

STIL-FIT^{INT.}

Assembly instruction STIL-FIT Functional Trainer
ESSENCE
PURE



Fitness | Design | Interior



Important

The functional trainer is already preassembled.
Don't change the position of the pulleys and the pull out unit at the front.

Remove the cable ties not before the assembly is completed.

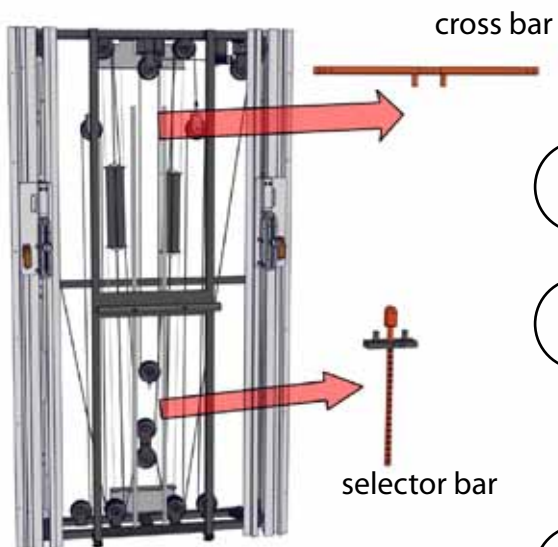
Please follow all steps as shown.

mounting plate



The frame has 4 mounting plates to fix the unit to the wall.

Use suitable studs and screws to fix the functional trainer steady. The 4 adjustable feet allow to bring the unit in a vertical position.



1

Assembly of the weight plates

Remove the cross bar and the selector bar

2

The weight plates can be slid from top on to the tubes.

Start with the 3 cartons A - totally 14 plates.

Note!

The grooves for the sticker are at the right side.

3

Mount the small plates

4

Assemble the selector bar with the top plate



5

Assemble the cross bar again with the 4 M6 screws. Mount the head screws at the front to blind the thread.

6

Remove the cable ties of the pulley for the selector bar and mount the pulley to the socket of the selector bar.

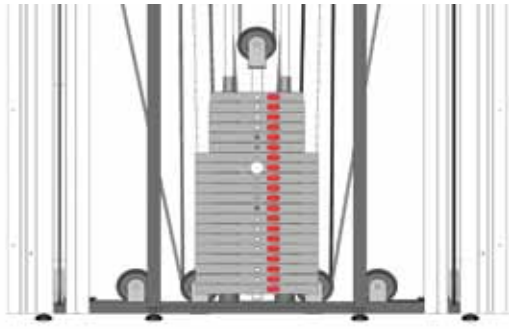
Attention - The cable should not twist.

7

Remove all cable ties of the unit.



selector bar pulley



8

Put on all stickers of the weight plates.

Function test

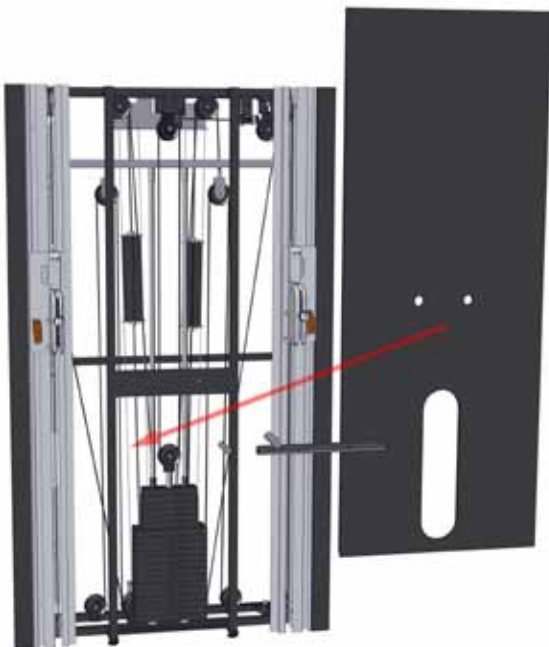
Stick the silver pin into the second weight plate and pull at the front unit.

If the pin cannot be stuck into the selector bar smoothly the cables are too tight.

At the left top side of the frame there is an adjustable screw to adjust the length of the cable.

Check if all cable move perfectly.

Check if the front unit at the right and left side move properly.



9

Insert the front panel.

Put the panel at the bottom side on to the frame first and skip it forward and press it on to the extrusion profiles. The panel is fixed by the velcro strap on top and bottom side. Pay attention to the gap at both sides.

10

Assemble again the front handle.



11

Assemble the side panels with M6 screws from the rear side.
The right and left panel is identical.



12

Assemble the side panels to the frame.
The velcro shows to the wall side.

13

Assemble the handles



14

Check if everything works smoothly.
Check if the front unit can be fixed well by the clamp.
Try to move by hand the unit downwards. This should not be possible. If you can move the unit tighten the screw under the lever a little bit and try it again.
When the lever is open the unit should slide easily on the rail.