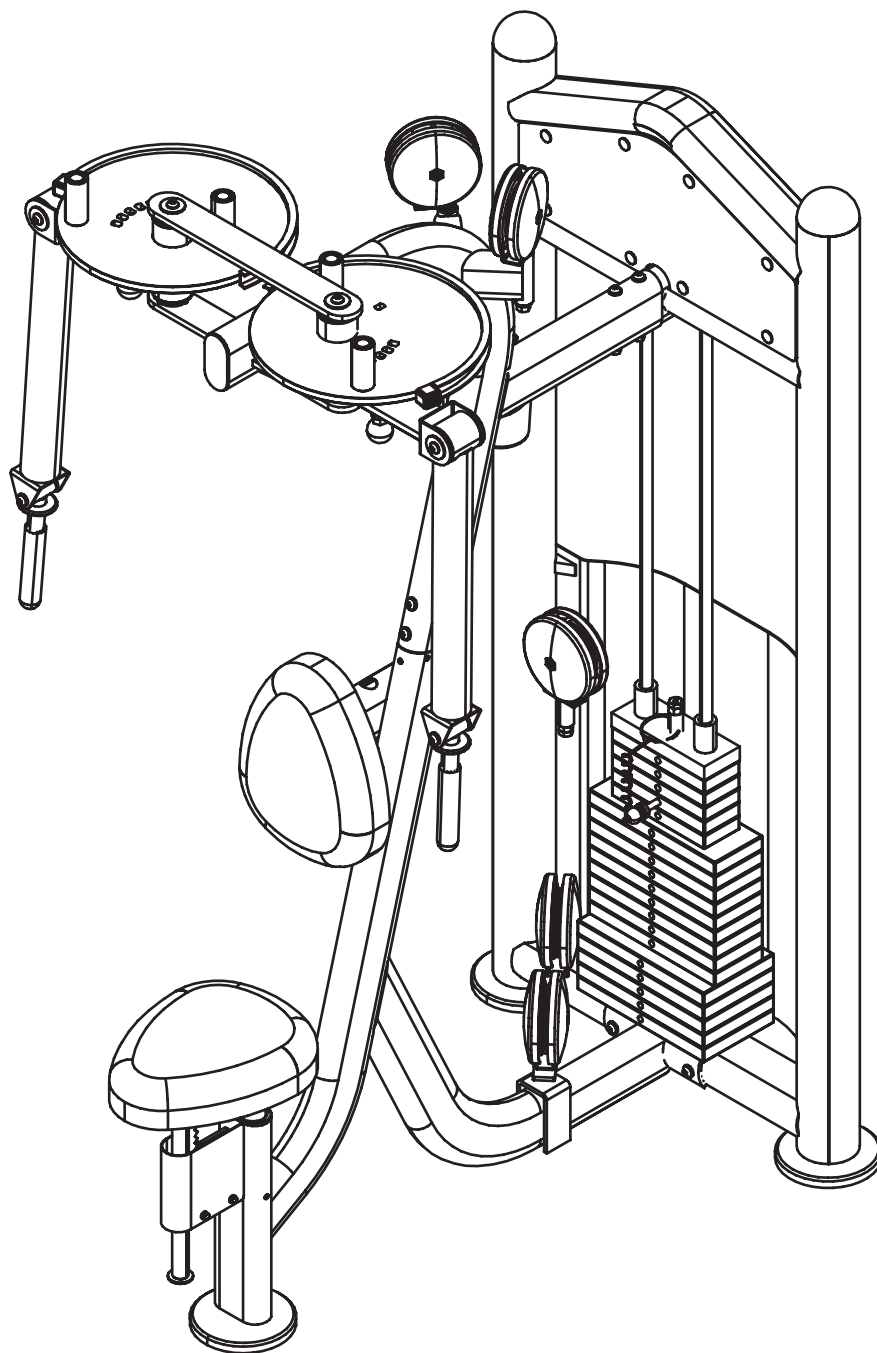


impulse²



**IT8015 (Reverse) Fly
Assembly Instructions**

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Important Safety Instructions

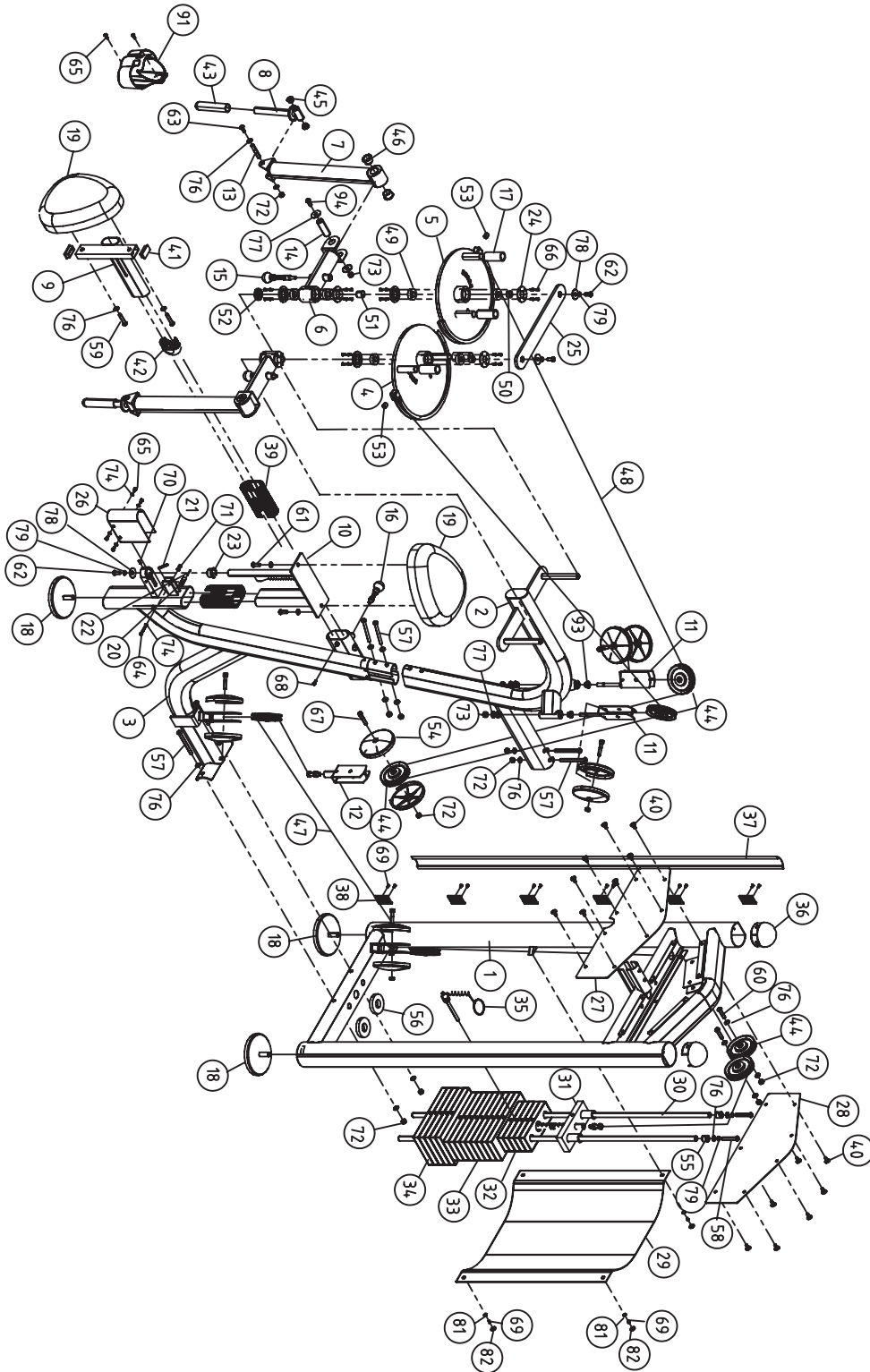
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the (Reverse) Fly .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.

