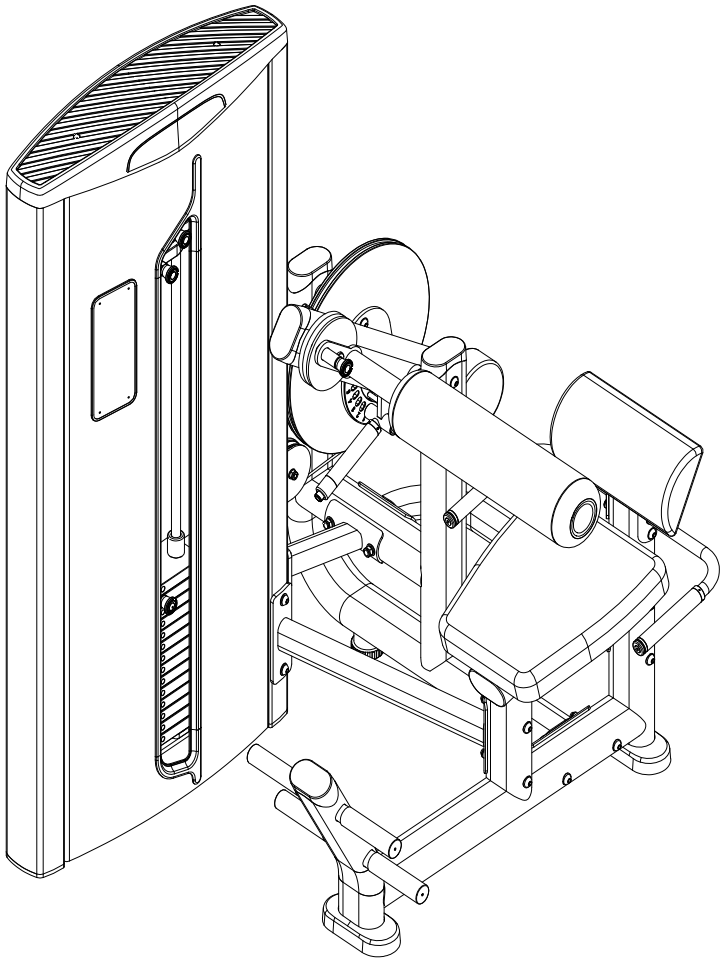
# SWISS

# STRENGTH MACHINES

## SW35 ABDOMINAL CRUNCH/LOW BACK

## 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.

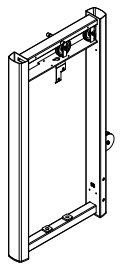
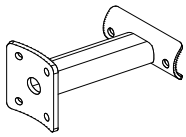
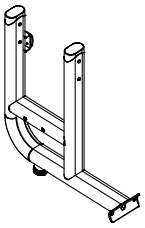
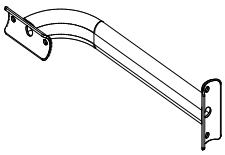
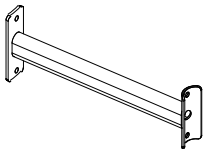
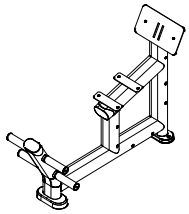
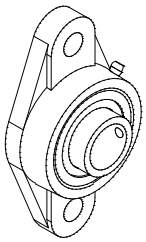
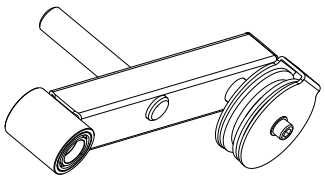
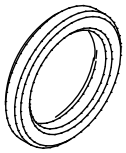
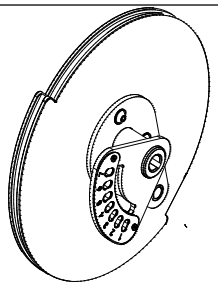
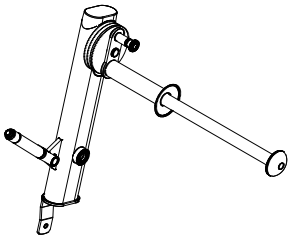
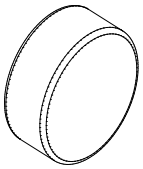
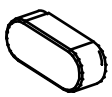
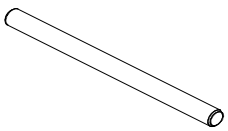
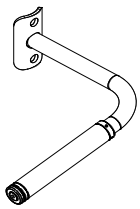
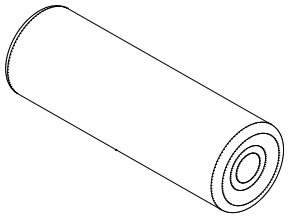
• Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.

