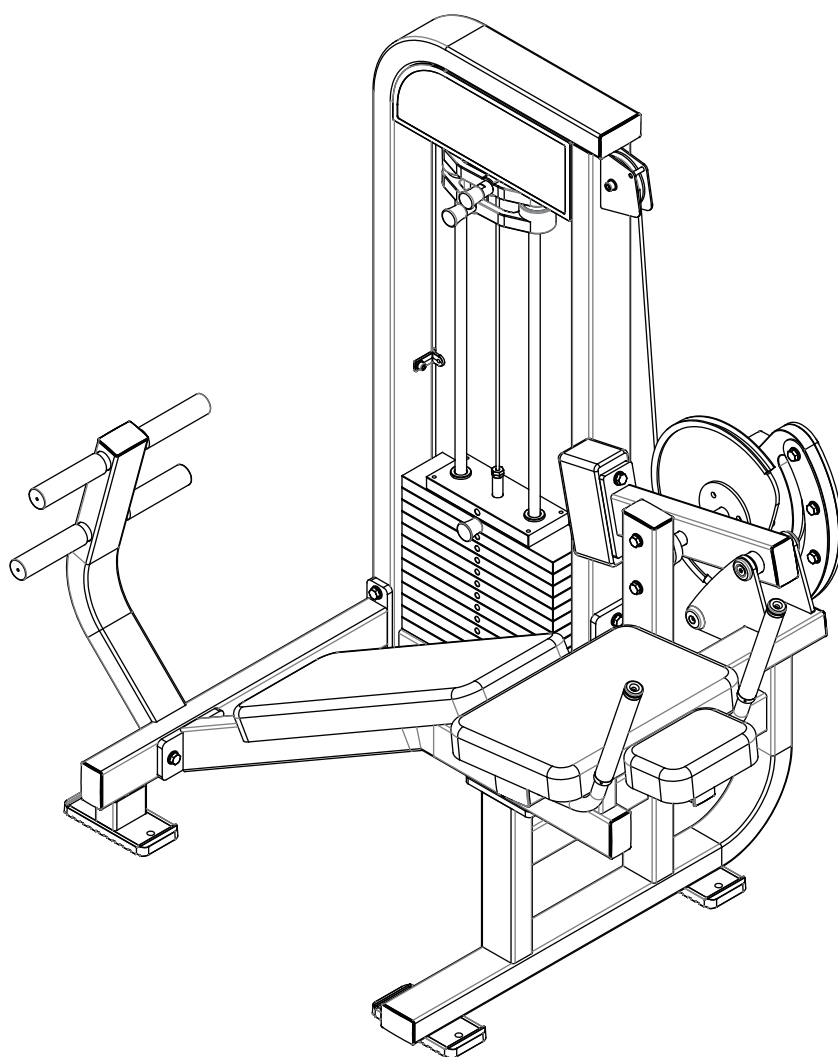




# POWER SERIES ABDOMINAL CRUNCH PIN LOAD MACHINE

SK-PWR-020

## 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 **136 KG / 300 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

