

MODEL:
PUNCH

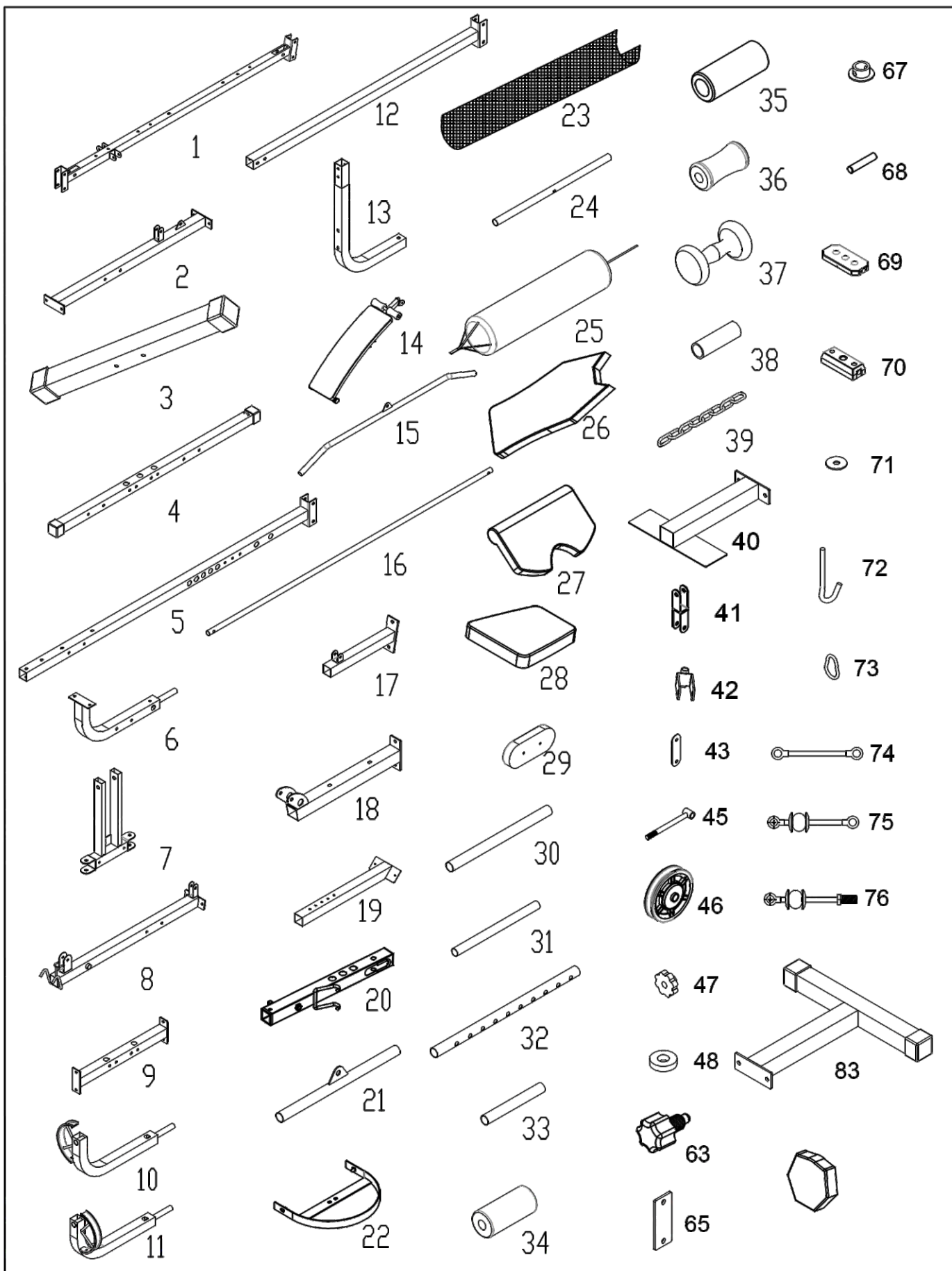
Important safety information

Please keep this manual in a safe place for reference.

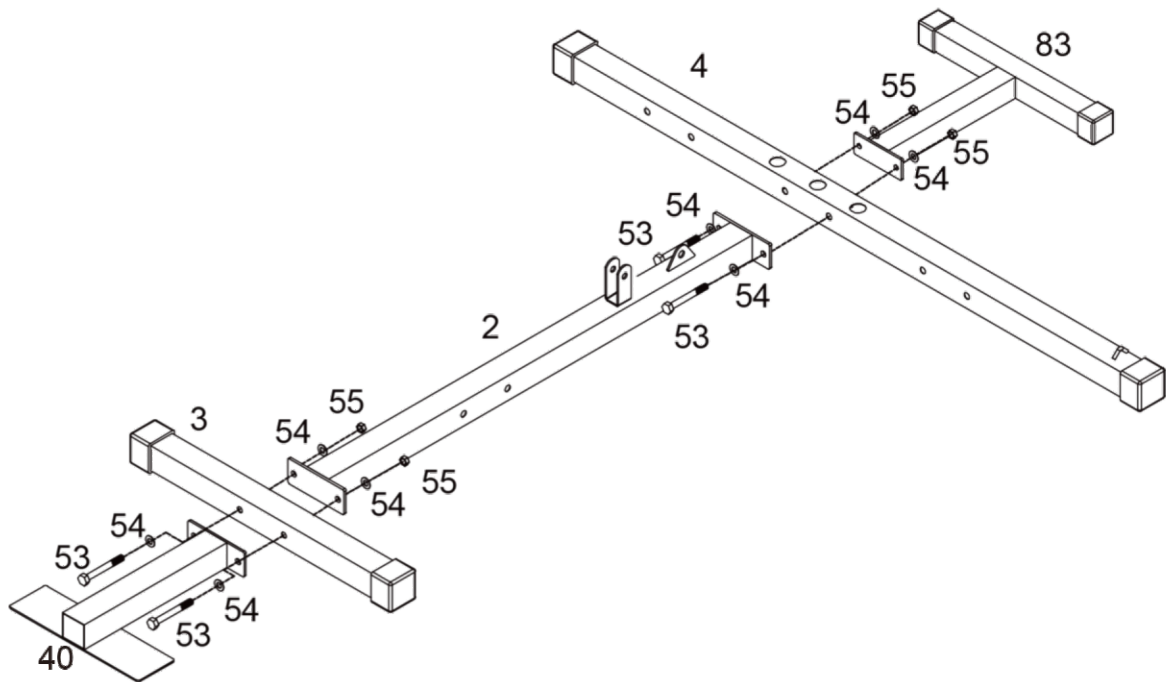
1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 meter of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened.
7. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.
10. The equipment suitable for domestic, home use only.
11. The equipment is not suitable for therapeutic use.

SPARE PARTS LIST

NO	NAME	QTY		NO	NAME	QTY
1	Vertical support	1		43	Screw plates for pulleys	2
2	Main base	1		44	Screw bolt M12X150	1
3	Front stabilizer tube	1		45	Handle screw for block lever	1
4	Main stabilizer tube	1		46	Pulley	12
5	Cushion Support Frame	1		47	Knob for block lever	1
6	Cushion Holder (L & R)	2		48	Cylindrical rubber stop	2
7	Chest press	1		49	Screw bolt M12X80	2
8	Upper support	1		50	Flat washer M12	6
9	Upper connect tube	1		51	Big bushing	6
10	Right arm	1		52	Nut M12	3
11	Left arm	1		53	Screw bolt M10X70	21
12	Sandbag lower tube	1		54	Washer M10	108
13	Sandbag upper tube	1		55	Nut M10	45
14	Back Cushion	1		56	Screw bolt M8X45	1
15	Bar for upper pulley	1		57	Washer M8	2
16	Chrome bars	2		58	Nut M8	1
17	Prop support	1		59	Screw bolt M10X65	19
18	Seat support	1		60	Screw bolt M10X75	1
19	Metal support for biceps pad	1		61	Screw bolt M10x35	2
20	Extension lever	1		63	M14 knob	1
21	Tension bar	1		64	Nut M10	2
22	Weight Cover Support	4		65	Support plate	3
23	Weight Cover Plate	2		66	Back Cushion Board	1
24	Cross Tube	1		67	Upper weight socket	1
25	Sandbag	1		68	Pin for upper weight socket	1
26	Padded back	1		69	Weights	15
27	Cushion for biceps pad	1		70	Upper weight	1
28	Seat	1		71	Upper weight washer	1
29	Hand back	2		72	Hooker for sandbag	1
30	Long cylinder holder shaft	2		73	Harness clip	7
31	Short cylinder holder shaft	2		74	Butterfly arms cable	1
32	Weight selector	1		75	Lower pulley cable	1
33	Metal grip	4		76	Selection bar cable	1
34	Circular Foam Grip	4		77	Screw bolt M10X60	4
35	Big foam protector	2		78	Small bushing for pulley	6
36	Bone type of foam	6		79	Screw bolt M6X16	10
37	Dumbbels	2		80	Washer M6	10
38	Foam sleeve for grips	14		81	Screw bolt M10X25	8
39	Chain	2		82	Screw bolt M10X45	9
40	Front pedal tube	1		83	Rear stabilizer tube	1
41	Double crutch for pulley	1		84	Headrest	1
42	Pulley support	2				

