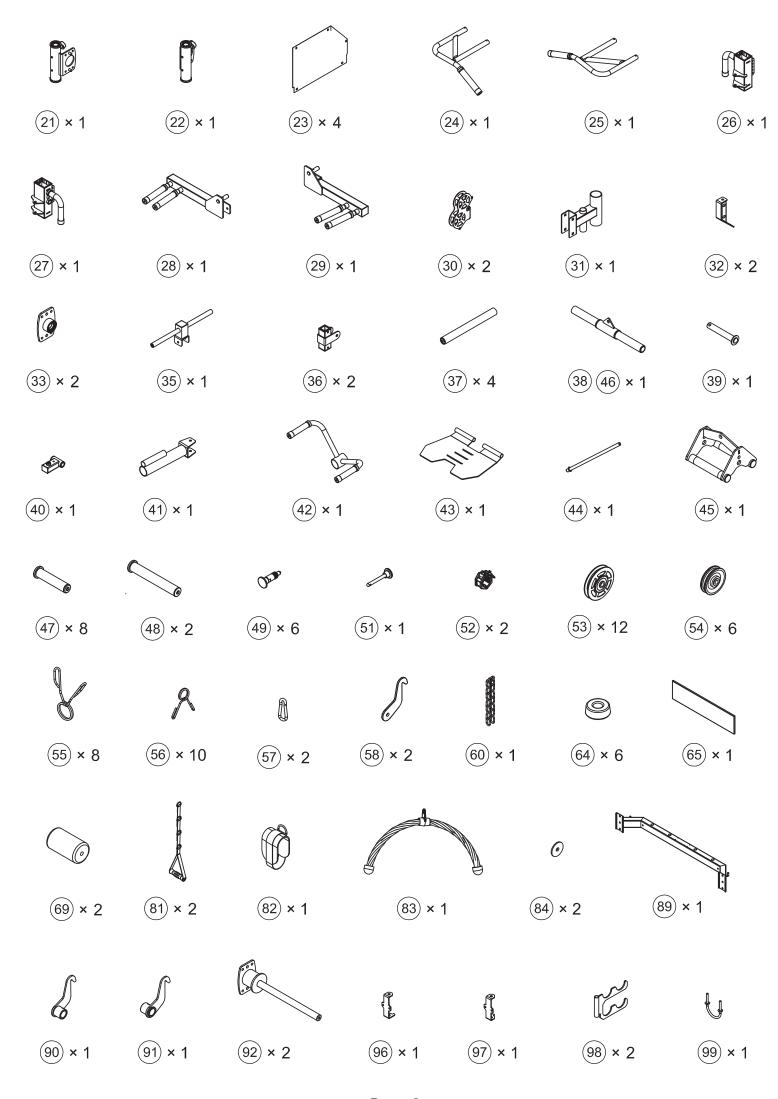
## **ASSEMBLED DIMENSIONS**



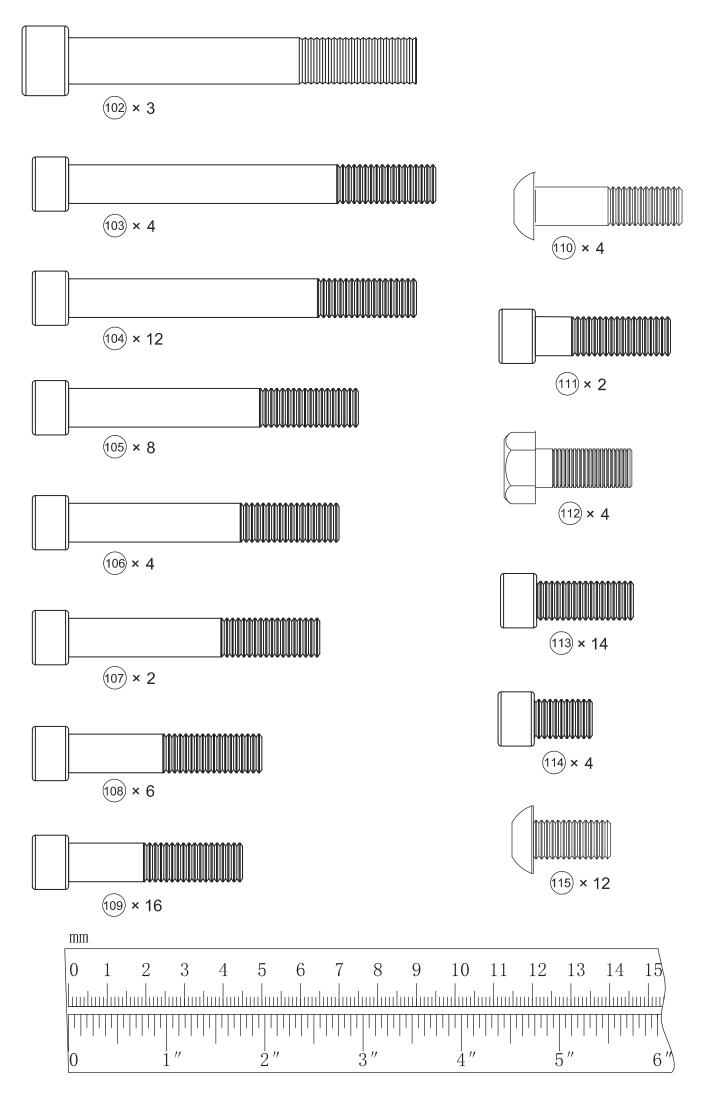




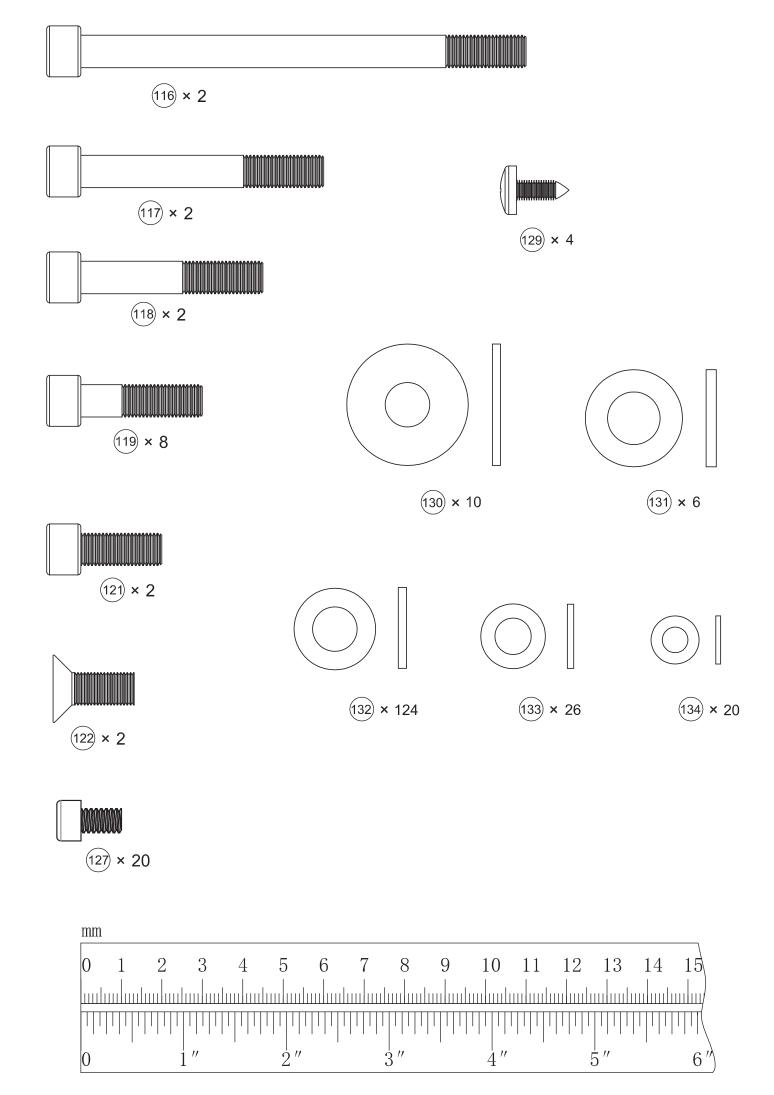
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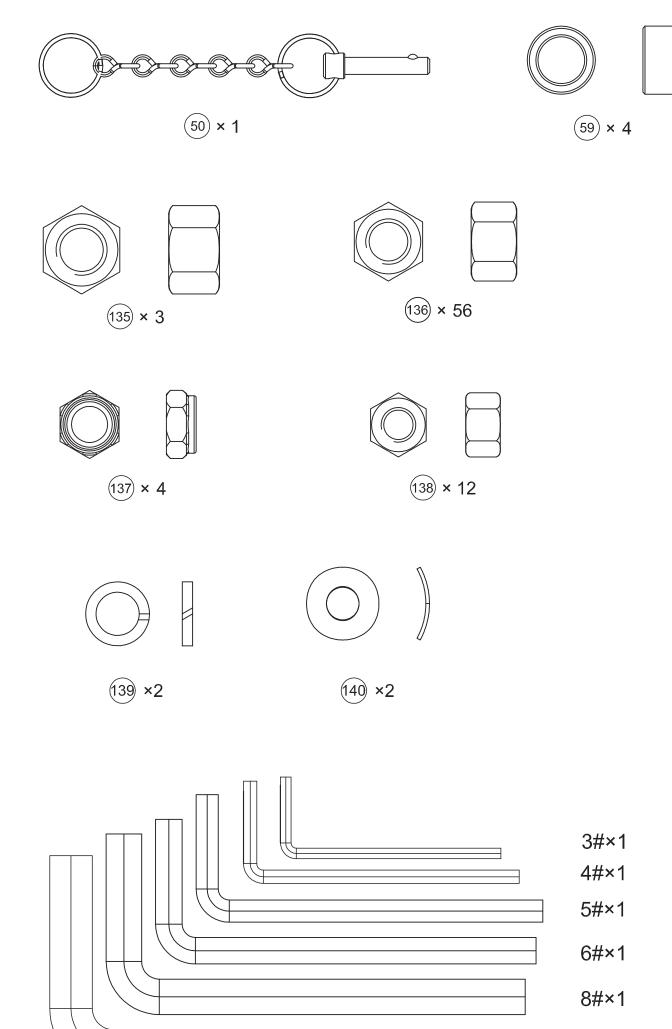
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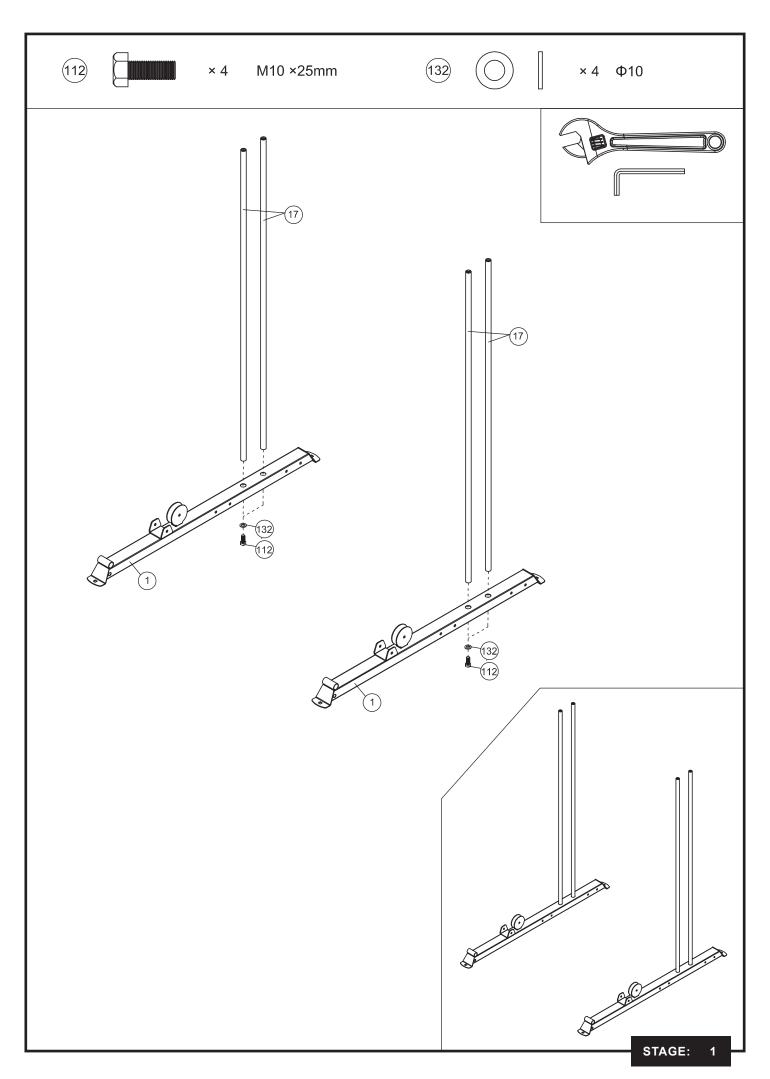


