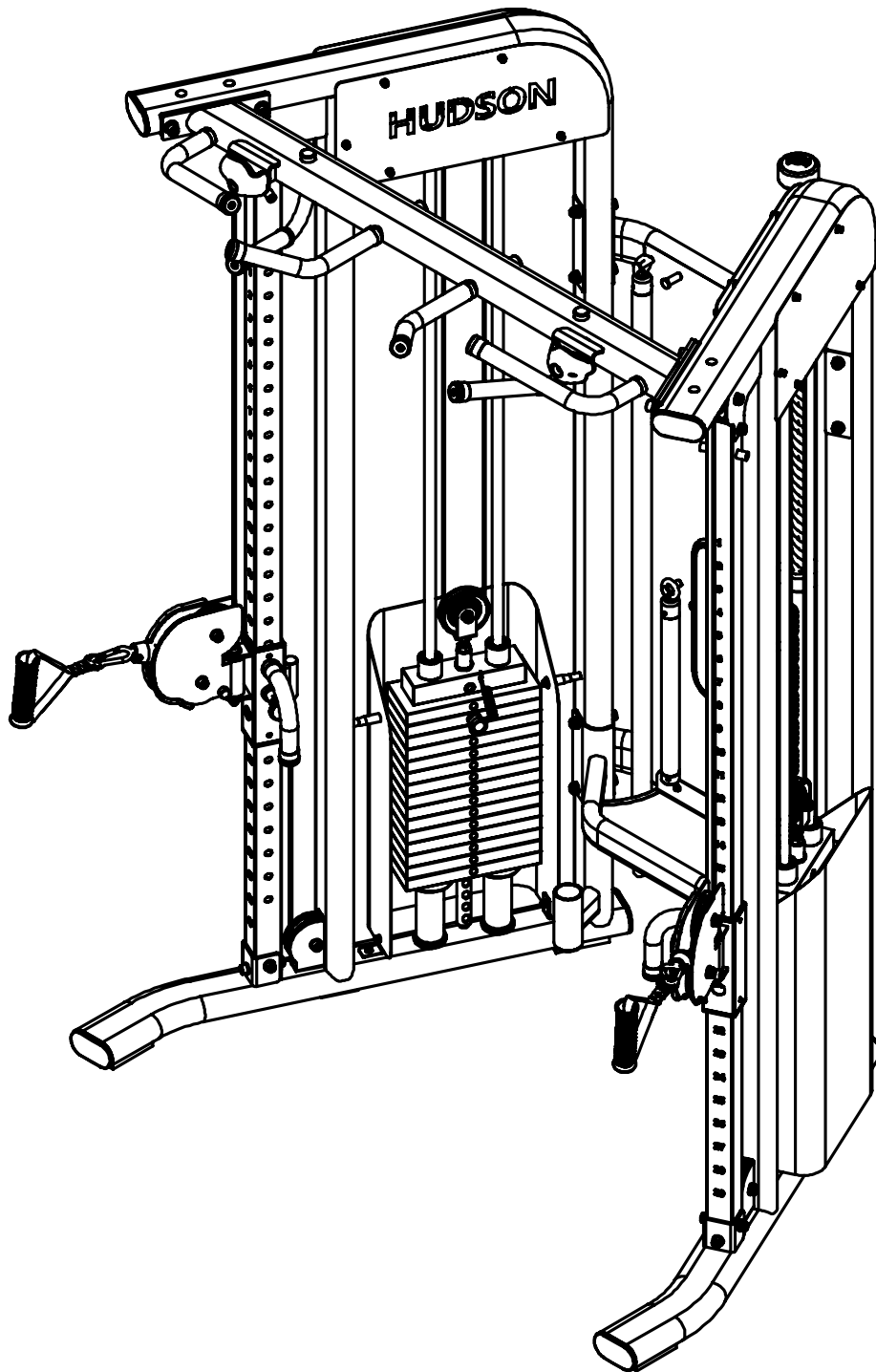
