

KINESIS STATION

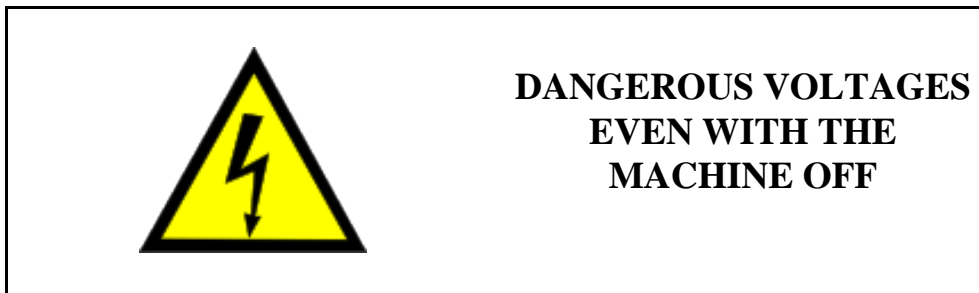
SERVICE & MAINTENANCE MANUAL

REV. 4.2



The information contained in this manual is intended for **QUALIFIED TECHNICIANS** who have completed a specific **TECHNOGYM** training course and are authorized to perform machine start-up and adjustment procedures as well as extraordinary maintenance or repairs which require a thorough knowledge of the machine, its operation, its safety devices and working procedures.

**CAREFULLY READ THE INFORMATION CONTAINED IN
THIS MANUAL BEFORE PERFORMING ANY MAINTENANCE
PROCEDURES ON THE MACHINE**



NOTE

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1. GENERAL NOTICES

1.1. INTRODUCTION

This document is reserved for Technogym Service technicians, and is intended to provide authorized personnel with the necessary information to correctly carry out repairs and maintenance. A thorough knowledge of the technical information contained in this manual is essential for completing the professional training of the operator.

In order to facilitate consultation, the paragraphs are accompanied by schematic drawings which illustrate the procedure being described.

This manual contains notices and symbols which have a specific meanings:



WARNING: non observance may result in accident or injury.



CAUTION: non observance may cause damage to the machine.



Information about the operation in progress.



Observation about the operation in progress.

1.2. RECOMMENDATIONS

Technogym recommends the following steps for planning repair procedures:

- Carefully evaluate the customer's description of the machine malfunction and ask all the necessary questions to clarify the symptoms of the problem.
- Clearly diagnose the causes of the problem. This manual provides the fundamental theoretical basis, which must then be integrated by personal experience and attendance at the training courses periodically offered by Technogym.
- Rationally plan the repair procedure so as to minimize the downtime necessary for procuring spare parts, preparing tools, etc.
- Access the component to be repaired, avoiding any unnecessary operations. In this regard it will be useful to refer to the disassembly sequence described in this manual.

1.3. GENERAL RULES FOR REPAIR PROCEDURES

1. Always mark any parts or positions which may be confused with each other at the time of reassembly.
2. Use original Technogym spare parts and lubricants of the recommended brands.
3. Use special tools where specified.
4. Consult the Technical Newsletters, which may contain more up-to-date information on adjustments and maintenance than those contained in this manual.
5. Before starting the repair procedure, make sure that the recommended tools are available and in good condition.
6. For the procedures described in this manual, use only the specified tools.

 The tool sizes quoted in this manual are expressed in mm.

2. TECHNICAL CHARACTERISTICS

2.1. PRODUCT CODES

The *Kinesis Station*, machine code is a sequence of 15 alphanumeric characters arranged as follows:

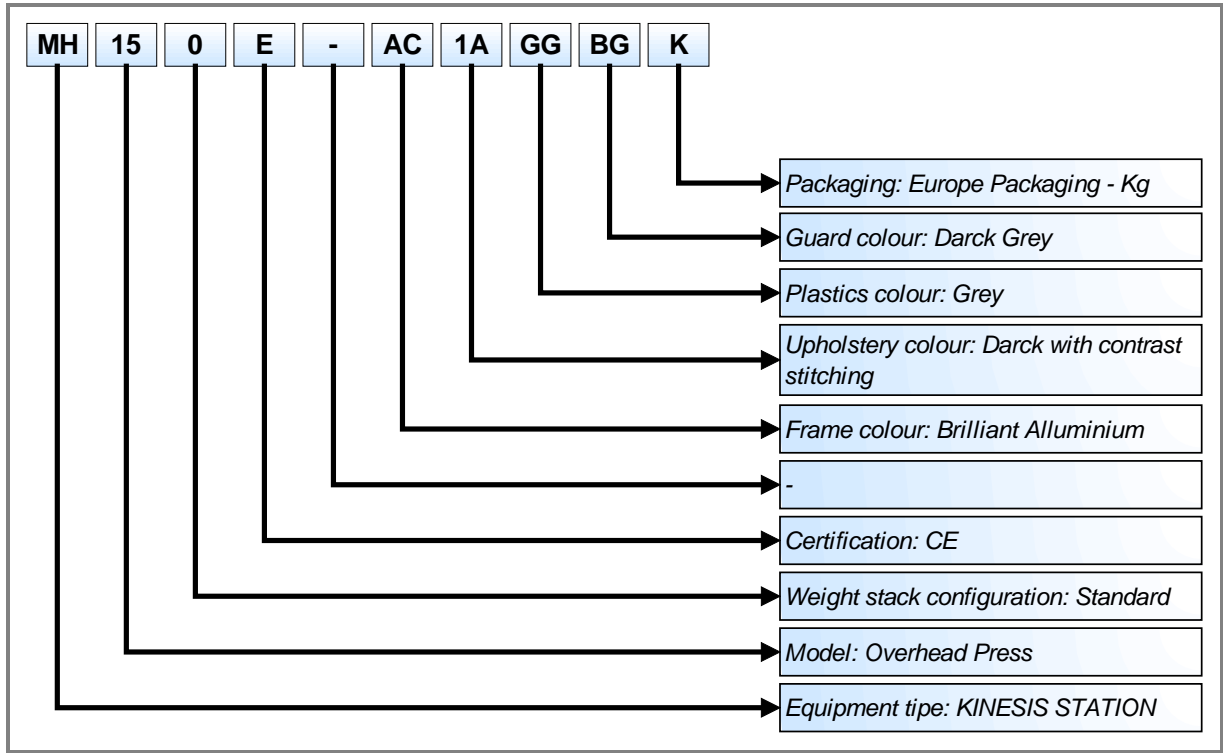
Characters	Description	Key to values
1,2,	<i>Line,</i>	MH = Kinesis Station
3,4,	<i>Equipment code,</i>	15 = Overhead Press 20 = Press 30 = High Pull 65 = Core Station 67 = Step/Squat 95 = Low Pull
5,	<i>Weight stack configuration,</i>	0 = Standard weight stack 4 = Enhanced weight stack +40Kg 5 = Enhanced weight stack +50Kg 7 = Enhanced weight stack +70Kg
6,	<i>Certification,</i>	E = CE M = MED
-	-	-
7,8,	<i>Frame colour,</i>	AC = Brilliant Aluminium BW = Carbon Grey (*)
9,10,	<i>Upholstery colour,</i>	00 = None 1A = Black with contrast stitching 6A = Black 3A = Bordeaux 4A = Red 5A = Aviation blue 7A = Grey 9A = Mocha (*)
11,12,	<i>Plastics colour,</i>	GG = Grey GZ = Dark Grey
13,14,	<i>Covering guards colour,</i>	BG = Dark Grey CW = Carbon Grey (*)
15.	<i>Packaging.</i>	K = Europe Packaging - Kg L = Overseas Packaging - Lb S = Overseas Packaging - Kg

(*) The colour variants “**BW**”, “**9A**” and “**CW**” must be mandatory combined together in the **ARTIS®** configuration.

It follows in the next page ...

For example, a possible product code would be:

MH150E-AC1AGGBGK



2.2. SERIAL NUMBER STRUCTURE

The *Serial Number*, consists of 14 alphanumeric characters arranged as follows:

Characters	Description	key to values
1,2,3,4,5,6,	Product type,	MH = Kinesis Station 15 = Overhead Press 20 = Press 30 = High Pull 65 = Core Station 67 = Step/Squat 95 = Low Pull
7,8,	Year of production,	0 = Standard weight stack 4 = Enhanced weight stack +40Kg 5 = Enhanced weight stack +50Kg
9,10,11,12,13,14.	Progressive.	10 = 2010 000001

For example, a possible product code would be:

MH15010000001

2.3. AMBIENT SPECIFICATIONS

Temperature	Operating	to 5° a 35° C
	Storage	to -20 a 55° C
Humidity	Operating	to 30% a 80% non-condensing
	Storage	to 5% a 85% non-condensing




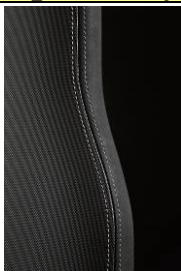





2.4. CONFORMITY TO REGULATIONS





The machine conforms to the following directives:

Directive	Europe	USA
Medical equipment directive	93/42/CE	-
Equipment safety	EN 957-1 EN 957-2 EN 957-4	-

2.5. COLOUR OPTION

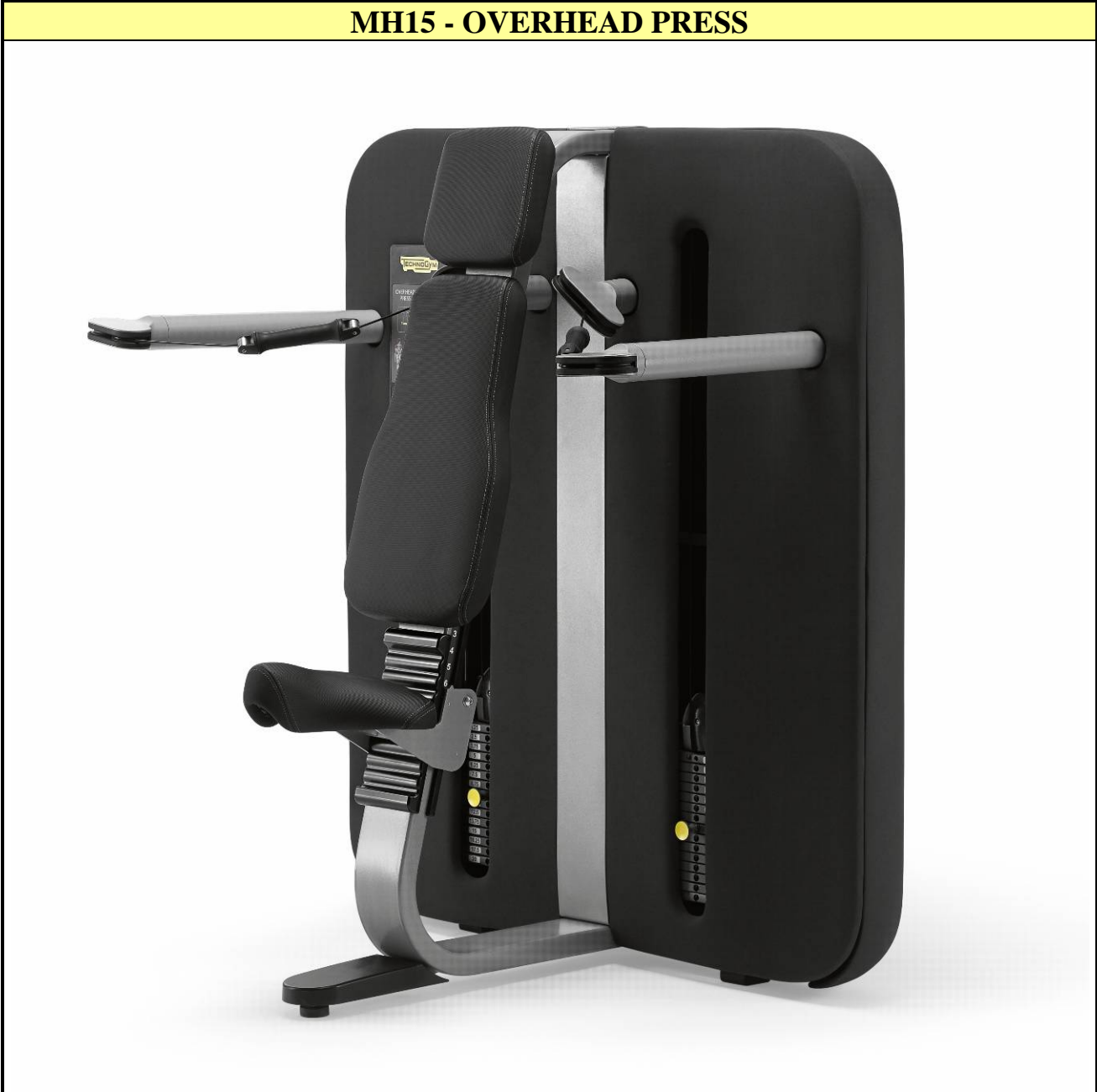
The following table shows the possible combinations for ordering the line machines:

STANDARD CONFIGURATION:				
Frame	Guard	Plastic	Standard Upholstery	
				
<i>AC: Brilliant Aluminium</i>	<i>BG: Dark Grey</i>	<i>GG: Grey</i>	<i>IA: Black with contrast stitching</i>	
Upholstery variants:				
				
<i>6A: Black</i>	<i>3A: Bordeaux</i>	<i>4A: Red</i>	<i>5A: Aviation blue</i>	<i>7A: Grey</i>

ARTIS CONFIGURATION:			
Frame	Guard	Plastic	Standard Upholstery
			
<i>BW: Carbon Grey</i>	<i>CW: Carbon Grey</i>	<i>GZ: Dark Grey</i>	<i>9A: Mocha</i>

2.6. MECHANICAL CHARACTERISTICS

2.6.1. MH15 - OVERHEAD PRESS



Dimensions (L x W x H)	<i>1400mm x 1190mm x 1450mm 55,2" x 46,8" x 57"</i>
Equipment overall weight	<i>260Kg – 572lb</i>
Standard weight stack	<i>40Kg – 88lb (for each weight stack)</i>
Enhanced weight stack	<i>60Kg – 132lb (for each weight stack)</i>
Seat adjustment	<i>From 1 to 9</i>

2.6.2. MH20 - PRESS

MH20 - PRESS



Dimensions (L x W x H)	<i>1280mm x 1190mm x 1520mm 47,3" x 46,8" x 59,9"</i>
Equipment overall weight	<i>290Kg – 638lb</i>
Standard weight stack	<i>70Kg – 154lb (for each weight stack)</i>
Enhanced weight stack	<i>95Kg – 209lb (for each weight stack)</i>
Seat adjustment	<i>NO</i>

2.6.3. MH30 – HIGH PULL

MH30 – HIGH PULL



Dimensions (L x W x H)	<i>1280mm x 1650mm x 1870mm 47,3" x 65" x 73,6"</i>
Equipment overall weight	<i>320Kg – 704lb</i>
Standard weight stack	<i>70Kg – 154lb (for each weight stack)</i>
Enhanced weight stack	<i>95Kg – 209lb (for each weight stack)</i>
Seat adjustment	<i>NO</i>

2.6.4. MH65 – CORE

MH65 - CORE



Dimensions (L x W x H)	<i>1280mm x 1180mm x 2000mm 50" x 46,5" x 79"</i>	
Equipment overall weight	<i>315Kg – 693lb</i>	
Standard weight stack	<i>(Crunch Side) 87,5Kg – 193lb</i>	<i>(Rotation Side) 55Kg – 121lb</i>
Enhanced weight stack	<i>(Crunch Side) 107,5Kg – 237lb</i>	<i>(Rotation Side) 75Kg – 165lb</i>
Seat adjustment	<i>Off 1-3, 4-6, 7-9</i>	

2.6.5. MH67 – STEP

MH67 - STEP



Dimensions (L x W x H)	<i>1280mm x 1700mm x 1450mm 50" x 67" x 57"</i>
Equipment overall weight	<i>320kg – 705lb</i>
Standard weight stack	<i>60Kg – 132lb (for each weight stack)</i>
Enhanced weight stack	<i>95kg x 209lb (for each weight stack)</i>

2.6.6. MH95 - LOW PULL

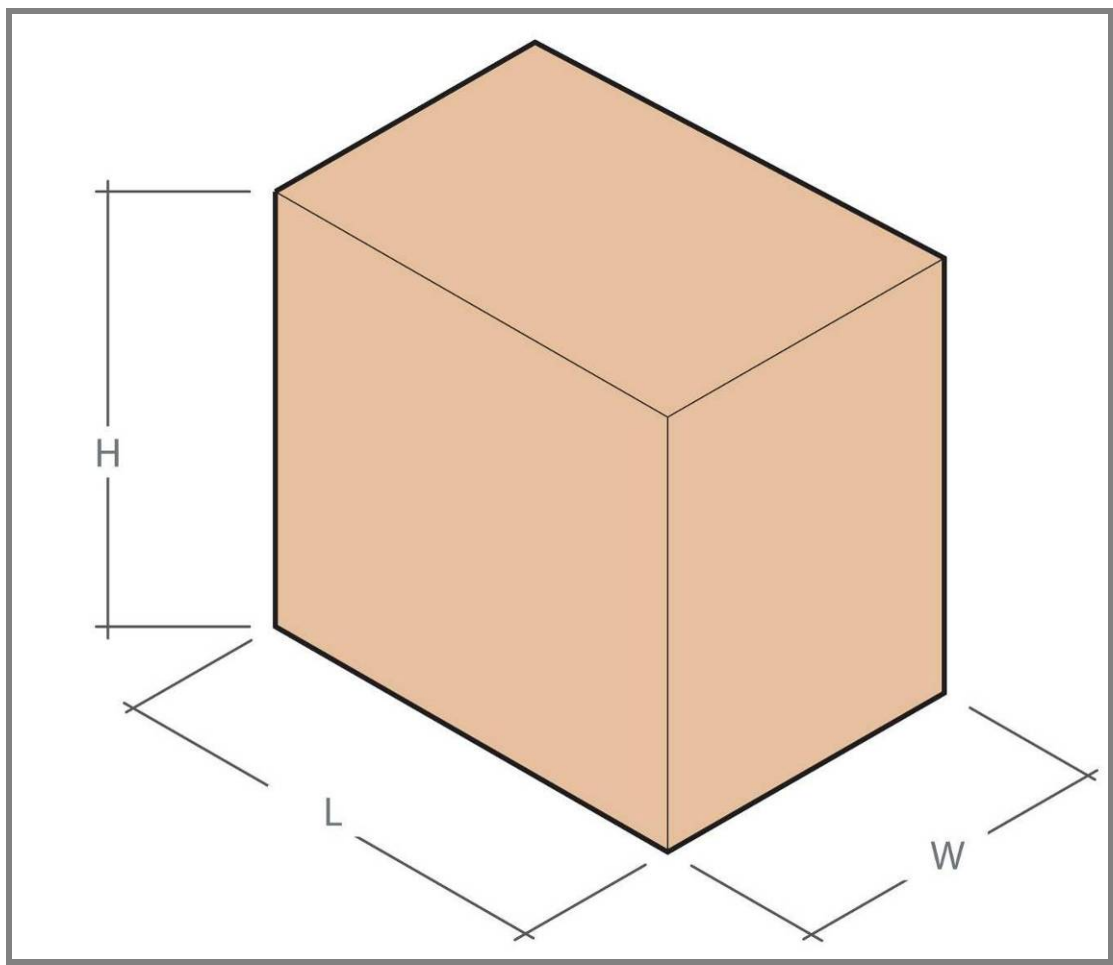
MH95 - LOW PULL



Dimensions (L x W x H)	<i>1280mm x 1650mm x 1450mm 47,3" x 65" x 57"</i>
Equipment overall weight	<i>310Kg – 682lb</i>
Standard weight stack	<i>70Kg – 154lb (for each weight stack)</i>
Enhanced weight stack	<i>95Kg – 209lb (for each weight stack)</i>
Seat adjustment	<i>NO</i>

2.7. PACKING DIMENSIONS EUROPE AND OVERSEAS

<i>Model</i>	<i>Equipment Cod.</i>	<i>Outside box dimensions (L)</i>	<i>Outside box dimensions (W)</i>	<i>Outside box dimensions (H)</i>	<i>Weight (kg)</i>
<i>Press</i>	<i>MH200E</i>	1750mm	1370mm	790mm	298Kg
<i>Overhead Press</i>	<i>MH150E</i>	1750mm	1370mm	790mm	254Kg
<i>Low Pull</i>	<i>MH950E</i>	1750mm	1370mm	790mm	303Kg
<i>Core</i>	<i>MH650E</i>	1750mm	1370mm	790mm	317Kg
<i>Step/Squat</i>	<i>MH670E</i>	1750mm	1370mm	870mm	320kg
<i>High Pull</i>	<i>MH300E</i>	1750mm	1370mm	870mm	318Kg



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3. MOVING AND INSTALLING THE MACHINES

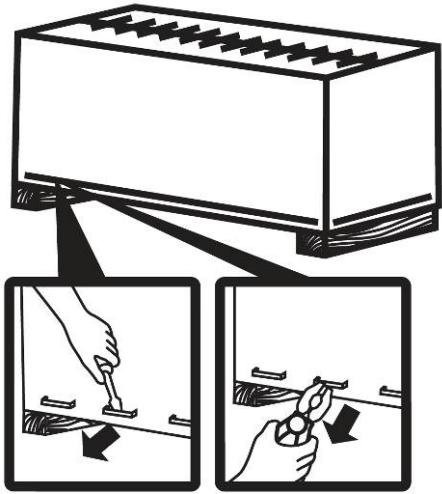
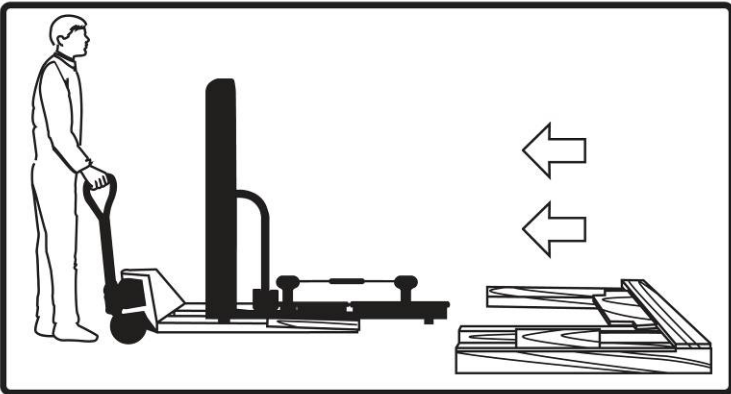


3.1. SPECIFICATIONS AND REQUIREMENTS

For proper installation of the equipment, make sure that:

1. The equipment is installed on a level, vibration-free surface with a sufficient capacity to support its weight plus that of the user.
2. The area is not dusty or sandy.
3. You have observed the temperature and humidity operating requirements indicated in paragraph: 2.3. “Ambient specifications”.

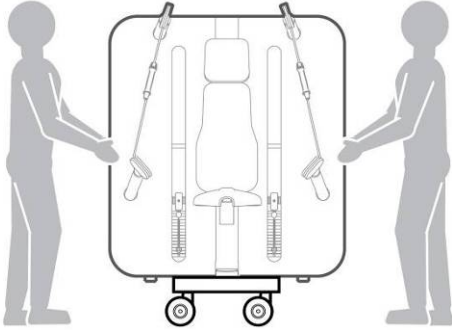

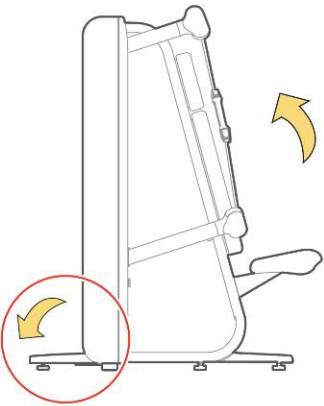
3.2. UNPACKING INSTRUCTIONS

The equipment supplied on pallets, which joined with bands of transportation. To free the equipment from the package follows the instruction below:

 <p>Figure 3.2-1</p>	 <p>Figure 3.2-2</p>
 Remove the staples securing the carton to the pallet, using a screwdriver and a pair of pliers.	 Using a pallet-jack, remove the machine from the pallet.

