

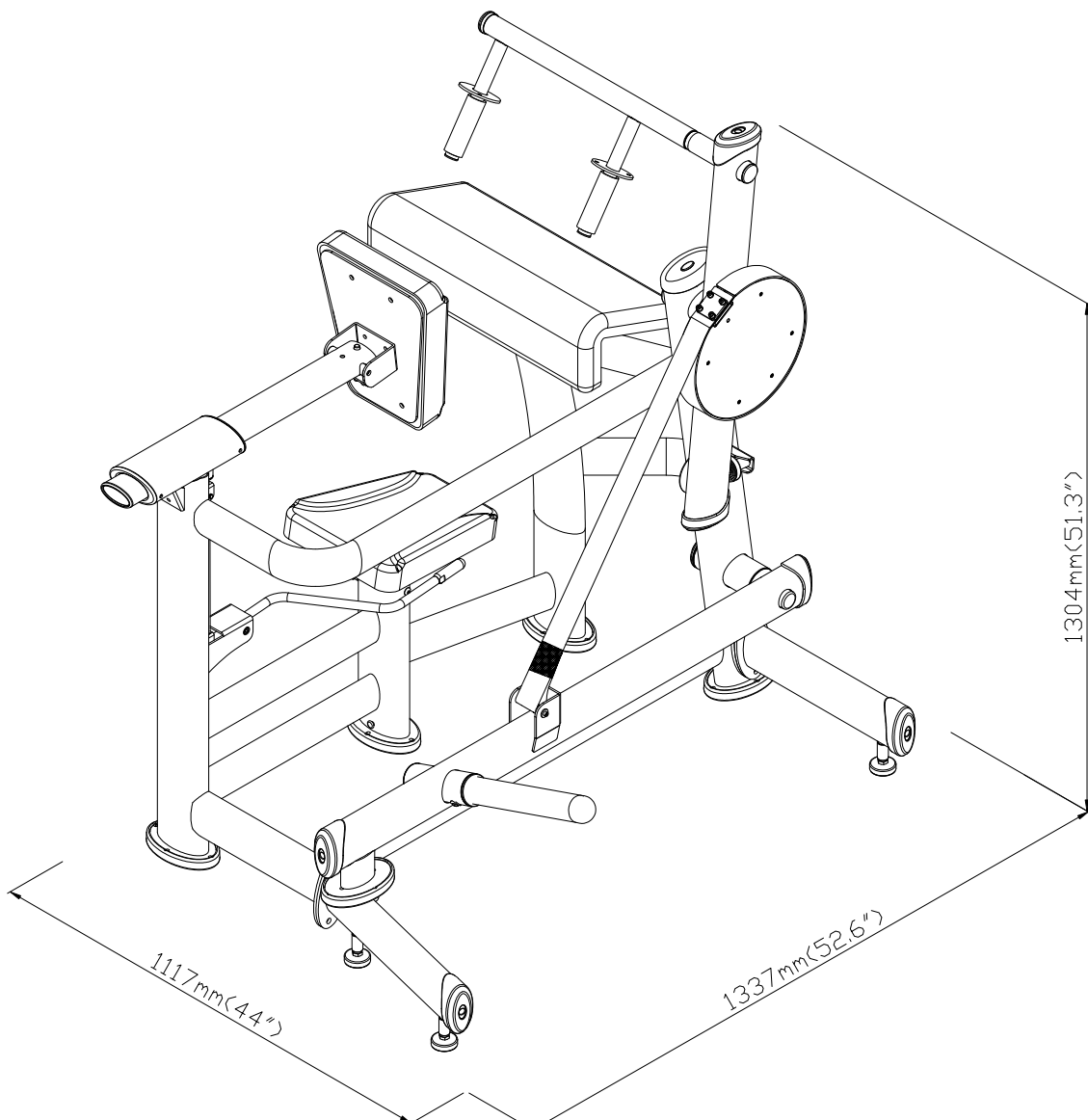
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1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the A980 arm Extension 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:

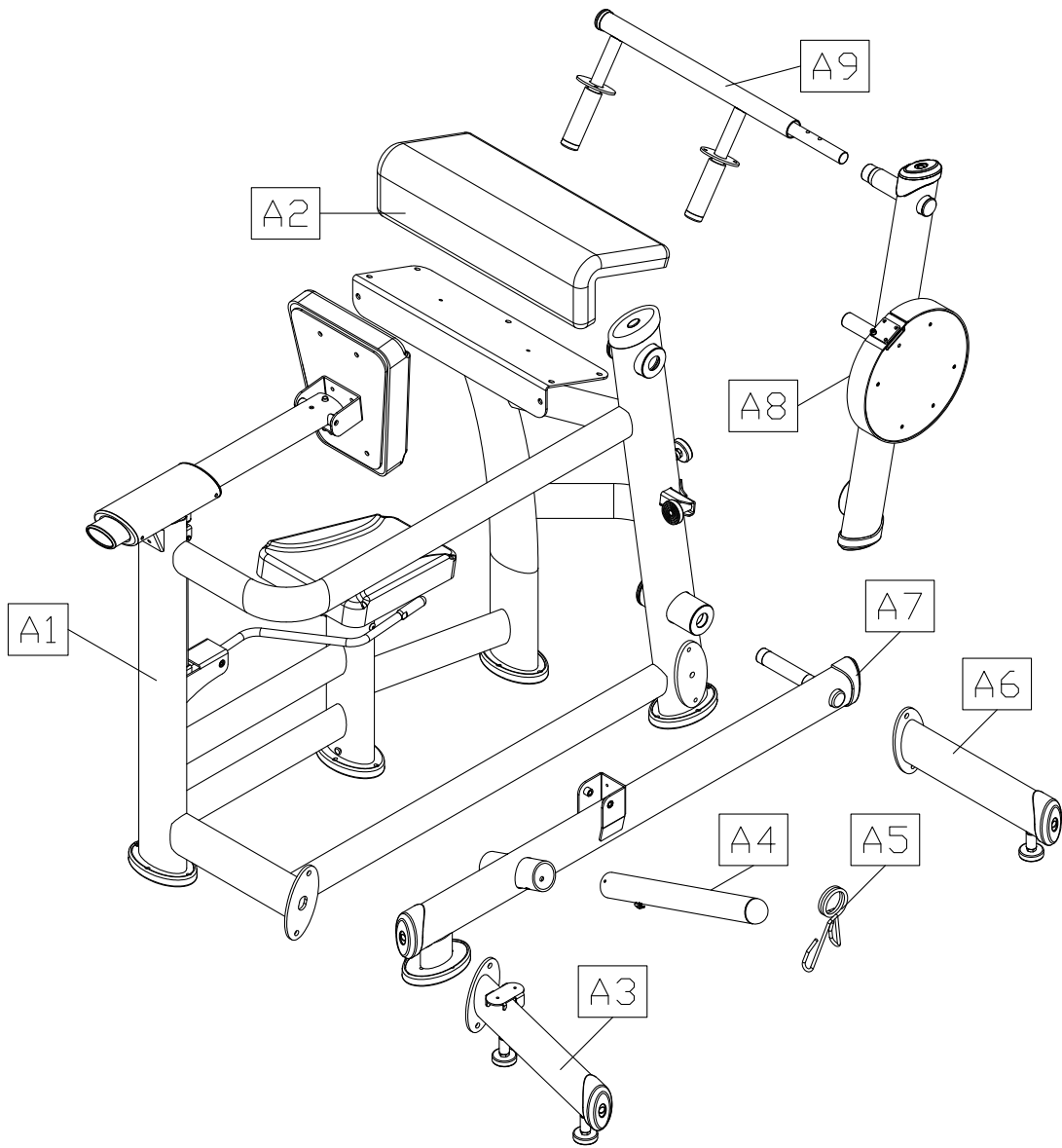
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. 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 ages 12 or younger should be supervised to ensure that they do not play on or near the product.
- 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.
- The user weight limit for this product is 227 kg (500 lb).
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.

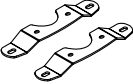

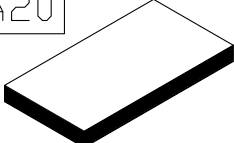
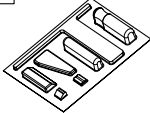
CAUTION: If you feel any pain or any abnormal sensations, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a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

Over exercise may result in serious injury or death. If you feel faint, stop exercising immediately.

*NOTE: Each machine provides a different resistance ratio of weight stack.

