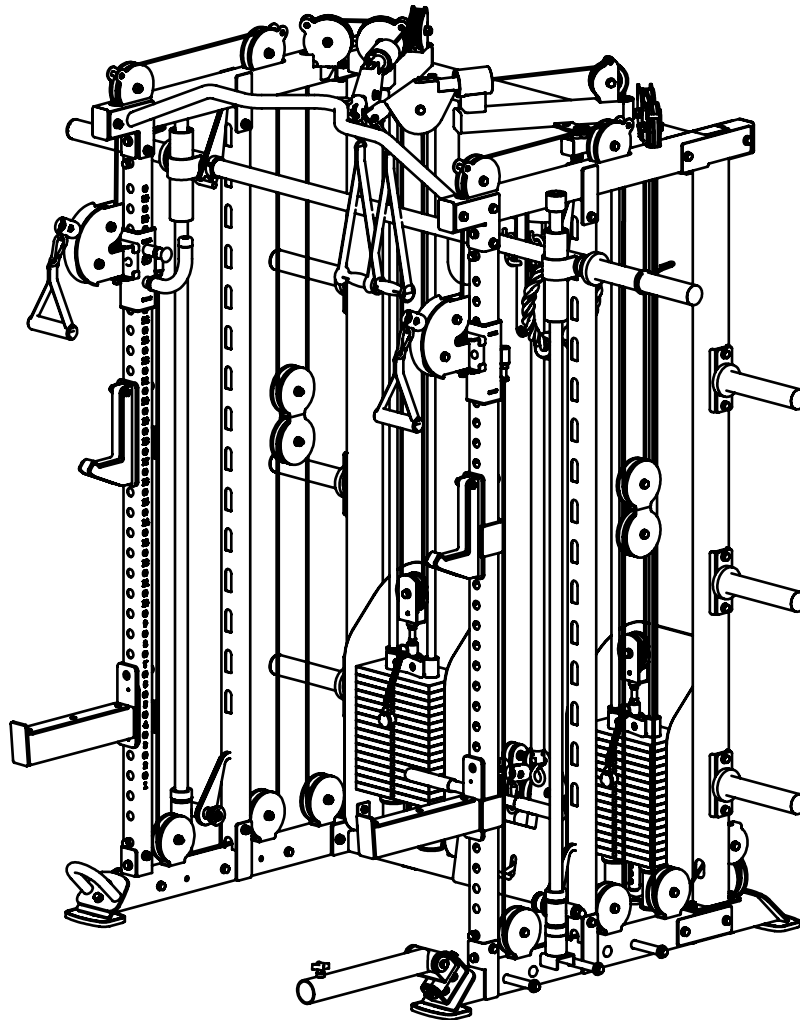




HUDSON STEEL

Miami Super Gym-C5

OWNER'S MANUAL



!CAUTION

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

Table Of Contents

! 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

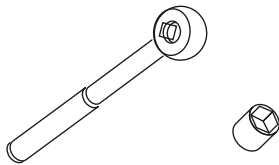
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the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

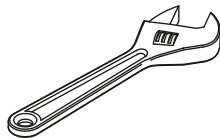
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

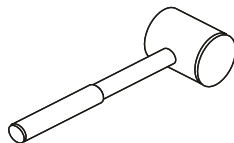
Tools Required



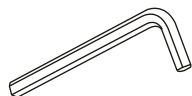
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

