

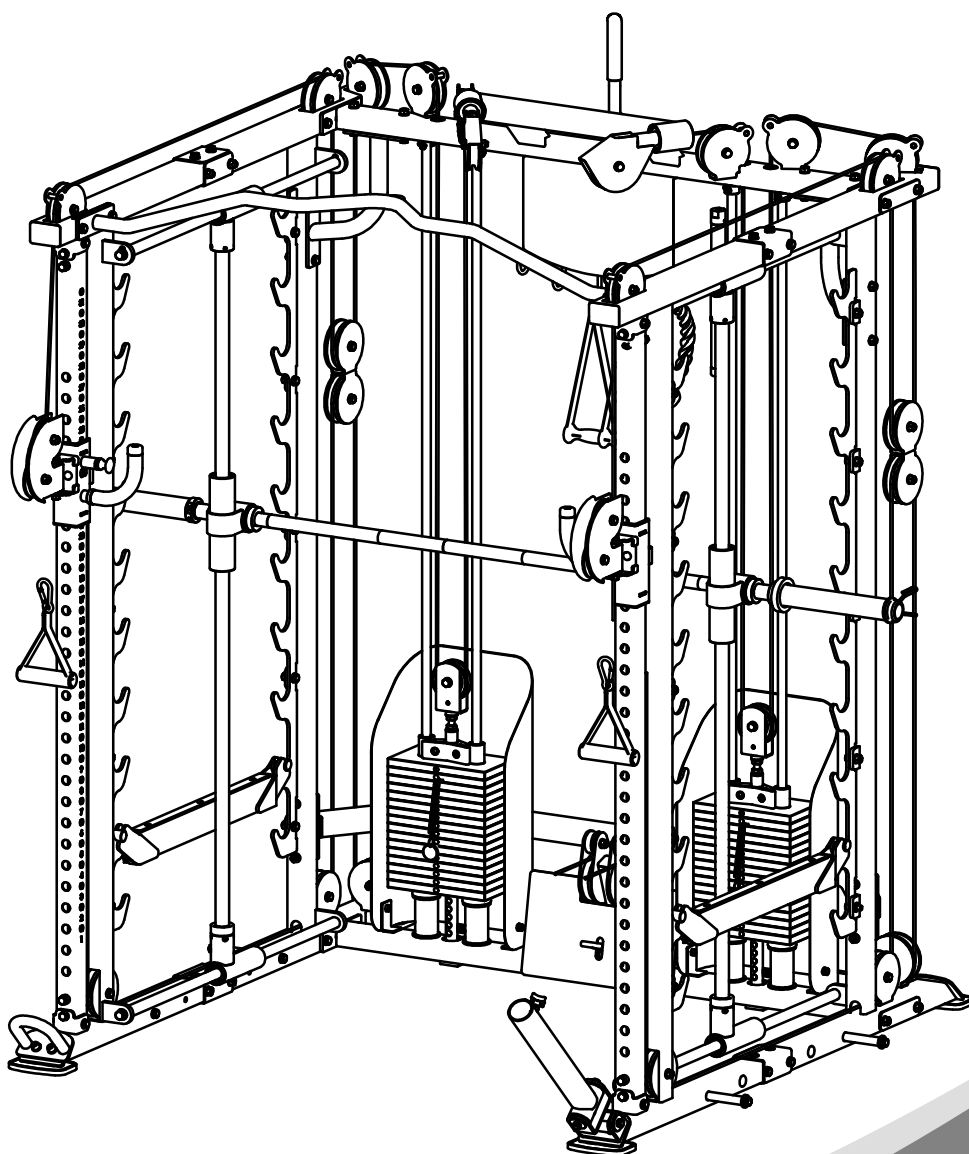


HUDSON STEEL

C9B

MULTIGYM

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

PERSONAL SAFETY DURING ASSEMBLY

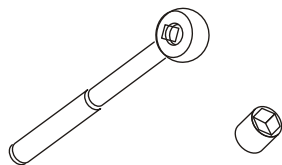
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

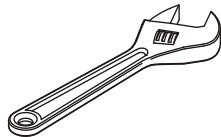
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

