



**e**echelon®  
STRENGTH PRO

INSTRUCTION MANUAL





**Lou Lentine**  
Founder & CEO  
Echelon Fitness  
Multimedia, LLC



Hello,

I am Lou Lentine, Founder & CEO of Echelon, and I would like to welcome you to the Echelon community. You've made a great decision for yourself and your family. The Echelon Experience is an innovative combination of fitness products integrated with our state-of-the-art Echelon Fit® app. This brand-new, fitness lifestyle connects your family, friends, the Echelon community, and Echelon instructors together to help you with your fitness goals. With thousands of live and on-demand classes, no matter your schedule or experience, there is always a new and exciting class for you to join.

We embrace your decision to join our Echelon family in the pursuit of living a healthier lifestyle. We are committed to continue engineering cutting edge, world-class fitness products to improve quality of life through workout experiences that make an active lifestyle more accessible and sustainable.

Thank you again for choosing Echelon and I look forward to seeing you in the next live class!

Best personal regards,

A handwritten signature in black ink, appearing to read "Lou Lentine".

Lou Lentine  
Founder & CEO of Echelon Fitness Multimedia, LLC

# FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

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## 15.21

You are cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

## 15.105(A)

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference in which case the user will be required to correct the interference at their own expense.

## FCC RF RADIATION EXPOSURE STATEMENT:

1. This Transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.
2. This equipment complies with RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 cm between the radiator and your body.

## THIS DEVICE COMPLIES WITH PART 15 OF THE FCC RULES. OPERATION IS SUBJECT TO THE FOLLOWING TWO CONDITIONS:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation.

# **INNOVATION, SCIENCE AND ECONOMIC DEVELOPMENT CANADA (ISED) INNOvation, SCIENCE ET DÉVELOPPEMENT ÉCONOMIQUE CANADA (ISED)**

**THIS CLASS B DIGITAL APPARATUS COMPLIES WITH  
CANADIAN ICES-003.**

**CET APPAREIL NUMÉRIQUE DE CLASSE B EST  
CONFORME À LA NORME NMB-003.**

## **CANADIAN NOTICE**

This device complies with ISED license-exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

## **AVIS CANADIEN**

Le présent appareil est conforme aux CNR d'ISED applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

1. L'appareil ne doit pas produire de brouillage, et
2. L'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

## **CAUTION: EXPOSURE TO RADIO FREQUENCY RADIATION**

1. To comply with the Canadian RF exposure compliance requirements, this device and its antenna must not be co-located or operating in conjunction with any other antenna or transmitter.
2. To comply with RSS 102 RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.

## **ATTENTION: EXPOSITION AU RAYONNEMENT RADIOFRÉQUENCE**

1. Pour se conformer aux exigences de conformité RF canadienne l'exposition, cet appareil et son antenne ne doivent pas être co-localisés ou fonctionnant en conjonction avec une autre antenne ou transmetteur.
2. Pour se conformer aux exigences de conformité CNR 102 RF exposition, une distance de séparation d'au moins 20 cm doit être maintenue entre l'antenne de cet appareil et toutes les personnes.

## WARNING LABELS



### ⚠ WARNING | AVERTISSEMENT | ADVERTENCIA

#### RISK OF PERSONAL INJURY: KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.

Attention and instructions must be read before use. This equipment is not a toy and must not be given to children under the age of 13. It is intended for adults only.

The ordinary exercise equipment should only be used in a through room or in an open area. Do not use the equipment or stand near the object supports or a fixed interior partition.

This equipment operates with very high speed and can cause serious injury if not used correctly. Please follow all safety instructions and your physical abilities with the equipment. Know your body and personal limits. If you feel pain or discomfort, stop immediately. Please always wear a fitting garment and shoes. Contact with moving parts can cause serious injury.

Visit <http://checkbeforeyouattend.com/checklist> for more information.

Set up and operate stationary exercise equipment in a solid level surface. Check the floor for any debris or obstacles before use. If the floor is not solid, do not use the equipment. Finish with working out, always make sure to cool down completely by stretching and breathing deeply.

Never hang from the arms or any other part of the equipment.

Falls to maintain and care for the equipment could result in serious damage to the equipment and/or personal injury.

Disconnect all power before cleaning the equipment (if applicable).

Always service the equipment by the manufacturer's guidelines as stated in the owner's manual.

#### RISQUE DE BLESSURE CORPORELLE: ÉVITEZ QUE LES ENFANTS SOIENT À PROXIMITÉ.

Veuillez lire les instructions et les instructions de sécurité avant d'utiliser l'équipement. Ce n'est pas un jouet et ne doit pas être donné aux enfants de moins de 13 ans. Il est destiné aux adultes seulement.

L'équipement de base pour l'exercice devrait uniquement être utilisé dans une pièce ouverte ou dans une grande pièce. Ne pas utiliser l'équipement ou se tenir près des supports d'objets ou d'une partition intérieure fixe.

Ce matériel fonctionne avec une vitesse extrêmement élevée et peut causer de graves blessures si non utilisé correctement. Veuillez suivre toutes les instructions de sécurité et vos capacités physiques avec l'équipement. Connaissez votre corps et vos limites personnelles. Si vous ressentez de la douleur ou de la douleur, arrêtez immédiatement.

