

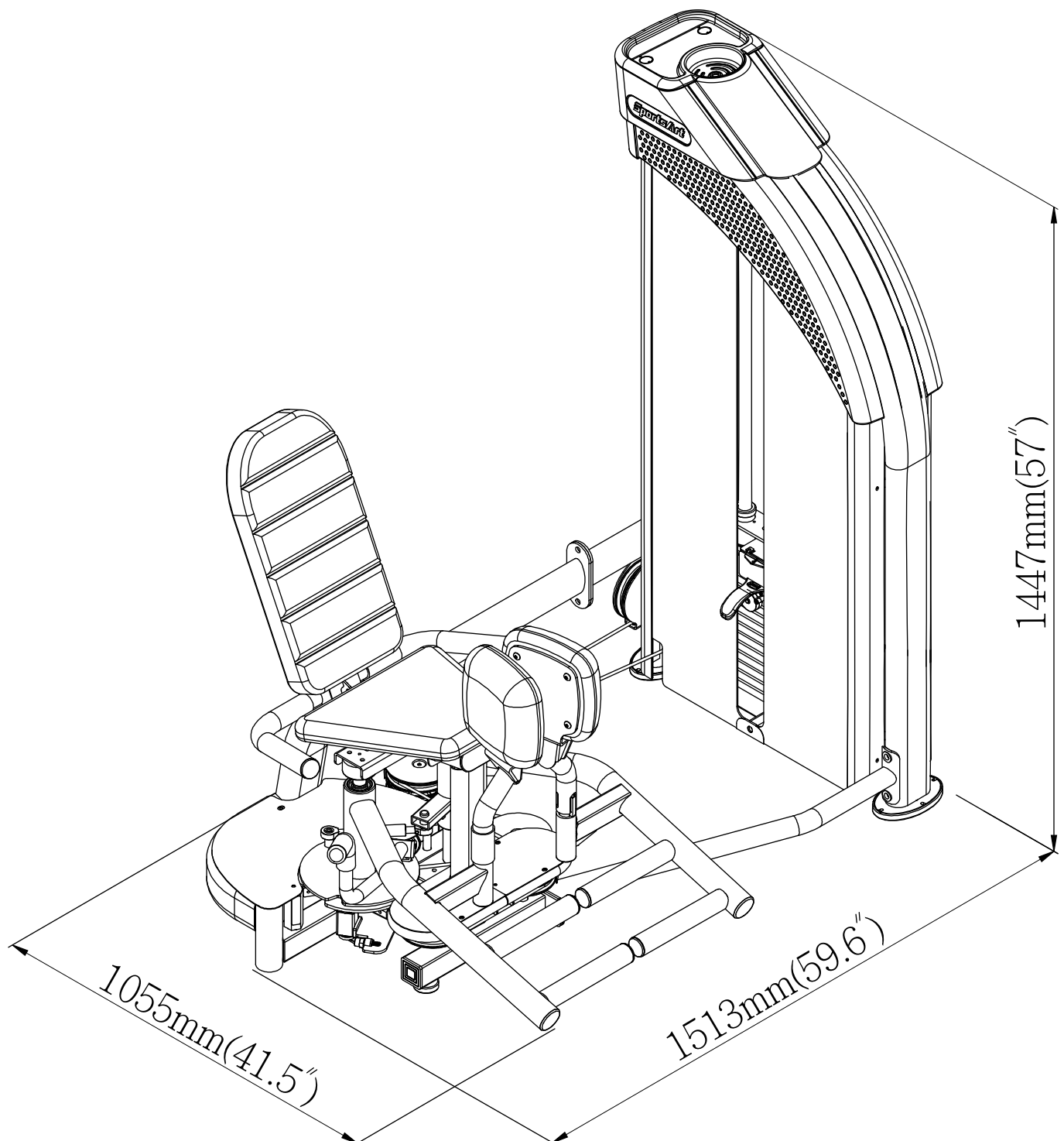
# DF-302 OWNER'S MANUAL CONTENTS

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# 1. INTRODUCTION

Congratulations on the purchase of a high quality SportsArt product, the DF-302 Abductor / Adductor 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:

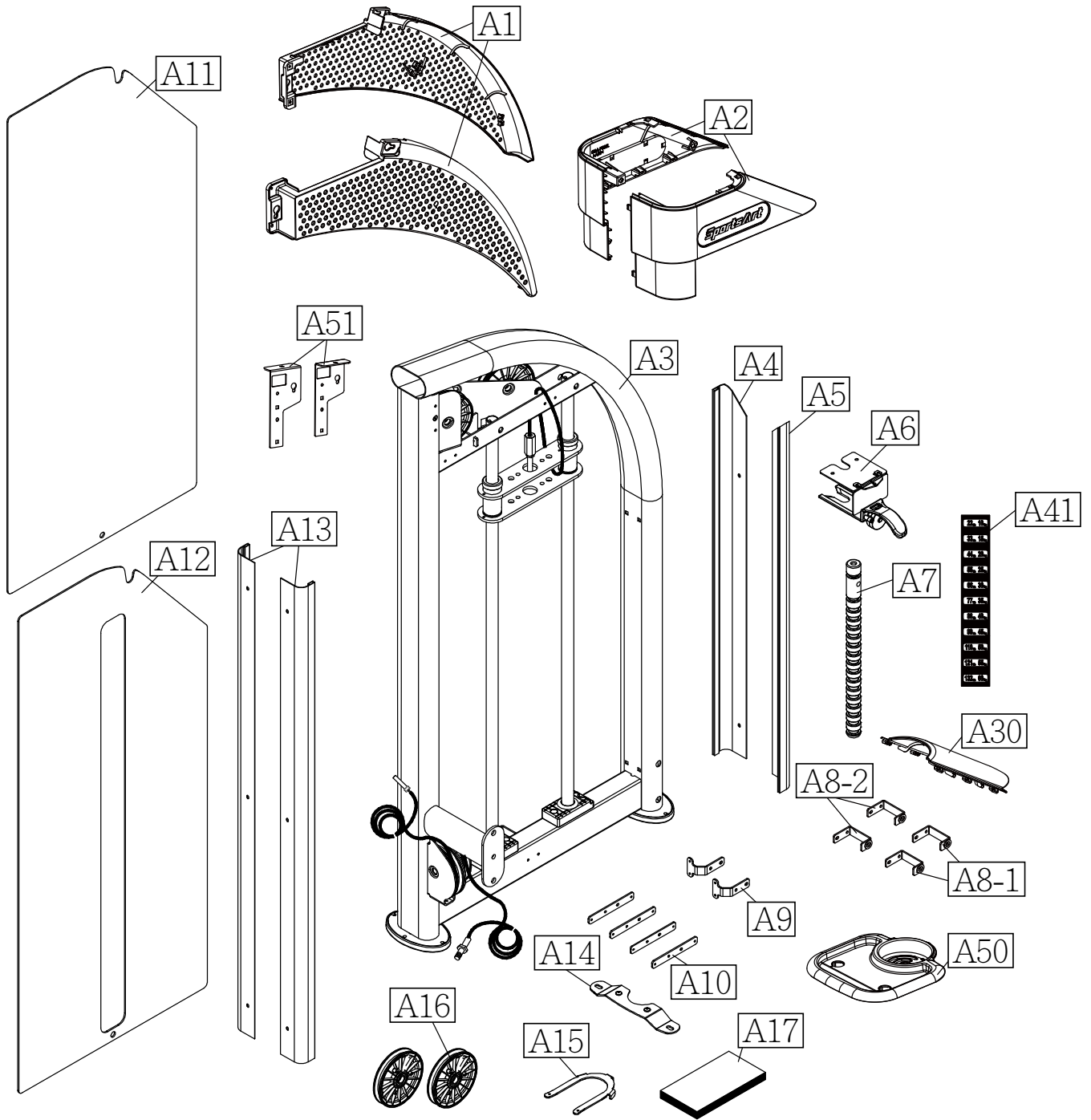
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. 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 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.
- This product is not intended for use by persons (including children 14 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 14 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 may also present a danger to the exerciser.
- Over exercise may result in serious injury or death
- 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.

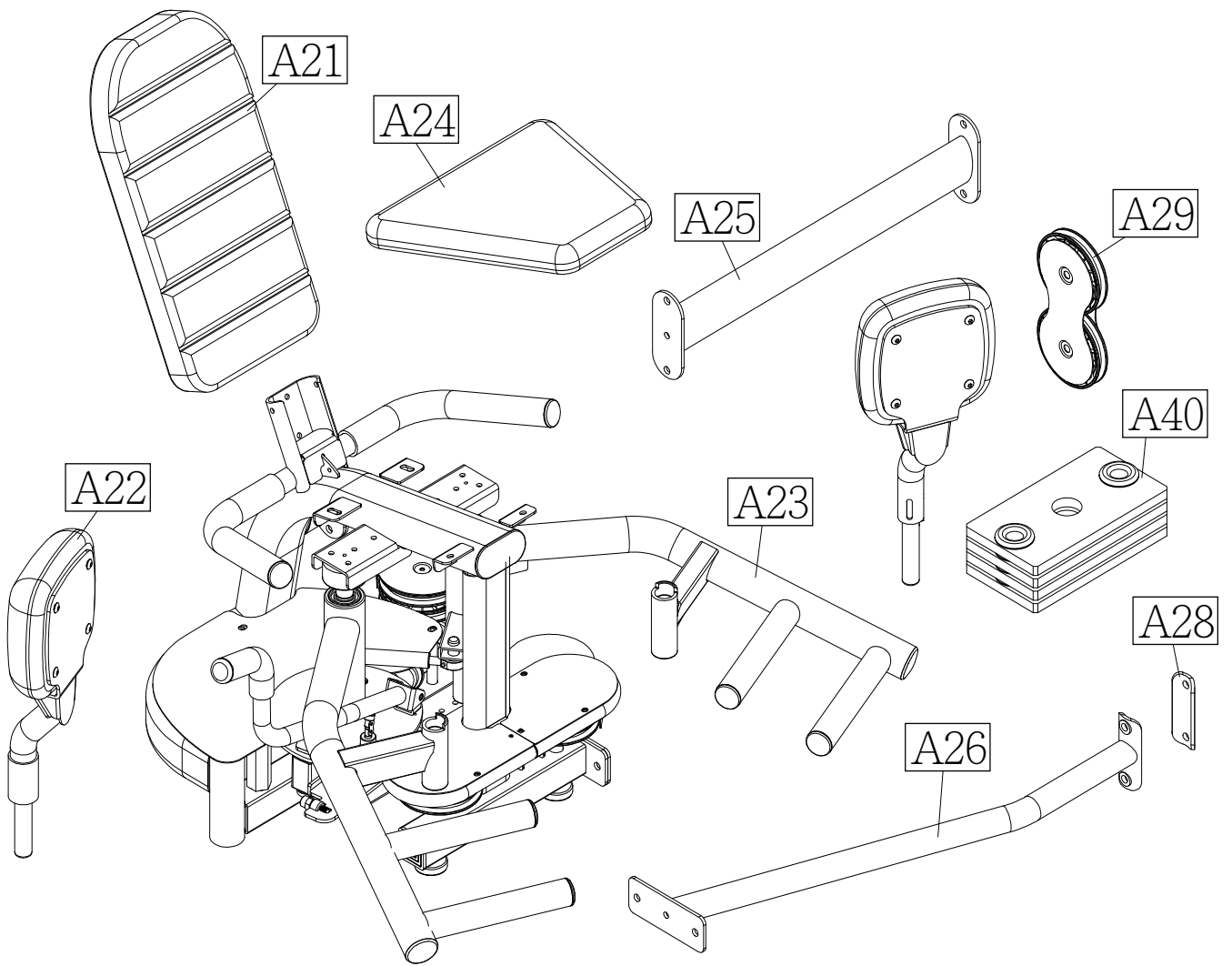
\*NOTE: Each machine provides a different resistance ratio of weight stack.

# 3. LIST OF PARTS

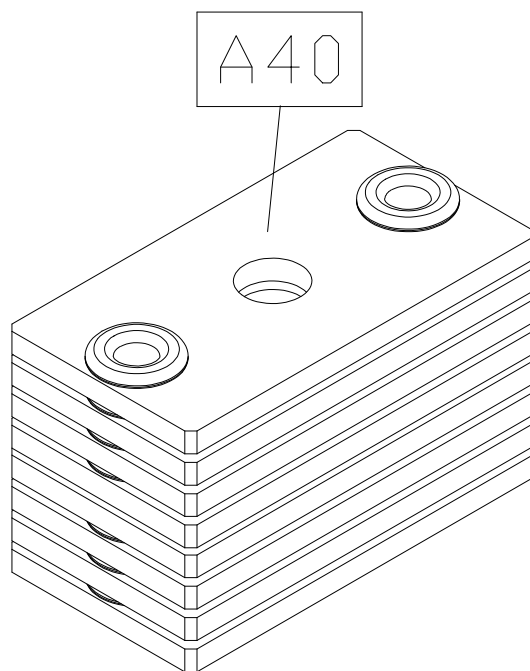
Box A



Box B



Box C



| <b>Box A - Main Frame Components</b> |  |             |            |                       |             |
|--------------------------------------|--|-------------|------------|-----------------------|-------------|
| <b>No.</b>                           | <b>Name</b>                            | <b>Qty.</b> | <b>No.</b> | <b>Name</b>           | <b>Qty.</b> |
| A1                                   | Left/right perforated boards           | 2           | A10        | Bracket               | 4           |
| A2                                   | Left/right side cover                  | 2           | A11        | Rear cover            | 1           |
| A3                                   | Main frame                             | 1           | A12        | Front cover           | 1           |
| A4                                   | Cover support plate B-2                | 1           | A13        | Cover support plate A | 2           |
| A5                                   | Cover support plate B-1                | 1           | A14        | Floor fixing bracket  | 1           |
| A6                                   | Stack fork                             | 1           | A15        | U bracket             | 1           |
| A7                                   | Weight stack rod                       | 1           | A16        | Pulley                | 2           |
| A8-1                                 | Anchor bracket of shroud (square hole) | 2           | A17        | Owner's manual        | 1           |
| A8-2                                 | Anchor bracket of shroud (tapped hole) | 2           | A30        | A Front cover A       | 1           |
| A9                                   | Bracket                                | 2           | A50        | Top cover             | 1           |
| A41                                  | Weight plate sticker                   | 1           | A51        | Anchor bracket        | 2           |

| <b>Box B - User Frame Components</b> |                            |             |            |                       |             |
|--------------------------------------|----------------------------|-------------|------------|-----------------------|-------------|
| <b>No.</b>                           | <b>Name</b>                | <b>Qty.</b> | <b>No.</b> | <b>Name</b>           | <b>Qty.</b> |
| A21                                  | Seat back                  | 1           | A26        | Connector             | 1           |
| A22                                  | Leg cushion pivot assembly | 2           | A27        | Storage tray          | 1           |
| A23                                  | Seat frame                 | 1           | A28        | Ø50 Connecting board  | 1           |
| A24                                  | Seat bottom                | 1           | A29        | Floating pulley       | 1           |
| A25                                  | Connector                  | 1           | A40        | 5kg/11lb weight plate | 4           |

| <b>Box C - User Frame Components</b> |                       |             |            |             |             |
|--------------------------------------|-----------------------|-------------|------------|-------------|-------------|
| <b>No.</b>                           | <b>Name</b>           | <b>Qty.</b> | <b>No.</b> | <b>Name</b> | <b>Qty.</b> |
| A40                                  | 5kg/11lb weight plate | 8           |            |             |             |

| Components in the Hardware Kit |   |         |                   |       |
|--------------------------------|---|---------|-------------------|-------|
| No.                            | Name                                      | Qty.    | Specification     | Notes |
| 15                             | Mushroom top inner hex screw              | 12      | M6*P1.0*L12       |       |
| 16                             | Mushroom top Phillips screw               | 8       | M5*L15            |       |
| 17                             | Screw socket                              | 1 batch | SGN-07            |       |
| 18                             | Mushroom top Phillips screw               | 10      | M5*0.8*L8         |       |
| 19                             | Pin                                       | 2       | Ø7.8*L31.5        |       |
| 20                             | Cotter pin                                | 2       | 1.6t              |       |
| 21                             | Flat washer                               | 2       | D20*d8*t1.0       |       |
| 24                             | Phillips screw                            | 6       | M6*P1.0*L12       |       |
| 25                             | Flat washer                               | 2       | D27*d6.3*t3.0     |       |
|                                | Mushroom top inner hex screw              | 2       | M5*L20            |       |
|                                | T-shaped Allen wrench                     | 1       | M4*L100           |       |
|                                | L-shaped Allen wrench                     | 1       | M4*L60mm          |       |
|                                | Open end wrench                           | 1       | 8mm*10mm          |       |
|                                | L-shaped Allen wrench                     | 1       | M6*L120mm*W28     |       |
|                                | L-shaped Allen wrench                     | 1       | M5*L114mm*W24     |       |
|                                | Screwdriver shank                         | 1       | Phillips and flat |       |
|                                | Open end wrench                           | 2       | 13mm*17mm         |       |
| 80                             | Phillips pan head sheet metal screw       | 6       | M4*L12            |       |
| 81                             | Phillips Umbrella head sheet metal screws | 2       | M4*L14            |       |
| 82                             | Round screw cap                           | 2       |                   |       |
| 83                             | Fastener                                  | 1 batch |                   |       |
|                                | Cap nut                                   | 1 batch |                   |       |

| Components on the Product |                          |                |       |
|---------------------------|--------------------------|----------------|-------|
| No.                       | Name                     | Specification  | Notes |
| 40                        | Nylon hex lock nut       | M10            |       |
|                           | Washer                   | D16*d10.2*t1.0 |       |
|                           | Spring washer            | M10            |       |
|                           | Hex head screw           | M10*P1.5*L30   |       |
| 41                        | Hex head screw           | M10*P1.5*L130  |       |
|                           | Spring washer            | M10            |       |
|                           | Washer                   | D16*d10.2*t1.0 |       |
|                           | Nylon hex lock nut       | M10            |       |
| 42                        | Upper stack carriage set |                |       |
| 43                        | Hex head screw           | M8*P1.25*L65   |       |
|                           | Washer                   | D17*d8.3*t2    |       |
|                           | PU tube                  | ØD12*d8*L51    |       |
|                           | Nylon hex lock nut       | M8             |       |

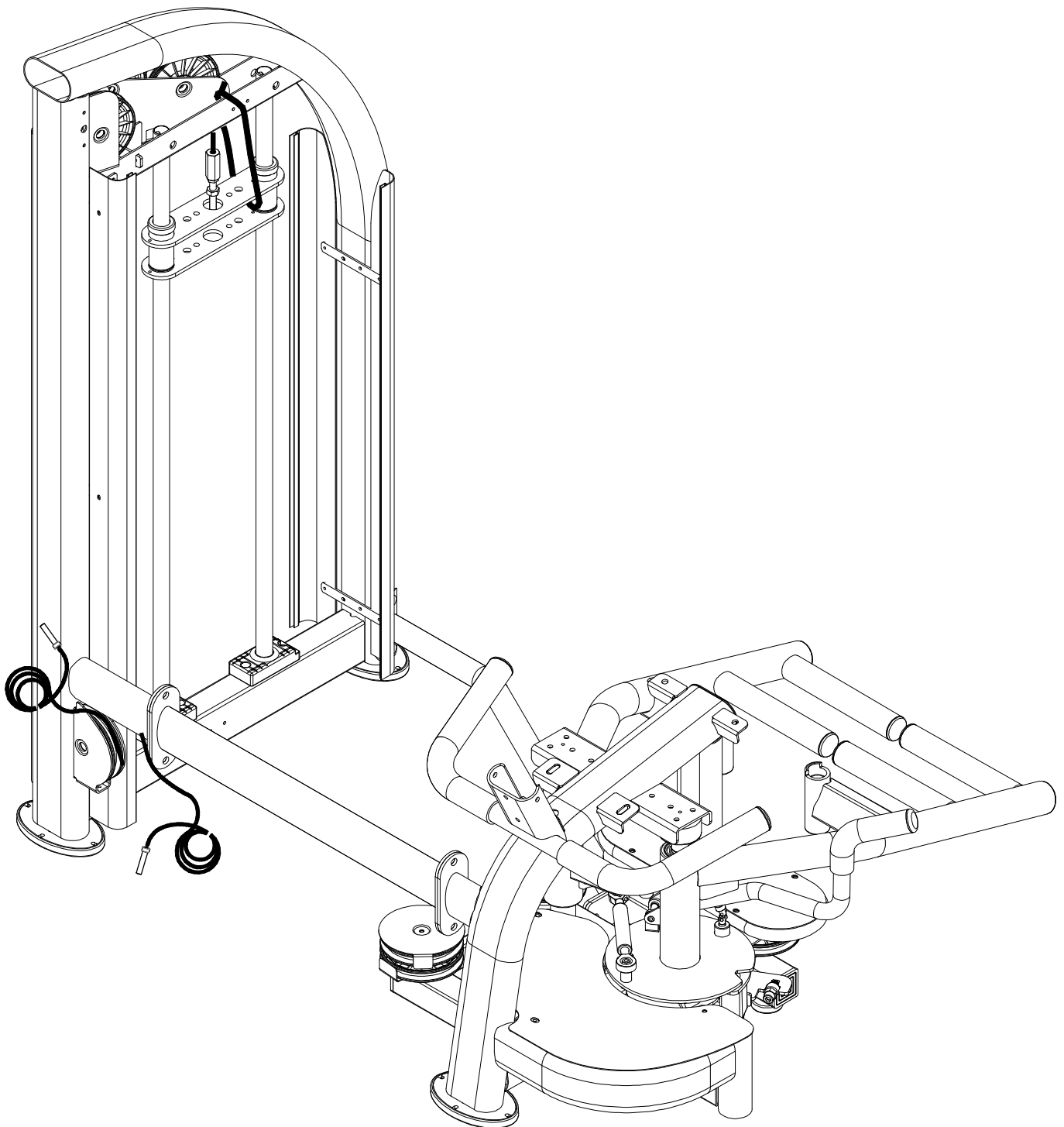
| Components on the Product |                              |                  |       |
|---------------------------|------------------------------|------------------|-------|
| No.                       | Name                         | Specification    | Notes |
| 44                        | Hex head screw               | M8*P1.25*L65     |       |
|                           | Washer                       | D17*d8.3*t2      |       |
|                           | PU tube                      | ØD12*d8*L82      |       |
|                           | Nylon hex lock nut           | M8               |       |
| 45                        | Guide rod                    |                  |       |
| 46                        | Round head inner hex screw   | M8*P1.25*L18     |       |
|                           | Spring washer                | M8*t2.0          |       |
|                           | Washer                       | D17*d8*t1.5      |       |
| 47                        | Round head inner hex screw   | M5*P0.8*L10      |       |
| 48                        | Set fork                     |                  |       |
| 49                        | Bolt assy. crossover         |                  |       |
| 50                        | Rotator cover                |                  |       |
| 51                        | Flat washer                  | D13*d6*t1.0      |       |
|                           | Mushroom top inner hex screw | M6*P1.0*L12      |       |
| 52                        | Left pulley cover            |                  |       |
| 53                        | Mushroom top inner hex screw | M5*L12           |       |
|                           | Flat washer                  | D13*d6*t1.0      |       |
| 54                        | Right pulley cover           |                  |       |
| 55                        | Pulley cover                 |                  |       |
| 56                        | Flat washer                  | D20*d6.3*t1.5    |       |
|                           | Spring washer                | M6               |       |
|                           | Mushroom top inner hex screw | M6*P1.0*L12      |       |
| 57                        | Pulley                       |                  |       |
| 58                        | Pulley inner bushing         | ØD21.98*d15.2*L9 |       |
| 59                        | Round head inner hex screw   | M6*P1.0*L12      |       |
|                           | Spring washer                | M6               |       |
|                           | Flat washer                  | D20*d6.3*t1.5    |       |
| 60                        | Pulley cover                 |                  |       |
| 61                        | Mushroom top inner hex screw | M6*P1.0*L12      |       |
|                           | Spring washer                | M6               |       |
|                           | Flat washer                  | D20*d6.3*t1.5    |       |
|                           | Axle                         | ØD15*L24         |       |
|                           | Pulley                       | ØD126*20         |       |
| 62                        | Axle                         | ØD15*L26         |       |
|                           | Flat washer                  | D20*d6.3*t1.5    |       |
|                           | Spring washer                | M6               |       |
|                           | Mushroom top inner hex screw | M6*P1.0*L12      |       |
| 63                        | Flat washer                  | D38*d8.5*t1.5    |       |
|                           | Mushroom top inner hex screw | M8*P1.25*L25     |       |

| Components on the Product |                              |               |       |
|---------------------------|------------------------------|---------------|-------|
| No.                       | Name                         | Specification | Notes |
| 64                        | Flat washer                  | D22*d8.2*t2   |       |
|                           | Spring washer                | M8            |       |
|                           | Mushroom top inner hex screw | M8*P1.25*L25  |       |
| 65                        | Mushroom top inner hex screw | M8*P1.25*L25  |       |
|                           | Spring washer                | M8            |       |
|                           | Washer                       | D18*d8.5*t2   |       |
| 66                        | Flat washer                  | D22*d8.2*t2   |       |
|                           | Mushroom top inner hex screw | M8*P1.25*L25  |       |
|                           | Spring washer                | M8            |       |
| 67                        | Mushroom top Phillips screw  | M5*0.8*L15    |       |
|                           | Flat washer                  | D13*d6*t1.0   |       |
| 68                        | Reinforcement plate          |               |       |
|                           | Anchor bracket               |               |       |
|                           | Umbrella hex screw           | M6*P1.0*L20   |       |
|                           | Plastic cover                |               |       |
| 69                        | Umbrella hex screw           | M6*P1.0*L12   |       |

