

Strength

Installation,
Maintenance,
Safety &

(Reference) Parts Manual
EU/US

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1 OVERVIEW



Before using this range of equipment, it is essential to read ALL of this manual and the documents it references prior to, choosing a location, assembling or operating this piece of equipment. This manual describes the equipment's setup and instructs how to use it correctly and safely. It is of the utmost importance that any User of the PULSE FITNESS Strength range is fully trained in its operation! Please ensure that the instructions given in General Safety Precautions section are understood by ALL Users. Keep this manual for future reference.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. PULSE FITNESS STRONGLY recommends gaining professional medical advice before using fitness equipment, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

Always warm up by exercising gently before progressing to a full programme of strenuous exercise. Similarly, reduce the level of activity gradually towards the end of the exercise programme.

Over exercise may result in serious injury or death. If you feel faint, light-headed, dizzy or suffer from any kind of pain or exhaustion, STOP exercising immediately.

NOT suitable for Medical/Therapeutic purposes.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged, repair using only genuine PULSE FITNESS parts fitted by an authorised person.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

OVERVIEW (CONT.)

Statement of Purpose:

As with all Pulse Fitness products, the Strength range has been designed and built to be the best in their class - aiming to exceed the expectations of gym owners, operators and users.

The concisely balanced range of machines covers all the major muscle groups satisfying user requirements in the most effective way possible.

In terms of versatility, adjustability, ease and appropriateness of use, this range has no equal.

It is both stylish and robust, with carefully crafted, non-intimidating functional design, intelligent, painstaking engineering, precision and finish, and exemplary manufacturing build quality, ensuring an optimum performance standard that is built to last.

All Pulse Fitness products are manufactured from the highest quality materials and components. They are subject to careful evaluation, rigorous usage tests and production checks. This ensures the strength and longevity to withstand the demands of the busiest facility for years to come.



CAUTION: Any changes or modifications to this equipment could void the product warranty. Any service, other than cleaning or user maintenance, must be performed by an authorised service representative. There are no user serviceable parts.

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3

GENERAL SAFETY INFORMATION

3.1 Introduction

It is the sole responsibility of the purchaser of PULSE FITNESS products to read this manual (in its entirety), any warning labels and to instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the PULSE FITNESS Strength range.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT PULSE FITNESS GLOBAL SERVICE IMMEDIATELY AT: +44 (0)1260 294600 OR EMAIL: global.service@pulsefitness.com.

The PULSE FITNESS H-Strength range of equipment is designed for Class S (Studio) as per BS EN 957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact PULSE FITNESS with any questions regarding this classification.

It is recommended that all users of PULSE FITNESS exercise equipment be informed of the following information prior to use.



CAUTION: 3.2 Access Control. PULSE FITNESS recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.



CAUTION: 3.3 Installation. SECURING EQUIPMENT - PULSE FITNESS recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor. See Section 4.3



CAUTION: 3.4 Proper Usage

- (1) Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that PULSE FITNESS equipment is used properly to avoid injury.
- (2) Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physical prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or suffer from any kind of pain or exhaustion, STOP EXERCISING and consult your physician.
- (3) Keep body parts (hands, feet, hair, etc.), loose clothing, shoelaces, and towels away from moving parts to avoid injury.

GENERAL SAFETY INFORMATION (CONT.)

- (4) Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
- (5) The Strength range is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
- (6) When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the weight stack pin is fully engaged in the hole to avoid injury.



CAUTION: 3.5 Inspection

- (1) DO NOT use or permit use of any equipment that has been dropped, damaged and/or has worn or broken parts. For all PULSE FITNESS equipment use only replacement parts supplied by PULSE FITNESS.
- (2) Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult PULSE FITNESS if uncertain).
- (3) Routinely inspect all accessory clips that join attachments to the cables or belts and replace them at the first sign of wear.
- (4) MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PULSE FITNESS for a replacement(s).
- (5) Warning labels are shipped with every product and should be installed before product is used. PULSE FITNESS is not responsible for missing or damaged warning labels.
- (6) EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
- (7) Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. PULSE FITNESS are able to provide service and maintenance training upon request.
- (8) Before any use, examine all accessories approved for use with the PULSE FITNESS equipment for damage or wear. Do not use attachments that have not been recommended by PULSE FITNESS, as such attachments may cause injury.
- (9) DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE PULSE FITNESS EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.



CAUTION: 3.6 Operating Warnings

- (1) It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating

GENERAL SAFETY INFORMATION (CONT.)

procedures of all PULSE FITNESS equipment.

- (2) Keep children away from strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- (3) Do not allow users to wear loose fitting clothing or jewellery while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- (4) All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.



CAUTION: 3.7 Selectorised Weight Stack Systems

- (1) Use only weight stack pins supplied by PULSE FITNESS. Substitutions are forbidden.
- (2) Fully insert weight stack pins. Partial insertion can cause weight plates to fall unexpectedly.
- (3) Never fix the weight stack plates in an elevated position.
- (4) Never remove the weight stack pin if any weights are suspended.
- (5) Never attempt to release jammed weights or parts.
- (6) Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by PULSE FITNESS.
- (7) Upon first use (installation), ALWAYS test the belt has been securely clamped (see sections 11 & 12).

3.8 Information

Do not stand or sit on plastic moulded covers.

Never place liquids of any type directly on the equipment, except in an accessory tray or holder. Containers with lids are recommended.

Do not allow other people to interfere in any way with the user or equipment during a workout.

Do not reach into, or underneath, the equipment or tip it on its side during operation.

Never insert objects into any opening in these products. If an object should drop inside carefully retrieve it. If the item cannot

GENERAL SAFETY INFORMATION (CONT.)

be reached contact PULSE FITNESS Global Service immediately at: +44 (0)1260 294600 or email: global.service@pulsefitness.com.

This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information refer to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65).

3.9 Tool Box

Included in your PULSE FITNESS machine package is a tool box. These tools are displayed at the top of each page and are highlighted when required. (Images may vary from tools provided.)

Note: Belts will stretch in the first 4 to 6 weeks of operation depending on use. Therefore tensioning is recommended, thereafter the belt stretch will be minimal. (Refer to Section 11).

Note: The wooden blocks used in Section 10 are not part of the PULSE FITNESS tool kit and will not be supplied.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

4 INSTALLATION

4.1 Location

Select a suitable location for the PULSE FITNESS Strength range equipment before moving it. The site you choose should meet the following requirements:

- A stable, solid, flat, level and clean surface.

Note: The Strength range is not suitable for outdoor use.

If the chosen surface is carpet then the Strength range equipment can be pushed to the desired position (this is a four person procedure). However, if the surface is more resistant, or the Strength range equipment has to be lifted and lowered into place, then six people will be required.



CAUTION

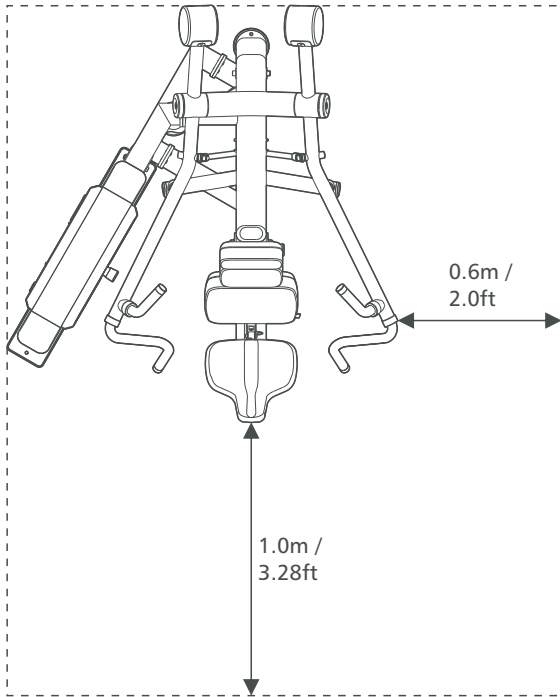


This equipment is heavy! We do not recommend attempting to lift it without assistance, at least 6 people should lift the H-Strength range when necessary.

NEVER attempt to lift the H-Strength range equipment by its Handlebars.

INSTALLATION (CONT.)

Figure A
Positioning (example)



4.2 Where to place the PULSE FITNESS Strength range

WARNING: Following all safety instructions move the PULSE FITNESS Strength range to the location in which it will be used. See Section 6, titled Exercise & Product Information, for the dimensions of the footprint. Allow a clearance of 1.0m (3.28ft.) in the direction the Strength range is accessed from. Generally allow at least 0.6m (2ft.) towards the sides of the Strength range [Figure A].

4.3 How to Stabilise the PULSE FITNESS Strength range

Make sure the PULSE FITNESS Strength equipment is stable and placed on a solid surface. After placing, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be securely fixed to the floor!

The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. PULSE FITNESS highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor constructions can vary, please consult a professional building engineer for proper fastening.

5

WARRANTY

5.1 Warranty

PULSE FITNESS warrants to the original purchaser only of new equipment purchased directly from PULSE FITNESS or from authorised distributors or resellers, for its own use not for resale, that all Strength machines shall be free from defects in materials and workmanship in accordance with the following schedule effective from the original date of delivery.

5 years:	Frames and welds.
2 years:	Mechanical components. Drive transmission belts.
1 year:	Rubberised materials, e.g. grip materials, safety walks.
6 months:	Upholstery.

This warranty does not cover any part of the equipment which has been:

- (1) Modified, altered or subjected to abuse, misuse, negligence or accident, or improperly operated, maintained or stored.
- (2) Improperly installed or installed in conjunction with any equipment for which it was not designed.
- (3) Repaired or replaced by any party other than PULSE FITNESS or its authorised service agents.
- (4) Damaged or destroyed by disasters such as fire, flood, lightning or earthquake.
- (5) Subject to usage or wear above that expected as being normal in the warranty period and classed as wear and tear items.