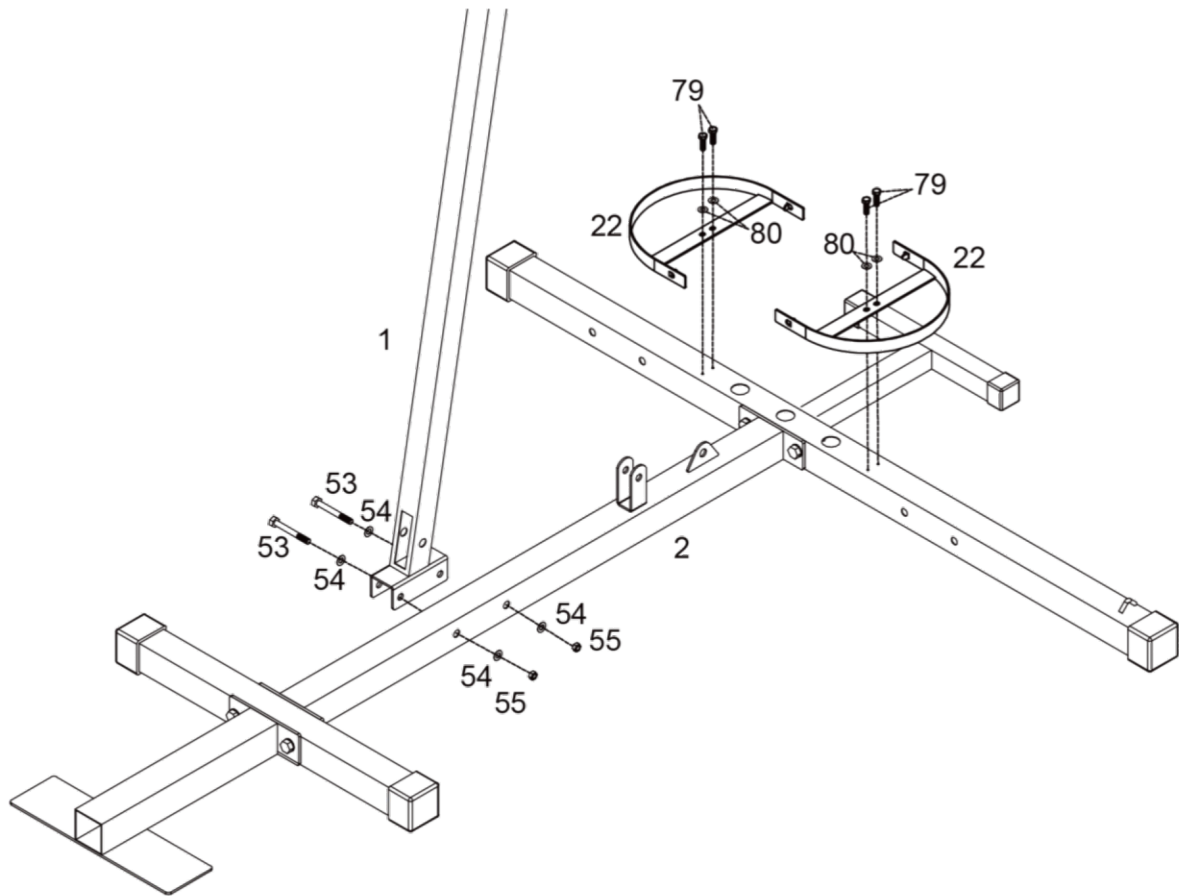


Step 1



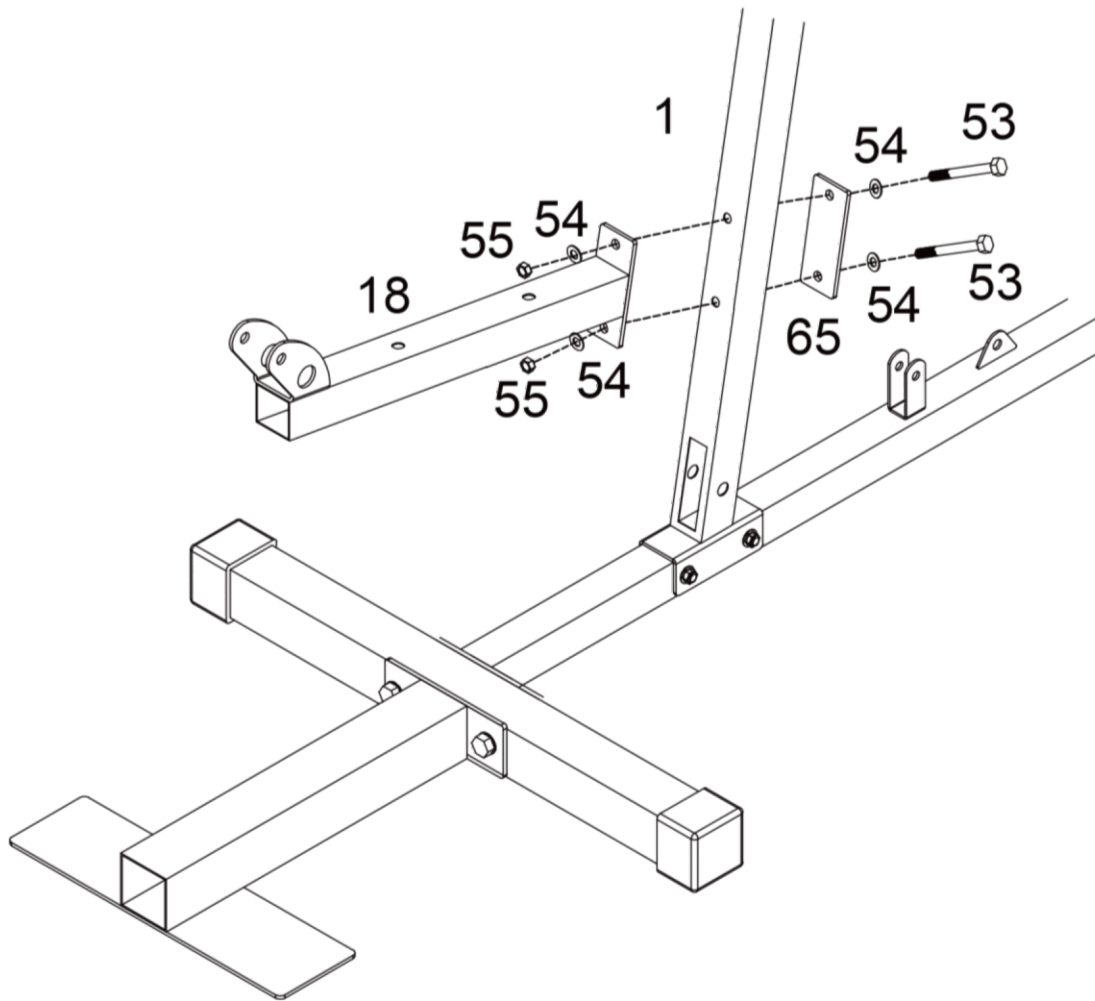
1. Connect Main base(2),Main stabilizer base(4) and Rear stabilizer tube(83) use Screw(53),Washer(54) and Nut(55)
2. Attach Front pedal tube(40) and Front stabilizer base(3) to Main stabilizer base(4) use Screw(53),Washer(54) and Nut(55)

Step 2



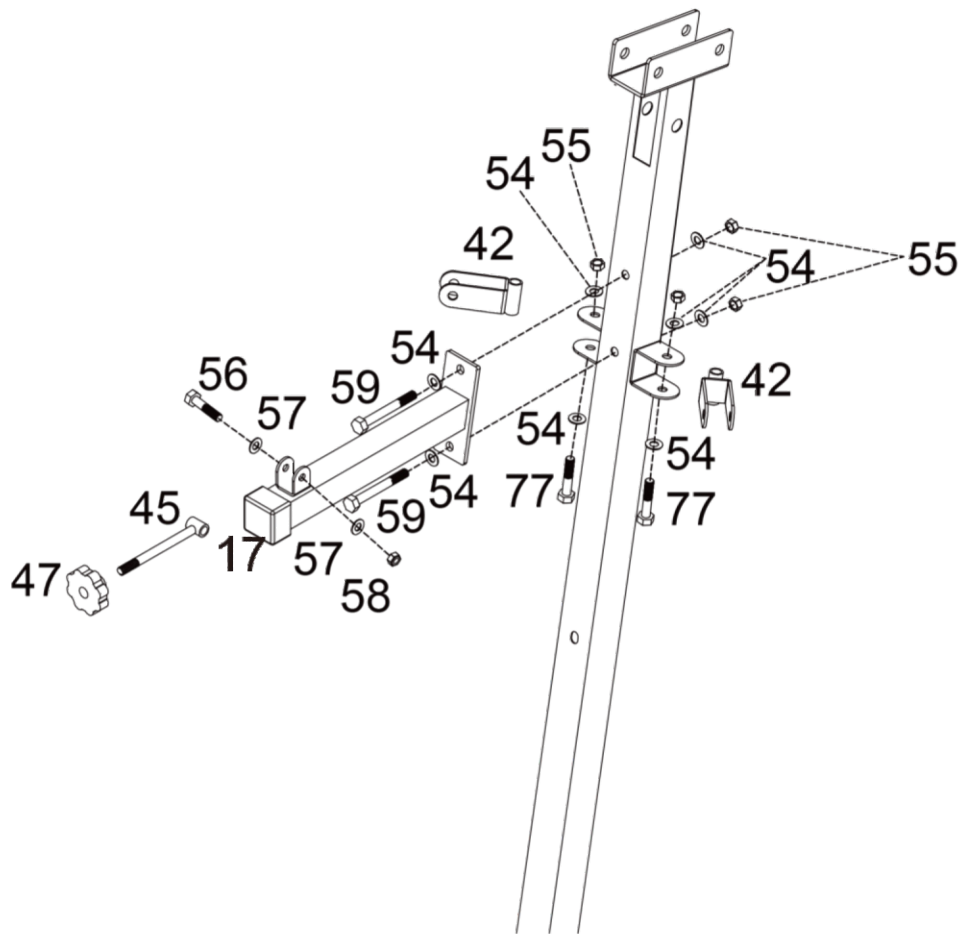
1. Attach Vertical support(1) to Main base use Screw(53), Washer(54) and Nut(55)

