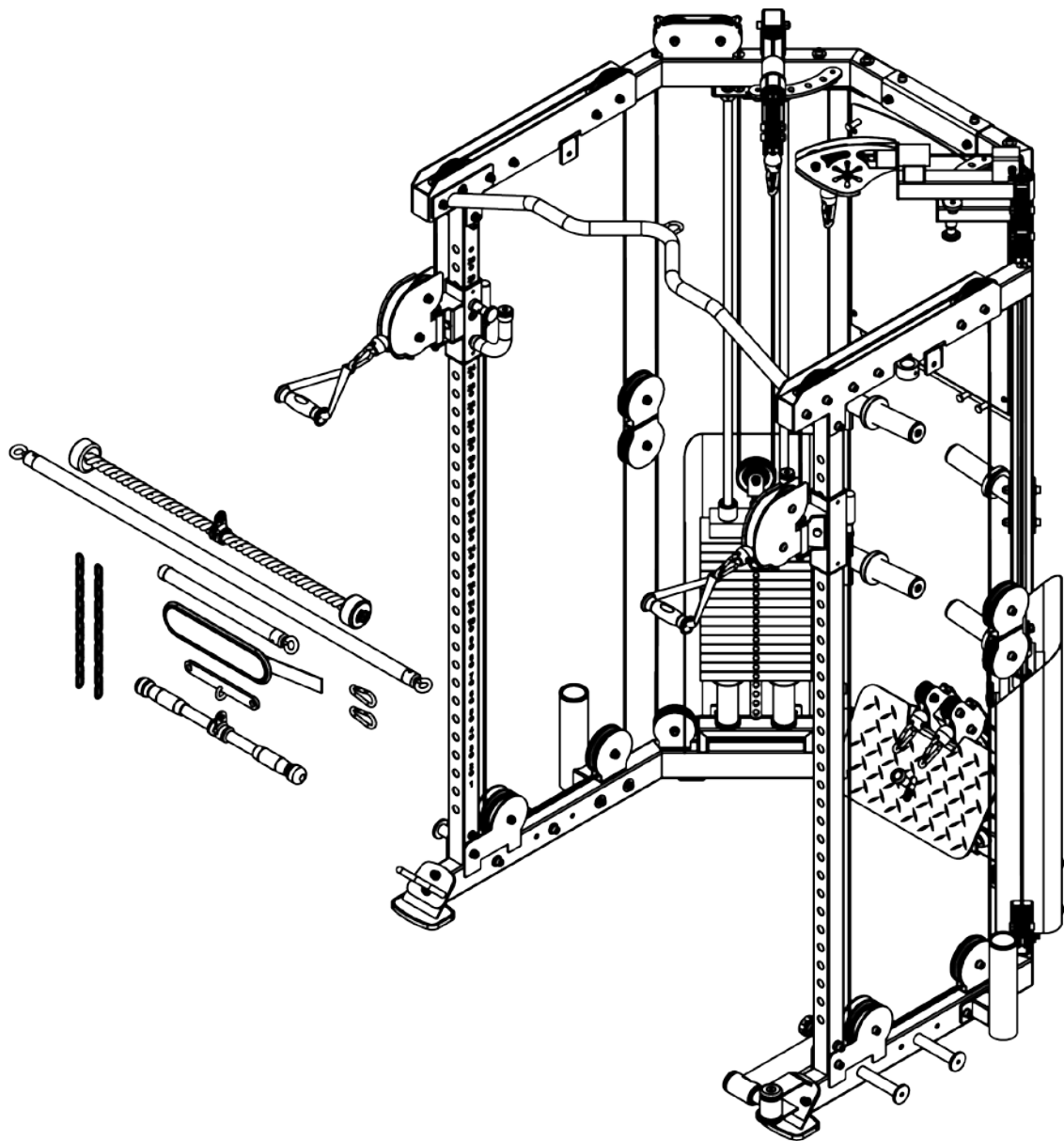


OWNER'S MANUAL

GREENWICH



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PARTS LIST

Nº	English description	Specification	Qty
1	Left Base Tube		1
2	Right Base Tube		1
3	Back Bracket		1
4	Vertical Tube	F50*2*1838.5	2
5	Upper Left Connection Frame		1
6	Upper Right Connection Frame		1
7	Left Rotating Frame		1
8	Right Rotating Frame		1
9	Handle Holder		1
10	Left Back Upright Frame		1
11	Right Back Upright Frame		1
12	Left Barbell Stand		2
13	Right Barbell Stand		2
14	Pulley Frame		2
15	Double Pulley Frame		2
16	Foot Pedal		1
17	Pedal Adjustable Frame		1
18	Left Adjustable Frame		1
19	Right Adjustable Frame		1
20	Pulley Frame		2
21	Battle Rope Rack		1
22	Rotating Support		1
23	Barbell Bracket		1
24	Rotating Stand		1
25	Bands peg		4
26	Storage Rack		2
27	Pin		2
28	Barbell Shaft	Φ25*67*M10	1
29	Accessory Hanging Plate	500*685*33*3	1
30	Hanger Column	Φ18*Φ12*35*M6	6
31	Upper Pin		2
32	L Plate with two holes	300*85*25*5	1
33	Long Outer Connecting Plate	660*167*4	2
34	Long Inner Connecting Plate	660*167*4	2
35	Adjustment Guard	219.5*65*2	2
36	Left Lower Shroud	780*325*150*1.5	1
37	Right Lower Shroud	780*325*150*1.5	1

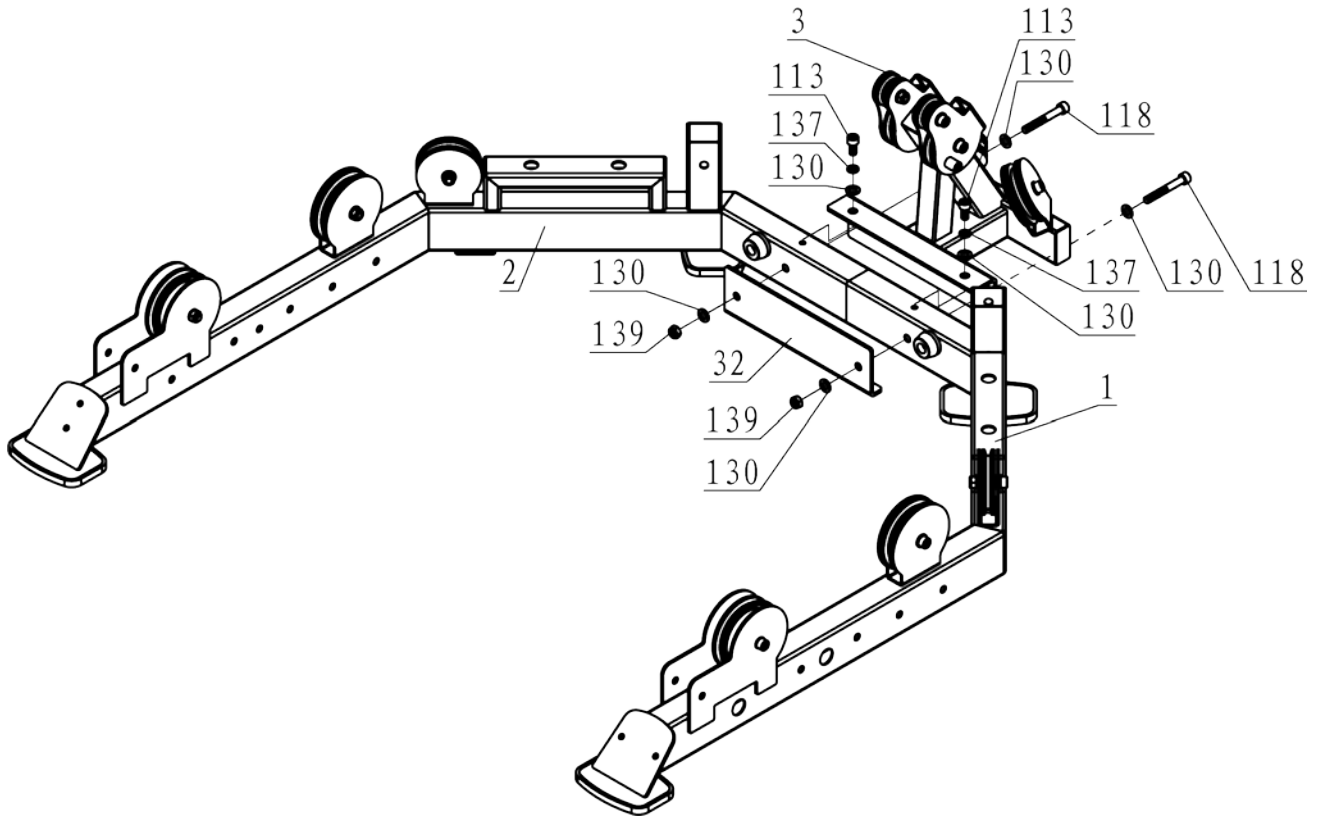
38	Shroud Fixing Plate	25*63.5*100*5	4
39	Guide-rod	Φ19*1768	4
40	Hanger L Plate	545*50*30*3	2
41	Anti-friction Stickers	60*25*0.5	2
42	Pulley Sleeve	Φ18*Φ10.2*18	8
43	Φ50 Shaft Cap	Φ50*Φ11*8	3
44	Upper Cable	Φ5*6450	2
45	Lower Cable	Φ5*4815	2
46	L Plate with four holes	300*75*50*5	2
47	Knob	Φ35*50*M10	1
48	Weight Stack Support Frame		4
49	Pulley Frame		2
50	Barbell Guard Plate	48*40*5	2
51	20+1 Selector Shaft	Φ25.4*595	2
52	8LBS Top Plate	210*60*40	2
53	Copper Sleeve	Φ38*Φ32*Φ25.2*18	4
54	Stopper	Φ18*Φ6*16	4
55	Small Ring	Φ1.5*31	2
56	Magnetic Pin	Φ10*100	2
57	Φ114 Pulley	Φ114*25.4	12
58	Φ95 Pulley	Φ95*24	16
59	Φ89 Pulley	Φ89*24	2
60	Φ50 Pulley	Φ50*24	6
61	10LBS Weight Stack	252*101.6*25.4	30
62	Handle	Φ44*132*182	2
63	Φ47.5 End Cap	Φ47.5*Φ8.5*10	4
64	Handle Ring	Φ33*10	2
65	Stepped Bearing	Φ28*Φ12.7*10.5	4
66	Φ25 End Cap	Φ34.5*Φ6.5*25	2
67	17 Pulley Sleeve	Φ18*Φ14.5*Φ10.2*20	4
68	11.5 Pulley Sleeve	Φ18*Φ10.2*13.5	4
69	M10 Knob	M10*25	1
70	F50*3 Stopper	F50*3	2
71	F40 Stopper	F40*3	2
72	J50*75 Stopper	J50*75*2.5	2
73	Hollow Pipe Sleeve	Φ63.5*Φ53*200	2
74	Hollow Pipe Sleeve	F60*2 配 F50	4
75	Plastic Sleeve	Φ21*Φ13*13	4
76	Foot Pad	140.5*95.5*11	4
77	Guide-rod Sleeve	Φ30*Φ20.2*30	4

