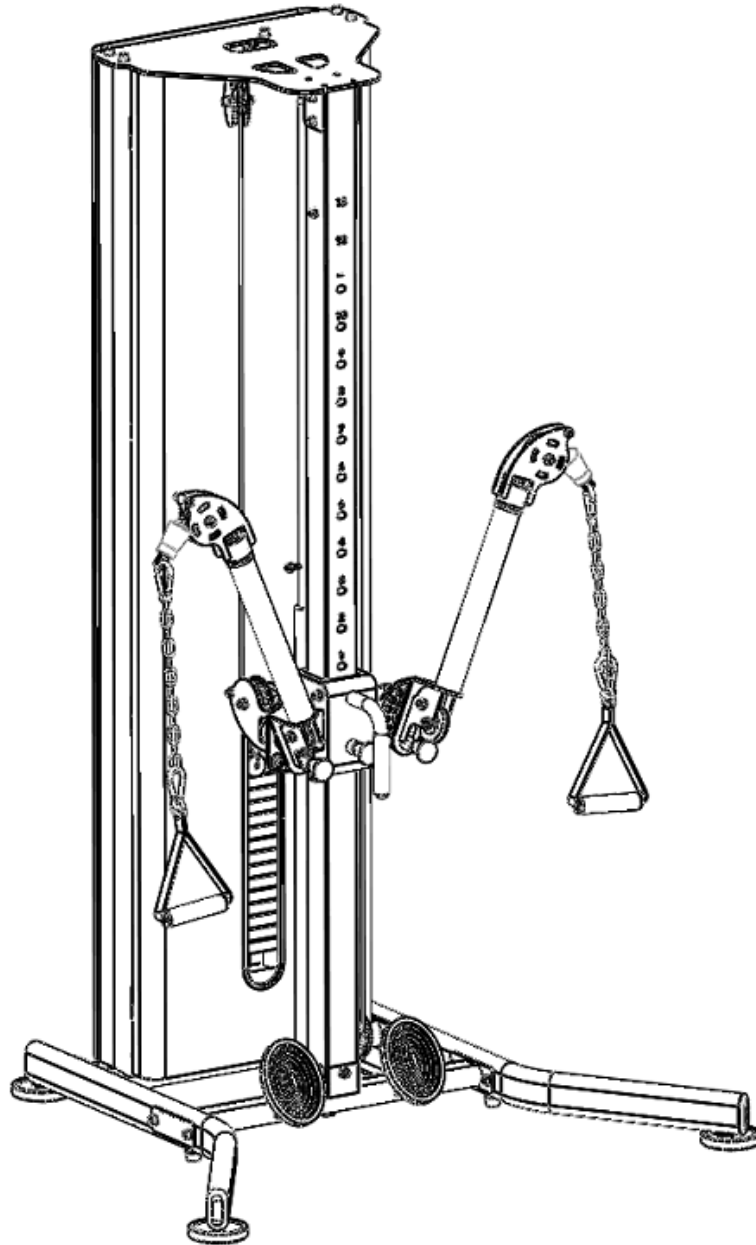




DUAL ADJUSTABLE FUNCTIONAL TRAINER (MT-DAFT)



Installation Manual

www.muscledfit.com

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01/ Safety Instructions for Use:

Thank you for choosing our product. Proper use of the equipment is essential for your safety and convenience. Please carefully read the following information before using the equipment:

1. Carefully read all user manuals before using this product, and strictly follow the instructions outlined in the manual. Keep the user manual for the entire lifespan of the product.
2. The product owner must ensure that all users understand the safety precautions.
3. When using this machine, keep the indoor air fresh and well-ventilated, and ensure there is ample space around the equipment.
4. Users are responsible for maintaining the equipment in good condition. After installation and before each use, check that all fasteners are tightened and there are no protruding parts. Regularly inspect components that may wear over time.
5. If the equipment is damaged, immediately contact the distributor or after-sales service department for replacement of worn or faulty parts. Do not use the equipment until it is fully repaired.
6. Wear appropriate workout clothing and shoes before using the machine. Avoid wearing skirts, jewelry, or accessories, and tie back long hair to prevent interference with your exercise.
7. Warm up before starting any exercise on this machine.
8. If you experience dizziness, pain, nausea, or any unusual symptoms, stop exercising immediately and consult a doctor.
9. Children should only use this equipment under adult supervision and for selected exercises.
10. **Warning!** Keep hands and feet away from moving parts.
11. **Warning!** Do not exceed the adjustment settings.
12. **Warning!** Keep children and pets away from the equipment while in use.
13. **Warning!** Ensure all adjustable components are securely set before use.
14. **Warning!** Use the machine as intended, as improper use or using functions beyond the machine's capabilities may harm your health.
15. It is recommended to use this equipment only in supervised areas.

