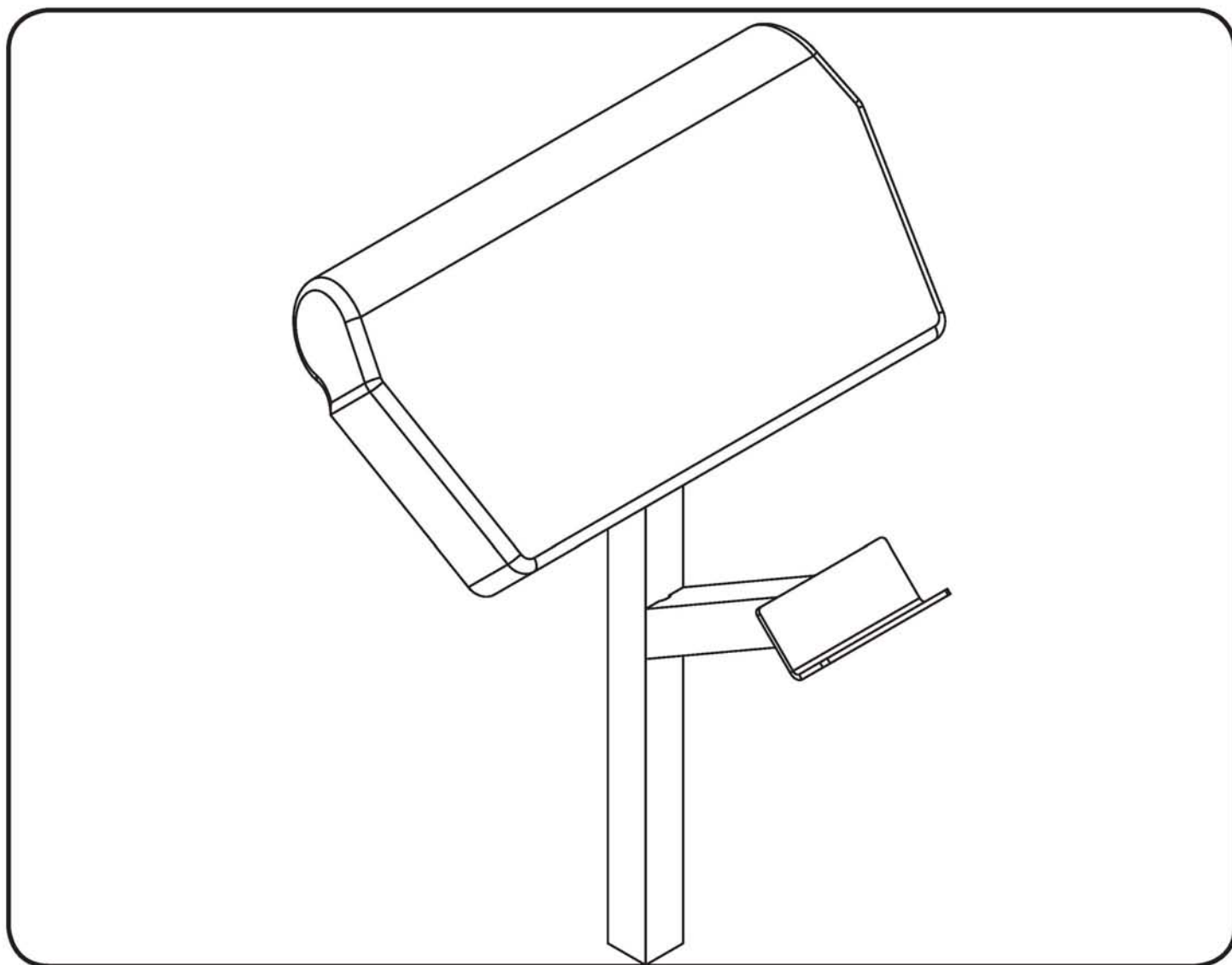




HUDSON STEEL

Owner's Manual

ARM ATTACHMENT



! CAUTION

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

215-00117
10/06 Rev A



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Important Safety Information



This manual will guide you through the assembly process.



NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

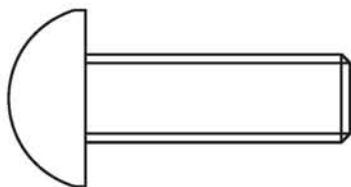
SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems.