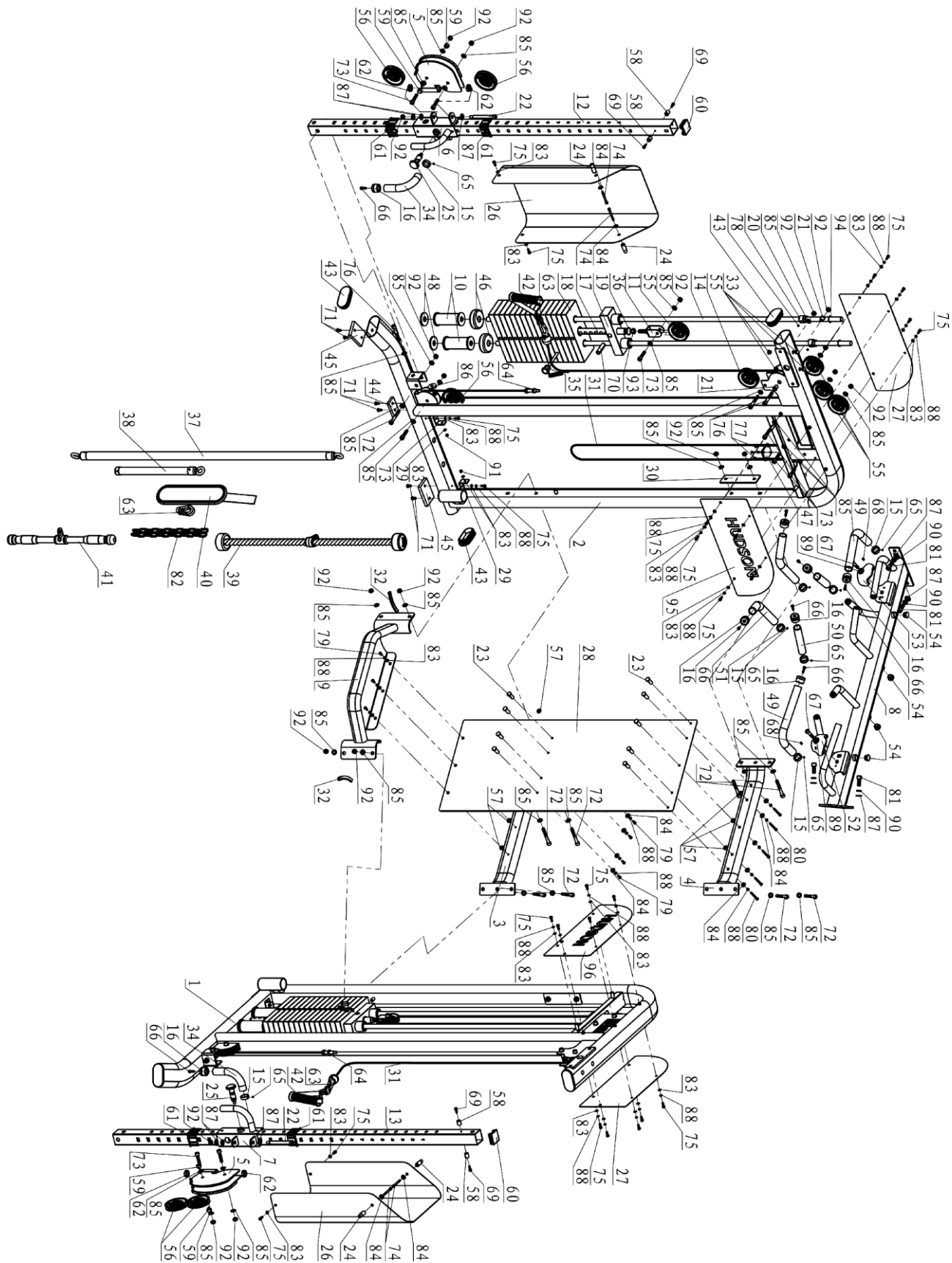


