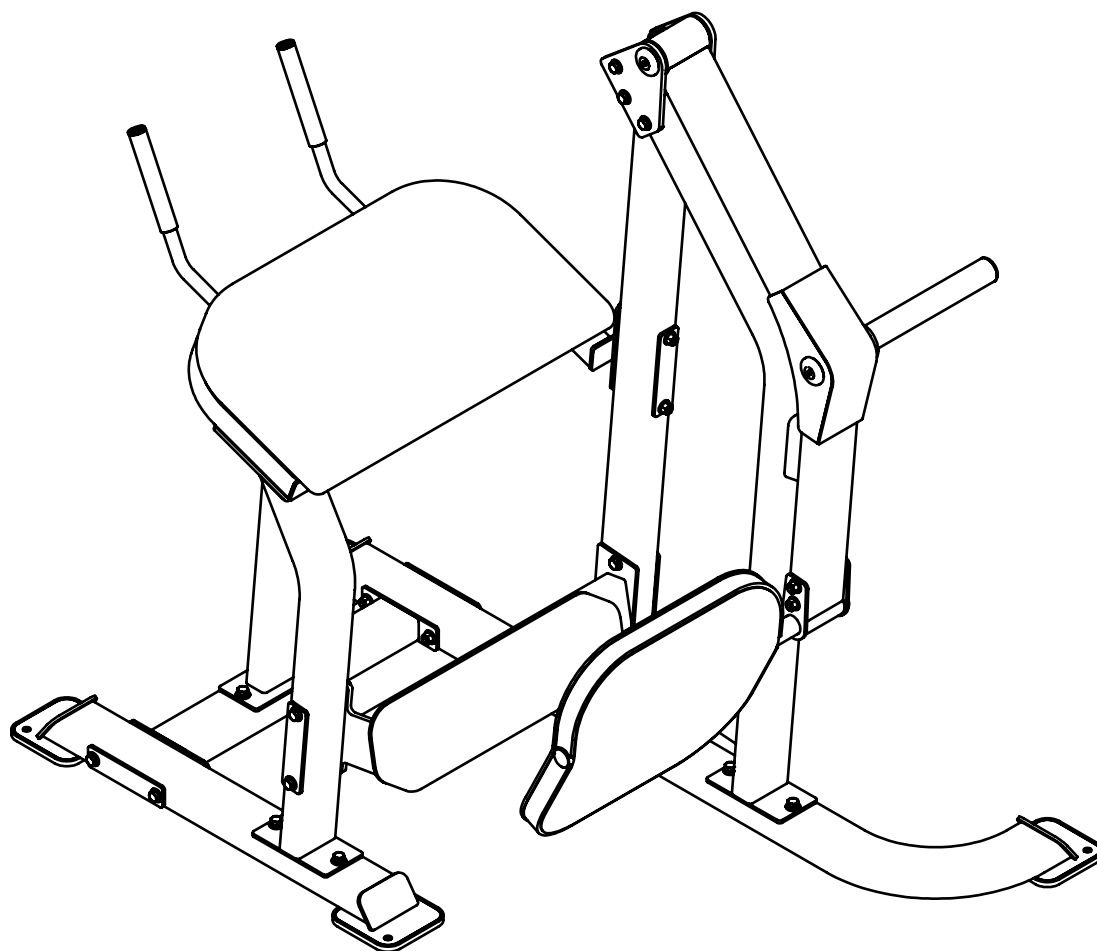


909PLAB

REAR KICK

# OWNER'S MANUAL



**! CAUTION**

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

## 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:

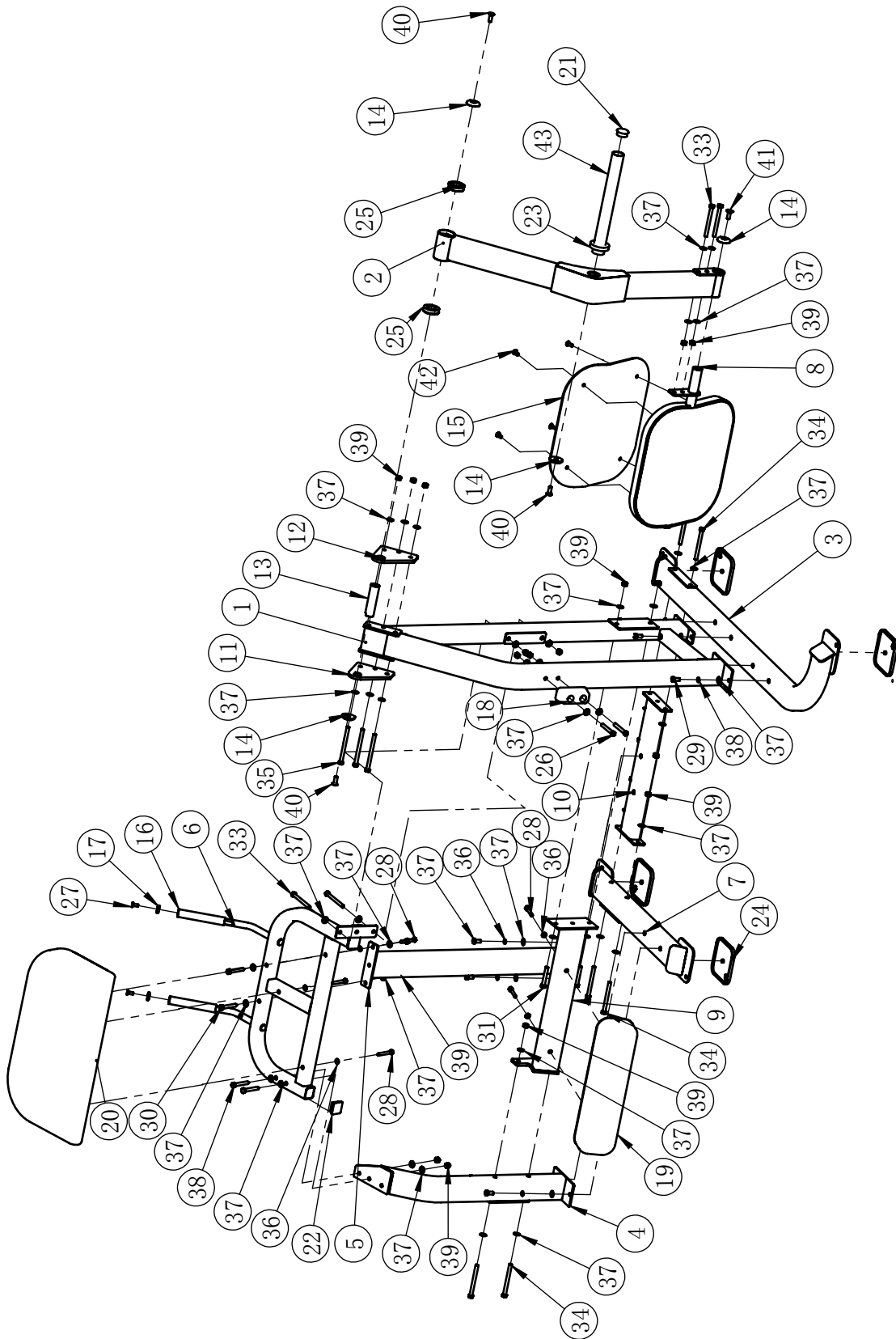
1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

## Parts List

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

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Upright Frame	1	22	Plug	1
2	Press Frame	1	23	Bumper	1
3	Right Bottom Frame	1	24	Rubber Foot	4
4	Left Standing Frame	1	25	Flange Bearing	2
5	Front Standing Frame	1	26	Button Head Cap Screw M12*90	2
6	Arm Pad Frame	1	27	Flat Head Cap Screw M10*25	6
7	Left Bottom Frame	1	28	Hex Head Bolt M10*75	5
8	Footplate Frame	1	29	Hex Head Bolt M12*30	8
9	Leg Pad Frame	1	30	Hex Head Bolt M12*80	4
10	Cross Frame	1	31	Hex Head Bolt M12*85	2
11	Pivot Plate 1	1	33	Hex Head Bolt M12*130	2
12	Pivot Plate 2	1	34	Hex Head Bolt M12*135	8
13	Pivot Shaft	1	35	Hex Head Bolt M12*155	3
14	Aluminium Cap	4	36	Flat Washer $\phi 20 * \phi 11 * 2$	5
15	Aluminum plate	1	37	Flat Washer $\phi 24 * \phi 13 * 1.5$	50
16	Aluminium Grip	2	38	Spring Washer $\phi 12$	8
17	Aluminium Cap	2	39	Nylon lock Nut M12	21
18	Rubber Bumper	1	40	Flat Head Cap Screw M12*25	3
19	Leg Pad	1	41	Snap Spring	1
20	Arm Pad	1	42	Flat Head Cap Screw M12*35	1
21	End Plug	1	43	Weight Horn	1

