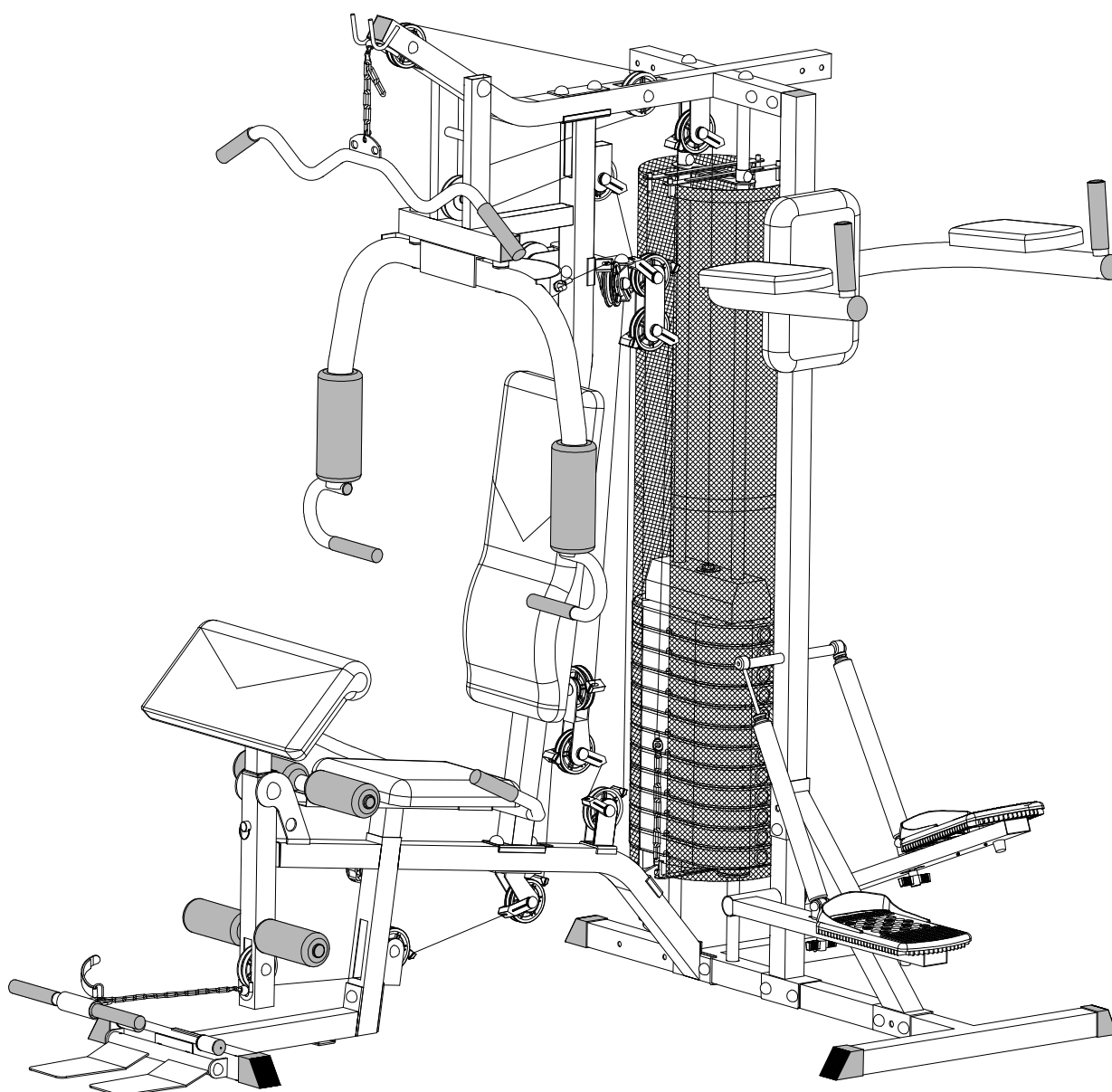




USER MANUAL - EN
IN 724 Multifunction trainer inSPORTline Athlet



Part list

No.	description	specification	q'ty
1	Base frame		1
2	Rear stabilizer		1
3	Front vertical support		1
4	Upper beam		1
5	Front stabilizer		1
6	Seat support		1
7	Right butterfly arm		1
8	Left butterfly arm		1
9	Butterfly arm support		1
10	Foot plate fixing beam		1
11	Leg curler		1
12	Upper pulling bar		1
13	Lower pulling bar		1
14	Foam roller		2
15	xxx		
16	Weight guidance rod		2
17	Weight protector	1450*502*1.0T	2
18	Weight selecting bar		1
19	Double pulley support	156*40*40*3T	1
20	Single pulley support		2
21	Hooking plate		1
22	Pulley fixing plate	132x40x3T	2
23	pin	D9.5x60L	1
24	selecting rod		1
25	hook	D8*80	6
26	Chain (7 links)	D4.8x18x34x248	2
27	Cross plate		2
28	Cover fixing plate with rod		4
29	Cover fixing plate	R133*30*2T	2
30	End cap for weight selecting bar		X
31	Bushing	D29xD12.1x9T	4
32	foot cap	50x50x76.5x4.5t	6
33	Round plastic cap	D31.8*19L	4
34	Tool	150*45*35*5T	2
35	Square plastic cap	50x50x18.5	5

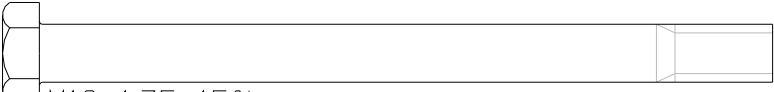
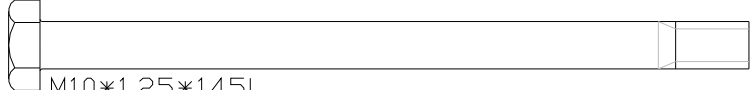


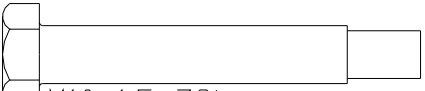



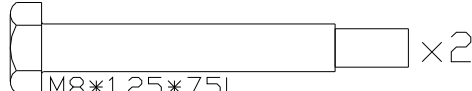

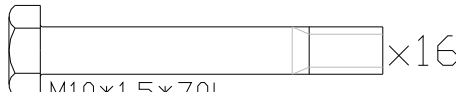

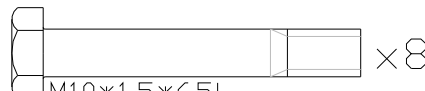

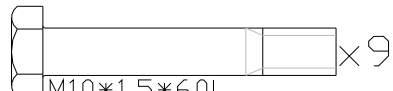




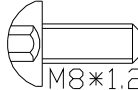
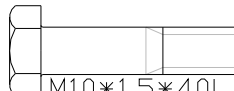
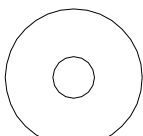


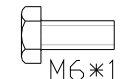
36	Square plastic cap	25*50*14	1
37	Round plastic cap	D25.4*D65*31L	4
38	Buffer	R23*35*35	2
39	Round buffer	D60xD26x26T	2
40	Fixing sleeve	D31.8*1.5T*30	2
41	Cable guidance	D16.5*80.5*24*32	20
42	Plastic ring for cable guidance	D16*D10.5*5.5T	20
43	foam	D47*D90*250L	2
44	foam	D23*D90*165L	4
45	foam	D25.4*3.5*118L	10
46	Upper weight plate	280x100x80	1
47	Lower weight plate	370*200*42	12
48	backrest	695*280*50	1
49	seat	350*260*305*50T	1
50	Cable (weight—upper beam)	3540L	1
51	Cable (butterfly arms)	2480L	1
52	Cable (leg curler)	3540L	1
53	Weight pin	D10.5x56.5L	1
54	Weight washer	D47.5xD13x3T	1
55	Weight sleeve	D56xD27x23.2	1
56	Raised pulley	D90*D10*28.5	12
57	Flat pulley	D90xD10x24	3
58	Ankle strap	295*95	1
59	Foot plate		1
60	Axle for foot plate		1
61	Rubber buffer	35*35*25	2
62	Reinforcing board	50*120*3T	2
63	Bushing	D31.8xD16.2x7t	4
64	Square hollow cap	50x50xx38x38x40L	1
65	Bushing	D18xD10x14.5	6
66	Arm curl pad	500x250x50	1
67	Arm curl support		1
68	Hand grip		1
69	Support of single pulley support		1
70	Lower butterfly		2
71	Spring knob	D56xM16x24xD8	1
72	Chain (12 links)	D4.8*18*34*	1
73	Fixing plate	80*50*3T	1
74	Screw cap M6	D28*14(M6)	18
75	Screw cap M8	D28*14(M8)	8
76	Screw cap M10	D28*17(M10)	96
77	Screw cap M12	D30*17(M12)	3
78	Rear stabilizer		1
79	Rear vertical support		1