78	Bumper	Φ56*Φ20.5*5	4
79	Bumper	Φ38*Φ7*15	2
80	Bumper	Φ55*Φ26*5	2
81	Barbell Bumper	Φ77*Φ47.5*13	4
82	Bumper	Φ80*25	4
83	Bumper	60*50*6	2
84	Limit Sleeve	Φ22*Φ10*8	2
85	Handle Sleeve	Φ24*3*180(TPV)	2
86	Front Guard Plate	58*38*5	2
87	Bearing Washer	Φ30*Φ25.2*1	2
88	Shoulder Bolt	Φ12.6*100*M10	2
89	Lat Pulldown Plate		1
90	Long Rod	Φ25*3*1220	1
91	Short Rod	Φ25*3*375	1
92	Rope	Φ28.5*915	1
93	12 Link	Φ5*21*370	2
94	Ankle-cap	340*90*10	1
95	Short Pole Foam	Φ24*3*350	1
96	Long Pole Foam	Φ24*3*1190	1
97	Handle Cover	Φ33*Φ26*19	1
98	Big Handle Cover	Φ33*M25*32	3
99	Hook Ring	Φ10*M8*68	3
100	Handle	Φ25*530	1
101	Safety Hook	Φ8*80	8
102	Flat Nut	1/2"-13UNC	2
103	External Circlip	Φ25	4
104	Cylindrical Pin	Φ16*60	2
105	Bearing	6005ZZ	8
106	O-ring	Φ19*1.8	4
107	Hex Socket-head Shoulder Screws	Φ10*25*M8	2
108	Hex Flat-head Screw	M6*4	14
109	Hex Socket-head Bolt	M6*15	14
110	Hex Socket-head Bolt	M6*20	2
111	Hex Socket-head Bolt	M8*15	10
112	Hex Socket-head Bolt	M10*15	6
113	Hex Socket-head Bolt	M10*20	6
114	Hex Socket-head Bolt	M10*25	4
115	Hex Socket-head Bolt	M10*45	26
116	Hex Socket-head Bolt	M10*65	2
117	Hex Socket-head Bolt	M10*70	4

118	Hex Socket-head Bolt	M10*75	26
119	Hex Socket-head Bolt	M10*80	6
120	Hex Socket-head Bolt	M10*95	4
121	Hex Socket-head Bolt	M10*100	2
122	Hex Bolt	M6*15	12
123	Hex Bolt	M10*45	4
124	Hex Counter-sunk Screw	M6*10	8
125	Hex Counter-sunk Screw	M8*25	4
126	Hex Counter-sunk Bolt	M10*20	3
127	Phillips Counter-sunk Screw	M5*10	8
128	Flat Washer	Φ6.6*Φ12*1.6	22
129	Flat Washer	Φ9*Φ16*1.6	4
130	Flat Washer	Φ11*Φ20*2	138
131	Big Washer	Φ10.6*Φ26*2	4
132	Flat Washer	Φ10.5*Φ30*2.5	8
133	Flat Washer	Φ13.5*Φ24*2.5	6
134	Big Washer	Φ6.6*Φ18*1.6	6
135	Spring Washer	Φ6	20
136	Spring Washer	Φ8	6
137	Spring Washer	Φ10	16
138	Nut	M6	4
139	Nut	M10	74
140	Thin Nut	M12(thickness 6mm)	2
141	Bearing	608ZZ	3
142	Nut	M8	3

ASSEMBLY STEPS

Step 1-1.



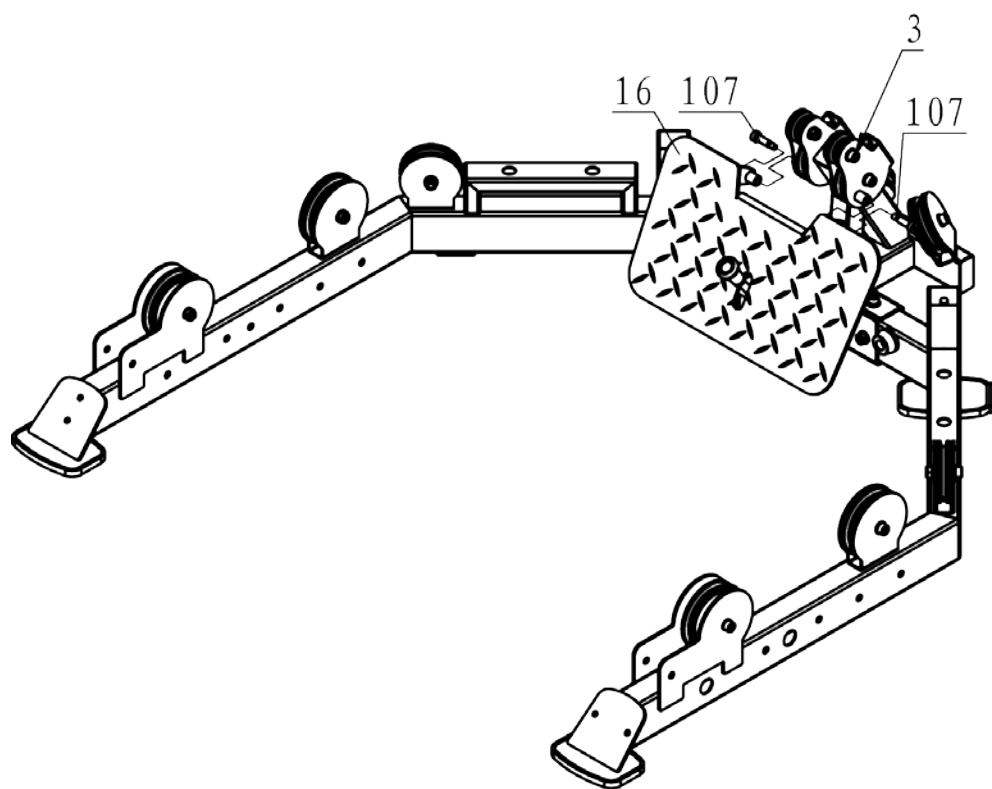
1. Attach #1, #2 and #32 to #3 using:

- 2 #113
- 2 #118
- 6 #130
- 2 #137
- 2 #139

Do not tighten the bolts yet;

NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
3	Back Bracket		1
32	L Plate with two holes	300*85*25*5	1
113	Hex Socket-head Bolt	M10*20	2
118	Hex Socket-head Bolt	M10*75	2
130	Flat Washer	Φ11*Φ20*2	6
137	Spring Washer	Φ10	2
139	Nut	M10	2

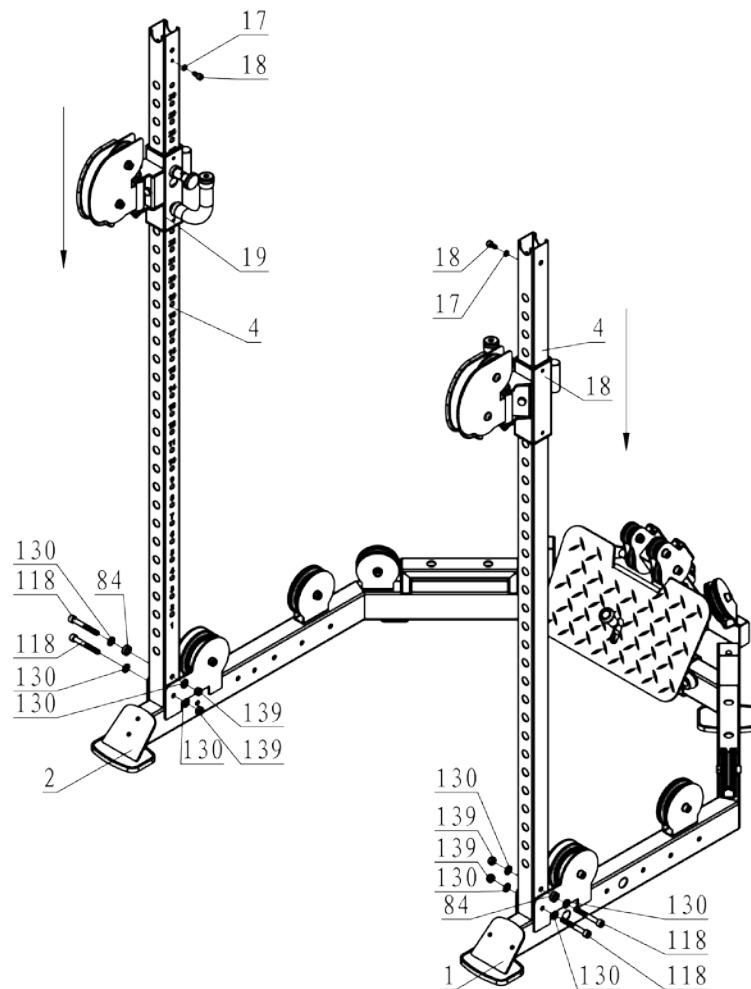
Step 1-2.



