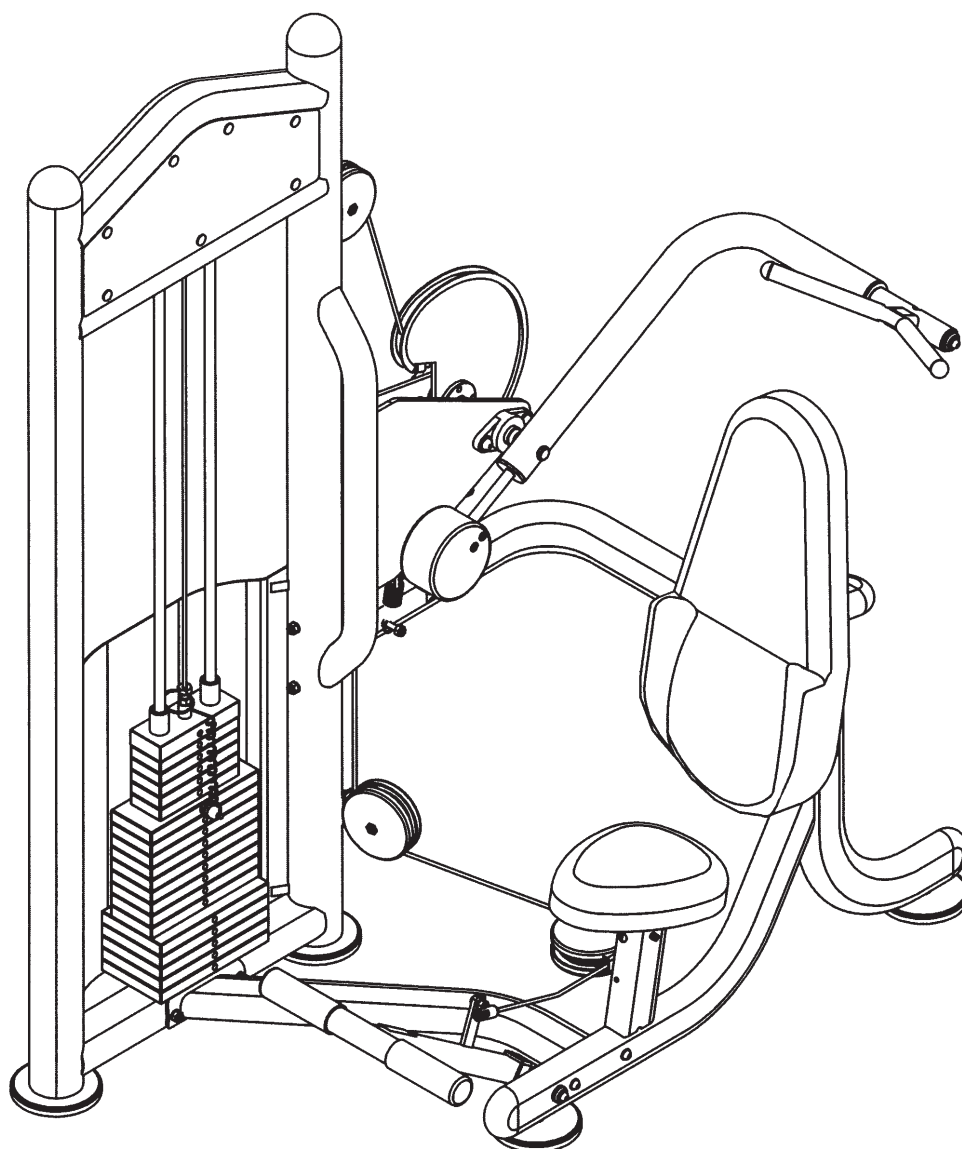


impulsa²



**IT8017 Super Pullover
Assembly Instructions**

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Important Safety Instructions

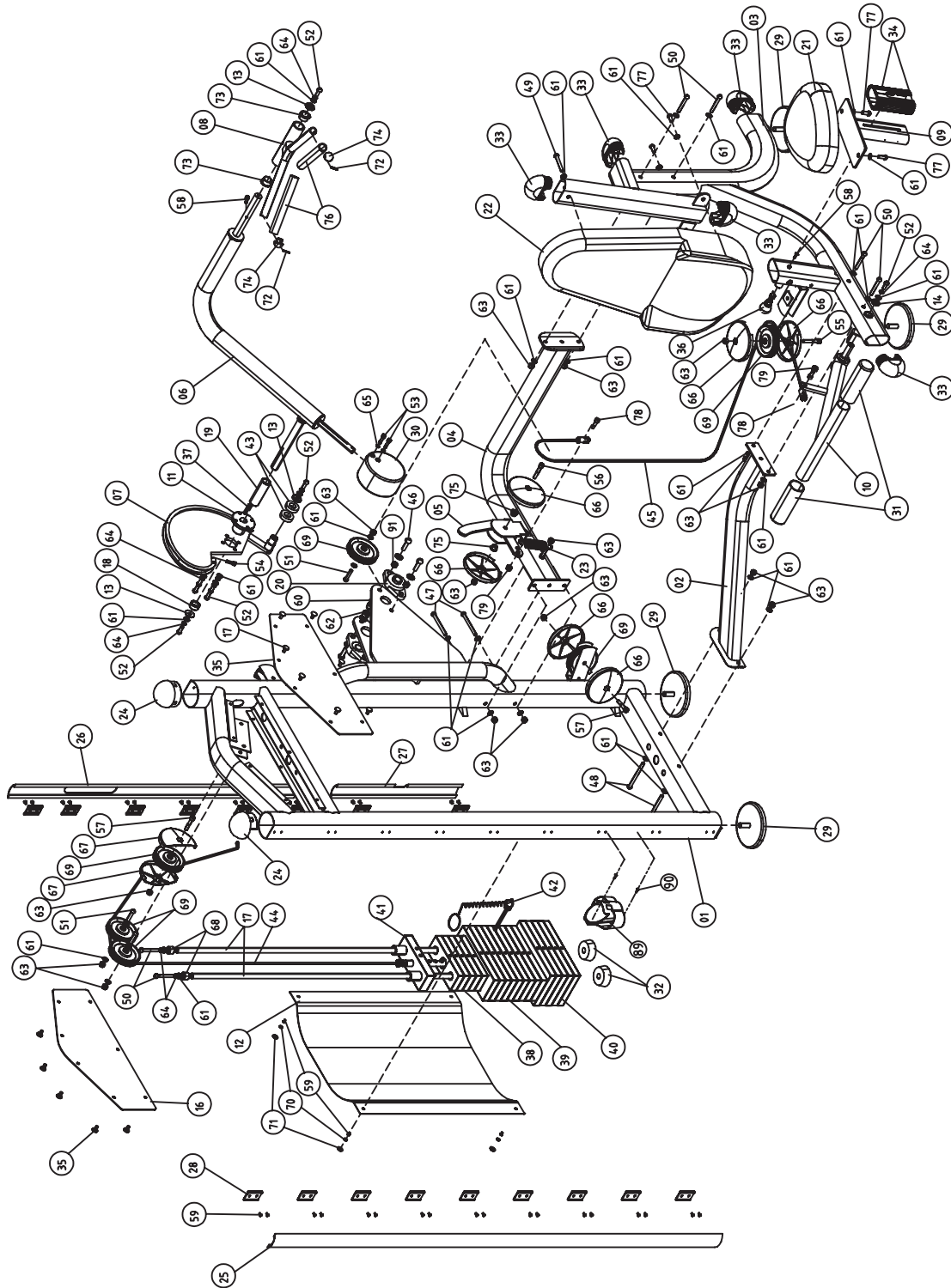
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the Super Pullover .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.

