

BJL05A

Functional Trainer

USER MANUAL



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

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WARNING

Only our accessories are allowed to be used during the maintenance of this machine. In order to avoid unnecessary injuries and losses, please do not perform actions beyond the scope of this machine. When use this machine, please strictly follow the rules as following:

- 1 Please read all instructions and understand them fully before using this equipment.
- 2 This equipment should be installed and used on clean, flat, and firm floor. It should not be used near water areas or outdoors. This equipment is suitable for gyms or other places like home, please use it under the guidance of professional fitness coaches.
The safety zone is required at least 0.5 meters away from movement range of this equipment. Do not place any objects that may hurt people such as edges and corners, around the equipment.
- 3 This equipment is not suitable for children. Please keep children away from this equipment when you use it. Teenagers should also use this equipment under the care of an adult.
Children and pets should stay away from this equipment, and do not leave unattended children alone in the room where the exercise machine is placed.
- 4 Please consult your physician or coach before starting an exercise. Correct warm-up exercise is a prerequisite for safe exercise. If you experience tachycardia, dizziness, nausea, chest pain or other discomfort during exercise, please stop the exercise and consult a doctor immediately.
Users should do exercise according to their own health conditions. Those who are physically weak or have disabilities must be approved by a doctor and accompanied by a coach to use the equipment.
Cardiovascular diseases, hypertension, diabetes, and other diseases that are not suitable for vigorous exercise. Must have a certification issued by a hospital at or above the county level to use this equipment.
This device cannot be used as a medical device.
- 5 Before using it, please check carefully whether any part of this equipment is loose or worn. If you find the problematic part, must replace it, then use it. Otherwise an accident may occur.



WARNING

- 6** In order to prevent accidents, please understand all the moving parts of this equipment. Do not loosen and remove any parts of this equipment without authorization to avoid injury.
Do not touch any moving parts with your hands and feet during the movement, and do not repair any parts that are entangled or kinked. Transfer, move or otherwise change the placement of equipment should be handled with care, meanwhile keeping the equipment stable.
- 7** Wear pure cotton sportswear during exercise. Do not wear robes or other clothes that are easily caught by the machine. Chemical fiber clothing is prone to static electricity, which may cause damage to the machine.
Choose light and comfortable sports shoes when exercising. Attention not wear slippers, leather shoes, high heels or bare feet to avoid safety problems.
- 8** When exercising, make sure that the weight stack set is always within the user's field of vision, so that can stop immediately when others are close to avoid injury.
- 9** Grasp your own exercise intensity, adjust breathing during exercise, and don't hold your breath when doing exercise.
- 10** It can be only used in accordance with the provisions of this manual. Other manufacturers similar manuals cannot be as a basis. You can also not use equipment to perform some actions that cannot be achieved by itself.
- 11** The training equipment is in compliance with EN 957
- 12** If you have any questions about use and maintenance, please consult our company.

