Star Trac Instinct™
Chest Press
OWNER’S MANUAL
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Thank you for choosing the STAR TRAC INSTINCT CHEST PRESS. This unit has been designed to provide the user the most rewarding experience based upon the carefully planned features it possesses. The design elements of this product will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Our mission is to provide products to mold lifelong habits for health and fitness, and the INSTINCT CHEST PRESS will provide the path to meet your goals.

ABOUT THIS MANUAL
This manual is applicable to the INSTINCT CHEST PRESS. The manual is divided into eight sections, as follows:

- **Introduction**
  Provides an overview of each section within the manual.

- **Safety Instructions**
  Provides guidelines for safely operating the INSTINCT CHEST PRESS.

- **Assembly and Setup**
  Provides instructions for unpacking, assembling and setting up the INSTINCT CHEST PRESS.

- **Exercise Guidelines**
  Provides general guidelines to be followed when using the INSTINCT CHEST PRESS.

- **Preventative Maintenance**
  Describes the preventative maintenance measures required to keep the INSTINCT CHEST PRESS in top condition.

- **Labels and Placards**
  Provides illustrations and part number information for labels and placards used on STAR TRAC INSTINCT products.

- **Regulatory Information**
  Provides warrant and servicing information for the INSTINCT CHEST PRESS.
WARRANTY & DISCLAIMER

STAR TRAC warrants all frameworks for a period of 10 years. All moving parts are warranted for 1 year. 10 year limited warranty on structural frame not including coatings. 90 days on upholstery stitching only, cables and belts. Warranty is for parts only. Warranty is good and available to the original purchaser only as noted by STAR TRAC invoice and is not transferable nor assumable. STAR TRAC cannot warrant products that have been abused, neglected or poorly maintained. All equipment should be reviewed at the time of delivery for damage, breakage, looseness of nuts and bolts, components and or any other moving parts. Any and all claims for warranty must be received in writing within 70 days of defect. Do not alter, modify or redesign any STAR TRAC products or use any replacement parts or materials other that those components original to STAR TRAC as it will limit the warranty and liability of STAR TRAC. STAR TRAC reserves the right to change, replace or modify products, parts, accessories and or design without notice. Defects on cancelled orders will be subject to handling and restocking charges.

WHAT IS COVERED

This STAR TRAC INSTINCT CHEST PRESS is warranted to be free of all defects in material and workmanship. WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser. WHO PAY TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, STAR TRAC, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges for all subsequent years. WHAT WILL WE DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period. WHAT IS NOT COVERED

Any failure or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, deletions resulting from any construction activities in the Products environment, rust or corrosion as a result of the Products location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Owners Manual. OWNERS MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL, before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction. HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 966-1539 or (561) 600-3800, Monday through Friday from 8:00 a.m. to 5:00 p.m. Pacific Standard Time, and tell them your name, address and the model number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. You can also contact us via fax at (561) 600-1799 or e-mail us at

SAFETY INSTRUCTIONS

Read this Owner’s Manual carefully before assembling, servicing or using your STAR TRAC INSTINCT CHEST PRESS.

WARNING: SERIOUS INJURY MAY OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS IS UNCLEAR, CONTACT STAR TRAC PRODUCT SUPPORT FOR CLARIFICATION.

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other equipment be used only by those who are familiar with the operation of the equipment in order to avoid injury. Use appropriate positioning, speed and controlled movements.
2. Do not use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by STAR TRAC.
3. DO NOT use loose or dangling clothing while using the INSTINCT CHEST PRESS. Keep away from all moving parts.
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any persons to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty; or otherwise, if any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use or inability to use this Product. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No use is authorized to change, modify or extend the terms of this limited warranty. EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state. OWNERS MANUAL

Our Products are designed and manufactured to the highest standards. STAR TRAC wants you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best.

Before shipping:
1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

Read this Owners Manual carefully before assembling, servicing or using your STAR TRAC INSTINCT CHEST PRESS.

