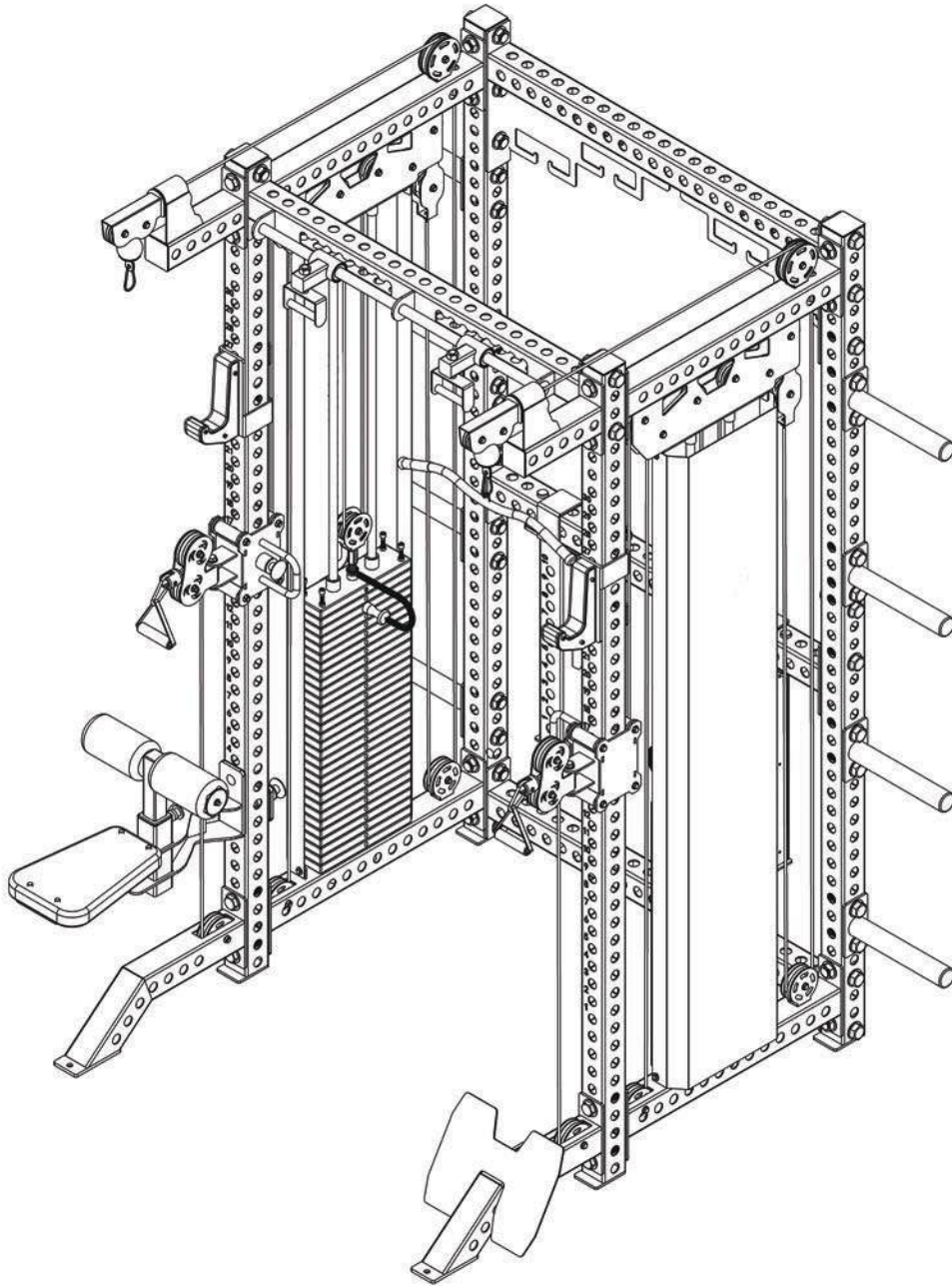

METAGENICS FITNESS



UNIVERSAL SUPER FUNCTIONAL TRAINER

OWNER'S MANUAL



IMPORTANT– Please read fully manual before assembly or using

BEFORE YOU START

Please take sufficient time to read the installation instructions before assembling.

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

The innovative Modular Design and Preassembly that ensure the installation of this machine to be Quick and Easy.

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

SAFETY PRECAUTIONS

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

Stop immediately if you experience any pain, dizziness or nausea. See a doctor at once.

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

TABLE OF CONTENTS

Parts list	2-3
Part identification	4-5
Assembly step 1	6
Assembly step 2	7
Assembly step 3	8
Exploded Diagram	9
Assembly Diagram	10
Warranty	11

