

**MS-101
Selectorized Multi-station
Owner's Manual**



SportsArt

OWNER'S MANUAL CONTENTS

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DISCLAIMER

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

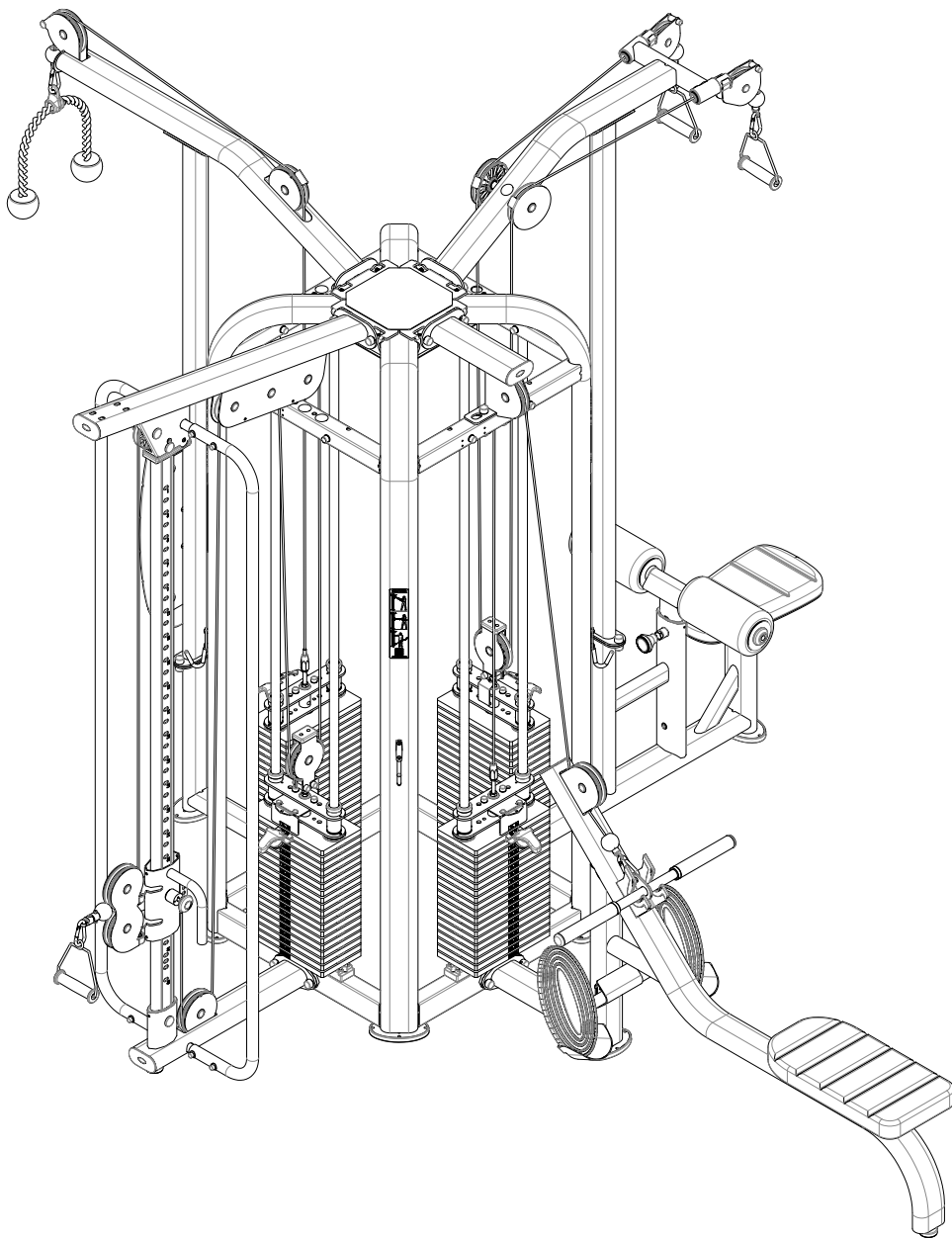
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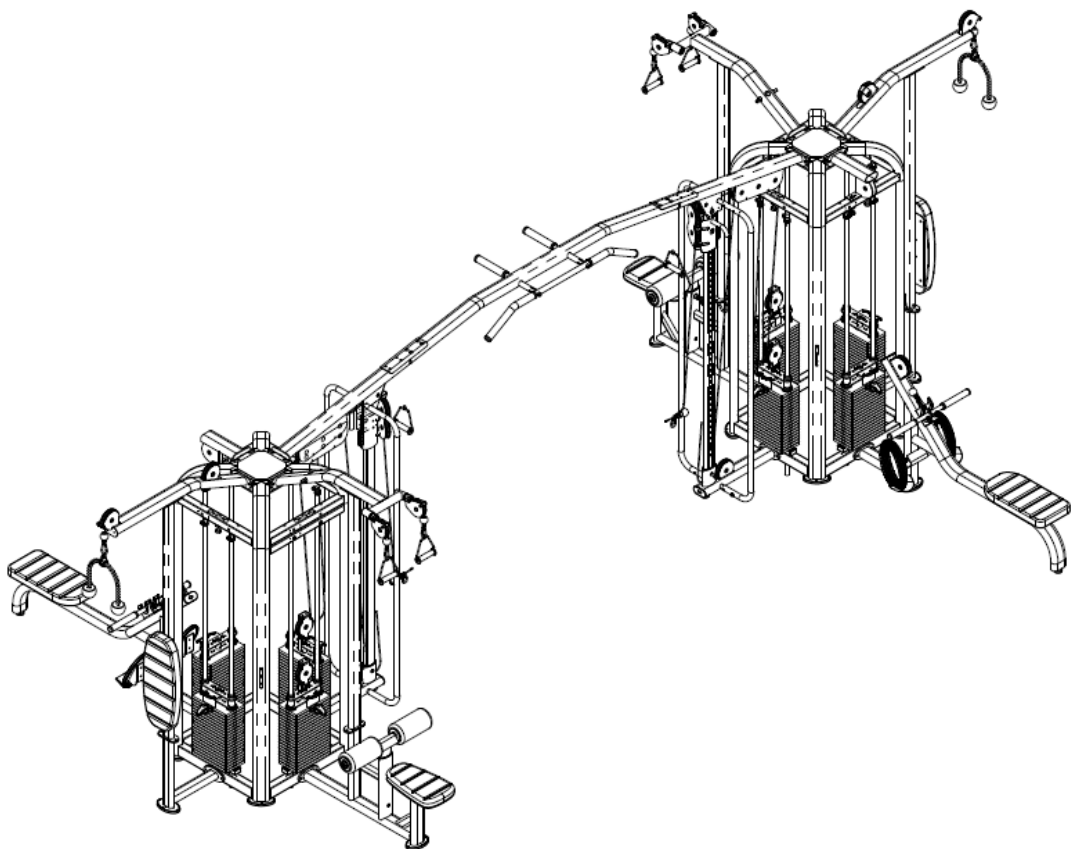
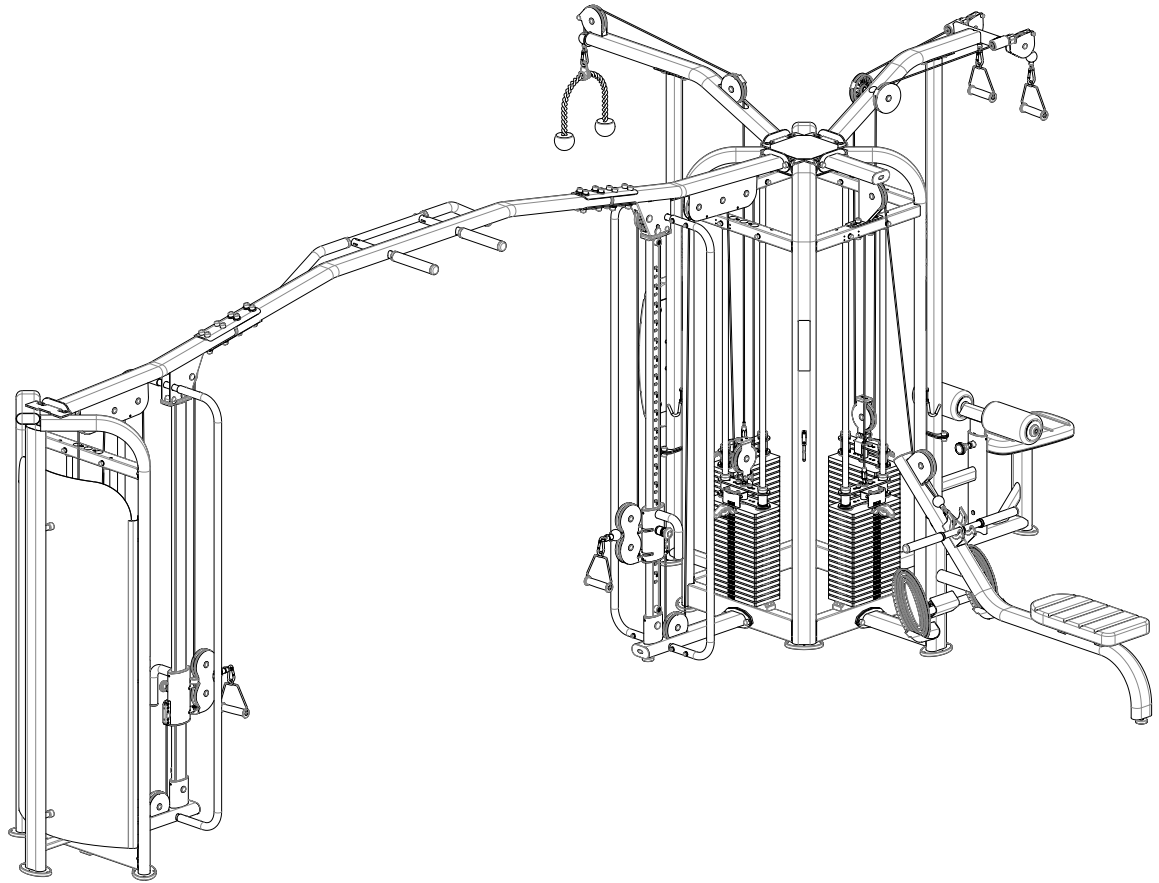
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1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt MS-101 Selectorized Multi-station machine. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

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:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit.
- Use this product only for the intended use described in this manual.
- 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.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended.
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)

- 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.
- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Noise emission under load is higher than without load.
- The recommended minimum operating temperature is 15 degree Celsius.
- **Weight Limit:** Please refer to the product specification table in the Appendix for the maximum weight limit for users of this product.
- Be careful when mounting and dismounting the unit.
- Children 12 or younger should be supervised to ensure that they do not play on or near the product.
- 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.

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.
- 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.
- 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.
- La limite de poids de l'utilisateur pour le produit est de 227 kg, 500 lb.

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.

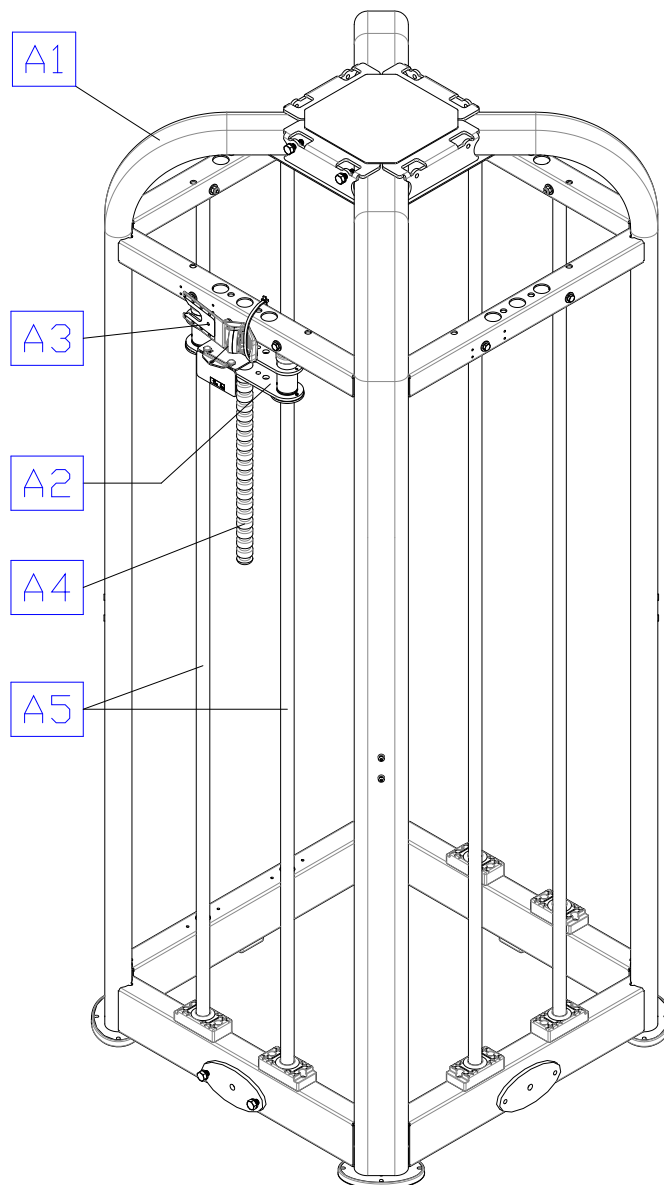
3. ASSEMBLE THE PRODUCT

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.

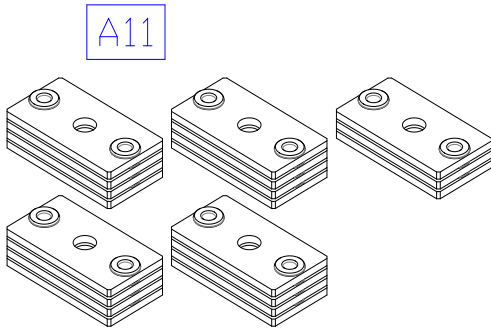
3-1. Core Frame Installation

STEP 3-1-1 LIST OF PARTS

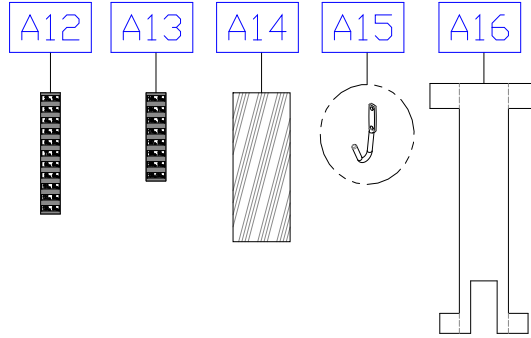
BOX A



《Box C+G》



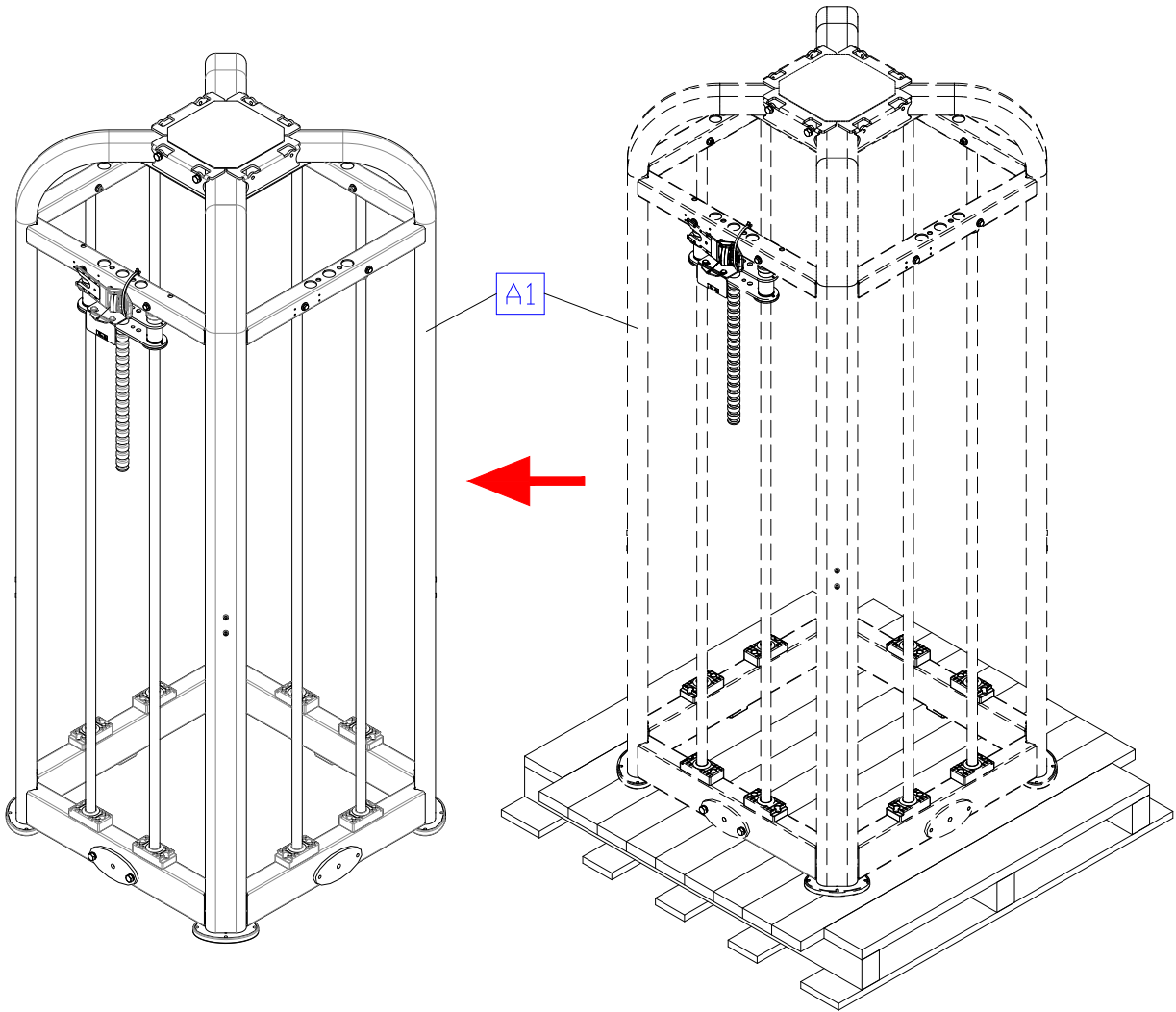
《Others》



Box A – Core Frame's Parts					
No.	Name	Qty.	No.	Name	Qty
A1	Core frame	1	A11	5kg/11lb weight plate	19
A2	Upper stack carriage set	1	A12	Weight plate sticker (10~60kg) 65~100kg)	1
A3	Stack fork	1	A14	Cardboard	1
A4	Weight stack rod	1	A15	Hook	1
A5	Guide rod	2	A16	Alignment card	1

Assembly parts (Including hardware kit)			
※Hardware kit note T ; Components on the product note M			
Number	Name	Specification	Notes
	Double open end wrench	13mm*17mm	T
	Double open end wrench	8mm*10mm	T
	Double open end wrench	17mm*23mm	T
	L-shaped Allen wrench	M5*L114mm*W24	T
	L-shaped Allen wrench	M6*L120mm*W28	T
	L-shaped Allen wrench	M4*L105mm*W21	T
61	Hex head screw	M8*P1.25*L65	M
	Washer	D20*d8*t2.0	
	PU tube	∅ D12*d8*L51	
	Nylon hex lock nut	M8	
62	Mushroom top inner hex screw	M6*P1.0*L15	M
	Spacer		T
	Silicone lubricant		T

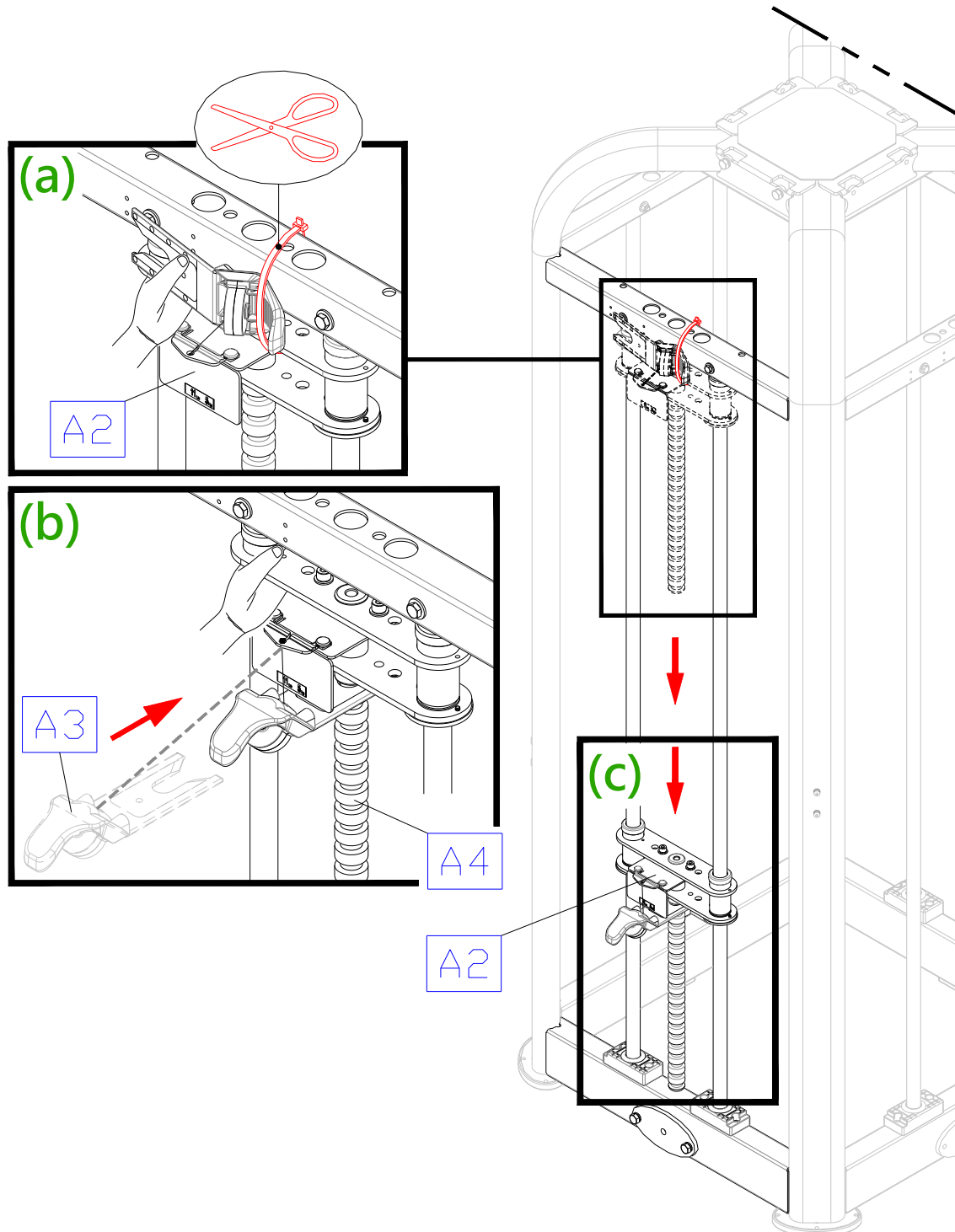
STEP 3-1-2 Remove the Core Frame from its Packaging



STEP 3-1-3 Install the Weight Stack

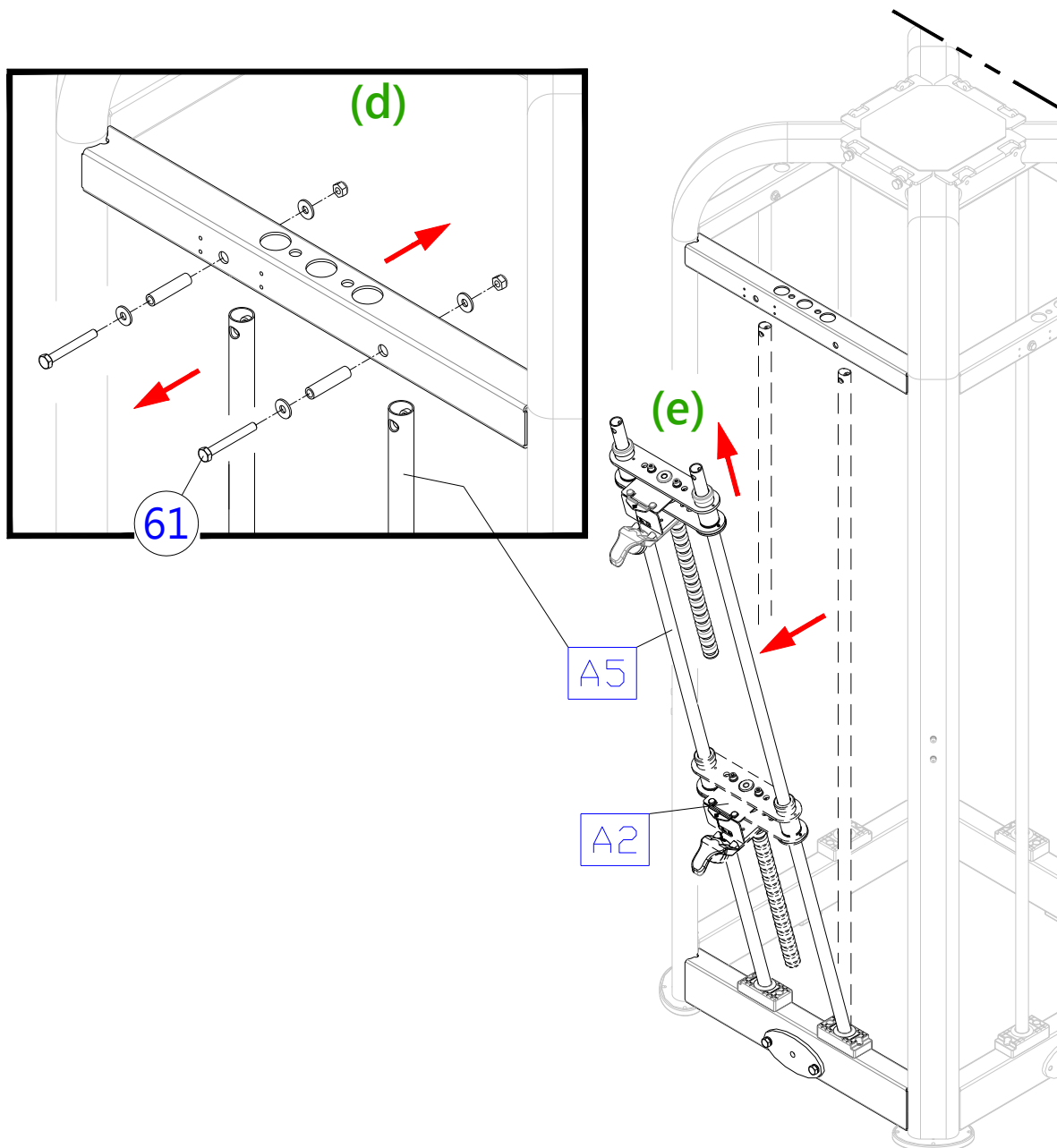
Follow instructions (a) through (g) to install the weight stack.

- (a). Hold the upper stack carriage set (A2), and then cut the zip tie.
- (b). Remove the stack fork (A3), and then install the weight stack rod (A4).
- (c). Gently lower the upper stack carriage set (A2) into place as shown.



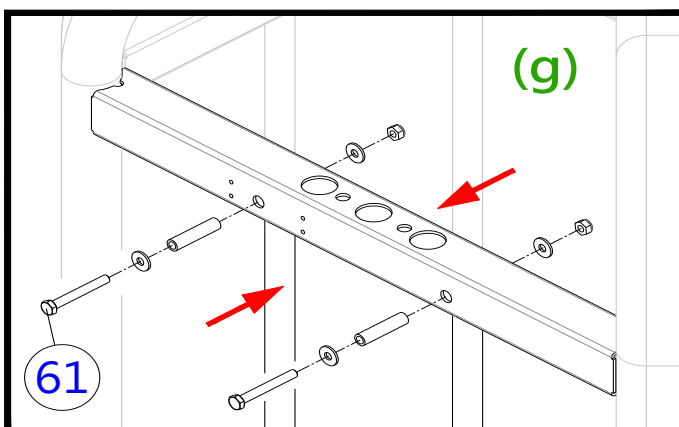
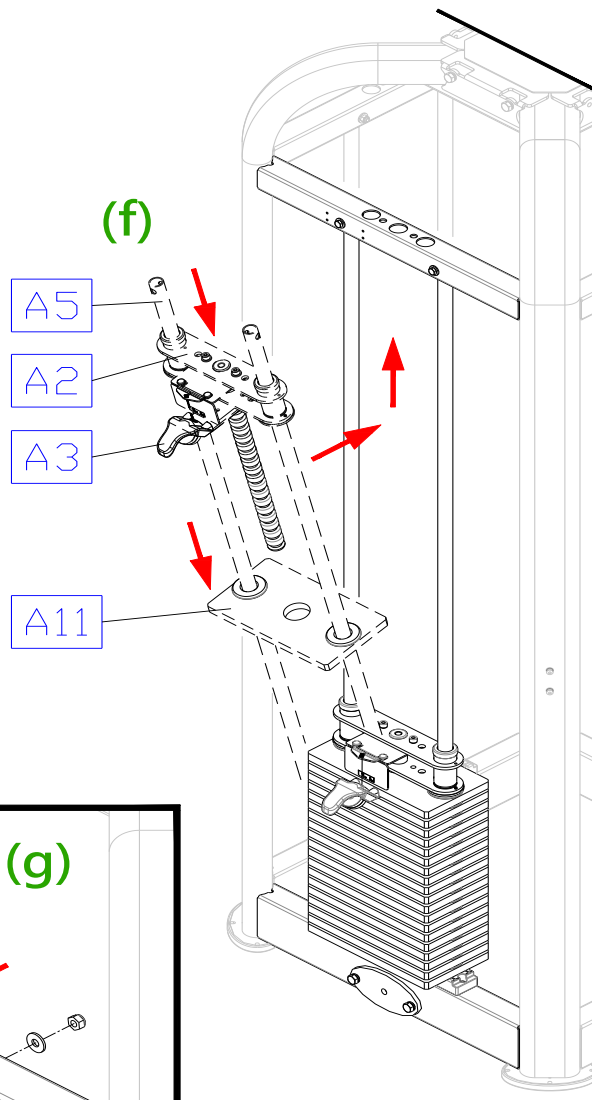
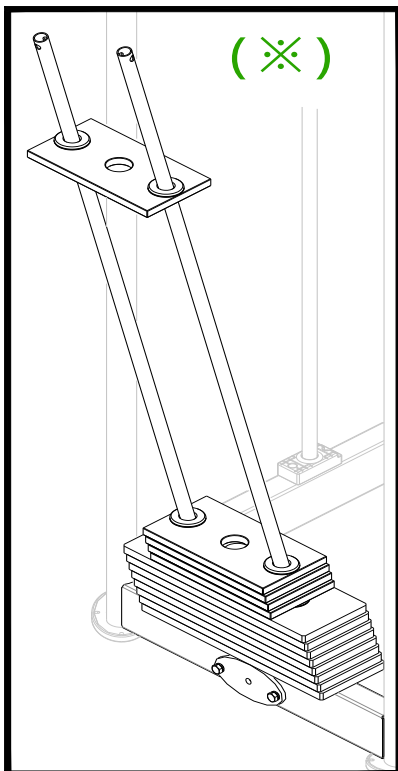
STEP 3-1-3 Install the Weight Stack (Cont.)

- (d). Remove screws (61) Set the guide rod (A5) downward into place as shown.
- (e). Tilt the guide rod (A5) backward and then lift the upper stack carriage set (A2) off the guide rods as shown. Carefully set the upper stack carriage set (A2) aside.



STEP 3-1-3 Install the Weight Stack (Cont.)

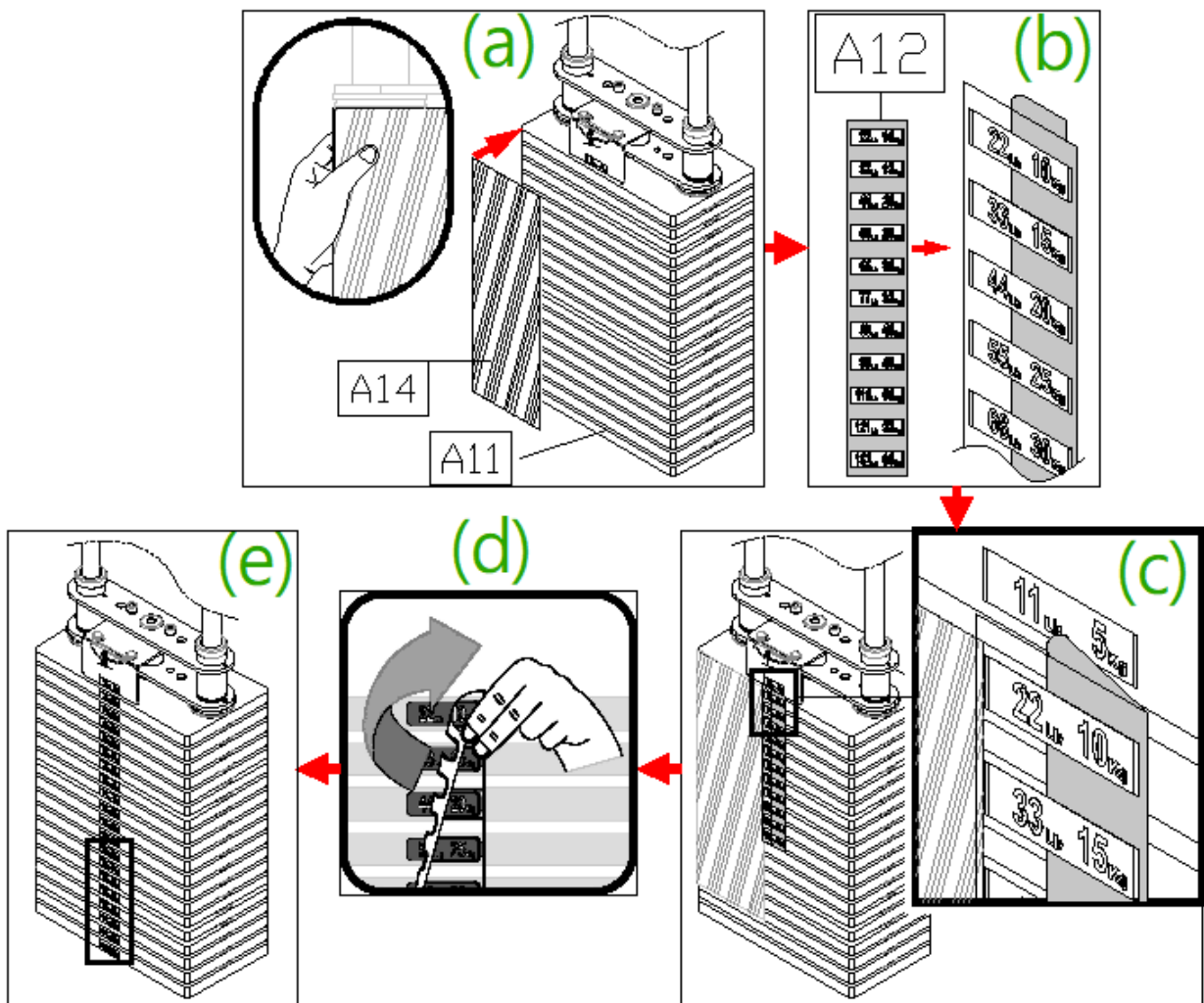
- (f). Insert and lower the (5 kg/11lb) weight plate (A11) into place on the guide rods (A5) one at a time one at a time. Once complete, slide down the upper stack carriage set (A2) on top of the weight stack. (Note: The convex side of weight plate should face up and the stack fork (A3) points toward the front.)
 - (g). Tilt the guide rods (A5) back into place and then lift them up to their mounting position, and then secure the assembly with screws (61).
- ※ If there is an optional (7.5kg/16.5lb) weight plate installed, insert the optional weight plates first before the (5 kg/11lb) weight plates.



