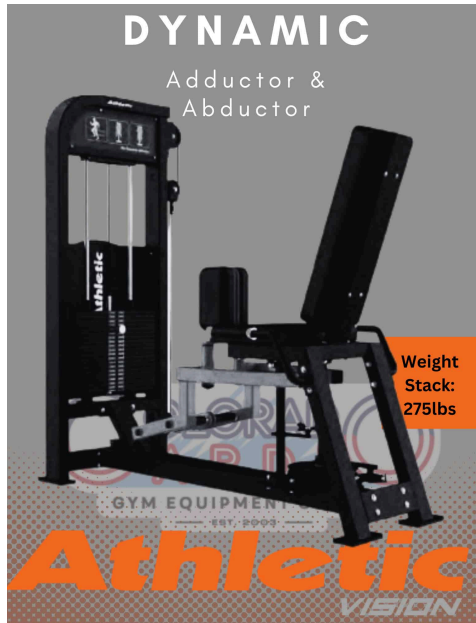


Athletic Vision Dynamic Abductor & Adductor Combo Machine



Installation Manual

1. Product Overview

The Athletic Vision Dynamic Abductor & Adductor Combo is a dual-function selectorized strength machine designed to effectively train the inner and outer thigh muscles. Built with a heavy-duty commercial frame and a smooth 275 lb selectorized weight stack, this space-efficient unit allows users to perform both hip abduction and adduction exercises from a single station.

With adjustable starting positions and ergonomic pads, the machine accommodates users of all sizes while promoting proper biomechanics, making it ideal for commercial gyms, rehabilitation settings, training studios, and premium home gyms.

2. Item Specifications

- **Product Type:** Selectorized Abductor / Adductor Combo (Dual Function)
 - **Frame Construction:** Heavy-duty commercial-grade steel frame
 - **Resistance System:** Selectorized weight stack
 - **Weight Stack:** 275 lbs
 - **Exercise Functions:** Hip Abduction, Hip Adduction
 - **Adjustment Points:** Adjustable start range and leg pad positioning
 - **Seat & Pads:** Ergonomic seat with adjustable thigh pads
 - **Cable System:** Smooth-glide cable and pulley system
 - **Finish:** Commercial powder-coated finish
 - **Intended Use:** Commercial & Residential
 - **Assembled Dimensions:** 63" L x 30" W x 60" H
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3. Shipping Dimensions & Weight

- **Crated Dimensions:**
- **Crated Weight:**
- **Shipping Method:** Freight delivery on pallet

FOB Origin:

Ownership and responsibility for the equipment transfer to the buyer once the product leaves the seller's facility.

This includes:

- Freight costs
- Risk of loss or damage during transit
- Seller responsibility ends when the equipment is released to the carrier

Important: Inspect the crate for damage before signing the delivery receipt.

4. Parts List (Included)

- Main Frame Assembly
- Seat Assembly
- Abductor / Adductor Leg Arm Assembly
- Adjustable Thigh Pad Assemblies (Left & Right)
- 275 lb Selectorized Weight Stack
- Guide Rods (2)
- Pulleys & Cable Assembly
- Range-of-Motion Adjustment Mechanism

- Hardware Kit (bolts, washers, lock nuts)
 - Weight Stack Selector Pin
 - Installation overview instructions (visual/basic)
 - Safety labels (pre-installed)
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5. Tools Required (Not Included)

- Socket wrench set (metric)
 - Allen wrenches (metric)
 - Screwdriver
 - Open-end / box wrenches (metric)
 - Rubber mallet
 - Level
 - Utility knife (for unpacking)
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6. Installation Instructions (Step-by-Step)

Step 1: Unpacking

- Carefully remove outer packaging and plastic wrap.
- Verify all parts against the parts list.
- Organize hardware by size.
- See Pictures: Fully crated equipment (before installation).

Step 2: Frame Positioning

- Place the main frame in its final installation location.
- Ensure a minimum of 3–4 feet of clearance around the unit for safe use.

Step 3: Install Seat & Leg Arm Assembly (SEE PICTURES BELOW)

- Attach the seat assembly to the main frame.
- Install the abductor/adductor leg arm assembly.
- Insert bolts loosely during alignment.
- Once aligned, level the unit and tighten bolts using a cross-pattern.
- Firmly tighten all bolts.
- See Pictures: Frame and leg arm assembly attached.

Step 4: Install Weight Stack & Guide Rods (SEE PICTURES BELOW)

- Install guide rods into the frame.
- Install rubber bumpers and spacers as required.

- Carefully stack weight plates one at a time.
- Install the top selector plate and guide rod caps.
- Confirm the weight stack moves freely.
- Apply silicone lubricant lightly if needed.
- Apply weight stack decals.
- See Pictures: Weight stack installed.

Step 5: Pulley & Cable Routing (SEE PICTURES BELOW)

- Verify correct cable routing through all pulleys.
- Ensure pulleys rotate freely and cables sit properly in grooves.
- Adjust cable tension if required.
- Apply silicone lightly as needed.
- See Pictures / Videos: Cable routing diagram.

Step 6: Pad & Range Adjustment

- Install thigh pads and adjust spacing for abductor/adductor movements.
- Set the starting range-of-motion stops for both exercises.
- Confirm all adjustment pins engage securely.

Step 7: Final Tightening & Leveling

- Use a level to ensure the unit is square and stable.
- Fully tighten all remaining hardware.
- Recheck all bolts.
- See Pictures: Fully assembled unit.

Step 8: Function Test

- Select a light weight.
- Perform both abduction and adduction movements slowly.
- Confirm smooth, quiet operation.
- Apply silicone to moving parts as needed.

7. Installation Video (If Available)

Installation Video:

Watching the video before installation is highly recommended.

Additional videos may be found at www.ColoradoCardio.com under the product listing.

8. Frequently Asked Questions (FAQ)

Q: Does the unit need to be bolted to the floor?

A: Floor anchoring is recommended for commercial facilities but not required on a level surface.

Q: How many people are needed for installation?

A: Two people are recommended.

Q: How long does installation take?

A: Approximately 1–1.5 hours.

Q: Is lubrication required during installation?

A: Lubrication is not required during installation. Silicone may be applied after assembly to moving components.

9. Maintenance Schedule

Monthly

- Wipe down frame and upholstery
- Inspect cables for fraying
- Check pulley movement; apply silicone lightly
- Verify selector pin function

Quarterly

- Inspect and tighten all hardware
- Clean guide rods and apply silicone-based lubricant
- Check pulley alignment
- Inspect weight stack travel

Annual

- Full cable inspection (replace if worn)
- Deep clean pulleys and guide rods
- Inspect frame welds and structural components
- Professional preventive maintenance recommended

10. Safety Notes

- Installation should be performed by trained personnel only.
- Do not use damaged cables or pulleys.
- Return weight stacks gently—do not drop.
- Keep hands clear of moving parts.

11. Support & Service

For installation assistance, replacement parts, or service:

Colorado Cardio Fitness & Gym Equipment

HIGH QUALITY AFFORDABLE GYM EQUIPMENT INSTALLED. SATISFACTION
GUARANTEED!

Phone: 970-939-9736

Email: Nathan@ColoradoCardio.com

Website: www.ColoradoCardio.com

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