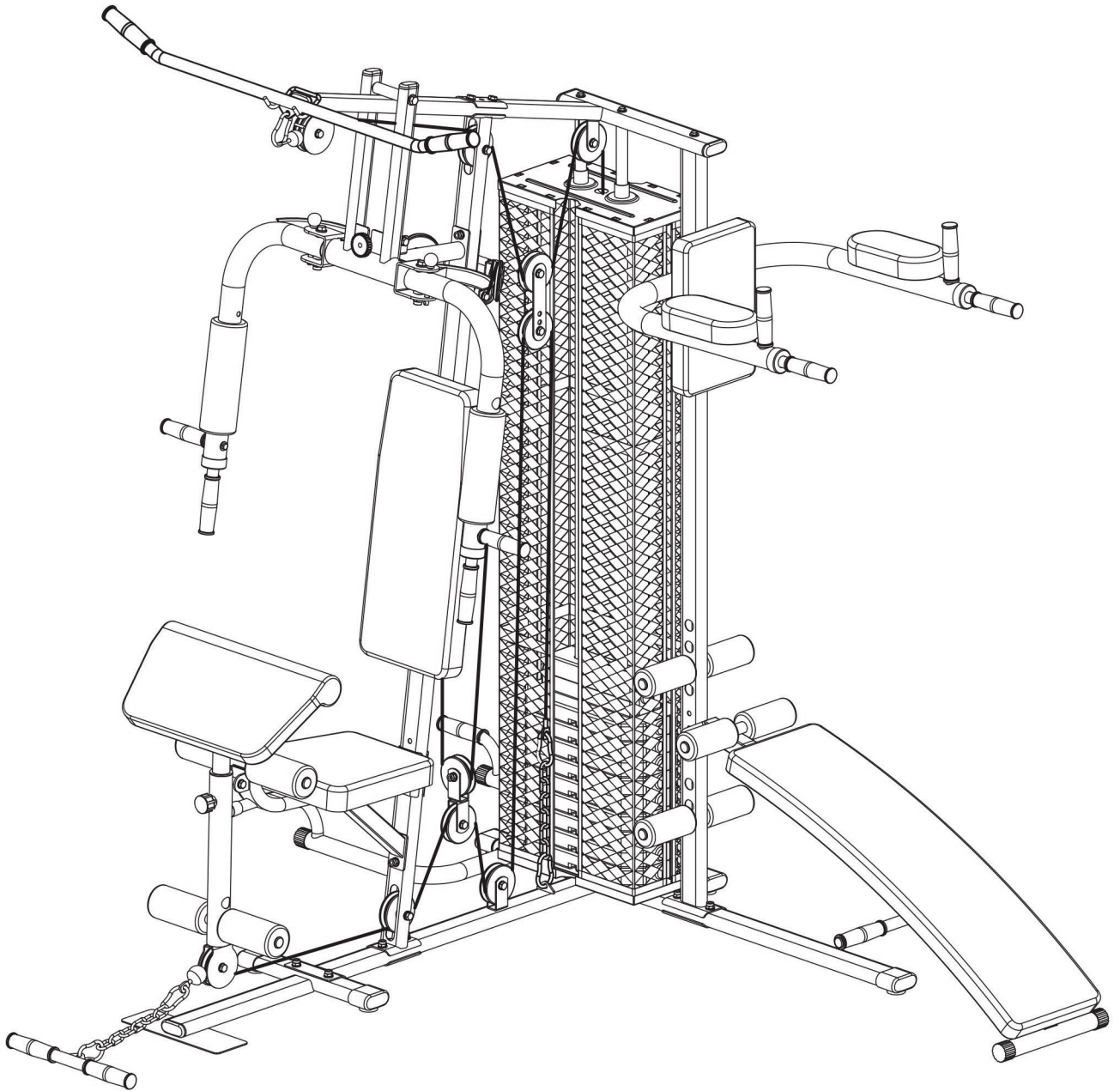


# ***Athletic***

BEST FOR LIFE

## ACADEMY 1200MB



# Content

1. safety instructions.....	2
2. Product component details .....	3
3. part list.....	4-5
4. installation .....	6
4. installation .....	7
4. installation .....	8
4. installation .....	9
4. installation .....	10
4. installation .....	11
4. installation .....	12
5. operation and use of the item .....	13-15
6. cleaning and maintenance .....	15
7. disposal.....	15

# 1. safety instructions

This weight station is made for training in private environment. Only use the appliance for the intended use.

It is not allowed to change anything which can have effects to the security of the product.

Warning!

Pregnant or physical injured people should never use the weight station without prior consultation with a doctor you trust.

Stop the training immediately when you do not feel comfortable or notice motoric, sensory or mental changes / imitations.

Adapt your training style always to your personal fitness level and your health.

Before every training check the operability and safety.

Make sure before installation that the item is properly and that all safety devices are functional! Damages or alterations to the product in the course of the independent modification lead to the exclusion of warranty. For problems resulting from the modification or other restrictions, the seller is not responsible!

