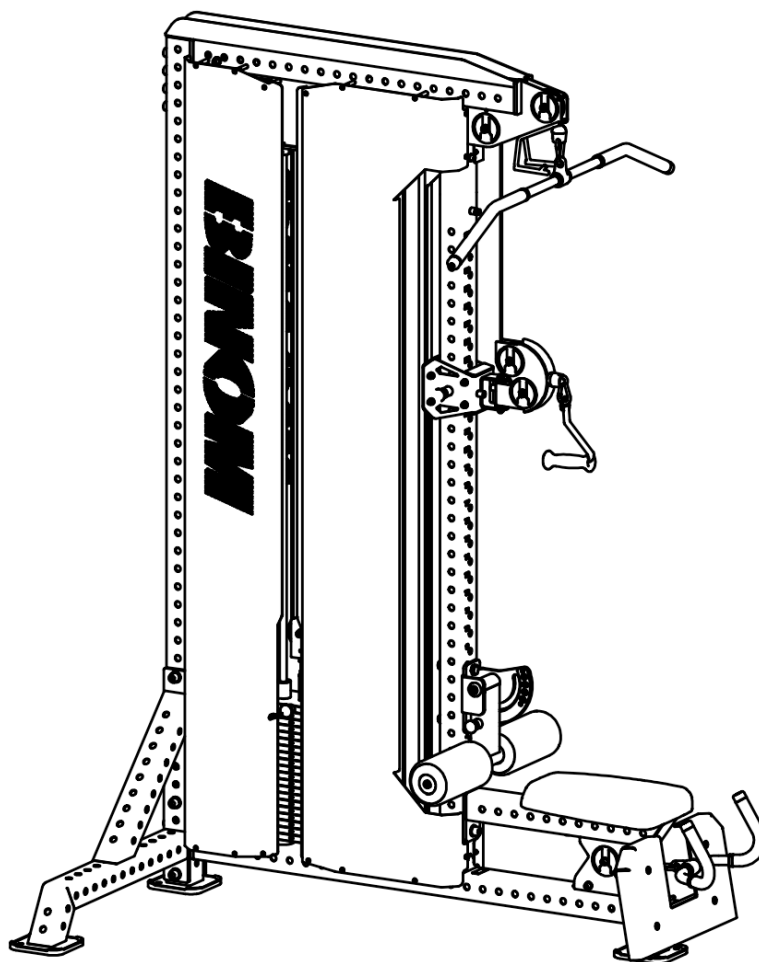




BA44

 **ADVANCED**

# Assembly Instructions



## **! CAUTION**

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

## **Table Of Contents**

|                                      |    |
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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:

- \* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* 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.
- \* Wear proper exercise clothing and shoes for your workout----no loose clothing.
- \* Be careful when getting on or off the equipment.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* 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.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### PERSONAL SAFETY DURING ASSEMBLY

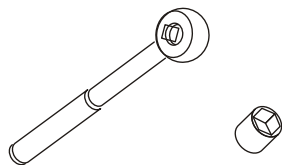
- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface. Locate the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

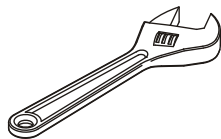
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