Step 3



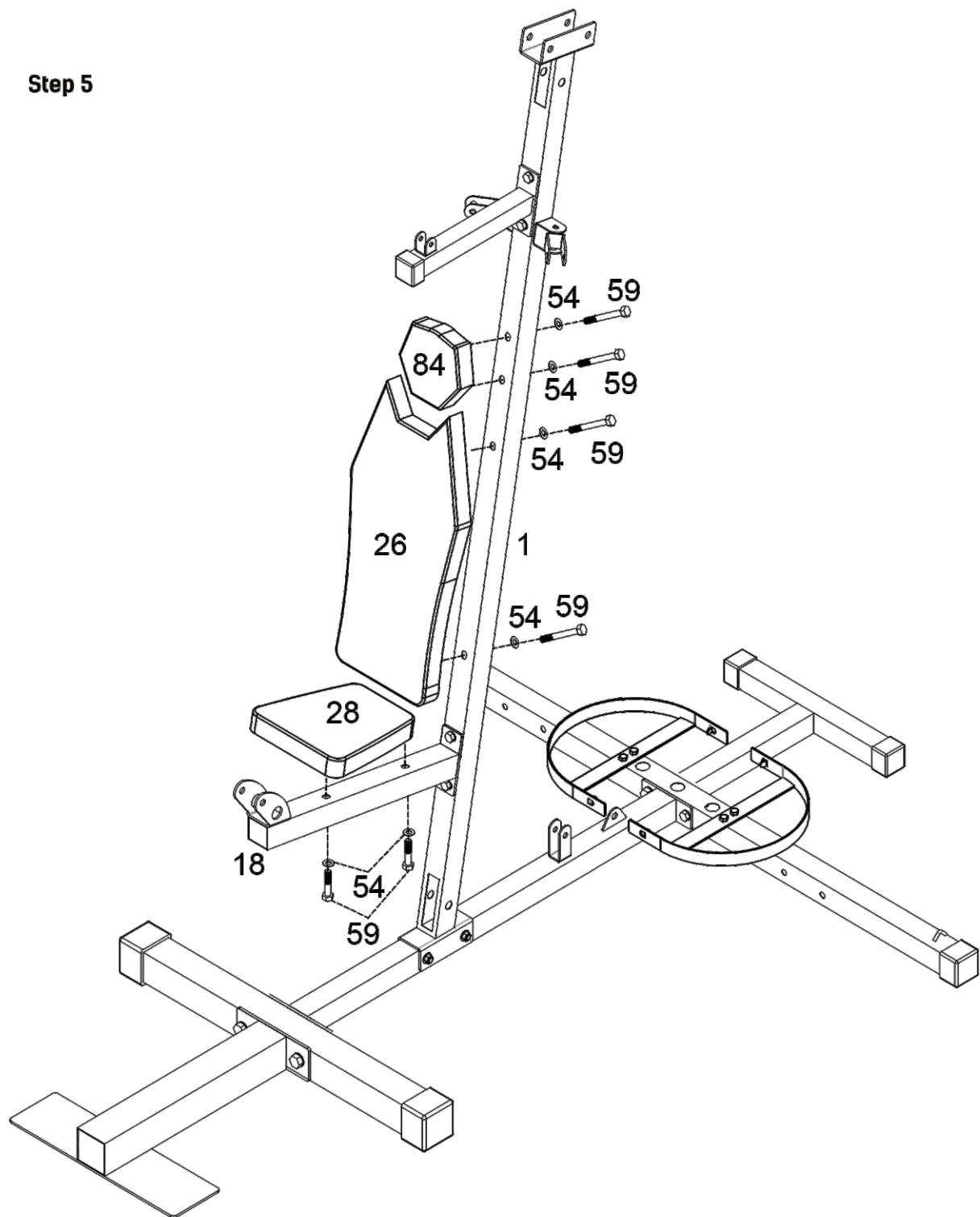
1. Attach Seat support(18) to Vertical support(1) use Screw(53),Washer(54) and Nut(55)

Step 4



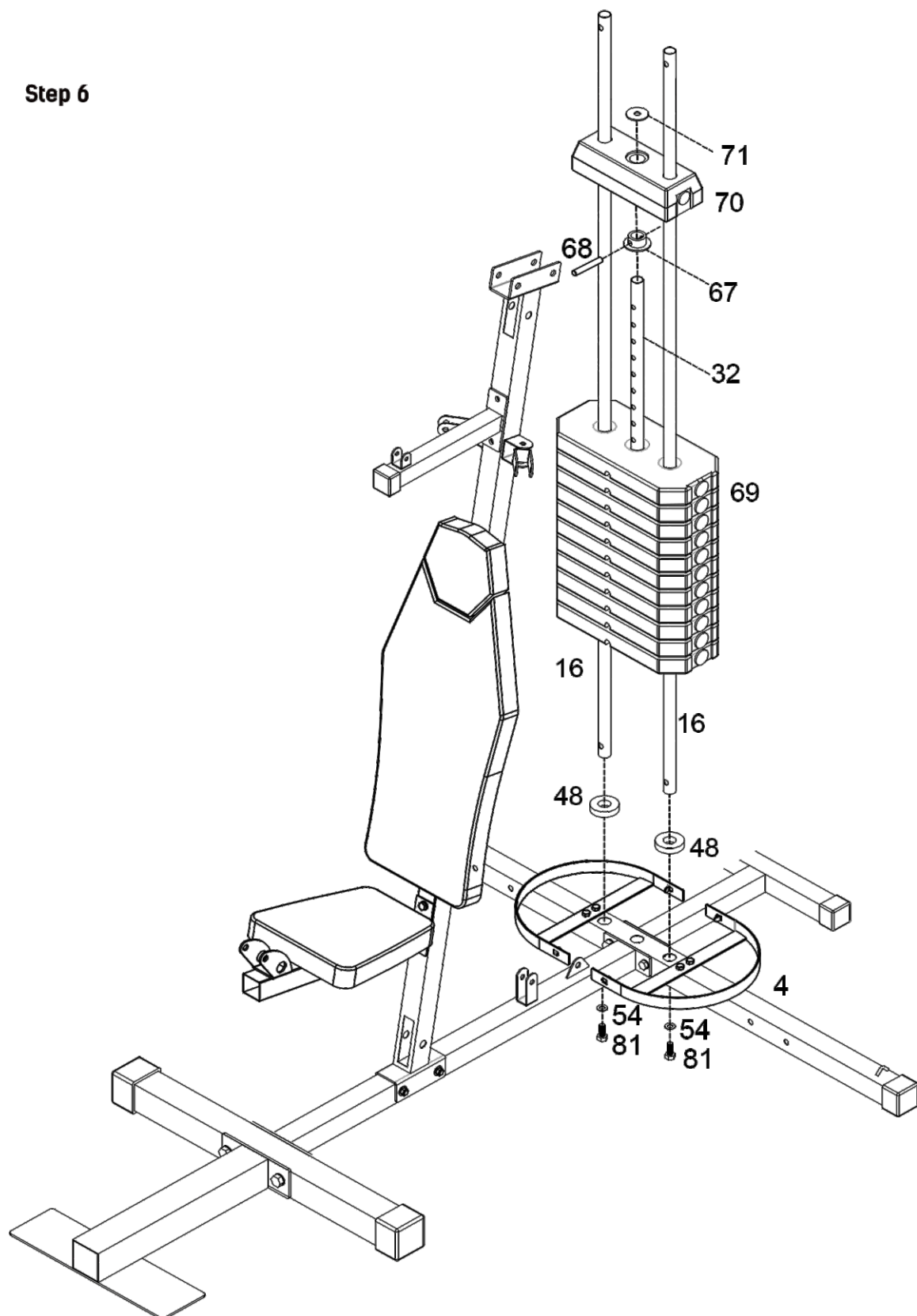
1. Attach Prop support(17) to Vertical support(1) use Screw(59),Washer(54) and Nut(55)
2. Attach Handle screw(45) to Prop support(17) use Screw(56),Washer(57) and Nut(58),then add Knob(47)
3. Attach Pulley support(42) to Vertical support(1) use Screw(77),Washer(54) and Nut(55)

Step 5



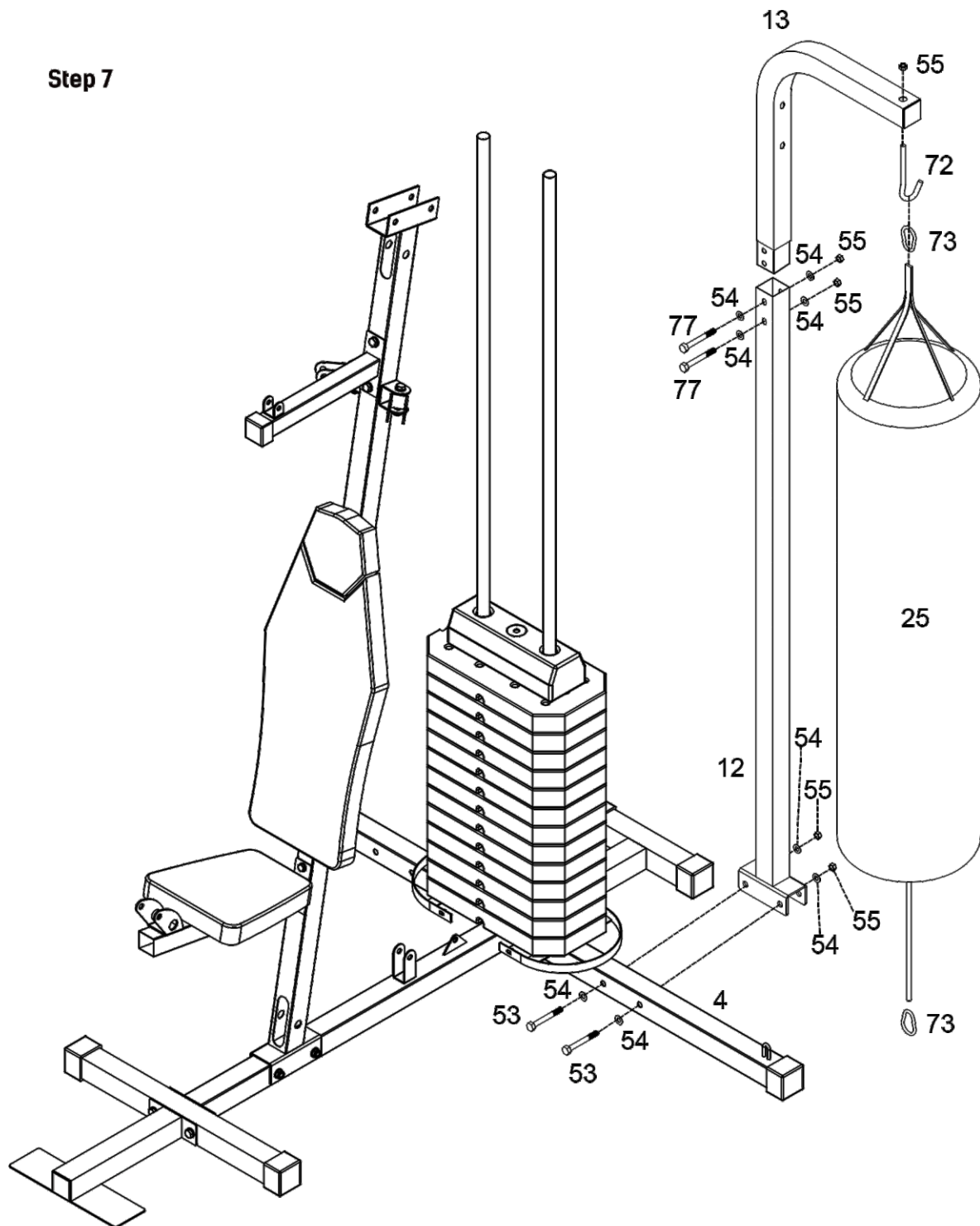
1. Attach Padded back(26) to Vertical support(1) use Screw(59) and Washer(54)
2. Attach Seat(28) to Seat support(18) use Screw(59) and Washer(54)