Any damage must be reported to the seller immediately after delivery, and access before use / installation. Later complaints will not be considered.

Use only suitable tools for assembly.

Other than the people who run the Assembly have not stay in the immediate area.

The installation must always be made only by adults.

Children should not be present in the immediate environment.

In part, the package may consist of plastic bags - make this regard with particular care and attention that this is not out of the reach of children. There is a risk of suffocation!

Make sure to mount that all connections are securely mounted before releasing the product for use.

Check all connections at regular intervals for damage, loose elements and other factors that can lead to a loss of sufficient security.

Do not leave children unattended on the weight bench! It is not a toy!

Instruct them not to play or climb with or on the appliance.

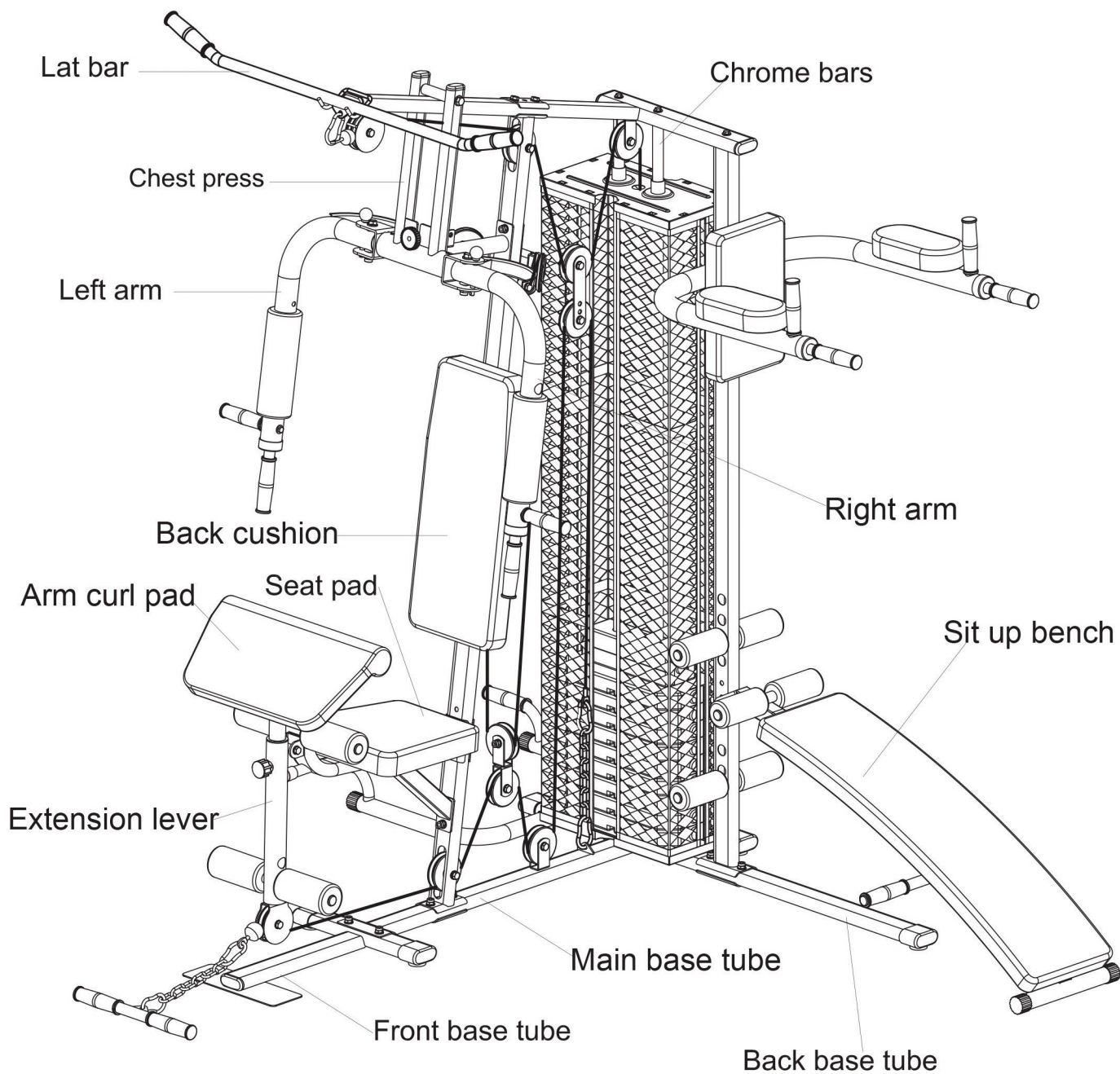
This device consists partly of small parts-keep you particularly young children and babies away from this unit (Choking hazard because of small parts)!

In case of damage or other abnormalities they break the installation immediately. If abnormalities or damage after installation in day to day use or maintenance occur lock the bike to use in order to prevent any risk of injury.

