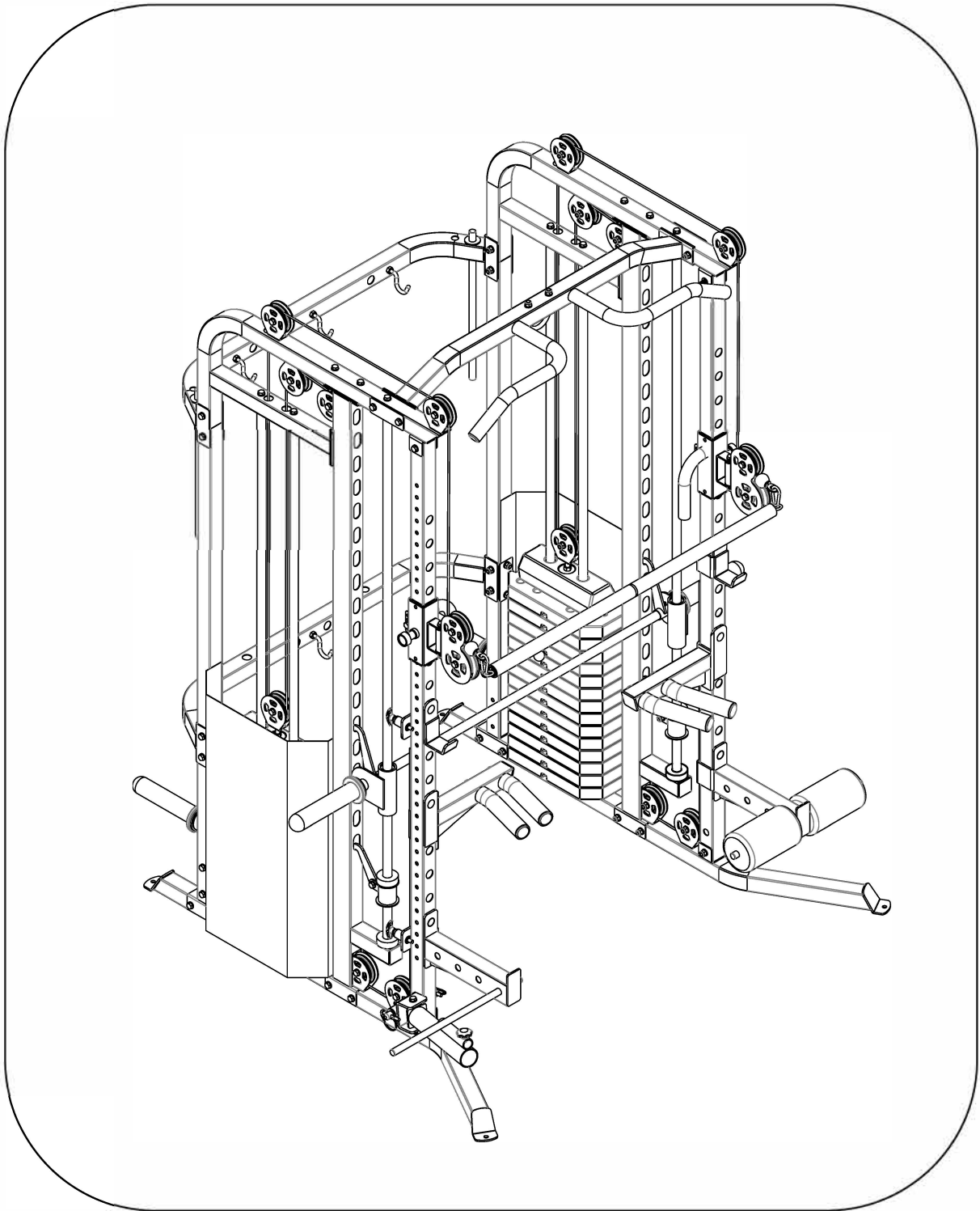




# Assembly Manual for F40 Functional Trainer



# Important Safety Information

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Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

NOTE: Hand tighten bolts and nylon until machine is fully assembled.

## ! CAUTION

Read all precautions and instructions in this manual before using this equipment.

## WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The product LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

