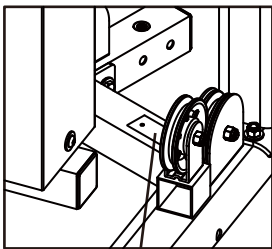


ATTAIN

MFT / MULTI FUNCTIONAL TRAINER

OWNER'S MANUAL

Serial Number Location

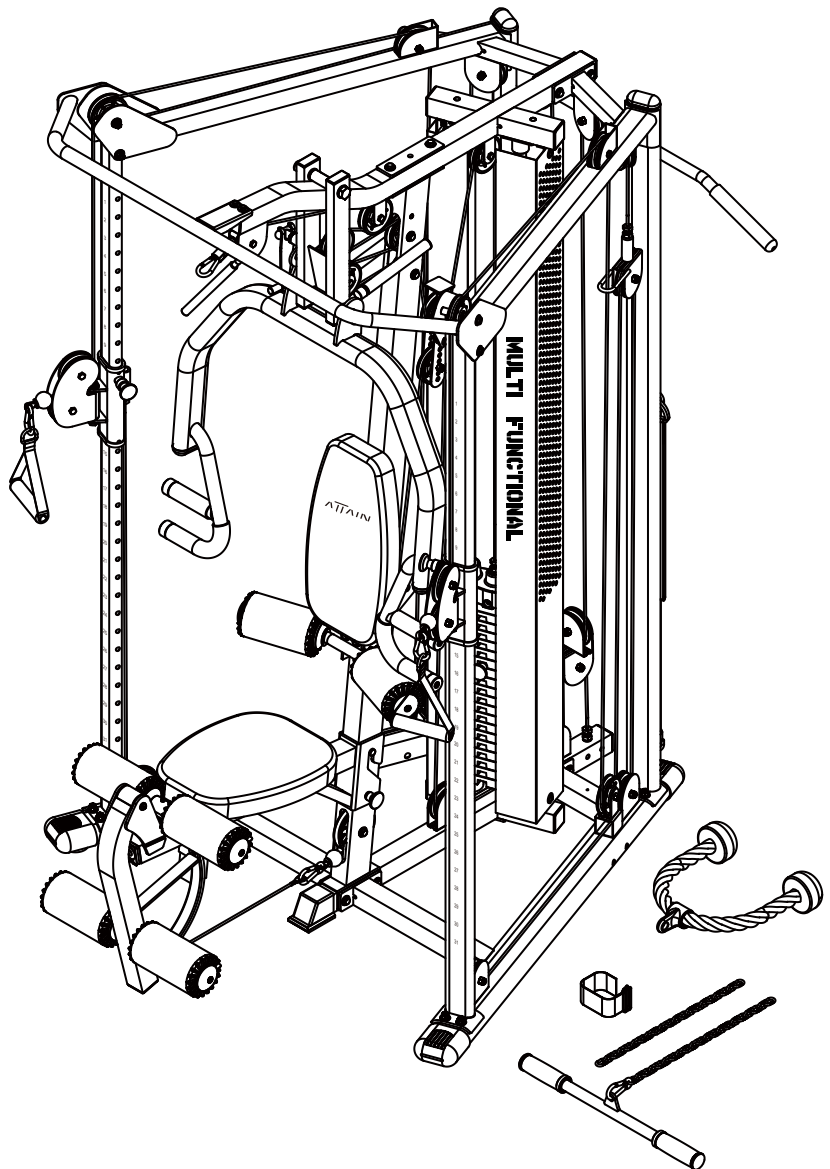


Record your Serial number
and purchase date here:

S/N _____

DATE: _____

DEALER: _____



Model No. MFT
MK2313
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 MFT / MULTI FUNCTIONAL TRAINER**. The ATTAIN MFT / MULTI FUNCTIONAL TRAINER offers an impressive array of strength training exercises to develop every major muscle group of the body. Whether your goal is fitness, a shapely, toned body or dramatic muscle size and strength, the ATTAIN MFT / MULTI FUNCTIONAL TRAINER will help you achieve the results you want. For your safety and benefit, read this manual and the accompanying literature before using the ATTAIN MFT / MULTI FUNCTIONAL TRAINER. Keep this manual for future reference. If you have additional questions, please call your local Dealer.

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. We assume 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. We recommend 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 MFT / MULTI FUNCTIONAL TRAINER 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. When adjusting the seat, make sure the spring pin is fully engaged. If not, the seat may slip and cause serious injury.**
- 8. Make certain all cables are seated within the pulleys before every use.**
- 9. Exercise with care to avoid injury.**
- 10. If you are unsure about the proper use of the ATTAIN MFT / MULTI FUNCTIONAL TRAINER call your local dealer or our customer service department.**

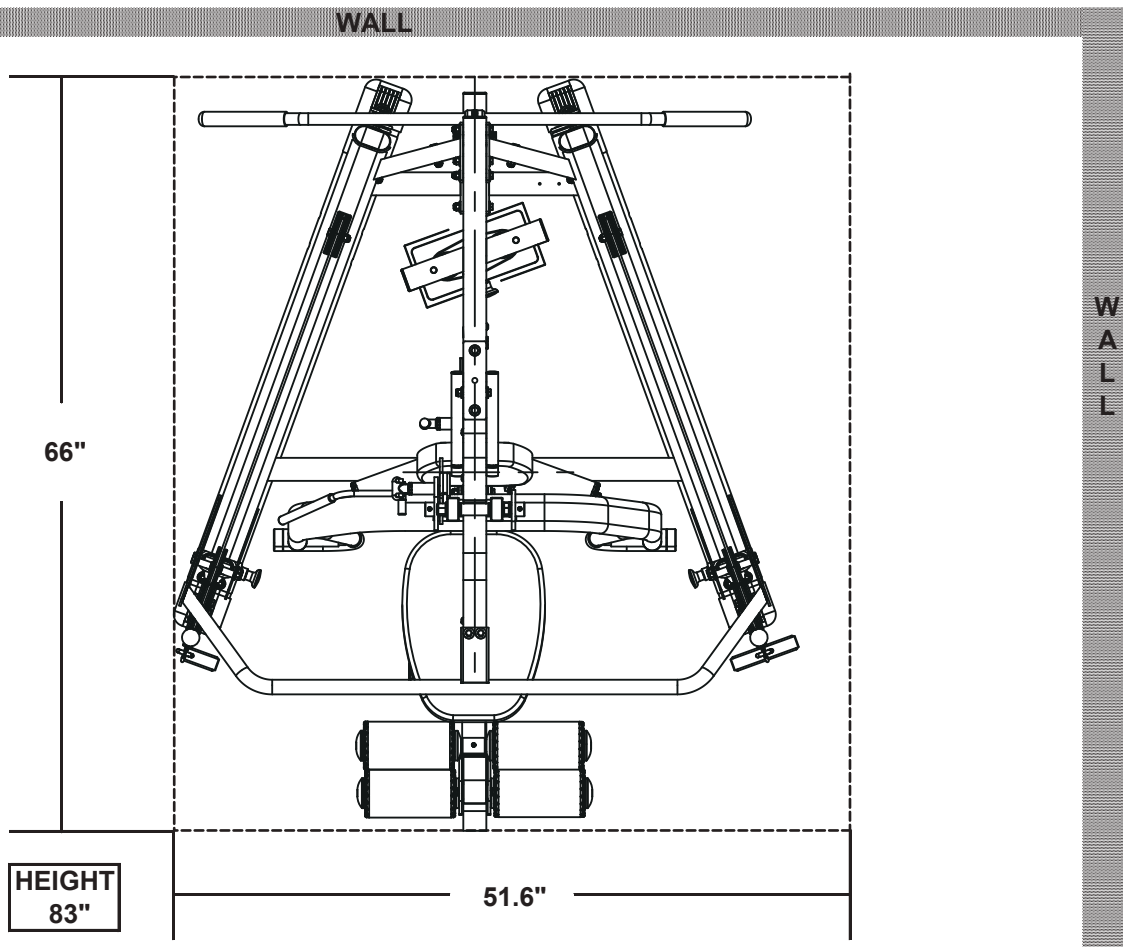
QUESTIONS?

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.

www.atainfitnessusa.com

Gym Placement Planner

If possible, please take advantage of the corner fit design.

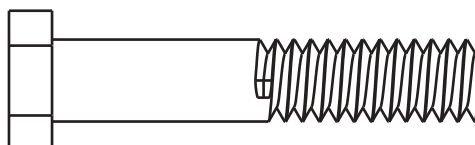


Recommended Tools for Assembly

Ratchet
 9/16" Socket
 3/4" Socket
 9/16" Combination Wrench
 3/4" Combination Wrench
 Adjustable Wrench
 Rubber Mallet
 Metric Allen Key Set
 Silicone Spray
 Window Cleaner or Water

Important Notes and Tips:

1. Do not tighten any bolts until instructed.
2. Two people are required for the safe assembly of the gym.
3. Use window cleaner or water to assist with roller pad installation.
4. Use silicone lubricant on guide rods prior to weight plate installation.
5. Carefully install plastic caps using a rubber mallet.
6. For your convenience, rulers are displayed throughout this manual.
7. When measuring bolt lengths, only measure the shank.



i.e. 2-1/4" Hex Bolt

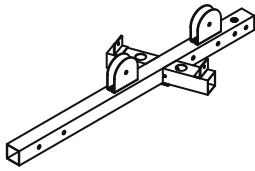


MFT PARTS LIST 1

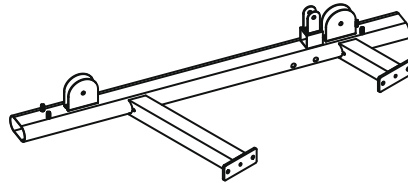


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

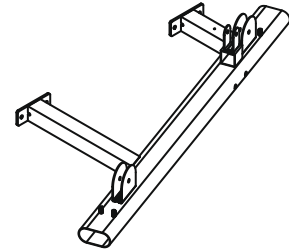
*Parts images are not to scale.



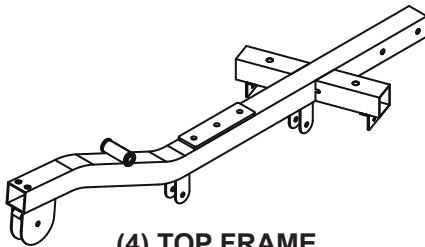
(1) MAIN FRAME



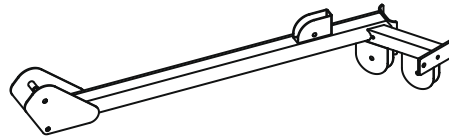
(2R) RIGHT BASE FRAME



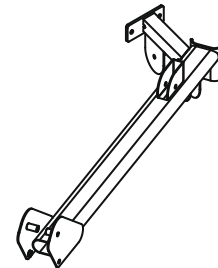
(3L) LEFT BASE FRAME



(4) TOP FRAME



(5R) RIGHT TOP FRAME



(6L) LEFT TOP FRAME



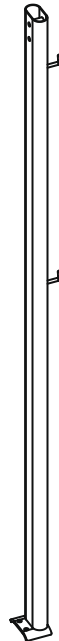
(7) VERTICAL
GUIDE ROD
X 2pcs



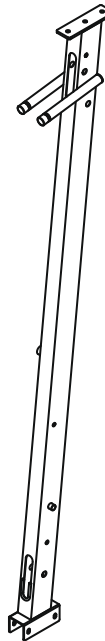
(8R) RIGHT
UPRIGHT
FRAME



(9L) LEFT
UPRIGHT
FRAME



(10) REAR
UPRIGHT
FRAME
X 2pcs



(11) SUPPORT
UPRIGHT
FRAME



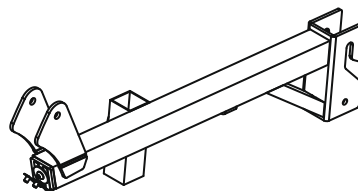
(12R) RIGHT
WEIGHT
SHROUD



(13L) LEFT
WEIGHT
SHROUD



(16) PRESS ARM
SUPPORT



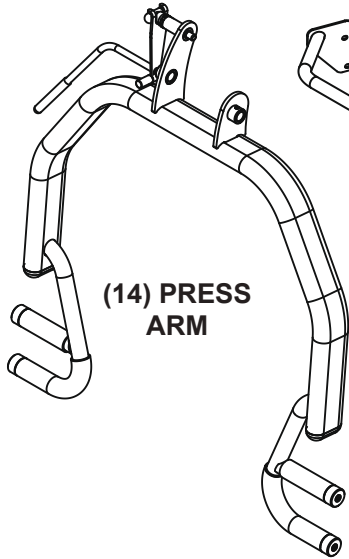
(17) SEAT FRAME

MFT PARTS LIST 2

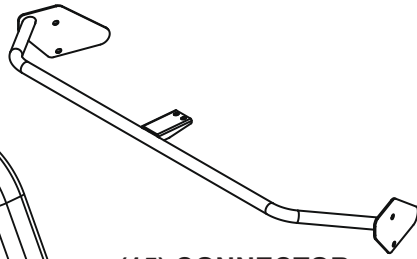


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

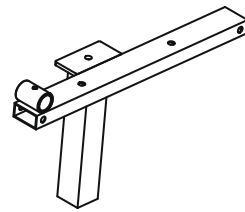
*Parts images are not to scale.



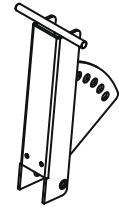
(14) PRESS ARM



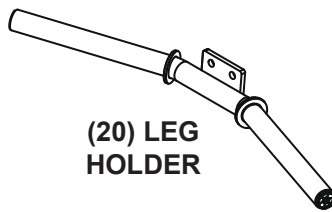
(15) CONNECTOR TOP FRAME



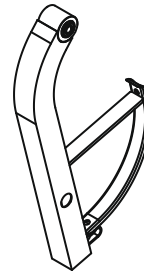
(18) SEAT FRAME ADJUSTER



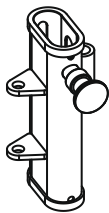
(19) SEAT BACK ADJUSTER



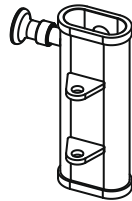
(20) LEG HOLDER



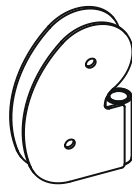
(21) LEG EXTENSION ARM



(22R) RIGHT PULLEY HEIGHT ADJUSTER



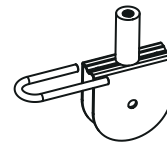
(23L) LEFT PULLEY HEIGHT ADJUSTER



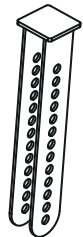
(24) ROTATING PULLEY HOLDER X 2pcs



(25) DOUBLE PULLEY BLOCK



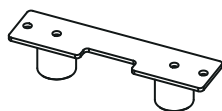
(26) SINGLE PULLEY BLOCK X 2pcs



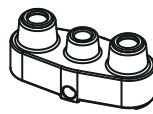
(27) ADJ. PULLEY BLOCK



(28) METAL HINGE X 2pcs



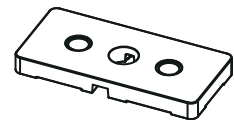
(29) TOP GUIDE ROD HOLDER



(30) TOP PLATE



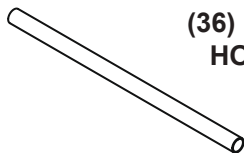
(31) SELECTOR ROD



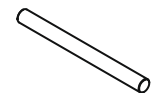
(32) WEIGHT PLATE X 19pcs



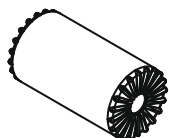
(33) STACK SPACER X 2pcs



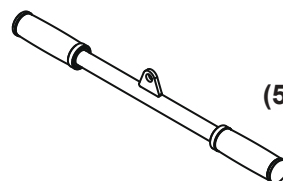
(36) FOAM ROLLER HOLDER X 2pcs



(37) PRESS ARM AXLE



(41) FOAM PAD & (42) FOAM PAD COVER X 6pcs



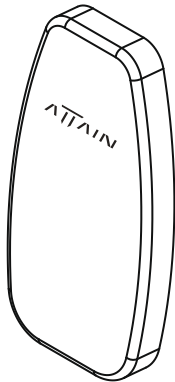
(50) CURL BAR

MFT PARTS LIST 3

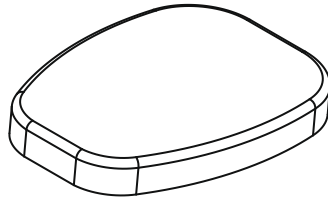


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

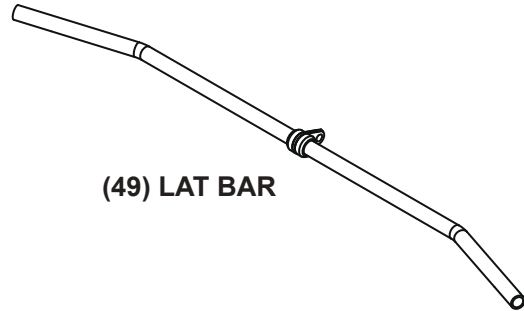
*Parts images are not to scale.



