

# A978 OWNER'S MANUAL CONTENTS

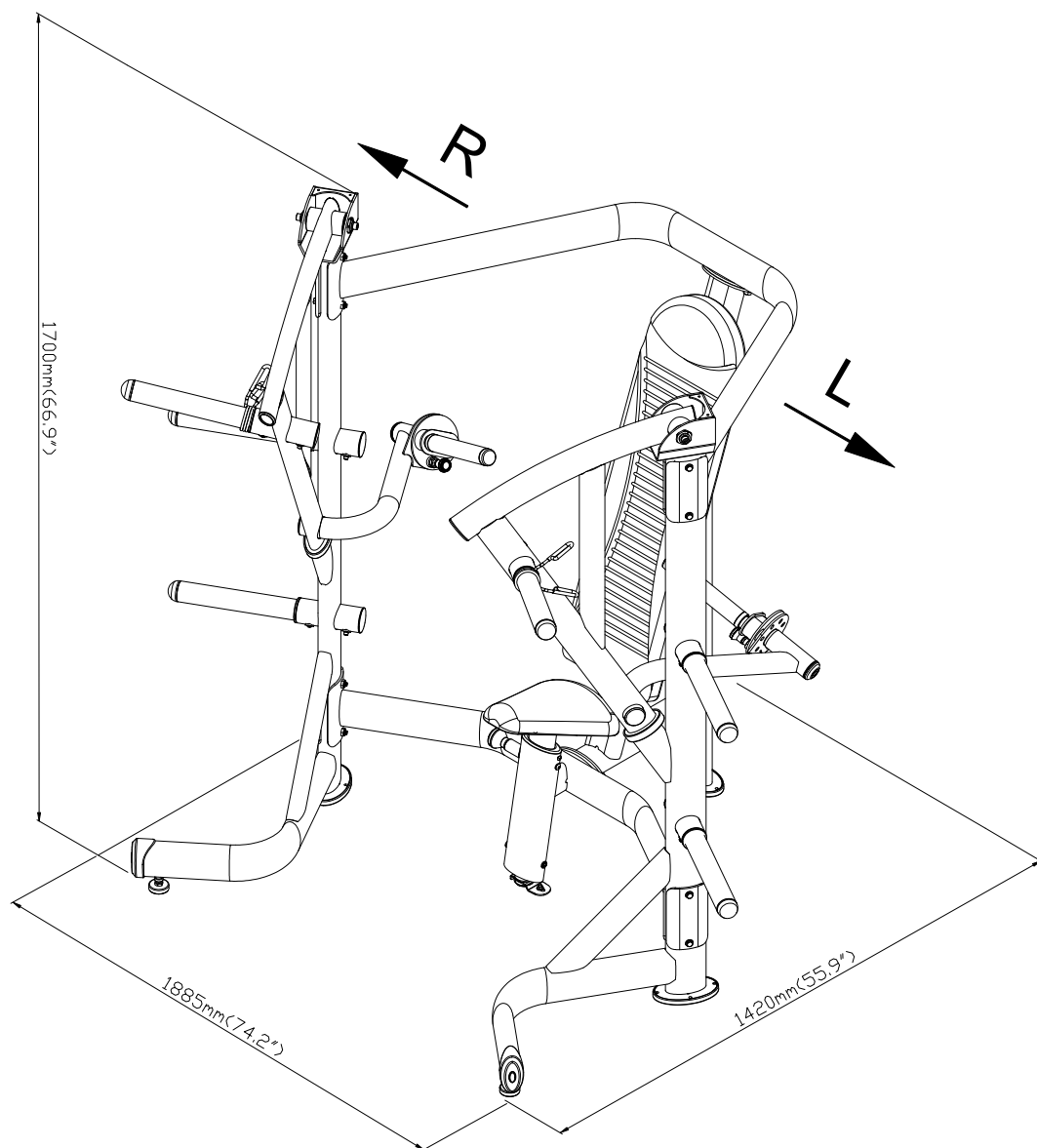
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\*We reserve the right to revise this manual at any time without notice.

# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A978 Wide 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.



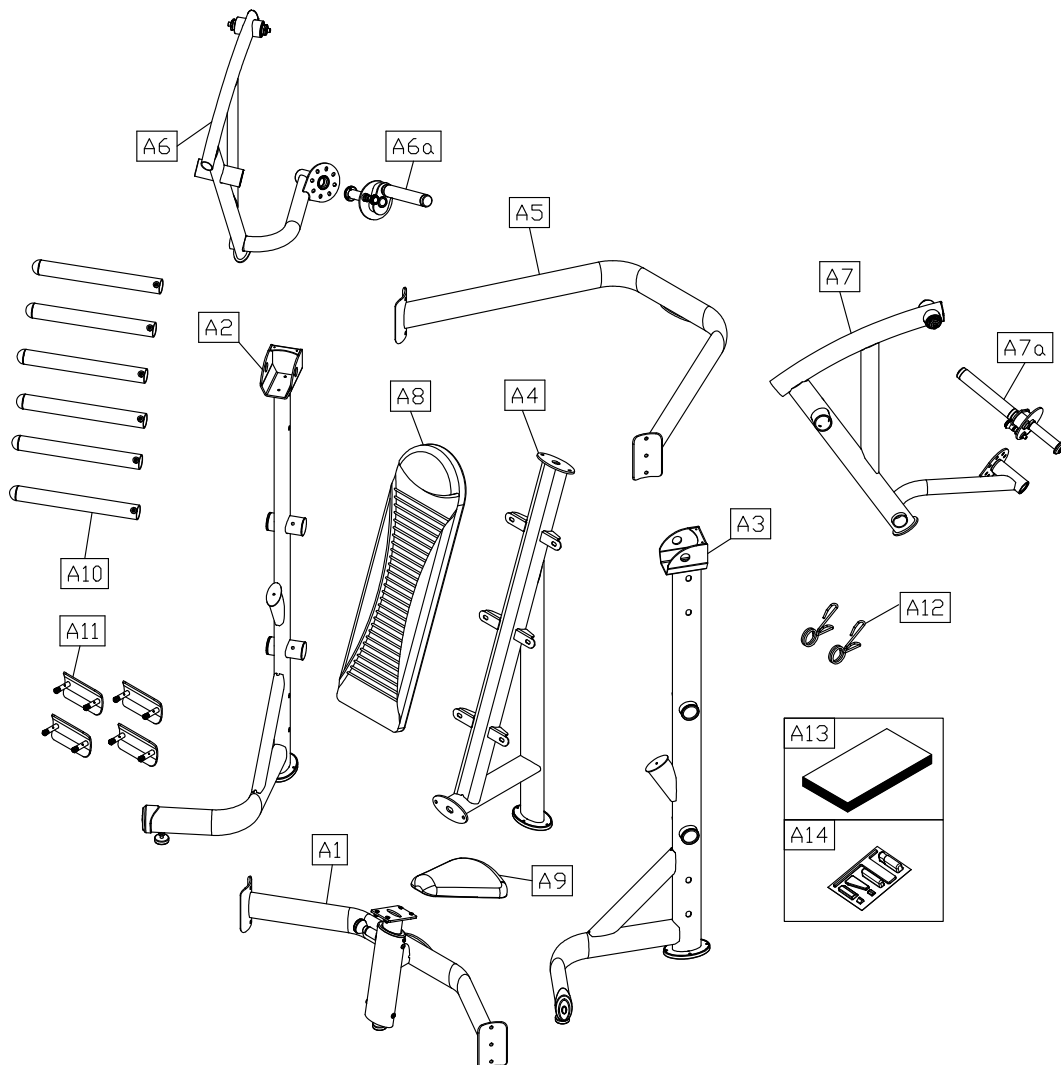
## 2. SAFETY PRECAUTIONS

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.
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.
- 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. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- 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 WORK-OUT 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	Lower connector	1	A7a	Left selector plate	1
A2	Right frame	1	A8	Back cushion	1
A3	Left frame	1	A9	Seat cushion	1
A4	Seat frame	1	A10	Weight plate peg	6
A5	Upper connector	1	A11	Curved connecting plate	4
A6	Right handle	1	A12	Set spring	2
A6a	Right selector plate	1	A13	Owner's manual	1
A7	Left handle	1	A14	Hardware kit	1