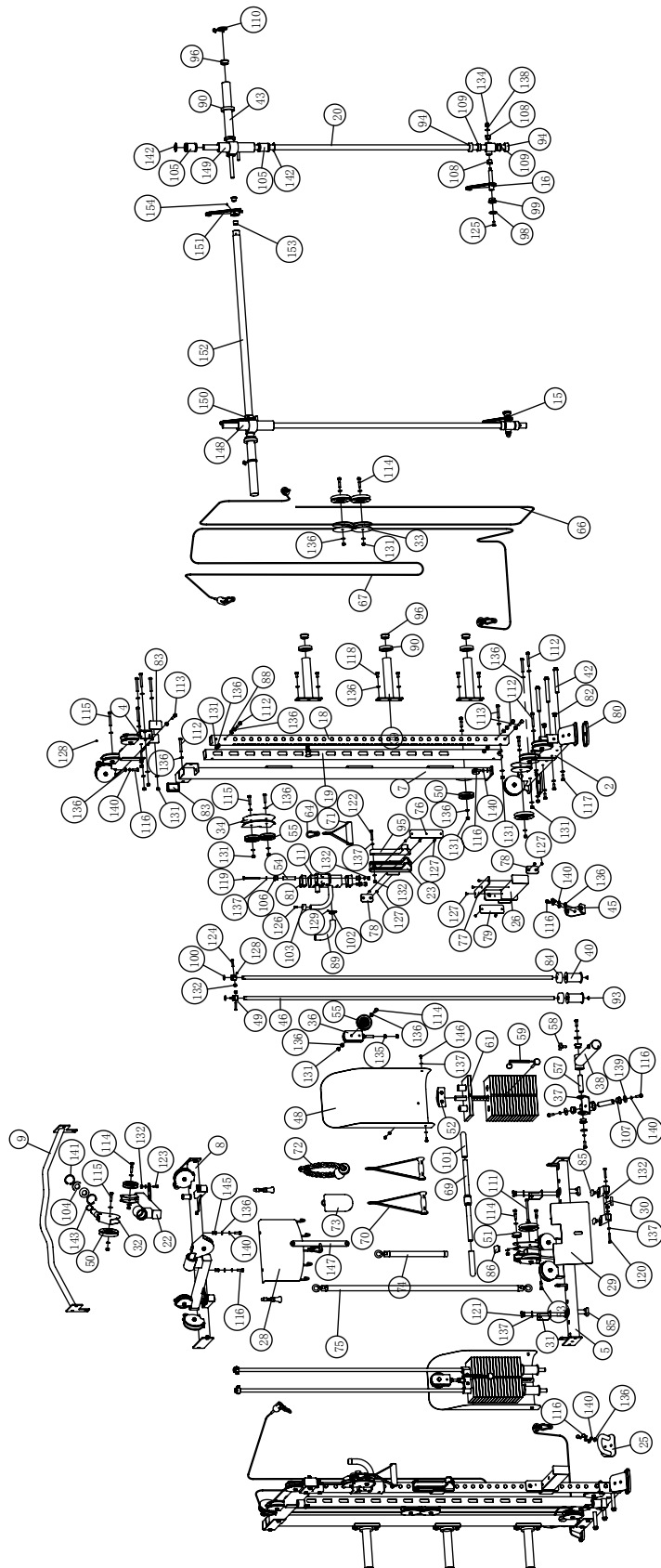
Exploded View and Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Left Floor Stand	1	41	Adjusting Liner	2
2	Right Floor Stand	1	42	Threaded Connecting Rod	6
3	Left Fixing Frame	1	45	U-shaped Seat	1
4	Right Fixing Frame	1	46	Guide Rod	4
5	Weight Frame	1	47	Thick Washer	6
6	Left Slip Frame	1	48	Shield	2
7	Right Slip Frame	1	49	Guide Rod Fixing Sleeve	4
8	Upper Connecting Frame	1	50	Big Pulley	26
9	Handlebar	1	51	Small Guide Wheel	2
10	Left Slip Frame	1	52	Rubber Seat	2
11	Right Slip Frame	1	53	Shoulder Bolt	2
15	Left Safety Pylon	1	54	Double Pulley Frame Shaft	2
16	Right Safety Pylon	1	55	Small Pulley	10
18	Front Sliding Tube	2	57	Rotating Shaft	2
19	Hook Fixing Tube	2	58	Adjusting Handle	1
20	Guide Rod	2	59	Selector Pin W/Coil	2
21	Left Swing Arm	1	60	Elastic Pin Assembly	2
22	Right Swing Arm	1	61	Top Plate	2
23	Left Hook Bracket	1	62	Weight Plate	30
24	Right Hook Bracket	1	63	Elastic Pin ASSY	2
25	Battle Rope Rack	1	64	Gourd Hook	7
26	Left Safety Limit Frame	1	66	Cable ASSY 1	2
27	Right Safety Limit Frame	1	67	Cable ASSY 2	2
28	Training Guide Frame	1	69	Short Pull Handle	1
29	Foot Rest	1	70	Long Tension Sleeve Group	2
30	Pedal Stop Bracket	1	71	Tension Sleeve Group	2
31	Long L Shield Seat	2	72	Tension Rope	1
32	Safety Carriage	2	73	Foot Cover	1
33	Movable Pulley Block	2	74	Short Handle Frame	1
34	Double Pulley Frame	2	75	Long Handle Frame	1
35	Top Pulley Frame	2	76	Long Plastic Plate	2
36	Pulley Connecting Frame	2	77	Plastic Board	2
37	Rotating Frame	1	78	Short Plastic Board	4
38	Turret Mounting Frame	1	79	Plastic Board	2
39	Back Barbell Frame	6	80	Floor Mat	4
40	Pad Viaduct	4	81	Hollow Pipe Sleeve	4

