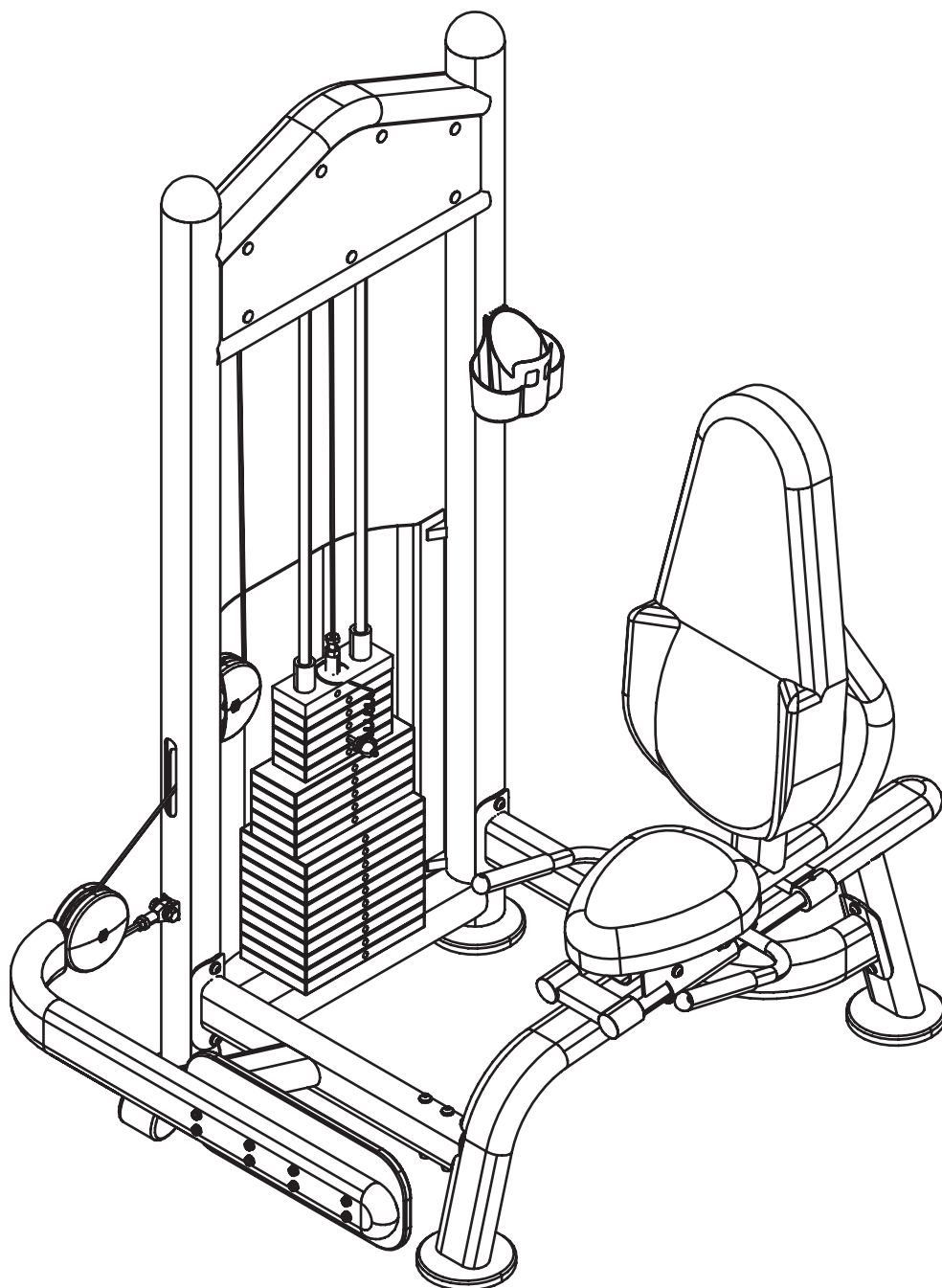


impulsa²



**IT80 16 Rotary Calf
Assembly Instructions**

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Important Safety Instructions

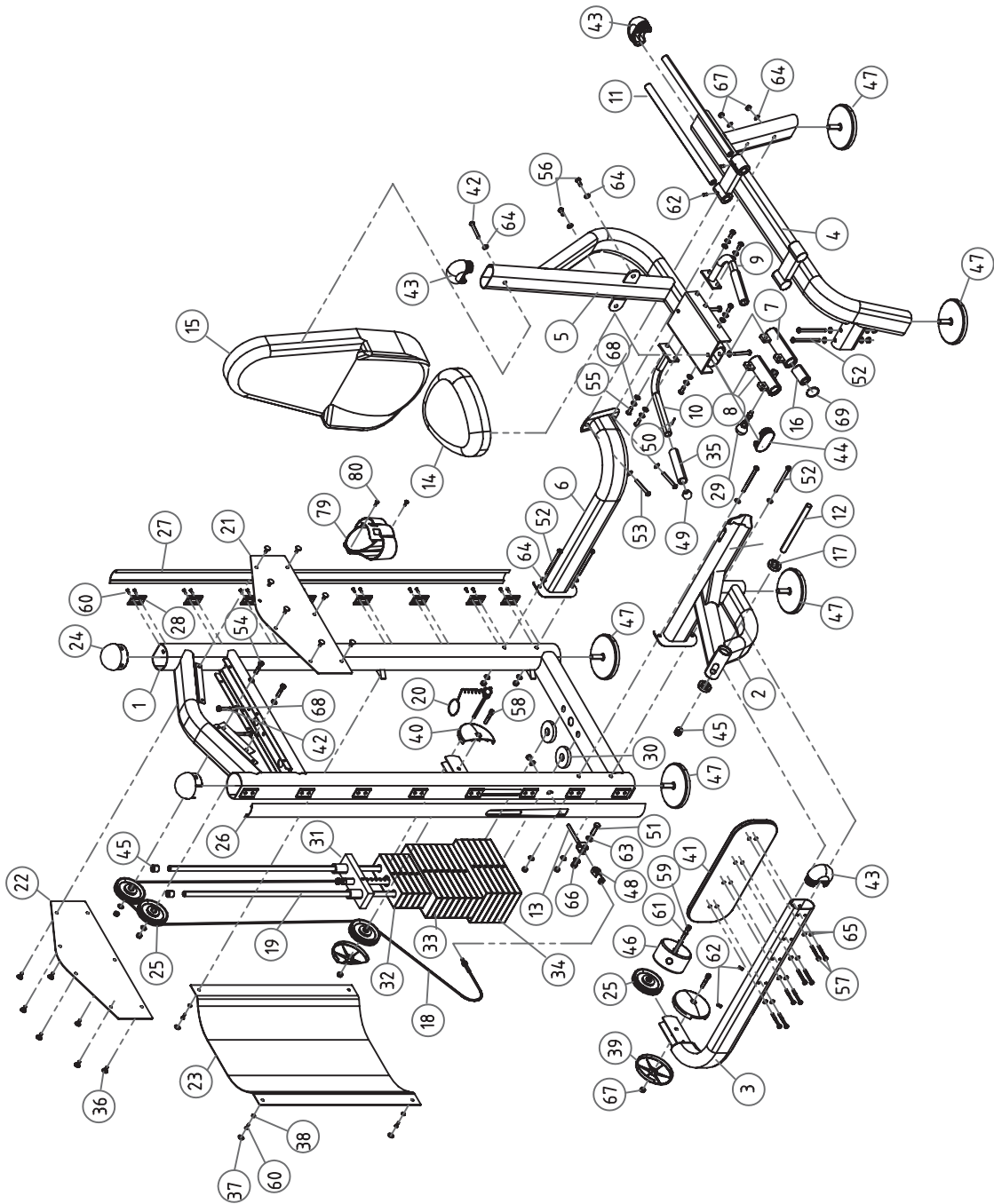
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the Rotary Calf .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.