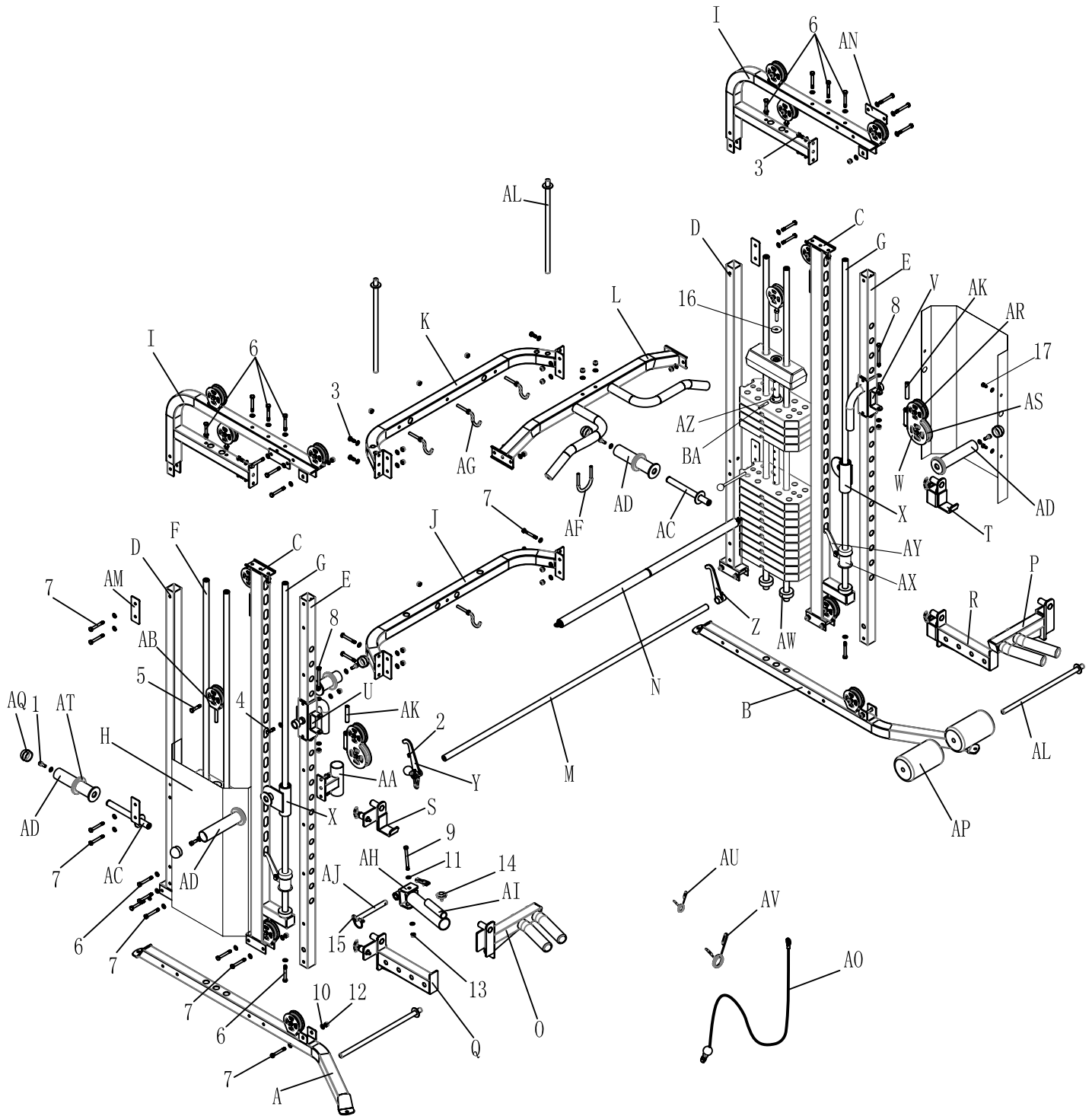
It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with safety information and precautions.

## SAFETY PRECAUTIONS

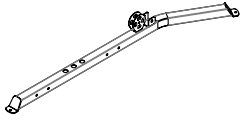
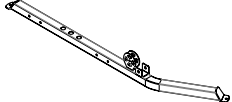

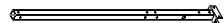
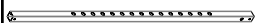


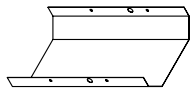
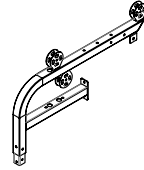
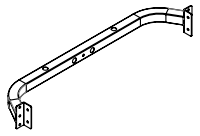
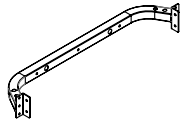
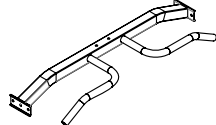

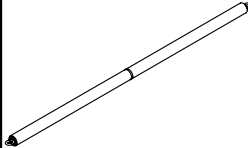
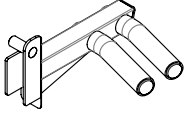
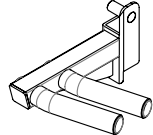
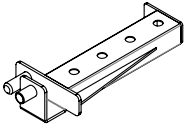
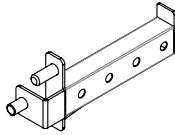
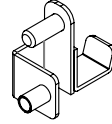
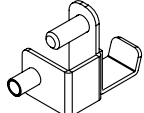
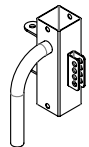
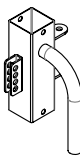

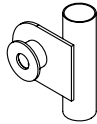


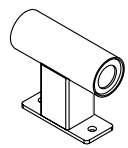

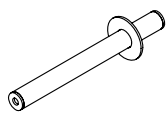
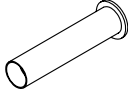
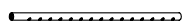
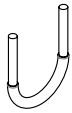
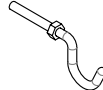
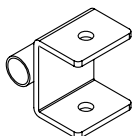
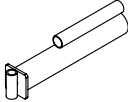
- This unit should only be used on a level surface and is intended for indoor use only. We recommend an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near to the unit.



