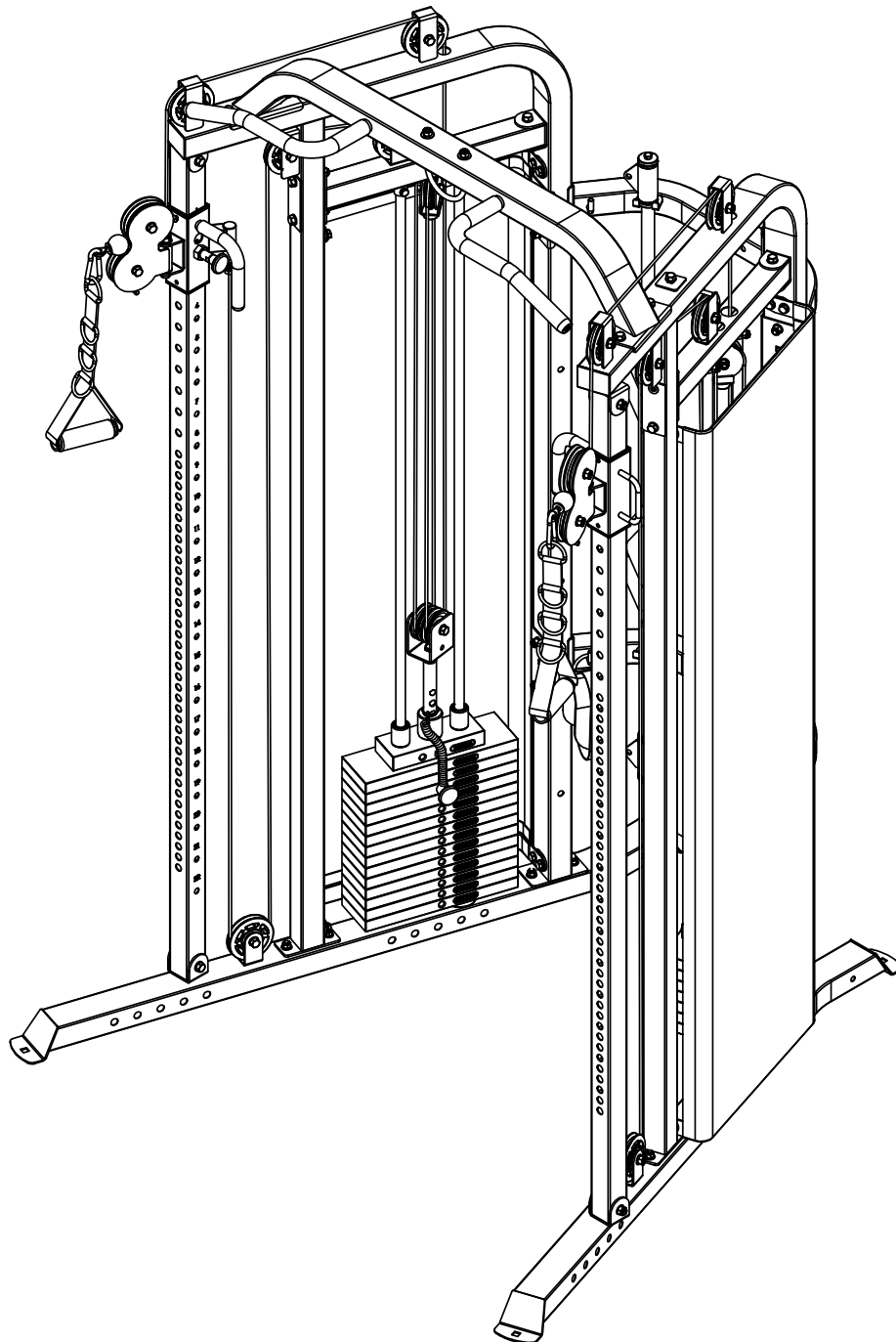




MANUAL FUNCTIONAL TRAINER X12



Master marknadsförs av Vartex AB, Batterivägen 14, 43234 Varberg, Sweden

www.masterfitness.se

ASSEMBLY MANUAL FOR:

FUNCTIONAL TRAINER X12

BEFORE YOU START

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment to avoid injury.
- Assemble the equipment on a flat level surface.
- Consider placing a mat under the equipment to protect your floor.
- Wear appropriate footwear and clothing during assembly and use.
- Only tighten nuts and bolts by hand until the whole equipment is assembled
- Do not allow children and pets to be unsupervised around the assembly or usage of this equipment.
- Ensure all parts are in full working order before use.
- Only one person should use the machine at any one time.
- Do not use the equipment outdoors or around water.
- Keep hair, fingers or clothing away from moving parts.
- Only use attachments recommended by the manufacturer.
- Never operate if any parts are not functioning correctly.
- Always correctly stretch and warm up before using the equipment.
- **Stop immediately** if you experience any pain, dizziness or nausea. See a doctor at once.

PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

BEFORE STARTING ANY EXERCISE PROGRAM, CONSULT YOUR DOCTOR. ESPECIALLY IF YOU ARE OVER THE AGE OF 35 OR HAVE PRE-EXISTING HEALTH PROBLEMS.

READ ALL INSTRUCTIONS BEFORE ASSEMBLING OR USING ANY FITNESS EQUIPMENT.

WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

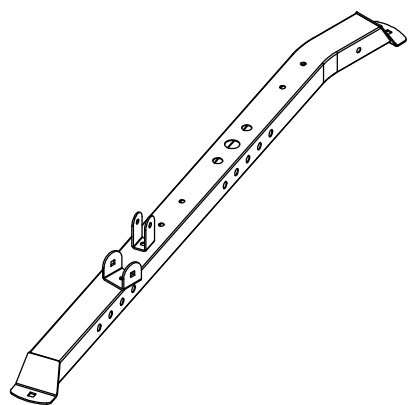
SAVE THESE INSTRUCTIONS.

FUNCTIONAL TRAINER X12 PARTS LIST

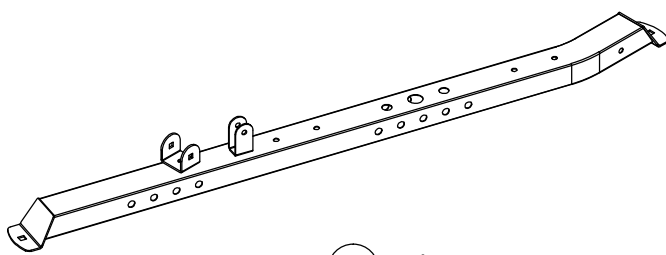
KEY NO.	DESCRIPTION	SPEC	Q'ty
1	Left Base		1
2	Right Base		1
3	Rear Post Left		1
4	Rear Post Right		1
5	Top Frame Left		1
6	Top Frame Right		1
7	Rear Frame		2
8	Front Guide Shaft		2
9	middle Frame		1
10	Guide Rod	φ19×1747	4
11	Frame Guide Rod Left		1
12	Frame Guide Rod Right		1
13	Horizontal bar		1
14	Left Sliding Block		1
15	Right Sliding Block		1
16	Swivel Pulley Bracket		2
17	Cambered Bar (attachment)		1
18	Straight Bar (attachment)		1
19	Hub		4
20	Selector Stem	198×80×76	2
21	Weight Plate	366×102×25	28
22	Hook Rack		1
23	Selector Rod	φ25×575	2
24	Pulley Bracket		2
25	Moving Lock Pin		2
26	Side Plate	120×71×13×3	4
27	Bracket	120×50×3	2
28	Weight Stack Cover Frame		4
29	Cable	L=9880mm	2
30	Weight Stack Cover	1810×550	2