NOTE: It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.
ASSEMBLY AND SETUP

PARTS AND MATERIALS

The following parts are included with the STAR TRAC INSTINCT CHEST PRESS:

- Frame, Weight Stack
- Frame, Main
- Leverage Arm
- Crossbeam, Lower
- Crossbeam, Upper
- Post, Seat (factory installed)
- Plate, Top, Weight Stack
- Pulley (factory installed)
- Selector Pin
- Cap, Rubber
- Guide Post, Weight Stack
- End Cap
- Shaft, Leverage Arm
- Cushion, Seat
- Cushion, Back
- Shroud, Lower, Rear
- Shroud, Lower, Front
- Shroud, Upper
- Support, Weight Stack
- Retainer, Belt
- Weight Belt
- Screw, Retaining
- Screw, Button Head Socket Cap, 10X130M
- Screw, Button Head Socket Cap, 10X80M
- Screw, Button Head Socket Cap, 10X30M
- Screw, Flat Head Socket, 10X25M
- Set screw
- Nut, Tapped Hole
- Lock Nut, Nylon Insert, 10M
- Washer, 11M
- Washer, 9M
- Weight, 5lb
- Weight, 10lb
- Weight, 15lb
- Metric Hex Key Wrenches - 2.5mm, 5mm, 6mm, 8mm, 10mm
- Metric Open-End Wrenches - 10mm, 15mm, 17mm
- Metric Ratchet Socket Wrench Set (including 17mm socket)
- Torque Wrench
- Phillips Head Screwdriver - #2
- Channel Lock Pliers
- Vice Grip Pliers
- Rubber Mallet

TOOLS REQUIRED

Most STAR TRAC INSTINCT machines can be assembled using the following tools:

- Metric Hex Key Wrenches - 2.5mm, 5mm, 6mm, 8mm, 10mm
- Metric Open-End Wrenches - 10mm, 15mm, 17mm
- Metric Ratchet Socket Wrench Set (including 17mm socket)
- Torque Wrench
- Phillips Head Screwdriver - #2

SITING REQUIREMENTS

Your INSTINCT CHEST PRESS requires approximately 32 square feet of floor space to ensure safe operation of the unit.

UNPACKING

Your INSTINCT CHEST PRESS is shipped in one or more shipping cartons. Each carton will generally contain one subassembly of the entire unit. To unpack:

- Remove the shipping straps from the outside of each shipping carton.
- Open the top of each carton and fold back all four flaps.
- Remove the packing materials, foam inserts, and ALL parts from each shipping carton. Keep the contents of each carton in a separate area to facilitate assembly. To ensure personal safety during assembly, place all packing materials outside the assembly area.
- Verify that all parts listed above are included in your shipment.

Take time now to enter your INSTINCT CHEST PRESS serial number in the space below. If parts are missing, or if you have any operational questions, please call Star Trac’s Service department at (800) 503-1221, have your serial number ready.

Serial No. ________________________________________
WEIGHT BELT INSPECTION REQUIREMENTS

WARNING: REPLACE WORN WEIGHT BELTS IMMEDIATELY. FAILURE TO COMPLY CAN RESULT IN HAZARDOUS CONDITIONS FOR USERS OR OTHER BYSTANDERS.

Inspect all weight belts for evidence of excessive wear or other damage. Give particular attention to the following conditions:

- Torn or cracked belt
- Exposed belt cords
- Worn edges

ASSEMBLY

1. Assemble the Main Frame to the Weight Frame

Align the two drilled holes in the lower crossbeam (4) with the mating holes in the bottom of the weight frame (1). Secure the crossbeam to the weight frame using two screws (37), four washers (51), and two lock nuts (49). Tighten the nuts securely.

Align the two drilled holes in the upper crossbeam (5) at the pulley end with the mating holes in the side beam of the weight frame (1). Secure the crossbeam to the weight frame using two screws (37), four washers (51), and two lock nuts (49). Tighten the nuts securely.