(39) BACK PAD



(40) SEAT PAD



(49) LAT BAR



(51) SPORT BAR



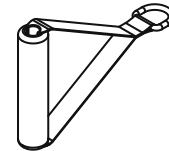
(52) LONG BAR



(56) CHIN ASSIST STRAP



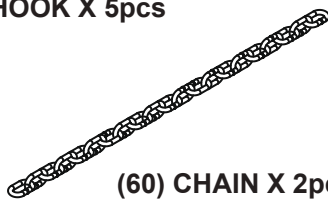
(57) ANKLE STRAP



(58) SINGLE HANDLE X 2pcs



(61) SNAP HOOK X 5pcs



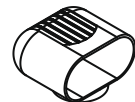
(60) CHAIN X 2pcs



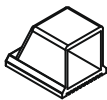
(66) 140mm PULLEY



(67) 90mm PULLEY X 33pcs



(68) 50 X 100mm OVAL END CAP X 4pcs



(69) 50 X 50mm END CAP



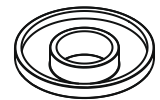
(70) 50 X 50mm END PLUG X 8pcs



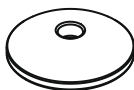
(71) 25 X 50mm END PLUG X 6pcs



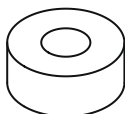
(72) 40 X 80mm ROUND PLUG FOR UPRIGHT FRAME X 2pcs



(75) PLASTIC CAP X 6pcs



(76) ALUMINUM CAP X 6pcs



(77) RUBBER CUSHION X 4pcs



(81) PLASTIC GUIDE ROD HOLDER X 2pcs



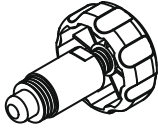
(85) 3/8" BUSHING X 6pcs

MFT PARTS LIST 5

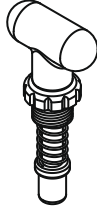


NOTE: If you are missing a listed part, it likely has been pre-installed in our factory for quality control purposes. Please continue with assembly.

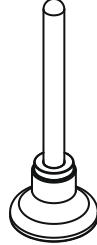
*Parts images are not to scale.



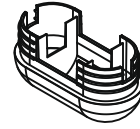
(91) SPRING KNOB



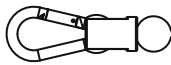
(93) SHORTER POP PIN



(95) SELECTOR PIN X 2pcs



(139) 40 X 80mm OVAL PLUG FOR PRESS ARM X 2pcs



(96) TOP CABLE



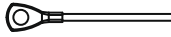
(97) CONNECT CABLE



(98) LOWER CABLE

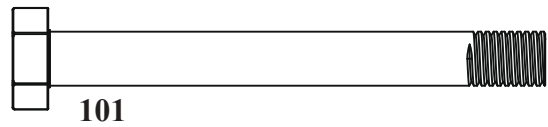


(99) H / L CABLE X 2pcs

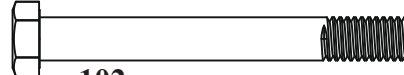


(100) EXTENSION CABLE

NO.	DESCRIPTION	QTY.
101	5/8" X 5-1/2" HEX BOLT	21
102	1/2" X 4-1/4" HEX BOLT	2
103	3/8" X 4-1/4" HEX BOLT	4
104	3/8" X 3-1/2" HEX BOLT	2
105	3/8" X 3-1/8" HEX BOLT	6
106	3/8" X 3" HEX BOLT	1
107	3/8" X 2-3/4" HEX BOLT	3
108	3/8" X 2-1/2" HEX BOLT	4
109	3/8" X 1-3/4" HEX BOLT	29
110	3/8" X 1-3/4" HEX THREADED BOLT	2
111	3/8" X 1" HEX THREADED BOLT	4
112	TOP PLATE BOLT	1
117	5/16" X 1/2" BUTTON HEAD BOLT	4
125	5/8" WASHER	2
126	1/2" WASHER	4
128	3/8" SMALLER WASHER	44
130	5/16" SMALLER WASHER	4
132	5/8" NYLON NUT	1
133	1/2" NYLON NUT	2
134	3/8" NYLON NUT	47
137	4mm HEX WRENCH	1
138	5mm HEX WRENCH	1



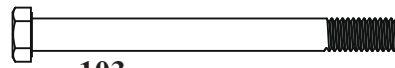
101



102



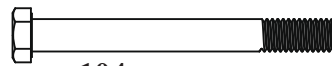
110



103



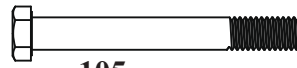
111



104



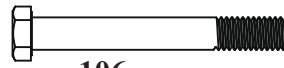
112



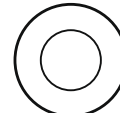
105



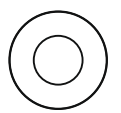
117



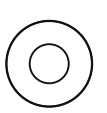
106



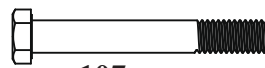
125



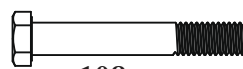
126



128



107



108



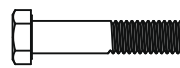
130



132



133



109



134



137



138

STEP 1 Assemble Main Frame



**TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.**

1. Cap 50 X 100mm Oval End Cap (2R) & Left Base Frame (3L).

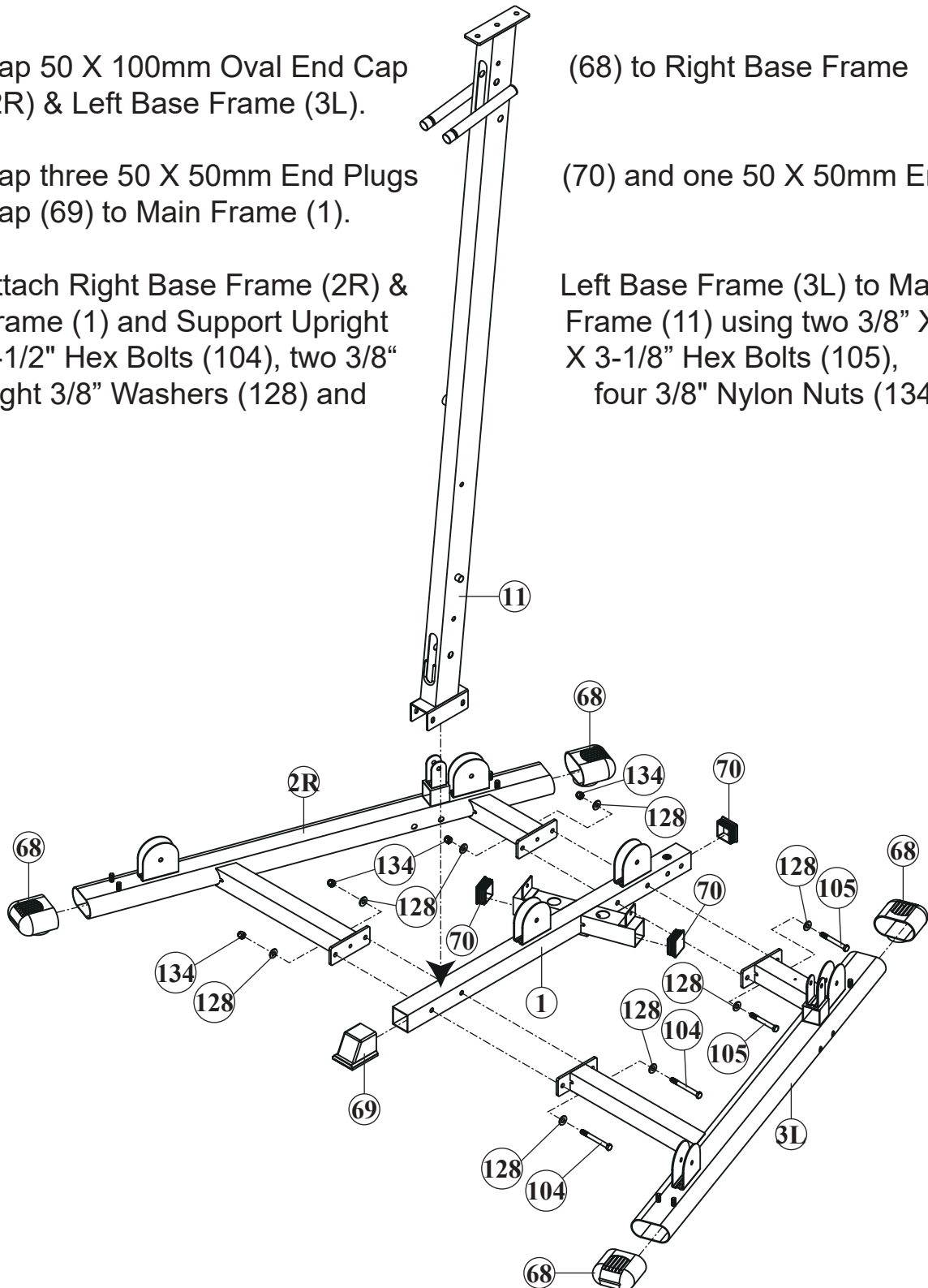
2. Cap three 50 X 50mm End Plugs (70) and one 50 X 50mm End Cap (69) to Main Frame (1).

3. Attach Right Base Frame (2R) & Frame (1) and Support Upright 3-1/2" Hex Bolts (104), two 3/8" eight 3/8" Washers (128) and

(68) to Right Base Frame

(70) and one 50 X 50mm End

Left Base Frame (3L) to Main Frame (11) using two 3/8" X 3-1/8" Hex Bolts (105), four 3/8" Nylon Nuts (134).

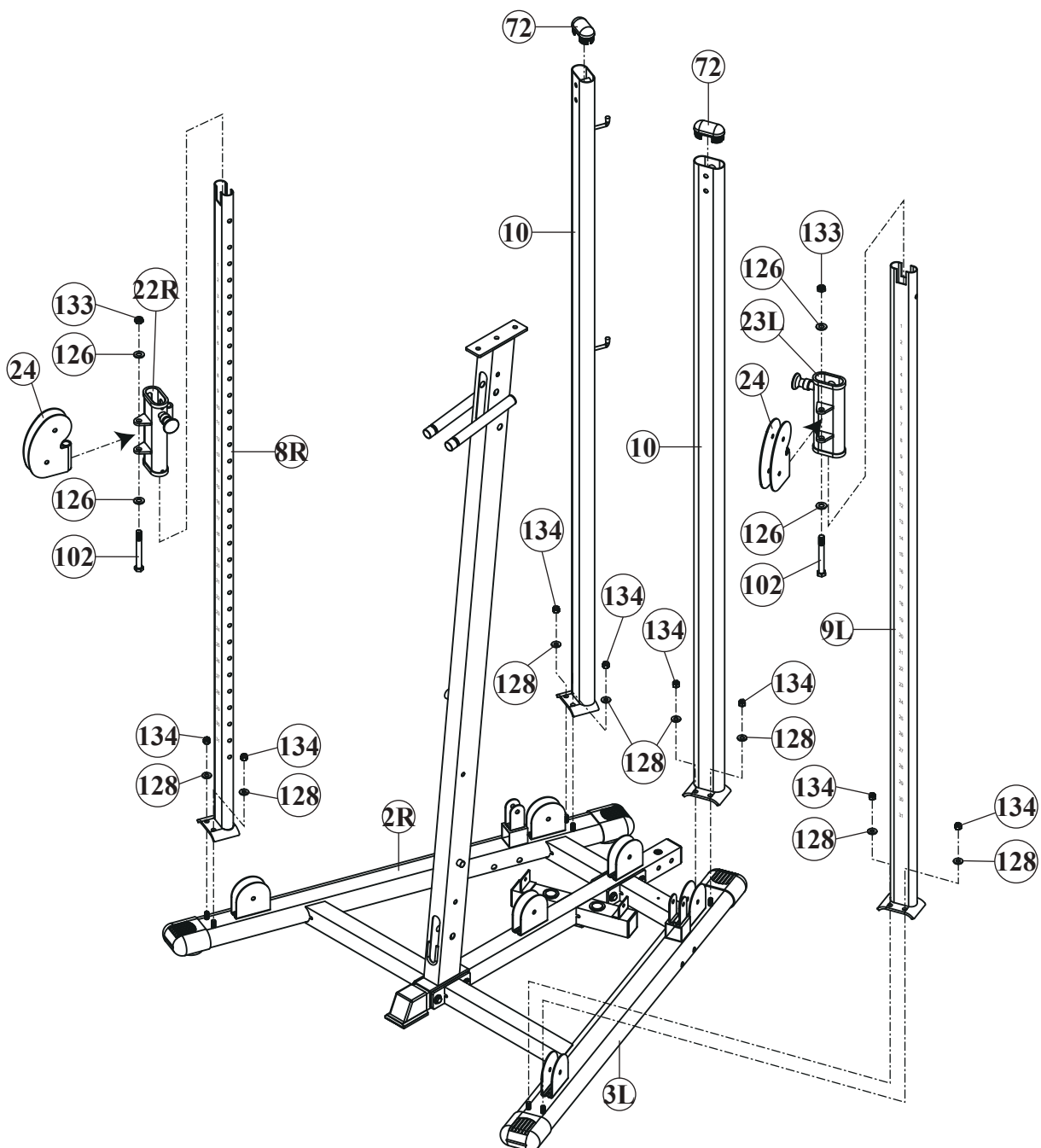


STEP 2 Assemble Upright Frame



TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.

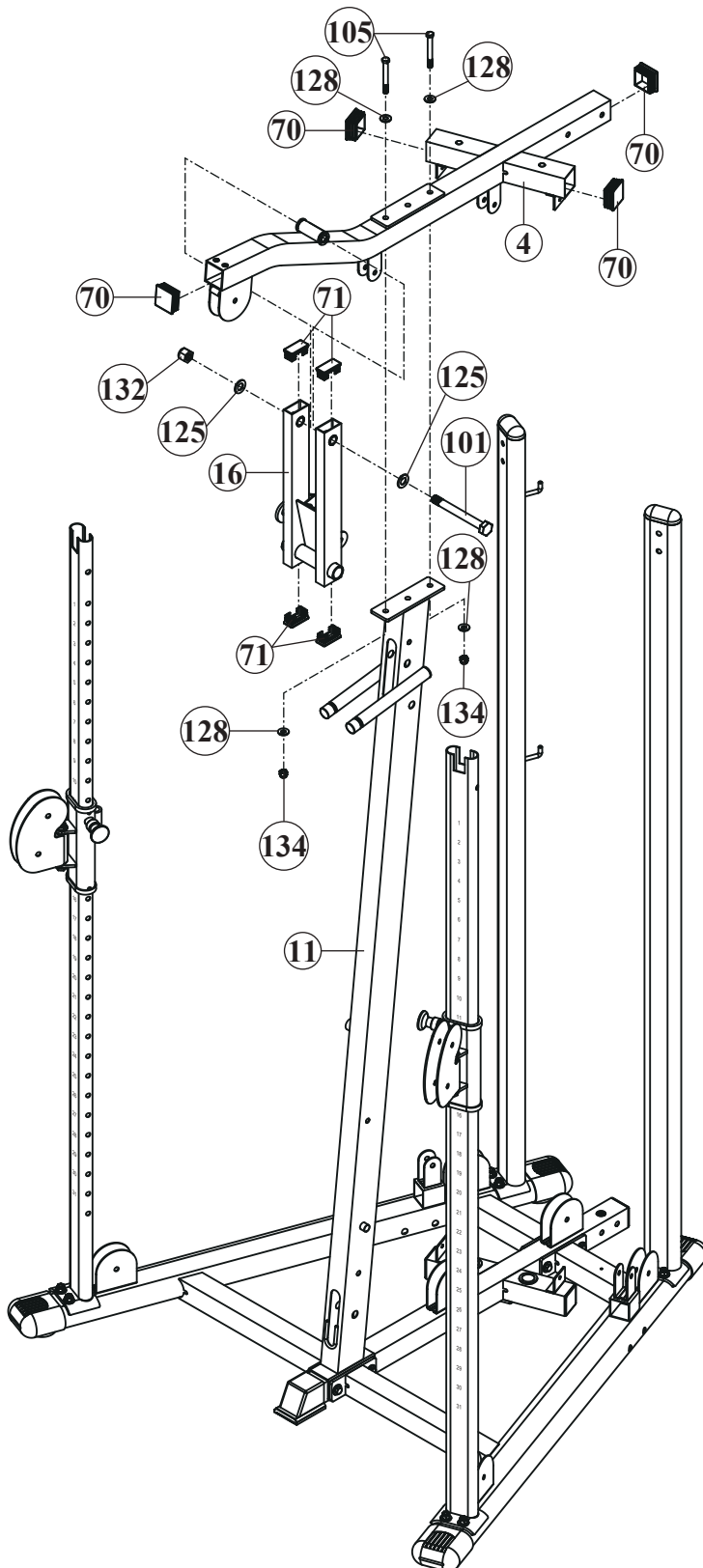
1. Cap 40 X 80mm Oval Plug (72) to Rear Upright Frame (10).
2. Attach Right & Left Upright Frame (8R & 9L) to Right & Left Base Frame (2R & 3L) using four 3/8" Washers (128) and four 3/8" Nylon Nuts (134).
3. Attach two Rear Upright Frames (10) to Right & Left Base Frame (2R & 3L) using four 3/8" Washers (128) and four 3/8" Nylon Nuts (134).



