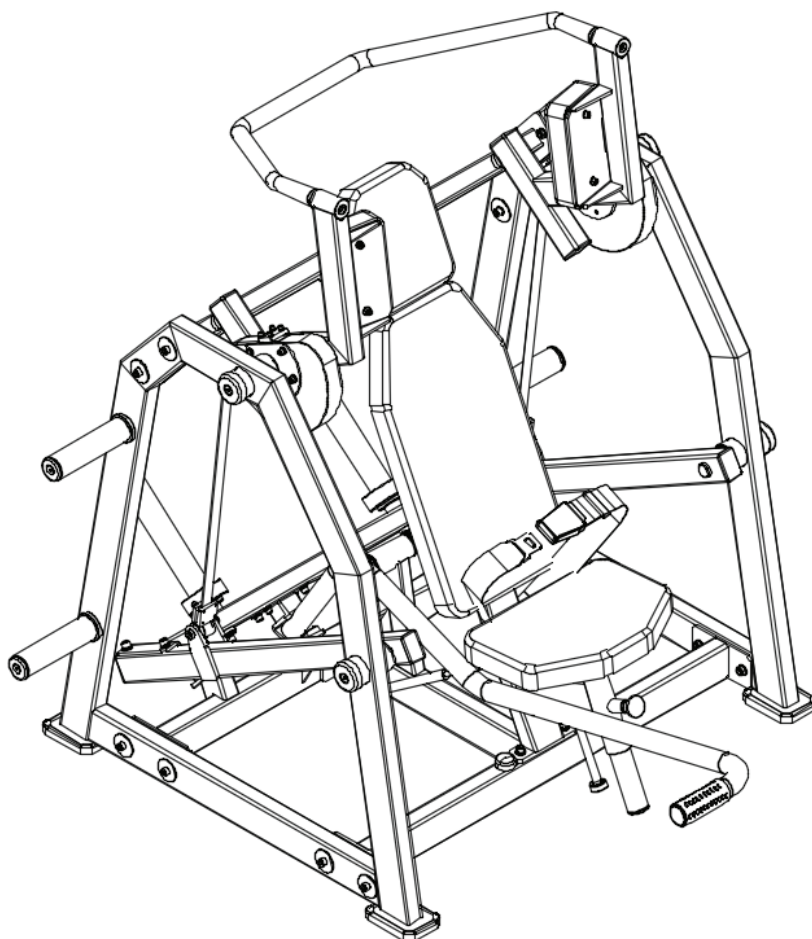




PRO SERIES PULL OVER V2

SK-PROPLA-220

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 **200 KG / 441 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

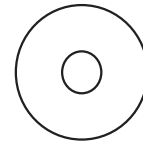
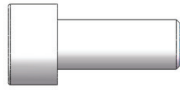
The Gym facility shall ensure that all exercise equipment and machines are properly installed, anchored, and secured to the floor or wall in accordance with the manufacturer's instructions and applicable safety standards to prevent tipping, movement, or other hazards.

LIMITATION OF LIABILITY

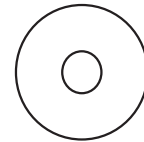
Evolution Group LLC and its affiliates shall not be liable for any damages, injuries, or losses arising from the improper installation, maintenance, or use of the equipment. The Gym facility agrees to hold harmless and indemnify Evolution Group LLC and its affiliates against any claims, demands, or liabilities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

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

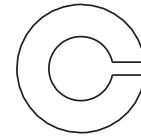
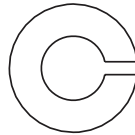
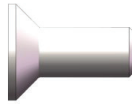
PRE ASSEMBLY LIST



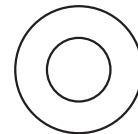
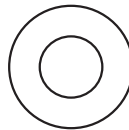
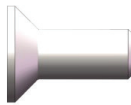
[50] (M10*25) [54] (M8*25) [62] Flat gasket M10-D50



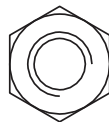
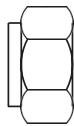
[51] (M10*60) [56] (M10*35) [63] Flat gasket M10-D30



[52] (M10*25) [60] Spring washer M10 [64] Spring washer M8



[53] (M10*20) [61] Flat gasket M10-D20 [65] Flat gasket M8-D16



[70] Hexagonal lock nut M10

rubber rod
spirit level
Allen wrench
two people
Snap ring pliers
Adjustable wrench

ASSEMBLY LIST

Serial Number	Name and Specifications	quantity
1	Bottom connecting rod	1
2	Assist arm fixing rod assembly	1
3	Rear Connector Assembly	1
4	Left side frame	1
5	Upper connecting frame assembly	1
6	Right side assembly	1
7	Left lever arm group	1
8	Right lever arm group	1
9	Hanging rod	1
10	Assisted pedal assembly	1
11	gas spring	1
12	Seat components	1
13	cushion	1
14	Large back pad	1
15	head pad	1
16	seat belt	1
17	Backrest	1
18	Small lever arm right	1
19	elbow pad	2
20	Small lever arm left	1
twenty three	Press down on the handrail	1
twenty four	Bell storage sleeve assembly	4
25	Rectangular foot pads	4
26	60 aluminum cap	4
27	Lever arm sleeve assembly	2
28	Shaft end decorative cover	1