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

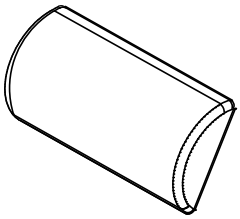
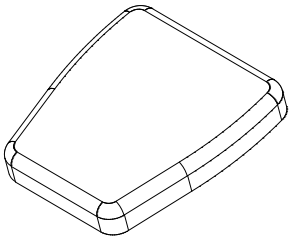
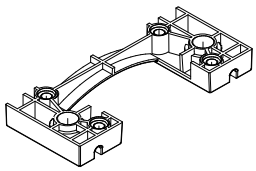
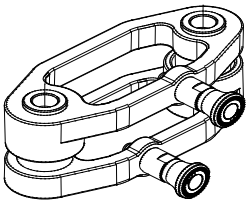
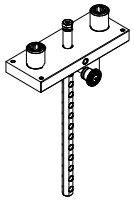
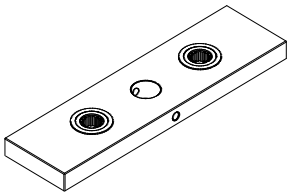
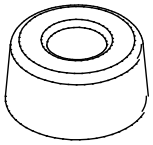
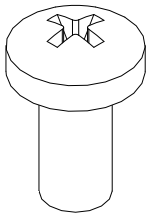
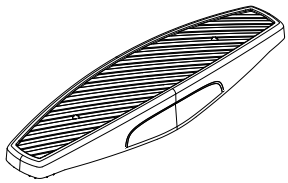
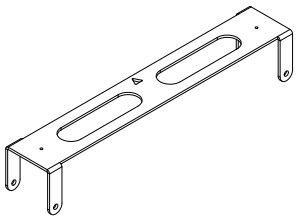
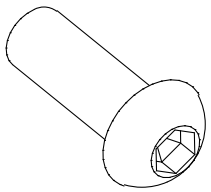
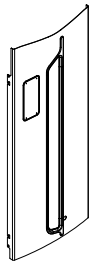
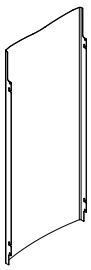
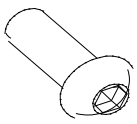
## ⚠ USER WEIGHT LIMITATIONS

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

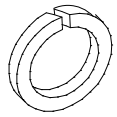
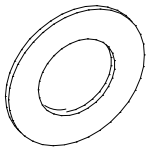
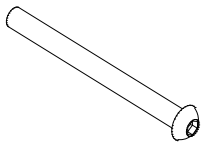
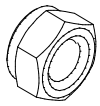
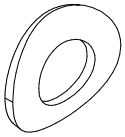
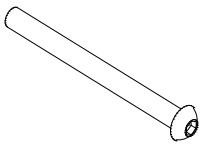
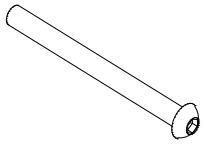
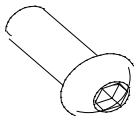
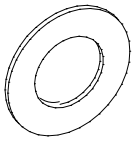
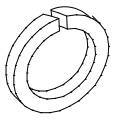
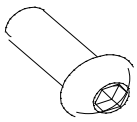
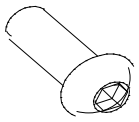
# ASSEMBLY LIST