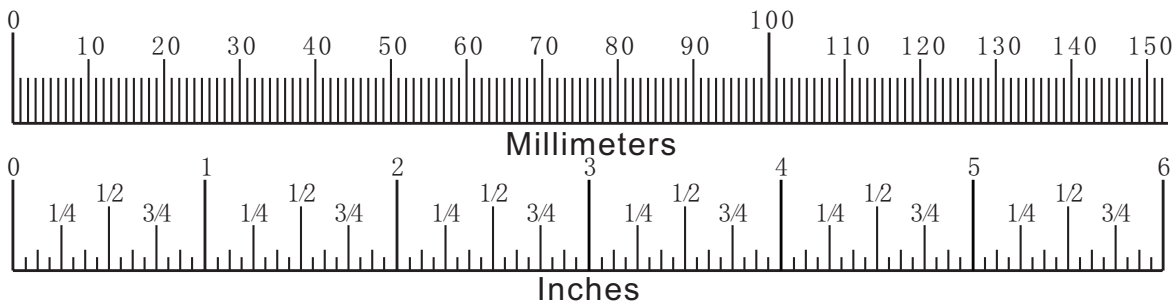
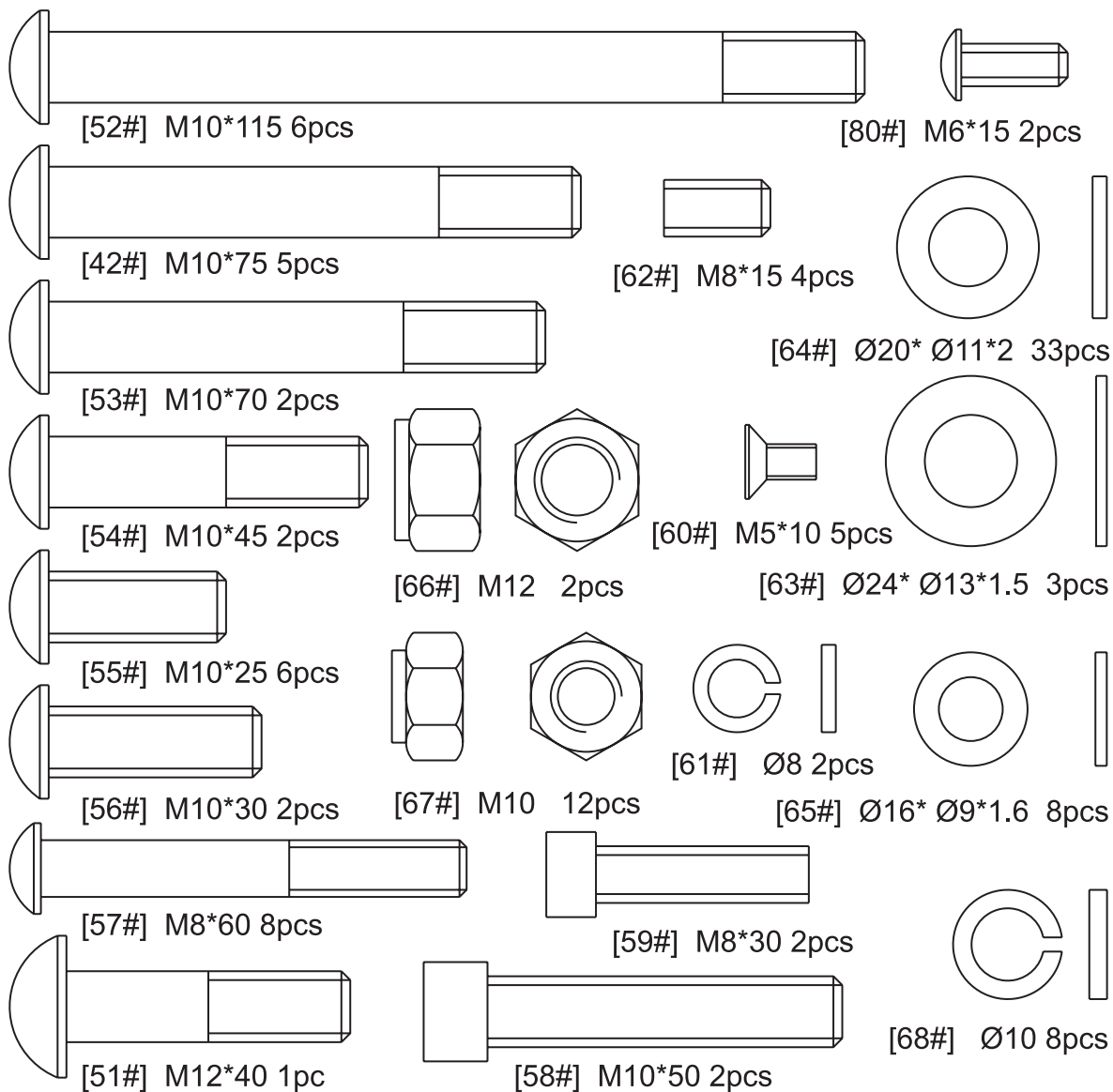
Personal Safety During Assembly

