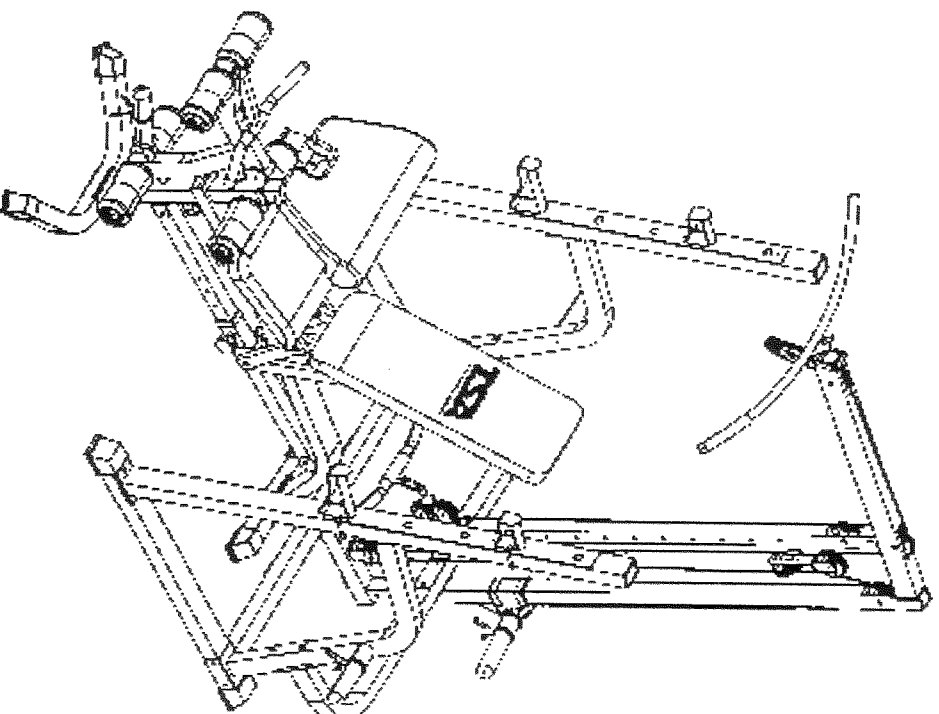


POWER CAGE W/ LAT PULL

Owner's Manual

Model# TSA-5820

SKU# 1584-4918



BEFORE YOU BEGIN

- A flat area of 9' X 9' will be required to assemble and properly use the TSA Power Cage w/ Lat Pull.
- For your benefit, read this manual carefully before using the TSA Power Cage w/ Lat Pull. Before reading further, please review the exploded diagram to familiarize yourself with the parts that are labeled.
- Before beginning assembly, make sure to read the information on this page. This brief introduction will save you much more time than it takes to read it.
- **Assembly Requires Two Persons**
For your convenience and safety, assemble the TSA Power Cage w/ Lat Pull with the help of another person.
- **Set Aside Enough Time**
Due to the many features of the TSA Power Cage w/ Lat Pull, the assembly process will take time. By setting aside plenty of time and by deciding to make the task enjoyable, assembly will go smoothly. It should take approx. 2-3 hours to assemble.
- **Select a Location**
Because of its weight and size, the TSA Power Cage w/ Lat Pull should be assembled in the location where it will be used. Make sure that there is enough room to walk around the TSA Power Cage w/ Lat Pull as you assemble it.
- **How to Unpack the Box**
Place all parts of the TSA Power Cage w/ Lat Pull in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
Note: The assembly hardware for the TSA Power Cage w/ Lat Pull is found in the box.
- **Tools Required For Assembly:**
 - Allen wrench
 - Adjustable wrenches
- **How to Identify Parts**
Remove all the parts from the carton and place them on the floor carefully. To help you identify the small parts used in assembly, we have included a PARTS LIST in this manual. Place the list on the floor and use it to easily identify parts during each assembly step.
Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.
- **Tightening Parts**
Tighten all parts as you assemble them, unless instructed to do otherwise.

SAFETY & PRECAUTIONS

TSA-5820

IMPORTANT: Read all instructions carefully before using this product. Return this owner's manual for future reference.

- Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to has either a defective or a missing part please contact us for a replacement.
- This products has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym center.
- This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:
 1. Keep children and pets away from this equipment at all times.
 2. Only one person at a time should use this equipment.
 3. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
 4. Always use this equipment on a clear and level surface. Do not use outdoors or near water.
 5. Keep hands and feet away from any moving parts.
 6. Do not insert any object into any openings
 7. Read all instruction before assembly and operation.
 8. Before using this equipment to exercise, always do stretching exercises to properly warm up.
 9. Use this equipment only for its intended use as described in this manual.
 10. Always wear appropriate workout clothing and shoes when exercising, do not wear robes or other clothing that could become caught in the equipment.
- Weight on this product should not exceed 250 lbs.
- Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment. Measurements made by the equipment are believed to be accurate, but only the measurements of your physician should be relied upon.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSON WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.

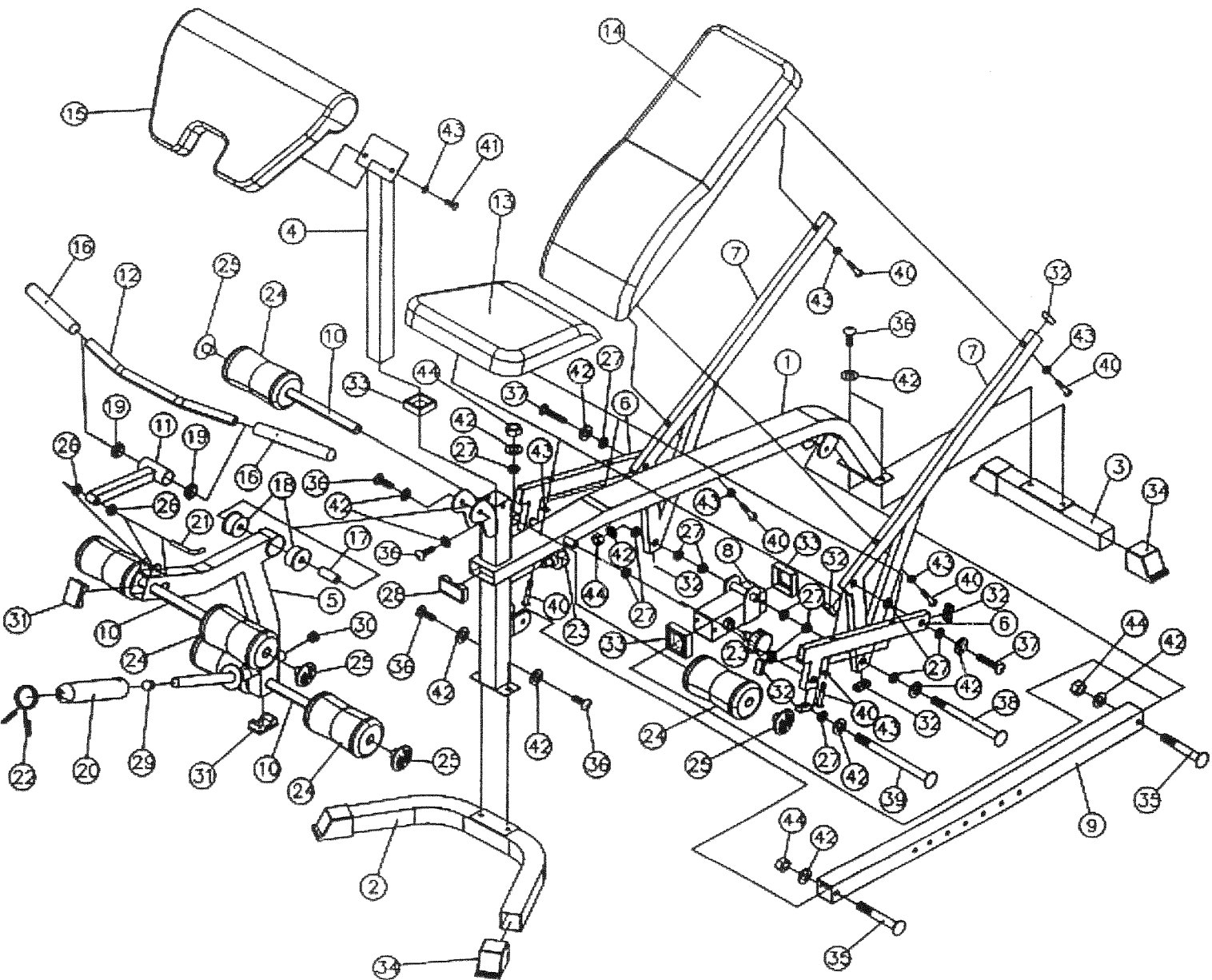
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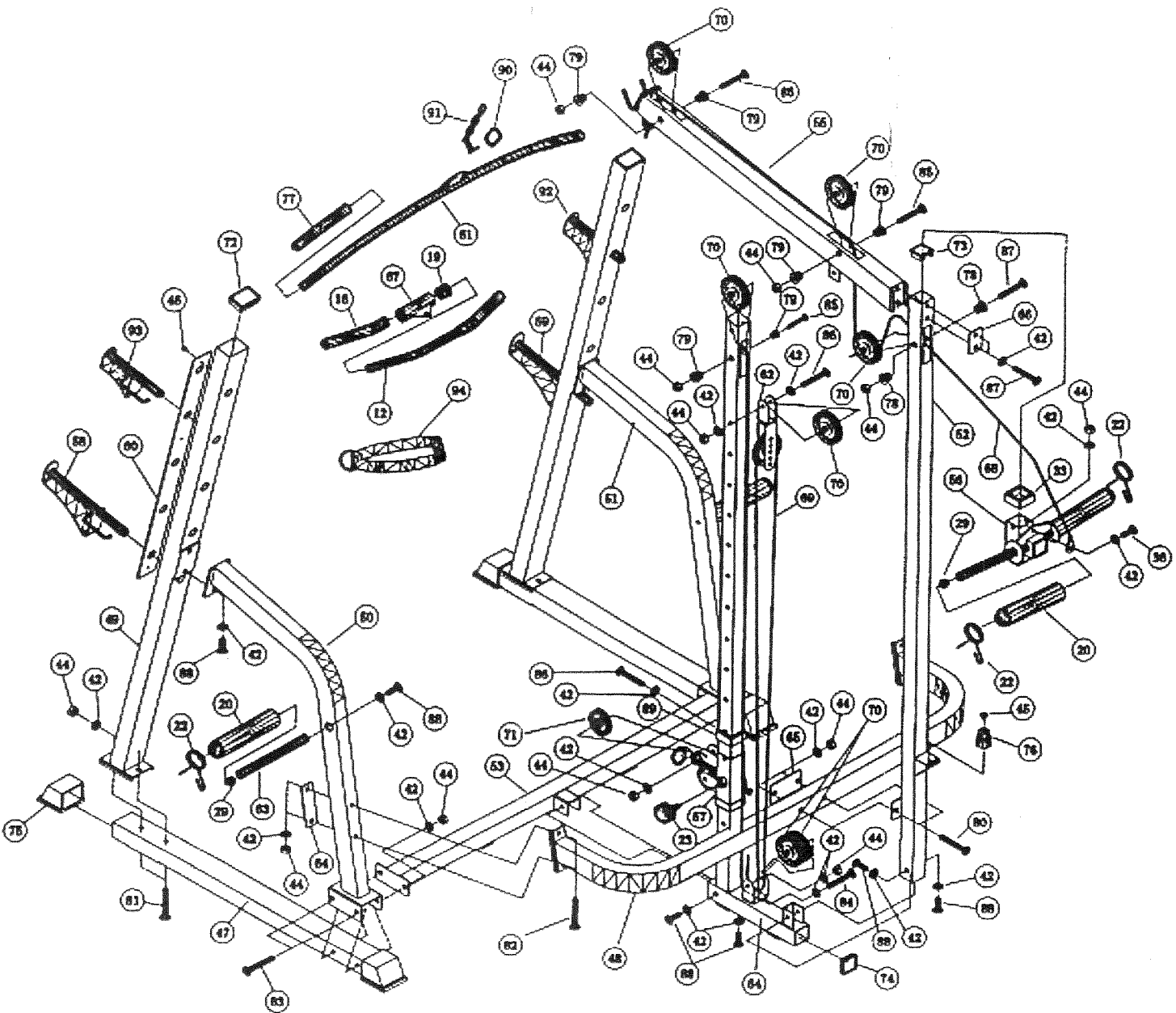
EXPLODED DIAGRAM