STEP 3-1-4 Apply the Weight Stack Sticker

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

- (a). Align and tape the cardboard (A14) to the upper left corner of the weight plate (A11).
 - (b). Peel off the top half of the weight sticker (A12) 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 (A12) 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 the weight plate sticker (A13) to the lower part of the weight stack. When the stickers are in place, peel off the card board. 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.

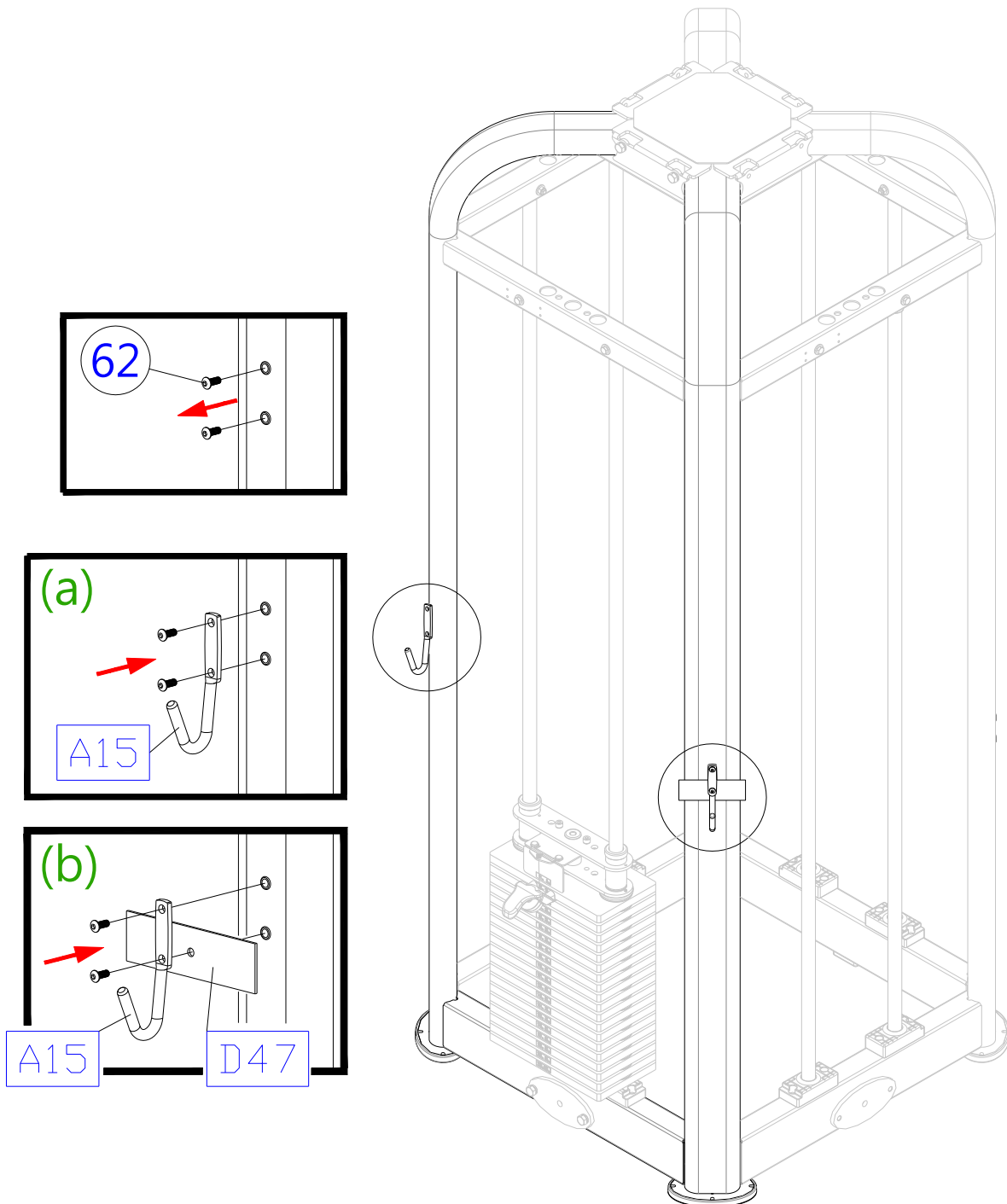


STEP 3-1-5 Install the Hook

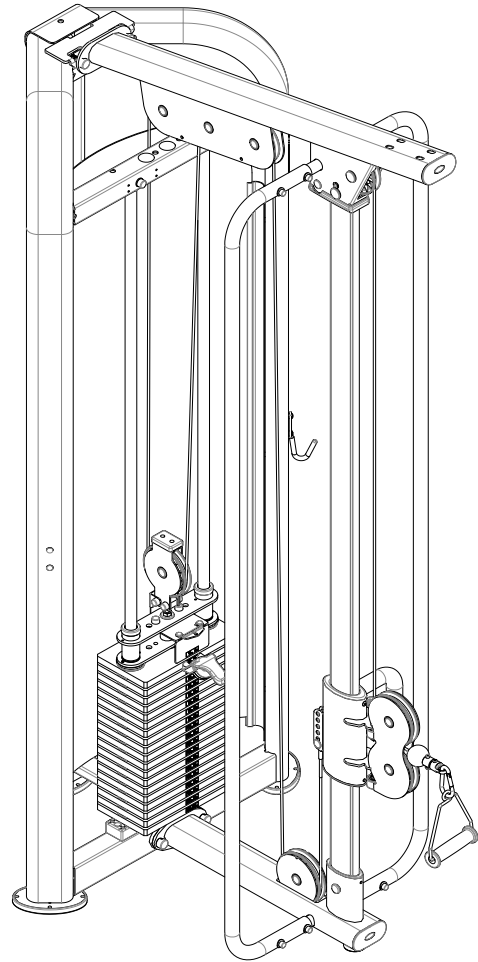
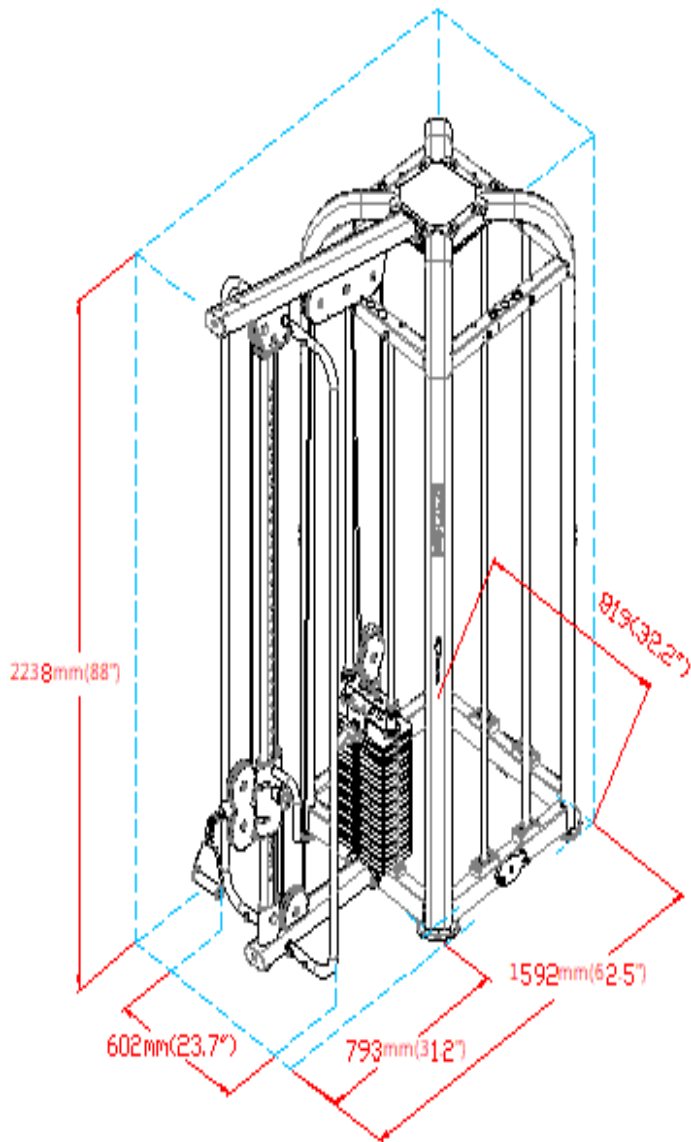
Remove the screws (62) from the core frame.

- (a). Secure the hook (A15) to the core frame (A1) with the screws (62).
- (b). There is an accompanied hook-and-loop fastener (D47), mainly used with the LR model.
Use the screws (62) and the hook-and-loop fastener (D47) to secure the hooks (A15) to the core frame (A1) as shown below.

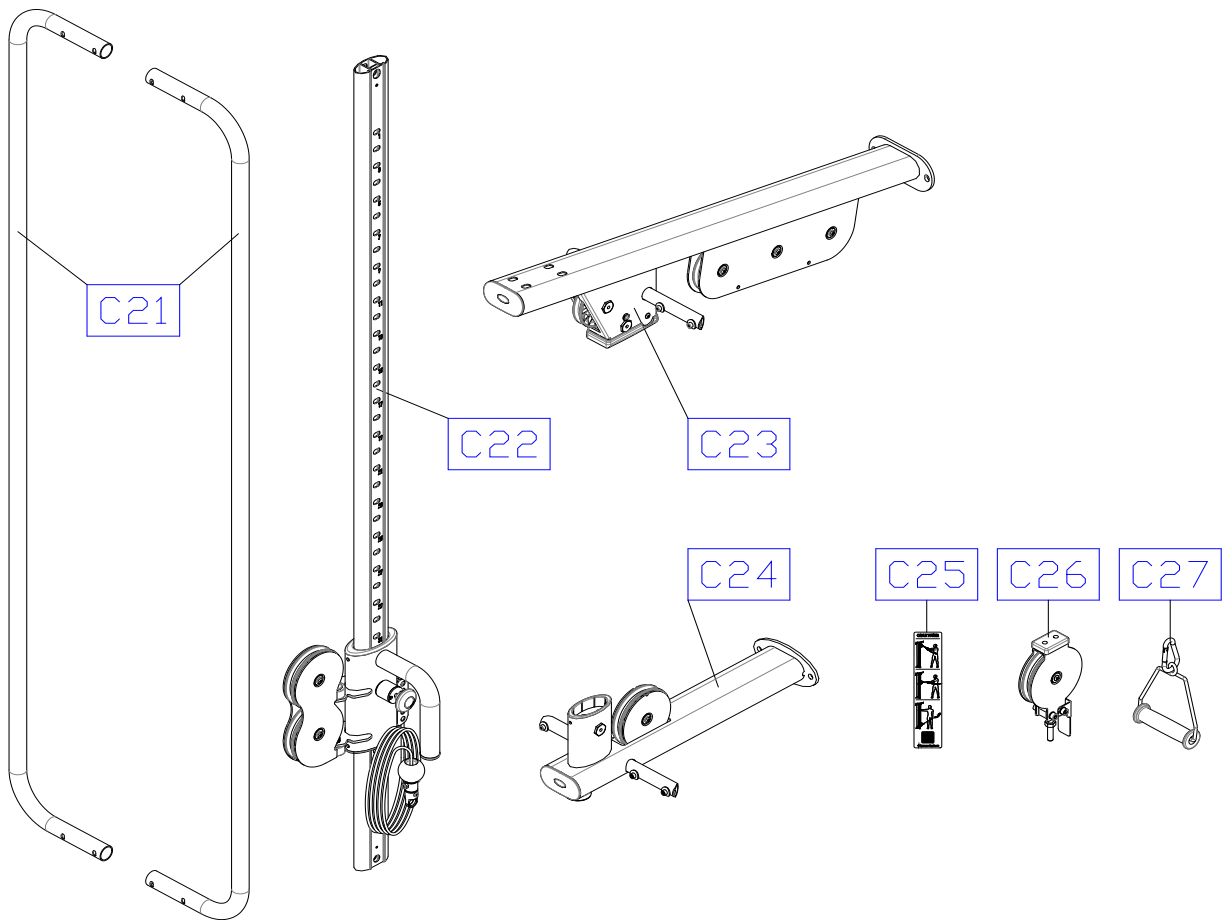
(The hook-and-loop fasteners are available to purchase.)



3-2. Cable Tower Installation



STEP 3-2-1 LIST OF PARTS (CT)



Box - Cable Tower's Parts					
No.	Name	Qty.	No.	Name	Qty
C21	Left and right handrails	1	C25	Label	1
C22	Connector assembly pulleys	1	C26	Pulley system	1
C23	Upper frame	2	C27	Handle ring and carabiner	1
C24	Bottom frame				

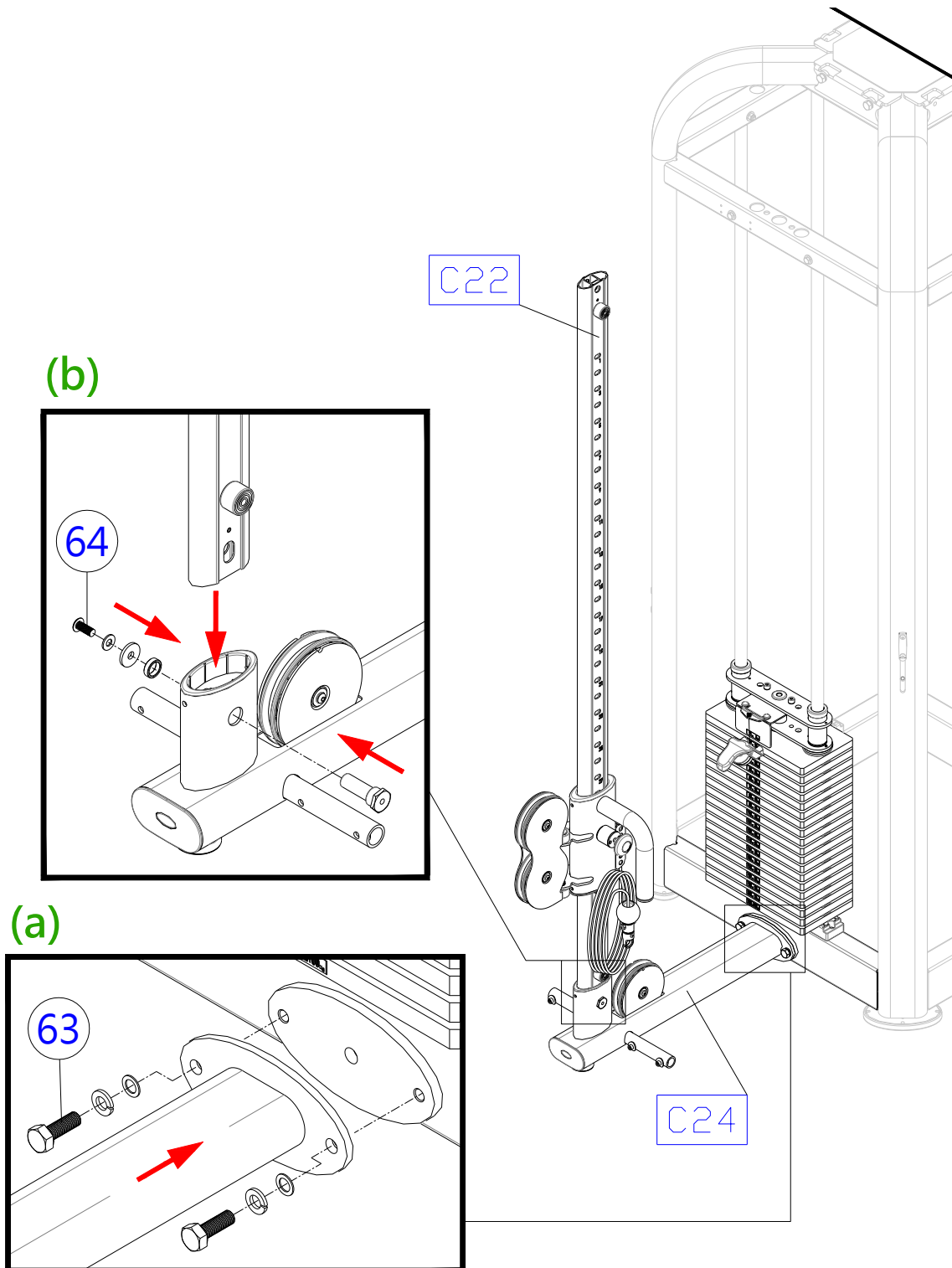
Assembly parts (Including hardware kit)			
※Hardware kit note T ; Components on the product note M			
Number	Name	Specification	Notes
63	Hex head screw	M10*P1.5*L30	M
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
64	Mushroom top inner hex screw	M8*20	M
	Washer	D17*d8*t1.5	
	Flat washer	D26*d8.3*t3	
	Bushing	§ D20*d15.1*L6	
	Axle	GEB-P094	

65	Inner hex screw	M6*P1.0*L20	M
	Spring washer	M6*t1.5	
	Curved washer	D20*d7*t2.0	
66	Rubber ball	GEB-P055A	M
	Stopper terminal casing	GFG-P098	
	Inner hex screw	M6*P1.0*L30	
	Nylon hex lock nut	M6	
	Handle Ring	GEB-P051	
67	Mushroom top inner hex screw	M8*20	M
	Washer	D17*d8*t1.5	
	Washer	D26*d8.3*t3	
	Axle	GEF-P085	
68	Pulley	GCF-P004 (§ D104)	M
69	Mushroom top inner hex screw	M6*P1.0*L12	M
	Spring washer	M6*t1.5	
	Washer	D20*d6.3*t1.5	
	Axle	GAA-P071	
70	Pulley	GFG-P028 (§ D126)	M

STEP 3-2-2 Install the Frame (CT)

*. Remove the screws (63)(64) from the core frame (A1) and the bottom frame (C24).

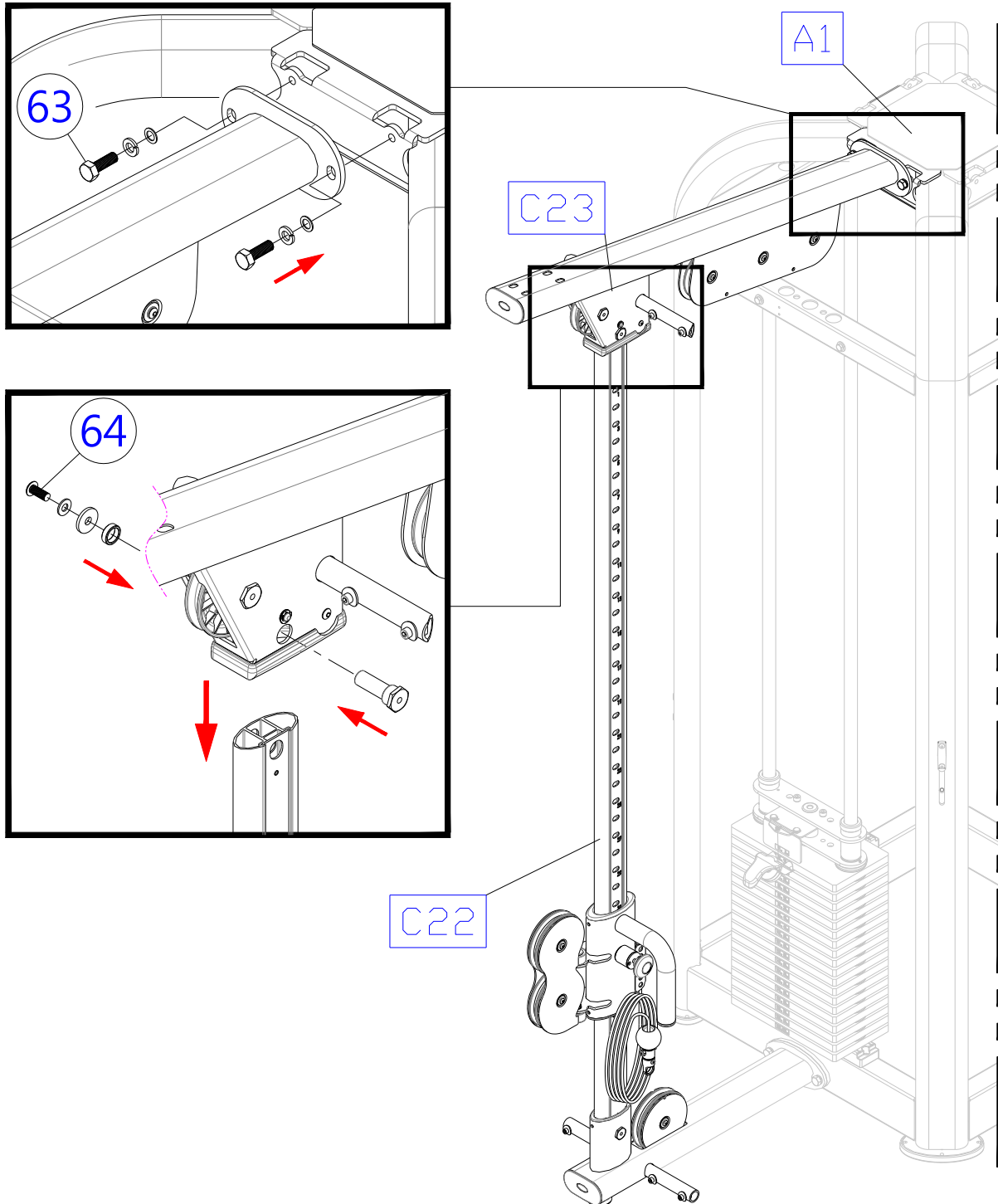
- (a). Attach the bottom frame (C24) and the core frame (A1) with the screws (63) without tightening them.
- (b). Insert the connector assembly pulleys (C22) into the bottom frame (C24) and attach the screws (64) without tightening them.



STEP 3-2-2 Install the Frame (CT) (Cont.)

*. Remove the screws (63)(64) from the core frame (A1) and the upper frame (C23).

Attach the upper frame (C23) and the connector assembly pulleys (C22) with the screws (63)(64) without tightening them.

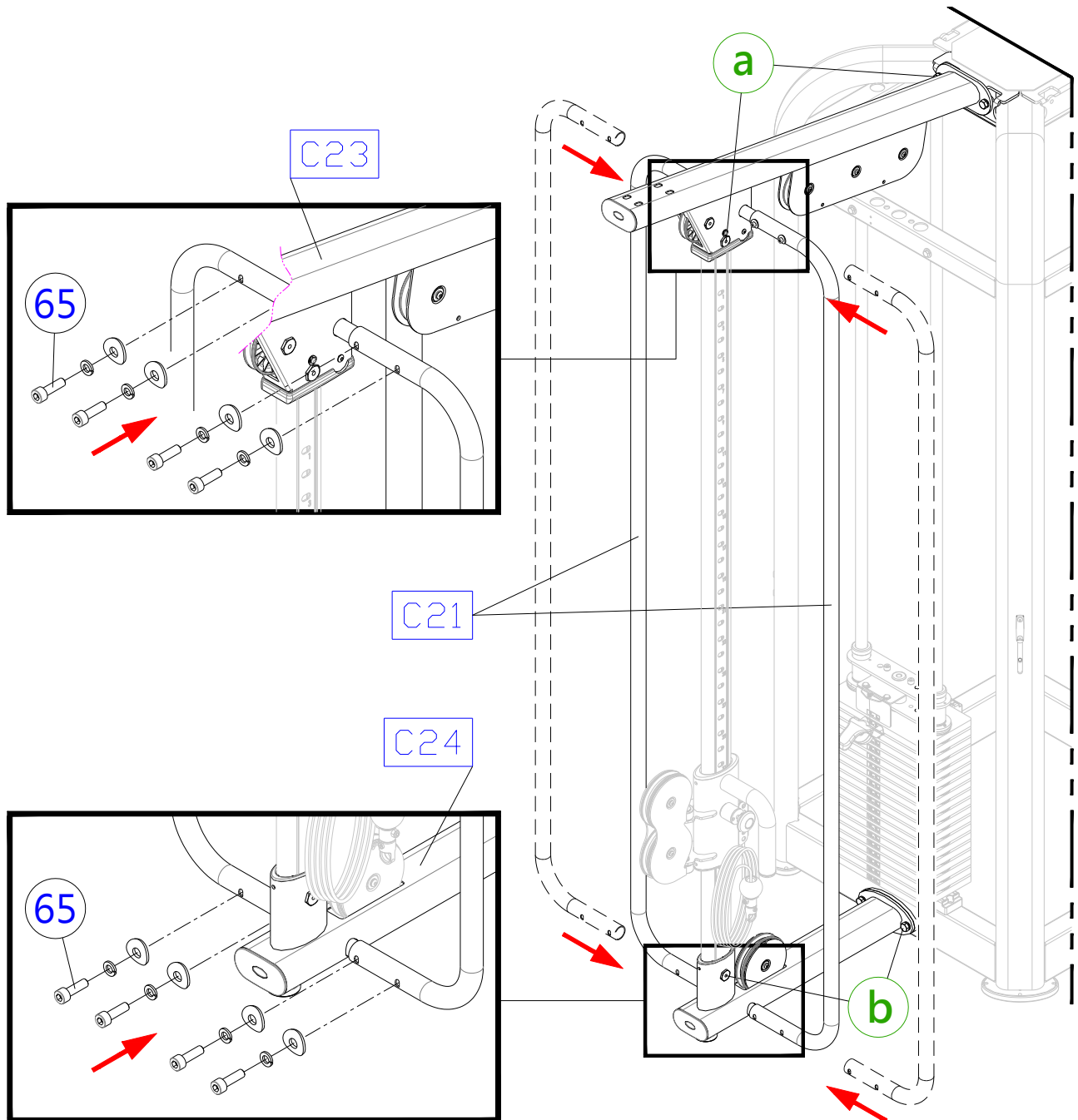


STEP 3-2-2 Install the Frame (CT) (Cont.)

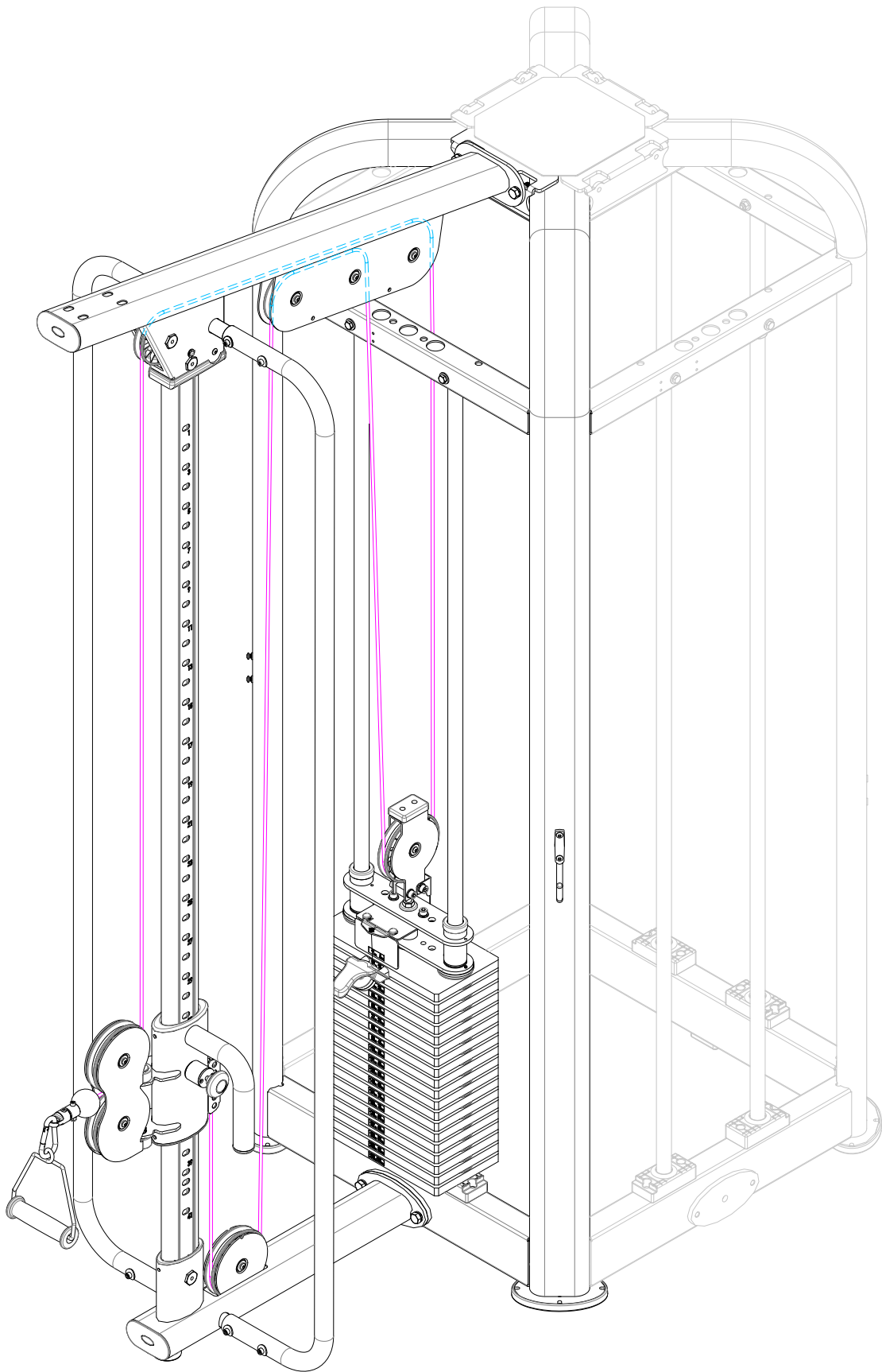
*. Remove the screws (65) from the upper frame (C23).

Secure the left and right handrails (C21) to the upper frame (C23) and the bottom frame (C24) with the screws (65).

And then tighten the screws in the previous steps, as shown in the areas (a) and (b).