STEP 3 Assemble Top Frame



**TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.**



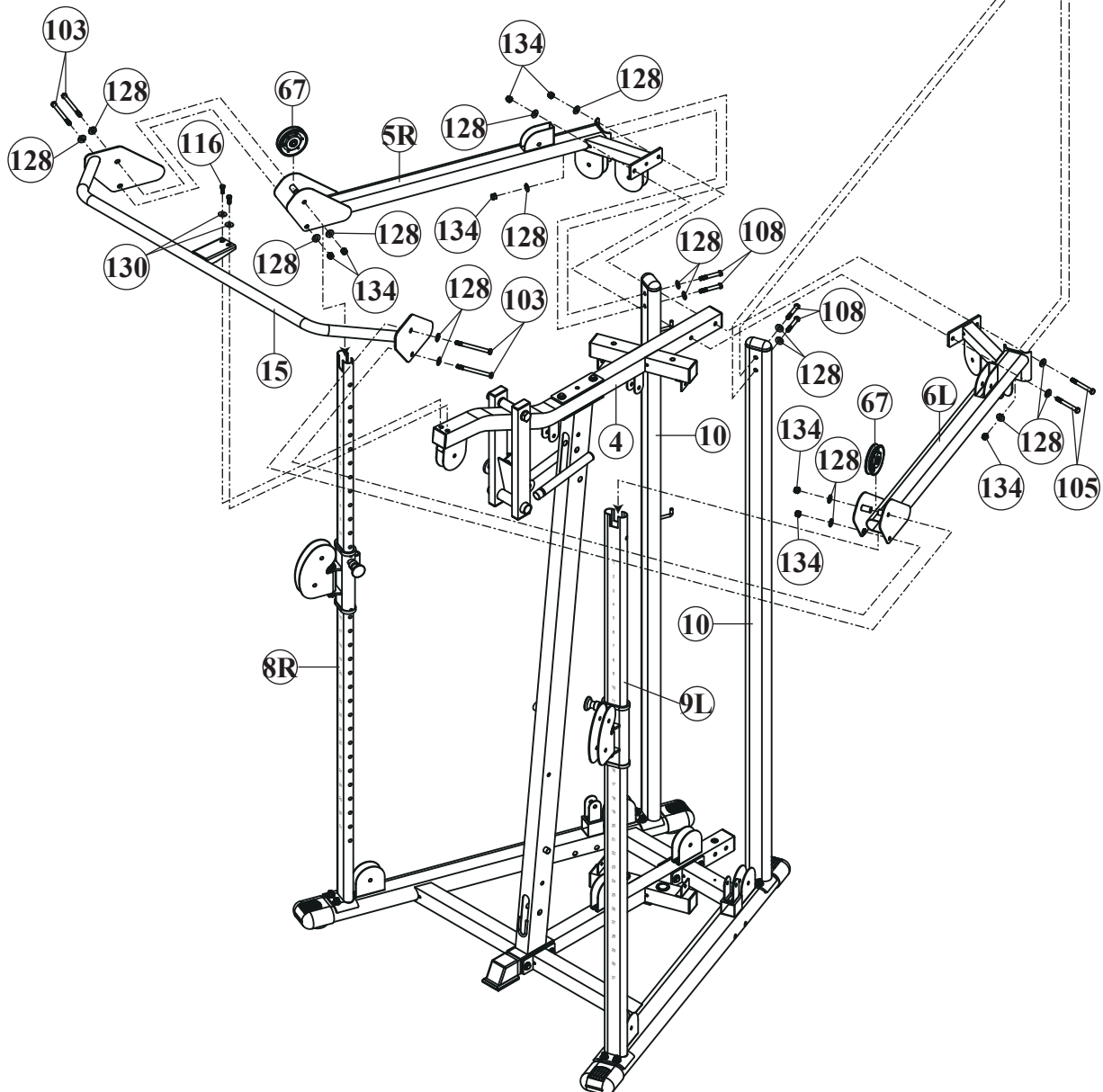
1. Cap four 25 X 50mm End Plugs (70) to Top Frame (4).
2. Attach Top Frame (4) to Support Upright Frame (11) using two 3/8" X 3-1/8" Hex Bolts (105), four 3/8" Washers (128) and two 3/8" Nylon Nuts (134).
3. Cap four 25 X 50mm End Plugs (71) to Press Arm Support (16).
4. Attach Press Arm Support (16) to Top Frame (4) using one 5/8" X 5-1/2" Hex Bolt (101), two 5/8" Washers (125) and one 5/8" Nylon Nuts (132).

STEP 4 Assemble Right & Left Top Frame



**TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.**

1. Attach Right & Left Top Frame (5R & 6L) to Top Frame (4) using two 3/8" X 3-1/8" Hex Bolts (105), four 3/8" Washers (128) and two 3/8" Nylon Nuts (134).
2. Attach two Rear Upright Frames (10) to Right & Left Top Frame (5R & 6L) using four 3/8" X 2-1/2" Hex Bolts (108), six 3/8" Washers (128) and three 3/8" Nylon Nuts (134).
3. Attach Connector Top Frame (15) to Right & Left Top Frame (5R & 6L), Right & Left Upright Frame (8R & 9L) and two 90mm Pulleys (67) using four 3/8" X 4-1/4" Hex Bolt (103), eight 3/8" Washers (128) and four 3/8" Nylon Nuts (134). Attach Connector Top Frame (15) to Top Frame (4) using two 5/16" X 5/8" Button Head Bolts (116) and two 5/16" Washers (130).



STEP 5 Assemble Guide Rods & Weight Plate



IMPORTANT

If you have 19 Weight Plates, DO NOT install the two Stack Spacers (34), See figure 1 & 2 below.

Before beginning Step 6, please read the following and refer to Figures 1 and 2 on the next page.

150 lb Stacks

- If you have **14** Weight Plates (32) per stack, install the Stack Spacers (33) onto each of the Guide Rods (7). Fig. 1
14 piece weight plates & top plate = TOTAL 150 lbs stack.

200 lb Stacks

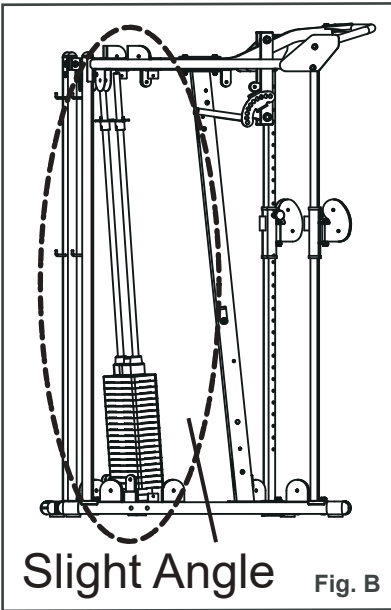
- If you have **19** Weight Plates (32) per stack, DISCARD the Stack Spacers (33), see Fig. 2
19 piece weight plates & top plate = TOTAL 200 lbs stack.

1. Assemble the Top Plate (32) to the the Selector Rod (31) using one Top Plate Bolt (112). **TIGHTEN** the Top Plate Bolt (112) at this time.
2. Install each of the Plastic Guide Rod Holders (81) into the Main Frame (1), and insert the Guide Rods (7).

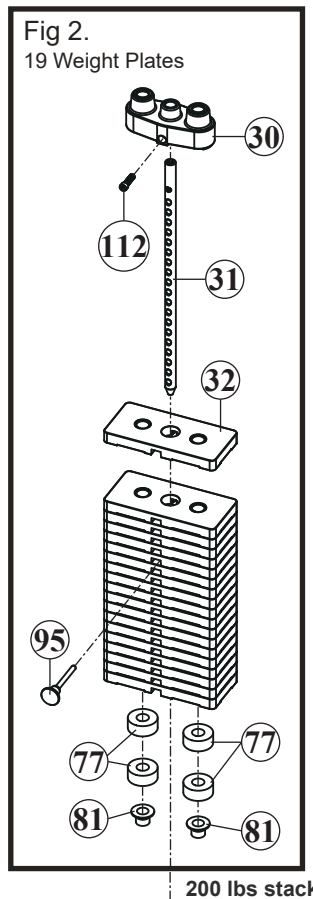
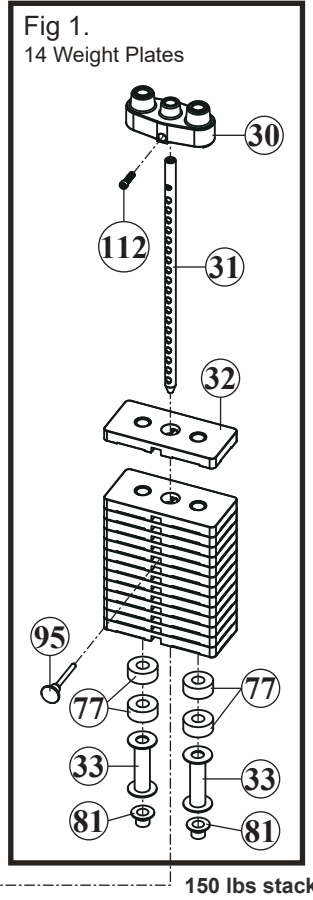
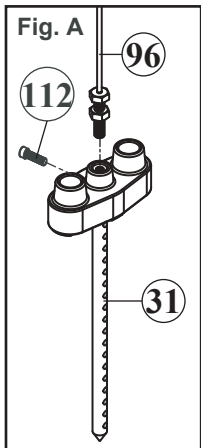
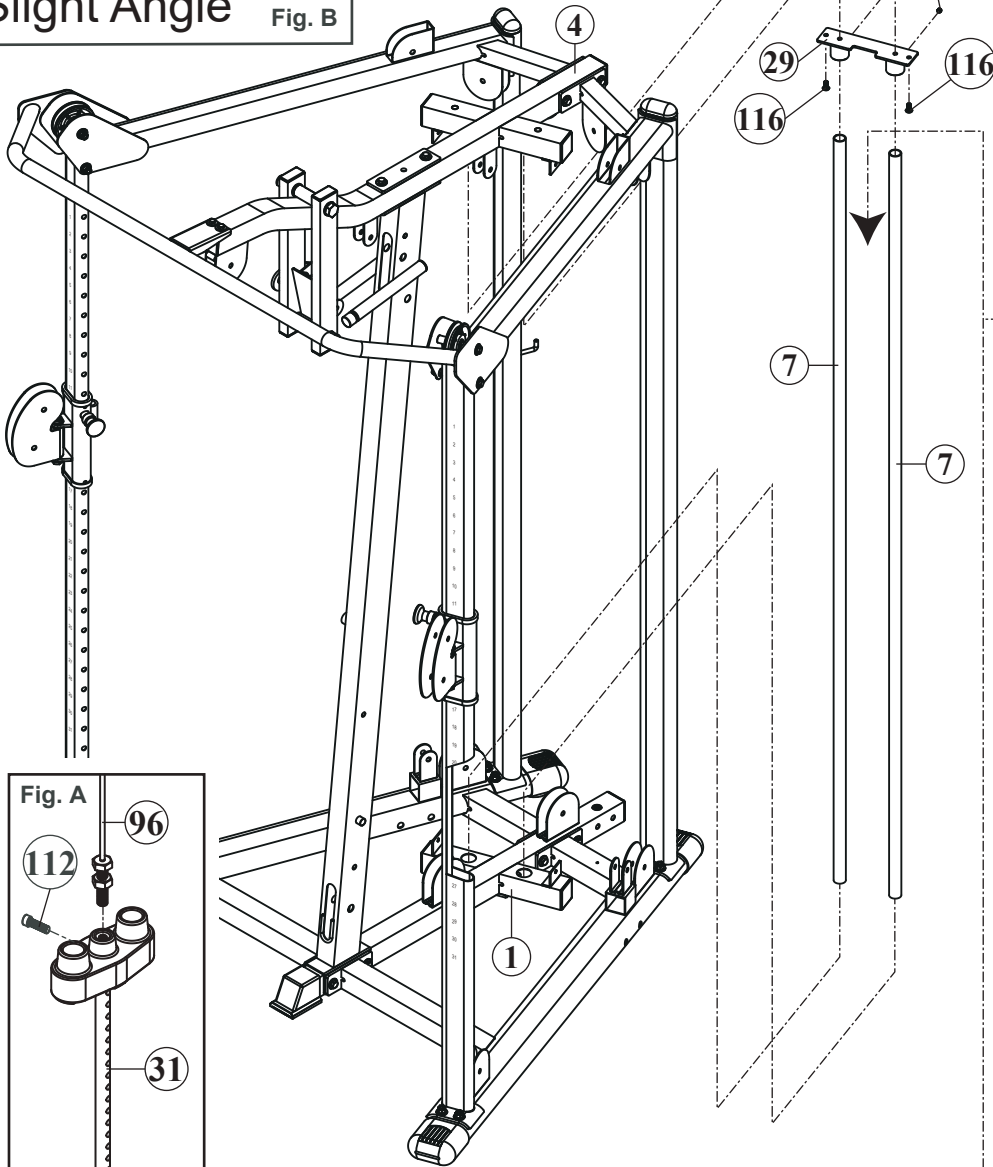
NOTE: When installing the Weight Plates (32), make certain that each plate is oriented with selector hole opening on the bottom and facing forward.

3. Make two Guide Rods (7) angled slightly forward. If you have 19 pieces of Weight Plates (32) discard the Stack Spacers (36), and refer to Figure 1. Slide four Rubber Cushions (77) and the Weight Plates (32) one at a time onto the Guide Rods (7).
4. Attach Top Guide Rod Holder (29) onto the Guide Rods (7) and return the Guide Rods (7) to the upright position. Then attach Top Guide Rod Holder (29) to Top Frame (4) using two 5/16" X 5/8" Button Head Bolts (116). Tighten the two 5/16" X 1/4" Inner Hex Screws (121) to the Guide Rods (7).

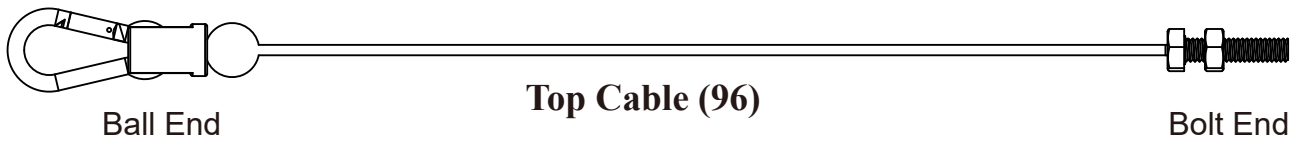
STEP 5 Assemble Guide Rod & Weight Plate



! TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP. DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.