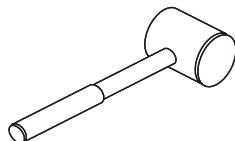
## Tools Required



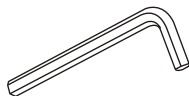
Ratchet Wrench and Socket



Adjustable Wrench

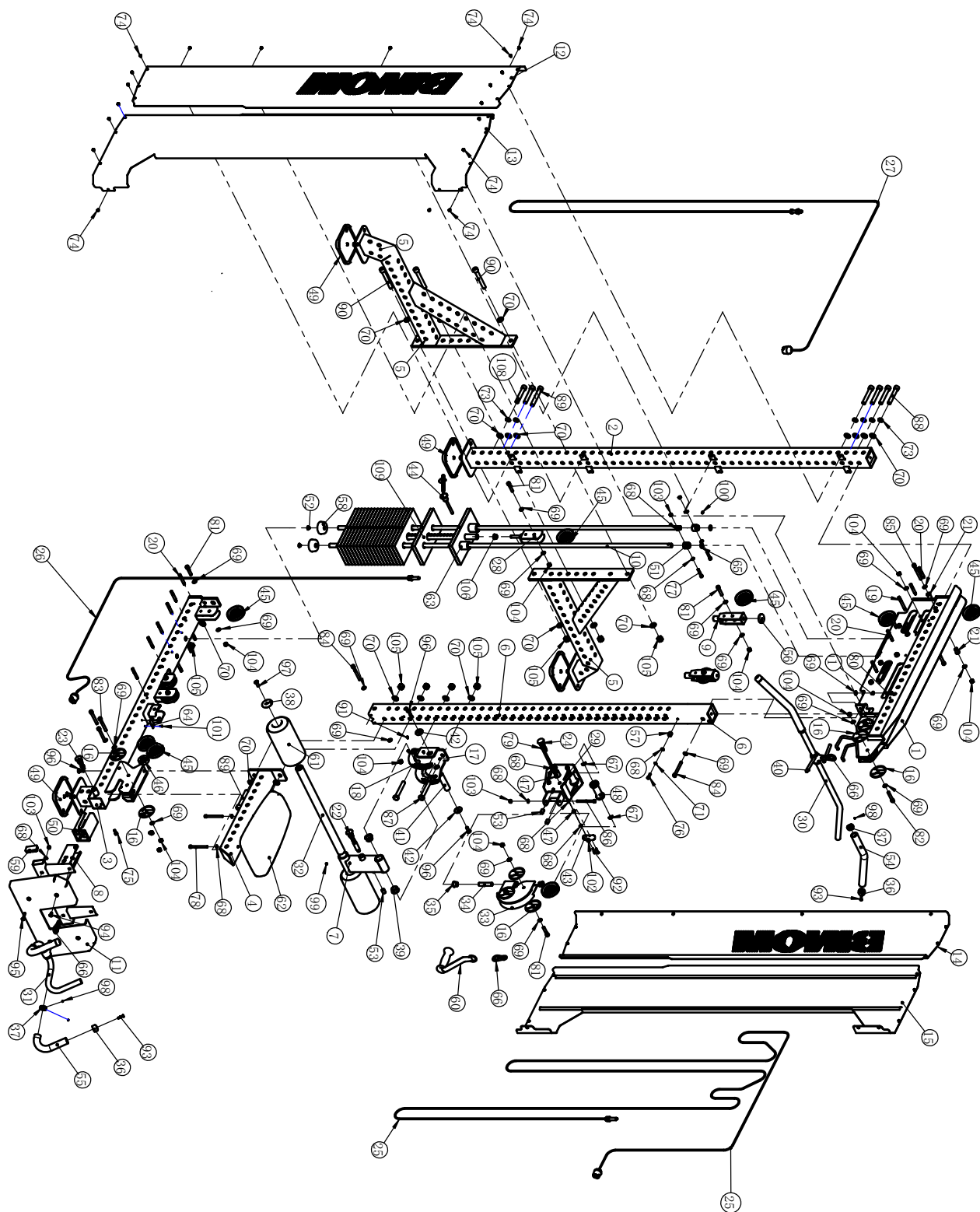


Rubber Mallet



Hex Key Wrench Set

# Exploded View and Parts List



## Exploded View and Parts List

| Item No | Description                                      | QTY | Item No | Description                                                            | QTY |
|---------|--------------------------------------------------|-----|---------|------------------------------------------------------------------------|-----|
| 1       | Top Welding Frame                                | 1   | 29      | Sliding Rack                                                           | 1   |
| 2       | Set Up Welding Frame                             | 1   | 30      | Gola Handle                                                            | 1   |
| 3       | Grounding Welding Rack                           | 1   | 31      | Low Pull Handle                                                        | 1   |
| 4       | Seat Pad Rack                                    | 1   | 32      | FOAM Rack                                                              | 1   |
| 5       | Rear Support Frame                               | 2   | 33      | Double Pulley Frame                                                    | 1   |
| 6       | Welding Engraved Tube                            | 1   | 34      | Double Pulley Frame Rotation Shaft $\phi 16 \times \phi 8.5 \times 75$ | 1   |
| 7       | FOAM Oscillating Frame                           | 1   | 35      | Bushing $\phi 28 \times \phi 22 \times \phi 16 \times 18$              | 2   |
| 8       | Adjustable Footrest                              | 1   | 36      | Aluminum cap $\phi 25$                                                 | 4   |
| 9       | Pulley Frame                                     | 2   | 37      | Aluminium Ring $\phi 25$                                               | 4   |
| 10      | Guide Rod                                        | 2   | 38      | End Cap $\phi 54$                                                      | 2   |
| 11      | pedal                                            | 1   | 39      | Bronze Bearing $\phi 38 \times \phi 25.4 \times 18$                    | 2   |
| 12      | Front Left Fender                                | 1   | 40      | Protective Cover $\phi 12 \times \phi 8 \times 113$                    | 2   |
| 13      | Front Right Fender                               | 1   | 41      | FOAM Rotary Shaft $\phi 25.4 \times 106$                               | 1   |
| 14      | Right Rear Fender                                | 1   | 42      | Small Aluminum End Cover $\phi 38$                                     | 2   |
| 15      | Rear Left Fender                                 | 1   | 43      | Small Adjusting Knob $\phi \phi 25$                                    | 1   |
| 16      | Decorative Panel                                 | 10  | 44      | Select Ehe Iron Peg Group                                              | 1   |
| 17      | U-shaped Adjustment Plate                        | 1   | 45      | Small Pulley $\phi 89$                                                 | 19  |
| 18      | Anti-slip Plate                                  | 1   | 46      | Small Guide Wheel $\phi 50.8$                                          | 1   |
| 19      | Threaded Stud $\phi 10 \times 91 \times M6$      | 4   | 47      | Roller Spacer $\phi 16 \times \phi 12 \times \phi 8.2 \times 7.6$      | 8   |
| 20      | Threaded Stud $\phi 10 \times 71 \times M6$      | 20  | 48      | Scroll Wheel $\phi 42 \times 95$                                       | 4   |
| 21      | Pulley Dpacer $\phi 20 \times \phi 16 \times 27$ | 2   | 49      | Floor Mat                                                              | 4   |
| 22      | Elastic Plug Component 2                         | 1   | 50      | Middle Air Pipe SleeveF75-F60                                          | 1   |
| 23      | Elastic Plug Component                           | 1   | 51      | Guide Bar Fixing Sleeve                                                | 2   |
| 24      | Elastic Plug Component 1                         | 1   | 52      | Rubber Stopper                                                         | 2   |
| 25      | Flying Birds Steel Cable Group                   | 1   | 53      | Bolt Shaft Sleeve                                                      | 3   |
| 26      | Parallel Wire Rope Group                         | 1   | 54      | Handle Cover $\phi 30 \times \phi 22 \times 415$                       | 2   |
| 27      | High Steel Wire Group                            | 1   | 55      | Fandle Cover $\phi 30 \times \phi 22 \times 240$                       | 2   |
| 28      | Pulley Frame                                     | 1   | 56      | Cushion $\phi 45 \times 16.5$                                          | 2   |