Portez toujours une tenue appropriée et des chaussures. Le contact avec les parties en mouvement peut causer de graves blessures.

Assurez-vous que le sol est solide et sans débris ou obstacles avant d'utiliser l'équipement. Si le sol n'est pas solide, ne pas utiliser l'équipement.

Terminez toujours l'exercice par une séance de détente complète et profonde, en étirant et en respirant profondément.

N'appelez pas l'équipement de base et n'oubliez pas de prendre soin de l'équipement. Des erreurs ou négligences peuvent entraîner des dommages importants à l'équipement et/ou à la sécurité personnelle.

Évitez de suspendre les bras ou toute autre partie de l'équipement.

Si vous avez peur ou si vous avez été blessé, veuillez consulter un professionnel. Visitez <http://checkbeforeyouattend.com/checklist> pour plus d'informations.

Éteignez l'équipement avant de le nettoyer (si nécessaire).

Servicez l'équipement par les directives du fabricant telles qu'indiquées dans le manuel de l'utilisateur.

#### RISCO DE LESÕES PESSOAIS. MANTENGA A LOS NIÑOS MENORES DE 13 AÑOS ALÉJADOS DE LA MÁQUINA.

Desea leer las instrucciones y las instrucciones de seguridad antes de usar el equipo. No es un juguete y no debe darse a los niños menores de 13 años. Es para adultos solo.

El equipo de ejercicio básico solo debe usarse en una habitación o en un espacio abierto. No use el equipo ni se acerque a los soportes de objetos fijos o a una partición interior fija.

Este equipo opera con una velocidad muy alta y puede causar lesiones graves si no se usa correctamente. Por favor siga todas las instrucciones de seguridad y sus capacidades físicas con el equipo. Conozca su cuerpo y sus límites personales.

Siempre use ropa apropiada y zapatos. El contacto con las partes en movimiento puede provocar lesiones graves.

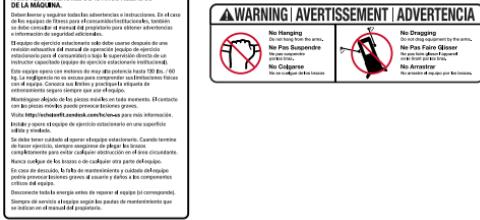
Verifique que el suelo sea sólido y libre de residuos u obstrucciones antes de usar el equipo. Si el suelo no es sólido, no use el equipo.

Finalice siempre el ejercicio con una sesión de estiramiento completa y profunda, al estirar y respirar profundamente.

No coloque ni cuelgue de ninguna parte del equipo. Si se cayera o se cuelga, se podrían causar lesiones graves.

Desconecte la energía antes de limpiar el equipo (si es necesario).

Servicio el equipo por las directrices del fabricante tal como se indican en el manual del propietario.





### ⚠️ WARNING | AVERTISSEMENT | ADVERTENCIA

**Tip-Over Hazard**  
Do not operate equipment at maximum weight with an arm fully extended laterally without securing the equipment to the ground. Operating without securing the equipment to the ground may cause tipping and result in injury.

**Danger de Basculement**  
Evitez d'utiliser l'appareil avec la charge maximale avec un bras entièrement étendu latéralement sans avoir fixé l'appareil au sol préalable. Si l'appareil n'est pas correctement fixé au sol, vous courrez le risque de basculer et de vous blesser.

**Peligro de Vuelco**  
No opere el equipo a peso máximo con un brazo totalmente extendido lateralmente sin asegurar el equipo al suelo. Operar sin asegurar el equipo al suelo puede causar que vuelque y resultar en lesiones.

### ⚠️ WARNING | AVERTISSEMENT | ADVERTENCIA

**RISK OF PERSONAL INJURY. KEEP CHILDREN UNDER THE AGE OF 13 AWAY FROM MACHINE.**

All warnings and instructions must be read and followed. For consumer/institutional fitness equipment, notice shall also be given to refer to the owner's manual for additional warnings and safety information.

The stationary exercise equipment should only be used after a thorough review of the operation manual (consumer stationary exercise equipment) or under the direct supervision of a trained instructor (institutional stationary exercise equipment).

This equipment operates with very high-powered motors up to 130 lbs. / 60 kg. Negligence is not an excuse for understanding your physical limitations with the equipment. Know your limits and practice safe workout etiquette always when using the equipment. Please keep away from moving parts at all times. Contact with moving parts may result in serious injury.

Visit <https://echelonfit.zendesk.com/hc/en-us> for more information.

Set up and operate stationary exercise equipment on a solid level surface. Care should be taken while operating the stationary equipment. When finished with working out, always make sure to fold the arms completely in to avoid any obstruction to the surrounding area.

Never hang from the arms or any other part of the equipment.

Failure to maintain and care for the equipment could result in serious injury to the user and damage to critical components of the equipment if neglected.

Disconnect all power before servicing the equipment (if applicable). Always service the equipment to the maintenance guidelines as stated in the owner's manual.



