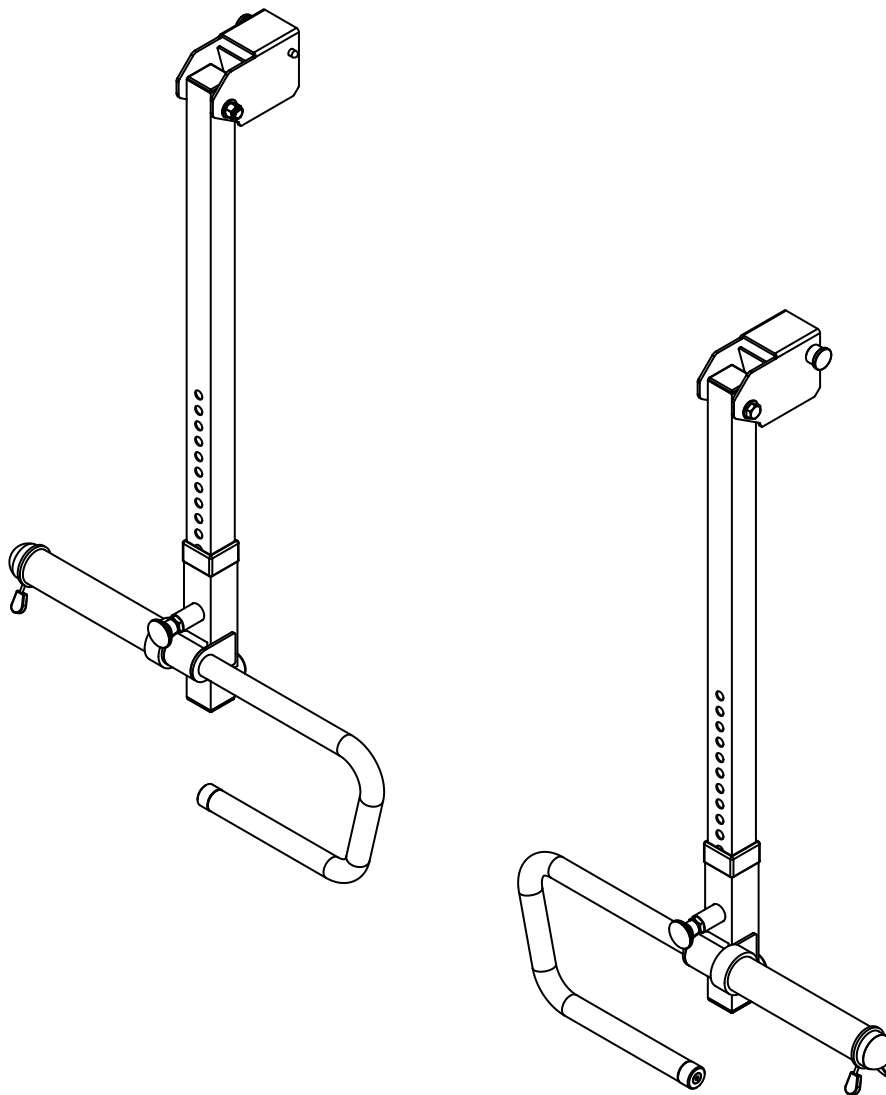




**ARC TRAINER FOR  
SUPER GYM 1  
OWNER'S MANUAL**



**Model No. ARC TRAINER FOR SG1  
MK20764  
ATTAIN FITNESS**

**Fitness Authority Industrial Co., LTD.  
No. 15, Xiangxue Rd., Dali Dist.,  
Taichung City 41275, Taiwan.**

## **Congratulations and Thank You!**

Thank you for selecting the **ATTAIN FITNESS ARC TRAINER FOR SUPER GYM 1**. The **ATTAIN FITNESS ARC TRAINER FOR SG1** offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is cardiovascular fitness, a shapely, toned body or dramatic muscle size and strength, the **ATTAIN FITNESS ARC TRAINER FOR SG1** will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the **ATTAIN FITNESS ARC TRAINER FOR SG1**. Keep this manual for future reference. If you have additional questions, please call your local ATTAIN FITNESS dealer.

