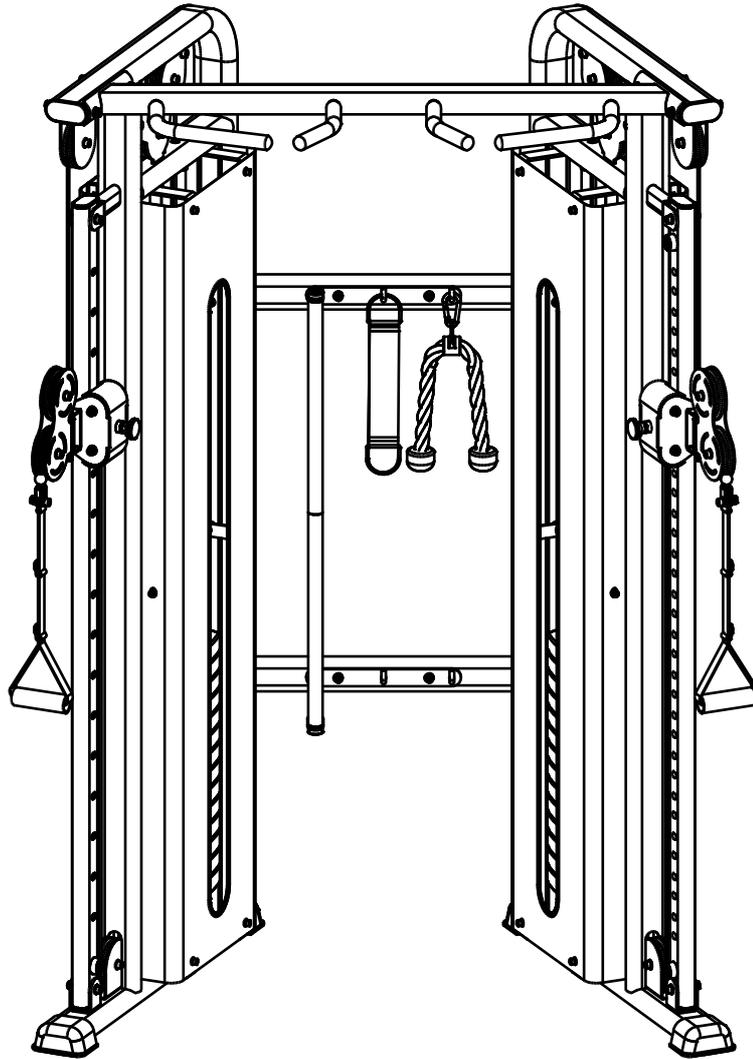


METAGENICS FITNESS



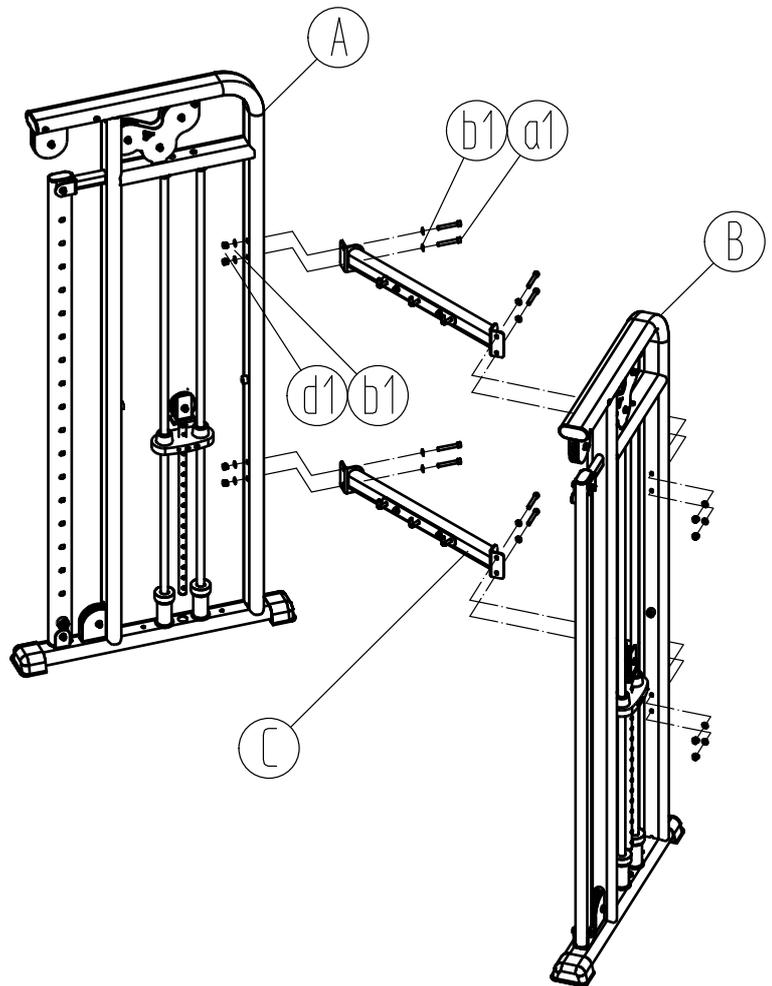
**FUNCTION TRAINER
OWNER'S MANUAL**

1. Attach Uprights

No.	Description	Qty.
A	Right Hand Tower	1
B	Left Hand Tower	1
C	Rear Support	2
a1	M10×70mm Bolt	8
b1	M10 Flat Washer	16
d1	M10 Nylock Nut	8