3.3. LIFTING AND MOVING

To move the equipment use the standard lifting and transport devices. Lift and move the equipment as shown below.

 <p>Figure 3.3-1</p>	<ul style="list-style-type: none"> ● CAUTION: Considering the weight of equipment, we suggest the involvement of more people to lift-up the machine. ⚠ WARNING: Movement and positioning of the equipment on the ground, must be done with great caution, because there may be a loss of stability of it.
 <p>Figure 3.3-2</p>	<ul style="list-style-type: none"> ● CAUTION: During the movement of the machine, it is recommended to not press against the weigh stack guard.
 <p>Figure 3.3-3</p>	<ul style="list-style-type: none"> ⚠ WARNIG: In case off moving of equipment without a dolly, pay attention to the guard of the rear foot (highlight in the figure at the side). Is advised to disassembling the rear guards and the foot.
<ul style="list-style-type: none"> 👁 Once the machine is in the desired place of installation, level it by adjusting the height of one or more of the machine feet as described in paragraph: 6.3 “The machine is not flat”. 	

3.4. SECURING THE EQUIPMENT




WARNING: All the equipment of the line must be mandatory fixed to the floor, wall or ceiling according to the fixing kit provided with each machine.

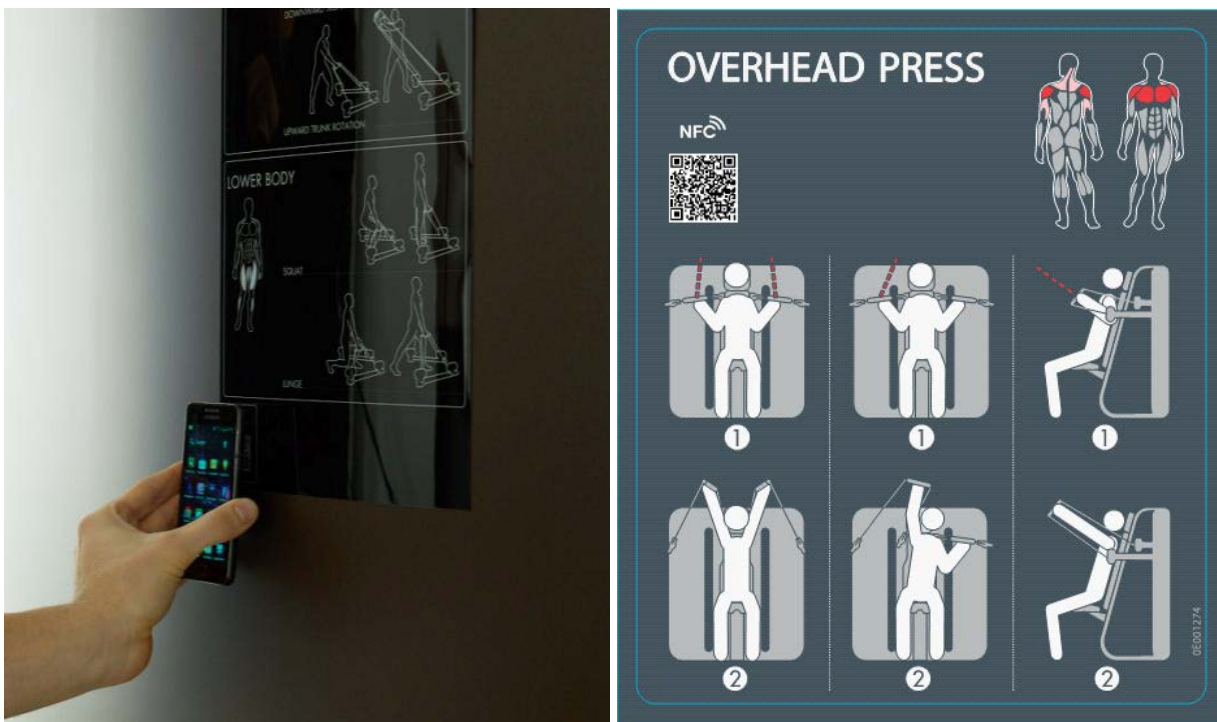
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4. ACCESSORIES

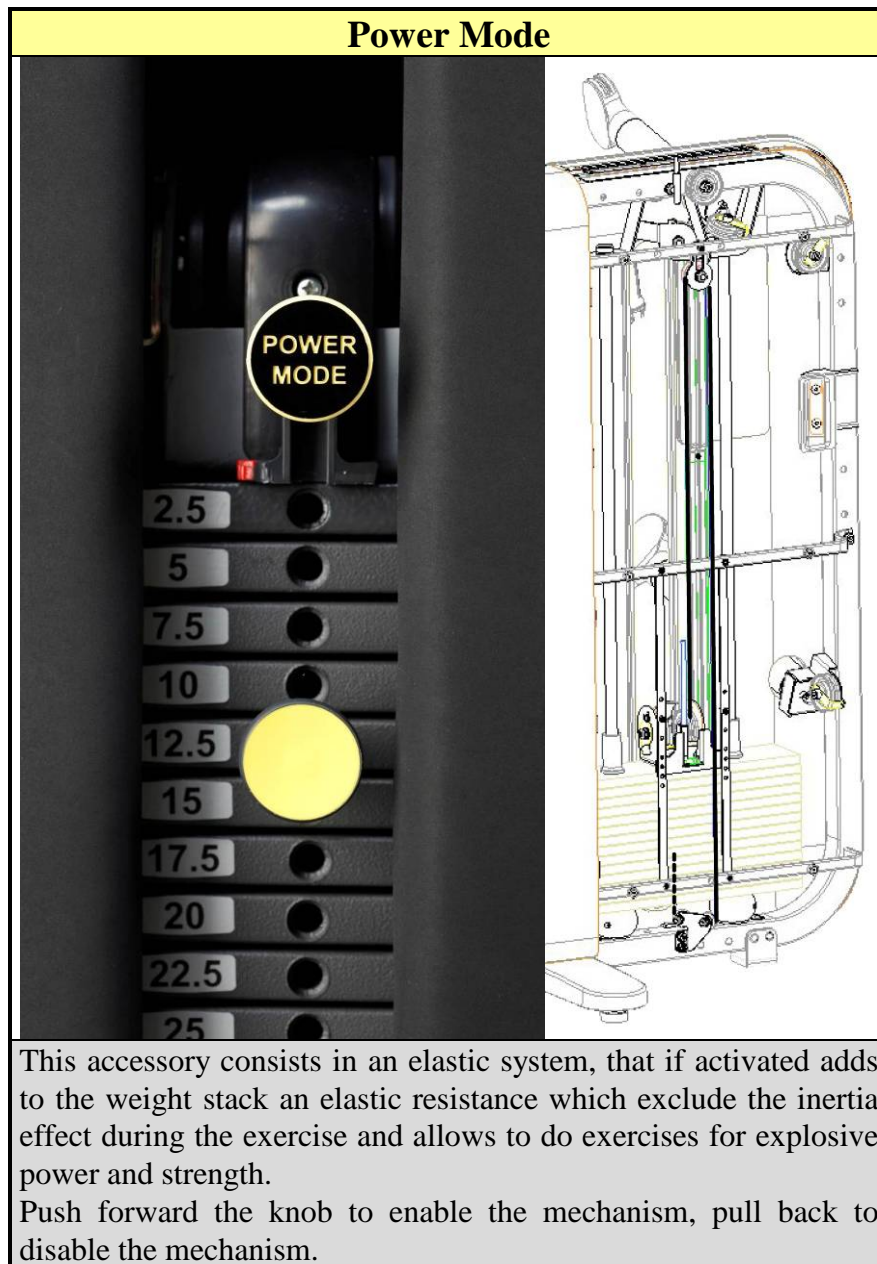
The following accessories are available for the these machines:

4.1. NFC CONNECTIVITY

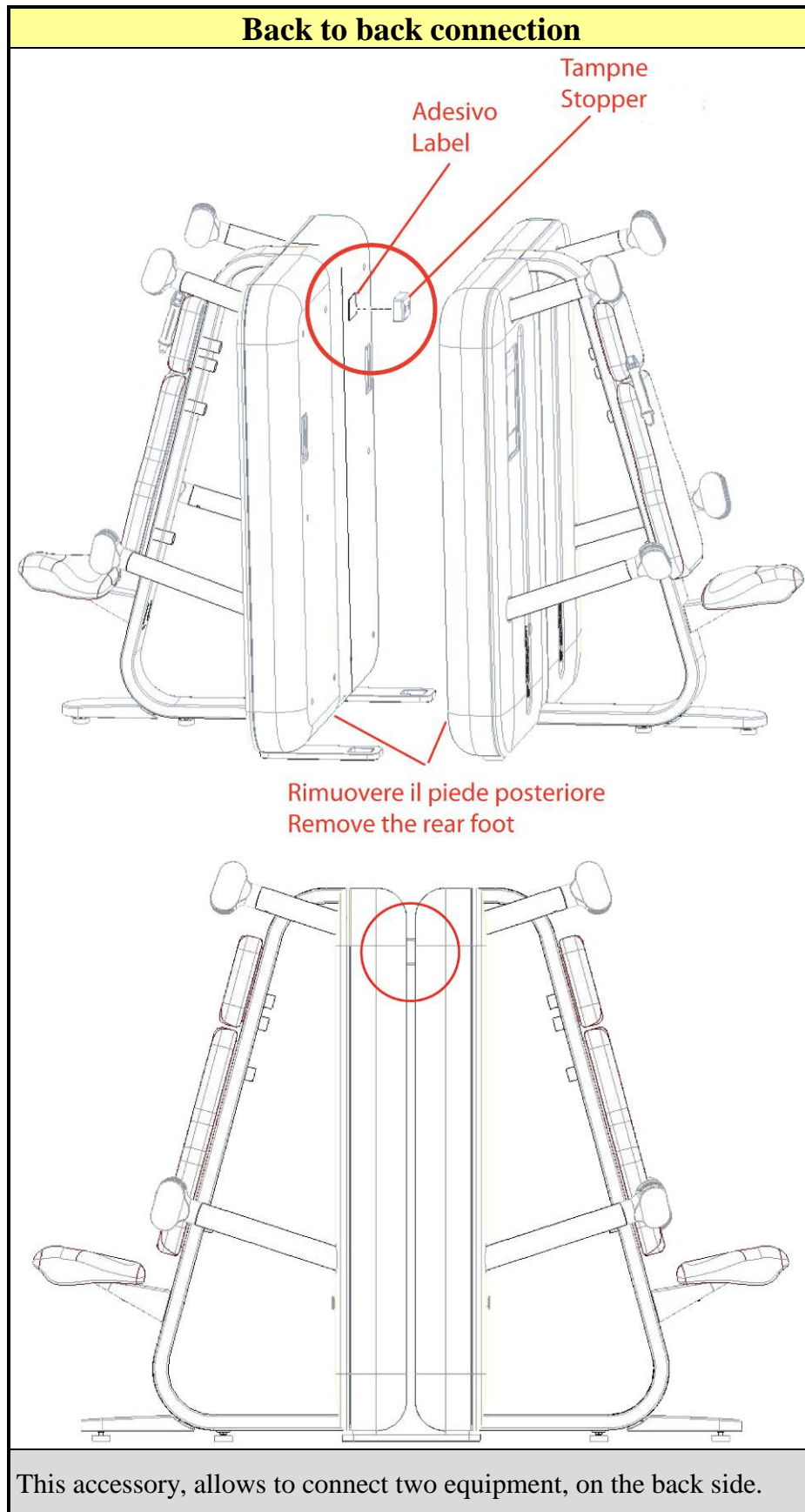
If the relevant logo  is present on the exercise placard, the NFC technology is available to connect with your mobile device.



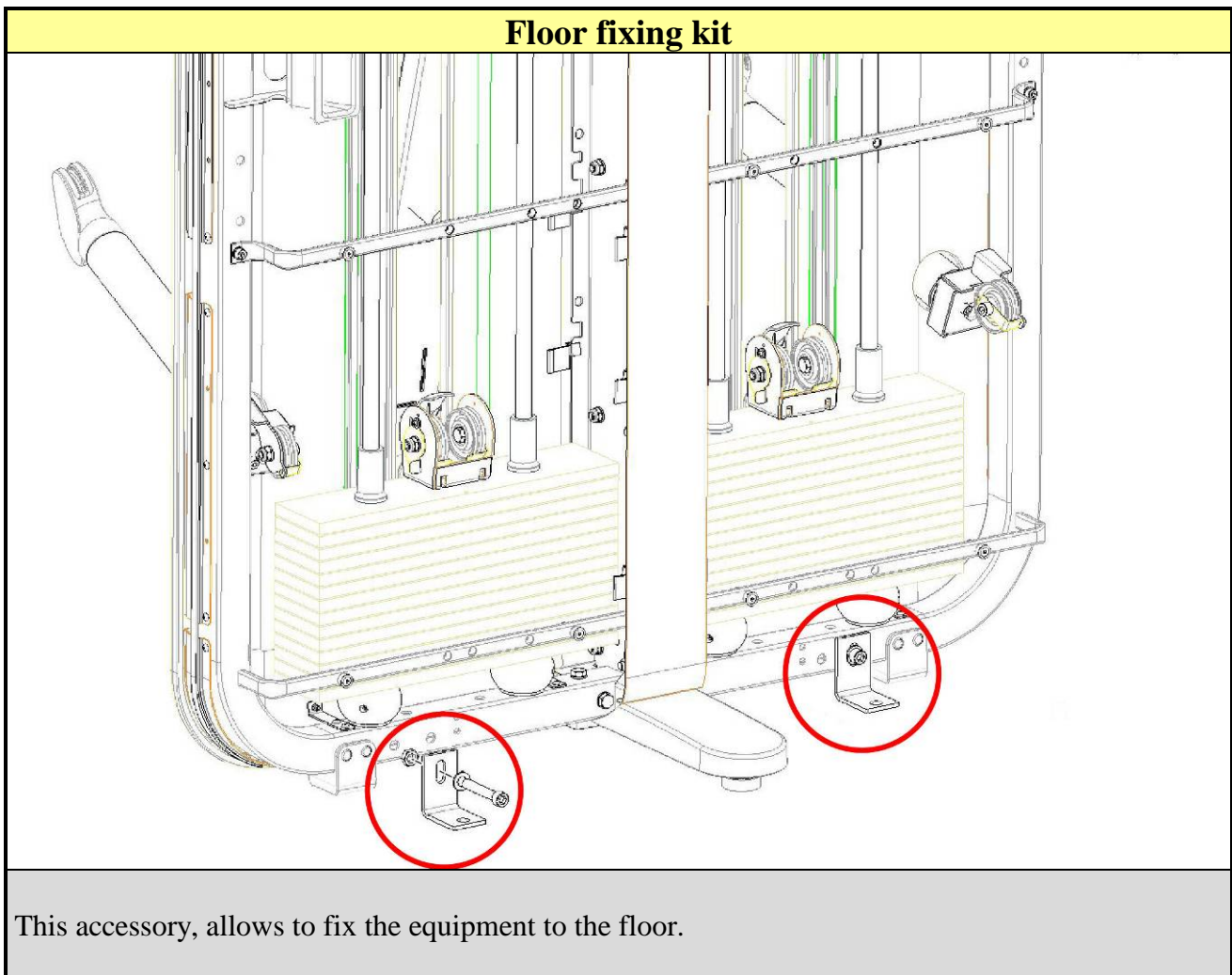
4.2. A0000526: POWER MODE



4.3. A0000551: BACK TO BACK CONNECTION



4.4. A000564: FLOOR FIXING KIT



4.5. A0000661: BACK SECURING SET

Back securing set



“Back to back” layout options are made totally secure thanks to the set of 4 brackets and 2 U-shaped connectors.

4.6. A0000662: IN LINE SECURING SET

In line securing set



Stations set up with an “in line” configuration can be secured to one another with 2 brackets and a connecting rod.

4.7. WHAT TO ORDER TO AUGMENT THE WEIGHT STACK

<i>Model</i>	<i>Equipment Code</i>	<i>Weight Stack STANDARD</i>	<i>Weight Stack ENHANCED</i>	<i>Group Code</i>
<i>Overhead Press</i>	<i>MH15</i>	40Kg 88lb	60Kg 132lb	<i>R0006743AA</i>
<i>Press</i>	<i>MH20</i>	70Kg 154lb	95Kg 209lb	<i>R0006744AA</i>
<i>High Pull</i>	<i>MH30</i>	70Kg 154lb	95Kg 209lb	<i>R0006745AA</i>
<i>Core</i>	<i>MH65</i>	<i>(Crunch Side)</i>		
		87,5Kg – 192,5lb	107,5Kg – 236,5lb	<i>R0006746AA</i>
		<i>(Rotation Side)</i>		
		55Kg – 121lb	75Kg – 165lb	<i>R0006746AA</i>
<i>Step/Squat</i>	<i>MH67</i>	60Kg 132lb	95Kg 209lb	<i>R0006794AA</i>
<i>Low Pull</i>	<i>MH95</i>	70Kg 154lb	95Kg 209lb	<i>R0006747AA</i>



Are available some bushings of different thickness are available for more precise adjustment of the weight stack plates, so that they can all be easily selected using the pin.

CODE	THICKNESS (mm)
<i>0B178AA</i>	2.5
<i>0B000563AA</i>	2
<i>0B000562AA</i>	1.5

5. HOW TO DISASSEMBLE THE...

5.1. FOR ALL EQUIPMENT...

5.1.1. DISASSEMBLING THE REAR HANDLES

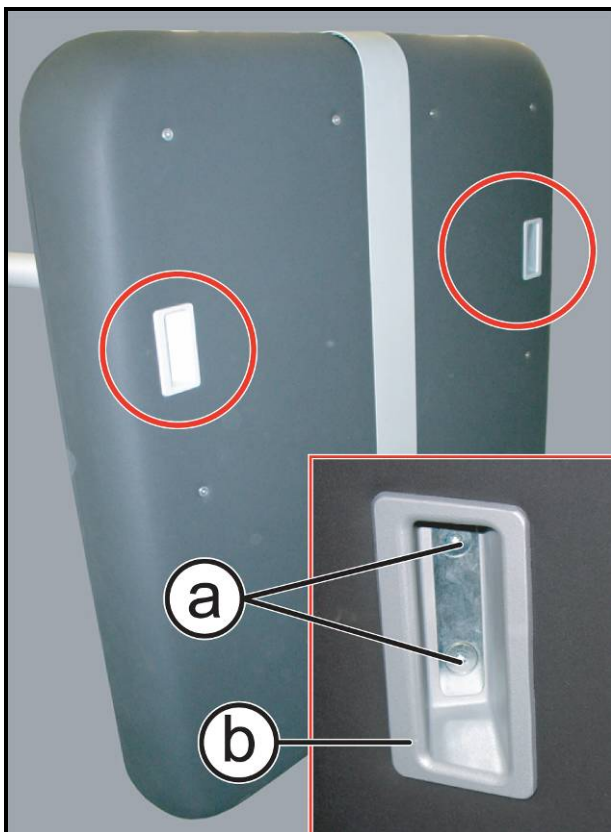


Figure 5.1-1

For each handle:

1. Back off the 2 screws (a) using a 4mm hexagonal wrench and remove the plate inside the handle.
2. Remove the handle (b).

To reassemble the handle, carry out the above steps in reverse order.

5.1.2. DISASSEMBLING THE REAR GUARD

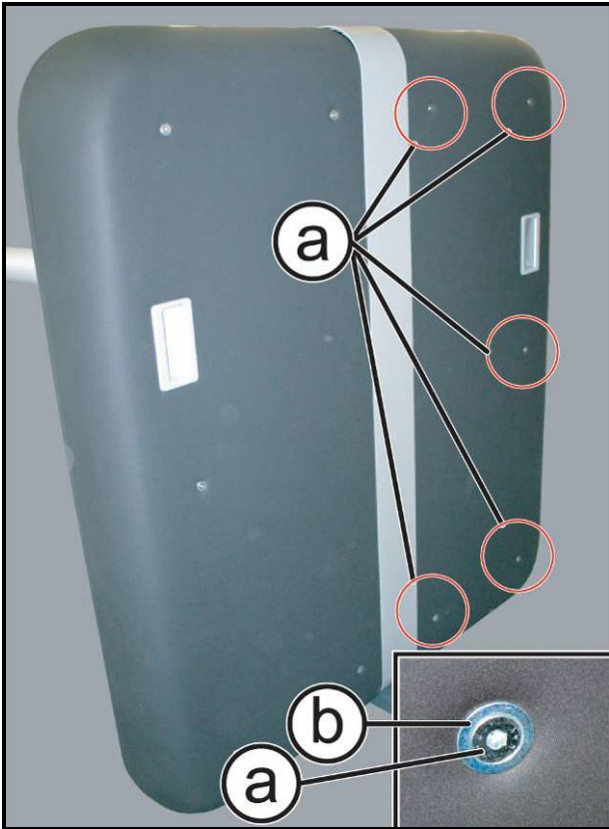


Figure 5.1-2



Figure 5.1-3

Carry out the procedure detailed in paragraph: 5.1.1. "Disassembling the rear handles".

For each guard:

1. Back off the 5 screws (a) using a 4mm hexagonal wrench and remove them and their washer (b).

2. Lightly lift the rear guard (c) towards, starting from the bottom to the top following the yellow arrow.

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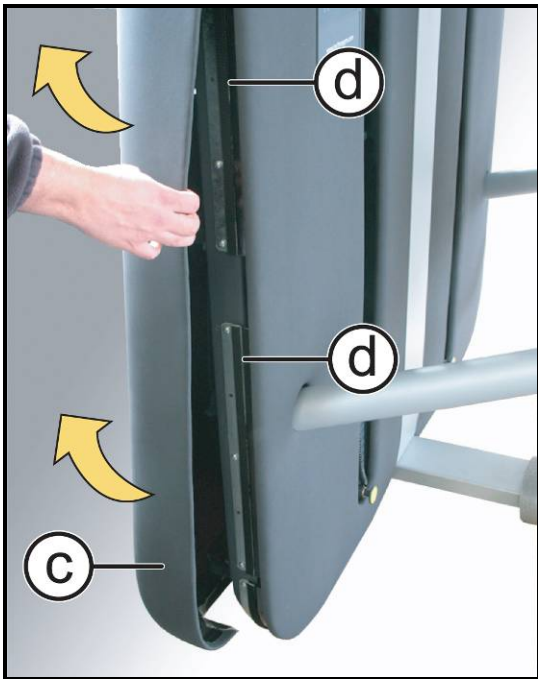


Figure 5.1-4

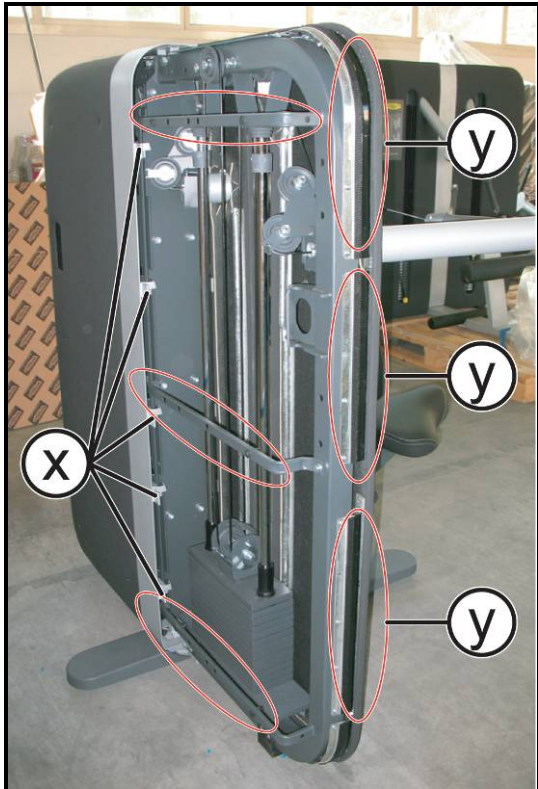





Figure 5.1-5

- Once detached the guard (c) from the Velcro straps (d) it is possible to remove it.