### RISQUE DE BLESSURE CORPORELLE. EMPÉCHEZ L'ACCÈS À L'APPAREIL AUX ENFANTS DE MOINS DE 13 ANS.

Tous les avertissements et les instructions doivent être lus et suivis. Pour les appareils de remise en forme destinés à un usage privé/professionnel, les utilisateurs doivent être également invités à se reporter au manuel d'utilisation pour les avertissements et les consignes de sécurité supplémentaires.

L'appareil stationnaire ne doit être utilisé qu'après avoir lu attentivement le manuel d'utilisation (appareils stationnaires destinés au grand public ou sous la surveillance directe d'un instructeur formé (rameurs stationnaires) ou d'un professionnel).

Cet appareil est doté de moteurs très puissants pouvant atteindre 130 livres (60 kg). Il est important de bien connaître vos limites physiques lorsque vous utilisez l'appareil. Il est également important de ne pas aller au-delà de ses limites et de toujours respecter les consignes de sécurité lorsque vous utilisez l'appareil.

Veuillez rester toujours à distance des pièces en mouvement. Tout contact avec des pièces en mouvement comporte un risque de blessure grave.

Allez sur <http://echelonfit.zendesk.com/hc/en-us> pour en savoir plus.

Réglez et utilisez l'appareil de remise en forme stationnaire sur une surface stable et plane.

L'appareil stationnaire doit être utilisé et manipulé avec précaution. Une fois votre séance d'entraînement terminée, veillez toujours à replier complètement les bras afin d'éviter d'obstruer l'espace qui se trouve autour.

Évitez toujours de les suspendre par les bras ou d'une autre partie de l'appareil.

Si vous ne pouvez pas sortir de votre appareil et que vous ne l'entreprenez pas, veillez à ce que le risque de blessure grave et les principaux composants de l'appareil pourraient être endommagés ou présenter un dysfonctionnement en cas de négligence.

Mettez l'appareil hors tension avant de procéder à l'entretien ou à une réparation (je cas échéant).

Veillez à toujours vous référer aux consignes décrites dans le manuel de l'utilisateur pour réaliser l'entretien de l'appareil.

### RIESGO DE LESIONES PERSONALES. MANTENGA A LOS NIÑOS MENORES DE 13 AÑOS ALEJADOS DE LA MÁQUINA.

Deben leerse y seguirse todas las advertencias e instrucciones. En el caso de los equipos para fitness para el consumidor/institucional, también se debe consultar el manual del propietario para obtener advertencias e información de seguridad adicionales.

El equipo de ejercicio estacionario solo debe usarse después de una revisión exhaustiva del manual de operación (equipo de ejercicio estacionario para el consumidor) o bajo la supervisión directa de un instructor capacitado (equipo de ejercicio estacionario institucional).

Este equipo opera con motores de muy alta potencia hasta 13 lbs. / 60 kg. La negligencia no es excusa para comprender sus limitaciones físicas con el equipo. Consulte las limites y practique la etiqueta de entrenamiento seguro siempre que use el equipo.

Manténgase alejado de las piezas móviles en todo momento. El contacto con las piezas móviles puede provocar lesiones graves.

Visite <http://echelonfit.zendesk.com/hc/en-us> para más información.

Instale y opere el equipo de ejercicio estacionario en una superficie sólida y nivelada.

Se debe tener cuidado al operar el equipo estacionario. Cuando termine de hacer ejercicio, siempre asegúrese de dejar los brazos completamente para evitar cualquier obstrucción en el área circundante. Nunca colgues los brazos o de cualquier otra parte del equipo.

En caso de desgaste, la falta de mantenimiento y cuidado del equipo puede provocar lesiones graves al usuario y daños a los componentes críticos del equipo.

Desconecte toda la energía antes de reparar el equipo (si corresponde). Siempre apague el equipo según las pautas de mantenimiento que se indican en el manual del propietario.





## WARNING | AVERTISSEMENT | ADVERTENCIA

This strength machine is digital strength machine, dedicated to personalized digital training with 100's of movements workouts, including but not limited to shoulder press, cable squat, chest fly, cable kickback, bicep curl, row, ab crunch, bench press, rope pull down, cable twist etc.



## WARNING | AVERTISSEMENT | ADVERTENCIA

To incrementally increase the weight resistance, use only incremental resistance means provided by the manufacturer.



## WARNING | AVERTISSEMENT | ADVERTENCIA

Using the equipment for support during stretching or allowing resistance straps, ropes or other means to be attached to it can result in injury.



## WARNING | AVERTISSEMENT | ADVERTENCIA

Cease exercise if you feel faint or dizzy.

Heart Rate monitoring system may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint, stop exercising immediately.

Keep body, clothing, and fitness accessories clear of all moving parts.

Inspect the equipment before use and do not use if the machine appears damaged or inoperable.

Arrêtez l'exercice si vous vous sentez faible ou étourdi.

Le système de surveillance de la fréquence cardiaque peut être inexact. Un exercice excessif peut entraîner des blessures graves, voire la mort. Si vous vous sentez faible, arrêtez immédiatement de faire de l'exercice.

Gardez votre corps, vos vêtements et votre forme physique accessoires dégagés de toutes pièces mobiles.

Inspectez l'équipement avant utilisation et faites ne pas utiliser si la machine semble endommagée ou inutilisable.

Deje de hacer ejercicio si se siente débil o mareado.

