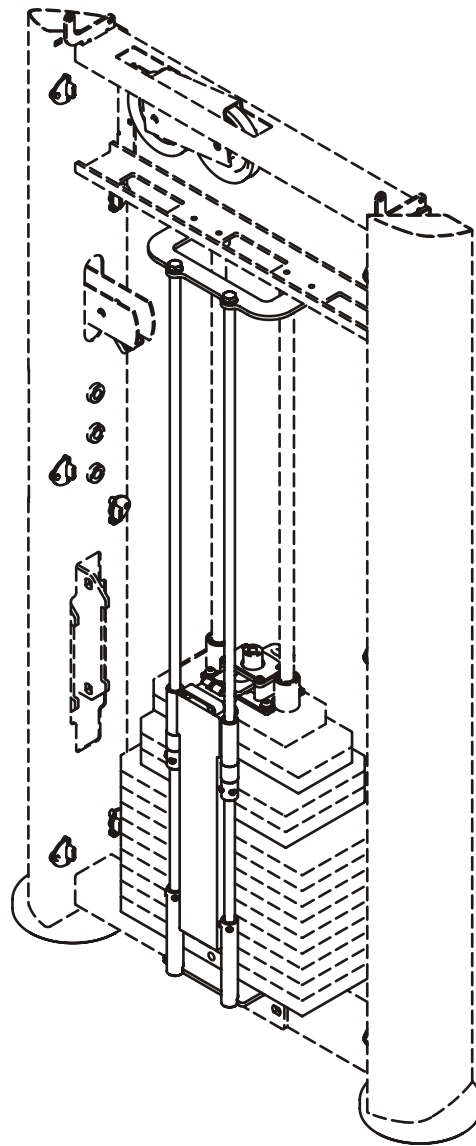


IEWS

ADD ON WEIGHT SYSTEM

OWNER'S MANUAL

IEWS-7D / IEWS-7G



! 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:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. 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.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. 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.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Personal Safety During Assembly

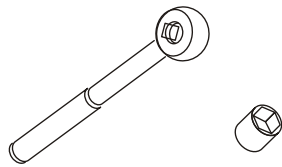
Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment. Assemble and operate the equipment on a solid, level surface. Locate the unit a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

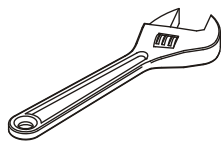
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

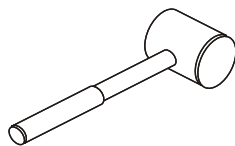
Tools Required



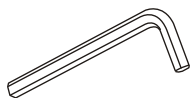
Ratchet Wrench and Socket



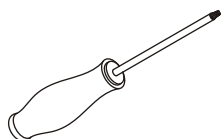
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