ASSEMBLY LIST

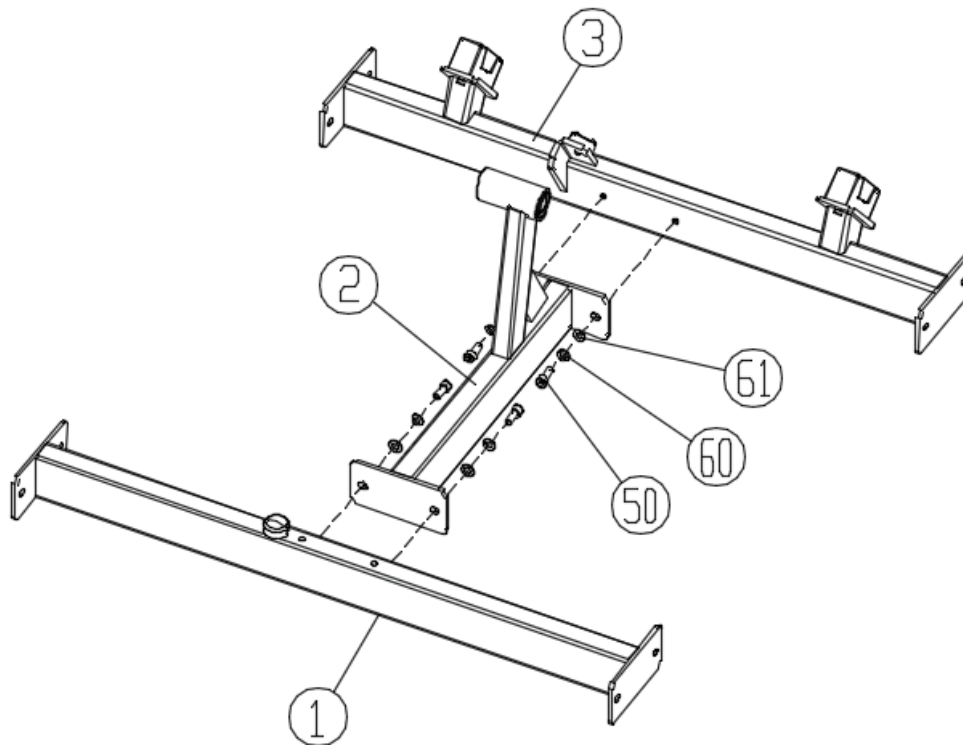
29	20-hole plug	1
50	M10X25 socket head cap screw	26
51	M10X60 socket head cap screw	12
52	M10X25 socket head cap screws	2
53	M10X20 socket head cap screws	2
54	M8X25 socket head cap screw	15
56	M10X35 socket head cap screw	2
60	Spring washer M10	26
61	Flat washer M10-D20	14
62	Flat washer M10-D50	16
63	Flat washer M10-D30	2
64	Spring Washer M8	4
65	Flat washer M8-D16	15
70	M10 hexagonal locknut	12

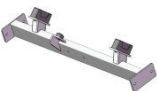
ASSEMBLY STEPS

Step 1 : Connect the bottom connecting rod (#1), the booster arm fixing rod assembly (#2), and the rear connecting frame assembly (#3) together using the following method :

- . 4 X M10* 25 (#50) socket head cap screw
- . 4 X Spring washer M10 (# 60)
- . 4 X Flat washer M10-D20 (# 62)

Tighten the bolts with a wrench before proceeding to the next step.



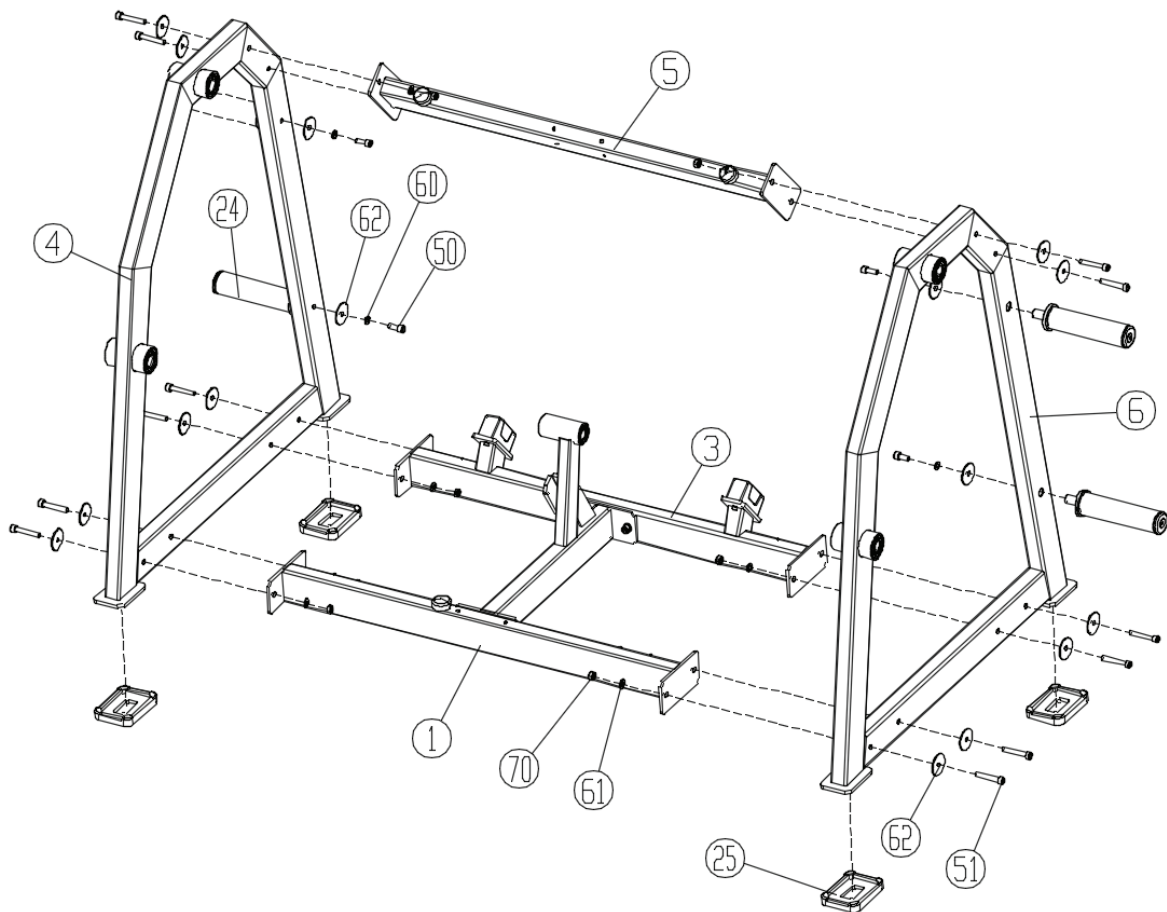
 Bottom connecting rod (#1)	 Assist arm fixing rod assembly (#2)	 Rear connector assembly (#3)
 4X M10* 25 (#50) socket head cap screws	 4 x Spring Washers M10 (# 60)	 4 flat washers M10-D20 (# 61)