Position the main frame (2) so the two drilled holes in the lower crossbeam (4) and the two drilled holes in the upper crossbeam (5) are aligned with the mating holes in the main frame.

Secure the main frame to the lower crossbeam using two screws (37), four washers (51), and two lock nuts (49). Tighten the nuts securely.

Secure the main frame to the upper crossbeam using two screws (37), four washers (51), and two lock nuts (49). Tighten the nuts securely.

2. Install the Leverage Arm

NOTE: Two people are required to install the leverage arm; one to hold the leverage arm in position, and one to install the leverage arm shaft.

Loosen the two setscrews (47) in each of the two leverage arm shaft support bearings on the main frame (2).

Hold the leverage arm (3) in position between the two shaft support bearings.

Insert the leverage arm shaft (19) through the leverage arm and both support bearings.

Secure the leverage arm shaft (19) to the main frame (2) using two screws (43) and end caps (17).

Tighten the two setscrews (47) in each of the two leverage arm shaft support bearings on the main frame (2).

Rotate the leverage arm back until it rests against the stop on the main frame.
3. Assemble the Weight Stack

NOTE: Two people are required to assemble the weight stack; one to hold the weight stack guide posts in position, and one to assemble the weight stack components onto the posts.

Slide one weight stack support (26) onto each weight stack guide post (13).

Insert the weight stack guide posts (13) into the retaining holes in the base of the weight stack frame (1). BE SURE the drilled ends of the weight stack guide posts face upwards, toward the top of the weight stack frame.

WARNING: TO PREVENT INJURY, INSTALL THE WEIGHTS ONE AT A TIME.

Install weights (54, 55, 56) on the weight stack frame (1). Bring the weight stack guide posts face upwards, toward the top of the weight stack frame.

NOTE: To prevent injury, install the weights one at a time. To prevent injury, install the weights one at a time.

4. Install the Weight Belt

NOTE: The weight belt (28) is attached to the top plate (8) and leverage arm (3) using cinch fasteners (see detail below). Two people may be required to properly install and tension the weight belt.

Remove the retaining screws (36) and belt retainers (27) from the belt clamps on the weight stack; one to hold the weight stack guide post in position, and one to assemble the weight stack components onto the posts.

Insert one end of the weight belt (28) through the slot in the top plate belt clamp until approximately one inch of the free end of the belt protrudes from the slot in the opposite side of the clamp.

Insert the selector pin (11) through one weight stack guide post (13) until it engages the top plate shaft.

Install the top plate (8) on the weight stack guide posts (13), inserting the top plate shaft through the holes in the weights.

NOTE: Be sure the drilled ends of the guide posts are facing upwards. The weight stack guide posts face upwards, toward the top of the weight stack frame.

WARNING: TO PREVENT INJURY, USE ONLY recommended cleaning agents and procedures when cleaning the weight stack shrouds.

Use ONLY recommended cleaning agents and procedures when cleaning the weight stack shrouds:

- DO NOT use lacquer thinner, acetone, or other solvents to clean powder-coated finishes on the framework or other structural components. Solvents will dull the finish, and contain components that may remove the epoxycbased powder from the frame.

Framework and other structural components should be wiped down on a daily basis using a moistened with water. This will increase the longevity of protective powder-coat finishes. The framework should be inspected while cleaning for evidence of fatigue cracks, scratches or chips in the finish, loose hardware, worn or damaged weight belt / cable, and other areas that may require attention.

Apply easy-application car wax to all powder-coated surfaces quarterly. Regular waxing will aid in preventing premature rusting due to corrosives found in perspiration, and will allow loose particles to be removed more easily when performing the daily wipe-down.

Procedures to repair scratches and chips depend on the severity of the damage:

- Surface scratches can generally be repaired by polishing with an automotive rubbing compound.
- Deep scratches and chips must be repaired by filling the damaged area using a “touch-up” bottle of color-matched paint (available through the STARC Parts Department). Fill the damaged area sparingly, using two or more coats. Allow the area to dry thoroughly between coats. Once the touch-up is complete, it can be left “as is”, or it can be blended and color-matched to the surrounding surface.