Exploded View and Parts List

Item No.	Description	Qty	Item No.	Description	Qty
82	Pipe Plug	4	118	Hex Head Bolt M10*20	12
83	Pipe Plug F50*75	4	119	Hex Head Bolt M8*95	2
84	Rubber Pad	4	120	Hex Head Bolt M8*50	2
85	Cushion	4	121	Hex Head Bolt M8*15	8
86	Pipe Plug F38	5	122	Socket Head Cap Screw M8*50	2
87	Sliding Pad	4	123	Socket Head Cap Screw M8*20	4
88	Spacer Sleeve	4	124	Button Head Cap Screw M8*40	4
89	Put On The Gloves	2	125	Flat Head Cap Screw M10*25	2
90	Septum	8	126	Falling Hex Socket Countersunk Head Screw M6*16	2
91	Pipe Plug 50.8	2	127	Falling Hex Socket Countersunk Head Screw M6*12	24
93	Rubber Plug	4	128	Socket Set Screw M8*10	8
94	Cushion	4	129	Socket Set Screw M5*3	4
95	Hook	2	131	Nylon Lock Nut M10	65
96	Pipe Plug	8	132	Nylon Lock Nut M8	14
97	Limit Sleeve	4	134	Cap Nut M12	2
98	φ 25 Plastic Head Cover	2	135	Hex Flange Nut M12	4
99	φ 25 Plastic Head Seat	2	136	Flat Washer φ 11*φ 20*2	166
100	O-Ring Rubber Seal	4	137	Flat Washer φ 9*φ 16*1.6	26
101	Put On The Gloves	2	138	Flat Washer φ 13*φ 24*1.5	2
102	φ 25 Aluminum Retaining Ring	2	139	Flat Washer φ 11*φ 38*2	4
103	φ 25 Aluminum Head	2	140	Spring Washer φ 10	16
104	Deep Groove Ball Bearing	4	141	Elastic Ring For Hole φ 55	4
105	Linear Motion Bearing	4	142	Elastic Ring For Hole φ 47	4
106	Bushing	4	143	External Circlips φ 30	2
107	Copper Bearing	8	144	External Circlips φ 25	2
108	Flange Sleeve	6	145	Flat Hex Nut M10*19.5	2
109	Nylon Bushing	4	146	Button Head Cap Screw M8*15	2
110	Jump Ring φ 48	2	147	Conversion Frame	1
111	Hex Head Bolt M10*120	1	148	Left Barbell Frame	1
112	Hex Head Bolt M10*75	22	149	Right Barbell Frame	1
113	Hex Head Bolt M10*70	6	150	Left Hook Frame	1
114	Hex Head Bolt M10*50	30	151	Right Hook Frame	1
115	Hex Head Bolt M10*45	6	152	Aluminum Push Rod	1
116	Hex Head Bolt M10*30	16	153	Shaft Sleeve φ 25.4*φ 19*20	2
117	Hex Head Bolt M10*25	12	154	Roll Pin φ 6*14	4

