

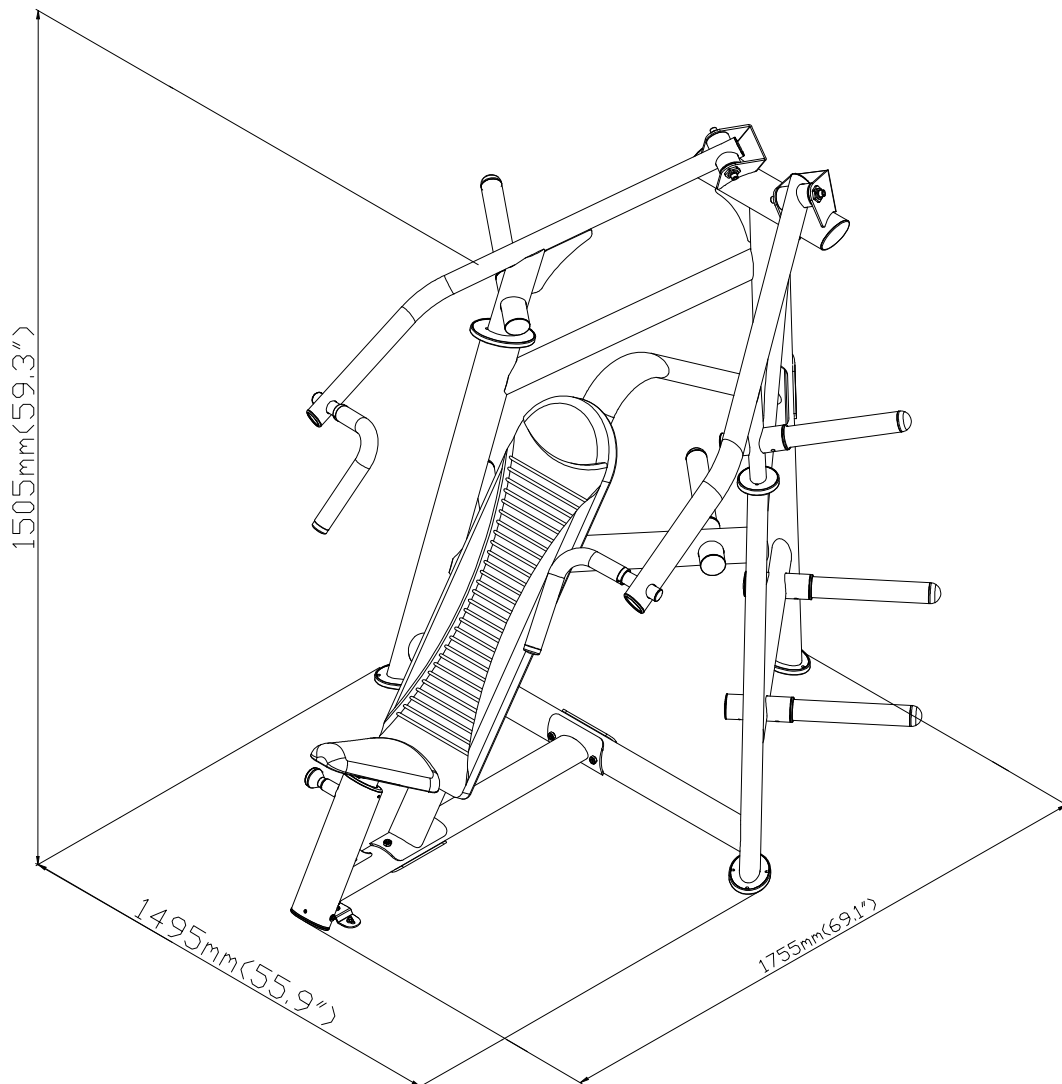
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A977 Incline Chest Press machine. Constructed of high quality materials and designed for years of reliable performance, this product was made for full commercial use.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



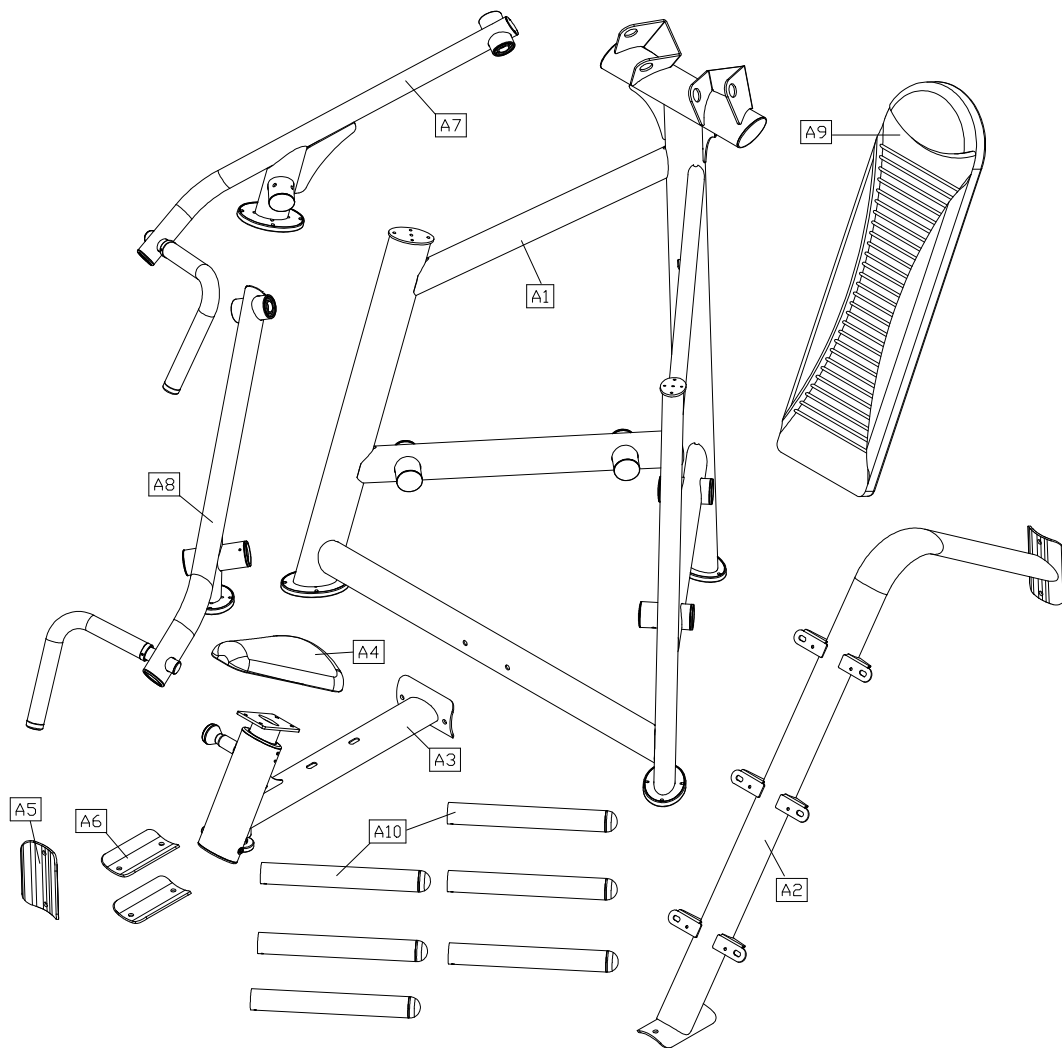
2. SAFETY PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Wear proper workout clothing. Do not wear loose clothing. Do not wear shoes with leather soles or high heels. Tie all long hair back. Do not go barefoot on this product.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Use this product only for its intended purpose as described in this manual.
- Be careful when mounting and dismounting the unit.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- This product is not intended for use by persons (including children 12 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- The user weight limit for this product is 227 kg, 500 lb.
- Maintenance and repair must be performed by trained service personnel only.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- Over exercise may result in serious injury or death.

CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A6	99 oval connecting plate	2
A2	Seat back frame	1	A7	Right arm assembly	1
A3	Seat frame	1	A8	Left arm assembly	1
A4	Seat cushion	1	A9	Seat back support	1
A5	118 oval connecting plate	1	A10	Weight plate peg	6

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Floor fixing bracket	1		
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	2	M6	
	L-shaped Allen wrench	1	M8	
	Double open-end wrench	2	13*17	
	Open-end wrench	1	35	

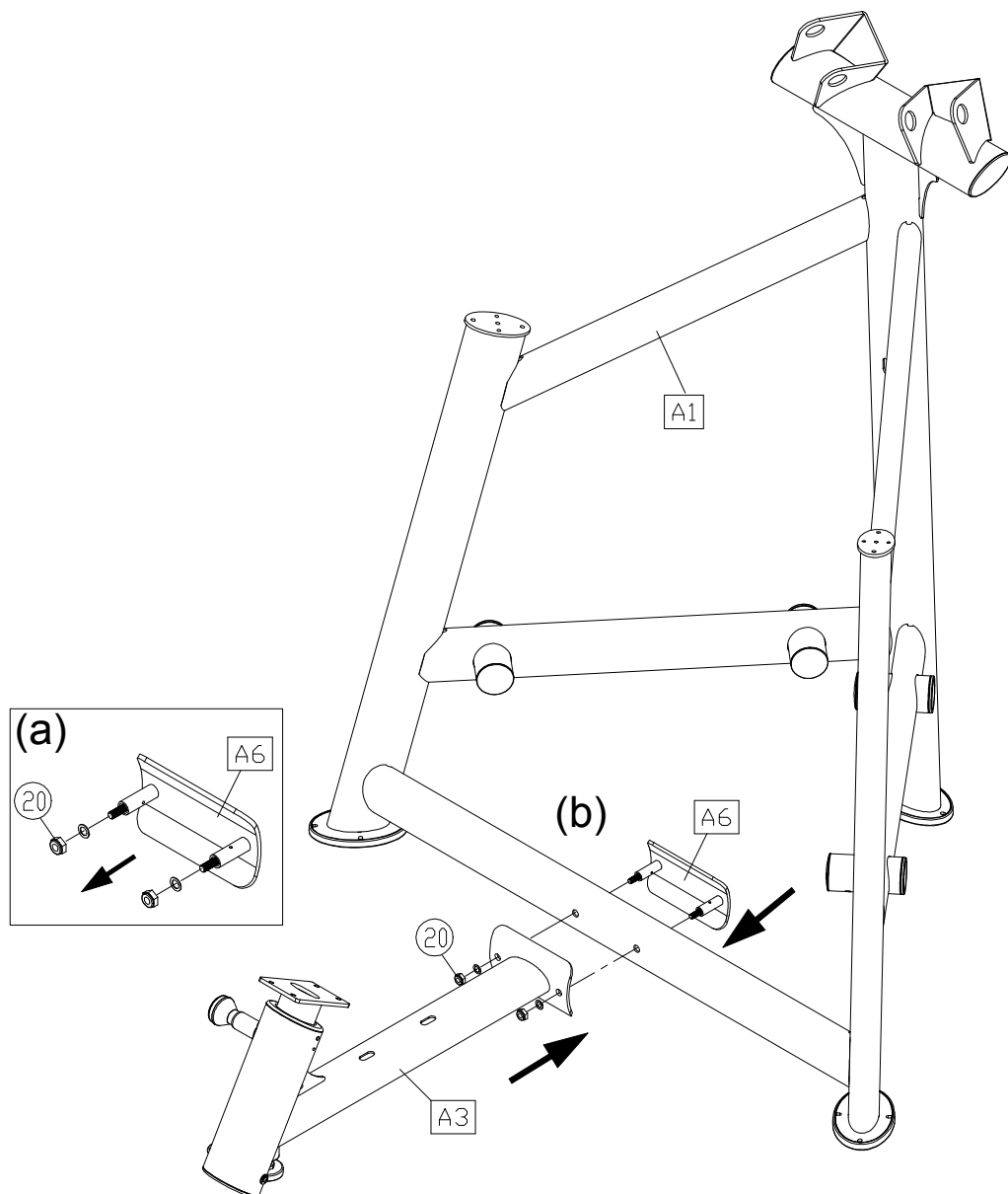
Components on the Product			
No.	Name	Specification	Notes
20	Washer	D16*d10.2*t1.0	
	Hex nylon nut	M10	
21	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2.0	
22	Inner hex screw	M10*P1.5*L20	
	Spring washer	M10	
	Flat washer	D26*d10.3*t3.0	
	Bushing		
	Axle	ØD25*L104	
23	Mushroom top inner hex screw	M6*P1.0*L15	
	Handrail washer	D20*d7*t2.0	
	Spring washer	M6	
24	Beveled head inner hex screw	M8*P1.25*L20	
	Nyloc hex lock nut	M8	
25	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
	Flat washer	D22*d8.2*t2.0	
26	Washer	D16*d10.2*t1.0	
	Nyloc hex lock nut	M10	
27	Beveled head inner hex screw	M6*L10	
	Spring washer	M6	
	Handrail washer	D20*d7*t2.0	