El sistema de monitoreo de frecuencia cardíaca puede ser incorrecto. El ejercicio excesivo puede provocar lesiones graves o la muerte. Si te sientes débil, deja de hacer ejercicio inmediatamente.

Mantenga el cuerpo, la ropa y la forma física, accesorios libres de todas las piezas móviles.

Inspeccione el equipo antes de usarlo y no lo utilizar si la máquina parece dañada o inoperable.



## WARNING | AVERTISSEMENT | ADVERTENCIA

Never allow children on selectorized strength equipment and to supervise the use of selectorized strength equipment by individuals age 13 to 17.



## ⚠ WARNING | AVERTISSEMENT | ADVERTENCIA

### When Starting A Workout

Wait 5 seconds for the upper locking pin to engage the column before pulling on the cable.

### Au début d'un entraînement

Attendez 5 secondes pour la goupille de verrouillage supérieure pour engager la colonne avant de tirer sur le câble.

### Al comenzar un entrenamiento

Espera 5 segundos para que el pasador de bloqueo superior para enganchar la columna antes de tirar del cable.

## ⚠ WARNING | AVERTISSEMENT | ADVERTENCIA

### When Stopping/Pausing A Workout

Wait 5 seconds for the upper locking pin to disengage the column before pulling lower pin to adjust arm.

### Lors de l'arrêt/de la pause d'un entraînement

Attendez 5 secondes pour la goupille de verrouillage supérieure pour dégager la colonne avant de tirer goupille inférieure pour ajuster le bras.

### Al detener o pausar un entrenamiento

Espera 5 segundos para que el pasador de bloqueo superior para desenganchar la columna antes de tirar pasador inferior para ajustar el brazo.



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## **IMPORTANT SAFETY INSTRUCTIONS**

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While cleaning your Echelon® Strength Pro, please use a soft rag with mild detergent or water to wipe down the machine. Do not use corrosive chemical liquids which may damage the exterior components of unit.

ONLY use a cleaning agent that is approved for computer displays and touchscreens on the integrated tablet.

When using an electrical appliance, basic precautions should always be followed, including the following:

**Read all instructions before using the Echelon® Strength Pro.**

**FOR COMMERCIAL AND HOUSEHOLD USE.**

**SAVE THESE INSTRUCTIONS.**

**DANGER – TO REDUCE THE RISK OF ELECTRIC SHOCK:**

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

### **WARNING – TO REDUCE THE RISK OF BURNS, FIRE, ELECTRIC SHOCK, OR INJURY TO PERSONS:**

1. For best machine performance keep the Echelon® Strength Pro on a dedicated 15amp circuit.
2. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
3. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
4. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety. **Keep children under the age of 13 away from this machine.**
5. Use this appliance only for its intended use as described in this manual.  
Do not use attachments not recommended by the manufacturer.
6. Connect this appliance to a properly grounded outlet only. See Grounding Instructions on page 12.
7. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
8. Do not carry this appliance by supply cord or use cord as a handle.
9. Keep the cord away from heated surfaces.
10. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
11. Never drop or insert any object into any opening.
12. Do not use outdoors.



## IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

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- 13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 14. To disconnect, turn all controls to the off position, then remove plug from outlet.

**BEFORE** starting any fitness or strength program, consult with your physician or health official. This will ensure that you engage in the proper strength or fitness program for your age and physical condition.

Before using the Echelon® Strength Pro, answer these questions:

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you should NOT exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you should NOT exercise?

If you answer "yes" to any of the above questions, you should seek further advice from your doctor prior to using the Echelon® Strength Pro.

Read the user manual fully and follow all instructions. This ensures your safety.

- ALWAYS use the Echelon® Strength Pro on solid, level ground and in a well-lit and ventilated area.

- ALWAYS check the Echelon® Strength Pro for wear or loose components before use.
- NEVER use the Echelon® Strength Pro if it is not properly/completely assembled or is damaged in any way.
- NEVER allow children or pets to play on or around the Echelon® Strength Pro during operation. This helps protect them from injury from moving parts.
- ALWAYS set the Echelon® Strength Pro up properly for your specific body type.
- NEVER use the Echelon® Strength Pro when sick or fatigued.
- ALWAYS warm up/stretch before starting exercise.
- ALWAYS ensure that you have a water bottle filled with at least 12 oz. of water and a towel close by to absorb sweat from your body and the accessories.
- NEVER stand or climb on the arms.
- ALWAYS wear proper attire and footwear that fully covers your feet. Do not wear loose or dangling clothing while using the Echelon® Strength Pro. Long hair should be tied back or tucked away. Ensure that shoelaces are tucked into your shoes.
- ALWAYS keep hands away from moving parts and ensure that hands are safely placed on handlebars during use.
- When the Echelon® Strength Pro is not in use, position the arms so that the accessory attachment end is facing the ground and tucked into the sides of the machine so that they do not obstruct foot traffic and avoid injury.

- NEVER use accessory attachments that have not been recommended by the manufacturer. Using such attachments may cause injury or damage to the Echelon® Strength Pro and will affect the warranty of the Echelon® Strength Pro.
- ALWAYS ensure that the Echelon® Strength Pro is wiped down after each use to keep it sanitary.
- Cleaning and user maintenance shall not be made by children without supervision.

