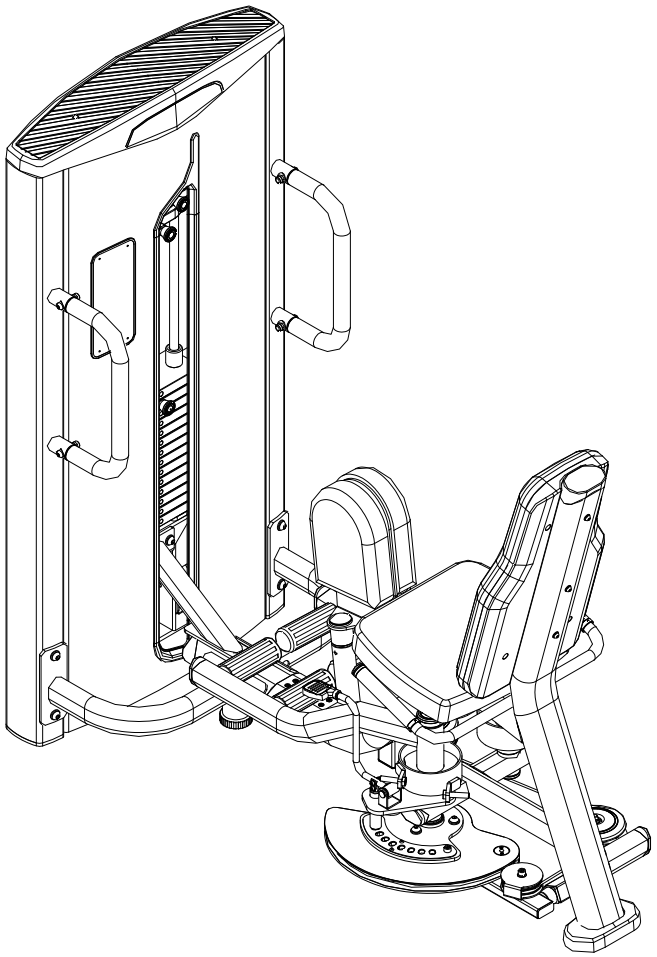
SWISS

STRENGTH MACHINES

SW34 ABDUCTOR/ADDUCTOR

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.

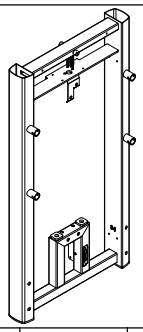
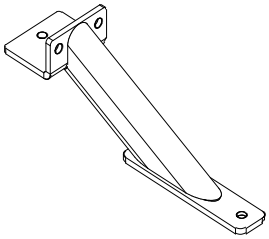
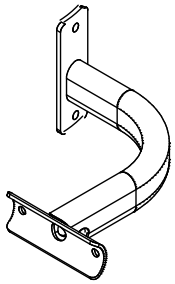
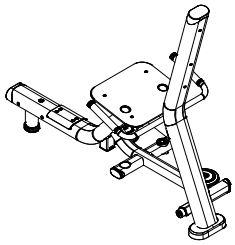
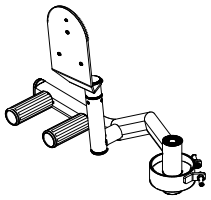
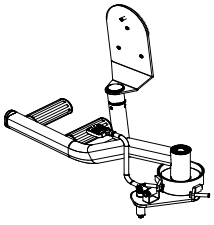
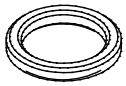
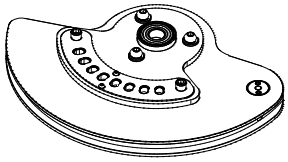
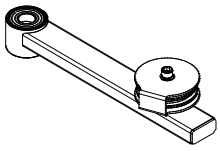
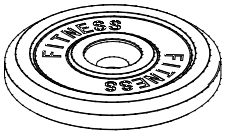
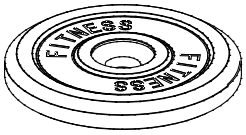
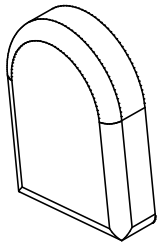
• Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.