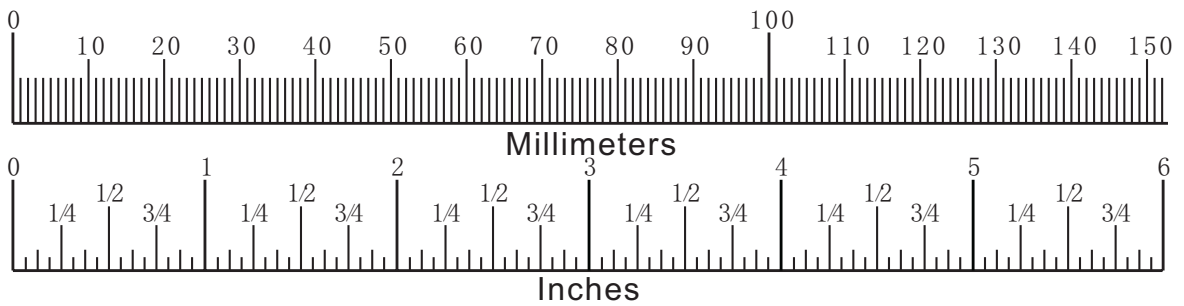
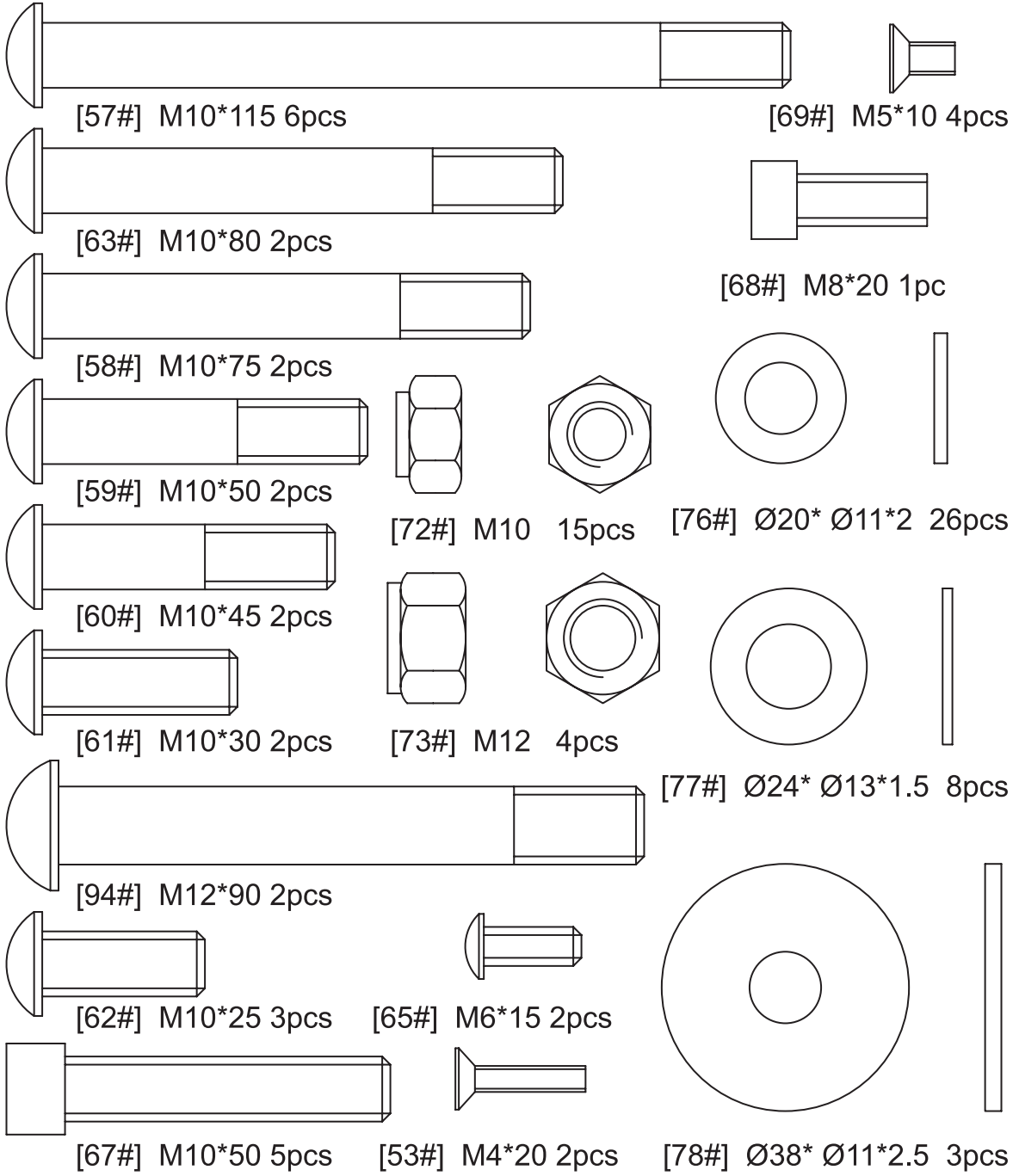
Personal Safety During Assembly

- * 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 (Reverse) Fly 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.

IT80 15 (Reverse) Fly Exploded View Diagram



Hardware List



Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	46	Bronze Bushing ID 25	4
2	Top Support	1	47	Weight Cable	1
3	Main Support	1	48	Fly Cable	1
4	Left Cam	1	49	Bearing	8
5	Right Cam	1	50	Short Spacer	2
6	Across Arm	2	51	Long Spacer	2
7	Vertical Arm	2	52	Big Washer	2
8	Handle	2	53	Screw M4×20	2
9	Back Pad Support	1	54	Pulley Cover	10
10	Seat Pad Support	1	55	Rubber Cap	2
11	Swivel Pulley Block	2	56	Weight Rubber Bumper	2
12	Moving Pulley Block	1	57	Allen Bolt M10×115	6
13	Thin Shaft	2	58	Allen Bolt M10×75	2
14	Thick Shaft	2	59	Allen Bolt M10×50	2
15	Long Pop Pin	2	60	Allen Bolt M10×45	2
16	Short Pop Pin	1	61	Allen Bolt M10×30	2
17	Rubber Sleeve	4	62	Allen Bolt M10×25	3
18	Adj.Foot Plate	3	63	Allen Bolt M10×80	2
19	Pad	2	64	Allen Bolt M6×35	1
20	Square Pin	1	65	Chamfer Bolt M6×15	6
21	Spring	1	66	Chamfer Bolt M5×10	16
22	Split Pin	1	67	Shoulder Bolt M10×50	5
23	Split Bronze Bushing	1	68	Shoulder Bolt M8×20	1
24	Bearing Cover	8	69	Screw M5×10	36
25	Link Plate	1	70	Screw M6×8	1
26	Seat Support Cover	1	71	Nylon Locknut M6	1
27	Front Decal Plate	1	72	Nylon Locknut M10	15
28	Rear Decal Plate	1	73	Nylon Locknut M12	4
29	Weight Shroud	1	74	Washer $\phi 6$	6
30	Guide Rod	2	76	Washer $\phi 11 \times \phi 20 \times 2$	26
31	Top Plate	1	77	Washer $\phi 13 \times \phi 24 \times 1.5$	8
32	5 lbs Weight	5	78	Washer $\phi 38 \times \phi 11 \times 2.5$	3
33	10 lbs Weight	9	79	Spring Washer $\phi 10$	5
34	15 lbs Weight	5	81	Plastic Washer	4
35	Weight Pin	1	82	Bolt Cover	4
36	"D" End Cap	2	83	Decal Weight Numbers	1set
37	Side Cover	2	84	Warning Decal	1
38	Plastic Block	16	85	Decal Maintenance Routine	1
39	Sleeve 50×100/40×80	2	86	Pinch Points	1
40	Button	15	87	Decal Tightening	1
41	Plug 50×25	2	88	Allen Wrench S=6	1
42	Plug RT 40×80	1	89	Allen Wrench S=8	1
43	Grip	2	91	Plastic Cap	1
44	4.5" Pulley	7	93	Bronze Bushing	4
45	Bronze Bushing ID12	4	94	Allen Bolt M12×90	2