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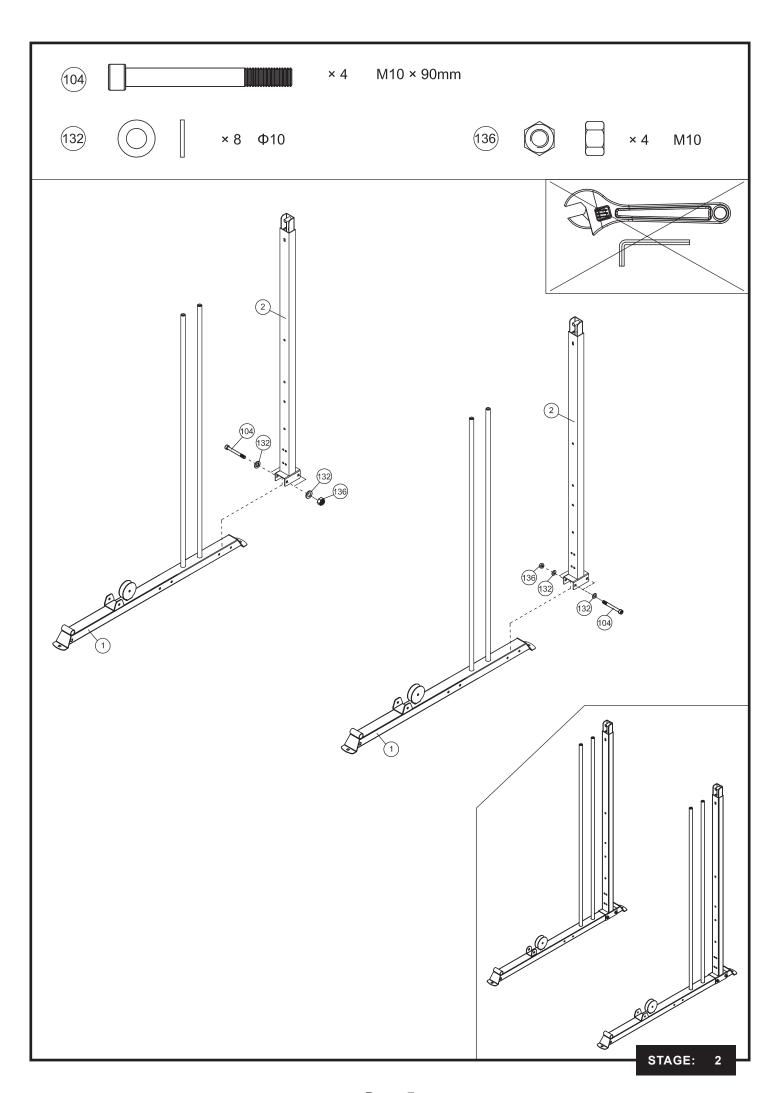