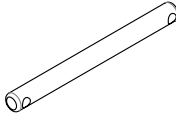
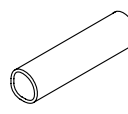
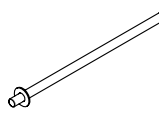



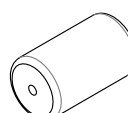


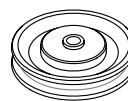





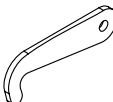





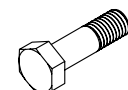

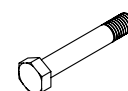
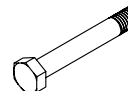
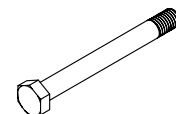
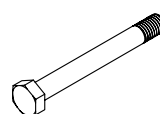




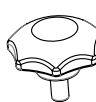
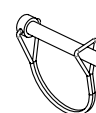


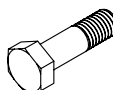
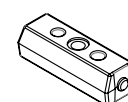
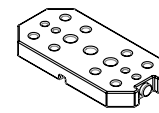
# Assembly Drawing 1



# Part List

A (1PCS) 	B (1PCS) 	C (2PCS) 	D (2PCS) 	E (2PCS) 
F (4PCS) 	G (2PCS) 	H (2PCS) 	I (2PCS) 	J (1PCS) 
K (1PCS) 	L (1PCS) 	M (1PCS) 	N (1PCS) 	O (1PCS) 
P (1PCS) 	Q (1PCS) 	R (1PCS) 	S (1PCS) 	T (1PCS) 
U (1PCS) 	V (1PCS) 	W (2PCS) 	X (2PCS) 	Y (1PCS) 
Z (1PCS) 	AA (1PCS) 	AB (2PCS) 	AC (2PCS) 	AD (4PCS) 
AE (2PCS) 	AF (1PCS) 	AG (4PCS) 	AH (1PCS) 	AI (1PCS) 

# Part List

AJ (1PCS) 	AK (2PCS) 	AL (4PCS) 	AM (4PCS) 	AN (2PCS) 
AO (2PCS) 	AP (2PCS) 	AQ (4PCS) 	AR (16PCS) 	AS (2PCS) 
AT (4PCS) 	AU (4PCS) 	AV (4PCS) 	AW (8PCS) 	AX (2PCS) 
AY (2PCS) 	AZ (2PCS) 	BA (2PCS) 	1 (4PCS) 	2 (2PCS) 
3 (10PCS) 	4 (2PCS) 	5 (18PCS) 	6 (14PCS) 	7 (28PCS) 
8 (28PCS) 	9 (1PCS) 	10 (148PCS) 	11 (2PCS) 	12 (64PCS) 
13 (1PCS) 	14 (1PCS) 	15 (2PCS) 	16 (2PCS) 	17 (4PCS) 
18 (2PCS) 	19 (2PCS) 	20 (28PCS) 		

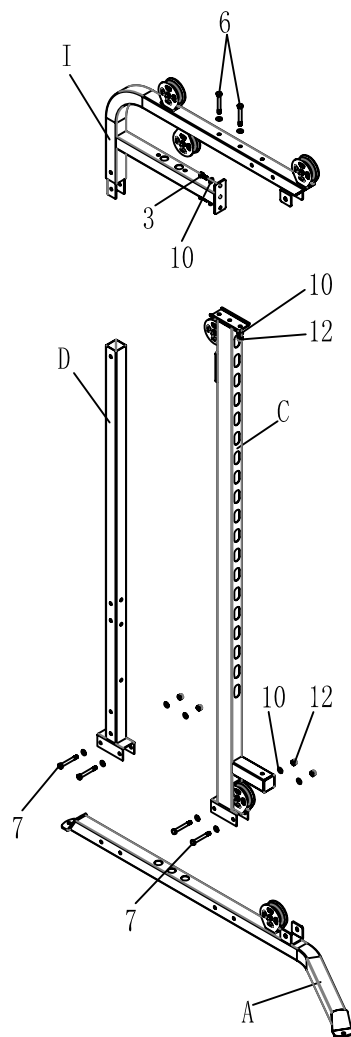
# LIST

Serial number	Specification Name	Quantity
A	LEFT BASE	1
B	RIGHT BASE	1
C	MAIN UPRIGHT	2
D	RAER UPRIGHT	2
E	SLIDE FRAME	2
F	GUIDE ROD	4
G	SHORT GUIDE ROD	2
H	SIDE SHELL	2
I	TOP FRAME	2
J	BOTTOM CROSS FRAME	1
K	MIDDLE CROSS FRAME	1
L	TOP CROSS FRAME	1
M	WEIGHT BAR	1
N	PULL BAR	1
O	LEFT SUPPORT	1
P	RIGHT SUPPORT	1
Q	LEFT HOLD SUPPORT	1
R	RIGHT HOLD SUPPORT	1
S	LEFT BARBELL SUPPORT	1
T	RIGHT BARBELL SUPPORT	1
U	LEFT SLIDER	1
V	RIGHT SLIDER	1
W	DUBBLE PULLEY BRACKET	2
X	SLIDE SUPPORT	2
Y	LEFT HOOK	1
Z	RIGHT HOOK	1
AA	BAR HOLDER	1
AB	SINGLE PULLEY BARCKET	2
AC	PLATE BAR	2
AD	OLYMPIC PLATE BAR	4
AE	WEIGHT SELECTOR	2
AF	CLOSED HOOK	1
AG	HOOK	4
AH	ROTATION SUPPORT	1