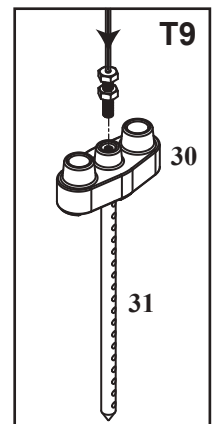
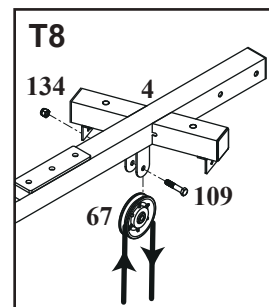
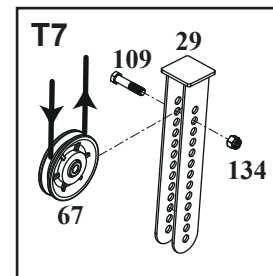
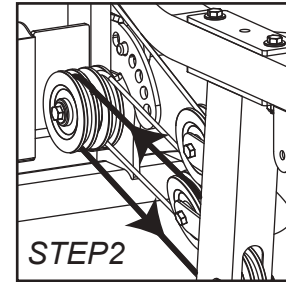
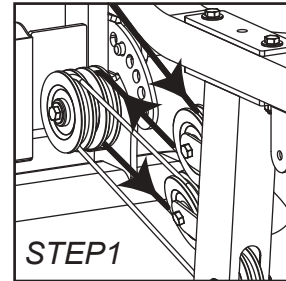
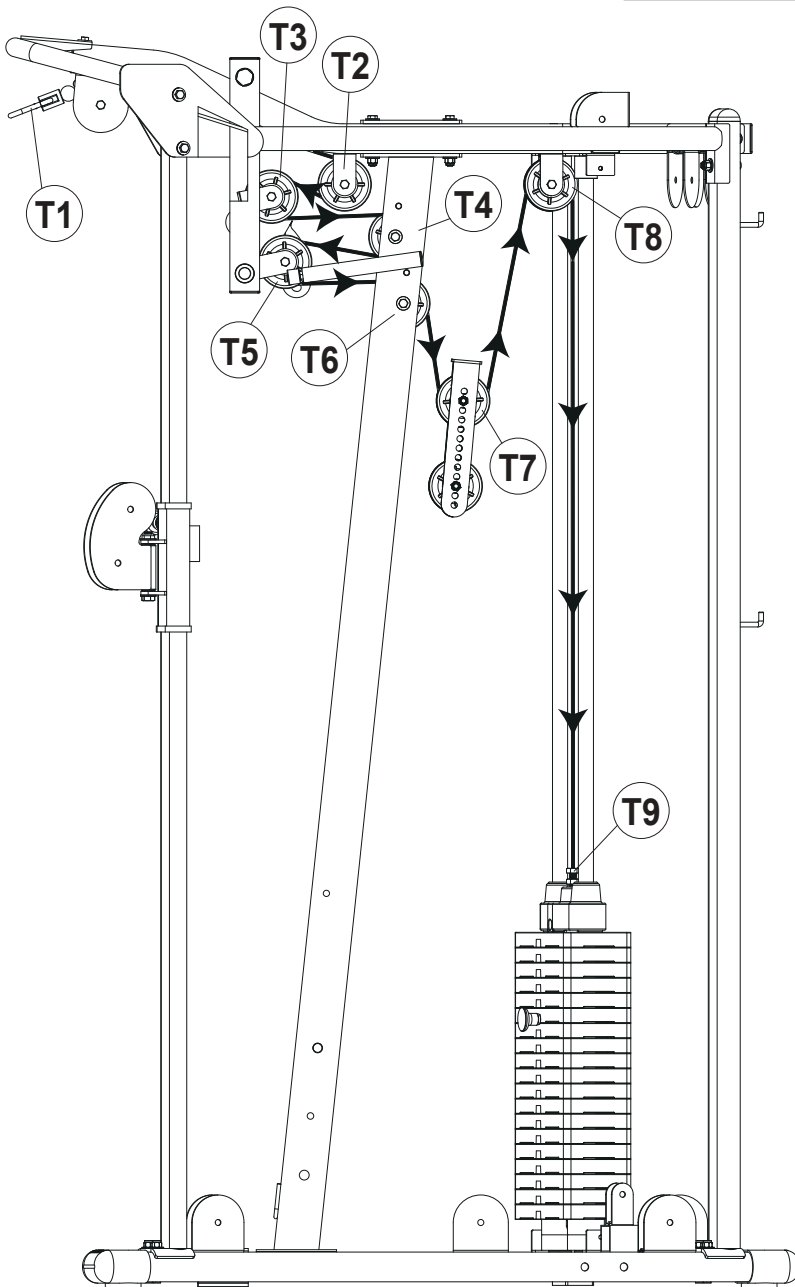
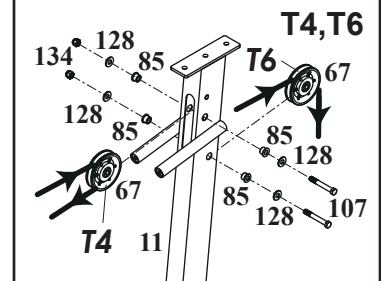
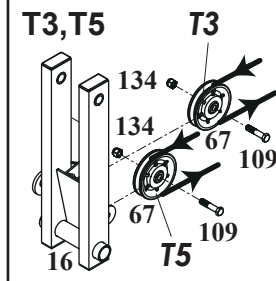
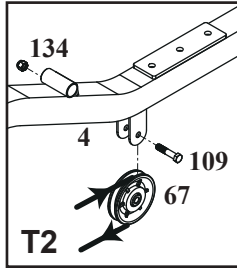
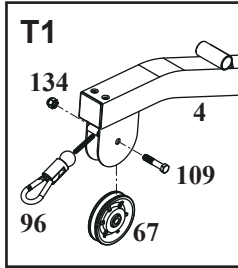
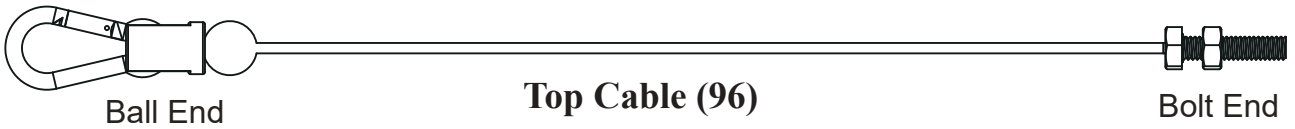
STEP 6 Assemble Top Cable



Simultaneously assemble cables and pulleys.

1. Insert the bolt end of Top Cable (96) into slot in front of Top Frame (4), over pulley T1 and pulley T2 mounted on the Top Frame (4), using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134) each.
2. Run the cable forward to the Press Arm Support (16). Mount one pulley using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134) as shown in T3. Route the cable to Pulley T3 (T3 is the pulley on the right side, as if sitting on the seat), around T3 to underside of T4. Route cable down and around pulley T3. mount on Press Arm Support (16), entering to the top, exiting on bottom, as shown in STEP 1. T4 is mounted to the Support Upright Frame (11) using one 3/8" X 2-3/4" Hex Bolt (107), one 3/8" Bushing (85), one 3/8" Small Washers (128) and one 3/8" Nylon Nut (134).
3. Continue routing the cable entering the top of T4, exiting on bottom and then forward to T5, which is the left side pulley mounted in Press Arm Support (16). Run the cable over top of pulley T5, exiting on the underside. Continue routing around pulley T5 {right side pulley mounted in Press Arm Support (16)}, entering on top, exiting on bottom, as shown in STEP 2.
4. Route cable to Pulley T6, which you will mount inside the Support Upright Frame (11) using one 3/8" X 2-3/4" Hex Bolt (107), one 3/8" Bushing (85), one 3/8" Small Washers (128) and one 3/8" Nylon Nut (134). Continue routing the cable down entering on top of this Pulley T6.
5. Mount a pulley in the closed end of the Adjustable Pulley Block (29) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134). Hang this Adjustable Pulley Block (29) by routing the cable to the underside of the pulley as shown in T7.
6. Route cable over top of Pulley T8, which is mounted in the rear bracket on the Top Frame (4) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
7. Route the cable through the looped end of the selector pin lanyard, and then screw the Bolt end of the Top Cable (96) into the Top Plate (30), about half way down. The Bolt end of the cable is an adjustment point but should always have at least one third of the threads screwed into the Top Plate (30).

STEP 6 Assemble Top Cable



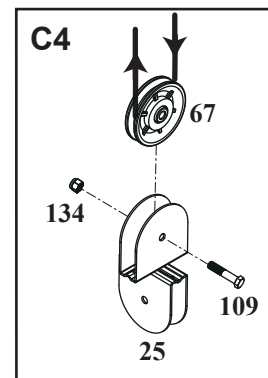
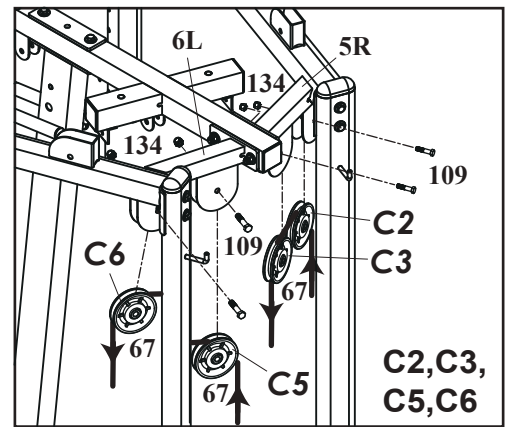
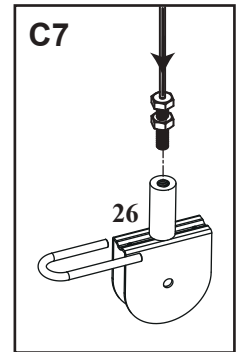
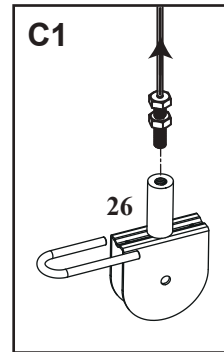
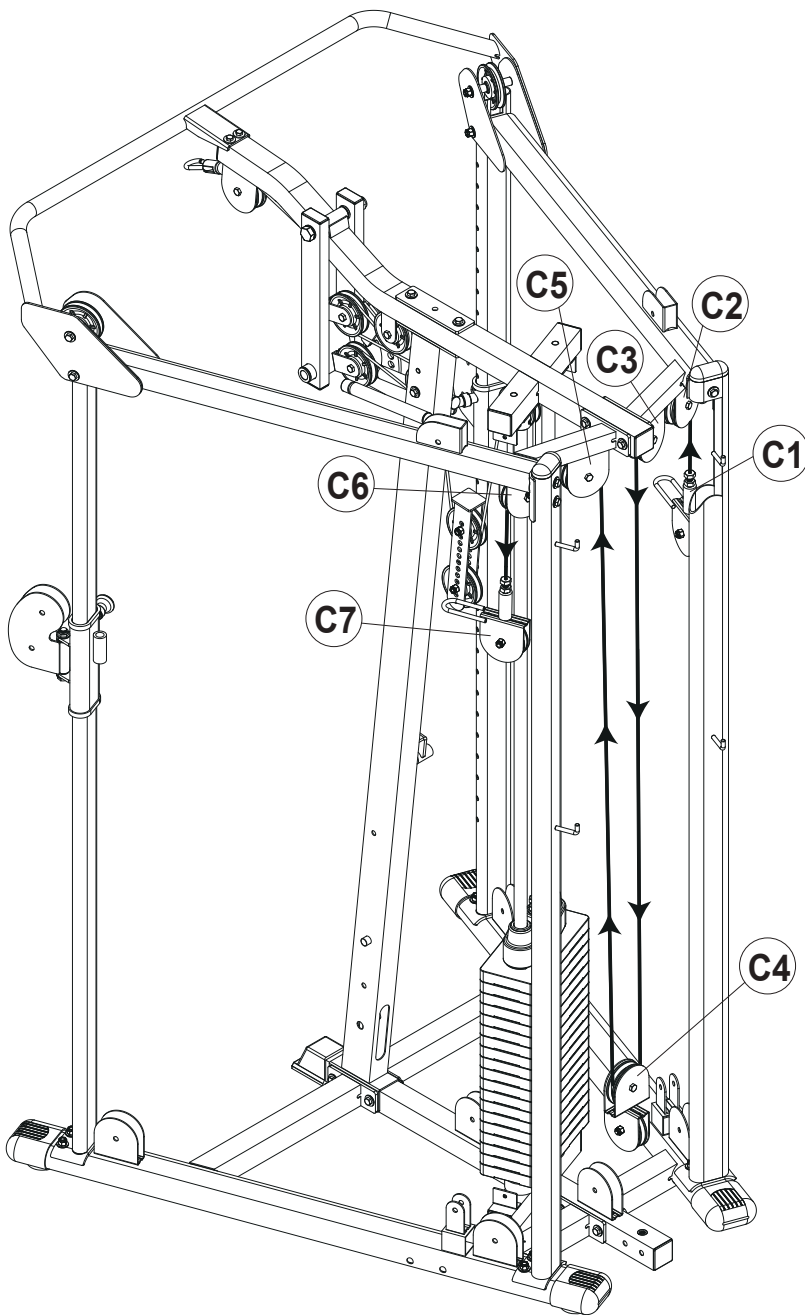
STEP 7 Assemble Connect Cable



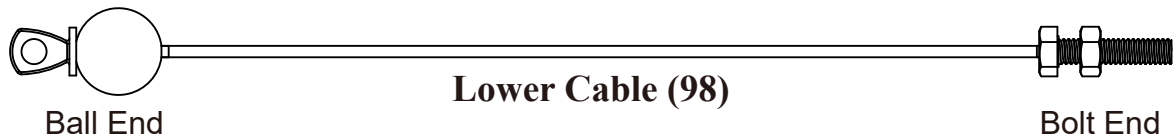
Simultaneously assemble cables and pulleys.

1. Refer to C1. Connect Cable (97) thread the Bolt End of Single Pulley Block (26).
2. Refer to C2. & C3. Mount a Pulley (67) using 3/8" X 1-3/4" Hex Bolt (109) and 3/8" Nylon Nut (134) to Right Top Frame (5R).
3. Refer to C4. Mount a Pulley (67) using 3/8" X 1-3/4" Hex Bolt (109) and 3/8" Nylon Nut (134) to Double Pulley Block (25), and route Connect Cable (97) along underneath the pulley.
4. Refer to C5. & C6. Mount a Pulley (67) using 3/8" X 1-3/4" Hex Bolt (109) and 3/8" Nylon Nut (134) to Left Top Frame (6L).
5. Refer to C7. Connect Cable (97) thread the Bolt End of Single Pulley Block (26).