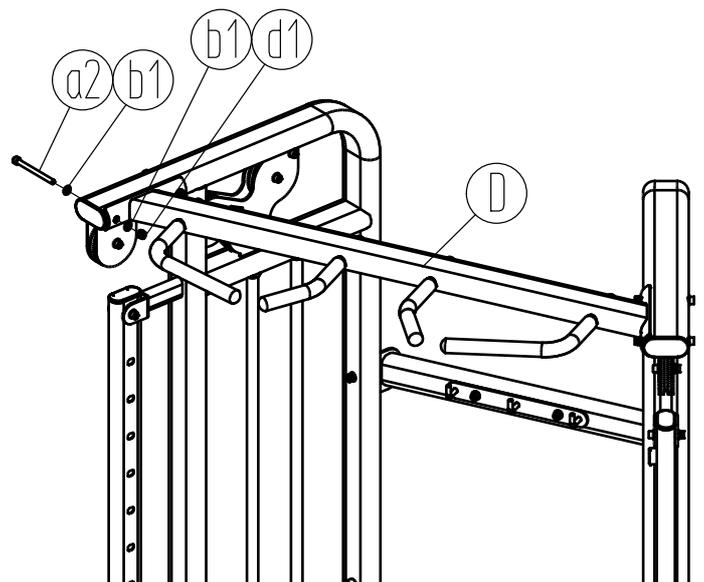


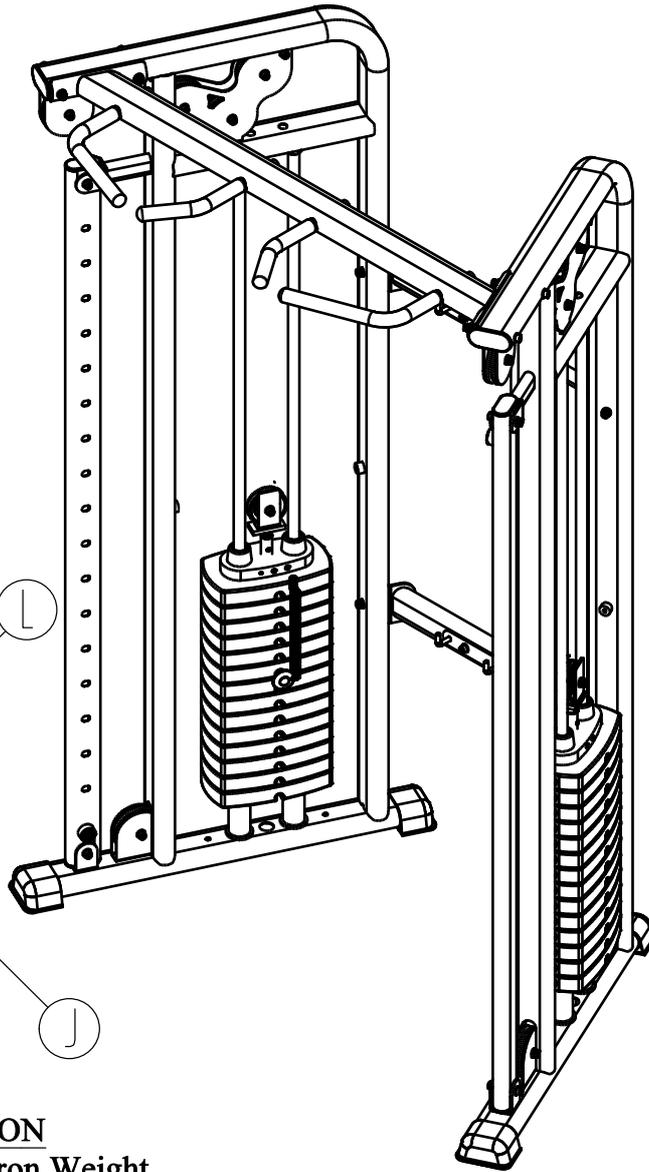
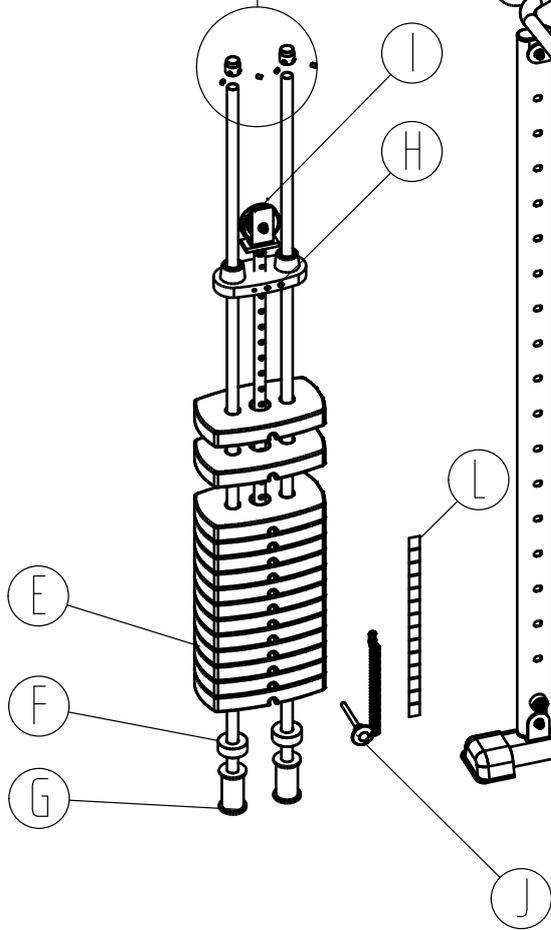
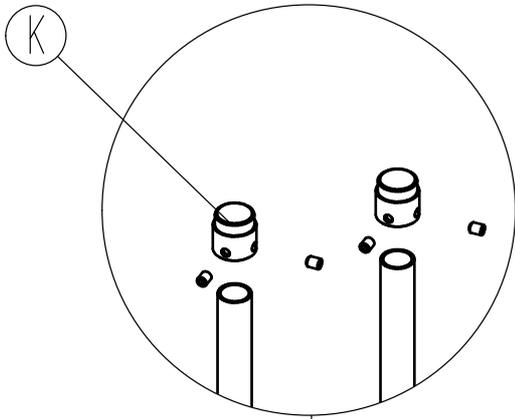
LOOSELY assemble bolt connections in this step.