3. LIST OF PARTS



<p>A18</p> 	<p>A19</p> 	<p>A20</p> 	<p>A21</p> 
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Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A8	Force bar	1
A2	Arm cushion	1	A9	Handle	1
A3	Rear support frame	1	A18	Ground fixing bracket	2
A4	Weight plate peg	1	A19	U bracket	2
A5	Set spring	1	A20	Owner's manual	1
A6	Front support frame	1	A21	Hardware kit	1
A7	Load bar	1			

Components In the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Hex screw	2	M10*P1.5*L35	
	Spring washer	2	M10	
	Washer	4	D16*d10.2*t1.0	
	Nylon hex nut	2	M10	
11	Hex screw	2	M10*P1.5*L35	
	Spring washer	2	M10	
	Washer	2	D19*d10.2*t3	
12	Washer	2	D63*d30.5*t1.0	
13	φ 65 End cover	2		
14	Axle	1	φ D8*L71	
	Bushing	2	φ D15*d8.1*L15	
	Washer	2	D16.5*d5.2*t2.0	
	Round head inner hex screw	2	M5*P0.8*L10	
	L-shaped Allen wrench	2	(M4)	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	1	(M6)	
	Open-end wrench	2	(13*17)	
	Dual-purpose screwdriver + black handle	1		

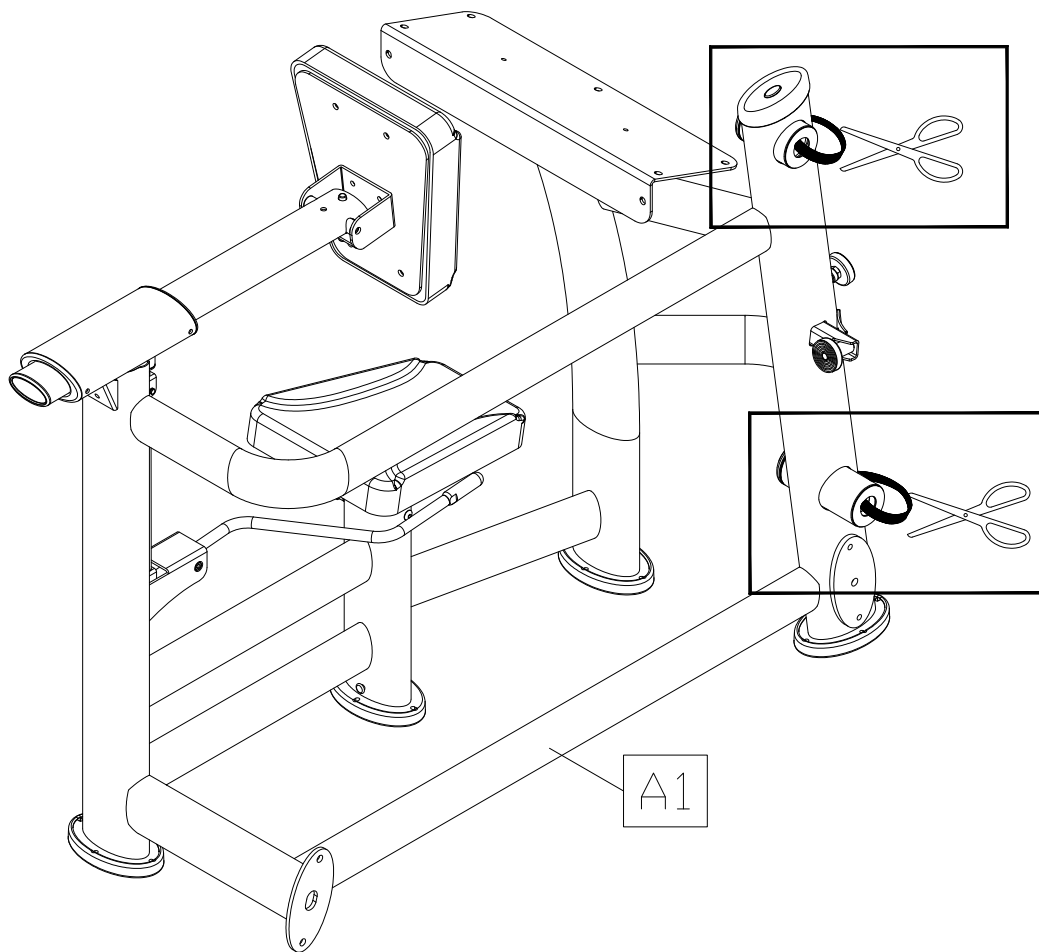
Components on the Product			
No.	Name	Specification	Notes
46	Round head inner hex screw	M8*P1.25*L20	
	Spring washer	M8	
47	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
48	Handrail washer	D20*d7*t2.0	
	Spring washer	M6	
	Round head inner hex screw	M6*P1.0*L10	
49	Handrail washer	D20*d7*t2.0	
	Mushroom top inner hex screw	M6*P1.0*L15	
50	Mushroom top philips screw	M5*0.8*L25	
	Flat washer	D13*d5.2*t1.0	

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” or “nuts” is used where washers and other hardware may be involved.

STEP 0 Prepare for Assembly

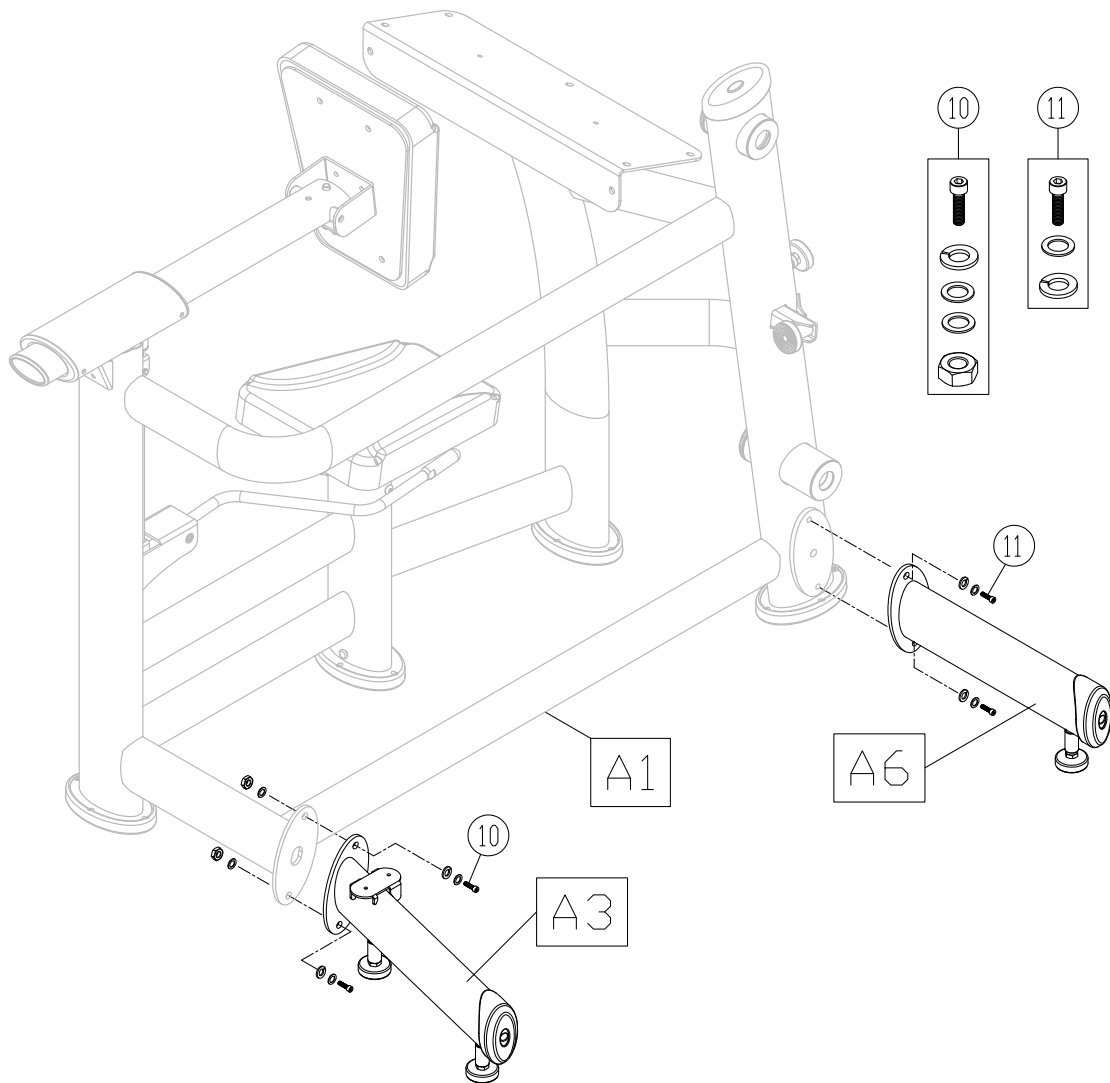
Lift the main frame (A1) upright, and cut the cable ties as shown.



STEP 1 Front & Rear Support Frames Installation

Please follow instruction (a) to install front & rear Support frames (A3)(A6).

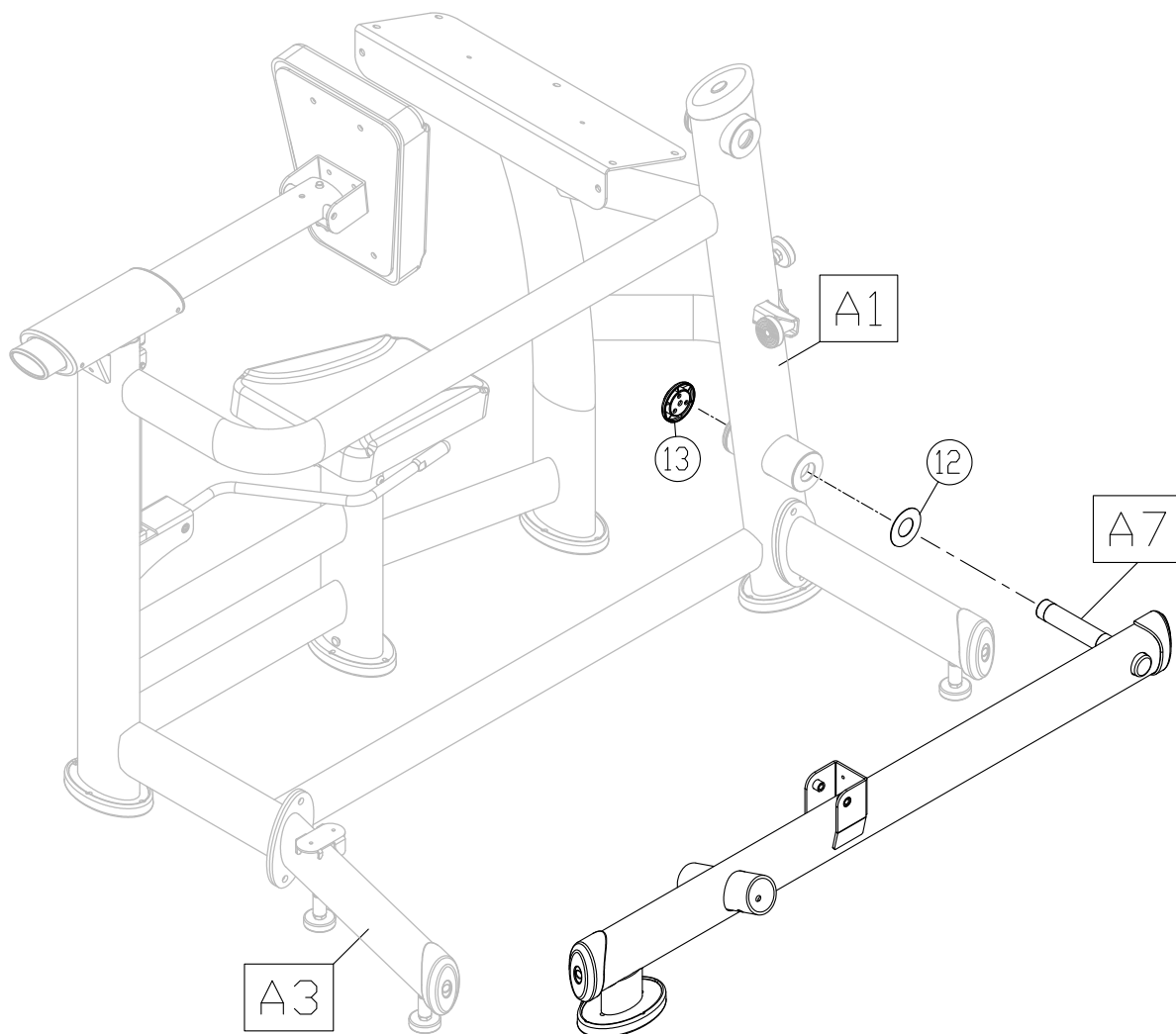
(a) Secure front & rear Support frames (A3)(A6) to the Main frame(A1) with screws(10)(11).