<b>Components on the Product</b>			
<b>No.</b>	<b>Name</b>	<b>Specification</b>	<b>Notes</b>
51	Hex head screw	M10*P1.5*L75	
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
	Bushing	ØD16*t2.0*L45.5	
	Inner hex screw	M4*P0.7*L4	
	Washer	D16*d10.2*t1.0	
	Nylon hex lock nut	M10	
52	Flat Washer	D22*d8.2*t2	
	Spring washer	M8	
	Mushroom top inner hex screw	M8*P1.25*L25	
53	Beveled head inner hex screw	M8*P1.25*L20	
	Nylon hex lock nut	M8	
54	Mushroom top inner hex screw	M8*P1.25*L25	
	Flat Washer	D22*d8.2*t2	
55	Mushroom top inner hex screw	M6*P1.0*L15	
	Handle washer	D20*d7*t2.0	
56	Inner hex screw	M6*P1.0*L10	
	Spring washer	M6	
57	Axle	ØD25*L104	
	Bushing		
	Flat washer	D26*d8.3*t3	
	Spring washer	M8	
	Inner hex screw	M10*P1.5*L25	
60	End cap		

<b>Components in the Hardware Kit</b>				
<b>No.</b>	<b>Name</b>	<b>Qty.</b>	<b>Specification</b>	<b>Notes</b>
	Double open-end wrench	2	13mm*17mm	
	L-shaped Allen wrench	1	M5	
	L-shaped Allen wrench	2	M6	
	L-shaped Allen wrench	1	M4	
	L-shaped Allen wrench	2	M8	
	Open-end wrench	1	35mm	
31	Hex head screw	2	M10*P1.5*L30	
	Spring washer	2	M10	
	Washer	2	D21*d10.5*t1.5	

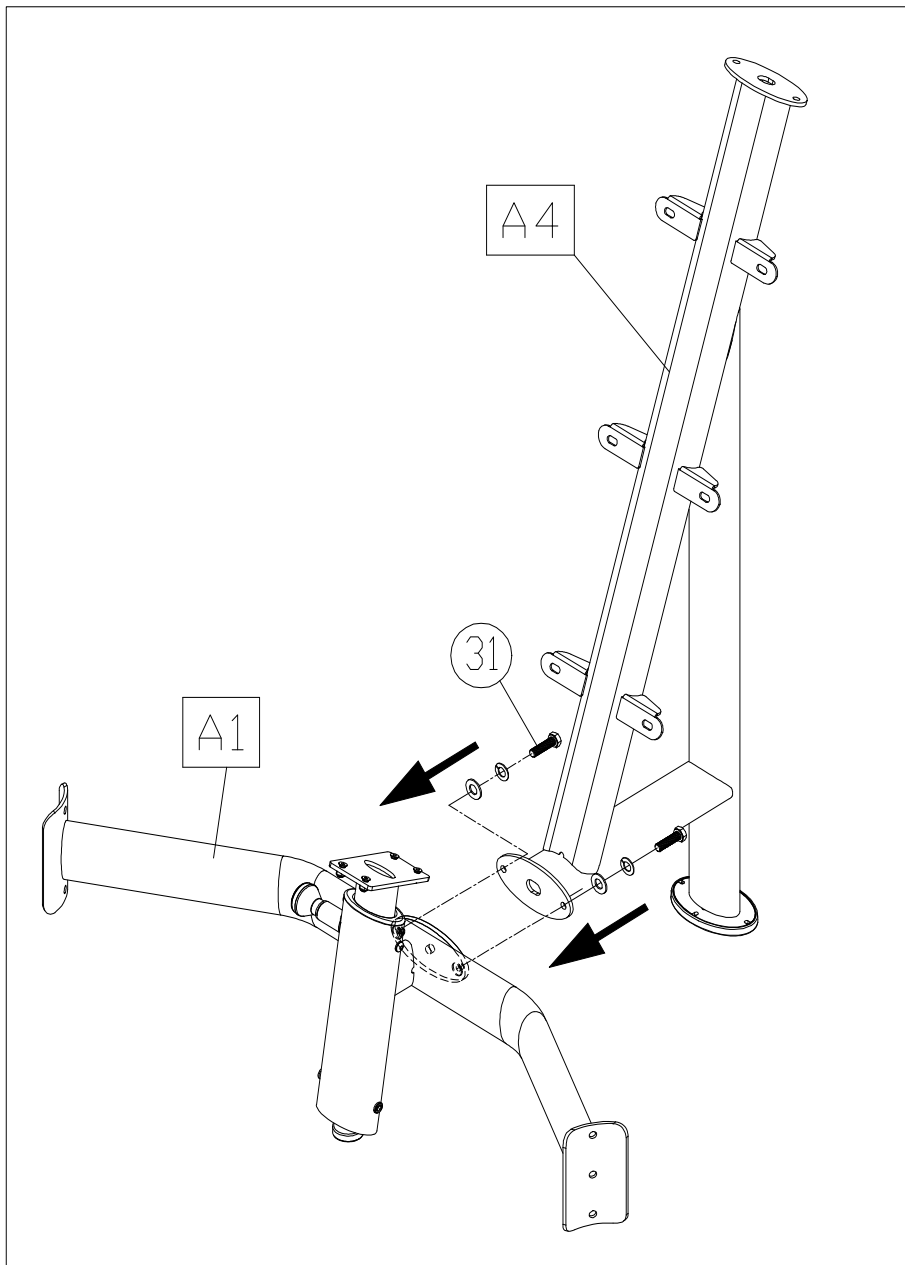
<b>Components in the Hardware Kit</b>				
<b>No.</b>	<b>Name</b>	<b>Qty.</b>	<b>Specification</b>	<b>Notes</b>
32	Nylon hex lock nut	2	M10	
	Washer	4	D21*d10.5*t1.5	
	Spring washer	2	M10	
	Hex head screw	2	M10*P1.5*L30	
33	Floor fixing bracket	1		

## 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 Lower Connector and Seat Frame

Follow instruction below to install the lower connector and the seat frame. Attach the seat frame (A4) to the lower connector (A1), and then secure the assembly with screws (31).

