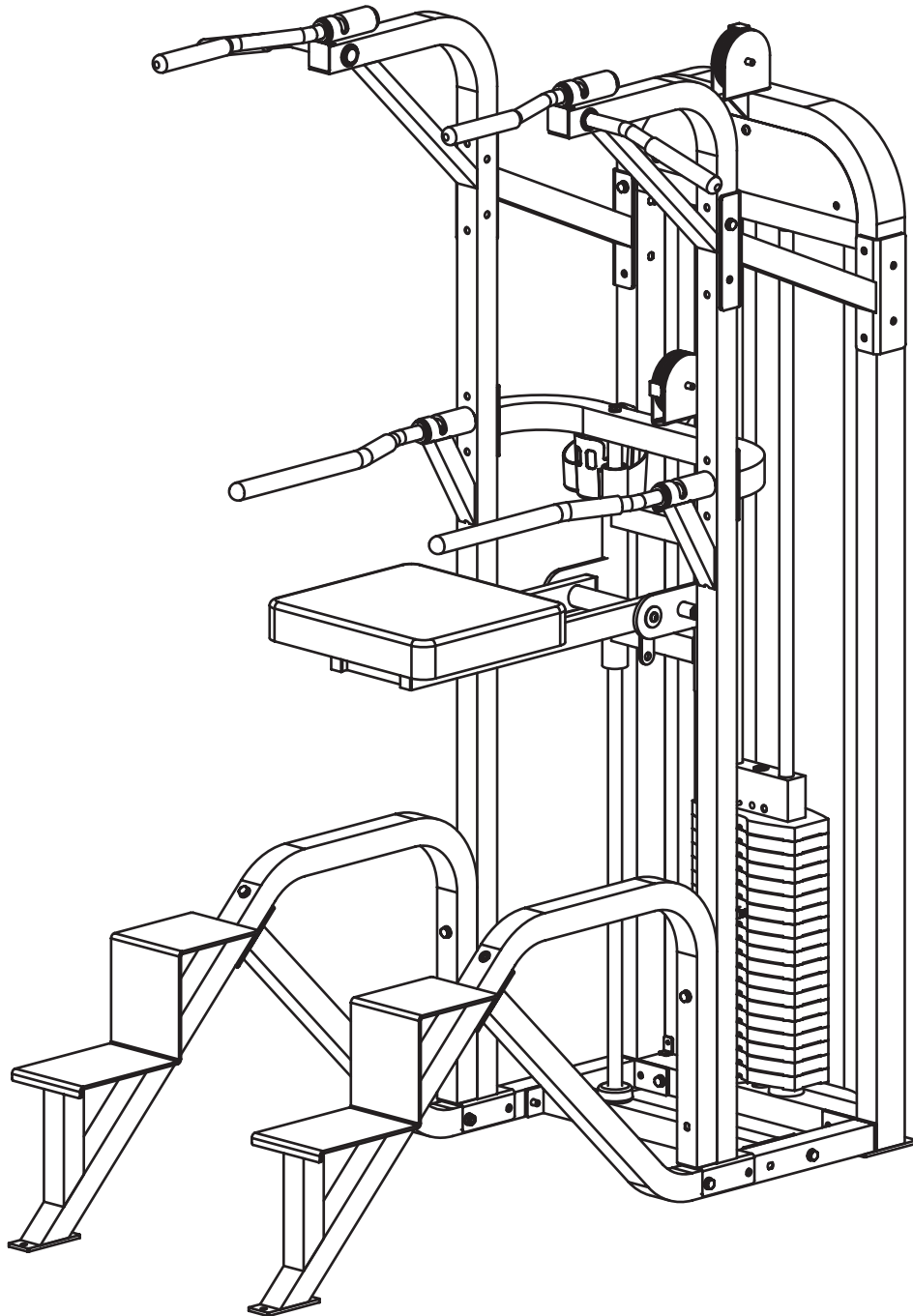


# ***SUPER GYM***



**SG8020MT Wt. Assist Chin/Dip Combo  
Assembly Instructions**

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## **Important Safety Instructions**

