

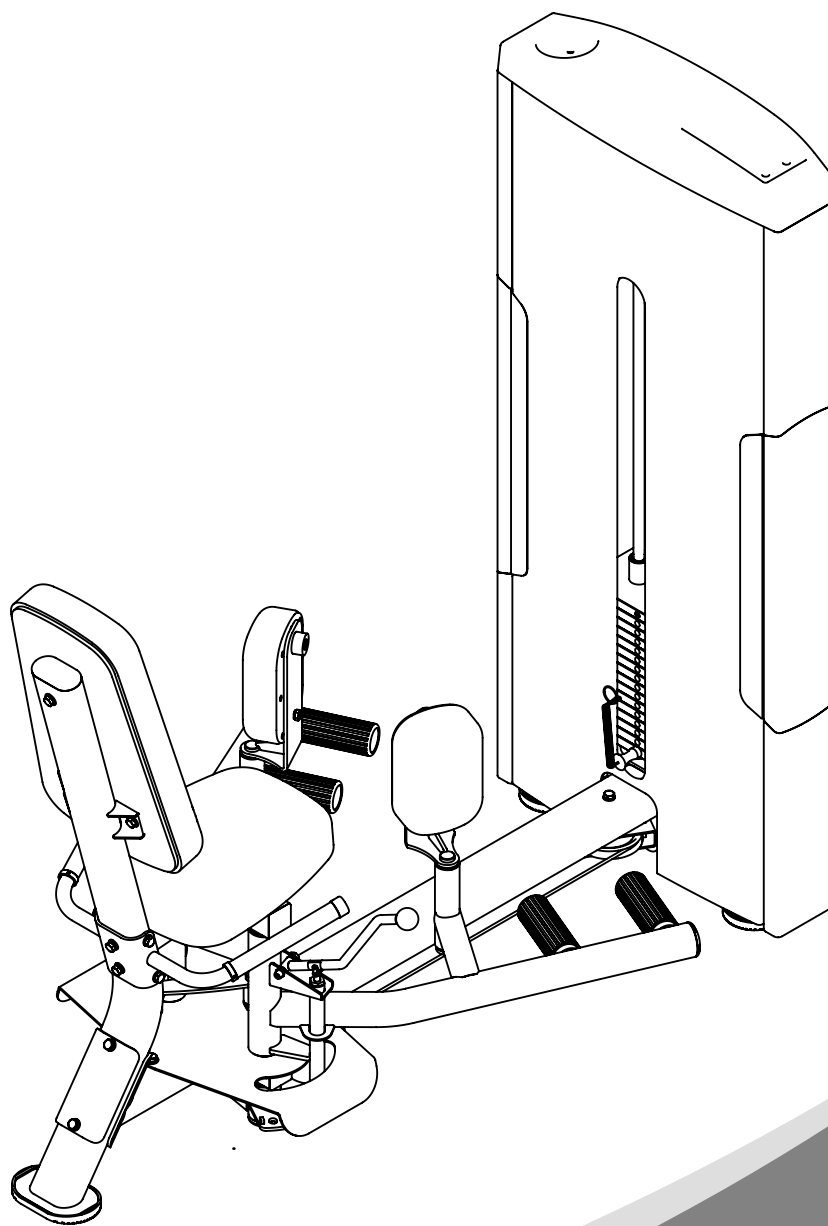


HUDSON STEEL

SA020E

HIP ABDUCTION/ADDUCTION

OWNER'S MANUAL



! CAUTION

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

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.