## 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.

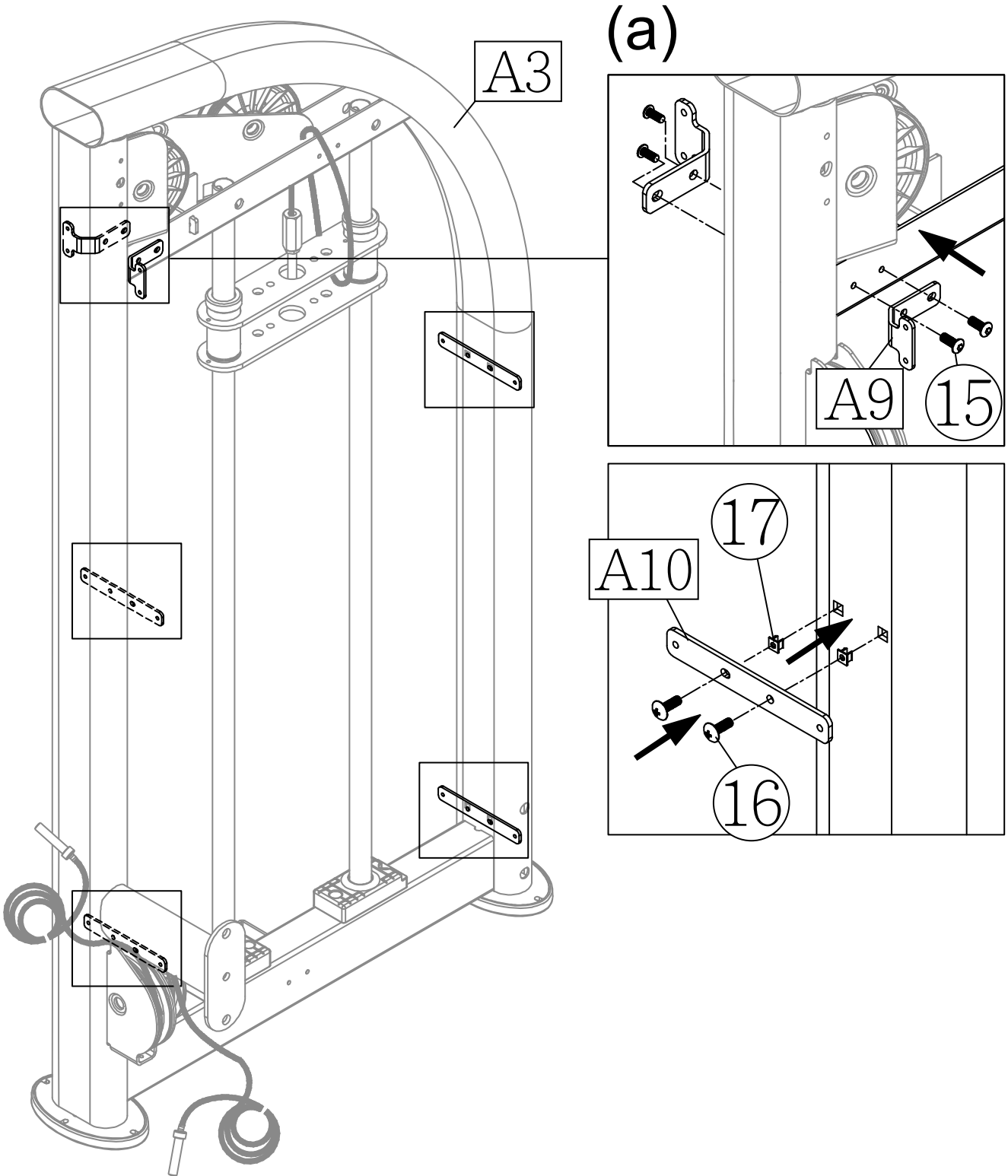
### STEP 1 Main Frame and Seat Frame Installation



## STEP 1 Main Frame and Seat Frame Installation (CONT.)

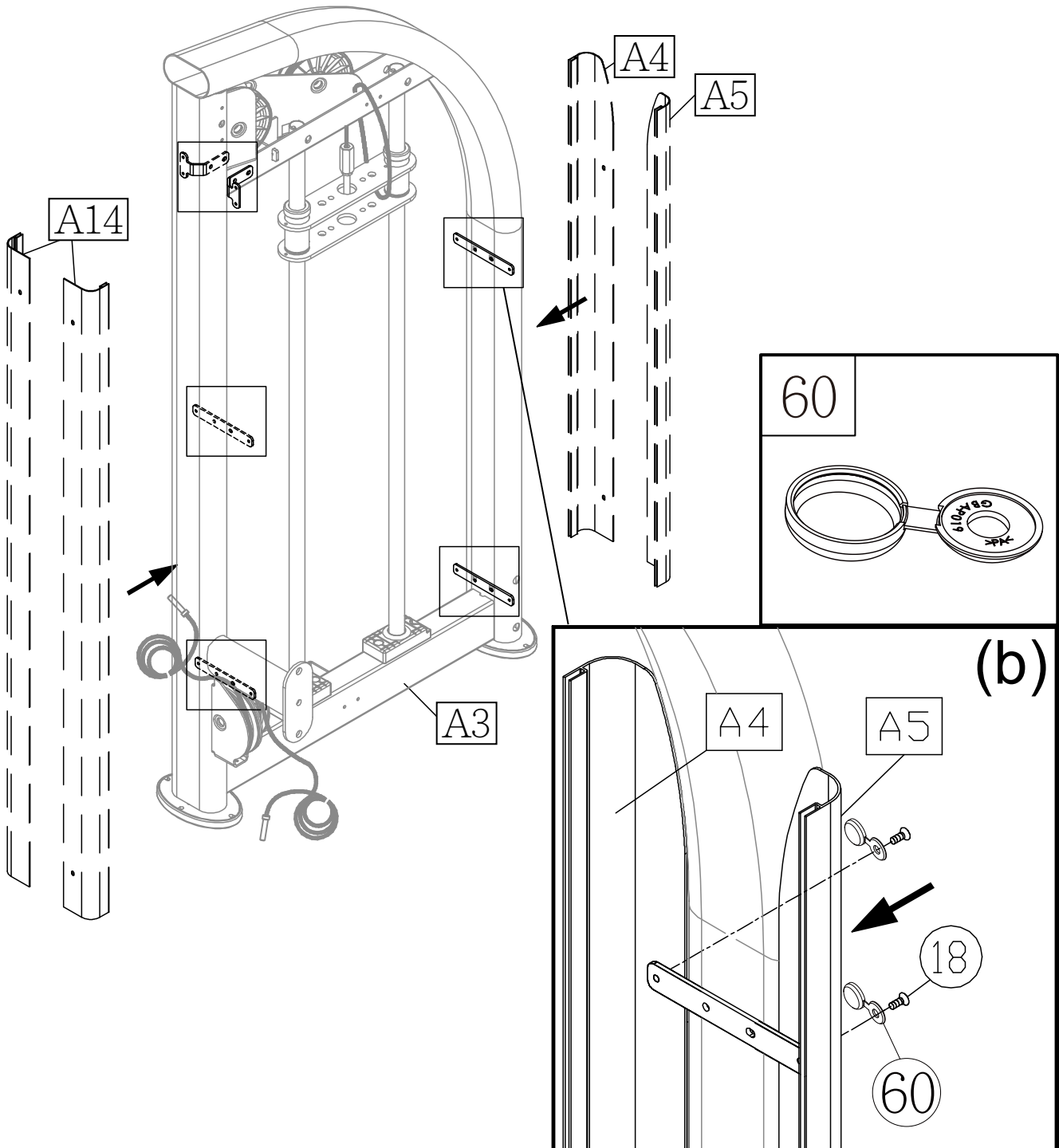
(a) Insert the screw sockets (17) into place in the main frame (A3) as shown, and then use crews (15) (16) to secure the brackets (A9) (A10) in place.

(Note: The bracket (A9) must be secured to the top of main frame as shown.)



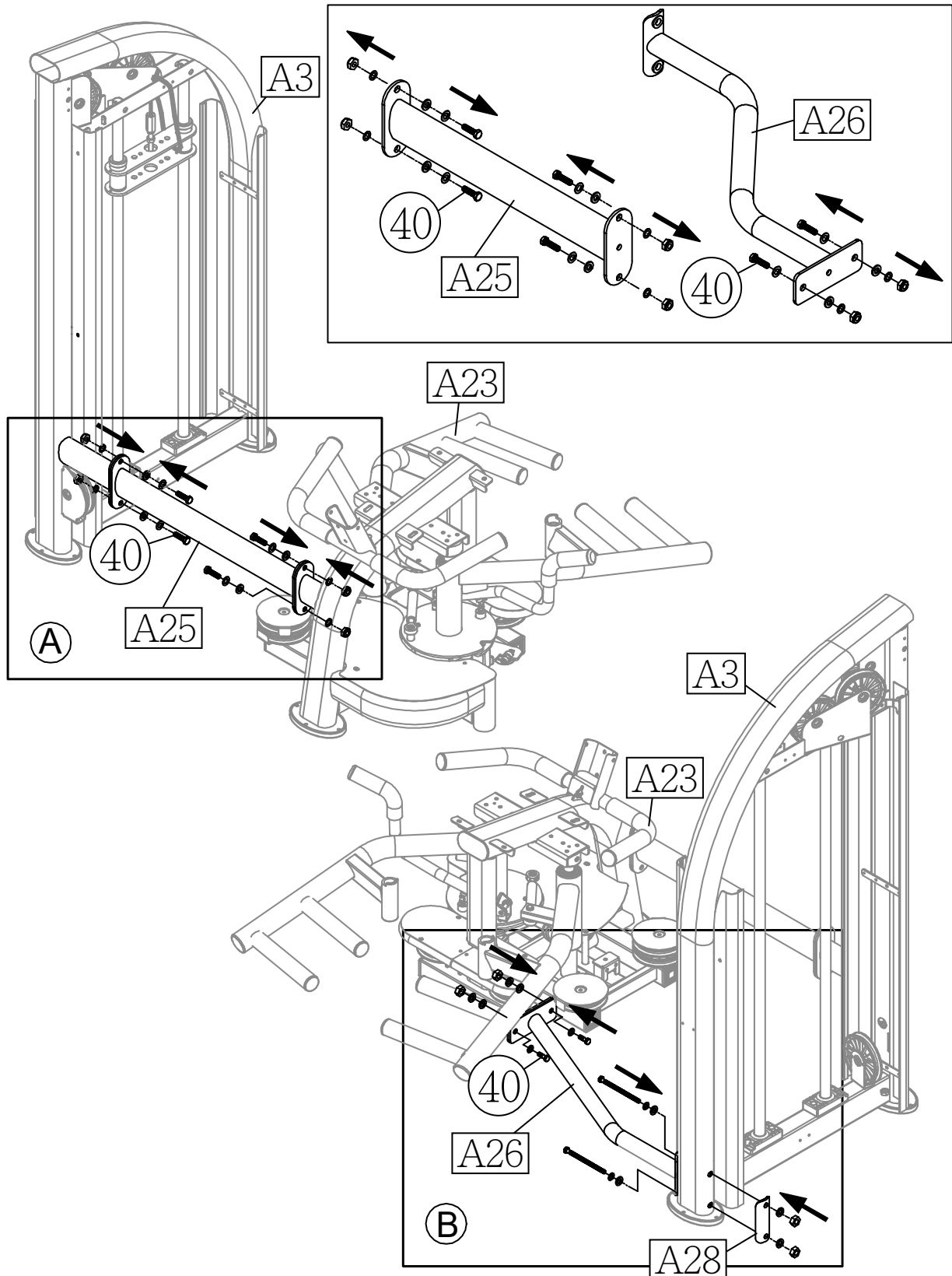
## STEP 1 Main Frame and Seat Frame Installation (CONT.)

(b) Secure the plate slots (A14) to the straight frame of the weight stack tower (A3) with the screws (18) and then cover the cap nuts (60). The plate slots (A4, A5) are secured to the left and right side of the curved frame, respectively. (Note: The plate slots have to be secured outside of the anchor brackets (A9, A10).)



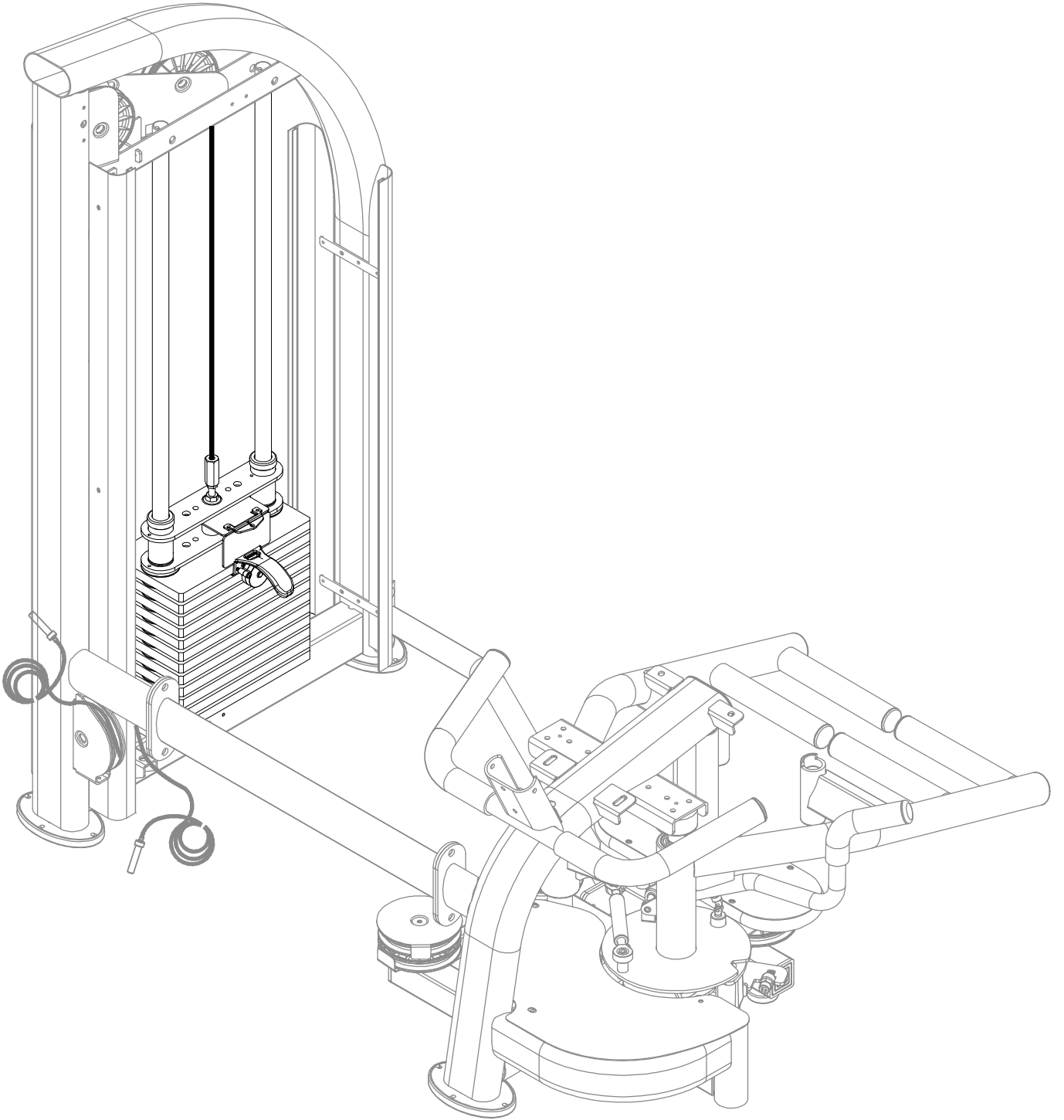
## STEP 1 Main Frame and Seat Frame Installation (CONT.)

(c) Loosen and remove screws (40) from the connectors (A25) (A26). Use screws (40) to secure the connector (A25) to the main frame (A3) and the seat frame (A23) in area A. Use screws (40) to loosely secure the connector (A26) to the seat frame (A23) in area B. (Note: *DO NOT tighten screws yet.*) And then use screws to secure the Ø50 connecting board (A28) to the main frame (A3) as shown. After all parts are secured, fully tighten all screws.



## STEP 2 Weight Stack Installation

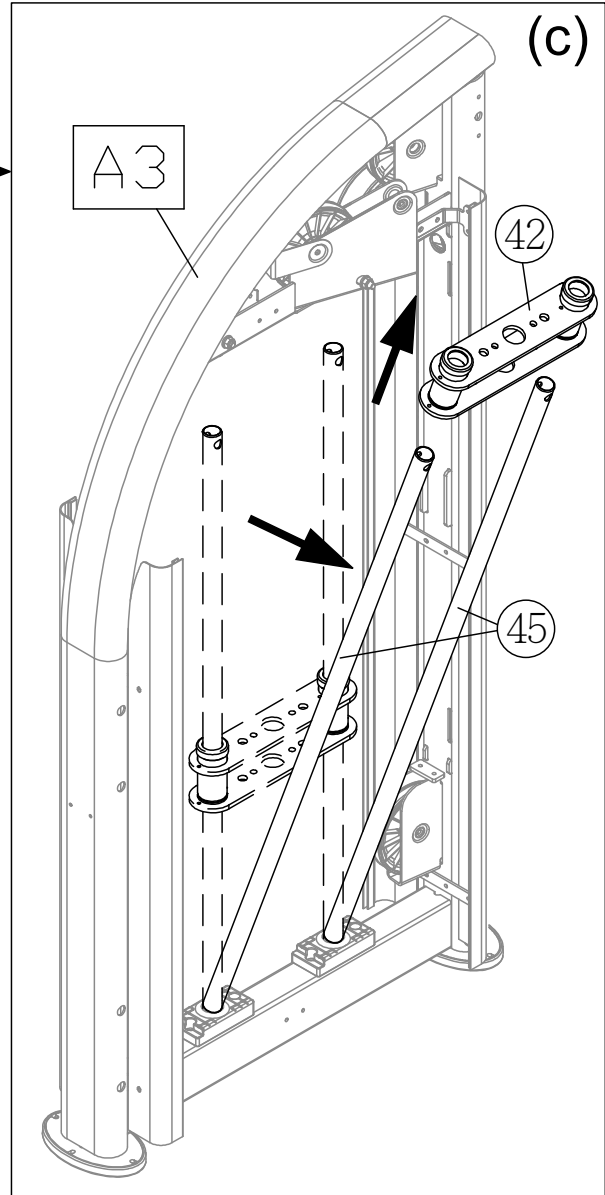
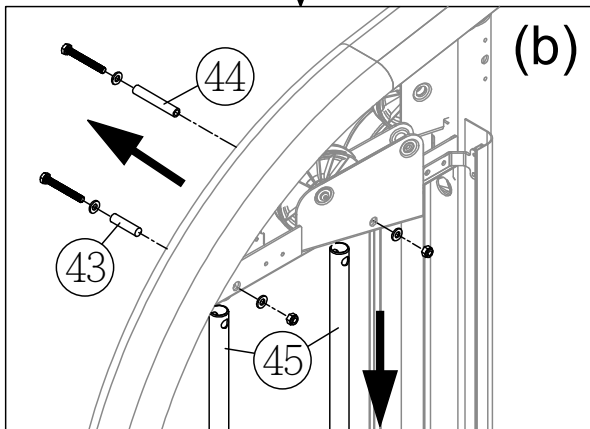
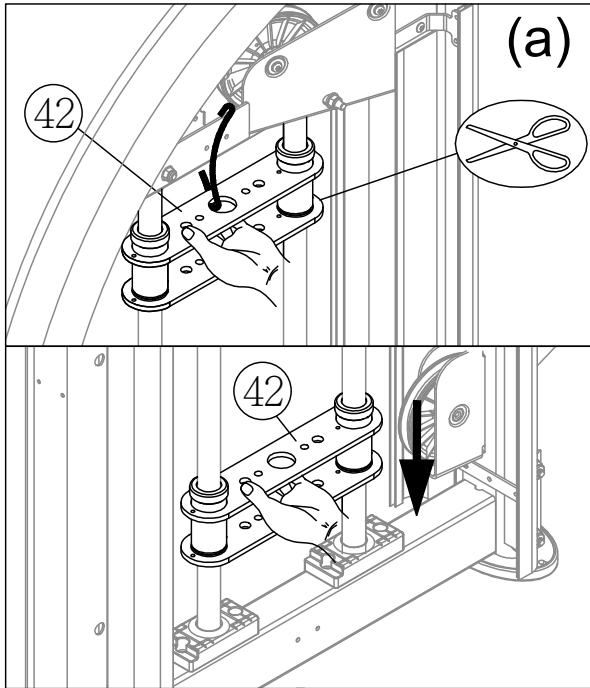
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## STEP 2 Weight Stack Installation (CONT.)

Follow instructions (a) through (g) to install the weight stack.

- (a) Hold the upper stack carriage set (42), and then cut the zip tie. Gently lower the upper stack carriage set (42) into place as shown.
- (b) Remove screws (43) (44). Set the guide rod (45) downward into place as shown.
- (c) Tilt the guide rod (45) backward and then lift the upper stack carriage set (42) off the guide rods as shown. Carefully set the upper stack carriage set (42) aside.