1. Attach #16 to #3 using:
- 2 #107
- Then tighten all the bolts (Note: After the foot pedal is installed, pull the handle of the adjustable frame to ensure that the foot pedal rotates smoothly)

NO.	NAME	SPECIFICATION	QUANTITY
3	Back Bracket		1
16	Foot Pedal		1
107	Hex Socket-head Shoulder Screws	Φ10*25*M8	2

Step 2.



1. Install #18 and #9 on 2 #4, Pay attention to the adjustable frame is installed on the vertical tube to slide smoothly.

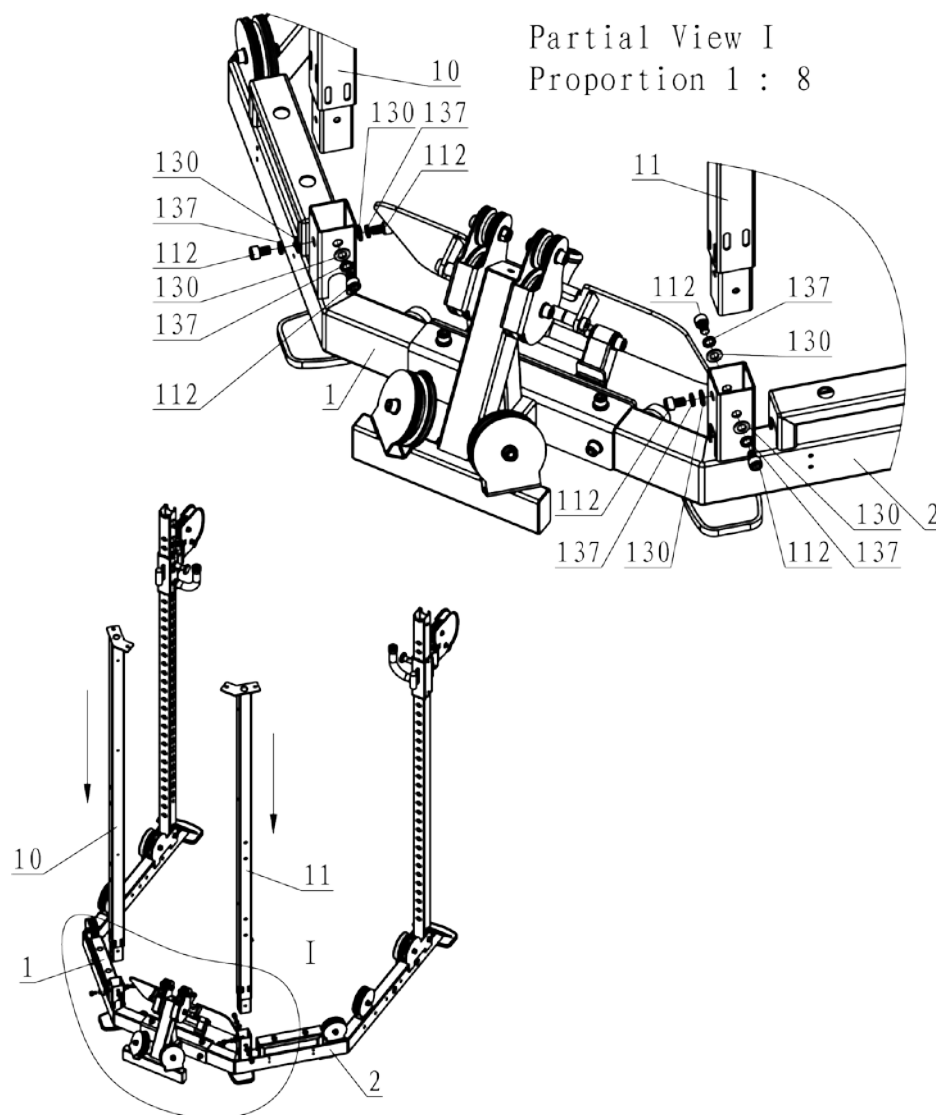
2. Install 2 #4 on #1 and #2 respectively using:

- 4 #118
- 2 #84
- 8 #130
- 4 #139

Do not tighten the bolts yet;

NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
118	Hex Socket-head Bolt	M10*75	4
130	Flat Washer	Φ11*Φ20*2	8
139	Nut	M10	4
4	Vertical Tube	F50*2*1838.5	2
19	Right Adjustable Frame		1
18	Left Adjustable Frame		1
84	Limit Sleeve	Φ22*Φ10*8	2

Step 3.



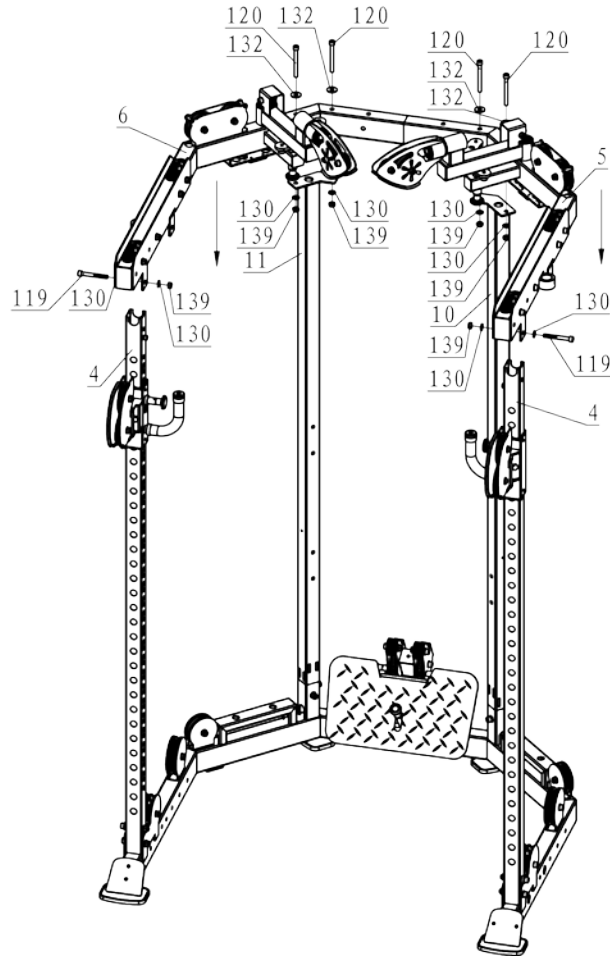
1. Install #10 and #11 on #1 and #2 respectively using:

- 6 #112
- 6 #137
- 6 #130

Do not tighten the bolts yet;

NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
130	Flat Washer	$\Phi 11 * \Phi 20 * 2$	6
137	Spring Washer	$\Phi 10$	6
10	Left Back Upright Frame		1
11	Right Back Upright Frame		1
112	Hex Socket-head Bolt	M10*15	6

Step 4.



1. Install #5 on #4 and #10 using:

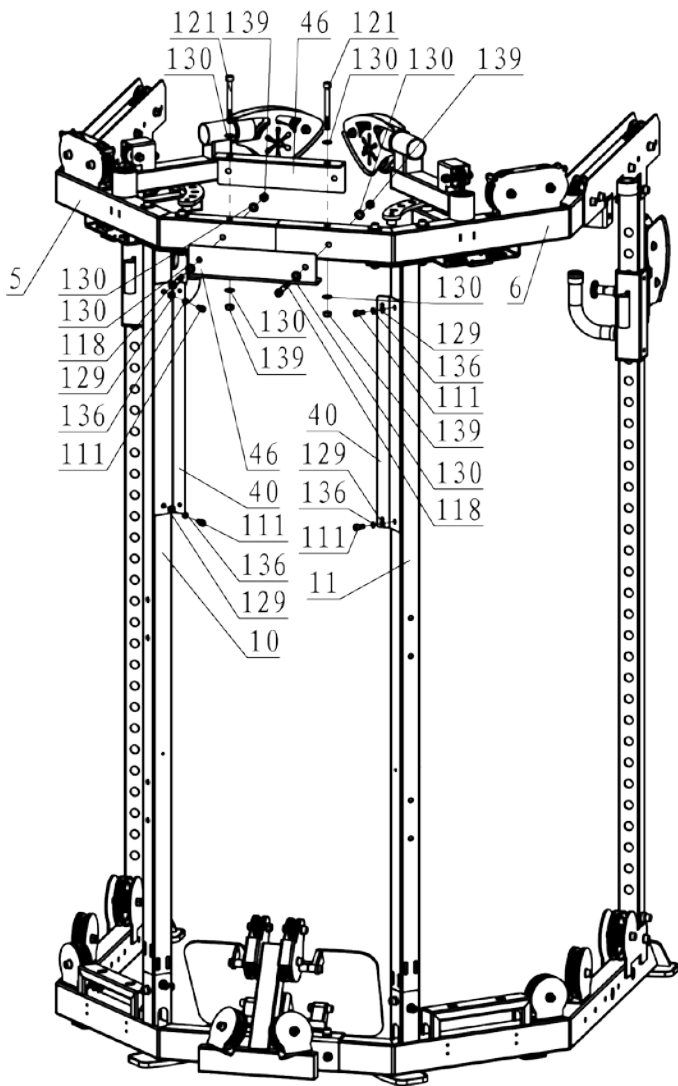
- 2 #120
- 1 #119
- 2 #132
- 4 #130
- 3 #139

Do not tighten the bolts yet;

2. Same way install #6 on #4 and #10, do not tighten the bolts yet.

NO.	NAME	SPECIFICATION	QUANTITY
130	Flat Washer	Φ11*Φ20*2	8
139	Nut	M10	6
4	Vertical Tube	F50*2*1838.5	2
10	Left Back Upright Frame		1
11	Right Back Upright Frame		1
5	Upper Left Connection Frame		1
6	Upper Right Connection Frame		1
120	Hex Socket-head Bolt	M10*95	4
132	Flat Washer	Φ10.5*Φ30*2.5	4
119	Hex Socket-head Bolt	M10*80	2

Step 5.