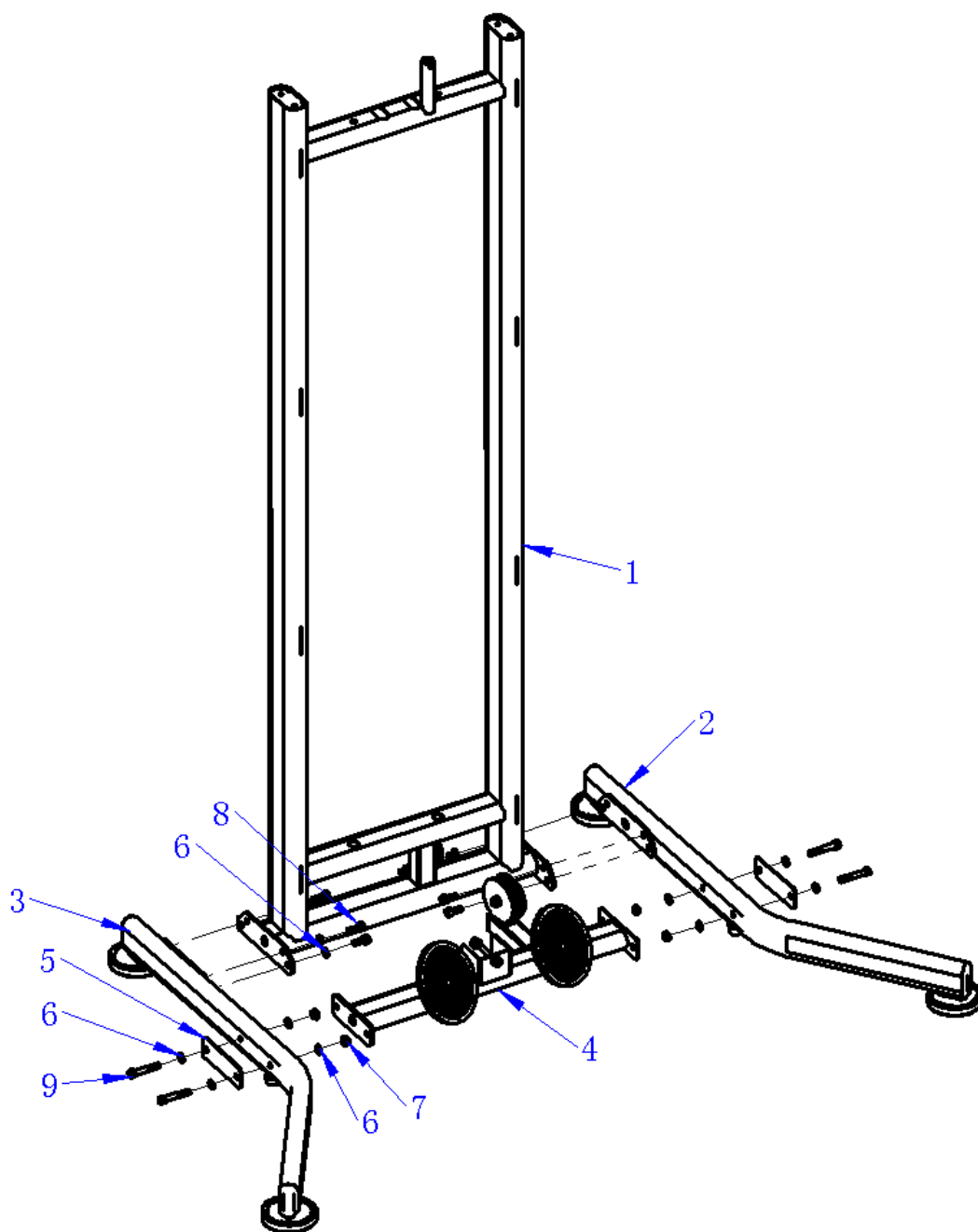
02/ Installation Steps

1. Installation Step one

Finished Diagram

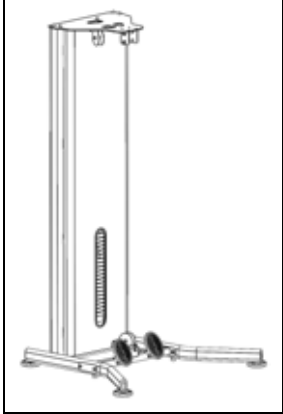


Checklist			
1	Frame Assembly		1
2	Left Bottom Pipe		1
3	Right Bottom Pipe		1
4	Foot Plate		1
5	Protective Plate		2
6	Flat Washer	Ø10	16
7	Hex Lock Nut	M10	4
8	Hex Socket Head Cap Bolt	M10X25	8
9	Hex Socket Head Cap Bolt	M10X60	4