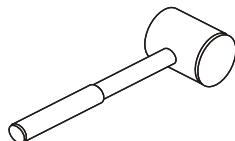
Tools Required



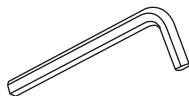
Ratchet Wrench and Socket



Adjustable Wrench

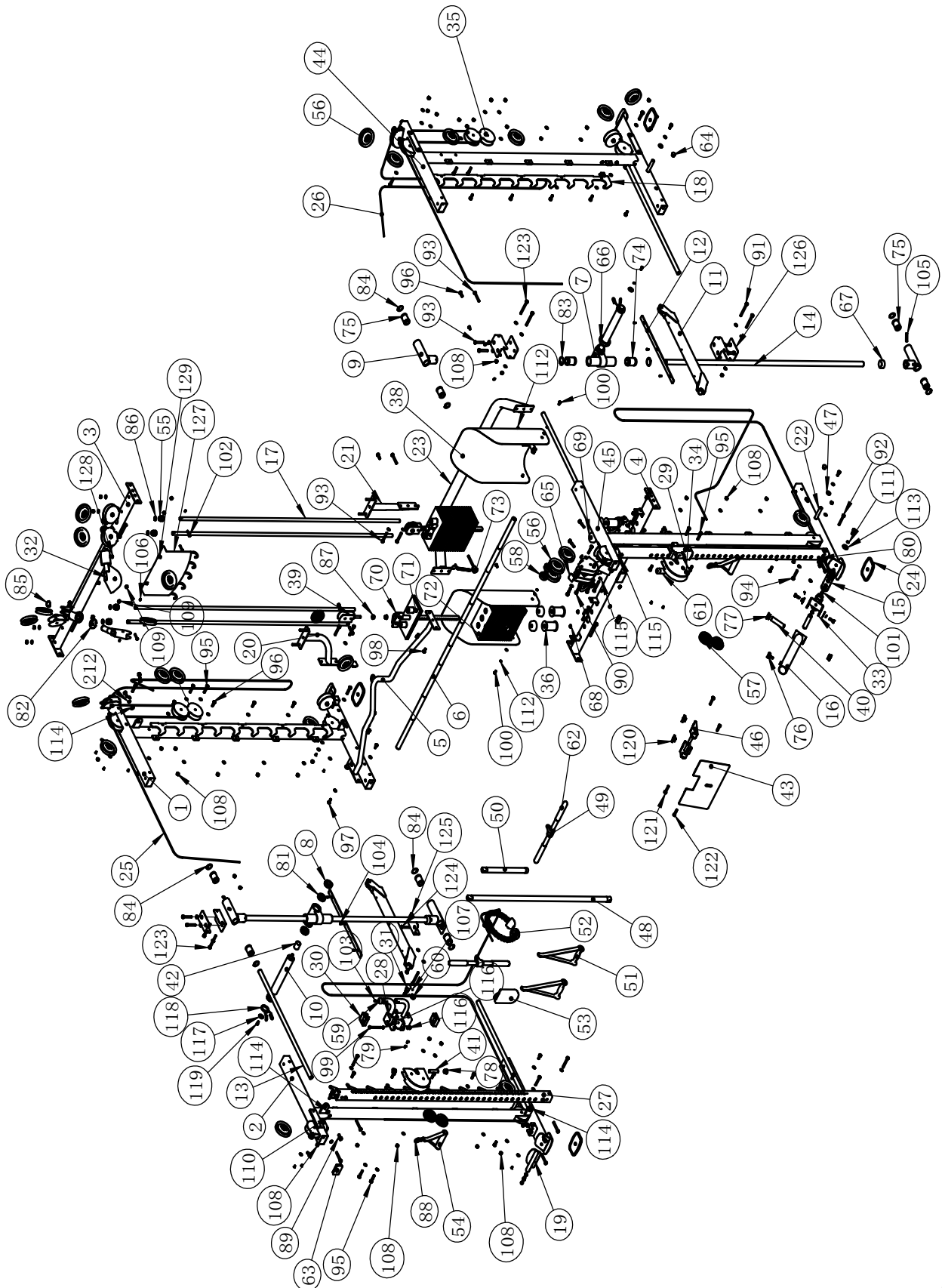


Rubber Mallet



Hex Key Wrench Set

Exploded View and Parts List



Exploded View and Parts List

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Stand 1	1	23	Rear Frame	1
2	Left Stand 2	1	24	Foot Cove	4
3	Top Bridge	1	25	Cable Assembly 1	2
4	Weight Frame	1	26	Cable Assembly 2	2
5	Transverse beam	1	27	Guide Bar	2
6	Barbell Grip	1	28	Left Slip Frame	1
7	Movement Frame	2	29	Right Slip Frame	1
8	Baffle	6	30	Plastic Tube Guide	4
9	Movement Frame	4	31	Pop Pin	2
10	Weight Plate Bar Cover	2	32	Top Pulley Frame	2
11	Protective Frame	2	33	Turn Frame	1
12	Plastic Plate	2	34	Double Pulley Frame	2
13	Level Guide bar	4	35	Motional Pulley Frame	2
14	Vertical Guide bar	2	36	Support Frame	4
15	U-shaped	1	37	Shroud	2
16	Battery Frame	1	38	L-shaped plate	2
17	Guide bar	4	39	Pulley Connecing Frame	2
18	Toothed Plate	4	40	Shaft	2
19	Hook Rack	1	41	Shaft For Pulley Bracket	2
20	Intensify Frame1	1	42	Drivepipe	2
21	Intensify Frame2	1	43	Foot Frame	1
22	Connecting Shaft	4	44	Right Stand 1	1