31	Hook	φ8	2
32	Bushing	φ25×φ21.8×φ12.2×8	4
33	Decorative Cap	φ30×φ26×12	2
34	Rubber Bumper	φ38×φ7×15	2
35	Bar End	φ38×φ9×8	4
36	Weight Selection Pin		2
37	Bushing	φ38×φ34×φ27×26	8
38	Adjustable Single Handle		2
39	Ankle Strap		1
40	Rubber Bumper	φ62×φ19×25	4
41	Pulley	φ96	14
42	Pulley	φ72×25	6
43	Handle Grip	φ24×φ18×227	2
44	Handle Grip	φ23×520	2
45	Slide Guide	□60×2.5×□50×25	4
46	End Cap	φ25	2
47	Hex-lob Screw	M6×12	2
48	Hex Bolts	M10×70	18
49	Hex Bolts	M8×25	4
50	Hex Bolts	M8×40	4
51	Hex Bolts	M8×16	16
52	Hex Bolts	M10×45	16
53	Hex Bolts	M10×75	8
54	Hex Bolts	M10×90	2
55	Carriage Bolt	M10×70	8
56	Spring Washer	φ8	4
57	Washer	8	24
58	Washer	10	94
59	Aircraft Nut	M10	54
60	Aircraft Nut	M8	4
61	Nut	M12	2

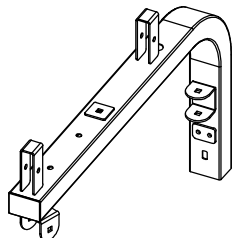
62	Hex Bolts	M12×90	2
63	Washer	12	4
64	Aircraft Nut	M12	2
65	Philips Screw	M6×16	2
66	End Cap	□70×50	2
67	Crystal Tags	52×13	2
	Allen Wrench	4#	1



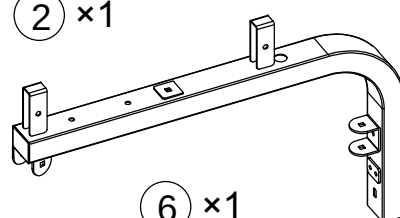
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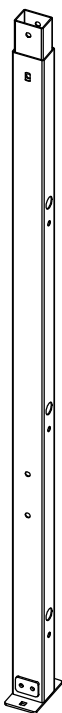
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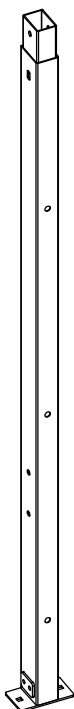
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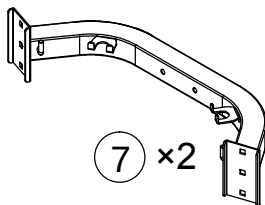
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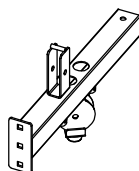
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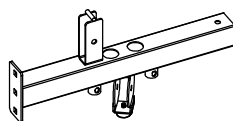
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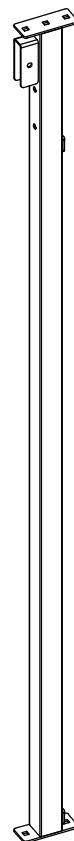
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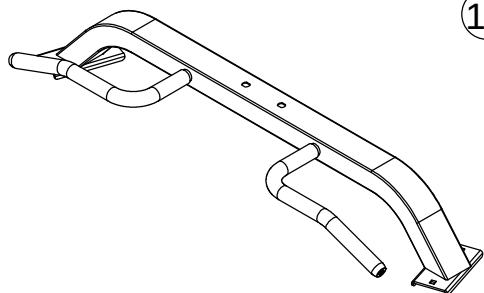
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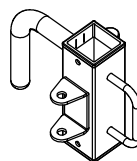
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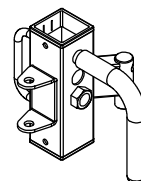
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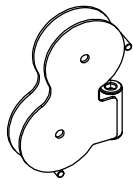
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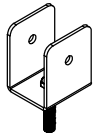
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⑮ × 1



①⑥ ×2



②④ ×2



②⑤ ×2



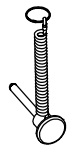
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①⑦ ×1



②⑥ ×4



③⑥ ×2



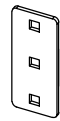
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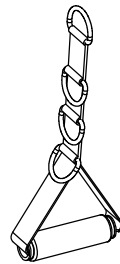
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①⑧ ×1



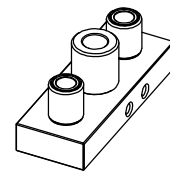
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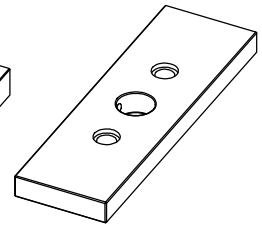
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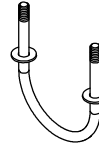
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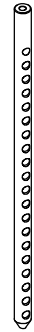
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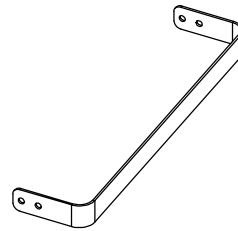
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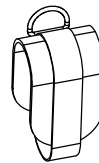
②② ×1



②③ ×2



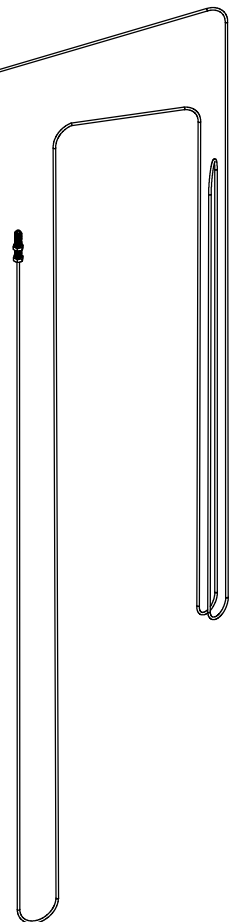
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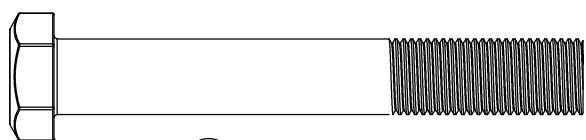
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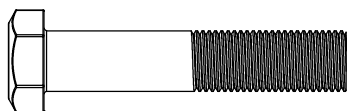
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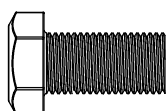
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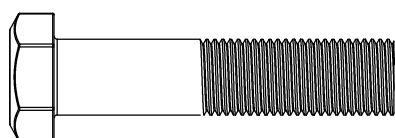
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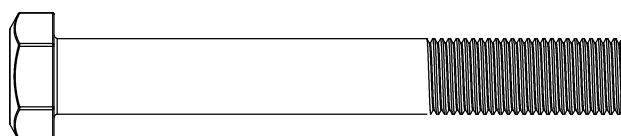
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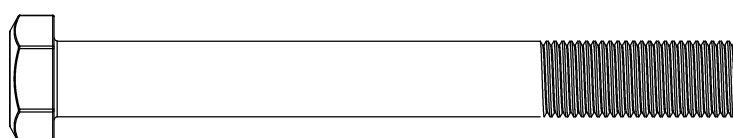
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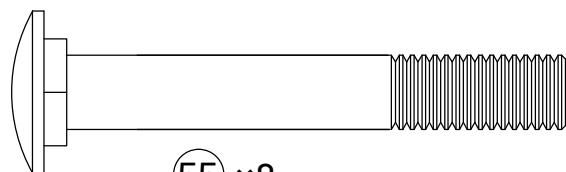
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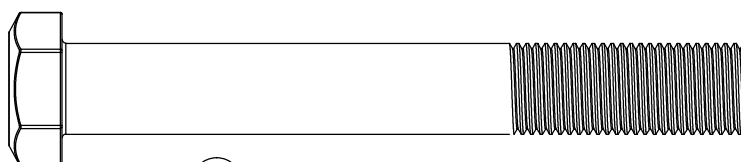
⑤3 × 8