STEP 7 Assemble Connect Cable



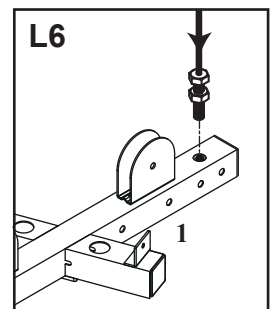
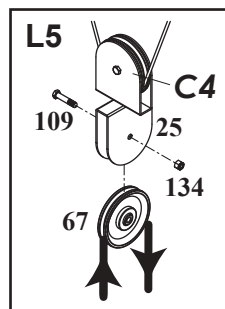
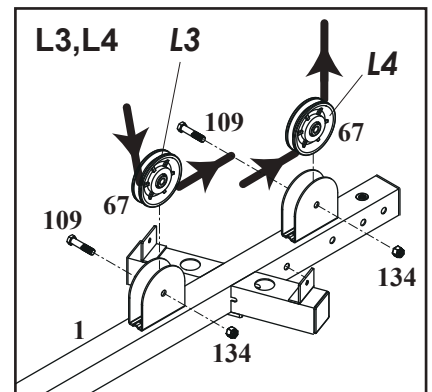
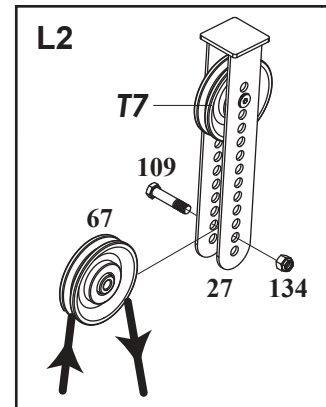
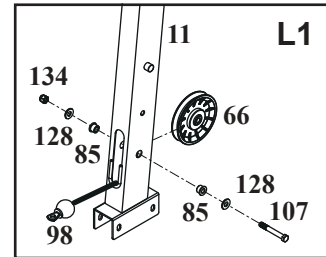
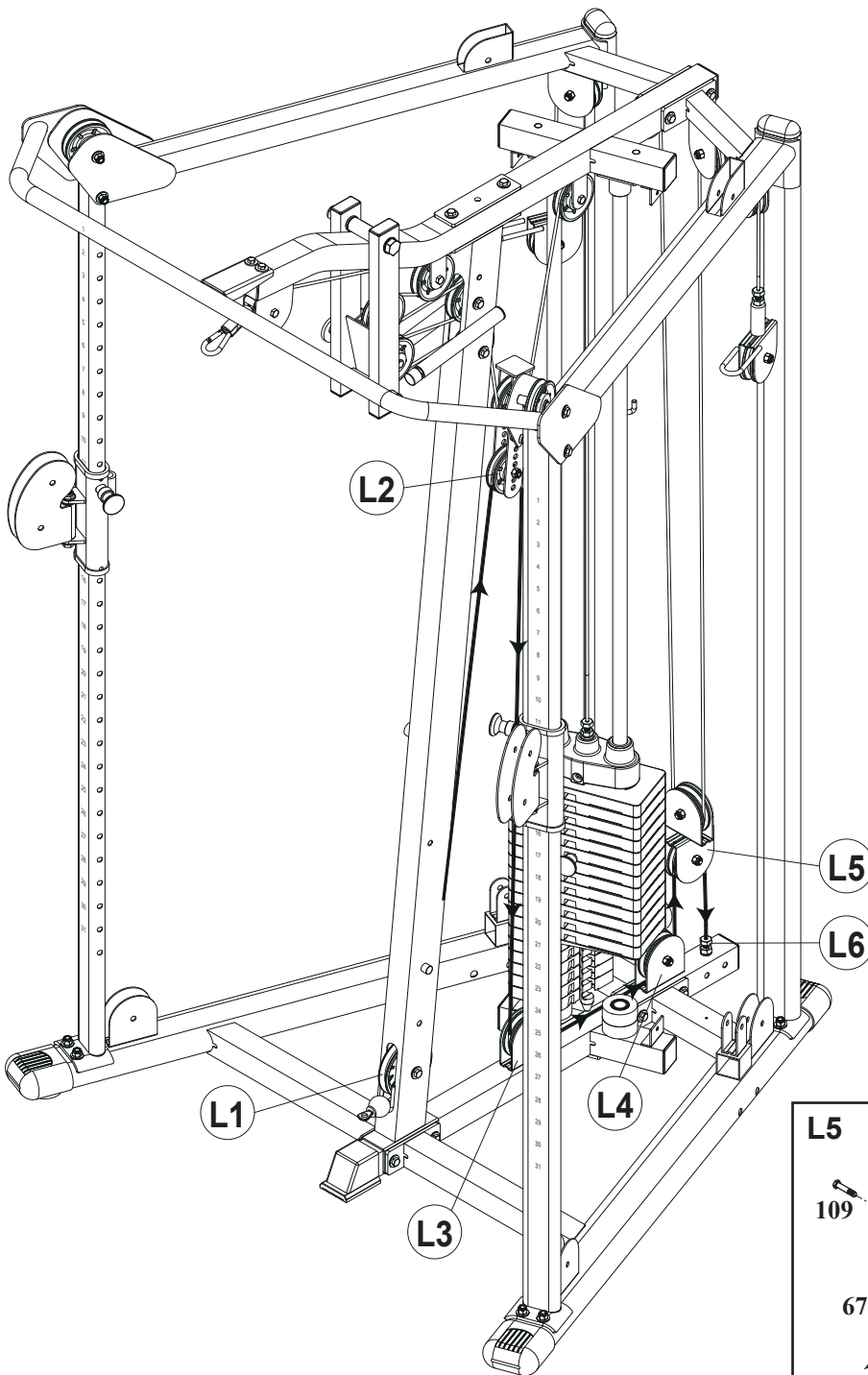
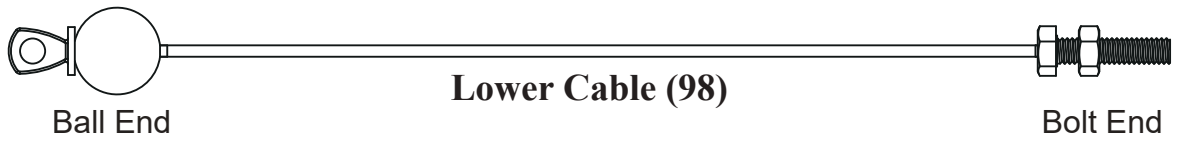
STEP 8 Assemble Lower Cable



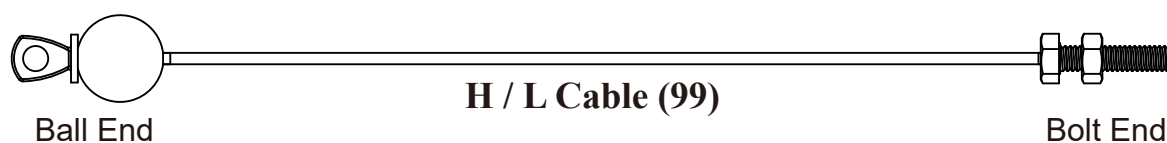
Simultaneously assemble cables and pulleys.

1. Route the ball end of the Lower cable (98) under Pulley L1 mounted at the front of the Support Upright Frame (11) using one 3/8" X 2-3/4" Hex Bolt (107), one 3/8" Bushing (85), one 3/8" Small Washers (128) and one 3/8" Nylon Nut (134)..
2. Continue up to Pulley L2 mounted in bottom of the Adj. Pulley Block (27) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
3. Refer to L3 & L4. Mount a Pulley (67) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134) to Main Frame (1).
4. Refer up to L5. Mount a Pulley (67) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
5. Refer to L6. Lower Cable (98) thread the Bolt End into Main Frame

STEP 8 Assemble Lower Cable



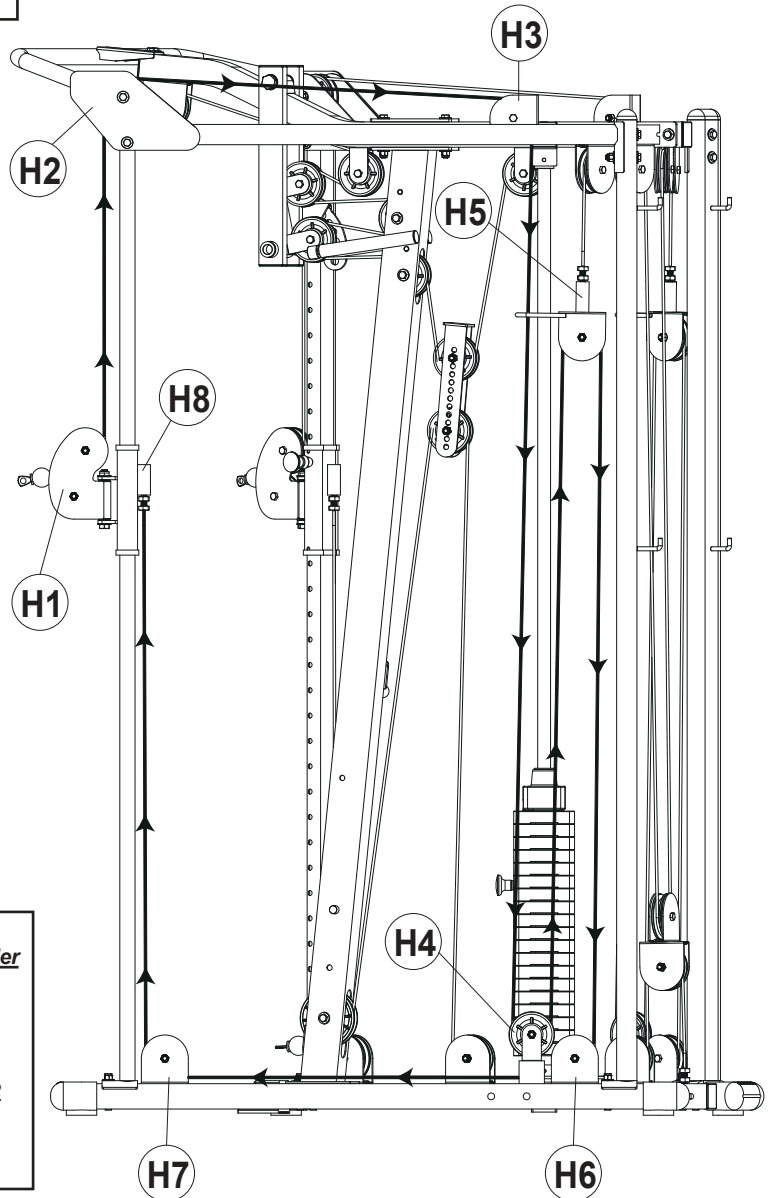
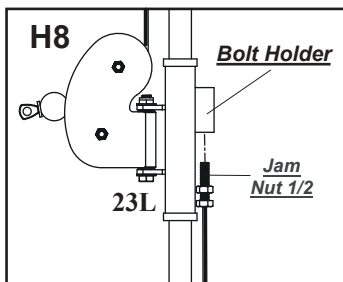
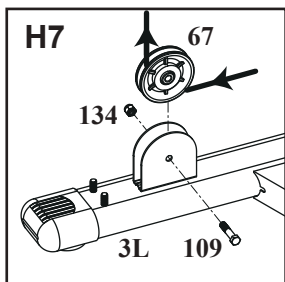
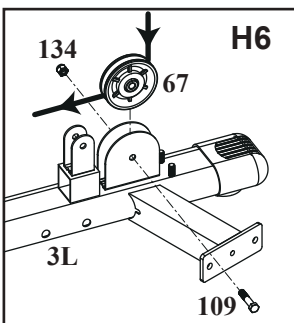
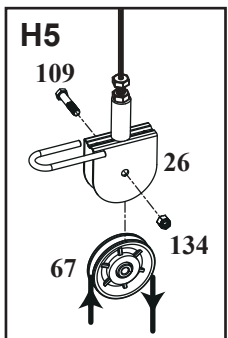
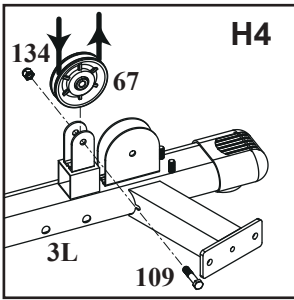
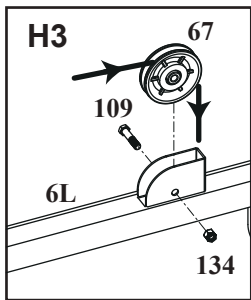
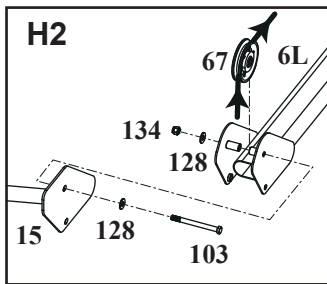
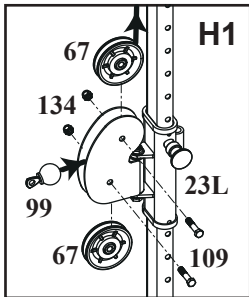
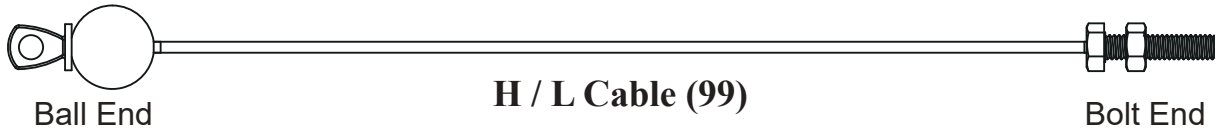
STEP 9 Assemble H / L Cable



Simultaneously assemble cables and pulleys.

1. Route the ball end of the H / L Cable (99) under Pulley H1 mounted at the front of the Left Pulley Height Adjuster (23L) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
2. Mount Pulleys H2. along with Connect Top Frame (15) to Left Top Frame (6L) as shown using one 3/8" X 4-1/4" Hex Bolt (103), one 3/8" Washer (128) and one 3/8" Nylon Nut (134). Route the cable over top of these pulleys. Tighten these nuts.
3. Refer to H3. Mount a Pulley (67) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134) to Left Top Frame (6L).
4. Route the cable down and around Pulley H4. mounted on the Left Base Main (3L) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
5. Continue to route cable up and around the Pulley H5 mounted of Single Pulley Block (29), using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
6. Route the cable down and around Pulley H6 mounted in the top of the Left Base Frame (3L) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134).
7. Refer to H7. Mount a Pulley (67) using one 3/8" X 1-3/4" Hex Bolt (109) and one 3/8" Nylon Nut (134) to Left Base Frame (3L).
8. Finish to H8. by routing the cable up to screw into the threaded receptor welded to the Left Pulley Height Adjuster (23L).

STEP 9 Assemble H / L Cable

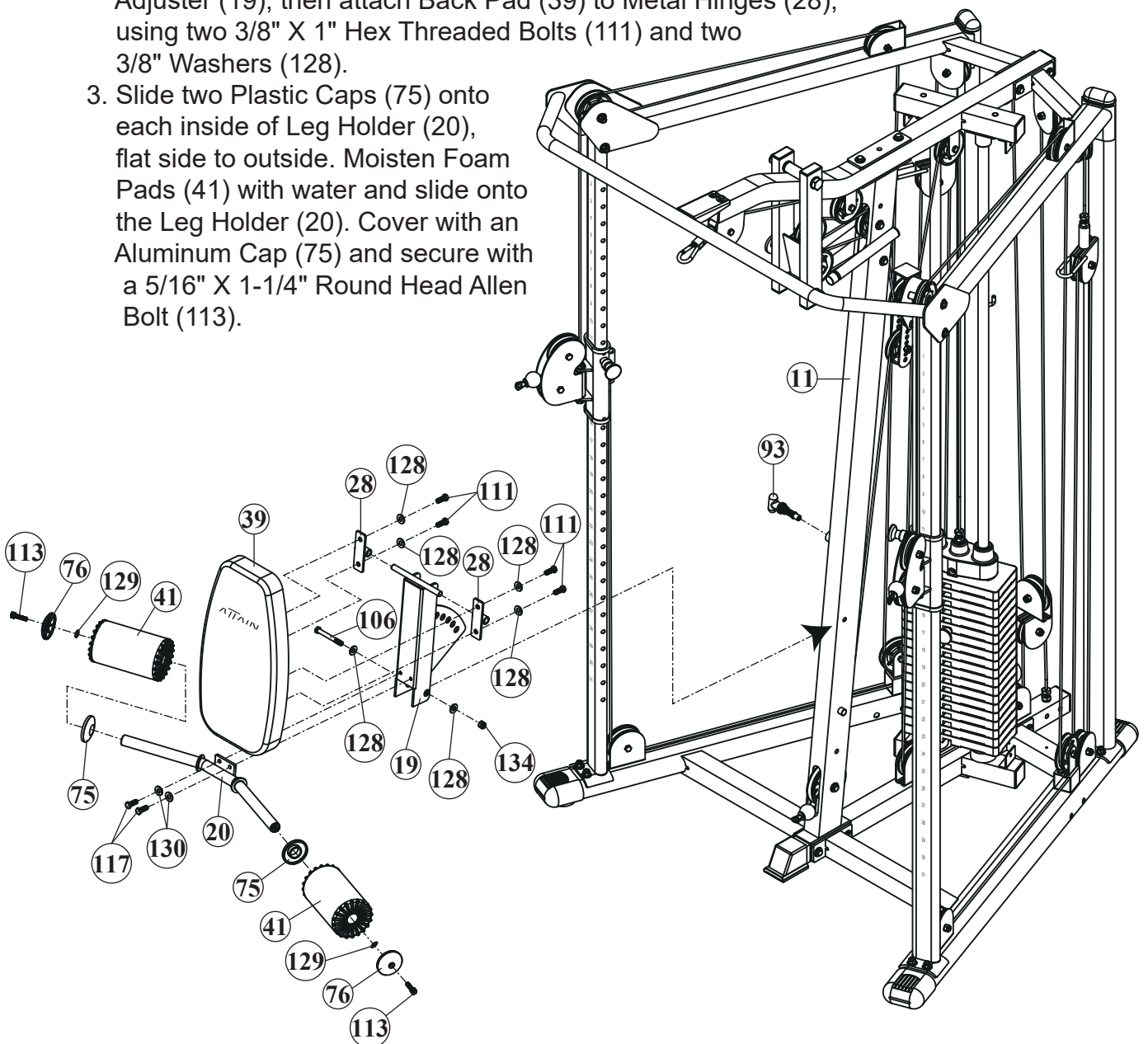


STEP 10 Assemble Back Pad



**TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.**

1. Attach Seat Back Adjuster (19) to Support Upright Frame (11), using one 3/8" X 3" Hex Bolt (106), two 3/8" Washers (128) and one 3/8" Nylon Nut (134). It may be necessary to tighten this bolt, then loosen just enough to let Seat Back Adjuster (19) pivot FREELY. Shorter Pop Pin (93) should seat into adjustment holes in Seat Back Adjuster (19).
2. Attach Leg Holder (20) to Seat Back Adjuster (19), using two 5/16" X 1/2" Screws (117) and two 5/16" Washers (130). Tighten these screws. Slide two Metal Hinges (28) holes at bottom, onto the axle welded to top of the Seat Back Adjuster (19), then attach Back Pad (39) to Metal Hinges (28), using two 3/8" X 1" Hex Threaded Bolts (111) and two 3/8" Washers (128).
3. Slide two Plastic Caps (75) onto each inside of Leg Holder (20), flat side to outside. Moisten Foam Pads (41) with water and slide onto the Leg Holder (20). Cover with an Aluminum Cap (75) and secure with a 5/16" X 1-1/4" Round Head Allen Bolt (113).