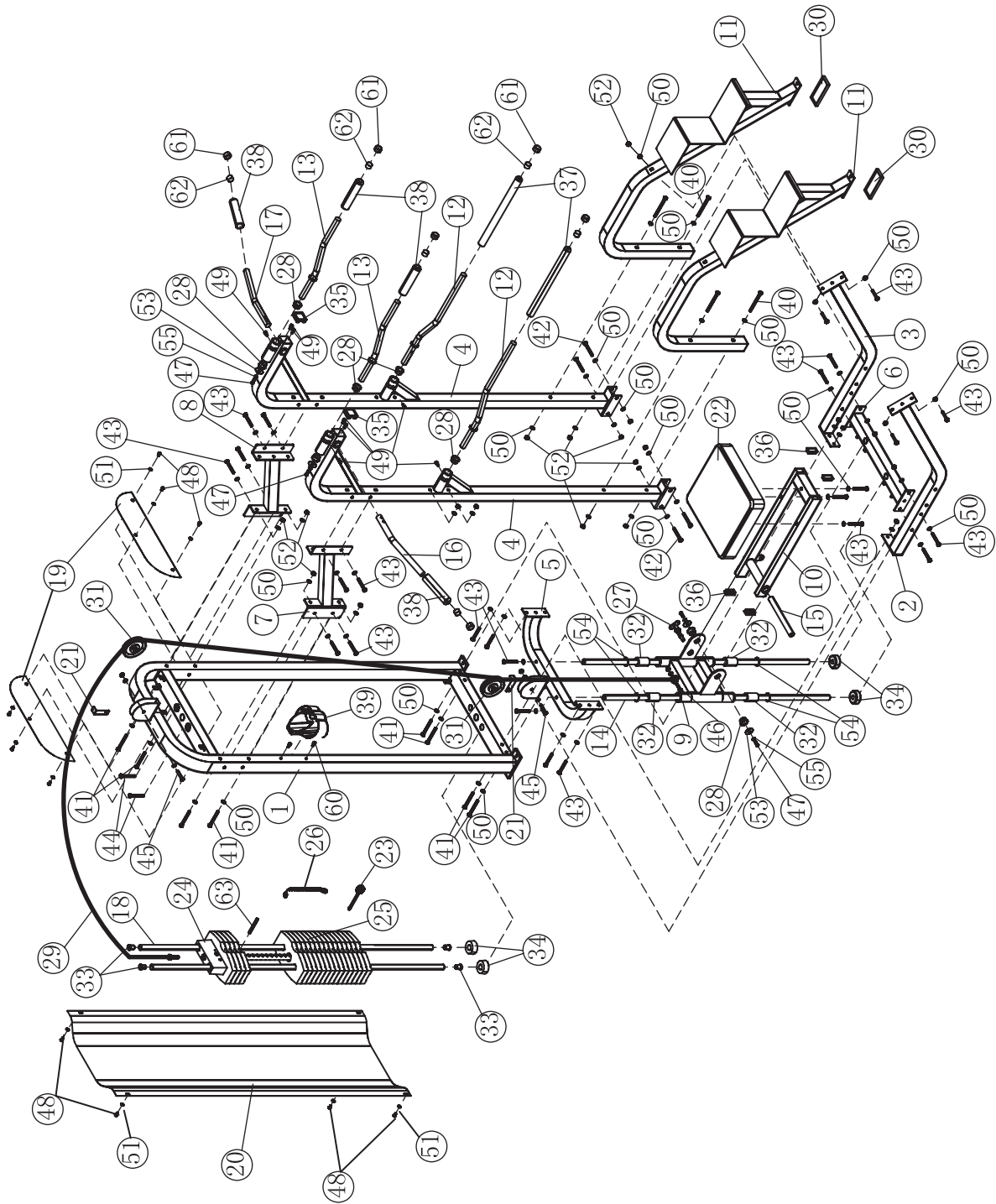
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the Wt. Assist Chin/Dip Combo. 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.

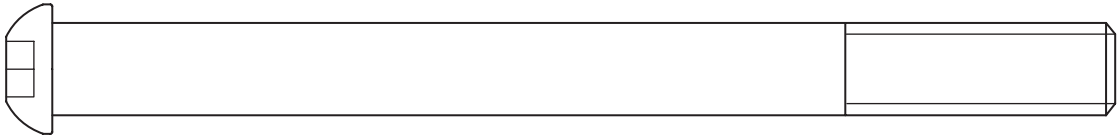
### **Personal Safety During Assembly**

- \* 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 compartments 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 Wt. Assist Chin/Dip Combo 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.

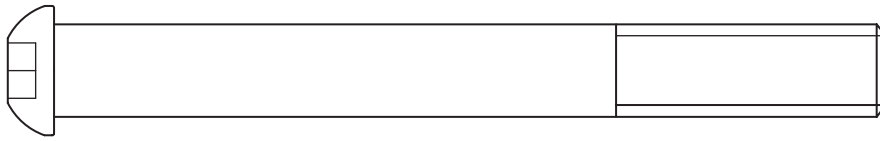
# Wt. Assist Chin/Dip Combo Exploded View Diagram