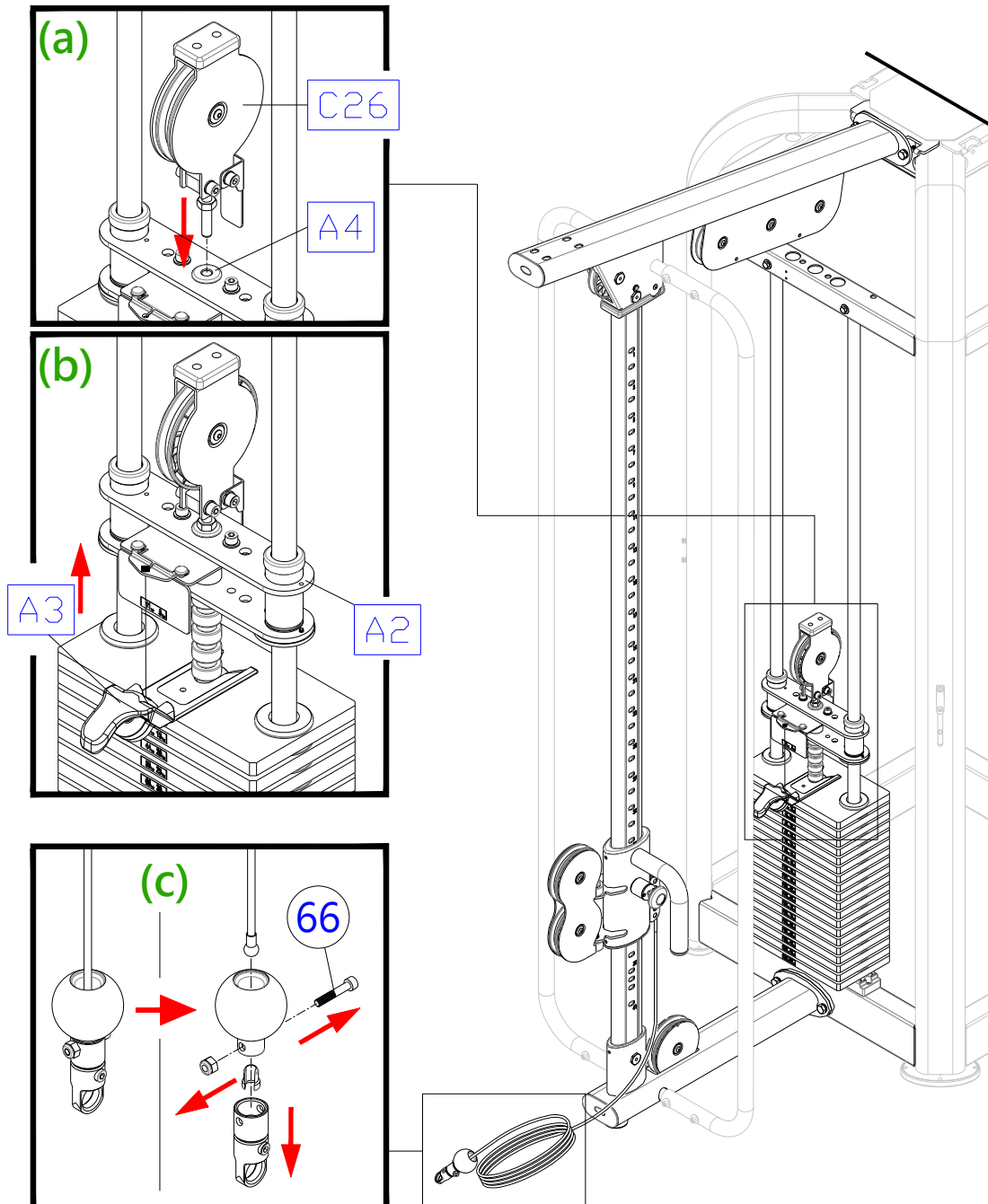


STEP 3-2-3 Cable Installation (CT)



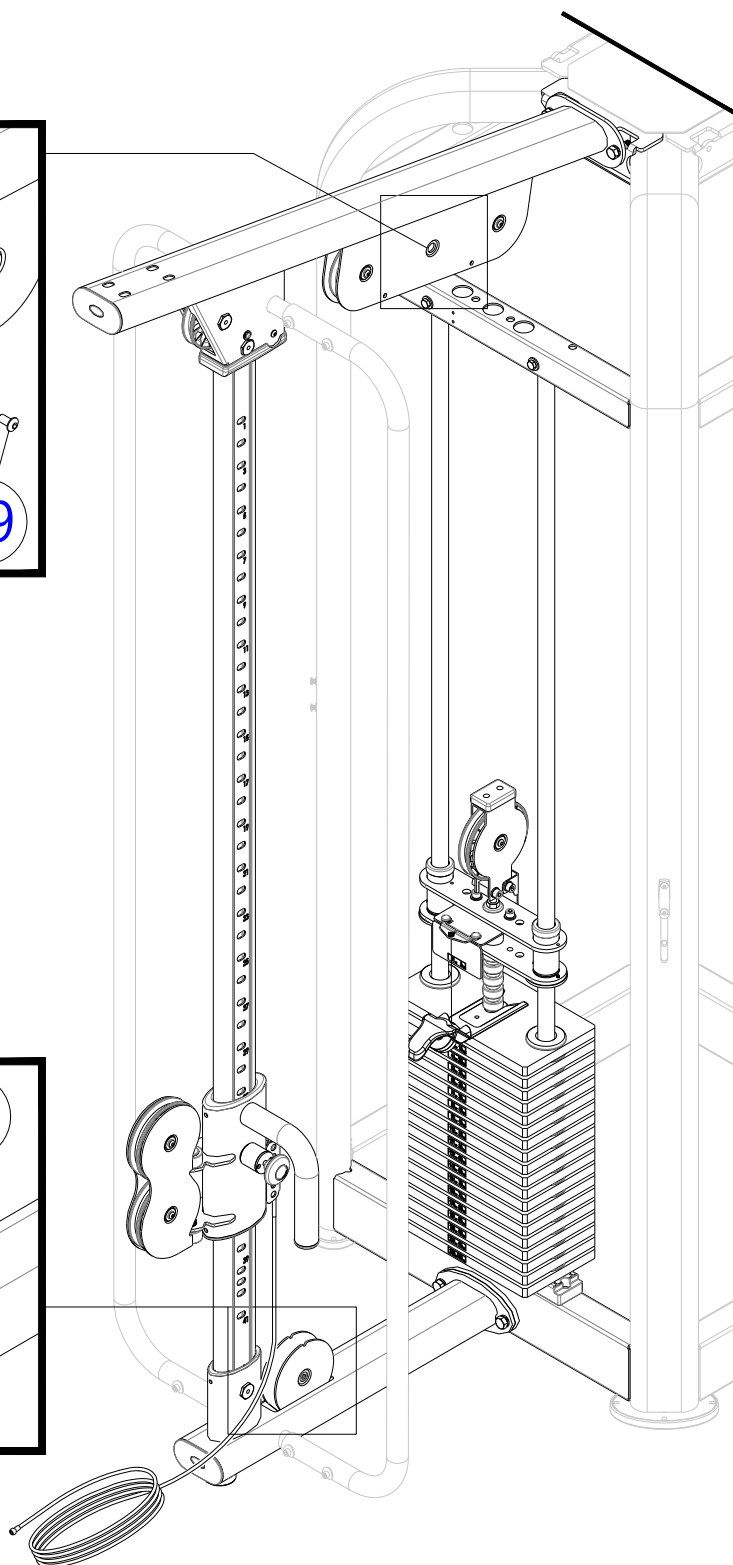
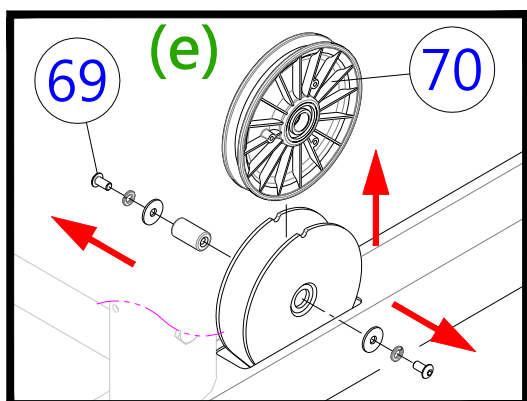
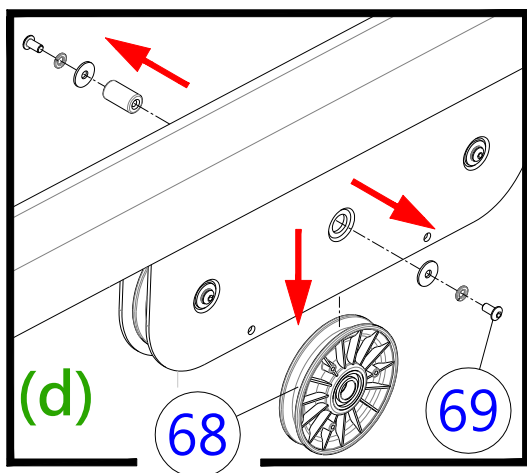
STEP 3-2-3 Install the cable (CT) (Cont.)

- Insert the nut of the pulley system (C26) as indicated by the arrows onto the weight stack rod (A4) at least 20mm deep as shown.
- Take out the stack fork (A3) and lift the upper stack carriage set (A2) up.
- Remove screws (66) from the rubber ball on the connector assembly pulleys (C22) and then pull out the cable.



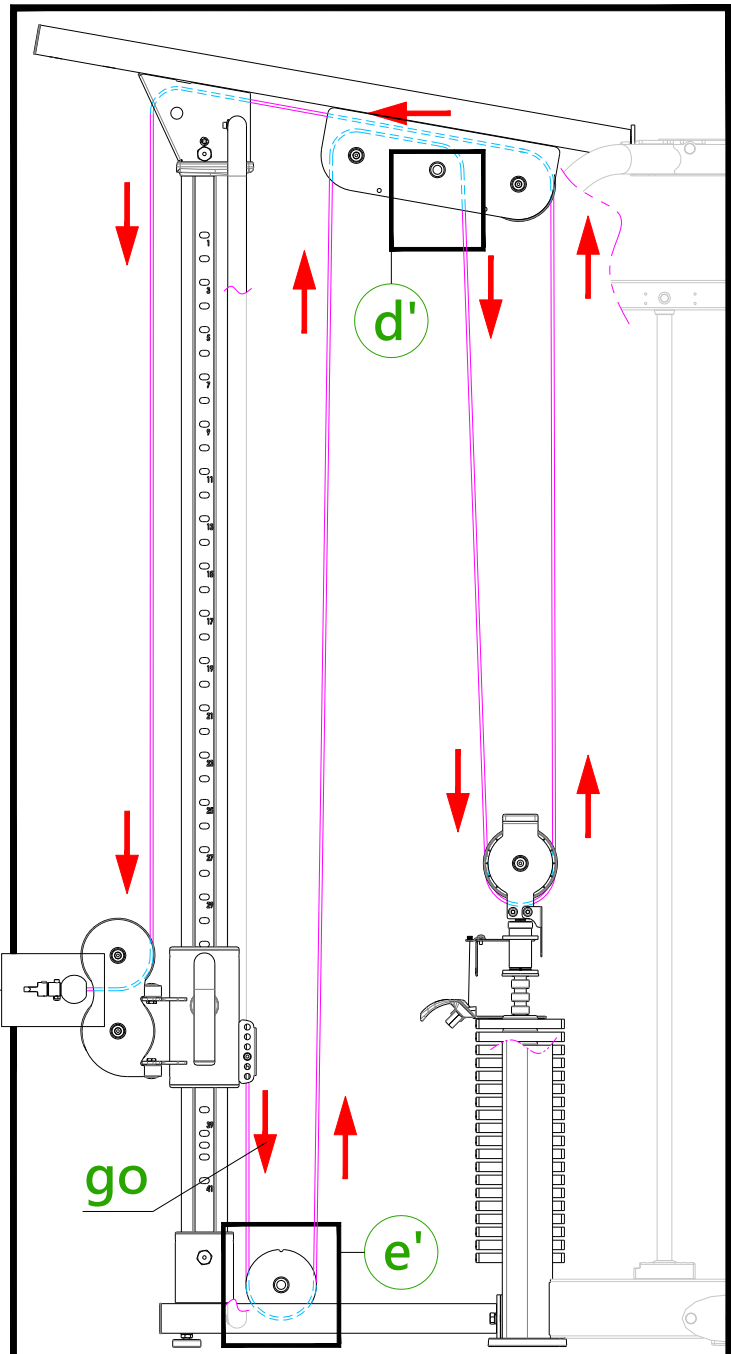
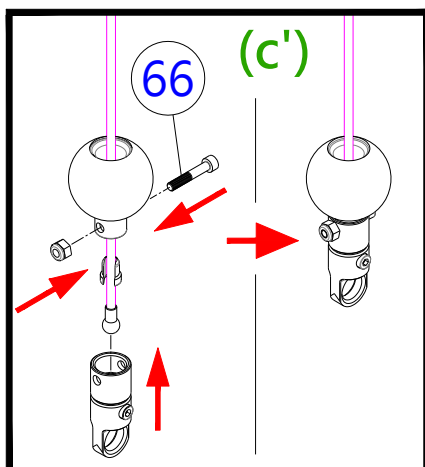
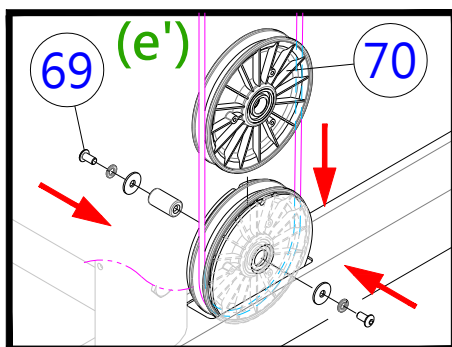
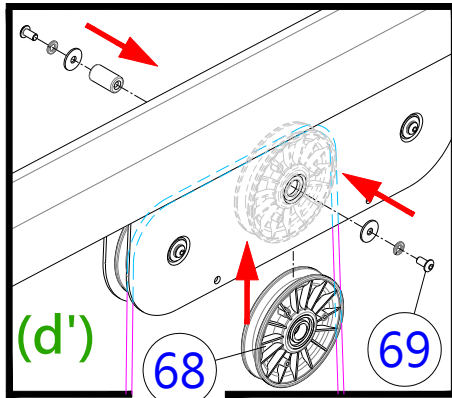
STEP 3-2-3 Install the cable (CT) (Cont.)

- (d). Remove the pulley (68) and the screws (69) from the upper frame.
- (e). Remove the pulley (70) and the screws (69) from the bottom frame.



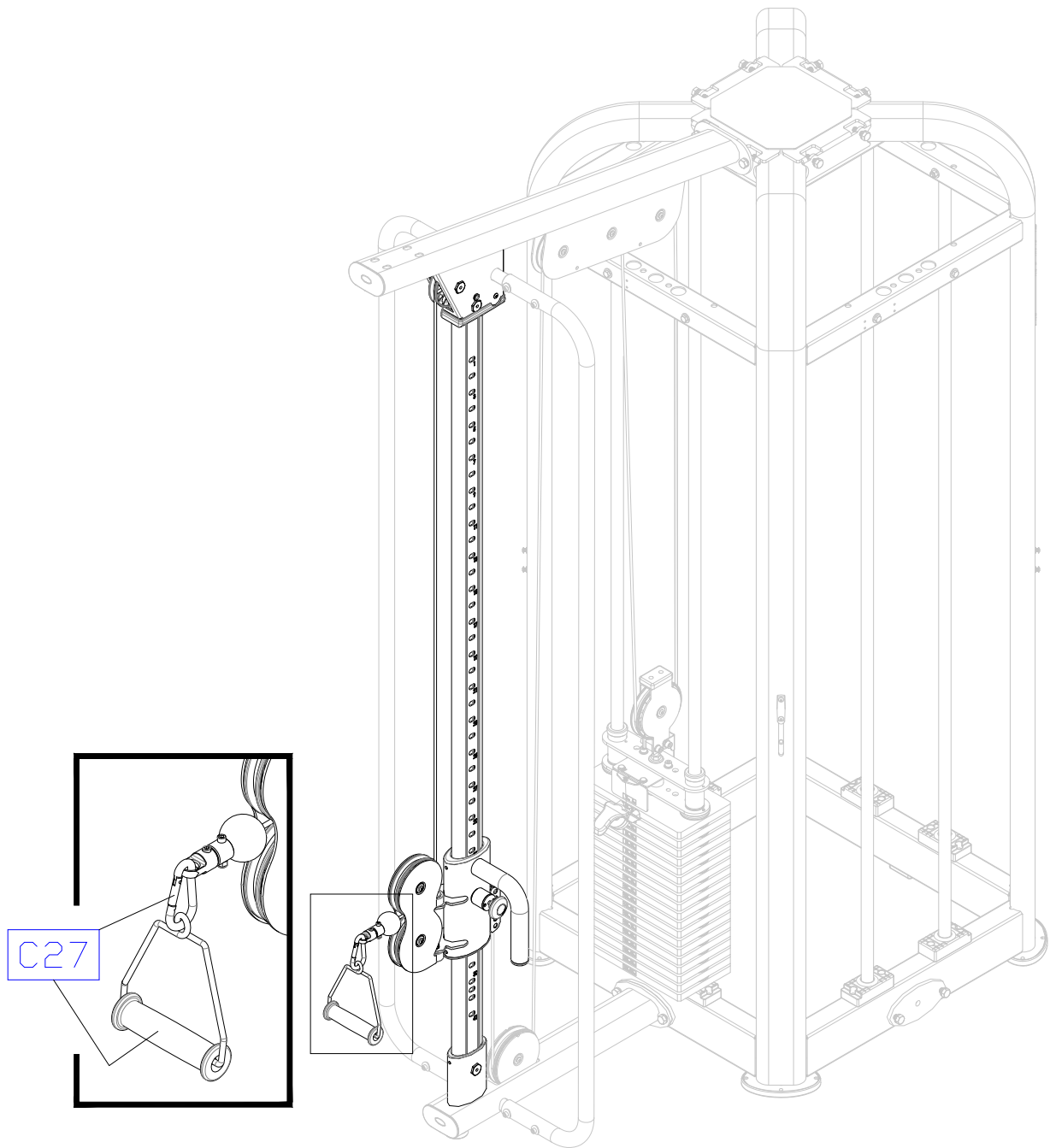
STEP 3-2-3 Install the cable (CT) (Cont.)

- (f). Thread the cable through the pulleys and secure the pulleys (68)(70) with the screws (67)(69) as shown in the figures (d'), (e') and (c'). Thread the cable through the connector assembly pulleys (C22), and then secure the rubber ball with the screws (66). Refer to Section 4 for cable adjustment.



STEP 3-2-4 Install the handle (CT)

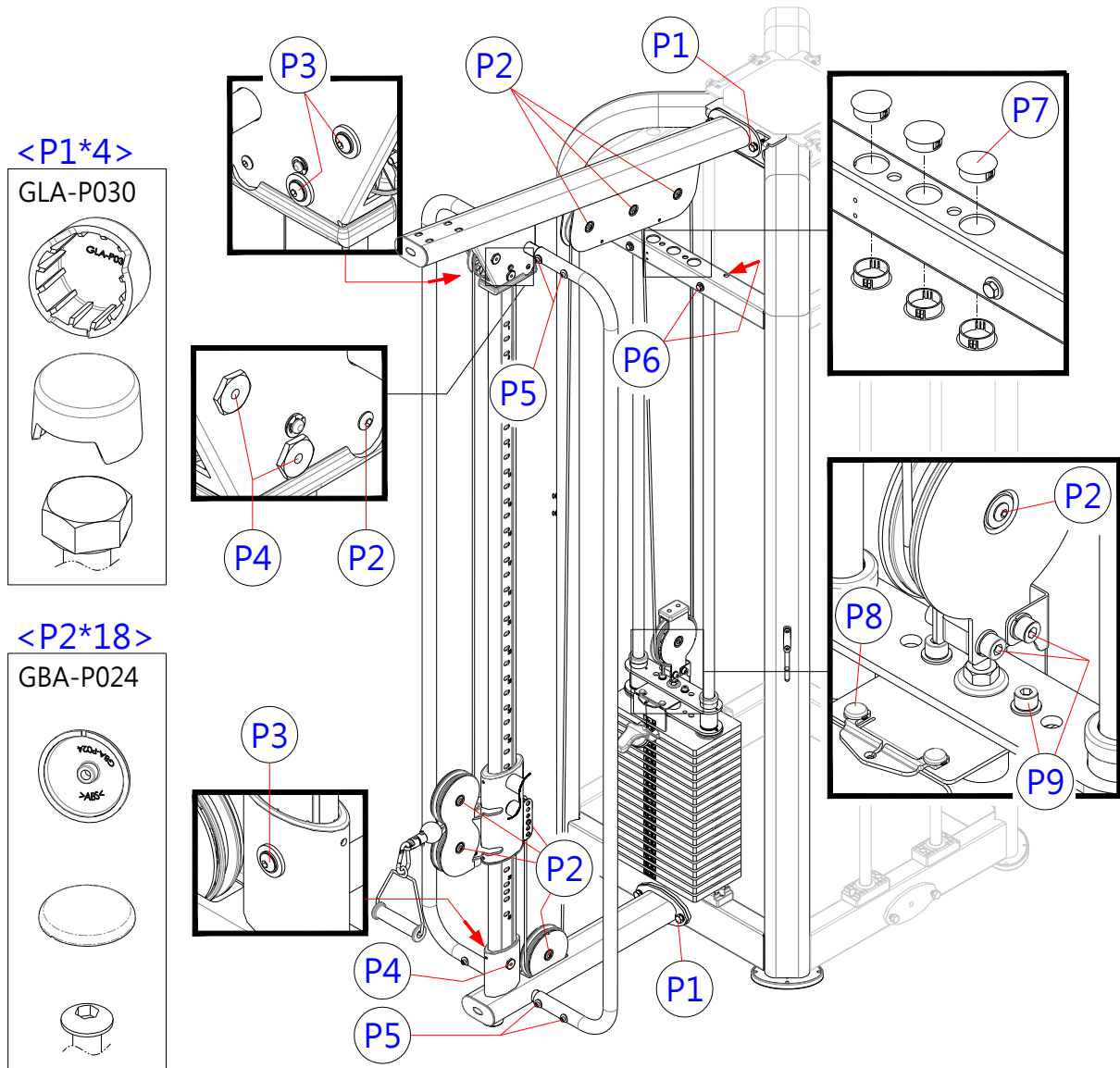
Use the carabiner to connect the handle ring (C27).



STEP 3-2-5 Install the Cap Nut (CT)

Install the cap nuts to the corresponding positions according to the following numbers.

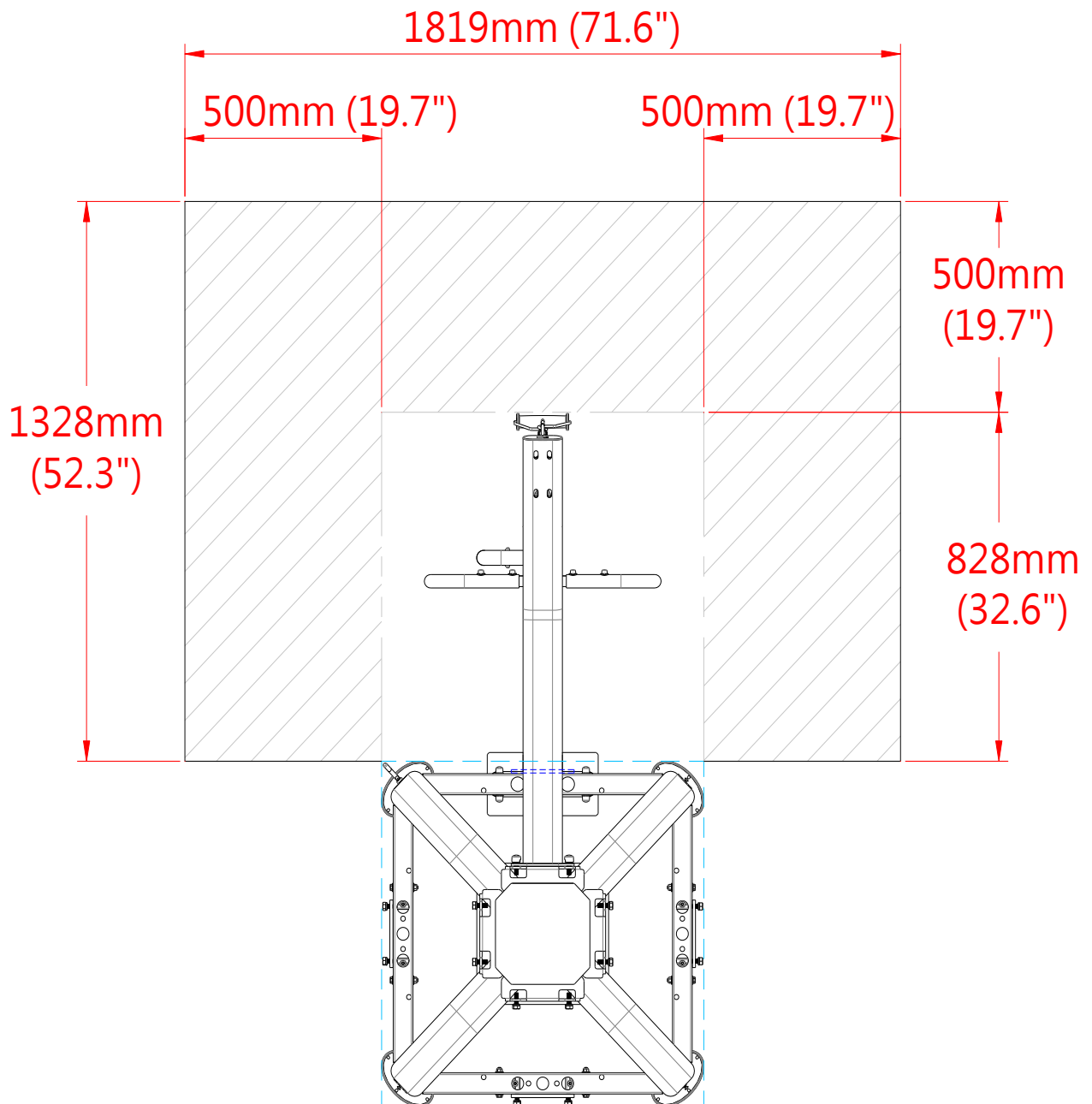
※ The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different models.



<P3*3>	<P4*3>	<P5*8>	<P6*4>	<P7*6>	<P8*2>	<P9*6>
TAO-P096	GFA-P127	GFA-P136	GBA-P017	HP-30	GBA-P019	GFA-P137

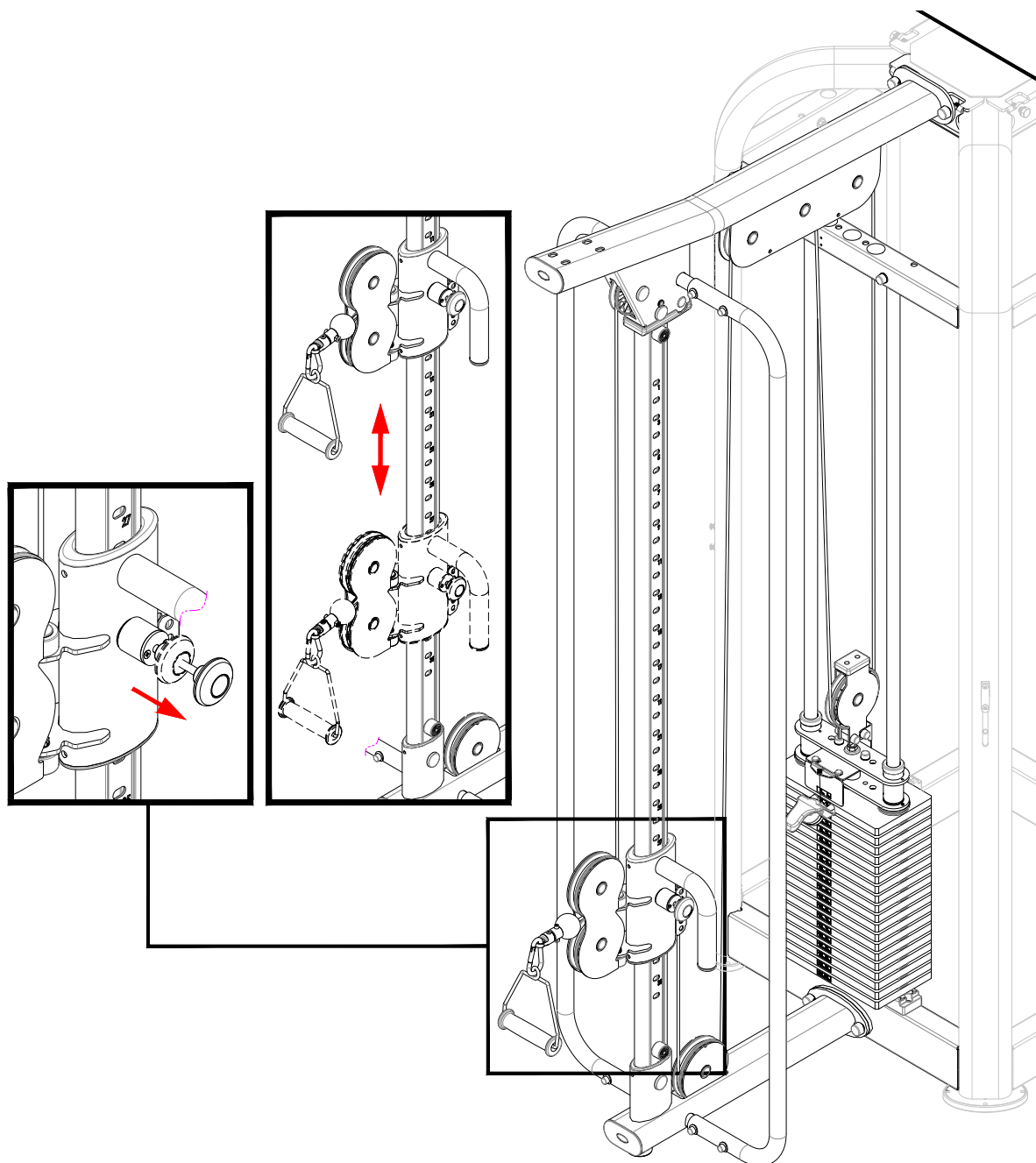
STEP 3-2-6 Safety Operating Area (CT)

- (a). Safety clearance required is 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 exercise or improper workout position may result in serious injury.



STEP 3-2-7 Product Adjustment (CT)

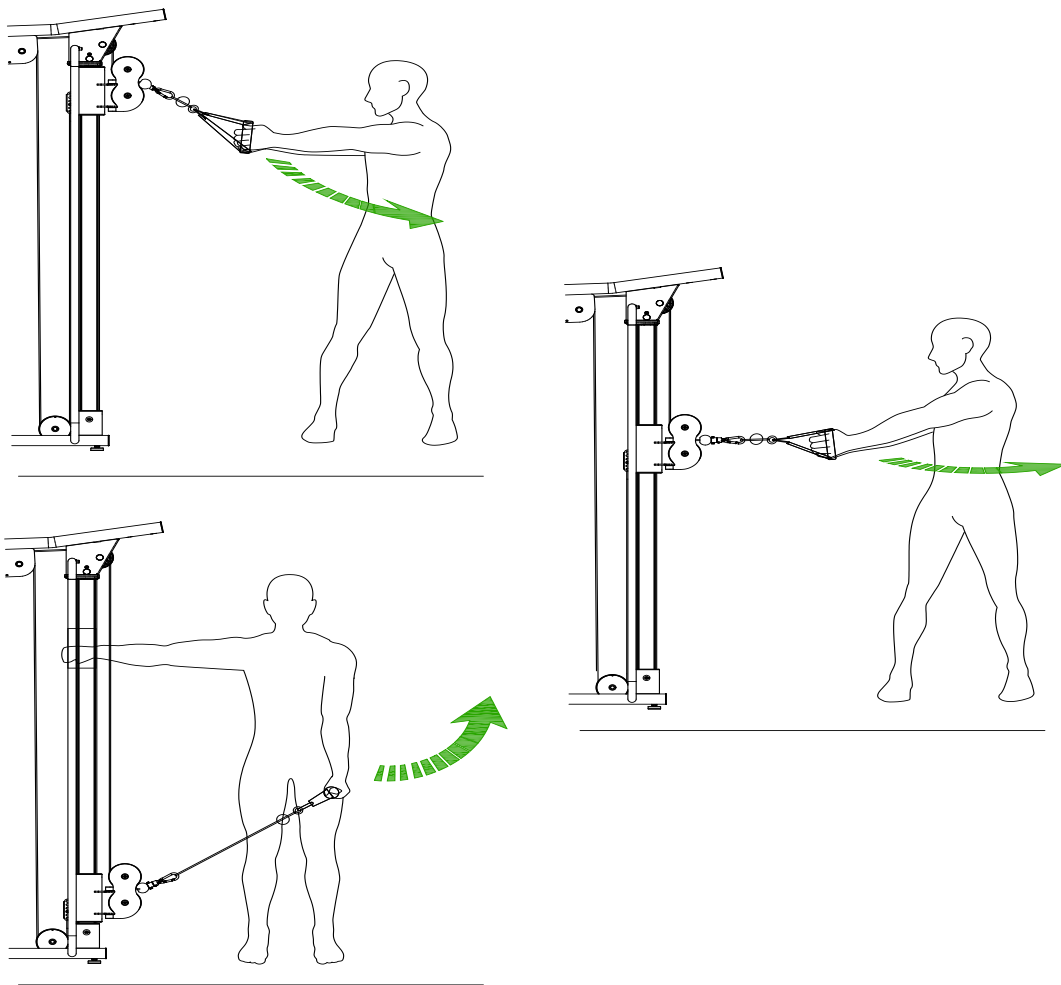
Pull out the knob and adjust the height of the handle ring by moving up and down connector assembly pulleys.



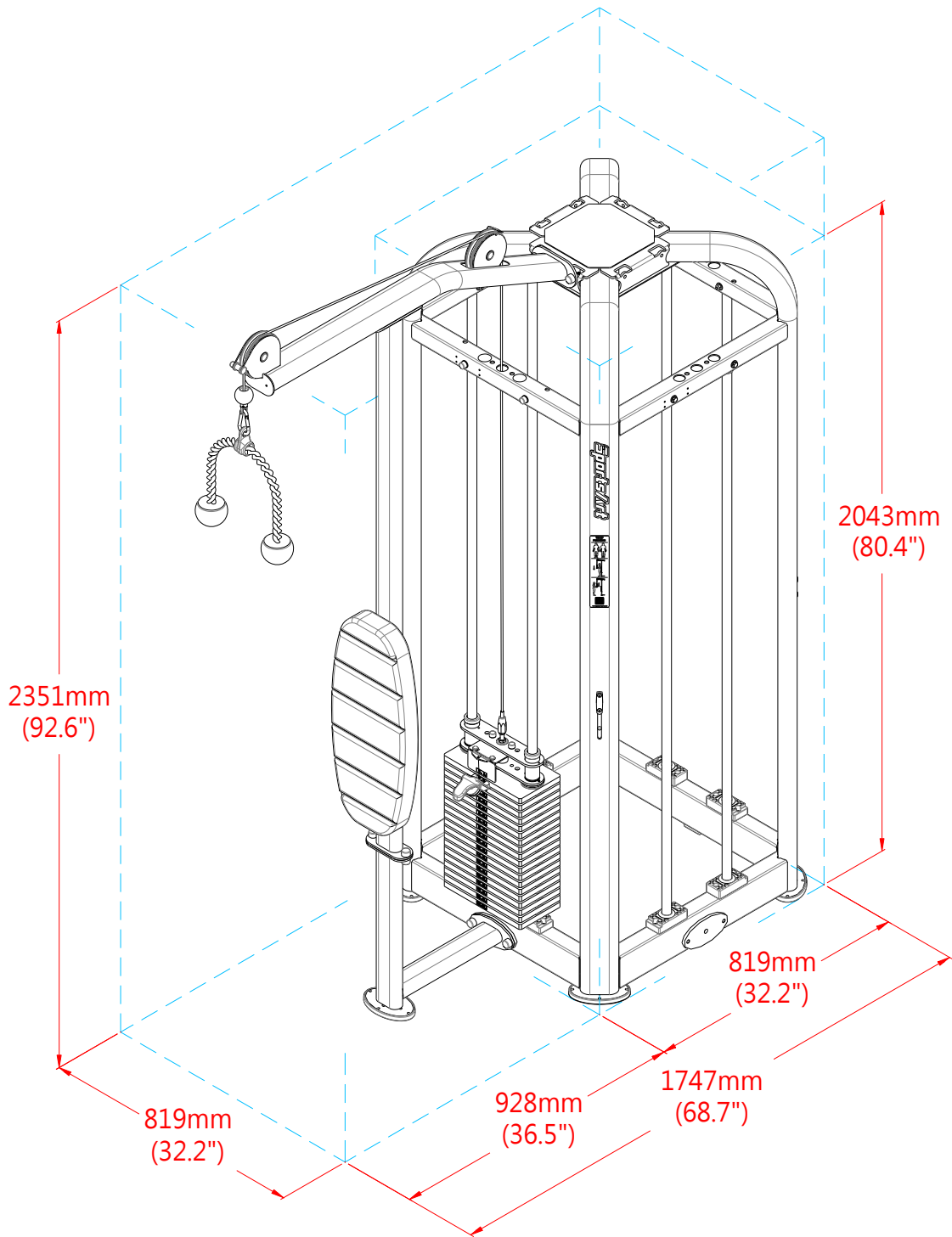
STEP 3-2-8 Exercising Instructions (CT)

- (a). Select the appropriate weight plates according to your recommended exercise level.
 - (b). Operate this machine in appropriate 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.

