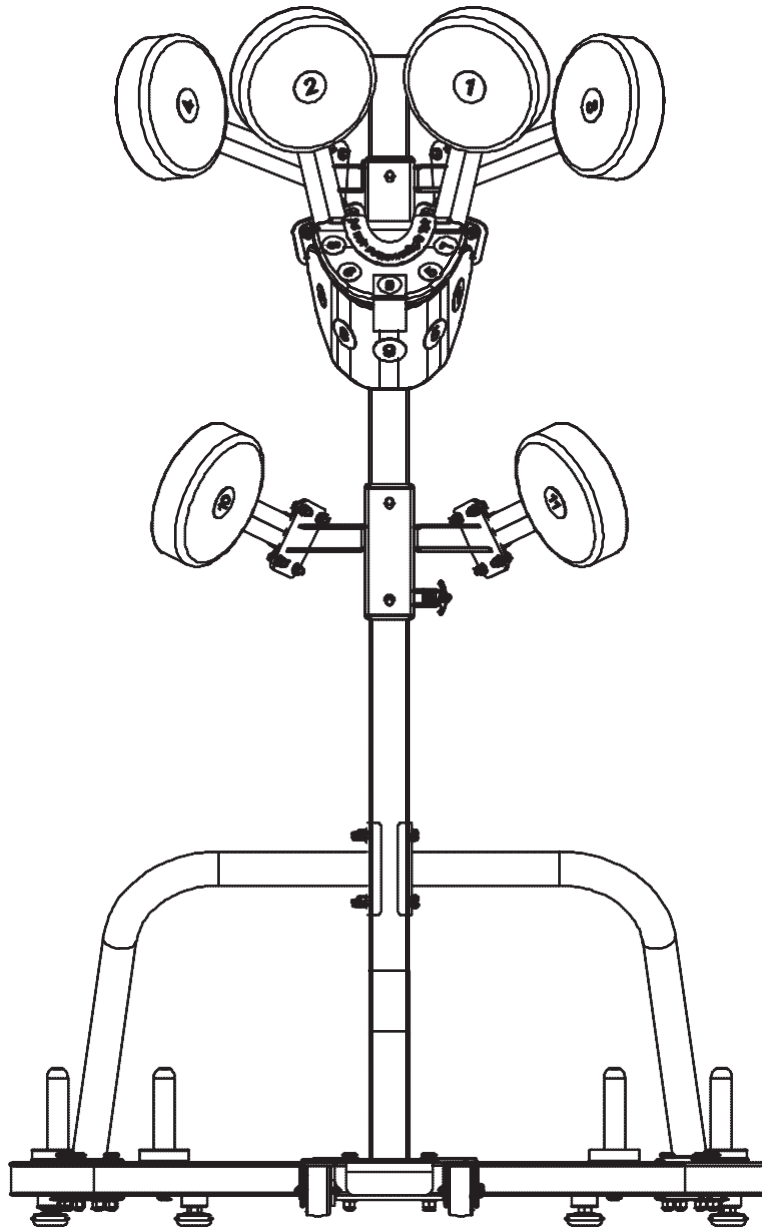


# FIGHT MASTER

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# OWNER'S MANUAL

Retain This Manual For Reference





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### BEFORE YOU BEGIN

Thank you for selecting the FIGHT MASTER. For your safety and benefit, read this manual carefully before using the exercise equipment. If you have any questions, or find there are missing or damaged parts, please contact our Customer Service Agents.

**Mon. – Fri. 9 a.m. – 5 p.m. EST**  
**Support@CoreHomeFitness.com**

# **IMPORTANT SAFETY NOTICE**

## **PRECAUTIONS**

Certain precautions apply when you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your exercise equipment. In particular, note the following safety precautions:

1. **Keep children and pets away from the exercise equipment at all times. DO NOT leave children unattended in the same room with the exercise equipment.**
2. Only one person at a time should use the exercise equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the exercise equipment on an obstruction free, level surface. DO NOT use the exercise equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear jewelry, robes or other clothing that could become caught in the exercise equipment. Running or aerobic shoes are also required when using the exercise equipment.
7. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the exercise equipment.
9. Before using the exercise equipment, always stretch properly to warm up.
10. Never operate the exercise equipment if the exercise equipment is not functioning properly.
11. **NEVER** swing from FIGHT MASTER components or bars.
12. **NEVER** hang upside down or inverted from frame components or bars.
13. **This exercise equipment is designed and intended for home and commercial use**
14. If the exercise equipment is making any abnormal sounds that may indicate structural fatigue e.g. cracking, then stop use immediately and have it inspected by a professional.
15. Assembly and maintenance, including any change that requires fasteners or safety pins to be adjusted, should be performed by a professional.
16. Place suitable mats beneath the exercise area.
17. **CORE HOME FITNESS REQUIRES THAT THIS UNIT BE WEIGHTED WITH OLYMPIC PLATES TO PREVENT ROCKING OR TIPPING DURING USE.**
18. By buying, using, providing, or allowing the use of this product, you understand and agree that the exercise activities associated with the intended uses of this product are high risk activities and, to the extent permitted by law, YOU EXPRESSLY AND VOLUNTARILY ASSUME THE RISK OF DEATH OR OTHER PERSONAL INJURY SUSTAINED WHILE PARTICIPATING IN SUCH ACTIVITIES WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR OTHER FAULT of Core Home Fitness including but not limited to equipment malfunction from any cause. Additionally, you agree to indemnify, defend and hold Core Home Fitness harmless from any third party claims arising from such high risk activities or any other Core Home Fitness product.