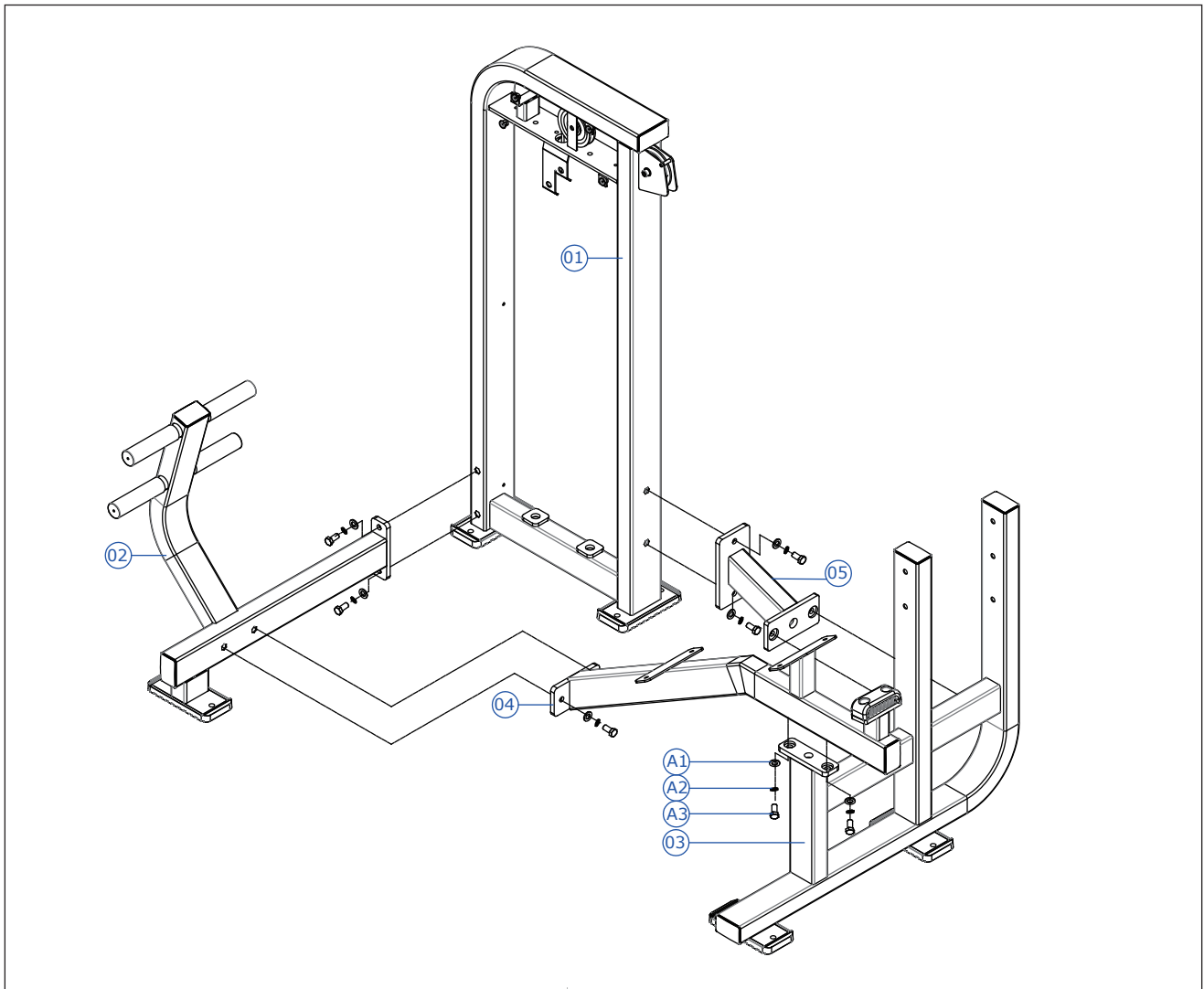
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