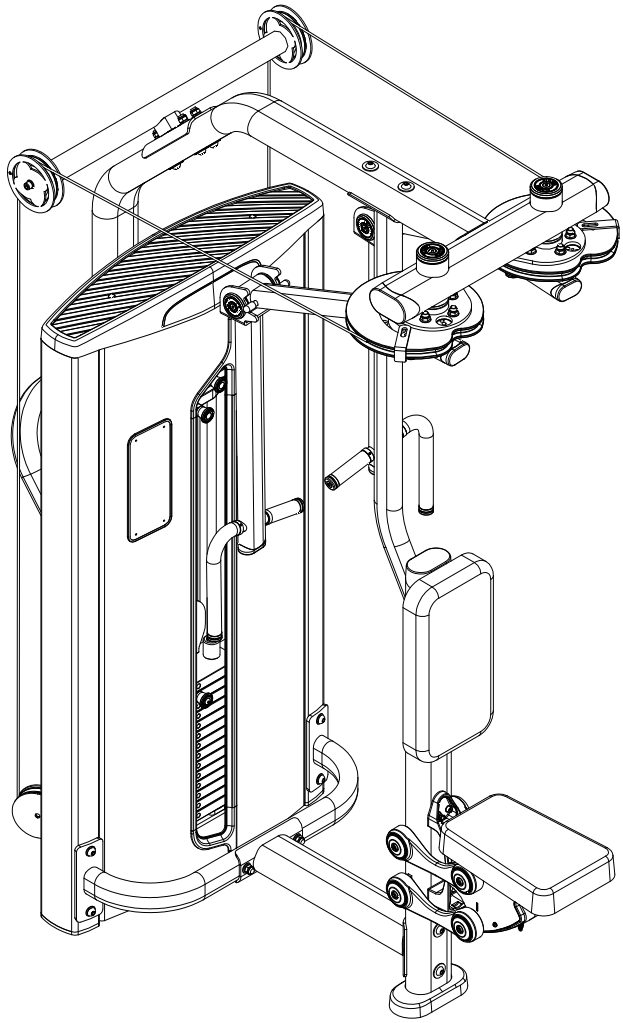
SWISS

STRENGTH MACHINES

SW02 PEC FLY

USER MANUAL



TO OBTAIN THE WARRANTY OF THIS PRODUCT, WE RECOMMEND THAT A QUALIFIED TECHNICIAN CARRIES OUT THE FULL ASSEMBLY.

CAUTION

BEFORE USING THIS EQUIPMENT. READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL KEEP THIS MANUAL FORFUTURE REFERENCE.

IMPORTANT SAFETY INSTRUCTIONS

Is the sole responsibility of the purchaser of products to read the owner’ s manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. It is recommended that all users of be informed of the following information prior to use.

⚠ HEALTH WARNING

• Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are inactive, pregnant or suffer from any illness.

• If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.

• To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

⚠ INSTALLATION

Recommends that all equipment:

• Be secured to or set up on a solid, level surface to stabilise and eliminate rocking or tipping over during training.

• Be set up with sufficient ventilation to ensure proper operation.

• Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended

that there should be at least 1 metre of space around the equipment where access is required to exercise.

⚠ PROPER USAGE

Before you use this equipment, please read the following safety instruction and abide by it, thanks!

• Please assemble the equipment following the assembly instruction.

• Be careful and use matched wrench tools during the assemble. Ask for help if have problem.

• Don't use caustic cleanser to clean and wipe it.

• If there are damages of small parts, please stop use the equipment at once and contact the purchased company or agency for changing. Install the new small parts properly and make sure the connect joints and working parts are fastened, avoiding dangerous during use.

• Please wear cloth and shoes suitable for exercise to keep user from accident.

• Parents or other supervising adults must provide close supervision of children if the equipment is used in the presence of children.

IMPORTANT SAFETY INSTRUCTIONS

⚠ INSPECTION

• Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all equipment use only replacement parts supplied

• Always make sure that all nuts and bolts are tightened prior to each use.

