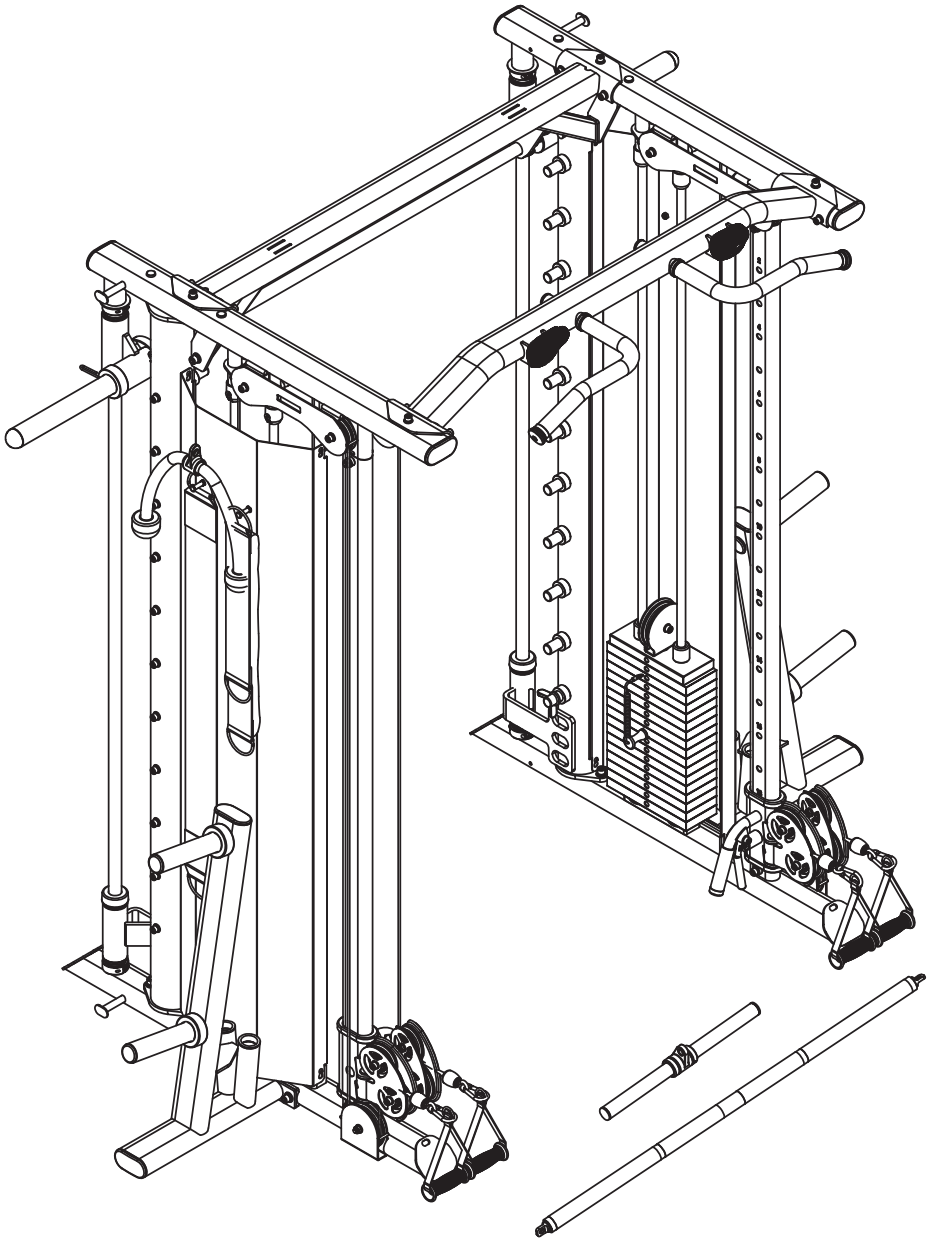
OWNER'S MANUAL

PC0950A CABLE CROSS & SMITH



CAUTION

Please read all instructions in this manual before use the equipment and keep the manual well.

Cautions

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

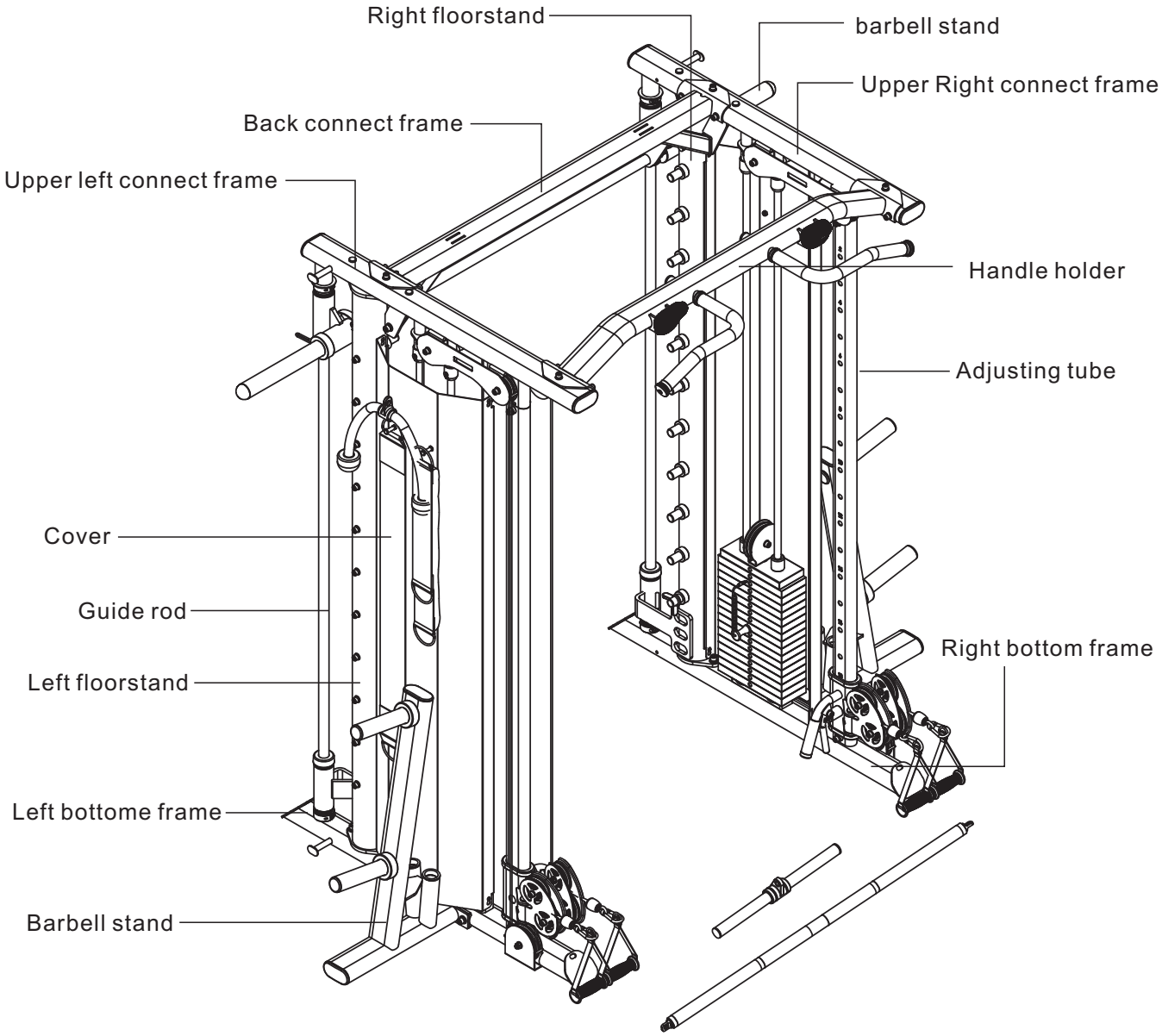
1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing can not be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.(Apply to single station with cable)
6. The equipment should be placed indoors, and make sure that the ground is flat, and there are enough space around the equipment for user to exercise on the machine freely.
7. Before using the machine, please check the cables to ensure that cable is in the groove of pulley, and attention should be paid especially to the end of cable. (Apply to single station with cable)
8. Only originally attached or manufacturer provided weight stack can be used in this

