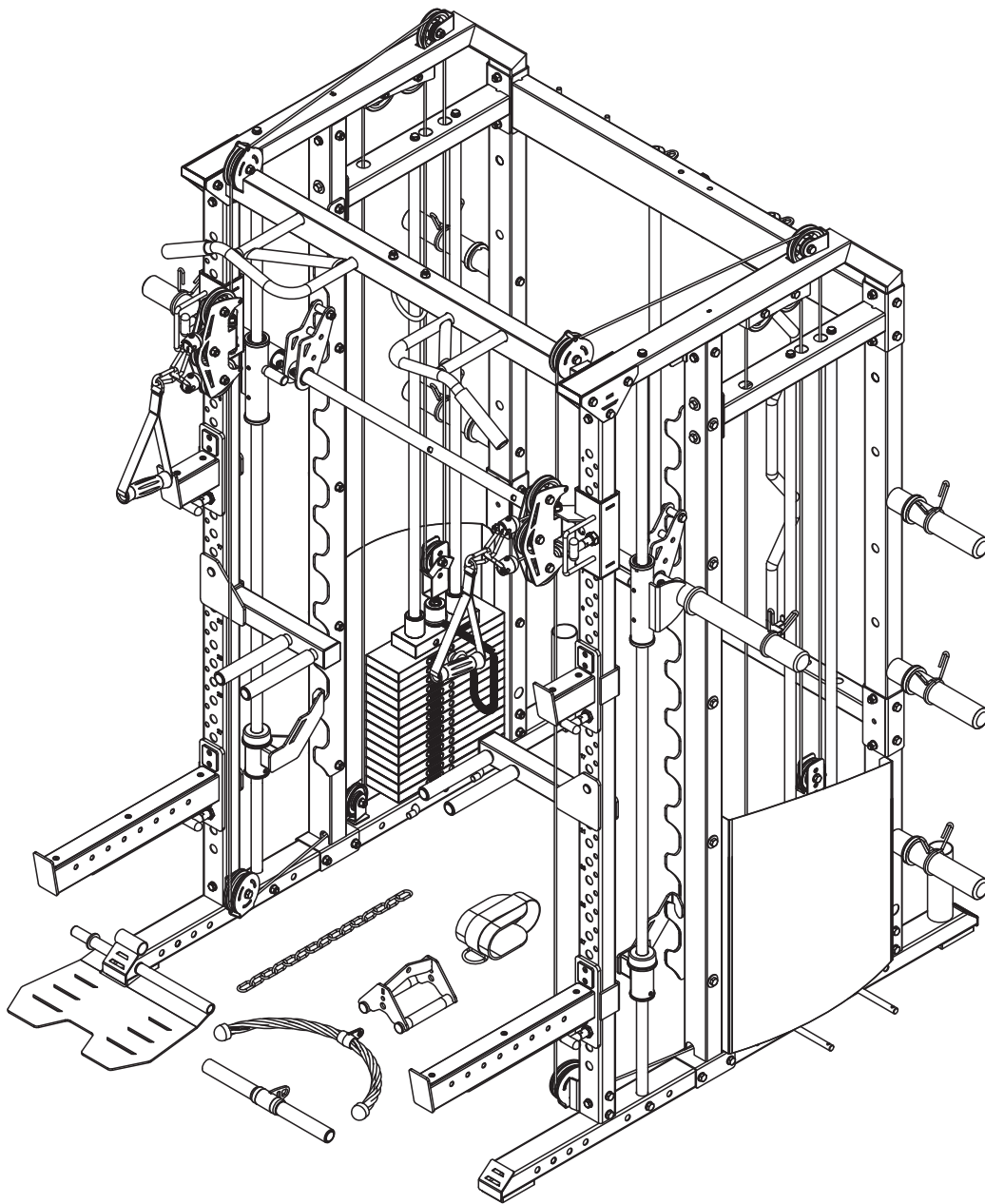




# TRAINING CAMP

**OWNER'S MANUAL**

**TC-EXT3**



**CAUTION!**

Read all precautions and instructions in this manual before using this equipment.

20231229-V1.0

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IMPORTANT SAFETY NOTICES.....	2
HARDWARE PACK.....	6
ASSEMBLY INSTRUCTIONS.....	7
EXPLODED DIAGRAM.....	22
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## BEFORE YOU BEGIN

Thank you for selecting the TC-EXT3.  
For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction.

## **IMPORTANT SAFETY NOTICE**

### **PRECAUTIONS**

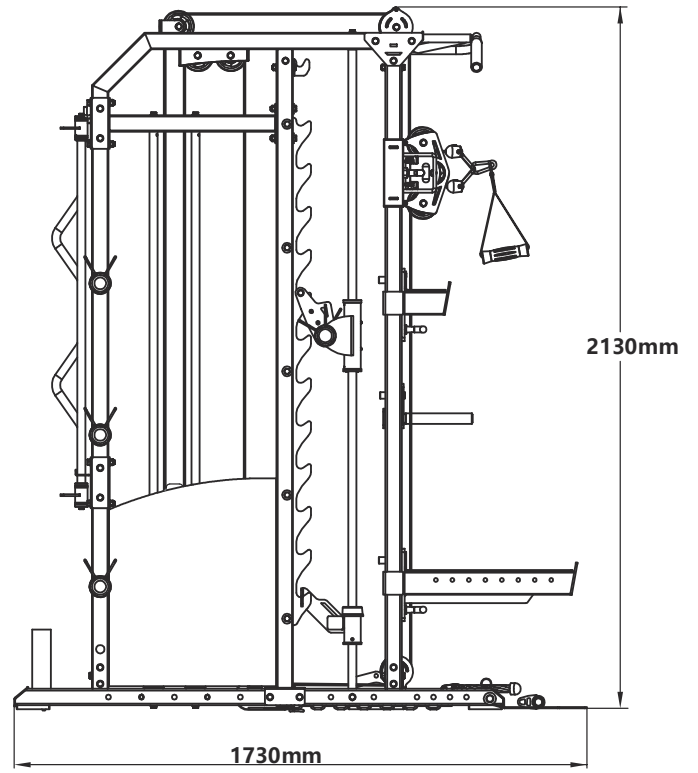
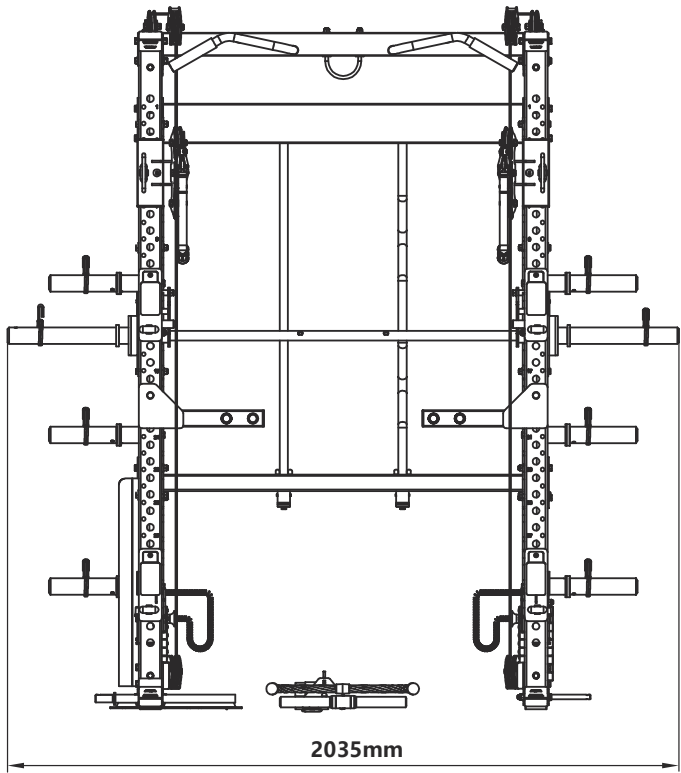
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

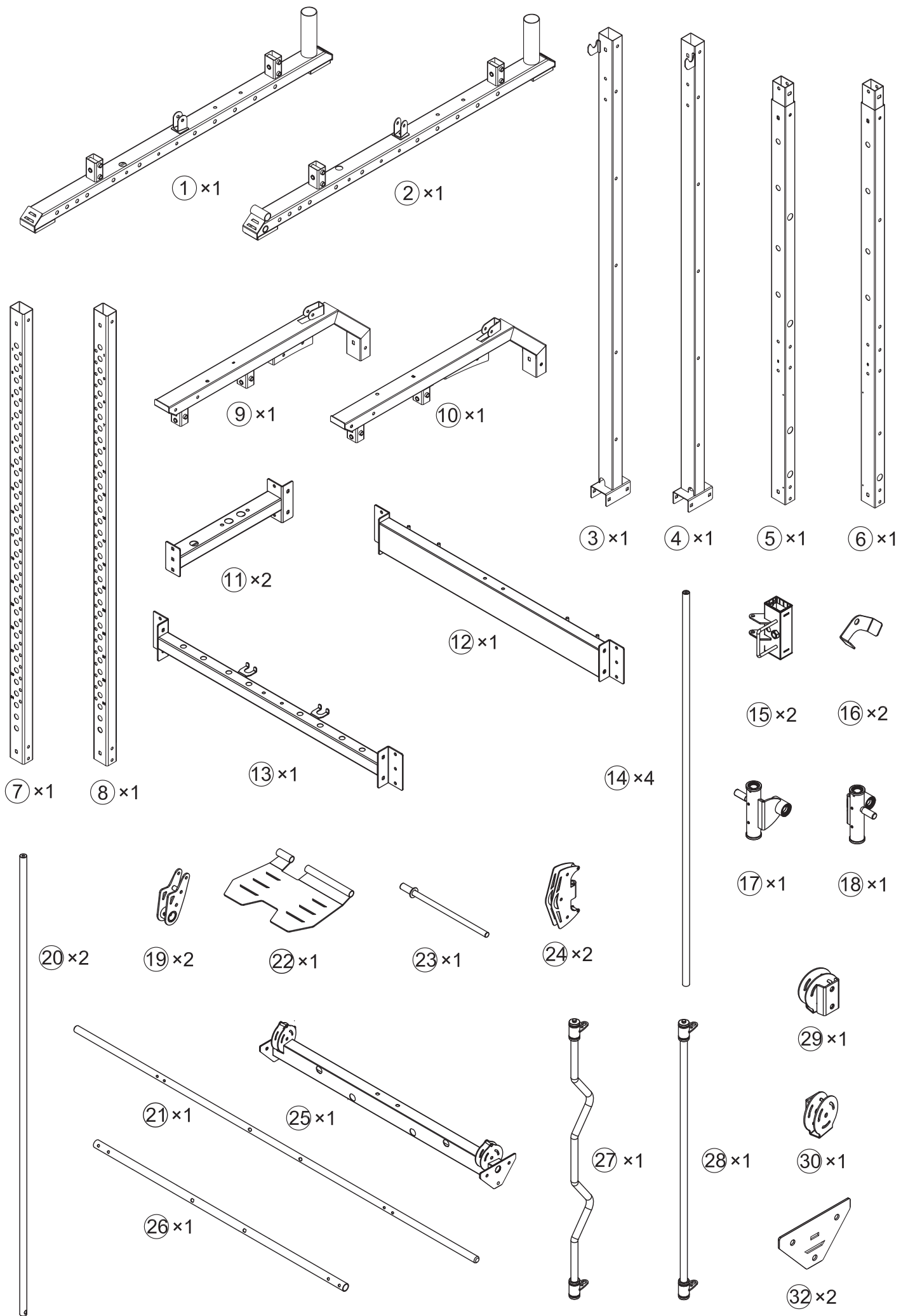
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