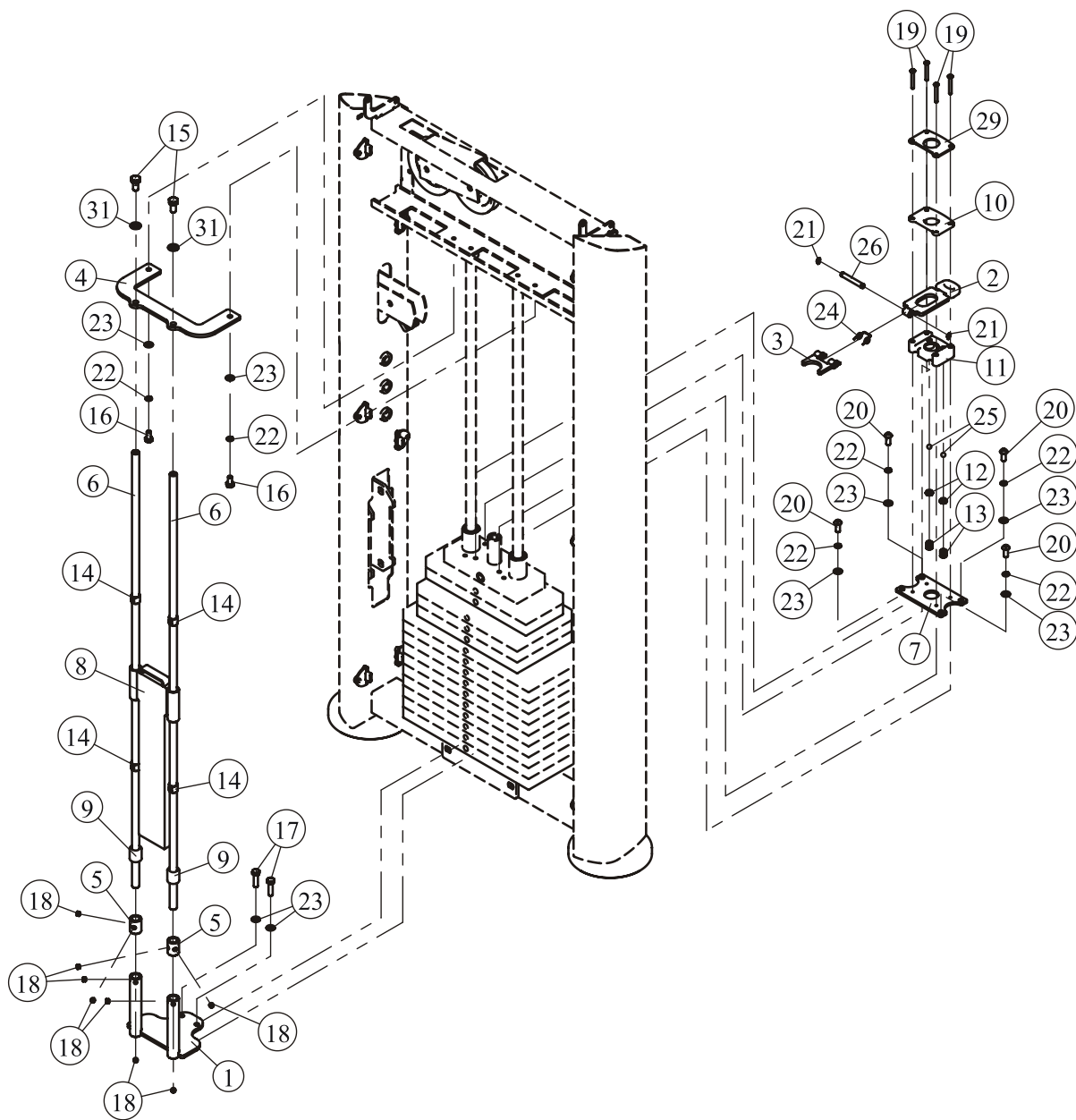
Phillips Screwdriver

Parts List

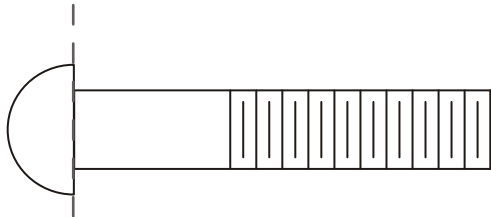
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

ITEM NO.	Description	QTY	ITEM NO.	Description	QTY
1	Lower Frame	1	15	Hex Head Bolt M10*20	2
2	Pin Frame	1	16	Hex Head Bolt M8*15	2
3	Pin Head	1	17	Hex Head Bolt M8*30	2
4	Upper Plate	1	18	Socket Set Screw M8*6	8
5	Weight Stopper	2	19	Button Head Cap Screw M5*40	4
6	Guide Rod	2	20	Button Head Cap Screw M8*20	4
7	Plate	1	24	Spring	1
8	Add-on Weight	1	25	Ball	2
9	Rubber Bumper	2	26	Axle	1
10	Weight Cover	1	27	Hex Key S=3	1
11	Weight Bracket	1	28	Hex Key S=4	1
12	Ball Socket	2	29	Cover Plate	1
13	Spring $\Phi 13*\Phi 0.8*15$	2	30	Hex Key S=5	1
14	Plastic Bearing	4	31	Flat Washer $\Phi 11*\Phi 20*2$	2