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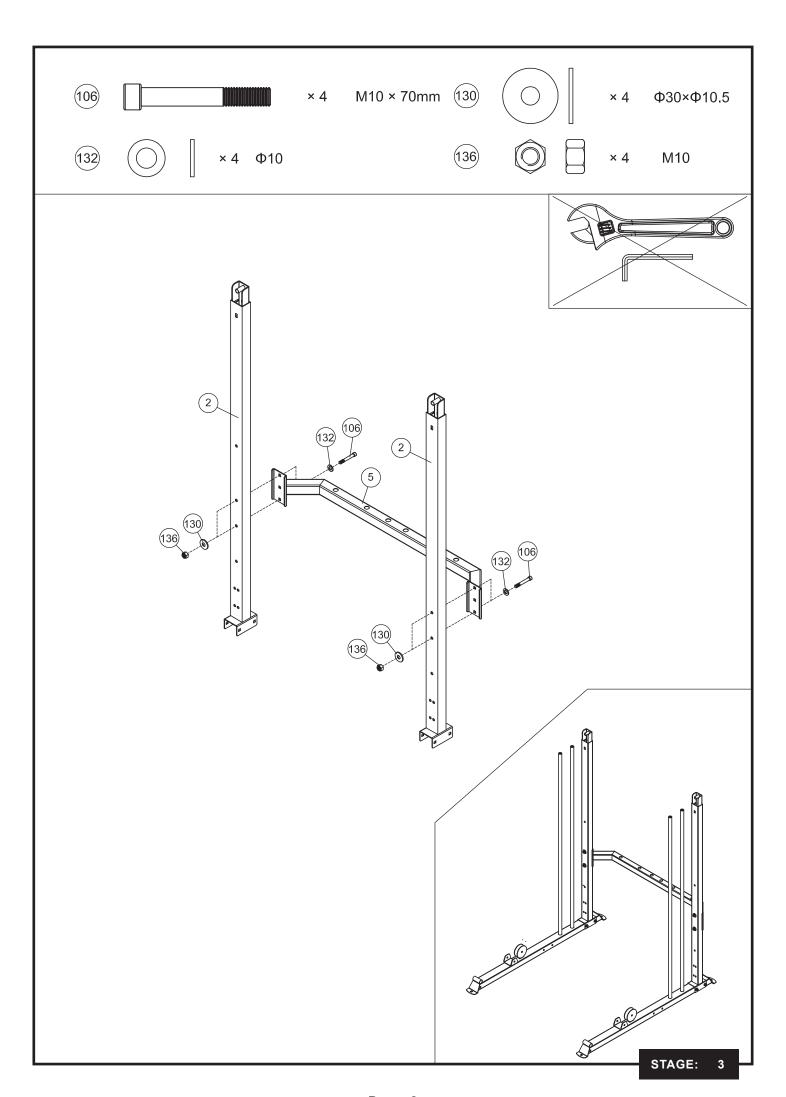
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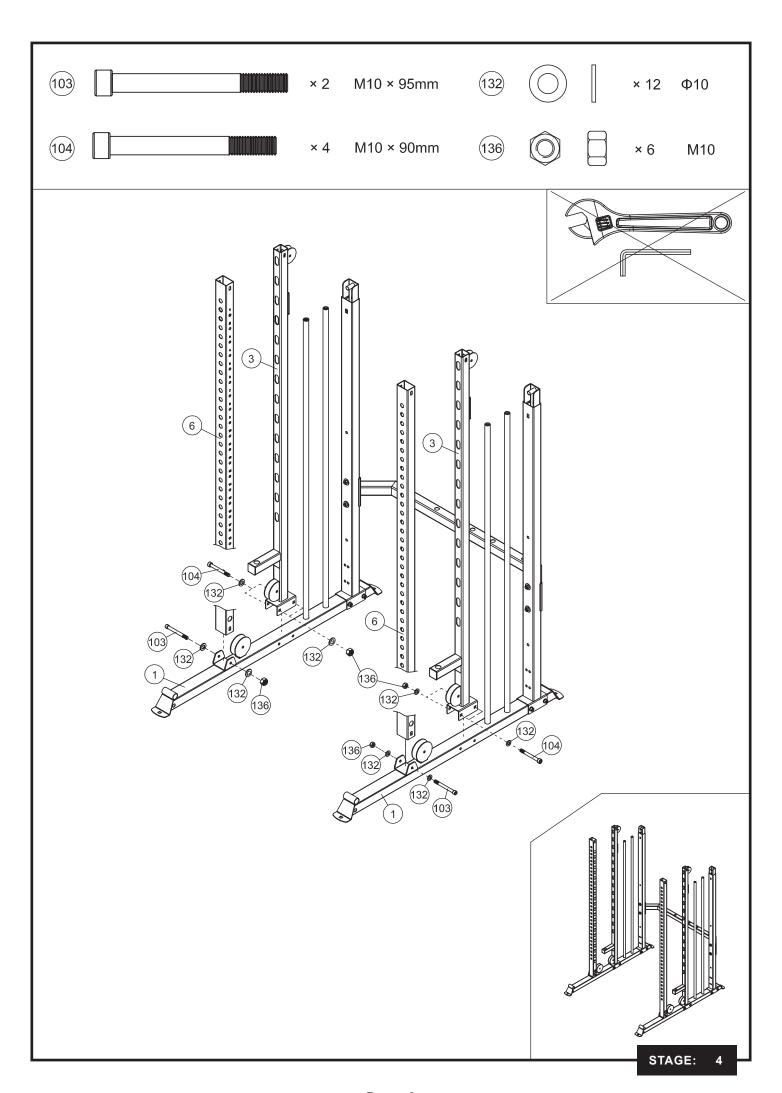
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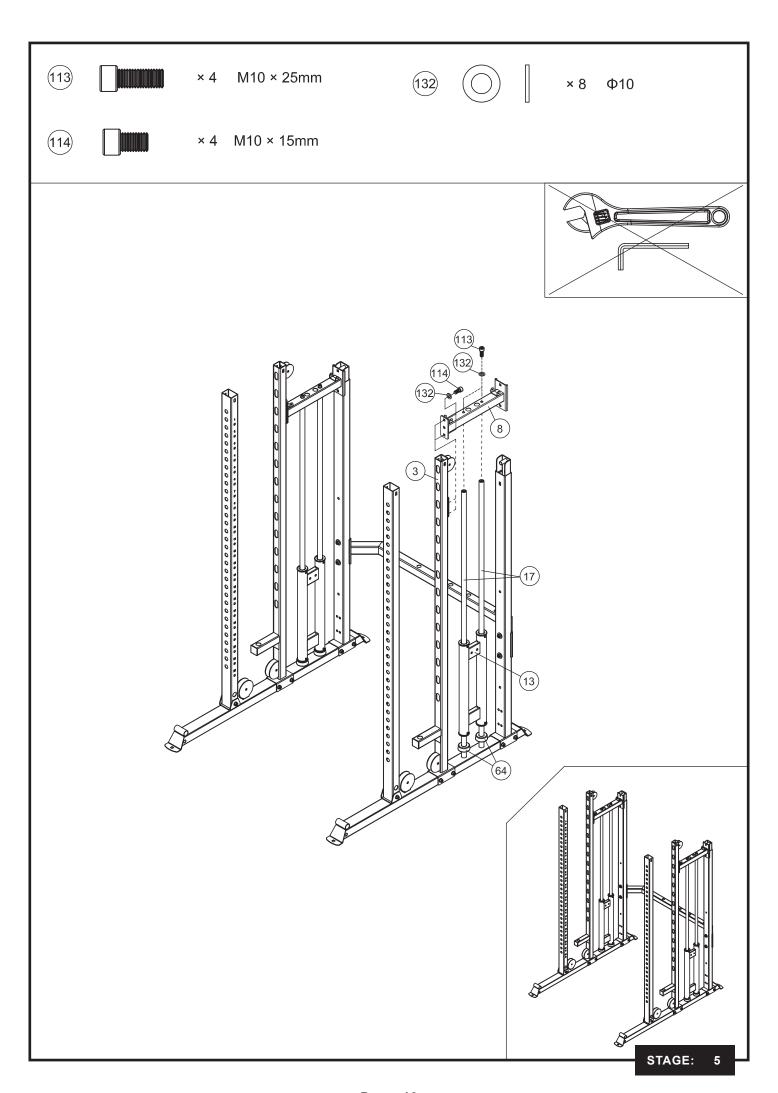
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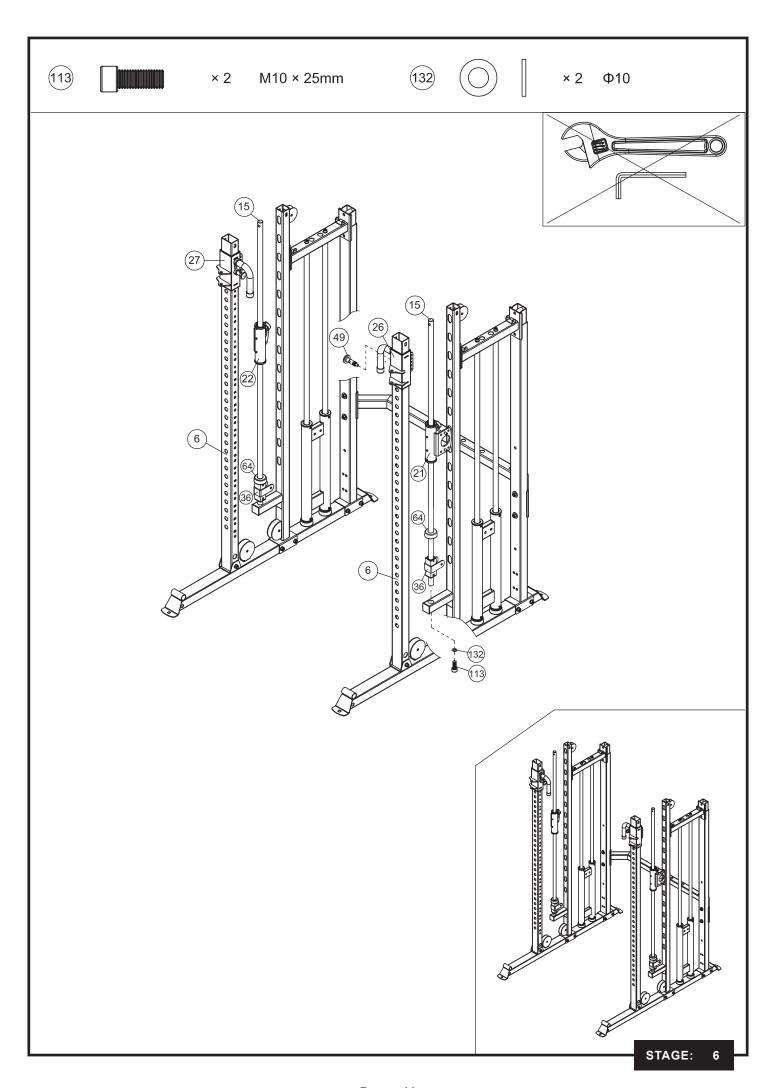


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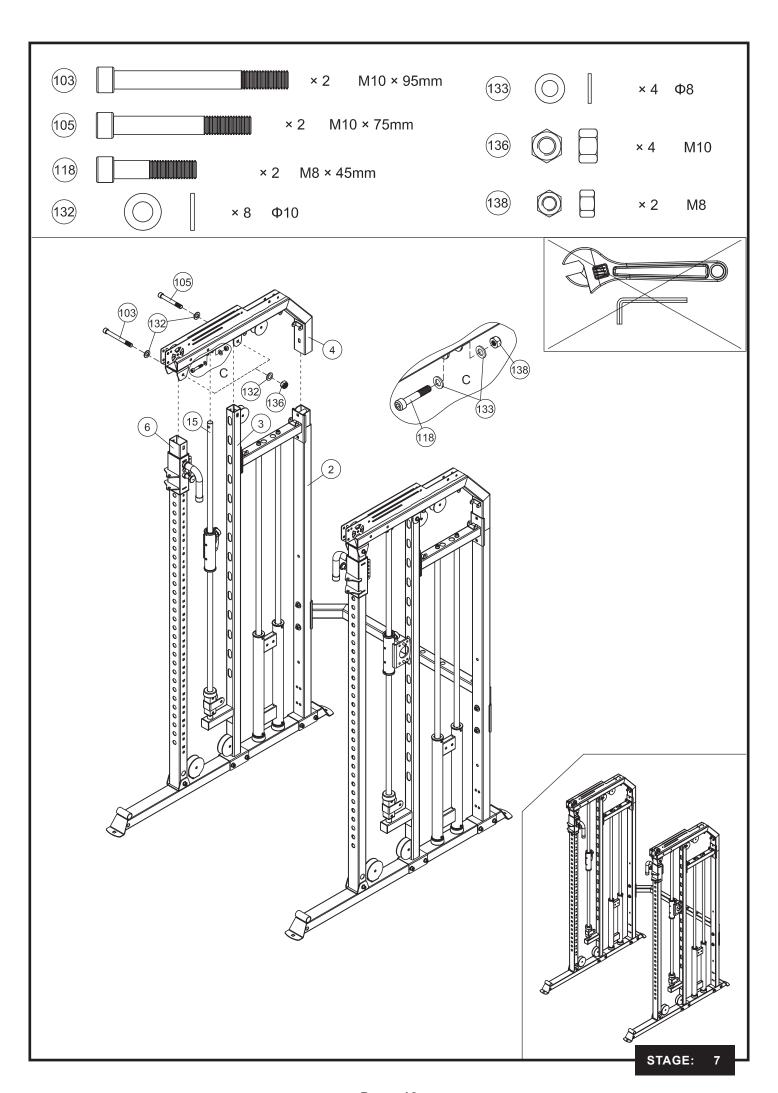


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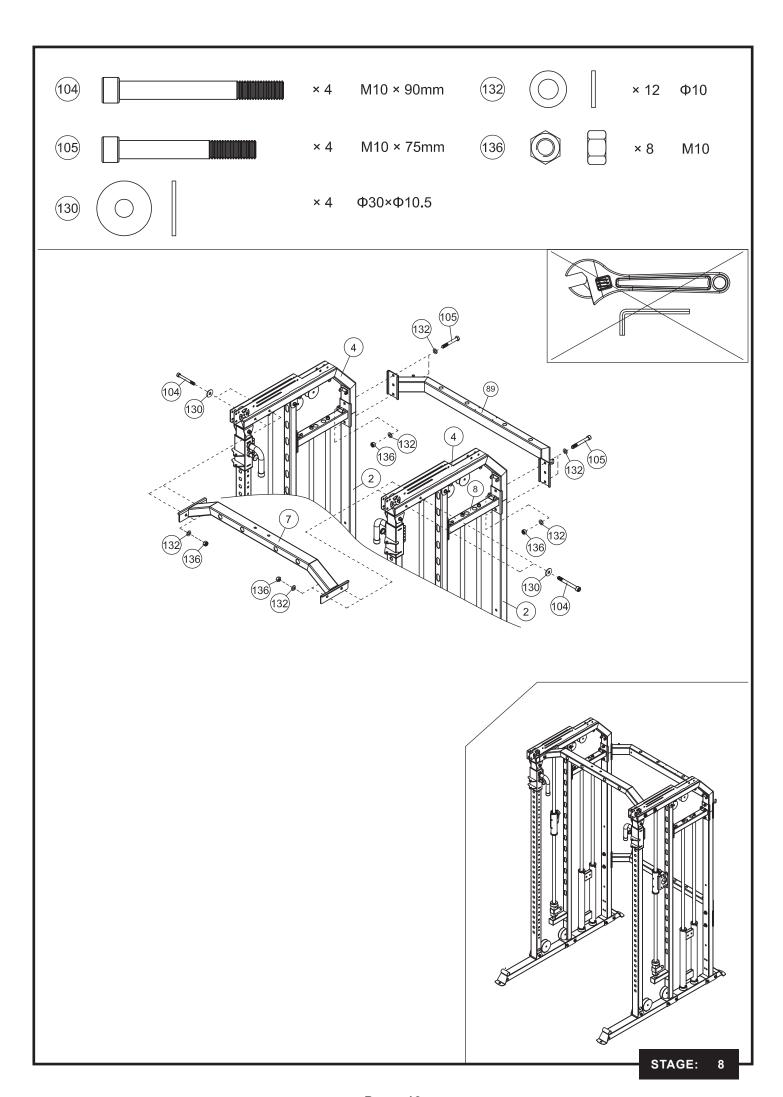