Assembly instructions

Assembly of the (Reverse) Fly takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers.

You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

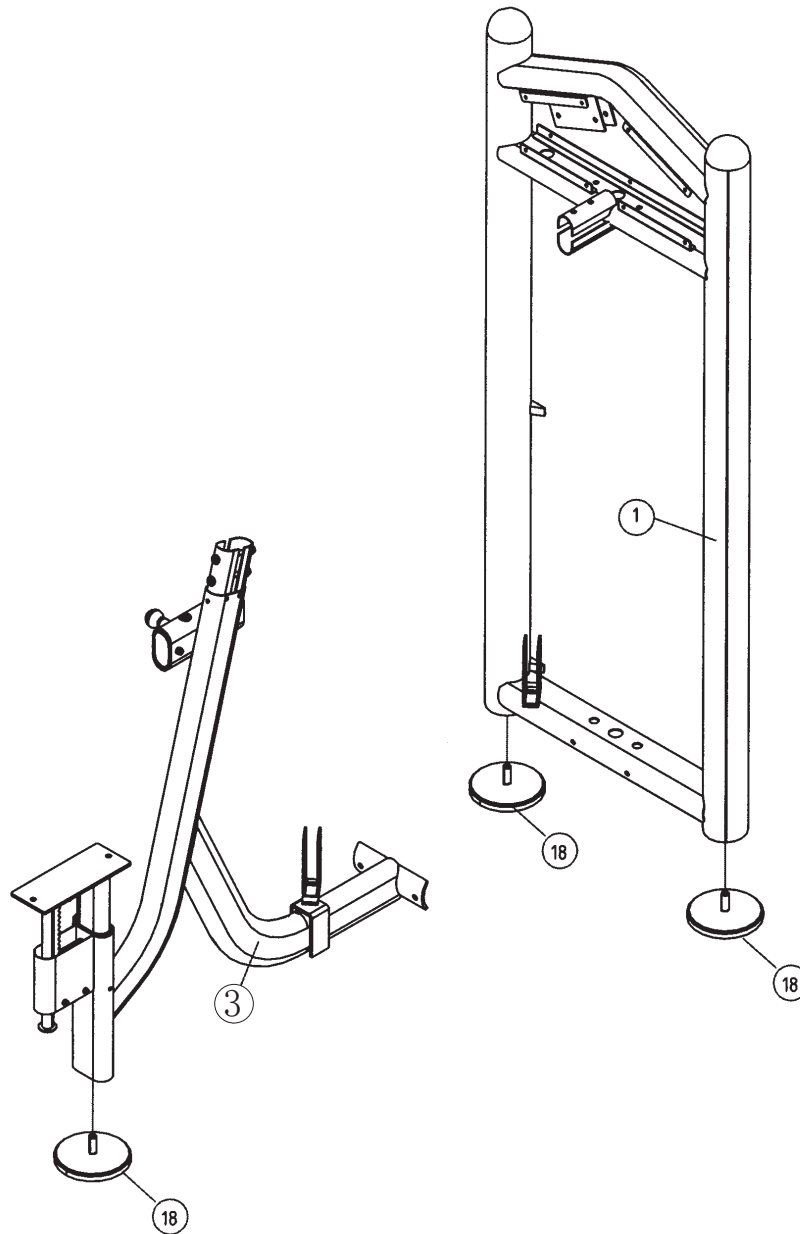


Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Step 1 Install the Adj. Foot Plates

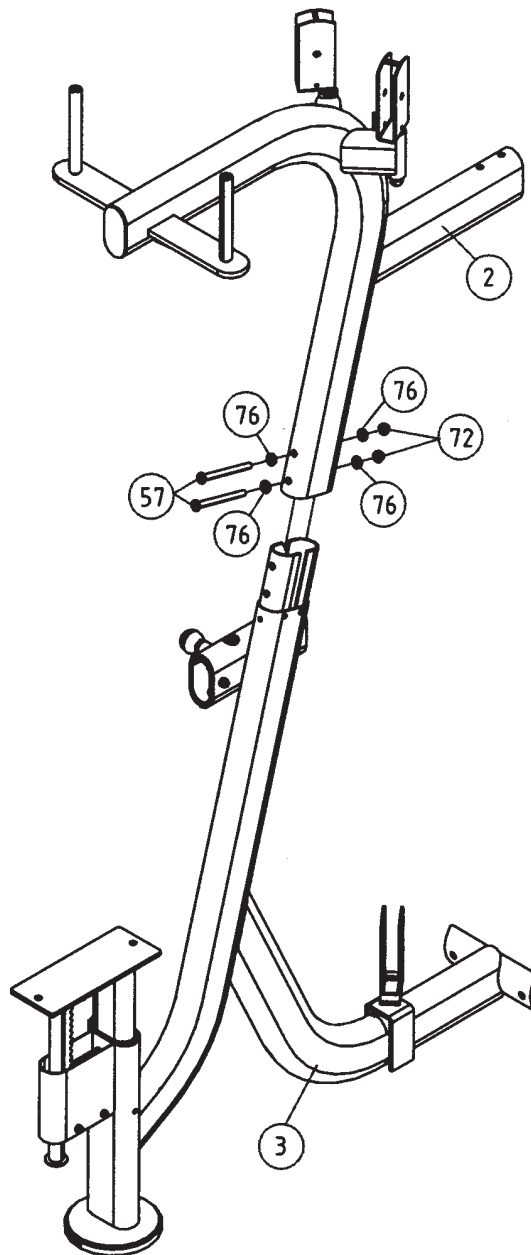
Align the Adj. Foot Plates (#18) to the Main Upright (#1) and the Main Support (#3) then secure them by hands.