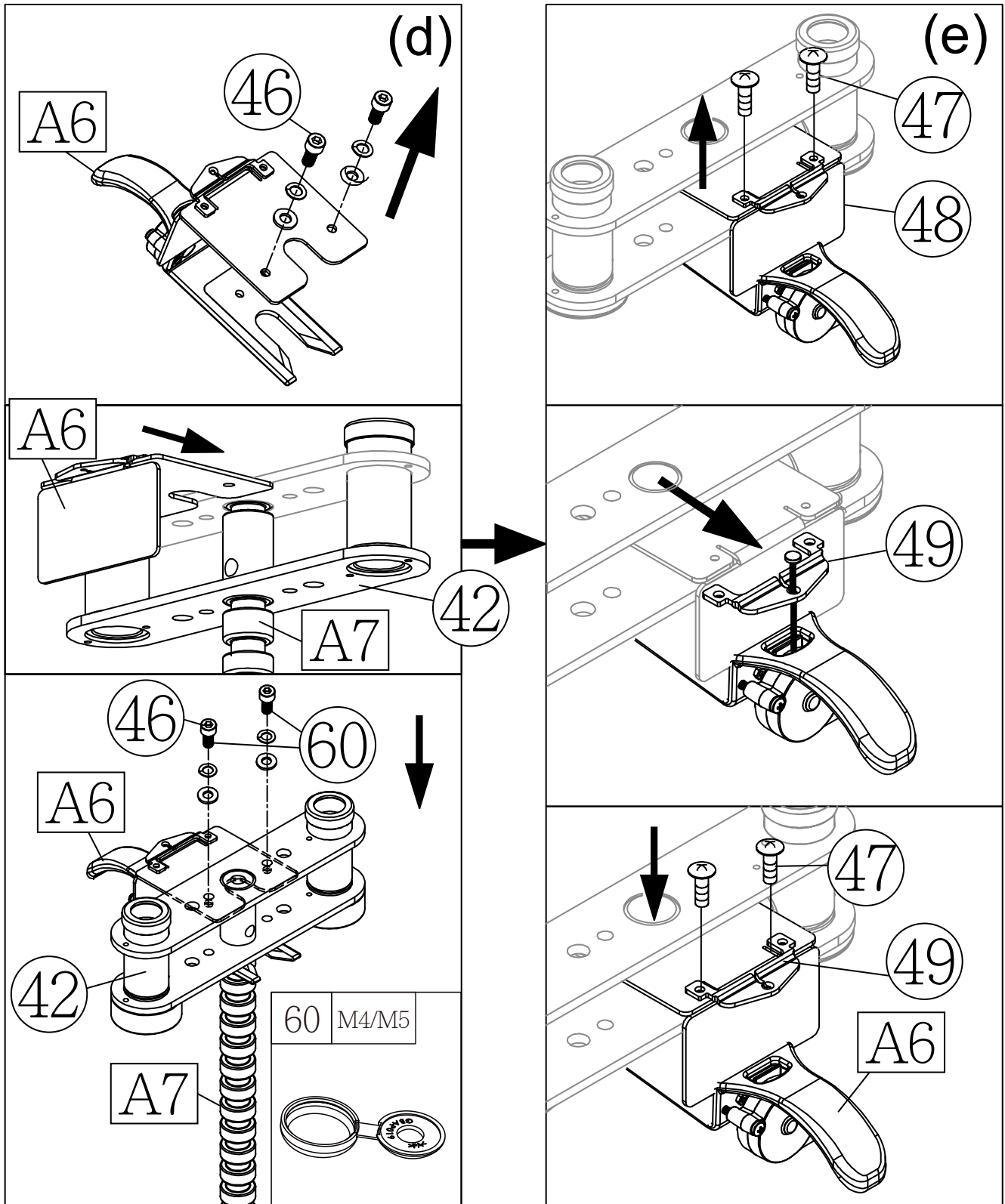


## STEP 2 Weight Stack Installation (CONT.)

(d) Remove screws (46) from the stack fork (A6) and insert the weight stack rod (A7) into the central mounting position of the upper stack carriage set (42). Use screws (46) to secure the stack fork (A6) into place of the upper stack carriage set (42) as shown.

*(Note: Remove the stack fork first before assembling.)*

(e) Remove screws (47) from the set fork (48) to remove the bolt assy. crossover (49). Pull the cable from the stack fork (A6) to thread through the bolt assy. crossover (49) as shown. Secure the bolt assy. crossover (49) back into place of the set fork (48) with screws (47) as shown.



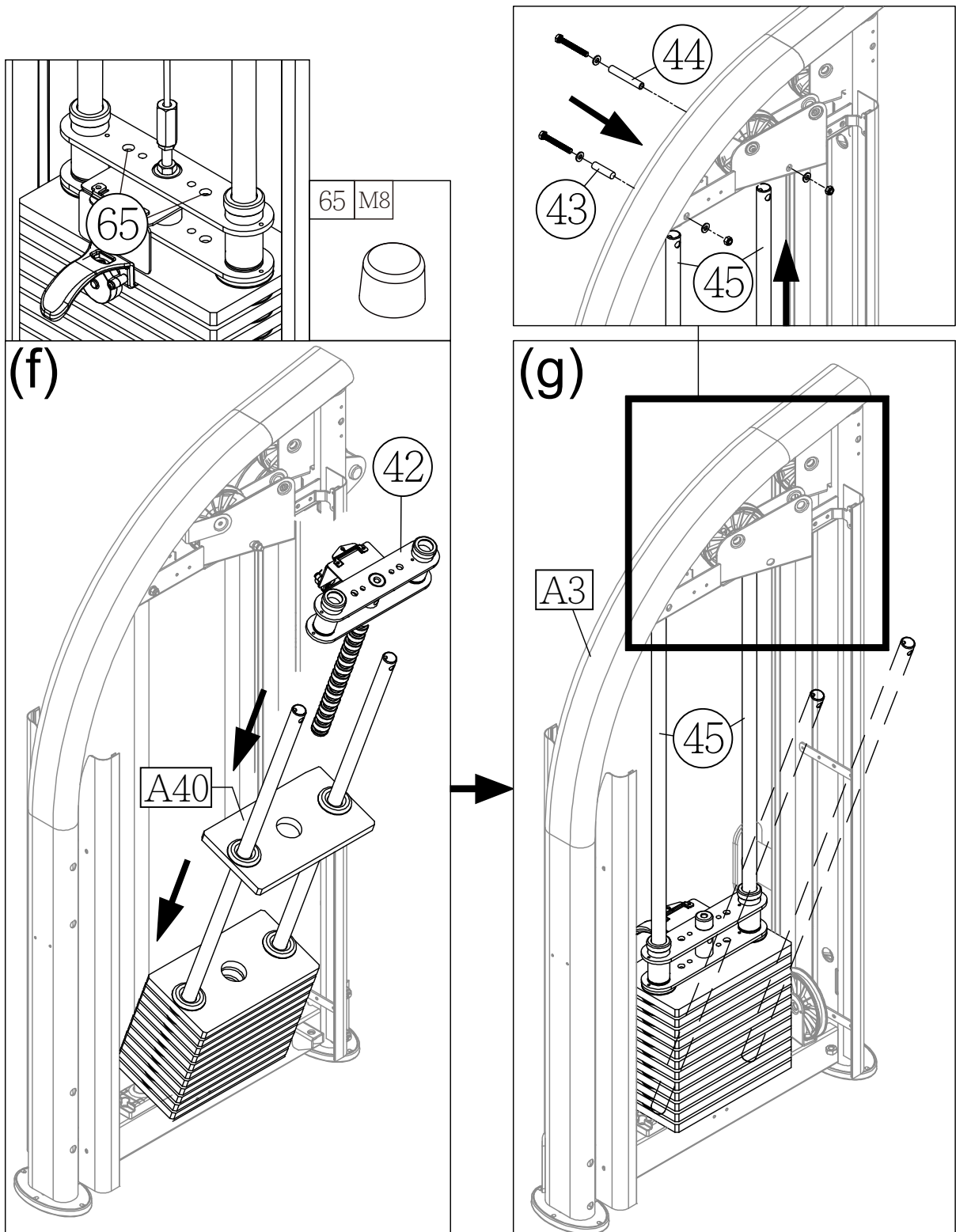
## STEP 2 Weight Stack Installation (CONT.)

(f) Insert and lower the (5 kg/11lb) weight plate (A40) into place on the guide rods (45) one at a time. Once complete, slide down the upper stack carriage set (42) on top of the weight stack. (Note: The convex side of weight plate should face up and the stack fork (A6) points toward the front.)

\*If there is an optional (7.5kg/16.5lb) weight plate installed, insert the optional weight plates before the (5 kg/11lb) weight plates (A40).

\*Install the cap nuts on the screws.

(g) Tilt the guide rods (45) back into place and then lift them up to their mounting position, and then secure the assembly with screws (43) (44).

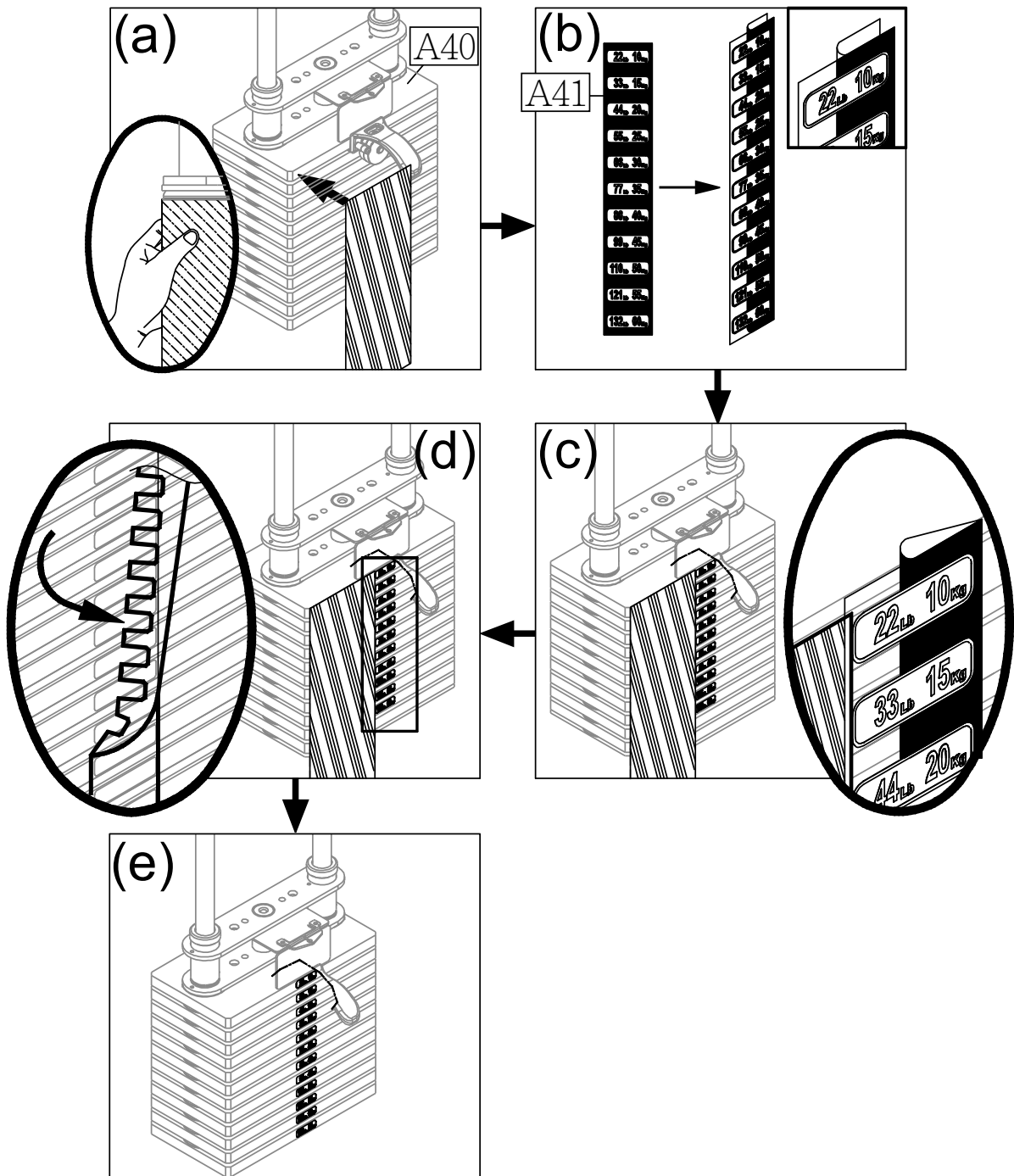


### STEP 3 Apply the Weight Stack Sticker

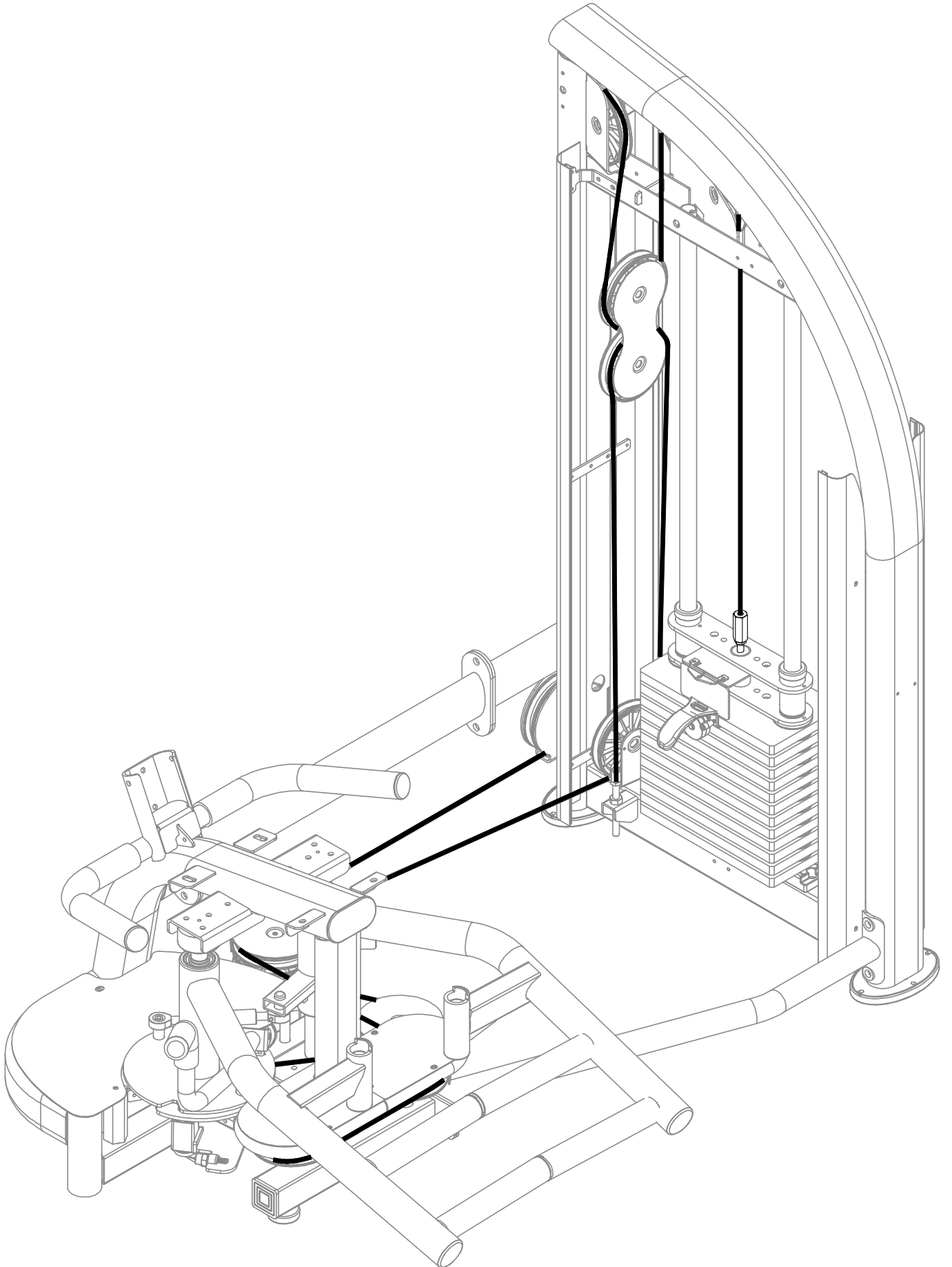
*Note: Before applying weight plate stickers, please wipe the area clean, and clean your hands before proceeding to the next step.*

- (a) Align and tape the cardboard to the upper left corner of the weight plate (A40).
- (b) Peel off the top half of the weight plate sticker (A41) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- (c) Press the numbered part of the weight plate sticker (A41) in place while you peel off the clear margin of the sticker.
- (d) Peel off the clear margin of the sticker.
- (e) Follow steps (b) ~ (d) to apply another weight plate sticker to the lower part of the weight stack. When the stickers are in place, peel off the cardboard. Press the sticker in place to ensure good contact on the weight plate.

\*If there are additional optional weight plates, use the optional weight plate stickers.



**STEP 4** Cable Installation



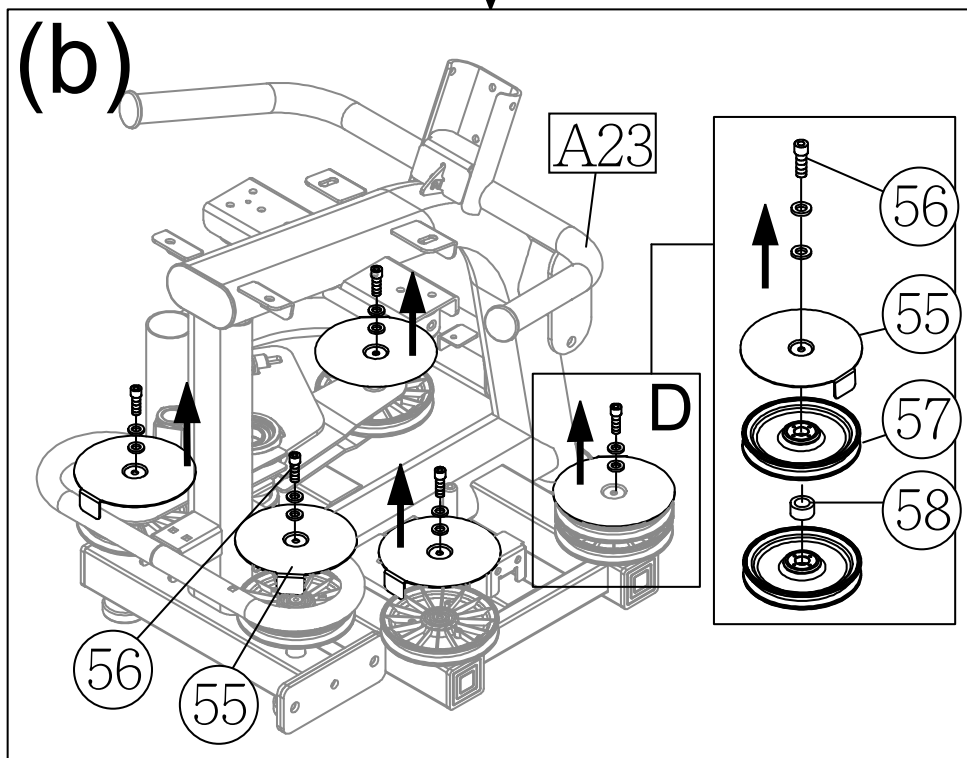
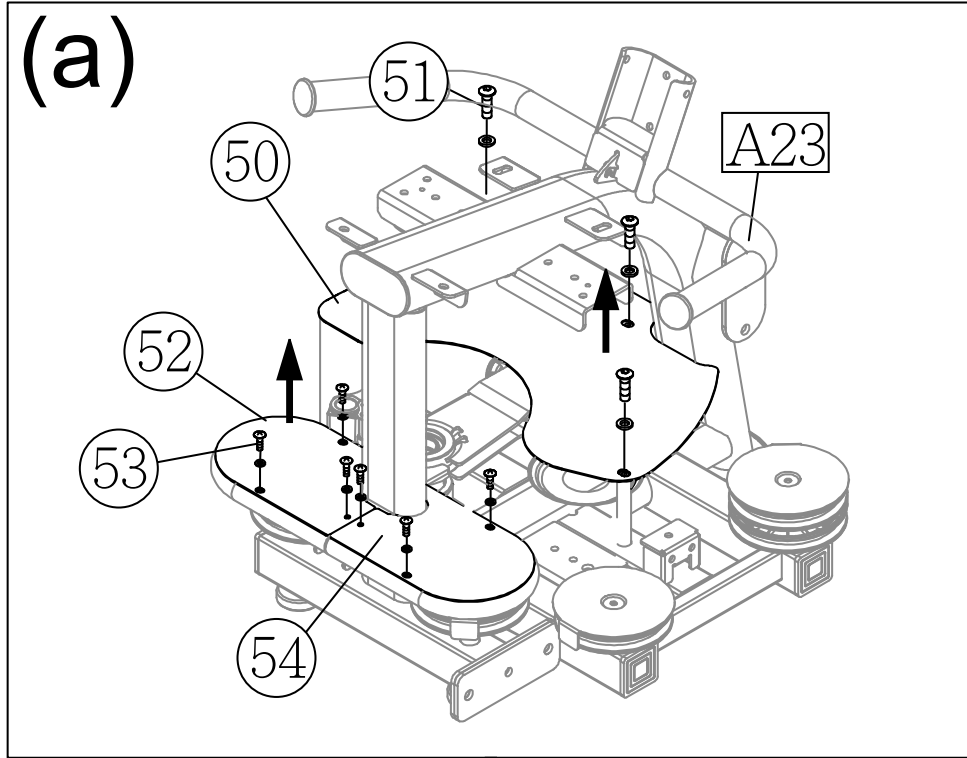
## STEP 4 Cable Installation (CONT.)

Follow instructions (a) through (d) to install the cable.

(a) Remove screws (51) (53) to remove rotator cover (50), left pulley cover (52) and right pulley cover (54) as shown.

(b) Remove screws (56) to remove five pulley covers (55), pulley (57) and pulley inner bushing (58) as shown.

*Note: Carefully set each piece aside.*

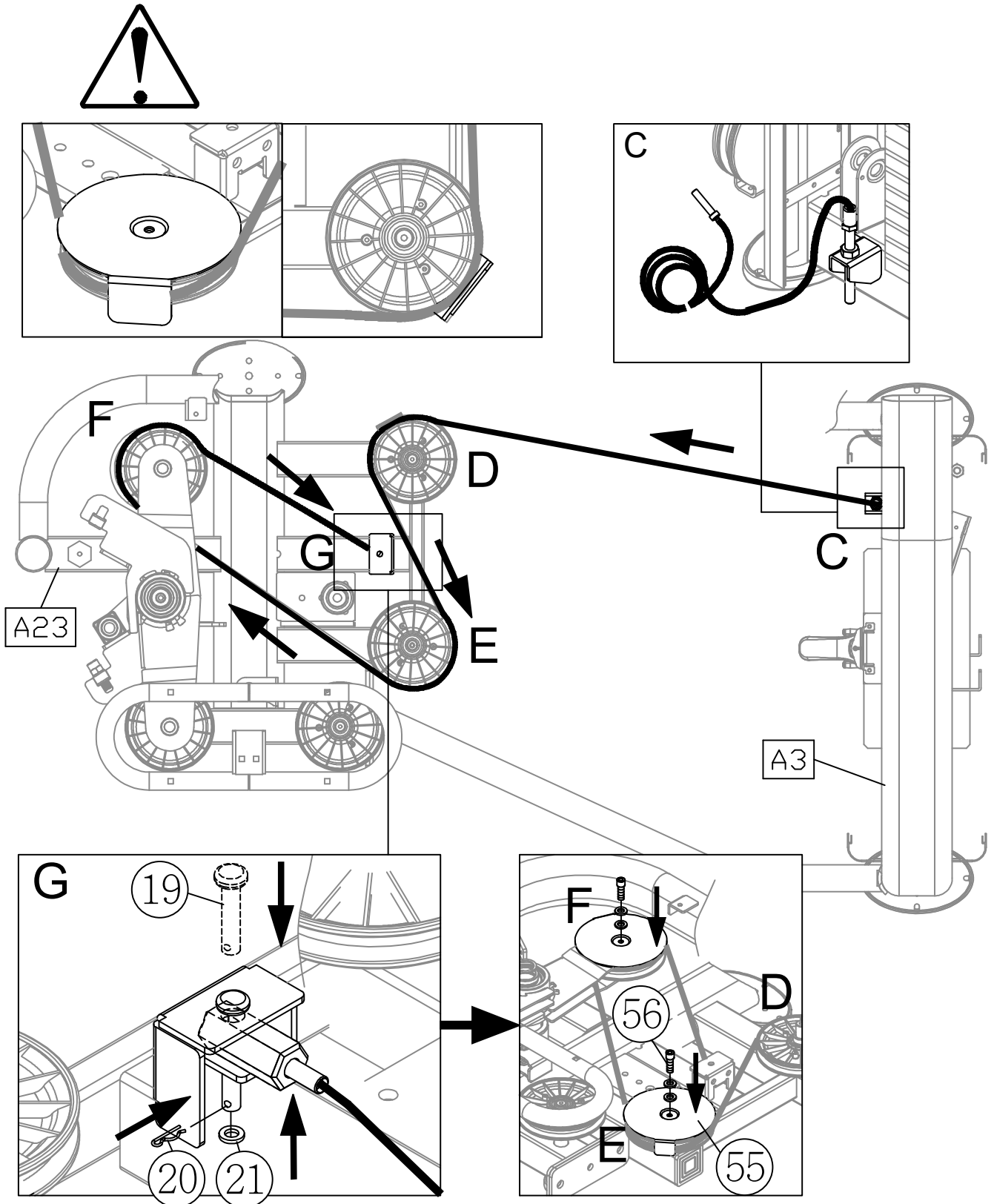


## STEP 4 Cable Installation (CONT.)

(c) Cut off the zip tie to uncurl the cable in area C and insert the cable as indicated by the arrows, first feeding the cable through the pulley in area D, then insert the cable through pulleys in area E and F. Finally insert the cable nut into the U bracket in area G and then secure them with pin (19), washer (21) and cotter pin (20) in sequence as shown. And then loosely secure the pulley covers (55) in area E and F with screws.