• Maintain labels and nameplates – do not remove labels for any reason. They contain important information.

• Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your equip- ment.

• Before any use, examine all accessories approved for use with the equipment for damage or wear.

• Should your equipment appear damaged or worn, do not attempt to use or repair the equip- ment yourself.

⚠ OPERATING WARNINGS

• It is the purchaser’ s responsibility to instruct all users as to the proper operating procedures of all equipment.

• Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.

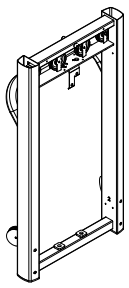
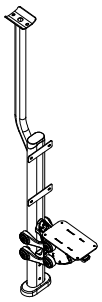
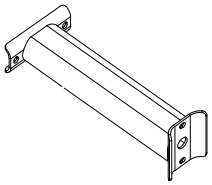
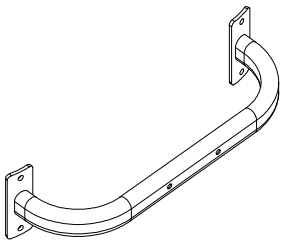
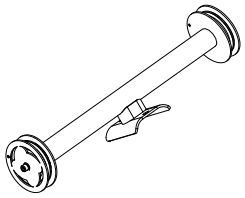
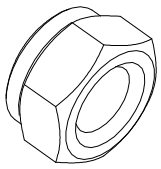
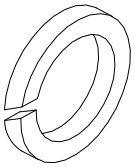
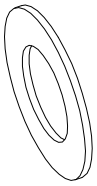
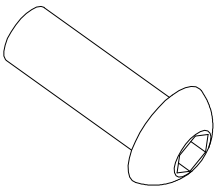
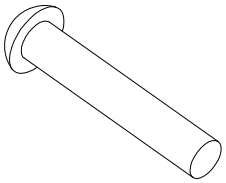
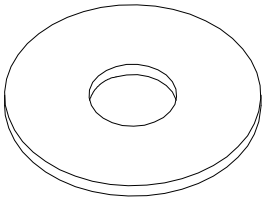
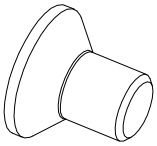
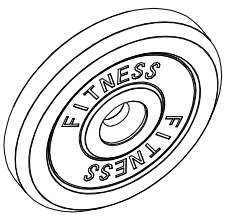
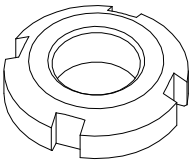
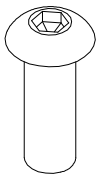
• Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.

• Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

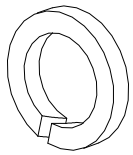
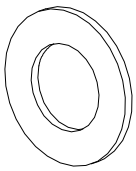
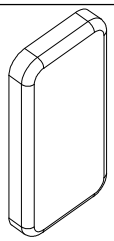
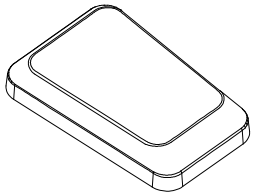
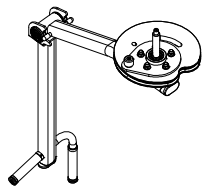
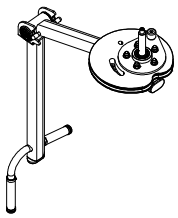
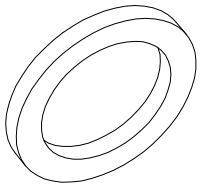
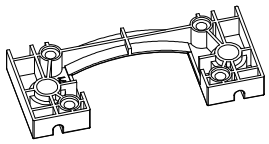
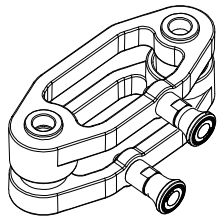
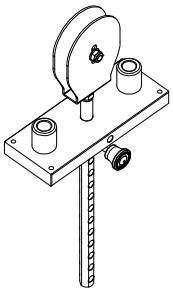
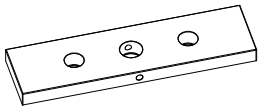
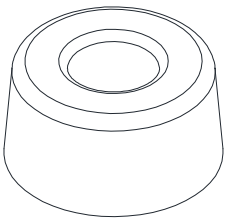
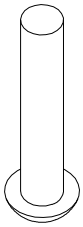
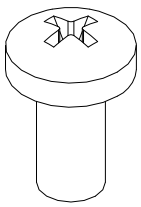
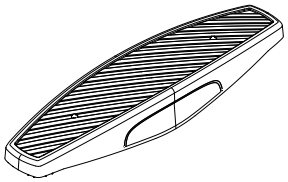
⚠ USER WEIGHT LIMITATIONS