Exploded View and Parts List

Item NO.	Description	Qty	Item NO.	Description	Qty
45	Right Stand 2	1	67	Bumper	2
46	Support Foot Frame	1	68	Rubber Plug	4
47	End Cap	4	69	Weight Rubber Bumper	4
48	Long handle	1	70	Rubber Fixed Block	2
49	Short pull handle assembly	1	71	Top Plate	2
50	Short handle	1	72	Weight Plate	30
51	Long Lat Strap	2	73	Selector Pin W/Coil	2
52	Triceps Rope	1	74	Linear Bearing 30(1.18")	4
53	Foot Lat Strap	1	75	Linear Bearing 25(63/64")	8
54	Lat Strap	2	76	Adjustable Bolt	1
55	Guide Cover	4	77	Bushing $\phi 38 \times \phi 25.4 \times 18$ ($\phi 1.5 \times \phi 1 \times 0.71$ ")	2
56	Big pulley	26	78	Bushing $\phi 28 \times \phi 16 \times 18$ ($\phi 1.1 \times \phi 0.63 \times 0.71$ ")	4
57	Small pulley	6	79	Nylon Spacer	4
58	Small Guide pulley	2	80	Spacer	4
59	Aluminum Cap $\phi 25(\phi 63/64$ ")	2	81	Bearing	8
60	Aluminum Ring $\phi 25(\phi 63/64$ ")	2	82	Circlip For Hole $\phi 55(\phi 2.16$ ")	4
61	Grip	2	83	Circlip For Hole $\phi 47(\phi 1.85$ ")	4
62	Grip	2	84	Circlip For Hole $\phi 40(\phi 1.57$ ")	8
63	Plug 50*70 (1.97**2.76")	4	85	Circlip For Shaft $\phi 30(\phi 1.18$ ")	2
64	Plug $\phi 24(\phi 15/16$ ")	2	86	O-ring	4
65	Plug 38*38 (1.50**1.50")	4	87	Flange Nut M12(15/32")	4
66	Disc Bumper	2	88	Gear Hook	6