Step2 Assemble The Main Support

Secure the Top Support(#2) to the Main Support(#3) using:

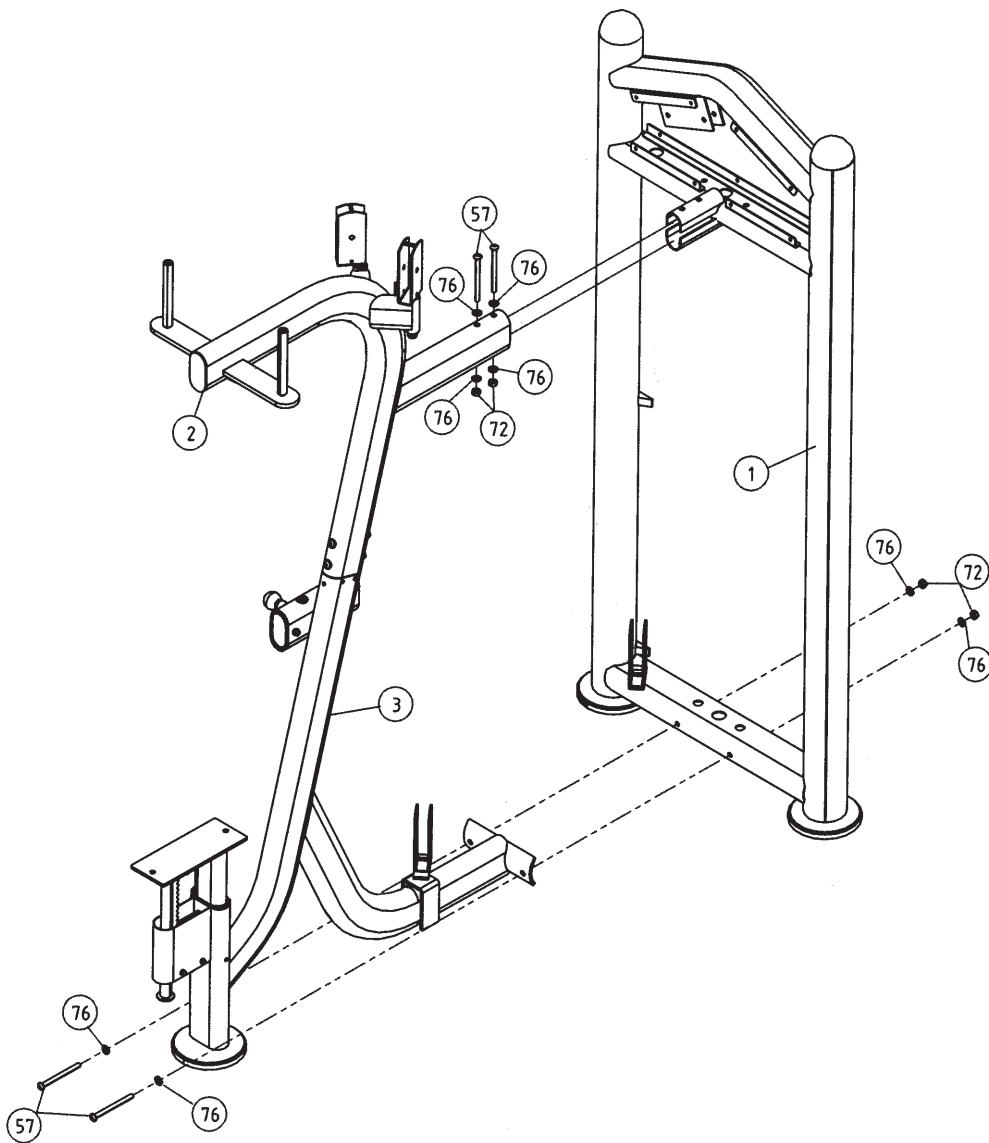
two Allen Bolts(#57) M10×115
two Nylon Locknuts(#72) M10
four Washers(#76) $\Phi 11 \times \Phi 20 \times 2$



Step3 Assemble The Frame

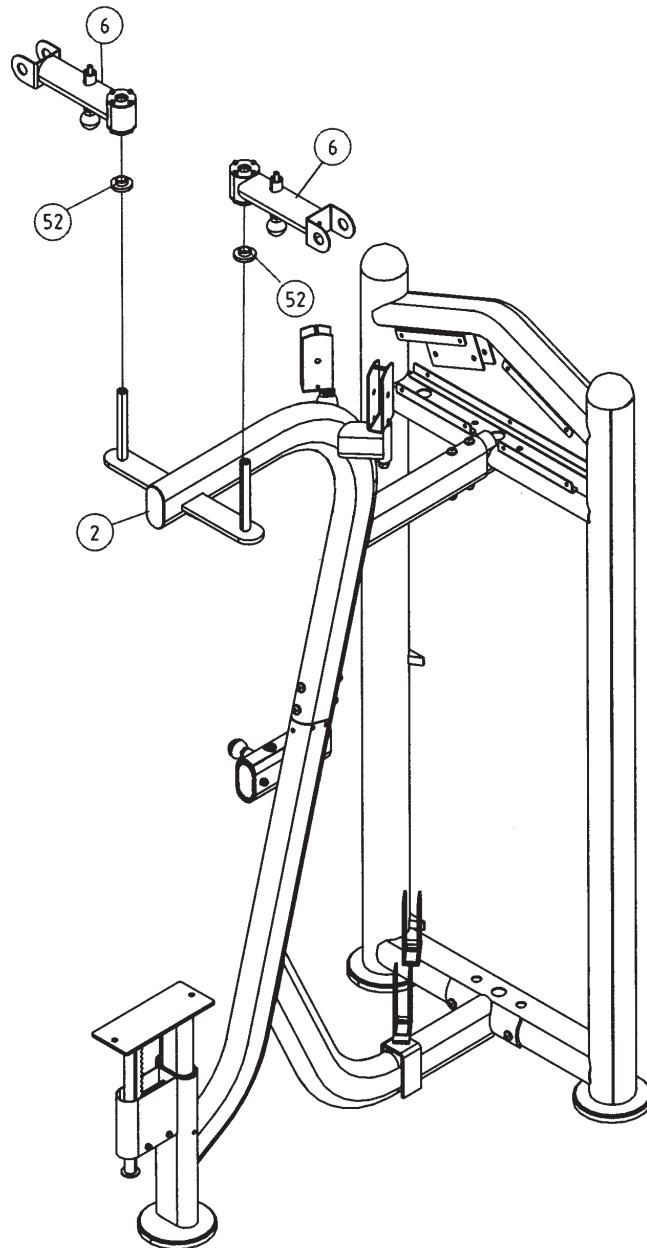
Attach the Top Support(#2) and the Main Support(#3) to the Main Upright(#1) using:

four Allen Bolts(#57) M10×115
eight Washers(#76) $\Phi 11 \times \Phi 20 \times 2$
four Nylon Locknuts(#72) M10