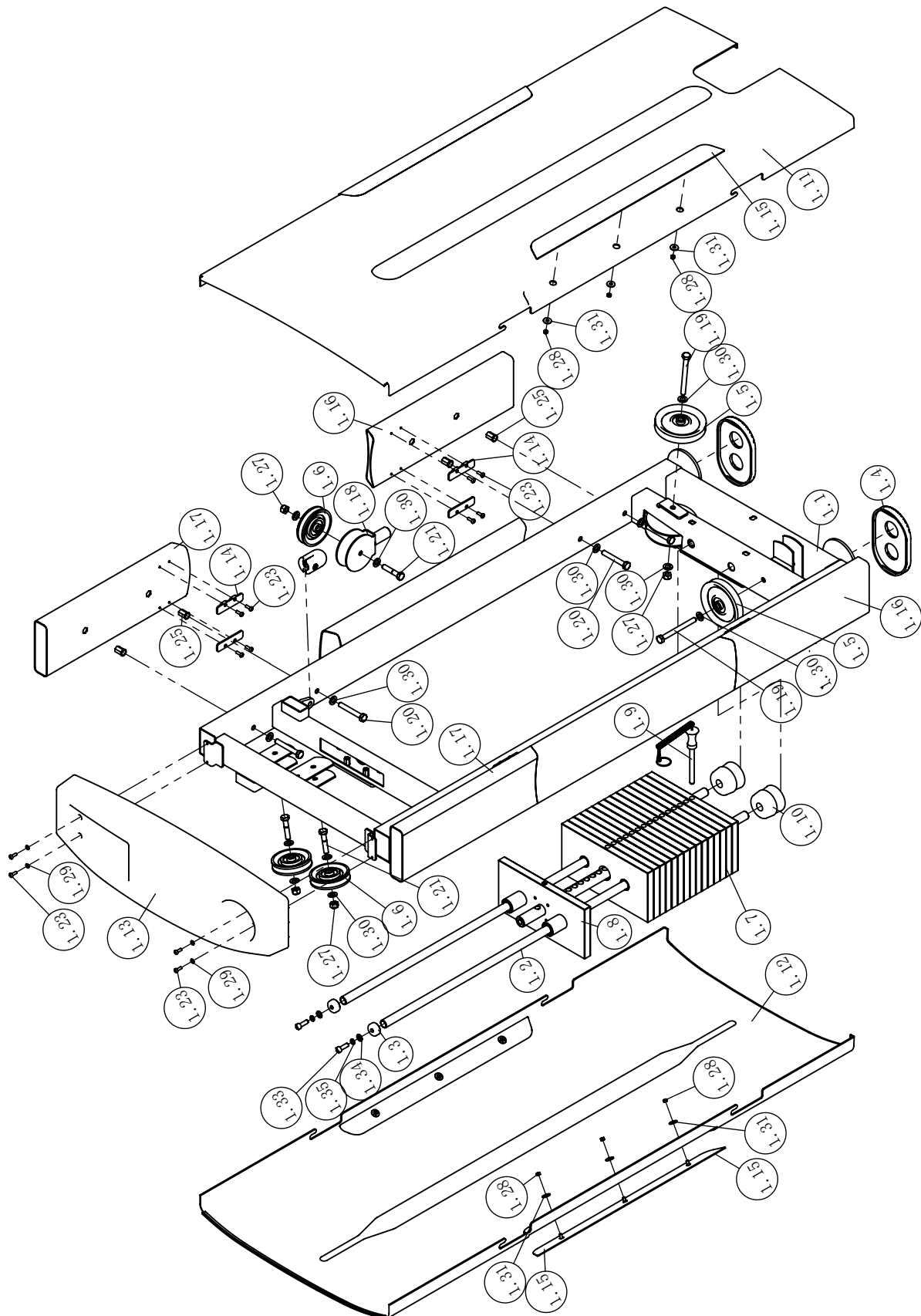
PERSONAL SAFETY DURING ASSEMBLY

- * 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.