80	arm support		1
81	arm pad	280*165*50T	2
82	hand grip		2
83	Back pad	380*250*50T	1
84	reinforcing tube		1
85L	left pedal support		1
85R	right pedal support		1
86	cylinder	D38*432L	2
87	pedal	340*170*72	2
88	buffer	D33*D44*41.5	2
89	round cap	D50.8x16L	2
90	square end cap	30*60*17	2

CHECK LIST IN PACKAGE:

 x1	 x1	 x1	 x1	 x1	 x2	 x2	 x1						
 x1		 x1	 x1	 x2			 x1						
 x1		 x1	 x1	 x4			 x1						
 x1	 x1	 x1	 x2	 x2		 x1	 x12						
 x1	 x2	 x1	 x2	 x1	 x1	 x6	 x2	 x1	 x4	 x6	 x4	 x1	 x1
 x2	 x5	 x1	 x4	 x2	 x2	 x2	 x20	 x20	 x4	 x10	 x2	 x2	
 x1	 x1	 x1	 x1	 x1	 x1	 x12	 x3	 x1	 x1	 x1			
	 x1	 x1	 x1	 x1	 x2	 x2	 x4	 x1	 x6	 x18	 x8		
 x1	 x96	 x3	 x1	 x1	 x2	 x2	 x1	 x1					
	 x1	 x1	 x2	 x2	 x2	 x2	 x2						

SCREW LIST:

113		×1		
108		×1		
114		×1	118	 ×16 M6*1*6T
111		×1	110	 ×2 M8*1.25*8T
100		×11	102	 ×40 M10*1.5*10T
120		×2	107	 ×1 M12*1.75*12T
104		×16	117	 ×34 D14*D6.5*0.8T
103		×8	105	 ×4 D19*D8.5*1.6T
112		×9	101	 ×92 D20*D11*2T
119		×2	106	 ×3 D24*D13.5*2.5T
123		×4	121	 ×6
109		×2	125	 ×4 D28*D8.5*3T
115		×6	124	 ×4 D15.4*D8.2*2T
116		×14		

INSTRUCTION ASSEMBLY:

STEP 1.

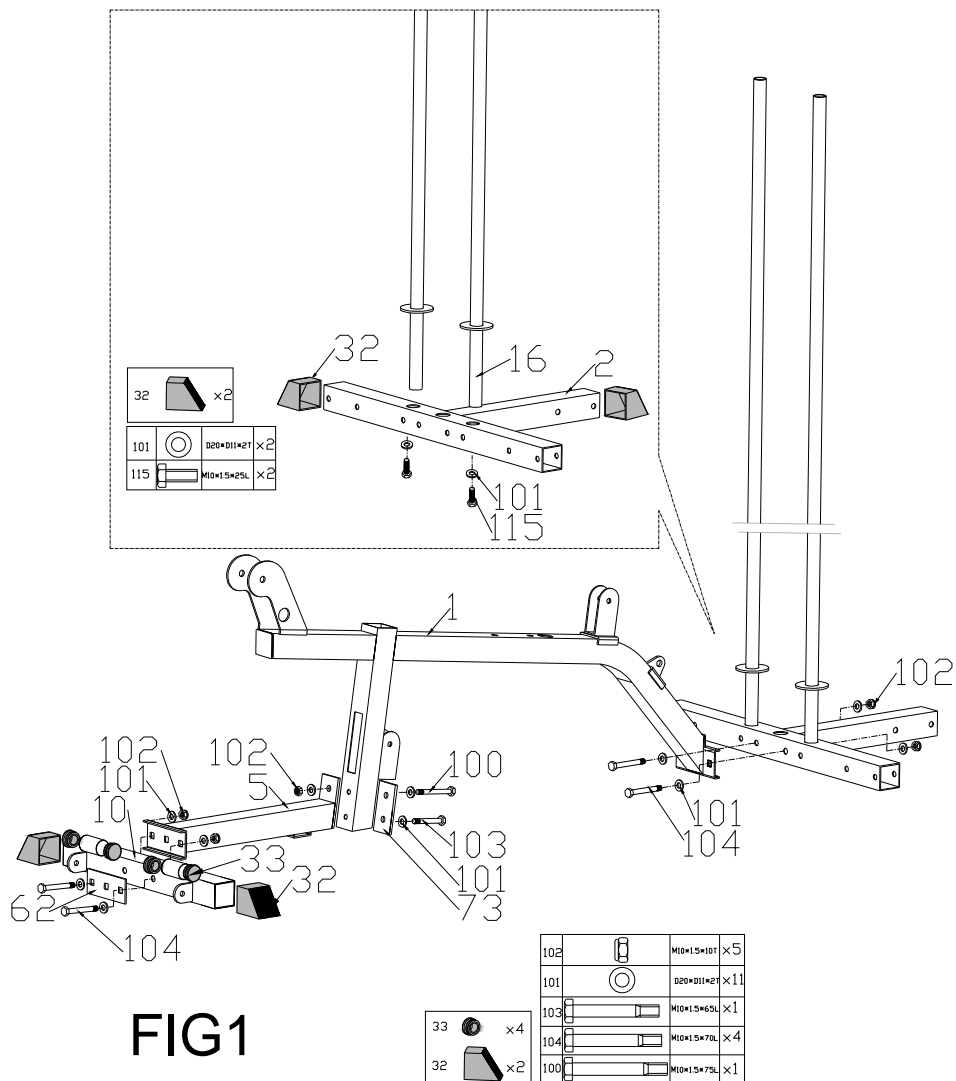


FIG1

- (1) Fix the rear stabilizer(2) and 2 weight guidance rods(16) by using 2 flat washers(101), 2 bolts(115) and 2 foot caps(32).
- (2) Fix the rear stabilizer and base frame(1) by using reinforcing board(62),flat washer(101),nylon nut(102) and bolts(104).
- (3) Fix the foot plate fixing beam (10) and front stabilizer(5) by using reinforcing board(62),flat washer(101),nylon nut(102) and bolts(104), and then assemble the foot cap(32)and round plastic cap(33) to the foot plate fixing beam(10).
- (4) Fix the base frame and front stabilizer by using the fixing plate(73),flat washer(101),bolts(103 & 100) and nylon nut(102).

STEP 2.