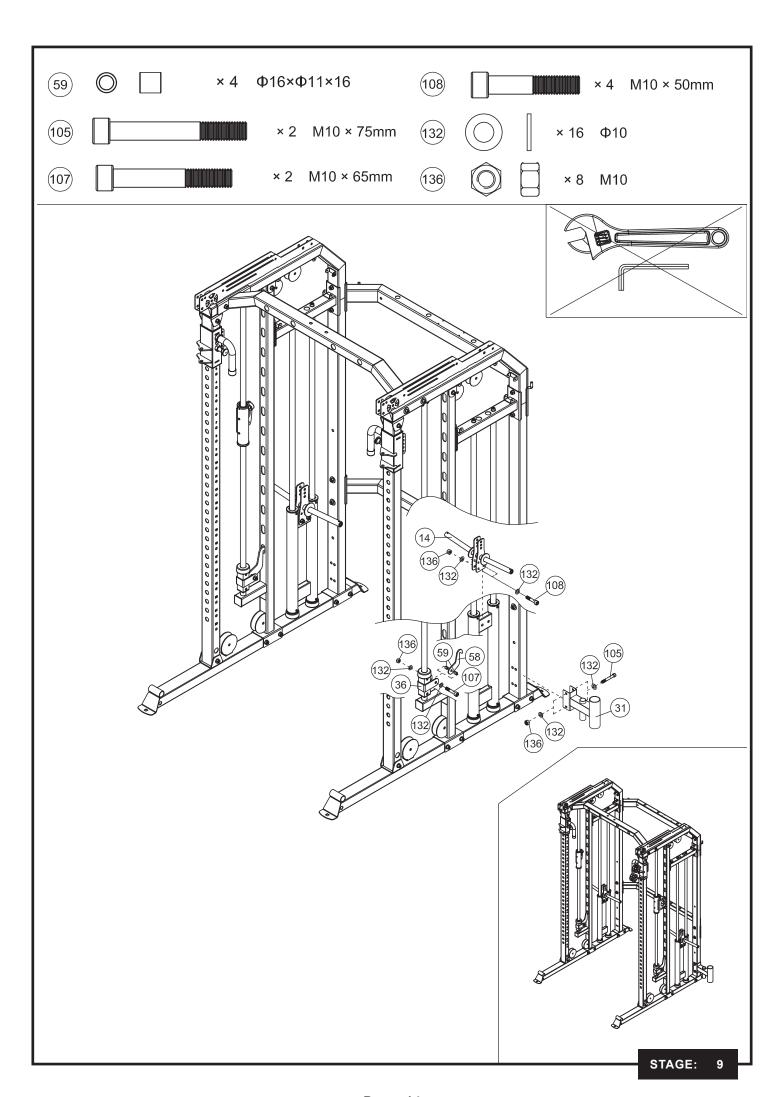
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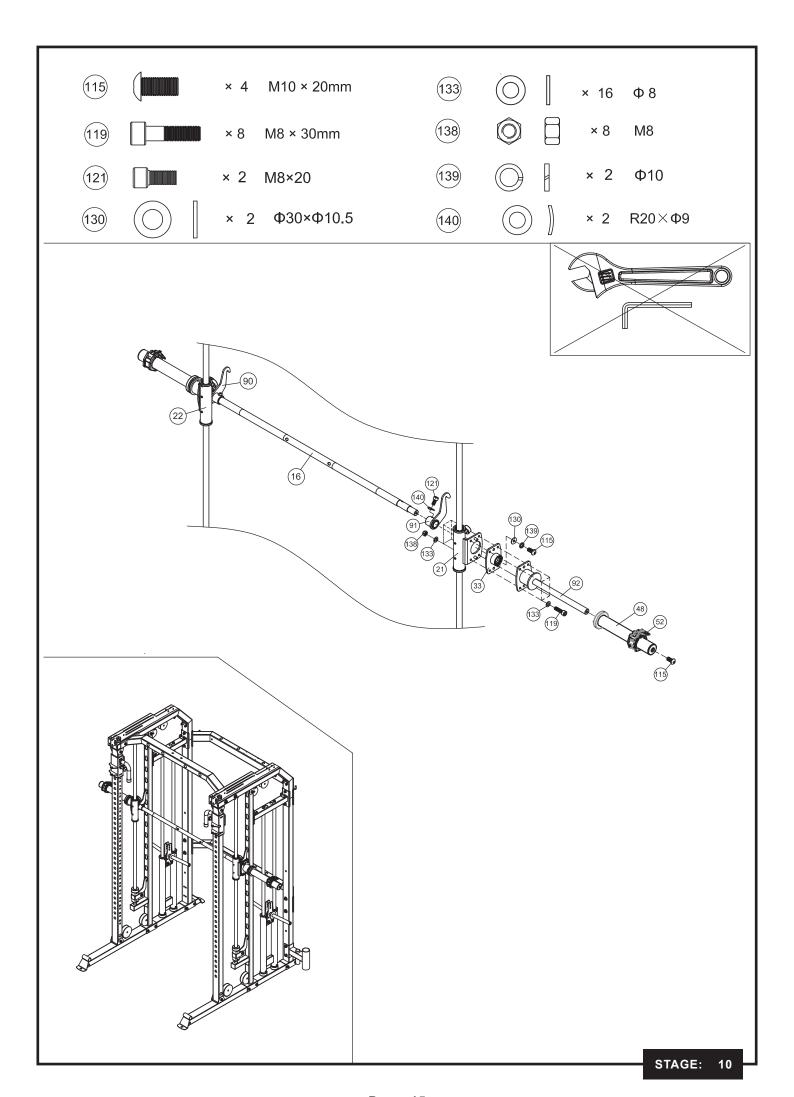
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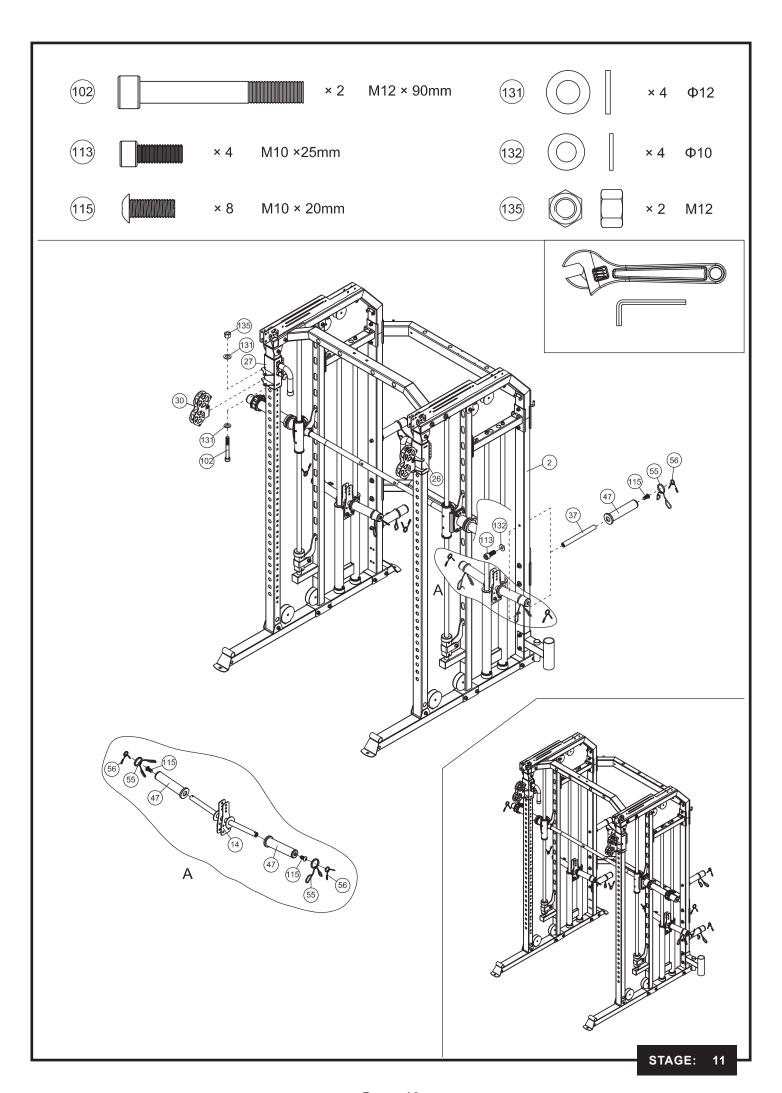
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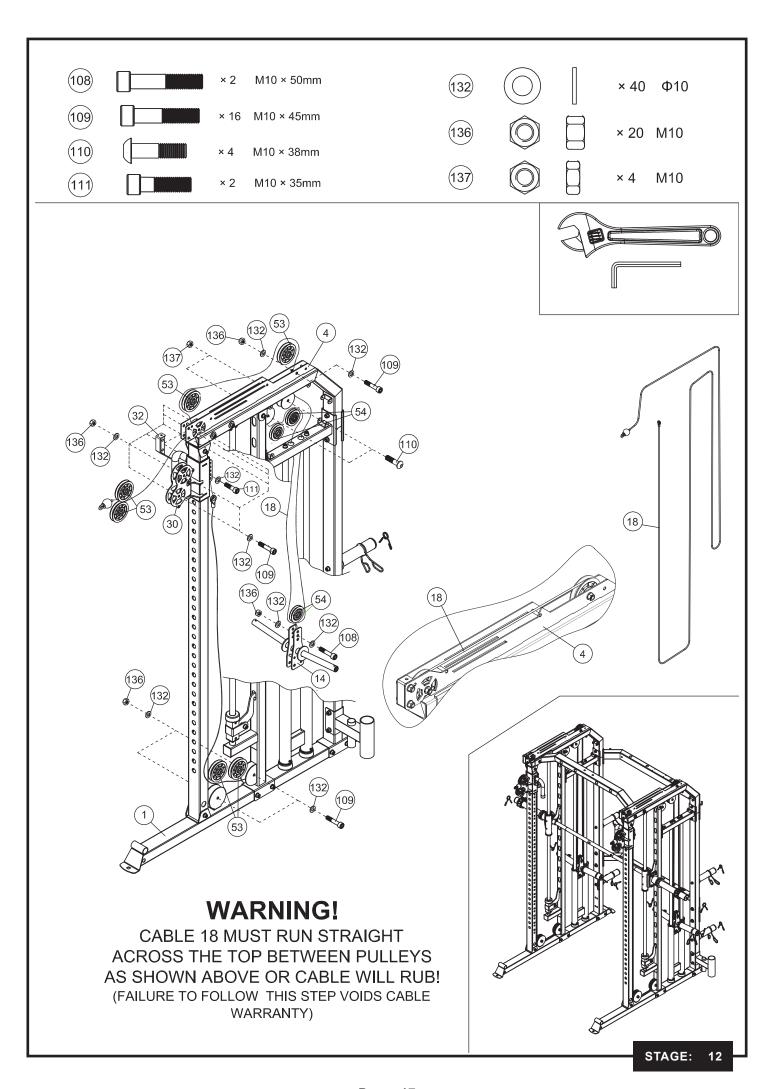
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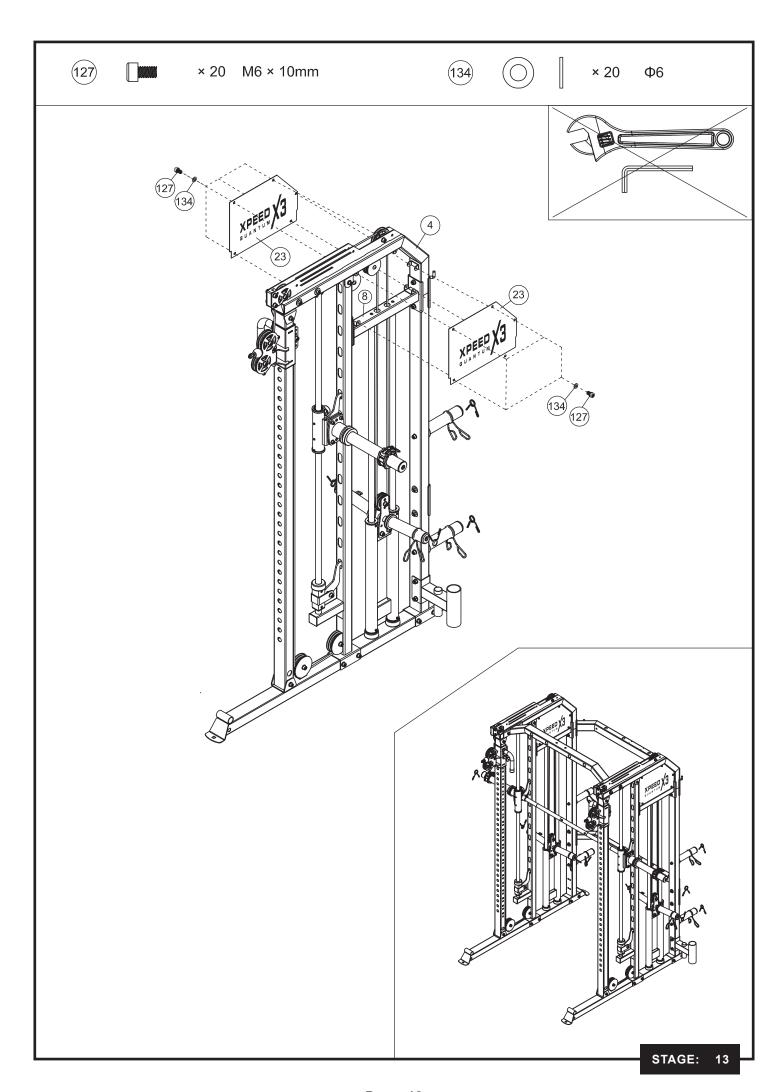