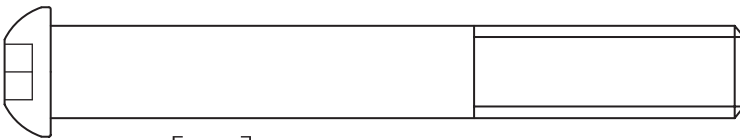
# Hardware List



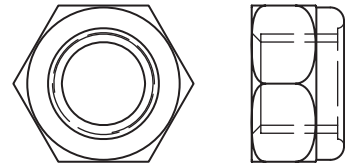
[#40] M10\*115 4PCS



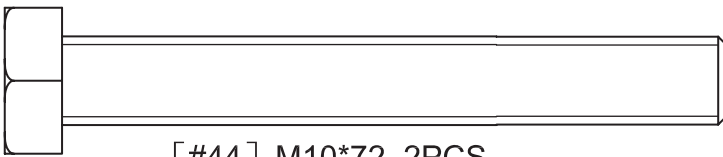
[#41] M10\*90 8PCS



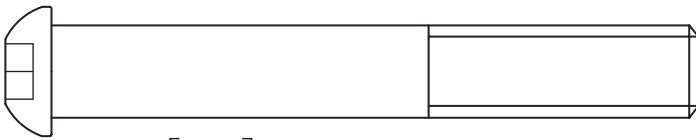
[#42] M10\*75 4PCS



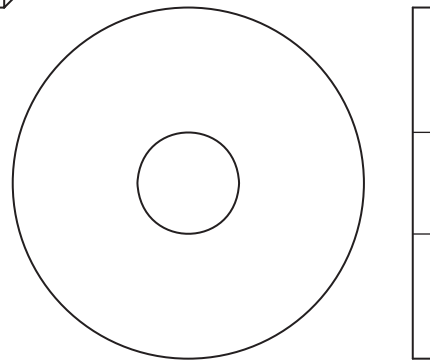
[#52] M10 43PCS



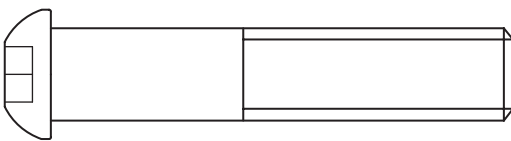
[#44] M10\*72 2PCS



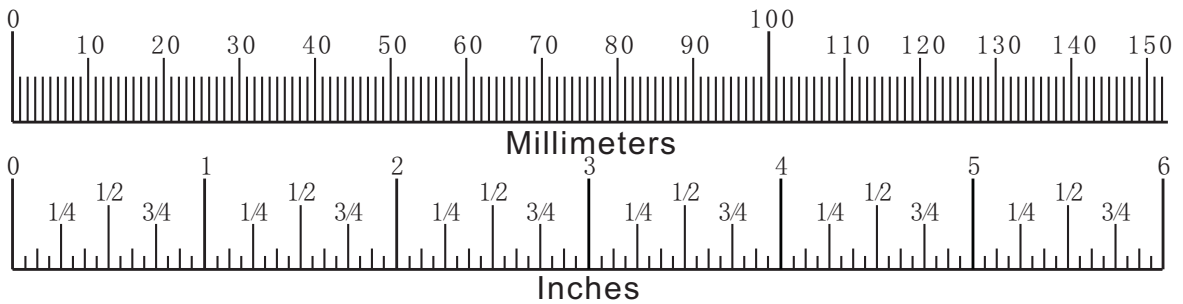
[#43] M10\*70 29PCS



[#53]  $\phi 38 * \phi 11$  4PCS



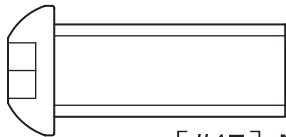
[#45] M10\*50 2PCS



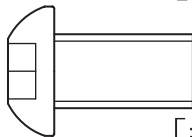
# Hardware List



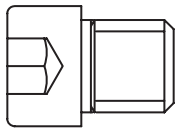
[#46] M10\*35 1PC



[#47] M10\*25 4PCS



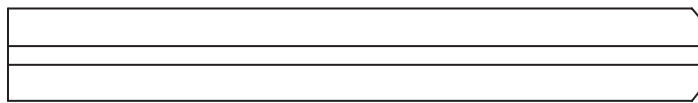
[#48] M8\*15 10PCS



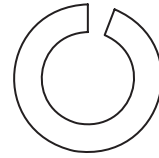
[#49] M10\*10 8PCS



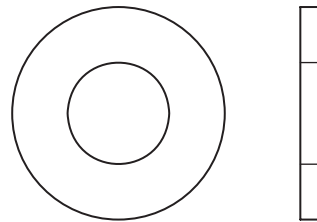
[#64]  $\phi$  11\*50 1PC



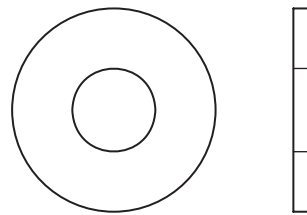
[#63]  $\phi$  11\*76 1PC



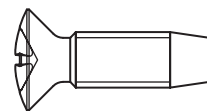
[#55]  $\phi$  10 4PCS



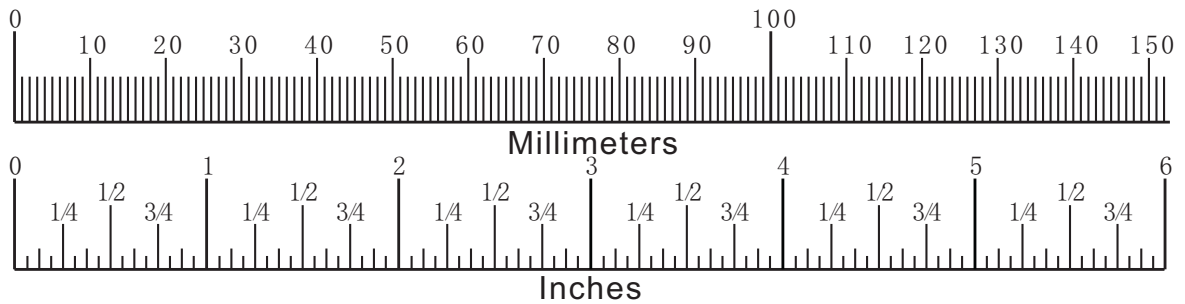
[#50]  $\phi$  20 93PCS



[#51]  $\phi$  9 10PCS



[#60] M6\*15 2PCS



## Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	33	Rubber Plug	4
2	Left Link Frame	1	34	Weight Stack Bumper	4
3	Right Link Frame	1	35	Plug 50*50	2
4	Standing Frame	2	36	Plug 25*50	4