Let children or people with physical or mental limitations, or people who are not familiar with this device, do not use this weight bench!

Please keep in mind that this manual and the safety can only draw your attention to eventual hazard. Logical conclusions and prudent and to handle with this device around must therefore always be provided. So always go with foresight and prudence.

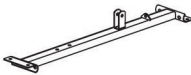
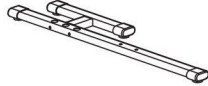
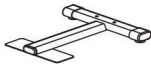

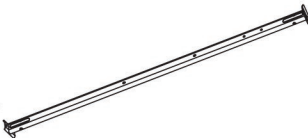

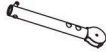


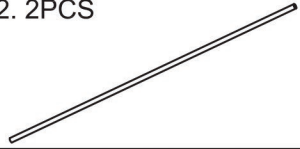
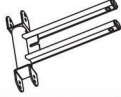
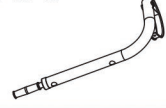


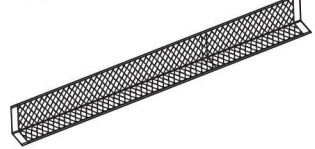


















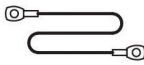




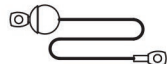













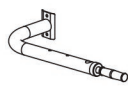















## 2.Product component details























# 3. part list

PARTS	DESCRIPTION	Q'TY	PARTS	DESCRIPTION	Q'TY
1	Main base tube	1 PC	35	Adjusting plate	2 PCS
2	Back base tube	1 PC	36	Pulley	12 PCS
3	Front base tube	1 PC	37	Pulley bushing	4 PCS
4	Upper support	1 PC	38	Safe hook	5 PCS
5	Vertical support	1 PC	39	Cable 2.	1 PC
6	Seat support	1 PC	40	Chain	2 PCS
7	Leg Extension	1 PC	41	Locking knob (M16)	1 PC
8	Reinforced tube	1 PC	42	Steel bushing	6 PCS
9	Arm cushion support	1 PC	43	Foam(250mm)	2 PCS
10	Chest press	1 PC	44	Cable 3	1 PC
11	Left arm	1 PC	45	Foam(160mm)	4 PCS
12	Right arm	1 PC	46	Foam(140mm)	6 PCS
13	T shape support bar	1 PC	47	PVC bumper $\varnothing$ 30*7	4 PCS
14	Lat bar	1 PC	48	Reinforced plate(100mm)	3 PCS
15	Curling bar	1 PC	49	Reinforced plate(130mm)	1 PC
16	Handle bar	4 PCS	50	Rubber bumper	1 PC
17	Steel plate	2 PCS	51	Pulley shaft	1 PC
18	Foam tube(370mm)	1 PC	52	Pull up left arm	1 PC
19	Foam tube(390mm)	1 PC	53	Pull up right arm	1 PC
20	Foam tube(310mm)	2 PCS	54	Long foam tube	1 PC
21	Weight selector	1 PC	55	Push up left arm	1 PC
22	Chrome bars(1820mm)	2 PCS	56	Push up right arm	1 PC
23	Steel net	4 PCS	57	Seat pad	1 PC
24	Upper weights	1 PC	58	Back cushion	1 PC
25	Weight block bushing	1 PC	59	Vertical tube	1 PC
26	Pin $\Phi$ 10	1 PC	60	Arm cushion	1 PC
27	Big washer( $\Phi$ 45)	1 PC	61	Back cushion(small)	1 PC
28	Rubber cushion	2 PCS	62	Arm cushion(small)	2 PCS
29	Weight	9 PCS	63	Sit up bench cushion	1 PC
30	Knob	1 PC	64	Sit up bench frame	1 PC
31	T shape bolt	1 PC	65	Hook	4 PCS
32	Pulley seat	2 PCS	66	Round holder	2 PCS
33	Pulley bracket	2 PCS	67	Locking pin 10*85	2 PCS
34	Cable 1.	1 PC	68	Locking pin 10*150	1 PC

# 3.Part List 1

1. 1PC 	2. 1PC 	3. 1PC 	4. 1PC 	5. 1PC 
6. 2PCS 	7. 1PC 	8. 1PC 	9. 1PC 	22. 2PCS 
10. 1PC 	11. 1PC 	12. 1PC 	13. 1PC 	23. 4PCS 
14. 1PC 	15. 1PC 	16. 4PCS 	17. 2PCS 	
18. 1PC 	19. 1PC 	20. 2PCS 	21. 1PC 	24. 1PC 
25. 1PC 	26. 1PC 	27. 1PC 	28. 2PCS 	29. 9PCS 
30. 1PC 	31. 1PC 	32. 2PCS 	33. 1PC 	34. 1PC 
35. 2PCS 	36. 12PCS 	37. 4PCS 	38. 5PCS 	39. 1PC 
40. 2PCS 	41. 1PC 	42. 6PCS 	43. 2PCS(FOAM) 	44. 1PC 
45. 4PCS(FOAM) 	46. 6PCS(FOAM) 	47. 4PCS 	48. 3PCS 	49. 1PC 
50. 1PC 	51. 1PC 	52. 1PC 	53. 1PC 	54. 1PC 
55. 1PC 	56. 1PC 	57. 1PC 	58. 1PC 	59. 1PC 
60. 1PC 	61. 1PC 	62. 2PCS 	63. 1PC 	64. 1PC 
65. 4PCS 	66. 2PCS 	67. 2PCS 	68. 1PC 	

