# **SELECTORIZED DEZIGN LINE** OWNER'S MANUAL

## **ASSISTED CHIN DIP**

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# IMPORTANT SAFETY INSTRUCTIONS

It is the sole responsibility of the purchaser of Intenza products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.
It is recommended that all users of Intenza exercise equipment be informed of the following information prior to its use.

## 1.1 Important Operation Instructions for Owners

Follow these guidelines to maintain proper working condition of the equipment—
**IMPORTANT** Do not modify the equipment or any of its parts, or permanently remove any part from the equipment. Do not use accessory attachments that are not recommended by Intenza, as such attachments might cause injuries.

- Qualified technicians must perform all regular maintenance.
- Do not remove warning labels for any reason. They contain important information. If unreadable or missing, contact your Intenza dealer for a replacement.
- Check that all fasteners are securely tightened. Cables should be secured at both end connections and properly threaded. Weight stacks should be secure and functioning properly. Handle attachments should be properly connected.
- Make sure that trainers, facility personnel, and maintenance technicians understand how to use the equipment, know important safety guidelines, and can recognize potential problems such as loose hardware, or cracked weld. If any staff member witnesses unsafe use of the equipment, he or she should address the user directly, demonstrate the proper technique, and review the Important Safety Instructions for Users.
- Intenza recommends posting a copy of the Important Safety Instructions for Users near the equipment in a prominent location.
- Place an “out—of—order” sign on the equipment during maintenance of the equipment or the surrounding area. Users should never be allowed to operate the equipment until it has been inspected and works properly. If a piece of equipment needs service, keep it out of use until it is repaired. Place an “out—of—order” sign on the equipment and make sure the facility’s personnel know not to allow anyone to use the equipment until it is working properly.
- When working with the weight stacks, do not attempt to free any jammed assemblies without assistance as this may cause injury.
- NEVER use this machine with the weight stack pinned in an elevated position.
- Do not place the equipment outdoors or on wet surfaces.

## 1.2 Important Safety Instructions for Users

Read all instructions before using the equipment. These instructions were written to ensure your safety and to protect the equipment.
Equipment is intended for commercial use.
Before beginning any fitness program, you should obtain a complete physical examination from your physician.

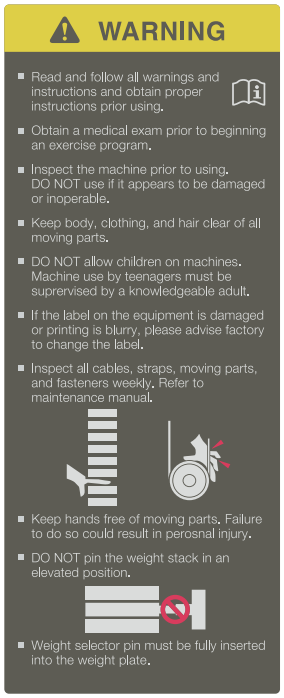
When using exercise equipment, you should always take basic precautions, including the following—

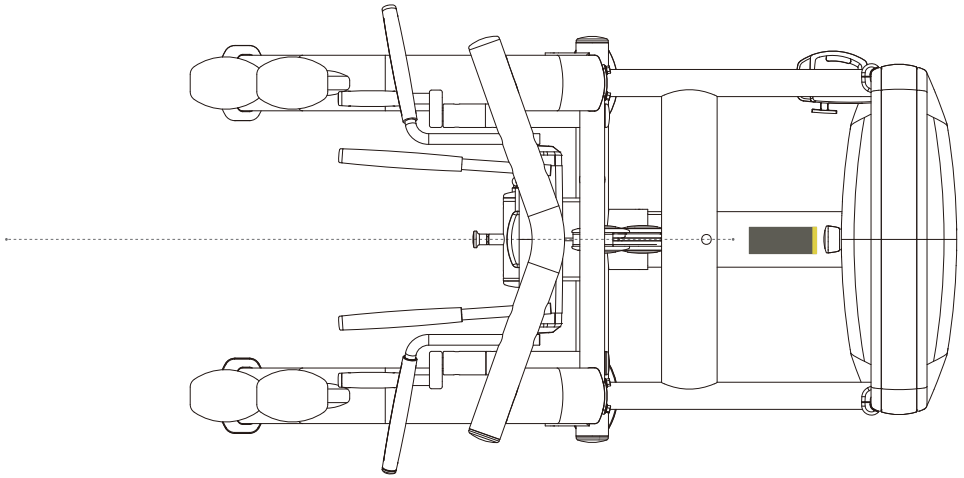
- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and explain any safety instructions.
- Do not allow children on or near the equipment. Do not leave children unsupervised around the equipment.
- Use the equipment only for its intended purpose. Do not use accessory attachments that are not recommended by the manufacturer, as such attachments may cause injuries.
- Wear proper exercise clothing and shoes during a workout: no garments that impede perspiration and no loose clothing. Tie long hair back. Keep garments or towels away from moving parts.
- Do not overexert yourself or work to exhaustion. Use reasonable judgment when working with weights. Avoid using excessive weight, which may cause injury.
- If you feel pain, faintness, dizziness, or abnormal symptoms, stop exercising immediately and consult your physician.
- Keep head, limbs, fingers, and hair clear of all moving parts while the equipment is in use. Keep hands clear of racking pegs.
- Never drop or insert objects into any opening in the equipment.
- Check that all fasteners are securely tightened. Cables should be secured at both end connections and properly threaded. Weight stacks should be secure and functioning properly. Handle attachments should be properly connected. Pay particular attention to the condition of cables and cable ends. If you notice a loose cable end or any fraying of the cable or cable jacket, do not use the product and contact someone in the facility immediately.
- Always check the equipment before using it. If you spot a potential problem, contact someone in the facility immediately. Do not use the equipment until the facility has verified that the equipment is working properly. Do not attempt to fix broken or jammed equipment.
- Do not use the equipment outdoors or on wet surfaces.
- Do not drop or slam the weight stack while exercising.
- Be sure the selector pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, contact someone in the facility.
- Never pin the weights in an elevated position. Do not use the equipment if the top plate or weight stack is pinned in a raised position. Notify the facility's personnel to repair the equipment and ensure that it is working properly.

## 1.3 Warning Label Locations

# WARNING

During all operations involving transport, maintenance and cleaning, pay attention to any part of the equipment where body parts may become trapped. Attention must be paid to the labels attached to the equipment, as they provide information about possible risks and hazards. We recommend immediately replacing the labels when they become damaged or difficult to read.

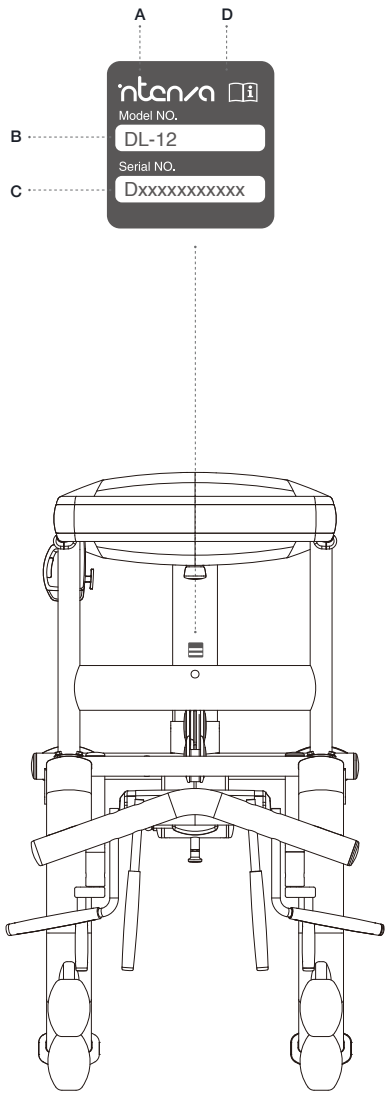


# 2. Installation and Assembly

## 2.1 Product Information

### SERIAL NUMBER LABEL LOCATION

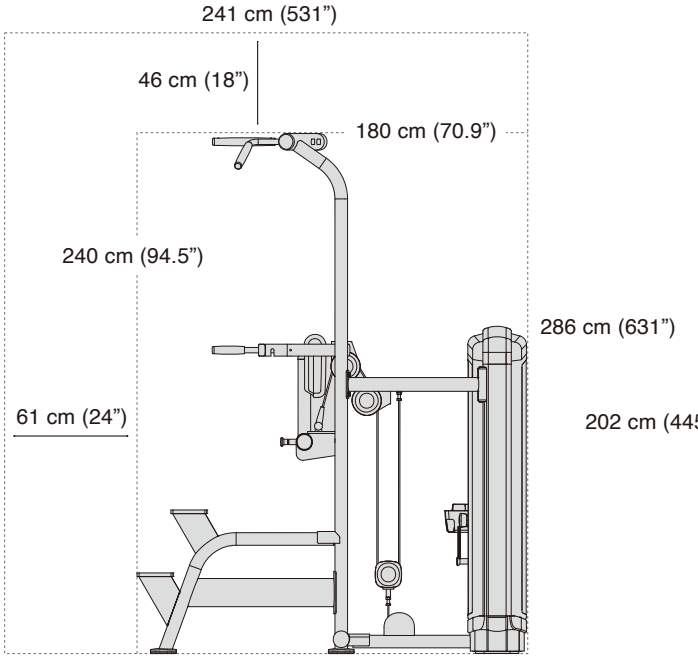


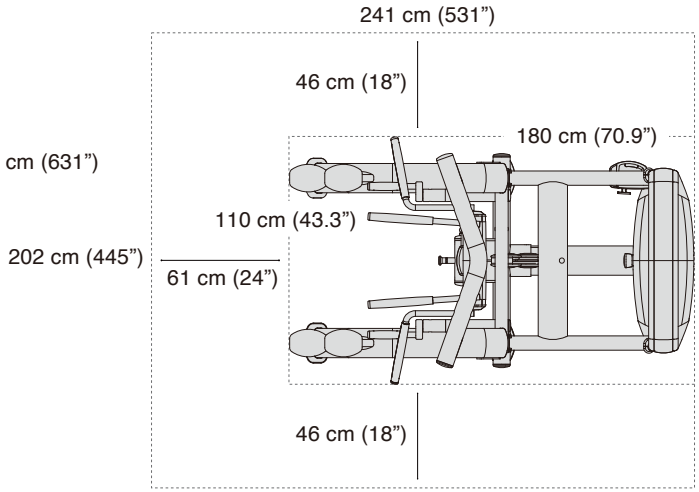

| | |
|---|---|
| A | Manufacturer's name |
| B | Model number |
| C | Serial number |
| D | Consultation of user manual required |

### ASSEMBLY DIMENSIONS

| | | |
|---|---|---|
| LENGTH | 110 cm | 43.3 inches |
| WIDTH | 180 cm | 70.9 inches |
| HEIGHT | 240 cm | 94.5 inches |
| EQUIPMENT WEIGHT | 425 kg | 937 lbs |
| WEIGHT RANGE | 10—170 kg | 22—375 lbs |
| INCREMENT | 8 kg | 18 lbs |
| LIVE AREA | 202 x 241 x 286 cm | 79.5 × 94.9 × 112.6 in |

### LIVE AREA



## 2.2 Place of Installation

To ensure safe, comfortable and effective use of the equipment, the place of installation must comply with certain specific requirements. In particular, before choosing where to install the equipment we recommended that you check the following conditions are available—

- A temperature between +10°C and +25°C.
- Sufficient ventilation to maintain a humidity level between 20% and 90%, when the equipment is in use.
- Sufficient lighting to make the area a safe and relaxing place to exercise.
- Sufficient clearance on all sides of the equipment, taking into account its maximum dimensions when in use, to ensure safety.
- A flat, stable and vibration—free floor surface, with sufficient load bearing capacity for the equipment's weight.
- If the equipment is to be installed in a public recreation area, the place of installation must comply with all the requirements of the regulations currently in force.

# WARNING

The equipment must be installed and used in a place where access and supervision are specifically controlled by the owner. When installing the equipment, use suitable personal protective equipment.

## 2.3 Assembly Guide

### UNPACKING

Thank you for purchasing a Intenza product. Your Intenza product is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the part list. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws.

### CAUTION

The weight of the product is heavy. To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, properly level the machine and leave at least two feet of clearance to enter and exit the machine.