equipment and can not increase the weight of weight stack by use of other manufacturers' weight stack plate. (Apply to single station with cable)

9. Child and pet are not allowed to be too close to the equipment while it is in using.
10. If exerciser feels dizzy or physical pain while training he or she should stop exercising immediately and consult a doctor.
11. The equipment should be used in a well defined place and under well managed and monitored way of the equipment owner.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

Equipment Schematic



Fitting instructions

1. When strip off the wrappage around the surface of equipment, should be careful, do not hurt the machine with knife scratches on the surface.
2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.
3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.
4. When install the equipment, should have two or more persons working together to ensure the accurate location of parts assembly.
5. When install the equipment should pay attention to the assembly instructions to prevent component fitting to a wrong place or some components being omitted.
6. The suitable installation tools should be used to avoid the equipment damages or human injuries caused by the use of inappropriate tools in the installation process.
7. If need to move equipment, the movement must be after the completion of installation. The equipment can not be moved when the installation process hasn’t finished or locking nut hasn’t been tightened up.
8. Attention should be paid to the sequence of fastening locking nut, when the overall installation of the equipment is not finished, should not tighten up the nut that is being installed. After the whole machine is properly fitted together, the locking nuts can be tightened up one by one.
9. Before installation the cable terminals should be checked to make sure whether they are firm. (Apply to single station with cable)
10. After the completion of installation, start the initial trial of the equipment with gentle

force. Make certain that the equipment is without any abnormity before normally use the machine. If something unusual is found with the equipment that, it is necessary to check the equipment carefully, identify the problems and reinstall it.

Warranty

*Ten years: Main Frames

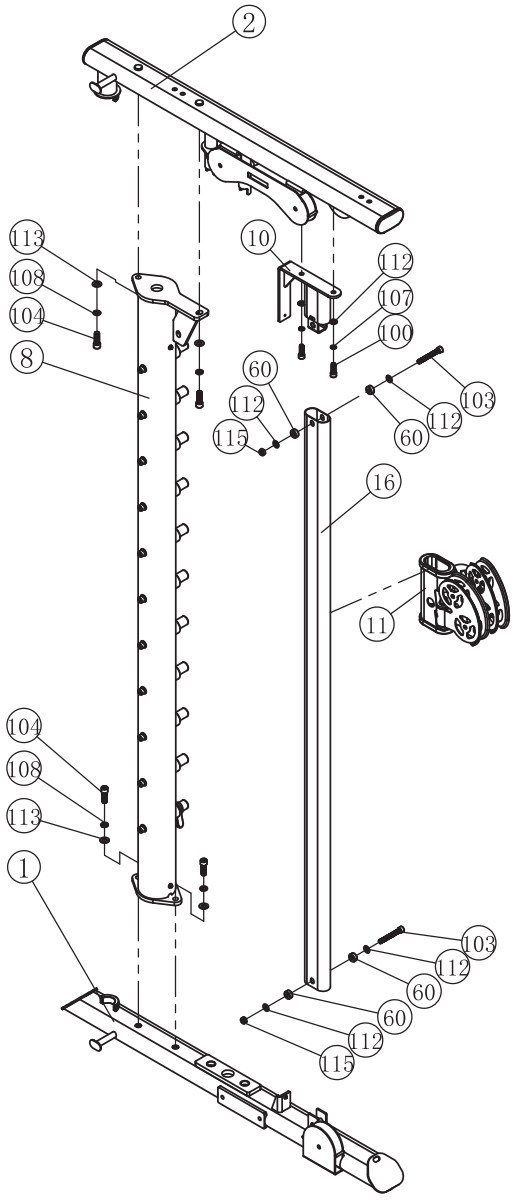
*One year: Bushings, Pivot bearings, guide rods, Weight plate, cams, swivel welding parts, Pull-pin components

*Half year: Finish, rubber grips, belt, cables.