STEP 2 Load Bar Installation

Please follow the instructions (a) through (b) to install the load bar.

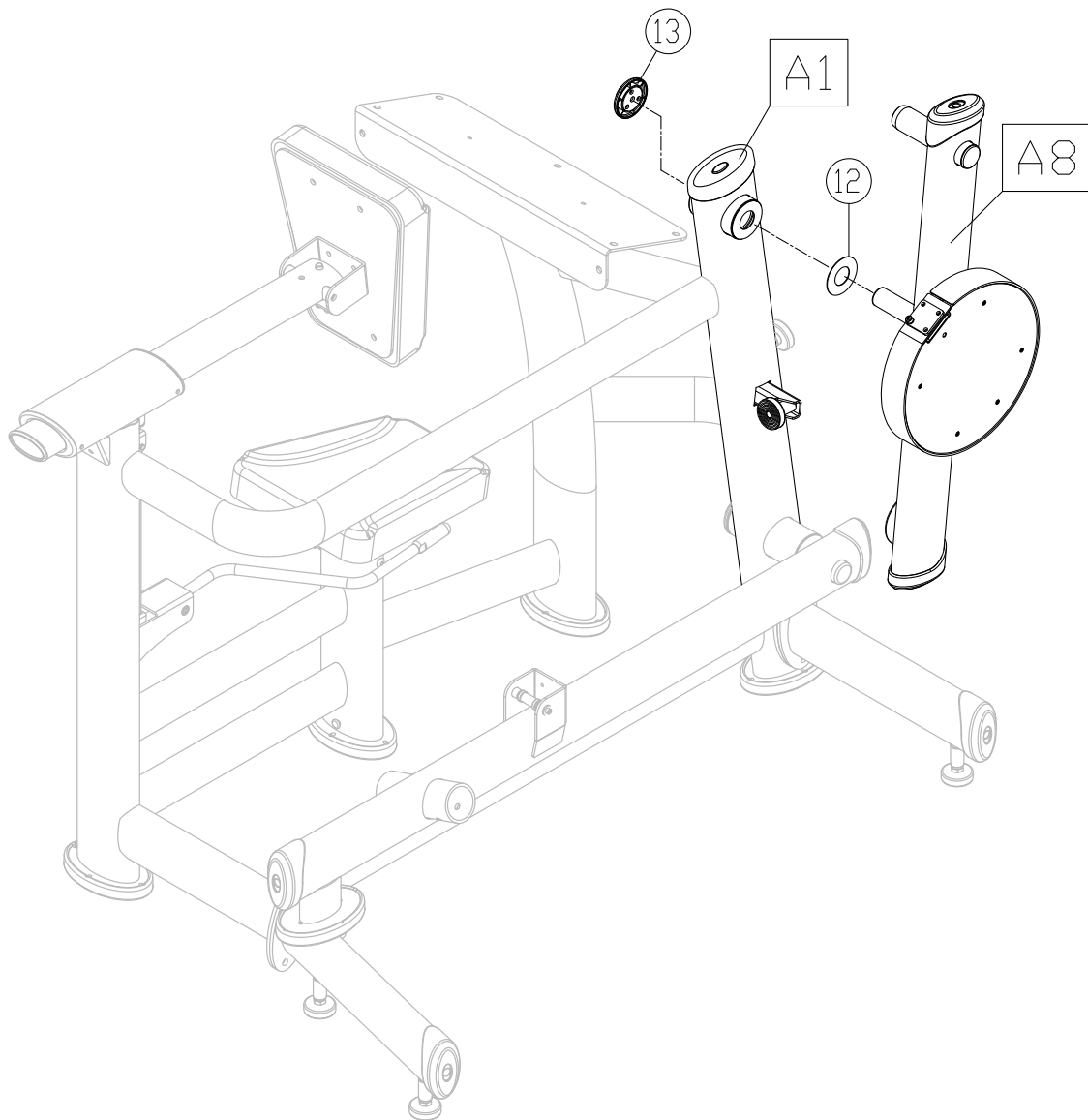
- (a) Secure the load bar(A7) to the main frame(A1) with components (12)(13).
- (b) Lay the load bar(A7) flat on the rear support frame(A3).



STEP 3 Force Bar Installation

Please follow the instruction below to install the force bar.

Secure the force bar(A8) to the main frame(A1) with components (12)(13).



STEP 4 Belt Installation

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

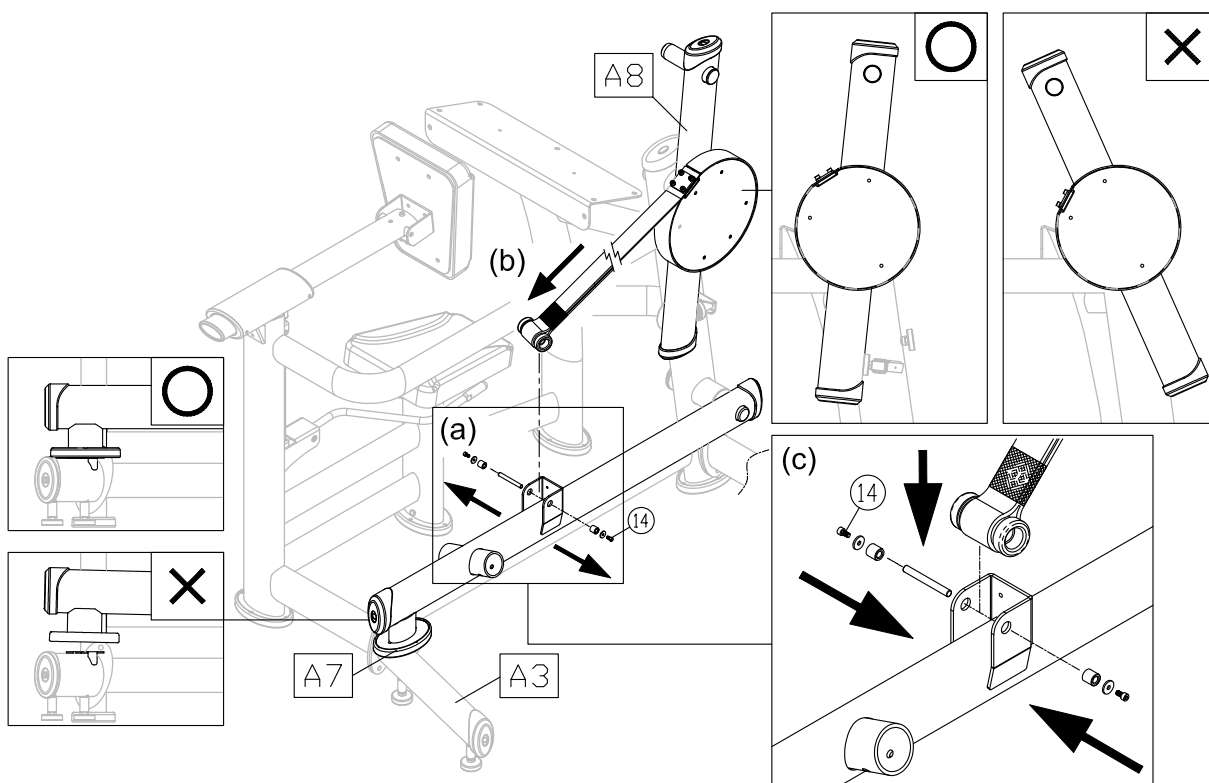
(a) Remove the axle assembly(14) from the load bar(A7).

(b) Pull out the belt from the force bar(A8).

(c) Once the belt is in place, secure it with the axle assembly(14) you just removed.

*NOTE: Pay attention to the angle and direction of force bar(A8) installation.