ASSEMBLY STEPS

Step 2 : Install the four bell storage sleeves (#24) onto the left frame assembly (#4) and the right frame assembly (#6) respectively using the following method; connect the left frame assembly (#4), the right frame assembly (#6), the upper connecting frame assembly (#5), the bottom connecting rod (#1), and the rear connecting frame assembly (#3) together;

- . 4 X M10* 25 (#50) socket head cap screw . 12 X M10X60 (#51) socket head cap screw
- . 4 X Spring washer M10 (# 60) . 4 X Flat washer M10-D20 (# 61)
- . 16 X Flat washer M10-D50(#62) . 12 X Hexagonal lock nut M10 (#70)

Tighten the bolts with a wrench before proceeding to the next step.



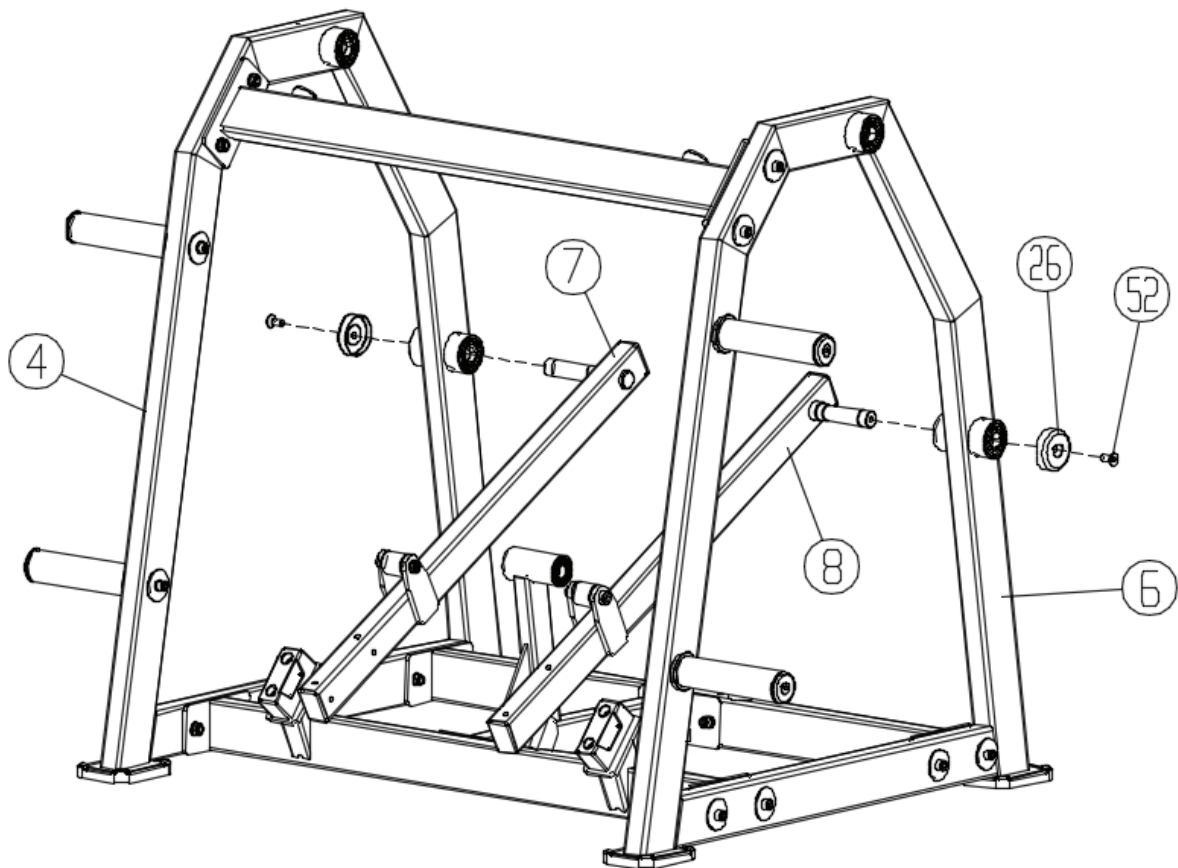
					
Left frame assembly (#4)	Right side frame (#6)	4x Rectangular Foot Pads (#25)	12X socket head cap screw M10X60 (#51)	4 flat washers M10-D20 (# 61)	12X Hexagonal Lock Nut M10 (#70)
					
Upper connecting frame assembly (#5)	4X Bell Relay Storage Sleeve Assembly (#24)	4X M10* 25 (#50) socket head cap screws	4 x Spring Washers M10 (# 60)	16X flat washer M10-D50 (#62)	

ASSEMBLY STEPS

Step 3 : Connect the left lever arm assembly (#7) to the left frame assembly (#4) and the right lever arm assembly (#8) to the right frame assembly (#6) using the following method .