# LIST

Serial number	Specification Name	Quantity
AI	BAR SUPPORT	1
AJ	AXIS	1
AK	BUSHING	2
AL	HOLDER	4
AM	REINFORCEMENT PLATE 1	4
AN	REINFORCEMENT PLATE 2	2
AO	CABLE	2
AP	FOAM	2
AQ	ROUND PLUG	8
AR	PULLEY	16
AS	LARGE PULLEY	2
AT	RUBBER CIRCLE	4
AU	SPIRNG CLIP-REGULAR	8
AV	SPIRNG CLIP-OLYMPIC	8
AW	RUBBER BUMPER	8
AX	SAFETY	2
AY	SAFETY HOOK	2
AZ	SECURITY BUSH	2
BA	SECURITY PIN	2
1	M10*20 SOCKET CAP SCREW	4
2	M10*10 SOCKET SCREW	2
3	M10*25 HEXAGONAL HEAD SCREW	10
4	M10*35 HEXAGONAL HEAD SCREW	2
5	M10*50 HEXAGONAL HEAD SCREW	18
6	M10*70 HEXAGONAL HEAD SCREW	14
7	M10*75 HEXAGONAL HEAD SCREW	28
8	M10*105 HEXAGONAL HEAD SCREW	2
9	M12*100 HEXAGONAL HEAD SCREW	1
10	10mm WASHER	148
11	12mm WASHER	2
12	M10 LOCK NUT	64
13	M12 LOCK NUT	1
14	PLUM SHAPED SCREW	1
15	LOCK PIN	2
16	BIG WASHER	2
17	M10*20 HEXAGONAL HEAD SCREW	4
18	M10*30 HEXAGONAL HEAD SCREW	2
19	TOP PLATE	2
20	WEIGHT PLATE	28

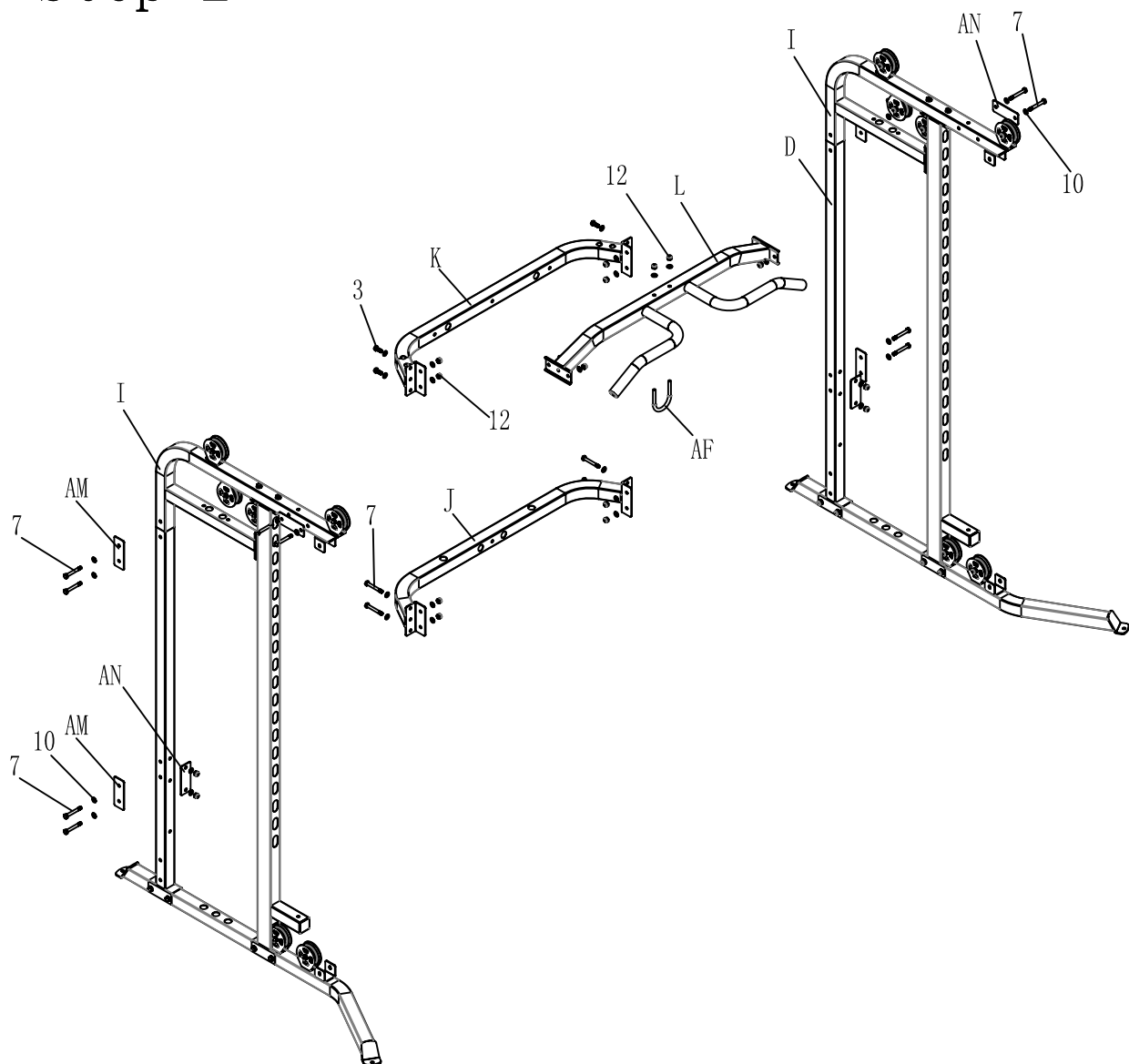
# Step 1



1. Attach the main upright (C) to the left base (A) using two M10\*75 screws (7), four 10mm washers (10) and two M10 lock nuts (12).
2. Attach the rear upright (D) to the left base (A) using two M10\*75 screws (7), four 10mm washers (10) and two M10 lock nuts (12).
3. Attach the top frame (I) to the main upright (C) using two M10\*70 screws (6), two M10\*25 screws (3), six 10mm washers (10) and two M10 lock nuts (12).
4. The assembly step of right side is the same as the left one. (STEP 01)