5	Curve Cross Frame	1	37	Long Grip	2
6	Cross Frame	1	38	Grip	4
7	Left Upper Frame	1	39	Bottle Holder	1
8	Right Upper Frame	1	40	Allen Bolt M10*115	4
9	Sliding Frame	1	41	Allen Bolt M10*90	8
10	Seat Frame	1	42	Allen Bolt M10*75	4
11	Foot Support Frame	2	43	Allen Bolt M10*70	29
12	Long Handle	2	44	Bolt M10*72	2
13	Handle	2	45	Allen Bolt M10*50	2
14	Guide Rod(for Seat Frame)	2	46	Allen Bolt M10*35	1
15	Shaft	1	47	Allen Bolt M10*25	4
16	Left Handle	1	48	Allen Bolt M8*15	10
17	Right Handle	1	49	Should Bolt M10*10	8
18	Guide Rod	2	50	Washer $\phi 20 * \phi 11 * 1.5$	93
19	Upper Shroud	2	51	Washer $\phi 9 * \phi 16 * 1.6$	10
20	Shroud	1	52	Nylon Locknut M10	43
21	Cable Retainer Bracket	2	53	Washer $\phi 11 * \phi 38 * 2$	4
22	Seat Pad	1	54	Hole Clip	4
23	Weight Pin	1	55	Spring Washer $\phi 10$	4
24	Top Plate	1	56	Allen Wrench S=6	1
25	10LBS Weight	19	57	Allen Wrench S=8	1
26	Pull rope	1	58	Grease	1
27	Pop Pin	1	59	Weight Plate Number	1
28	Bronze Bushing Id1"	8	60	phillips head screw	2
29	Cable	1	61	$\Phi 25$ Cap	6
30	Foot Pad	4	62	$\Phi 25$ Cap ring	6
31	4.5" Pulley	2	63	Roll Pin	1
32	Liner Bearing	4	64	pin	1

## Assembly Instructions

Assembly of the Wt. Assist Chin/Dip Combo 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.



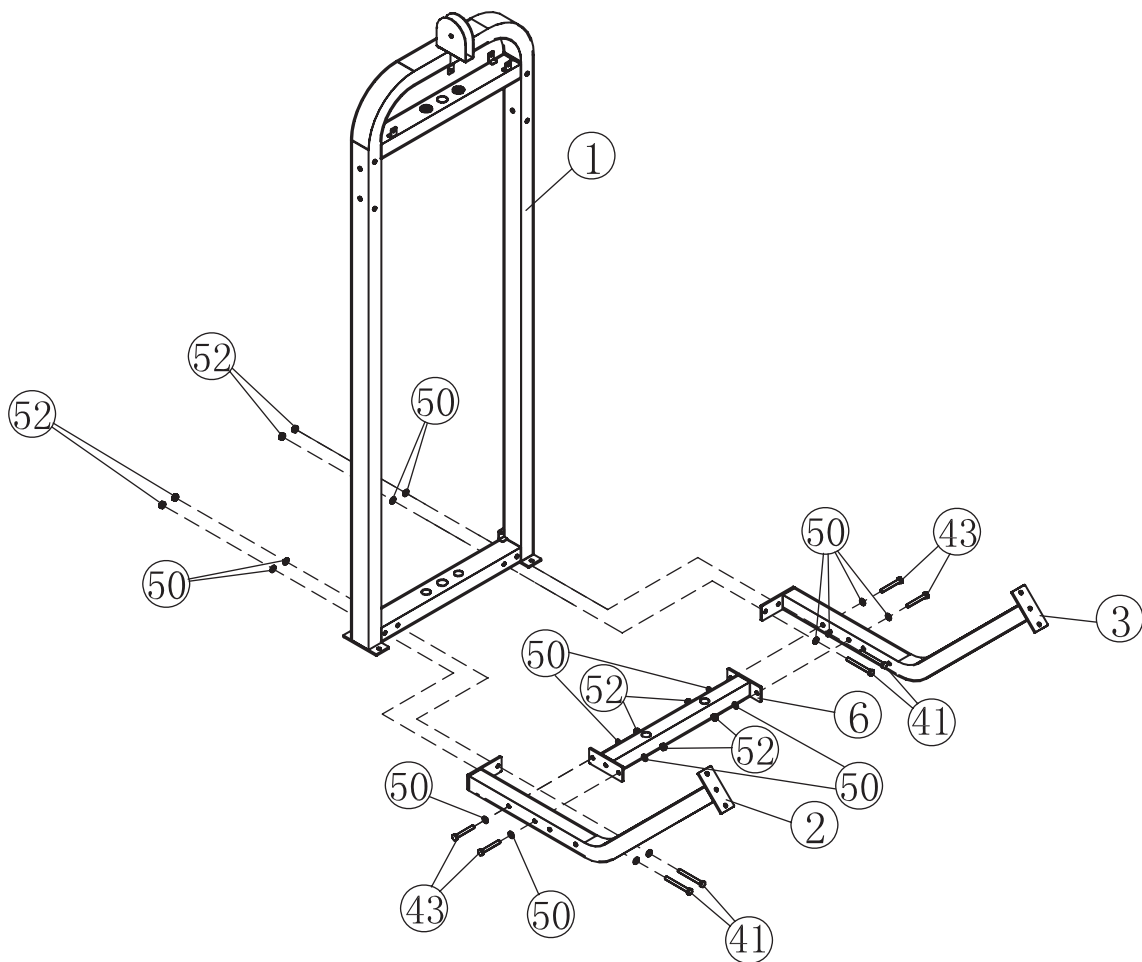
## Step 1 Install The Sub-support Components