*Three Months: upholstery

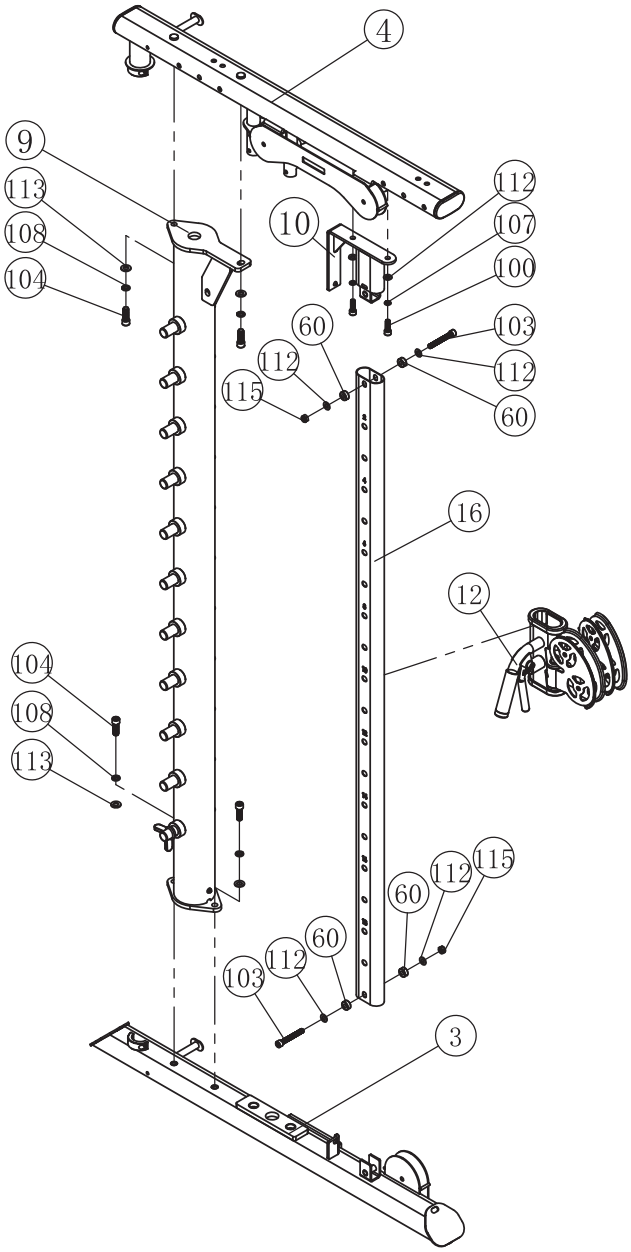
Assembly step 1

Step	No.	Name	Description	Qty
1	1	Left bottome frame		1
	2	Upper left connect frame		1
	8	Left floorstand		1
	10	Supporting stand		1
	11	Left sliding frame		1
	16	Adjusting tube		1
	60	Bumper pad	Φ22*Φ10.5*10	4
	100	Hex Socket Head Cap screw	M10*30	2
	103	Hex Socket Head Cap screw	M10*75	2
	104	Hex Socket Head Cap screw	M12*35	4
	107	Spring washer	M10	2
	108	Spring washer	M12	4
	112	Plain washer	φ20*φ10.5*2	6
	113	Plain washer	Φ24*Φ13*2.5	4
	115	Nut	M10	2