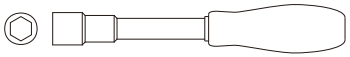
# 2.3 Assembly Guide

**TOOLS**

**1. Allen Wrench 3mm, 5mm, 6mm**

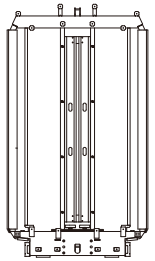
**2. Screw Driver**

**3. Open / Adjustable Wrench**
**10mm, 13mm, 16mm, 18mm**

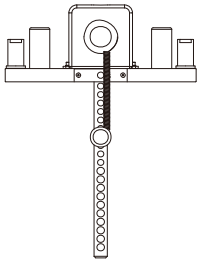


**4. Hex Socket Wrench 13mm**

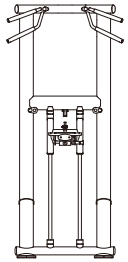
**PART LIST**



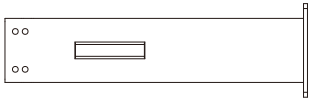
**1. ACD Tower**
**QTY 1**



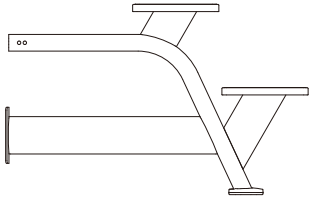
**2. 10 kg Head Plate**
**QTY 1**



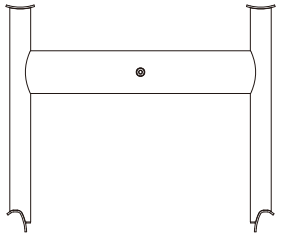
**3. ACD Main Frame**
**QTY 1**



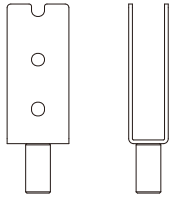
**4. Lower Frame Connector**
**QTY 1**



**5. Footrest Frame**
**QTY 2**

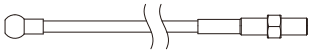


**6. Upper Frame Connector**
**QTY 1**

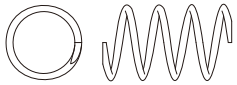


**7. Pulley Bracket**
**QTY 1**

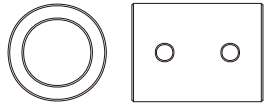
**8. Cable**
**QTY 1**



**9. Cable**
**QTY 1**

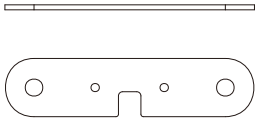


**10. Spring**
**QTY 2**

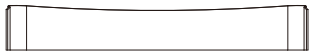


**11. Guide Rod Collar**
**QTY 2**

# 2.3 Assembly Guide



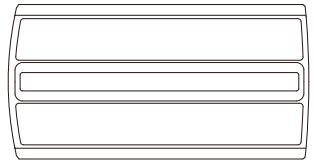
**12. Plate**
**QTY 1**



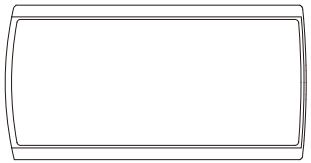
**13. Tower Cover, Lower**
**QTY 1**

**14. Tower Cover, Lower**
**QTY 1**

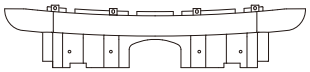
**15. Cable Guide Pin**
**QTY 2**



**16. Front Shroud**
**QTY 1**

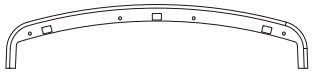


**17. Rear Shroud**
**QTY 1**

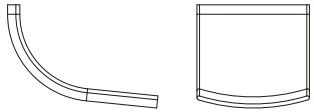


**18. Tower Cover, Lower**
**QTY 2**

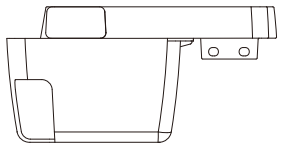
**19. Tower Cap**
**QTY 2**



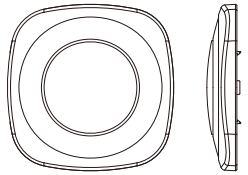
**20. Tower Cover, Top**
**QTY 1**



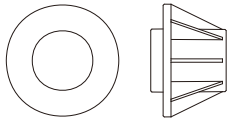
**21. Tower Cover**
**QTY 2**



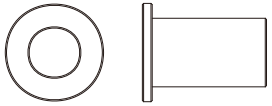
**22. Bottle Holder**
**QTY 1**



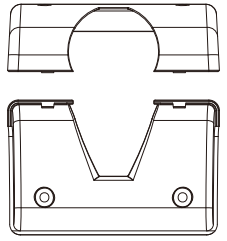
**23. Pulley Cover**
**QTY 2**



**24. Guide Rod Retainer**
**QTY 2**

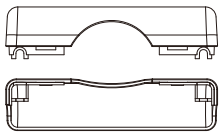


**25. Sleeve**
**QTY 2**

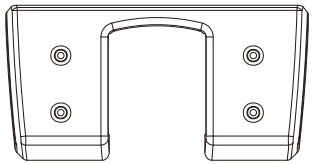


**26. Frame Connector Cover**
**QTY 2**

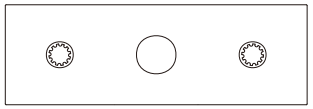
# 2.3 Assembly Guide



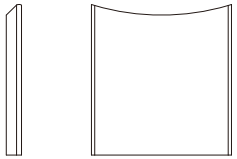
**27. Frame Connector Cover**
**QTY 2**



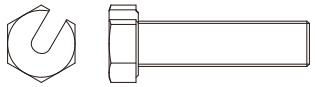
**28. Knee Pad Cover**
**QTY 1**



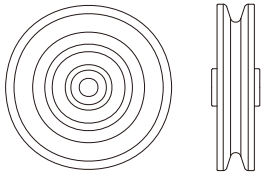
**29. 8 kg Weight Plate**
**QTY 20**



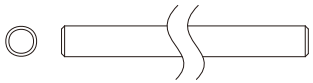
**30. Tower Cover**
**QTY 2**



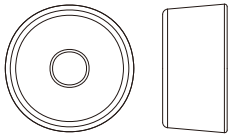
**31. Slotted Hex Bolt, M12x25**
**QTY 3**



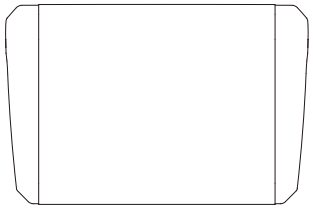
**32. Pulley**
**QTY 4**



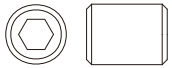
**33. Guide Rod**
**QTY 2**



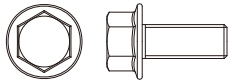
**34. Weight Plate Cushion**
**QTY 2**



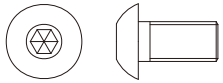
**35. Knee Pad**
**QTY 1**



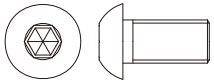
**36. Set Screw, M6x8**
**QTY 4**



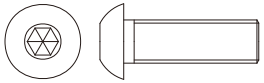
**37. Hex Head Flange Screw, M10x25**
**QTY 40**



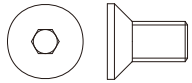
**38. Dome Screw, M5x10**
**QTY 36**



**39. Dome Screw, M8x16**
**QTY 4**

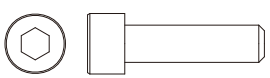


**40. Dome Screw, M8x25**
**QTY 4**

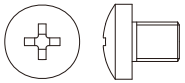


**41. Countersunk Screw, M5x10**
**QTY 8**

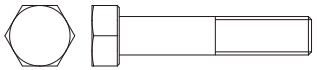
# 2.3 Assembly Guide



**42. Socket Screw, M8x30**
**QTY 2**

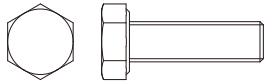


**43. Dome Screw, M5x6**
**QTY 8**



**44. Hex Screw, M10x45**
**QTY 3**

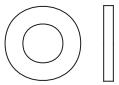
**45. Hex Screw, M10x50**
**QTY 2**



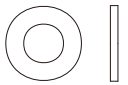
**46. Hex Screw, M6x20**
**QTY 2**

**47. Spring Washer, M6**
**QTY 2**

**48. Spring Washer, M8**
**QTY 6**

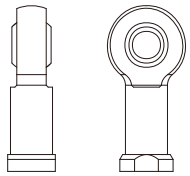


**49. Flat Washer, OD12xID6.4x1.6T**
**QTY 2**



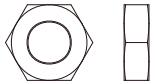
**50. Flat Washer, OD16xID8.4x1.6T**
**QTY 6**

**51. Flat Washer, OD20xID10.5x2T**
**QTY 10**

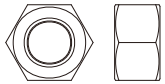


**52. Rod End**
**QTY 1**

**53. Lock Nut, M10**
**QTY 5**

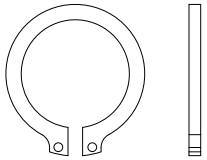


**54. Lock Nut, M10**
**QTY 1**



**55. Lock Nut, M12**
**QTY 3**

**56. Weight Plate Locking Pin**
**QTY 1**

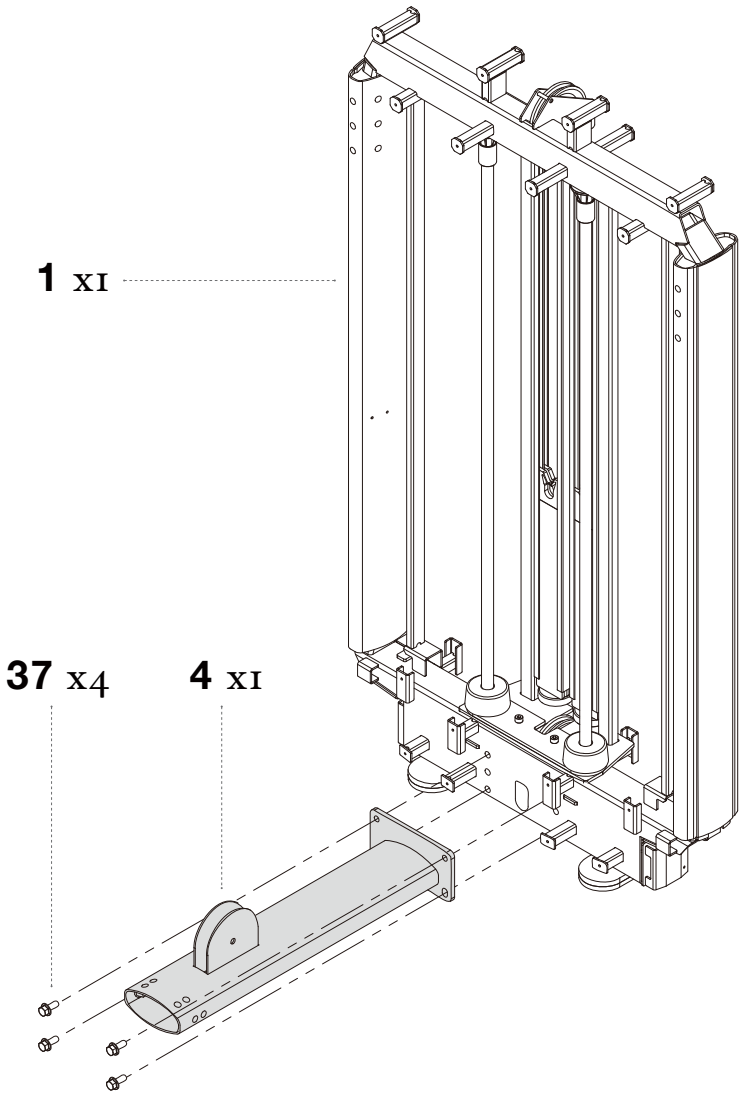


**57. C—Clip for 8mm Shaft**
**QTY 2**

## 2.3 Assembly Guide

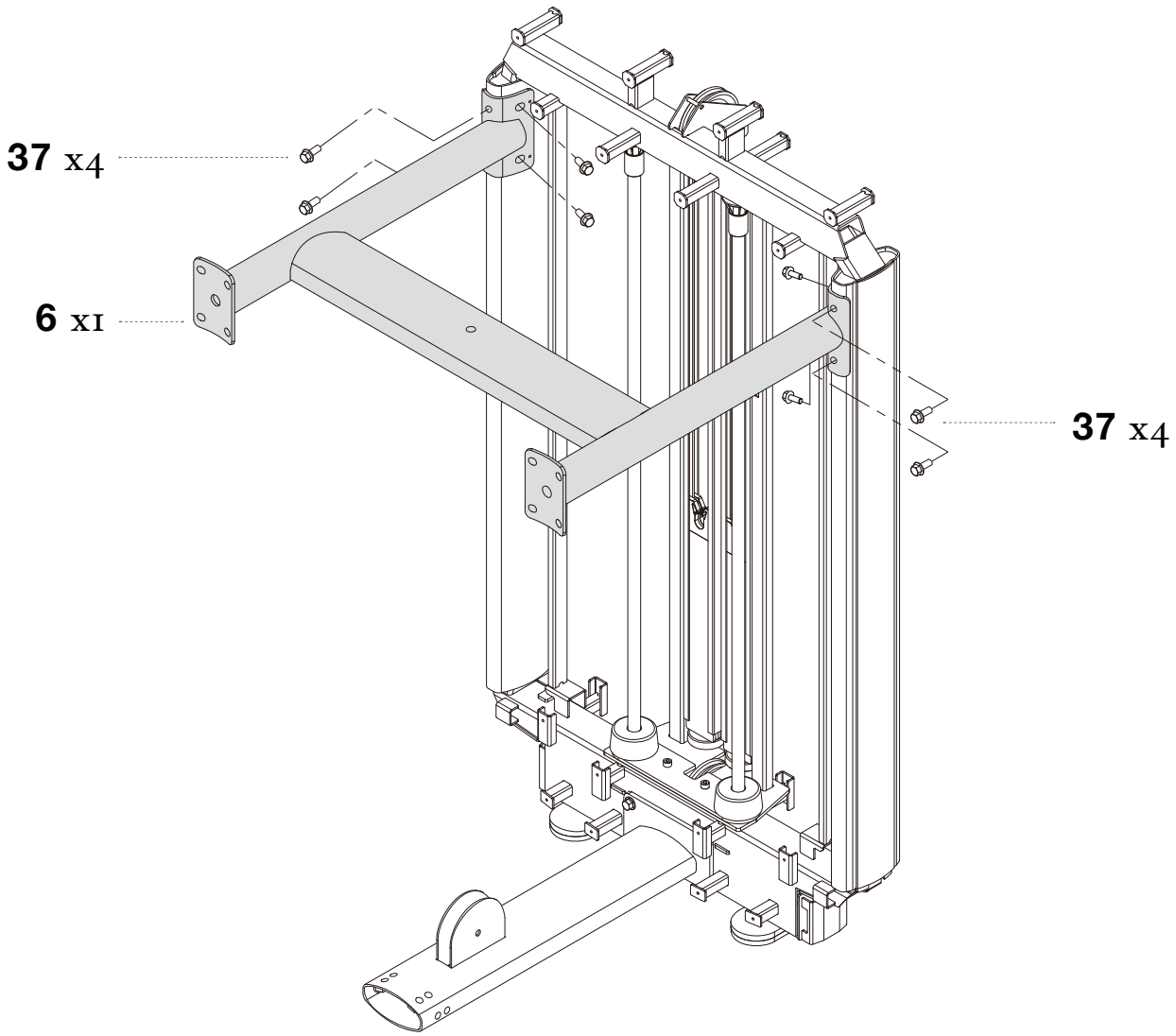
**STEP 1**
LOOSELY fasten the bolt connections in this step. Do not fully tighten.

Use HEX SOCKET for lower screws due to limited space.

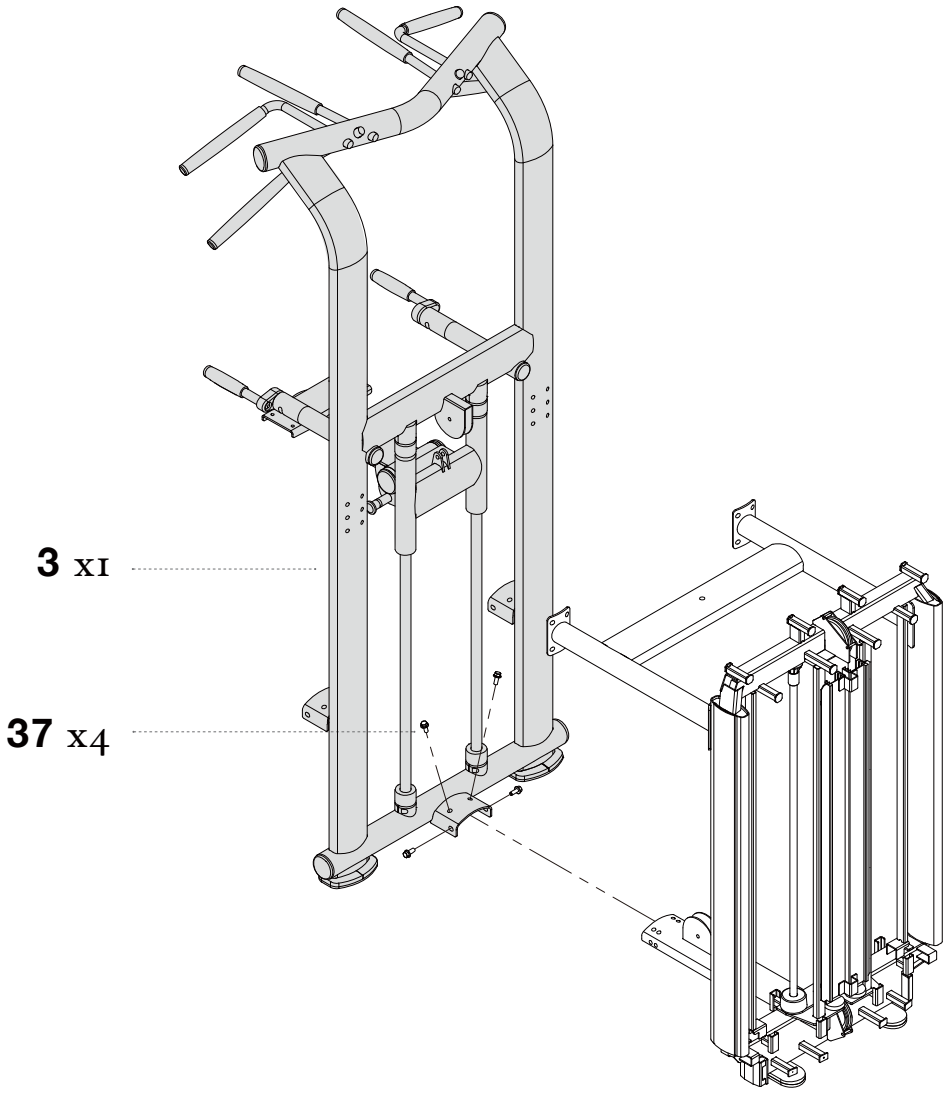


**STEP 2**

LOOSELY fasten the bolt connections in this step. Do not fully tighten.