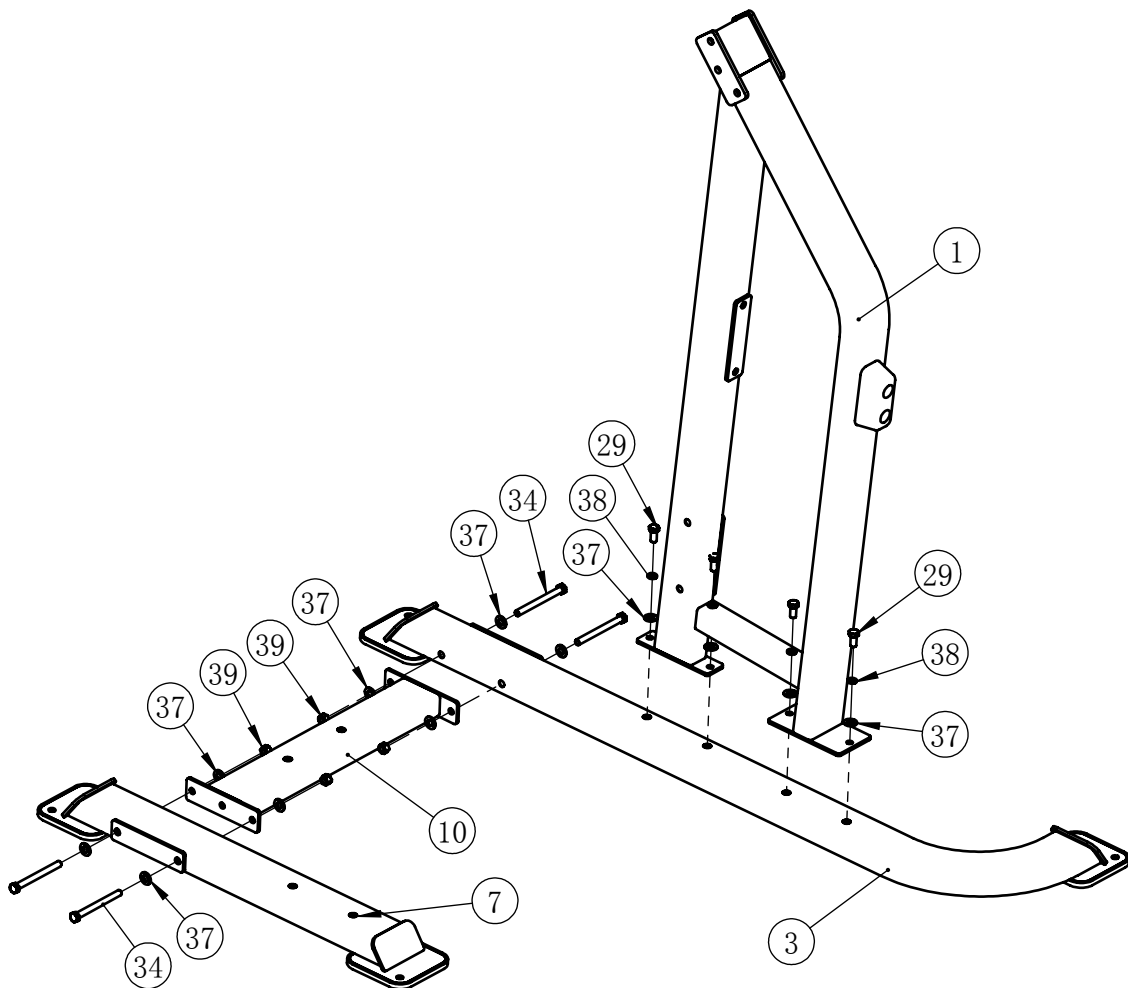
# Exploded View and Parts List



# Assembly

## STEP 1

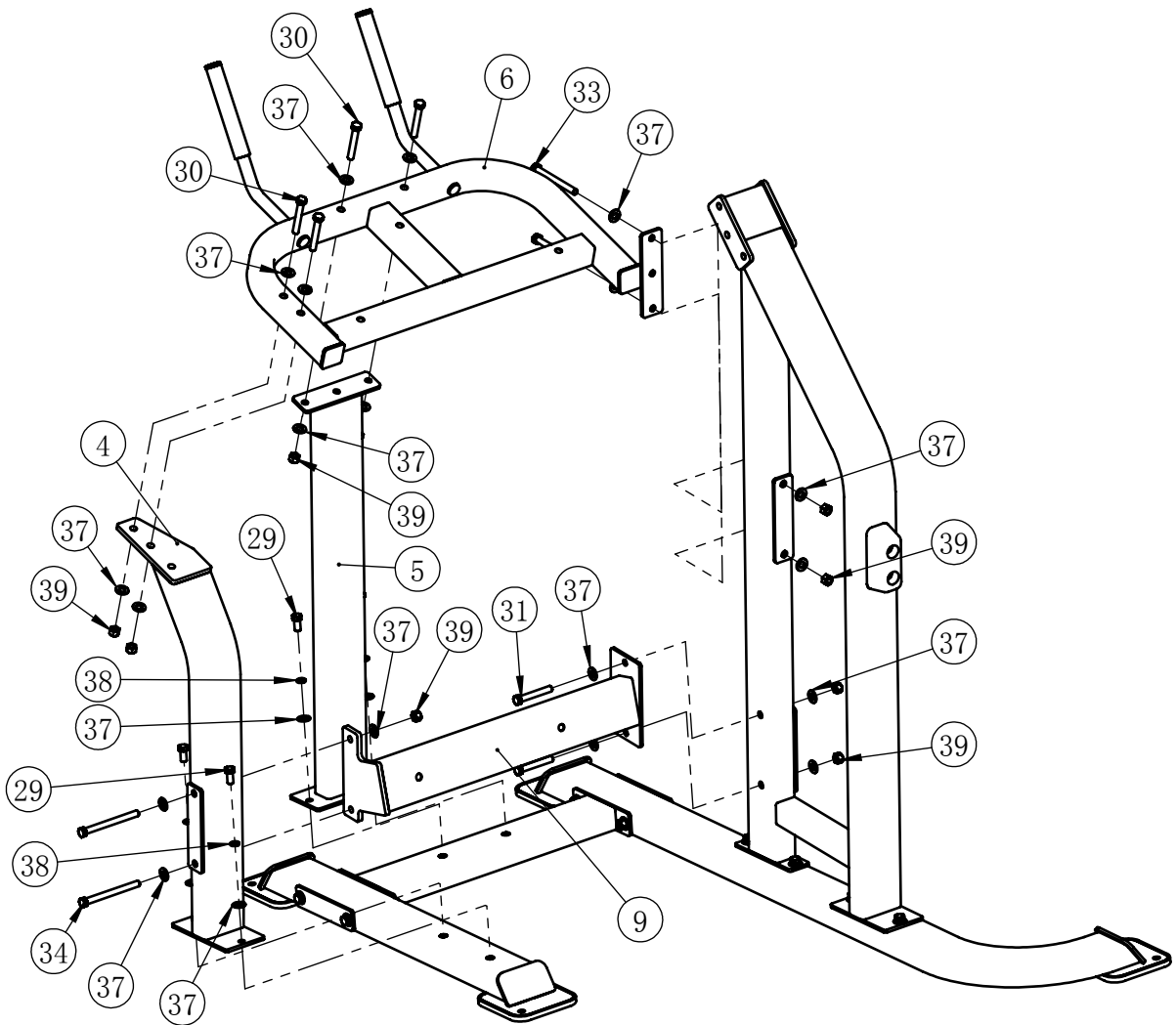
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Upright Frame	1	34	Hex Head Bolt M12*135	4
3	Right Bottom Frame	1	37	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	12
7	Left Bottom Frame	1	38	Spring Washer $\phi 12$	4
10	Cross Frame	1	39	Nylon lock Nut M12	4
29	Hex Head Bolt M12*30	4			