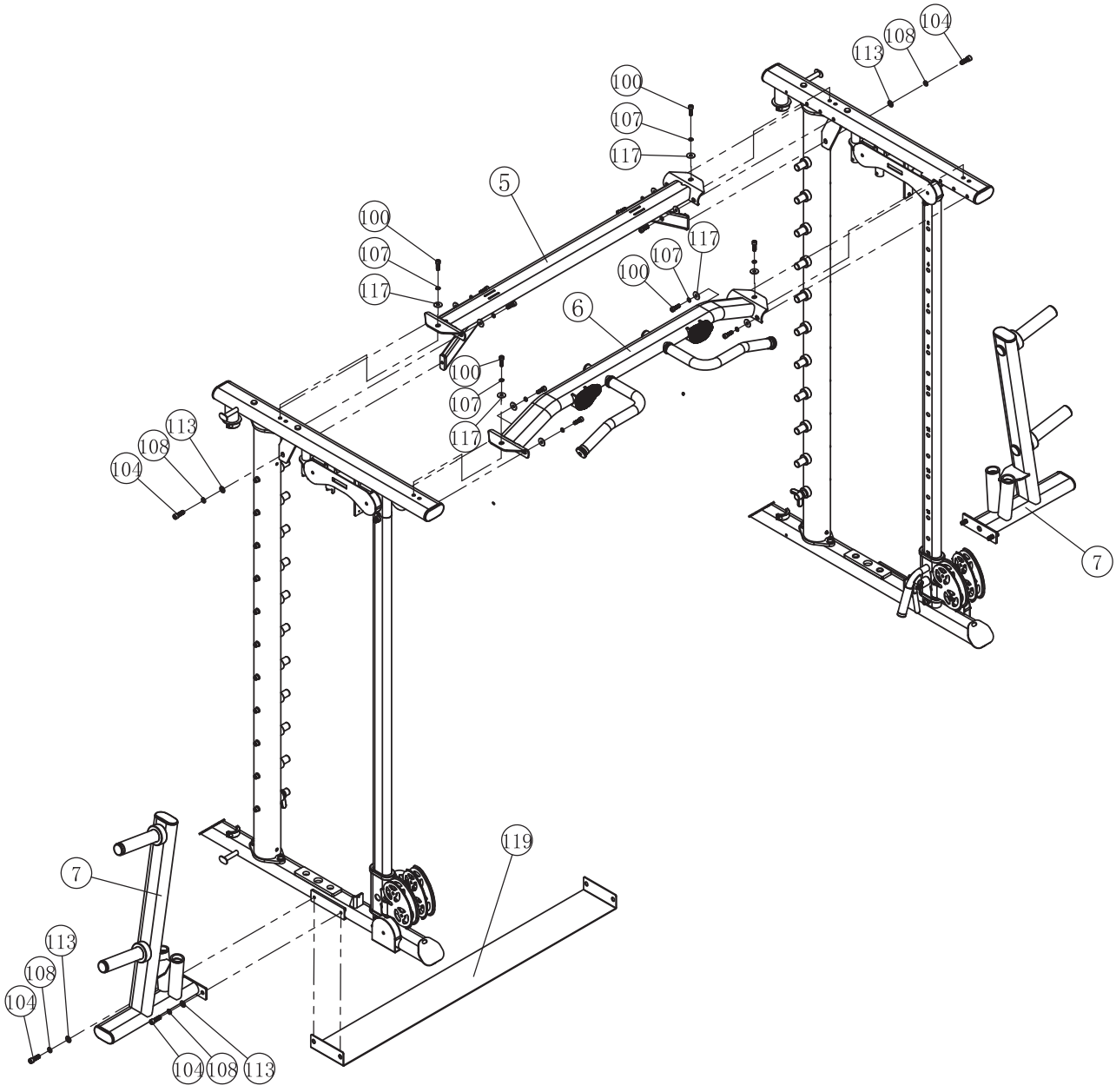
Assembly step 2

Step	No.	Name	Description	Qty
2	3	Right bottom frame		1
	4	Upper right connect frame		1
	9	Right floorstand		1
	10	Supporting stand		1
	12	Right sliding frame		1
	16	Adjusting tube		1
	60	Bumper pad	Φ22*Φ10.5*10	4
	100	Hex Socket Head Cap screw	M10*30	2
	103	Hex Socket Head Cap screw	M10*75	2
	104	Hex Socket Head Cap screw	M12*35	4
	107	Spring washer	M10	2
	108	Spring washer	M12	4
	112	Plain washer	φ20*φ10.5*2	6
	113	Plain washer	Φ24*Φ13*2.5	4
	115	Nut	M10	2



Assembly step 3

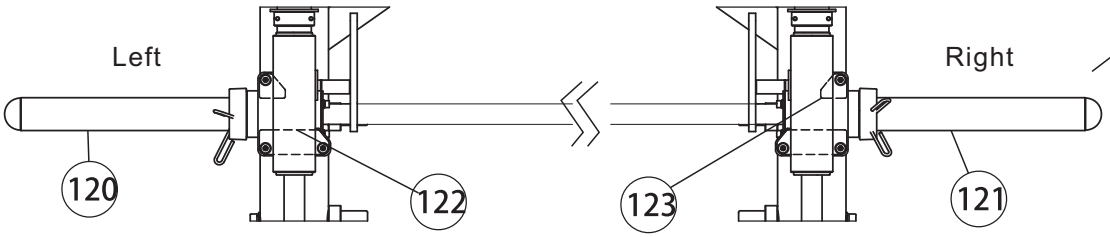
Step	No.	Name	Description	Qty
3	5	Back connect frame		1
	6	Handle holder		1
	7	Barbell stand		2
	100	Hex Socket Head Cap screw	M10*30	12
	104	Hex Socket Head Cap screw	M12*35	2
	107	Spring washer	M10	12
	108	Spring washer	M12	2
	113	Plain washer	Φ24*Φ13*2.5	2
	117	Plain washer	φ25*φ10.5*2	12
	119	U type bottome plate		1

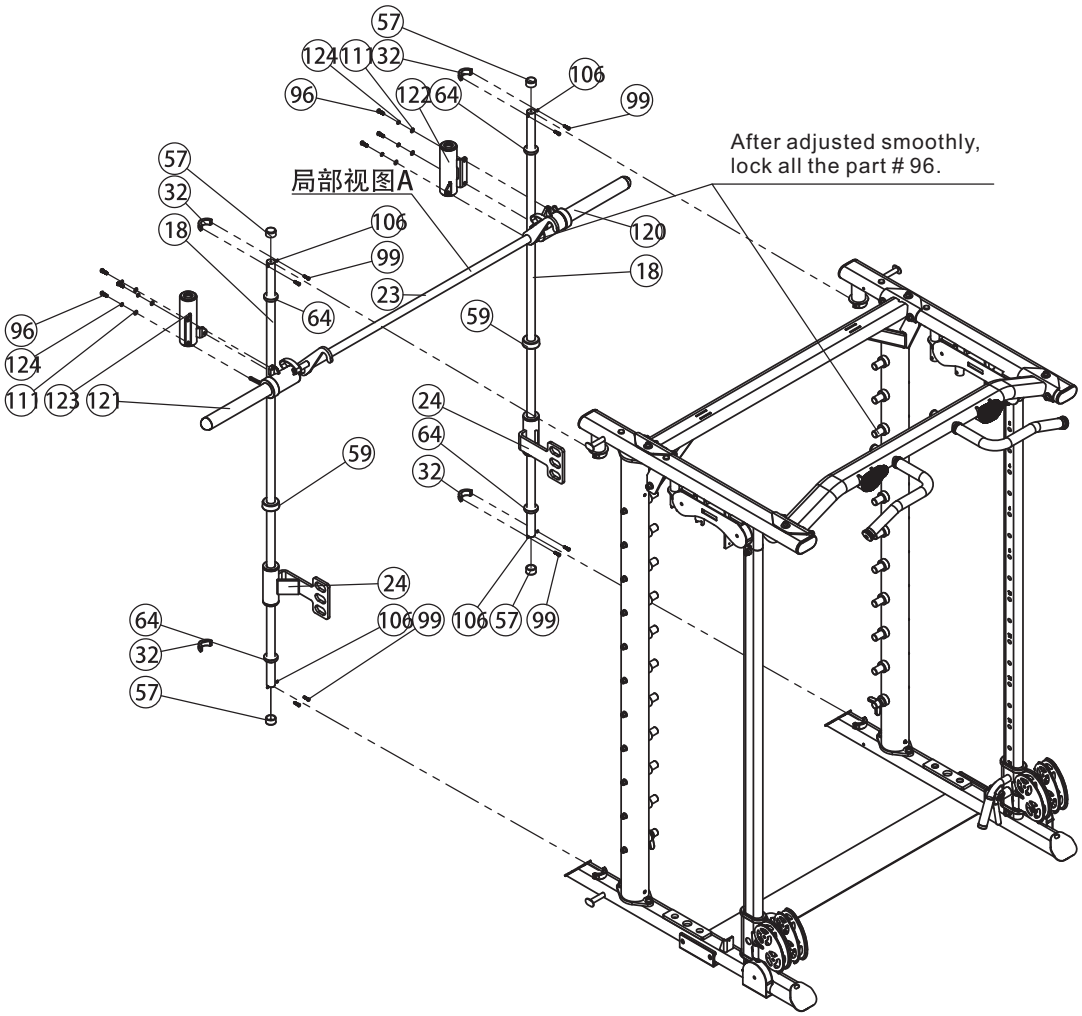


Assembly step 4

Step	No.	Name	Description	Qty
4	18	Guide rod	φ30*1876	2
	23	Hook rack		1
	24	Safety block frame		2
	32	Wire hole retaining ring		4
	57	Rubber pad	φ36*21	4
	59	Bumper pad	φ62*φ31*25	2
	64	Protective pad	Φ29.8*Φ60*10	4
	96	Inner Haxagon Sunk Head Bolt	M8*25	6
	99	Hex Socket Head Cap screw	M6*20	8
	106	Spring washer	M6	8
	111	Plain washer	Φ16*Φ8.4*1.6	8
	120	Left barbell stand		1
	121	Right barbell stand		1
	122	Left sliding frame		1
	123	Right sliding frame		1
	124	Spring washer	M8	6