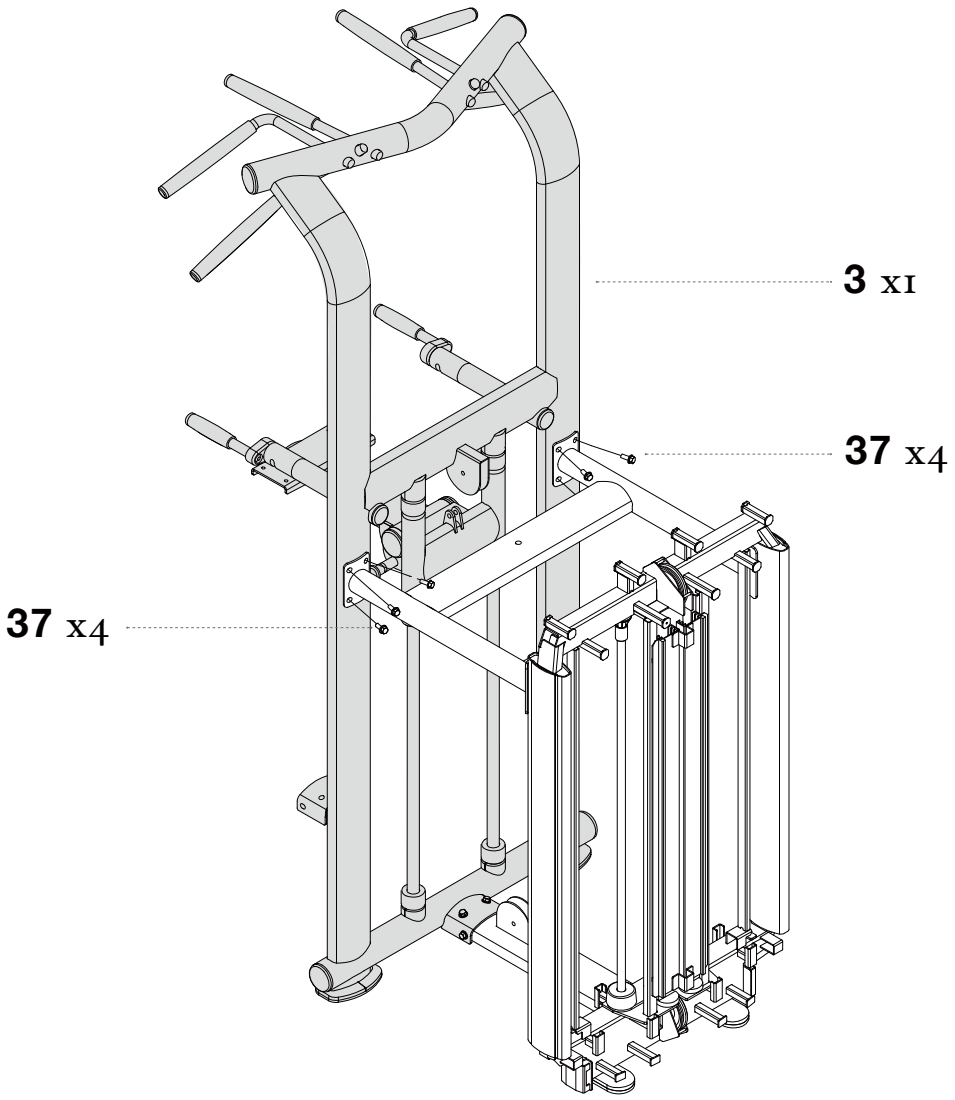


**STEP 3**
LOOSELY fasten the bolt connections first. Do not fully tighten.



**STEP 4**
LOOSELY fasten the bolt connections first. Do not fully tighten.

SECURELY tighten all bolts from Step 1 to 4 after confirming proper alignment.

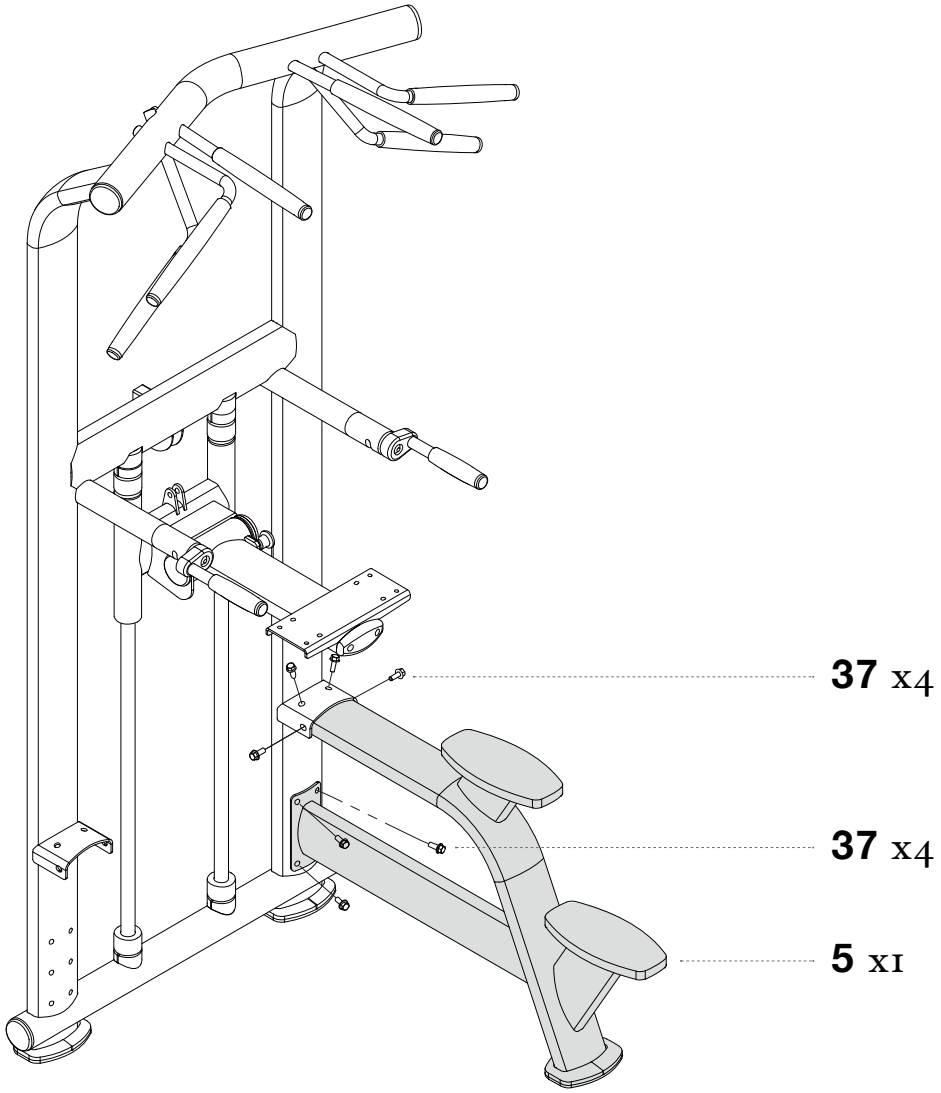


**STEP 5**

LOOSELY fasten the bolt connections first. Do not fully tighten.

SECURELY tighten all bolts from this step after confirming proper alignment.

Some parts have been hidden for assembly clarity.

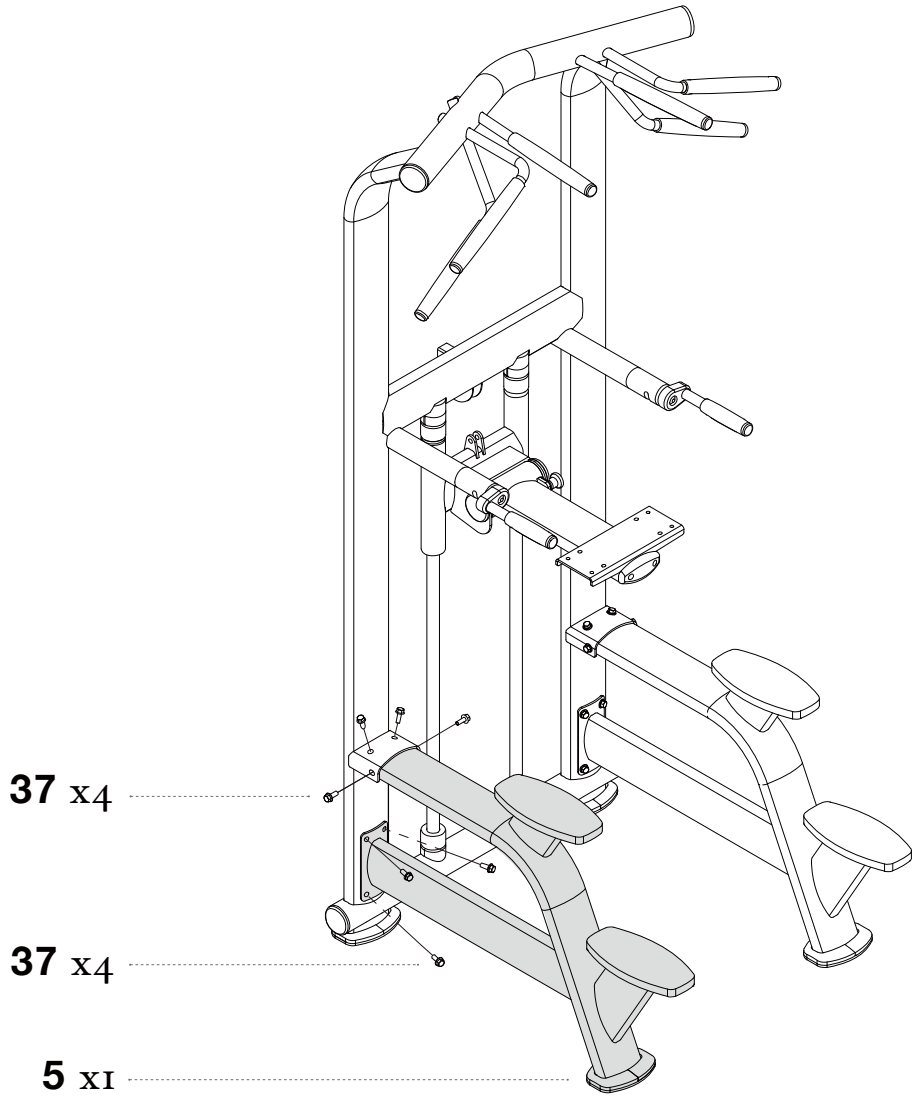


**STEP 6**

LOOSELY fasten the bolt connections first. Do not fully tighten.

SECURELY tighten all bolts from this step after confirming proper alignment.

Some parts have been hidden for assembly clarity.

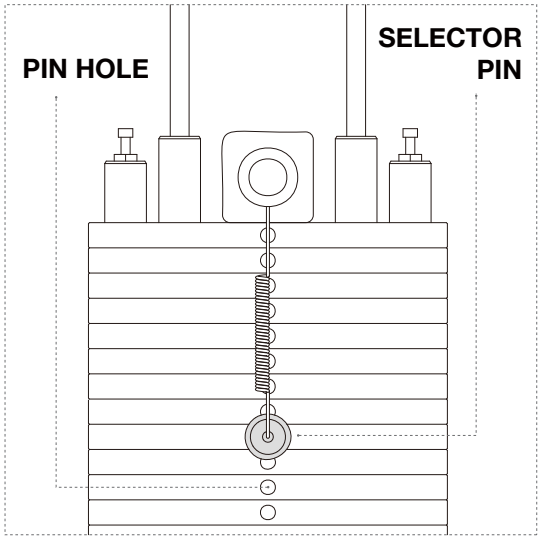


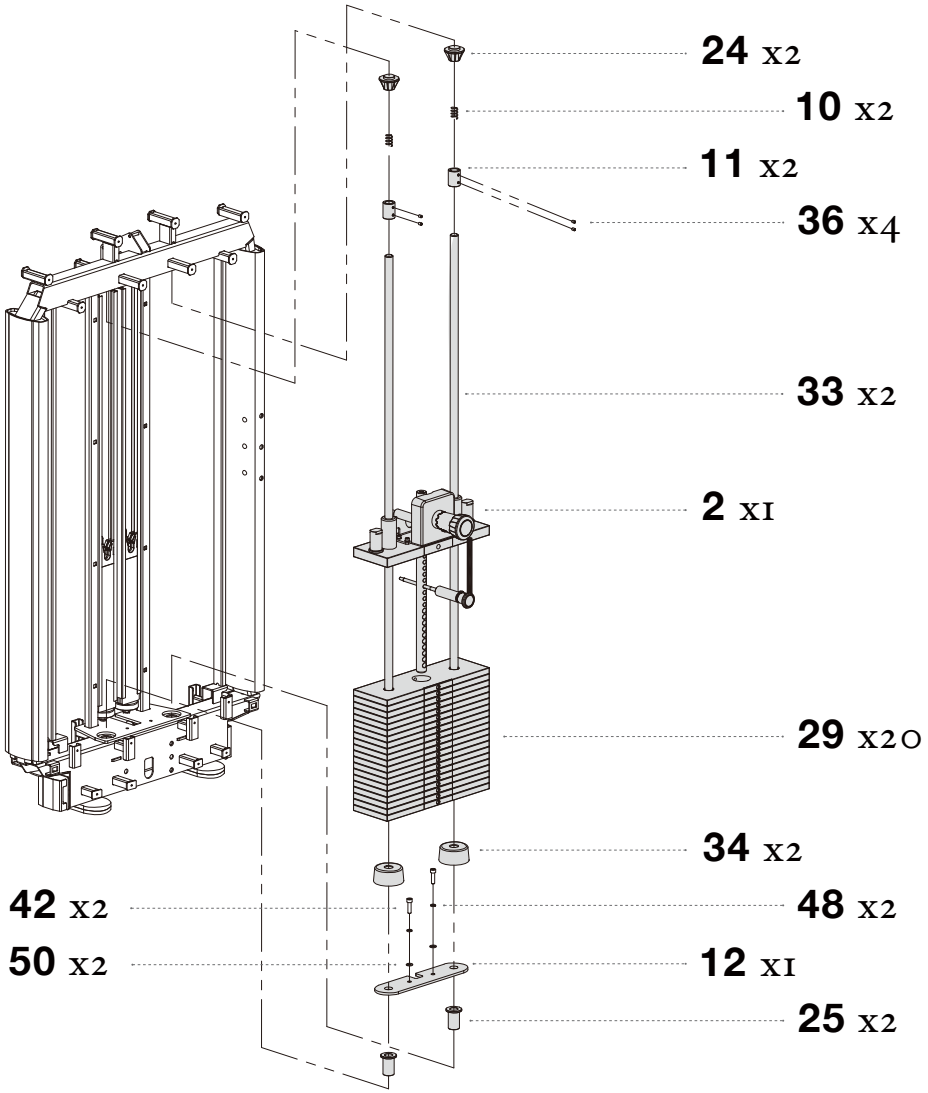
**STEP 7—1**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

Stack the Weight Plates(29) from bottom to top in descending order (110 kg at bottom, 15 kg at top).