- * 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 Rotary Calf 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 16 Rotary Calf Exploded View Diagram



Hardware List



Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	41	Foot Plate	1
2	Front Cross Frame	1	42	Allen Bolt M10×75	5
3	Swive IFrame	1	43	End Cap 50×100	3
4	Seat Support	1	44	Flat End Cap 50×100	1
5	Slide Frame	1	45	Rubber Cap	3
6	Rear Cross Frame	1	46	Counter Poise Block	1
7	Left Bearing Holdle	1	47	Adj. Foot Plate	5
8	Right Bearing Holder	1	48	Gimbal	1
9	Left Handle	1	49	Aluminium End Cap	2
10	Right Handle	1	50	Split Pin $\Phi 4 \times 25$	2
11	Slide Guide	2	51	Allen Bolt M12×40	1
12	Shaft	1	52	Allen Bolt M10×115	6
13	Cable Link	1	53	Allen Bolt M10×70	2
14	Sea tPad	1	54	Allen Bolt M10×45	2
15	Back Pad	1	55	Allen Bolt M10×25	6
16	Linear Bearing	4	56	Allen Bolt M10×30	2
17	Bearing	2	57	Allen Bolt M8×60	8
18	Cable	1	58	Shoulder Bolt M10×50	2
19	Guide Rod	2	59	Shoulder Bolt M8×30	2
20	Weight Pin	1	60	Chamfer Bolt M5×10	37
21	Front Decal Plate	1	61	Spring Washer $\Phi 8$	2
22	Rear Decal Plate	1	62	Allen Bolt M8×15	4
23	Weight Shroud	1	63	Washer $\Phi 13 \times \Phi 24 \times 1.5$	3
24	“D”end Cap	2	64	Washer $\Phi 11 \times \Phi 20 \times 2$	33
25	4.5” Pulley	4	65	Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
26	Front Side Cover	1	66	Nylon Locknut M12	2
27	Rear Side Cover	1	67	Nylon Locknut M10	12
28	Plastic Block	16	68	Spring Washer $\Phi 10$	8
29	Pop Pin	1	69	Hole Clip $\Phi 40$	4
30	Weight Rubber Bumper	2	70	Decal Weight Numbersset	1
31	Top Plate	1	71	Decal Numbers	1
32	10Lbs Weight	5	72	Decal Warning	1
33	15Lbs Weight	8	73	Decal Maintenance Routine	1
34	20Lbs Weight	6	74	Decal Pinch Points	1
35	Grip	2	75	Decal Tightening	1
36	Button	14	76	Allen Wreach S=6	1
37	Plastic Washer	4	77	Allen Wreach S=8	1
38	Bolt Cover	4	79	Plastic Cap	1
39	Pulley Cover	2	80	Screw M6×15	2
40	Half-pulley Cover	2			

Assembly instructions

Assembly of the Rotary Calf 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.