- 2 #118
- 2 #121
- 8 #130
- 4 #139

Do not tighten the bolts yet;

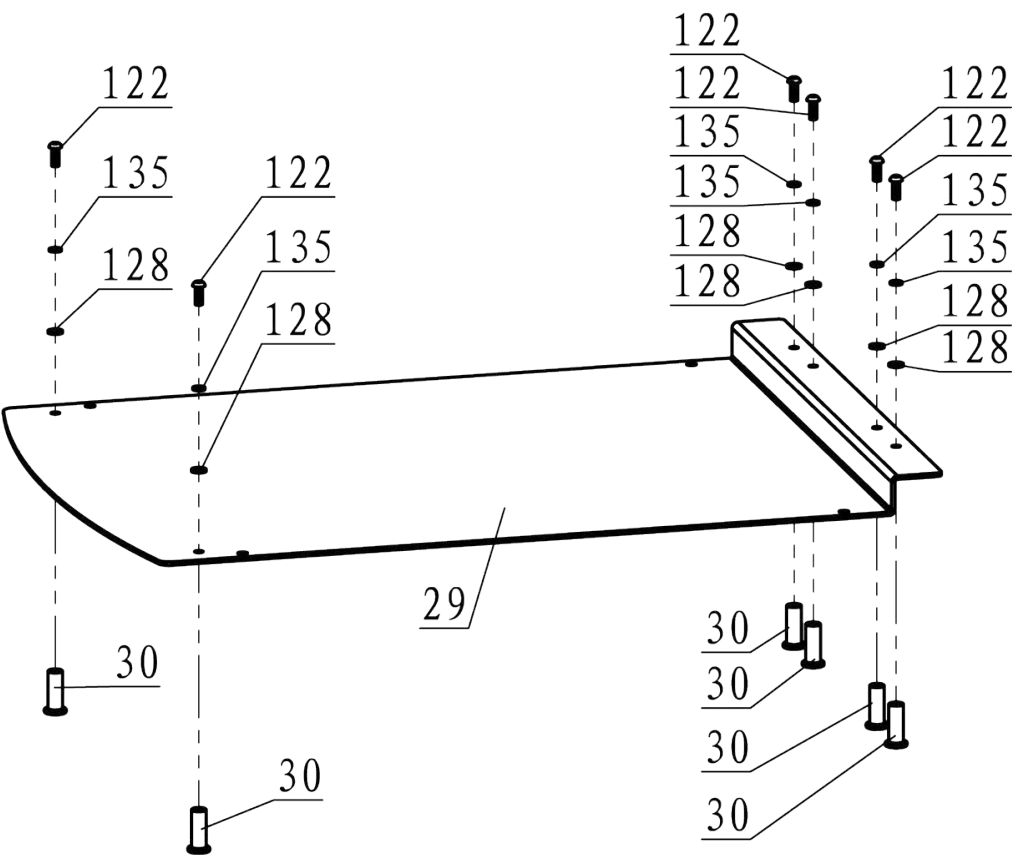
2. Install 2 #40 on #10 and #11 using:

- 4 #111
- 4 #129
- 4 #136

Do not tighten the bolts yet;

NO.	NAME	SPECIFICATION	QUANTITY
118	Hex Socket-head Bolt	M10*75	2
130	Flat Washer	Φ11*Φ20*2	8
139	Nut	M10	4
136	Spring Washer	Φ8	4
111	Hex Socket-head Bolt	M8*15	4
10	Left Back Upright Frame		1
11	Right Back Upright Frame		1
5	Upper Left Connection Frame		1
6	Upper Right Connection Frame		1
46	L Plate with four holes	300*75*50*5	2
40	Hanger L Plate	545*50*30*3	2
121	Hex Socket-head Bolt	M10*100	2
129	Flat Washer	Φ9*Φ16*1.6	4

Step 6.



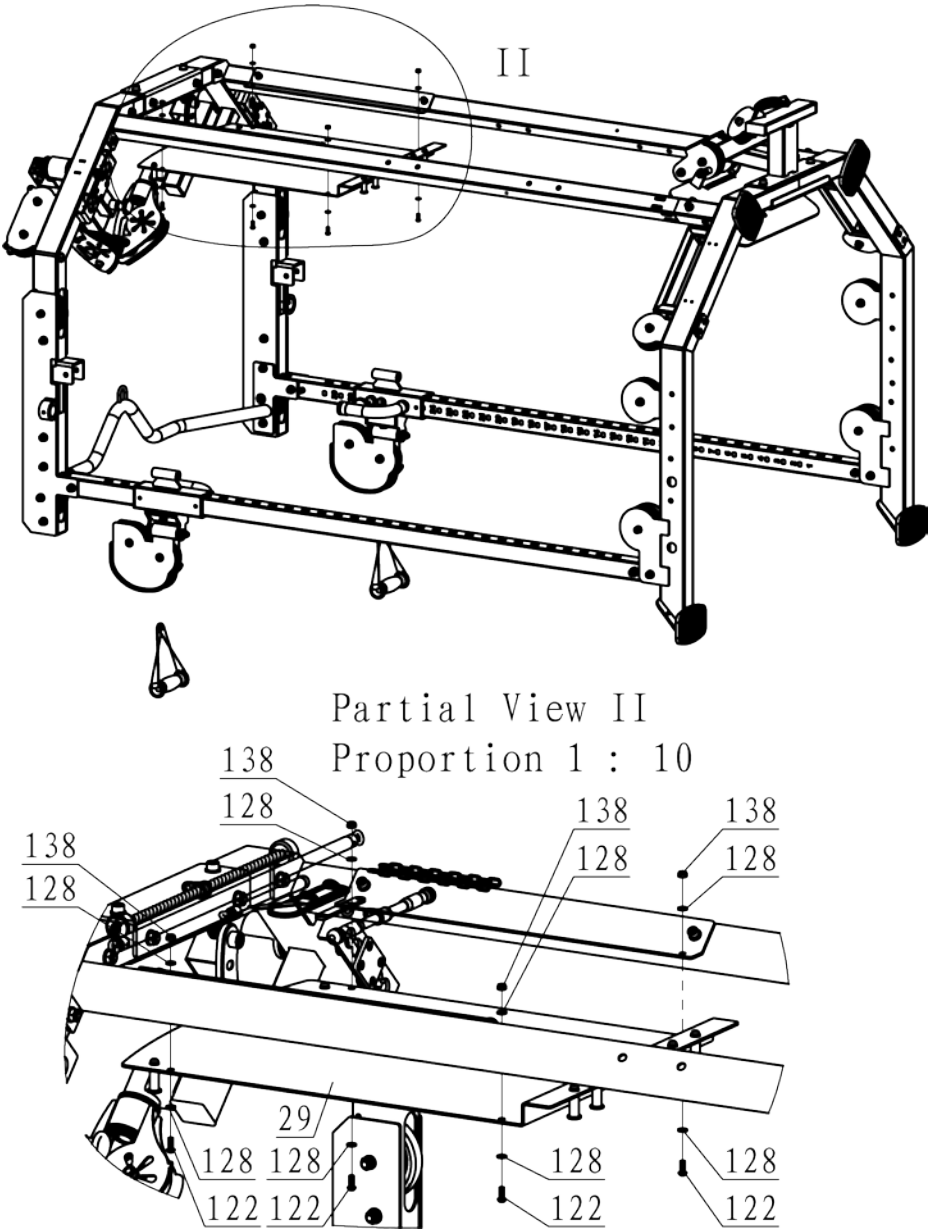
1. Install 6 #30 on #29 using:

- 6 #122
- 6 #128
- 6 #135

Then tighten all the bolts.

NO.	NAME	SPECIFICATION	QUANTITY
29	Accessory Hanging Plate	500*685*33*3	1
30	Hanger Column	Φ18*Φ12*35*M6	6
122	Hex Bolt	M6*15	6
128	Flat Washer	Φ6.6*Φ12*1.6	6
135	Spring Washer	Φ6	6

Step 7-1.