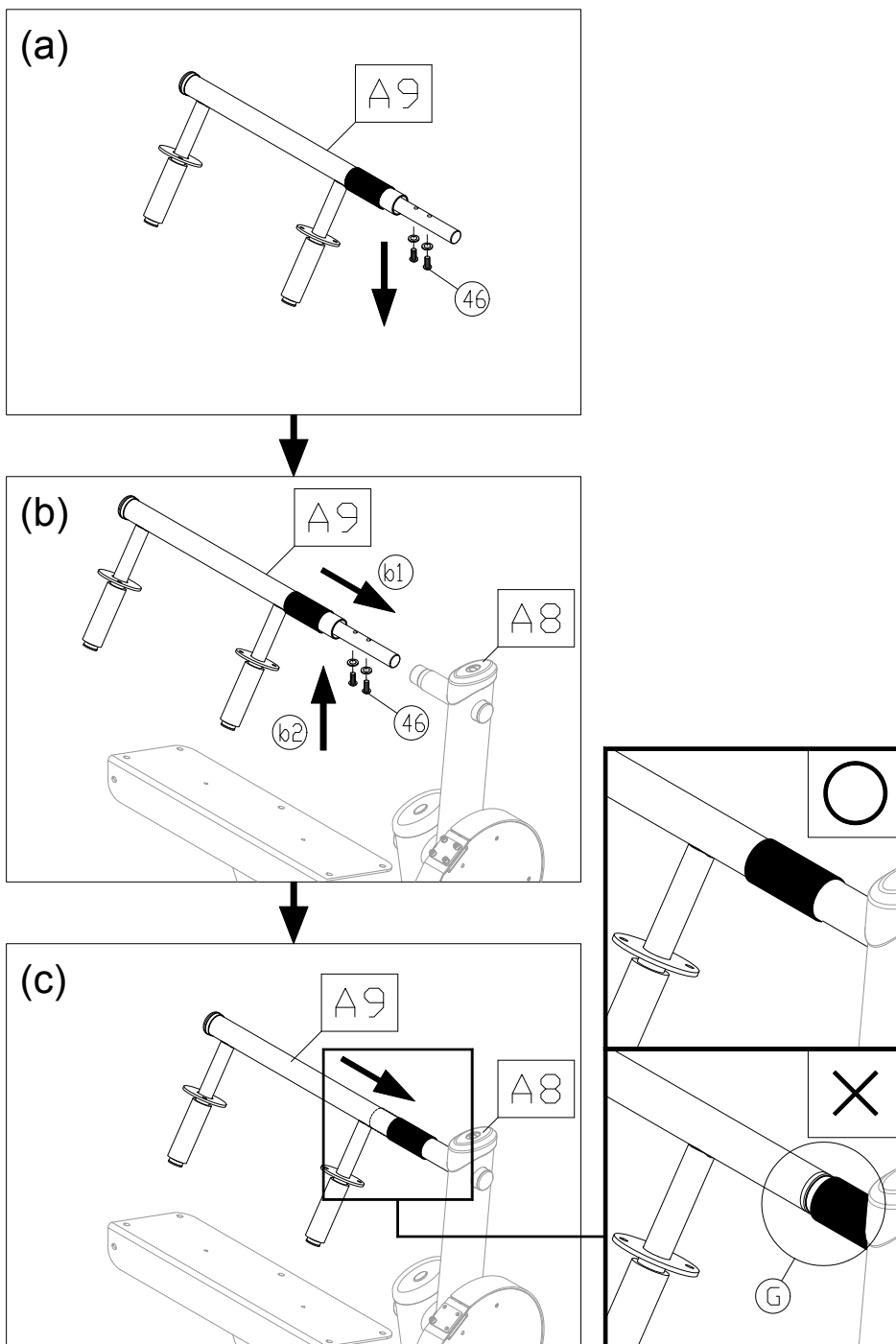
*NOTE: The load bar(A7) must be equipped with the rear support frame(A3).



STEP 5 Handle Installation

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

- (a) Loosen and remove the screws(46) from the handle(A9).
- (b) Place the stem of the handle (A9) on the right and insert it into the handle mount onto the rotator. Secure the screws(46) on the handle from the bottom up.
- (c) Finally, push the handle toward the rotator, fully covering stopper (G) as shown.

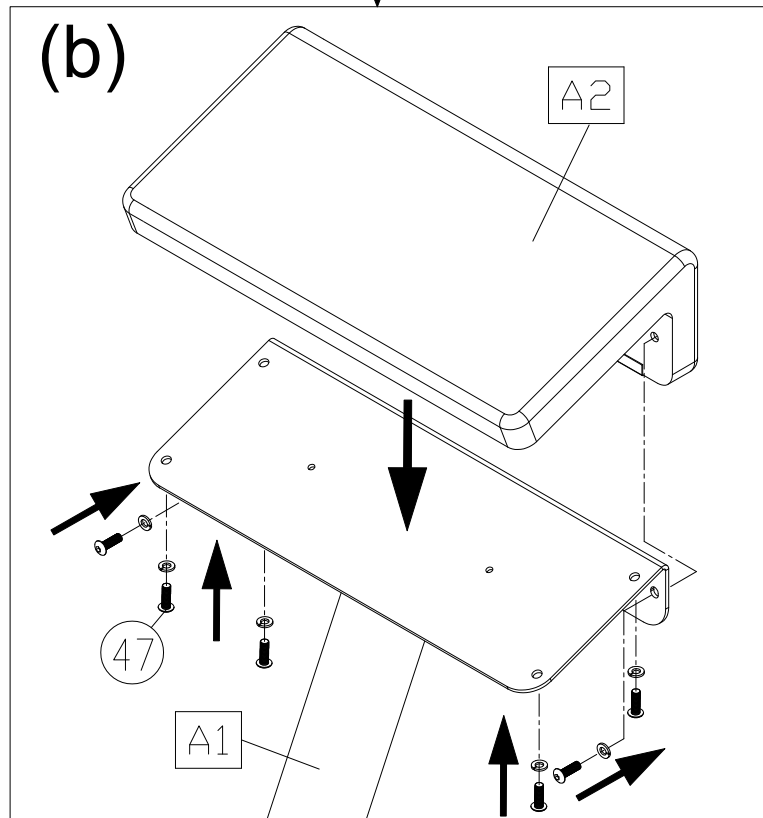
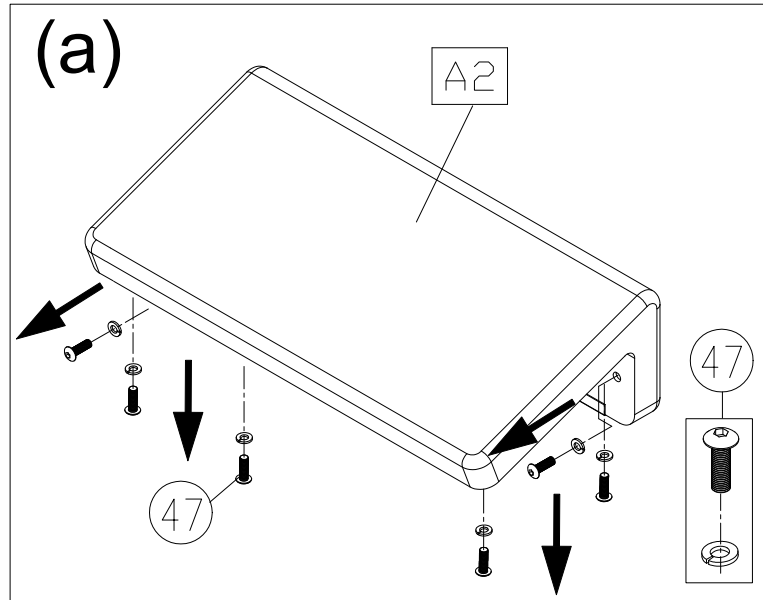


STEP 6 Arm Cushion Installation

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

(a) Loosen and remove the screws(47) from the arm cushion(A2).

(b) Set the arm cushion (A2) on the main frame (A1). Align holes and secure the assembly with the screws (47).



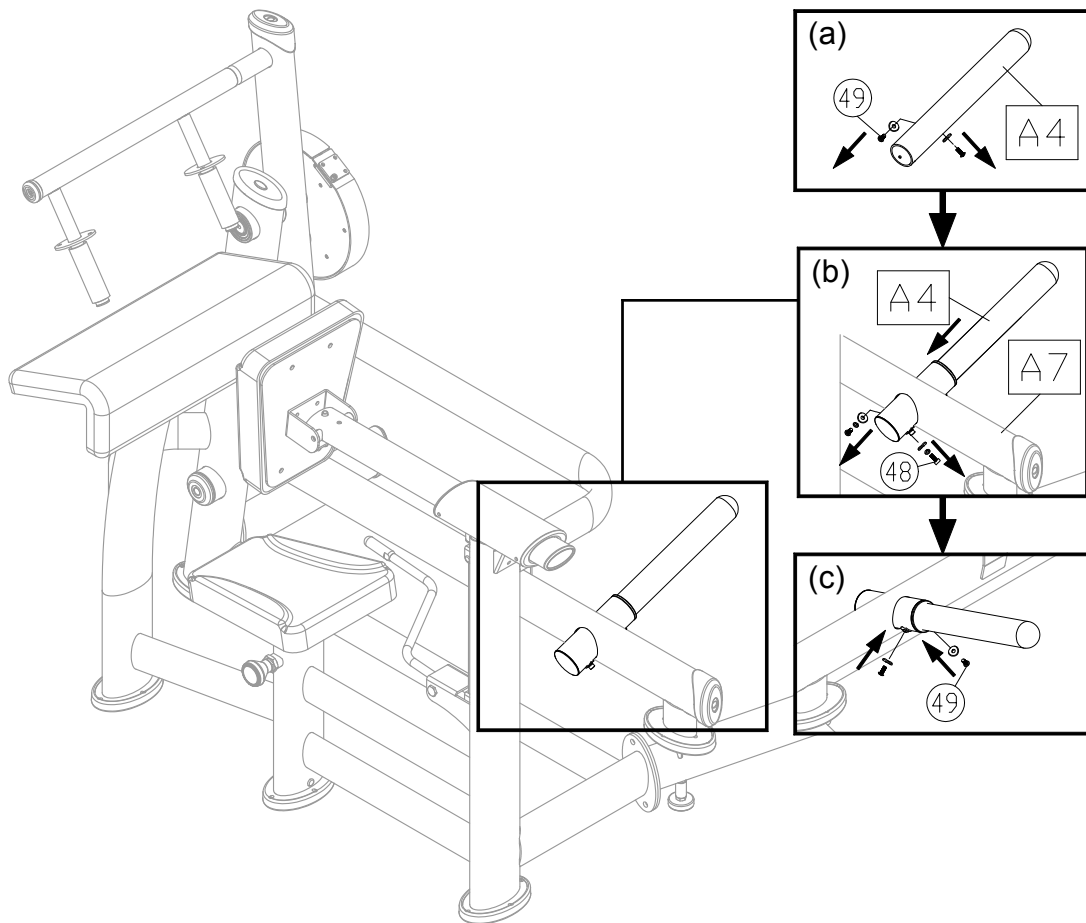
STEP 7 Weight Plate Peg Installation

Please follow the instructions (a) through (c) to install the weight plate peg(A4).