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EXPLODED DIAGRAM



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PARTS LIST

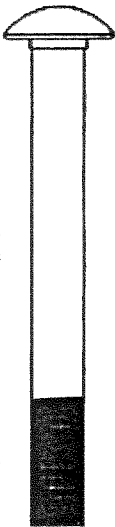
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#	Description	Qty	#	Description	Qty
1	Main Frame	1	48	Cross Brace	1
2	Front Stabilizer	1	49	Upright Beam	2
3	Rear Stabilizer	1	50	Left Support	1
4	Arm Curl Stand	1	51	Right Support	1
5	Leg Developer	1	52	Rear Vertical Frame	1
6	Seat Support Frame	2	53	Rear Stabilizer	1
7	Backrest Support	2	54	Front Vertical Frame	1
8	Sliding Block	1	55	Upper Frame	1
9	Incline Adjustment Bar	1	56	Sliding Weight Post	1
10	Foam Tube	3	57	Sliding Pulley Bracket	1
11	Curl Bar Support Frame	1	58	Left Safety Catch	1
12	Curl Handle Tube	2	59	Right Safety Catch	1
13	Seat Pad	1	60	Chrome Panel	2
14	Backrest Board	1	61	Lat Bar	1
15	Arm Curl Pad	1	62	Double Floating Pulley Bracket	1
16	Curl Handle Grip	4	63	Weight Post	2
17	Axle	1	64	5" x 1 5/8" Bracket	2
18	2 3/8" Bushing	2	65	4 3/8" x 2 3/8" Bracket	1
19	1 1/2" Bushing	4	66	2 3/4" x 1 3/4" Bracket	1
20	Olympic Sleeve	5	67	Shiver Bar	1
21	L-shaped Lock Pin	1	68	100" Upper Cable	1
22	Spring Clip	5	69	268" Lower Cable	1
23	Lock Knob	3	70	Pulley	8
24	Foam Roll	6	71	Small Pulley	2
25	Foam Roll End Cap	6	72	2 3/4" x 2" End Cap	3
26	3/4" x 1/2" Bushing	2	73	1 3/4" Square End Cap	1
27	Bushing	16	74	2" Square End Cap	2
28	3 1/8" x 1 5/8" End Cap	1	75	2" x 2 3/4" Stabilizer End Cap	4
29	1" Cone-shaped End Cap	9	76	Rubber Bumper	1
30	1" End Cap	1	77	Lat Bar Grip	2
31	1 5/8" x 2 3/8" End Cap	2	78	1/2" Pulley Bushing	2
32	1 5/8" x 3/4" End Cap	12	79	5/8" Pulley Bushing	6
33	2" Sliding Block Sleeve	5	80	M10 x 2 3/8" Carriage Bolt	2
34	Stabilizer End Cap	4	81	M10 x 2 3/4" Carriage Bolt	4
35	M10 x 2 1/2" Carriage Bolt	2	82	M10 x 3 1/8" Carriage Bolt	4
36	M10 x 3/4" Allen Bolt	7	83	M10 x 3 3/4" Carriage Bolt	4
37	M10 x 1 3/4" Allen Bolt	2	84	M10 x 2 3/4" Allen Bolt	1
38	M10 x 6 3/4" Allen Bolt	1	85	M10 x 2 1/2" Allen Bolt	3
39	M10 x 8 1/4" Allen Bolt	1	86	M10 x 1 3/4" Allen Bolt	4
40	M8 x 2" Allen Bolt	8	87	M10 x 2 3/8" Allen Bolt	3
41	M8 x 5/8" Allen Bolt	2	88	M10 x 5/8" Allen Bolt	10
42	3/4" Washer	52	89	2 3/8" x 2" Sleeve	2
43	5/8" Washer	10	90	Hook	2
44	M10 Aircraft Nut	28	91	Chain	1
45	M6 x 16 Phillips Screw	1	92	Right Bar Holder	1
46	Chrome Panel Screw	6	93	Left Bar Holder	1
47	Floor Stabilizer	2	94	Single Handle	1

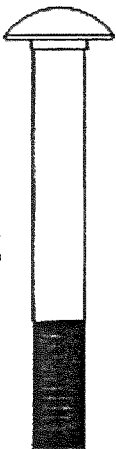
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HARDWARE SIZE CHART

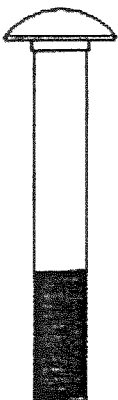
Organize your bolts, nuts and washers before assembly. Nuts and washers are identified by the diameter of cavities. For more information, refer to the exploded diagram and parts list of this manual.