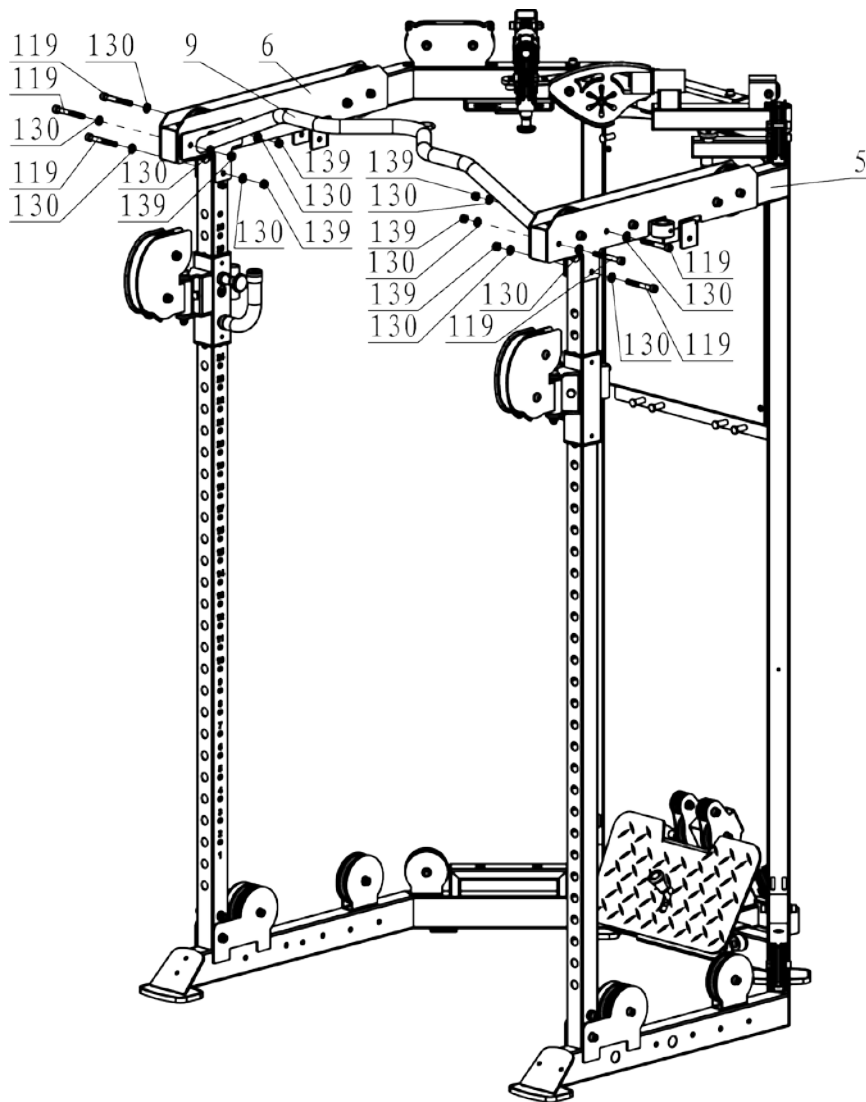
1. Install #29 to the illustrated position using:

- 4 #122
- 8 #128
- 4 #138

Do not tighten the bolts yet;

NO.	NAME	SPECIFICATION	QUANTITY
29	Accessory Hanging Plate	500*685*33*3	1
122	Hex Bolt	M6*15	4
128	Flat Washer	Φ6.6*Φ12*1.6	8
138	Nut	M6	4

Step 7-2.



1. First remove 2 #119, 4 #130 and 2 #139 that fixed #6, #5.

2. Install #9 to the illustrated position using:

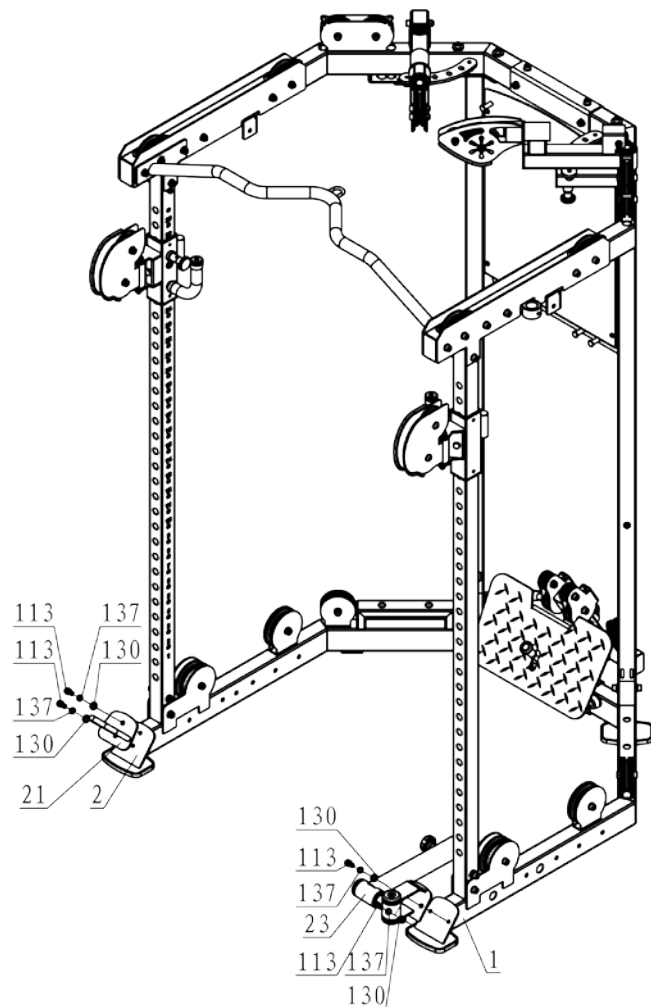
- 6 #119
- 12 #130
- 6 #139

Do not tighten the bolts yet;

3. Tighten all the bolts, pay attention to tighten the machine to orderliness, strong, no loose phenomenon.

NO.	NAME	SPECIFICATION	QUANTITY
130	Flat Washer	Φ11*Φ20*2	12
139	Nut	M10	6
5	Upper Left Connection Frame		1
6	Upper Right Connection Frame		1
9	Handle Holder		1
119	Hex Socket-head Bolt	M10*80	6

Step 8.



1. Install #23 on #1 using:

- 2 #113
- 2 #130
- 2 #137

Then tighten all the bolts;

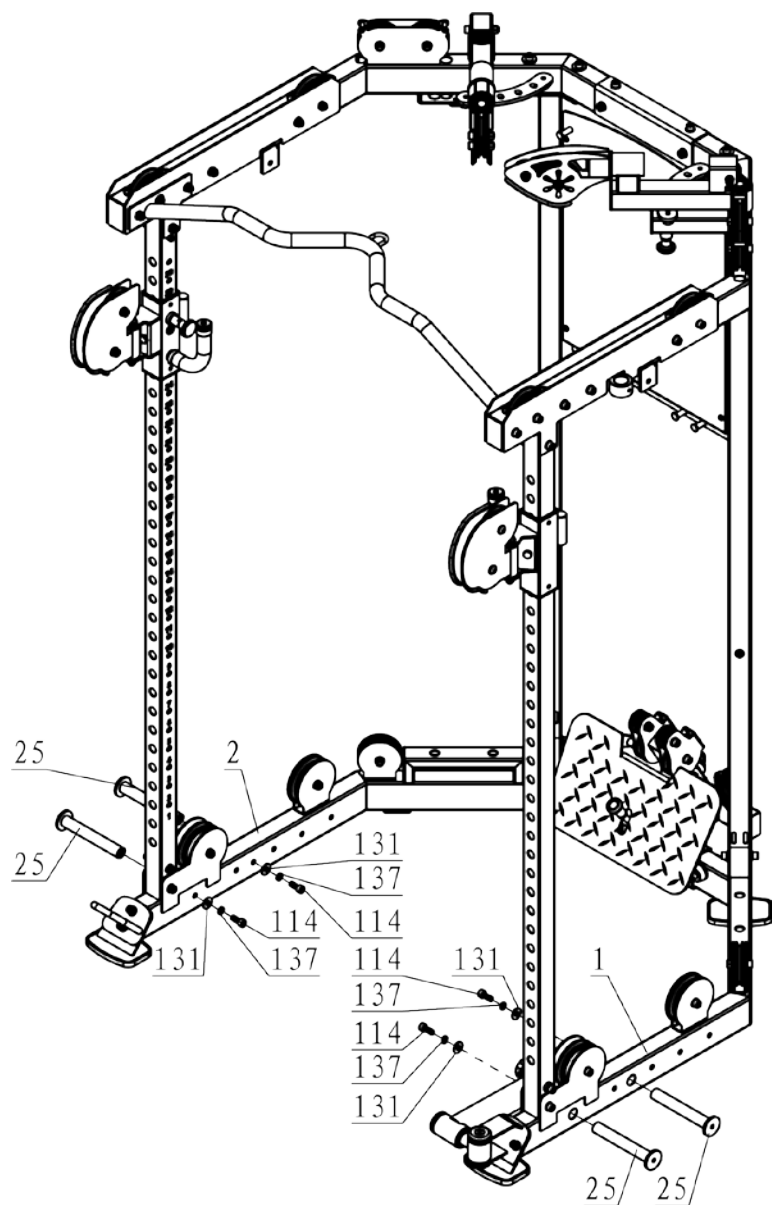
2. Install #21 on #2 using:

- 2 #113
- 2 #130
- 2 #137

Then tighten all the bolts;

NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
113	Hex Socket-head Bolt	M10*20	4
130	Flat Washer	Φ11*Φ20*2	4
137	Spring Washer	Φ10	4
23	Barbell Bracket		1
21	Battle Rope Rack		1

Step 9.