| Guard cover frame | | | Connecting brace | | | Moving part support | | | Rear connecting brace | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
|  | | |  | | |  | | |  | | |
| 1 | | 1PCS | 2 | | 1PCS | 3 | | 1PCS | 4 | | 1PCS |
| Lower connecting brace | | | Main frame group | | | Bearing base | | | Follower arm group | | |
|  | | |  | | |  | | |  | | |
| 5 | | 1PCS | 6 | | 1PCS | 7 | | 2PCS | 8 | | 1PCS |
| Spacer | | | Nylon disc group | | | moving part group | | | Counterweight | | |
|  | | |  | | |  | | |  | | |
| 9 | | 4PCS | 10 | | 1PCS | 11 | | 1PCS | 12 | | 1PCS |
| Flat key | | | Shaft | | | Handle | | | Roller | | |
|  | | |  | | |  | | |  | | |
| 13 | | 1PCS | 14 | | 1PCS | 15 | | Symmetry between left and right. | 16 | | 1PCS |

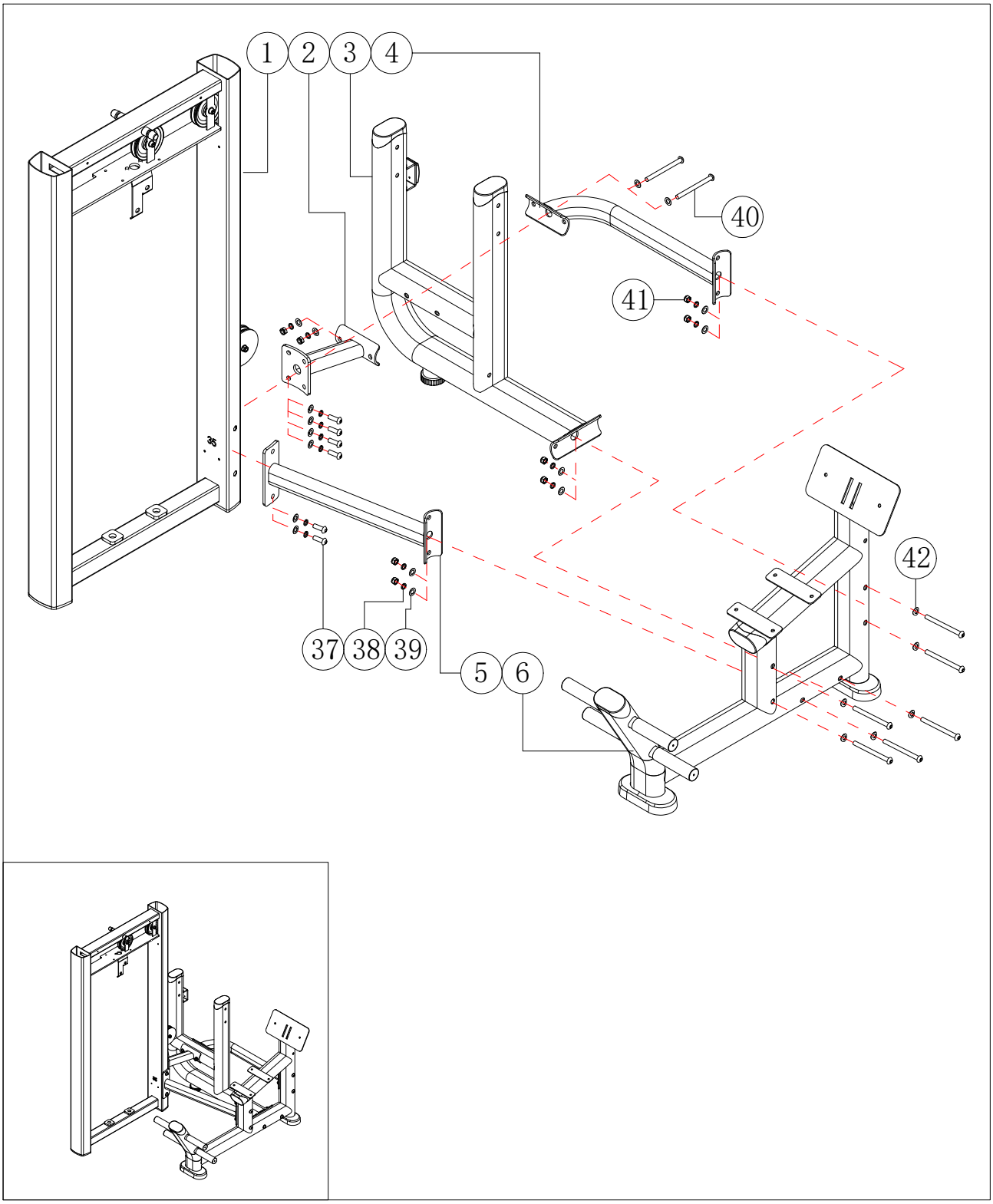
# ASSEMBLY LIST

| Cushions | | | Seat cushion | | | Guide rod fixing shell | | | Micro weight stack group | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
|  | | |  | | |  | | |  | | |
| 17 | | 1PCS | 18 | | 1PCS | 19 | | 1PCS | 20 | | 1PCS |
| Guide rod | | | Top weight stack | | | Weight stack | | | Weight plate shock pad | | |
|  | | |  | | |  | | |  | | |
| 21 | | 2PCS | 22 | | 1PCS | 23 | | 13PCS | 24 | | 2PCS |
| Round head cross screw M5*10 | | | Hexagon socket head screw M8*40 | | | Upper shell | | | Bracket plate | | |
|  | | |  | | |  | | |  | | |
| 25 | | 2PCS | 26 | | 4PCS | 27 | | 1PCS | 28 | | 1PCS |
| Hexagon socket head screw M8*16 | | | Front guard cover | | | Rear guard cover | | | Hexagon socket head screw M12*35 | | |
|  | | |  | | |  | | |  | | |
| 29 | | 12PCS | 30 | | 1PCS | 31 | | 1PCS | 32 | | 6PCS |