## Step 2



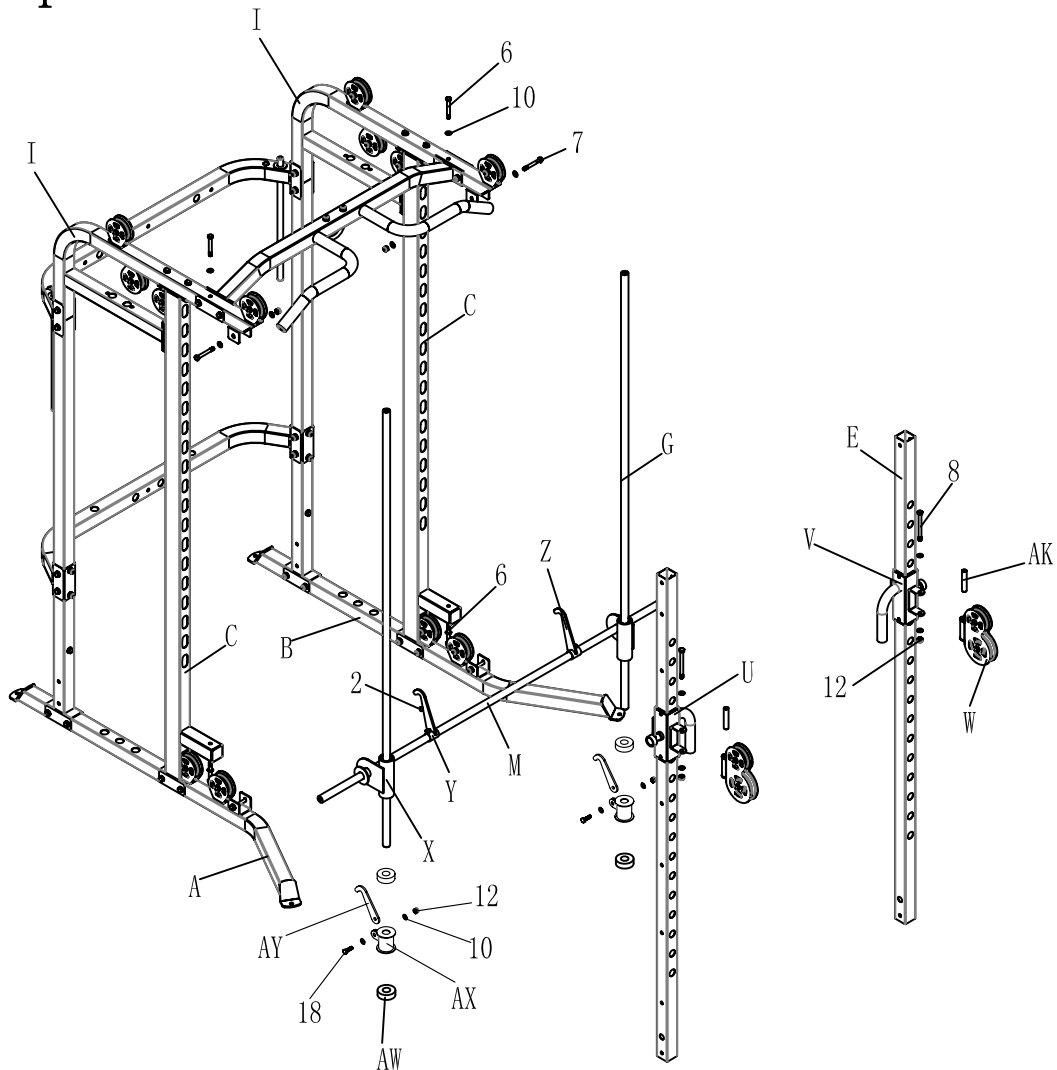
1. Attach the bottom cross frame (J), reinforcement plate 1 (AM) and reinforcement plate 2 (AN) to rear upright (D) using eight M10\*75 screws (7), sixteen 10mm washers (10) and eight M10 lock nuts (12).

2. Attach the middle cross frame (K) and reinforcement plate 1 (AM) to rear upright (D) and top frame (I) using four M10\*75 screws (7), four M10\*25 screws (3), twelve 10mm washers (10) and four M10 lock nuts (12).

3. Attach the top cross frame (L) and reinforcement plate 2 (AN) to the top frame (I) using four M10\*75 screws (7), eight 10mm washers (10) and four M10 lock nuts (12).