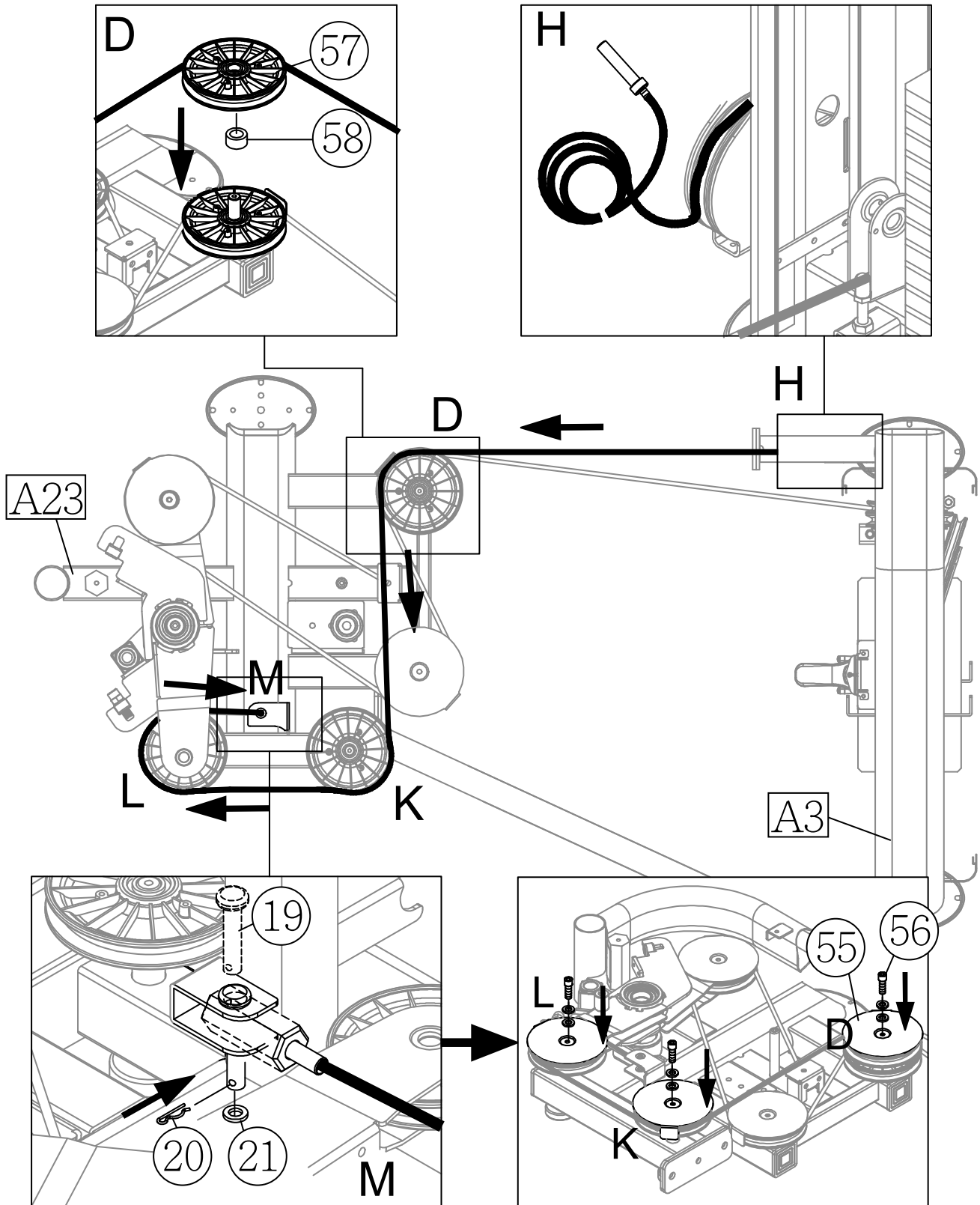
*Note: Make sure the pulley cover is secured properly as Fig. B shown.*

*Note: There are two pulleys in area D, install one back into place only in this step.*



## STEP 4 Cable Installation (CONT.)

(d) Cut off the zip tie to uncurl the cable in area H. First install the pulley inner bushing (58) back into place in area D and thread the cable through the pulley (57). Finally, install the pulley back into place in area D. And then insert the cable as indicated by the arrows, first feeding the cable through the pulley in area K, then insert the cable through the pulley in area L. Finally insert the cable nut into the bracket in area M and then secure them with pin (19), washer (21) and cotter pin (20) in sequence as shown. And then loosely secure the pulley covers (55) in area D, K and L with screws (56). (Note: DO NOT tighten screws yet.)



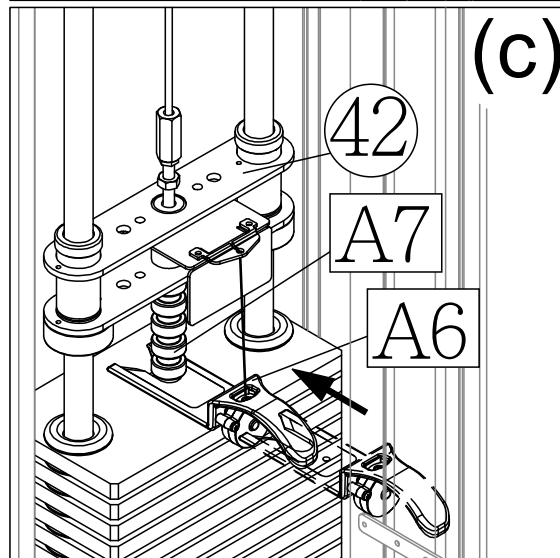
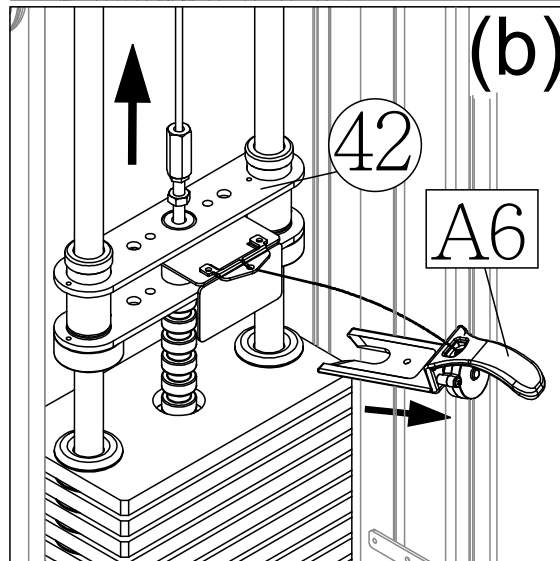
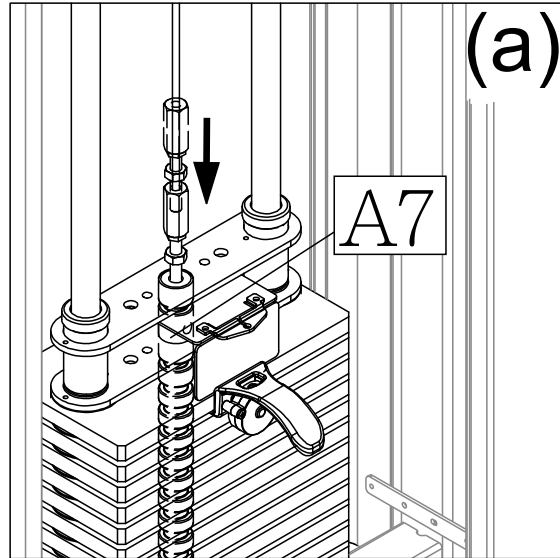
## STEP 5 Cable Nut and Stack Rod Installation

Follow instructions (a) through (c) to install the cable nut and the stack rod.

(a) Insert the cable nut as indicated by the arrows onto the weight stack rod (A7) at least 20mm deep as shown.

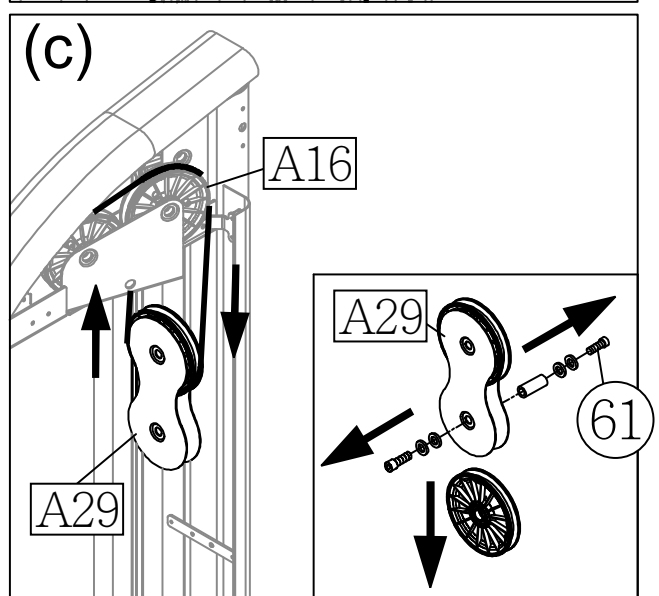
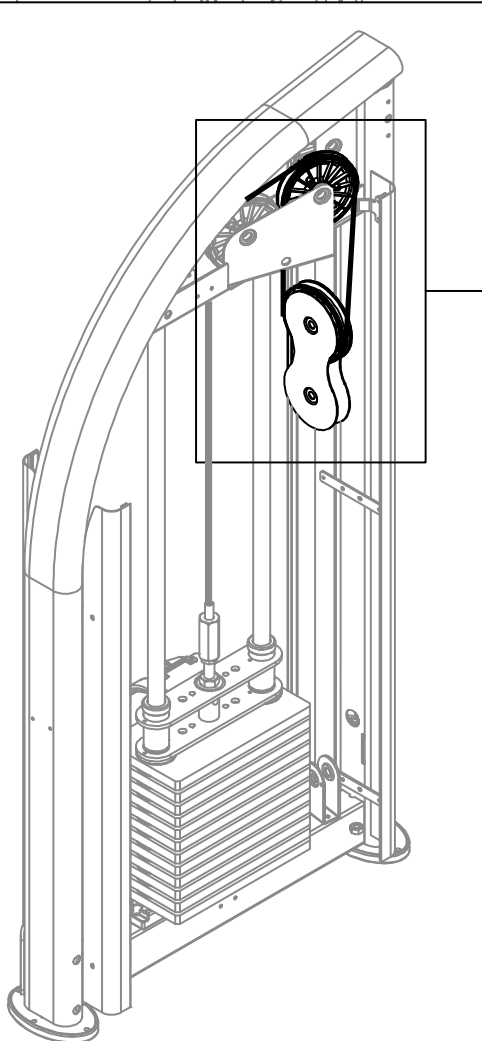
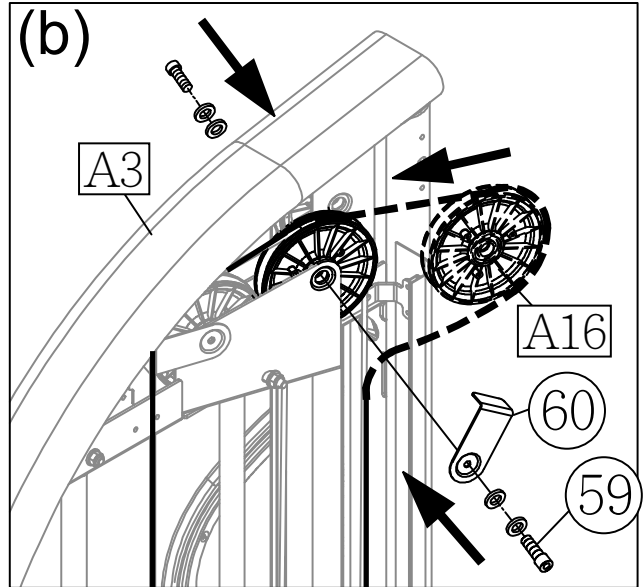
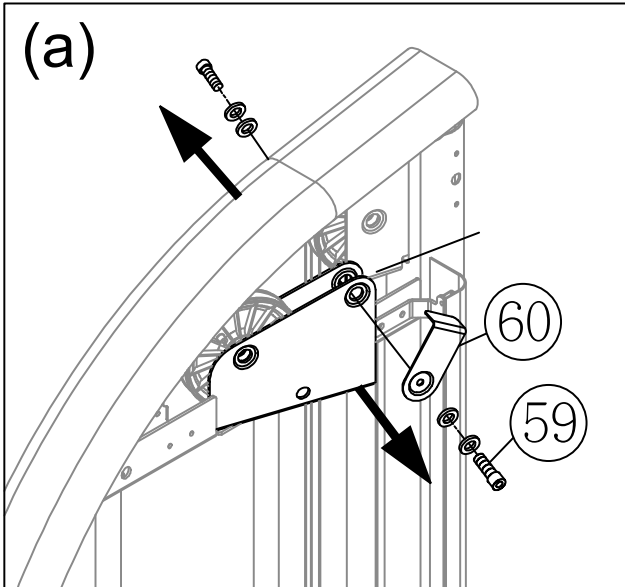
(b) Take out the stack fork (A6) and lift the upper stack carriage set (42) up.

(c) Insert the stack fork (A6) into the stack rod (A7) to loosen the cable.



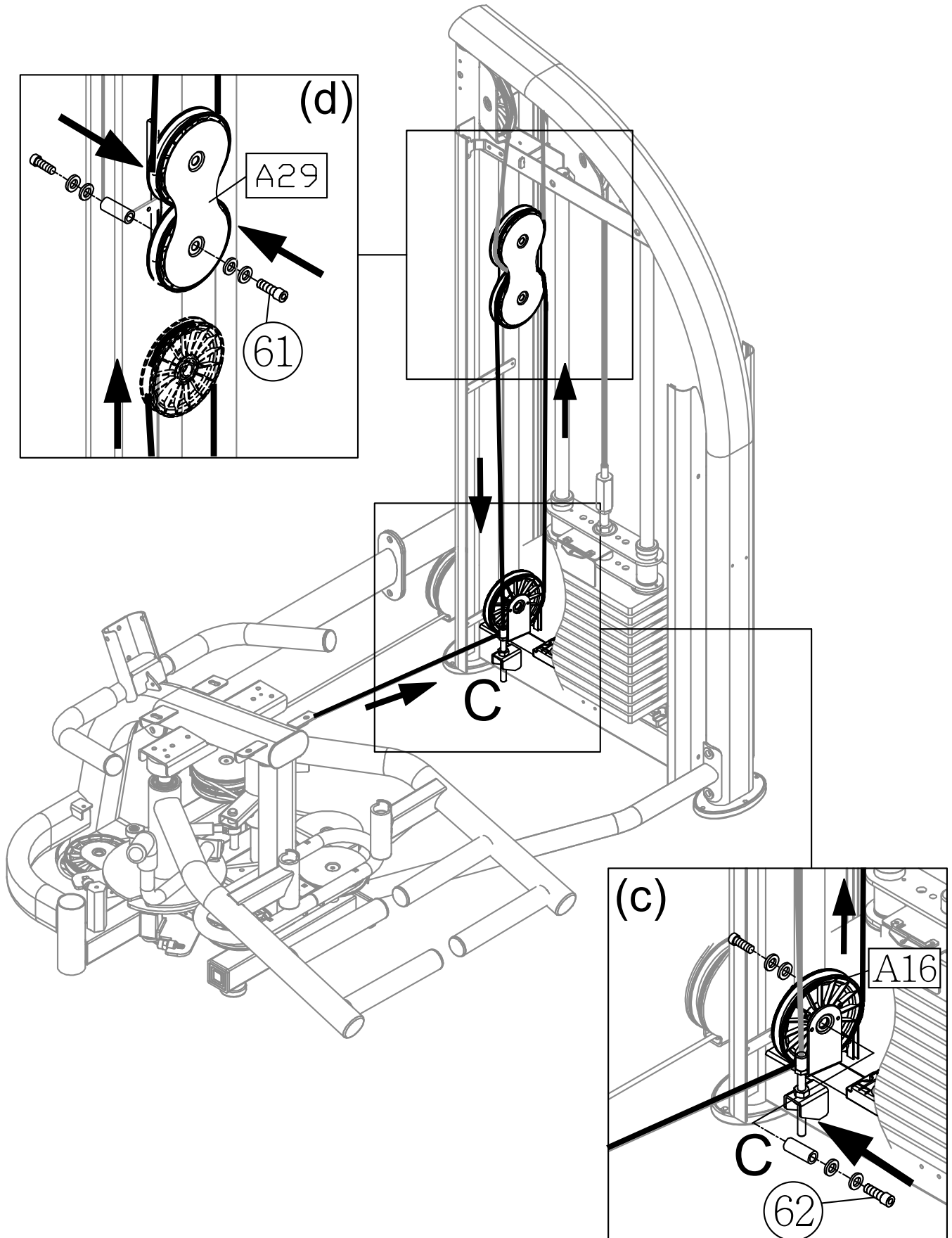
## STEP 6 Floating Pulley Installation

- (a) Remove the pulley cover (60) and screws (59) from the main frame (A3).
- (b) Thread the cable through the pulley (A16) and install the pulley to the main frame (A3). Secure the pulley cover (60) with screws (59).
- (c) Remove screws (61) from the floating pulley (A29) and then thread the cable goes through the floating pulley (A29) as indicated by the arrows as shown.  
(Note: Keep another pulley on the floating pulley (A29) as shown.)



## STEP 6 Floating Pulley Installation (CONT.)

- (d) Thread the cable in area C through the pulley (A16) and secure it with screws (62).
- (e) Pull the cable up to thread through the removed pulley and then place it back into place of the floating pulley (A29) as shown and then secure the pulley back into the floating pulley (A29) with screws (61).

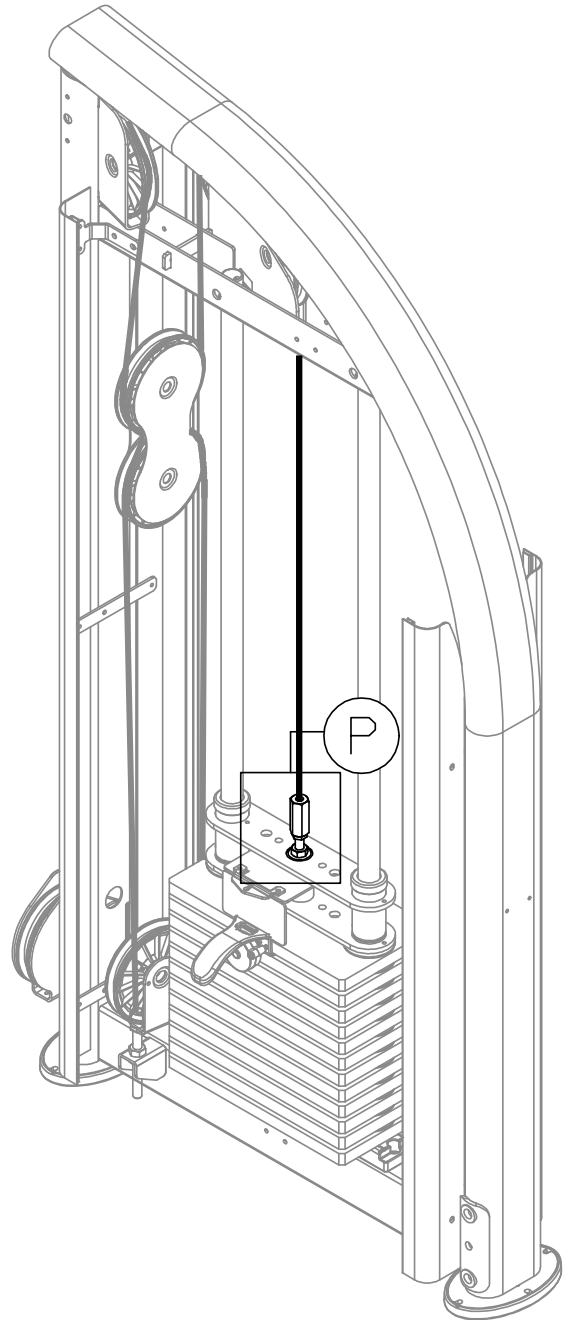
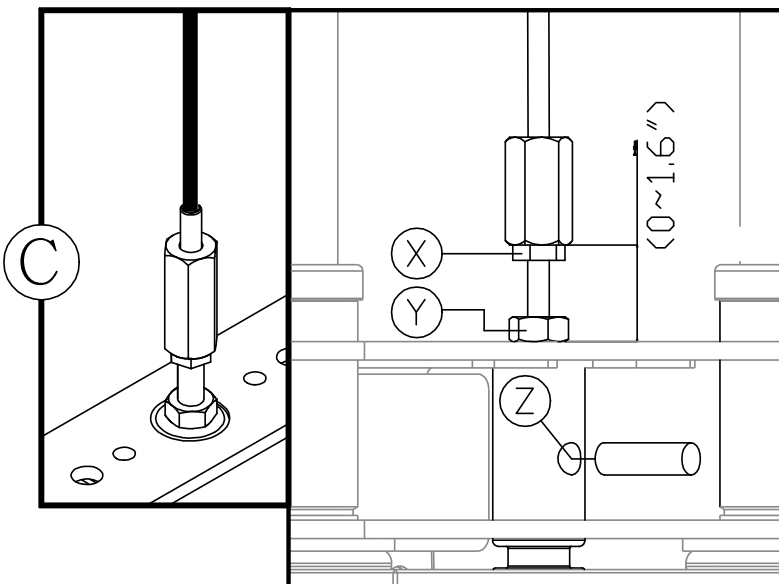
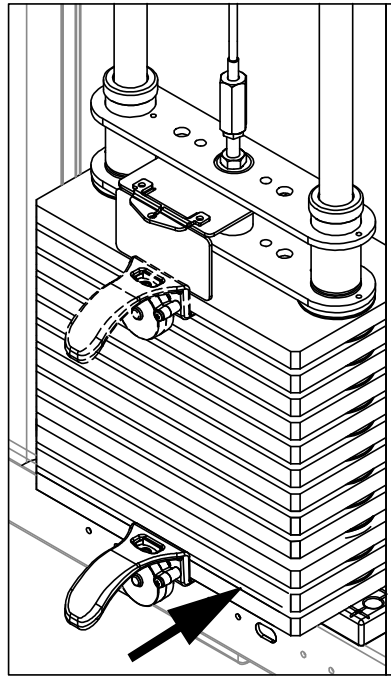


## STEP 7 Upper Cable Adjustment

Insert the stack fork (A6) into the gap under the lowest weight plate and then adjust the nut at area C until the upper stack carriage moves slightly.

The gap between the (X) and (Y) nut must be within 40mm (1.6") and the (X) nut must be secured to a depth of 20mm. If the gap exceeds the 40mm limit, the cable needs to be adjusted to the proper length to avoid it's come off.

