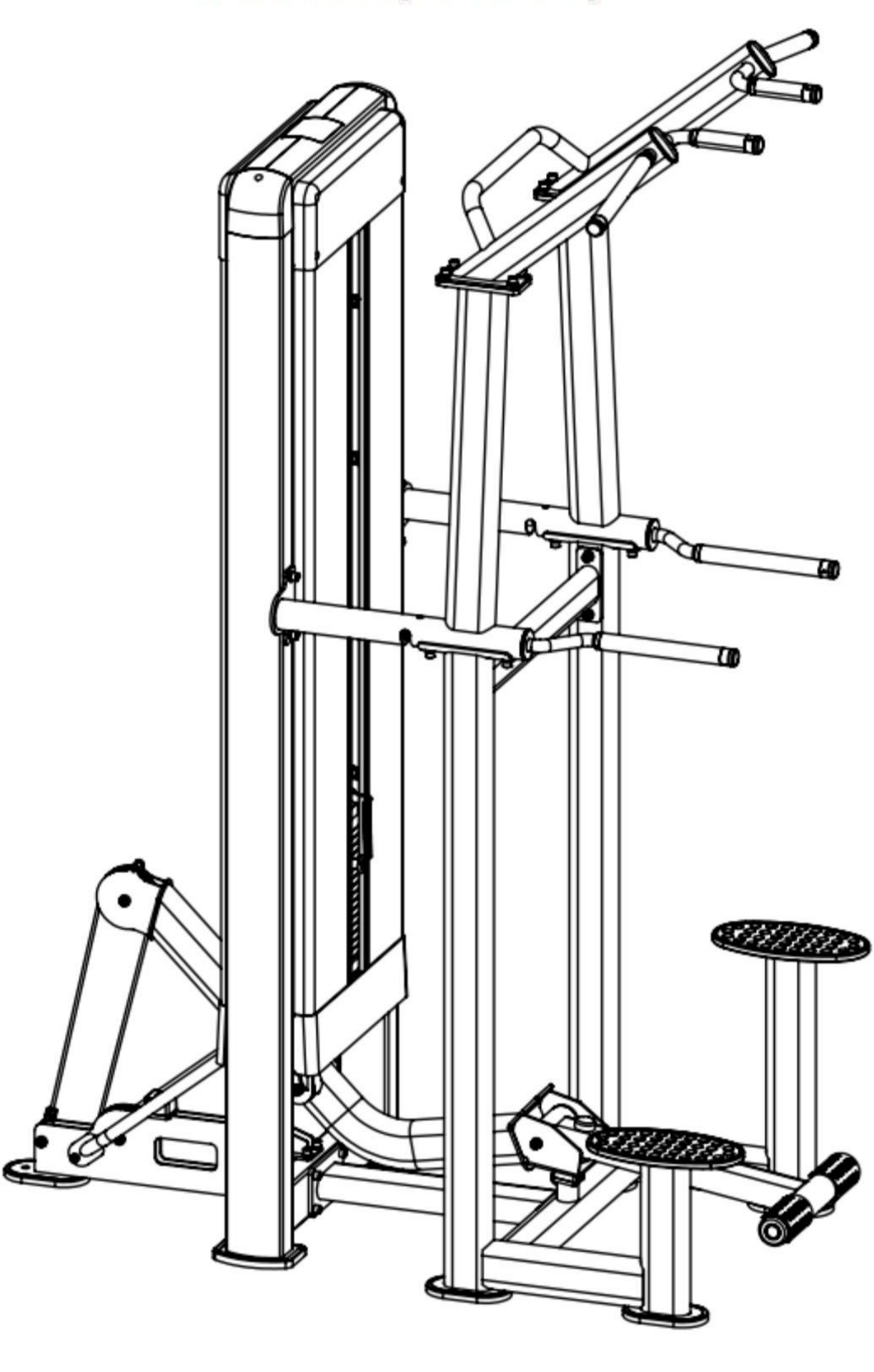
55A07 Installation Guide

Assisted Dip / Chin Up



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Introduction

Please take the time to read these instructions carefully before installation. Please refer to the instruction manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged during transportation, please call our company immediately for after-sales instructions). When installing, please install the equipment correctly according to the relevant instructions.

This equipment is designed to provide the smoothest and most efficient workout movements possible. After installation, you need to understand all the functions to use it correctly. If you find problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And promptly refer to the relevant instructions to check the reason. If the