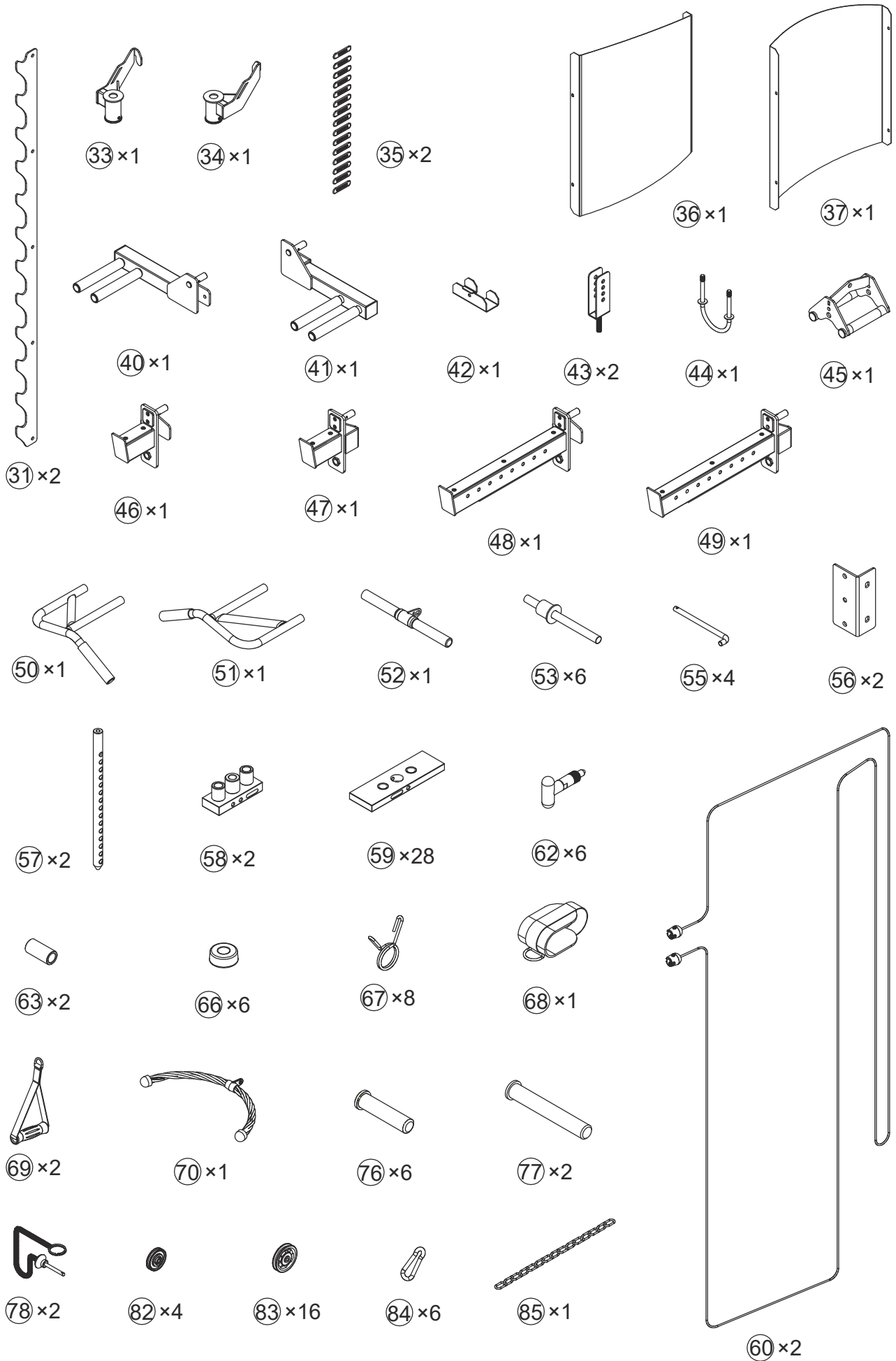
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

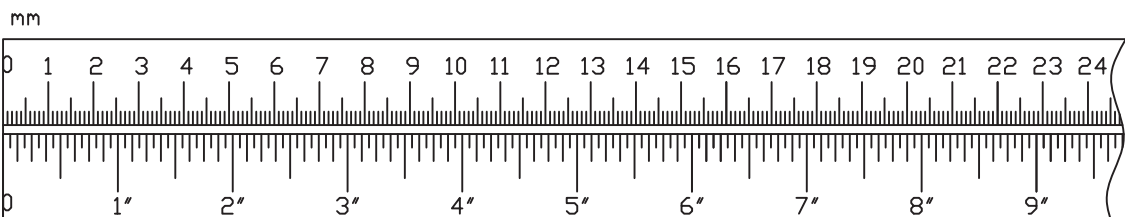
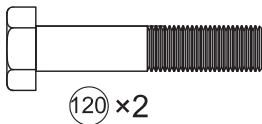
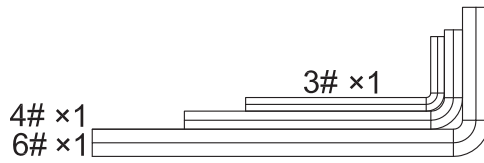
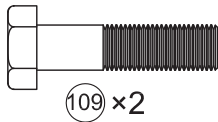
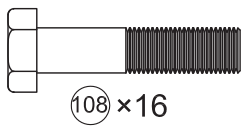
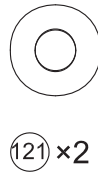
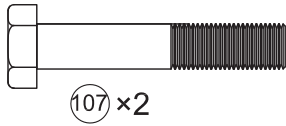
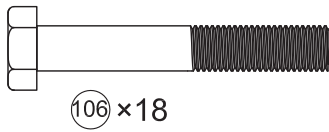
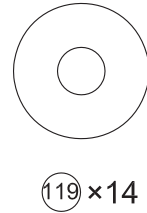
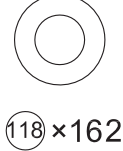
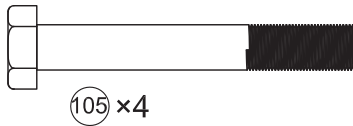
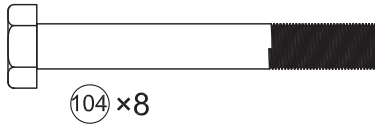
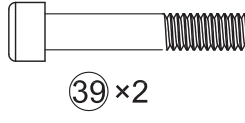
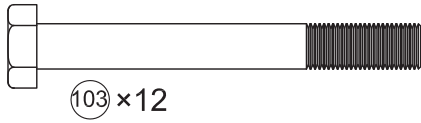
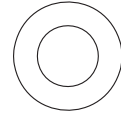
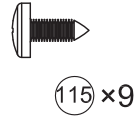
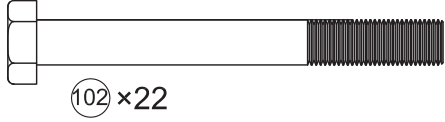
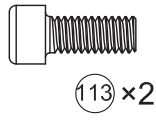
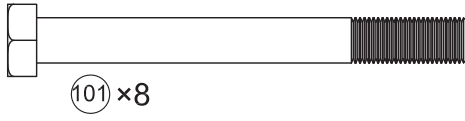
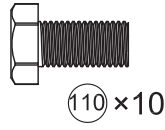
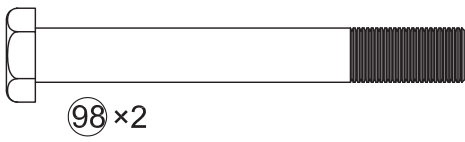
**SAVE THESE INSTRUCTIONS.**

**Assembled Dimension: 2035mm x 1730mm x2130mm**

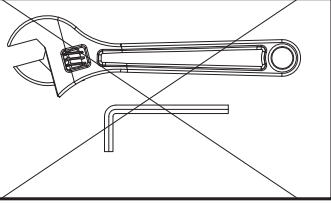




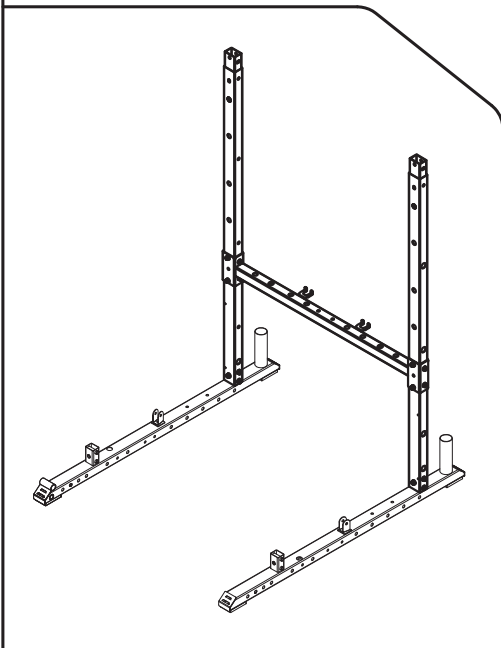
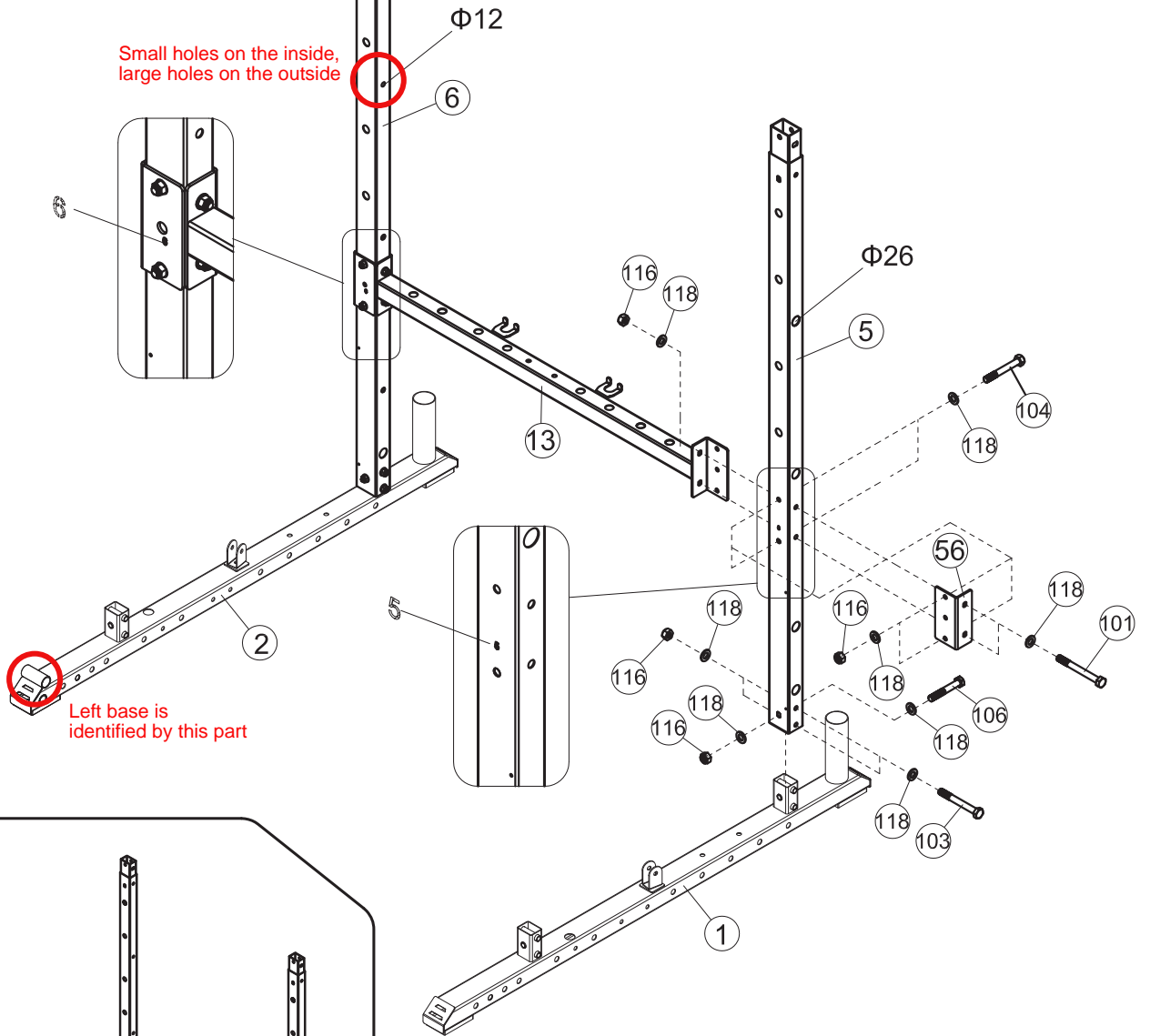




101		x4	M10x95	106		x2	M10x65
103		x4	M10x85	118		x28	Φ10
104		x4	M10x75	116		x14	M10



**TIP -**  
 During install, do not tighten screws with a tool until the very end.  
 Only hand tighten the screws to give yourself wiggle room to fit parts  
 together. Tighten everything at the very end.



