

## ATTENTIONS:

- 1 Warm-up – before the exercise need 5–10 minutes to warm up, such as marching on the spot, free movement, the purpose is to exercise each joint and muscle, so as not to get injured in the movement.
- 2 Diet – eat food with high protein , vegetables, fruits. Exercise can start 40 minutes after meals, not allow to eat until 30 minutes after you stop exercising, allow to drink a bit of water during exercising.
- 3 Breathing – exhale when you put forth your strength, inhale when you relax, exercise be cooperated with with breathing.
- 4 Frequency – take at least 48-hours rest if you train the same muscles again.
- 5 Weight loaded – According to your own physical conditions, choose the appropriate weight loaded, so as not to overload and therefore not to cause muscle strain. Training should follow the principle of evolution, feeling a bit pain is normal after you exercise for the first time.

## DAILY MAINTENANCE:

- 1 In order to ensure the safety of the equipment, regular maintenance and regular inspection of wear and tear, such as wire rope, pulley, joints, etc.
- 2 Pay special attention to wearing parts
- 3 Replace damaged parts immediately, or stop using them until they are repaired
- 4 The apparatus can be maintained daily according to the table below

Size: 1950\*880\*1580 mm

Floor Area: 1.72 m<sup>2</sup>

Package: :2140x780x625mm (inside measurement)  
160x800x695mm (outside measurement)

N.W.: 240 kg (weight stack)

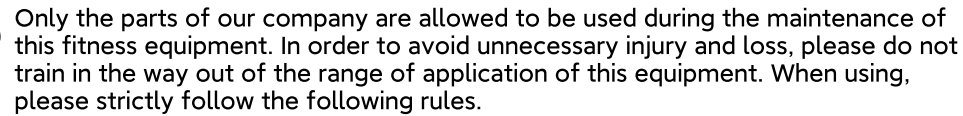
G.W.: 270kg

## BM029 GLUE LIFTING MACHINE

### INSTALLATION MANUAL



Please store this multi functional trainer in a cool place, do not expose the power sled to the sun for a long time. Wipe the surface of the fuselage regularly, do not use corrosive substances to wipe the power sled. Do not lay heavy objects on this product when storing.



2 The equipment should be installed and used on clean, flat and firm ground, and should not be near the area with water, nor be used outdoors. This equipment is suitable for gyms, please use under the guidance of professional fitness coaches. Safe area is outside the area where at least 0.5m far away from the limit that maximum movement range of this equipment can reach, around this equipment, do not place angular objects or other objects that many hurt people.

3 This device is not suitable for children. Please keep children away from this device when using it. Teenagers should also use the equipment under adult supervision. Children and pets should be kept away from the equipment. Do not leave unattended children alone in the room with fitness equipment.

4 Consult your physician or training coach before starting an exercise program. Proper warm-up exercise is the premise of your safe exercise. If you experience tachycardia, dizziness, nausea, chest pain or other uncomfortable feelings during exercise occurred, please stop training and contact and consult a doctor immediately. User depends on one's own physical and health and condition to exercise, weak or handicapped person subjected to the consent of the doctor and accompanied by the coach on the spot can use this equipment, people who has cardiovascular disease, hypertension, diabetes and other people with disease who is unsuitable for violent motion must have a proof of the hospital that is at or above the county level may use this equipment. This device is not intended to be used as a medical device.

5 Before each use, please carefully check whether each part of the equipment is loose and worn. If the parts with problems are found, you must replace them before using them, otherwise accidents will occur.

6 In order to prevent accidents, please make sure of all movable parts in this equipment. Do not loose or dismantle any part of the equipment to avoid damage. Do not touch any moving parts with your hands and feet during movement, and do not repair any tangled parts by yourself. When handling, moving or otherwise changing the position of the equipment, it should be handled with care, while keeping the equipment stable.

7 When exercising, you should wear pure cotton sportswear, do not wear robes or other clothes that are easy to get stuck by the machine. Chemical fiber clothing is easy to generate static electricity, which may cause damage to the machine. When exercising, you should choose light and comfortable sports shoes, and remember not to wear slippers, leather shoes, high heels or bare feet to avoid safety problems.

8 When exercising, keep the counterweight set in the user's field of vision at all times so that when others approach you can stop immediately and avoid injury.