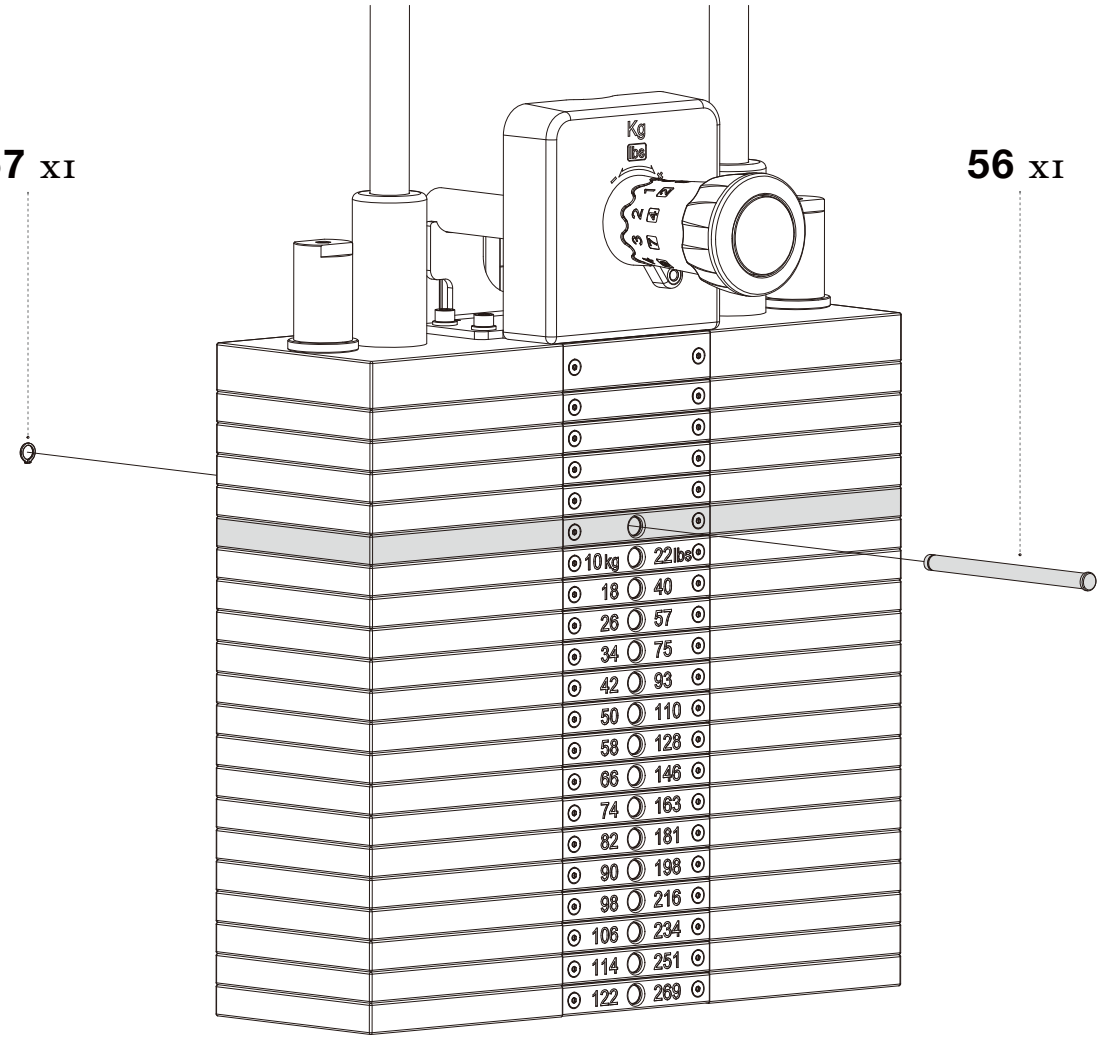
After placing all Weight Plates (29), check their alignment by inserting the selector pin through each pin hole. Ensure the pin can pass smoothly through all plates.



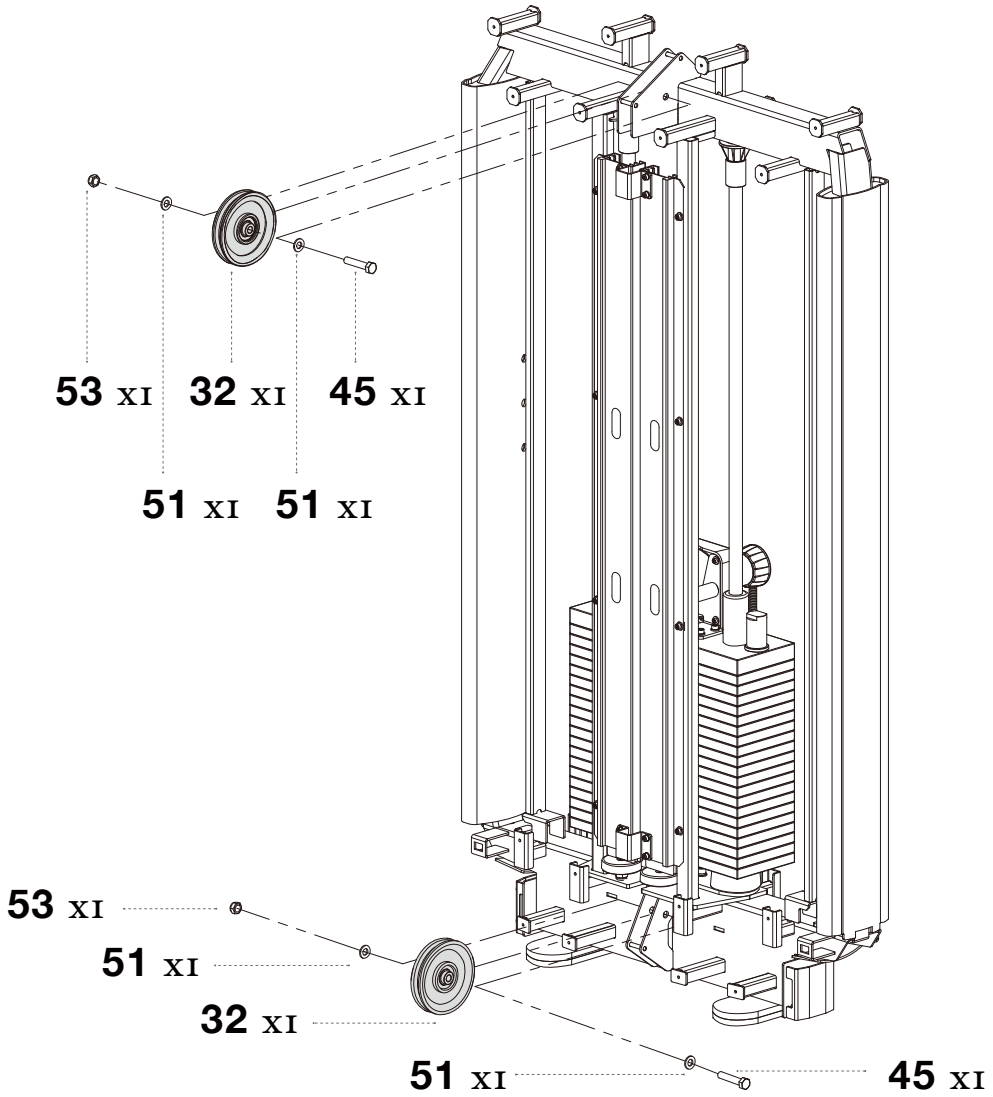
**STEP 7—2**
Insert the Locking Pin(56) through the pin hole as shown.

Some parts have been hidden for assembly clarity.



**STEP 8**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



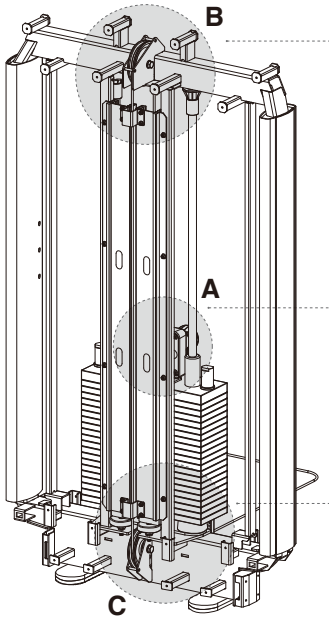
**STEP 9**
SECURELY tighten all bolt connections.

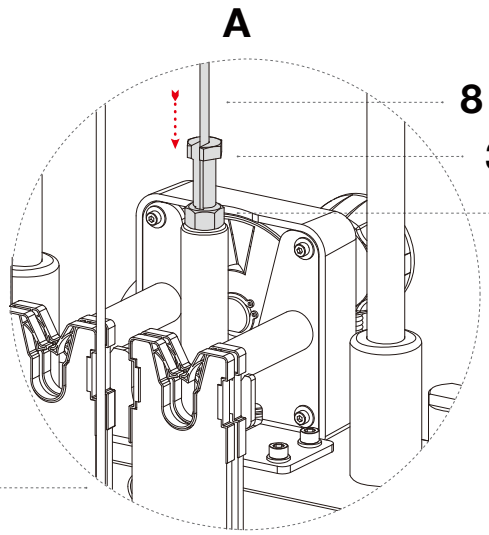
Follow the direction of arrows as shown to route the cable.

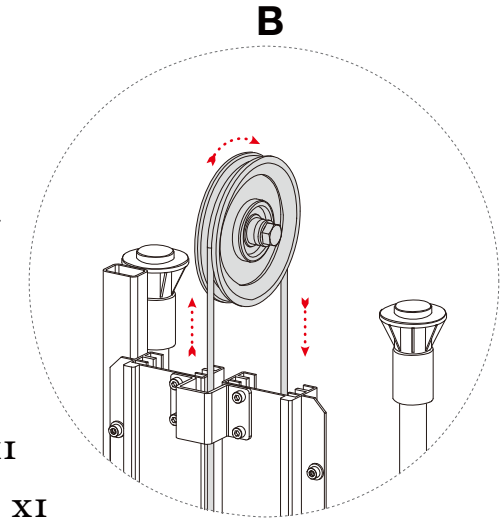
Ensure the cable is routed correctly and sits in the pulley groove.

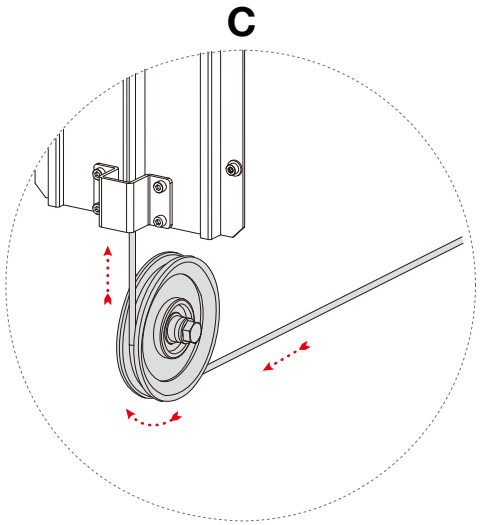
No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

Some parts have been hidden for assembly clarity.



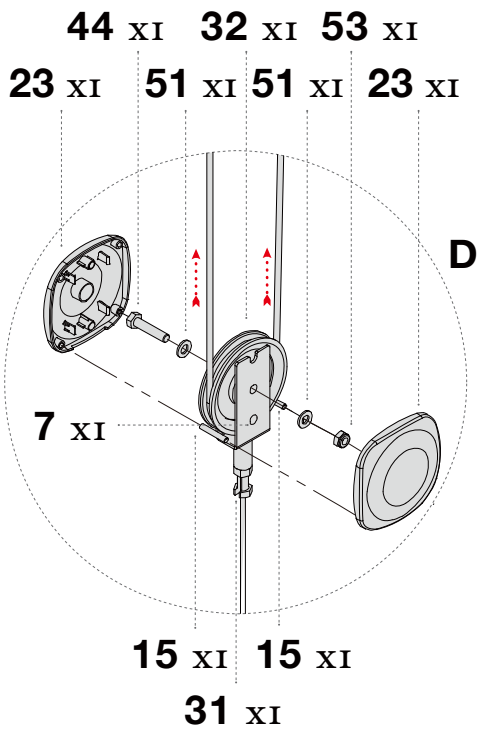



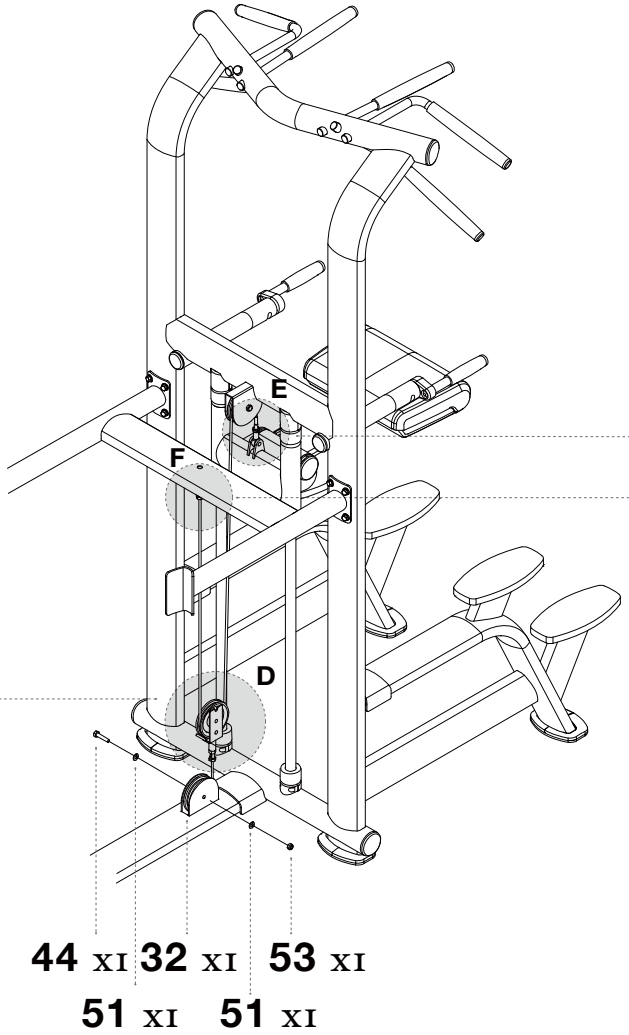
**STEP 10**
SECURELY tighten all bolt connections.

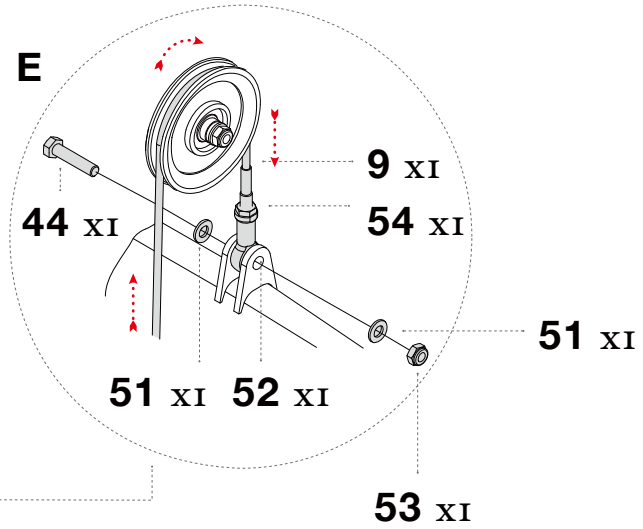
Follow the direction of arrows as shown to route the cable.