# 3. Part List 2

<p>69. 1PC (M12*150)</p> 	<p>83. 4PCS(M8*65)</p> 
<p>70. 2PCS(M12*85)</p> 	<p>84. 2PCS(M8*90)</p> 
<p>71. 4PCS(M10*90)</p> 	<p>85. Locking Pin 1PC</p> 
<p>72. 1PC(M10*75)</p> 	<p>86. Knob 1PC</p> 
<p>73. 2PCS(M10*60)</p> 	<p>87. Dumbbell 2PCS</p> 
<p>74. 12PCS(M10*50)</p> 	<p>88. Foot cover 6PCS</p> 
<p>75. 3PCS(M10*45)</p> 	
<p>76. 11PCS(M10*40)</p> 	
<p>77. 2PCS(M10*25)</p> 	
<p>78. 9PCS(M10*20)</p> 	
<p>79. 2PCS(M8*60)</p> 	
<p>80. 4PCS(M8*45)</p> 	
<p>81. 6PCS(M8*20)</p> 	
<p>82. 2PCS(M6*16)</p> 	





# 4. Installation

## STEP 3

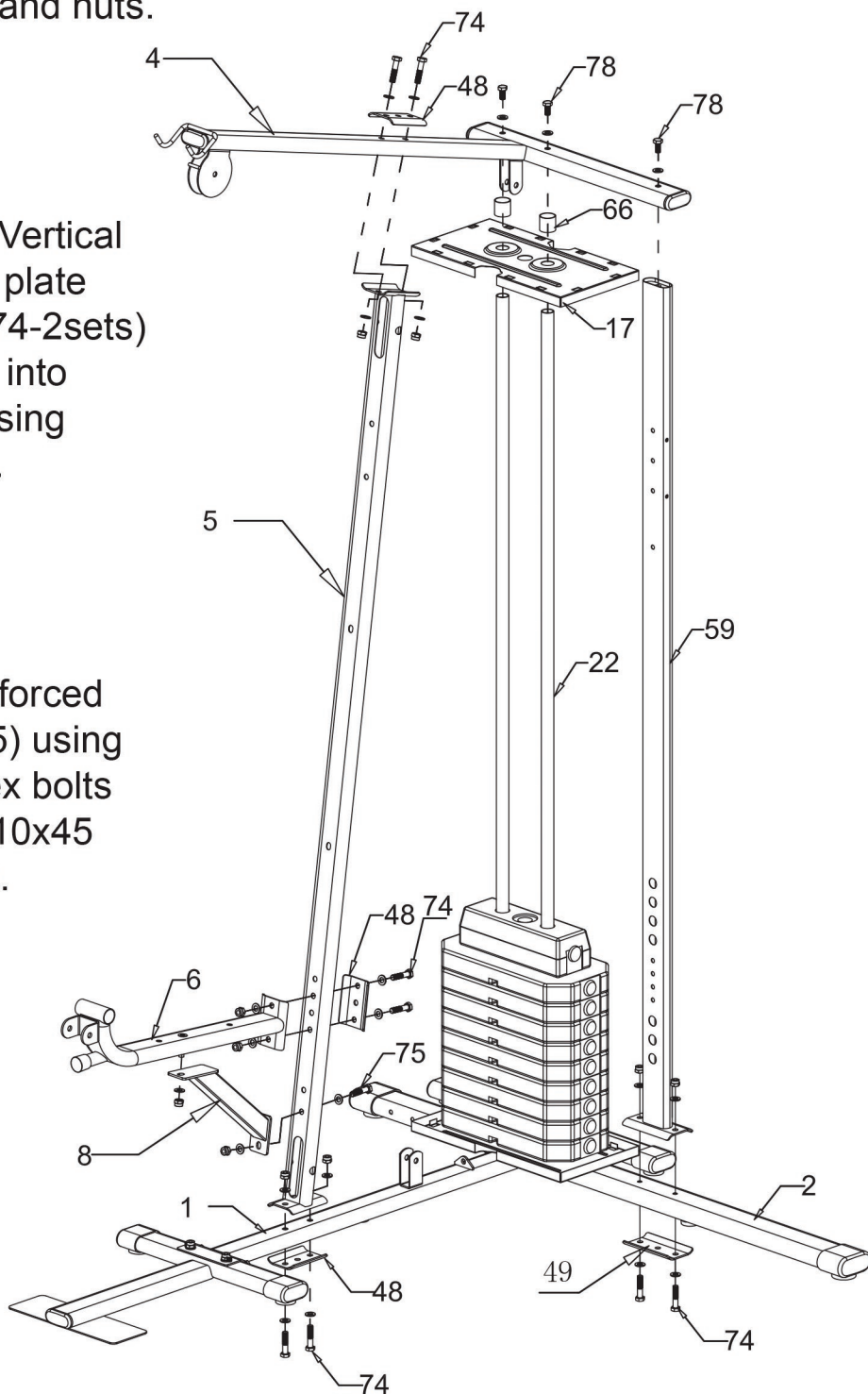
1. Attach Vertical support(5) to Main base tube(1) using Hex bolts M10x50(74-2sets) washers and nuts.