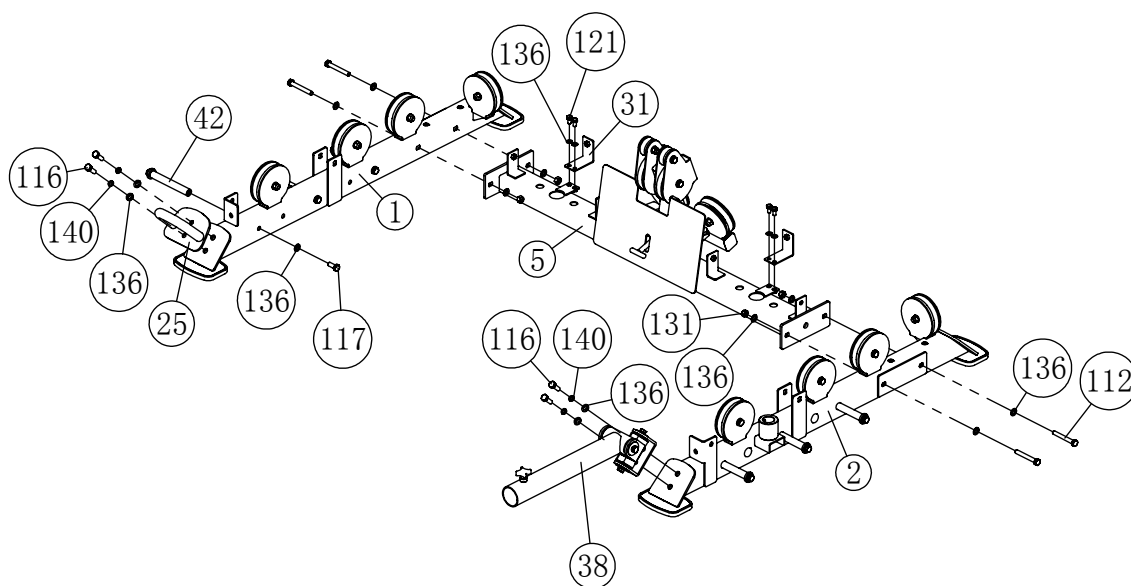
Exploded View and Parts List



Exploded View and Parts List

STEP 1

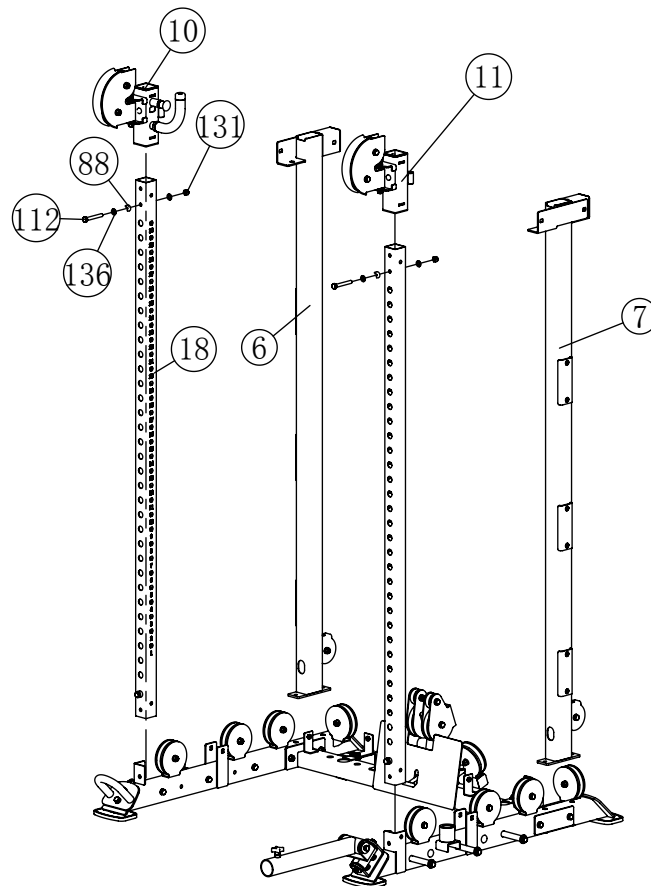
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Left Floor Stand	1	112	Hex Head Bolt M10*75	4
2	Right Floor Stand	1	116	Hex Head Bolt M10*30	4
5	Weight Frame	1	117	Hex Head Bolt M10*25	6
25	Battle Rope Rack	1	121	Hex Head Bolt M8*15	4
31	Long L Shield Seat	2	131	Nylon Lock Nut M10	4
38	Turret Mounting Frame	1	136	Flat Washer $\phi 11*\phi 20*2$	22
42	Threaded Connecting Rod	6	140	Spring Washer $\phi 10$	4