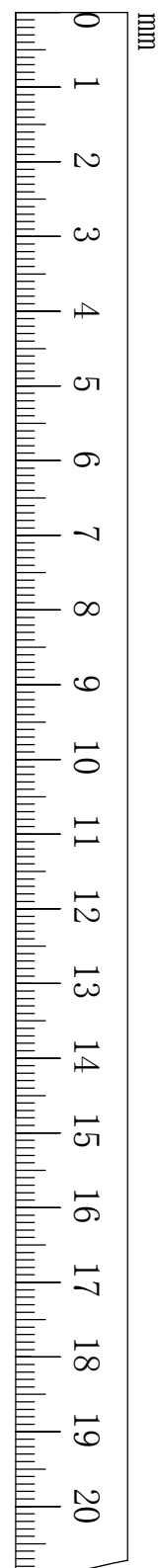
⑤4 × 2



⑤5 × 8

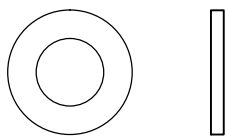


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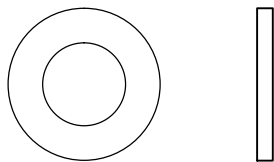


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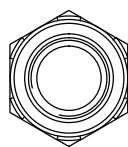
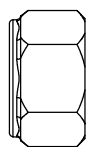




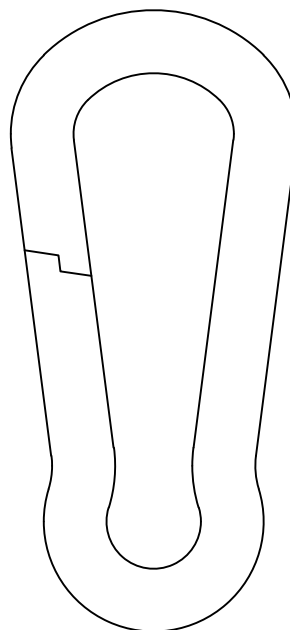
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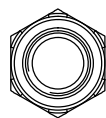
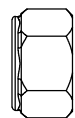
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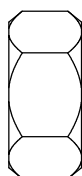
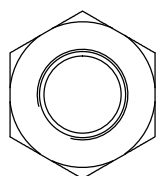
⑤9 ×54



③1 ×2



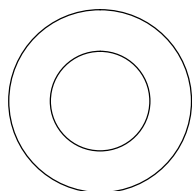
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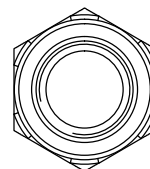
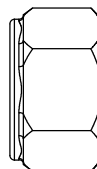
⑥1 ×2