1. Attach Left Link Frame(#2)and Right Link Frame(#3)to Main Upright(#1) using:

four Allen Bolts(#41)M10\*90  
four Nylon Locknuts(#52)M10  
eight dishing Washers(#50)

2. Attach Cross Frame(#6)to Left Link Frame(#2)and Right Link Frame(#3) using:

four Allen Bolts(#43)M10\*70  
four Nylon Locknuts(#52)M10  
eight Washers(#50)



## Step 2 Install Standing Frame and Foot Support Frame

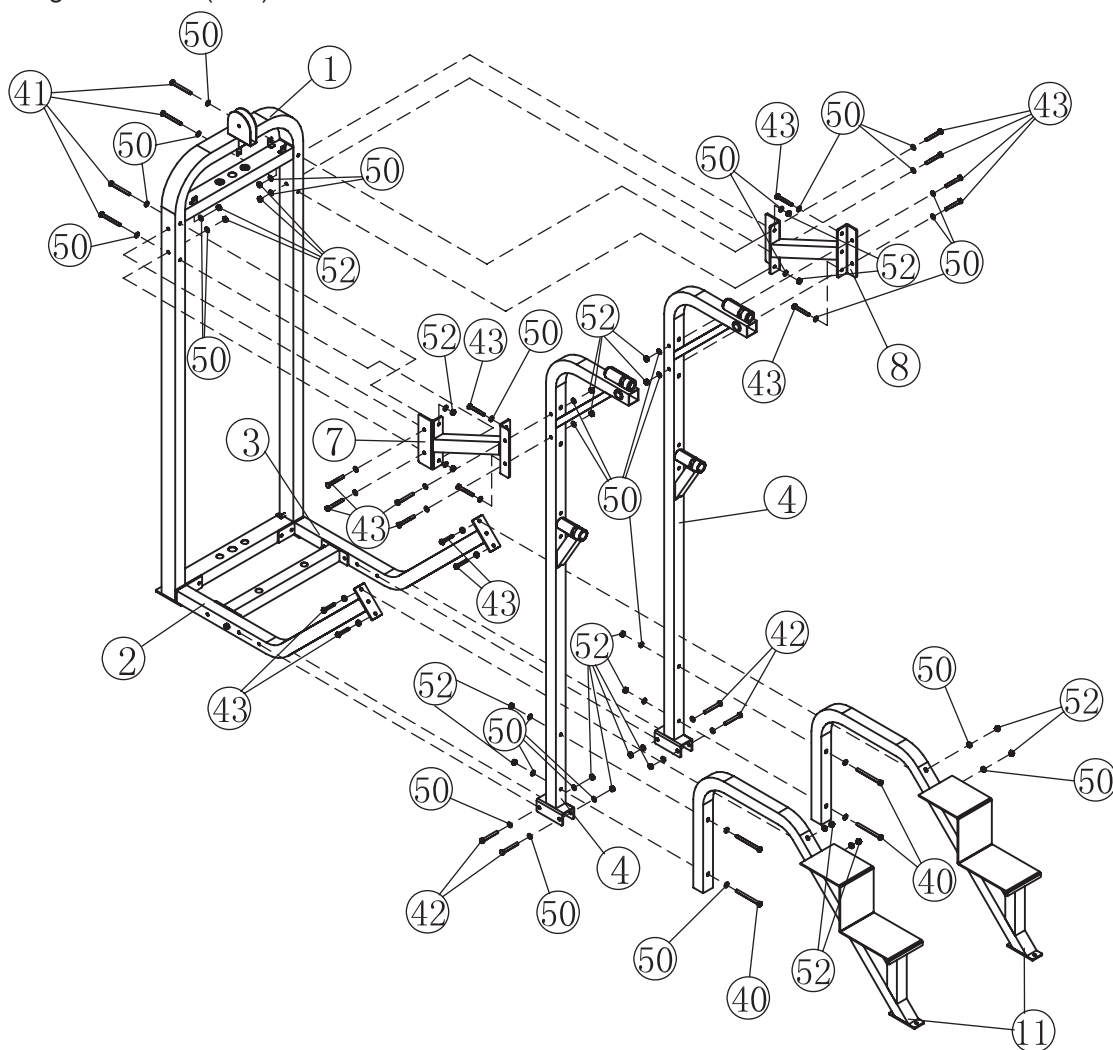
1. Attach two Standing Frames (#4) to Left Link Frame(#2) and Right Link Frame(#3) using:
 