Step 6



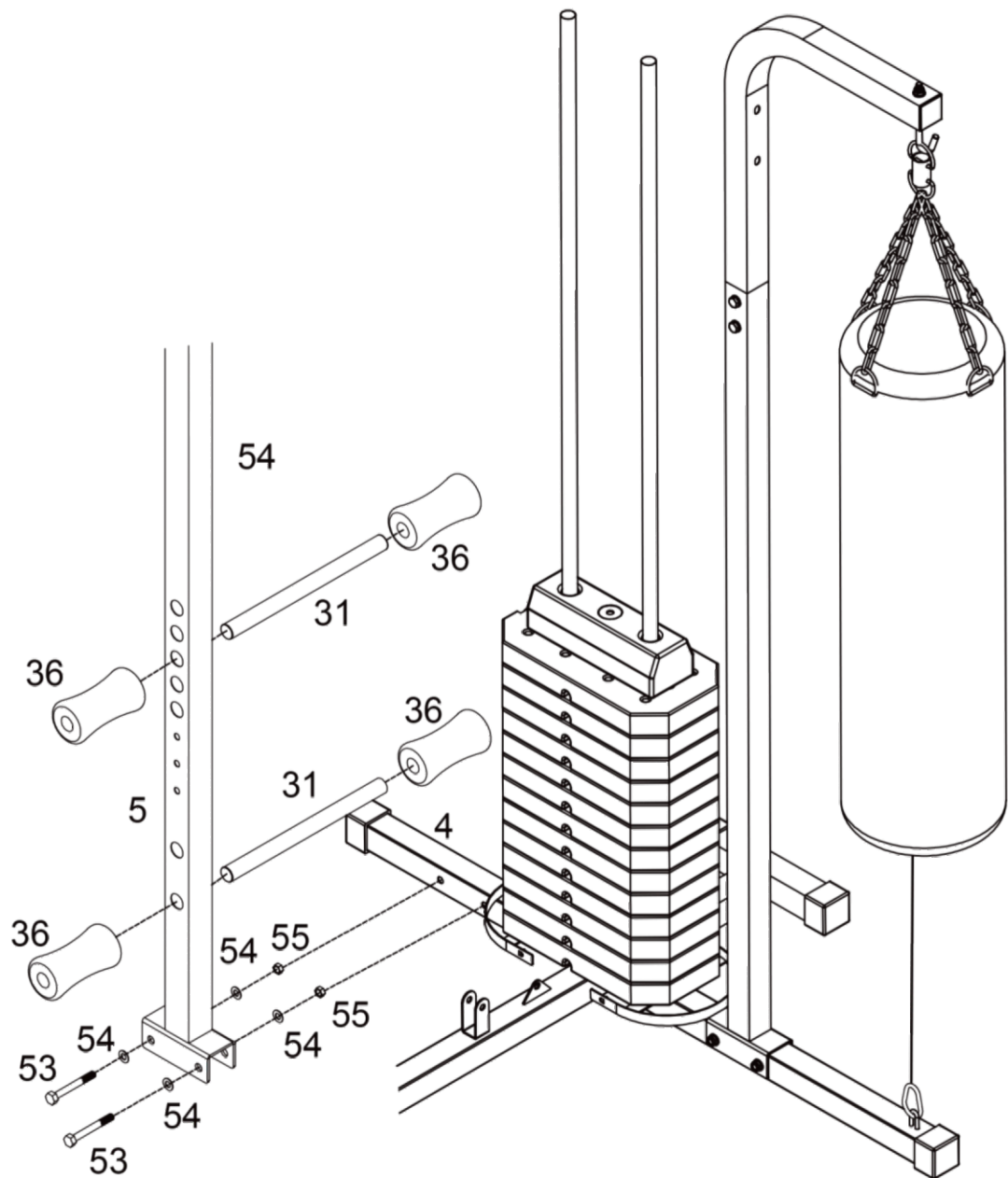
- 1.Insert Chrome bar(16) to main base use Screw(59),Washer(54) and Nut(55)
- 2.Attach Weight cover support(22),Cylindrical rubber stop(48),Weight(69),Weight selector(32),Weight socket(67),Pin(68),Upper weight(70),Big washer(71) and Weight cover support(22) as photos

Step 7



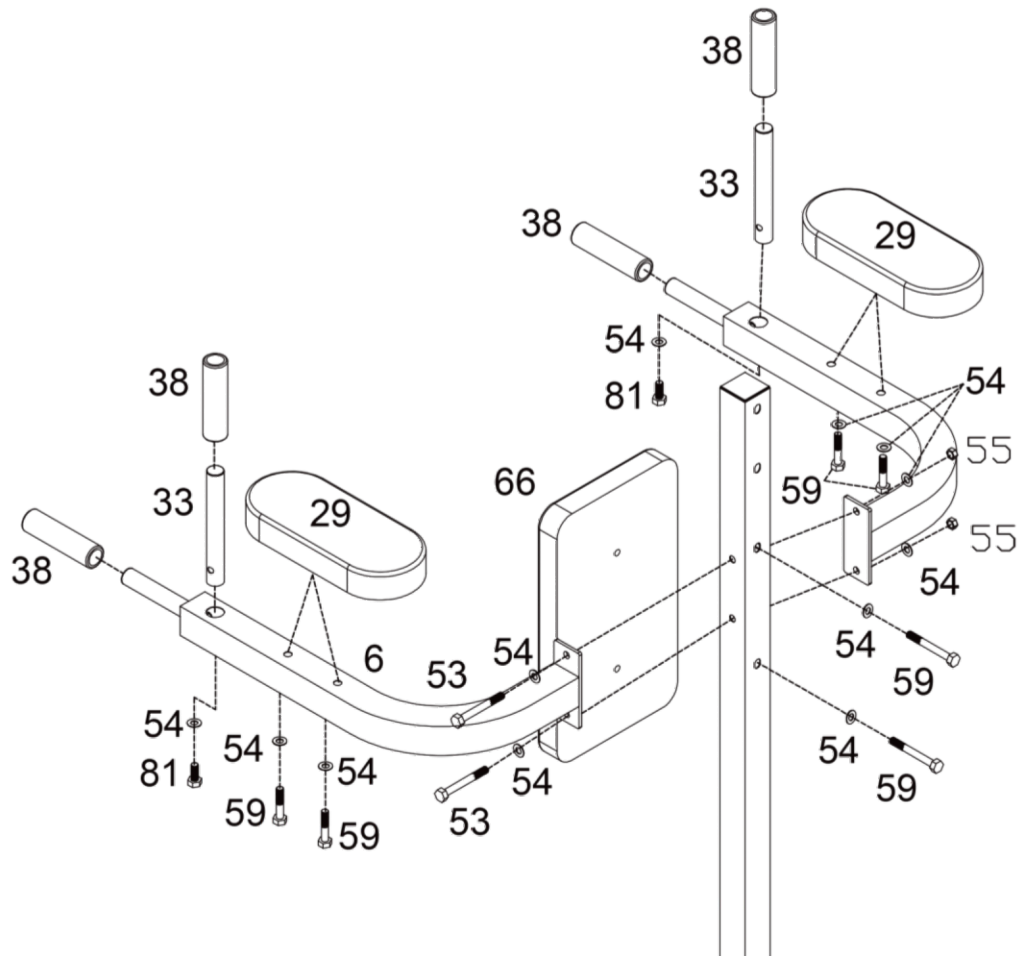
1. Connect Sandbag lower tube(12) to Main base use Screw(53),Washer(54) and Nut(55)
2. Connect Sandbag upper tube(13) to Lower tube(12) use Screw(77),Washer(54) and Nut(55)
3. Attach Hooker(72) to Upper tube(13) use Washer(54) and Nut(55),then attached Sandbag(25) use Harness clip(73)