## STEP 4

1. Attach Upper support(4) to Vertical support(5) using reinforced plate (48) and Hex bolts M10x50(74-2sets) and insert chrome bars(22) into holes of upper support(4) using Hex bolts M10x20(78-2sts).

2. Attach seat support(6), reinforced tube(8) to Vertical support(5) using reinforced plate(48) and Hex bolts M10x50 (74-2sets), bolts M10x45 (75-1set) washers and nuts.

3. Attach vertical tube(59) to back base tube(2) using reinforced plate(49) and Hex bolts M10x50 (74-2sets), washers and nuts.



# 4. Installation

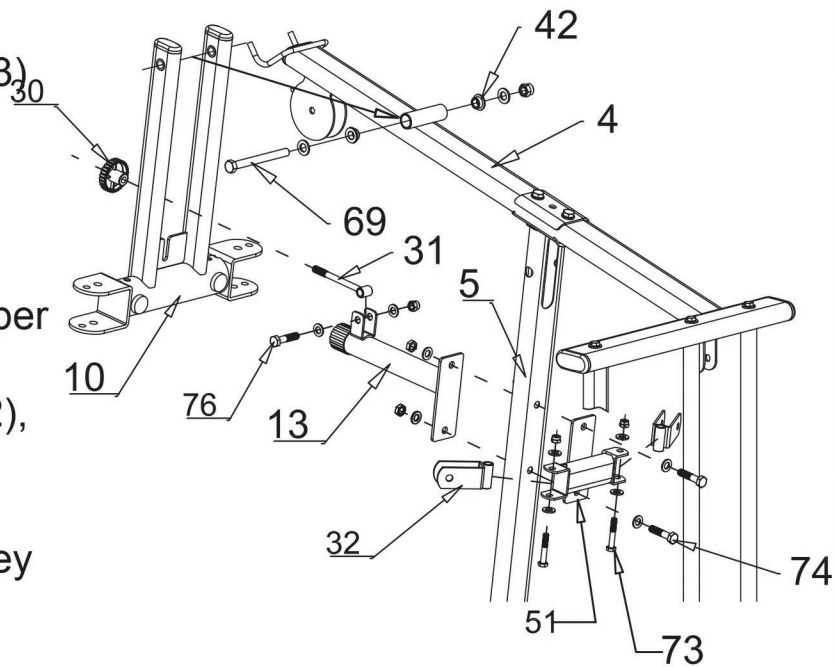
## STEP 5

1. Attach T shape support bar(13) and pulley shaft(51) to Vertical support using Hex bolts M10x50(74), washer and nut.

2. Attach Chest press(10) to Upper support(4) using Hex bolts M12x150(69), steel bushing(42), washer and nut.

3. Attach pulley seat(32) to pulley shaft(51) using Hex bolts M10x60(73), washer and nut.

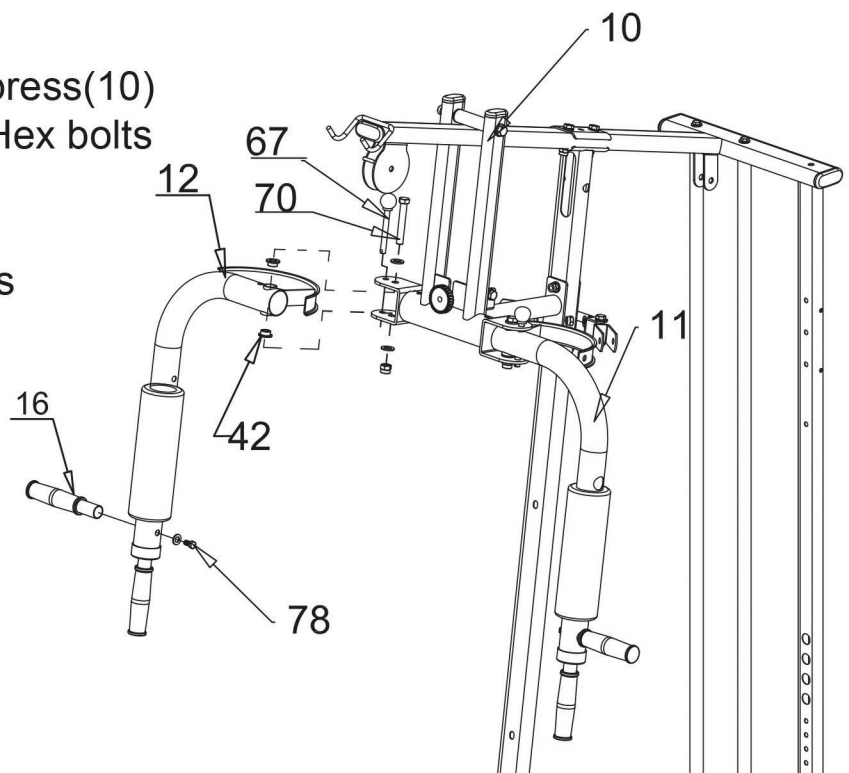
4. Attach T shape bolt(31) to T shape support bar(13) to using Hex bolts M10x40(76), washer and nut.