rubber rod

spirit level

Allen wrench

Two people

circlip pliers

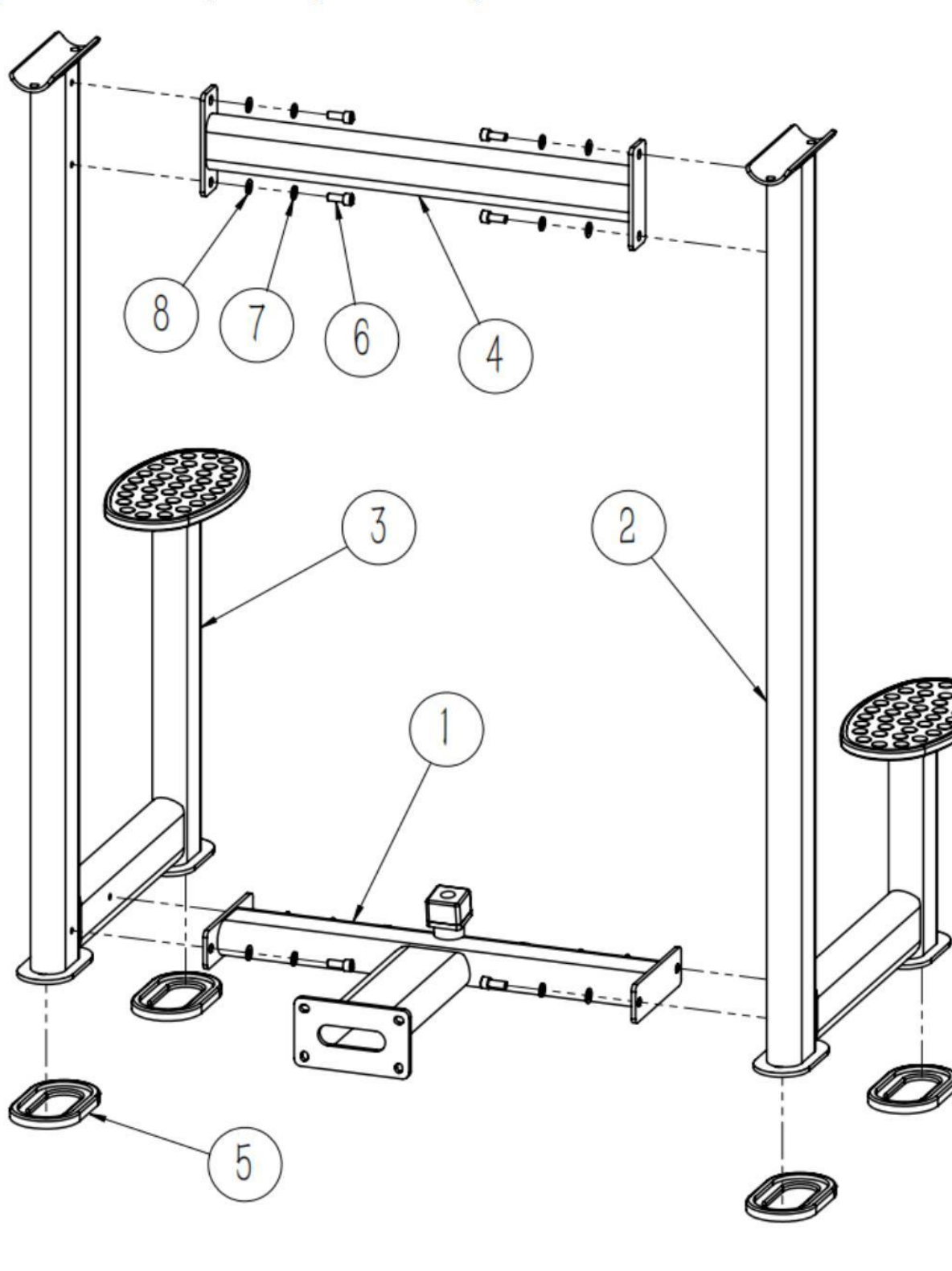
Adjustable wrench

Assemble

Step 1: Install the four foot pads (5) on the foot plates of the left frame (2) and the right frame (3)：

Step 2: Use the following method to connect the bottom frame (1), left frame (2), right frame (3), and connecting frame (4)：

· 8×M10*25 hexagon socket head screws（6）
· 8×M10 spring washer（7）
· 8×M10 flat washer（8）
Wrench to tighten the bolt before proceeding to the next step



Assemble

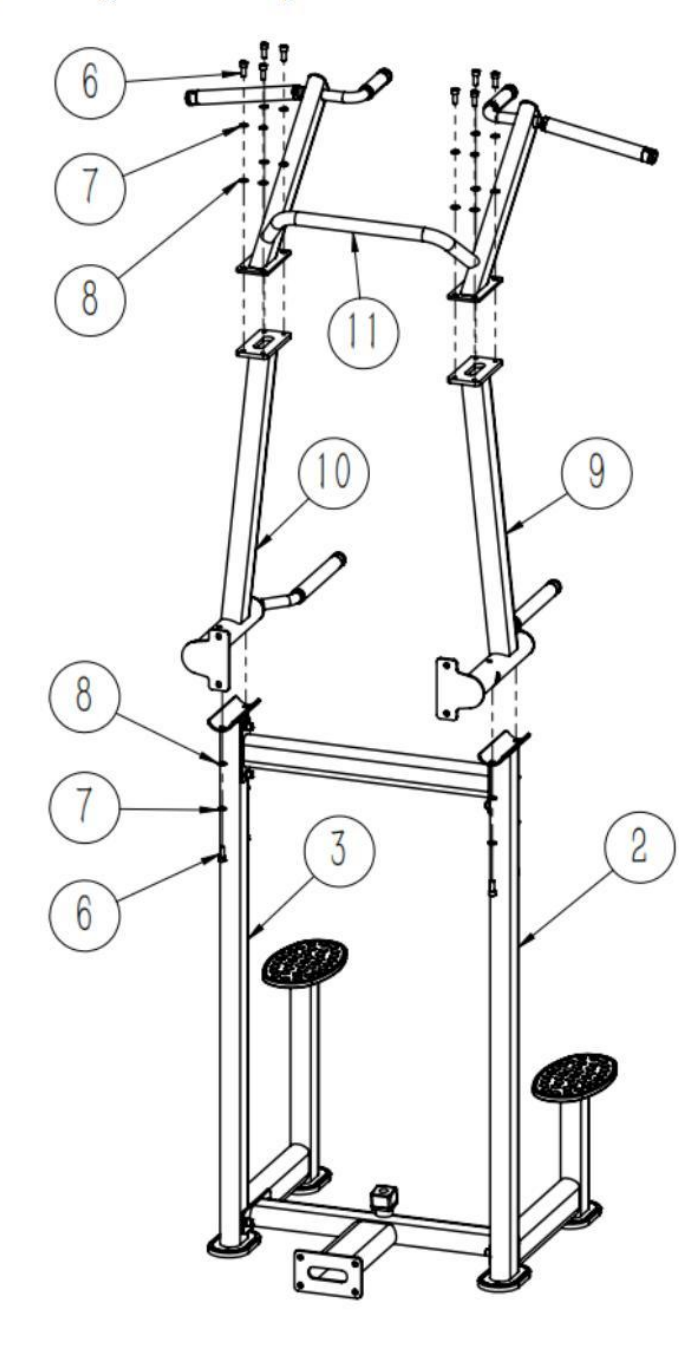
Step 3: Connect the left armrest frame (9) to the left frame (2) using the following method：

Use the same method to connect the right armrest frame (10) to the right frame (3)：

· 4×M10*25 hexagon socket head screws（6）
· 4×M10 spring washers（7）
· 4×M10 flat washers（8）
Wrench to tighten the bolt before proceeding to the next step