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

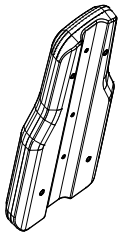
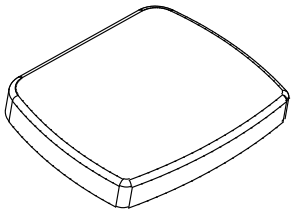
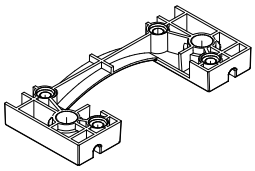
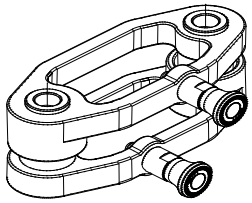
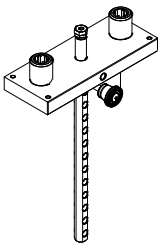
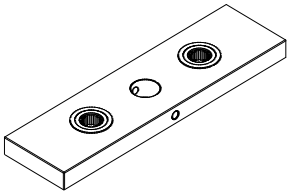
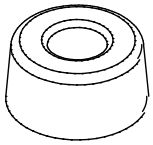
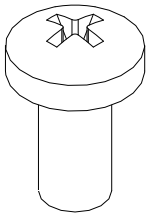
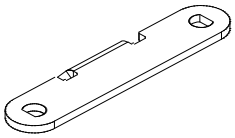
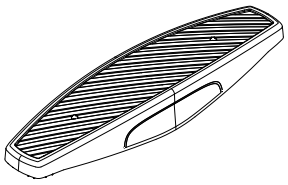
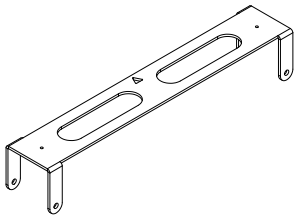
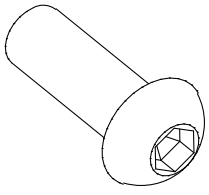
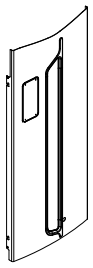
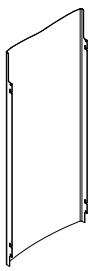
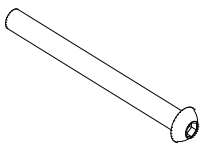
⚠ USER WEIGHT LIMITATIONS

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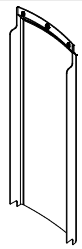
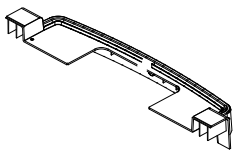
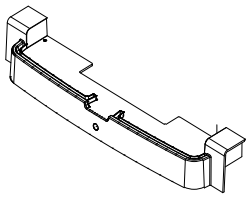
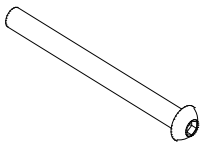
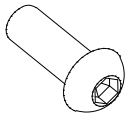
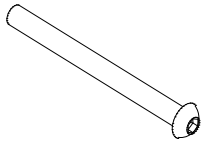
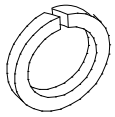
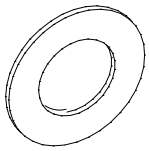
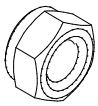
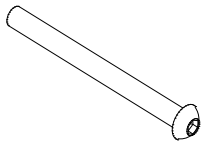
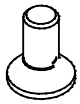
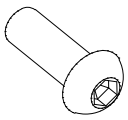
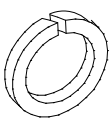
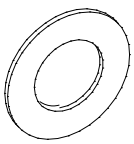
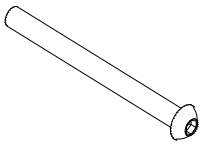
ASSEMBLY LIST

Small door group			Small door support			Bend connection brace			Main frame group		
											
1		1pc	2		1pc	3		One on each side	4		1pc
Right Movement Part			Left Movement Part			Spacer			Nylon disc set		
											