PARTS/HARDWARE LIST

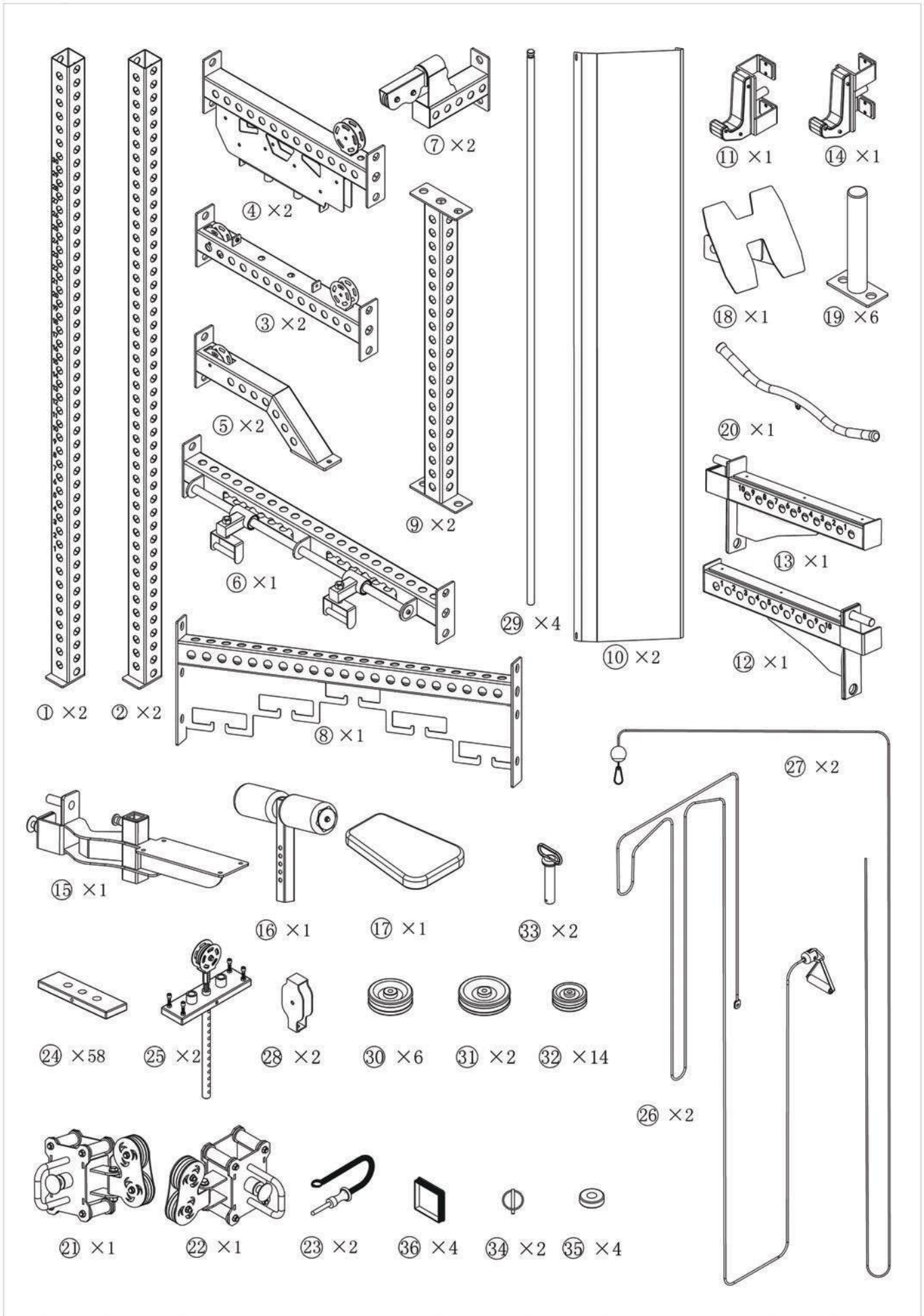
1	FRONT UPRIGHT	75 × 75 × 2300mm	PCS	2	
2	REAR UPRIGHT	75 × 75 × 2300mm	PCS	2	
3	BOTTOM CROSSBEAM	75 × 75 × 700mm	PCS	2	
4	UPPER CROSSBEAM WITH CABLE-PULLY SYSTEM ASSEMBLY	75 × 75 × 700mm	PCS	2	
5	FRONT EXTRA LEG	75 × 75 × 550mm	PCS	2	φ 26mm for 1" Attachment
6	FRONT UPPER CROSSBEAM WITH PULL UP BAR	75 × 75 × 1088mm	PCS	1	
7	LAT PULLDOWN PULLEY BOX		PCS	2	
8	REAR UPPER CROSSBEAM WITH LOGO	75 × 75 × 1088mm	PCS	1	Attachments Hanger
9	REAR CROSSBEAM	75 × 75 × 1088mm	PCS	2	
10	VANDER WEIGHT STACK SHIELD		PCS	2	
11	LEFT J CUP		PCS	1	
12	RIGHT SAFETY SPOTTER	75 × 75 × 580mm	PCS	1	
13	LEFT SAFETY SPOTTER	75 × 75 × 580mm	PCS	1	
14	RIGHT J CUP		PCS	1	
15	LAT PULLDOWN SEAT		PCS	1	
16	FOAM ROLLER ADJUSTMENT		PCS	1	
17	LAT PULLDOWN SEAT PAD		PCS	1	
18	LOW ROWER PEDAL		PCS	1	
19	WEIGHT PLATE HOLDER		PCS	8	
20	LAT PULLDOWN BAR		PCS	1	
21	RIGHT FUNCTIONAL TRAINER PULLEY BOX		PCS	1	
22	LEFT FUNCTIONAL TRAINER PULLEY BOX		PCS	1	
23	MAGNETIC WEIGHT STACK SELECTED PIN	φ 11mm	PCS	2	
24	WEIGHT STACKS	10LB	PCS	58	
25	FIRST WEIGHT STACKS	10LB	PCS	2	
26	FUNCTIONAL TRAINER CABLE SYSTEM		PCS	2	
27	LAT PULLDOWN CABLE SYSTEM		PCS	2	
28	REAR MOVABLE PULLEY BOX		PCS	2	
29	WEIGHT STACK GUIDE ROD	φ 20mm	PCS	4	
30	ALUMINIUM ALLOY PULLEY	φ 90mm	PCS	6	