## **INSTRUCTIONS:**

1. Product Dimension: 48.6" W x 45" L x 69.6" H

Product Weight: 131 lbs

2. Master Box Dimension: 19.7" W x 70.9" L x 8.9" H

Gross Weight: 151 lbs

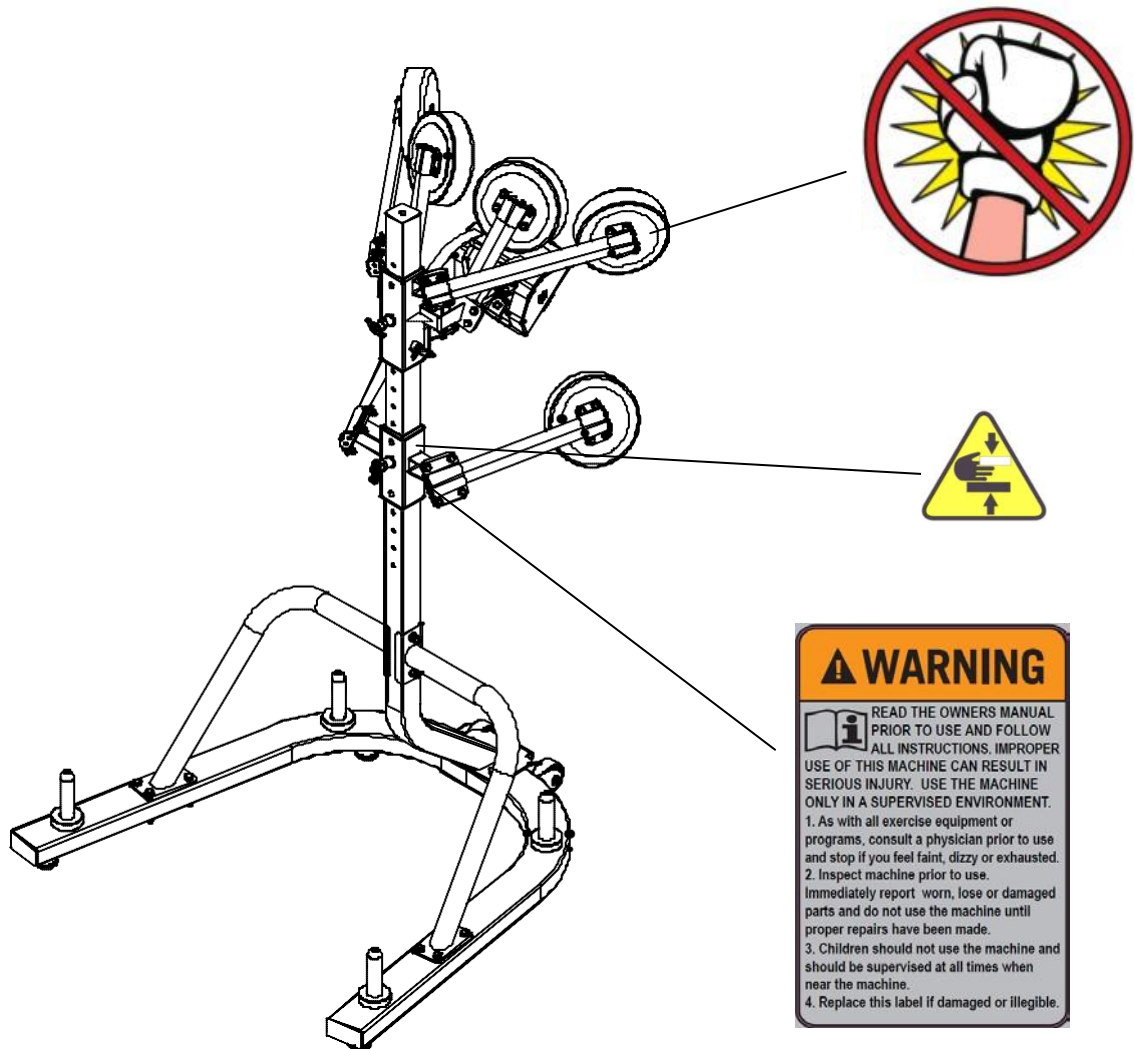
### **CARE AND MAINTENANCE**

1. Periodically lubricate moving parts with WD-40 or light oil.
2. Inspect and tighten all parts before using the exercise equipment. DO NOT over tighten. If parts are worn or damaged, DO NOT use. Contact Customer Service for replacement parts.
3. **Failure to examine regularly may affect the safety level of the exercise equipment.**
4. The exercise equipment can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents or bleach.
5. Store straps in a cool dry place and away from direct sunlight when not in use.

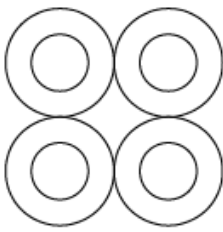
**WARNING: CONSULT WITH YOUR DOCTOR BEFORE BEGINNING ANY EXERCISE PROGRAM. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NOT FOR USE BY CHILDREN UNDER AGE 14. INSPECT FOR DAMAGE BEFORE EACH USE.**