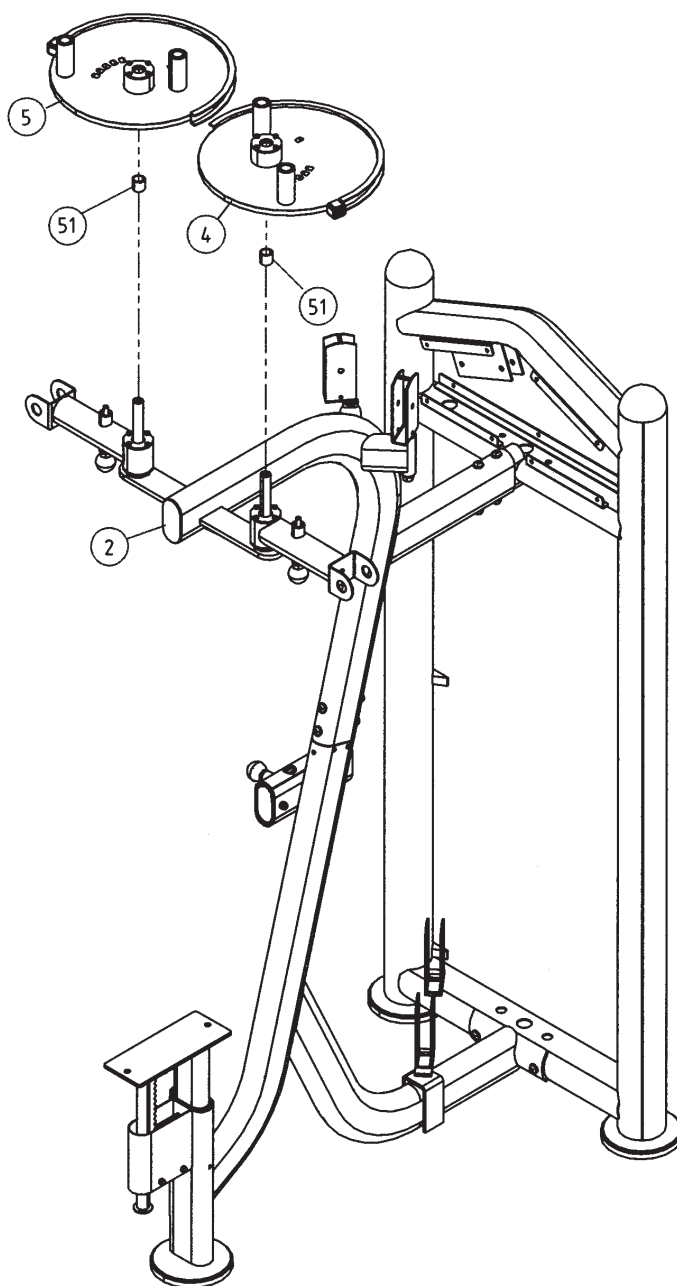
Step4 Assemble The Across Arms

Attach both Across Arms(#6) to the Top Support(#2) using two big Washers(#52).



Step5 Assemble The Cams

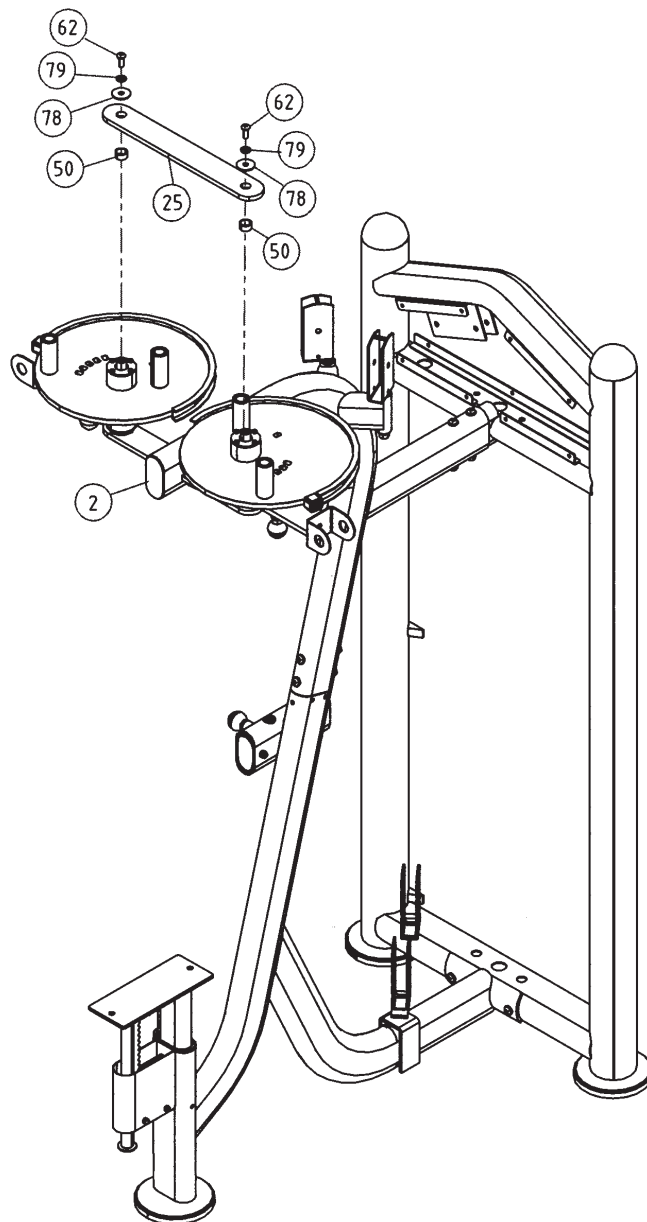
Attach the two Cams (#4,#5) to the Top Support (#2) using two long Spacers (#51).



Step6 Assemble The Link Plate

Align the Link Plate(#25) to the Top Support(#2) as shown below ,then secure it using:

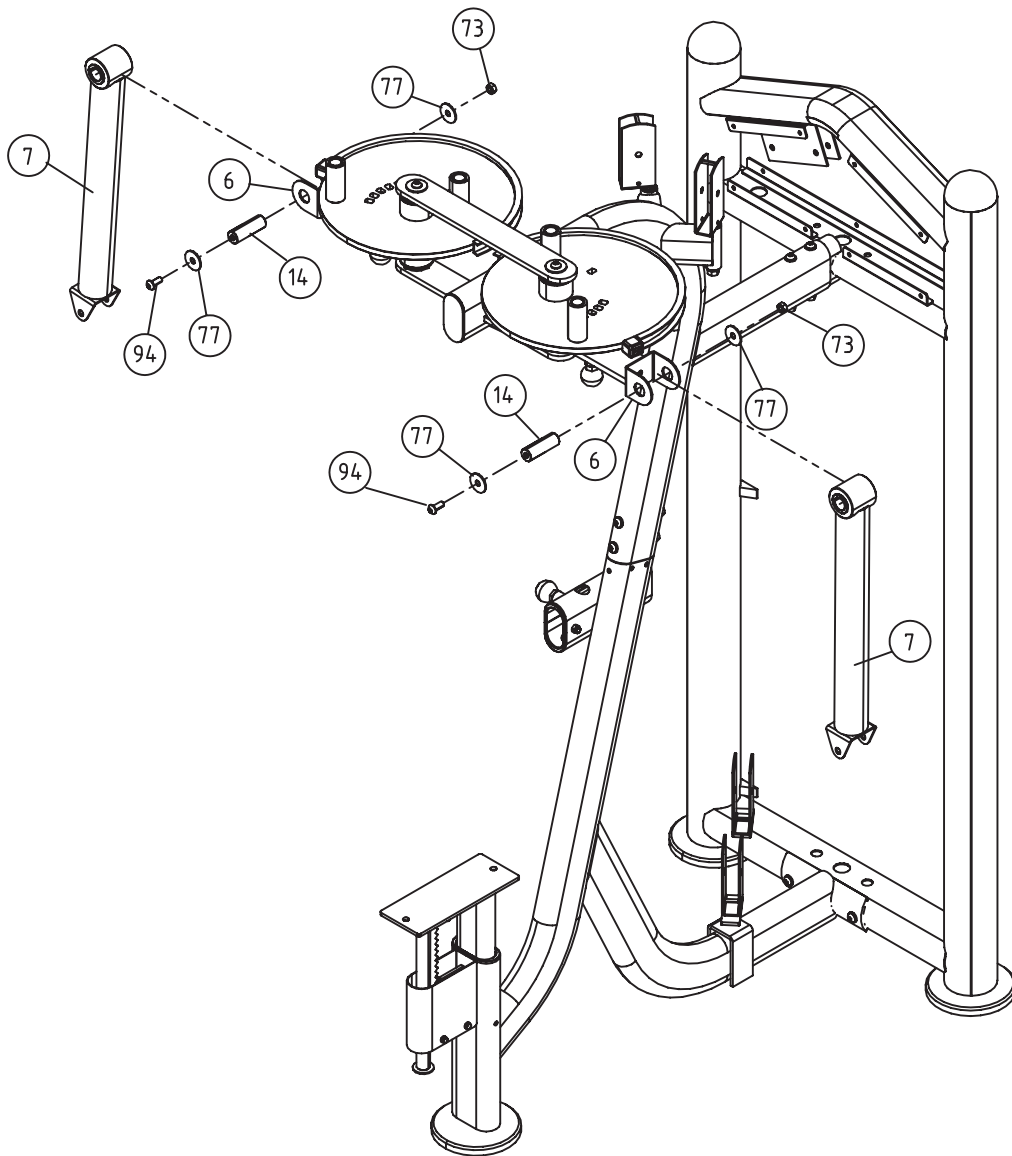
**two Allen Bolts(#62) M10×25
two Washers(#78) $\Phi 38 \times \Phi 11 \times 2.5$
two Spring Washers(#79) M10
two Short Spacers(#50)**