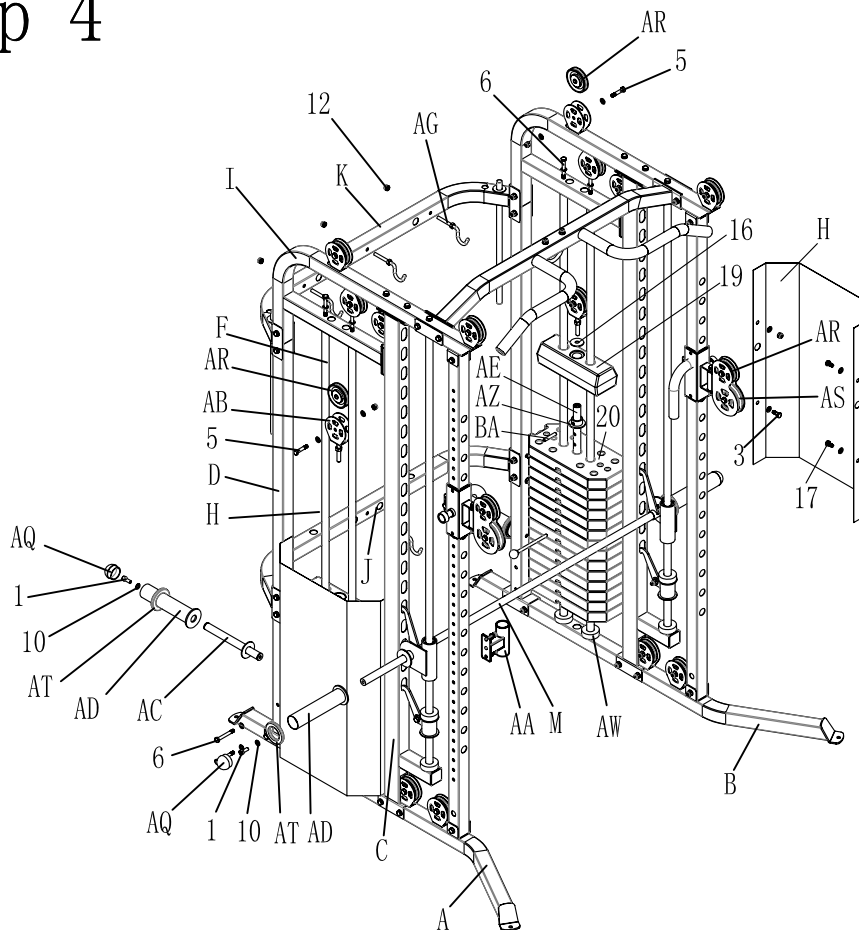
4. Attach the closed hook (AF) to the top cross frame (L) using 10mm washers (10) and M10 lock nuts (12).

# Step 3



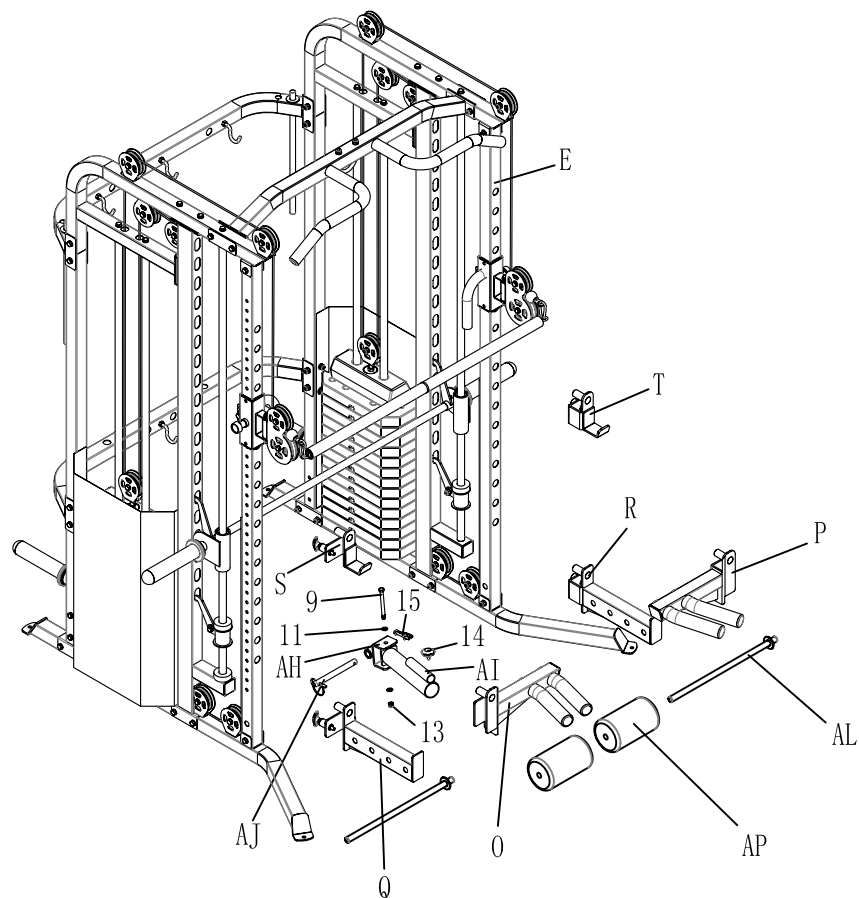
1. Slide the left and right hook(Y&Z) onto the weight bar(M).
2. Slide the safety(AX)and the slide support(X) onto the weight bar(M).
3. Insert the short guide rod(G) into hole of the slide support(X) and rubber bumper(AW), attach the short guide rod(G)to the main upright(C) and the top fram(I) using four M10\*70 screws(6) and four 10mm washers(10).
4. Attach the safety hook(AY) to the using four M10\*30 screws(18), eight 10mm washers(10) and four M10 lock nuts(12).
5. Hook the left and right slider(Y&Z) to the main upright(C) and secure with M10\*10 screw(2).
6. Slide the left and right slider(U&V) onto the slide frame(E).
7. Attach the double pulley bracket(W) to the left and right slider(U&V) using bushing(AK), two M10\*105 screws(8), four 10mm washers(10) and two M10 lock nuts(12).
8. Attach the slide frame(E) to the left and right base(A&B) and top frame(I) using four M10\*75 screws(7), eight 10mm washers(10) and four M10 lock nuts(12).