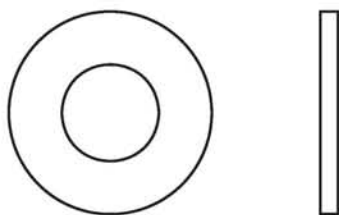
It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

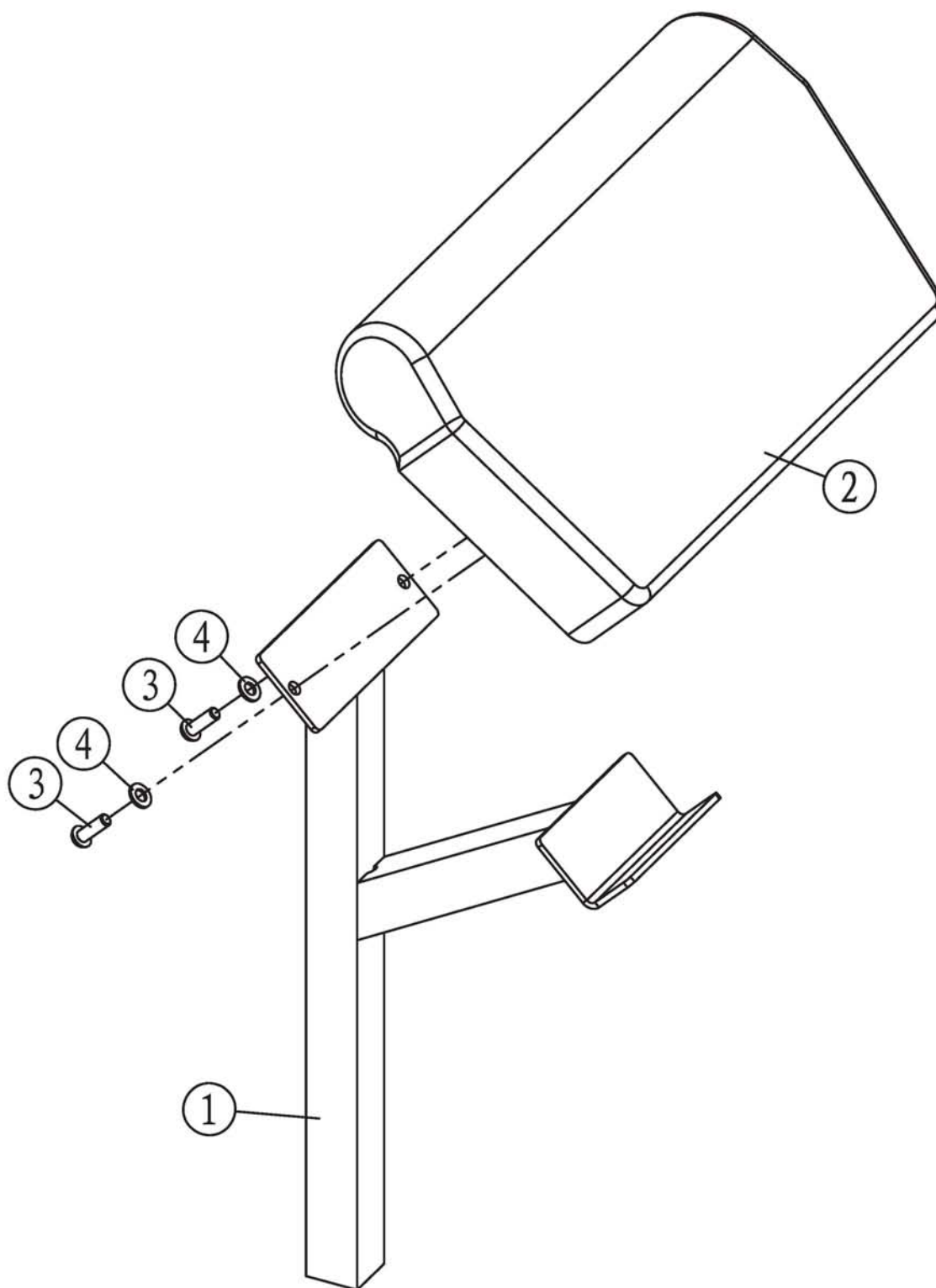
- This unit should only be used on a level surface and is intended for indoor use only.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative.



[3#] M10*30 2pcs



[4#] $\varnothing 11 * \varnothing 23 * 2$ 2pcs



Parts List

H-ARMATT PARTS LIST

Ref #	Part #	Description	Qty
1	223-00962	ARM SUPPORT, H-ARMATT	1
2	228-00220	ARM PAD, H-ARMATT	1
3	202-00635	SCREW, M10X30 BUTTON HEAD SOCKET CAP	2
4	202-00223	WASHER, 11X23X2	2
#	202-00682	BOLT PACK, H-ARMATT	1



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