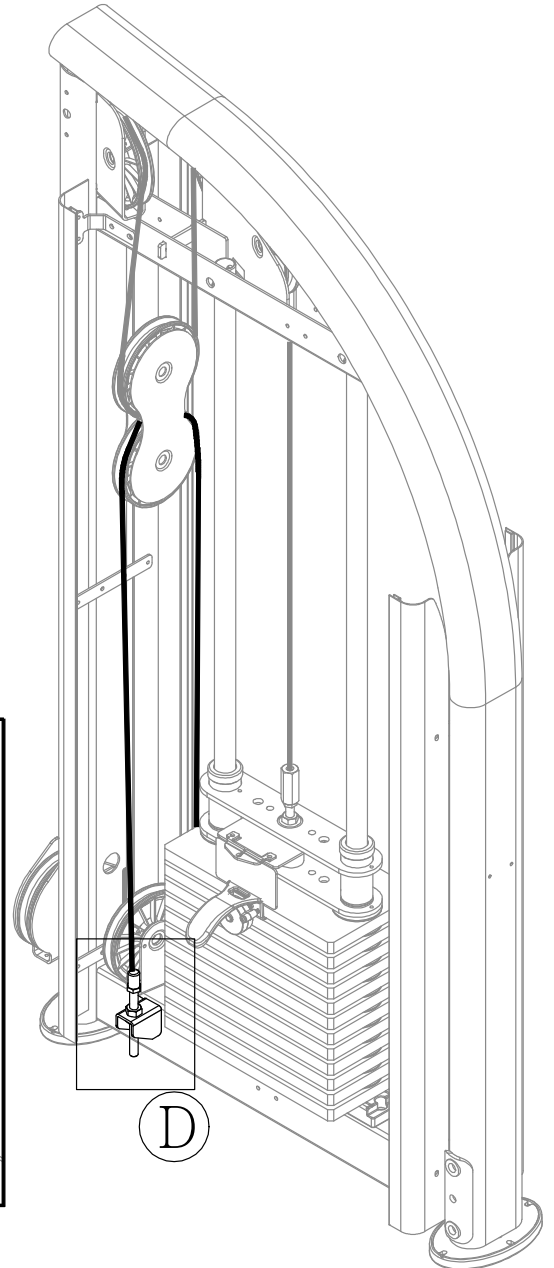
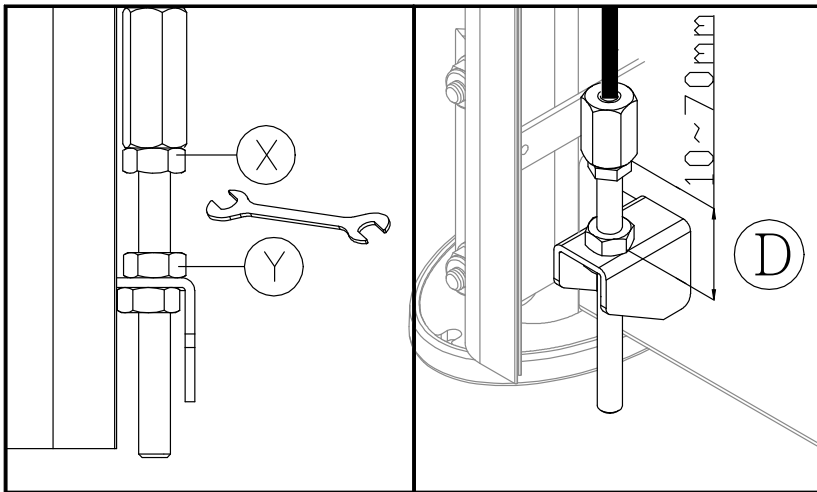
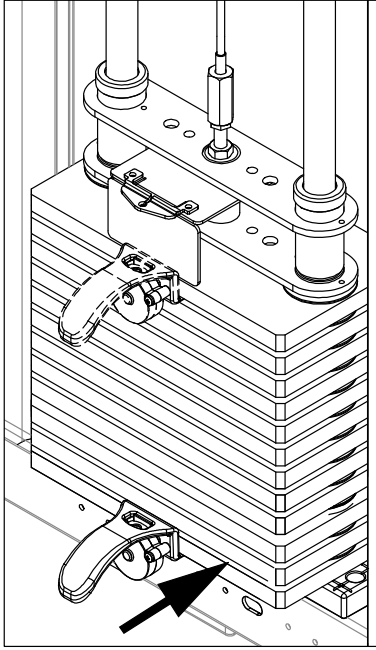
To adjust the cable, first insert an open end wrench into (Z) hole. Loosen (Y) nut and then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position.



## STEP 8 Lower Cable Adjustment

Insert the stack fork (A6) into the gap under the lowest weight plate and then adjust the nut at area D until the upper stack carriage moves slightly.

To adjust the cable, first insert an open end wrench into (Z) hole. Loosen (Y) nut and then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position.

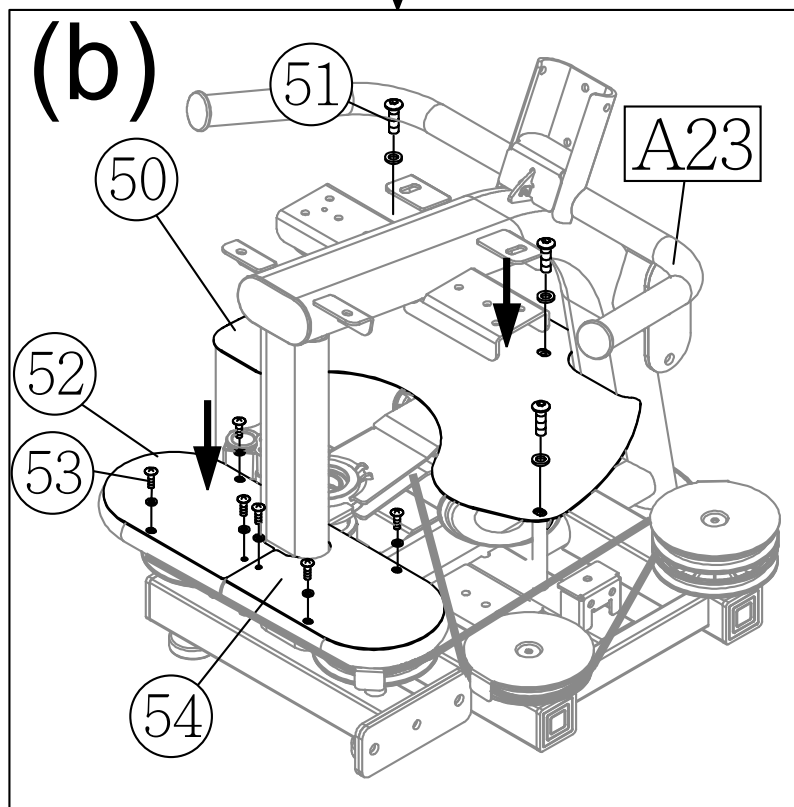
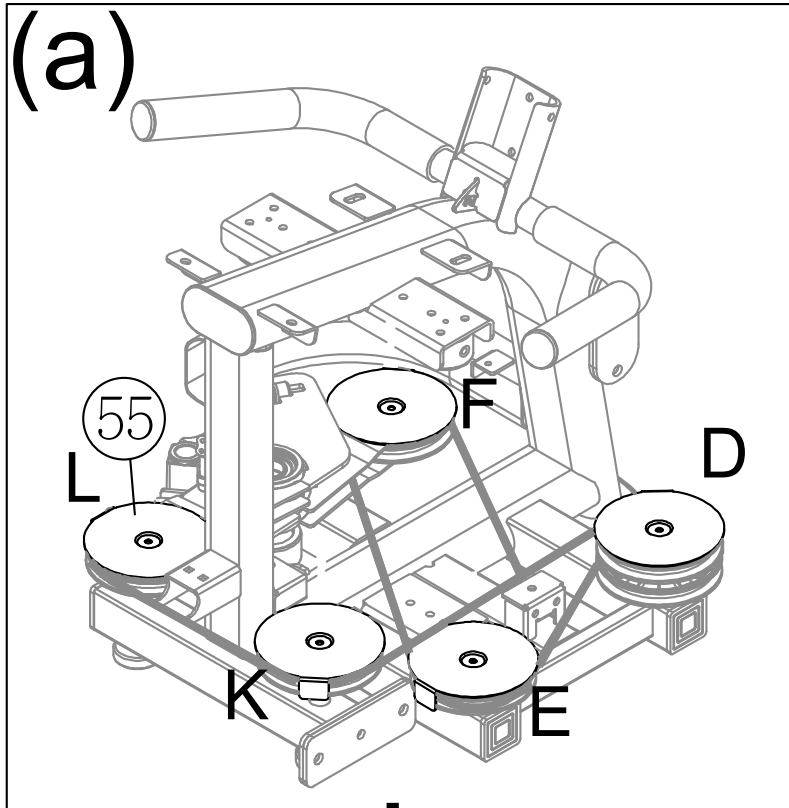


## STEP 9 Pulley Covers Installation

Follow instructions (a) through (d) to install the covers back into place.

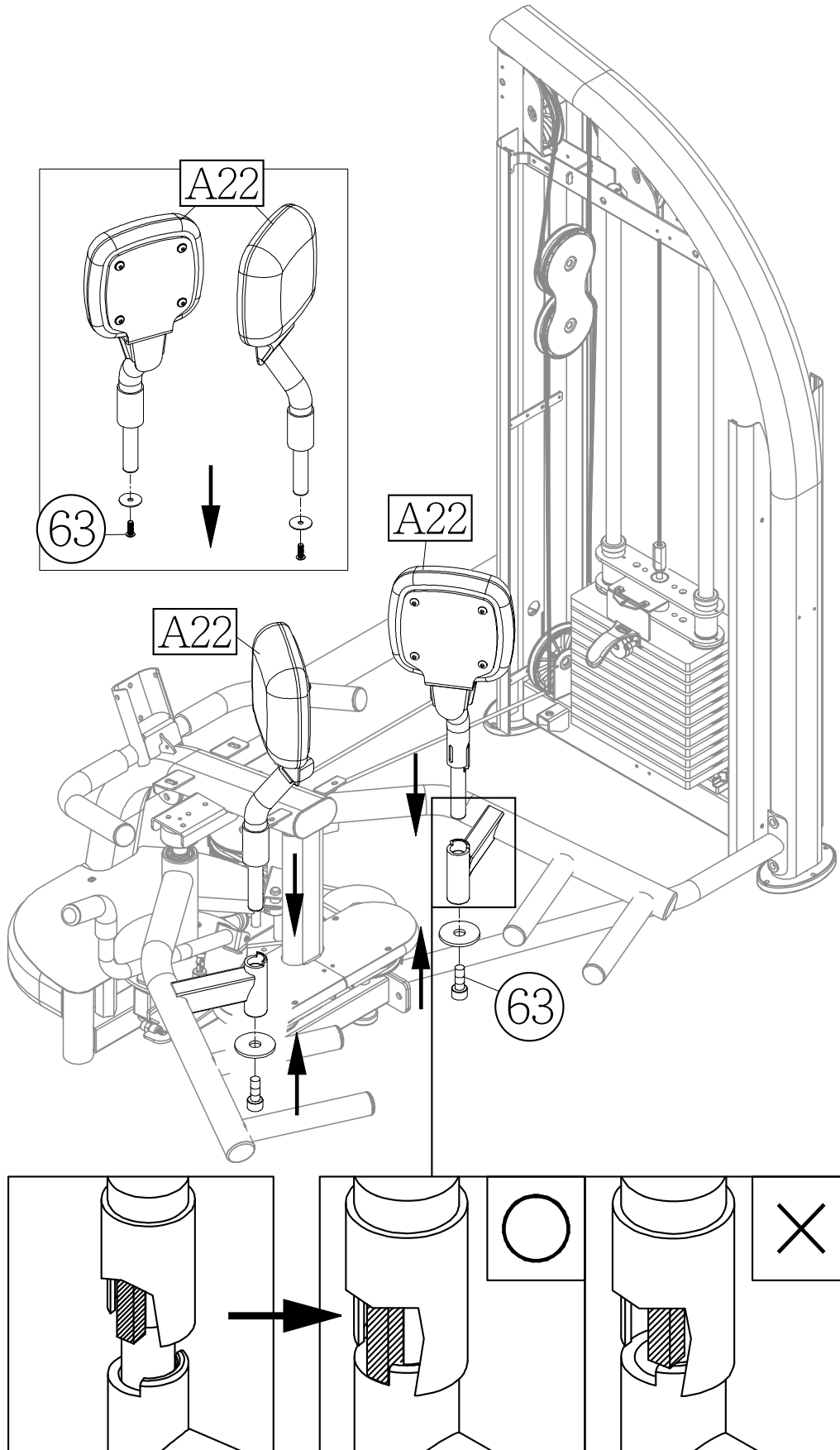
(a) Fully tighten all screws of five pulley covers in area D, E, F, K and L.

(b) Secure the rotator cover (50), left pulley cover (52) and right pulley cover (54) back into place with screws (51) (53) as shown.

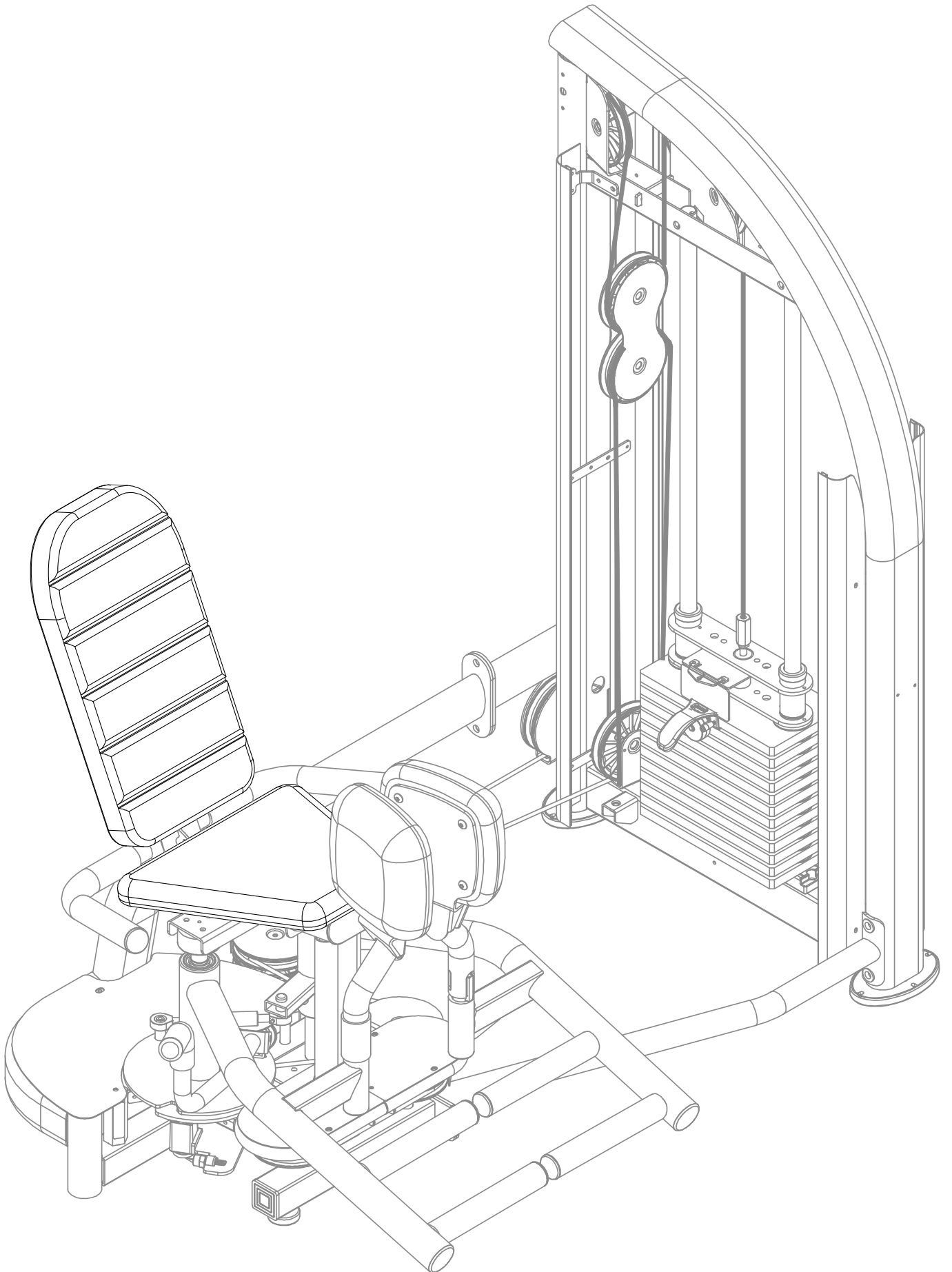


## STEP 10 Leg Cushion Pivot Assembly Installation

First, remove screws (63) from the bottom of the leg cushion pivot assembly (A22). Insert the leg cushion pivot assembly (A22) into their mount sockets. Make sure that placement slots in the leg cushion pivot assembly insert properly as shown and then secure screws (63) from below. (Note: placement slots must be inserted into the lowest part of the cutout.)

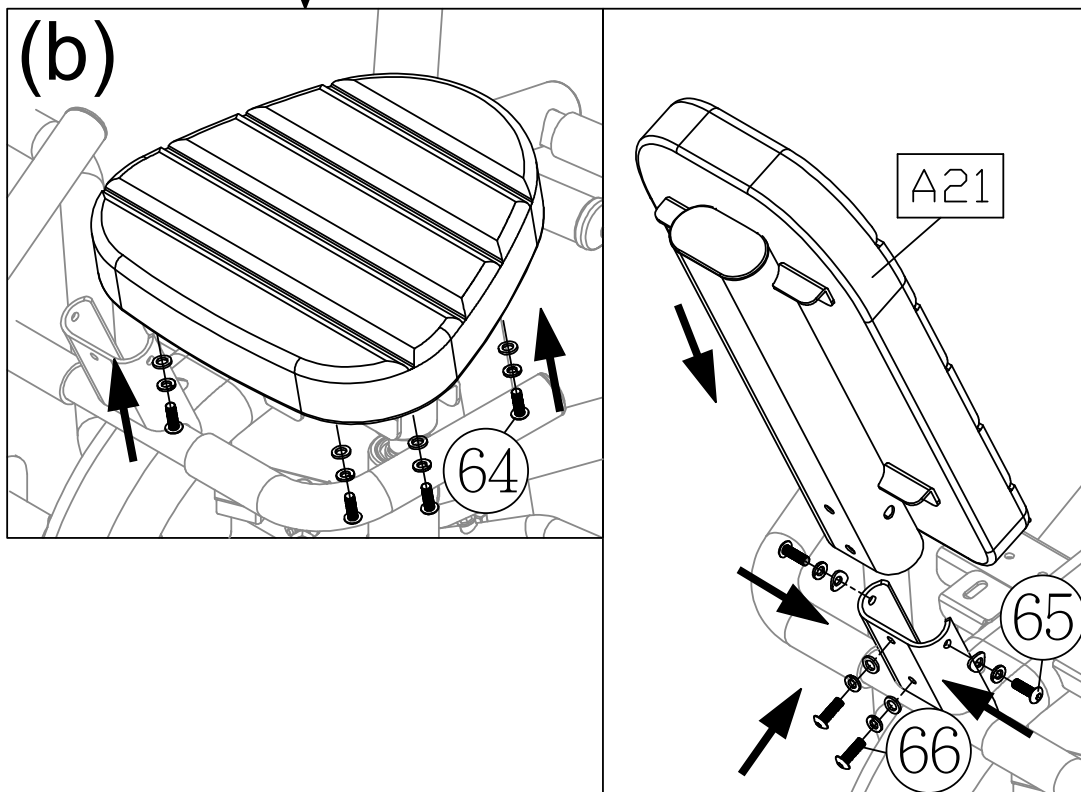
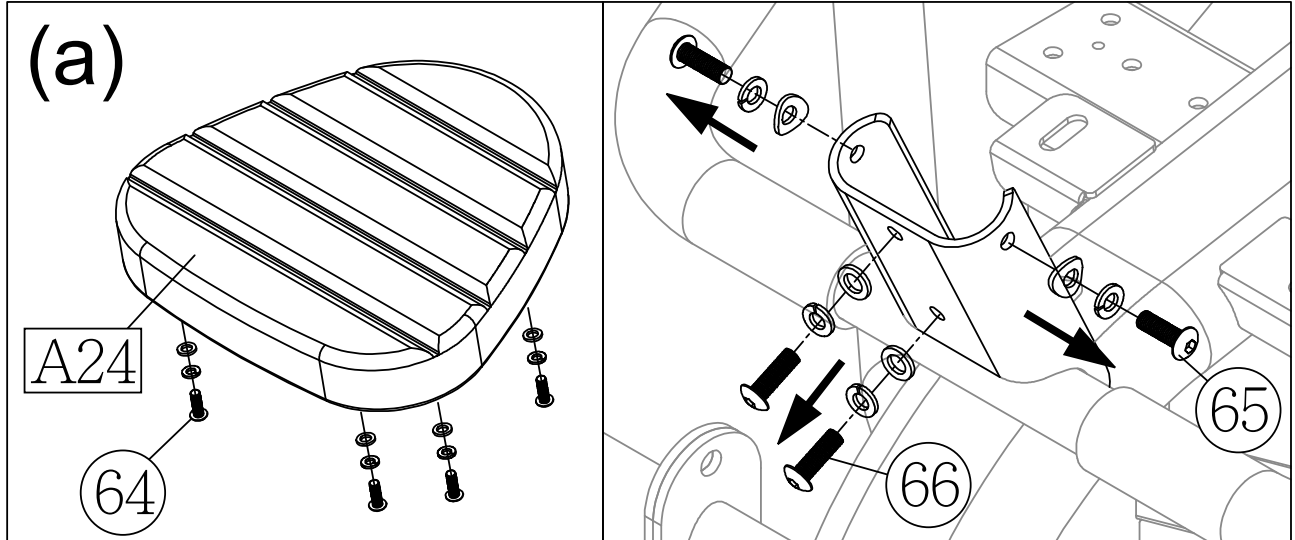


**STEP 11** Seat Back/Bottom Installation



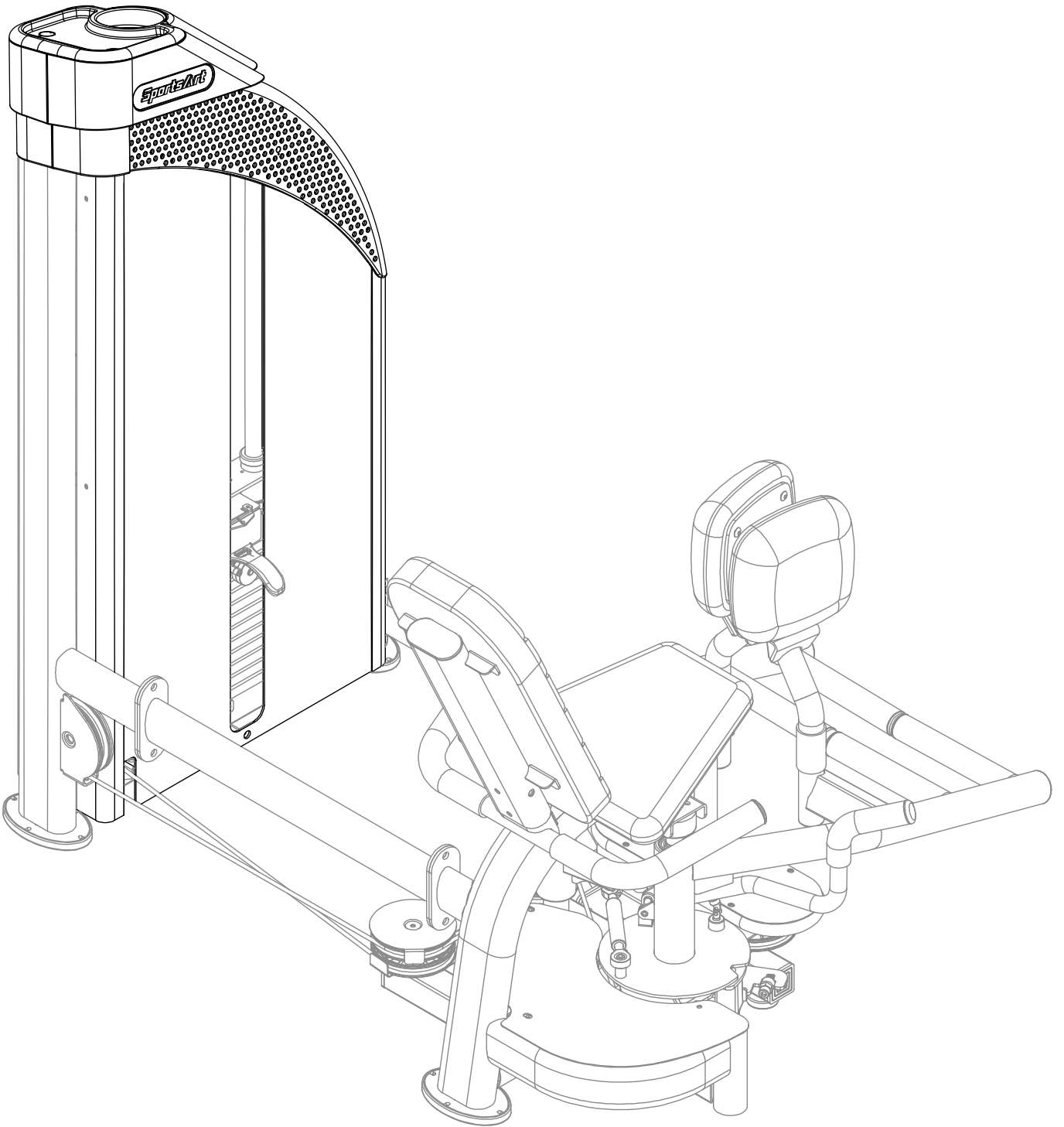
## STEP 11 Seat Back/Bottom Installation (CONT.)