To reassemble the rear guard, carry out the above steps in reverse order, considering the notes below:

-  During the reassembly, first insert the guard in the central zone of the back of the machine, in the slots (x) and then attach the guard on the straps (y) again.
-  Adjust the rear guards, moving there on right and left, to make sure that the holes coincide with those of the frame
-  Make sure that the rubber screw inserts, highlighted in the figure, are properly positioned in the frame, as shown in the figure follows:



5.1.3. DISASSEMBLING THE FRONT GUARD

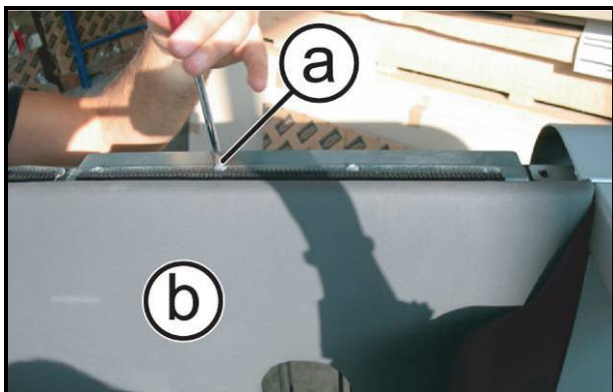


Figure 5.1-6



Figure 5.1-7

Carry out the procedure detailed in paragraph: 5.1.2. “Disassembling the rear guard”.



On the **OVERHEAD PRESS** and **PRESS** equipment: to remove the front guard it is necessary to remove only the rotating pulley group and the cable, as described at the paragraph: 5.1.8. “Disassembling arms and ”, up to point (5). On all the other equipment, it is necessary to remove completely the cable and the arms, as described at the paragraphs: 5.1.7. “Disassembling the handle and the cable” and 5.1.8. “Disassembling arms and ”.

For each guards:

1. Back off the 12 screws (a) along the perimeter of the guard, using a medium Phillips screwdriver.

⚠ For each guard, the total number of screws is 12, so do not take care if you find some holes that are not used.

2. Remove the guard (b).

To reassemble the guard, carry out the above steps in reverse order.

5.1.4. DISASSEMBLING THE CENTRAL GUARD

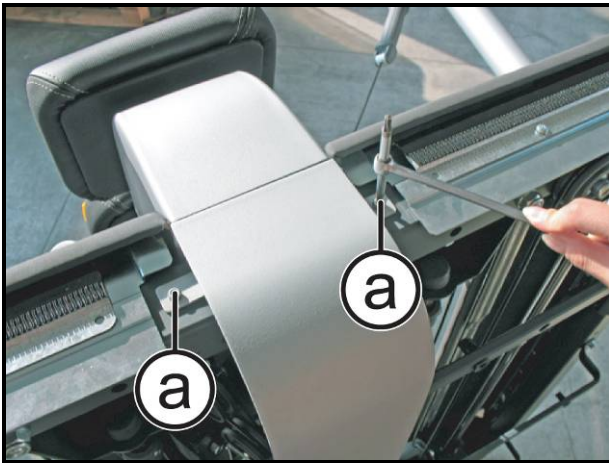


Figure 5.1-8

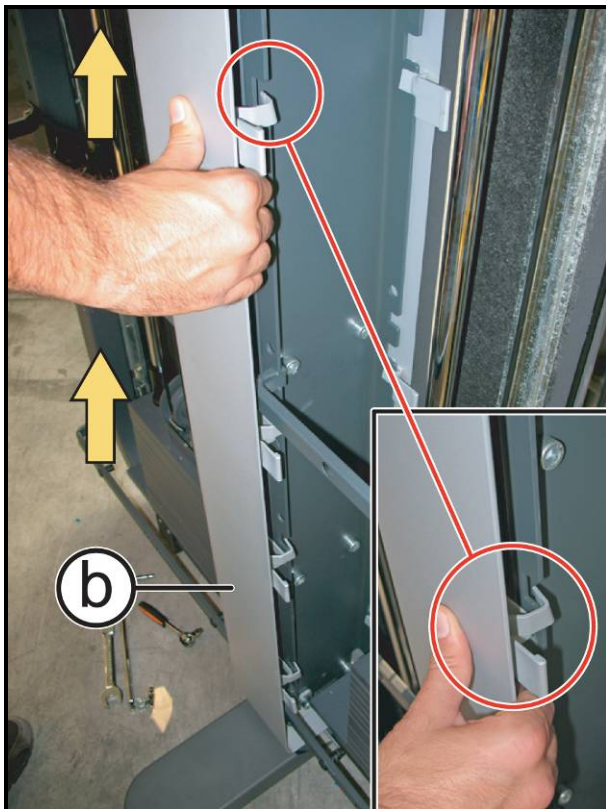


Figure 5.1-9

Carry out the procedure detailed in paragraph: 5.1.2. "Disassembling the rear guard".

1. Back off the 2 screws (a) using a 4mm hexagonal wrench.

2. Pull up and then out the central guard (b), aligning the bent plate on the slots, as indicated in the detail.

3. Remove the central guard.

To reassemble the central guard and the foot, carry out the above steps in reverse order.

5.1.5. DISASSEMBLING THE REAR FOOT

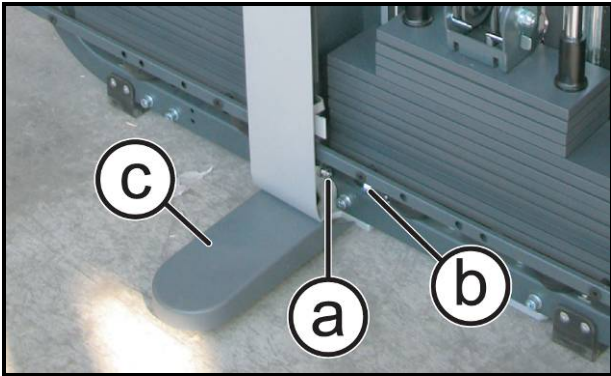


Figure 5.1-10

Carry out the procedure detailed in paragraph: 5.1.2. "Disassembling the rear guard".

1. Back off the screw (a) using a 8mm hexagonal wrench, locking down the counter-nut on the opposite side using a 17mm wrench.
2. Loosen the 2 screws (b) using the 17mm wrench.
3. Remove the rear foot (c).

To reassemble the rear foot, carry out the above steps in reverse order.

5.1.6. DISASSEMBLING THE WEIGHT STACK

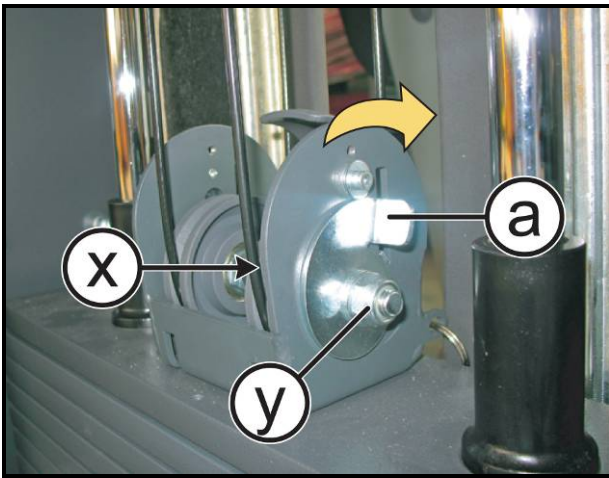


Figure 5.1-11

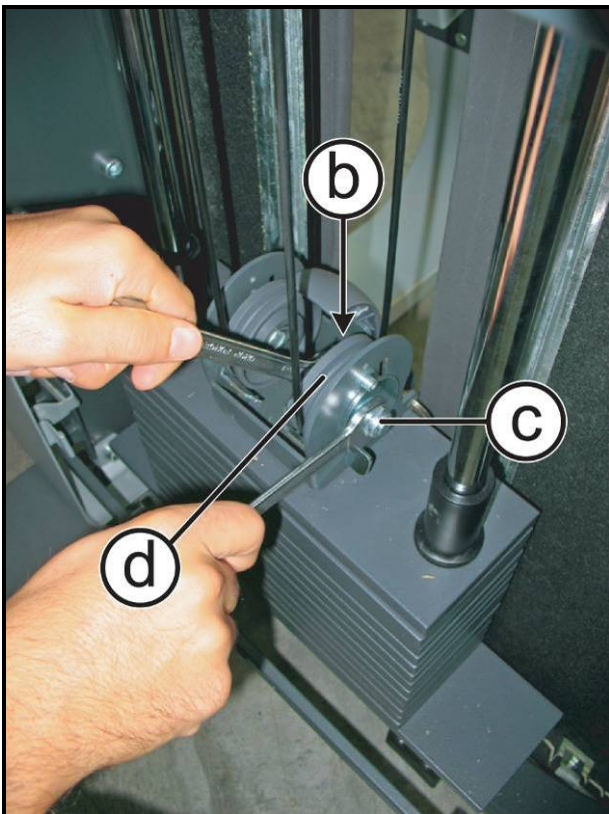


Figure 5.1-12

Carry out the procedure detailed at paragraph: 5.1.2. “Disassembling the rear guard”.

1. Loosen the screw (x) and the counter-nut (y) using two 17mm wrenches.
2. Rotate the lever (a) in the direction of the yellow arrow, to loosen the cable tension.

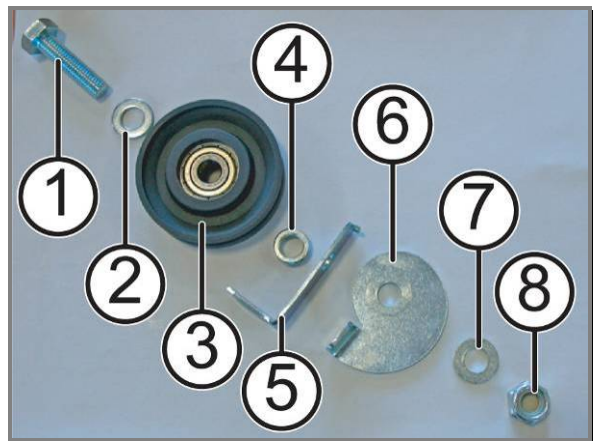


When you’ve reassembled, carry out the cable tension adjustment, as indicated at the paragraph: 6.2. “The weight stack cable is not in tensioned”.

3. Back off the screw (b) and the counter-nut (c) using two 17mm wrenches, one opposite to the other as indicated in figure.
4. Remove the pulley (d).



During the pulley reassembly, respect the correct position of the components, as indicated below:



Continued on the following page...

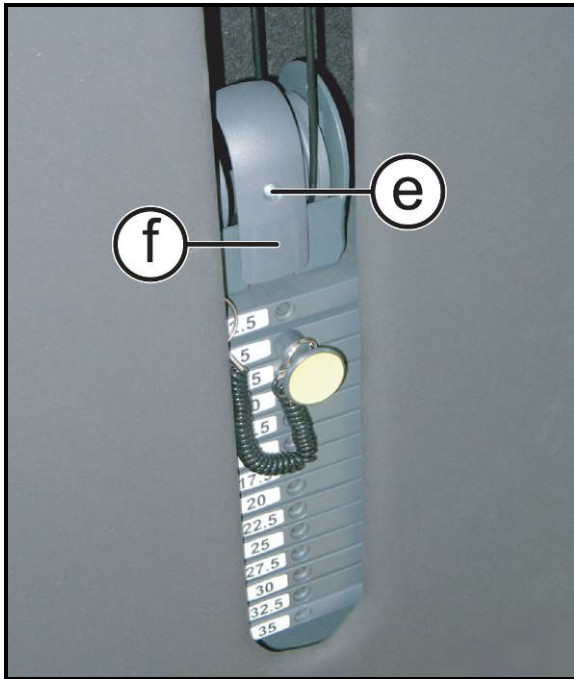


Figure 5.1-13



Figure 5.1-14

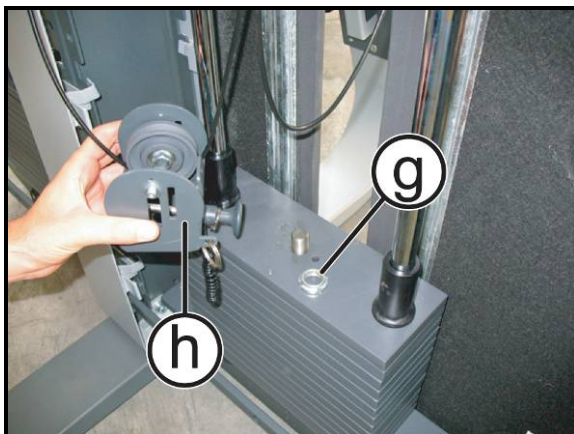


Figure 5.1-15

5. Back off the screw (e) using a medium Phillips screwdriver.
6. Remove the guard (f).

7. Back off the ring-nut (g) using a socket wrench, as indicated in the figure at the side.

8. Remove the weight stack pulley group (h).

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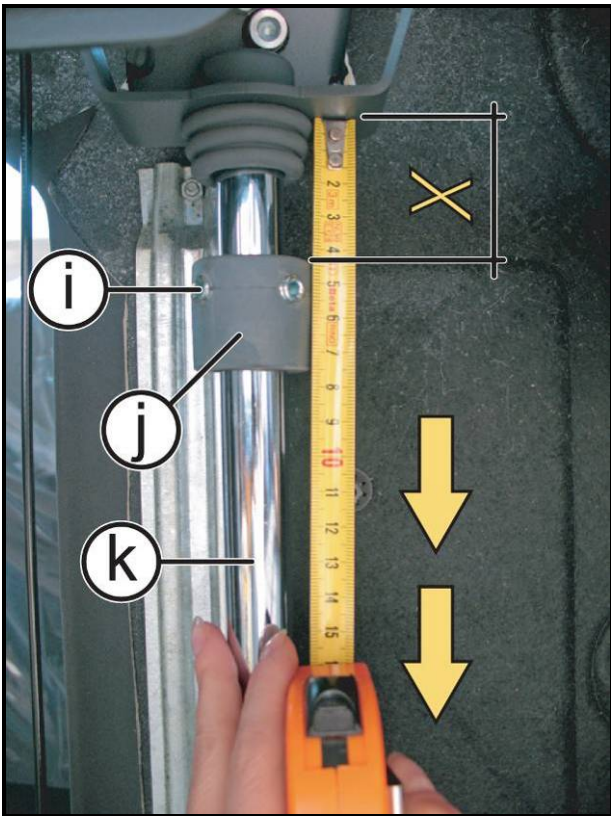


Figure 5.1-16

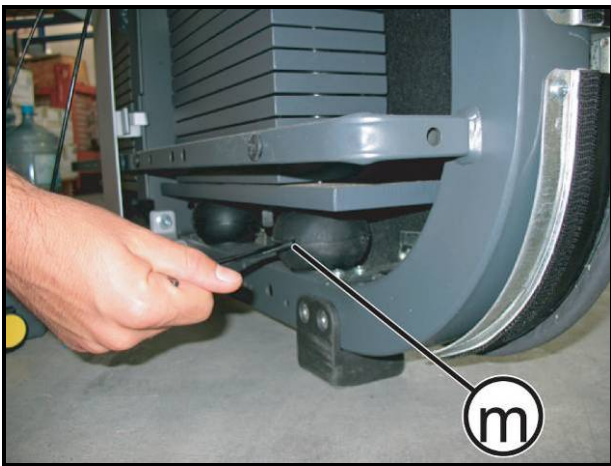



Figure 5.1-17

For each weight stack bar:


9. Take note of the “X” measure of weight stack stopper position.

 This dimension will be used to position the bars stopper again during the reassembly.

10. Back off the 2 grub-screw (i) using a 4mm hexagonal wrench.

11. Loosen the grub-screw (m) using a 4mm hexagonal wrench.

12. Remove the stopper (j), sliding it from the top.

 **ATTENTION:** The bar (k), is falling down.

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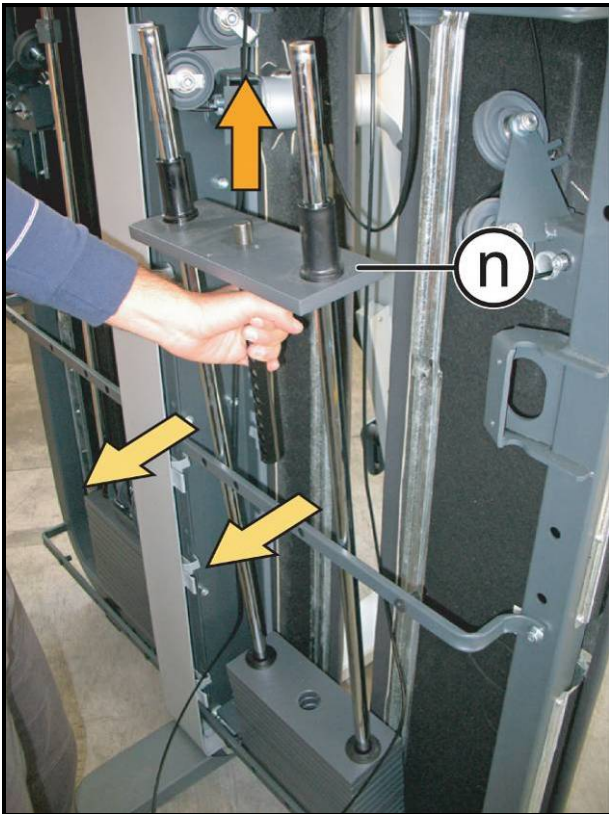


Figure 5.1-18

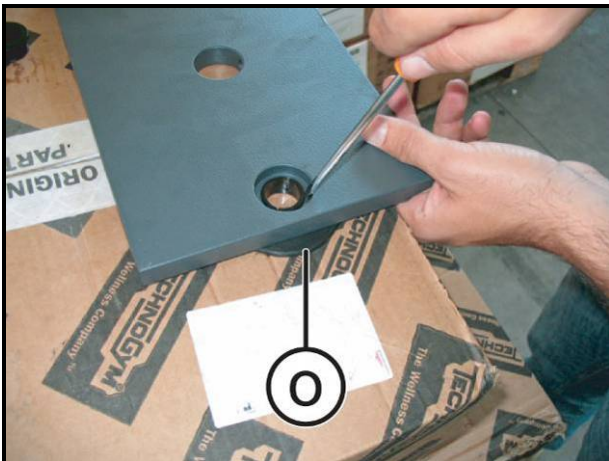


Figure 5.1-19

13. Incline both the bars in the direction of yellow arrows, as indicated in the figure.
14. Pull out the first plate (**n**), in the direction of the orange arrow, as shown in the figure at the side.
15. Now it is possible to remove the weight stack plates.

16. Using a flat screwdriver, lightly press on the bushes (**o**) to remove them from their housing.

To reassemble the components, carry out the above steps in reverse order.

5.1.7. DISASSEMBLING THE HANDLE AND THE CABLE

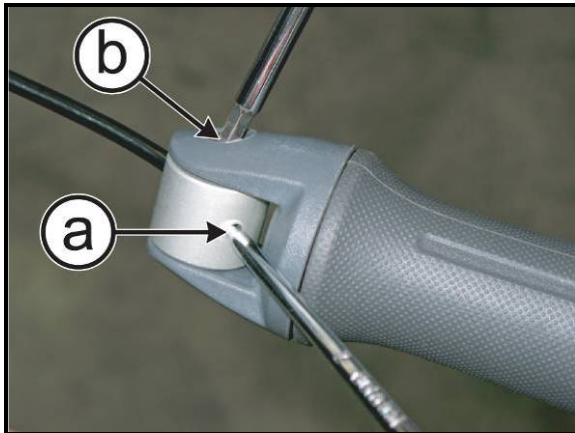


Figure 5.1-20

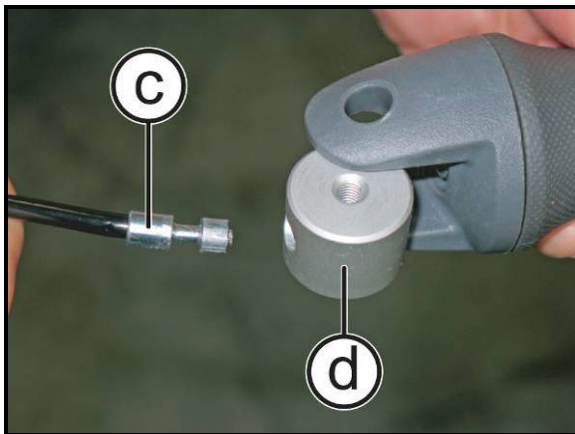


Figure 5.1-21

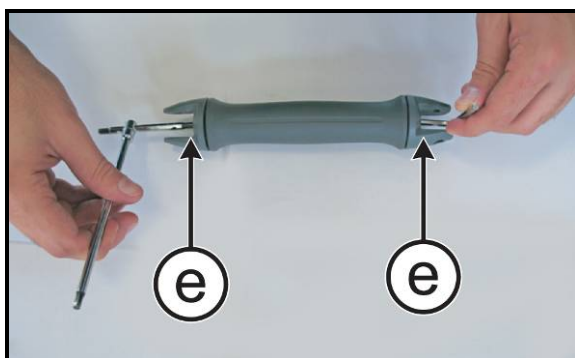


Figure 5.1-22

On both ends of handle:

1. Lock down the cable-retainer using a wrench or a screwdriver, through the hole (a).
2. Back off the screw (b) using a 4mm hexagonal wrench.

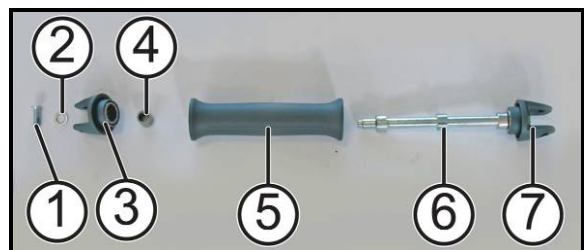
3. Remove the crimped cable (c) from the cable-retainer (d).
4. Now it is possible to slip out the cable.

Place the handle on a work bench:

5. Back off the 2 screws (e) using two 4mm hexagonal wrenches, one opposite to the other; as shown in the figure at the side.

To reassemble the components, carry out the above steps in reverse order.