**SAVE THESE INSTRUCTIONS.**

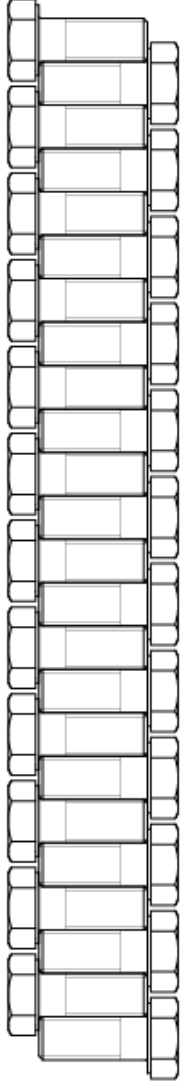
# FIGHT MASTER WARNING LABEL PLACEMENT



*Main Assembly Hardware*



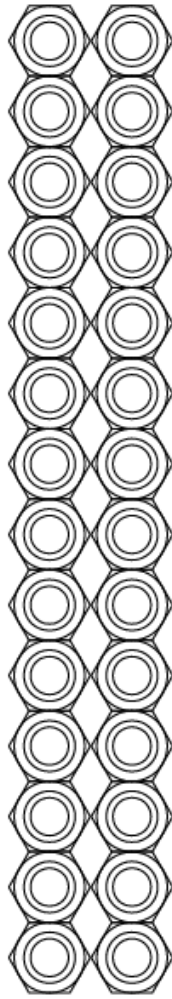
*M10 Flat Washer Qty.:28*



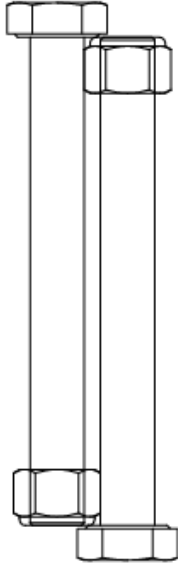
*M8\*20 Hex Head Screw Qty.:24*



*M8 Split Lock Washer Qty.:4*

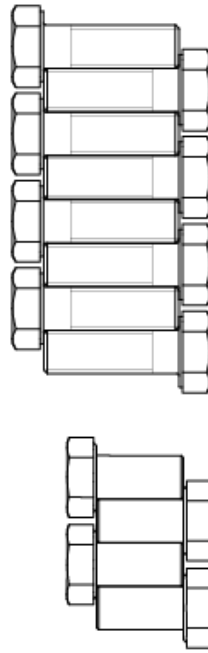


*M8 Hex Lock Nut Qty.:28*

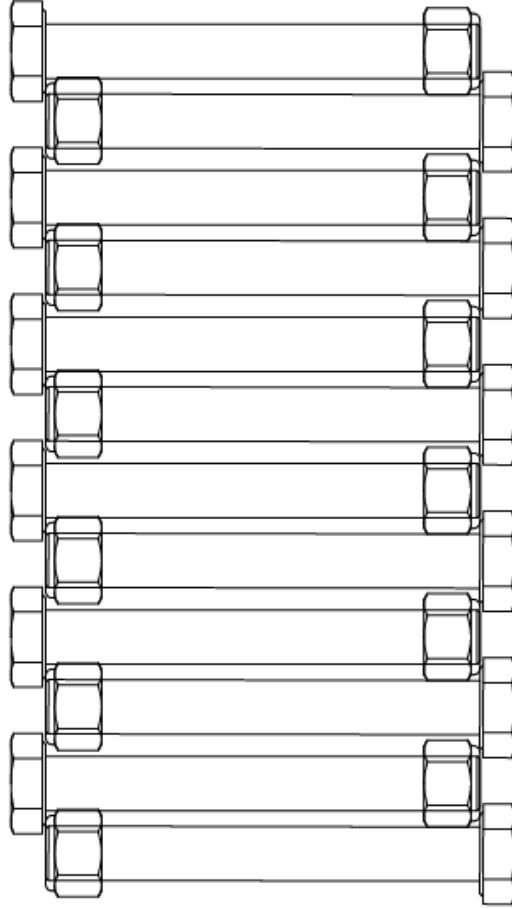


*M10\*90 Hex Head Screw Qty.:2*

*M10 Hex Lock Nut Qty.:2*

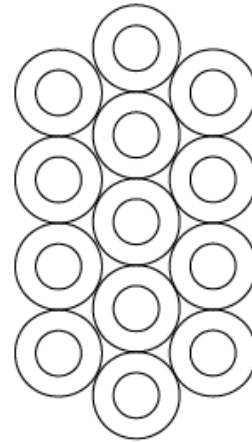


*M8\*16 Hex Head Screw Qty.:4 M8\*25 Hex Head Screw Qty.:8*



*M10\*80 Hex Head Screw Qty.:12*

*M10 Hex Lock Nut Qty.:12*



*M8 Flat Washer Qty.:64*

# FIGHT MASTER ASSEMBLY INSTRUCTIONS

## STEP #1 - Assemble the pads assy.

- a) Remove and unwrap all products from shipping boxes. Lay all parts out in a clean open area to prepare for assembly.
- b) Locate the upper adjust frame, #1 PAD , metal cleat then use 4pcs Hex bolts, 8 pcs flat washers and 4 pcs Hex lock nuts and put them in place as shown per below Diagram 1, adjust the angel then tighten all the fasteners.
- c) Locate #2 PAD and metal cleat then use 4pcs Hex bolts, 8 pcs flat washers and 4 pcs Hex lock nuts and put them in place as shown per below Diagram 1, adjust the angel then tighten all the fasteners.
- d) Locate #3 PAD and metal cleat then use 4pcs Hex bolts, 8 pcs flat washers and 4 pcs Hex lock nuts and put them in place as shown per below Diagram 1, adjust the angel then tighten all the fasteners.
- e) Locate #4PAD and metal cleat then use 4pcs Hex bolts, 8 pcs flat washers and 4 pcs Hex lock nuts and put them in place as shown per below Diagram 1, adjust the angel then tighten all the fasteners.

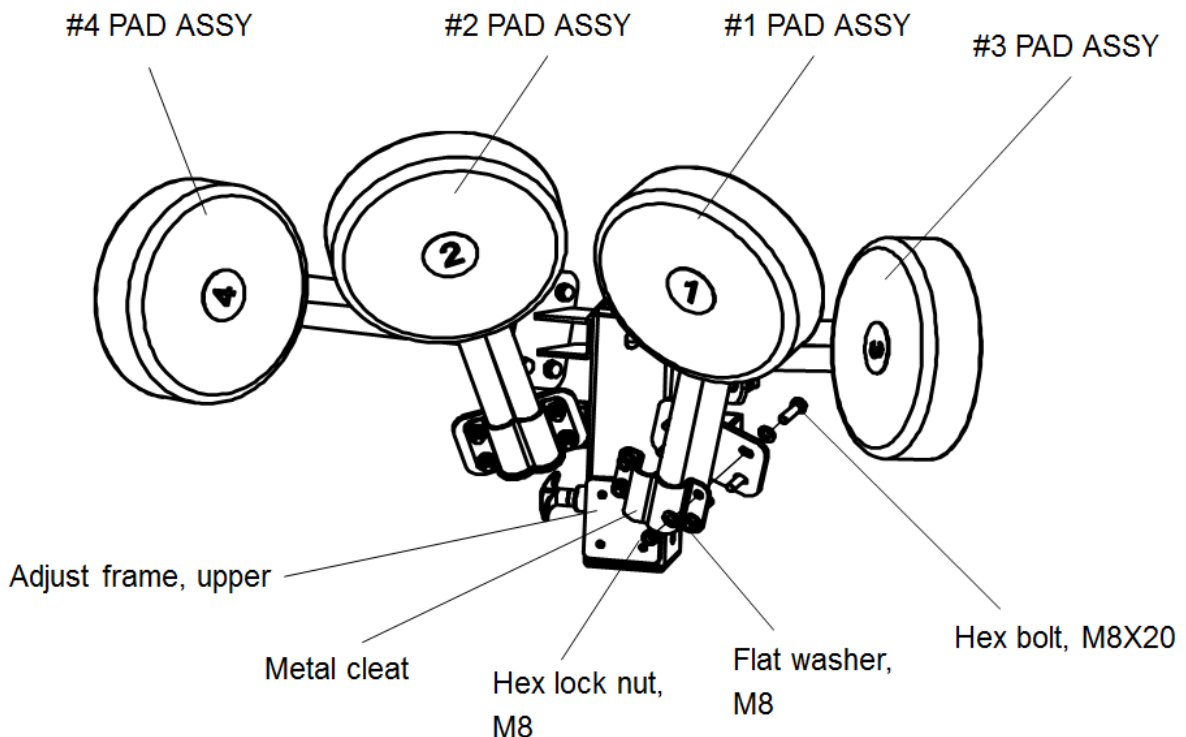


Diagram 1

## STEP #2 - Assemble the pads assy. continued

- a) Locate the lower adjust frame, #10 PAD and metal cleat then use 4pcs Hex bolts, 8 pcs flat washers and 4 pcs Hex lock nuts and put them in place as shown per below Diagram 2, adjust the angel then tighten all the fasteners.
- b) Locate #11 PAD and metal cleat, use 4pcs Hex bolts, 8 pcs flat washers and 4 pcs Hex lock nuts then put them in place as shown per below Diagram 2, adjust the angel then tighten all the fasteners.