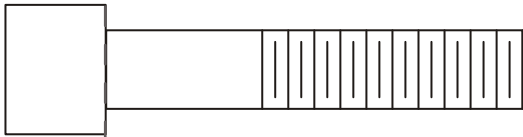
Exploded View



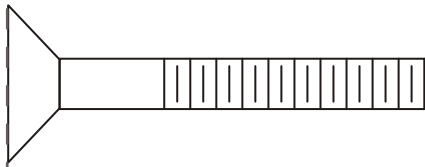
Measurement Guide



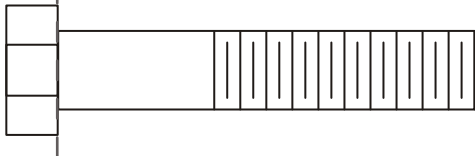
BHCS = Button Head Cap Screw



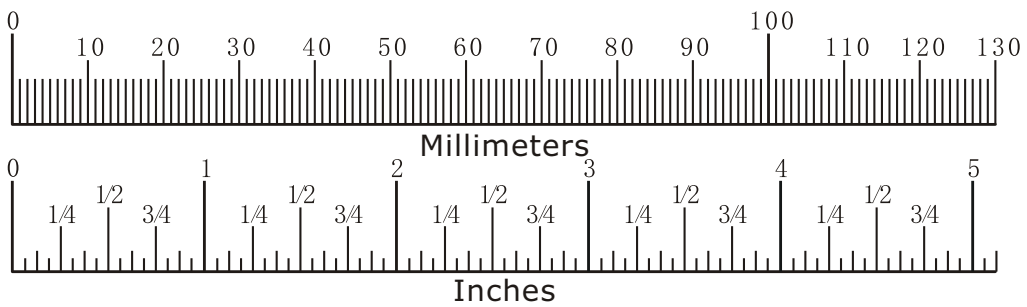
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

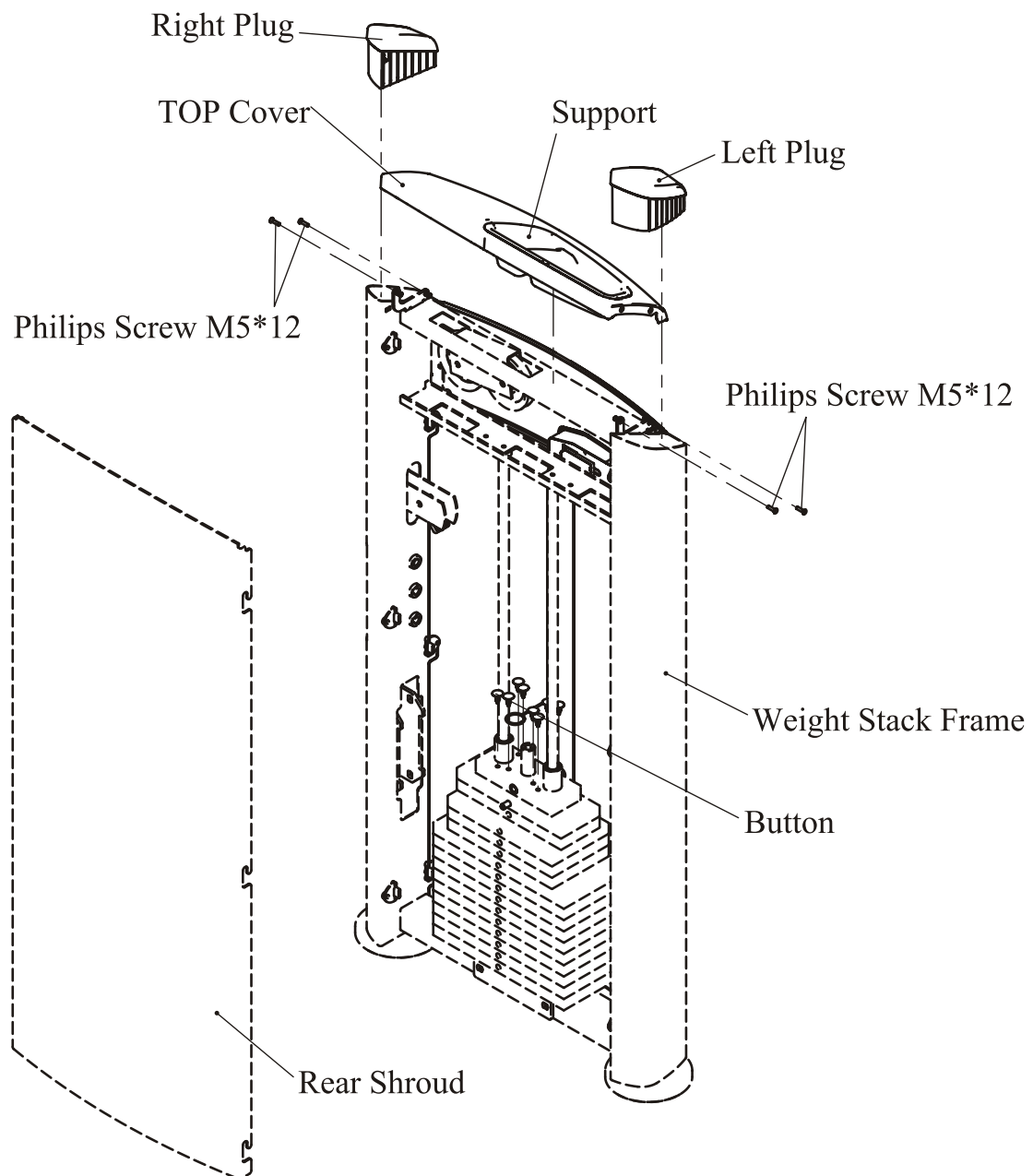
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