OWNER'S MANUAL

THE BEDFORD



EXPLODED VIEW



PARTS LIST

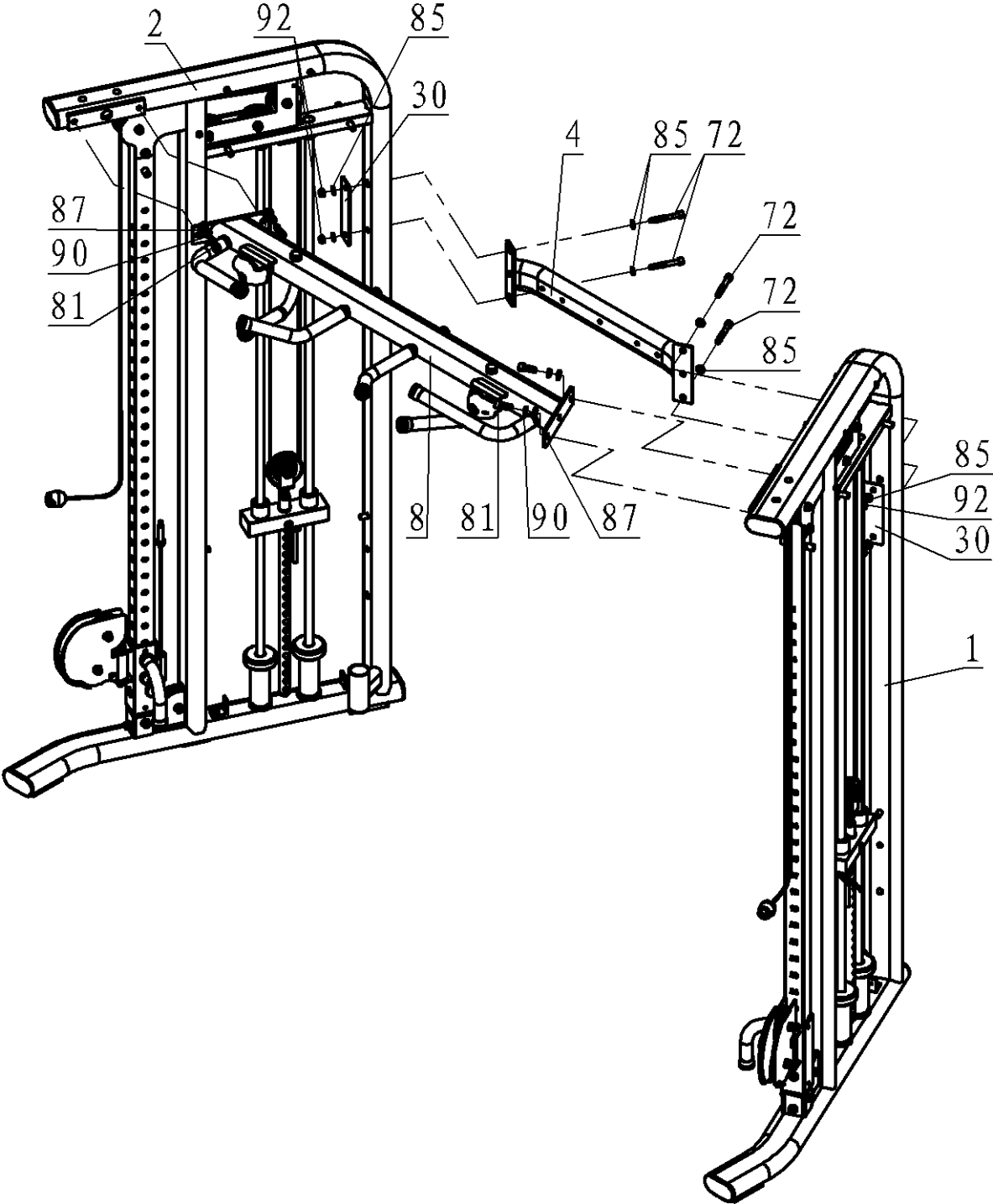
NO.	NAME	SPECIFICATION	QUANTITY
1	Right Frame		1
2	Left Frame		1
3	Rear lower support frame		1
4	Rear upper support frame		1
5	Double pulley rotating frame		2
6	Left Carriage	.	1
7	Rigfht Carriage	.	1
8	Upper crossbeam		1
9	Tray fixing frame		1
10	Weight Stacks Supporting Frame		4
11	Pulley frame		2
12	Left Adjusting Tube	F50*2*1779	1
13	Right Adjusting Tube	F50*2*1779	1
14	Guide Rod	Φ19*1742	4
15	Handle Ring	Φ33*10	8
16	Φ25 End Cap	Φ34.5*Φ6.5*25	8
17	20+1 Selectorized Rod	Φ25.4*595	2
18	Weight Stacks	252*101.6*25.4	30
19	8LBS Top Plate	210*60*40	2
20	Guide Sleeve	Φ30*Φ20.2*30	4
21	Pulley Sleeve	Φ18*Φ10.2*18	4
22	Shoulder boltΦ12.6X100	Φ12.6*100*M10	2
23	Pegs	Φ18*Φ12*35*M6	9
24	Cover Fixing Sleeve	Φ15*40*Φ6.2	4
25	Pin	.	2
26	Cover	650*315*150*1.5	2
27	Upper Cover	510*230*1.5	2
28	Poster Plate	1150*435*1.5	1
29	Cover Bottom Fixing Plate	25*40*40*3	4
30	Fixing Plate With Two Holes	178*50*3	2
31	Cable	Φ5*6685	2
32	Strip	13*6*112	2
33	Φ13 Hole Cap	Φ17.3*Φ12.6*10.8	8
34	Handle Grip	Φ24*3*180(TPV)	2
35	Magnetic Pin	Φ10*100	2
36	Small Ring	Φ1.5*31	2
37	Long Rod		1
38	Short Rod		1
39	Rope	Φ28.5*915	1

