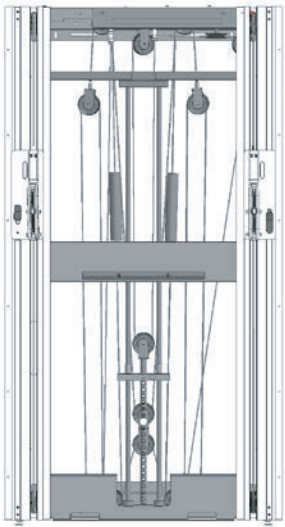


STIL-FIT<sup>INT.</sup>

Assembly instruction STIL-FIT Functional Trainer  
ESSENCE  
PURE



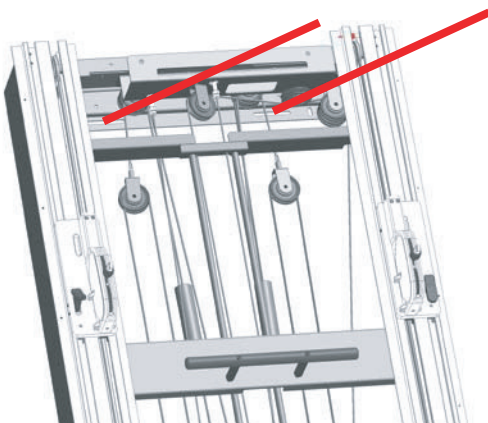
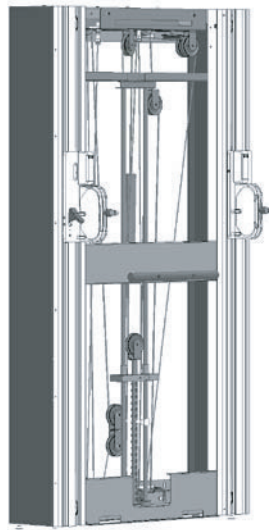
Fitness | Design | Interior



### Important

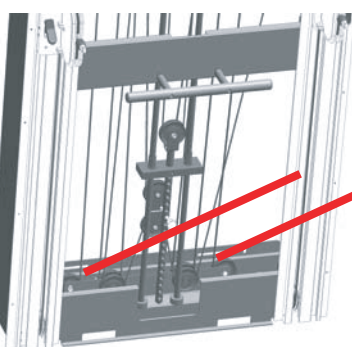
The functional trainer is already preassembled.  
Don't change the position of the pulleys and the pull out unit at the front.

Please follow all steps as shown.

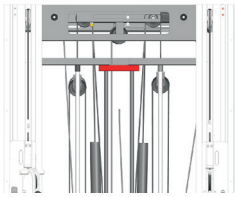


The frame can be fixed to the wall to the wall at the top- and bottom part.  
Use suitable studs and screws to fix the functional trainer steady. The 4 adjustable feet allow to bring the unit in a vertical position.

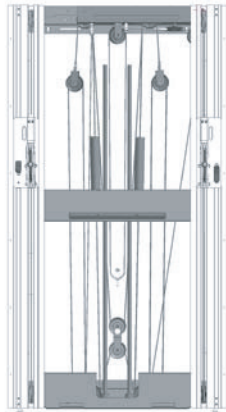
Using a lat unit please note:  
Please assemble the lat unit to the top  
after you have fixed the unit to the wall.



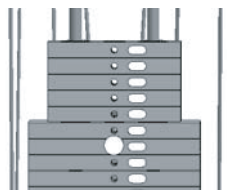
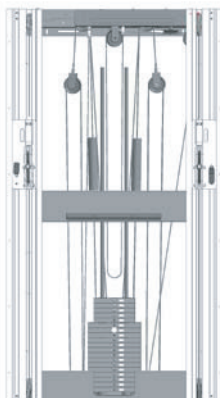
points to scw the unit to the wall



cross bar



selector bar



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 large plates - totally 14 plates.

3

Note!

The grooves for the sticker are at the right side.

Mount the small plates

4

Assemble the selector bar with the top plate

5

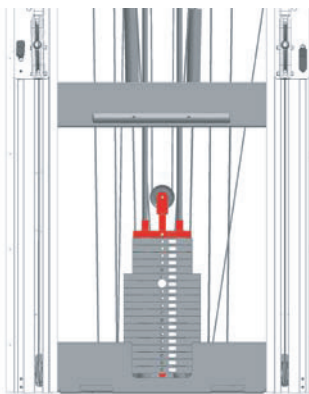
**Note: The groove with the label shows to the front**

Assemble the cross bar again

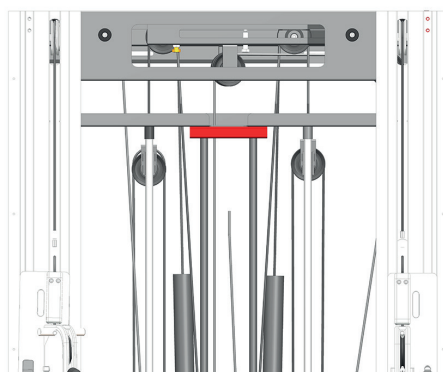
6

Mount the pulley to the socket of the selector bar.