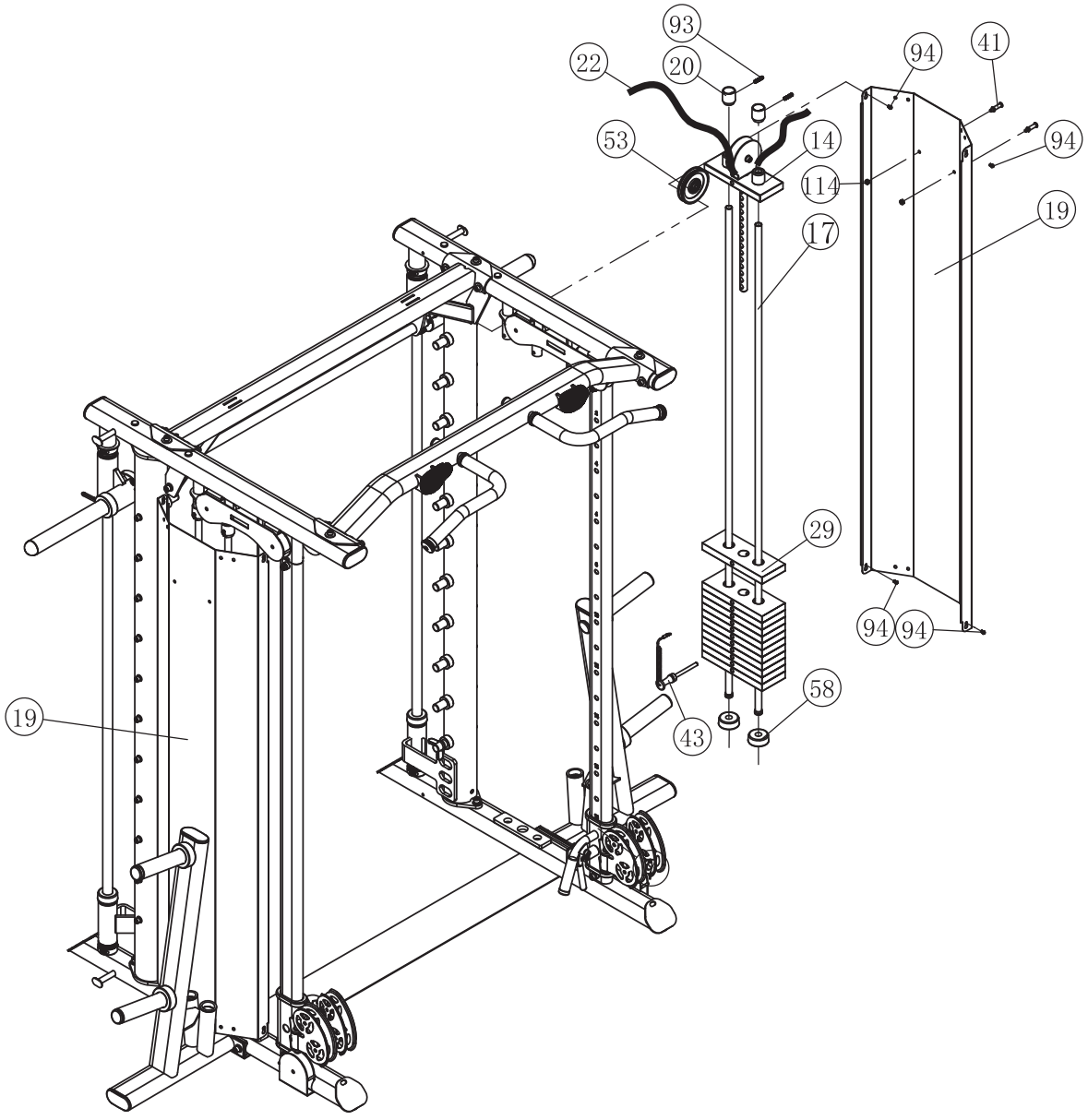
Hang the barbell bar hooks on both sides to the hook post,