Step 4: Use the following method to connect the pull-up arm frame (11) to the left armrest frame (9) and right armrest frame (10):

· 8×M10*25 hexagon socket head screws（6）
· 8×M10 spring washer（7）
· 8×M10 flat washer（8）
Wrench to tighten the bolt before proceeding to the next step



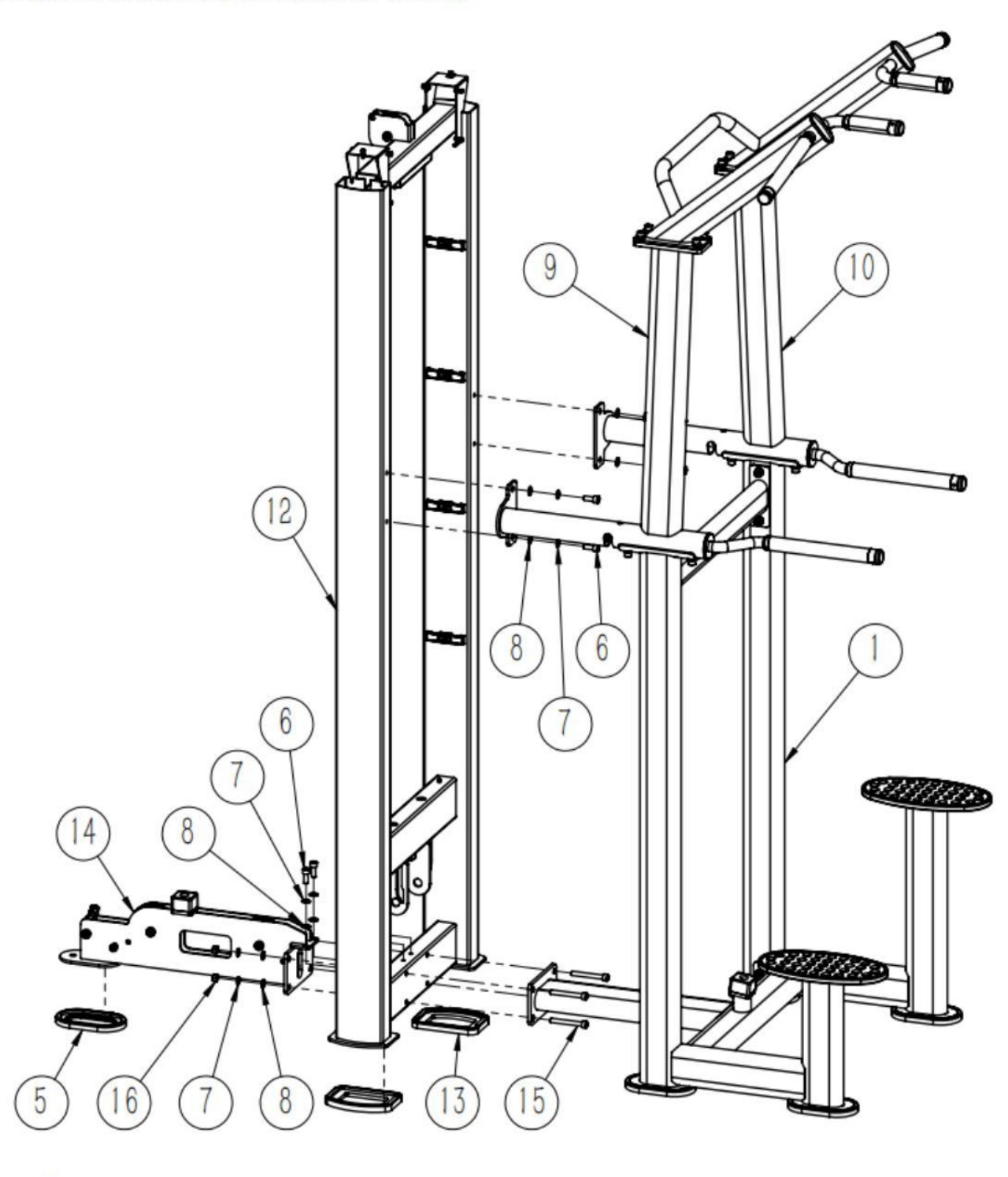
Assemble

Step 5: Install one foot pad (5) on the foot plate of the counterweight wheel frame (14), and install two counterweight frame foot pads (13)

Step 6: Use the following method to connect the counterweight frame (12) to the bottom frame (1) and counterweight wire wheel frame (14)；

Connect the counterweight frame (12) to the left armrest side frame (9) and the right armrest side frame. (10) Connect it：