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

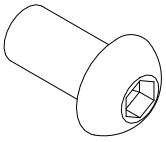
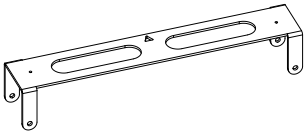
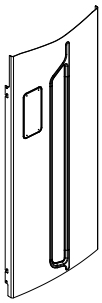
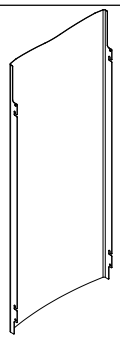
ASSEMBLY LIST

Small door group			Vertical connection group			Ground pipe			U-shaped connecting pipe		
											
1		1pcs	2		1pcs	3		1pcs	4		1pcs
Pulley fixing group			M12 Lock Nut			Φ12 Spring pad			Flat pad Φ12		
											
5		1pcs	6		11 pcs	7		15 pcs	8		15pcs
Hexagon socket head screw M12*90			Hexagon socket head screw M12*35			Hexagon socket head screw M12*65			Large gasket		
											
9		7pcs	10		4pcs	11		4pcs	12		11 pcs
Flat countersunk hexagon socket screw M8*16			End caps Φ70			Round Nuts M16*1.5			Hexagon socket head screw M8*25		
											
13		2pcs	14		2pcs	15		2pcs	16		8pcs

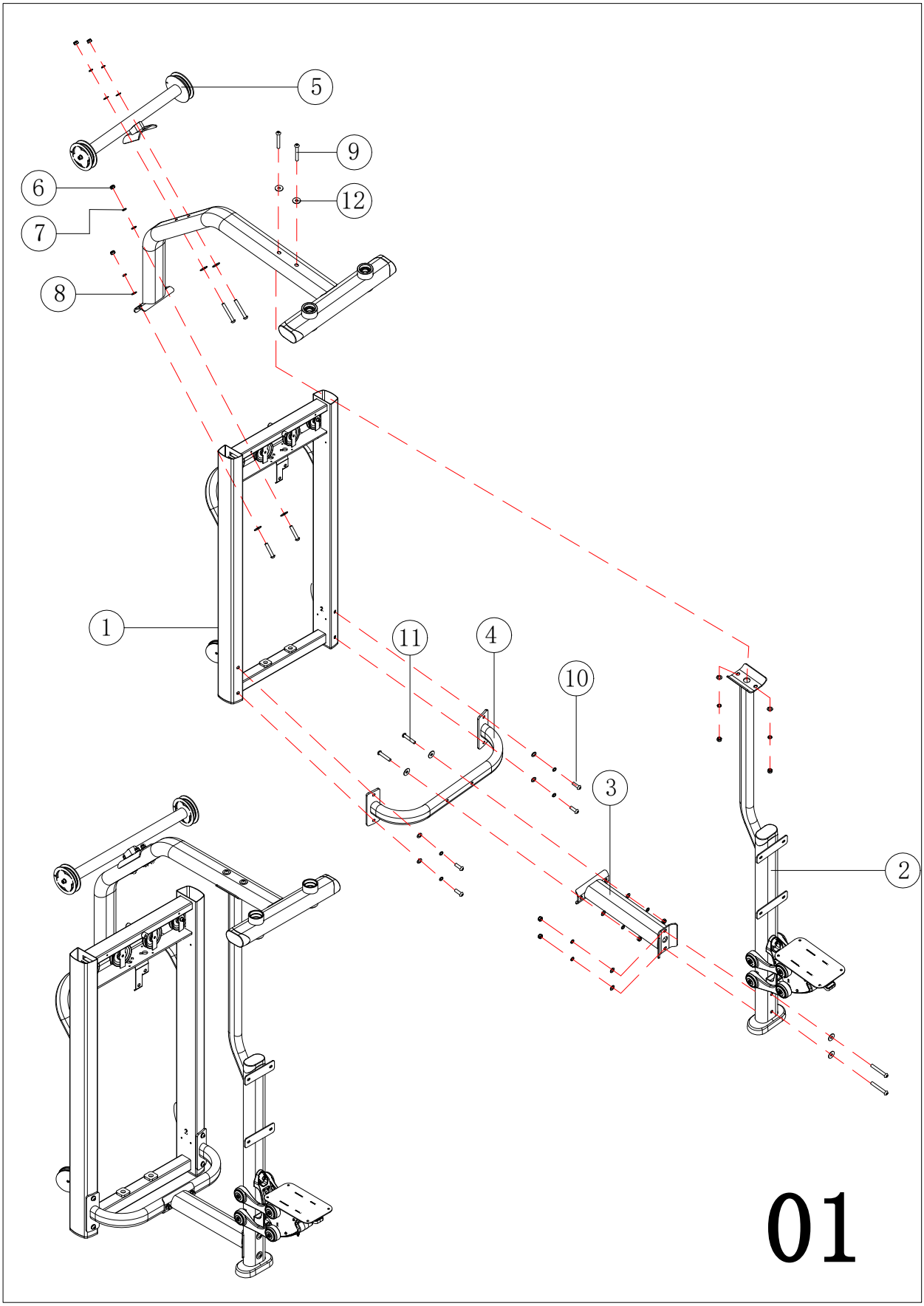
ASSEMBLY LIST

ϕ8 Spring pad			Flat pad ϕ8			Chest pad			Seat cushion		
											
17		20 pcs	18		20 pcs	19		1pcs	20		1pcs
Right boom group			Left boom group			Spacer			Guide rod fixing shell		
											
21		1pcs	22		1pcs	23		2pcs	24		1pcs
Slight weight distribution			Optical axis			Header set			Weight Stack		
											
25		1pcs	26		2pcs	27		1pcs	28		13 pcs
Cushion			Hexagon socket head screw M8*40			Round head cross screw M5*10			Upper shell		
											