40	Ankle Attachment	340*90*10	1
41	Short Handle	Φ25*530	1
42	Handles Combo	Φ40*Φ33*187	2
43	PT50*100 End Cap	PT50*100*2.5	6
44	Foot Cover	70*45*10	2
45	Foot Cover	100*65*12	4
46	Bumper	Φ80*25	4
47	Flat Bumper	60*50*6	2
48	Bumper	Φ56*Φ20.5*5	4
49	Handle Grip 2	Φ24*3*345	2
50	Handle Grip 1	Φ24*3*160	2
51	Handle Grip 3	Φ24*3*290	2
52	Right Climbing Block	100*78*42	1
53	Left Climbing Block	100*78*43	1
54	End Cap	Φ25*3	4
55	Φ89 Pulley	Φ89*24	10
56	Φ95 Pulley	Φ95*24	6
57	Nylon Washer	Φ18*Φ8.2*2	6
58	Small Rubber Sleeve	Φ15*Φ6*18	4
59	Limit Block	Φ18*Φ6*20	4
60	F50*2 End Cap	F50*2	2
61	F60X2-F50 Sleeve	F60*2 for F50	4
62	Φ28 Step Bearing	Φ28*Φ12.7*10.5	4
63	Safety Hook	Φ8*80	4
64	Thin Nut	M12(thickness is 6mm)	2
65	M6*4 Hex socket screws	M6*4	8
66	M6*20 Hex Bolt	M6*20	8
67	M10*50 Hex Pan-head	M10*50	2
68	Hex Flat Head screw	M6*10	2
69	M6*15 Hex Bolt	M6*15	4
70	Elastic Cylindrical Pin	Φ16*60	2
71	M8*15 Hex Pan-head	M8*15	12
72	M10*75 Hex Bolt	M10*75	10
73	M10*45 Hex Bolt	M10*45	14
74	M6*55 Hex Bolt	M6*55	4
75	M6*15 Hex Bolt	M6*15	28
76	M10*70 Hex Bolt	M10*70	6
77	M5*10 countersunk head screws	M5*10	8
78	M6*6 Hex socket screws	M6*6	4
79	M6*15 Hex Pan-head	M6*15	7
80	M6*55 Hex Pan-head	M6*55	5
81	M12*30 Hex Bolt	M12*30	4
82	12-section chain	Φ5*21*370	2

83	Flat Washer	Φ6.6*Φ12*1.6	35
84	Big Washer	Φ6.6*Φ18*1.6	13
85	Flat Washer	Φ11*Φ20*2	54
86	Flat Washer	Φ11*Φ34*3	2
87	Flat Washer	Φ13.5*Φ24*2.5	10
88	Spring Washer	Φ6	36
89	Spring Washer	Φ10	2
90	Spring Washer	Φ12	4
91	M6 Nut	M6	4
92	M10 Nut	M10	32
93	Flat Nut	1/2"-13UNC	2
94	O Ring	Φ19*1.8	4
95	The left inner upper cover	510*230*1.5	1
96	The right inner upper cover	510*230*1.5	1

ASSEMBLY STEPS

Step 1.



NO.	NAME	SPECIFICATION	QUANTITY
1	Right Frame		1
2	Left Frame		1
4	Rear upper support frame		1
8	Upper crossbeam		1
30	Fixing Plate With Two Holes	178*50*3	2
72	M10*75 Hex Bolt	M10*75	4
81	M12*30 Hex Bolt	M12*30	4
85	Flat Washer	Φ 11*Φ20*2	8
87	Flat Washer	Φ 13.5*Φ24*2.5	4
90	Spring Washer	Φ 12	4
92	M10 Nut	M10	4