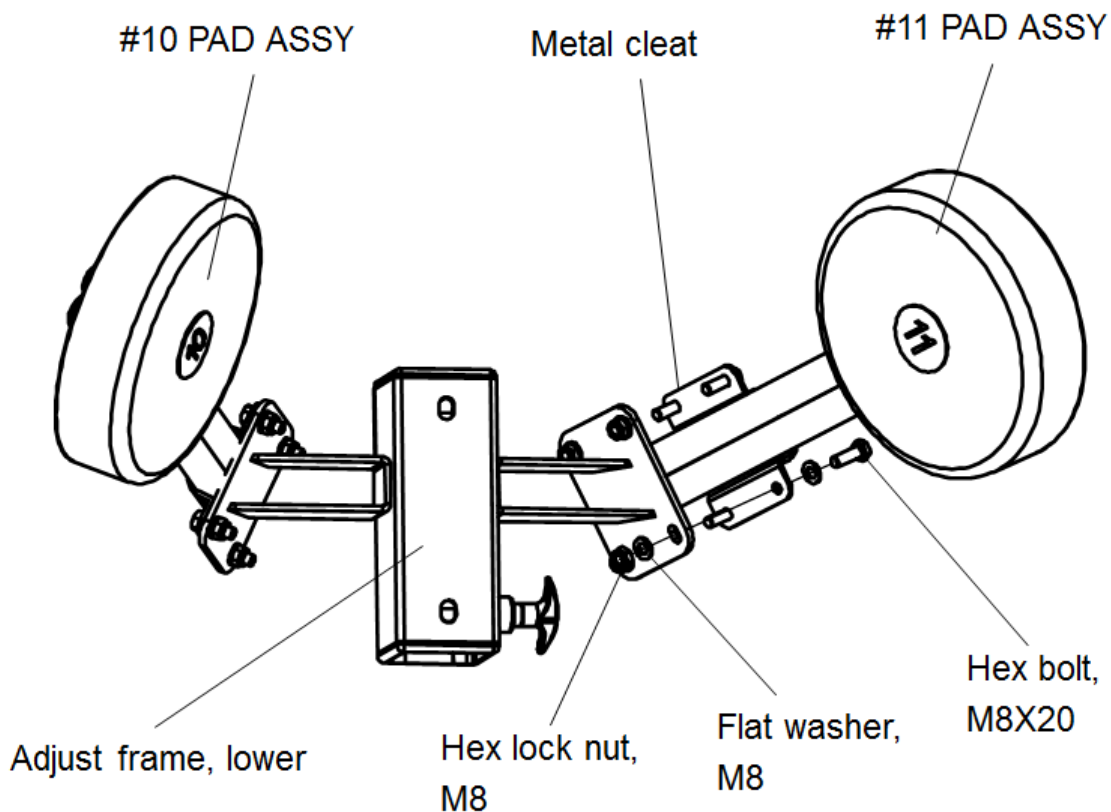


Diagram 2

## STEP #3 – Assemble base frame (left and right)

- a) Locate the left base frame and 2 pcs weight Horns, use 2pcs Hex bolts and 2 pcs flat washers then put them in place as shown per below Diagram 3, then tighten the bolt.
- b) Locate the left base frame and 2 pcs weight Horns, use 2pcs Hex bolts and 2 pcs flat washers then put them in place as shown per below Diagram 4, then tighten the bolt.



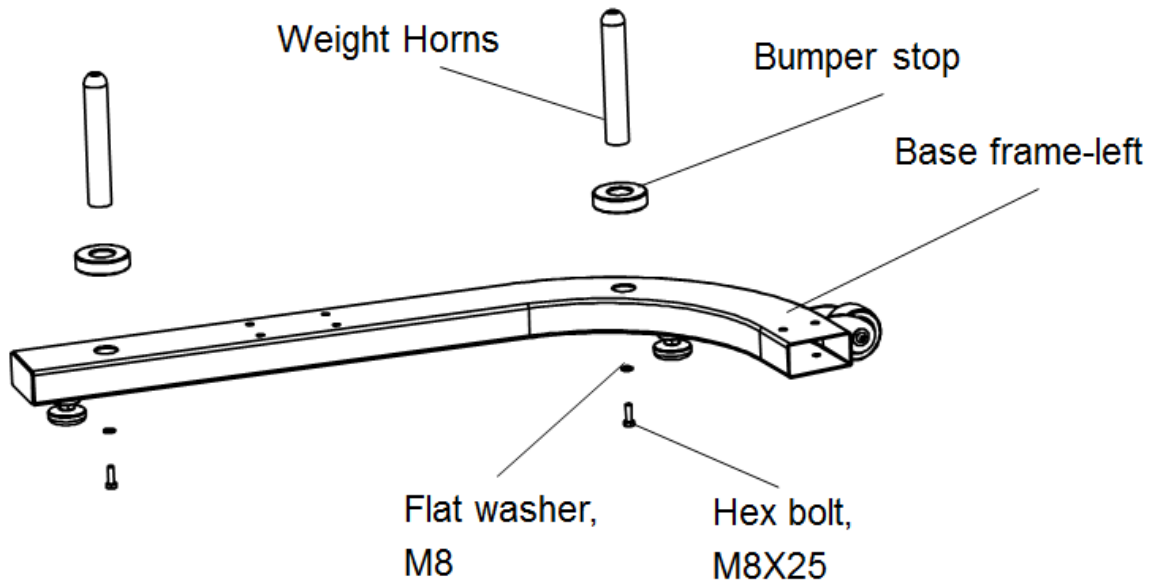


Diagram 3

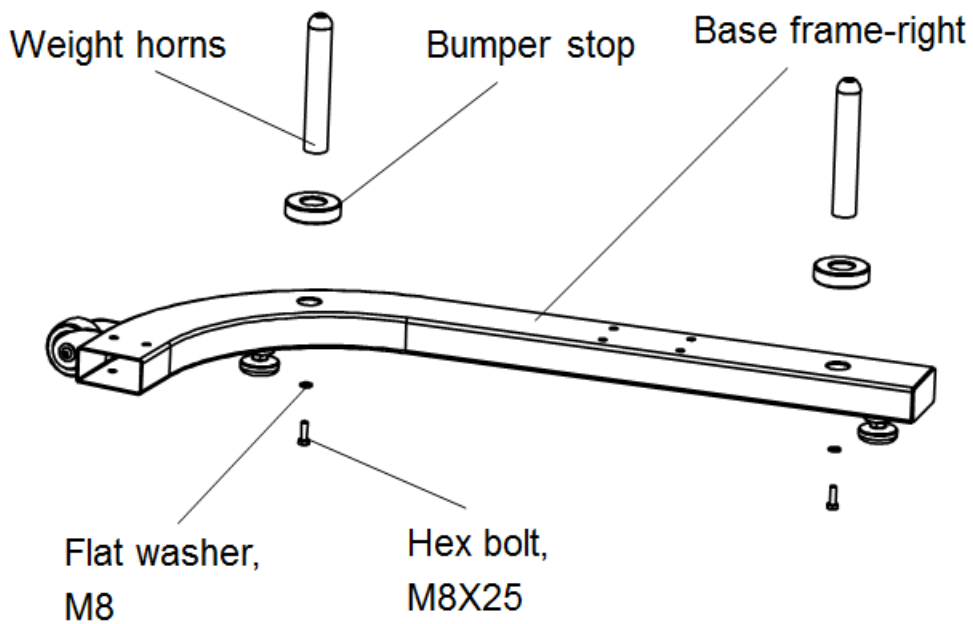


Diagram 4

**STEP #4 –Assemble middle position assy.:**

- a) Locate the middle position assy. gusset plate with single hole , middle position pad and gusset plate,ø21 then put 4pcs hex bolts , 8pcs flat washers, 4 pcs Hex lock nut, per Diagram5 then tighten all the fasteners.