Step 8



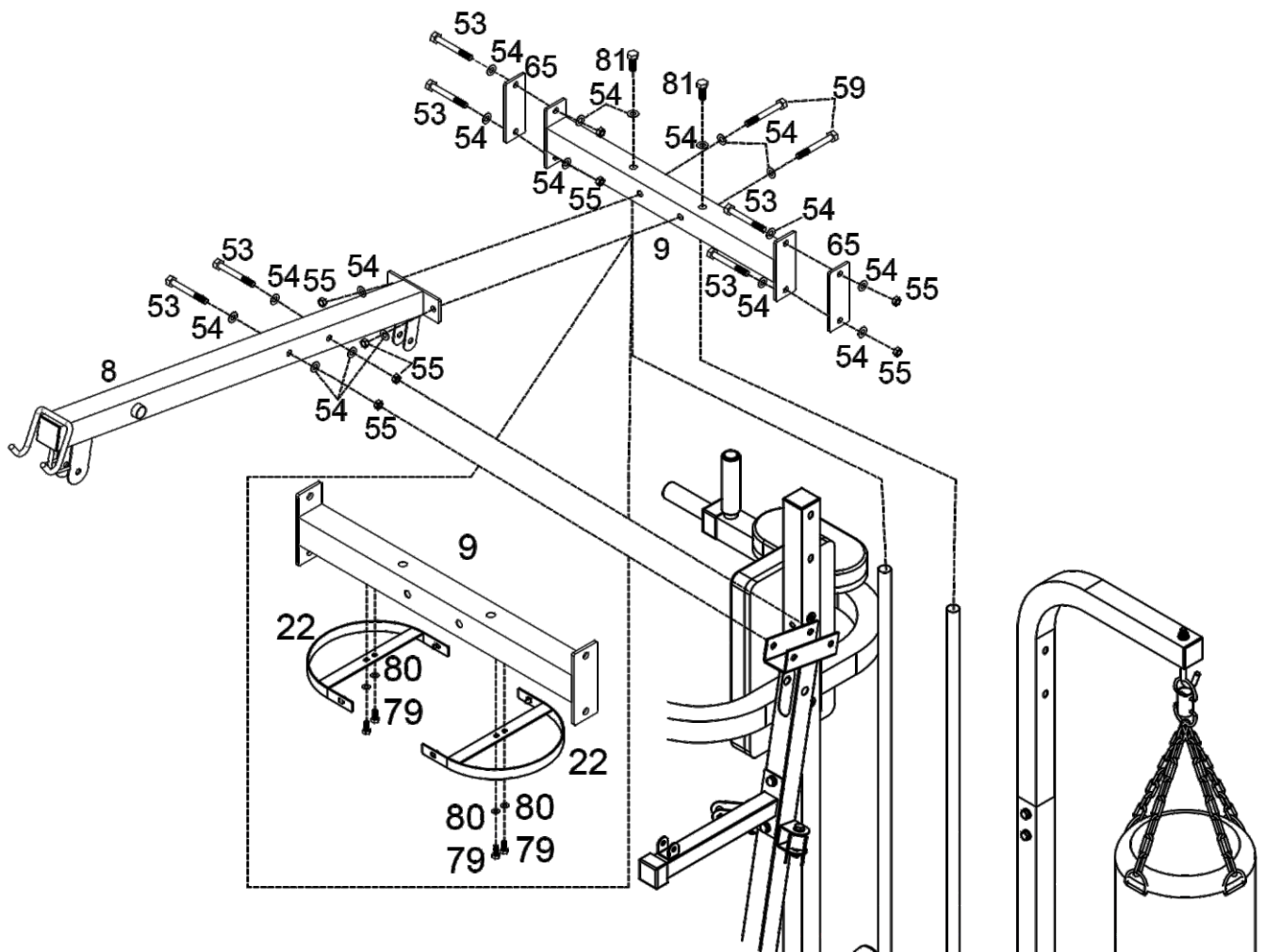
1. Connect Cushion Support Frame(5) to Main base use Screw(53),Washer(54) and Nut(55)
2. Insert Short cylinder holder shaft(31) to Cushion support frame(5),then attach Foam(36)

Step 9



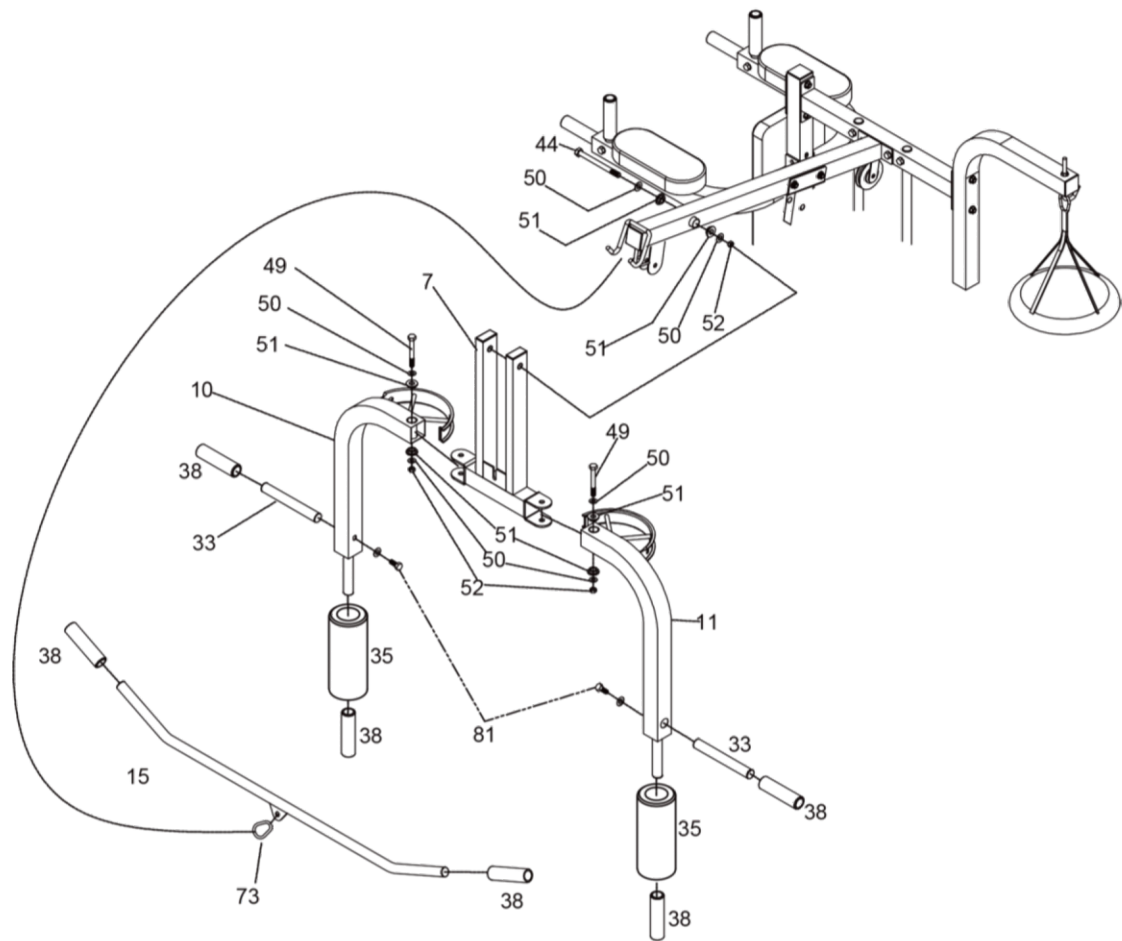
1. Attach Cushion Holder(6) to Cushion Support Frame(5) use Screw(53) and Washer(54)
2. Attach Hand back(29) to Cushion holder(6) use Screw(59) and Washer(54)
3. Insert Metal Grip(33) to Cushion holder(6) use Screw(81) and Washer(54),then attach foam(38)
4. Attach Back cushion board(66) to Cushion support frame(5) use Screw(59) and washer(54)

Step 10



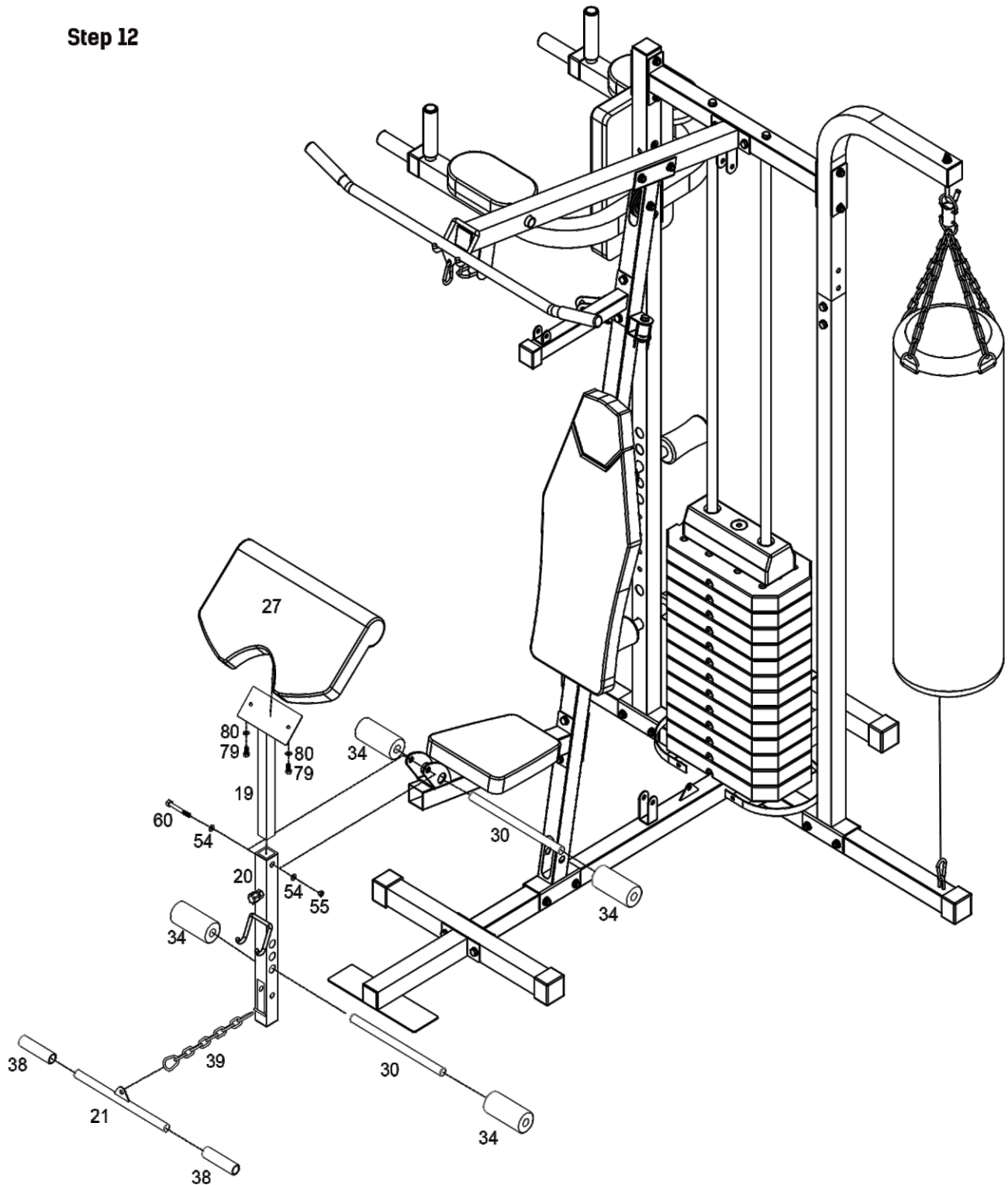
1. Connect Upper support tube(8) to Vertical support(1) use Screw(53),Washer(54) and Nut(55)
2. Connect Upper support tube(8) to Upper connect tube(9) and insert Chrome bar(16) use Screw(59),Washer(54) and Nut(55)
3. Connect Cushion Support Frame(5) & Sandbag upper tube(13) to Upper connect tube(9) use Screw(53),Washer(54) and Nut(55)