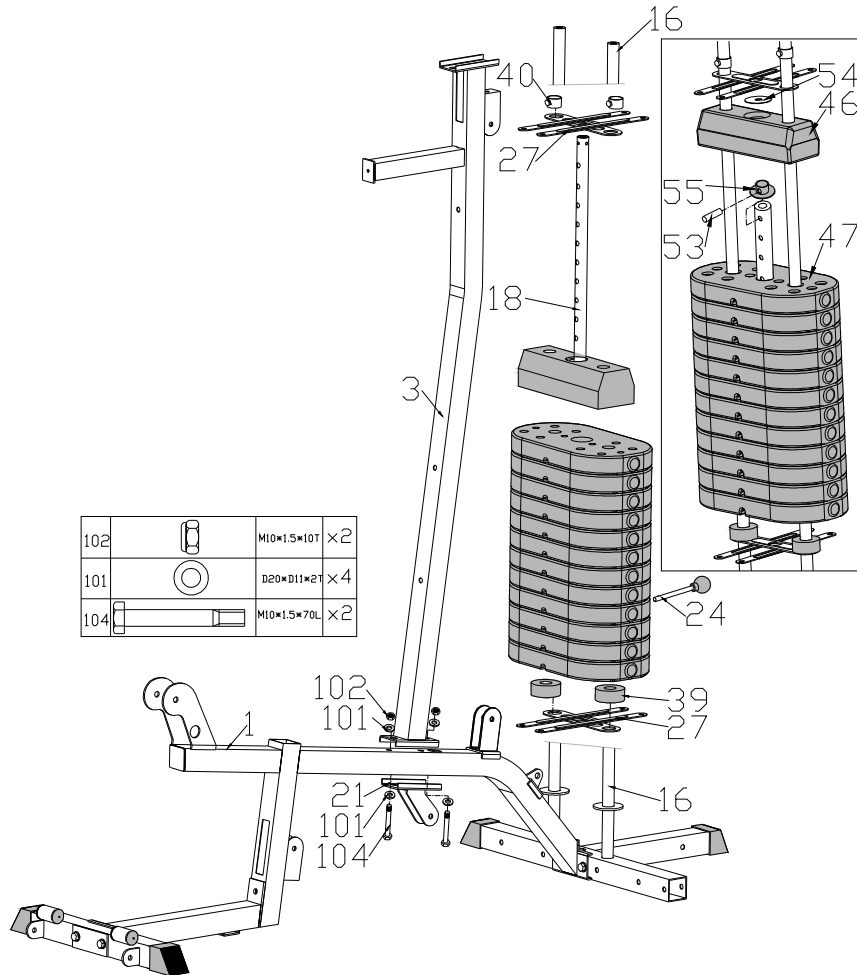


FIG2

- (1) Fix the front vertical support(3), base frame(1) and hooking plate(21) by using 2 nylon nuts(102), 4 flat washers(101), and 2 bolts(104).
 - (2) Assemble the cross plate (27), 2 round buffers(39) from the bottom , then assemble 12 lower weight plates(47) and 1 upper weight plate(46) through the weight guidance rod(16). Insert the weight selecting bar(18) through the hole of weights and fix the weight sleeve(55) down from the upper weight plate(46) by using the weight pin(53) and the weight washer(54). Finally put the cross plate(27) and 2 fixing sleeves(40) on the upper bottom of the weight guidance rod(16).
- Please noted: the weight pin (53) through the weight sleeve (55) at the first top hole of weight selecting bar (18) .
- The parts of weight pin (53), weight pin (53) and flat washer (54) all needed otherwise you can't use the upper weight plates separately.

STEP 3

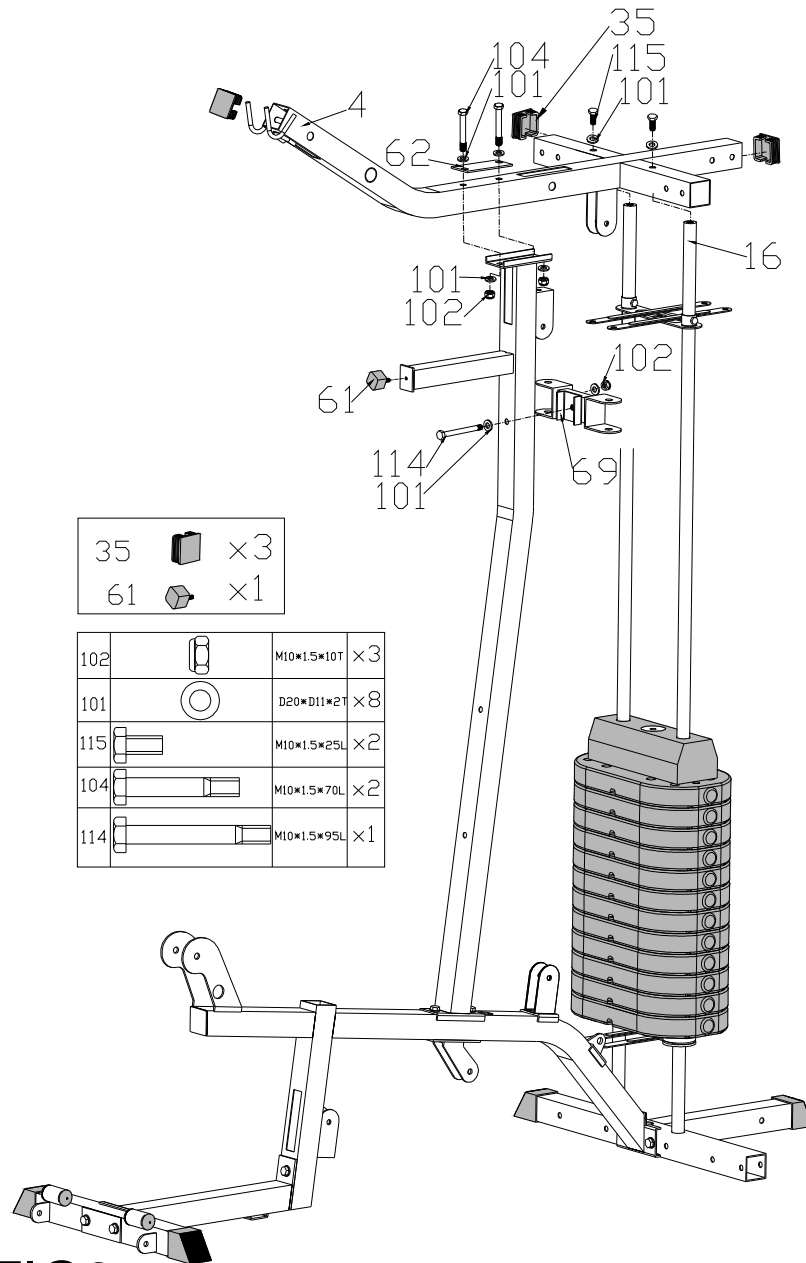
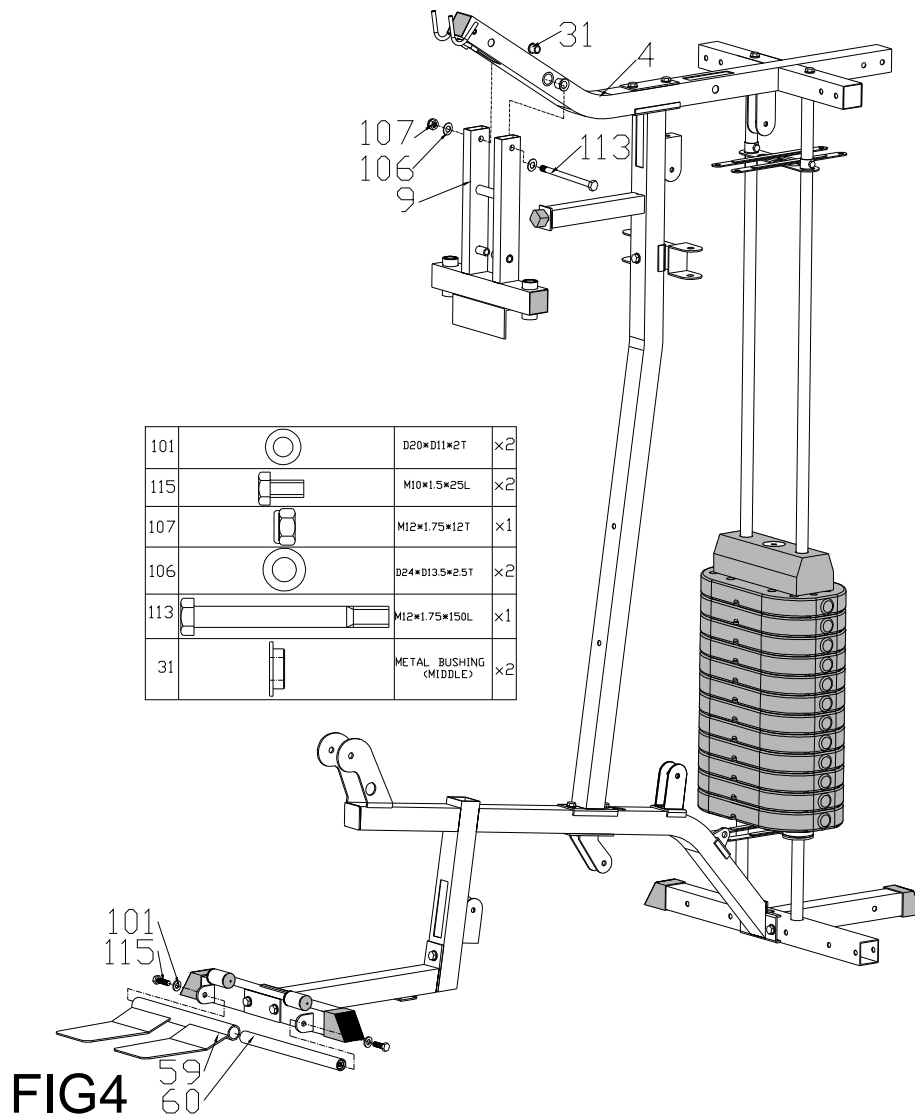


FIG3

- (1) Assemble the upper beam(4) onto the front support(31), weight guidance rod by using 3 square plastic caps(35), then sequentially with 2 bolts(104), 4 flat washers(101), 1 reinforcing board, 2 nylon nut(102); 2 bolts(115), 2 flat washers(101), and then fix the rubber buffer onto the front vertical support(3).
- (2) Fix the support of single pulley support(69) to the front vertical support by using 1 bolt(114), 2 flat washers(101) and 1 nylon nut(102).