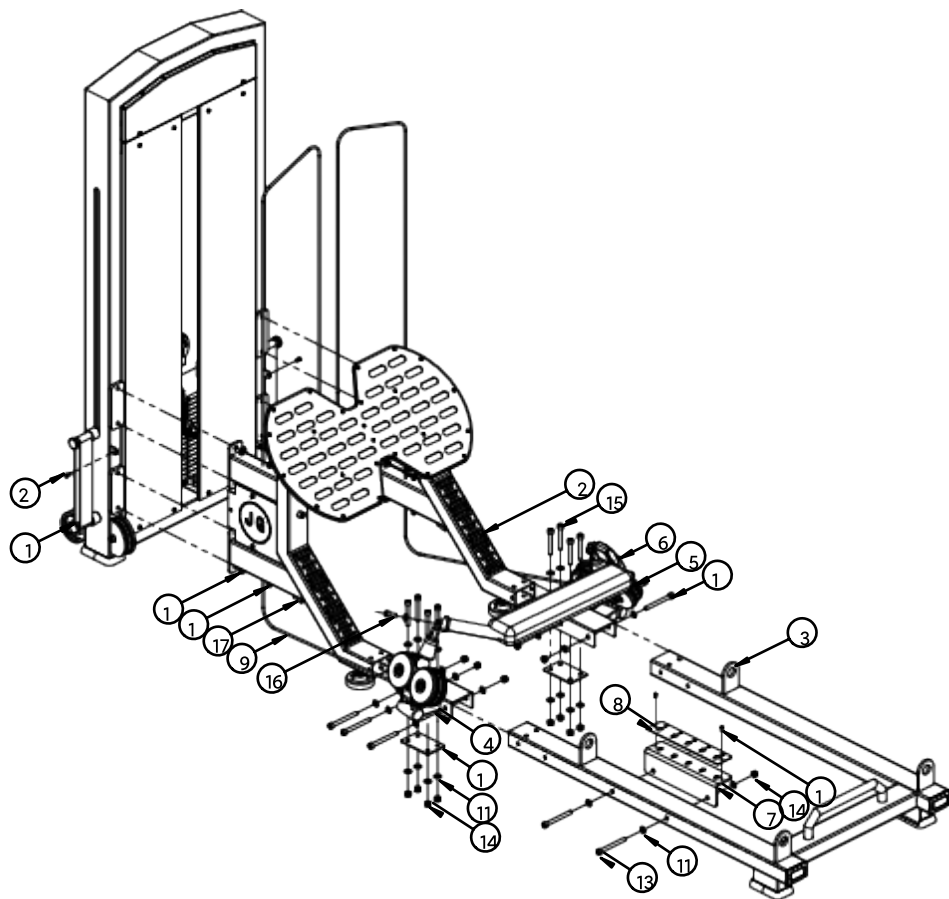
9 Control your own exercise intensity, adjust the breathing during exercise, do not hold your breath to do exercise.

[illegible]

10 Can only be used according to the provisions of this manual, can not use the similar instructions of other factories as the basis, can not use this equipment to do some functions which this equipment can not achieve.11 If you have any problem in use and maintenance, please consult our company.