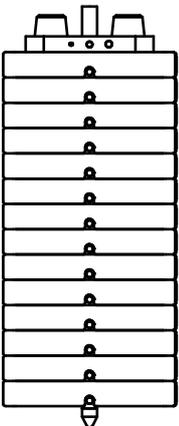
2. Attach Upper Support

No.	Description	Qty.
D	Upper Support	1
a1	M10×125mm Bolt	4
b1	M10 Flat Washer	8
d1	M10 Nylock Nut	4

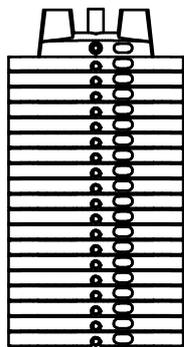




STANDARD
75Kg Plastic Coated
Weight Plate (5Kg,14pc)



OPTION
200Lb Cast Iron
Weight Plate (10Lb,19pc)

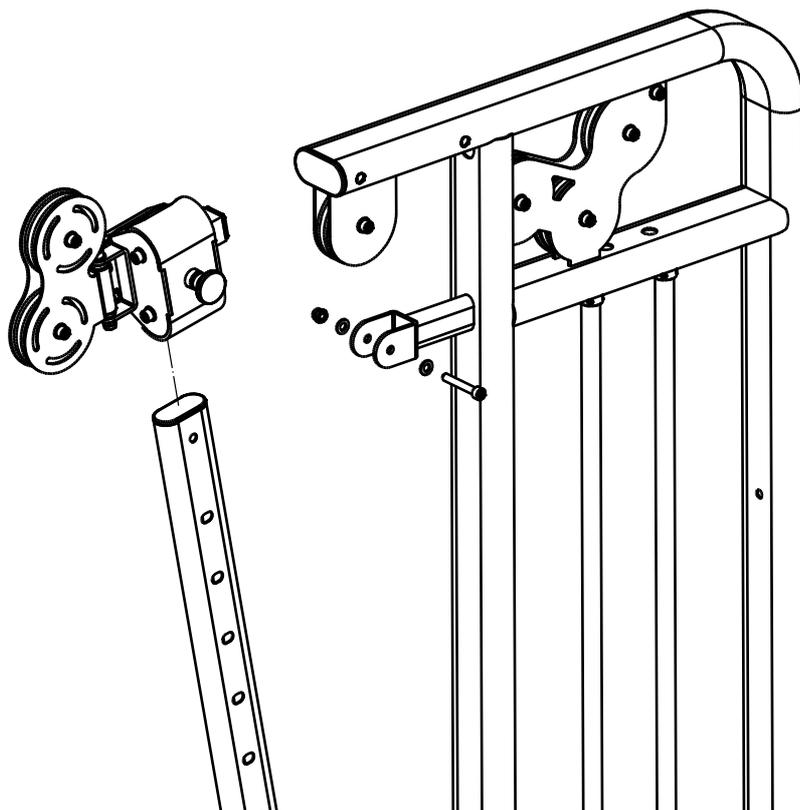
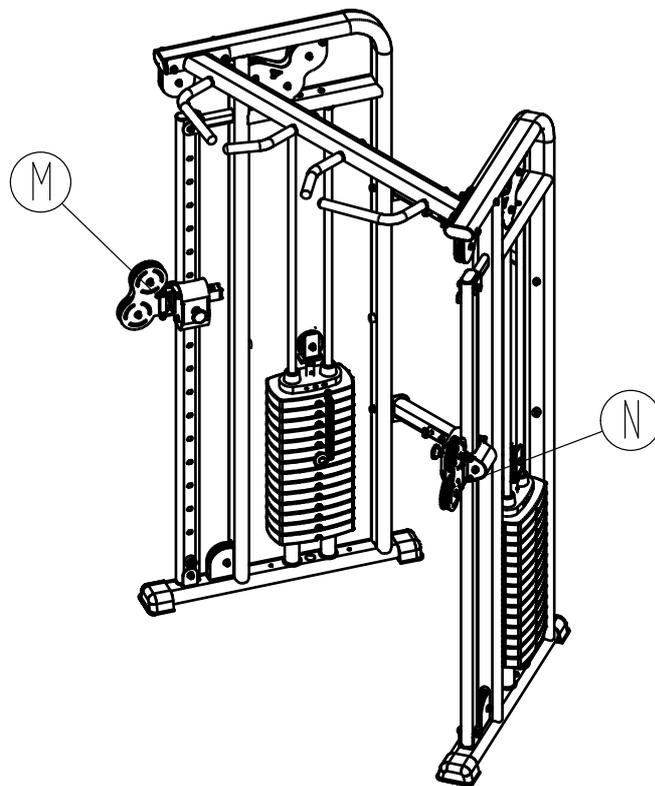