\* Pay attention that the middle position assy. is above the mounting plate when assembling.

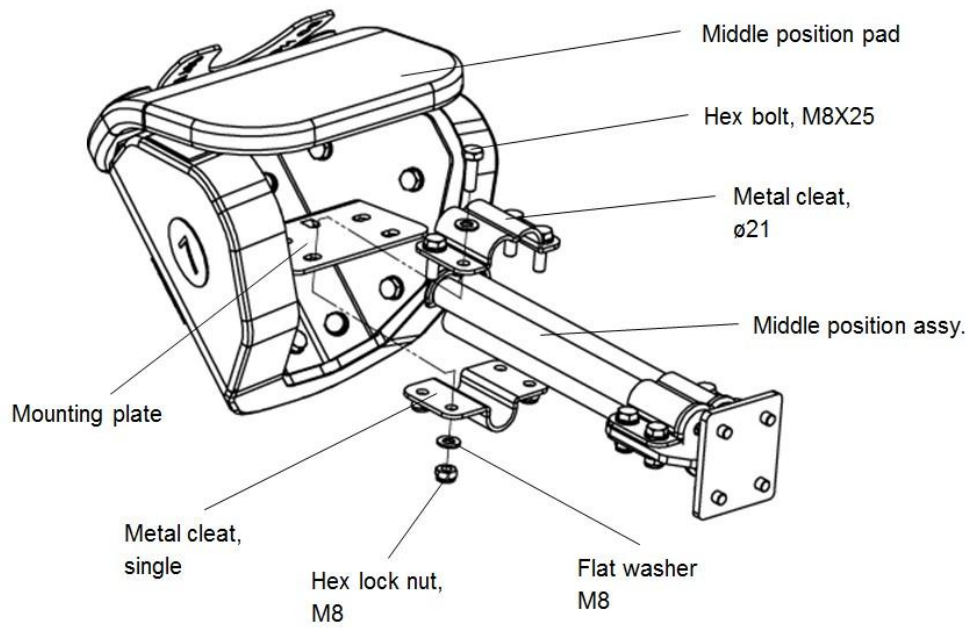


Diagram5

**STEP #5 – Assemble base assy. and main frame assy.:**

- a) Locate the main frame , base assy. ( both left and right ) , rectangle metal plate then use 4pcs Hex bolts, 8pcs flat washers and 4pcs Hex lock nuts in place then tight en the fasteners. (Diagram 6 )

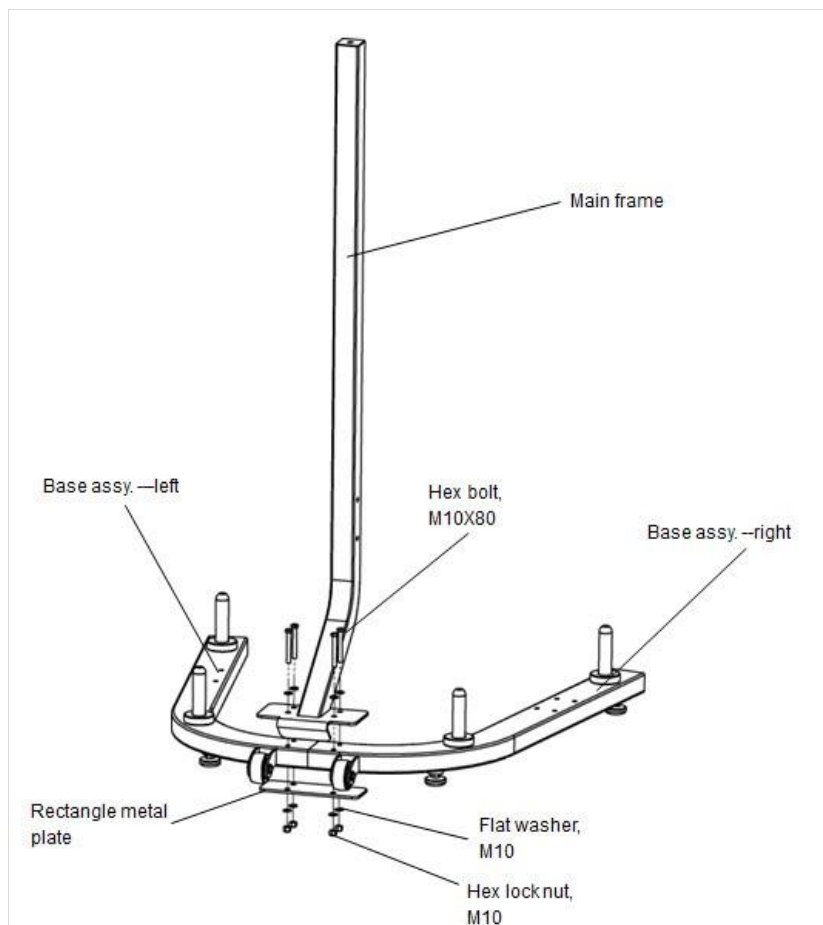


Diagram 6

- b) Locate bracket assy. (both left and right) , use 2pcs Hex bolts (M10X90) then install it onto main frame. Install left bracket by using 4 pcs Hex bolts (M10X80) and 1pcs rectangle metal plate onto base assy. Right bracket assy. is the same installation way as left. (Diagram 7)
- c) Tighten all the other fasteners.