If any problems arise affecting the performance of the Echelon® Strength Pro, contact the manufacturer immediately. Always ensure that parts which undergo wear are checked regularly.

This safety information and user manual do not replace the need to be alert and to use common sense when using the Echelon® Strength Pro!

Avoid any chemicals (cleaning or otherwise) that could degrade nylon when sanitizing the equipment. Including, but not limited to, any solutions containing the following chemicals: Citric Acid, Acetic Acid, Alcohols, Calcium Chloride, Hypo Chlorite, Bromine Liquids, Diacetone & other derivatives.

When not using the Echelon® Strength Pro, unplug the unit and store the plug in a hard-to-reach area away from children or mentally handicapped individuals.

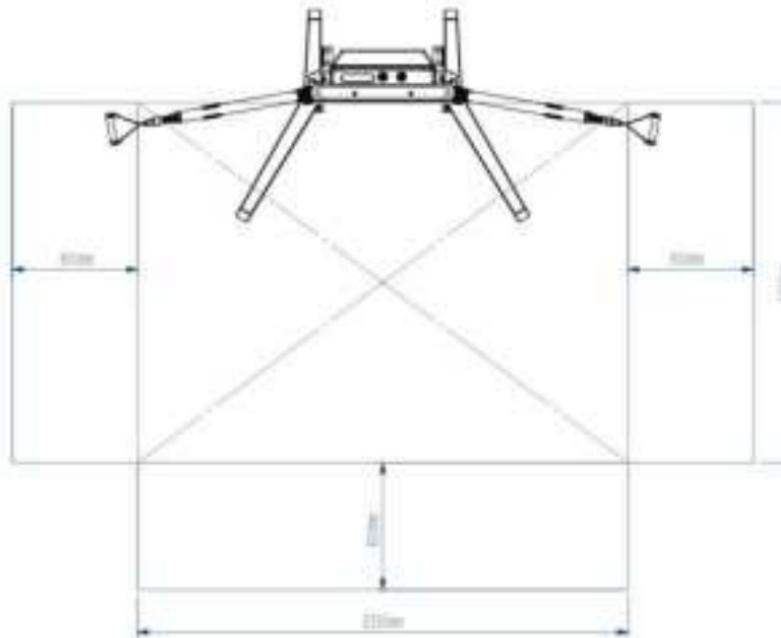
## Warnings and Safety

1. Keep hair, body, and clothing free and clear of all moving parts.
2. the safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points.
3. Incorrect or excessive training might result in injuries to health.
4. Inspect the machine before use, including machine and accessories conditions, handle grip, rope grip, straight bar, ankle strap, their connections. Do not use if the machine or any component is worn, damaged, or inoperable. Refer to CARE & Maintenance chapter for more details.
5. The safety and integrity designed into the machine can only be maintained when the treadmill is regularly examined for damage and repaired. It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed. Worn or damaged components shall be replaced immediately, or the treadmill removed from service until the repair is made. Only manufacturer-supplied or-approved components shall be used to maintain and repair the machine.
6. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.
7. The Strength Pro is digital weight devices, which is not use traditional weight plate; but please follow your own workout capabilities to select proper electronic weights for safe workout, increase weight bit by bit, don't make big adjustments before your body adapt to the strength workout. The strength machine can go up to weight 60kg per arm.
8. Make proper connection and use of accessories e.g. handle grip, rope grip, straight bar, ankle strap, which attach to the machine arm; Unproper connections and use during cable stretching or retracting might result in injuries. Always use the accessories approved by manufacture.
9. Prior to use, follow the professional guide from gym coach for proper machine use. Read fully the user manual.



## Warnings and Safety

10. Please refer to the arm adjustment chapter for proper adjustment prior to use. Or follow the professional guide from gym coach.
11. Supervise the use of the equipment by individuals age 13 to 17.
12. Cease exercise if you feel faint or dizzy.
13. Do not exceed maximum user weight 200KG.
14. The Strength Pro is anchored to the floor, please contact professional technicians for proper floor ground procedures, do not handle by person without professional guidance, which might result in injuries. For anchor steps, please refer to step 1. Each concrete sleeve anchor M10 x 80 can withstand minimum 940KG load on 150# concrete type under hole depth 50mm; the tensile force might vary on different concrete.
15. WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately
16. Ask local distributor to handle any issue or provide service. It's not allowed to dismantle the components personally. The personal adjustment devices without professional guide might left projecting or component change, they could interfere with the user's movement or proper machine use.
17. The total machine weight: 185KG, total assembly area: 355x280xH222 cm. workout area: 235x170cm
18. The free area shall be not less than 0,6 m greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount.