## STEP 6

1. Attach left arm(12) to chest press(10) using steel bushing(42) and Hex bolts M12x85(70), washer and nut.

2. Insert handle bar(16) to holes of left, right arm(12, 11) using Hex bolts M10x20(78), washer.

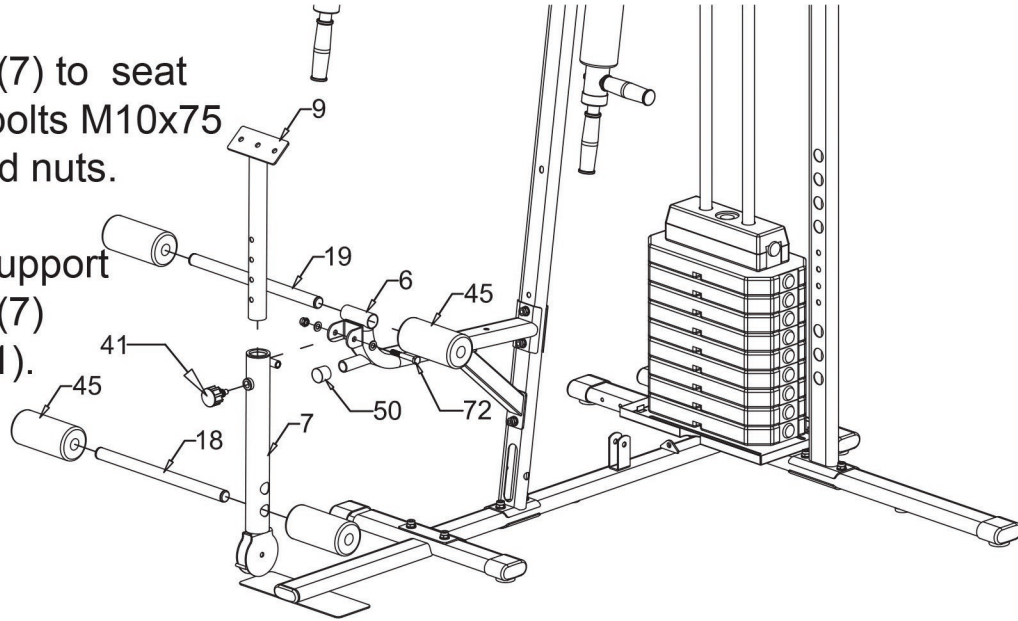


# 4. Installation

## STEP 7

1. Attach leg extension(7) to seat support(6) using Hex bolts M10x75 (72-1sets) washers and nuts.

2. Insert arm cushion support (9) into leg extension(7) using locking knob(41).

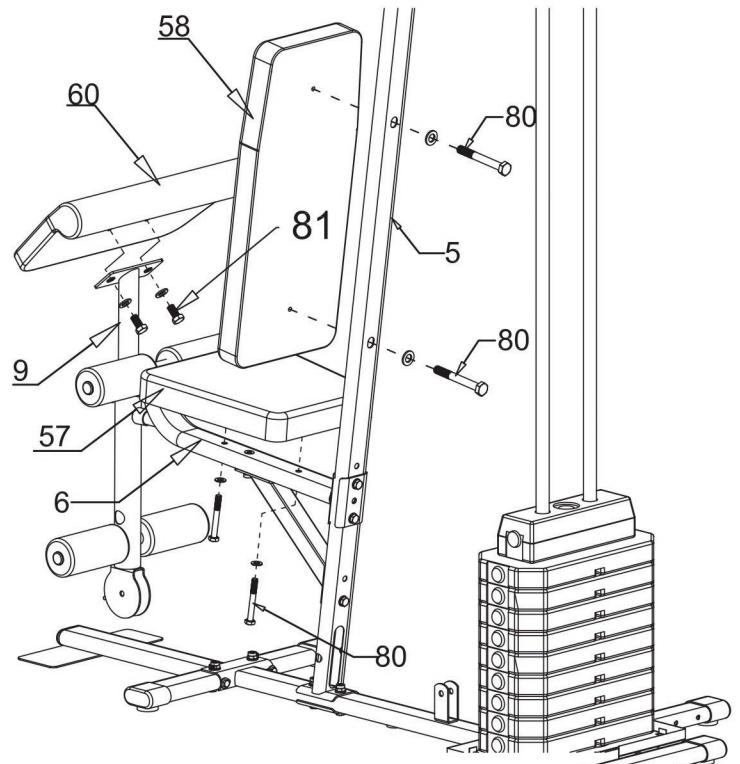


## STEP 8

1. Attach back cushion(58) to vertical support(5) using Hex bolts M8x45 (80-2sets) washers .