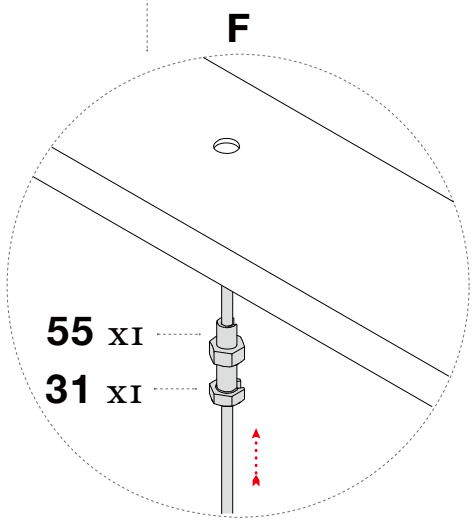
Ensure the cable is routed correctly and sits in the pulley groove.

Some parts have been hidden for assembly clarity.



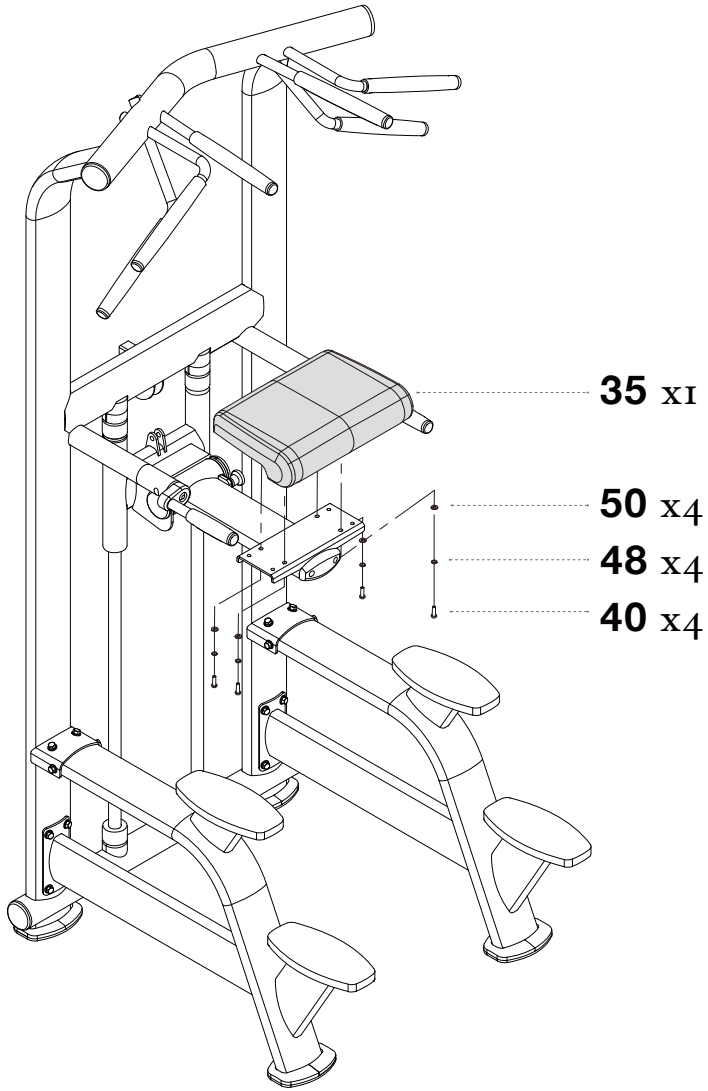



**STEP 11**

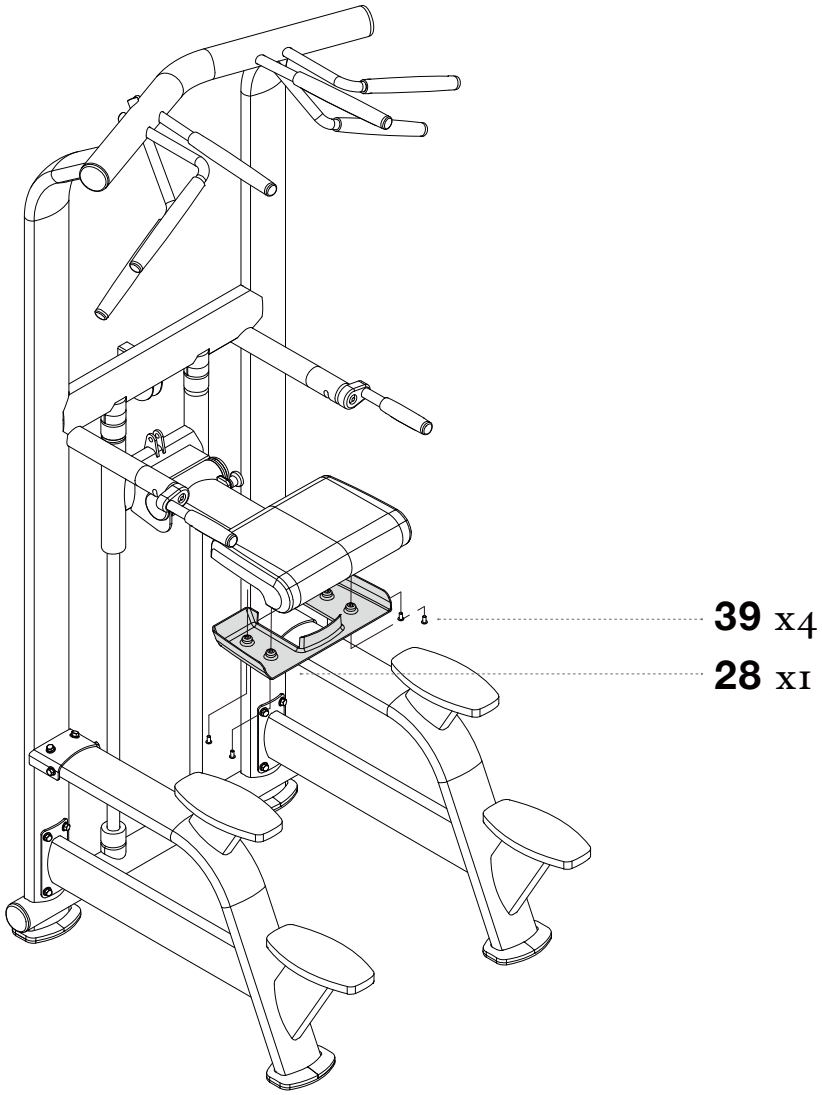
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



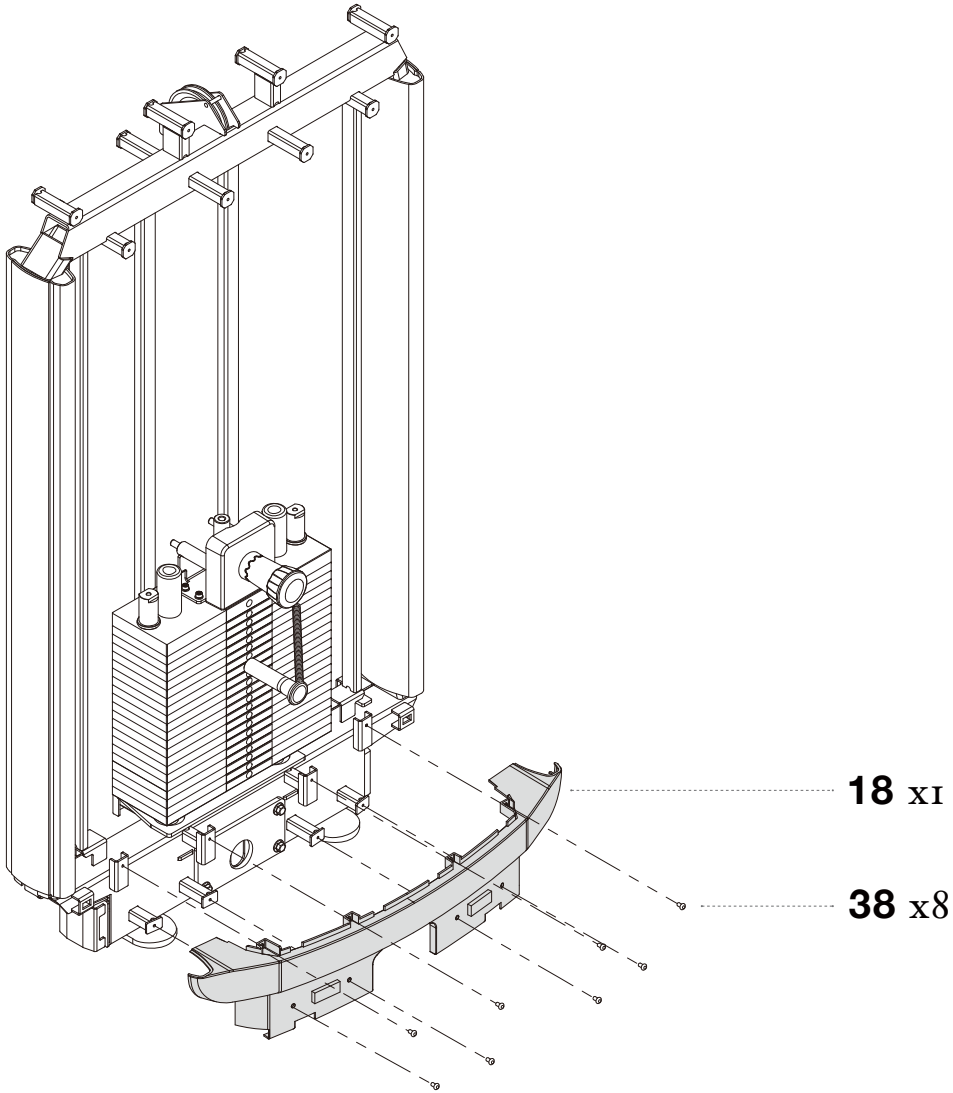
**STEP 12**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



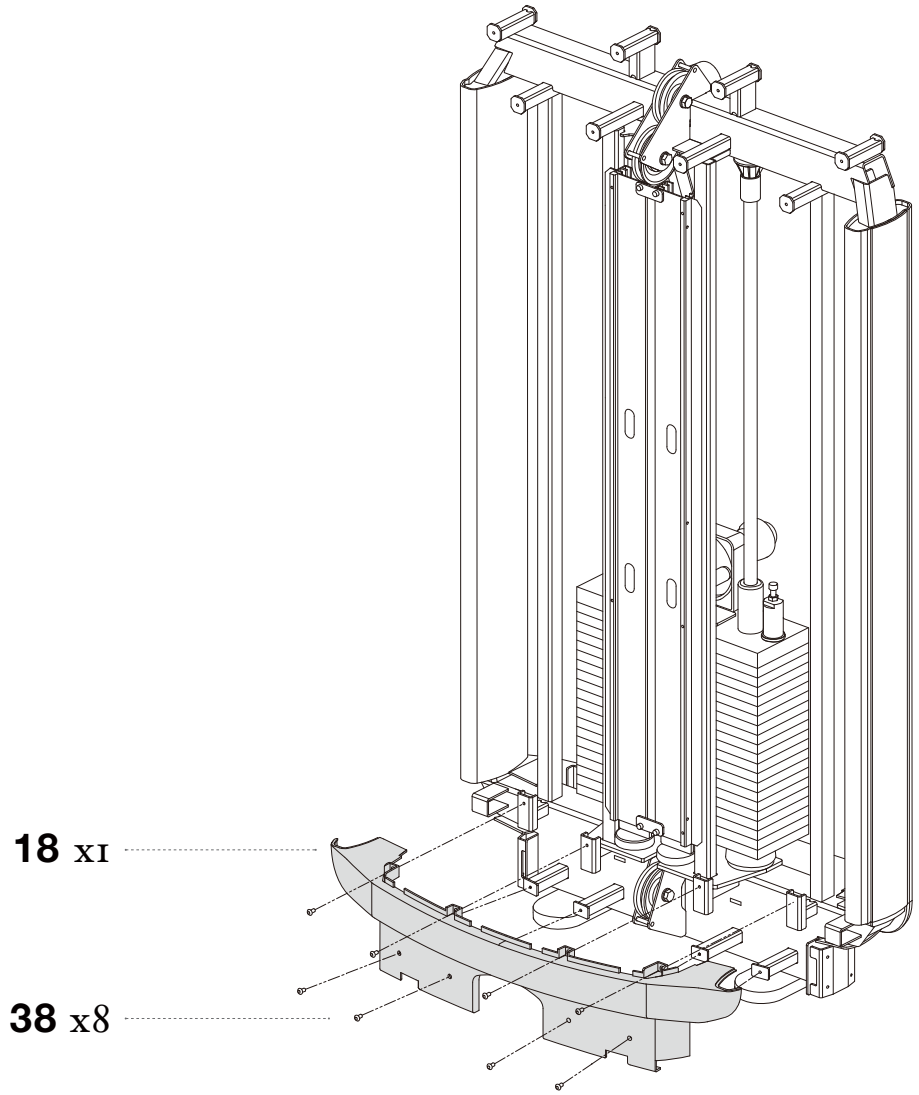
**STEP 13**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



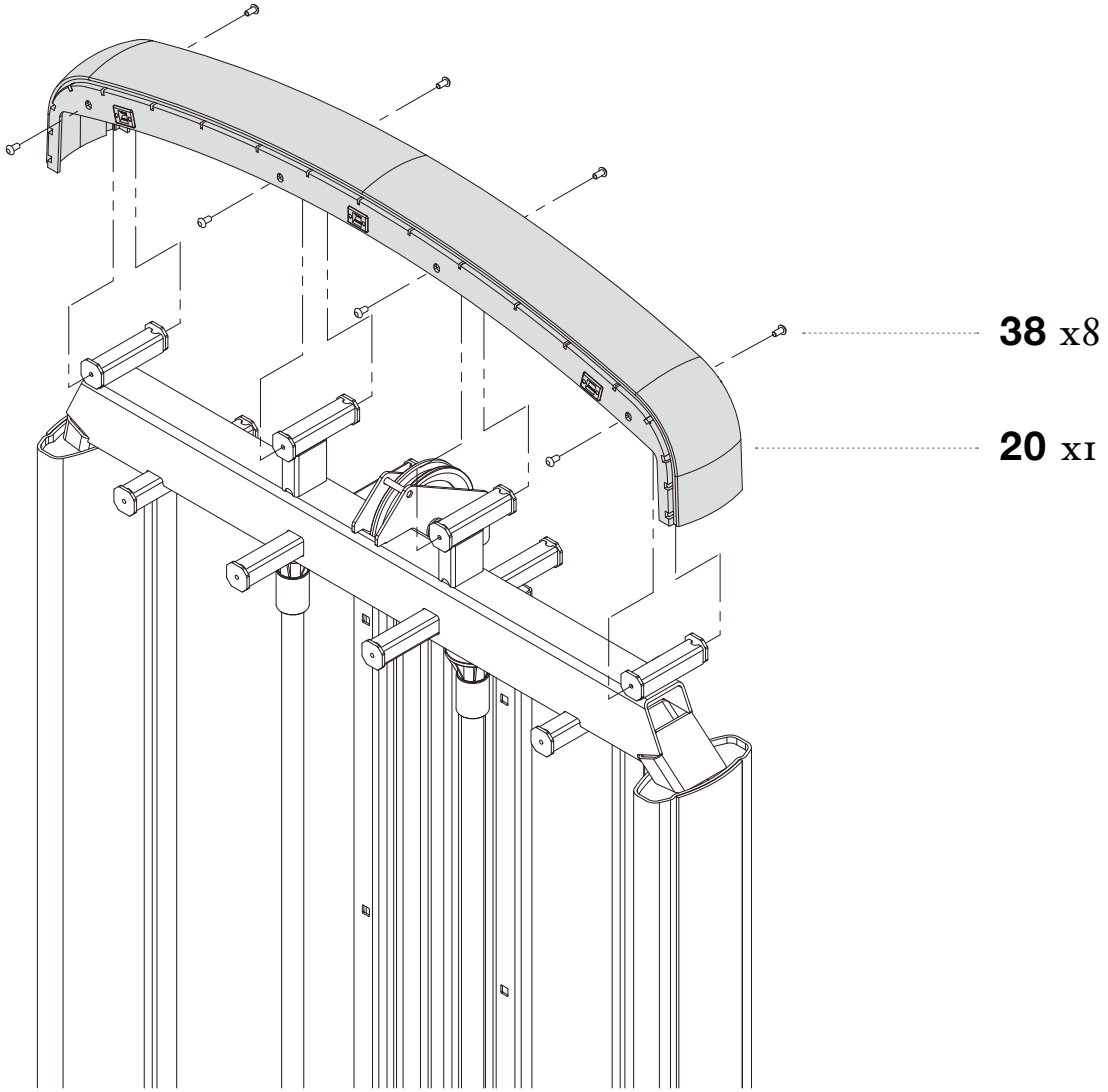
**STEP 14**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