In no event shall PULSE FITNESS be liable for any special, incidental, consequential or other damages, costs or expenses.

If a defect involves a component, part or accessory that is already in service and can reasonably be replaced or serviced by the purchaser, PULSE FITNESS will be responsible only for providing, at no charge, a suitable replacement and instructions for the purchaser.

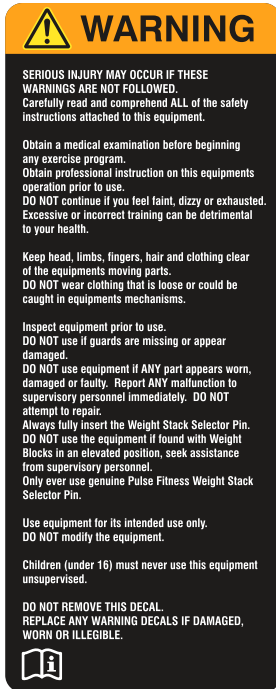
Warranty will be void if non-genuine PULSE FITNESS parts are used in replacement work.



WARNING: Failure to carry out the maintenance activities described in this manual could result in serious injury and void your warranty.

WARRANTY (CONT.)

Figure B
Warning Label (example)



NB: Image for illustration only

5.2 How to Obtain Product Service

- (1) Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
- (2) Locate and write down the serial number of the unit which is located on the rear panel of the Weight Stack Tower.
- (3) Contact Pulse Fitness Global Services Team (refer to page 02).

5.3 Warning Labels

PULSE FITNESS products come equipped with a number of standard warning labels. The illustration [Figure B] shows a sample of the safety labelling on the Strength range equipment.

- (1) MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PULSE FITNESS for a replacement(s).
- (2) Warning labels are shipped with every product and should be installed before product is used. PULSE FITNESS is not responsible for missing or damaged warning labels.
- (3) Decals may be removed using paraffin(kerosene). When the solvent will not penetrate decal material, apply heat (hairdryer) to soften the adhesive and promote removal. PETROL(GASOLINE) SHOULD NOT BE USED.

6 EXERCISE & PRODUCT INFO.

Figure C
Pulse Fitness Brochure (example)



NB: Image for illustration only

6.1 Exercise & Equipment Information

PULSE FITNESS Strength range is designed for heavy/commercial usage.

For product specifications, features, details, exercises and muscles used; physical dimensions, machine and stack weights please refer to document:

135-1954-* Pulse Fitness Brochure [Figure C]

6.2 IFI (Inclusive Fitness Initiative)

PULSE FITNESS Strength range has been designed to be inclusive. The range can also be upgraded, to comply to the IFI's Stage 2 accreditation. For details please refer to document:

135-1954-* Pulse Fitness Brochure [Figure C]

6.3 PulseMove Professional (Training Partner)

PULSE FITNESS Strength range has the option to be upgraded to function as part of a global digital fitness data-tracking eco-system (PulseMove). For details please refer to document:

135-1954-* Pulse Fitness Brochure [Figure C]

EXERCISE & PRODUCT INFO. (CONT.)

Figure D
QR Code Decal (example)



NB: Image for illustration only

6.4 QR Codes

Intro: QR Code decals [Figure D] have been attached to all PULSE FITNESS Strength equipment that does not have PulseMove Professional (indicated by no additional Training Partner console).

Users can still track their workouts by registering with www.pulsemove.com and using their smartphone/tablet in conjunction with the PulseMove Tracker app. The Cirrus (Android®) console and PULSE FITNESS' PulseMove software/app to provide product demo videos, strength tracking and product setup guidelines.

How it works: Select the QR Codes feature within the PulseMove Tracker app. Using the QR Code scanner, scan the QR Code on the equipment. Once scanned the PulseMove Tracker app will provide product demo videos, strength tracking and product setup guidelines. If the QR Code is scanned by a device without the PulseMove Tracker app, it will direct the device to the Apple App Store® or Google® Play Store to download the PulseMove app.

7 MAINTENANCE PROCEDURES

7.1 Preventive Maintenance Tips

PULSE FITNESS products are backed by the engineering excellence and reliability of PULSE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: Safety can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the PULSE FITNESS product operating at peak performance:

7.2 Cleaning the Equipment

PULSE FITNESS Approved Cleaners (United States Availability Only)

Two preferred cleaners have been approved by PULSE FITNESS reliability experts: PureGreen 24 (or equivalent) and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 (or equivalent) and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 (or equivalent) is available in a spray which is convenient to use. Apply the spray to a micro fibre cloth and wipe down the equipment. Use PureGreen 24 (or equivalent) on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact PULSE FITNESS Global Service Team to order these cleaners +44 (0)1260 294600 or email: global.service@pulsefitness.com.

7.3 Compatible Cleaners

DO NOT use water based solutions (on the following): Clean the display console, all exterior surfaces and the frame with a mild, non-abrasive silicon based household cleaner. Apply via a soft micro fibre cloth. Apply the cleaner to the cloth before cleaning. **DO NOT use ammonia or acid based cleaners.** **DO NOT use abrasive cleaners.** **DO NOT use paper towels.** **DO NOT apply cleaners directly to the equipment surfaces.**

MAINTENANCE PROCEDURES (CONT.)

DO use water based solutions (on the following): Clean the upholstery and handgrips with a mild soap and water solution.

Figure E

Preventive Maintenance Schedule

Action	Daily	Monthly	As Needed
Upholstery	Clean	Inspect	
Guide Bars		Clean	Lubricate
Acrylic Panels	Inspect	Clean	
Hand Grips	Inspect		Clean
Frames	Inspect		Wax
Powdercoat	Inspect		
Belt	Inspect	Check Tension	
Hardware	Inspect	Lubricate	
Function Test	Check		

7.4 Preventive Maintenance Schedule

Inspect and vacuum the area directly surrounding and under the unit regularly.

Inspect exterior parts regularly for wear. Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary. Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

Note: Spray the approved cleaner on a towel, and then wipe down the acrylic panels to avoid saturation.

Do not use scrubbing brushes on the acrylic panels. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

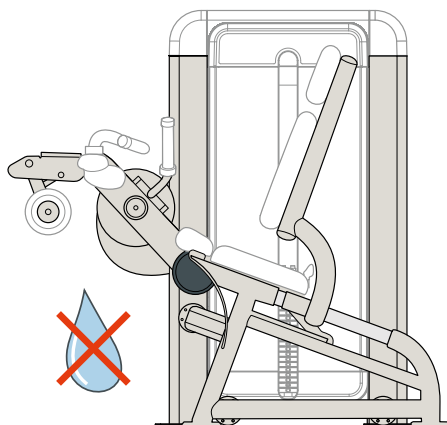
Check to make sure the unit is properly levelled.

Clean all exterior surfaces with an approved or compatible cleaner (see PULSE FITNESS Approved Cleaners) and a micro fibre cloth.

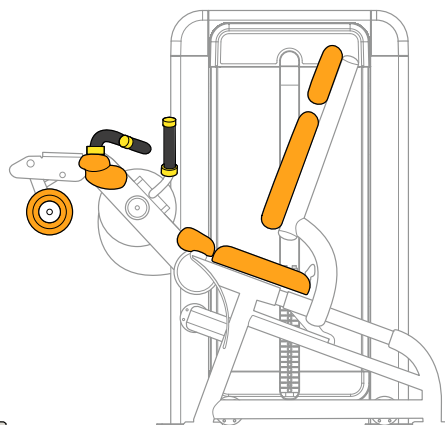


WARNING: Failure to carry out maintenance on the equipment as per this manual could result in serious injury and void your warranty. Please ensure all publications supplied with PULSE FITNESS equipment are read and understood.

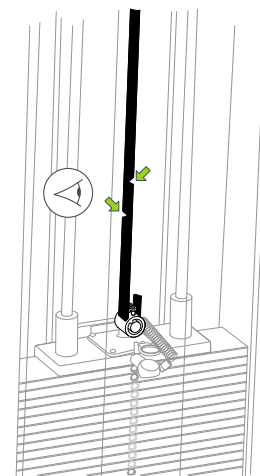
8 DAILY (MAINTENANCE & INSPECTION)



Clean frame with silicon based polish and a lint free cloth.
▲ Do not use water based solutions.

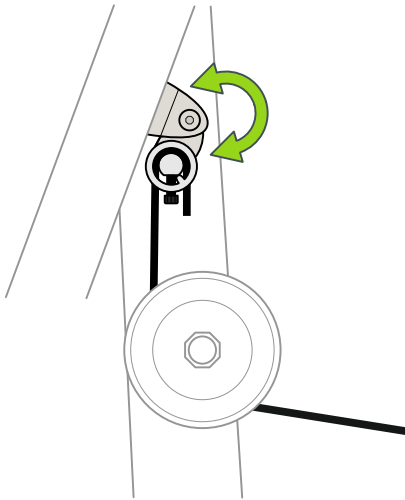


Clean upholstery and grips with soapy water.
▲ Failure to remove sweat a minimum of once a day will permanently dry out and crack upholstery.

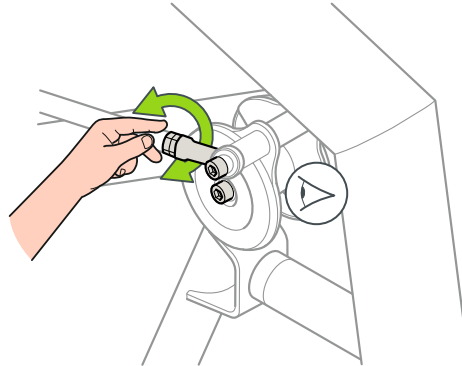


Visually inspect both the belt and clamp for cuts or frays.
For more information on the 15mm belt, refer to page 31.
▲ Damaged belts are dangerous.

DAILY (MAINTENANCE & INSPECTION) (CONT.)

