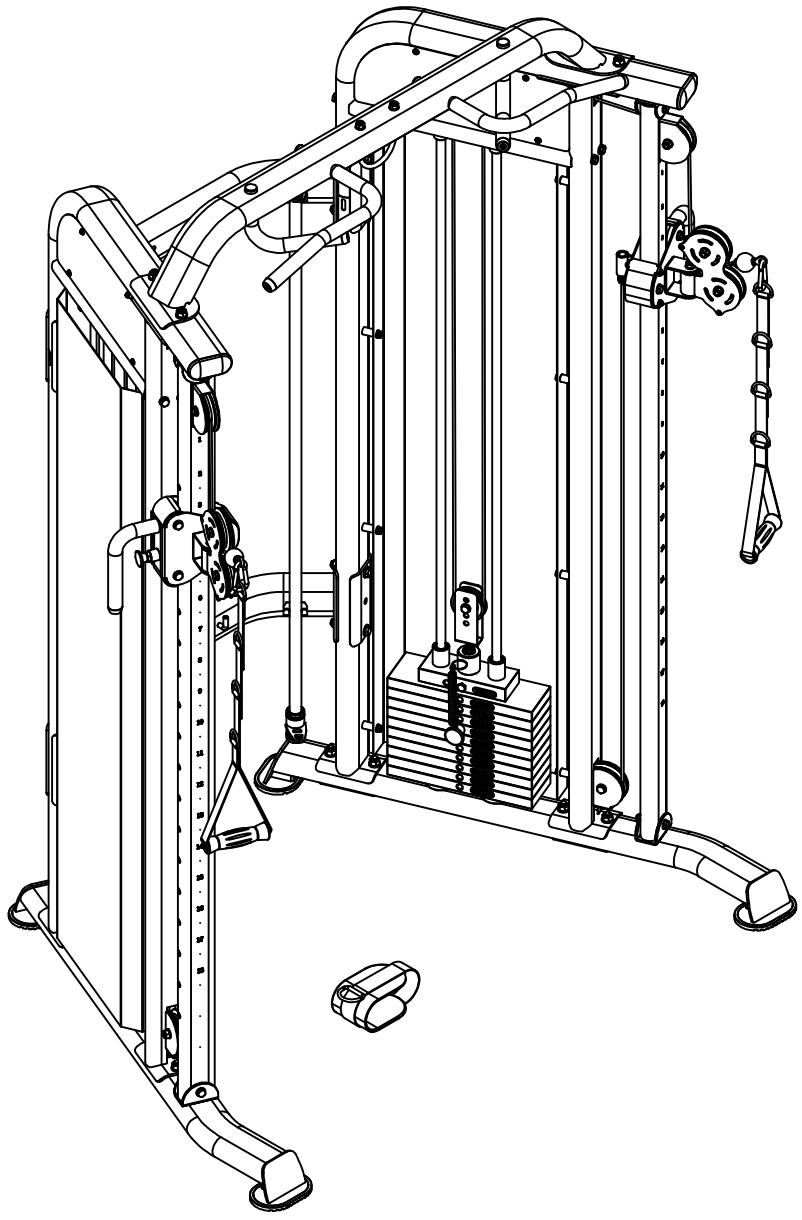
FUNCTIONAL TRAINER X17



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

www.masterfitness.se

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BEFORE YOU BEGIN

Thank you for selecting the FUNCTIONAL TRAINER X17. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

Dear Customer,

Congratulations on your purchase of a home fitness tool. This product has been designed and manufactured to meet the needs and requirements of in-home use. Please carefully read the instructions prior to assembly and first use. Be sure to keep the instructions for reference and/ or maintenance. If you have any further questions, please contact us. We wish you lots of success and fun while training,

Safety Instructions

Before you start training with the equipment, please read the instructions carefully.
Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- This training equipment is not suitable for therapeutic purposes
- This training equipment is made for home use only.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- Before the assembly, be sure to check if delivery is complete.
- For assembly, use only suitable tools and ask for assistance with assembly if necessary.
- Place the bench on an even, non-slippery surface. Because of possible corrosion, the usage of the equipment in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning the item.
- Ensure that training starts only after correct assembly and inspection of the product.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- The equipment is designed for adults. Please ensure that children use the device only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable.
- Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.

This machine is made for home use only and tested up to a max weight 135 kg.

Training Instruction

Which program is best for you?

Which type of workout you pursue and which program you follow depends on your motivation level, available time, fitness level and goals. The following will help you decide:

STRENGTH TRAINING PROGRAMS

Best Suited For Individuals Who:

- Wish to keep aerobic and strength programs separate
- Want to train 3 or more days per week
- Want to workout at a high intensity for improved muscle definition
- Want to do multiple sets

Intensity of Weight:	High/Moderate
Repetitions: *	8-12
Rest Periods:	30 seconds to 2 minutes
Sets: *	1 to 3
Recommended Days Per Week:	2 to 3

Important: To provide a total fitness regimen, 2 to 3 days of aerobic activity should be performed in addition to the 2 to 3 days of strength training workouts.

CIRCUIT TRAINING PROGRAMS

Best Suited For Individuals Who: ·

- Want to combine aerobic and strength training
- Have only 3 days per week to train
- Want a more general conditioning workout
- Have had trouble adhering to a program in the past

Intensity of Weight:	Moderate/Low
Repetitions: *	15-20
Rest Periods:	Very little
Sets: *	1
Recommended Days Per Week:	3

Important: Vary your program from time to time to avoid staleness and to rest muscles and joints from repetitive and possible excessive use.

Strength Trainers

- Once a week do a circuit training workout.
- Break your week up:

  - One day strength training
  - One day aerobic training
  - One day circuit training

Avoid muscle staleness and enhance your aerobic fitness by performing one week of circuit training after every 6 to 8 weeks of strength training.

Circuit Trainers

- If desired, do aerobic workouts every other day and between circuit training workouts. Remember to rest at least one day per week.
- Include one strength training or aerobic workout in your weekly program.

***Repetitions:** The number of times you perform a specific exercise.*
***Sets:** The number of times a given number of repetitions is performed (2 sets of 12 repetitions).*

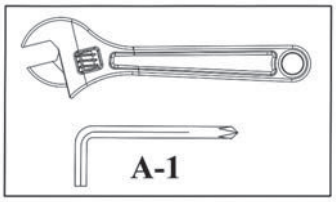
Care and Maintenance

- The home exerciser should not be used or stored in a moist area because of possible corrosion.
- Check at least every 4 weeks that all connecting elements are tightly fitted and in good condition.
- In case of repair please ask your dealer for advice.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Only use original spare parts for repair.
- Use a damp cloth to clean the Home Exerciser and avoid the use of aggressive detergents when cleaning the Home Exerciser.
- After exercising, immediately wipe of the sweat; perspiration can ruin the appearance and proper function of the Home Exerciser.

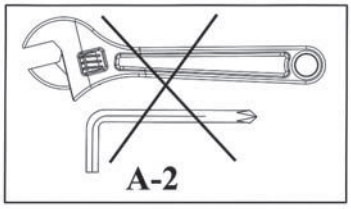
Assembly notes

- The following tools are required for assembly: Two adjustable wrenches and Allen Wrenches.
- Always only use **Carriage Bolt** to insert through the **SQUARE hole** on component that needs to be assembled. Attach washer only to end of the **Carriage Bolt**.
- Always only use **Allen Bolts or Hex Bolts** insert through the **ROUND hole** on component that need to be assembled.
- Always wait until all bolts are installed to the component and then fasten the bolts. Do not fasten each bolt right after it is installed.

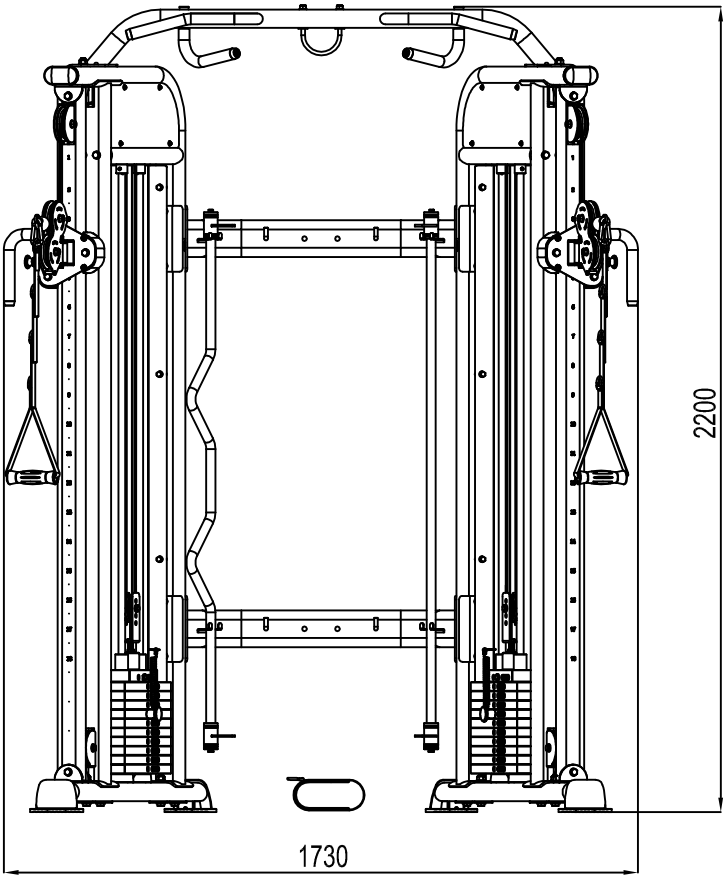
Symbols shown in Assembled Instruction:

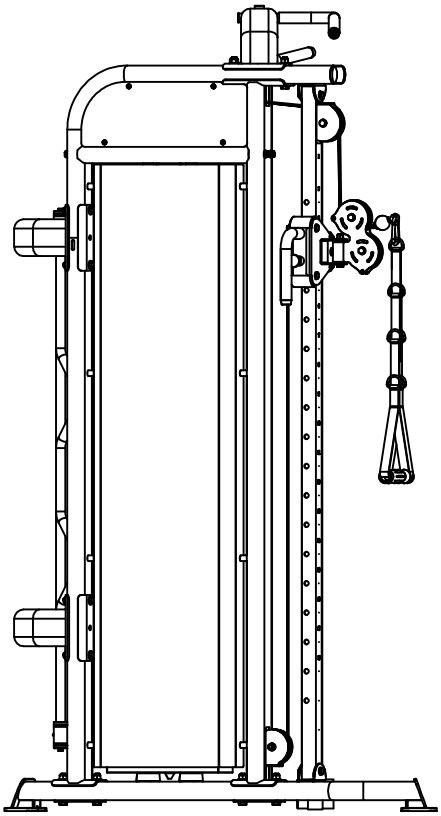


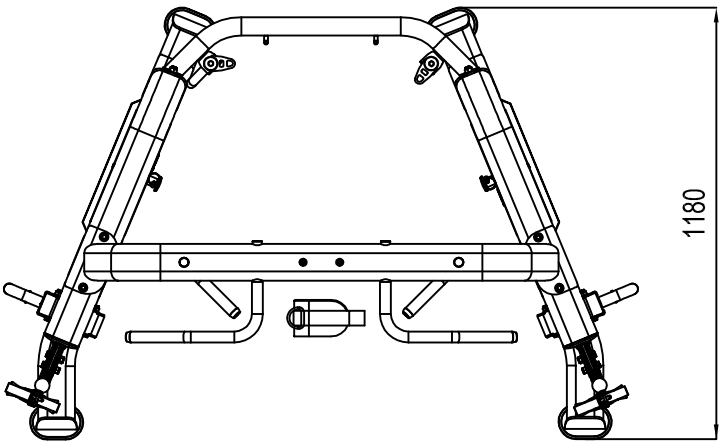
Fasten Nuts and Bolts.
After all components and hardware have been assembled in current and previous steps. Securely tighten all Nuts and Bolts.
NOTE: Do not over tighten any component with pivotal function. Make sure all pivotal components are able to move freely.

