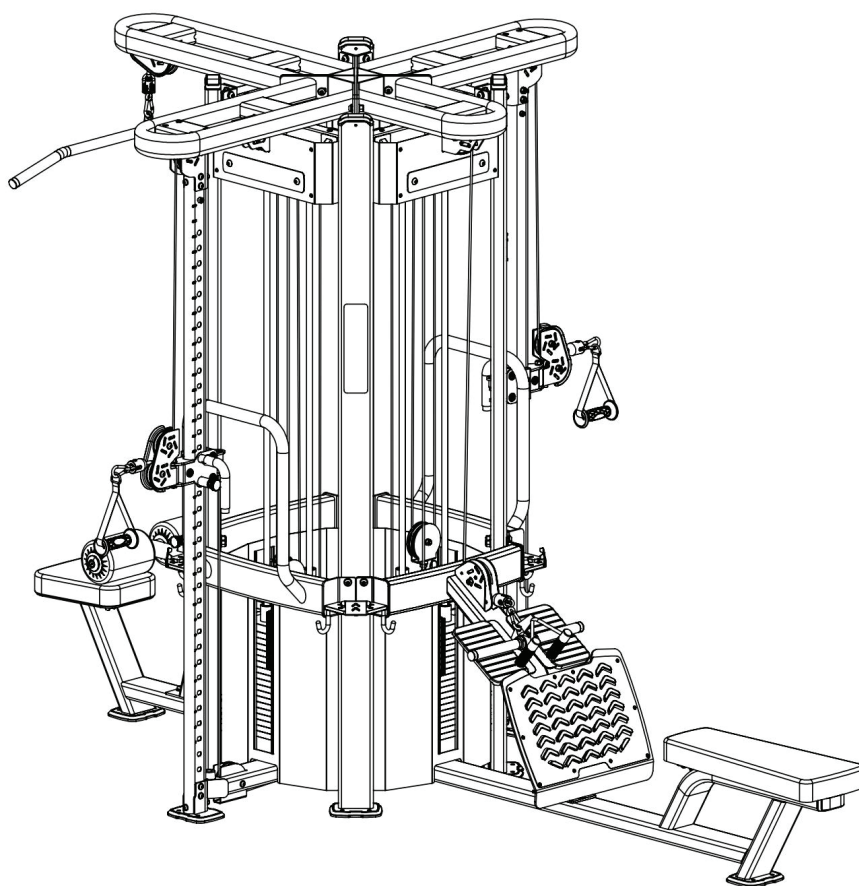




MULTI JUNGLE 4 STATION

S<-MLT-04

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 FOR FUTURE
REFERENCE.**

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

PROPER INSTALLATION

The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

COMPLIANCE WITH INSTRUCTIONS

The Gym facility confirms that it has received and understood the manufacturer's instructions and safety guidelines for the equipment. The Gym facility is responsible for ensuring that its staff and members are aware of and comply with these instructions.

NO WARRANTY FOR MISUSE

Evolution Group LLC and its affiliates do not warrant the equipment's performance or safety in cases of misuse, improper installation, or failure to maintain the equipment as recommended.

PURCHASER INSTRUCTIONS

It is the sole responsibility of the purchaser of products to read, understand, and comply with the this equipment. Use this product only for its intended purpose as described in the owner's manual. Failure to do so may result in injury or damage . It is recommended that all users be informed of the following information prior to use.

RISK OF INJURY AND ASSUMPTION OF RISK; NO CHILDREN

- Before starting any exercise or conditioning program, you should consult your physician. This is especially important if you are new to exercise or training equipment, inactive, pregnant, or suffer from any illness or mental condition. Using training equipment can result in injury or death, and the purchaser is assuming that risk. This makes understanding the owner's manual and instructing others particularly important.
- If at any time during exercise you feel faint, dizzy, or experience pain, stop exercising immediately and consult your physician.
- Keep children away from the equipment, and particularly moving parts. If using the product near children or pets, ensure constant supervision to prevent accidents and ensure that there is no ability for the child or pet to get near the moving parts. If authorized by a legal guardian or parent, a child should be under direct and immediate supervision at all times. Under no circumstances should a child younger than 15 years old use the equipment.

SECURE ENVIRONMENT

Skelcore equipment must:

- Be secured to or set up on a solid, level surface to stabilize and eliminate rocking or tipping over during training.
- Be set up with sufficient ventilation to ensure proper operation.

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

- 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 meter of space around the equipment where access is required to exercise.

INSTALLATION

Risk of Injury:

- Installation of this product involves certain risks, including the risk of injury. Follow the installation instructions carefully, and if you are unsure, seek professional assistance.
 - For optimal safety, professional installation is recommended. If you choose to install the product yourself, ensure that you have the necessary skills and tools.
 - Before installation, verify that the installation location can support the weight and forces exerted by the product. Consult a professional if needed.
- If you encounter difficulties during installation or have any questions, contact the distributor/sales person from which you purchased the equipment from for assistance.

Failure to follow these installation guidelines may result in injury or damage or void your warranty. By installing and using this product, you acknowledge and accept all associated risks. If you have questions, please contact our customer support.

USER WEIGHT LIMITATIONS

This product has a maximum weight limit. Do not exceed the specified weight capacity. Doing so may compromise the stability of the equipment and result in injury. This machine has a max. user weight of **150 KG / 330 LB**

INSPECTION AND CLEANING

- Before any use, examine all accessories approved for use with the Skelcore equipment for damage or wear.
- Do not use or permit the use of any equipment that is damaged or has worn or broken parts. For all Skelcore equipment, use only replacement parts supplied by Skelcore.
- 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 Skelcore equipment.
- If there are damages to small parts, please stop using the equipment at once and contact the purchasing company or agency for replacements. Install the new small parts properly and make sure the connected joints and working parts are fastened, avoiding danger during use.
- Should your Skelcore equipment appear damaged or worn, do not attempt to use or repair the equipment yourself.
- Do not use caustic cleansers to clean and/or wipe it.

OPERATING PROCEDURES AND WARNINGS

- It is the purchaser's responsibility to instruct all users as to the proper operating procedures of all

IMPORTANT WARNINGS & SAFETY INSTRUCTIONS

Skelcore equipment.

- Do not wear loose-fitting clothing or jewelry 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.
- To avoid muscular pain and strain, begin each workout by stretching and warming up, and end each session by cooling down and stretching.
- If the user experiences any injury during use, they should immediately stop using the product and seek medical attention.

PROPER INSTALLATION

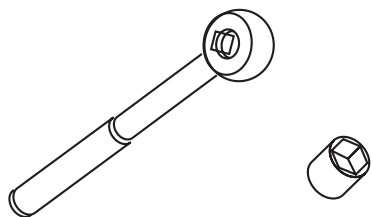
The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

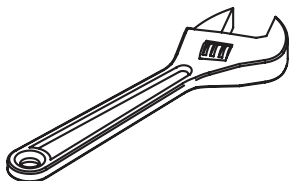
Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities resulting from such incidents.

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

PRE-ASSEMBLY LIST



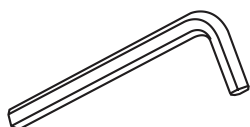
Ratchet wrench and socket



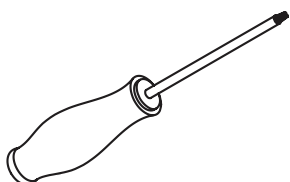
Adjustable wrench



Rubber Mallet



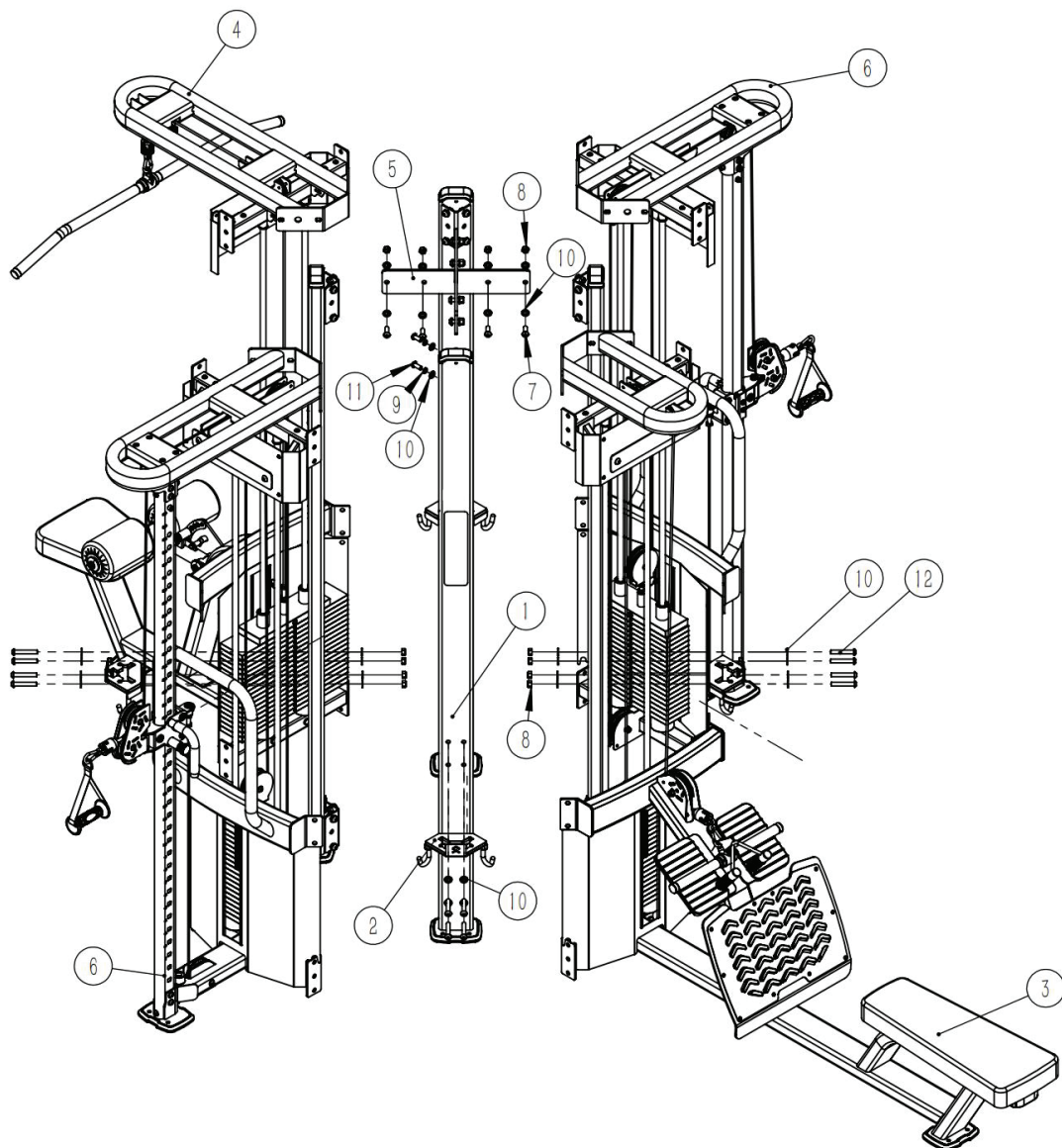
Hex key wrench set



Phillips screwdriver

EXPLODED DIAGRAM & ASSEMBLY LIST

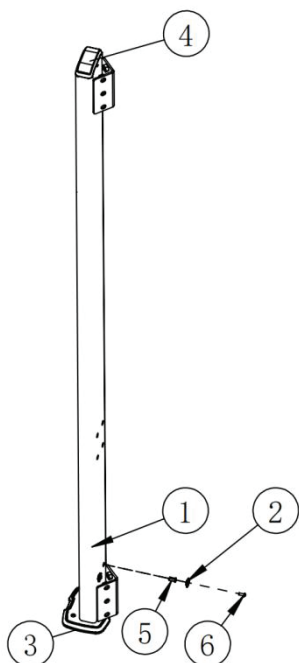
OVERALL:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
1	Upright Frame ASSY	4	7	Button Head Cap Screw M12*40	8
2	Utility Rack ASSY	4	8	Nylon Lock Nut M12	24
3	Seated Row Station ASSY	1	9	Spring Washer $\phi 12$	32
4	Lat-Pull down Station ASSY	1	10	Flat Washer $\phi 13 * \phi 24 * 3$	80
5	Upper Connection Plate	2	11	Button Head Cap Screw M12*30	32
6	Hi-Low Pulley Station ASSY	2	12	Button Head Cap Screw M12*75	16

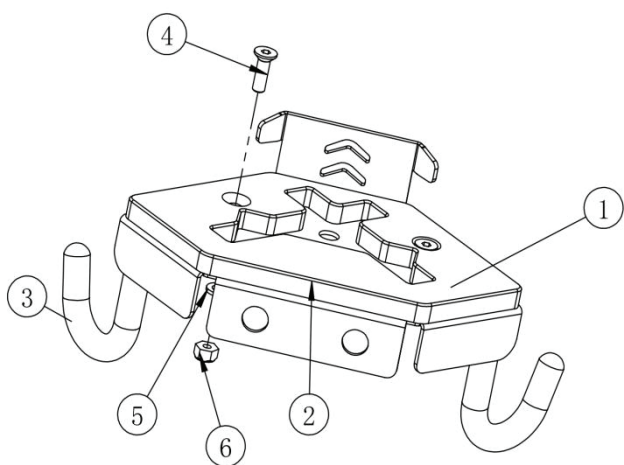
EXPLODED DIAGRAM & ASSEMBLY LIST

UPRIGHT FRAME:



ITEM NO	Description	QTY
1.1	Upright Frame	1
1.2	Bushing $\phi 25 \times 5$	2
1.3	Foot Cover	1
1.4	End Plug 50*110*3	1
1.5	Flat Head Hexagon Riveted Nuts	2
1.6	Button Head Cap Screw M6*15	2

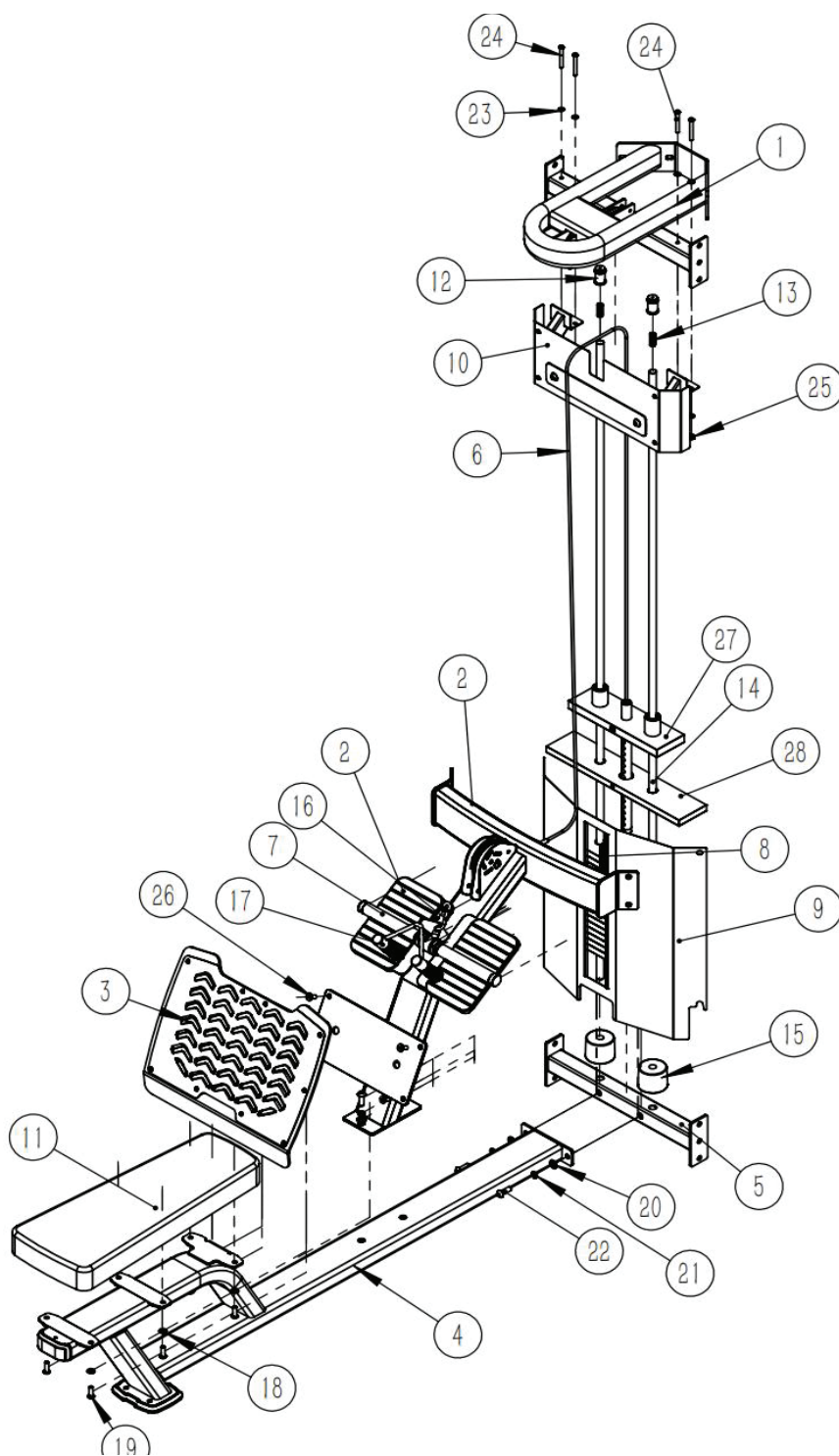
UTILITY RACK:



ITEM NO	Description	QTY
2.1	Utility Rack	1
2.2	Plastic Plate	1
2.3	Plastic Sleeve	2
2.4	Flat Head Cap Screw M6*20	2
2.5	Flat Washer $\phi 7 \times \phi 12 \times 2$	2
2.6	Nylon Lock Nut M6	2

EXPLODED DIAGRAM & ASSEMBLY LIST

SEATED ROW STATION:



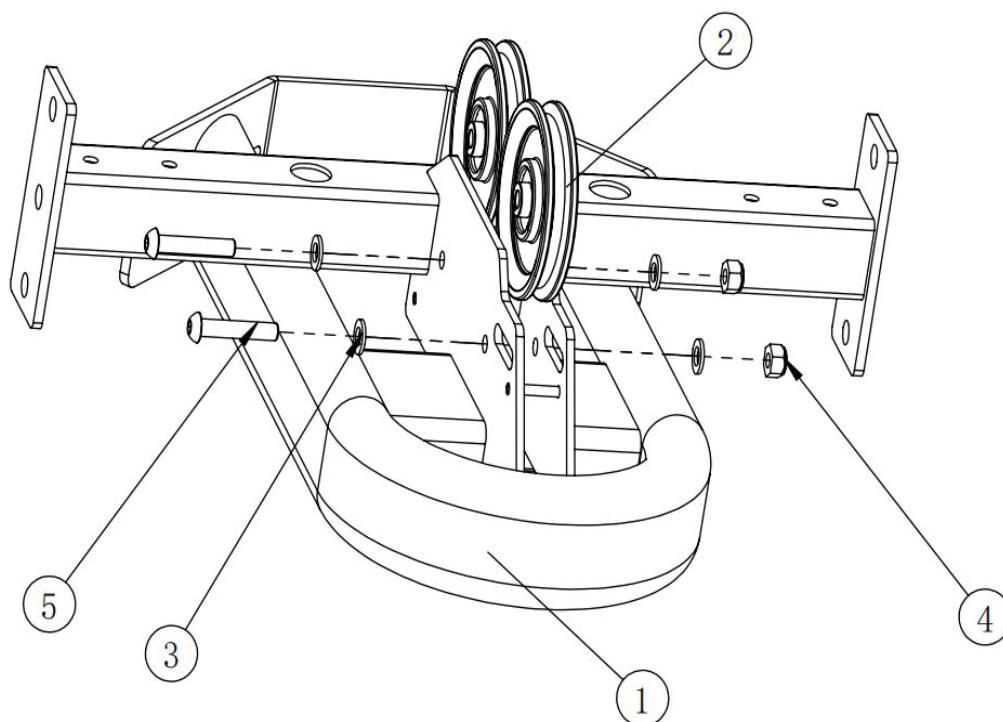
EXPLODED DIAGRAM & ASSEMBLY LIST

SEATED ROW STATION:

ITEM NO	Description	QTY	ITEM NO.	Description	QTY
3.1	Upper Frame ASSY	1	3.15	Rubber Bumper $\phi 76 \times 60$	2
3.2	Footrest Frame ASSY	1	3.16	Snap Link	1
3.3	Footplate Frame ASSY	1	3.17	Row Handle	1
3.4	Seat Frame ASSY	1	3.18	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
3.5	Bottom Connection Frame	1	3.19	Button Head Cap Screw M10*30	6
3.6	Wire Rope ASSY	1	3.20	Flat Washer $\phi 13 \times \phi 24 \times 3$	4
3.7	Short Straight Bar	1	3.21	Spring Washer $\phi 12$	4
3.8	Selector Pin	1	3.22	Button Head Cap Screw M12*35	4
3.9	Lower Shroud ASSY	1	3.23	Flat Washer $\phi 9 \times \phi 16 \times 2$	8
3.10	Upper Shroud ASSY	1	3.24	Button Head Cap Screw M8*65	4
3.11	Seat Pad	1	3.25	Nylon Lock Nut M8	4
3.12	Nylon Sleeve $\phi 30 \times 45$	2	3.26	Flat Head Cap Screw M10*25	4
3.13	Spring	2	3.27	Top Plate	1
3.14	Guide Rod	2	3.28	15 lbs Selector Plate	18

EXPLODED DIAGRAM & ASSEMBLY LIST

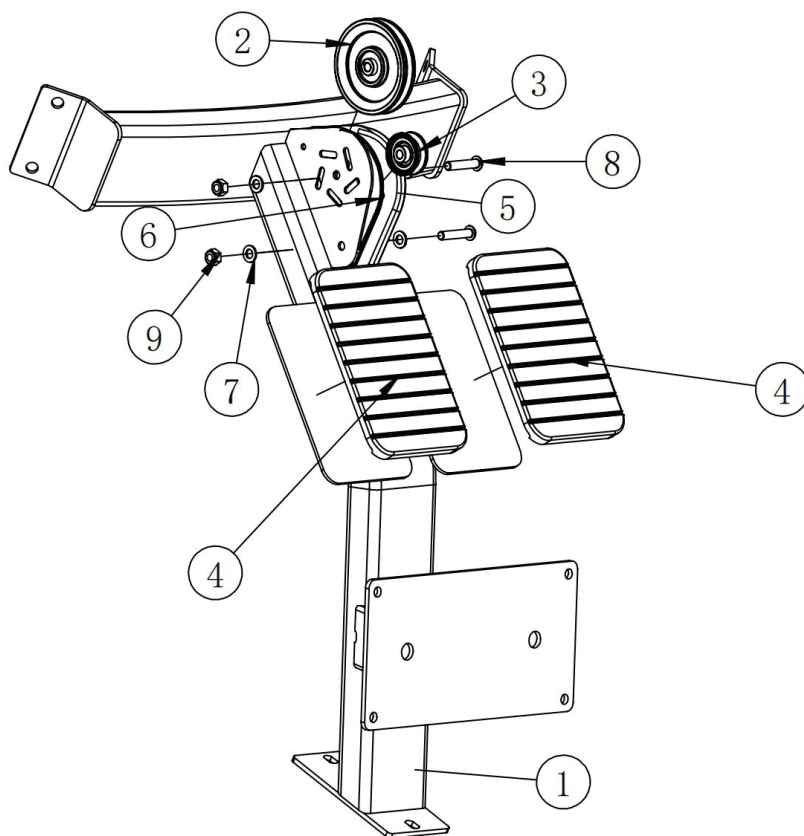
UPPER FRAME:



ITEM NO	Description	QTY
3.1.1	Upper Frame	1
3.1.2	Nylon Wheel $\phi 114$	2
3.1.3	Flat Washer $\phi 11*\phi 20*2$	4
3.1.4	Nylon Lock Nut M10	2
3.1.5	Button Head Cap Screw M10*50	2

EXPLODED DIAGRAM & ASSEMBLY LIST

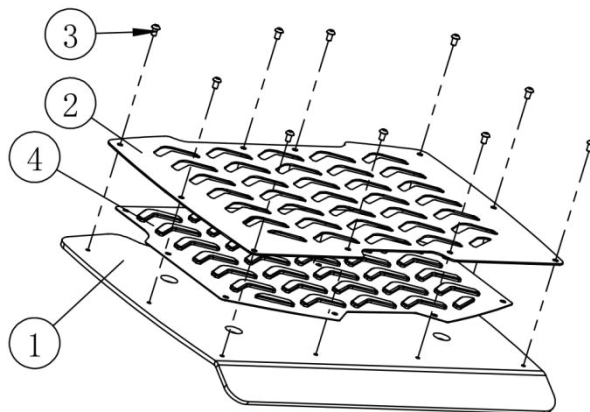
FOOTREST FRAME:



ITEM NO	Description	QTY
3.2.1	Footrest Frame	1
3.2.2	Nylon Wheel $\phi 114$	1
3.2.3	Nylon Wheel $\phi 51$	1
3.2.4	Rubber Bumper 242*162*15	2
3.2.5	Side Plate I	1
3.2.6	Side Plate II	1
3.2.7	Flat Washer $\phi 11*\phi 20*2$	4
3.2.8	Button Head Cap Screw M10*50	2
3.2.9	Nylon Lock Nut M10	2

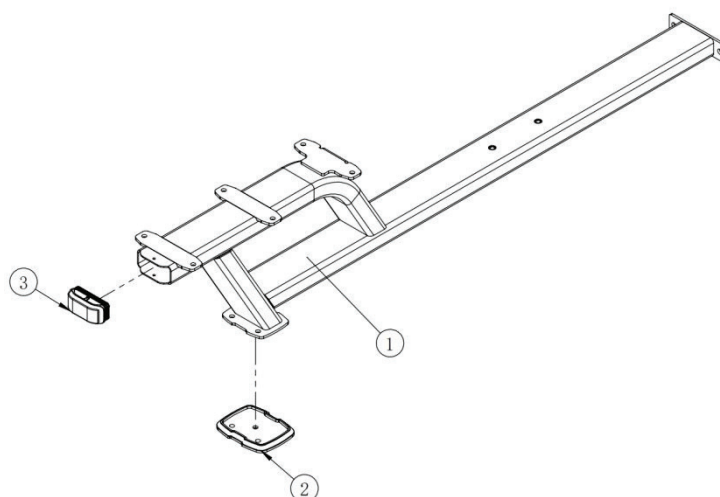
EXPLODED DIAGRAM & ASSEMBLY LIST

FOOTPLATE FRAME:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
3.3.1	Footplate Bracket	1	3.3.3	Button Head Cap Screw M6*10	10
3.3.2	Stainless Steel Footplate	1	3.3.4	Rubber Insert	1

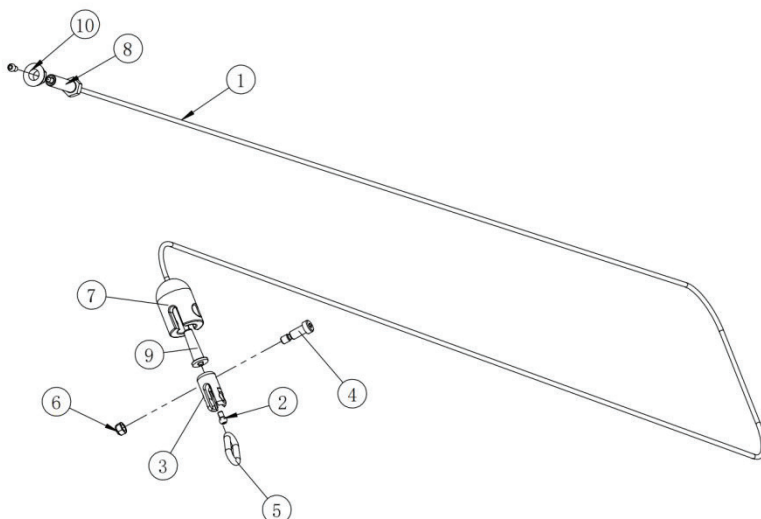
SEAT FRAME:



ITEM NO	Description	QTY
3.4.1	Seat Frame	1
3.4.2	Foot Cover	1
3.4.3	End Plug 50*110*3	1

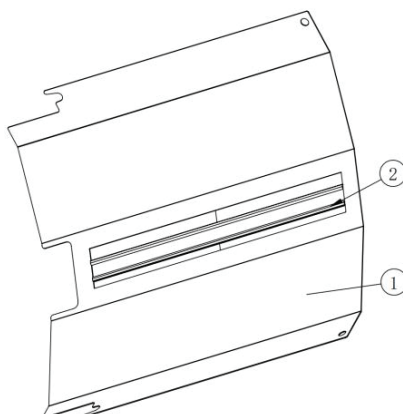
EXPLODED DIAGRAM & ASSEMBLY LIST

WIRE ROPE:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
3.5.1	Wire Rope	1	3.5.6	Nylon Lock Nut	1
3.5.2	Rope Terminal	2	3.5.7	Clevis Cover	1
3.5.3	Rope Clevis	1	3.5.8	Hollow Button Head Cap Screw	1
3.5.4	Shoulder Bolt	1	3.5.9	Rubber Plug	1
3.5.5	Snap Link	1	3.5.10	Flange Nut	1

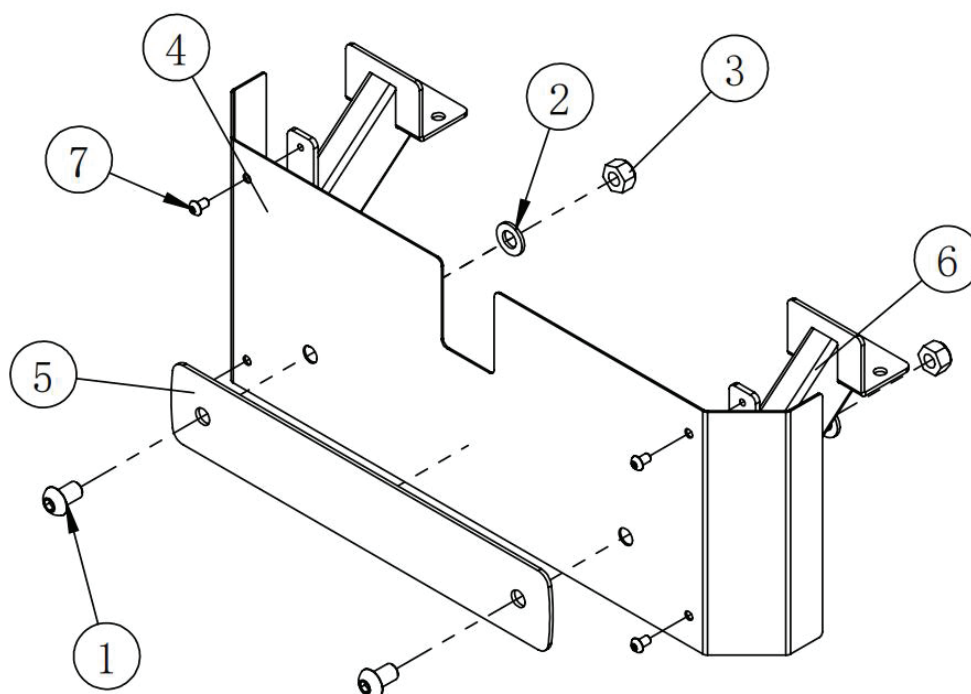
LOWER SHROUD FRAME:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
3.9.1	Lower Shroud	1	3.9.2	Rubber Edging	2

EXPLODED DIAGRAM & ASSEMBLY LIST

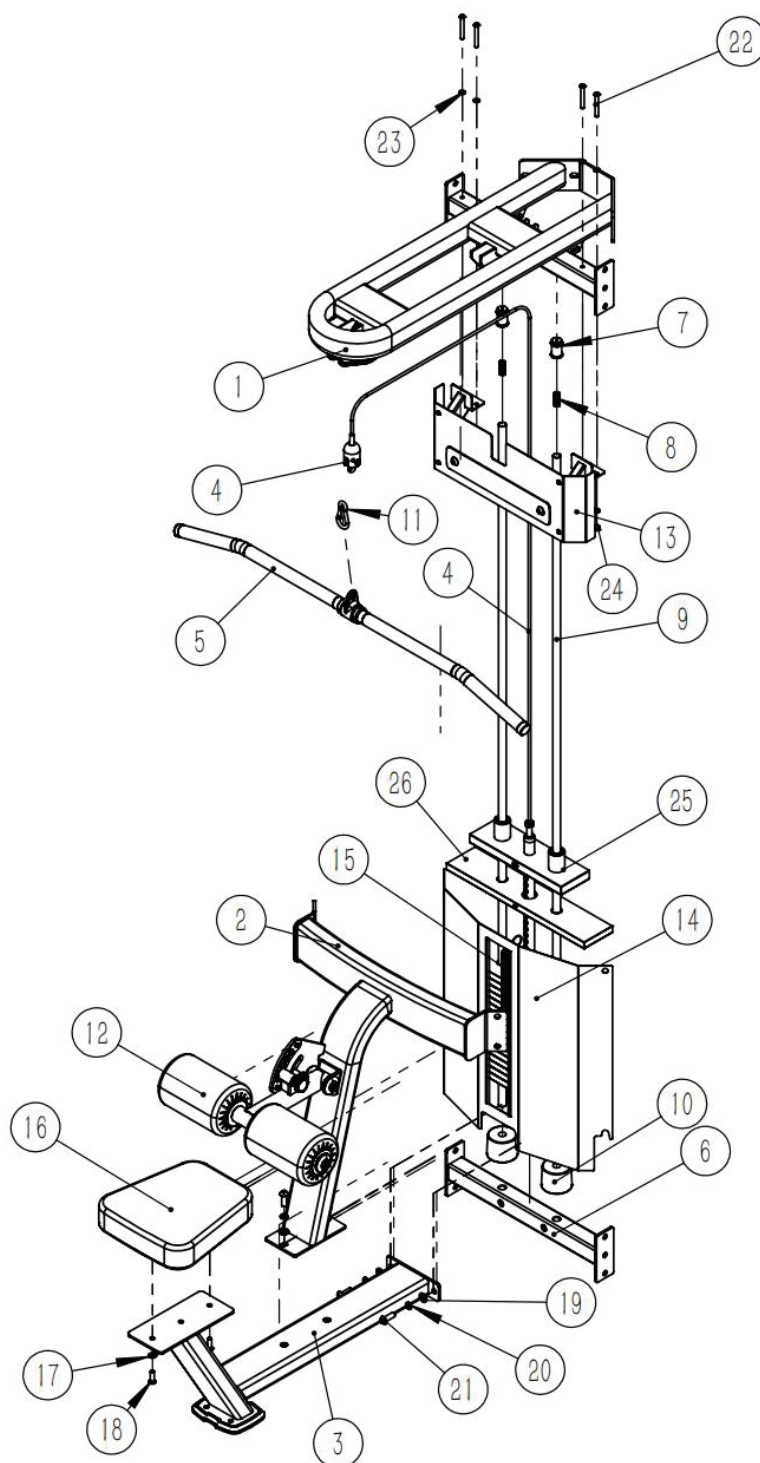
UPPER SHROUD:



ITEM NO	Description	QTY
3.10.1	Button Head Cap Screw M12*20	2
3.10.2	Flat Washer $\phi 13*\phi 24*3$	2
3.10.3	Nylon Lock Nut M12	2
3.10.4	Upper Shroud	1
3.10.5	Logo Plate	1
3.10.6	Shroud Fixed Frame	2
3.10.7	Button Head Cap Screw M6*10	4

EXPLODED DIAGRAM & ASSEMBLY LIST

LAT-PULL STATION:



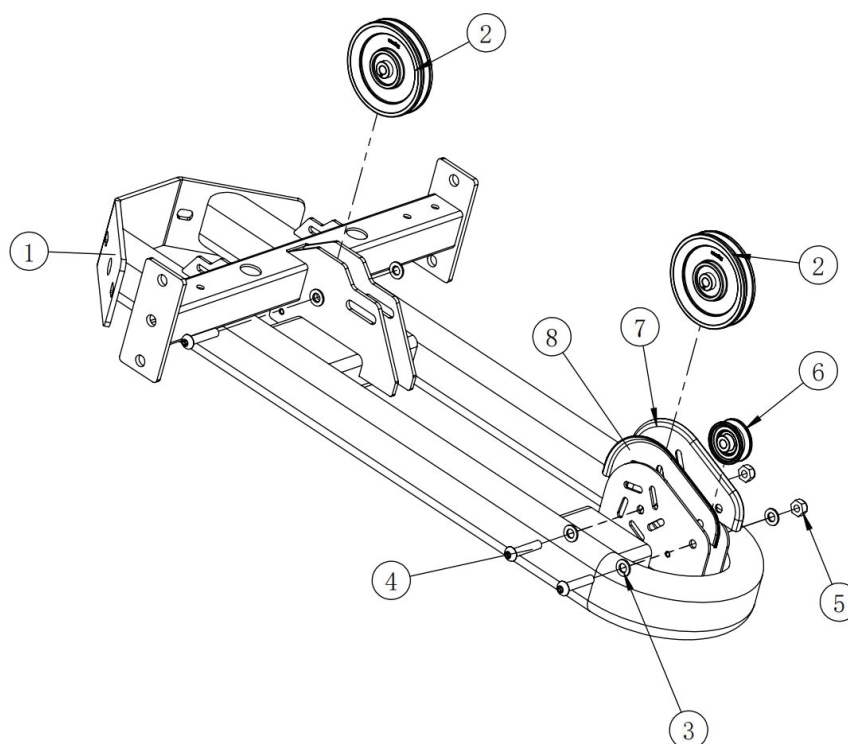
EXPLODED DIAGRAM & ASSEMBLY LIST

LAT-PULL STATION:

ITEM NO	Description	QTY	ITEM NO.	Description	QTY
4.1	Upper Frame ASSY	1	4.14	Lower Shroud ASSY	1
4.2	Thigh Pad Frame ASSY	1	4.15	Selector Pin ASSY	1
4.3	Seat Frame ASSY	1	4.16	Seat Pad	1
4.4	Wire Rope ASSY	1	4.17	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
4.5	Lat-Pull Bar	1	4.18	Button Head Cap Screw M10*30	2
4.6	Bottom Connection Frame	1	4.19	Flat Washer $\phi 11 \times \phi 20 \times 3$	4
4.7	Guide Rod Sleeve $\phi 30 \times 45$	2	4.20	Spring Washer $\phi 12$	4
4.8	Spring	2	4.21	Button Head Cap Screw M12*35	4
4.9	Guide Rod $\phi 19 \times 2060$	2	4.22	Button Head Cap Screw M8*65	4
4.10	Rubber Bumper $\phi 76 \times 60$	2	4.23	Flat Washer $\phi 9 \times \phi 16 \times 2$	8
4.11	Snap Link	1	4.24	Nylon Lock Nut M8	4
4.12	Thigh Pad	2	4.25	Top Plate	1
4.13	Upper Shroud ASSY	1	4.26	15 lbs Selector Plate	18

EXPLODED DIAGRAM & ASSEMBLY LIST

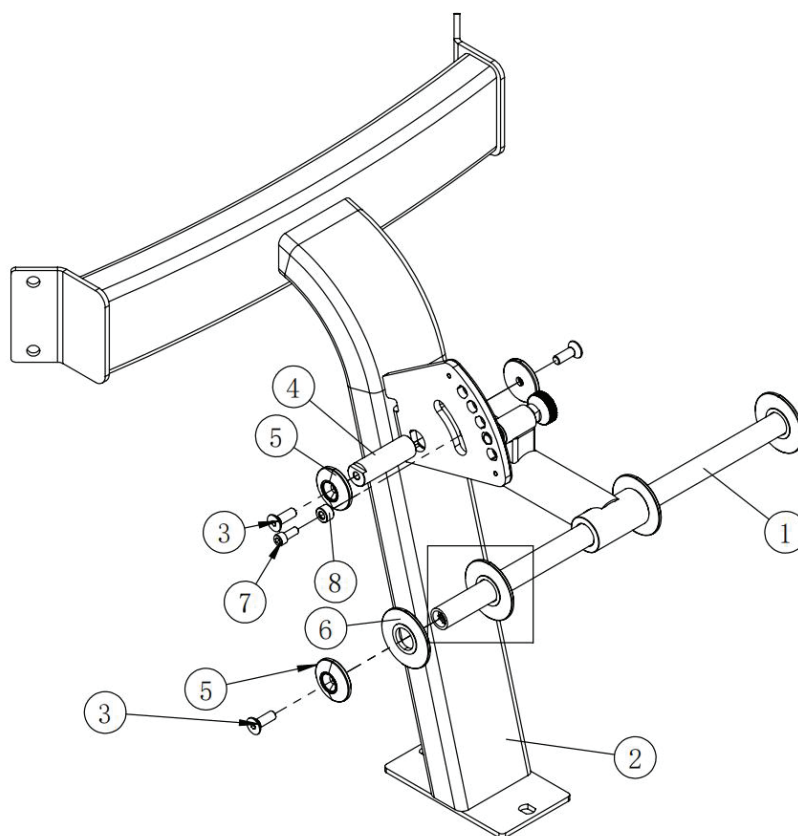
UPPER FRAME:



ITEM NO	Description	QTY
4.1.1	Upper Frame	1
4.1.2	Nylon Wheel $\phi 114$	2
4.1.3	Flat Washer $\phi 11*\phi 20*2$	6
4.1.4	Button Head Cap Screw M10*50	3
4.1.5	Nylon Lock Nut M10	3
4.1.6	Nylon Wheel $\phi 51$	1
4.1.7	Side Board I	1
4.1.8	Side Board II	1

EXPLODED DIAGRAM & ASSEMBLY LIST

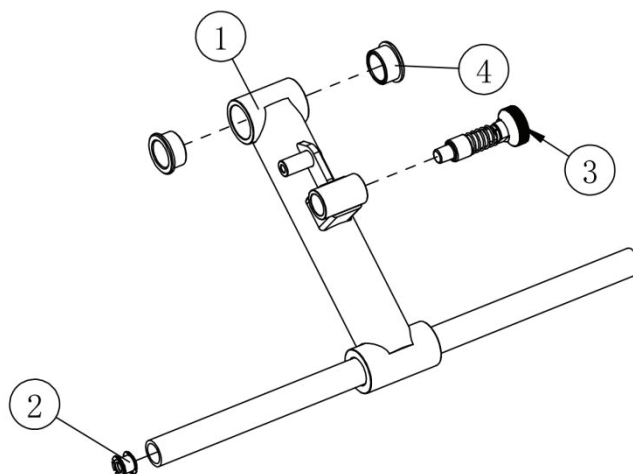
THIGH PAD FRAME:



ITEM NO	Description	QTY
4.2.1	Adjustment Frame ASSY	1
4.2.2	Support Frame ASSY	1
4.2.3	Flat Head Cap Screw M10*30	4
4.2.4	Rotating Shaft $\phi 25 \times 78$	1
4.2.5	End Cap $\phi 50$	4
4.2.6	Plastic Spacer $\phi 71 \times 27 \times 5$	4
4.2.7	Socket Head Cap Screw M8*20	1
4.2.8	Plastic Sleeve $\phi 17 \times \phi 9 \times 11$	1

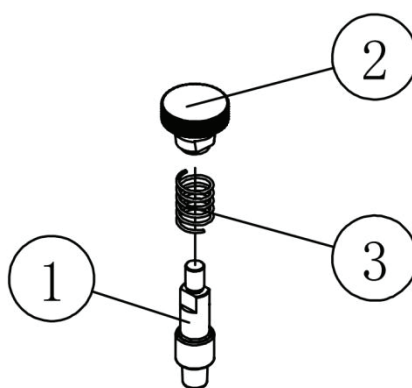
EXPLODED DIAGRAM & ASSEMBLY LIST

ADJUSTMENT FRAME:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
4.2.1.1	Adjustment Frame	1	4.2.1.3	Pin Shaft ASSY	1
4.2.1.2	Lock Washer $\phi 22 \times M10$	2	4.2.1.4	Bushing	2

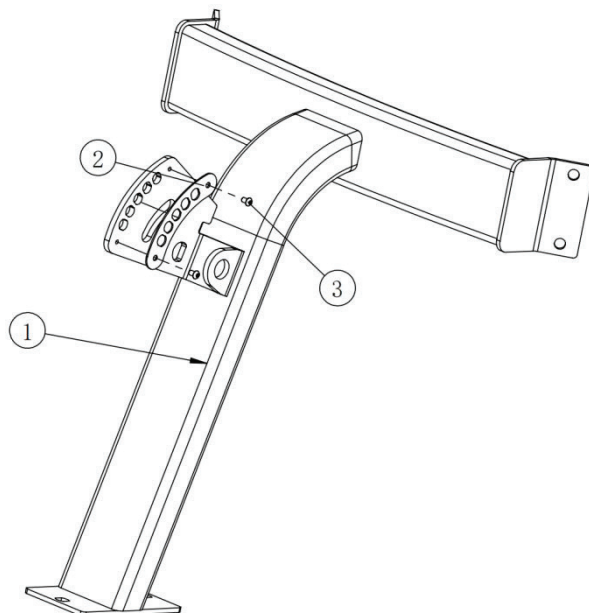
PIN SHAFT:



ITEM NO	Description	QTY
4.2.1.3.1	Pin Shaft	1
4.2.1.3.2	Pull Pin Knob	1
4.2.1.3.3	Spring	1

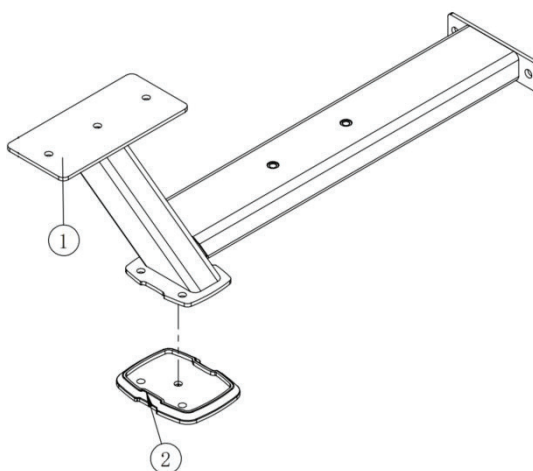
EXPLODED DIAGRAM & ASSEMBLY LIST

SUPPORT FRAME:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
4.2.2.1	Support Frame	1	4.2.2.3	Button Head Cap Screw M6*10	2
4.2.2.2	Stainless Steel Guard Plate	1			

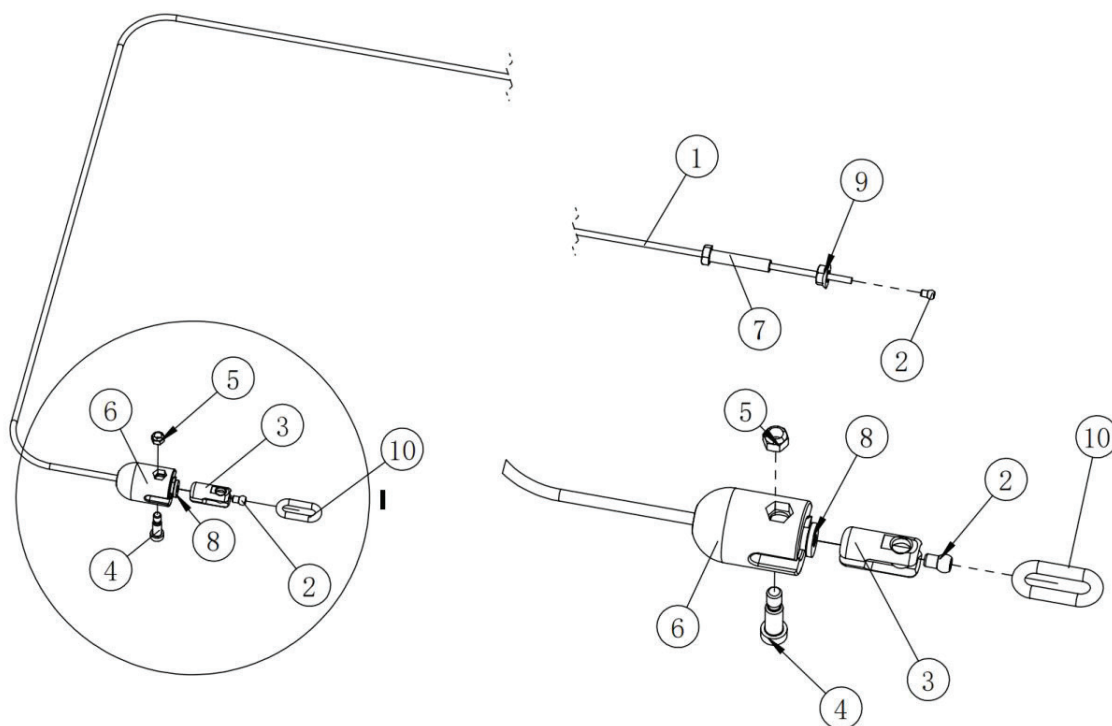
SEAT FRAME:



ITEM NO	Description	QTY
4.3.1	Seat Frame	1
4.3.2	Foot Cover	1

EXPLODED DIAGRAM & ASSEMBLY LIST

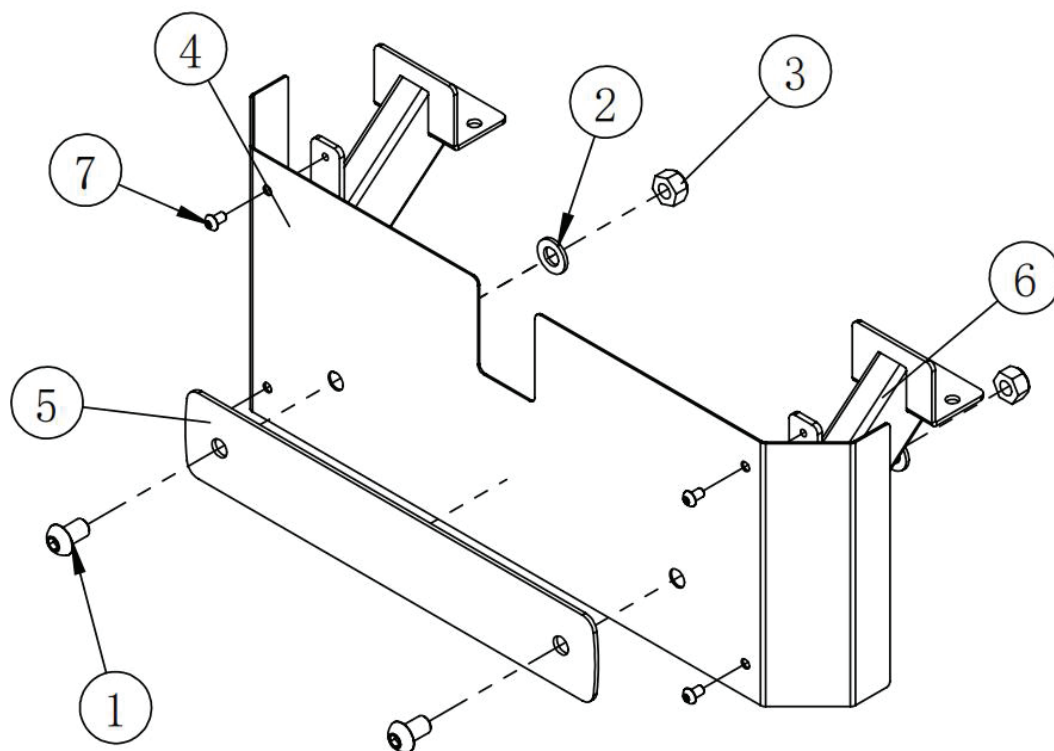
WIRE ROPE:



ITEM NO	Description	QTY
4.4.1	Wire Rope	1
4.4.2	Rope Terminal	2
4.4.3	Rope Clevis	1
4.4.4	Shoulder Bolt	1
4.4.5	Nylon Lock Nut	1
4.4.6	Clevis Cover	1
4.4.7	Hollow Button Head Cap Screw	1
4.4.8	Rubber Plug	1
4.4.9	Flange Nut	1
4.4.10	Snap Link 24*49*φ7	1