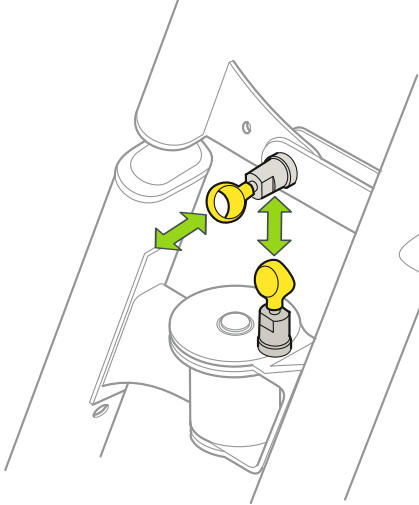
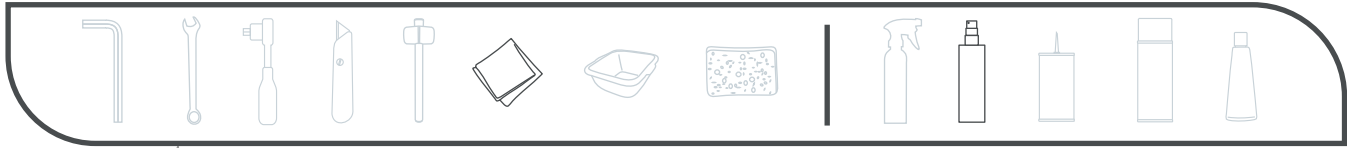


Ensure belt clamp pivots freely.
(Machine specific).

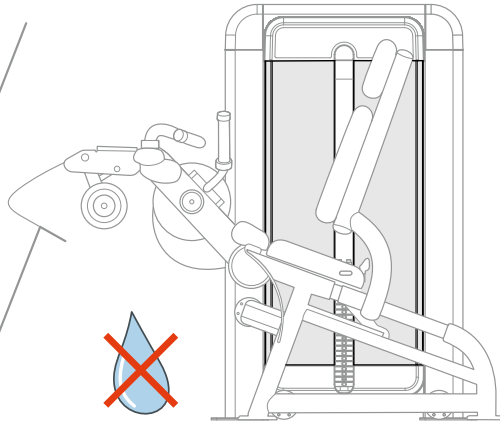


Check that all nuts and bolts are securely fastened.
Check all rod end bearings oscillate smoothly, and have no play.

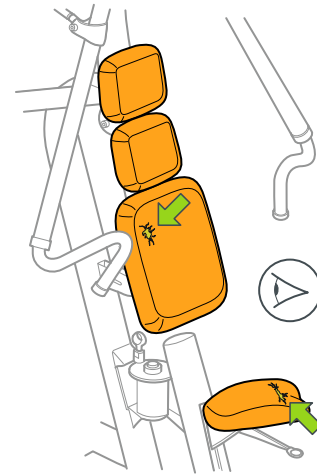
9 MONTHLY (MAINTENANCE & INSPECTION)



Check spring loaded plungers function correctly.

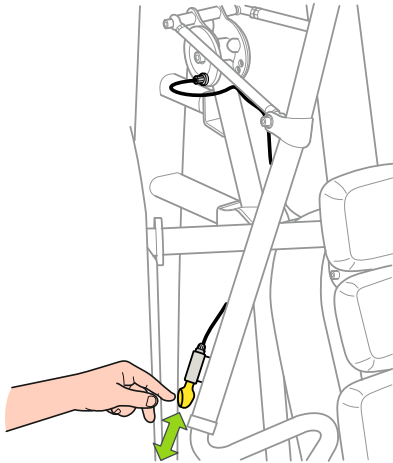
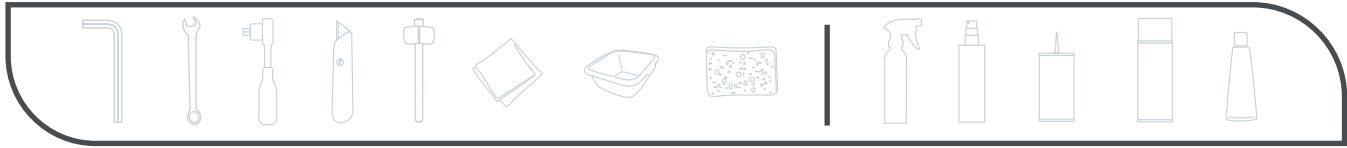


Clean acrylic panels with anti-static cleaner.

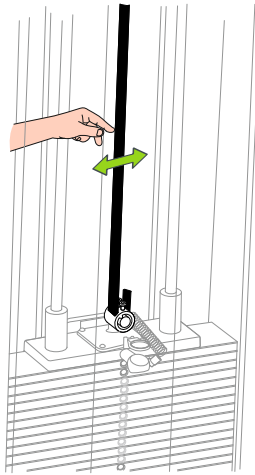


Check all upholstery for tears and grazes.

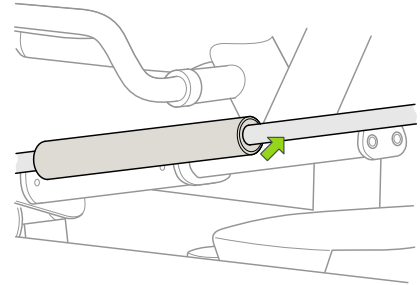
MONTHLY (MAINTENANCE & INSPECTION) (CONT.)



Check cable tension.
(310H - Chest Press only).



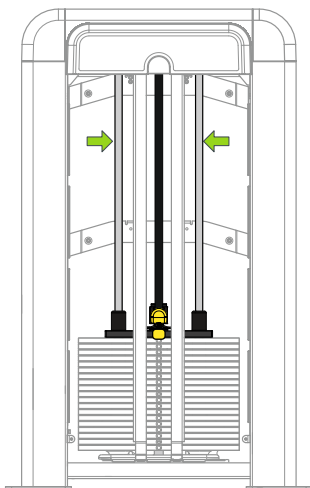
Check belt tension by moving belt back and forth.



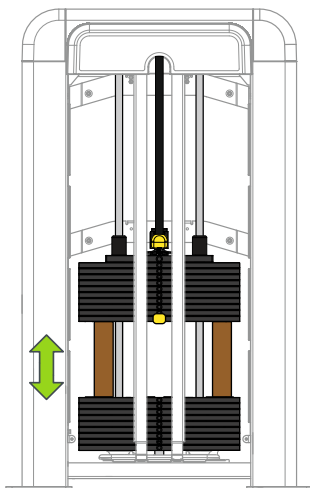
Clean and lubricate all hardened shafts with a silicon oil impregnated cloth to leave a thin film of lubricant.

10

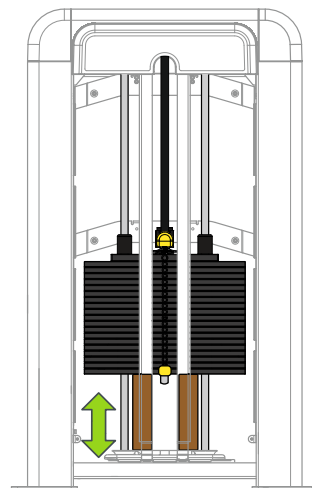
SIX MONTHLY (MAINTENANCE)



Wipe guide bars with a silicon oil impregnated cloth.

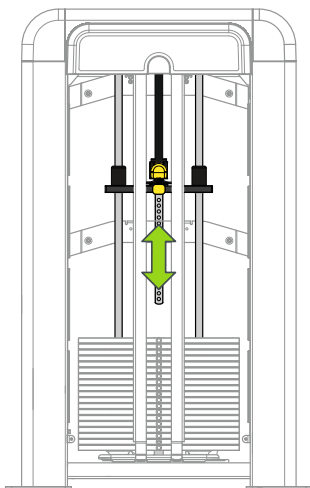


Lift half of weight stack and secure with wooden blocks. Wipe guide bars with silicon oil impregnated cloth.
⚠ This is a two person job.



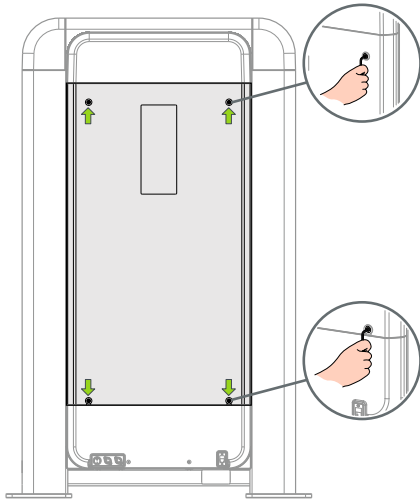
Lift the remaining amount of the weight stack and repeat lubrication on lower parts of guide bars.
⚠ This is a two person job.

SIX MONTHLY (MAINTENANCE) (CONT.)

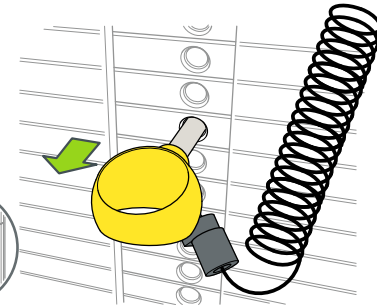


Operate machine with only the top weight selected for 10 reps.
Clean away any excess oil.

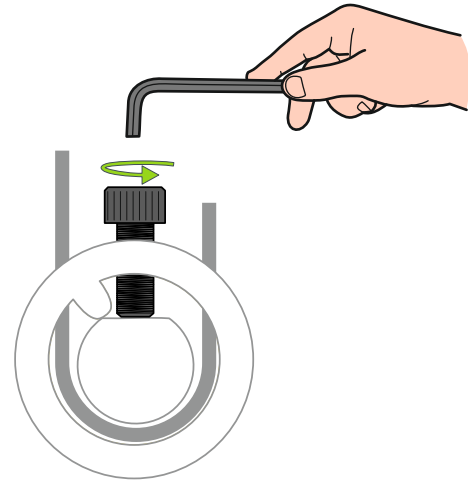
11 TENSIONING BELT (FROM WEIGHT STACK CLAMP)



Undo the top 2 allen key bolts and loosen the bottom two, and remove the back panel only.