1. Attach #4 to #1 and #2 using:

- 4 #72
- 8 #85
- 2 #30
- 4 #92

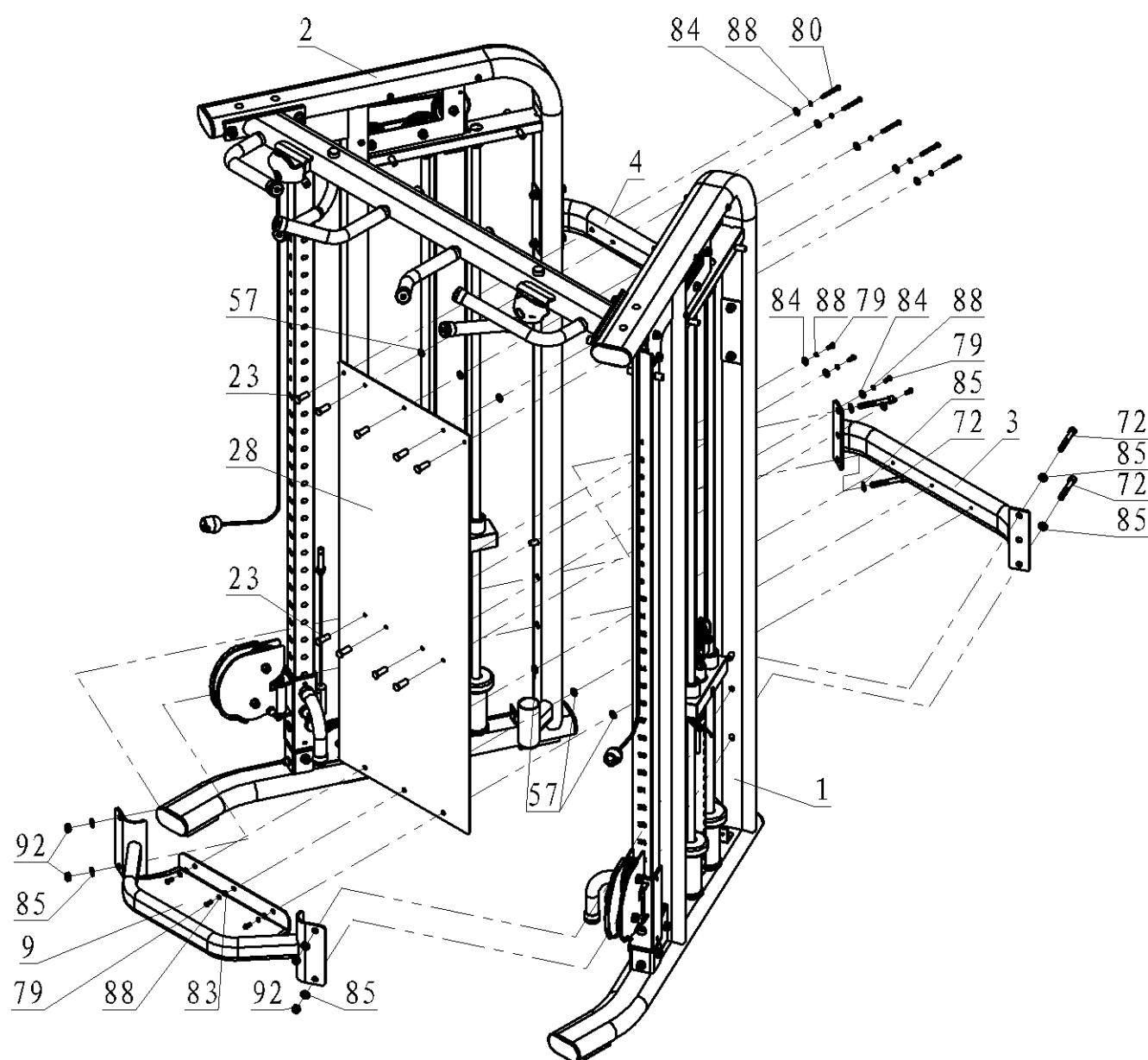
Please don't tighten all the bolts.

2. Attach #8 to #1 and #2 using:

- 4 #81
- 4 #90
- 4 #87

Please don't tighten all the bolts.

Step 2.