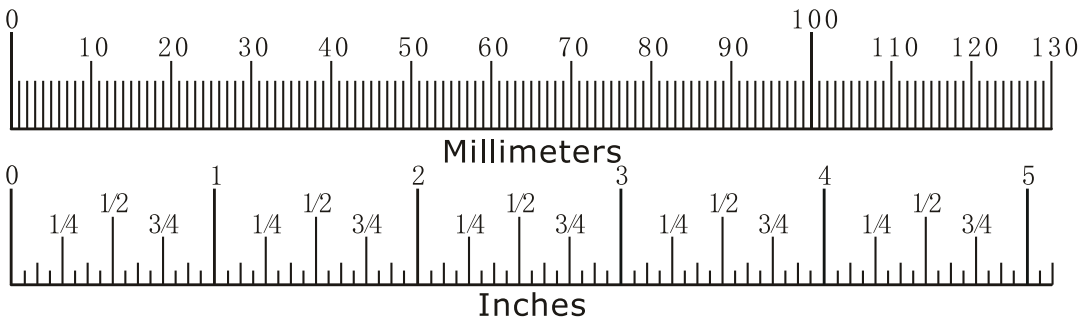
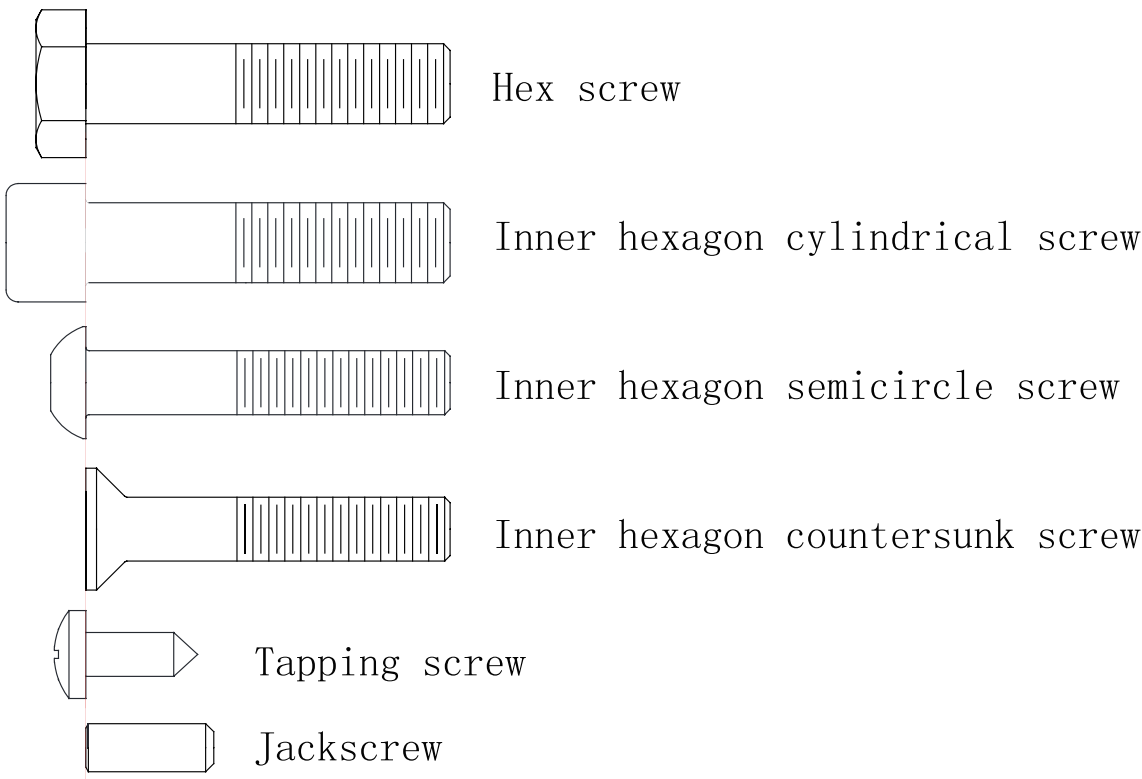
NOTICE

- 1** Warm-up: It needs warm-up for 5-10 minutes before starting exercise, for instance mark time, free-standing exercises etc., in order to move each joint muscle, in case any injure while exercising.
- 2** Diet: Eat some more protein, vegetables, and fruit. Begin to do exercises after a meal at least 40 minutes. Taking food until half an hour after doing exercises, drink little water is needed while doing exercise.
- 3** Breath: Breath in while exerting, exhale while relaxing. To coordinate breathe with movement.
- 4** Frequency: It needs to take a rest over 48 hours then training the same muscle.
- 5** Burden: Exerciser should choose suitable weight according to one's own actual conditions, make sure not to be overweight, so as not to cause the muscle to draw wounded. Exercises should according to the progressive principle; it is normal to feel ache after the first time exercises.

REGULAR MAINTENANCE

- 1** The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
- 2** Pay special attention to components most susceptible to wear.
- 3** Replace defective components immediately and /or keep the equipment out of use until repair;
- 4** This equipment should carry on regular maintenance according to the following chart:

MAINTENANCE	EVERY DAY	EVERY WEEK	THREE MONTHS
Check: connecting, bolt, Weight stack bolt	✓		
Clearance: cushion and cover	✓		
Lubrication: place of sliding			✓
Check: bolt if tighten	✓		
Lubrication: Bracket of bearing/axis		✓	✓