4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

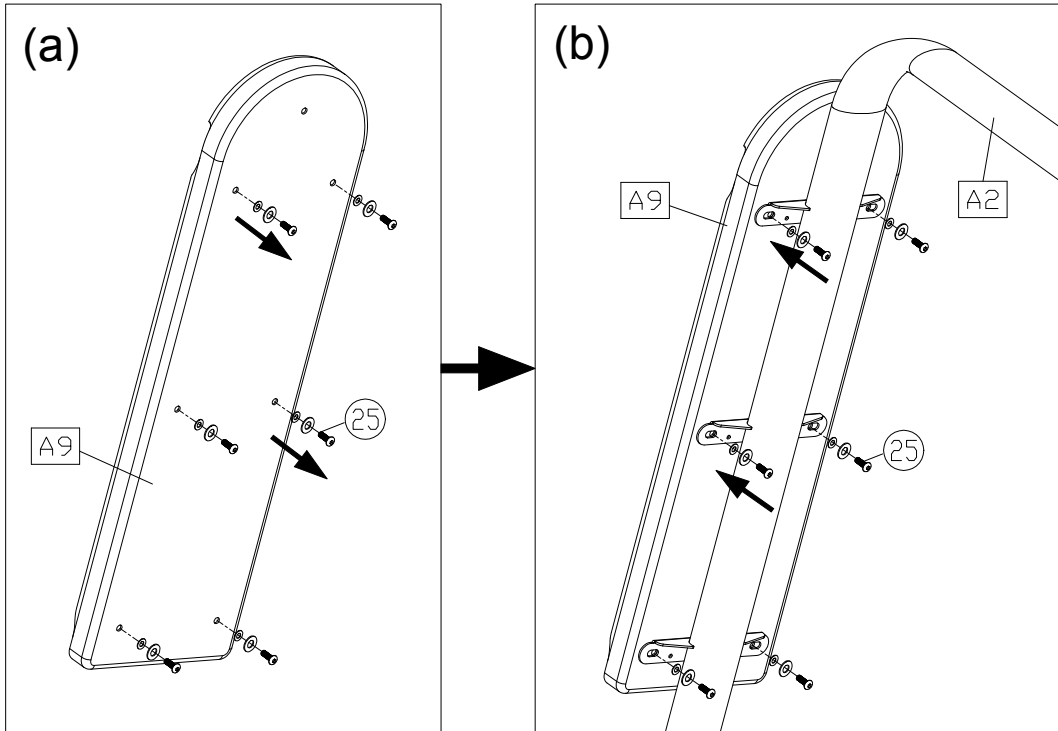
STEP 1 Install the Seat Frame

- (a) First, remove the connecting plate (A6) from the main frame (A1).
- (b) Attach the seat frame (A3) to the front of the main frame (A1), then secure the assembly with connecting plate (A6) and screws (20).



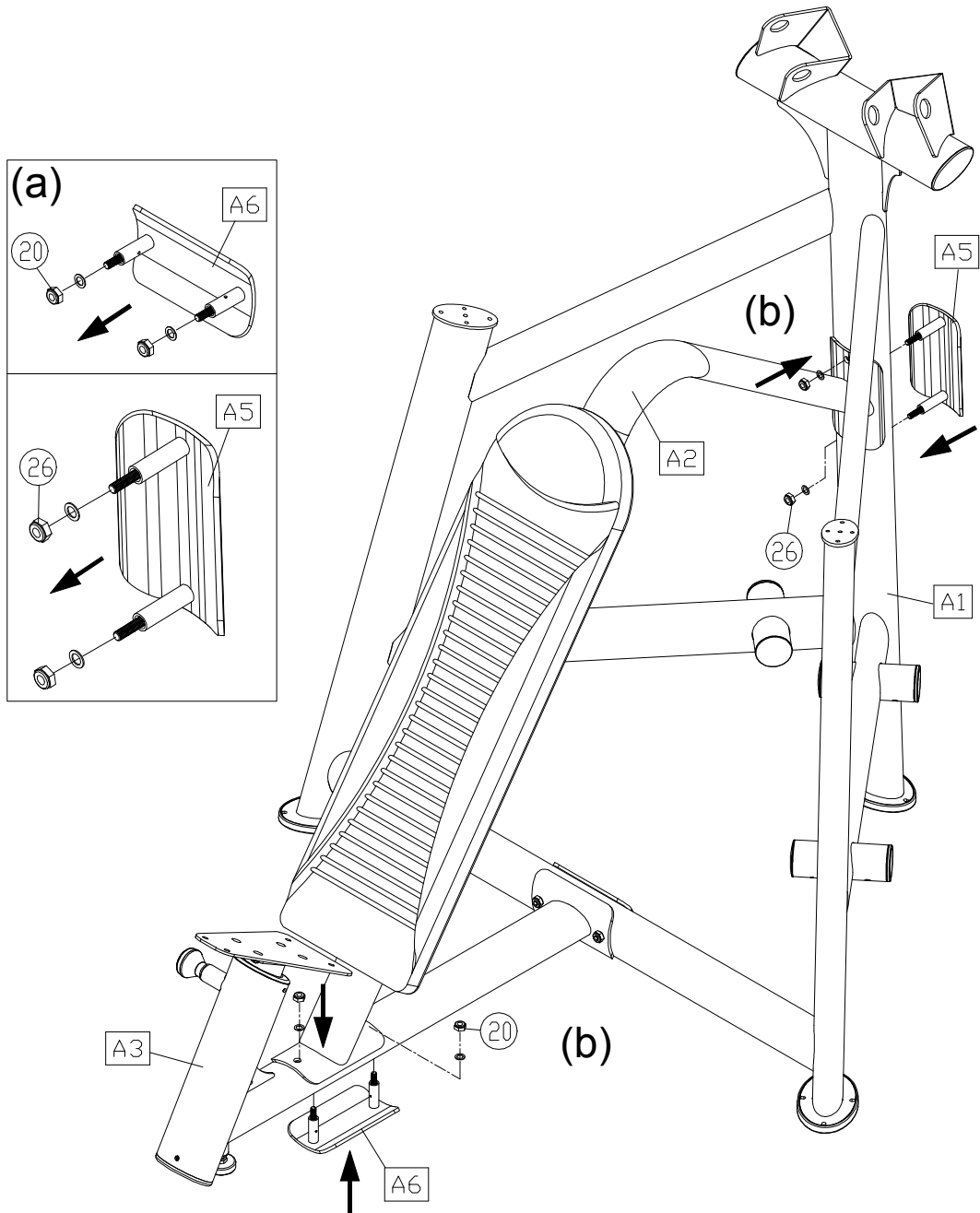
STEP 2 Install the Seat Back Support

- (a) First, remove screws (25) from the seat back support (A9).
- (b) Attach the seat back support (A9) onto the seat back frame (A2), then secure the assembly with screws (25).