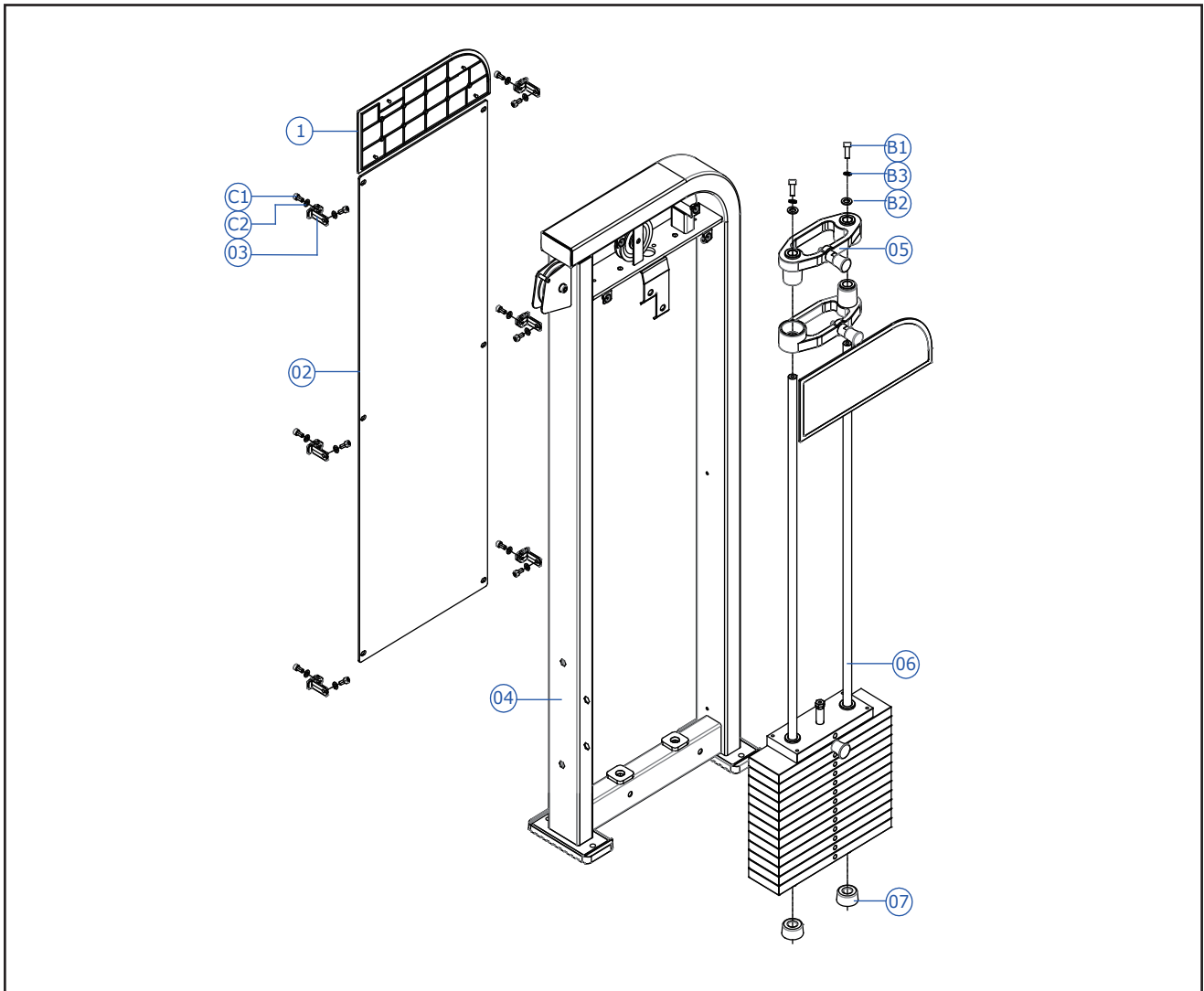
**SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.**