29		2pcs	30		4pcs	31		2pcs	32		1pcs

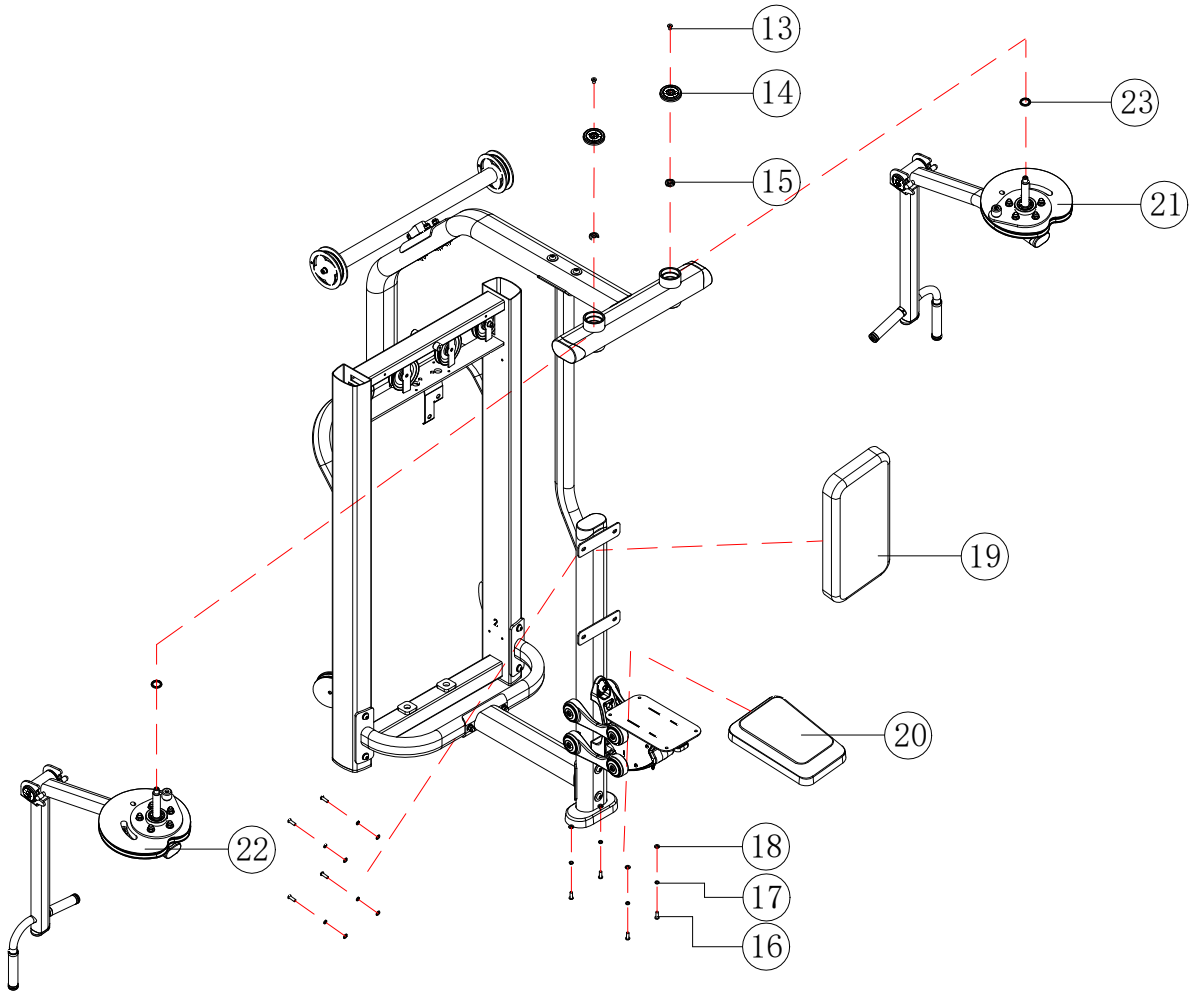
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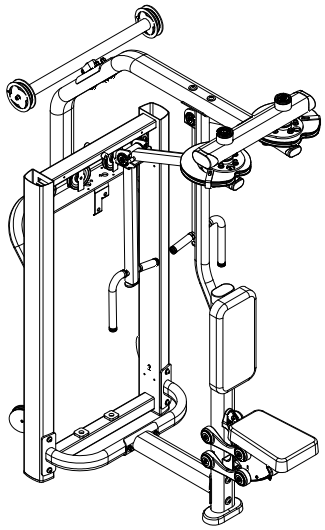
Hexagon socket head screw M8*16			Bracket plate			Front guard			Rear guard plate		
											