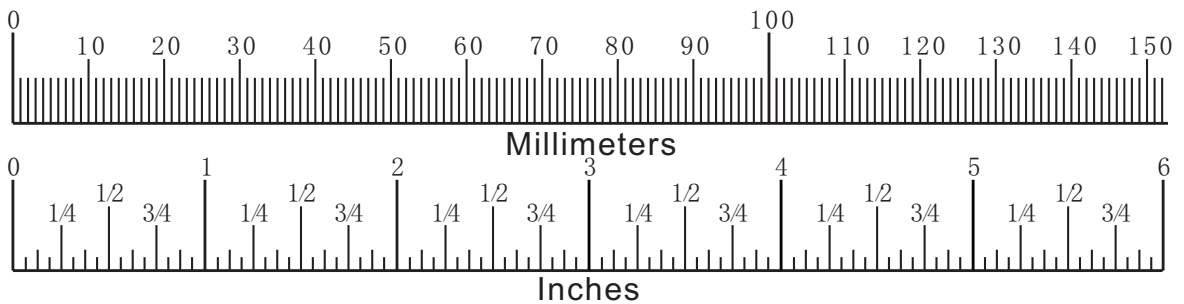
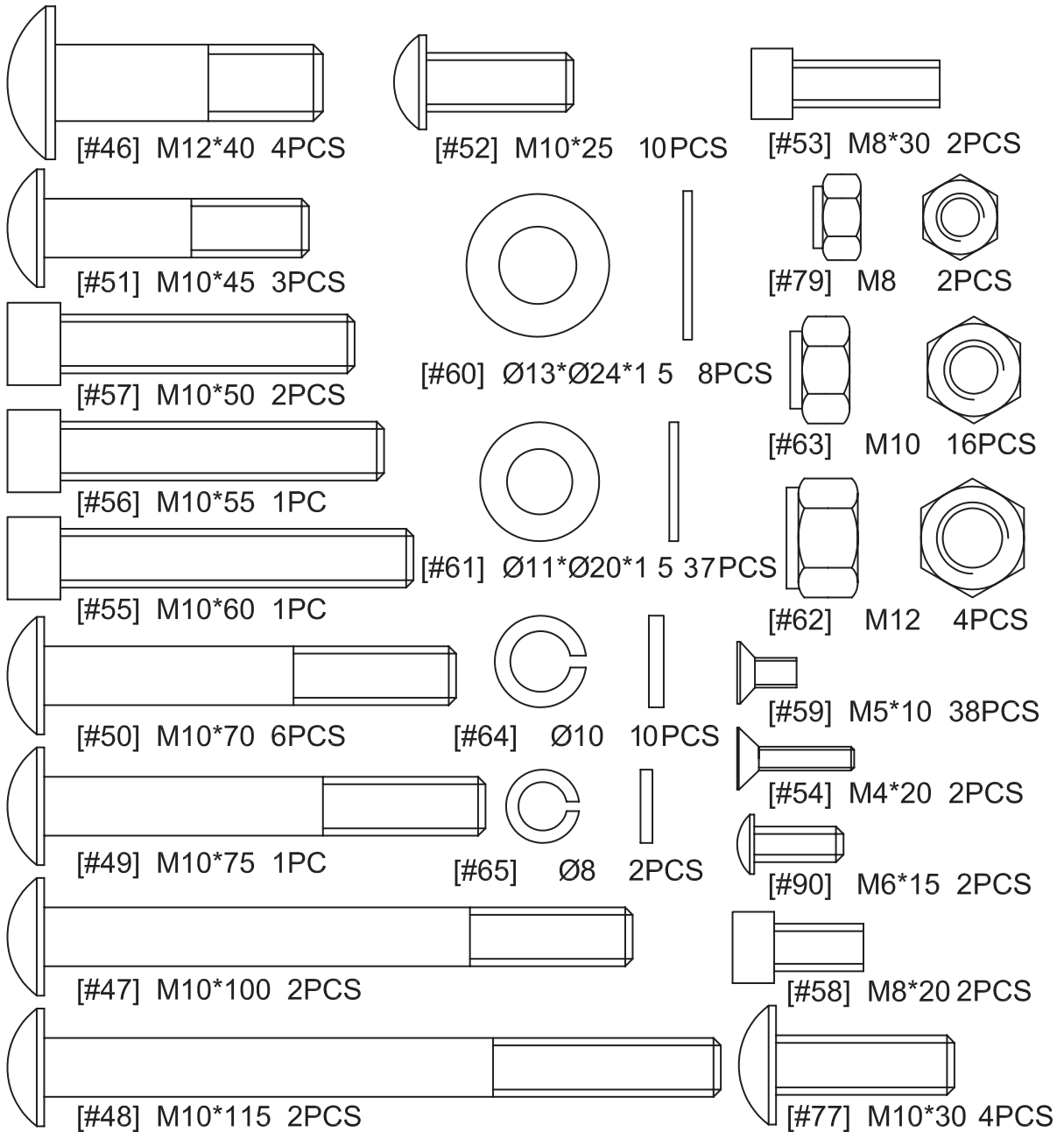
Personal Safety During Assembly

- * 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 Super Pullover 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.

IT8017 Super Pullover Exploded View Diagram



Hardware List



Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	46	Allen Bolt M12×40	4
2	Low Cross	1	47	Allen Bolt M10×100	2
3	Seat Support	1	48	Allen Bolt M10×115	2
4	Upper Cross	1	49	Allen Bolt M10×75	1
5	"L" Cam	1	50	Allen Bolt M10×70	6
6	Arm	1	51	Allen Bolt M10×45	3
7	Cam	1	52	Allen Bolt M10×25	10
8	Handle	1	53	Shoulder Bolt M8×30	2
9	Seat Pad Support	1	54	Screw M4×20	2
10	StartUp Foot Frame	1	55	Shoulder Bolt M10×60	1
11	Flange	1	56	Shoulder Bolt M10×55	1
12	Weight Shroud	1	57	Shoulder Bolt M10×50	2
13	Washer ϕ 34×5	3	58	Screw M8×20	2
14	Washer ϕ 30×5	1	59	Screw M5×10	38
15	Rear Decal Plate	1	60	Washer ϕ 13× ϕ 24×1.5	8
16	Front Decal Plate	1	61	Washer ϕ 11× ϕ 20×1.5	37
17	Guide Rod	2	62	Nylon Locknut M12	4
18	Short Spacer	1	63	Nylon Locknut M10	16
19	Spacer	1	64	Spring Washer ϕ 10	10
20	Pillow Block	2	65	Spring Washer ϕ 8	2
21	Seat Pad	1	66	Pulley Cover	6
22	Back Pad	1	67	Half-pulley Cover	2
23	Spring	1	68	Rubber Cap	2
24	"D" End Cap	2	69	4.5" Pulley	6
25	Front Side Cover	1	70	Plastic Washer	4
26	Rear Side Cover	1	71	Bolt Cover	4
27	Rear Low Cover	1	72	Split Pin	2
28	Plastic Block	17	73	Bronze Bushing ID25.4	2
29	Adj. Foot Plate	4	74	Aluminium Plug	2
30	Counter Poise Block	1	75	Bronze Bushing ID12	2
31	Rubber Sleeve	2	76	Grip	2
32	Weight Rubber Bumper	2	77	Allen Bolt M10×20	4
33	RT50×100 Plug	5	78	Shoulder Bolt M10×35	2
34	Slide Sleeve	1	79	Nylon Locknut M8	2
35	Button	14	80	Decal Weight Numbers	1
36	Pop Pin	1	81	Decal Warning	1
37	Key	1	82	Decal Maintenance	1
38	5lbs Weight	5	83	Decal Pinch Points	1
39	10lbs Weight	9	84	Decal Tightening	1
40	15lbs Weight	5	85	Allen Wrench S=6	1
41	Top Plate	1	86	Allen Wrench S=3	1
42	Weight Pin	1	87	Decal Note	1
43	Bearing ID 25	2	88	Allen Wrench S=8	1
44	Cable	1	89	Plastic Cap	1
45	Assistant Cable	1	90	Screw M6×15	2
			91	Spacer	4

Assembly instructions

Assembly of the Super Pullover 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.