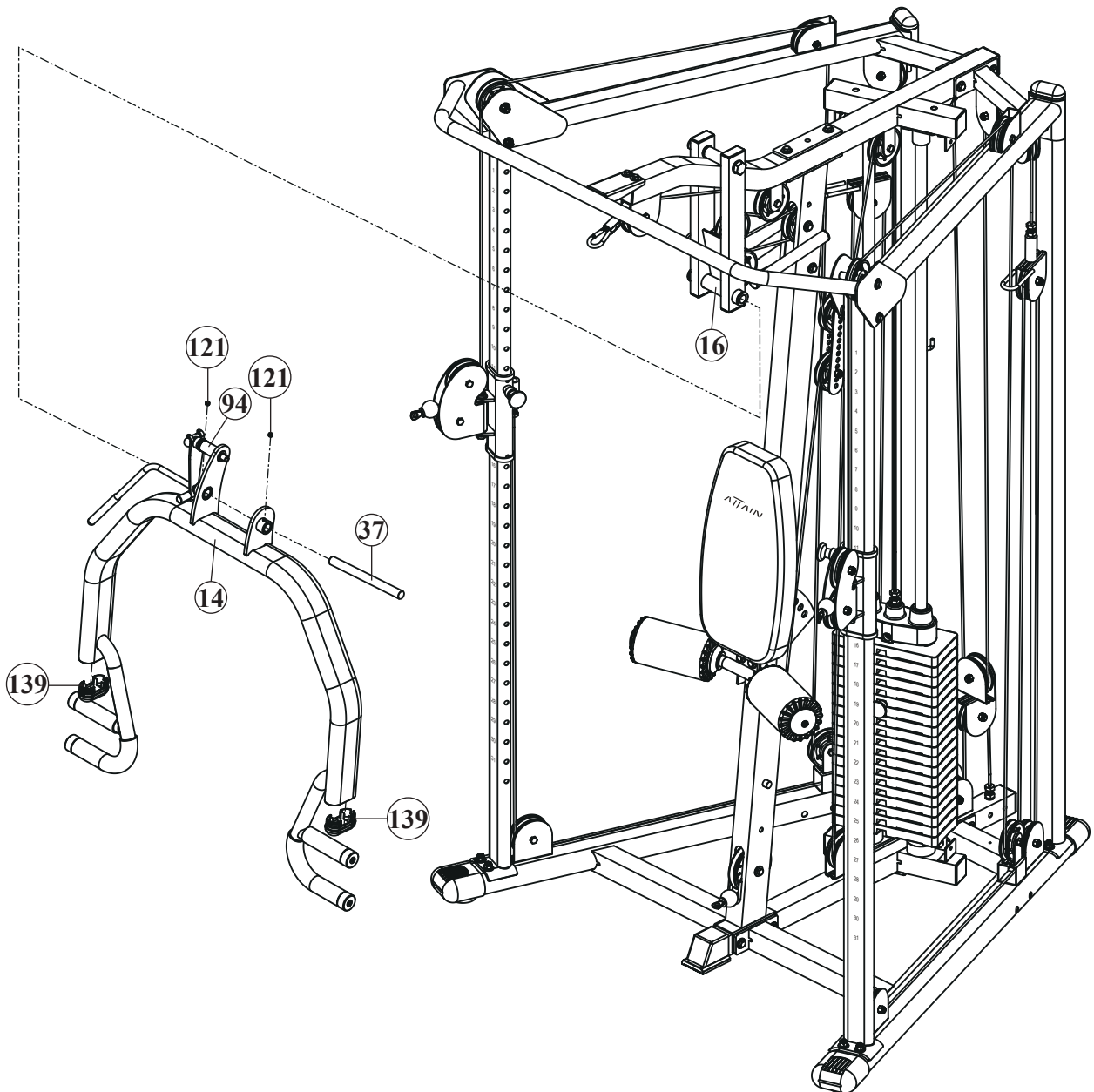


STEP 11 Assemble Press Arm



**TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.**

1. Cap two 40 X 80mm Oval Plugs (139) to Press Arm (14).
2. Attach Press Arm (14) to Press Arm Support (16) by aligning the holes and inserting the Press Arm Axle (37). Make sure the Longer Pop Pin (94) is inserted into one of the adjustment holes in the Press Arm Support (16). Secure the Press Arm Axle (37) by tightening the pre-assembled 5/16" X 1/4" Inner Hex Screws (121).

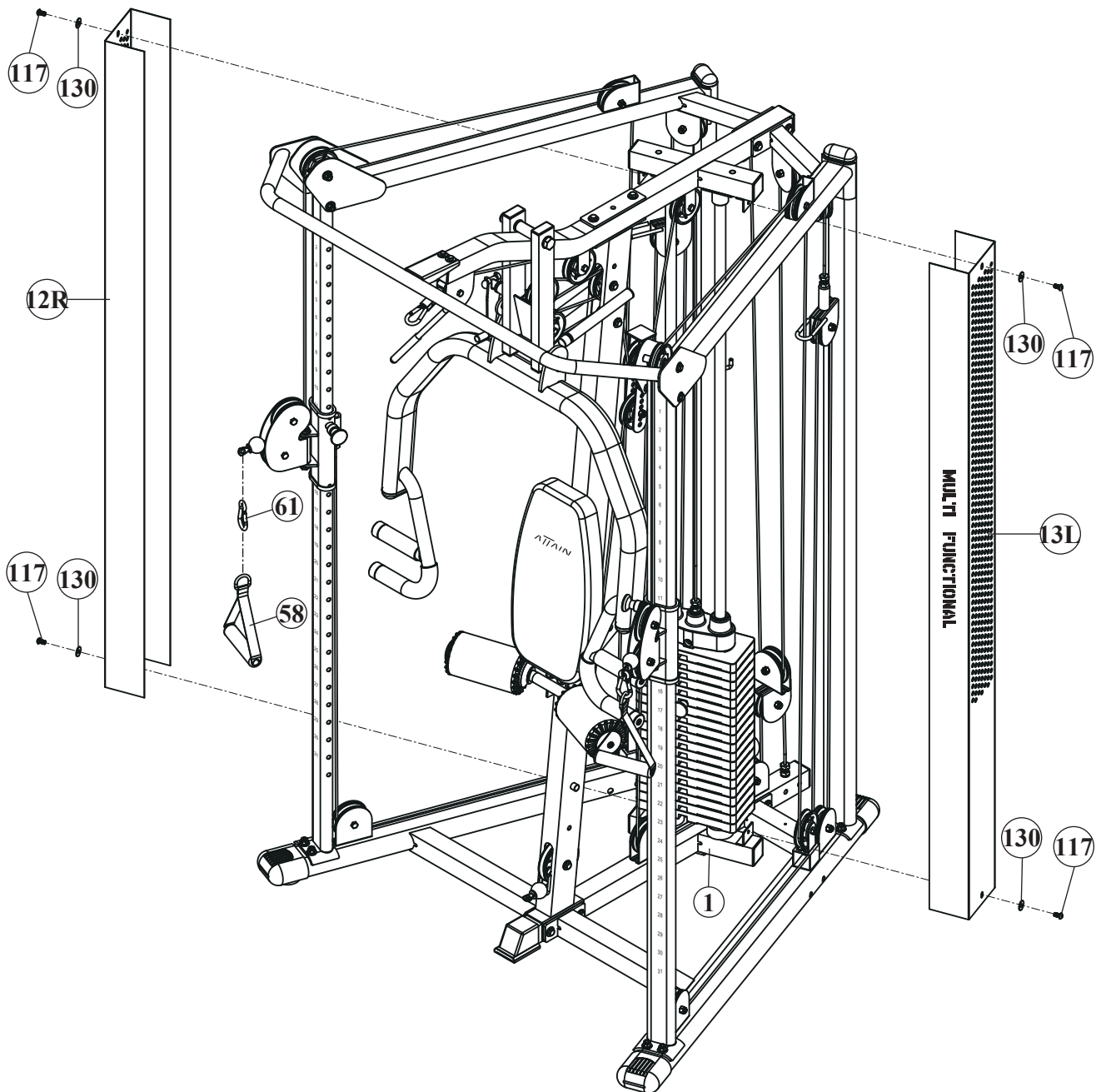


STEP 12 Assemble Weight Shroud

ASSEMBLY IS COMPLETE !

Tighten all bolts, starting with main frame bolts on the base, and work way to top.

1. Attach Right & Left Weight Shroud (12R , 13L) to the tabs welded on Base Frame (1) as shown, using four 5/16" X 1/2" Button Head Bolts (117) and four 5/16" Smaller Washers (130).



STEP 13 Assemble Seat Pad

1. Attach Seat Frame (17) to Support Upright Frame (11) as shown, by aligning the holes and inserting the Selector Pin (95).
2. Attach Seat Pad (40) to Seat Frame Adjuster (18) using two 3/8" X 1-3/4" Hex Throded Bolts (110) and two 3/8" Washers (128). Insert a 25 X 50mm End Plugs (71) into each end of the Seat Frame Adjuster (18) and then slide the Seat Frame (18) into the Seat Frame (17). The Seat Frame Adjuster (18) is held in place by a Spring Knob (91).
3. Insert one 50 X 50mm End Plug (70) into Leg Extension Arm (21). Attach Leg Extension Arm (21) to Seat Frame (17), by inserting Leg Extension Axle (38). Fasten Leg Extension Axle (38) using two 5/16" X 5/8" Button Head Bolts (116), two 5/16" Spring Washers (131), and two 5/16" Smaller Washers (130).
4. Insert and center Foam Roller Holder (36) into the Seat Frame Adjuster (17) and another into the Leg Extension Arm (21). Tighten 5/16" X 1/4" Set Screw (121) and 5/16" X 1/2" Set Screw (120).

TIP!

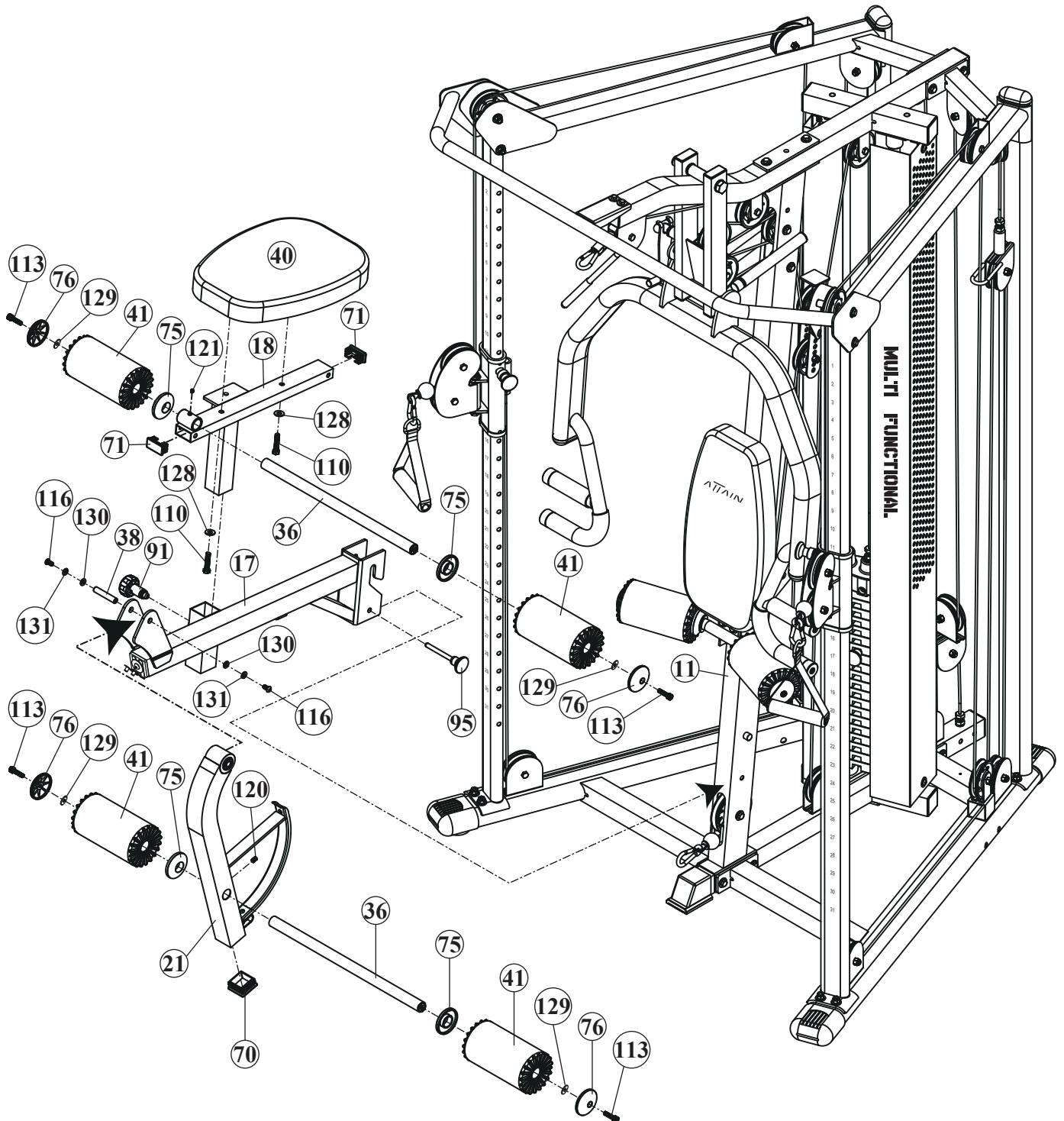
*TO EASE THE ASSEMBLY PROCESS, spray window cleaner or water into the holes of the **FOAM ROLLER PADS (42)** before sliding onto shafts.*

5. On the Foam Roller Holder (36), slide a Plastic Cap (75) (domed side first) and a Foam Pad (41) onto each side and secure with a Aluminum Cap (76) and 5/16" Larger Washer (129) and 5/16" X 1-1/4" Round Head Allen Bolt (113) on each side as shown. Tighten. NOTE: The Washer goes in between the Aluminum Cap (76) and Foam Roller Holder (36) as shown.