#83 M10 x 3 3/4" Carriage Bolt (Qty 4)



#82 M10 x 3 1/8" Carriage Bolt (Qty 4)



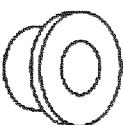
#81 M10 x 2 3/4" Carriage Bolt (Qty 4)



#80 M10 x 2 3/8" Carriage Bolt (Qty 2)



#84 M10 x 2 3/4" Allen Bolt (Qty 1)



#78 1/2" Pulley Bushing
(Qty 2)



#85 M10 x 2 1/2" Allen Bolt (Qty 3)



#79 5/8" Pulley Bushing
(Qty 6)



#87 M10 x 2 3/8" Allen Bolt (Qty 3)



#86 M10 x 1 3/4" Allen Bolt (Qty 4)



#88 M10 x 5/8" Allen Bolt
(Qty 10)



#91 Chain (Qty 1)



#90 Hook (Qty 2)

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HARDWARE SIZE CHART

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#39 M10 x 8 1/4" Allen Bolt (Qty 1)



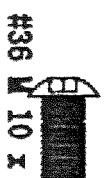
#38 M10 x 6 3/4" Allen Bolt (Qty 1)



#35 M10 x 2 1/2" Carriage Bolt (Qty 2) #40 M8 x 2" Allen Bolt (Qty 8)



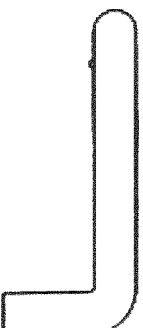
#37 M10 x 1 3/4" Allen Bolt (Qty 2)



#36 M 10 x 3/4" Allen Bolt (Qty 7)



#41 M8 x 5/8" Allen Bolt (Qty 2)



#21 L-shaped Lock Pin (Qty 1)



#44 M10 Aircraft Nut (Qty 28)



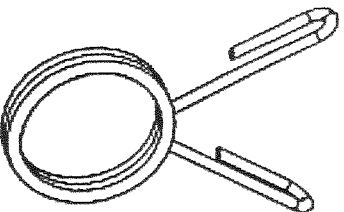
#27 Bushing (Qty 16)



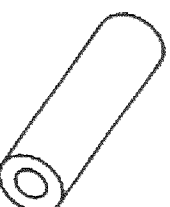
#42 Ø 3/4" Washer (Qty 52)



#43 Ø 5/8" Washer (Qty 10)



#22 Spring Clip (Qty 5)



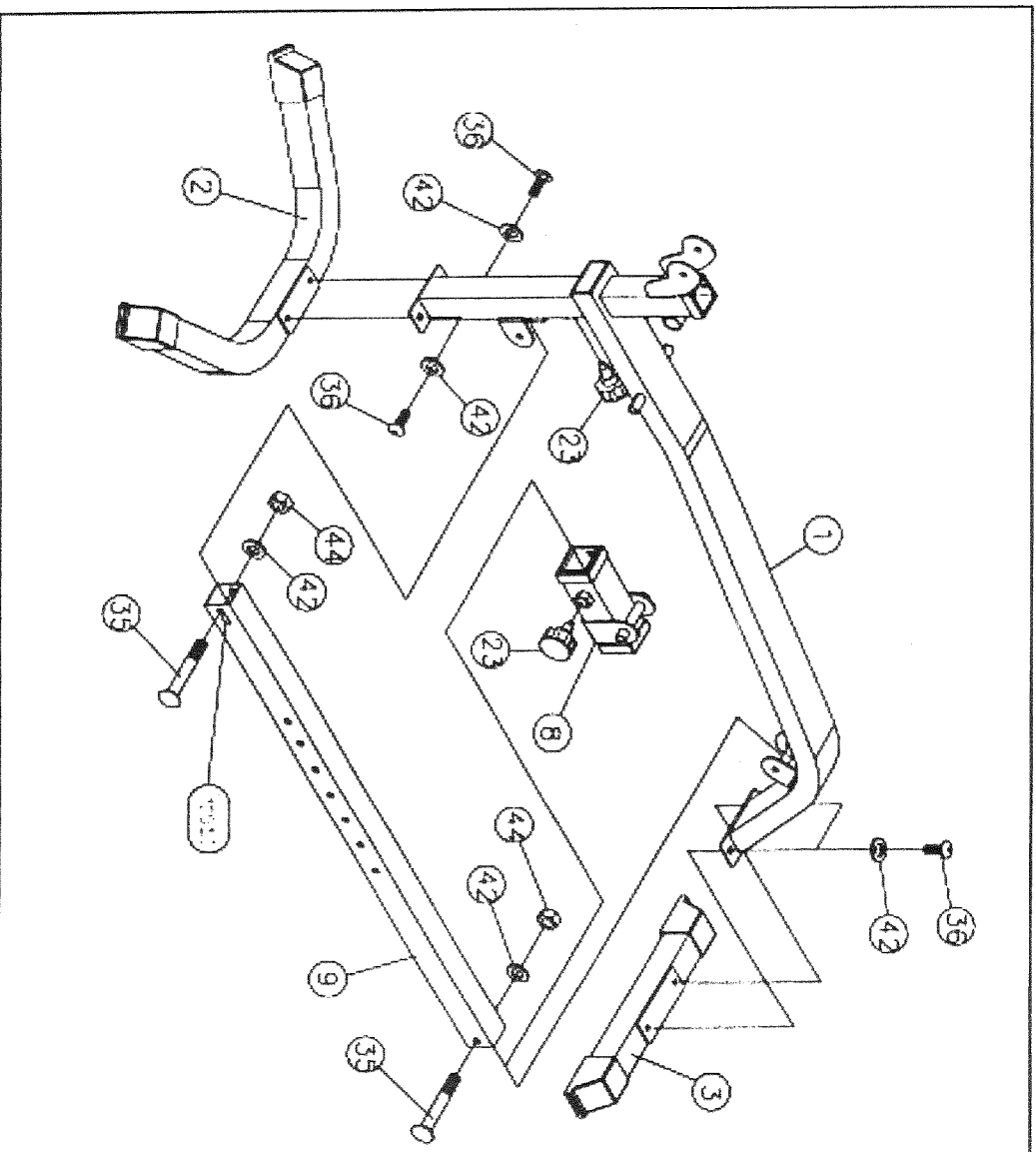
#17 Axle (Qty 1)

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ASSEMBLY INSTRUCTIONS

STEP 1

- A. Attach the Main Frame (#1) to the Front & Rear Stabilizers (#2 & 3). Secure each end with two M10 x 3/4" Allen Bolts (#36) and 3/4" Washers (#42). Attach a Lock Knob (#23) to the hole underneath the Main Frame.
- B. Slide the Sliding Block (#8) onto the Incline Adjustment Bar (#9). Align the hole then secure it with a Knob Lock (#23) to hold the Sliding Block in position.
- C. Attach the Incline Adjustment Bar to the brackets on the Main Frame. Secure each end with one M10 x 2 1/2" Carriage Bolt (#35), 3/4" Washer (#42), and M10 Aircraft Nut (#44).