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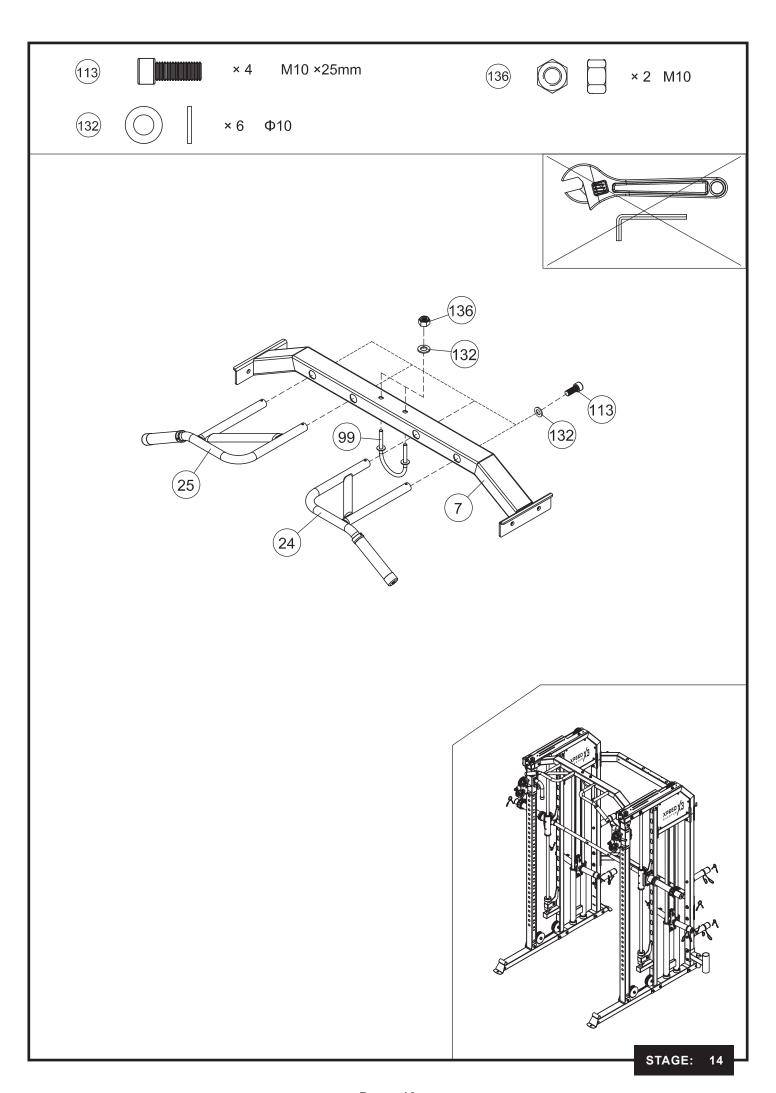


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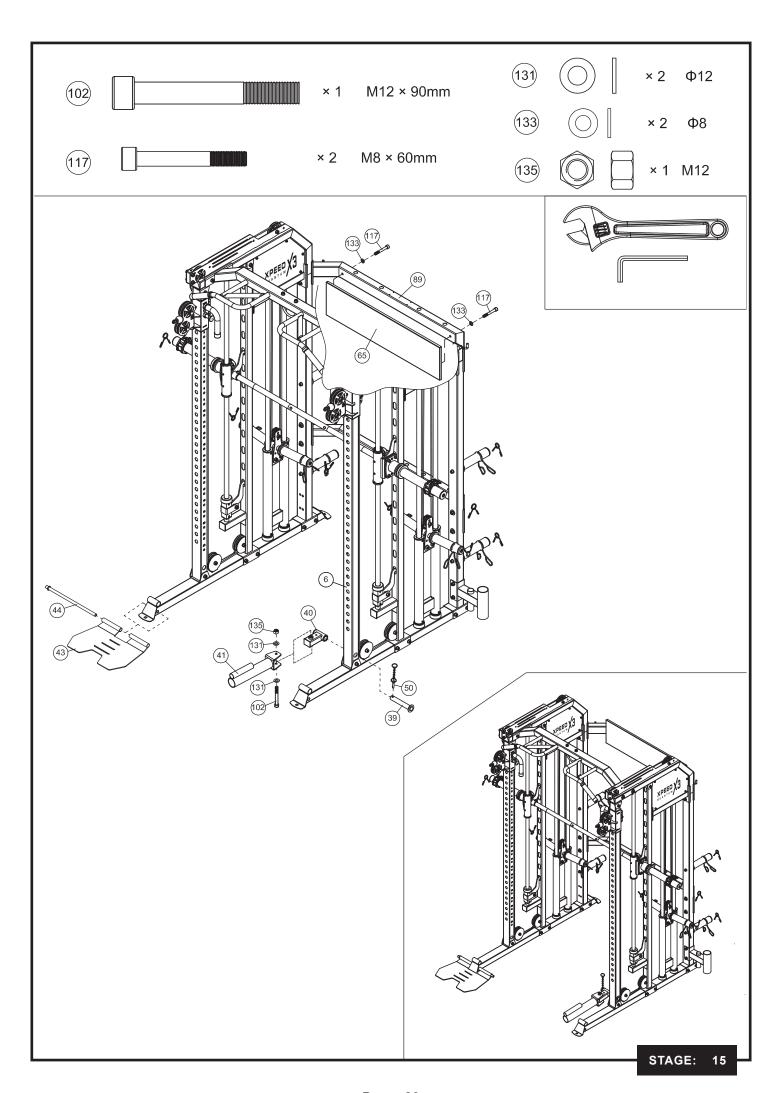