# Step 4



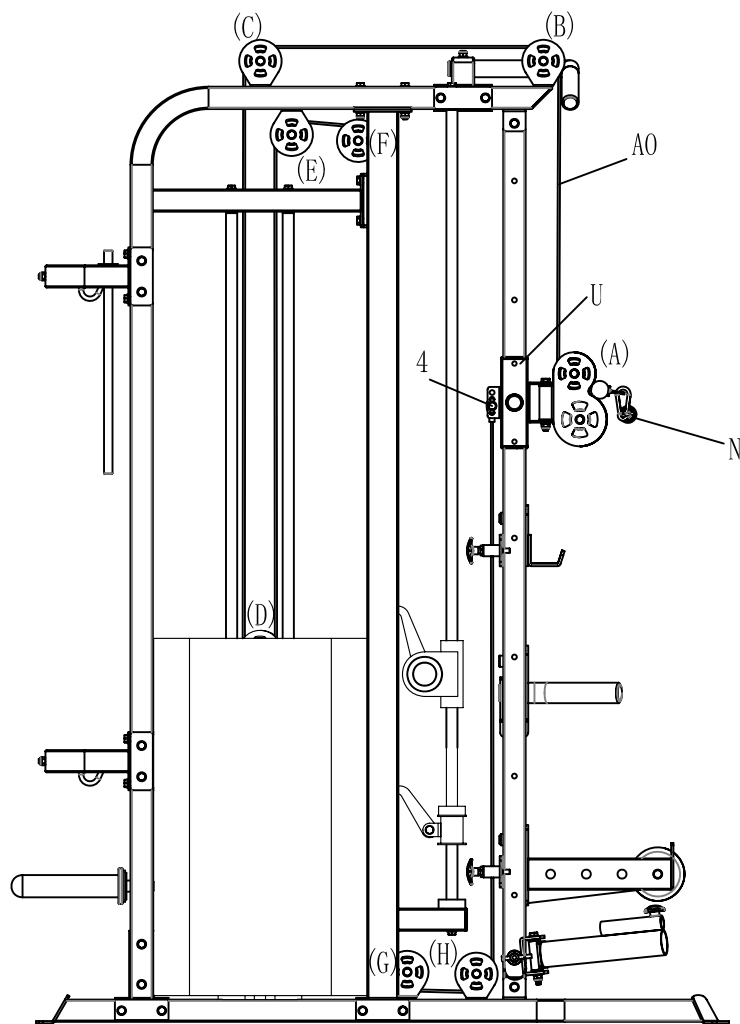
1. Attach the bar holder(AA) to rear upright(D) using two M10\*70 screws(6), four 10mm washers(10) and two lock nuts(12).
2. Attach the side shell(H) to the rear upright(C) using two M10\*20 screws(17), two 10mm washers(10). Slide rubber bumper(AW) onto the guide rod(F). Insert the guide rod(F) into hole of the left and right base(A&B), slide the weight plate(20) and top plate(19) onto the guide rod(F). Secure the rod to the top frame(I) using four M10\*70 screws(6) and four 10mm washers(10).
3. Attach the plate bar(AC) on the rear upright(D) using two M10\*25 screws(3) and two 10mm washers(10).
4. Slide the Olympic plate bar(AD) onto the weight bar(M), the plate support(H) and the plate bar(AC), secure with six M10\*25 screws(1) and six 10mm washers(10). Slide the short Olympic plate bar(AE) onto the plate support(H), secure with two M10\*25 screws(1) and two 10mm washers(10). Push round plug(AQ) into Olympic plate bars(AE&AE).
5. Attach the hooks(AG) to the bottom and middle cross frame(J&K) using four M10 lock nuts(12).
6. Insert the single pulley bracket(AB) into the plate support(H).
7. Attach sixteen pulley(AR) and two large pulley(AS) into the pulley brackets using eighteen screws M10\*50(5), thirty six 10mm washers(10) and sixteen M10 lock nuts(12).

# Step 5



1. Attach the rotation support (AH) to slide frame (E) use axis (AJ). Then lock with lock pin (15).
2. Attach the bar support (AI) to the rotation support (AH) using M12\*100 screw (9), two 12mm washers (11) and M12 lock nut (13).
3. Attach the plum shaped screw (14) to the bar support (AI).
4. Attach the left and right barbell support (S&T), the left and right hold support (Q&R) and left and right support (O&P) to slide frame (E).