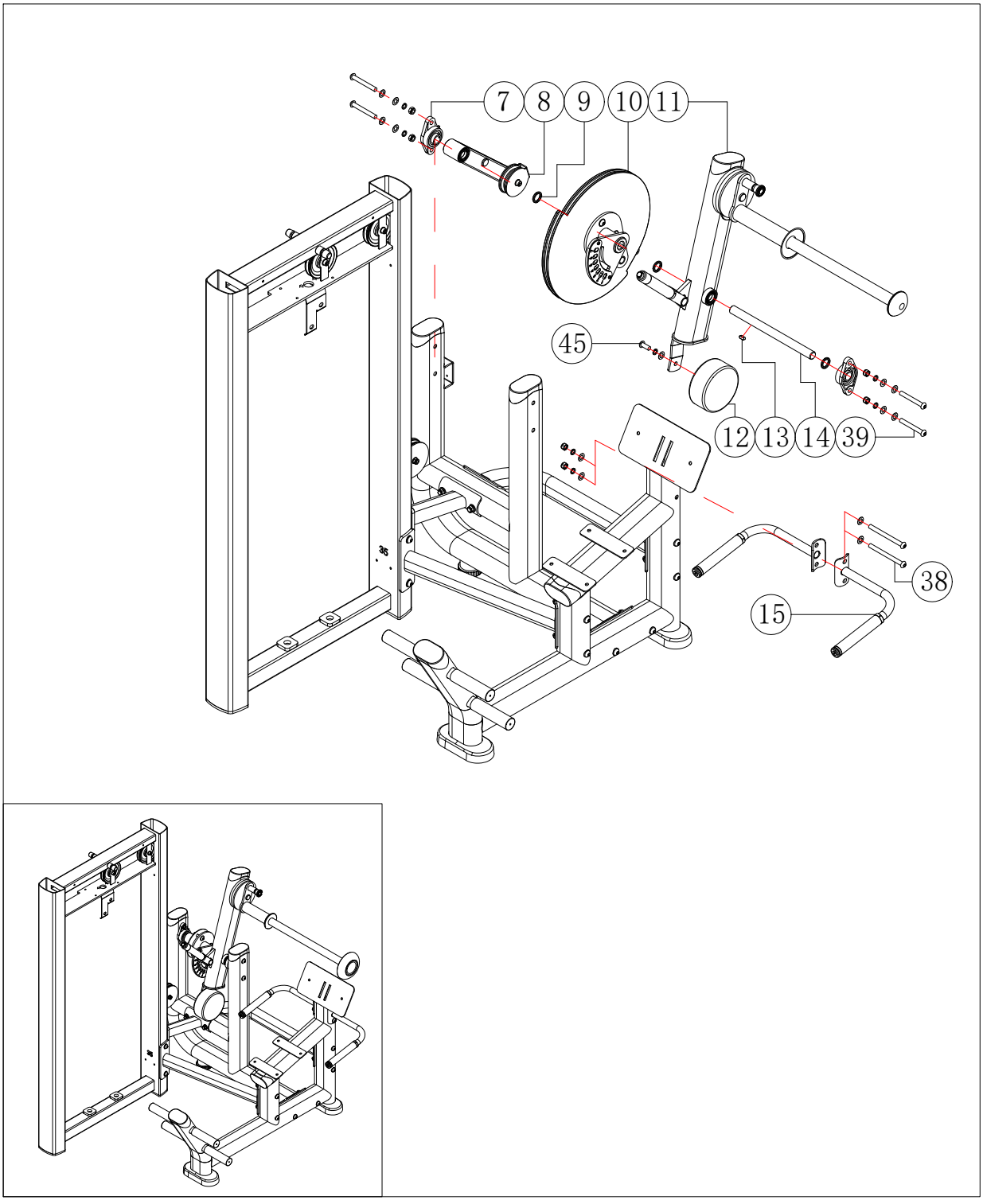
# ASSEMBLY LIST

| Φ12 Spring pad | | | Φ12 Flat Washer | | | Hexagon socket head screw M12*140 | | | M12 Lock nut | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
|  | | |  | | |  | | |  | | |
| 33 | | 21PCS | 34 | | 29PCS | 35 | | 6PCS | 36 | | 14PCS |
| Φ12 Arc gasket | | | Hexagon socket head screw M12*150 | | | Hexagon socket head screw M12*95 | | | Hexagon socket head screw M12*30 | | |