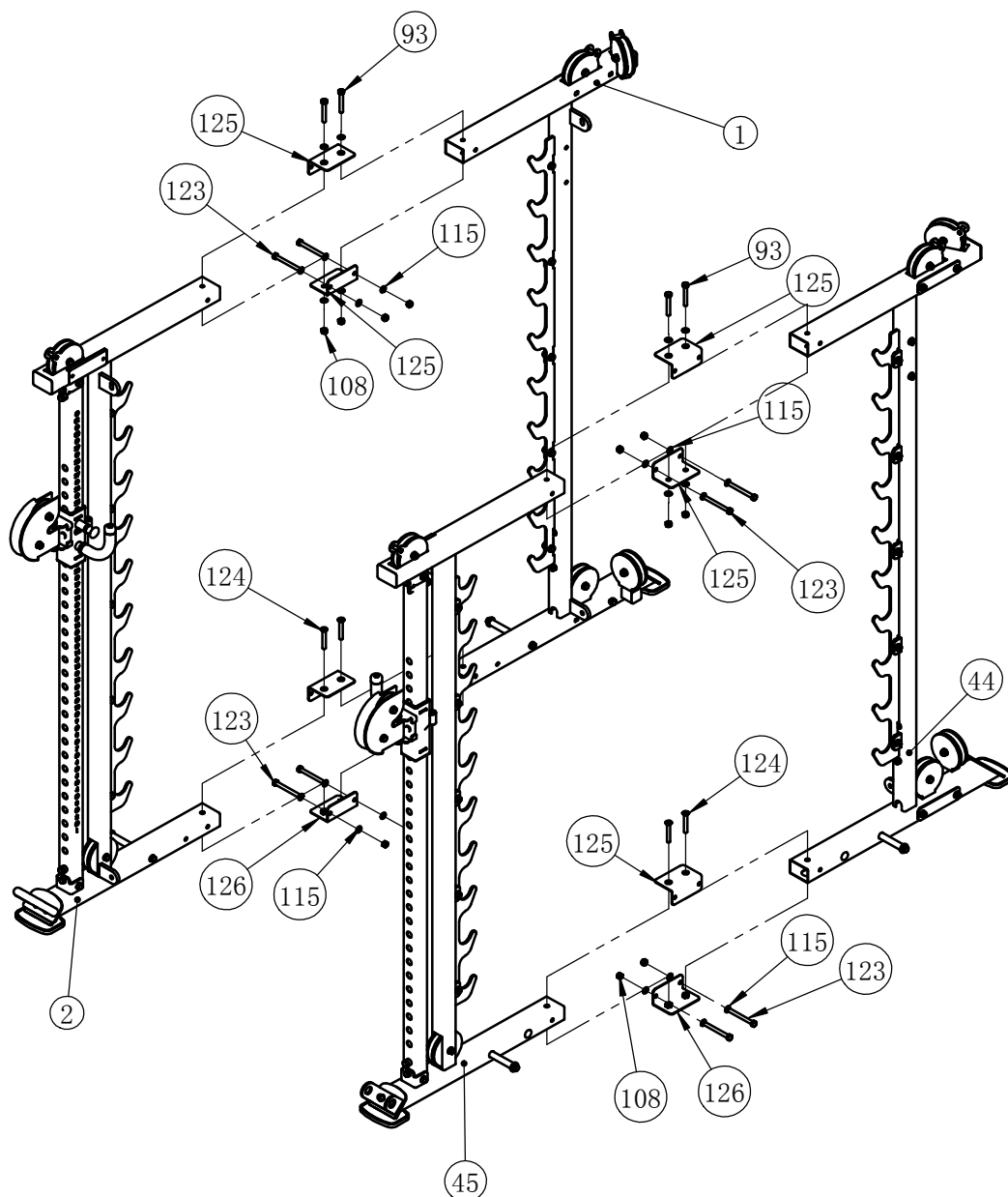
Exploded View and Parts List

Item NO.	Description	Qty	Item NO.	Description	Qty
89	Hex Head Bolt M12*30 (25/64"*1.18")	8	110	Spring Washer $\phi 12(\phi 15/32")$	8
90	Hex Head Bolt M10*120 (25/64"*4.72")	1	111	Spring Washer $\phi 10(\phi 25/64")$	4
91	Hex Head Bolt M10*100 (25/64"*3.94")	8	112	Spring Washer $\phi 8(\phi 5/16")$	12
92	Hex Head Bolt M10*75 (25/64"*2.95")	8	113	Flat Washer $\phi 11*\phi 38*2$ ($\phi 7/16"*\phi 3/2"*0.08")$	4
93	Hex Head Bolt M10*70 (25/64"*2.95")	18	114	Flat Washer $\phi 24*\phi 13*2.5$ ($\phi 15/16"*\phi 33/64"*0.10")$	8
94	Hex Head Bolt M10*65 (25/64"*2.56")	2	115	Flat Washer $\phi 11*\phi 20*2$ ($\phi 7/16"*\phi 25/32"*0.08")$	212
95	Hex Head Bolt M10*50 (25/64"*1.97")	30	116	Flat Washer $\phi 9*\phi 16*1.6$ ($\phi 23/64"*\phi 5/8"*0.06")$	18
96	Hex Head Bolt M10*30 (25/64"*1.18")	26	117	End Cap	2
97	Hex Head Bolt M10*25 (25/64"*0.98")	8	118	Spring	2
98	Hex Head Bolt M10*20 (25/64"*0.79")	4	119	Socket Head Cap Screw M8*20 (5/16"*0.79")	2
99	Hex Head Bolt M8*95 (5/16"*3.74")	2	120	Rubber Bumper	4
100	Hex Head Bolt M8*15 (5/16"*0.59")	10	121	Hex Head Bolt M8*50 (5/16"*1.97")	12
101	Socket Head Cap Screw M10*25 (25/64"*0.98")	4	122	Shoulder Bolt	2
102	Button Head Cap Screw M8*40 (5/16"*1.57")	4	123	Hex Head Bolt M10*95 (25/64"*3.74")	8
103	Flat Head Cap Screw M6*15 (15/64"*0.59")	2	124	Flat Head Cap Screw M10*55 (25/64"*2.16")	8
104	Flat Head Cap Screw M5*10 (13/64"*0.39")	6	125	L-shaped Plate	6
105	Socket Set Screw M10*8 (25/64"*0.31")	8	126	L-shaped Bolt Plate	2
106	Socket Set Screw M8*10 (5/16"*0.39")	4	127	Training Guide Plate	1
107	Socket Set Screw M5*3 (13/64"*0.12")	4	128	Flat Head Hexagon Riveted Nuts	2
108	Nylon lock Nut M10(25/64")	95	129	Hex Head Bolt M10*15 (25/64"*0.59")	2
109	Nylon lock Nut M8(5/16")	8			