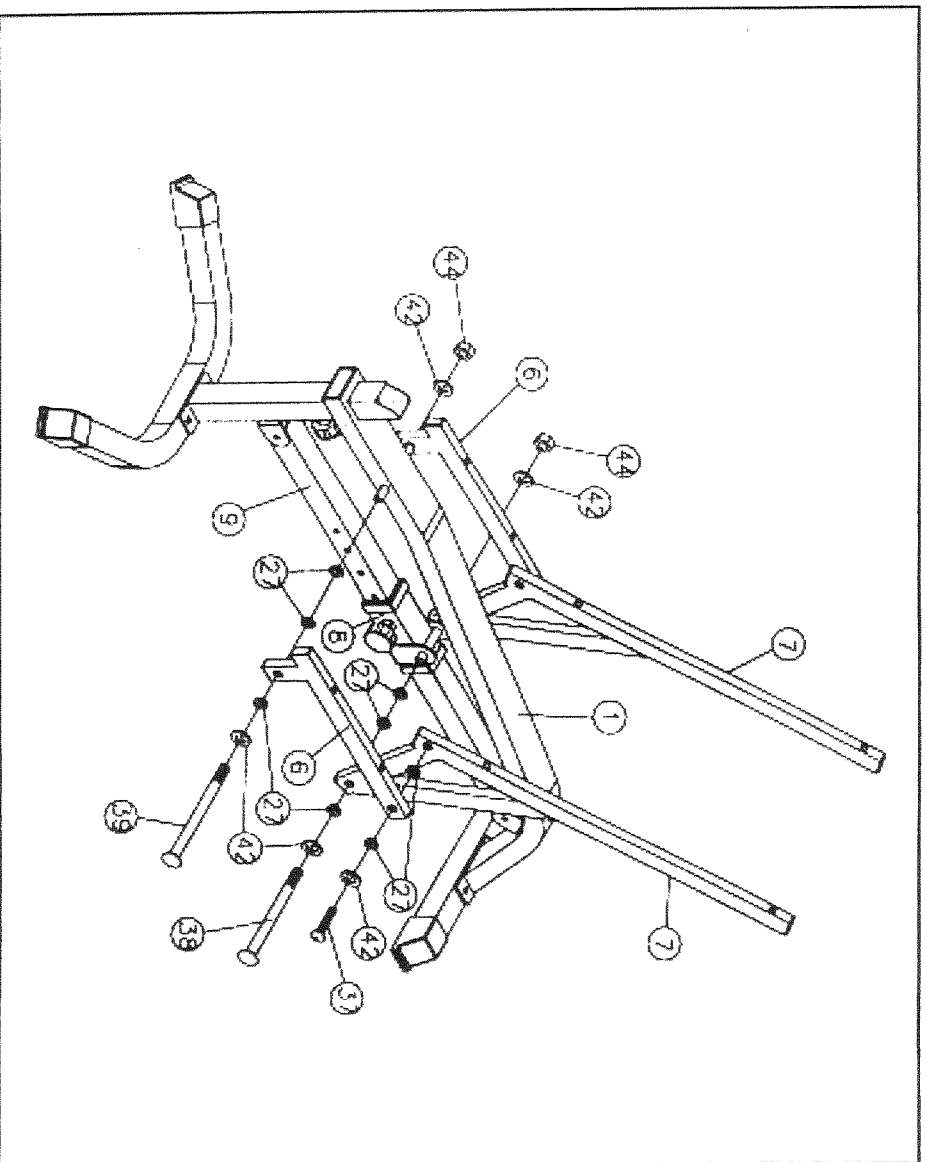


ASSEMBLY INSTRUCTIONS

TSA-5820

STEP 2

- A. Attach four Bushings (#27) to a Seat Support Frame (#6).
- B. Attach a Backrest Support (#7) to the rear of the Seat Support Frame (#6). Align the holes and secure them with one M10 x 13/4" Allen Bolt (#37) and 3/4" Washer (#42). Repeat the same procedure to install the other side.
- C. Attach two Bushings to the pivot on the Sliding Block (#8). Attach two Bushings to each Backrest Supports (#7). Align the holes and secure them with one M10 x 6 3/4" Allen Bolt (#38), two 3/4" Washers (#42), and one M10 Aircraft Nut (#44). Do not over tighten the nut and bolt. The Supports need to swivel on the Bolt.
- D. Attach two Bushings to the pivot on the Main Frame (#1). Loosen and pull the Lock Knob on the Sliding Block (#8). The Sliding Block needs to be able to slide on the Chromed Incline Adjustment Bar (#9). Align the two Seat Support Frames (#6) to both ends of the pivot on Main Frame. Secure them with one M10 x 8 1/4" Allen Bolt (#39), two 3/4" Washers (#42), and one M10 Aircraft Nut (#44).
- E. Use the Lock Knob on the Sliding Block (#8) to adjust and secure the backrest incline position.

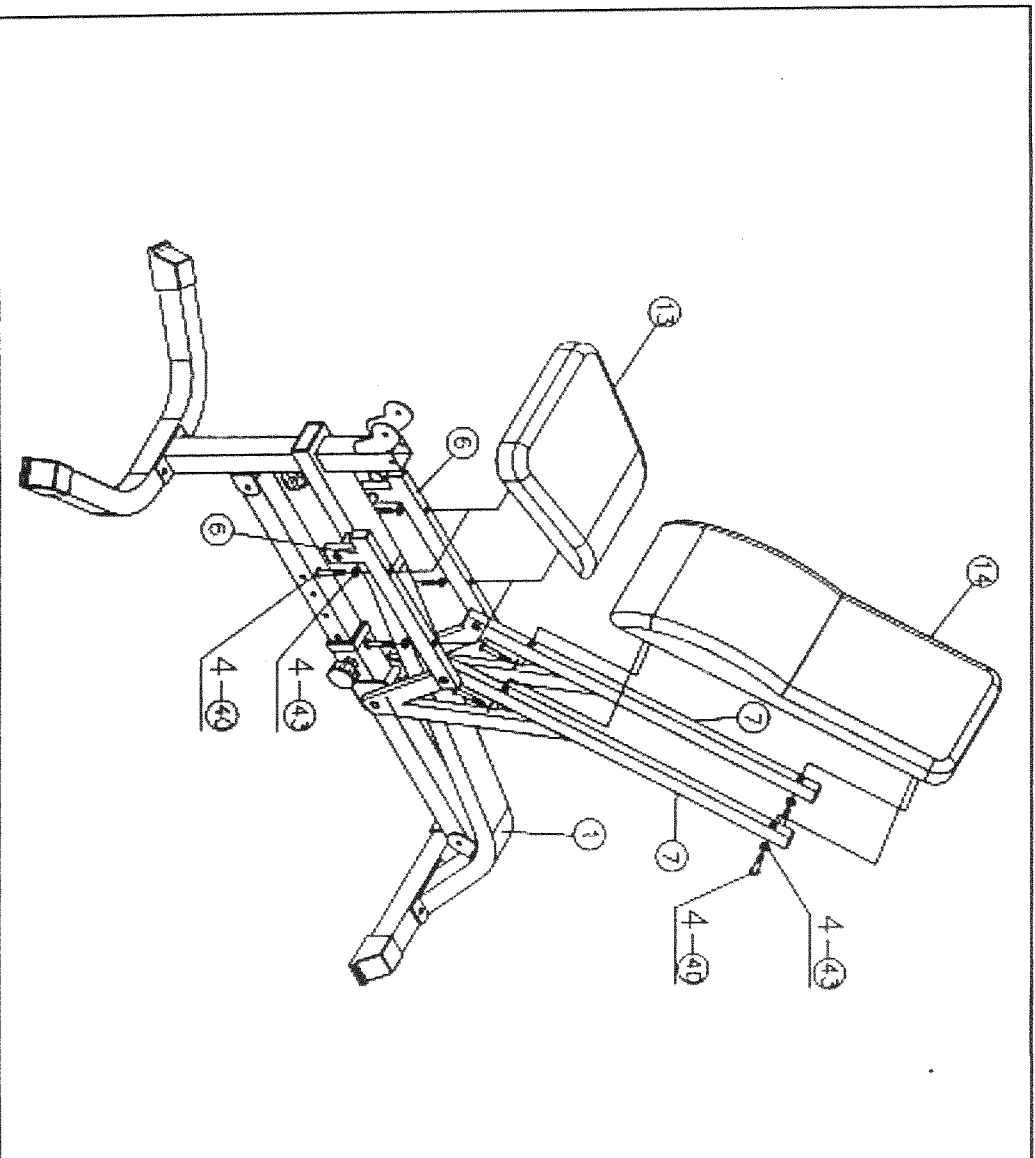


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ASSEMBLY INSTRUCTIONS

STEP 3

- A. Place the Backrest Board (#14) onto the Backrest Supports (#7). Secure it with four M8 x 2" Allen Bolts (#40) and 5/8" Washers (#43).
- B. Place the Seat Pad (#13) onto the Seat Support Frames (#6). Secure it with four M8 x 2" Allen Bolts (#40) and 5/8" Washers (#43).



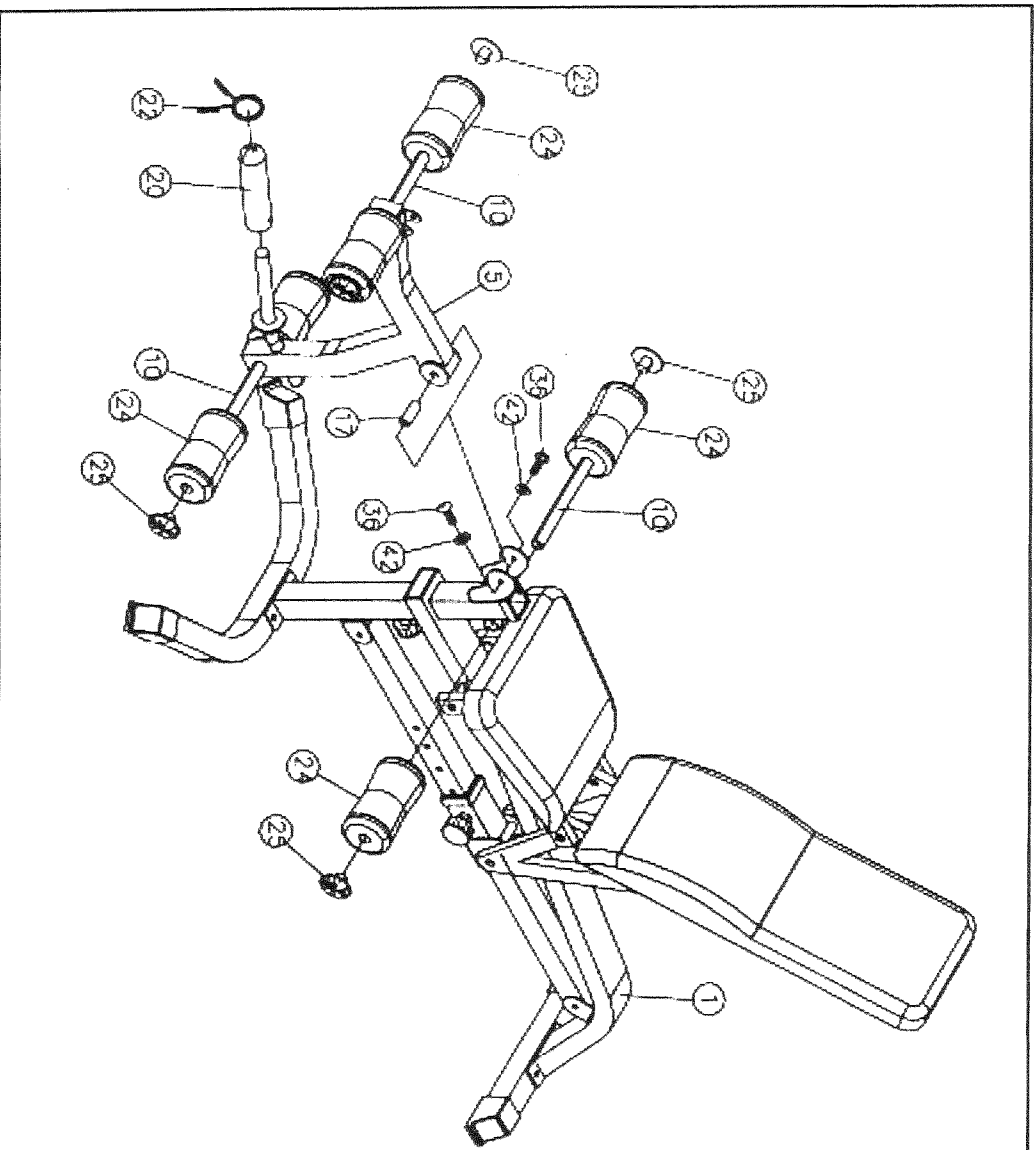
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ASSEMBLY INSTRUCTIONS