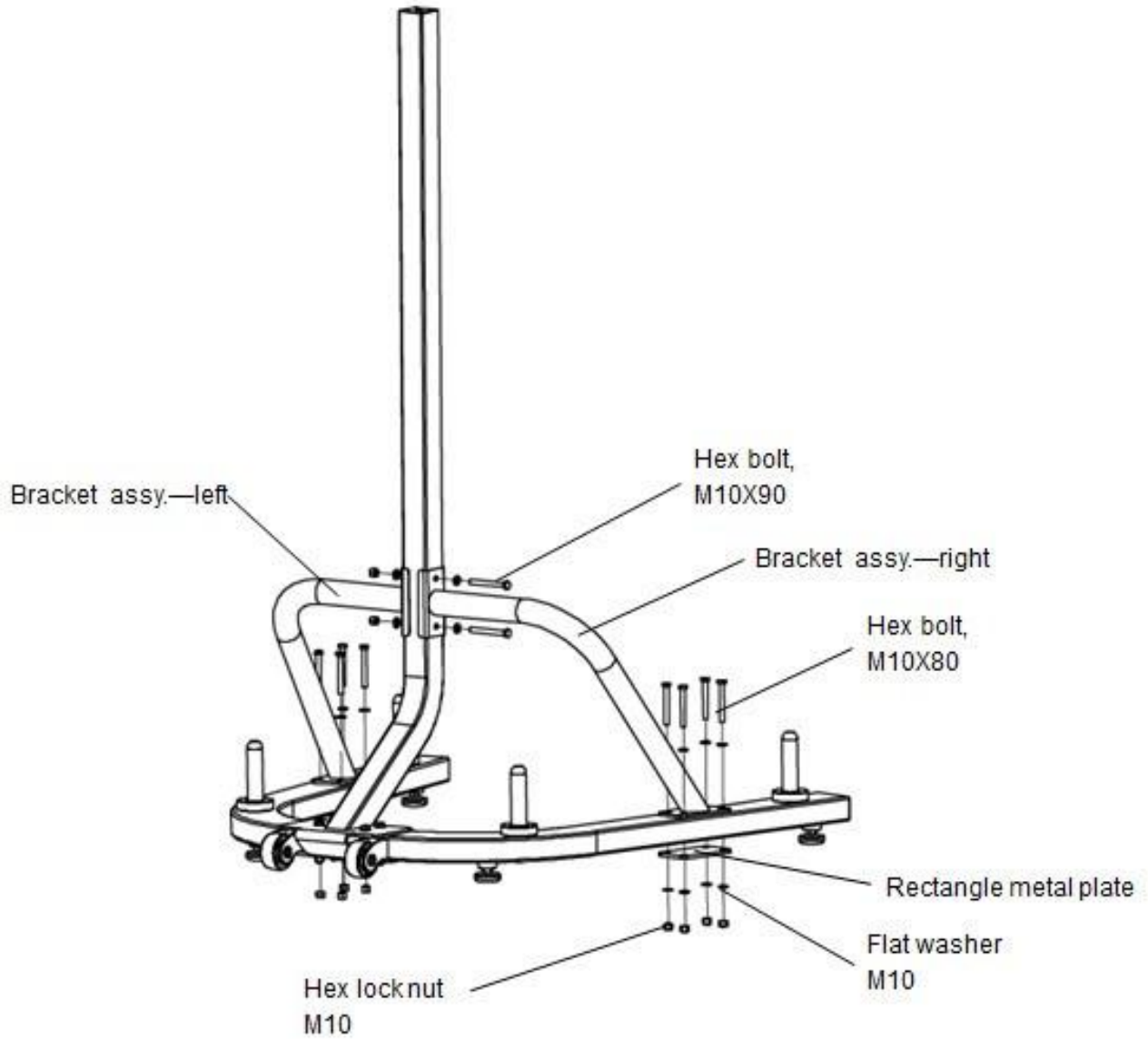


Diagram 7

**STEP #6 –Assemble Assy.:**

- a) Install lower adjust frame assy. onto main frame then adjust its location then tighten the pop pin assy.
- b) Install upper adjust frame assy. onto main frame then adjust its location then tighten the pop pin assy.
- c) Locate middle position pad assy. onto upper adjust frame by using 4pcs hex bolts ,4pcs spring washers and 14 pcs flat washers to tighten.

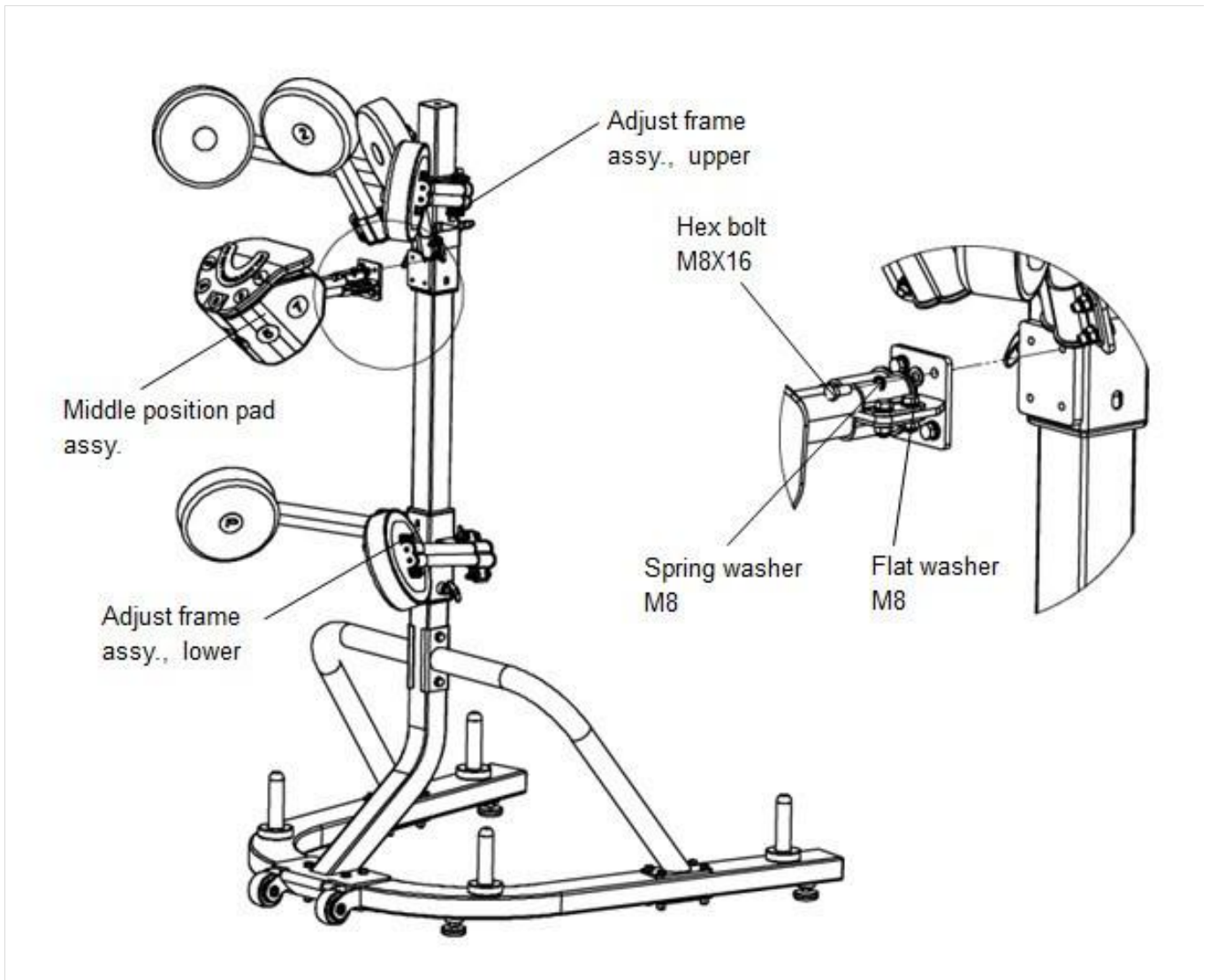


Diagram 8

### Height Adjustment:

- a) Unlock the Adjustable Frame (5 and 9) using the Lock Knobs.
- b) Move the Adjustable Frames to the desired height.
- c) Lock the Adjustable Frames in place using the Lock Knobs. **MAKE SURE THE LOCK KNOB IS LOCKED AND THAT THE LEFT AND RIGHT FRAMES ARE AT THE SAME LEVEL BEFORE USAGE.**