Step 11



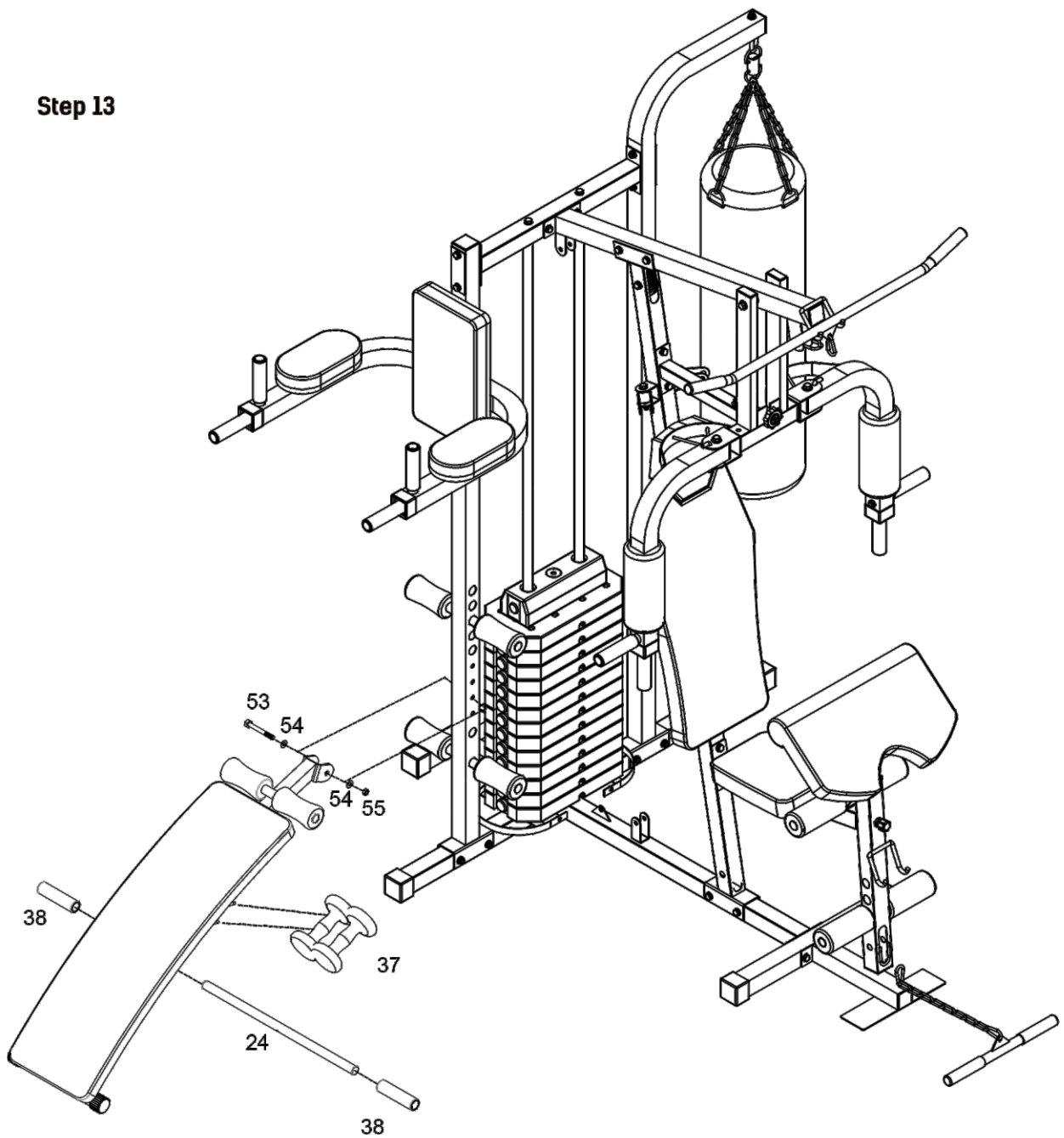
1. Attach Chest press(7) to Upper support tube(8) use Screw(44),Washer(50),Bushings(51) and Nut(52)
2. Attach Right arm(10) & Left arm(11) to Chest press(7) use Screw(44),Washer(50), Bushings(51) and Nut(52)
3. Insert Metal grip(33) to arm use Screw(81) and Washer(54),then attach foam(38)

Step 12



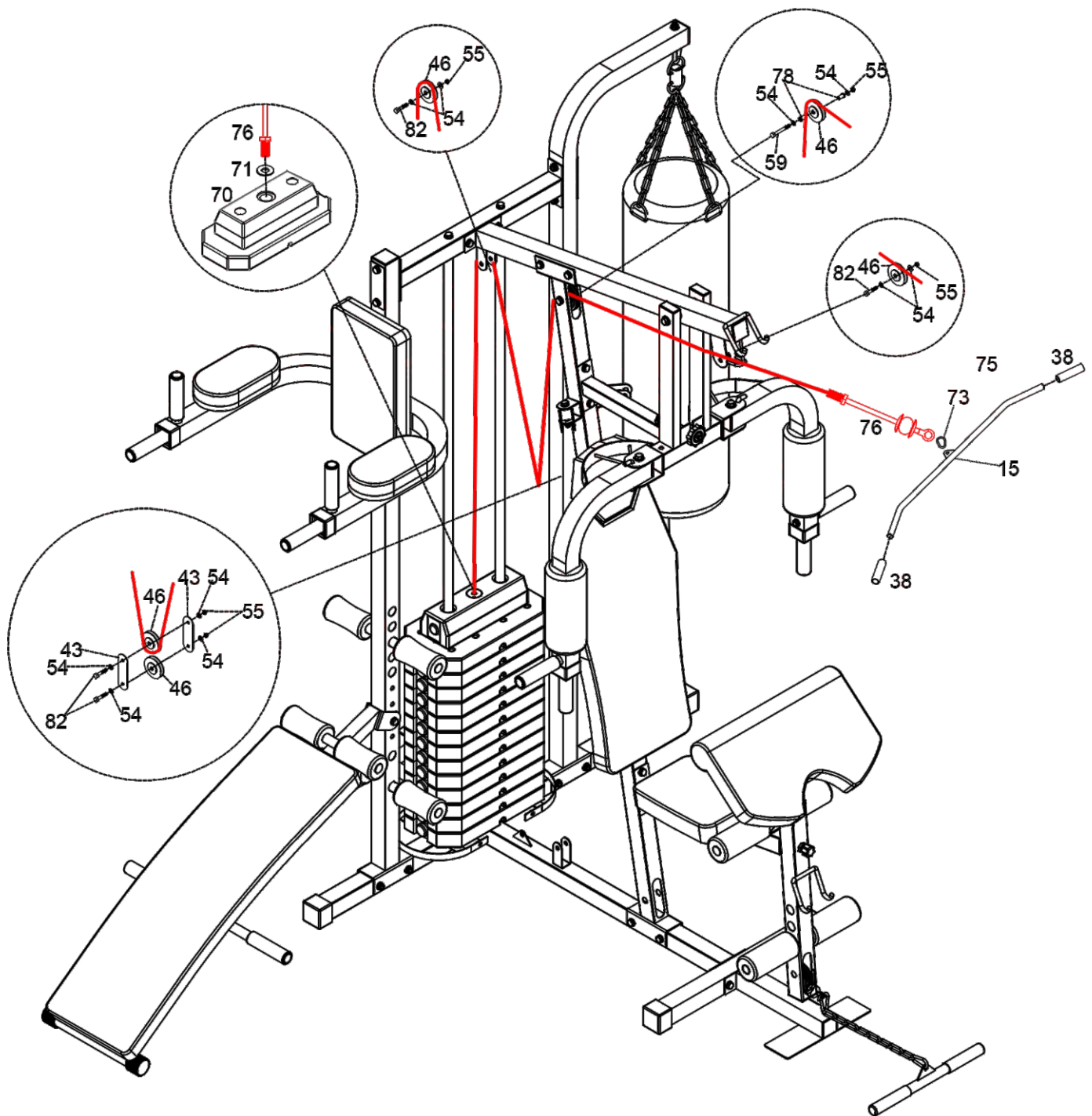
1. Attach Extension lever(20) to Seat support(18) use Screw(53),Washer(54) and Nut(55)
2. Insert Metal support(19) to Extension lever(20),then attach Cushion(27) to Metal support(19)
3. Insert Long cylinder holder(30) to Extension lever(20) and Seat Support(18),then attach foam(34)