Assembly step 5

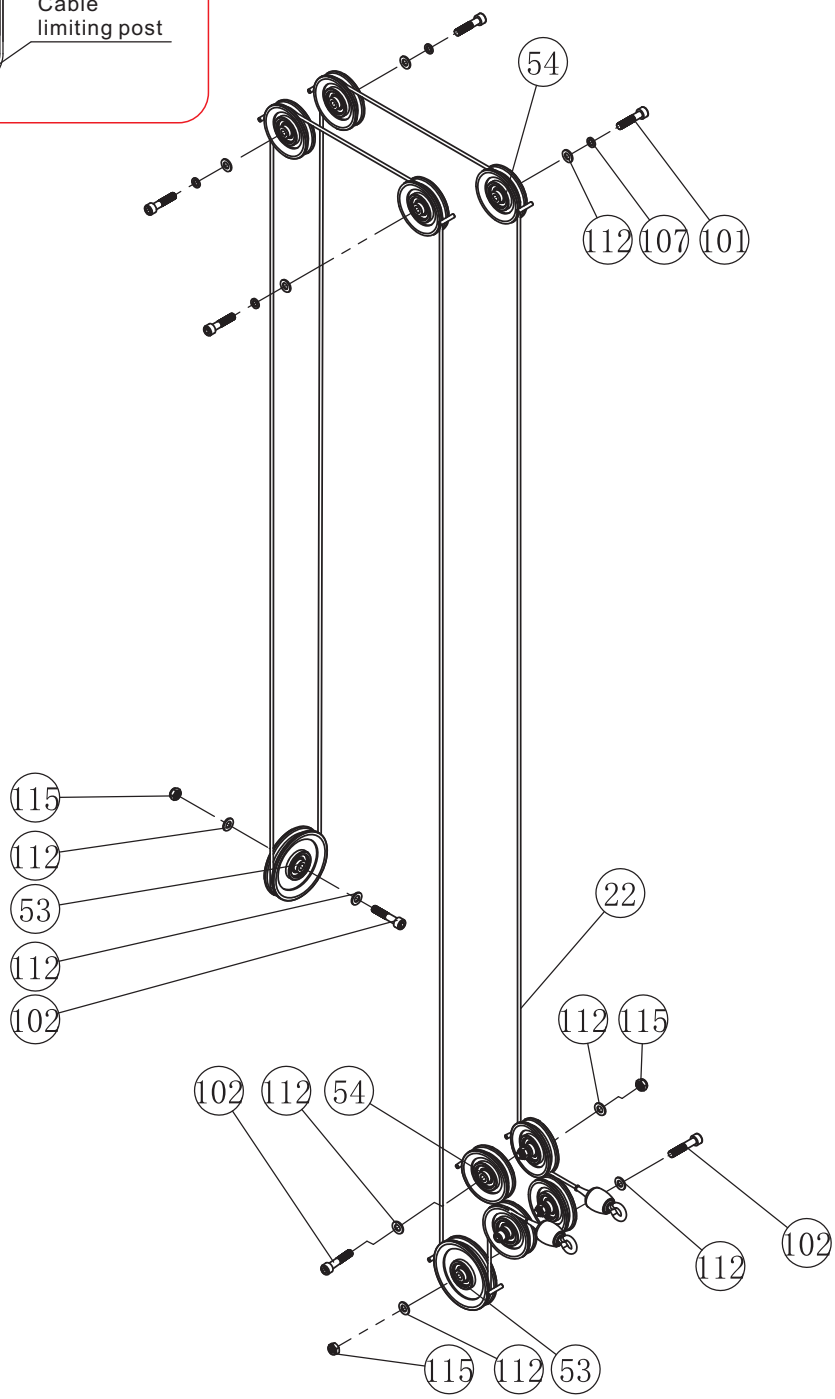
Step	No.	Name	Description	Qty
5	14	Counterweight iron stand		2
	17	Guide pipe		4
	19	Cover		2
	20	Guide rod fixed sleeve		4
	22	Cable group		2
	29	10lb weight stack component		24
	41	Hang column		4
	43	Bolt group		2
	53	Pully block		4
	58	Bumper pad	Φ62*Φ20*26	4
	93	Inner Haxagon Sunk Head Bolt	M8*35	4
	94	Inner Haxagon Sunk Head Bolt	M6*10	8
	114	Nut	M8	4



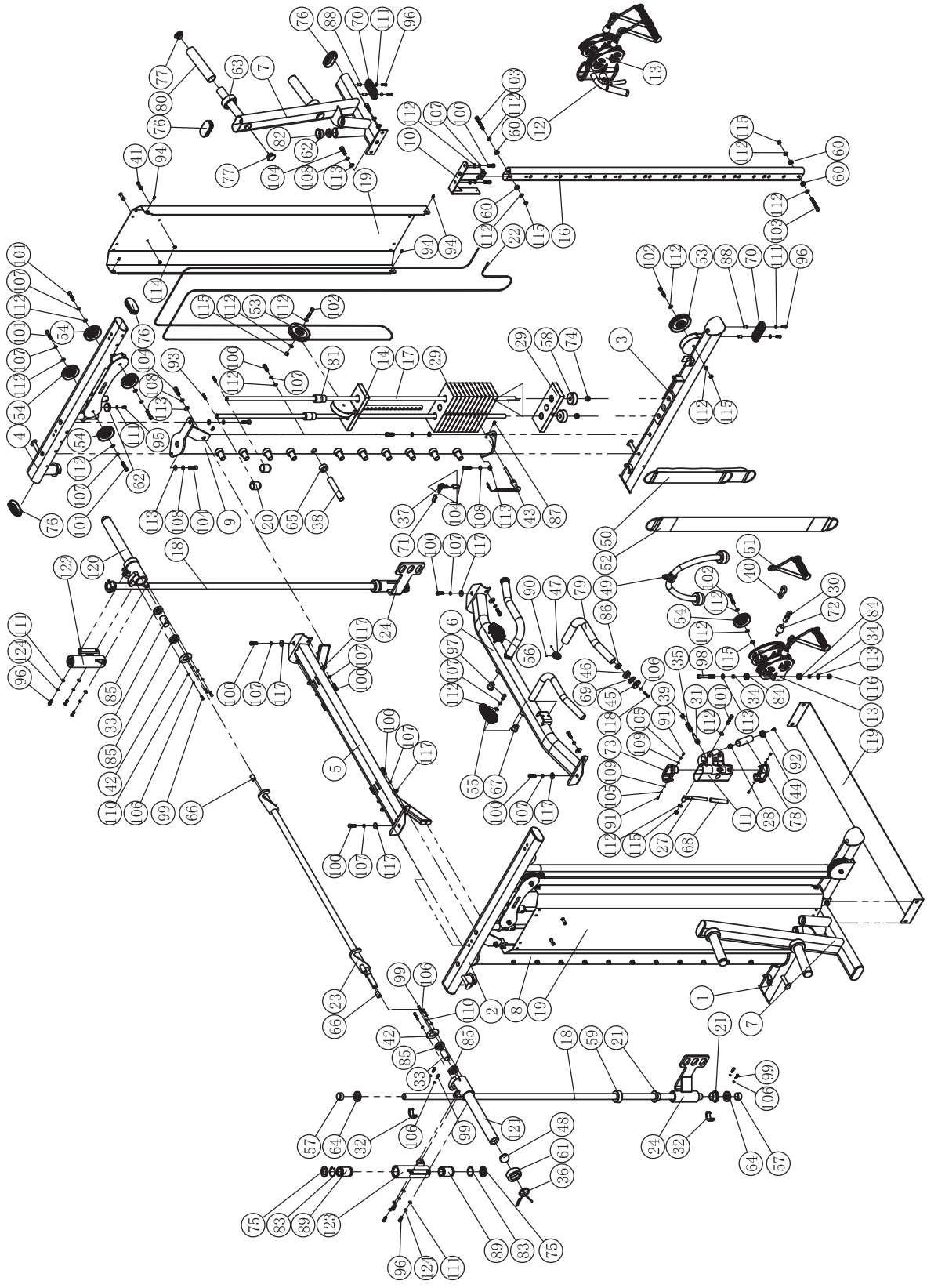
Cable Routing Diagram

Step	No.	Name	Description	Qty
	22	Cable group	φ4.8	2
	53	Pully block	φ114*25.8	4
	54	Pully block	φ89*25.8	16
	101	Hex Socket Head Cap screw	M10*45	8
	102	Hex Socket Head Cap screw	M10*50	12
	107	Spring washer	M10	8
	112	Plain washer	φ20*φ10.5*2	32
	115	Nut	M10	12





