

# DF-303 OWNER'S MANUAL CONTENTS

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## Disclaimer

The information in this user manual is subject to change without prior notice.

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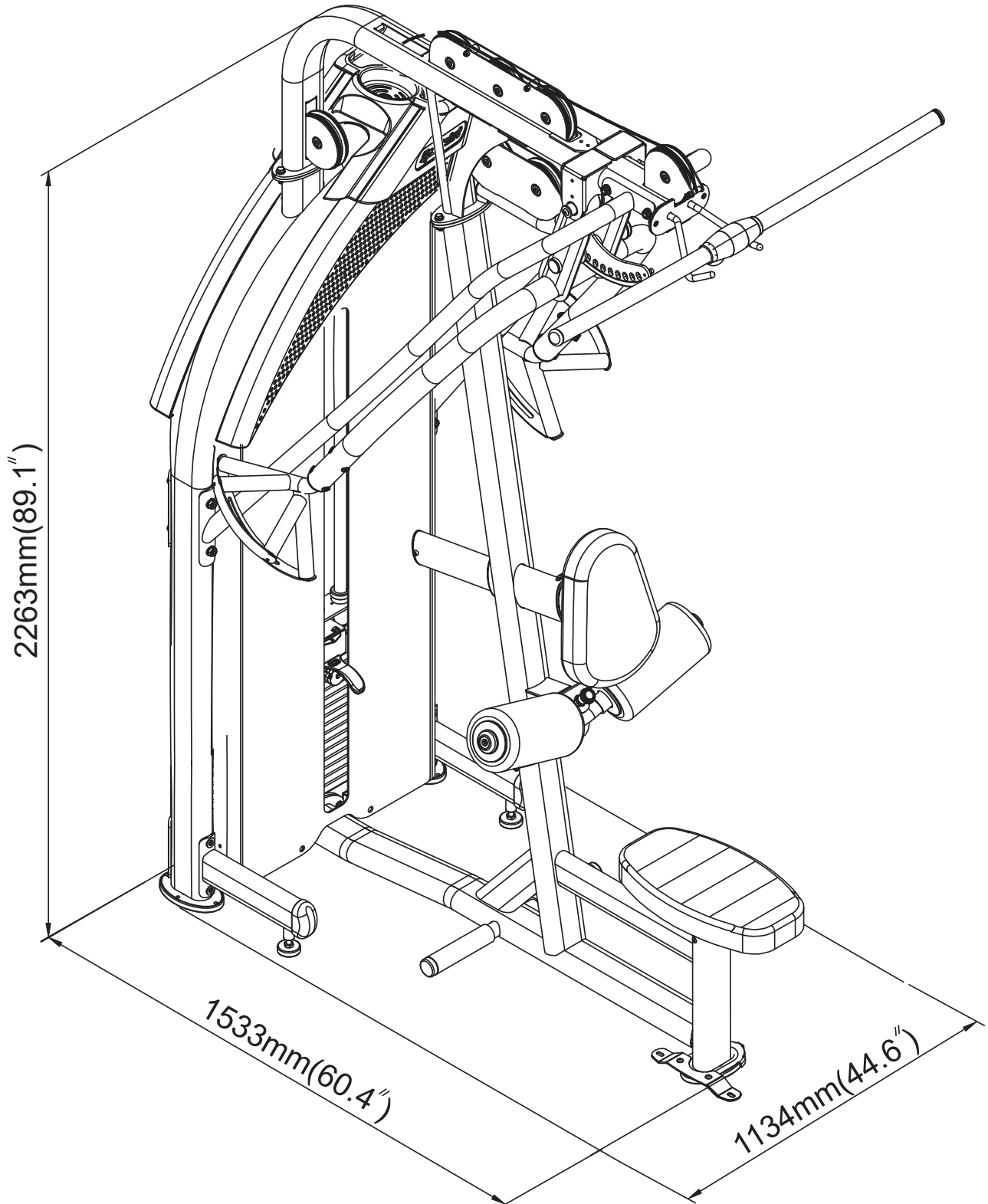
SportsArt Industrial Co., Ltd. accepts no responsibility for any errors in this manual, or any damages incurred directly, indirectly, accidentally, or continually from the modification, display, or other use of this manual.

\*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 DF-303 Lat Pull Down / Mid Row / 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:

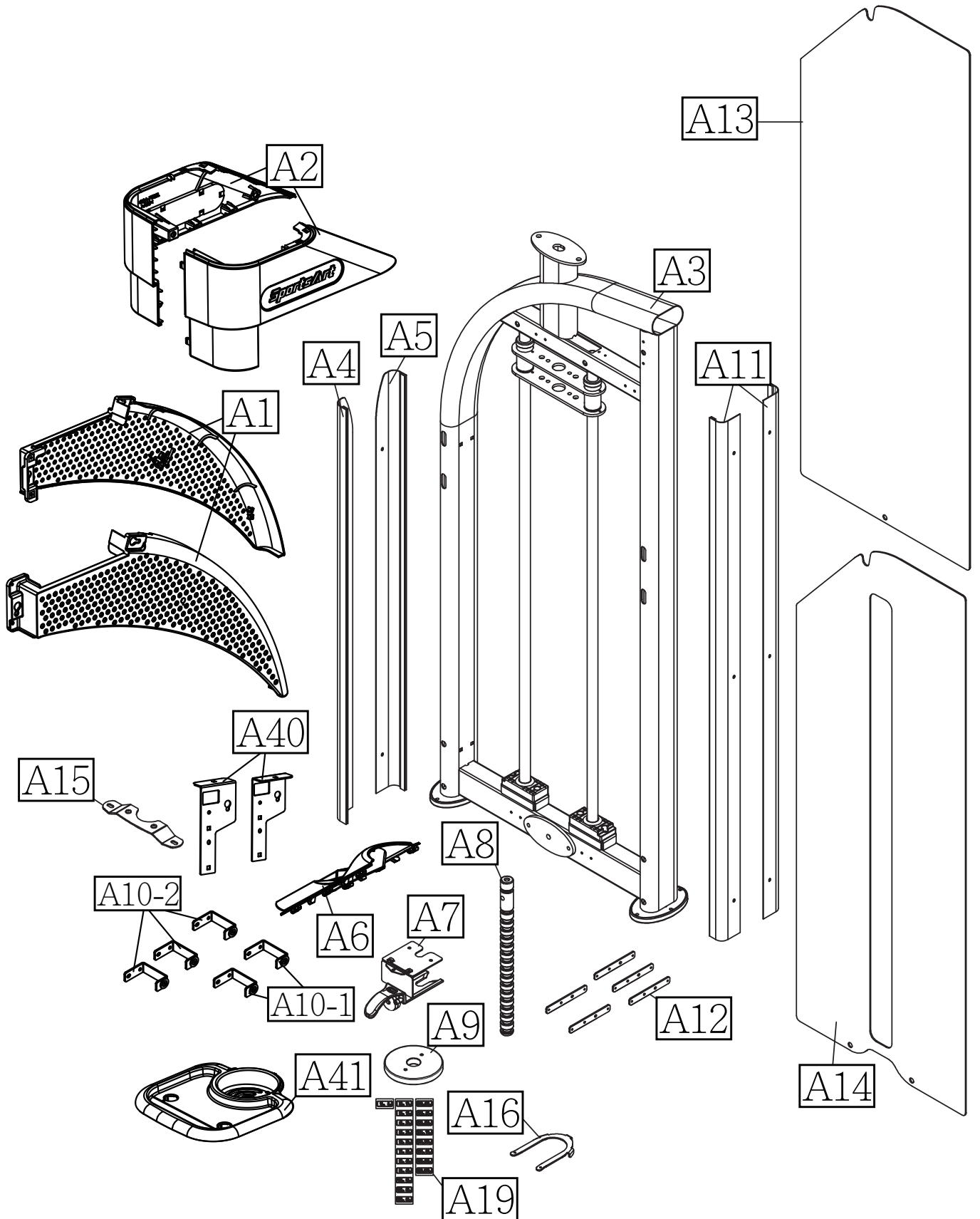
- Please read the entire manual before assembly and operation. Make sure the product is installed and operated as instructed in this manual.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water, including pools and saunas.
- Check the product before every use. 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 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 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 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.

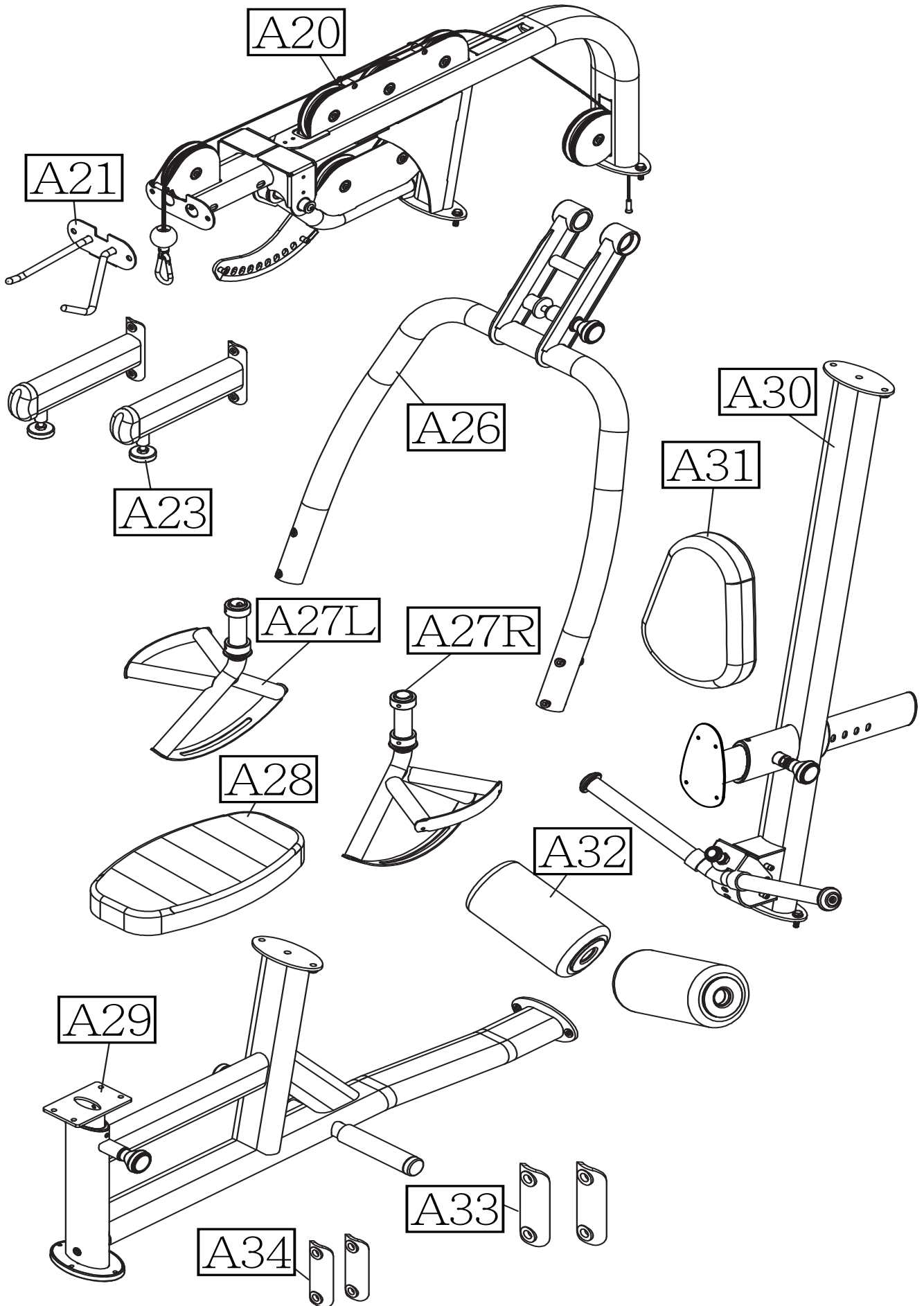
**CAUTION:** If you feel any pain or any abnormal sensations, **STOP YOUR WORKOUT** and consult your physician immediately. Work within your recommended exercise level. **DO NOT** work to exhaustion. Before beginning any exercise program, you should consult with your doctor. It is recommended that you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

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

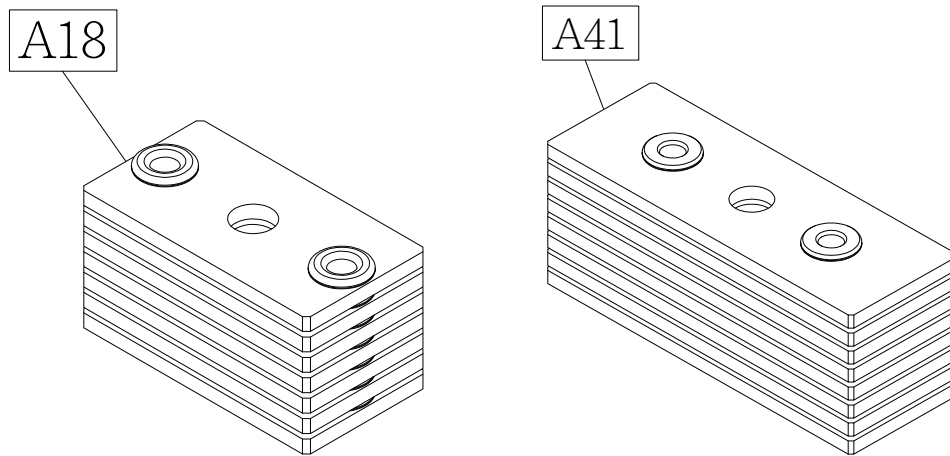
### 3. LIST OF PARTS

Box A

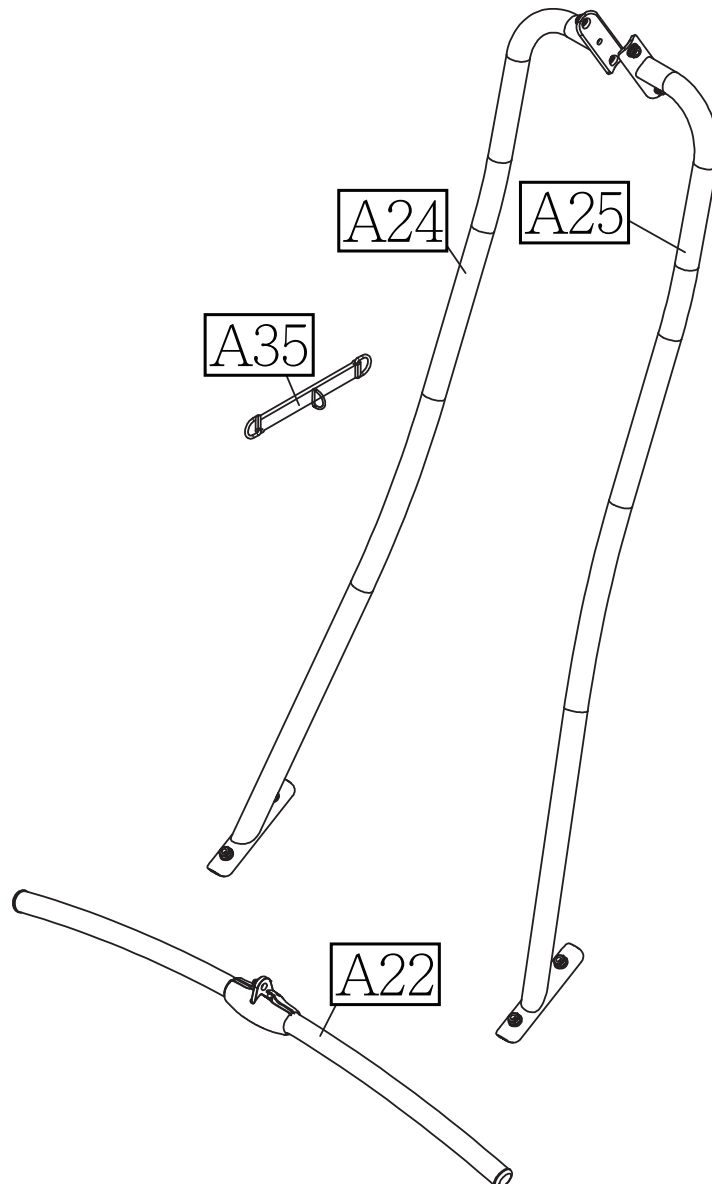




Box D +BOX E



Box G



Box A - Main Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A1	Left/right perforated boards	2	A11	Cover support plate A	2
A2	Left/right side cover	2	A12-1	Anchor bracket of shroud (square hole)	2
A3	Main frame	1	A12-2	Anchor bracket of shroud (tapped hole)	3
A4	Cover support plate B-2	1	A13	Rear cover	1
A5	Cover support plate B-1	1	A14	Front cover	1
A6	Front cover A	1	A15	Floor fixing bracket	1
A7	Stack fork	1	A16	U bracket	1
A8	Weight stack rod	1	A19	Weight plate sticker	1
A9	1.6kg/3.5lb weight plate	1	A40	Anchor bracket	2
A10	Cover bracket	5	A41	Top cover	1

Box B - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A20	Horizontal beam	1	A29	Seat frame	1
A21	Lat pull bar bracket	1	A30	Mast	1
A23	Support frame	2	A31	Chest cushion	1
A26	Press yoke	1	A32	Cylindrical cushion	2
A27R	Right handle	1	A33	Ø50 Connecting board	2
A27L	Left handle	1	A34	Ø50 Connecting board	2
A28	Seat bottom cushion	1			

Box D - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A18	5kg/11lb weight plate	7			

Box E - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A17	7.5kg/15lb weight plate	8			

Box F - User Frame Components					
No.	Name	Qty.	No.	Name	Qty.
A22	Lat pull bar	1	A24	Left support	1
A25	Right support	1	A35	Strap	1

Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
10	Screw socket	1 batch	SGN-07	
11	Mushroom top Phillips screw	10	M5*L15	
12	Mushroom top Phillips screw	10	M5*0.8*L8	
13	Mushroom top inner hex screw	10	M6*P1.0*L12	
14	Inner hex screw	3	M6*P1.0*20	
	Bushing	3	D21.5*10.5	
15	Phillips screw	6	M6*P1.0*L12	
16	Mushroom top inner hex screw	2	M5*L20	
	Flat washer	2	D27*d6.3*t3.0	
17	Round sticker	2		
18	Hex head screw	12	M10	
	Washer	12	D16*d10.2*t1.0	
	Spring washer	12	M10	
	Nylon hex lock nut	12	M10*P1.5*L130	
	L-shaped Allen wrench	1	(M5)	
	L-shaped Allen wrench	2	(M6)	
	Open end wrench	2	(13*17)	
	Phillips-head screw driver	1		
21	Phillips pan head sheet metal screw	6	M4*L12	
22	Phillips Umbrella head sheet metal screws	2	M4*L14	
23	Round screw cap	2		
59	Fastener	1 batch		
	Cap nut	1 batch		

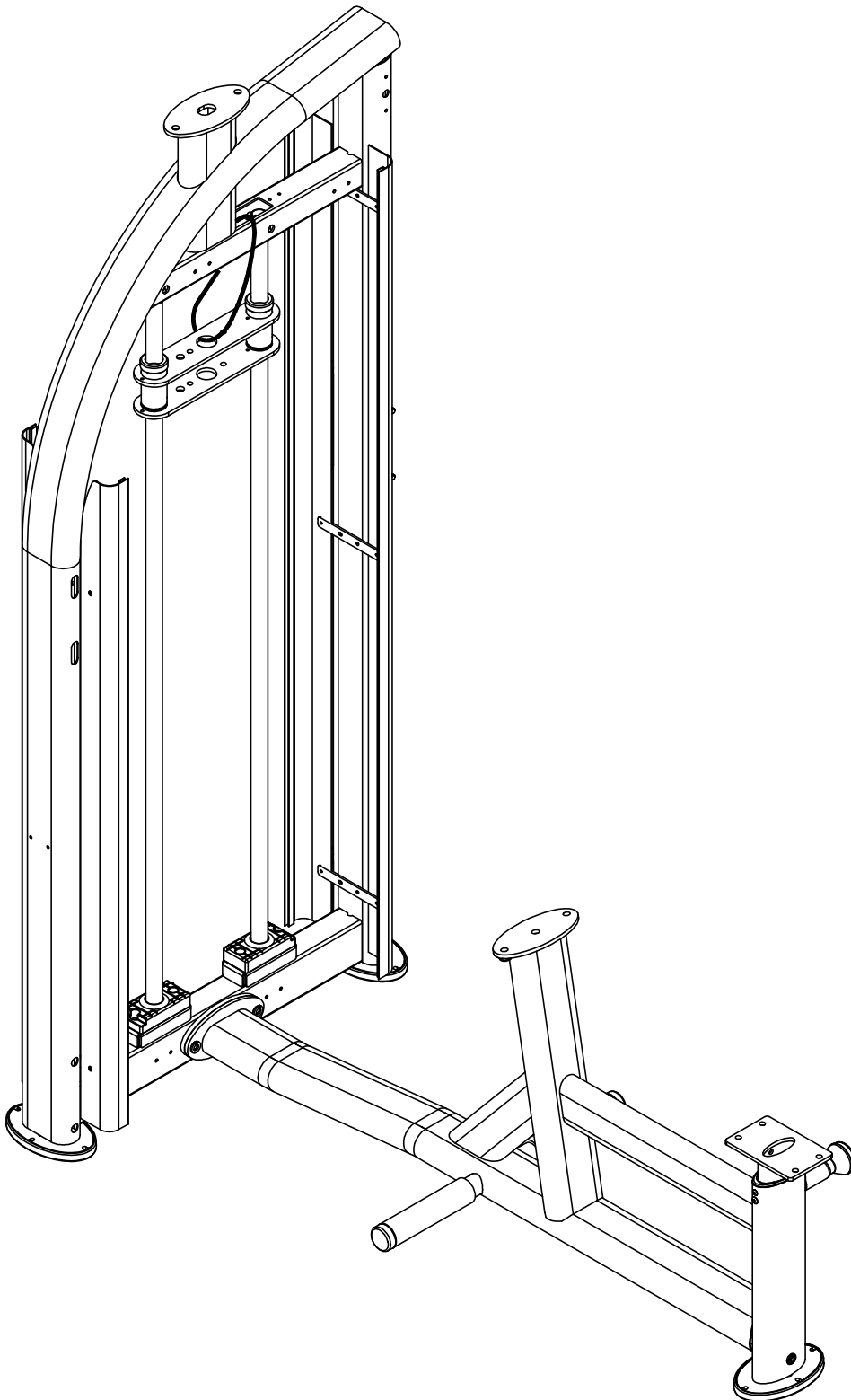
Components on the Product			
No.	Name	Specification	Notes
40	Washer	D16*d10.2*t1.0	
	Spring washer	M10	
	Hex head screw	M10*P1.5*L30	

Components on the Product			
No.	Name	Specification	Notes
41	Hex head screw	M10*P1.5*L30	
	Spring washer	M10	
	Flat washer	D21*d10.5*t2	
	Flat washer	D21*d10.5*t2	
	Nylon hex lock nut	M10	
43	Upper stack carriage set		
44	Nylon hex lock nut	M8	
	PU tube	ØD12*d8*L51	
	Flat washer	D17*d8.3*t2	
	Hex head screw	M8*P1.25*L65	
45	Guide rod		
46	Inner hex screw	M6*L30	
	Spring washer	M6*t1.5	
	Flat washer	D20*d6.3*t1.5	
47	Stack fork		
48	Axle	ØD20*L213.7	
	Curved washer	ØD30*d20	
	Bushing	ØD25.4*t2.0*L15	
	Flat washer	D26*d8.3*t3	
	Inner hex screw	M8*P1.25*L20	
49	Inner hex screw	M8*P1.25*L15	
	Spring washer	M8	
	Washer	D18*d8.5*t2	
50	Nylon hex lock nut	M8	
	Flat washer	D22*d8.2*t2	
	Spring washer	M8	
	Inner hex screw	M8*P1.25*L20	
51	Mushroom top inner hex screw	M8*P1.25*L25	
	Spring washer	M8	
53	Inner hex screw	M8*P1.25*L30	
54	Mushroom top Phillips screw	M5*0.8*L15	
	Flat washer	D13*d6*t1.0	
55	Inner hex screw	M5*P0.8*L10	
56	Set fork		
57	Bolt assy. crossover		
60	Reinforcement plate		
	Anchor bracket		
	Umbrella hex screw	M6*P1.0*L20	
	Plastic cover		
61	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.