. 2 X M10* 25 (# 52) socket head cap screw

Tighten the bolts with a wrench before proceeding to the next step.



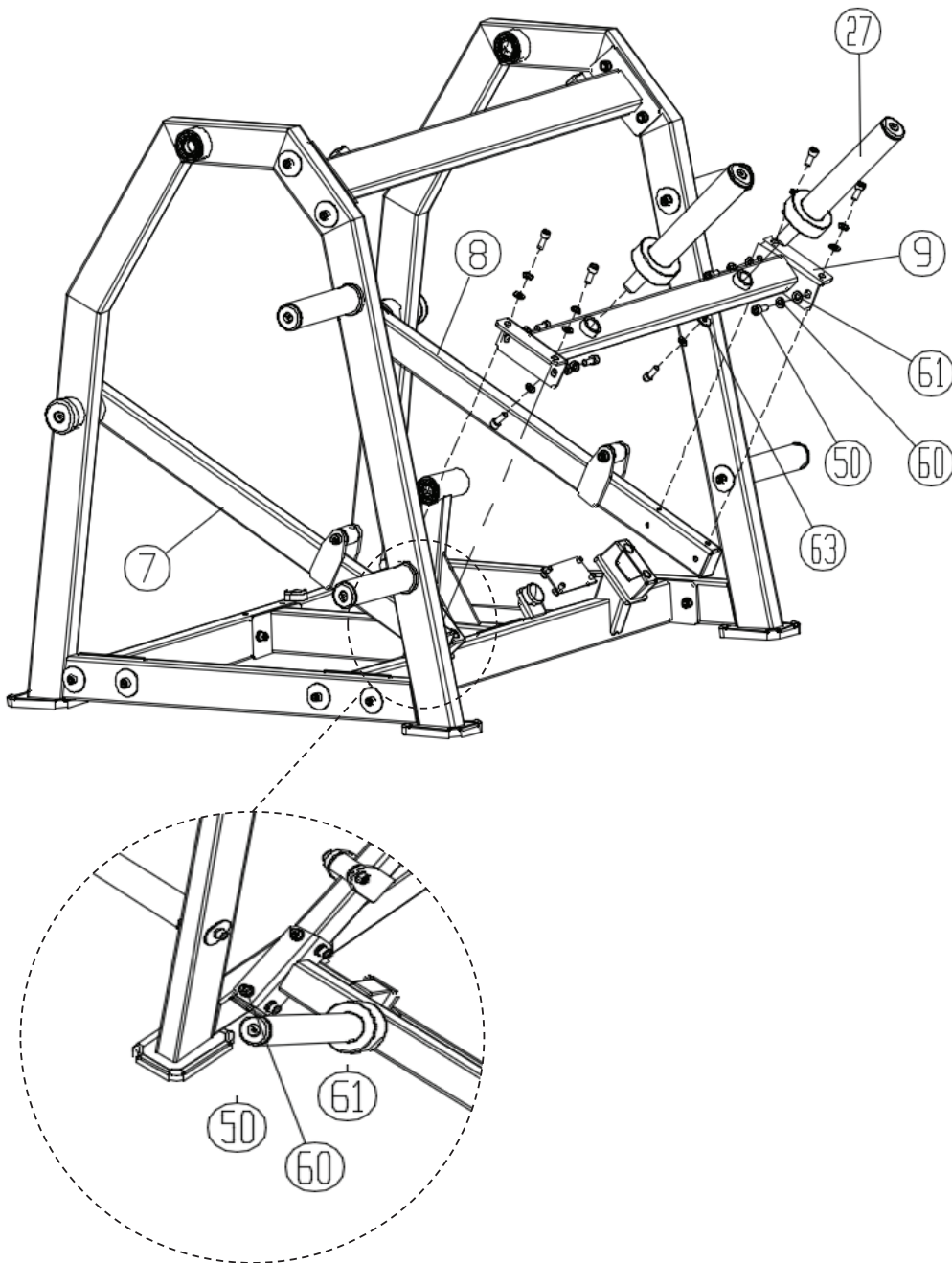
 Left lever arm group (#7)	 Right lever arm group (#8)	 2x60 aluminum cap (#26)	 2 x M10* 25 (# 52) countersunk hex socket head cap screws
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ASSEMBLY STEPS

Step 4 : Connect the two lever arm sleeve assemblies to the hanging rod (#9) using the following method , and connect the hanging rod (#9) to the left lever arm assembly (#7) and the right lever arm assembly (#8)

- 10 X M10* 25 (#50) socket head cap screw
- 10mm Spring Washers M10 (# 60)
- 8 X Flat washer M10-D20 (# 61)
- 2 X Flat washer M10-D 30 (# 63)

Tighten the bolts with a wrench before proceeding to the next step.