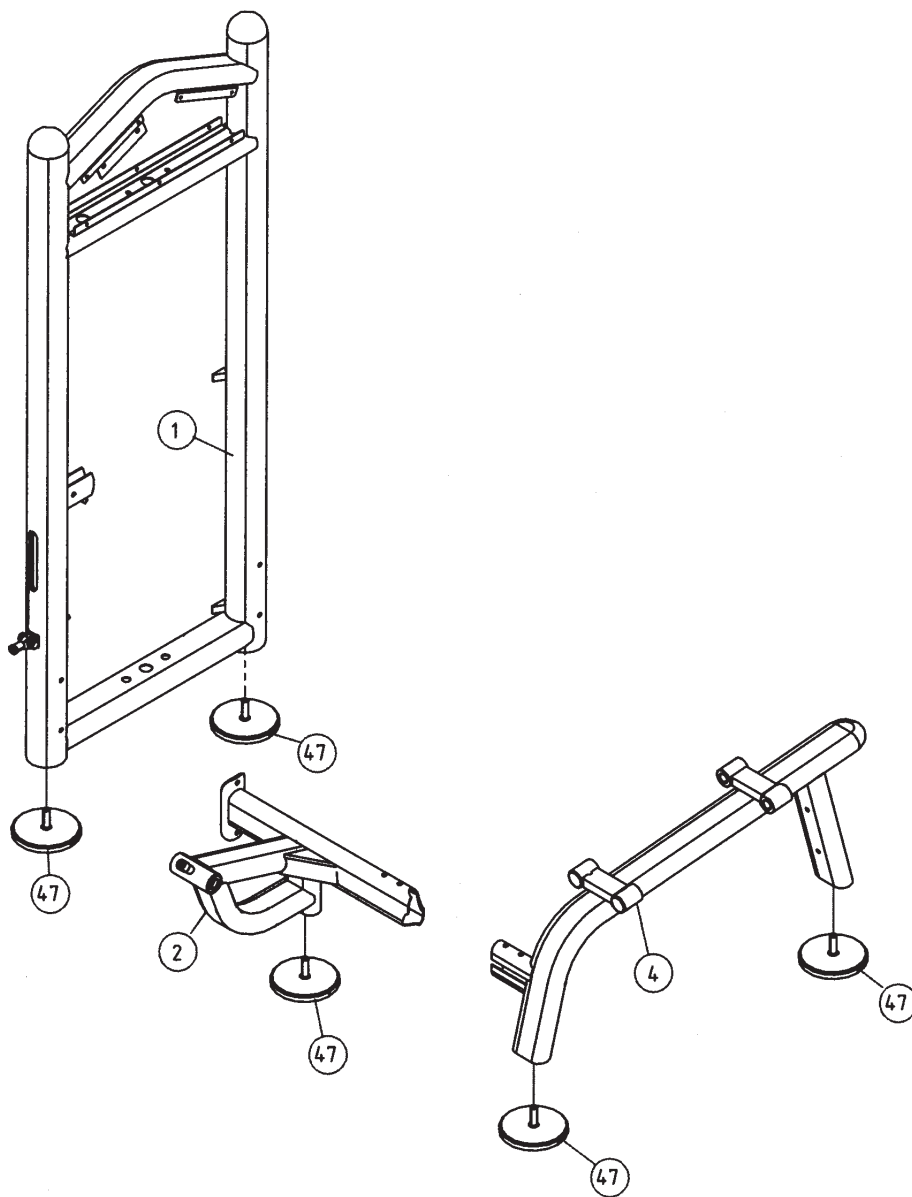


Note

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 (#47) to the Main Upright (#1), the Seat Support (#4) and the Front Cross Support (#2) then secure them by hands.



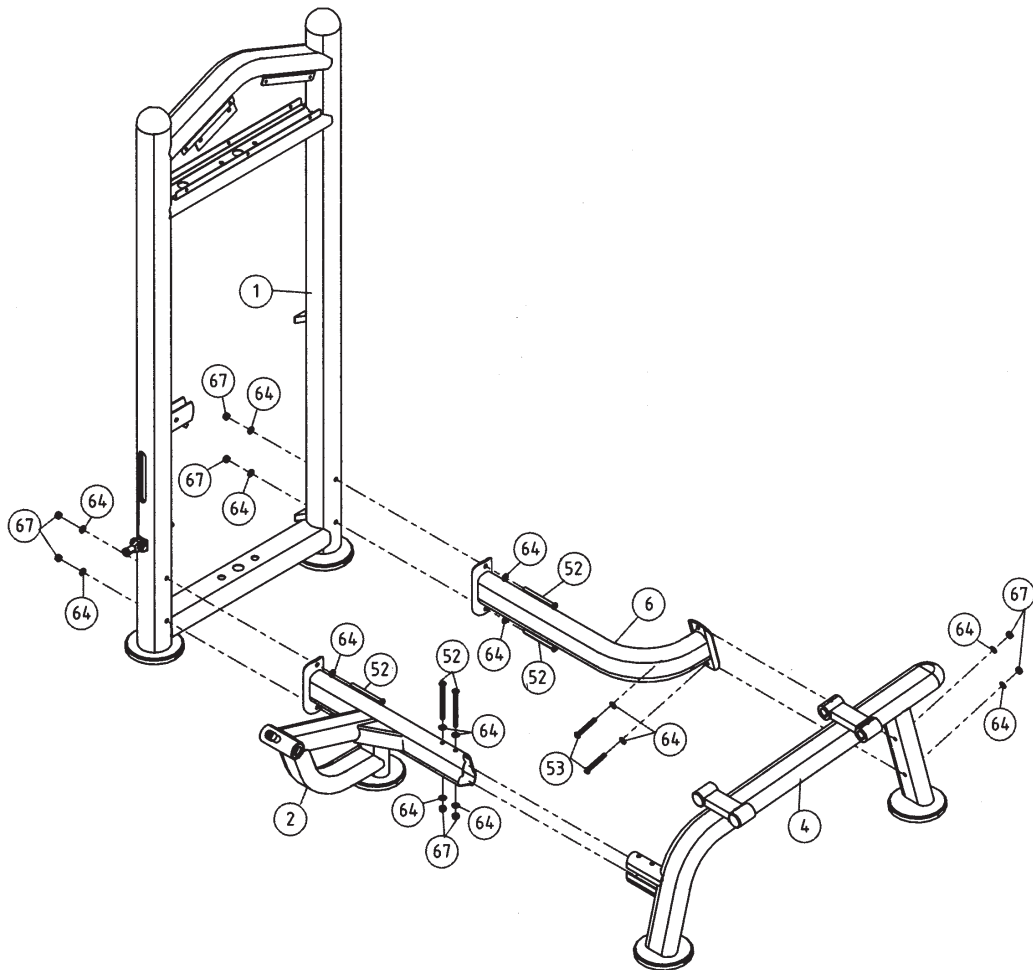
Step2 Assemble The Frame

1) Attach the Front Cross Frame (#2) and the Low Rear Cross Frame (#6) to the Main Upright (#1) using:

**four Allen Bolts (#52) M10×115
four Nylon Locknuts (#67) M10
eight Washers (#64) $\Phi 11 \times \Phi 20 \times 2$**

2) Attach the seat support (#4) to the Low Cross Frame (#2) and the Rear Cross Frame (#6) and secure it using:

**two Allen Bolts (#52) M10×120
two Allen Bolts (#53) M10×70
eight Washers (#64) $\Phi 11 \times \Phi 20 \times 2$
four Nylon Locknuts (#67) M10**