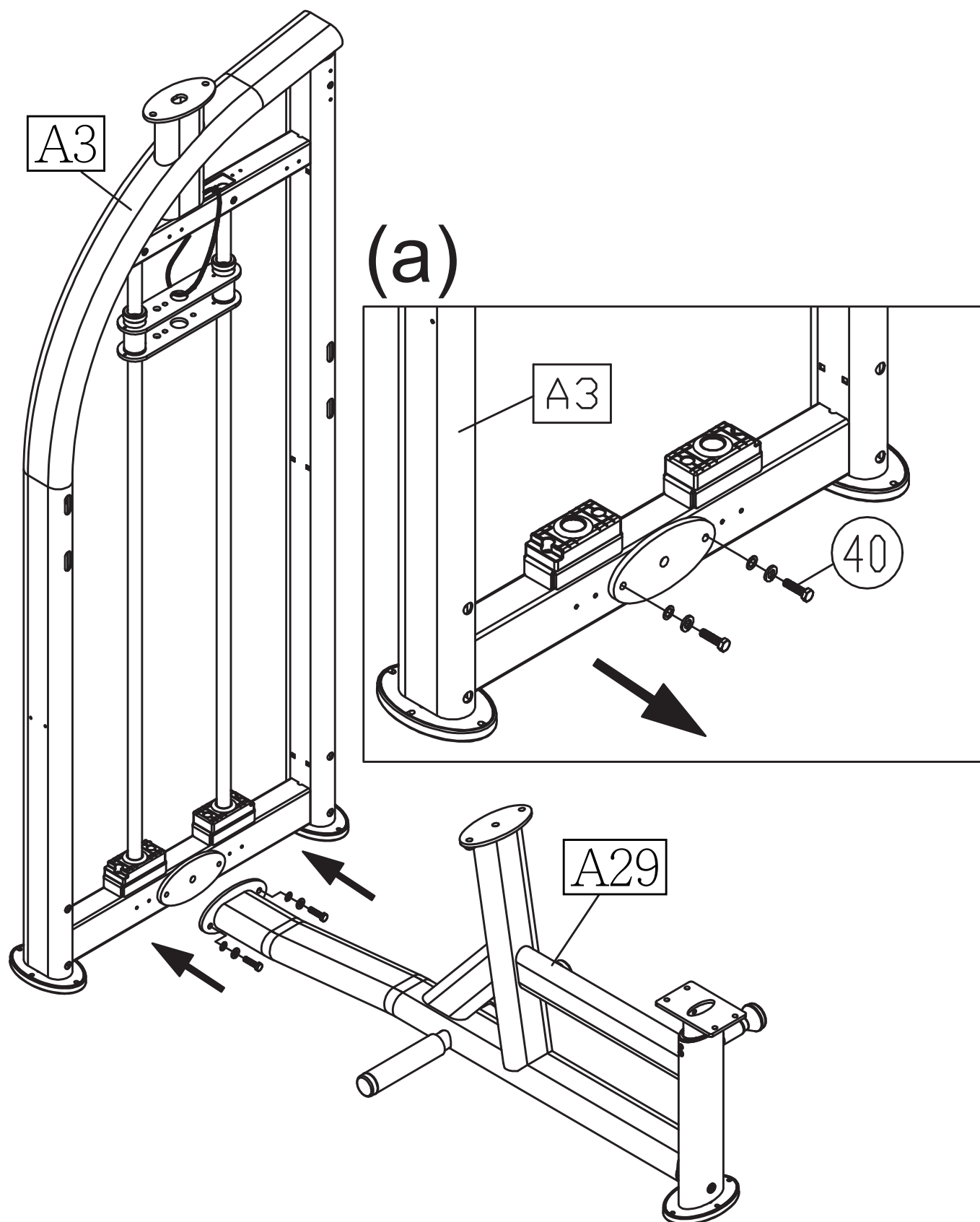
### STEP 1 Seat Frame and Cover Support Plate Installation



## STEP 1 Seat Frame and Cover Support Plate (CONT.)

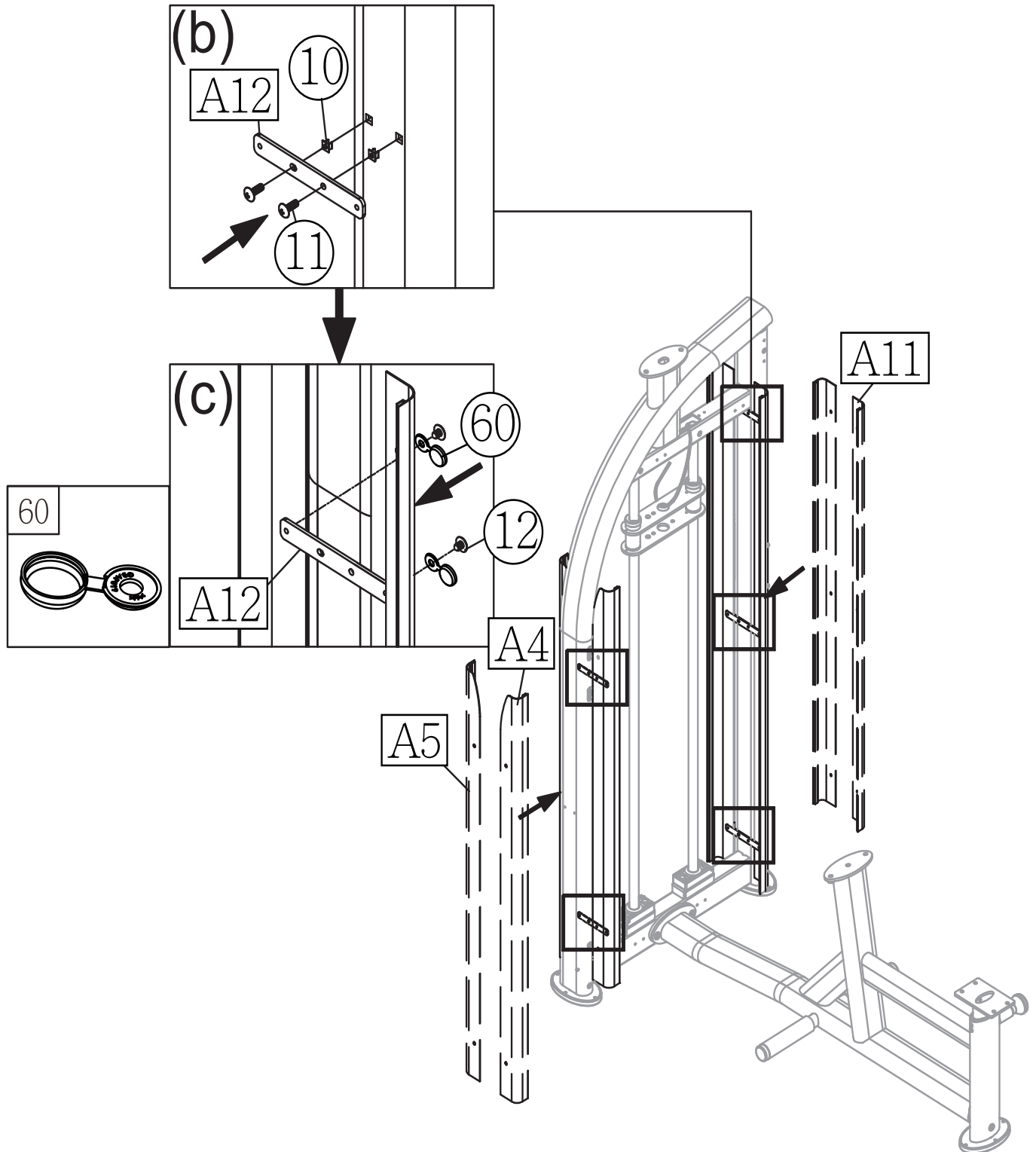
Follow instructions (a) through (c) to install the seat frame and cover support plate.

- (a). Loosen and remove screws (40) from the main frame (A3) and use screws (40) to secure the seat frame (A29) to the main frame (A3) as shown.

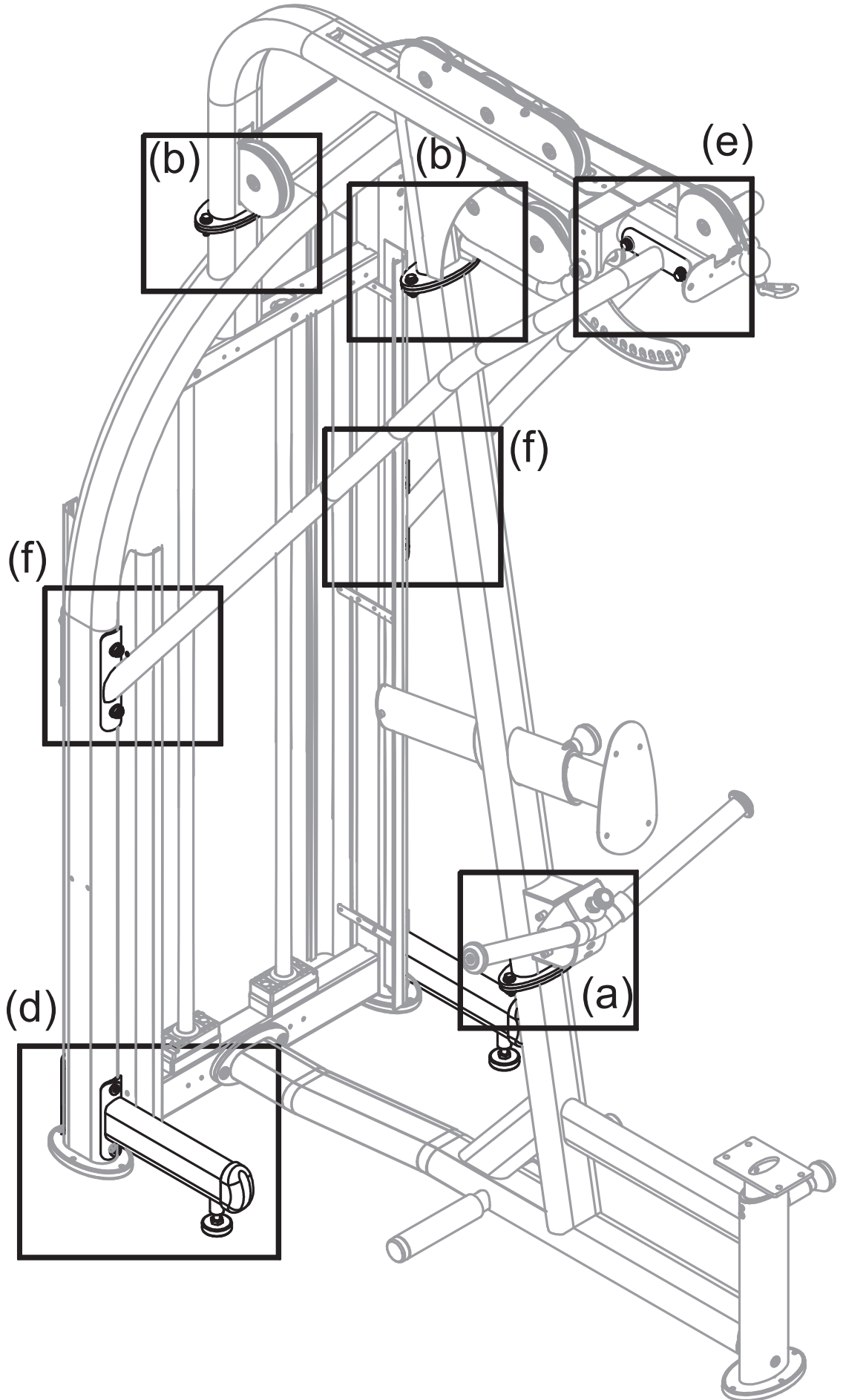


## STEP 1 Seat Frame and Cover Support Plate (CONT.)

- (b) Insert the screw sockets (10) into place in the main frame (A3) as shown, and then use screws (11) to secure the brackets (A12) in place.
- (c) Secure the plate slots (A11) to the straight frame of the weight stack tower (A3) with the screws (12) 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 (A11).)

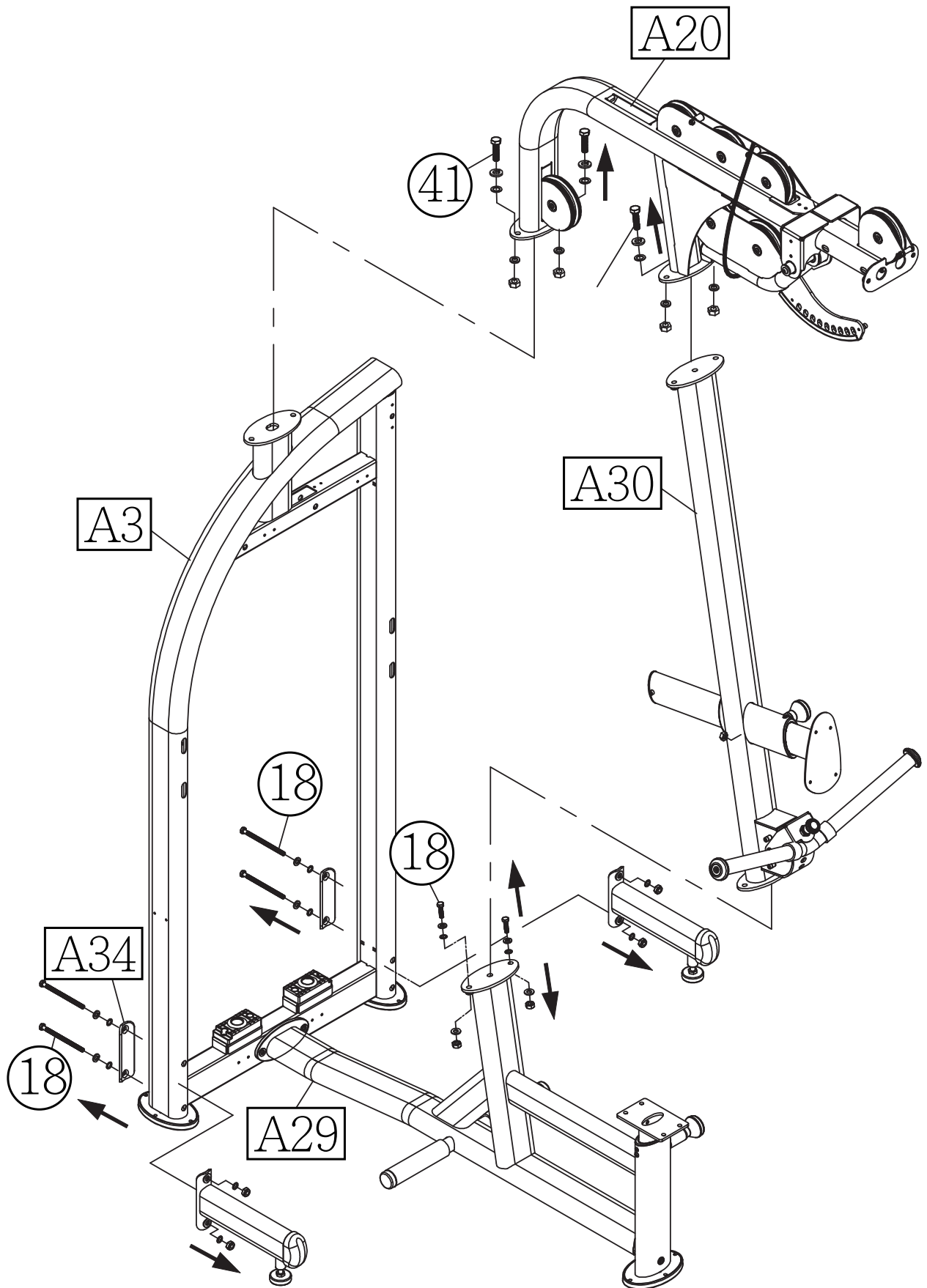


**STEP 2** Connector Installation



## STEP 2 Connector Installation (CONT.)

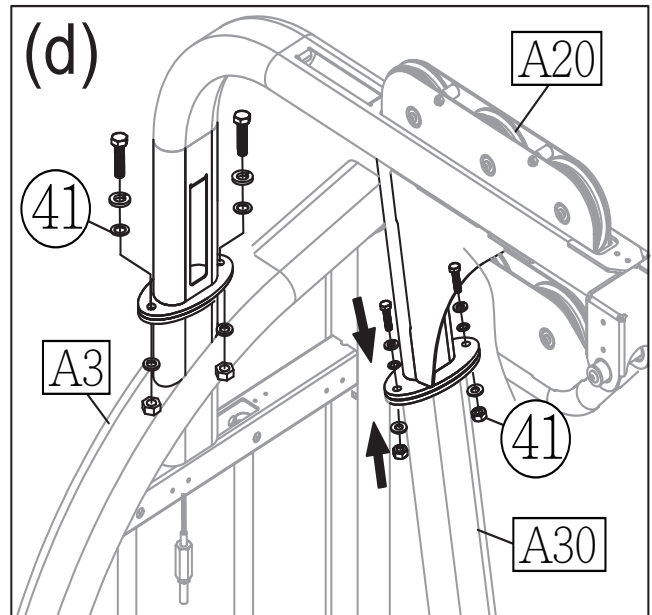
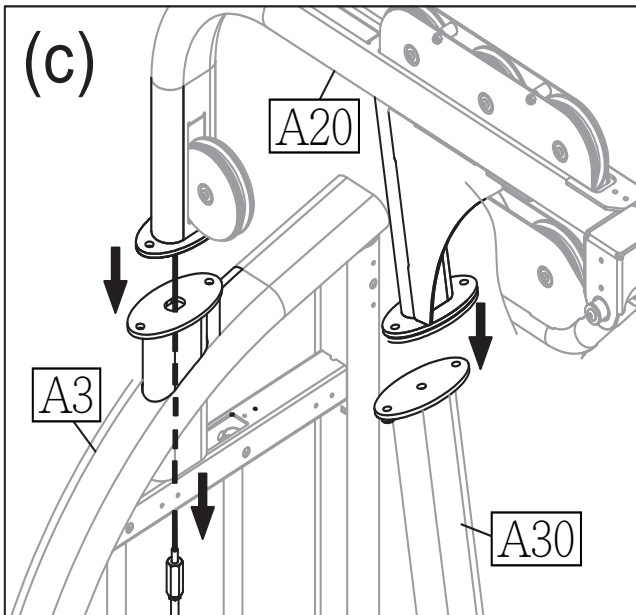
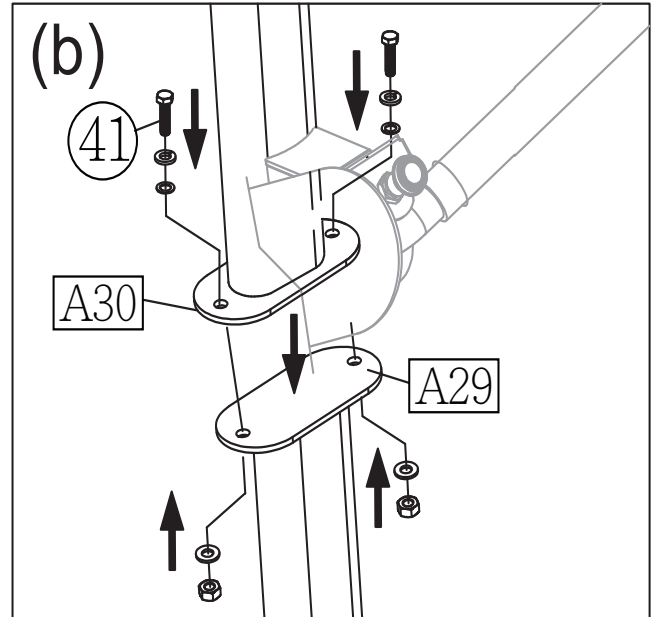
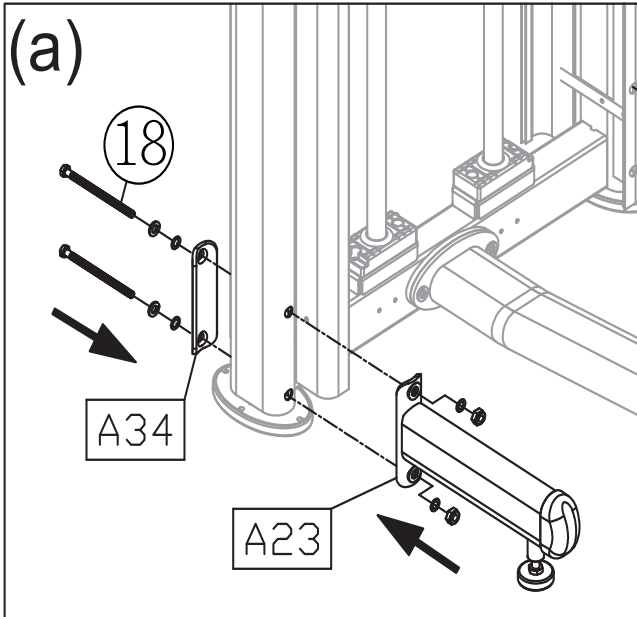
First, remove screws (18) (41) from the main frame (A3), horizontal beam (A20) and mast (A30).  
(Note: Place screws in a secure place. Do not mix these and other screws.)  
Note: Take out screws which are attached to the mast (A30).



## STEP 2 Connector Installation (CONT.)

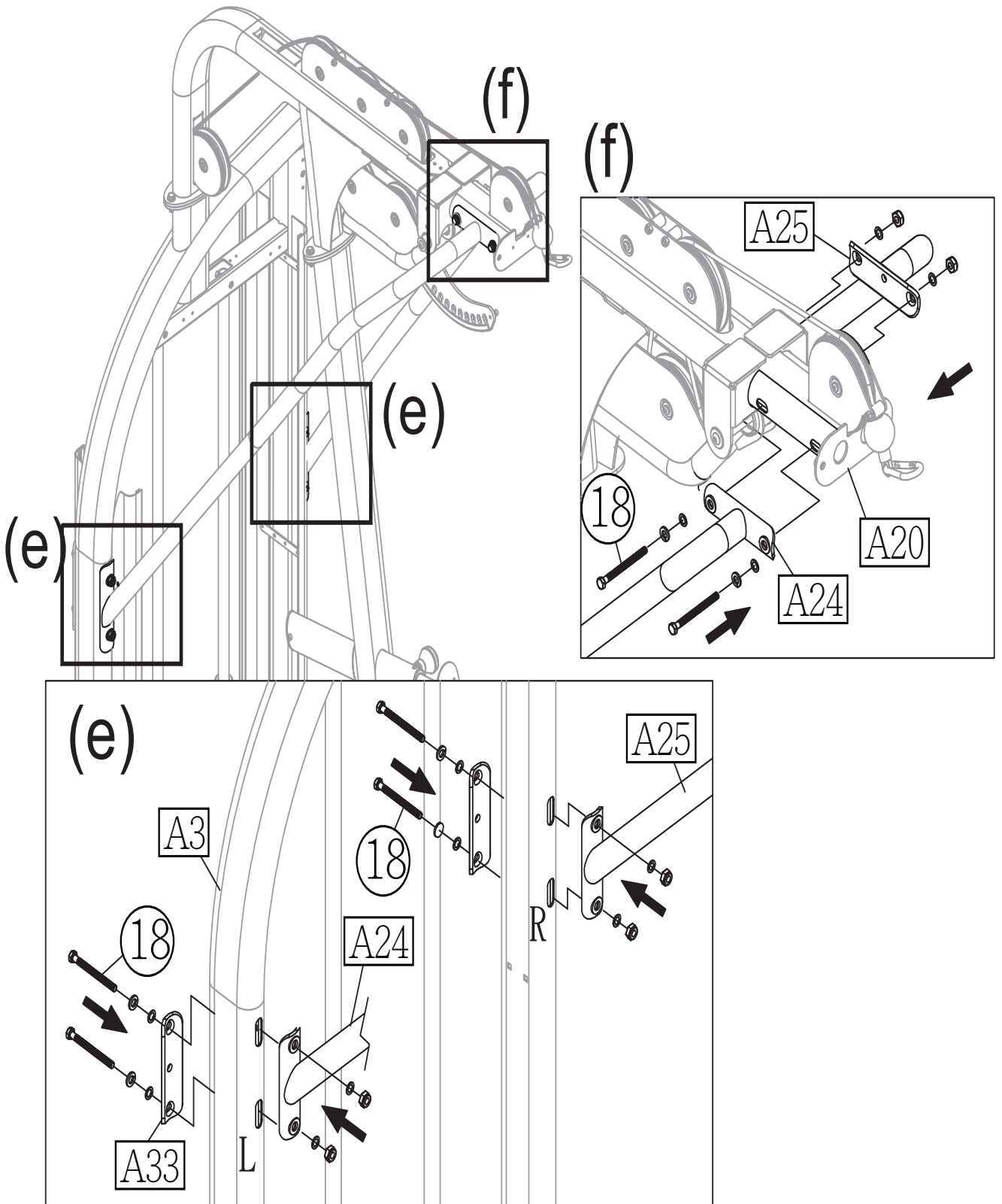
Follow instructions (a) through (e) to install the weight stack.