5		1pc	6		1pc	7		8pcs	8		1pc
Long shaft			Flat key			Follower movement arm			Circlip		
											
9		1pc	10		2pcs	11		1pc	12		2pcs
Φ60End caps			Φ50End caps			Short shaft			Leg pads		
											
13		2pcs	14		2pcs	15		1pc	16		2pcs

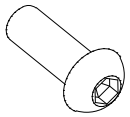
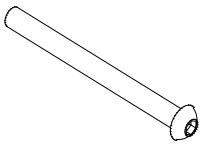
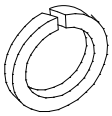
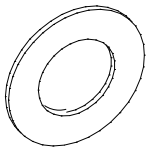
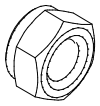
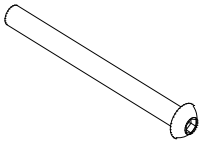
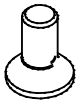
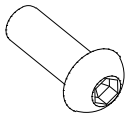
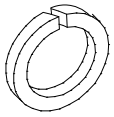
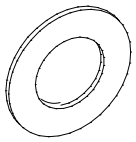
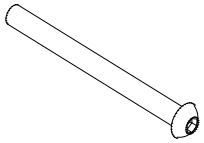
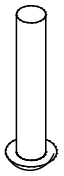
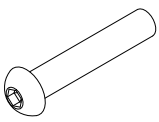
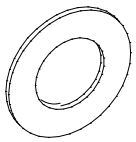
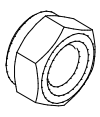
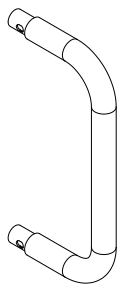
ASSEMBLY LIST

Back pad			cushion			Guide rod fixing shell			Micro-recombination		
											
17		1pc	18		1件	19		1件	20		1件
Guide rod			Header set			Weight Stack			Weight plate shock pad		
											
21		2pcs	22		1pc	23		16pcs	24		2pcs
Round head cross screw M5*10			Movement arm fixing plate			Upper shell			Bracket plate		
											
25		2pcs	26		1pc	27		1pc	28		1pc
Hexagon socket head screwM8*16			Front cover			Back cover			Hexagon socket head screwM12*80		
											