Tools required

M5 Hexagon wrench



M6 Hexagon wrench



M8 Hexagon wrench



M10 Hexagon wrench



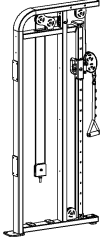
17-19 Open spanner



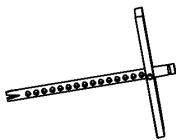
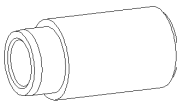
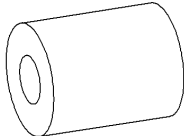
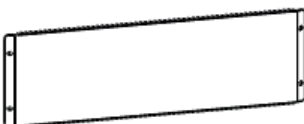
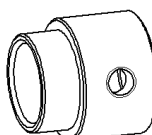
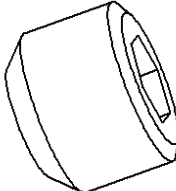
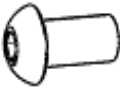
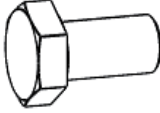
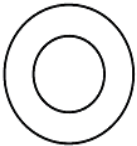
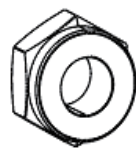
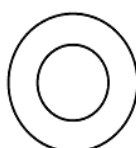
cross screwdriver



Accessories List-1 (Individual packaging category)

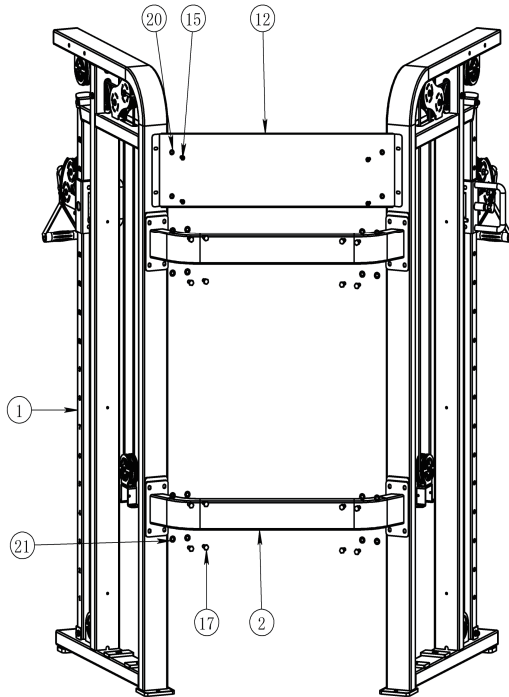
					
1	P817E-01*2PCS Small door welding assembly	2	P817E-03 *2PCS Connect the support welding group	3	P817-04 *1PCS Handheld welding assembly

Accessories List-2 (Assembling accessories)