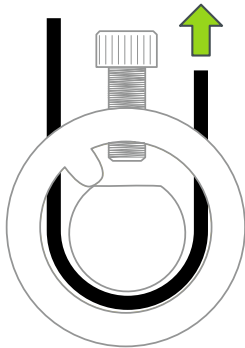
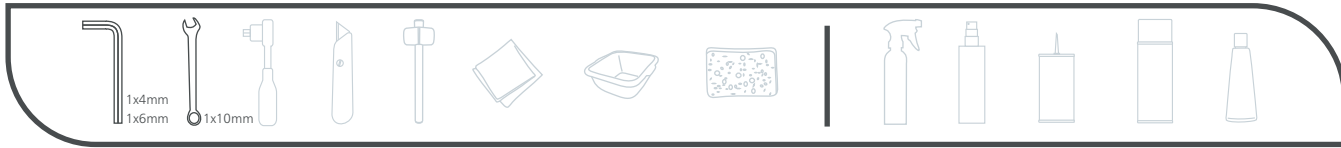


Pull out weight stack pin.

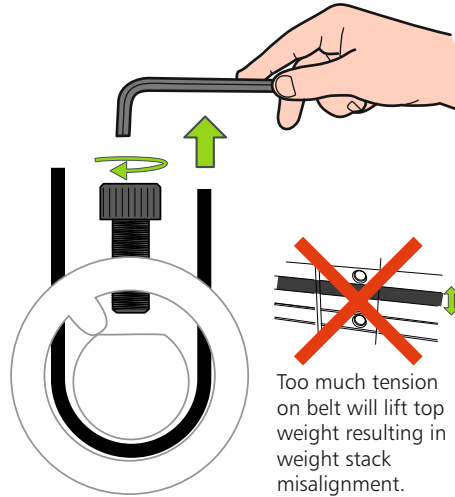


Slacken the cap screws on the belt clamp with a long arm 6mm allen key.
⚠ Do not remove cap screws.

TENSIONING BELT (FROM WEIGHT STACK CLAMP) (CONT.)

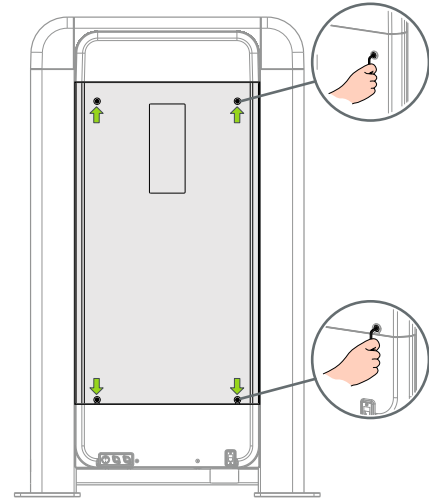


Pull the short end of the belt to remove slack.



Too much tension on belt will lift top weight resulting in weight stack misalignment.

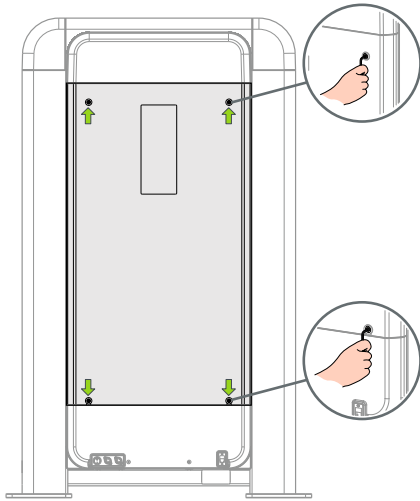
Tighten both cap screws as tight as possible using a long arm allen key while still pulling on loose end of belt.
⚠ SAFETY NOTE: Torque tighten to 17 N.m (145 lbf.in)



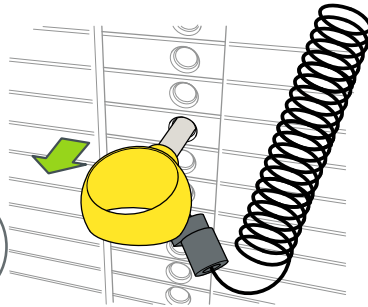
Rest the back panel onto the lower bolts and fix with top 2 bolt and tighten lower bolts. Replace weight stack pin.

12

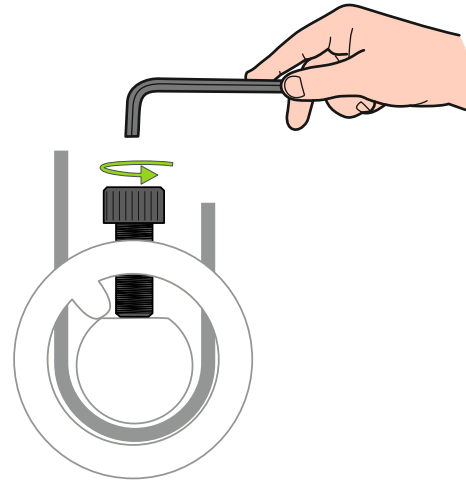
REMOVING & FITTING (NEW BELT)



Undo the top 2 allen key bolts and loosen the bottom two, and remove the back panel only.

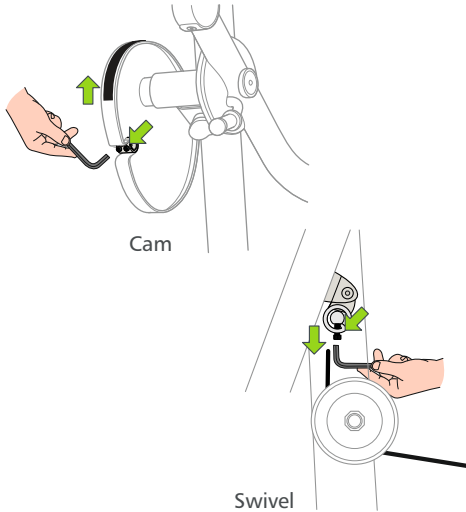
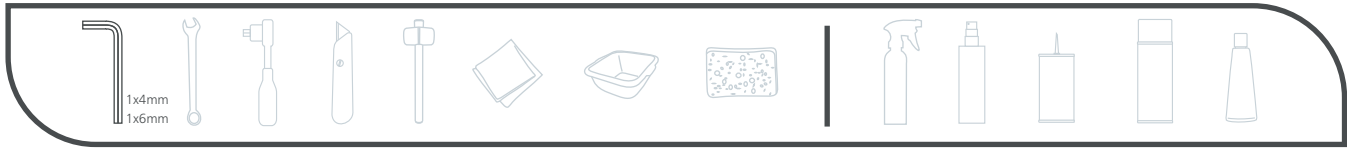


Pull out weight stack pin.

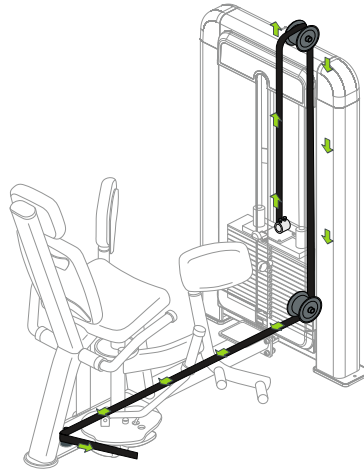


Slacken the cap screw on the belt clamp with a long arm 6mm allen key.
⚠ Do not remove cap screws.

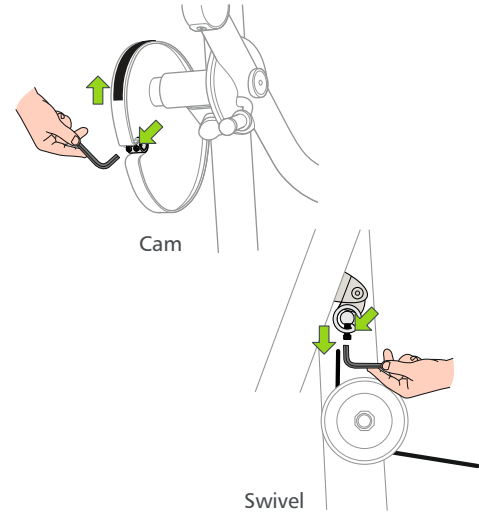
REMOVING & FITTING (NEW BELT) (CONT.)



Undo belt at cam or swivel end and remove.

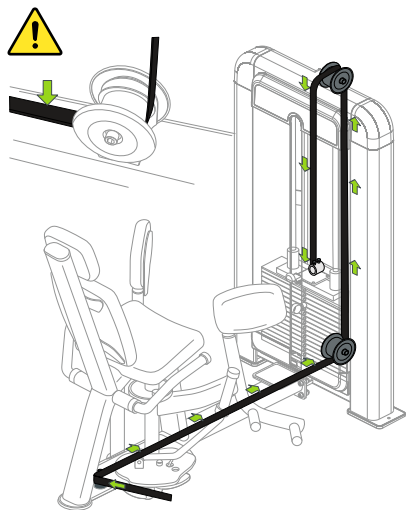


Remove belt from machine through pulleys.