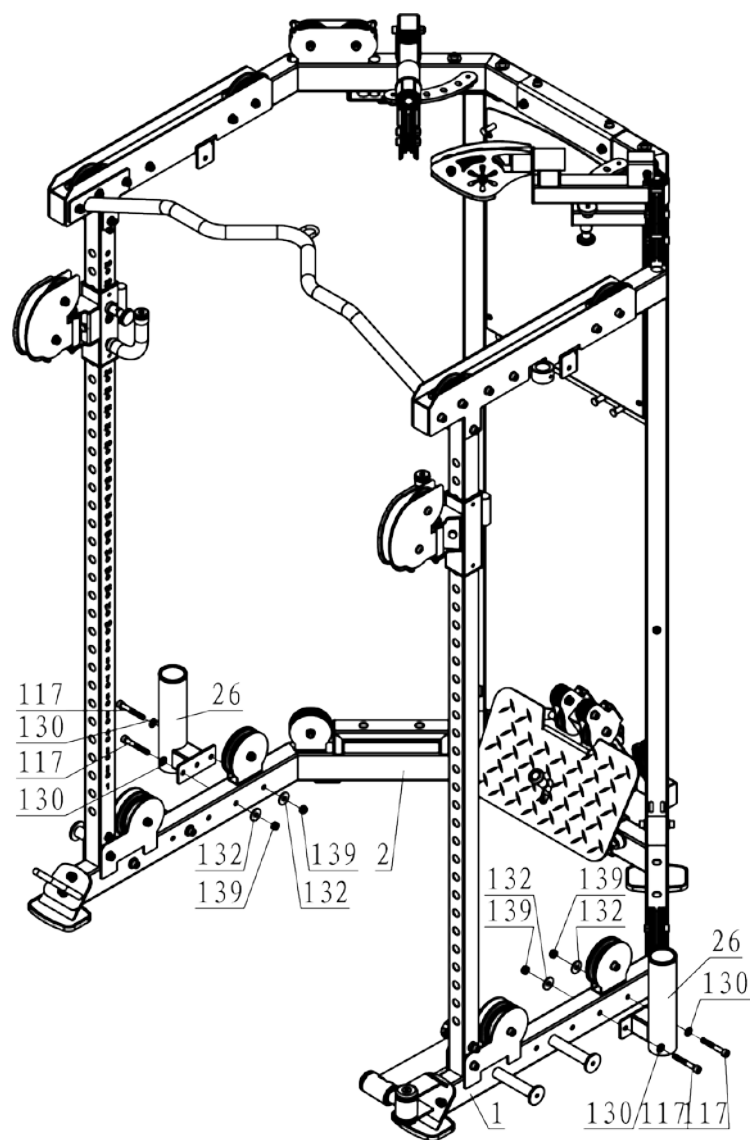
1. Install 4 #25 on #1 and #2 respectively using:

- 4 #114
- 4 #131
- 4 #137

Then tighten all the bolts.

NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
137	Spring Washer	Φ10	4
25	Bands peg		4
131	Big Washer	Φ10.6*Φ26*2	4
114	Hex Socket-head Bolt	M10*25	4

Step 10.



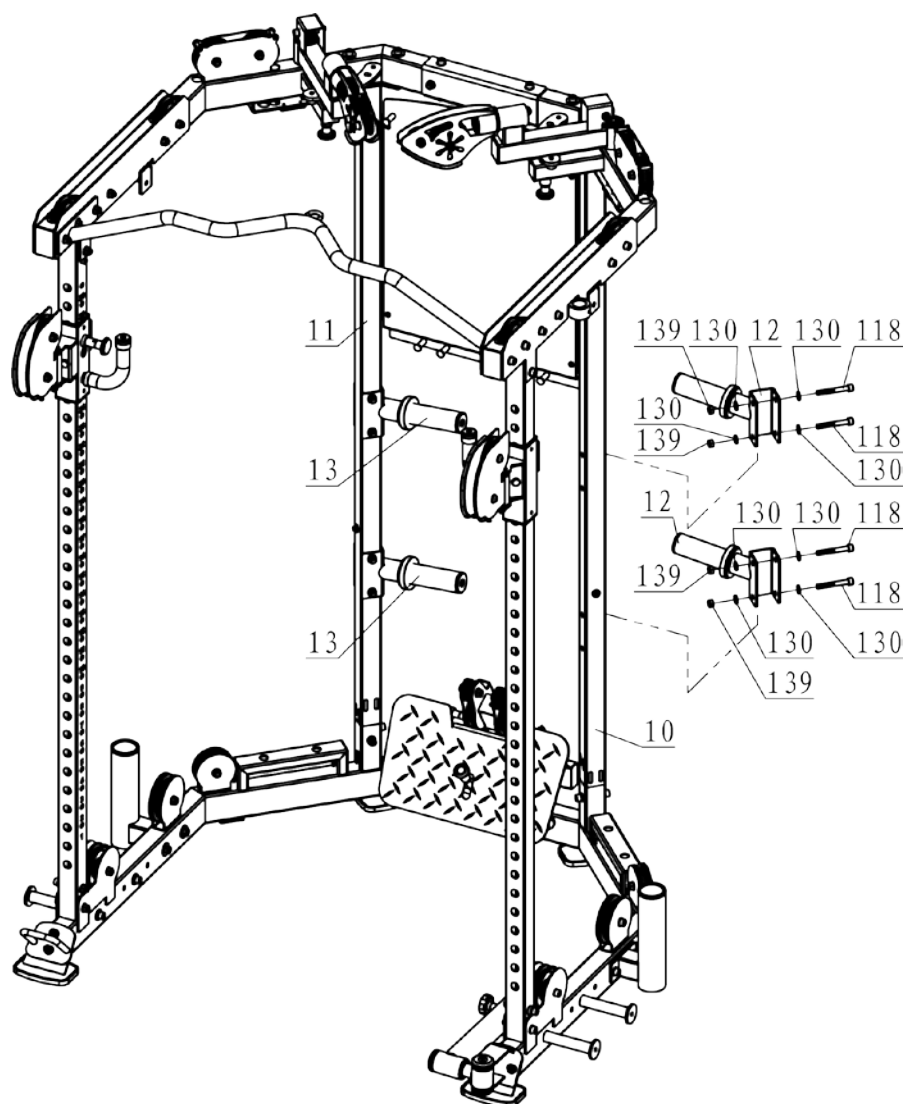
1. Install 2 #26 on #1 and #2 respectively using:

- 4 #117
- 4 #130
- 4 #132
- 4 #139

Then tighten all the bolts.

NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
130	Flat Washer	Φ11*Φ20*2	4
139	Nut	M10	4
132	Flat Washer	Φ10.5*Φ30*2.5	4
26	Storage Rack		2
117	Hex Socket-head Bolt	M10*70	4

Step 11.



1. Install 2 #12 on #10 using:

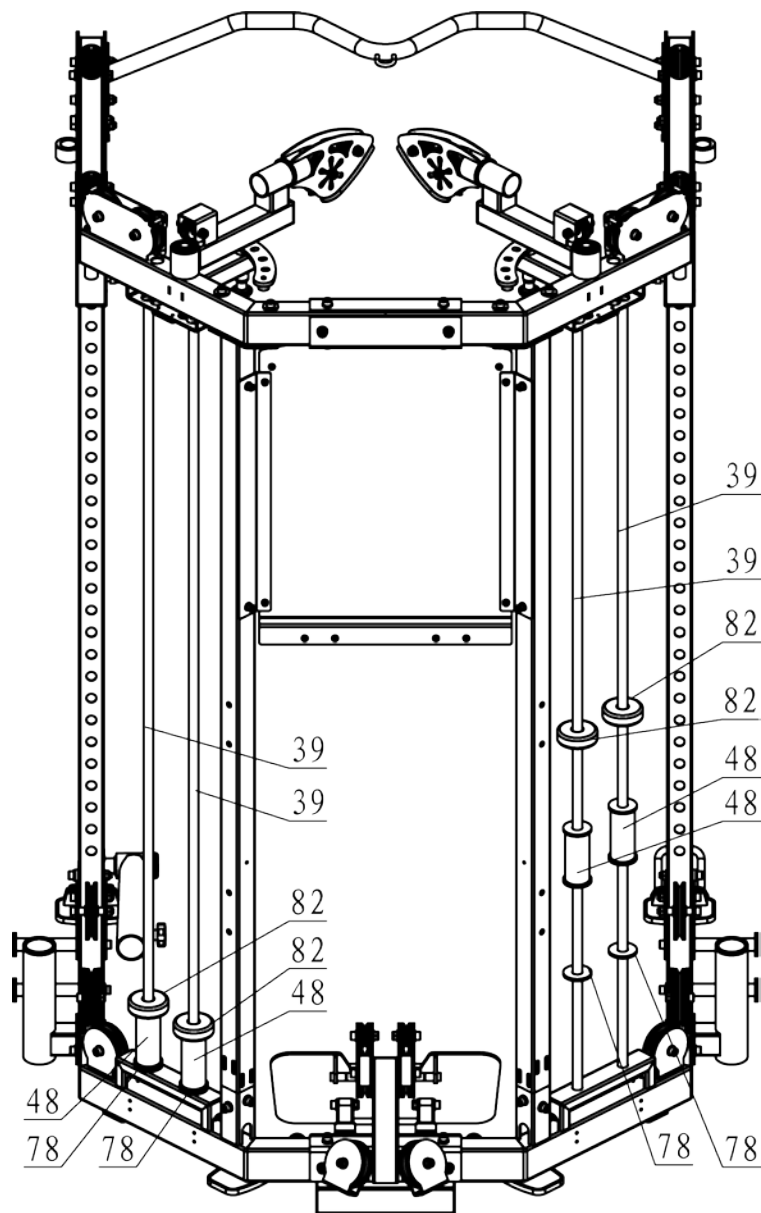
- 4 #118
- 8 #130
- 4 #139

Then tighten all the bolts;

2. Same way install 2 #13 on #11.

NO.	NAME	SPECIFICATION	QUANTITY
118	Hex Socket-head Bolt	M10*75	8
130	Flat Washer	Φ11*Φ20*2	16
139	Nut	M10	8
10	Left Back Upright Frame		1
11	Right Back Upright Frame		1
13	Right Barbell Stand		2
12	Left Barbell Stand		2