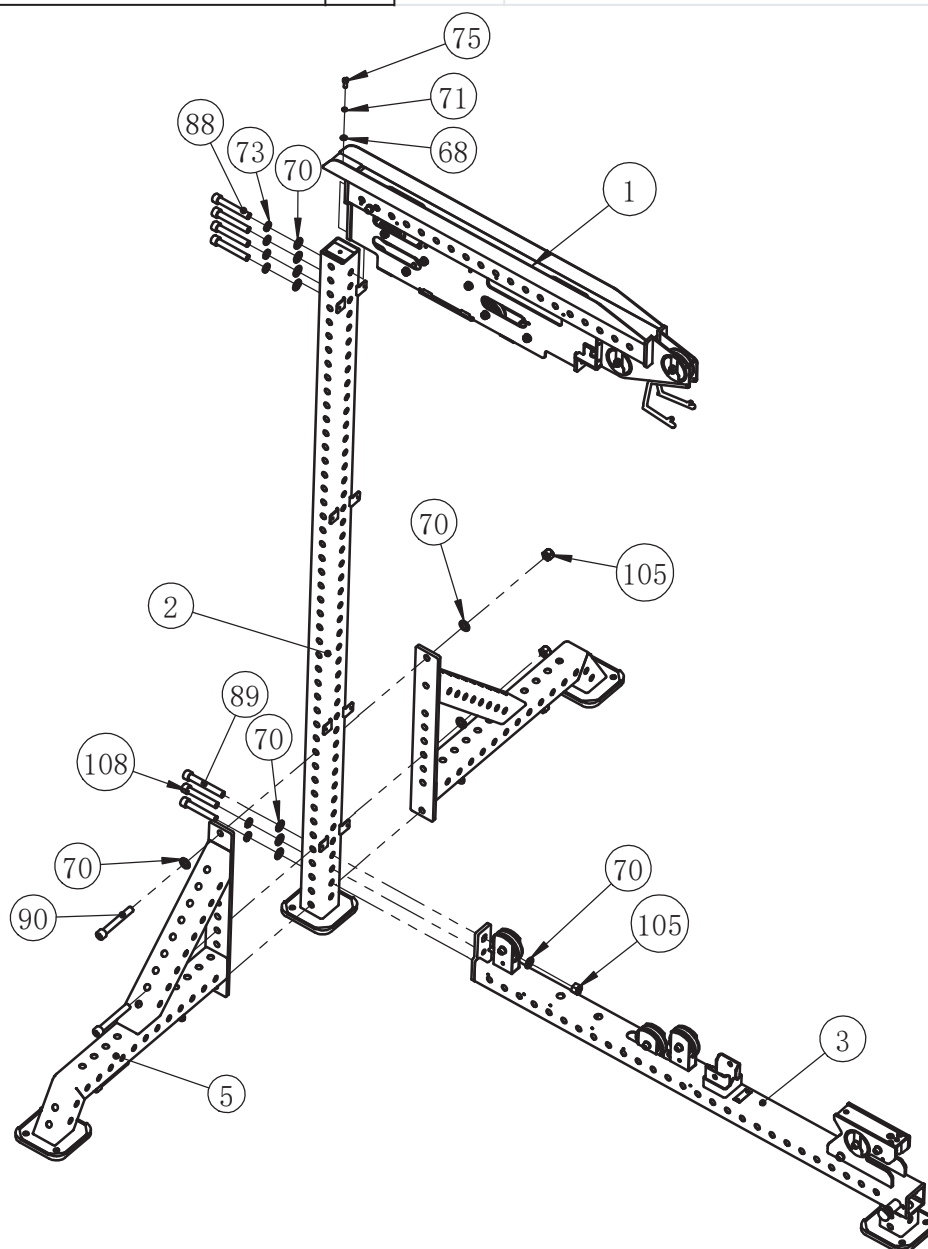
## Exploded View and Parts List

| Item No | Description                                             | QTY | Item No | Description                                         | QTY |
|---------|---------------------------------------------------------|-----|---------|-----------------------------------------------------|-----|
| 57      | Spacer $\phi$ 17 $\times$ $\phi$ 8.2 $\times$ 18        | 1   | 84      | Socket Head Cap Screw M10 $\times$ 90               | 2   |
| 58      | Rubber Blanket $\phi$ 63.5                              | 2   | 85      | Socket Head Cap Screw M10 $\times$ 95               | 1   |
| 59      | Pipe PlugJ30 $\times$ 60                                | 2   | 86      | Hexagonal BoltM8 $\times$ 100                       | 1   |
| 60      | Tension Sleeve                                          | 1   | 87      | Hexagonal BoltM16 $\times$ 105                      | 2   |
| 61      | FOAM Assembly                                           | 2   | 88      | Socket Head Cap ScrewM16 $\times$ 100               | 4   |
| 62      | Cushion                                                 | 1   | 89      | Socket Head Cap ScrewM16 $\times$ 110               | 3   |
| 63      | Counterweight Iron Assembly                             | 1   | 90      | Socket Head Cap ScrewM16 $\times$ 120               | 3   |
| 64      | Serial Number Nameplate                                 | 1   | 91      | Flat Head Cap Screw M4 $\times$ 10                  | 3   |
| 65      | O-type Rubber Seal Ring $\phi$ 23.6 $\times$ $\phi$ 1.8 | 2   | 92      | Flat Cap Screw M5 $\times$ 30                       | 2   |
| 66      | Gourd Hook $\phi$ 8                                     | 3   | 93      | Flat Head Cap Screw M6 $\times$ 30                  | 4   |
| 67      | Bearing608-2Z                                           | 8   | 94      | Flat Head Cap Screw M8 $\times$ 20                  | 2   |
| 68      | Flat Washer $\phi$ 9 $\times$ $\phi$ 16 $\times$ 1.6    | 22  | 95      | Flat Head Cap Screw M8 $\times$ 45                  | 2   |
| 69      | Flat Washer $\phi$ 11 $\times$ $\phi$ 20 $\times$ 2     | 44  | 96      | Flat Head Cap Screw M10 $\times$ 30                 | 4   |
| 70      | Flat Washer $\phi$ 17.5 $\times$ $\phi$ 30 $\times$ 3   | 20  | 97      | Flat Head Cap Screw M10 $\times$ 30NL               | 2   |
| 71      | Spring Washer $\phi$ 8                                  | 2   | 98      | Socket Set Screw M5 $\times$ 3                      | 8   |
| 72      | Spring Washer $\phi$ 10                                 | 1   | 99      | Socket Set Screw M8 $\times$ 6                      | 1   |
| 73      | Spring Washer $\phi$ 16                                 | 6   | 100     | Socket Set Screw M8 $\times$ 10                     | 2   |
| 74      | Button Head Cap Screw M6 $\times$ 8                     | 38  | 101     | Open-mouth Oval Head Core Rivet $\phi$ 4 $\times$ 8 | 2   |
| 75      | Soket Head Cap Screw M8 $\times$ 20                     | 2   | 102     | Cap nut M8                                          | 4   |
| 76      | Soket Head Cap Screw M8 $\times$ 25                     | 1   | 103     | Nylon Lock Nut M8                                   | 7   |
| 77      | Soket Head Cap Screw M8 $\times$ 45                     | 2   | 104     | Nylon Lock Nut M10                                  | 21  |
| 78      | Soket Head Cap Screw M8 $\times$ 95                     | 2   | 105     | Nylon Lock Nut M16                                  | 8   |
| 79      | Soket Head Cap Screw M8 $\times$ 120                    | 4   | 106     | Hexagon Flange Nut M8                               | 1   |
| 80      | Socket Head Cap Screw M10 $\times$ 25                   | 1   | 107     | lubricating Grease                                  | 1   |
| 81      | Socket Head Cap Screw M10 $\times$ 50                   | 14  | 108     | Socket Head Cap ScrewM16 $\times$ 95                | 2   |
| 82      | Socket Head Cap Screw M10 $\times$ 55                   | 2   | 109     | Ballast Iron                                        | 19  |
| 83      | Socket Head Cap Screw M10 $\times$ 80                   | 3   |         |                                                     |     |