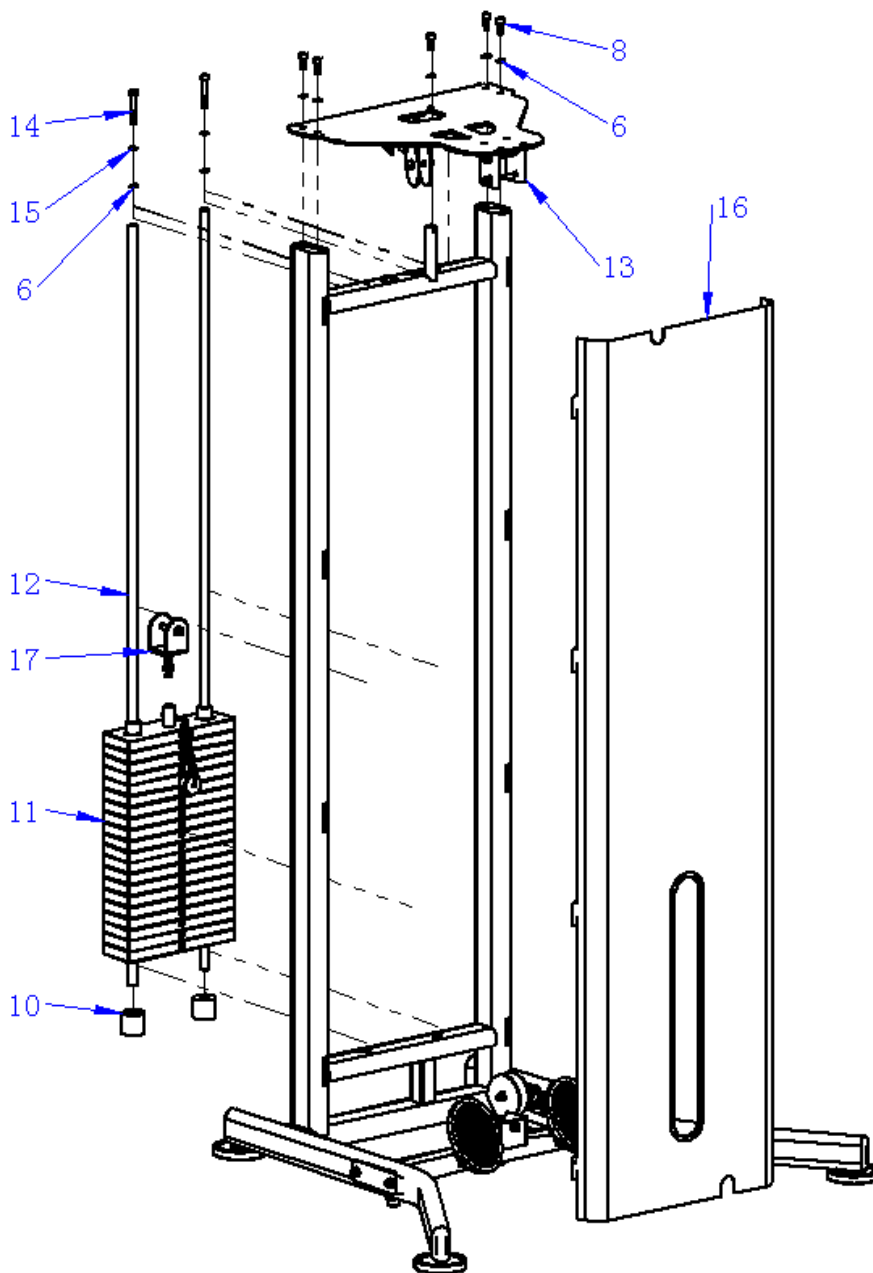
2. Installation Step Two

Finished Diagram



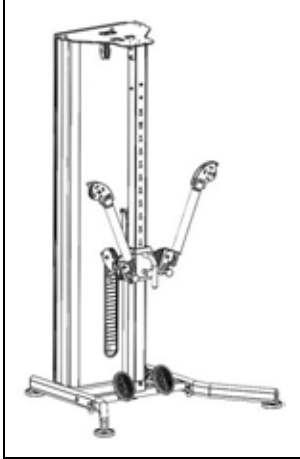
Checklist

6	Flat Washer	Ø10	7
8	Hex Socket Bolt	M10X25	5
10	Shock Absorption Pad	Ø 50* Ø 22*45	2
11	Weight Stack Set	10lb x19 + 1x10 lb Includes Center Rod Pin	1 Set
12	Guide Rod	Ø 20*1740	2
13	Top Cover	Welded Parts	1
14	Hex Socket Head Cap Bolt	M10X65	2
15	Spring Washer	Ø10-Ø16*t2.6	2
16	Front Protective Plate	T1.2*644.2*2014	1
17	Pulley Mounting Set	Welded Parts	1