[www.atainfitnessusa.com](http://www.atainfitnessusa.com)

## **Important Safety Notes**

There is a risk assumed by individuals who use this type of equipment. Before beginning this or any other exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. ATTAIN FITNESS assumes no responsibility for personal injury or property damage sustained by or through use of this product.

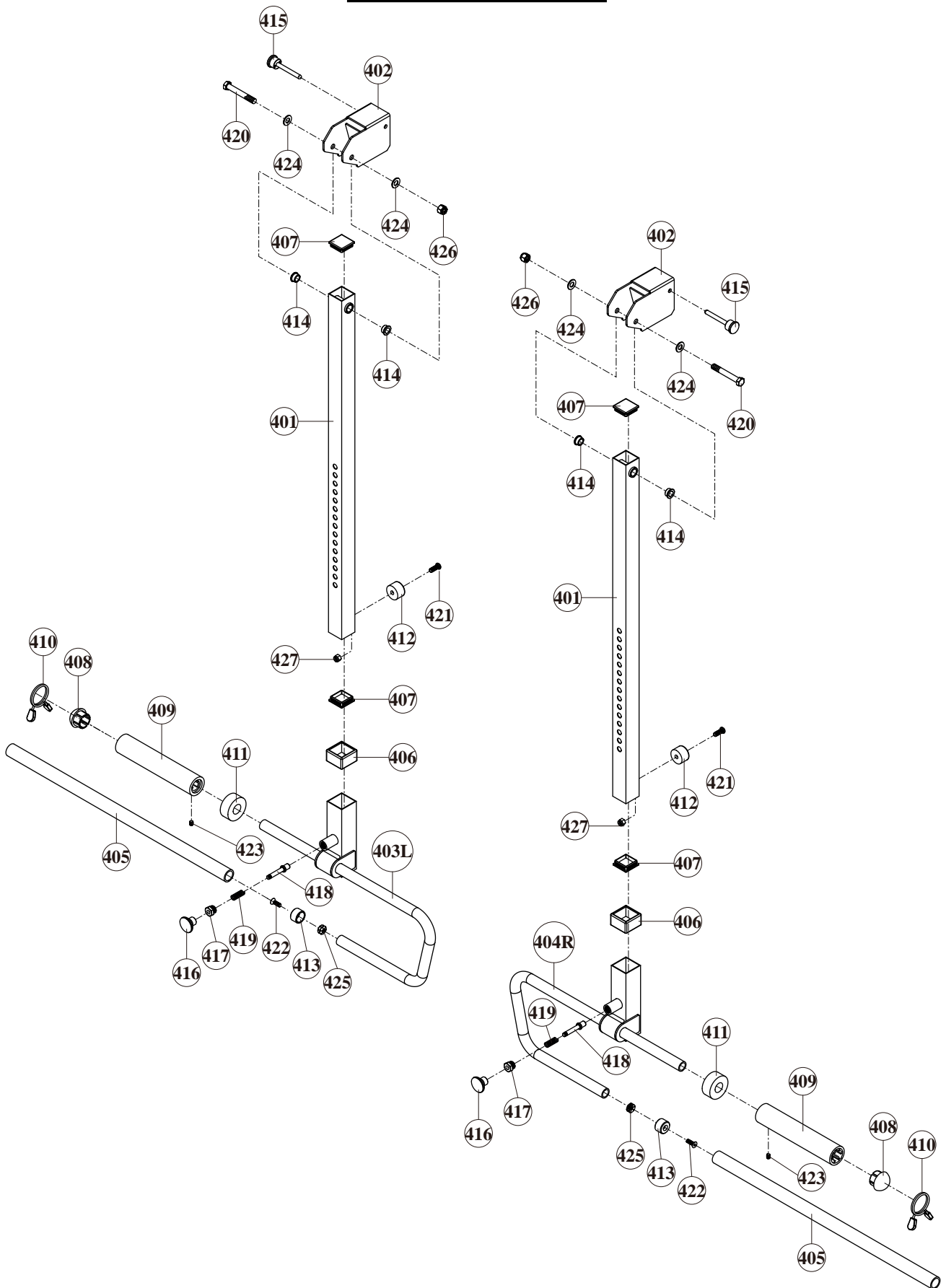
- 1. This product must be assembled on a flat, level surface to assure its proper function.**
- 2. Clean pads and frame on a regular basis. ATTAIN FITNESS recommends warm, soapy water. Do not use harsh or abrasive chemicals.**
- 3. Inspect and tighten all parts before every use. Replace any worn parts immediately. Failure to do so may result in serious injury.**
- 4. Keep children away from the ATTAIN FITNESS ARC TRAINER FOR SG1 at all times.**
- 5. Keep your hands away from cables and pulleys during operation.**
- 6. Keep your hands away from moving parts other than the designated handles.**
- 7. Make certain all cables are seated within the pulleys before every use.**
- 8. Exercise with care to avoid injury.**
- 9. If you are unsure about the proper use of the ATTAIN FITNESS ARC TRAINER FOR SG1, call your local ATTAIN FITNESS dealer or our customer service department.**