3. Assemble Weight Stack

No.	Description	Qty.
E	5Kg Weight Plate	28
F	Weight Stack Bumper	4
G	Weight Stack Riser	4
H	Top Weight	2
I	Stack Pulley Assembly	2
J	Assy, Selector Pin	2
K	Guide Rod Ring	4
L	Number Sticker	2

4. Attach Dual Pulley Carriage

No.	Description	Qty.
M	Right Dual Pulley Carriage	1
N	Left Dual Pulley Carriage	1

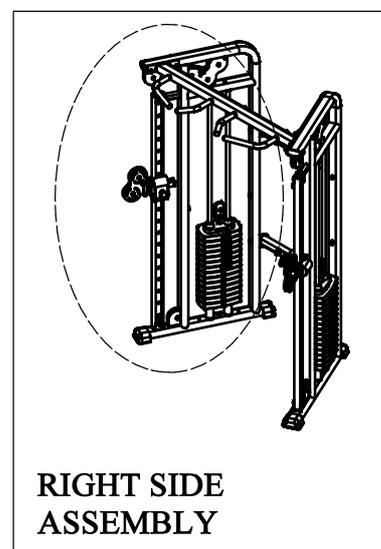
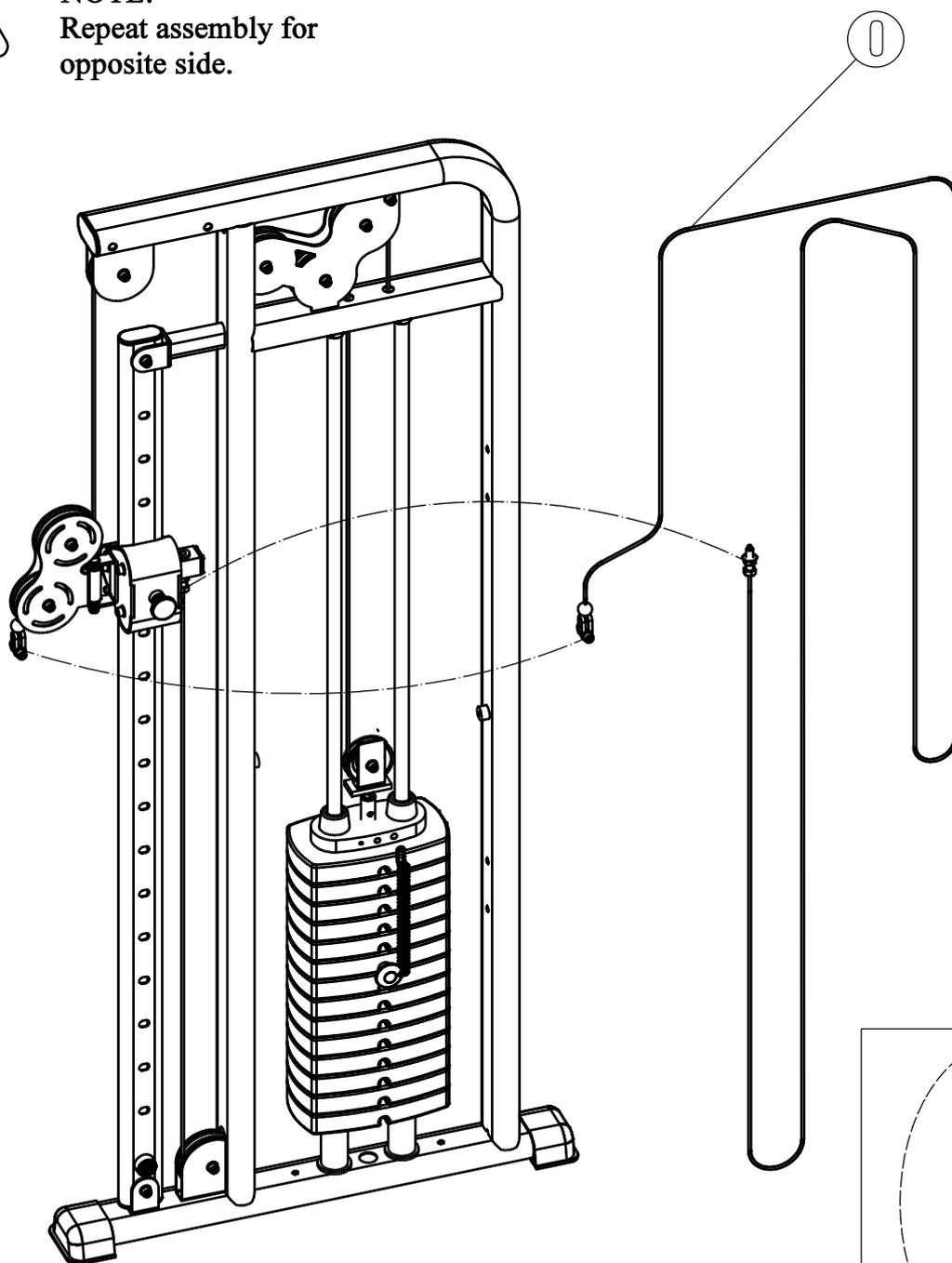