# ASSEMBLY STEPS



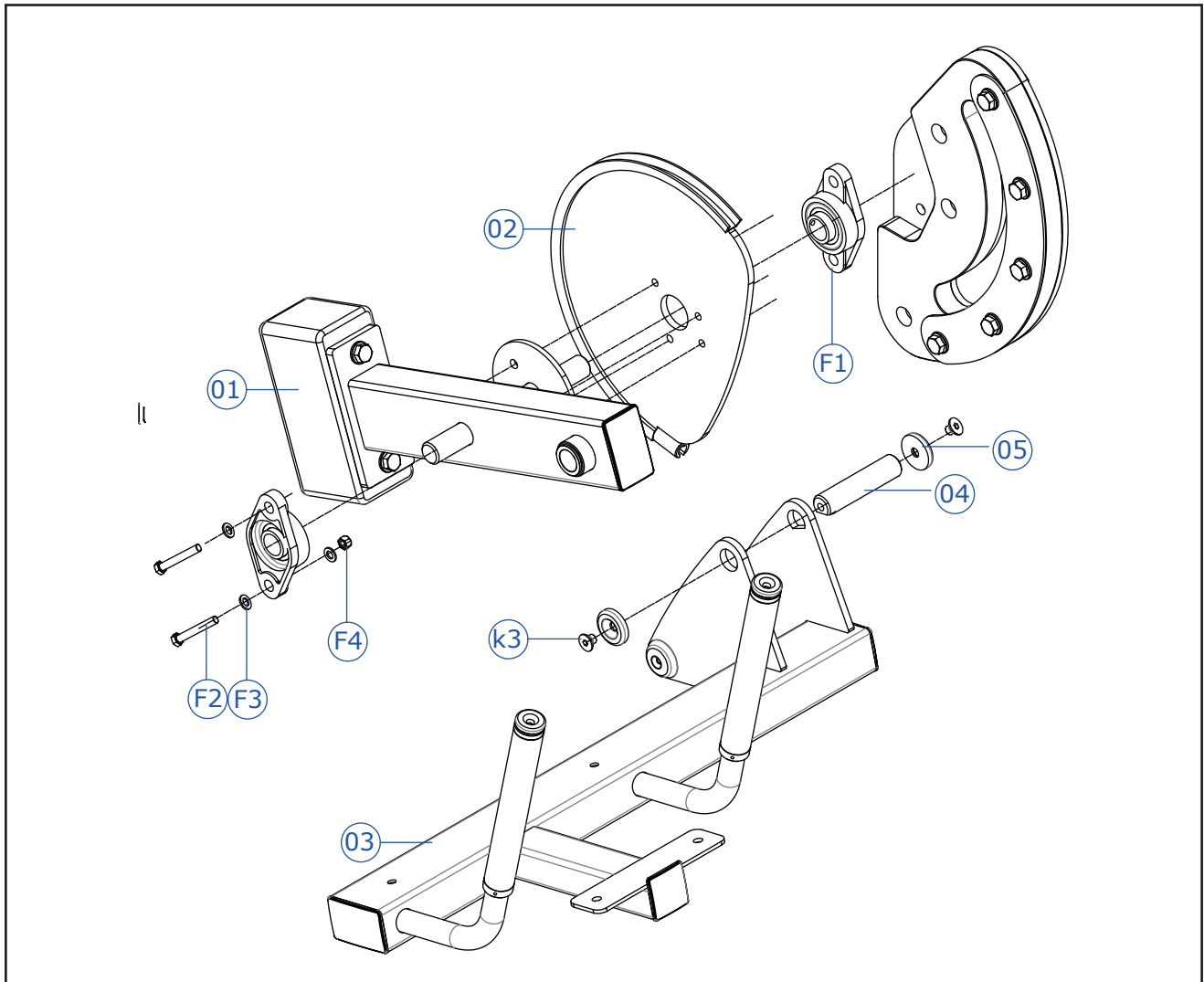
| NO. | FIGURE NO | NAME SPECIFICATION            | QUANTITY |
|-----|-----------|-------------------------------|----------|
| 1   | A1        | M12*35 EXTERNAL HEXAGON SCREW | 10       |
| 2   | A2        | Φ12 SPRING WASHER             | 10       |
| 3   | A3        | Φ12 FLAT PAD                  | 10       |
| 4   | ①         | DOOR FRAME GROUP              | 1        |
| 5   | ②         | PEDAL GROUP                   | 1        |
| 6   | ③         | UNDERFRAME GROUP              | 1        |
| 7   | ④         | CUSHION FRAME GROUP           | 1        |
| 8   | ⑤         | CONNECTION GROUP              | 1        |