|  | | |  | | |  | | |  | | |
| 37 | | 6PCS | 38 | | 4PCS | 39 | | 4PCS | 40 | | 1PCS |
| Φ8 Flat Washer | | | Φ8 Spring pad | | | Hexagon socket head screw M8*25 | | | Hexagon socket head screw M8*30 | | |
|  | | |  | | |  | | |  | | |
| 41 | | 18PCS | 42 | | 18PCS | 43 | | 2PCS | 44 | | 4PCS |
| | | | | | | | | | | | |
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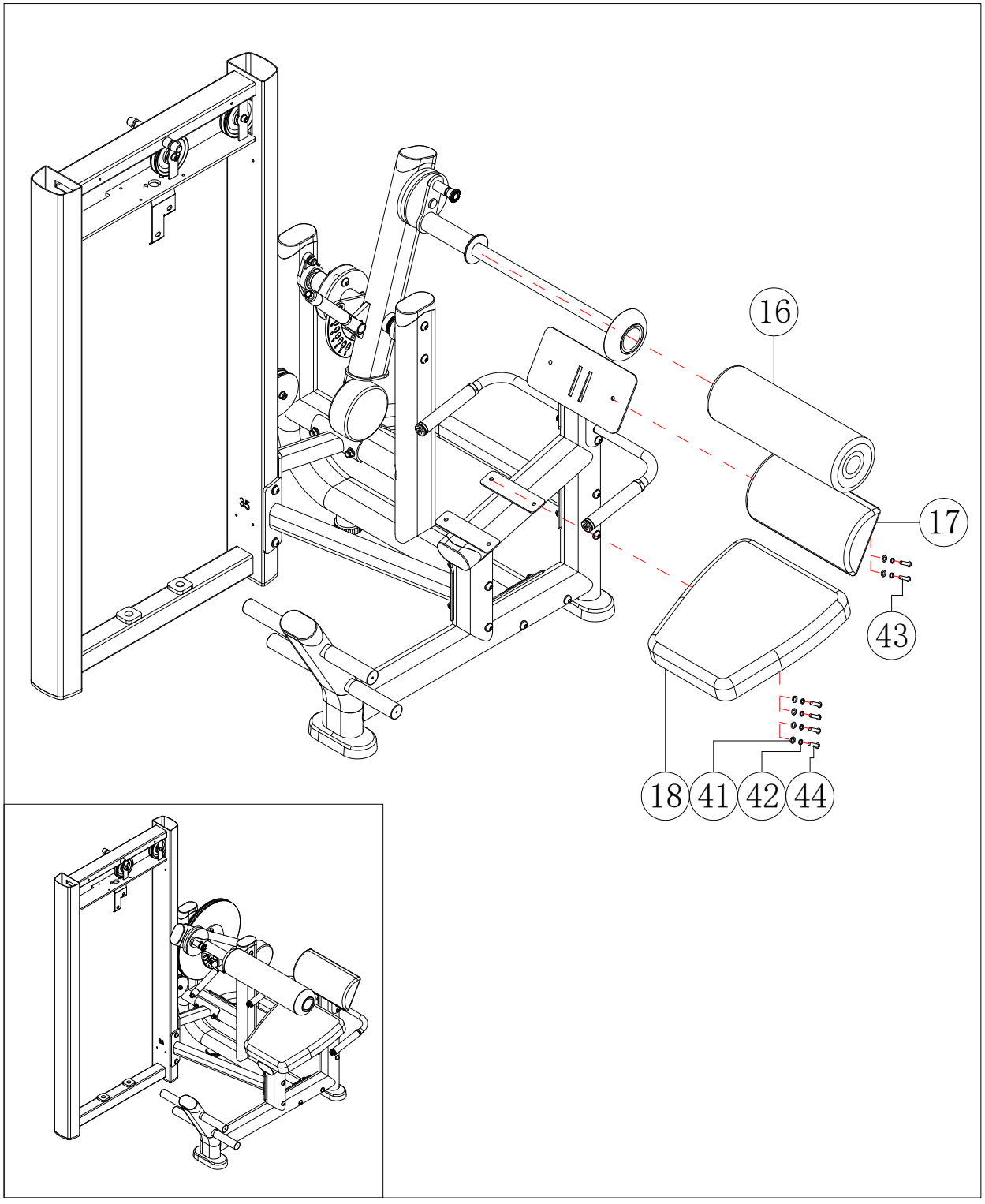
# ASSEMBLY STEPS