STEP 4



- (1) Fix the butterfly arm support (9) to the upper beam(4) by using 1 bolt(113), 2 flat washers(106), 1 nylon nut (107) and 2 bushings(31).
- (2) Insert axle for foot plate(60) into foot plate, and then assemble the foot plate to the foot plate beam(10) by using 2 bolts(115), 2 flat washers(101).

STEP 5

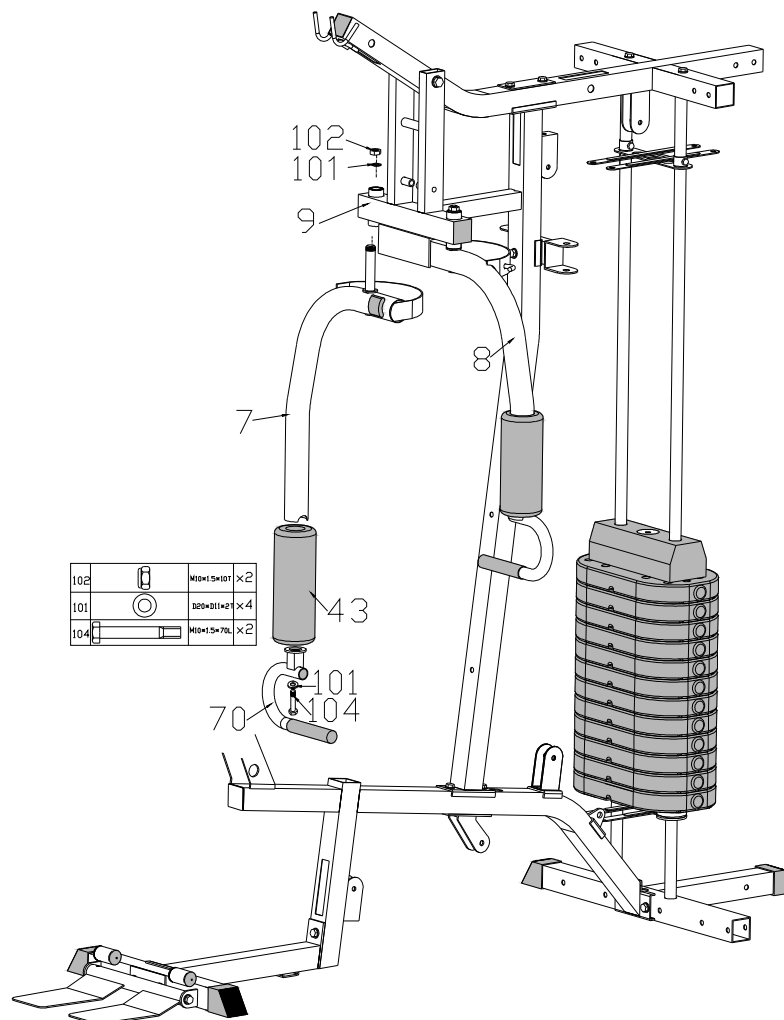


FIG5

- (1) Assemble the right & left butterfly arm (7) & (8) onto the butterfly arm support (9) by using 2 nylon nuts (102), 1 flat washer (101) .
- (2) Slide the foam (43) onto the butterfly arm ,then assemble the butterfly hand grip(70) to the butterfly arm by using 1 flat washer(101),1 bolt(104).

STEP 6

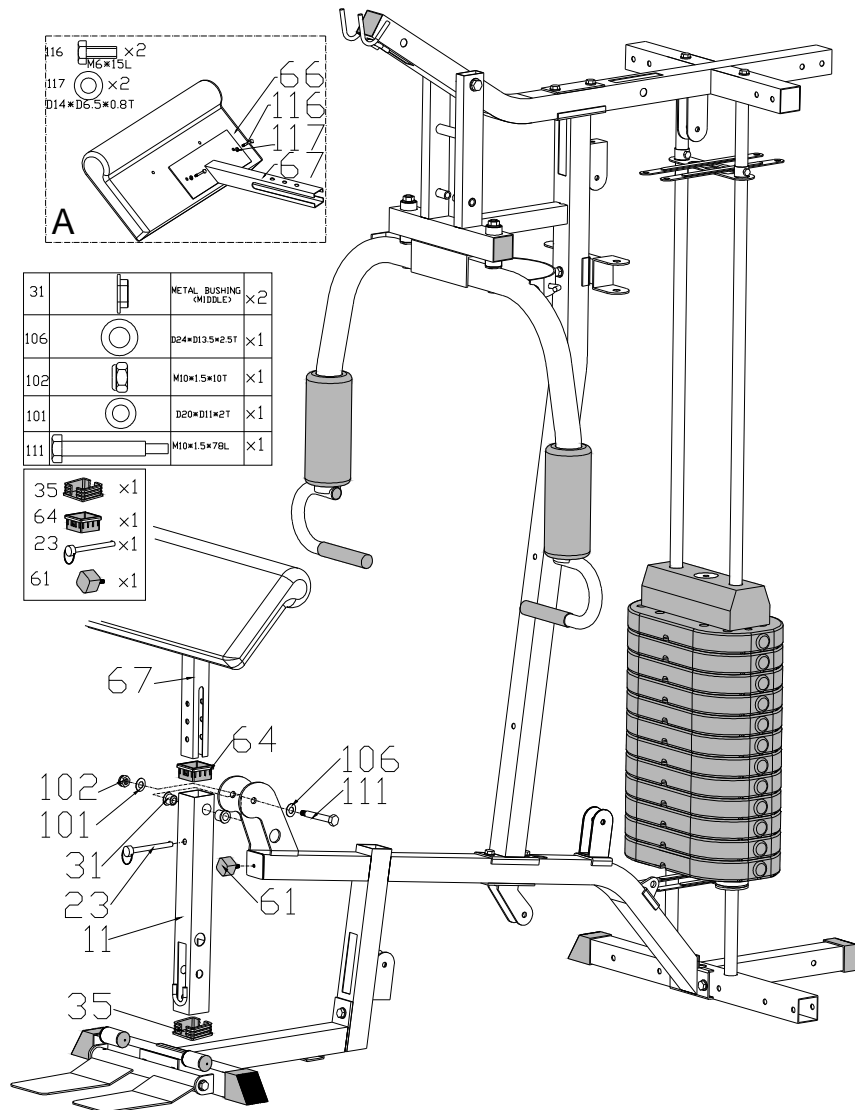


FIG6

- (1) fix the leg curler(11) onto the base frame by using 2 bushings(31), flat washer(101), 1 flat washer(106), 1 nylon nut(102) and 1 bolt(111) ,and then fix the square plastic cap (35) into the leg curler(11).
- (2) Turn the rubber buffer (61) into the main frame (1).
- (3) Fix the arm curl pad (66) to the plate of arm curl support (67) by meanings of 2 flat washer (117) and 2 bolt (116).
- (4) Insert a square hollow cap(64) and arm curl support(67) into the leg curler(11) and fix it using the pin (23).