# ASSEMBLY STEPS



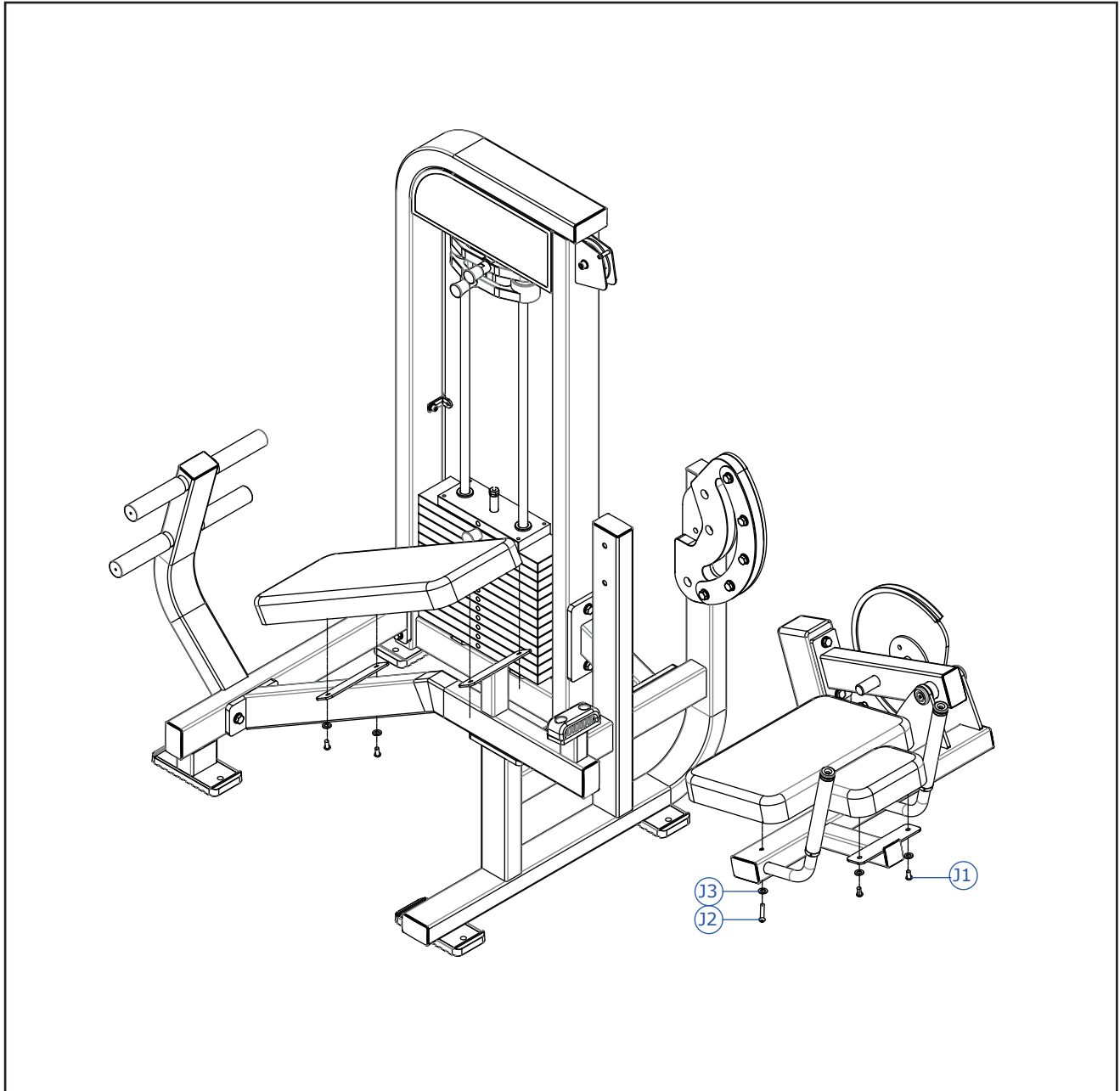
| NO. | FIGURE NO | NAME&SPECS                           | QUANTITY                              |
|-----|-----------|--------------------------------------|---------------------------------------|
| 1   | B1        | M10*25 EXTERNAL HEXAGON SCREW        | 2                                     |
| 2   | B2        | Φ 10 FLAT PAD                        | 2                                     |
| 3   | B3        | Φ10 SPRING WASHER                    | 2                                     |
| 4   | C1        | M8*16 SOCKET HEAD CAP SCREW          | 12                                    |
| 5   | C2        | Φ8 FLAT PAD                          | 12                                    |
| 6   | ①         | SL315 PLASTIC CAP HEAD GUARD PLATE   | SYMMETRY LEFT AND RIGHT, ONE FOR EACH |
| 7   | ②         | SL321 REAR GUARD PLATE 1310          |                                       |
| 8   | ③         | SL301 GUARD PLATE FIXES PLASTIC PART | 6                                     |
| 9   | ④         | HS22-0100 DOOR FRAME                 | 1                                     |
| 10  | ⑤         | ZJ20 MICRO COUNTERWEIGHT 2.33KG      | 2                                     |
| 11  | ⑥         | HS09-1200 GUIDE ROD 1140             | 2                                     |
| 12  | ⑦         | SL017 COUNTERWEIGHT CUSHION 1        | 1                                     |