Hanging rod (#9)

2X lever arm sleeve assembly (#27)

10X socket head cap screw M10* 25 (#50)

10mm Spring Washers M10 (# 60)

8 flat washers M10- D20 (# 61)

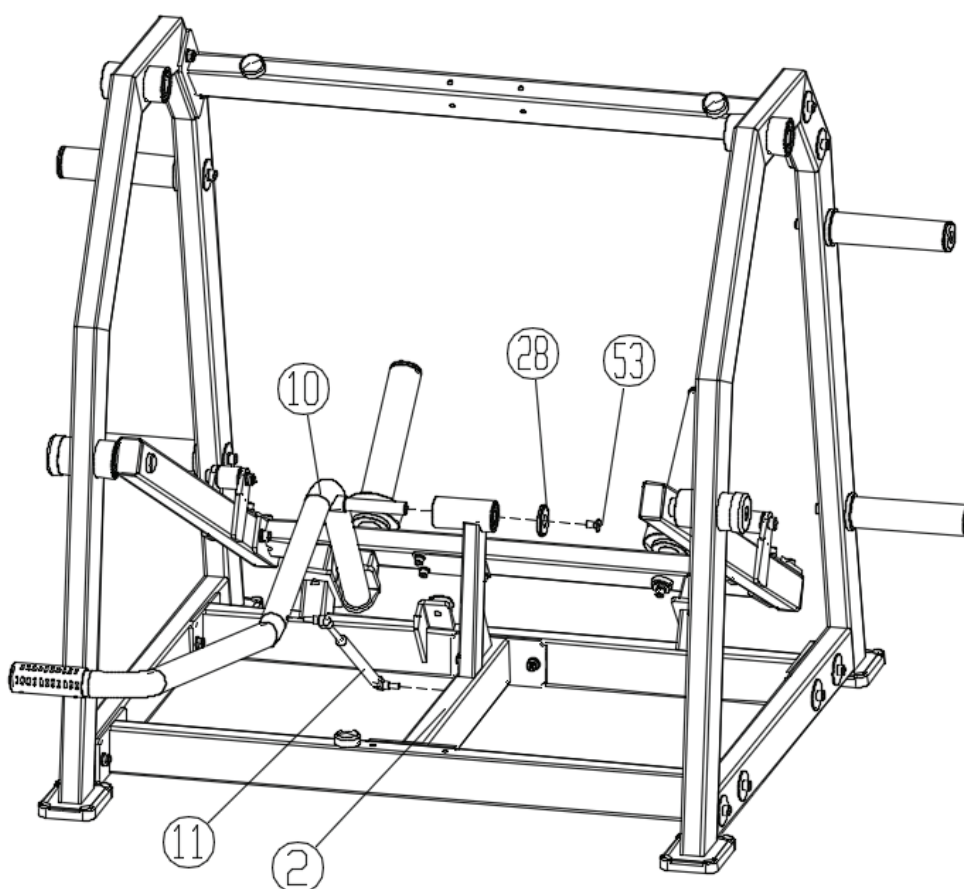
2 flat washers M10-D 30 (# 63)

ASSEMBLY STEPS

Step 5 : Connect the power pedal assembly (#10) to the power arm fixing assembly (#2) using the following method and seal it with the shaft end decorative cap (#28) . Connect the gas spring (#11) to the power pedal assembly (#10) and the power arm fixing assembly (#2) respectively.

- 1 X M10 * 20 (# 53) socket head cap screws

Tighten the bolts with a wrench before proceeding to the next step.



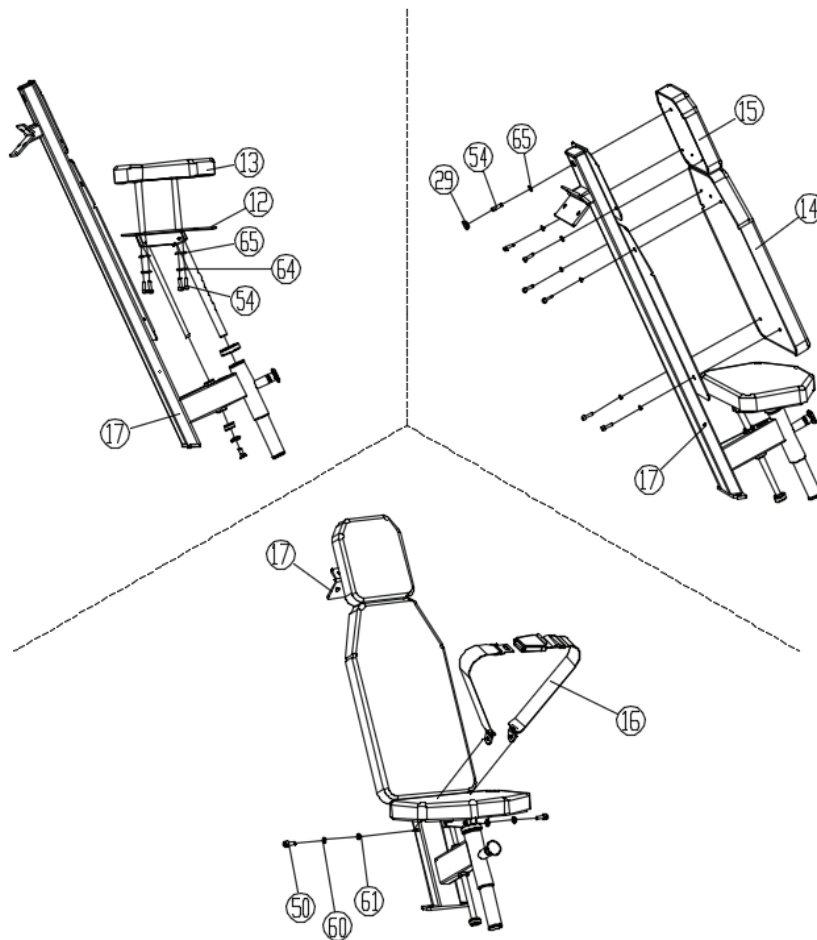
			
Assisted pedal assembly (#10)	Gas spring (#11)	Shaft end decorative cover (#28)	* 20 (# 53) socket head cap screws

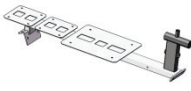
ASSEMBLY STEPS

Step 6 : Connect the seat cushion (#13) to the seat assembly (#12) using the following method . After that, connect it to the backrest frame (#17) . Connect the large back cushion (#14) and two headrests (#15) to the backrest frame (#17). Connect the seat belt (#16) to the backrest frame (#17). Seal the reserved hole with the 20 hole plug (#29).