29		12pcs	30		1pc	31		1pc	32		2pcs

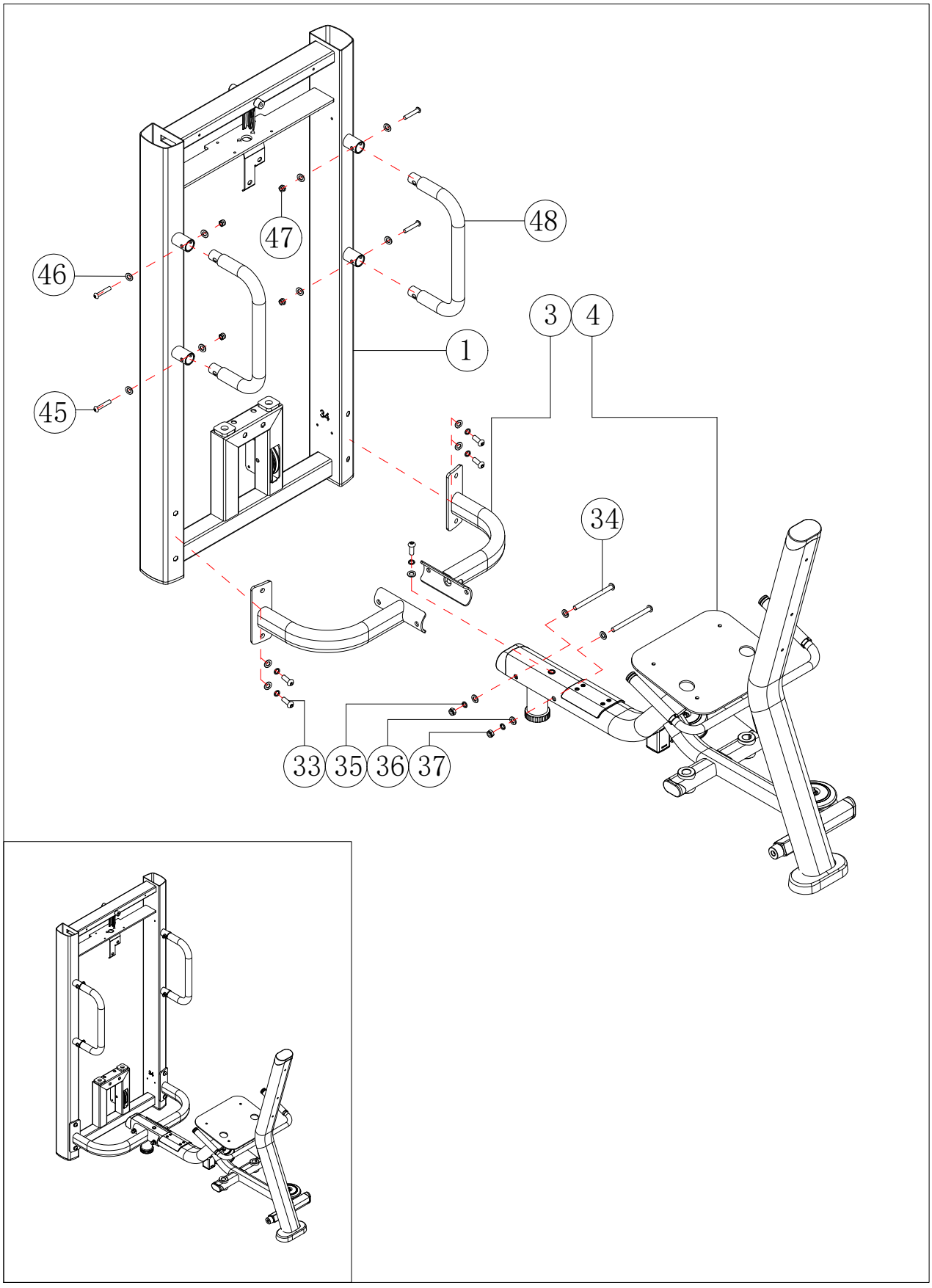
ASSEMBLY LIST

Rear guard plate			Guard plate molding			Rear guard plate fixing shell			Front guard plate fixing shell		
											
33		1pcs	34		2pcs	35		1pcs	36		1pcs
Hexagon socket head screw M12*80			Hexagon socket head screw M12*35			Hexagon socket head screw M12*150			Φ12 Spring pad		
											
37		1pcs	38		7pcs	39		2pcs	40		13pcs
Φ12 Flat Washer			Anti-loosening nut			Hexagon socket head screw M12*95			Flat countersunk hexagon socket screw M8*16		
											
41		19pcs	42		6pcs	43		3pcs	44		4pcs
Hexagon socket head screw M8*25			Φ8 Spring pad			Φ8 Flat Washer			Hexagon socket head screw M8*90		
											