EXPLODED DIAGRAM & ASSEMBLY LIST

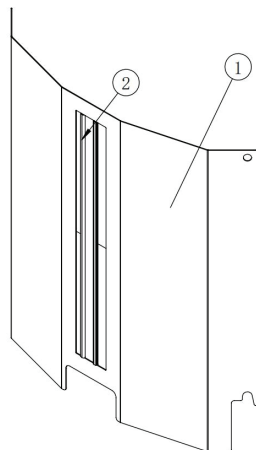
UPPER SHROUD:



ITEM NO	Description	QTY
4.13.1	Button Head Cap Screw M12*20	2
4.13.2	Flat Washer $\phi 13*\phi 24*3$	2
4.13.3	Nylon Lock Nut M12	2
4.13.4	Upper Shroud	1
4.13.5	Logo Plate	1
4.13.6	Shroud Fixed Frame	2
4.13.7	Button Head Cap Screw M6*10	4

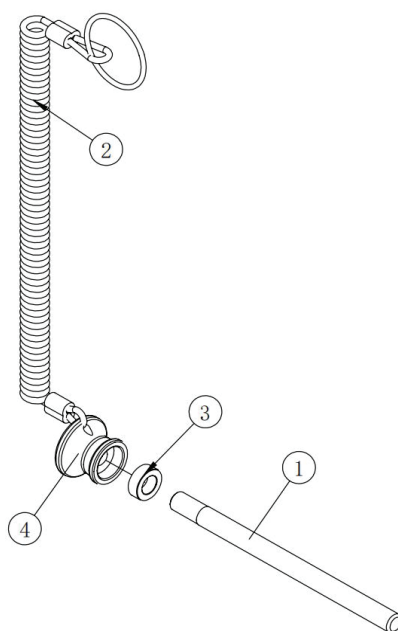
EXPLODED DIAGRAM & ASSEMBLY LIST

LOWER SHROUD:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
4.14.1	Lower Shroud	1	4.14.2	Rubber Edging	2

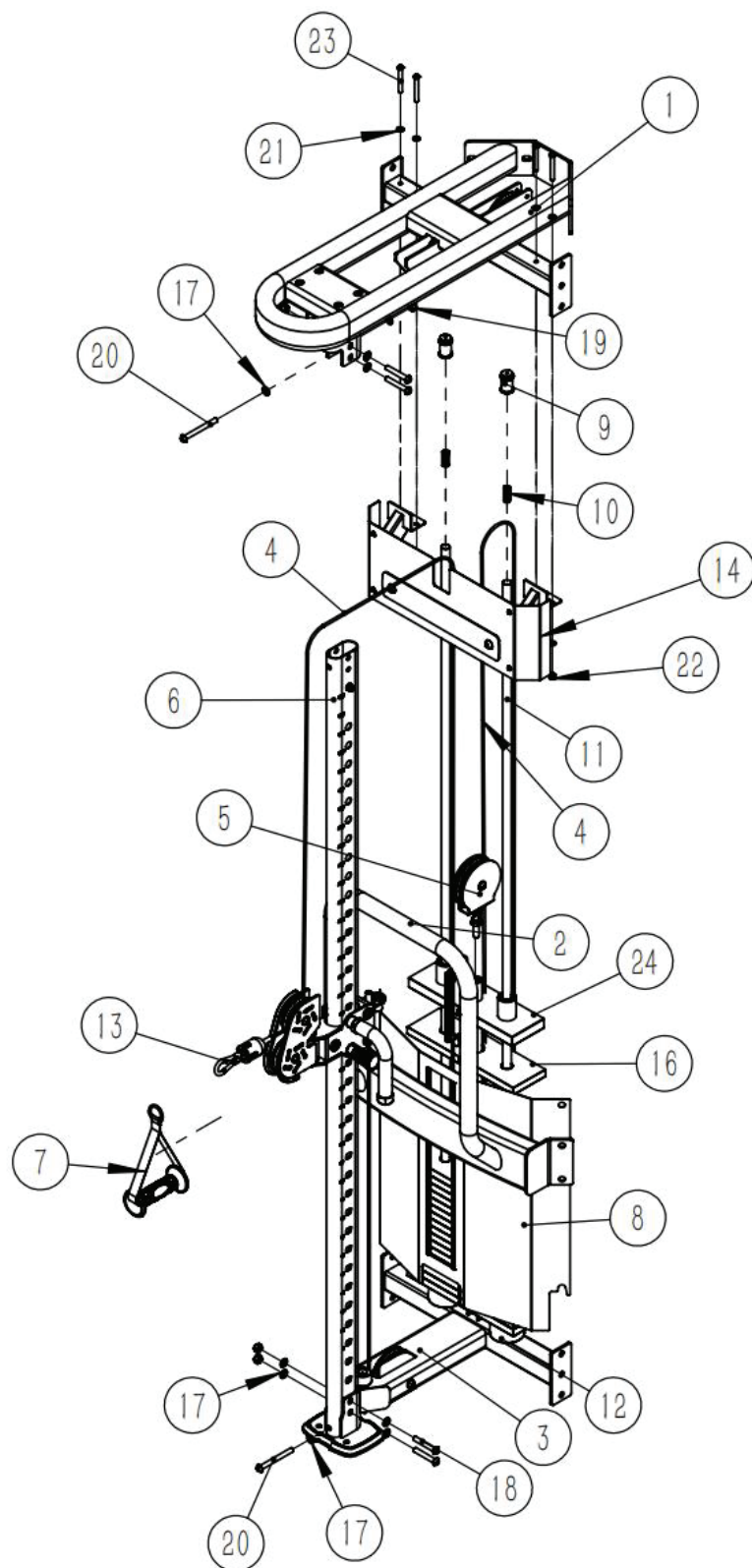
SELECTOR PIN:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
4.15.1	Pin Shaft $\phi 8 \times 120$	1	4.15.3	Magnet	1
4.15.2	Coiled Lanyard	1	4.15.4	Knob	1

EXPLODED DIAGRAM & ASSEMBLY LIST

HIGH-LOW PULLEY STATION:



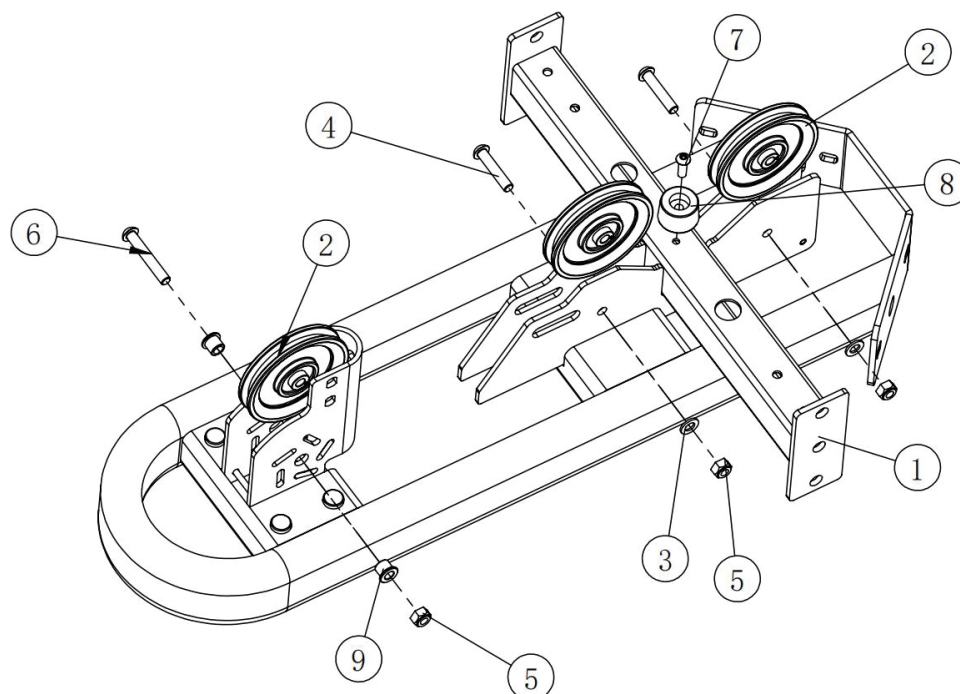
EXPLODED DIAGRAM & ASSEMBLY LIST

HIGH-LOW PULLEY STATION:

ITEM NO	Description	QTY	ITEM NO.	Description	QTY
6.1	Upper Frame ASSY	1	6.13	Snap Link $\phi 8$	1
6.2	Handle Frame	1	6.14	Upper Shroud ASSY	1
6.3	Bottom Frame ASSY	1	6.15	Selector Pin ASSY	1
6.4	Wire Rope ASSY	1	6.16	10 LBS Selector Plate	18
6.5	Floating Pulley Block ASSY	1	6.17	Flat Washer $\phi 11 \times \phi 20 \times 2$	12
6.6	Stainless Steel Slide Post	1	6.18	Button Head Cap Screw M10*65	4
6.7	D-Handle	1	6.19	Nylon Lock Nut M10	6
6.8	Lower Shroud ASSY	1	6.20	Button Head Cap Screw M10*100	2
6.9	Nylon Sleeve $\phi 30 \times 45$	2	6.21	Flat Washer $\phi 9 \times \phi 16 \times 2$	8
6.10	Spring	2	6.22	Nylon Lock Nut M8	4
6.11	Guide Rod $\phi 19 \times 2060$	2	6.23	Button Head Cap Screw M8*65	4
6.12	Rubber Bumper $\phi 76 \times 60$	2	6.24	Top Plate	1

EXPLODED DIAGRAM & ASSEMBLY LIST

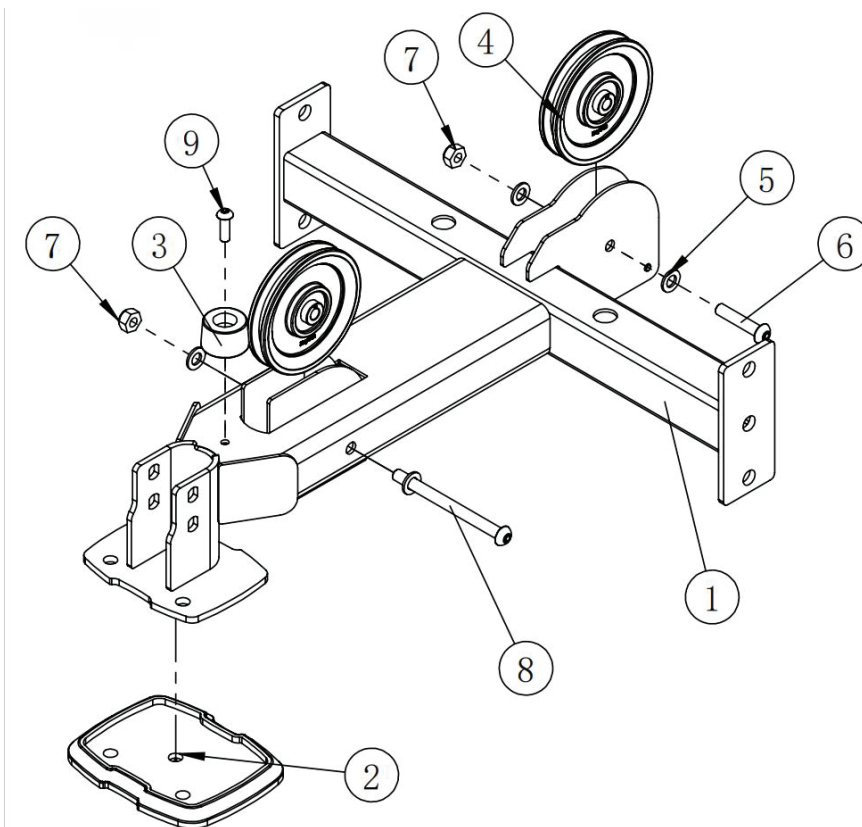
UPPER FRAME:



ITEM NO	Description	QTY
6.1.1	Upper Frame	1
6.1.2	Nylon Wheel $\phi 114$	3
6.1.3	Flat Washer $\phi 11*\phi 20*2$	4
6.1.4	Button Head Cap Screw M10*50	2
6.1.5	Nylon Lock Nut M10	3
6.1.6	Button Head Cap Screw M10*65	1
6.1.7	Button Head Cap Screw M8*25	1
6.1.8	Rubber Bumper $\phi 40*25$	1
6.1.9	Plastic Spacer $\phi 20*15$	2

EXPLODED DIAGRAM & ASSEMBLY LIST

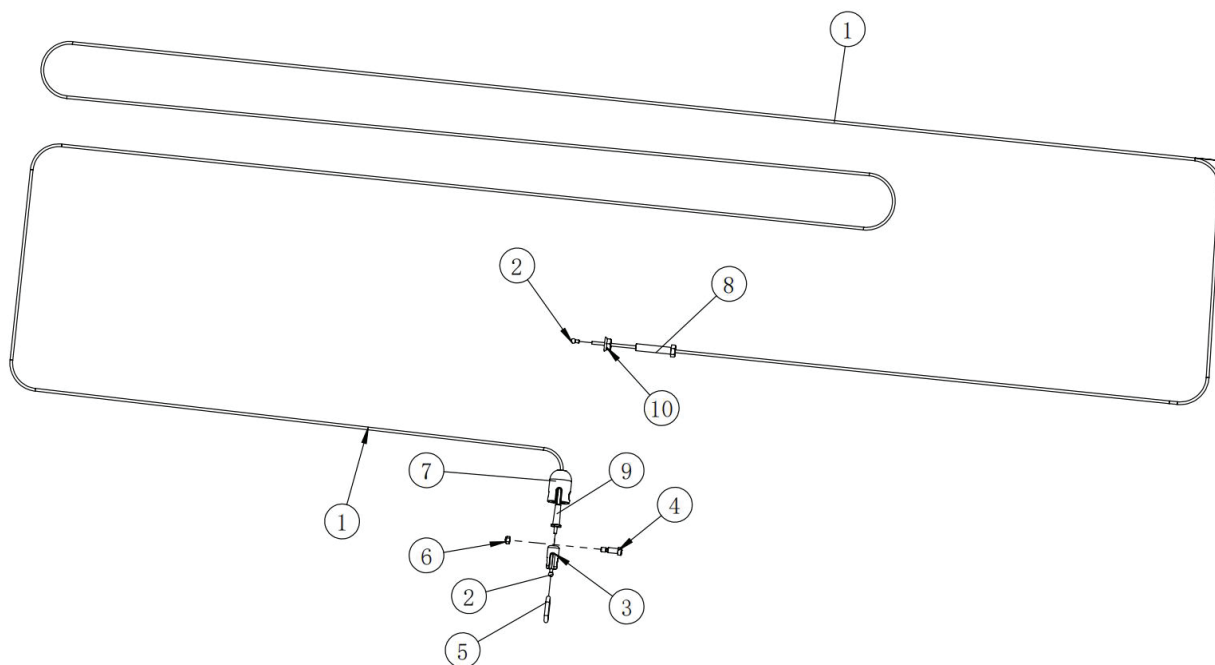
BOTTOM FRAME:



ITEM NO	Description	QTY
6.3.1	Bottom Frame	1
6.3.2	Foot Cover	1
6.3.3	Rubber Bumper $\phi 40 \times 25$	1
6.3.4	Nylon Wheel $\phi 114$	2
6.3.5	Flat Washer $\phi 11 \times \phi 20 \times 2$	4
6.3.6	Button Head Cap Screw M10*50	1
6.3.7	Nylon Lock Nut M10	2
6.3.8	Button Head Cap Screw M10*125	1
6.3.9	Button Head Cap Screw M8*25	1

EXPLODED DIAGRAM & ASSEMBLY LIST

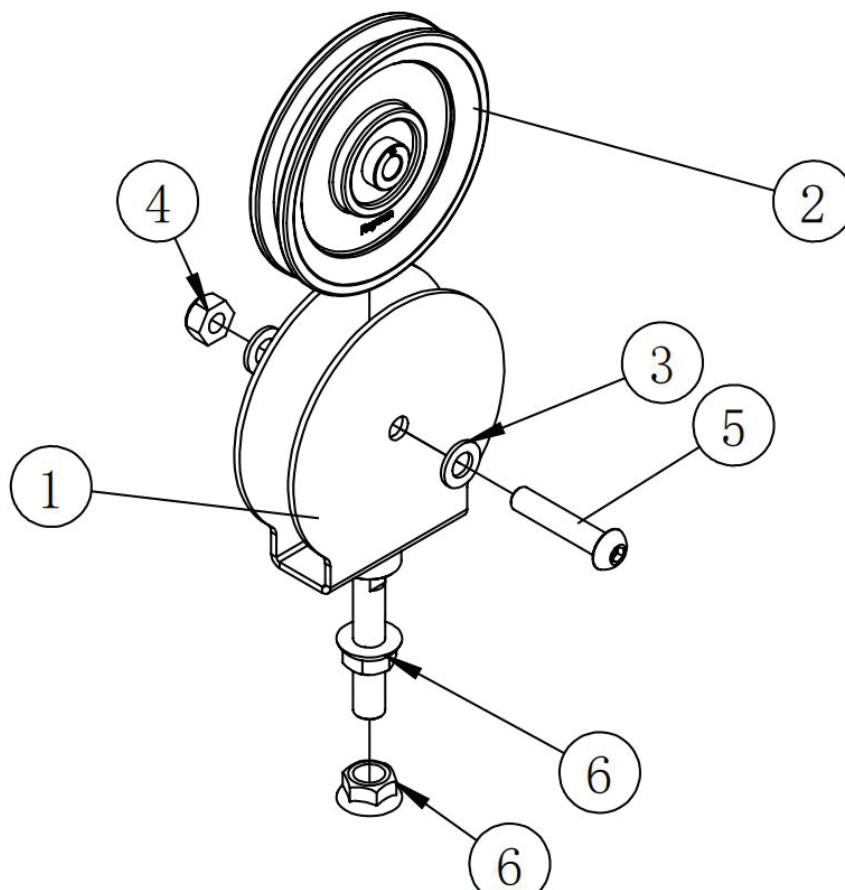
WIRE ROPE:



ITEM NO	Description	QTY
6.4.1	Wire Rope	1
6.4.2	Rope Terminal	2
6.4.3	Rope Clevis	1
6.4.4	Shoulder Bolt	1
6.4.5	Snap Link 24*49*φ7	1
6.4.6	Nylon Lock Nut	1
6.4.7	Clevis Cover	1
6.4.8	Hollow Button Head Cap Screw	1
6.4.9	Rubber Plug	1
6.4.10	Flange Nut	1

EXPLODED DIAGRAM & ASSEMBLY LIST

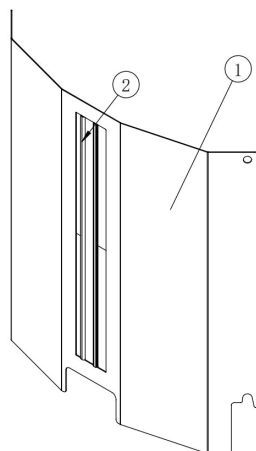
FLOATING PULLEY BLOCK:



ITEM NO	Description	QTY
6.5.1	Floating Pulley Block	1
6.5.2	Nylon Wheel $\phi 114$	1
6.5.3	Flat Washer $\phi 11 * \phi 20 * 2$	2
6.5.4	Nylon Lock Nut M10	1
6.5.5	Button Head Cap Screw M10*50	1
6.5.6	Flange Nut	2

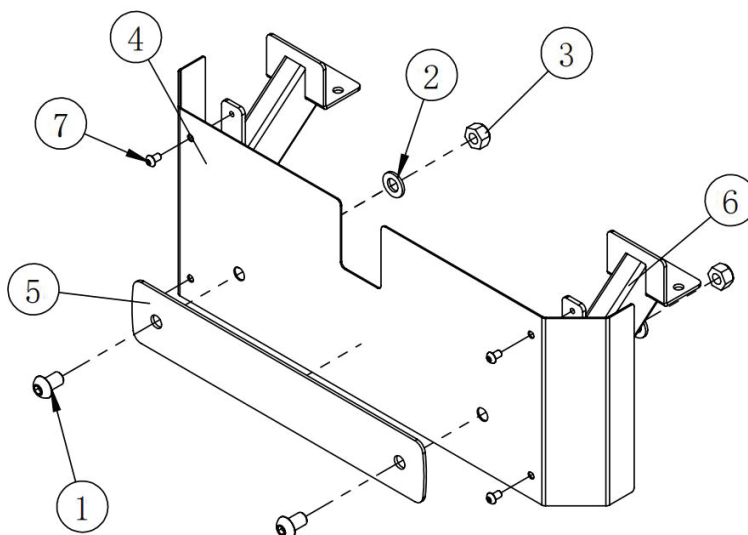
EXPLODED DIAGRAM & ASSEMBLY LIST

LOWER SHROUD:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
6.8.1	Lower Shroud	1	6.8.2	Rubber Edging	2

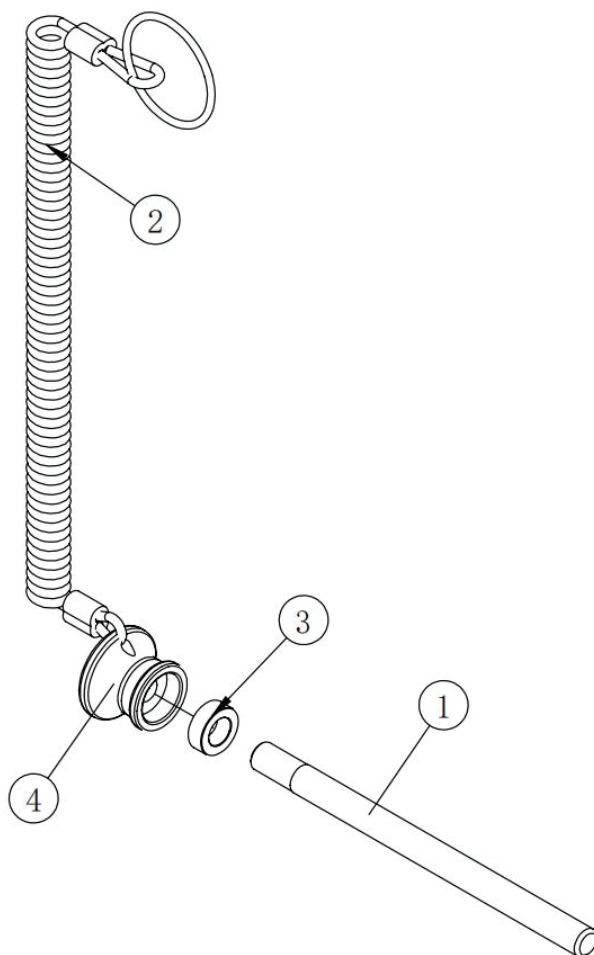
UPPER SHROUD:



ITEM NO	Description	QTY	ITEM NO	Description	QTY
6.14.1	Button Head Cap Screw M12*20	2	6.14.5	Logo Plate	1
6.14.2	Flat Washer $\phi 13 \times \phi 24 \times 3$	2	6.14.6	Shroud Fixed Frame	2
6.14.3	Nylon Lock Nut M12	2	6.14.7	Button Head Cap Screw M6*10	4
6.14.4	Upper Shroud	1			

EXPLODED DIAGRAM & ASSEMBLY LIST

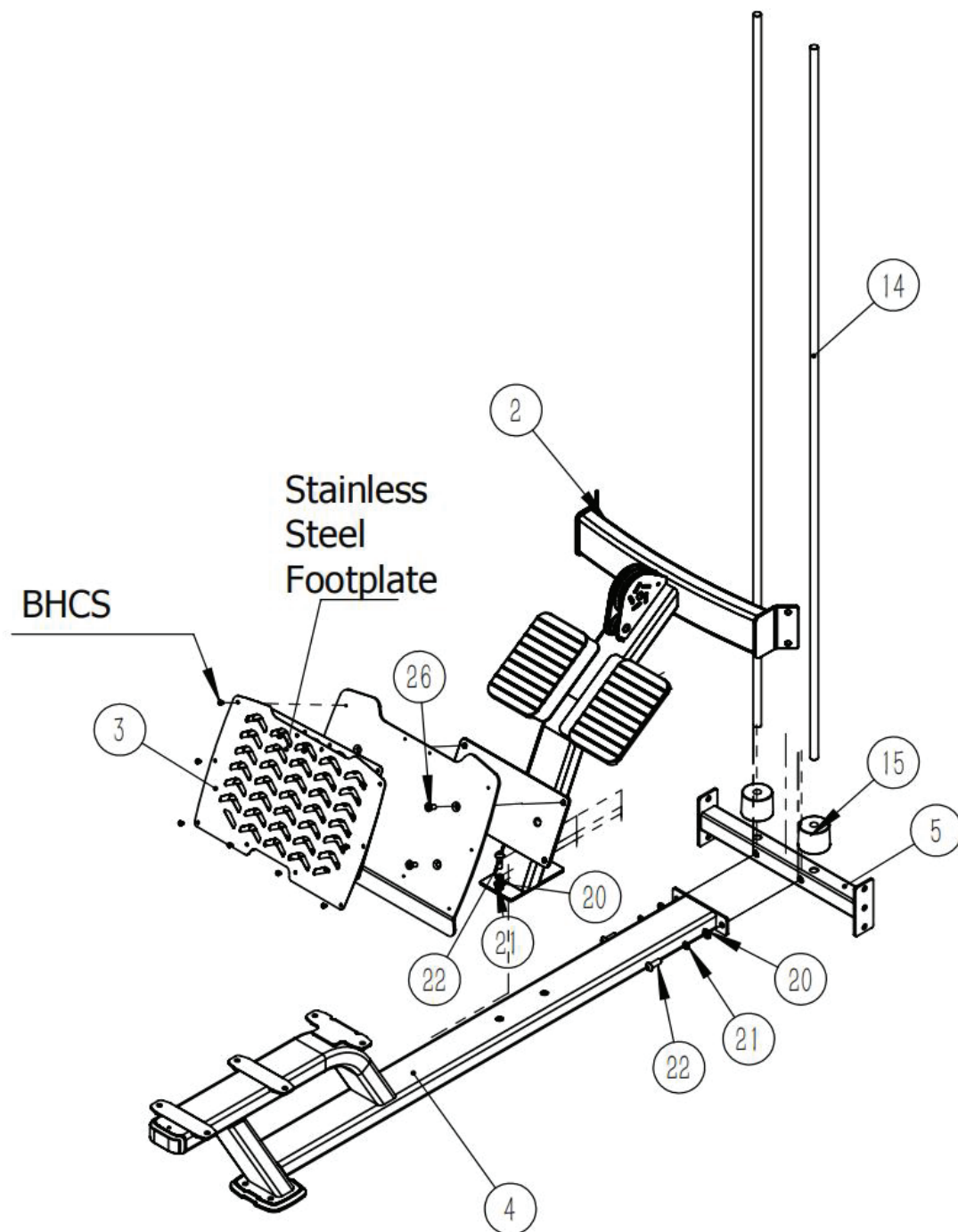
SELECTOR PIN:



ITEM NO	Description	QTY
6.15.1	Pin Shaft $\phi 8 \times 120$	1
6.15.2	Coiled Lanyard	1
6.15.3	Magnet	1
6.15.4	Knob	1

ASSEMBLY STEPS

STEP 1: SEATED ROW STATION



ASSEMBLY STEPS

STEP 1: SEATED ROW STATION

1.1 Attach Seat Frame ASSY (#3.4) to the Bottom Connection Frame (#3.5), using:

- two BHCS M12*35 (#3.22)
- two Spring Washers $\phi 12$ (#3.21)
- two Flat Washers $\phi 13*\phi 24*3$ (#3.20)

1.2 Attach Footrest Frame ASSY (#3.2) to the Seat Frame ASSY (#3.4), using:

- two BHCS M12*35 (#3.22)
- two Spring Washers $\phi 12$ (#3.21)
- two Flat Washers $\phi 13*\phi 24*3$ (#3.20)

1.3 Attach Handle Frame ASSY (#4) to the Lower Connection Frame (#5), using:

- ten BHCS (refer to the image on next page)
- one Stainless Steel Footplate (refer to the image on next page)

1.4 Then attach Footplate Frame ASSY (#3.3) to the Footrest Frame ASSY (#3.2), using following parts and parts on 1.3 to attach back the Stainless Steel Plate:

- four FHCS M10*25 (#3.26)

1.5 Insert following parts to the Lower Connection Frame (#3.5):

- two Guide Rod (#3.14)
- two Rubber Bump $\phi 76*60$ (#3.15)

Note: Wrench tightens bolts and nylon lock nuts.

ASSEMBLY STEPS

STEP 2: SEATED ROW STATION

This diagram illustrates the assembly of a seated row station. The components are numbered as follows:

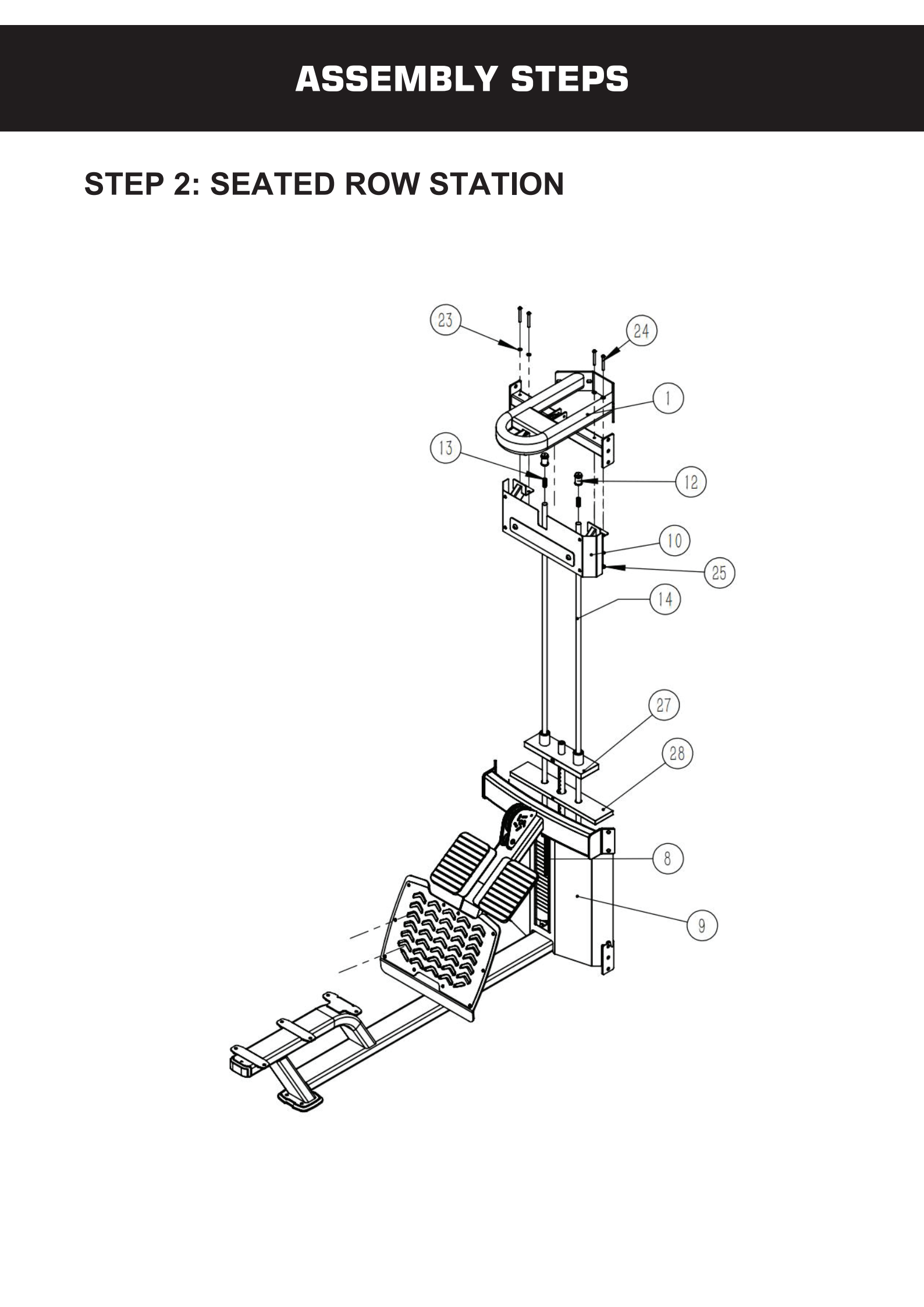
- 1: Upper frame bracket
- 2: Upper frame bracket (second view)
- 3: Upper frame bracket (third view)
- 4: Upper frame bracket (fourth view)
- 5: Upper frame bracket (fifth view)
- 6: Upper frame bracket (sixth view)
- 7: Upper frame bracket (seventh view)
- 8: Upper frame bracket (eighth view)
- 9: Upper frame bracket (ninth view)
- 10: Upper frame bracket (tenth view)
- 11: Upper frame bracket (eleventh view)
- 12: Upper frame bracket (twelfth view)
- 13: Upper frame bracket (thirteenth view)
- 14: Upper frame bracket (fourteenth view)
- 15: Upper frame bracket (fifteenth view)
- 16: Upper frame bracket (sixteenth view)
- 17: Upper frame bracket (seventeenth view)
- 18: Upper frame bracket (eighteenth view)
- 19: Upper frame bracket (nineteenth view)
- 20: Upper frame bracket (twentieth view)
- 21: Upper frame bracket (twenty-first view)
- 22: Upper frame bracket (twenty-second view)
- 23: Upper frame bracket (twenty-third view)
- 24: Upper frame bracket (twenty-fourth view)
- 25: Upper frame bracket (twenty-fifth view)
- 26: Upper frame bracket (twenty-sixth view)
- 27: Upper frame bracket (twenty-seventh view)
- 28: Upper frame bracket (twenty-eighth view)

ASSEMBLY STEPS

STEP 2: SEATED ROW STATION

This diagram illustrates the assembly of a seated row station. The components are numbered as follows:

- 1: Upper frame bracket
- 2: Upper frame bracket (bottom view)
- 3: Upper frame bracket (side view)
- 4: Upper frame bracket (bottom view)
- 5: Upper frame bracket (side view)
- 6: Upper frame bracket (bottom view)
- 7: Upper frame bracket (side view)
- 8: Upper frame bracket (bottom view)
- 9: Upper frame bracket (side view)
- 10: Upper frame bracket (bottom view)
- 11: Upper frame bracket (side view)
- 12: Upper frame bracket (bottom view)
- 13: Upper frame bracket (side view)
- 14: Upper frame bracket (bottom view)
- 15: Upper frame bracket (side view)
- 16: Upper frame bracket (bottom view)
- 17: Upper frame bracket (side view)
- 18: Upper frame bracket (bottom view)
- 19: Upper frame bracket (side view)
- 20: Upper frame bracket (bottom view)
- 21: Upper frame bracket (side view)
- 22: Upper frame bracket (bottom view)
- 23: Upper frame bracket (side view)
- 24: Upper frame bracket (bottom view)
- 25: Upper frame bracket (side view)
- 26: Upper frame bracket (bottom view)
- 27: Upper frame bracket (side view)
- 28: Upper frame bracket (bottom view)



ASSEMBLY STEPS

STEP 2: SEATED ROW STATION

2.1 Slide eighteen 15 lbs Selector Plates (#3.28) and one Top Plate (#3.27) onto the Guide Rods (#3.14).

2.2 Slide the Upper Shroud (#3.10) onto the Guide Rods (#3.14). Then insert two Springs (#3.13) and two Nylon Sleeves (#3.12) onto the top of the Guide Rods (#3.14).