PARTS/HARDWARE LIST

31	ALUMINIUM ALLOY PULLEY	ϕ 105mm	PCS	1	
32	ALUMINIUM ALLOY PULLEY	ϕ 70mm	PCS	14	
33	RED PIN	ϕ 25mm	PCS	2	
34	RED PIN CLIP		PCS	2	
35	WEIGHT STACKS RUBBER ABSORBER		PCS	4	
36	END CAP	75 × 75mm	PCS	4	
37	HEX NUTS&BOLTS	M8 × 15mm	SET	8	
38	HEX NUTS&BOLTS	M10 × 15mm	SET	2	
39	HEX NUTS&BOLTS	M10 × 50mm	SET	18	
40	HEX NUTS&BOLTS	M10 × 90mm	SET	4	
41	HEX NUTS&BOLTS	M12 × 30mm	SET	4	
42	HEX NUTS&BOLTS	M24 × 110mm	SET	50	

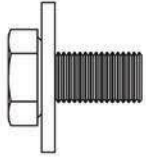
PART IDENTIFICATION

IMPORTANT: if you cannot find a part in the hard ware kit, check to see if it has been reassembled.

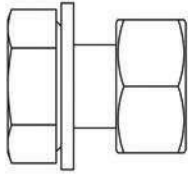


PART IDENTIFICATION

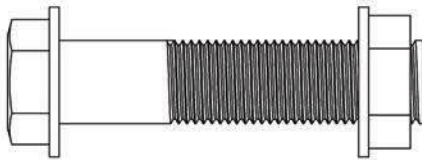
IMPORTANT: if you cannot find a part in the hard ware kit, check to see if it has been reassembled.