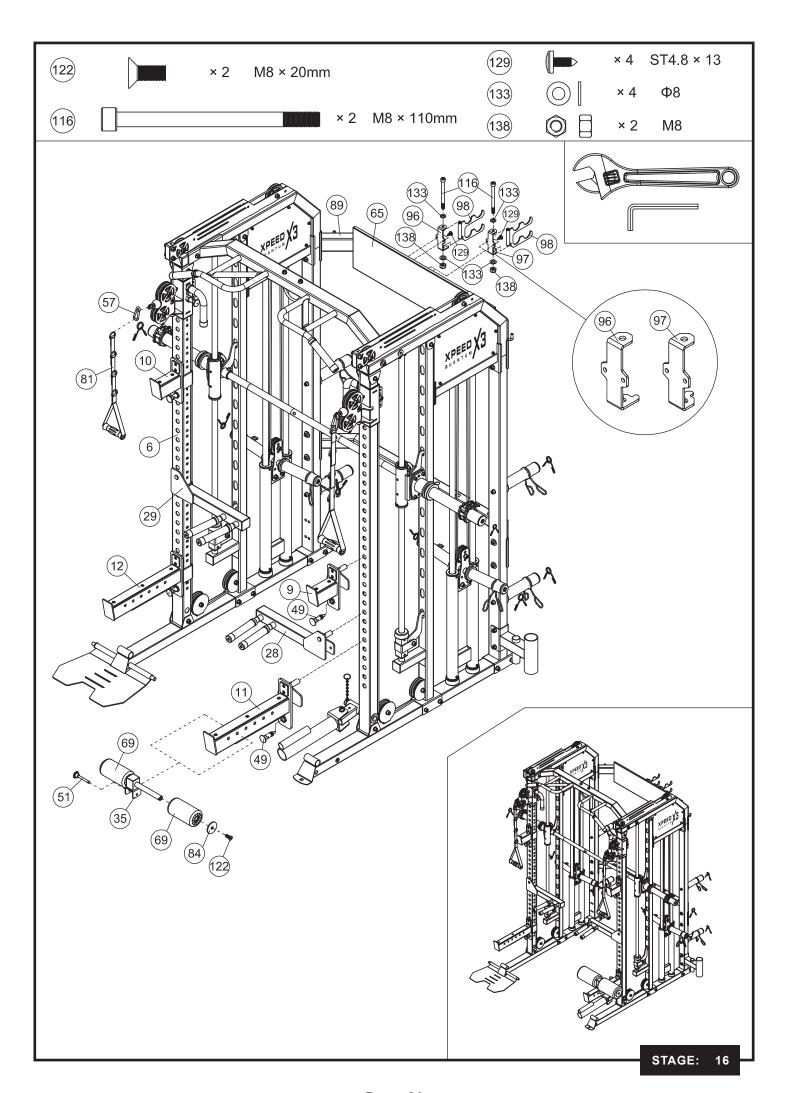
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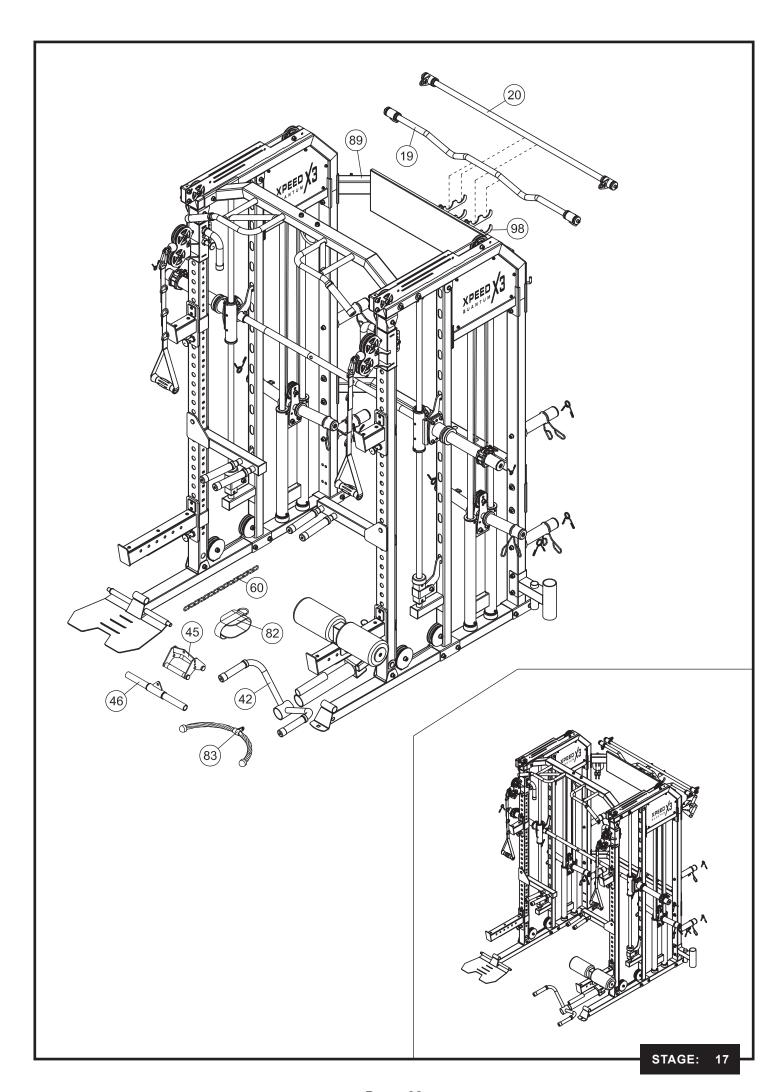
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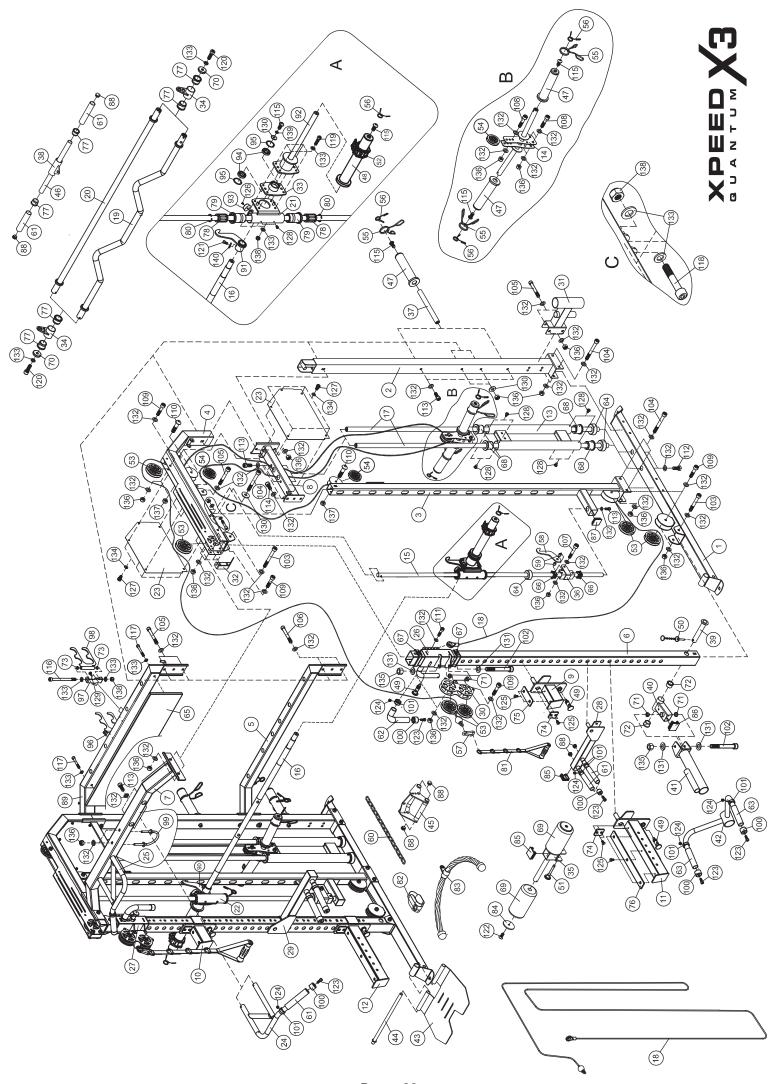
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### **PARTS LIST**