4#×1



⑥3 ×4

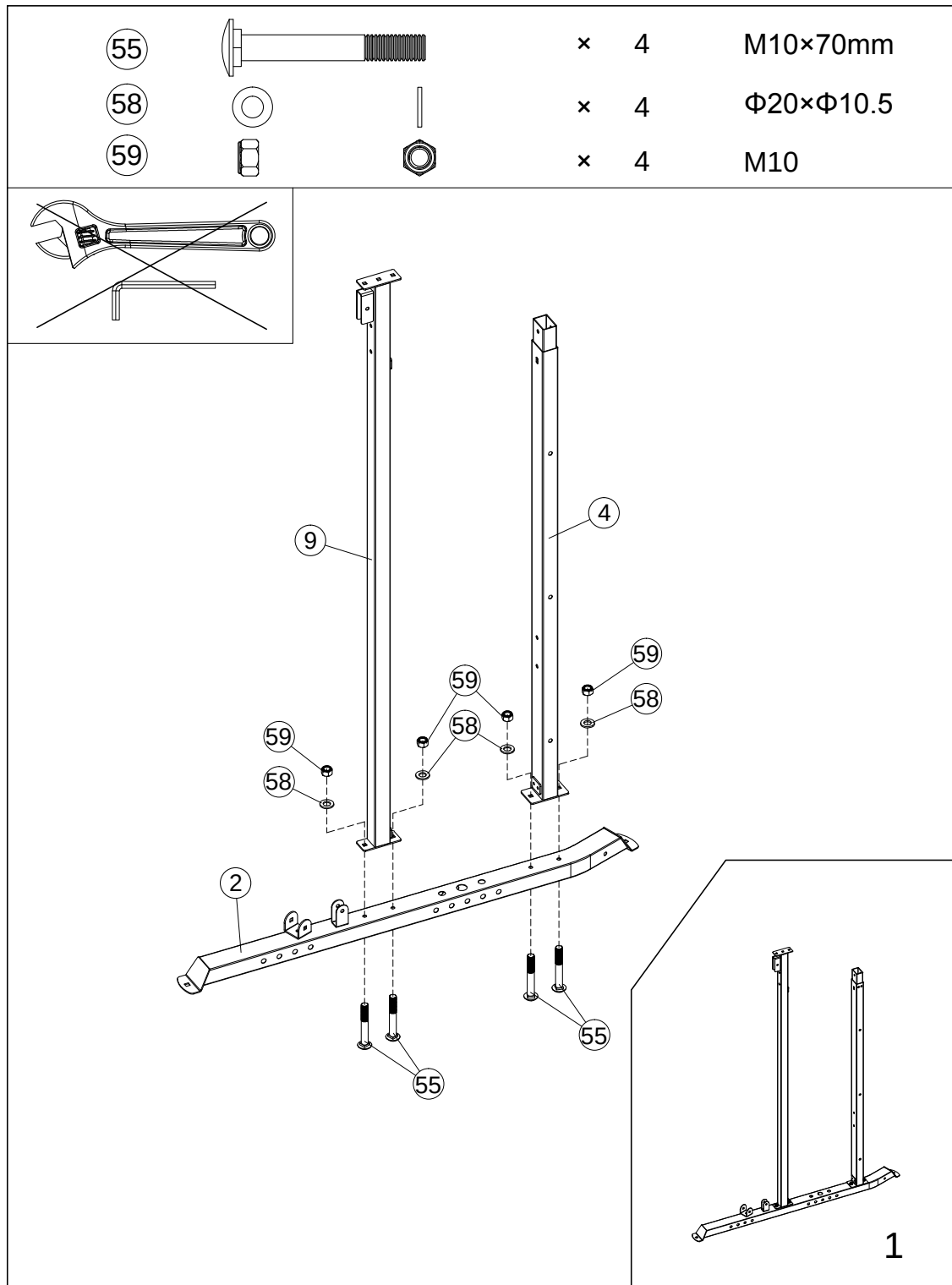


⑥4 ×2

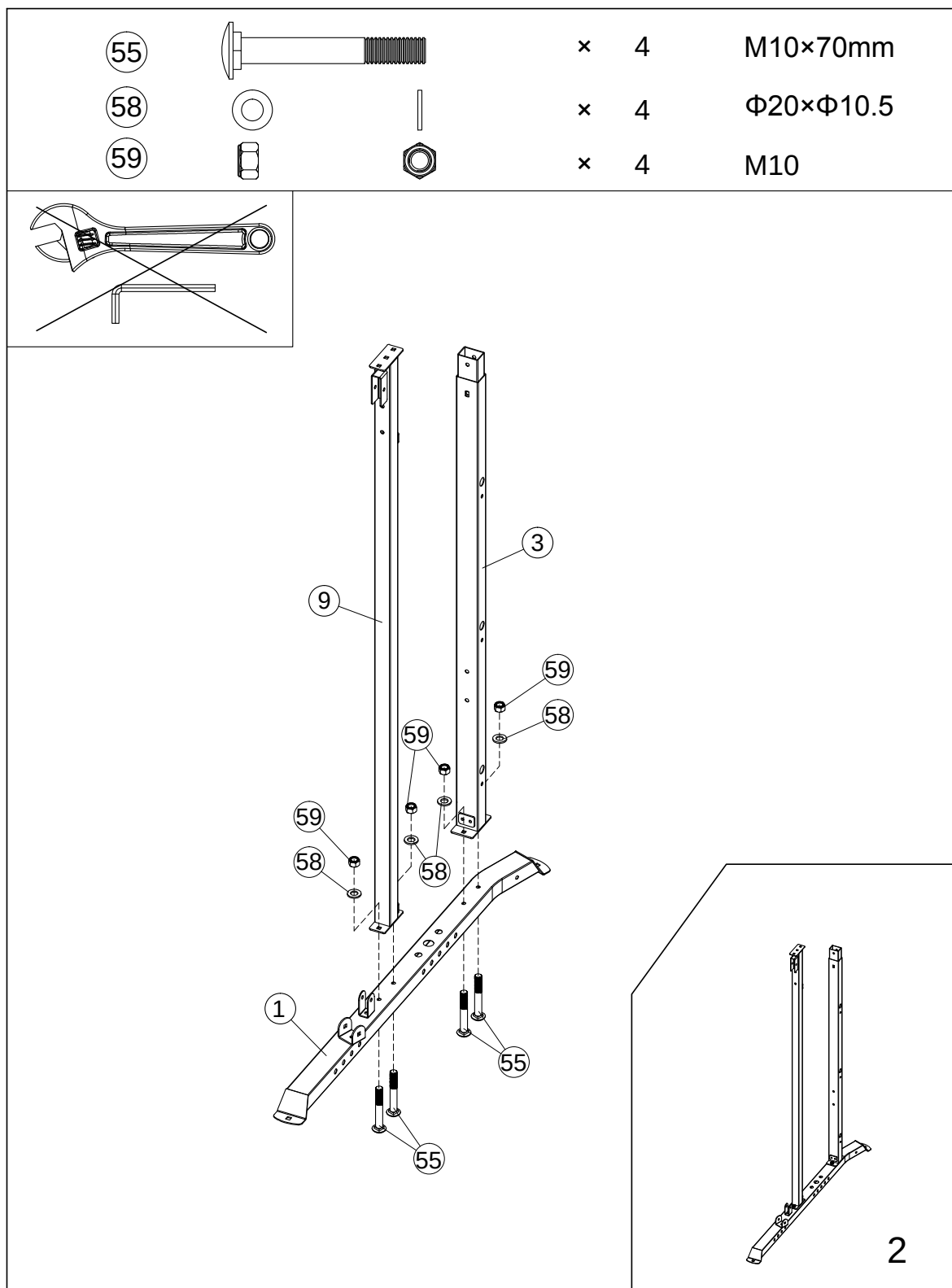
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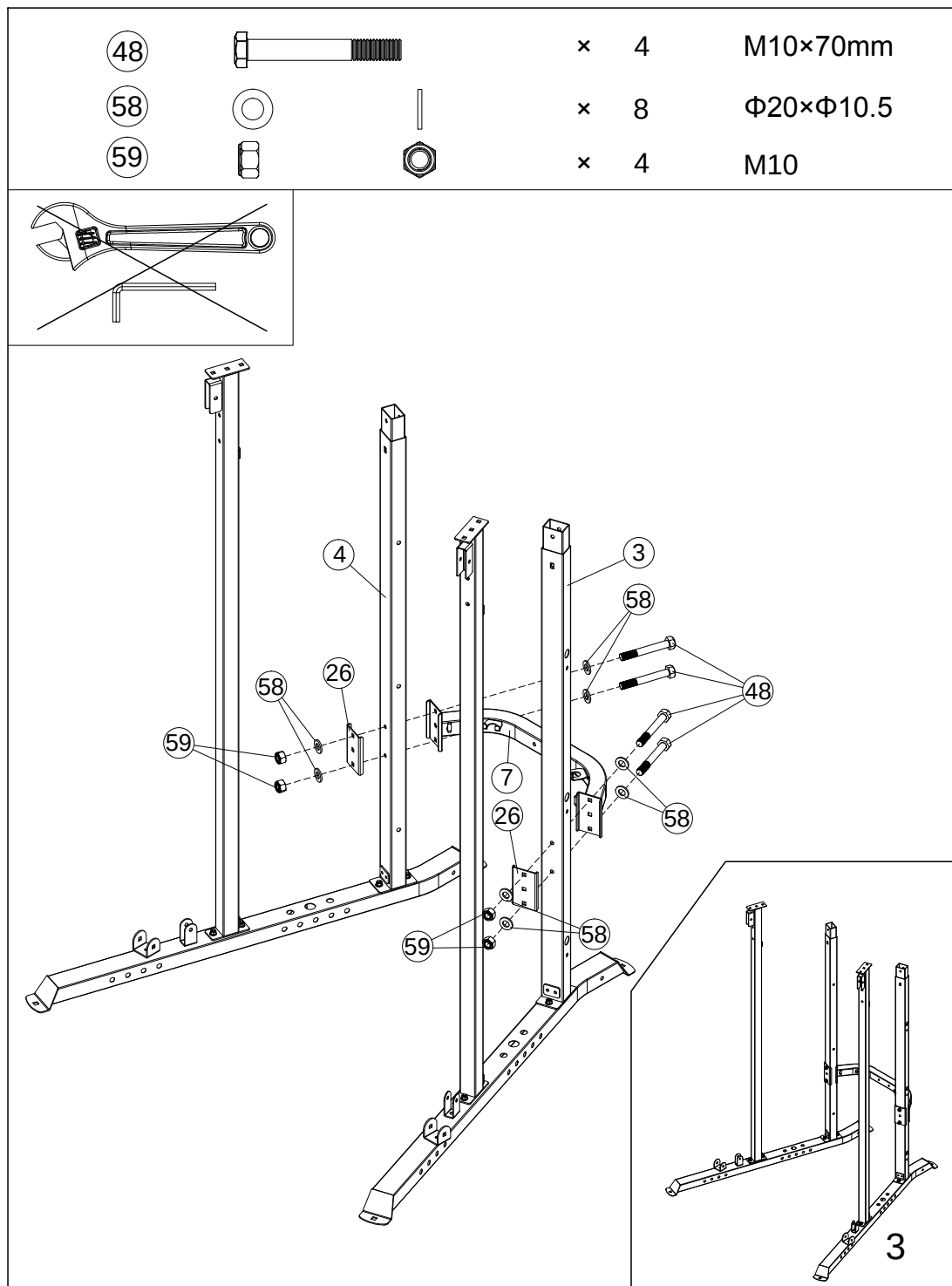
FUNCTIONAL TRAINER X12