NOTE: The process of blending and sanding repaired areas to the surrounding surface is difficult. It should be attempted ONLY by persons knowledgeable in this area.

The weight stack shrouds are made of PETG (glycol-modified polyethylene terephthalate). Proper cleaning is necessary to preserve the appearance of the shrouds. The following cleaners are compatible with PETG: Original Dawn®, Freon® T.F., Palmolive Liquid®, Top Job®, and Windex® with Ammonia D.

DO NOT use abrasive or highly alkaline cleaners to clean the shrouds.
- DO NOT use abrasive or highly alkaline cleaners to clean the shrouds. Only recommended cleaning agents and procedures when cleaning the weight stack shrouds:

DO NOT use acetone or other solvents to clean powder-coated finishes on the framework.
- DO NOT use acetone or other solvents to clean powder-coated finishes on the framework.

Upholstered cushions should be cleaned on a daily basis to prevent damaged due to corrosives found in perspiration. Wipe the top and sides of upholstery cushions using a cloth moistened with a solution of one part lanolin hand cleaner to nine parts water. After cleaning, wipe down using a dry towel to remove any residue.

DO NOT use cleaners such as Lysol®, Armor All®, Windex®, or other abrasive detergents to clean upholstered surfaces. These products will remove moisture from the Naugahyde® upholstery, resulting in premature cracking.

Apply easy-application car wax to all powder-coated surfaces quarterly. Regular waxing will aid in preventing premature rusting due to corrosives found in perspiration, and will allow loose particles to be removed more easily when performing the daily wipe-down.

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- DO NOT use abrasive or highly alkaline cleaners to clean the shrouds. Only recommended cleaning agents and procedures when cleaning the weight stack shrouds:

DO NOT use acetone or other solvents to clean powder-coated finishes on the framework.
- DO NOT use acetone or other solvents to clean powder-coated finishes on the framework.
PREVENTIVE MAINTENANCE

MAINTENANCE SCHEDULE

Star Trac strongly recommends performing regular preventive maintenance on your STAR TRAC INSTINCT CHEST PRESS. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear, resulting in downtime. For this reason, we highly recommend following the maintenance schedules. Additionally, unusual symptoms, such as excessive noise during use, stiffness or free play in moving parts, etc., should be investigated and necessary corrective actions (adjustment or parts replacement) should be performed. If any components are found to be worn or damaged, the unit should be removed from service until repairs can be made. Only components supplied or approved by Star Trac shall be used to maintain and/or repair the unit.

DAILY MAINTENANCE

- Wipe down and inspect the framework and other structural components (see FRAMEWORK MAINTENANCE on page 13 for requirements). Check all attaching hardware for security. Tighten as needed.
- Clean and inspect the upholstered cushions and the hand grips (see UPHOLSTERY MAINTENANCE on page 13 for requirements).
- Clean and lubricate guide rods using a cotton cloth and break-free lubricant. Apply the lubricant to the cloth, then wipe up and down the guide rods as needed.
- Inspect belt / cable for excessive wear or other damage. Check cable / belt for proper tension (cable deflection at any point should not exceed 25 mm); adjust as needed. (See WEIGHT BELT INSPECTION REQUIREMENTS on page 14 for requirements.)
- Check the leverage arm bearings for evidence of sticking or binding; lubricate as needed (bearings are equipped with fittings to facilitate lubrication).

WEEKLY MAINTENANCE

- Check the retainer screws at the weight stack top plate and leverage arm for security (retainer screws should be torqued to 400 inch-pounds). Tighten as needed.
- Check all labels and placards affixed to the unit for legibility and security. Replace illegible labels and placards as needed (see LABELS AND PLACARDS on page 15 for illustrations and part numbers of standard labels and placards used on STAR TRAC INSTINCT products).