REY NO.   PART DESCRIPTION   SPEC	
2 Rear Post Intermedials Stand 4 Top Frame 5 Connecting Frame Rear 6 Guide Shaft 7 Horizontal Bar 8 Connecting Frame 9 Short Safety Rack R 11 Long Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Sliding Support 14 Plate Londer 15 Guide Rod Quitariant	QTY
3 Intermediate Stand 4 Top Frame 5 Connecting Frame Rear 6 Guide Shaft 7 Horizontal Bar 8 Connecting Frame 9 Short Safety Rack R 10 Short Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Siding Support 14 Plate Loader 15 Guide Rod Ø25×1717 16 Weight Rod Ø30×1308⋅100 17 Guide Rod Ø30×1308⋅100 17 Guide Rod Ø30×1308⋅100 17 Guide Rod Ø30×1308⋅100 17 Guide Rod Ø30×1308⋅100 18 Double Pull Cable Ø5×7880mm 19 Cambered Bar 20 Strajht Bar 21 Safety Stop Frame L 22 Safety Stop Frame R 23 Protective Cover 24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider L 27 Frame Slider R 28 Djp Bar L 29 Djp Bar L 29 Djp Bar L 30 Djp Bar L 30 Djp Bar R 31 Barbell Socket 32 Decorative Cover 33 Baring Frame 34 Bar Handle 35 FOM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Small Grip Frame 39 Fixed Pedestal 40 Spacer 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shaft 45 V-type handle 46 Small Handle Tube Ø25×1.5×400 47 Short Spacer 49 Moving Lock Pin 50 Deppin 51 Moving Lock Pin 52 Buckle Ø350 53 Pulley with Bearing Ø35×010 54 Small Fulley with Bearing Ø35×010 55 Long Spring Clip 56 Spring Clip 57 Hook 58 Safety Hook 58 Safety Hook 59 Tube 60 15-Joint Chain 60 Djps Handle 61 Djps Handle	2
4	2
5 Connecting Frame Rear 6 Guide Shaft 7 Hortzontal Bar 8 Connecting Frame 9 Short Safety Rack L 10 Short Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Sliding Support 14 Plate Loader 15 Guide Rod Q25+1717 16 Weight Rod Q30+1308-M10 17 Guide Rod Q30+1308-M10 17 Guide Rod Q30+1308-M10 18 Double Pull Cable Q5×7880mm 19 Cambered Bar 20 Straight Bar 21 Safety Stop Frame L 22 Safety Stop Frame R 22 Safety Stop Frame R 23 Protective Cover 24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Silder L 27 Frame Silder R 29 Dip Bar R 29 Dip Bar R 29 Dip Bar R 30 Pulley Case 31 Barbell Socket 32 Decorative Cover 33 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Small Grip Frame 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shaft 45 V-type handle 46 Short Spacer 47 Rotating Shaft 45 V-type handle 46 Short Spacer 47 Moving Lock Pin 48 Dung Spacer 49 Moving Lock Pin 50 Pop pin 50 Pop pin 51 Moving Lock Pin 52 Short Spacer 49 Moving Lock Pin 50 Pop pin 51 Moving Lock Pin 52 Short Spacer 53 Shafety Hook 54 Small Pulley with Bearings 55 Short Claim 56 Spring Clip 57 Hook 58 Safety Hook 59 Tube 60 If-Jolin Chalin 59 Dip Bar Le 50 Dip Barl 50 Dip Barl 50 Dip Dip Clip 50 Dip Dip Clip 51 Dip Handle 52 Short Spacer 53 Short Spacer 54 Short Spacer 55 Short Spacer 66 Spring Clip 56 Spring Clip 57 Hook 58 Safety Hook 59 Tube 60 If-Jolin Chalin 59 Dip Barl 50 Dip Bandle 50 Dip Handle 51 Dip Handle	2
6 Guide Shaft 7 Horizontal Bar 8 Connecting Frame 9 Short Safety Rack L 10 Short Safety Rack R 11 Long Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Sliding Support 14 Plate Loader 15 Guide Rod 17 Guide Rod Q25+1717 16 Weight Rod Q30+1308-M10 17 Guide Rod Roar Q25+1712 18 Double Pull Cable Q5×7880mm 19 Cambered Bar 20 Straight Bar 21 Safety Stop Frame L 22 Safety Stop Frame L 23 Safety Stop Frame L 24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider L 27 Frame Slider R 28 Dip Bar R 30 Pulley Case 31 Barbell Socket 32 Decorative Cover 33 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Safety Hook Bracket 49 Port Rod Rod Rod 39 Frame 39 Safety Hook Bracket 40 Rotating Frame 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shaft 45 V-type handle 46 Small Handle Tube Q25+1.5×400 47 Short Spacer 49 Moving Lock Pin 50 Pop pin 51 Moving Lock Pin 52 Buckle 53 Pulley with Bearing 54 Spring Clip 55 Smill Clip Q47 56 Spring Clip 57 Hook 58 Safety Hook 58 Safety Hook 59 Tube 60 15-Joint Chain 61 Dips Handle 60 15-Joint Chain 61 Dips Handle 60 15-Joint Chain 60 15-Joint Ch	2
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8 Connecting Frame 9 Short Safety Rack L 10 Short Safety Rack R 11 Long Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Sliding Support 14 Plate Loader 15 Guide Rod 16 Weight Rod 17 Guide Rod Q25*1717 18 Double Pull Cable 18 Double Pull Cable 19 Cambered Bar 20 Straight Bar 21 Safety Stop Frame L 22 Safety Stop Frame R 23 Protective Cover 24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider L 27 Frame Slider L 28 Dip Bar R 29 Dip Bar R 20 Dip Bar R 30 Pulley Case 31 Barbeil Socket 32 Decorative Cover 33 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Small Grip Frame 40 Rotating Shafet 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shafet 45 V-type handle 46 Small Handle Tube 47 Short Spacer 48 Long Spacer 49 Moving Lock Pin 50 Pulley With Bearing 51 Q25*2*15*400 52 Safety Hook Pin 53 Pulley With Bearing 54 Small Grip Frame 55 Pot Pedal Set 56 Small Grip Frame 57 Got Pedal Set 58 Safety Hook Pin 59 Buckle 59 Pulley with Bearing 50 Open Pop pin 51 Moving Lock Pin 52 Buckle 53 Pulley with Bearing 54 Small Paring Clip 55 Long Spring Clip 56 Safety Hook 58 Safety Hook 58 Safety Hook 59 Tube 60 If-Joint Chain 61 Dips Handle 60 Open Pop Dip 61 Long Spring Clip 65 Long Spring Clip 66 Spring Clip 67 Look 68 Safety Hook 69 Tube 60 If-Joint Chain 60 Dips Handle 60 Open Pop Dip 61 Dips Handle 60 Dips Handle	2
9 Short Safety Rack L 10 Short Safety Rack R 11 Long Safety Rack R 11 Long Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Siding Support 14 Plate Loader 15 Guide Rod 16 Weight Rod 17 Guide Rod Rear 18 Double Pull Cable 19 Cambered Bar 20 Straight Bar 20 Straight Bar 21 Safety Stop Frame R 22 Safety Stop Frame R 23 Protective Cover 24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider L 27 Frame Slider R 28 Dip Bar L 29 Dip Bar L 29 Dip Bar L 29 Dip Bar R 30 Pulley Case 31 Barbell Socket 32 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Small Grip Frame 40 Spacer 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shaft 45 V-type handle 46 Small Handle Under Shafe Shafe 47 Short Spacer 48 Long Spacer 49 Moving Lock Pin 50 Pop pin 51 Moving Lock Pin 52 Spring Clip 53 Spring Clip 54 Smill Clin Pin 56 Spring Clip 57 Hook 58 Safety Hook 58 Safety Hook 58 Safety Hook 59 Tibe 50 Pop pin 51 Moving Lock Pin 52 Buckle 53 Pulley with Bearing 572×611×6 58 Spring Clip 69 Spring Clip 60 Spring Clip 61 Dips Handle 60 IB-Joint Chain 61 Dips Handle 60 Dips Handle 61 Dips Handle 60 Dips Handle 61 Dips Handle 61 Dips Handle 62 Spation 65 Dips Handle 66 Dips Handle 66 Dips Handle 67 Dips Handle 68 Dips Handle 69 Dips Handle 69 Dips Handle 60 Dips Handle 61 Dips Handle 61 Dips Handle 61 Dips Handle 62 Dips Handle 62 Dips Handle 63 Dips Handle 64 Dips Handle 65 Dips Handle 66 Dips Handle 67 Dips Handle 68 Dips Handle 69 Dips Handle 69 Dips Handle 60 Dips Handle 60 Dips Handle 60 Dips Handle 60 Dips	1
10 Short Safety Rack R 11 Long Safety Rack R 12 Long Safety Rack R 13 Siding Support 14 Plate Loader 15 Guide Rod Ø25×1717 16 Weight Rod Ø30×1303×M10 17 Guide Rod Rear Ø25×1712 18 Double Pull Cable Ø5×7880mm 19 Cambered Bar 20 Straight Bar 21 Safety Stop Frame L 22 Safety Stop Frame L 23 Protective Cover 398×288×1 24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider L 27 Frame Slider L 28 Dip Bar L 29 Dip Bar R 29 Dip Bar R 29 Dip Bar R 30 Pulley Case 31 Barbell Socket 32 Decorative Cover 33 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Safety Hook Bracket 40 Spacer 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Frame 45 Small Grip Frame 46 Small Handle U 47 Short Spacer 48 Long Spacer 49 Moving Lock Pin 50 Pop pin 51 Moving Lock Pin 52 Buckle Ø55 53 Pulley with Bearing Ø72×910 55 Long Spring Clip 66 Spring Clip 67 Hook 68 Safety Hook 68 Safety Hook 69 Sysantic Clip Office 60 IS-Joint Chain 60 I	2
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12	1
13	1
14	1
15   Guide Rod   Ø25×1717     16   Weight Rod   Ø30×1308×110     17   Guide Rod Rear   Ø25×1712     18   Double Pull Cable   Ø5×7880mm     19   Cambered Bar   Ø25×1712     19   Cambered Bar   Ø25×1712     20   Straight Bar   Ø25×180mm     21   Safety Stop Frame R   Ø23   Protective Cover   398×288×1     22   Left Chin-up Bar   Ø25×180mm     25   Right Chin-up Bar   Ø25×180mm     26   Frame Slider R   Ø25×180mm     27   Frame Slider R   Ø26   Prame Slider R     29   Dip Bar R   Ø29   Dip Bar R     30   Pulley Case   Ø31   Barbell Socket   Ø32   Decorative Cover     33   Bearing Frame   Ø34   Barhall Socket   Ø35   Prame Slocket   Ø36   Safety Hook Bracket   Ø37   Weights Stow Rod   Small Grip Frame   Ø38   Safety Hook Bracket   Ø41   Rotating Frame   Ø42   Handle   Ø43   Foot Pedal Set   Handle   Ø44   Rotating Shaft   Ø45   Protection   Ø46   Protection   Ø47   Protection   Ø50   Protection   Ø47   Protection   Ø50   Protection	2
16	2
17	2
18	1
19	4
20	2
21 Safety Stop Frame R 22 Safety Stop Frame R 23 Protective Cover 398×288×1  24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider R 27 Frame Slider R 28 Dip Bar L 29 Dip Bar R 30 Pulley Case 31 Barbell Socket 32 Decorative Cover 33 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Small Grip Frame 40 Spacer 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shaft 45 V-type handle 46 Small Handle Tube 50 Pop pin 51 Moving Lock Pin 52 Buckle 53 Pulley with Bearings 995ר10 54 Small Pulley with Bearing 972ר10 56 Safety Hook 57 Tube 60 15-Joint Chain 61 Dips Handle	1
22 Safety Stop Frame R 23 Protective Cover 398×288×1  24 Left Chin-up Bar 25 Right Chin-up Bar 26 Frame Slider R 27 Frame Slider R 28 Dip Bar L 29 Dip Bar R 30 Pulley Case 31 Barbell Socket 32 Decorative Cover 33 Bearing Frame 34 Bar Handle 35 FOAM Frame 36 Safety Hook Bracket 37 Weights Stow Rod 38 Small Grip Frame 39 Fixed Pedestal 40 Spacer 41 Rotating Frame 42 Handle 43 Foot Pedal Set 44 Rotating Shaft 45 V-type handle 46 Small Handle Tube 47 Short Spacer 48 Moving Lock Pin 50 Pop pin 51 Moving Lock Pin 52 Buckle 54 Small Pulley with Bearings 55 Long Spring Clip 56 Small Pulley with Bearings 57 Hook 58 Safety Hook 59 Tube 60 15-Joint Chain 61 Dips Handle	1
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24         Left Chin-up Bar           25         Right Chin-up Bar           26         Frame Silder L           27         Frame Silder R           28         Dip Bar L           29         Dip Bar R           30         Pulley Case           31         Barbell Socket           32         Decorative Cover           33         Bearing Frame           34         Bar Handle           5         FOAM Frame           36         Safety Hook Bracket           37         Weights Stow Rod           38         Small Grip Frame           39         Fixed Pedestal           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           49         Moving Lock Pin           50         Pop pin           51         Moving Lock Pin           52         Buckle         Ø50           53         P	1
25         Right Chin-up Bar           26         Frame Slider I           27         Frame Slider R           28         Dip Bar L           29         Dip Bar R           30         Pulley Case           31         Barbell Socket           32         Decorative Cover           33         Bearing Frame           34         Bar Handle           35         FOAM Frame           36         Safety Hook Bracket           37         Weights Stow Rod           38         Small Grip Frame           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           49         Moving Lock Pin         Ø50           50         Pop pin         Ø50           Moving Lock Pin         Ø50           50         Pop pin         Ø47           50         Pop pin         Ø47           50         Pop pin	4
26         Frame Slider L           27         Frame Slider R           28         Dip Bar L           29         Dip Bar R           30         Pulley Case           31         Barbell Socket           32         Decorative Cover           33         Bearing Frame           34         Bar Handle           35         FOAM Frame           36         Safety Hook Bracket           37         Weights Stow Rod           38         Small Grip Frame           39         Fixed Pedestal           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           48         Long Spacer           49         Moving Lock Pin           50         Pop pin           51         Moving Lock Pin           52         Buckle         Ø50           53         Pulley with Bearings         Ø95ר10           <	1
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32   Decorative Cover   33   Bearing Frame   34   Bar Handle   35   FOAM Frame   36   Safety Hook Bracket   37   Weights Stow Rod   38   Small Grip Frame   39   Fixed Pedestal   40   Spacer   41   Rotating Frame   42   Handle   43   Foot Pedal Set   44   Rotating Shaft   45   V-type handle   46   Small Handle   47   Short Spacer   48   Long Spacer   49   Moving Lock Pin   50   Pop pin   51   Moving Lock Pin   52   Buckle   Ø55   Buckle   Ø55   Buckle   Ø55   Small Pulley with Bearing   Ø72ר10   Ø47   S6   Spring Clip   Ø47   S6   Spring Clip   Ø47   S6   Safety Hook   R25ר11×6   S7   Tube   Ø16ר11×16   Ø56   Tube   Ø50   Tube   Ø16ר11×16   Ø56   Tube   Ø16ר11×16   Tube   Ø16ר11×16   Tube   Ø16ר11×16	2
33         Bearing Frame           34         Bar Handle           35         FOAM Frame           36         Safety Hook Bracket           37         Weights Stow Rod           38         Small Grip Frame           39         Fixed Pedestal           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           49         Moving Lock Pin           50         Pop pin           51         Moving Lock Pin           52         Buckle         Ø50           53         Pulley with Bearings         Ø95ר10           54         Small Pulley with Bearing         Ø72ר10           55         Long Spring Clip         Ø47           56         Spring Clip         Ø24.5           57         Hook         Ø8           58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16	1
34         Bar Handle           35         FOAM Frame           36         Safety Hook Bracket           37         Weights Stow Rod           38         Small Grip Frame           39         Fixed Pedestal           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           49         Moving Lock Pin           50         Pop pin           51         Moving Lock Pin           52         Buckle         Ø50           53         Pulley with Bearings         Ø95ר10           54         Small Pulley with Bearing         Ø72ר10           55         Long Spring Clip         Ø47           56         Spring Clip         Ø24.5           57         Hook         Ø8           58         Safety Hook         R.25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5	2
35   FOAM Frame   36   Safety Hook Bracket   37   Weights Stow Rod   38   Small Grip Frame   39   Fixed Pedestal   40   Spacer   41   Rotating Frame   42   Handle   43   Foot Pedal Set   44   Rotating Shaft   45   V-type handle   46   Small Handle Tube   Ø25×1.5×400   47   Short Spacer   48   Long Spacer   49   Moving Lock Pin   50   Pop pin   51   Moving Lock Pin   52   Buckle   Ø50   Small Pulley with Bearing   Ø72ר10   55   Long Spring Clip   Ø47   Spring Clip   Ø48   Safety Hook   R25ר11×6   Spring Clip   Ø46   Ø46ר11×16   Ø50   O15-Joint Chain   Ø5   O15-Joint Chain   Ø5   O15-Joint Chain   Ø5   O15-Joint Chain   Ø55   O15	2
36       Safety Hook Bracket         37       Weights Stow Rod         38       Small Grip Frame         39       Fixed Pedestal         40       Spacer         41       Rotating Frame         42       Handle         43       Foot Pedal Set         44       Rotating Shaft         45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	4
37         Weights Stow Rod           38         Small Grip Frame           39         Fixed Pedestal           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           48         Long Spacer           49         Moving Lock Pin           50         Pop pin           51         Moving Lock Pin           52         Buckle         Ø50           53         Pulley with Bearings         Ø95ר10           54         Small Pulley with Bearing         Ø72ר10           55         Long Spring Clip         Ø47           56         Spring Clip         Ø24.5           57         Hook         Ø8           58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5           61         Dips Handle         Ø23×150	1
38         Small Grip Frame           39         Fixed Pedestal           40         Spacer           41         Rotating Frame           42         Handle           43         Foot Pedal Set           44         Rotating Shaft           45         V-type handle           46         Small Handle Tube         Ø25×1.5×400           47         Short Spacer           48         Long Spacer           49         Moving Lock Pin           50         Pop pin           51         Moving Lock Pin           52         Buckle         Ø50           53         Pulley with Bearings         Ø95ר10           54         Small Pulley with Bearing         Ø72ר10           55         Long Spring Clip         Ø47           56         Spring Clip         Ø47           56         Spring Clip         Ø24.5           57         Hook         Ø8           58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5           61         Dips Handle         Ø23×150	2
39	4
40       Spacer         41       Rotating Frame         42       Handle         43       Foot Pedal Set         44       Rotating Shaft         45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
41       Rotating Frame         42       Handle         43       Foot Pedal Set         44       Rotating Shaft         45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
42       Handle         43       Foot Pedal Set         44       Rotating Shaft         45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
43       Foot Pedal Set         44       Rotating Shaft         45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle         53       Pulley with Bearings         54       Small Pulley with Bearing         54       Small Pulley with Bearing         55       Long Spring Clip         56       Spring Clip         57       Hook         58       Safety Hook         79       Tube         60       15-Joint Chain         61       Dips Handle	1
44       Rotating Shaft         45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
45       V-type handle         46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
46       Small Handle Tube       Ø25×1.5×400         47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
47       Short Spacer         48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle         53       Pulley with Bearings         54       Small Pulley with Bearing         55       Long Spring Clip         56       Spring Clip         57       Hook         58       Safety Hook         59       Tube         60       15-Joint Chain         61       Dips Handle	1
48       Long Spacer         49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle         53       Pulley with Bearings         54       Small Pulley with Bearing         55       Long Spring Clip         56       Spring Clip         57       Hook         58       Safety Hook         59       Tube         60       15-Joint Chain         61       Dips Handle	1
49       Moving Lock Pin         50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	8
50       Pop pin         51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	2
51       Moving Lock Pin         52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	6
52       Buckle       Ø50         53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
53       Pulley with Bearings       Ø95ר10         54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	1
54       Small Pulley with Bearing       Ø72ר10         55       Long Spring Clip       Ø47         56       Spring Clip       Ø24.5         57       Hook       Ø8         58       Safety Hook       R25ר11×6         59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	2
55         Long Spring Clip         Ø47           56         Spring Clip         Ø24.5           57         Hook         Ø8           58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5           61         Dips Handle         Ø23×150	12
56         Spring Clip         Ø24.5           57         Hook         Ø8           58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5           61         Dips Handle         Ø23×150	6
57         Hook         Ø8           58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5           61         Dips Handle         Ø23×150	8
58         Safety Hook         R25ר11×6           59         Tube         Ø16ר11×16           60         15-Joint Chain         Ø5           61         Dips Handle         Ø23×150	10
59       Tube       Ø16ר11×16         60       15-Joint Chain       Ø5         61       Dips Handle       Ø23×150	2
60 15-Joint Chain Ø5 61 Dips Handle Ø23×150	2
61 Dips Handle Ø23×150	4
	1
	8 2
62 Dips Handle Ø23×200	
63 Dips Handle Ø23×120	2
64 Rubber Stopper Ø62ר24.5×25 65 Poster Frame	6
	1
i i	4
	4 8
68 Sliding Sleeve Ø55ר46ר27×41 69 FOAM Ø125ר22×215	2