STEP 3 Install the Seat Back Frame

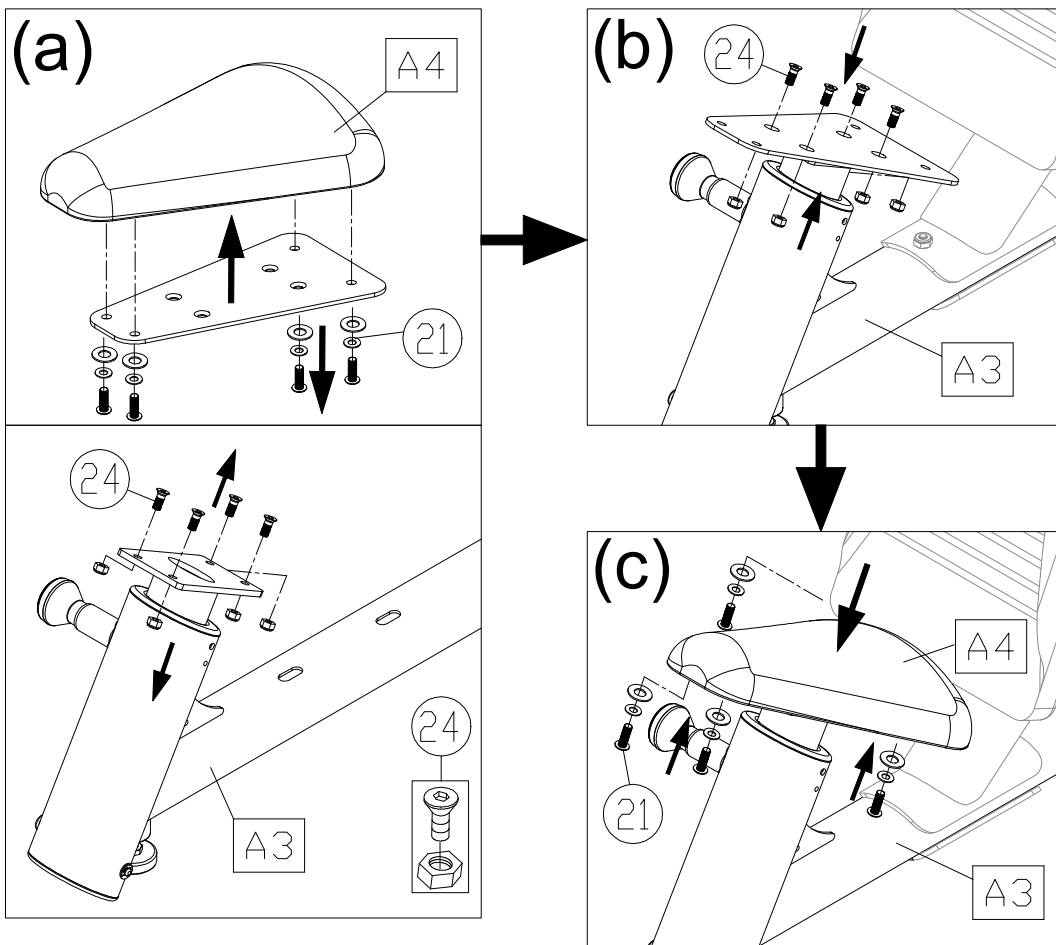
- (a) First, remove the connecting plates (A5) and (A6) from the main frame (A1) and the seat frame (A3).
- (b) Then, position the seat back frame (A2) to the main frame (A1) and the seat frame (A3) where the screw holes align. Secure the assembly with connecting plates (A5)(A6) and screws (20)(26).



STEP 4 Install the Seat Cushion

Please follow instructions (a) through (c) to install the seat cushion.

- (a) First remove screws (21) from the seat cushion assembly (A4), and also remove screws (24) from the seat frame (A3).
- (b) Place the seat cushion plate onto the seat frame (A3), and secure the assembly with screws (24).
- (c) Lastly, attach the seat cushion (A4) onto seat cushion plate and use screws (21) to secure the assembly.

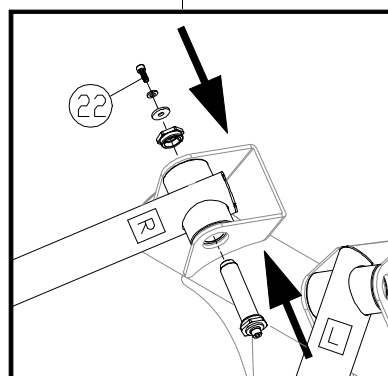
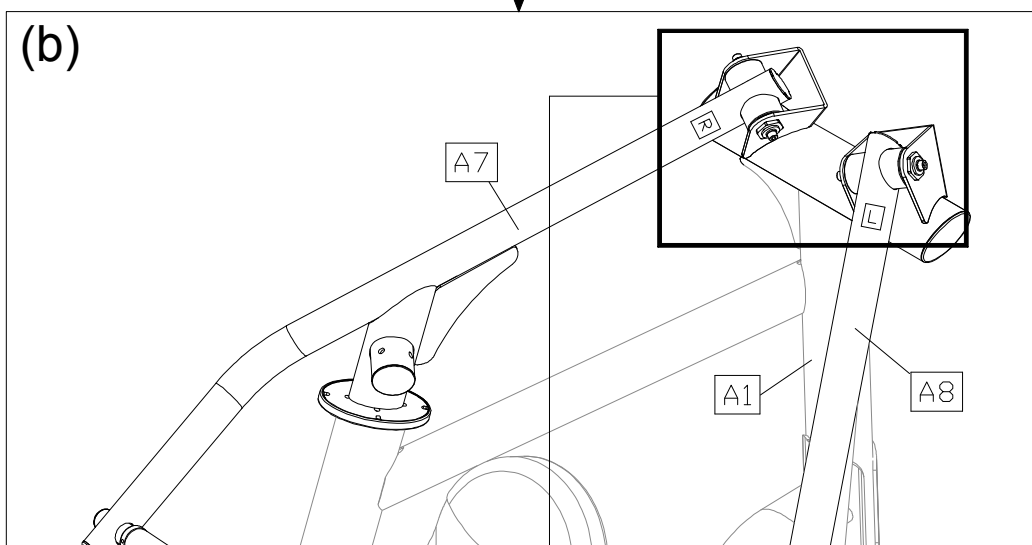
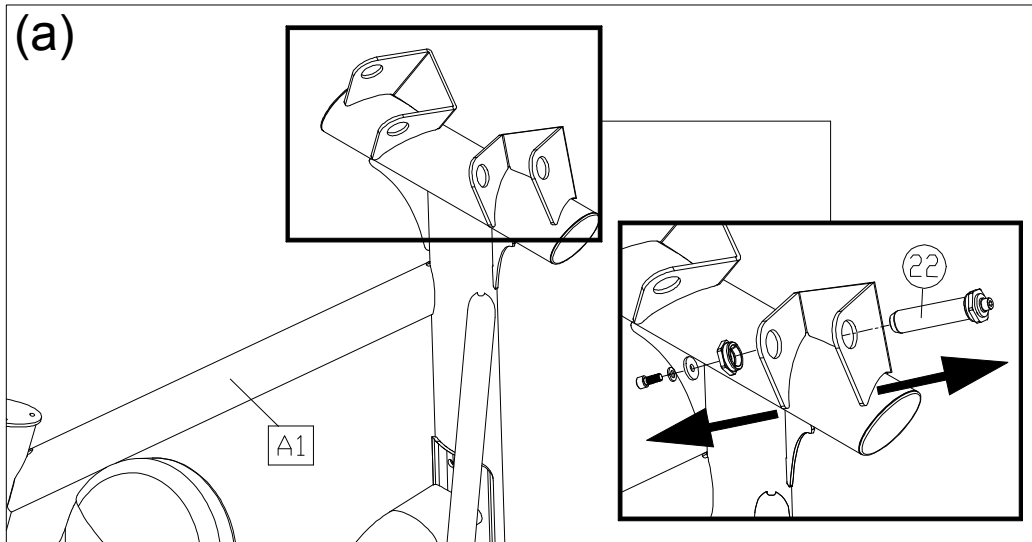