106



x4

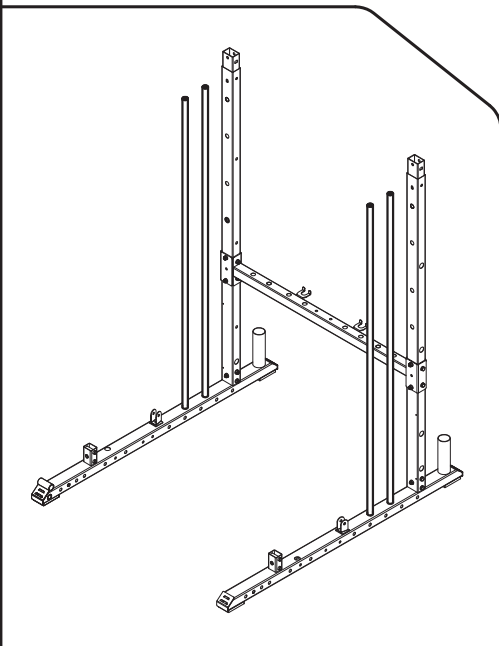
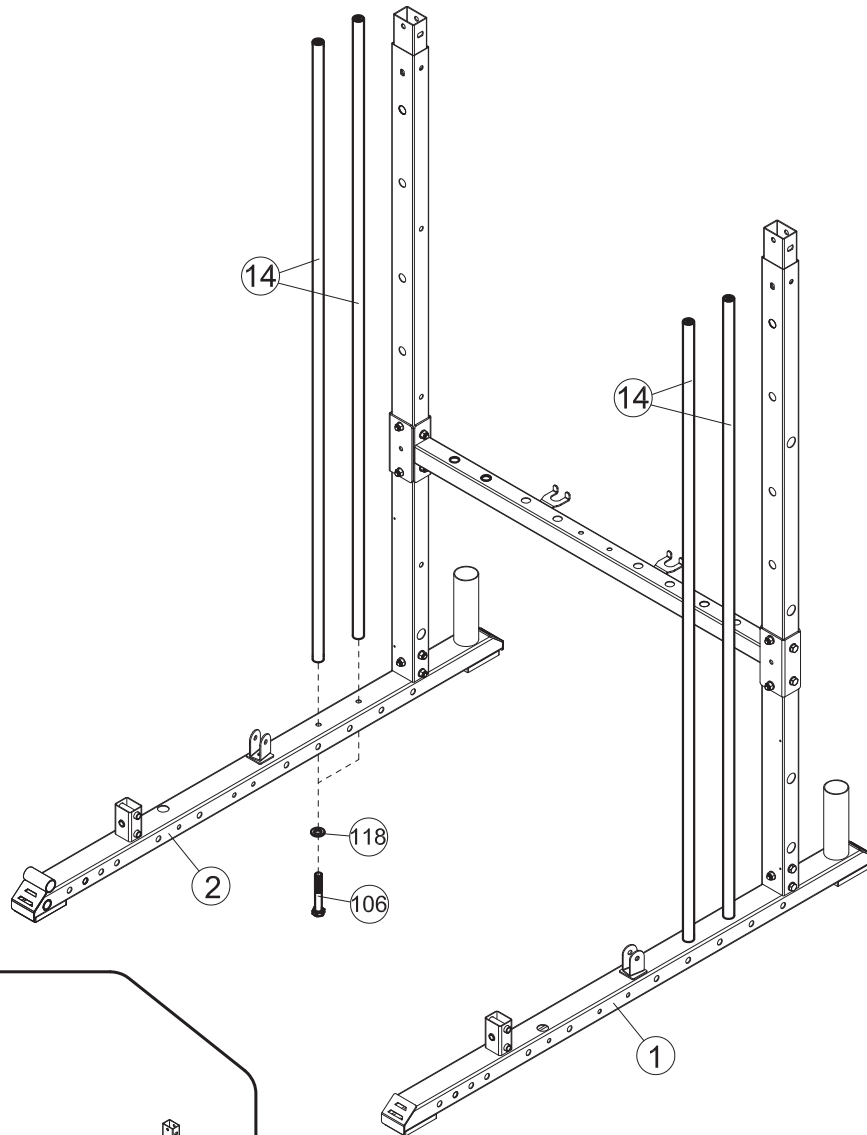
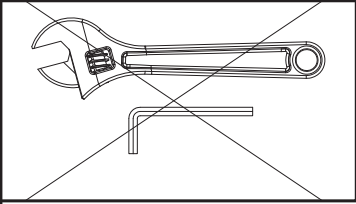
M10x65

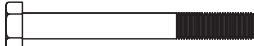

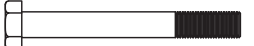


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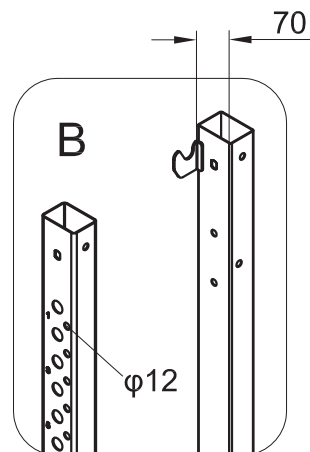
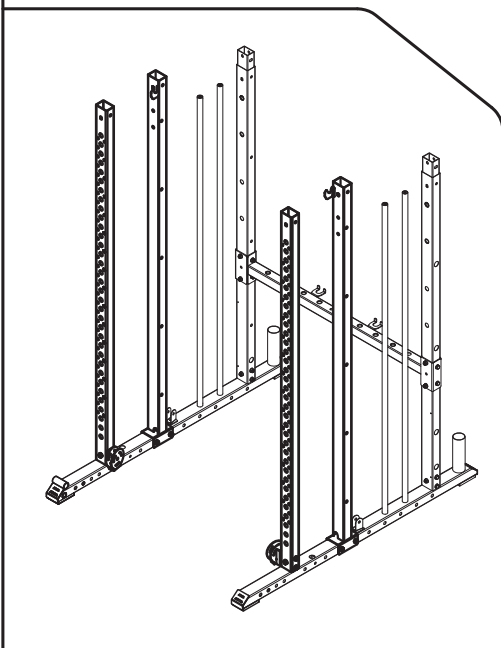
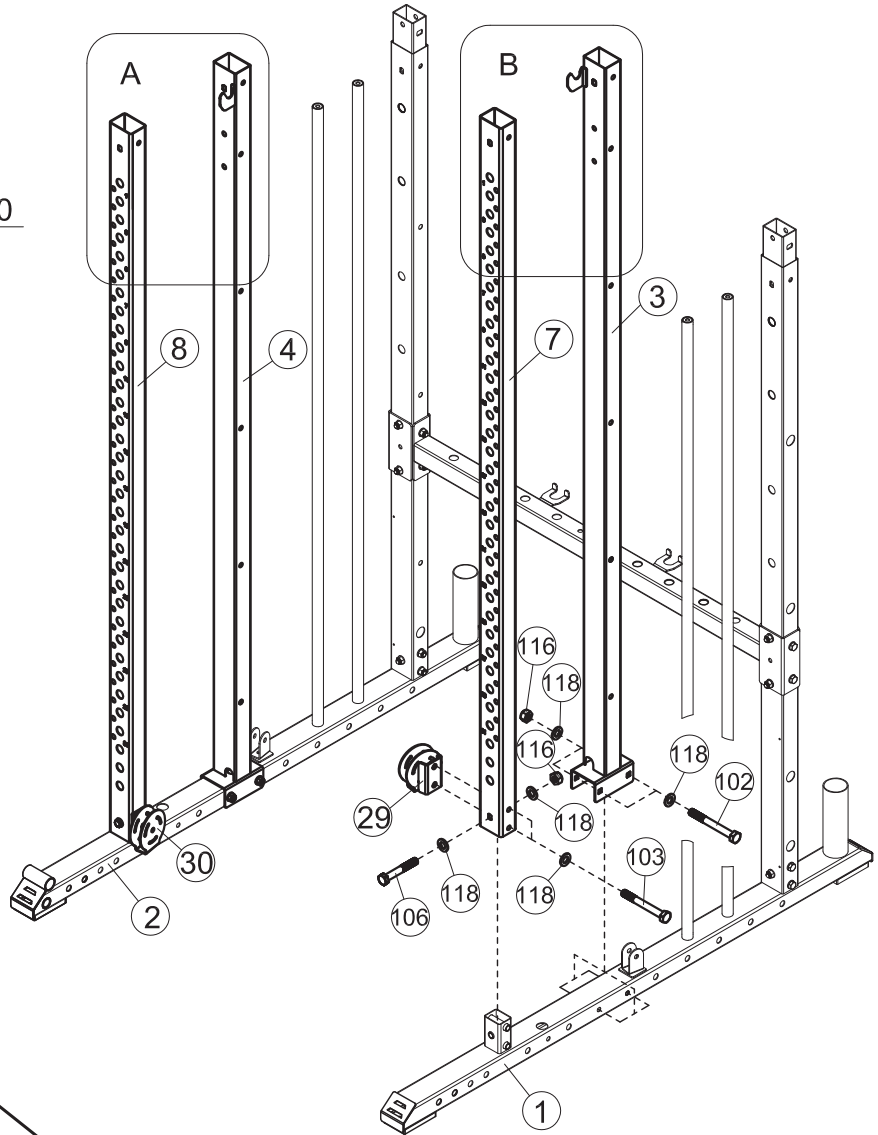
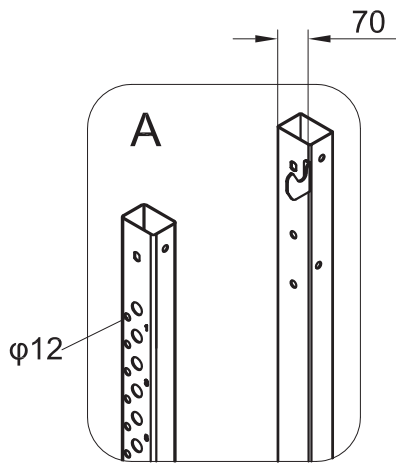
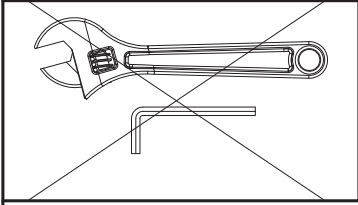


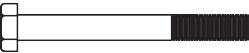



x4

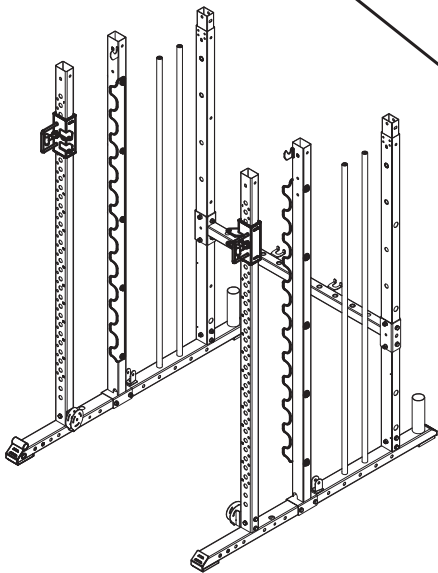
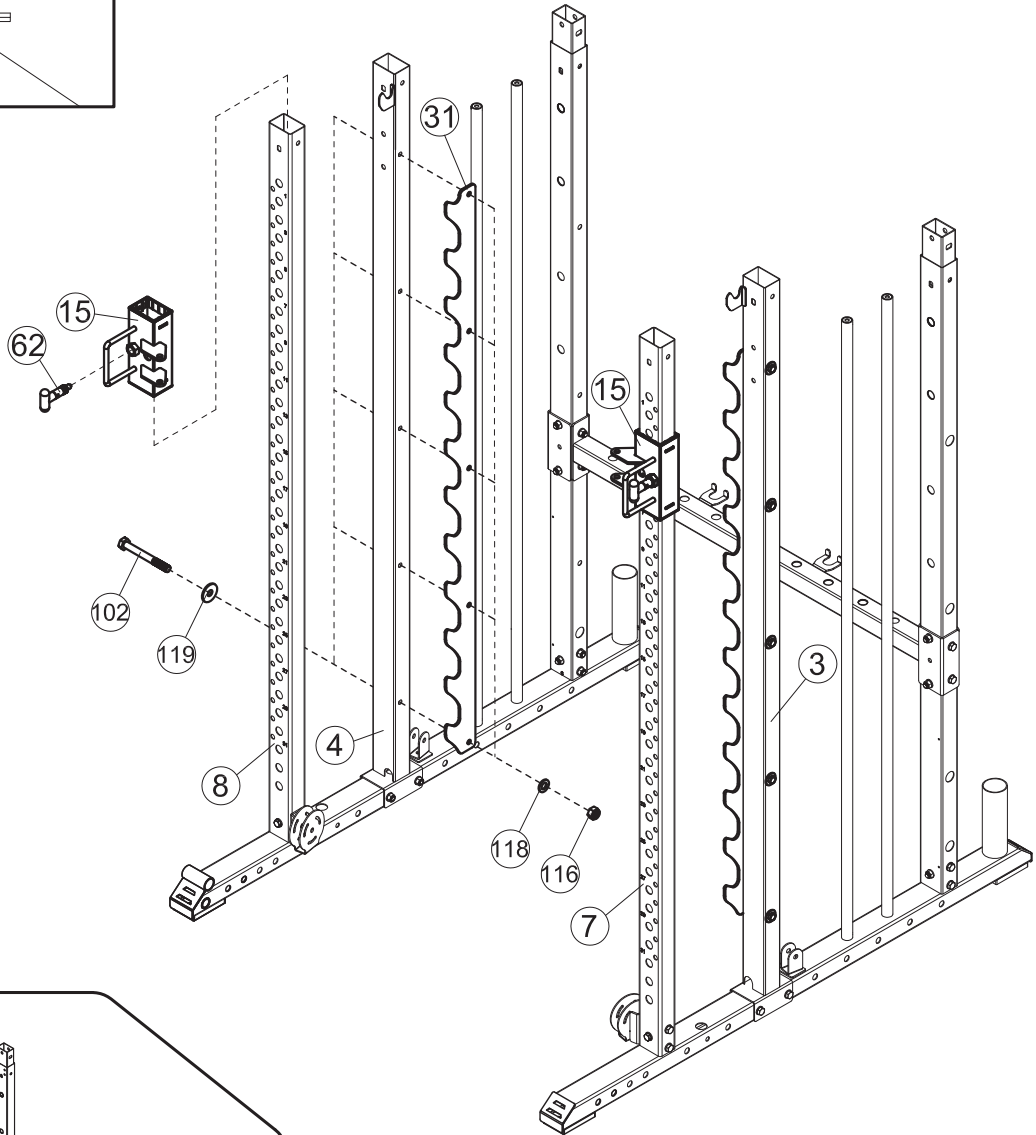
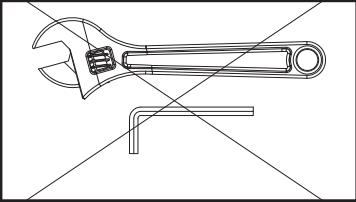
Φ10