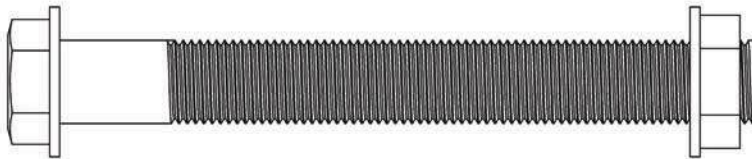
③⑦ × 8



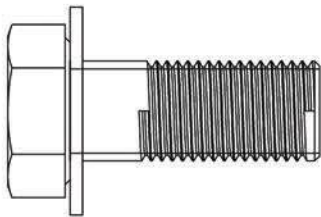
③⑧ × 2



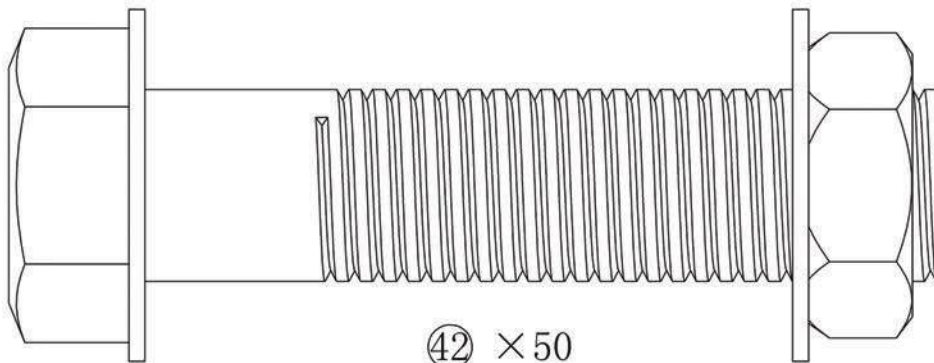
③⑨ × 18



④⑩ × 4



④① × 4



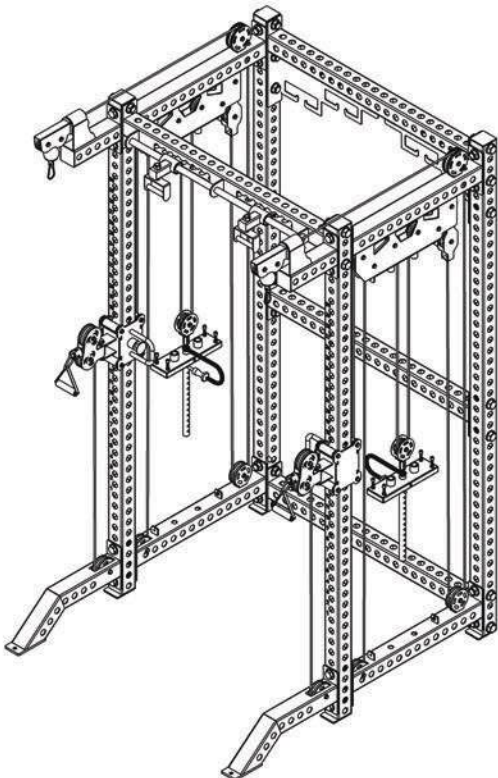
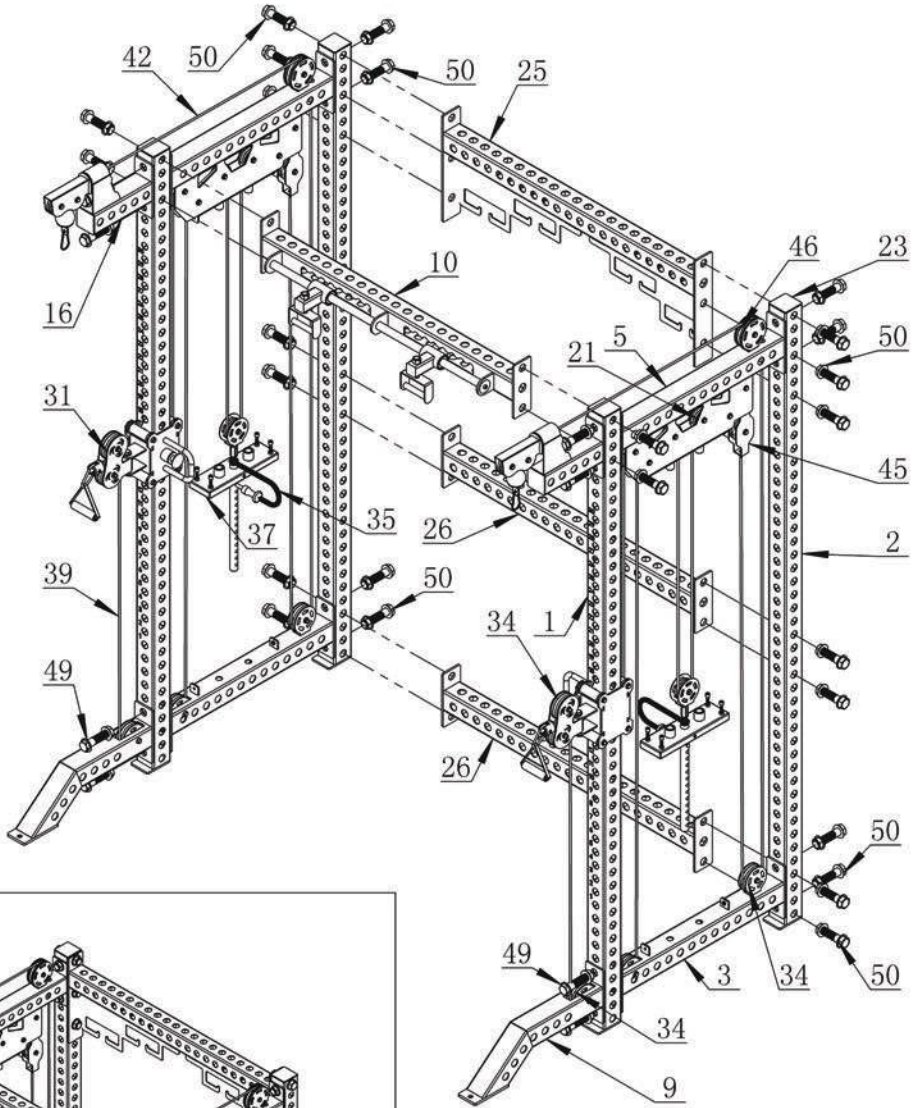
④② × 50