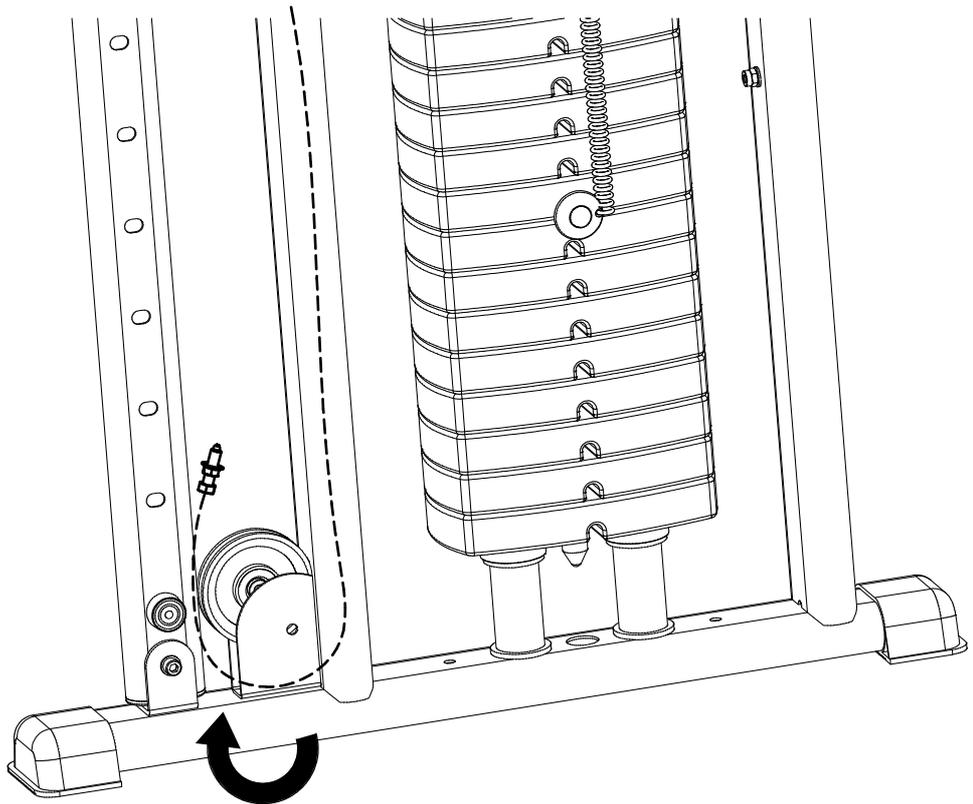
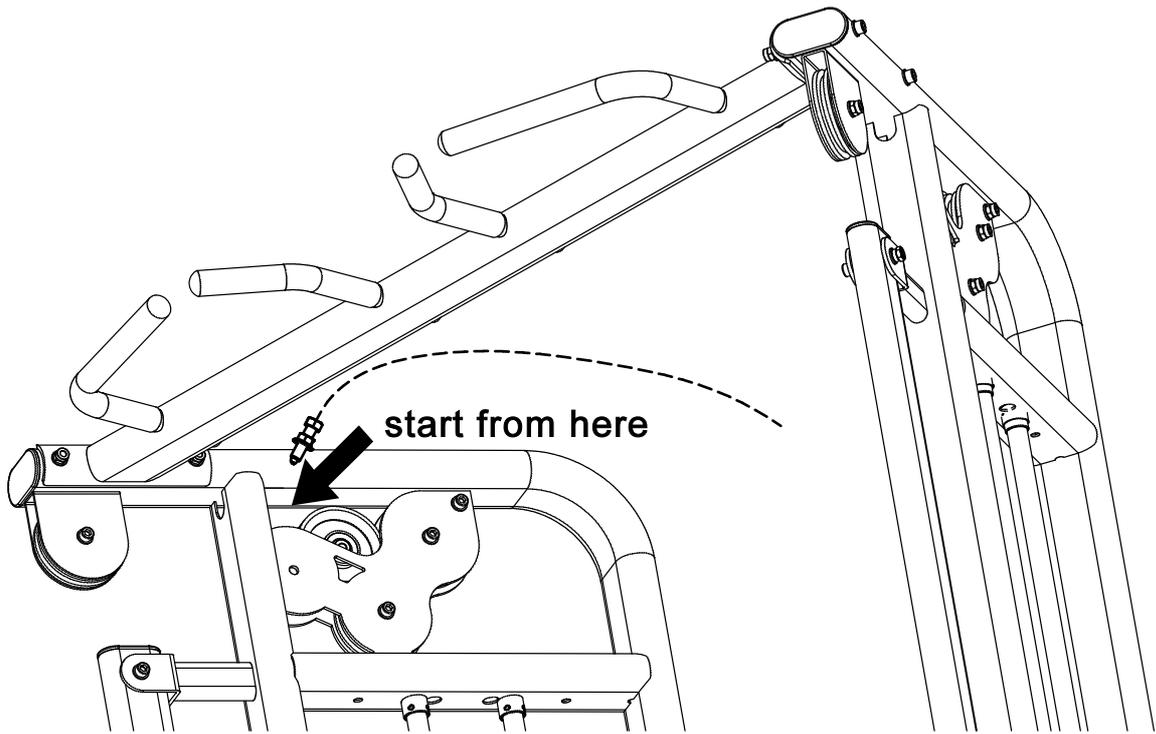
5. Cable Routing

