SOLE FITNESS

OWNER'S MANUAL
Model: 16808591200
SSM120 Smith Machine

Please carefully read this entire manual before operating your new bike.

ATTENTION: ***Before returning your SOLE product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 1-888-707-1880. Thank you for your SOLE purchase.***

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ATTENTION

THIS FITNESS EQUIPMENT IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

SOLE FITNESS

CONGRATULATIONS ON YOUR NEW SMITH MACHINE AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality SOLE smith machine from Dyaco Canada Inc. Your new smith machine has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new SOLE product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE and we will always remember that you are the reason that we are in business.
Please go to www.dyaco.ca/warranty.html and complete the online warranty registration.

Yours in Health,

Dyaco Canada Inc.

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

PRODUCT REGISTRATION

RECORD YOUR SERIAL NUMBER
Please record the Serial Number of this fitness product in
the space provided below.

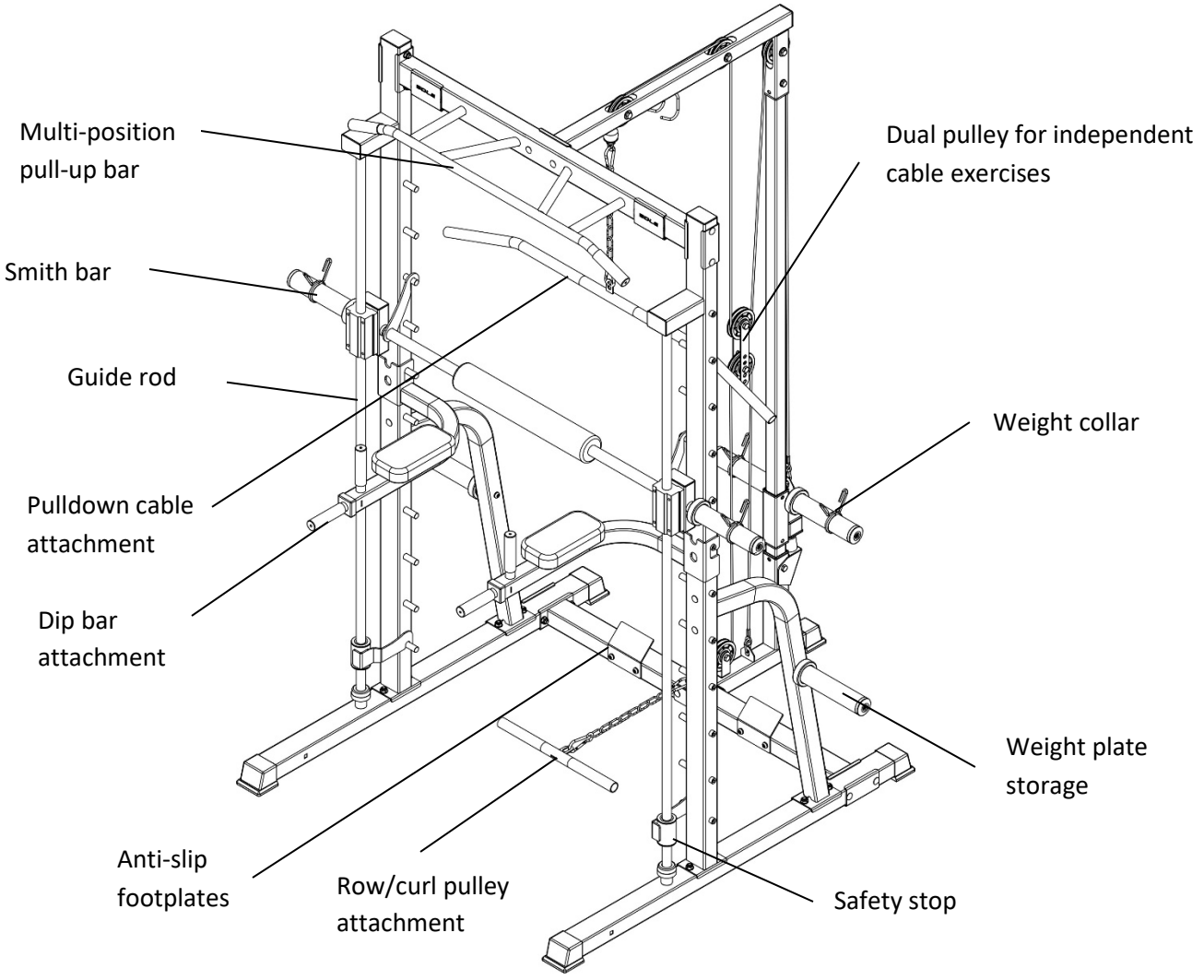
Serial Number_____

BEFORE YOU BEGIN

Thank you for choosing the SOLE SSM120 Smith Machine. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SOLE SSM120 Smith Machine provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labelled.

Read this manual carefully before using the SOLE SSM120 Smith Machine. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SOLE SSM120 Smith Machine, please do not return the product. Contact us FIRST! If a part is missing or defective, call us toll-free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

MAX. USER WEIGHT LIMIT 660 lb (300 kg), 330 lb (150 kg) per side



IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this equipment.

WARNING - Serious injury could occur if these safety precautions are not observed:

Read the Owner's Manual carefully before assembling, servicing or using the equipment. It is the responsibility of the owner of the equipment to instruct themselves and users on proper operation techniques and to review all labels.

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. Obtain a medical exam before beginning any exercise program.
4. Stop exercising if feeling faint, dizzy or experiencing pain and consult your physician.
5. Obtain instructions before using.
6. Read and understand the owner's manual and all warnings posted on the unit before using.
7. Do not place any sharp object around the equipment.
8. Keep all children (12 and under) away. Teenagers (13 and over) and disabled must be supervised.
9. Keep body and clothing free from and clear of all moving parts.
10. Always wear appropriate workout clothing while 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.
11. Before using the equipment to exercise, always do stretching exercises to properly warm up.
12. Use the unit only for the intended use. DO NOT modify the unit.
13. DO NOT use attachments not recommended by the manufacturer.
14. Inspect unit prior to use. DO NOT use if it appears damaged or inoperable.
15. Inspect all connections prior to use. DO NOT use if any components are worn, frayed or damaged.
16. DO NOT attempt to fix a broken or jammed unit. Never operate the equipment if the equipment is not functioning properly.
17. A spotter is recommended during exercise.
18. Replace any warning labels if damaged, worn or illegible.
19. Position the equipment on a clear, levelled surface. DO NOT use this equipment near water or outdoors.
20. **This equipment is designed and intended for home and consumer use only, not for commercial use.**
21. Smith Bar Max Load: 660 lb (300 kg), 330 lb (150 kg) per side

Please ensure that you review and adhere to the user weight restrictions of your new unit. Failure to do so may result in serious injury or damage to your unit.

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting 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 - THINK SAFETY!

IMPORTANT OPERATION INSTRUCTIONS

WARNING

- Read the Owner's Manual carefully before assembling, servicing or using the equipment.
- Make sure that each unit is set up and operated on a solid level surface.
- Make sure that all users are properly trained on how to use the equipment.
- Make sure there is enough room for safe access and operation of the equipment.
- Perform regular maintenance checks on the equipment. Also pay close attention to all areas most susceptible to wear.
- Immediately replace worn or damaged components.
- If unable to immediately replace worn or damaged components then remove from service until the repair is made.
- Use only Dyaco Canada Inc. supplied components to maintain/repair the equipment.
- Keep a repair log of all maintenance activities.
- Inspect all components and connections prior to use. DO NOT use if any components are worn, frayed or damaged.

NOTE: It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.

PRECAUTIONS

These safety notes are directed to you as the owner of the Strength Equipment manufactured by Dyaco Canada Inc. Please train all users to follow these safety instructions.

DO

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your Strength Equipment if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.

DO NOT

- Do not let unsupervised children operate the Strength Equipment.
- Do not use without proper athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening or within the area of the product.
- Do not attempt to modify the Strength Equipment.

WARNING

- Your Strength Equipment manufactured by Dyaco Canada Inc. is designed for the exercise in a home or consumer environment.
- Please check with your physician prior to beginning any exercise program.
- Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense during workout.
- Read the owner's manual in its entirety before operating the Strength Equipment.
- Failure to obey this warning can result in injury or death.

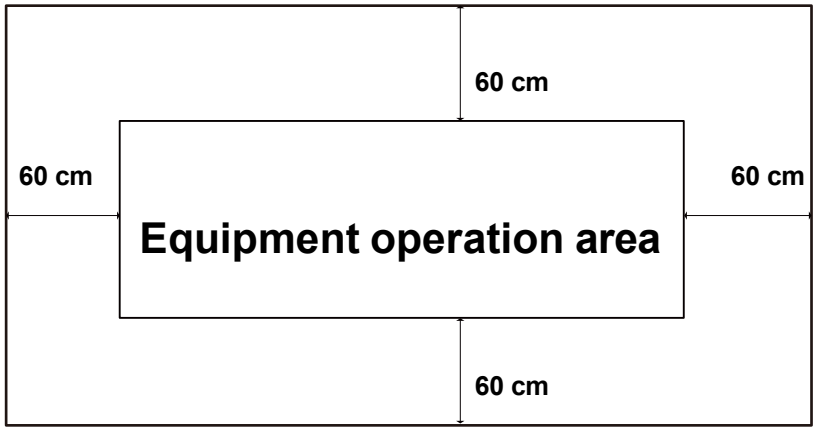
SAFETY GUIDELINES AND PRACTICE

Dyaco Canada Inc. recommends that all fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the owner. The extent of control is at the discretion of the owner. It is the responsibility of the purchaser/user of Dyaco Canada Inc. products to read and understand the owner's manual, and warning labels; as well as instruct all individuals, whether end users or supervising personnel, on proper usage of the equipment.

- Use machine only as described in the manual. Failing to follow proper instructions may result in injury.
- Do not lean against or pull on the framework or any component, whether machine is at rest or in use.
- Inappropriate or improper use may result in injury to users or third parties (bystanders).
- Do not use equipment if it is not located on a solid level surface or is improperly installed.
- Provide an adequate safety perimeter between the machine, walls and other equipment to ensure that the facility has the proper clearance for usage and training.

Live Area and Training Area

The live area shall be no less than a safe distance of at least 60cm around the equipment. The live area must also include the area for emergency dismount.



SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users of the Strength Equipment. Management should ensure that users and staff are trained to follow these same instructions. Failure to follow these safeguards may result in injury or serious health risk.

Proper Usage

- DO NOT use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Dyaco Canada Inc. equipment is used properly to avoid injury.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain,
- STOP EXERCISING and consult your physician.
- Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
- Follow instructions provided in this manual for correct foot position and basic techniques.
- The maximum loading weight of the smith bar should not exceed 660 pounds (330 lb per side).
- To ensure your safety during the removal of the shipping strap, please make sure the equipment is positioned flat on the ground, in the orientation it would be in if you were using the equipment.

Inspection

- DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all DYACO CANADA INC. equipment use only replacement parts supplied by DYACO CANADA INC.
- Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult DYACO CANADA INC. if uncertain).
- EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.
- DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE DYACO CANADA INC. EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.
- Check regularly for signs of wear, and replace if needed.
- Check regularly and follow all instructions for maintenance as specified in this manual.
- Replace immediately any defective parts and do not operate unit until all repairs are complete.

Operating Warnings

- Keep children away from the equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users' secure long hair back and up to avoid contact with moving parts.
- All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

ASSEMBLY INSTRUCTIONS

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.

PLEASE READ BEFORE UNPACKING YOUR EQUIPMENT!!

Serious injury could occur if this equipment is not unpacked properly.

ASSEMBLY & SETUP

Use the following procedures to unpack and assemble your Strength Equipment

Unpacking & Parts

- Cut the straps then lift the box over the unit and unpack. Remove all parts from the shipping carton and foam inserts and verify that all parts are included in your shipment.
- Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. Use the step-by-step assembly drawings for reference.

NOTE: All tools required to assemble the Strength Equipment are included within the packaging. If you are missing any of the parts listed above, inspect the packing material and the box for items that may have been overlooked.

If parts are missing, or if you have any operational questions, please call Dyaco Canada Inc. Service department or the distributor who sold you the product. Have your serial number ready.

CAUTION: Damage to the Strength Equipment during assembly is not covered as part of the limited Dyaco Canada Inc. warranty. Take care not to drop or lean the Strength Equipment on its side. Carefully stand the Strength Equipment up in the normal upright position on a stable surface so it will not tip over during assembly.

Protect the environment by not disposing of this product with household waste. Check your local authority or approved waste center for recycling advice and facilities.

Product Specifications

Smith Bar Max Load	660 lb / 300 kg (330 lb / 150 kg each side)
Weight	191 lb / 86.5 kg
Overall Dimensions	48" x 61" x 84.2" / 122.2 x 155.2 x 214.2cm

ATTENTION! Your equipment may vary from manual illustrations.

Note:

Dyaco Canada Inc. may change designs and prices listed in this manual without notice.

While care has been taken in compiling this manual, Dyaco Canada Inc is not responsible for any inaccuracies.

Keep this manual for future reference.

WARNING DECAL REPLACEMENT

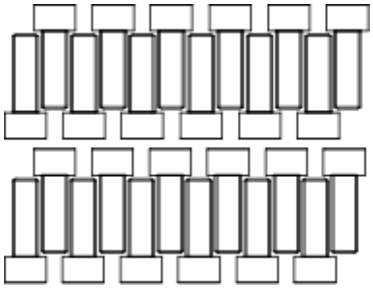
Here are some examples of warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged contact your local dealer or distributor for a replacement.

If any instructions or information are not clear, and please contact to DYACO CANADA INC. customer service right away.

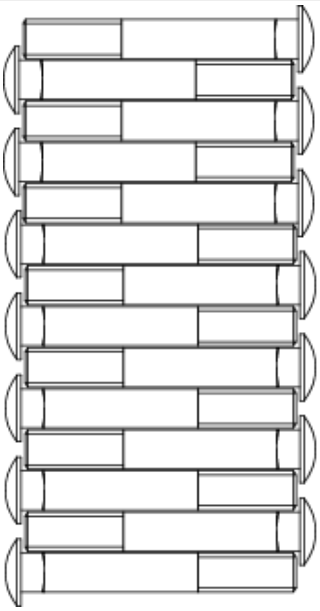
NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE

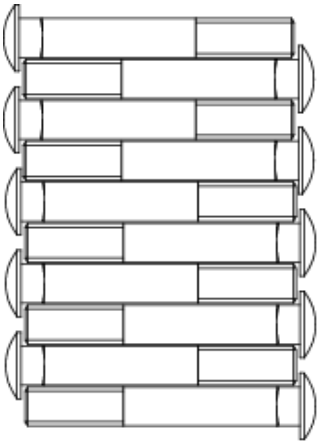
Explore the SOLE+ App
solefitness.ca/sole-plus

ASSEMBLY HARDWARE KIT

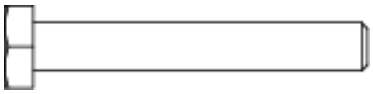


B1. M10x30L cylindrical head internal hexagonal screw (24PCS)



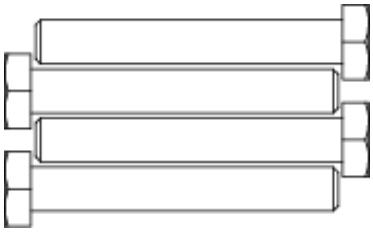


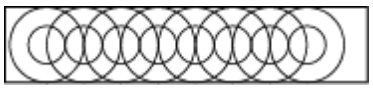
B3. M10*90L carriage bolt (10PCS)



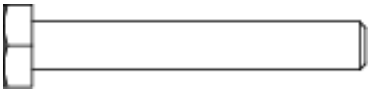
B4. Hexagon M10*45L bolt (1PC)

B2. M10*65L carriage bolt (14PCS)



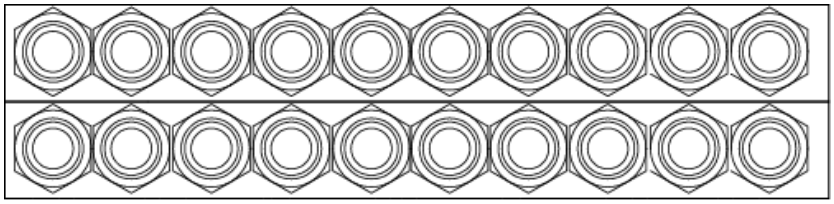


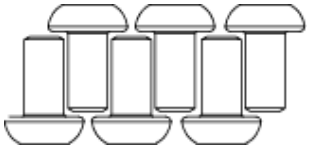
B6. M10 washers (31PCS)



B7. Hexagon M10*70 bolt (1PC)

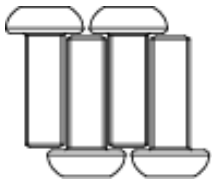
B5. Hexagon M10*65L bolt (4PCS)

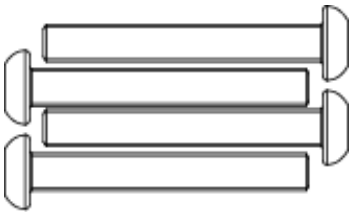


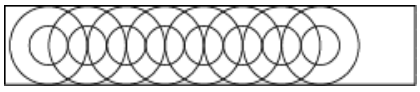


B9. Hex Socket Head Cap Screw, M10*16L (6PCS)

B8. M10 nylon nut (29PCS)







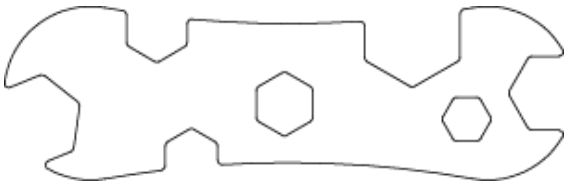
B12. M8 washer (16PCS)

B10. Hex Socket Head Cap Screw, M8*30L (4PCS)

B11. Hex Socket Head Cap Screw, M8*55L (4PCS)

B13. M6*20L umbrella head cross screw (1PC)

TOOLS KIT CONTINUED



D1. Multipurpose wrench (1PC)

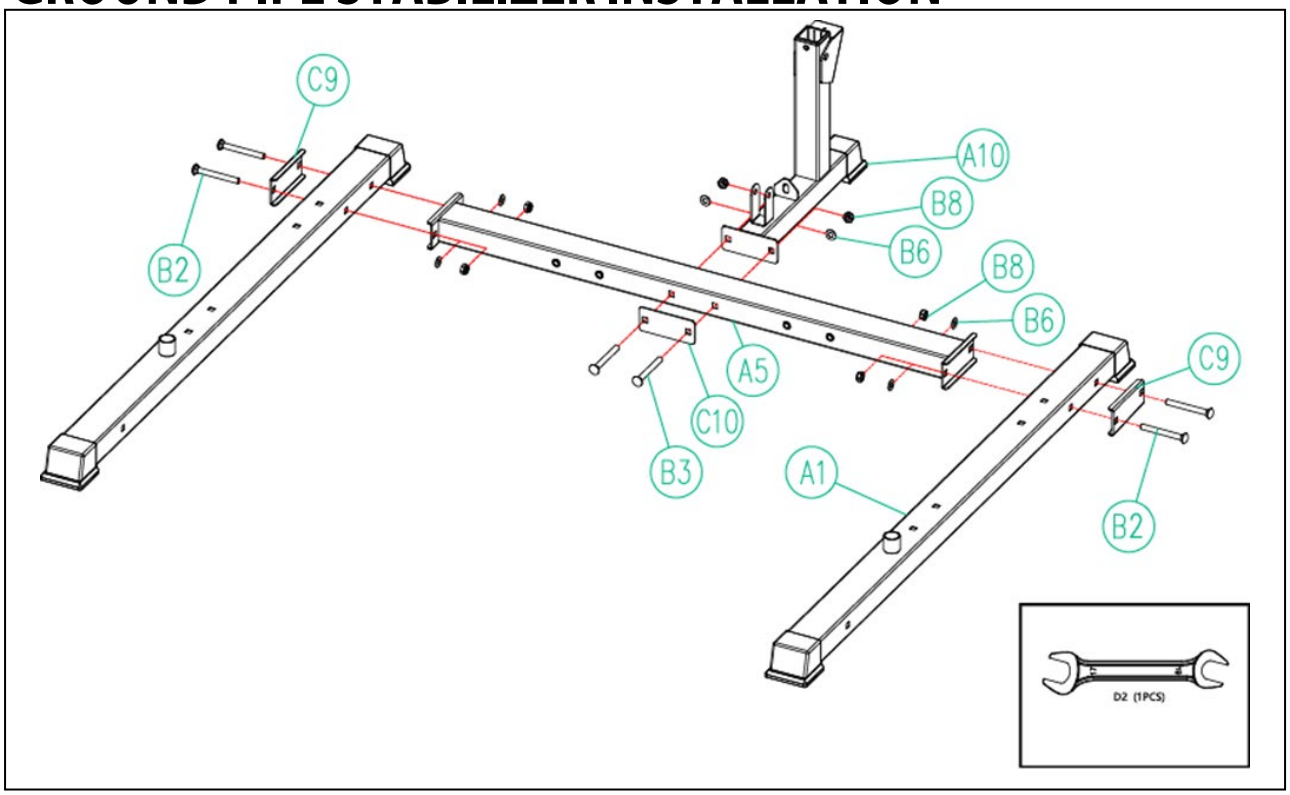
D2. Open end wrench (1PC)