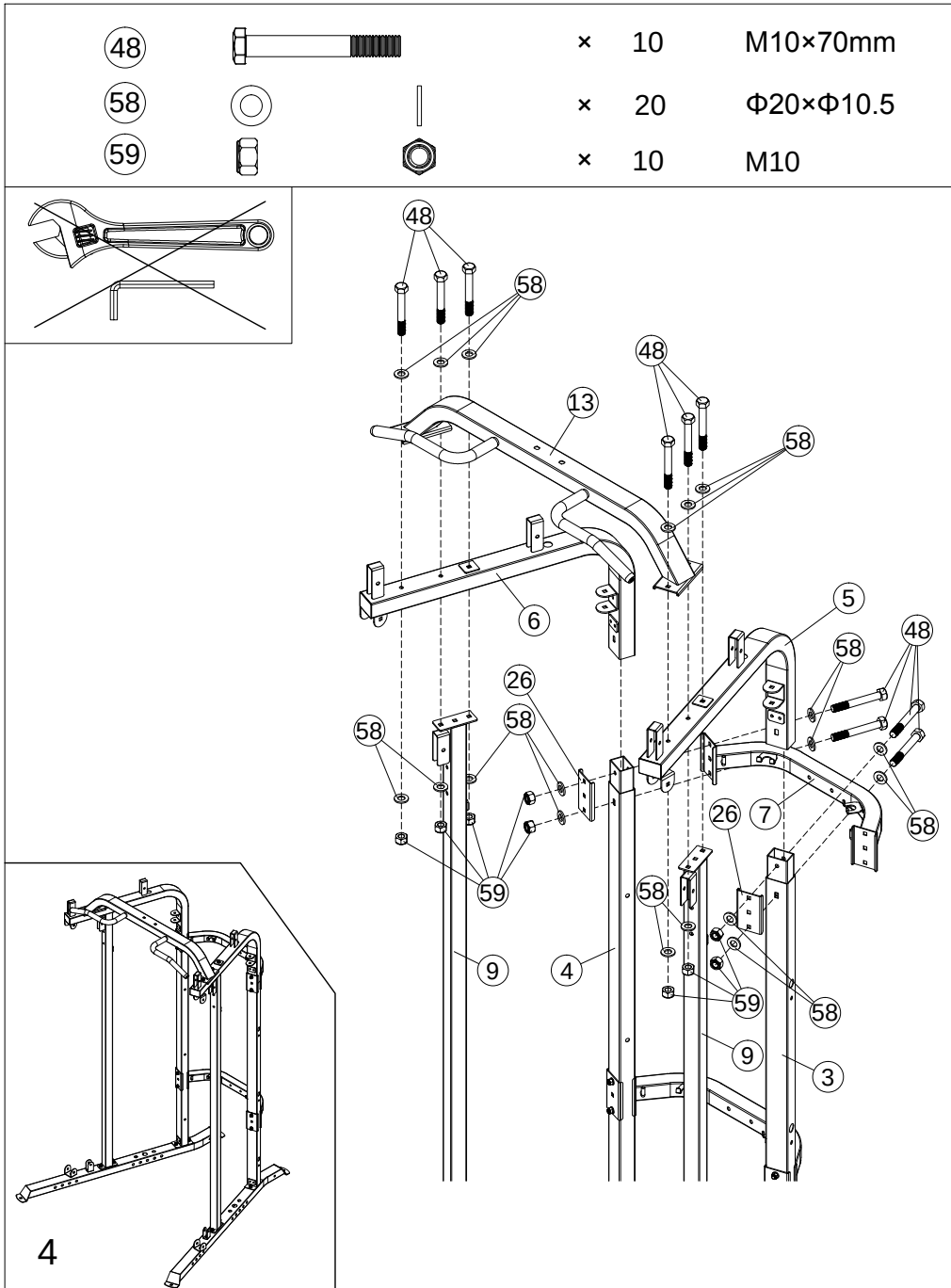
1. Attach parts 9 and 4 to part 2 using M10x70mm bolts (55), washers (58) and M10 nuts (59) as shown in the diagram



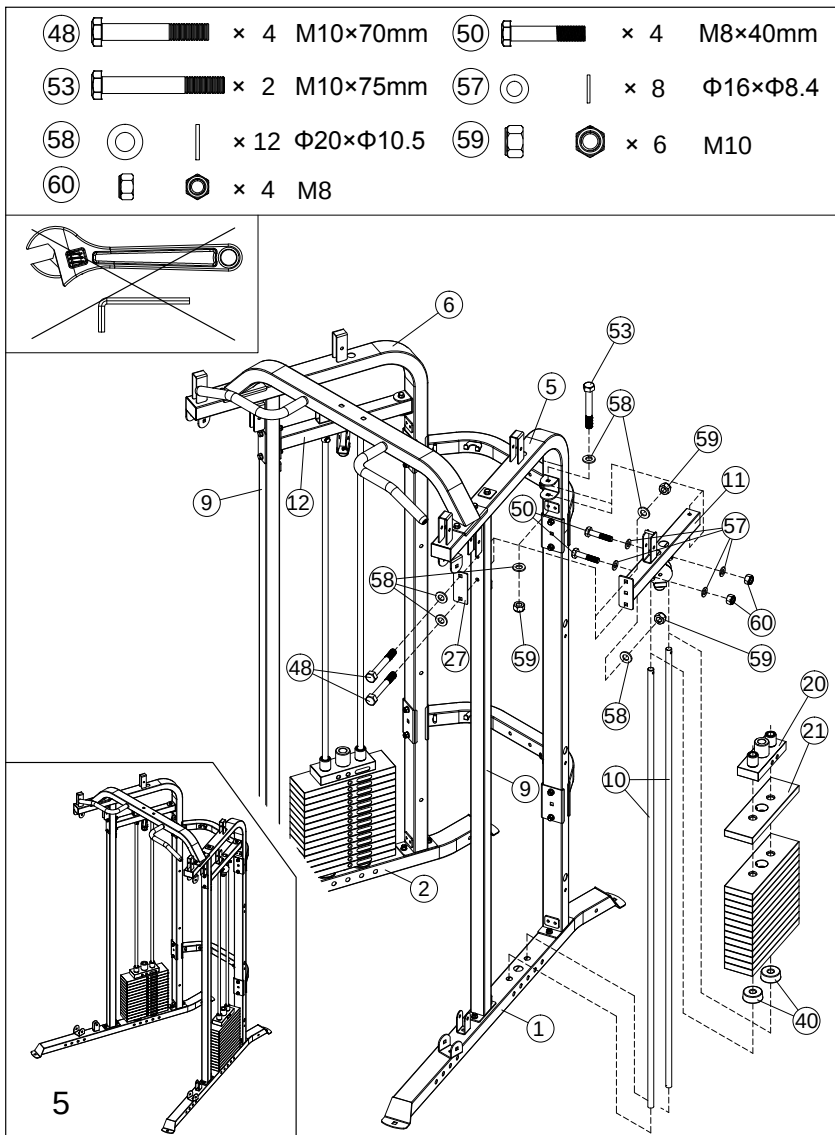
1. Attach parts 9 and 3 to part 1 using M10x70mm carriage bolts (55), washers (58) and M10 nuts (59) as shown in the diagram