Exploded View



Exploded List

No.	Name	Description	Qty
1	Left bottome frame		1
2	Upper left connect frame		1
3	Right bottom frame		1
4	Upper right connect frame		1
5	Back connect frame		1
6	Handle holder		1
7	Barbell stand		2
8	Left floorstand		1
9	Right floorstand		1
10	Supporting stand		2
11	Left sliding frame		1
12	Right sliding frame		1
13	Swing rack		4
14	Counterweight iron stand		2
16	Adjusting tube		2
17	Guide pipe		4
18	Guide rod	φ30*1876	2
19	Cover		2
20	Guide rod fixed sleeve		4
21	Bearing sleeve		4
22	Cable group	φ4.8	2
23	Hook rack		1
24	Safety block frame		2
25	Right barbell stand		1
26	Left barbell stand		1
27	Selected adjusting frame		2
28	Reed nut	M6*Φ20.8*10	2
29	10lb weight stack component		24
30	Rings component		4
31	Adjusting column	Φ20*Φ13*65*Φ4.2	2
32	Wire hole retaining ring		4
33	Bearing retaining ring	φ29*1.5*53	2
34	Lantern ring	φ16*φ12*7	8
35	Spring	Φ1.8*Φ16*45	2
36	Sping clip	Φ47*Φ4*93	2
37	Sping clip	Φ24.5*Φ3	2
38	Hook column		22
39	Roller link header	GB/T 1243	2
40	Gourd ditch	Φ8*80	4
41	Hang column		4
42	Cover Circle		2

Exploded List

No.	Name	Description	Qty
43	Bolt group		2
44	Aluminum end cover	Φ32*Φ25.5*Φ6.5*12	2
45	Aluminum end cover	Φ6.5*Φ45*14	2
46	Aluminum ring	Φ30*Φ33*Φ39*14.5	2
47	Aluminum baffle ring	Φ33*Φ42*13	2
48	Aluminum end cap	φ48*φ42.5*34	2
49	Pull back rope		1
50	Kness set group		1
51	Shake hands group		4
52	Pull back group		1
53	Pully block	φ114*25.8	4
54	Pully block	φ89*25.8	16
55	Left climbing handle		1
56	Left climbing handle		1
57	Rubber pad	φ36*21	4
58	Bumper pad	Φ62*Φ20*26	4
59	Bumper pad	φ62*φ31*25	2
60	Bumper pad	Φ22*Φ10.5*10	8
61	Bumper pad	Φ75*Φ47.6*25	2
62	Bumper pad	Φ45*Φ7*11	6
63	Bumper pad	Φ76*Φ45.5*28	4
64	Protective pad	Φ29.8*Φ60*10	4
65	Stop collar	φ40*φ24.50*18	22
66	Hook limit sleeve	φ20*φ9*25	2
67	Pipe plug	Φ32*3	2
68	Handle cover	Φ18*Φ12*100	2
69	Plastic ring	Φ37*Φ33*4.5	2
70	Bottom frame	123*50*11	6
71	Sping clip cover		4
72	Hook cover		4
73	Hollow tubes set	PT50*100*PT40*80	4
74	Guide rod end cap	φ23*12	4
75	End cap	φ53*φ31*8	4
76	The elliptical pipe plug	PT50*100*3	8
77	Pipe plug	φ38*3	8
78	Through hole handle cover	Φ31.5*Φ24*105	2
79	Through hole handle cover	Φ37.5*Φ31*500	2
80	Protecing cover		4
81	Guide sleeve		4
82	Plastic sleeve	MI1-50-00	4
83	Circlip for hole	d0=47	4
84	Deep groove ball bearing	6201-2Z	8

Exploded List

No.	Name	Description	Qty
85	Deep groove ball bearing	6005-2Z	4
86	Reed nut	M6*Φ27.2*15	2
87	Hexagon rivet nut with flat head	M6*16.5	4
88	Rivet nut with small countersunk head	M8*18	12
89	Linear bearing	φ47*φ30*68	4
90	Screw with inner hexagon cone end	M5*5	4
91	Cross recess pan head screw	M4*10	8
92	Inner Haxagon Sunk Head Bolt	M6*20	2
93	Inner Haxagon Sunk Head Bolt	M8*35	4
94	Inner Haxagon Sunk Head Bolt	M6*10	8
95	Inner Haxagon Sunk Head Bolt	M8*16	2
96	Inner Haxagon Sunk Head Bolt	M8*25	18
97	Inner Haxagon Sunk Head Bolt	M10*30	4
98	Hex Socket Head Cap screw	M12*90	4
99	Hex Socket Head Cap screw	M6*20	16
100	Hex Socket Head Cap screw	M10*30	38
101	Hex Socket Head Cap screw	M10*45	10
102	Hex Socket Head Cap screw	M10*50	12
103	Hex Socket Head Cap screw	M10*75	4
104	Hex Socket Head Cap screw	M12*35	14
105	Spring washer	M4	8
106	Spring washer	M6	14
107	Spring washer	M10	50
108	Spring washer	M12	14
109	Plain washer	Φ9*Φ4.3*0.8	8
110	Plain washer	Φ12*Φ6.4*1.6	6
111	Plain washer	Φ16*Φ8.4*1.6	20
112	Plain washer	φ20*φ10.5*2	86
113	Plain washer	Φ24*Φ13*2.5	22
114	Nut	M8	4
115	Nut	M10	18
116	Nut	M12	4
117	Plain washer	φ25*φ10.5*2	12
118	Hex Socket Head Cap screw	M6*25	2
119	U type bottome plate		1
120	Left barbell stand		1
121	Right barbell stand		1
122	Left sliding frame		1
123	Right sliding frame		1
124	Spring washer	M8	6
125			
126			

Maintenance Attentions

Daily Maintenance (Basic Maintenance)

1. Clean the seat pad, back pad and cushion with warm water and soft cloth in order to avoid the sweat erosion to these component.
2. Clean the frame with warm water and soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

Monthly Maintenance (Basic Maintenance)

1. Check transmission cable. Check the tightness and abrasion of the cable (disrepair of the surface, bend, distortion and so on). (Apply to single station with cable)
2. Check guide rod, and wipe it with soft duster cloth and alcohol, and lubricate it by anticorrosive oil, but please don’t let excessive oil accumulated on rod. (Apply to single station with cable)
3. Check weight stack to know if there is any damaged steel plate which caused by too much force or friction on rod. (Apply to single station with cable)
4. Check pulley on whether its groove surface is clean and whether it runs smoothly. (Apply to single station with cable)
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

Further Maintenance

1. Check whether bolts on basic frame become loose, springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check whether the oil cylinder suffers oil leakage.