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STEP 4

- A. Attach the Leg Developer (#5) to the open bracket on the Main Frame (#1). Secure it with an Axle (#17), two M10 x 3/4" Allen Bolts (#36), and two 3/4" Washers (#42).
- B. Insert one Foam Tube (#10) halfway through the hole on the Main Frame. Insert two Foam Tubes halfway through the holes on the Leg Developer (#5). Push six Foam Rolls (#24) onto the Tubes from both ends. Plug six Foam Roll End Caps (#25) into the Tubes.
- C. Slide the Olympic Sleeve (#20) onto the weight post on the Leg Developer. Attach a Spring Clip (#22) to the Sleeve.

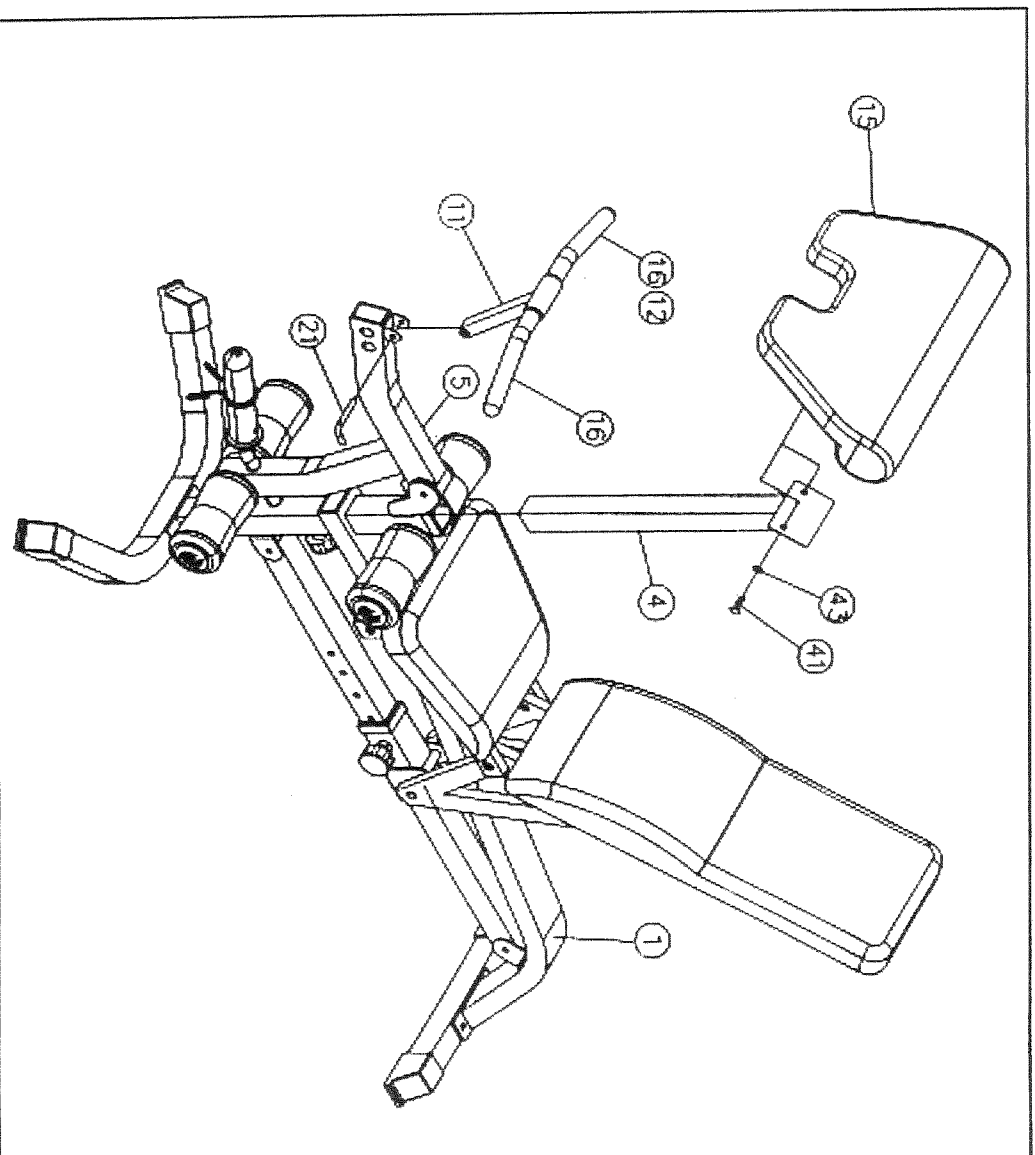


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ASSEMBLY INSTRUCTIONS

STEP 5

- A. Attach the Arm Curl Pad (#15) to the Arm Curl Stand (#4). Secure it with two M8 x 5/8" Allen Bolts (#41) and two 5/8" Washers (#43). Insert the Arm Curl Stand into the front opening on the Main Frame (#1). Use the Lock Knob to hold the desired Arm Curl height.
- B. Attach the Curl Bar Support Frame (#11) to the open bracket on the Leg Developer (#5). Lock it with a L-shaped Pin (#21).
- C. Remove the Pin, Curl Bar Handle and Arm Curl when using the Leg Developer to exercise.