- |    |   |    |        |     |   |     |        |
|----|---|----|--------|-----|---|-----|--------|
| ⑩② |  | ×4 | M10×90 | ⑩⑥  |   | ×2  | M10×65 |
| ⑩③ |  | ×4 | M10×85 | ①①⑧ |   | ×16 | Φ10    |
|    |   |    |        | ①①⑥ |  | ×6  | M10    |



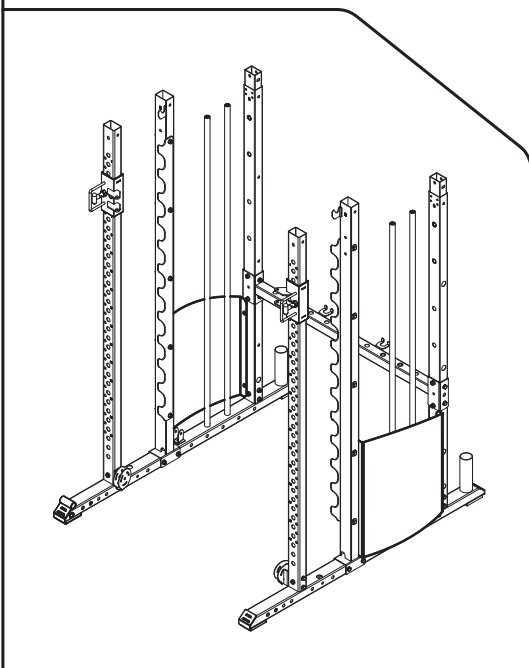
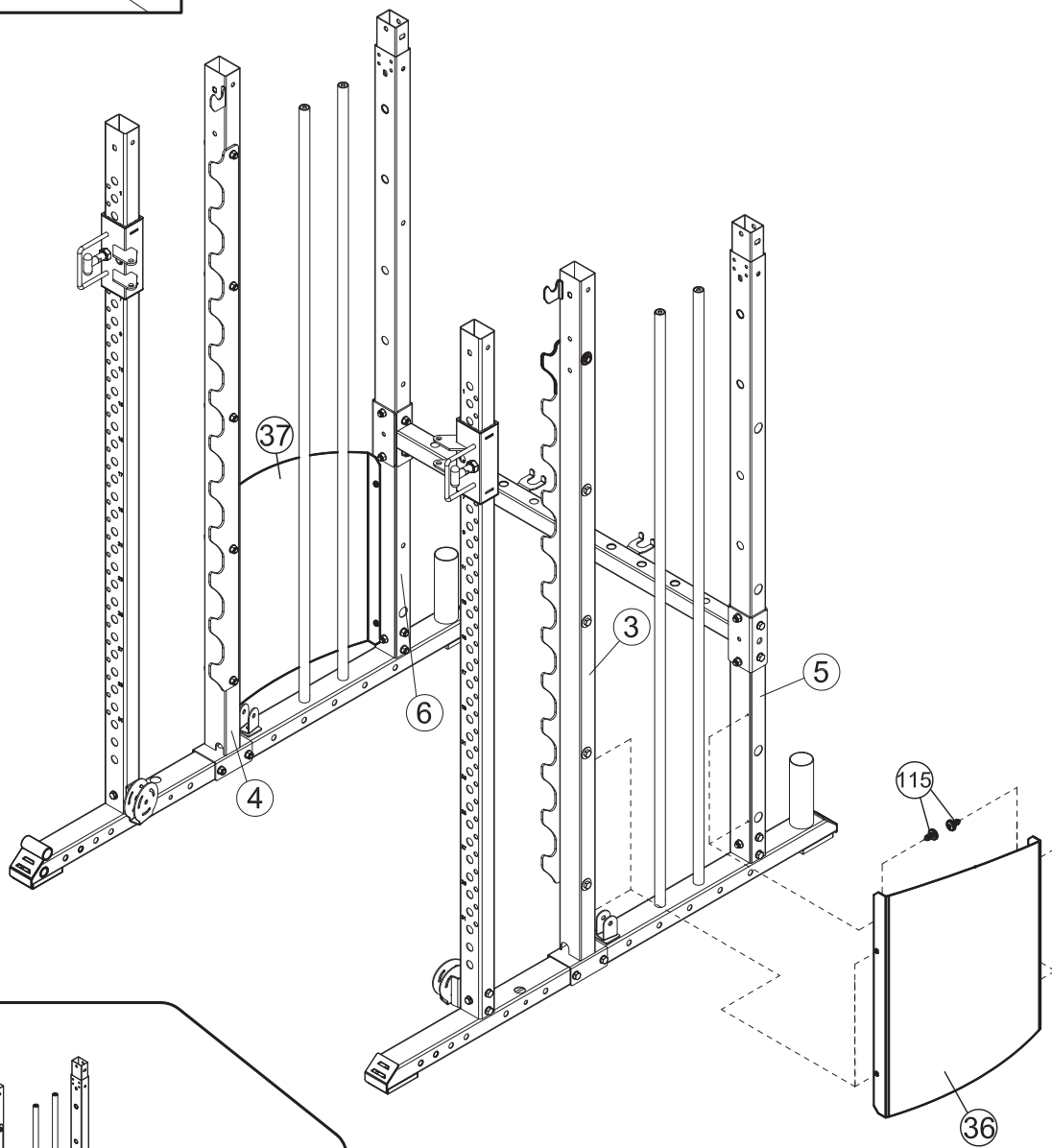
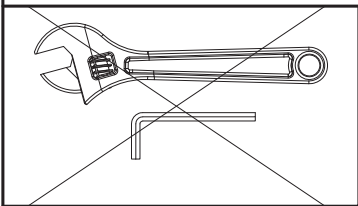
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|----|---|-----|--------|----|--|-----|---------|
| ⑩② |  | ×10 | M10×90 | ⑪⑨ |  | ×10 | Φ30×Φ10 |
| ⑪⑧ |  | ×10 | Φ10    | ⑪⑥ |  | ×10 | M10     |



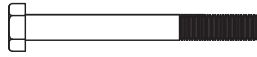
115



×8 ST4.8×13



102



x2 M10x90

116

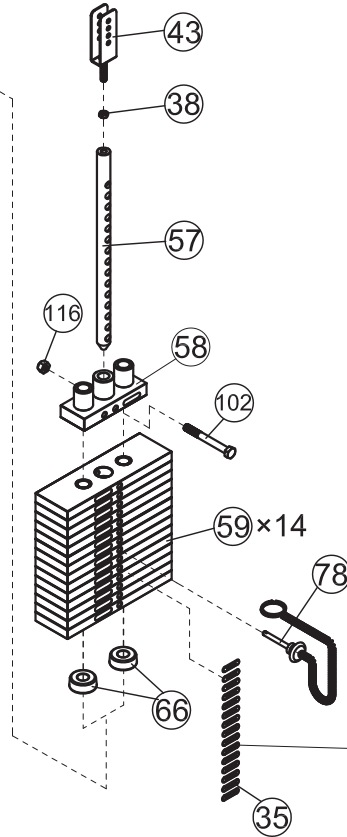
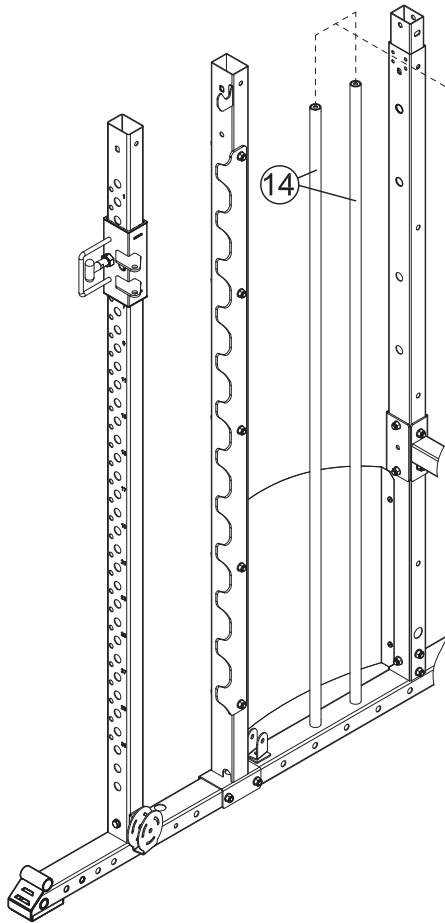
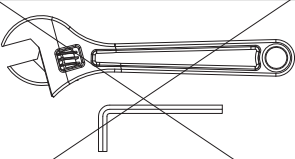


x2 M10

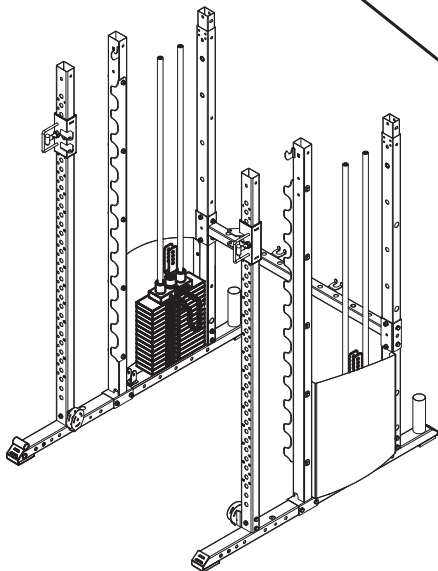
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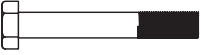



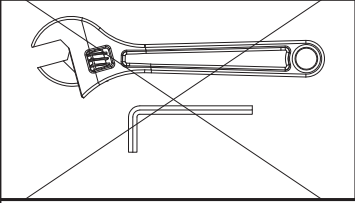
x2 M12



- 6KG/13LB
- 12KG/26LB
- 18KG/39LB
- 24KG/52LB
- 30KG/65LB
- 36KG/78LB
- 42KG/91LB
- 48KG/104LB
- 54KG/120LB
- 60KG/133LB
- 66KG/146LB
- 72KG/159LB
- 78KG/172LB
- 84KG/185LB
- 90KG/198LB

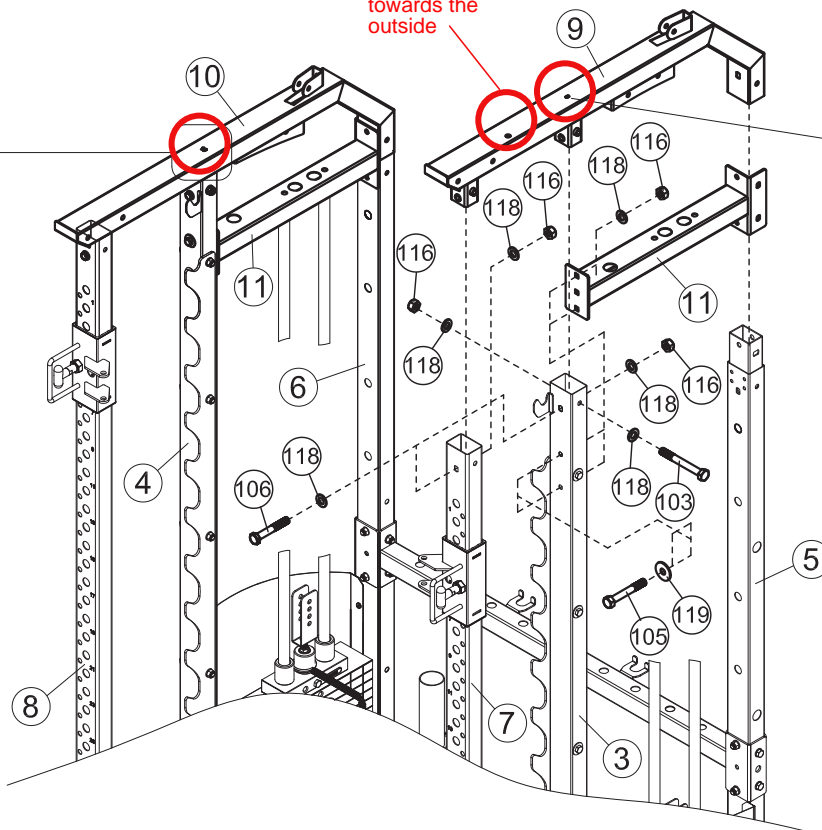
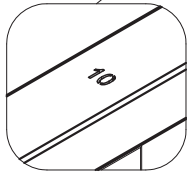