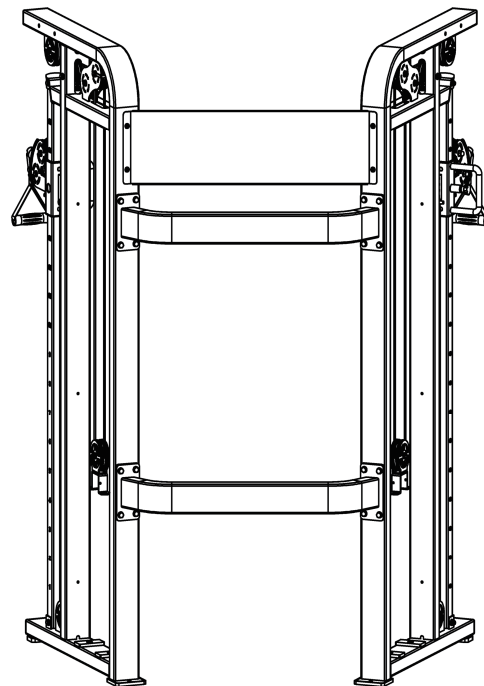
					
4	P817E *2PCS Matching and restructuring	5	P817E *2PCS Head piece	6	HM-5036 *2PCS Balance pin
					
7	HM-5001*4PCS Counterweight guide rod sleeve	8	HM-5006*4PCS Weighted rubber pad	9	P817-0001*4PCS Guide rod
					
11	P817-0003 *2PCS Protective board	12	P817-0004 *1PCS Labeling board	13	P817B-2100 *4PCS Optical axis fixing plate
					
14	M8 x 6 * 4PCS Jackscrew	15	Half round head screw M6x10*16PCS	17	Hexagon headed bolt M10X25*16PCS
					
19	Hexagon headed bolt M12X125*4PCS	20	Flat washer Φ6*16 PCS	21	Flat washer Φ10 *16PCS
					
22	Anti loosening nut M12 *4PCS	23	Flat washer Φ12 * 8PCS		

Assembly step

Pre assembly state



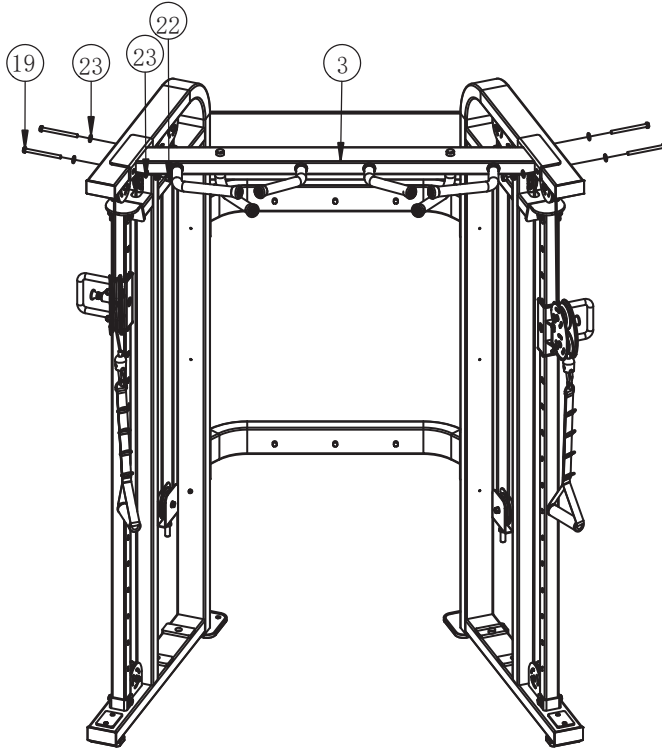
State after assembly



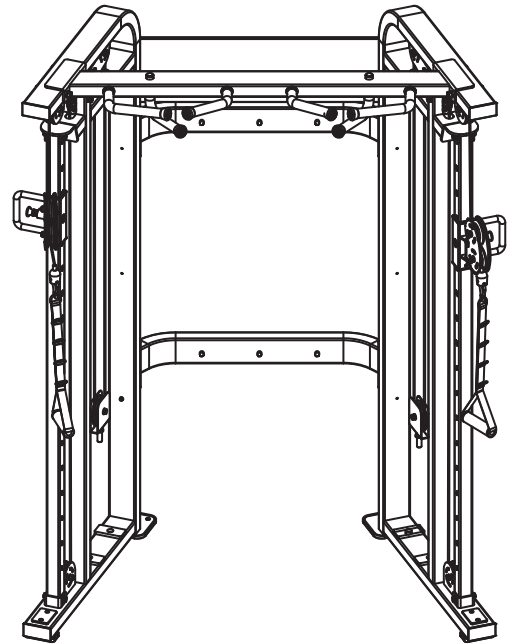
NO.	Part Name	QTY
1	Small door welding assembly	2
2	Connect the support welding group	2
12	Labeling board	1
15	Half round head screw M6x10	4
17	Hexagon headed bolt M10X25	16
20	Flat washer $\Phi 6$	4
21	Flat washer $\Phi 10$	16