Exploded View and Parts List

STEP 2

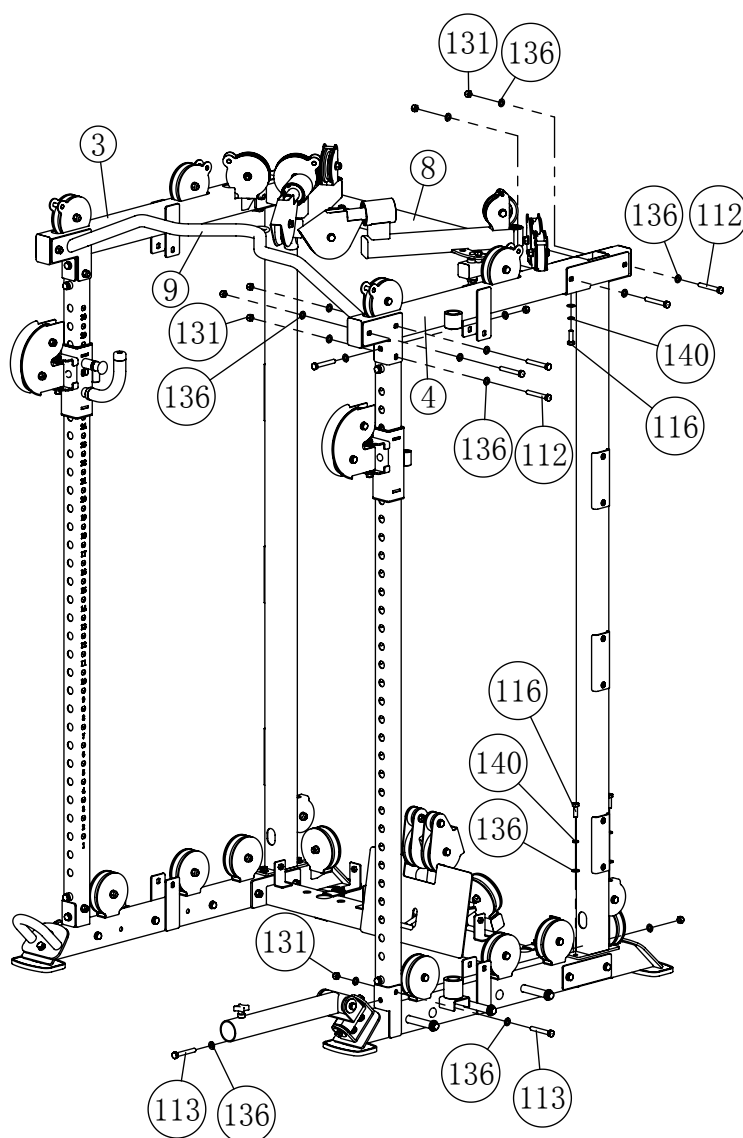
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
6	Left Slip Frame	1	88	Spacer Sleeve	4
7	Right Slip Frame	1	112	Hex Head Bolt M10*75	4
10	Left Slip Frame	1	131	Nylon Lock Nut M10	4
11	Right Slip Frame	1	136	Flat Washer $\phi 11*\phi 20*2$	8
18	Front Sliding Tube	2			



Exploded View and Parts List

STEP 3

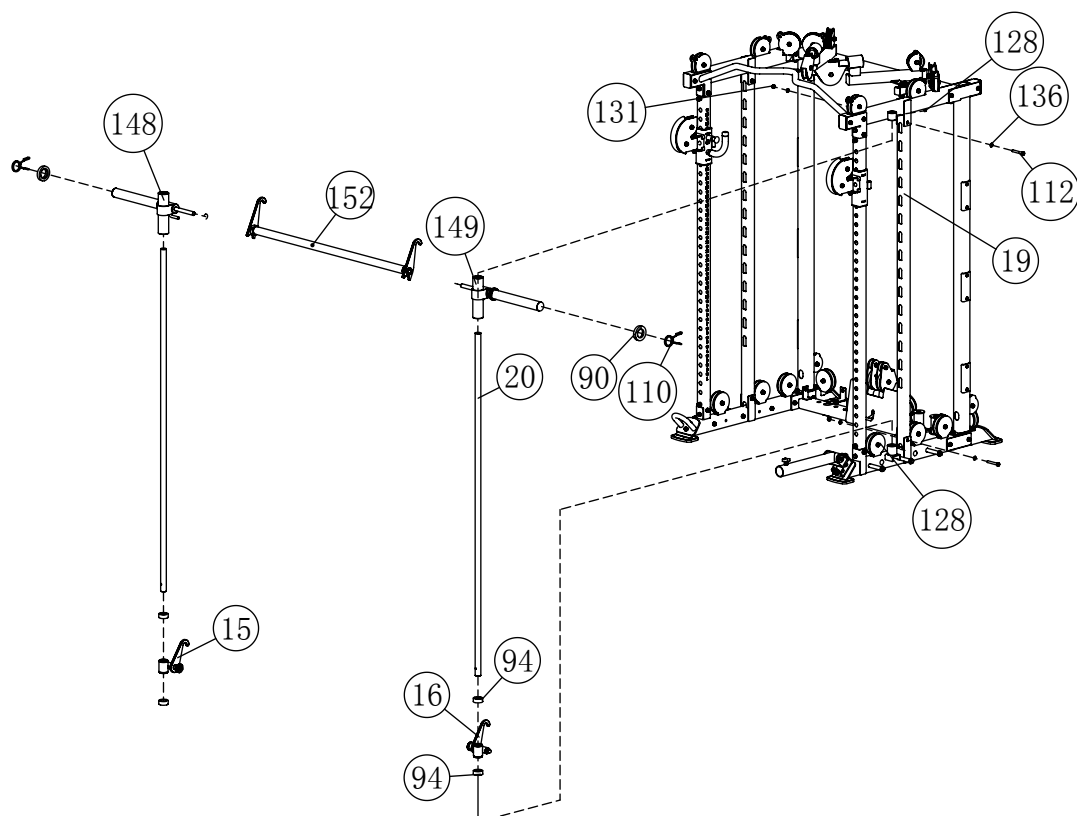
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
3	Left Fixing Frame	1	113	Hex Head Bolt M10*70	6
4	Right Fixing Frame	1	116	Hex Head Bolt M10*30	6
8	Upper Connecting Frame	1	131	Nylon Lock Nut M10	16
9	Handlebar	1	136	Flat Washer $\phi 11*\phi 20*2$	38
112	Hex Head Bolt M10*75	10	140	Spring Washer $\phi 10$	6