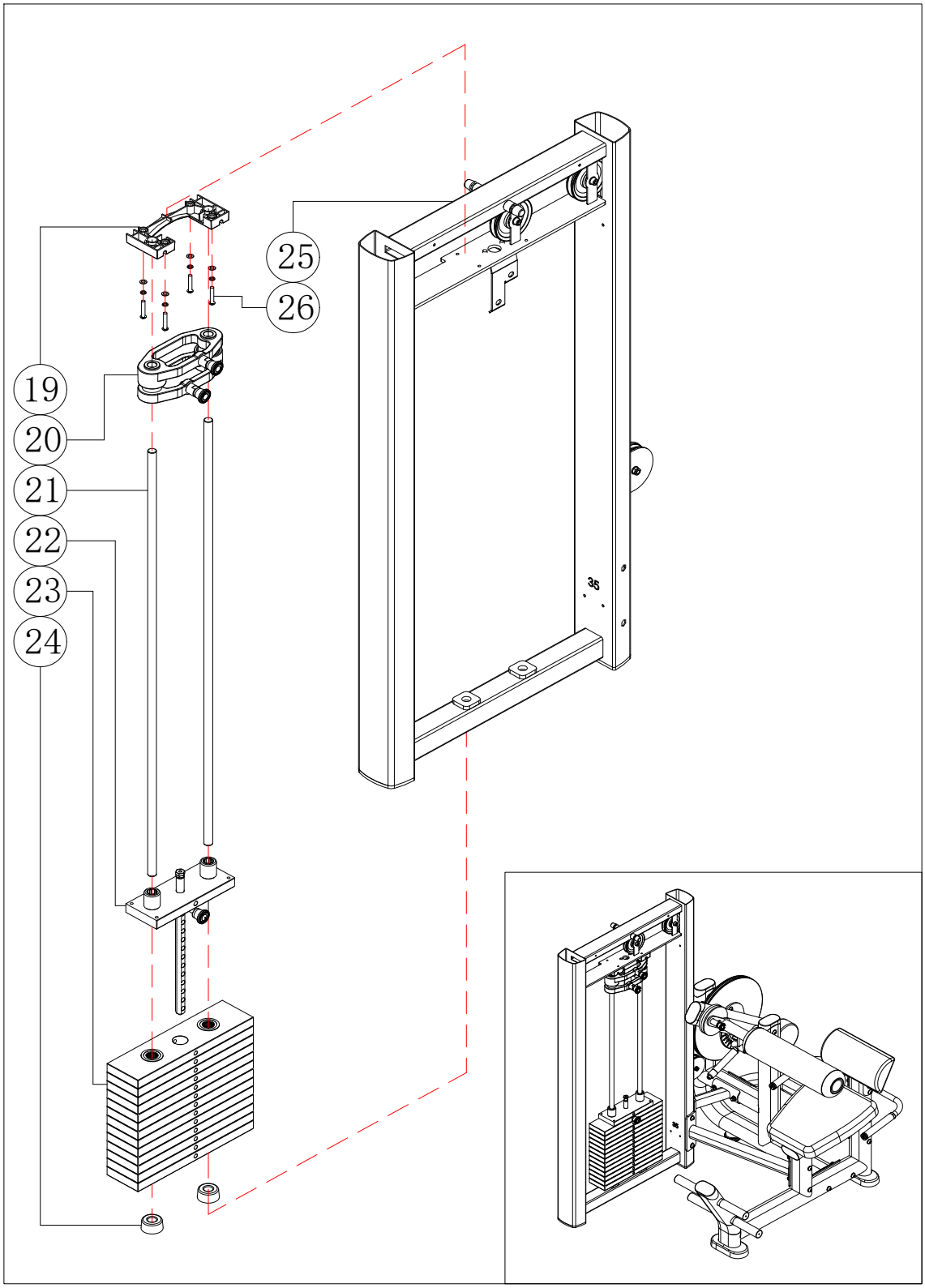
# ASSEMBLY STEPS



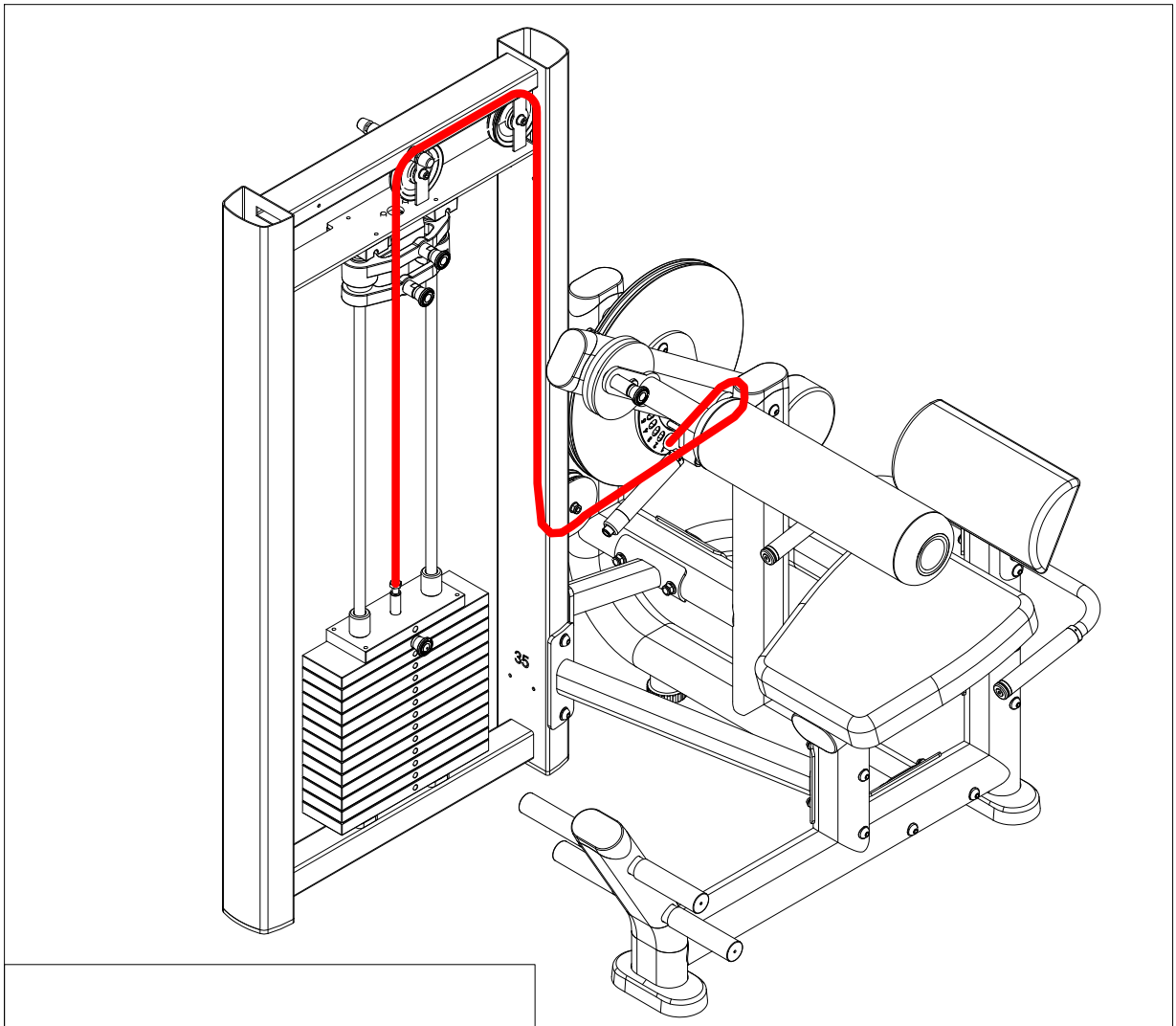