Exploded View and Parts List

STEP 1

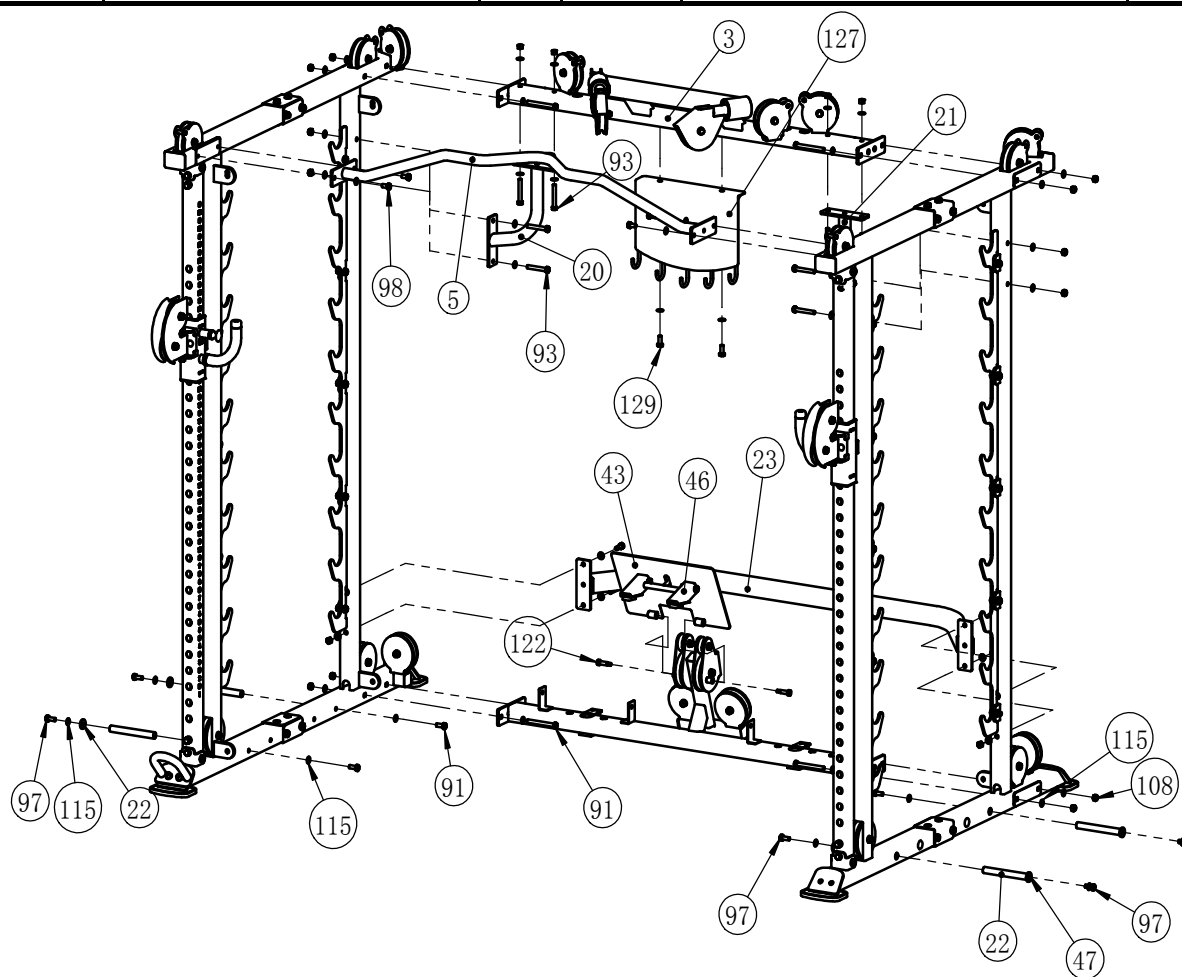
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Stand 1	1	115	Flat Washer $\phi 11 \times \phi 20 \times 2$ ($\phi 7/16'' \times \phi 25/32'' \times 0.08''$)	24
2	Left Stand 2	1	123	Hex Head Bolt M10*95 ($25/64'' \times 3.74''$)	8
44	Right Stand 1	1	124	Flat Head Cap Screw M10*55 ($25/64'' \times 2.16''$)	4
45	Right Stand 2	1	125	L-shaped Plate	6
93	Hex Head Bolt M10*70 ($25/64'' \times 2.95''$)	4	126	L-shaped Bolt Plate	2
108	Nylon lock Nut M10($25/64''$)	12			