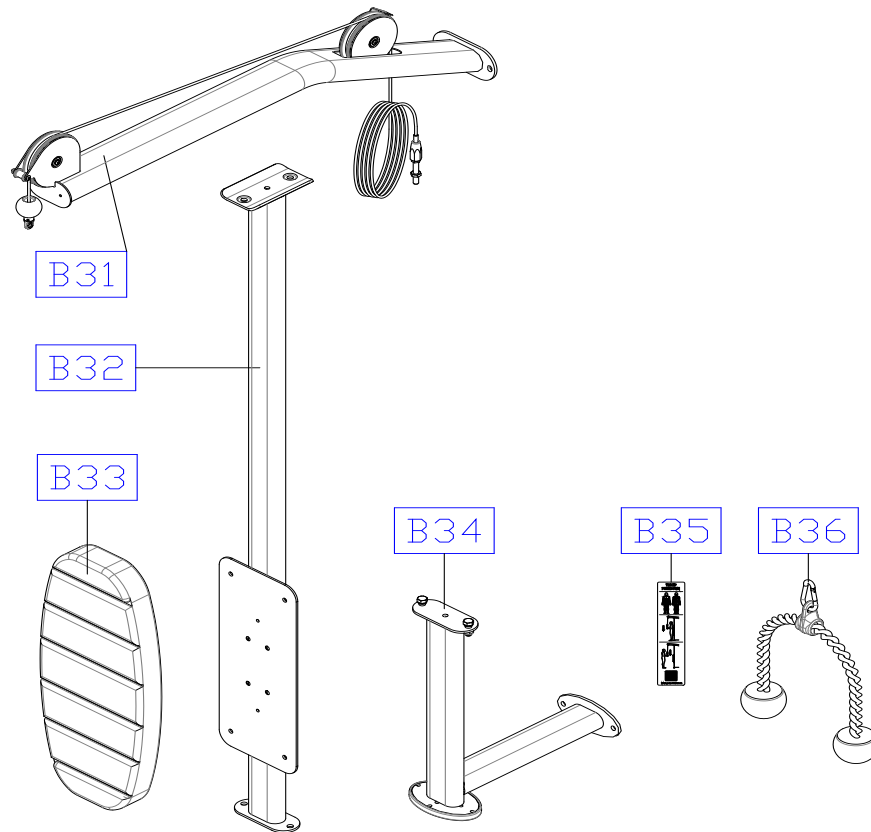
If the cable is slack, refer to the instruction for cable tightness adjustment.



3-3. Triceps Pushdown Installation



STEP 3-3-1 LIST OF PARTS (TP)

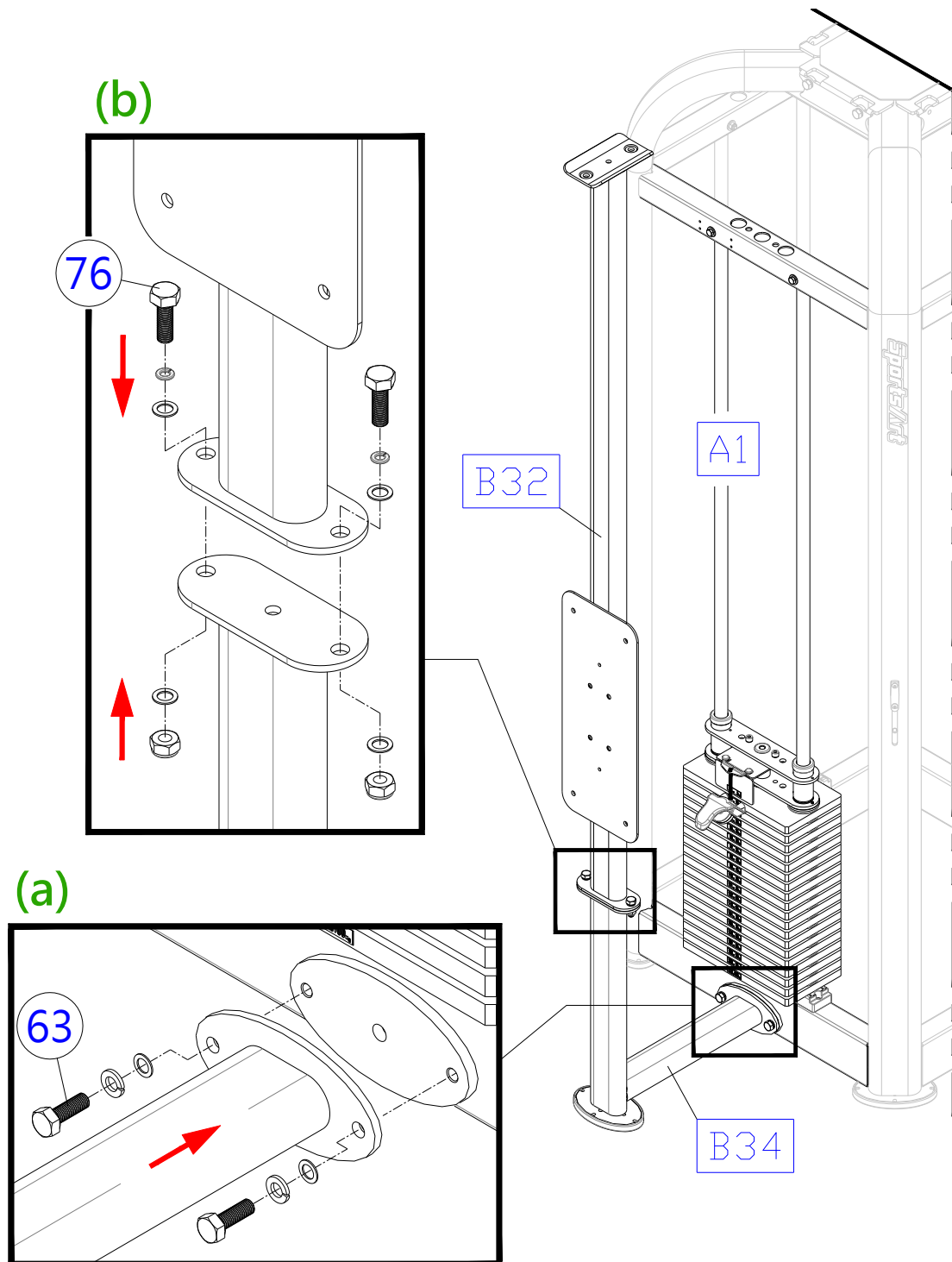


Box - Triceps Pushdown's Parts					
No.	Name	Qty.	No.	Name	Qty
B31	Upper frame	1	B34	Bottom frame	1
B32	Vertical support	1	B35	Label	1
B33	Backrest	1	B36	Triceps pushdown rope and carabiner	1

Assembly parts (Including hardware kit)			
※Hardware kit note T ; Components on the product note M			
Number	Name	Specification	Notes
63	Hex head screw	M10*P1.5*L30	M
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
76	Hex head screw	M10*P1.5*L30	M
	Spring washer	M10	
	Washer	D21*d10.5*t2	
	Nylon hex lock nut	M10	
77	Mushroom top inner hex screw	M8*P1.25*L25	M
	Washer	D17*d8*t1.5	

STEP 3-3-2 Install the Frame (TP)

- *. Remove the screws (63)(76) from the core frame (A1) and the bottom frame (B34).
- Attach the bottom frame (B34) and the core frame (A1) with the screws (63) without tightening them. (Same as CT)
 - Attach the vertical support (B32) and the bottom frame (B34) with the screws (76) without tightening them.

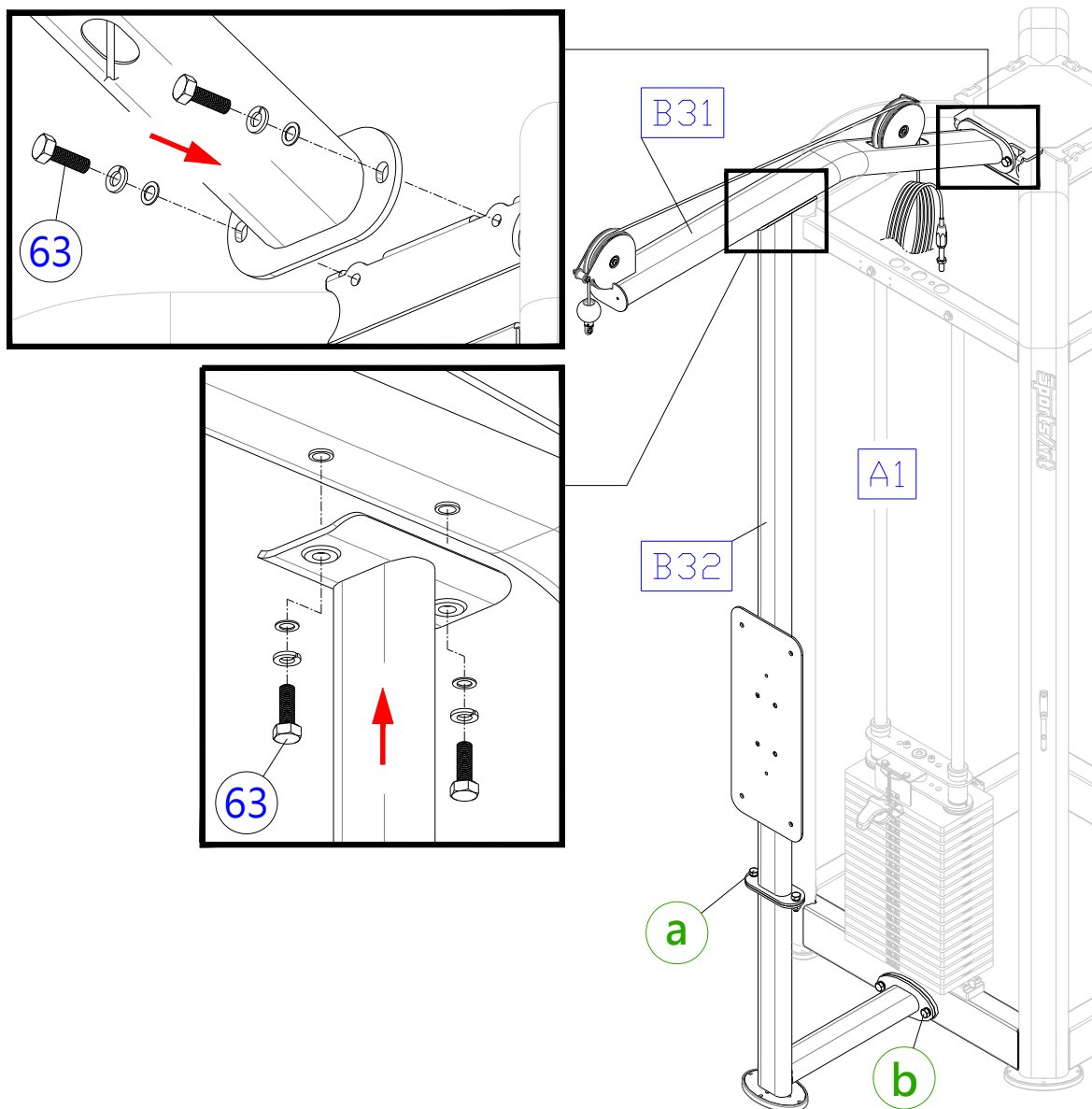


STEP 3-3-2 Install the Frame (TP) (Cont.)

*. Remove the screws (63) before assembly.

Secure the upper frame (B31) to the vertical support (B32) and the core frame (A1) with the screws (63).

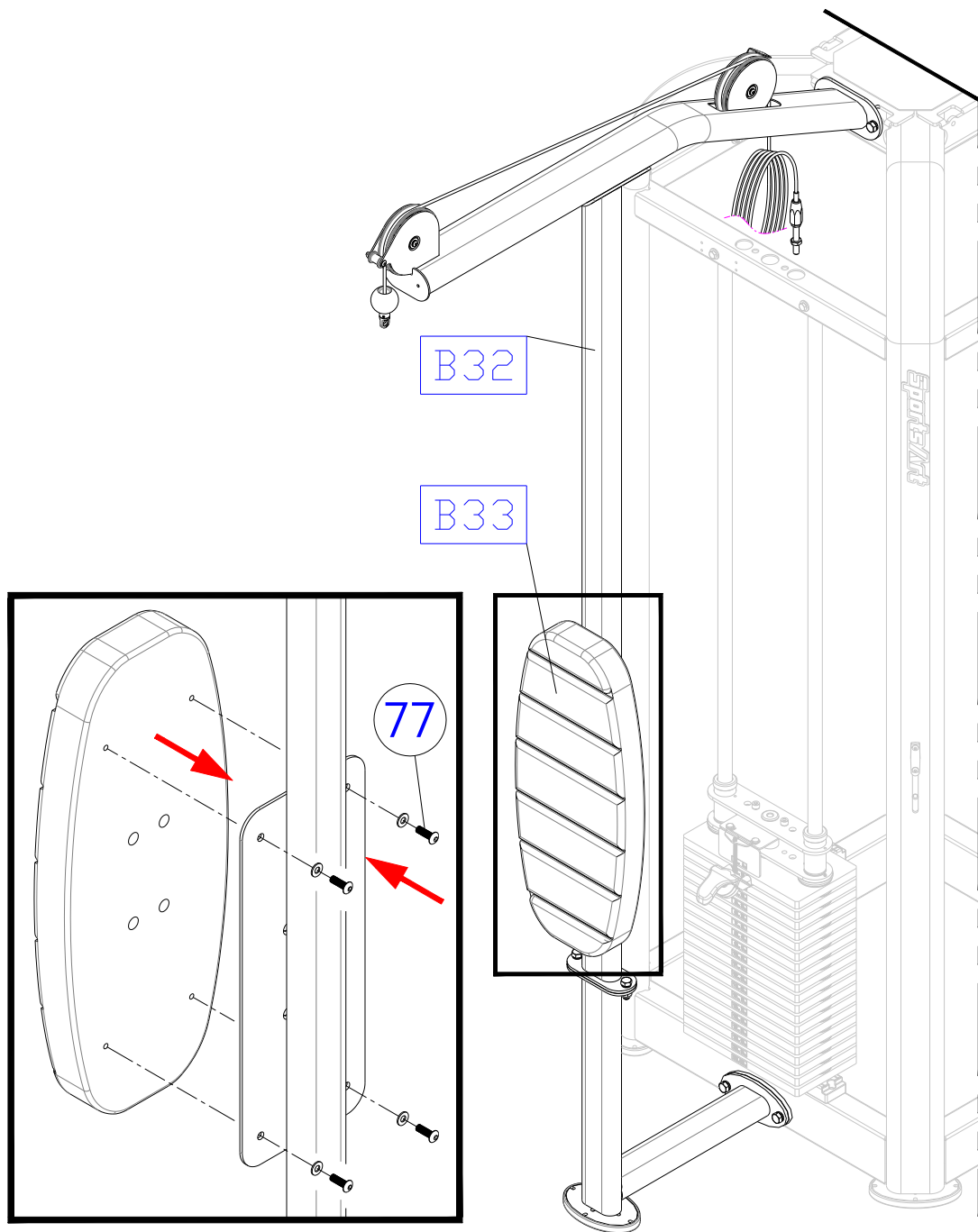
Tighten the screws as shown in the areas (a) and (b).



STEP 3-3-2 Install the Frame (TP) (Cont.)

*. Remove the screws (77) before assembly.

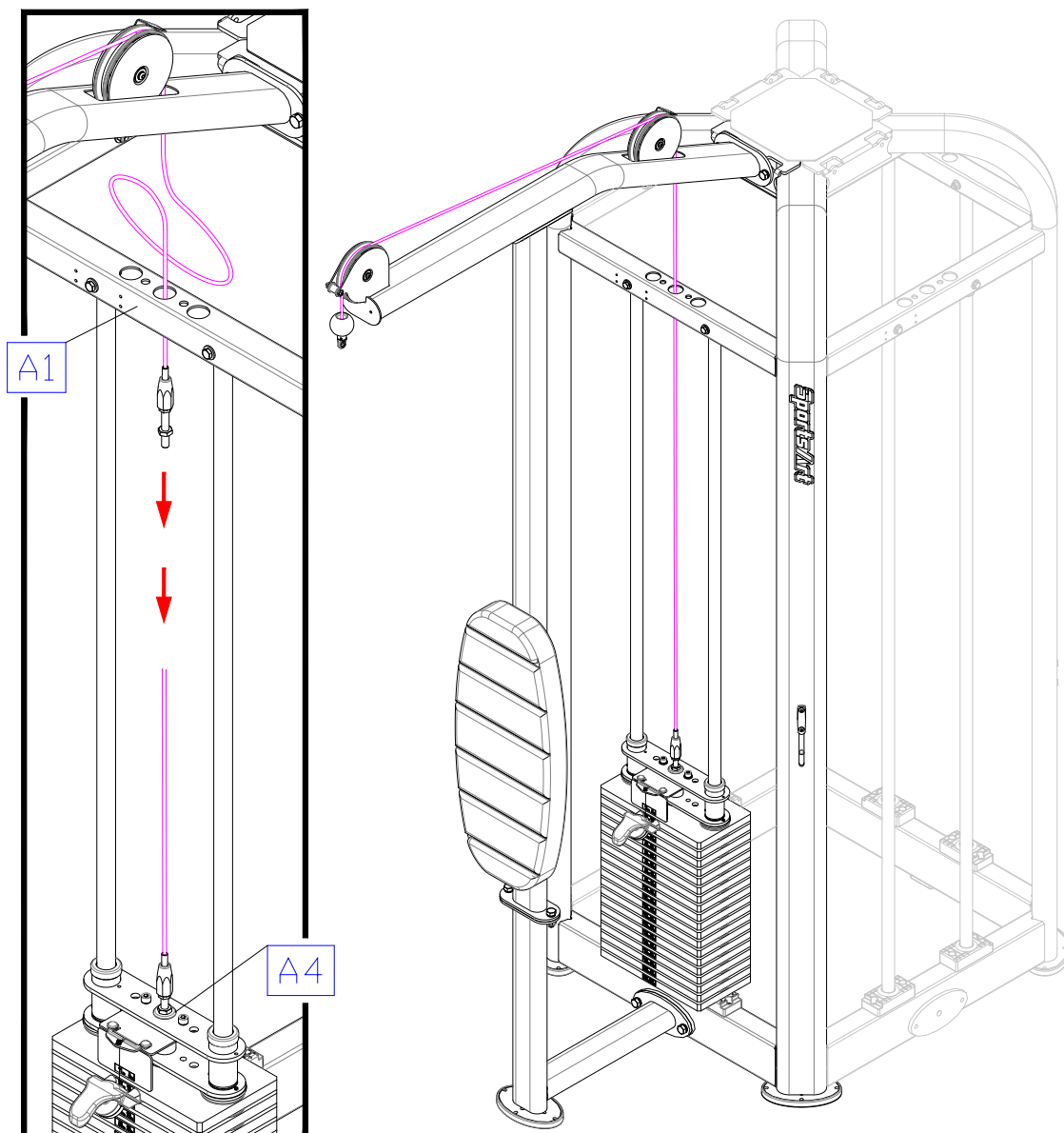
Secure the backrest (B33) to the vertical support (B32) with the screws (77).



STEP 3-3-3 Install the Cable (TP)

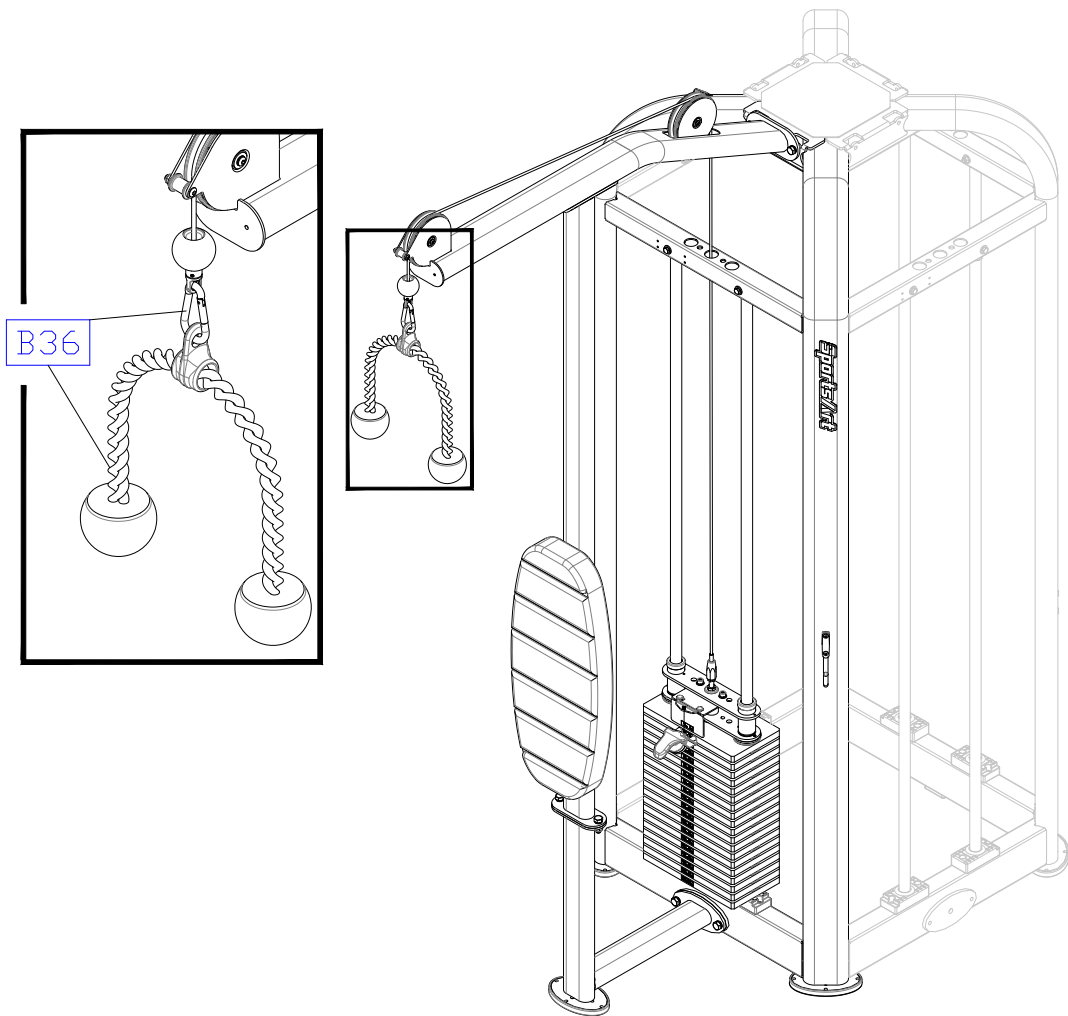
Insert the cable nut as indicated by the arrows onto the weight stack rod (A4) at least 20mm deep as shown.

Refer to Section 4 for cable adjustment.



STEP 3-3-4 Install the handle (TP)

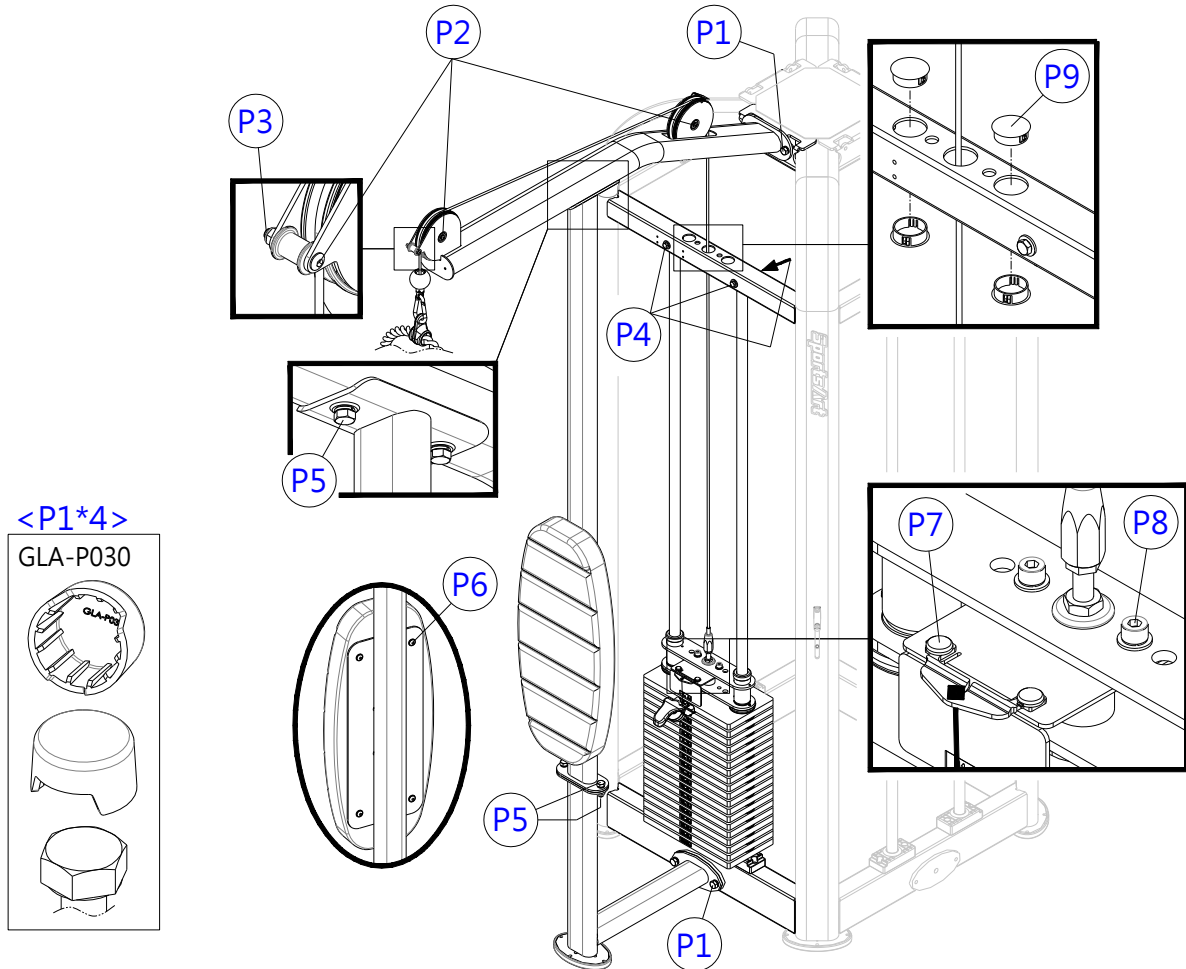
Use the carabiner to connect the triceps pushdown rope (B36).



STEP 3-3-5 Install the Cap Nut (TP)

Install the cap nuts to the corresponding positions according to the following numbers.

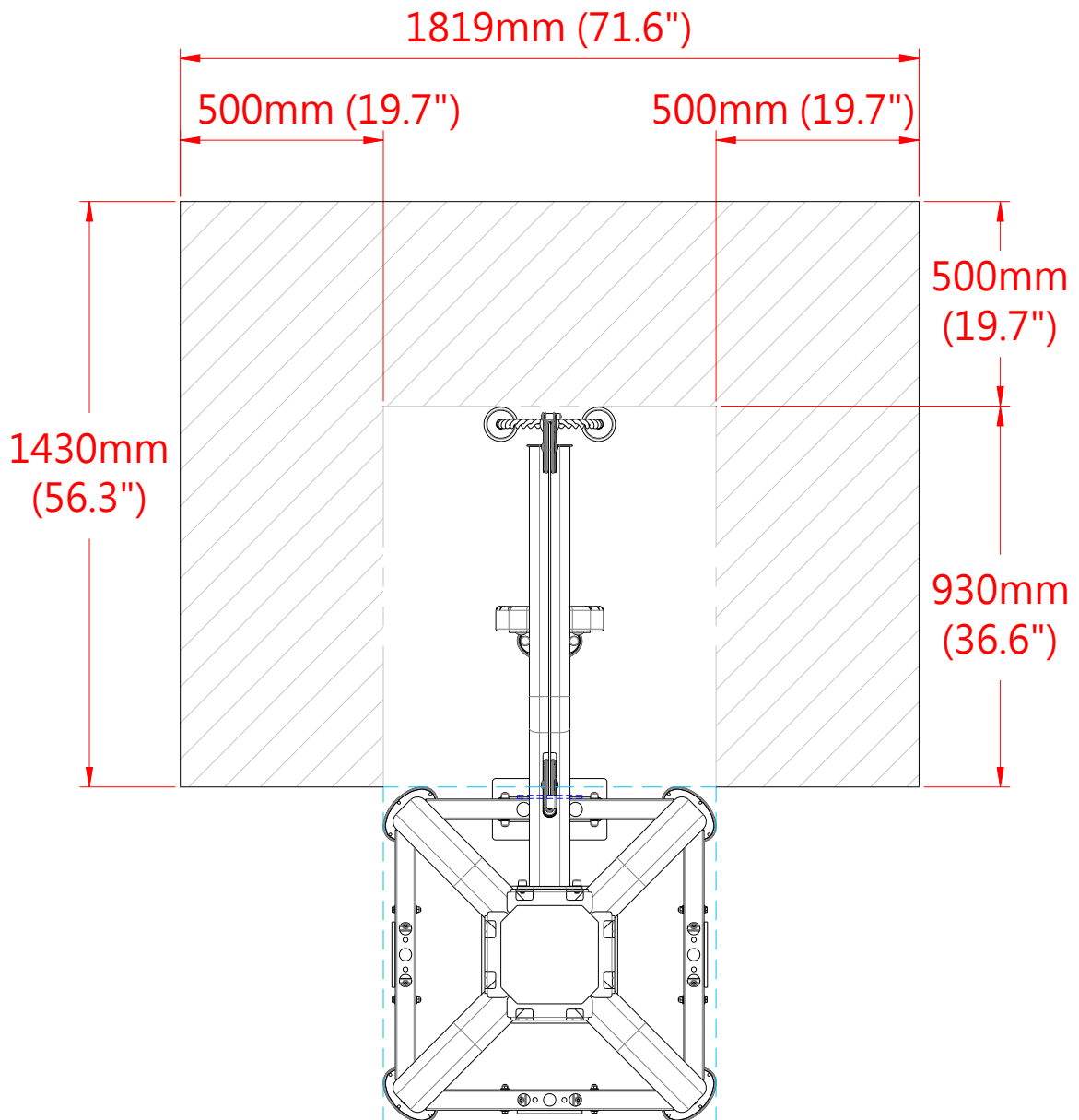
※ The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



<P1*4>	<P2*5>	<P3*1>	<P4*4>	<P5*6>	<P6*4>	<P7*2>	<P8*2>	<P9*4>
GLA-P030	GBA-P024	GBA-P018	GBA-P017	GBA-P016	GBA-P014	GBA-P019	GFA-P137	HP-30

STEP 3-3-6 Safety Operating Area (TP)

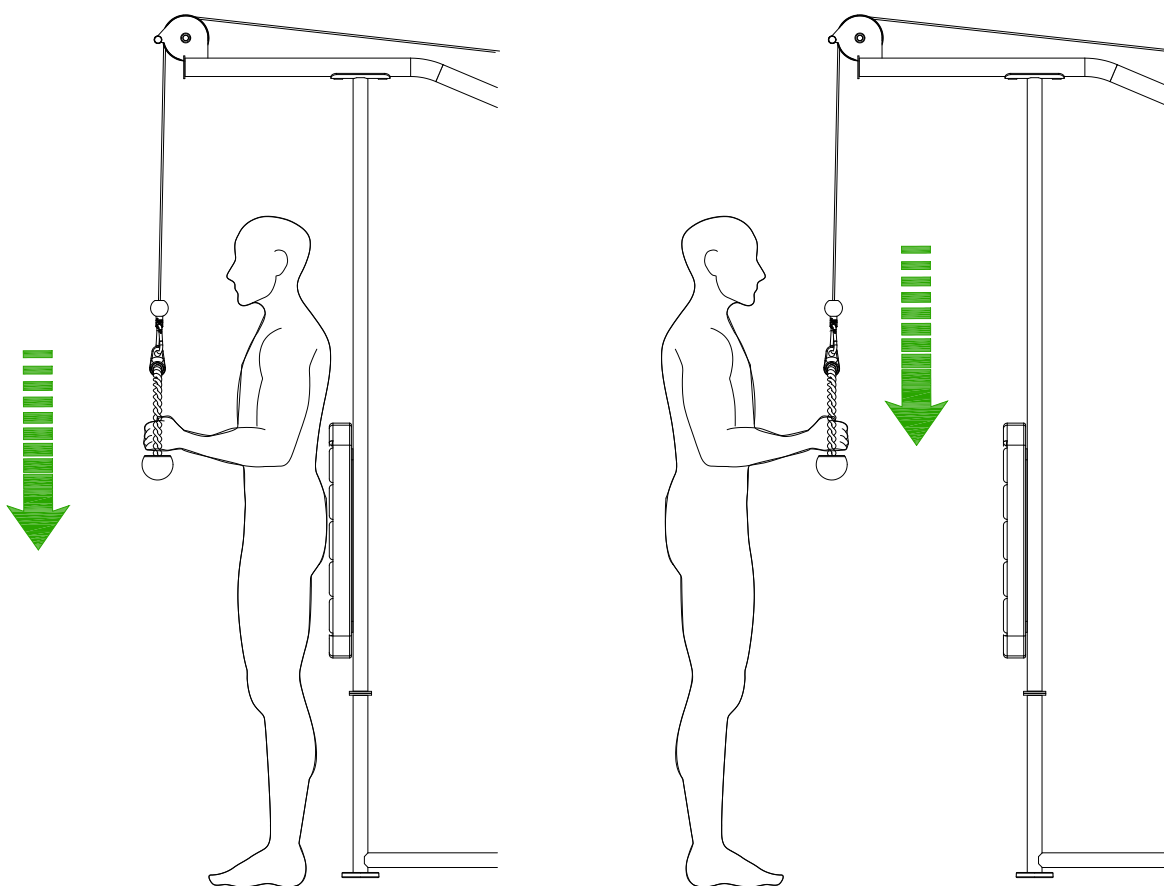
- (a). Safety clearance required is shown below. Do not allow people to be near this area when operating.
- (b). Noise emission under load is higher than without load.
- (c). Over exercise or improper workout position may result in serious injury.