ASSEMBLY STEP 1

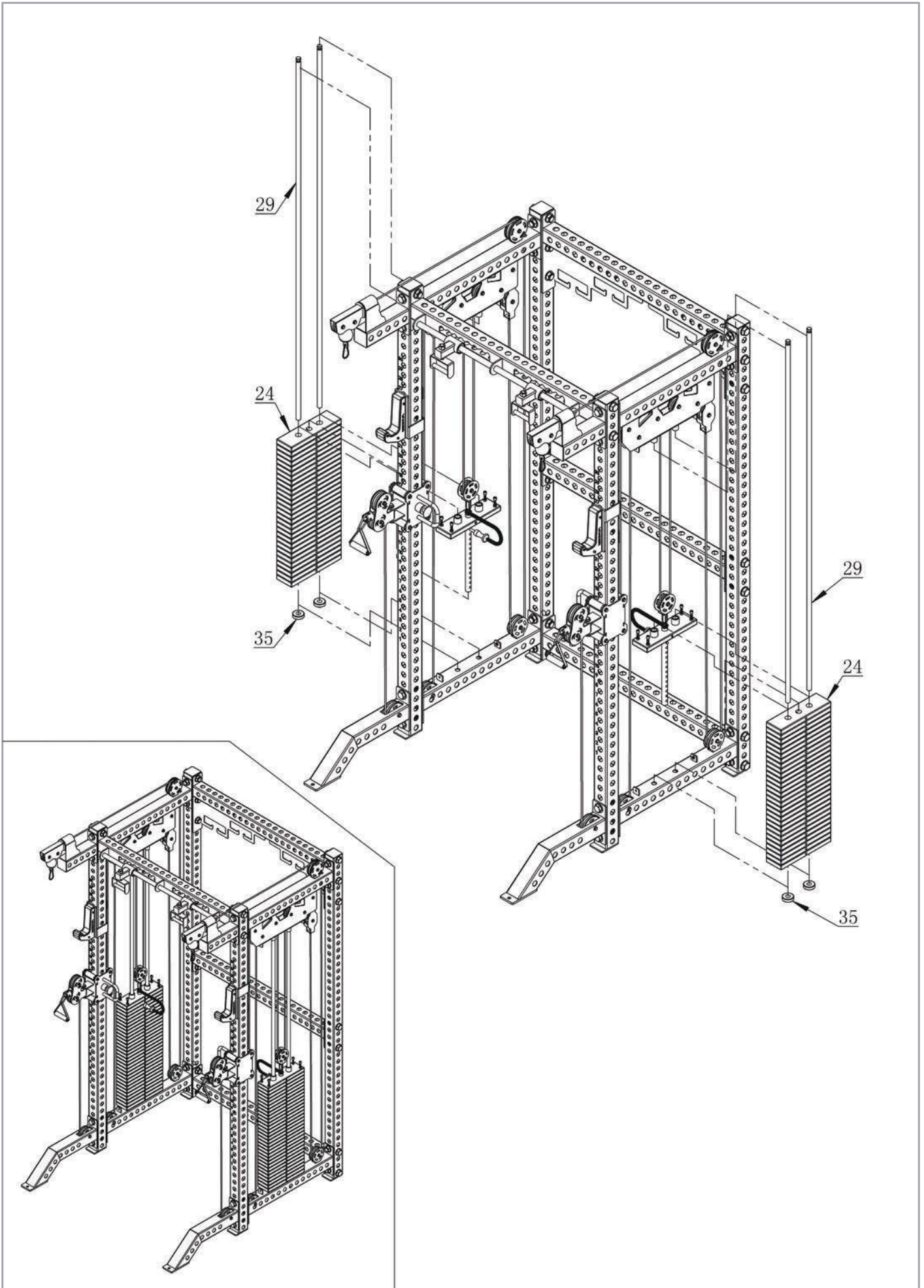
42



M24×110mm - 34



ASSEMBLY STEP 2

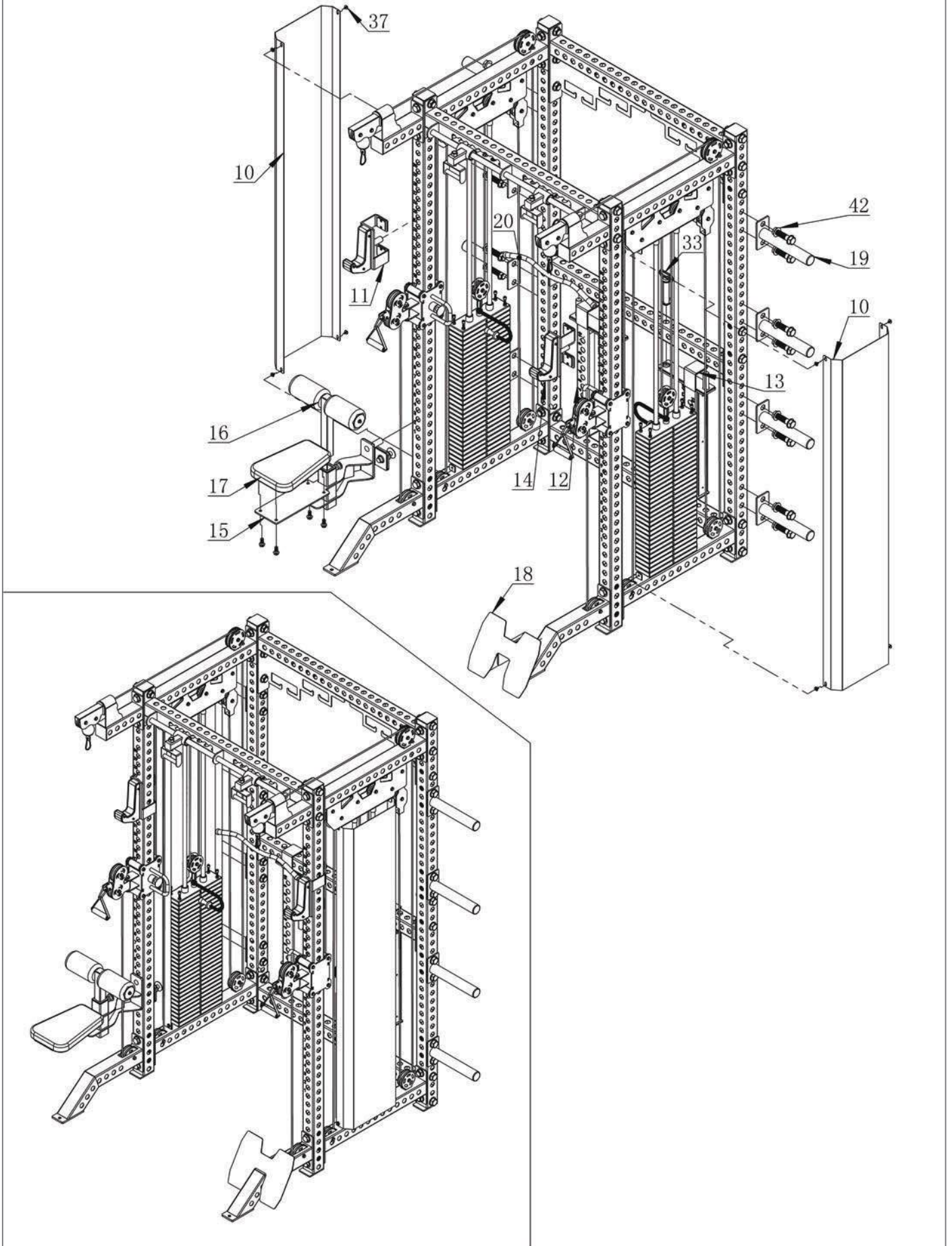