Step 13

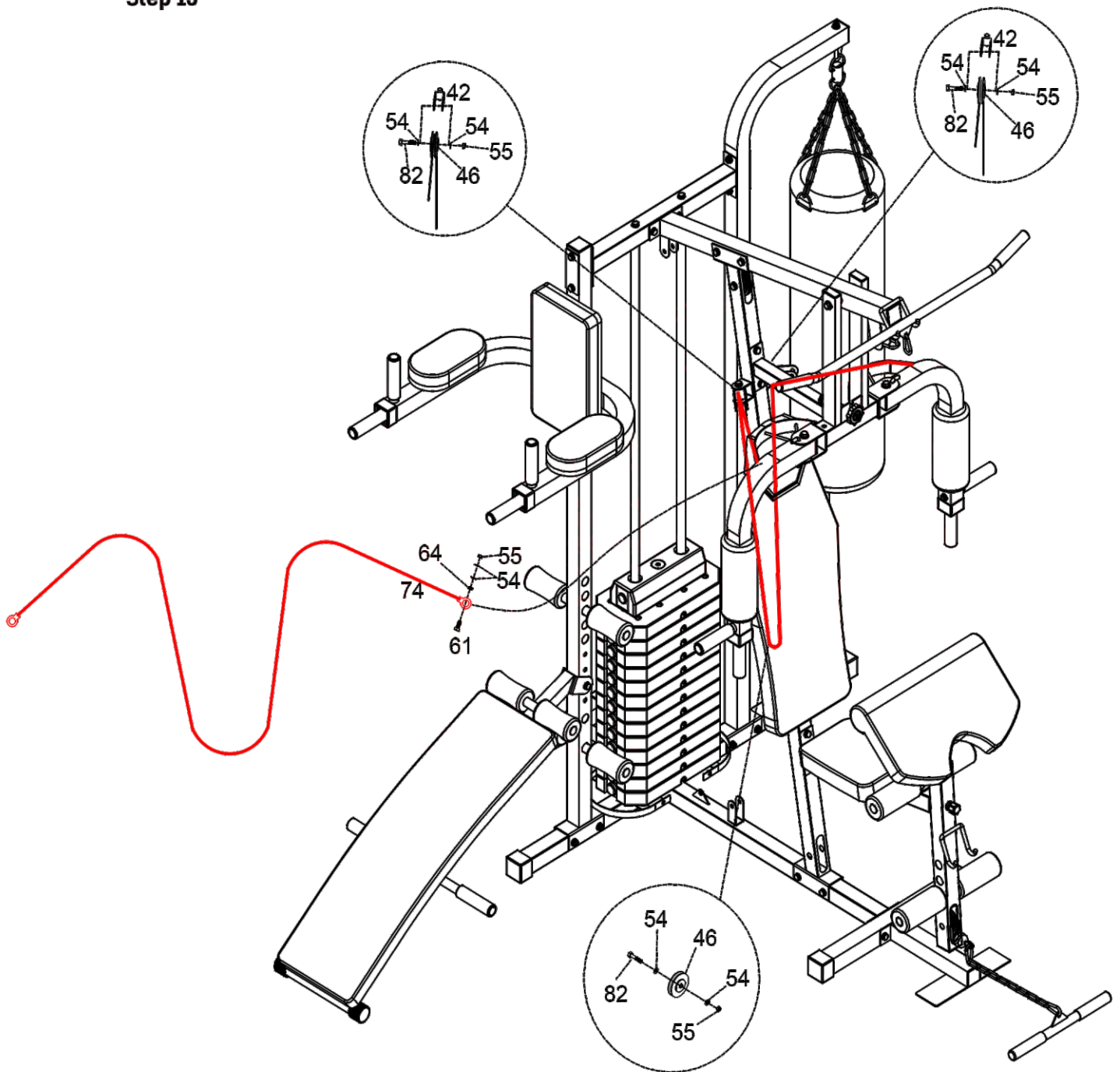


1. Attach Back cushion(14) to frame(5) use Screw(53),Washer(54) and Nut(55)
2. Insert Cross tube(24) to Back cushion(14) and attach foam(38)