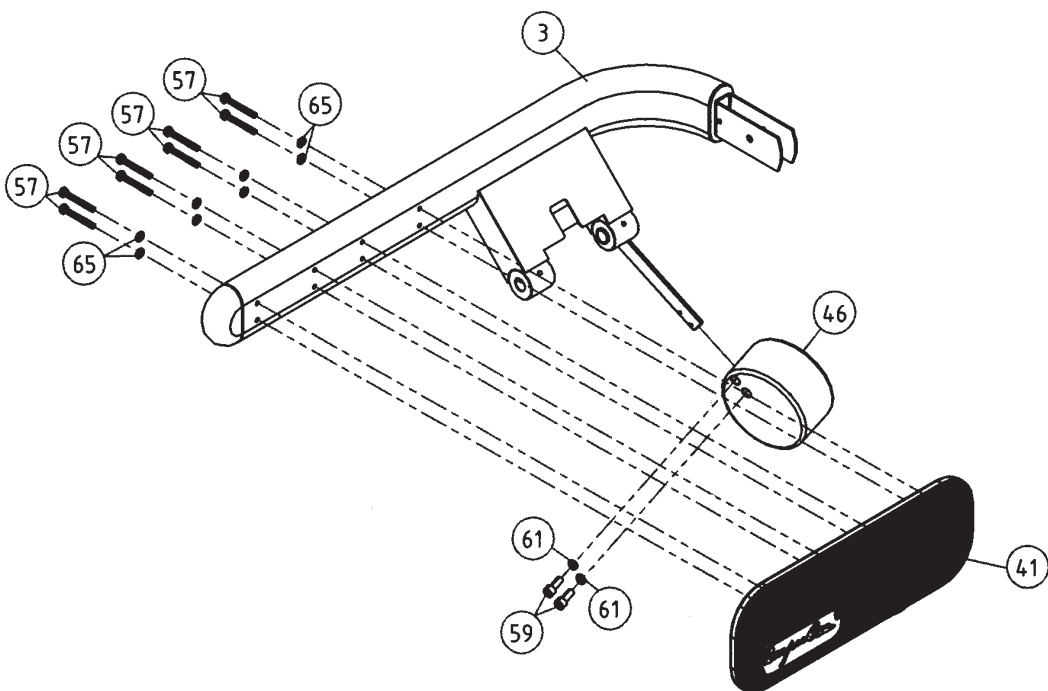
Step3 Assemble The Foot Plate

1) Attach the Foot Plate (#41) to the Swivel Frame(#3) using:

eight Allen Bolts(#57) M8×60
eight Washers(#65) $\Phi 9 \times \Phi 16 \times 1.6$

2) Attach the Counter Poise Block(#46) to the swivel frame(#3) using:

two Shoulder Bolts(#59) M8×30
two Spring Washers(#61) $\Phi 8$



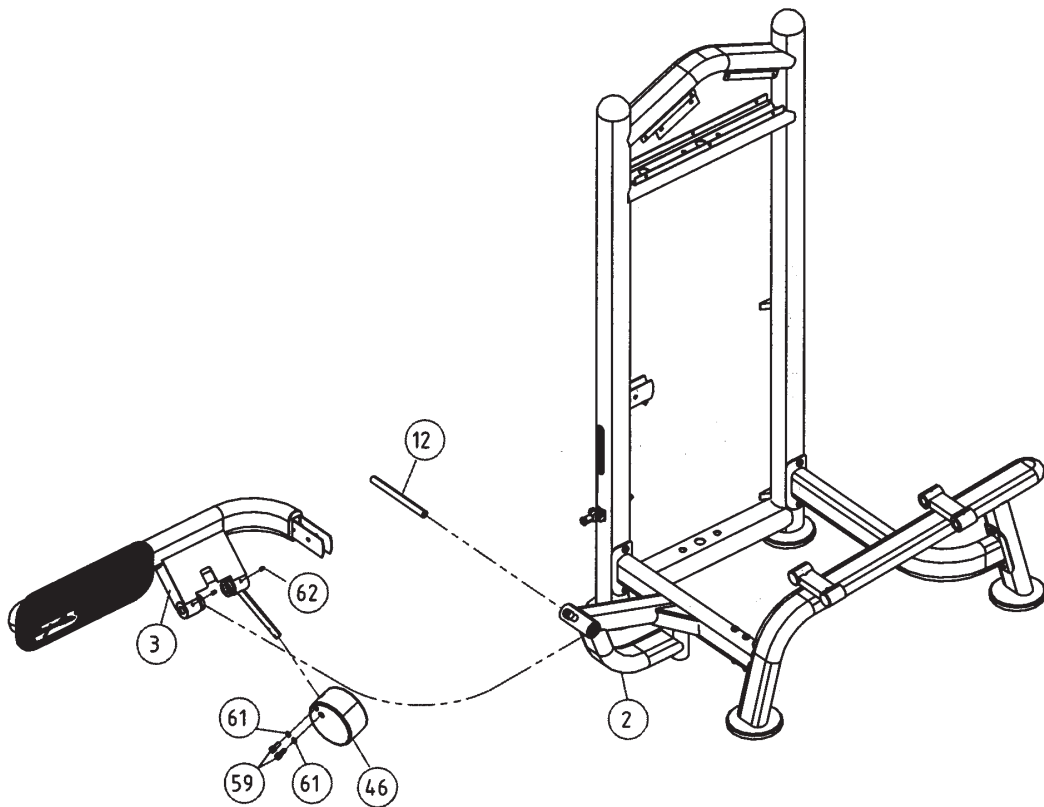
Step4 Assemble The Swivel Frame

1) Attach the Swivel Frame (#3) to the Front Cross Frame (#2) using:

one Shaft (#12)
two Allen Bolts (#62) M8×15

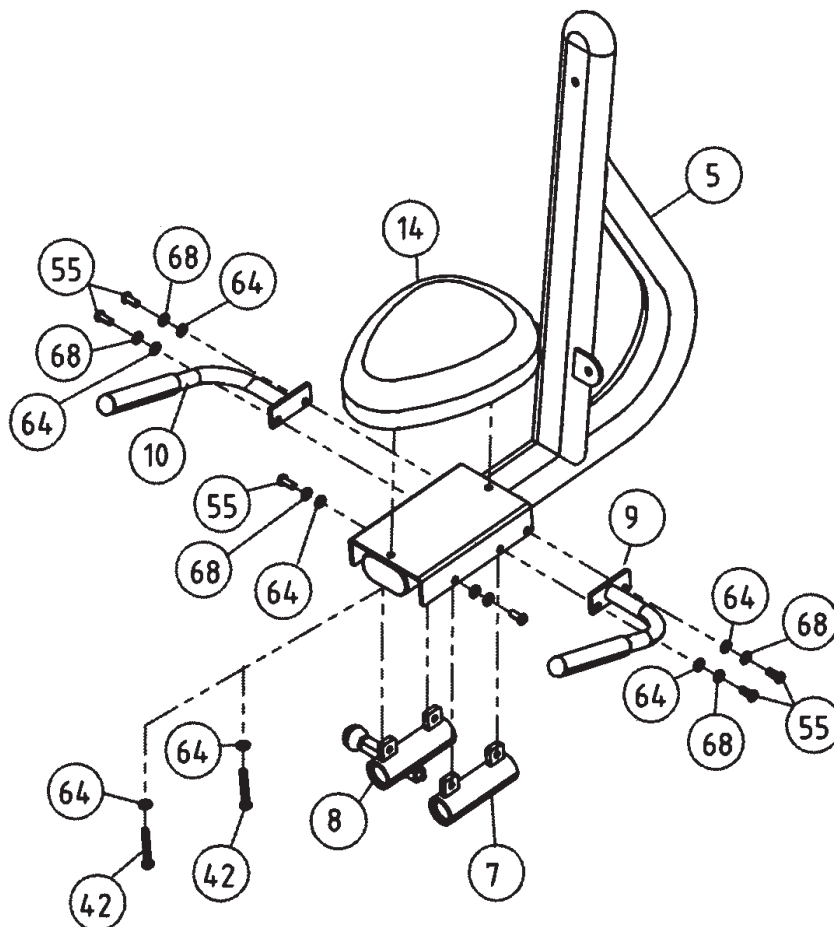
2) Attach the Counter Poise Block (#46) to the Swivel Frame (#3) using:

two Allen Bolts (#59) M8×25
two Spring Washers (#61) $\Phi 10$



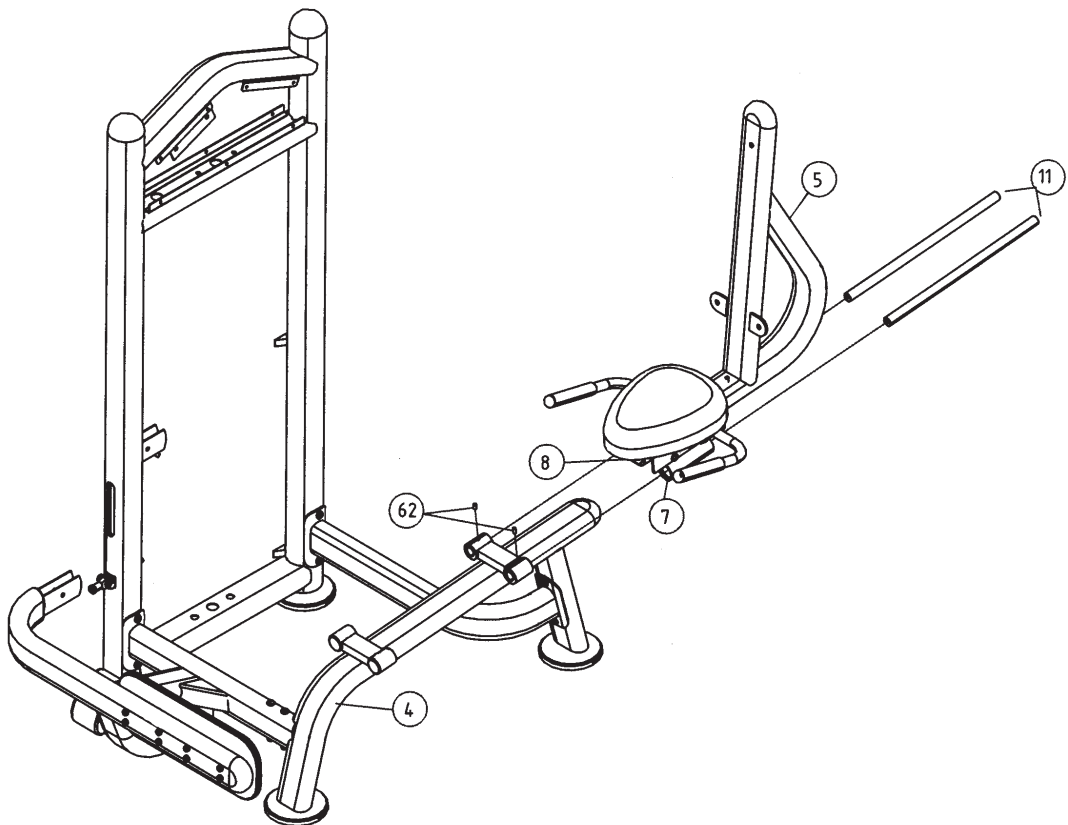
Step5 Assemble The Slide Frame

- 1) Attach the Seat Pad (#14) to the Slide Frame (#5) using:
two Allen Bolts (#42) M10×75
two Washers (#64) $\Phi 11 \times \Phi 20 \times 2$
- 2) Attach the Right Bearing Holder (#8) and the Right Handle (#10) to the Slide Frame (#5) using:
three Allen Bolts (#55) M10×25
three Spring Washers (#68) $\Phi 10$
three Washers (#64) $\Phi 11 \times \Phi 20 \times 2$
- 3) Attach the Left Bearing Holder (#7) and the Left Handle (#9) to the Slide Frame (#5) using:
three Allen Bolts (#55) M10×25
three Spring Washers (#68) $\Phi 10$
three Washers (#64) $\Phi 11 \times \Phi 20 \times 2$