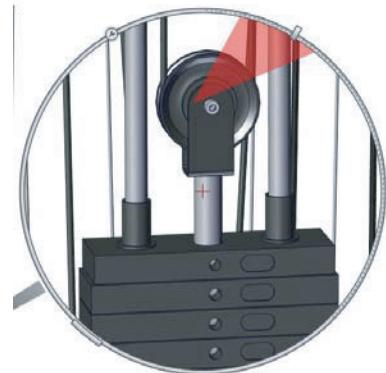
Attention - The cable should not twist.



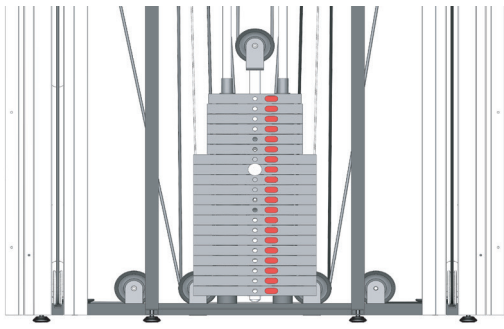
4



5



6



7

Put on all stickers of the weight plates.

### Function test

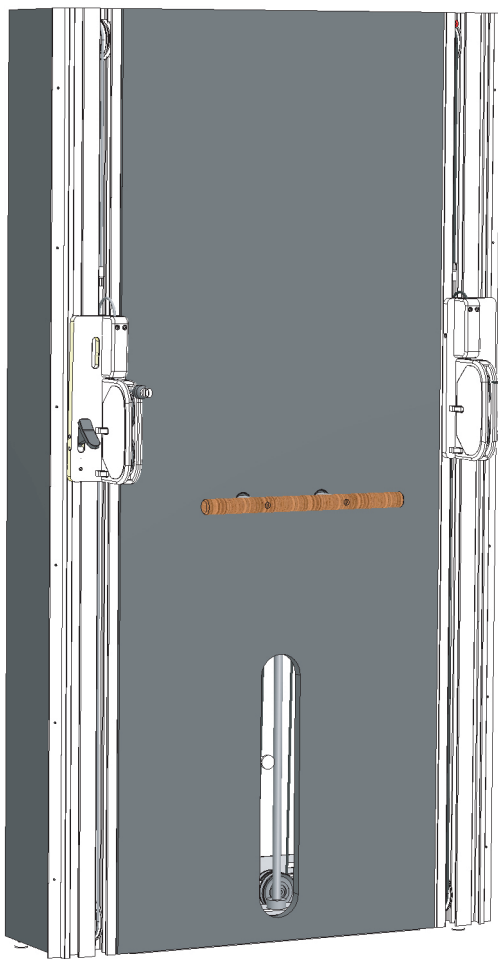
Stick the silver pin into the second weight plate and pull at the front unit.

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

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.



8

Insert the front panel.

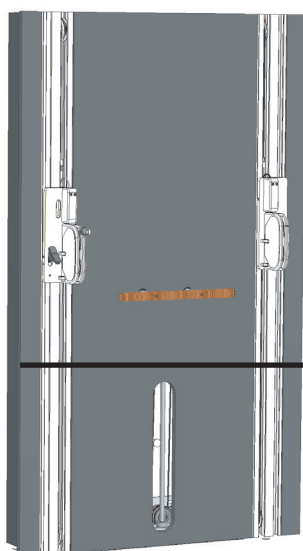
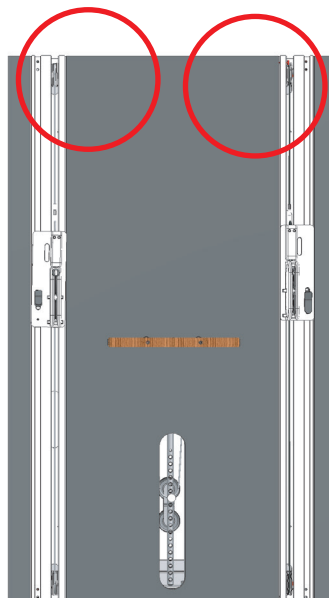
Put the panel at the bottom side on to the frame first and skip it forward.

Pay attention to the gap at both sides.

9

Assemble again the front handle.

Version ESSENCE with mirror front:  
Screw the front to the frame at the top  
with 2 screws using the plastic cap.



10

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

12

Assemble the handles

13

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.