D3. 4-5mm Z-shaped hex socket wrench, opposite sides (1PC)

D4. Hexagonal socket wrench 8mm, opposite sides (1PC)

ASSEMBLY INSTRUCTIONS

1 GROUND PIPE STABILIZER INSTALLATION



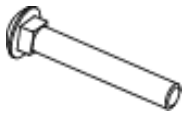
1. Align the ground pipe component (A1) with the holes of the main frame ground pipe component (A5), and then connect them using (C9) bracket, 4 M10*65 carriage bolts (B2), 4 M10 washers (B6), and 4 M10 nylon nuts (B8).

NOTE: The bolts do not need to be tightened yet.

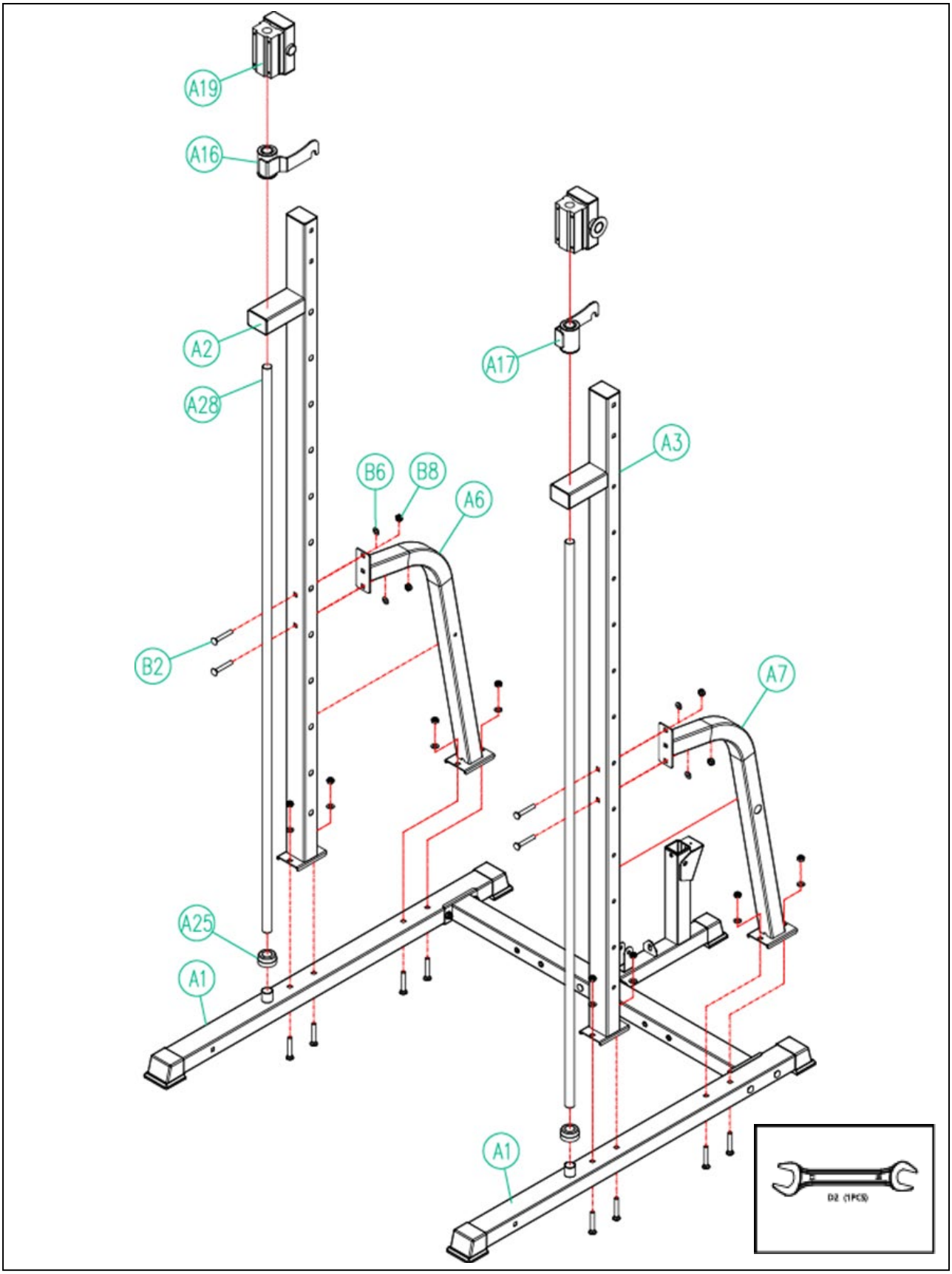
2. Align the guide connection pipe component (A10) with the holes of the rear ground pipe welding (A5), and then connect them using 2 M10*65 carriage bolts (B2), a reinforcement plate (C10), 2 M10 washers (B6), and 2 M10 nylon nuts (B8).

NOTE: The bolts do not need to be tightened yet.

HARDWARE **STEP 1**

B2. M10*65L carriage bolt  **6PCS**	**B6**. M10 washer  **6PCS**	**B8**. M10 nylon nut  **6PCS**

2 MAIN FRAME SUPPORT PIPE INSTALLATION



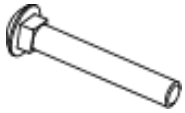
1. Insert the guide pipe (A28) into the hole of the ground pipe assembly (A1), and then insert the buffer pad (A25), the left upper hook assembly (A16), and the barbell support fixed pipe assembly (A19) into the guide pipe (A28) in sequence. Next, align the main frame support left component (A2) with the hole of the ground pipe assembly (A1) and the guide pipe assembly (A28), and then connect them using 2 M10*65 carriage bolts (B2), 2 M10 washers (B6), and 2 M10 nylon nuts (B8). Install the other side of the main frame support right component (A3) in the same manner as the diagram.

NOTE: The bolts do not need to be tightened yet.

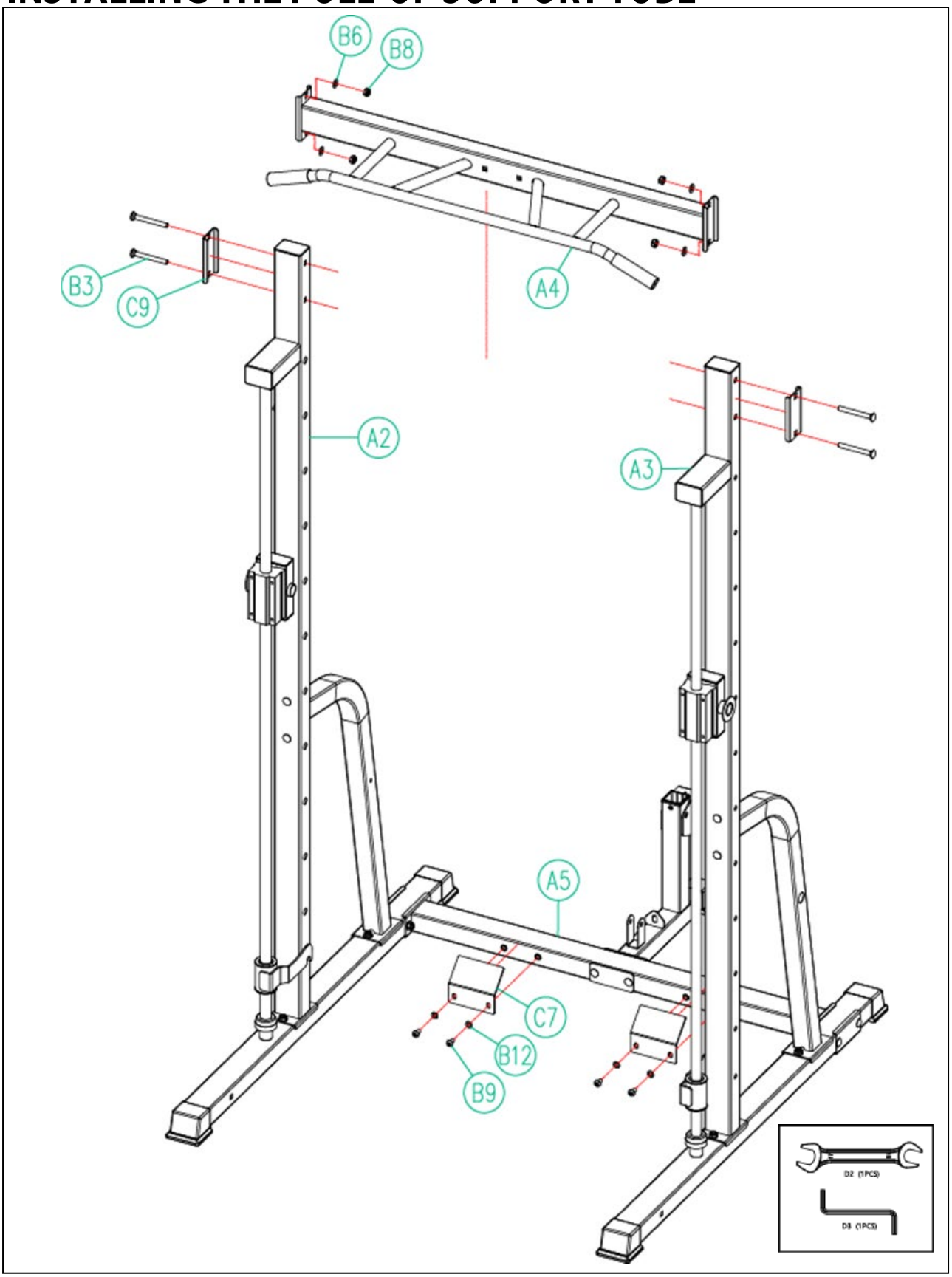
2. Align the guide connection pipe component (A10) with the holes of the rear ground pipe welding (A5), and then connect them using 2 M10*65 carriage bolts (B2), a reinforcement plate (C10), 2 M10 washers (B6), and 2 M10 nylon nuts (B8). Install the other side of the main frame support right component (A3) in the same manner as the diagram.