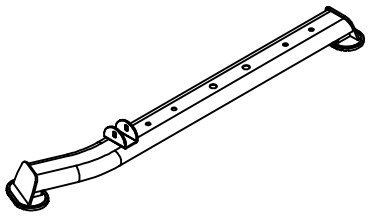


Do not tighten all Nuts and Bolts in this step yet.
When Fasten Nuts and Bolts symbol appeared in next step, then make sure to fasten all Bolts that have been installed.

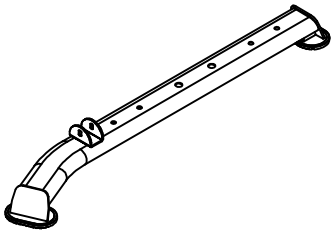

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1730



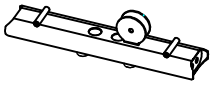

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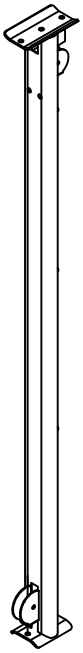
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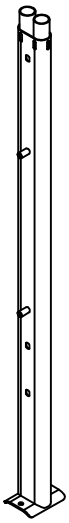
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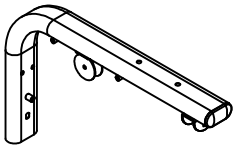
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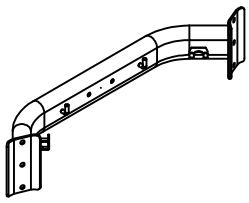
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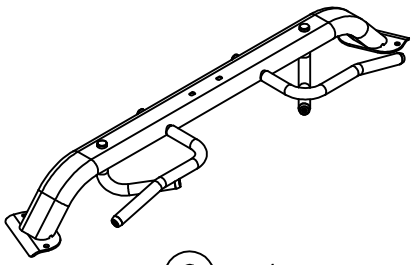
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⑦ × 2



⑧ × 2



⑨ × 1



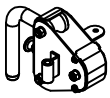
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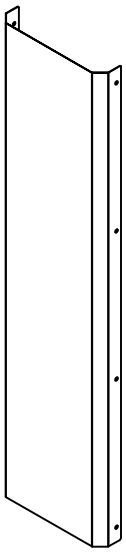
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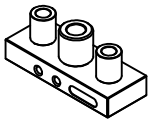
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⑮ × 2



⑯ × 2



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19 × 4



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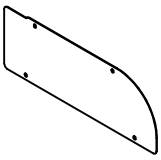
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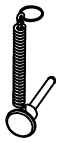
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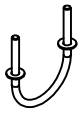
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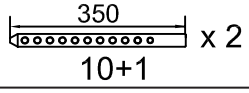
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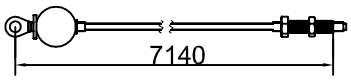
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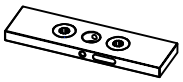
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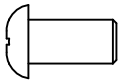
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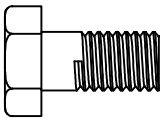
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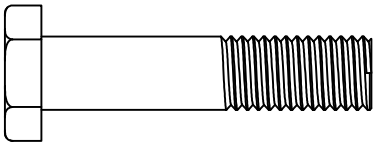
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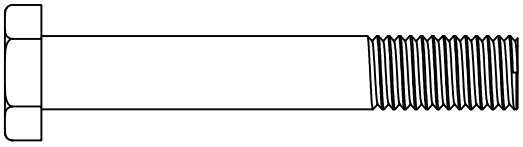
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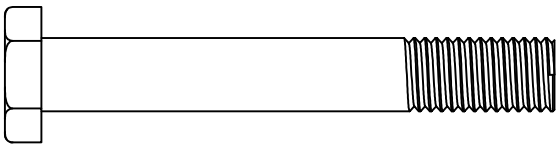
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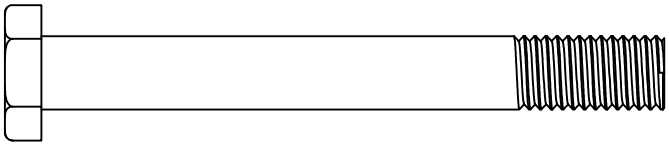
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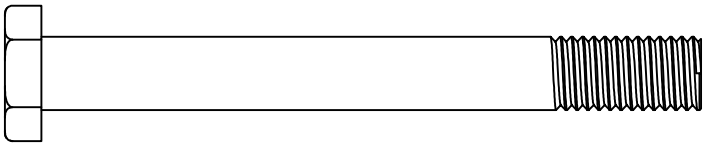
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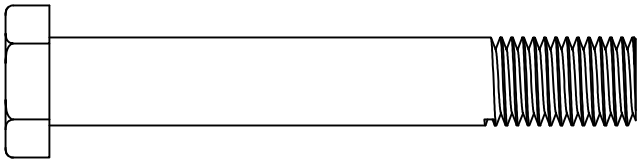
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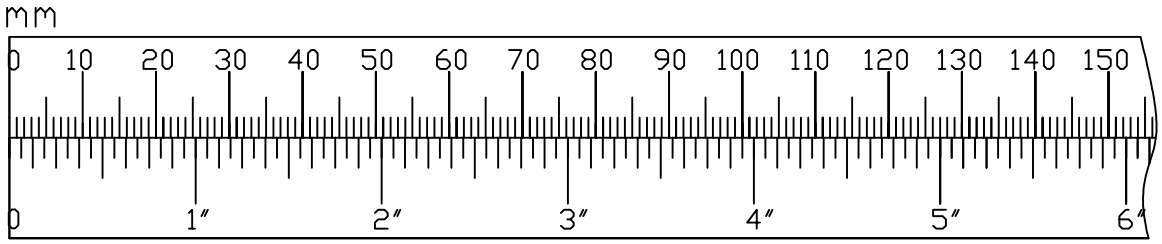
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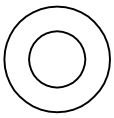
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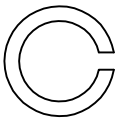
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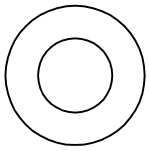
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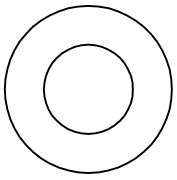
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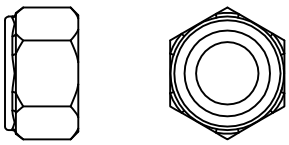
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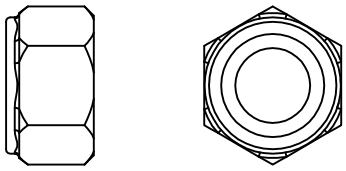
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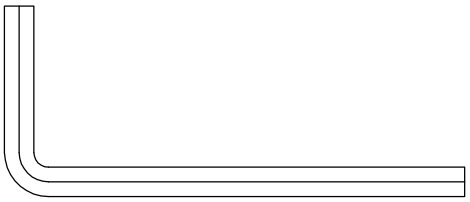
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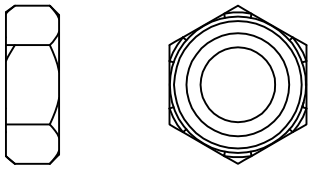
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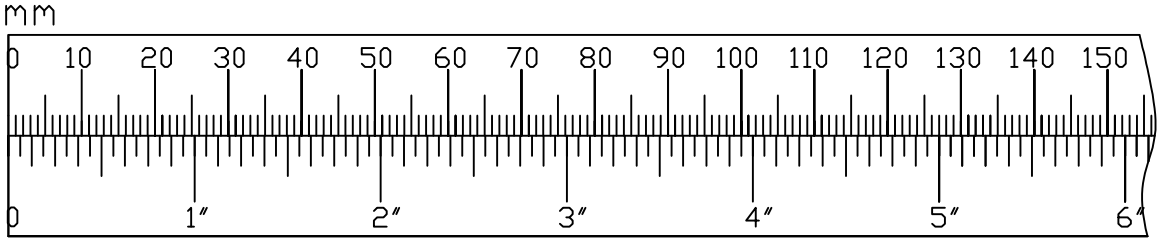
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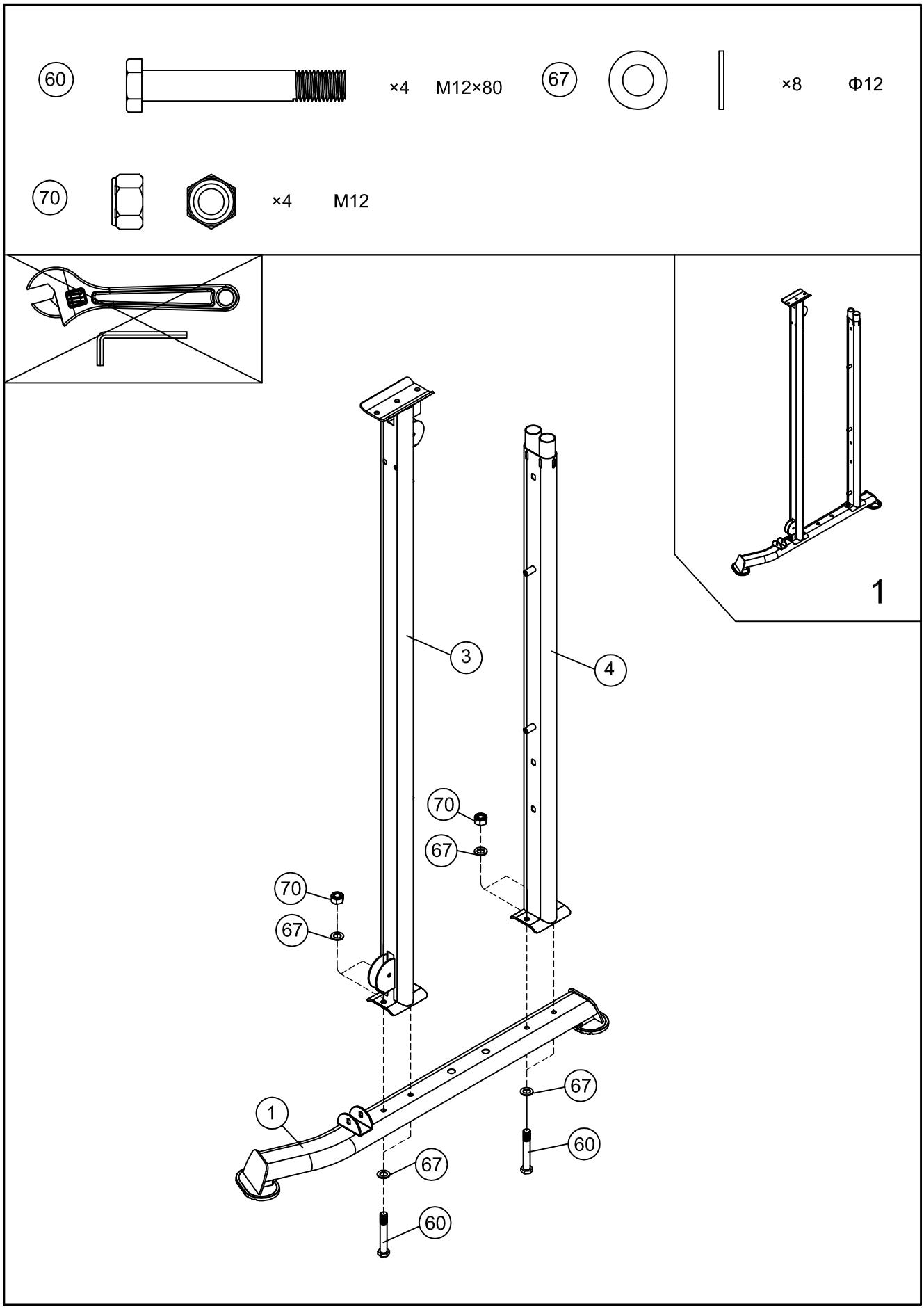