four Allen Bolts(#42)M10*75	four Nylon Locknuts(#52)M10
eight Washers(#50)	
2. Attach Left Upper Frame(#7) to Standing Frames(#4) and Main Upright(#1). Attach Right Upper Frame(#8) to Standing Frames(#4) and Main Upright(#1) using:
 

four Allen Bolts(#41)M10*90	twelve Allen Bolts(#43)M10*70
sixteen Nylon Locknuts(#52)M10	thirty-two Washers(#50)
3. Attach two Foot Support Frames(#11) to Left Link Frame(#2) and Right Link Frame(#3) using:
 

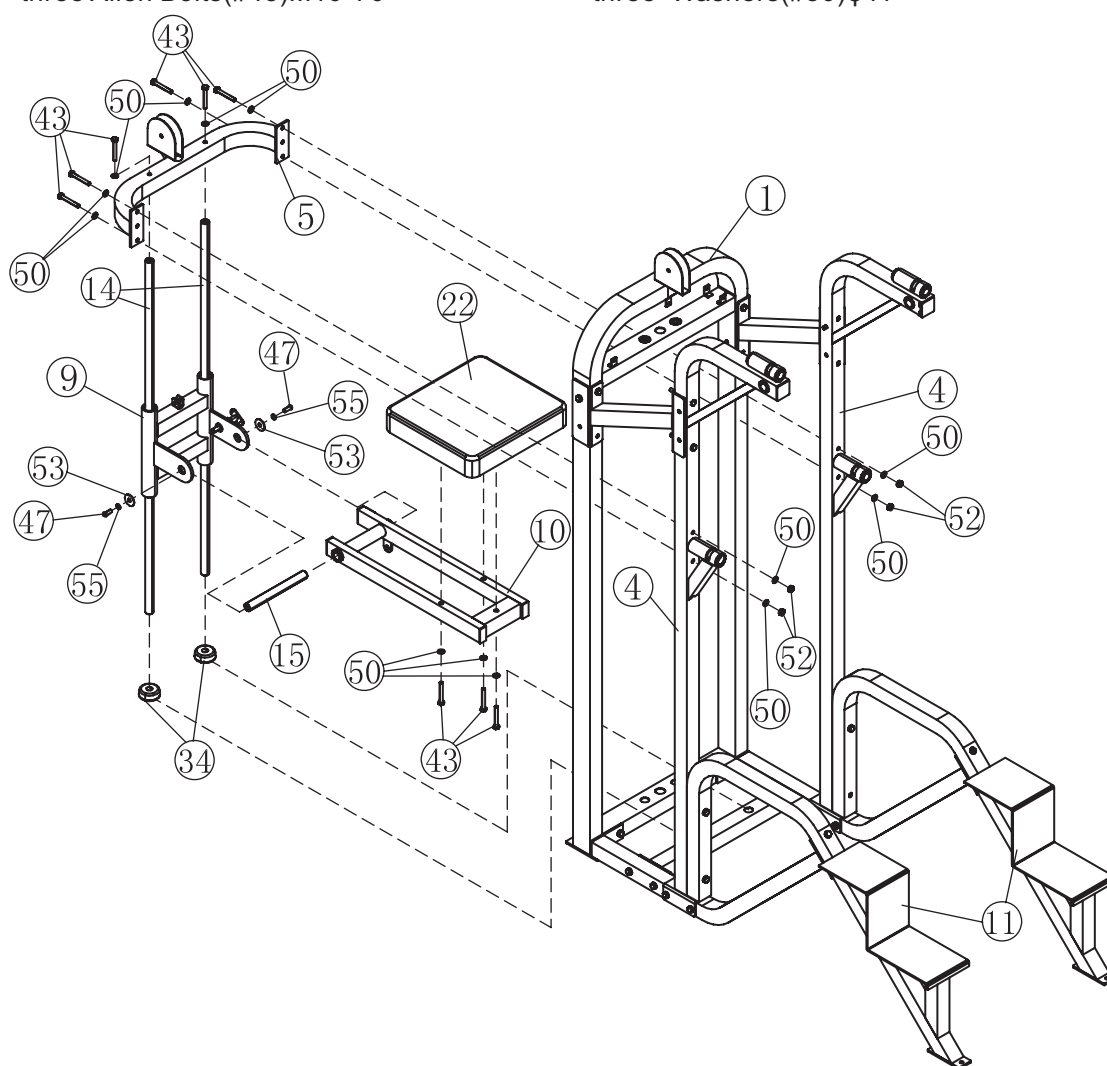
four Allen Bolts(#43)M10*70	four Nylon Locknuts(#52)M10
eight Washers(#50)	
4. Attach two Foot Support Frames(#11) to two Standing Frames(#4) using:
 

four Allen Bolts(#40)M10*115	four Nylon Locknuts(#52)M10
eight Washers(#50)	