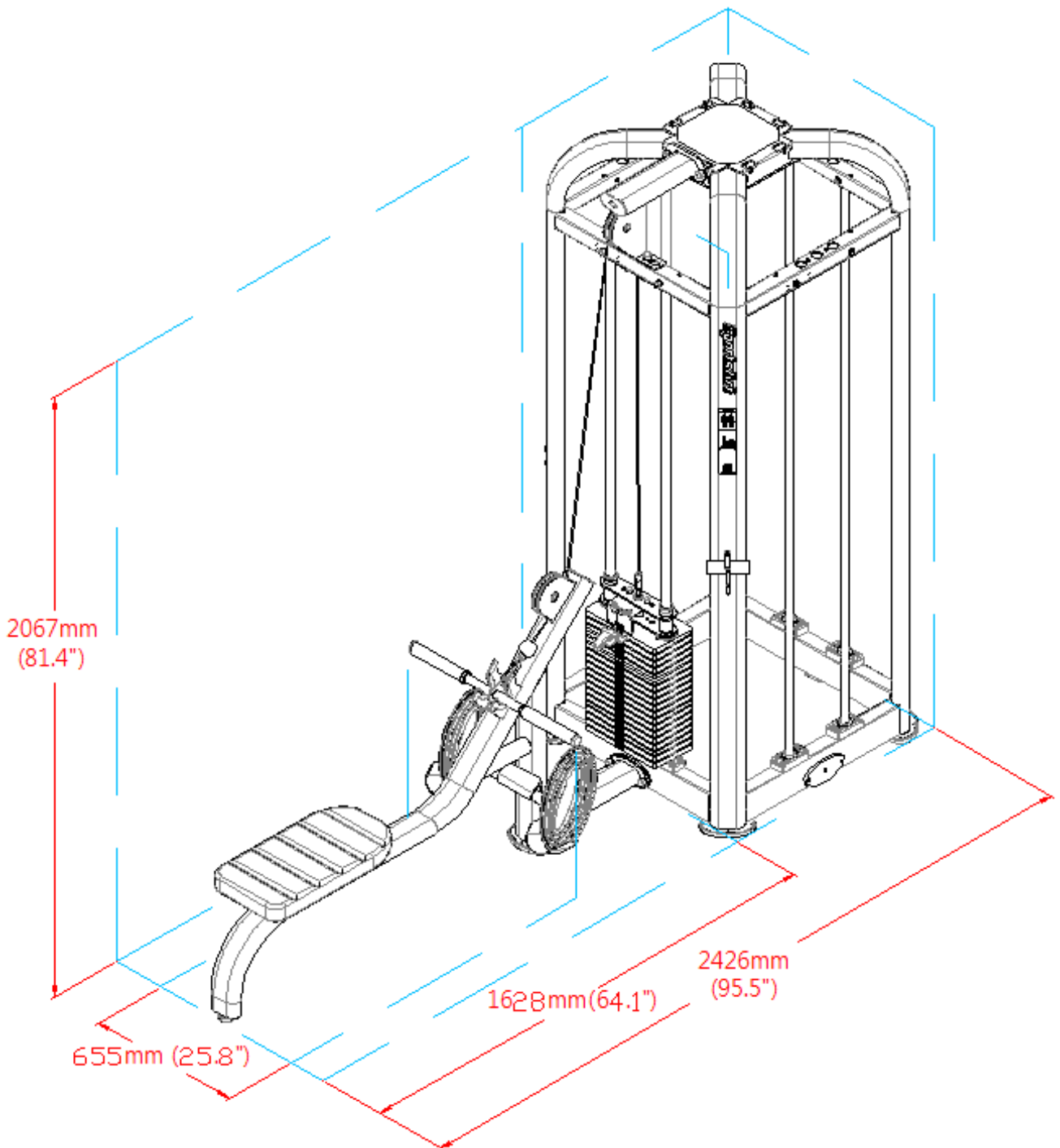
STEP 3-3-7 Exercising Instructions

- (a). Select the appropriate weight plates according to your recommended exercise level.
 - (b). Operate this machine in appropriate 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.

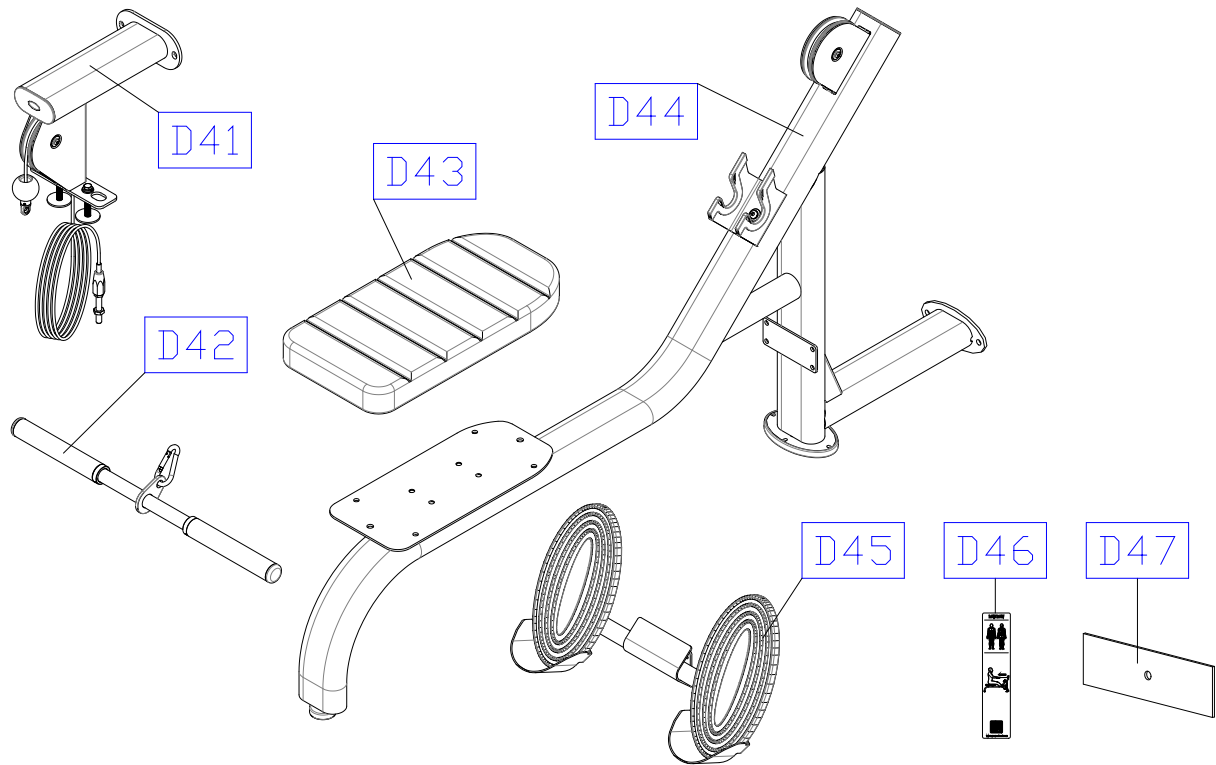
If the cable is slack, refer to the instruction for cable tightness adjustment.



3-4. Low Row Installation



STEP 3-4-1 LIST OF PARTS (LR)



Box - Low Row's Parts					
No.	Name	Qty.	No.	Name	Qty
D41	Upper frame	1	D45	Foot rest	1
D42	Handlebar and carabiner	1	D46	Label	1
D43	Seat bottom	1	D47	Hook-and-loop fastener	1
D44	Seat frame				

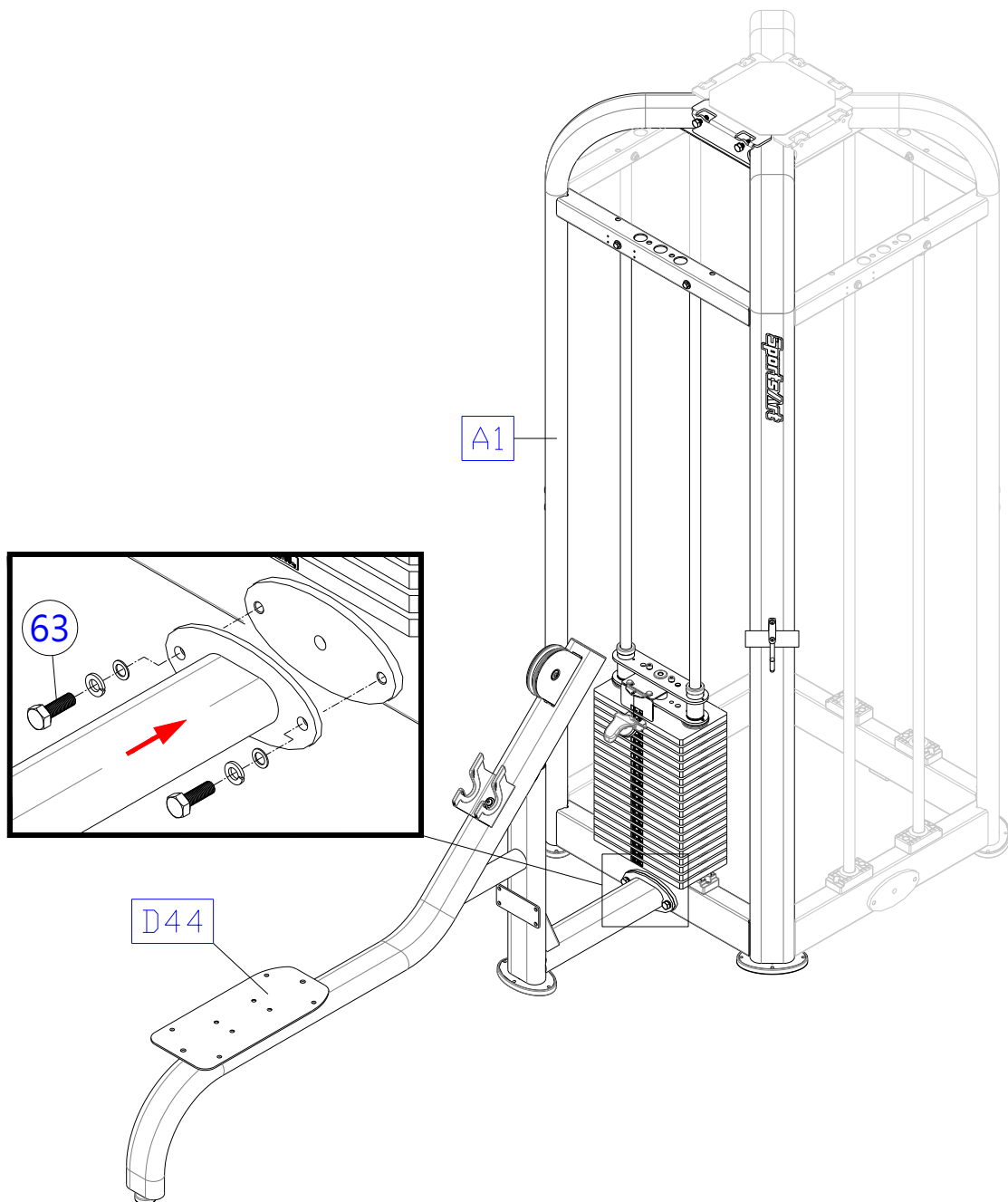
Assembly parts (Including hardware kit)			
※Hardware kit note T ; Components on the product note M			
Number	Name	Specification	Notes
63	Hex head screw	M10*P1.5*L30	M
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
69	Mushroom top inner hex screw	M6*P1.0*L12	M
	Spring washer	M6*t1.5	
	Washer	D20*d6.3*t1.5	
	Axle	GAA-P071	
70	Pulley (big)	∅ D126	M
77	Mushroom top inner hex screw	M8*P1.25*L25	M
	Washer	D17*d8*t1.5	
81	Hex head screw	M10*P1.5*L75	M
	Spring washer	M10	

	Washer	D21*d10.5*t2	
	Washer D	D44*d10.5*t3.0	
	Nylon hex lock nut	M10	
82	Mushroom top inner hex screw	M8*P1.25*L15	M
	Spring washer	M8*t2.0	
	Washer	D17*d8*t1.5	

STEP 3-4-2 Install the Frame (LR)

*. Remove the screws (63) before assembly.

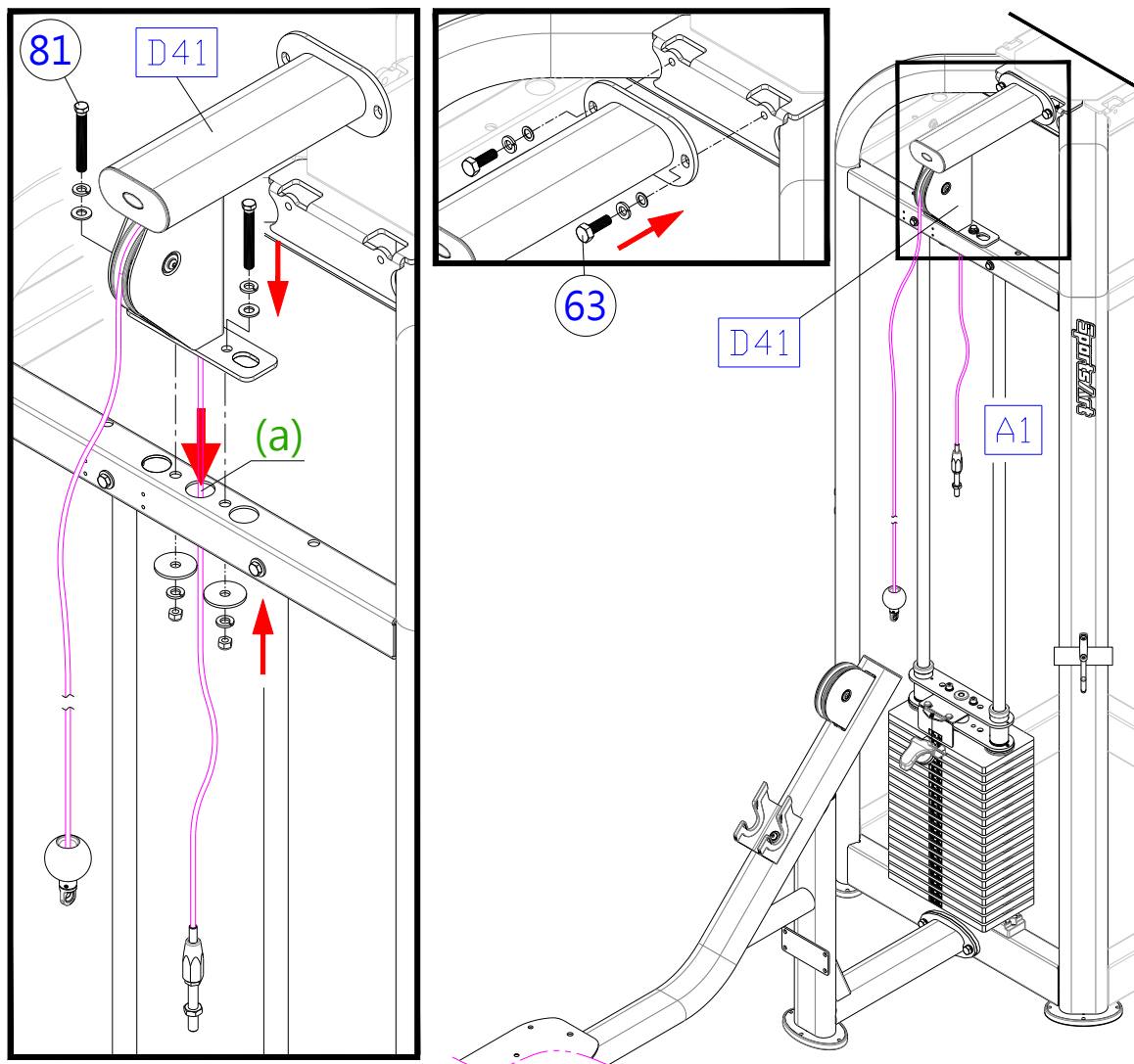
Secure the seat frame (D44) to the core frame (A1) with the screws (63).



STEP 3-4-2 Install the Frame (LR) (Cont.)

*. Remove the screws (63)(81) before assembly.

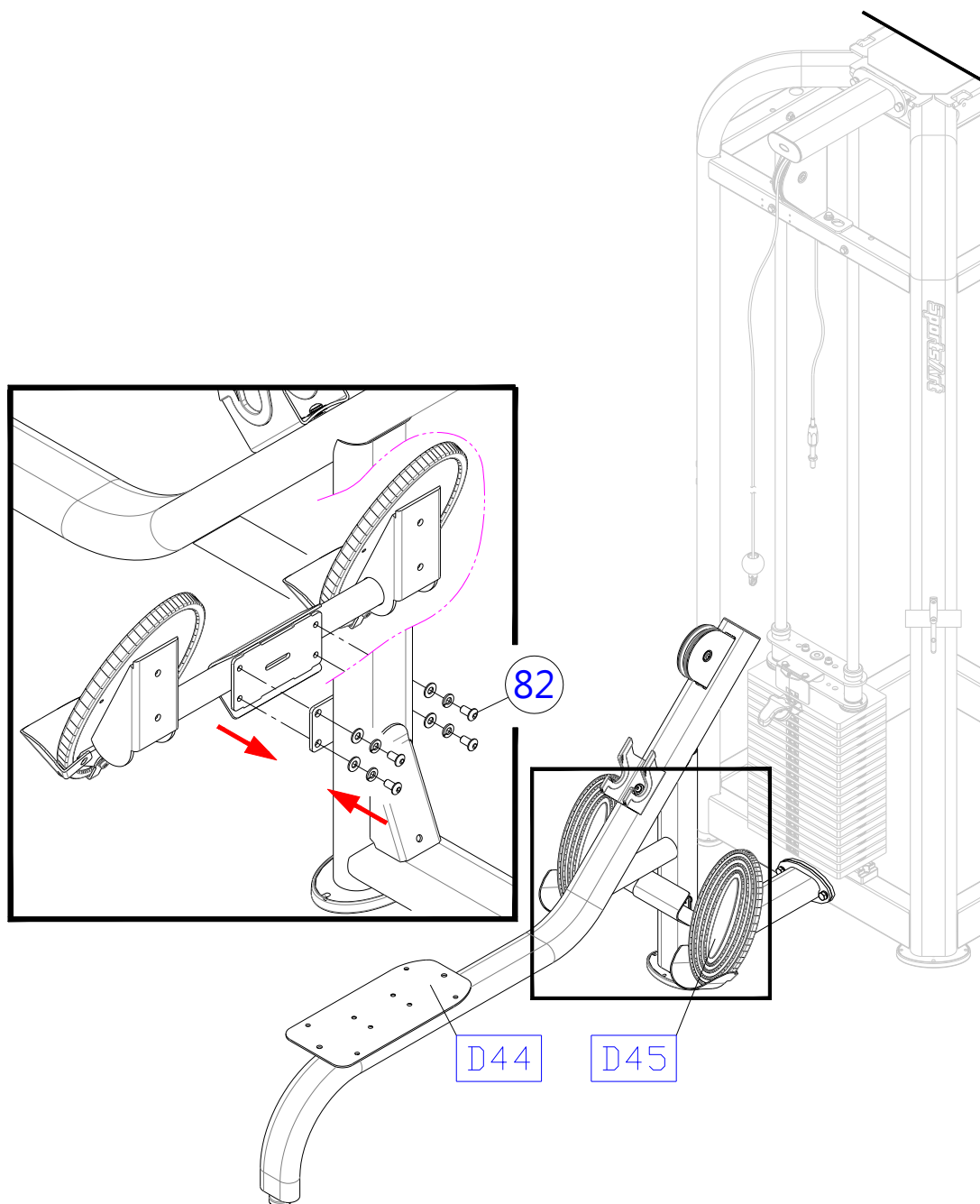
Thread the cable passing over the upper frame (D41) through the (a) hole as indicated by the arrows. Secure the upper frame (D41) to the core frame (A1) with the screws (63)(81).



STEP 3-4-2 Install the Frame (LR) (Cont.)

*. Remove the screws (82) before assembly.

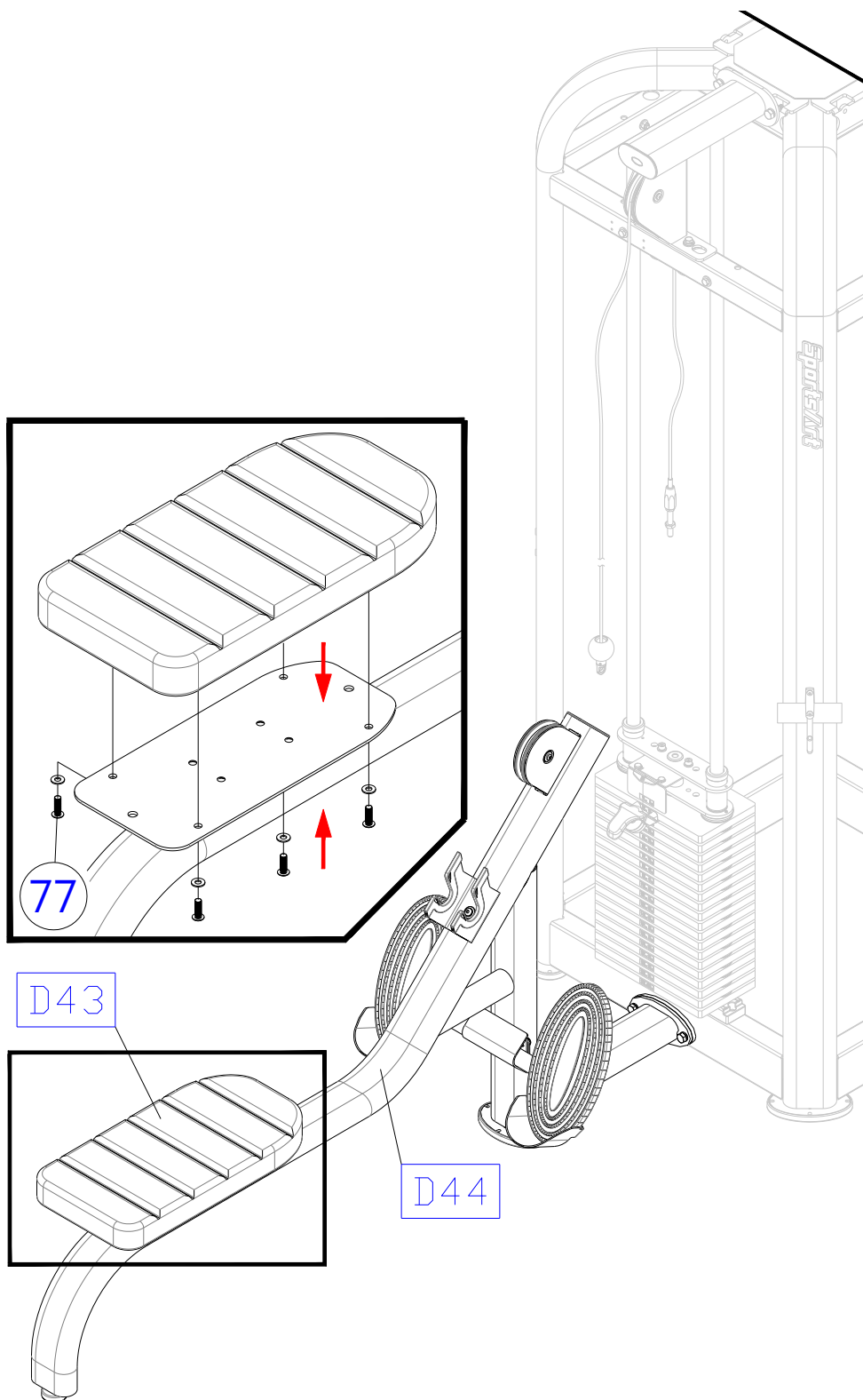
Secure the footrest (D45) to the front of the seat frame (D44) with the screws (82).



STEP 3-4-2 Install the Frame (LR) (Cont.)

*. Remove the screws (77) before assembly.

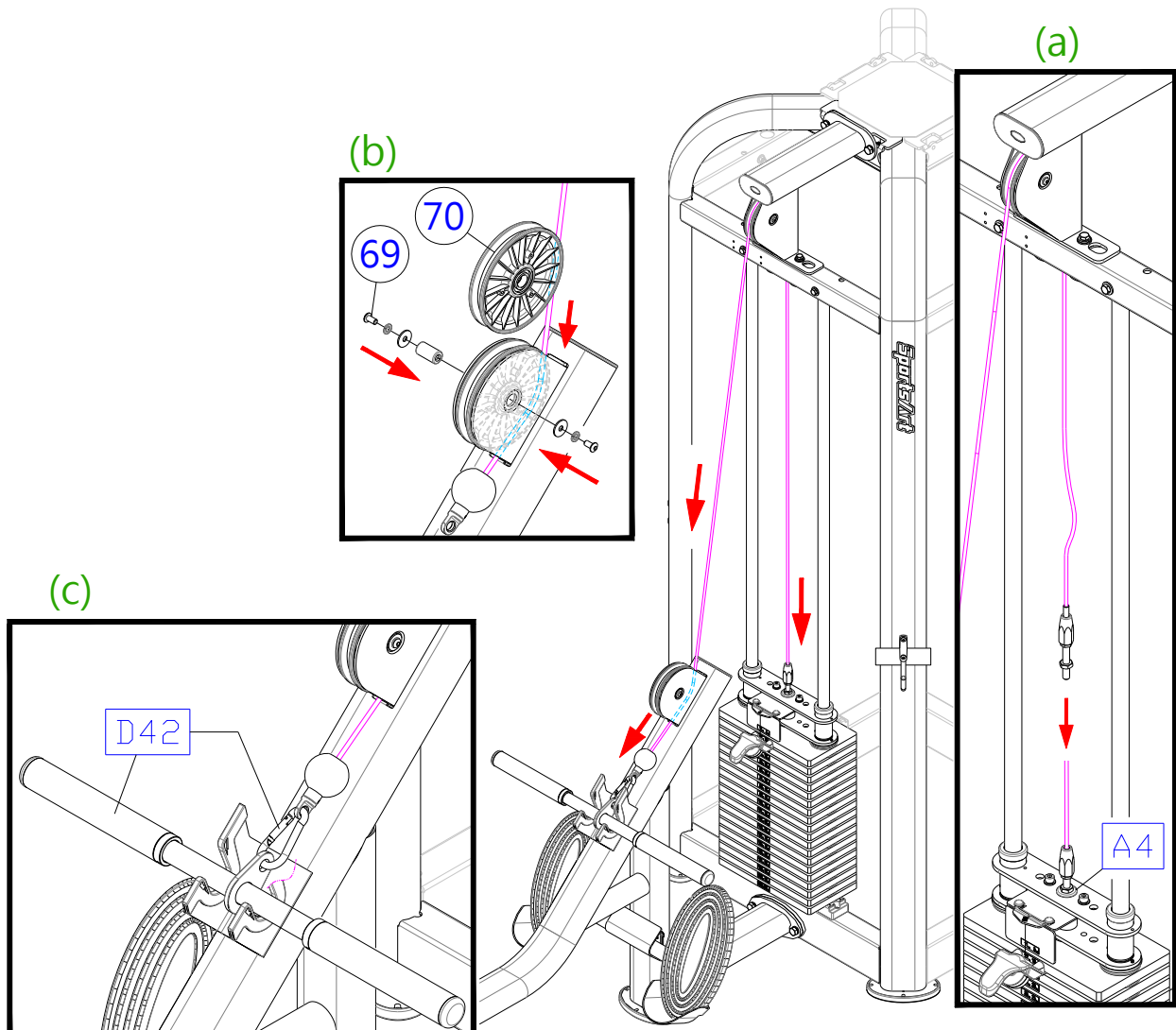
Secure the seat bottom (D43) to the seat frame (D44) with the screws (77).



STEP 3-4-3 Install the Cable (LR)

*. Remove the pulley (70) and the screws (77) before assembly.

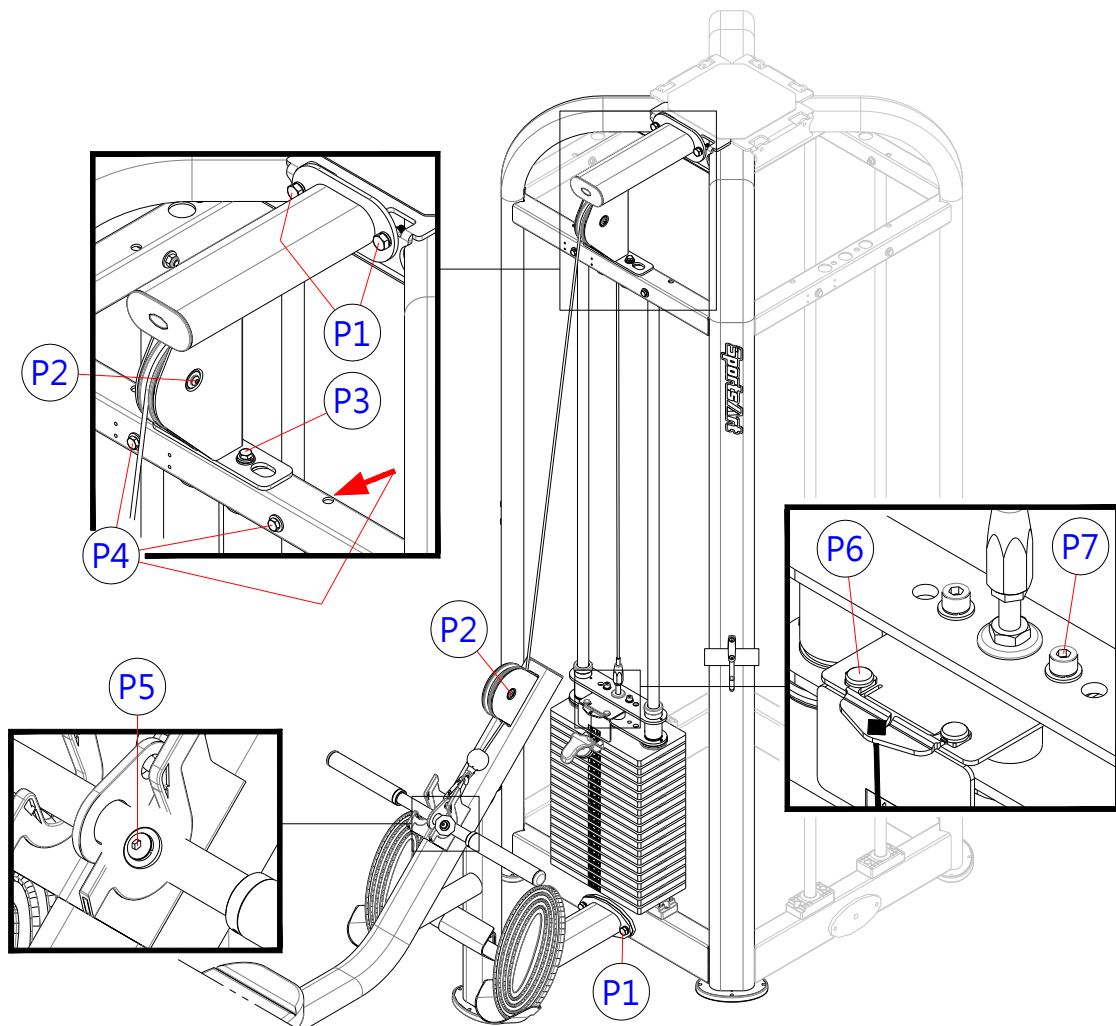
- (a). Insert the cable nut as indicated by the arrows onto the weight stack rod (A4) at least 20mm deep as shown. Refer to Section 4 for cable adjustment.
- (b). Place the cable against the pulley (70), and then secure it between the iron plate with the screws (69).
- (c). Use the carabiner to connect the handlebar (D42).



STEP 3-4-4 Install the Cap Nut (LR)

Install the cap nuts to the corresponding positions according to the following numbers.

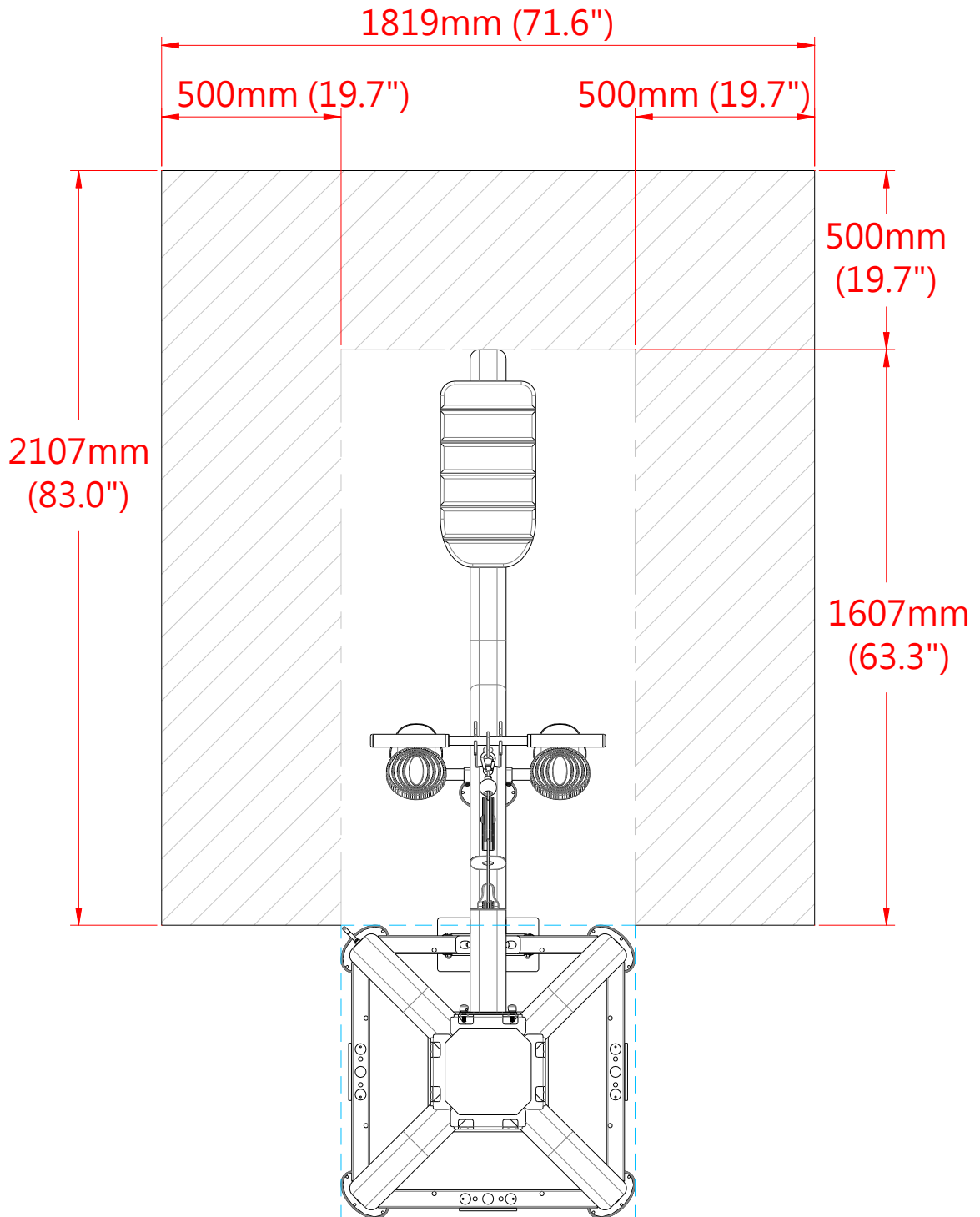
※ The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



<P1*4>	<P2*4>	<P3*4>	<P4*4>	<P5*2>	<P6*2>	<P7*2>
GLA-P030	GBA-P024	GBA-P016	GBA-P017	GBA-P014	GBA-P019	GFA-P137

STEP 3-4-5 Safety Operating Area (LR)

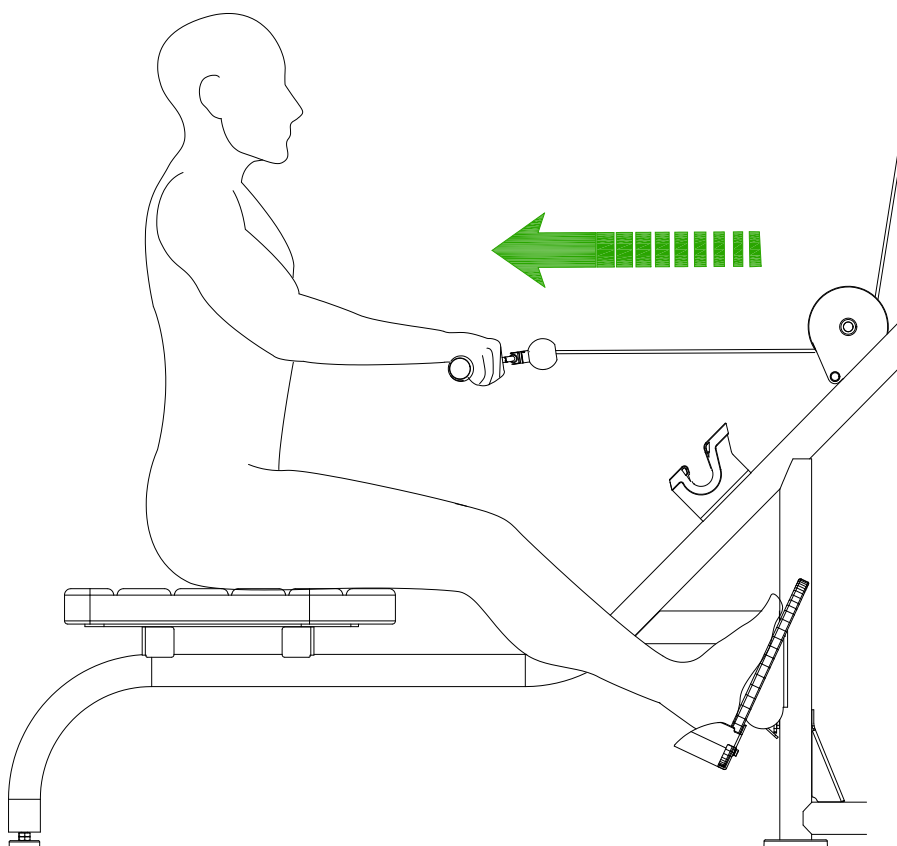
- (a). Safety clearance required is shown below. Do not allow people to be near this area when operating.
- (b). Noise emission under load is higher than without load.
- (c). Over exercise or improper workout position may result in serious injury.