- 11 X M 8*25 (#54) socket head cap screw
- 4 x Spring Washers M 8 (# 64)
- 11 X flat washers M 8-D16 (# 65)
- 2 X M10* 25 (#50) socket head cap screw
- 2 x M10 spring washers (# 60)
- 2 flat washers M10-D20 (# 61)

Tighten the bolts with a wrench before proceeding to the next step.



						
Backrest frame (#17)	Seating assembly (#12)	Seat cushion (#13)	Large back pad (#14)	Headrest (#15)	Seat belt (#16)	20-hole plug (#29)

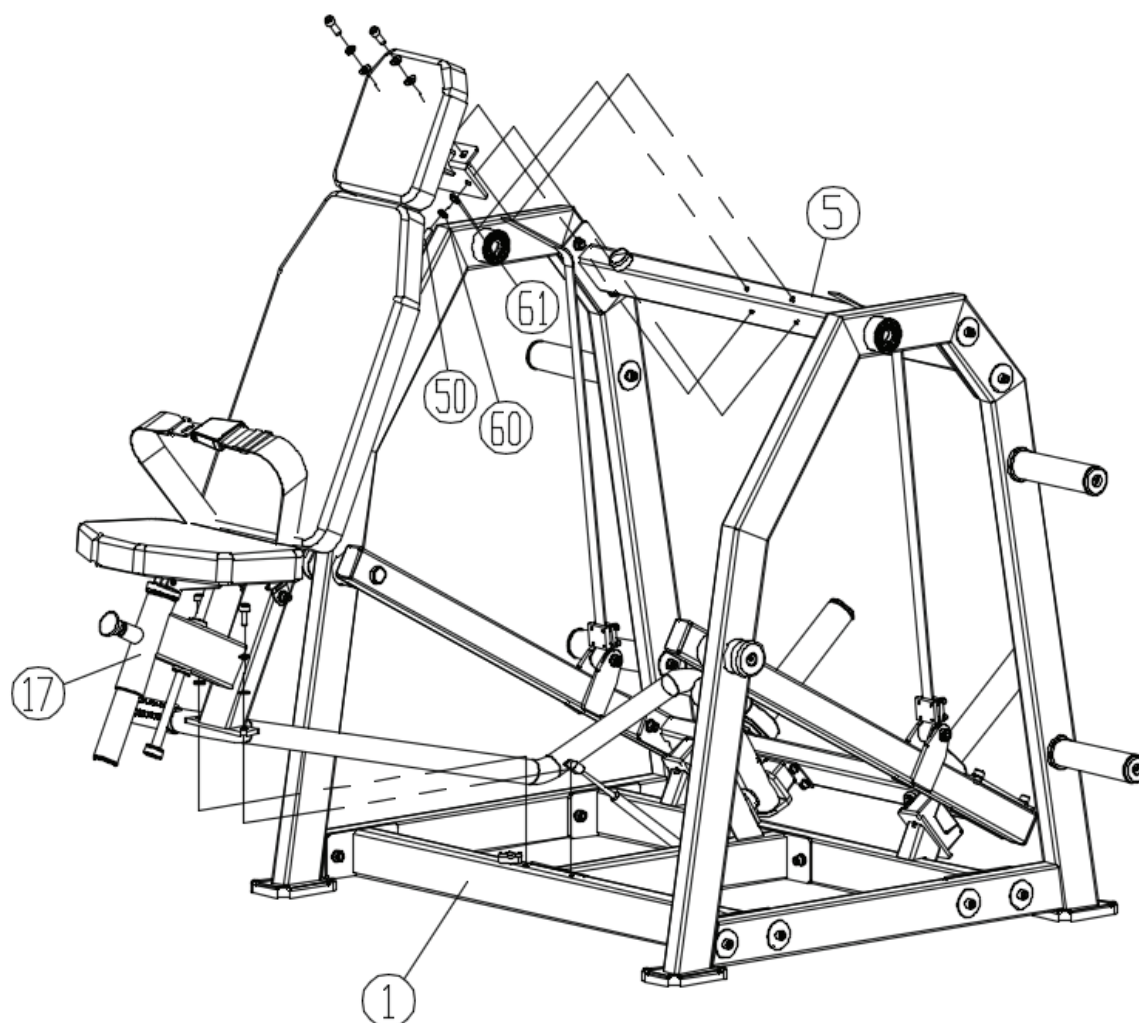
						
11X socket head cap screw M 8*25 (#54)	4 x Spring Washers M 8 (# 64)	11X flat washer M 8- D16 (# 65)	2X M10* 25 (#50) socket head cap screws	2 x M10 spring washers (# 60)	2 flat washers M10- D20 (# 61)	

ASSEMBLY STEPS

Step 7 : Connect the completed backrest frame (#17) assembly to the upper connecting frame assembly (#5) and the bottom connecting rod (#1) using the following method

- 6 x M10 25 (#50) socket head cap screws
- 6 X Spring Washers M10 (# 60)
- 6 flat washers M10-D20 (# 61)

Tighten the bolts with a wrench before proceeding to the next step.