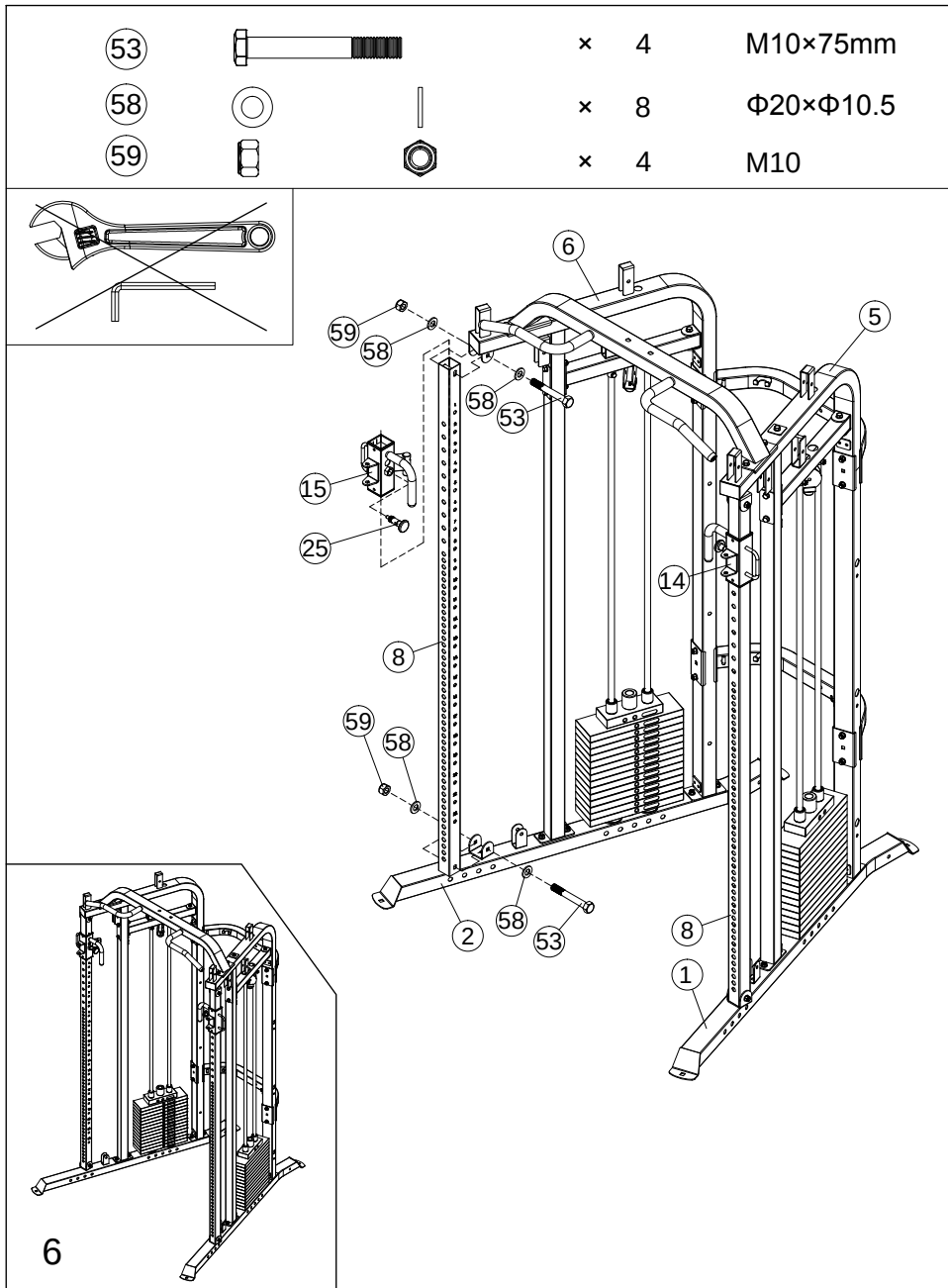
1. Attach part 7 to parts 3 & 4 using side plates (26), M10x70mm hex bolts (48), washers (58) and M10 nuts (59) as shown in the diagram.



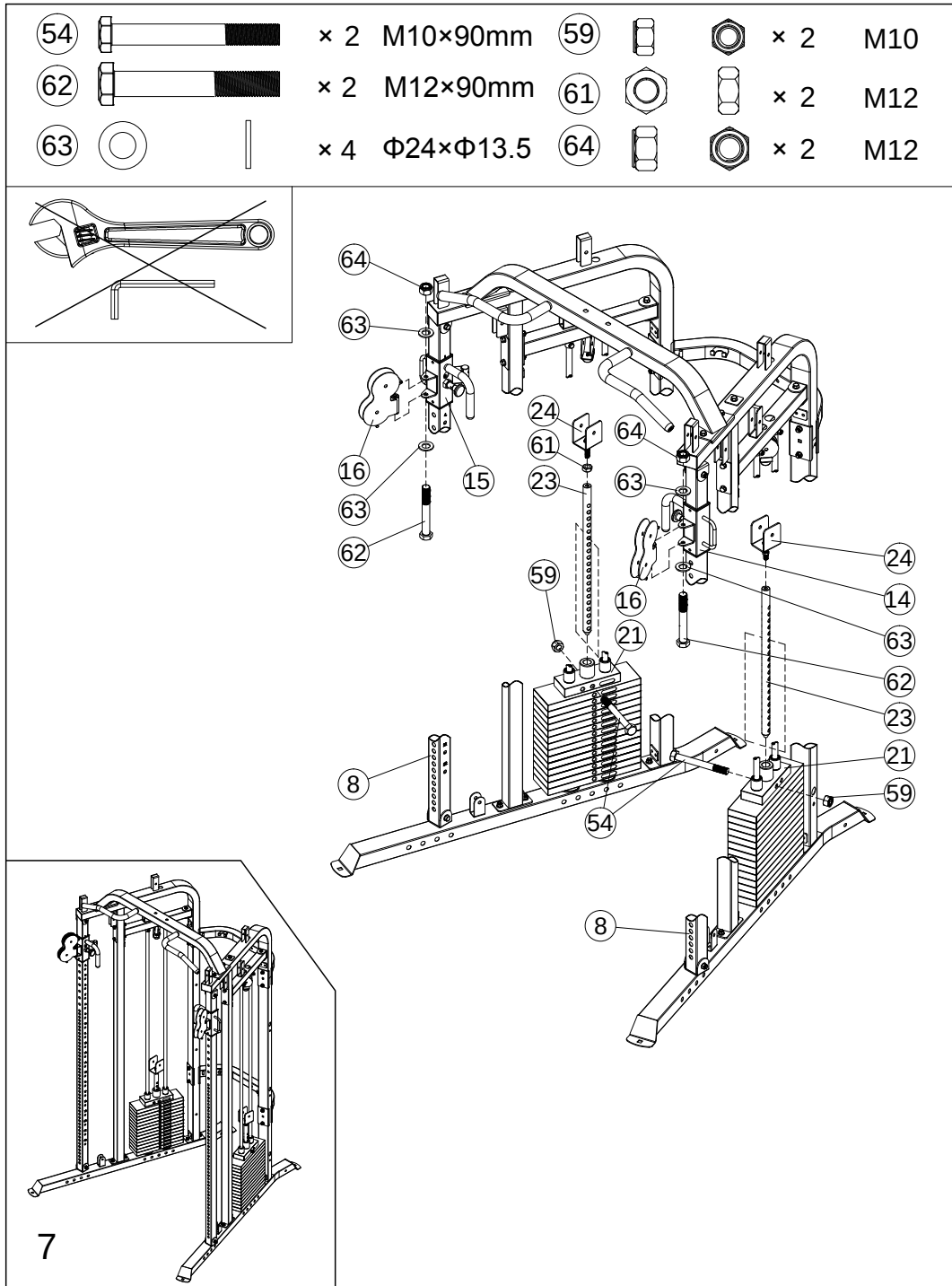
1. Place part 5 onto part 3 and place part 6 onto part 4.
2. Attach part 7 using M10x70mm hex bolts (48) passing through parts 7, 5, 3 & 26 with washers (58) and M10 nuts (59). Repeat on the other side to connect parts 7, 6, 4 & 26.
3. Position part 13 on top of parts 6 & 5 so the holes line up. Attach part 13 to parts 5 & 9 using M10x70mm (48), washers (58) and M10 nuts (59). Repeat on the other side to connect part 13 to parts 6 & 9.