Step7 Assemble The Vertical Arms

Align the two Vertical Arms(#7) to the two Across Arms (#6), secure them using:

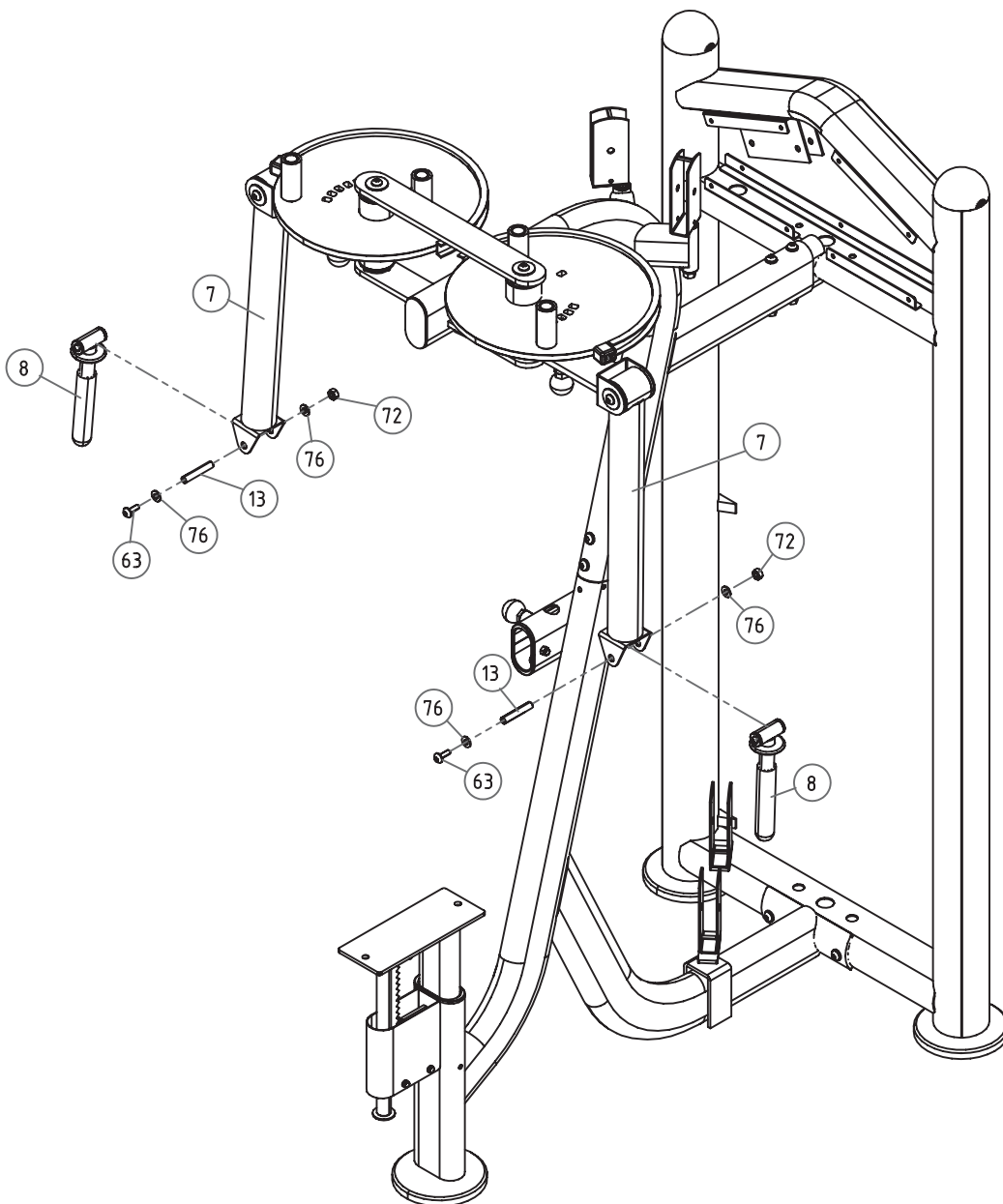
two Allen Bolts(#94) M12×90
four Washers(#77) $\Phi 24 \times \Phi 13 \times 1.5$
two Nylon Locknuts(#73) M12
two Thick Shaft (#14)



Step8 Assemble The Handles

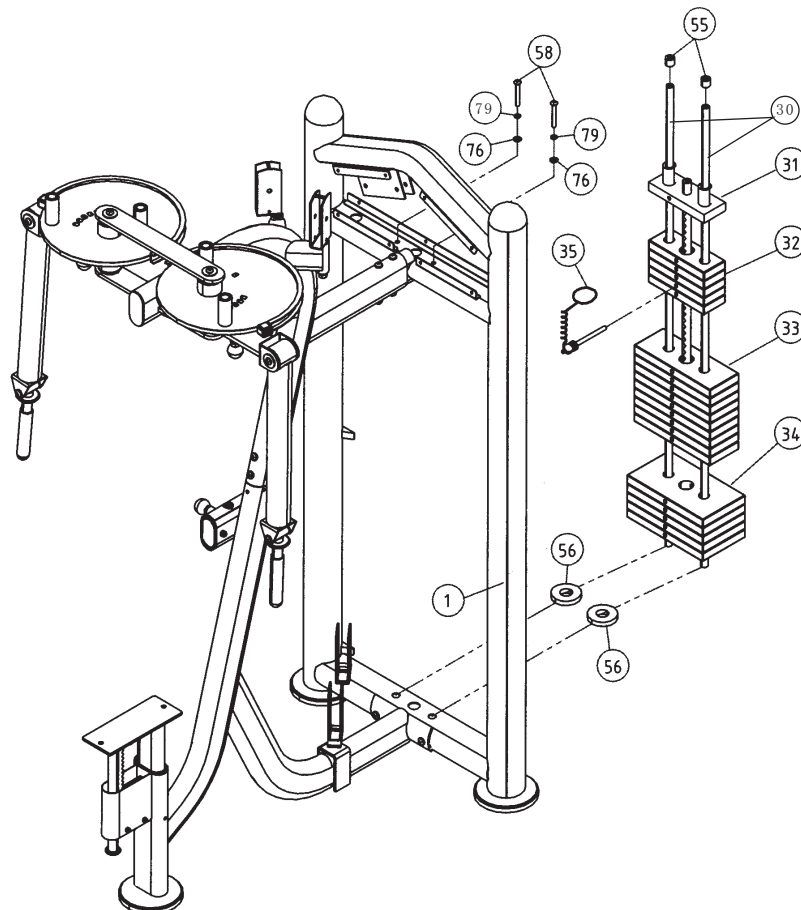
Secure the two Handles(#8) to the two Vertical Arms(#7), using:

two Allen Bolts(#63) M10×80
four Washers(#76) $\Phi 11 \times \Phi 20 \times 2$
two Nylon Locknuts(#72) M10
two Thin Shaft (#13)



