

C90 product manual

Important note:

Thank you for purchasing our equipment

1 for your health and safety, read all relevant instructions carefully before using this equipment. Only in this way can we get reasonable movement. Please read the manual before you start to use the device.

If you buy this equipment, please keep the after-sales service warranty card and the stub note. We will provide you with better service

Please use this equipment correctly. After reading, the user must abide by this manual.

notice

Warm up --- need 5-10 minutes warm-up exercise, such as marking time, independent exercise, etc., to adapt to joint muscles, so as to avoid injury to joint muscles.

2 diet - eat more protein, vegetables and fruits. 40 minutes after the meal.

Breathing --- force when you inhale and relax when you exhale. Coordinate breathing and movement.

4 frequency - need to rest for 48 hours before exercising the same muscle.

5 load --- exercise should choose the right weight according to their own actual situation, to ensure that it is not too heavy, so as to avoid muscle strain. Practice should be based on the principle of gradualness

Regular maintenance

The equipment is regularly maintained according to the following chart:

Repair parts	Every day	weekly	March
Check the rope connection	√		
Cushion	√		
Lubricating oil			√
Bolt		√	
Bracket bearing			√

instructions



C90 flying bird Smith multifunctional trainer

Instrument size and weight:

Instrument size: l-1750 w-2050 h-2250 mm

Net weight: 230kg

major function:

Flying bird/standing high pull-down, sitting high pull-down, barbell bar turning left and right and pushing up, single parallel bar, low pull, barbell bar standing and lifting, barbell bar shoulder squatting, boxing trainer, push-up, pull-up, biceps, standing push-up, backward push-up.

The main frame adopts 76 round tube, 50 * 70 square tube, electrostatic spraying process and precise angle design to ensure the safety and durability of customers. The resistance transmission system adopts steel wire rope and high wear resistant nylon wheel.

Product introduction:

Thank you for choosing our company. In order to use and improve your health, please read the instructions carefully.

1. The main frame is made of high-quality steel pipe 50 * 70mm, which is strong and durable.

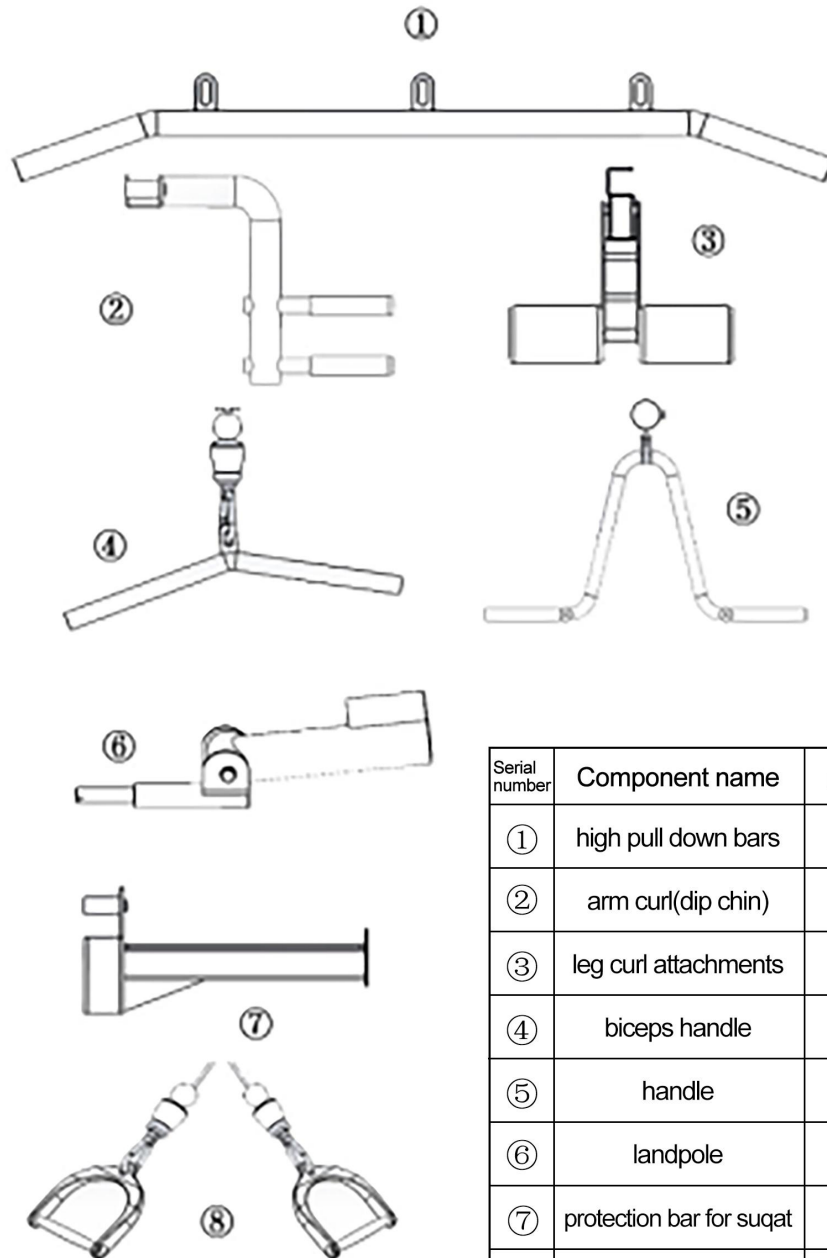
2. The cushion adopts disposable molding and high-density imported leather, which makes users more comfortable.

High strength cable is used as transmission line to make the equipment safer and more durable.

4. The surface of steel pipe is made of automobile grade powder, which makes the appearance more beautiful.

5. High quality bearing is used in the rotating part, which is durable and noiseless.

The details of application accessories are as follows



Serial number	Component name	number
①	high pull down bars	ONE
②	arm curl(dip chin)	TWO
③	leg curl attachments	ONE
④	biceps handle	ONE
⑤	handle	ONE
⑥	landpole	ONE
⑦	protection bar for suqat	TWO
⑧	handles for cable crossover	TWO

Warning

- 1 before use, please check whether the bolts and handrails are firm before use.
 2. When installing the counterweight, others' help must be provided to prevent the weight from falling suddenly and causing accidents
 - 3 after a period of use, you should pay attention to check whether the rope is loose. When problems are found, please repair by professional maintenance personnel.
 4. Do not drop suddenly when using.
 - 5 when using, it is forbidden to reach into the moving parts by hand to avoid damaging the fingers.
 - 6 it is recommended that users (especially the elderly and heart disease patients) use them under the guidance of the coach according to their own characteristics.
 - 7 the device shall not be used by more than one person. Minors must be used under the guidance of adults.
 - 9 the device can withstand a maximum of 300kgs (660 lbs). The weight should not be used more than 300 kg (660 pounds).
- If you feel excessive discomfort during exercise, please stop exercising and see a doctor.
- The equipment should be installed indoors.
- 12 wear the right shoes and coats.
 - 13 do not use this device to do functions that are impossible.
 - 14 use under the guidance of professional coaches, and get better exercise.