No.	Description	Qty.
0	Cable	2

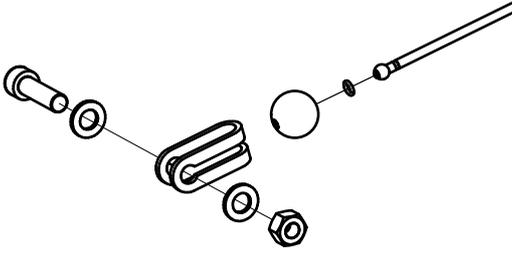


NOTE:
Repeat assembly for
opposite side.





Disassemble cable end piece



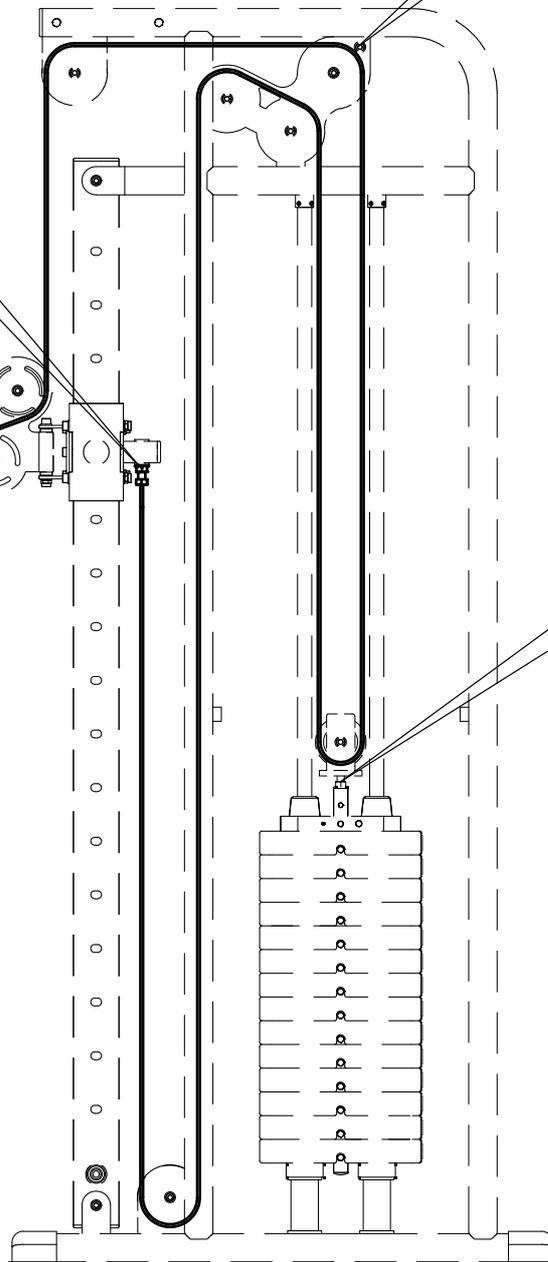
NOTE:
*Be sure cable runs
between the pulleys
and the guard pin*

FINE TUNING:
*Loosen jam nut and
thread bolt in/out to
give the cable proper
tension. Re-tighten
jam nut.*

FINE TUNING:
*Loosen jam nut and
thread bolt in/out to
give the cable proper
tension. Re-tighten
jam nut.*