Step9 Assemble The Weight Plates

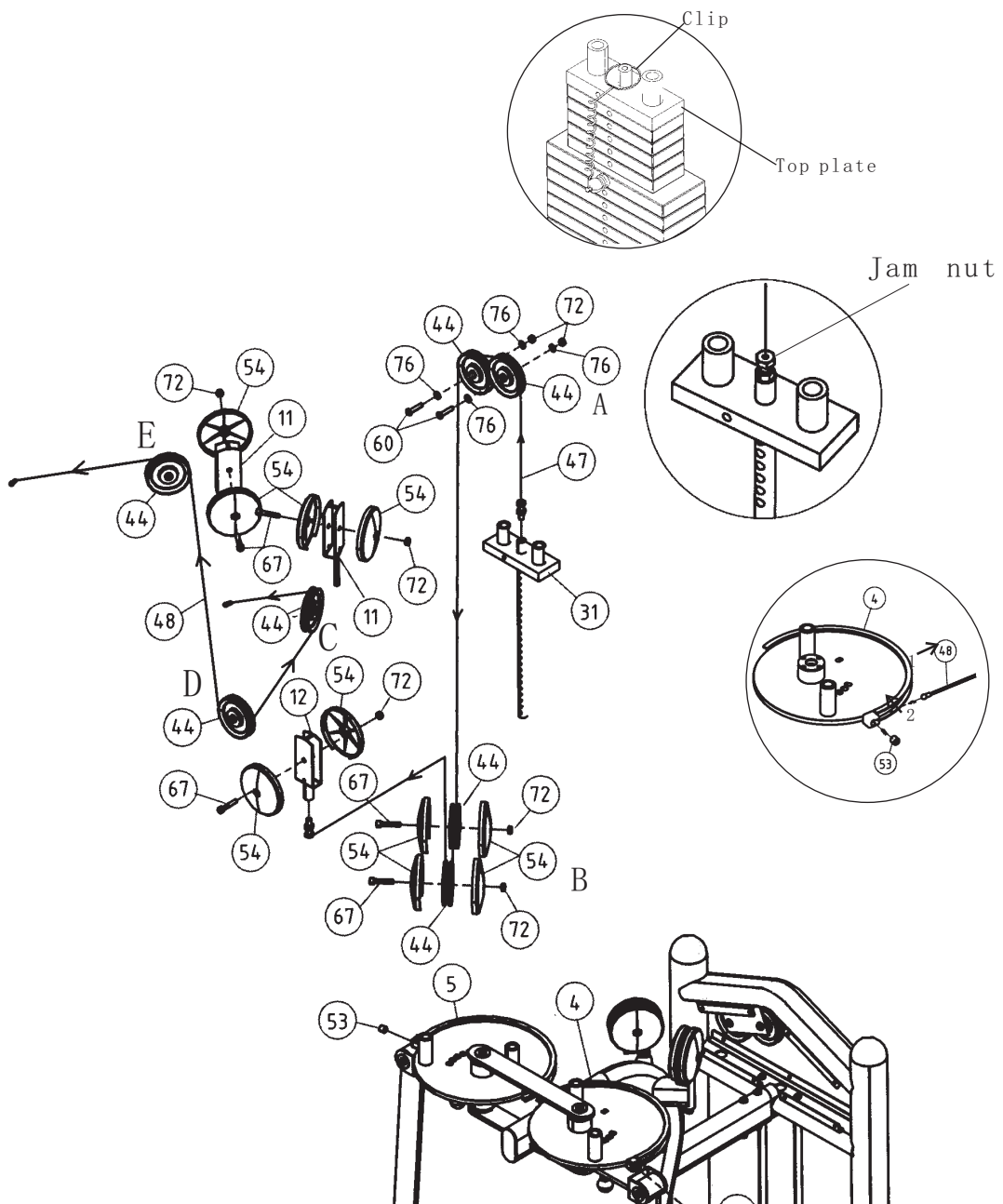
- 1) Insert both the Guide Rods (#30) into the Main Upright (#1).
- 2) Slide the Weight Rubber Bumper (#56) down onto each the Guide Rod (#30).
- 3) Carefully begin sliding the Weight Plate one by one in sequence: #34, #33, #32, #31
- 4) Align both top ends of the Guide Rods (#30) to the Main Upright (#1) and secure them using:
 - two Allen Bolts (#58) M10×75
 - two Rubber Caps (#55)
 - two Spring Washers (#79) $\Phi 10$
 - two Washers (#76) $\Phi 11 \times \Phi 20 \times 2$



Make sure that Washers (#76) and Spring Washers (#79) are on the top side.

Step 10 Route The Cables

- 1) Put the clip tied on the weight pin leash onto the Top Plate(#31) as shown, next connect the Weight Cable (#47) to the Top Plate(#31).**
- 2) Route the Cable (#47) up and over the two Pulleys A (#44) , and secure them to the Main Upright(#1) using:**
 - two Allen Bolts(#60) M10×45**
 - two Nylon Locknuts(#72) M10**
 - four Washers(#76) $\Phi 11 \times \Phi 20 \times 2$**
- 3) Route the Weight Cable(#47) down and under the Pulley B (#44), and secure them to the Main Upright(#1) and the main support(#3) using:**
 - two Shoulder Bolts(#67) M10×50**
 - two Half-pulley Covers(#54)**
 - two Nylon Locknuts(#72) M10**
- 4) Connect the looped end of the Weight Cable(#47) to the Moving Pulley Block(#12) as shown.**
- 5) Connect one end of the Fly Cable(#48) to the Left Cam (#4), and secure it with one Screw(#53).**
- 6) Route the Fly Cable(#48) over the Pulley C(#44), secure them to the Swivel Pulley Block(#11) using:**
 - one Shoulder Bolts(#67) M10×50**
 - one Nylon Locknut(#72) M10**
 - two Half-pulley Covers(#54)**
- 7) Route the Fly Cable(#48) down and under the Pulley D (#44), secure them to the Moving Pulley Block(#12) using:**
 - one Shoulder Bolts(#67) M10×50**
 - one Nylon Locknut(#72) M10**
 - two Half-pulley Covers(#54)**
- 8) Route the Fly Cable(#48) up and over the Pulley E(#44), next connect the looped end of the Fly Cable(#48) to the Right Cam(#5) using one Screw(#53).**
- 9) Select an appropriate weight with the pop pin.**
- 10) Adjust the tension of the Weight Cable(#47) and the fly cable(#48) using the jam nut.**
- 11) Make sure that the cables are in grooves of all pulleys then fully tighten all bolts and nuts.**