45		10pcs	46		23pcs	47		23pcs	48		2pcs

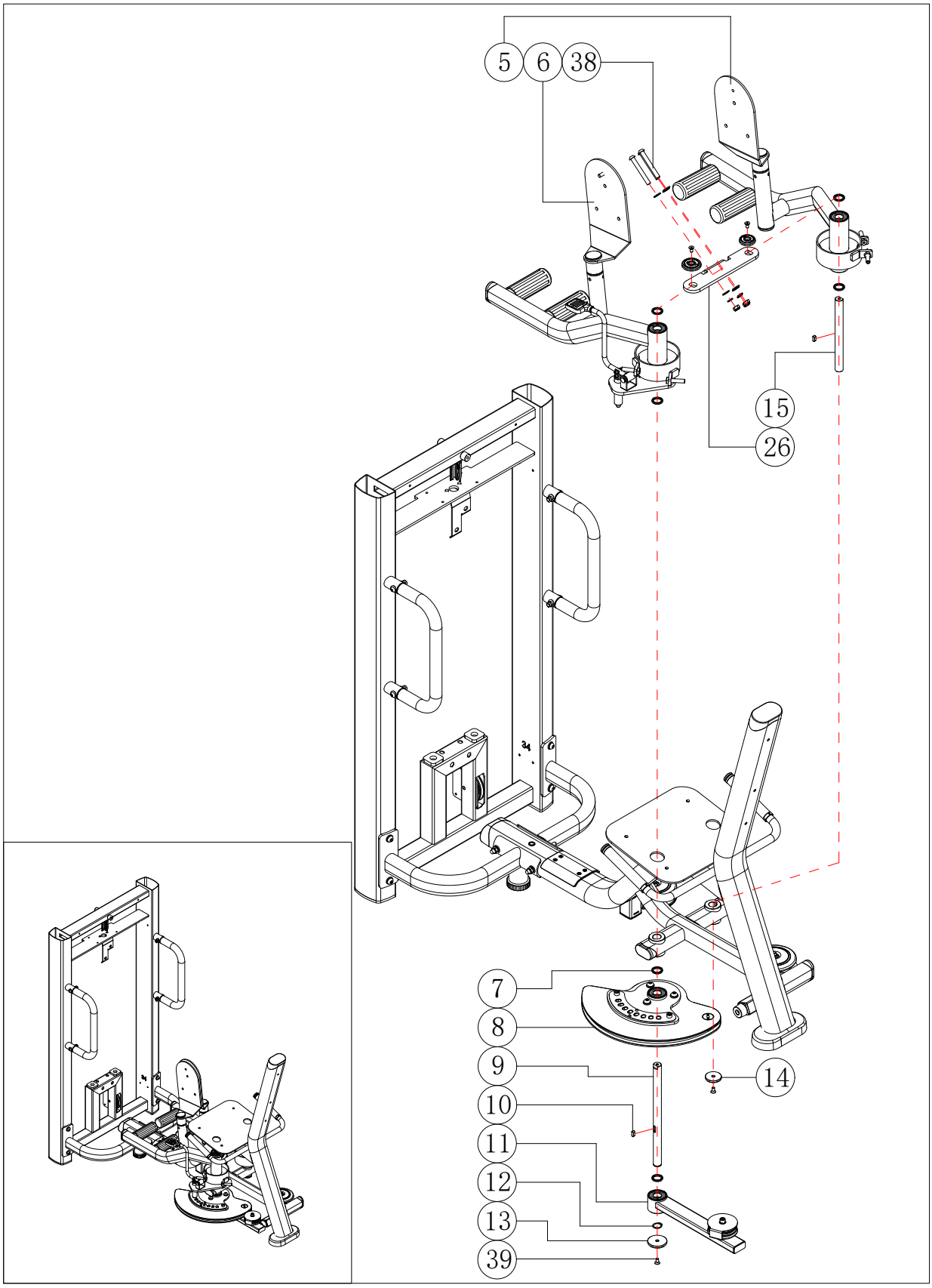
ASSEMBLY LIST

Hexagon socket head screwM12*35			Hexagon socket head screwM12*150			Φ12Spring washer			Φ12Flat Washer		
											
33		7pcs	34		2pcs	35		11pcs	36		15pcs
M12Anti-loosening nut			Hexagon socket head screwM12*95			Flat countersunk hexagon socket screwM8*16			Hexagon socket head screw M8*25		
											
37		4pcs	38		3pcs	39		4pcs	40		10pcs
Φ8Spring washer			Φ8Flat Washer			Hexagon socket head screwM8*90			Hexagon socket head screwM8*40		
											
41		25pcs	42		25pcs	43		3pcs	44		4pcs
Hexagon socket head screwM10*55			Φ10Flat Washer			M10Anti-loosening nut			Curved handrail		
											