Assembly step 2

Pre assembly state



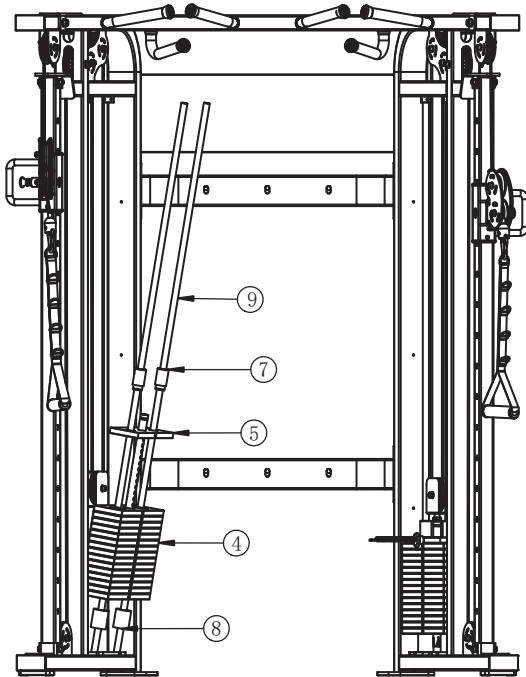
State after assembly



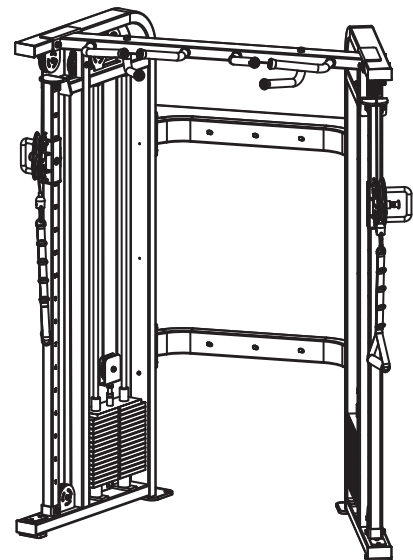
NO.	Part Name	QTY
3	Handheld welding assembly	1
19	Hexagon headed bolt M12 X125	4
22	Anti loosening nut M12	4
23	Flat washer $\Phi 12$	8

Assembly step 3

Pre assembly state



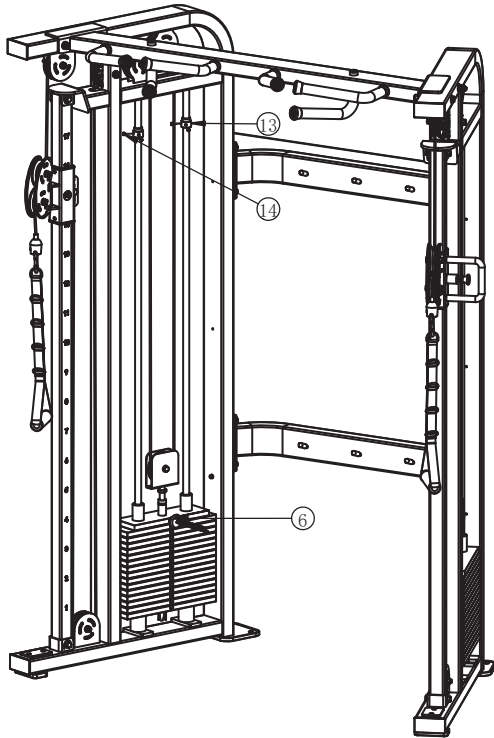
State after assembly



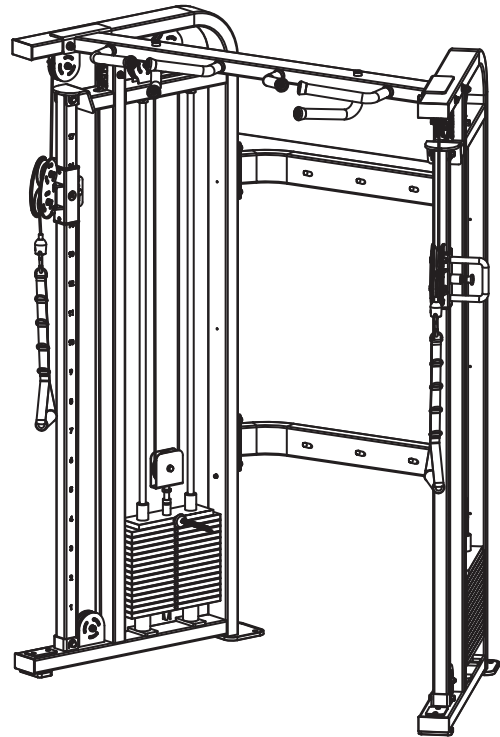
NO.	Part Name	QTY
4	Matching and restructuring	2
5	Head place	2
7	Counterweight guide rod sleeve	4
8	Balance rubber sleeve	4
9	Guide rod	4