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## **Warnings and Safety**

- The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope and any required local codes or regulations.
- The training equipment shall only be used in areas where access, supervision and control is specifically regulated by the owner.
- The machine meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer. Using the machine for support during stretching or allowing resistance straps, ropes, or other means to be attached to it may result in serious injury.
- Read all warnings posted on the machine.
- It is the facility owner's responsibility to properly instruct users on the proper operation of the equipment and to warn them of the potential hazards



## IMPORTANT SAFETY INSTRUCTIONS (cont'd.)

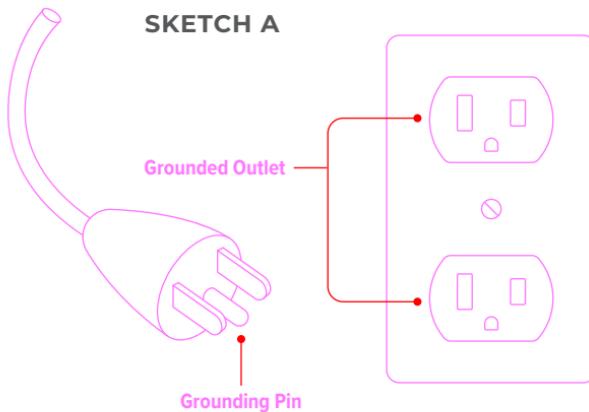
### GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

**DANGER** – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product.

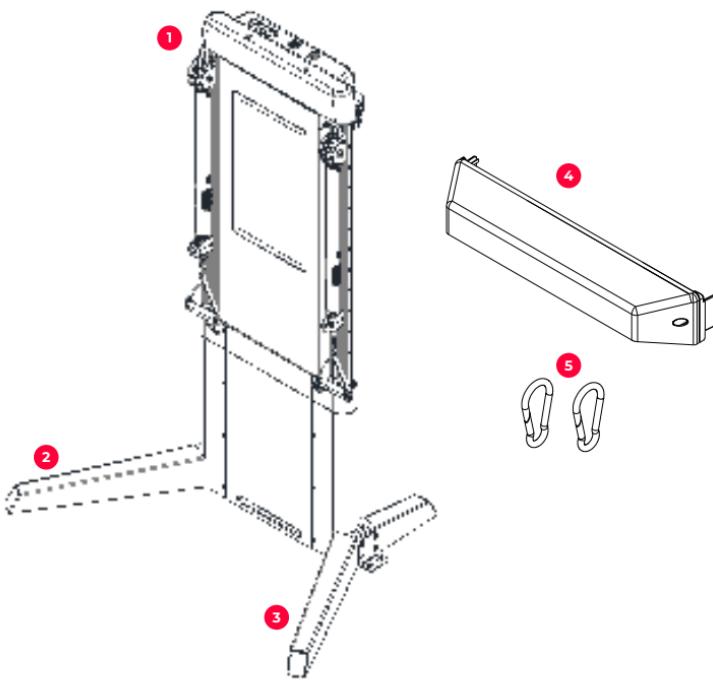
- a. If it will not fit the outlet, have a proper outlet installed by a qualified electrician.

For use in the USA, products are designed to operate on a nominal 120-V circuit and have a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



### INCLUDES

1. Strength Machine
2. Right Leg (Weighted)
3. Left Leg (Weighted)
4. Accessory Rack
5. Snap Hook ×2
6. Accessories (pg. 19)  
Handle Grips  
Ankle Strap  
Straight Bar  
Rope Grip
7. Power Cord (Not Pictured)
8. Hardware Kit (Pg. 14)



# PARTS LIST

No.	Description	Specification	QTY
<b>A Structure frame</b>			
A01	Front/rear frame		1
A02	Left arm rotary shaft		1
A03	Right arm rotary shaft		1
A04	Hes large flat head full tooth bolt M10x12x20		6
A05	Fret washer	M6	6
A06	Fret lock nut	M6	6
A07	Pulley	M10x12x12	2
A08	Hes large flat head full tooth bolt M12x12x30		4
A09	Fret washer	M12	4
A10	Hes lock nut	M12	10
A11	Lure bush	M12x20x40	4
A12	Hes large flat head full tooth bolt M6x12		8
A13	C-shaped pulley		2
A14	3D print holder		1
A15	Hes large flat head full tooth bolt M6x10		8
A16	Fret shaft	M12x60	3
A17	Shaft nut	M12x21	5
A18	C-shaped crimp for small	M6	4
A19	Connecting piece assembly		1
A20	Connecting piece	M10x70	1
A21	Circular connecting piece	M10x25	1
A22	Hes roundnut full tooth bolt M6x10		1
A23	Screw	M2x10x40x10	4
A24	Motor		1
A25	Motor connecting plate		1
A26	Cross recessed large flat head self-lock bolt	M6x6	8
A27	Lock nut		2
A28	Micro switch		2
A29	Cross recessed user head full tooth bolt M6x18		4
A30	Hes lock nut	M6	4
A31	Shaft plug	M10x60x10	3
A32	Double row bearing		1
A33	Pulley	M10x12x10x2	2
A34	Hes cylindrical head full tooth bolt M10x18		2
A35	Hes cylindrical head full tooth bolt	M10x18	2
A36	Mount bracket		1
A37	Fret washer	M6	2
A38	3D print bracket		1
A39	Hes retainer	M12	6
A40	Hes large flat head full tooth bolt M12x30		8
A41	Cross recessed large flat head self-locking screw	M12x15	1
A42	Locking washer	M12	1
A43	Elastic washer	M12	1
A44	Cross recessed user head full tooth bolt M12x10		4