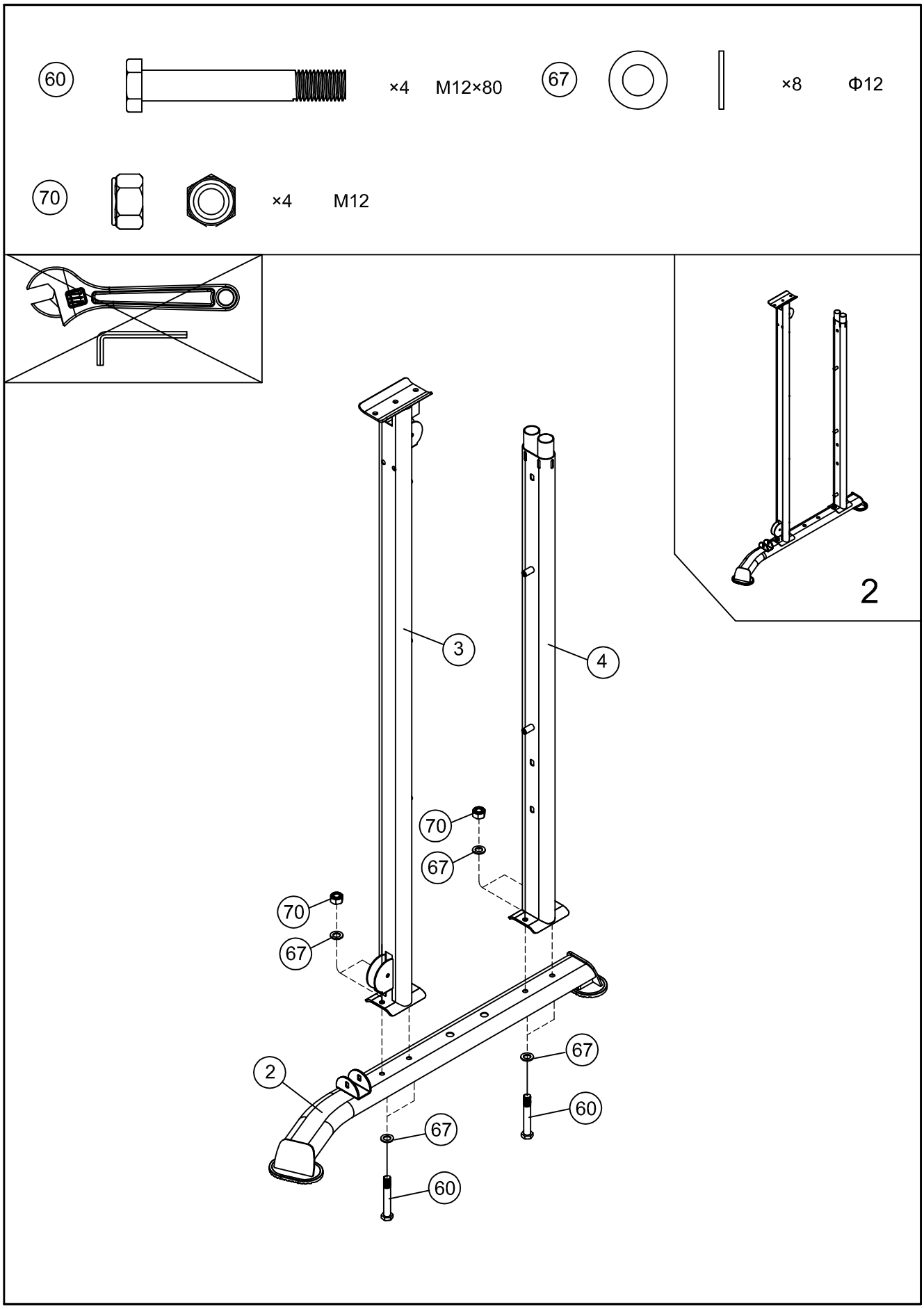
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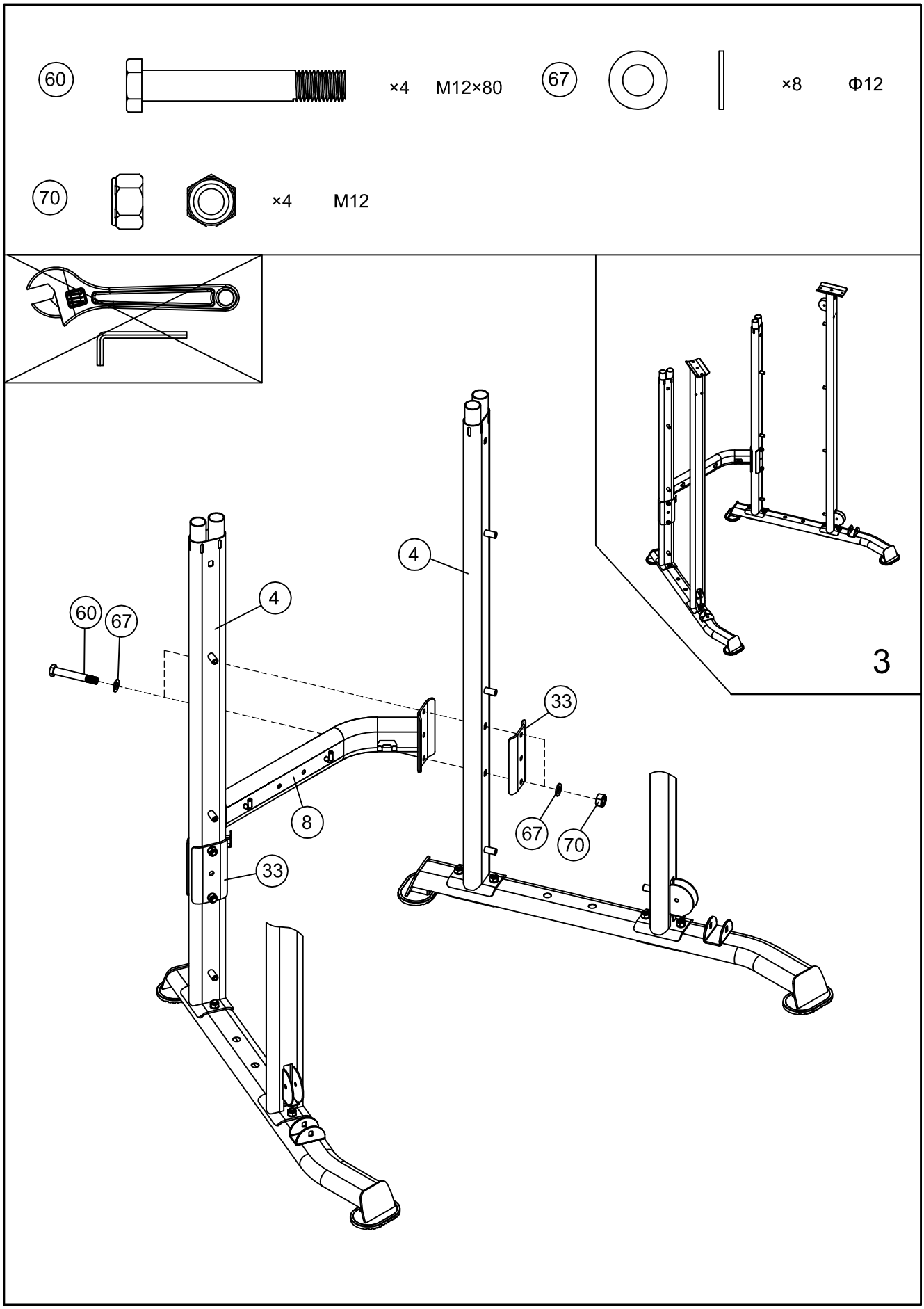


