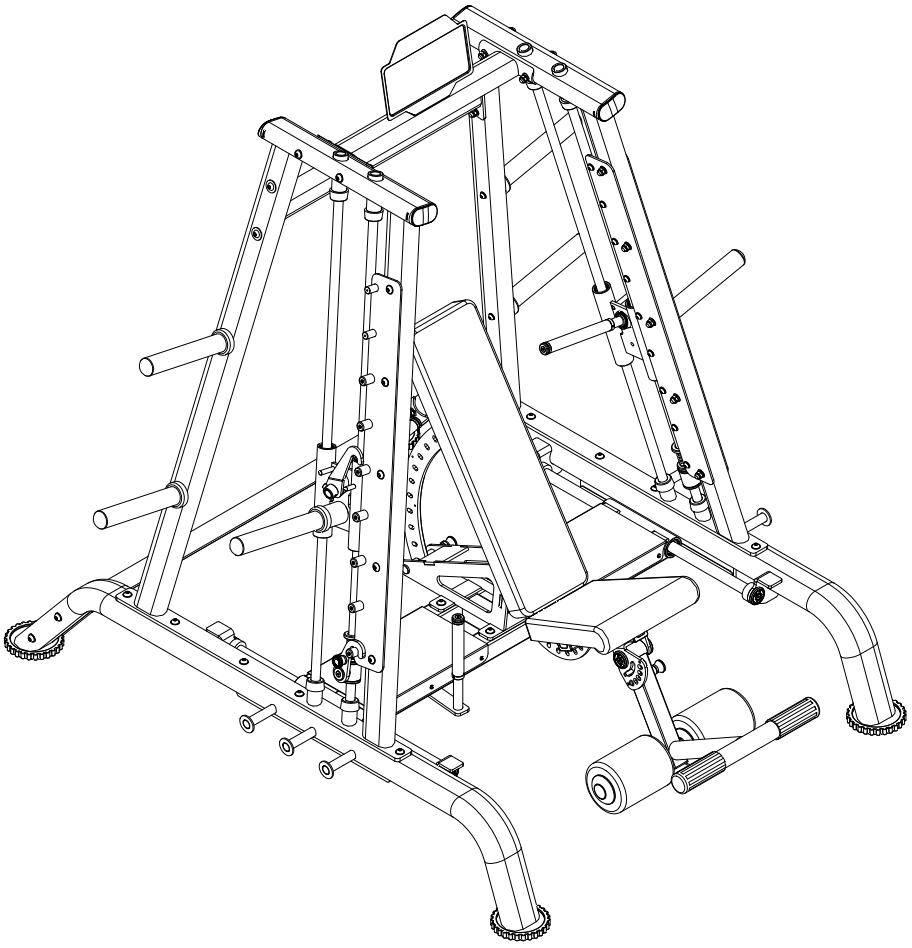
SWISS

STRENGTH MACHINES

SW120-Swiss PL MultiPress

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.

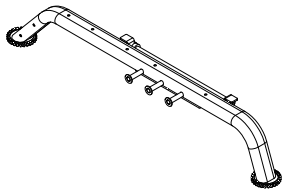
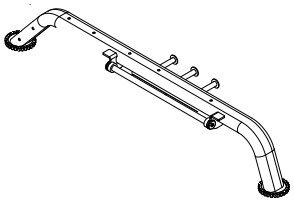
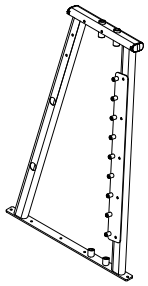
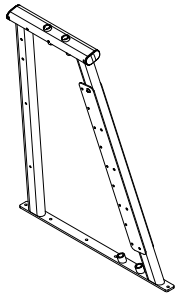
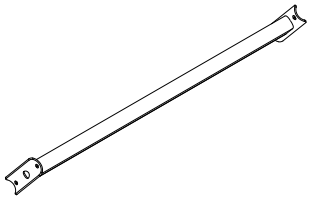
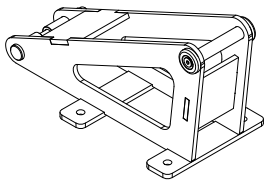
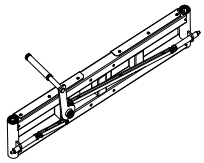
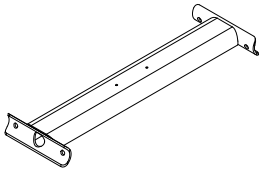
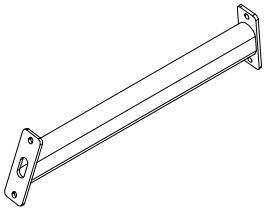
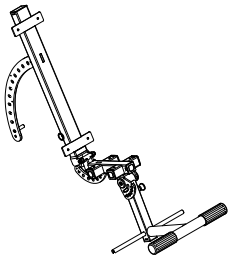
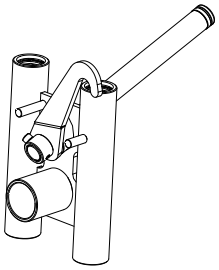
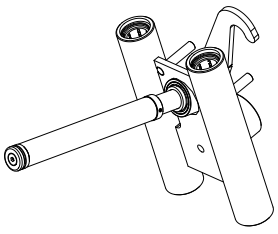
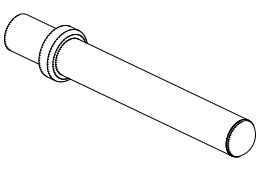
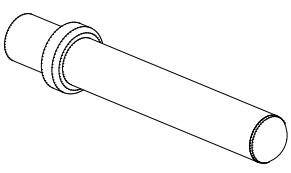
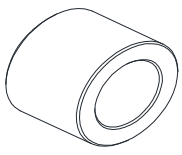
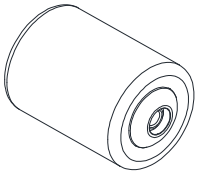
• Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.