# Assembly

## STEP 2

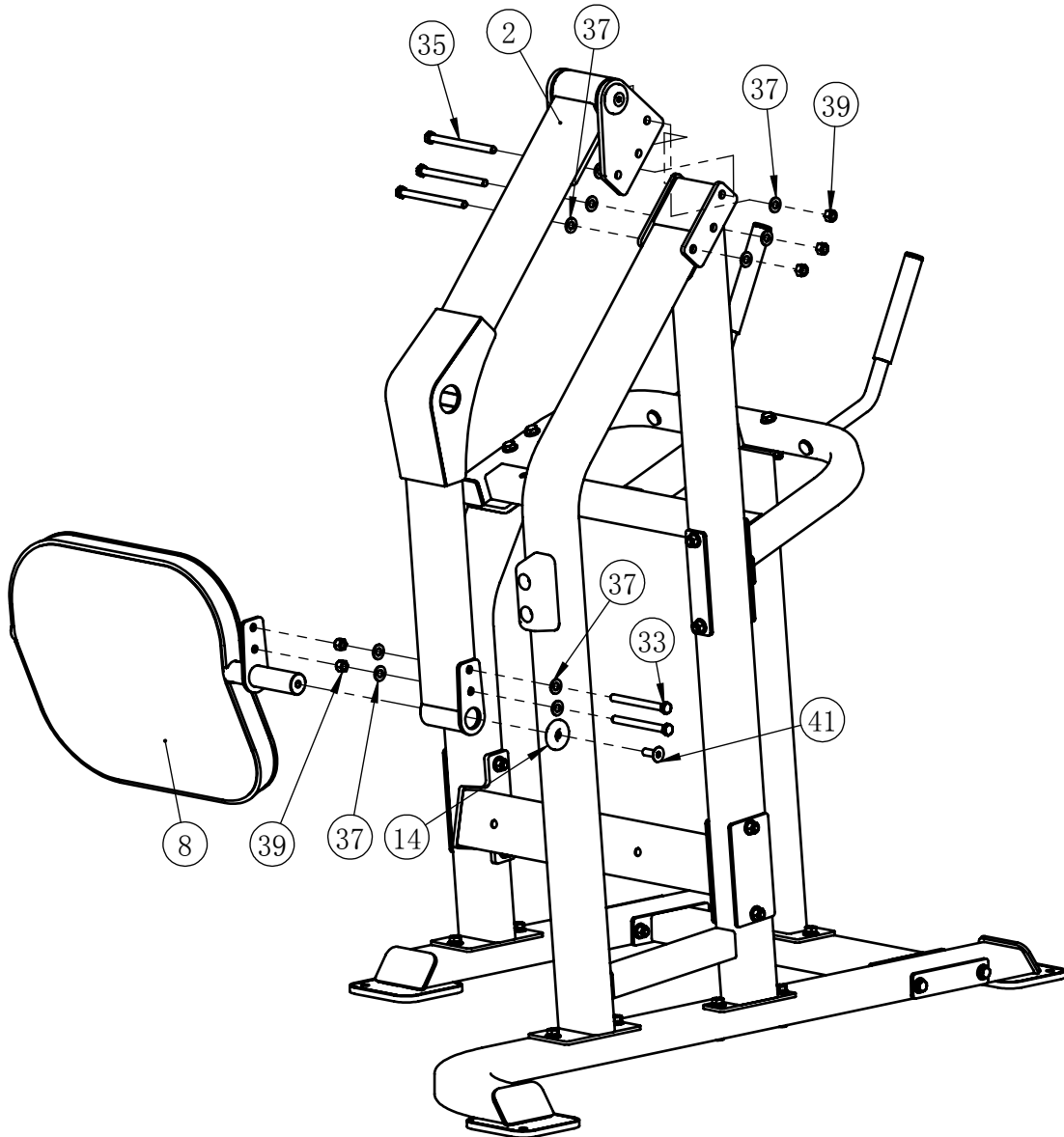
Item NO.	Description	Qty	Item NO.	Description	Qty
5	Front Standing Frame	1	33	Hex Head Bolt M12*130	2
6	Arm Pad Frame	1	34	Hex Head Bolt M12*135	2
9	Leg Pad Frame	1	37	Flat Washer $\phi 24*\phi 13*1.5$	24
29	Hex Head Bolt M12*30	4	38	Spring Washer $\phi 12$	4
30	Hex Head Bolt M12*80	2	39	Nylon lock Nut M12	10
31	Hex Head Bolt M12*85	2			



# Assembly

## STEP 3

Item NO.	Description	Qty	Item NO.	Description	Qty
2	Press Frame	1	35	Hex Head Bolt M12*155	3
8	Footplate Frame	1	37	Flat Washer $\phi 24*\phi 13*1.5$	10
14	Aluminium Cap	1	39	Nylon lock Nut M12	5
33	Hex Head Bolt M12*130	2	41	Snap Spring	1



# Assembly

## STEP 4

Item NO.	Description	Qty	Item NO.	Description	Qty
14	Aluminium Cap	1	36	Flat Washer $\phi 20 \times \phi 11 \times 2$	5
19	Leg Pad	1	40	Flat Head Cap Screw M12*25	1
20	Arm Pad	1	43	Weight Horn	1
28	Hex Head Bolt M10*75	5			