## **QUESTIONS?**

As a quality exercise equipment supplier, we are committed to your complete satisfaction. If you have questions, or find missing or damaged parts, we will guarantee your complete satisfaction through our authorized dealer service centers or our home office customer service department. Please call your local dealer for assistance or ATTAIN FITNESS at +1 877-551-7484 and [info@atainfitnessusa.com](mailto:info@atainfitnessusa.com).

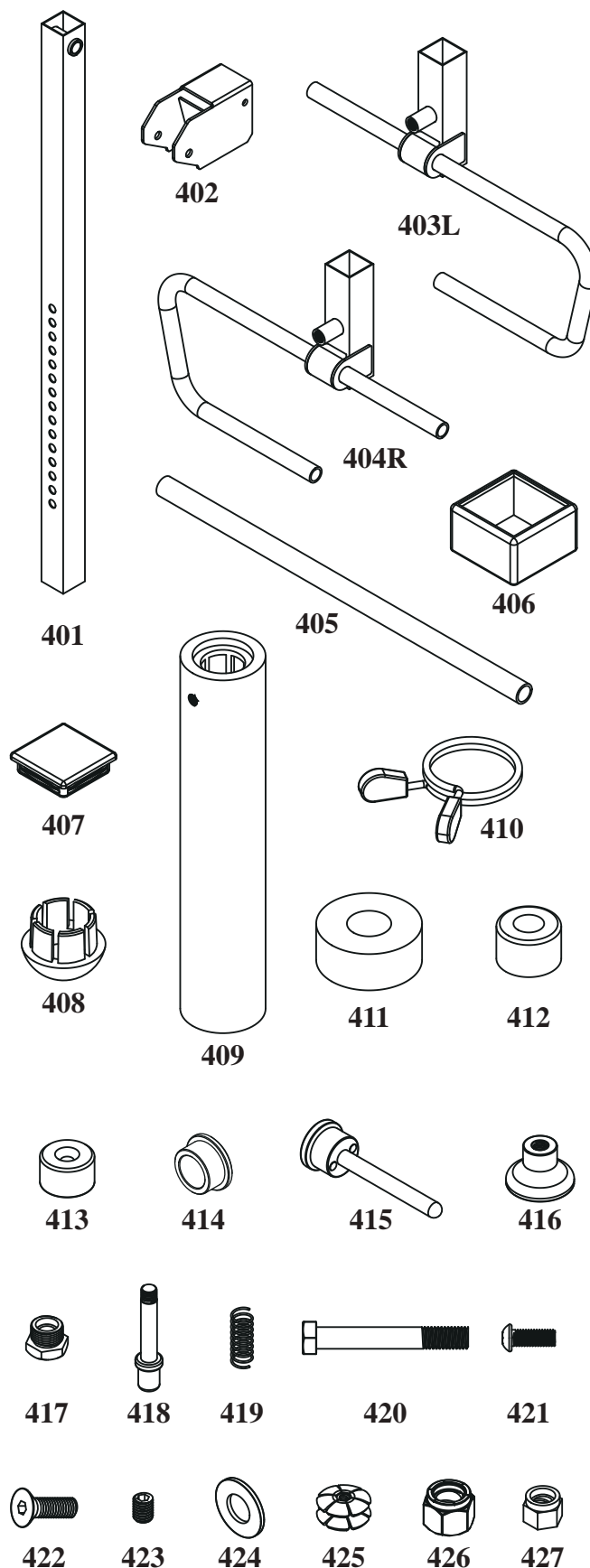
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# EXPLODED