- (a) Use screws (18) and the Ø50 connecting board (A34) to secure the support frame (A23) to the main frame (A3) as shown. (Note: Follow the same procedure to secure the support frame on both sides of the main frame.)
- (b) Use screws (41) to loosely secure the mast (A30) to the seat frame (A29). (Note: DO NOT tighten screws yet.)
- (c) Disconnect the cable from the horizontal beam (A20) and thread the cable through the main frame (A3) as shown.
- (d) Use screws (41) to loosely secure the horizontal beam (A20) to the main frame (A3) and the mast (A30). (Note: DO NOT tighten screws yet.)



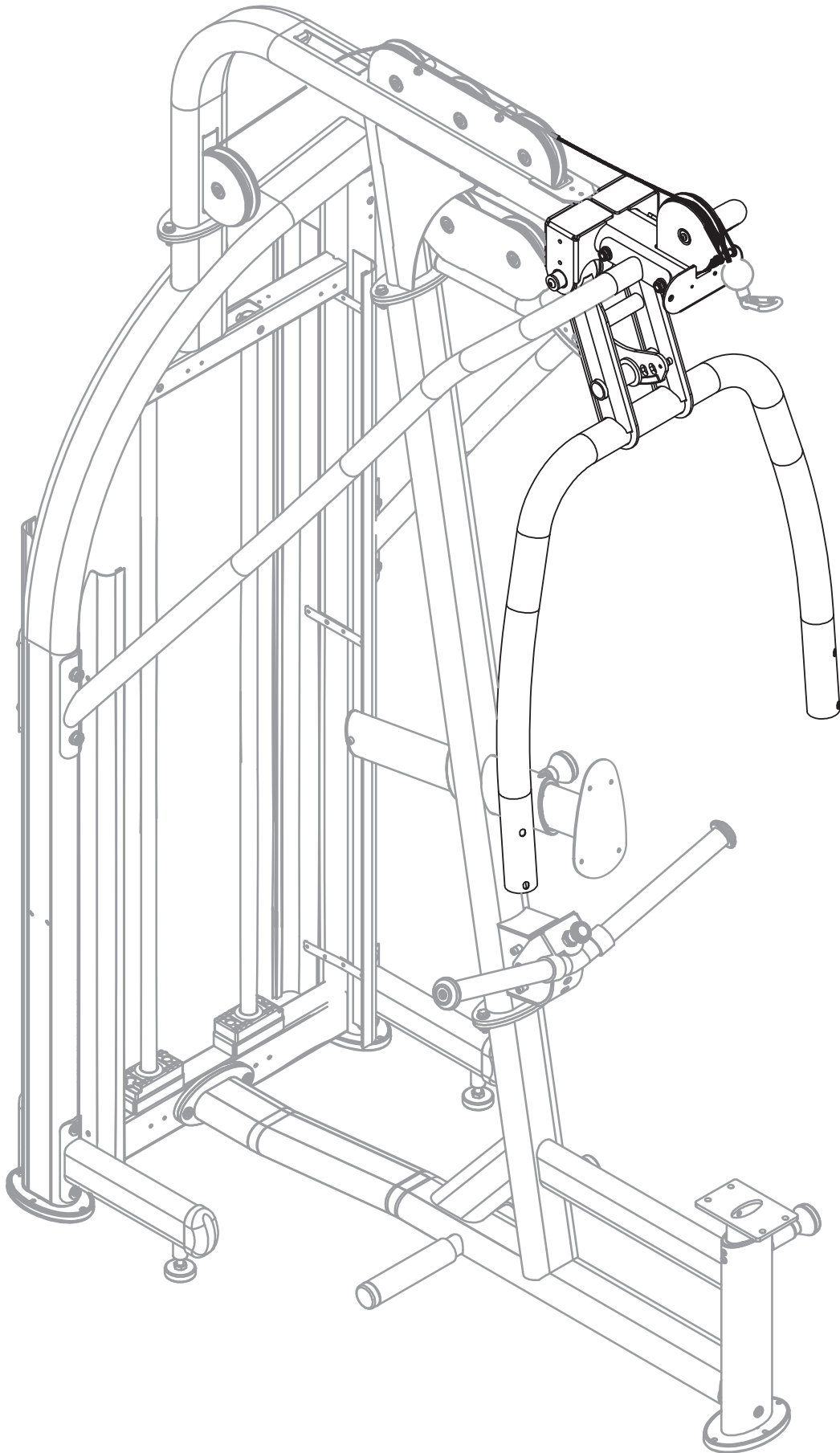
## STEP 2 Connector Installation (CONT.)

- (e) Use screws (18) to loosely secure the right support (A25) and left support (A24) to the main frame (A3). (Note: DO NOT tighten screws yet.) After all parts are secured, fully tighten all screws in steps (a) ~ (f).
- (f) Connect the right support (A25) and left support (A24) to the horizontal beam (22).



**STEP 3** Press Yoke Installation

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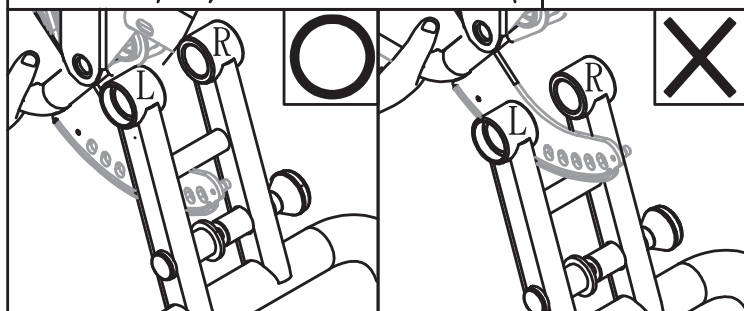
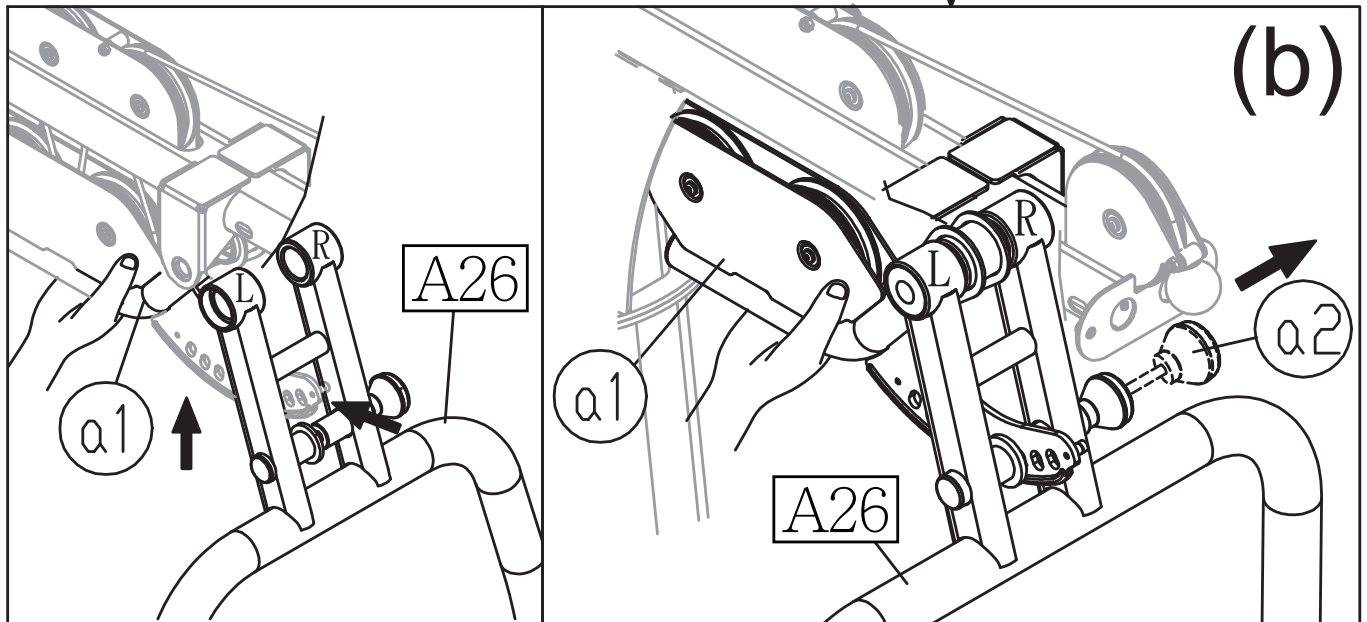
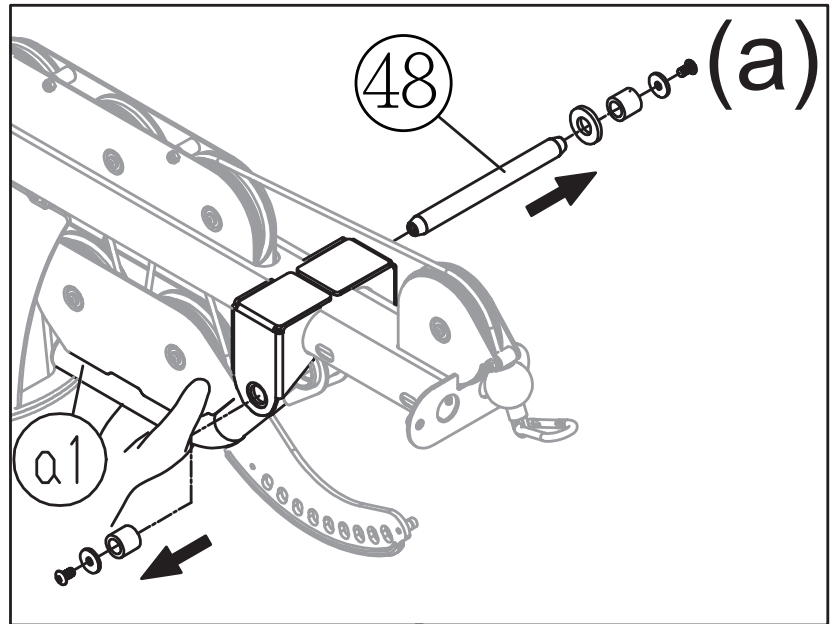


### STEP 3 Press Yoke Installation (CONT.)

Follow instructions (a) through (d) to install the press yoke.

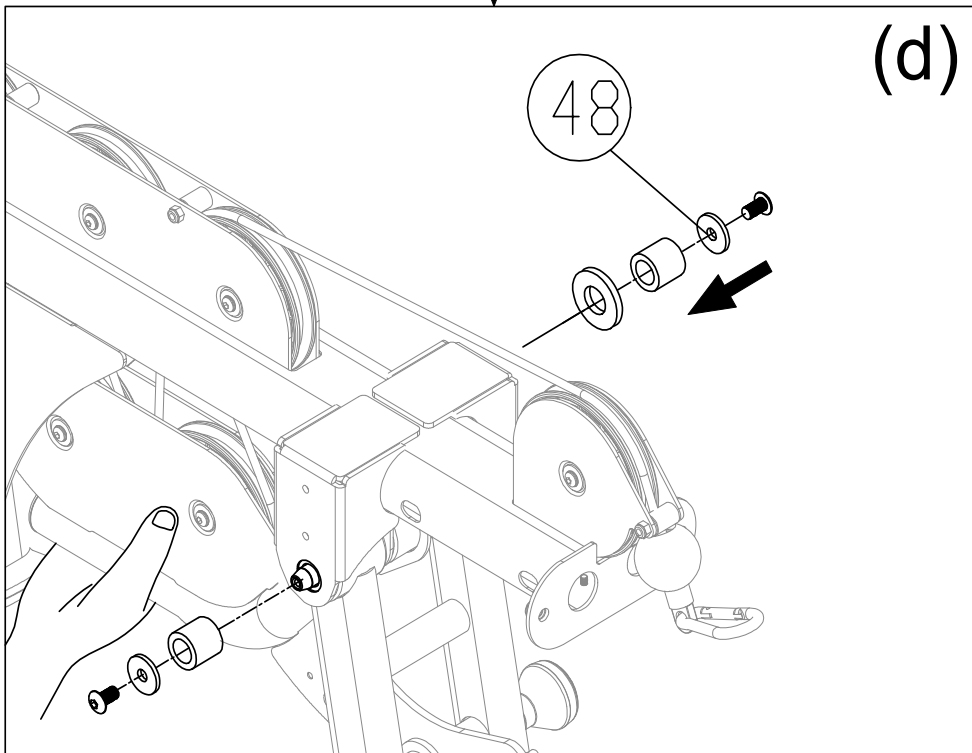
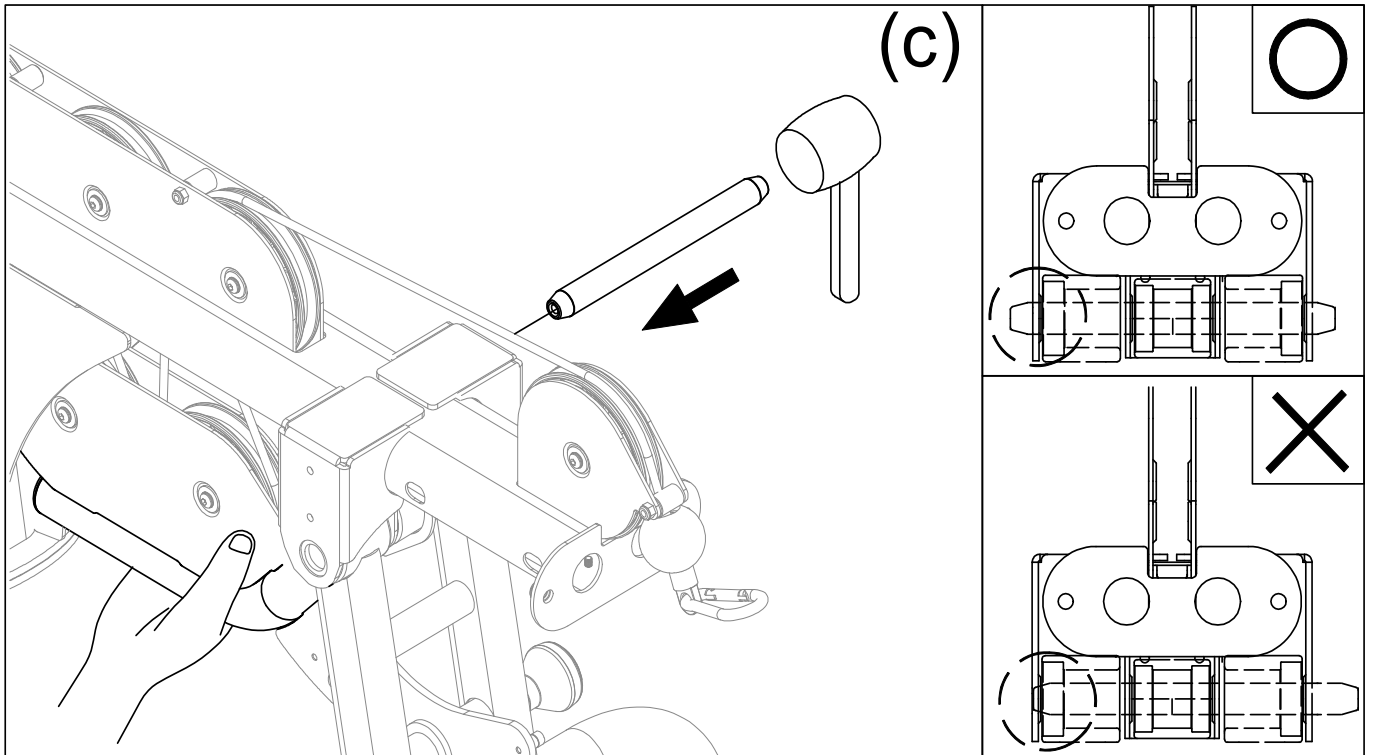
(a) Hold the brace point (a1). Remove screws (48) from the axle (48) and then remove the axle (48) from the brace point.

(b) Hold the brace point (a1). Pull the knob (a2) from the press yoke (A26). And then hold the press yoke (A26) into position in relationship to its mount on the horizontal beam as shown.

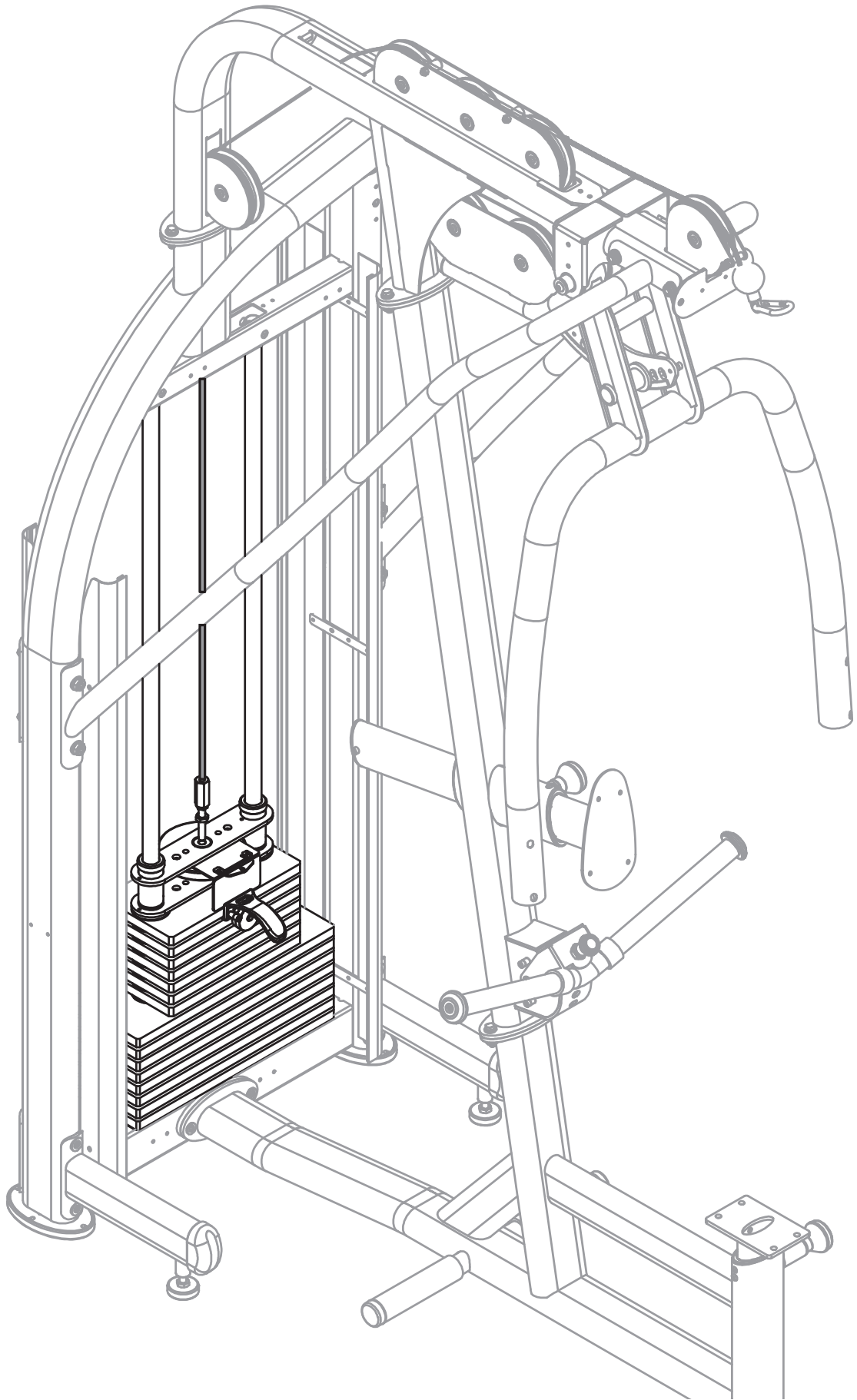


### STEP 3 Press Yoke Installation (CONT.)

- (c) Insert the axle (48) and then lightly tap the end of the axle with a rubber mallet until the axle extends beyond the metal plate as shown in the example marked "O". Do not only partially install the axle as shown by the example marked "X".
- (d) Once the axle is in place, secure it with screws (48).



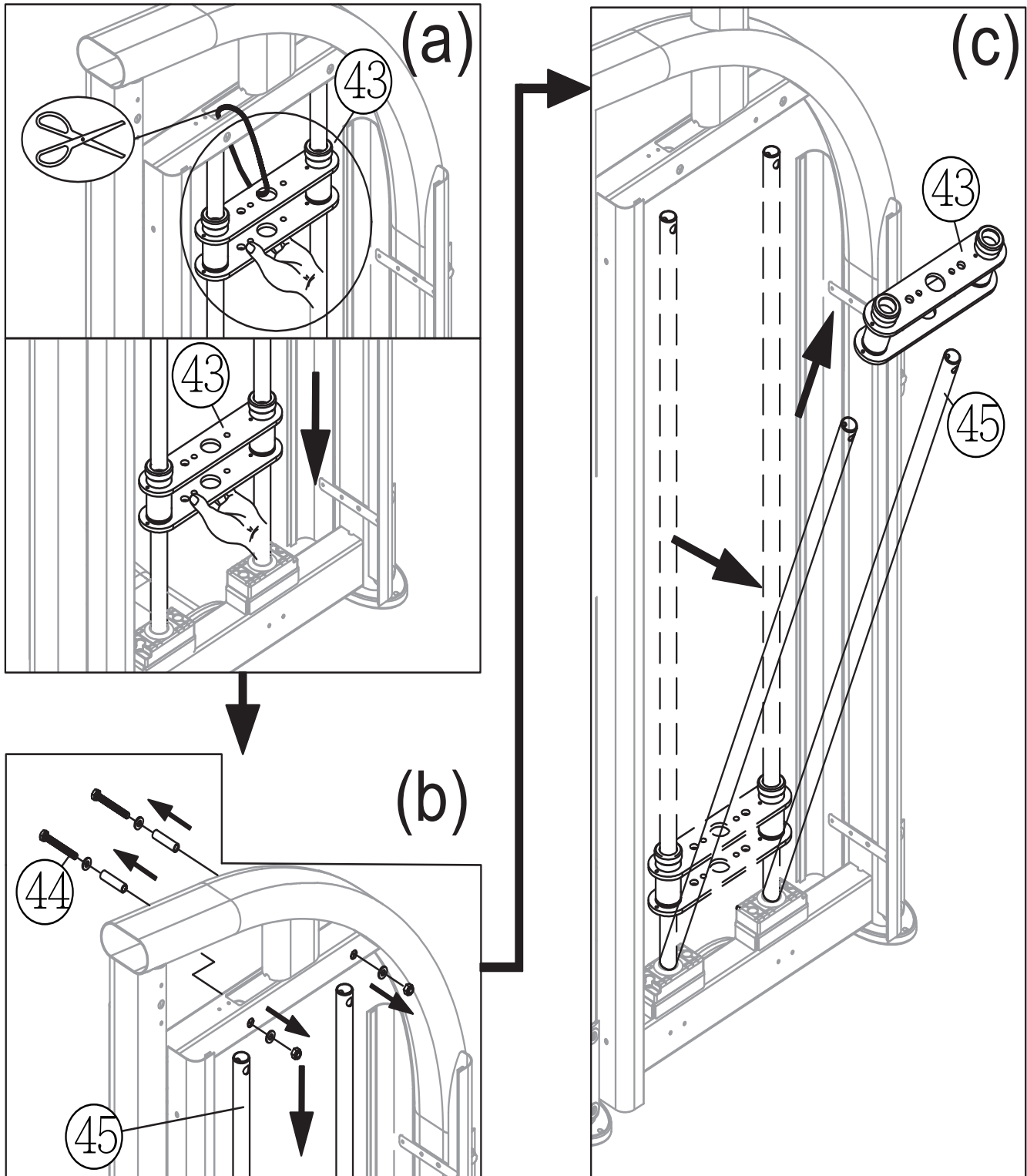
**STEP 4** Weight Stack Installation



## STEP 4 Weight Stack Installation (CONT.)

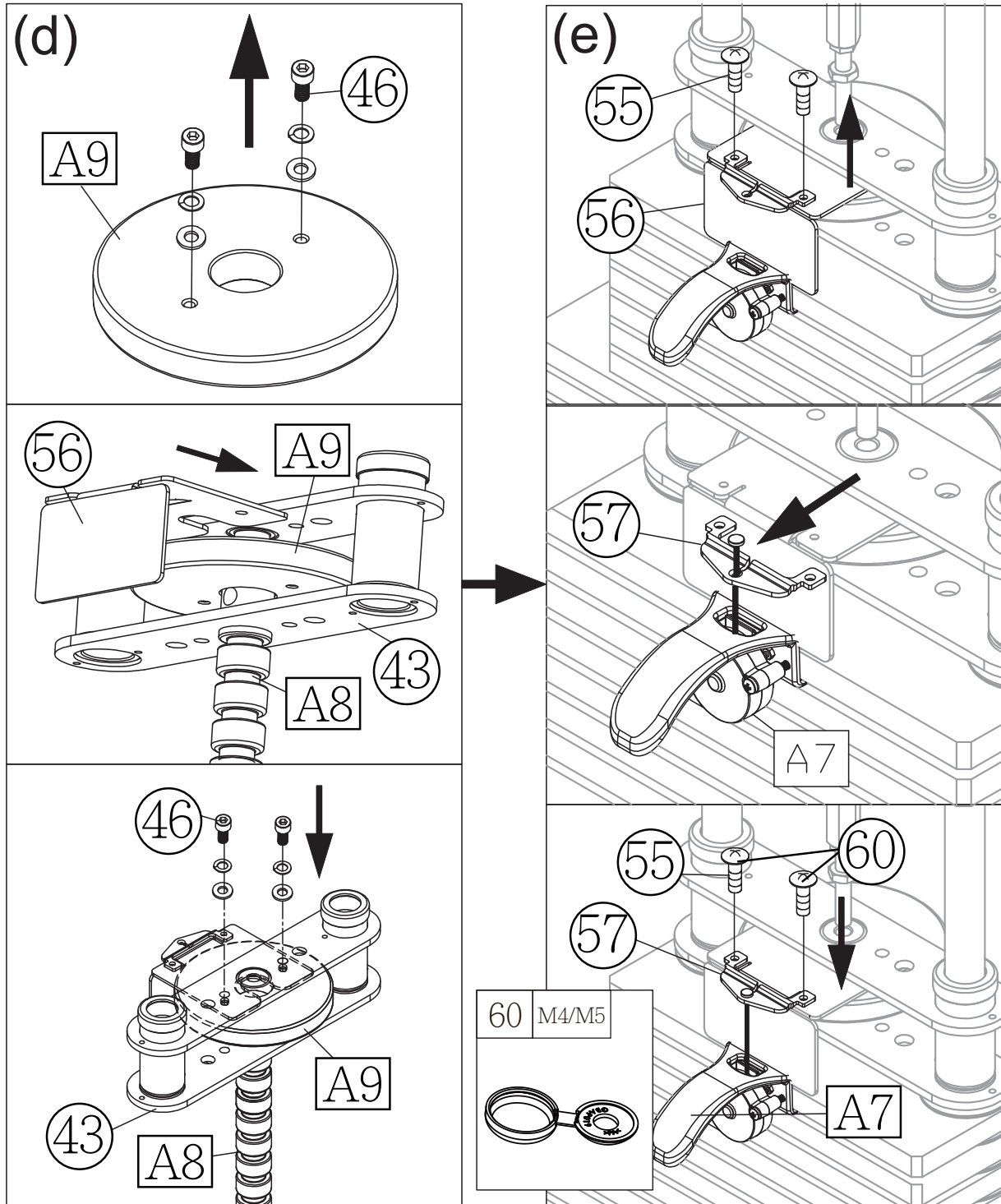
Follow instructions (a) through (f) to install the weight stack.