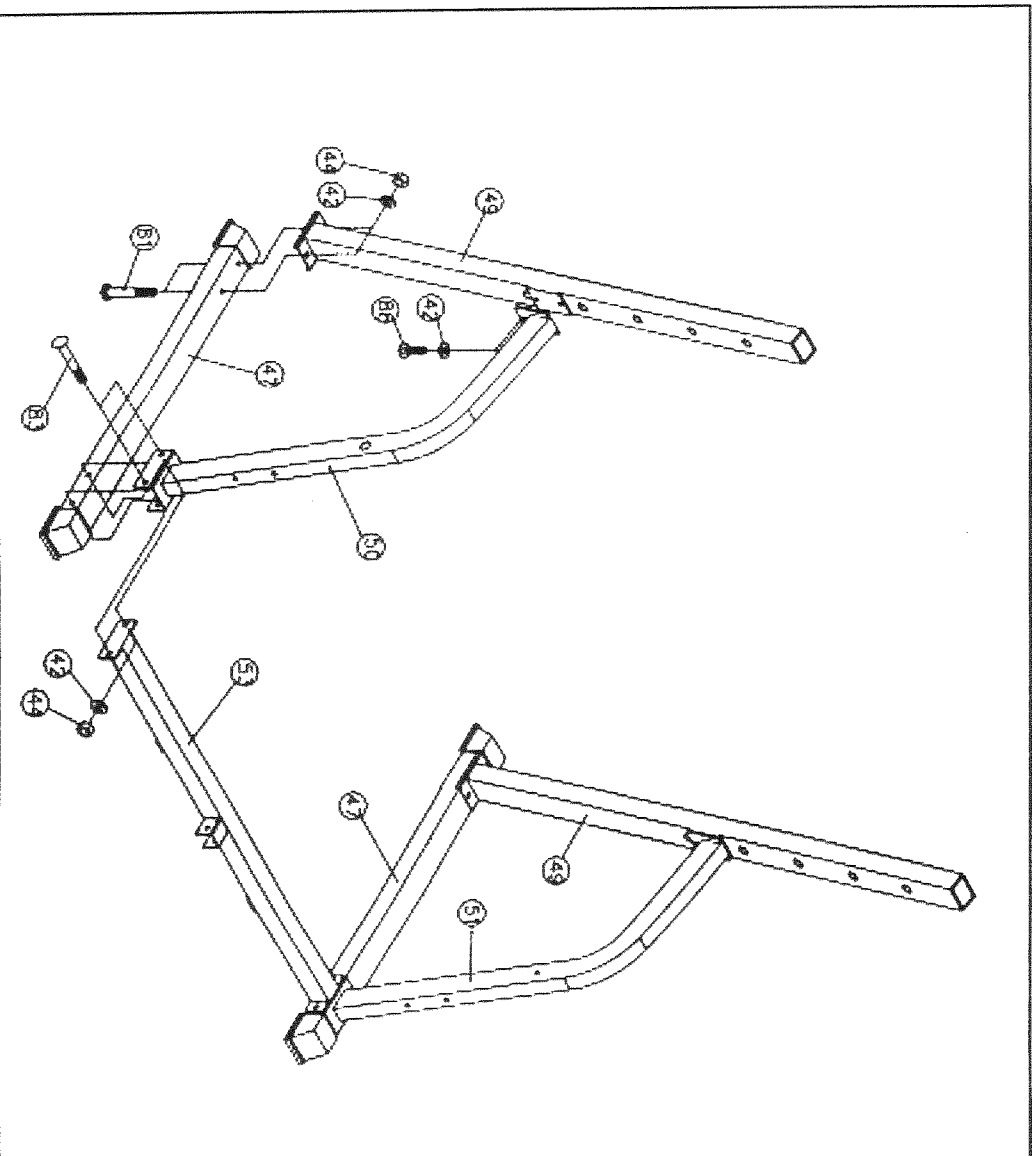


ASSEMBLY INSTRUCTIONS

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STEP 6

- A. Attach an Upright Beam (#49) to a Floor Stabilizer (#47). Secure it with two M10 x 2 3/4" Carriage Bolts (#81), 3/4" Washers (#42), and M10 Aircraft Nuts (#44). Do not tighten the nuts and bolts yet.
- B. Attach the upper end of Left Support (#50) to the Upright Beam. Secure it with one M10 x 5/8" Allen Bolt (#88) and 3/4" Washer (#42).
- C. Attach the lower end of Left Support (#50) to the Floor Stabilizer (#47). Attach one end of the Rear Stabilizer (#53) to the Floor Stabilizer. Align the holes and secure them with two M10 x 3 3/4" Carriage Bolts (#83), 3/4" Washers (#42) and M10 Aircraft Nuts (#44).
- D. Repeat Steps A, B and C above to install the other side.
- E. Securely tighten all Nuts and Bolts.

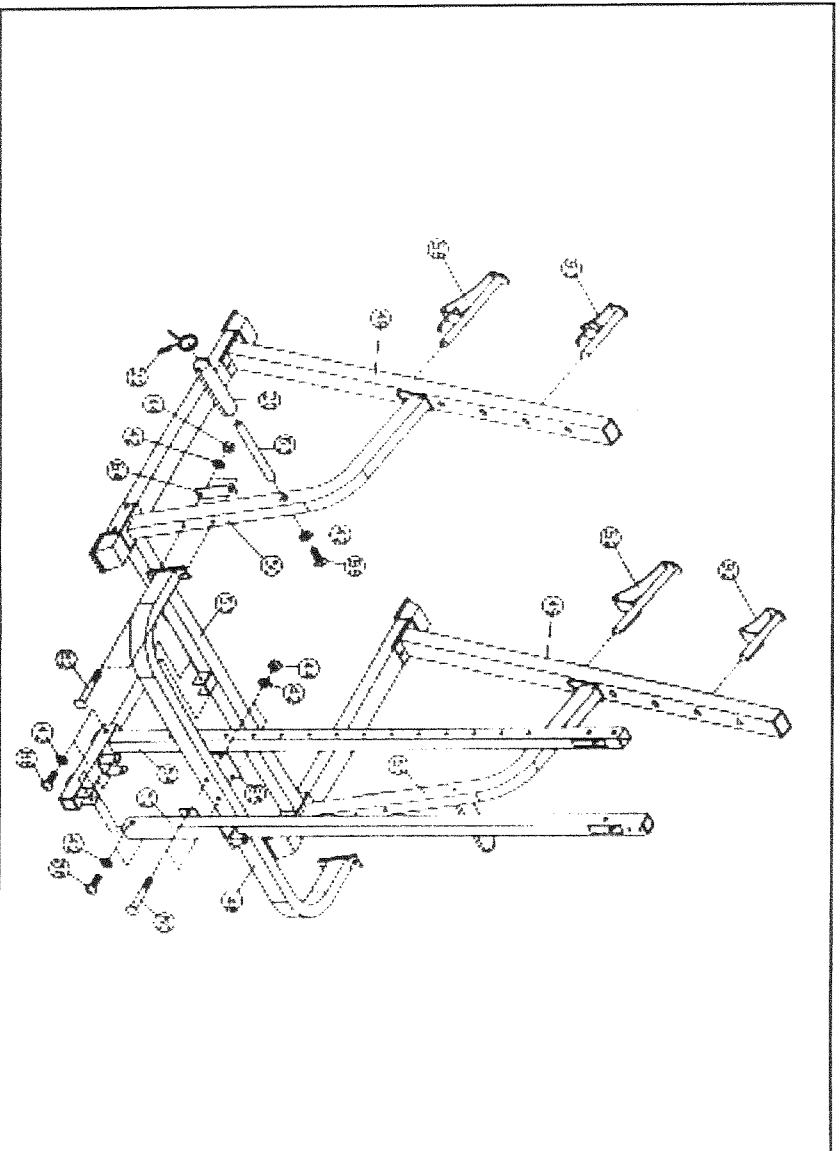


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ASSEMBLY INSTRUCTIONS

STEP 7

- A. Attach the Front Vertical Frame (#54) to the Rear Stabilizer (#53). Secure it with two M10 x 5/8" Allen Bolts (#88) and 3/4" Washers (#42). Do not tighten all the nuts and bolts yet.
- B. Attach the Cross Brace (#48) to the Left & Right Supports (#50 & 51). Secure each end of Cross Brace with two M10 x 3 1/8" Carriage Bolts (#82), one 5" x 1 5/8" Bracket (#64), two 3/4" Washers (#42), and two M10 Aircraft Nuts (#44).
- C. Attach the Rear Vertical Frame (#52) to the rear bracket on the Front Vertical Frame (#54) and the Cross Brace (#48). Secure it to the Front Vertical Frame with two M10 x 5/8" Allen Bolts (#88) and 3/4" Washers (#42). Secure it to the Cross Brace with two M10 x 2 3/8" Carriage Bolts (#80), one 4 3/8" x 2 3/8" Bracket (#65), two 3/4" Washers (#42) and M10 Aircraft Nuts (#44). Securely tighten all nuts and bolts previously installed.
- D. Insert two Weight Posts (#63) to the holes on the Left & Right Supports (#50 & 51). Secure each Weight Post with one M10 x 5/8" Allen Bolt (#88) and 3/4" Washer (#42). Slide an Olympic Sleeve (#20) onto each Weight Post. Attach a Spring Clip (#22) to the Olympic Sleeve.
- E. Insert the Left & Right Bar Holders (#93 & 92) into the selected holes on the Upright Beams. Insert the Left & Right Safety Catches (#58 & 59) into the selected holes on the Upright Beams.