# ASSEMBLY STEPS

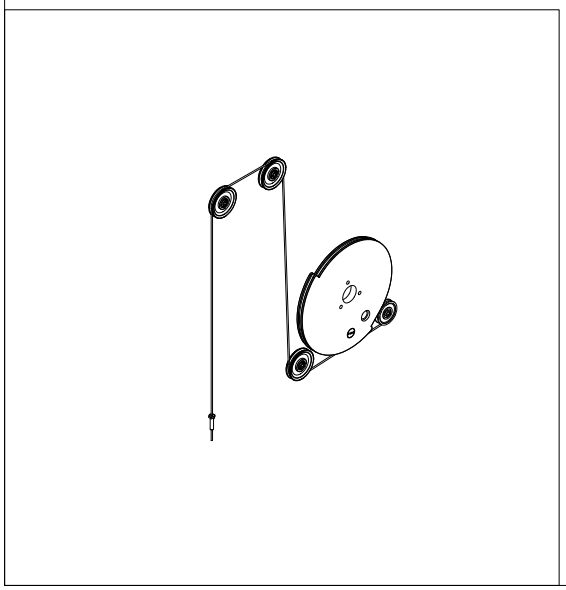


# ASSEMBLY STEPS



# ASSEMBLY STEPS





# ASSEMBLY STEPS