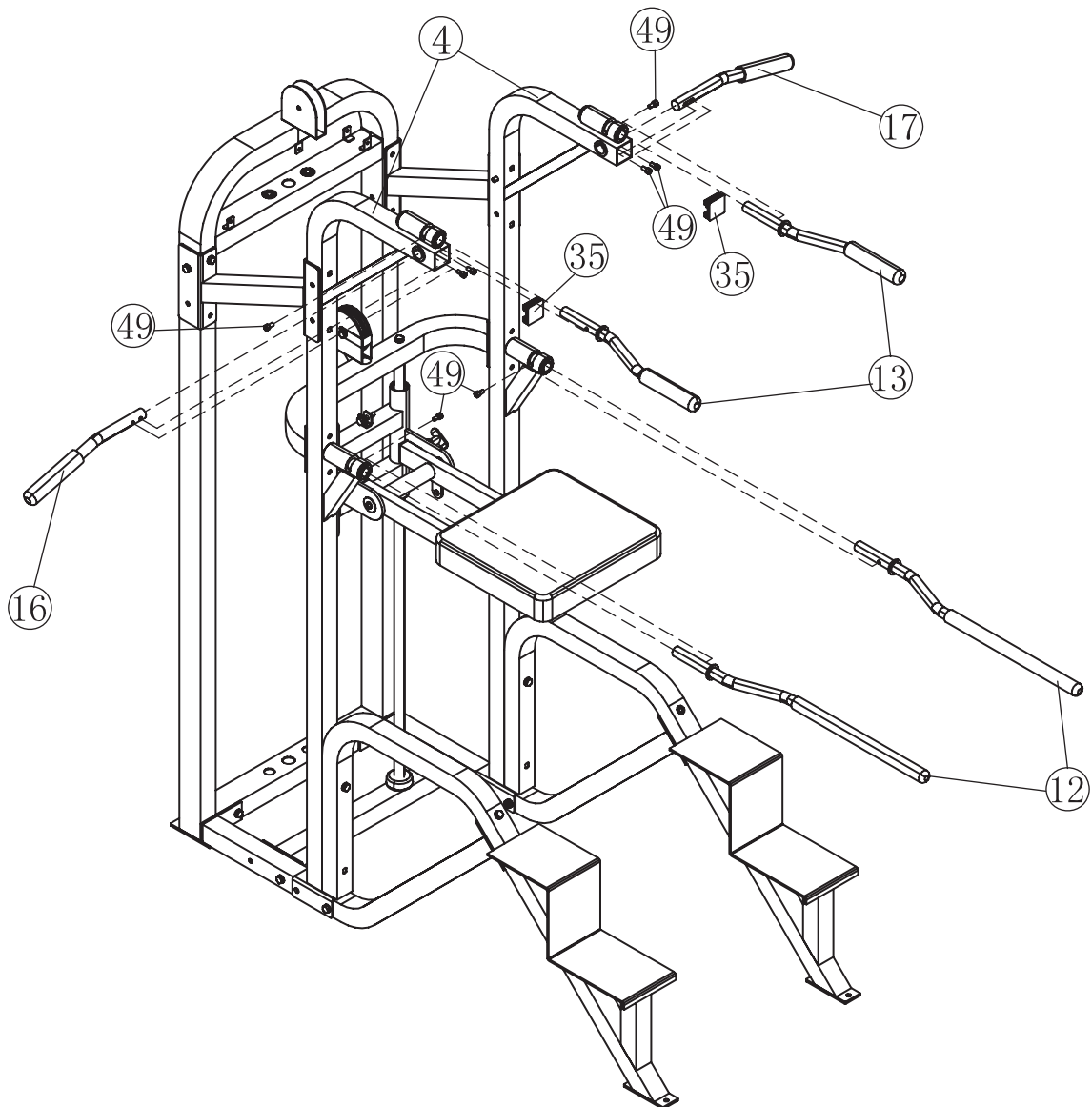
### **Step 3 Install Curve Cross Frame, Sliding Frame and Seat Frame**

1. Attach Curve Cross Frame(#5)to two Standing Frames(#4)using:  
four Allen Bolts(#43)M10\*70                          four Nylon Locknuts(#52)M10  
eight Washers(#50)
2. Insert two Guide Rods(for Seat Frame) (#14)into Cross Frame(#6).Slide two Weight Stack Bumper (#34)and Sliding Frame (#9)down onto each Guide Rod(for Seat Frame) (#14), Align the both ends of Guide Rod(for Seat Frame) (#14) to the Curve Cross Frame(#5)and secure them using:  
two Allen Bolts (#43) M10\*70
3. Attach Seat Frame(#10)to Curve Cross Frame(#5)using:  
one Shaft(#15)                                                  two Allen Bolt(#47) M10\*25  
two Spring Washers(#55) $\phi$ 10                                  two Washers (#53) $\phi$ 11\* $\phi$ 38\*2
4. Attach Seat Pad(#22)to Seat Frame(#10)using:  
three Allen Bolts(#43)M10\*70                          three Washers(#50) $\phi$ 11