Exploded View and Parts List

STEP 2

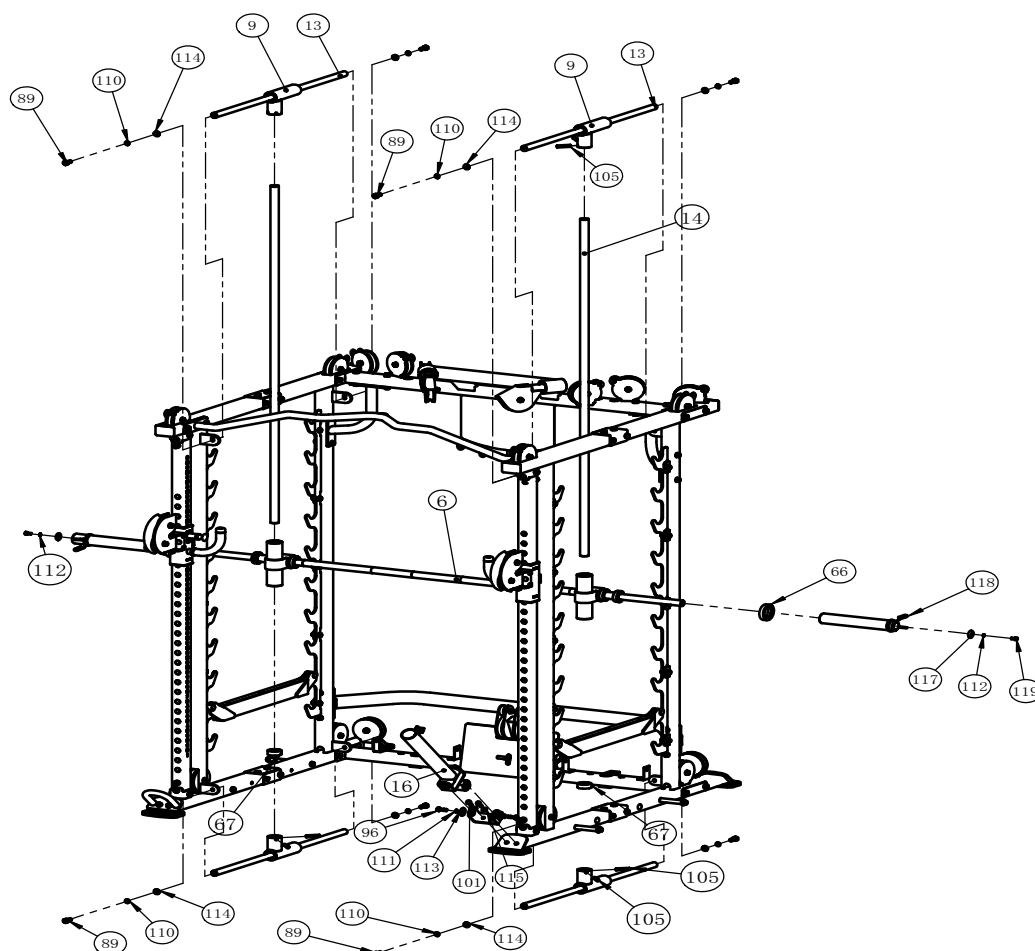
Item NO.	Description	Qty	Item NO.	Description	Qty
3	Top Bridge	1	91	Hex Head Bolt M10*100 (25/64"*3.94")	8
4	Weight Frame	1	93	Hex Head Bolt M10*70 (25/64"*2.95")	10
5	Transverse beam	1	96	Hex Head Bolt M10*30 (25/64"*1.18")	2
20	Intensify Frame1	1	97	Hex Head Bolt M10*25 (25/64"*0.98")	8
21	Intensify Frame2	1	98	Hex Head Bolt M10*20 (25/64"*0.79")	4
22	Connecting Shaft	4	108	Nylon lock Nut M10(25/64")	22
23	Rear Frame	1	115	Flat Washer $\phi 11 \times \phi 20 \times 2$ ($\phi 7/16 \times \phi 25/32 \times 0.08$ ")	42
43	Foot Frame	1	122	Shoulder Bolt	2
46	Support Foot Frame	1	127	Training Guide Plate	1
47	End Cap	4	129	Hex Head Bolt M10*15 (25/64"*0.59")	2