# PARTS CHART

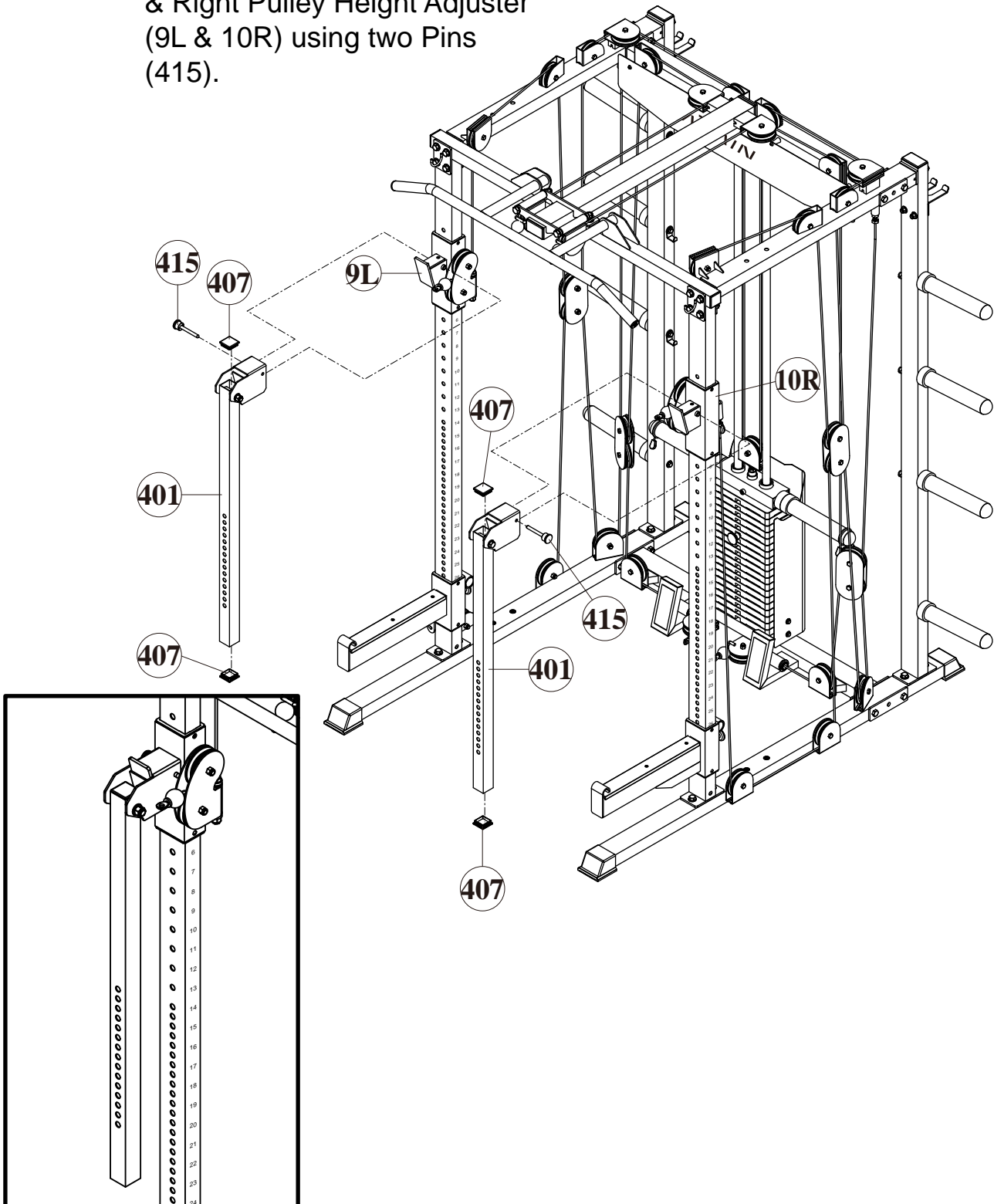
NO.	DESCRIPTION	QTY.
401	ADJ. TUBE	2
402	ADJUSTMENT FRAME	2
403L	LEFT HANDLE BAR	1
404R	RIGHT HANDLE BAR	1
405	FOAM PAD	2
406	HOLLOW PLUG	2
407	45mm SQ. PLUG	4
408	ROUND PLUG	2
409	OLYMPIC ADAPTER SLEEVE	2
410	2" OLYMPIC SPRING	2
411	RUBBER CUSHION	2
412	STOPPER	2
413	STOPPER	2
414	BUSHING	4
415	PIN	2
416	PLASTIC COVER	2
417	NUT	2
418	PIN BOLT	2
419	SPRING	2
420	1/2" X 3-1/2" HEX BOLT	2
421	3/8" X 1" HEX SOCKEN DOME BOLT	2
422	5/16" X 1-1/4" SCREW	2
423	5/16" INNER HEX SCREW	2
424	1/2" WASHER	4
425	5/16" NUT	2
426	1/2" NYLON NUT	2
427	3/8" NYLON NUT	2