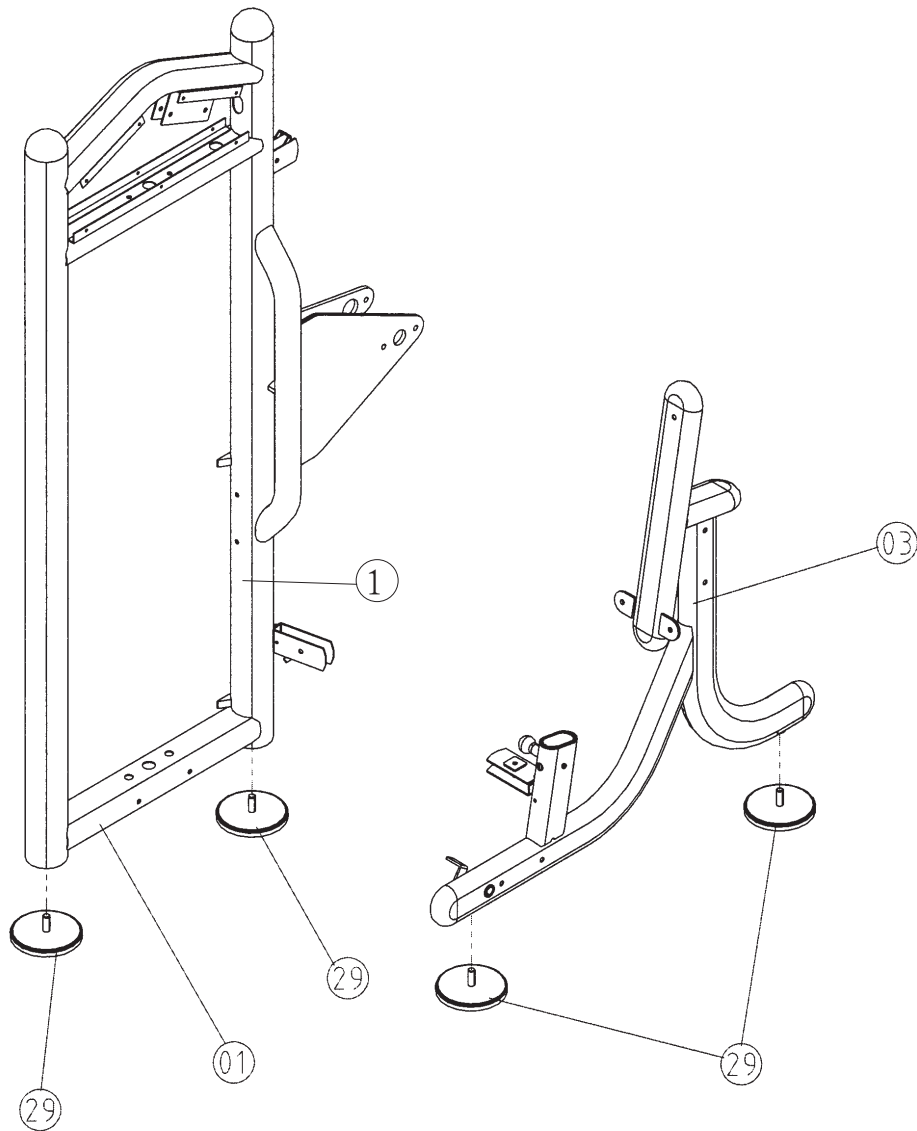


Note

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 (#29) to the Main Upright (#1) and the Seat Support (#3), then secure them by hands.



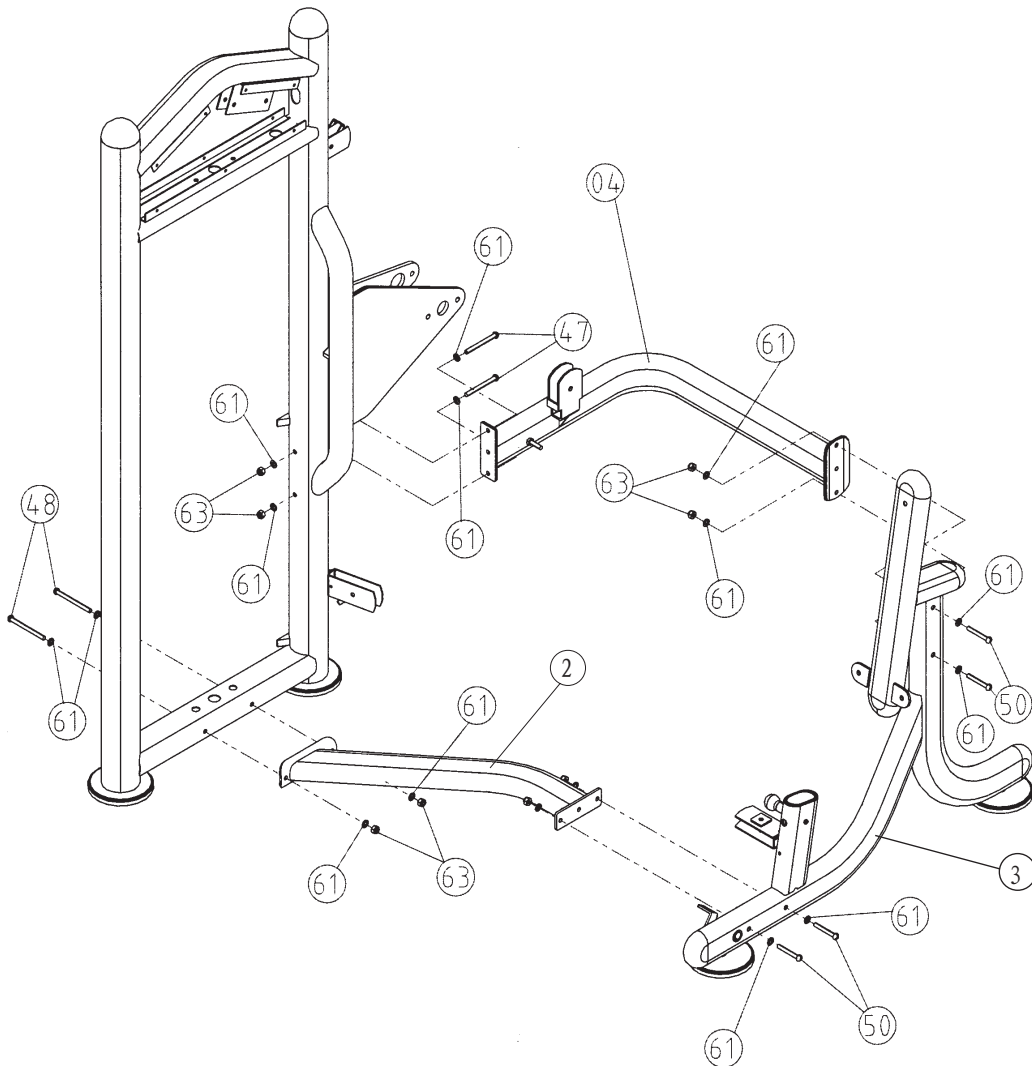
Step2 Assemble The Frame

1) Attach the Low Cross(#2) and the Upper Cross(#4) to the Main Upright(#1) using:

two Allen Bolts(#47) M10×100
two Allen Bolts(#48) M10×115
four Nylon Locknuts(#63) M10
eight Washers(#61) $\Phi 11 \times \Phi 20 \times 1.5$

2) Attach the Seat Support(#3) to the Upper Cross(#4) and the Low Cross(#2) using:

four Allen Bolt(#50) M10×70
eight Washers(#61) $\Phi 11 \times \Phi 20 \times 1.5$
four Nylon Locknuts(#63) M10



Step3 Assemble The Swivel Frame

1)Align the "L"Cam(#5) to the Upper Cross(#4) and secure it using:

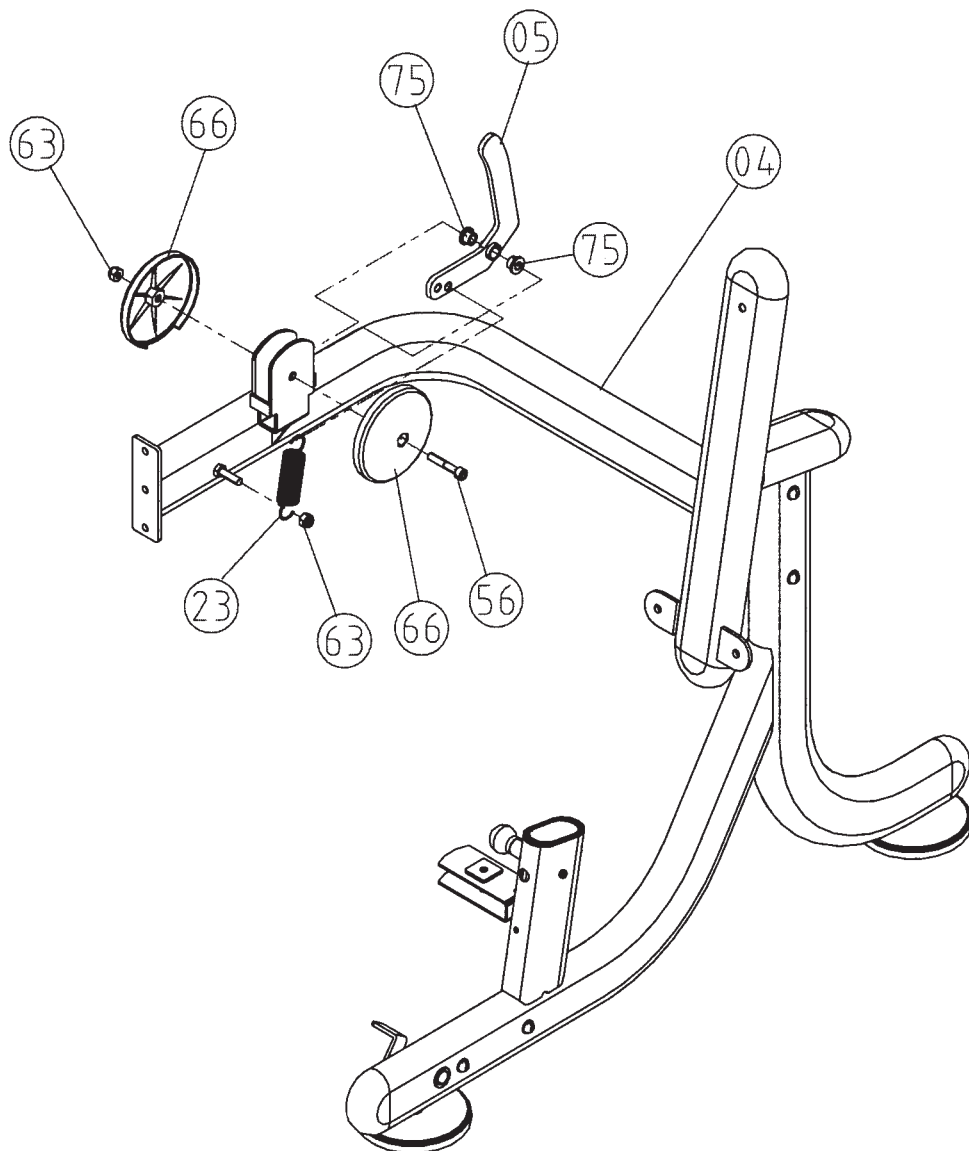
one Shoulder Bolt(#56) M10×55

two Pulley Covers(#66)

two Bronze Bushings ID 12(#75)

one Nylon Locknut(#63) M10

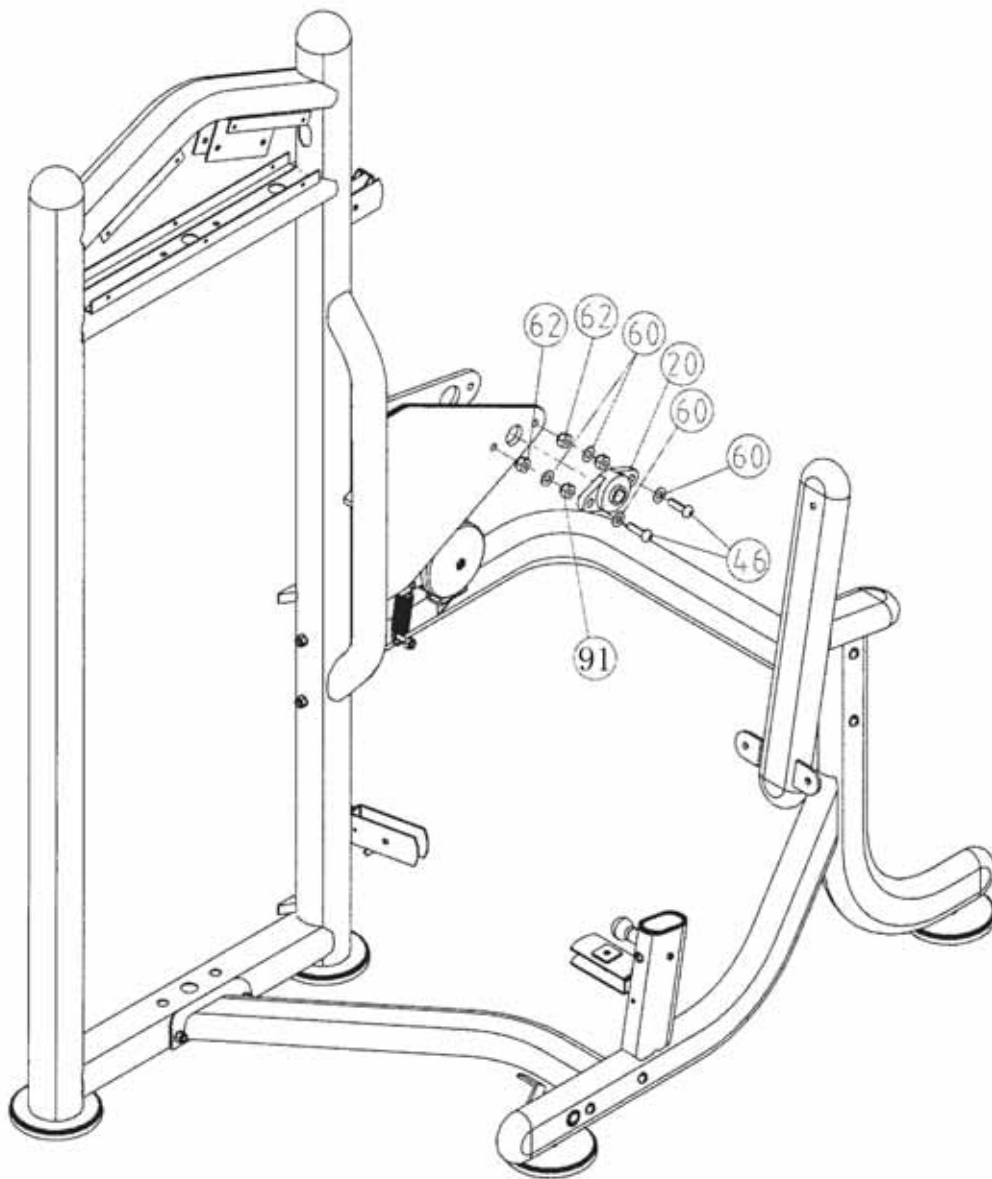
2)Attach the Spring(#23) to the Upper Cross(#4) with the Nylon Locknut (#63), next hook the "L" Cam(#5) with it.