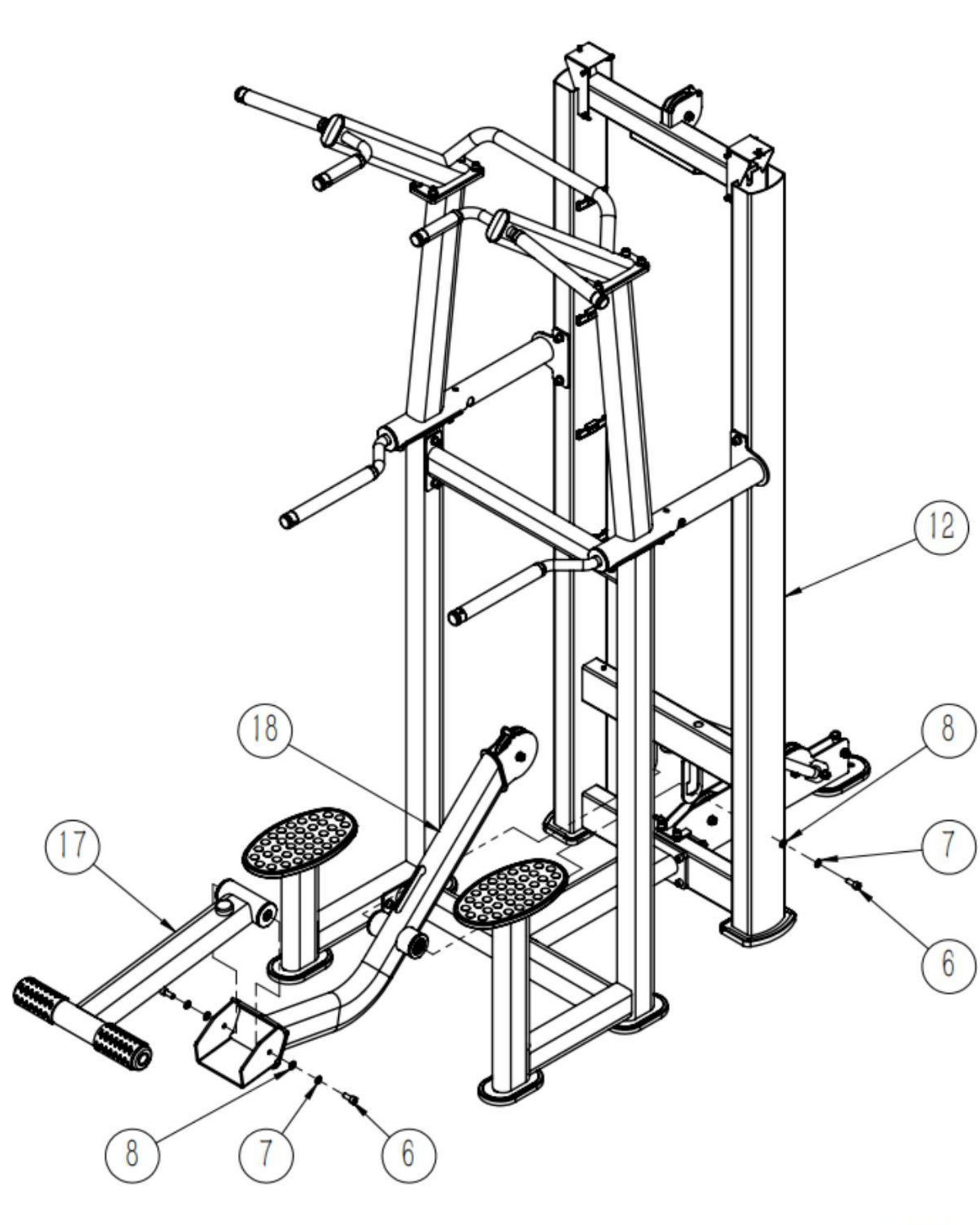
· 6×M10*25 hexagon socket head screws（6）
· 4×M10*80 hexagon socket head screws（15）
· 10×M10 spring washer（7）
· 10×M10 flat washer（8）
·4×M10 hexagonal nuts（16）
Wrench to tighten the bolt before proceeding to the next step



Assemble

：Step 7: Use the following methods to connect the moment arm (18) to the pedal frame (17) and counterweight frame (12) respectively.

· 4×M10*25 hexagon socket head screws（6）
· 4×M10 spring washers（7）
· 4×M10 flat washers（8）
Wrench to tighten the bolt before proceeding to the next step



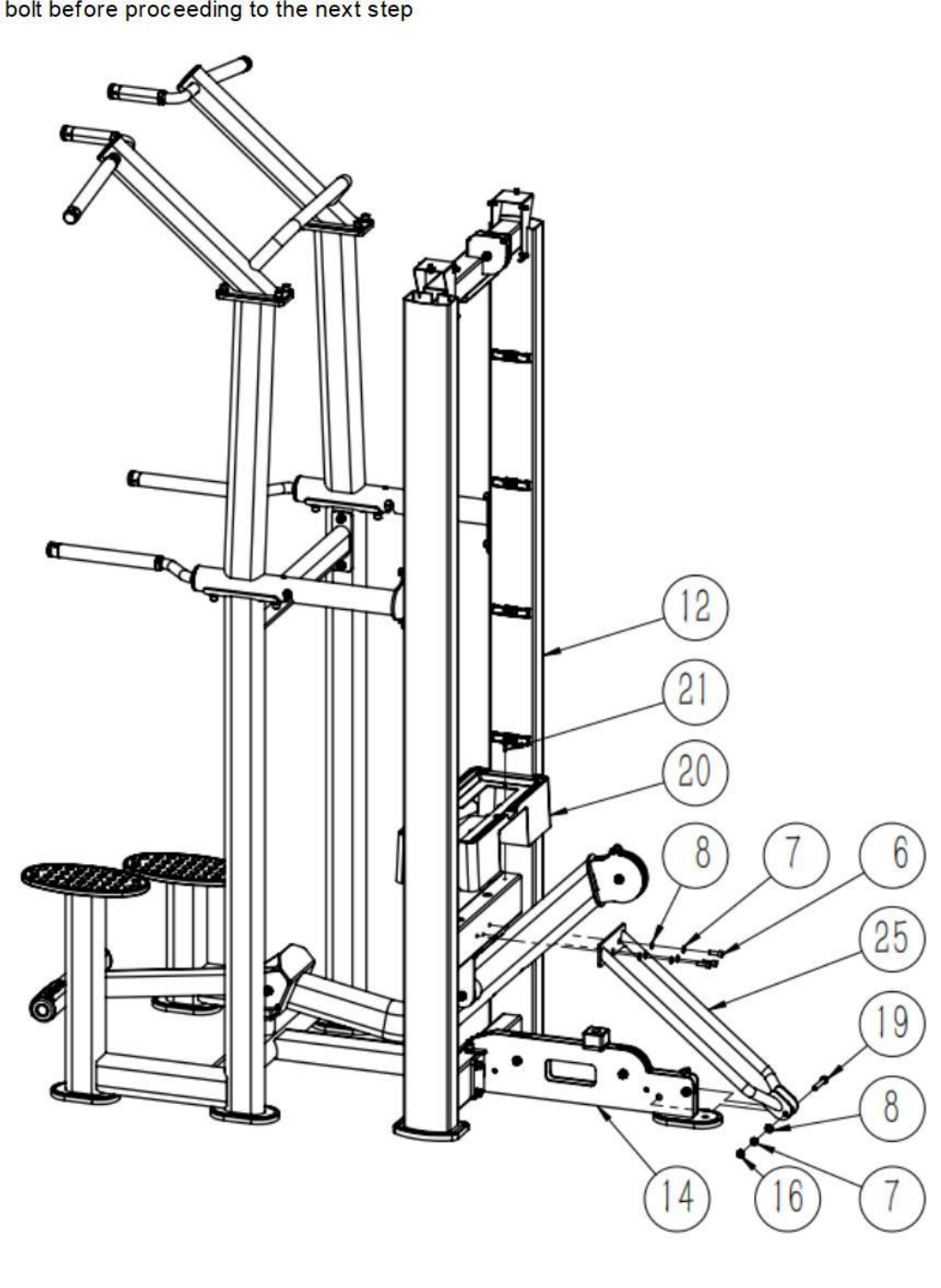
Assemble

Step 8: Install the counterweight frame lower guard (20) on the counterweight frame (12) using the following method：