ASSEMBLY STEP 3

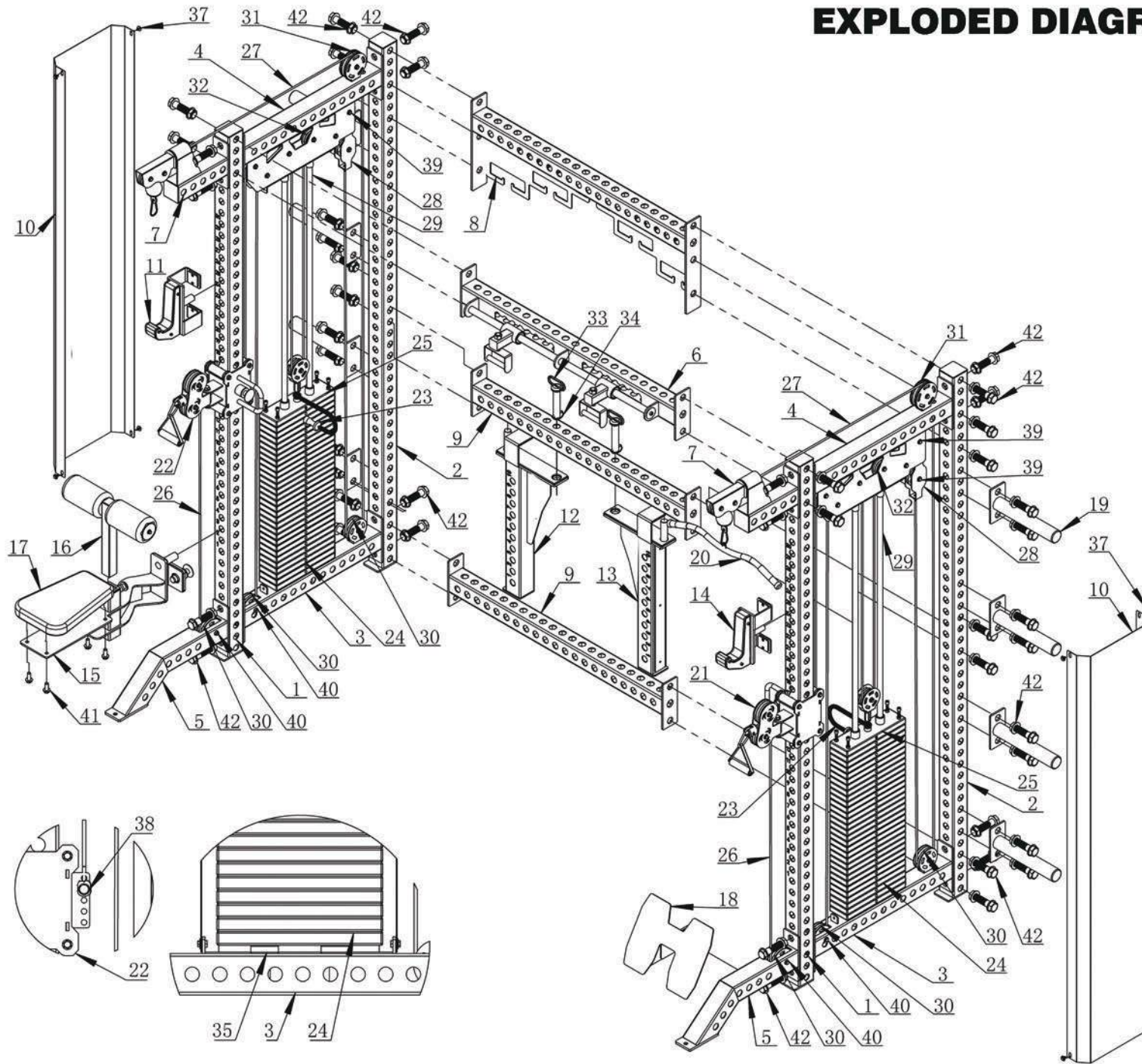
③⑦  M8×15mm -8

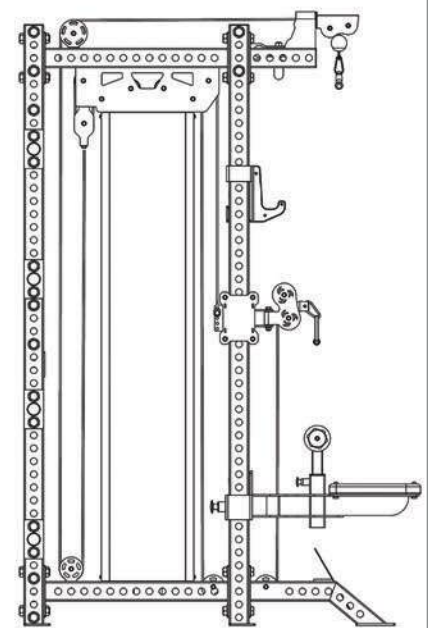
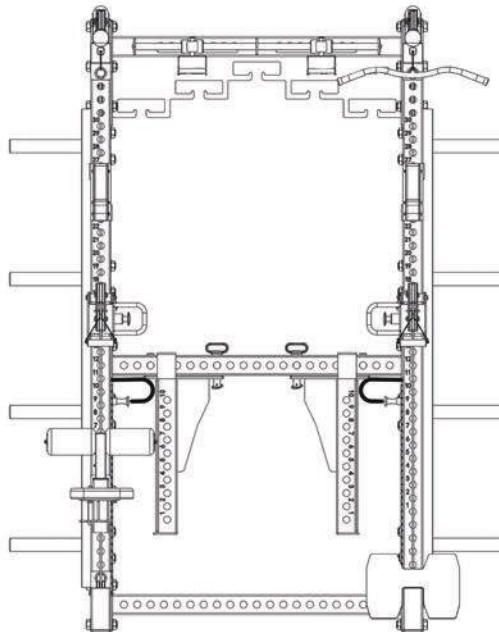