No.	Description	Specification	QTY
<b>B Motor assembly</b>			
B01	Motor w/ gear assembly		1
B11	Hes large flat head full tooth bolt	M6x10	2
B12	Hes large flat head full tooth bolt	M12x20	2
B13	Hes large flat head full tooth bolt	M12x40	2
B14	Fret lock nut	M12	4
B15	Fret	M6	4
B16	Washer	M6x10x10	1
B17	Power supply		1
B18	Power supply terminal		1
B19	Cross recessed large flat head self-lock bolt	M6x6	2
B20	Cross recessed large flat head self-lock bolt	M12x10	100
B21	Hes cylindrical head full tooth bolt	M6x10	4
B22	Hes lock nut	M6	4
B23	Shaft assembly		1
B24	Electric power board		1
B25	Fret washer	M6	4
B27	Hes cylindrical head full tooth bolt	M6x10	100
<b>C Arm</b>			
C01	Deep groove ball bearing	6000-22	4
C02	Connecting part		4
C03	Mount plate		3
C04	Groove roller		1
C05	Cross recessed countersunk head flat head bolt	M6x8	30
C06	Hes cylindrical head full tooth bolt	M6x10	8
C08	Hes cylindrical head full tooth nut	M6x10	8
C07	Hes flat head full tooth bolt	M6x10	8
C08	Shaft lock	M6	8
C09	Shaft cap	M6	10
C10	Autumn gear	M10x10x10	1
C11	Fret pin shell	M17x60	2
C12	Hes flat head self-lock	M6x5	8
C13	Fret pin cap	M6x25	2
C14	Fret pin insert	M4x10x14x10	2
C15	Spring	M1x10x10	4
C16	Arm assembly		2
C17	Steel cable	M17x40	2
C18	Groove roller right		1
C19	Adjust screw	22x0.8x30	1
C20	Spring lock plug	M12	4
C21	Fret pin connecting sleeve		2
C22	Hes lock nut	M6	2
C23	Cross recessed cylindrical head lockable threaded bolt	M12x80x3	2
C24	Adjustable silent block		1

C25	Adjust silent block		1
C27	Adjust silent block		2
C28	Round head cross pointed tail locking screw	M12x24mm	4
C29	Sliding positioning assembly		2
C30	Push pin shell	Φ17.8x12	2
C31	Connecting rod	11x30.5x15	2
C32	Small shaft	Φ6x17	2
C33	Torsion spring	Φ15.5x28x33.8	2
C34	E-shaped clip for shaft	Φ4	8
C35	Hes cylindrical head full tooth bolt	M6x10	2
C36	Cross recessed pan head full tooth bolt	M6x8	2
C37	Adjusting shaft	Φ10x95.5	2
C38	Bush	Φ10xΦ10.2x5	6
C39	E-shaped clip for shaft	Φ6	4
C40	Cross recessed pan head full tooth bolt	M6x10	2
C41	Pulley	Φ43x10x12	6
C42	Screw	M10x20	2
C43	Uric washer	Φ20xΦ10x10	8
C44	D-hole pinlock	H.5x610.4x602	8
C45	Hes lock nut	M10x8	2
C46	Lock bush	Φ10x24x40	6
C47	Hes large flat head full tooth bolt	M6x10	10
C48	Eccentric shaft	Φ14x30.5	4
C49	Hes lock nut	M10	4
C50	Deep groove ball bearing	6200-22	12
C51	Front rotary part	100x101.9x30.3	2
C52	Front rotary part	100x101.9x32.1	2
C53	U-shaped knob	60x16x21	2
C54	Hes cylindrical head full tooth bolt	M6x12	12
C55	Deep groove ball bearing	690522	2
C56	Clip for shaft	Φ65	2
C57	Pulley	Φ10x10x22	6
C58	Front rotary part for pulley	100x85x27.3	4
C59	Hes counter sunk head full tooth bolt	M6x15	8
C60	Housing for snap hook	Φ37x50	2
C61	Hes cylindrical head full tooth bolt	M6x10	4
C62	Snap hook	Φ7x70	2
C63	Clip	Φ6x27	2
C64	Washer		8



# PARTS LIST

G	Name	QTY
I01	Left leg with weight	1
I02	Right leg with weight	1
I03	Square foot case	1
I04	Hex large flat head full tooth bolt	10x100±10
<b>E</b>	<b>Components</b>	
E01	HTT panel	1
E02	Hex large flat head full tooth bolt	8x100±10
E03	KVA	95.0x300±10
E04	Smart box module	1
E05	Circuit boards	1
<b>F</b>	<b>Plastics</b>	
F01	Table cover	1100x1100x100
F02	Hex square flat head full tooth bolt	M5x25
F03	Front cover	1100x100x52
F04	Acrylic plate for panel	100x90x3±0.5
F05	Screen	880x430x0.4
F06	Hex cylindrical head full tooth bolt	8x52
F07	Top cover	1000x100x100
F08	Wire connecting plate	21.5x75x0.5
F09	Cross recessed large hex head cap screw	GT3x10
F10	Hex cylindrical head full tooth bolt	M6x90
F11	Front cover case	1100x450x100±0.5
F12	Right lower cover	1100x450x100±0.5
F13	Right lower cover	1100x100x100±0.5
F14	Left lower cover	1100x100x100±0.5
F15	Cross recessed large hex head cap screw	M6x70
F16	Hex lock nut	8x6
F17	SDI screen module	100
F18	Hex cylindrical head full tooth screw	M4x12
F19	Cross recessed large hex head full tooth bolt	M8x70
F20	Power cover	1000x100x100
F21	Cross recessed large hex head cap screw	GT3x10
F22	Accessory rack cover	901.3x100x2
F23	Accessory rack plate	10.0x40x200
F24	Accessory rack	45x43
F25	Accessories rack	10.0x40x200
F26	Cross recessed countersunk head cap screw	M3x10
F27	Hex lock nut	M5
F28	Hex lock cover	85.5x45x10.2
F29	KVA	95.0x25
F30	Top cover left block	11.0x100x74±10
F31	Top cover right block	11.0x100x74±10
F32	Acrylic support plate	100x100x10
F33	Cross recessed self tapping screw	GT4x10
F34	Flat washer	0.5x20x1.0±0.2