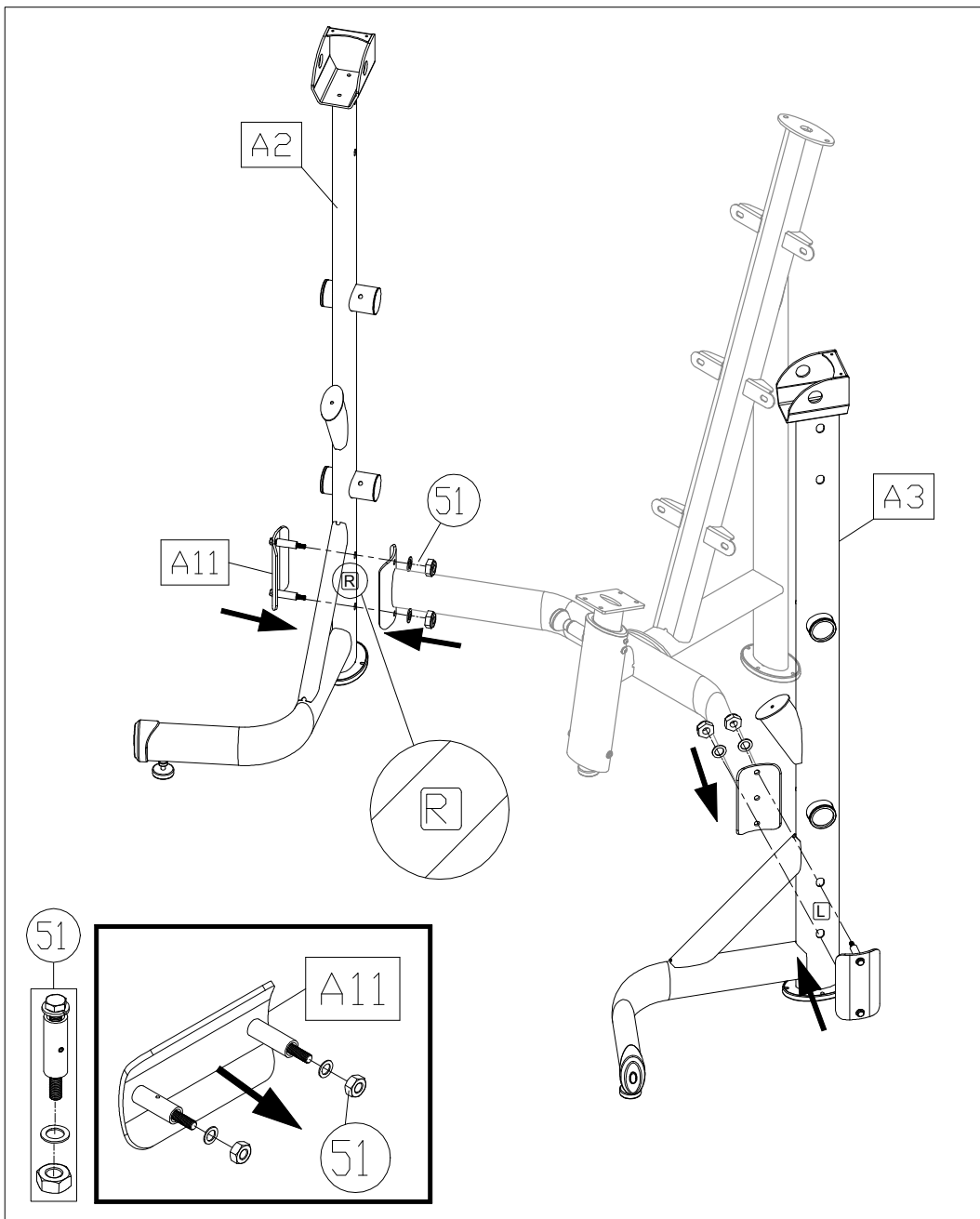


## STEP 2 Install the Left/Right Frame

Follow instructions below to install the left/right frame.

First, remove nuts (51) from the curved connecting plate (A11) and align the left/right frame (A2) (A3) to the holes in the lower connector (A1), then loosely secure the assembly with the curved connecting plate (A11) and nuts (51) as shown. Do not tighten nuts.

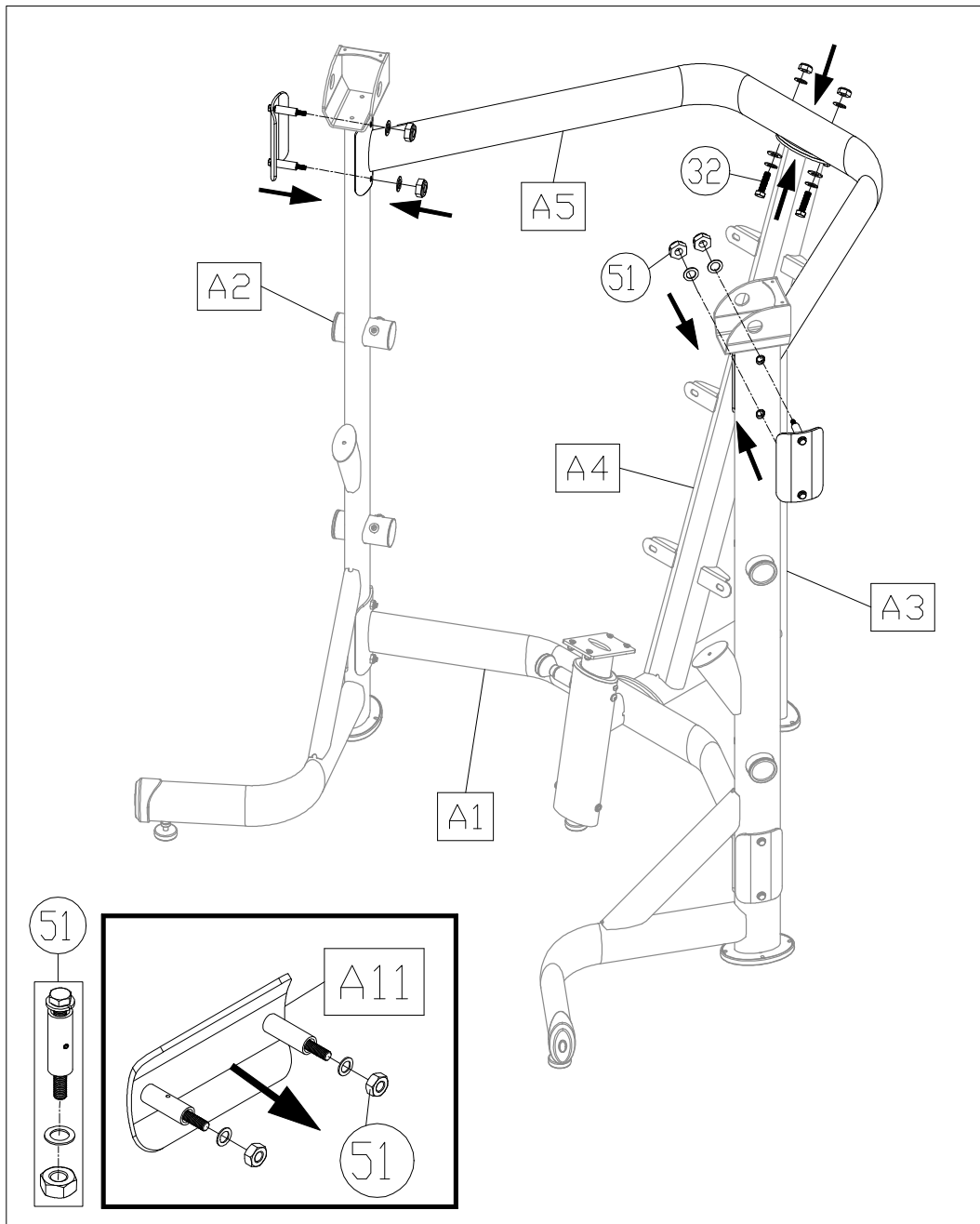
*(Note: The left/right frame (A2) (A3) are marked "L" for left or "R" for right. Make sure they are installed properly.)*



### STEP 3 Install the Upper Connector

Follow instructions below to install the upper connector.