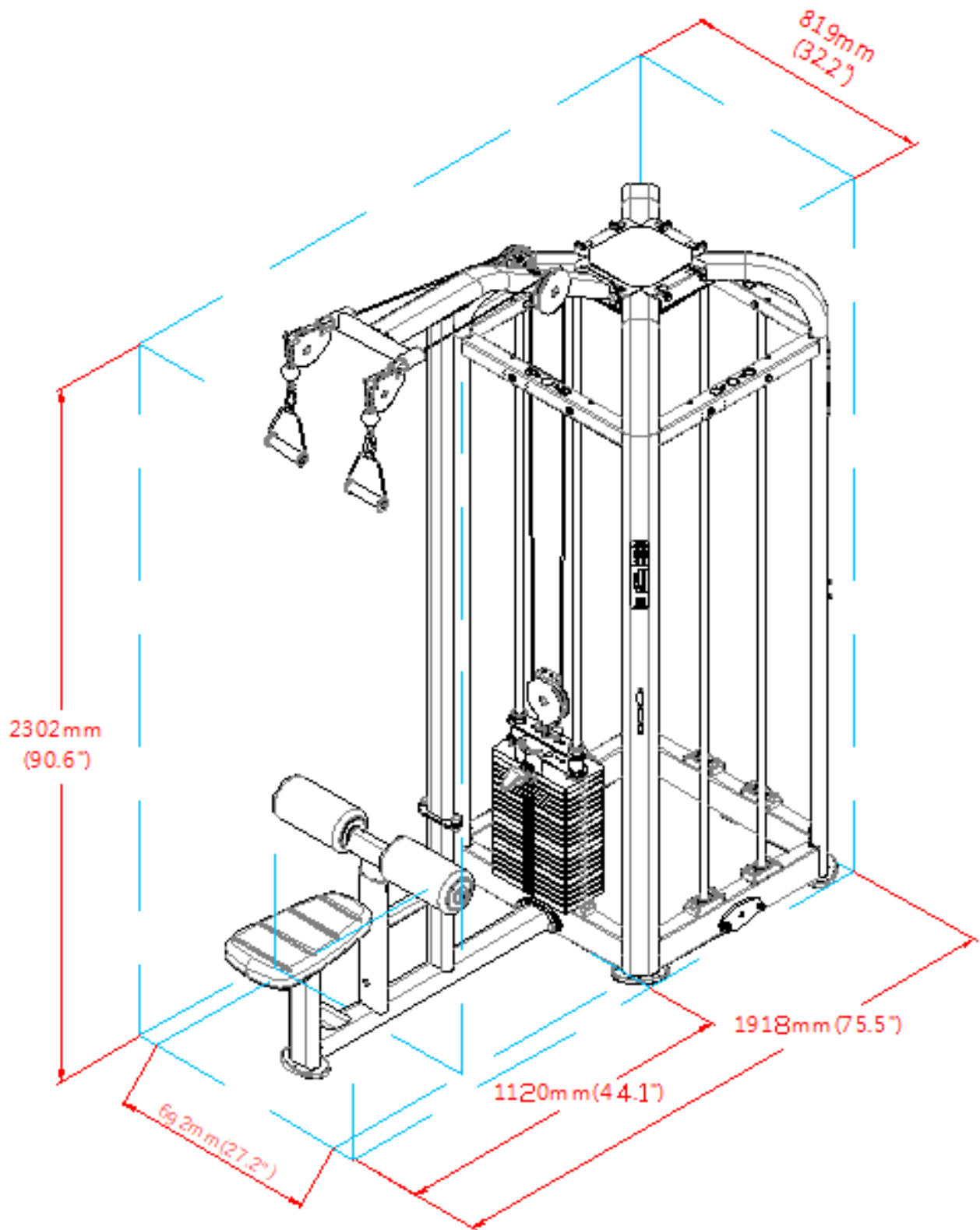
STEP 3-4-6 Exercising Instructions (LR)

- (a). Select the appropriate weight plates according to your recommended exercise level.
 - (b). Operate this machine in appropriate 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.

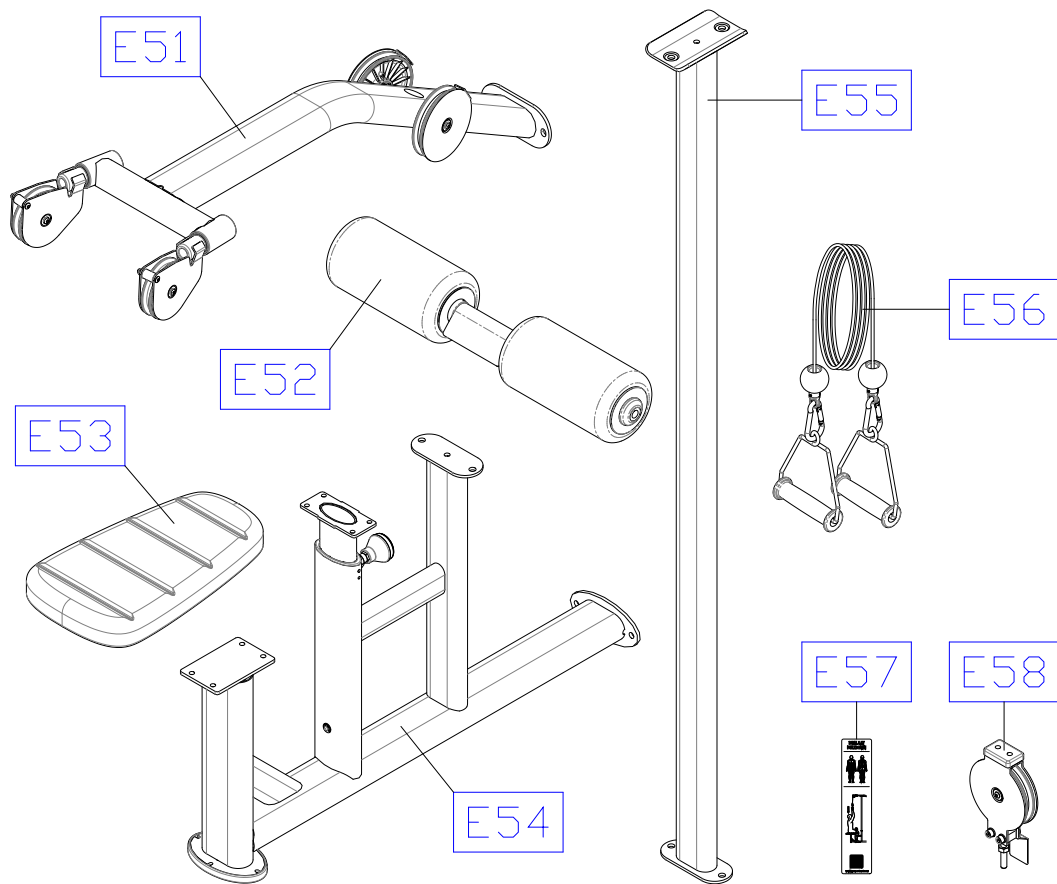
If the cable is slack, refer to the instruction for cable tightness adjustment.



3-5. Dual Lat Pulldown Installation



STEP 3-5-1 LIST OF PARTS (DLPD)



Box - Dual Lat Pulldown's Parts					
No.	Name	Qty.	No.	Name	Qty
E51	Upper frame	1	E55	Mast	1
E52	Cylindrical cushion	1	E56	Cable	1
E53	Seat bottom	1	E57	Label	1
E54	Seat frame		E58	Pulley	

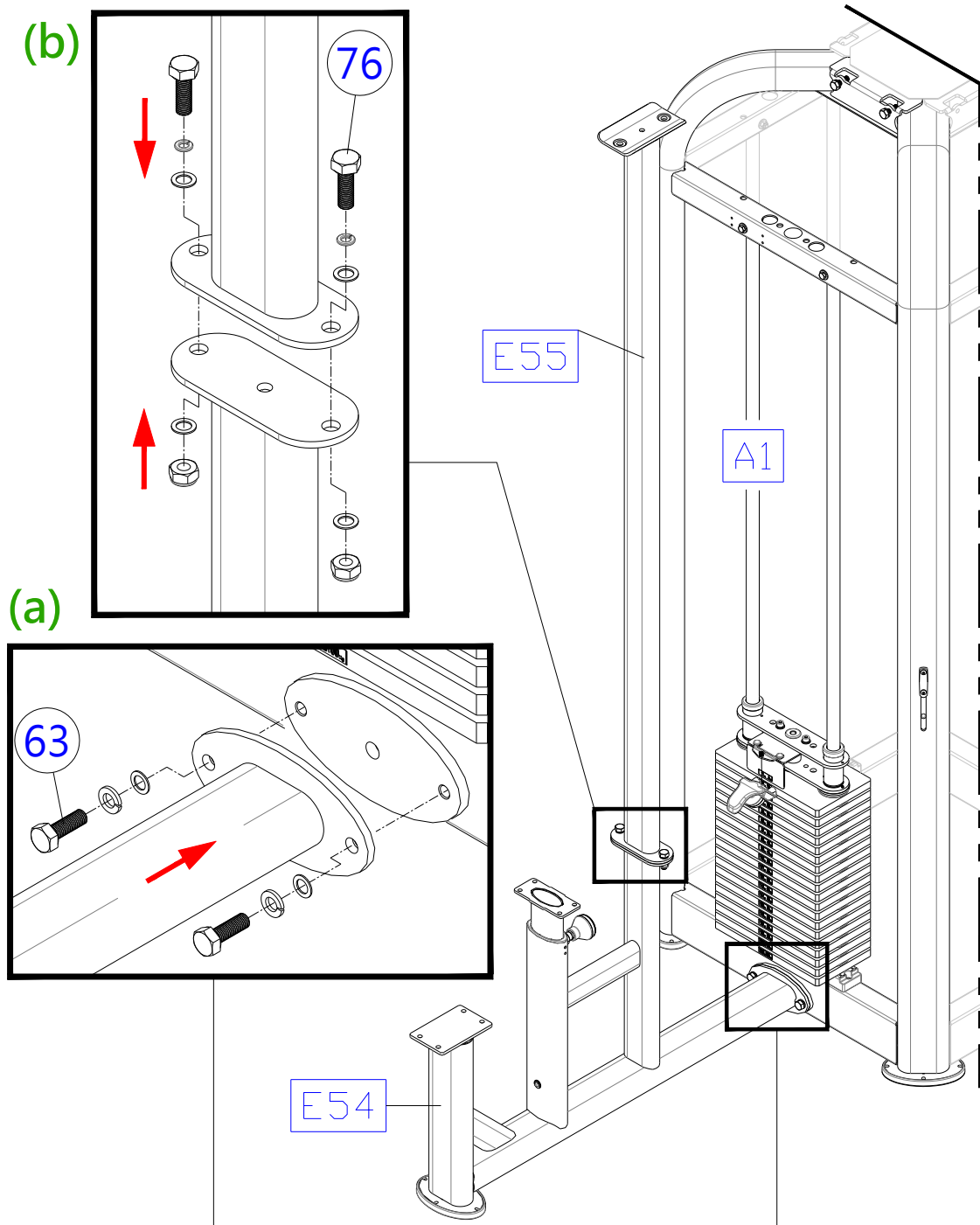
Assembly parts (Including hardware kit)			
※Hardware kit note T ; Components on the product note M			
Number	Name	Specification	Notes
63	Hex head screw	M10*P1.5*L30	M
	Spring washer	M10	
	Washer	D16*d10.2*t1.0	
76	Hex head screw	M10*P1.5*L30	M
	Spring washer	M10	
	Washer	D21*d10.5*t2	
	Nylon hex lock nut	M10	
86	Mushroom top inner hex screw	M8*P1.25*L25	M

	Washer	D17*d8*t1.5	
87	Seat plate	GHT-P001	M
88	Mushroom top inner hex screw	M8*P1.25*L25	M
	Washer	D17*d8*t1.5	
	Nylon hex lock nut	M8*P1.25	
89	Mushroom top inner hex screw	M8*P1.25*L15	M
	Spring washer	M8*t2.0	
	Washer	D17*d8*t1.5	
90	Rubber ball	GFG-P063A	M
	Stopper terminal casing	GFG-P098	
	Handle Ring	GFG-P097	
	Headless inner hex screws	M4*P0.7*L4	

STEP 3-5-2 Install the Frame (DLPD)

*. Remove the screws (63)(76) before assembly.

- (a). Attach the seat frame (E54) and the core frame (A1) with the screws (63) without tightening them.
- (b). Attach the mast (E55) and the seat frame (E54) with the screws (76) without tightening them.

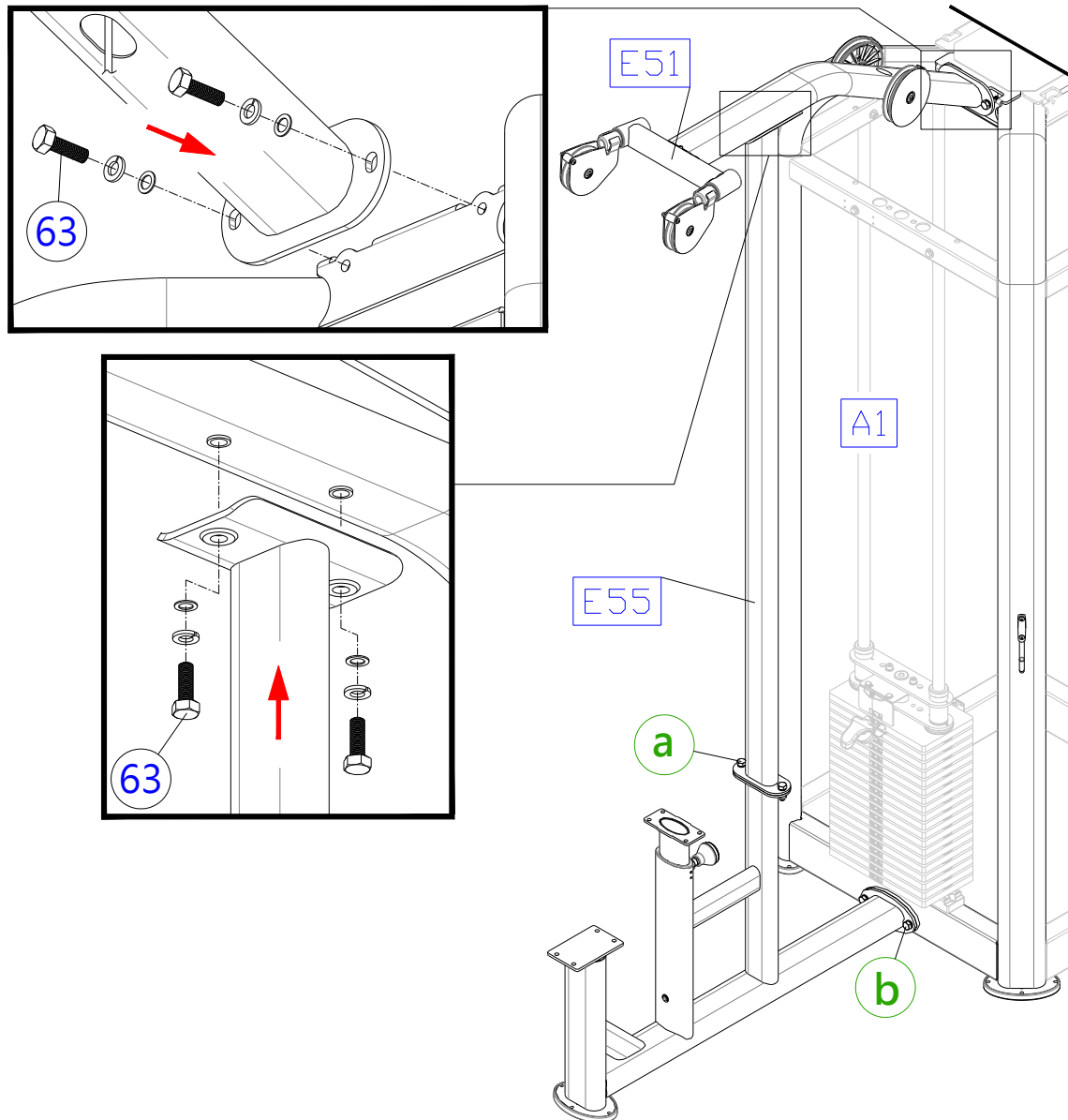


STEP 3-5-2 Install the Frame (DLPD) (Cont.)

*. Remove the screws (63) before assembly.

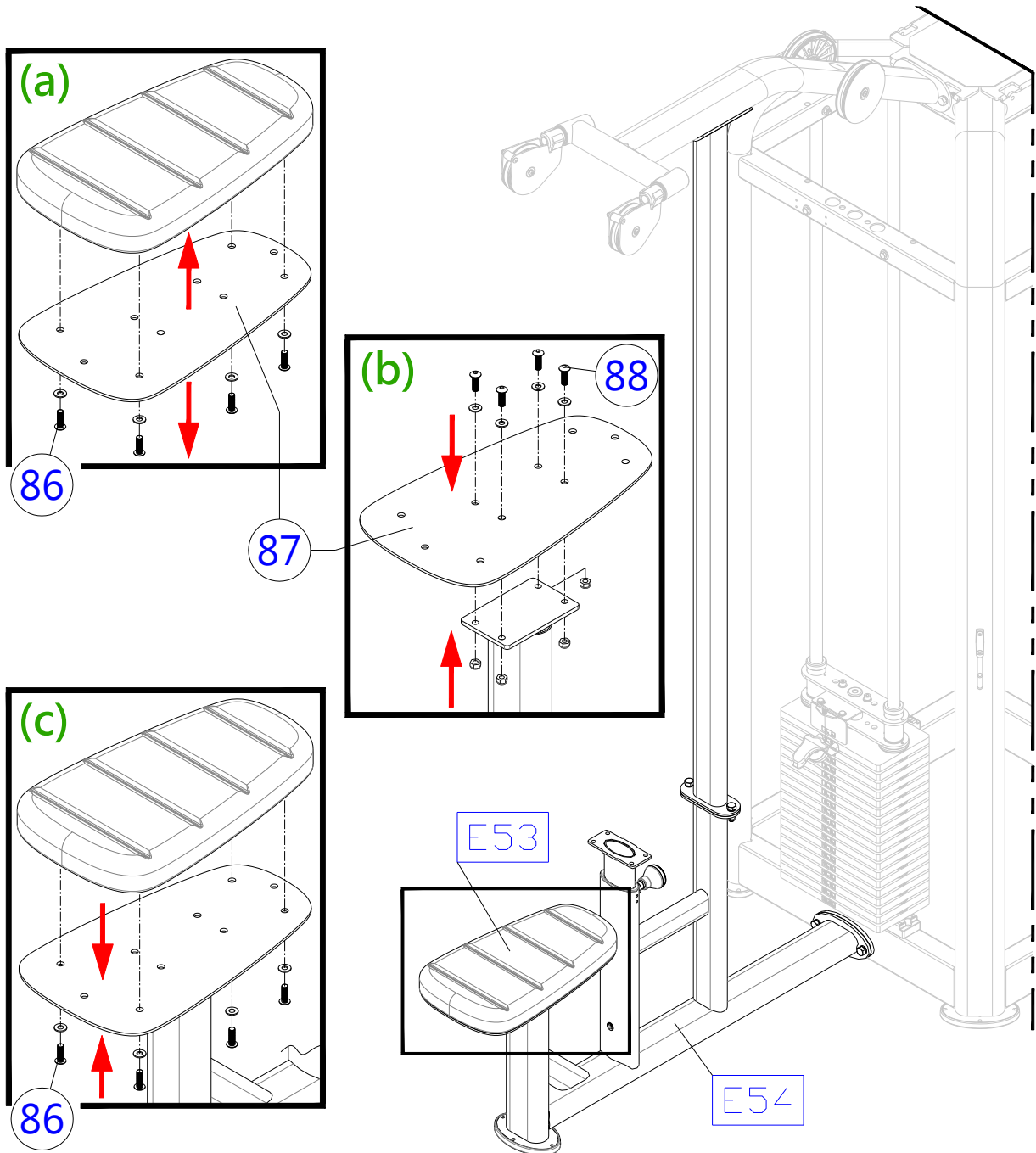
Secure the upper frame (E51) to the mast (E55) and the core frame (A1) with the screws (63).

Tighten the screws as shown in the areas (a) and (b).



STEP 3-5-2 Install the Frame (DLPD) (Cont.)

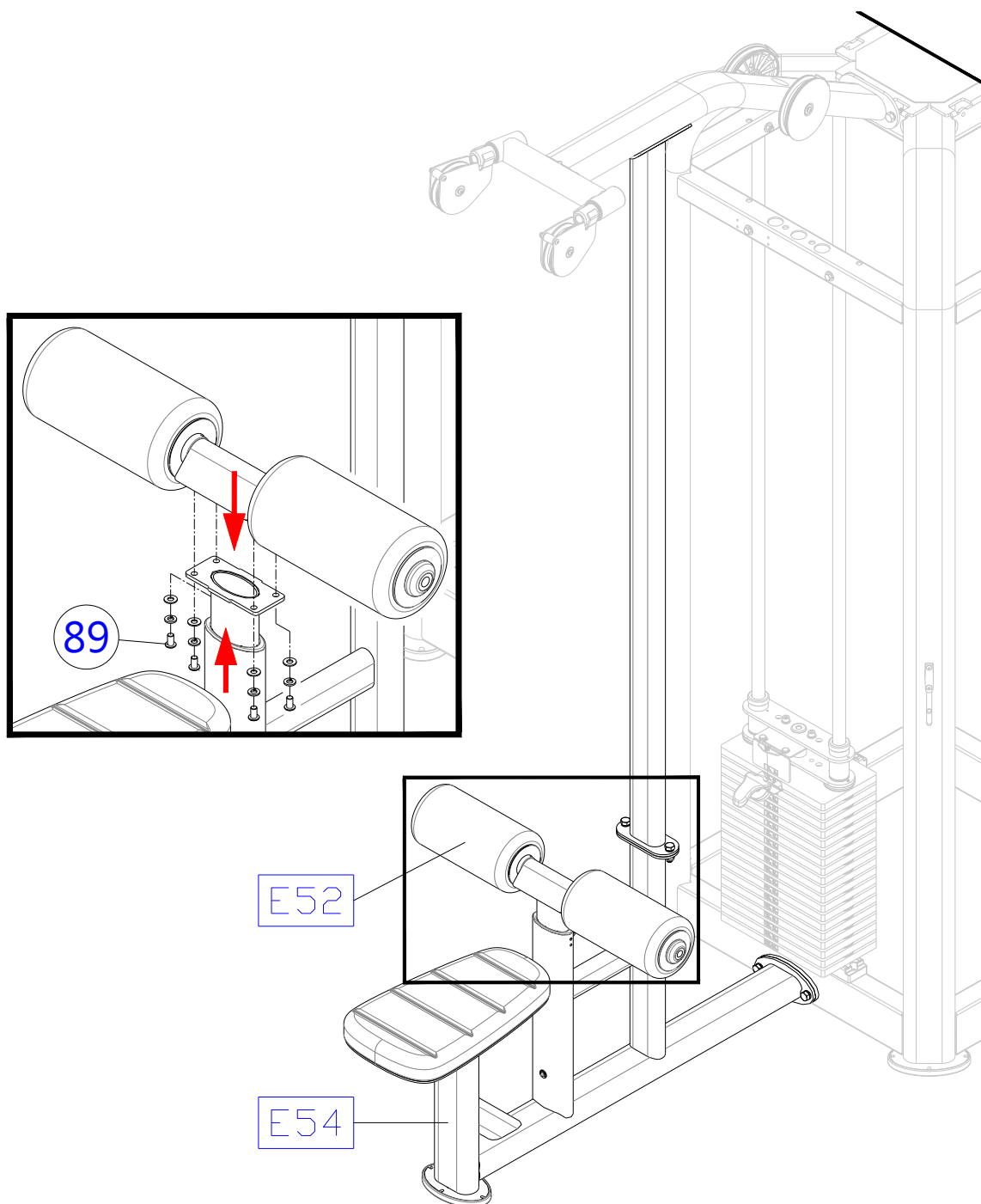
- (a). Remove the screws (86) and disassemble the seat bottom (E53) and the seat plate (87).
- (b). Secure the seat plate (87) to the seat frame (E54) with the screws (88).
- (* . Remove the screws (88) before assembly.)
- (c). And then secure the seat bottom (E53) to the seat plate (87) with the screws (86).



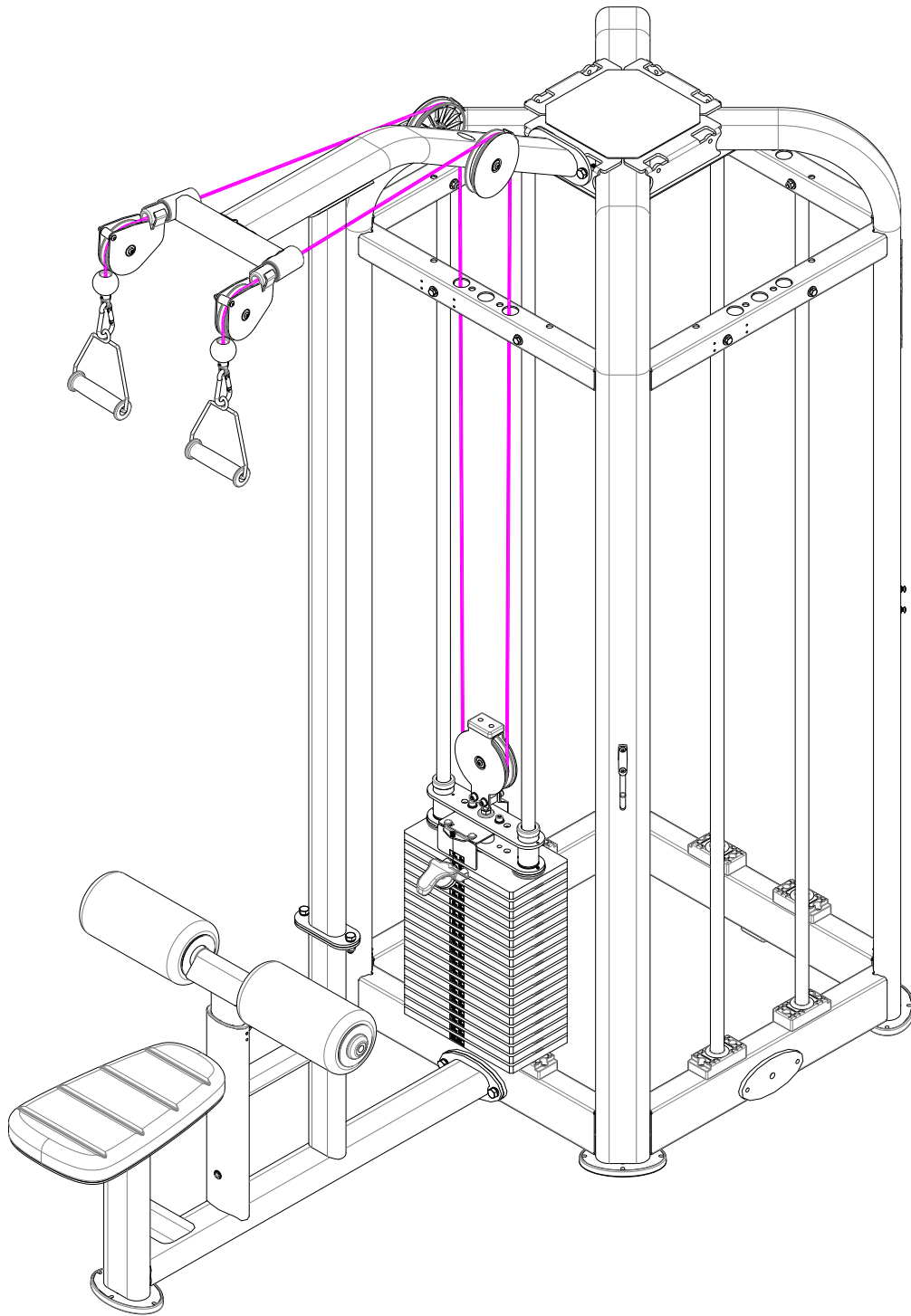
STEP 3-5-2 Install the Frame (DLPD) (Cont.)

*. Remove the screws (89) before assembly.

Secure the cylindrical cushion (E52) to the seat frame (E54) with the screws (89).

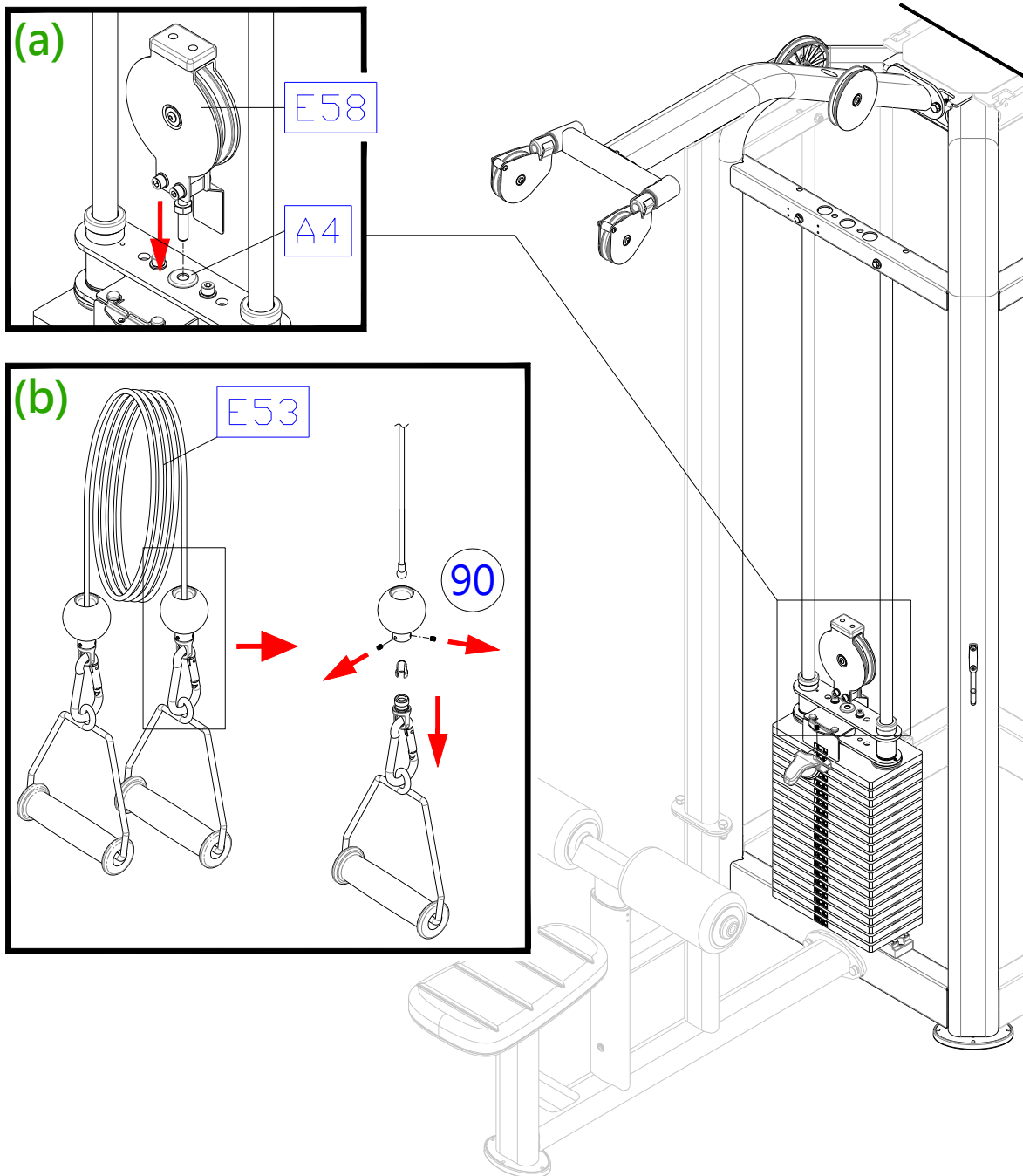


STEP 3-5-3 Install the Cable (DLPD)



STEP 3-5-3 Install the Cable (DLPD) (Cont.)