		
6X socket head cap screw M10* 25 (#50)	6 X Spring Washers M10 (# 60)	6 flat washers M10-D20 (# 61)

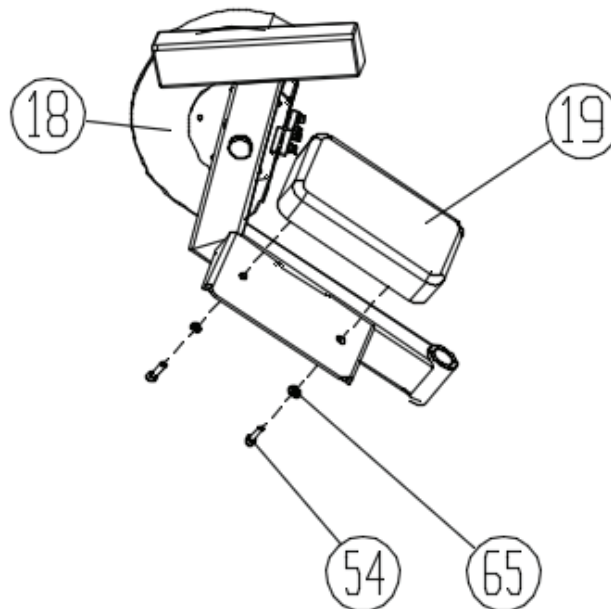
ASSEMBLY STEPS

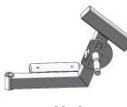
Step 8 : Attach the elbow pad (#19) to the right lever arm (#18) using the following method :

- 4 x M 8*25 (#54) socket head cap screws
- 4 flat washers M 8-D16 (# 65)

Note that this is a symmetrical part. Complete the small lever arm left (#20) according to this diagram.

Tighten the bolts with a wrench before proceeding to the next step.



				
Small lever arm right (#18)	Small lever arm left (#20)	2X Elbow Pads (#19)	4X socket head cap screws, M 8*25 (#54)	4X flat washers M 8- D16 (# 65)

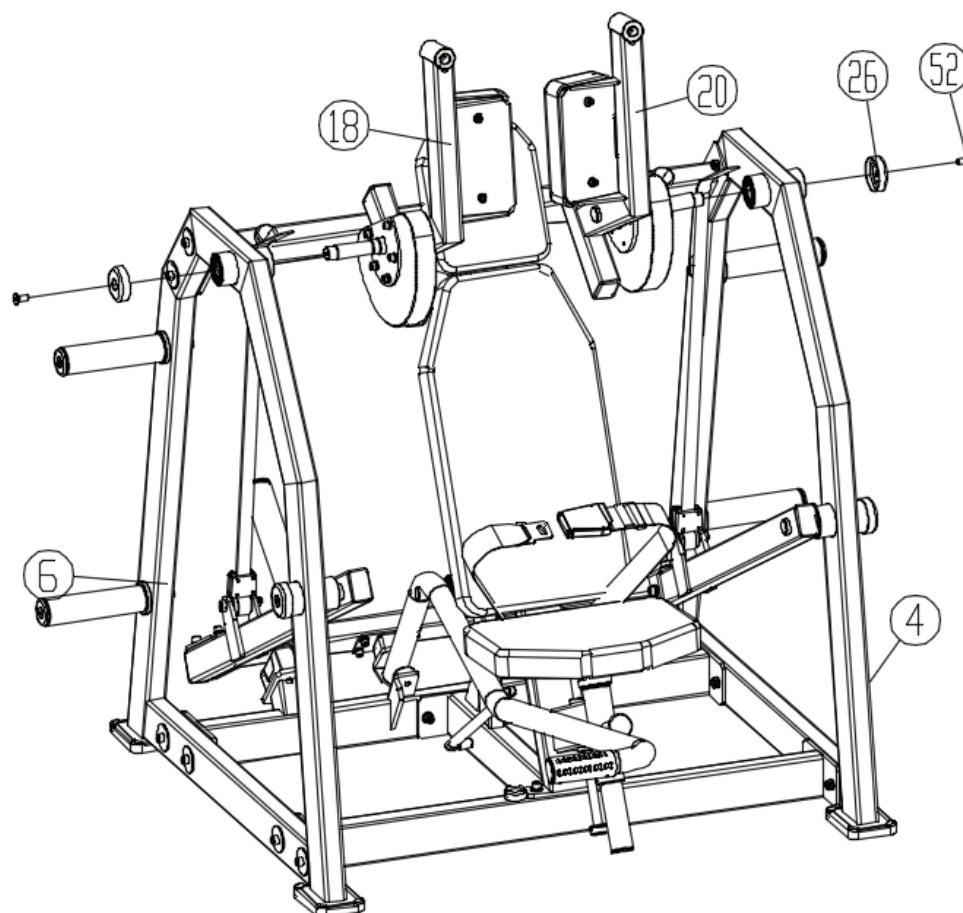
ASSEMBLY STEPS

Step 9 : Connect the right lever arm (#18) to the right frame assembly (#6) using the following method and seal it with a 60 aluminum cap (#26)

Connect the left lever arm (#20) to the left frame assembly (#4) and seal it with a 60 aluminum cap (#26) :

- 2 x M10* 25 (# 52) countersunk head hex screws

Tighten the bolts with a wrench before proceeding to the next step.