· 2×M5*15 hexagon socket head screws（21）

Step 9: Use the following method to connect the support frame (25) with the counterweight frame (12) and the counterweight wire wheel frame (14)：

· 1×M10*60 hexagon socket head screw（19）
· 3×M10*25 hexagon socket head screws（6）
· 4×M10 spring washers（7）
· 4×M10 flat washers（8）
· 1×M10 hex nut（16）
Wrench to tighten the bolt before proceeding to the next step

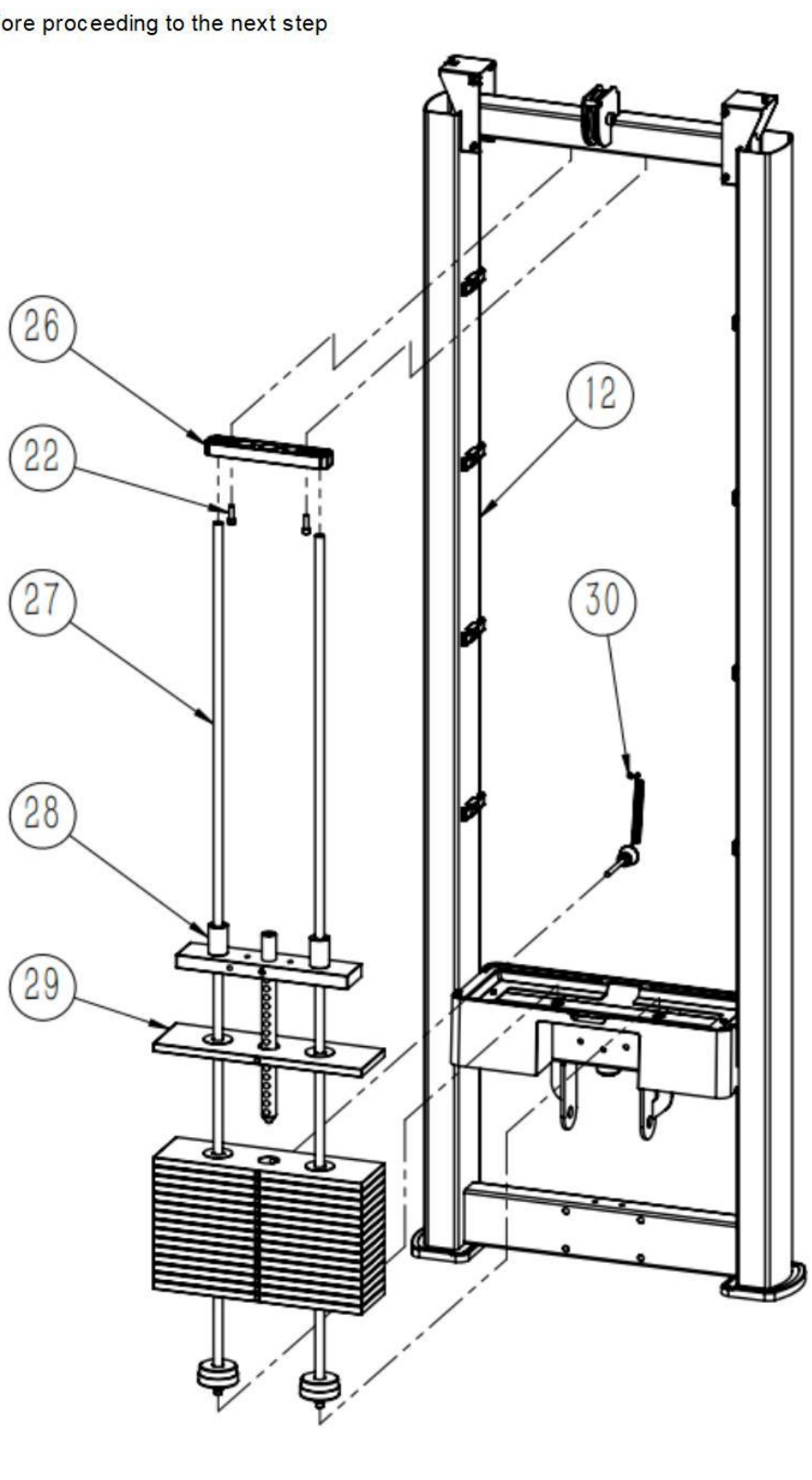


Assemble

Step 10: Place the two pre-installed guide rod assemblies (27) into the counterweight frame (12)