2.3 Attach the Upper Frame ASSY (#3.1) to the Upper Shroud (#3.10) and the main structure using:

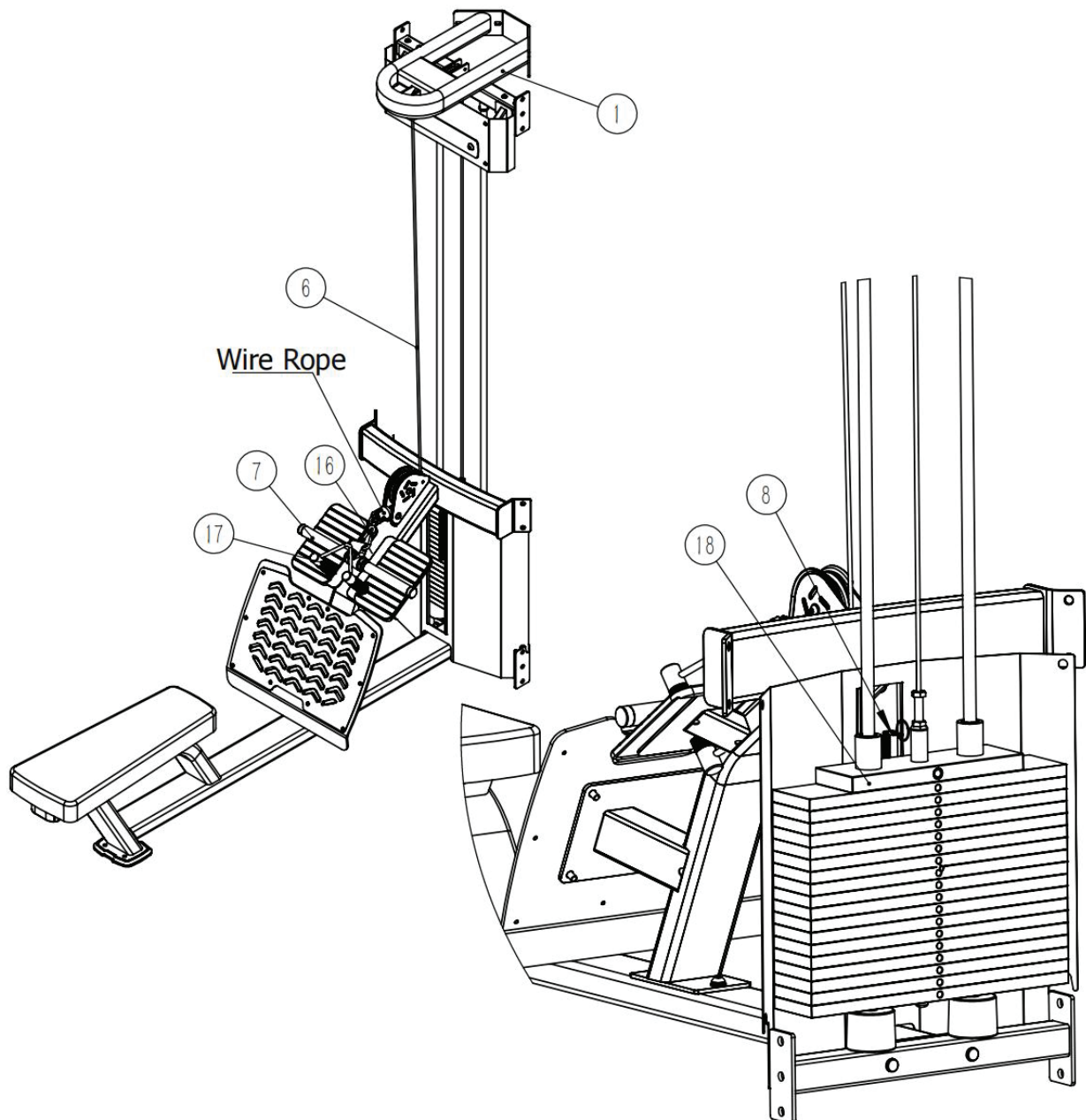
- four BHCS M8*65 (#3.24)
- eight Flat Washers $\phi 9^* \phi 16^*2$ (#3.23)
- four Nylon Lock Nuts M8 (#3.25)

Note: Wrench tightens bolts and nylon lock nuts. Please have an assistant hold the Upper Frame in place during this step.

2.4 Insert the Selector Pin (#3.8) into the Selector Plates. Then attach the Lower Shroud ASSY (#3.9) to the assembly done by before.

ASSEMBLY STEPS

STEP 3: SEATED ROW STATION



ASSEMBLY STEPS

STEP 3: SEATED ROW STATION

3.1 Disassemble the following parts first:

one Wire Rope

3.2 Then route the Wire Rope ASSY (#3.6) through the pulleys. Attach and secure the rope ends as follows:

(1): Thread one end of the Wire Rope into the Top Plate (#3.27) and tighten it.

(2): Connect the other end to the Snap Link (#3.16).

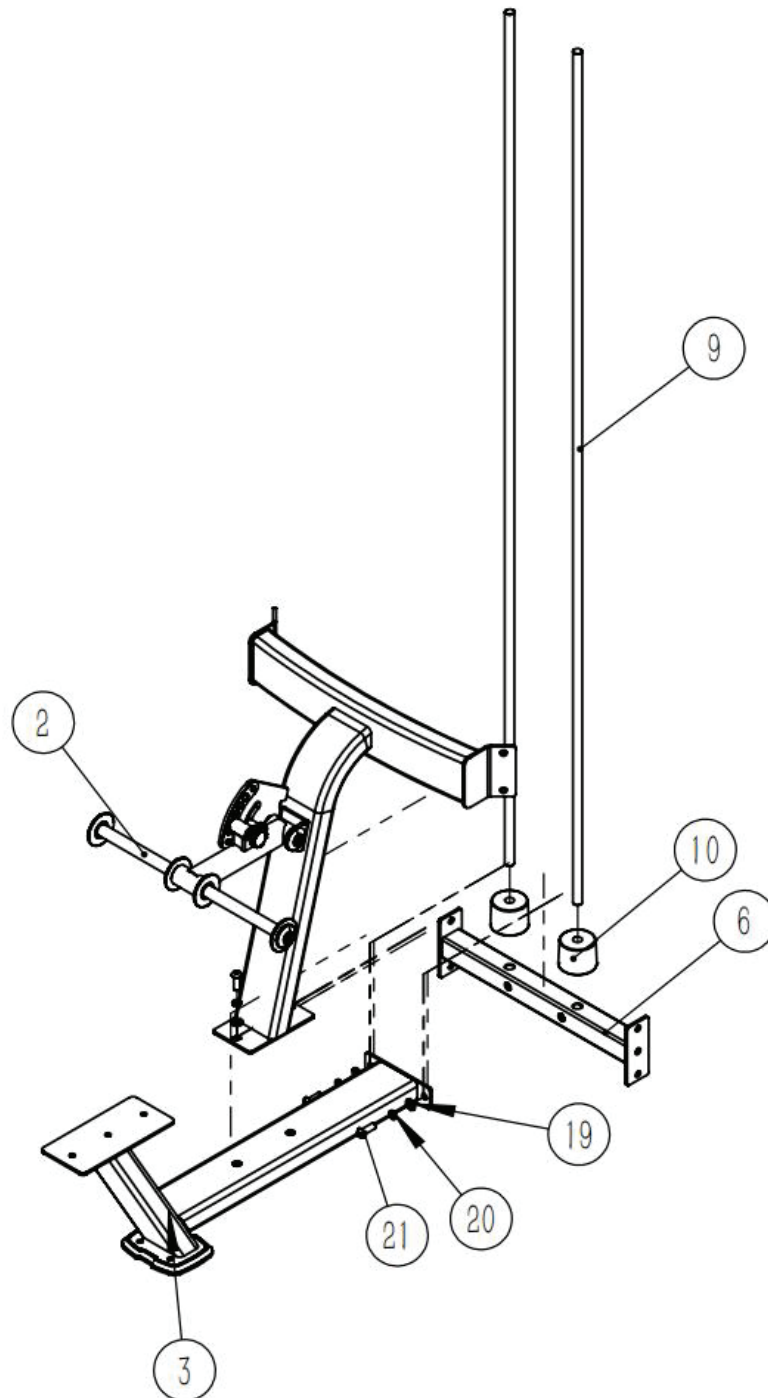
(3): Attach the Short Straight Bar (#3.7) or Row Handle (#3.17) to the Snap Link (#3.16).

3.3 Insert the Selector Pin (#3.8) into the Selector Plates (#3.28)

Note: Ensure the Wire Rope is properly seated in all pulley grooves before use

ASSEMBLY STEPS

STEP 4: LAT PULLDOWN STATION



ASSEMBLY STEPS

STEP 4: LAT PULLDOWN STATION

4.1 Attach the Seat Frame ASSY (#4.3) to the Lower Connection Frame (#4.6) using:

- two BHCS M12*35 (#4.21)
- two Spring Washer $\phi 12$ (#4.20)
- two Flat Washers $\phi 13*\phi 24*3$ (#4.19)

Note: Wrench tightens bolts and nylon lock nuts

4.2 Attach the Thigh Pad Frame (#2) to the Seat Frame ASSY (#3) using:

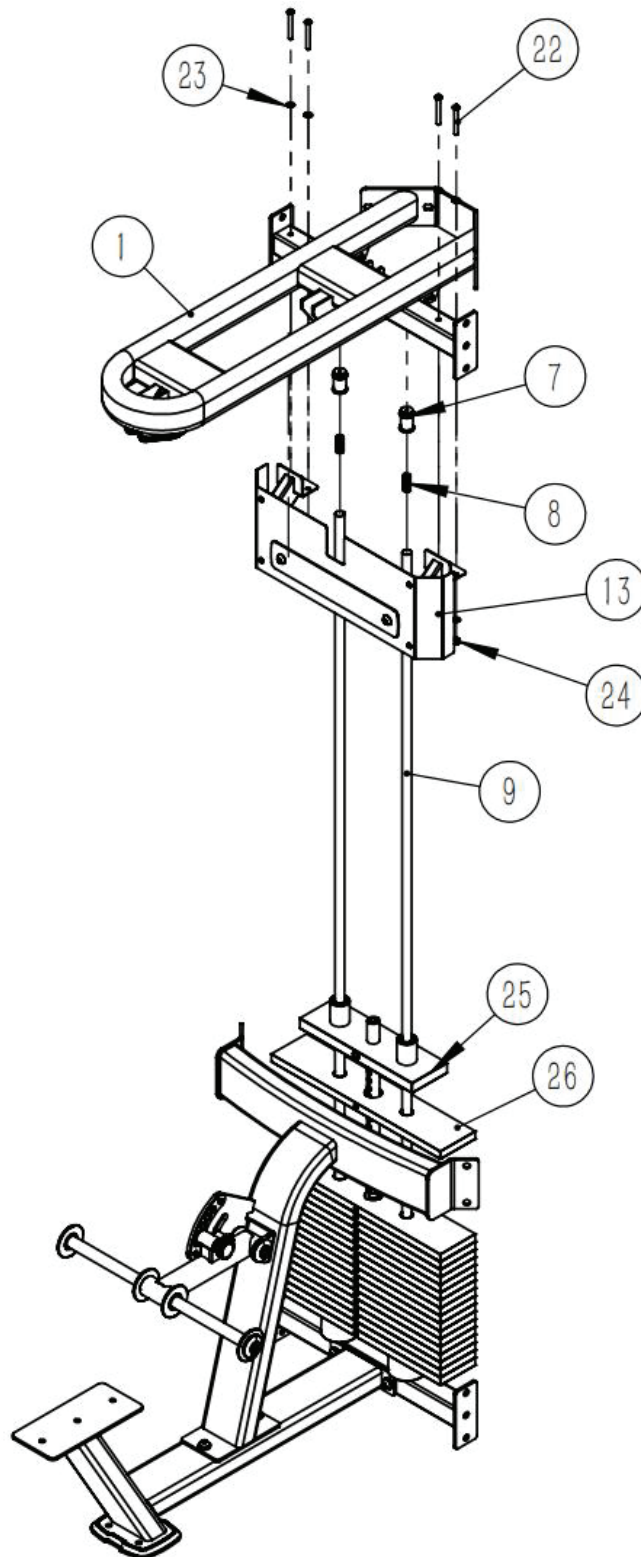
- two BHCS M12*35 (#4.21)
- two Flat Washer $\phi 13*\phi 24*3$ (#4.19)
- two Spring Washer $\phi 12$ (#4.20)

Note: Wrench tightens bolts and nylon lock nuts

4.3 Insert two Guide Rods (#9) and two Rubber Bumpers (#10) into the Bottom Connection Frame (#6).

ASSEMBLY STEPS

STEP 5: LAT PULLDOWN STATION



ASSEMBLY STEPS

STEP 5: LAT PULLDOWN STATION

5.1 Slide eighteen 15 lbs Selector Plates (#4.26) and one Top Plate (#4.25) onto the Guide Rods (#4.9).

5.2 Slide the Upper Shroud (#4.13) onto the Guide Rods (#4.9). Then using two Springs (#4.8) and two Guide Rods Sleeves (#4.7) onto the top of the Guide Rods (#9).

5.3 Attach the the Upper Shroud (#4.13) to the Upper Frame ASSY (#4.1) ,using:

four BHCS M8*65 (#4.22)

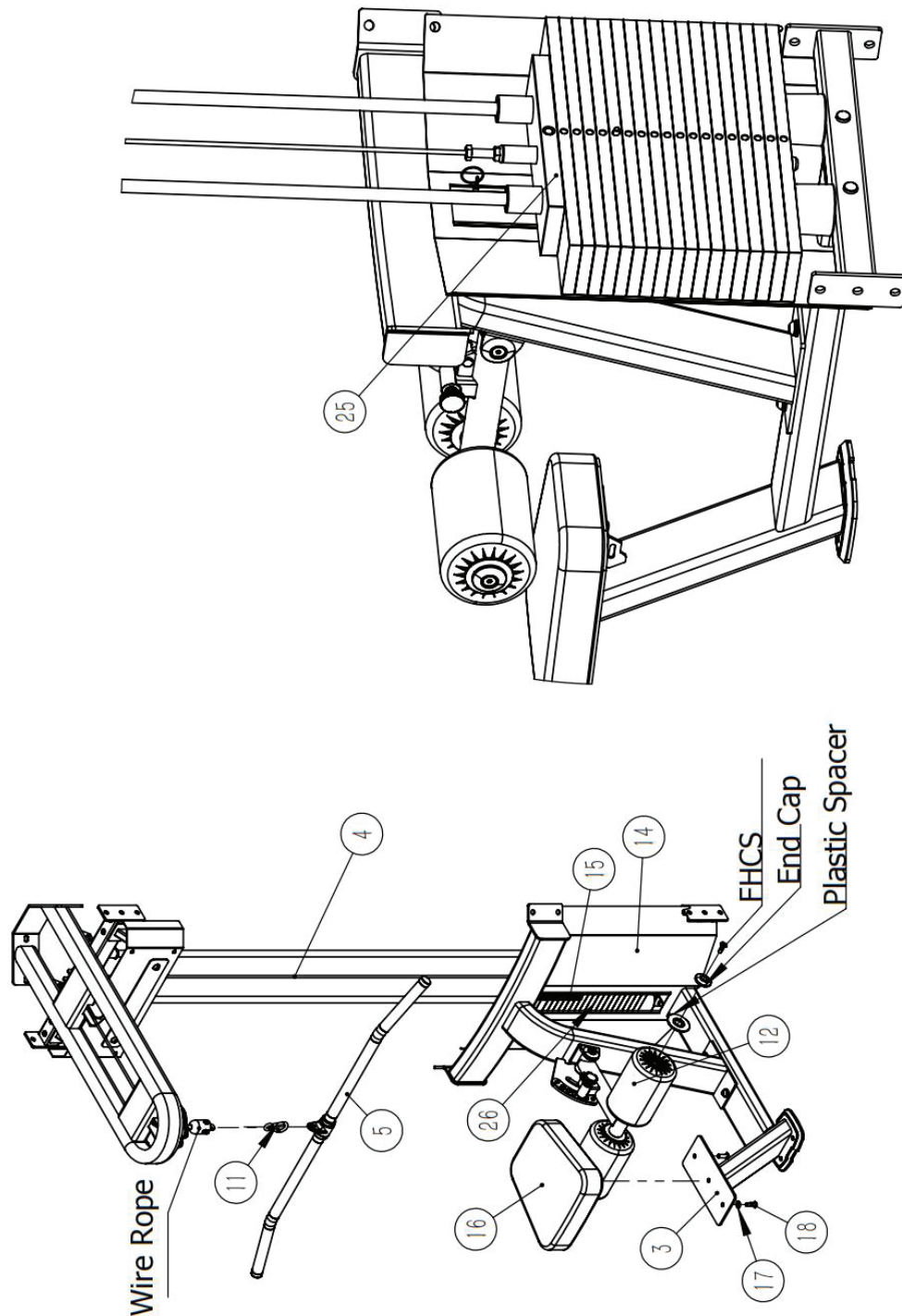
eight Flat Washers $\phi 9\phi 16 \times 2$ (#4.23)

four Nylon Lock Nuts M8 (#4.24)

Note: Wrench tightens bolts and nylon lock nuts. Please have an assistant hold the Upper Frame in place during this step

ASSEMBLY STEPS

STEP 6: LAT PULLDOWN STATION



ASSEMBLY STEPS

STEP 6: LAT PULLDOWN STATION

6.1 Disassemble the following parts first:

one Wire Rope

6.2 Then route the Wire Rope ASSY (#4.4) through the pulleys. Attach and secure the rope ends as follows:

(1) :Thread one end of the Wire Rope into the Top Plate (#4.25) and tighten it.