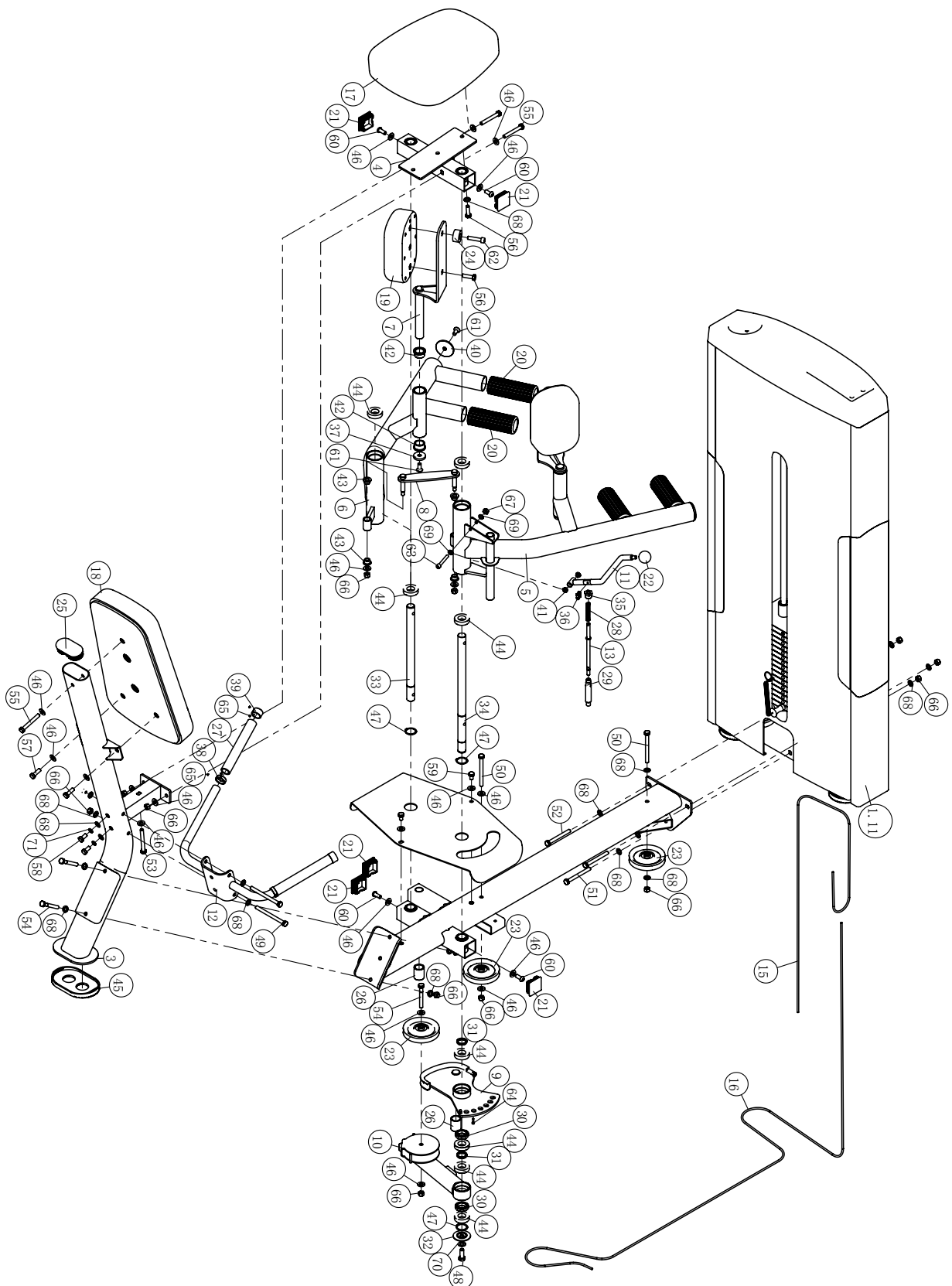
Exploded View and Parts List

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
Weight Tower Assembly			19	Elbow Pad	2
1.1	Weight Stack Frame	1	20	Rubber sleeve	4
1.2	Guide Rod	2	21	Plug □50	5
1.3	Mount Sleeve	2	22	Handball Sφ38*M10*16	1
1.4	Rubber Foot	2	23	4.5" Pulley	3
1.5	4.5" Pulley	2	24	Cushion	2
1.6	3.5" Pulley	4	25	Plug RT50*100	1
1.7	Weight Stack	15	26	Limit sleeve	2
1.8	Top Plate	1	27	Long handle gloves	2
1.9	Selector Pin W/Coil	1	28	Spring φ1.5*φ13*64	1
1.10	Rubber Bumper	2	29	Bolt head φ17.7*100	1
1.11	Front Shroud	1	30	Inner sleeve φ42*φ26*11	2
1.12	Rear Shroud	1	31	Flat Washer φ32*φ26*5	2
1.13	Top Cover	1	32	End cap φ55*φ12.2*5	1
1.14	Shroud Hanger	8	33	Shaft φ25*364	1
1.15	Side Plate	4	34	Shaft φ25*499	1
1.16	Upright Tube 1	2	35	Lock nut M20*1.5*18	1
1.17	Upright Tube 2	2	36	Chain buckle	1
1.18	Movable pulley frame	1	37	End cap φ38*6	2
1.19	Hex Head Bolt M10*105	2	38	Aluminum retainer φ25	2
1.20	Hex Head Bolt M10*70	9	39	Aluminum Cap φ32*19	2
1.21	Hex Head Bolt M10*50	2	40	Aluminum end cap φ60*10.9	2
1.22	Socket Head Cap Screw M8*50	1	41	Small bush φ16*φ8*8	2
1.23	Screw M5*15	20	42	Copper bearing φ38*φ25.4*18	4
1.24	Socket Set Screw M8*16	1	43	bush φ25*φ12.2*13	4
1.25	Flathead Hex Riveted Nut M10*19.5	8	44	Deep groove ball bearing 6005-2Z	8