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

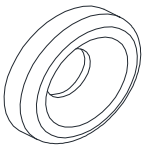
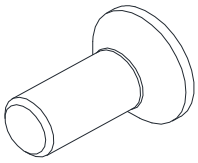
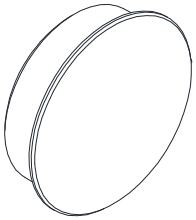
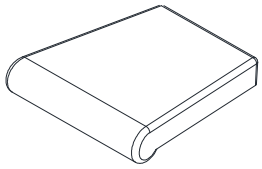
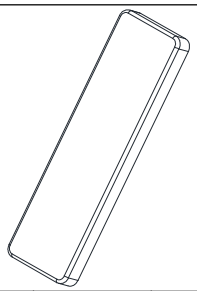
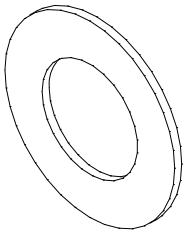
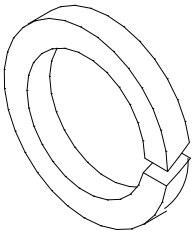
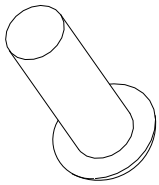
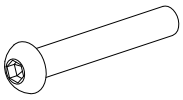
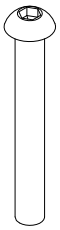
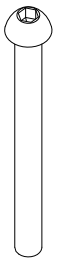
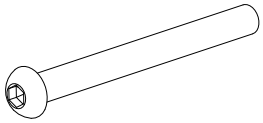
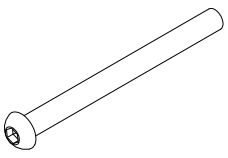
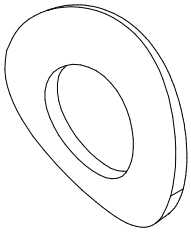
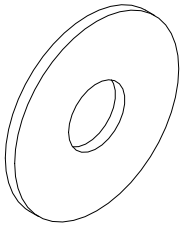
⚠ USER WEIGHT LIMITATIONS

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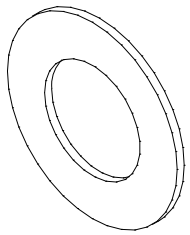
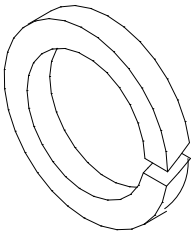
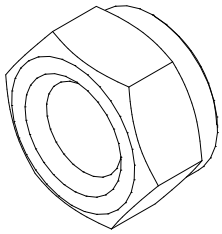
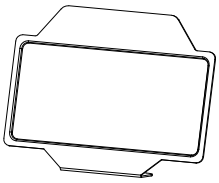
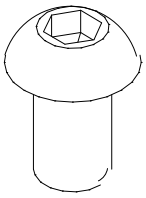
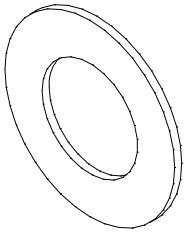
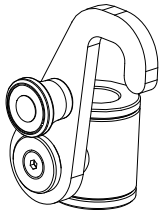
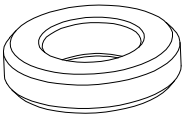
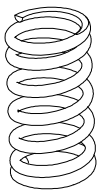
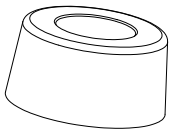
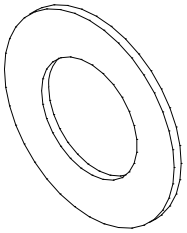
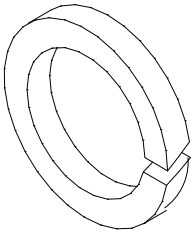
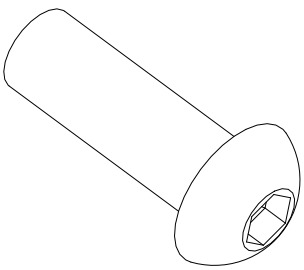
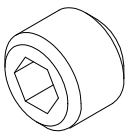
ASSEMBLY LIST