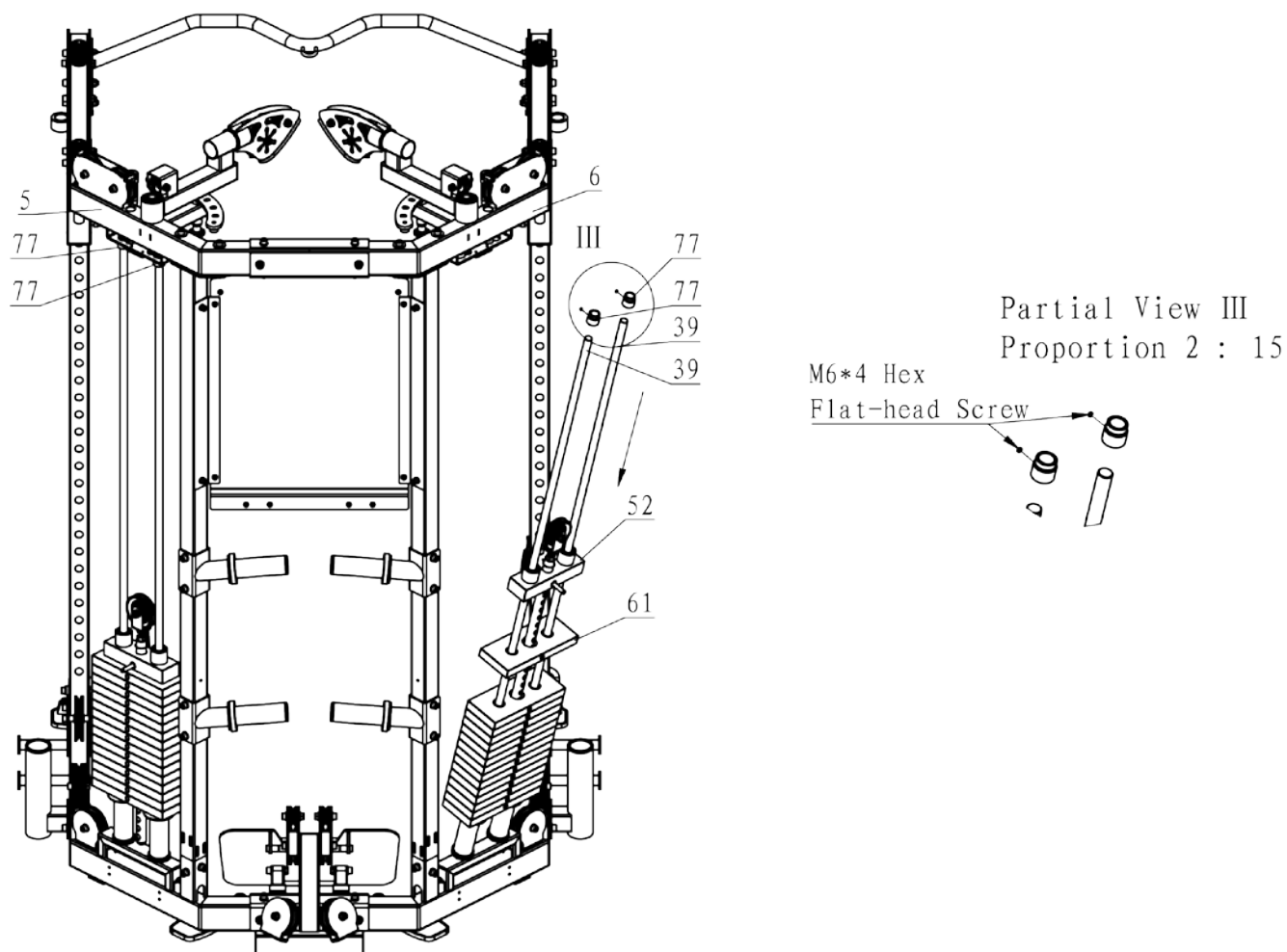
Step 12-1.



- 1. Put 4 #78, 4 #48 and 4 #82 through 4 #39 respectively;
- 2. Install 4 #39 to the illustrated position respectively;

NO.	NAME	SPECIFICATION	QUANTITY
78	Bumper	Φ56*Φ20.5*5	4
48	Weight Stack Support Frame		4
82	Bumper	Φ80*25	4
39	Guide-rod	Φ19*1768	4

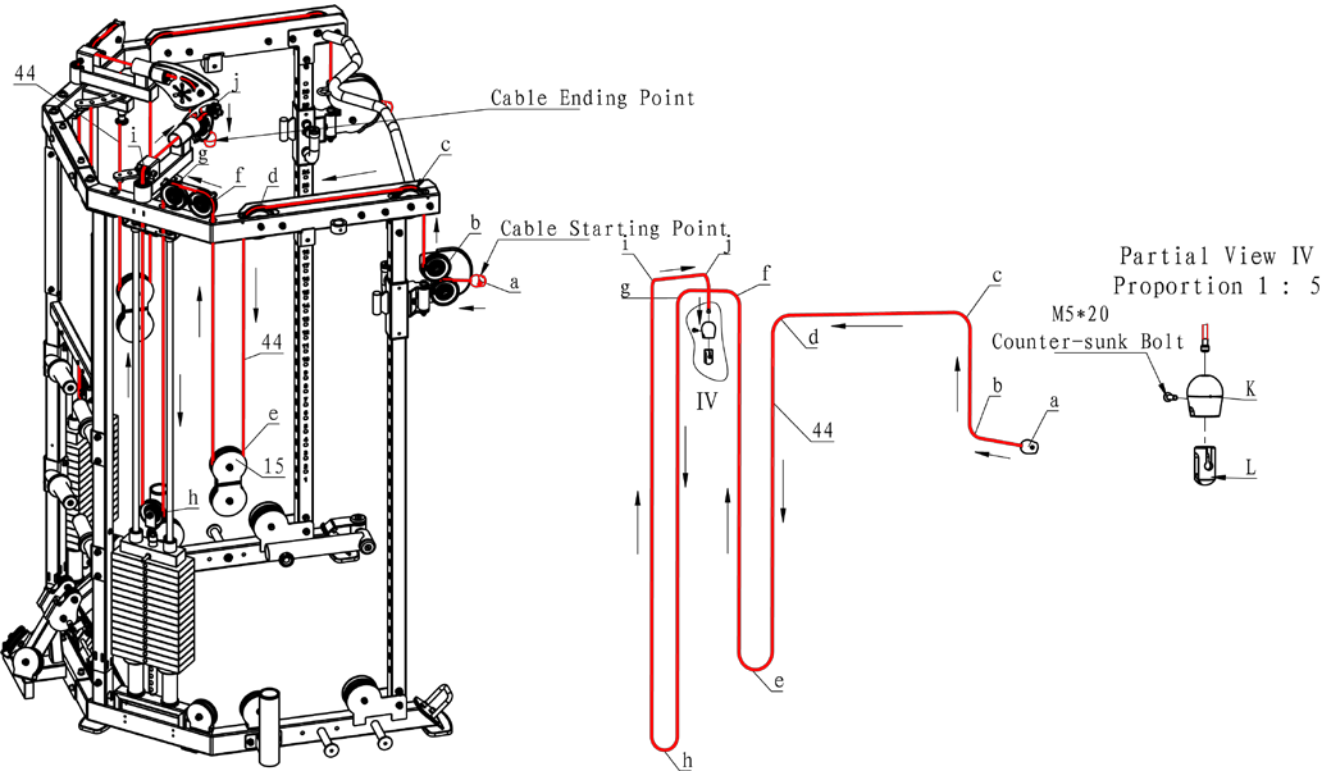
Step 12-2.



1. Inclined the guide-rod, put 15 #61 from top to down through #39, then install 1 #52 on #39; As shown in the diagram III, remove M6*4 hex flat-head screw from 2 #77, then fixed #39 to #6 using 2 #77, finally put M6*4 hex flat-head screw back onto #77 and tighten all the bolts; (After installation, ensure that the weight stack and top plate slide smoothly on the guide-rod)
2. Same way install 15 #61, 1 #52 and 2 #77 on #5.

NO.	NAME	SPECIFICATION	QUANTITY
5	Upper Left Connection Frame		1
6	Upper Right Connection Frame		1
39	Guide-rod	Φ19*1768	4
77	Guide-rod Sleeve	Φ30*Φ20.2*30	4
61	10LBS Weight Stack	252*101.6*25.4	30
52	8LBS Top Plate		2

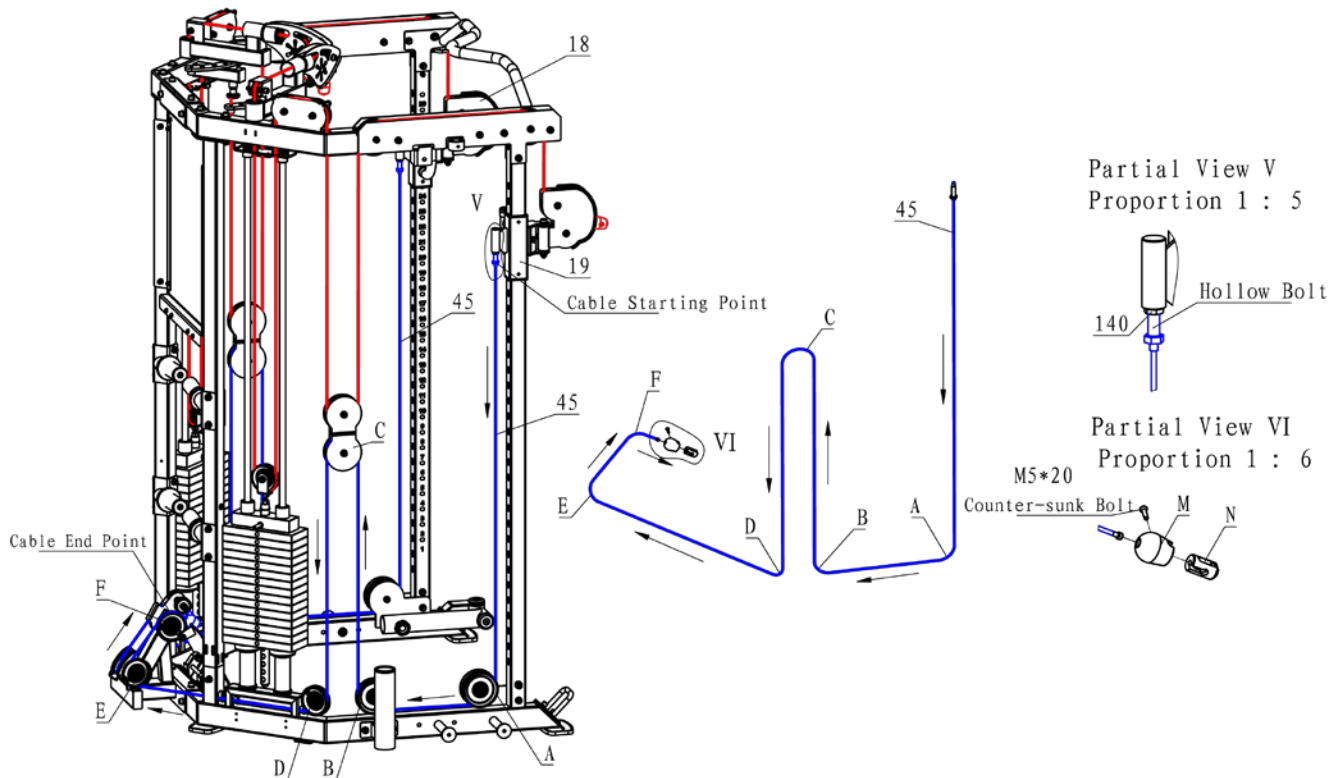
Step 13.