103		x2	M10x85	118		x16	Φ10
105		x4	M10x70	119		x4	Φ30xΦ10
106		x4	M10x65	116		x10	M10

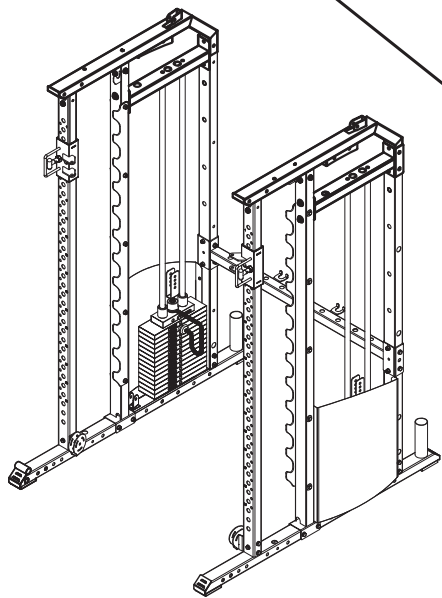


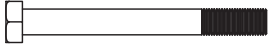


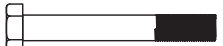



Hole should be towards the outside

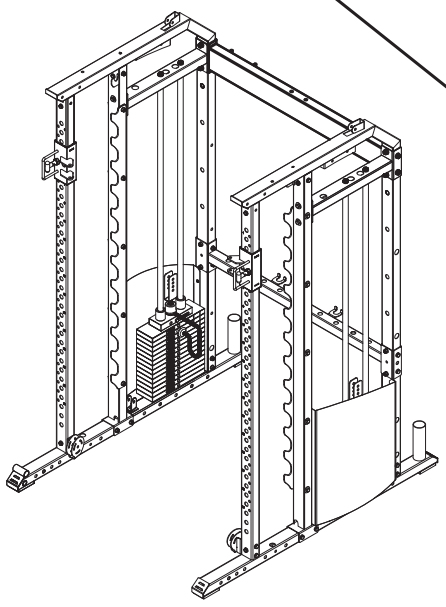
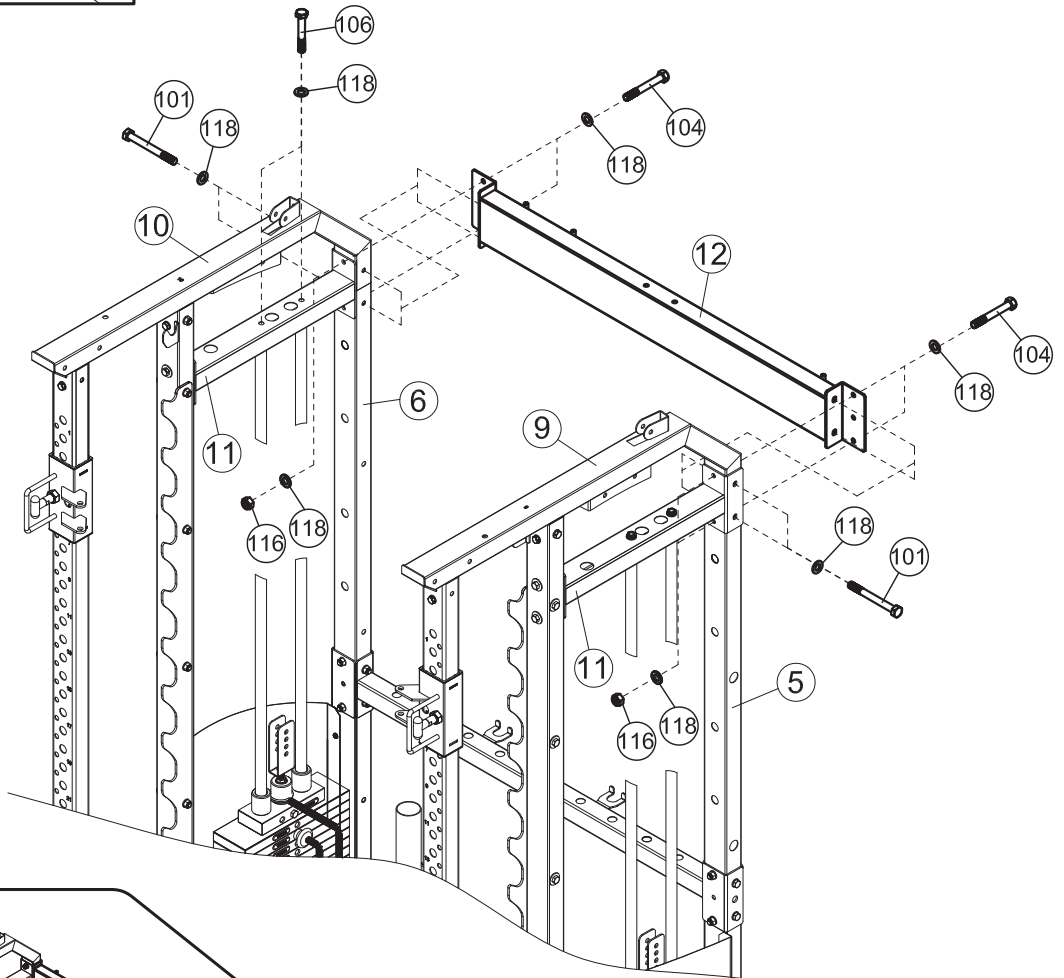
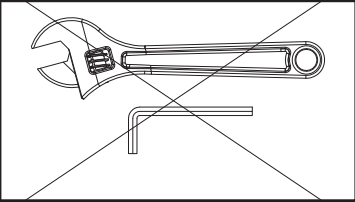
Part number indicated with engraved number



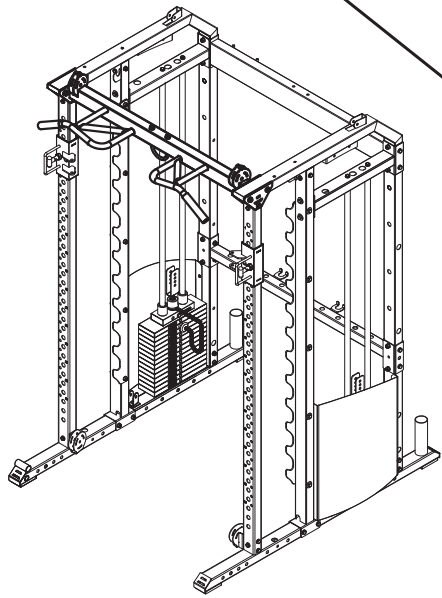
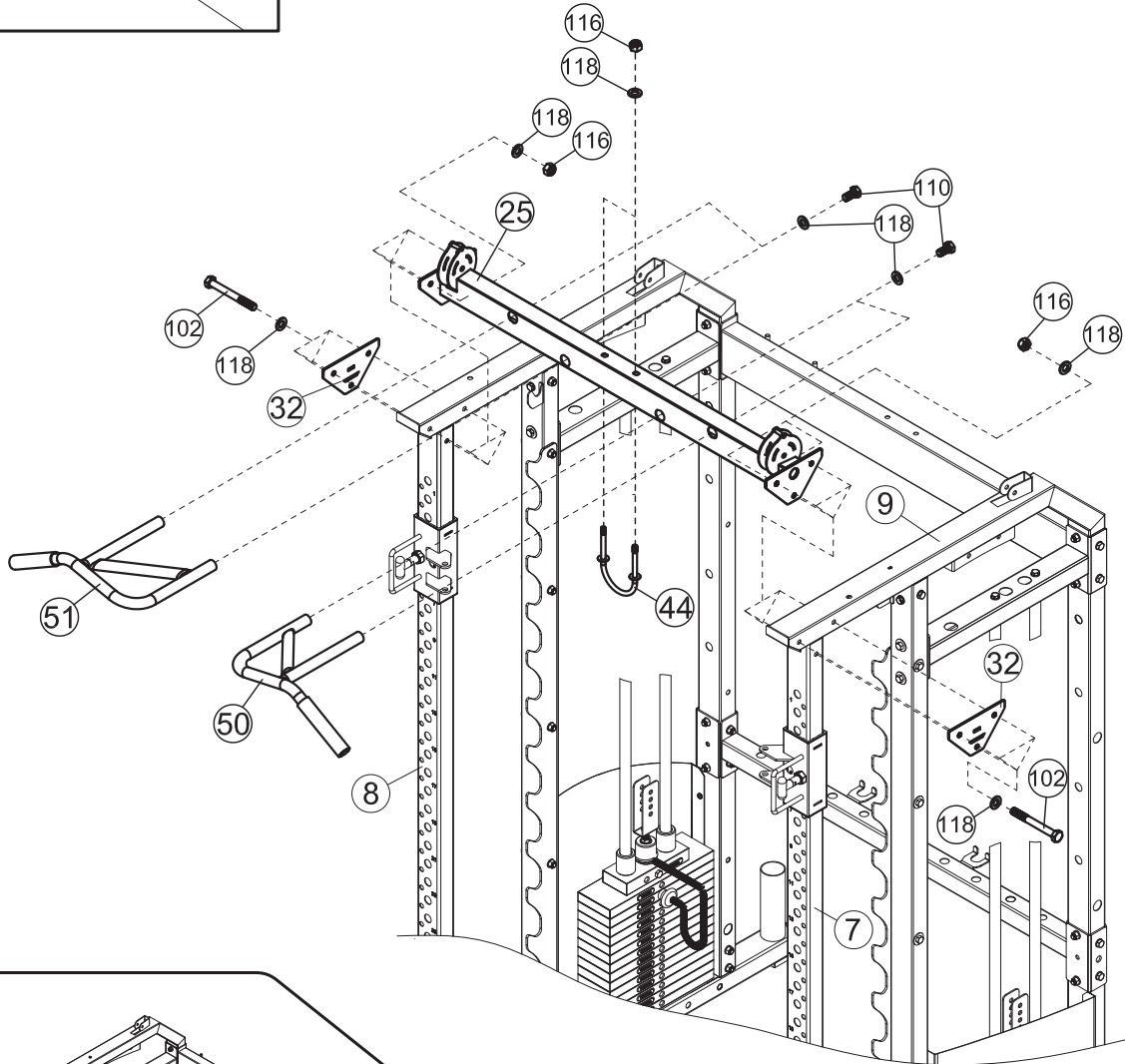
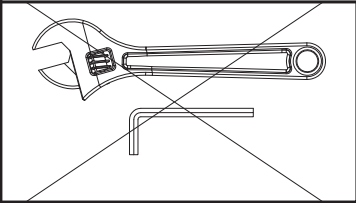
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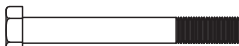