First, remove nuts (51) from the curved connecting plate (A11) and align the left/right frame (A2) (A3) to the holes in the upper connector (A5), then loosely secure the assembly with the curved connecting plate (A11) and nuts (51) as shown. Do not tighten nuts. And then secure the upper connector (A5) to the seat frame (A4) with screws (32) as shown.



## STEP 4 Install the Left/Right Handles

Follow instructions (a) through (b) below to install the left/right handles.

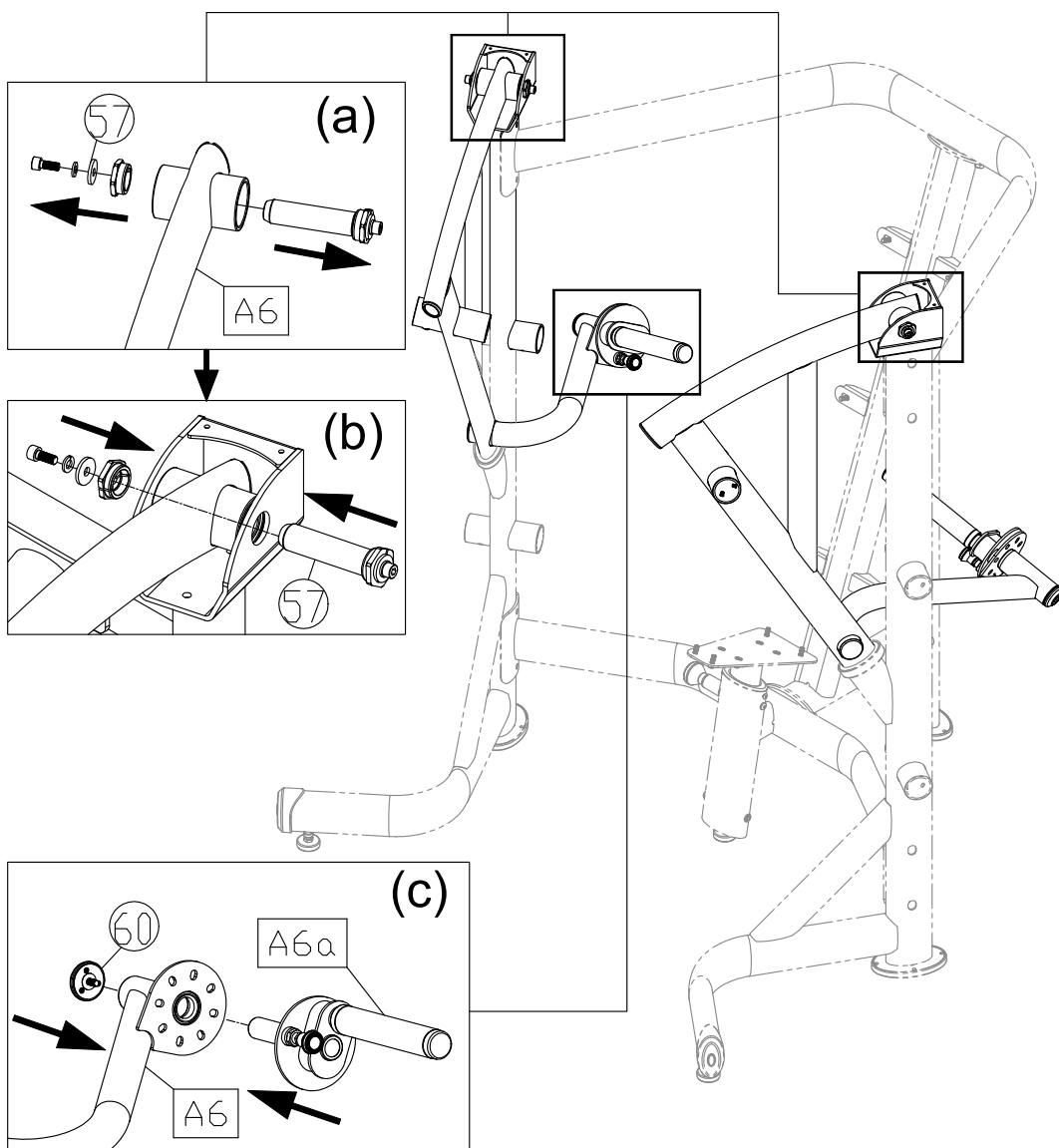
(a) First remove screws (57) from the left/right handles (A7) (A6).

(b) Align the right handle (A6) to the holes in the right frame (A2), and then secure the assembly with screws (57) as shown.

*(Note: Follow the same instructions to install the left handle (A7).)*

(c) Remove the end cap (60) from the right selector plate (A6a) and align the right selector plate (A6a) to the hole in the right handle (A6) and then secure the assembly with the end cap (60) as shown.