- (a) Hold the upper stack carriage set (43), and then cut the zip tie. Gently lower the upper stack carriage set (43) into place as shown.
- (b) Remove screws (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 (43) off the guide rods as shown. Carefully set the upper stack carriage set (43) aside.



## STEP 4 Weight Stack Installation (CONT.)

- (d) Loosen and remove screws (46) from the (1.6kg/3.5lb) weight plate (A9) and place the (1.6kg/3.5lb) weight plate (A9) into the middle of the upper stack carriage set (43) as shown. And then insert the weight stack rod (A8) into the central mounting position of the upper stack carriage set (43). Use screws (46) to secure the set fork (56) into place of the upper stack carriage set (43) as shown.
- (e) Loosen and remove screws (55) from the set fork (56) to remove the bolt assy. crossover (57). Pull the cable from the stack fork (A7) to thread through the bolt assy. crossover (57) as shown. Secure the bolt assy. crossover (57) back into place of the set fork (56) with screws (55) as shown.

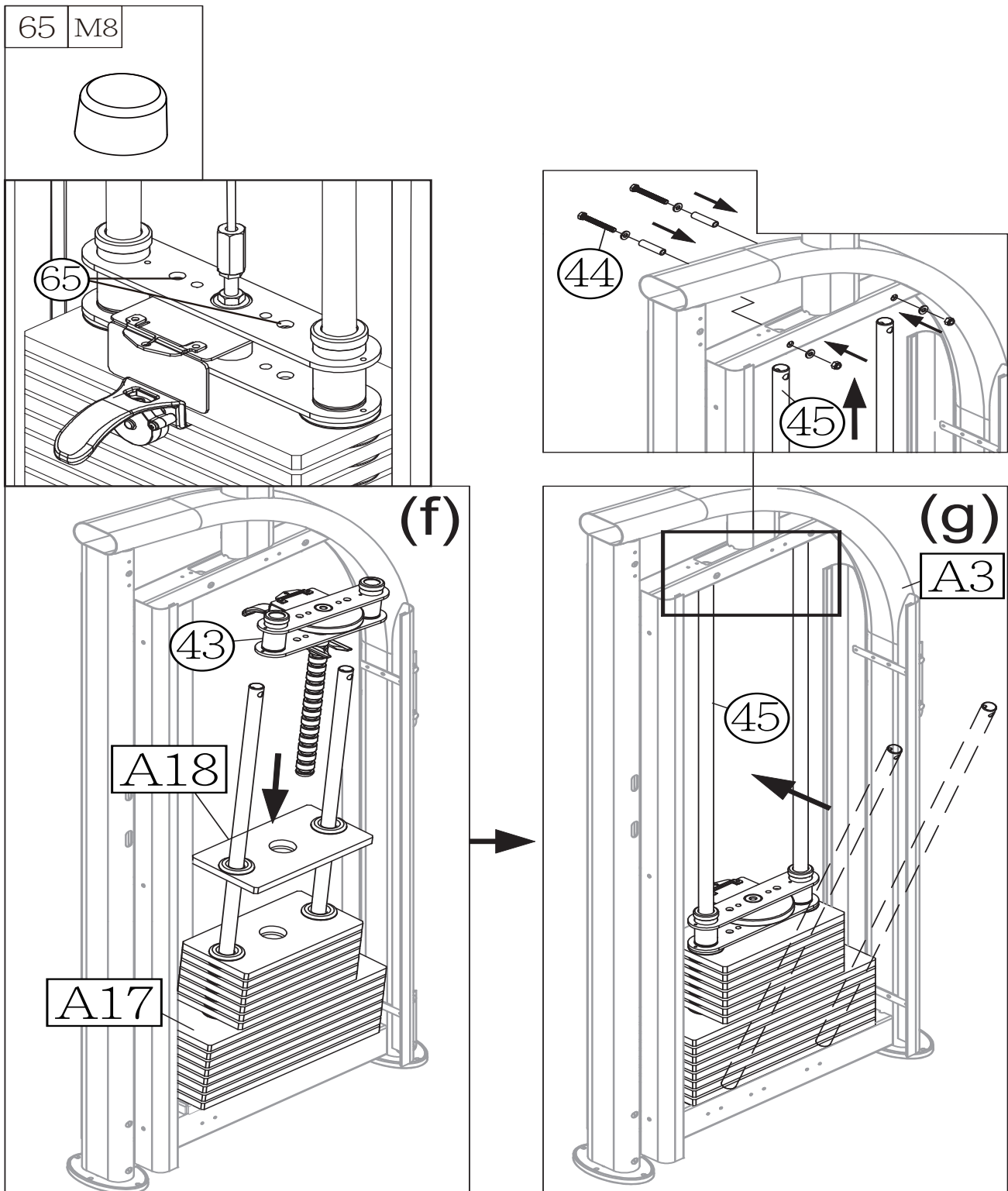


## STEP 4 Weight Stack Installation (CONT.)

(f) Insert and lower the (7.5kg/16.5lb) weight plate (A17) into place on the guide rods (45) one at a time and then insert and lower the (5 kg/11lb) weight plate (A18) into place on the guide rods (45) one at a time. Once complete, slide down the upper stack carriage set (43) on top of the weight stack. (*Note: The convex side of weight plate should face up and the stack fork (A7) points toward the front.*)

(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 (44).

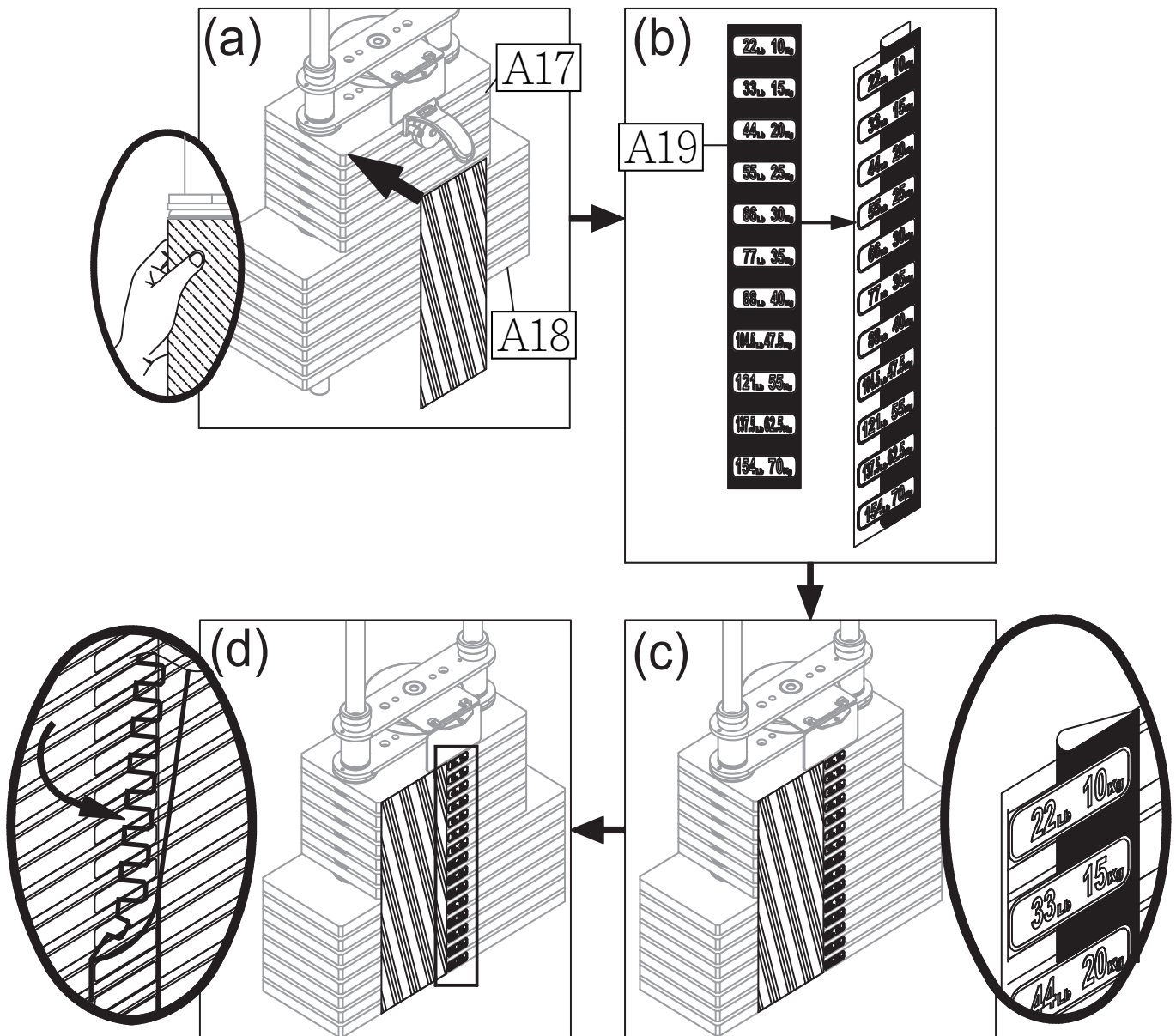
\*Install the cap nuts on the screws.



## STEP 4 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 (A17).
- (b) Peel off the top half of the weight sticker (A19) backing. Leave the clear outside margin in place on the sticker. Don't peel off the margin.
- (c) Press the numbered part of the sticker (A19) in place while you peel off the clear margin of the sticker.
- (d) Peel off the clear margin of the sticker. When the stickers are in place, peel off the card board. Press the sticker in place to ensure good contact on the weight plate.



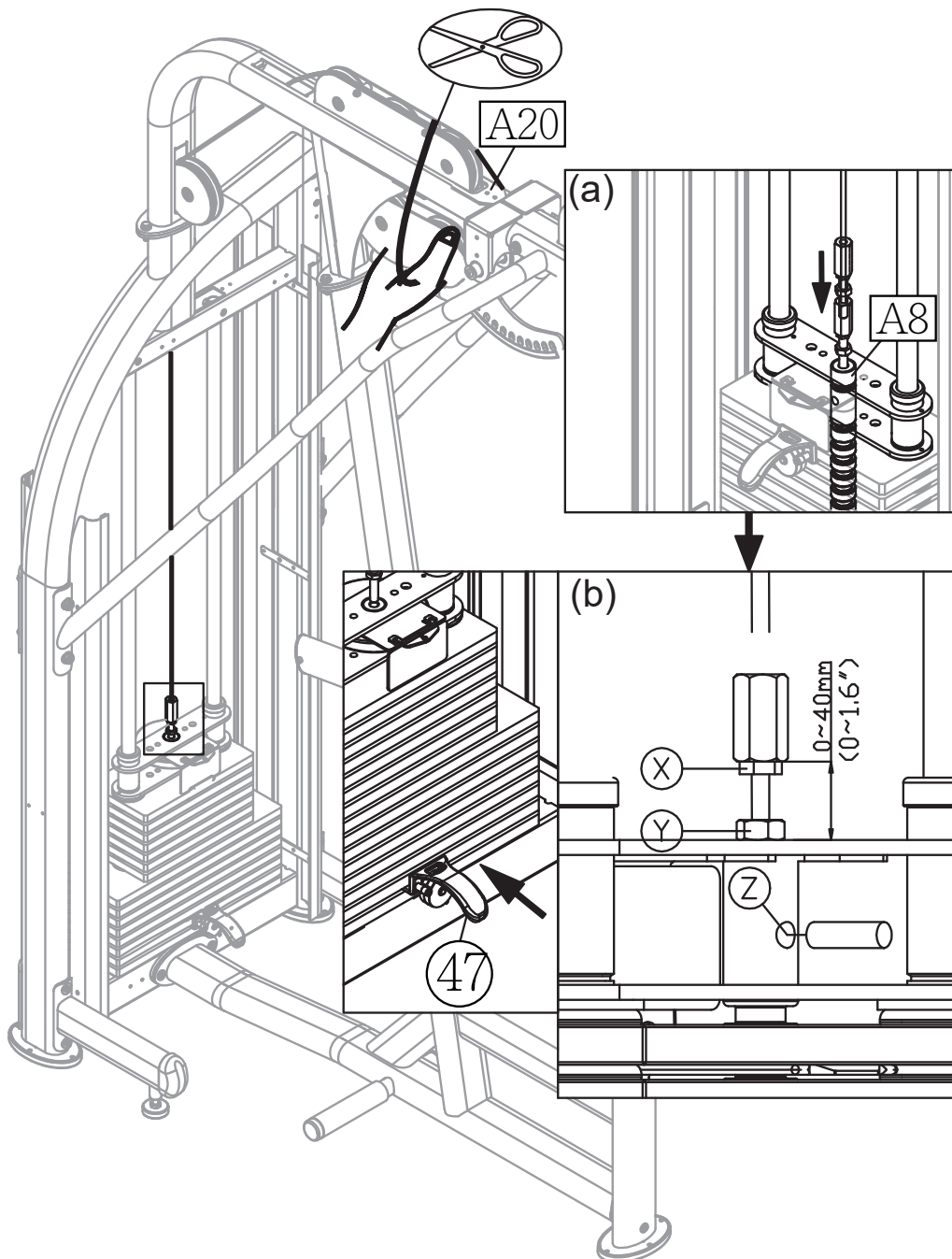
## STEP 4 Cable Installation (CONT.)

Use scissors to cut the zip tie as shown before installing.

(a) Insert the cable nut as indicated by the arrows onto the weight stack rod (A8). 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.

(b) Insert the stack fork (47) into the gap under the lowest weight plate. Adjust the nut until the upper stack carriage moves slightly.

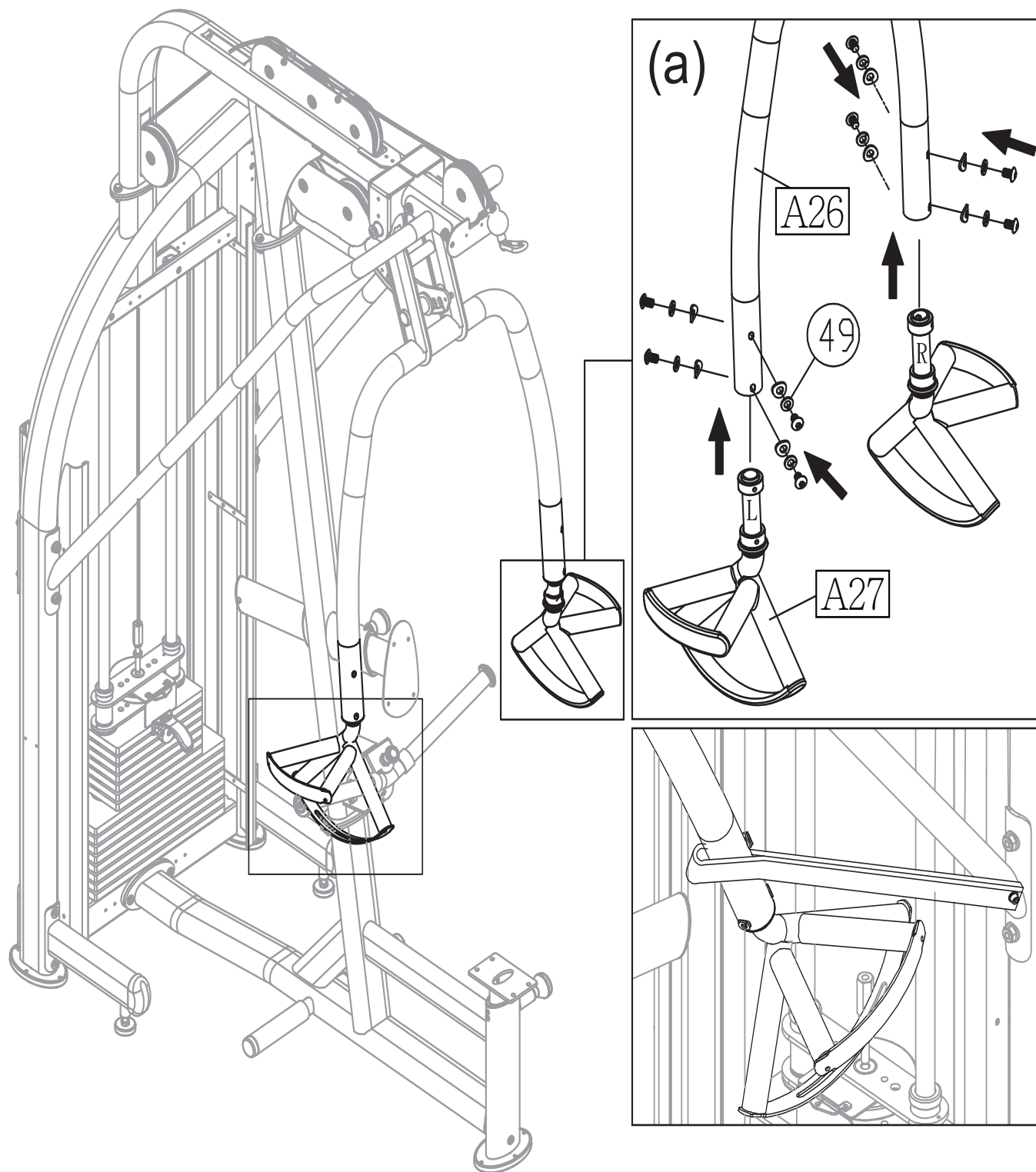
To adjust the cable, first insert an open end wrench into (Z) hole. Loosen (Y) nut and then adjust (X) nut. If the cable is too long, adjust (X) nut downward. If too short, adjust (X) nut upward. After adjusting (X) nut, tighten (Y) nut against the weight stack to secure this position. *(Note: Press the area at the horizontal beam (A20) as shown while you adjusting the cable to ensure the cable is tight.)*



## STEP 4 Handles Installation

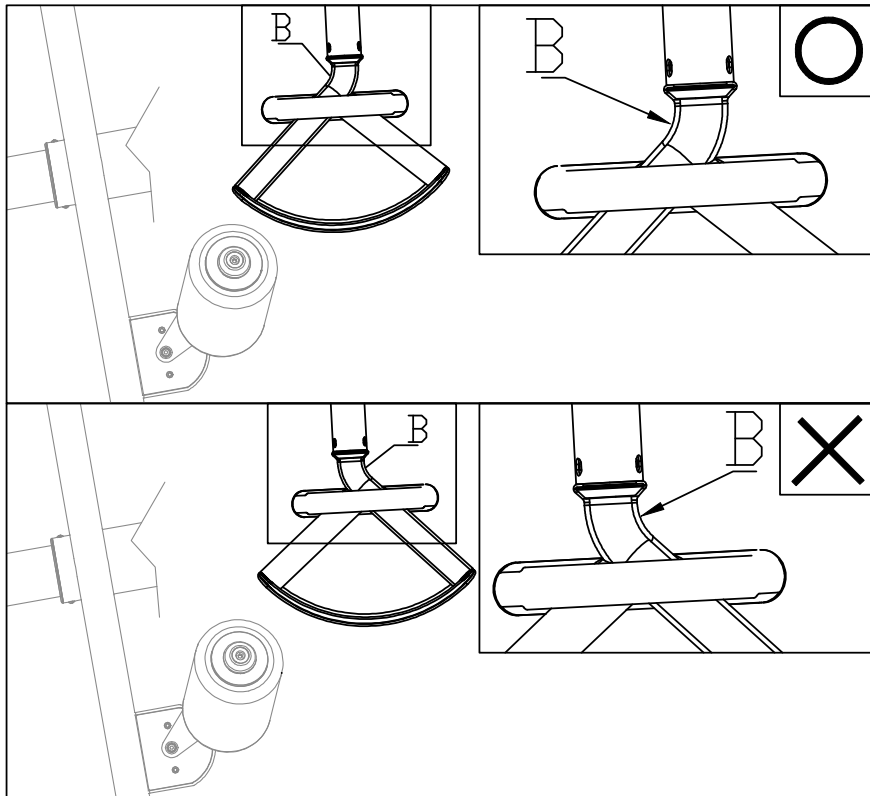
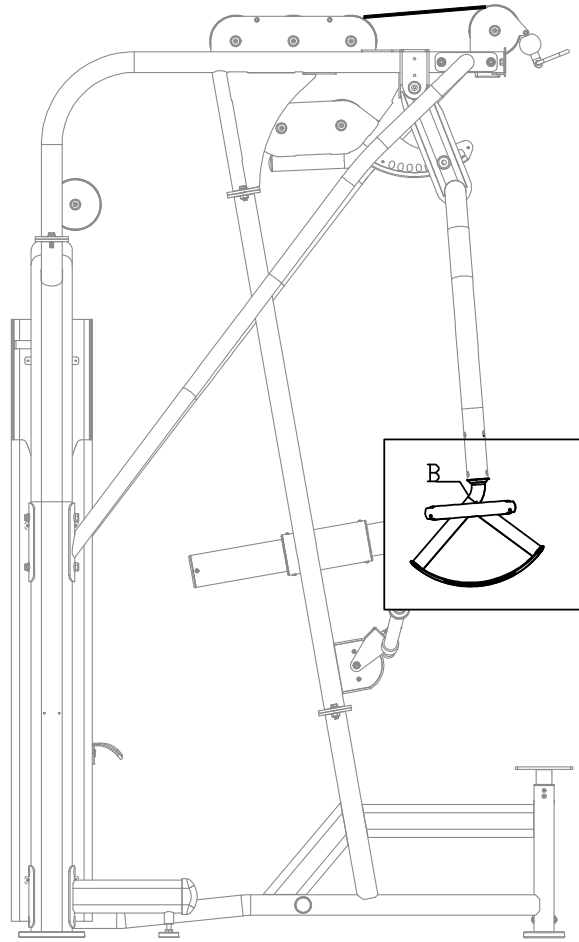
Follow instructions (a) through (b) to install the handles.