NOTE: The bolts do not need to be tightened yet.

HARDWARE **STEP 2**

B2. M10*60L carriage bolt  **12PCS**	**B6**. M10 washer  **12PCS**	**B8**. M10 nylon nut  **12PCS**

3 INSTALLING THE PULL-UP SUPPORT TUBE



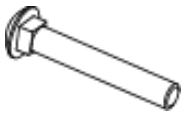
1. Align the pull-up support tube component (A4) with the holes of the left and right components of the main frame support (A2, A3), and then connect them with 4 hexagonal M10*90 bolts (B3), U-shaped seat 2 (C9), 4 M10 washers (B6), and 4 M10 nylon nuts (B8).

NOTE: The bolts do not need to be tightened yet.

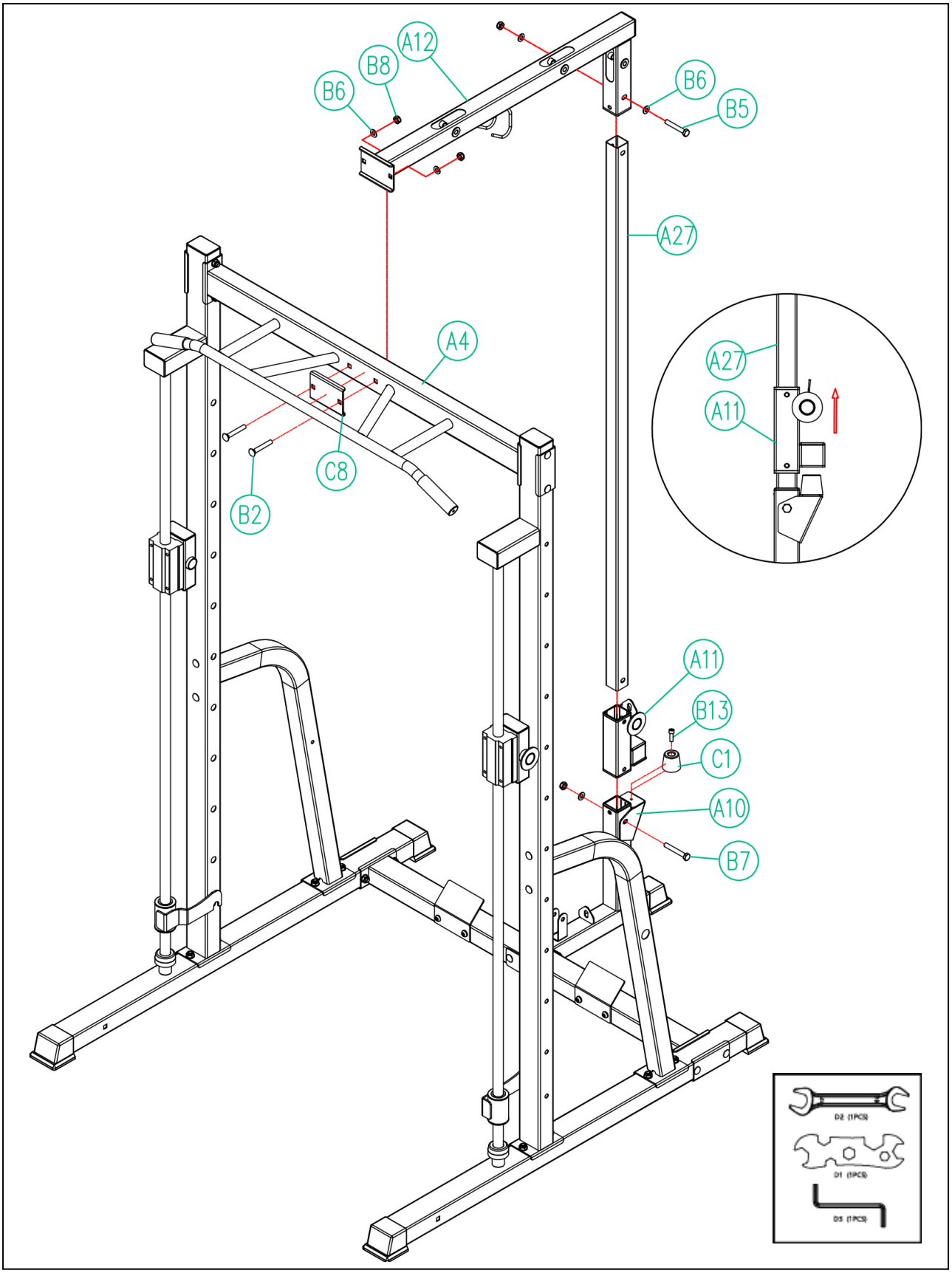
2. Align the left component of the pull-up handle (A29), the right component of the pull-up handle (A30) with the holes of the pull-up support tube component (A4), and then connect them with 4 M10*16 screws (B9) and 4 M8 washers (B12). Use a 4-5mm Z-type hex wrench (D3) to tighten the screws.

3. After adjusting and confirming that the entire machine is correct, use the open-end wrench (F2) and the multi-functional wrench (F3) to tighten all the screws.

HARDWARE **STEP 3**

B3. M10*90L carriage bolt  **4PCS**	**B6**. M10 washer  **4PCS**	**B8**. M10 nylon nut  **4PCS**	**B9**. Hex Socket Head Cap Screw, M8*16  **4PCS**	**B12**. M8 washer  **4PCS**

4 INSTALLING THE UPPER BEAM SUPPORT ASSEMBLY



1. Align the buffer pad (C1) with the hole of the guide connection pipe assembly (A10), and then connect them using an M6x20 cylindrical head internal hexagonal screw (B13). Use a 4-5mm Z-type internal hexagonal wrench (D3) to tighten the screw.

2. Insert the sliding fixed pipe (A27) into the barbell sliding assembly (A11) and align it with the hole of the guide connection pipe assembly (A10), then connect it using 1 M10*70 screw (B7), 1 M10 washer (B6), and 1 M10 nylon nut (B8).

NOTE: 1. The sliding fixed pipe (A27) is parallel to the barbell sliding assembly (A11).
2. The screws do not need to be tightened yet.

3. Insert the upper beam support assembly component (A12) into the sliding fixed pipe (A27), align the holes, and then connect it using 1 M10*65 bolt (B5), 1 M10 washer (B6), 1 M10 nylon nut (B8).

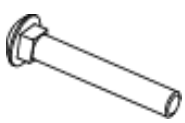
NOTE: The bolts do not need to be tightened yet.

4. Align the upper beam support assembly component (A12) with the hole of the pull-up support pipe assembly (A4), then connect it using 2 M10*65 bolts (B5), a U-shaped seat 1 (C8), 2 M10 washers (B6), and 2 M10 nylon nuts (B8).

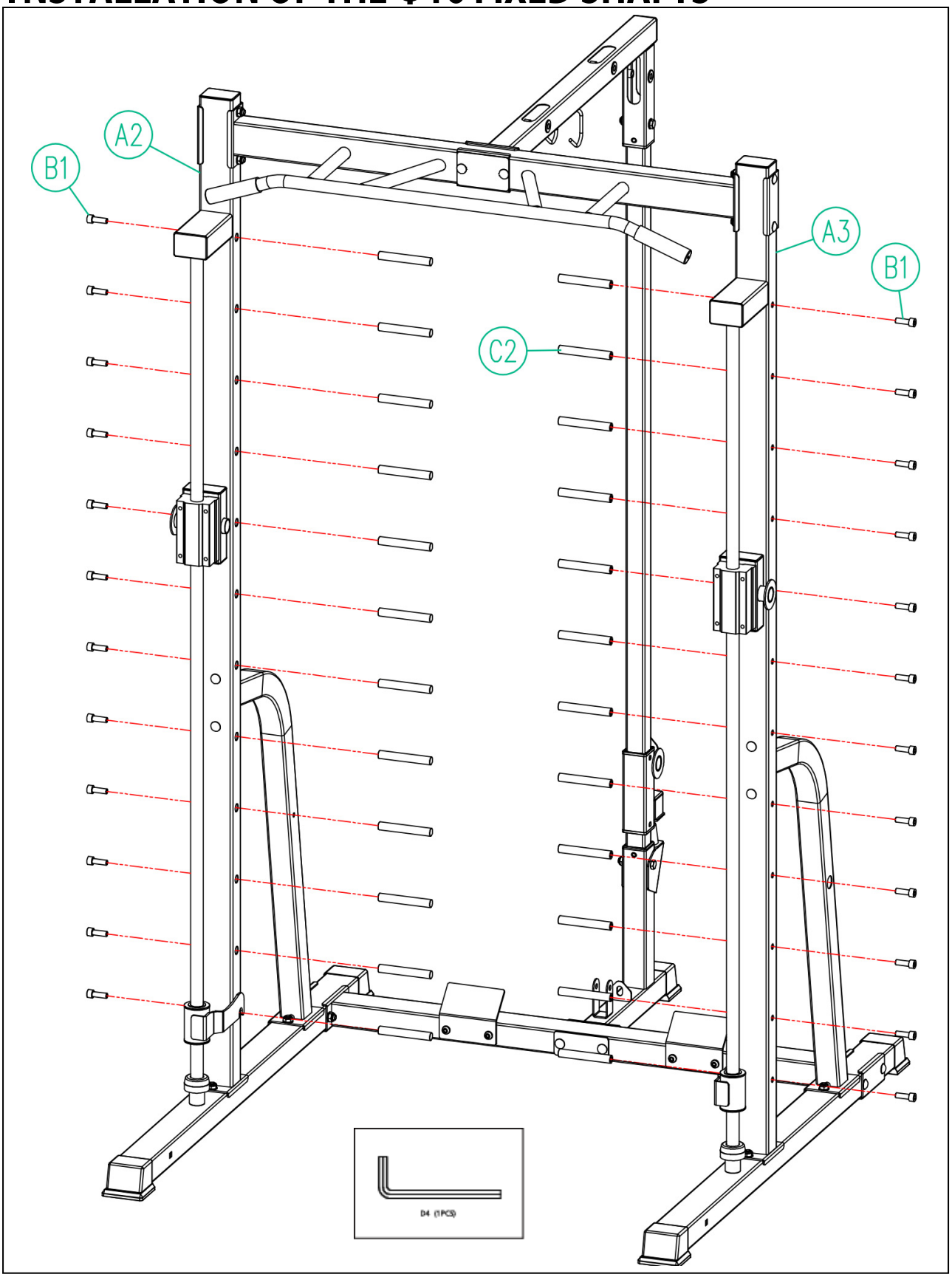
NOTE: The bolts do not need to be tightened yet.