Exploded View and Parts List

STEP 3

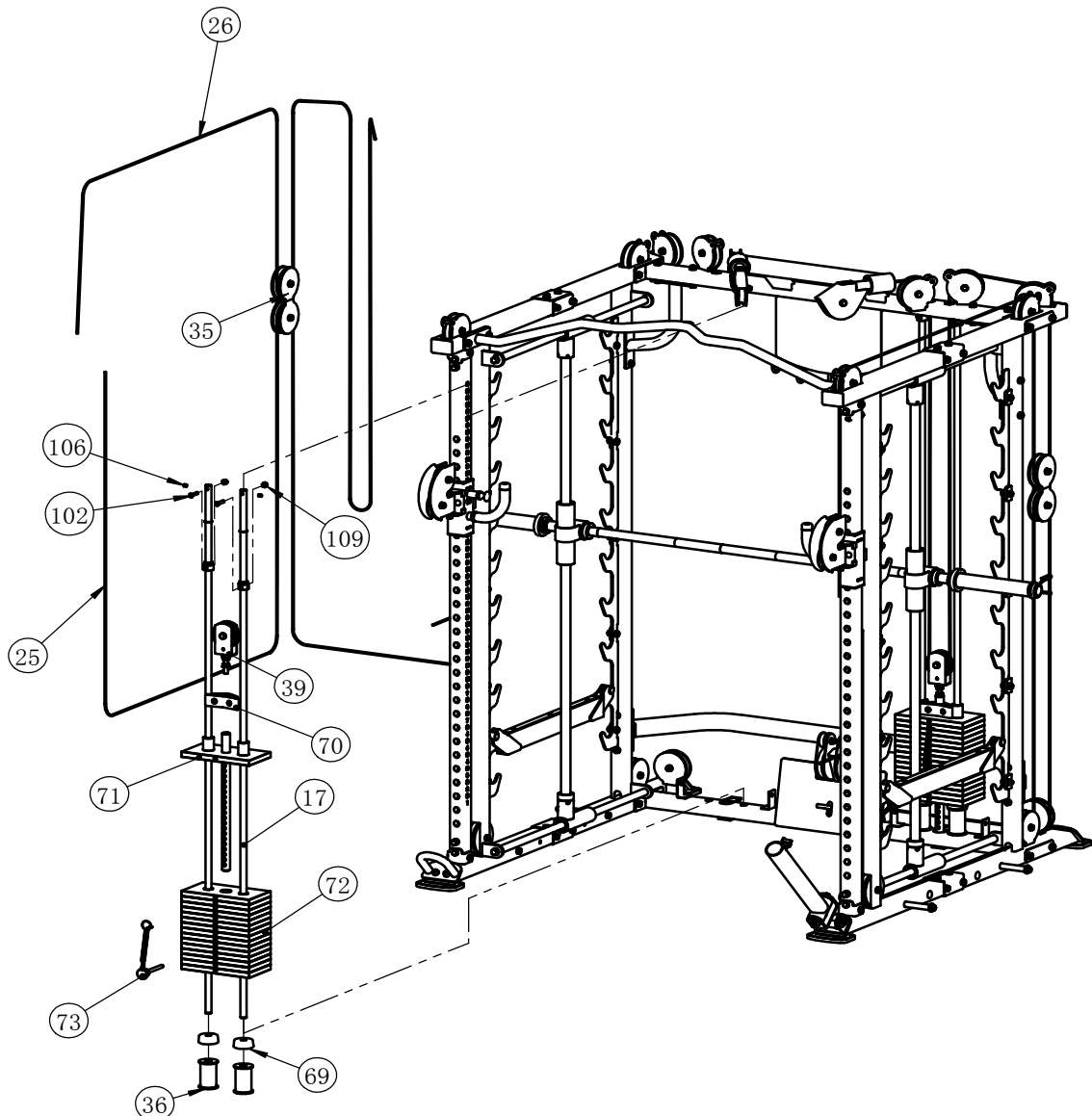
Item NO.	Description	Qty	Item NO.	Description	Qty
6	Barbell Grip	1	105	Socket Set Screw M10*8 (25/64"*0.31")	8
9	Movement Frame	4	110	Spring Washer $\phi 12(\phi 15/32")$	8
13	Level Guide bar	4	111	Spring Washer $\phi 10(\phi 25/64")$	4
14	Vertical Guide bar	2	112	Spring Washer $\phi 8(\phi 5/16")$	2
16	Battery Frame	1	113	Flat Washer $\phi 11*\phi 38*2$ ($\phi 7/16"*\phi 3/2"*0.08"$)	2
66	Disc Bumper	2	114	Flat Washer $\phi 24*\phi 13*2.5$ ($\phi 15/16"*\phi 33/64"*0.10"$)	8
67	Bumper	2	115	Flat Washer $\phi 11*\phi 20*2$ ($\phi 7/16"*\phi 25/32"*0.08"$)	4
89	Hex Head Bolt M12*30 (25/64"*1.18")	8	117	End Cap	2
96	Hex Head Bolt M10*30 (25/64"*1.18")	2	118	Spring	2
101	Socket Head Cap Screw M10*25 (25/64"*0.98")	2	119	Socket Head Cap Screw M8*20 (5/16"*0.79")	2