(a) Put the left handle (A27L) and right handle (A27R) in place and secure them on the press yoke (A26) with screws (49) as shown.



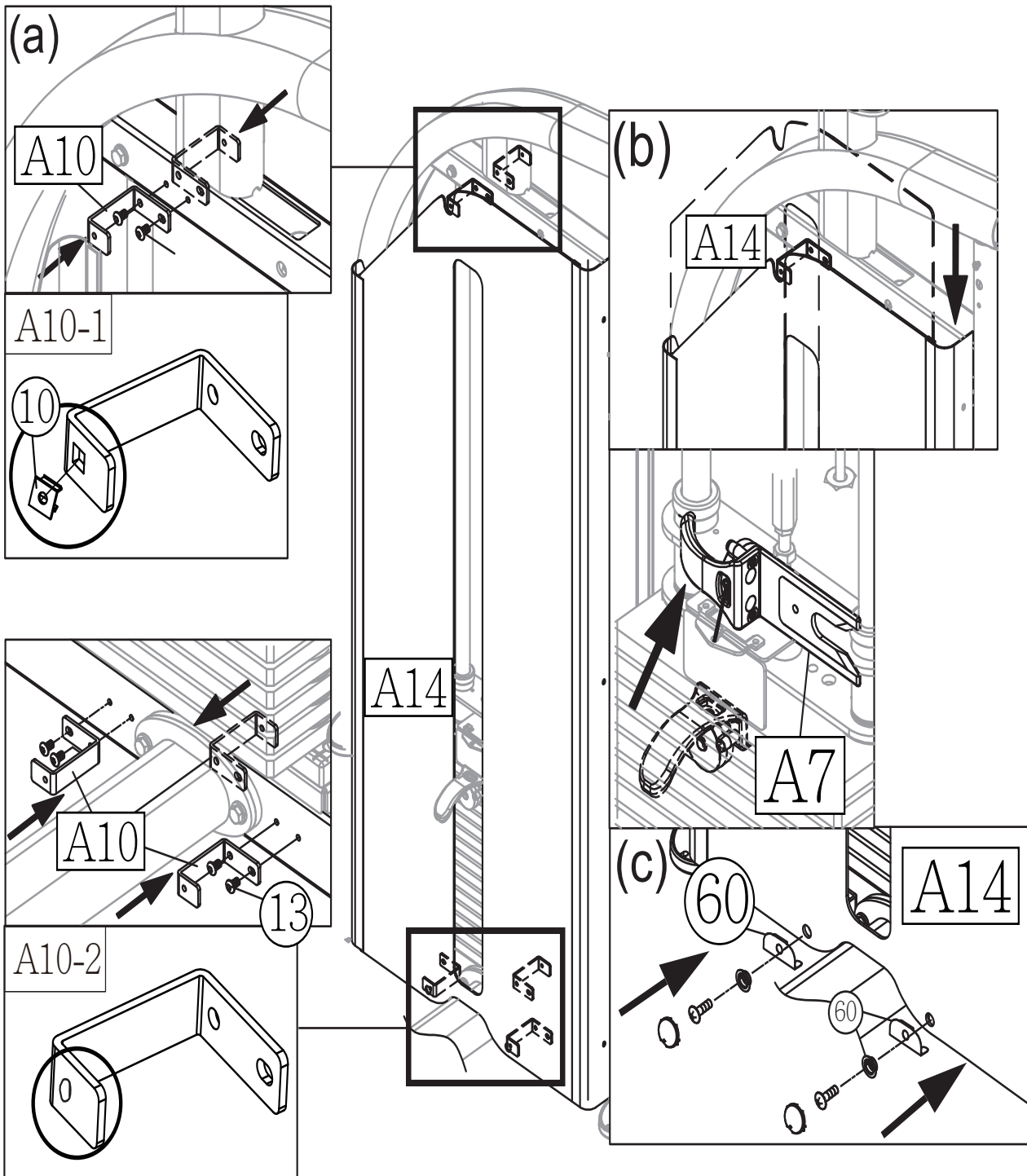
## STEP 4 Handles Installation (CONT.)

(b) Handles are side specific. The correct handle position is indicated by the “O” as shown. The bend turns the tube toward the product, not away from it. The incorrect position is indicated by the “X” as shown.



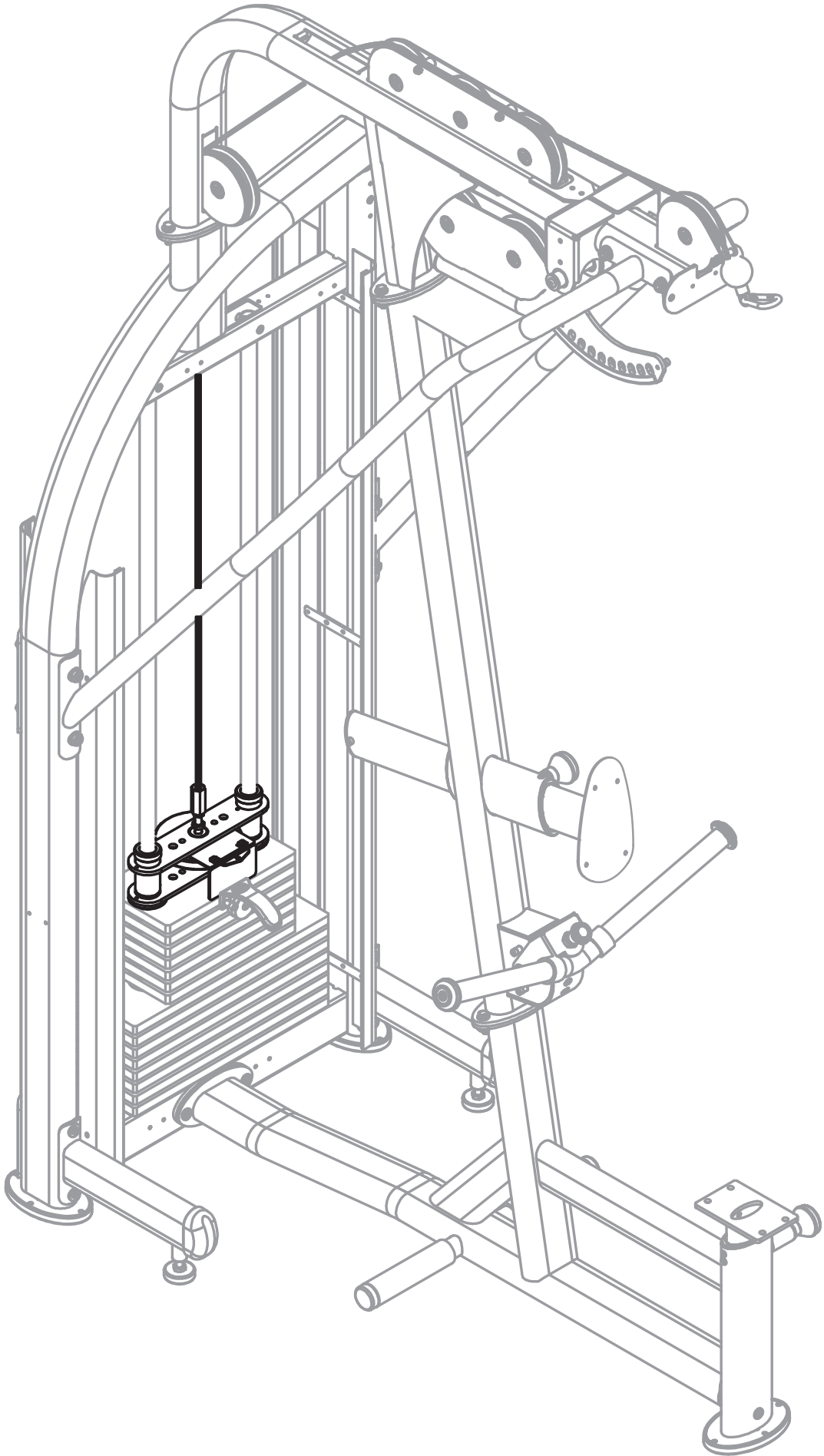
## STEP 4 Cover Support Plate and the Front Cover Installation

- (a) Install the square snap bushings (10) to the anchor brackets of shroud (square hole) (A10-1). Secure the anchor brackets of shroud (square hole) (A10-1) with the square snap bushings (10) to the front and back of the upper crossmember assembly of weight stack tower (A3) with screws (13). Secure the anchor brackets of shroud (tapped hole) (A10-2) to the front and back of the lower crossmember assembly of weight stack tower (A3) with screws (13). Remove the screw (60).
- (b) Slide the front cover (A14) from the top down into the cover support plates' grooves. *(Note: Take out the stack fork (A7) and place it on the upper stack carriage set (43) as shown to avoid damaging to the cover.)*
- (c) Secure the lower shroud with the screw (60).

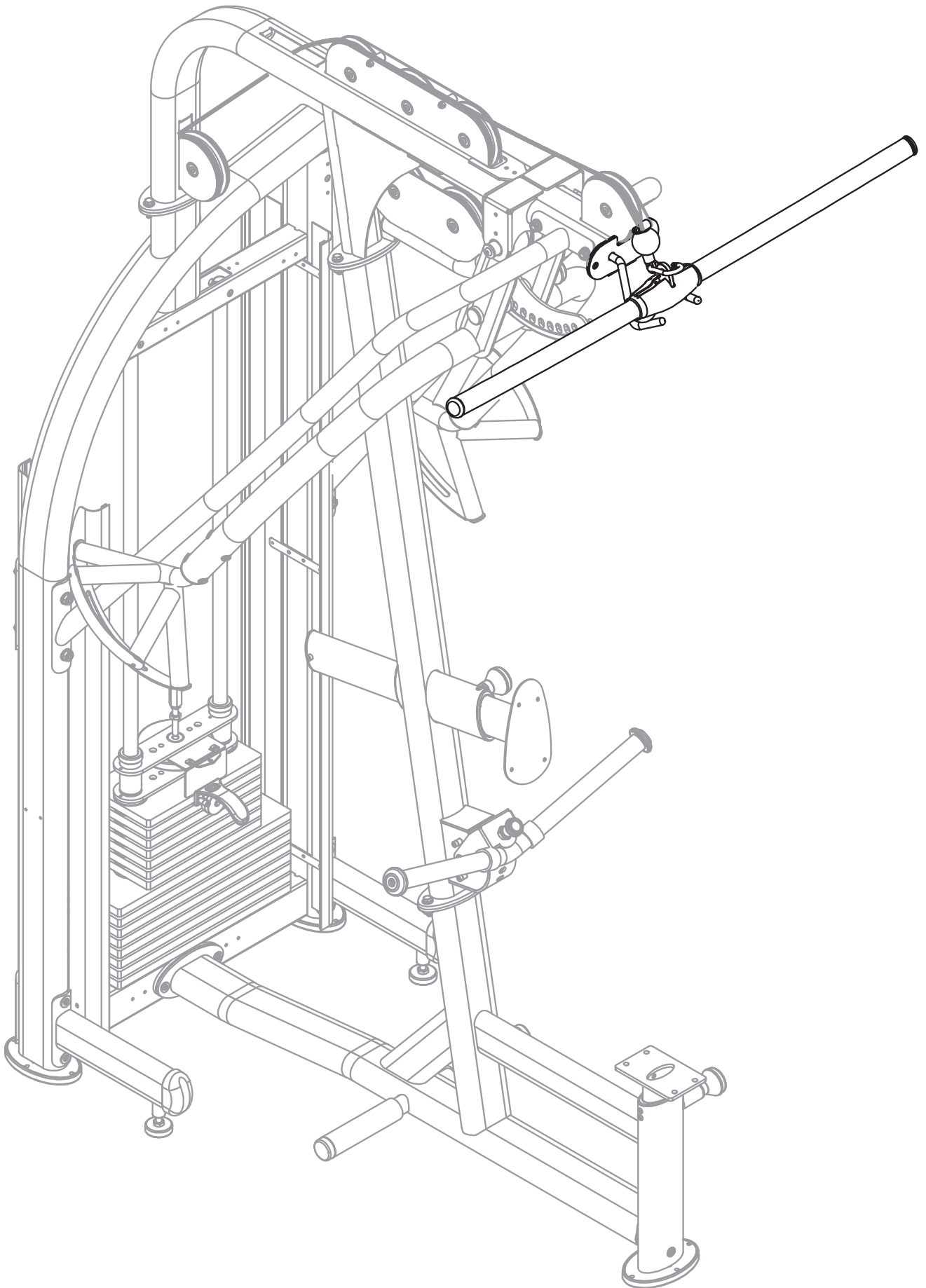


**STEP 4** Cable Installation

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**STEP 5** Handlebar Installation

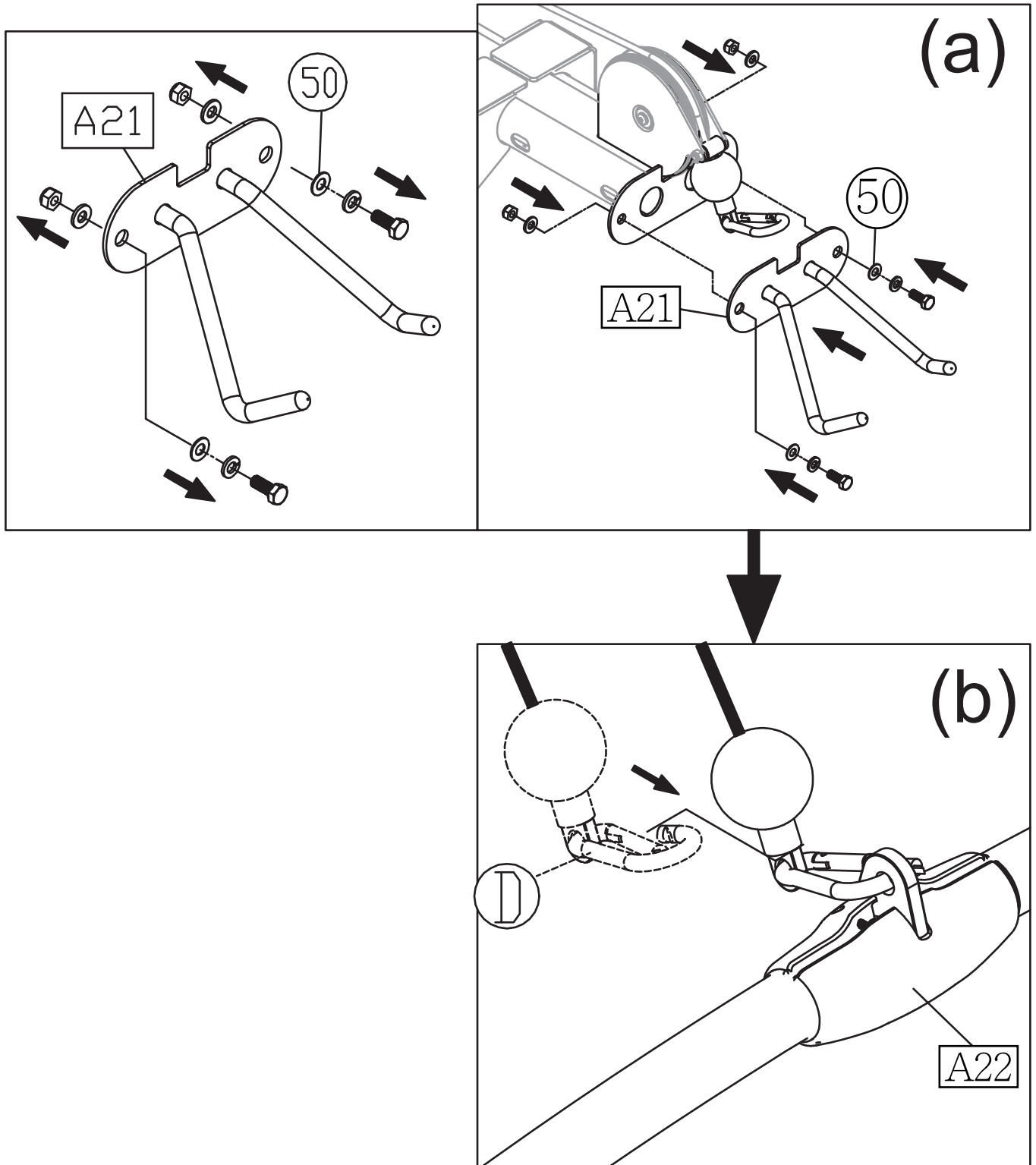


## STEP 5 Handlebar Installation (CONT.)

Follow instructions (a) through (c) to install the handlebar.

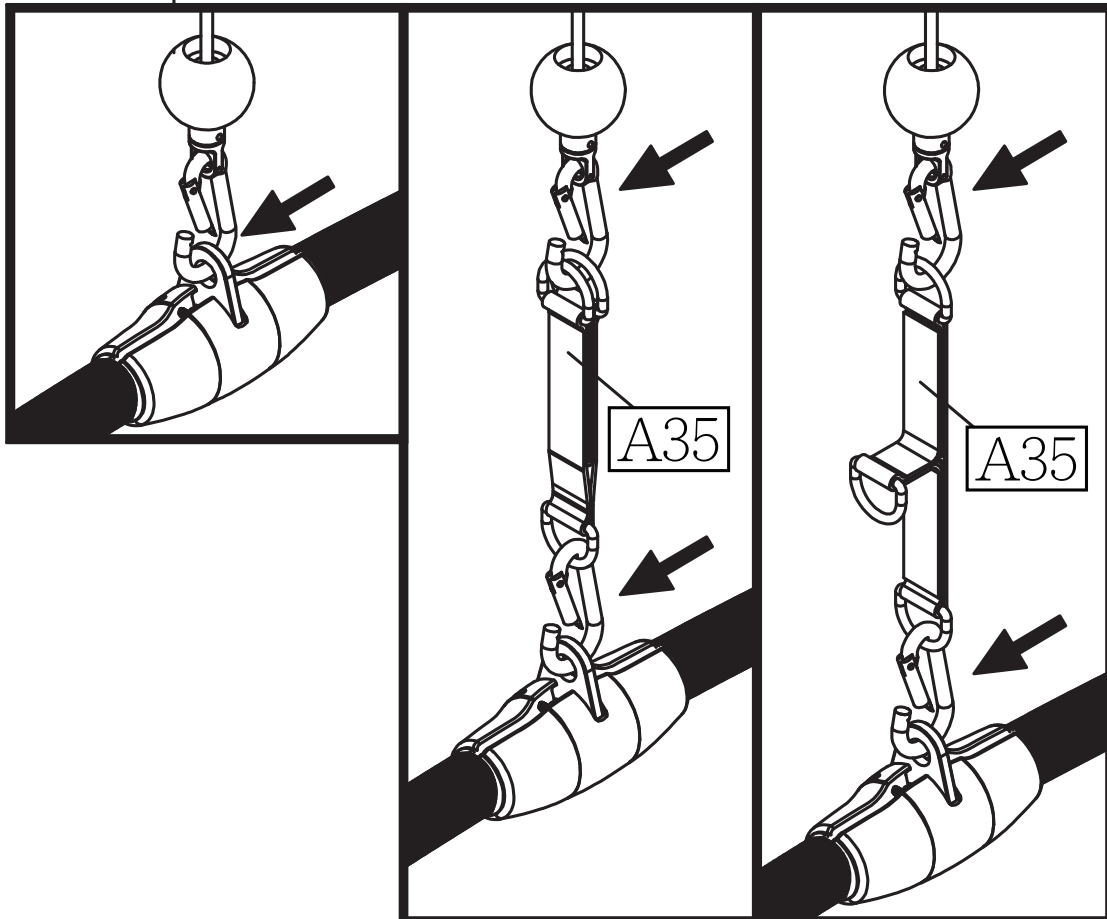
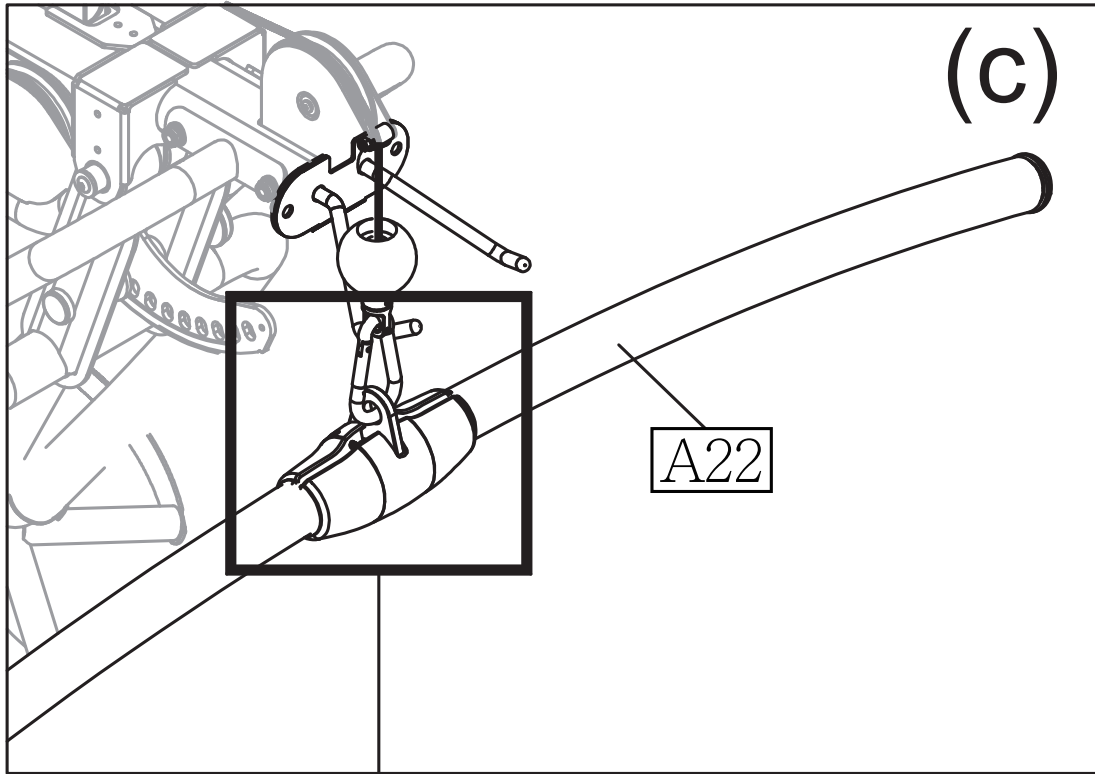
(a) Remove screws (50) from the lat pull bar bracket (A21) and then secure the lat pull bar bracket (A21) to the horizontal beam (A20) with screws (50) as shown.

(b) Use the carabiner (D) to secure the cable to the lat pull bar (A22) and then place the lat pull bar (A22) on the lat pull bar bracket (A21).