If the IE95XX machine has been assembled, please follow these steps to assemble the accessory, if not, follow STEP 2 to STEP 4.

STEP 1

1. Remove Left Plug, Right Plug.
2. Remove four Philips Screw M5*12.
3. Remove Top Cover and Support.
4. Remove the Rear Shroud.
5. Remove eight Buttons on the Top Plate.

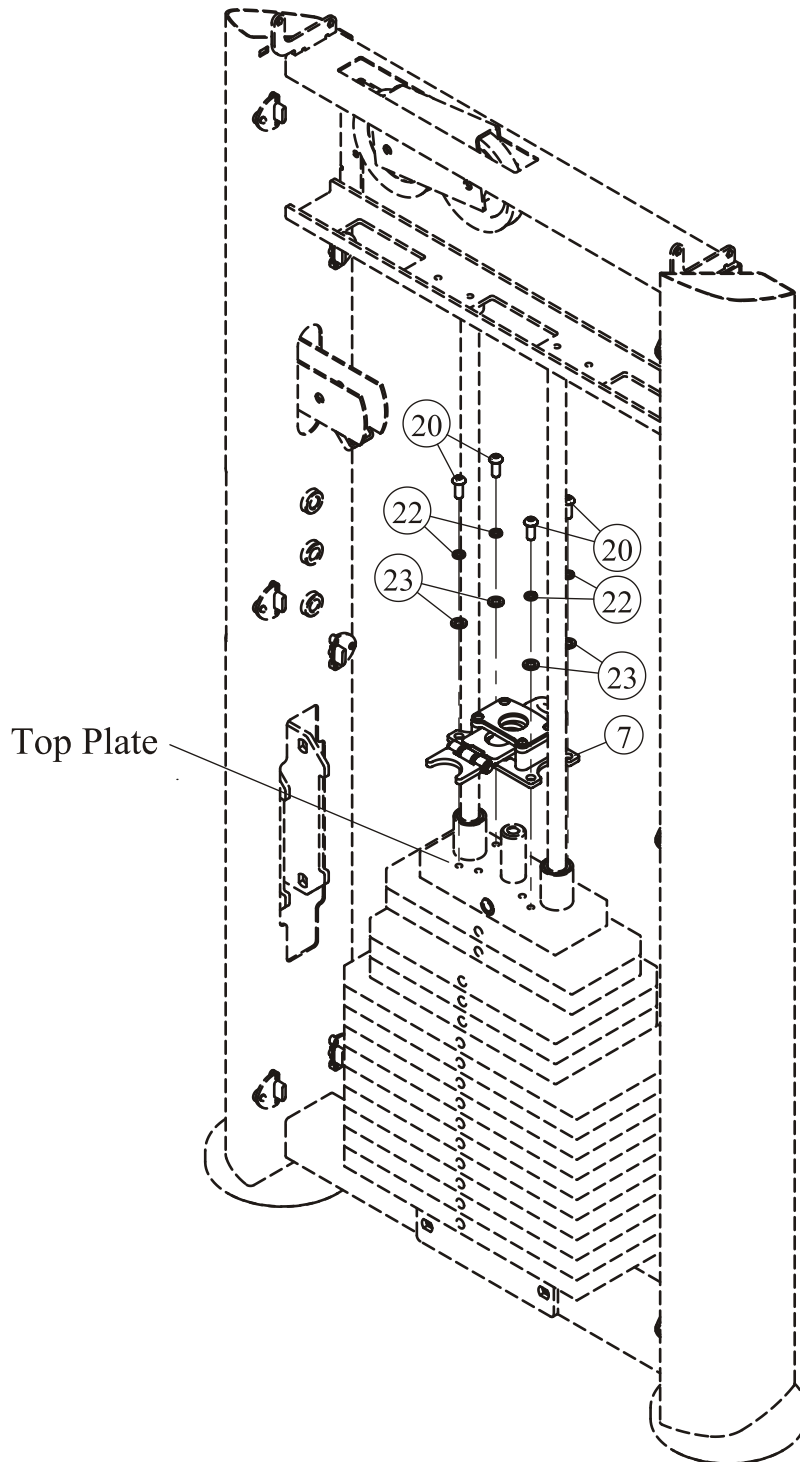


Assembly

STEP 2

Attach the Plate (#7) to the Top Plate using:

- four M8*20 BHCS (#20)
- four $\Phi 8$ Spring Washer (#22)
- four $\Phi 9*\Phi 16*1.6$ Flat Washer (#23)