STEP 7

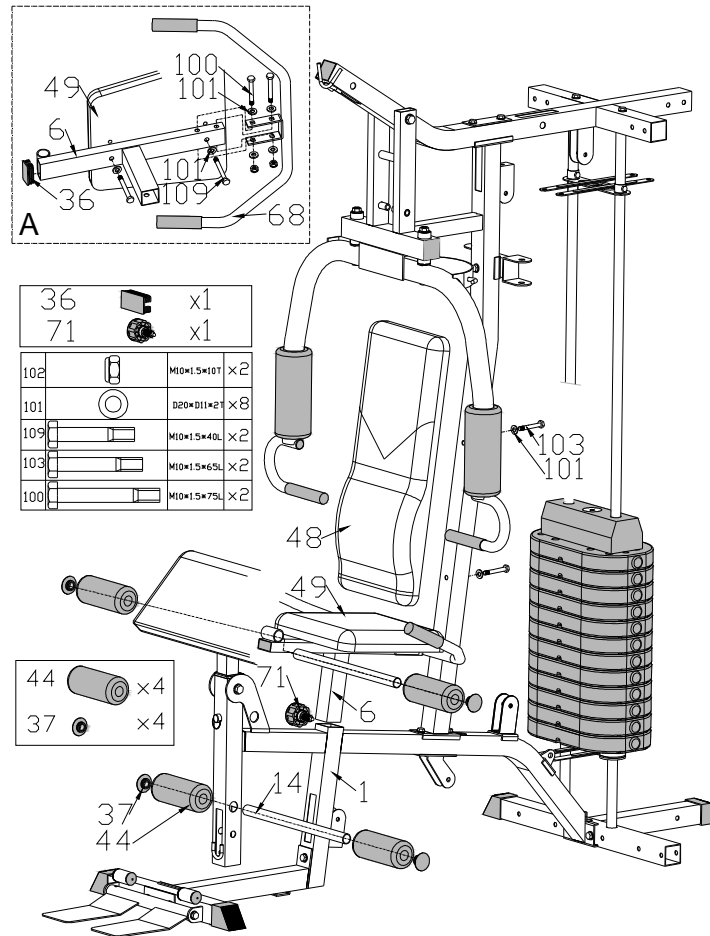


FIG7

- (1) fix the hand grip(68) under to the seat support (6) with 2 bolt (100) , 4 flat washer (101). And then also assembly the seat (49) onto the seat support (6) by 2 bolt (109) and 2 flat washer (101). Insert the square plastic cap(36) into the tube (1).
- (2) Insert the tube of seat support (6) into the main frame by spring knob(71) to fix. Here you can adjust the height position of seat to get the suitable position.
- (3) Fix the backrest(48) onto the front vertical support using 2 bolt (103) and 2 flat washer (101).
- (4) Thread the foam roller(44) through the leg curler(11),then coat the foam roller with the foam(44),then fix the round plastic cap to the end of the foam roller.

STEP 8

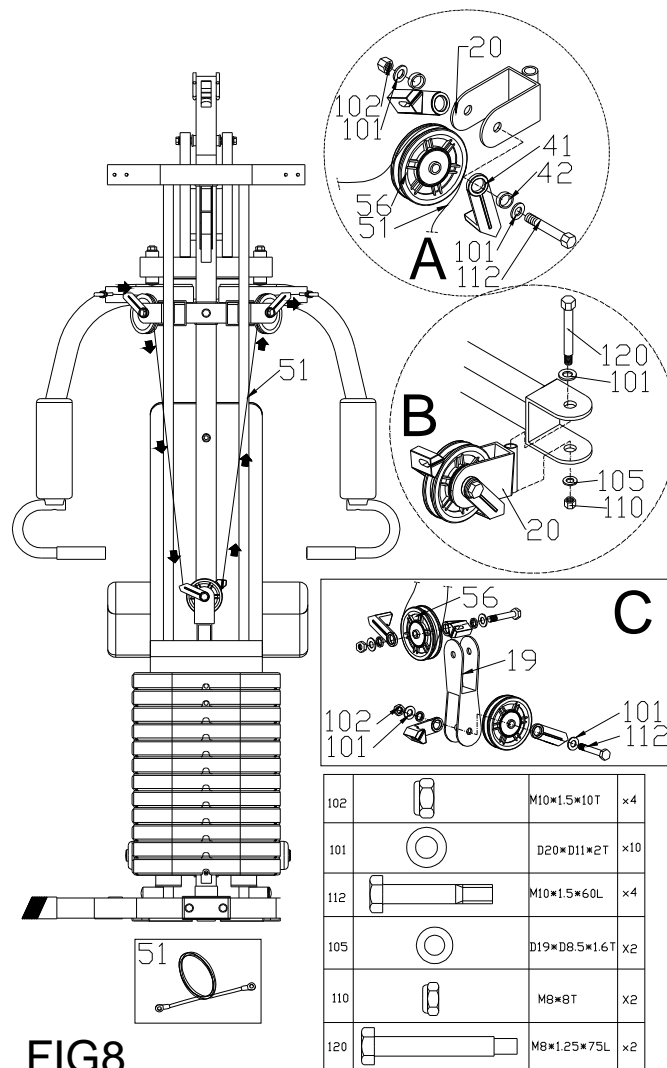


FIG8

Connection of cable (butterfly arm)(51) and assembly the pulley:

(1) hooking one end of the cable to the right butterfly arm (7) and slide the other end of the cable along the pulley, at the same time you need to fix the 1 raised pulley (56) into the 1 single pulley support (20) by 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102). Then fix the single pulley supports onto right butterfly arm by 1 bolt (120), 1 flat washer (101), 1 flat washer (105) and 1 nut (110).

(2) after going downward the cable through the double pulley support(19), also, at the same time you need to fix the raised pulley(56) into the pulley support by using by 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102).

(3) and then upwards the cable and the other end will be joined to the left butterfly. The assembly way of left side will be same as the right one.

STEP 9

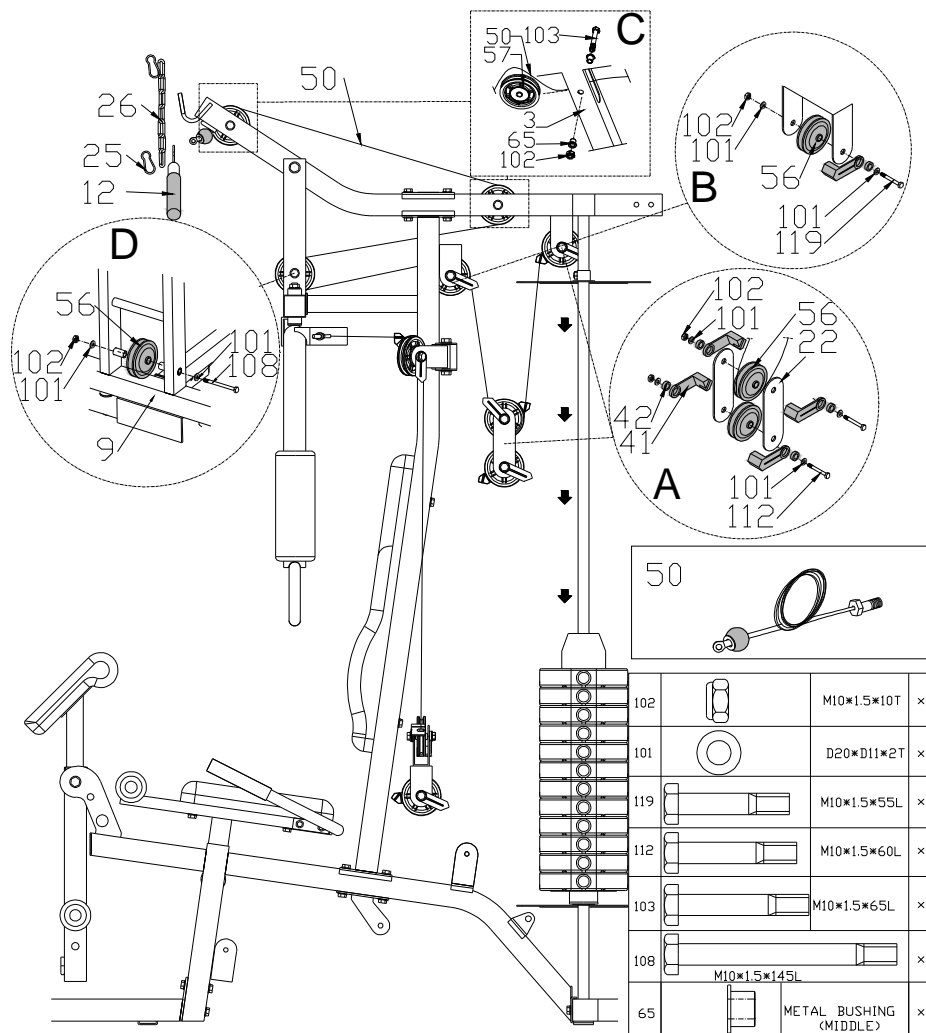
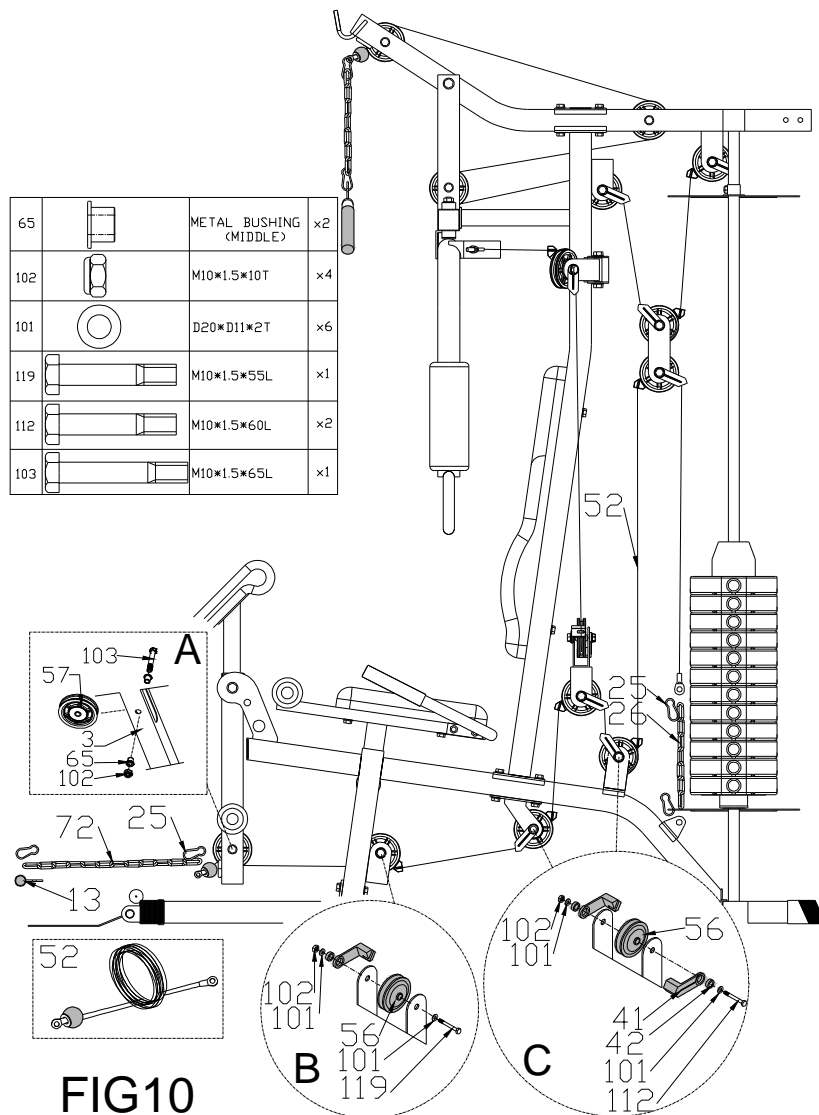