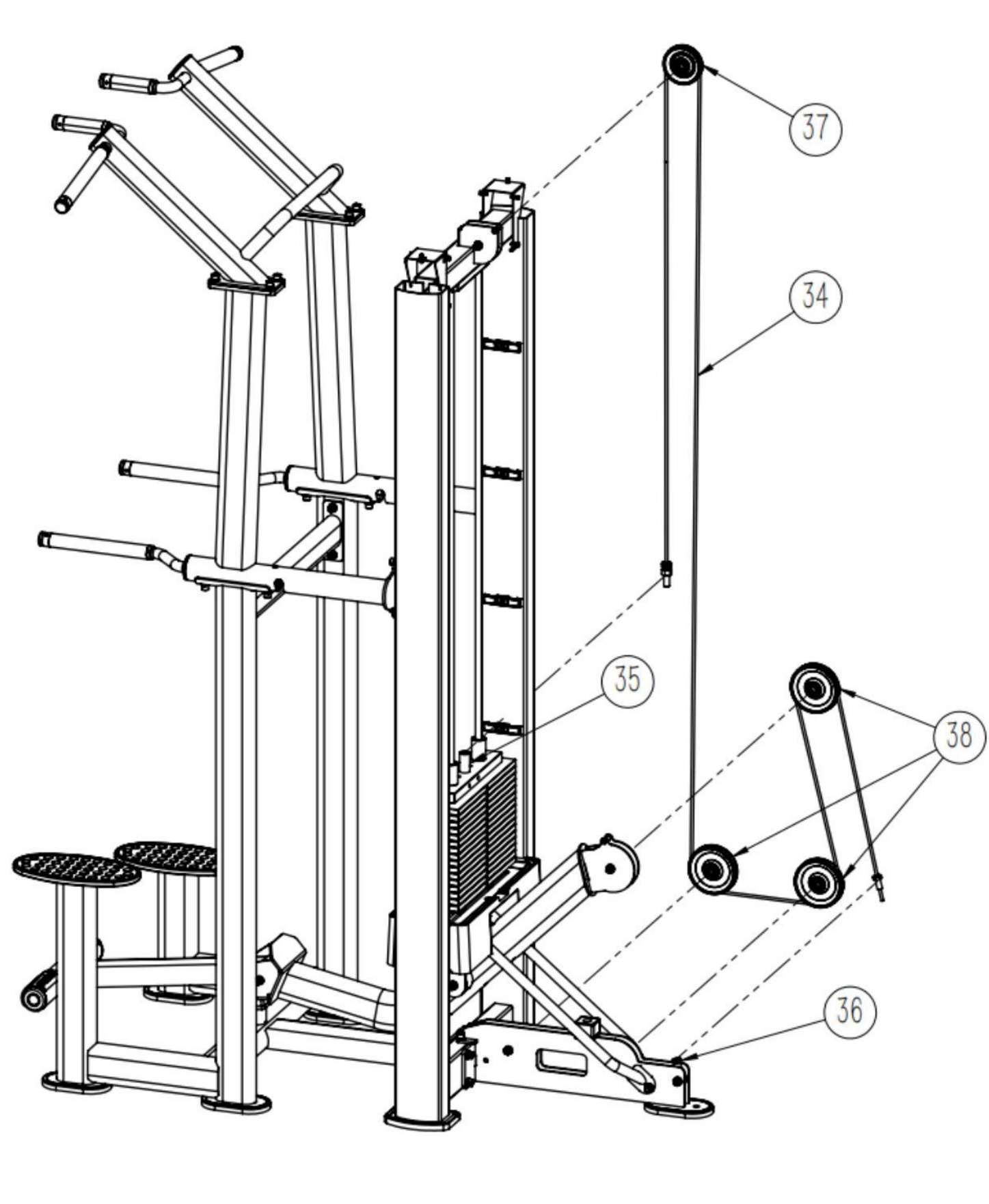
Step 11: Install the counterweight (29) onto the guide rod (27) with the spacer facing upwards.

Install the guide block set (28) onto the guide rod (27)。
Insert the weight latches (33) into the weight（30）。
Install the guide rod fixing plate (26) onto the guide rod (27)。
Install the guide rod fixing plate (26) to the counterweight frame (12) using the following method:
· 2×M8*25 hexagon socket head screws (22)
Wrench to tighten the bolt before proceeding to the next step



Assemble

Step 12: Open the pre-installed wire wheel, use the following method to wrap the wire rope (34) around a 95 wire wheel (37) and three 120 wire wheels (38) and re-fix it in its original position. One end of the wire rope is connected to the counterweight fixing rod (35), and the other end is connected to the wire rope fixing bolt (36). Pay attention to passing the counterweight



Assemble

Step 13: Slide the two trim strips (41) into the two fenders (39) and connect to the weight frame (12) using the fender pressure plate (45)

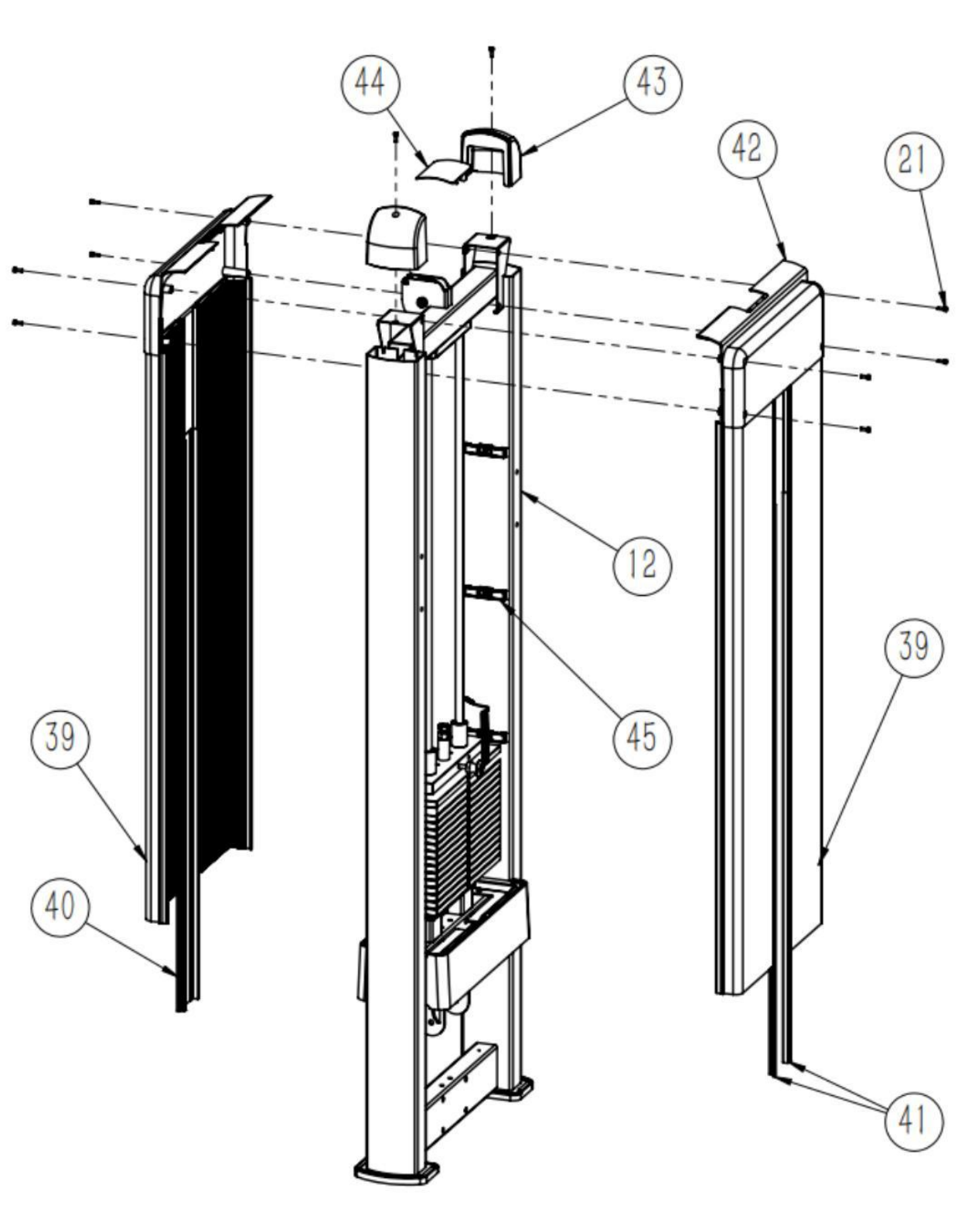
Slide the trim panel (40) into the two fenders (39) and attach to the weight frame (12) using the fender clamps (45)。