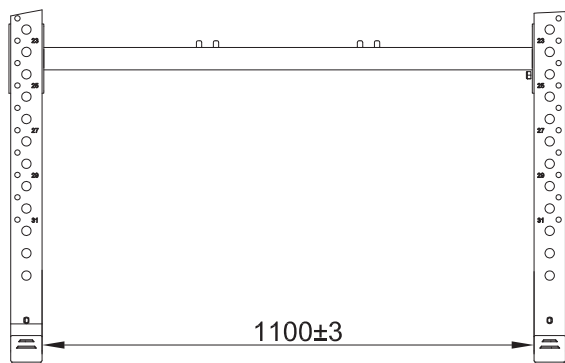
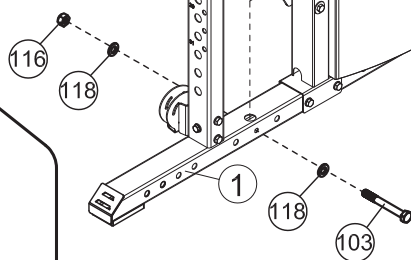
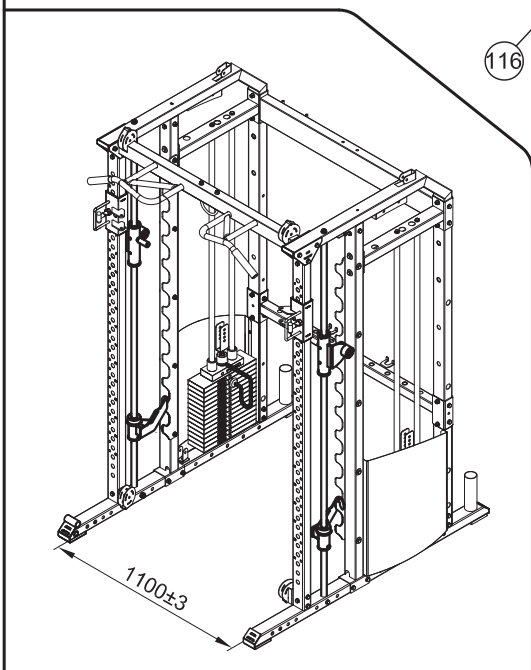
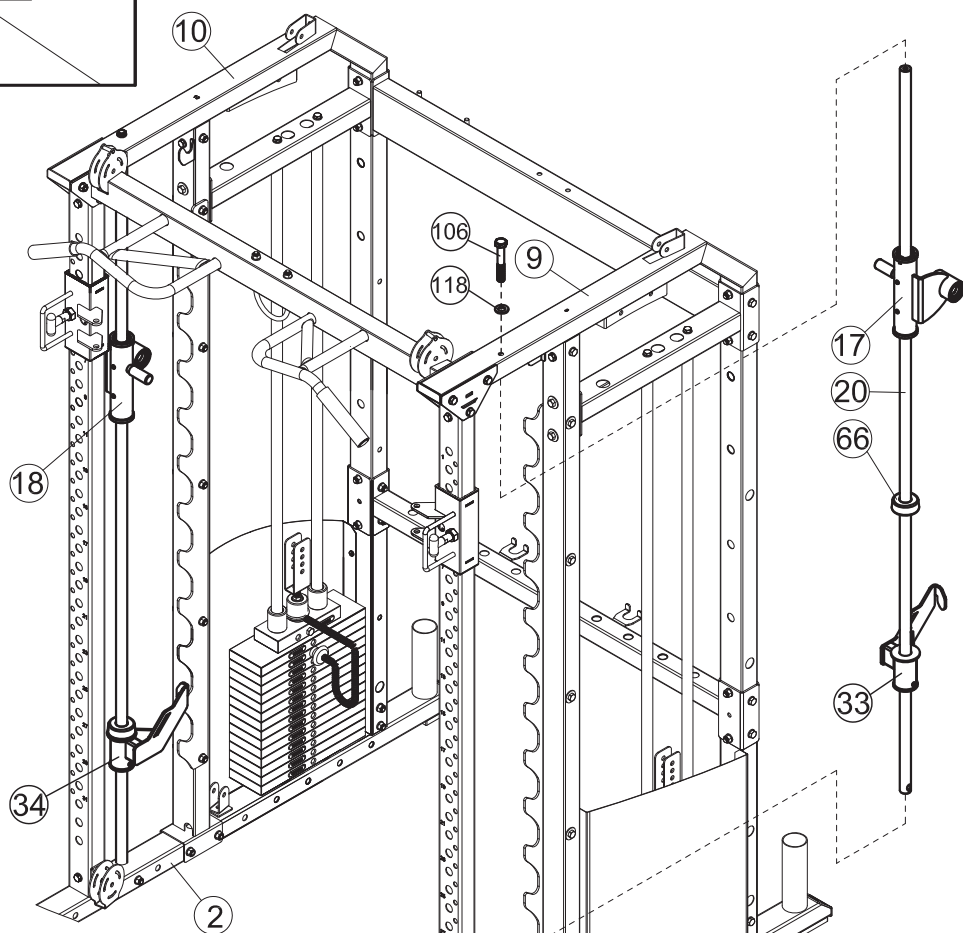
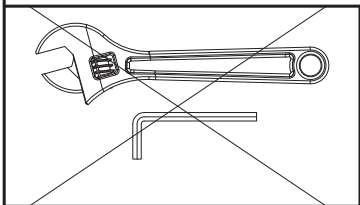
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|-------|---|----|--------|-------|--|---|-----|-----|
| (101) |  | x4 | M10x95 | (118) |  |  | x16 | Φ10 |
| (104) |  | x4 | M10x75 | (116) |  |  | x4  | M10 |
| (106) |  | x4 | M10x65 |       |  |   |     |     |






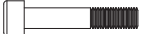





- |    |  |    |        |    |  |     |     |
|----|--|----|--------|----|--|-----|-----|
| ⑩② |  | x6 | M10x90 | ⑪⑧ |  | x18 | Φ10 |
| ⑪⑩ |  | x4 | M10x20 | ⑪⑥ |  | x8  | M10 |

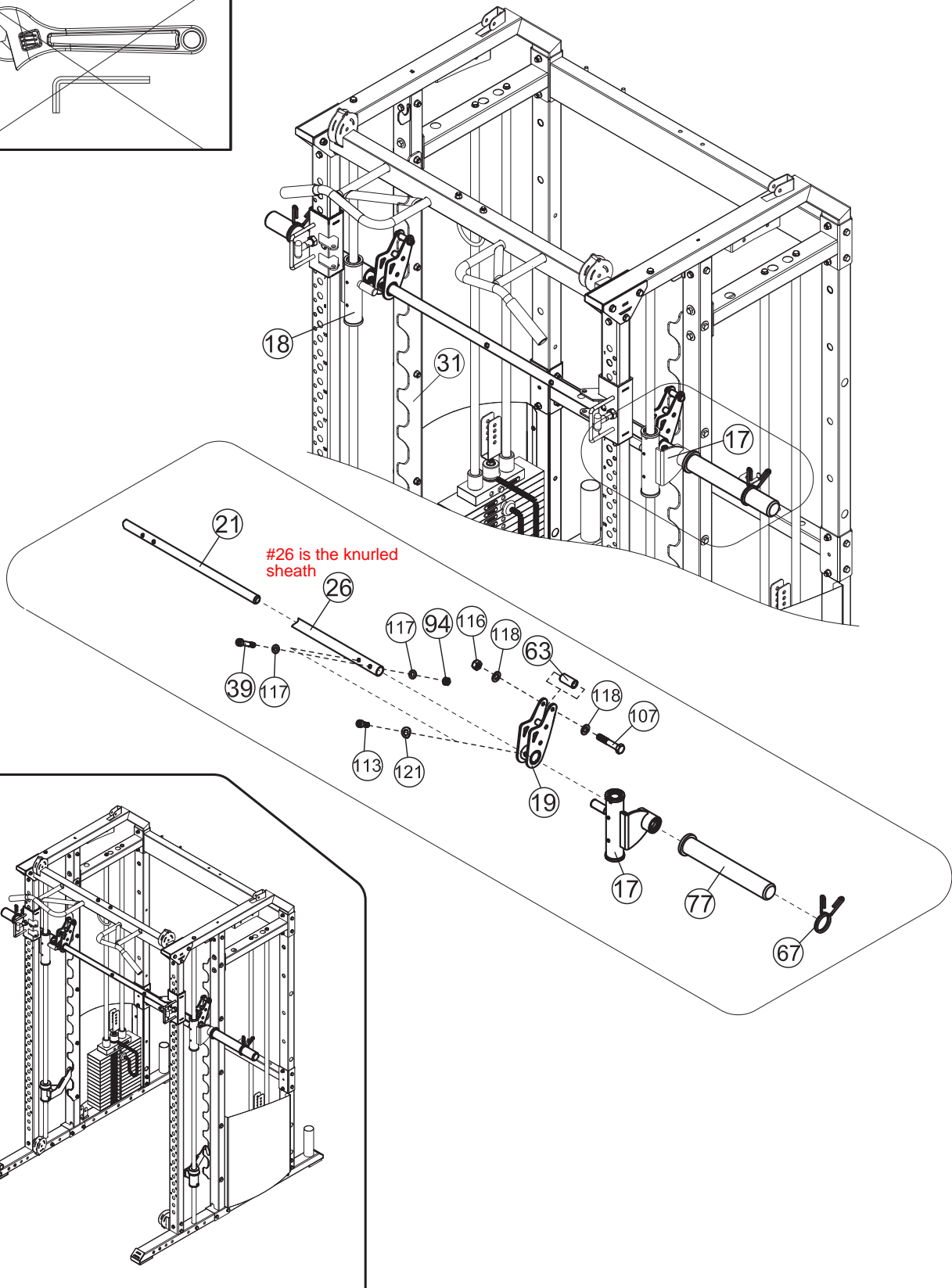
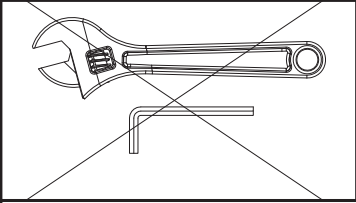



- |    |   |    |        |    |  |   |   |     |
|----|---|----|--------|----|--|---|---|-----|
| ⑩③ |  | ×2 | M10×85 | ⑪⑧ |  | × | 6 | Φ10 |
| ⑩⑥ |  | ×2 | M10×65 | ⑪⑥ |  | × | 2 | M10 |



10

113		x2	M8x20	94			x2	M8
39		x2	M8x40	117			x4	Φ8
107		x2	M10x55	118			x4	Φ10
116		x2	M10	121		)	x2	R20xφ9



98 

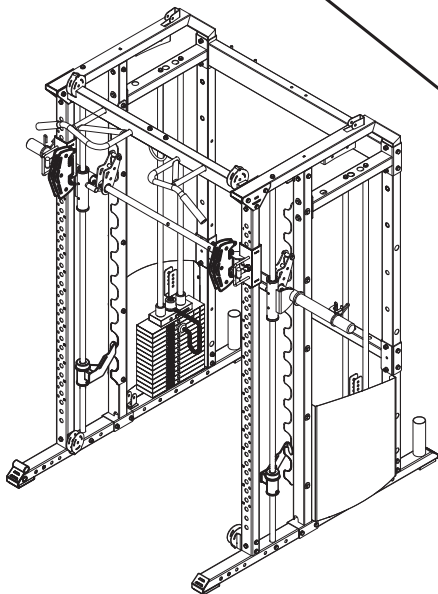
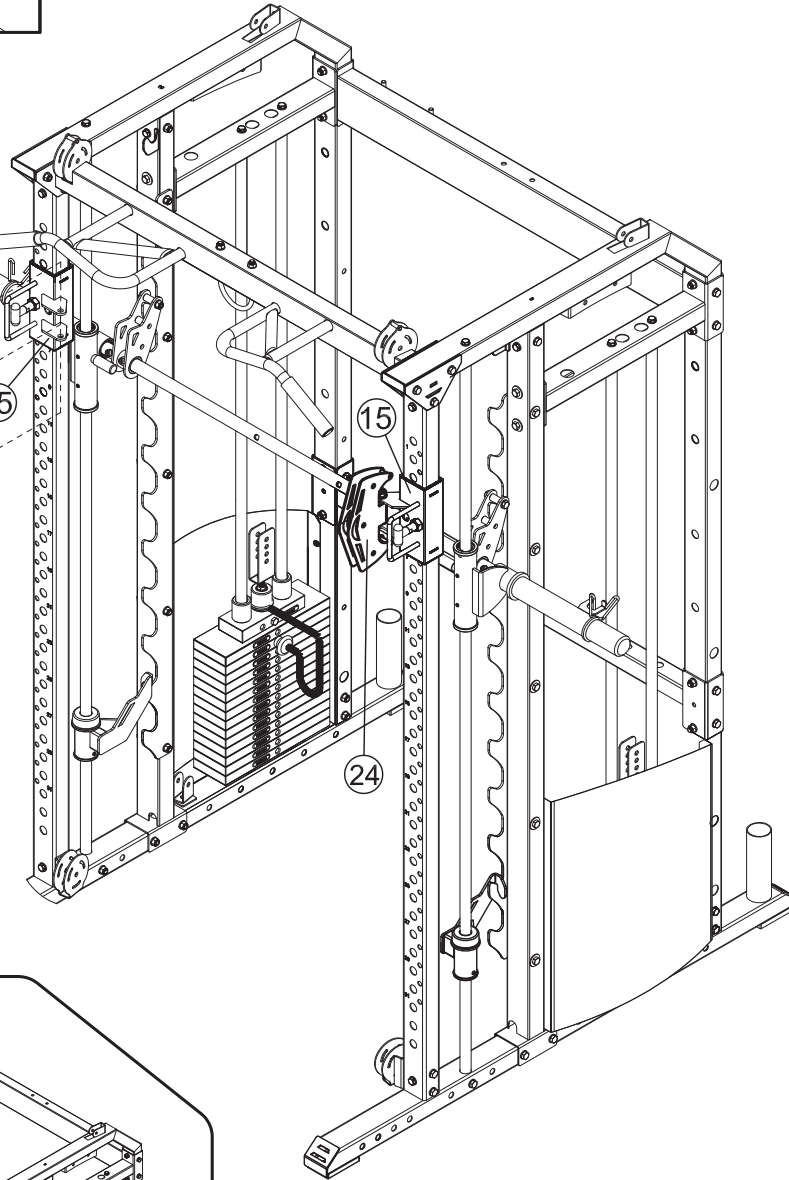
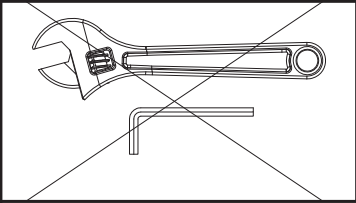
x2 M12x95