FIG9

Connection the cable (50) and at the same time the flat pulley (57) and raised pulley (56):

1. the cable going way as drawing . From one end of cable to the other, you need to fix the raised pulley (56) and flat pulley (57).
2. how to fix the raised pulley as drawing A :
fix the raised pulley (56) between pulley fixing plate (22) using 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102).
3. how to fix the raised pulley as drawing B :
fix the raised pulley (56) into the U shape tube using 2 plastic ring (42), 2 cable guidance (41), 2 flat washer (101), 1 bolt (112) and 1 nut (102).
4. how to fix the flat pulley in the upper tube as drawing C:
Fix flat pulley by means of bolt (103), plastic ring (42) , busing (65) and nut(102).
5. how to fix the raised pulley in the butterfly arm support as drawing D:
fix the pulley using 1 bolt (108), 2 flat washer (101) and nut (102).
6. connect the upper pulling bar (12) with one of cable (50) using 2 hook (25) and 1 chain (26). And the other end of cable joined with the weight select bar (18).

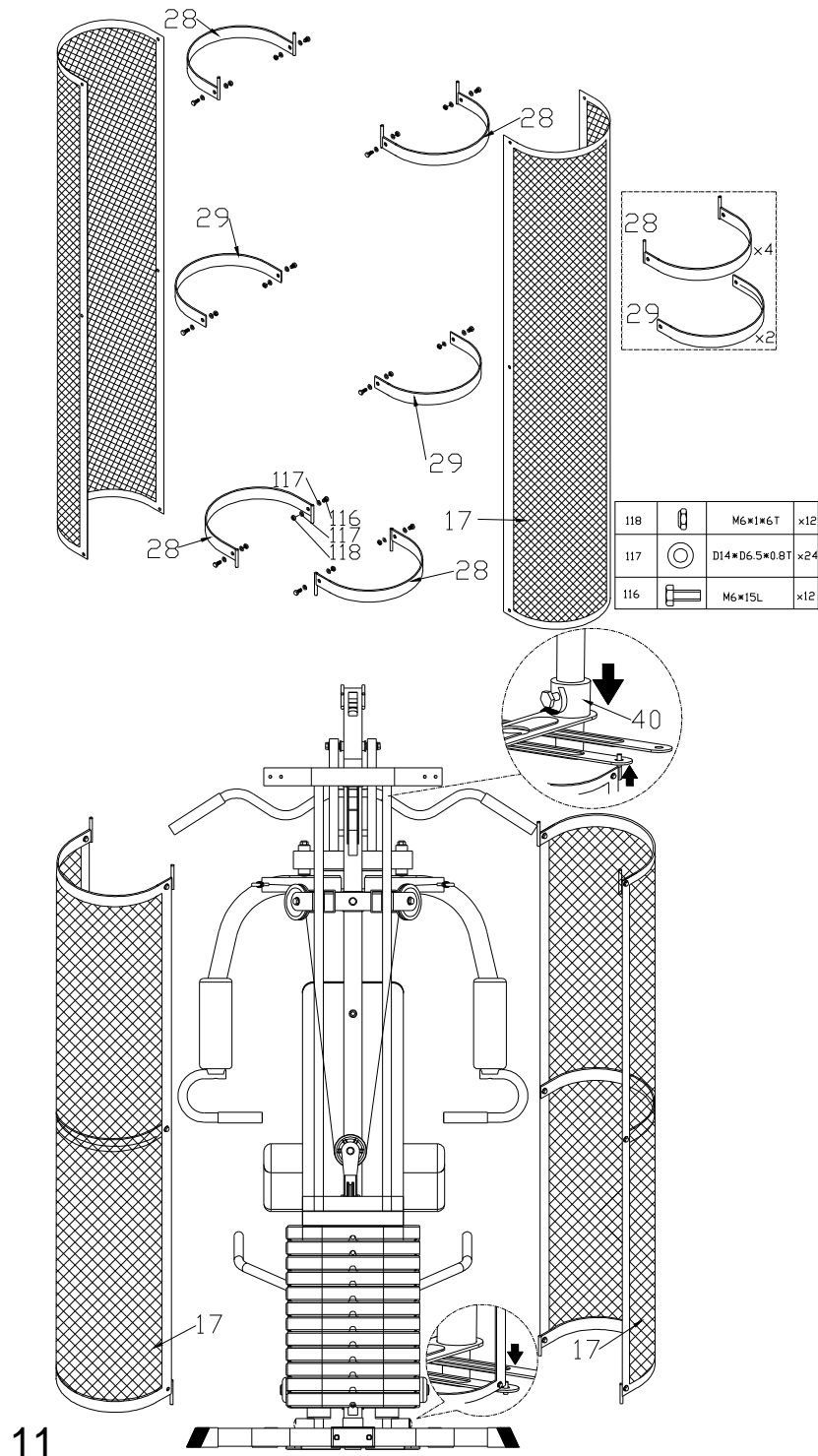
STEP 10



Assembly the cable (52, leg curler) and pulley at the same time:

1. the cable going way as drawing . From one end of cable to the other, there will be 5 raised pulley (56) among these 2 already assembled in step 8 & 9 when fix the cable (50) &(51) and 1 flat pulley (57).
2. how to fix the flat pulley (57) as drawing A:
fix it into the tube of leg curler by 1 bolt (103), 1 bushing (65) and 1 nut (102).
3. how to fix the raised pulley(56) as drawing B:
Fix the pulley with 1 bolt (119), 2 flat washer (101), plastic ring (42) , cable guidance (41) and nut (102).
4. how to fix the raised pulley (56) as drawing C:
Assembly it using 1 bolt (112), flat washer (101), plastic ring (42) and cable guidance (41).
5. connect the lower pulling bar (13) with one of cable (52) using 2 hook (25) and 1 chain (72). And the other end of cable joined with the hook (25) which connected with the main frame by 1 chain (26) and another hook (25).

STEP 11



11

(1) Fix the cover fixing plate with rod (28) and cover fixing plate (29) around the weight protector (17) by using bolt (116), flat washer (117) and nut (118). Please note the correct assembly way of cover fixing plate with rod (28), on the upper, the rod upwards and on the lower, the rod downwards which will connect with the cross plate (27).

(2) on the top of the weight protector (17), the cross plate (27) cover and connect with the 4 rod of cover fixing plate (28) and then fix the 2 sleeve (40) through the weight guidance rod (16).