5. **After adjusting and confirming that the entire machine is correct, use an open-end wrench (D2) and a multi-function wrench (D3) to tighten all the bolts.**

HARDWARE **STEP 4**

B2. M10*65L carriage bolt  **2PCS**	**B5**. Hex Head Bolt, M10*65L  **1PC**	**B6**. M10 washer  **4PCS**	**B7**. Hex Head Bolt, M10*70L  **1PC**	**B8**. M10 nylon nut  **4PCS**	**B13**. M6x20 cylindrical head internal hexagonal screw  **1PC**

5 INSTALLATION OF THE Φ16 FIXED SHAFTS

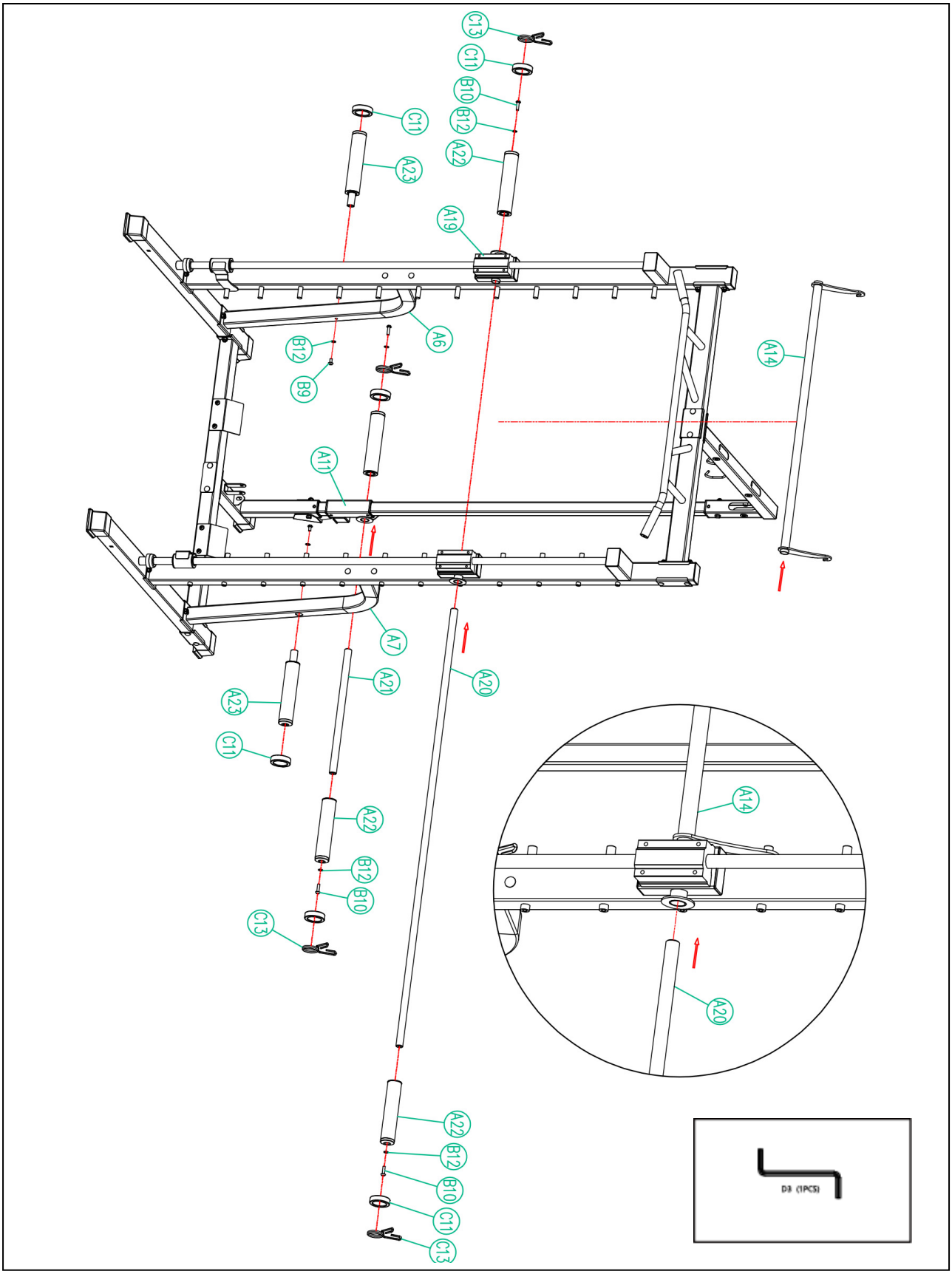


1. Insert the Φ16 fixed shaft (C2) into the holes of the left support component (A2) and the right support component (A3) of the main frame support one by one. Then connect them with 24 M10*30 round head internal hexagonal screws (B1). Use an 8mm internal hexagonal wrench (D4) to lock the bolts in sequence.

HARDWARE **STEP 5**

B1. M10x30 cylindrical head internal hexagonal screw  **24PCS**	**C2**. F16 Fixed Shaft  **24PCS**

6 ASSEMBLING THE BARBELL RACK AND BARS



1. First, align the holes of the barbell frame assembly component (A14) with those of the two-side barbell bracket assembly components (A19), and then pass the barbell fixing tube assembly component (A20) through the barbell bracket fixing tube assembly component (A19) one by one to connect them.

2. Insert the barbell rod assembly component (A22) into the tube of the barbell fixing tube assembly component (A20), install the buffer pad (C10) and Φ50 butterfly clamp (C13) on the tube of the barbell rod assembly component (A22) in sequence, install the other side in the same way, and then use 2 hexagon M8*30 screws (B10) and 2 M8 washers (B12), using a Z-type hexagon wrench (D3) to tighten the screws.).

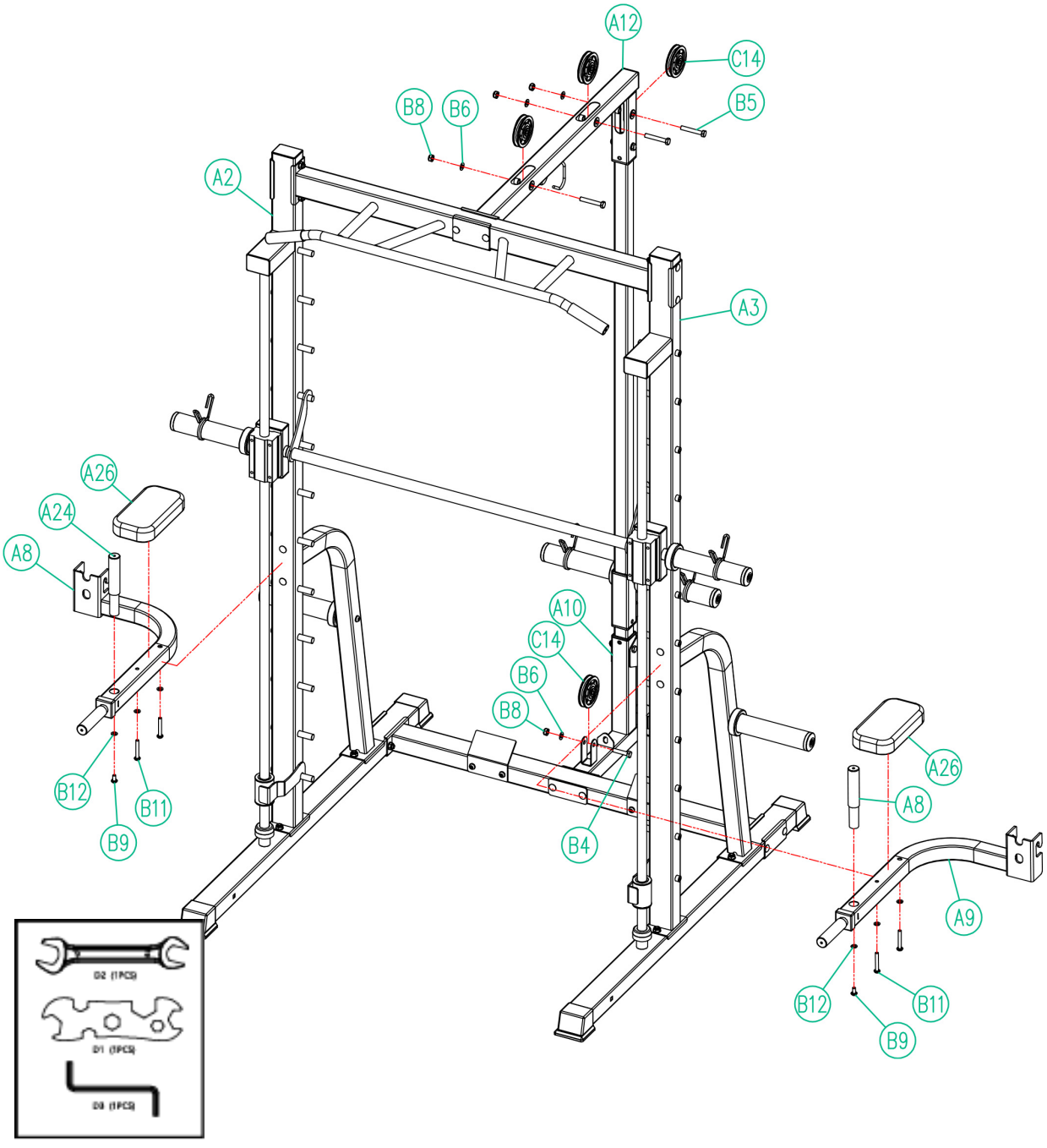
3. Insert the barbell assembly component (A23) into the hole of the right component of the support reinforcement tube (A6), install the buffer pad (C10) and Φ50 butterfly clamp (C13) on the tube of the barbell assembly component (A23) in sequence, install the other side in the same way, and then use 2 hexagon M8*16 screws (B9) and 2 M8 washers (B12), using a Z-type hexagon wrench (D3) to tighten the screws.