*(Note: Follow the same instructions to install the left selector plate (A7a).)*



## STEP 5 Install the Seat Cushion

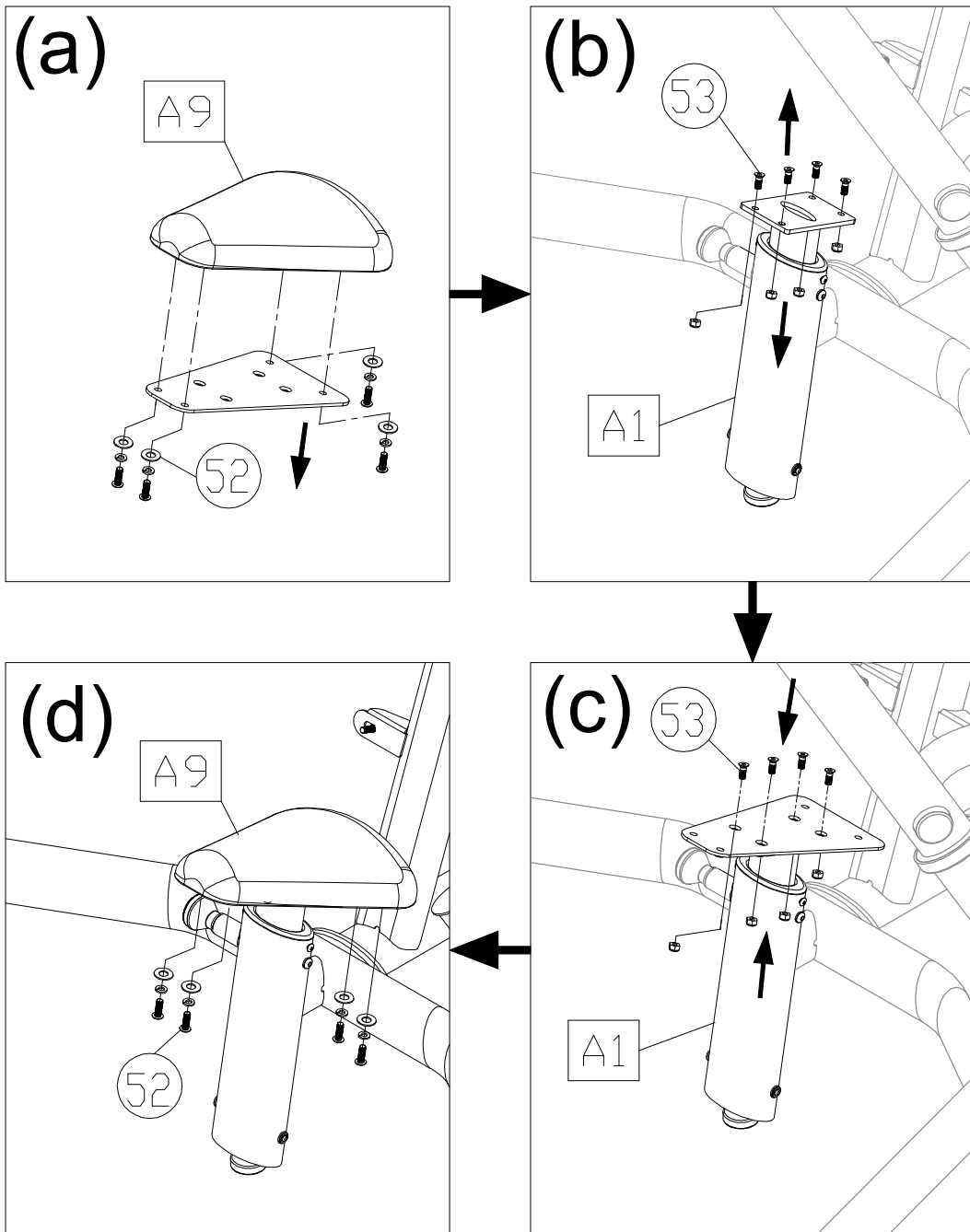
Follow instructions (a) through (d) below to install the seat cushion.

(a) First, remove screws (52) from the seat cushion (A9).

(b) Remove screws (53) from the lower connector (A1).

(c) Attach the seat cushion plate from the seat cushion (A9) onto the lower connector (A1), and then secure the assembly with screws (53).

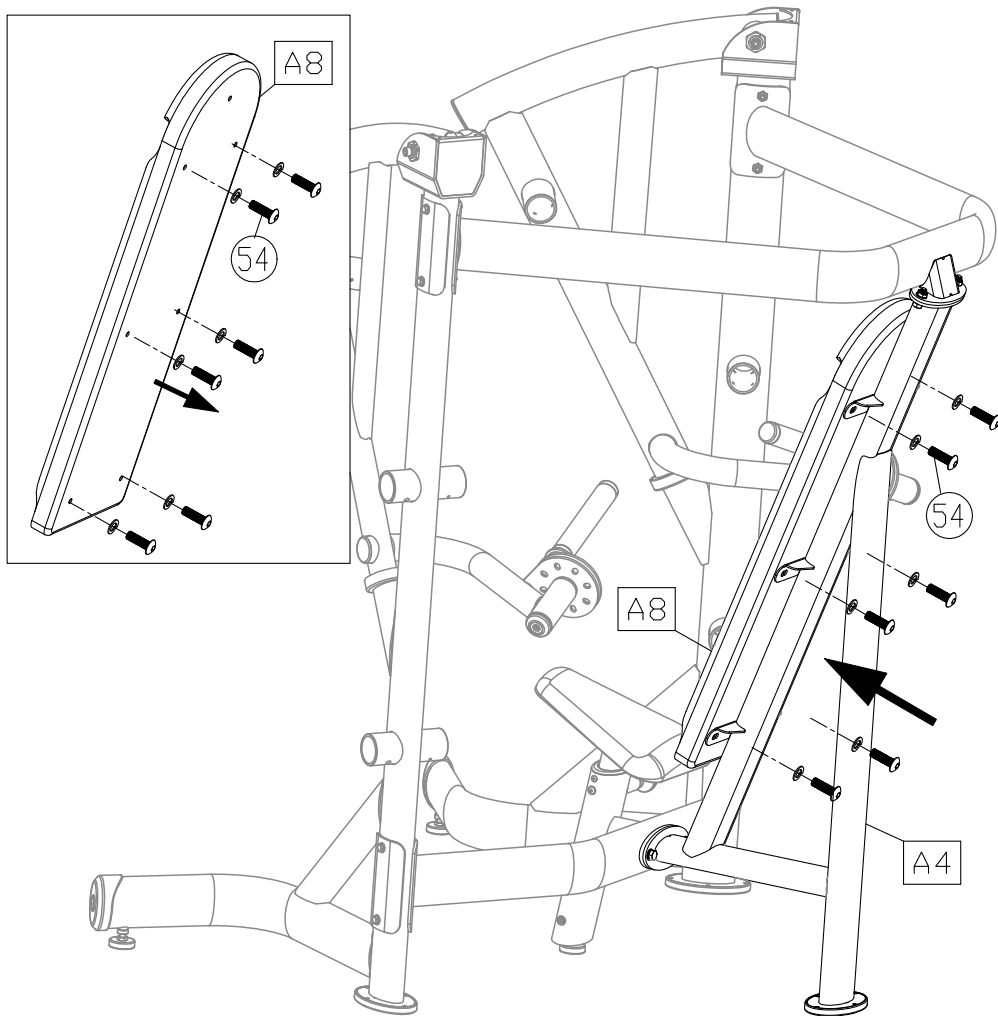
(d) Finally, attach the seat cushion (A9) onto the seat cushion plate, and secure the assembly with screws (52).



## STEP 6 Install the Back Cushion

Follow instruction below to install the back cushion.

First, remove screws (54) from the back cushion (A8) and align the back cushion (A8) to the holes in the seat frame (A4), then secure the assembly with screws (54) as shown.