⚠ During the handle reassembly, respect the position of its components, as detailed below:



5.1.8. DISASSEMBLING ARMS AND ROTATING PULLEY

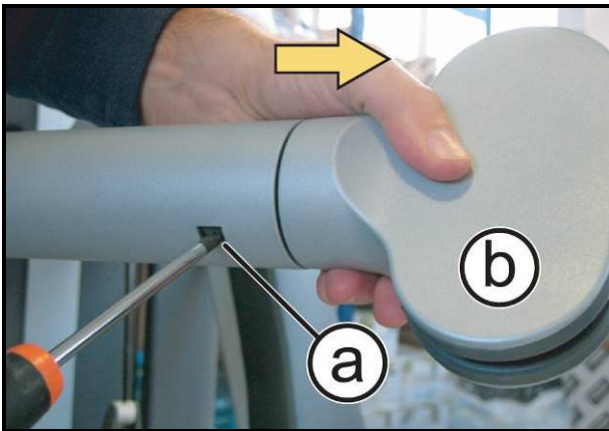


Figure 5.1-23

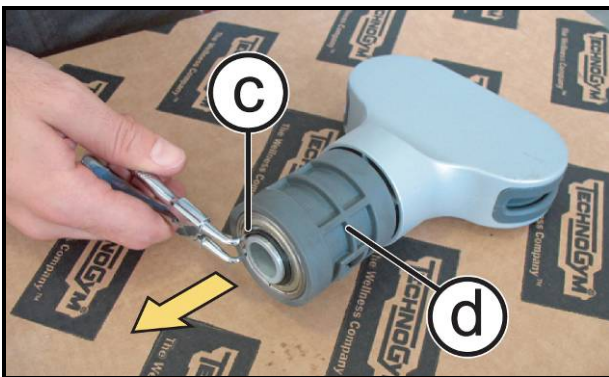


Figure 5.1-24



Figure 5.1-25

Carry out the procedure detailed at paragraph: 5.1.7. “Disassembling the handle and the cable”.

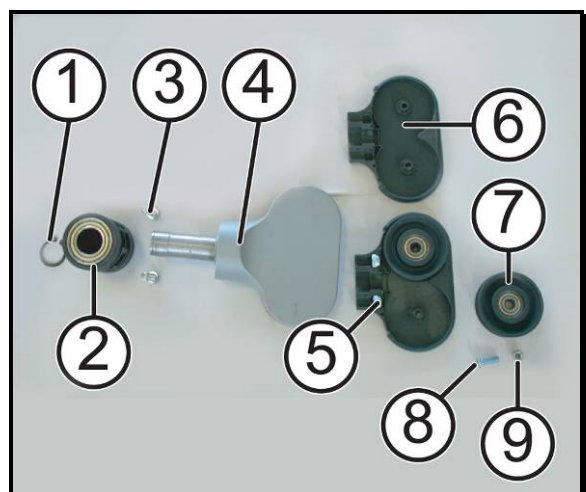
1. Using a Phillips screwdriver press on the unlocking tab through the hole (a).
2. Slip off the rotating pulley group (b) in the direction of the yellow arrow.

⚠ During the reassembly, take care that the pulley group matches with the arm holes.

For each rotating pulley group:

3. On a work bench remove the snap-ring (c).
4. Slip off the bearings group (d) in the direction of the yellow arrow.
5. Back off the 2 screws (e) using a 6mm hexagonal wrench.

⚠ During the reassembly of rotating pulley group, reassembly, respect the position of its components, as detailed below:



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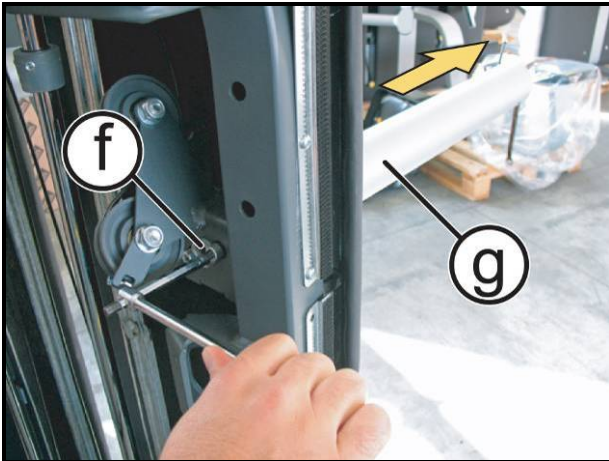


Figure 5.1-26

For each arm:

6. Back off the 2 screws (f) using a 6mm hexagonal wrench.
7. Remove the arm (g) slipping it off in the direction of the yellow arrow.

To reassemble the components, carry out the above steps in reverse order.

5.1.9. DISASSEMBLING THE PULLEYS

Carry out the procedure detailed at paragraph: 5.1.2. "Disassembling the rear guard".

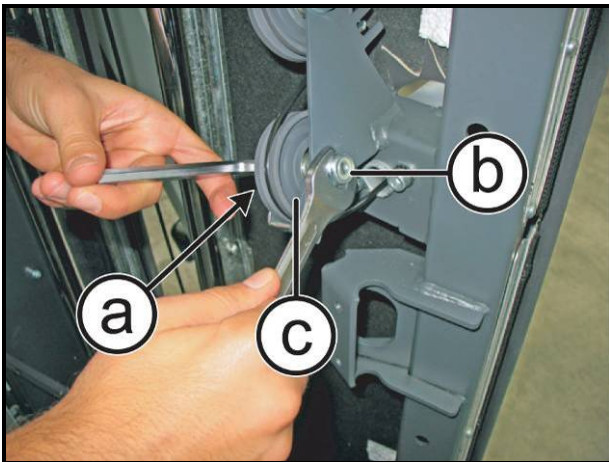
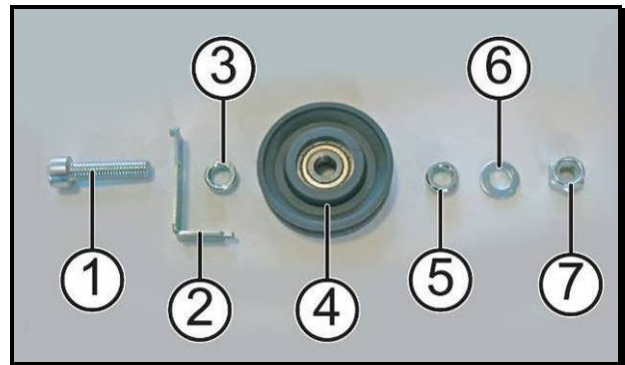


Figure 5.1-27

1. Back off the screw (a) using a 6mm hexagonal wrench, locking down the counter-nut on the opposite side using a 17mm wrench, as shown in the figure at the side.
2. Remove the pulley (c).

⚠ During the reassembly of the pulley, respect the position of its components, as detailed below:



To reassemble the pulley, carry out the above steps in reverse order.

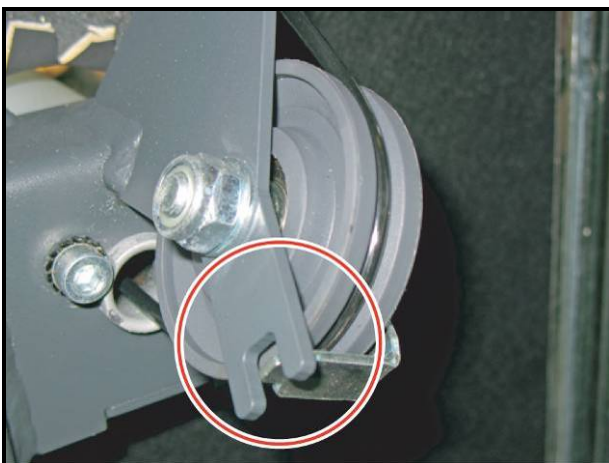


Figure 5.1-28

⚠ During the reassembly, take care to correctly position again the anti-slippage plate in the properly slot, as highlighted in the figure at the side.

5.2. PRESS

5.2.1. DISASSEMBLING THE SEAT

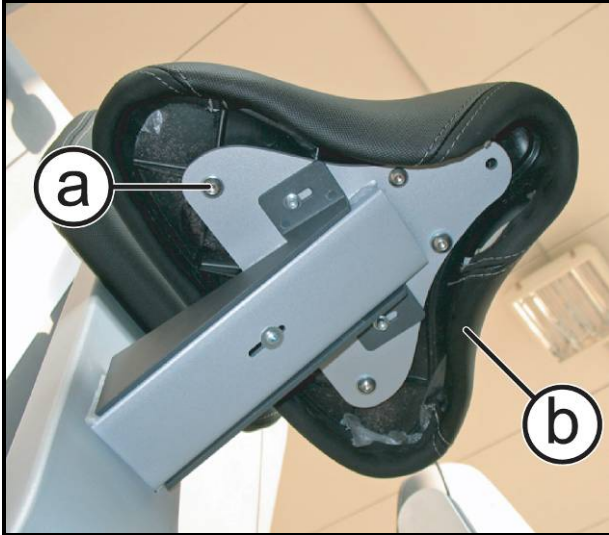


Figure 5.2-1

1. Back off the 4 screw (a) using a 4mm hexagonal wrench.
2. Remove the seat (b).

To reassemble the seat carry out the above steps in reverse order.

5.2.2. DISASSEMBLING THE BACK-REST

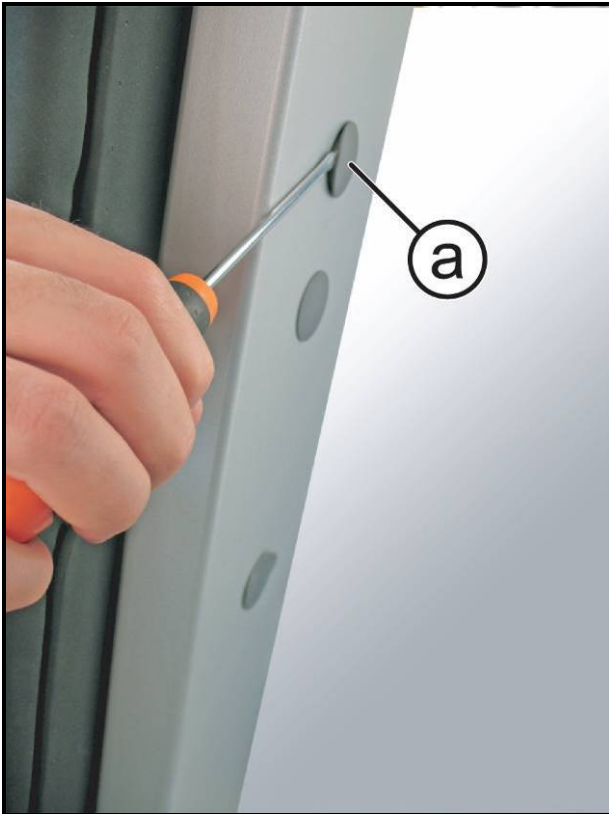


Figure 5.2-2

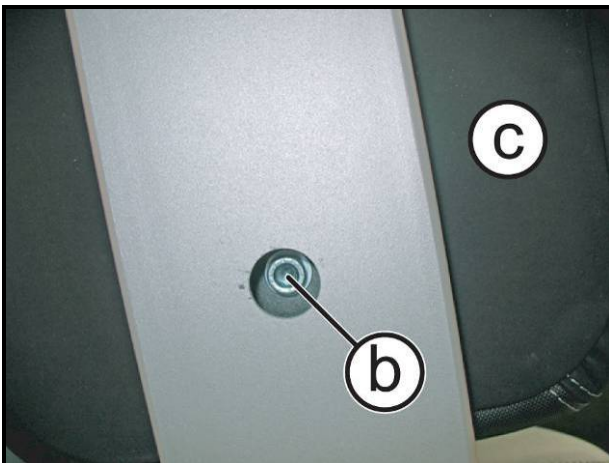


Figure 5.2-3

For each plug:

1. Using a flat Phillips screwdriver lift up the cover plug (a).

2. Back off the screw (b) using the 8mm hexagonal wrench.

3. Remove the back-rest (c).

⚠ To prevent falling down into the frame of the screw, it is recommended to insert a paper into the hole of the frame until the end, so as to secure the screw.

To reassemble the back rest carry out the above steps in reverse order.

5.3. OVERHEAD PRESS - CORE

5.3.1. DISASSEMBLING THE ADJUSTABLE SEAT

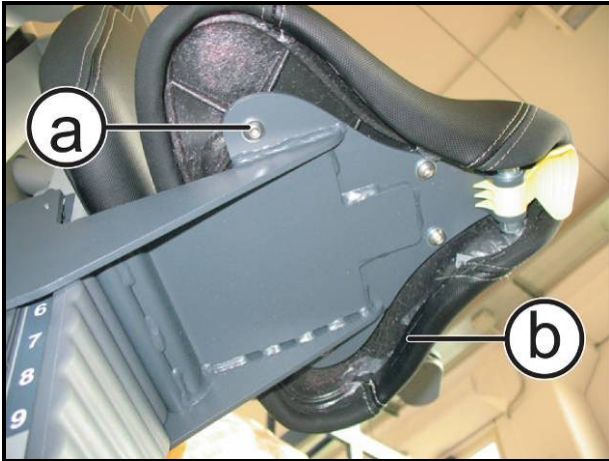


Figure 5.3-1

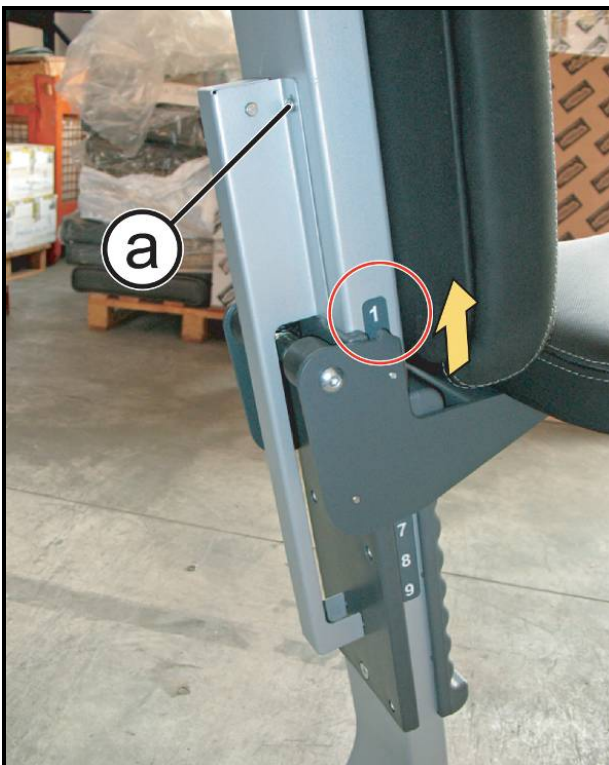


Figure 5.3-2

To remove the seat:

1. Back off the 4 screws (a) using a 4mm hexagonal wrench.
2. Remove the seat (b) and replace if it is necessary.

To remove the seat adjustable system:

1. Move the seat completely up, in **position 1**, as shown in the figure.
2. Back off the 2 screws (a) using a medium Phillips screwdriver.

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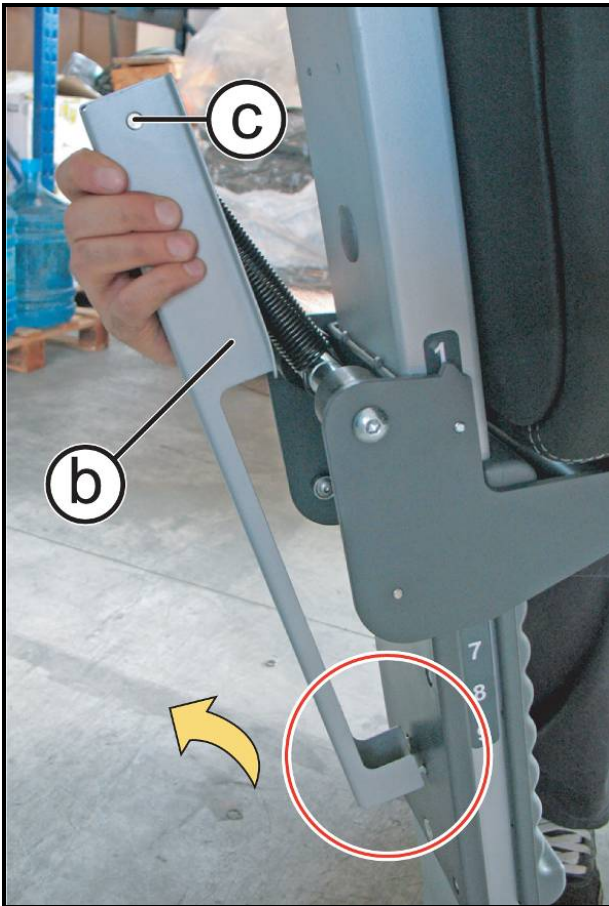


Figure 5.3-3

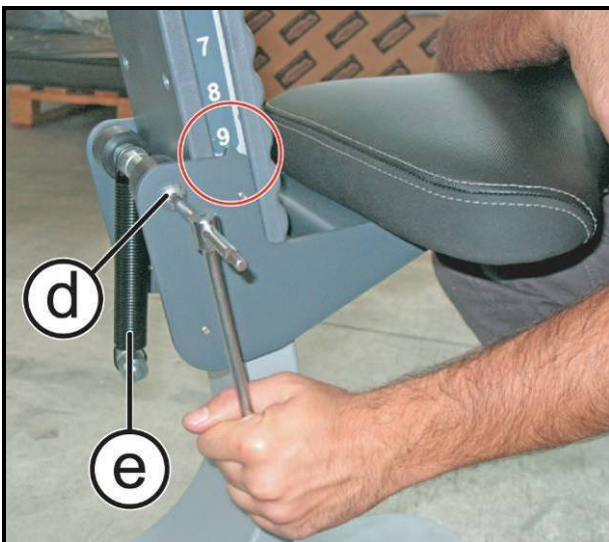


Figure 5.3-4

3. Remove the guard (b) from the slot highlighted in the figure, in the direction of the yellow arrow.
4. Lightly force outward the guard and remove the pin (c) from its housing, releasing the spring.

5. Move the seat completely down, in **position 2**, as shown in the figure.
6. Back off the 2 screws (d) using a 6mm hexagonal wrench.
7. Remove the spring group (e).

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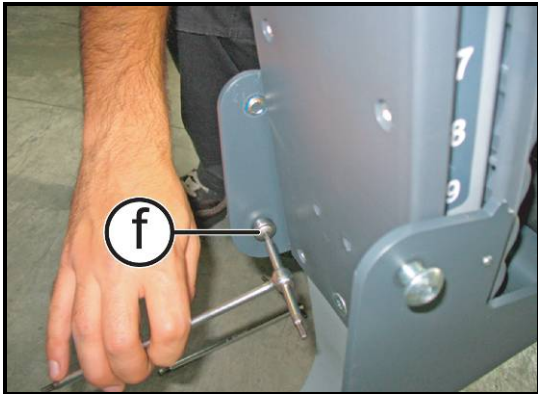


Figure 5.3-5



Figure 5.3-6

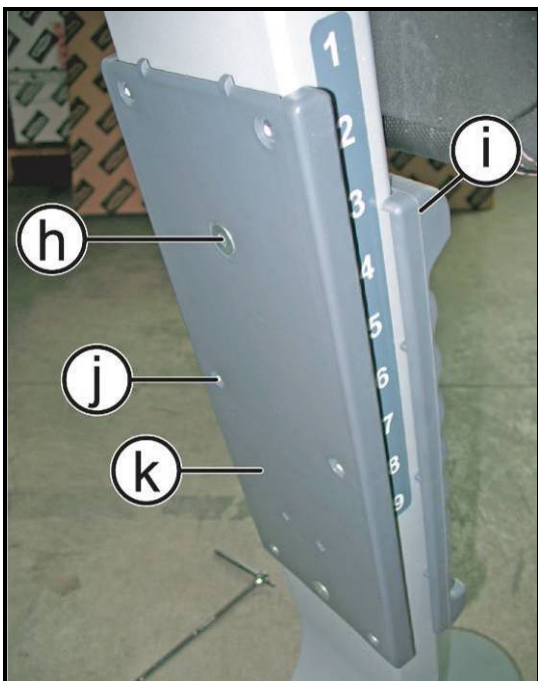


Figure 5.3-7

For each bearing:

8. Back off the screw (**f**) using a 4mm hexagonal wrench.

9. Remove the seat group (**g**), slipping it off from the bottom, as shown in the figure at the side.

10. Back off the 2 screws (**h**) using a 6mm hexagonal wrench.

11. Remove the plastic selector (**i**).

12. Remove the 6 rivets (**j**).

13. Remove the rear cover (**k**).

To reassemble the components, carry out the above steps in reverse order.

5.4. LOW PULL

5.4.1. DISASSEMBLING THE ARMS

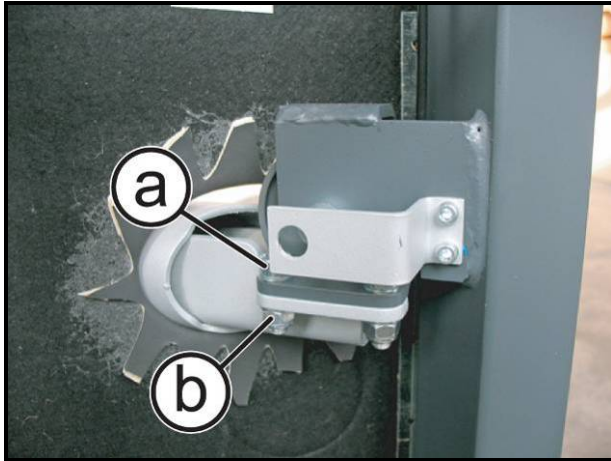


Figure 5.4-1

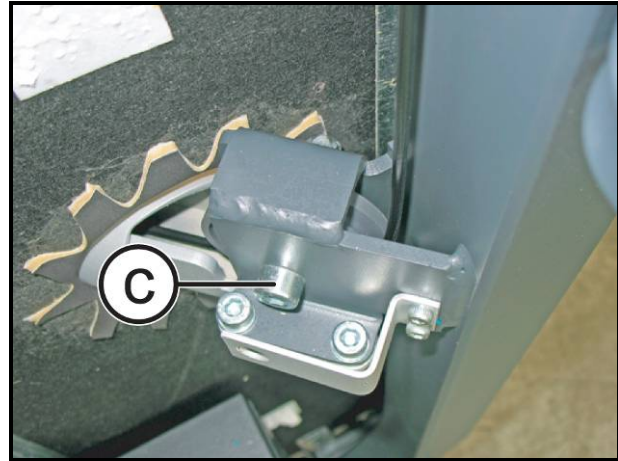


Figure 5.4-2

Carry out the procedure detailed at paragraph: 5.1.2. “Disassembling the rear guard”.

1. Back off the 2 screws **(a)** using a 6mm hexagonal wrench, locking down the counter-nut **(b)** on the opposite side using a 17mm wrench.
2. Loosen the screw **(c)** using a 6mm hexagonal wrench, avoiding to remove it completely.
3. Remove the arm from the front side of the equipment.