4. Insert the barbell fixing tube assembly component (A21) into the tube of the barbell sliding assembly component (A11), insert the barbell rod assembly component (A22) into the tube of the barbell fixing tube assembly component (A21) in sequence, install the buffer pad (C10) and Φ50 butterfly clamp (C13) on the tube of the barbell rod assembly component (A22) in sequence, install the other side in the same way, and then use 2 hexagon M8*30 screws (B10) and 2 M8 washers (B12), using a Z-type hexagon wrench (D3) to tighten the screws.

HARDWARE **STEP 6**

B9. Hex Socket Head Cap Screw, M10*16  **2PCS**	**B10**. Hex Socket Head Cap Screw, M8*30  **4PCS**	**B12**. M8 washer  **6PCS**	**C11**. Buffering pad assembly  **6PCS**	**C13**. Φ50 butterfly stand  **4PCS**

7 STEEL CABLE GUIDE WHEEL AND PULL-UP HANDLES



1. Install the steel cable guide wheel (C14) into the tube of the beam support assembly (A12) in sequence. Use 3 hexagon M10*65 bolt (B5) to pass through the holes of the beam support assembly (A12) and then connect them with 3 M10 washers (B6) and 3 M10 nylon nuts (B8). Use an internal opening wrench (D2) and a multi-function wrench (D1) to tighten the bolts.

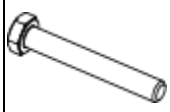
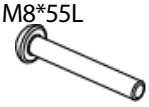
2. Connect the steel cable guide wheel (C14) to the guide connection pipe assembly (A10). Use 1 hexagon M10*45 bolt (B4), 1 M10 washer (B6), and 1 M10 nylon nut (B8) to connect them. Use an internal opening wrench (D2) and a multi-function wrench (D1) to tighten the bolts.

3. Insert the grip assembly (A24) into the hole of the left pull-up handle assembly (A8), and install the other side in the same way. Then use 2 hexagon M10*16 screws (B9), 2 M8 washers (B12), and use a Z-type hexagon wrench (D3) to tighten the bolts.

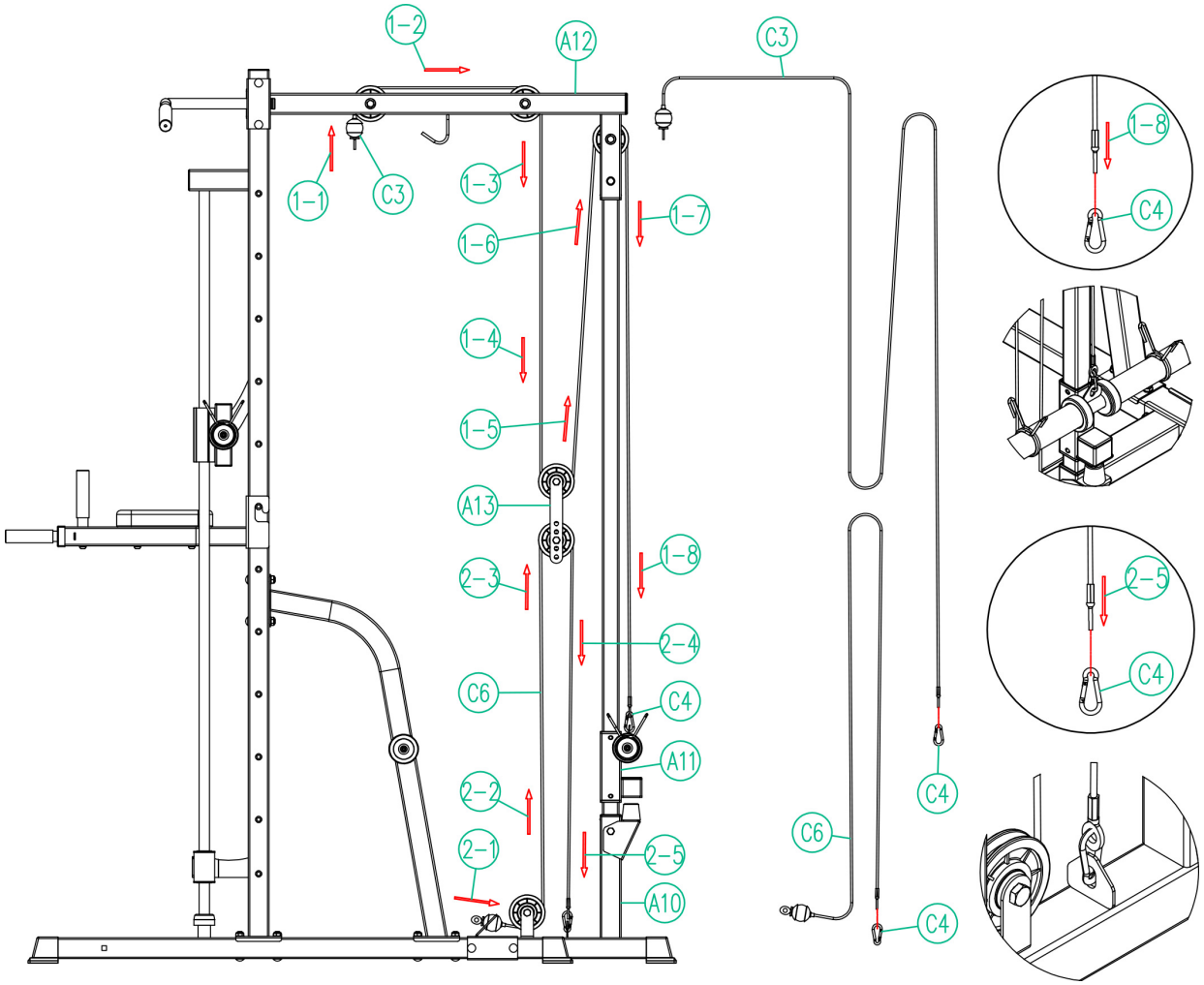
4. Align the elbow pad (A26) with the hole of the left pull-up handle assembly (A8), and install the other side in the same way. Then use 4 hexagon M8*55 screws (B11), 4 M8 washers (B12), and use a Z-type hexagon wrench (D3) to tighten the screws.

5. Install the left pull-up handle assembly (A8) and the right pull-up handle assembly (A9) according to the diagram on the main frame support left assembly (A2) and the main frame support right assembly (A3).

HARDWARE **STEP 7**

B4. Hex Head Bolt, M10*45L	**B5**. Hex Head Bolt, M10*70L	**B6**. M10 washer	**B8**. M10 nylon nut	**B9**. Hex Socket Head Cap Screw, M10*16L	**B11**. Hex Socket Head Cap Screw, M8*55L	**B12**. M8 washer	**C14**. Steel cable guide wheel
							
1PC	**3PCS**	**4PCS**	**4PCS**	**2PCS**	**4PCS**	**6PCS**	**4PCS**

8 STEEL CABLE INSTALLATION



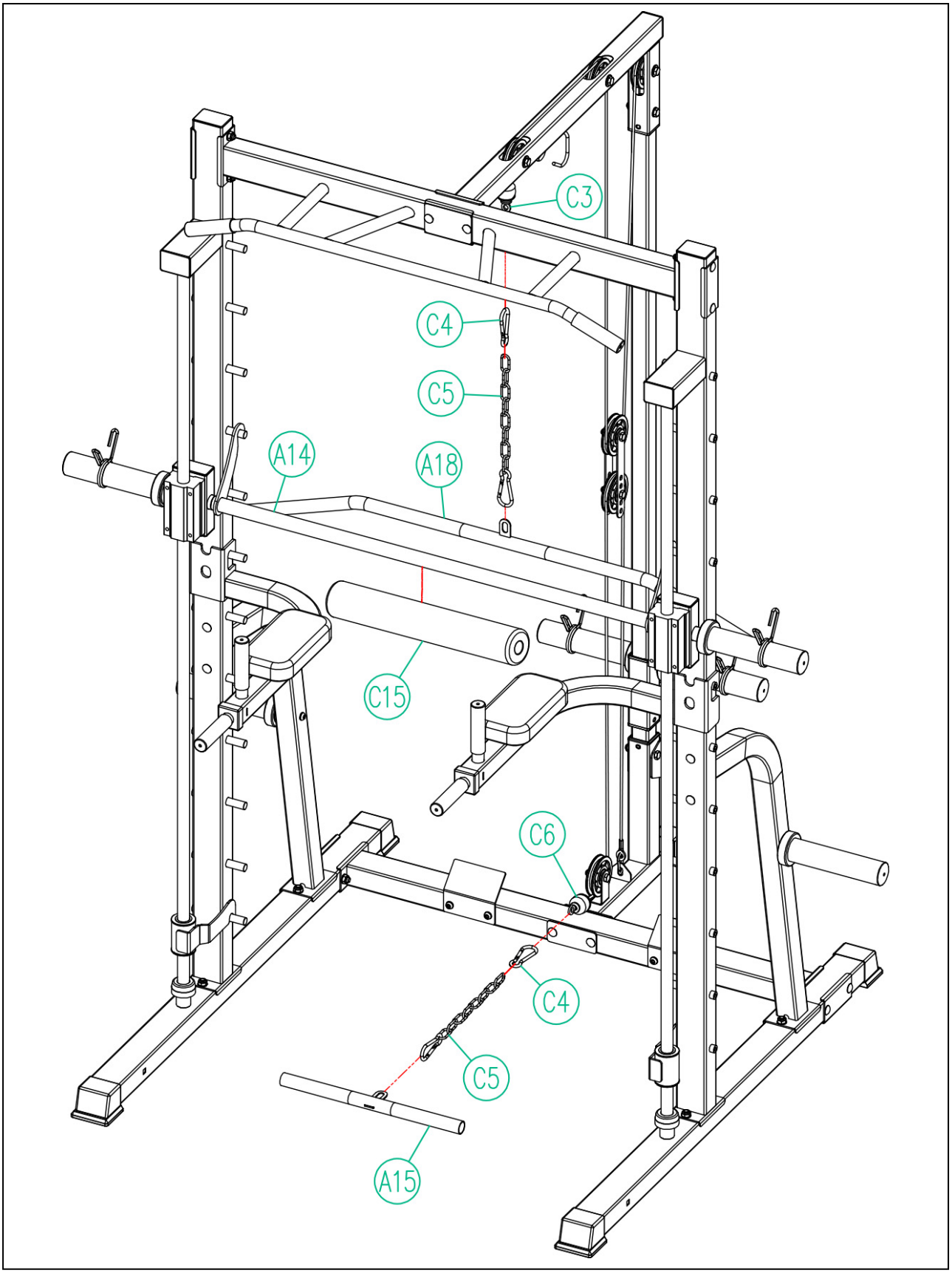
1. Pass the low tension steel cable (C3) through the parallel guide wheel assembly (A13) in sequence 1-1 and then out to 1-8. Use the spring clip (C4) to connect the low tension steel cable (C3) to the barbell sliding assembly (A11) (following the diagram).