## Exploded View and Parts List

### STEP 1

| Item No | Description                                     | QTY | Item No | Description                   | QTY |
|---------|-------------------------------------------------|-----|---------|-------------------------------|-----|
| 1       | Top Welding Frame                               | 1   | 73      | Spring Washer $\phi 16$       | 6   |
| 2       | Set Up Welding Frame                            | 1   | 75      | Socket Head Cap Screw M8×20   | 1   |
| 3       | Grounding Welding Rack                          | 1   | 88      | Socket Head Cap Screw M16×100 | 4   |
| 5       | Rear Support Frame                              | 2   | 89      | Socket Head Cap Screw M16×110 | 3   |
| 68      | Flat Washer $\phi 9 \times \phi 16 \times 1.6$  | 1   | 105     | Nylon Lock Nut M16            | 4   |
| 70      | Flat Washer $\phi 17.5 \times \phi 30 \times 3$ | 14  | 108     | Socket Head Cap Screw M16×95  | 2   |
| 71      | Spring Washer $\phi 8$                          | 1   |         |                               |     |

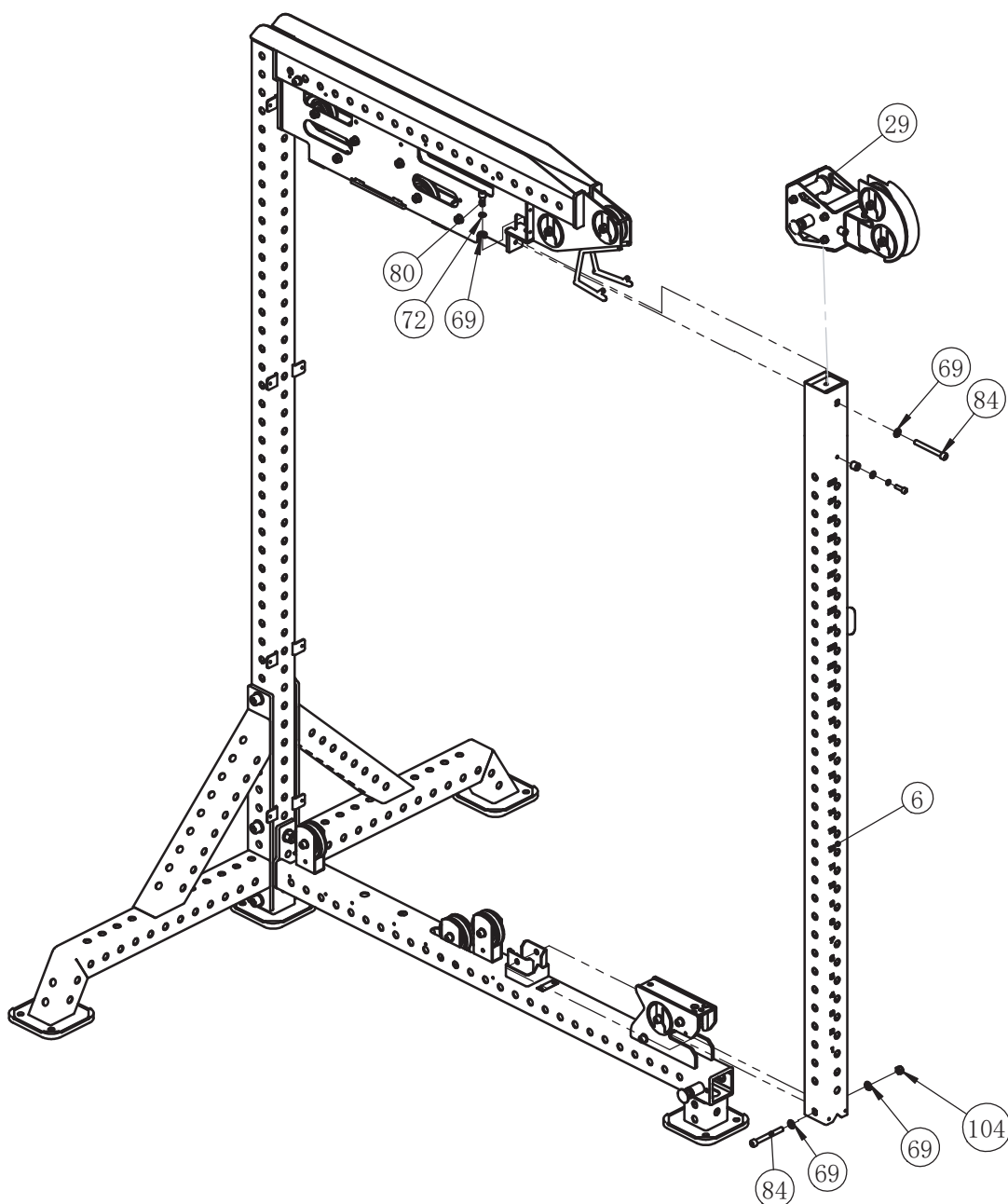




## Exploded View and Parts List

### STEP 2

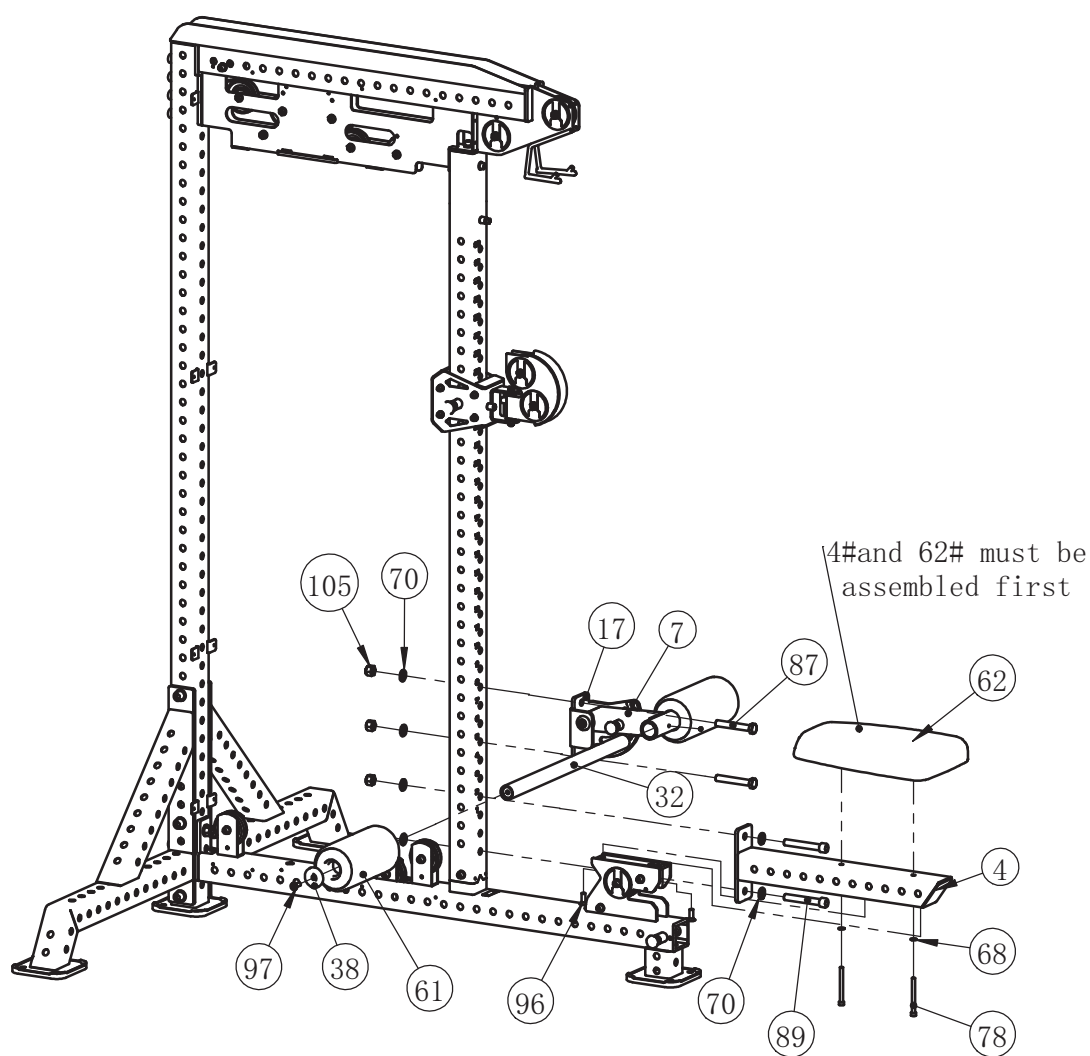
| Item No | Description                                   | QTY | Item No | Description                  | QTY |
|---------|-----------------------------------------------|-----|---------|------------------------------|-----|
| 6       | Welding Engraved Tube                         | 1   | 80      | Socket Head Cap Screw M10×25 | 1   |