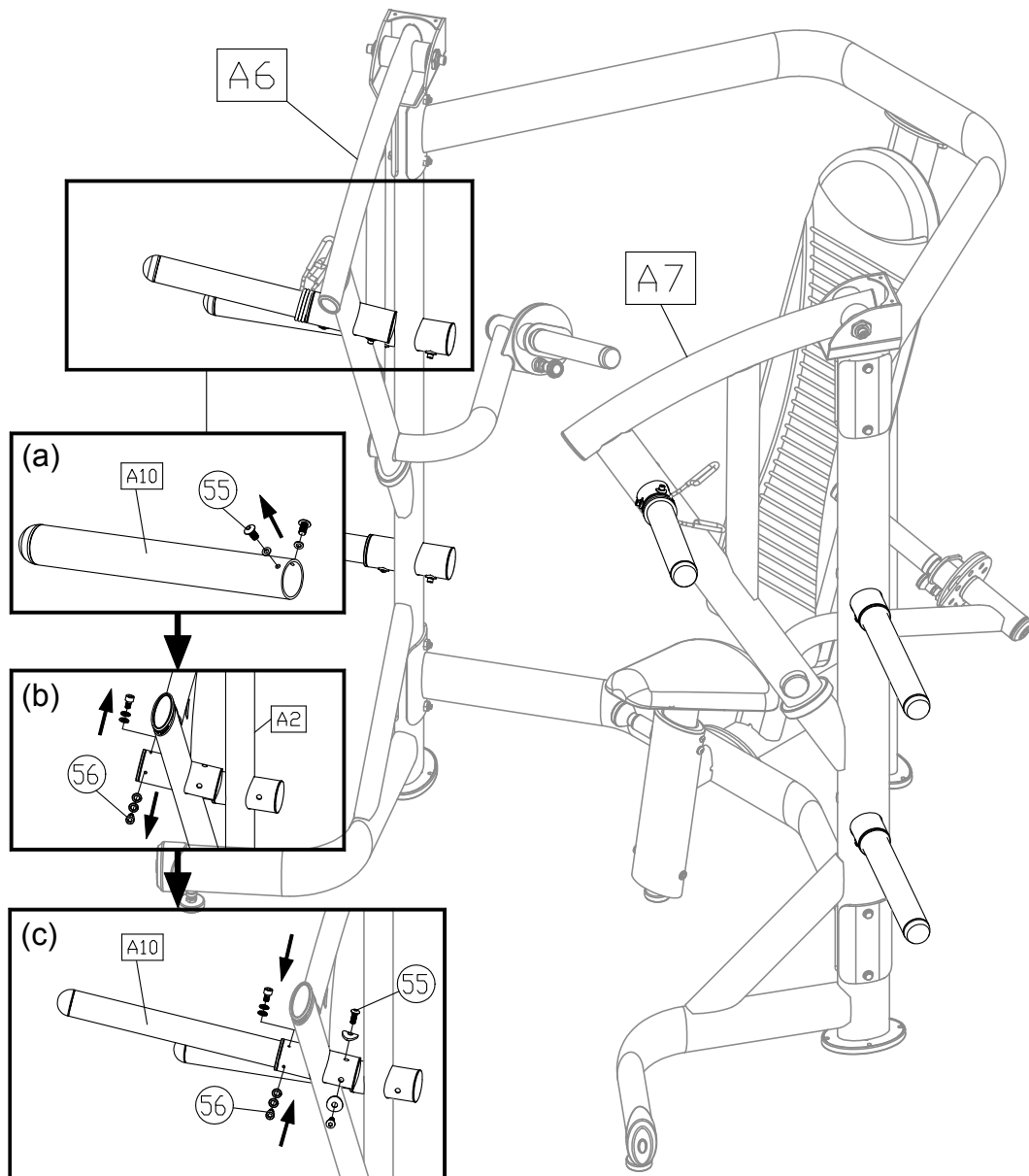
## STEP 7 Install the Weight Plate Pegs

Follow instructions (a) through (c) below to install the weight plate pegs.

(a) First, remove screws (55) from the weight plate pegs (A10).

(b) Loosen screws (56) from the front of the left/right handles (A6) (A7) and then install the weight plate pegs (A10) onto the left/right handles (A6) (A7) and secure them with screws (55).

(c) Finally, tighten all screws.