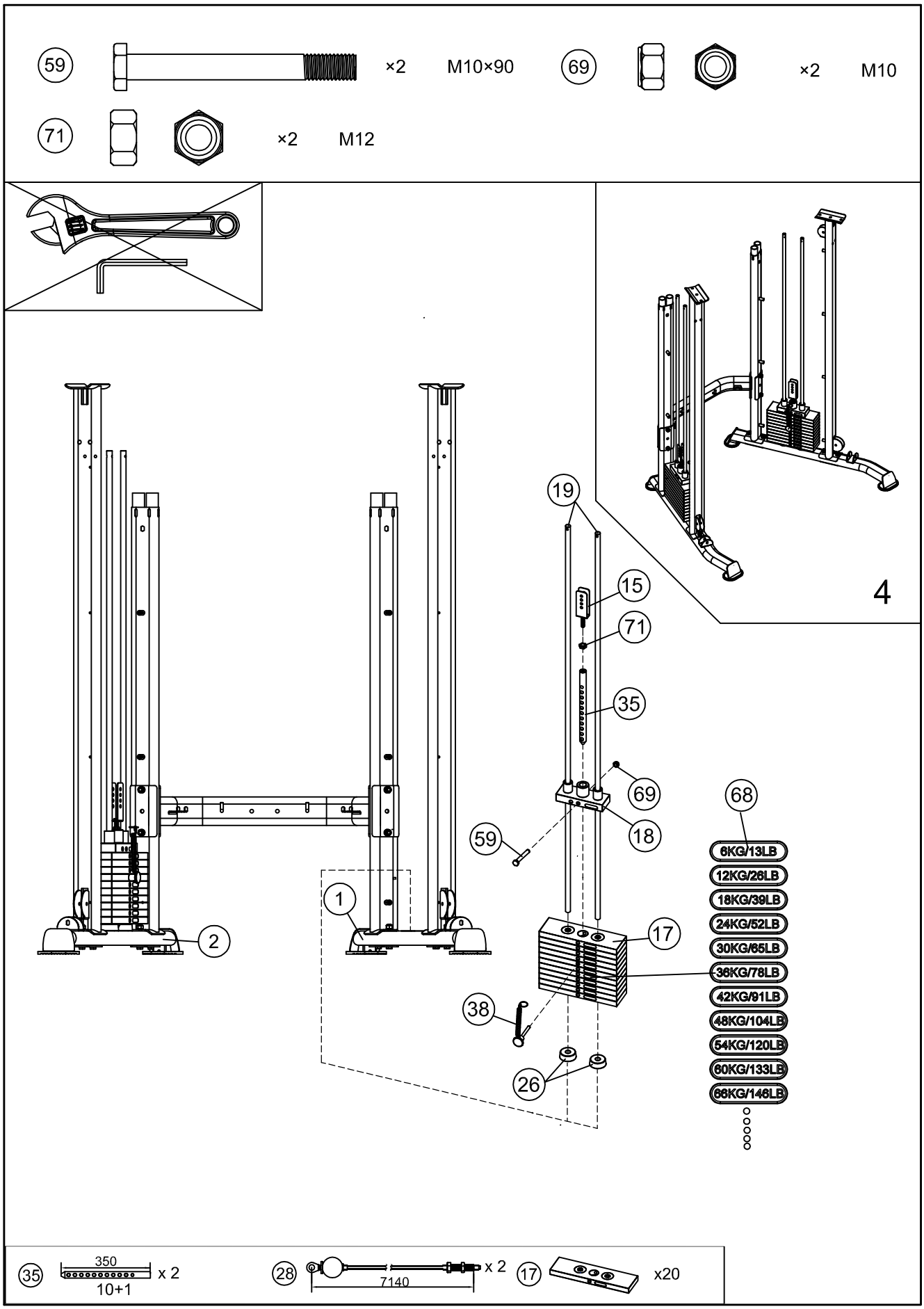
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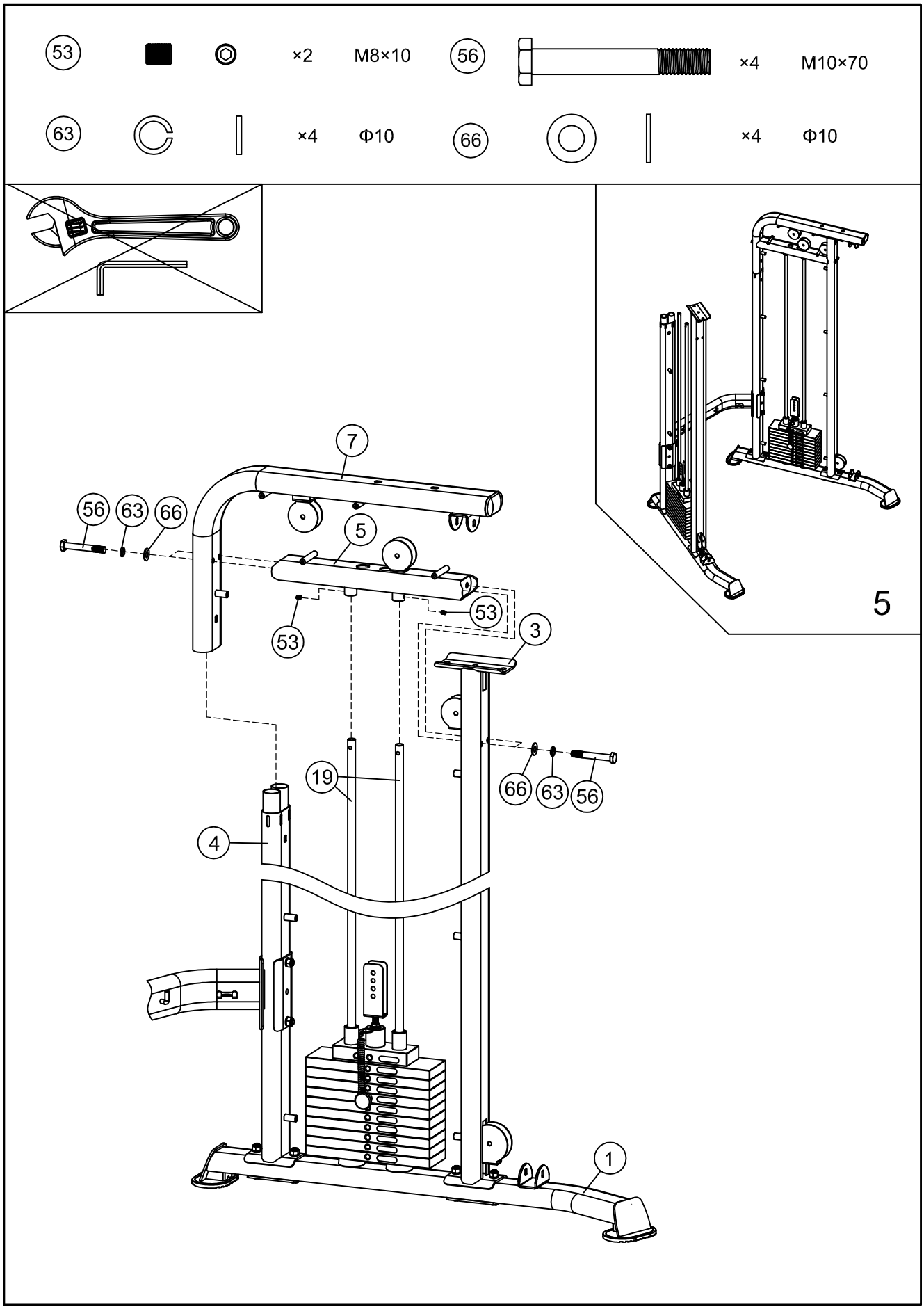


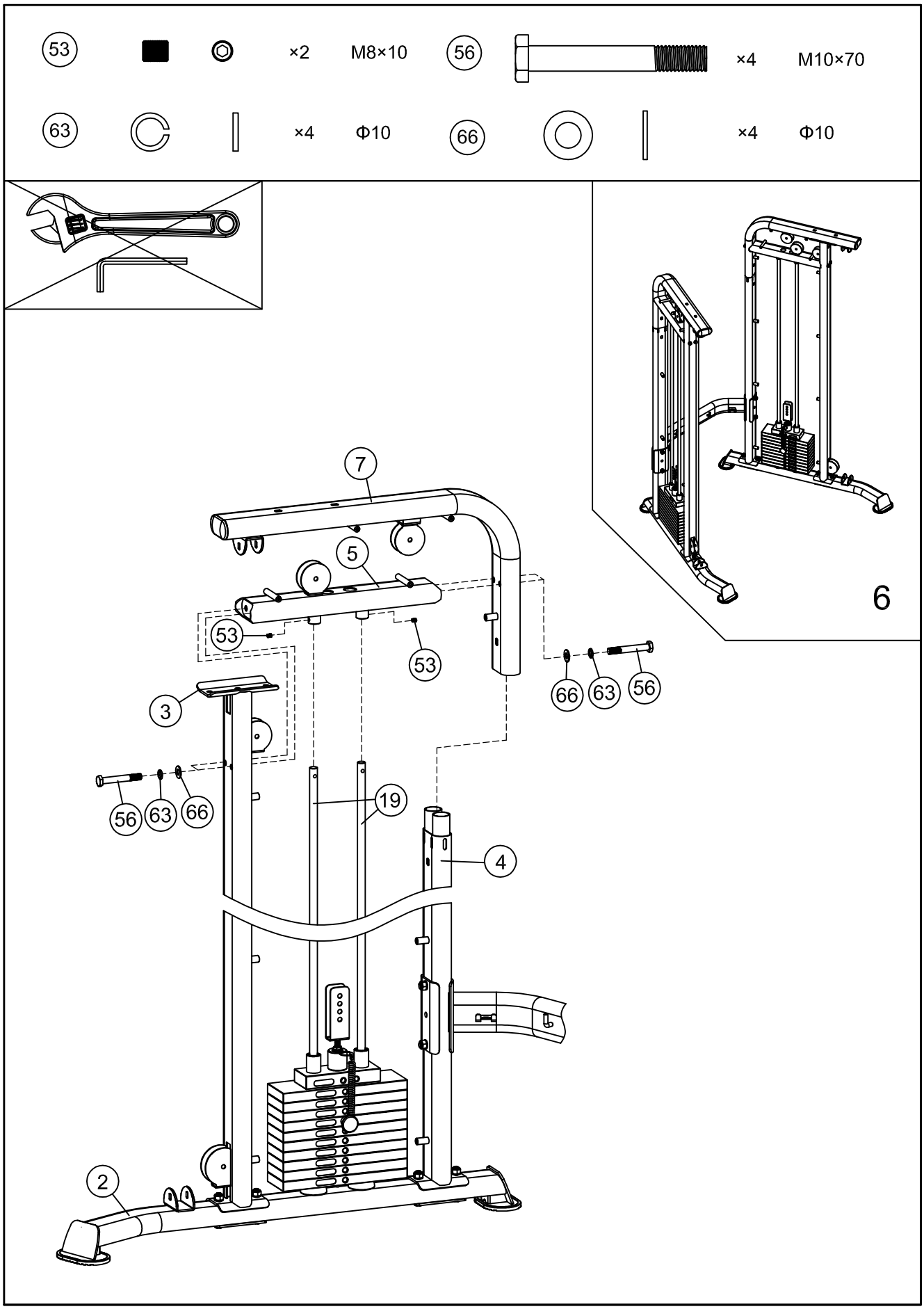

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×4
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×8
Φ12
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×4
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67
60