Right chassis assembly			Left chassis assembly			Right side frame			Left side frame		
											
1		1PCS	2		1PCS	3		1PCS	4		1PCS
Post-connection group			Seat fixing kit			Sliding adjustment group			Upper connection group		
											
5		1PCS	6		1PCS	7		1PCS	8		PCS
connection group			Seat			Right moving part			Left moving part		
											
9		1PCS	10		1PCS	11		1PCS	12		1PCS
Boom hanging rod 415mm			Hanging rod 415mm			Foam retaining ring			Short foam		
											
13		2PCS	14		4PCS	15		2PCS	16		2PCS

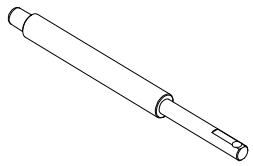
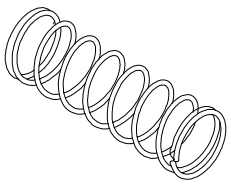
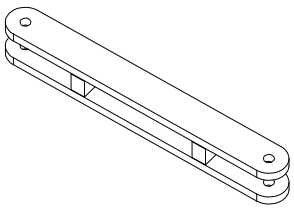
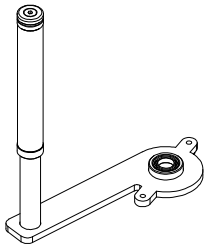
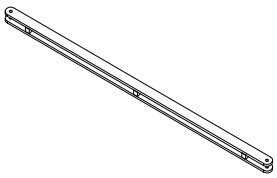
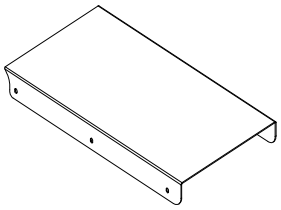
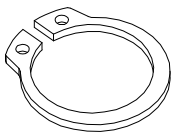
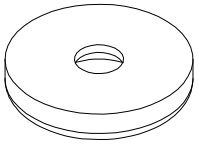
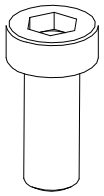
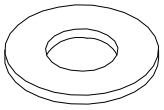
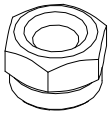
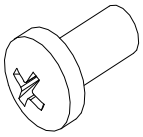
ASSEMBLY LIST

Short foam inner cover			Flat countersunk hexagon socket screw M8*16			**Short foam Screw cover**			Seat		
											
17		2PCS	18		2PCS	19		2PCS	20		1PCS
Back cushion			Φ8 Flat washers			Φ8 Spring washers			M8X70 Hexagon socket head screw		
											
21		1PCS	22		8PCS	23		8PCS	24		4PCS
M8X25 Hexagon socket head screw			M12X80 Hexagon socket head screw			M12X85 Hexagon socket head screw			M12X95 Hexagon socket head screw		
											
25		4PCS	26		4PCS	27		4PCS	28		10PCS
M12X125 Hexagon socket head screw			M12X140 Hexagon socket head screw			Arc gasket			Φ12 Large gasket		
											