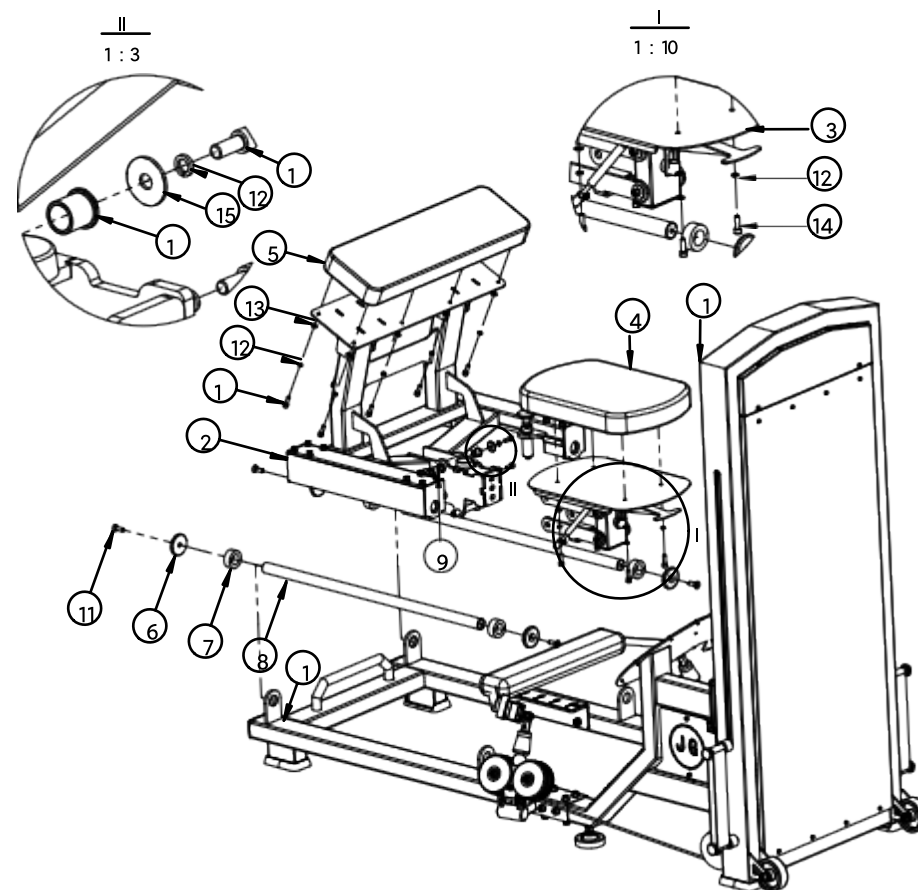
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## Part list: I



NO	CODE	DESCRIPTION	SPECIFICATION	QTY	NO	CODE	DESCRIPTION	SPECIFICATION	QTY
1	BM029-AB0100	Mainframe (stack side)		1	11	GB9510	gasket	φ11*φ20*2	34
2	BM029-AC0100	Foot treadle module		1	12	PNLM5*10	Hex socket pan head screw	M5*10	2
3	BM029-AC0200	Mainframe module		1	13	GB70M10*100	Hexagon socket cap screw	M10*100	8
4	BM029-AH0200	Positioning of Left pulley		1	14	NM10	bonnet	M10	17
5	BM029-AH0300	Positioning of right pulley		1	15	GB70M10*70	Hexagon socket cap screw	M10*70	8
6	BM029-DD0300	Belt of lifting glute		1	16	GB70M10*25	Hexagon socket cap screw	M10*25	1
7	BM029-FF1300	Plate with Bolt-pin holes	290*135*6	1	17	GB70M12*20	Hexagon socket cap screw	M12*20	8
8	BM029-FF1400	decorative stainless sheet	290*61*2	1	18	GB9312	Spring washer	φ12	8
9	GZS06-7100	Steel cable	φ6*7100	1	19	GB9512	gasket	φ13*φ24*2.5	8
10	BM029-FF1500	Dead plate to screw	110*70*4	2	20	GB70M6*10	Hexagon socket cap screw	M6*10	2

## Part list : III



NO	CODE	DESCRIPTION	SPECIFICATION	QTY	NO	CODE	DESCRIPTION	SPECIFICATION	QTY
1	STEP2	Step II		1	9	BM029-CC0500	Rotary shaft for seat	φ15*106.5	2
2	BM029-AG0100	Backrest module		1	10	BM029-CC0700	Copper sheath for seat	φ23*φ15*20	4
3	BM029-AG0200	Seat module		1	11	CNLM10*30	Hexagon countersunk screw	M10*30	4
4	BM029-DD0200	Seat cushion	466*320*60	1	12	GB938	Spring washer	φ8	16
5	BM029-DD0100	backrest	660*200*60	1	13	GB958	gasket	φ9*φ16*1.6	12
6	6822-0409	End cover	φ60*φ11*8	4	14	GB70M8*25	Hexagon socket cap screw	M8*25( full)	12
7	1617-BB0100	Shock pad	φ50*φ30*20.5	4	15	DQ8	gasket	φ9*φ28*2	4
8	BM029-CC0600	Glazed axle	φ30*800	2	16	GB70M8*20	Hexagon socket cap screw	M8*20	4