*To reassemble the components,
carry out the above steps in reverse order.*

5.5. HIGH PULL

5.5.1. DISASSEMBLING THE KNEE UPHOLSTERY REST GROUP

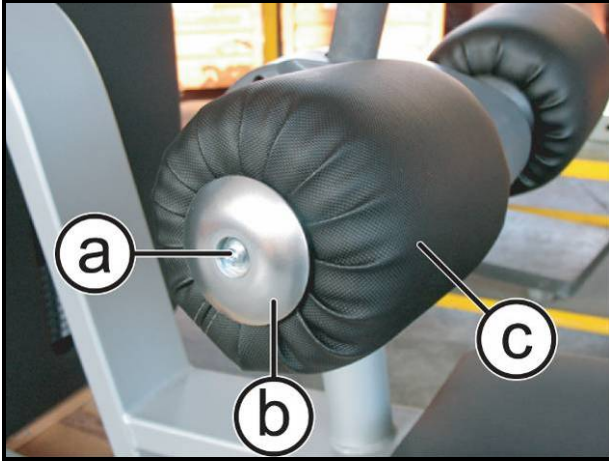


Figure 5.5-1

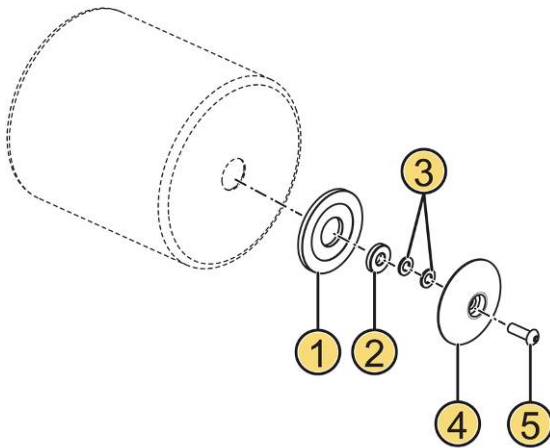


Figure 5.5-2

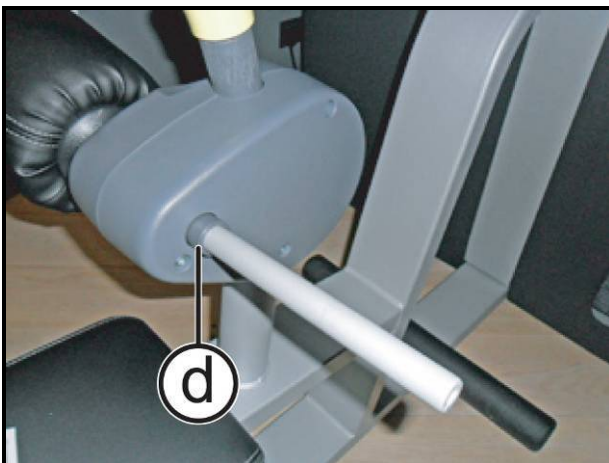


Figure 5.5-3

For each roller:

1. Back off the screw (a) using a 5mm hexagonal wrench.
2. Remove the cover plug (b).
3. Now it is possible to remove the roller (c).

⚠ During the rollers reassembly, respect the position of its components, as detailed at the side.

4. Remove the spacer (d), slipping it off from the frame pin.

To reassemble the components, carry out the above steps in reverse order.

5.5.2. DISASSEMBLING THE ROLLERS ADJUSTING SYSTEM

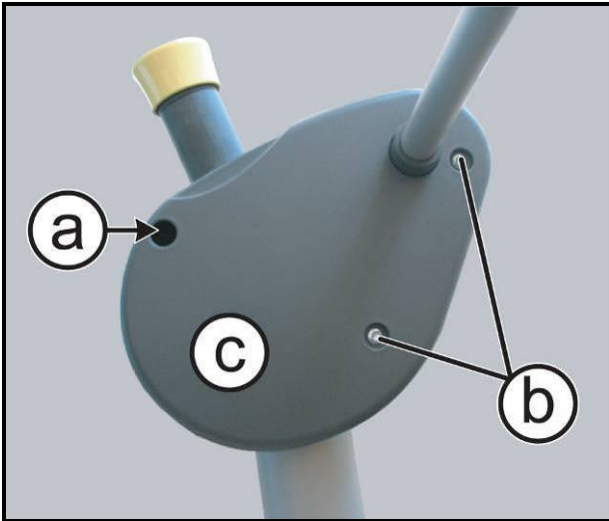


Figure 5.5-4

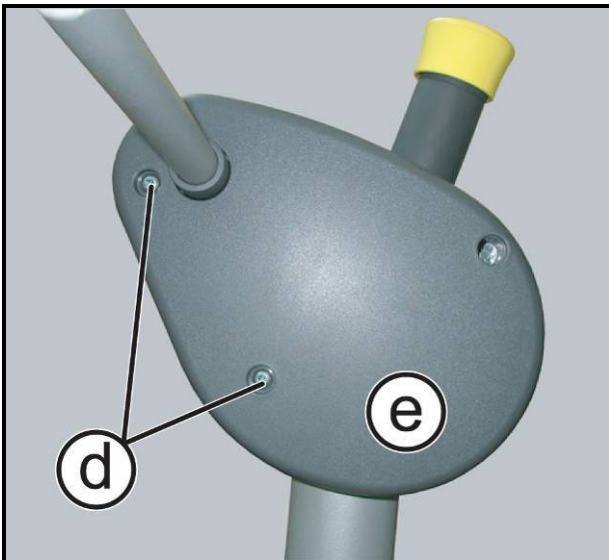


Figure 5.5-5

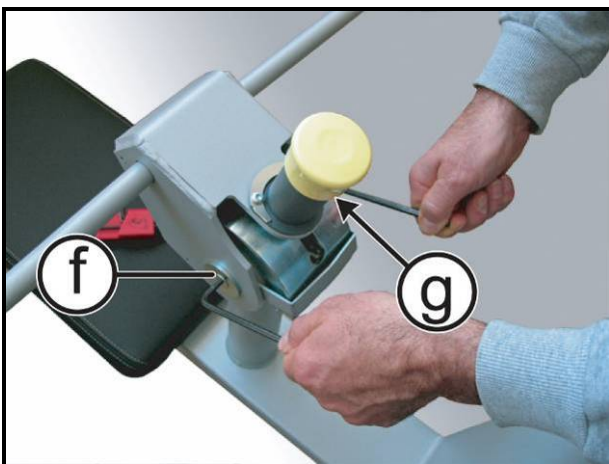


Figure 5.5-6

Carry out the procedure detailed at paragraph: 5.5.1. "Disassembling the knee upholstery rest group".

1. Back off the screw (a) using a medium Phillips screwdriver.
2. Back off the 2 screws (b) using a 4mm hexagonal wrench.
3. Remove the guard (c).
4. Back off the 2 screws (d) using a 4mm hexagonal wrench.
5. Remove the guard (e).
6. Back off the screw (f) using a 5mm hexagonal wrench locking down, on the opposite side, the pin (g) using a 6mm hexagonal wrench, as shown in the figure.

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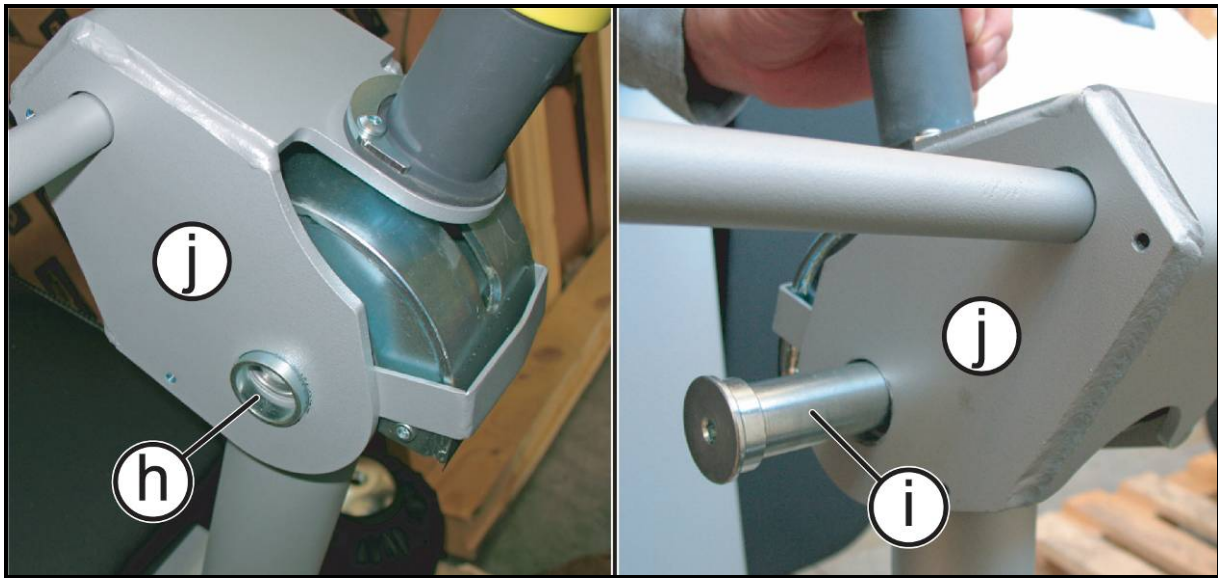


Figure 5.5-7

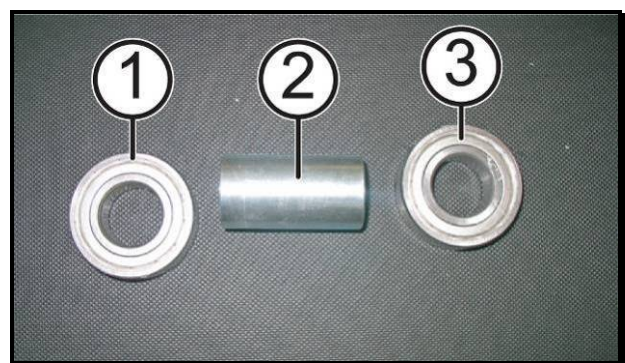
7. Remove the spacer (h) and the pin (i).
8. Remove the group (j).



Figure 5.5-8

9. Remove the frame (k).

⚠ During the reassembly, respect the position of its components, as detailed below.



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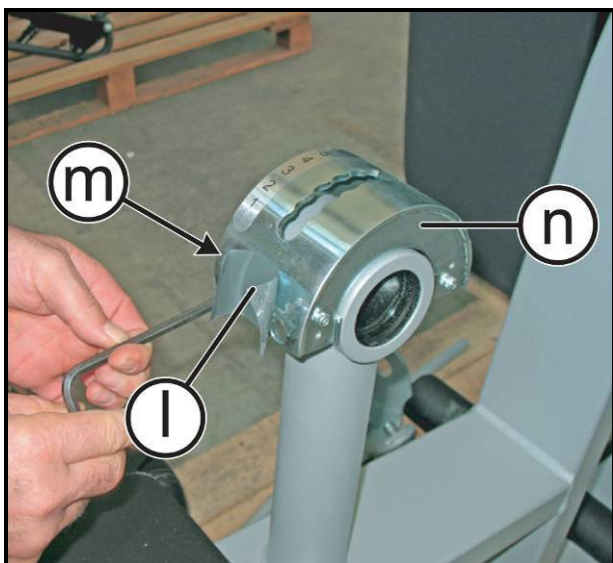


Figure 5.5-9

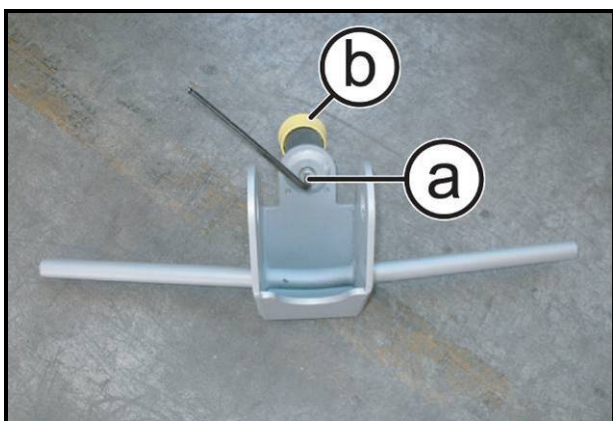


Figure 5.5-10

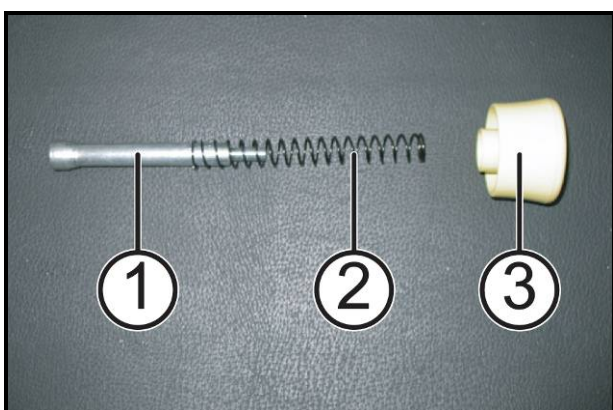


Figure 5.5-11

10. Detach the adhesive label (l).

11. Back off the 4 screws (m) using a 8mm hexagonal wrench.

12. Remove the plate (n).

To remove the knob:

Place the group on a work bench:

1. Lock down the screw (a) using a 6mm hexagonal wrench.

2. Back off the knob (b).

To reassemble the components, carry out the above steps in reverse order.

⚠ During the reassembly, respect the position of its components, as detailed at the side.

5.5.3. DISASSEMBLING THE SEAT

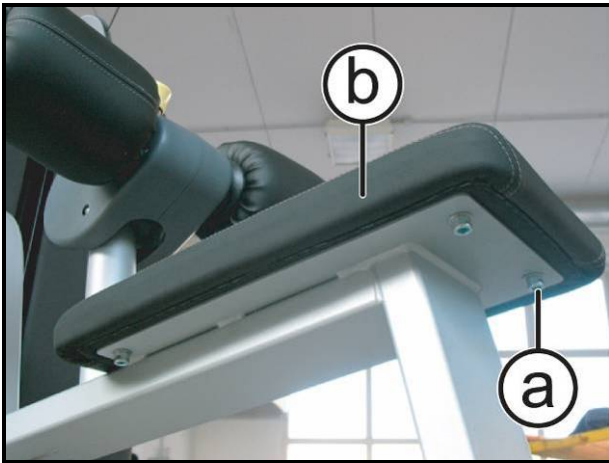


Figure 5.5-12

1. Back off the screws **(a)** using a 8mm hexagonal wrench.
2. Remove the seat **(b)**.

To reassemble the components, carry out the above steps in reverse order.

5.6. CORE

5.6.1. DISASSEMBLING SHOULDER-REST BELT

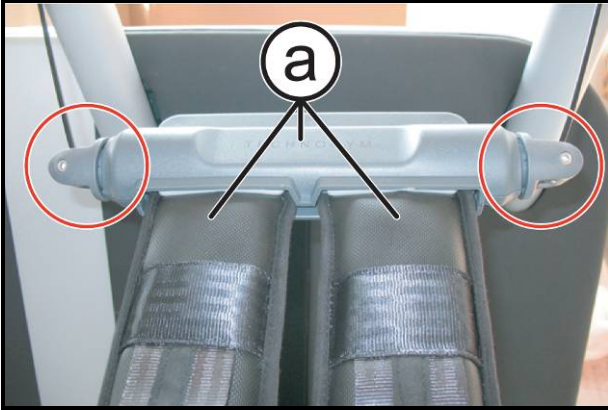


Figure 5.6-1

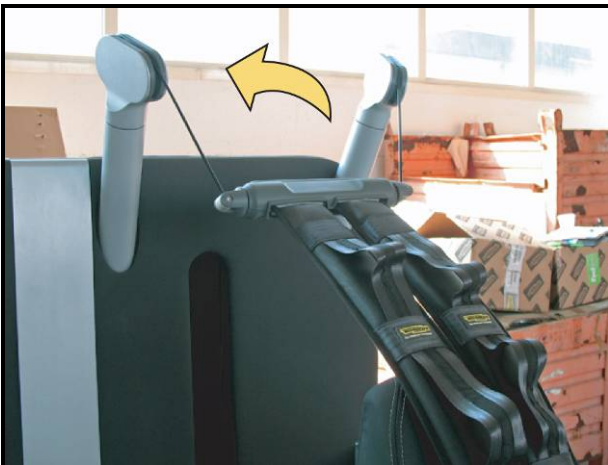


Figure 5.6-2

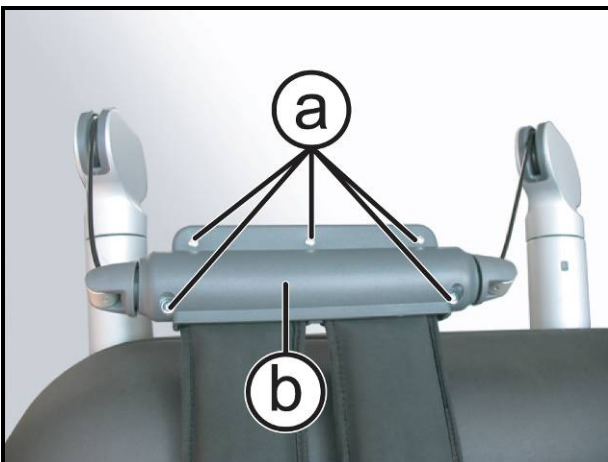


Figure 5.6-3

To remove the Shoulder-rest Belt group:

Carry out the procedure detailed at paragraph: 5.1.7. “Disassembling the handle and the cable”.

1. Remove the Shoulder-rest Belt group (a).

To remove the single belt:

1. Flip or lift the group in direction of the yellow arrow.
2. Remove the 5 screws (a) using a medium Phillips screwdriver.
3. Remove the guard (b).

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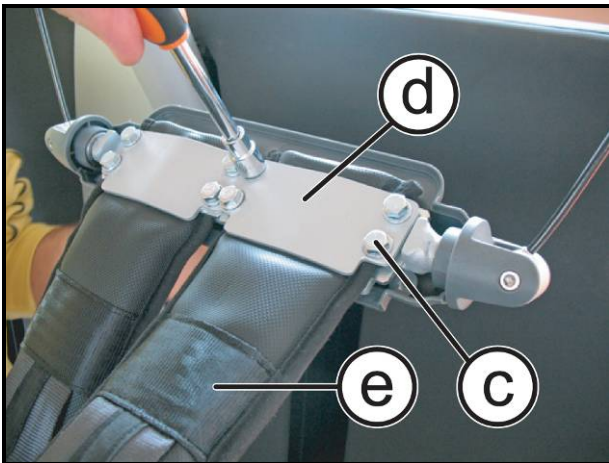


Figure 5.6-4

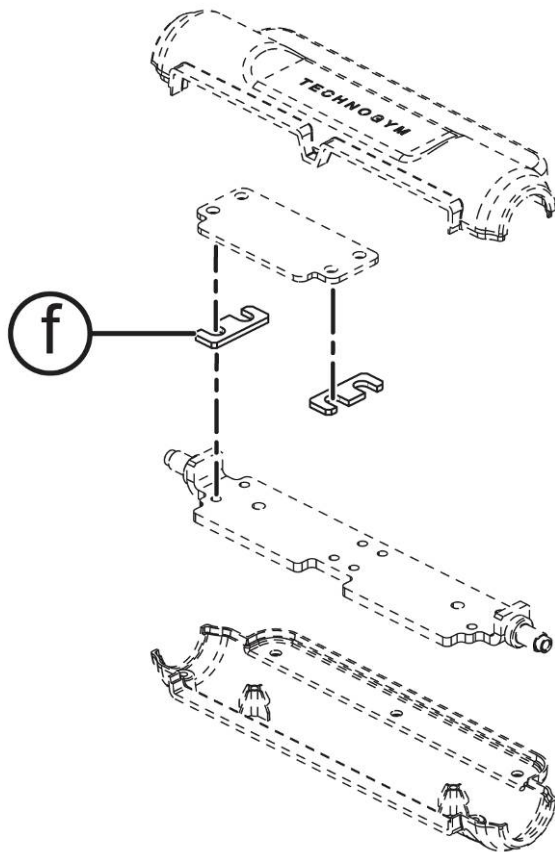


Figure 5.6-5

For each belt:

4. Remove the 4 screws (c) using a 10mm wrench.
5. Remove the plate (d) and the belt (e).

■ During the reassembling be sure to position the two plates (f), with the slots outward, as shown in the figure.

● **CAUTION:** During the reassembling be careful to escape from the top of the plates, a belt of about 1cm strips.

To reassemble the components ,carry out the above steps in reverse order.

5.7. STEP

5.7.1. DISASSEMBLING THE MOBILE FOOTBOARD

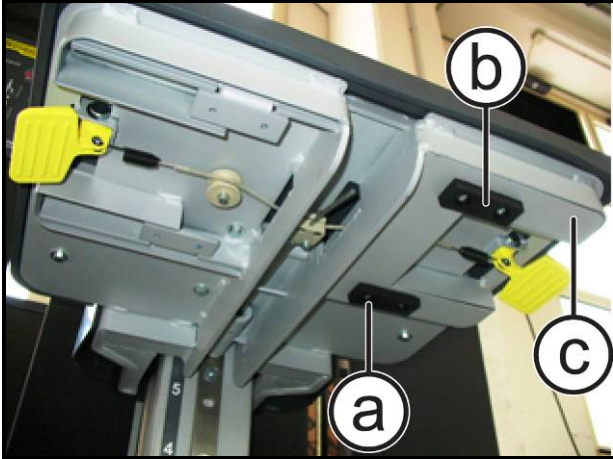


Figure 5.7-1

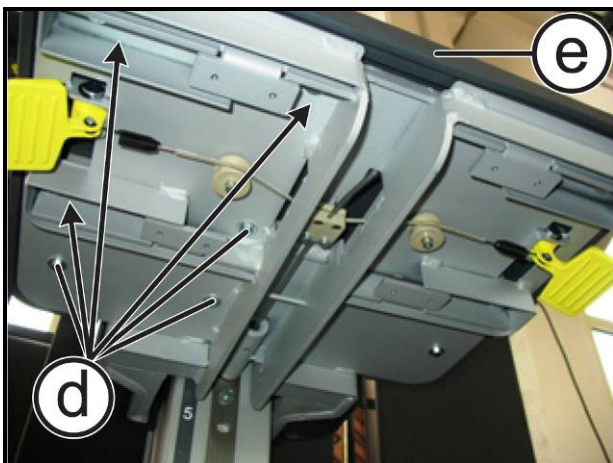


Figure 5.7-2

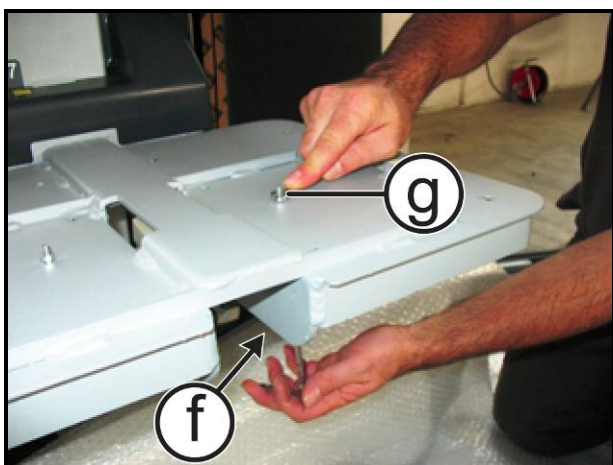


Figure 5.7-3

Raise the footboard completely up:

1. Back off the screws (a) using a 4mm hexagonal wrench.
2. Remove the stopper (b) and the guard (c).

3. Back off the 6 screws (d), on both side, using a 10mm wrench.
4. Remove the footboard (e).

If needed to remove the pulley on the lower side:

5. Back off the screw (f) using a 4mm hexagonal wrench, look down on the opposite side the nut (g) using a 8mm wrench.

*To reassemble the components ,
carry out the above steps in reverse order.*

5.7.2. DISASSEMBLING THE HANDLES AND ITS CABLE

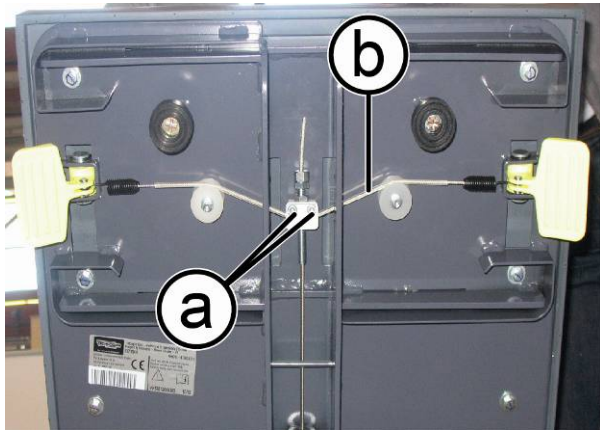


Figure 5.7-4

Carry out the procedure detailed at paragraph: 5.7.1. "Disassembling the mobile footboard".

1. Back off the 2 screws (a) using a 4mm hexagonal wrench.
2. Slip off the cable (b) from the cable-retainer.

⚠ During the reassembly, route the cable as before, as shown in the picture.