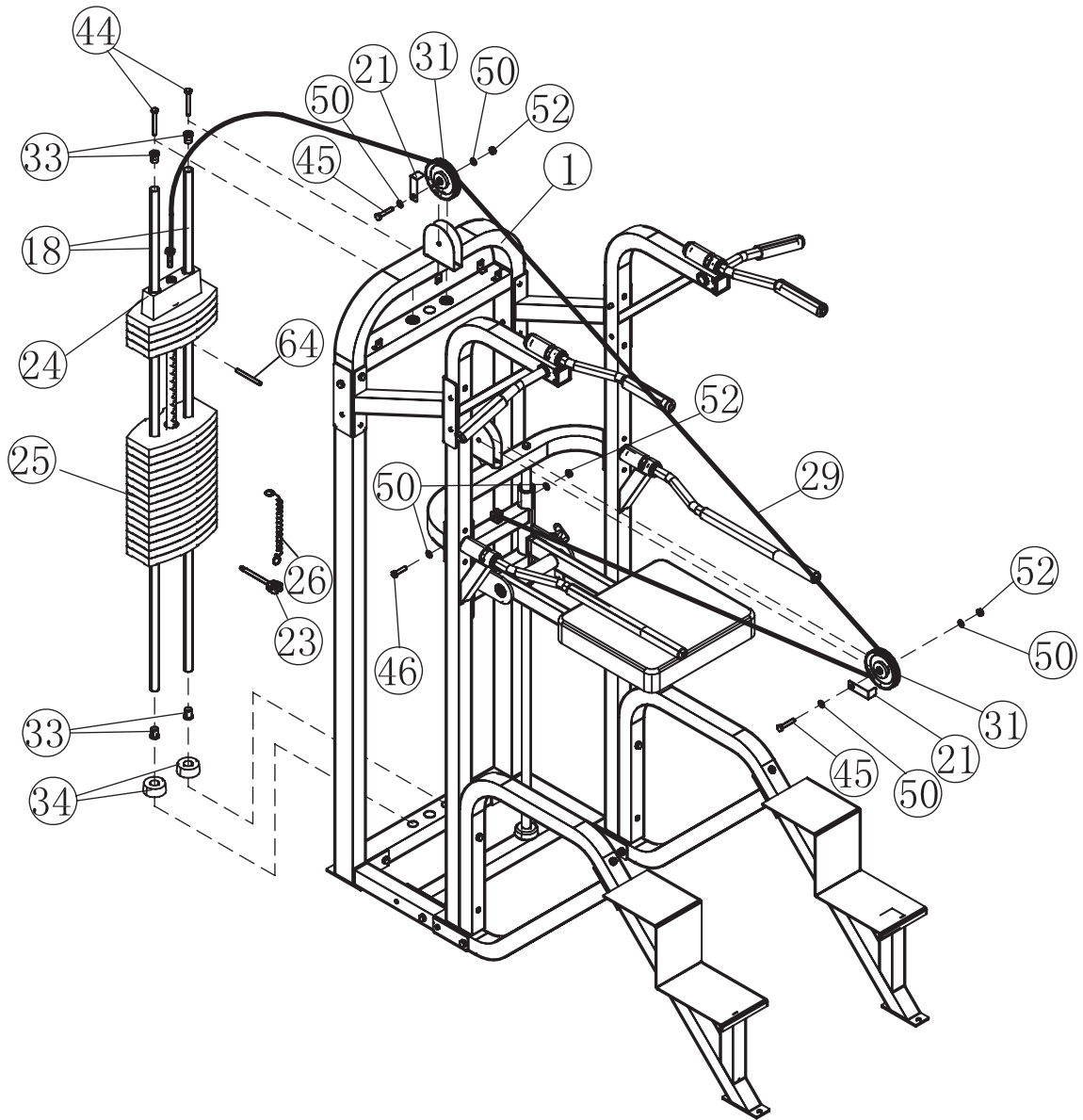


## Step 4 Install Handle

1. Insert two Long Handles(#12)and two Handles(#13)into two Standing Frames(#4)and connect them using:  
four Should Bolt (#49)M10\*10
  2. Insert Left Handle(#16)and Right Handle(#17)into two Standing Frames (#4)and connect them using:  
four Should Bolt (#49)M10\*10
- Insert two Plugs 50\*50(#35)into two Standing Frames(#4).







**For Step 5**

## Step 6 Assemble Shroud

1. Attach two Upper Shroud (#19) to Main Upright (#1) using:  
six Allen Bolts (#48) M8\*15                          six Washers (#51)  $\phi$ 8
2. Attach Weight Shroud (#20) to Main Upright (#1) using:  
four Allen Bolts (#48) M8\*15                          four Washers (#51)  $\phi$ 8
3. Attach the Bottle Holder (#39) to Main Upright (#1) using:  
two phillips head screws (#60) M6\*15