Weight stack label instructions

1. Wipe front surface of weight stack .

2. Peel off back sheet (adhesive side) from label and make sure that the label remains attached to the application tape.

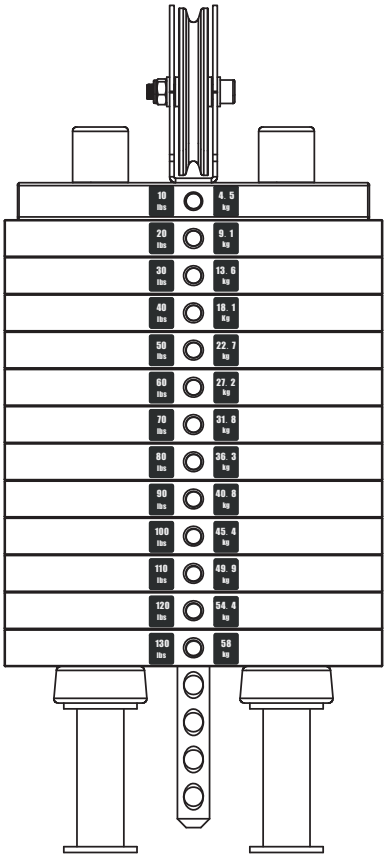
3. Aline the center hole of label with the weight stack center hole.

4. Line up the first label to hole on top plate.

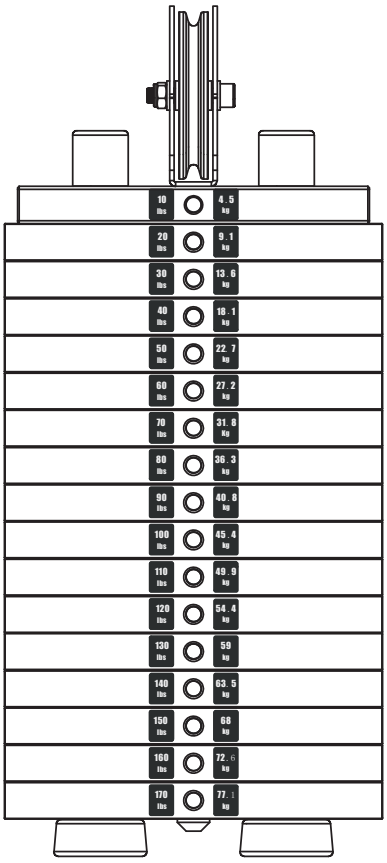
5. Make sure label is straight and slowly press into place.

6. Gently remove application tape and rub each label firmly against the weight stack.

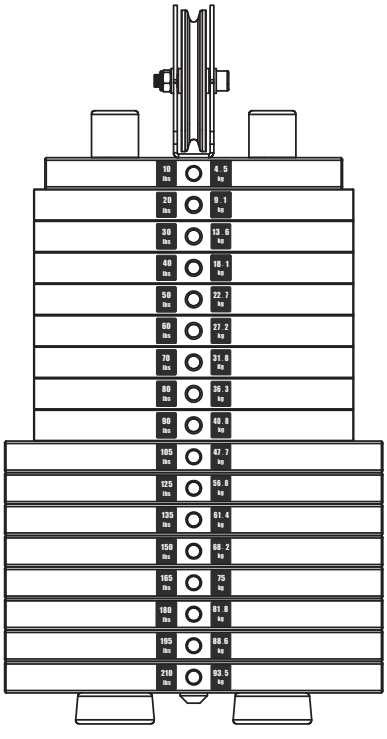
7. Allow labels to stand for 24 hours to allow adhesive to cure fully.



10 lbs	○	4. 5 kg
20 lbs	○	9. 1 kg
30 lbs	○	13. 6 kg
40 lbs	○	18. 1 Kg
50 lbs	○	22. 7 kg
60 lbs	○	27. 2 kg
70 lbs	○	31. 8 kg
80 lbs	○	36. 3 kg
90 lbs	○	40. 8 kg
100 lbs	○	45. 4 kg
110 lbs	○	49. 9 kg
120 lbs	○	54. 4 kg
130 lbs	○	58 kg



A



A2

A

10 lbs	○	4.5 kg
20 lbs	○	9.1 kg
30 lbs	○	13.6 kg
40 lbs	○	18.1 kg
50 lbs	○	22.7 kg
60 lbs	○	27.2 kg
70 lbs	○	31.8 Kg
80 lbs	○	36.3 kg
90 lbs	○	40.8 kg
100 lbs	○	45.4 kg
110 lbs	○	49.9 kg
120 lbs	○	54.4 kg
130 lbs	○	59 kg
140 lbs	○	63.5 kg
150 lbs	○	68 kg
160 lbs	○	72.6 kg
170 lbs	○	77.1 kg

A2

10 lbs	○	4.5 kg
20 lbs	○	9.1 kg
30 lbs	○	13.6 kg
40 lbs	○	18.1 kg
50 lbs	○	22.7 kg
60 lbs	○	27.2 kg
70 lbs	○	31.8 Kg
80 lbs	○	36.3 kg
90 lbs	○	40.8 kg
105 lbs	○	47.7 kg
125 lbs	○	56.8 kg
135 lbs	○	61.4 kg
150 lbs	○	68.2 kg
165 lbs	○	75 kg
180 lbs	○	81.8 kg
195 lbs	○	88.6 kg
210 lbs	○	93.5 kg