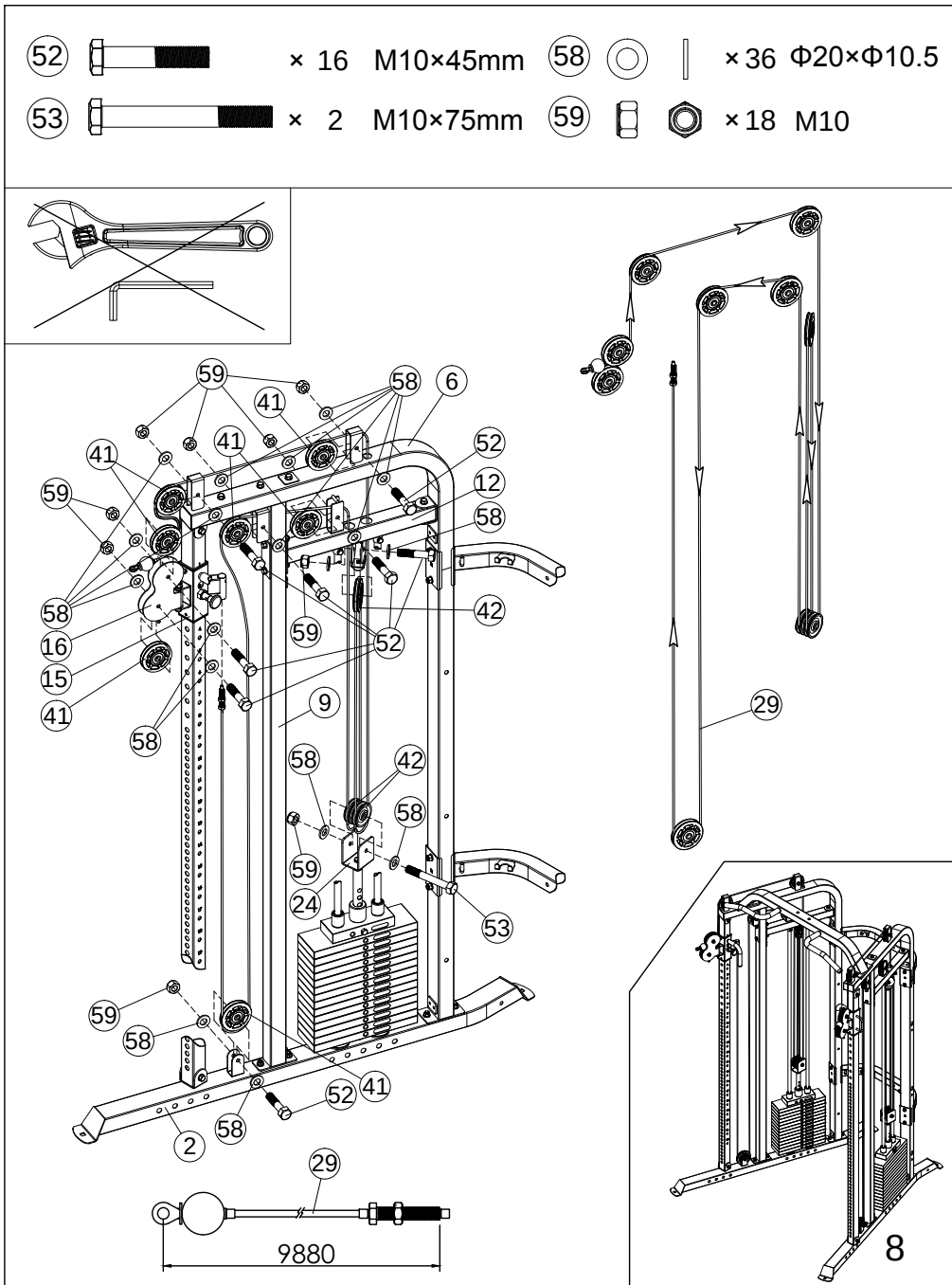
1. Rest 2 x guide rods (10) within the indicated holes on part 1 ensuring the guide rods ends which have bolt holes are at the top.
2. Slide 1 x rubber bumper (40) onto each guide rod (10). Slide 14 x weight plates (21) down the guide rods carefully, just one at a time and not releasing your grip until each has been placed on top of the last. Ensure the pin selector holes are facing the inside of the unit. Slide 1 x selector stem (20) down the guide rods until it rests on top of the weight stack.
3. Attach part 11 to part 9 with M10x70mm hex bolts (48) passing through washer (58), part 27, part 9, part 11, washer (58) and M10 nut (59). Attach the other end of part 11 to part 5 with M10x75mm carriage bolt (53), washer (58) and M10 nut (59).
4. Line up the top of the guide rods with the positions on part 11 and secure with M8x40mm hex bolts (50), washers (57) and M8 nuts (60) as shown in the illustration.
5. Repeat these assembly steps on the opposite site where part 2 is the base and parts 12 and 6 in place of parts 11 and 5.



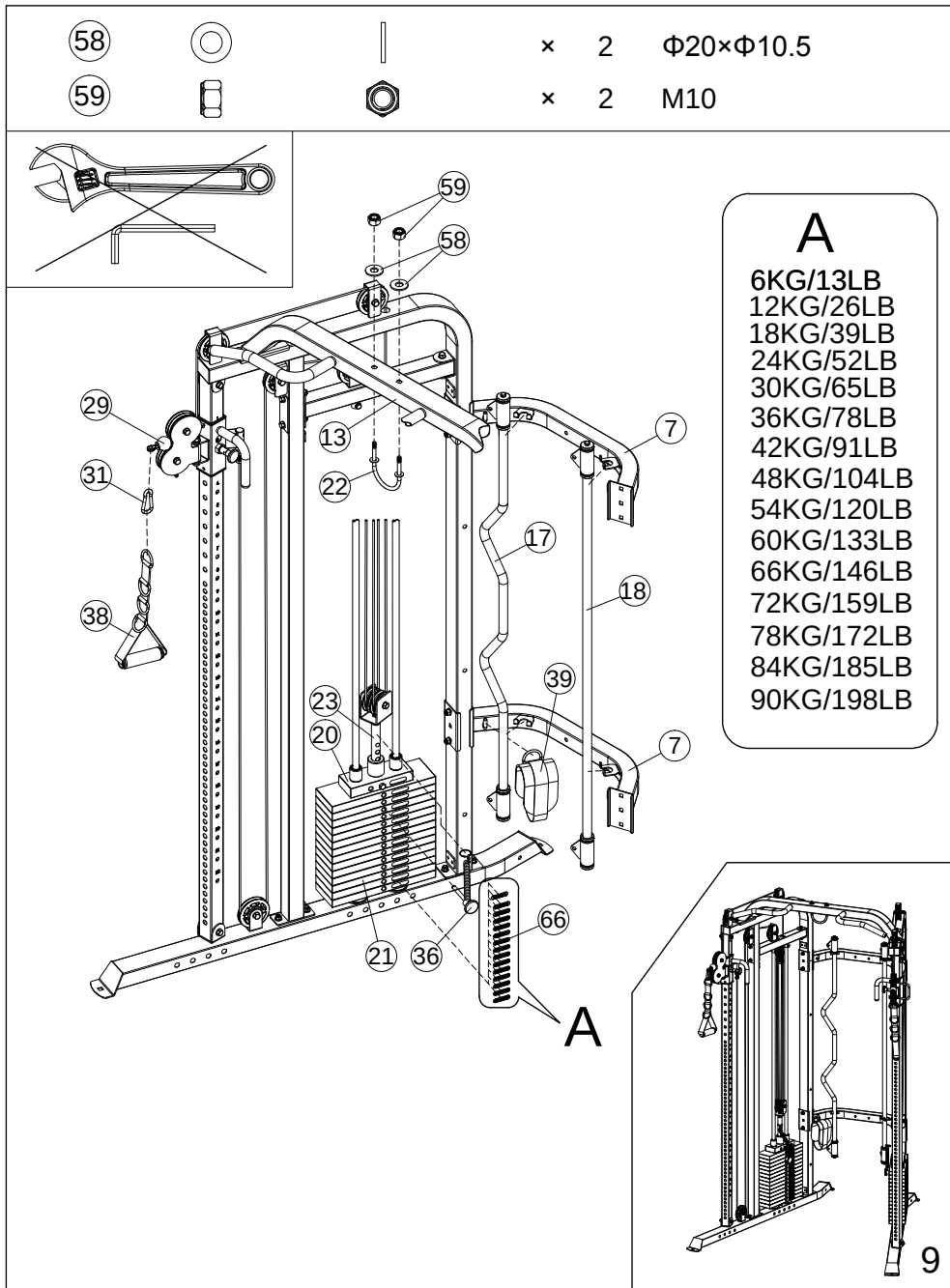
1. Slide the left sliding block (14) onto a front guide shaft (8) so that the pop pin is on the same side as the numbered positioning holes.
2. Position the front guide shaft (8) onto part (1) with the numbered positioning holes on the sliding block facing inwards of the machine and ensuring the numbers are displayed in an upright manner. Secure the base of the front guide shaft to part 1 with an M10x75 hex bolt (53), washers (58) and M10 nut (59). Repeat to secure the top of the front guide shaft to part 5.
3. Repeat these steps on the other side.