(2): Connect the other end to the Snap Link (#4.11).

(3): Attach the Lat-Pull Bar (#4.5) to the Snap Link (#4.11).

6.3 Attach the Seat Pad (#4.16) to the Seat Frame ASSY (#4.3) using:

two BHCS M10*30 (#4.18)

two Flat Washers $\phi 11 \times \phi 20 \times 2$ (#4.17)

Note: Wrench tightens bolts and nylon lock nuts

6.4 Disassemble the following parts from the knee-pad structure:

one FHCS

one End Cap

one Plastic Spacer

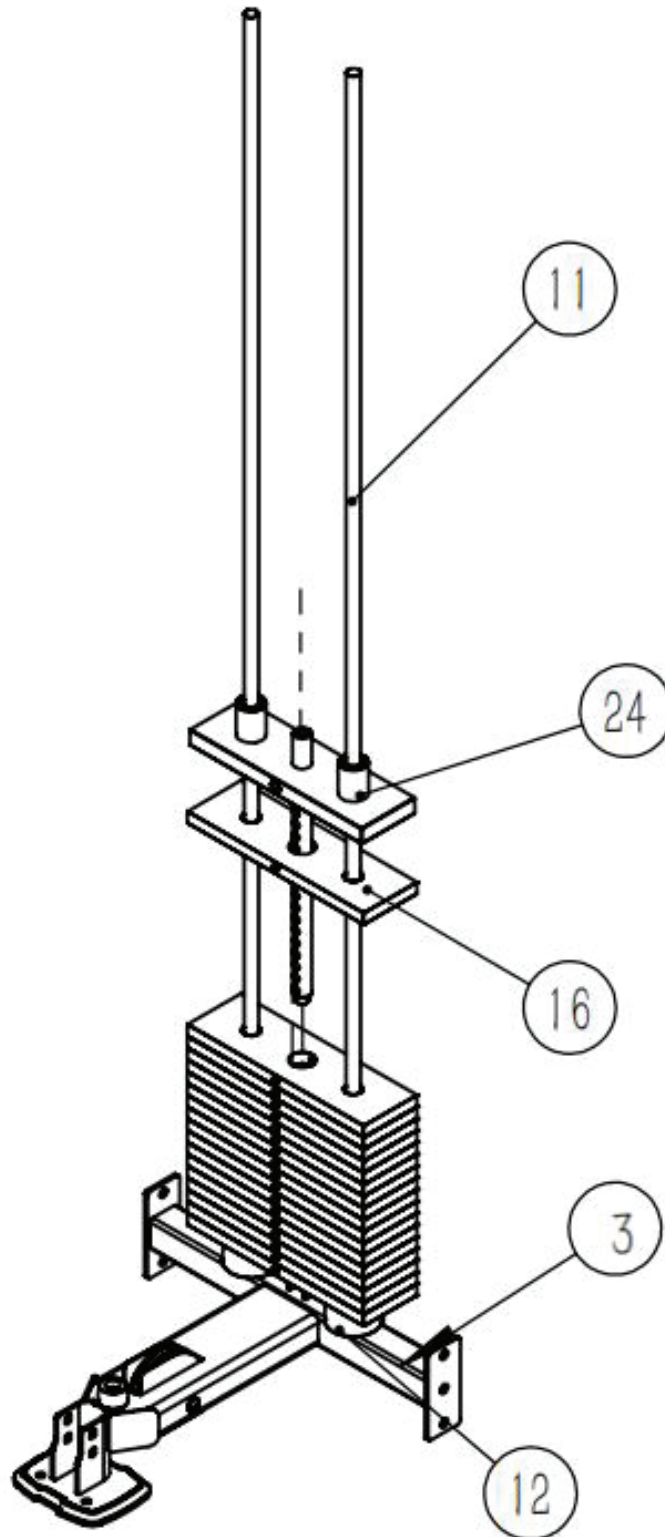
6.5 Install the two Thigh Pads (#4.12), then re-attach the Plastic Spacer , End Caps, and secure them using the FHCS removed in step done by 6.4.

Note: Ensure the FOAM pads are properly seated before tightening.

6.6 Insert the Lower Shroud ASSY (#4.14) into the designated position as shown in the diagram. Then insert the Selector Pin (#15) into the Selector Plates.

ASSEMBLY STEPS

STEP 7: HIGH-LOW PULLEY STATION



ASSEMBLY STEPS

STEP 7: HIGH-LOW PULLEY STATION

7.1 Insert two Guide Rods (#6.11) and two Rubber Bumpers (#6.12) into the Bottom Frame ASSY (#6.3).

7.2 Slide eighteen 10 lbs Selector Plates (#6.16) and one Top Plate (#6.24) onto the Guide Rods (#6.11).

Note: Ensure the selector holes in the plates are facing the correct direction for the Selector Pin.

ASSEMBLY STEPS

STEP 8 HIGH-LOW PULLEY STATION:

This diagram illustrates the assembly of the High-Low Pulley Station. The components are numbered as follows:

- 1: Main vertical support structure.
- 3: Pulley wheel.
- 9: Upper pulley bracket.
- 10: Upper pulley bracket (side view).
- 11: Upper pulley bracket (bottom view).
- 14: Upper pulley bracket (side view).
- 15: Upper pulley bracket (bottom view).
- 16: Upper pulley bracket (side view).
- 21: Upper pulley bracket (side view).
- 22: Upper pulley bracket (side view).
- 23: Upper pulley bracket (side view).
- 24: Upper pulley bracket (bottom view).

The diagram shows the pulley system being assembled onto the main vertical support structure. The pulley wheel (3) is mounted on the upper pulley bracket (9, 10, 11, 14, 15, 16, 21, 22, 23, 24). The pulley system is designed to allow for high and low pulley stations.

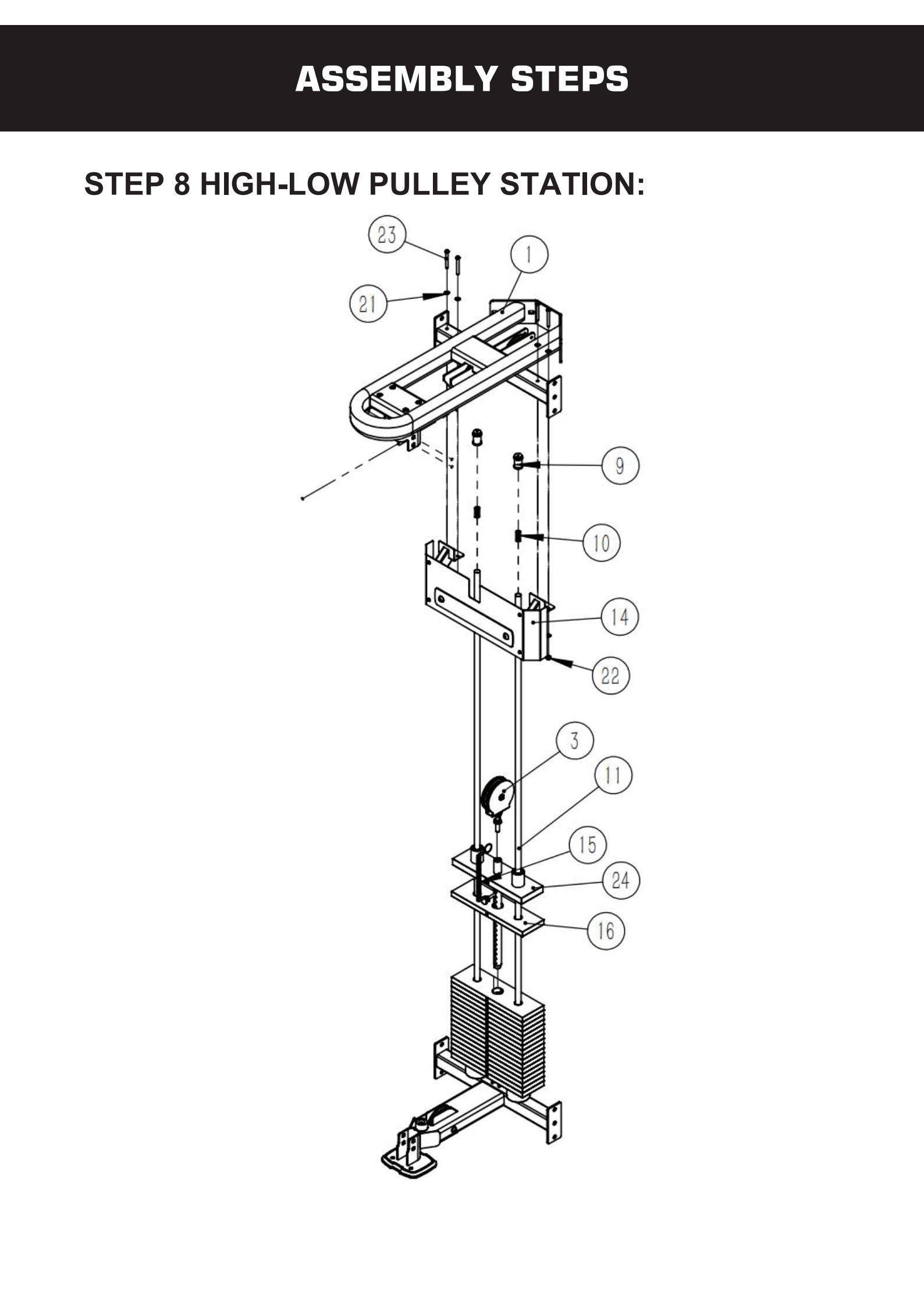
ASSEMBLY STEPS

STEP 8 HIGH-LOW PULLEY STATION:

This diagram illustrates the assembly of the High-Low Pulley Station. The components are numbered as follows:

- 1: Main vertical support structure.
- 3: Pulley wheel.
- 9: Upper pulley bracket.
- 10: Upper pulley bracket (side view).
- 11: Upper pulley bracket (bottom view).
- 14: Upper pulley bracket (side view).
- 15: Upper pulley bracket (bottom view).
- 16: Upper pulley bracket (side view).
- 21: Upper pulley bracket (side view).
- 22: Upper pulley bracket (side view).
- 23: Upper pulley bracket (side view).
- 24: Upper pulley bracket (bottom view).

The diagram shows the pulley system being assembled onto the main vertical support structure. The pulley wheel (3) is mounted on the upper pulley bracket (9, 10, 11, 14, 15, 16, 21, 22, 23, 24). The pulley system is designed to allow for high and low pulley stations.



ASSEMBLY STEPS

STEP 8: HIGH-LOW PULLEY STATION

8.1 Slide the Upper Shroud (#6.14) onto the Guide Rods (#6.11). Then attach two Springs (#6.10) and two Nylon Sleeves (#6.9) onto the top of the Guide Rods (#6.11).

8.2 Attach the Upper Frame ASSY (#6.1) to the Upper Shroud (#6.14) , using:

- four BHCS M8*65 (#6.23)
- eight Flat Washers $\phi 9 * \phi 16 * 2$ (#6.21)
- four Nylon Lock Nuts M8 (#6.22)

Note: Wrench tightens bolts and nylon lock nuts. Please have an assistant hold the Upper Frame in place during this step.

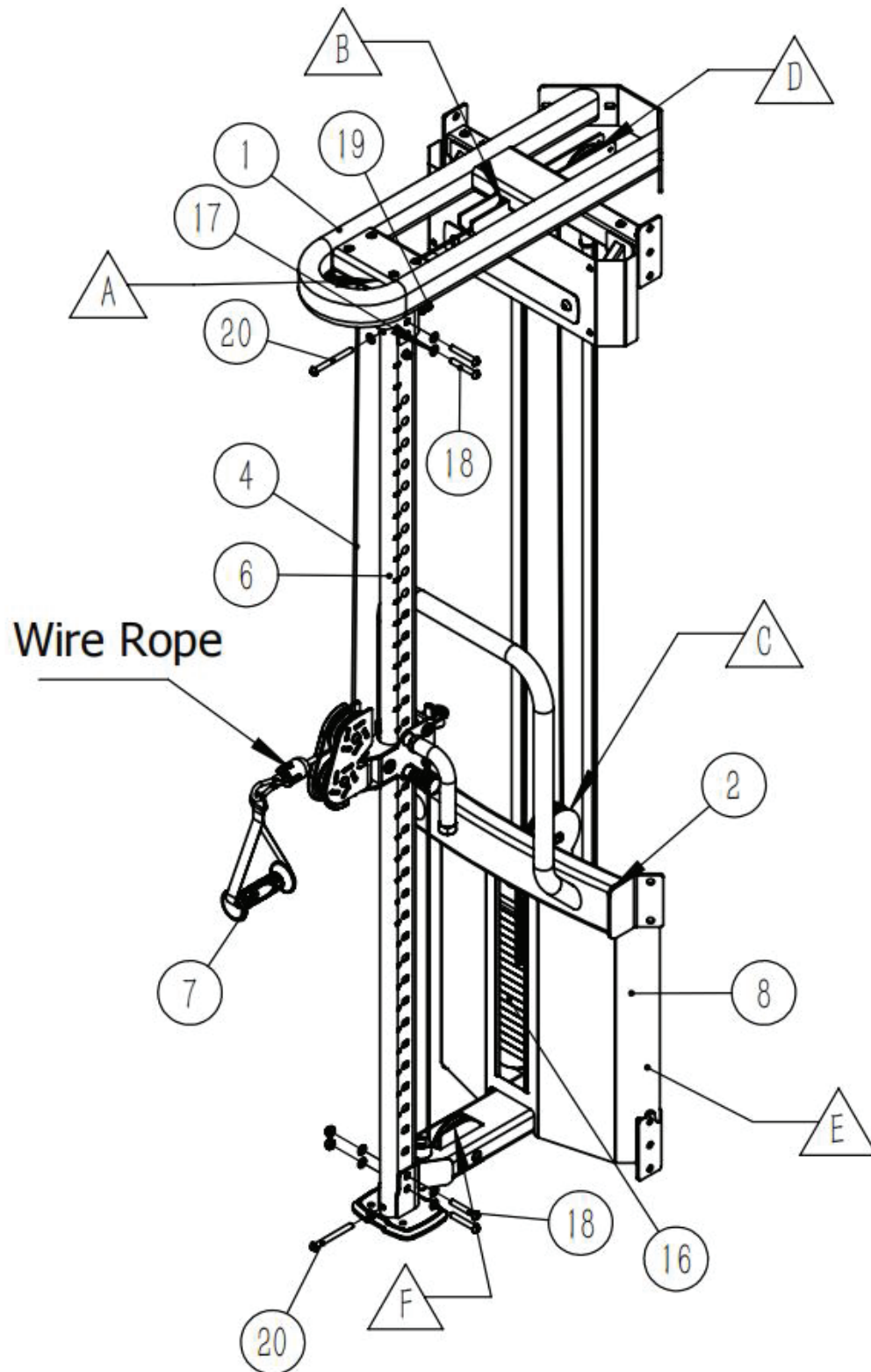
8.3 Align and attach the Pulley Block ASSY (#6.3) to the Top Plate (#6.24) and tighten it directly.

8.4 Insert the Selector Pin (#6.15) into the Selector Plates (#6.16).

Note: Wrench tightens bolts and nylon lock nuts

ASSEMBLY STEPS

STEP 9: HIGH-LOW PULLEY STATION



ASSEMBLY STEPS

STEP 9: HIGH-LOW PULLEY STATION

9.1 Attach the Stainless Steel Slide Post (#6.6) to the Bottom Frame ASSY (#6.3) and the Upper Frame ASSY (#6.1) using:

- four BHCS M10*65 (#6.18)
- two BHCS M10*100 (#6.20)
- twelve Flat Washers $\phi 11 \times \phi 20 \times 2$ (#6.17)
- six Nylon Lock Nuts M10 (#6.19)

Note: Ensure the Adjustment Post is vertical and slides smoothly before final tightening.

9.2 Insert the Handle Frame (#6.2) and the Lower Shroud ASSY (#6.8) into the designated positions. Then insert the Selector Pin (#6.15) into the 10 LBS Selector Plates (#6.16).