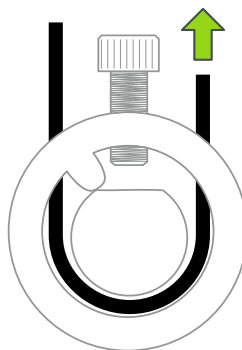


Tighten both cap screws as tight as possible using a long arm allen key while still pulling on loose end of belt.
⚠ SAFETY NOTE: Torque tighten to 17 N.m (145 lbf.in)

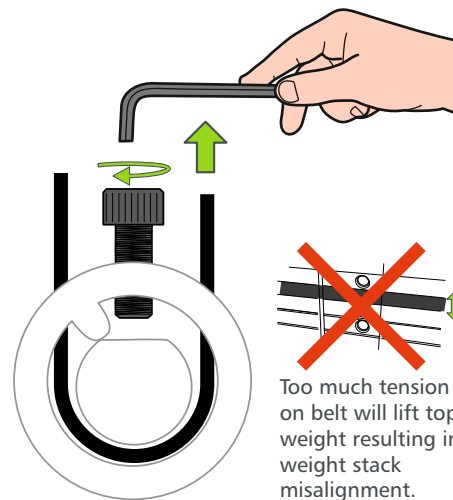
REMOVING & FITTING (NEW BELT) (CONT.)



Direct belt through pulleys ensuring that the smooth side of the belt runs on the pulleys. If not possible ensure that smooth side is on weight stack pulleys.



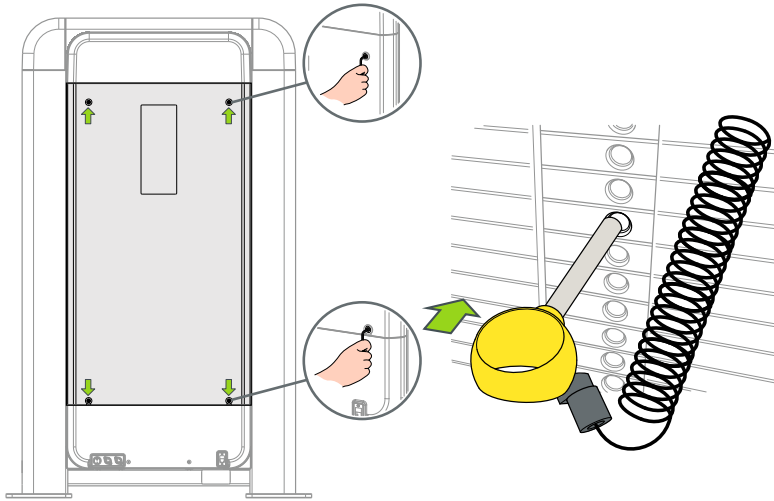
Feed belt through slots of clamp at weight stack end and pull taut to remove any slack.



Too much tension on belt will lift top weight resulting in weight stack misalignment.

Tighten both cap screws as tight as possible using a long arm allen key while still pulling on loose end of belt.
⚠ SAFETY NOTE: Torque tighten to 17 N.m (145 lbf.in)

REMOVING & FITTING (NEW BELT) (CONT.)

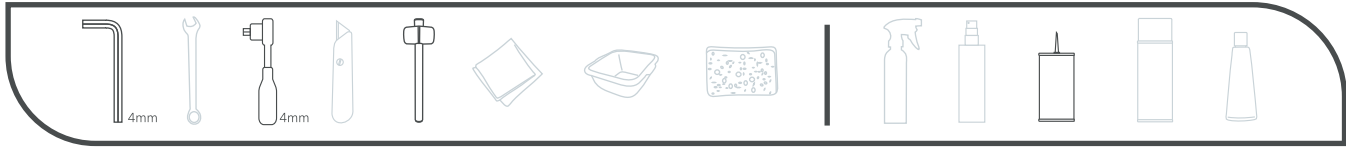


Rest the back panel onto the lower bolts and fix with top 2 bolt and tighten lower bolts. Replace weight stack pin.

Replace weight stack pin.

13

15mm BELTS - DAILY INSPECTION



13.1 Key Inspection Of ALL 15mm Belt Clamps

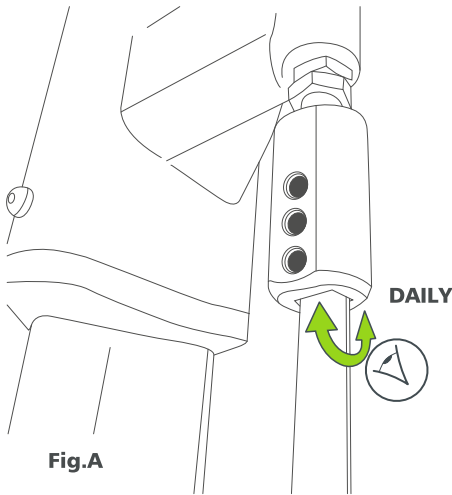


Fig.A

Visually inspect all belt connections both sides of the clamp (fig. A, B and C).

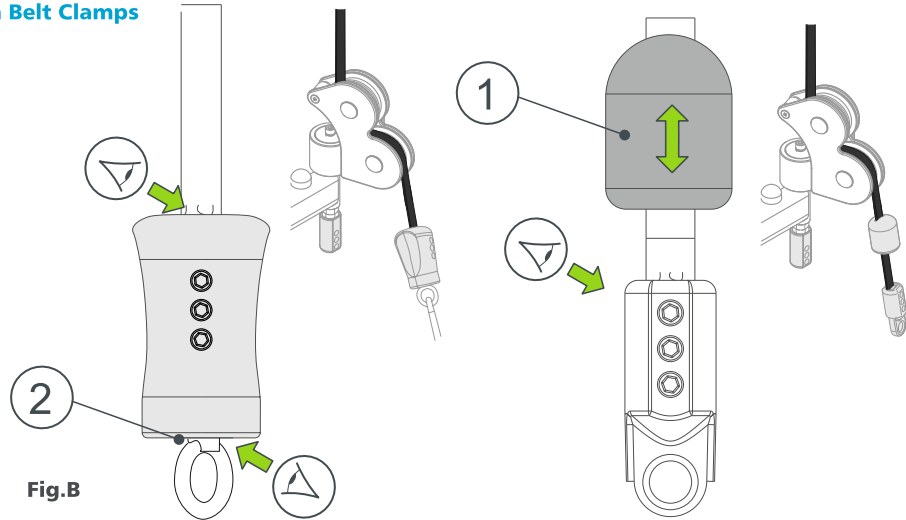
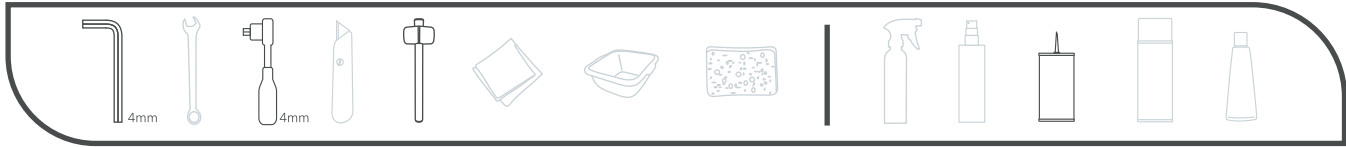


Fig.B

If rubber cover fitted slide back (1) and visually inspect all belt connection both sides of the clamp if any signs of wire protruding immediately. Tap the rubber cover back with a soft mallet, if required (1). Check the swivel rotates free and that the circlip is fully engaged (2).

13

15mm BELTS - DAILY INSPECTION



13.1 Key Inspection Of ALL 15mm Belt Clamps

MONTHLY

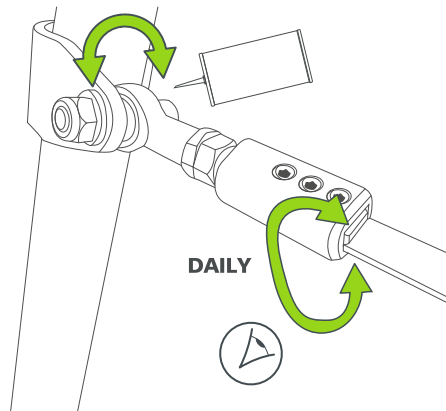


Fig.C

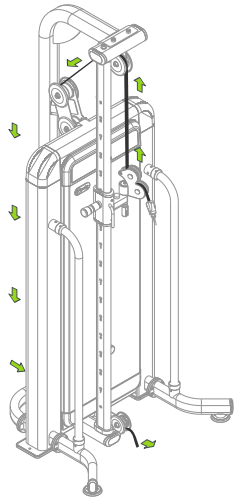
Check rod end bearings move smoothly, and have no play.

15mm BELTS FITTING

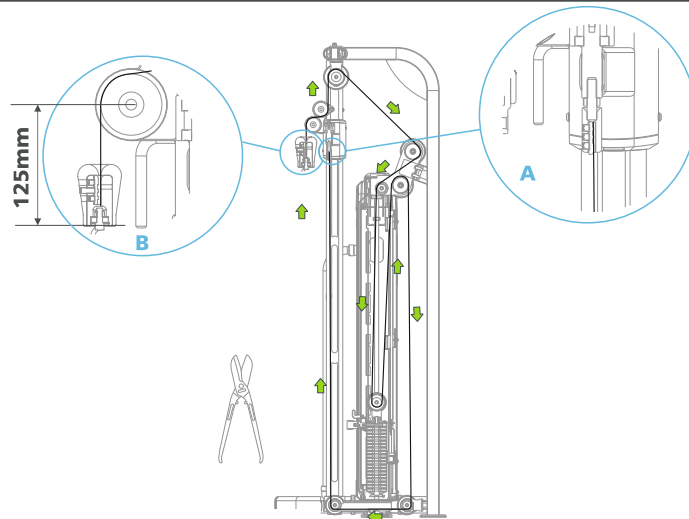
Key Point : All belt fitting must be carried out by a qualified engineer. (See page 8).