Exploded View and Parts List

STEP 4

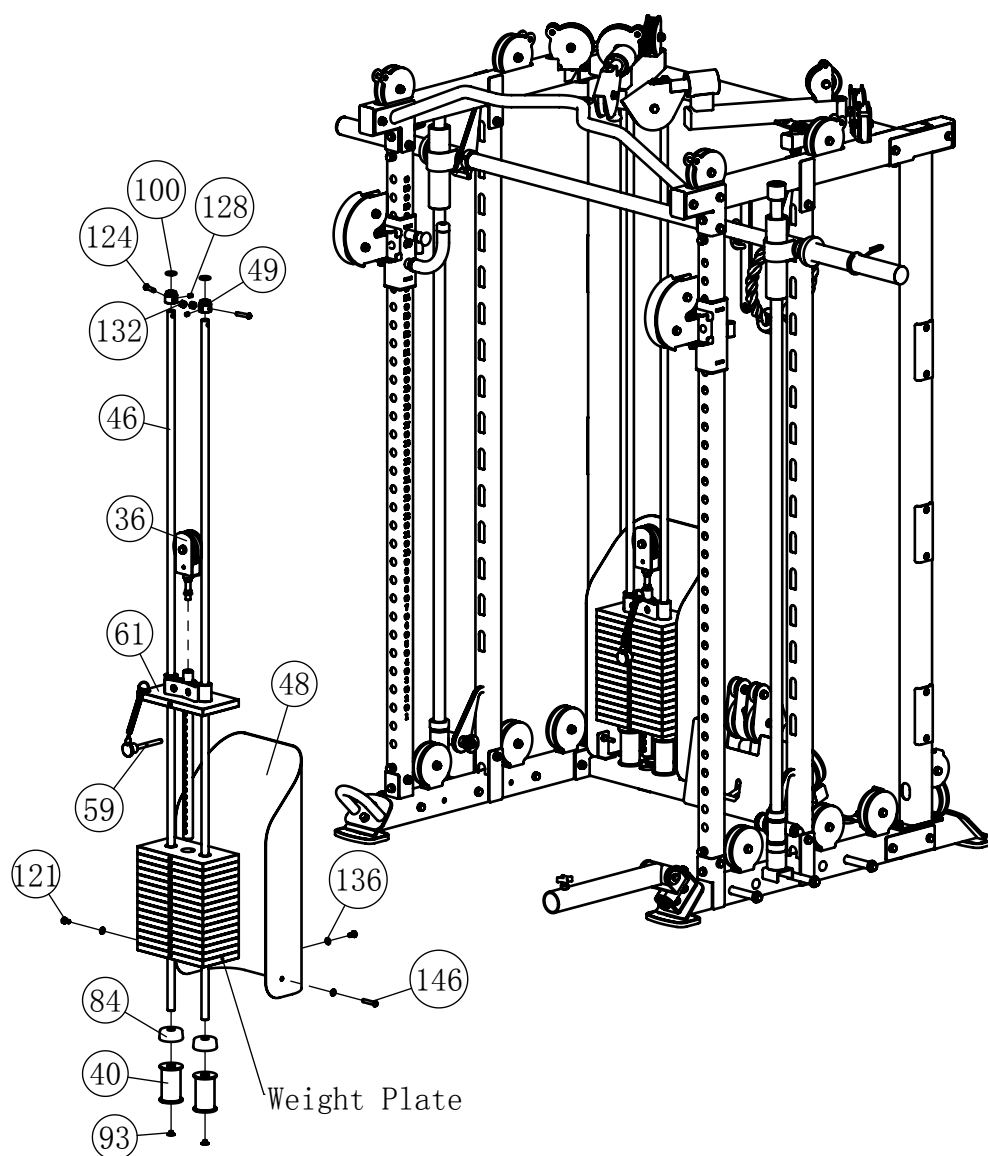
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
15	Left Safety Pylon	1	112	Hex Head Bolt M10*75	4
16	Right Safety Pylon	1	128	Socket Set Screw M8*10	4
19	Hook Fixing Tube	2	131	Nylon Lock Nut M10	4
20	Guide Rod	2	136	Flat Washer $\phi 11*\phi 20*2$	8
90	Septum	2	148	Left Barbell Frame	1
94	Cushion	4	149	Right Barbell Frame	1
110	Jump Ring $\phi 48$	2	152	Aluminum Push Rod	1