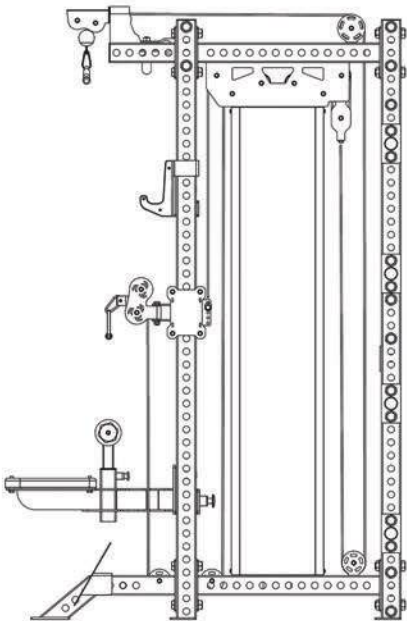
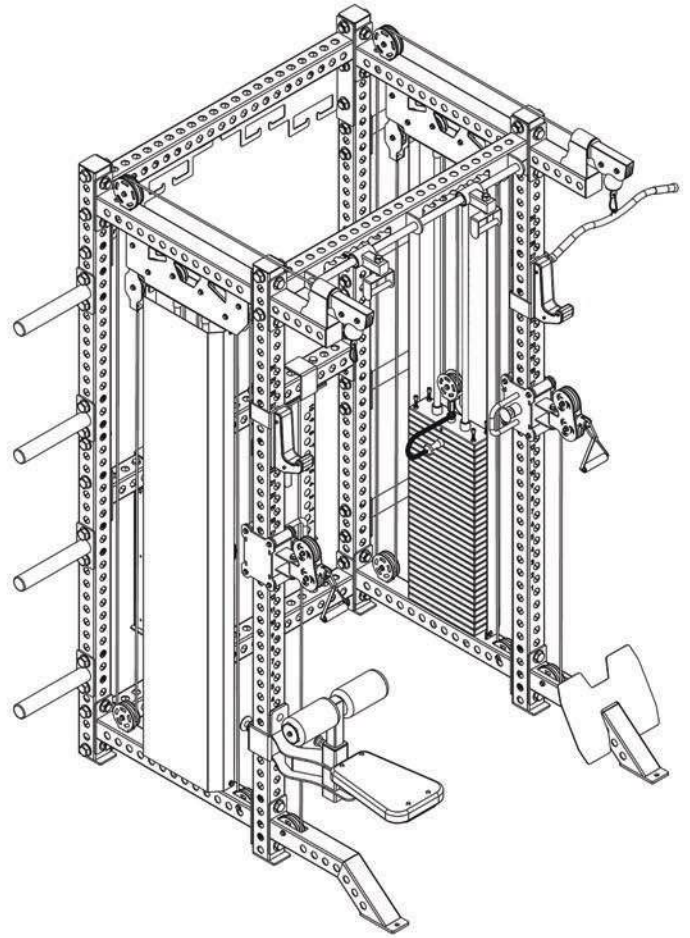
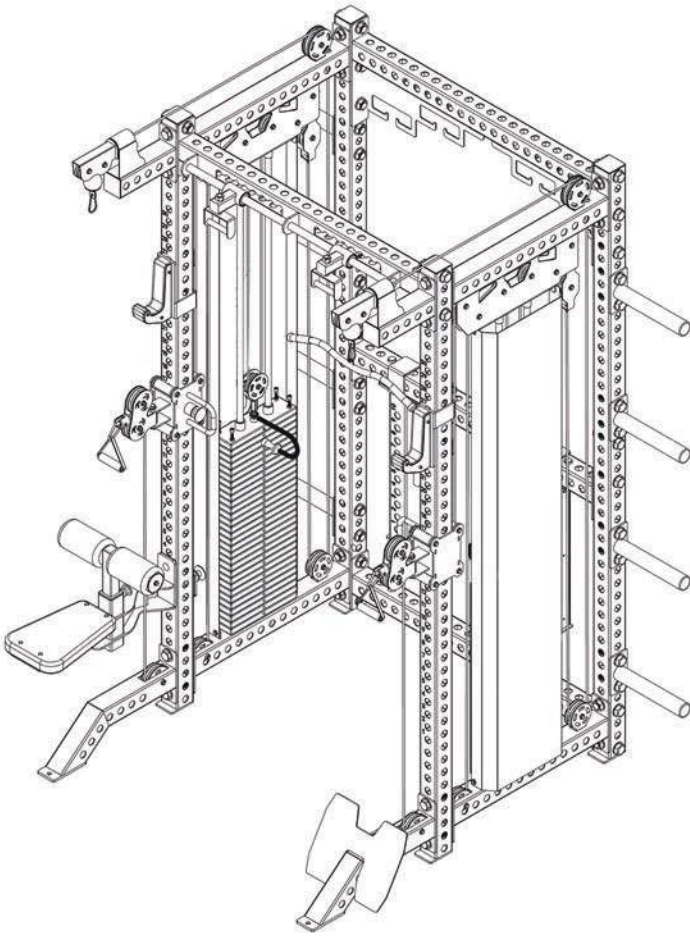
④①  M8×15mm-8