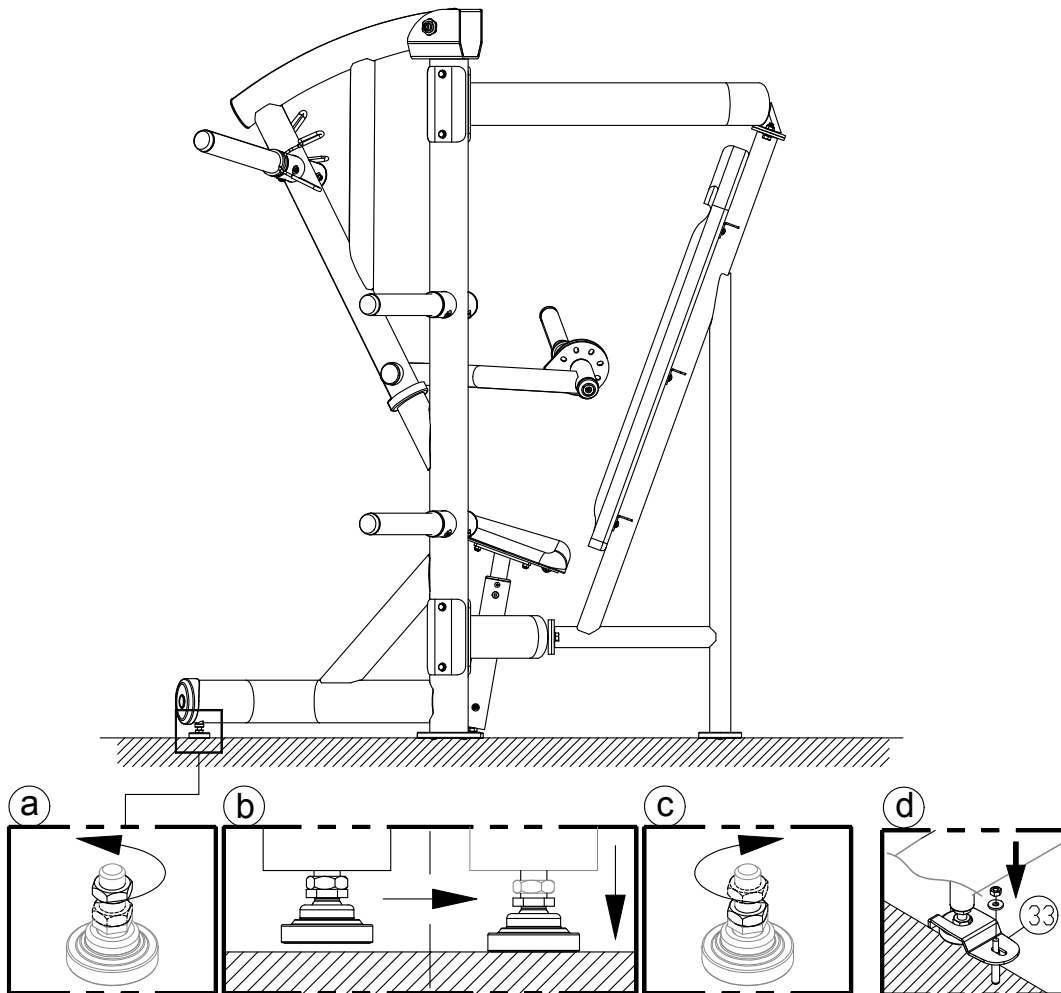


## STEP 8 Level and Secure the Unit

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

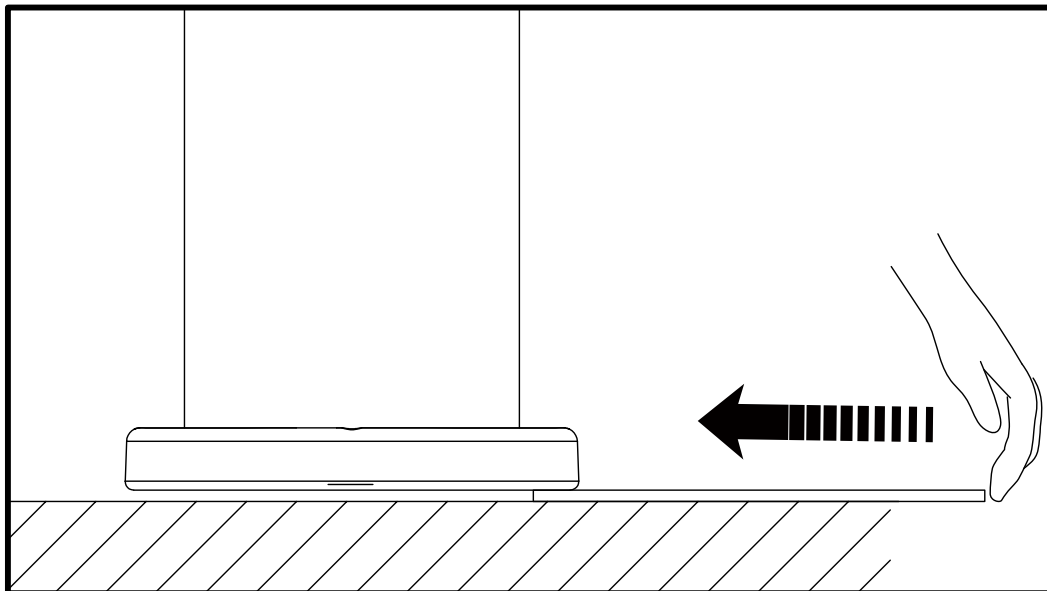
- (a) Rotate the set screw to allow adjustment of the leveler foot.
- (b) Rotate the leveler foot downward against the floor.
- (c) Rotate the set screw upward against the frame to secure this position.
- (d) Secure the floor fixing bracket (33) to the floor with the floor fixing bolt, nut and washer 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.)*



### **STEP 8** Level and Secure the Unit (Continued)

If the product is installed on an uneven surface to cause the instability of the product, place the support spacer under the foot pad to make sure its stability. (A few support spacers are provided in the packaging of this product.)



## **STEP 9** Unit Inspection

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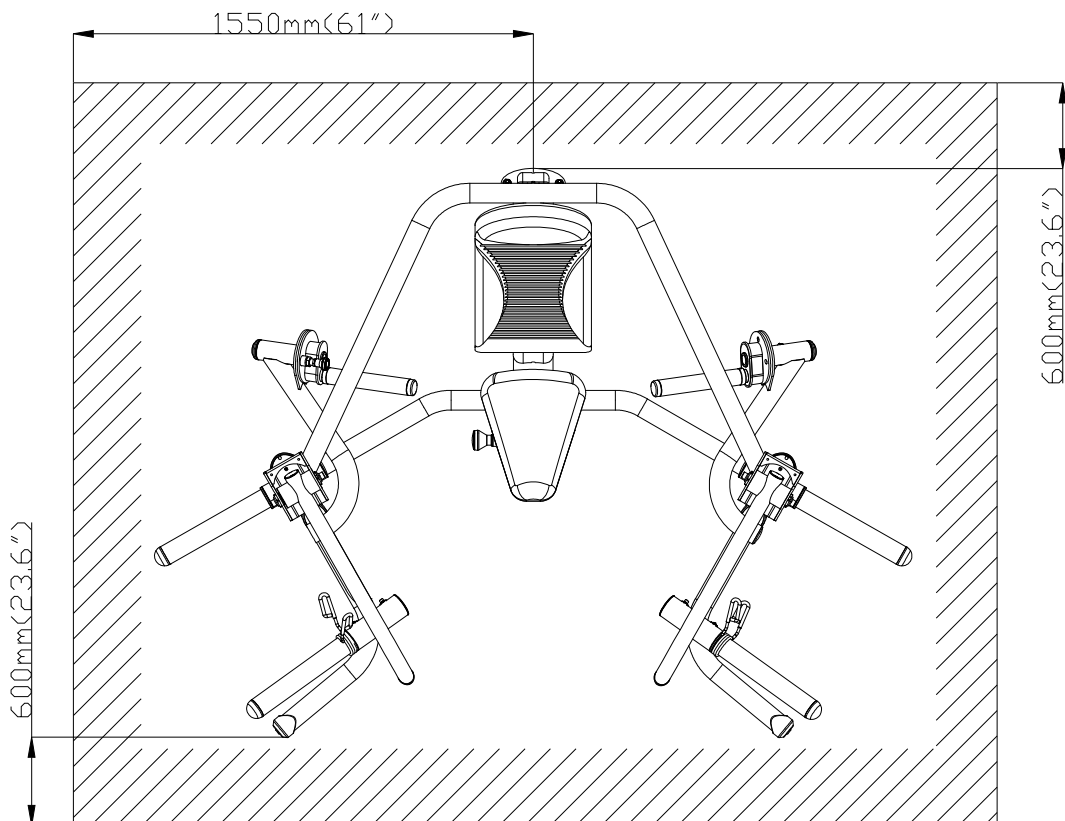
After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (a) Make sure the unit is steady and on a level surface. If the unit is not steady, make adjustments according to the instructions “Level the Unit” of this manual.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Please follow operating instructions to test operation and confirm that the equipment is working properly. (Please refer to “Operate the Product” of this manual.)