Exploded View and Parts List

STEP 5

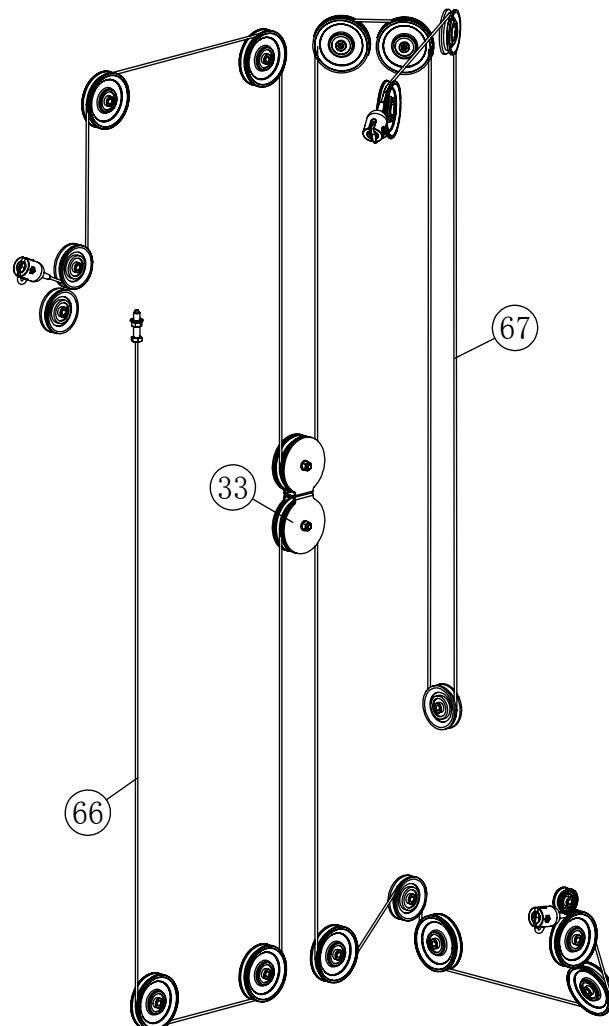
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
36	Pulley Connecting Frame	2	93	Rubber Plug	4
40	Pad Viaduct	4	100	O-Ring Rubber Seal	4
46	Guide Rod	4	121	Hex Head Bolt M8*15	4
48	Shield	2	124	Button Head Cap Screw M8*40	4
49	Guide Rod Fixing Sleeve	4	128	Socket Set Screw M8*10	4
59	Selector Pin W/Coil	2	132	Nylon Lock Nut M8	4
61	Top Plate	2	136	Flat Washer $\phi 11*\phi 20*2$	6
84	Rubber Pad	4	146	Button Head Cap Screw M8*15	2