- (a) First, remove screws (64) (65) (66) from the seat bottom (A24) and the seat frame (A23).
- (b) Use screws (42) to secure the seat bottom (A24) to the seat frame (A23) and use screws (65) (66) to secure the seat back to the seat frame (A23).



**STEP 12** Covers Installation

---

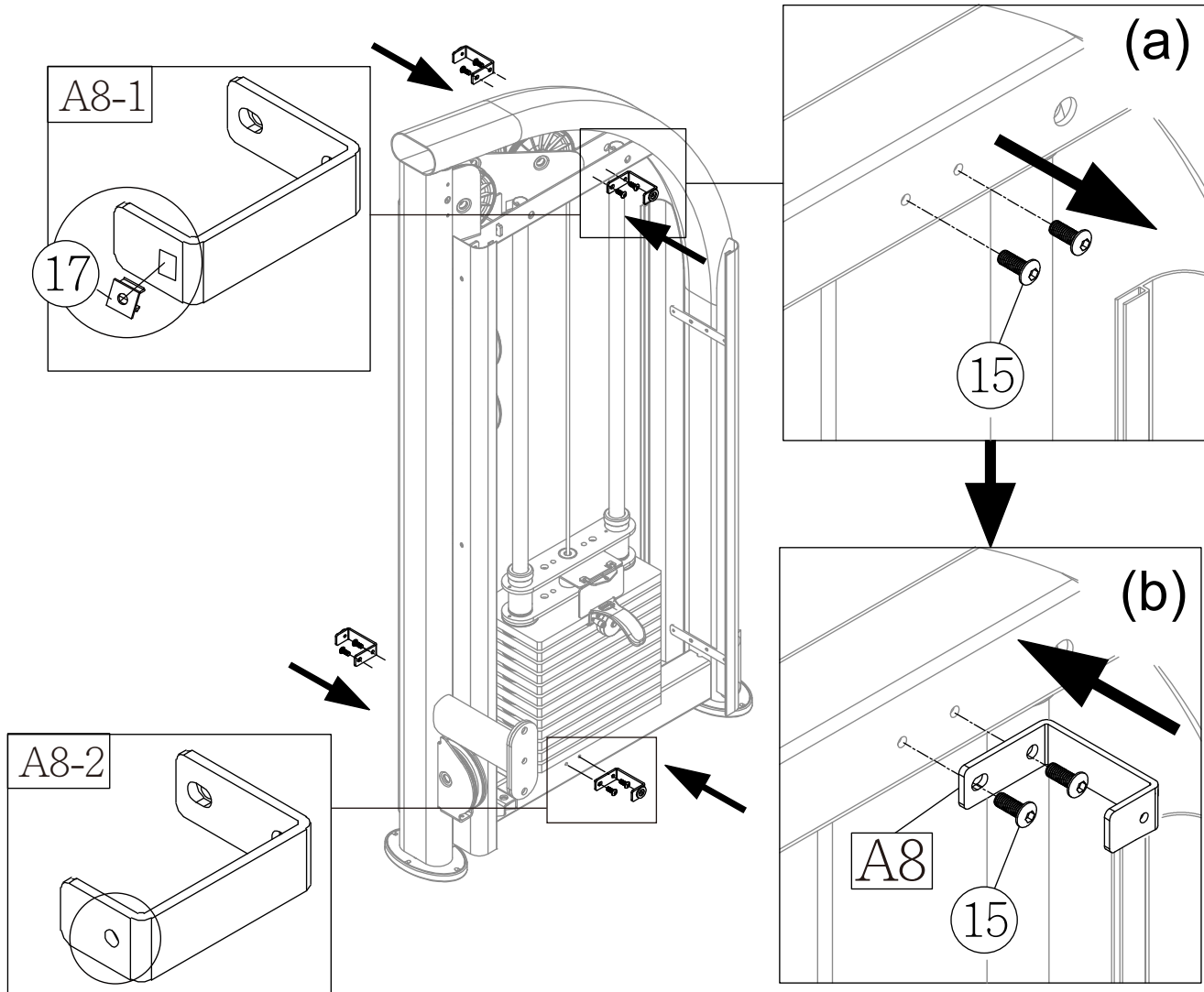


## STEP 12 Covers Installation (CONT.)

Follow instructions (a) through (g) to install the front and rear covers.

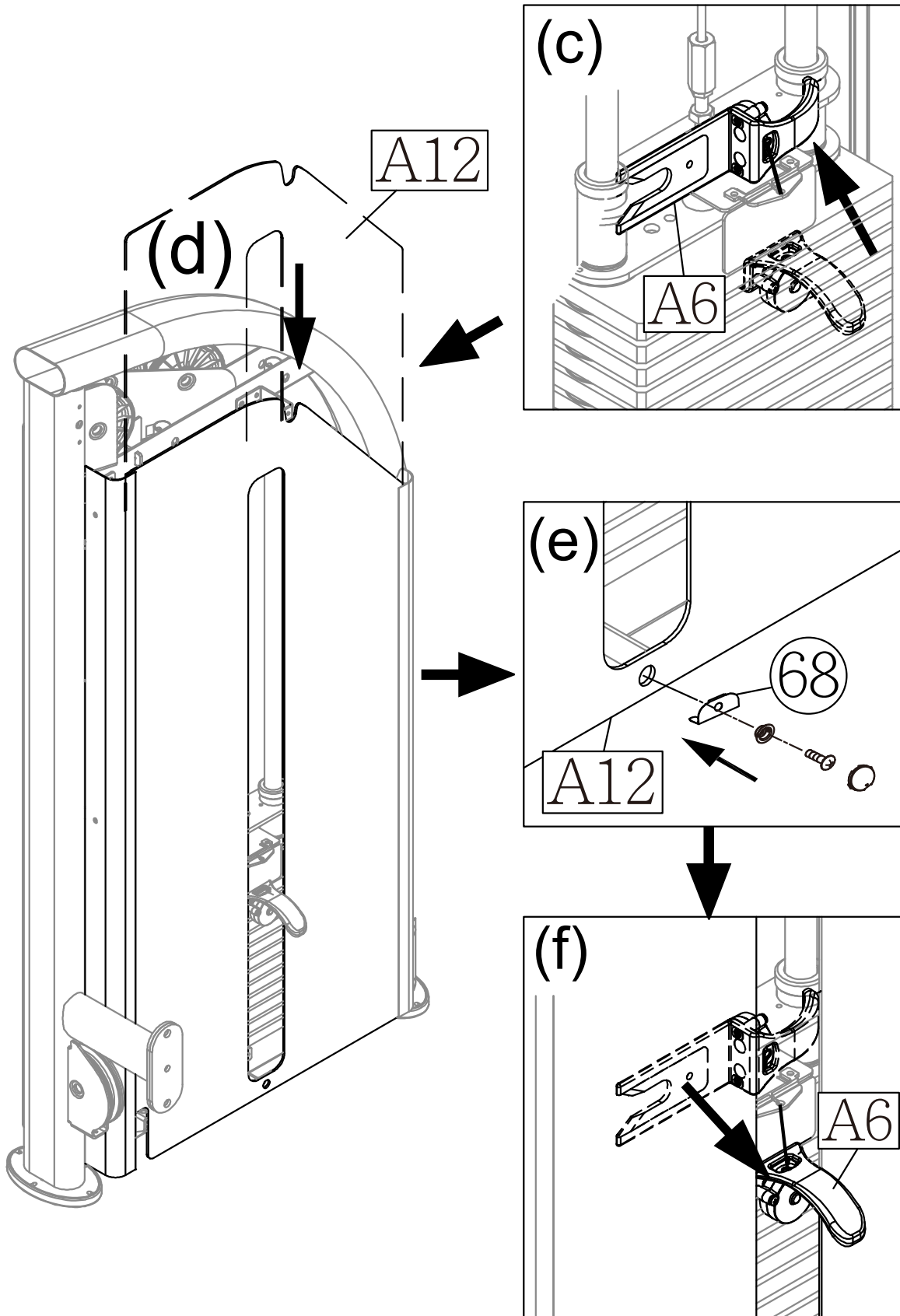
(a) Remove screws (15) from the main frame.

(b) Install the square snap bushings (17) to the anchor brackets of shroud (square hole) (A8-1). Secure the anchor brackets of shroud (square hole) (A8-1) with the square snap bushings (17) to the front and back of the upper crossmember assembly of weight stack tower with screws (15). Secure the anchor brackets of shroud (tapped hole) (A8-2) to the front and back of the lower crossmember assembly of weight stack tower with screws (15).



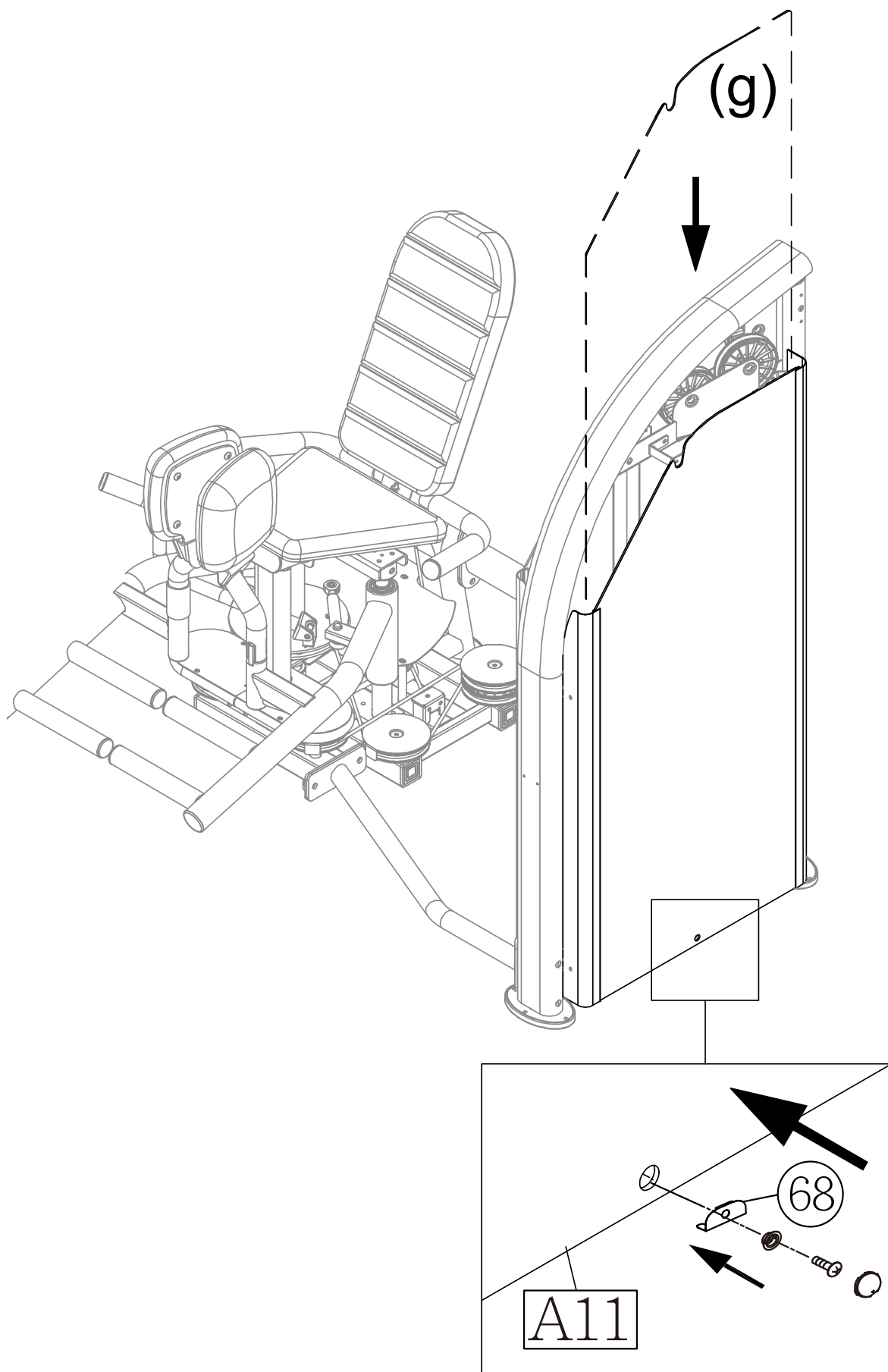
## STEP 12 Covers Installation (CONT.)

- (c) Take out the stack fork (A6) and place it on the upper stack carriage set (42) as shown to avoid damaging to the cover.
- (d) Slide the front cover (A12) from the top down into the cover support plates' grooves.
- (e) Secure the lower shroud with the screw (68).
- (f) Put the stack fork (A6) back in place.



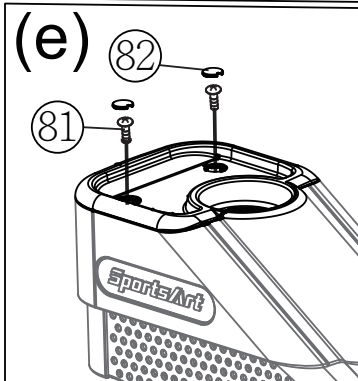
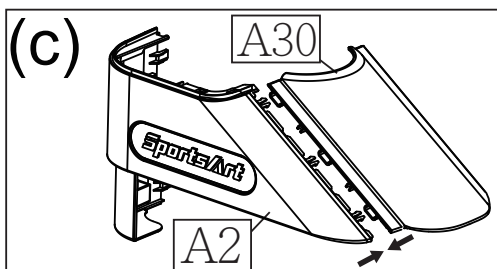
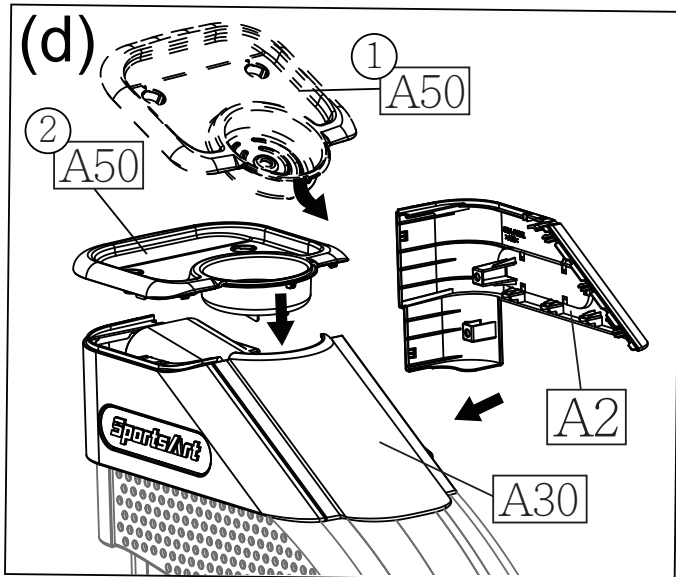
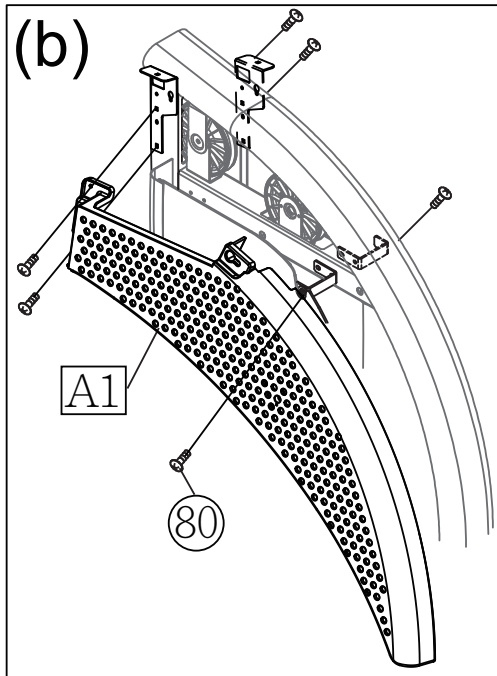
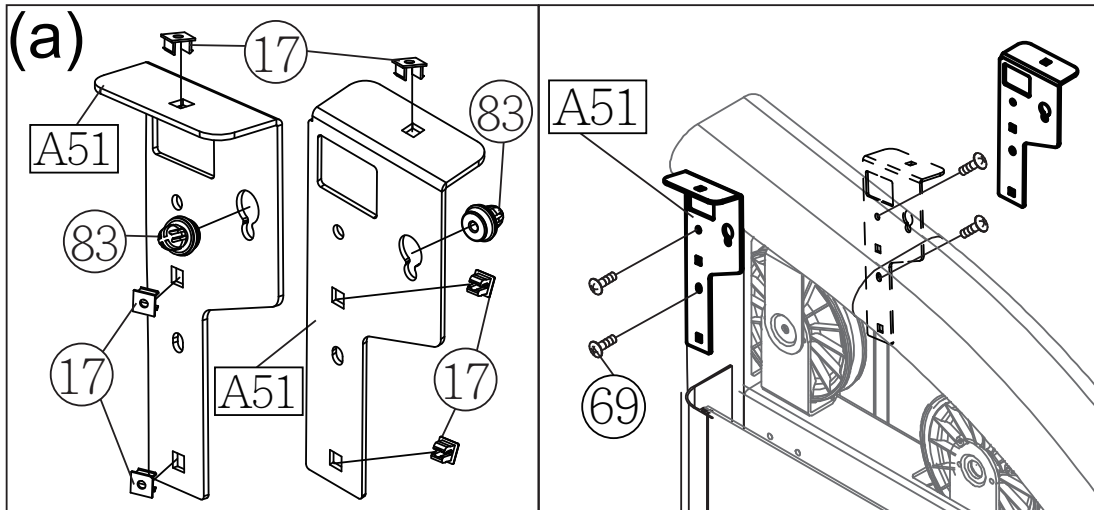
## STEP 12 Covers Installation (CONT.)

(g) Slide the rear cover (A11) from top down into the cover support plates' grooves and then secure the assembly with screws (68) as shown.



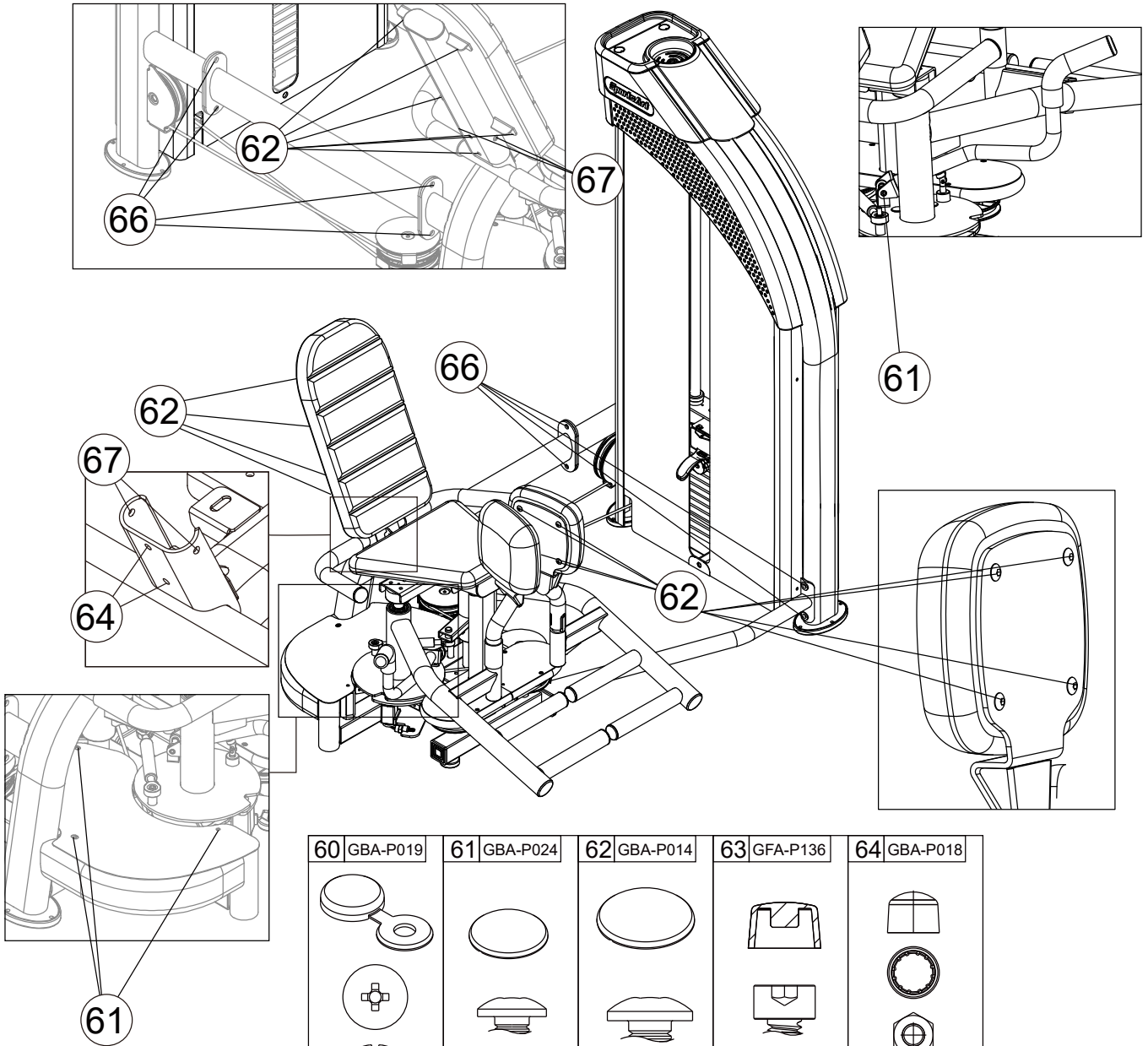
## STEP 12 Covers Installation (CONT.)

- (a) Install the square snap bushing (17) and fastener (83) to the anchor bracket (A51) and remove the screws (69) on the main frame. Secure the anchor bracket (A51) to the main frame with the screws (69).
- (b) Secure the left/right perforated boards (A1) to the main frame with the screws (80).
- (c) Assemble the right side cover (A2) and the front cover A (A30) together before installing to the main frame.
- (d) Assemble the left side cover (A2) and the front cover A (A30) together and then embed the top cover (A50), which is the water bottle holder, at an oblique angle.
- (e) Secure the top cover (A50) to the main frame with the screws (81) and then install the round screw caps (82).