2. Attach seat pad(57)to seat support (6)using Hex bolts M8x45(80-2sets) washers .

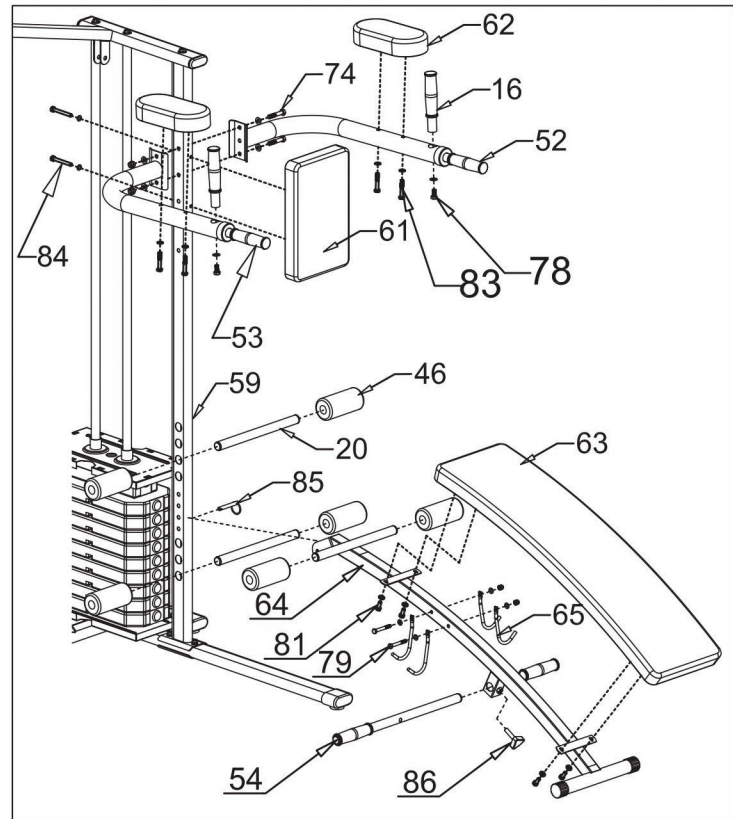
3. Attach arm cushion(60) to arm cushion support(9)using Hex bolts M8x20(81-2sets) washers .



# 4. Installation

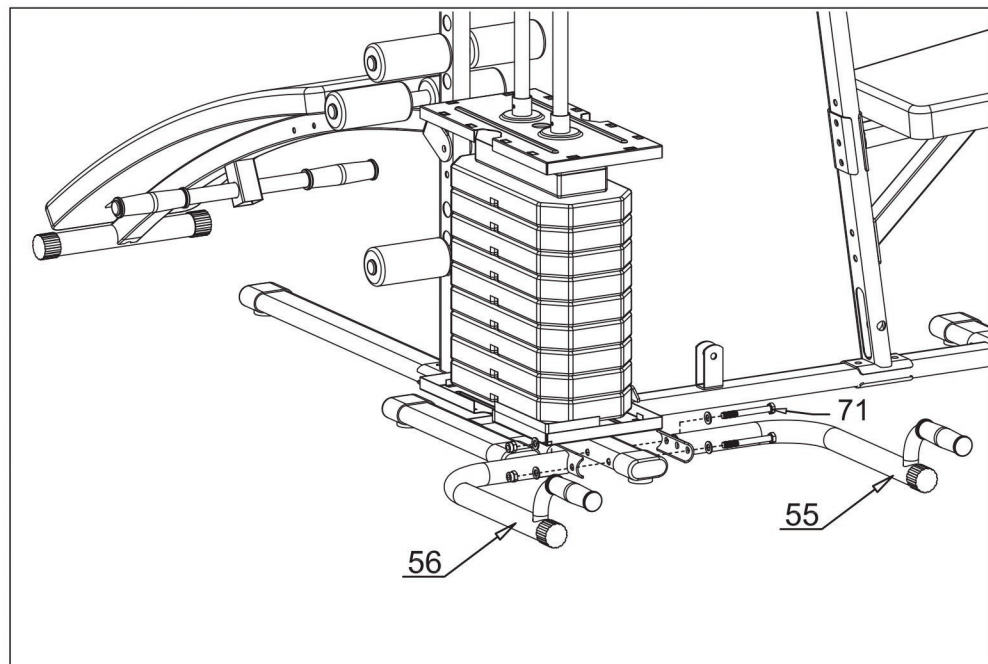
## STEP 9

1. Attach pull up left, right arm (52, 53) to vertical tube (59) using Hex bolts M10x50 (74-2sets) washers and nuts.
2. Insert handle bar (16) into pull up left, right arm (55, 56) using Hex bolts M10x20 (78-2sets) washers and nuts..
1. Attach sit up bench frame (64) to vertical tube (59) using locking pin (85)