(a) Remove screw(49) from the weight plate peg(A4).

(b) Loosen the screw(48) on load bar(A7), and insert the weight plate peg(A4) as shown.

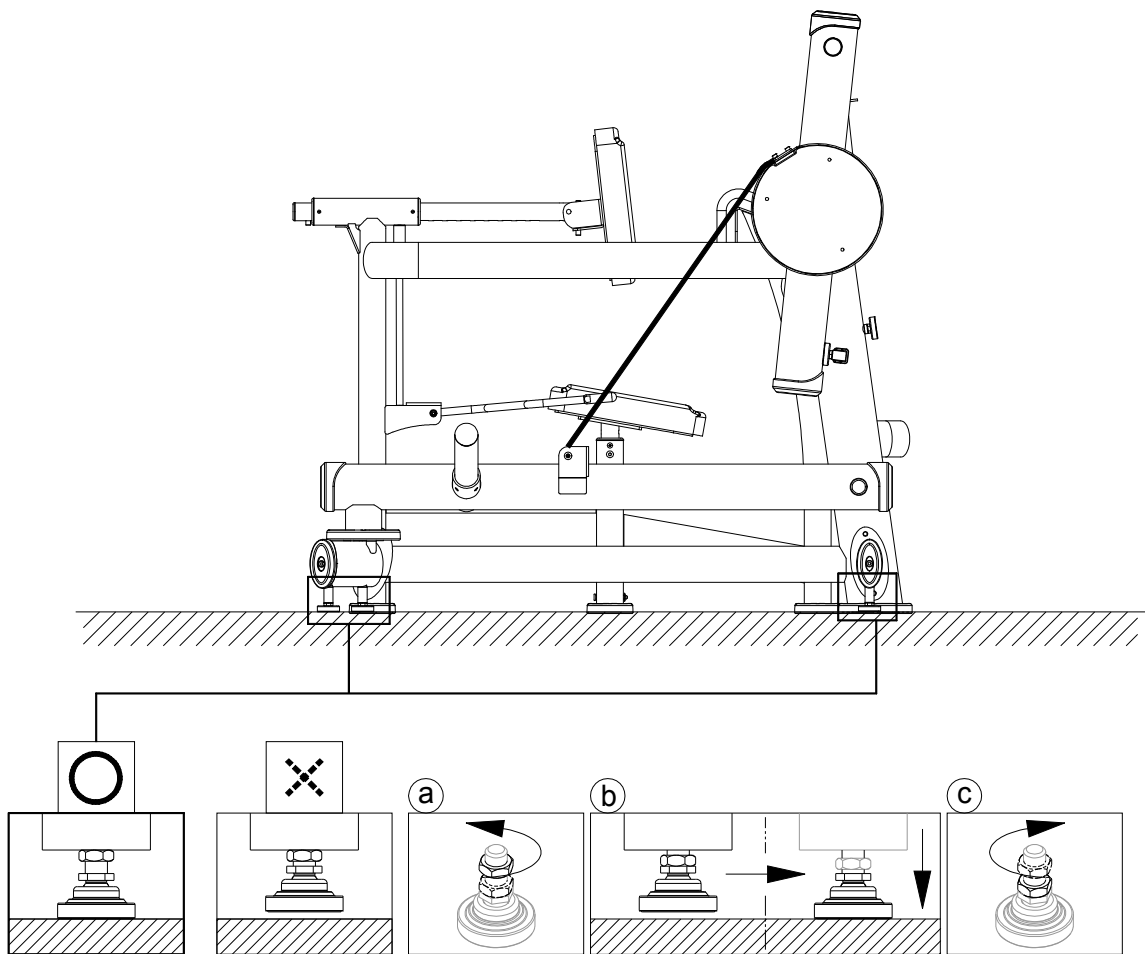
(c) Finally, tightly secure the screws(48)(49).



STEP 8 Level the Equipment

Press on the rear part of the equipment. Inspect whether the equipment is stable and level on the ground. If not, please follow the instructions to level the equipment.

- (a) First, loosen the leveler nut.
- (b) Rotate each leveling foot downward until it contacts the surface.
- (c) Secure the leveler screw against the frame of the equipment to secure this position.

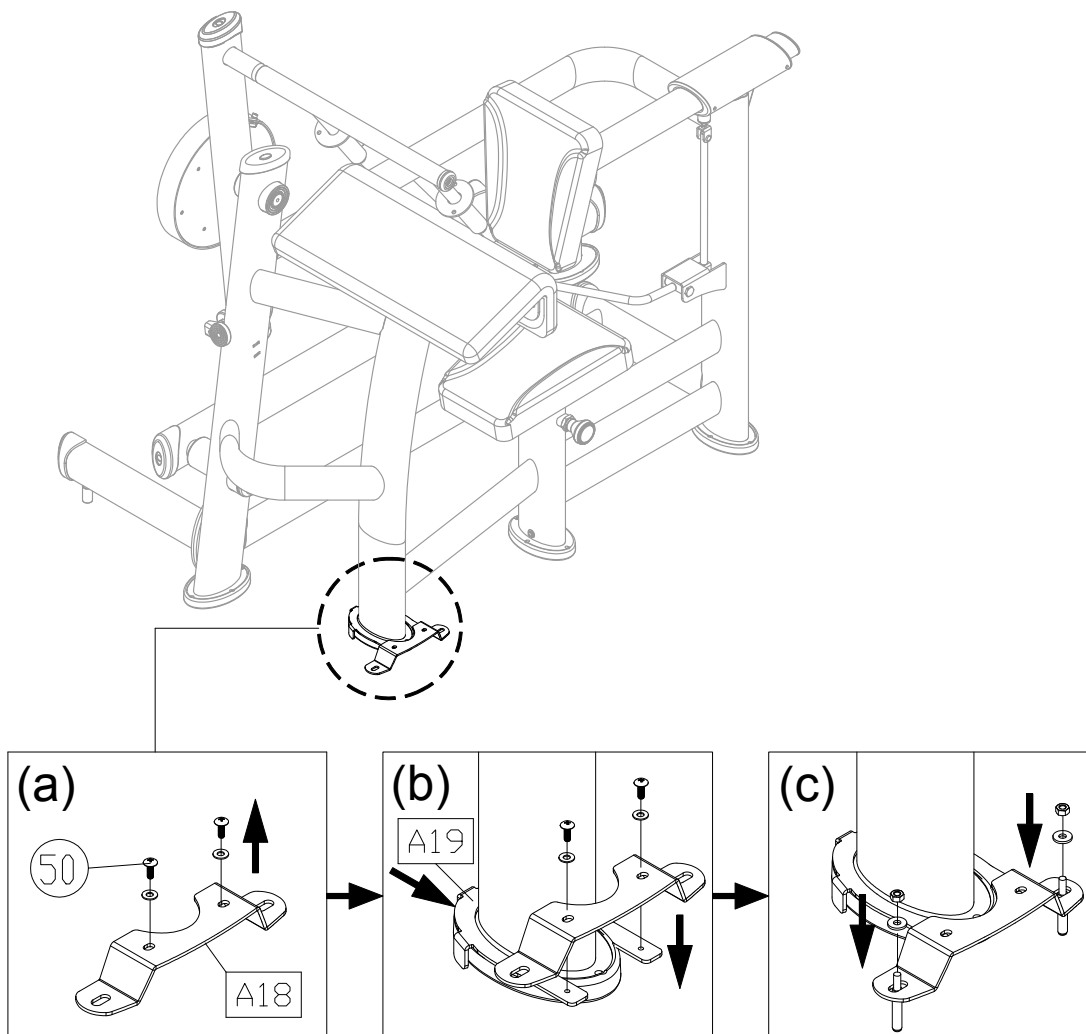


STEP 9 Secure the Equipment

Please follow the instructions (a) through (c) to secure the equipment, and make sure it is firmly fixed to the ground when operating.

- (a) Remove screws (50) from the ground fixing bracket (A18).
- (b) Insert the U bracket (A19) onto the machine (Make sure the U bracket with the correct side facing downward as shown below), and then secure the ground fixing bracket(A18) with screws.
- (c) Secure the ground fixing bracket to the ground with the ground fixing bolt, nut and washer as shown.