| 29      | Sliding Rack                                  | 1   | 84      | Socket Head Cap Screw M10×90 | 2   |
| 69      | Flat Washer $\phi 11 \times \phi 20 \times 2$ | 4   | 104     | Nylon Lock Nut M10           | 1   |
| 72      | Spring Washer $\phi 10$                       | 1   |         |                              |     |



## Exploded View and Parts List

### STEP3

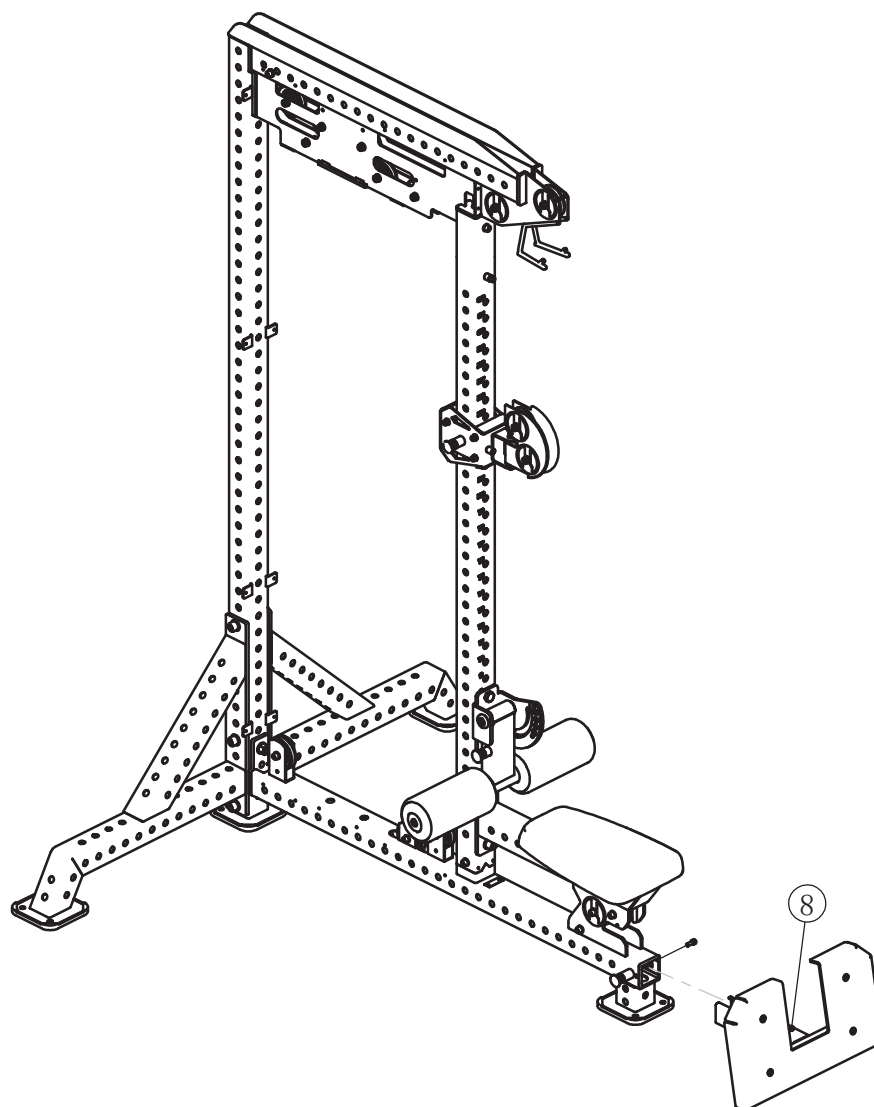
| Item No | Description                                    | QTY | Item No | Description                                     | QTY |
|---------|------------------------------------------------|-----|---------|-------------------------------------------------|-----|
| 4       | Seat Pad Rack                                  | 1   | 70      | Flat Washer $\phi 17.5 \times \phi 30 \times 3$ | 6   |
| 7       | FOAM Oscillating Frame                         | 1   | 78      | Socket Head Cap Screw M8×95                     | 2   |
| 17      | U-shaped Adjustment Plate                      | 1   | 87      | Hexagonal Bolt M16×105                          | 2   |
| 32      | FOAM Rack                                      | 1   | 89      | Socket Head Cap Screw M16×110                   | 2   |
| 38      | End Cap $\phi 54$                              | 2   | 96      | Flat Head Cap Screw M10×30                      | 2   |
| 62      | Cushion                                        | 1   | 97      | Flat Head Cap Screw M10×30NL                    | 2   |
| 68      | Flat Washer $\phi 9 \times \phi 16 \times 1.6$ | 2   | 105     | Nylon Lock Nut M16                              | 4   |