2. Pass the steel cable group one (C6) through the parallel guide wheel assembly (A13) in sequence 2-1 and then out to 2-5. Use the spring clip (C4) to connect the steel cable group one (C6) to the guide connection pipe assembly (A10) (following the diagram).

HARDWARE **STEP 8**

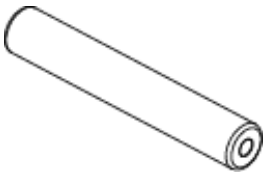
C3. Low-pull steel cable  **1PC**	**C6**. Steel cable group  **1PC**	**C4**. Spring fastener assembly  **2PCS**

9 STEEL CABLE INSTALLATION



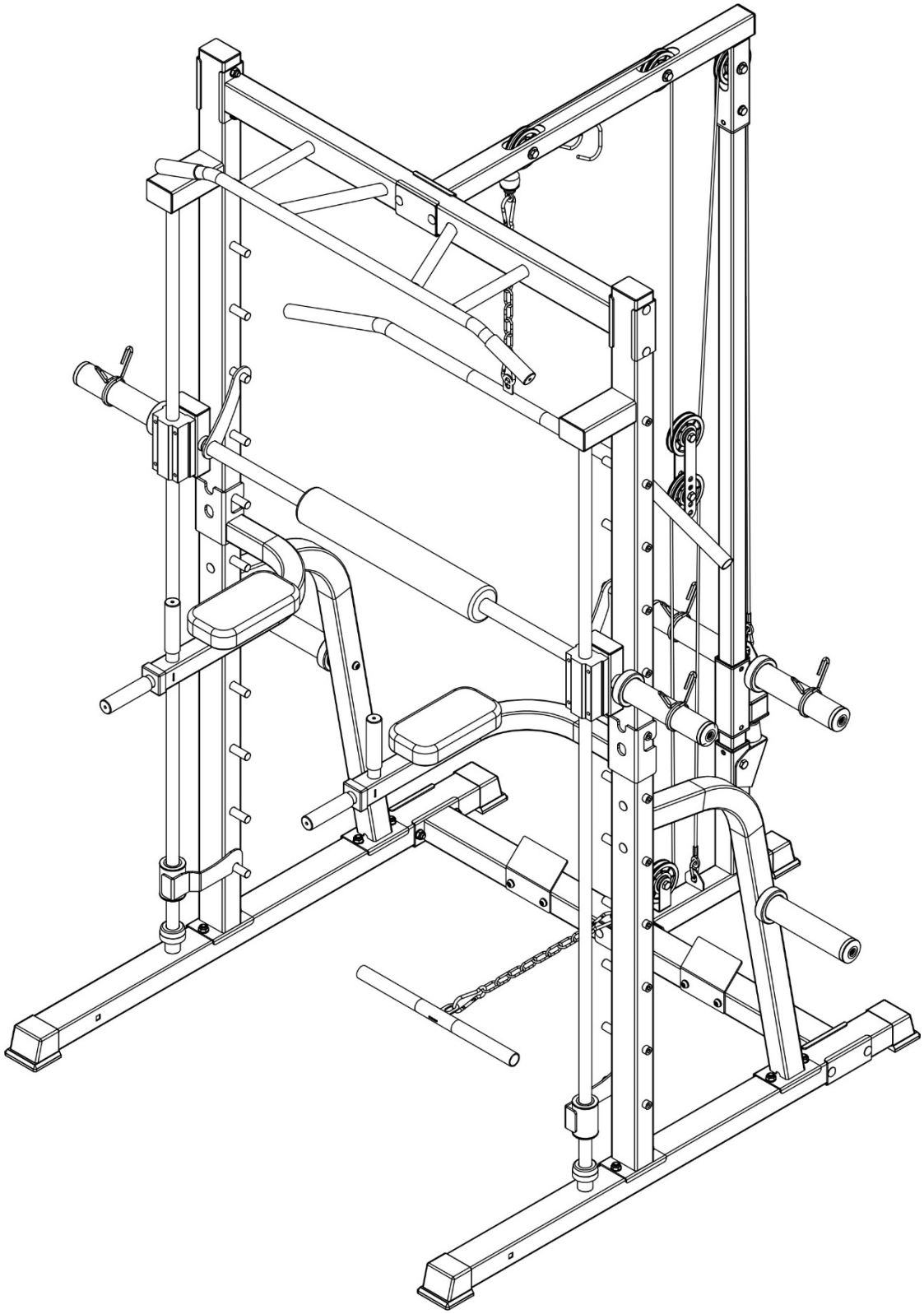
1. Connect the center circular hole of the long pull handle assembly (A18) to the spring clip (C4), the chain component (C5), and the low pull cable (C3) in sequence.
2. Connect the center circular hole of the short pull handle component (A15) to the spring clip (C4), the chain component (C5), and the cable group one (C6) in sequence.
3. Install the foam (C15) on the barbell frame assembly component (A14).

HARDWARE **STEP 9**

C4. Spring fastener assembly  **4PCS**	**C5**. Iron chain component  **2PCS**	**C15**. Foam  **1PC**

ASSEMBLY COMPLETE

NOTE: Your unit is now fully assembled.
Ensure all nuts and bolts are firmly tightened before use.



Exercise Guidelines: The Four Basic Workout Types

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways: • by changing the amount of resistance used • by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.) The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program follows:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical exerciser or exercise cycle, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate. The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

Warming Up

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

Working Out

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session. Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

Exercise Form

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles. The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath. 14 Rest for a short period of time after each set. The ideal resting periods follow:

• Rest for three minutes after each set for a muscle building workout.

• Rest for one minute after each set for a toning workout.

• Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

Cooling Down

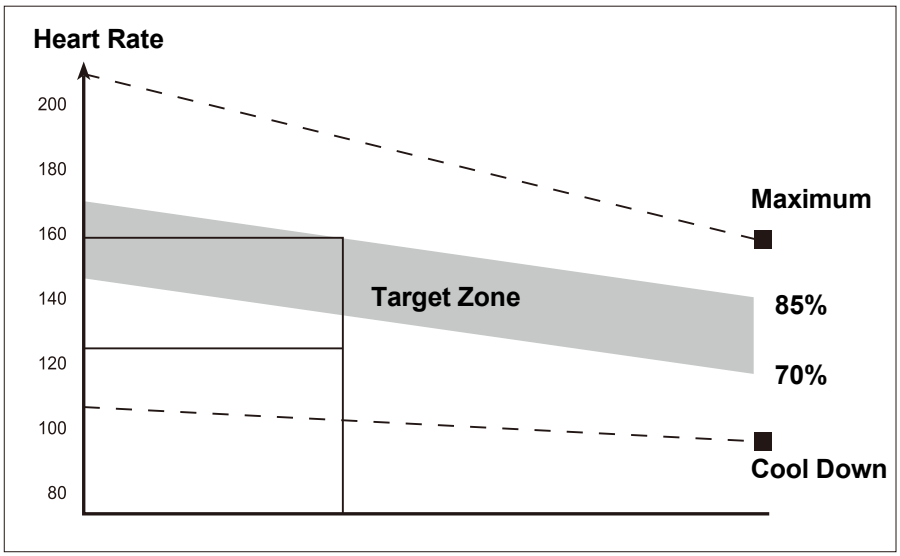
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

Staying Motivated

For motivation, keep a record of each workout. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Make copies of the exercise logs found on pages 15 and 16. Use the logs to record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

This machine will boost fitness, build muscle, and aid weight loss with proper diet.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The folowing chart represents the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by the grey area that cuts diagonally through the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 65%, respectively, of your Maximum Heart Rate on a schedule approved by your physician.



Consult your physician before participating in any exercise program.

Recovery post-training

Repeat pre-training during recovery, reducing intensity for roughly 5 minutes. Use these exercises to regulate your body heat and relax your muscles, avoid vigorous stretching to prevent injury.

Gradually increase duration and intensity as you adapt to your new routine, aiming for at least 3 sessions weekly. Record your progress if possible.

STRETCHING

Pre-training exercises such as stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath. Before each training session, please follow the recommended training methods for warm-up exercises. Warming up before using this equipment improves blood flow, optimizes muscle readiness, and reduces the risk of cramps and strains during training. Avoid vigorous stretching during training to prevent muscle injuries. Stop immediately if you experience muscle pain.

SIDE STRECHES **TOE TOUCHES** **OUTER THIGH** **INNER THIGH** **CALF STRETCH**

General Maintenance

A regular preventative maintenance schedule with all fitness equipment ensures that products are working at an optimal condition without affecting the end user exercise experience. To assist in the maintenance regiment, it is recommended to break service into: Daily, Weekly, & Monthly activities. Reference the table below on the preventative maintenance activities to be performed.