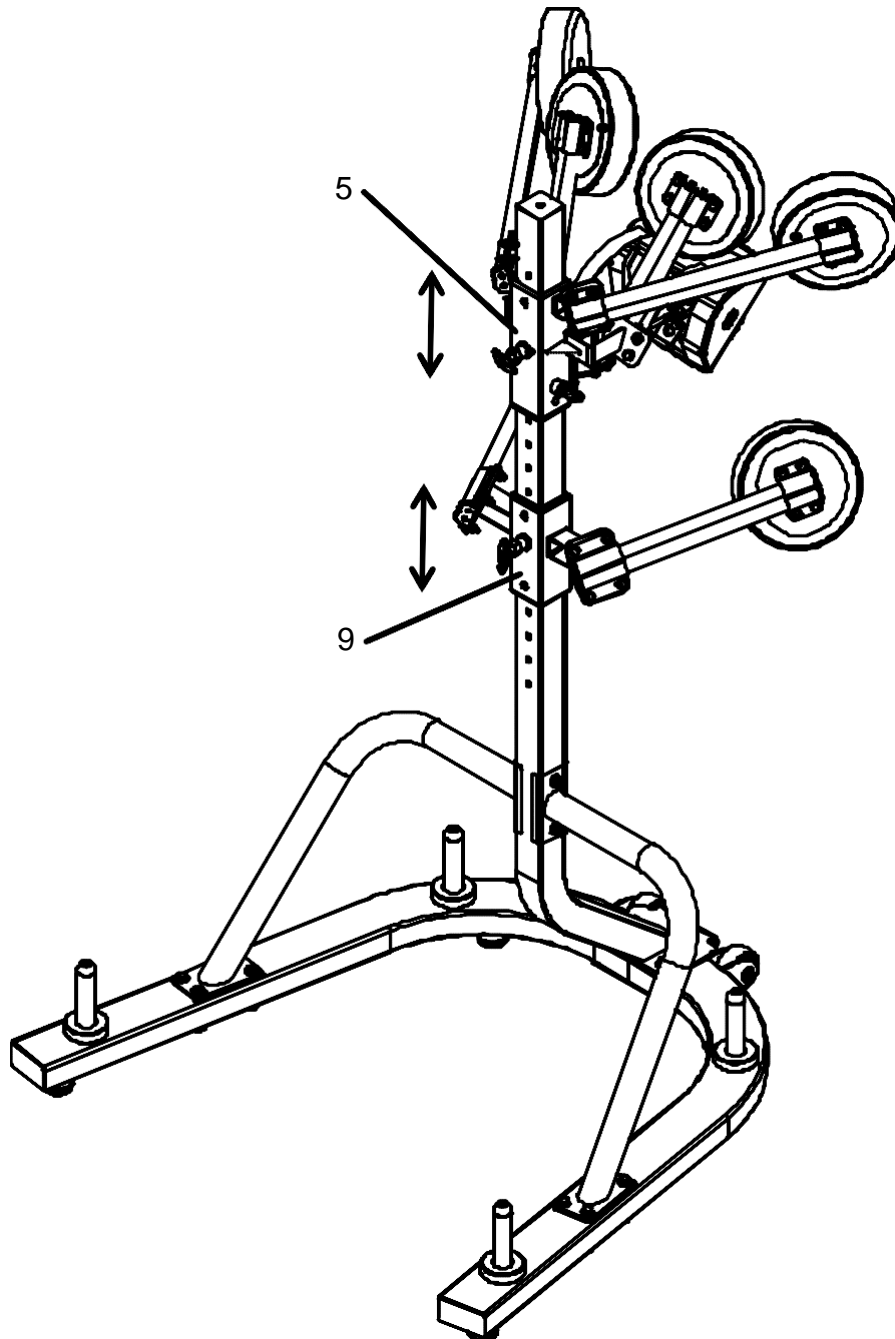
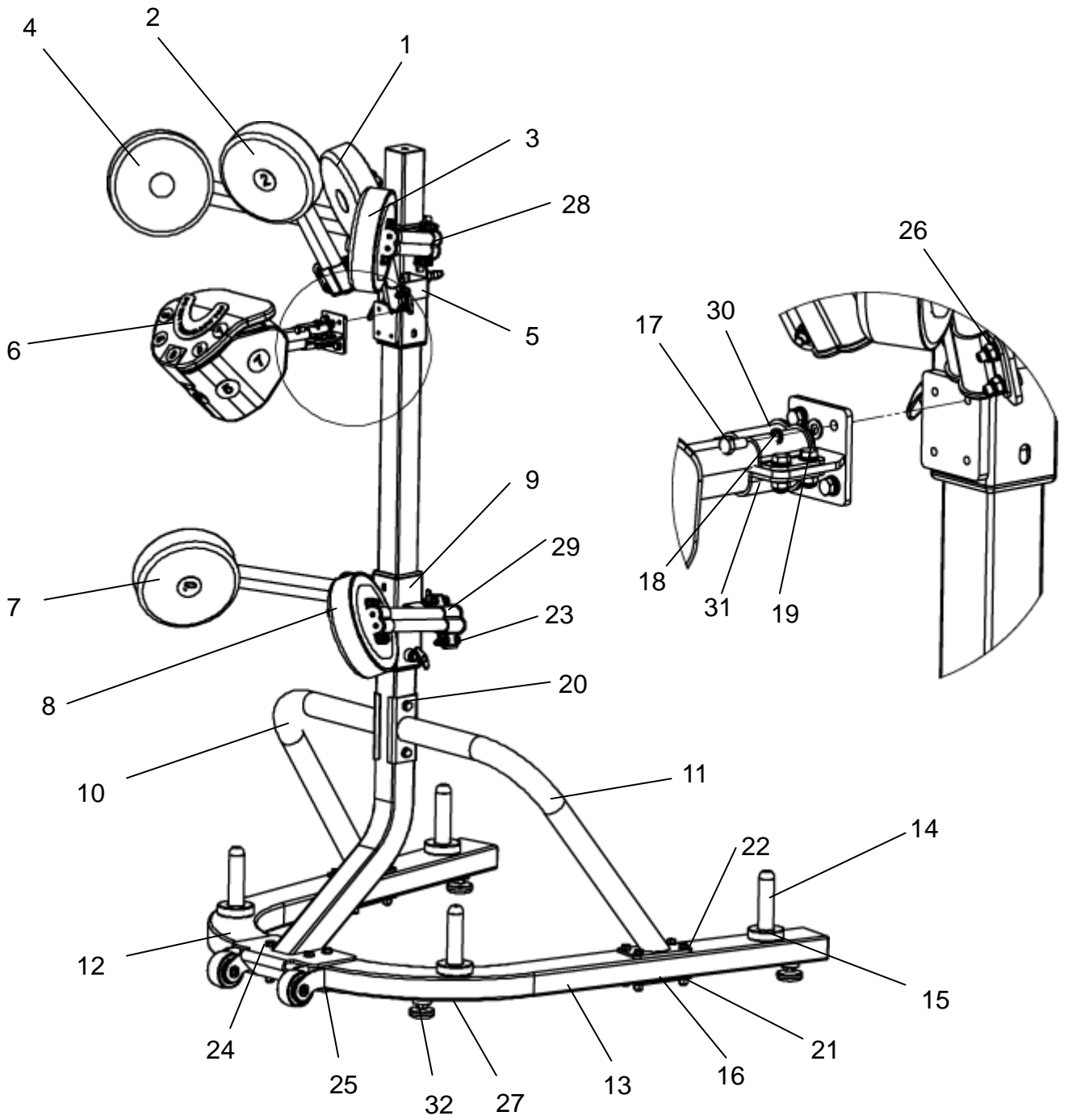