13.2 Fitting New 15mm Belt



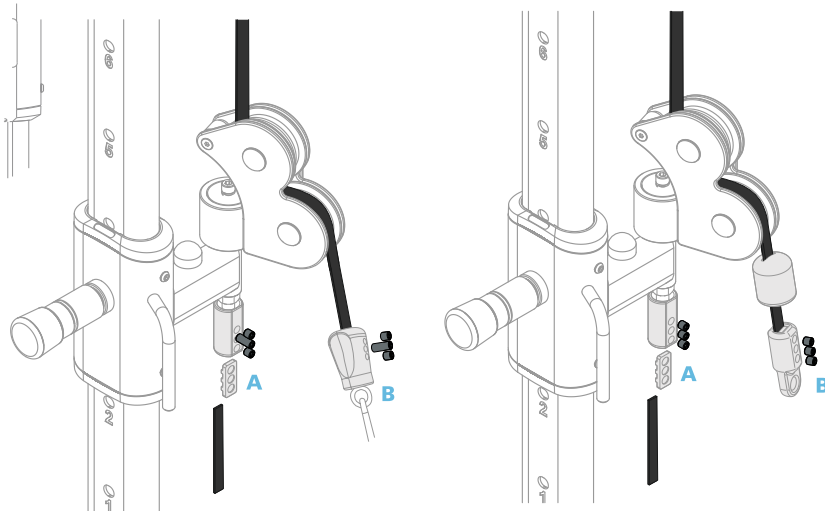
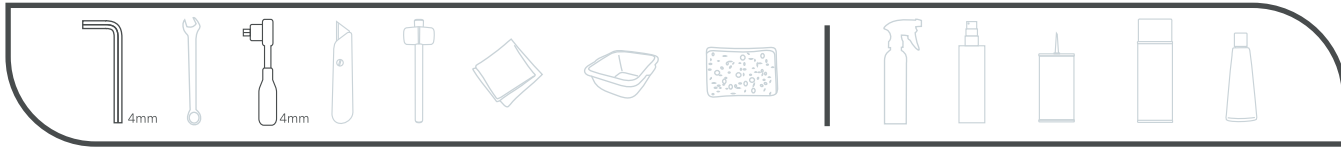
Direct the 15mm belt through the pulleys ensuring the ribbed side of the belt is on the weight stack pulley. Follow the next diagram from belt routing. Secure the fixed clamp (A) first ensuring you carefully follow the clamping procedure on page 34.



Then trim the belt to length 'B' using straight gilbo cutting snips. Ensure you carefully follow the procedure on page 33 for securing the belt to the attachment clamp.

15mm BELTS FITTING

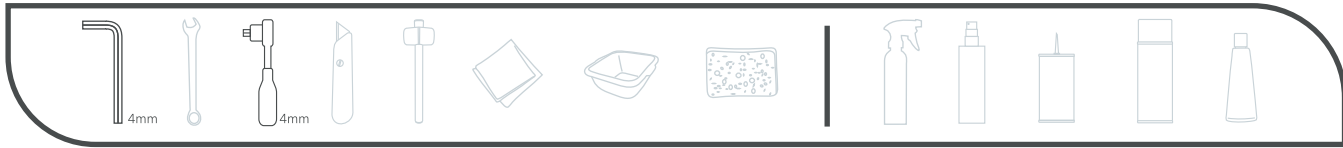
Key Point : All belt fitting must be carried out by a qualified engineer. (See page 8).



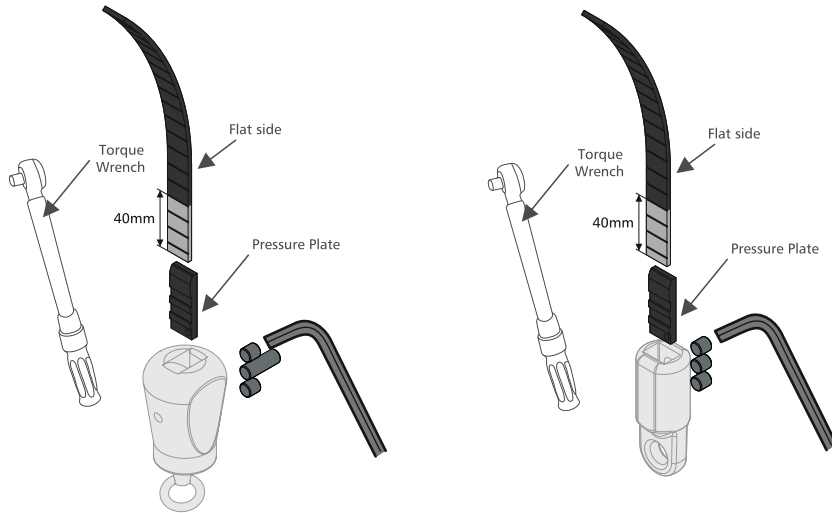
After securing both clamps check the function of the machine on 10kg ensuring the belt is routed and the movement is smooth.

15mm BELTS FITTING (CONT.)

Key Point : All belt fitting must be carried out by a qualified engineer. (See page 8).



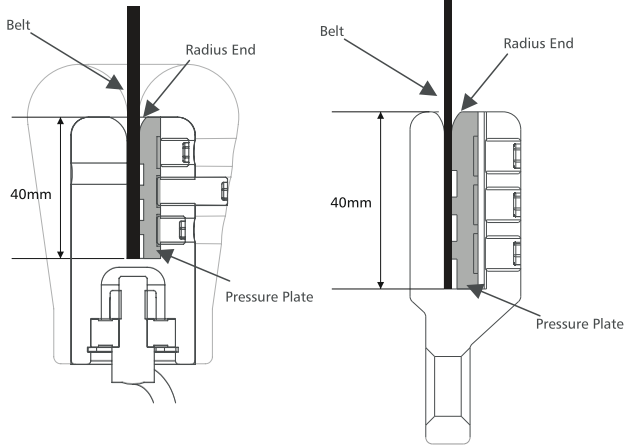
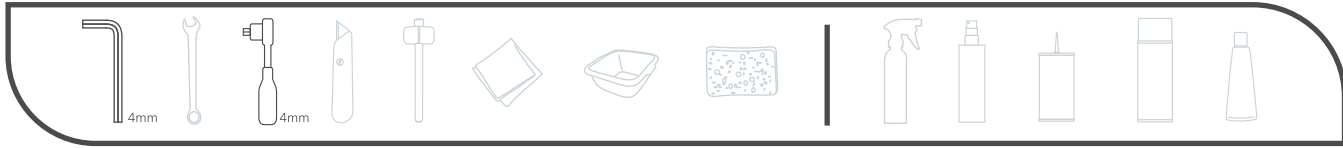
13.3 Securing The Attachment Clamp



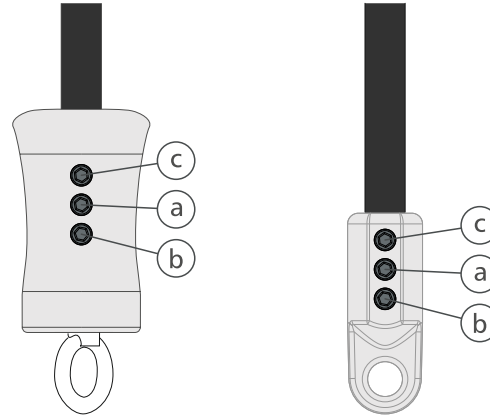
Assemble the belt into the clamp.

15mm BELTS FITTING (CONT.)

Key Point : All belt fitting must be carried out by a qualified engineer. (See page 8).



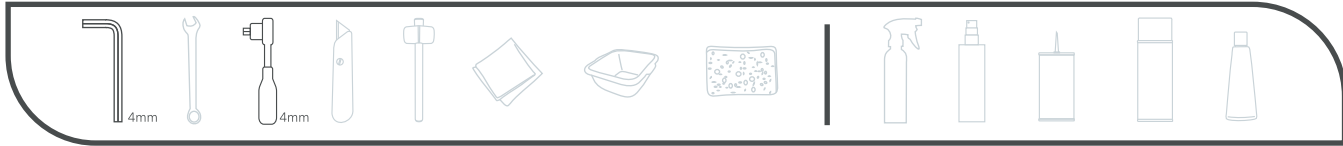
Ensure the belt is fully inserted to a depth of 40mm and the radius edge on the belt clamp pressure plate is to the outside, as illustration.



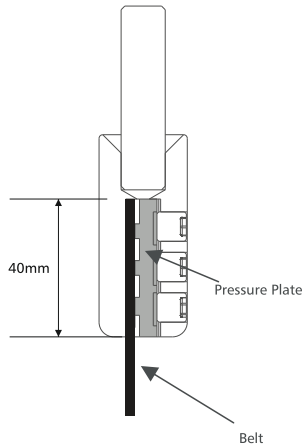
Secure the grub screws with a grade A allen key (not worn). Ensure the allen key is fully inserted into the grub screw. Use a torque wrench to tighten to a force of 17 N.m (145 lbf.in). Follow the order a, b, c, and then repeat procedure.

15mm BELTS FITTING (CONT.)

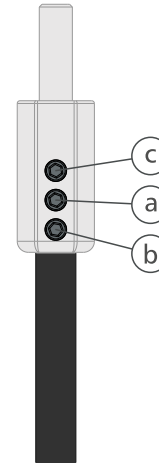
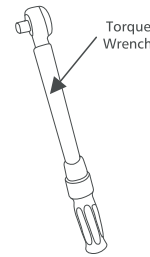
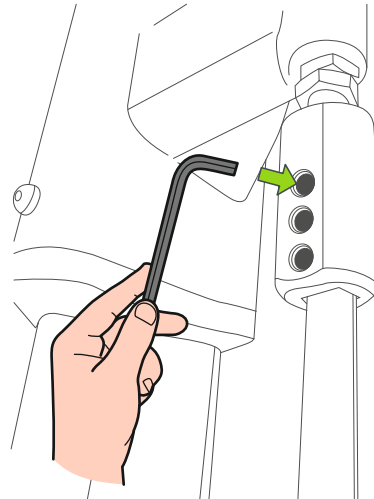
Key Point : All belt fitting must be carried out by a qualified engineer. (See page 8).



13.4 Securing The End Clamp



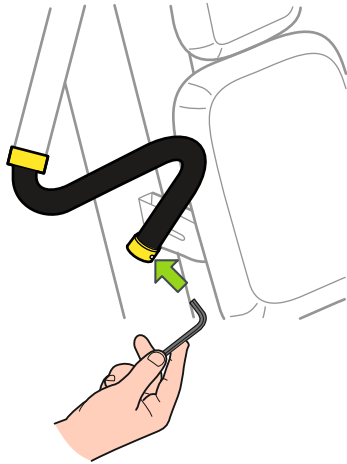
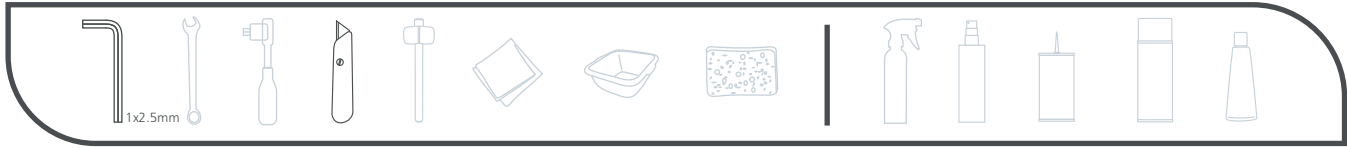
Assemble the belt into the clamp. Ensure the belt is fully inserted to a depth of 40mm and the clamp pressure plate is to the outside, as illustration.



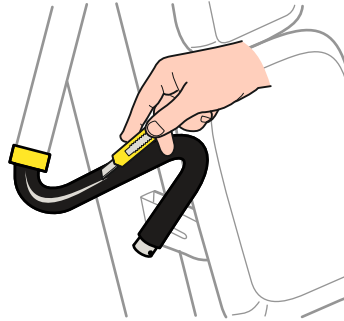
Secure the grub screws with a grade A allen key (not worn). Ensure the allen key is fully inserted into the grub screw. Use a torque wrench to tighten to a force of 17 N.m (145 lbf.in). Follow the order a, b, c, and then repeat procedure.

14

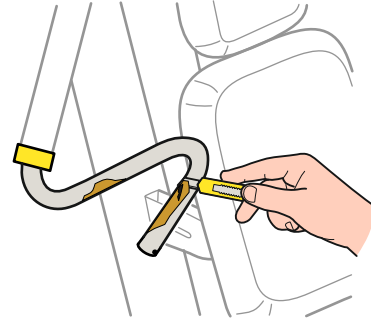
REPLACING WORN HANDGRIPS



Undo grub screw on end cap.

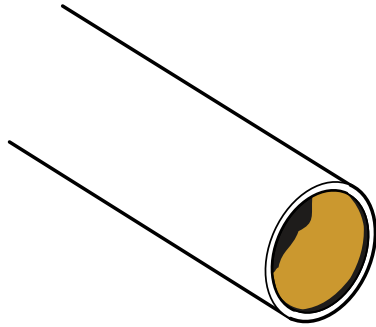
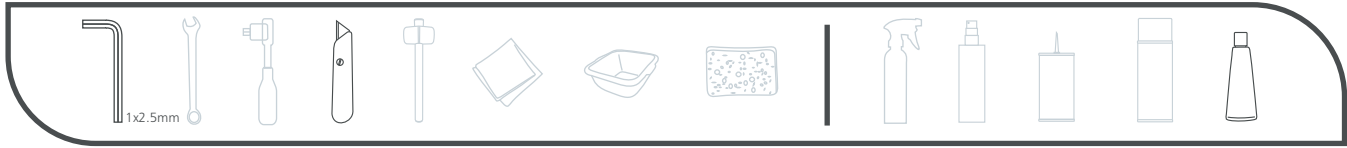


Slice grip in half from end to end and remove.

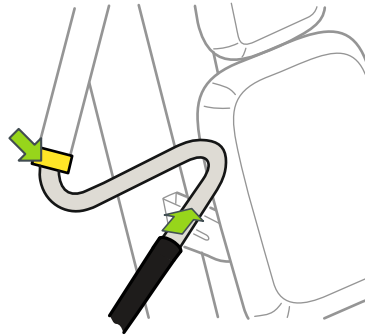


Remove any old glue or grip from handle with a sharp knife.

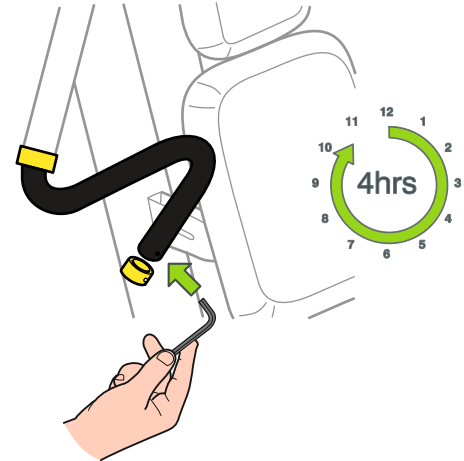
REPLACING WORN HANDGRIPS (CONT.)



Generously smear glue on the inside of new grip.



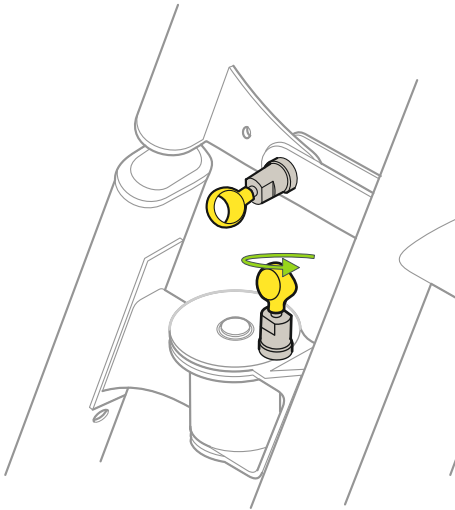
Slide new grip onto handle ensuring that it fully reaches the stopper.
Wipe away any excess glue.



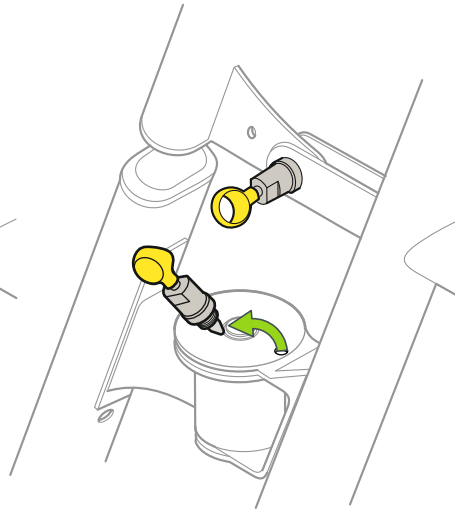
Replace end cap and secure with the grub screw.
Leave to set for at least 4 hours.
NOTE: Trim any excess grip off flush with the end of the handle.

15

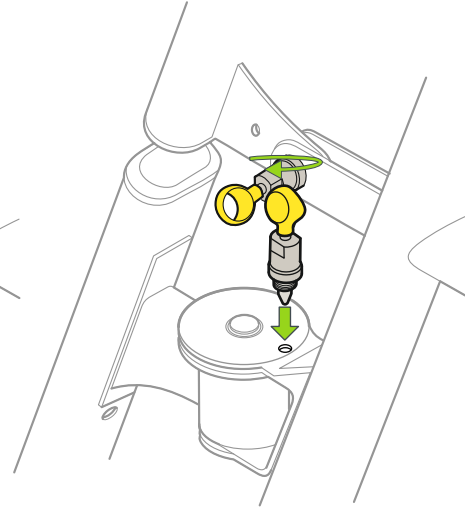
REPLACING A PLUNGER



Unscrew the threaded boss at the bottom of the plunger.



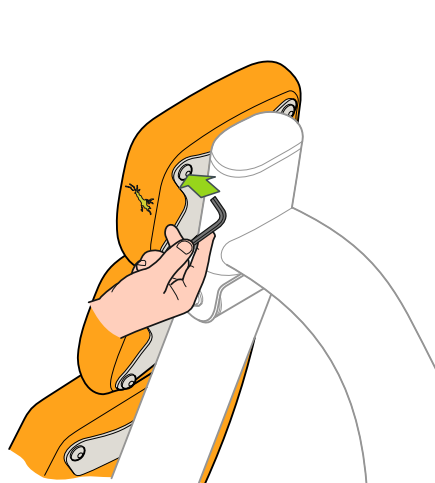
Remove plunger assembly.
NOTE: Plunger shown is an example only.
Refer to exploded diagrams for correct part numbers.



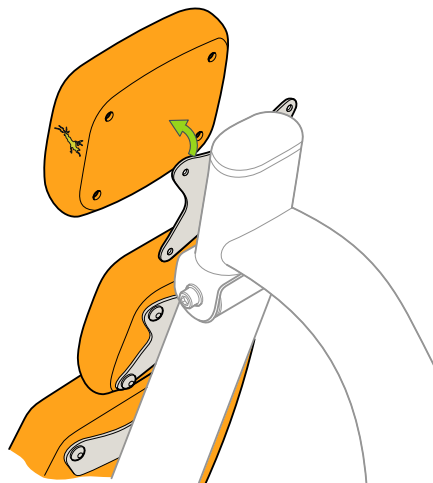
Insert new plunger ensuring that the pin passes through both holes. Securely fasten as tight as possible.