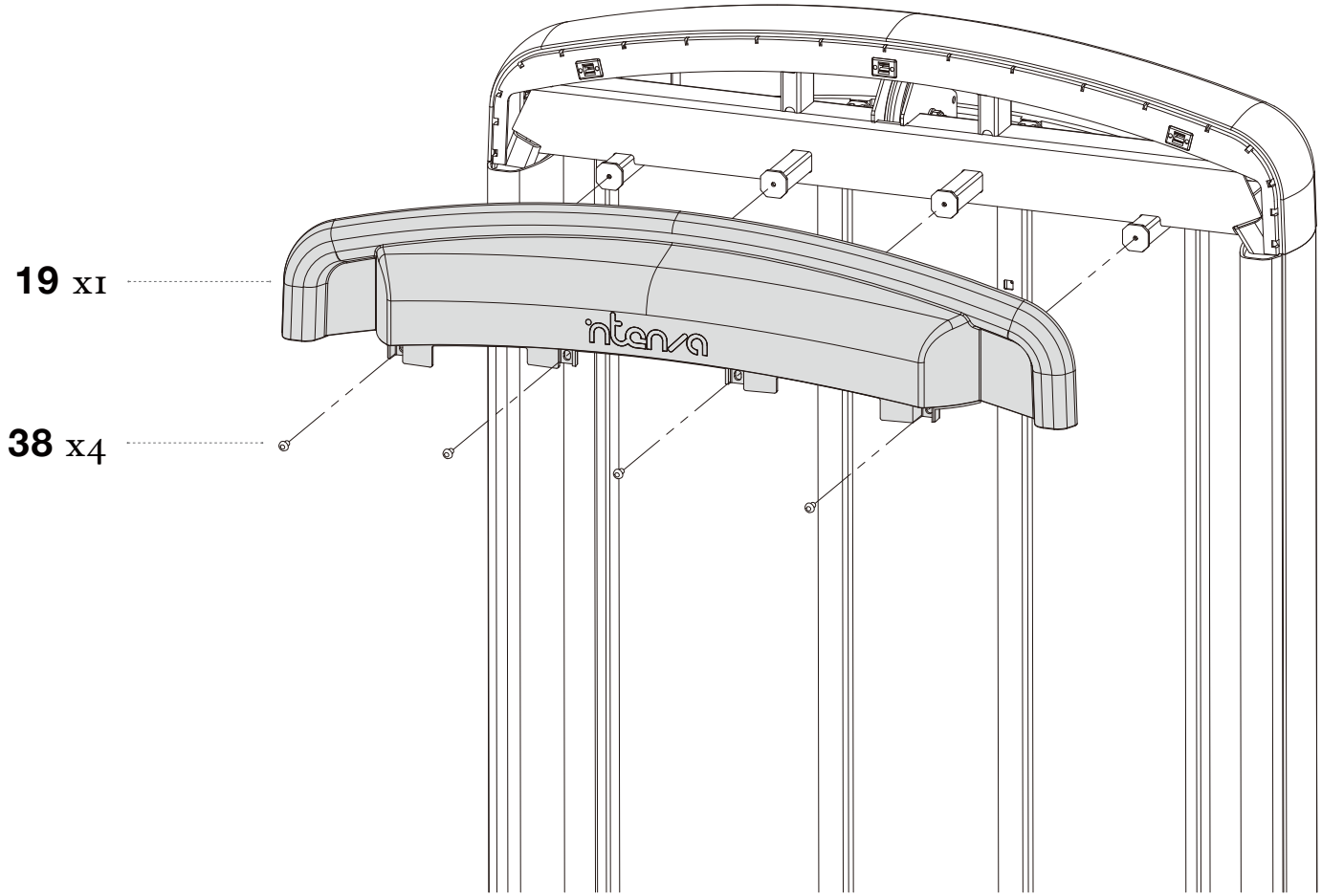
**STEP 15**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



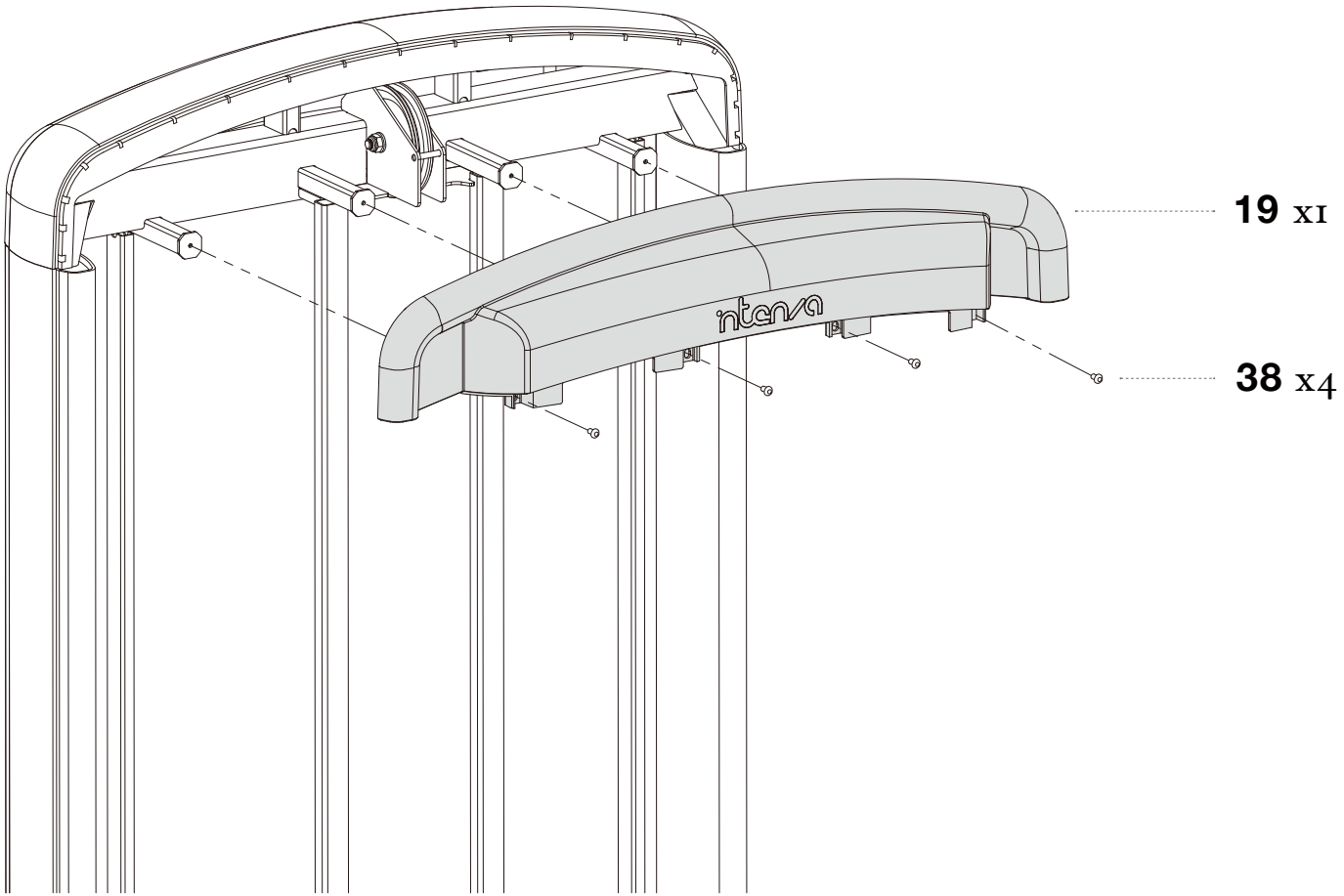
**STEP 16**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



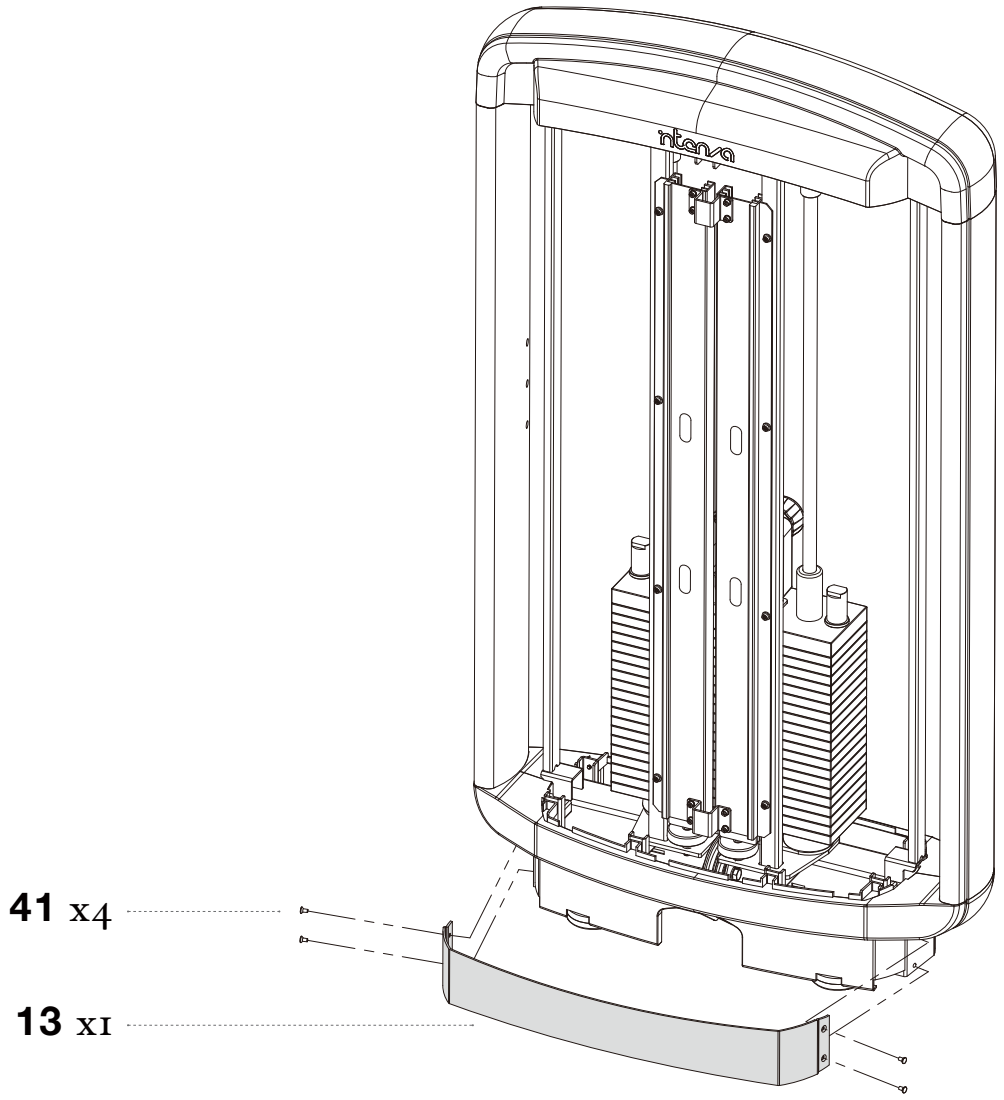
**STEP 17**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



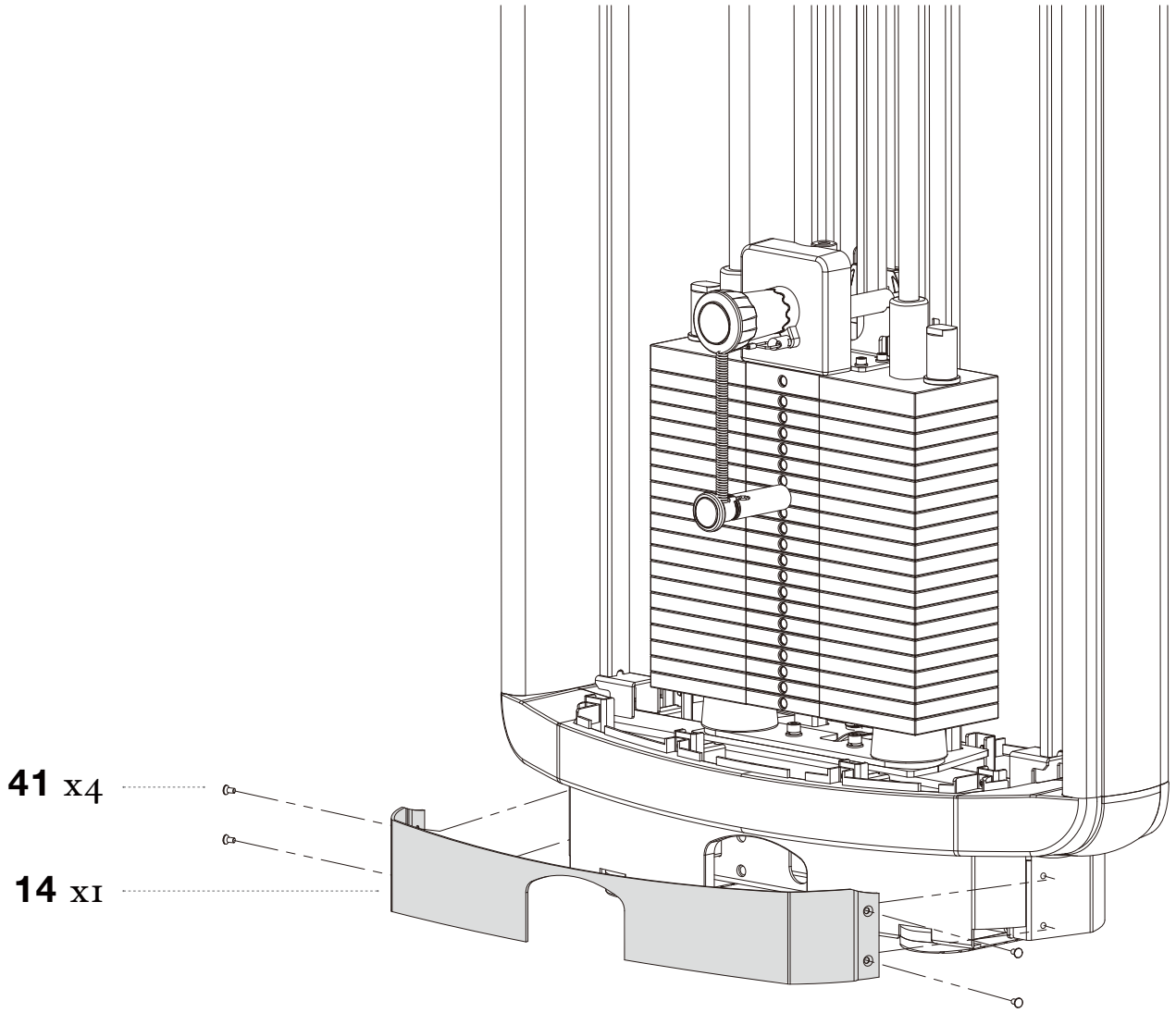
**STEP 18**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