## Exploded View and Parts List

### STEP4

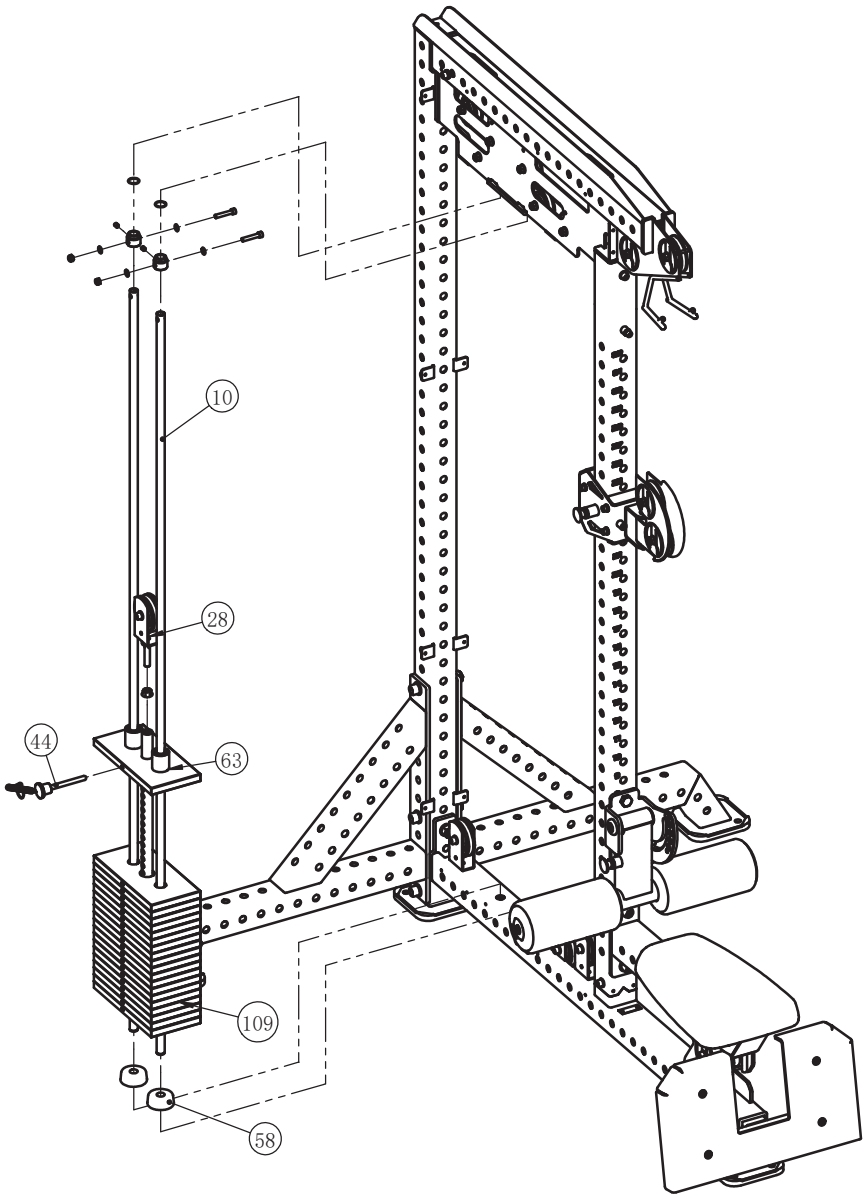
| Item No | Description         | QTY |
|---------|---------------------|-----|
| 8       | Adjustable Footrest | 1   |