33		12 pcs	34		1pcs	35		1pcs	36		1pcs

ASSEMBLY STEPS



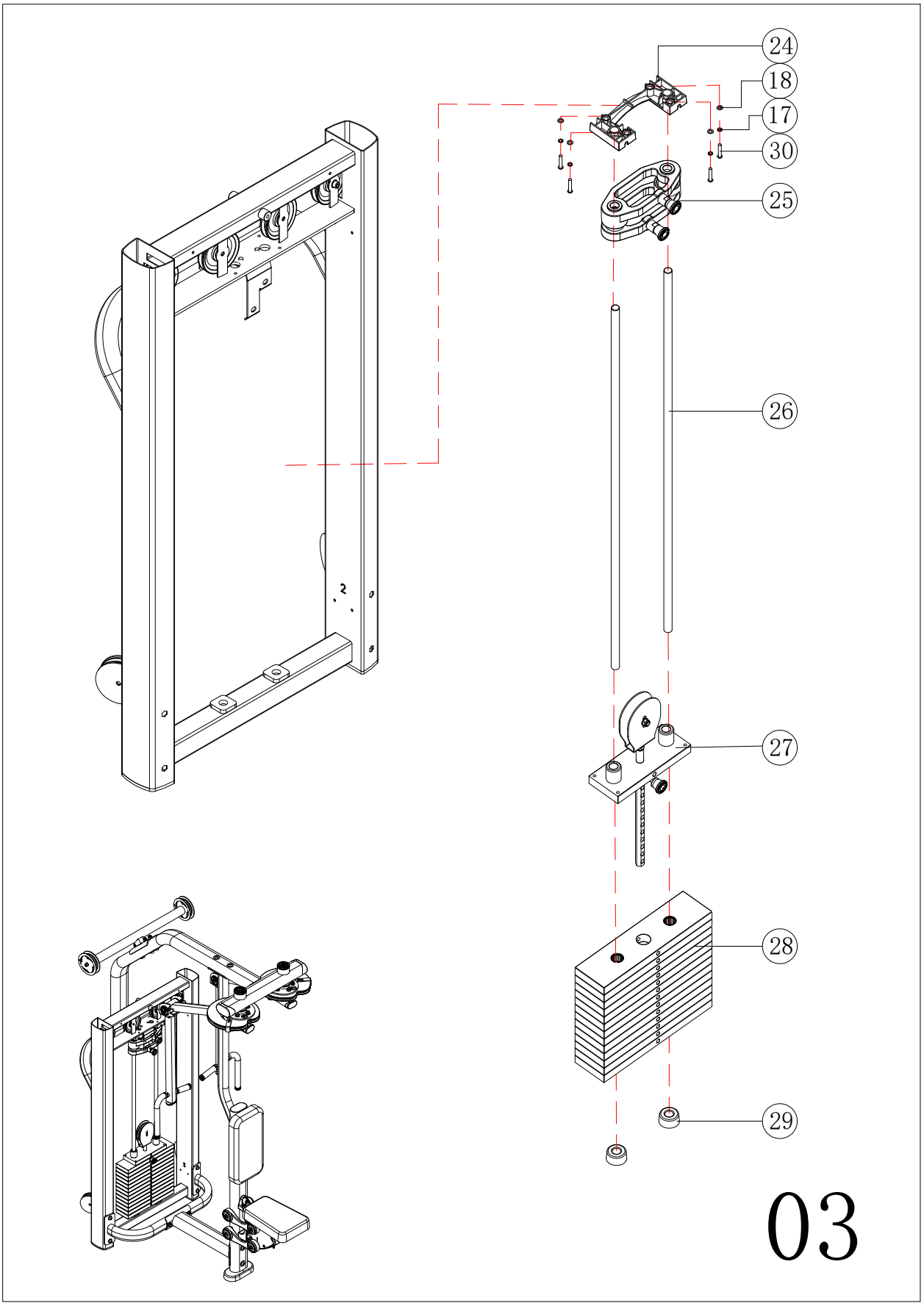
ASSEMBLY STEPS