## STEP 13 Install cap nut

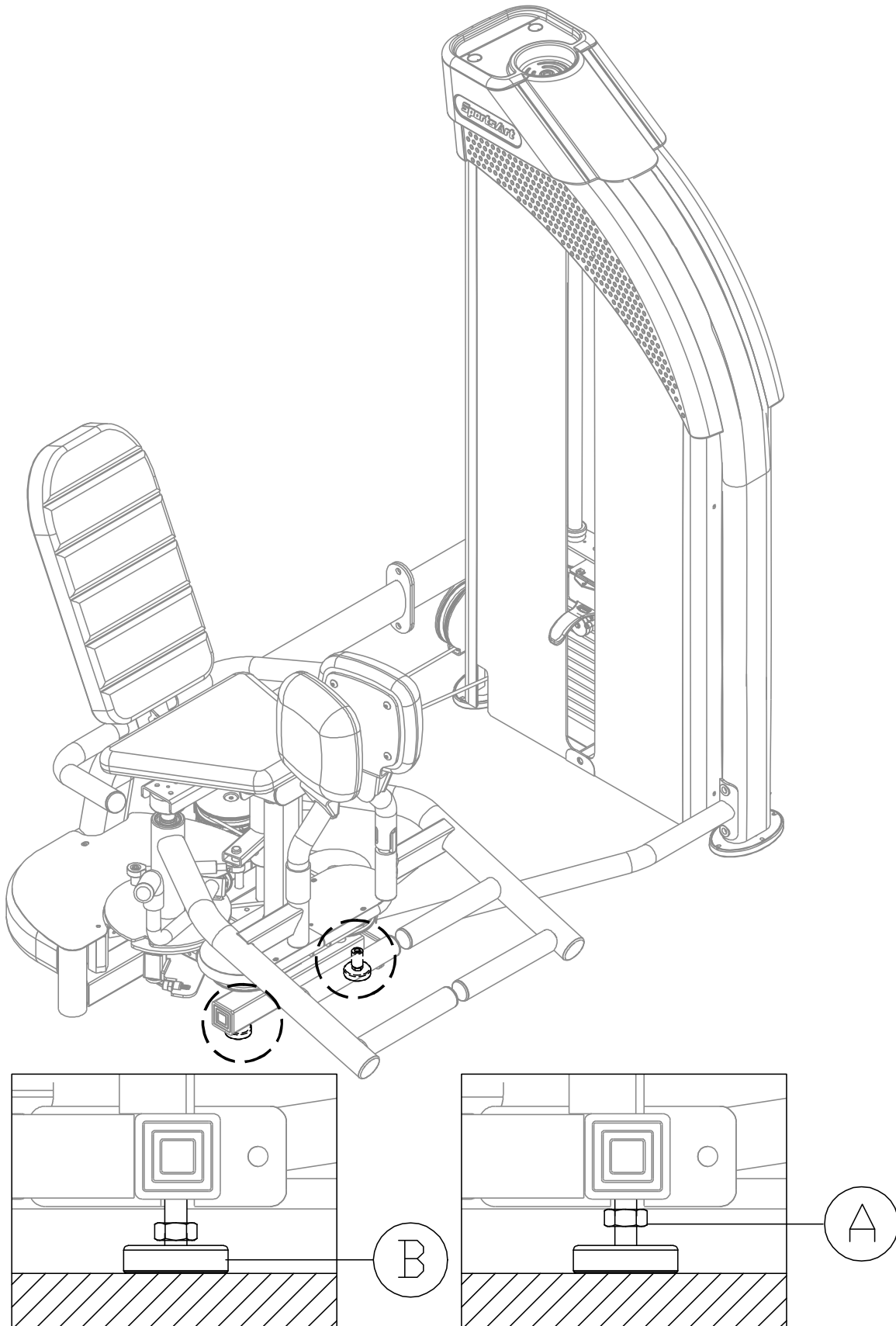
Install the cap nuts to the corresponding positions according to the following numbers. The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



## STEP 14 Level the Product

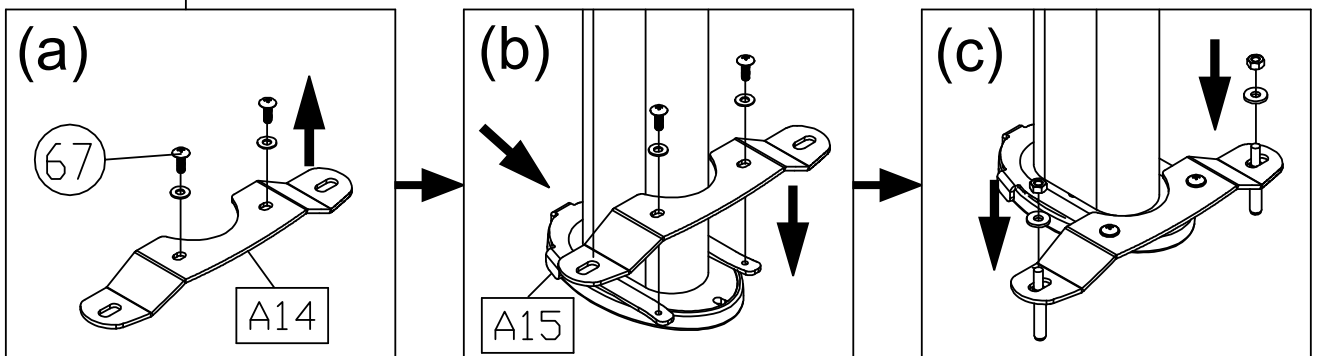
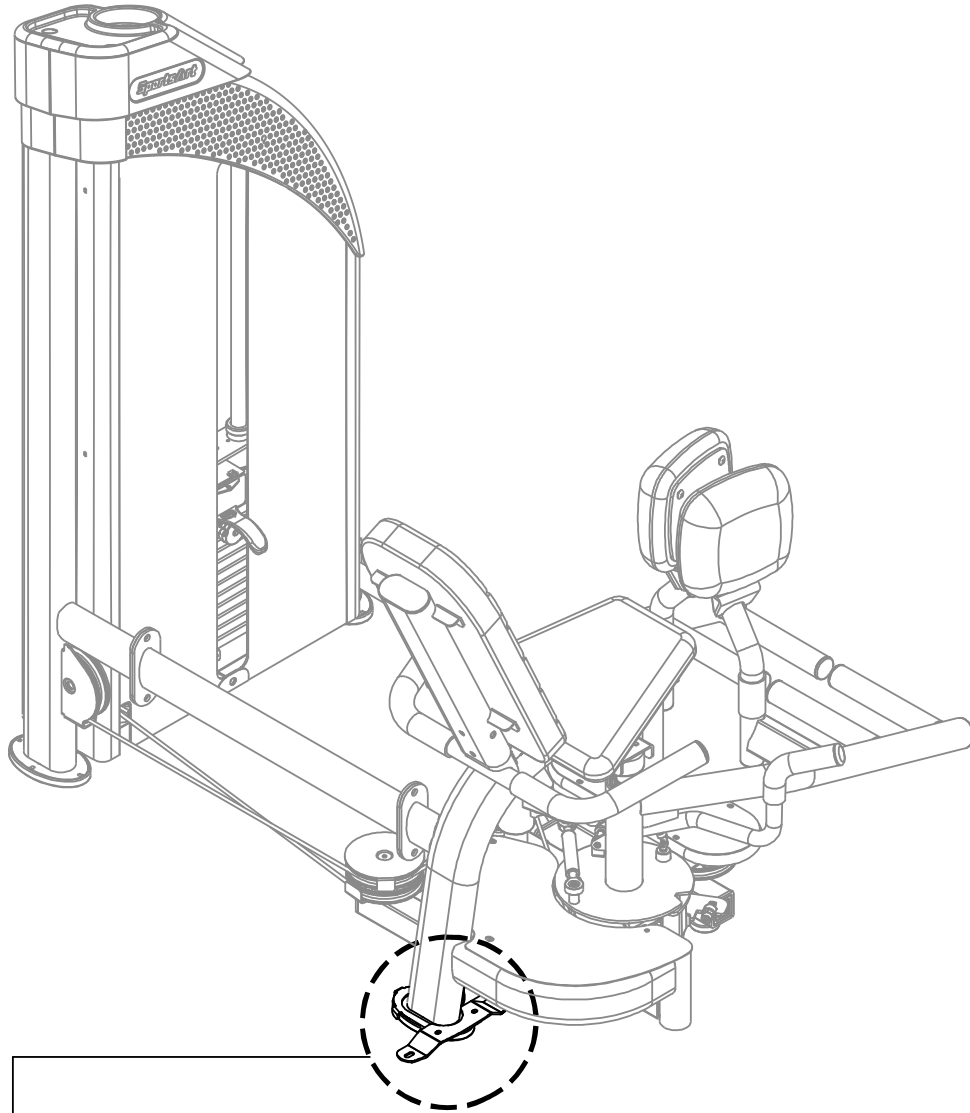
Press on the end of unit to inspect whether it is stable and level on the ground. If not, please level the unit by following instructions (a) to (b).

- (a) First, loosen the leveler nuts and adjust the leveler feet B downward until the product is level and does not rock.
- (b) Secure the leveler nuts A against the frame of the product to secure it in this position.



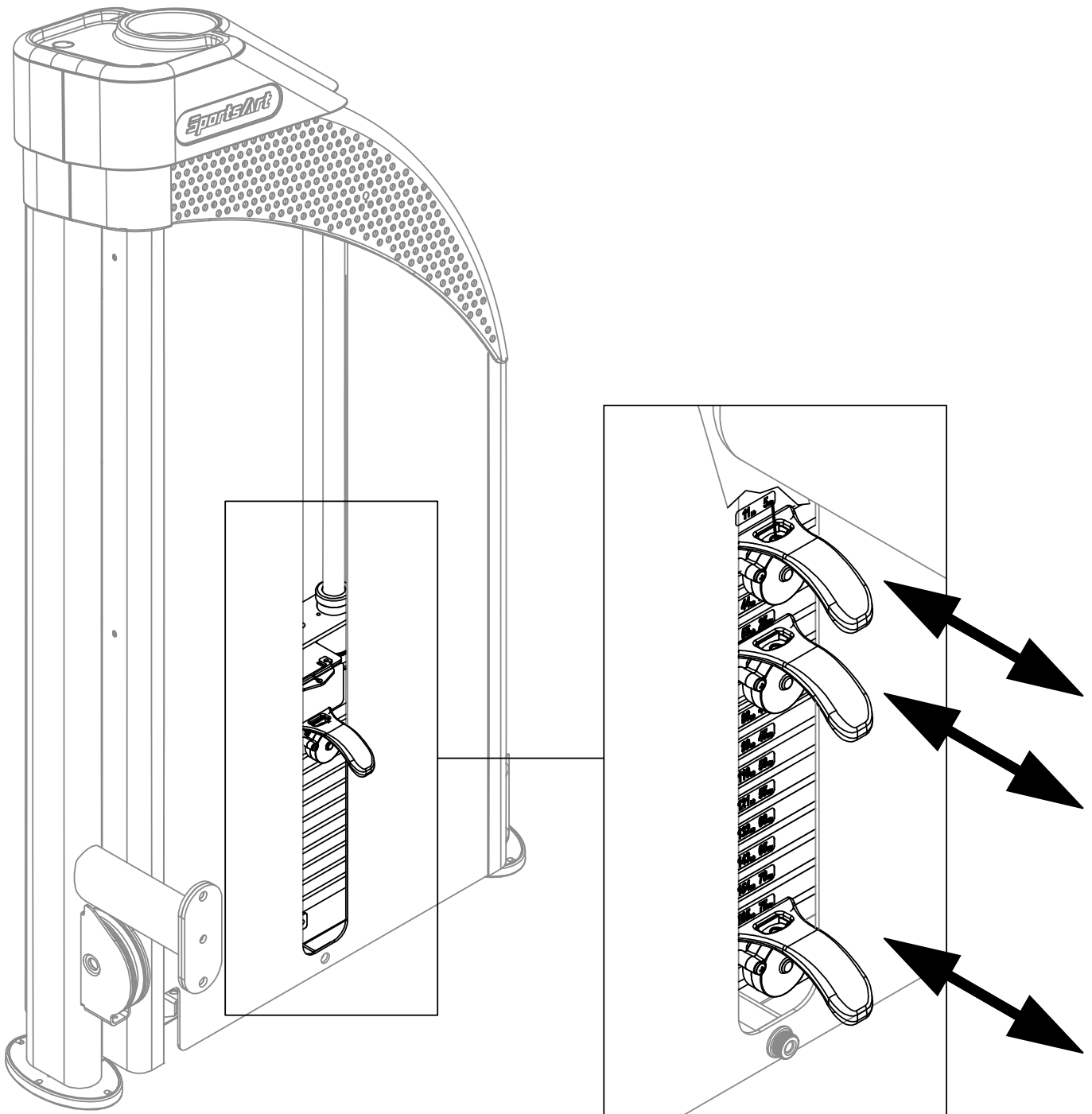
## STEP 15 Secure the Product

- (a) Remove screws (67) from the floor fixing bracket (A14).
  - (b) Insert the U clip (A15) onto the machine (Make sure the U clip with the correct side downward as shown below), and then secure the floor fixing bracket (A14) with screws (67).
  - (c) Secure the floor fixing bracket 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.
- (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 16 Stack Fork Inspections

- \* Please follow operating instructions on the product sticker to test operation and confirm that the equipment is working properly.
- \* Insert the stack fork to make sure that every weight plate can be engaged easily.
- \* Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment.
- \* Exercise to lift the stack several times, and then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions “Cable adjustment” of this manual.
- \* Ensure that anyone who is not operator does not near the equipment when testing.



## **STEP 17** Unit Inspection

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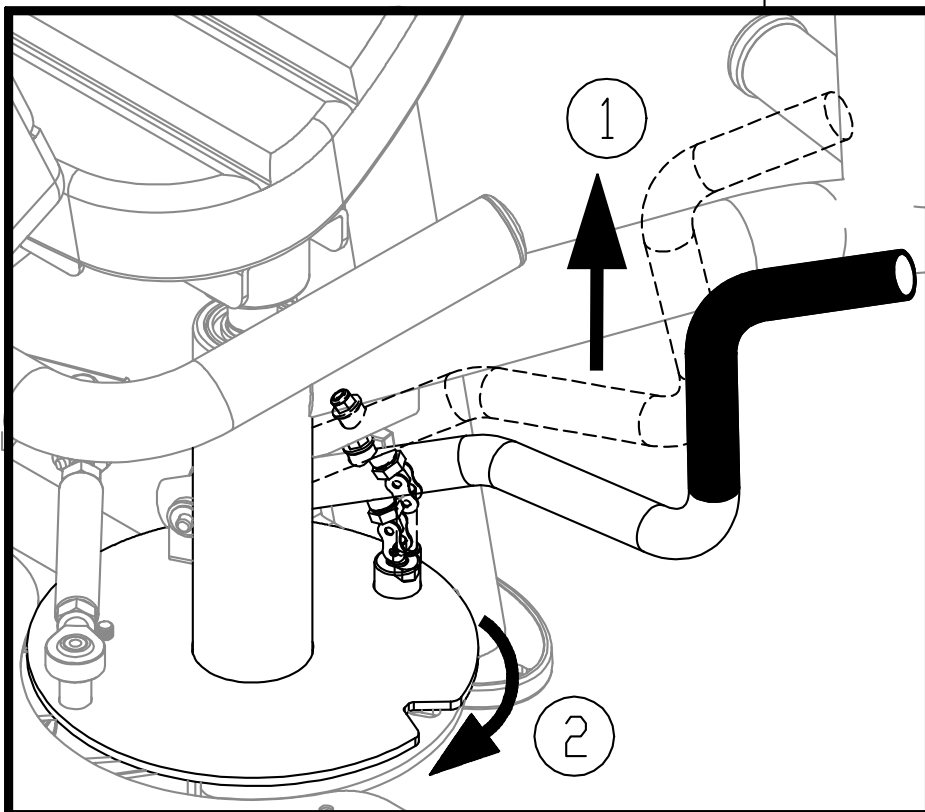
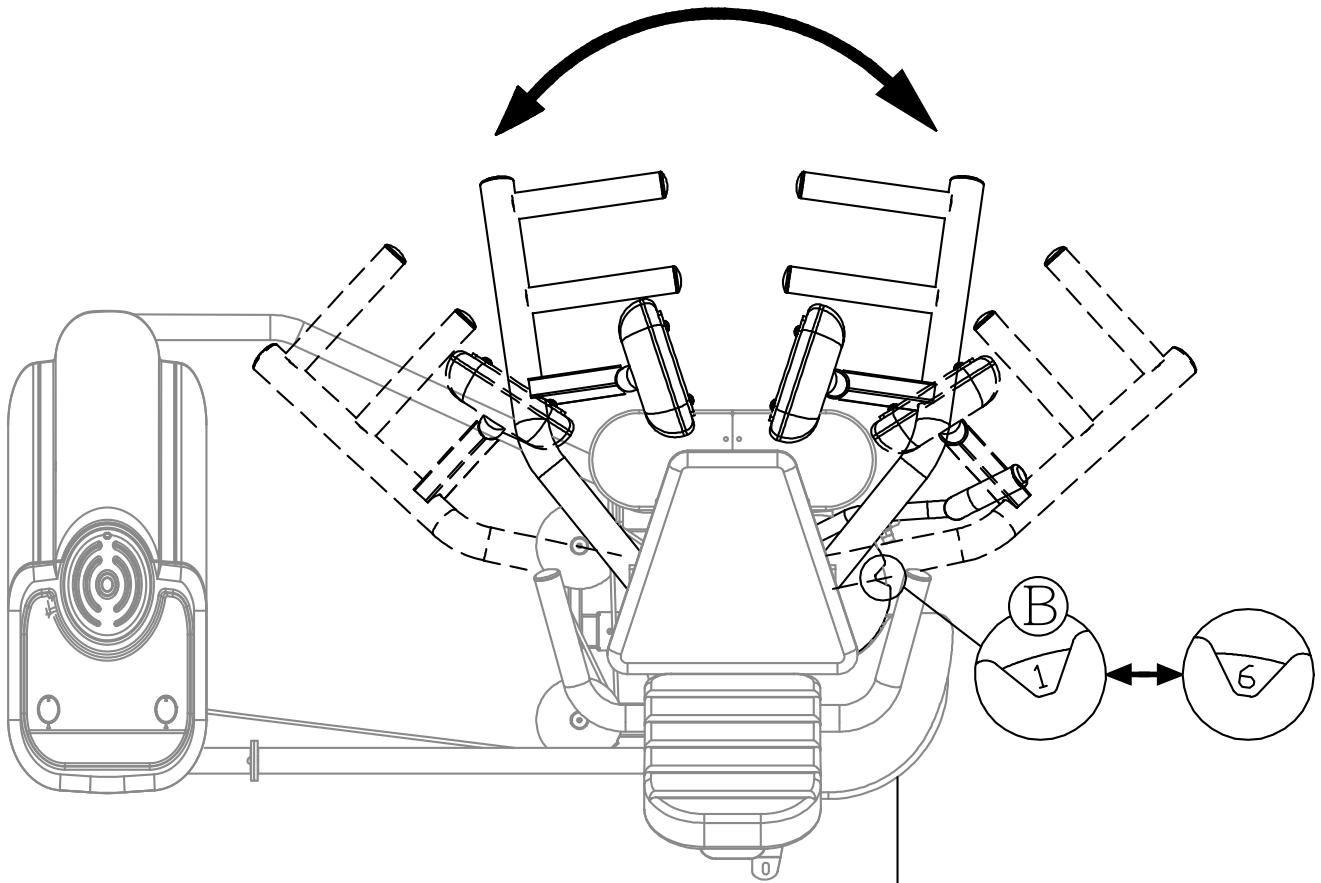
After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (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. OPERATION INSTRUCTION

## OPERATION Operating the Product

Pull handle A and rotate the machine to select an appropriate position. Release handle A. (Note: Adjustment values in position B.)

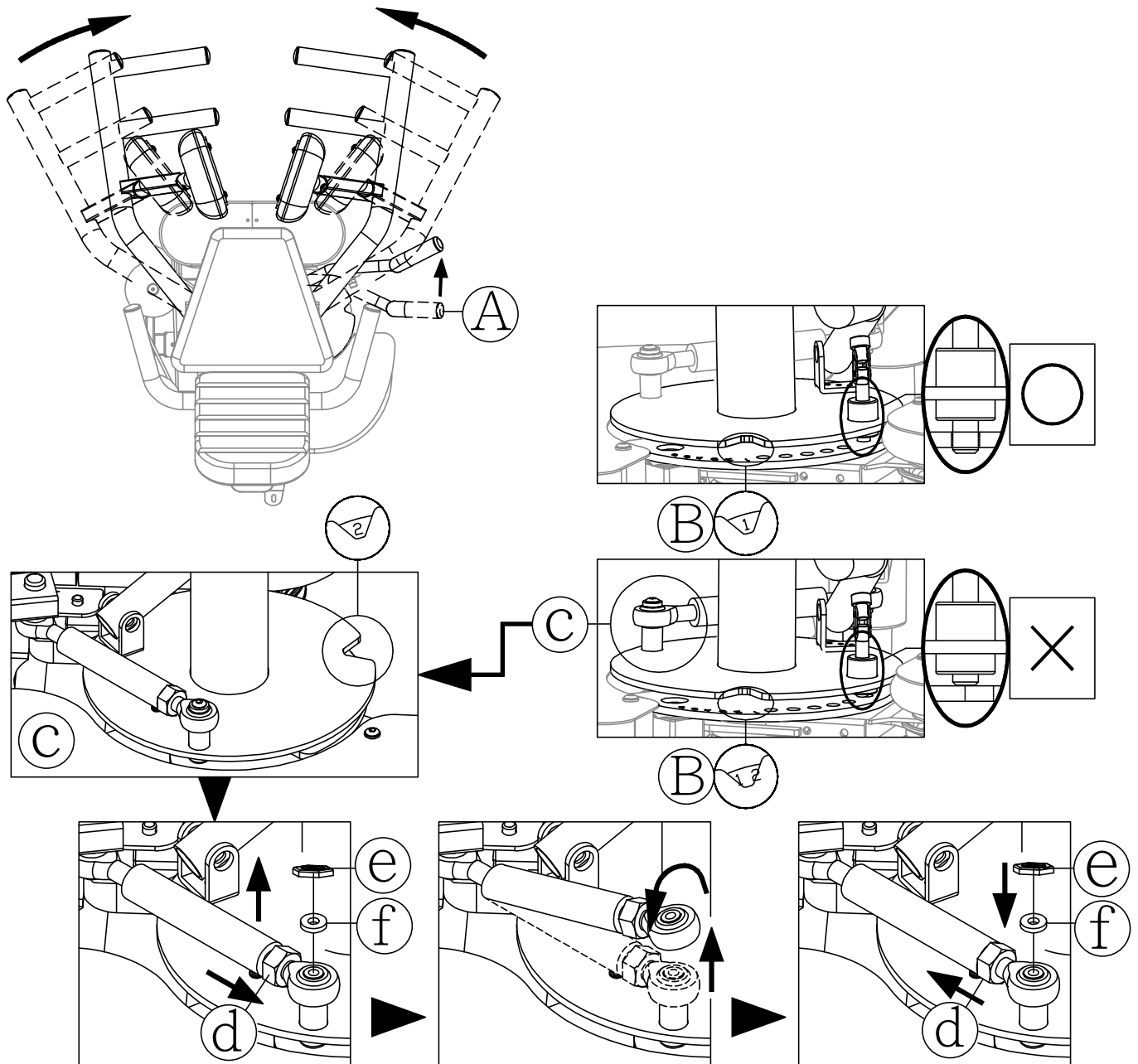


## OPERATION Operating the Product (CONT.)

If the handle will not insert into slot [1] in area B, adjust the terminal tube bearing in area C. Adjustment procedure:

- (a) Place the handle into slot [2]
- (b) Loosen nut (d). Remove screw (e) and washer (f).
- (c) Lift the terminal tube. Turn it a half circle. Then reinsert.
- (d) Secure nut (d). Then secure screw (e) and washer (f).