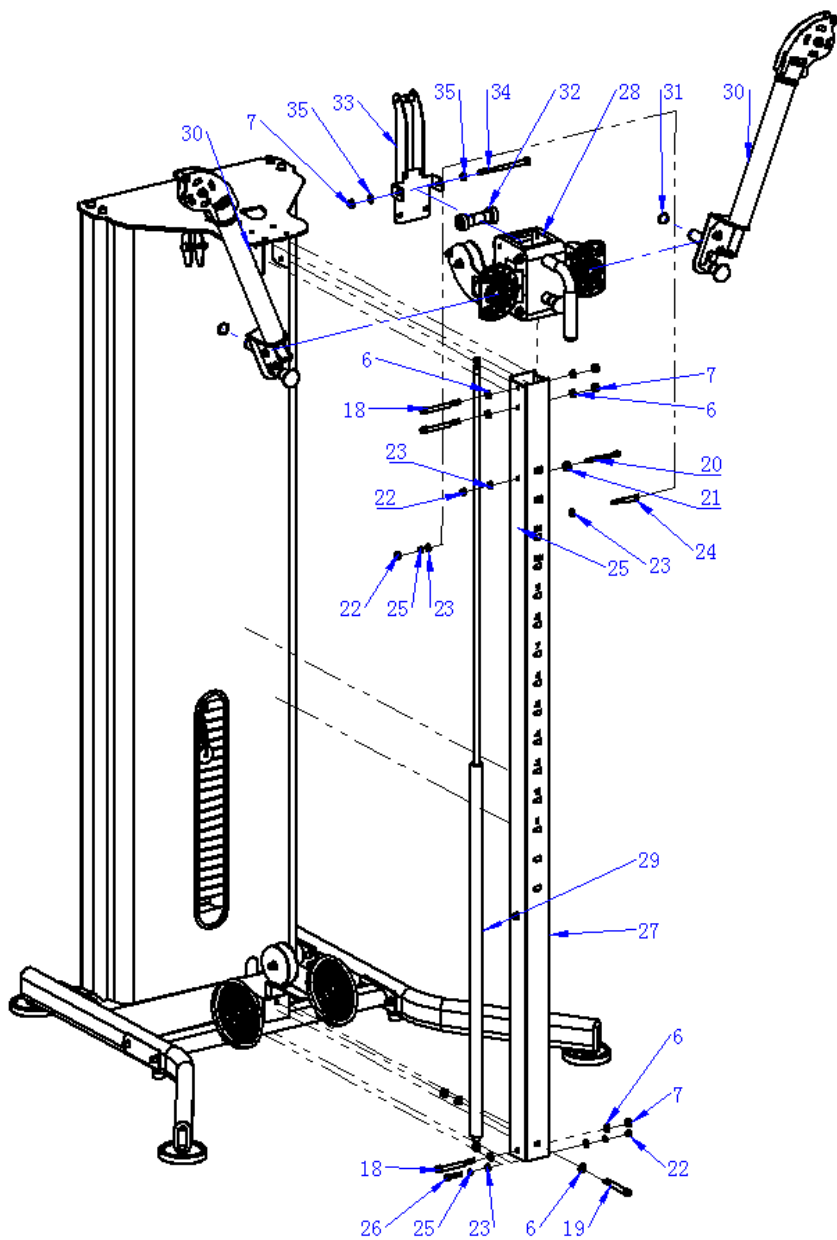


3. Installation Step Three

Finished Diagram

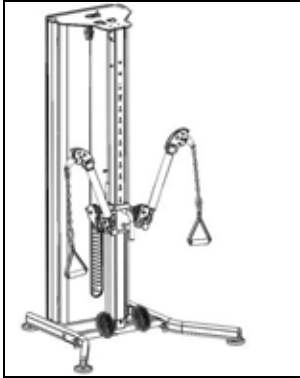


Checklist			
6	Flat Washer	Ø10	8
7	Hex Lock Nut	M10	5
18	Hex Socket Head Cap Bolt	M10*95	3
19	Hex Socket Head Cap Bolt	M10*90	1
20	Hex Socket Head Cap Bolt	M8*85	1
21	Limit Sleeve	Ø18*Ø8.5*10.5	1
22	Hex Lock Nut	M8	3
23	Flat Washer	Ø8	5
24	Hex Socket Head Cap Bolt	M8*65	1
25	Spring Washer	Ø8	4
26	Hex Socket Head Cap Bolt	M8*35	10
27	Center Column	□70*70* T 2.0*2008	1
28	Sliding Adjustment Part	Welded Parts	1
29	Gas Spring	Ø30- Ø14-2032	1
30	Arm Component	Welded Parts	2
31	A-type Shaft Retaining Ring	Ø25-GB/T894.1 -1986	2
32	Roller	Ø37*100	1
33	Gas Spring Bracket	Welded Parts	1
34	Hex Socket Head Cap Bolt	M10*135	1
35	Flat Washer	Ø10	2