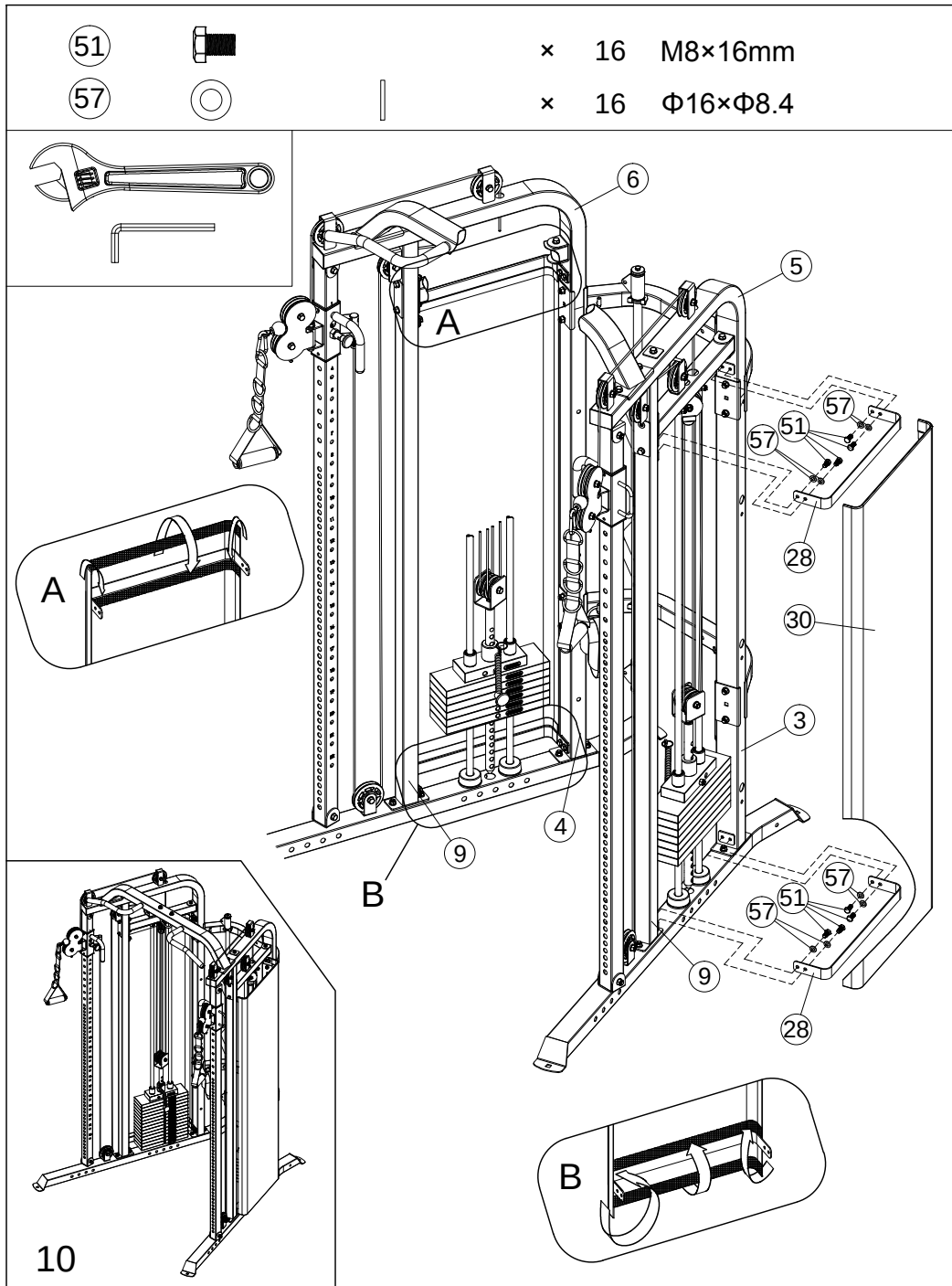
1. Attach a pulley bracket (24) to a selector rod (23) via an M12 nut (61). Rest the selector rod within the weight stack and secure with an M10x90 hex bolt (54) and M10 nut (59). Repeat this on the other side.
2. Attach a swivel pulley bracket (16) to the left sliding block (14) with M12x90 hex bolt (62), washers (63) and M12 nut (64). Repeat on the right sliding block.



1. Feed the cable (29) through as shown in the diagram until the front end of the cable is secured to the rear of the swivel pulley bracket and the ball end of the cable is resting from the front of the swivel pulley bracket (16). Repeat on the other side.
2. Fix the pulleys (41) into each indicated position with M10x45mm hex bolts (52), washers (58) and M10 nuts (59) ensuring the cable is sitting in the correct positions as shown in the illustration. Repeat on the other side.



1. Attach a carabiner (31) to each cable (29) and clip a handle (38) to each carabiner.
2. Attach the rack hook (22) to the chin up crossbar (13) and secure with washers (58) and M10 nuts (59).
3. Rest the bar attachments (17) and (18) on the holders at the rear of the machine.
4. Raise the selector rod and position the ring of the weight selection pin (36) above the selector stem (20) before lowering the selector rod back down the weight stack. The weight selection pin can be inserted to any desired weight. Repeat on other side.
5. Add the appropriate weight stickers (66) to the weight plates.



1. Attach the weight stack cover mesh to the weight stack cover frames (28) and secure to the machine in the indicated positions with M8x16 hex bolts (51) and washers (57). Repeat on the opposite side.
2. Ensure all bolts are tightened and secure. Assembly is now complete.