# Exploded View and Parts List

## STEP5

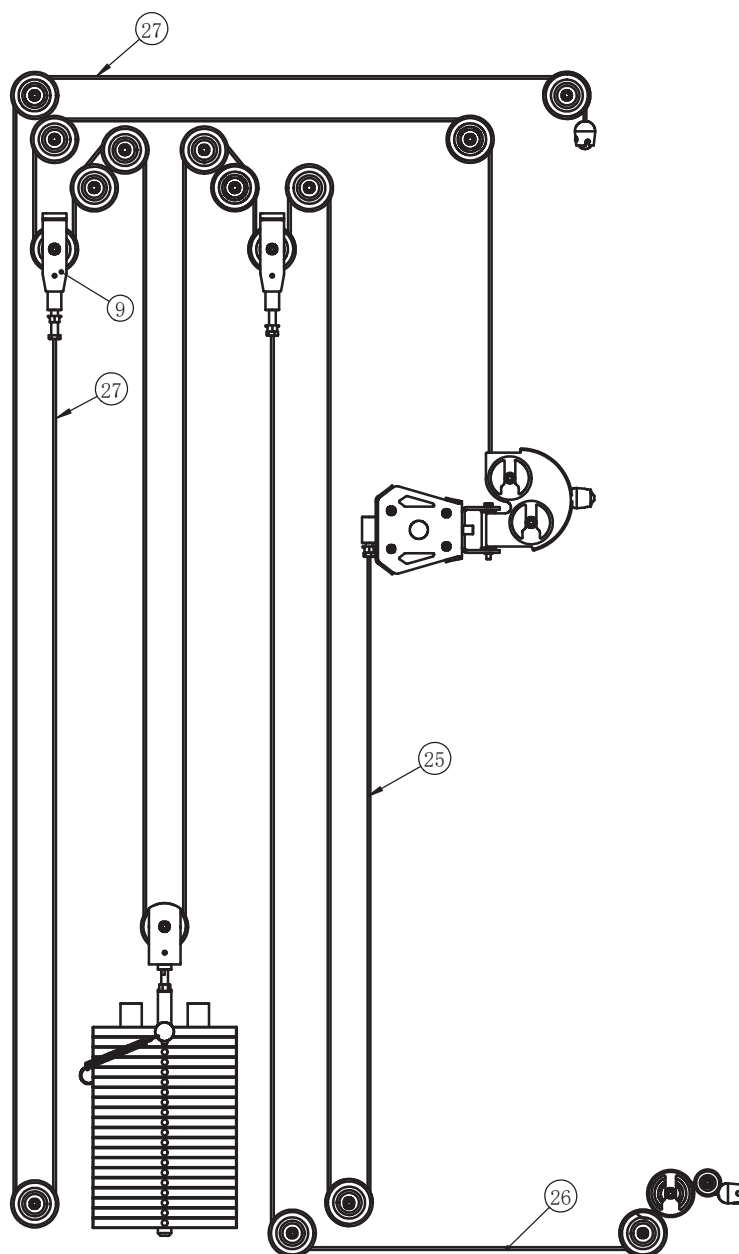
| Item No | Description               | QTY | Item No | Description                 | QTY |
|---------|---------------------------|-----|---------|-----------------------------|-----|
| 10      | Guide Rod                 | 2   | 58      | Rubber Blanketφ63.5         | 2   |
| 28      | Pulley Frame              | 1   | 63      | Counterweight Iron Assembly | 1   |
| 44      | Select Ehe Iron Peg Group | 1   | 109     | Ballast Iron                | 19  |



## Exploded View and Parts List

### STEP6

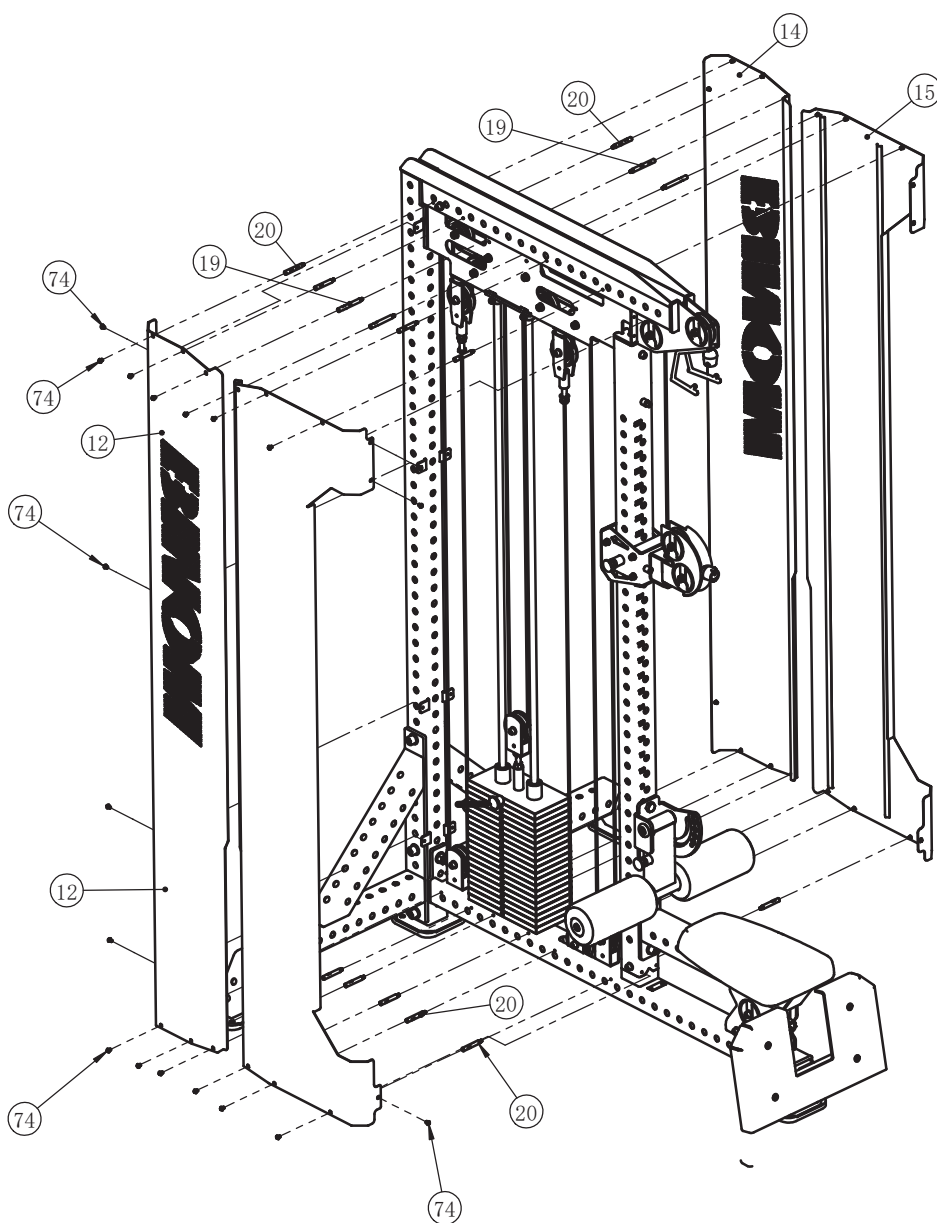
| Item No | Description                    | QTY |
|---------|--------------------------------|-----|
| 9       | Pulley Frame                   | 2   |
| 25      | Flying Birds Steel Cable Group | 1   |
| 26      | Parallel Wire Rope Group       | 1   |
| 27      | High Steel Wire Group          | 1   |