45		4pcs	46		8pcs	47		4pcs	48		2pcs

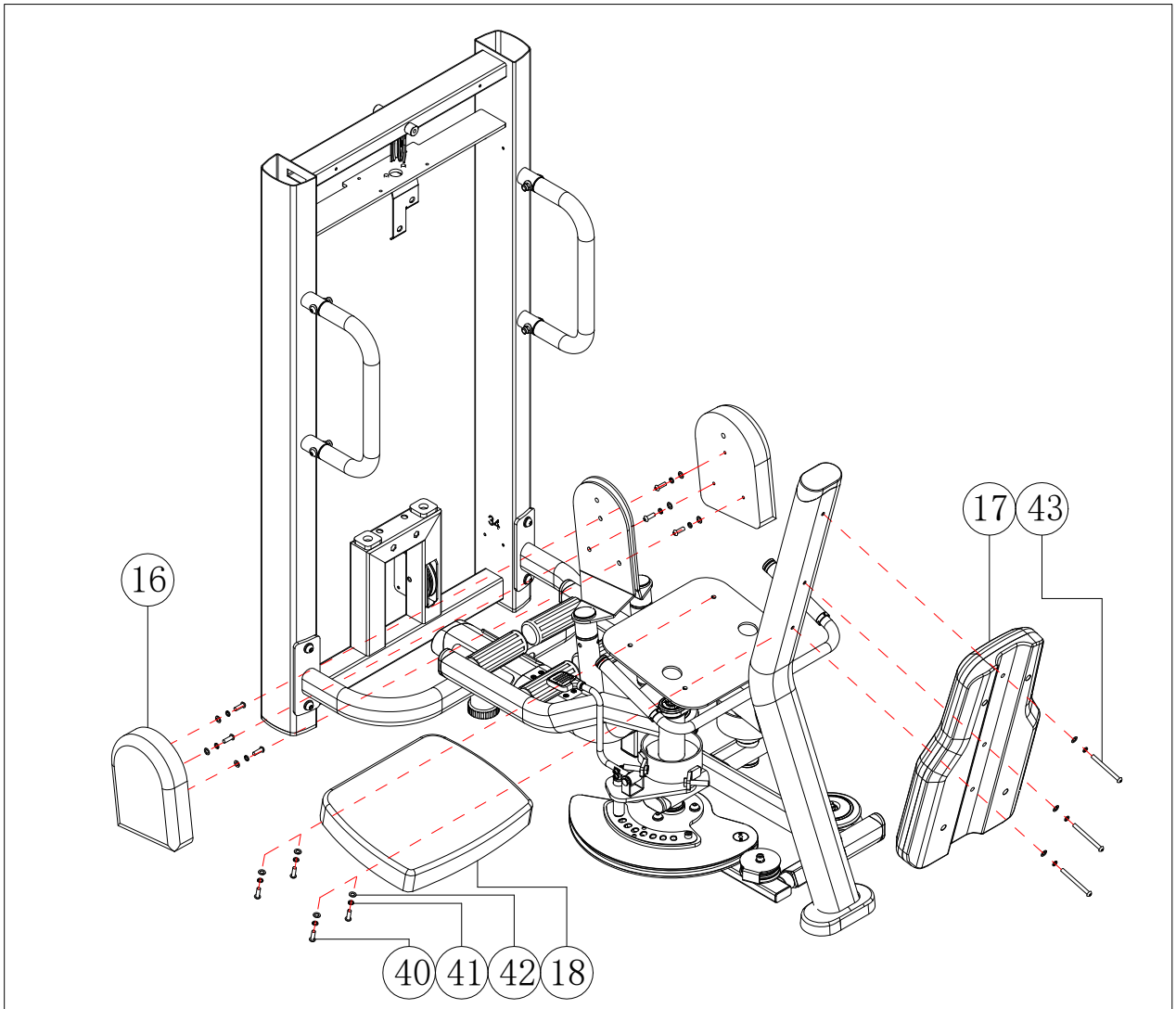
ASSEMBLY STEPS

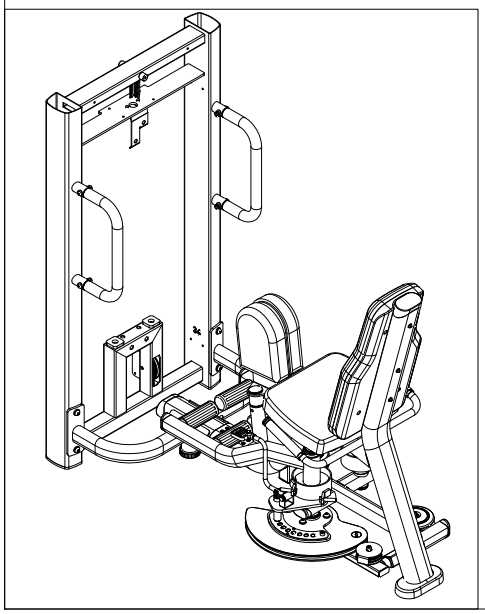


ASSEMBLY STEPS