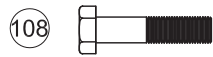
99 

x4  $\Phi 12$

61 

x2 M12



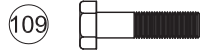


×16 M10×45

118



×38 Φ10



×2 M10×40

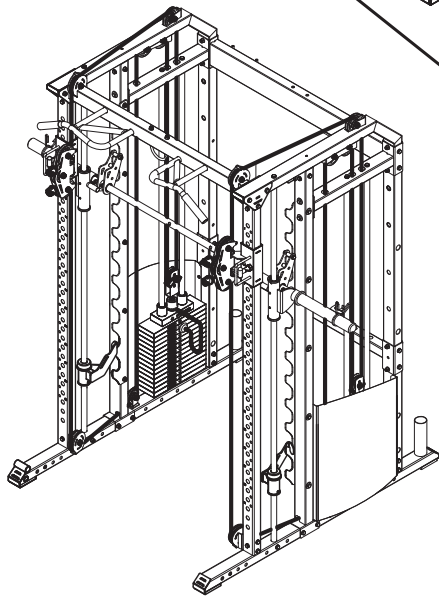
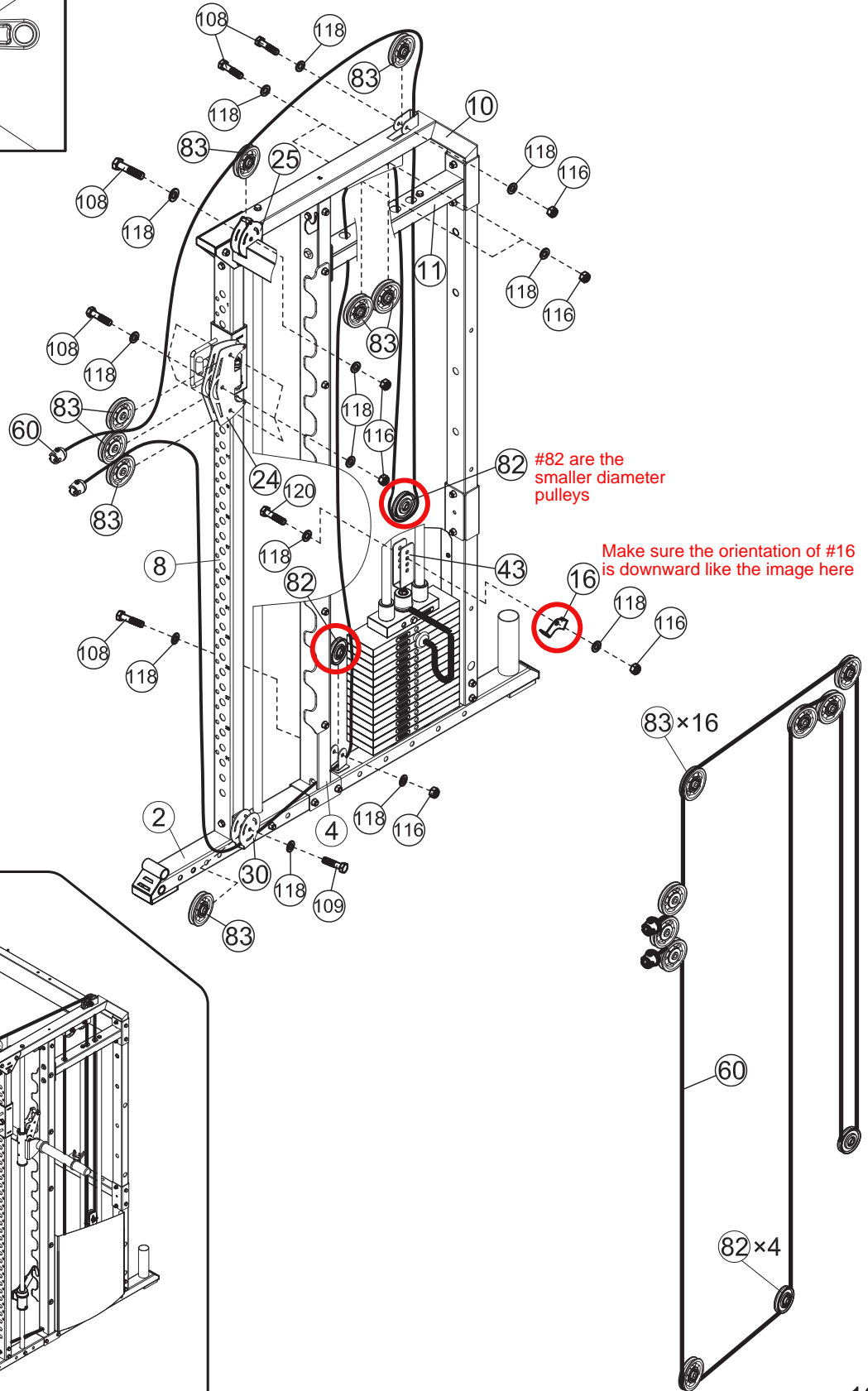
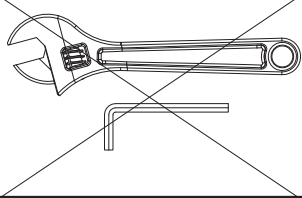
116



×18 M10



×2 M10×50



110



x6 M10x20

118

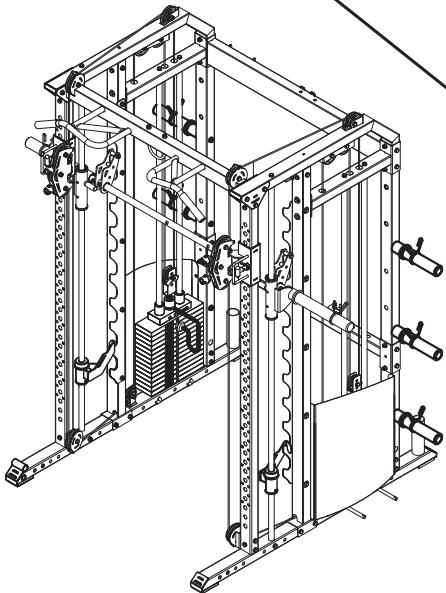
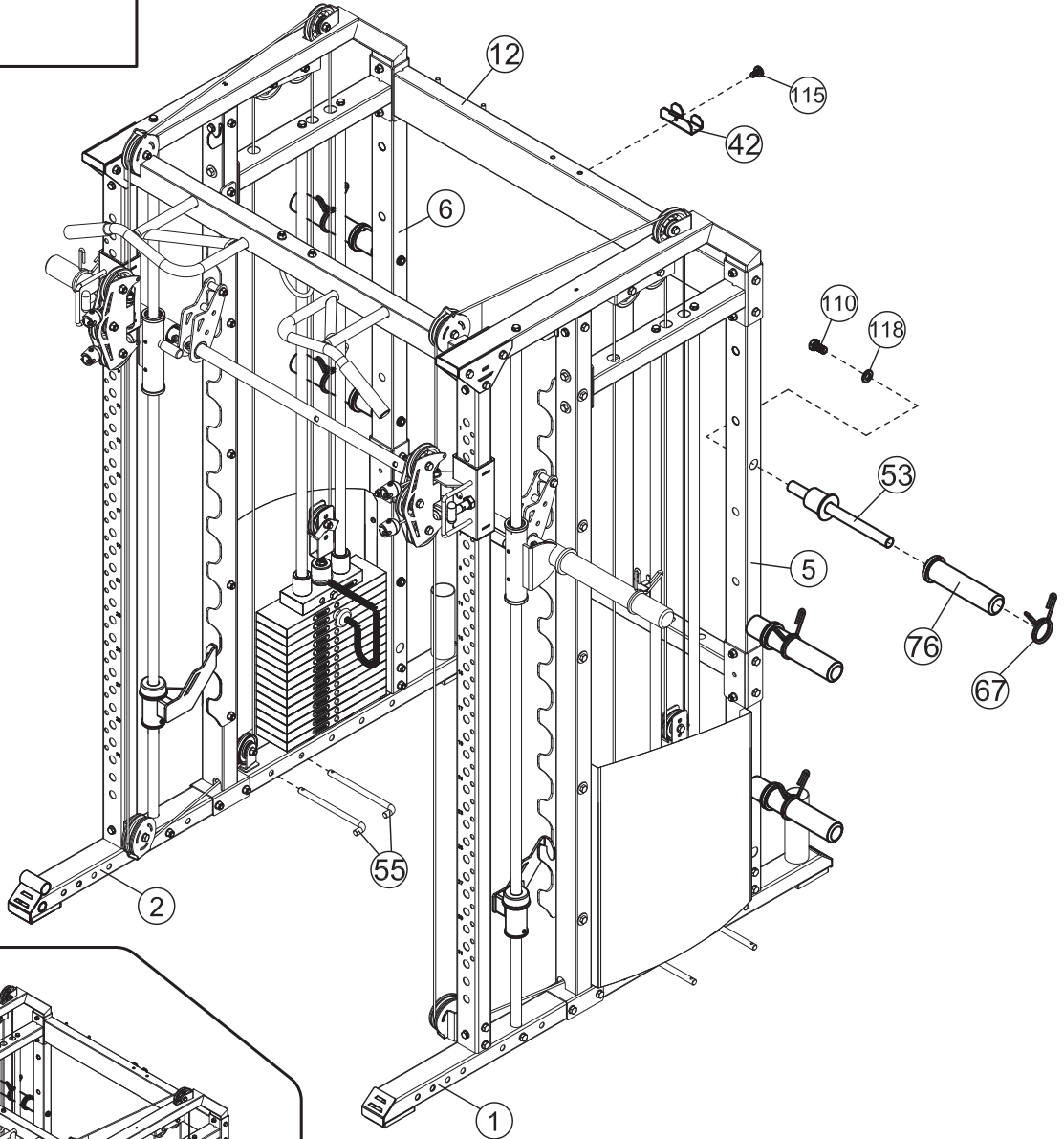
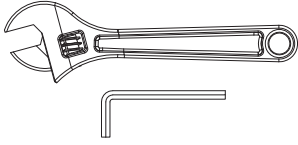