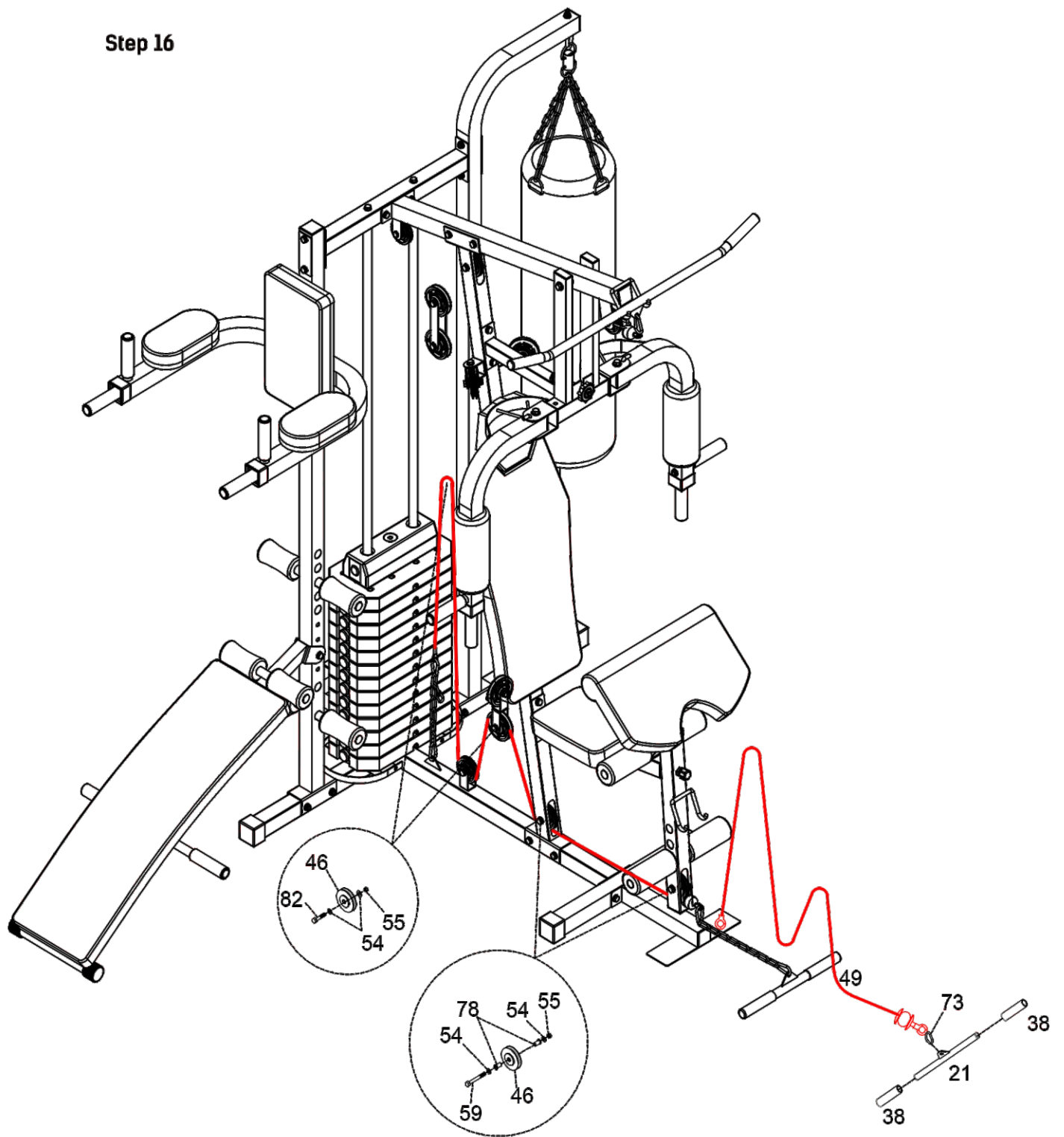
Step 14



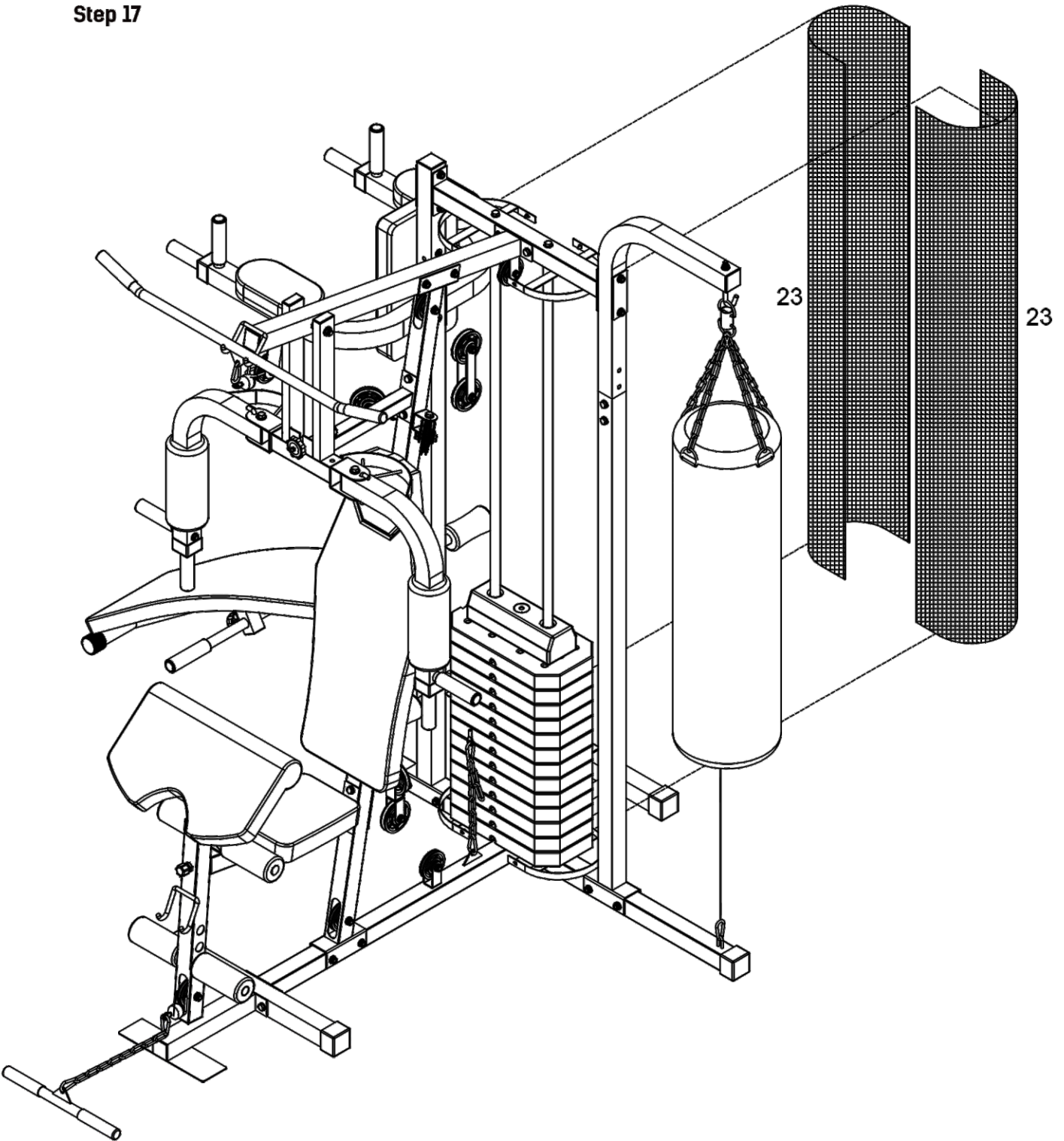
Step 15



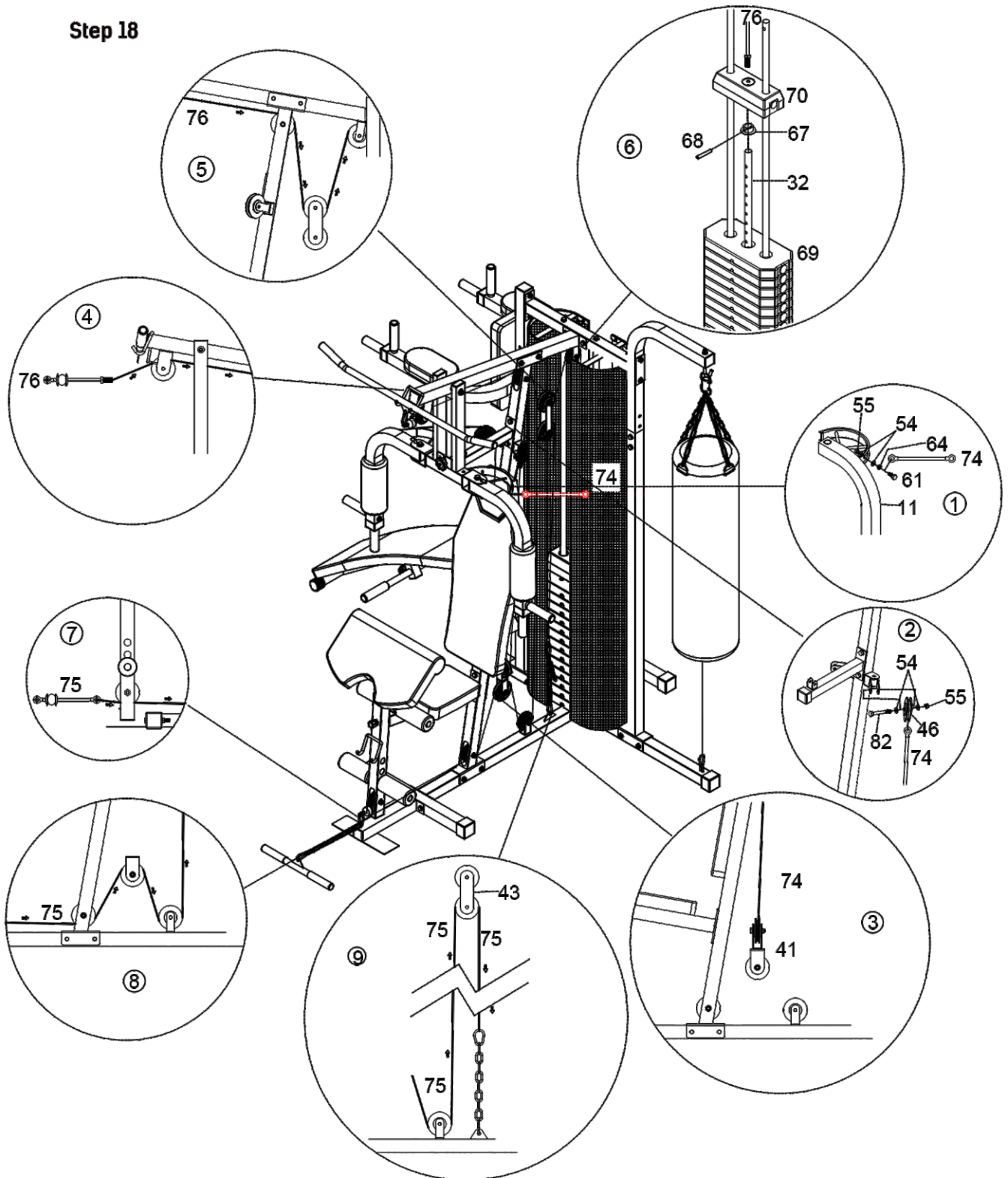
Step 16



Step 17

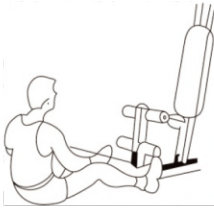
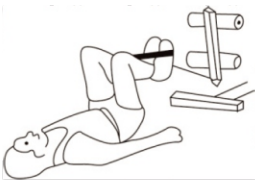












Step 18



99% of cases of breakage of the cables are due to them coming out of the grooves in the pulleys. The cables can come loose due to a slackening in tension. Check that they are not slack; should they be, tighten them by using the chain & the spring hooks (i.e. shorten the chain by link).

EXERCISE INSTRUCTION

<p>1</p>  <p>Rowing while sitting facing bottom lift The exercise mainly involves the muscle widest back muscle, obturator ani greater muscle, posterior part of the shoulder muscle, biceps shoulder, and in the case of shoulder blade retraction also parallelogram and quadriceps</p>	<p>2</p>  <p>Leg raise with bent knee joint Knee bent, lying down, using the hoist lower lift The exercise mainly involves the lower parts of the abdominal muscles. Lifting your legs gently raise the legs to the sides to engage the lateral side muscles.</p>	<p>3</p>  <p>Flexion of the forearms while standing, using the bottom lift The exercise engages the biceps arm. Moving slightly away from the of the machine will increase the range of motion and thus increase the effectiveness of the exercise.</p>
<p>4</p>  <p>Flexion of the forearms while seated, with using a prayer bar and a bottom lift (pull-up) The exercise engages the biceps muscle of the upper arm. The practitioner allows you to isolate the muscle and engage it to a maximum involvement.</p>	<p>5</p>  <p>Bending forearms seated, using a prayer bar and bottom lift (overhead grip) The exercise involves the biceps muscle of the arm muscles and the muscles of the wrists and forearms (grip strengthening) The prayer bar helps to isolate the biceps biceps muscle and engage it to the maximum extent. maximum involvement.</p>	<p>6</p>  <p>Wrist flexion with bottom lift The exercise engages the muscles of the wrists and forearms (grip strengthening)</p>
<p>7</p>  <p>Knee joint flexion standing, in lowering the trunk The exercise engages the biceps biceps femoris muscle, auxiliary muscle working semitendinosus and semimembranosus muscles, gastrocnemius muscle and popliteus muscle. semitendinosus, gastrocnemius and popliteus muscles.</p>	<p>8</p>  <p>Knee joint extension sitting, with using the bottom lift The exercise engages the quadriceps muscle thigh. The movement should be performed slowly in its maximum range.</p>	<p>9</p>  <p>Sit-ups/trunk bends using the overhead lift Hands hold the bar behind your head with the rope overhead lift. Slow bends and Slow bends and extensions cause the abdominal muscles. The exercise engages mainly the rectus abdominis muscle.</p>
<p>10</p>  <p>Sit-ups/trunk bends using the overhead lift Hands hold the bar behind your head with the rope overhead lift. Slow bends and Slow bends and extensions cause the abdominal muscles. The exercise engages mainly the rectus abdominis muscle.</p>	<p>11</p>  <p>Stretches/Butterfly This exercise engages the pectoralis major muscle Greater muscle and the anterior shoulder muscle. Maintain the widest possible range of motion range of motion while trying not to relax the muscles in the final phase of the exercise</p>	<p>12</p>  <p>Sit-up chest press This exercise engages the pectoralis major muscle, auxiliary triceps brachii and forearms. front. Maintain the widest possible range of motion The exercise should be performed with as wide a range of motion as possible. the final phase of the exercise</p>

WARNINGS

Implementing a training plan usually involves undertaking increased physical activity. It is advisable to consult a trainer who will help you to tailor a training plan that is to suit your length of training, physical abilities and health state of health. Physical disabilities and chronic illnesses, including obesity, hypertension or cardiovascular problems are factors are factors that require particular care when use of the machine