All preventive maintenance activities must be performed on a regular basis. Performing routine preventive maintenance actions can aid in providing safe, trouble-free operation of all Dyaco Canada Inc. equipment. Dyaco Canada Inc. is not responsible for performing regular inspection and maintenance actions for your machines. Instruct all personnel in equipment inspection and maintenance actions and also in accident reporting and recording.

Before contacting your dealer for aid, please review the following information. It may save you both time and expense. This list includes common problems that may not be covered under the equipment's warranty.

Action	Daily	Weekly	Monthly	Bi-Monthly
Cleaning				
Upholstery	✓			
Handgrips	✓			
Main Frame		✓		
Guide Rod			✓	
Inspect				
Belt / Cables		✓		
Fasteners			✓	
Handgrips			✓	
Upholstery			✓	
Labels			✓	
Pulleys				✓
Main Frame				✓
Lubricate				
Guide Rods			✓	

Log Sheet

Date/Day:_______________ Muscle Group(s) :__________________

Exercise	Weight	Reps	Reps	Reps	Notes

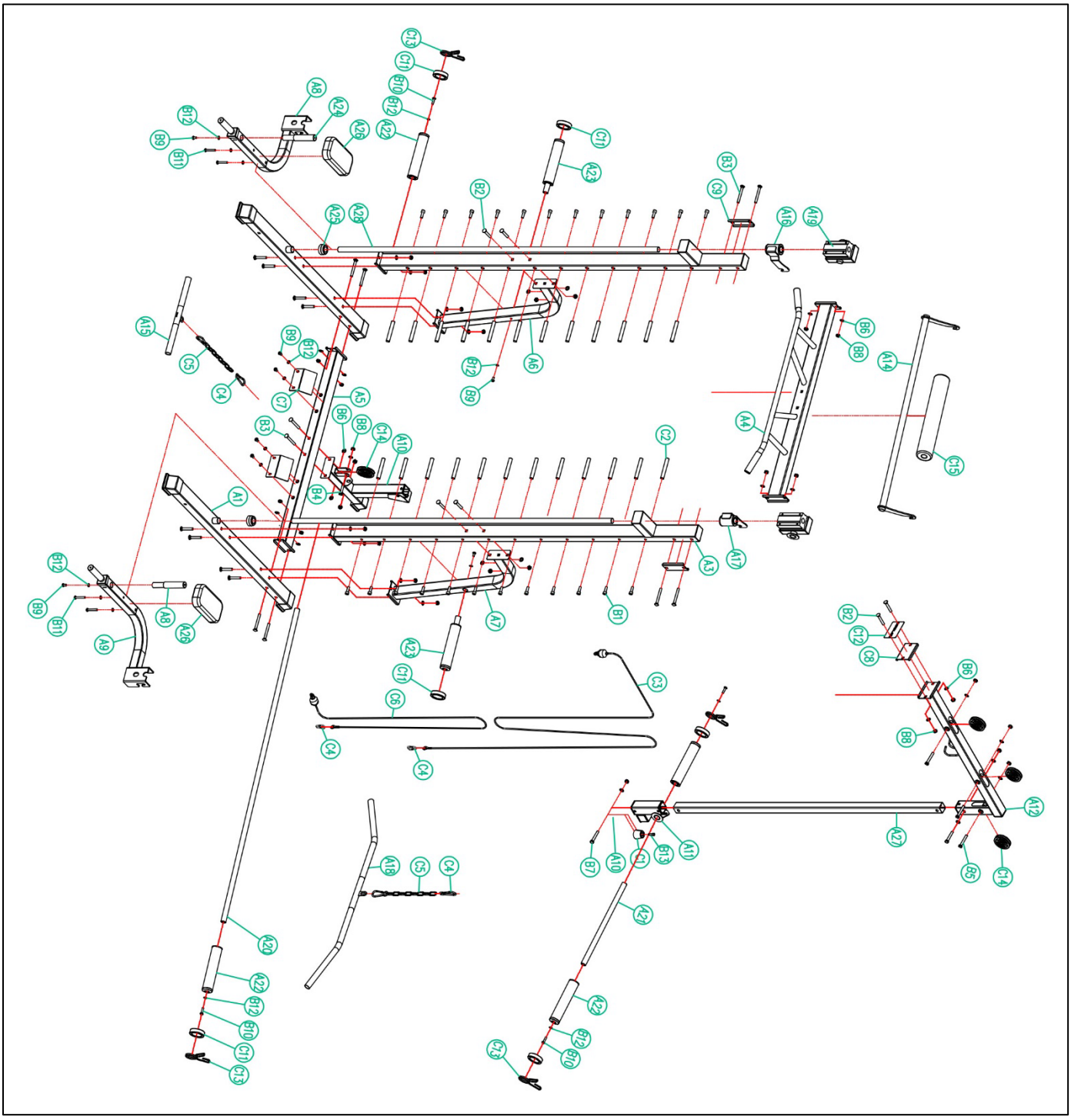
Date/Day:_______________ Muscle Group(s) :__________________

Exercise	Weight	Reps	Reps	Reps	Notes

Date/Day:_______________ Muscle Group(s) :__________________

Exercise	Weight	Reps	Reps	Reps	Notes

EXPLODED VIEW DIAGRAM



PARTS LIST

Part No.	DESCRIPTION	Q'TY	Part No.	DESCRIPTION	Q'TY
A1	Ground-penetrating pipe assembly	2	B1	M10x30 cylindrical head internal hexagonal screw	24
A2	Main frame supporting left component	1	B2	M10*65 carriage screw	14
A3	Main frame supporting right component	1	B3	M10*90 carriage screw	10
A4	Pull-up support tube assembly	1	B4	Hex Head Bolt, M10*45	1
A5	Main frame ground support welding assembly	1	B5	Hex Head Bolt,M10*65	4
A6	Left support reinforcement pipe welding component	1	B6	M10 gasket	31
A7	Right support reinforcement pipe welding component	1	B7	Hexagon M10*70 screw	1
A8	Pull-up handle left component	1	B8	M10 nylon cap	29
A9	Pull-up handle right component	1	B9	Hex Socket Head Cap Screw, M8*16	6
A10	Guiding connection pipe assembly	1	B10	Hex Socket Head Cap Screw, M8*30	4
A11	Barbell sliding set component	1	B11	Hex Socket Head Cap Screw, M8*55	4
A12	Upper beam support assembly component	1	B12	M8 gasket	16
A13	Parallel guiding wheel assembly	1	B13	M6*20L umbrella head cross screw	1
A14	Barbell rack assembly welding components	1	C1	Set of cushioning pads	1
A15	Short handle welding assembly	1	C2	F16 Fixed Shaft	24
A16	Left upper hook assembly component	1	C3	Low-pull steel cable	1
A17	Upper right hook assembly component	1	C4	Spring fastener assembly	6
A18	Long pull component	1	C5	Iron chain component	2
A19	Barbell support fixing tube assembly	2	C6	Steel cable group	1
A20	Fixed tube for barbell - welding assembly type one	1	C7	Anti-slip footplates	2
A21	Fixed tube for barbell - welding assembly type two	1	C8	U-shaped seat of type one	1
A22	Barbell assembly of type one	4	C9	U-shaped seat of type two	4
A23	Barbell assembly of type two	2	C10	Stator	1
A24	Handle assembly	2	C11	Buffering pad assembly	6
A25	Buffering pad assembly	2	C13	Φ50 butterfly stand	4
A26	Elbow pad assembly	2	C14	Steel cable guide wheel	4
A27	Sliding fixed pipe assembly	1	C15	Foam	1
A28	Guiding tube assembly	2	D1	Multipurpose wrench	1
A29	Left component of the pull-up handle	1	D2	17-19 (Galvanized) wrench	1
A30	Right component of the pull-up handle	1	D3	4-5mm Z-shaped hex socket wrench, opposing sides	1
			D4	Hexagonal socket wrench 8mm, opposing sides	1

TRAINING GUIDELINES

EXERCISE

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

BASIC COMPONENTS OF PHYSICAL FITNESS

There are four all-encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion of a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-respiratory endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

AEROBIC FITNESS
The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training
This means "without oxygen" and is the output of energy when the oxygen supply is insufficient to meet the body's long-term energy demands. (For example, 100-meter sprint).

The Training Threshold
This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression
As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

Overload
This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised.
Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.
There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM-UP
Every exercise program should start with a warm-up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.
Stretching should be included in both your warm-up and cool-down, and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down
This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate
As you exercise, the rate at which your heart beats also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are "starting fitness".

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate 10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count
The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, and (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you have above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of the maximum.

Age	25	30	35	40	45	50	55	60	65
Target Heart Rate 10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

ENDURANCE CIRCUIT TRAINING
Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building
Is often used synonymously with strength training. The fundamental principle here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization
This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better about it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.
If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.
If you experience PAIN during or after exercise, your body is telling you something.
Stop exercising and consult your doctor.

WHAT TO WEAR
Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise
Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest Periods
Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half-minute to one-minute rest periods.

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its parts for a period listed below from the date of retail sale, as determined by the sales receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts at Dyaco Canada Inc.'s option and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:
Warranty

Frame	5 Years
Cables/Pulleys	2 Years
Wear Items	6 Months

The consumer is responsible for the items listed below:

1. Warranty registration can be completed online: Go to www.dyaco.ca/warranty.html to complete warranty registration.
2. Proper use of the equipment by the instructions provided in this manual.
3. Proper installation by instructions provided with the equipment.
4. Expenses for making the equipment accessible for servicing, including any item that was not part of the equipment at the time it was shipped from the factory.
5. Damages to the equipment finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR IMPLIED WARRANTY.
   Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for equipment not requiring component replacement, or equipment not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY INSTEAD OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada Inc. for details.

SERVICE

The sales receipt establishes the warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in the following order:

1. Contact your selling authorized dealer or Dyaco Canada Inc.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:
   Dyaco Canada Inc.
   5955 Don Murie Street
   Niagara Falls, ON
   L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice.
All warranties are made by Dyaco Canada Inc.

Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.

SPIRIT
spiritfitness.ca

SOLE FITNESS
solefitness.ca

XTERRA FITNESS
xterrafitness.ca

EVERLAST
dyaco.ca/everlast.html

Cikada
cikada.ca

TRAINOR SPORTS
trainorsports.ca

For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca

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