NO.	NAME	SPECIFICATION	QUANTITY
1	Right Frame		1
2	Left Frame		1
3	Rear lower support frame		1
4	Rear upper support frame		1
9	Tray fixing frame		1
23	Pegs	Φ 18*Φ12*35*M6	9
28	Poster Plate	1150*435*1.5	1
57	Nylon Washer	Φ 18*Φ8.2*2	6
72	M10*75 Hex Bolt	M10*75	4
79	M6*15 Hex Pan-head	M6*15	7

80	M6*55 Hex Pan-head	M6*55	5
83	Flat Washer	Φ 6.6*Φ12*1.6	3
84	Big Washer	Φ 6.6*Φ18*1.6	9
85	Flat Washer	Φ 11*Φ20*2	8
88	Spring Washer	Φ 6	12
92	M10 Nut	M10	4

1. Attach #3 and #9 to #1 and #2 using:

- 4 #72
- 8 #85
- 4 #92

2. Attach #28 to #4 using:

- 5 #80
- 5 #88
- 5 #84
- 5 #23
- 3 #57

Please don't tighten all the bolts. We need to position #57 right in the middle between #28 and #4.

3. Attach #28 to #9 and #3 using:

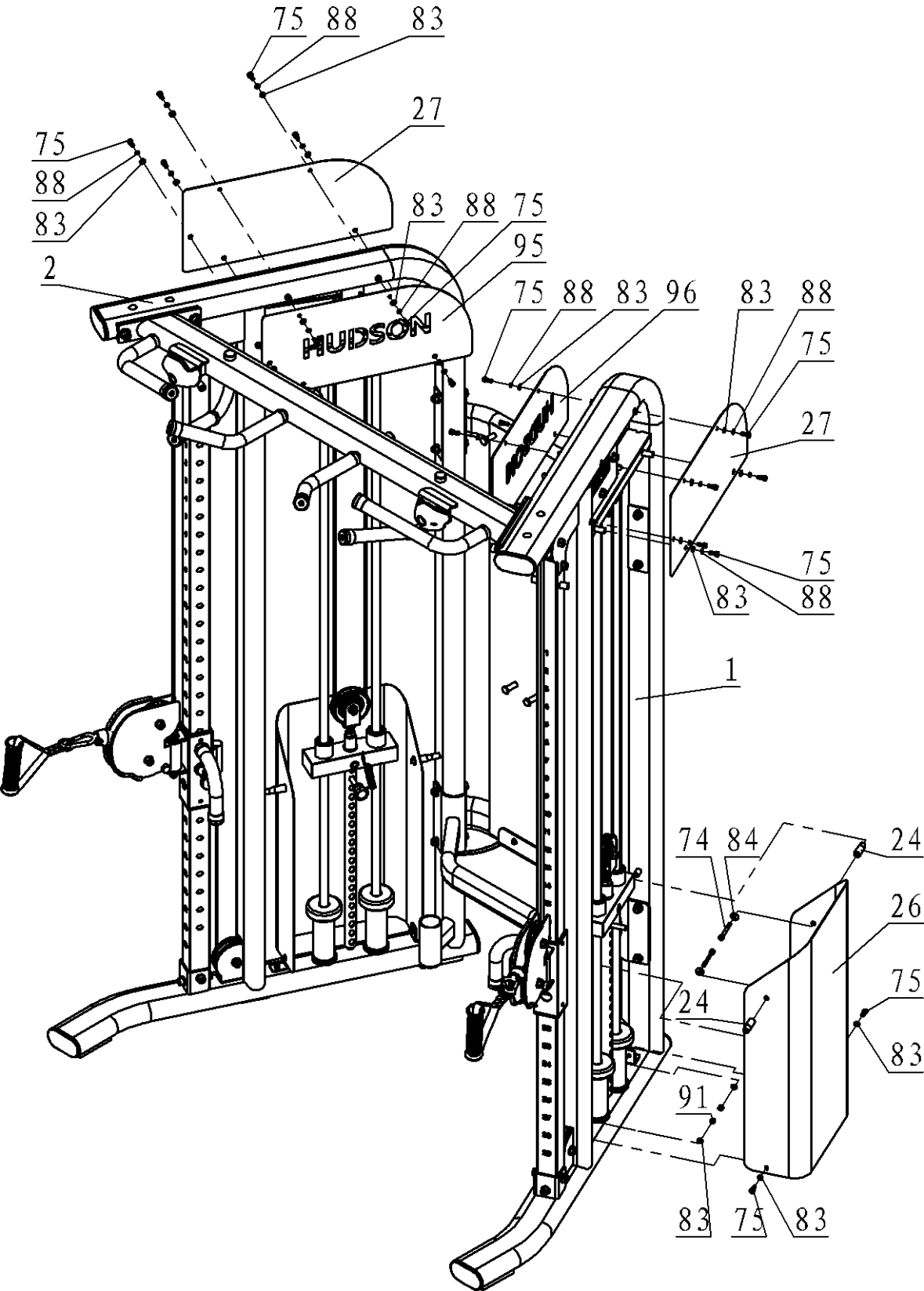
- 3 #79
- 3 #88
- 3 #83
- 3 #57

We need to position #57 right in the middle between #28 and #3.