STEP 5 Install the Arm Assemblies

Please follow instructions (a) through (b) to install the arm assembly.

(a) First, remove screws (22) from the main frame (A1).

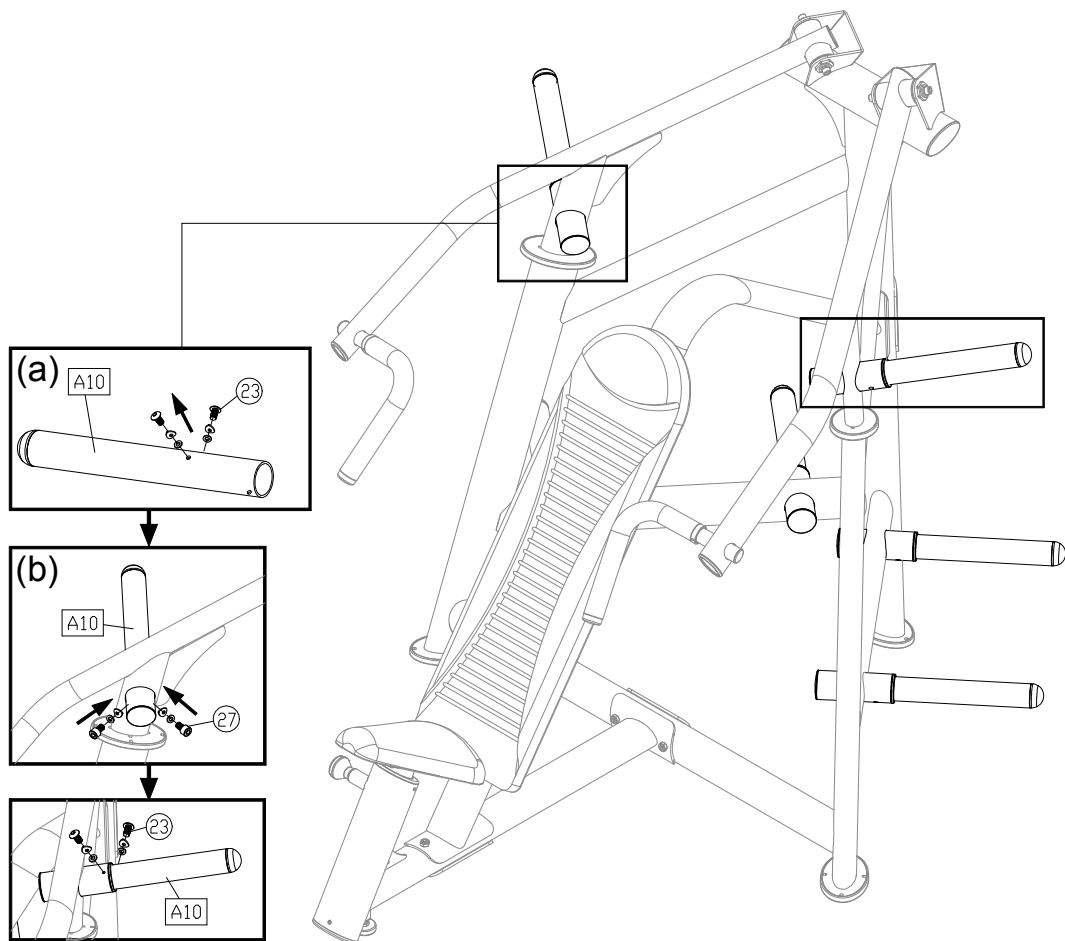
(b) Attach the right arm assembly (A7) onto the main frame (A1), secure the assembly with screws (22). Follow the same procedure for the left arm assembly (A8).



STEP 6 Install the Weight Plate Pegs

Please follow instructions (a) through (c) to install weight plate pegs.

- (a) First remove screws (23) from the weight plate pegs (A10).
- (b) Then loosen screws (27) from both arm assemblies. Install weight plate pegs (A10) onto both arm assemblies (A7)(A8) and the sides of the main frame (A1). Use screws (27) to secure the weight plate pegs from the back. Finally, secure the whole assembly with screws.