9.3 Disassemble the following parts first:

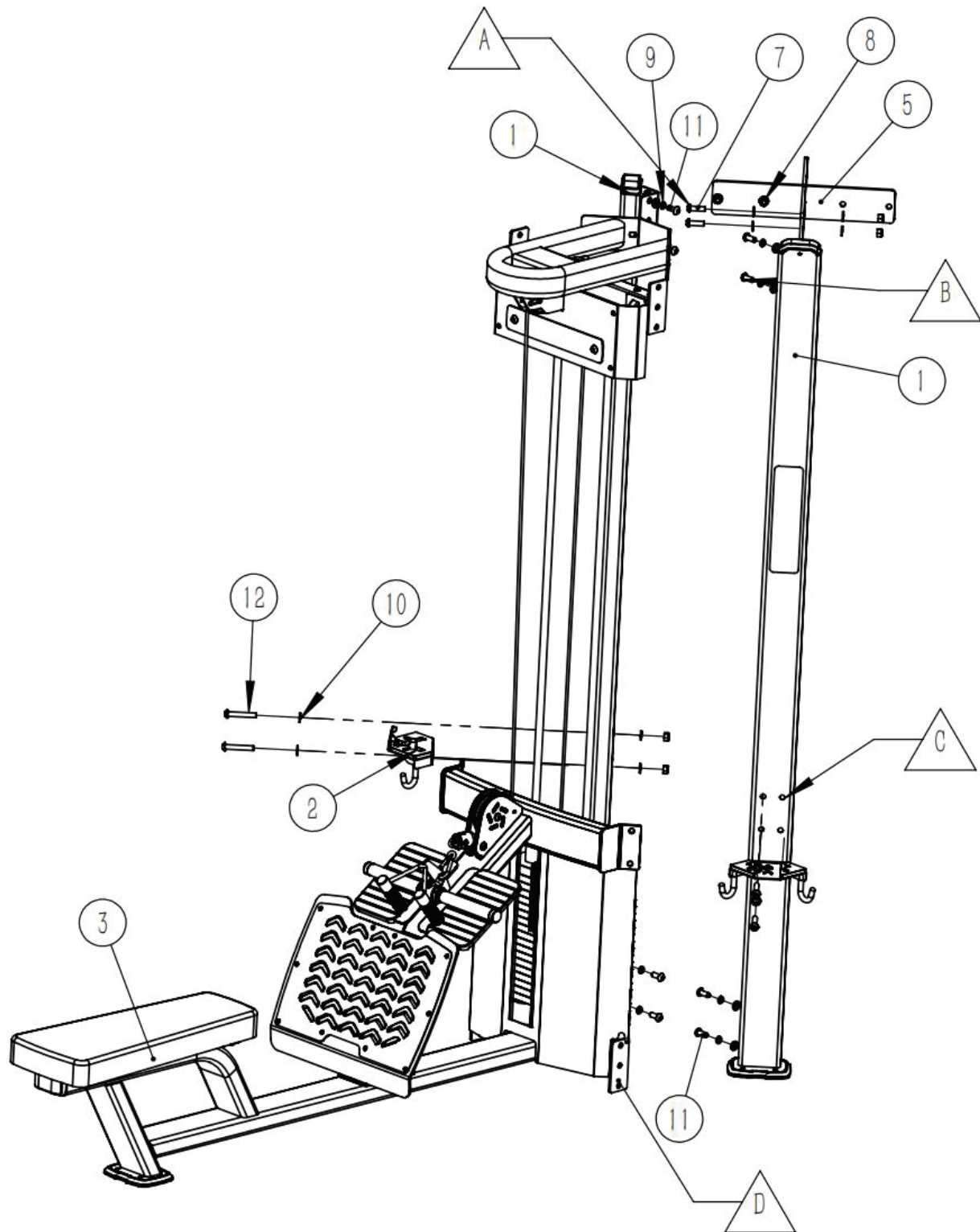
- one Wire Rope

9.4 Route the Wire Rope ASSY (#6.4) through the pulleys following the sequence A→B→C→D→E→F. Secure one end of the Wire Rope to the Stainless Steel Slide Post (#6.6). Make sure route through all pulleys as illustrated. At last, secure the other end to the opposite side of the Stainless Steel Slide Post (#6.6) and tighten.

9.5 Connect the D-Handle (#6.7) to the Wire Rope ASSY (#6.4).

ASSEMBLY STEPS

STEP 10:



ASSEMBLY STEPS

STEP 10:

10.1 Attach two Upper Connection Plates (#5) to the Upright Frame ASSY (#1) and the Seated Row Station ASSY (#3), at Point A using:

- four BHCS M12*40 (#7)
- eight Flat Washers $\phi 13*\phi 24*3$ (#10)
- four Nylon Lock Nuts M12 (#8)

Note: Wrench tightens bolts and nylon lock nuts

10.2 At Point B, doing the connection with using:

- four BHCS M12*30 (#11)
- four Spring Washers $\phi 12$ (#9)
- four Flat Washers $\phi 13*\phi 24*3$ (#10)

Note: Hand tightens bolts and nylon lock nuts

10.3 Attach two Utility Rack ASSY (#2) to the Upright Frame ASSY (#1) at Point C, using:

- four BHCS M12*75 (#12)
- eight Flat Washers $\phi 13*\phi 24*3$ (#10)
- four Nylon Lock Nuts M12 (#8)

Note: Wrench tightens bolts and nylon lock nuts

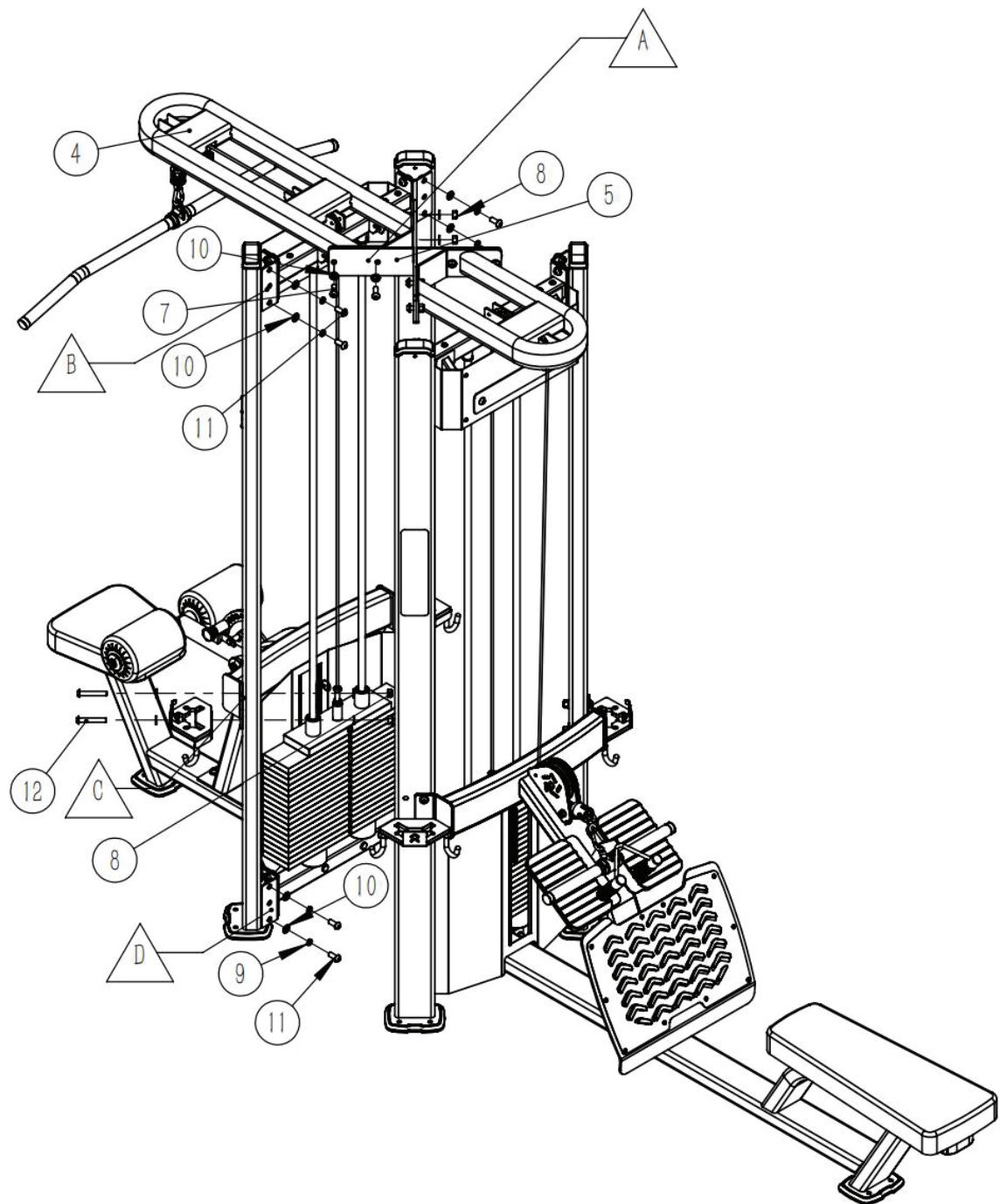
10.4 At Point D, doing the connection with using:

- four BHCS M12*30 (#11)
- four Spring Washers $\phi 12$ (#9)
- four Flat Washers $\phi 13*\phi 24*3$ (#10)

Note: Wrench tightens bolts and nylon lock nuts

ASSEMBLY STEPS

STEP 11:



ASSEMBLY STEPS

STEP 11:

11.1 Attach two Upper Connection Plates (#5) to the Upright Frame ASSY (#1) and the Lat-Pull down station ASSY (#4), at Point A using:

- four BHCS M12*40 (#7)
- eight Flat Washers $\phi 13 * \phi 24 * 3$ (#10)
- four Nylon Lock Nuts M12 (#8)

Note: Wrench tightens bolts and nylon lock nuts

11.2 At Point B, doing the connection with using:

- four BHCS M12*30 (#11)
- four Spring Washers $\phi 12$ (#9)
- four Flat Washers $\phi 13 * \phi 24 * 3$ (#10)

Note: Hand tightens bolts and nylon lock nuts

11.3 Attach two Utility Rack ASSY (#2) to the Upright Frame ASSY (#1) at Point C, using:

- four BHCS M12*75 (#12)
- eight Flat Washers $\phi 13 * \phi 24 * 3$ (#10)
- four Nylon Lock Nuts M12 (#8)

Note: Wrench tightens bolts and nylon lock nuts

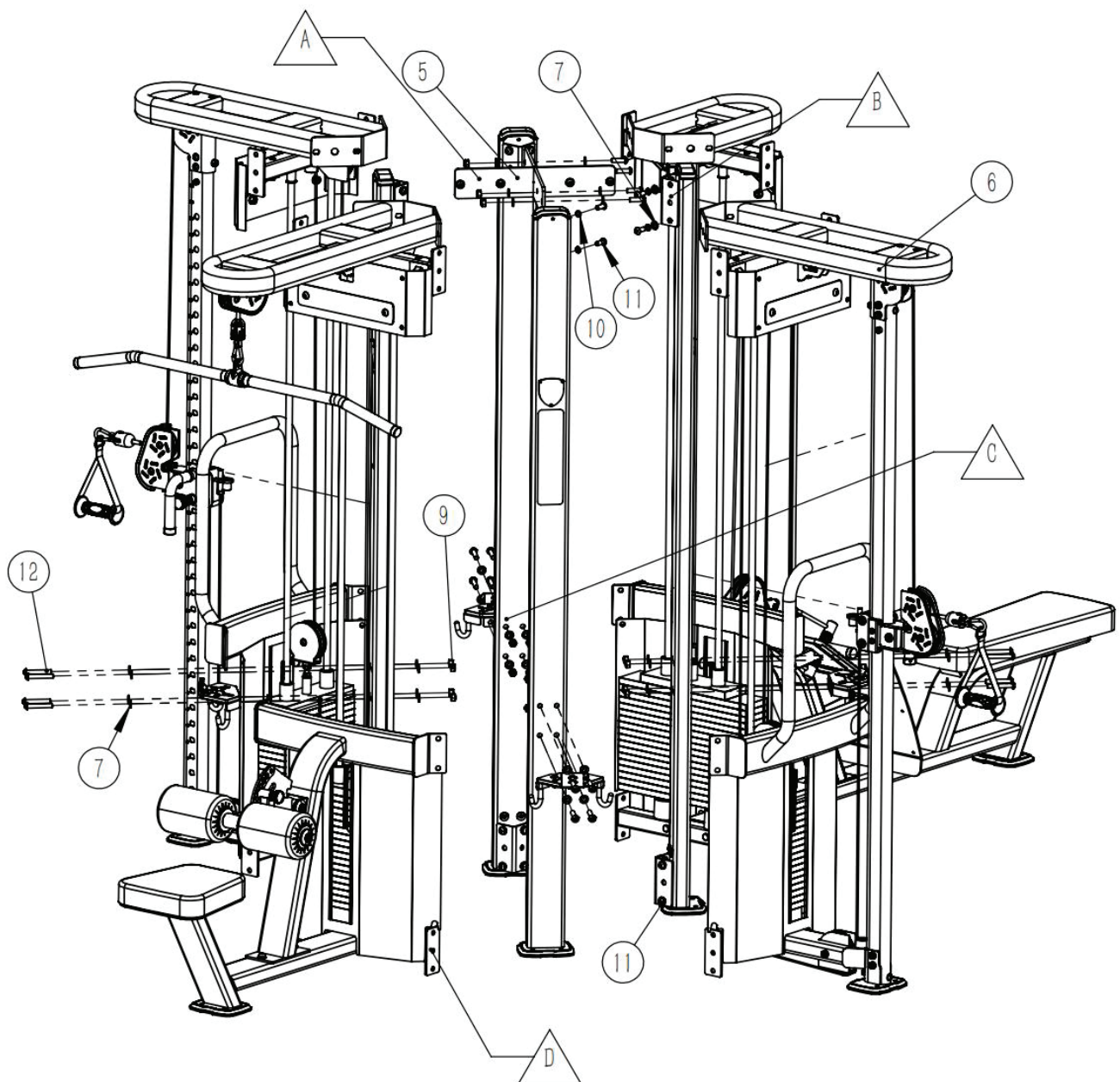
11.4 At Point D, doing the connection with using:

- four BHCS M12*30 (#11)
- four Spring Washers $\phi 12$ (#9)
- four Flat Washers $\phi 13 * \phi 24 * 3$ (#10)

Note: Wrench tightens bolts and nylon lock nuts

ASSEMBLY STEPS

STEP 12:



ASSEMBLY STEPS

STEP 12:

12.1 Attach two Upper Connection Plates (#5) to the Upright Frame ASSY (#1) and the two Hi-Lo Pulley Stations ASSY(#6) at Point A, using:

- eight BHCS M12*40 (#7)
- sixteen Flat Washers (#10)
- eight Nylon Lock Nuts M12 (#8)

Note: Wrench tightens bolts and nylon lock nuts

12.2 At Point B, doing the connection with using:

- eight BHCS M12*30 (#11)
- eight Spring Washers (#9)
- eight Flat Washers (#10)

Note: Hand tightens bolts and nylon lock nuts

12.3 At Point C, doing the connection with using:

- eight BHCS M12*75 (#12)
- sixteen Flat Washers (#10)
- eight Nylon Lock Nuts M12 (#8)

Note: Wrench tightens bolts and nylon lock nuts

12.4 At Point D, doing the connection with using:

- eight BHCS M12*30 (#11)
- eight Spring Washers (#9)
- eight Flat Washers (#10)

Note: Perform a final check of all connections and wrench tighten every bolt

MAINTENANCE

MAINTENANCE SCHEDULE:

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Super lube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

MAINTENANCE

GENERAL MAINTENANCE INFORMATION:

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *We use only high-quality belt and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owner's Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owner's Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

WARRANTY

For a period of either 120 days or 24 months after the purchase date (the “Warranty Period”), a warranty will apply on moving parts, pulley's, cables, buttons, upholstery, hydraulic seats and cables for a period of 120 days, with the balance of the machine being a 24 month warranty. Skelcore warrants that the equipment for materials and workmanship such that, when installed and used in accordance with the owner's manual, will operate for its intended purpose. The warranty applies to equipment installed in air conditioned and temperature controlled environments and will be null and void if used outdoors or in an environment with no air conditioning. Skelcore will, at its expense and as its sole obligation and your exclusive remedy for any breach of this warranty, repair or replace the equipment or any parts, in its discretion, provided that such malfunction or defect is reported to Skelcore by you in writing during the Warranty Period and that you provide all information that may be necessary or requested to assist Skelcore in resolving the malfunction. If Skelcore determines that it is unable to repair the malfunction or replace the equipment, Skelcore or its authorized reseller may refund you the fees you actually paid for the defective equipment, in which case you agree to immediately cease using and to destroy, throw out, or otherwise take steps to ensure no one can use the equipment ever again.

If there are any problems or malfunctions with the Skelcore equipment you purchased, please contact your sales manager promptly. They will help you identify the cause of the problem and assist you in resolving it. If the issue involves parts that cannot be quickly addressed, the company's professional after-sales service personnel will provide specialized support.

COST OF REPAIRS

UNDER WARRANTY

Any items still under warranty will be repaired free of charge, if the repair complies with the terms and conditions of the warranty (refer to the “warranties” section in this manual). Any items that need to be repaired that are not covered under the warranty will be at your expense. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

OUT OF WARRANTY

Any items that need to be repaired once the warranty has expired will be at your expense, including call-out fees. A quote for the repair or replacement of these items will be provided to you for approval prior to any repairs being conducted.

Save this instruction manual for future use and reference.

SAVE THIS INSTRUCTIONAL MANUAL FOR FUTURE USE AND REFERENCE.

WARRANTY

To maintain your warranty, please complete the form below upon receiving your machine and email it back to the representative who sold you the goods.

Failure to do so will result in the loss of warranty.

SKELCORE ATTACH RECEIPT

CLIENT DETAILS

- NAME:
- EMAIL:
- CELL:
- TEL(H):
- TEL(W):
- FAX:
- ADDRESS:

PRODUCT DETAILS

- DATE OF PURCHASE:
- SERIAL NUMBER:
- TILL SLIP NUMBER:
- DESCRIPTION OF PURCHASE:

Signature: _____

Date: _____