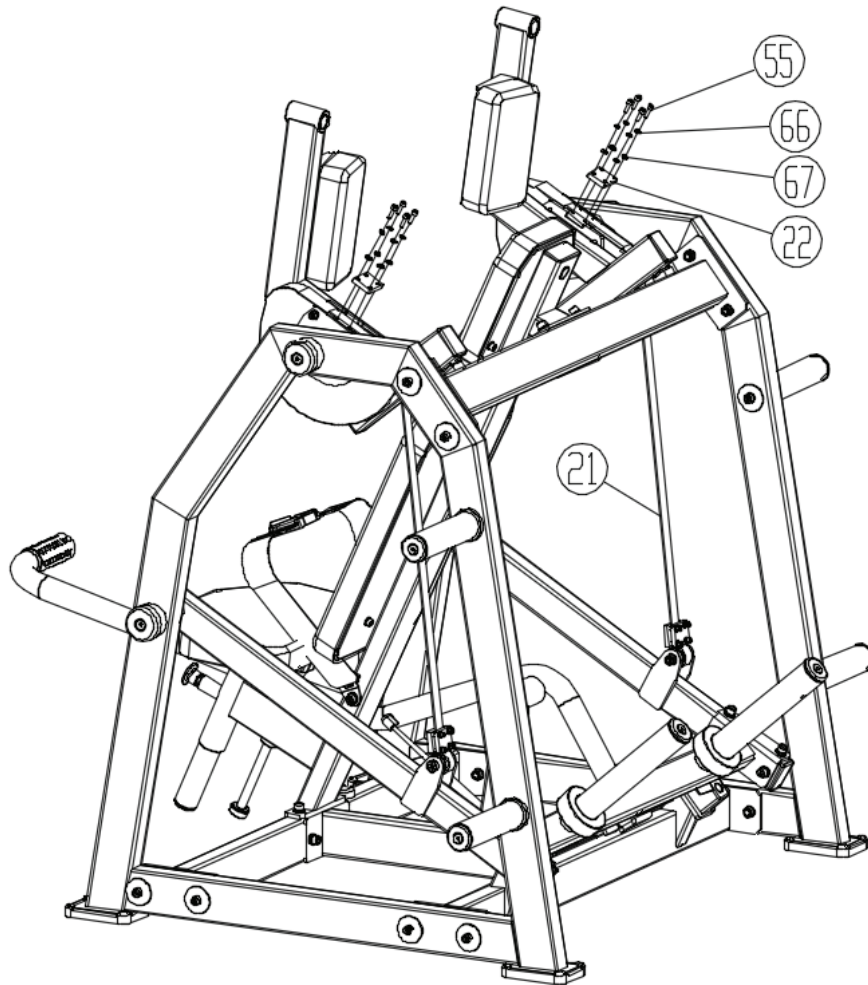
	
2x60 aluminum cap (#26)	2 x M10* 25 (# 52) countersunk hex socket head cap screws

ASSEMBLY STEPS

Step 10 : After completing the above steps, fix the belt (#21) with the belt clamp (#22) according to the following steps.

- 8mm M6X20 socket head cap screws (# 52)
- 8 X Spring Washers M6 (# 66)
- 8 flat washers M6-D12 (# 67)

Tighten the bolts with a wrench before proceeding to the next step.

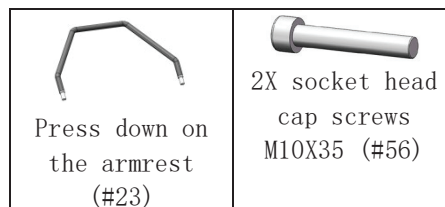
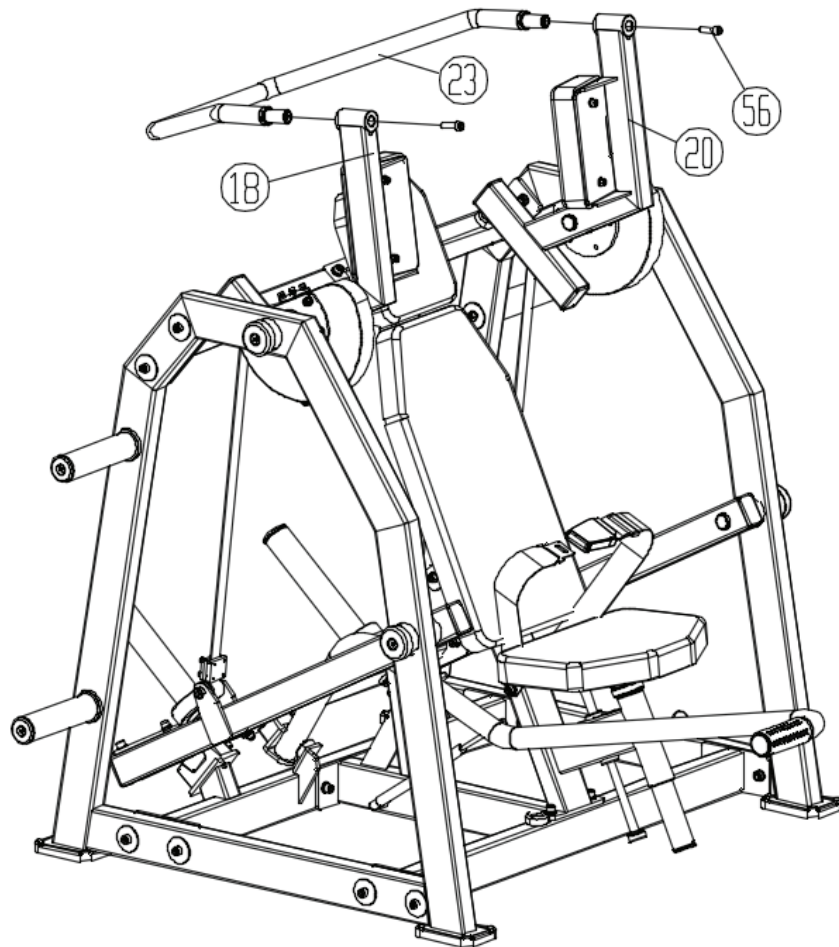


ASSEMBLY STEPS

Step 11 : Connect the down lever (#23) to the right (#18) and left (#20) lever arms as follows .

- 2 x M10X35 (#56) socket head cap screws

Tighten the bolts with a wrench before proceeding to the next step.



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: _____