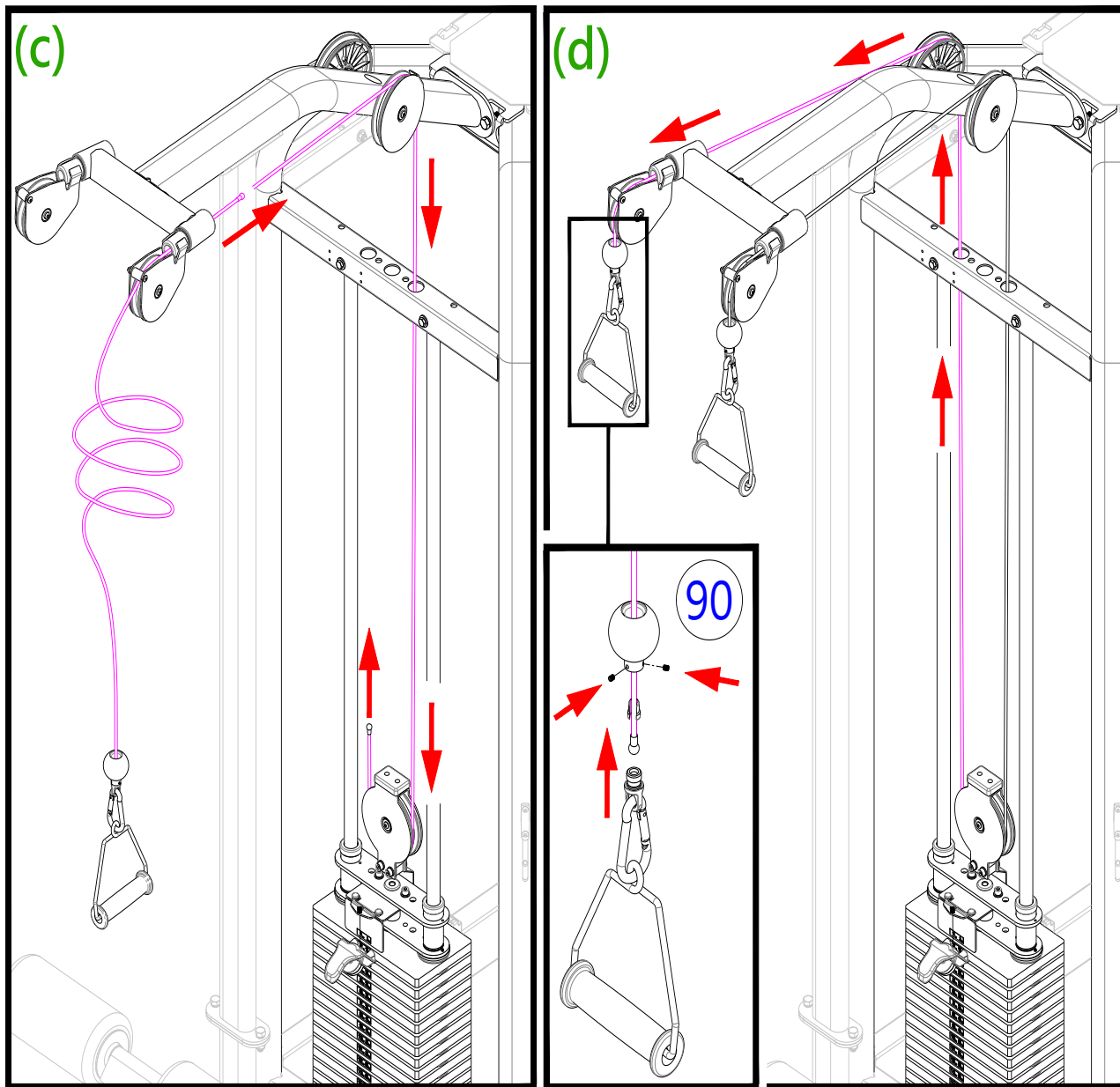
- (a). Insert the nut of the pulley system (E85) as indicated by the arrows onto the weight stack rod (A4) at least 20mm deep as shown.
- (b). Disassemble the rubber ball (90) at the end of the cable (E53).



STEP 3-5-3 Install the Cable (DLPD) (Cont.)

- (c). Thread the cable through the pulleys as indicated by the arrows.
- (d). Thread the cable through the rubber ball and secure it with the screws.

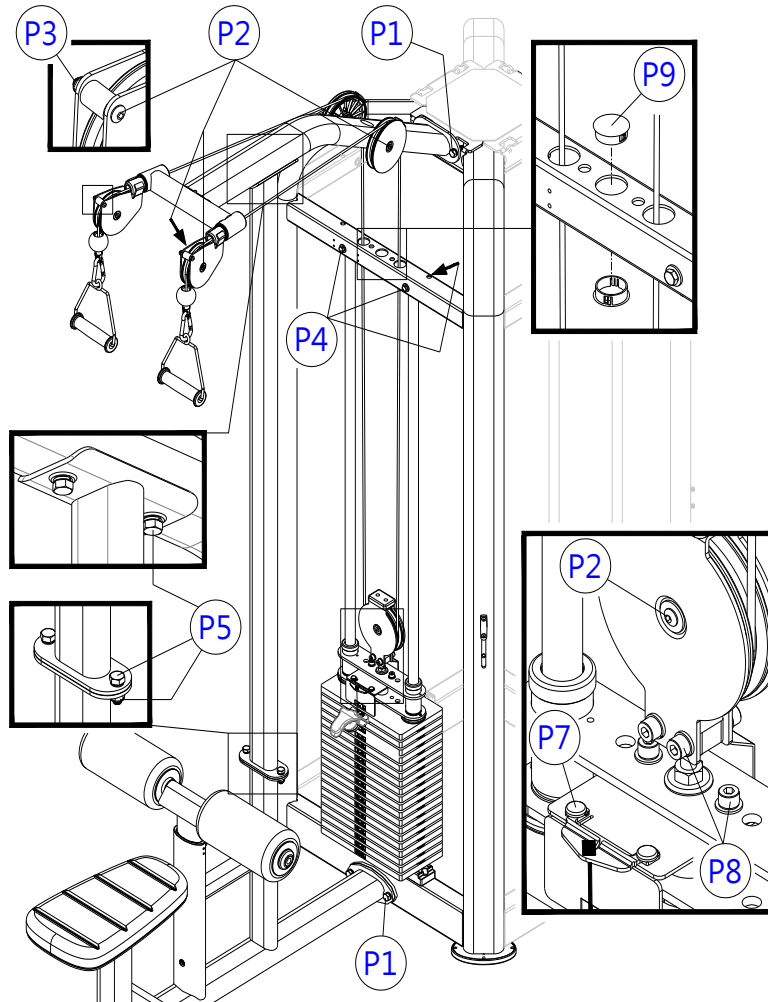
Refer to Section 4 for cable adjustment.



STEP 3-5-4 Install the Cap Nut (DLPD)

Install the cap nuts to the corresponding positions according to the following numbers.

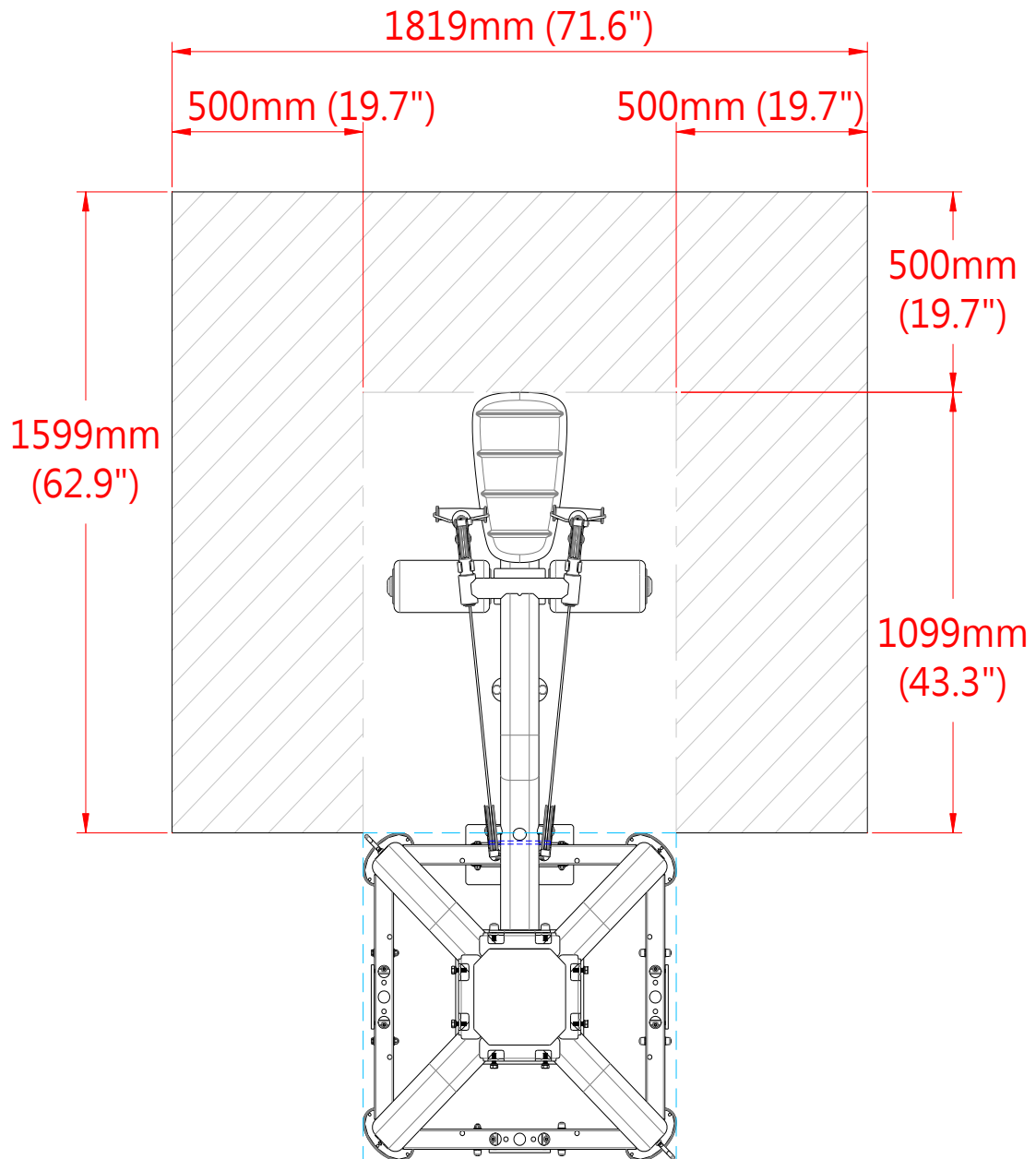
※ The cap nuts in the following table are for reference only. The provided cap nuts will depend upon the needs of the different devices.



<P1*4>	<P2*10>	<P3*2>	<P4*4>	<P5*6>	<P7*2>	<P8*6>	<P9*2>
GLA-P030	GBA-P024	GBA-P018	GBA-P017	GBA-P016	GBA-P019	GFA-P137	HP-30

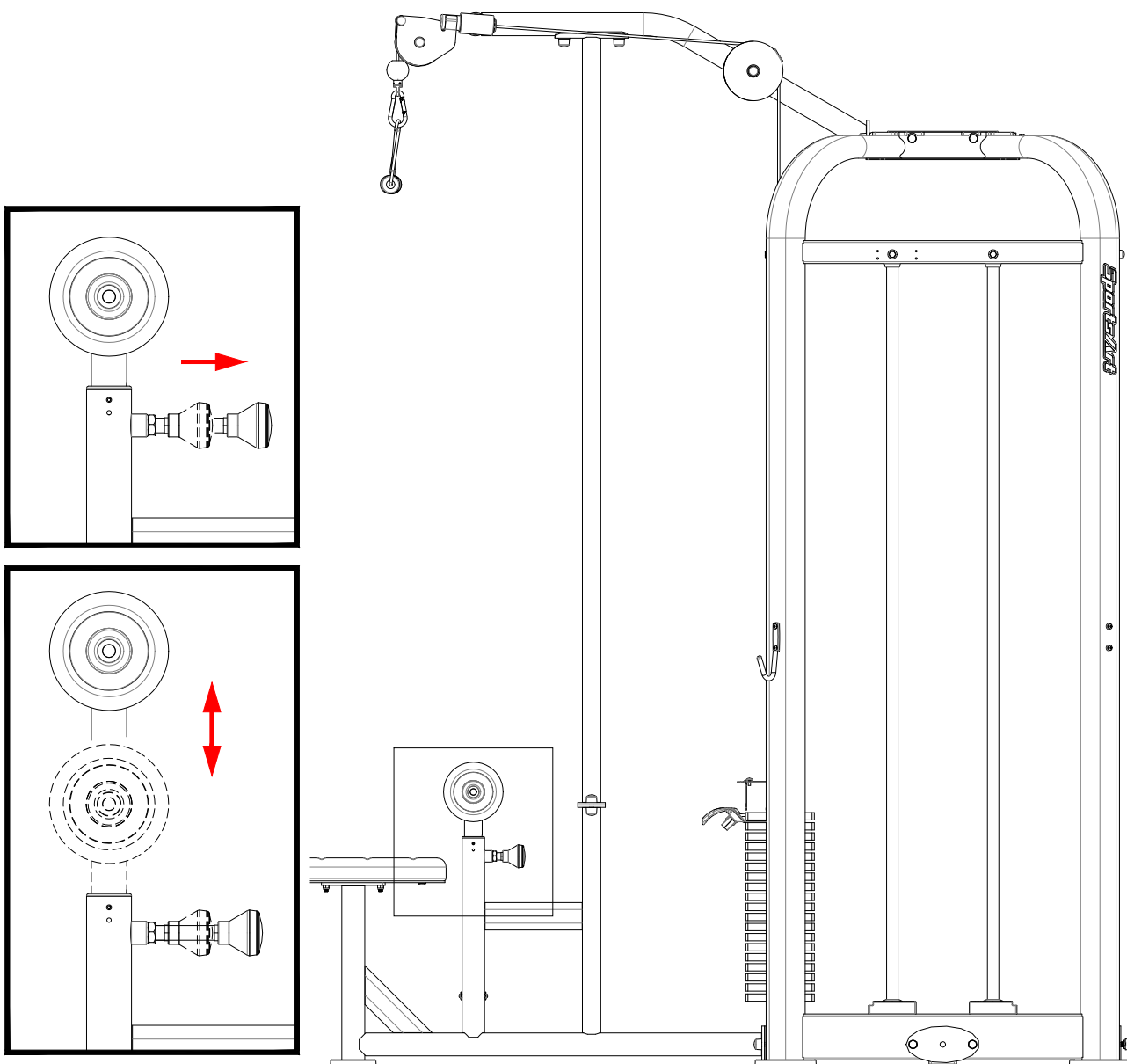
STEP 3-5-5 Safety Operating Area (DLPD)

- (a). Safety clearance required is 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 exercise or improper workout position may result in serious injury.



STEP 3-5-6 Product Adjustment (DLPD)

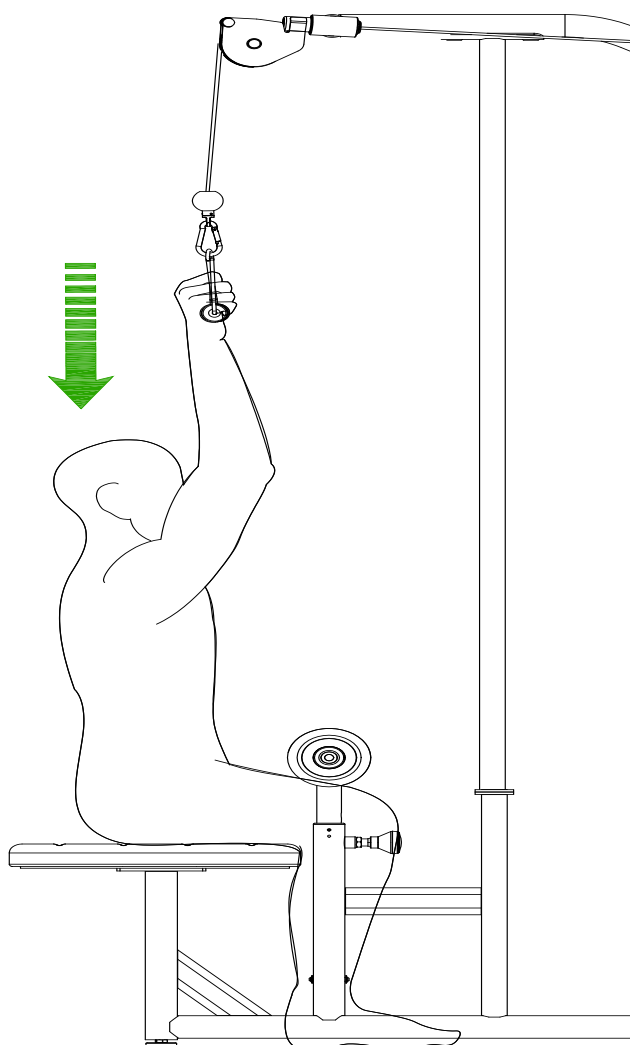
Cylindrical cushion height positioning can be adjusted. Simply, put out the related knob, make the adjustment, and release the knob to secure the desired position.



STEP 3-5-7 Exercising Instructions (DLPD)

- (a). Select the appropriate weight plates according to your recommended exercise level.
 - (b). Operate this machine in appropriate 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.

If the cable is slack, refer to the instruction for cable tightness adjustment.

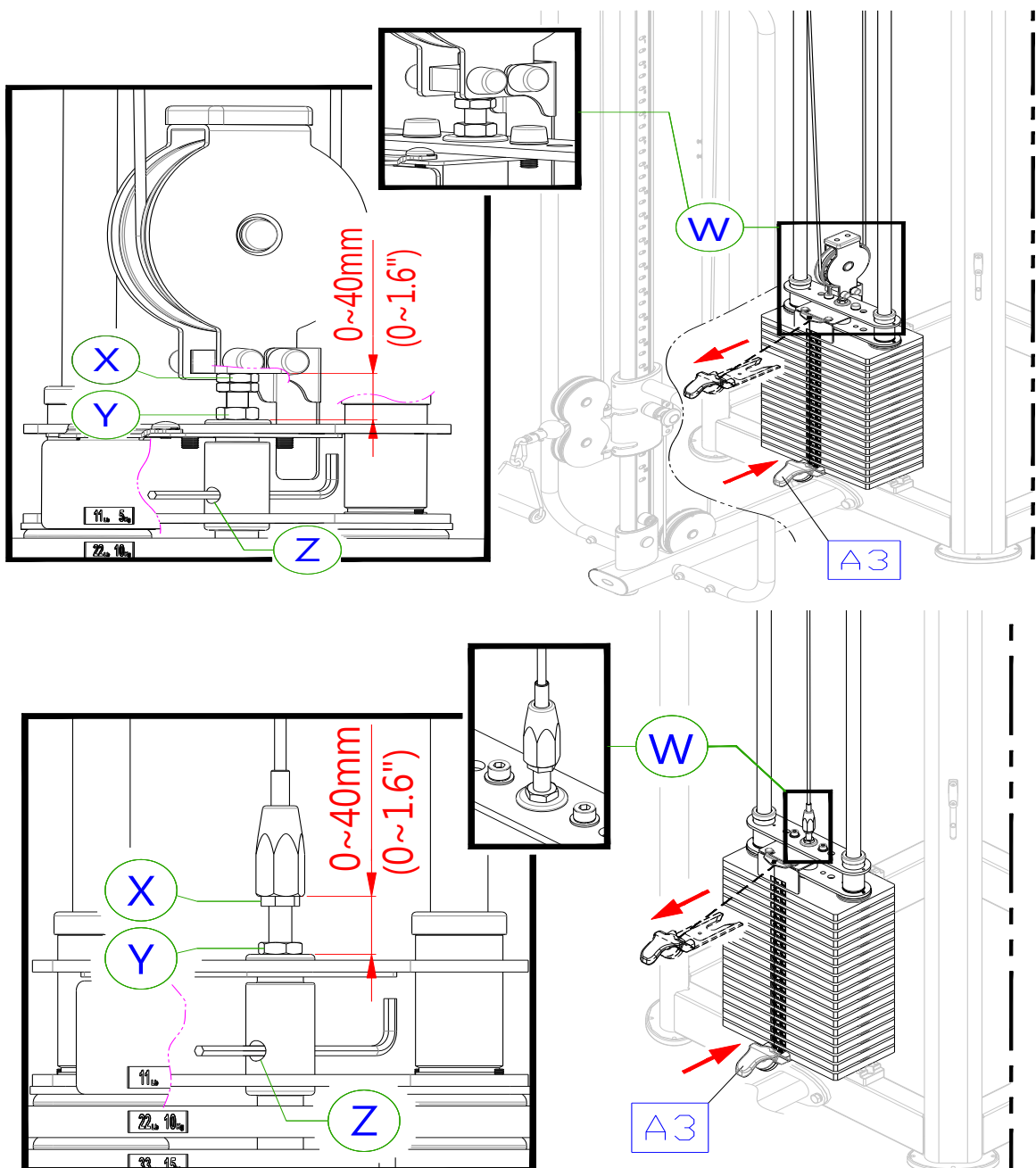


4. CABLE ADJUSTMENT

Insert the stack fork (A3) into the gap under the lowest weight plate, and then adjust the nut at area W 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.

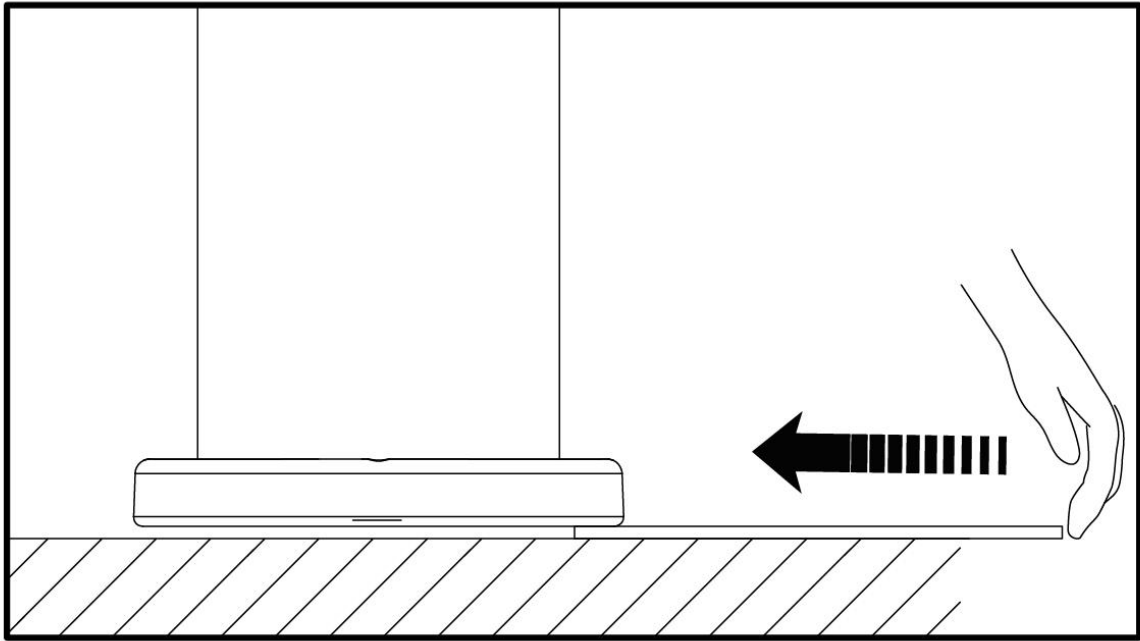
To adjust the cable, insert an open end wrench into (Z) hole and loosen the (Y) nut, and then adjust the (X) nut. If the cable is too long, adjust the (X) nut downward. If too short, adjust the (X) nut upward. After adjusting the (X) nut, tighten the (Y) nut against the weight stack to secure this position.



5. LEVEL THE PRODUCT

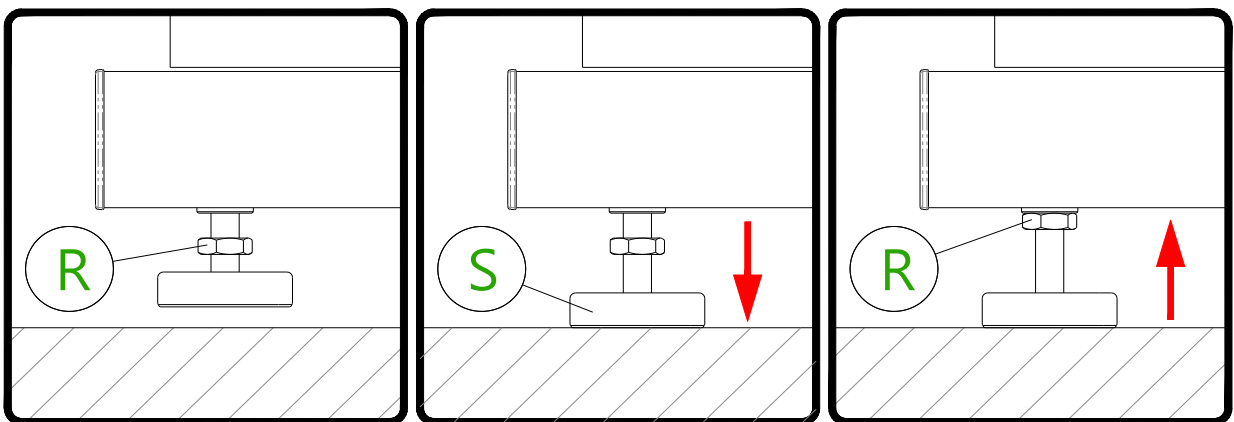
- ※ If the product is installed on an uneven surface to cause the instability of the product, place the support spacer under the foot pad to make sure its stability.
(A few support spacers are provided in the packaging of this product.)

A



B

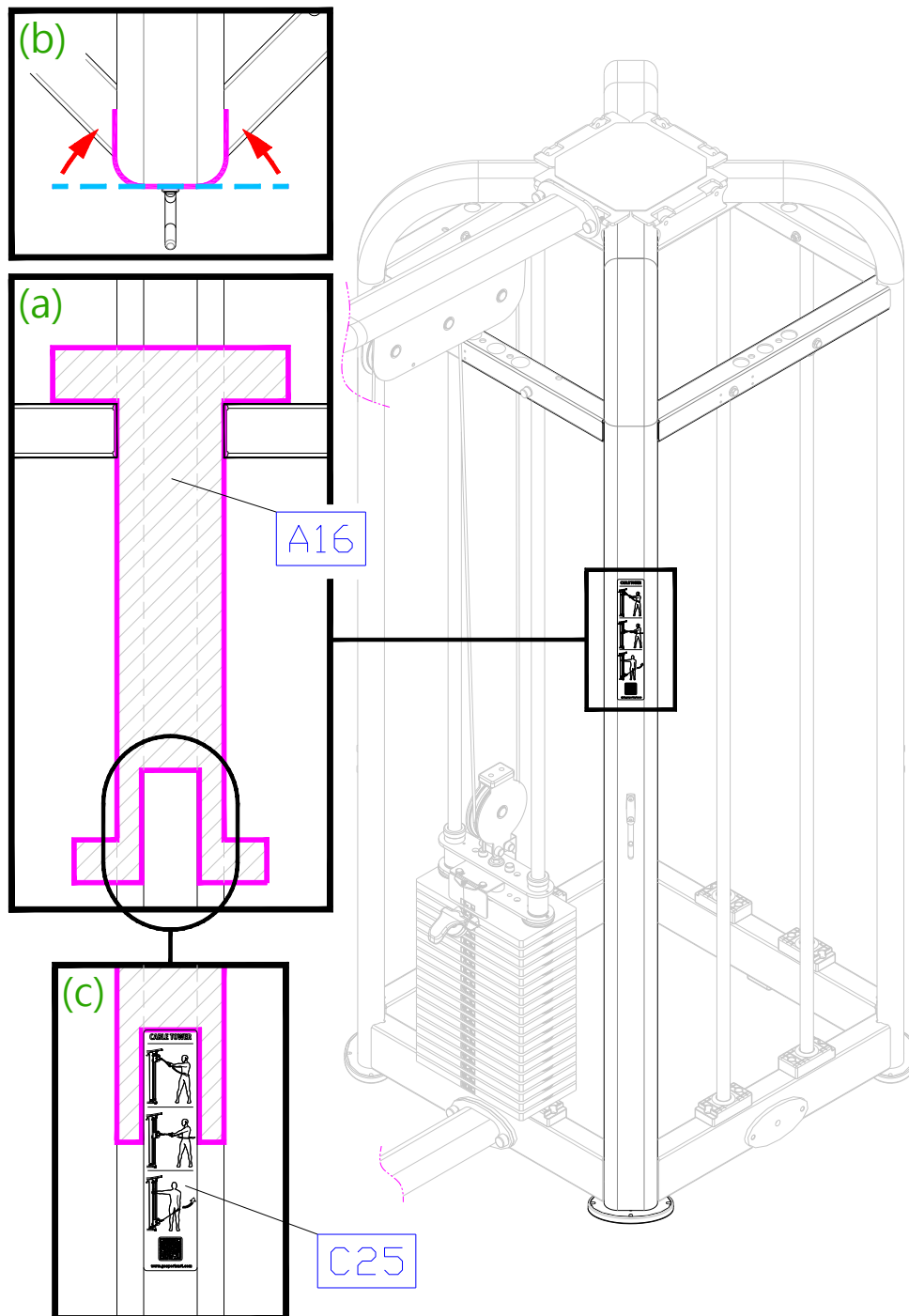
Loosen the leveler nuts (R) and adjust the leveler feet (S) downward until the product is level and does not rock. Secure the leveler nuts (R) against the frame of the product to secure it in this position.



6. APPLY THE LABEL

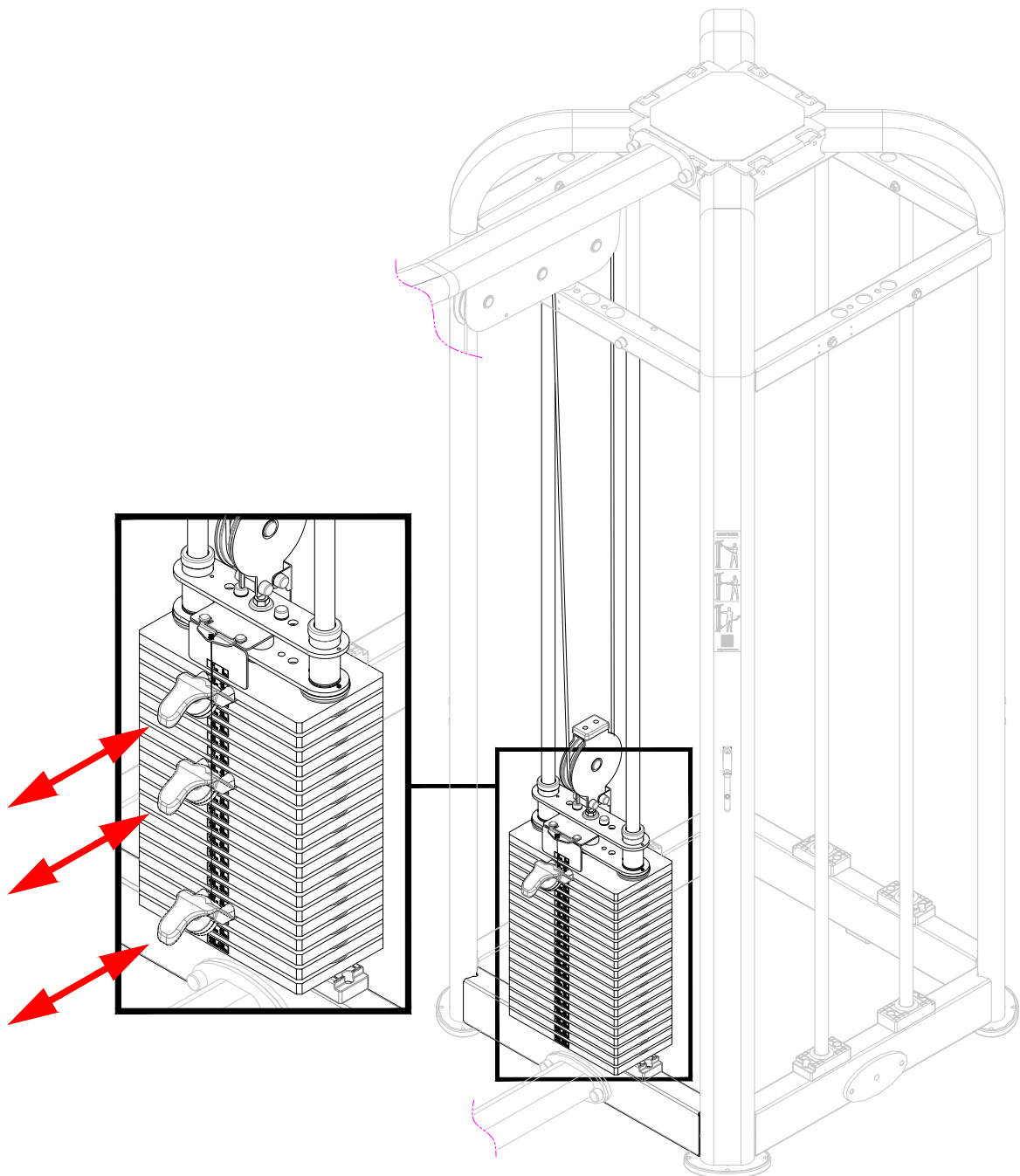
Follow the steps (a) ~ (c) to apply the label.

- (a). Place the alignment card (A16) on the upper edge of the upright frame.
- (b). Fold two sides of the top and bottom of the alignment card (A16) to hook the upright frame.
- (c). Apply the label (B25) in the notch of the alignment card (A16), and then remove the alignment card (A16).



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 is not near the equipment when testing.



8. UNIT INSPECTION

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.)