4. Attach 4 #23 to #28 using:

- 4 #79
- 4 #88
- 4 #84

Step 3.



NO.	NAME	SPECIFICATION	QUANTITY
1	Left Upright Frame		1
2	Right Upright Frame		1
24	Cover Fixing Sleeve		4
26	Cover		2
27	Upper Cover		2
74	M6*55 Hex Bolt		4
75	M6*15 Hex Bolt		24
83	Flat Washer	Φ6.6*Φ12*1.6	28
84	Big Washer	Φ6.6*Φ18*1.6	4
88	Spring Washer	Φ6	20
91	M6 Nut	M6	4
95	The left inner upper cover	510*230*1.5	1
96	The right inner upper cover	510*230*1.5	1

1. Attach 2 #26 to #1 and #2 using:

- 4 #75
- 8 #83
- 4 #91
- 4 #74
- 4 #84
- 4 #24

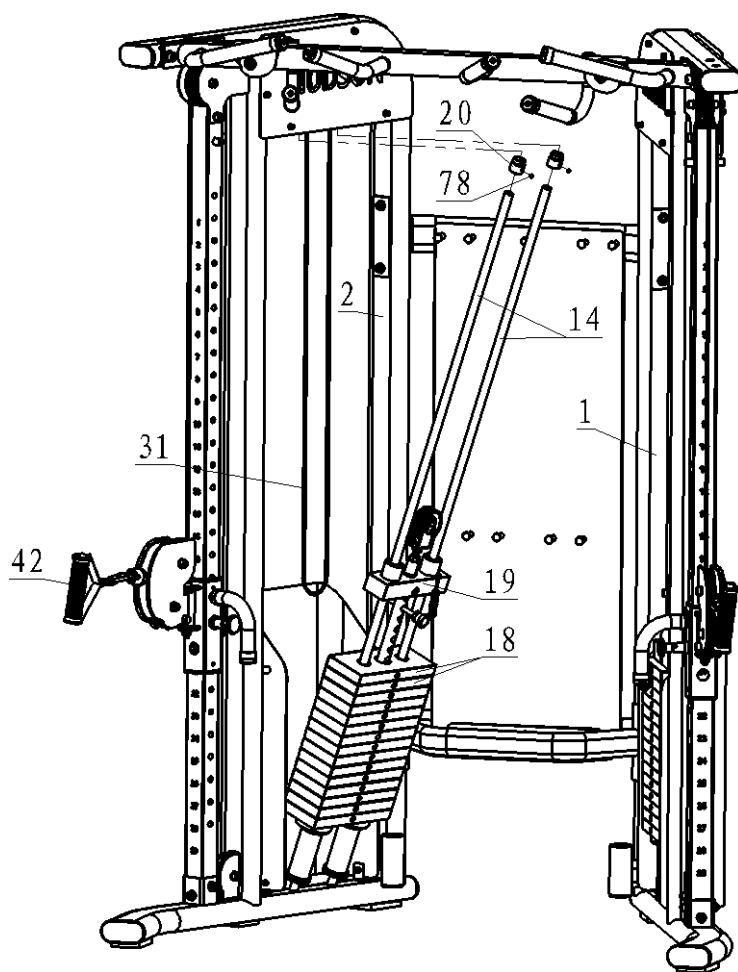
2. Attach #27 and #95 to #2 using:

- 10 #75
- 10 #88
- 10 #83

3. Attach #27 and #96 to #1 using:

- 10 #75
- 10 #88
- 10 #83

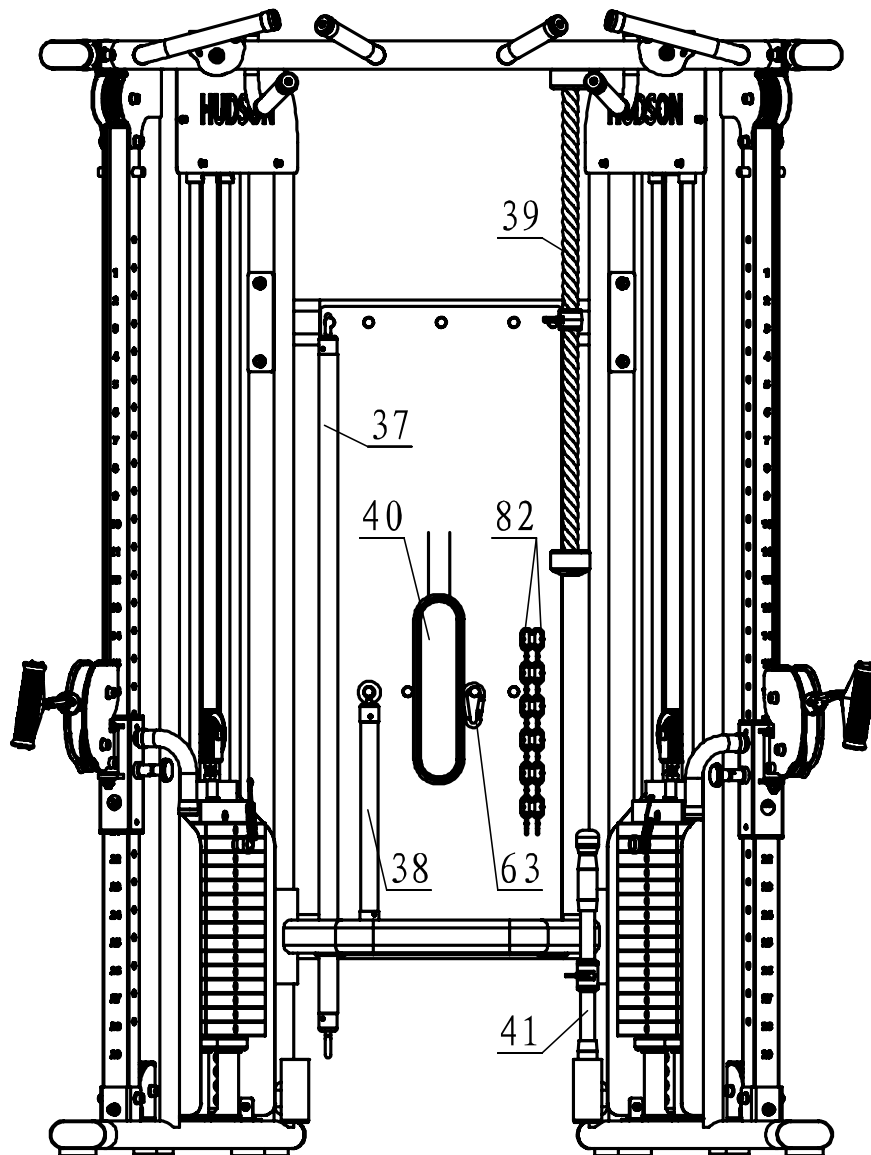
Step 4.



NO.	NAME	SPECIFICATION	QUANTITY
1	Left Upright Frame		1
2	Right Upright Frame		1
14	Guide Rod	Φ 19*1742	4
18	Weight Stacks	252*101.6*25.4	30
19	8LBS Top Plate	210*60*40	2
20	Guide Sleeve	Φ 30*Φ20.2*30	4
31	Cable	Φ 5*6685	2
42	Handles Combo	Φ 40*Φ33*187	2
78	M6*6 Hex socket screws	M6*6	4

1. Remove #78 from #20 and remove #20 and #19 from #14.
2. Install 15 #18 on #14 followed by reinstalling #19 and #20. Finally, please make sure to tighten #78 securely.
3. Attach #42 to #31.
4. Use the same way to install the right part.
5. Tighten all the bolts.

Step 5.



NO.	NAME	SPECIFICATION	QUANTITY
37	Long Rod		1
38	Short Rod		1
39	Rope	Φ 28.5*915	1
40	Ankle Attachment	340*90*10	1
41	Short Handle	Φ 25*530	1
63	Safety Hook	Φ 8*80	2
82	12-section chain	Φ 5*21*370	2

1. Attach #37, #38, #39, #40, #41, #63 and #82 on the #23 pegs.

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

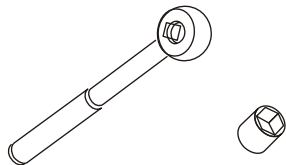
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the 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

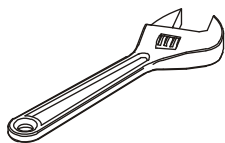
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

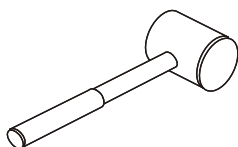
Tools Required



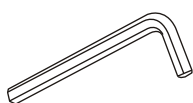
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

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.