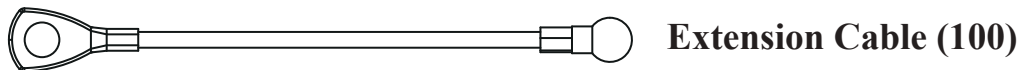
STEP 13 Assemble Seat Pad



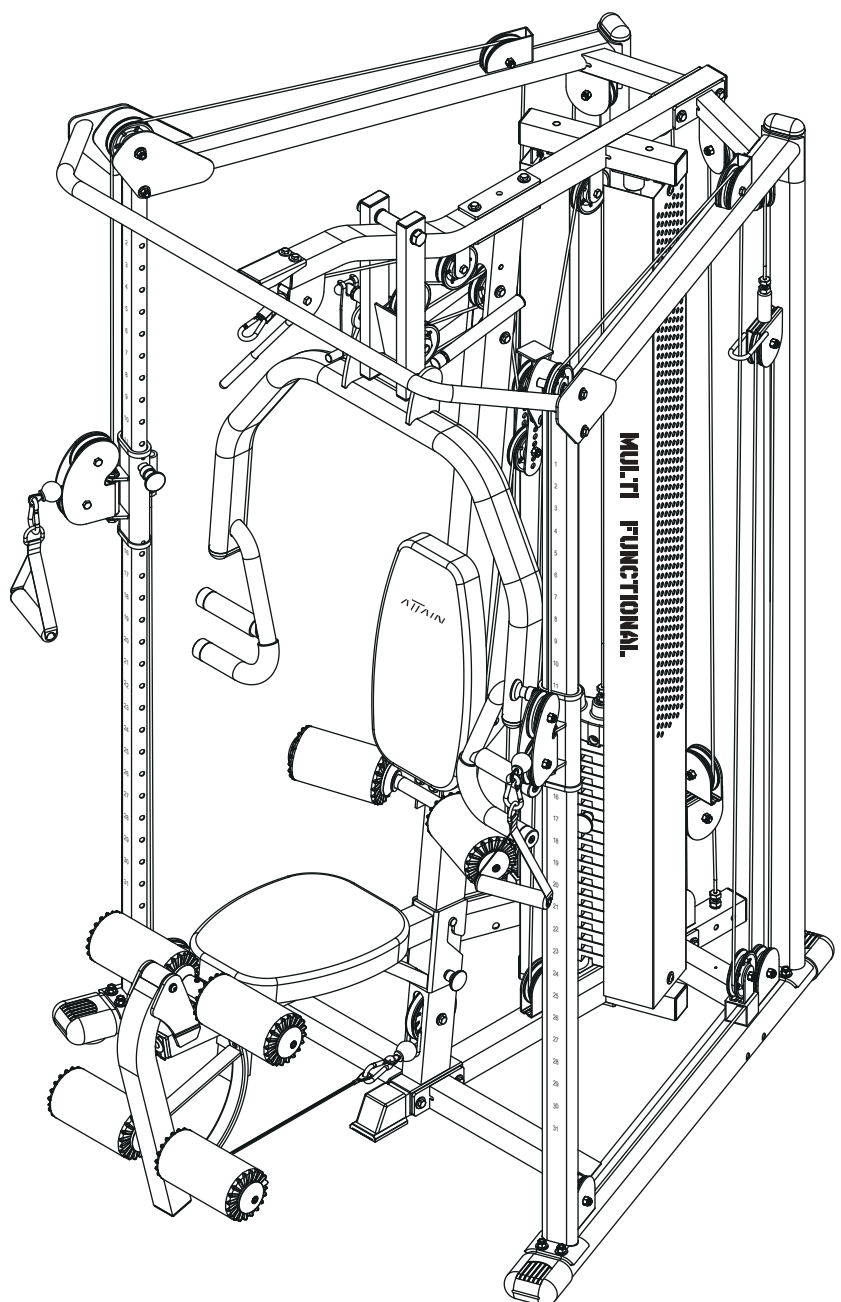
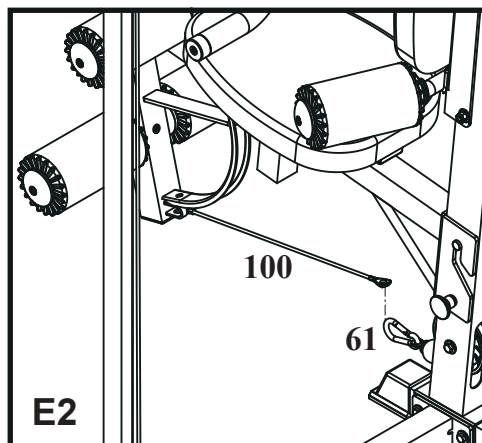
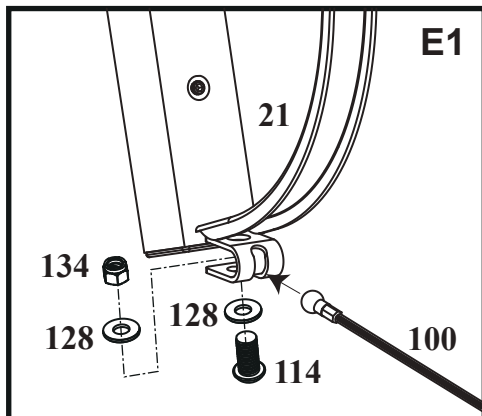
TWO PEOPLE ARE REQUIRED TO ASSEMBLE THIS STEP.
DO NOT TIGHTEN BOLTS UNTIL THE END OF THIS STEP.



STEP 14 Assemble Extension Cable

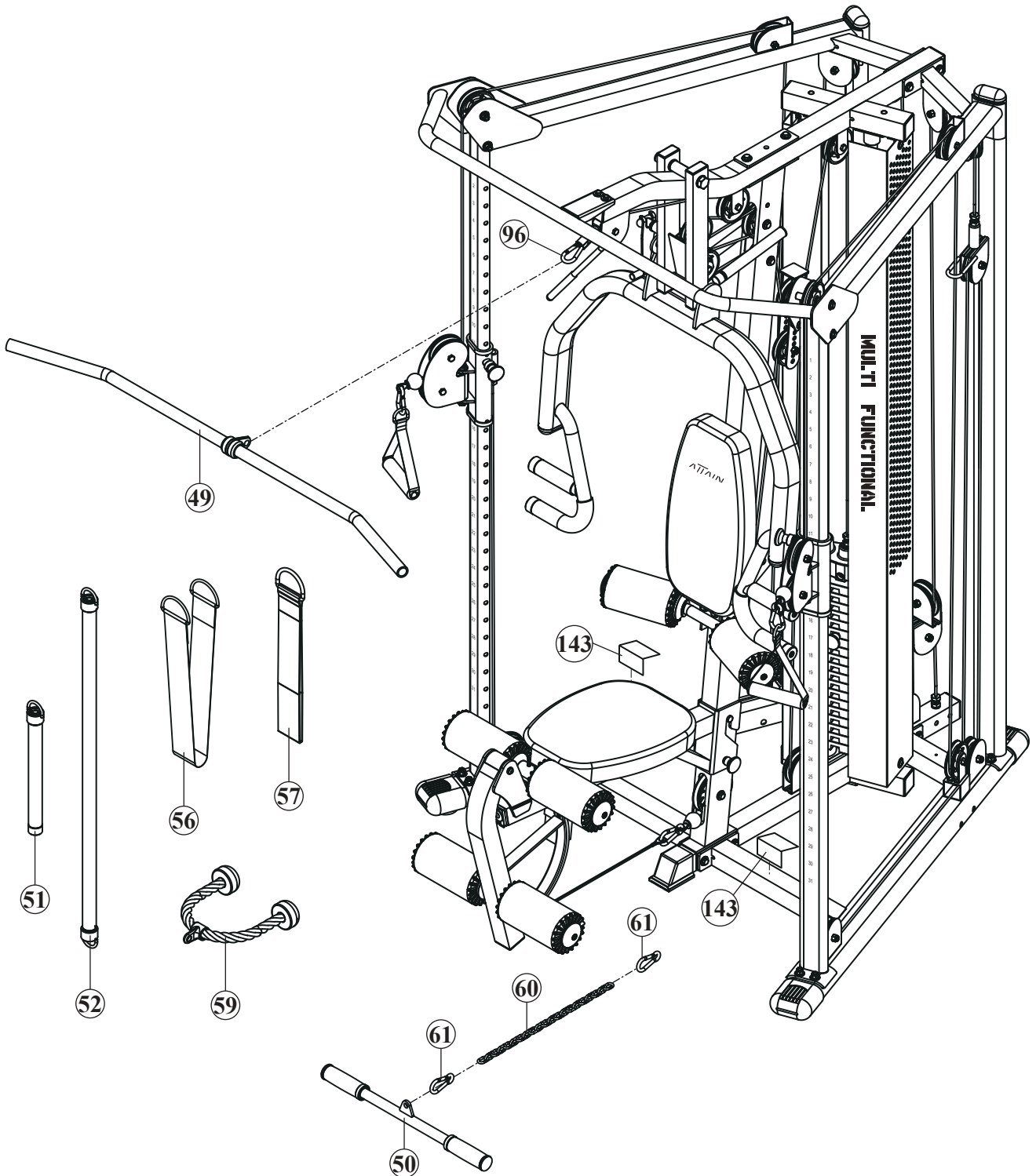


1. Attach Extension Cable (100) to Leg Extension Arm (21) using one 3/8" X 3/4" Button Head Bolt (114), two 3/8" Washer (128) and 3/8" Nylon Nut (134).



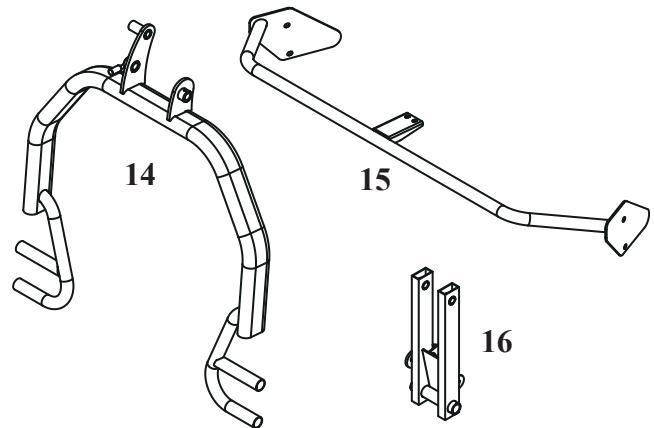
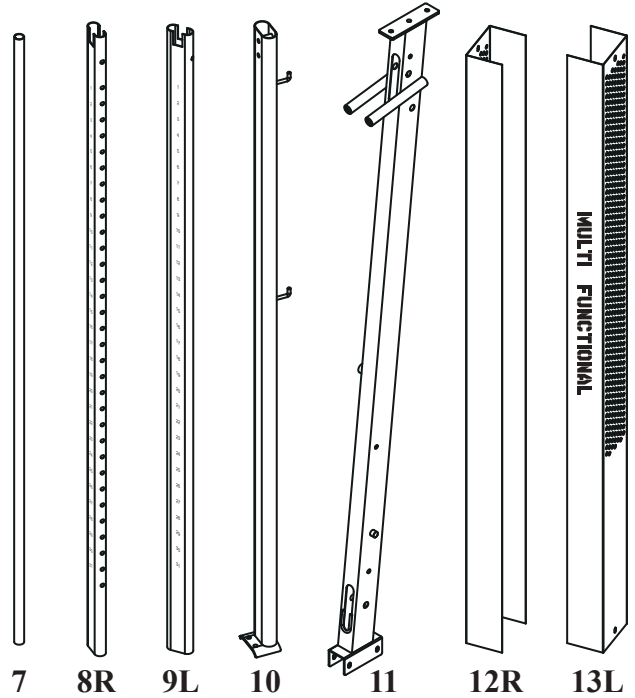
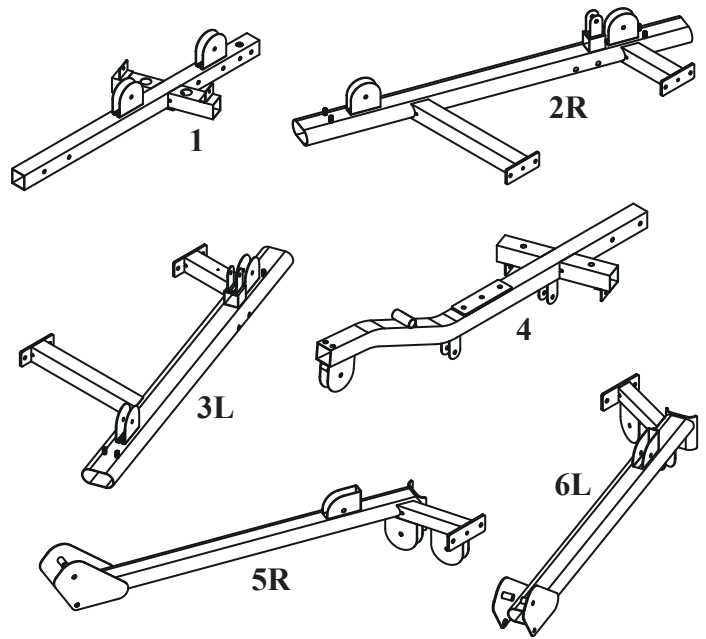
STEP 15 Assemble Placement

1. Attach Lat Bar (49) to Top Cable (96) as shown.
2. Make sure that all cables are properly seated in all of the pulleys and tighten all bolts.



COMPLETE PARTS CHART

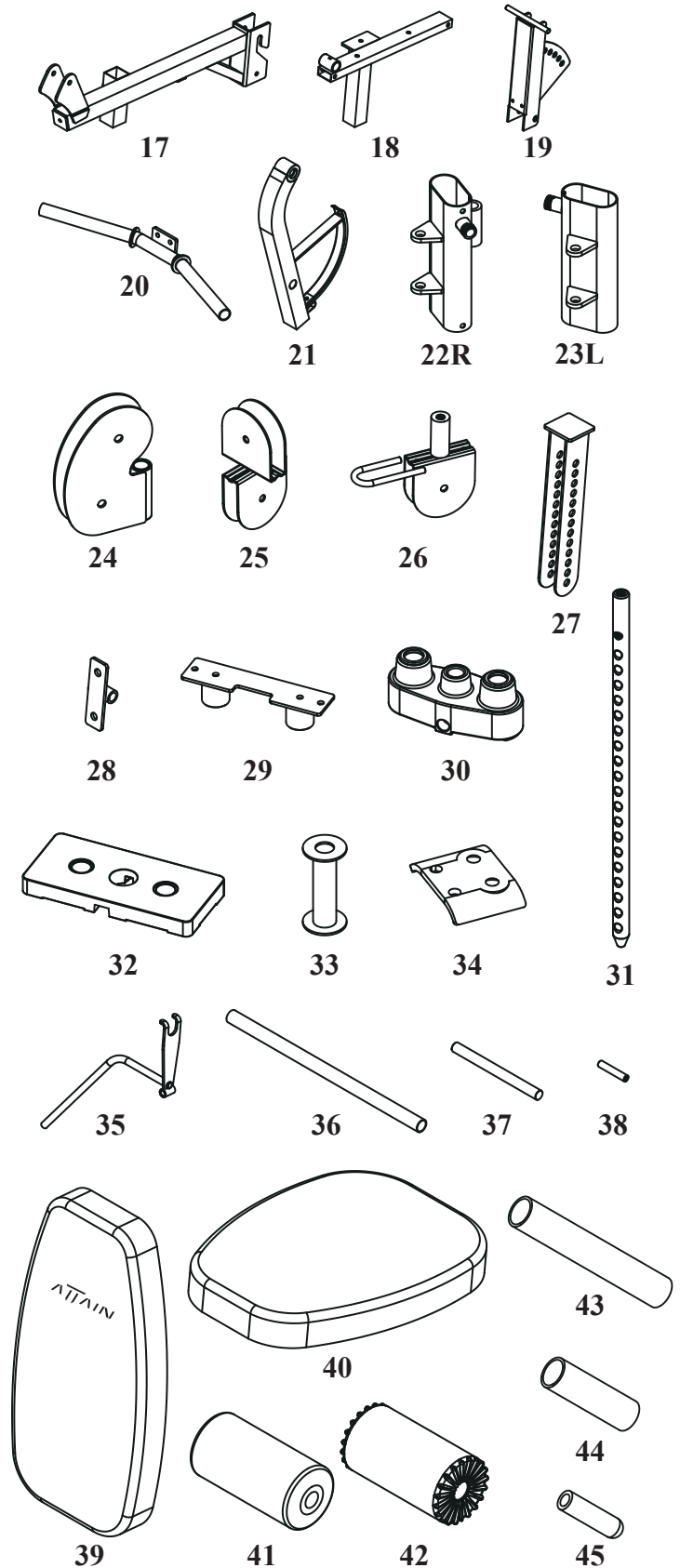
NO.	DESCRIPTION	QTY.
1L	MAIN FRAME	1
2R	RIGHT BASE FRAME	1
3L	LEFT BASE FRAME	1
4	TOP FRAME	1
5R	RIGHT TOP FRAME	1
6L	LEFT TOP FRAME	1
7	VERTICAL GUIDE ROD	2
8R	RIGHT UPRIGHT FRAME	1
9L	LEFT UPRIGHT FRAME	1
10	REAR UPRIGHT FRAME	2
11	SUPPORT UPRIGHT FRAME	1
12R	RIGHT WEIGHT SHROUD	1
13L	LEFT WEIGHT SHROUD	1
14	PRESS ARM	1
15	CONNECTOR TOP FRAME	1
16	PRESS ARM SUPPORT	1



*Parts images are not to scale.