## 5. OPERATE THE PRODUCT

### OPERATION Safety Operating Area

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



## **OPERATION** Operate the Product

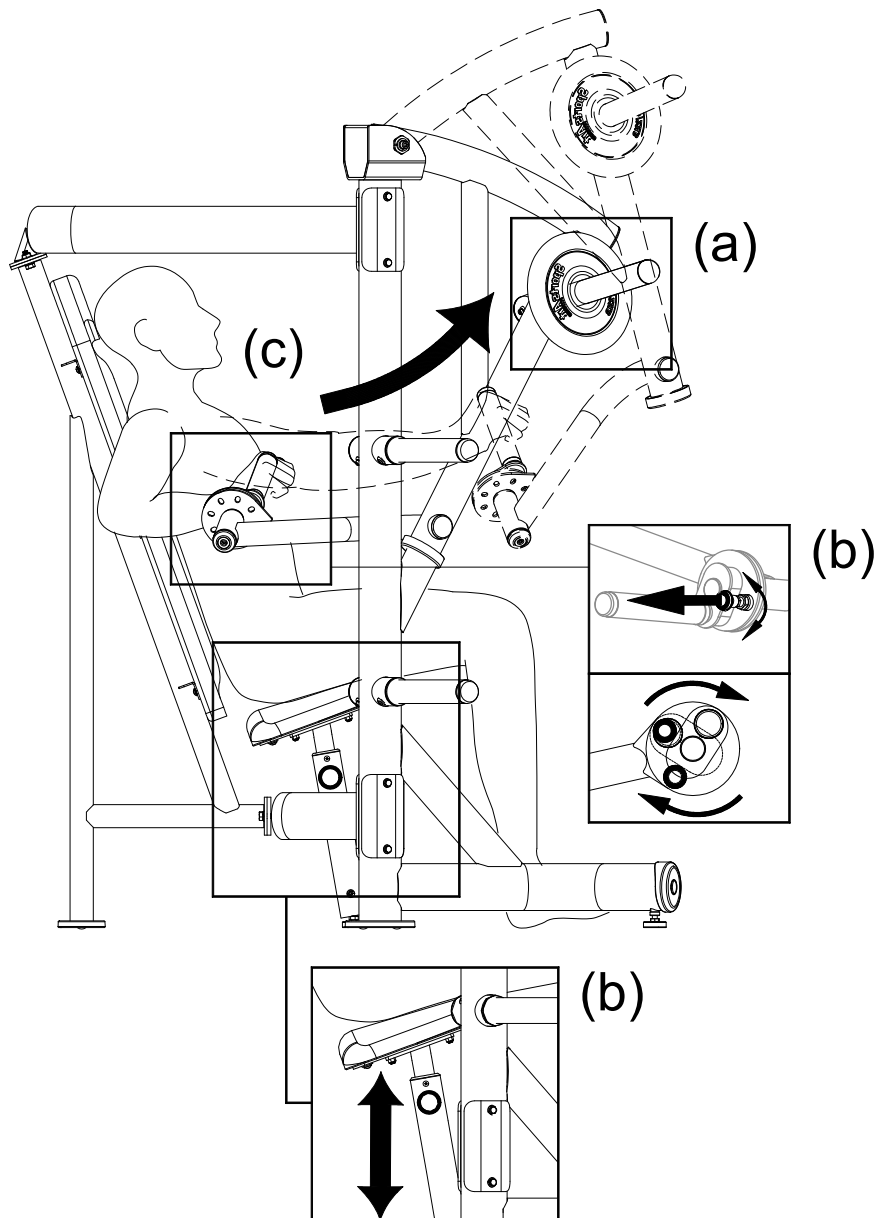
- (a) Select the appropriate weight plates placed on both sides of the weight plate pegs, and then secure the weight plates with set springs.
- (b) Adjust the seat cushion and the handles to the most comfortable position.  
(\*Pull out the knob on the right/left selector plate (A6a) (A7a). You can rotate and secure the handles for use within a 360-degree range.)
- (c) Inhale while pulling the handles to your waist, exhale slowly back to the original position.

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

\* *Weight limit: Weight plate limit of 250Kg (Unilateral 125Kg)*

\* *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.

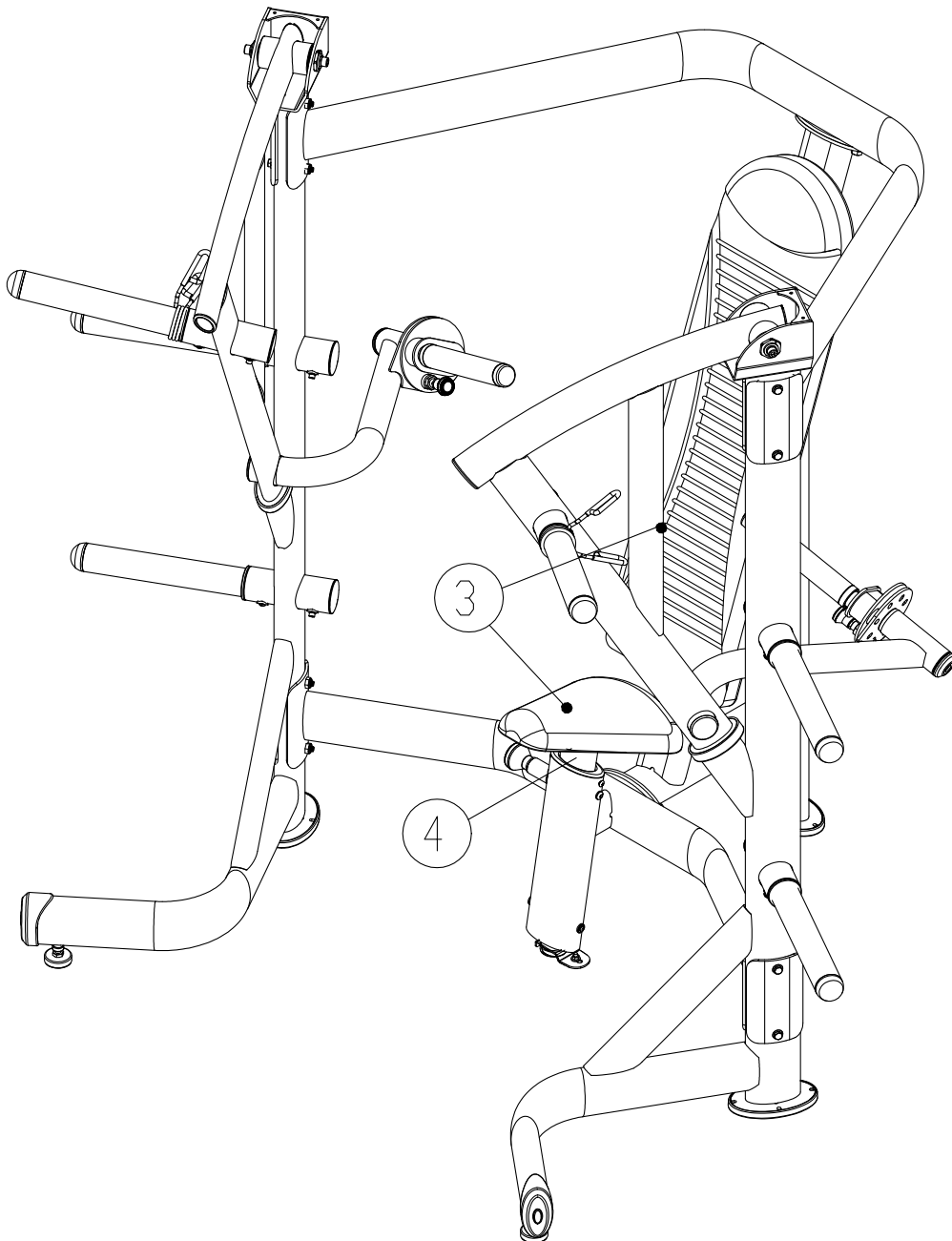
### **MAINTENANCE Safety Precautions**

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- Please follow standard safety precautions when servicing this product.
- Do NOT use a water 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 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 are not 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. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.

## 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	Extension tube				•		Clean and lubricate.



## **MAINTENANCE** Task List

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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 the extension tube.

### **Caution**

- Please follow standard safety precautions when servicing 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.

## **7. CONSIGNES DE SÉCURITÉ (SUITE)**

- 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. APPENDIXES

## APPENDIXES Exploded Diagrams

Note: We reserve the right to revise the following diagrams at any time without notice to notify any person of such revisions. Please visit our official website [www.gosportsart.com](http://www.gosportsart.com) for the latest version.

When needs to change old left handle 401 or right handle 413, please send whole set of new left/right handle 401A/413A together with handle adjustment set A 425 and handle adjustment set B 426. (S/N:0332873-0332902)

OLD → NEW

CHANGE DATE	CHANGE DESCRIPTION	CHANGE NO.	NAME		DRAWN BY	UNITS	SALES BLOW UP DIAGRAM NO.	DIAGRAM NO.
				<b>RESTRICTED USAGE,</b> <b>PLEASE FORWARD TO ARIANE WHO ISNT AUTHORIZED</b>		1	XX	XXX
						B0		A978
						1:17		

**Your Authorized Distributor**