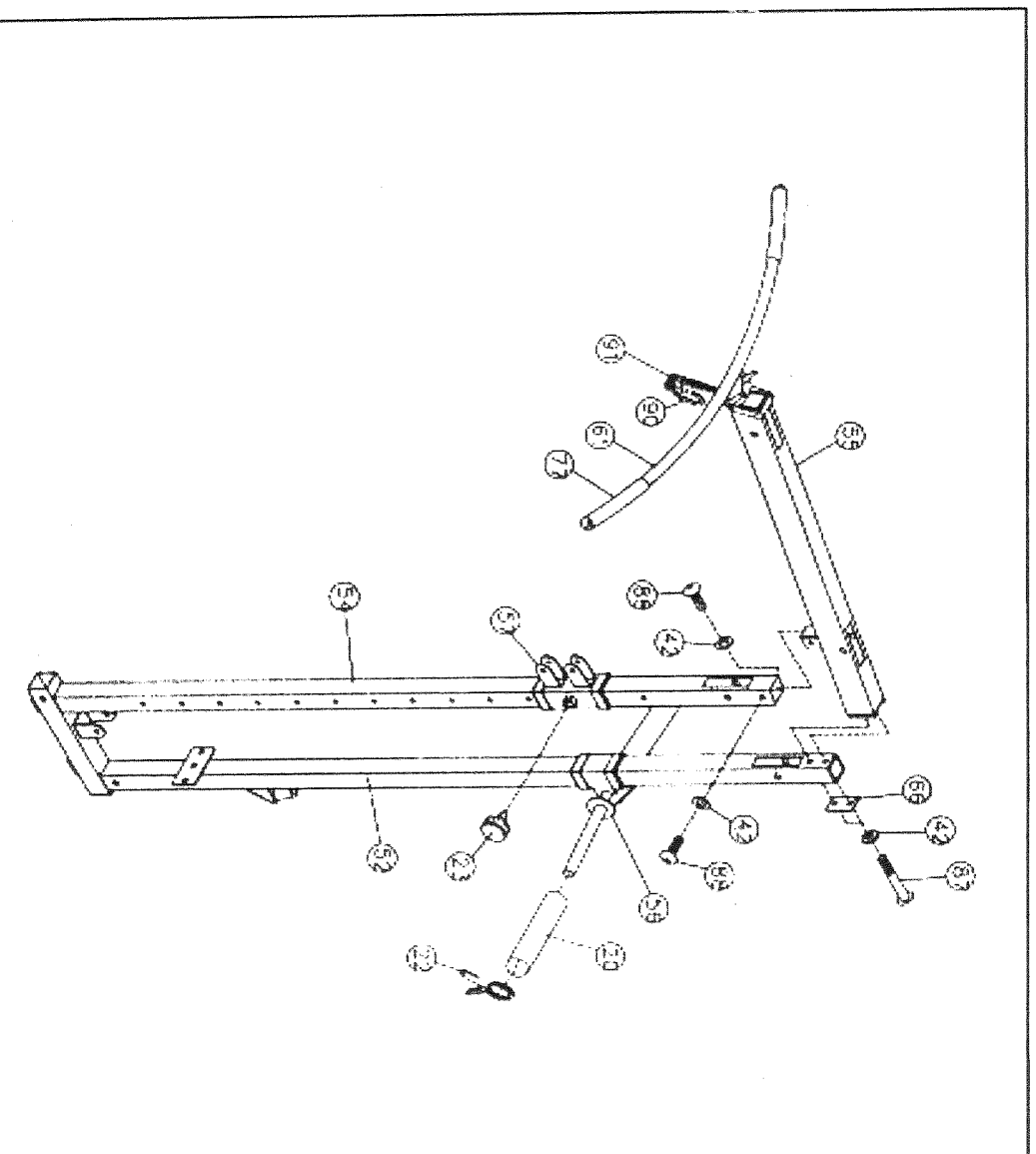


ASSEMBLY INSTRUCTIONS

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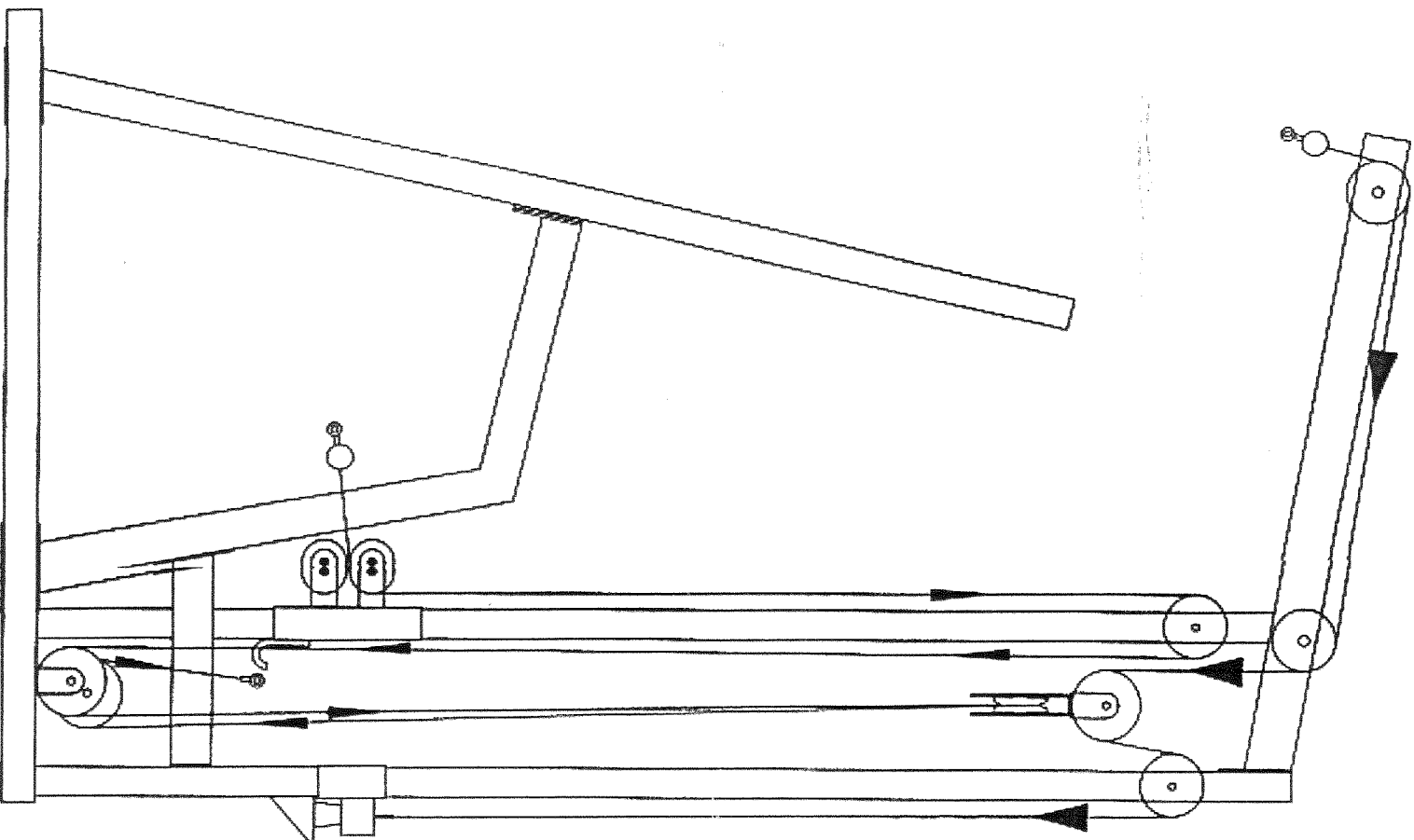
STEP 8

- A. Slide the Sliding Weight Post (#56) onto the Rear Vertical Frame (#52). Slide the Sliding Pulley Bracket (#57) onto the Front Vertical Frame (#54). Use a Lock Knob (#23) to hold the Sliding Pulley Bracket in position.
- B. Insert the Upper Frame (#55) into the top opening on the Front Vertical Frame (#54). Attach the rear end of Upper Frame to the Rear Vertical Frame.
- C. Secure the Upper Frame with two M10 x 5/8" Allen Bolts (#88) and 3/4" Washers (#42). Secure the Upper Frame with two M10 x 2 3/8" Allen Bolts (#87), one 2 3/4" x 1 3/4" Bracket (#66) and two 3/4" Washers (#42).
- D. Slide two Olympic Sleeves (#20) onto the posts on the Sliding Weight Post. Attach two Spring Clips (#22) to the Olympic Sleeves.
- E. Connect the Chain (#91) to the Lat Bar (#61) with a Hook (#90).



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CABLE LOOP DIAGRAM



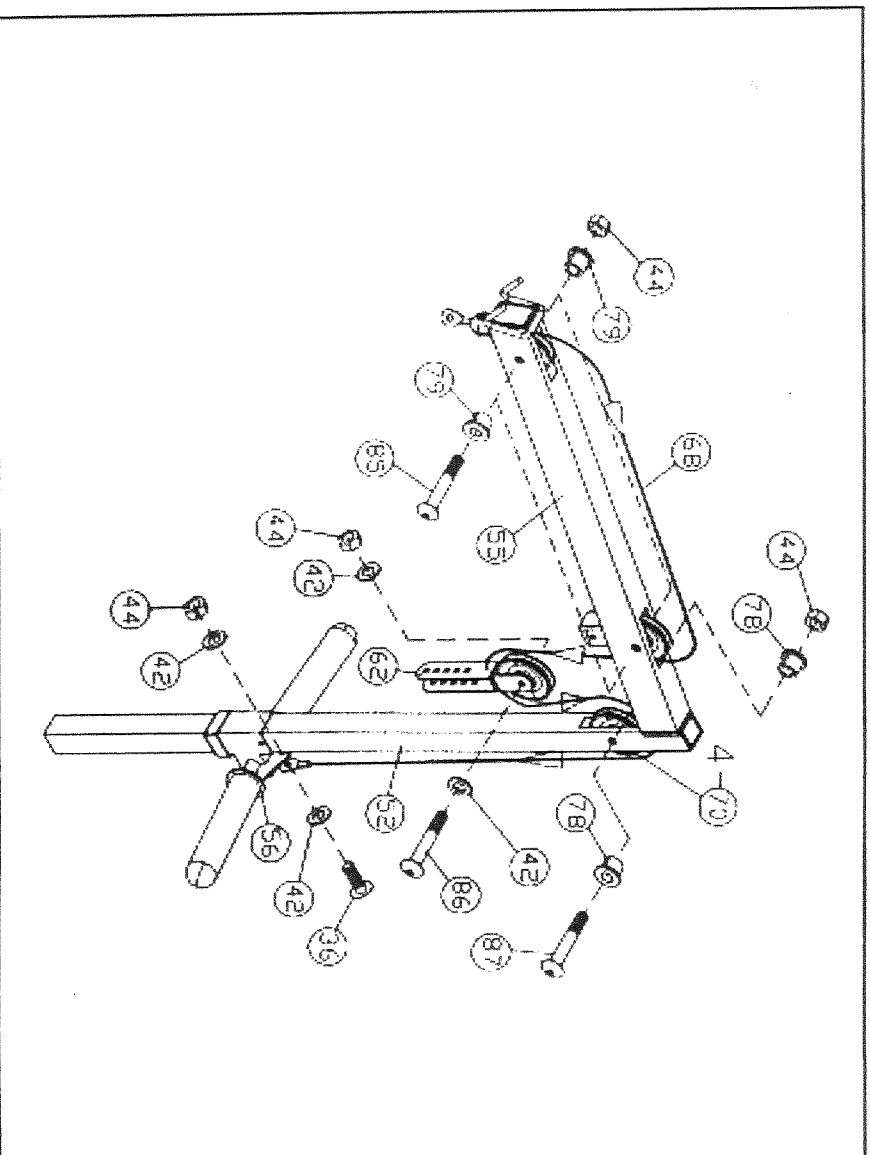
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ASSEMBLY INSTRUCTIONS