1.26	Flathead Hex Riveted Nut M8*19.5	4	45	Rubber Foot	1
1.27	Nylon lock Nut M10	4	46	Flat Washer φ11*φ23*2	20
1.28	Nylon lock Nut M5	12	47	External Circlips d=25	3
1.29	Flat Washer φ5.3*φ10*1	4	48	Hex Head Bolt M12*30	1
1.30	Flat Washer φ11*φ20*2	20	49	Hex Head Bolt M10*125	2
1.31	Big Washer φ6.6*φ18*1.6	12	50	Hex Head Bolt M10*110	2
1.32	Lube	1	51	Hex Head Bolt M10*100	1
1.33	Socket Head Cap Screw M8*25	2	52	Hex Head Bolt M10*95	2
1.34	Flat Washer φ16*φ9*1.6	2	53	Hex Head Bolt M10*85	1
1.35	Spring Washer φ8	2	54	Hex Head Bolt M10*80	3
2	Bottom Cross Brace	1	55	Hex Head Bolt M10*75	3
3	Rear frame	1	56	Hex Head Bolt M10*35	3
4	Cushion frame	1	57	Hex Head Bolt M10*30	2
5	Right Leg	1	58	Hex Head Bolt M10*20	2
6	Left Leg	1	59	Hex Head Bolt M10*15	2
7	Movable leg frame	2	60	Button Head Cap Screw M10*25	4
8	Link frame	1	61	Flat Head Cap Screw M10*25	4
9	Bogie Frame	1	62	Socket Head Cap ScrewM10*45	2
10	Reversing Frame	1	63	Socket Head Cap ScrewM8*60	1
11	Adjusting handle frame	1	64	Socket Head Cap ScrewM4*15	1
12	Handle frame	1	65	Socket Set Screw M5*3	8
13	Bolt lever bracket	1	66	Nylon lock Nut M10	14
14	shield	1	67	Nylon lock Nut M8	1
15	Cable 1	1	68	Flat Washer φ20*φ11*2	19
16	Cable 2	1	69	Flat Washer φ16*φ9*1.6	2
17	Seat Pad	1	70	Flat Washer φ13*φ24*1.5	1
18	Back Cushion	1	71	Spring Washer φ10	2