STEP 12

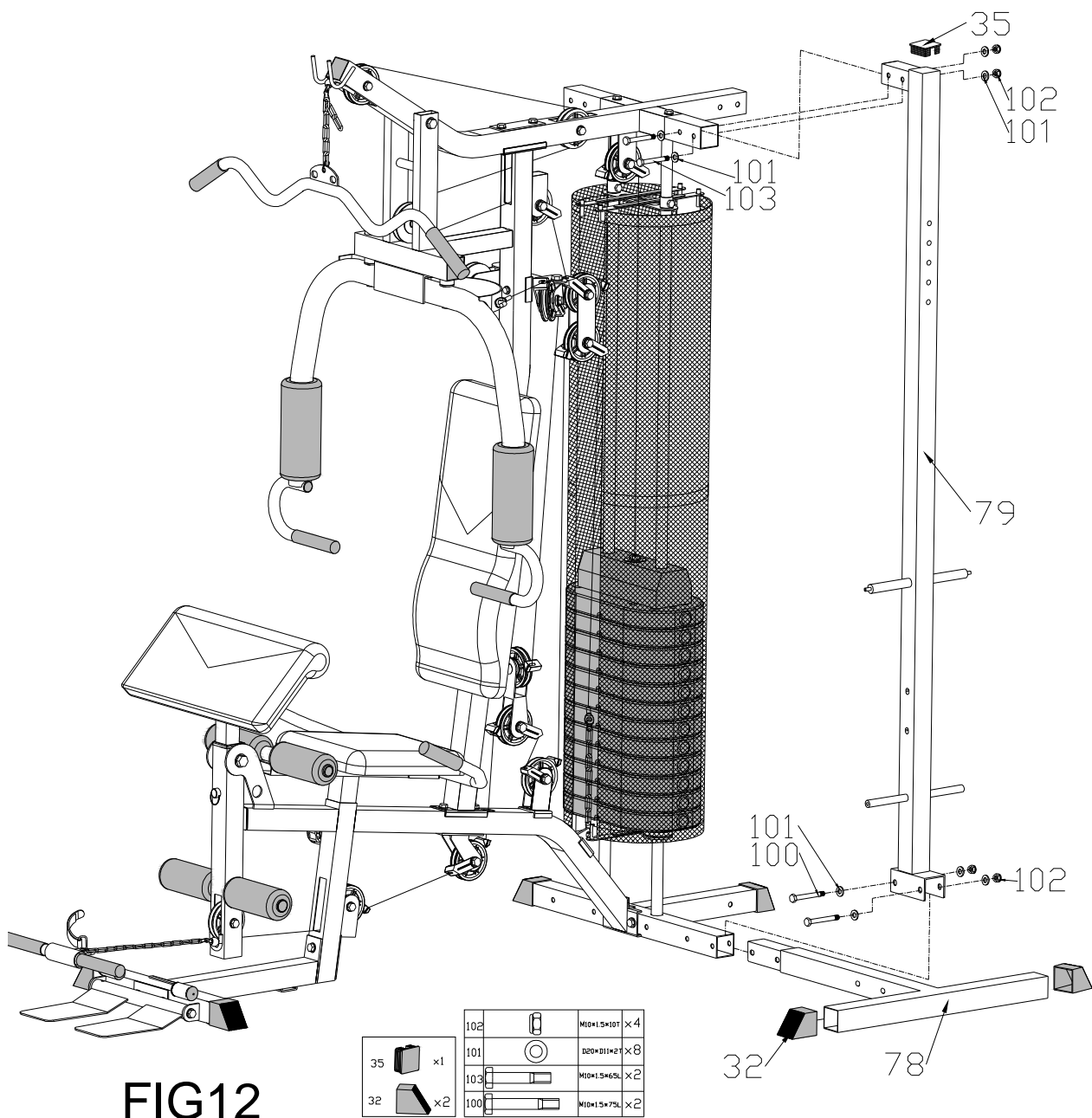


FIG12

1. connect the rear vertical tube (79) with the base frame (1) and rear stabilizer (78) by using 2 bolt (100), 4 flat washer (101), 2 nut (102). Then connect the rear vertical tube with the upper beam by 2 bolt (103), 4 flat washer (101) and 2 nut (102).
2. Cover the end cap (32) onto the rear stabilizer(78).

STEP 13

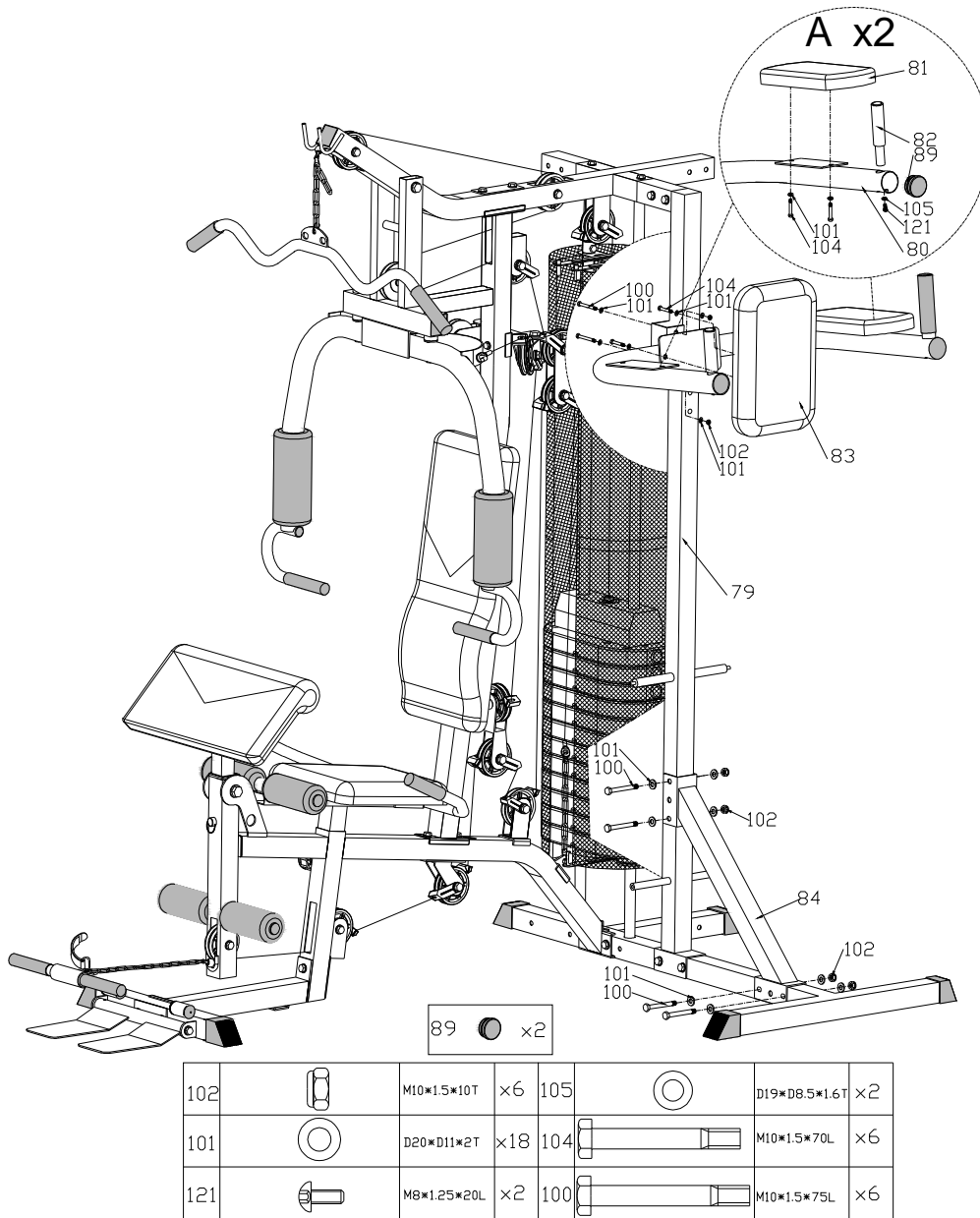


FIG13

1. attach the reinforce press tube (84) with rear vertical tube (79) and rear stabilizer (78) using 4 bolt (100), 8 flat washer (101), and 4 nut (102).
2. assembly the arm tube welding set (80) attach to the rear vertical tube (79) using 2 bolt (100), 4 flat washer (101), 2 nut (102).
3. fix the small back pad (83) onto the arm tube (80) using 2 bolt (104), 2 flat washer (101).
4. assembly 2 arm curl pad (81) with the arm tube by using 4 bolt (104), 4 flat washer (101)
5. fix the handlebar (82) with arm tube by means of 2 bolt(121), 2 flat washer (105).
6. cover the round plastic cap (89) at the end of arm tube.