MONTHLY MAINTENANCE

- Clean tops of bearings at weight stack top plate. Check for heavy buildup on guide rods below top plate (lift half of weight stack to perform a visual inspection and clean as necessary).

QUARTERLY MAINTENANCE

- Apply wax to powder-coated areas of the framework and other structural components (see FRAMEWORK MAINTENANCE on page 13 for requirements).
6. Install the Weight Stack Shrouds

**NOTE:** It is necessary to flex the lower shrouds (23, 24) slightly to engage the mating grooves in the weight stack frame (1). Slide the lower front shroud (24) into the mating grooves in the weight stack frame. Install one tapped hole nut (48) onto each of the six upper shroud mounting tabs on the weight stack frame (1).

Hold one upper shroud (25) in position against the weight stack frame (1), and secure the shroud to the frame using three screws (42) and washers (52).

Repeat for the remaining upper shroud (25).

7. Final Assembly and Testing

Check all attaching parts to ensure they are tightened securely.

Mount the unit. Engage the selector pin at a comfortable weight.

Operate the leverage arm and check the following:

- Verify operation of the leverage arm is smooth, without evidence of sticking or binding.
- Verify there is no evidence of “free play” when actuating the leverage arm from the “stowed” position.
- Verify there is no evidence of excessive noise during operation.

Return the leverage arm to the “stowed” position.

You have now completed assembly of your *INSTINCT CHEST PRESS*.

**ANCHORING**

**IMPORTANT:** The *INSTINCT CHEST PRESS* must be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. Failure to anchor the unit will void the warranty. STAR TRAC shall not be liable for damage or injury caused by unanchored or improperly anchored units.

**EXERCISE GUIDELINES**

**GENERAL GUIDELINES**

As with any exercise program, strength training involves an element of risk. The information provided in this section will help you and/or your members make safe and productive use of your STAR TRAC INSTINCT CHEST PRESS.

- ALWAYS consult a physician before beginning any strength-training program. This is particularly important for persons with known health conditions and/or persons that are not familiar with the risks involved with weight training.
- All training sessions should be supervised by trained personnel.
- BE SURE that all warning labels and placards affixed to the *INSTINCT CHEST PRESS* remain on the unit. DO NOT alter warning labels and placards. BE SURE that each user reads and understands the information shown on all labels and placards (safety, instructional and/or other).
- Instruct all users on the proper use of the *INSTINCT CHEST PRESS*, as well as those actions that should be avoided.
- Your *INSTINCT CHEST PRESS* has been designed to accommodate a wide variety of body types. Prior to use, mount the unit and adjust the seat height to ensure comfortable operation of the leverage arm.

To minimize user and/or bystander injury:

- Do not lean against framework, weight stack or any component, regardless of whether it is dynamic or static.
- Stay clear of all components while in a dynamic state of motion. Keep hands and feet away from cables, belts, cams and pulleys and/or any converging action. The convergence of these transmission-based components can cause serious injury.
- Exercising on free weight and selectorized products should be performed with the assistance of a spotter.

**PRODUCT USE AND MAINTENANCE**

Repair of the *INSTINCT CHEST PRESS* should be performed only by authorized persons.

NEVER modify the *INSTINCT CHEST PRESS* or attempt to make adjustment(s) to, or the repair of, the unit equipment without first calling STAR TRAC Product Support. Always notify authorized personnel to make such repairs.

Instruct all users to report any equipment or training irregularities to supervisory personnel IMMEDIATELY.

**CAUTION:** Do not “high pin” and/or “double pin” a weight stack. This action is considered to be dangerous to users, and bystanders, and may damage your STAR TRAC INSTINCT CHEST PRESS. Aside from the mechanical damage that may result, such action(s), in part, may cause the weight stack to crush or pinch fingers, hands and/or extremities. DO NOT use the unit if the top plate is elevated and/or pined in a raised position. Seek assistance from authorized personnel to correct such a condition.