\*Parts images are not to scale.

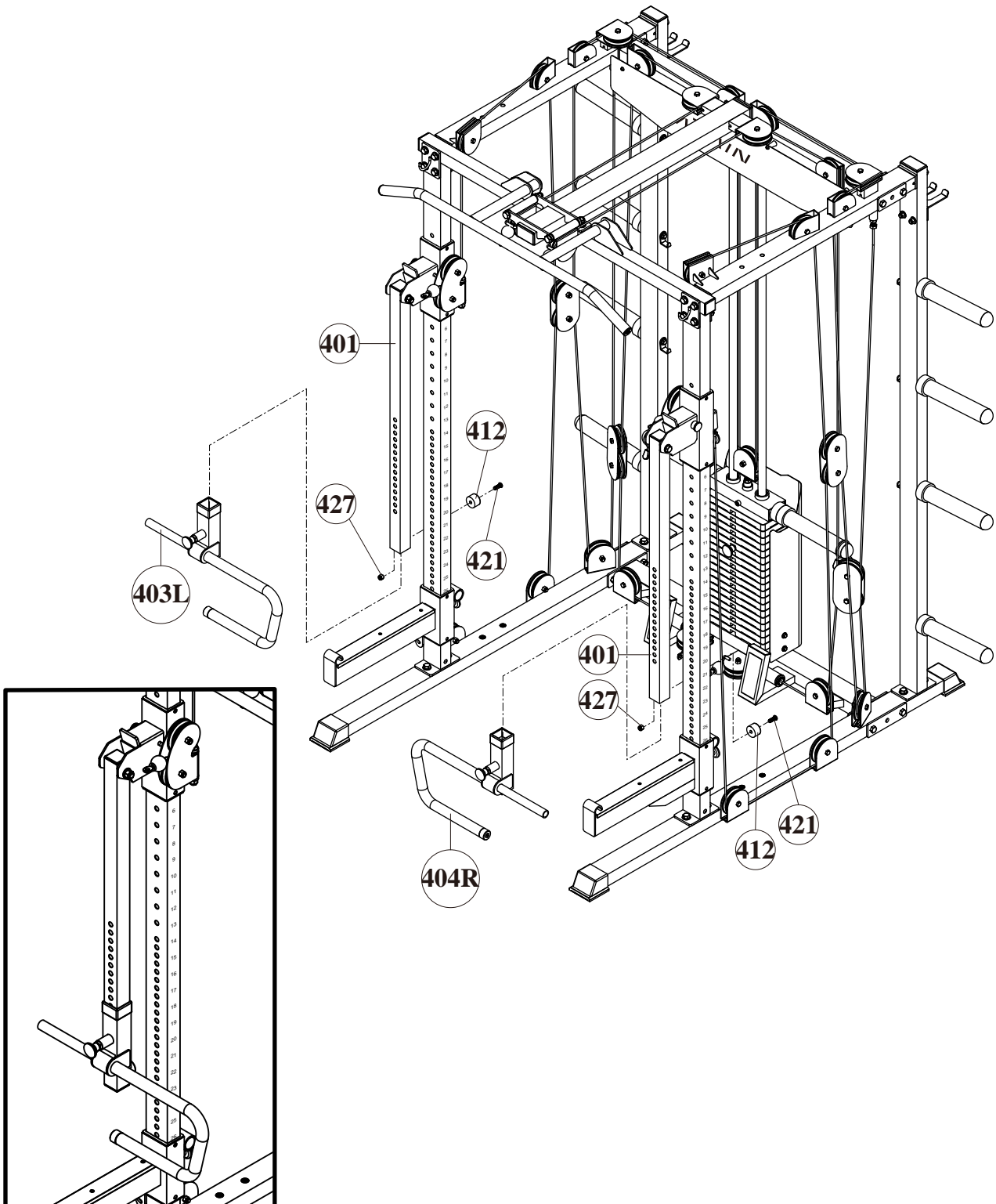
# STEP 1

1. Attach four 45mm Sq. Plugs (407) to two Adj. Tubes (401).
2. Attach two Adj. Tubes (401) to Left & Right Pulley Height Adjuster (9L & 10R) using two Pins (415).