*Note: These instructions are for minor adjustments. Only turn one half of a rotation at a time. After making the adjustment, tightly secure the screw. Try to bring the handle back to slot [1]. If there is no way to set the position, repeat steps until slot [1] comes into view correctly.*



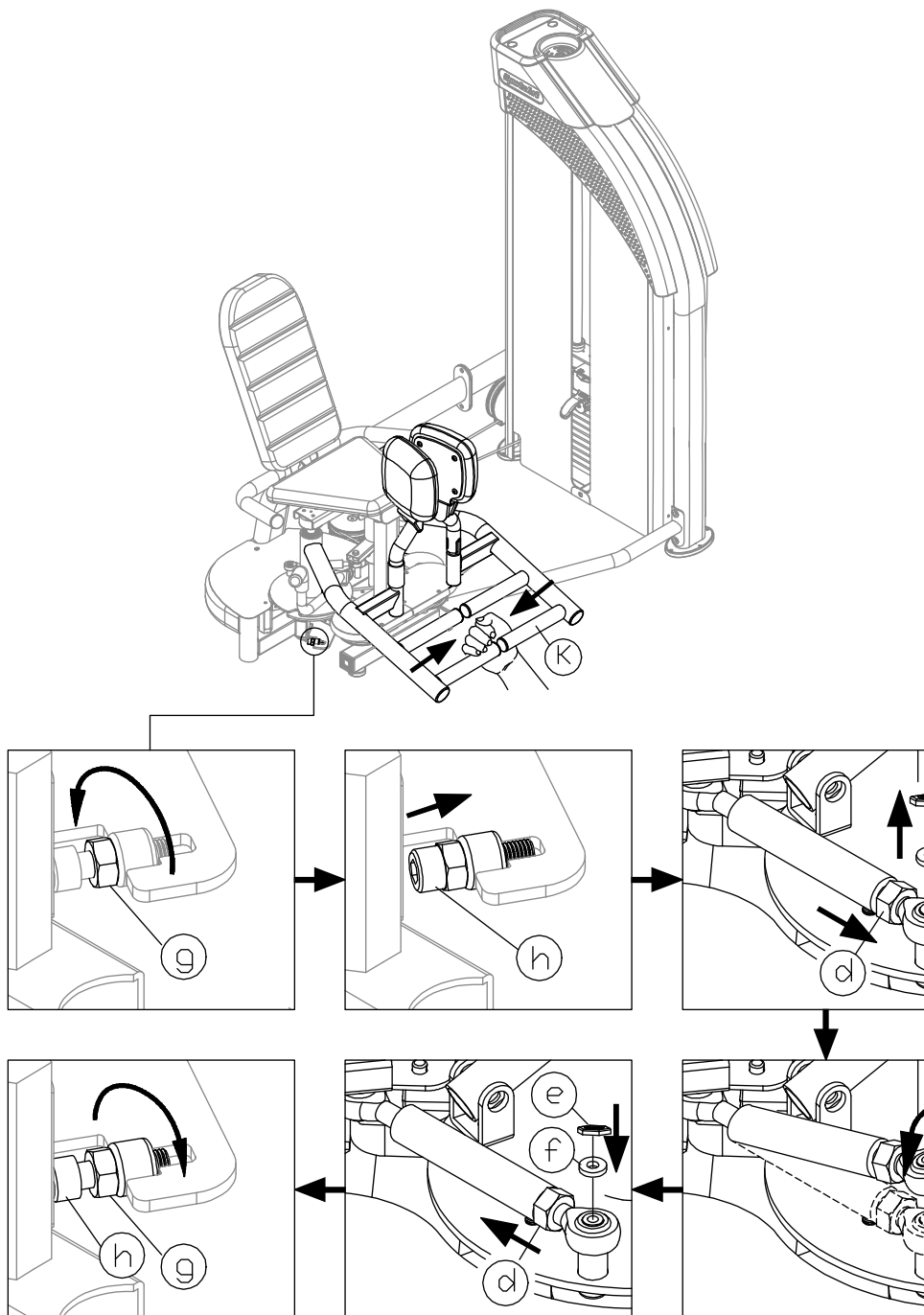
## OPERATION Operating the Product (CONT.)

If there is a misalignment of left and right footrests or a gap between them has widened, adjust the terminal tube bearing in area C and nut in area G.

Adjustment procedure:

- (a) Loosen nut (g) and screw (h) to inner. Remove nut (d), screw (e) and washer (f) and then lift the terminal tube bearing in area C.
- (b) Put the left and right footrests in area K together, align to the center and then hold them with one hand as shown.
- (c) Reinsert the terminal tube bearing in area C and tighten nut (d), screw (e) and washer (f) as shown.
- (d) Fully secure screw (h) against the frame and then tighten nut (g).

*Note: These instructions are for minor adjustments. Only turn one half of a rotation at a time. If there is the gap between the left and right footrests, it is fine to continue using it because that will not affect the performance.*

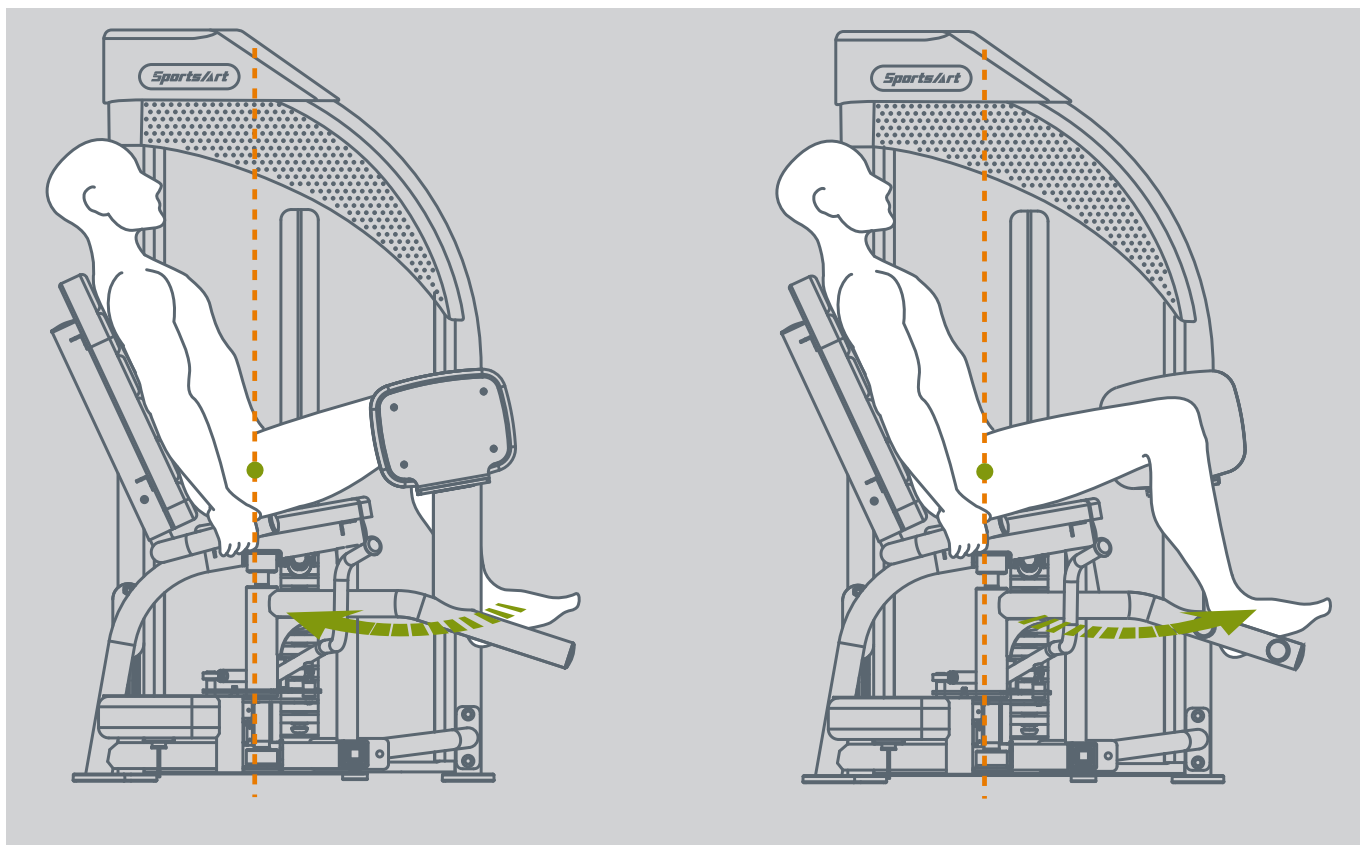


## OPERATION Exercising Instructions

- (a) Select the appropriate weight plates according to your recommended exercise level.
  - (b) Adjust the seat height and the cylindrical cushion to the most comfortable position and make sure the knob is engaged to secure the position.
  - (c) Perform the exercise in a controlled manner. Inhale when pushing up against resistance and exhale when returning to original position.
- \* Please exercise within the range of your skill and training. DO NOT work to exhaustion.
  - \* All users operate this machine must be supervised under coaches instructions at all times in order for safety.

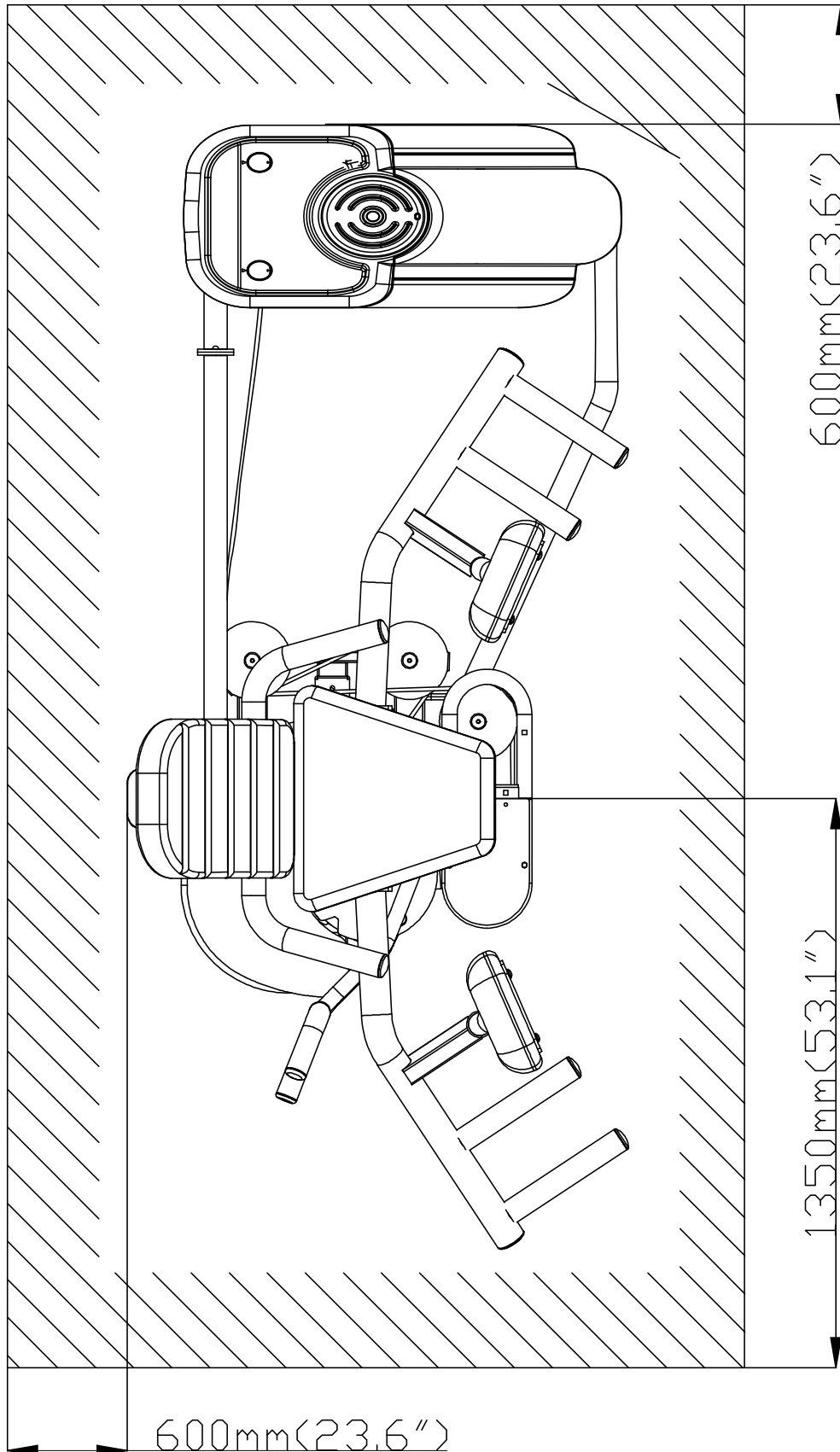
Please follow the operating instructions as below to test operation.

- (a) Please follow operating instructions on the product sticker to test operation and make sure the equipment is working properly.
- (b) Insert the stack fork at the heaviest weight setting at which you can safely operate the equipment. Exercise to lift the stack several times. Then inspect the cable for proper tightness. If necessary, make adjustments according to the instructions in this manual.



## OPERATION Safety Operating Area

- (a) Safety clearance required as shown below. 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 legs.



## 6. MAINTENANCE

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

### MAINTENANCE Safety Precautions

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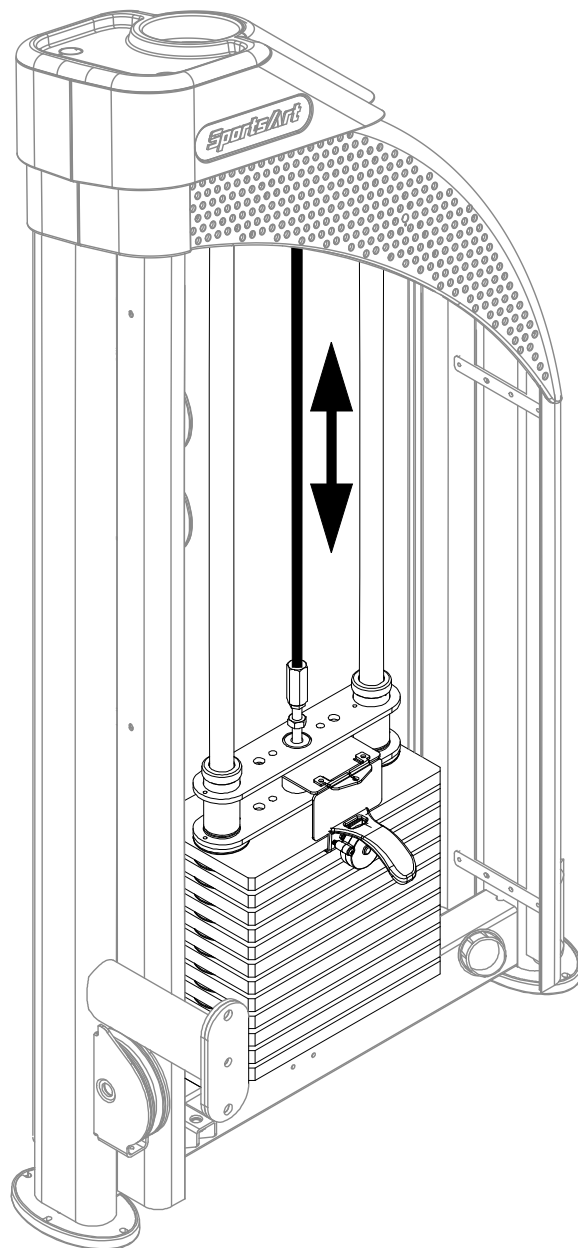
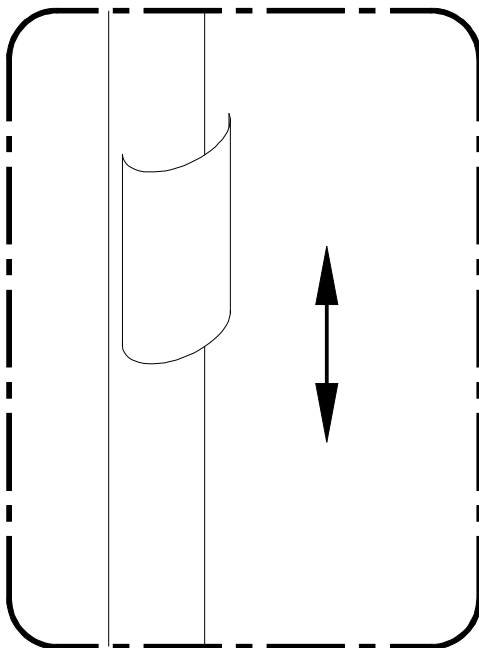
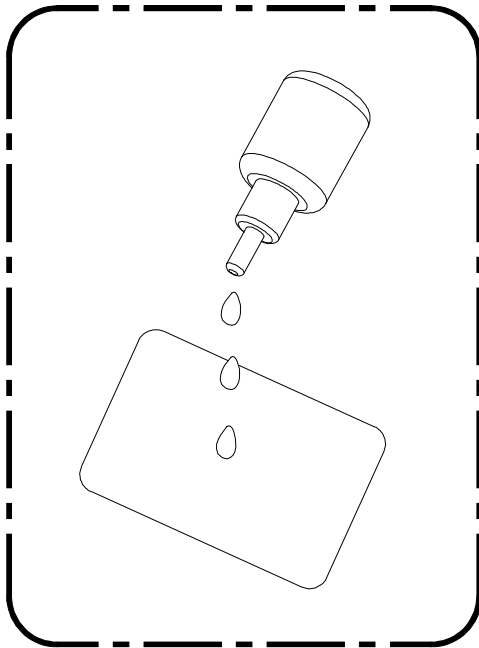
- Please follow standard safety precautions when servicing this product.
- Do NOT use a water damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void 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** Guide Rod Cleaning and Lubricating

1. Apply lubricant to the guide rods every week.

Procedure:

- (a) Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
  - (b) Load the upper stack carriage set. Exercise to test operation.
  - (c) Repeat steps (a) and (b) 2-3 times. (Note: the cloth should be lint-free.)
2. After lubricating the guide rods, inspect cable tightness. Refer to the manual, and adjust it if necessary.



## MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

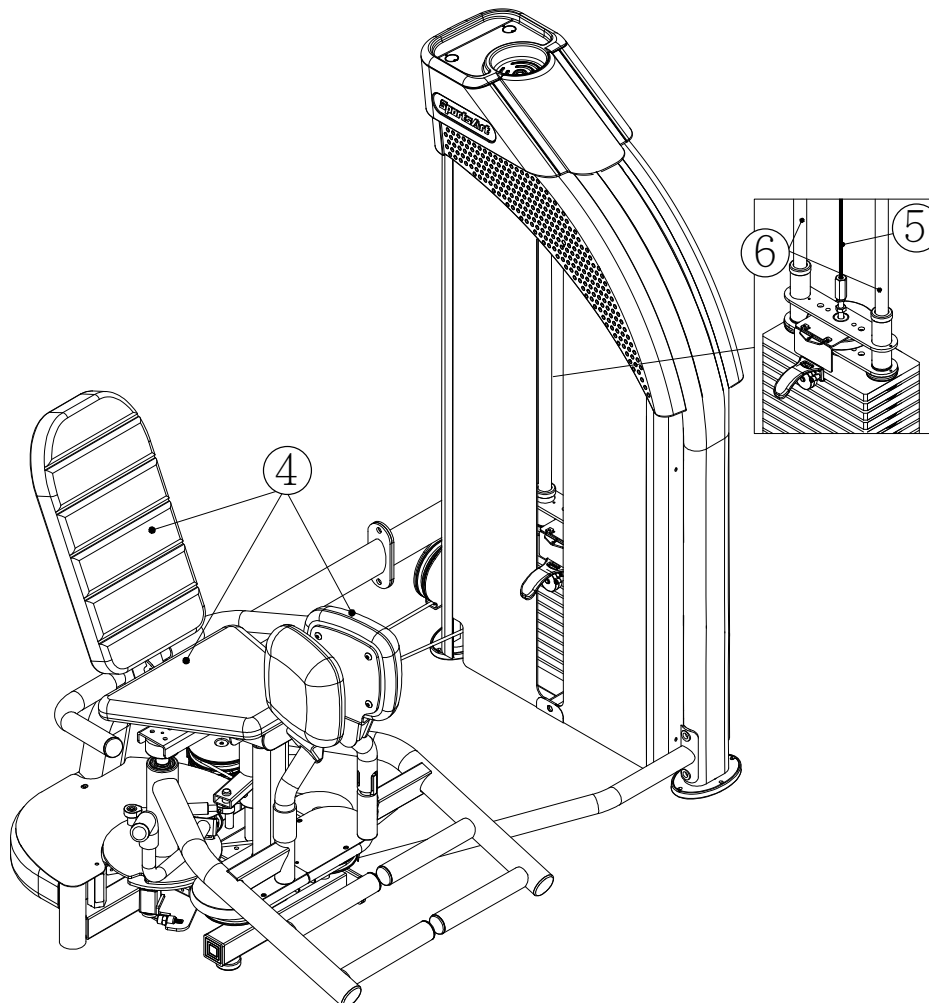
1.directive 93/42/CEE

2.directive biocide 98/8/CEE

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

|   | Area                 | Day | Week | Month | Quarter | Year | Notes   |
|---|----------------------|-----|------|-------|---------|------|---|
| 1 | Exterior             | ●   |      |       |         |      | Clean.  |
| 2 | Screws               | ●   |      |       |         |      | Inspect for looseness and secure if necessary.        |
| 3 | Test                 | ●   |      |       |         |      | Check for proper equipment operation.                 |
| 4 | Seat back/<br>bottom | ●   |      |       |         |      | Use damped cloth to clean.                            |
| 5 | Cable                |     | ●    |       |         |      | Check for damage or wear.<br>Replace it if necessary. |
| 6 | Guide Rod            |     | ●    |       |         |      | 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. Make sure the machine is working properly.
4. Wipe the seat bottom and the seat back clean with a damp cloth.

### **Weekly tasks**

1. Check the cable for damage or tear.
2. Clean and lubricate the guide rods.

### **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: \_\_\_\_\_

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## 7. CONSIGNES DE SÉCURITÉ IMPORTANTES

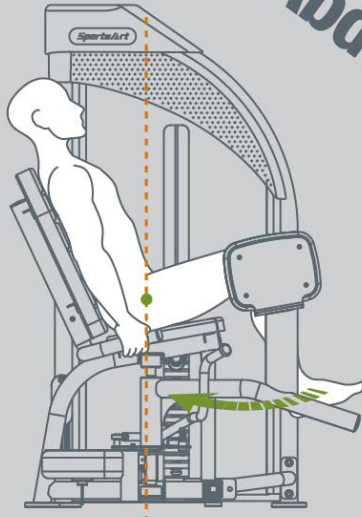
Le produit SportsArt a été conçu et fabriqué afin d'assurer une sécurité optimale. Cependant certaines précautions s'appliquent chaque fois que vous utilisez votre produit.

- 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 le 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.

### ATTENTION

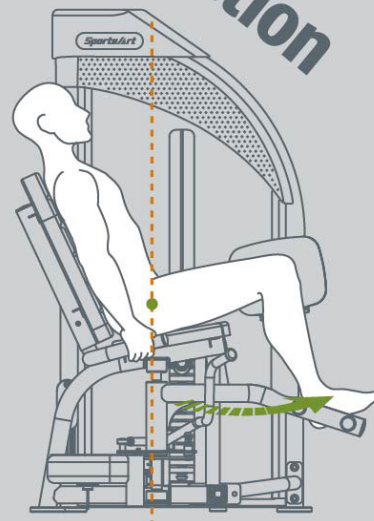
Si vous ressentez une douleur ou si vous avez une sensation anormale, ARRÊTEZ VOTRE ENTRAÎNEMENT et consultez immédiatement votre médecin. Entraînez-vous à votre niveau d'exercice recommandé. NE PAS s'entraîner jusqu'à l'épuisement. Avant de commencer un programme d'exercice, vous devriez consulter votre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

## DF-302 Abduction / Adduction



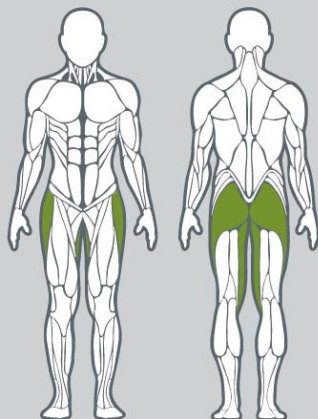
### Abduction

- 1 Select a weight that enables you to perform the movement properly.
- 2 Place thighs parallel to each other with the pads on the outside of your legs.
- 3 Place your feet on the foot rests and grasp handles on both sides of the seat.
- 4 Push your legs outward while maintaining an upright position against the seatback.
- 5 Perform the exercise in a controlled manner. Exhale when pushing against resistance.



### Adduction

- 1 Select a weight that enables you to perform the movement properly.
- 2 Place inner thighs against the pads with your feet on the foot rests.
- 3 Grasp handles on both sides of the seat.
- 4 Push your thighs together while maintaining an upright position against the seatback.
- 5 Perform the exercise in a controlled manner. Exhale when pushing against resistance.



[www.gosportsart.com](http://www.gosportsart.com)

### CAUTION

Do not use this machine if you are unfamiliar or do not know how to operate it. Do not allow people near this machine when in use. Keep clear of parts not intended for contact during exercise. For your safety, exhale while you exert force. Never allow unattended children on or near fitness equipment.

**Your Authorized Distributor**