STEP 14

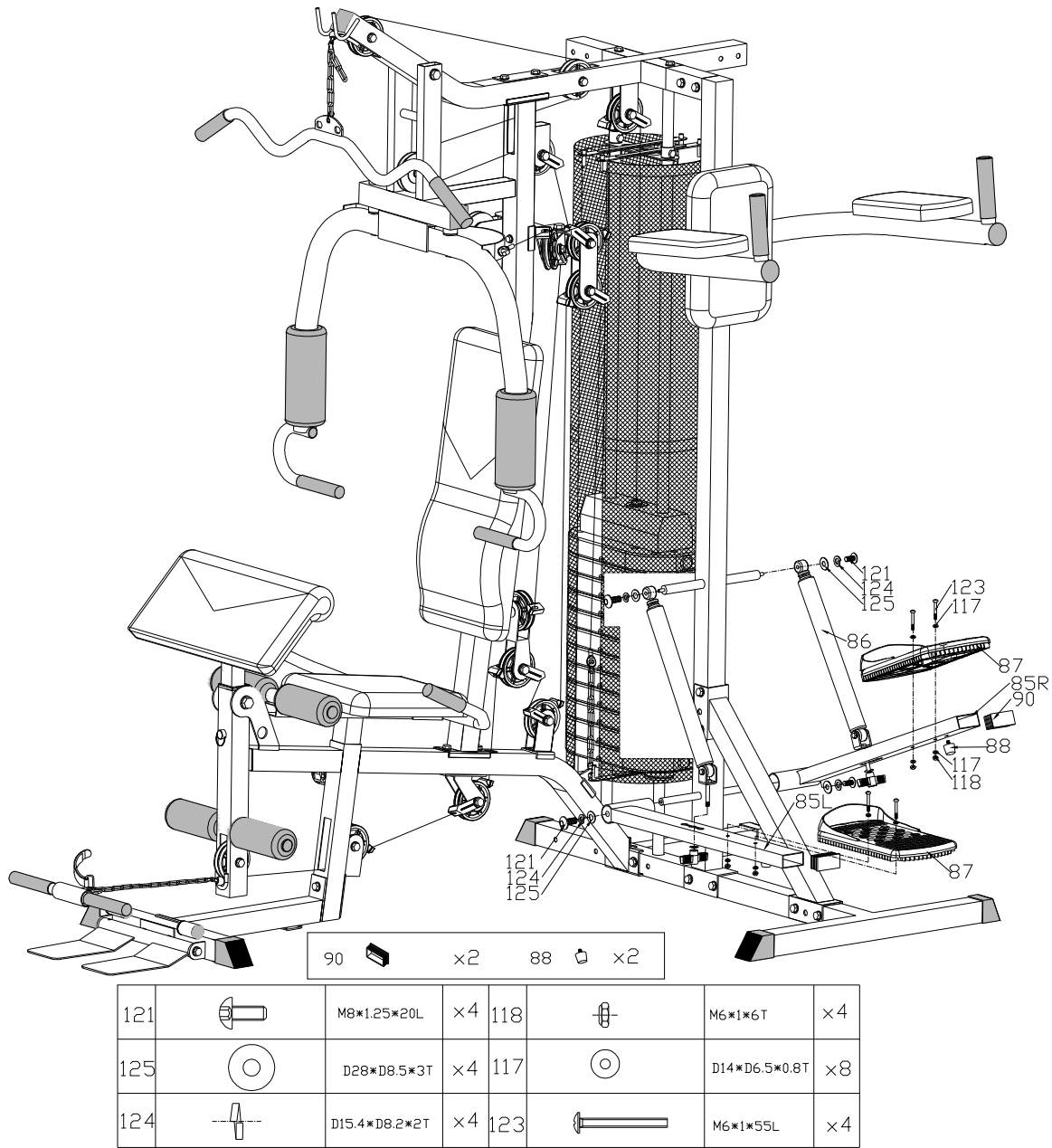


FIG14

1. fix 2 pedal (87) onto the pedal support (85L & 85R) using 4 bolt (123), 4 flat washer (117) and 4 nut (118).
2. assembly the hydraulic cylinder (86) with the pedal support and rear vertical tube using 1 bolt (121), 1 spring washer (124), 1 flat washer (125) and 1 T knob, 1 flat washer .

STEP 15

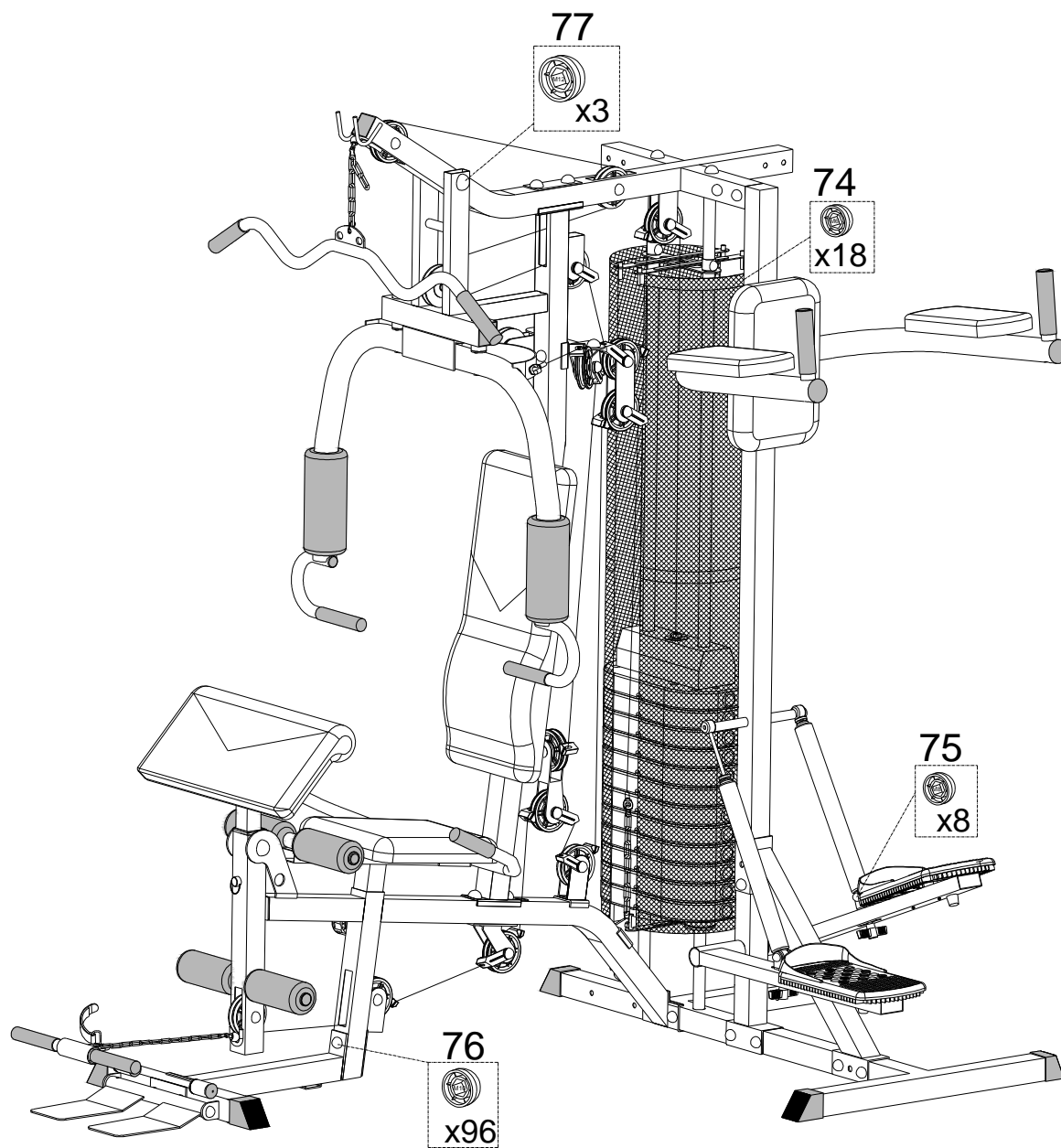


FIG15

Finally, please cover the screw cap M6 (74), M8(75), M10(76) and M12(77) onto the bolts and screws.

EXERCISE PICTURES:

