

*HLM300 Maintenance



* Customers can put some grease on pivot points (red circle place), with brass or gunmetal bushings.



* Let's maintain your machine!

零件代碼	品名及圖案	用量	備註
20HLM300-A1 國產0-200S-閃銀 國產KL-0145-透明 二塗二烤	底座 	1SET	1.組立8250-066調整組=1PCS 2.組立M10螺絲 $\varnothing 27$ =2PCS 3.組立M10后帽=2PCS 4.組立M10螺絲 $\varnothing 16$ =2PCS 5.組立8830-027氣壓棒=1PCS 6.組立9211-036按扣墊=2PCS 7.組立9211-107雙層套=1PCS 8.組立9211-118按扣墊=2PCS 9.貼9440-259貼紙=1PCS 10.組立M10X55L 一般外六角螺絲=1PCS 11.組立M10X65L 一般外六角螺絲=1PCS 12.組立M10X25L 錐形平頭內六角螺絲=2PCS 13.貼貼9440-349認證貼紙=1PCS
20HLM300-B 國產0-200S-閃銀 國產KL-0145-透明 一塗一烤	座墊架 	1SET	1.貼9440-055貼紙=1PCS 2.貼“工單貼紙”=1PCS
20HLM300-C2 國產0-200S-閃銀 國產KL-0145-透明 二塗二烤	立柱 	1SET	1.貼9440-258貼紙=1PCS 2.組立M10X25L 錐形平頭內六角螺絲=2PCS 設變單號 2016070001

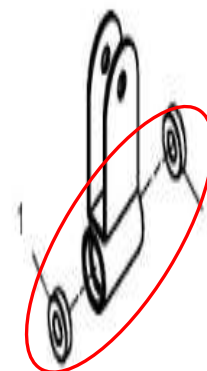
零件代碼	品名及圖案	用量	備註
20HLM300-D 國聯0-200S-閃銀 國聯KL-0145-透明 二塗二烤	腳角架 	1SET	1.組立8250-068調整組=1PCS 2.組立8510-018軸承=2PCS 3.貼9440-104貼紙=1PCS 4.組立M10X25L 錐形平頭內六角螺絲=2PCS
20HLM300-E 國聯0-200S-閃銀 國聯KL-0145-透明 二塗二烤	扶手管 	1SET	1.組立8510-059軸承=1PCS 2.組立8510-010軸承=2PCS 3.組立9310-100橡膠墊=1PCS 4.組立M10吊環(公)=1PCS 5.組立M10華司Ø20=1PCS 6.組立M10螺帽4T=2PCS 7.組立R30扣環=1PCS
20HLM300-F 國聯0-200S-閃銀 國聯KL-0145-透明 二塗二烤	扶手管 	1SET	1.組立8510-059軸承=1PCS 2.組立8510-010軸承=2PCS 3.組立9310-100橡膠墊=1PCS 4.組立M10吊環(公)=1PCS 5.組立M10華司Ø20=1PCS 6.組立M10螺帽4T=2PCS 7.組立R30扣環=1PCS

圖表申請單
2016010001

HLHLM300A

零件代碼	品 名 及 圖 案	用量	備 註
8220-186	轉軸心 電鍍	1PCS	1.組立M10X25L 錐形平頭內六角螺絲=2PCS HLHLM300A
8230-023	配重塊 電鍍	2PCS	HLHLM300A
8313-188	固定片 國標0-200S-閃銀 國標KL-0145-透明 二塗二烤	1PCS	設變車號 2016070001 HLHLM300A
23HLM300A	附件包	1SET	HLHLM300A
25HLM300A	皮帶輪包	1SET	HLHLM300A
9420-079	HLM300動作圖銘板	1PCS	9630-126氣泡袋X1 160X460XB-平口
FHLM300	鋼家包	1SET	HLHLM300A
GHLM300A	螺絲包	1SET	HLHLM300A
KHLM300	說明書	1SET	

零件代碼	品 名 及 圖 案	用量	備 註
20HLM300-G	吊索組	1SET	HLHLM300A
20HLM300-H	U型旋轉座 國標0-200S-閃銀 國標KL-0145-透明 二塗二烤	2SET	HLHLM300A

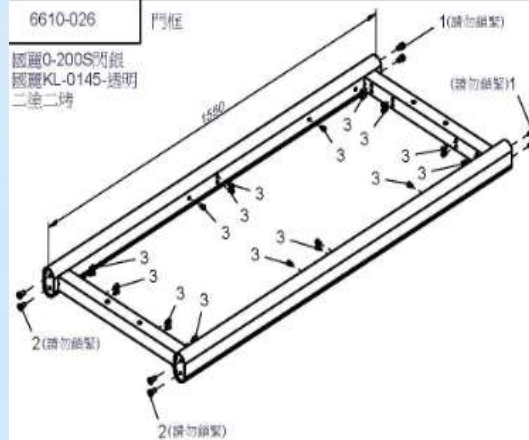


零件代碼	品名及圖案	用量	備註
9121-093	屋墊 黑色耐寒乳膠皮	1PCS	
9161-078	泡棉	2PCS	

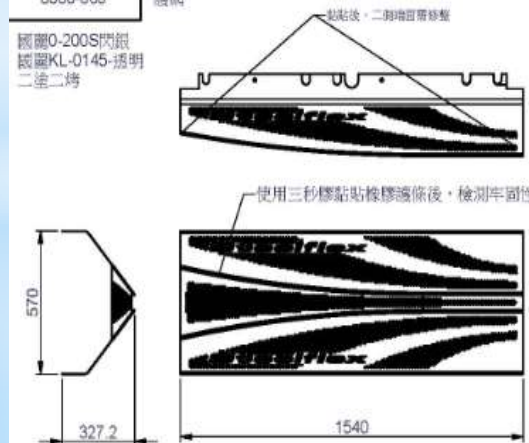
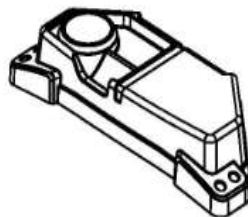
零件代碼	品名及圖案	用量	備註
8380-070	護網 國標0-200S閃銀 國標KL-0109-透明 二塗二烤	1SET	1.黏貼9440-117 防夾手警告標籤=1PCS
8380-071	護網 國標0-200S閃銀 國標KL-0109-透明 二塗二烤	PCS	設變單號 2017120005
8400-006	選擇上片	1PCS	HLHLM300C內箱
8311-194	固定片 K32027G深灰砂	1PCS	HLHLM300C內箱
8210-191	20孔選擇桿 電鍍	1PCS	Ø3/4"x400L

零件代碼	品名及圖案	用量	備註	零件代碼	品名及圖案	用量	備註
6610-017	導桿下座 國麗0-200S閃銀 國麗KL-0145-透明 二塗二烤	1SET	1.組立M12X80L=2PCS 一般外六角螺絲 2.組立M12華司Ø34=2PCS HLHLM300C	8331-064	固定片 國麗0-200S閃銀	6SET	1.組立M6X12L 半圓頭內六角螺絲=6PCS 2.組立M6華司Ø13=6PCS HLHLM300C
6610-018	導桿上座 國麗0-200S閃銀 國麗KL-0145-透明 二塗二烤	1SET	1.組立M12X80L=2PCS 一般外六角螺絲 2.組立M12華司Ø34=2PCS HLHLM300C	8313-188	固定片 國麗0-200S閃銀 國麗KL-0145-透明 二塗二烤	2PCS	HLHLM300C
8331-065	固定片 國麗0-200S閃銀	4SET	1.組立M6X12L=4PCS 半圓頭內六角螺絲 2.組立M6華司Ø13=4PCS HLHLM300C	8331-017	固定片 國麗0-200S閃銀	1PCS	設變單號 2014030002 HLHLM300C
				8280-037	電鍍導桿 國麗0-200S閃銀	2PCS	Ø19.05 1522 Ø3/4"X1522L
				23HLM300B	附件包	1SET	HLHLM300C

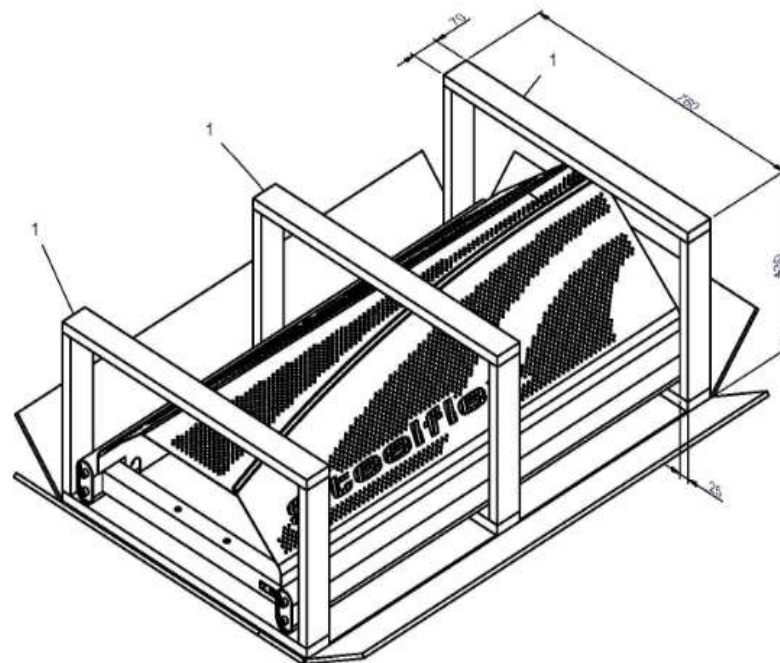
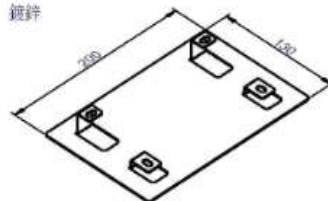
零件代碼	品名及圖案	用量	備註
6610-026	門框 國產0-200S閃銀 國產KL-0145-透明 二塗二烤	1SET	1.組立M10X15L 圓頭內六角螺絲CAP=4PCS 2.組立M10X25L 鉸形平頭內六角螺絲=4PCS 3.組立M6 拉帽(身體有花)=24PCS 設變車號 2014030002
9211-170	上蓋 酒紅色	1PCS	H9211170內箱
8380-069	護網 國產0-200S閃銀 國產KL-0145-透明 二塗二烤	1SET	1.黏貼9310-090膠條=2PCS Ø5.5X21X1550L



※鎖附螺絲前，請依各螺絲標示規格攻牙



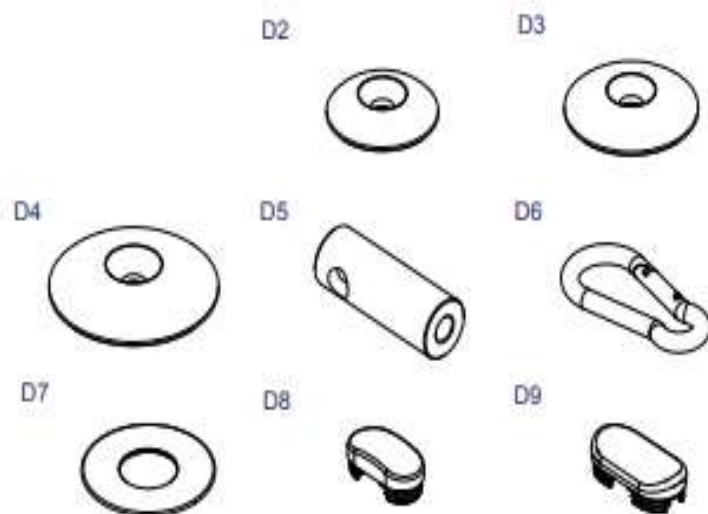
25HLM300B	皮帶輪包	1SET	HLHLM300C
GHLM300B	螺絲包	1SET	HLHLM300C
8345-014	鍍鋅 固定板	1PCS	HLHLM300C
門框包裝示意圖			1.組立9700-074棧板=3PCS 2.M5X20L十字鐵板牙=18PCS 3.M5螺絲Ø14=18PCS



HLM-300 ASSEMBLY INSTRUCTIONS

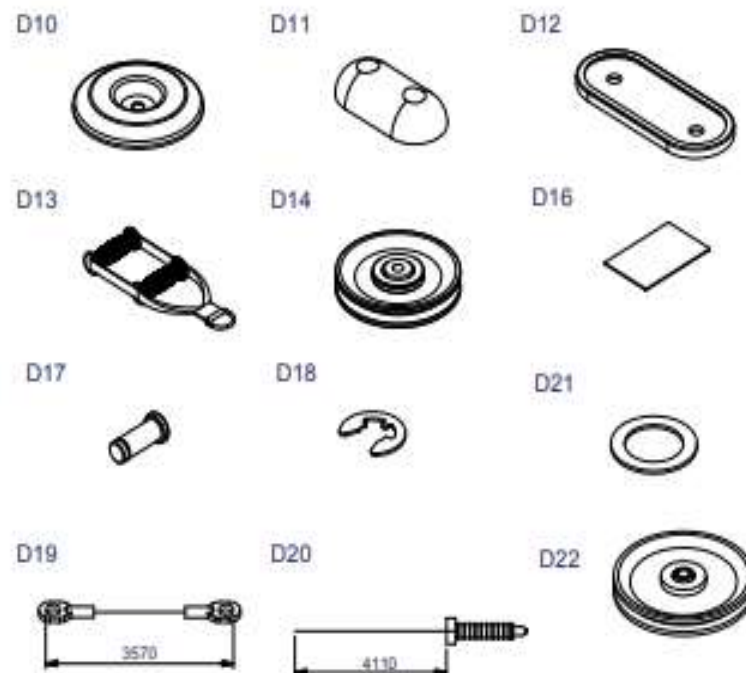
HARDWARE ILLUSTRATION

D2. 50 End Cap (8130-131)	[2PCS]
D3. 60 End Cap (8130-231)	[2PCS]
D4. 76 End Cap (8130-236)	[2PCS]
D5. 1" Sleeve (8220-244)	[1PCS]
D6. 8 Hook (8810-001)	[2PCS]
D7. 38 Nylon Washer (9214-039)	[4PCS]
D8. 40x80 End Plug (9211-113)	[2PCS]
D9. 50x100 End Plug (9211-114)	[1PCS]



HLM-300 ASSEMBLY INSTRUCTIONS

D10. Pulley Cap (9211-173)	[10PCS]
D11. Rubber Pad (9310-057)	[2PCS]
D12. Rubber Pad (9310-075)	[1PCS]
D13. Handgrips (9630-243)	[2PCS]
D14. 110 Pulley (9213-002B)	[6PCS]
D16. Exercise Chart (9420-079)	[1PCS]
D17. 12.7X26.5L Pin (8690-004)	[2PCS]
D18. 8x0.8t E Ring (8781-070)	[2PCS]
D19. 3570 mm Steel Cable (FHLM300A)	[1PCS]
D20. 4110 mm Steel Cable (FHLM300B2)	[1PCS]
D21. 3/8" Coper Washer (8520-008)	[2PCS]
D22. Ø6" PULLY(9213-009C)	[1PCS]



HLM-300 ASSEMBLY INSTRUCTIONS

FRAME HARDWARE ILLUSTRATION FOR DOOR

DD1. 3/4" Shaft Collar (9211-046)	[2PCS]
DD2. 2"x2" Rubber Cane Cap (9214-002)	[3PCS]
DD3. Tower Rack (9215-024)	[1PCS]
DD4. 65x20x70L Rubber Dount (9310-049)	[2PCS]
DD5. 40x10x20 Rubber Pad (9310-097)	[2PCS]
DD6. 108x14.5x263 Rubber Pad (9310-075)	[2PCS]
DD7. 110 Pulley (9213-002B)	[2PCS]
DD8. Top Plate (8400-006)	[1PCS]
DD10. Selector Rod (8210-191)	[1PCS]

DD1



DD2



DD3



DD4



DD6



DD7



DD8



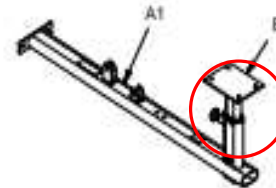
DD10



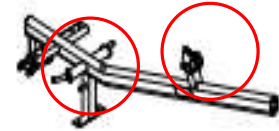
HLM-300 ASSEMBLY INSTRUCTIONS

PARTS ILLUSTRATION SHEET

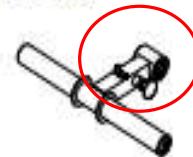
A1[1PCS]



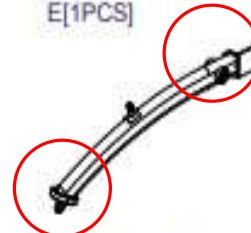
C2[1PCS]



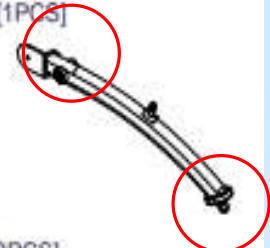
D[1PCS]



E[1PCS]



F[1PCS]



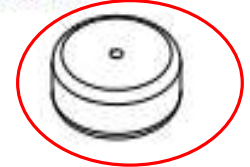
G1[1PCS]



H1[2PCS]



I[2PCS]
8230-023



J[1PCS]
8313-188



K[1PCS]
9121-093



L1[2PCS]
9161-078



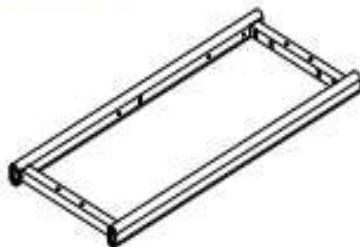
M[1PCS]
8220-186



HLM-300 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

AA1[1PCS]
6610-026



AB[1PCS]
9211170-023



AC[1PCS]
8380-069



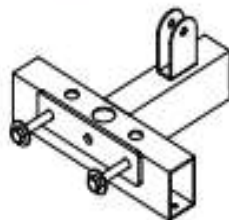
AD[1PCS]
8380-070



AE[1PCS]
8380-071



AF[1PCS]
6610-017



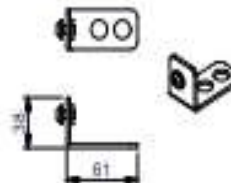
HLM-300 ASSEMBLY INSTRUCTIONS

FRAME PARTS ILLUSTRATION SHEET FOR DOOR

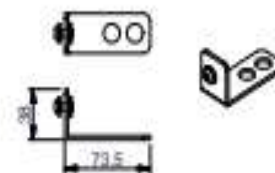
AG[1PCS]
6610-018



AH[4PCS]
8331-065



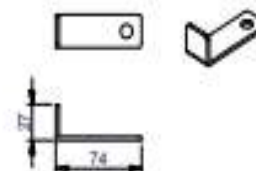
AI[6PCS]
8331-064



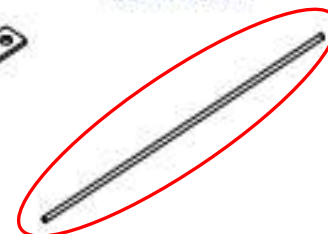
AJ[2PCS]
8313-188



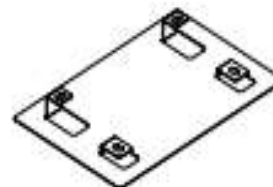
AK[1PCS]
8331-017



AL1[2PCS]
8280-037
Ø3/4"X1522L



AN[1PCS]
8345-014



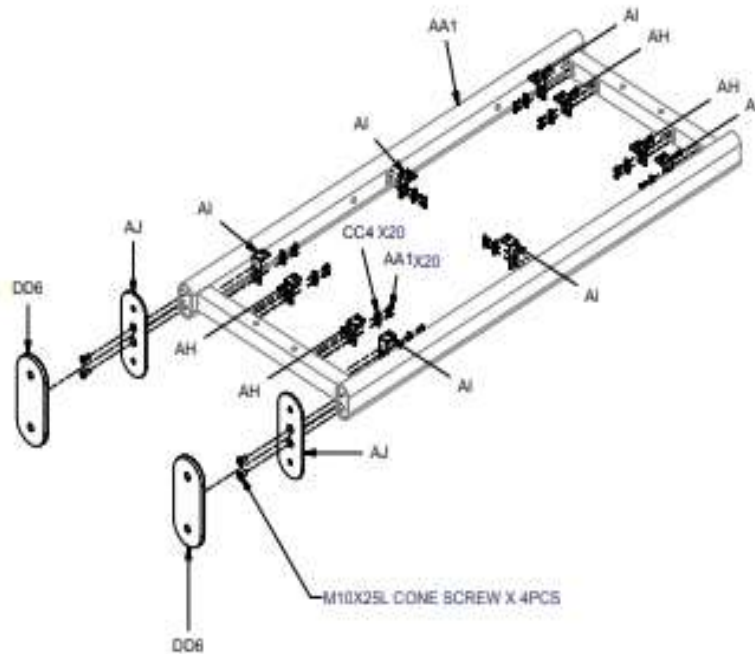
AO[1PCS]
8311-194



HLM-300 ASSEMBLY INSTRUCTIONS



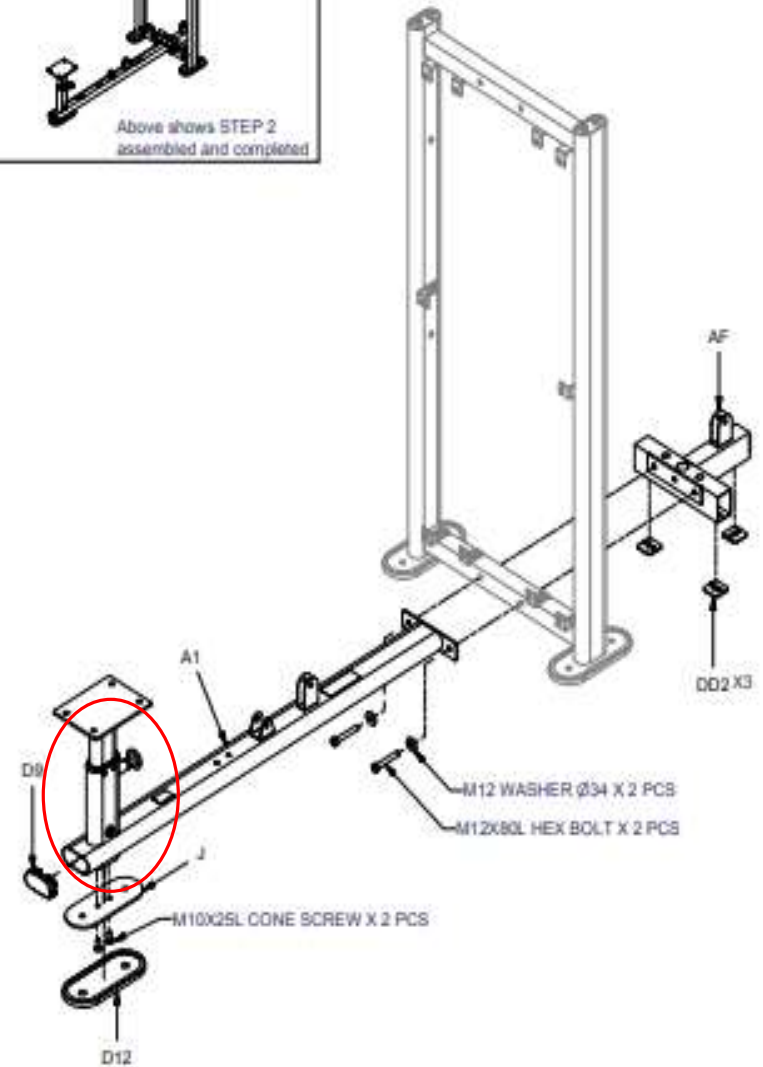
Above shows STEP 1
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS



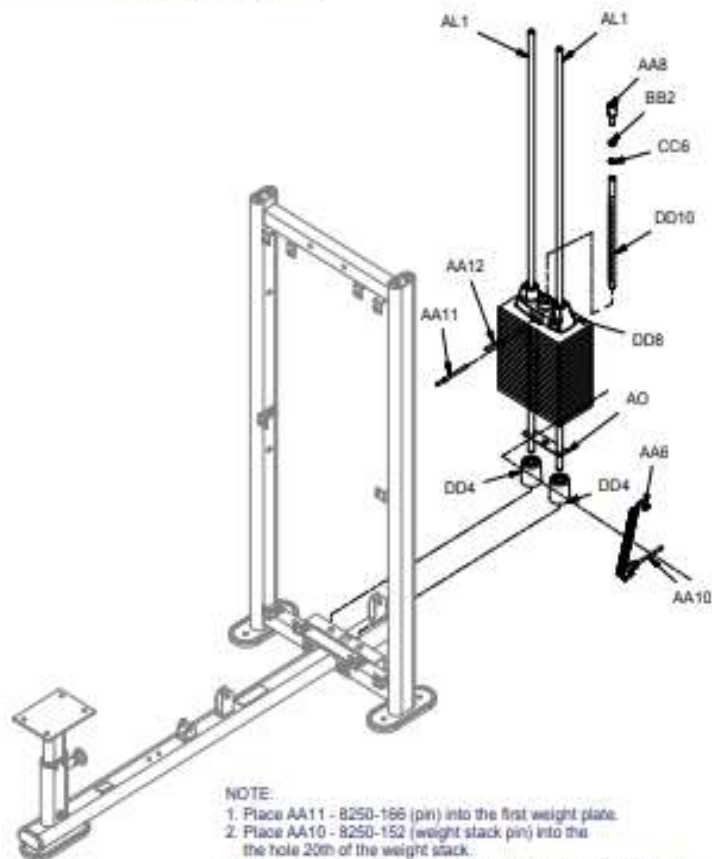
Above shows STEP 2
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 3
assembled and completed



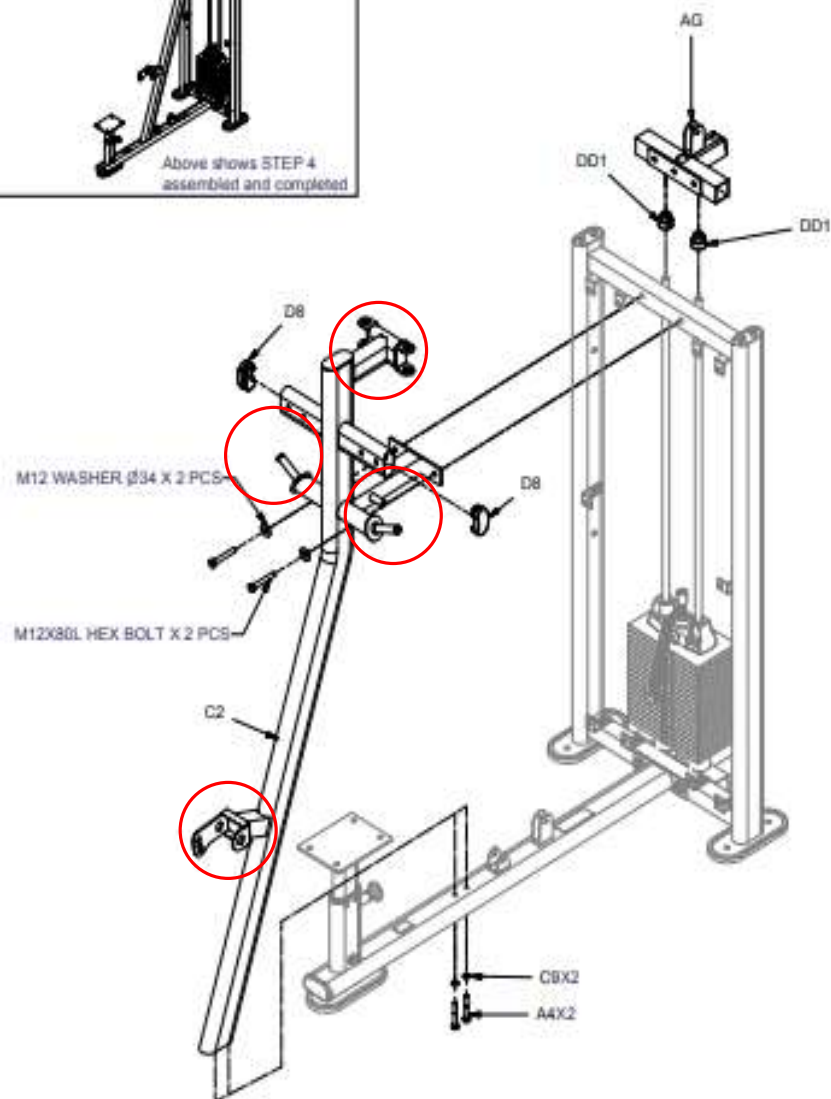
NOTE:

1. Place AA11 - 8250-166 (pin) into the first weight plate.
2. Place AA10 - 8250-152 (weight stack pin) into the hole 20th of the weight stack.
3. Make sure DD8 - 8400-006A (top plate) cling to (first weight plate) and fix in AA12 - 8250-167 (pin).
4. Finally remove AA10 - 8250-152 (weight stack pin) and use as usual.

HLM-300 ASSEMBLY INSTRUCTIONS



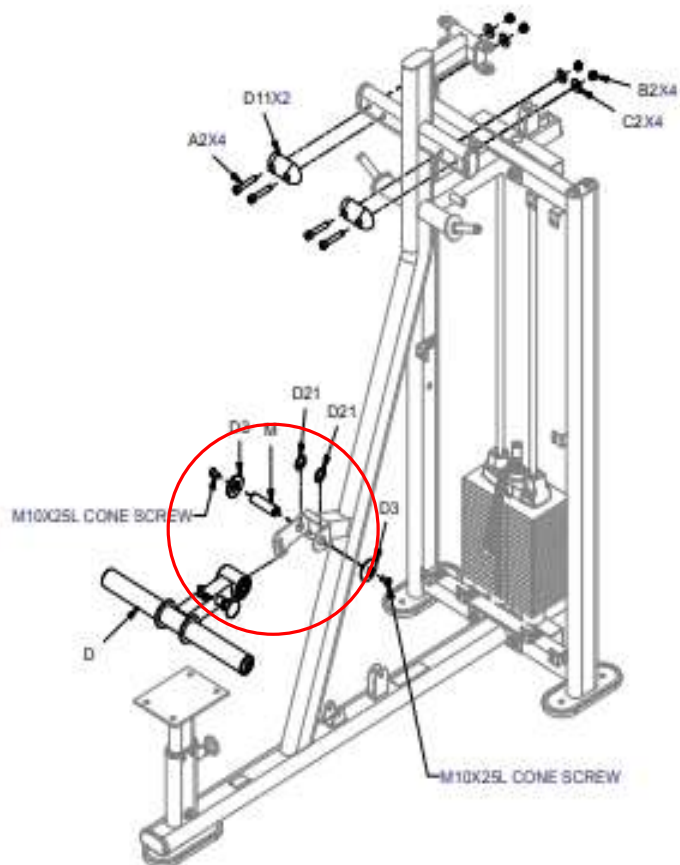
Above shows STEP 4
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS



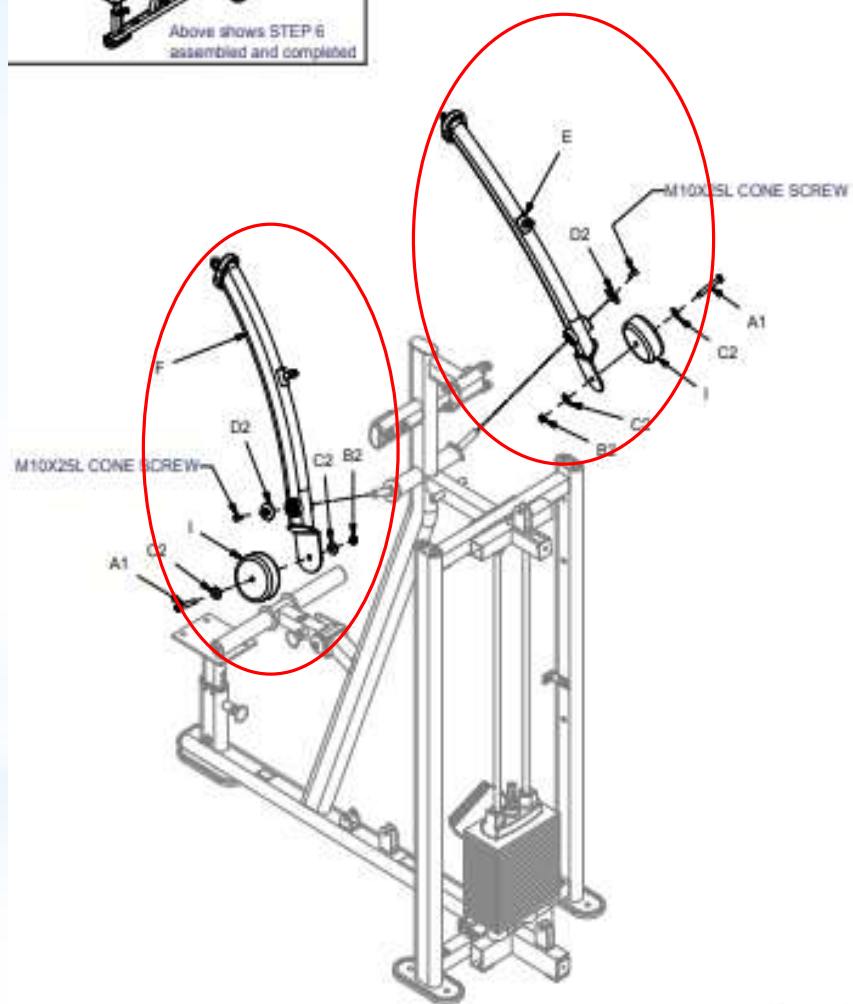
Above shows STEP 5
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 6
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 7
assembled and completed

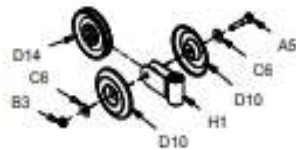
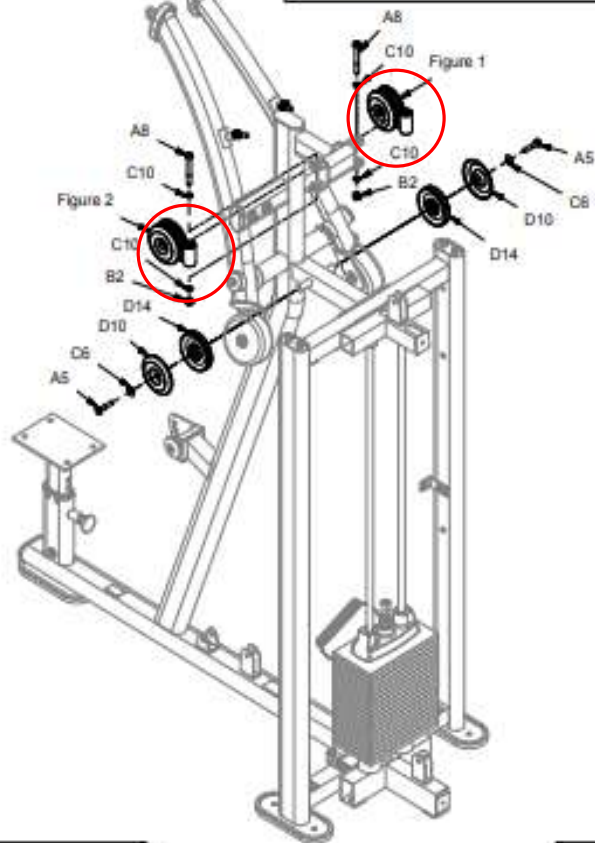


Figure 1



Figure 2



HLM-300 ASSEMBLY INSTRUCTIONS

Cable To Constitute Illustration

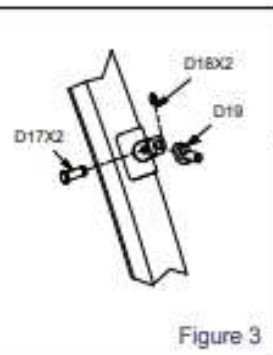


Figure 3

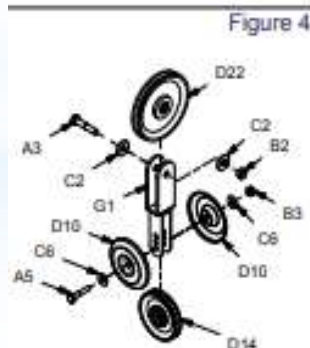
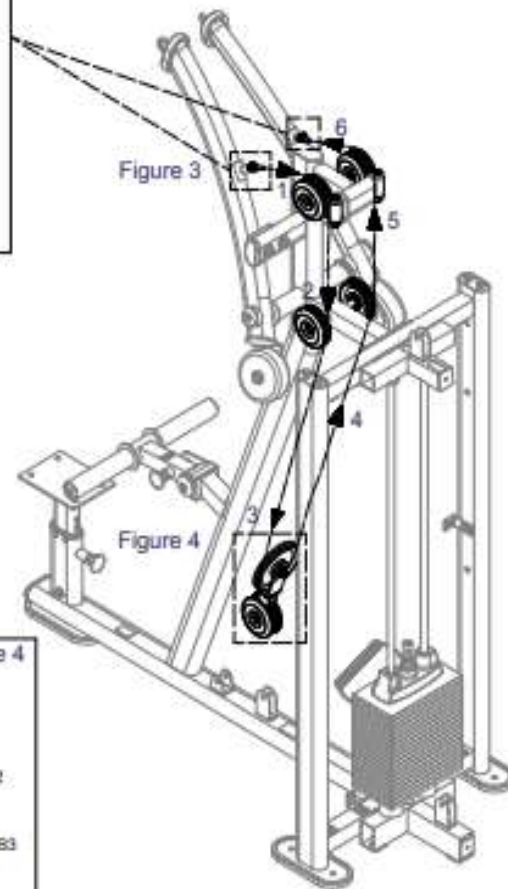
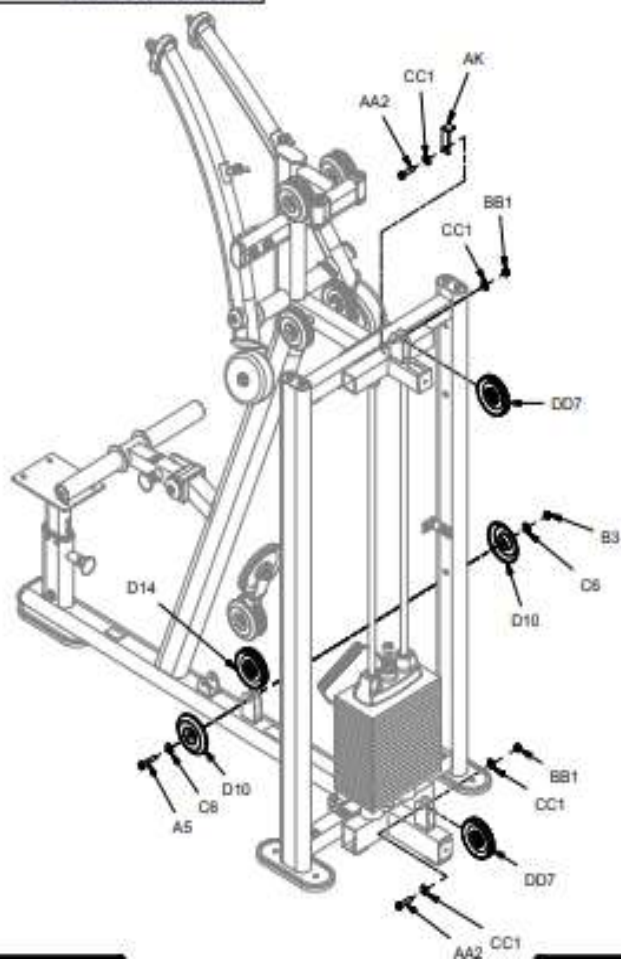


Figure 4

HLM-300 ASSEMBLY INSTRUCTIONS

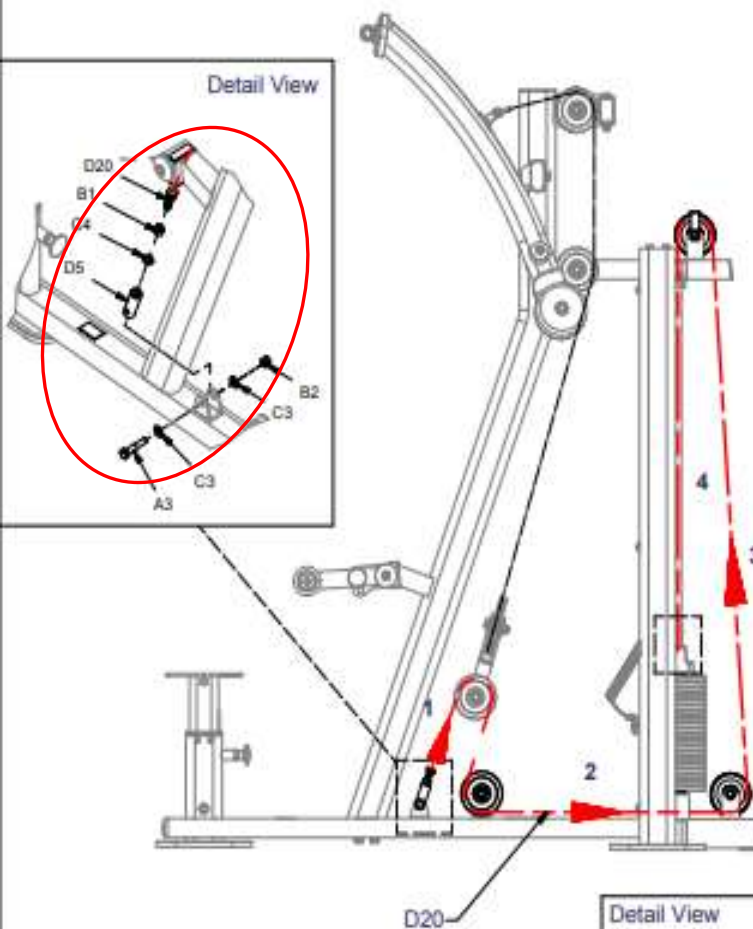


Above shows STEP 8
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS

Cable To Constitute Illustration



Detail View



Strip Cable D20
before inserting

HLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 9
assembled and completed

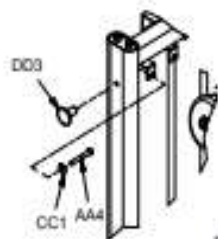
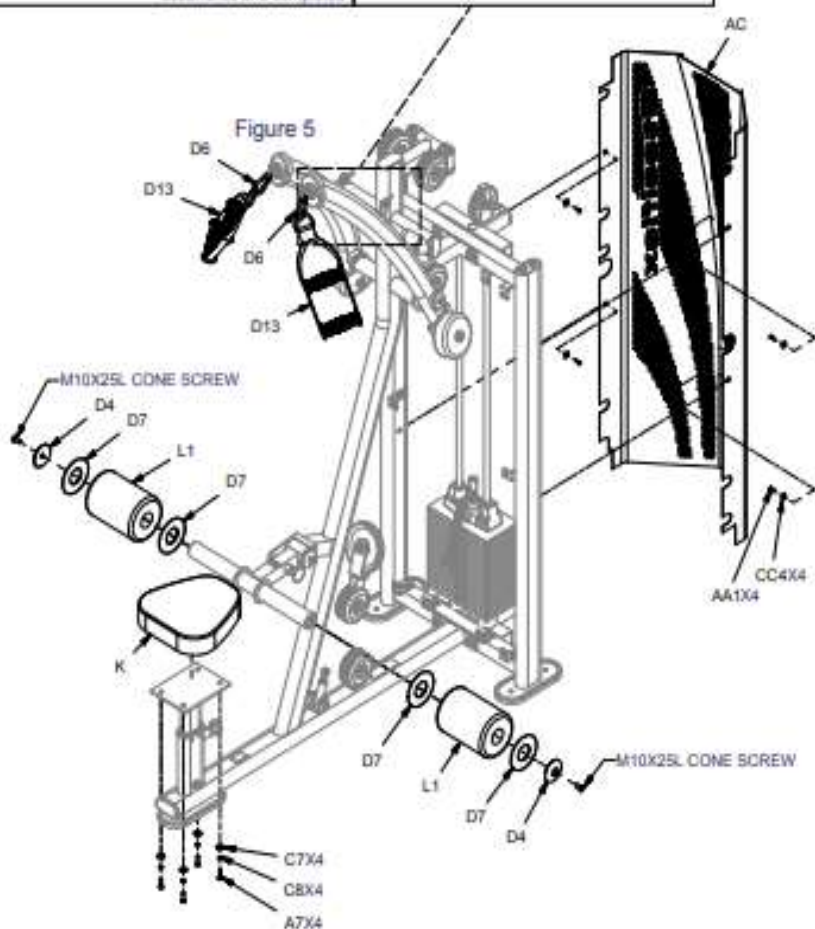