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



STEP 10 New Device Inspection & Routine Inspections

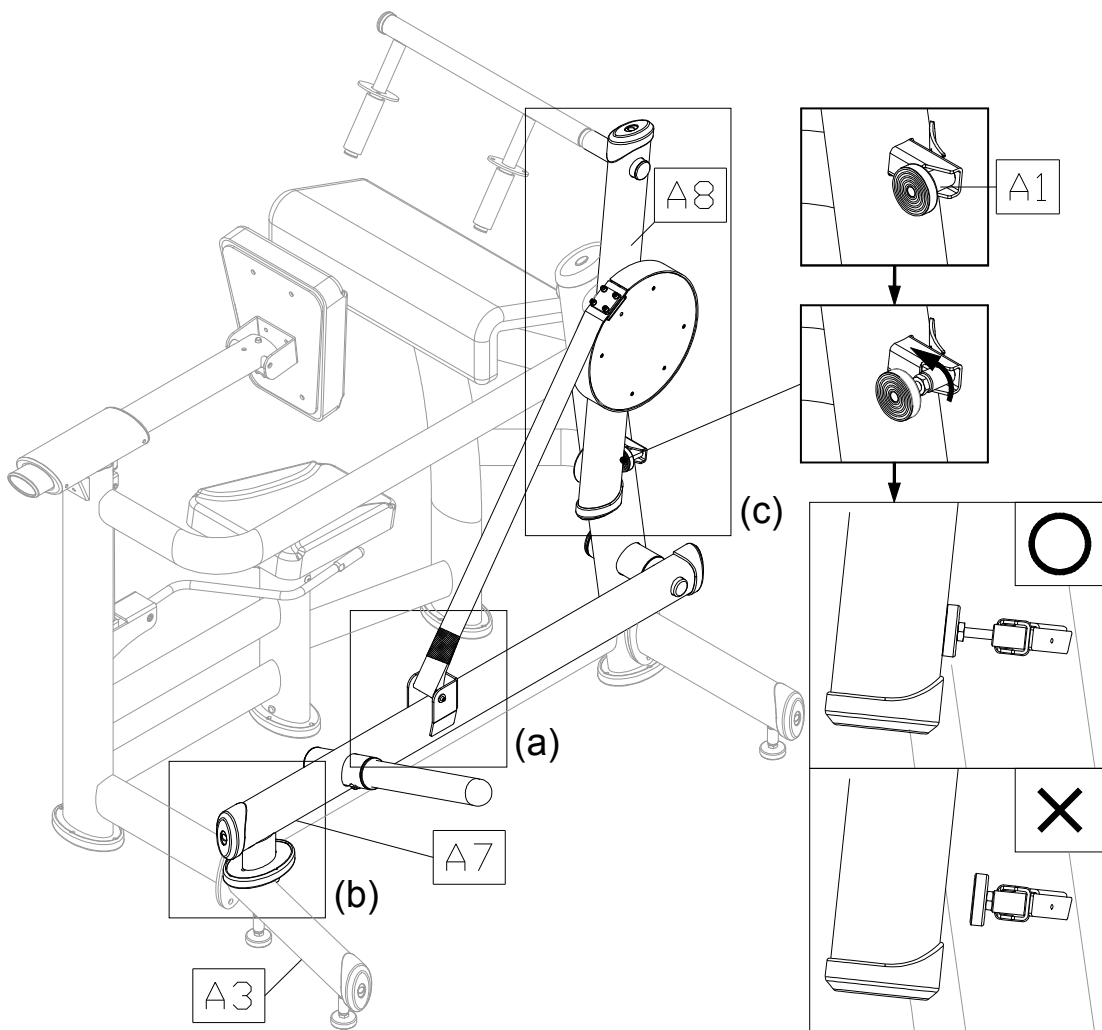
After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (a) Check that the equipment is stable: check the precise levelness by rocking the equipment gently and carefully (the force used must not exceed 10kg) to make sure the equipment rest firmly on the floor.
- (b) Make sure all parts are assembled and all fasteners are tightened.
- (c) Perform an operational test (Refer to “Operate the Product” in this manual)with a relatively light load to make sure that the equipment is working properly.

STEP 11 Belt Inspection

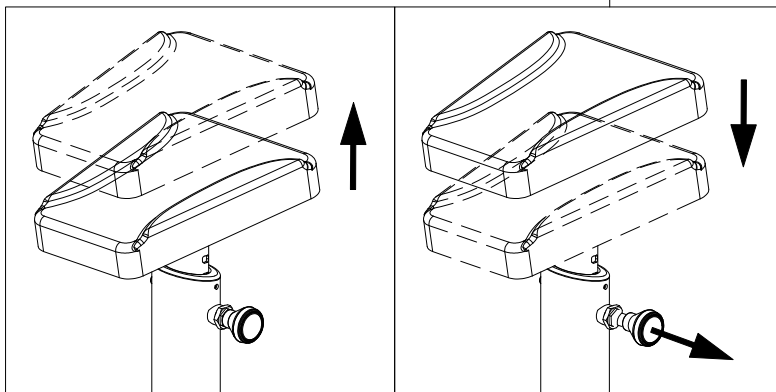
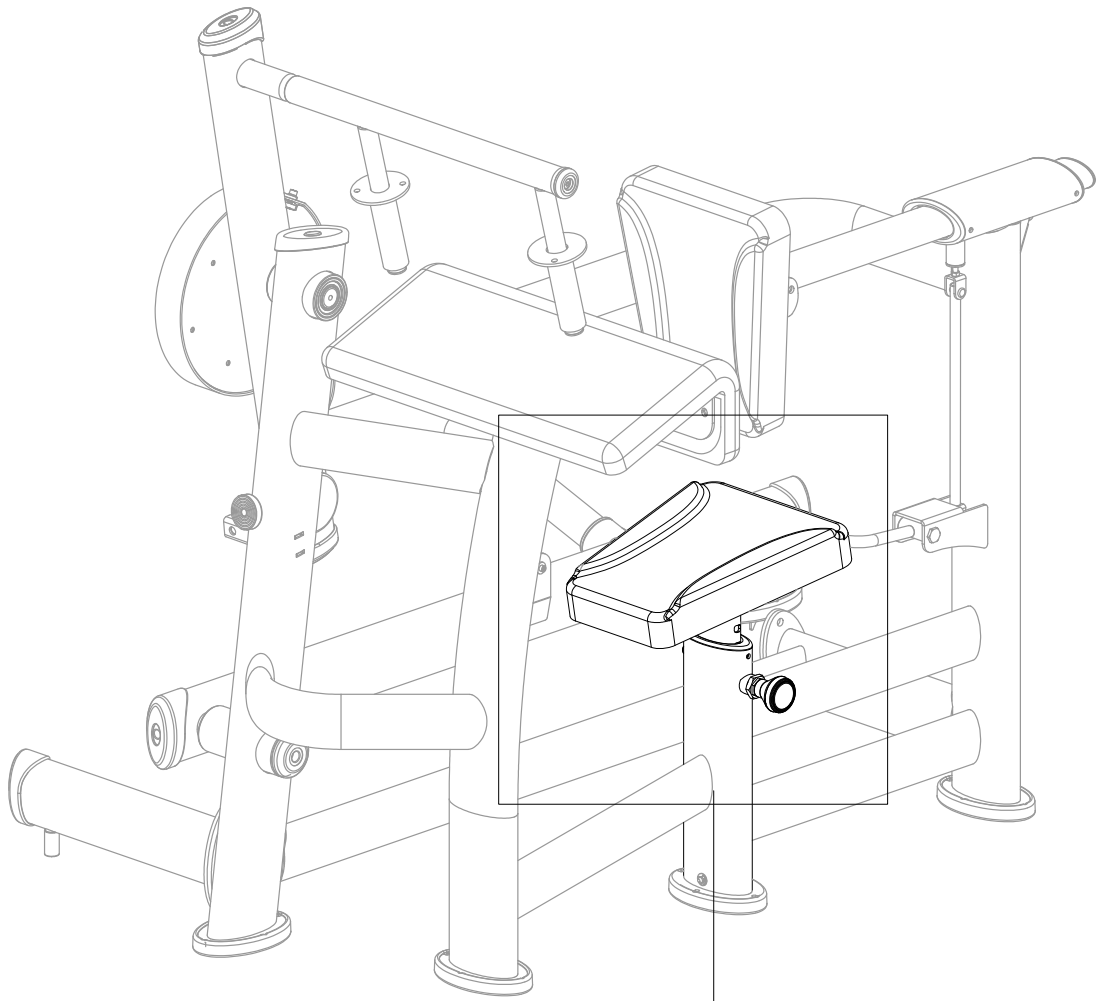
- (a) Check if the screws are tightly secured to the axle assembly.
- (b) Make sure the load bar(A7) is equipped with the rear support frame(A3).
- (c) Make sure the force bar(A8) is installed in correct angle and direction.

NOTE: Refer to “STEP 4 Belt Installation” for further details of the inspections mentioned above.