Step4 Assemble The Pillow Block

Attach the Pillow Block(#20) to the Main Upright(#1) using:

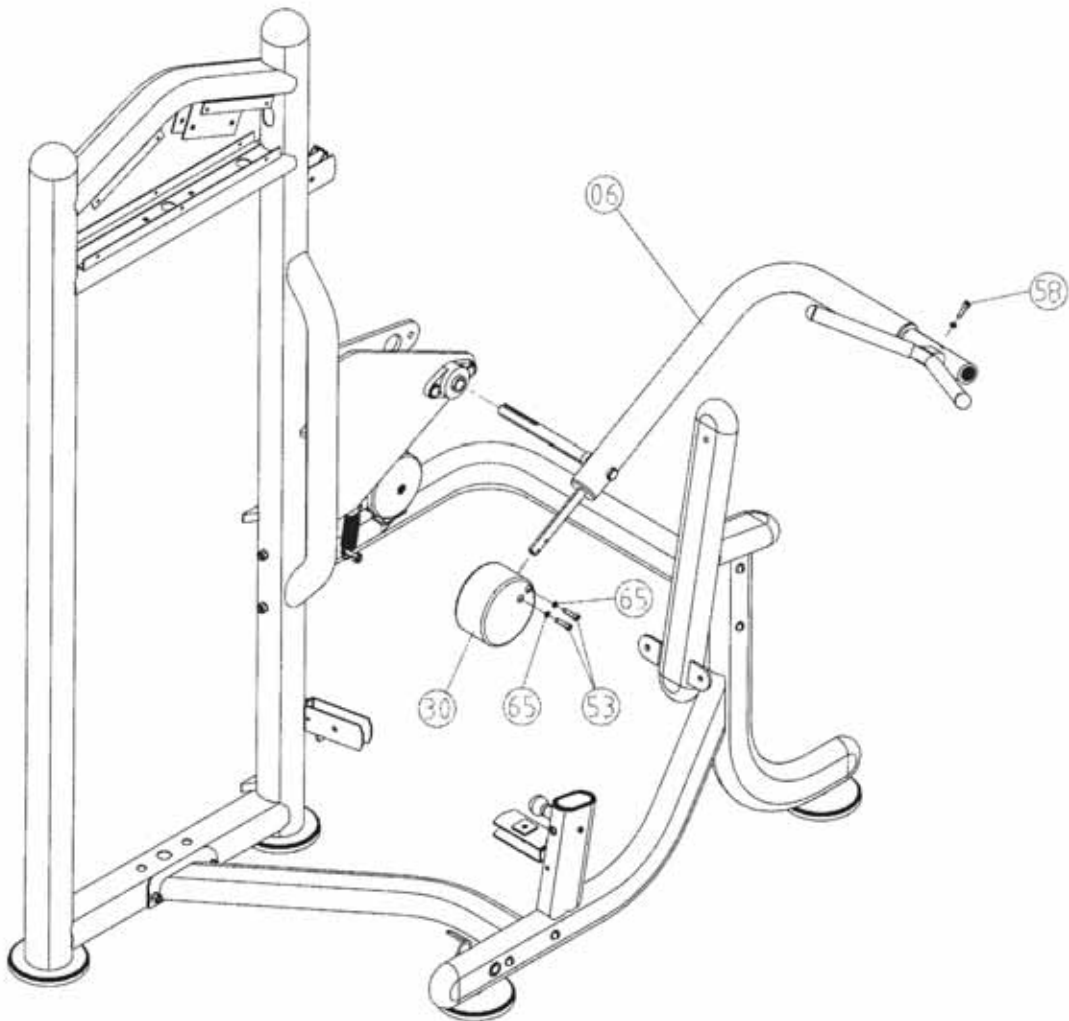
two Allen Bolts(#46) M12×40
four Washers(#60) $\Phi 13 \times \Phi 24 \times 1.5$
two Nylon Locknuts(#62) M12
two Spacers(#91) $\Phi 16 \times \Phi 12.2 \times 12.5$



Step5 Assemble The Arm

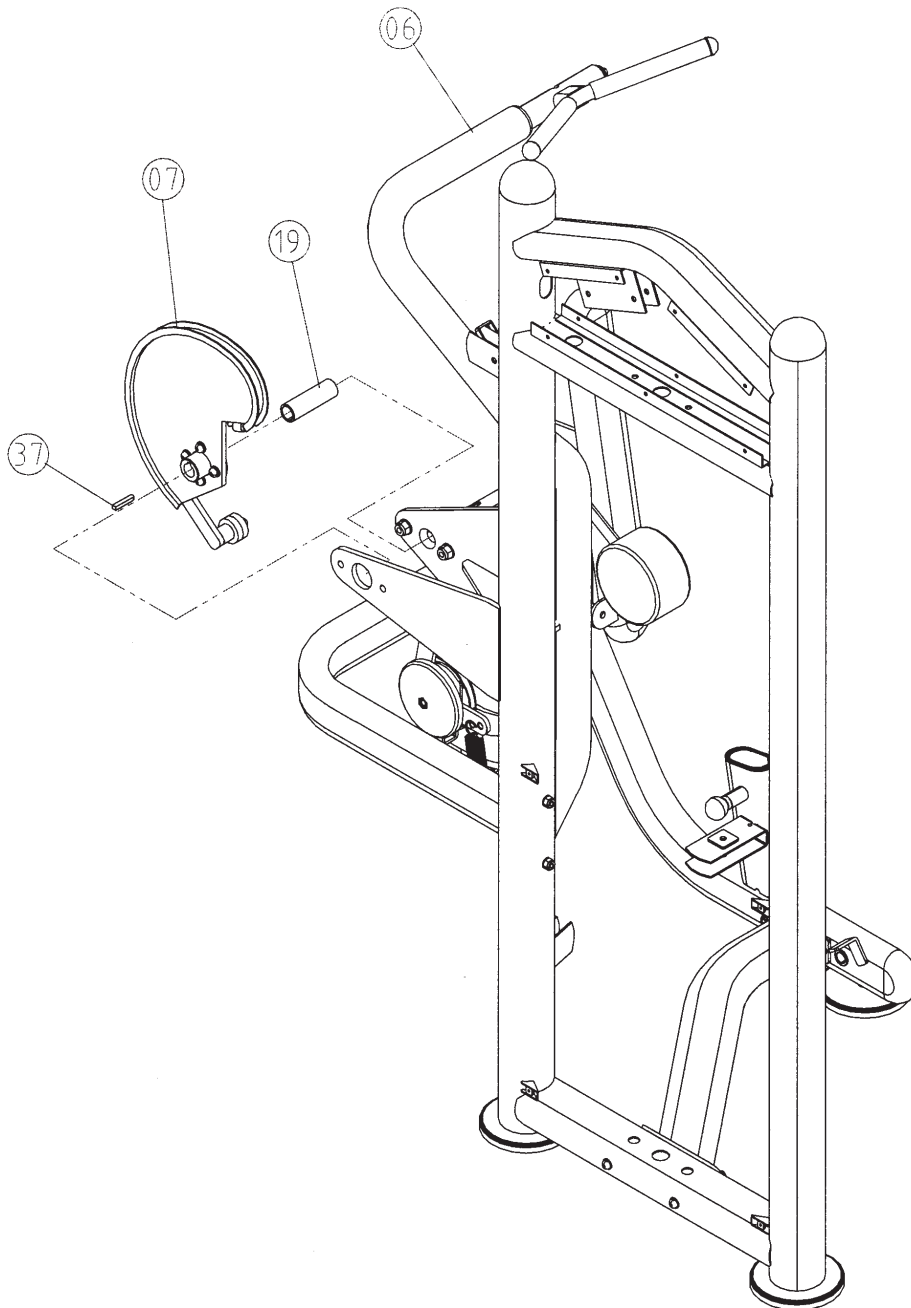
- 1) Insert the Arm(#6) into the Main Upright(#1) and through the Pillow Block(#20).
- 2) Attach the Counter Poise(#30) to the Pivot Arm(#6) using:

two Shoulder Bolts(#53) M8×30
two Spring Washers(#65) $\Phi 8$



Step6 Assemble The Cam

Insert the Arm (#6) through the Main Upright (#1), the Spacer (#19) and the Cam (#7), next, secure the Cam (#7) to the Arm (#6) using the Key (#37).