Diagram 9

# FIGHT MASTER EXPLODED DIAGRAM



## FIGHT MASTER RACK PARTS LIST

Part #	Description	Qty	Remark
1	#1 PAD ASSY	1	
2	#2 PAD ASSY	1	
3	#3 PAD ASSY	1	
4	#4 PAD ASSY	1	
5	Adjust frame, upper	1	
6	Middle position assy.	1	
7	#10 PAD ASSY	1	
8	#11 PAD ASSY	1	
9	Adjust frame, lower	1	
10	Bracket assy.— left	1	
11	Bracket assy.— right	1	
12	Base assy. — left	1	
13	Base assy. -- right	1	
14	Weight Horns	4	
15	Bumper stop	4	
16	Rectangle metal plate	2	
17	Hex bolt M8X16	4	
18	Spring washer M8	4	
19	Flat washer M8	64	
20	Hex bolt, M10X90	2	
21	Hex lock nut M10	14	
22	Flat washer M10	28	
23	Hex bolt, M8X20	24	
24	Hex bolt, M10X80	12	
25	Rectangle metal plate	1	
26	Hex lock nut, M8	28	
27	Hex bolt, M8X25	8	
28	Metal cleat	4	
29	Metal cleat	2	
30	Metal cleat ø21	1	
31	Metal cleat single	1	
32	Foot assembly.	4	

## LIMITED WARRANTY

Core Home Fitness (the “Company”) warrants this product to be free from defects in workmanship and materials as follows:

### Who is Covered

This Limited Warranty covers only the original purchaser of the product. This Limited Warranty is not transferable to anyone else.

### What the Warranty Covers

Core Home Fitness (“The Company”) warrants to the original purchaser of this product that the product shall be free from defects in workmanship and materials for the period designated for the specific product (listed in Exhibit A) when the product is used under normal uses and conditions.

### What the Warranty Does Not Cover

This Limited Warranty does not cover:

- Expendable items, including by way of example only and not by way of limitation: batteries, light bulbs, fuses, zippers, tires, belts, shoe soles, fabric, and other items that experience wear as a result of normal use.
- Damage through improper use, negligence, abuse, misuse, transportation, acts of nature, or accident, including failure to perform routine maintenance or follow the assembly and/or operating instructions supplied with the product.
- Products used in rental applications.
- Products that have been modified or repaired by anyone not authorized by the Company.
- Please see Exhibit A for additional product-specific limitations

The Limited Warranty does not cover any consequential or incidental damages of any kind, including, but not limited to transportation, loss of time, loss of use, etc., unless otherwise dictated by the laws of your state.

### What the Period of Coverage Is

Please see Exhibit A for product-specific coverage terms.

Any implied warranty arising under state law is limited to the same duration provided for the specific product listed in Exhibit A, unless the laws of your state dictate otherwise

### What the Company Will Do To Correct Problems

The Company will furnish a replacement part at no charge to you.

### How You Can Get Service

Please direct all warranty service inquiries as follows:

If by e-mail, to: [Support@CoreHomeFitness.com](mailto:Support@CoreHomeFitness.com)



Product Category	Warranty Term	Limitations
Gym Units	Frames / Welds- Limited lifetime.	Warranted for indoor use only
Weight Plates	Limited Lifetime.	Warranted for indoor use only. 10 and 15 pound plates should not be used on bar alone when dropping bumper plates and barbell to the ground. Covers defects in structural integrity only. Coatings not covered.
Weight Bars	Limited Lifetime.	Warranted for indoor use only
Kettlebells	Limited Lifetime.	NA
Weight Storage	Frames/ Welds- Limited lifetime.	Warranted for indoor use only
Weight Benches	Frame- lifetime Upholstry 3 years.	Warranted for indoor use only
Accessories Sandbag, Pull Up Assist, Rig Accessories, Collars, Foam Rollers and Recovery, Plyo-Box, Battle Ropes	3 Year Limited Warranty.	Warranted for indoor use only
Slam Balls	3 Year Limited Warranty.	Warranted for indoor use only
Wall Ball	3 Year Limited Warranty.	Warranted for indoor use only
Rings / Suspended Straps	3 Year Limited Warranty.	Warranted for indoor use only
Gloves / Grips	90 day Limited Warranty.	NA
Jump Ropes	3 Year Limited Warranty.	NA
Super Bands	3 Year Limited Warranty.	NA
Weighted Vest	3 Year Limited Warranty.	NA
AB Mat	3 Year Limited Warranty.	NA
Manual Treadmill	Frames / Welds - Limited Lifetime. Belt, Resistance Adjustment, Magnets, and Brake - 2 Years.	Warranted for indoor use only
Boxing Stands	Frames / Welds- Limited Lifetime. Rods and Assembly - 2 Years. Pads - 1 Year.	Warranted for indoor use only

LIMITED WARRANTY  
EXHIBIT A



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Youngstown, Ohio 44512, USA

E-mail: [Support@CoreHomeFitness.com](mailto:Support@CoreHomeFitness.com)

**BM100-CHF-01E REV A**