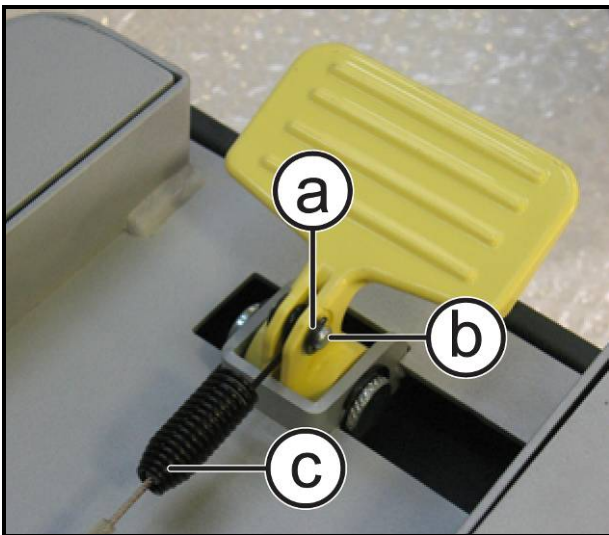


Figure 5.7-5

To remove the cable:

1. Remove the snap ring (a) and the pin (b).
2. Remove the spring and the cable (c).

To reassemble the components , carry out the above steps in reverse order.

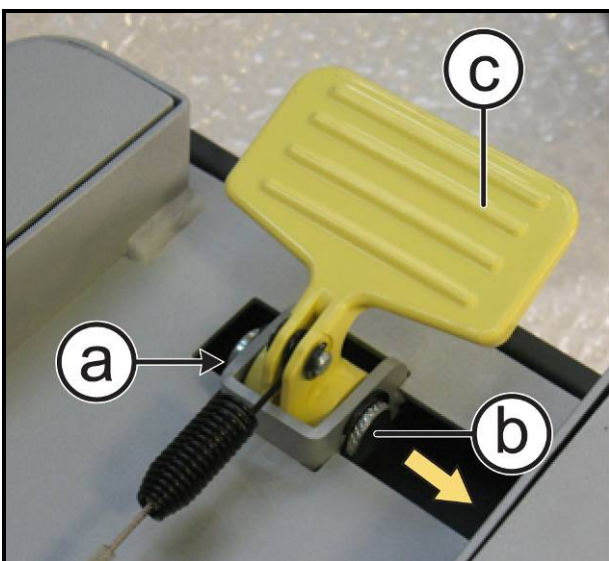


Figure 5.7-6

To remove the unlocking handle:

1. Remove the snap ring (a) and the pin (b) in the direction of the yellow arrow.
2. Remove the handle (c).

To reassemble the components , carry out the above steps in reverse order.

5.7.3. DISASSEMBLING THE HANDLE AND THE CABLE

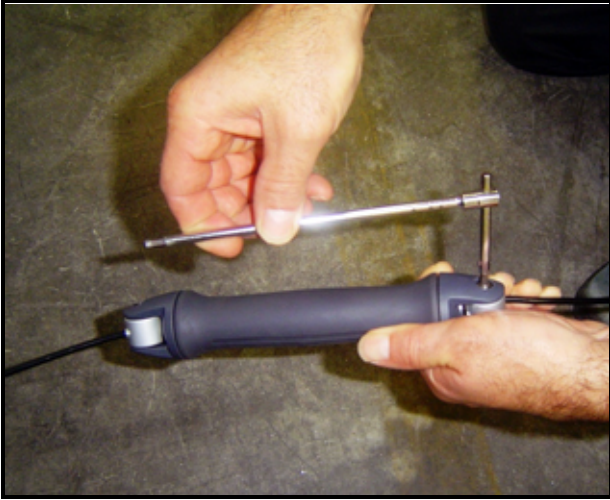


Figure 5.7-7

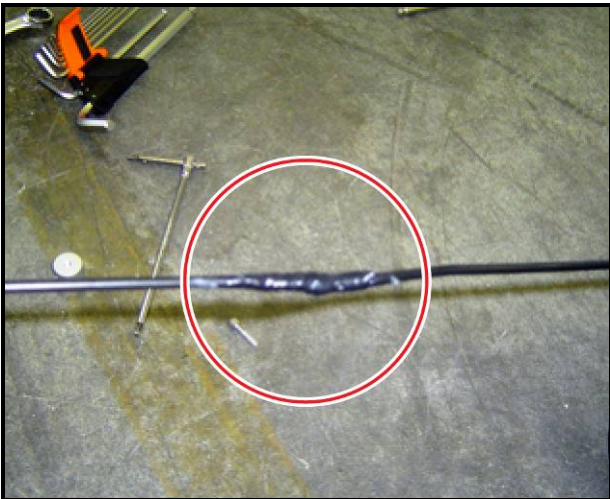


Figure 5.7-8



Figure 5.7-9

Carry out the procedure detailed at paragraph: 5.1.7. “Disassembling the handle and the cable” up to the step (4).

1. Connect the new cable to the cable you have to replace, as shown at left.

2. Slip off the old cable and the new one will replace it automatically.

⚠ If necessary, loosen the anti-slipping plates fixing screws, to easily route the cable.

5.7.4. DISASSEMBLING THE ROTATING PULLEY GROUP

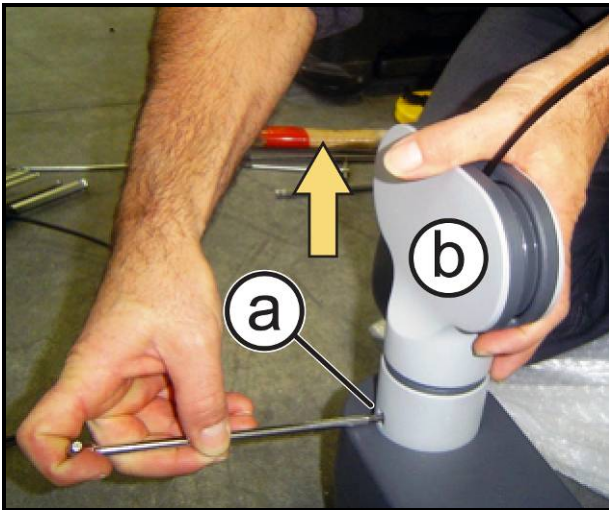


Figure 5.7-10

Carry out the procedure detailed at paragraph: 5.7.3. “Disassembling the handle and the cable”.

1. Press on the locking pin using a Phillip screwdriver (a).
2. Remove the rotating pulley group (b) upwards in the direction of the yellow arrow.

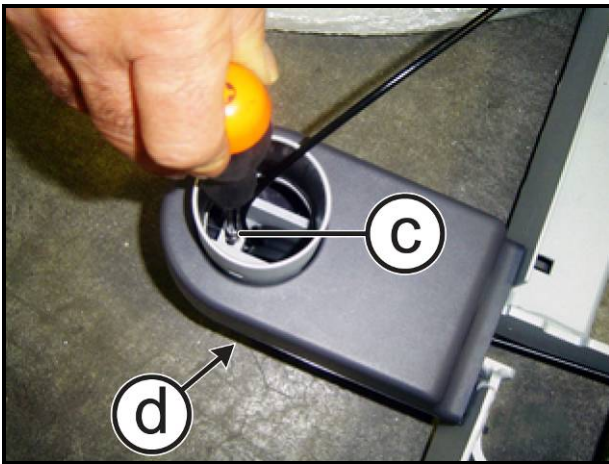


Figure 5.7-11

1. Back off the screw (c) using a medium Phillip screwdriver, (a magnetic tip on the screwdriver could be very useful).
2. Remove the lower guard (d).

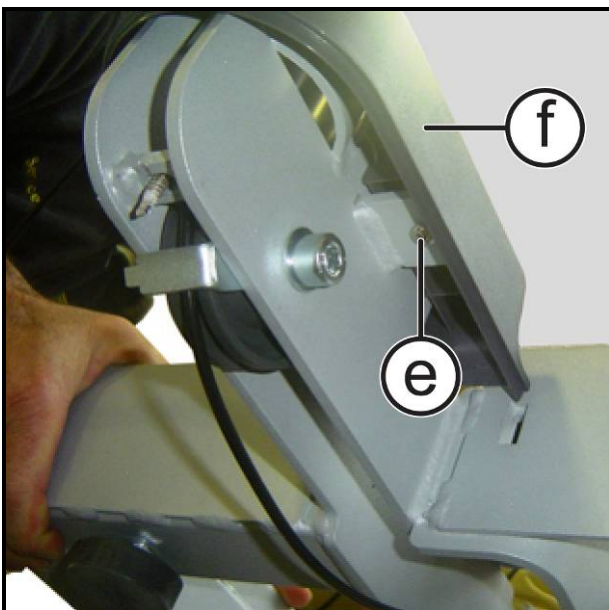


Figure 5.7-12

3. Carefully lift a little bit up the equipment.
4. Back off the 2 screws (e), using a medium Phillip screwdriver.
5. Remove the upper guard (f).

5.7.5. DISASSEMBLING THE FOOTBOARD FRONT COLUMN

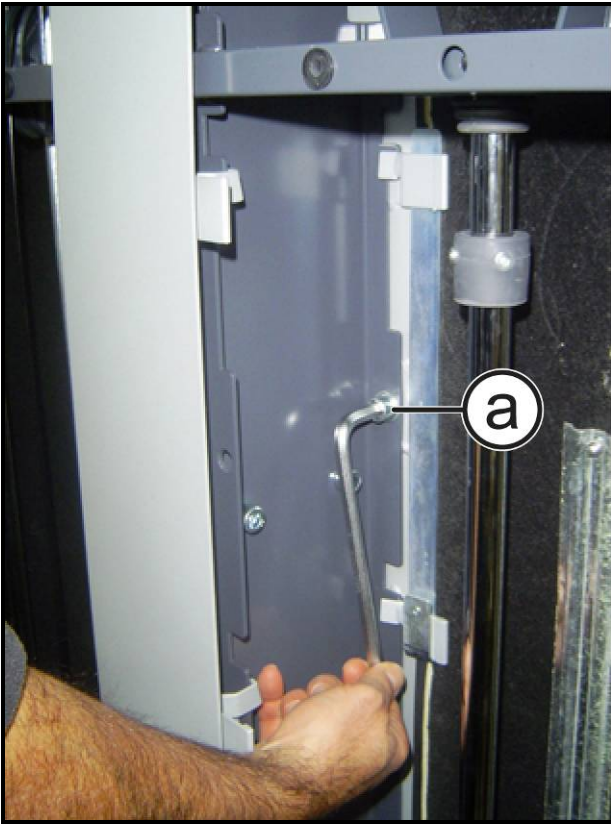


Figure 5.7-13

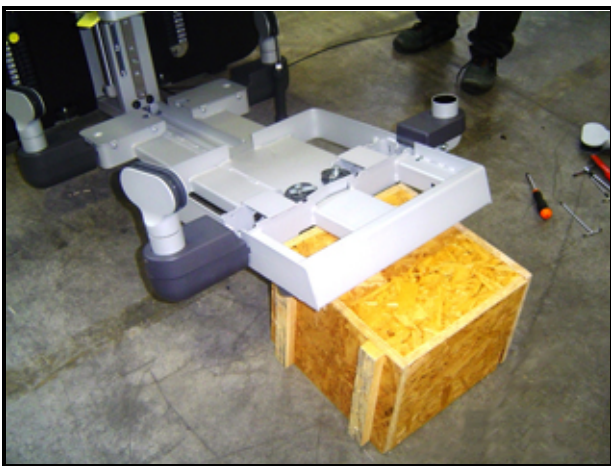


Figure 5.7-14

Carry out the procedure detailed at paragraph: 5.1.2. “Disassembling the rear guard” and 5.1.5. “Disassembling the rear foot”.

1. Loosen the 2 screws **(a)** using a 8mm hexagonal wrench.

2. Lift the machine up and place a safe support below the front frame, as shown in figure at left.

Continued on the following page...

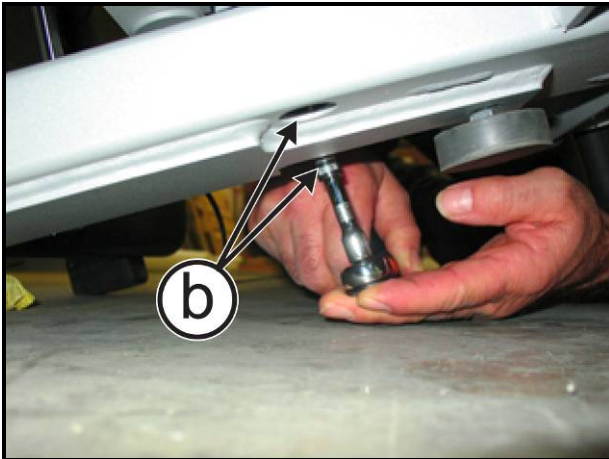


Figure 5.7-15



Figure 5.7-16

3. Back off the 2 screws (b) using a 8mm wrench.
4. Remove the column and place it on the floor, taking care to protect the floor.

⚠ Before to reassembly the column, take care to protect the frame, as shown in the figure at the left, to avoid to scratch it.

*To reassemble the components ,
carry out the above steps in reverse order.*

5.7.6. DISASSEMBLING THE FOOTBOARD COLUMN COMPONENTS

5.7.6.1. Disassembling the footboard group

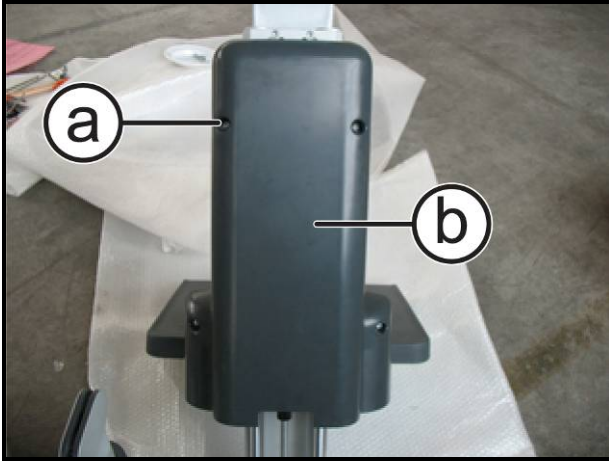


Figure 5.7-17

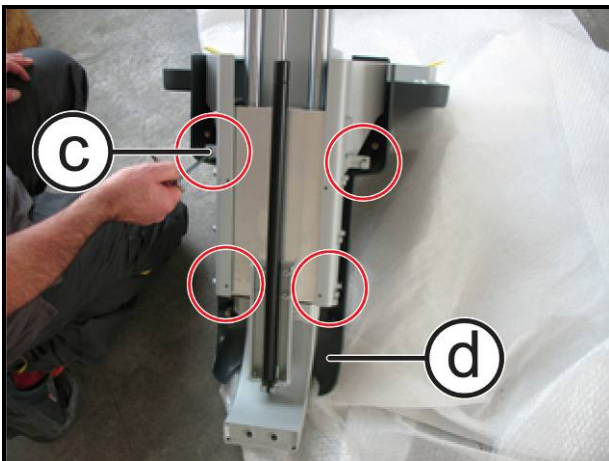


Figure 5.7-18



Figure 5.7-19

Carry out the procedure detailed at paragraph: 5.7.5. “Disassembling the footboard front column”.

1. Back off the 4 screws (a) using a 4mm hexagonal wrench.
2. Remove the guard (b).
3. Back off the 4 screws (c) using 4mm hexagonal wrench.
4. Remove the guard (d).
5. Protect the column, to avoid scratching the frame, as shown in the figure at the left.

Continued on the following page...

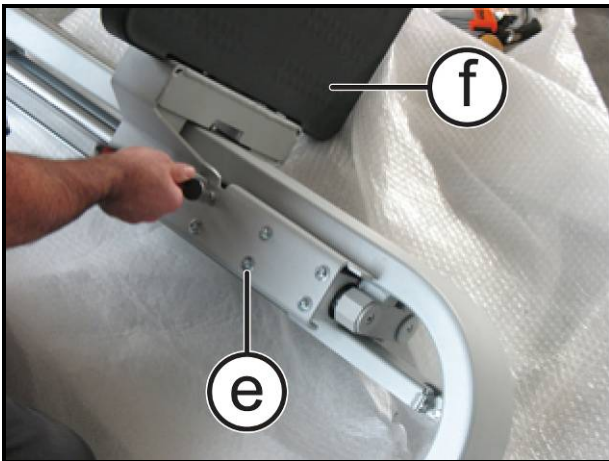


Figure 5.7-20

6. On both sides, back off the 8 screws (e) using a 5mm hexagonal wrench.
7. Remove the footboard (f) from the column and place it on the floor with careful.

*To reassemble the components ,
carry out the above steps in reverse order.*

5.7.6.2. Disassembling the selection pin

Carry out the procedure detailed at paragraph: 5.7.6.1 “Disassembling the footboard group”.



Figure 5.7-21

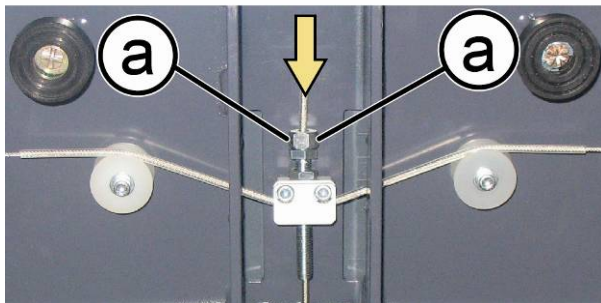


Figure 5.7-22

To remove the pin:

1. Loosen the 2 grub screws (**a**) using a 4mm hexagonal wrench.
2. Slip off the cable in the direction of the yellow arrow.

Continued on the following page...

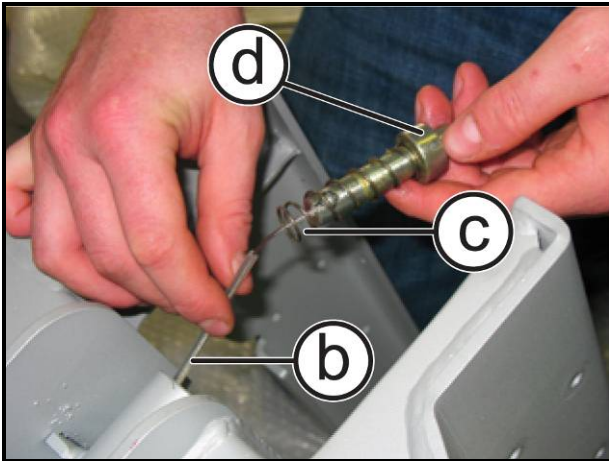


Figure 5.7-23

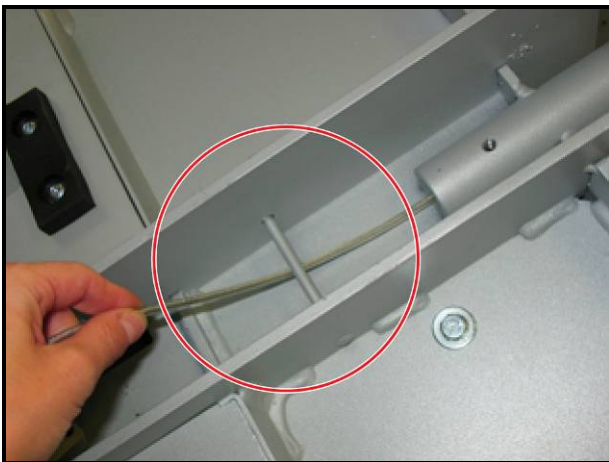


Figure 5.7-24

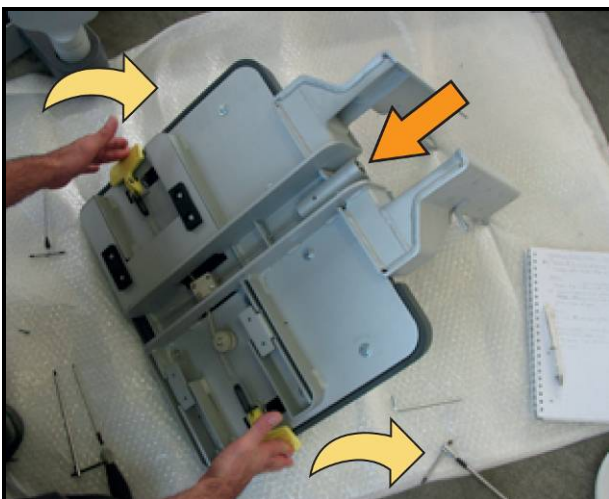


Figure 5.7-25

3. Remove the cable (b), the spring (c) and the pin (d).

To reassemble the rear guard, carry out the above steps in reverse order, considering the below notes:

- During the reassembling, pass the cable under the frame pin, shown in the figure at the side.

Check the pin position.

4. When pressing on the two yellow handle at the same time, the pin should not come out from the footboard frame edge but should be aligned with it, as shown by the orange arrow.

- 👁 At the end of the assembly: carry out the adjusting procedure detailed at paragraph: 6.4. "Adjusting the footboard".

5.7.6.3. Disassembling the gas spring



Figure 5.7-26

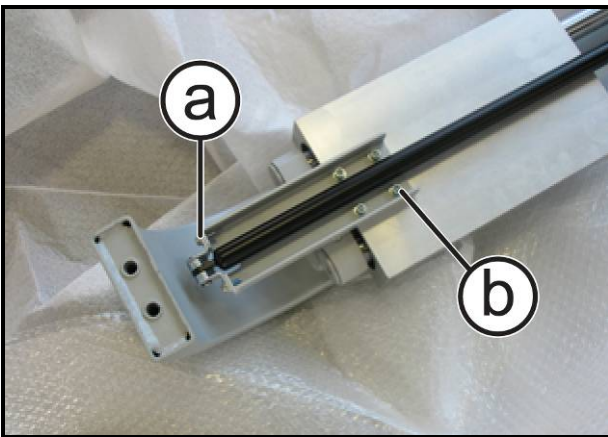


Figure 5.7-27

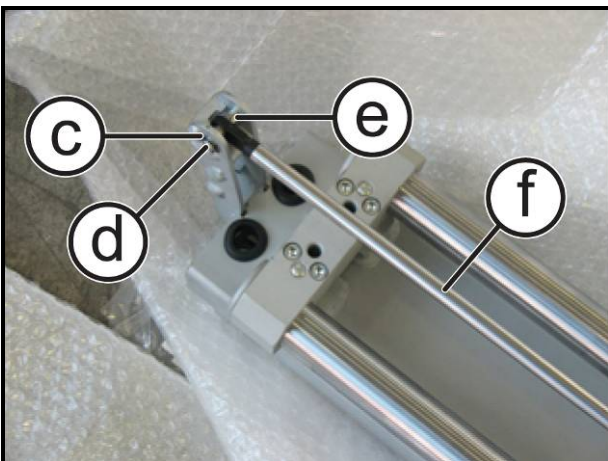


Figure 5.7-28

Carry out the procedure detailed at paragraph: 5.7.6.1 “Disassembling the footboard group”.

1. Protect the floor and the column using a soft sponge or cloth.
2. Loosen the 2 screws (a) using a 8mm hexagonal wrench.
3. Back off the 4 screws (b) using a 4mm hexagonal wrench.
4. Remove the snap ring (c) and slip off the pin (d) on the opposite side.
5. Remove the spacers (e) and the gas spring (f).

⚠ During the reassembly place the spacers (e) as previously removed.

To reassemble the components , carry out the above steps in reverse order.