Assembly step 4

Pre assembly state



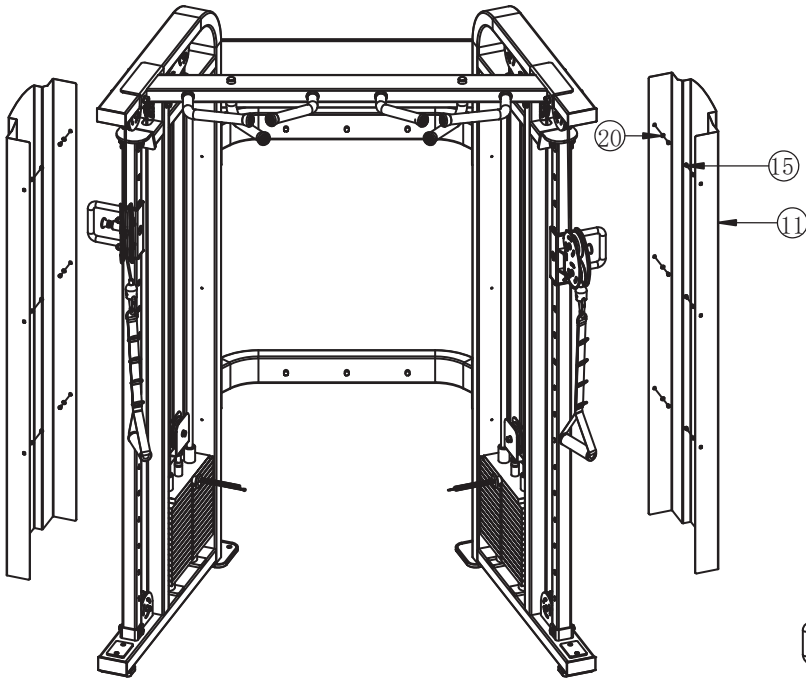
State after assembly



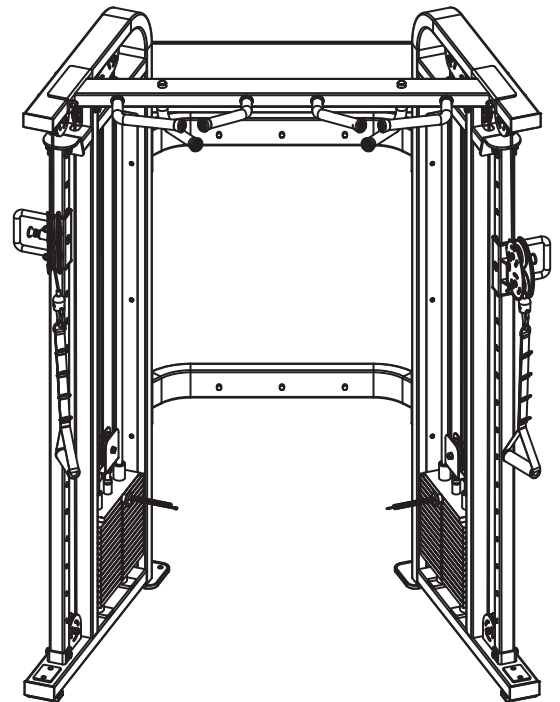
NO.	Part Name	QTY
6	Balance pin	2
13	Optical axis fixing plate	4
14	Jackscrew M8 X6	4