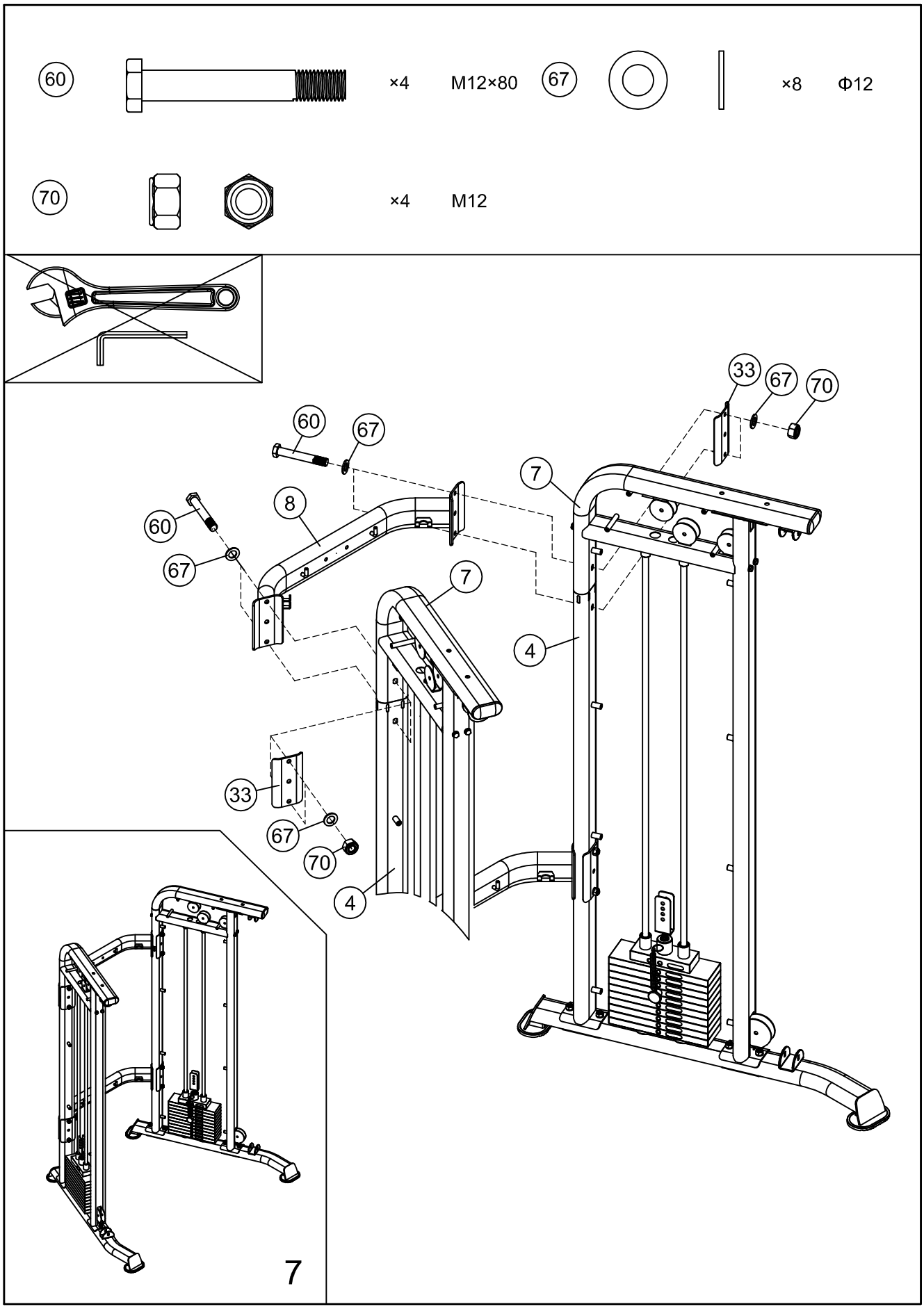

60
×4
M12×80
67
×8
Φ12
70
×4
M12
2
3
4
70
67
70
67
67
60
67
60
2

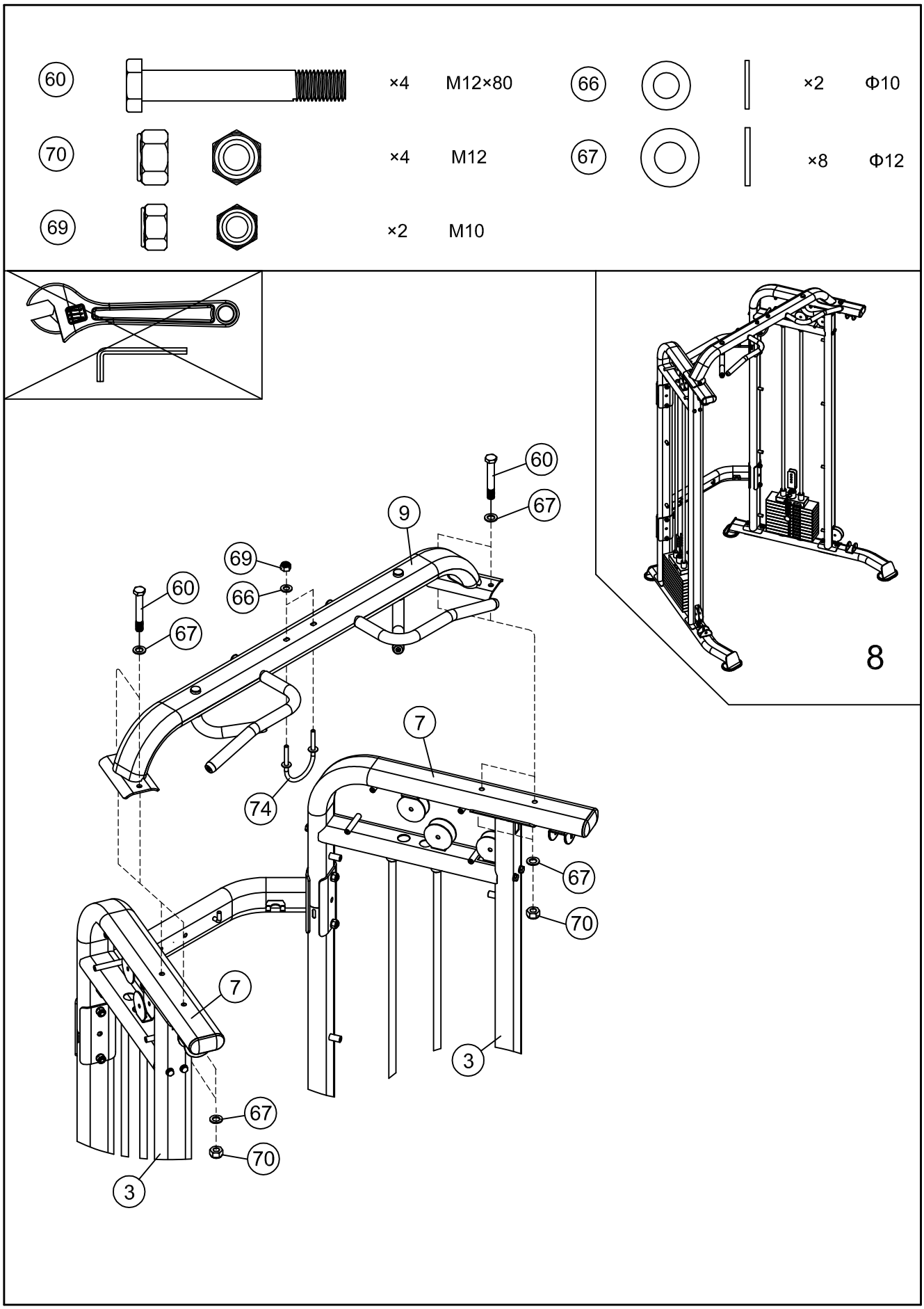

60
×4
M12×80
67
×8
Φ12
70
×4
M12
4
4
60
67
33
8
67
70
33
3

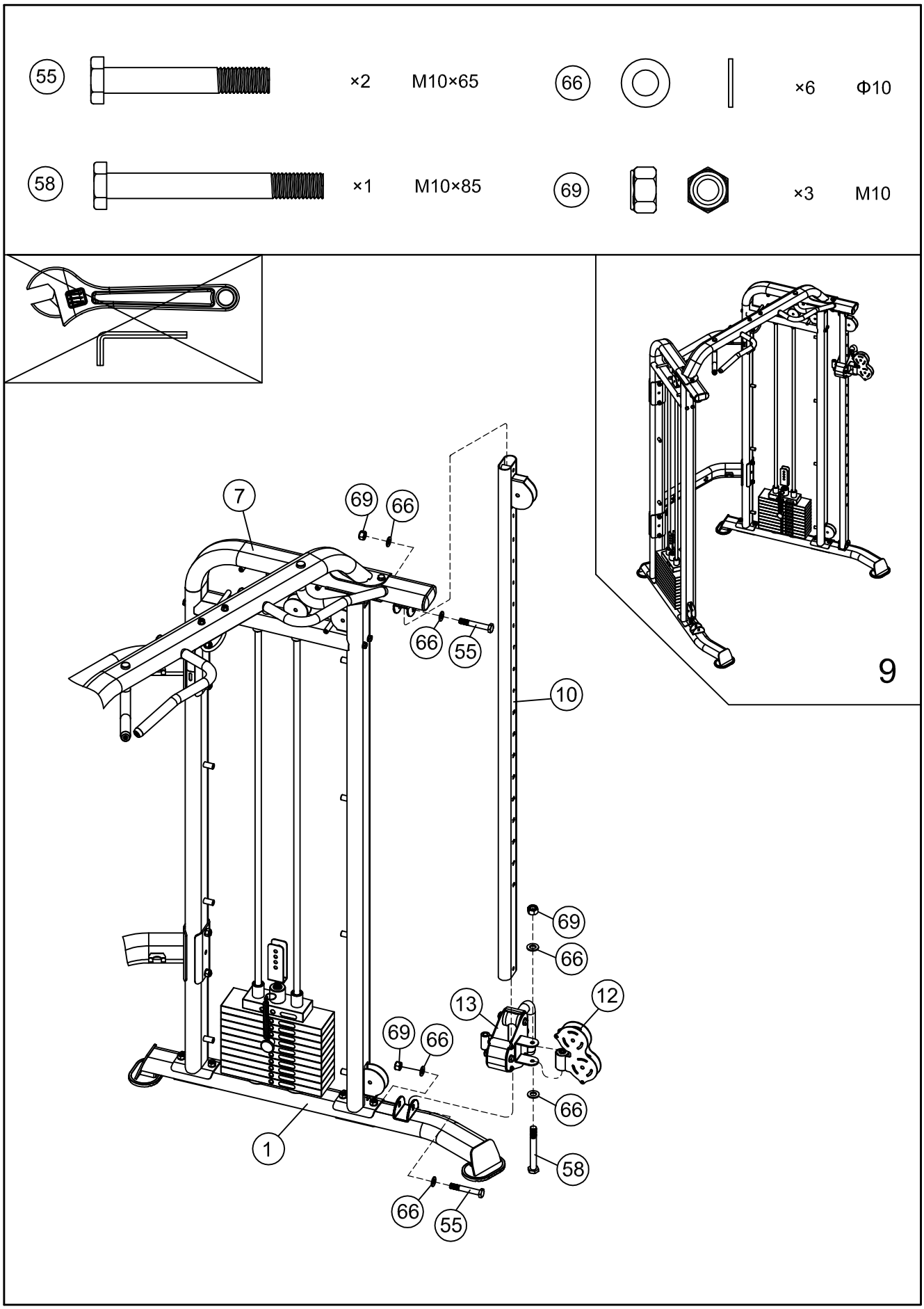

59
×2
M10×90
69
×2
M10
71
×2
M12
4
19
15
71
35
69
18
68
59
1
2
17
38
26
6KG/13LB
12KG/26LB
18KG/39LB
24KG/52LB
30KG/65LB
36KG/78LB
42KG/91LB
48KG/104LB
54KG/120LB
60KG/133LB
66KG/146LB
35
350
10+1
x 2
28
7140
x 2
17
x20

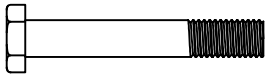
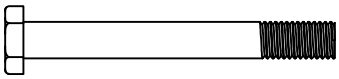

53
×2
M8×10
56
×4
M10×70
63
×4
Φ10
66
×4
Φ10
5
7
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66
63
56
4
1

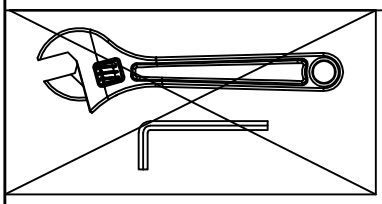

53
×2
M8×10
56
×4
M10×70
63
×4
Φ10
66
×4
Φ10
6
7
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63
66
19
4
2