16

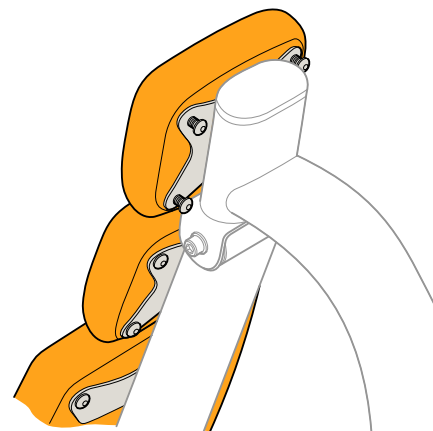
REPLACING UPHOLSTERY



Unscrew the four button head screws.

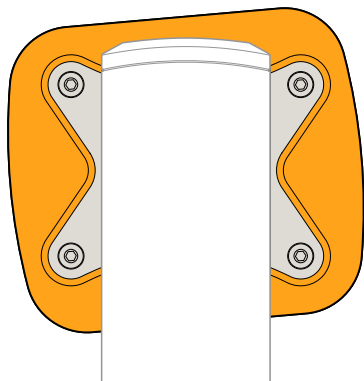


Remove old upholstery.

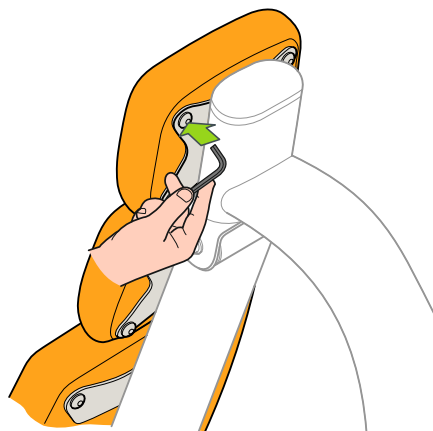


Loosely fit the new and pad ensure it is correctly aligned.

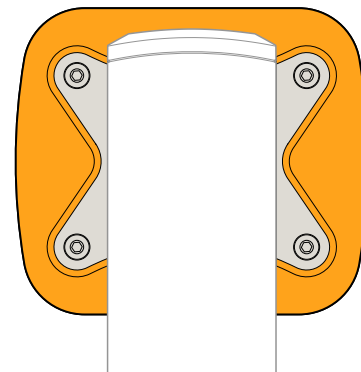
REPLACING UPHOLSTERY (CONT.)



NOTE: There may be some adjustment in the pad.



Replace old upholstery with new and securely fasten.



Check alignment.

Daily maintenance inspection sheet for

.....
 The equipment in you fitness suite has been checked in accordance with the following checklist by a member of the gymnasium staff. The full procedure is described in the Pulse Fitness maintenance handbook for resistance machines, available for perusal from any member of staff.

Date: | Day: | Week commencing:

	Completed:	Date:	Signed:
Clean frame with silicon based polish and a lint free cloth. ⚠ Do not use water based solutions.			
Clean upholstery and grips with soapy water. ⚠ Failure to remove sweat a minimum of once a day will permanently dry out and crack upholstery.			
Visually inspect belt for any cuts or frays. ⚠ Damaged belts are dangerous.			
Ensure belt clamp pivots freely. (Machine specific).			
Hardware - Check all adjustments/function. Check that all nuts and bolts are securely fastened.			

18

MONTHLY - CHECKLIST (PHOTOCOPY TEMPLATE)

Monthly maintenance inspection sheet for

.....
The equipment in you fitness suite has been checked in accordance with the following checklist by a member of the gymnasium staff. The full procedure is described in the Pulse Fitness maintenance handbook for resistance machines, available for perusal from any member of staff.

Date: | Month:

	Completed:	Date:	Signed:
Check spring loaded plungers function correctly.			
Clean acrylic panels with anti-static cleaner.			
Check all upholstery for tears and grazes.			
Check range of motion cable tension. (310 - Chest Press only).			
Check belt tension by moving belt back and forth.			
Clean and lubricate all hardened shafts with an oil impregnated cloth to leave a thin film of lubricant.			

19

SIX MONTHLY - CHECKLIST (PHOTOCOPY TEMPLATE)

Six Monthly maintenance inspection sheet for

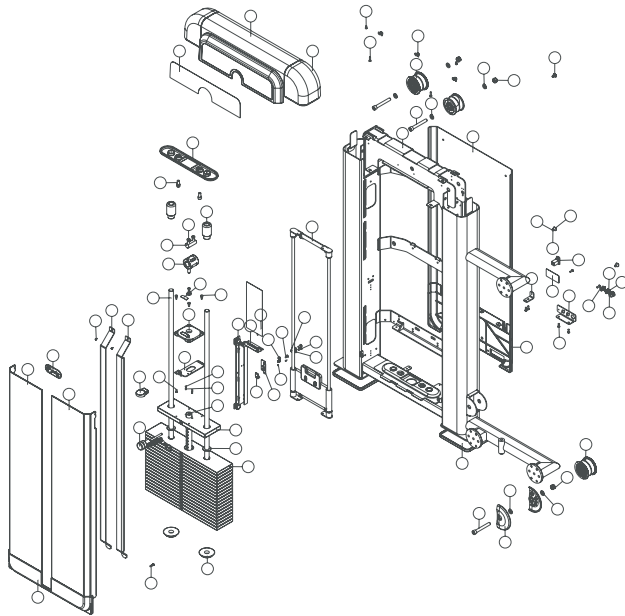
.....
The equipment in you fitness suite has been checked in accordance with the following checklist by a member of the gymnasium staff. The full procedure is described in the Pulse Fitness maintenance handbook for resistance machines, available for perusal from any member of staff.

Date:	Completed:	Date:	Signed:
Lubricate weight stack guide bars.			
Date:			
Lubricate weight stack guide bars.			
Date:			
Lubricate weight stack guide bars.			
Date:			
Lubricate weight stack guide bars.			

20

PARTS LISTS (& EXPLODED DIAGRAMS)

Figure F
Parts Lists & Exploded Diagrams



NB: Image for illustration only

20.1 Parts Lists & Exploded Diagrams

Details on both Parts Lists & Exploded Diagrams for the Strength range, please refer to documents:

- 135-1099-* 305G Exploded Dia.
- 135-1100-* 305G Exploded Dia. (Short Version)
- 135-1101-* 310G Exploded Dia.
- 135-1102-* 310G Exploded Dia. (Short Version)
- 135-1103-* 314G Exploded Dia.
- 135-1104-* 314G Exploded Dia. (Short Version)
- 135-1105-* 325G Exploded Dia.
- 135-1106-* 325G Exploded Dia. (Short Version)
- 135-1107-* 335G Exploded Dia.
- 135-1108-* 335G Exploded Dia. (Short Version)
- 135-1109-* 342G Exploded Dia.
- 135-1110-* 342G Exploded Dia. (Short Version)
- 135-1111-* 345G Exploded Dia.
- 135-1112-* 345G Exploded Dia. (Short Version)
- 135-1113-* 346G Exploded Dia.
- 135-1114-* 346G Exploded Dia. (Short Version)
- 135-1115-* 365G Exploded Dia.
- 135-1116-* 365G Exploded Dia. (Short Version)
- 135-1117-* 370G Exploded Dia.
- 135-1118-* 370G Exploded Dia. (Short Version)
- 135-1119-* 380G Exploded Dia.
- 135-1120-* 380G Exploded Dia. (Short Version)
- 135-1121-* 382G Exploded Dia.
- 135-1122-* 382G Exploded Dia. (Short Version)
- 135-1123-* 385G Exploded Dia.

PARTS LISTS (& EXPLODED DIAGRAMS) (CONT.)

135-1124-* 385G Exploded Dia. (Short Version)
135-1125-* 447G Exploded Dia.
135-1126-* 447G Exploded Dia. (Short Version)
135-1127-* 500G Exploded Dia.
135-1128-* 500G Exploded Dia. (Short Version)
135-1129-* 505G Exploded Dia.
135-1130-* 505G Exploded Dia. (Short Version)
135-1131-* 515G Exploded Dia.
135-1132-* 515G Exploded Dia. (Short Version)
135-1133-* 530G Exploded Dia.
135-1134-* 530G Exploded Dia. (Short Version)
135-1135-* 560G Exploded Dia.
135-1136-* 560G Exploded Dia. (Short Version)
135-1137-* 562G Exploded Dia.
135-1138-* 562G Exploded Dia. (Short Version)
135-1139-* 571G Exploded Dia.
135-1140-* 571G Exploded Dia. (Short Version)
135-1141-* 576G Exploded Dia.
135-1142-* 576G Exploded Dia. (Short Version)
135-1143-* 600G Exploded Dia.
135-1144-* 600G Exploded Dia. (Short Version)
135-1143-* 600G Exploded Dia.
135-1144-* 600G Exploded Dia. (Short Version)
135-1145-* 605G Exploded Dia.
135-1146-* 605G Exploded Dia. (Short Version)
135-1147-* 615G Exploded Dia.
135-1148-* 615G Exploded Dia. (Short Version)
135-1163-* 904G Exploded Dia.
135-1162-* 904G Exploded Dia. (Short Version)

135-1147-* 615G Exploded Dia.
135-1148-* 615G Exploded Dia. (Short Version)
135-1163-* 904G Exploded Dia.
135-1162-* 904G Exploded Dia. (Short Version)

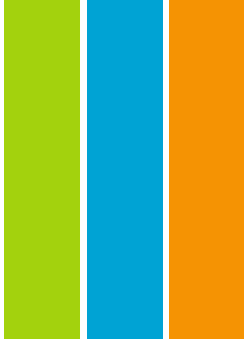
135-1600-* 305H Weight Stack Exploded Dia.
135-1601-* 560H Weight Stack Exploded Dia.
135-1602-* 576H Weight Stack Exploded Dia.

21 USER NOTES

A large rectangular area with rounded corners, containing 15 horizontal lines for writing notes. The lines are evenly spaced and extend across the width of the area.

USER NOTES (CONT.)

A large rectangular area with rounded corners, containing 15 horizontal lines for writing notes. The lines are evenly spaced and extend across most of the width of the box.



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135-1772-5