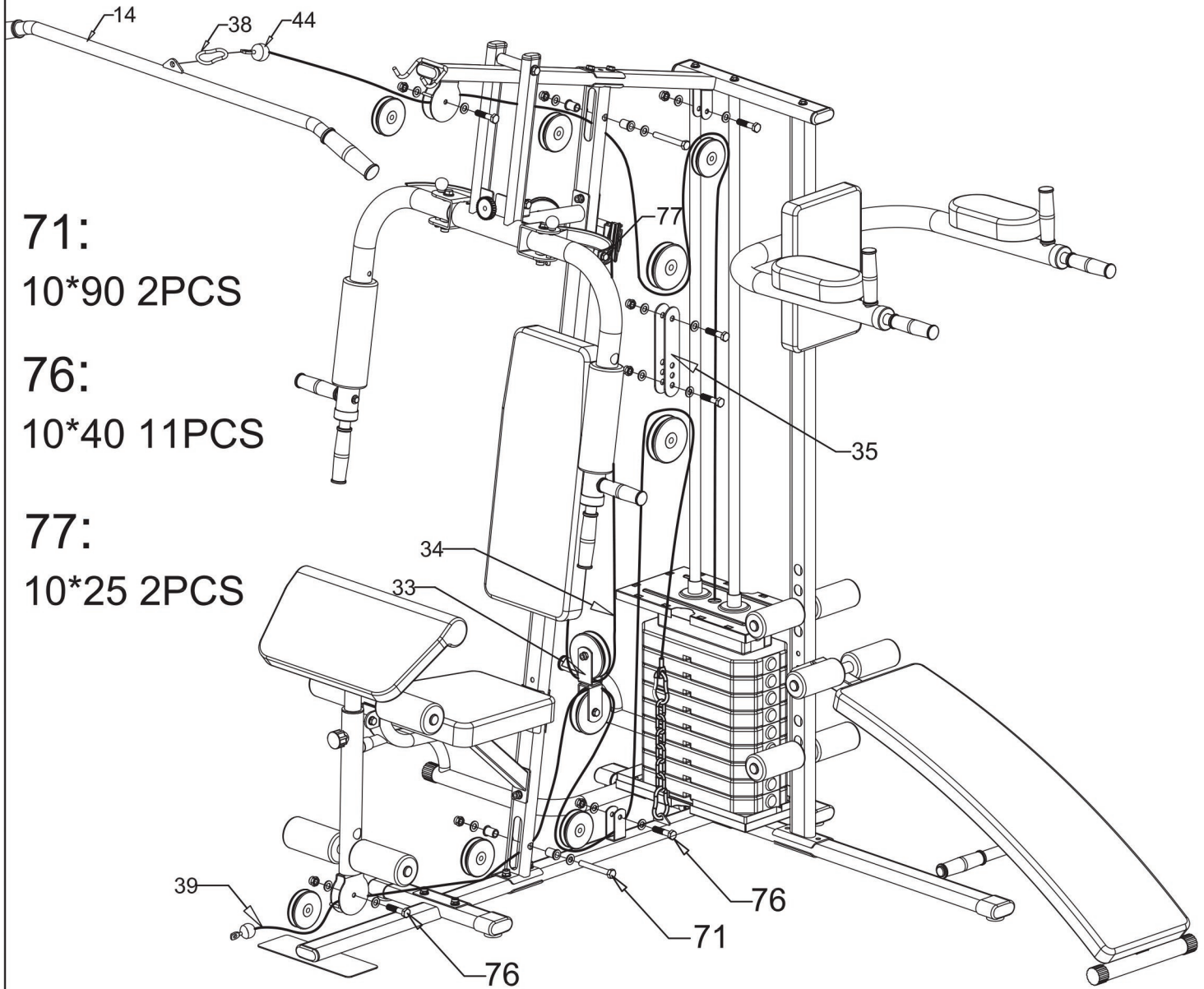


## STEP 10

1. Attach push up left, right arm (55, 56) to back base tube (2) using Hex bolts M10x90 (71-2sets) washers and nuts.




# 4. Installation



# 4. Installation

46. 1PC

 : 3.01M

47. 1PC

 : 3.95M

48. 1PC

 : 2.57M