Attach the two upper guards (42) to the weight frame using（12）:

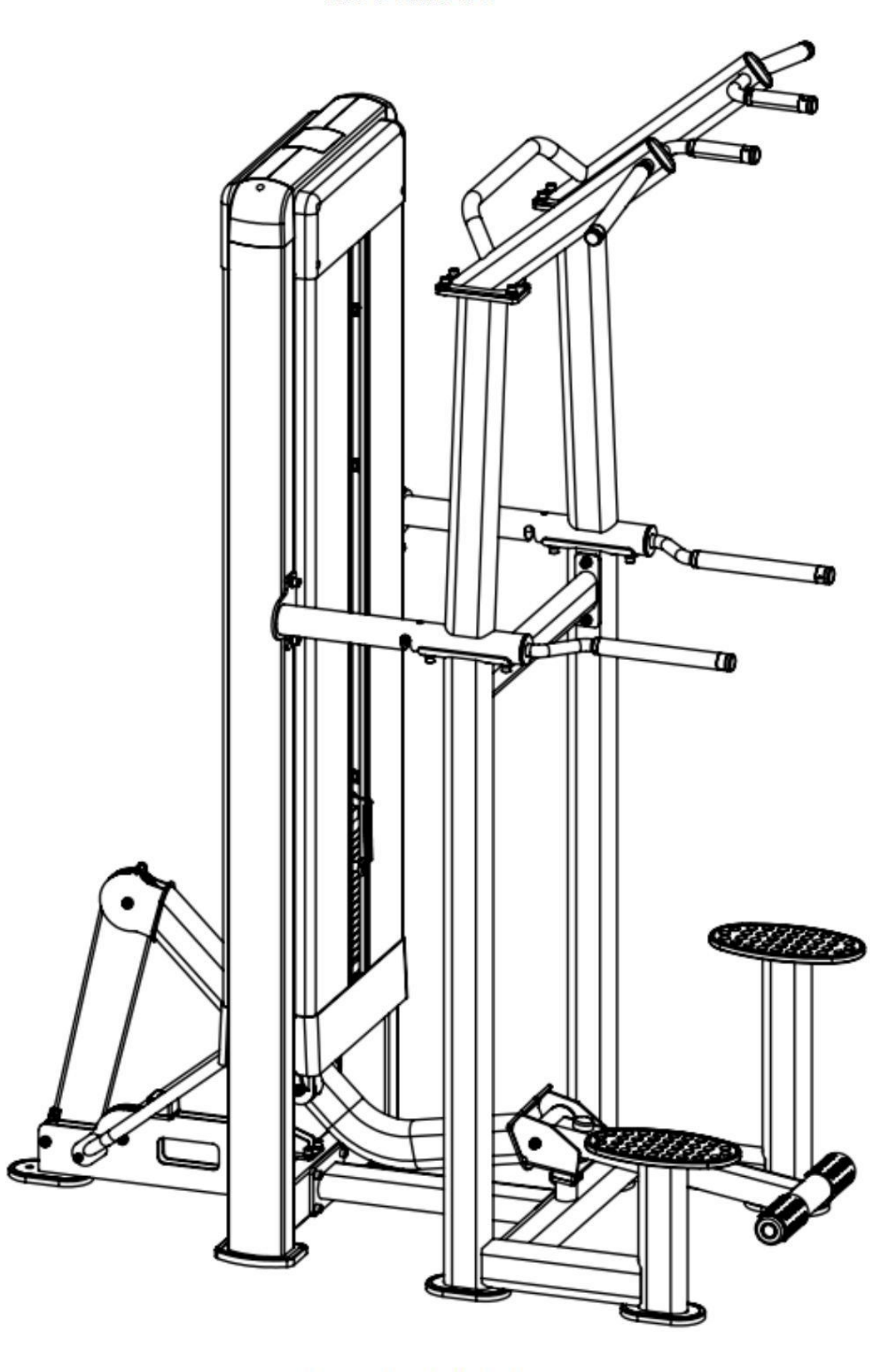
· 8×M5*15 hexagon socket head screws（21）

Step 14: Use the following method to connect the two counterweight riser plugs (43) to the counterweight frame (12), and snap the upper shield top cover (44) into the two upper shields (42)