STEP 12 Seat Height Adjustment

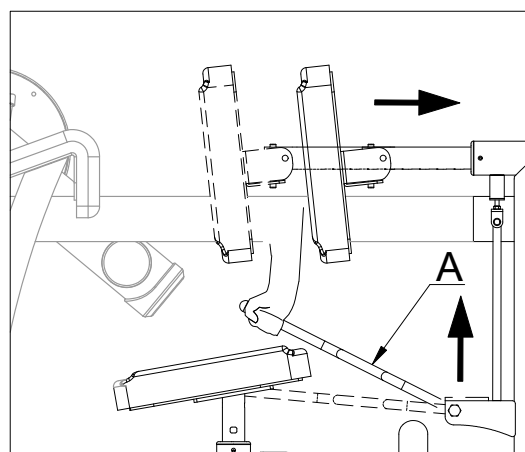
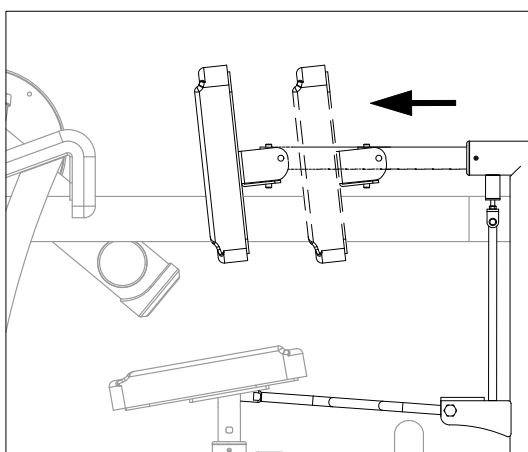
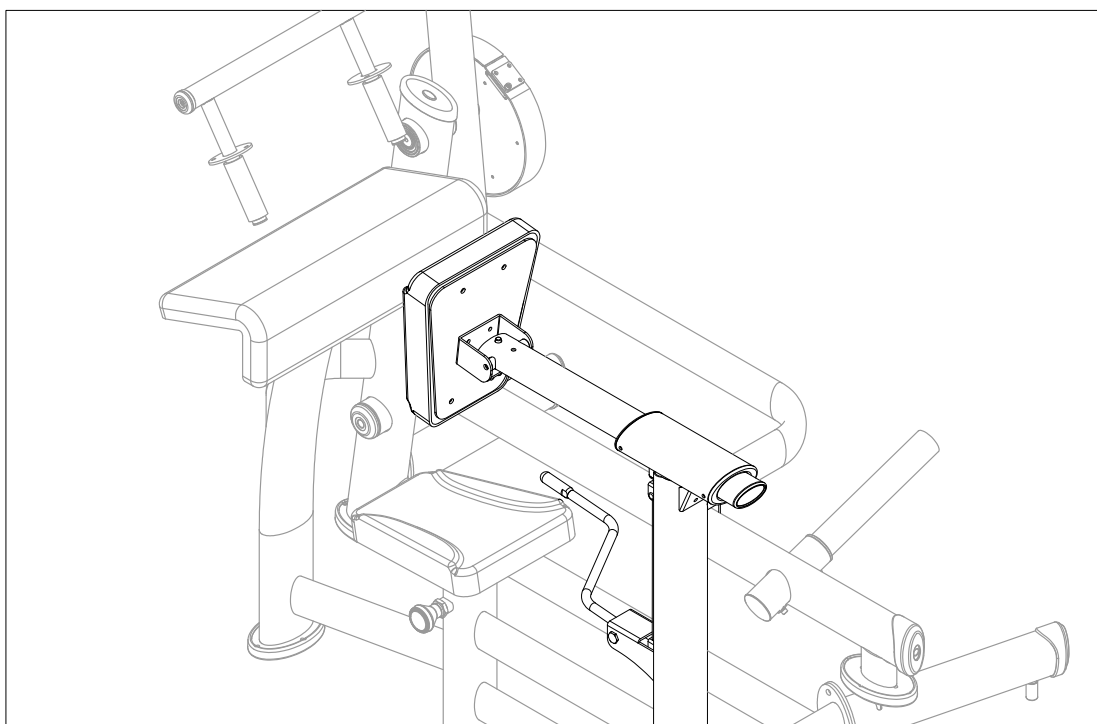
Simply pull out the related knob to make the adjustment, and release the knob to secure the desired position.



STEP 13 Seat Back Adjustment

Moving forward: Simply pull the seat back forward, and it will move in that direction.

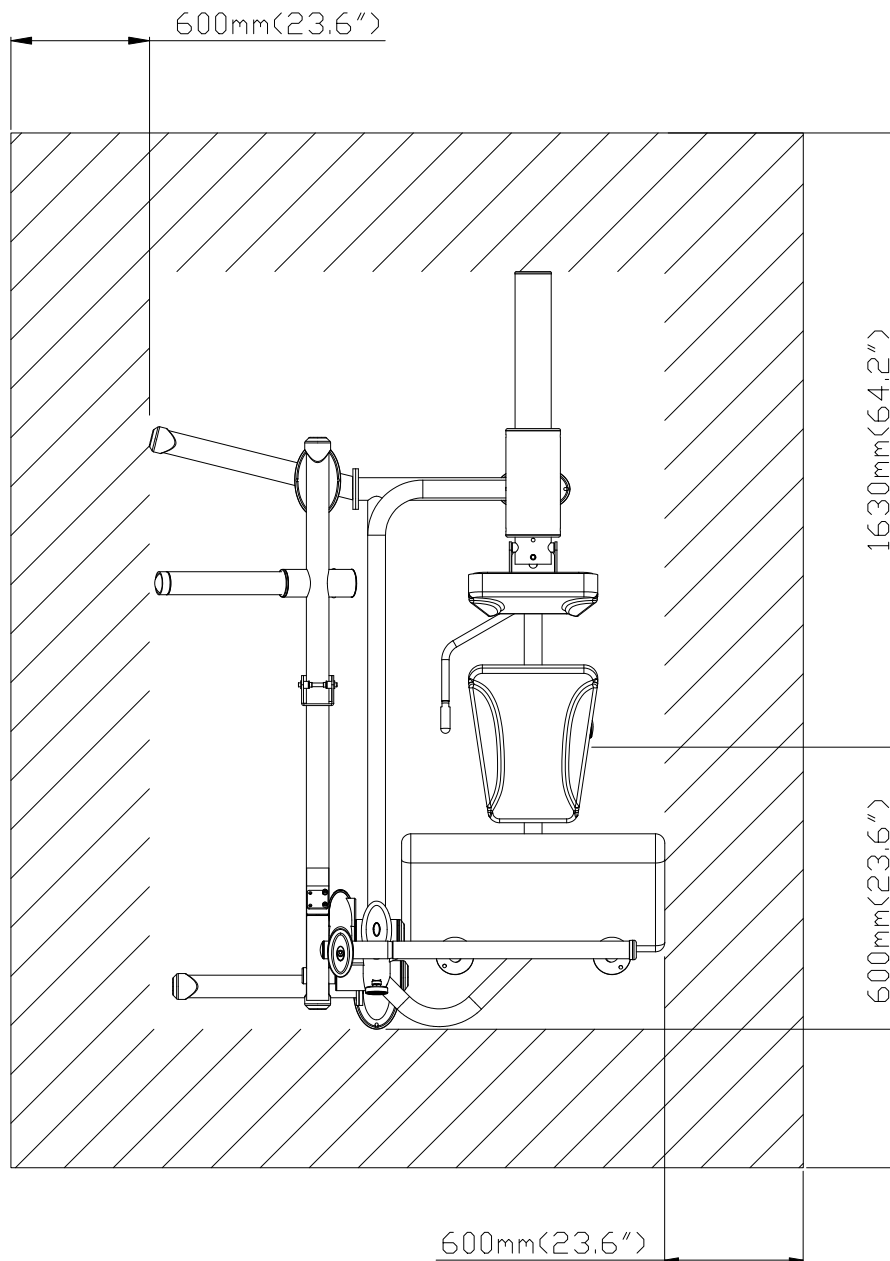
Moving backward: Pull the handle in area (A) to move the seat back backward.



5. OPERATION THE PRODUCT

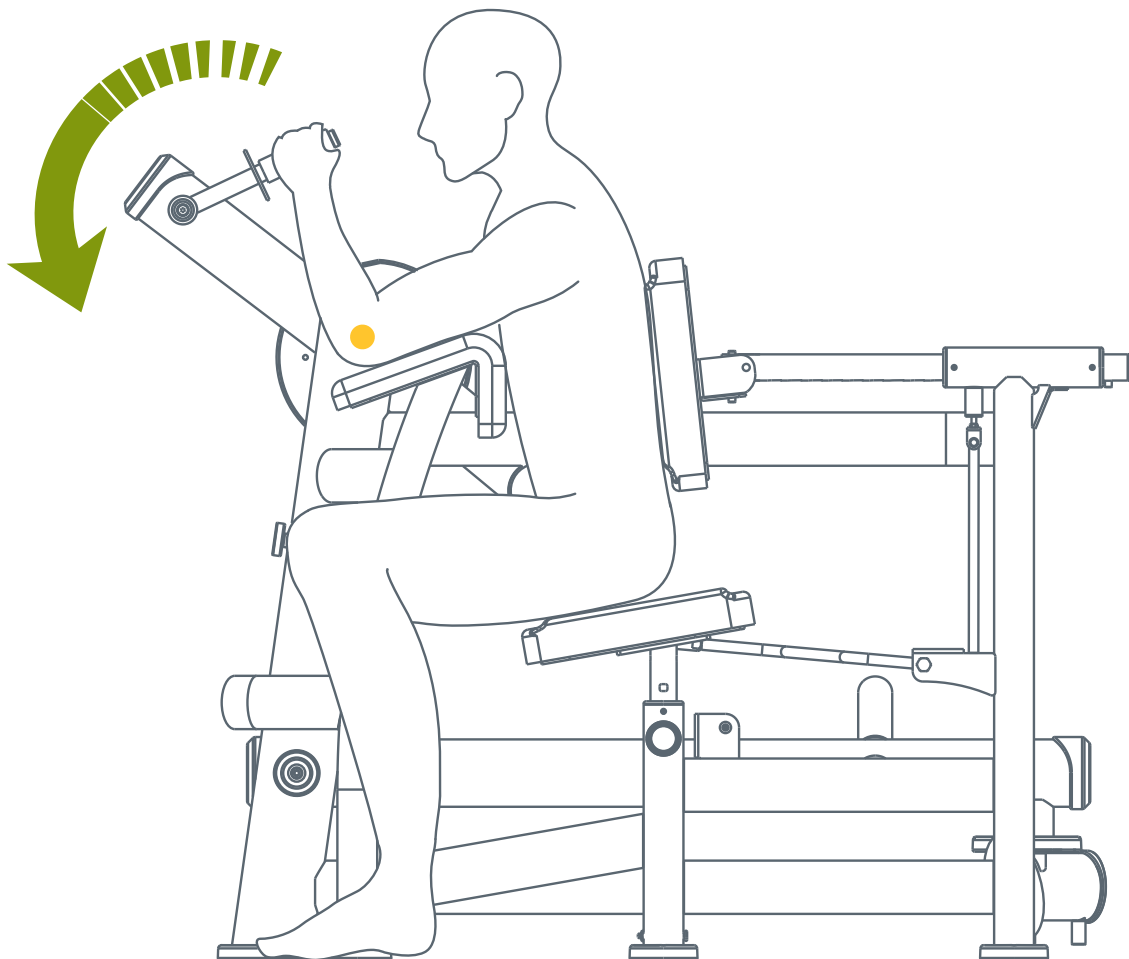
OPERATION Safety Operating Area

- (a) As shown in the following figure, the slashed area around the device is reserved for normal operation. Persons who are not using the device should not enter this area for safety reasons.
- (b) Noise under no-load conditions is smaller than under load conditions.
- (c) Read all precautions and instructions in this manual before using this equipment. Poor posture or over exercising may lead to injury.
- (d) This equipment is designed for shoulder exercises and workouts.