Step7 Assemble The Pillow Block

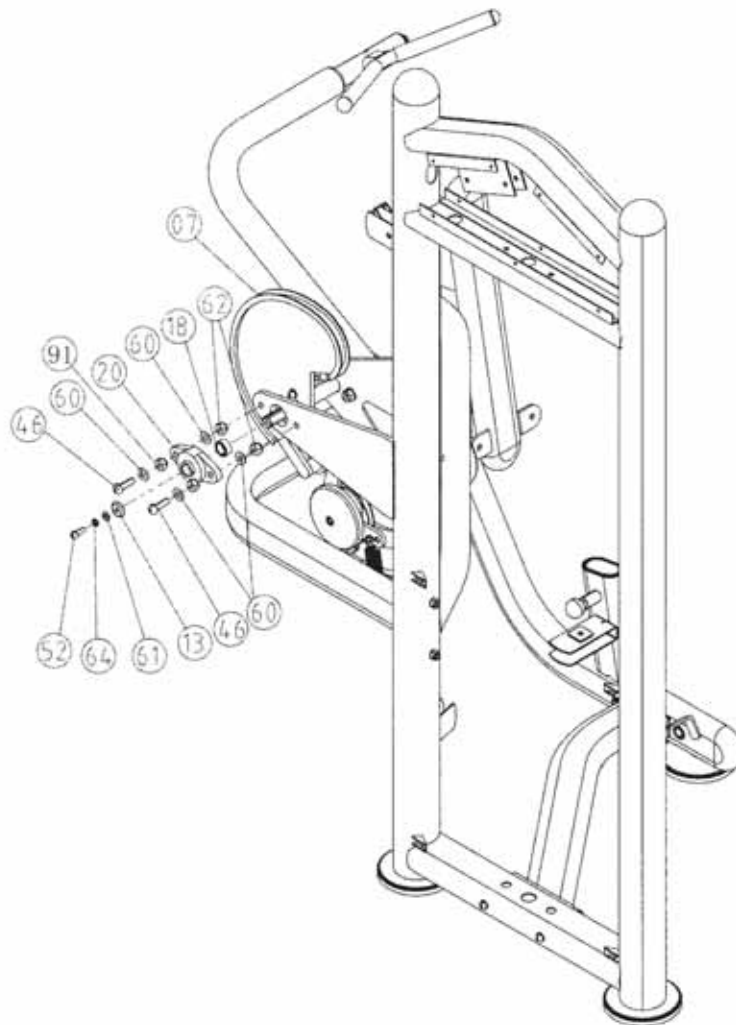
1) Insert the Short Spacer(#18) onto the Arm(#6) as shown below.

2) Attach the Pillow Block(#20) to the Main Upright(#1) using:

**two Allen Bolt(#46) M12×40
two Nylon Locknuts(#62) M12
four Washers(#60) $\Phi 13 \times \Phi 24 \times 1.5$
two Spacers(#91) $\Phi 16 \times \Phi 12.2 \times 12.5$**

3) Secure the Arm(#6) to the Pillow Block(#20) using:

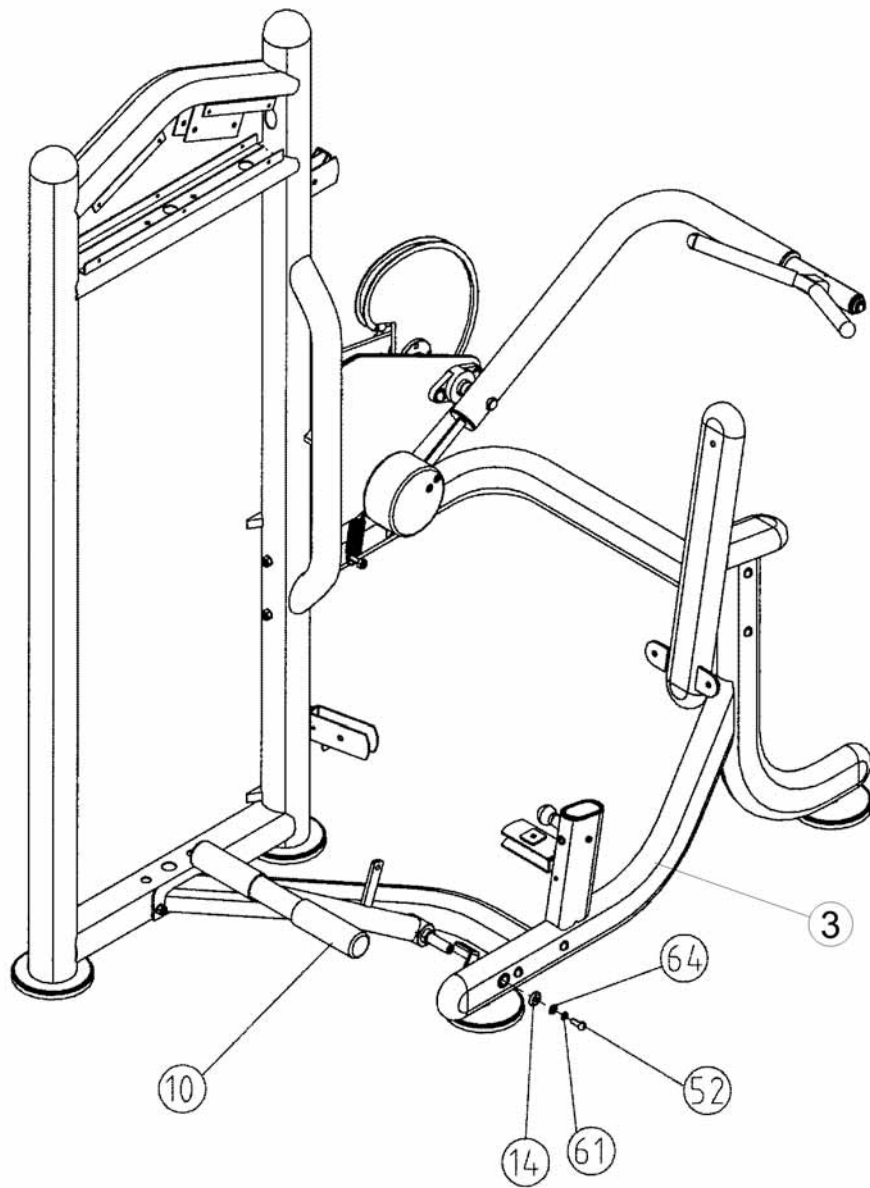
**one Allen Bolt(#52) M10×25
one Spring Washer(#64) $\Phi 10$
one Washer(#61) $\Phi 11 \times \Phi 20 \times 1.5$
one Washer(#13)**



Step8 Assemble The Start Up Foot Frame

Insert the Start Up Foot Frame(#10) into the Seat Support(#3) and secure it using:

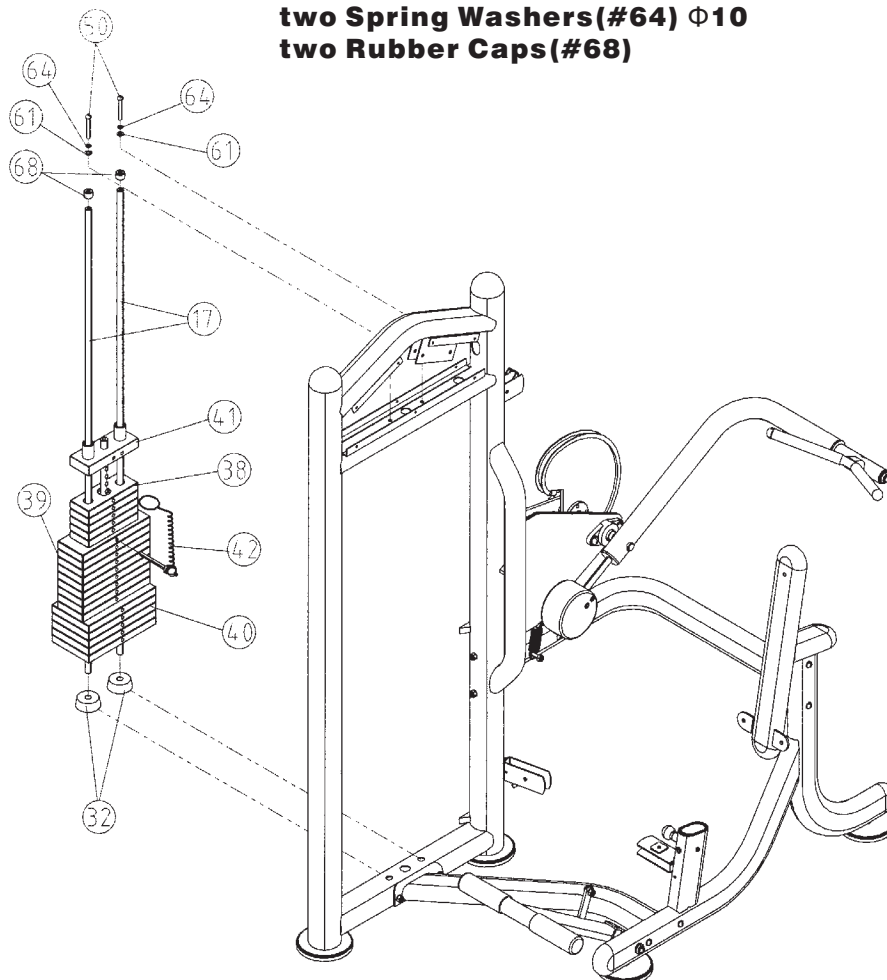
- one Allen Bolt(#52) M10×25
- one Washers(#61) $\Phi 11 \times \Phi 20 \times 1.5$
- one Spring Washers(#64) $\Phi 10$
- one Washer(#14)



Step9 Assemble The Weight Plates

- 1) Insert both the Guide Rods (#17) into the Main Upright (#1).
- 2) Slide the Weight Rubber Bumper (#32) down onto each Guide Rod (#17).
- 3) Carefully begin sliding the Weight Plate one by one in sequence: #40, #39, #38, #41
- 4) Align both top ends of the Guide Rods (#17) to the Main Upright (#1) and secure them using:

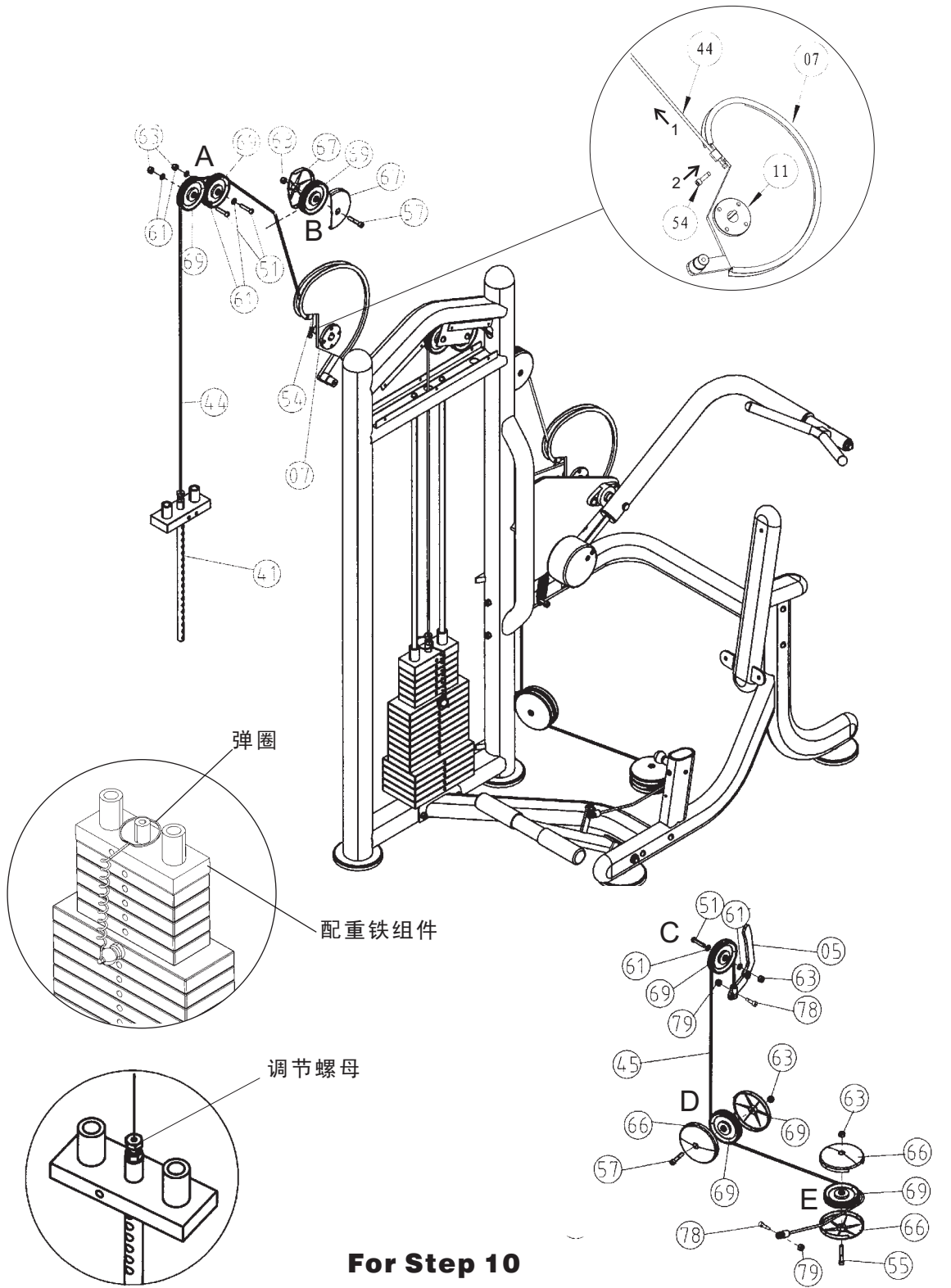
two Allen Bolts (#50) M10×70
two Washers (#61) $\Phi 11 \times \Phi 20 \times 1.5$
two Spring Washers (#64) $\Phi 10$
two Rubber Caps (#68)



Make sure that Washers (#61) and Spring Washers (#64) are on the top side.

Step 10 Route The Cables

- 1) Put the clip tied on the weight pin leash onto the Top Plate(#41) as shown, next connect the Cable(#44) to the Top Plate(#41).**
- 2) Route the Cable(#41) up and over the two Pulleys A (#69).then secure them to the Main Upright(#1) using two Allen Bolts(#51) M10×45 four Washers(#61) $\Phi 11 \times \Phi 20 \times 1.5$ two Nylon Locknuts(#63) M10**
- 3) Insert the Cable(#44) through the Main Upright(#1), next route it over the Pulley B(#69),then secure them to the Main Upright(#1) using:
one Shoulder Bolt(#57) M10×50 two Half-pulley Covers(#67)
one Nylon Locknut(#63) M10**
- 4) Connect the looped end of the Cable(#44) to the Cam (#7),secure it using one Screw(#54) as shown below.**
- 5) Connect the Assistant Cable(#45) to the "L" Cam(#5) using:
one Shoulder Bolt(#78) M8×35 one Nylon Locknut(#79) M8**
- 6) Route the Assistant Cable(#45) up and over the Pulley C(#69),and secure them to the Main Upright(#1) using one Allen Bolt(#51) M10×45 two Washers(#61) $\Phi 11 \times \Phi 20 \times 1.5$ one Nylon Locknut(#63) M10**
- 7) Route the Assistant Cable(#45) down and under the Pulley D(#69), and secure them to the Main Upright (#1) using:
one Shoulder Bolt(#57) M10×50 two Pulley Covers(#66)
one Nylon Locknut(#63) M10**
- 8) Route the Assistant Cable(#45) around the Pulley E (#69),and secure them to the Seat Support(#3) using one Allen Bolt(#55) M10×60 two Pulley Covers(#66) one Nylon Locknut(#63) M10**
- 9) Connect the Assistant Cable(#45) to the Start Up Foot Frame(#10) using:
one Shoulder Bolt(#78) M8×35 one Nylon Locknut(#79) M8**
- 10) Adjust the tension of the Cable (#44) using the Jam Nut as shown.**
- 11) Make sure that the cables are in grooves of all pulleys then fully tighten all bolts and nuts .**
- 12) Select an appropriate weight with the weight pin.**