# ASSEMBLY STEPS



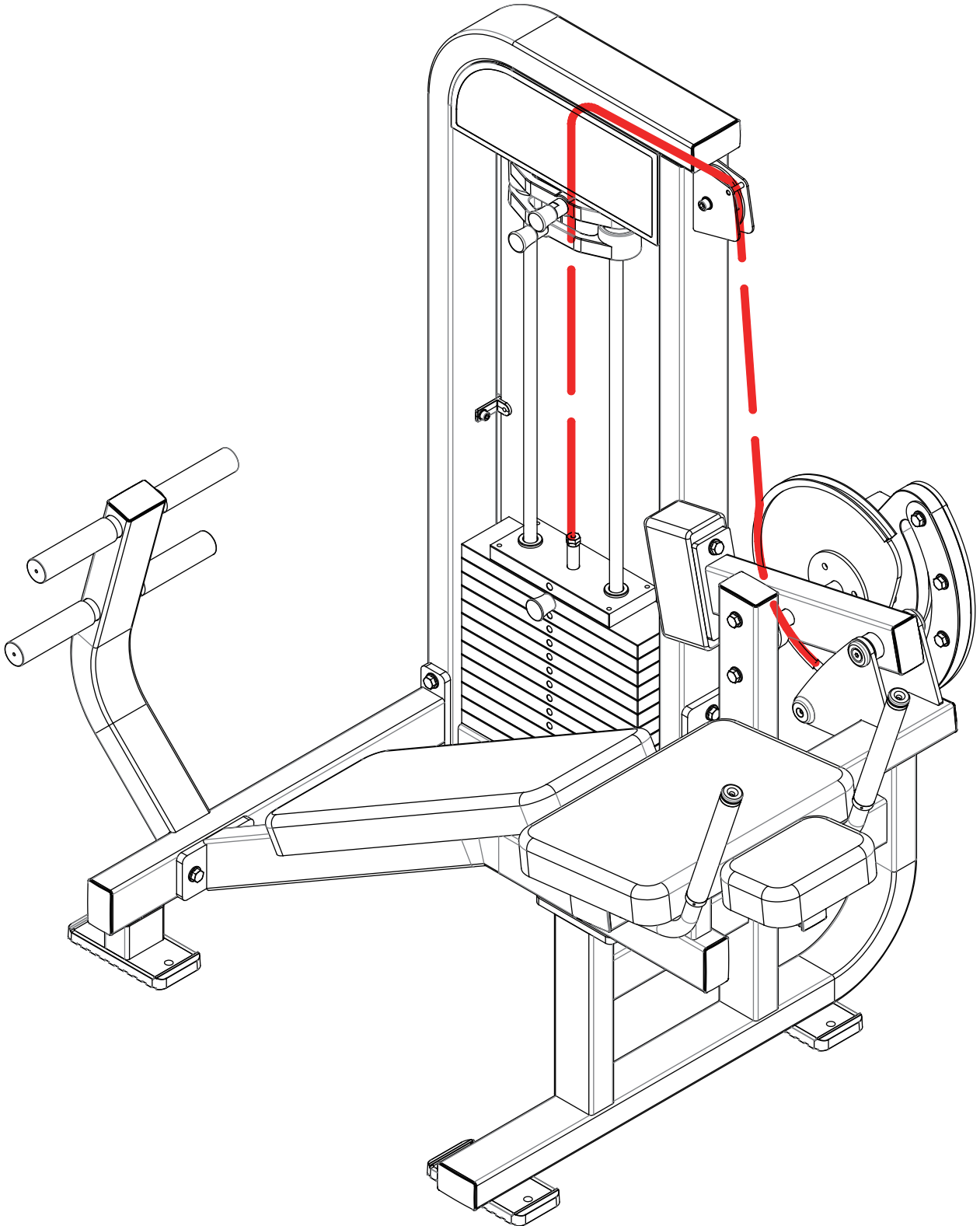
| NO. | FIGURE NO | NAME&SPECS                                    | QUANTITY |
|-----|-----------|-----------------------------------------------|----------|
| 1   | F1        | J008 DIAMOND BEARING BLOCK                    | 2        |
| 2   | F2        | M12*80 EXTERNAL HEXAGON SCREW                 | 4        |
| 3   | F3        | Φ12 FLAT PAD                                  | 8        |
| 4   | F4        | M12 SELF-LOCKING NUT                          | 4        |
| 5   | K3        | M10*16 COUNTERSUNK HEAD SOCKET HEAD CAP SCREW | 2        |
| 6   | ①         | BOOM                                          | 1        |
| 7   | ②         | WINDING REEL                                  | 1        |
| 8   | ③         | HEAD ASSEMBLY                                 | 1        |
| 9   | ④         | CONNECTING SHAFT HS22-1400                    | 1        |
| 10  | ⑤         | Φ 40 END CAP B236                             | 2        |

# ASSEMBLY STEPS



| NO. | FIGURE NO | NAME SPECIFICATION              | QUANTITY |
|-----|-----------|---------------------------------|----------|
| 1   | J1        | M8*25 HEXAGON SOCKET HEAD SCREW | 6        |
| 2   | J2        | M8*70 HEXAGON SOCKET HEAD SCREW | 2        |
| 3   | J3        | Φ8 FLAT PAD                     | 8        |

# ASSEMBLY STEPS



Route diagram

# 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: \_\_\_\_\_