Assembly

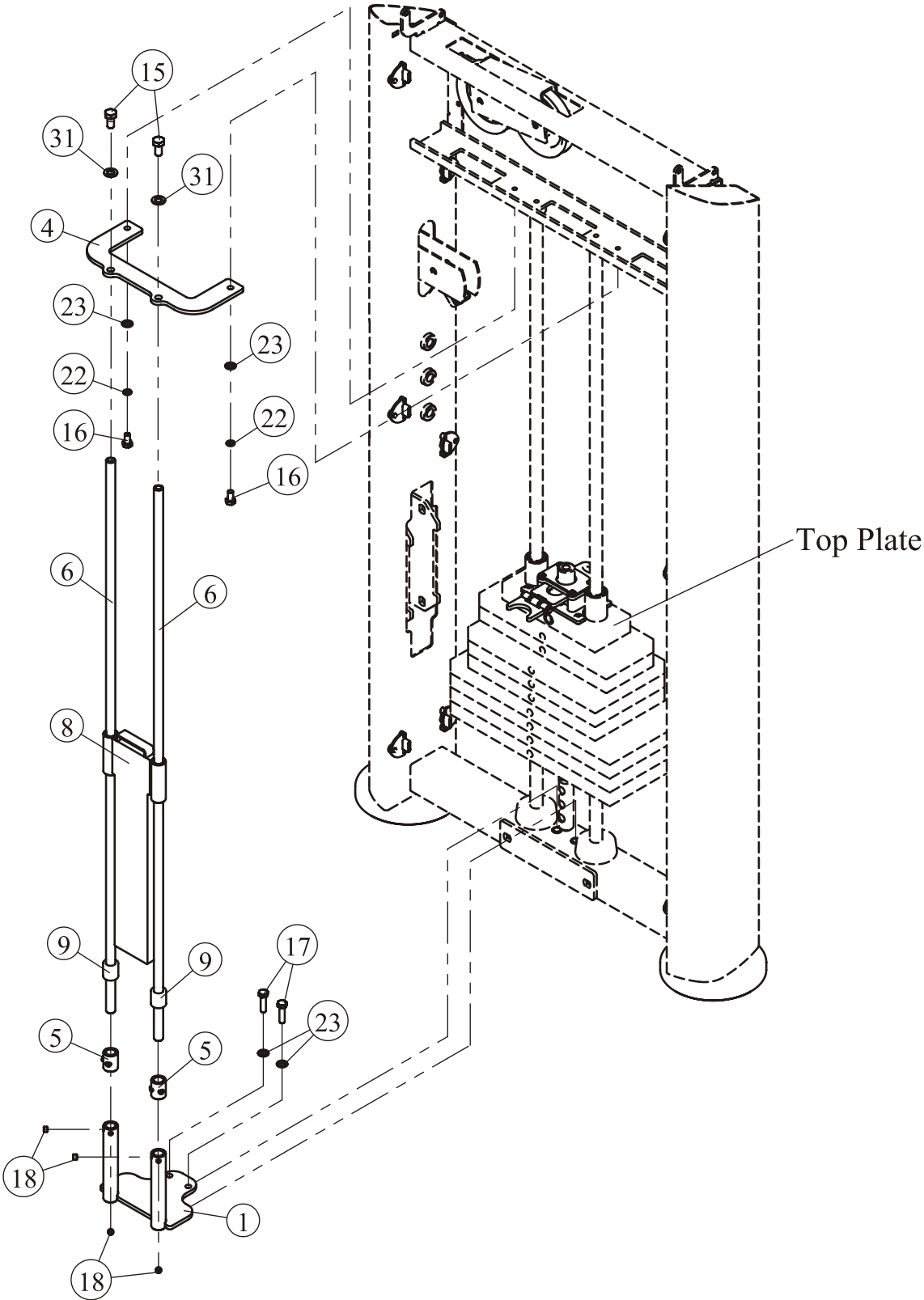
STEP 3

Pull all the Weight Plates at a high position. And keep the weight plate firmly. And then.

1. Attach the assembled Lower Frame (#1), two Weight Stoppers (#5), two Rubber Bumpers (#9), the Add-on Weight (#8) and two Guide Rods, to the Weight Stack Frame using:
 - two M8*30 HHB (#17)
 - two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#23)
2. Slide two Weight Stoppers (#5), two Rubber Bumpers (#9) onto the Guide Rod (#6), making sure that the groove is at the top end of the weight.
3. Attach the Upper Plate (#4) to the Weight Stack Frame using:
 - two M8*15 HHB (#16)
 - two $\Phi 8$ Spring Washer (#22)
 - two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#23)
4. Attach the Upper Plate (#4) to two Guide Rods using:
 - two M10*20 HHB (#15)
 - two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#31)
5. Wrench tighten two M8*15 HHB (#16), two M8*30 HHB (#17), two M10*20 HHB (#15).
6. Wrench tighten two M8*6 Socket Set Screw (#18) in the Lower Frame (#1).