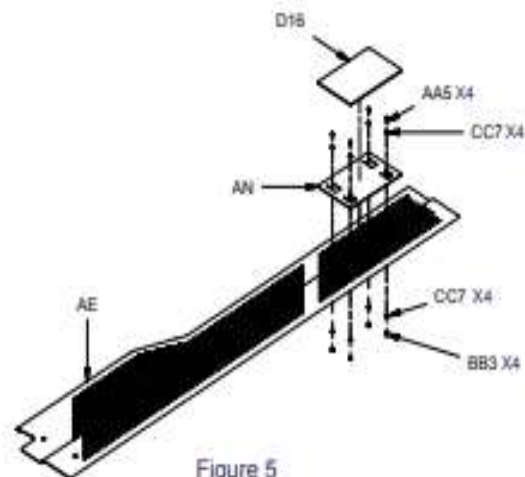
Figure 5



HLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 10
assembled and completed



HLM-300 ASSEMBLY INSTRUCTIONS



Above shows STEP 11 assembled and completed

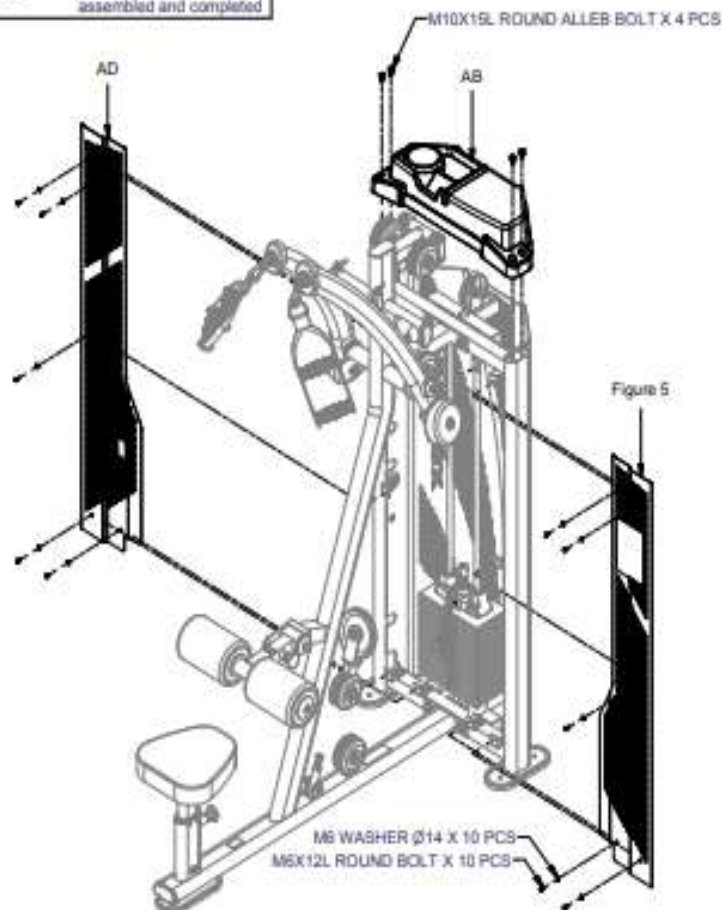


Figure 5

HOPE ASSEMBLY INSTRUCTIONS

DECAL REFERENCE

MAINTENANCE SCHEDULE	
Check the function and integrity of the following components: by visual, manual movement, touch, smell, sound, vibration, if damaged, broken or worn, components immediately.	
Cables:	Check tension, and fittings, and coating
	Check that locking nut at weight stack is tight
Guides:	Wipe clean and dry
	Check and condition
Frames:	Wipe down and dry
	Polish / Wax
Chassis:	Wipe down and dry
	Polish / Lubricate
Nut / Bolt / Fasteners:	Tighten and / or adjust as needed
Roller Pads:	Lubricate and clean
Wheel Pads:	Lubricate and clean
Roller Guides:	Lubricate and clean
Adjusters / Locking Pins / Tightening Knobs:	
Weight Stack Pins:	
Warning Instruction Labels:	
Springs / Pin Pins:	
Anti-Roll Surfaces:	
Reset Keys / Buttons:	

9440-258

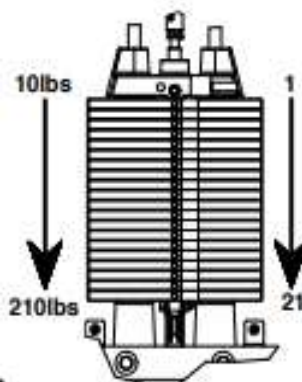
THERE IS A FEE ASSOCIATED BY INDIVIDUALS WHO USE THE TYPE OF EQUIPMENT. TO AVOID THIS, YOU MUST FOLLOW THESE RULES:

1. Support equipment before each use. Check that all instructions, warnings and pins are in place and fully functional. Also, before use, check for signs of wear/damage. All worn parts immediately. Never use machine if any parts are damaged or missing.
2. Do not use the machine if you are not properly trained for its use.
3. Always make sure all pins are closed when doing any cable/pulley/rope exercises.
4. Exercise with care. Perform your exercises at a steady moderate pace. Do not perform any or uncontrolled movements that may cause injury.
5. Do not use the machine if you are not properly trained for its use.
6. Do not use the machine if you are not properly trained for its use.
7. Do not use the machine if you are not properly trained for its use.
8. Do not use the machine if you are not properly trained for its use.

9440-259



9440-047



9440-117

*Well done!