# Cable 1



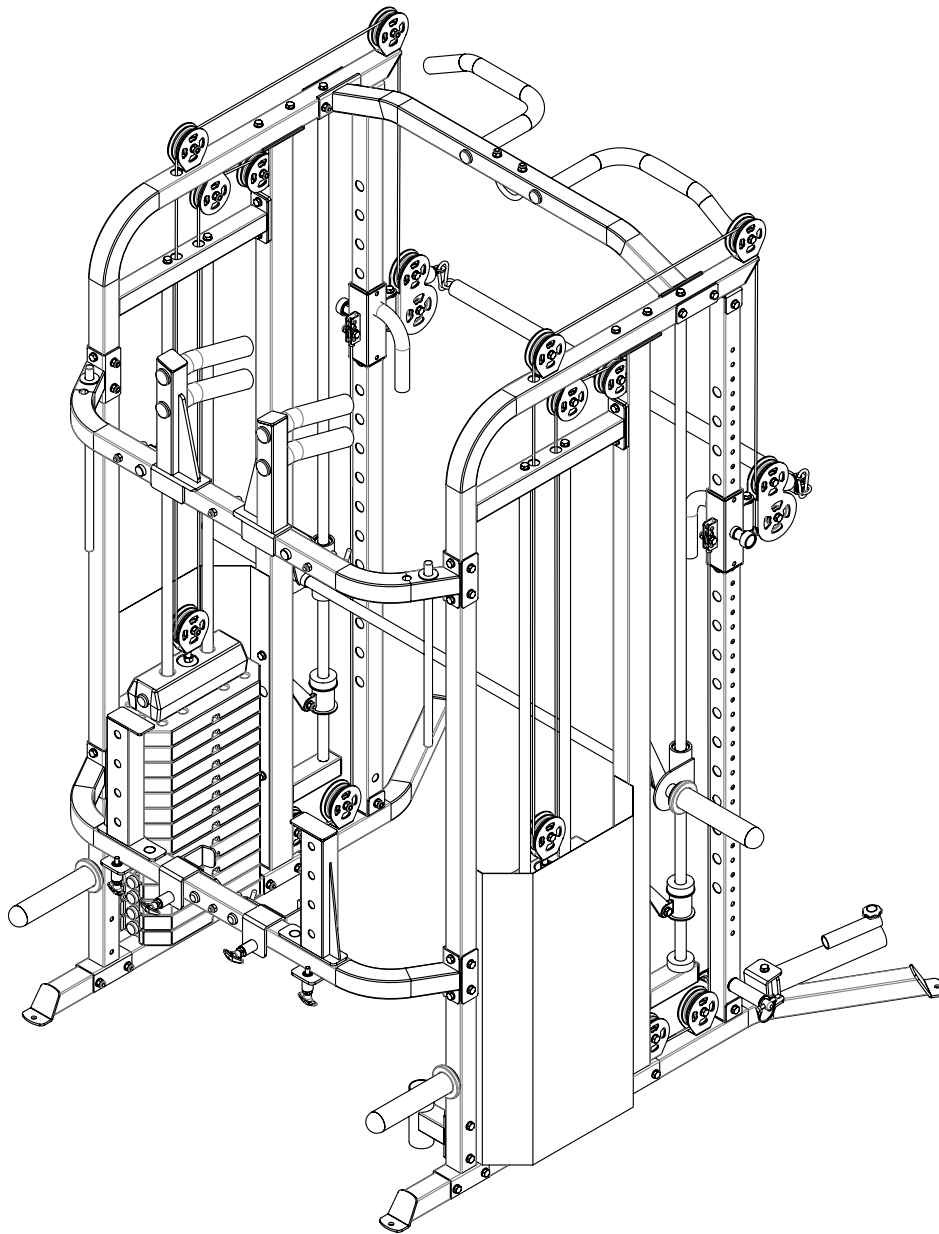
Bring the threaded end of the cable(A0) from (A)-(B)-(C)-(D)-(E)-(F)-(G)-(H)-U, using M10\*35 screws(4), two 10mm washers(10) and M10 lock nuts(12).

NOTE:From F-G, the cable is in the tube.

Repeat the step to route the cable through the right tower.

Attach the pull bar(N) to cables(A0).

# Drawings



## **General Safety Rules**

There is a risk taken by all individuals who use this type of equipment. To reduce risk, you must follow these rules:

1. Inspect equipment before each workout. Check that all nuts, bolts, screws and pop pins are in place and fully tightened. Also, before use, check cables for signs of wear. Replace all worn parts immediately. Never use machine if any parts are damaged or missing. FAILURE TO FOLLOW THESE RULES MAY RESULT IN EXTREMELY SERIOUS INJURY.

2. Keep clear of cables and all moving parts when the machine is in use.

3. Always make sure all links are closed when doing any cable/pulley/strap exercises.

4. Exercise with care. Perform your exercises at a smooth constant pace; never perform jerky or uncoordinated movements that can cause injury.

5. It is recommended that you perform your workouts with a training partner.

6. Do not allow children or minors to play on or around this equipment.

7. Consult your physician before starting your exercise program.

### **For your own safety, do not begin any exercise program without proper instruction.**

Routine inspection and maintenance is of importance to ensure maximum safety and performance. We use the highest quality materials available, but wear is inevitable and unavoidable. Therefore, you must carefully inspect your equipment as outlined in the Maintenance Schedule. Be advised that dangerous conditions can arise even during a warranty period. A warranty does not negate the owner's responsibility to thoroughly, carefully and daily inspect the machine.

Including maintaining the equipment the owner's responsibility is also to:

1. Always provide adequate supervision to all end-users.

2. Instruct all end-users of proper usage.

3. Be sure all supervisors and personal trainers who instruct end-users on equipment use are properly trained and know the function and importance of every adjustment and setting.

Also, be sure these trainers provide proper instruction to end-users on the fundamentals of strength training.

### Cables

1. While the machine is not in use. Carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.

2. Visually inspect the cables for fraying, cracking, peeling or discoloration.

3. Check slack in cables and re-adjust cable tension if needed.

4. Check that the jam nut on the selector rod top bolt is tight.

### Upholstery

1. Wipe down after every workout.

2. Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.

3. Keep sharp or pointed objects out of your pockets and clear of all upholstery.

### Nuts/Bolts/Fasteners

1. Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically.

2. Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

### Guide Rods

Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

### Adjustments / Locking Pins / Tightening Knobs

1. Check all pieces for signs of visible wear or damage.

2. Check springs in Snap Links and Pop Pins for proper tension and alignment.

3. If the spring sticks or has lost its rigidity, replace it immediately.

### Anti-Slip Surfaces

Replace if they appear worn or become slippery.