TSA-5820

STEP 9

- A. Attach the 100" Upper Cable (#68) to the opening on the front Upper Frame (#55). Make sure the ball stopper of the Cable is under the Frame.
- B. Attach a Pulley (#70) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#85), two 5/8" Pulley Bushings (#79), and one M10 Aircraft Nut (#44).
- C. Draw the Cable along the Upper Frame towards the back of the machine to the opening on the Upper Frame. Repeat Step B above to install a Pulley.
- D. Draw the Cable around the Pulley and downward. Attach a Pulley to the Double Floating Pulley Bracket (#62). Secure it with one M10 x 1 3/4" Allen Bolt (#86), two 3/4" Washers (#42), and one M10 Aircraft Nut (#44). Let the Bracket hanging for now.
- E. Draw the Cable around the Pulley and up to the opening on the top of the Rear Vertical Frame (#52). Attach a Pulley to the opening. Secure it with one M10 x 2 3/8" Allen Bolt (#87), two 1/2" Pulley Bushings (#78), and one M10 Aircraft Nut (#44).
- F. the Cable down to the Sliding Weight Post (#56). Secure the end of the Cable with one M10 x 3/4" Allen Bolt (#36), two 3/4" Washers (#42) and one M10 Aircraft Nut (#44).

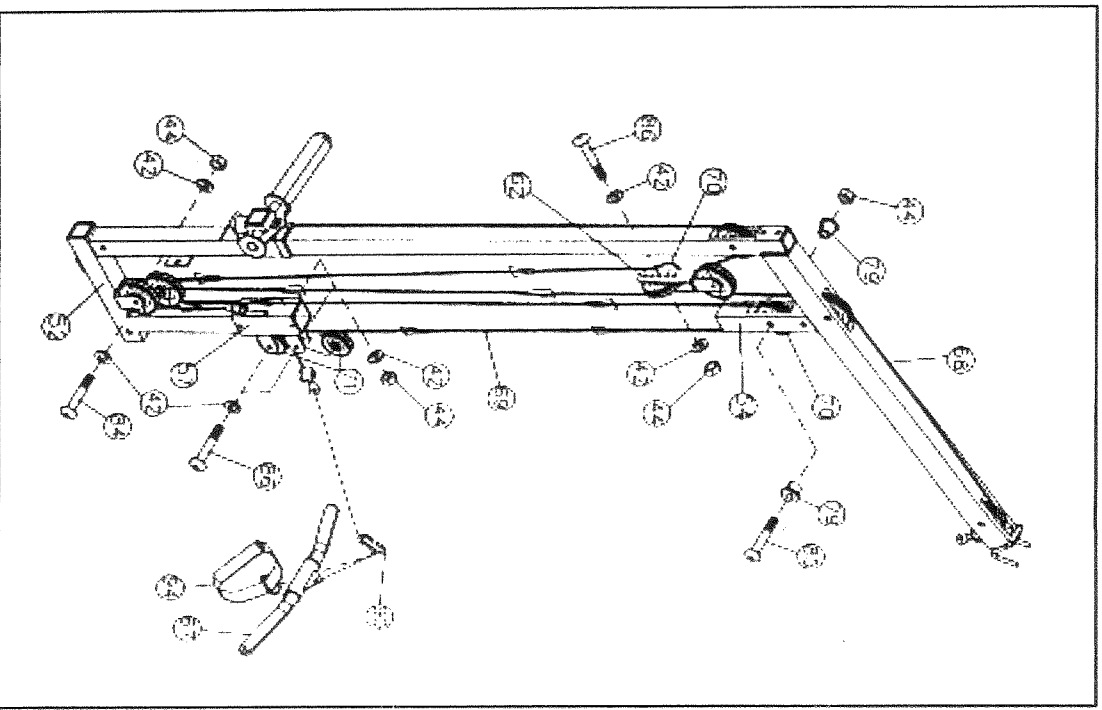


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ASSEMBLY INSTRUCTIONS

STEP 10

- A. Attach the 268" Lower Cable (#69) to the Sliding Pulley Bracket (#57). Attach two Small Pulleys (#71) to the Brackets. Secure them with two M10 x 1 3/4" Allen Bolts (#86), four 3/4" Washers (#42), and two M10 Aircraft Nuts (#44).
- B. Draw the Cable upward to the opening on top of the Front Vertical Frame (#54). Attach a Pulley (#70) to the opening. Secure it with one M10 x 2 1/2" Allen Bolt (#85), two 5/8" Pulley Bushings (#79), and one M10 Aircraft Nut (#44).
- C. Draw the Cable over the Pulley and down to the open bracket on the Front Vertical Frame (#52). Install a Pulley with one M10 x 2 3/4" Allen Bolt (#84), two 3/4" Washers (#42), and M10 Aircraft Nut (#44). Push the Pulley to the left side and do not tighten the nut and bolt yet.
- D. Pull the Cable around the Pulley then up to the Double Floating Pulley Bracket (#62) previously installed in Step 9.
- E. Attach a Pulley to a selected hole on the Bracket. Secure it with one M10 x 1 3/4" Allen Bolt (#86), two 3/4" Washers (#42), and one M10 Aircraft Nut (#44). After completing the cable installation, check the tightness of the cables. If the cable is too loose, move up the pulley. If the cable is too tight, move down the pulley.
- F. Draw the Cable around the Pulley then down to the bracket on the Front Vertical Frame. Attach another Pulley to the right of the Pulley previously installed in Step C. Secure the two Pulleys together with the same nut and bolt previously installed.
- G. Draw the Cable around the Pulley then up and clip to the back of Sliding Pulley Bracket (#57).
- H. Connect the Shiver Bar (#67) or the Single Handle (#94) to the Cable by a Hook (#90) for various exercises.



TRAINING INSTRUCTIONS

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EXERCISE / SPECIFICATIONS

To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed: If you have not been physically active for a longer period of time and also to avoid health risks you should consult your general physician before starting to exercise.

INTENSITY

To achieve maximum results the right intensity has to be chosen. The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used: Maximum pulse rate = $220 - \text{Age}$.

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate.

When starting to exercise you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks. With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

FAT BURNING

The body starts to burn fat at approx. 60% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

- You are 52 years of age and would like to start exercising.
- Maximum pulse rate = $220 - 52(\text{age}) = 168 \text{ pulse/min}$
- Minimum pulse rate = $168 \times 0,6 = 101 \text{ pulse/min}$
- Highest pulse rate = $168 \times 0,7 = 117 \text{ pulse/min}$
- During the first weeks it is advisable to start with a pulse rate of 101, afterwards increase it to 117.

With increasing improvement of fitness the training intensity should be increased to 70% - 85% of your maximum pulse rate.

This can be done by increasing the resistance, a higher frequency or longer training periods.

TRAINING ORGANIZATION WARM-UP

Before every training you should warm-up for 5-10 minutes.

Here you can do some stretching and training with low resistance.

TRAINING SESSION

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your training session can be calculated with the following rule of thumb:

- Daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

COOL DOWN

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle aches.

SUCCESS

Even after a short period of regular exercises you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

LIMITED WARRANTY

- As with any exercise program, be sure to consult with your physician before starting.
- To minimize injury, be sure to fully stretch your muscles before and after exercising.
- To avoid dehydration while exercising, be sure to drink plenty of water.
- Wear appropriate athletic shoes and clothing while exercising. Do not wear loose clothing that could interfere with your workout, by becoming caught.
- Always check the equipment that you are using to be sure that it is in good working order prior to beginning your workout.
- This product is not a toy; please keep it away from children when not in use.
- Maximum weight capacity: 250 lbs.

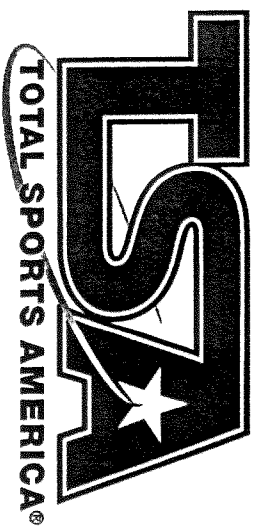
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