Assembly

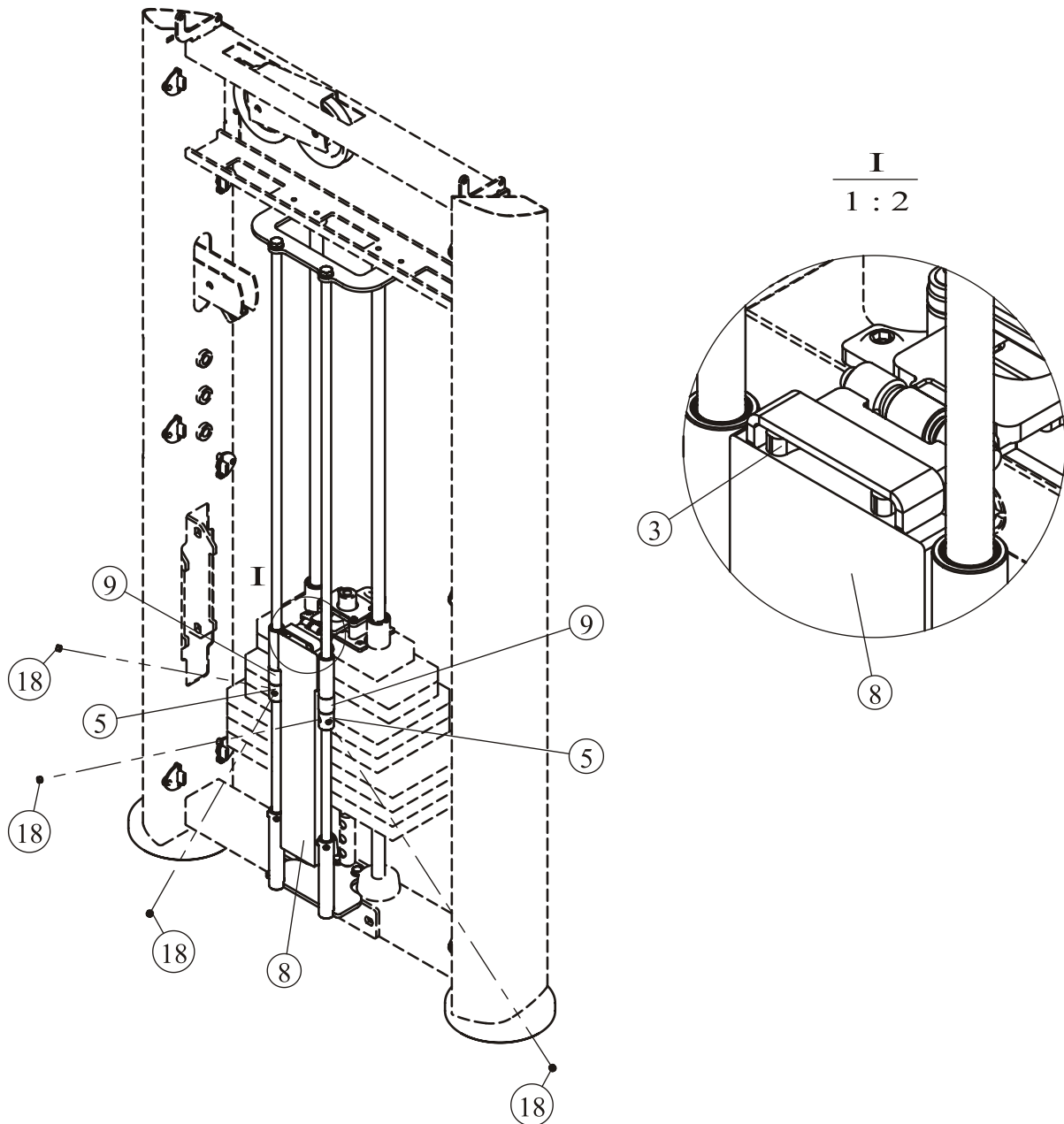
STEP 3



Assembly

STEP 4

1. Pull back down all the Weight Plates and the Top Plate.
2. Adjust the Add-on Weight (#8), two Rubber Bumpers (#9) and two Weight Stoppers (#5) together, and put the Pin Head (#3) in the groove as picture.
3. Wrench tighten four M8*6 Socket Set Screws (#18) in the weight Stopper (#5).



Assembly

STEP 5

1. Reattach the Rear Shroud.
2. Reattach Top Cover and Support.
3. Reattach four Philips Screw M5*12.
4. Reattach Left Plug, Right Plug.

Note: Wrench tighten screws.

Push the Pin Frame (#2), the Add-on Weight (#8) can be used.