· 2×M5*15 hexagon socket head screws（21）



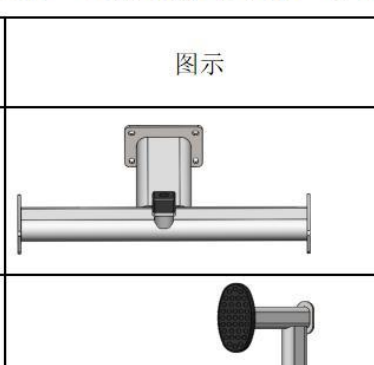
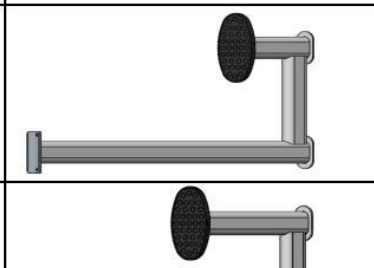
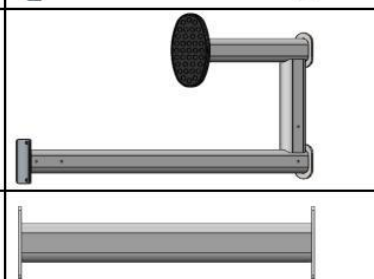
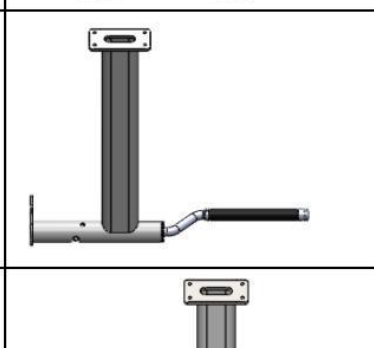
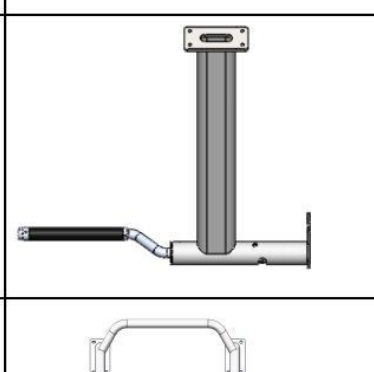
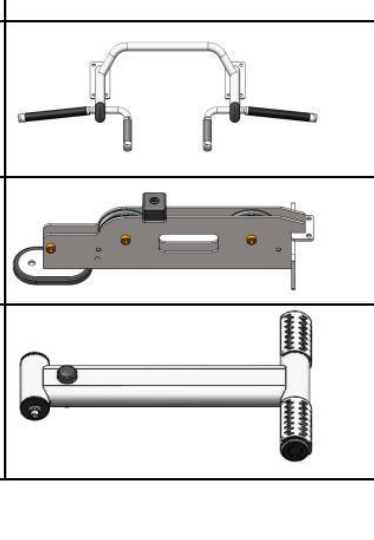
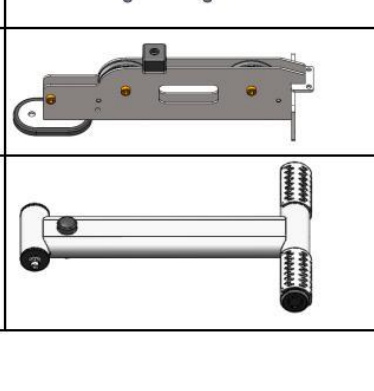
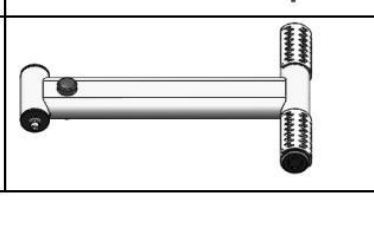
Assemble

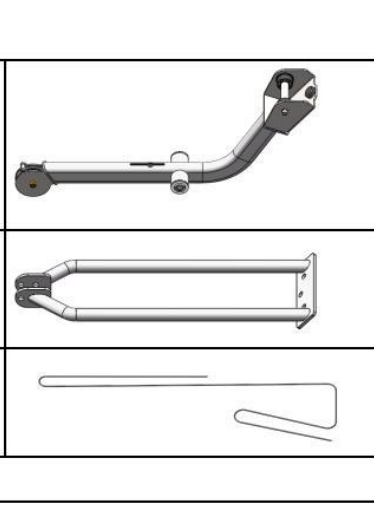
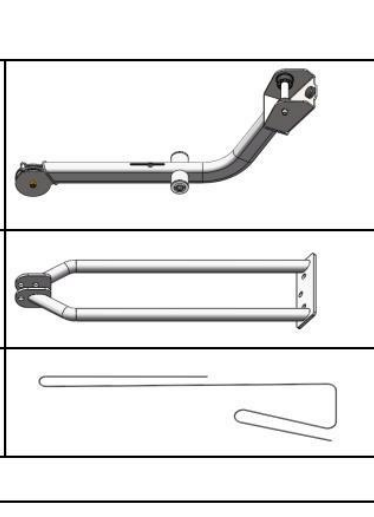
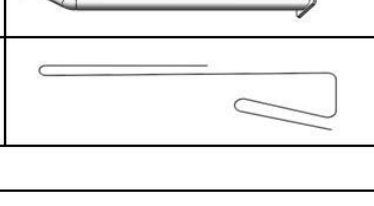


important hint

Now that the Standing Assisted Chin/Dip is assembled, you need to take a moment to make sure your unit is level and vertical. Use a level to check whether the guide rod is vertical in both directions. Some frame hardware will have to be loosened to reassemble and bolts tightened if it is not plumb.

Standing Assisted Chin/Dip Packing list

序号	名称	图示	数量
1	chassis		1
2	left shelf		1
3	Right shelf		1
4	Connecting frame		1
5	foot pads		3
9	left armrest		1
10	Right armrest		1
11	Pull-up arm rack		1
14	Counterweight reel stand		1
17	Pedal stand		1

18	moment arm		1
25	support frame		1
34	wire rope		1

6	Hexagon socket head screw M10*25	30
7	Spring washer M10	35
8	Flat washer M10	35
15	Hexagon socket head screw M10*80	4
16	Hexagonal nut M10	5
19	Hexagon socket head screw M10*60	1

NOTE: Pre-assembled parts are not listed in this table.