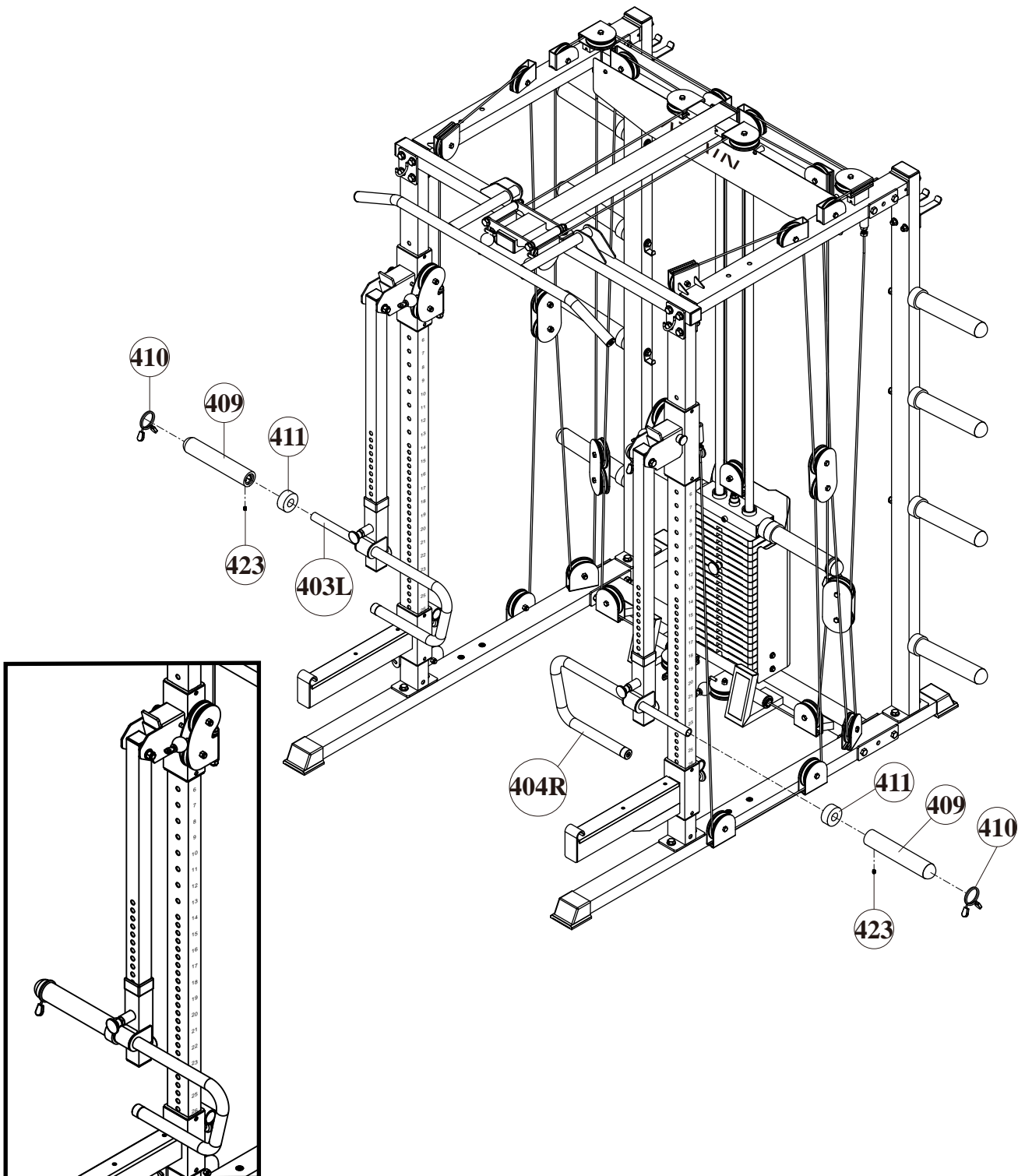
## STEP 2

1. Attach Left & Right Handle Bar (403L & 404R) to the Adj. Tubes (401) using two 3/8" X 1" Hex Socken Dome Bolts (421), two Stoppers (412) and two 3/8" Nylon Nuts (427).



# STEP 3

1. Attach two Rubber Cushions (411), two Olympic Adapter Sleeves (409) and two 2" Olympic Springs (410) to Left & Right Handle Bar (403L & 404R) using two 5/16" Inner Hex Screws (423).



**Assembly is complete! Please take the following steps before using the gym:**

1. Make certain all bolts are tightened securely.
2. Make certain all cables are seated into all pulley grooves. A cable rubbing against steel will peel the nylon coating, voiding warranty and resulting in a need for replacement.
3. Be aware the cables can loosen and slightly stretch upon initial use.
4. For better performance, apply a household lubricant (such as silicone) to any adjustable areas and to the **Guide Rods (6)**.
5. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the ATTAIN FITNESS ARC TRAINER FOR SUPER GYM 1! If you have questions or comments, please contact our customer service department at +1 877-551-7484 and [info@attainfitnessusa.com](mailto:info@attainfitnessusa.com). [www.attainfitnessusa.com](http://www.attainfitnessusa.com)**