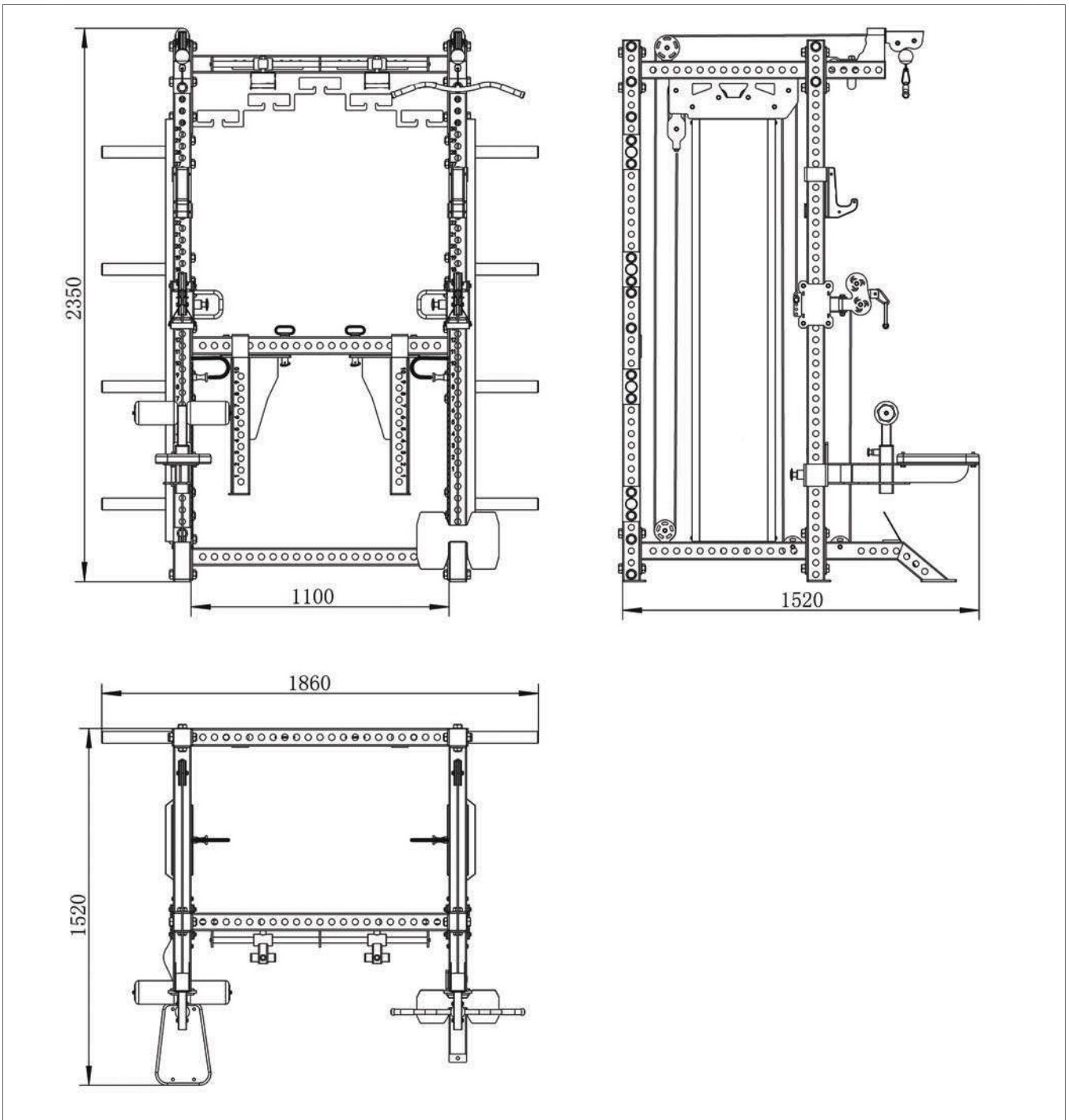
④①  M24×110mm-16



EXPLODED DIAGRAM







WARRANTY

LIFETIME WARRANTY ON FRAME AND 2 YEAR WARRANTY ON MOVING PARTS

This warranty applies to first owners and does not cover second-hand equipment or re-sold equipment. This warranty covers only failures due to defects in structural, cables and pulleys and workmanship that occur during regular exercise use. It will not cover damage that occurs in transport/delivery or failure due to misuse, abuse, neglect, misapplication, alteration or improper assembly of the product.