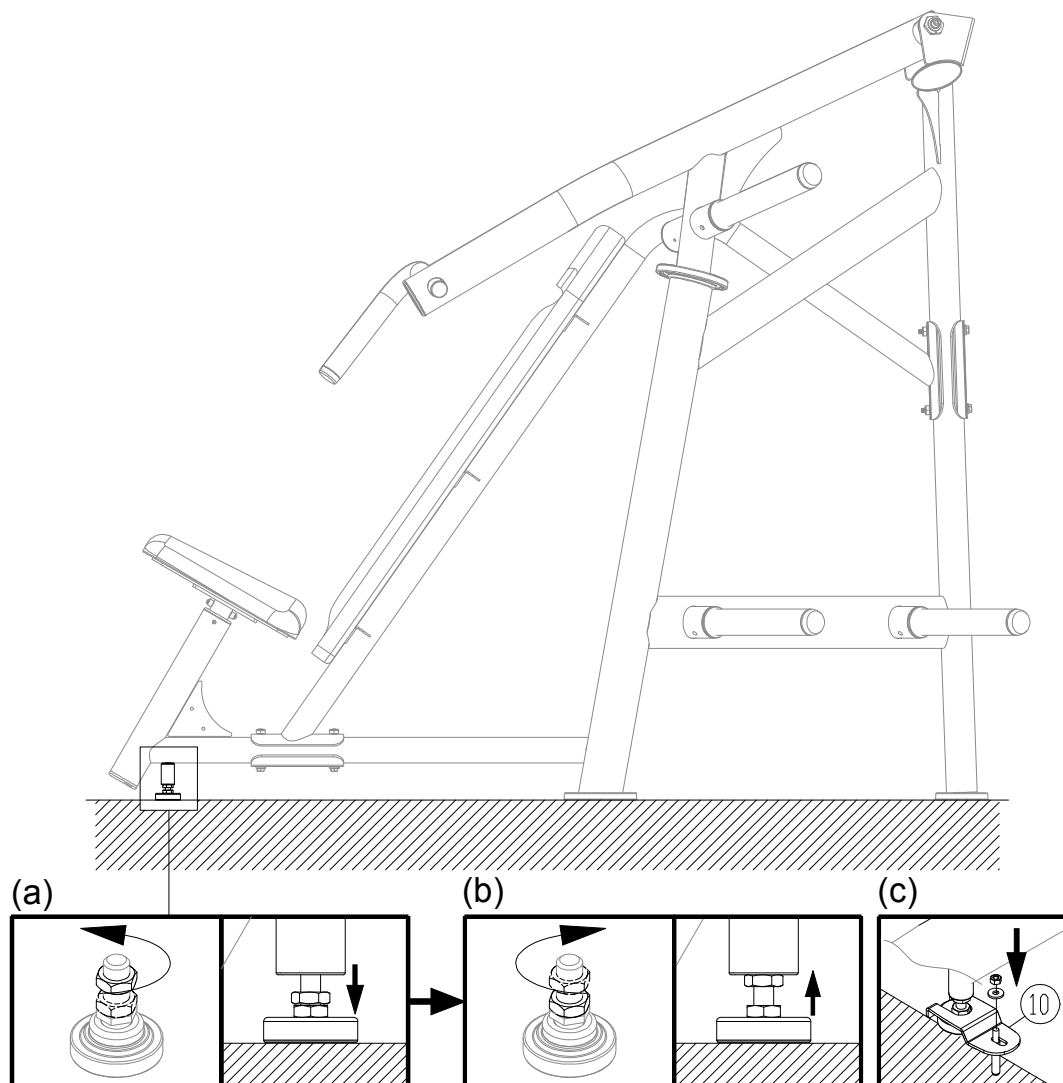


STEP 7 Level and Secure the Unit

Follow instructions (a) through (c) to level and secure the unit.

- (a) Loosen the level adjustment knob and rotate downward until it touches the floor.
- (b) Determine the level adjustment knob position and then tighten up the nut to secure the position.
- (c) Secure the floor fixing bracket (10) to the floor with the floor fixing bolt, nut and washer as shown to make sure the machine is firmly fixed to the floor when operating. (Level the machine before securing the floor fixing bolt.)

(Note: The screw hole of floor fixing bracket is $\varnothing 9\text{mm}$, please make sure using the suitable floor fixing bolt and drilling the proper hole on the floor.)

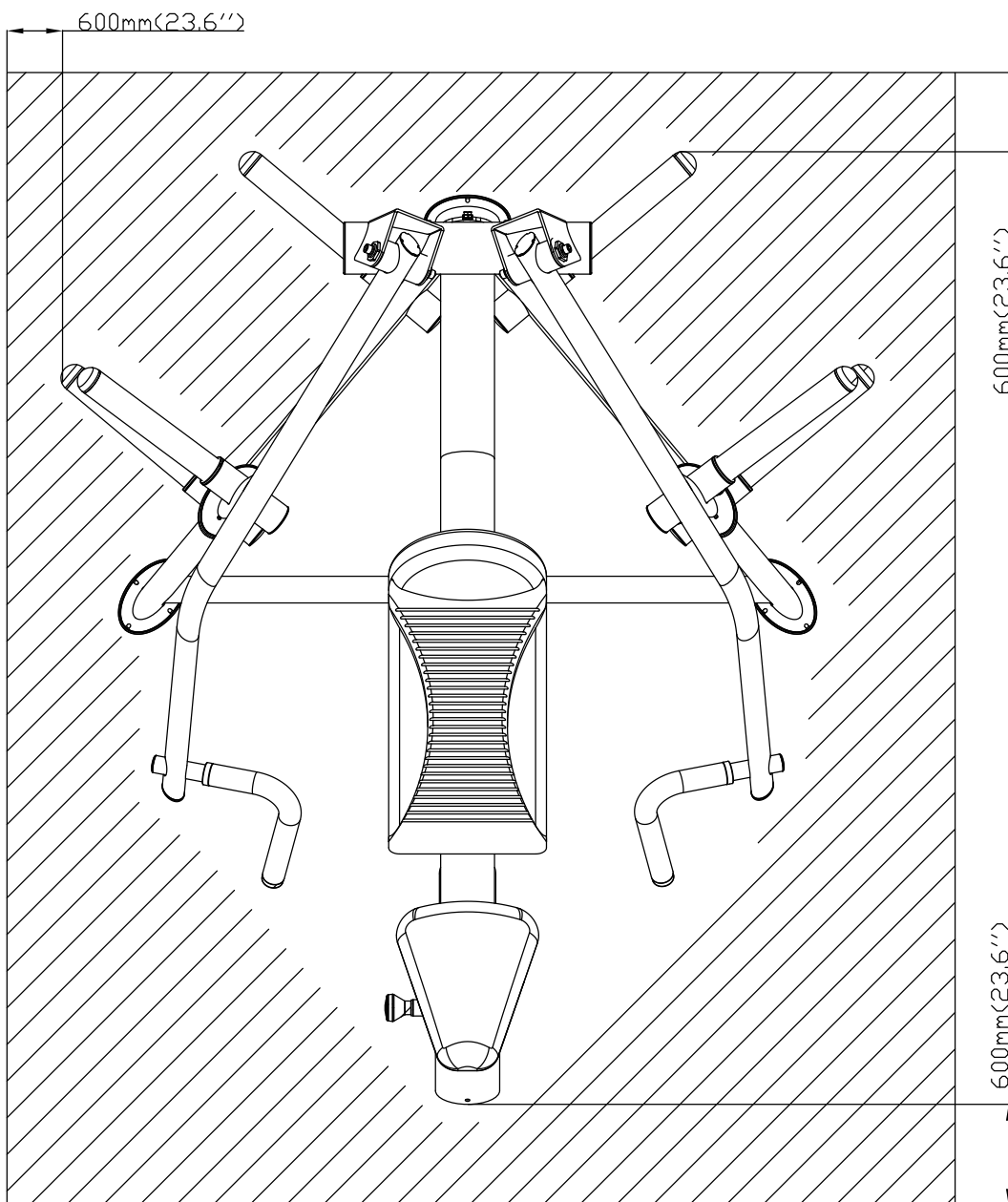


5. OPERATE THE PRODUCT

This section includes operational instructions.