Assembly step 5

Pre assembly state

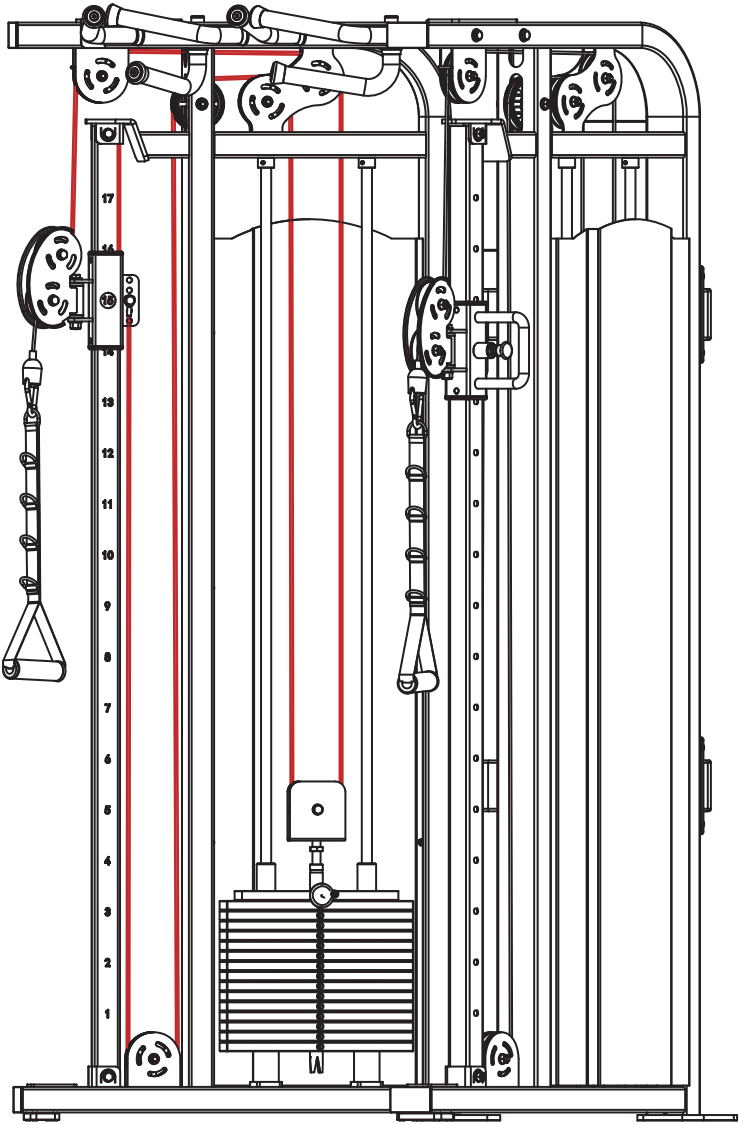


State after assembly

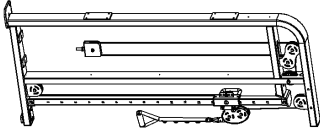


NO.	Part Name	QTY
11	Protective board	2
15	Hexagonal socket head screw M6X10	12
20	Flat washer $\Phi 6$	12

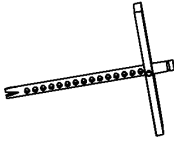
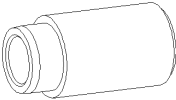
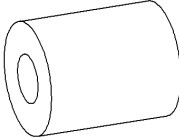
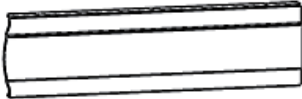
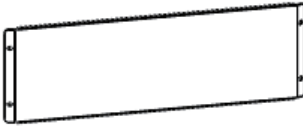
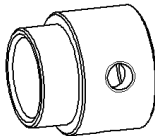
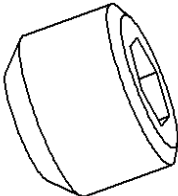
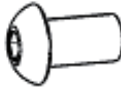
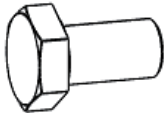
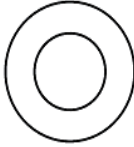
Wiring Diagram



1- List of Packaging Welding Parts

					
1	P817E-01 *2PCS Small door welding assembly	2	P817E-03 *2PCS Connect the support welding group	3	P817-04 *1PCS Handheld welding assembly

2-Packaging Parts List

					
4	P817E *2PCS Matching and restructuring	5	P817E *2PCS Head piece	6	HM-5036 *2PCS Balance pin
					
7	HM-5001 *4PCS Counterweight guide rod sleeve	8	HM-5006 *4PCS Weighted rubber pad	9	P817-0001 *4PCS Guide rod
					
11	P817-0003 *2PCS Protective board	12	P817-0004 *1PCS Labeling board	13	P817B-2100 *4PCS Optical axis fixing plate
					
14	M8X 6 *4PCS Jackscrew	15	Hexagonal socket head screw M6x10 *16PCS	17	Hexagon headed bolt M10X25 *16 PCS
					
19	Hexagon headed bolt M12X125 *4PCS	20	Flat washer Φ6 *16 PCS	21	Flat washer Φ10 *16PCS
					
22	Anti loosening nut M12 *4PCS	23	Flat washer Φ12 *8PCS		

FITNESS



COMMERCIAL FITNESS EQUIPMENT