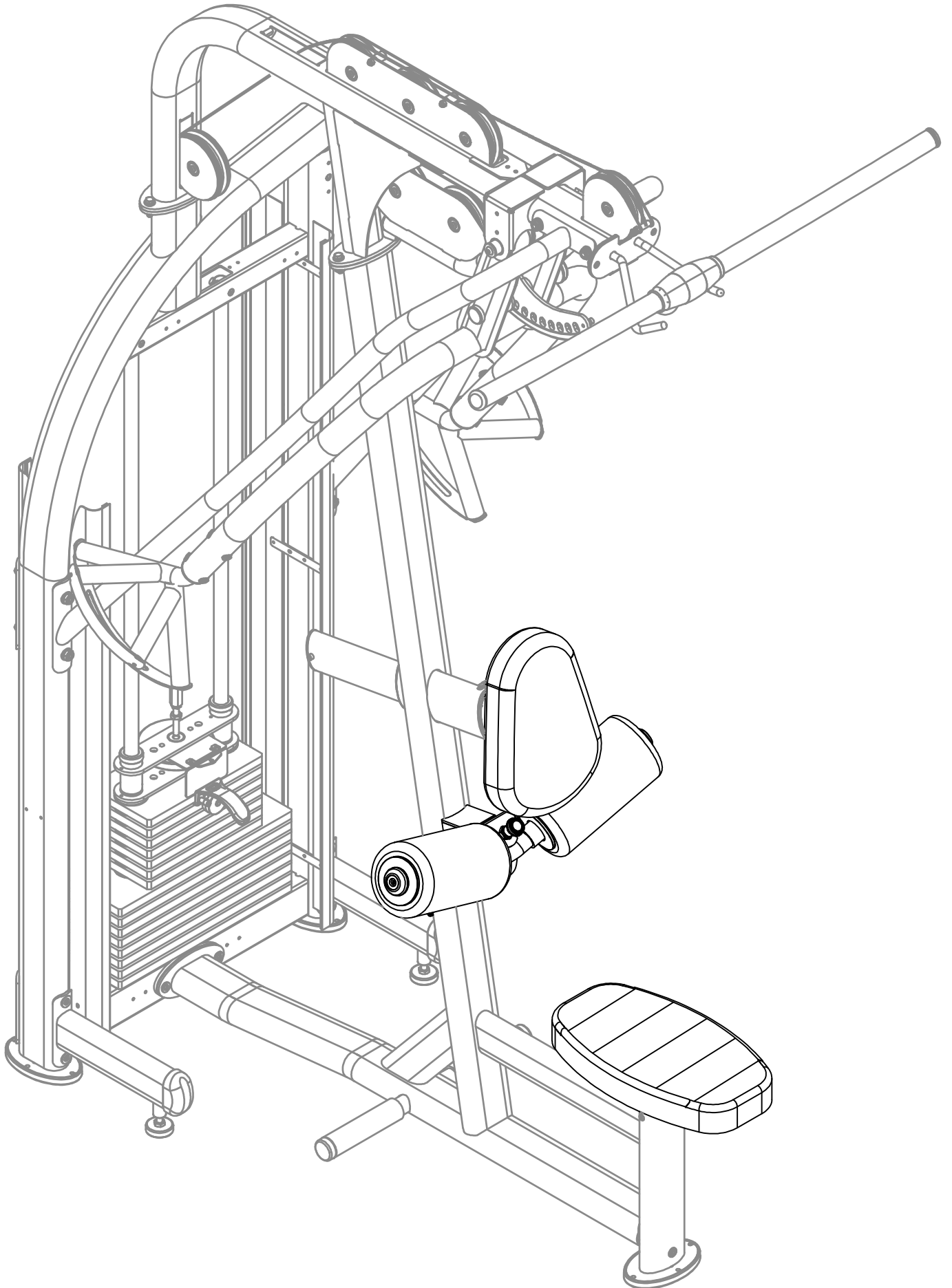


**STEP 5 Handlebar Installation (CONT.)**

(c) Install the strap (A35) if necessary and then check for proper equipment operation.



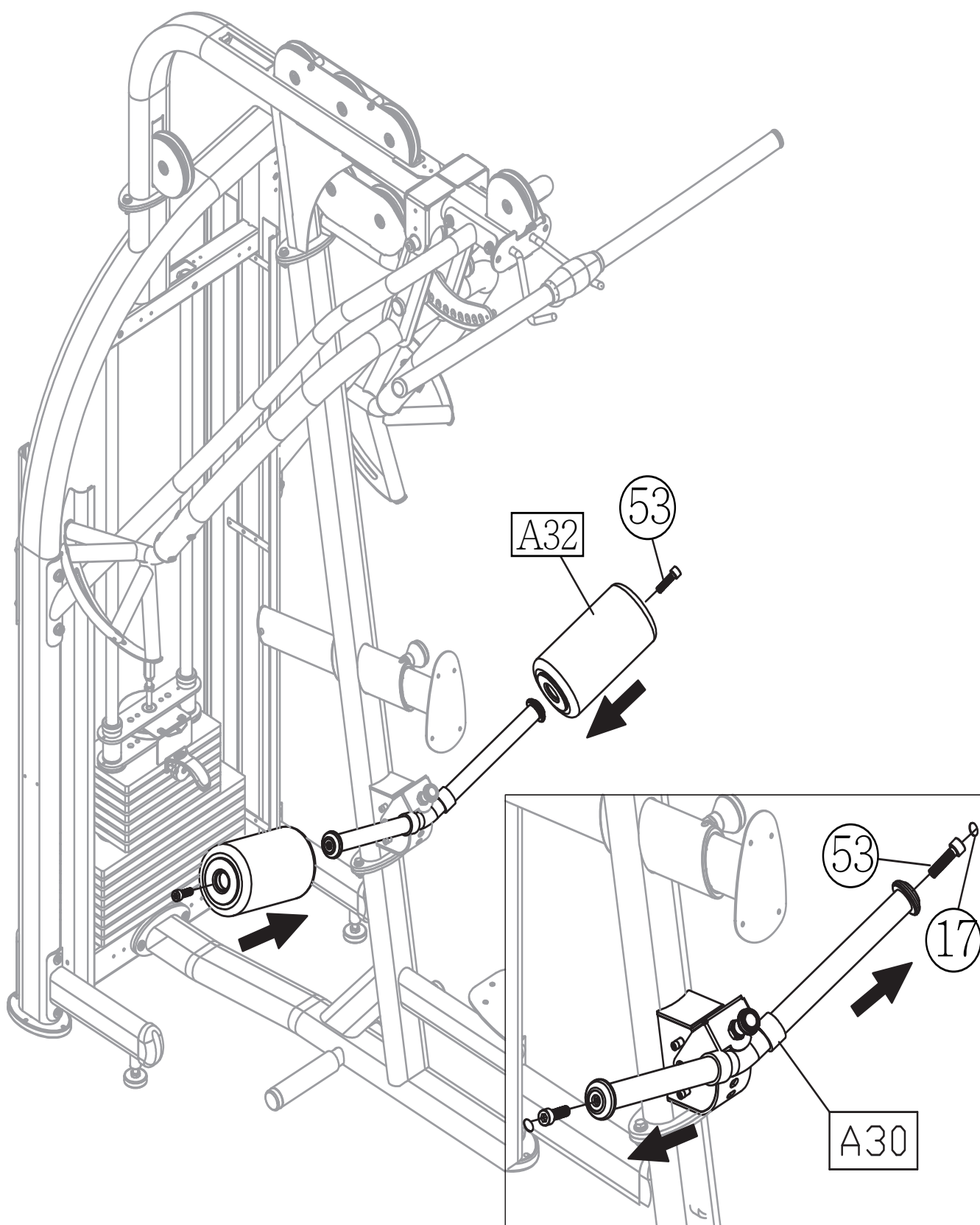
**STEP 6** Cushions Installation



## STEP 6 Cushions Installation (CONT.)

### Cylindrical Cushion Installation

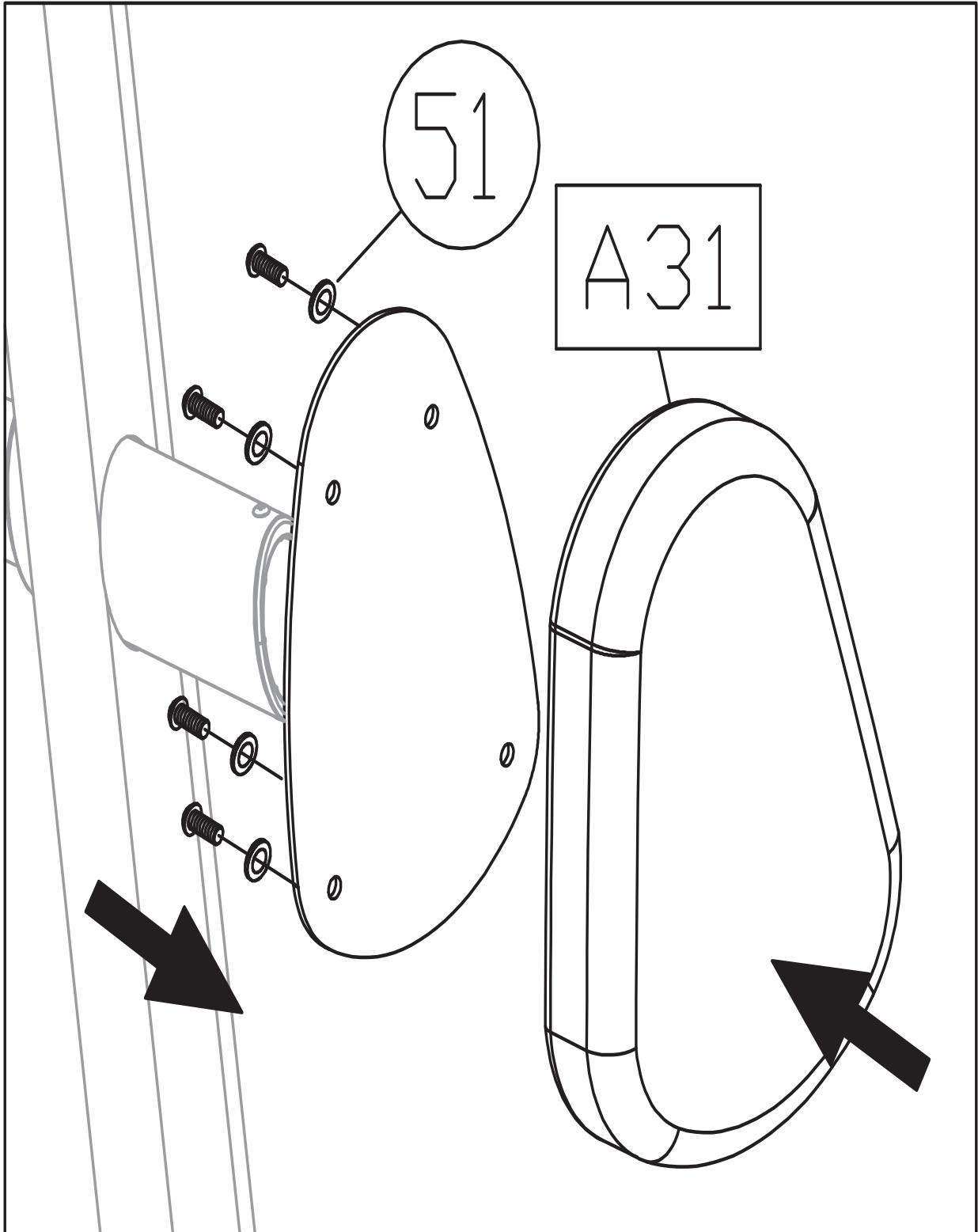
Remove screws (53) from the mast (A30) and then secure the cylindrical cushion (A32) to the mast (A30) with screws (53) as shown and then apply the round sticker (17) on both sides as shown.



## STEP 6 Cushions Installation (CONT.)

### Chest Cushion Installation

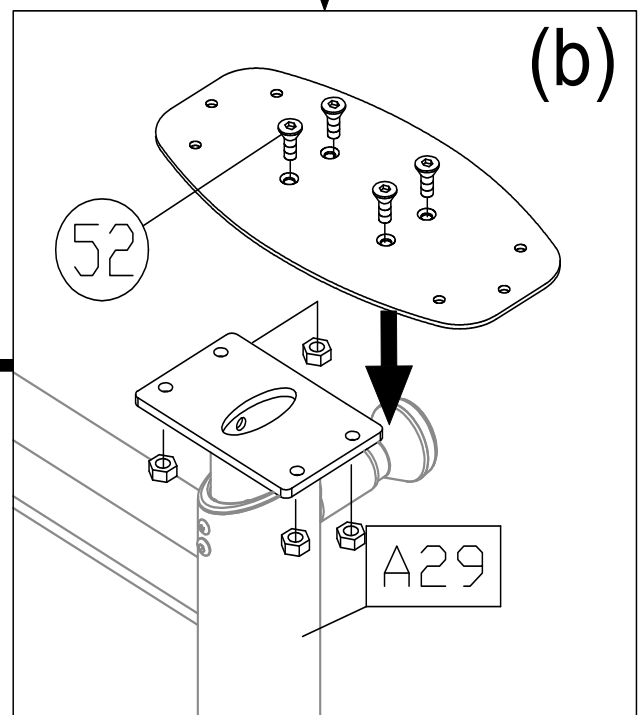
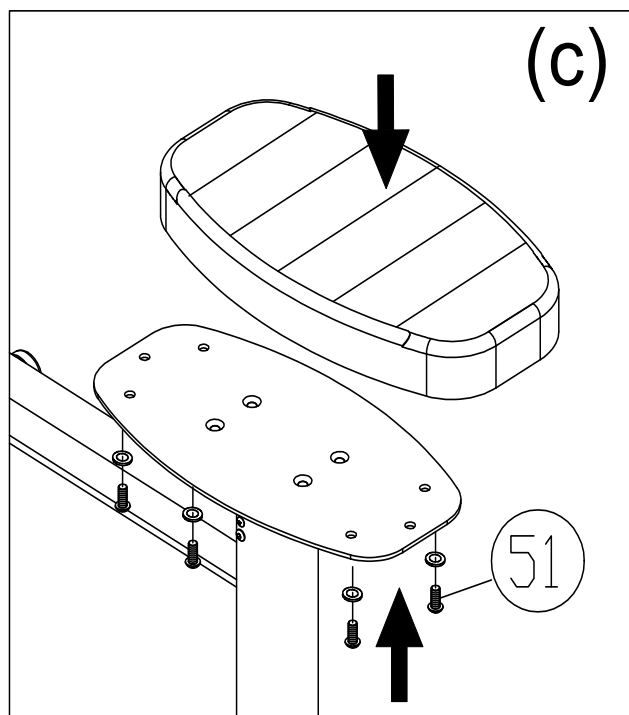
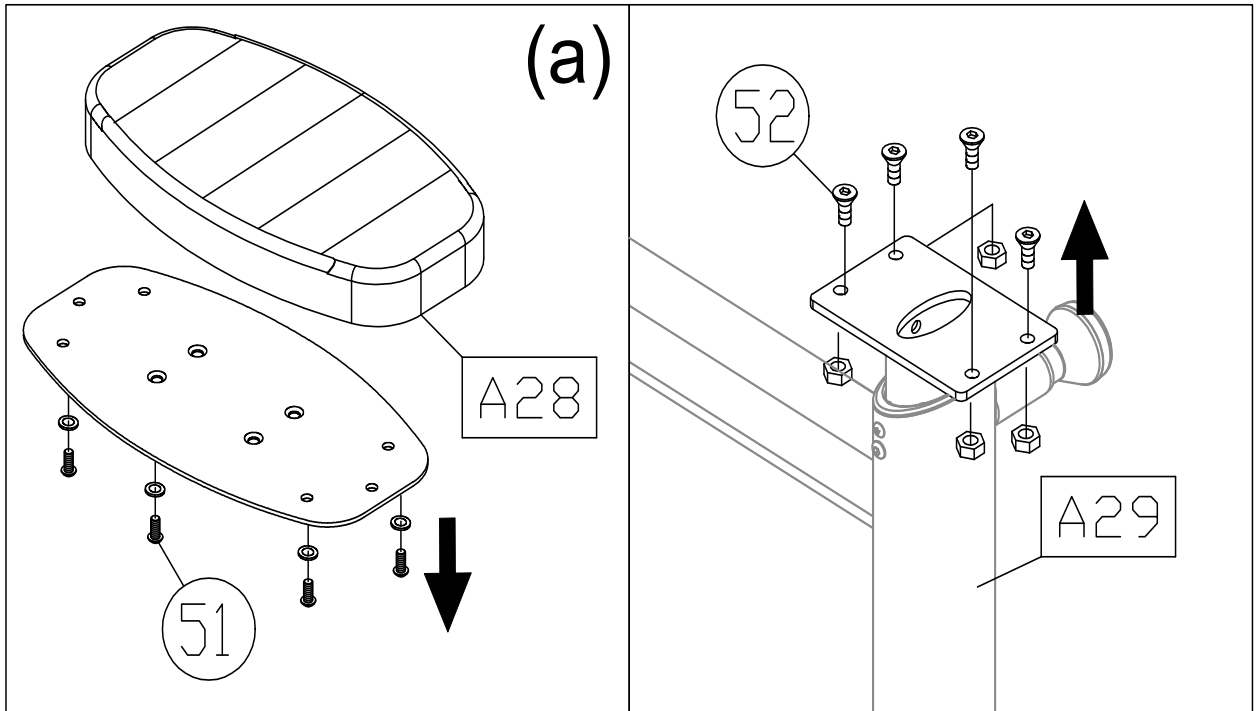
Use screws (51) to secure the chest cushion (A31) to the chest cushion plate as shown.



## STEP 6 Cushions Installation (CONT.)

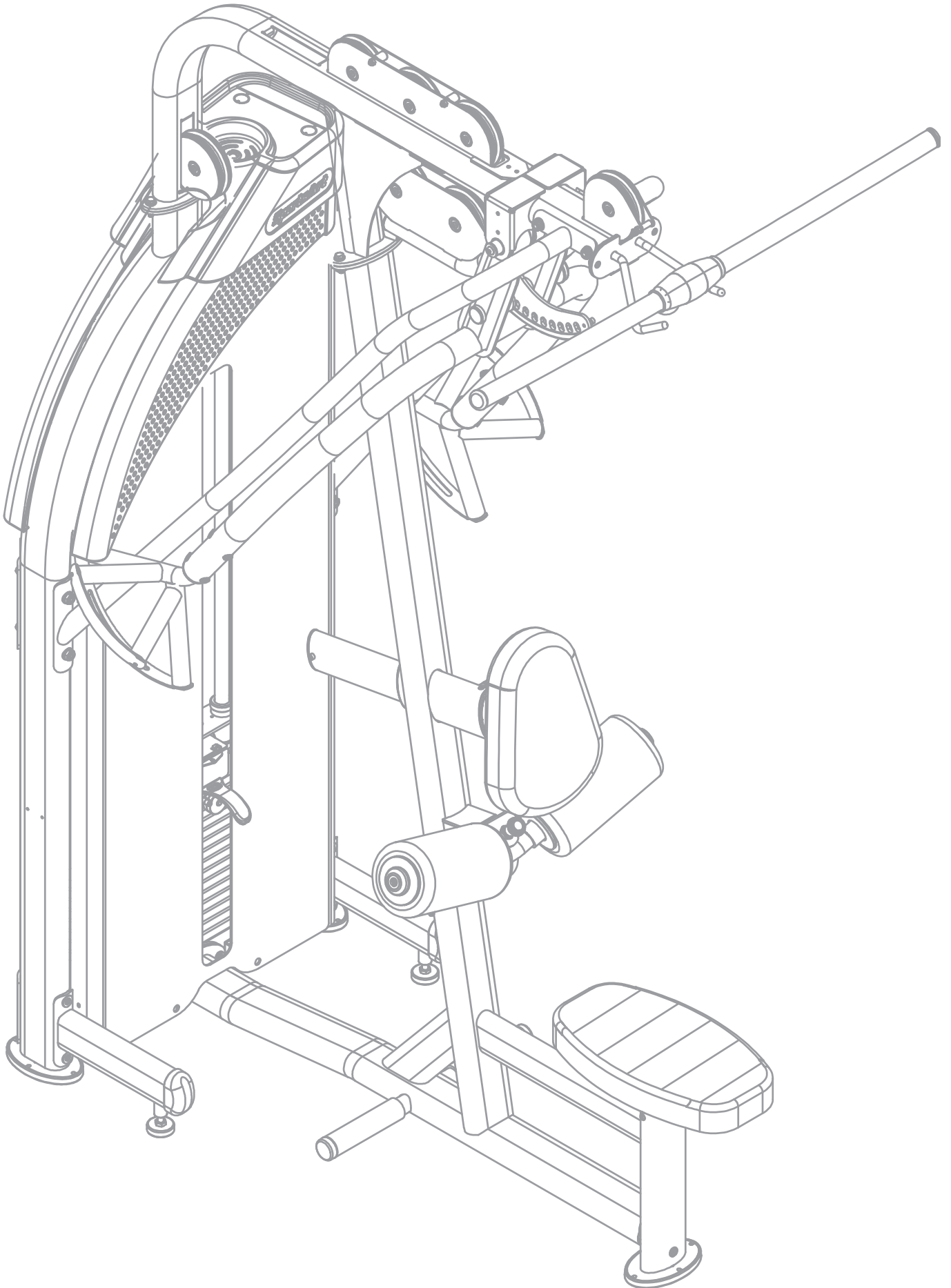
### Seat Bottom Cushion Installation

- First, remove screws (51) from the seat bottom cushion (A28) and screws (52) from the seat frame (A29).
- Use screws (52) to secure the seat bottom cushion plate to the seat frame (A29).
- Use screws (51) to secure the seat bottom cushion (A31) to the seat bottom cushion plate as shown.



**STEP 7** Rear Cover and Plastic Cover Installation

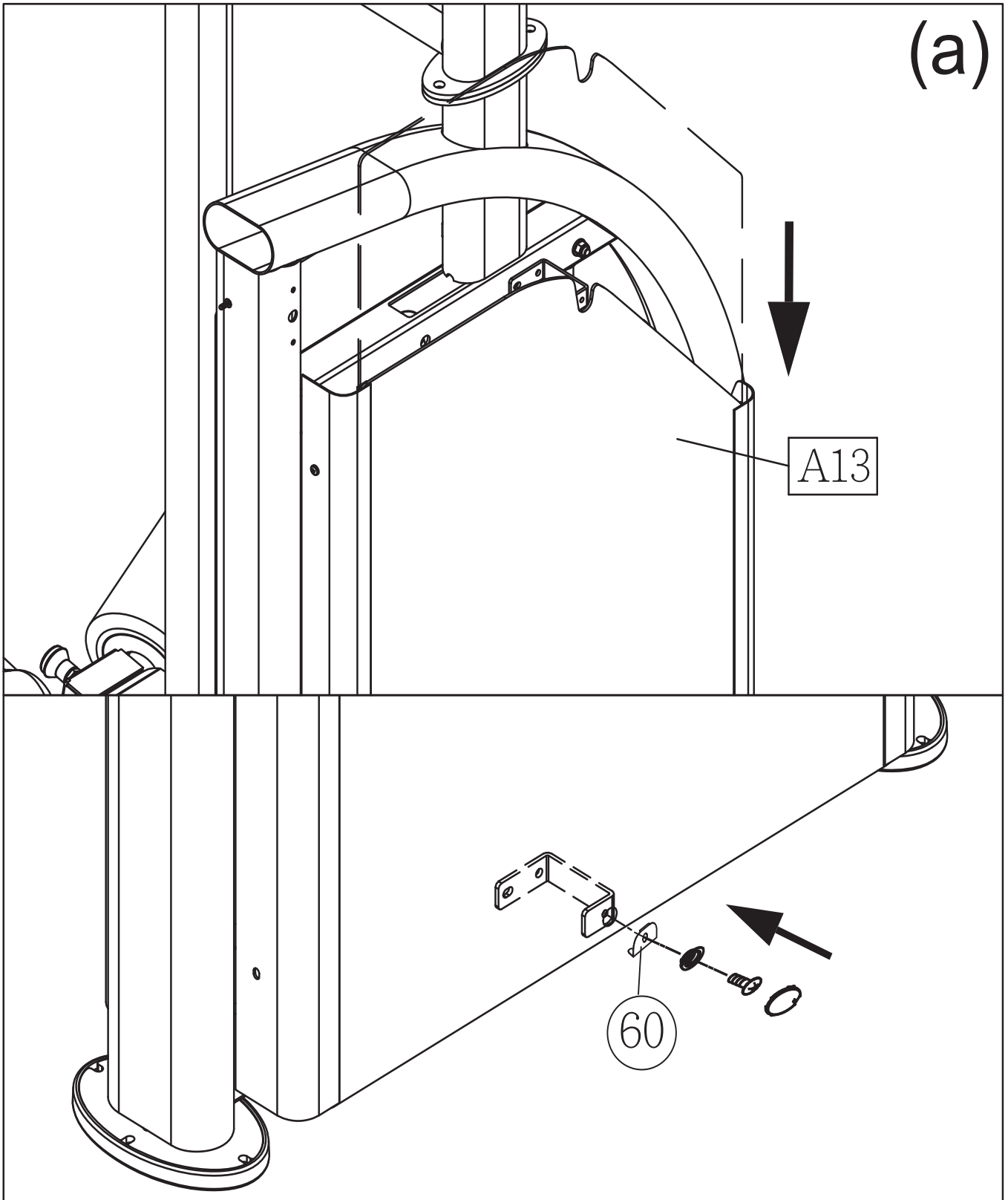
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## STEP 7 Rear Cover and Plastic Covers Installation (CONT.)