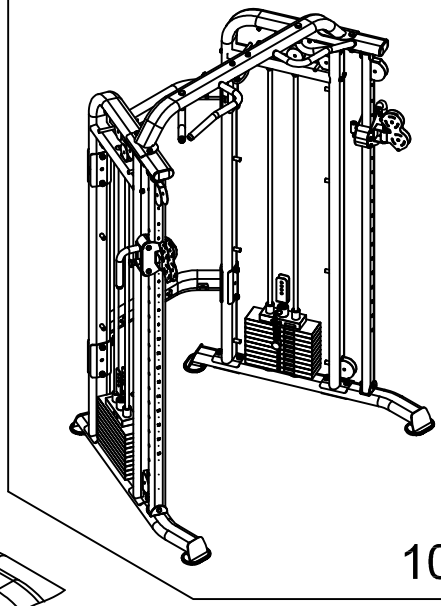

60
×4
M12×80
67
×8
Φ12
70
×4
M12
33
67
70
60
67
7
8
60
67
7
4
33
67
70
4
7


60
×4
M12×80
66
×2
Φ10
70
×4
M12
67
×8
Φ12
69
×2
M10
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7
3
67
70
3

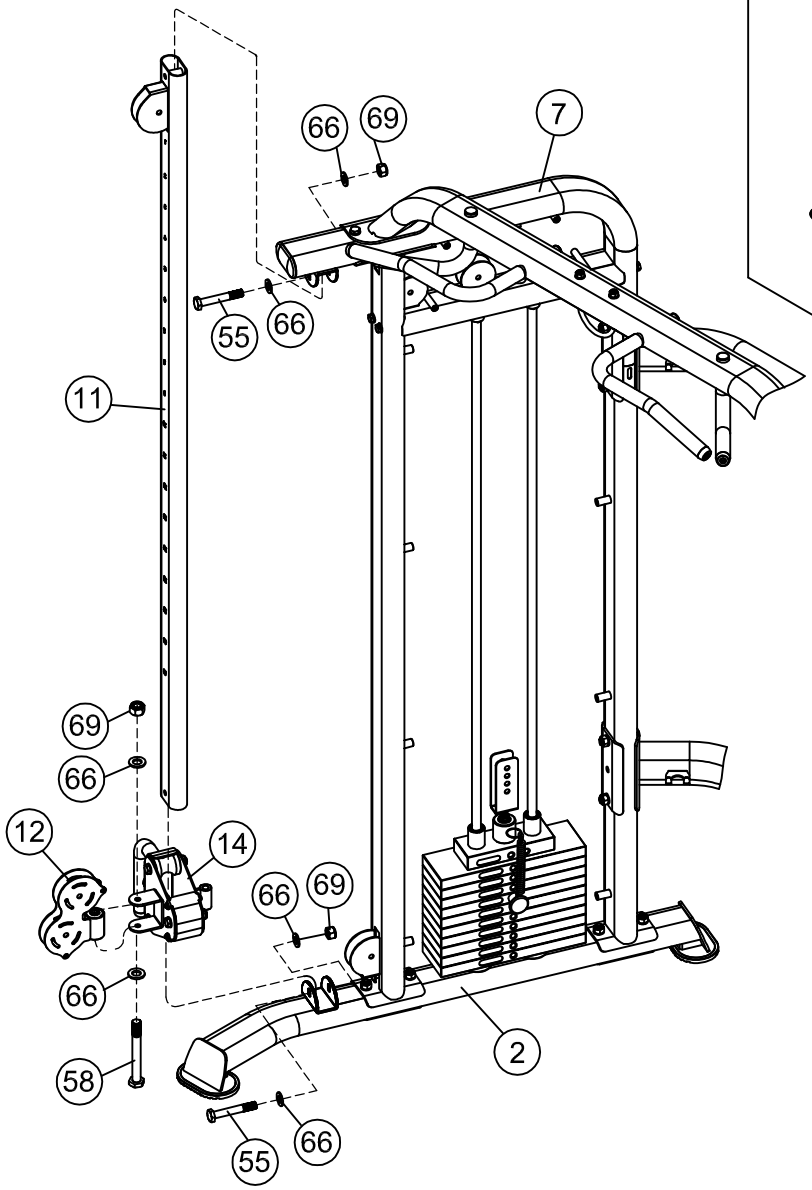

55
×2
M10×65
66
×6
Φ10
58
×1
M10×85
69
×3
M10
9
7
69
66
66
55
10
69
66
13
12
69
66
66
1
58
66
55

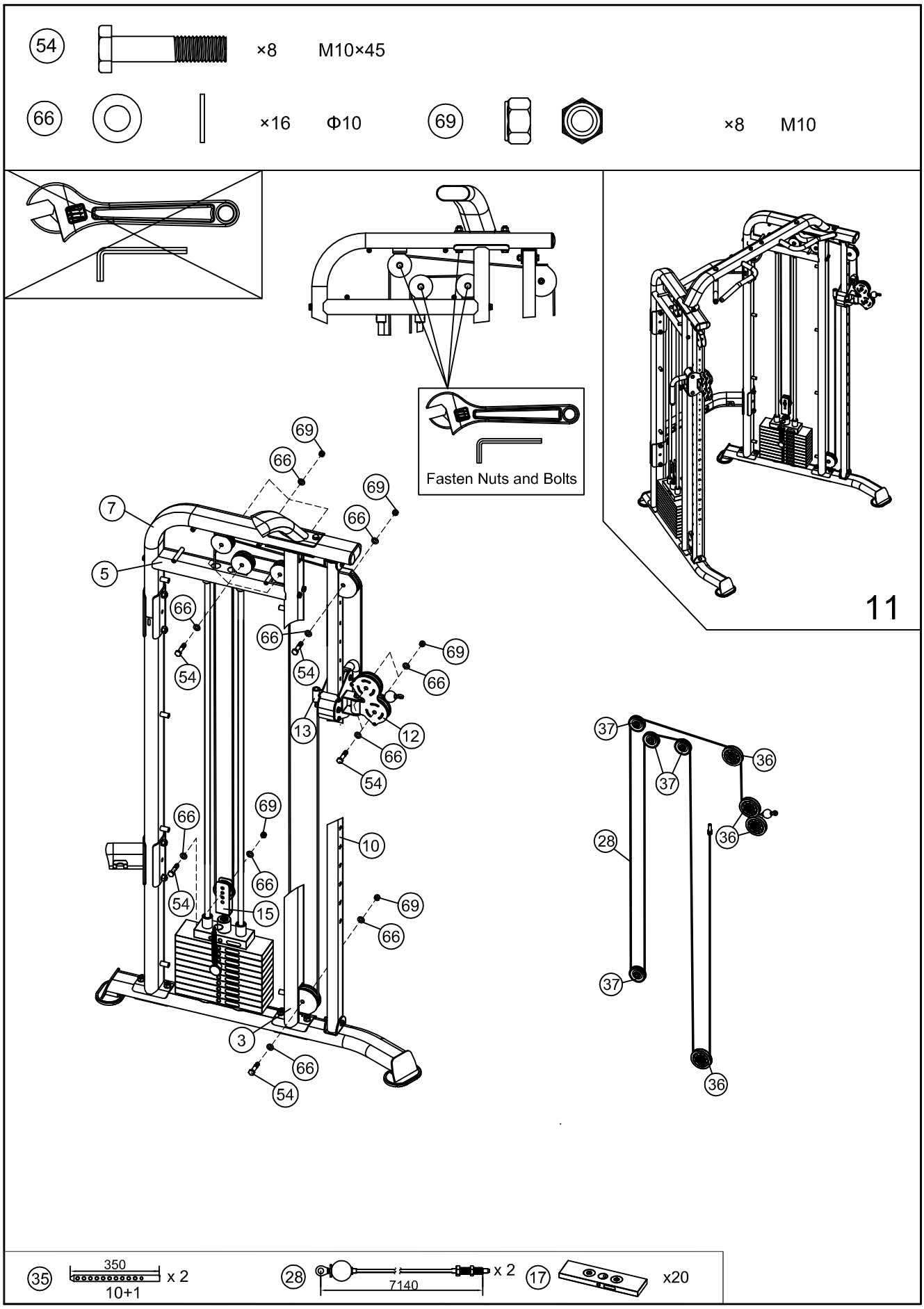
55		×2	M10×65	66		×6	Φ10
58		×1	M10×85	69	 	×3	M10