1. Set aside 2 #15 for later use, remove the end of #44 according to diagram IV by unscrewing the M5*20 countersunk bolt and cable accessories K and L. Then, thread the steel cable through the designated positions shown in diagram a, b, c, d, e, f, j on the right side of the product in sequence. Finally, reassemble the cable accessories K and L along with the M5*20 countersunk bolt as diagram;
2. Same way install another #44 on the left side of the the product.

NO.	NAME	SPECIFICATION	QUANTITY
44	Upper Cable	Φ5*6450	2
15	Double Pulley Frame		2

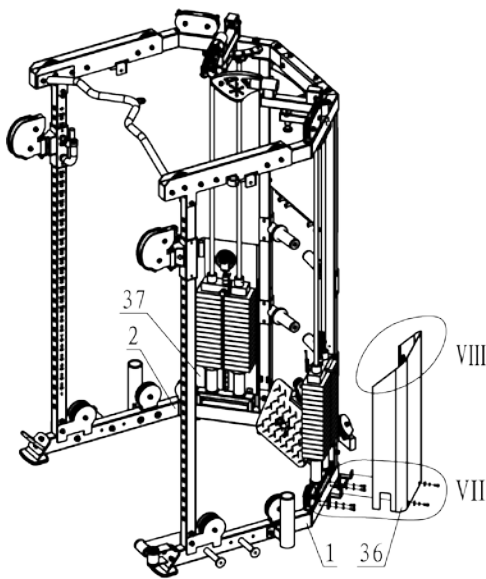
Step 14.



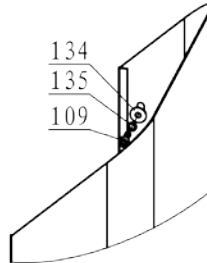
1. Remove the end of #45 according to diagram VI by unscrewing the M5*20 countersunk bolt and cable accessories M and N;
2. Install #45 one end of the hollow bolt on #19 using #140 to tighten;
3. Thread #45 through the designated positions shown in diagram A, B, C, D, E, F on the right side of the product in sequence. Finally, reassemble the cable accessories M and N along with the M5*20 countersunk bolt as diagram;
4. Same way install another #45 on the left side of the the product;
5. Cable adjustment: If the cable is too long, adjust by tightening the pulley bracket bolt appropriately; if the steel cable is too short, adjust by loosening the bolt appropriately.

NO.	NAME	SPECIFICATION	QUANTITY
19	Right Adjustable Frame		1
18	Left Adjustable Frame		1
140	Thin Nut	M12(thickness 6mm)	2
45	Lower Cable	Φ5*4815	2

Step 15.



Partial View VIII
Proportion 1 : 6



1. Install 2 #38 on #1 using:

- 4 #109
- 4 #128
- 4 #135

Do not tighten the bolts yet;

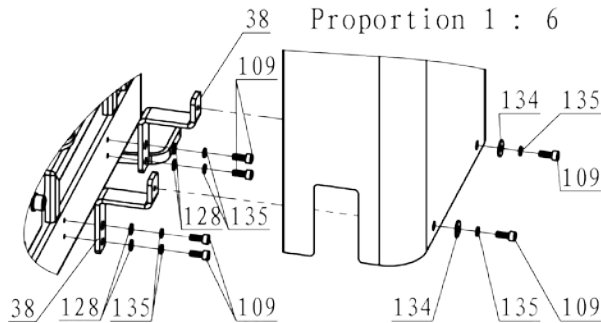
2. Install #36 on #38 using:

- 2 #109
- 2 #134
- 2 #135

Then tighten all the bolts;

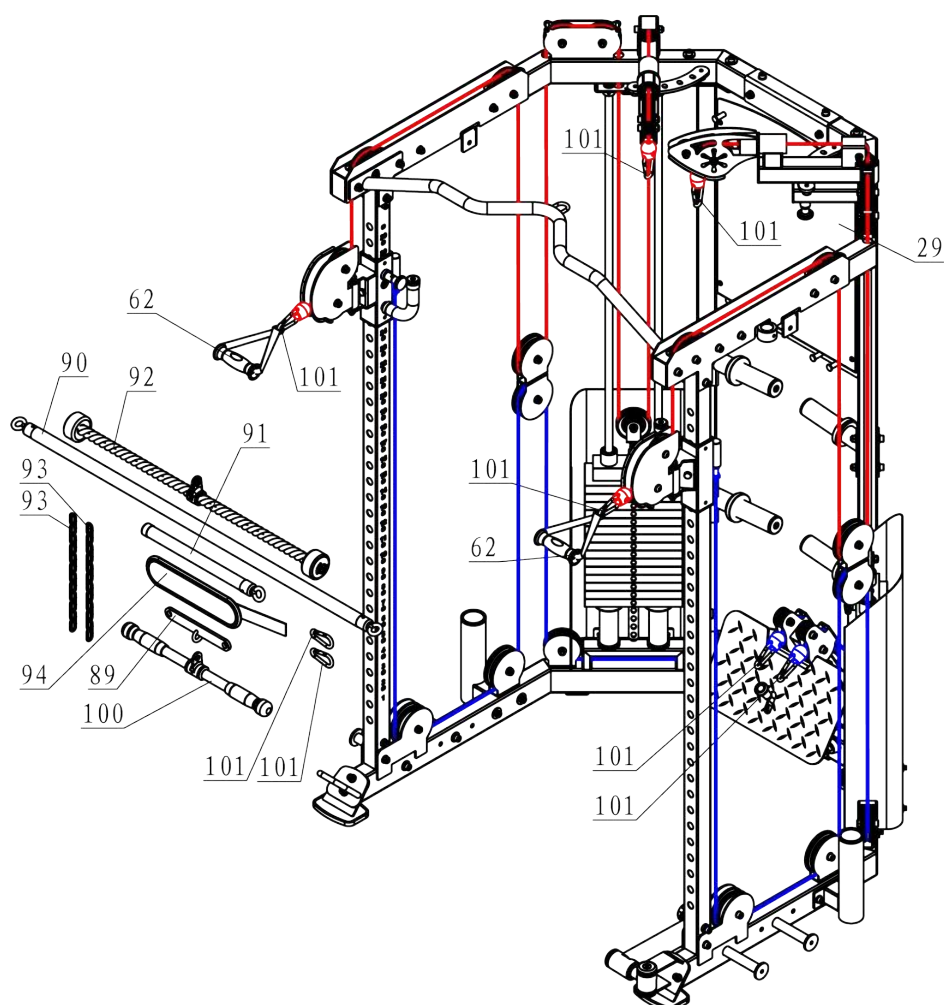
3. Same way install 2 #38 and #37 on the right of the product.

Partial View VII
Proportion 1 : 6



NO.	NAME	SPECIFICATION	QUANTITY
1	Left Base Tube		1
2	Right Base Tube		1
128	Flat Washer	$\Phi 6.6 * \Phi 12 * 1.6$	8
135	Spring Washer	$\Phi 6$	14
38	Shroud Fixing Plate	$25 * 63.5 * 100 * 5$	4
36	Left Lower Shroud	$780 * 325 * 150 * 1.5$	1
37	Right Lower Shroud	$780 * 325 * 150 * 1.5$	1
109	Hex Socket-head Bolt	M6*15	14
134	Big Washer	$\Phi 6.6 * \Phi 18 * 1.6$	2

Step 16.



1. Install 6 #101 and 2 #62 to the illustrated position respectively;
2. Hang 1#90, 1#91, 1#94, 2#93, 1#92, 1#89 on #29.

NO.	NAME	SPECIFICATION	QUANTITY
29	Accessory Hanging Plate	500*685*33*3	1
101	Safety Hook	Φ8*80	8
100	Handle	Φ25*530	1
90	Long Rod	Φ25*3*1220	1
91	Short Rod	Φ25*3*375	1
94	Ankle-cap	340*90*10	1
93	12 Link	Φ5*21*370	2
92	Rope	Φ28.5*915	1
89	Lat Pulldown Plate		1
62	Handle	Φ44*132*182	2

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

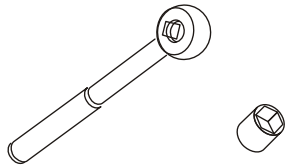
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

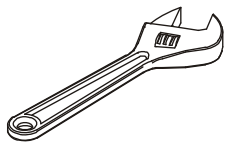
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

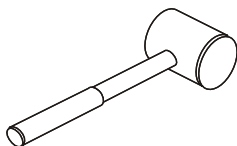
Tools Required



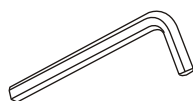
Ratchet Wrench and Socket



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.