Exploded View and Parts List

STEP 6

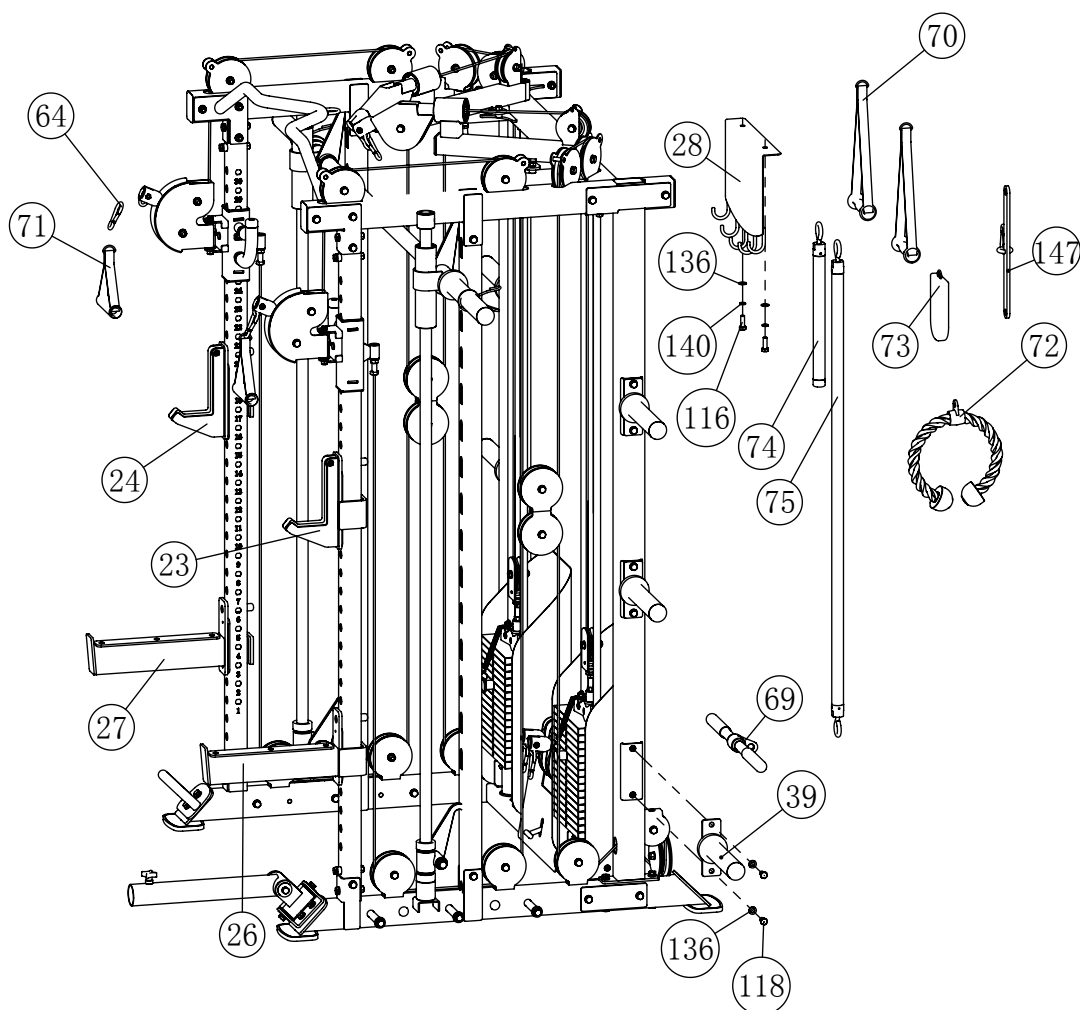
ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
33	Movable Pulley Block	2	67	Cable ASSY 2	2
66	Cable ASSY 1	2			



Exploded View and Parts List

STEP 7

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
23	Left Hook Bracket	1	72	Tension Rope	1
24	Right Hook Bracket	1	73	Foot Cover	1
26	Left Safety Limit Frame	1	74	Short Handle Frame	1
27	Right Safety Limit Frame	1	75	Long Handle Frame	1
28	Training Guide Frame	1	116	Hex Head Bolt M10*30	2
39	Back Barbell Frame	6	118	Hex Head Bolt M10*20	12
64	Gourd Hook	7	136	Flat Washer $\phi 11 \times \phi 20 \times 2$	14
69	Short Pull Handle	1	140	Spring Washer $\phi 10$	2
70	Long Tension Sleeve Group	1	147	Conversion Frame	1
71	Tension Sleeve Group	1			



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 bolt 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