Install rear cover

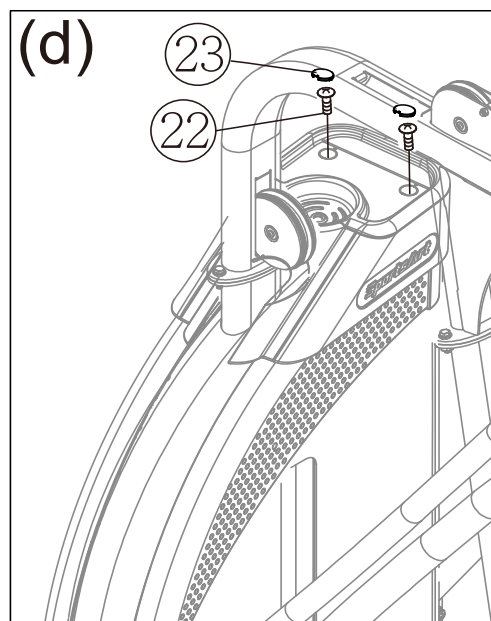
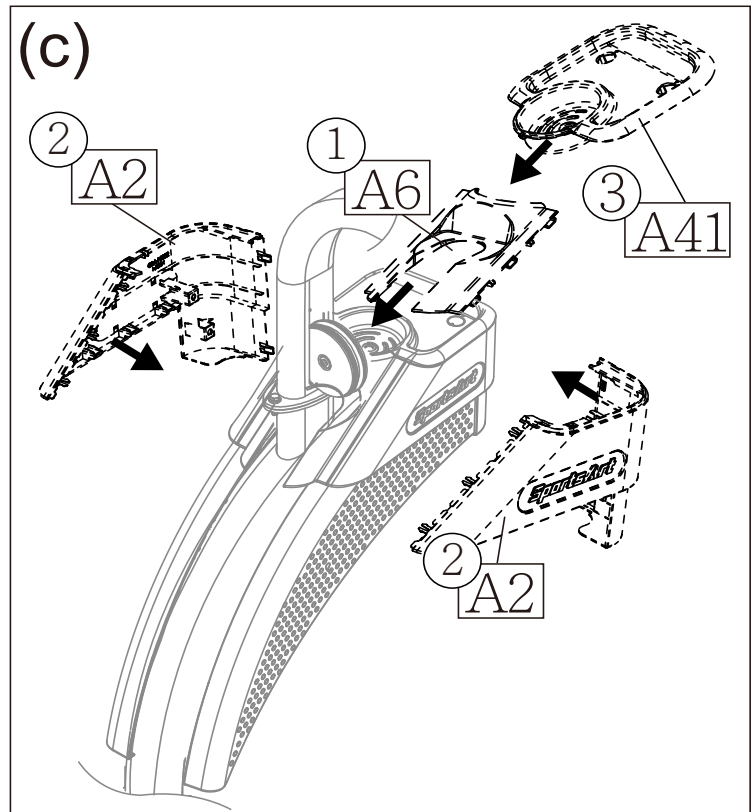
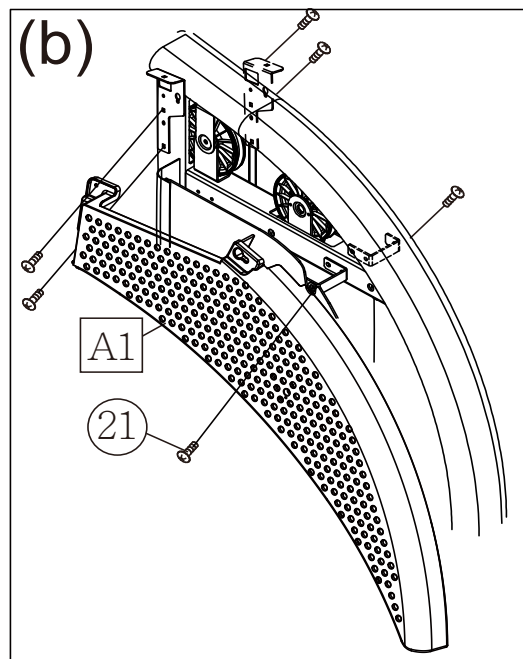
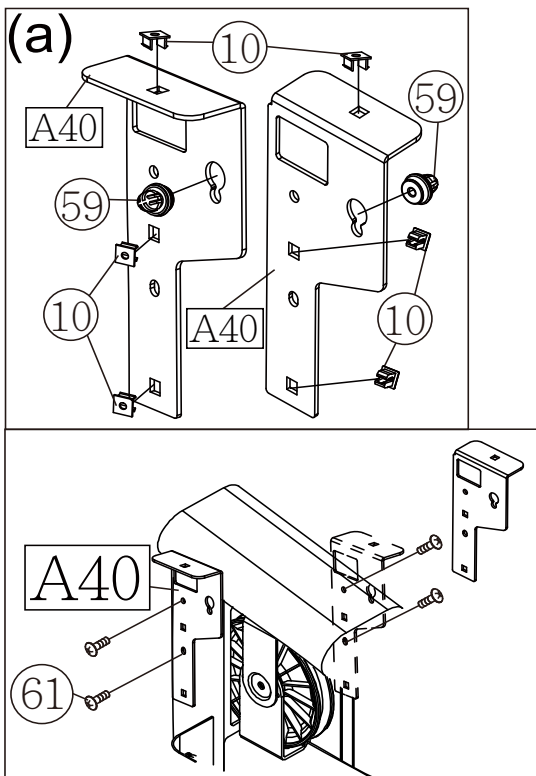
- (a) Slide the rear cover (A13) from the top down into the cover support plates' grooves and secure the assembly with screws (60) as shown.



## STEP 7 Rear Cover and Plastic Covers Installation (CONT.)

Install plastic cover

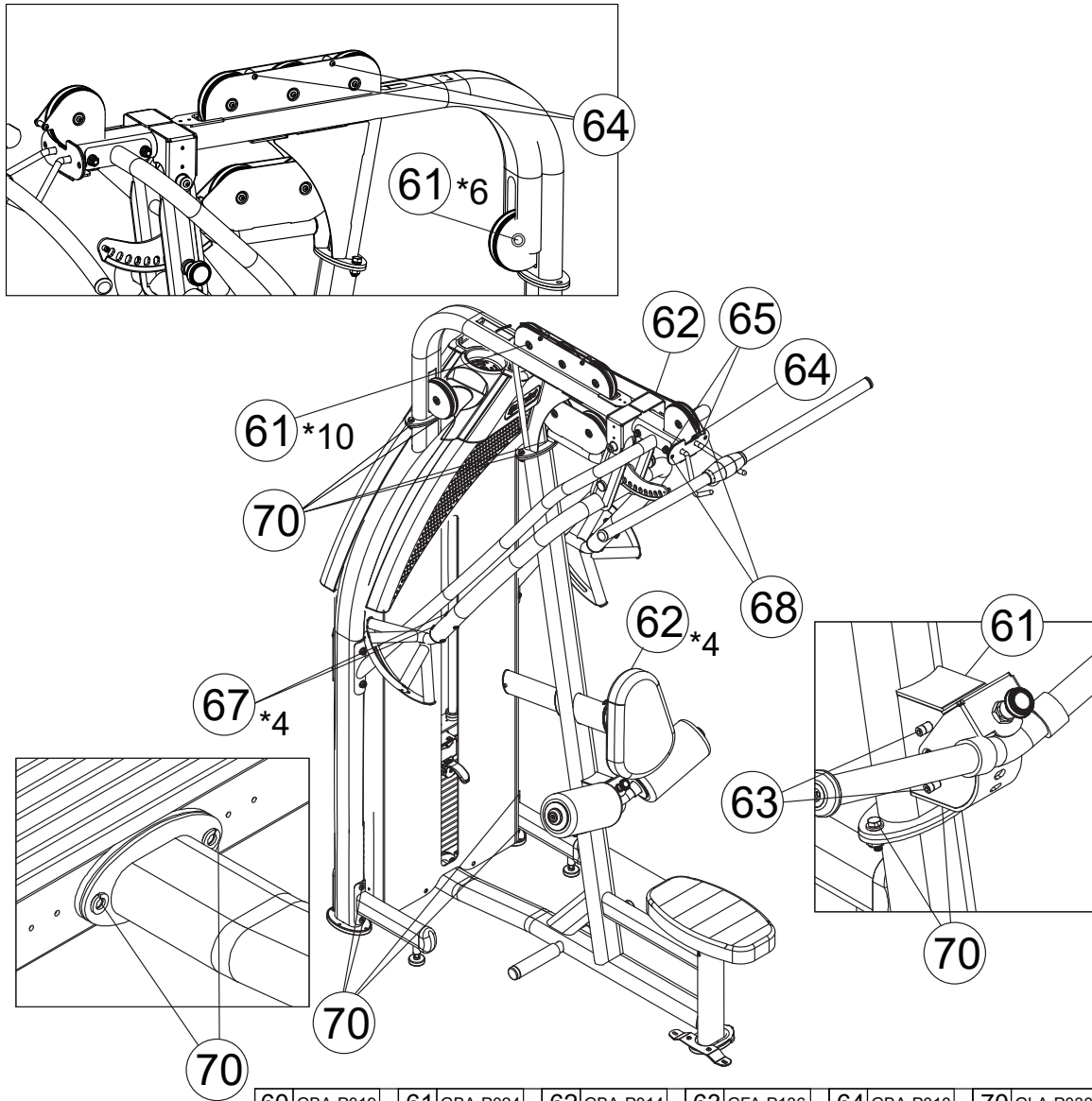
- (a) Install the square snap bushing (10) and fastener (59) to the anchor bracket (A40) and remove the screws (61) on the main frame. Secure the anchor bracket (A40) to the main frame with the screws (61).
- (b) Secure the left/right perforated boards (A1) to the main frame with the screws (21).
- (c) Install the front cover B (A6) to the main frame first. Assemble the left/right side cover (A2) and the front cover B (A6) together and then embed the top cover (A41), which is the water bottle holder, at an oblique angle.
- (d) Secure the top cover (A41) to the main frame with the screws (22) and then install the round screw caps (23).



## STEP 7 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.

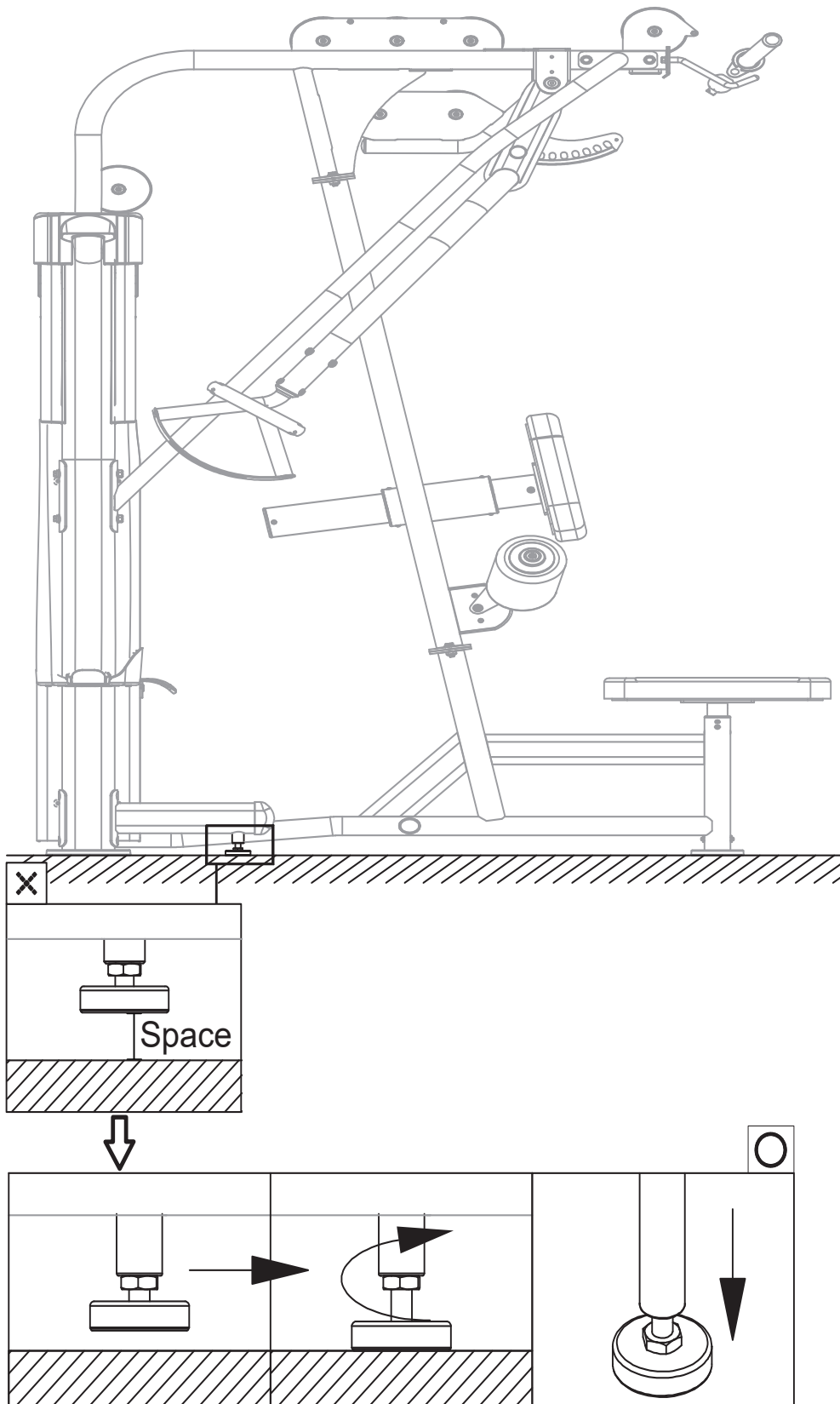


60 GBA-P019	61 GBA-P024	62 GBA-P014	63 GFA-P136	64 GBA-P018	70 GLA-P030
65 GBA-P017	66 GBA-P016	67 TAO-P096A	68 GFA-P137	69 GFA-P138	

## STEP 7 Level the Product

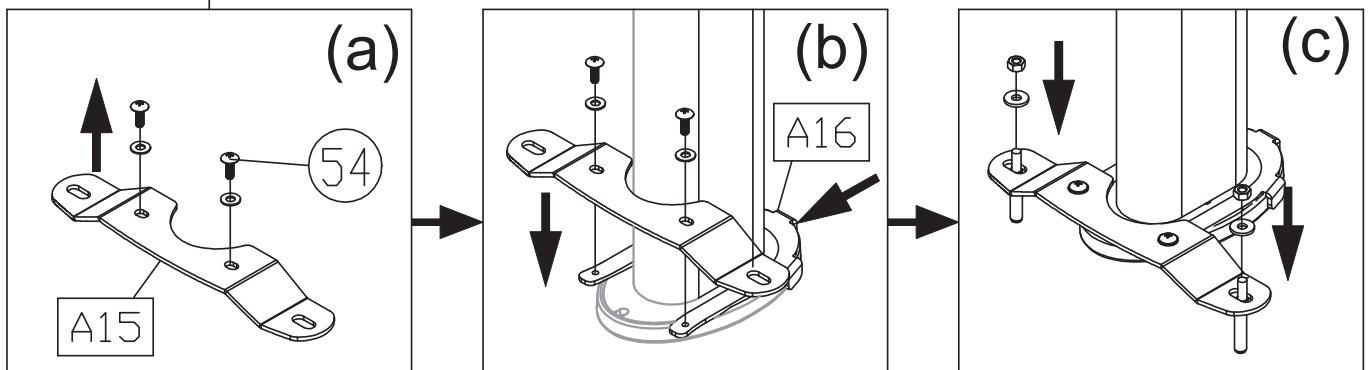
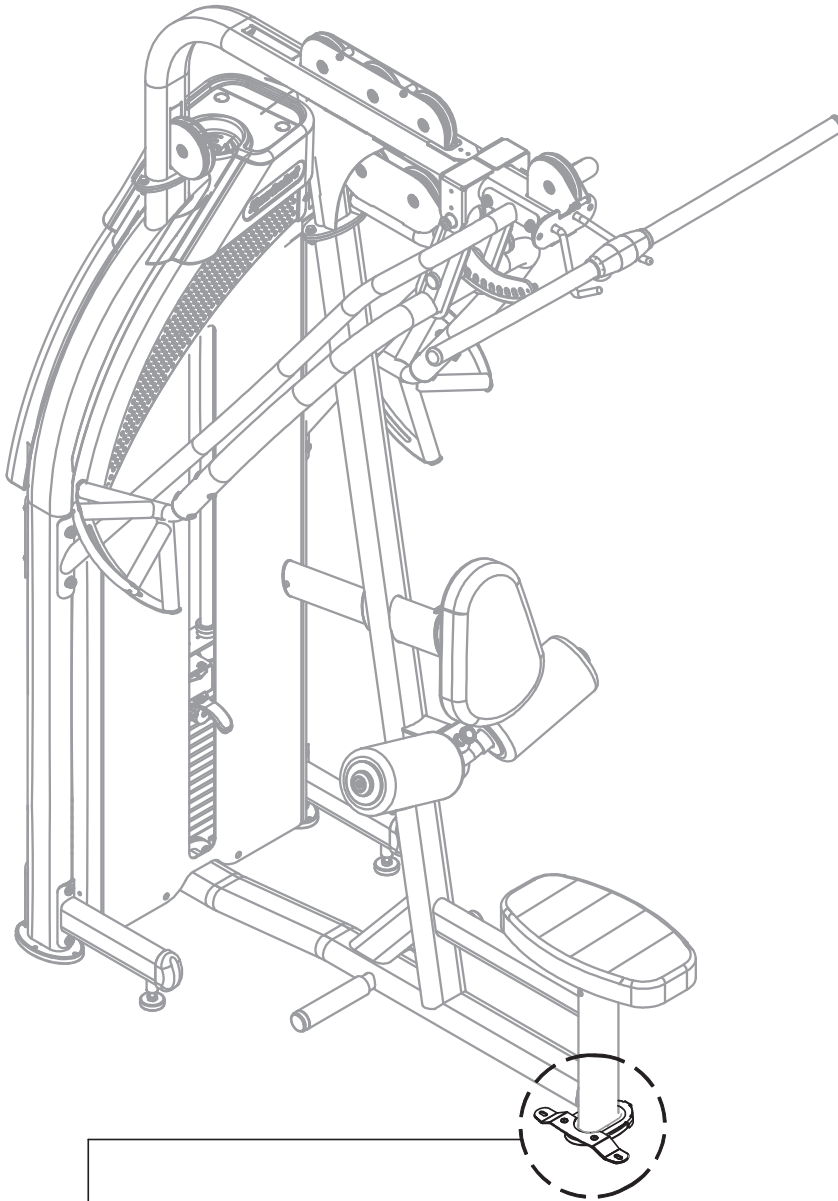
Press on the end of unit to inspect whether it is stable and level on the ground. If not, please level the unit by following instructions (a, b):

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



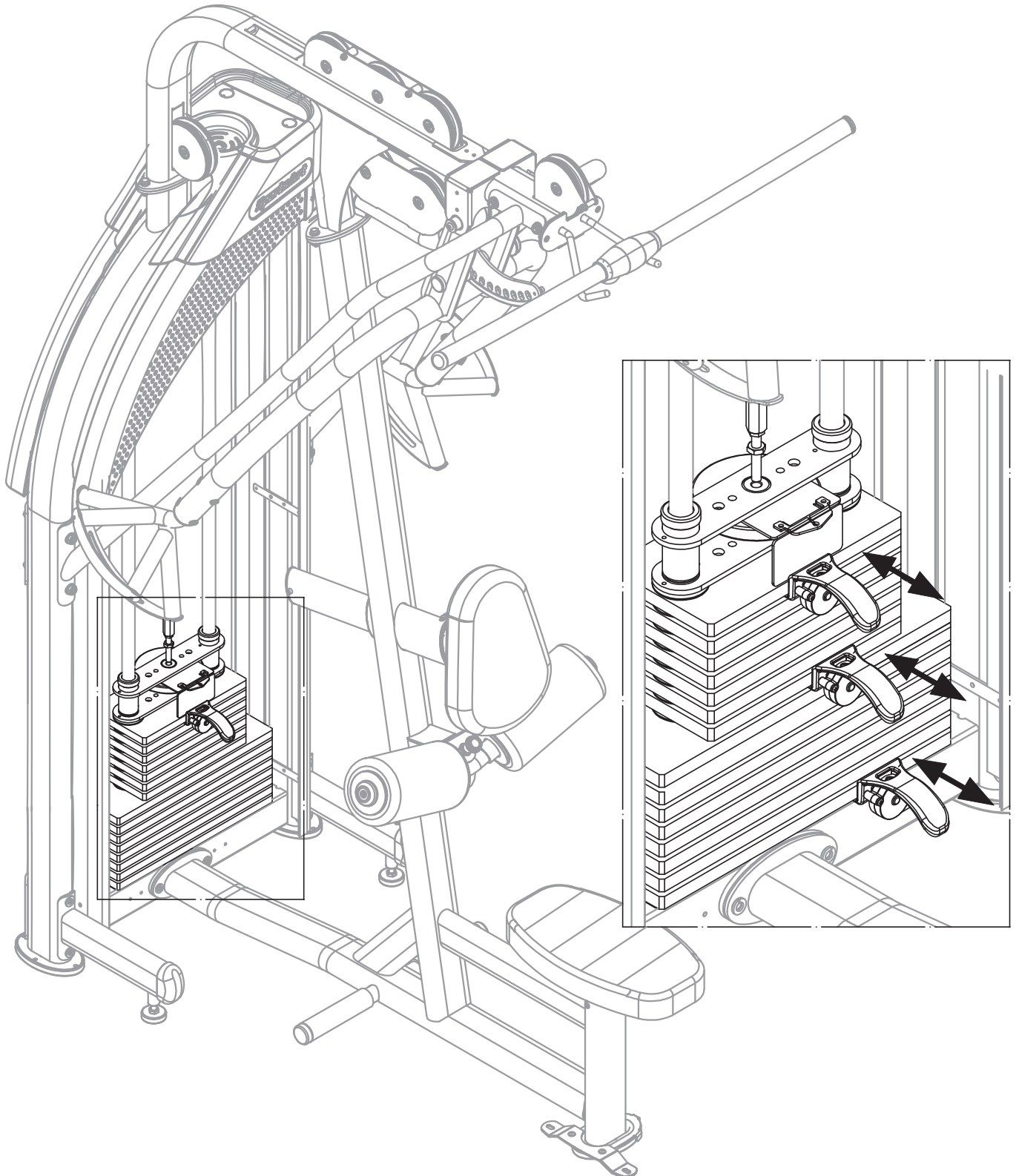
## STEP 7 Secure the Product

- (a) Remove screws (54) from the floor fixing bracket (A15).
  - (b) Insert the U clip (A16) onto the machine (Make sure the U clip with the correct side downward as shown below), and then secure the floor fixing bracket (A15) with screws (54).
  - (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 7 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 7** Unit Inspection

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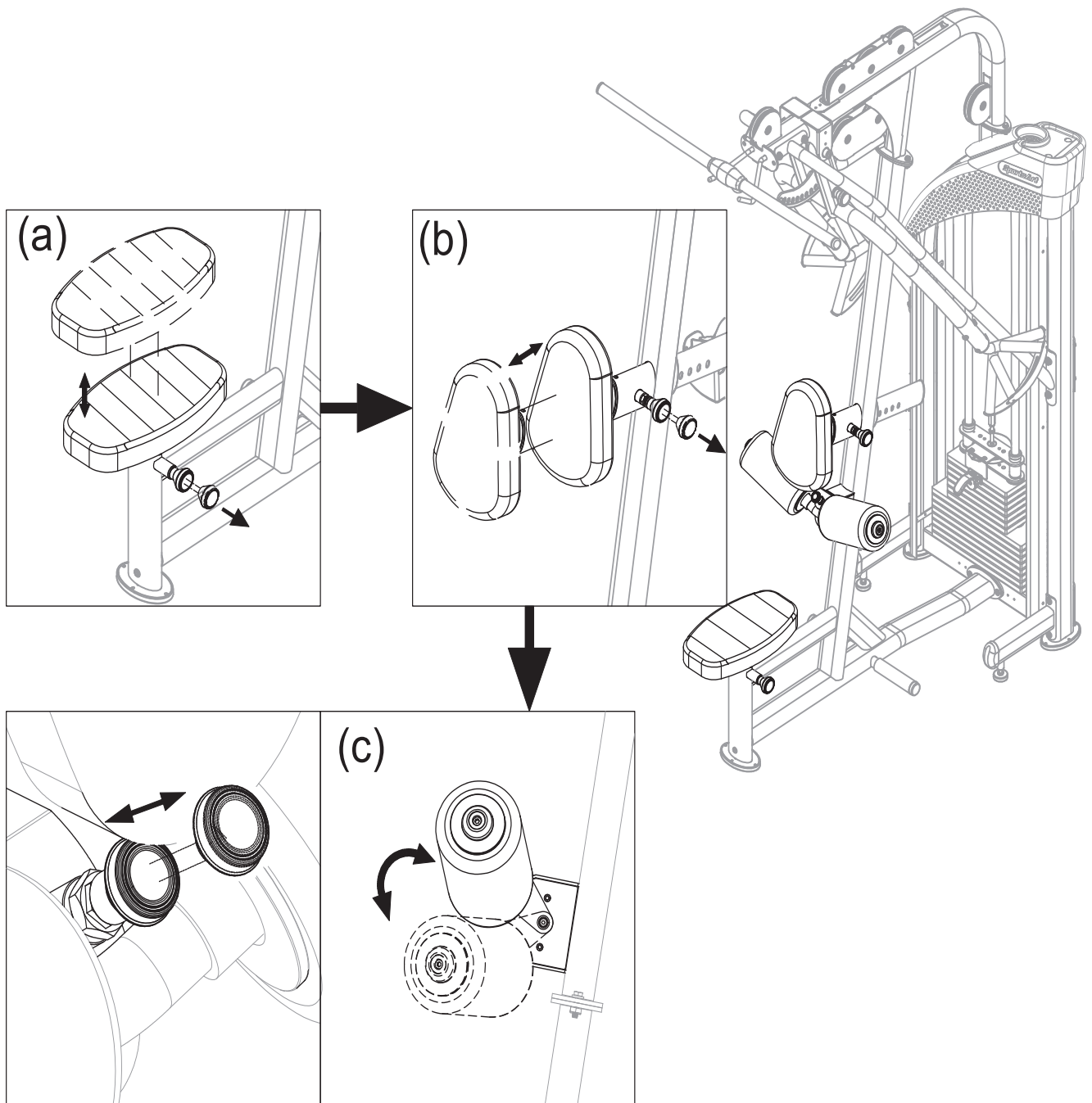
After completing the assembly or regular maintenance, please follow instructions (a) through (c) below to inspect the unit. If the unit is disassembled or has been damaged in any way, it might cause injuries or cause the unit to fail.