Exploded View and Parts List



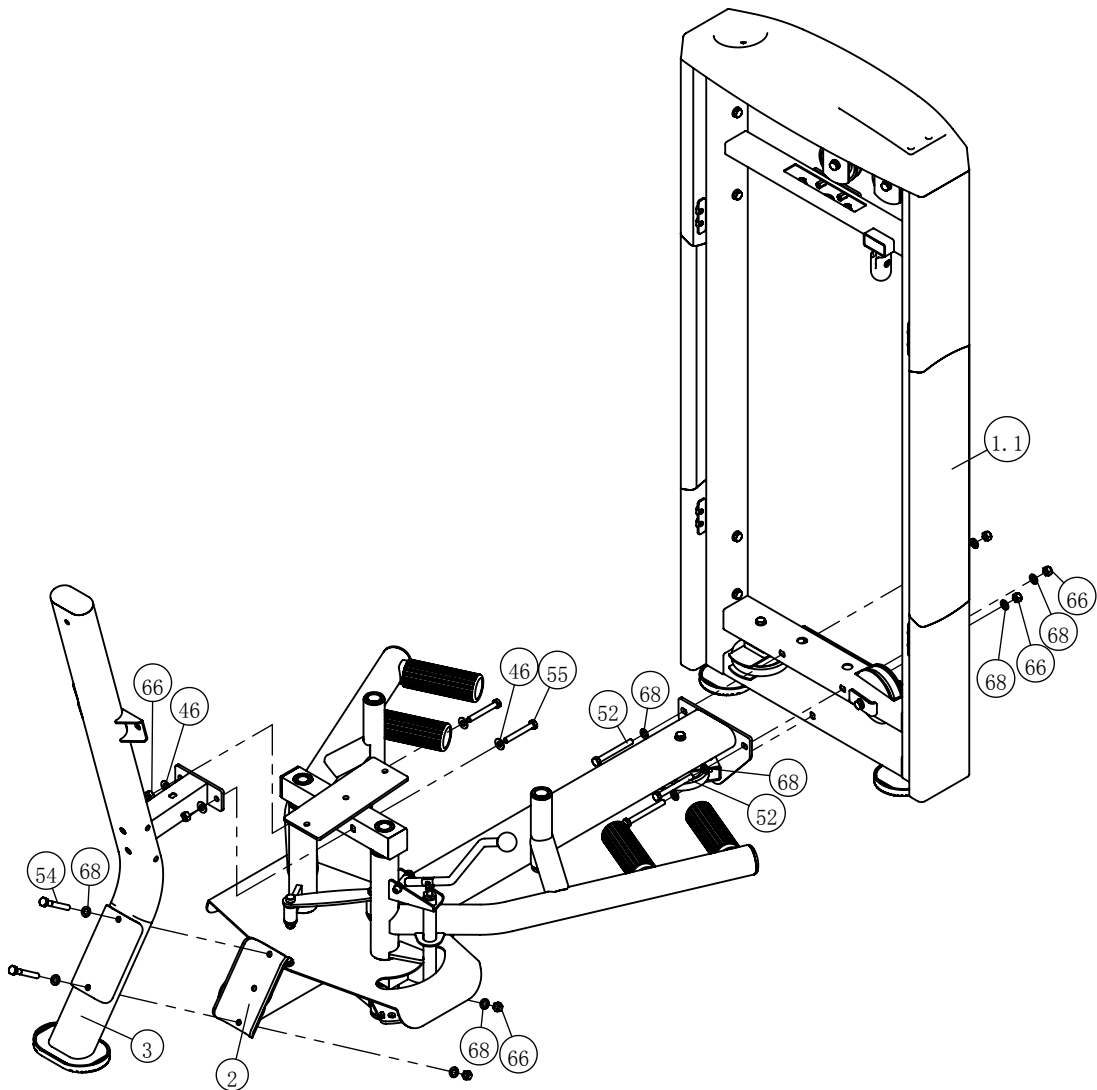
Exploded View and Parts List



Assembly

STEP 1

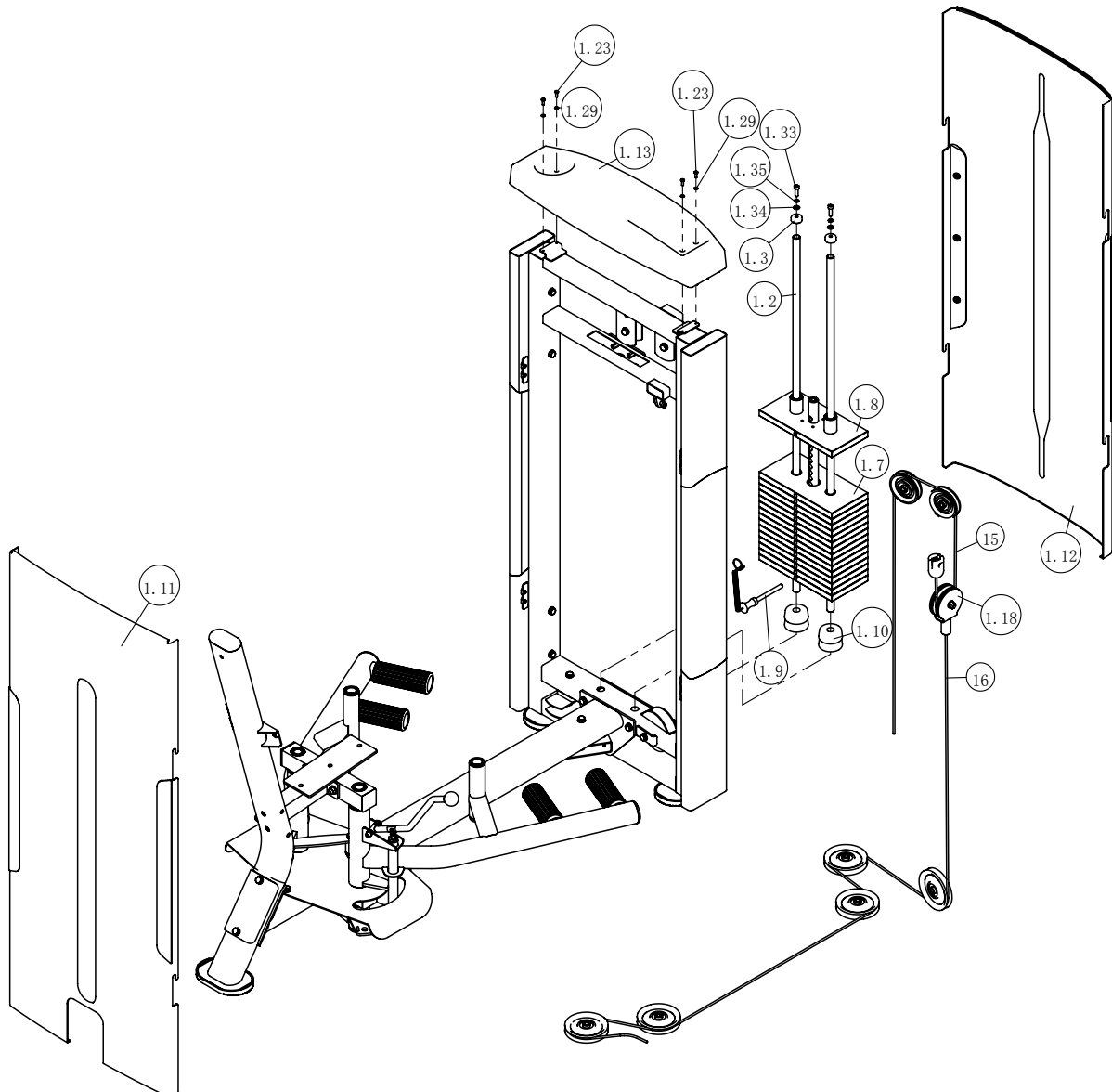
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.1	Weight Stack Frame	1	51	Hex Head Bolt M10*100	1
2	Bottom Cross Brace	1	54	Hex Head Bolt M10*80	2
3	Rear frame	1	55	Hex Head Bolt M10*75	2
46	Flat Washer $\phi 11*\phi 23*2$	4	66	Nylon lock Nut M10	7
52	Hex Head Bolt M10*95	2	68	Flat Washer $\phi 20*\phi 11*2$	10



Assembly

STEP 2

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1.2	Guide Rod	2	1.18	Movable pulley frame	1
1.3	Mount Sleeve	2	1.23	Screw M5*15	4
1.7	Weight Stack	15	1.29	Flat Washer $\phi 5.3 \times \phi 10 \times 1$	4
1.8	Top Plate	1	1.33	Socket Head Cap Screw M8*25	2
1.9	Selector Pin W/Coil	1	1.34	Flat Washer $\phi 16 \times \phi 9 \times 1.6$	2
1.10	Rubber Bumper	4	1.35	Spring Washer $\phi 8$	2
1.11	Front Shroud	1	15	Cable 1	1
1.12	Rear Shroud	1	16	Cable 2	1
1.13	Top Cover	1			



Assembly

STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
7	Movable leg frame	2	55	Hex Head Bolt M10*75	1
12	Handle frame	1	56	Hex Head Bolt M10*35	2
17	Seat Pad	1	57	Hex Head Bolt M10*30	2
18	Back Cushion	1	58	Hex Head Bolt M10*20	2
19	Elbow Pad	2	61	Flat Head Cap Screw M10*25	2
24	Cushion	2	62	Socket Head Cap Screw M10*45	2
37	End cap $\phi 38 \times 6$	2	66	Nylon lock Nut M10	2
46	Flat Washer $\phi 11 \times \phi 23 \times 2$	4	68	Flat Washer $\phi 20 \times \phi 11 \times 2$	9
49	Hex Head Bolt M10*125	2	71	Spring Washer $\phi 10$	2
53	Hex Head Bolt M10*85	1			