For Step 10

Step 1 1 Assemble The Decal Plates

1) Attach the two Decal Plates (#27, #28) to the Main Upright (#1) using:

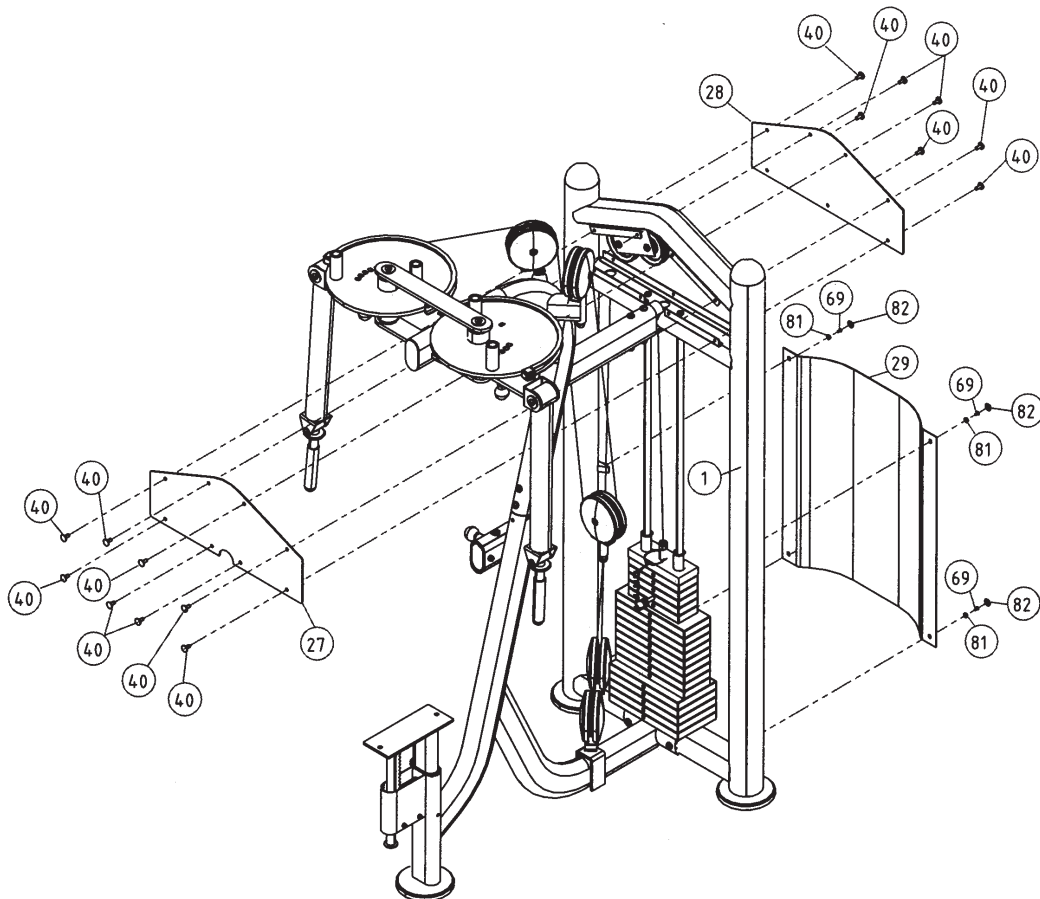
fifteen Buttons (#40)

2) Attach the Weight Shroud (#29) to the Main Upright (#1) using:

four Bolt Covers (#82)

four Plastic Washers (#81)

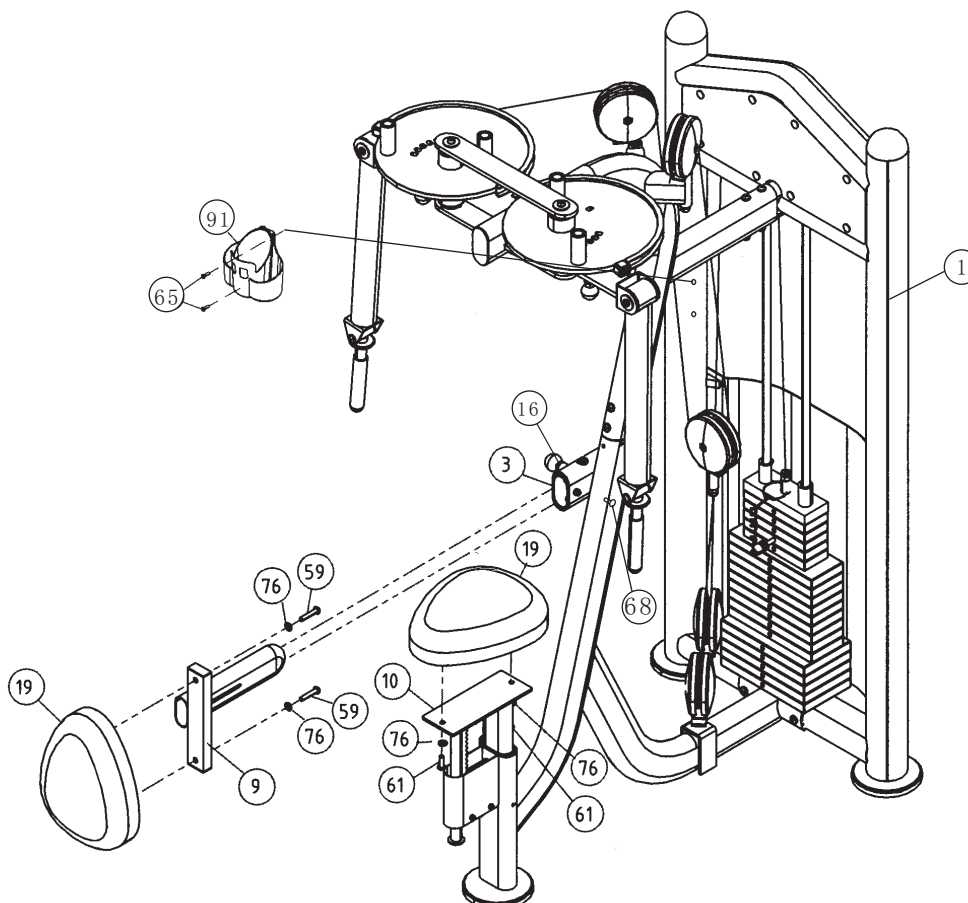
four screws (#69)



The Front Decal Plate (#27) with the exercise instructions printed on it should be attached in the front of the Main Upright (#1).

Step 12 Assemble The Pads

- 1) Attach the Pad (#19) to the Back Pad Support (#9) using:
two Washers (#76) $\Phi 11 \times \Phi 20 \times 2$
two Allen Bolts (#59) M10 \times 50
- 2) Attach the Pad (#19) to the Seat Pad Support (#10) using:
two Washers (#76) $\Phi 11 \times \Phi 20 \times 2$
two Allen Bolts (#61) M10 \times 30
- 3) Slide the Back Pad Support (#9) into the Main Support (#3), and secure it into place with the Short Pop Pin (#16) and the Screw (#68).
- 4) Attach the Plastic Cap (#91) to the Main Upright (#1) using:
two Screws (#65) M6 \times 15



For a safe exercise, you need make the unit steady by adjusting the Adj.foot plates.