- (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

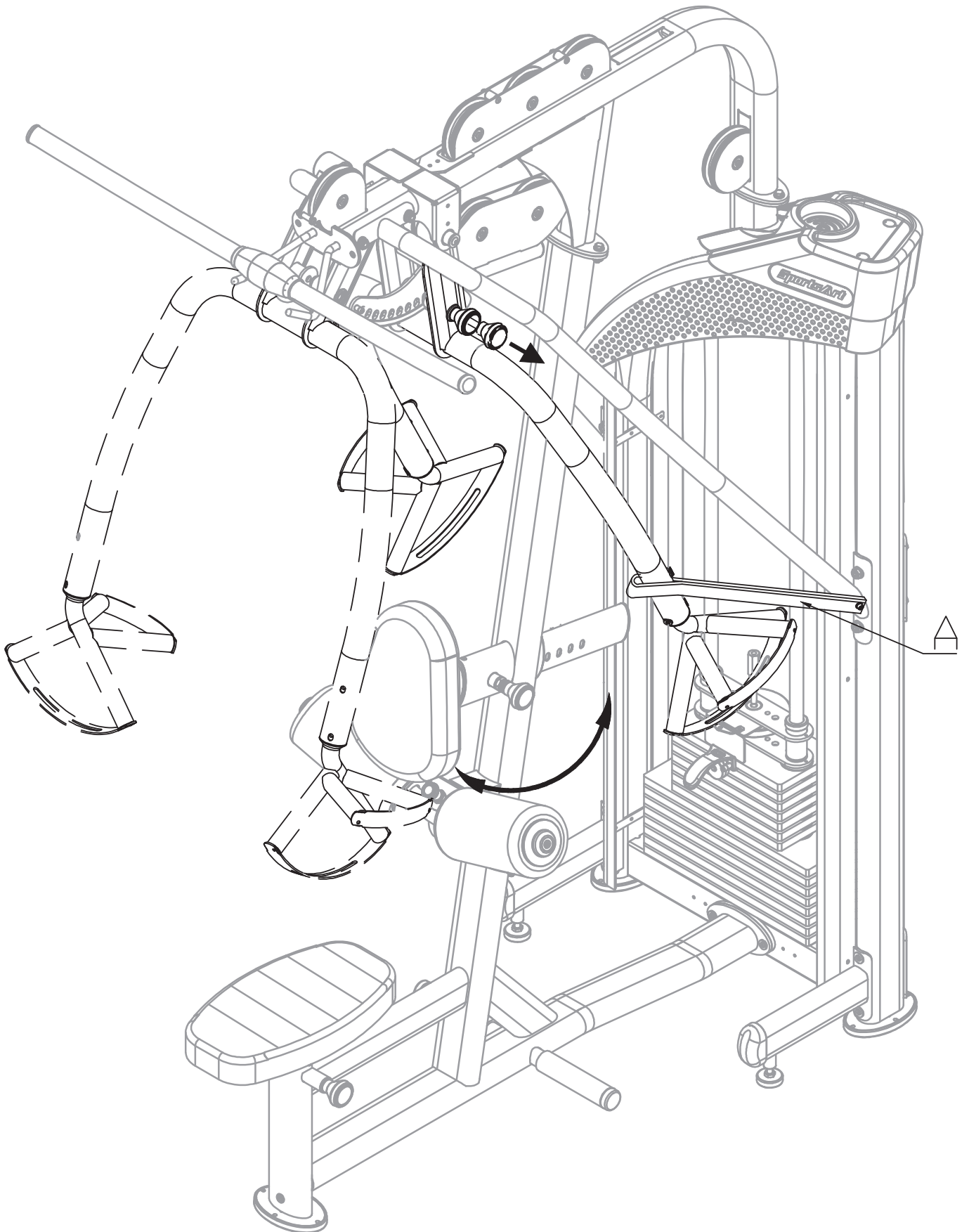
### OPERATION Operating the Product

- (a) Seat bottom cushion height positioning can be adjusted. Simply, put out the related knob, make the adjustment, and release the knob to secure the desired position.
- (b) To adjust the chest cushion, pull out the knob as shown and then push the cushion forward or backward, and release the knob to secure the desired position.
- (c) To adjust the position of the cylindrical cushion, first, pull the adjustment knob outward and then move the cushion up or down to the desired position.



## OPERATION Operating the Product (CONT.)

To adjust the press yoke, first loosen the Velcro strap (A) and then pull the adjustment knob and move the yoke position as shown.

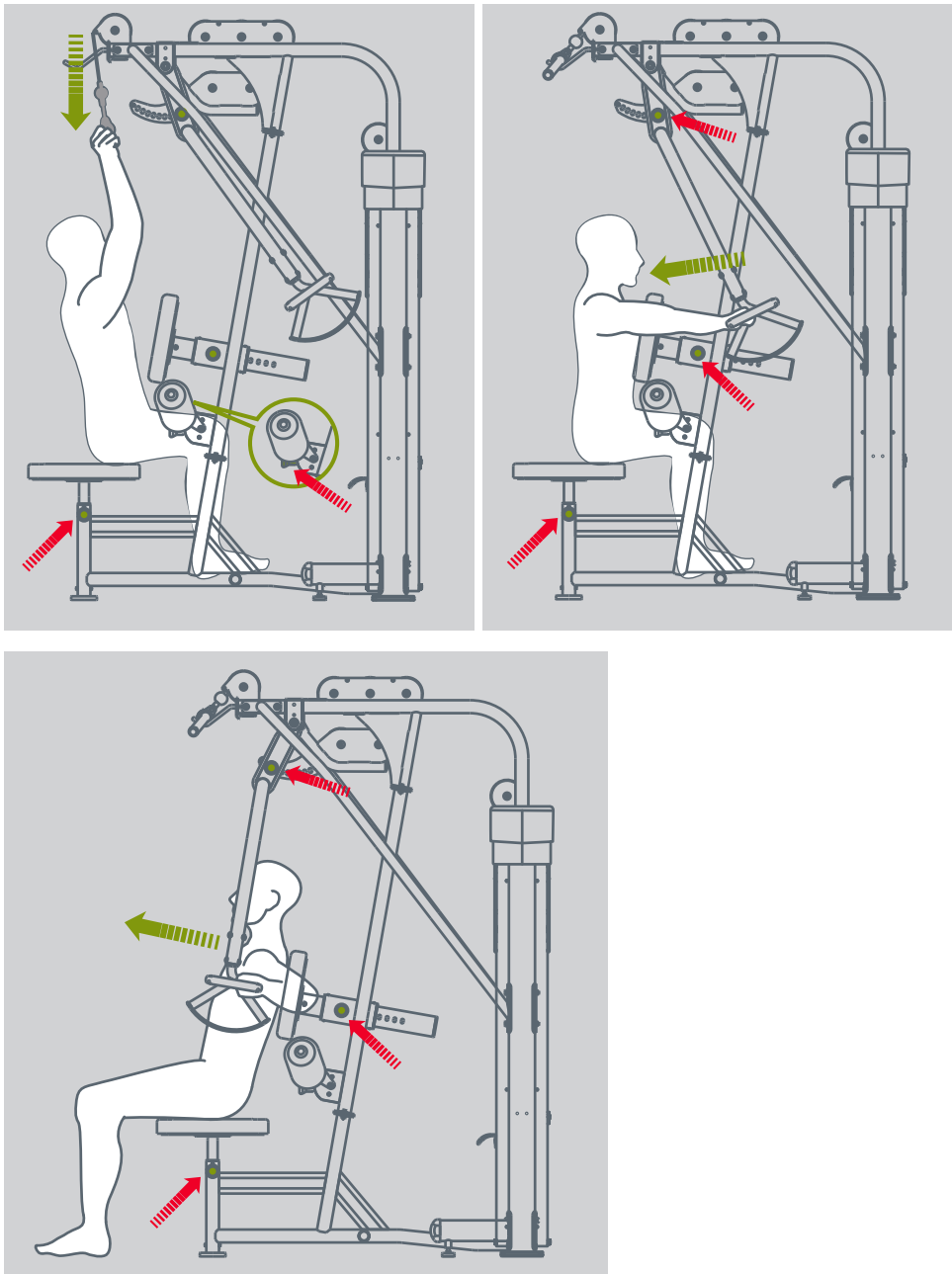


## OPERATION Exercising Instructions

- (a) Select the appropriate weight plates according to your recommended exercise level.
  - (b) Adjust the seat height, cylindrical cushion and the handles to the most comfortable position and make sure the knob is engaged to secure the position.
  - (c) Perform the exercise in a controlled manner. Exhale when pushing up against resistance and inhale 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.

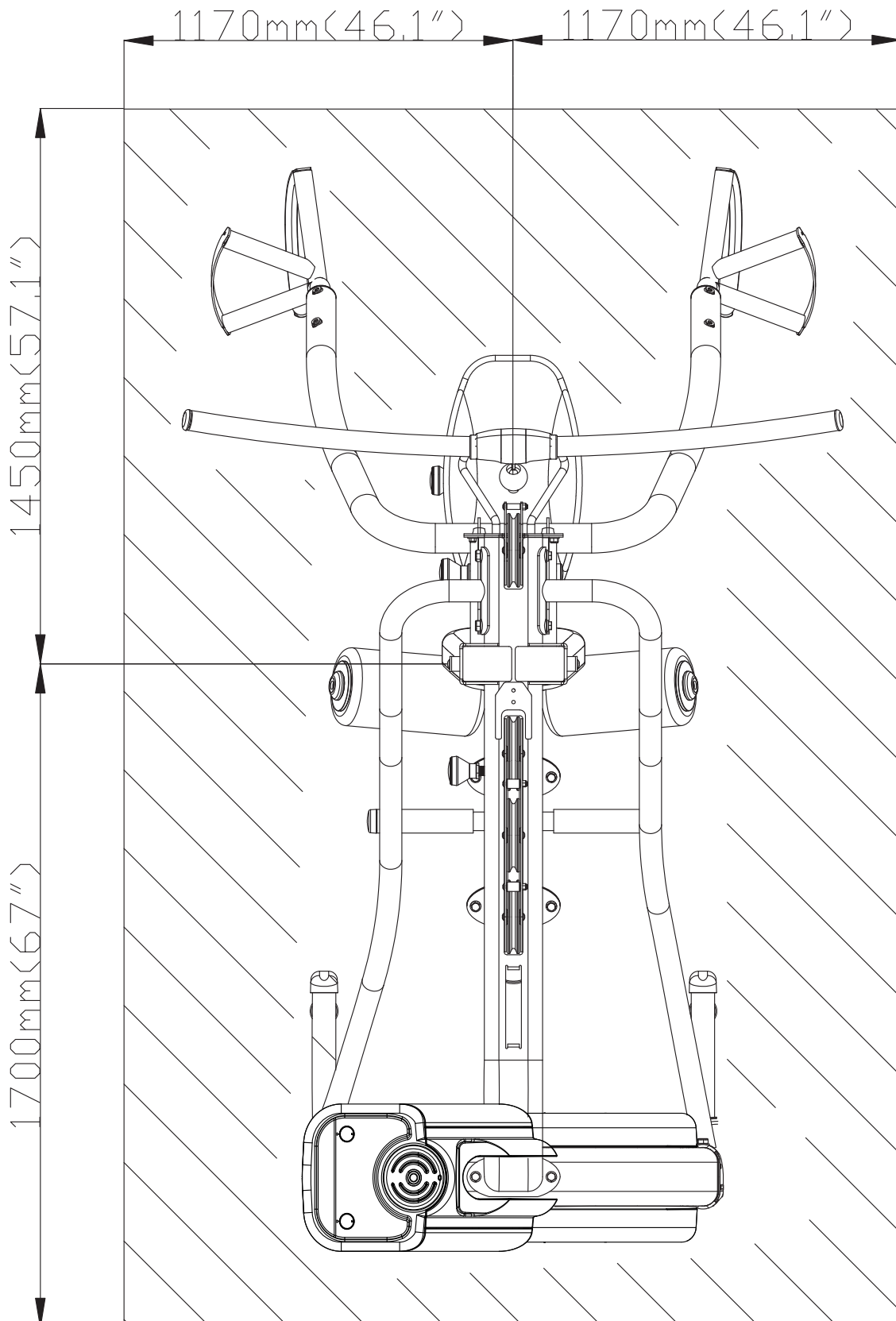
Please follow the operating instructions as below to test operation.

- (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 chest and back.



## 6. MAINTENANCE

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

### MAINTENANCE | Safety Precautions

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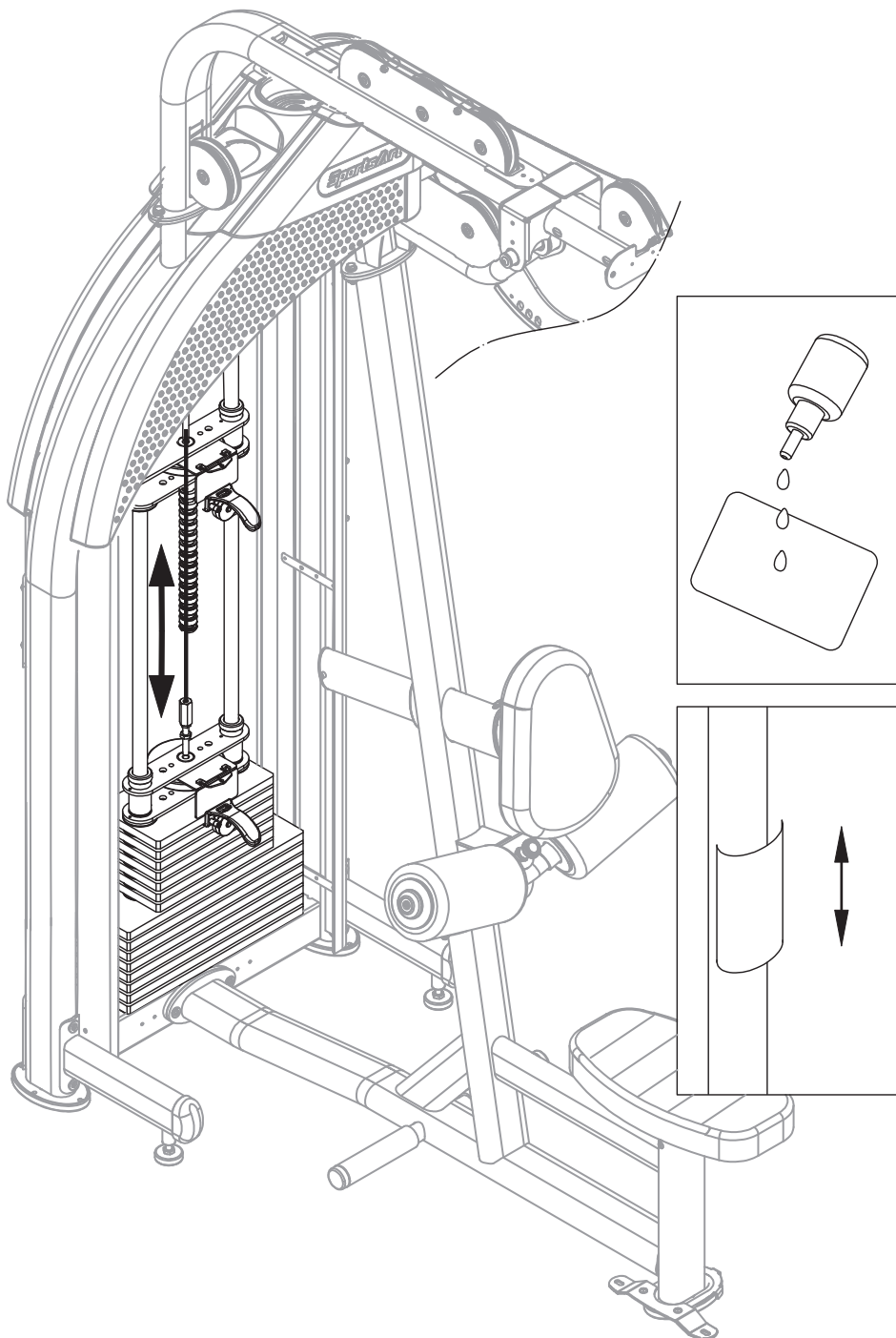
- Please follow standard safety precautions when servicing this product.
- Do NOT use a water damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void 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.
3. If there are foam or seat cushions where the human body would touch, please wipe and maintain them immediately after use to reduce the impact of sweat on them.



## MAINTENANCE Schedule

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

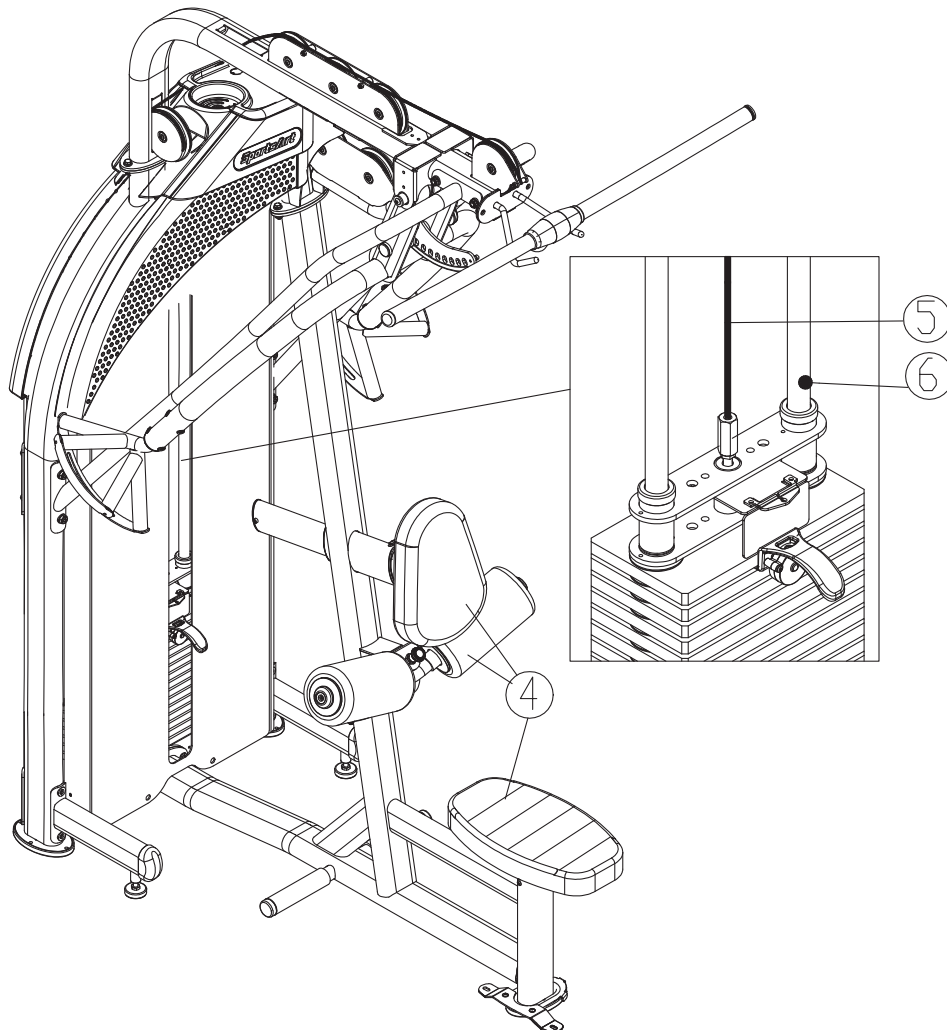
1.directive 93/42/CEE

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/ bottom	●					Use dampened cloth to clean.
5	Cable		●				Check for damage or wear. 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 all cushions 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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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.

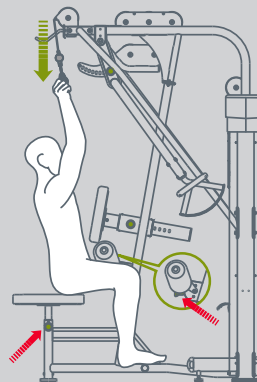
## DF-303 Lat Pull Down / Mid Row / Chest Press

### Lat Pull Down

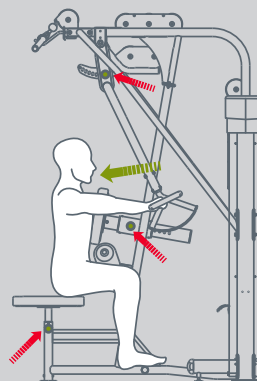
- 1 Adjust the mid row/press arm handles out of your way by using the knob near the top.
- 2 Move chest cushion out of the way. Set seat to desired height. Your feet should be flat on the floor.
- 3 Sit down facing the weight stack. Adjust thigh cushion so they are firmly against your thighs.
- 4 Select a weight that enables you to perform the movement properly.
- 5 Grasp straight handle above your head.
- 6 Pull down in a controlled motion. Exhale when pushing against resistance.

### Mid Row/Chest Press

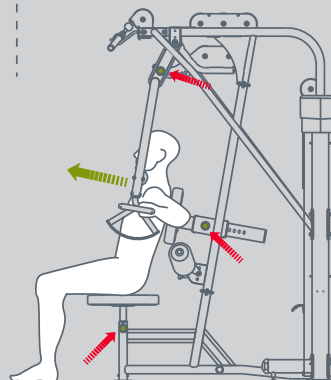
- 1 Use knob near the top of the machine to set desired position of the handles.
- 2 Adjust seat height and chest cushion. Move thigh cushion out of your way.
- 3 Sit down facing the weight stack for mid row. Face away for chest press.
- 4 Select a weight that enables you to perform the movement properly.
- 5 Lean your back against cushion for chest press. Rest your chest against cushion for mid row.
- 6 Grasp handles and push/pull in controlled motion Exhale when pushing against resistance.



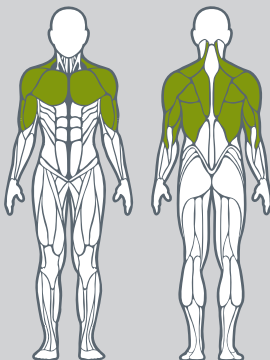
Lat Pull Down



Mid Row



Chest Press



[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**