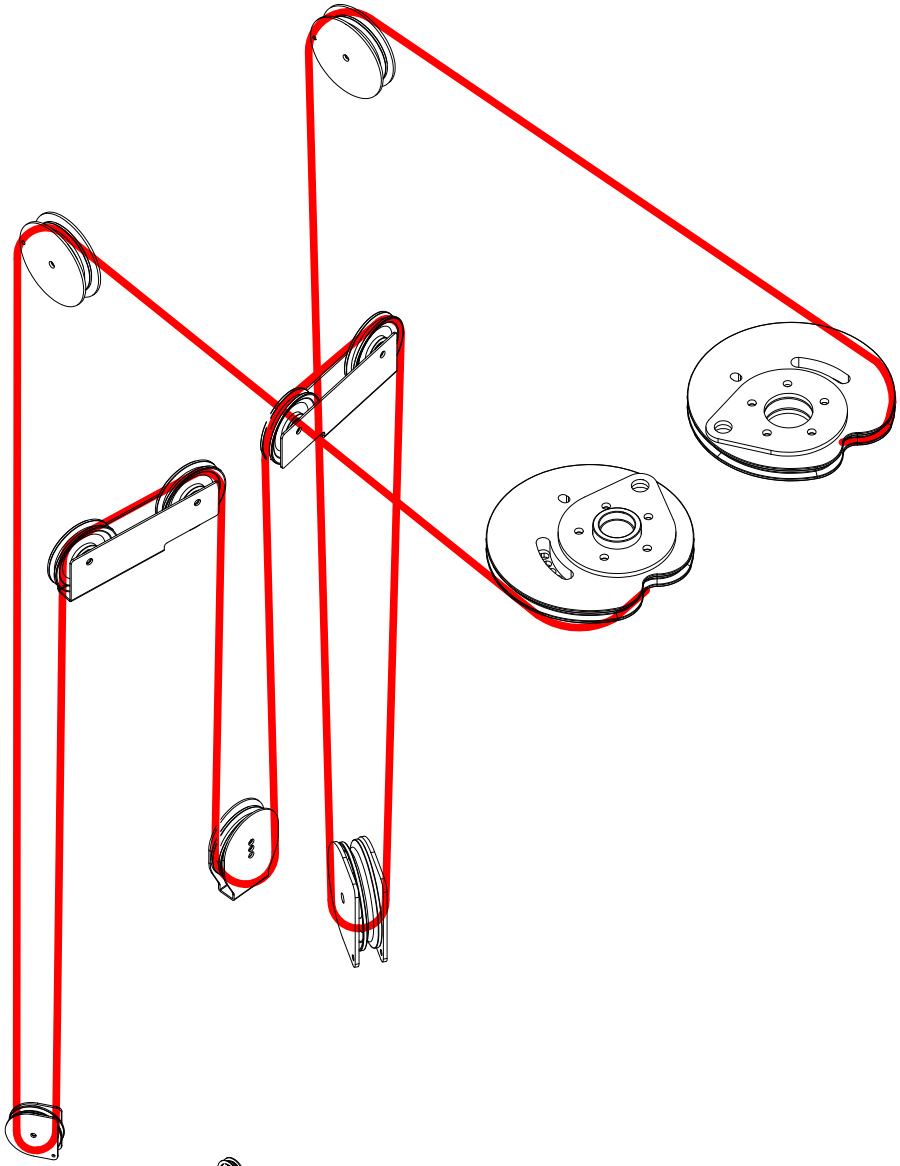


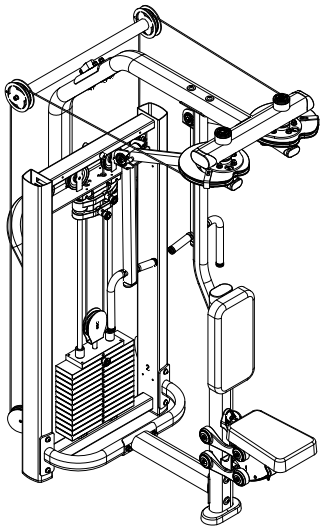
02

ASSEMBLY STEPS



ASSEMBLY STEPS





04

ASSEMBLY STEPS