9. MAINTENANCE

MAINTENANCE Safety Precautions

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

cleaning requirements

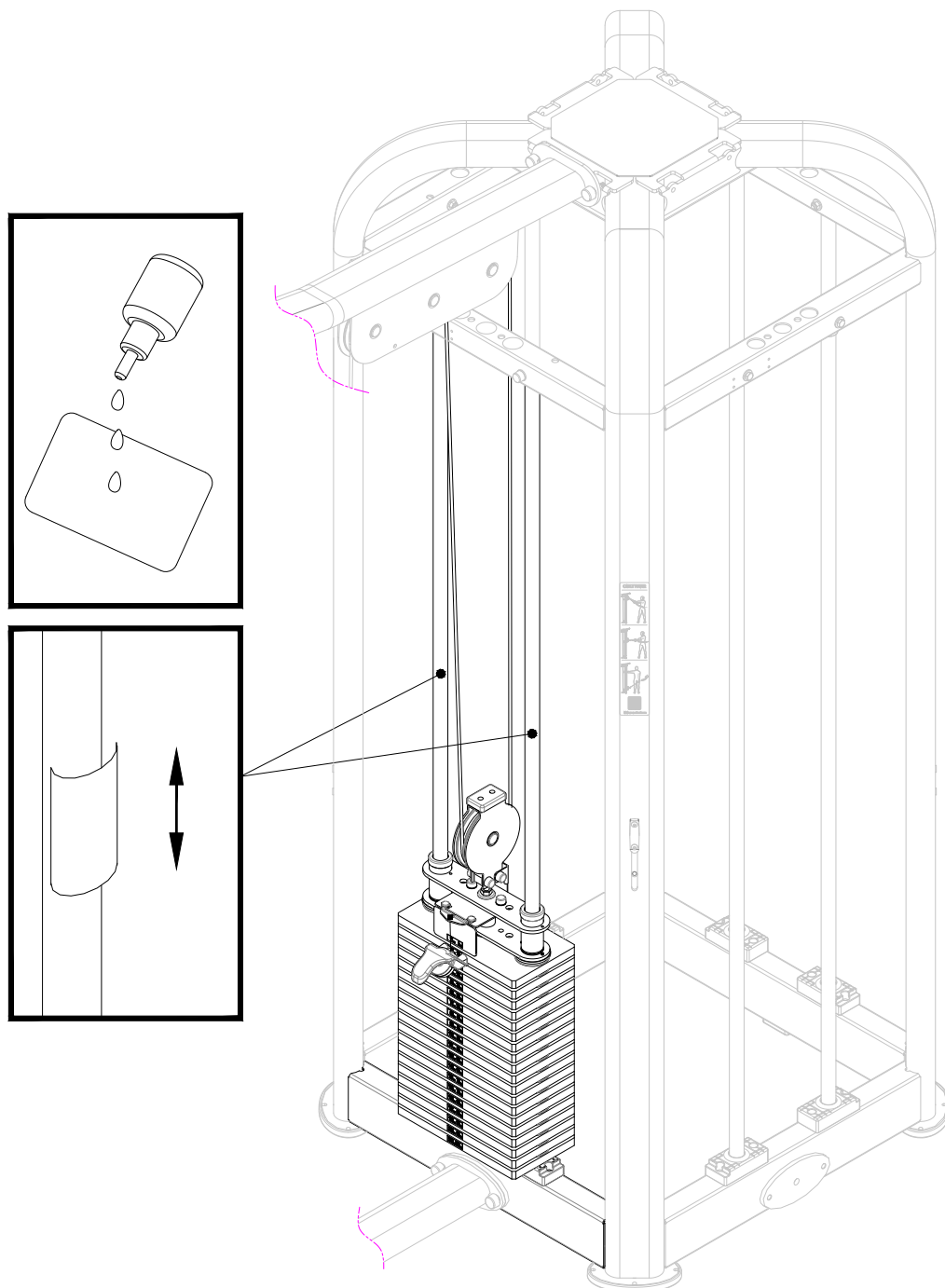
- The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).
- It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

If the product is installed on an uneven surface to cause the instability of the product, place the support spacer under the foot pad to ensure its stability.

(A few support spacers are provided in the packaging of this product.)

MAINTENANCE Guide Rod Cleaning and Lubricating

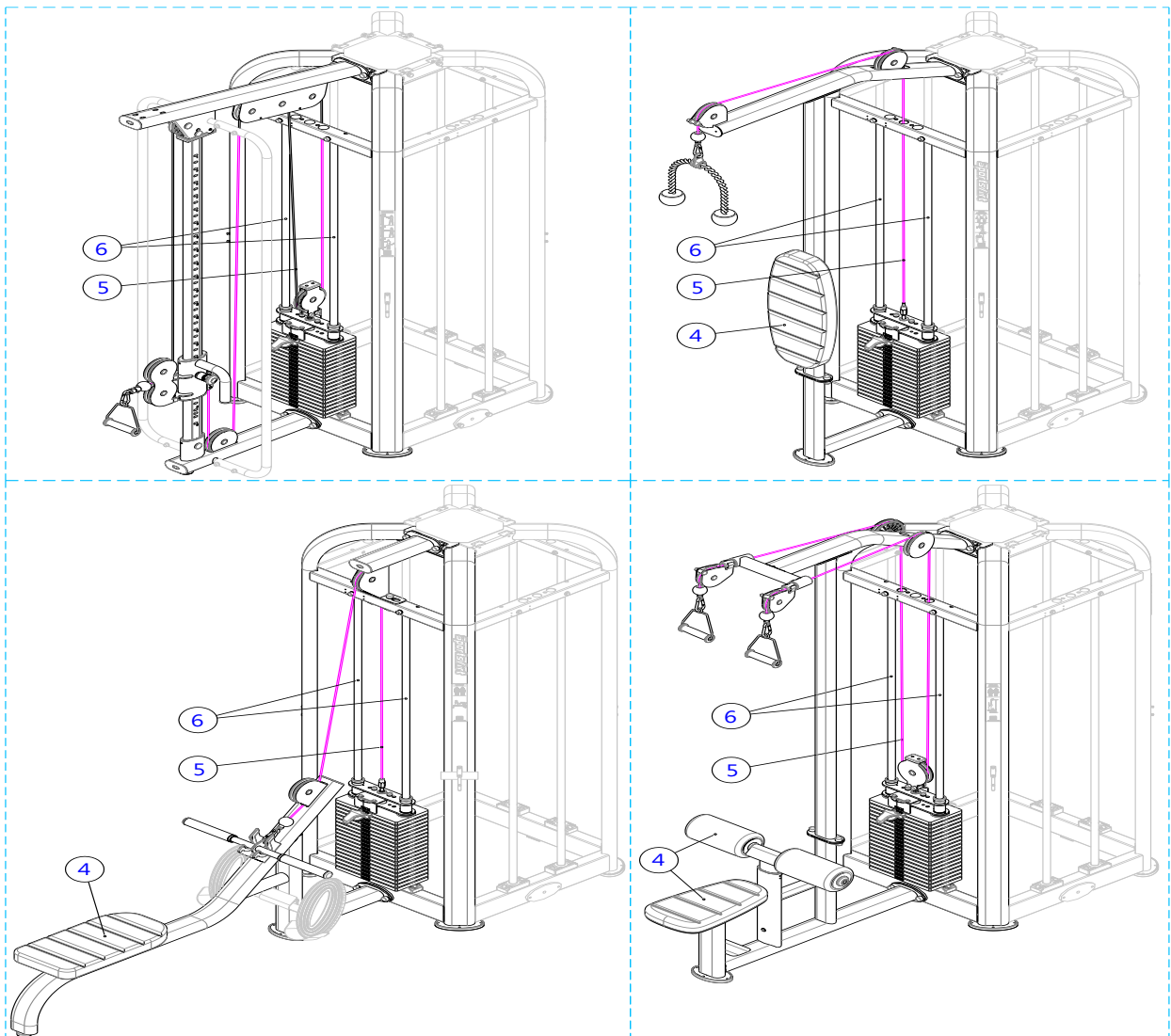
1. Apply lubricant to the guide rods every week. Procedure:
 - (a). Put some lubricant on a clean, lint-free cloth. Rub the lubricated cloth on the guide rods.
 - (b). Load the upper stack carriage set. Exercise to test operation.
 - (c). Repeat steps (a) and (b) 2-3 times. (Note: the cloth should be 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 Maintenance Checklist

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

Maintenance Checklist							
Item		Daily	Weekly	Monthly	Seasonally	Yearly	Remarks
1	Exterior	●					Clean.
2	Screws	●					Inspect for looseness and secure if necessary.
3	Test	●					Check for proper equipment operation.
4	Cushions/ Backrest / Seat bottom	●					Use damped cloth to clean.
5	Cable		●				Check for damage or wear. Replace it if necessary.
6	Guide Rod		●				Clean and lubricate.



MAINTENANCE Maintenance Log

Facility: _____ Supervisor: _____

Product model number: _____ Serial number: _____

Start date: _____ End date: _____

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

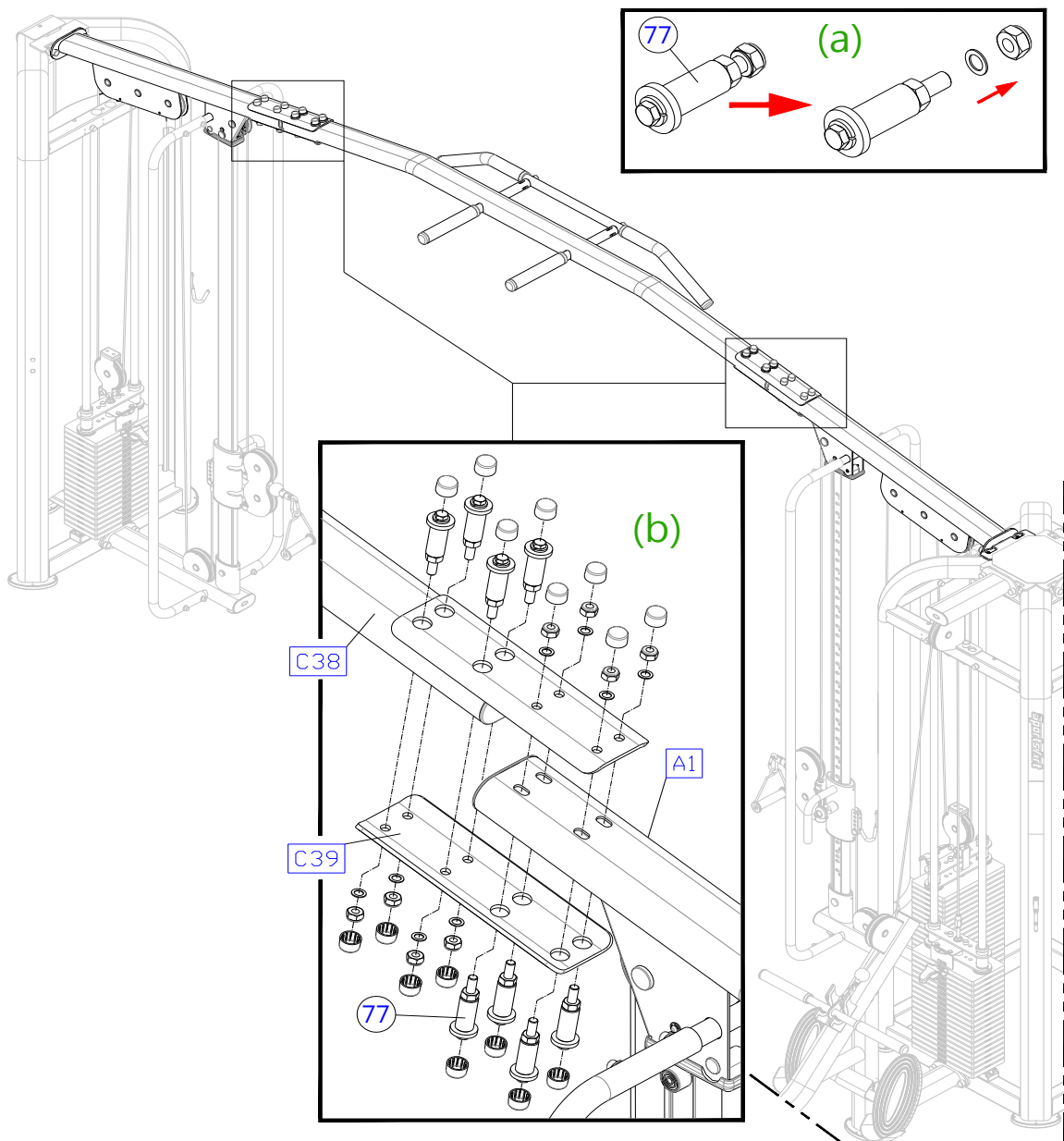
Notes: _____

10. ACCESSORIES

ACCESSORIES Install the Options for the Multi-station

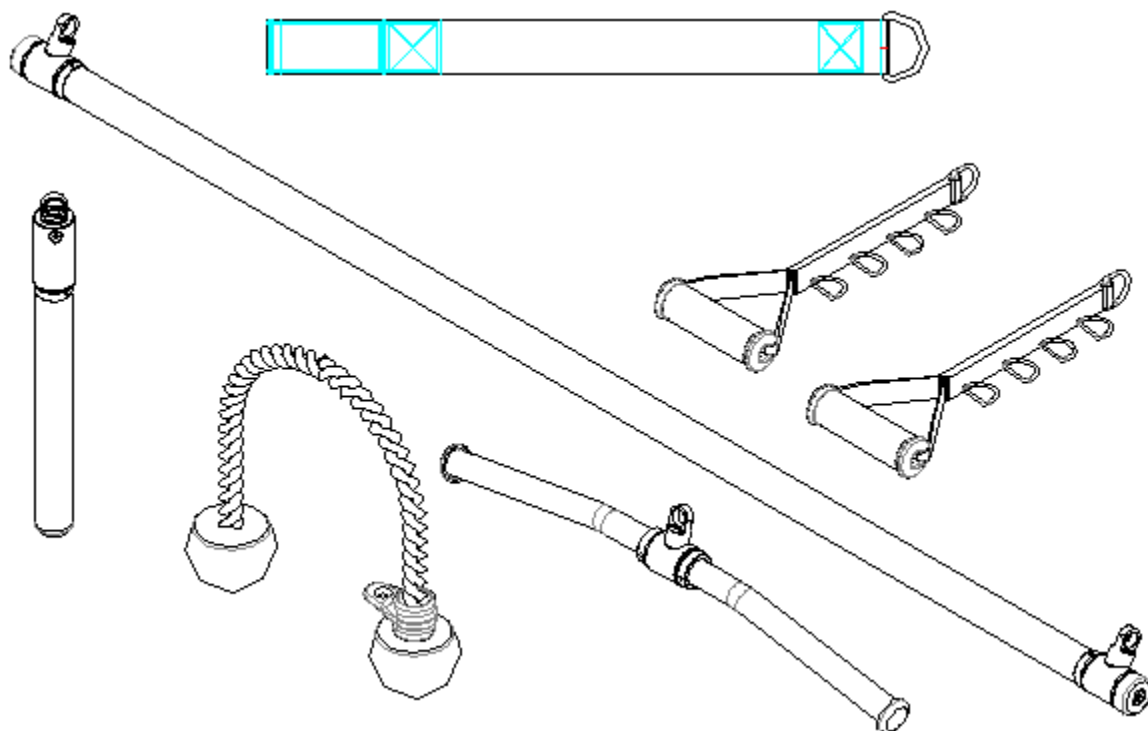
Please follow the instructions (a) through (b) below to assemble Selectorized Multi-station machine.

- (a). Please remove the nut and washer from screws (77). (DO NOT remove the bushing.)
- (b). Place the connecting pole (C38) on the top of two weight stack frame (A1) horizontally and align the mounting holes to secure the connecting bracket (C39) with screws (77). (Note: When assemble the connecting brackets, please make sure the direction of the mounting holes as shown.)



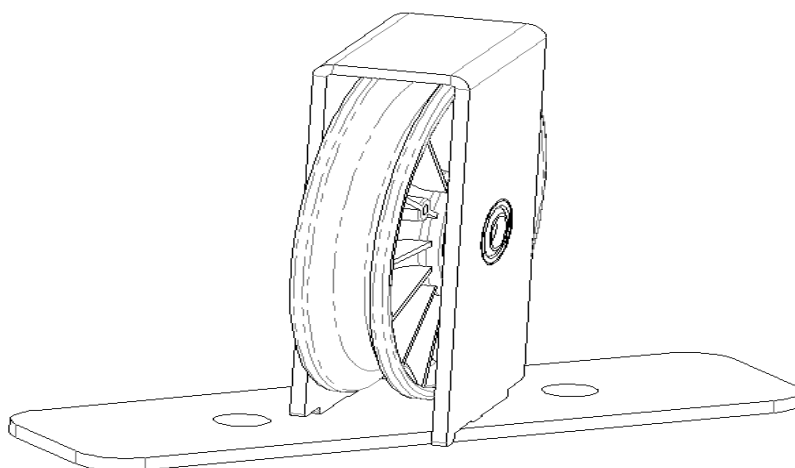
ACCESSORIES Handle

There are several handles available. Contact a customer service if necessary.



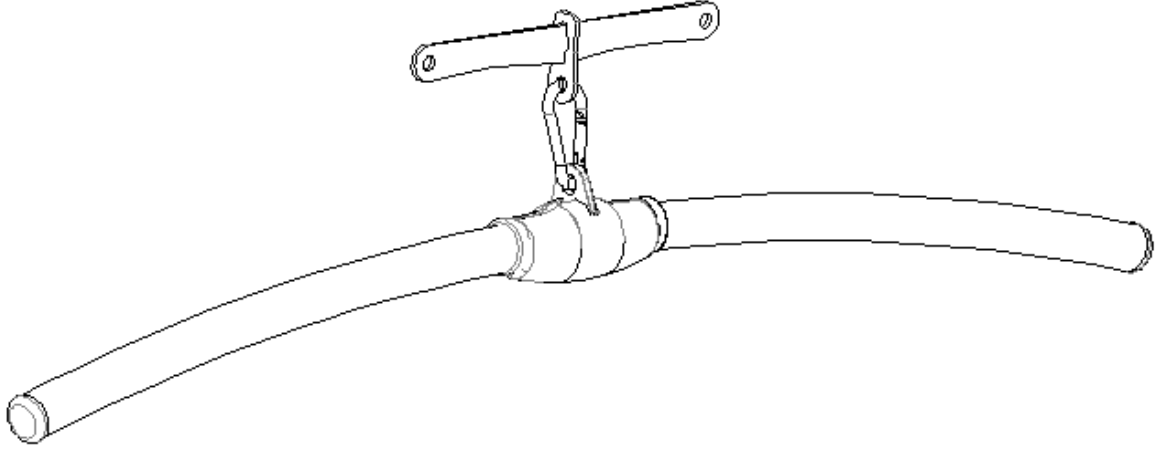
ACCESSORIES Optional Cable Ratio for the Cable Tower

There are optional cable ratios available for the cable tower. The ratio of resistance to weight stack for a standard configuration is 1:2. It can be shifted to 1:4.



ACCESSORIES Connecting part for the Dual Lat Pulldown

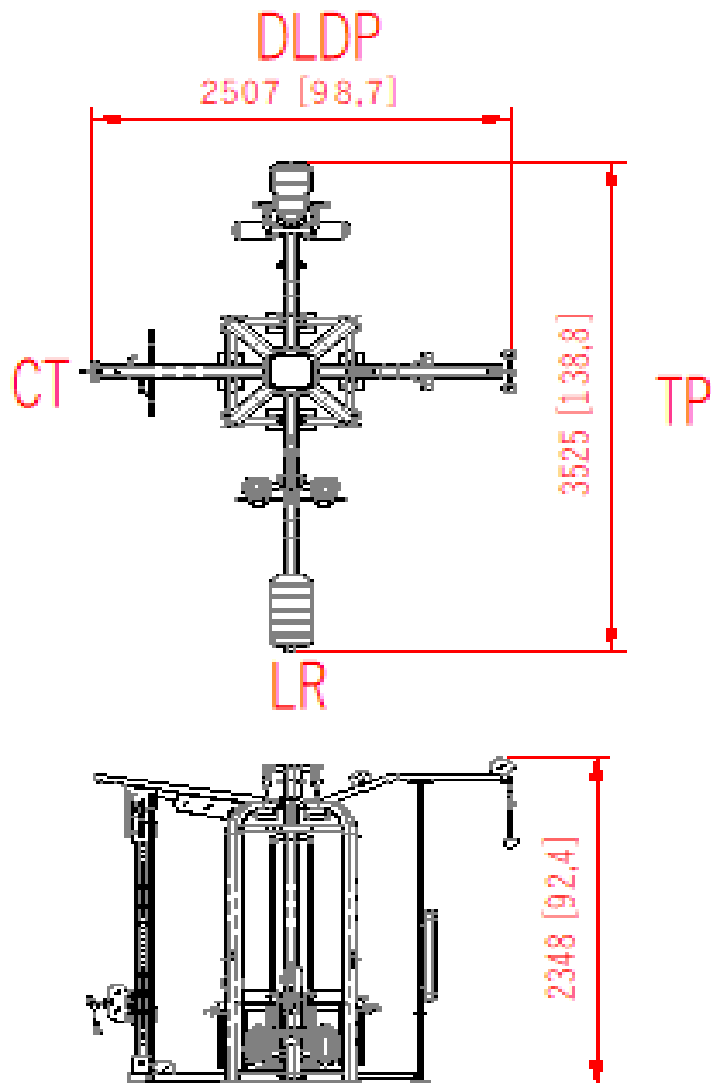
There is a connecting part available for the dual lat pulldown. It can become a lat pulldown with connecting to a handlebar.



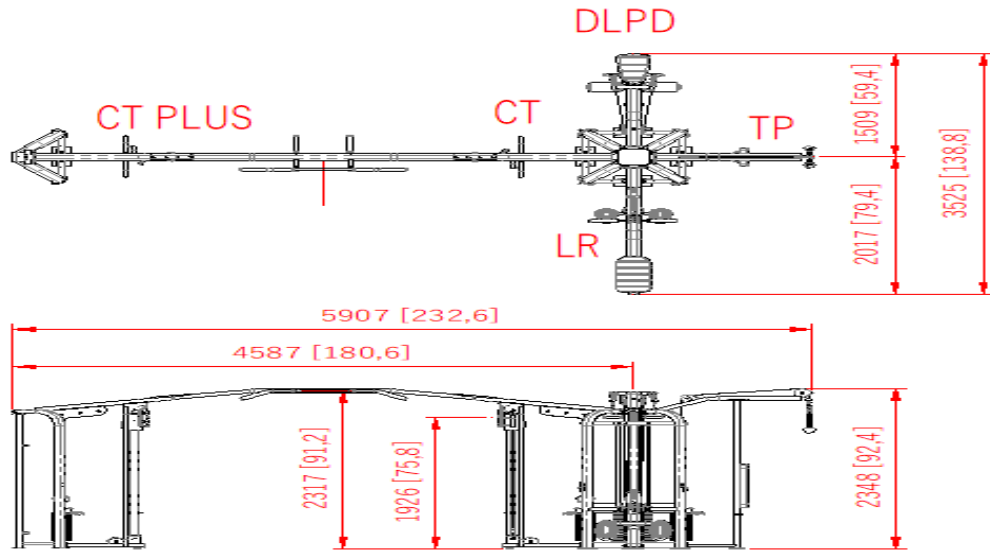
11. APPENDIXES

APPENDIX Specification

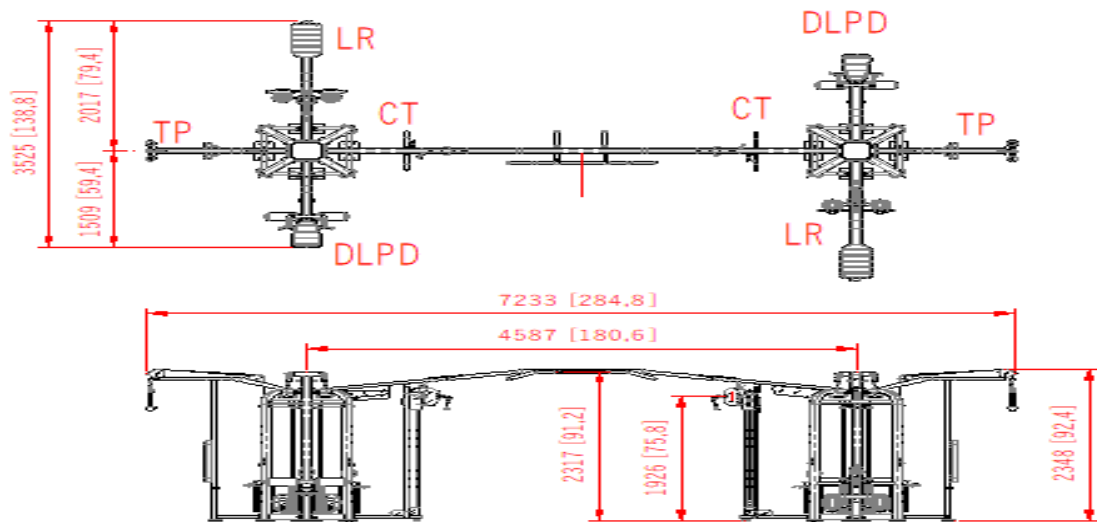
Model	4 STACK MULTI-STATION(MS-101/4)
Dimensions	L : 2507mm (98.7") W : 3525mm (138.8") H : 2348mm (92.4")
Overall Weight	620.7kg (1365. lbs)
Maximum User Weight	227 kg (500 lbs)



Model	5 STACK MULTI-STATION(MS-101/5)
Dimensions	L : 5907mm (232.6") W : 3525 mm (138.8") H : 2348 mm (92.4")
Overall Weight	820.2 kg (1804.4 lbs)
Maximum User Weight	227 kg (500 lbs)



Model	8 STACK MULTI-STATION(MS-101/8)
Dimensions	L : 7233mm (284.8") W : 4033mm (158.8") H : 2348mm (92.4")
Overall Weight	1266.9 kg (2787.2 lbs)
Maximum User Weight	227 kg (500 lbs)

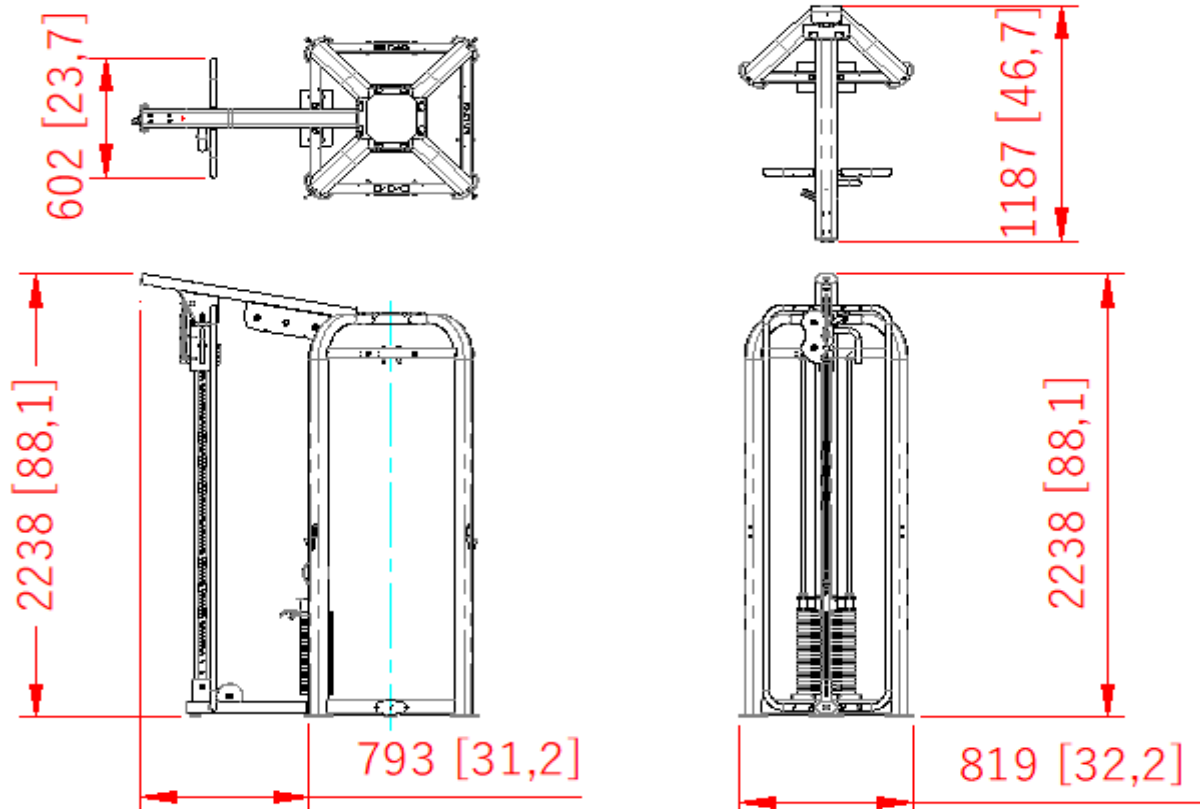


Model	MS-101-CT
Dimensions	L : 793mm (31.2") W : 602mm (23.7") H : 2238mm (88.1")
Overall Weight	41.5 kg (474 lbs)
Maximum User Weight	227 kg (500 lbs)

Model	MS-101-CT PLUS
Dimensions	L : 1187mm (46.7") W : 819mm (32.2") H : 2238mm (88.1")
Overall Weight	174 kg (382.8 lbs)
Maximum User Weight	227 kg (500 lbs)

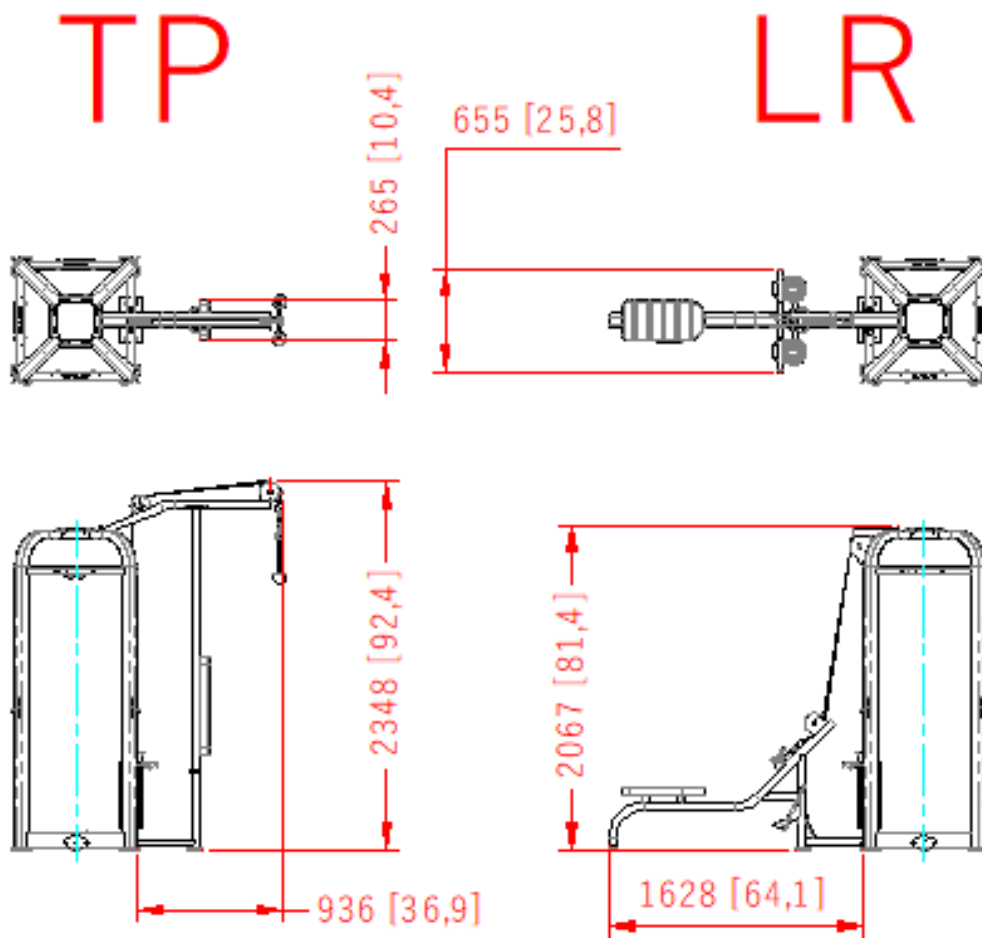
CT

CT PLUS



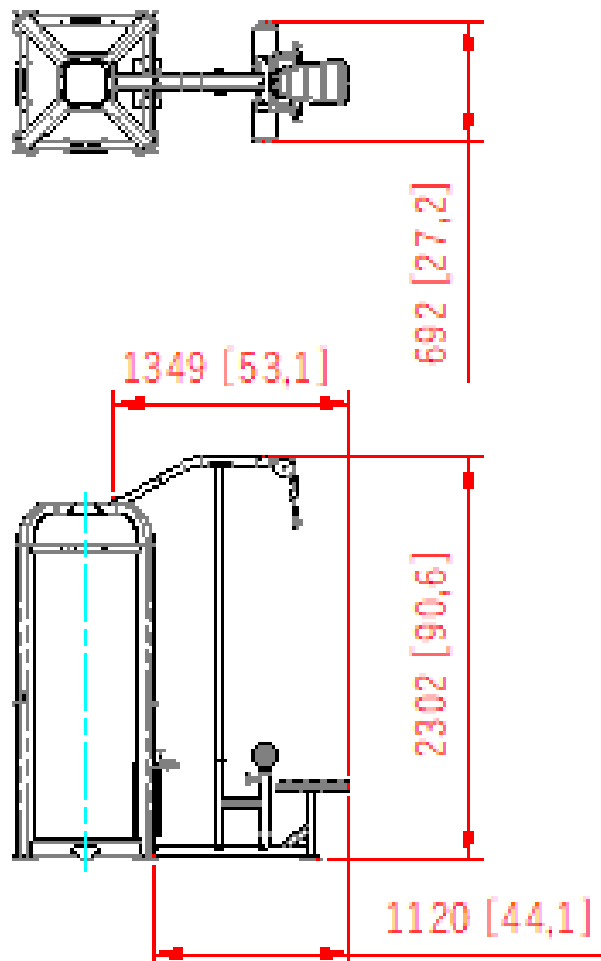
Model	MS-101-TP
Dimensions	L : 936mm (36.9") W : 265mm (10.4") H : 2348mm (92.4")
Overall Weight	32.5 kg (71.5 lbs)
Maximum User Weight	227 kg (500 lbs)

Model	MS-101-LR
Dimensions	L : 1628mm (64.1") W : 655mm (25.8") H : 2067mm (81.4")
Overall Weight	41.5 kg (91.3 lbs)
Maximum User Weight	227 kg (500 lbs)



Model	MS-101-DLPD
Dimensions	L : 1120mm (44.1") W : 692mm (27.2") H : 2302mm (90.6")
Overall Weight	48.5 kg (106.7 lbs)
Maximum User Weight	227 kg (500 lbs)

DLPD





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