OPERATION Exercising Instructions

- (a) Select the appropriate weight plates according to your recommended exercise level, and use set spring to secure them in place.
 - (b) Adjust the seat height and seat back to the most comfortable position, and make sure the knob is in the locked position.
 - (c) Perform exercise in a controlled manner. Inhale when pushing up against resistance and exhale when returning to original position.
 - (d) Caution: Stop exercising immediately if the weight plates are not locked in place.
- *The maximum load that the equipment can safely lift is 125KG.
- *Please exercise within your body's ability. DO NOT work to exhaustion.
- *All users operate this machine must be supervised under coaches at all times for safety reasons.



6. MAINTENANCE

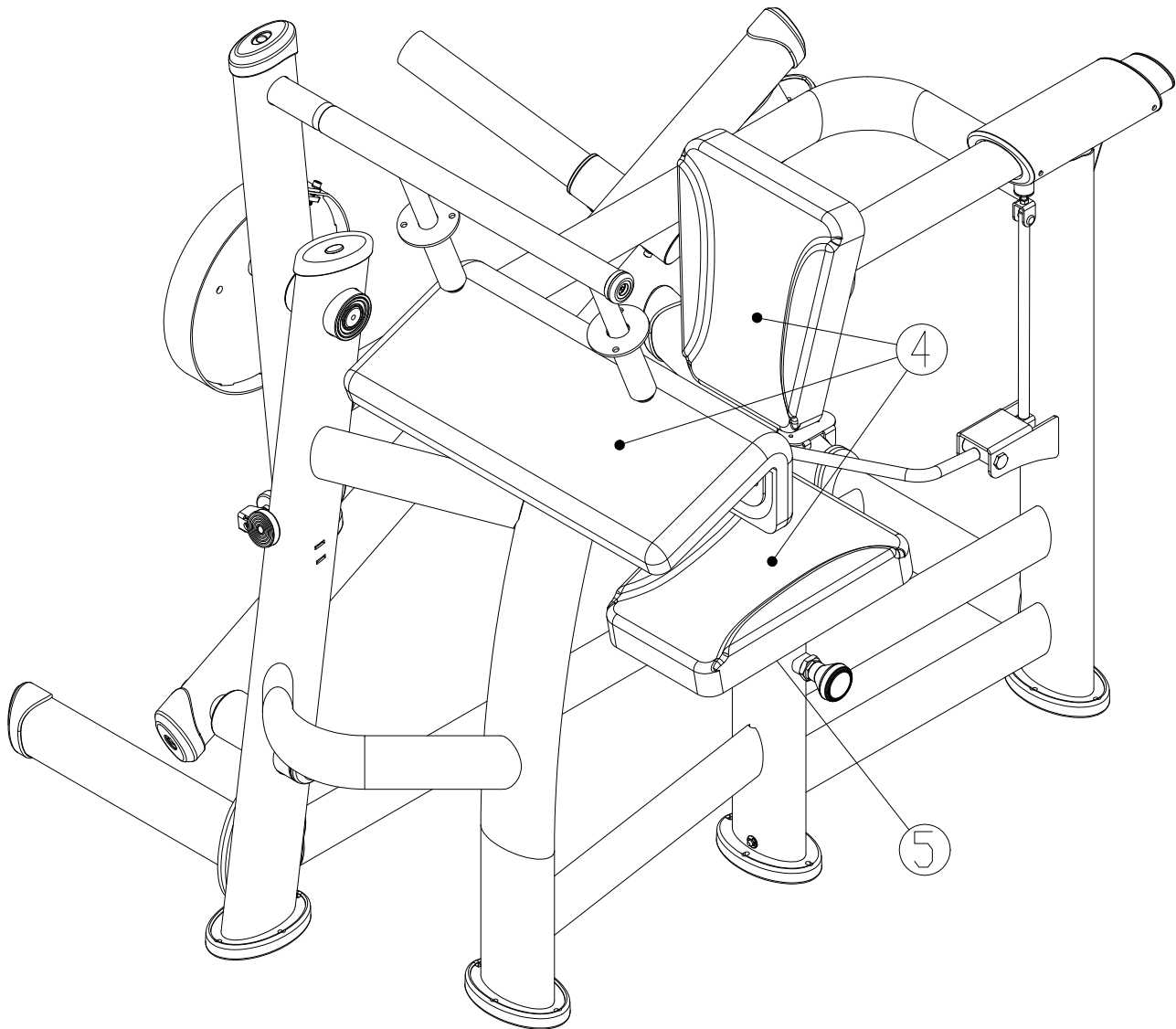
This section covers maintenance topics and includes a maintenance schedule, task list, and log.

MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing on this product.
- 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.
- Make sure the equipment is kept clear of people before maintenance starts.
- DO NOT use a damp towel to clean the product and do perform the following maintenances.
- Clean the handle on a regular basis. Do not use cleaners containing Muriatic or Hydrochloric acid, 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.

MAINTENANCE Schedule

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	•					Clean.
2	Screws	•					Inspect for looseness and secure if necessary.
3	Testing	•					To confirm that the machine is working properly
4	Cushions	•					Wipe with a damp cloth.
5	Seat Tube		•				Clean and lubricate.



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. Make sure the machine is working properly.
4. Wipe cushions clean with a damp cloth.

Weekly tasks

1. Clean and lubricate seat tube.

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.

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.

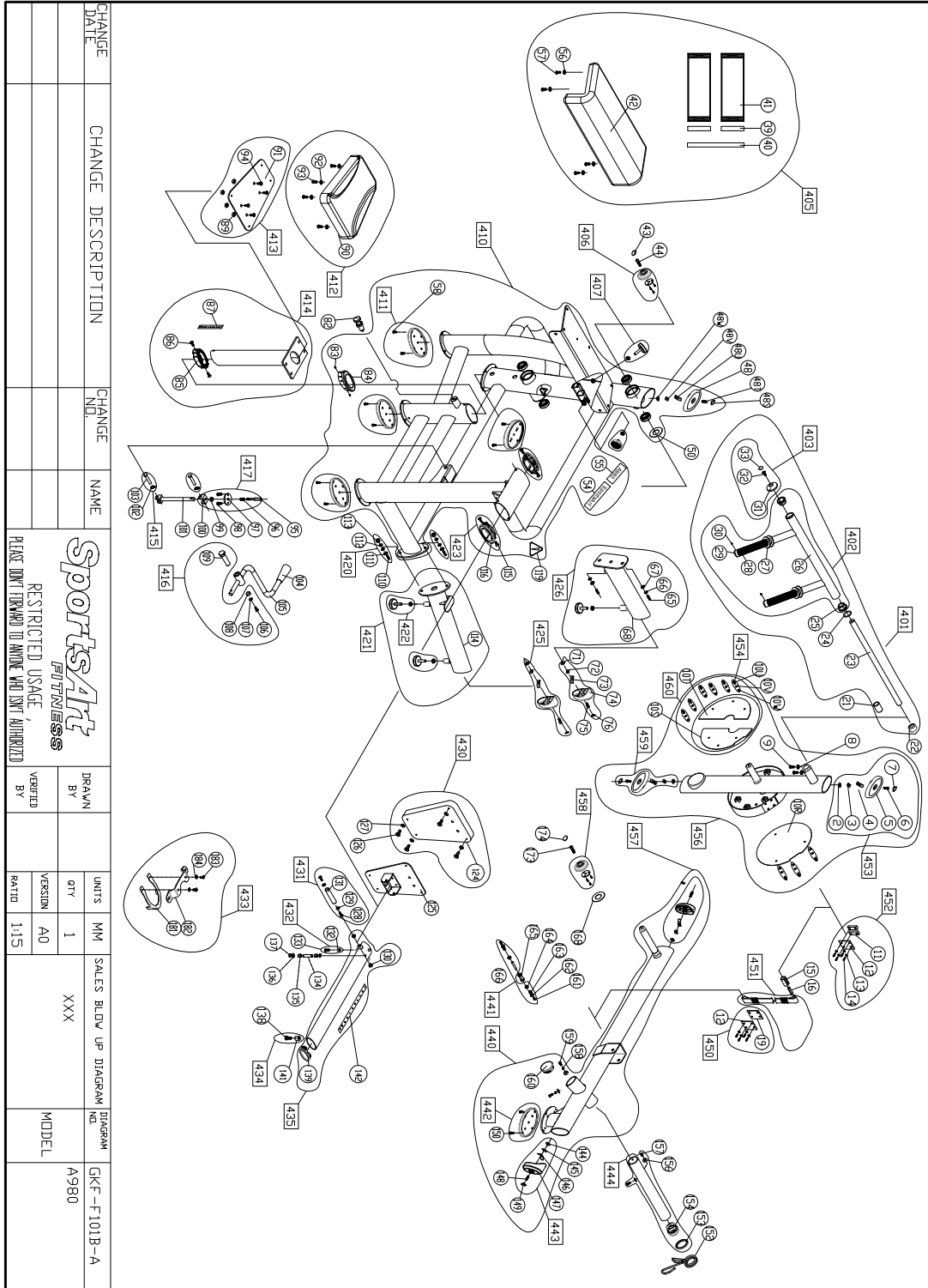
ATTENTION

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. APPENDIXES

APPENDIXES 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.



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