Step 1 1 Assemble The Decal Plates

1) Attach the two Decal Plates (#15, #16) to the Main Upright (#1) using:

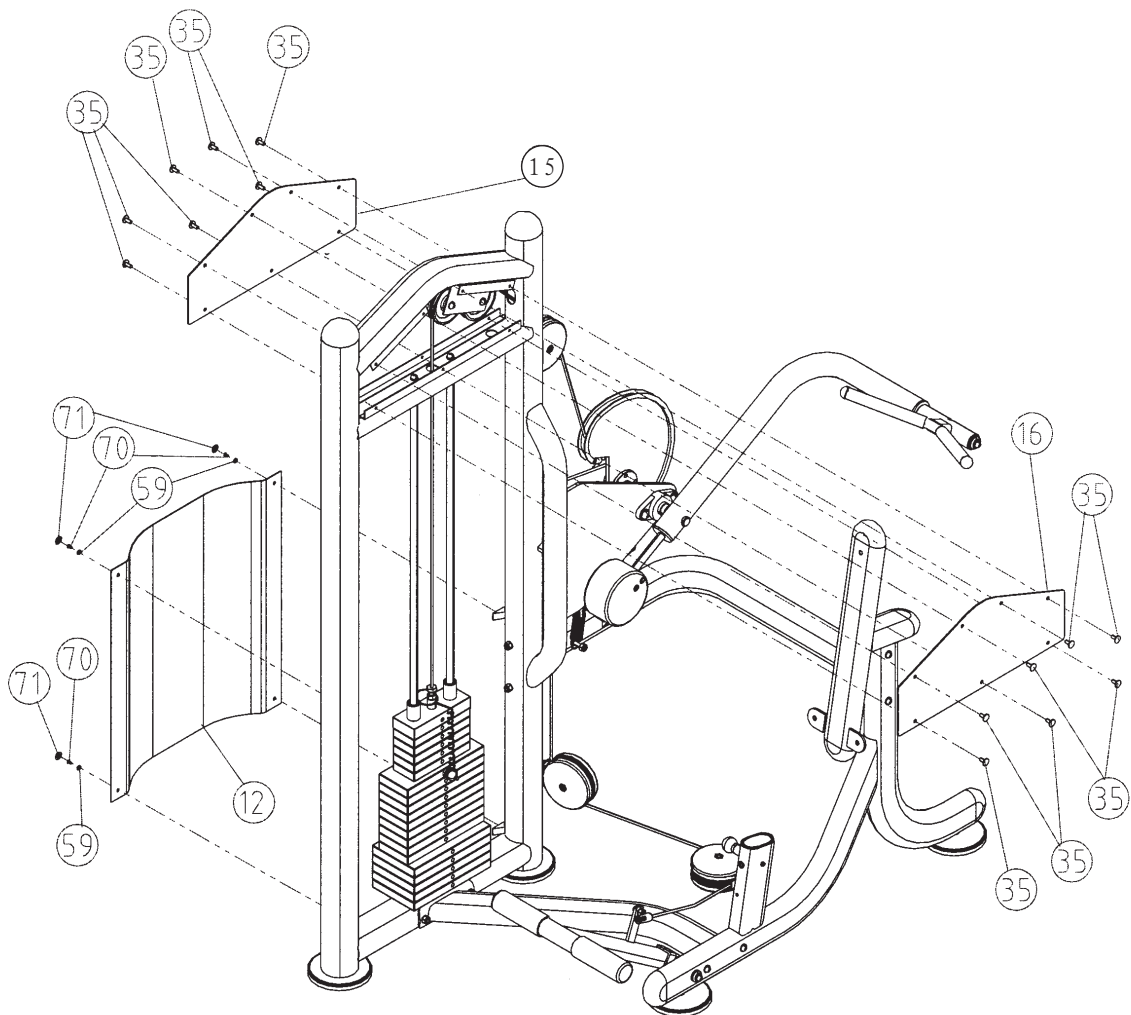
fourteen Buttons (#35)

2) Attach the Weight Shroud (#12) to the Main Upright (#1) using:

four Bolt Covers (#71)

four Plastic Washers (#59)

four Chamfer Bolts (#70)

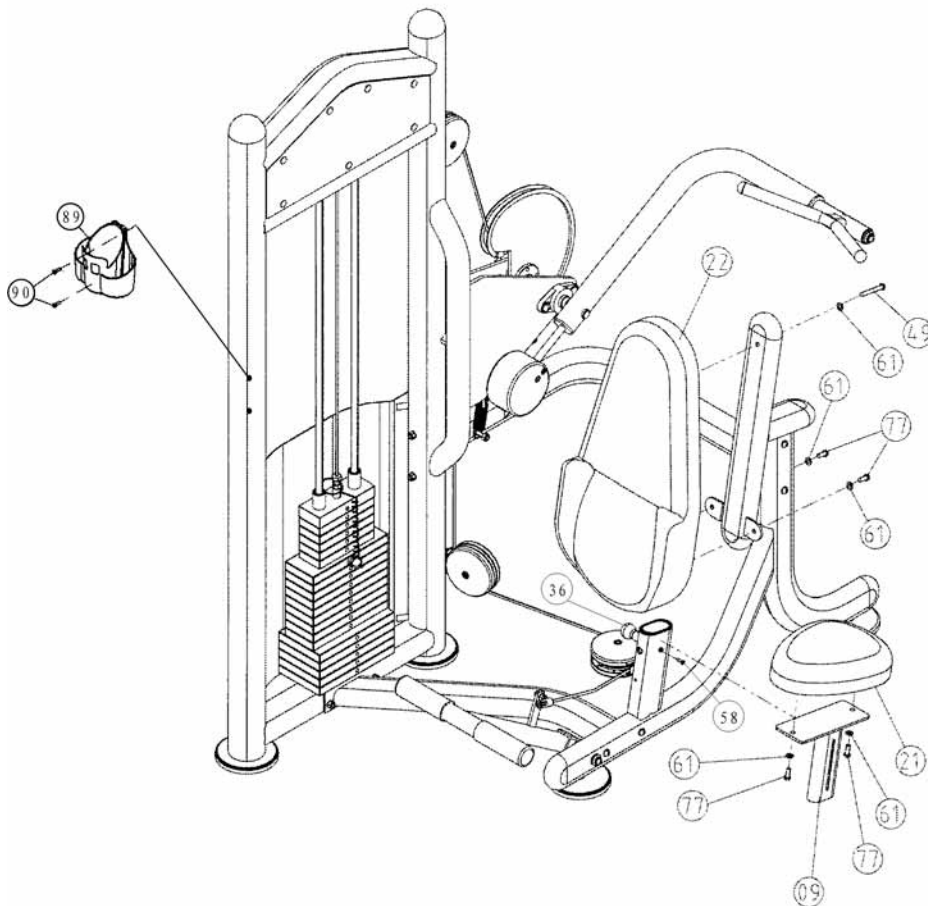


Note

The Front Decal Plate (#16) 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 Seat Pad (#22) to the Seat Support (#3) using
three Washers (#61) $\Phi 11 \times \Phi 24 \times 1.5$
two Allen Bolts (#77) M10 \times 30
one Allen Bolt (#49) M10 \times 75
- 2) Attach the Seat Pad (#21) to the Seat Pad Support (#9)
using:
two Allen Bolts (#77) M10 \times 30
two Washers (#61) $\Phi 11 \times \Phi 20 \times 1.5$
- 3) Insert the Seat Pad Support (#9) into the Seat Support
(#3) and secure it into place with the Pop Pin (#36) and
the Screw (#58).
- 5) Attach the Plastic Cap (#89) to the Main Upright (#1) Using:
two Allen Bolts (#90) M6 \times 15



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