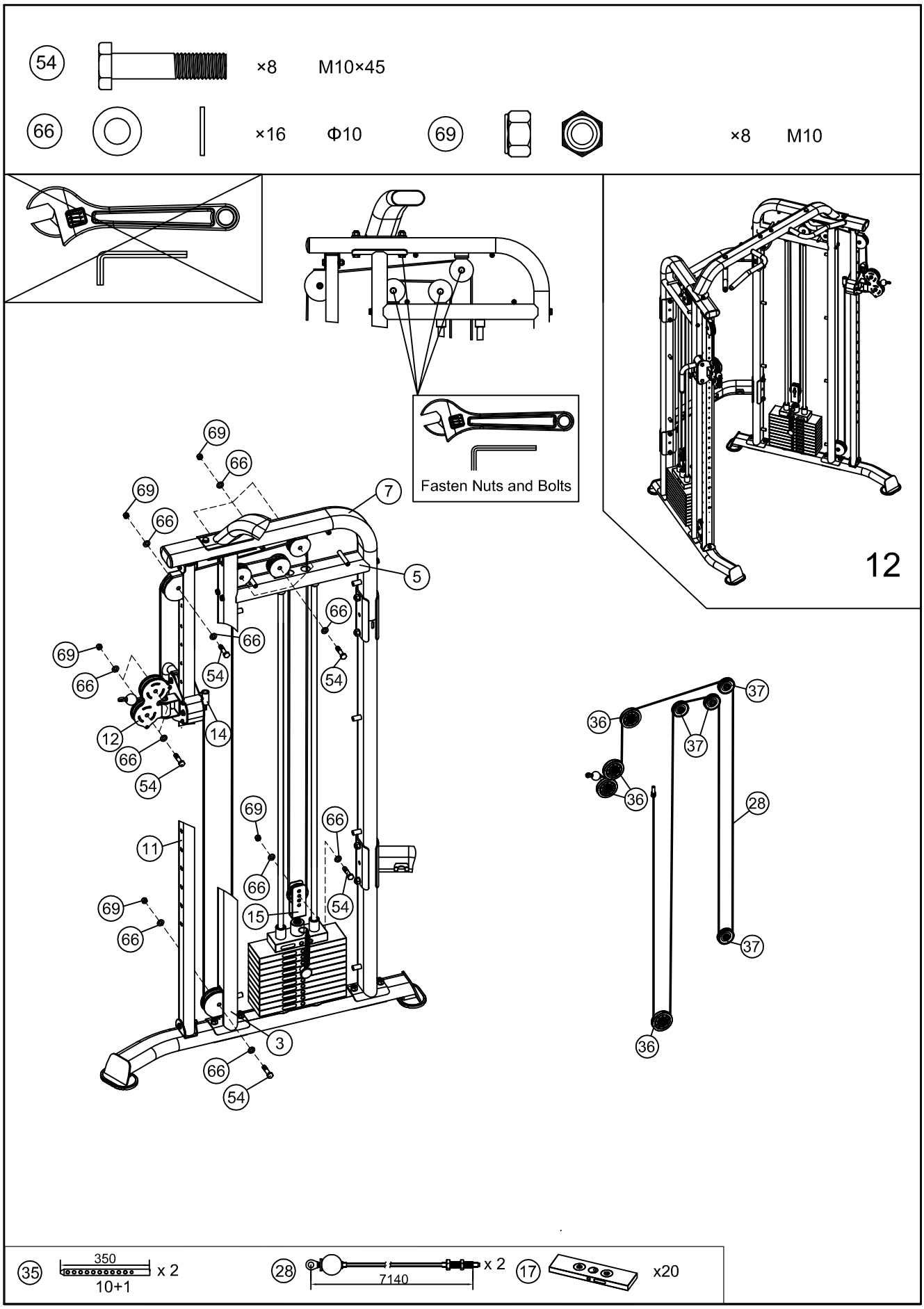




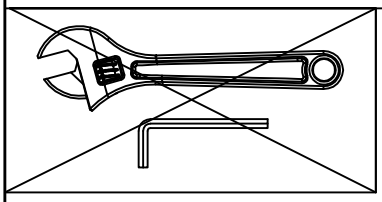
10

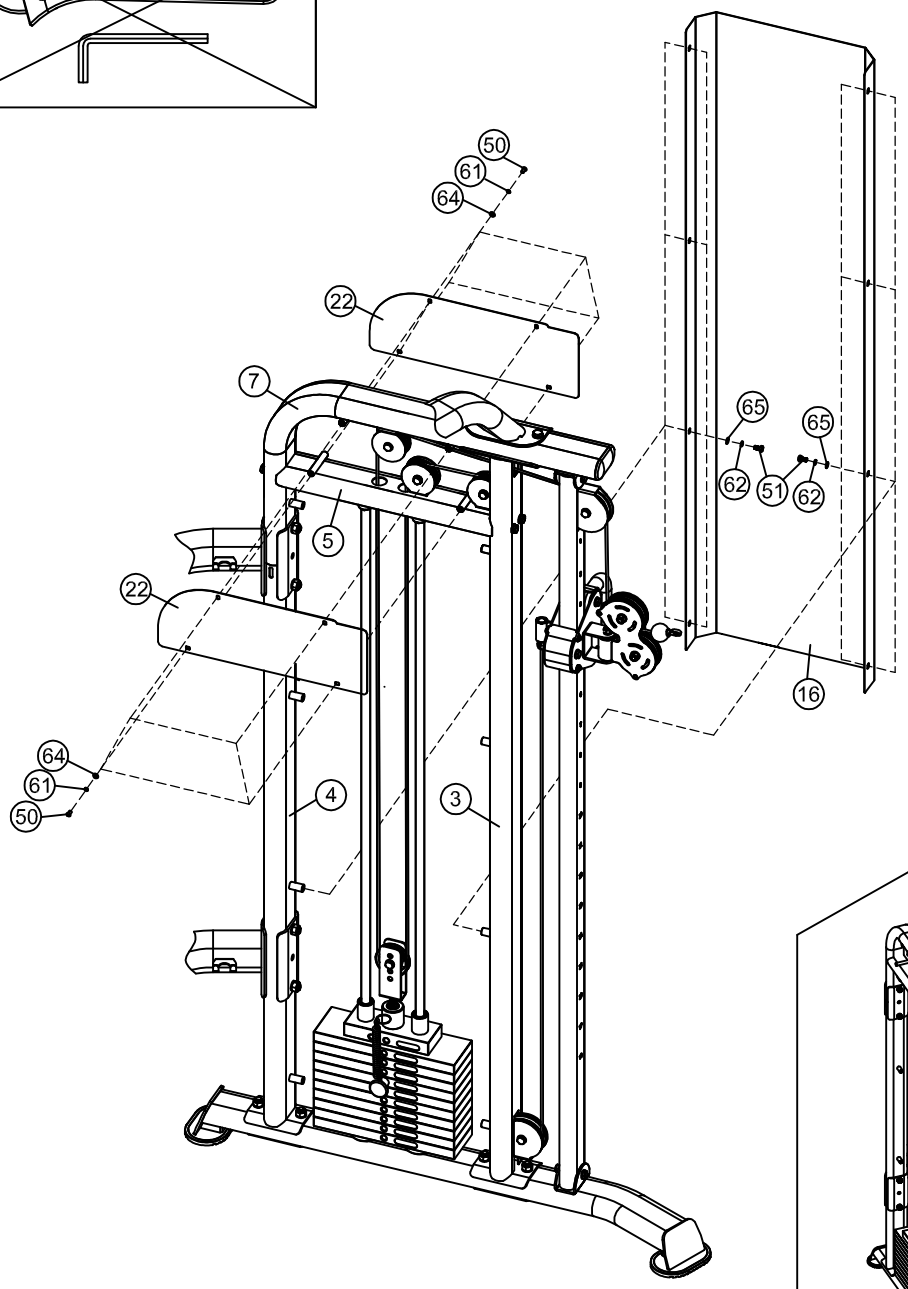


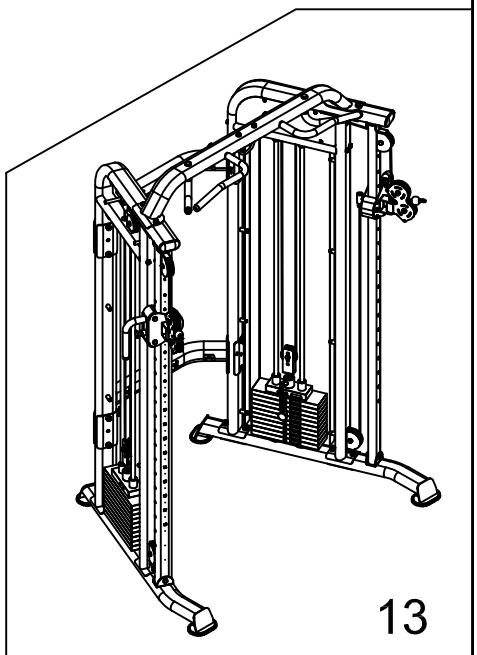

54
×8
M10×45
66
×16
Φ10
69
×8
M10
Fasten Nuts and Bolts
11
69
66
7
5
54
13
12
10
15
3
37
36
28
35
350
10+1
x 2
7140
17
x20


54
×8
M10×45
66
×16
Φ10
69
×8
M10
Fasten Nuts and Bolts
12
7
5
14
11
15
3
28
37
36
35
350
10+1
x 2
28
7140
x 2
17
x20