G	System	QTY
G12	Power socket	1
G13	Cross recessed countersunk head tapping screw	ST3x10
G15	Rocker switch	1
G16	Power switch	1
G18	Cross recessed large hex head full tooth screw	M6x8
G20	USB cable	2
G21	Relay/cable	1
G22	Cross recessed large hex head full tooth bolt	M3x10
G23	Line block	1
G24	Fan	2
G25	Cross recessed pan head full tooth bolt	M6x10
G26	Hex lock nut	8x8
F18	Cross recessed pan head full tooth bolt	M6x10
<b>H</b>	<b>Accessories</b>	
H01	Smart bar	Φ20x1000
H02	Ankle strap	500x105±8
H03	Rope	Φ20x205x640
H04	Metal plate to ground	14.0x101x30
H05	Battery	2033
<b>L</b>	<b>Hardware kit</b>	
L01	Hex large flat head full tooth bolt	M10x15
L02	Hex countersunk head full tooth bolt	M10x95
L03	L-shaped wrench	M2x17x50
L04	Cross recessed pan head full tooth bolt	M5x20
L05	Spring washer	Φ10
A09	Flat washer	Φ10
L06	Concrete sleeve anchor	M10x80
L07	L-shaped hex wrench	6x40x120
L08	Cross open-ended wrench	14x17x75
L09	L-shaped wrench	5x35x850
<b>O</b>	<b>Others</b>	
DY01	Servo drive system	1
DY02	Reset switch	1
DY03	Inductor	1
DY04	Filter	1

Exp board for 230V		
JN01	FRP board	1
J101	Cross recessed pan head full tooth bolt	M4x10
JN02	Power line	1
JN03	Power line	1
JN04	AV video power line	1
JN05	Speaker	1
JN06	Magneto pulse	1
JN07	Sensor status	1
JN08	Hex head/torsion full tooth bolt	M5x10

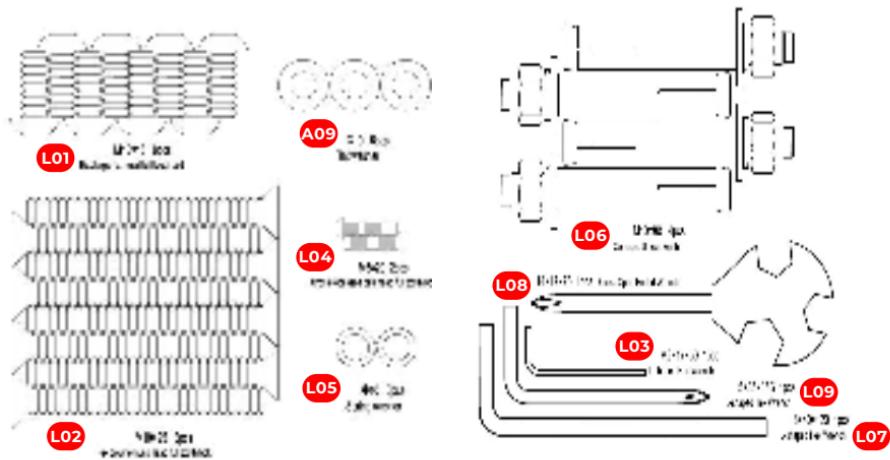


## HARDWARE PACK

Do not open sections of hardware pack until they are needed.

### Part No.

- L Hardware Kit (2)
- L01 Hex Large Flat Head Full Tooth Bolt (8) M10×15
- L02 Hex Countersunk Head Full Tooth Bolt (8) M10×95
- L03 L-Shaped Wrench M2×17×50
- L04 Cross Recessed Pan Head Full Tooth Bolt (2) M5×20
- L05 Spring Washer (6) Ø10
- A09 Flat Washer (6) Ø10
- L06 Concrete Sleeve Anchor (4) M10×80
- L07 L-Shaped Hex Wrench (1) 6×40×120
- L08 Cross Open-Ended Wrench (1) 14×17×75
- L09 L-Shaped Wrench (1) 5×35×85



### Definitions



## STRENGTH PRO SPECIFICATIONS



For replacement parts,  
refer to the MASTER  
PARTS LIST on page 15.