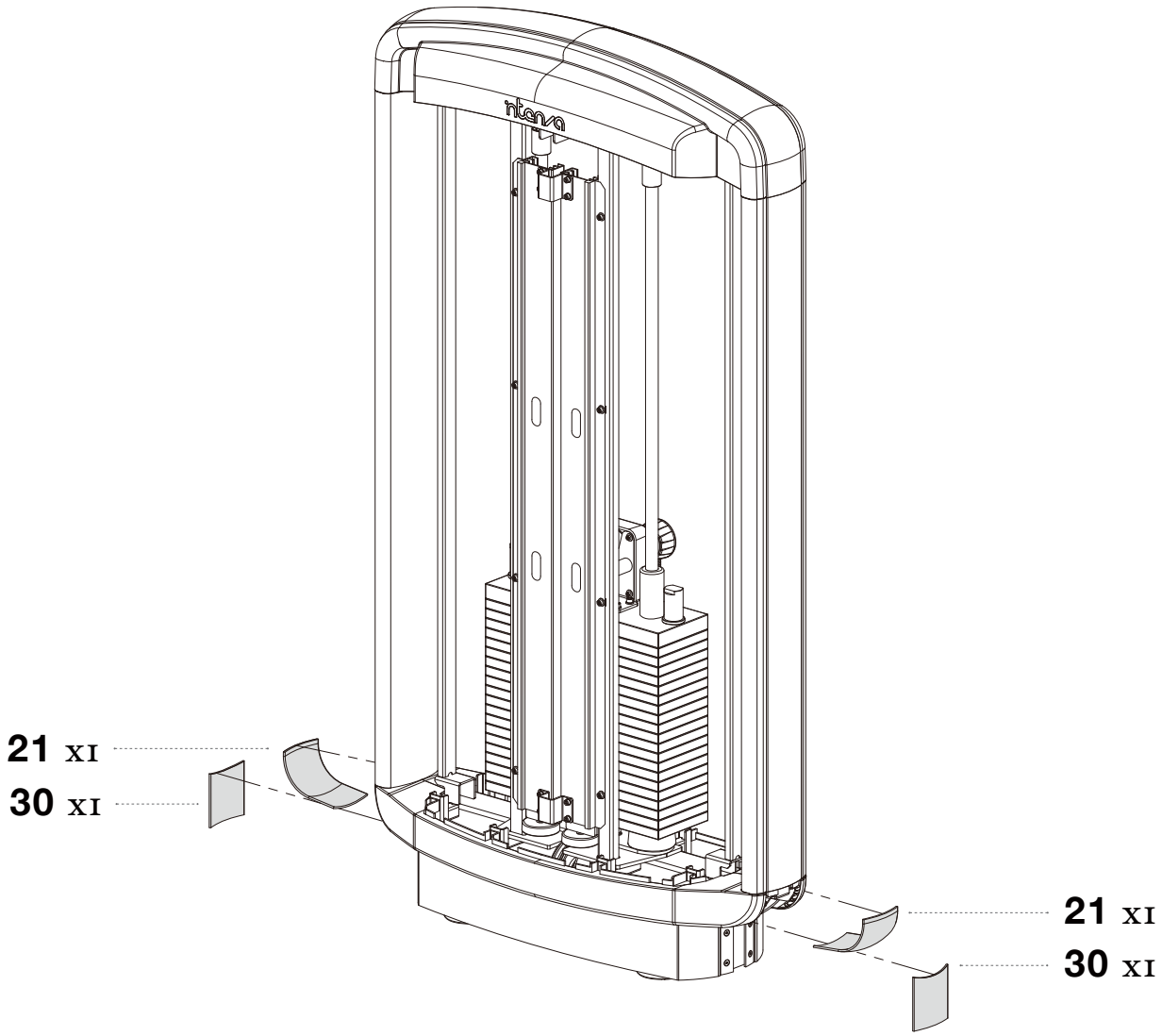


**STEP 19**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



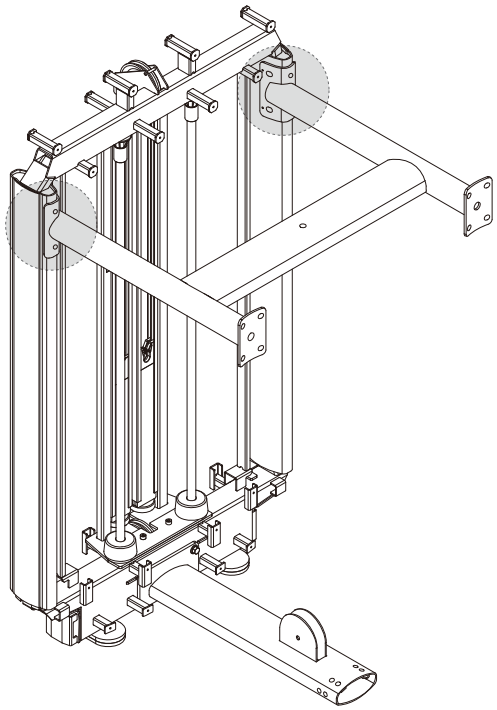
**STEP 20**
Some parts have been hidden for assembly clarity.

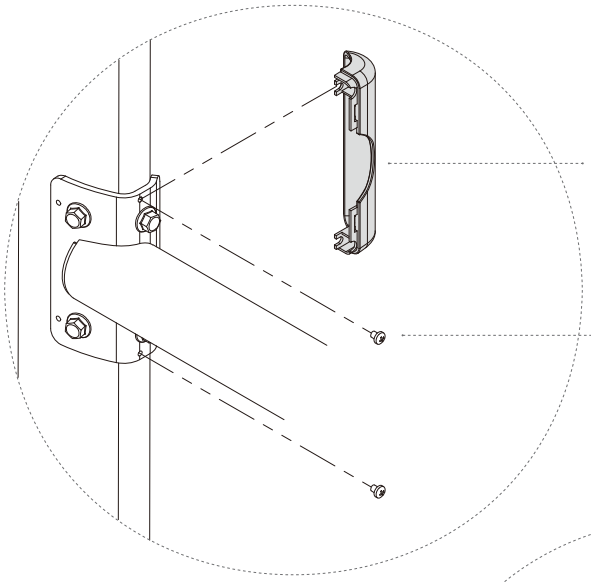


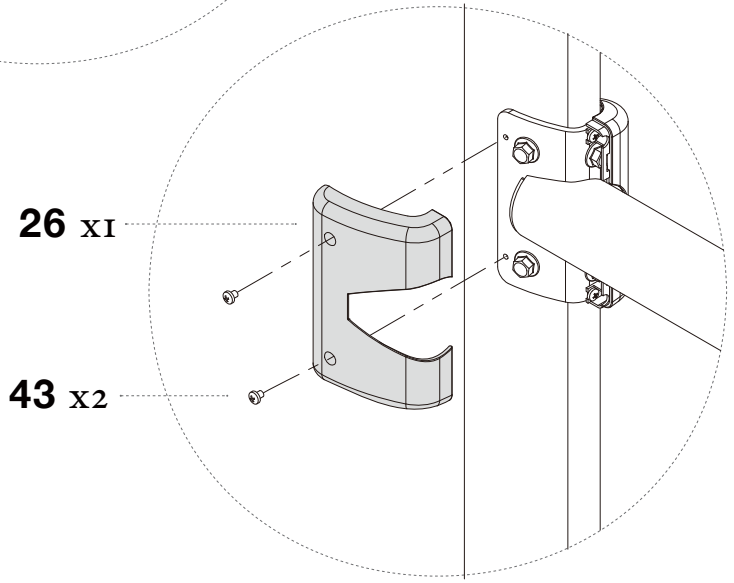
**STEP 21**
SECURELY tighten all bolt connections.

This step should be done on BOTH RIGHT AND LEFT SIDE.

Some parts have been hidden for assembly clarity.

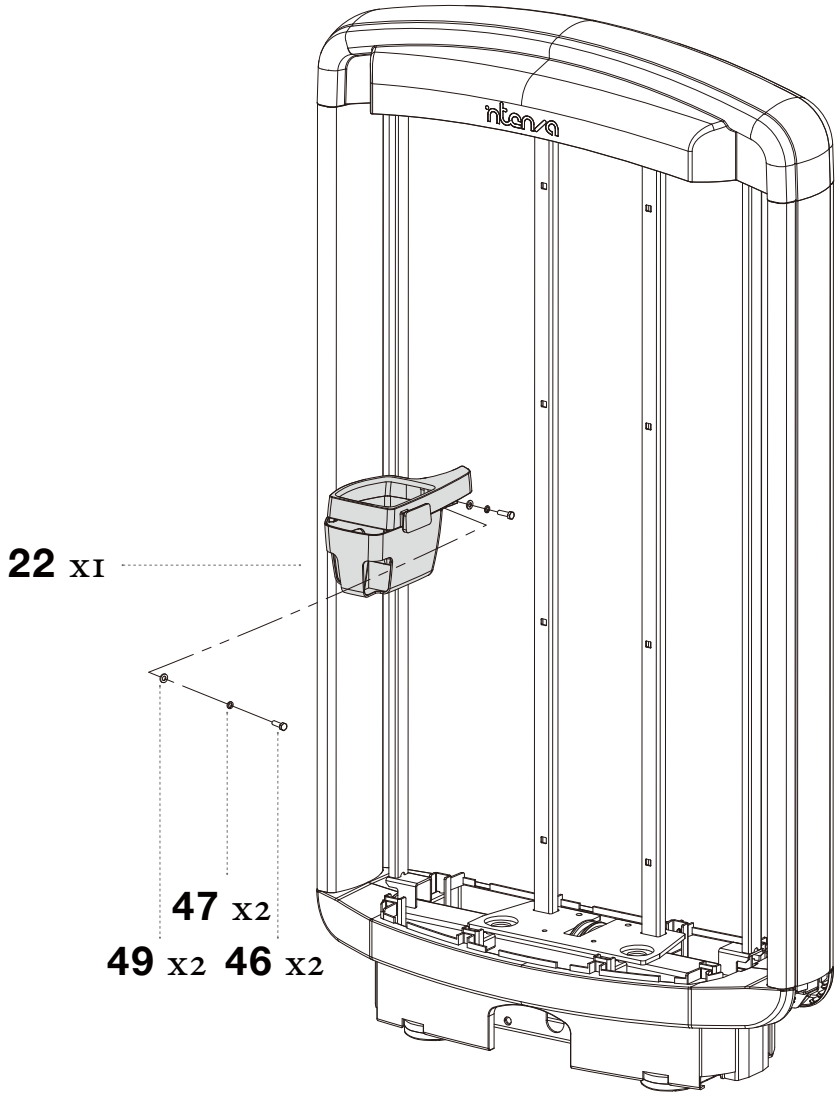




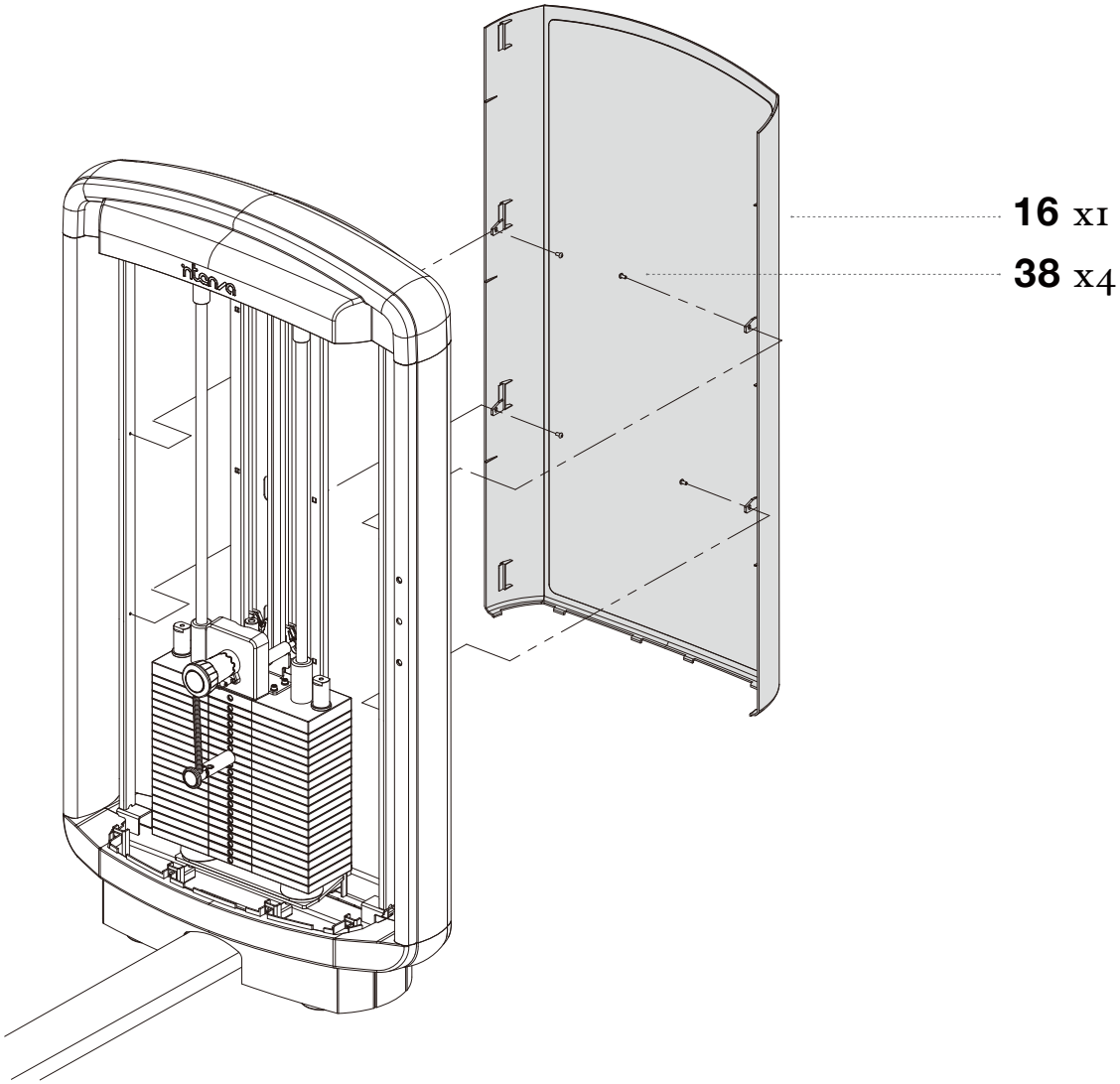
**STEP 22**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