COMPLETE PARTS CHART

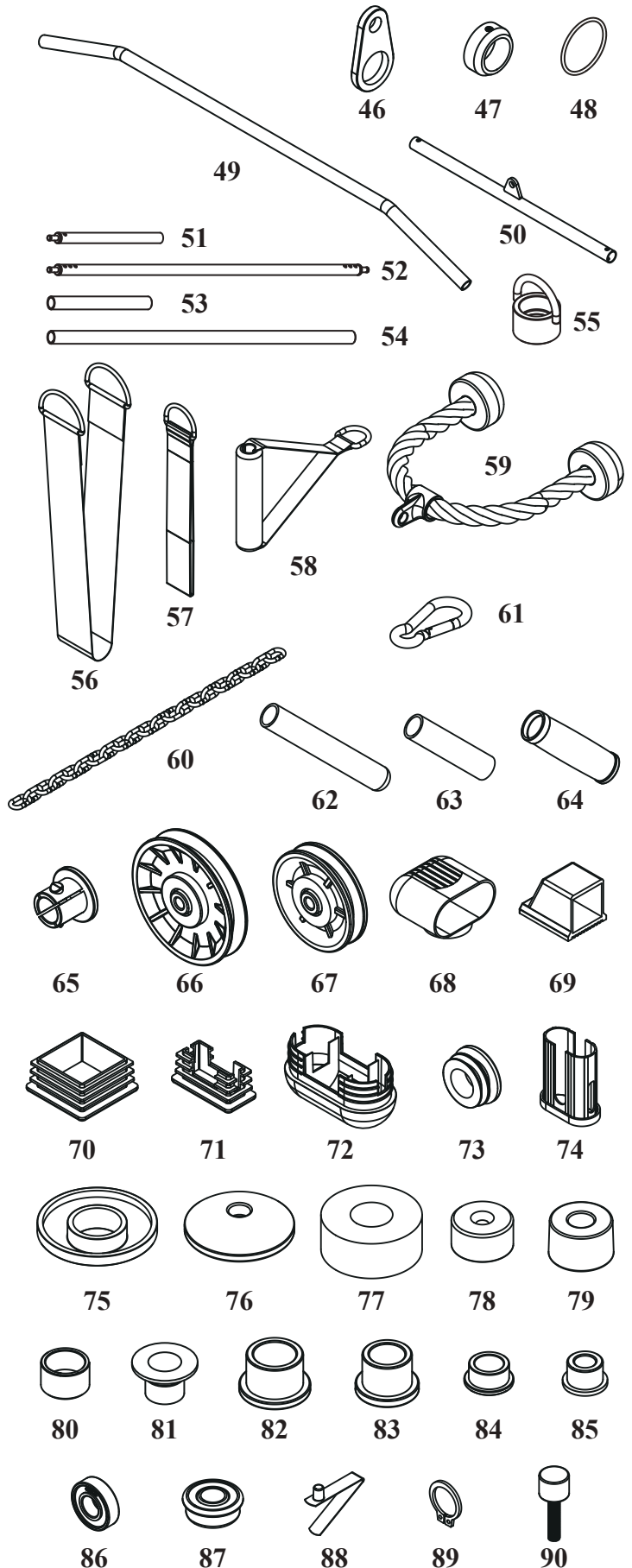
NO.	DESCRIPTION	QTY.
17	SEAT FRAME	1
18	SEAT FRAME ADJUSTER	1
19	SEAT BACK ADJUSTER	1
20	LEG HOLDER	1
21	LEG EXTENSION ARM	1
22R	RIGHT PULLEY HEIGHT ADJUSTER	1
23L	LEFT PULLEY HEIGHT ADJUSTER	1
24	ROTATING PULLEY HOLDER	2
25	DOUBLE PULLEY BLOCK	1
26	SINGLE PULLEY BLOCK	2
27	ADJ. PULLEY BLOCK	1
28	METAL HINGE	2
29	TOP GUIDE ROD HOLDER	1
30	TOP PLATE	1
31	SELECTOR ROD	1
32	WEIGHT PLATE	19
33	STACK SPACER	2
34	LINK PLATE	2
35	LEVER HANDLE	1
36	FOAM ROLLER HOLDER	2
37	PRESS ARM AXLE	1
38	SEAT FRAME AXLE	1
39	BACK PAD	1
40	SEAT PAD	1
41	FOAM PAD	6
42	FOAM PAD COVER	6
43	LONGER PRESS ARM FOAM TUBE	2
44	SHORTER PRESS ARM FOAM TUBE	2
45	LEVER HANDLE FOAM TUBE	1



*Parts images are not to scale.

COMPLETE PARTS CHART

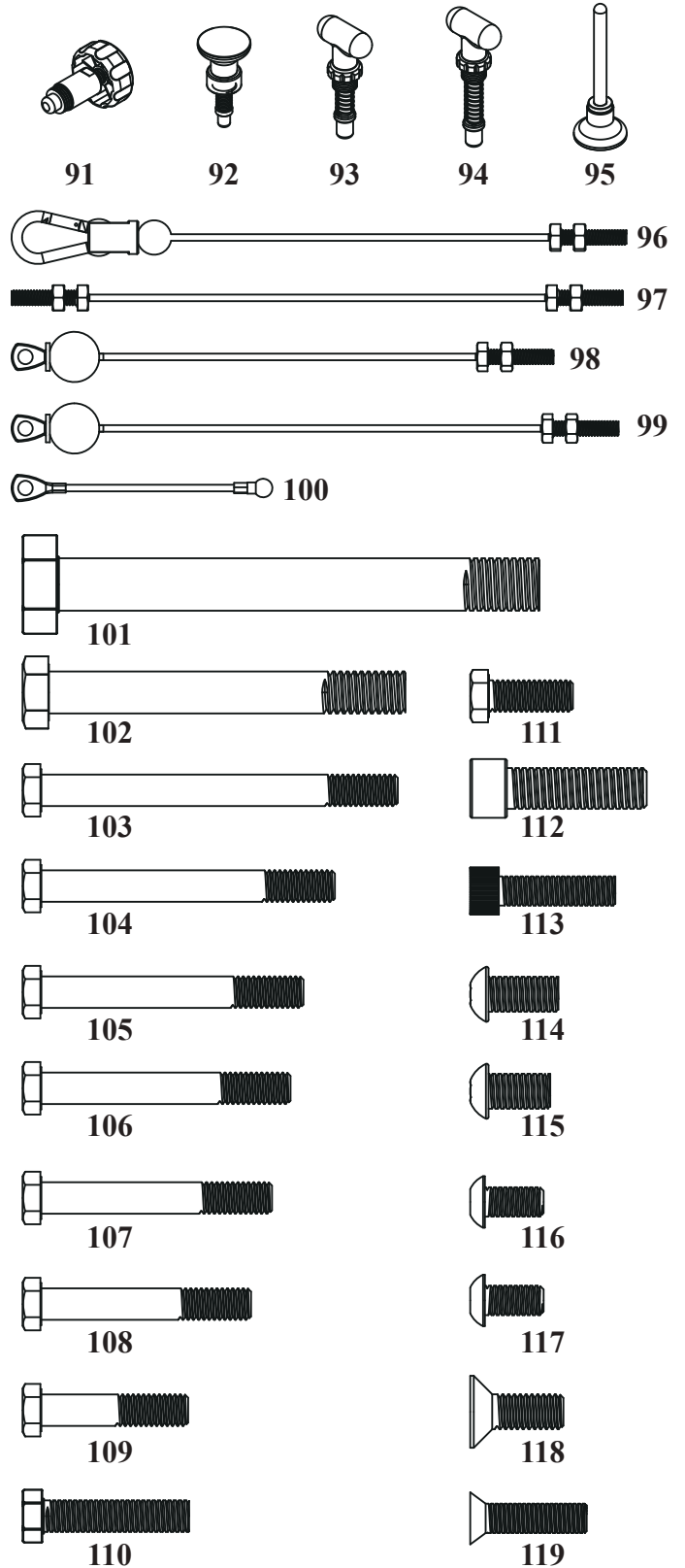
NO.	DESCRIPTION	QTY.
46	HOOK PLATE	1
47	AXLE COLLAR	2
48	1" ID SEAL RINGLET	2
49	LAT BAR	1
50	CURL BAR	1
51	SPORT BAR	1
52	LONG BAR	1
53	1" X 295L FOAM GRIP	1
54	1" X 900L FOAM GRIP	1
55	SPORT BAR COLLAR	3
56	CHIN ASSIST STRAP	1
57	ANKLE STRAP	1
58	SINGLE HANDLE	2
59	TRICEP ROPE	1
60	CHAIN	2
61	SNAP HOOK	5
62	1" X 200mm ROUND HAND GRIP	2
63	1-1/4" X 125mm ROUND HAND GRIP	2
64	1-1/4" X 130mm HAND GRIP	2
65	32mm ROUND END PLUG	2
66	140mm PULLEY	1
67	90mm PULLEY	33
68	50 X 100mm OVAL END CAP	4
69	50 X 50mm END CAP	1
70	50 X 50mm END PLUG	8
71	25 X 50mm END PLUG	6
72	40 X 80mm OVAL PLUG FOR UPRIGHT FRAME	2
73	25mm ROUND PLUG	2
74	PLASTIC BUSHING	4
75	PLASTIC CAP	6
76	ALUMINUM CAP	6
77	RUBBER CUSHION	4
78	PRESS ARM STOPPER	4
79	STOPPER	1
80	SPACER	1
81	PLASTIC GUIDE ROD HOLDER	2
82	3/4" BUSHING	2
83	5/8" BUSHING	2
84	1/2" BUSHING	4
85	3/8" BUSHING	6
86	12mm 6001ZZ BEARING	6
87	1/2" X 1-1/8" BEARING	2
88	SPRING	2
89	C - RING	3
90	STOPPER	2



*Parts images are not to scale.

COMPLETE PARTS CHART

NO.	DESCRIPTION	QTY.
91	SPRING KNOB	1
92	KNOB	2
93	SHORTER POP PIN	1
94	LONGER POP PIN	1
95	SELECTOR PIN	2
96	TOP CABLE	1
97	CONNECT CABLE	1
98	LOWER CABLE	1
99	H / L CABLE	2
100	EXTENSION CABLE	1
101	5/8" X 5-1/2" HEX BOLT	1
102	1/2" X 4-1/4" HEX BOLT	2
103	3/8" X 4-1/4" HEX BOLT	4
104	3/8" X 3-1/2" HEX BOLT	2
105	3/8" X 3-1/8" HEX BOLT	6
106	3/8" X 3" HEX BOLT	1
107	3/8" X 2-3/4" HEX BOLT	3
108	3/8" X 2-1/2" HEX BOLT	4
109	3/8" X 1-3/4" HEX BOLT	29
110	3/8" X 1-3/4" HEX THREADED BOLT	2
111	3/8" X 1" HEX THREADED BOLT	4
112	TOP PLATE BOLT	1
113	5/16" X 1-1/4" ROUND HEAD ALLEN BOLT	6
114	3/8" X 3/4" BUTTON HEAD BOLT	2
115	3/8" X 1/2" BUTTON HEAD BOLT	1
116	5/16" X 5/8" BUTTON HEAD BOLT	6
117	5/16" X 1/2" BUTTON HEAD BOLT	6
118	3/8" X 1" SUNKEN HEAD BOLT	4
119	5/16" X 1-1/4" SUNKEN HEAD BOLT	5

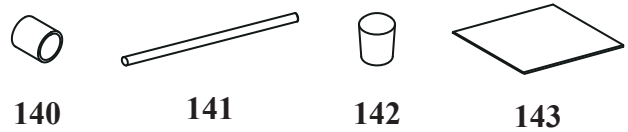
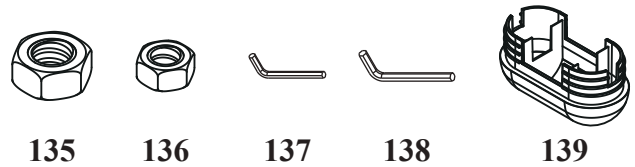
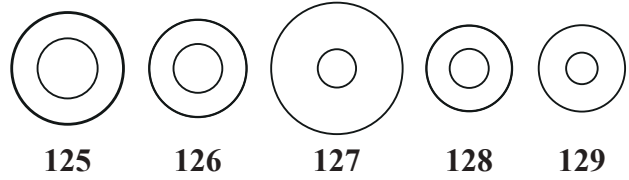


*Parts images are not to scale.

COMPLETE PARTS CHART

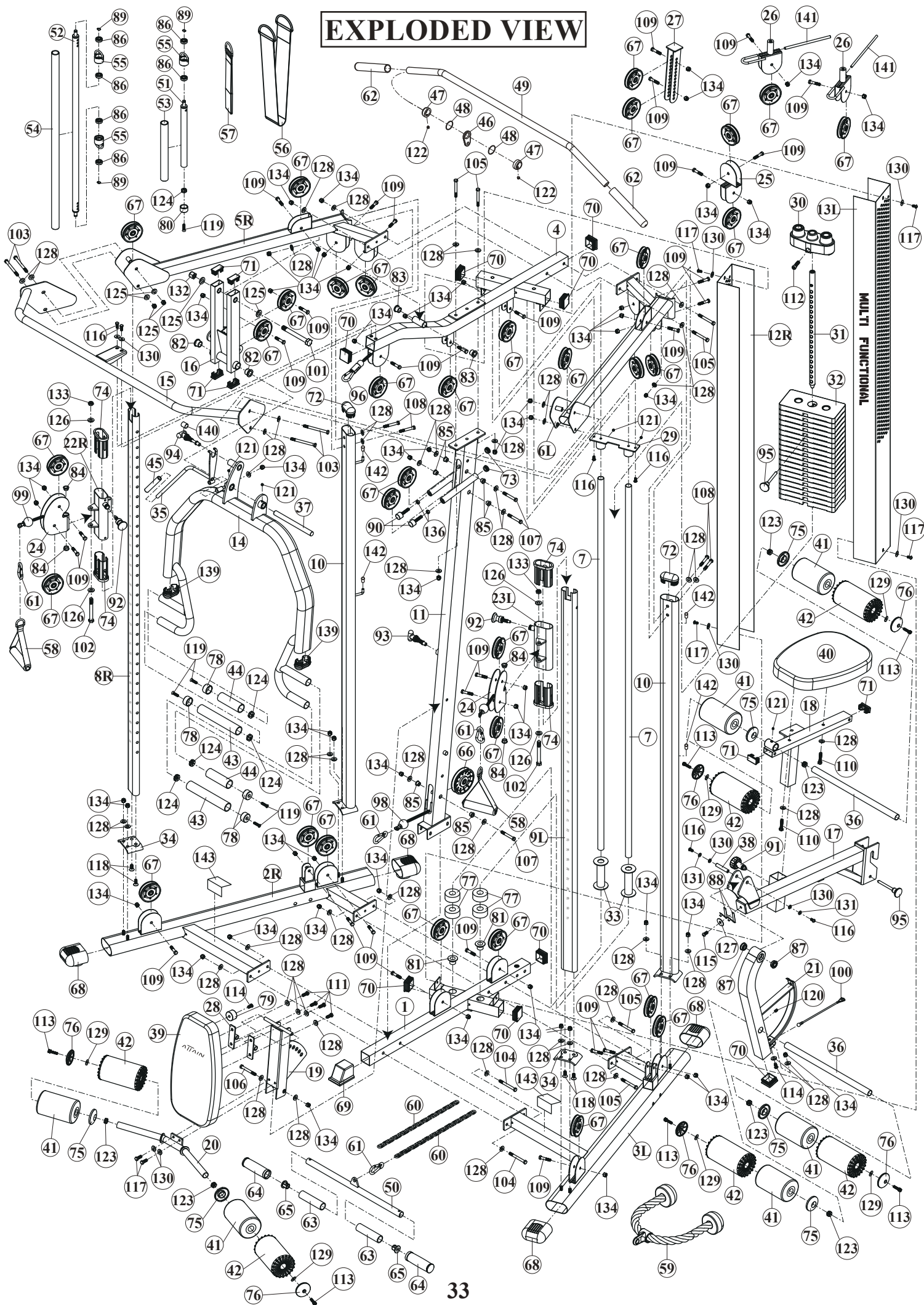
NO.	DESCRIPTION	QTY.
-----	-------------	------

120	5/16" X 1/2" INNER HEX SCREW	1
121	5/16" X 1/4" INNER HEX SCREW	5
122	M6 X 1/4" INNER HEX SCREW	2
123	5/16" SMALLER NUT	6
124	5/16" LARGER NUT	4
125	5/8" WASHER	2
126	1/2" WASHER	4
127	3/8" LARGER WASHER	1
128	3/8" SMALLER WASHER	54
129	5/16" LARGER WASHER	6
130	5/16" SMALLER WASHER	10
131	5/16" SPRING WASHER	2
132	5/8" NYLON NUT	1
133	1/2" NYLON NUT	2
134	3/8" NYLON NUT	57
135	1/2" NUT	5
136	3/8" NUT	2
137	4mm HEX WRENCH	1
138	5mm HEX WRENCH	1
139	40 X 80mm OVAL PLUG FOR PRESS ARM	2
140	HDR FOR LONGER POP PIN	1
141	PLASTIC TUBE	2
142	RUBBER COVER	4
143	NON SLIP	2



*Parts images are not to scale.

EXPLODED VIEW



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 (7)**.
5. Enjoy many years of a Fit Lifestyle.

**Thank you for purchasing the ATTAIN MFT / MULTI
FUNCTIONAL TRAINER! If you have questions or comments,
please contact your local ATTAIN FITNESS dealer.**

www.atainfitnessusa.com