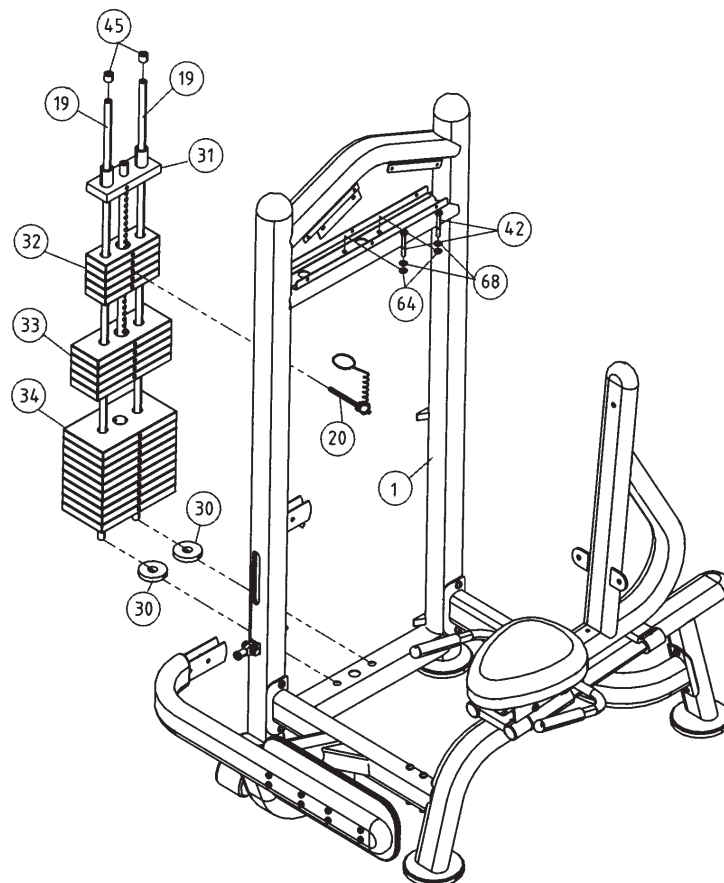
Step6 Assemble The Slide Guides

**Align the Slide Frame (#5) to the Seat Support (#4), insert both Slide Guides (#11) through the Seat Support (#4) and the two Bearing Holders (#7,#8) located under the Slide Frame (#5) and secure them using:
two Allen Bolts (#62) M8x15**



Step7 Assemble The Guide Rods

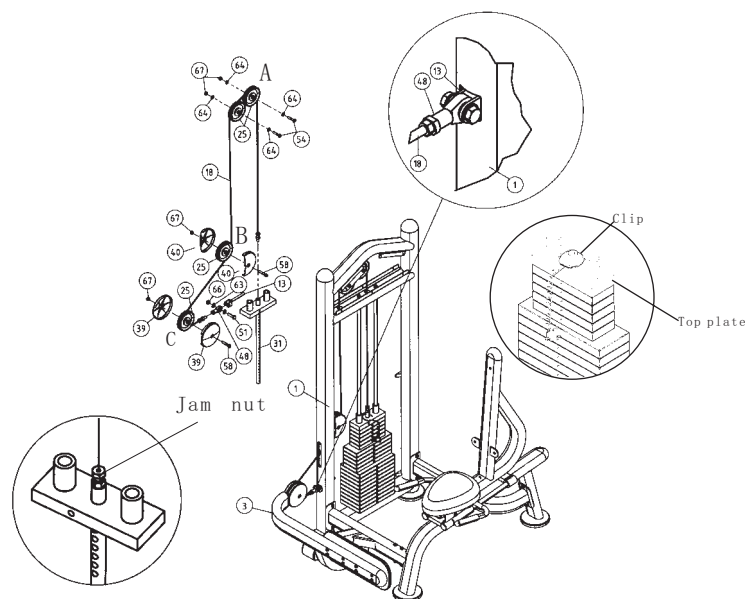
- 1) Insert both the Guide Rods (#19) into the Main Upright (#1).
- 2) Slide the Weight Rubber Bumper (#30) down onto each Guide Rod (#19).
- 3) Carefully begin sliding the Weight Plate one by one in sequence: #34, #33, #32, #31.
- 4) Align both top ends of the Guide Rods (#19) to the Main Upright (#1) and secure them using:
 - two Spring Washer (#68) $\Phi 10$
 - two Allen Bolts (#42) M10 \times 75
 - two Washers (#64) $\Phi 11 \times \Phi 20 \times 2$
 - two Rubber Caps (#45)



Make sure that Washers (#64) and Spring Washer (#68) are on the top side.

Step8 Route The Cable

- 1) Put the clip tied on the weight pin leash onto the Top Plate(#31) as shown, next connect the Cable(#18) to the Top Plate(#31).
- 2) Route the Cable(#18) up and over the two Pulleys A (#25), then secure them to the Main Upright(#1) using:
 - two Allen Bolts(#54) M10×45
 - four Washers(#64) $\Phi 11 \times \Phi 20 \times 2$
 - two Nylon Locknuts(#67) M10
- 3) Route the Cable(#18) down and under the Pulley B (#25), then secure them to the Main Upright(#1) using:
 - one Shoulder Bolts(#58) M10×50
 - two Half-pulley Covers(#40)
 - one Nylon Locknuts(#67) M10
- 4) Insert the cable(#18) through the upright(#1), next route the cable(#18) under the Pulley C(#25), then secure them to the Swivel Frame(#3).
- 5) Connect the looped end of the Cable(#13) using:
 - one Allen Bolt(#51) M12×40
 - two Washers(#63) $\Phi 13 \times \Phi 24 \times 1.5$
 - one Nylon Locknut(#)M12
- 6) Adjust the tension of the Cable (#18) using the Jam Nut as shown below.
- 7) Make sure that the cable is in the grooves of all pulleys, then fully tighten all bolts and nuts.
- 8) Select an appropriate weight with the Weight Pin.



Step9 Assemble The Decal Plates

1) Attach the two Decal Plates (#21, #22) to the Main Upright (#1) using:

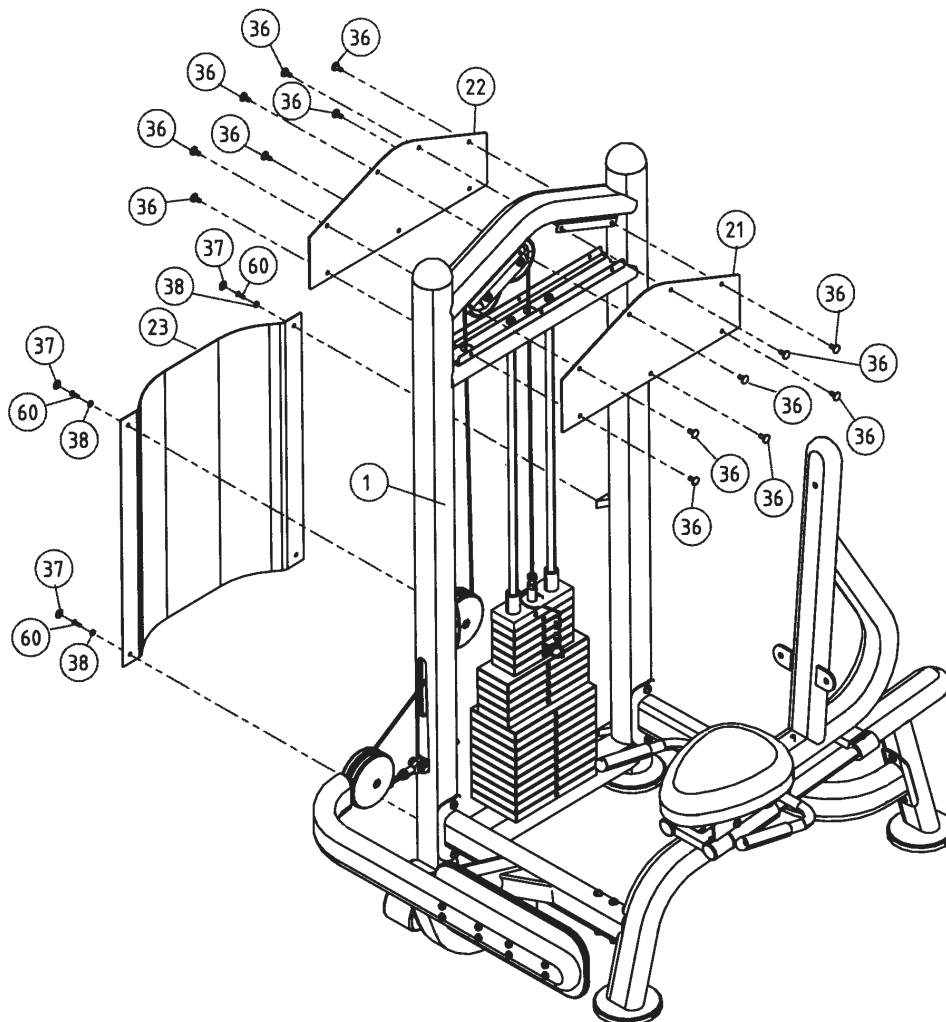
fourteen Buttons (#36)

2) Attach the Weight Shroud (#23) to the Main Upright (#1) using:

four Bolt Covers (#38)

four Plastic Washers (#37)

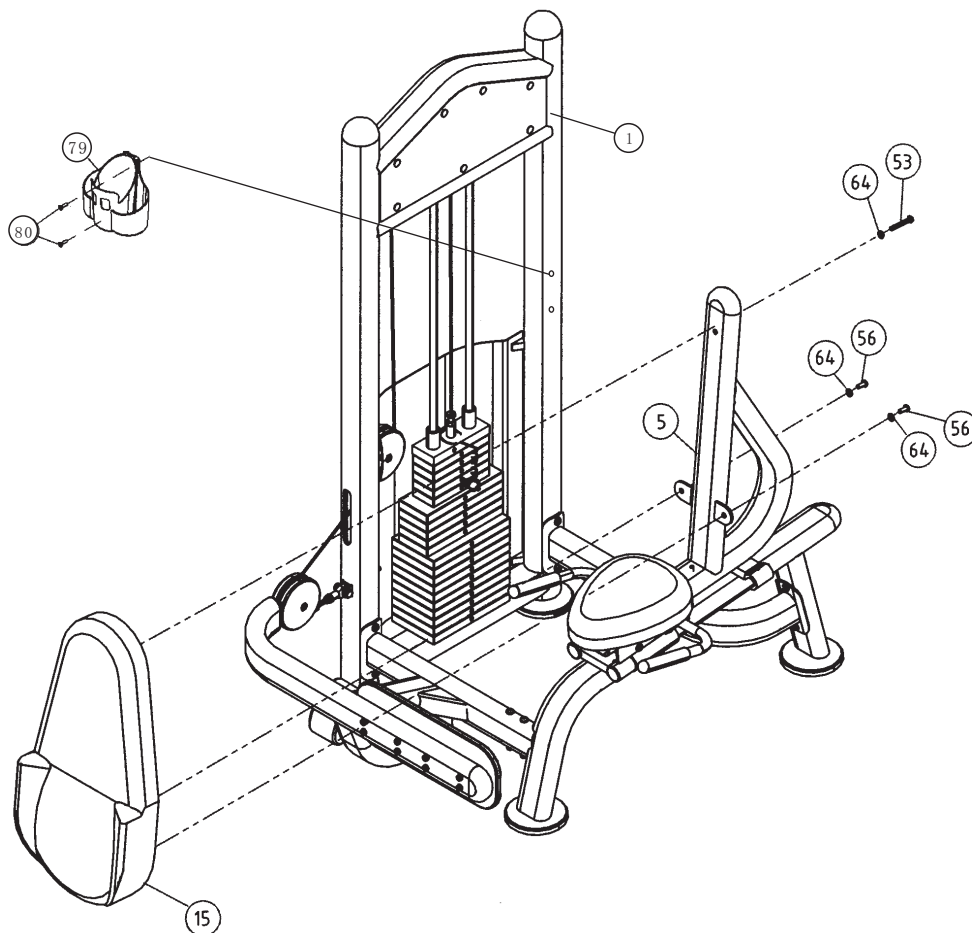
four Chamfer Bolts (#60)



The Front Decal Plate (#21) with the exercise instructions printed on it should be attached in the front of the Main Upright (#1).

Step 10 Assemble Pads

- 1) Attach the Back Pad (#15) to the Slide Frame (#5) using:
 - three Washers (#64) $\Phi 11 \times \Phi 20 \times 2$
 - two Allen Bolts (#56) M10 \times 30
 - one Allen Bolt (#53) M10 \times 70
- 2) Attach the Plastic Cap (#79) to the Main Upright (#1) using:
 - two Screws (#80) M6 \times 15



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