29		4PCS	30		4PCS	31		16PCS	32		8PCS

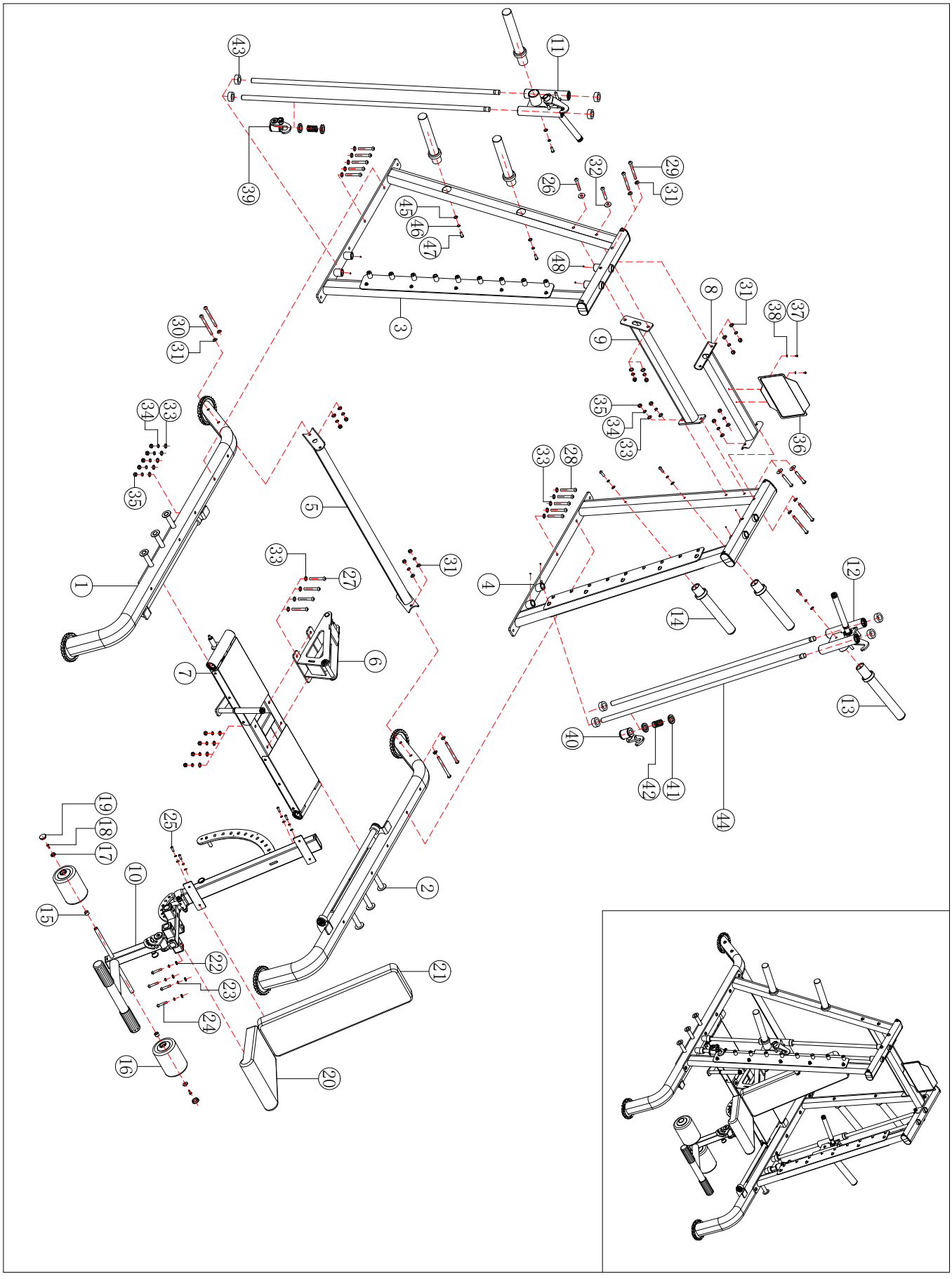
ASSEMBLY LIST

Φ12 Flat washers			Φ12 Spring washers			M12 Lock nut			Signage		
											
33		28PCS	34		26PCS	35		26PCS	36		1PCS
M6X10 Hexagon socket head screw			Φ6 Flat washers			Right hook group			Left hook group		
											
37		2PCS	38		2PCS	39		1PCS	40		1PCS
Limiting ring			Spring			Rubber shock pads			rob		
											
41		4PCS	42		2PCS	43		8PCS	44		4PCS
Φ10 Flat washers			Φ10 Spring washers			M10X30 Hexagon socket head screw			M8X8 top screw		
											
45		6PCS	46		6PCS	47		6PCS	48		8PCS

ASSEMBLESTEPS

magnetic pin			spring			Short connecting rod			adjustment handle		
											
49		2PCS	50		2PCS	51		1PCS	52		1PCS
Long connecting rod			Metal guard cover			lock			End cover		
											
53		1PCS	54		2PCS	55		1PCS	56		1PCS
Hexagon socket head screws M6*35			Φ6 Flat washers			M6 Lock nut			Round head cross screw M5*10		
											
57		4PCS	58		8PCS	59		4PCS	60		12PCS

ASSEMBLESTEPS



ASSEMBLESTEPS