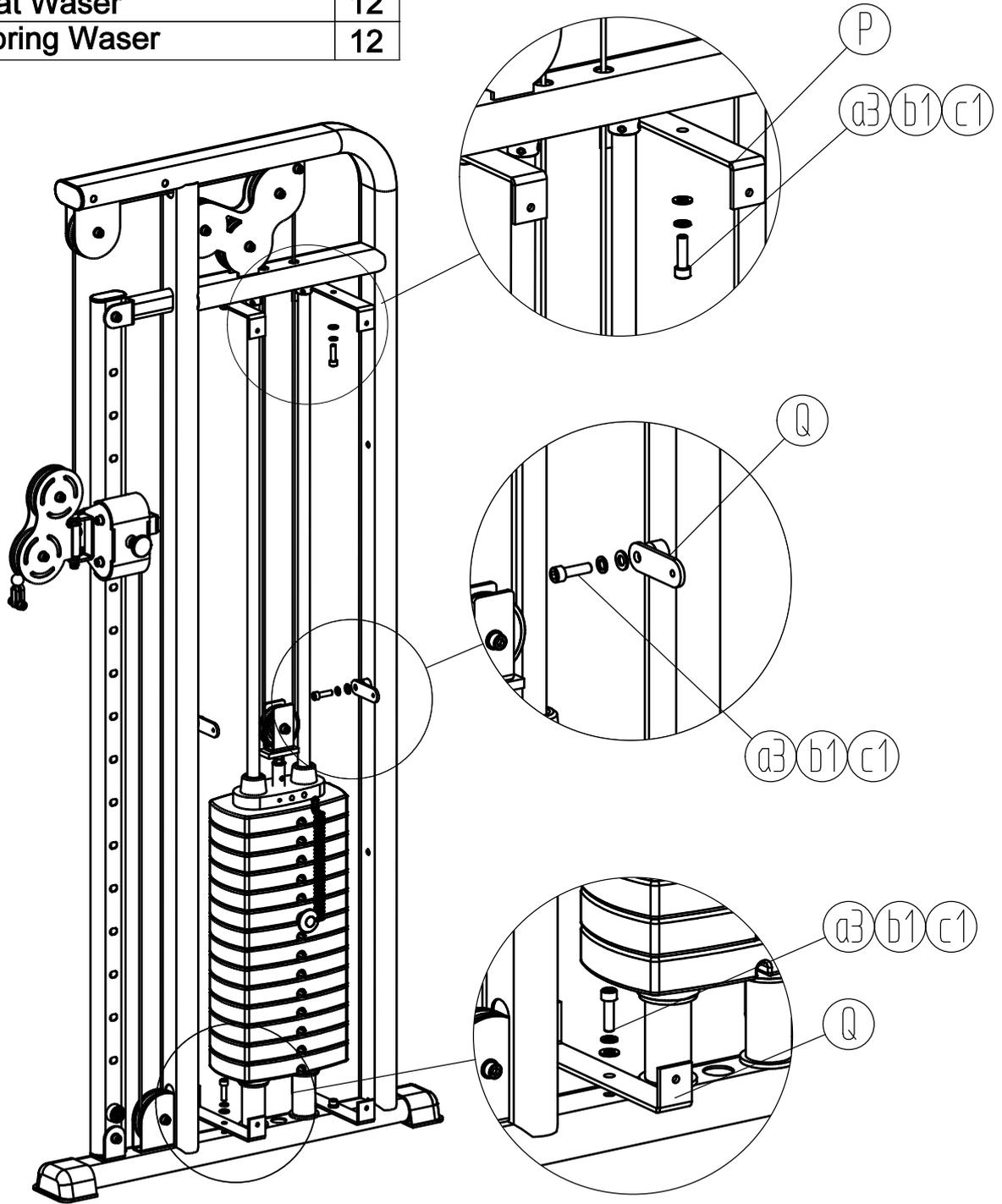
WARNING

*Cable bolt must be
threaded a minimum of 3/8"
into the weight stem with
jam nut tightened.
Securely to ensure proper
connection*



6. Attach Shroud Support Bracket

No.	Description	Qty.
P	Shroud Support Bracket	8
Q	Horizontal Support	4
a3	M10×25mm Bolt	12
b1	M10 Flat Washer	12
c1	M10 Spring Washer	12



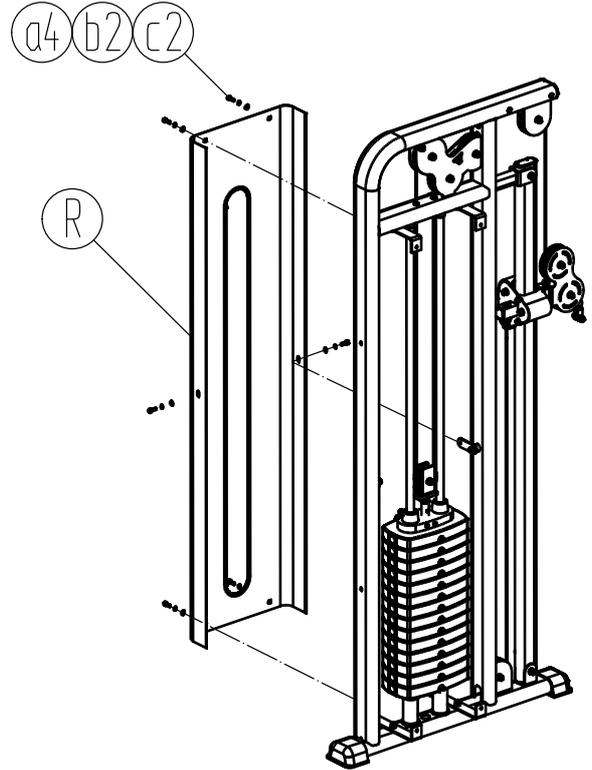
NOTE:
Repeat assembly for opposite side.
Full tighten all the hardware after this step.