5.7.6.4. Disassembling the guide bars system

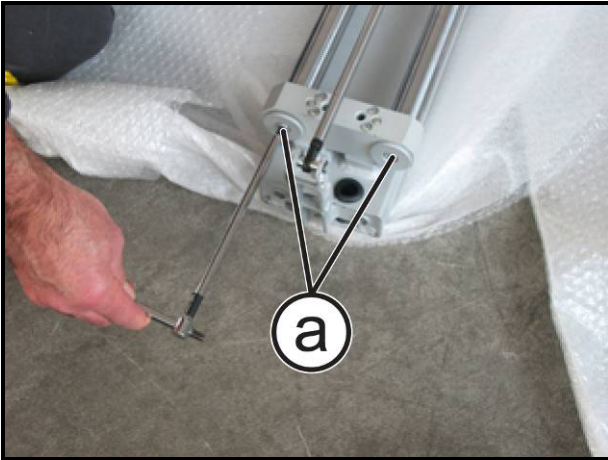


Figure 5.7-29

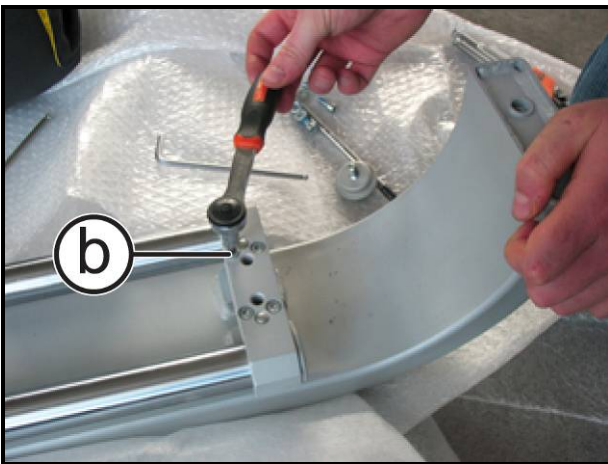


Figure 5.7-30

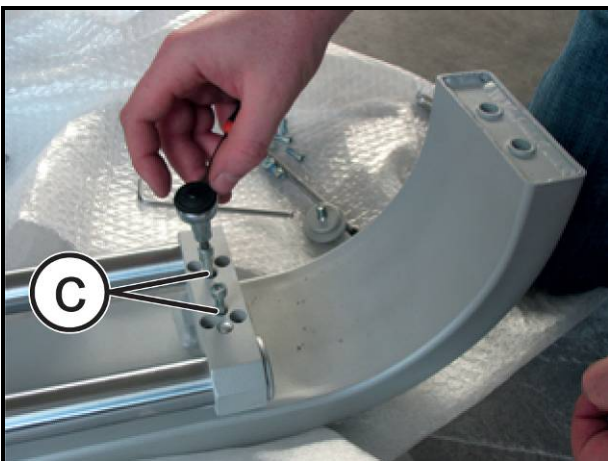


Figure 5.7-31

Carry out the procedure detailed at paragraph: 5.7.6.3 “Disassembling the gas spring”.

On both side:

1. Loosen the screw (a) using a 4mm hexagonal wrench, using a wrench of the same size on the opposite side to block the rotation of the bar.

2. Back off the 2 screws (b) using a 4mm hexagonal wrench.

3. Place 2 of the previously removed screws into the two central holes (g), as shown in the figure at the left.

⚠ On both side of the guide: screw the two screws alternately, to make sure that the group is lifted flat.

Continued on the following page...



Figure 5.7-32

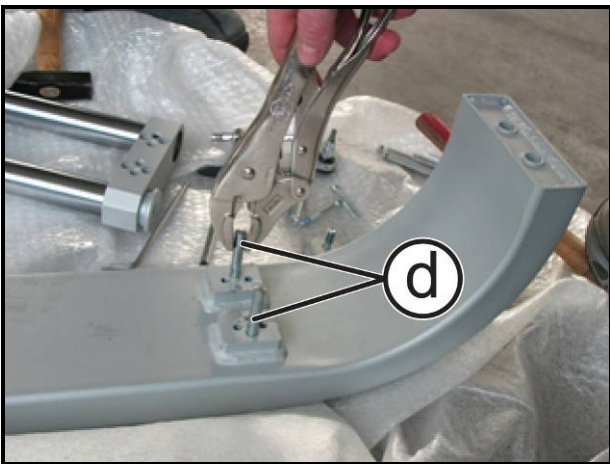


Figure 5.7-33

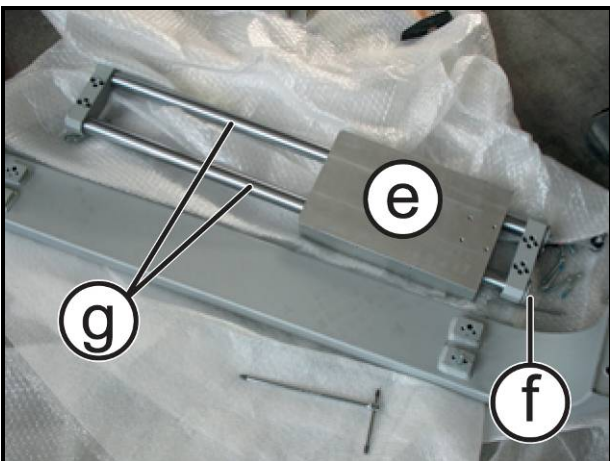


Figure 5.7-34

4. Once carried out step (3) on both side of the guide bars system, remove the bars support from its two spiral pin using a lever.

⚠ Be careful not to damage the paint of the frame, protecting it with a cloth.

5. Remove the spiral pin (d) from the frame.

6. Remove the guide bars system (e).

7. Back off the 4 screws (f) using a 4mm hexagonal wrench and remove the bars stops.

8. Remove the bars (g).

To reassemble the components , carry out the above steps in reverse order.

5.7.7. DISASSEMBLING LOWER FOOTBOARD GUARD AND CABLE PULLEY

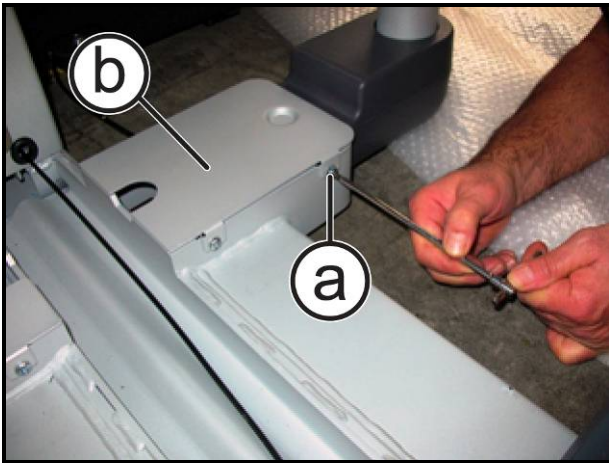


Figure 5.7-35

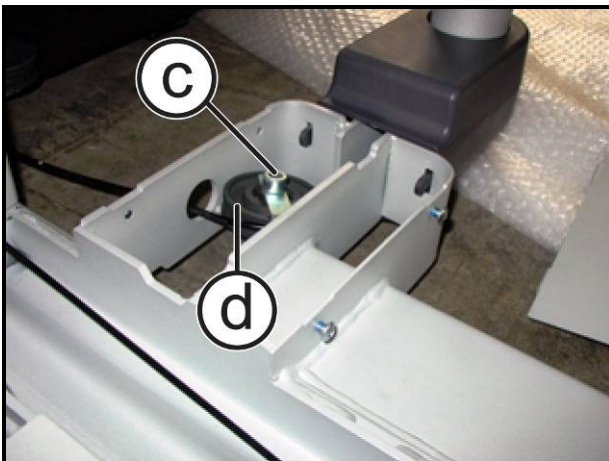


Figure 5.7-36

Raise the footboard completely up.

1. Loosen the 4 screws (a) using a 4mm hexagonal wrench.
2. Remove the guard (b).
3. Back off the screw (c) using a 8mm hexagonal wrench, looking down the nut on the opposite side using a 13mm wrench.
4. Remove the pulley (d).

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6. WHAT IF ...

6.1. THE WEIGHT STACK DOES NOT SLIDE SMOOTHLY

This problem is due to insufficient lubrication of the bars or grime build-up from a mixture of dust and oil. Clean and lubricate as illustrated below:

CAUTION: When the bars and bushings are particularly dirty, if the only cross or at most the first plate is selected, it is possible that these cannot lay down on the weight stack. In this case you must clean and lubricate the bars and the internal side of the bushes.



Figure 6.1-1

1. Use a paper towel slightly dampened with ethyl alcohol to clean the weight stack bars of the machine, removing dust and grime.
2. Reassemble the cross and add a few drops of the oil found in the *service box* to the bushings.

CAUTION: Do not use too much oil, and dry all excess thoroughly since too much oil could cause more dust to build up.

3. Move the cross up and down, making sure to distribute the oil evenly along the full length of the bars.
4. Dry excess oil from the bushings with a dry cloth.

6.2. THE WEIGHT STACK CABLE IS NOT IN TENSIONED

This problem is due to lengthening of the weight stack cable. Therefore, to solve the problem you must use the cable tension adjustment system.



If the cable is new, before adjusting its tension, it is necessary to do a few reps at maximum load to stretch the cable itself.

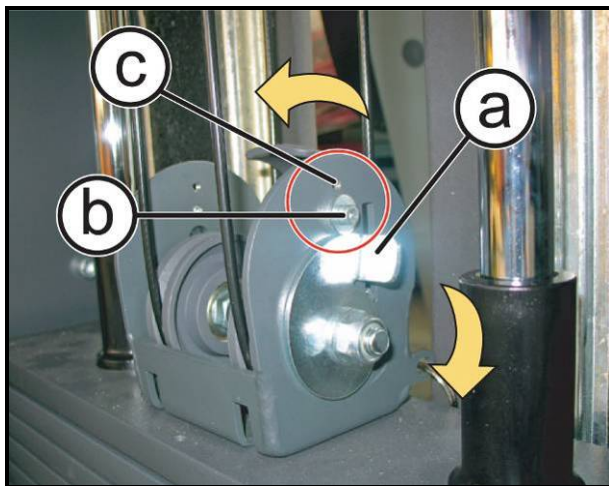


Figure 6.2-1

1. Act on the eccentric (**a**) turning it clockwise or counter-clockwise, as highlighted by the yellow arrows, to stretch or loosen the cable tension.



It is possible to change the tension level, positioning the screw (b) in the position (c), if necessary.



Check the tension of the cable by carrying out a couple of reps at minimum load, and then slowly resting the cross on the weight stack. The cross must rest firmly on the weight stack, and the cable must be slightly taut.

6.3. THE MACHINE IS NOT FLAT

This problem may be due to the positioning of the machines on a not flat surface
To level the machine, you may adjust the height of the levelling foot as illustrated below:

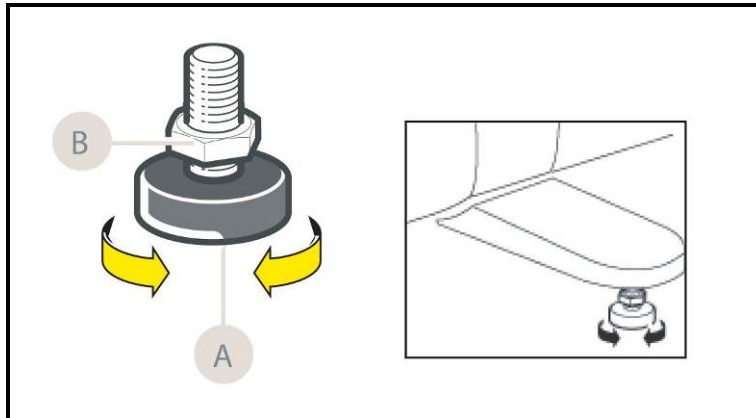


Figure 6.3-1

1. Loosen the counter-nut (**B**) and screw, or unscrew the foot (**A**) until the equipment is stable on the floor.
2. Look down the counter-nut (**B**) again.

6.4. ADJUSTING THE FOOTBOARD

6.4.1. ADJUSTING THE FOOTBOARD SLIDING

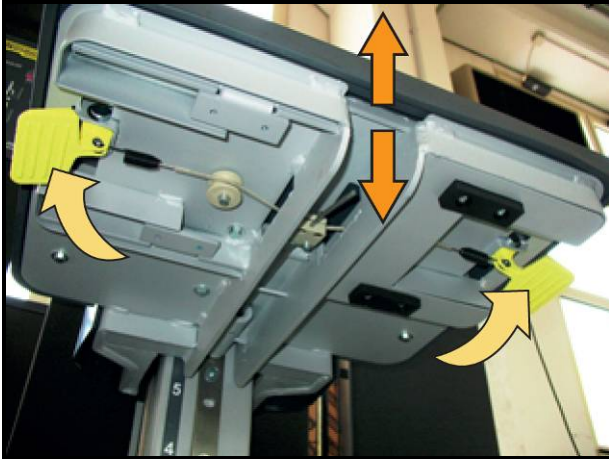


Figure 6.4-1

Simultaneously press both the yellow handles and check the footboard smoothly and easily moves. Check that the pin select all the holes in the adjusting plate. You may experience the following cases:

- A. ***The footboard DOES NOT moves:*** in this case, although the two handles are correctly pressed, do not allow the pin to disengage from the adjusting plate holes and let the platform moves up and down.
- B. ***It's NOT possible to select any position:*** in this case, the maximum range of motion of the pin is not enough to select the adjusting plate holes.

Proceed as follows detailed:

Case A:

1. Loosen the nut (a) using a 13mm wrench.
2. Unscrew the threaded pin (b) using a 13mm wrench, to tension the cable.

Case B:

1. Loosen the 4 screws (a) using a 4mm hexagonal wrench.
2. Screw the threaded pin (b) using a 13mm wrench, to decrease the tension of the cable.

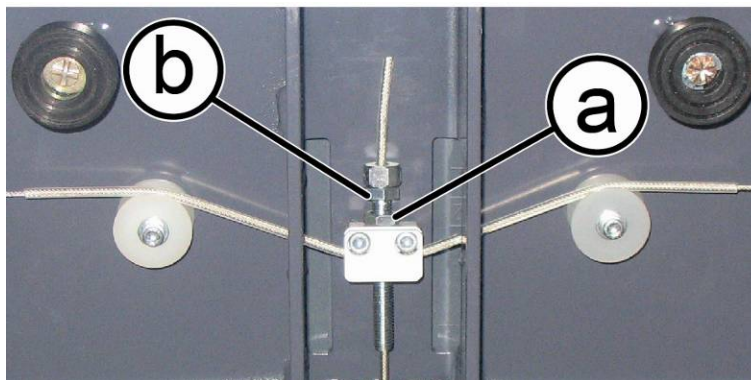


Figura 6.4-2



WARNING: If just a single handle is pressed, the platform will **NOT** be unlocked. For safety reasons the movement is allowed only by pressing both the handles.

6.4.2. ADJUSTING THE FOOTBOARD SLIDING



Figure 6.4-3

1. Press the handles (a).

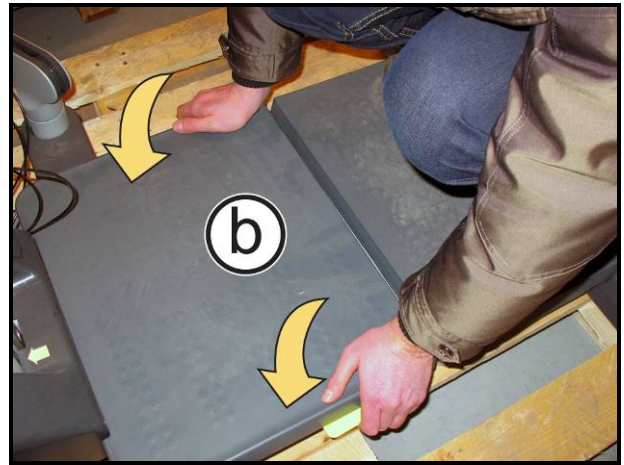


Figure 6.4-4

2. Press slightly on the footboard (b) until the release of the pin.

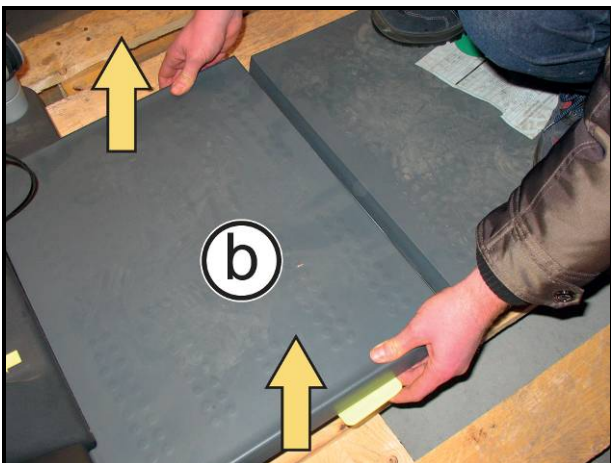


Figure 6.4-5

3. Lift up the footboard (b) in direction of the yellow arrows.

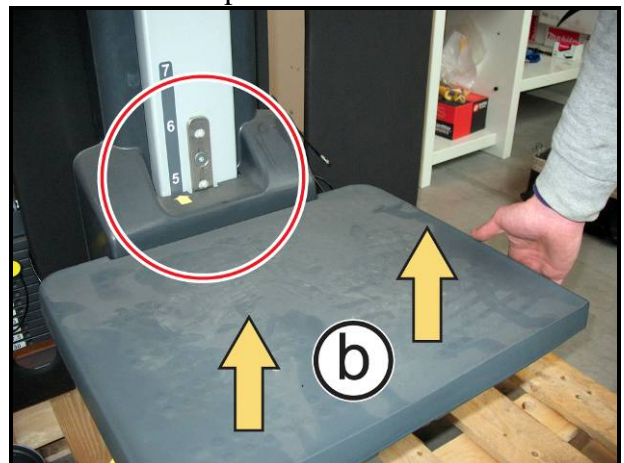



Figure 6.4-6

4.  The footboard does not automatically scroll upwards, in late position, for security reasons.
4. Accompany the footboard (b) until the desired position, as shown above, making sure the correct connection of the pin.

6.4.3. ADJUST THE FOOTBOARD FEET

The following procedure allow to adjust the height of the footboard feet so that the footboard is flat on the floor.

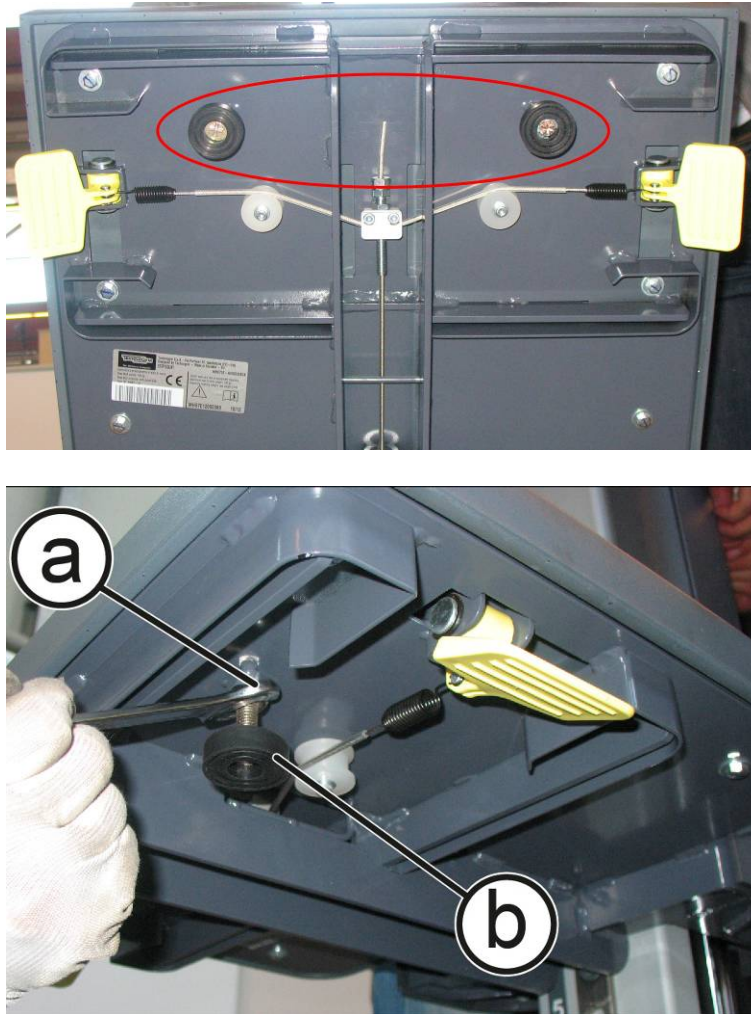


Figura 6.4-7

1. Loosen the counter-nut **(a)** and screw, or unscrew the foot **(b)** until the footboard is laying horizontal on the floor.
2. Look down the counter-nut **(a)** again

7. CABLES

7.1. WEIGHT STACK CABLE LENGTH (FOR EACH WEIGHT STACK)

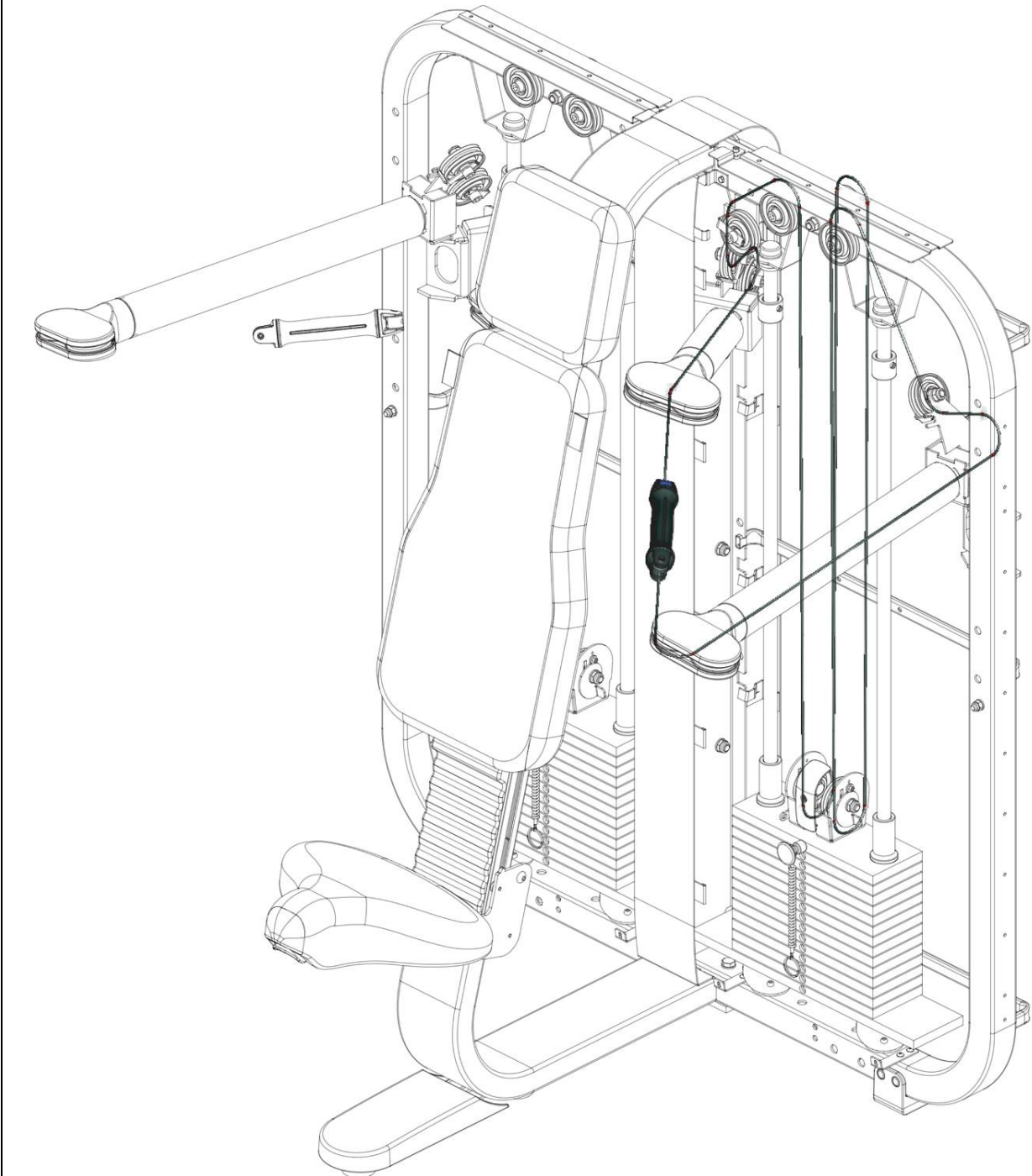
<i>Equipment</i>	<i>Code</i>	<i>Weight stack cable Length (mm)</i>	
		<i>Standard</i>	<i>Enhanced</i>
<i>Overhead Press</i>	<i>MH15</i>	6555mm	6295mm
<i>Press</i>	<i>MH20</i>	7140mm	6800mm
<i>High Pull</i>	<i>MH30</i>	6350mm	6010mm
<i>Core</i>	<i>MH65</i>	<i>(Crunch)</i>	
		6200mm	5930mm
		<i>(Rotation)</i>	
		8940mm	8670mm
<i>Step</i>	<i>MH67</i>	10755mm	10280mm
<i>Low Pull</i>	<i>MH95</i>	6275mm	5935mm