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### **PARTS LIST**

KEY NO.	PART DESCRIPTION	SPEC	QTY
70	Bushing	Ø38ר9×8	4
71	Bushing	Ø25ר20ר12.2×10	6
72	Bushing	Ø38ר34ר25×22	2
73	Bushing	Ø16ר12ר8.3×7.5	4
74	Rack Liner	52×45×5	4
75	Rack Liner	120×45×5	2
76	Rack Liner	415×45×5	2
77	Bushing	Ø38ר34ר27×26	10
78	Linear Motion Bearing	LB254058	4
79	Sliding Rod Guide	Ø55ר46ר40×73	4
80	Hole Circlip	d0=40	4
81	Nylon Strap Iso-Handle	40-40	2
82	Ankle Strap		1
83	,		1
	Rope	Ø69×F 7	i
84	Plate	Ø68×5.7	2
85	End Cap	<b>■</b> 50	3
86	End Cap	■40×50	1
87	End Cap	<b>■</b> 45	2
88	End Cap	Ø25	10
89	Connecting Frame Rear		1
90	Hanging Bar L		1
91	Hanging Bar R		1
92	Weights Stow Rod		2
93	Rubber Stopper	Ø38ר7×15	2
94	bearing	61905-2Z	4
95	Hole Circlip	d0=42	4
96	U-shaped Seat L		1
97	U-shaped Seat R		1
98	Hanger		2
99	Hook Frame		1
100	Decorative Cover	Ø33.5ר6.6×25	10
101	Retaining Ring	Ø34.5xØ26.5x14xM6	10
102	Hexagon Socket Button Head Screws	M12×90	3
102	Hexagon Socket Button Head Screws	M10×95	4
103	1	M10×90	12
	Hexagon Socket Button Head Screws	i	
105	Hexagon Socket Button Head Screws	M10×75	8
106	Hexagon Socket Button Head Screws	M10×70	4
107	Hexagon Socket Button Head Screws	M10×65	2
108	Hexagon Socket Button Head Screws	M10×50	6
109	Hexagon Socket Button Head Screws	M10×45	16
110	Allen Bolt	M10×38	4
111	Hexagon Socket Button Head Screws	M10×35	2
112	HEX Bolt	M10×25	4
113	Hexagon Socket Button Head Screws	M10×25	14
114	Hexagon Socket Button Head Screws	M10×15	4
115	Allen Bolt	M10×20	12
116	Hexagon Socket Button Head Screws	M8×110	2
117	Hexagon Socket Button Head Screws	M8×60	2
118	Hexagon Socket Button Head Screws	M8×45	2
119	Hexagon Socket Button Head Screws	M8×30	8
120	Hexagon Socket Button Head Screws	M8×25	4
121	Hexagon Socket Button Head Screws	M8×20	2
122	Hexagon Socket Countersunk Head Screws	M8×20	2
123	Hexagon Socket Button Head Screws	M6×15	10
124	Set Screw	M6×6	10
125	Hexagon Socket Countersunk Head Screws	M6×12	18
126	Screw	M6×12	2
127	Hexagon Socket Button Head Screws	M6×10	20
128	Screw	ST4.0×9	20
	Screw	· ·	4
129	i	ST4.8×13	
130	Washer	Ø30ר10.5×2.5	10
131	Washer	12	6
132	Washer	10	124
133	Washer	8	30
134	Washer	6	20
135	Nut	M12	3
136	Nut	M10	56
137	Nut	M10	4
127	Nut	M10	4

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### **PARTS LIST**

		PARTS LIST	
KEY NO.	PART DESCRIPTION	SPEC	QTY
139	Washer	10	2
140	Washer	20×R20ר9	2
	Allen wrench	10#	1
	Allen wrench	8#	1
	Allen wrench	6#	1
	Allen wrench	5#	1
	Allen wrench	4#	1
	Allen wrench	3#	1
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