50		×8	M6×12	51		×8	M8×16
61		×8	Φ6	62		×8	Φ8
64		×8	Φ6	65		×8	Φ8

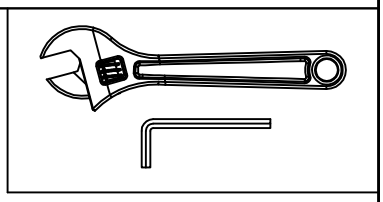


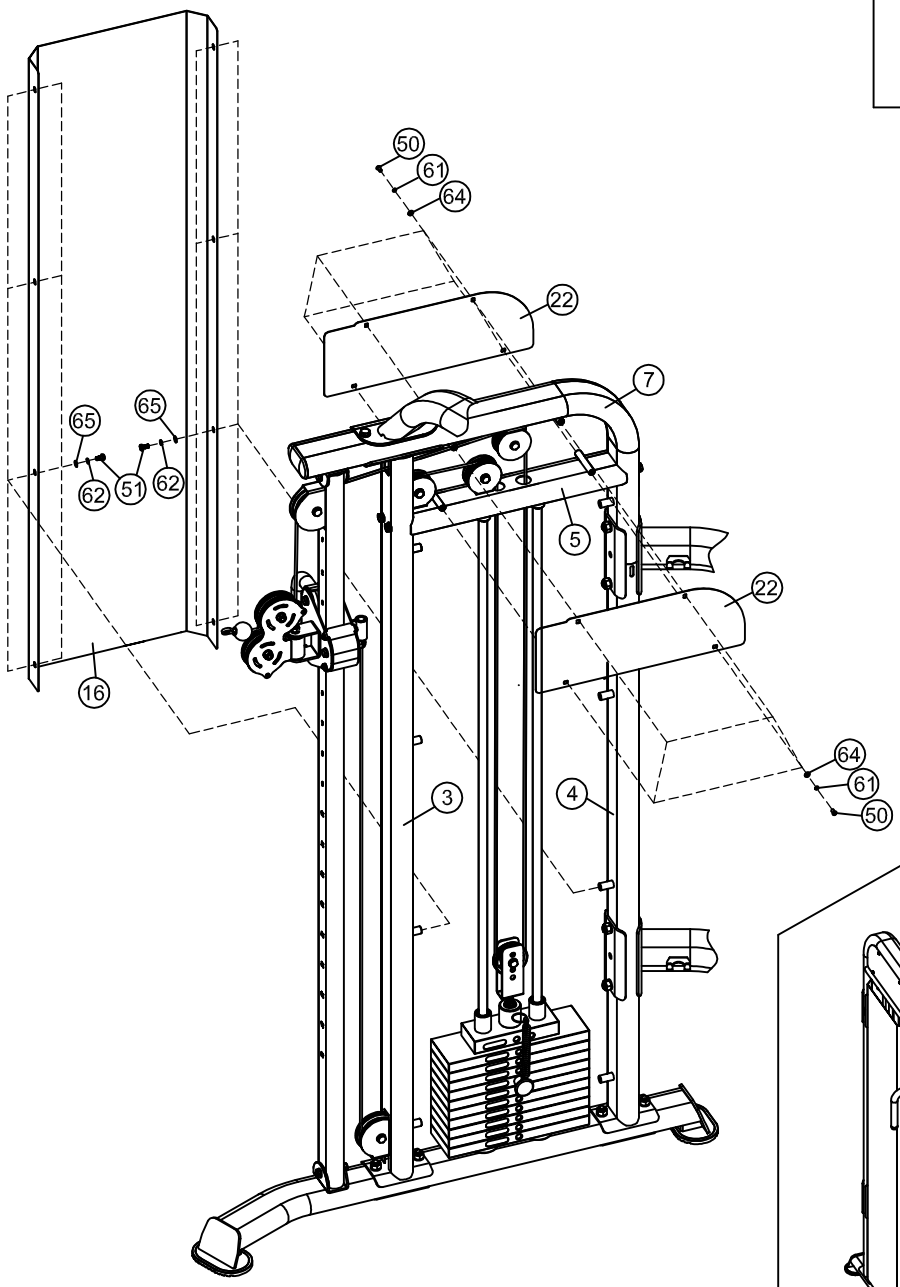


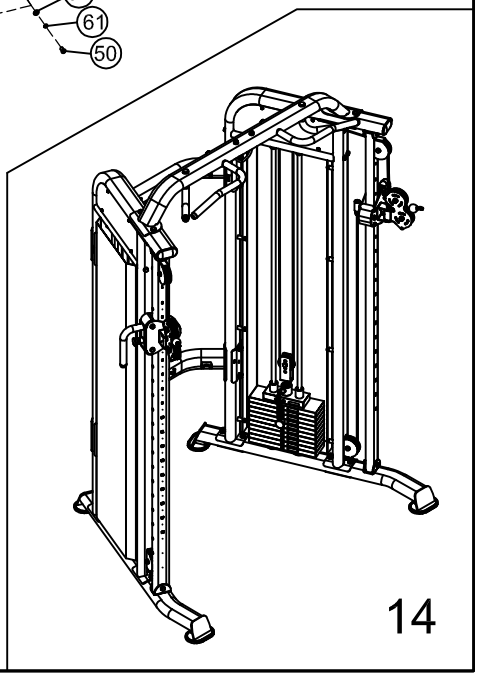


13

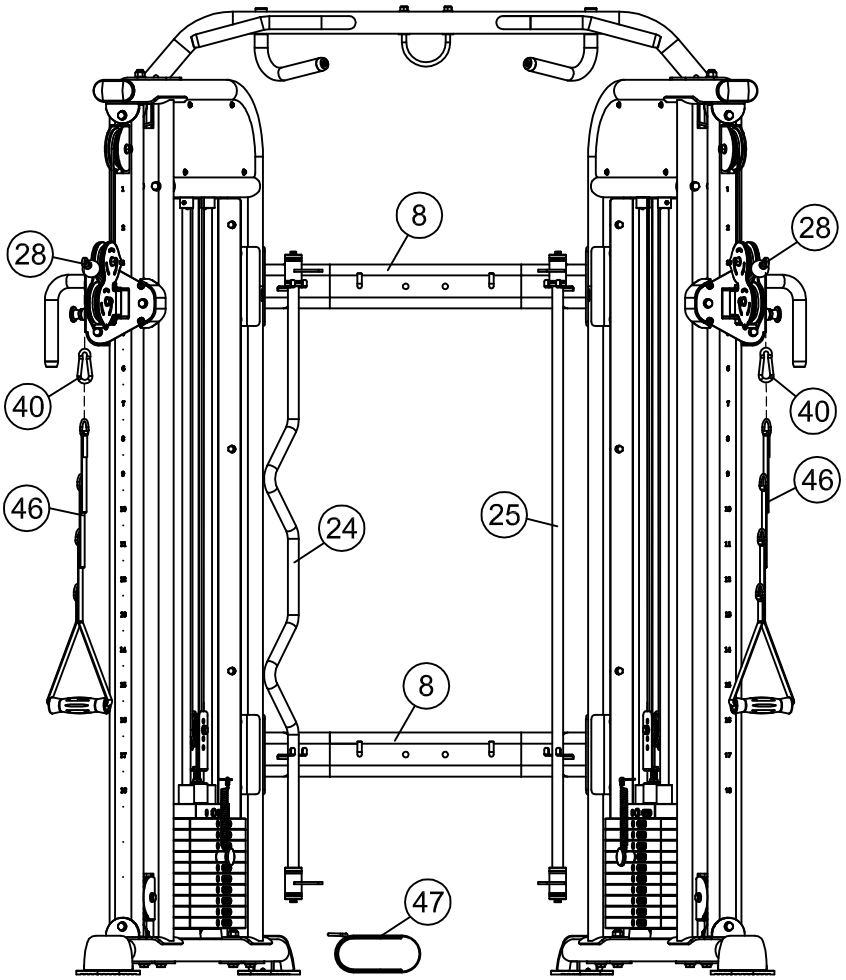
50		×8	M6×12	51		×8	M8×16
61		×8	Φ6	62		×8	Φ8
64		×8	Φ6	65		×8	Φ8

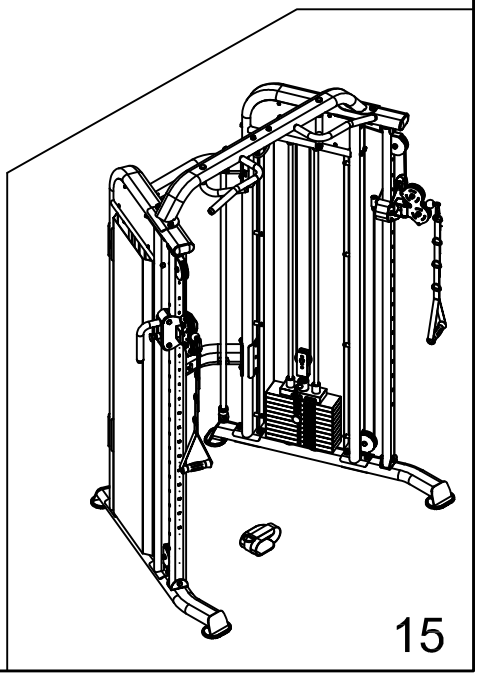




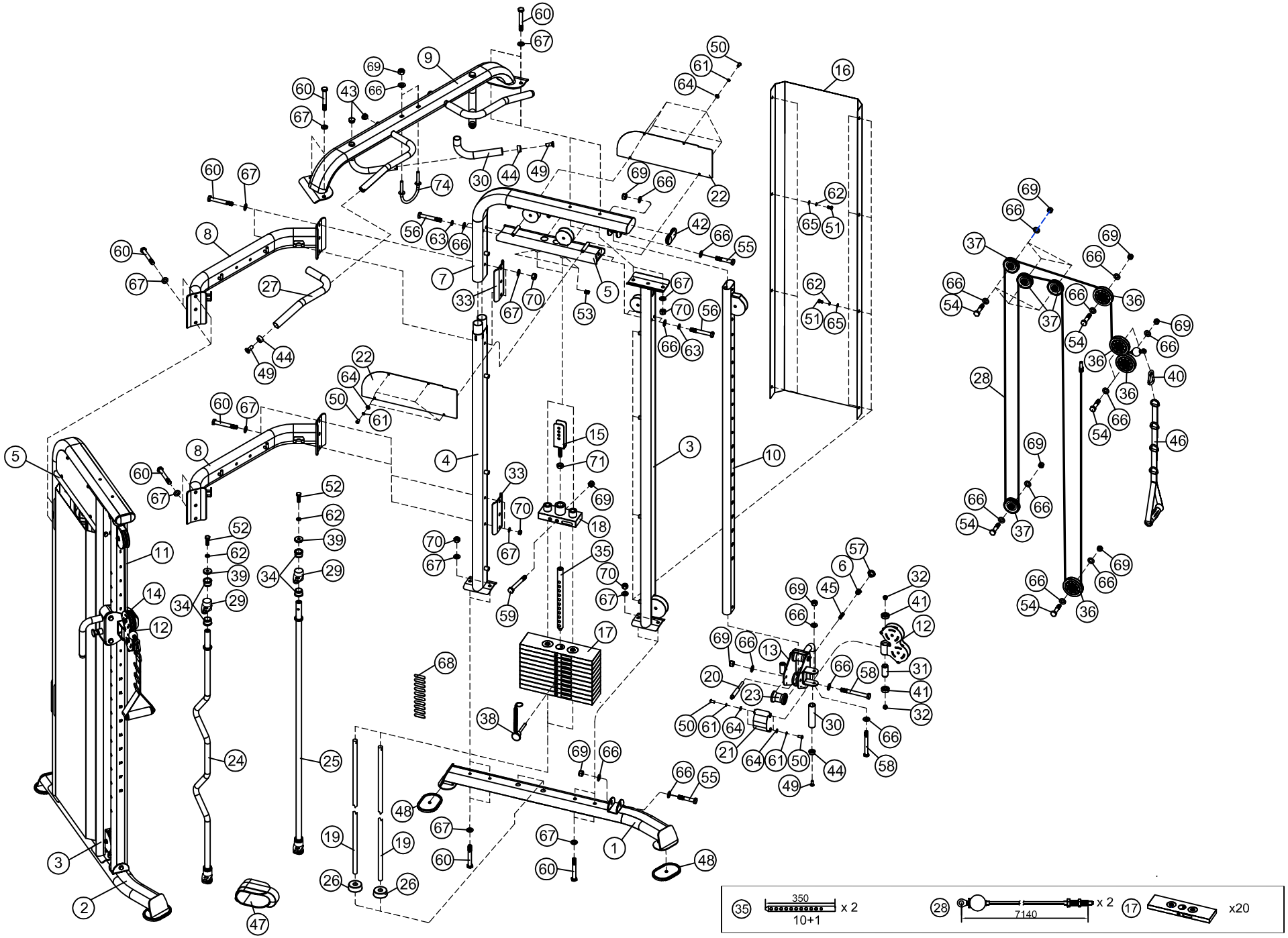


14





15


35 350 x 2 10+1
28 7140 x 2
17 x20

FUNCTIONAL TRAINER X17 PARTS LIST

KEY NO.	DESCRIPTION	SPEC	Q'ty
1	left Weight Stack Frame		1
2	right Weight Stack Frame		1
3	Front Support		2
4	Rear Support		2
5	Frame		2
6	Pin Bushing	21×M18×1.5×18	2
7	Up Frame		2
8	Rear Frame		2
9	Chin-up Bar		1
10	Left Sliding Block		1
11	Rear Sliding Block		1
12	Swivel Pulley Bracket		2
13	Left Sliding Block		1
14	Rear Sliding Block		1
15	Pulley Bracket		2
16	Weight Stack Cover	420×90×1.2×1645	2
17	Weight Plate	330×102×25	20/28/38
18	Selector Stem	198×80×76	2
19	Guide Rod	φ19×1732	4
20	Pin	φ16×95	2
21	Small wheel cover	46×62×72×2	2
22	Up Cover	490×177×1.5	4
23	Wheel		6
24	Lat Bar		1
25	Lat Bar		1
26	Rubber Bumper	φ62×φ19×25	4
27	Handle Grip	φ30×φ23×470	2
28	Cable	φ5×(7140）/ *(6940 ）/(6690 ）*	2
29	Bar Handle		4
30	Handle Grip	φ30×φ23×250	4
31	Sleeve	φ18×φ12×39.5	2
32	Bushing	φ21×φ10.5×9.5	4
33	Bracket	180×102×17×5×R25	4
34	Bushing	φ38×φ34×φ27×26	8
35	Selector Rod	Φ25×350/450/575	2

36	Pulley	φ95	8
37	Pulley	φ75	8
38	Weight Selection Pin		2
39	Bushing	φ38×φ9×8	4
40	Hook	φ8	2
41	bearing	6202ZZ	4
42	End Cap	PT50×100	2
43	End Cap	φ25	4
44	Cover Cap	φ30×φ26×12	6
45	Spring	φ12.4×φ1.2×38.2	2
46	Adjustable Single Handle		2
47	Ankle Strap		1
48	Weight Stack Frame Cap	PT145×95×9	4
49	Sunk Screw	M6×20	6
50	pan head screw	M6×12	24
51	HEX Bolt	M8×16	16
52	HEX Bolt	M8×25	4
53	Allen Screw	M8×10	4
54	HEX Bolt	M10×45	16
55	HEX Bolt	M10×65	4
56	HEX Bolt	M10×70	8
57	Pin Bushing	φ34×21×M10	2
58	HEX Bolt	M10×85	8
59	HEX Bolt	M10×90	2
60	HEX Bolt	M12×80	20
61	Spring washer	6	24
62	Spring washer	8	20
63	Spring washer	10	8
64	washer	6	24
65	washer	8	16
66	washer	10	66
67	washer	12	40
68	Weight Plate Sticker	51×13	2
69	Aircraft Nut	M10	32
70	Aircraft Nut	M12	20
71	HEX Nut	M12	2
74	Hook Rack		1
	Allen Wrench	4#	1