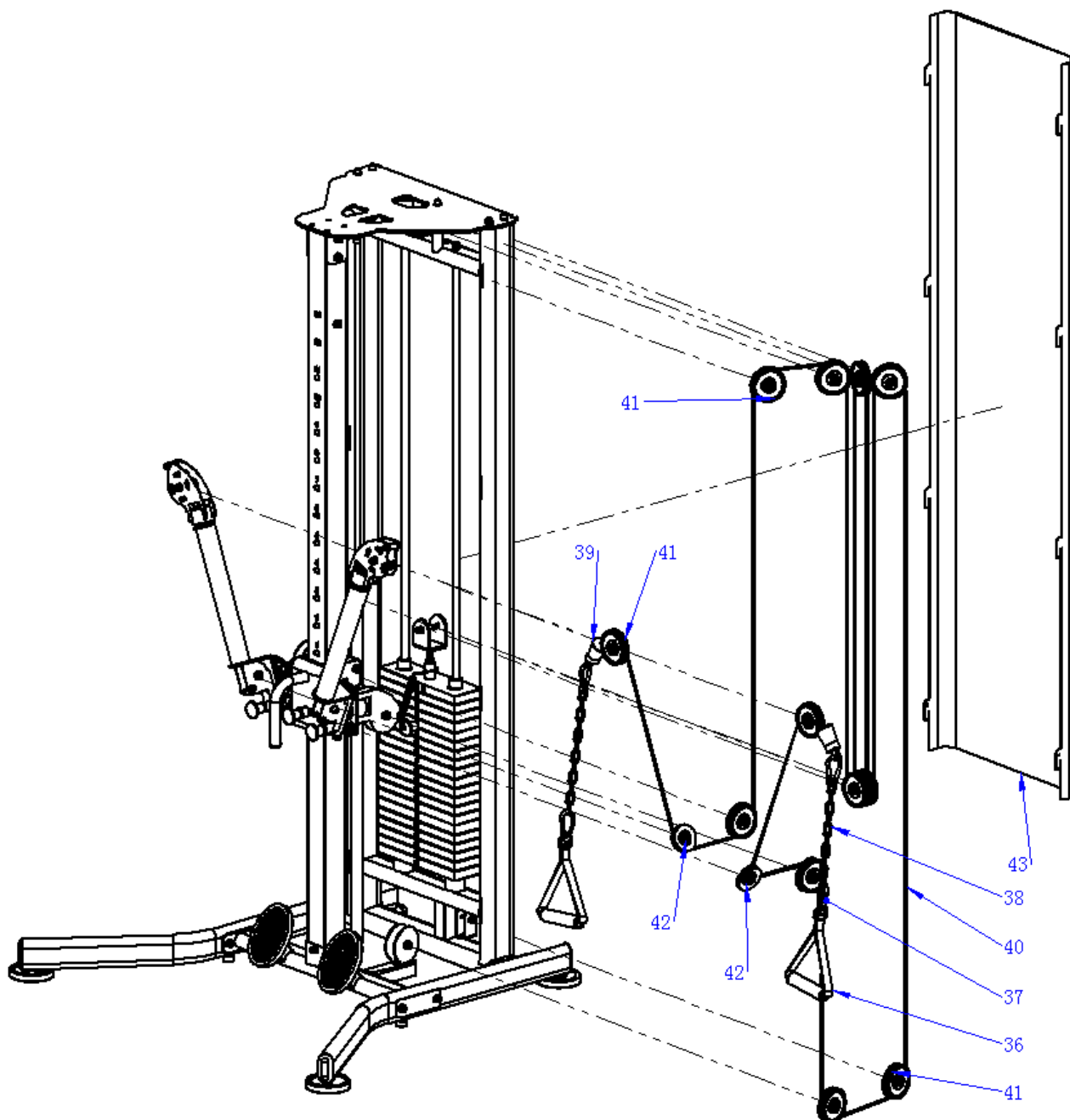


4. Installation Step Fo Pulley Installation Diagram:

Finished Diagram



Checklist			
36	Handle		2
37	Hook	50*82*Ø8	4
38	Chain	39*21*Ø6*12 (L375)	2
39	Steel Wire Lock Buckle		2
40	Steel Wire Rope	Ø5*11386	1
41	90° Pulley	Ø90* Ø10.5*25	12
42	Pulley	Ø70* Ø10.5*25	2
43	Gantry Rear Protective Plate	T 1.2*644.2*2014	1
	Hex Socket Head Cap Bolt	M10*50	14
	Flat Washer	Ø 10(Ø19.5*t2)	28
	Hex Lock Nut	M10	14



03/ Product Description

This machine is an indoor fitness device designed for aerobic cardiovascular exercise, primarily focused on improving heart and lung function, with muscle training as a secondary goal. It targets muscles such as the chest and other areas, helping to strengthen the body and improve overall fitness. The machine features a functional diagram that clearly demonstrates how to use the equipment and effectively train muscles, making it easy to understand. With its weight stack assembly, users can easily adjust the intensity and resistance to meet their training needs. Designed to follow human motion trajectories, this machine ensures safety and durability.

- The machine is constructed using large-diameter steel tubing and treated with electrostatic powder coating, ensuring safety, reliability, and durability.

04/ Product Specifications

Name	Dual Adjustable Functional Trainer	SKU	MT-DAFT
Dimensions	50.5" L x 44" W x 82.5" H		
Weight	441 lb		

05/ Maintenance Guide

1. The bolts of all machine parts should be regularly checked and kept tightened. Moving parts should operate smoothly without any unusual noise.
2. The machine should be kept clean, but strong cleaning solvents should not be used for wiping.
3. Any worn or damaged load-bearing components should be replaced immediately, and the machine should not be used until fully repaired.