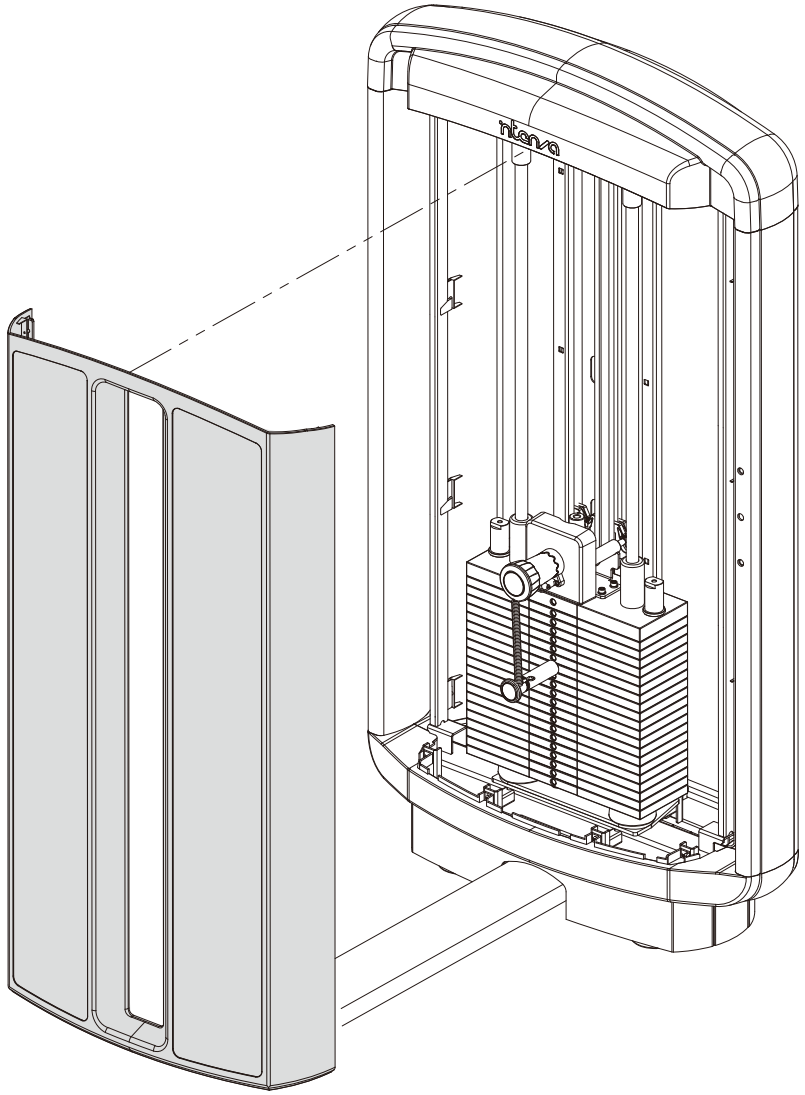
**STEP 23**
SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



**STEP 24**
Some parts have been hidden for assembly clarity.

**17** x1



# 3. Using the Equipment

## 3.1 Important Safety Guidelines

### CAUTION

Before using the equipment, read these instructions and all labels. Failure to do so may result in serious injury.

- Do not allow children, or those unfamiliar with the operation of this unit, on or near it.
- Before beginning any fitness program, see your physician for a thorough physical examination. Ask your physician for the appropriate target heart rate for your age and fitness level.
- If you feel pain, faintness, or dizziness, stop exercising immediately.

## 3.2 User's Guide

### TRAINING TIPS

- Keep your core engaged and avoid arching your back.
- Maintain a steady rhythm—no bouncing or sudden drops.
- Focus on full range of motion for maximum muscle activation.
- Adjust assistance gradually to build strength safely.

### ASSISTED CHIN DIP

Introduction

Provides guided assistance to strengthen the back, shoulders, and arms through chin—up and dip movements. This selectorized machine offers adjustable counterbalance support, allowing users of all levels to safely develop upper-body power and improve functional performance.

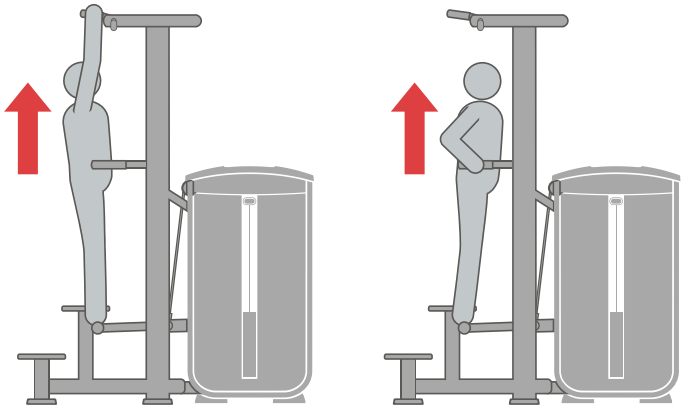
### ACTION

### CHIN—UP

1. Select assistance and step on the platform.
2. Grip the handles, knees on pad.
3. Engage core and pull up until chin clears bar.
4. Lower slowly with control.

### DIP

1. Select assistance and step on the platform.
2. Grip dip bars, knees on pad.
3. Lower until elbows reach 90°.
4. Press up until arms are extended, without locking.



# 4. Care and Maintenance

## 4.1 Commercial Maintenance Schedule

| INSPECT | DAILY | WEEKLY | MONTHLY | 6 MONTHS | ANNUALLY |
|---|---|---|---|---|---|
| Cables for wear, tension, and proper connection. | • | | | | |
| All adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys. | • | | | | |
| All safety and instructional decals. | • | | | | |
| All weight stack shrouds. | • | | | | |
| All nuts and bolts and tighten if needed. | | • | | | |
| All anti-slip surfaces and replace as needed. | | • | | | |
| All accessory bars and handles. | | • | | | |
| **CLEAN** | | | | | |
| Upholstery | • | | | | |
| Guide rods and lubricate with a teflon lubricant | | | • | | |
| **LUBRICATE** | | | | | |
| Pivot bearings and linear bearings | | | | • | |
| **REPLACE** | | | | | |
| Cables | | | | | • |

**BEFORE YOU BEGIN**

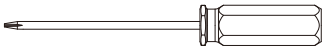
Preventative maintenance is crucial to maintaining the function and safety of this equipment. Your facility must establish written guidelines for preventative maintenance and keep written or online records of the maintenance performed on these products. As a minimum, the items presented in the Safety Instructions section of this document and the items that follow here, should be included in your maintenance program.

**IMPORTANT** Always purchase replacement parts and hardware from Intenza. Many parts are tested and manufactured specifically for Intenza commercial strength equipment. If you use parts not approved by Intenza, you could void the Intenza Limited Warranty. Use of parts not approved by Intenza may cause injury. Intenza recommends that maintenance technicians thoroughly read and understand the safety guidelines and maintenance procedures covered in this manual.

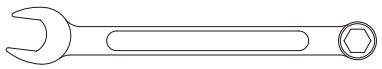
**NOTE** If the equipment requires assembly, please refer to 2.3 Assembly Guide Section in this manual.

**TOOLS**

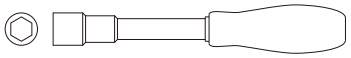
1. ALLEN WRENCH, 3MM, 5MM, 6MM



2. SCREWDRIVER



3. OPEN / ADJUSTABLE WRENCH
10MM, 13MM, 16MM, 18MM



4. HEX SOCKET WRENCH, 13MM

## 4.2 Daily Inspection & Maintenance

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each day before the equipment is subject to use. Intenza is not responsible for performing or scheduling regular maintenance or inspections.

- Inspect cables for wear, tension, and proper connection (See 3.6 Cable Inspection & Maintenance Section) if equipped.
- Inspect all adjustment pins, weight stack pins, set screws, gas shocks, snap links, and pulleys if equipped.
- Inspect all safety and instructional decals.
- Inspect all weight stack shrouds if equipped.
- Verify that rubber hand grips are intact and secure.
- Verify that anti-skid foot grips are intact and secure.
- Verify that the weight stack selector pin is attached with the coiled lanyard to the top plate if equipped.

## 4.3 Weekly Inspection & Maintenance

The following items are critical to the safety of users and maintenance staff as well as ensuring the optimum performance of the machines. These inspections should be performed each week. Intenza is not responsible for performing or scheduling regular maintenance or inspections.

- Check entire length of cables and end fittings for any signs of wear if equipped. Replace immediately as required. (3.6 Cable Inspection & Maintenance Section).
- Verify that a minimum of 1 inch (25.4 mm) of the threaded portion of the cable bolt is threaded into the carriage and that the nut is tightened if equipped with a cable. (See 3.6 Cable Inspection & Maintenance Section).
- Perform a function test by placing the selector pin in the top plate and cycling the machine through the intended motion if equipped with a cable. Verify that the machine operates smoothly without binding. Select a moderate weight and repeat.
- Verify that each pulley rotates freely when performing the exercise if equipped with pulleys. A pulley that does not rotate will cause extreme cable wear and could lead to cable failure. Determine cause and remedy immediately.
- Verify that the adjustment pop pins retract easily and fully engage (when released) into each adjustment disc hole/slot. The pop pins are spring loaded so they should return to the engaged position when you release the knob.
- Verify that the adjustment pin disengages and engages freely when actuating the adjustment mechanism. Be sure that the adjustment pin inserts fully into the adjustment disc.
- Verify that all hardware is tightened and that associated frame members are secure. Apply a few small drops of a thread locking compound such as Loctite on any loose bolts.
- Inspect frame for integrity and function. Replace any components at the first sign of wear with only Intenza supplied parts.

## 4.4 Other Scheduled Preventive Maintenance

Intenza recommends that scheduled maintenance be performed by a qualified service technician. Please contact your dealer or visit www.intenzafitness.com to contact a local Intenza authorized service technician.

**MONTHLY**

Clean guide rods and lubricate with a Teflon grease if equipped with guide rods.

**EVERY 6 MONTHS**

Lubricate pivot bearing and linear bearings with lithium grease.

## 4.5 Clean The Equipment

Wipe all machines with a water dampened cloth and dry completely. This includes painted parts, chrome plated parts (except guide rods), plastic parts, and upholstered pads. It is important not to leave parts damp. This will increase the potential for corrosion to occur.

**CAUTION**

Certain anti—bacterial cleaners and other harsh cleaning agents can induce corrosion on the machine components. These solutions can also dry out and cause cracking and splitting on the upholstery.

**HEAVY DUTY CLEANING**

| | |
|---|---|
| GUIDE RODS (IF EQUIPPED) | Clean and lubricate with a Teflon Spray. Be sure to coat the entire guide rod. Spraying lubricant into the cap plate bushings is also recommended |
| CHROMED ADJUSTMENT TUBES | Wipe away dust and dirt before applying a Teflon spray lubricant. Intenza recommends using TriFlow or a similar brand. |
| LINEAR BEARINGS | Clean the linear shaft and lubricate (as required) with Teflon based grease. Keeping linear bearings clean and lubricated is critical to long life and good performance |
| PAINTED FRAMES | If you have scuff marks, grease or a heavy dirt buildup on frame components, start with a mild soap solution or a diluted solution of a product such as Simple Green with a dilution of 32:1. If you cannot remove the marks using those methods, use a car polish/cleaner. DO NOT use solvents such as lacquer thinner, mineral spirits or acetone. For deeper scuff marks, use an automobile finish rubbing compound |
| UPHOLSTERY | For heavy duty cleaning, use a mild soap solution. This method should be sufficient in the majority of instances. In severe stain cases, you can use a solution of 5—10% household bleach diluted with water. Be sure to test an inconspicuous area first. DO NOT use chemical cleaners on the vinyl upholstery. You can also use a lanolin based hand cleaner to clean your upholstery. Wipe off after cleaning with a damp cloth and thoroughly dry |
| PLASTIC PARTS | Use a mild soap solution to clean dirt and grease marks |
| LABELS | Use a mild soap solution to clean dirt and grease marks |
| SHROUDS | Use a mild soap solution to clean dirt and grease marks |

**CAUTION**

Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and may void the Intenza Warranty. Never pour or spray liquids on any part of the equipment. Allow the equipment to dry completely before using.

**CAUTION**

If you determine that the equipment needs service, make sure that the equipment cannot be used inadvertently and ensure other users know that the machine needs service.

*To order parts or to contact a Intenza Authorized Service representative, please visit www.intenzafitness.com

## 4.6 Cable Inspection & Maintenance

One of the most critical areas that require frequent inspection on any weight machine is the cable system that lifts the weight stack if the machine is equipped with those items. Sudden failure of a worn cable can, in some instances, result in injury to the user. I t is the responsibility of the facility to inspect the cables frequently.
Cables are components that wear over time. This means that the more often a piece of equipment is used, the greater the likelihood that cable wear will occur.

Listed below are the areas of the cable that require inspection.
*Intenza recommends that all cables be replaced on an annual basis to maintain the safety of all users.

**CABLE WEAR**

Inspect all cables for any signs of wear. Pay close attention to the cable in the area of the end fittings and attachment points. Inspect the areas around the pulleys and/or cams. Shown below are examples of cables that exhibit signs of potential failure. If any of these conditions are apparent, the machine should immediately be taken out of service and repaired. Be sure to use only cables supplied by Intenza.
DO NOT use cables that have fittings attached with hand crimp tools.

**1. Twisted Cable (Zig—zag Pattern)**

**2. Break in the Cable Cover**

**3. Break/Bend in Cable**

**4. Tear in the Cable Cover**

**5. Stretched Cable Covering**

**6. Crimp Connector Dislodged**

Bad Good

## 4.6 Cable Inspection & Maintenance

**CAUTION**

A minimum of 1 inch (25.4mm) of the threaded portion of the cable bolt must be threaded into the carriage.

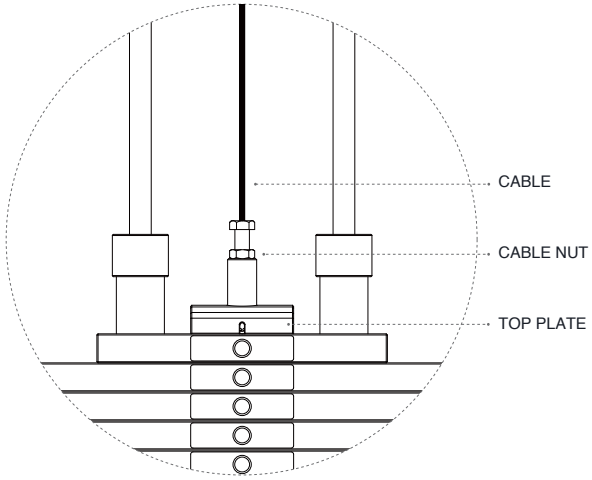
No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

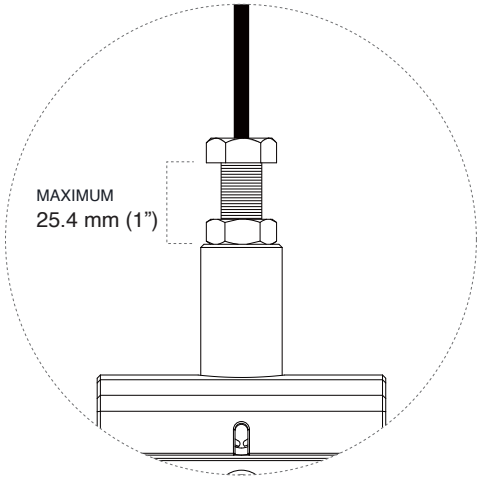
**CABLE TENSION**

Ensure that the cables are adjusted to remove any slack using the cable adjustment plates and the threaded end fittings. These are located at the weight stack and carriage connections. You can determine if there is too much slack by performing the exercise. As you start to move a load arm or handle, the weight stacks should lift immediately. If not, the cable tension needs to be adjusted.

To adjust the cable tension, there are two ways:

1. Loosen pulley bolt enough to rotate the cable adjustment plate (See 2.3 Assembly Guide, Step 15 and Step 18).
2. Loosen the cable nut that is located on the cable bolt connected to the carriage. Tighten the cable bolt until the top plate is barely lifted off of the first weight plate and then re—tighten the cable nut.




**CAUTION**

A minimum of 1 inch (25.4mm) of the threaded portion of the cable bolt must be threaded into the top plate.

No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

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