Exploded View and Parts List

STEP 4

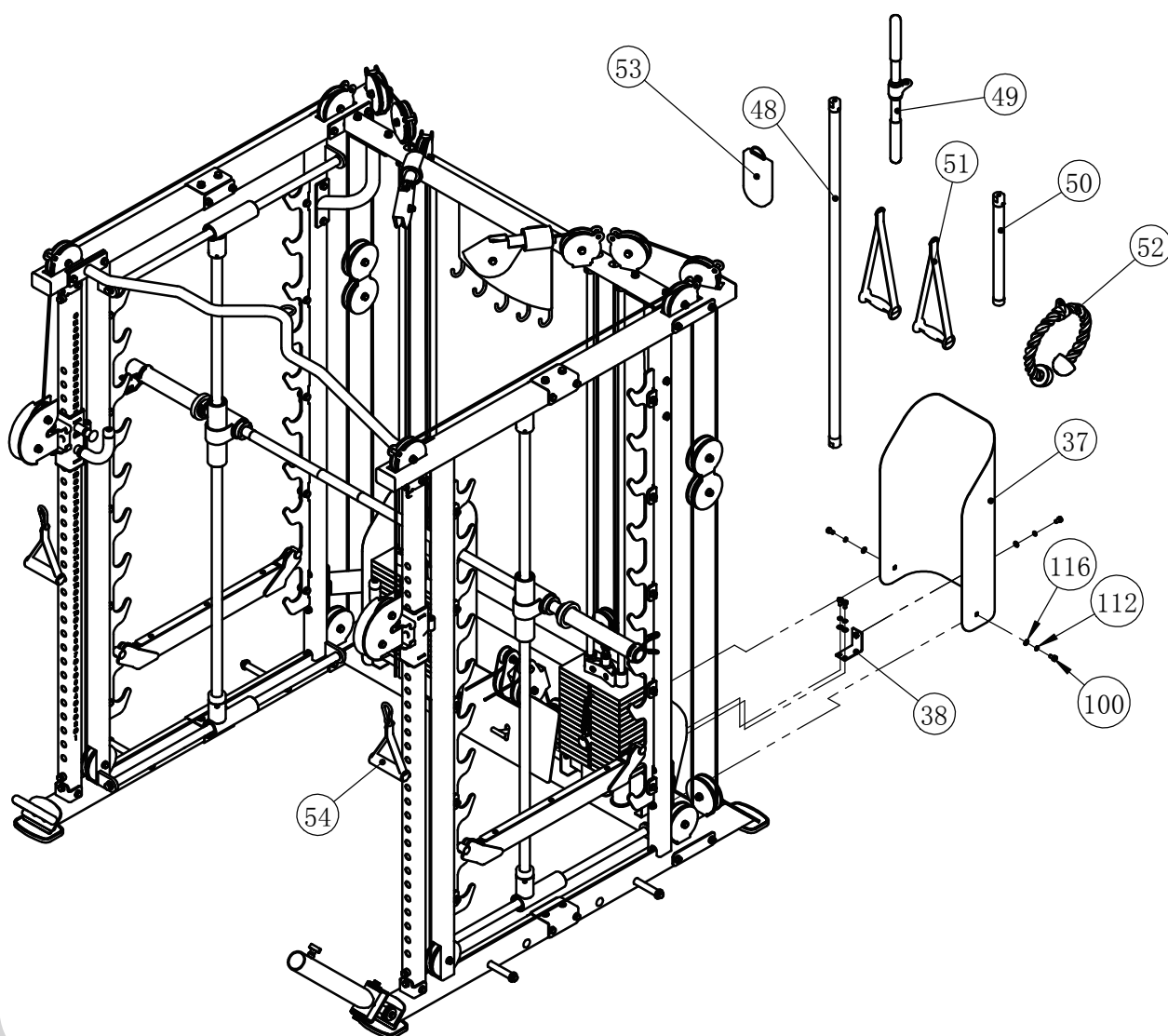
Item NO.	Description	Qty	Item NO.	Description	Qty
17	Guide bar	4	70	Rubber Fixed Block	2
25	Cable Assembly 1	2	71	Top Plate	2
26	Cable Assembly 2	2	72	Weight Plate	30
35	Motional Pulley Frame	2	73	Selector Pin W/Coil	2
36	Support Frame	4	102	Button Head Cap Screw M8*40 (5/16"*1.57")	4
39	Pulley Connecting Frame	2	106	Socket Set Screw M8*10 (5/16"*0.39")	4
69	Weight Rubber Bumper	4	109	Nylon lock Nut M8(5/16")	4



Exploded View and Parts List

STEP 5

Item NO.	Description	Qty	Item NO.	Description	Qty
37	Shroud	2	52	Triceps Rope	1
38	L-shaped plate	2	53	Foot Lat Strap	1
48	Long handle	1	54	Lat Strap	2
49	Short pull handle assembly	1	100	Hex Head Bolt M8*15 (5/16"*0.59")	10
50	Short handle	1	112	Spring Washer $\phi 8(\phi 5/16")$	10
51	Long Lat Strap	2	116	Flat Washer $\phi 9*\phi 16*1.6$ ($\phi 23/64"$ * $\phi 5/8"$ *0.06")	10



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 (Superlube)	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						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

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 proper.

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 Owners 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 Owners 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