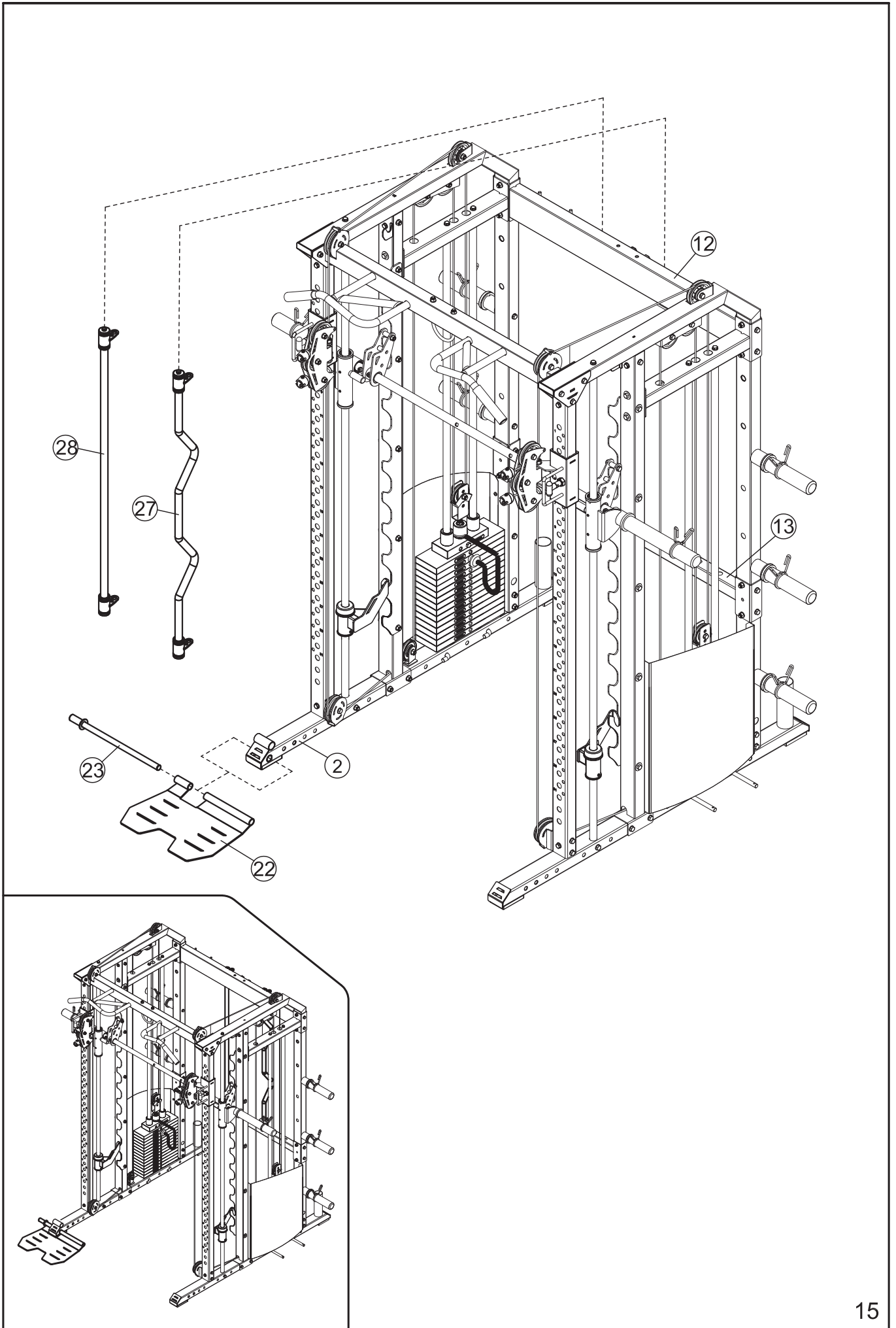
x6 Φ10

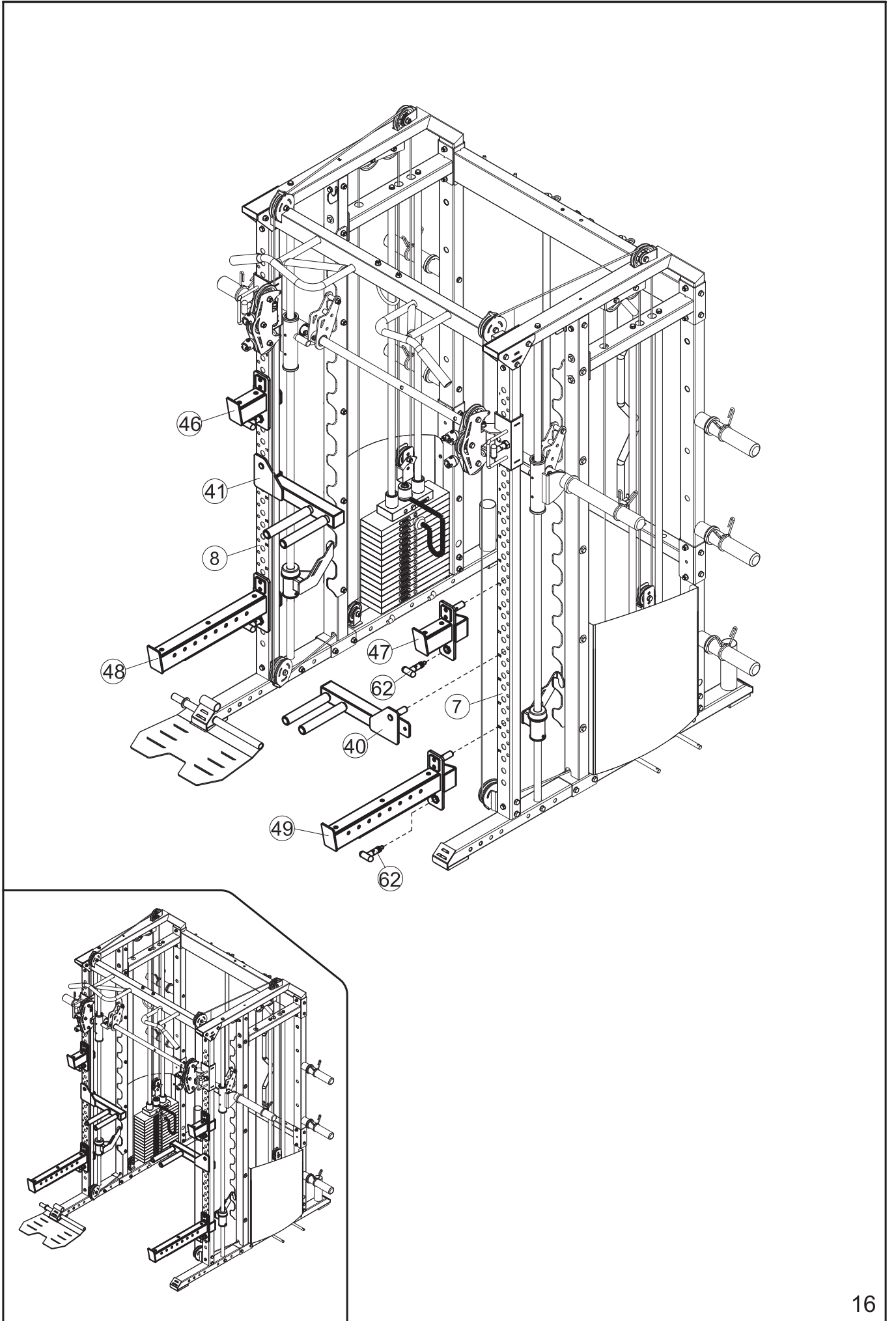
115

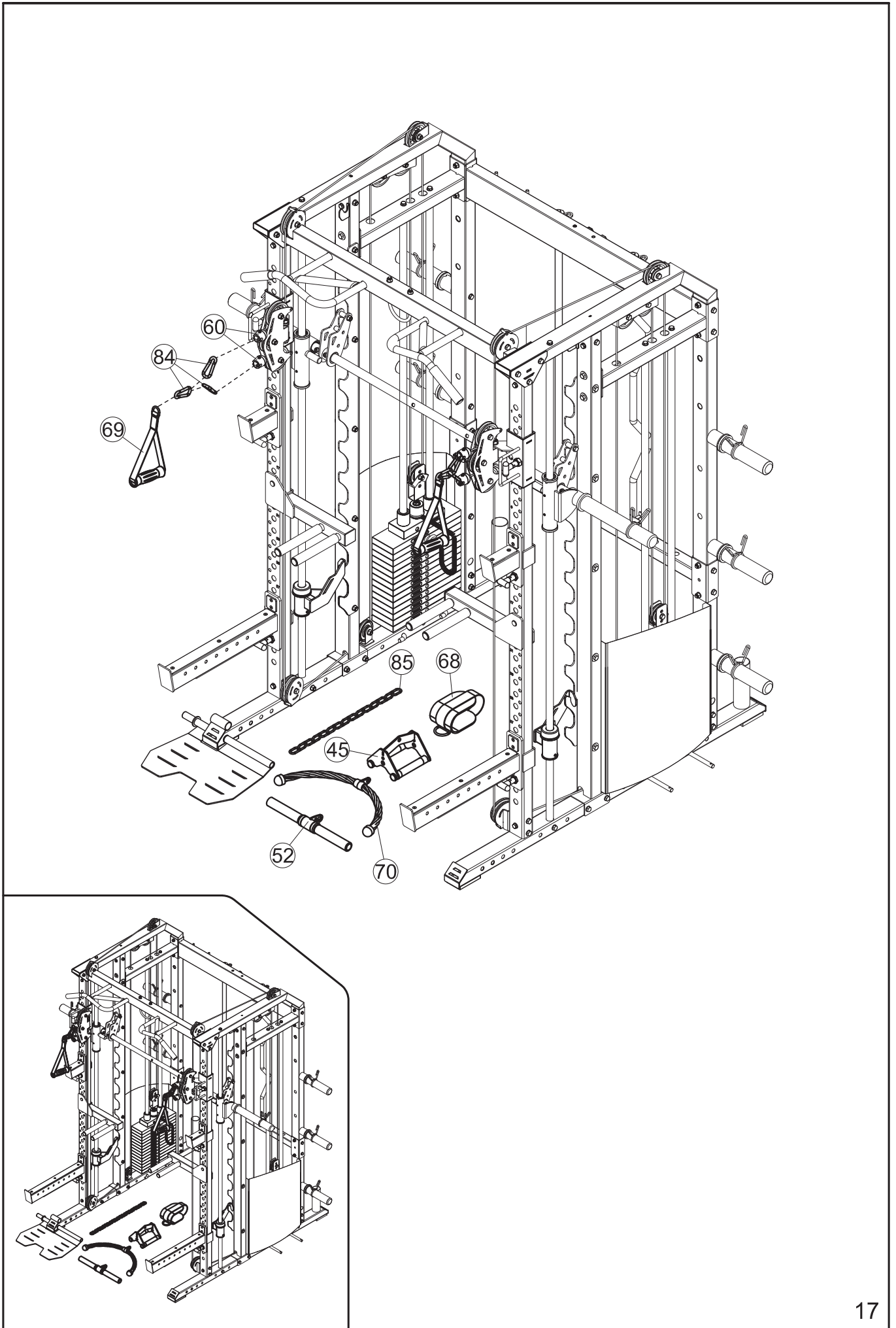


x1 ST4.8x13











## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame L		1
2	Base Frame R		1
3	Intermediate Stand L		1
4	Intermediate Stand R		1
5	Rear Post L		1
6	Rear Post R		1
7	Guide Shaft L	□50×70×2×1940	1
8	Guide Shaft R	□50×70×2×1940	1
9	Top Frame L		1
10	Top Frame R		1
11	Connecting frame		2
12	Connecting Frame Rear		1
13	Connecting Frame Rear		1
14	Guide Rod Rear		4
15	Sliding frame		2
16	Cable Retainer	84×45×25×2	2
17	Mobile rack L		1
18	Mobile rack R		1
19	Hanging Bar		2
20	Guide rod	Φ25×1978	2
21	Weight Rod	φ25×2000×M8	1
22	Foot Pedal Set		1
23	Rotating Shaft		1
24	Pulley Case		2
25	Horizontal bar		1
26	Weight Rod	φ30×2.5×1241	1
27	Cambered Bar		1
28	Straight Bar		1
29	Pulley Case L		1
30	Pulley Case R		1
31	Bar Catch Frame	1540×92×5	2
32	Bracket	176×100×3	2
33	Safety hook Bracket L		1
34	Safety hook Bracket R		1
35	Weight Plate Sticker (90kg)		2
36	Weight Stack Cover L	630×510×80×1.0	1

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
37	Weight Stack Cover R	630×510×80×1.0	1
38	Nut	M12	2
39	Hexagon socket button	M8×45	2
40	Dip Bar		1
41	Dip Bar		1
42	Hangre	100×37×38×27×10×2	2
43	Pulley Case		2
44	Hook Frame		1
45	V-type handle		1
46	Safety hook Bracket		1
47	Safety hook Bracket		1
48	Long Safety Rack		1
49	Long Safety Rack		1
50	Left Chin-up Bar		1
51	Right Chin-up Bar		1
52	Small grip frame		1
53	Weights Stow Rod		6
54	Bar Handle		4
55	Weights Stow Rod	210×40×φ14	4
56	Bracket	155×75×50×4	2
57	Selector Rod	φ25×450 (14+1)	2
58	Top Weight Plate	198×76×33	2
59	Weight Plate	330×102×25(6KG)	28
60	Double pull cable	L=8390mm	2
61	Nut	M12	2
62	Moving Lock Pin		6
63	Tube	φ16×φ11×33	2
64	Slide Guide	□60×80×2.0×□50×70	4
65	Rubber Stopper	65×100×12	4
66	Rubber Stopper	φ62×φ24.5×25	6
67	Spring Clip	φ49	8
68	Ankle Strap		1
69	Nylon Strap Iso-Handle	L=245mm	2
70	Rope		1
71	Bushing	φ25×φ20×φ12.2×10	4
72	Washer	8	4

## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
73	Rack Liner	52×45×5	4
74	Rack Liner	120×45×5	2
75	Rack Liner	505×45×5	2
76	Short Spacer	φ50×210	6
77	Long Spacer	φ50×335	2
78	Weight Selector Pin		2
79	End Cap	□50	2
80	Safety hook Bracket Guides	φ55×φ46×φ27×41	2
81	Bushing	φ38×φ34×φ27×26	8
82	Pulley	φ75	4
83	Pulley	φ96	16
84	Hook	φ8	6
85	15-Joint Chain	φ5	1
86	Sliding Rod Guide	φ55×φ46×φ40×73	4
87	Linear Motion Bearing	LB254058	4
88	Deep groove ball bearing	61905	4
89	Hole circlip	d0=40	4
90	Hole circlip	42	4
91	Dips Handle	φ23×200	4
92	Dips Handle	Φ23×150	4
93	End Cap	φ25	22
94	Nut	M10	2
95	End Cap	φ19	1
96	Tube End Cap	φ19×50	3
97	Bushing	φ38×φ9×8	4
98	HEX Bolt	M12×95	2
99	Washer	12	4
100	Screw	ST4.0×9	8
101	HEX Bolt	M10×95	8
102	HEX Bolt	M10×90	22
103	HEX Bolt	M10×85	12
104	HEX Bolt	M10×75	8
105	HEX Bolt	M10×70	4
106	HEX Bolt	M10×65	18
107	HEX Bolt	M10×55	2
108	HEX Bolt	M10×45	16

# PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
109	HEX Bolt	M10×40	2
110	HEX Bolt	M10×20	10
111	Allen Bolt	M8×16	8
112	HEX Bolt	M8×25	4
113	Hexagon socket button	M8×20	2
114	Hexagon socket	M6×10	18
115	Screw	ST4.8×13	9
116	Nut	M10	76
117	Washer	8	4
118	Washer	10	162
119	Washer	φ30×φ10	14
120	HEX Bolt	M10×50	2
121	Washer	R20×φ9	2
	Allen wrench	6#	1
	Allen wrench	4#	1
	Allen wrench	3#	1