## Exploded View and Parts List

### STEP7

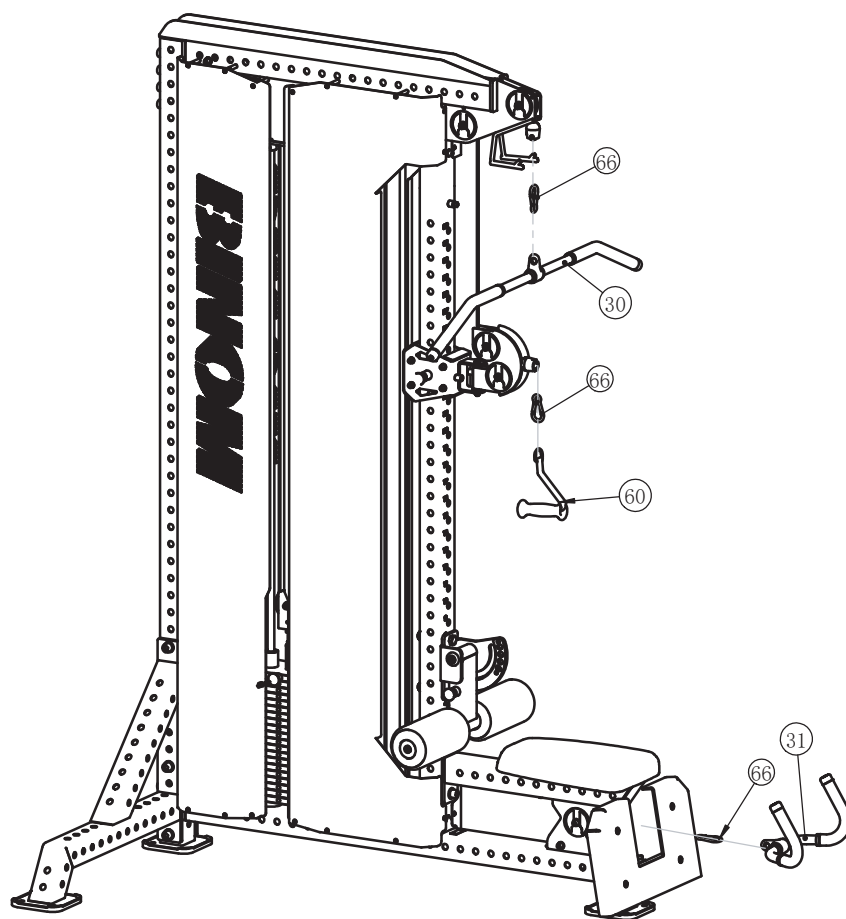
| Item No | Description        | QTY | Item No | Description                                 | QTY |
|---------|--------------------|-----|---------|---------------------------------------------|-----|
| 12      | Front Left Fender  | 1   | 19      | Threaded Stud $\phi 10 \times 91 \times M6$ | 4   |
| 13      | Front Right Fender | 1   | 20      | Threaded Stud $\phi 10 \times 71 \times M6$ | 20  |
| 14      | Right Rear Fender  | 1   | 74      | Button Head Cap Screw M6 $\times 8$         | 38  |
| 15      | Rear Left Fender   | 1   |         |                                             |     |



## Exploded View and Parts List

### STEP8

| Item No | Description     | QTY |
|---------|-----------------|-----|
| 30      | Gola Handle     | 1   |
| 31      | Low Pull Handle | 1   |
| 60      | Tension Sleeve  | 1   |
| 66      | Gourd Hookφ8    | 3   |



## Maintenance Schedule

| ROUTINE                                                                              | COMMERCIAL<br>MAINTENANCE | HOME<br>MAINTENANCE | LATEST DATE ENTRY |  |  |  |  |  |  |
|--------------------------------------------------------------------------------------|---------------------------|---------------------|-------------------|--|--|--|--|--|--|
| Inspect;<br>Links, Pull Pins, Snap Locks,<br>Swivels, Weight Stack Pins              | DAILY                     | WEEKLY              |                   |  |  |  |  |  |  |
| Clean;<br>Upholstery                                                                 | DAILY                     | WEEKLY              |                   |  |  |  |  |  |  |
| Inspect;<br>Cables or Belts and their tension                                        | DAILY                     | WEEKLY              |                   |  |  |  |  |  |  |
| Inspect;<br>Accessory Bars, and Handles                                              | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Inspect;<br>All Decals                                                               | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Inspect;<br>All Nuts and Bolts, Tighten if<br>needed                                 | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Inspect;<br>Anti-Skid Surface                                                        | WEEKLY                    | 3 MONTHS            |                   |  |  |  |  |  |  |
| Clean & Lubricate;<br>Guide Rods with a Teflon (PTFE)<br>based lubricant (Superlube) | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |  |
| Lubricate;<br>Seat Sleeves, Turcite Bushings,<br>Linear Bearing                      | MONTHLY                   | 3 MONTHS            |                   |  |  |  |  |  |  |
| Clean and Wax;<br>All Glossy Finishes                                                | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |  |
| Repack with Grease;<br>Linear Bearings                                               | 6 MONTHS                  | YEARLY              |                   |  |  |  |  |  |  |
| Replace;<br>Cables, Belts and Connecting<br>Parts                                    | YEARLY                    | 3 YEARS             |                   |  |  |  |  |  |  |

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*



## General Maintenance Information

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**