7.2. ROUTING OF THE CABLES

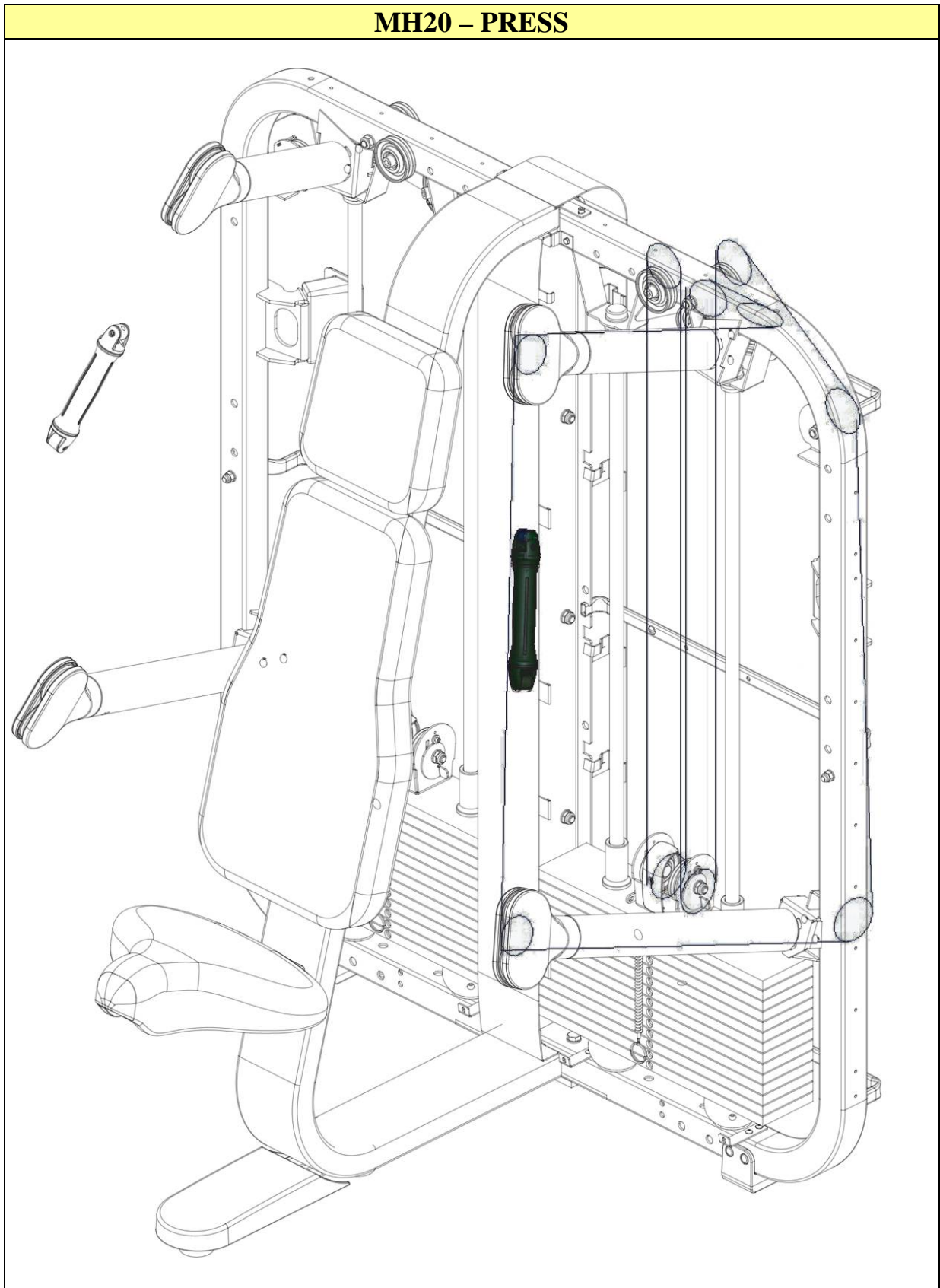
The following pages illustrate the routing of the weight stack cables through the pulleys for each machine, for use as reference when replacing the machine cables.

7.2.1. MH15 – OVERHEAD PRESS

MH15 – OVERHEAD PRESS

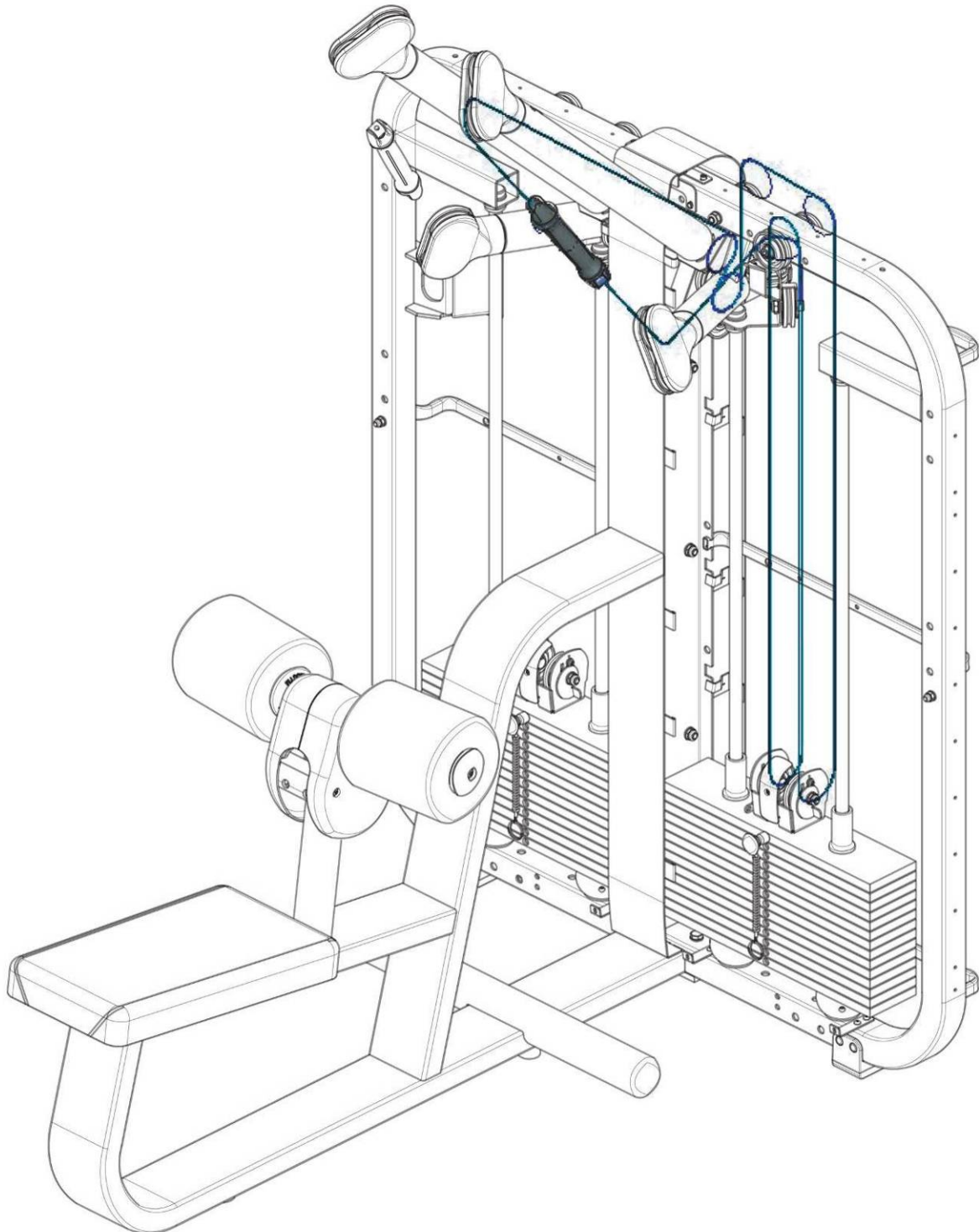


7.2.2. MH20 – PRESS



7.2.3. MH30 – HIGH PULL

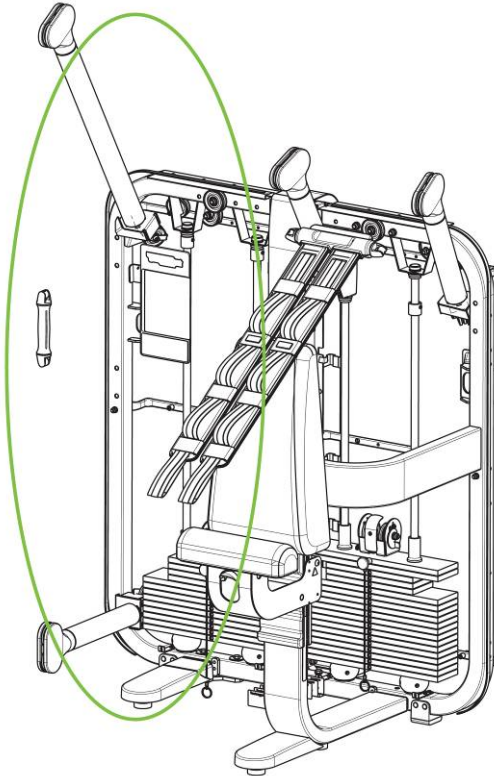
MH15 – HIGH PULL



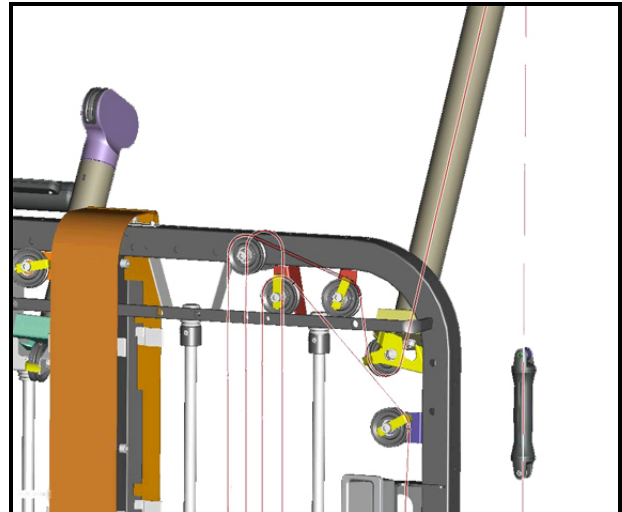
7.2.4. MH65 – CORE

MH95 – CORE

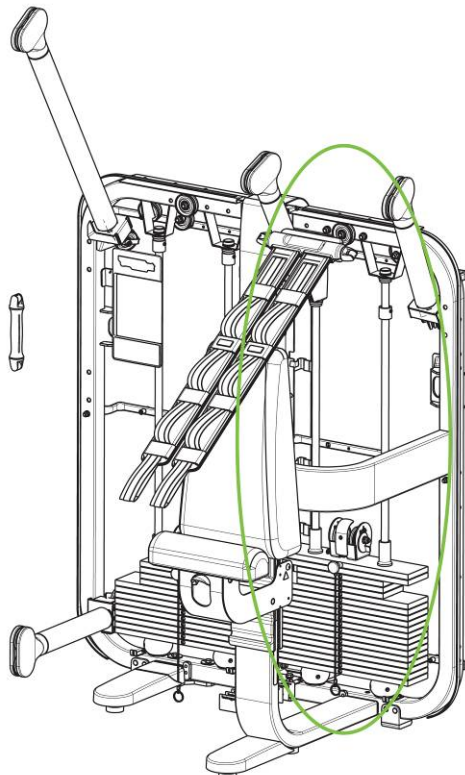
Rotation:



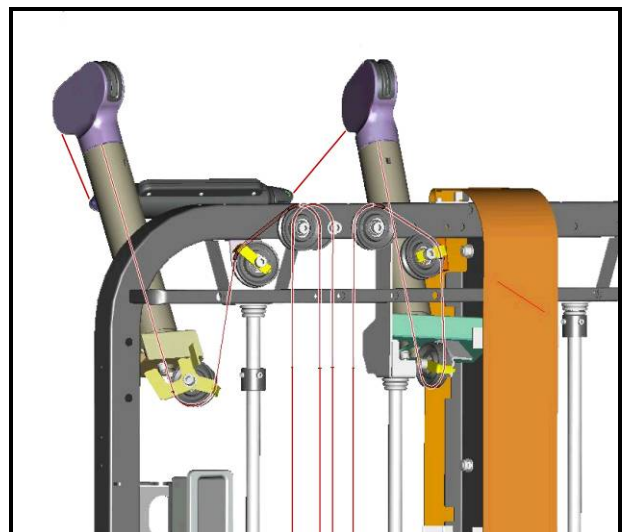
Rear side:



Crunch:

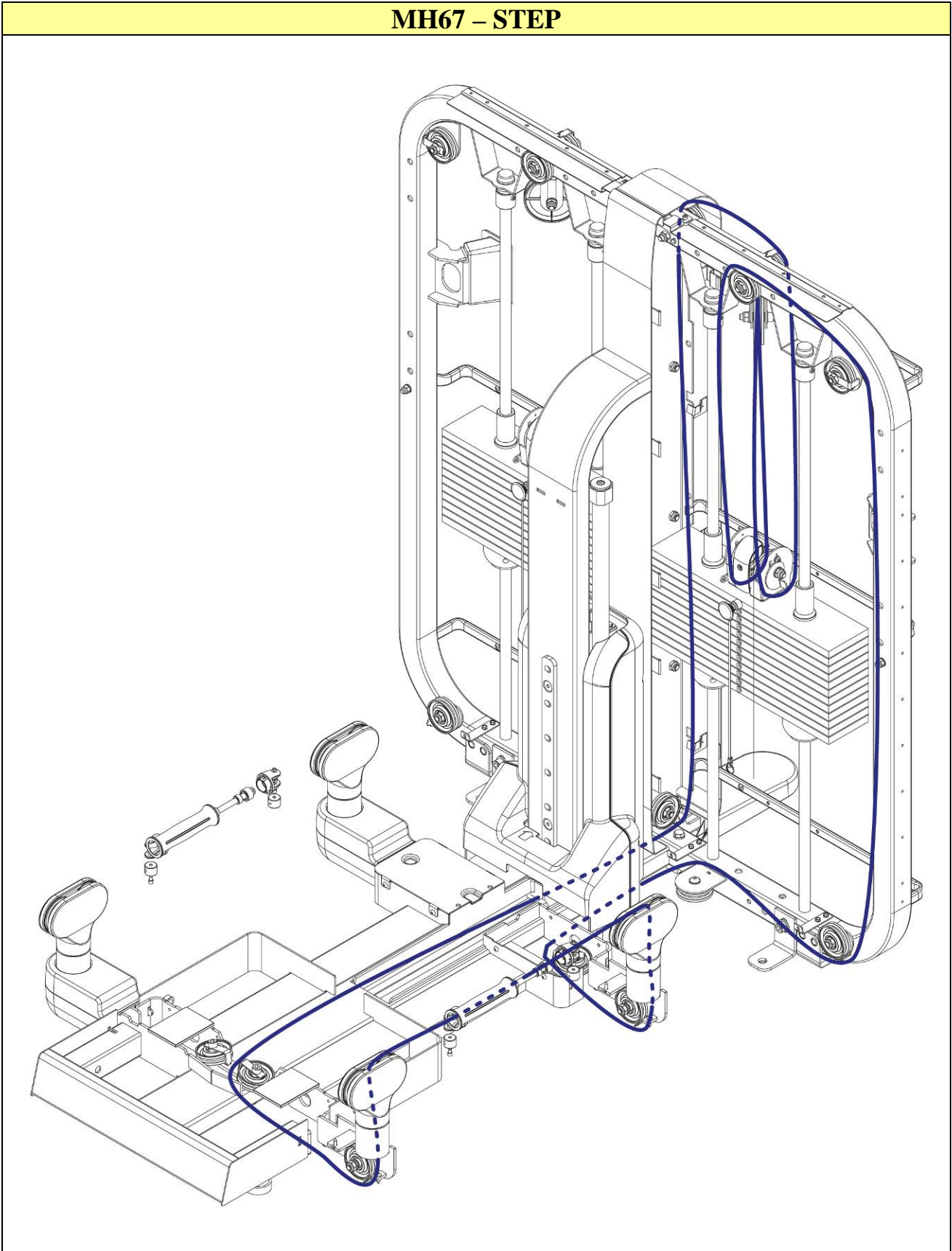


Rear side:



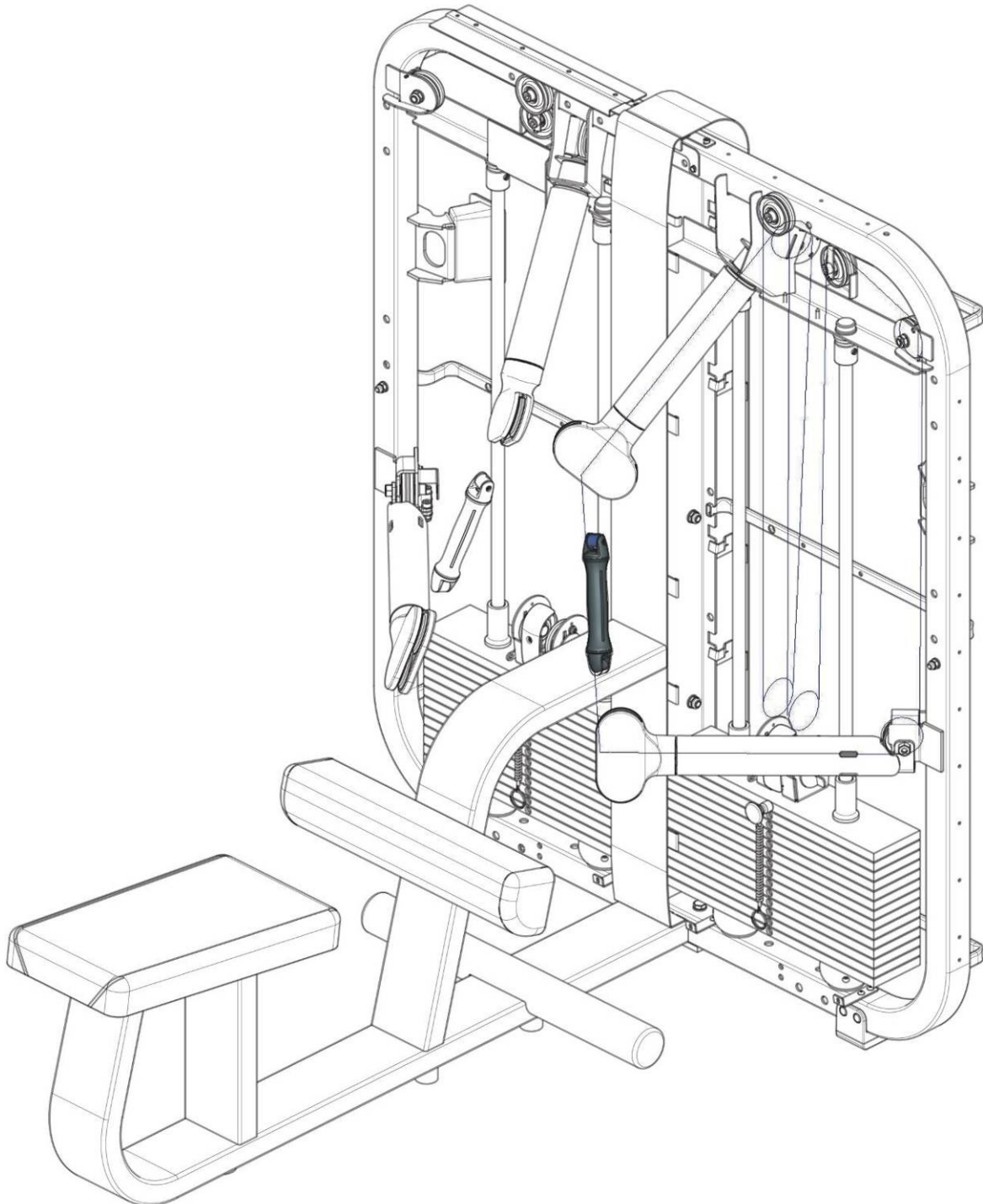
7.2.5. MH67 – STEP/SQUAT

MH67 – STEP



7.2.6. MH95 – LOW PULL



MH95 – LOW PULL



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8. SCHEDULED MAINTENANCE

To keep the machine in perfect working order and forestall possible problems, it is necessary to carry out the planned maintenance operations described below. These operations are essentially grouped according to the type of action and the technical skills needed perform them:

<i>ROUTINE maintenance</i>	<i>SPECIAL maintenance</i>
<p><i>ROUTINE maintenance operations can be carried out by the machine owner and do not require any special technical skills; they consist in simple external cleaning for the purposes of general hygiene.</i></p> <p> Refer to the USER manual.</p>	<p><i>SPECIAL maintenance operations may only be carried out by a Qualified Technician specifically trained by Technogym and authorized to perform machine adjustment and start-up operations, repairs and maintenance, and checks on the functioning and wear of mechanical components, in order to ensure correct and safe operation of the machine.</i></p> <p> Refer to the TECHNICAL SERVICE manual.</p>
<p><u>ROUTINE MAINTENANCE.</u> No special training.</p>	<p><u>SPECIAL MAINTENANCE:</u> Qualified Technician trained by Technogym</p>


 Refer to the MAINTENANCE MANUAL you can download from the TG DIRECT.

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9. TOOLS TO USE

The following tools are necessary to carry out all disassembly, adjustment and maintenance operations on the machines:

- *Small Flat Screwdriver;*
- *Medium Philips screwdriver;*
- *13mm wrench;*
- *17mm wrench;*
- *30mm wrench;*
- *4mm hexagonal wrench;*
- *5mm hexagonal wrench;*
- *6mm hexagonal wrench;*
- *8mm hexagonal wrench;*
- *Ø17mm socket for ring nut - 1/2 attack (cod. 0Y000061);*
- *Ø25mm socket for ring nut - 1/2 attack (cod. 0Y000062);*
- *Snap Ring pliers;*
- *Torque wrench;*
- *Hammer.*

 **You can order a complete set of hexagonal wrenches consisting of 7 pieces: 2, 2.5, 3, 4, 5, 6 and 8 mm. The code to be used is R0003677AA.**

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