OPERATION Safety Operating Area

- (a) Safety clearance required as below shown. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.
- (c) Over exercise or improper workout position may result in serious injury.
- (d) This product is intended for exercise arms.



OPERATION Operate the Product

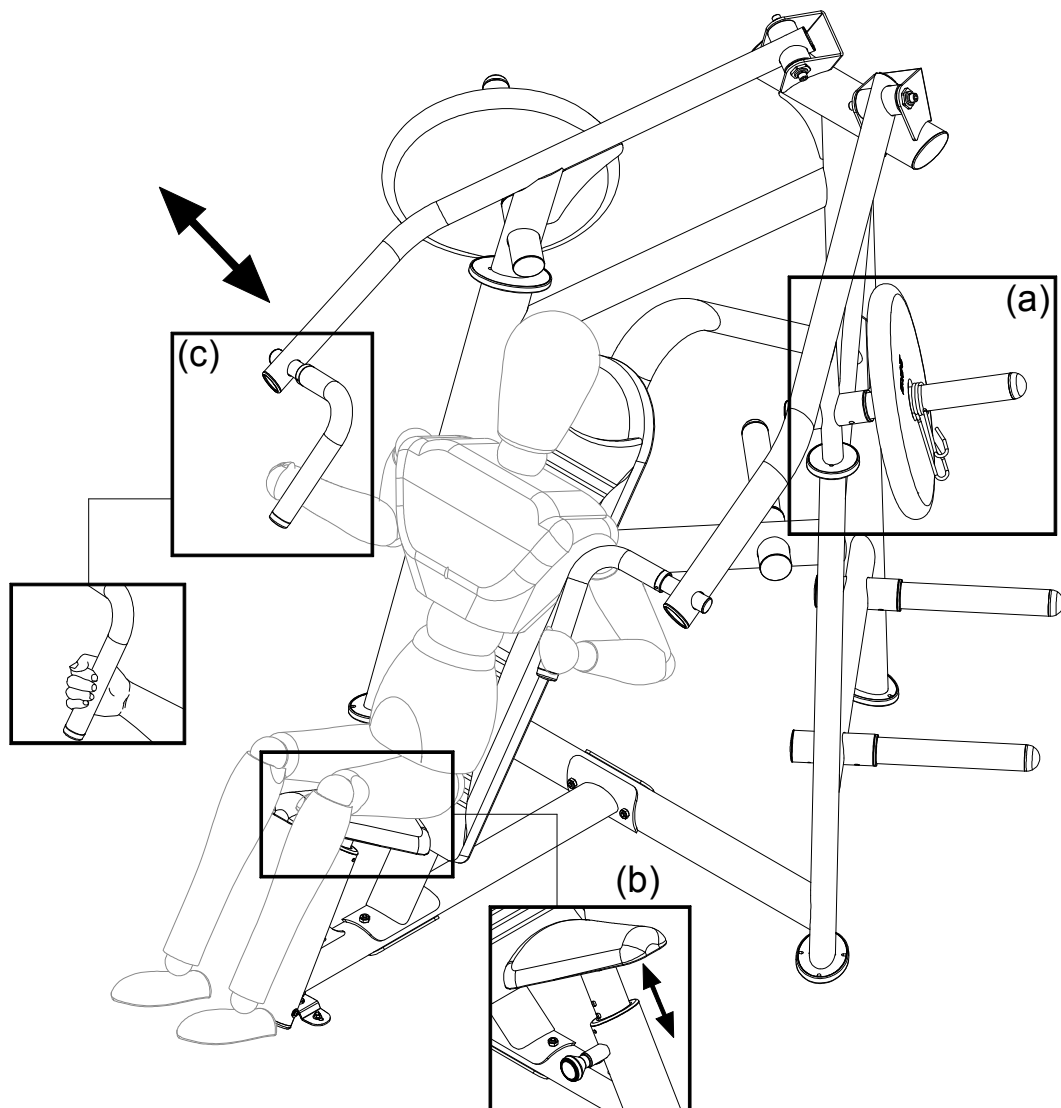
- (a) Select the appropriate weight plates placed on both sides of the weight plate pegs, and then secure the weight plates with safety clamps.
- (b) Adjust the seat height and back support to the most comfortable position.
- (c) Select the horizontal grip or vertical grip.
- (d) Perform the exercise in a controlled manner. Exhale when pushing forward against resistance. Extend both arms and inhale when returning to original position.

*Note: While operating the machine, if the weight plate is moving around. Please stop immediately, re-position the weight plate before continue.

* Weight limit: weight plate limit of 200Kg (unilateral 100Kg)

* Please exercise within the range of your skill and training.

* Operate this machine must be supervised under coaches instructions in order for safety.