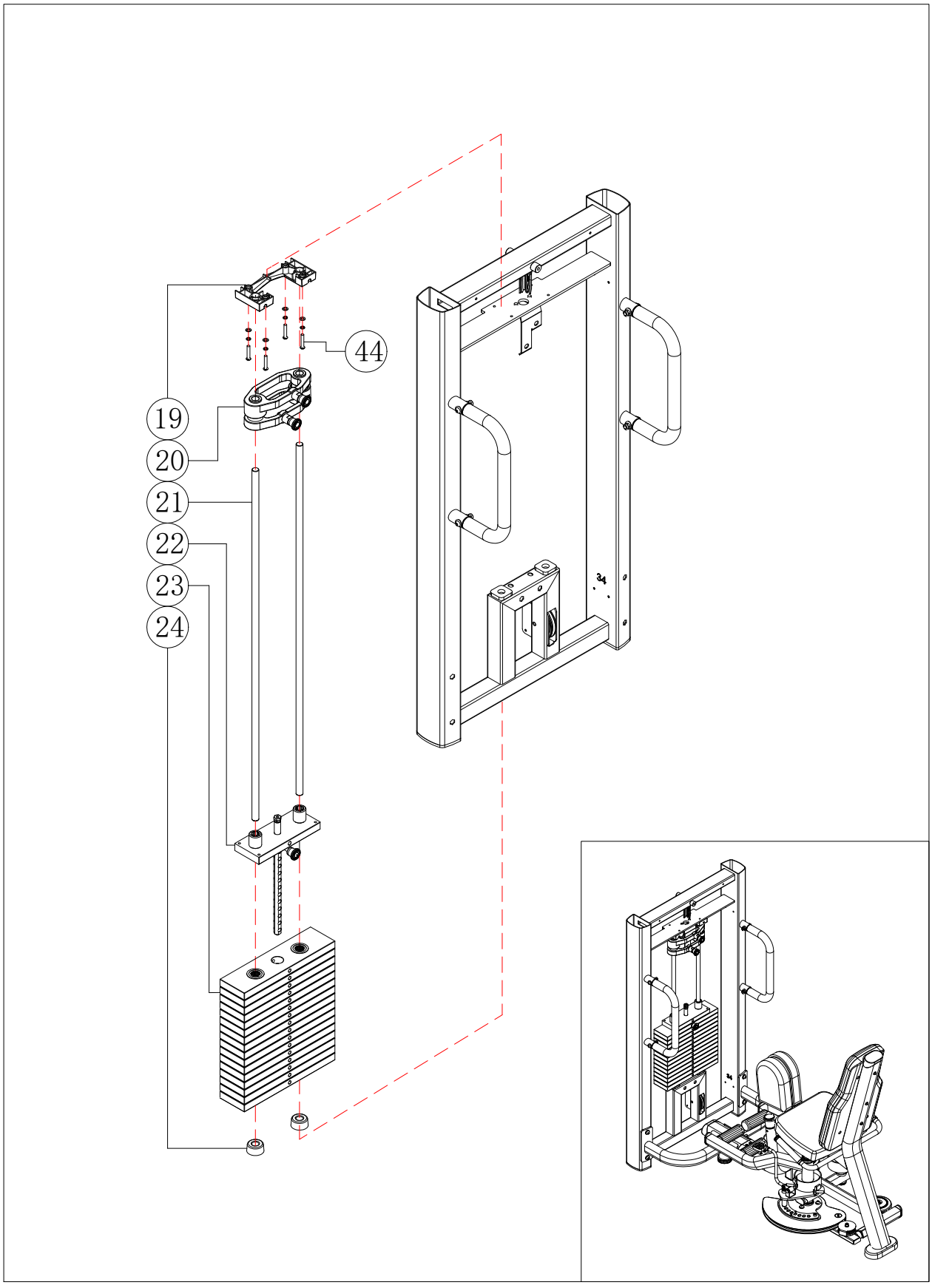


ASSEMBLY STEPS

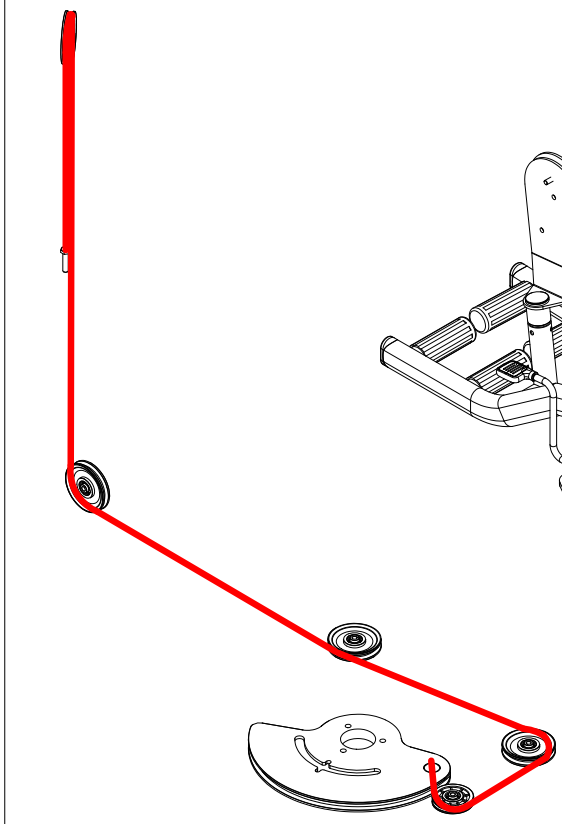


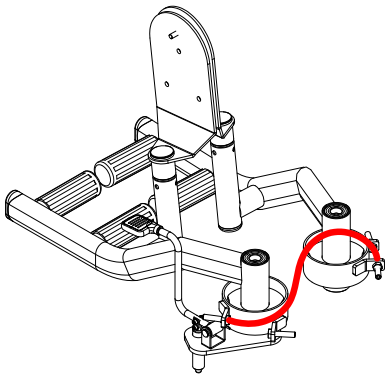


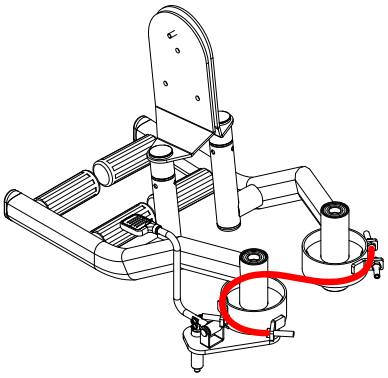
ASSEMBLY STEPS

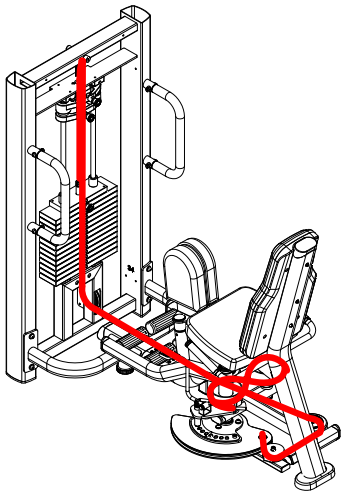


ASSEMBLY STEPS









ASSEMBLY STEPS