7. Attach Front Shroud

No.	Description	Qty.
R	Front Shroud	2
a4	M8×20mm Bolt	12
b2	M8 Flat Waser	12
c2	M8 Spring Waser	12

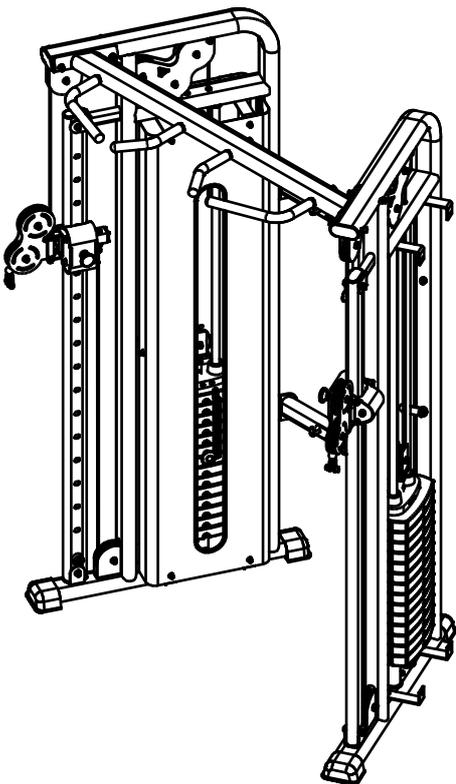


NOTE:
Repeat assembly for
opposite side.

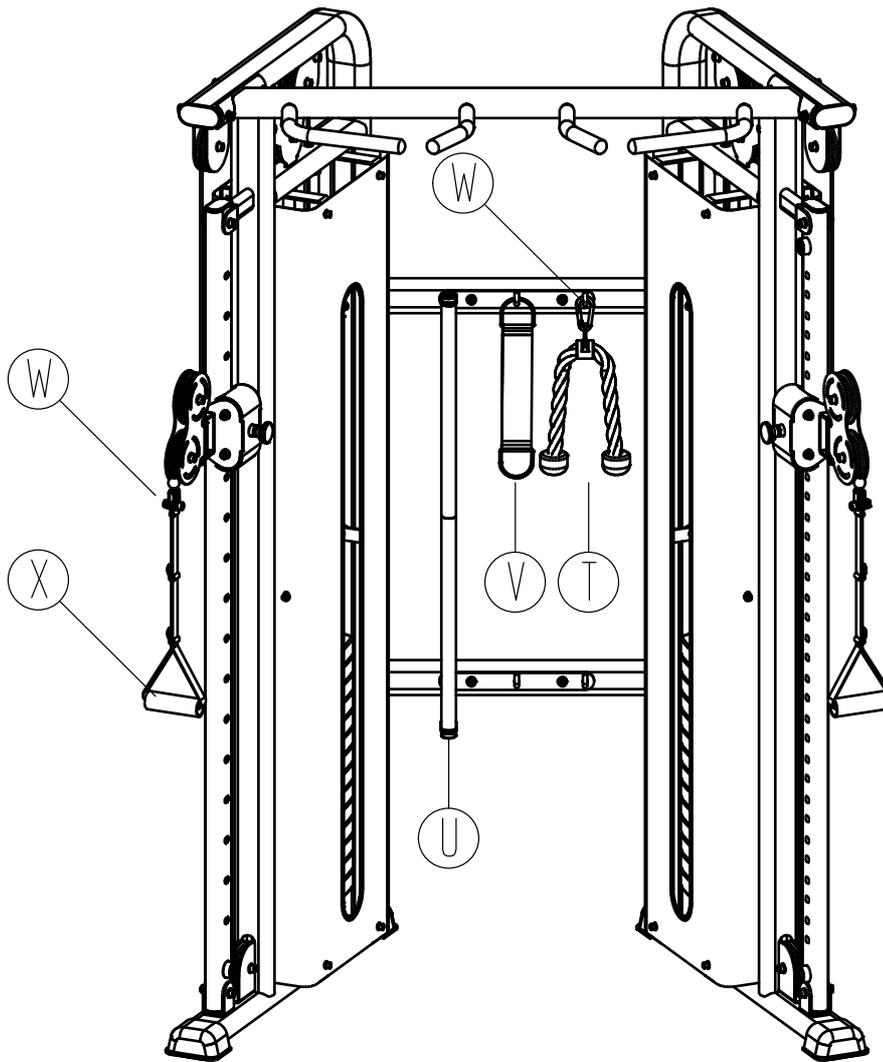


8. Attach Back Shroud

No.	Description	Qty.
S	Back Shroud	2
a4	M8×20mm Bolt	8
b2	M8 Flat Waser	8
c2	M8 Spring Waser	8



NOTE:
Repeat assembly for
opposite side.



9. Attach Handle

No.	Description	Qty.
T	Tricep Rope	1
U	Long Bar	1
V	Ankle Belt	1
W	Snap Link	3
X	Handle Strap	2