6. MAINTENANCE

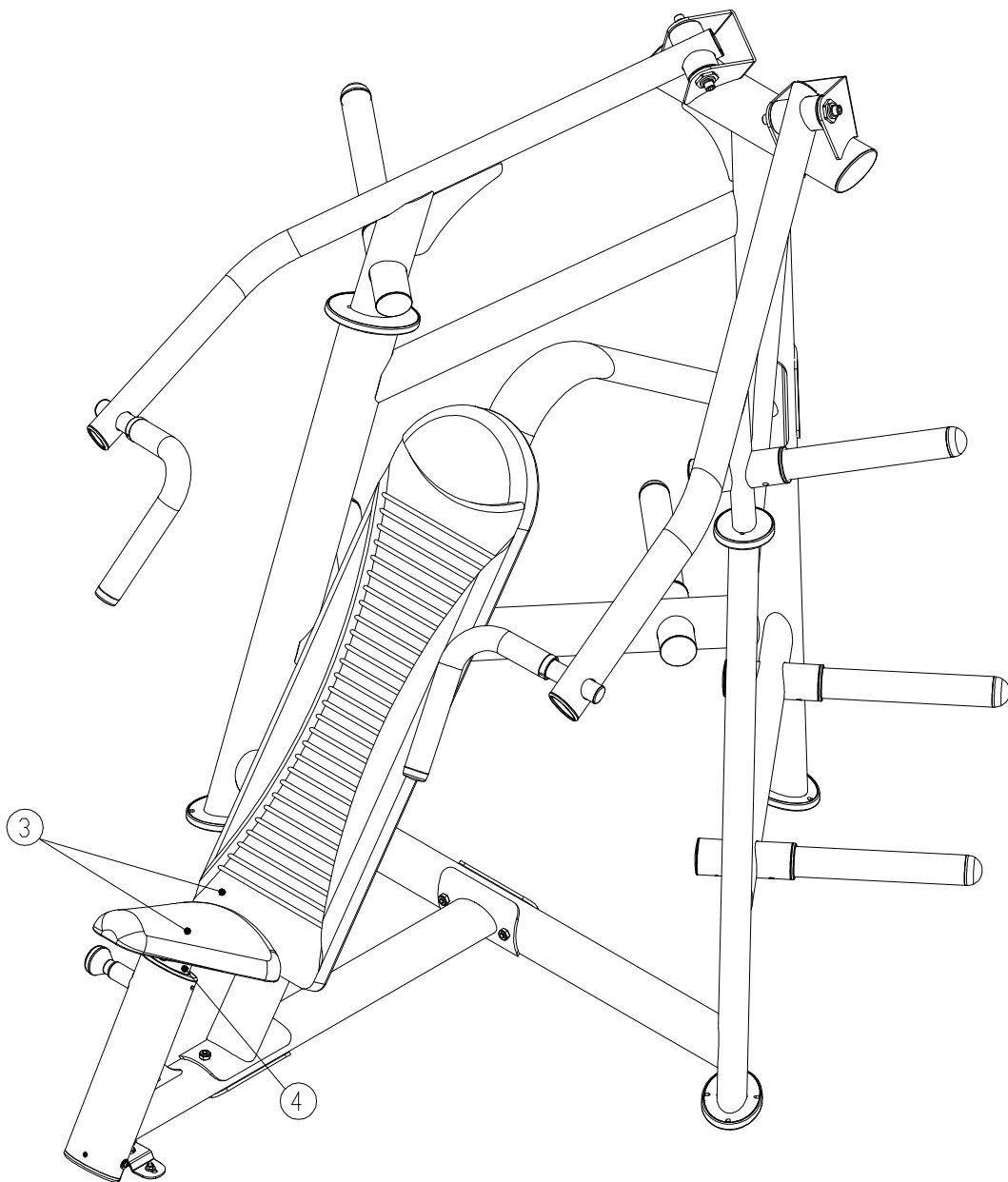
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- Must be performed by trained service personnel only.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only.

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness and secure if necessary.
3	Cushions	•					Wipe with a damp cloth.
4	Seat tube				•		Clean and lubricate once every six months.



MAINTENANCE Task List

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel to wipe down the product exterior.
2. Inspect all screws. Secure if necessary.
3. Wipe cushions clean with a damp cloth.

Quarterly tasks

1. Clean and lubricate seat tube once every six months.

Caution

- Please follow standard safety precautions when working on this product.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage components and void the warranty.

MAINTENANCE One-Year Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Week 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Daily Tasks	Week 29-35	Week 36-42	Week 43-49	Week 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 1-7	Weeks 8-14	Weeks 15-21	Weeks 22-28
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Tasks	Weeks 29-35	Weeks 35-42	Weeks 43-49	Weeks 50-52
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Monthly tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Yearly Tasks	Year 1
Completed	<input type="checkbox"/>

Notes: _____

7. CONSIGNES DE SÉCURITÉ IMPORTANTES

Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- Lisez entièrement le manuel avant l'assemblage et l'utilisation. Veuillez aussi noter les consignes de sécurité suivantes:
- Veuillez lire attentivement les instructions et installer le produit selon les instructions.
- Assemblez et faites fonctionner le produit sur une surface solide et plane; NE PAS l'utiliser à l'extérieur ou près de l'eau.
- En aucun cas, ne laissez des enfants à proximité ou sur le produit.
- Vérifiez le tapis de course avant chaque utilisation. Assurez-vous que toutes les pièces sont assemblées et que tous les éléments de fixation sont serrés. NE PAS utiliser le produit si l'appareil est démonté de quelque façon.
- Gardez vos mains loin des pièces mobiles.
- Portez des vêtements d'entraînement appropriés; NE PORTEZ PAS de vêtements amples. NE PORTEZ PAS de chaussures à semelles en cuir ou à talons hauts. Attachez les cheveux longs.
- Soyez prudent lors du montage et démontage de l'appareil.
- NE PAS utiliser d'accessoire non spécifiquement recommandé par le fabricant. Car cela pourraient provoquer des blessures ou entraîner une panne de l'appareil.
- Débranchez l'appareil de la prise avant l'entretien ou la suppression de toute pièce.
- Une surveillance étroite est nécessaire quand de produit est utilisé par ou à proximité d'enfants, de malades ou de personnes handicapées.
- Utilisez ce produit uniquement pour l'usage prévu dans ce manuel.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.
- Ce produit n'est pas destiné à être utilisé par des personnes (y compris des enfants) dont les capacités physiques, sensorielles ou mentales sont réduites ou qui ne disposent pas de l'expérience ou du savoir nécessaires, sauf si celles-ci ont au préalable été formées eu égard à l'utilisation de ce produit par une personne responsable de leur sécurité.
- Les enfants doivent être encadrés afin d'empêcher qu'ils ne jouent avec le produit.

ATTENTION

Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement.

- Avant de commencer un programme d'exercice, vous devriez consulter votre médecin. Il est recommandé de faire un examen physique complet.

Dans ce manuel, les mots "gauche" et "droit" sont utilisés en référence aux pièces et au produit. Comme tels, les mots "gauche" et "droit" font respectivement référence aux côtés gauche et droit de l'exerciseur. De même pour plus de concision, le mot «vis» est utilisé dans certains cas où des rondelles, des vis et autres matériels sont associés.

8. APPENDICES

APPENDICES Exploded Diagram

Note: We reserve the right to revise the following diagrams at any time without notice or obligation to notify any person of such revisions or changes. Please visit our official website www.gosportsart.com for the latest version.

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME				
				DRAWN BY	UNITS	MM	Diagram No.
				VERIFIED BY	QTY	1	CGX-F101A-A
RESTRICTED USAGE, PLEASE JUMP FORWARD TO ANOTHER PART AUTHORIZED				VERSION	AO	SALES BLEND UP	MODEL
				RATIO	1:1		A977

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