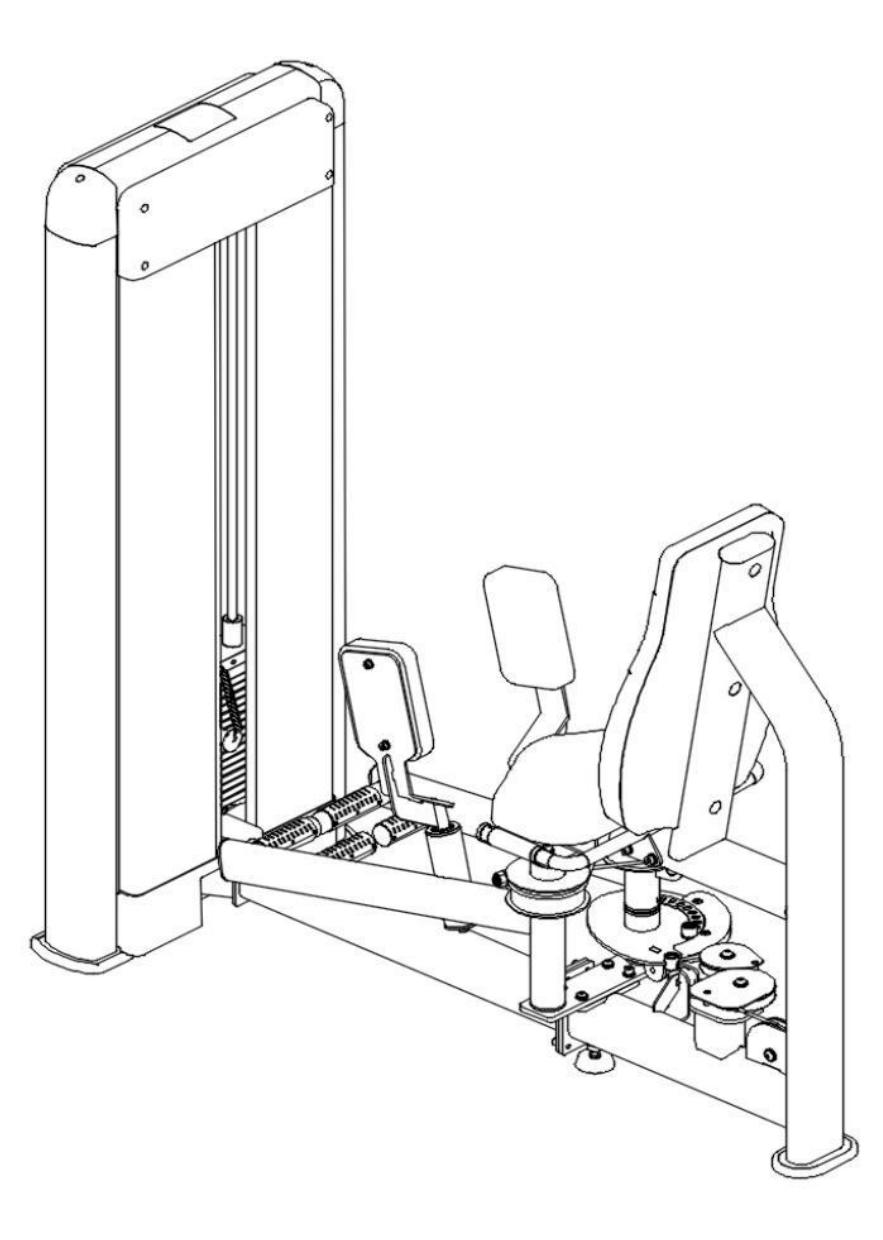
55A10 Installation Guide

Adductor / Abductor



Catalogue

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Brief

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction while installing.

This device designed to provide the most effective and smoothest training movements. After installing, you can only know how to use the products after you know all the functions. If there is any question, please check the installation insturction and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

Rubber stick

Level bar

Allen wrench

Two people

Circlip pliers

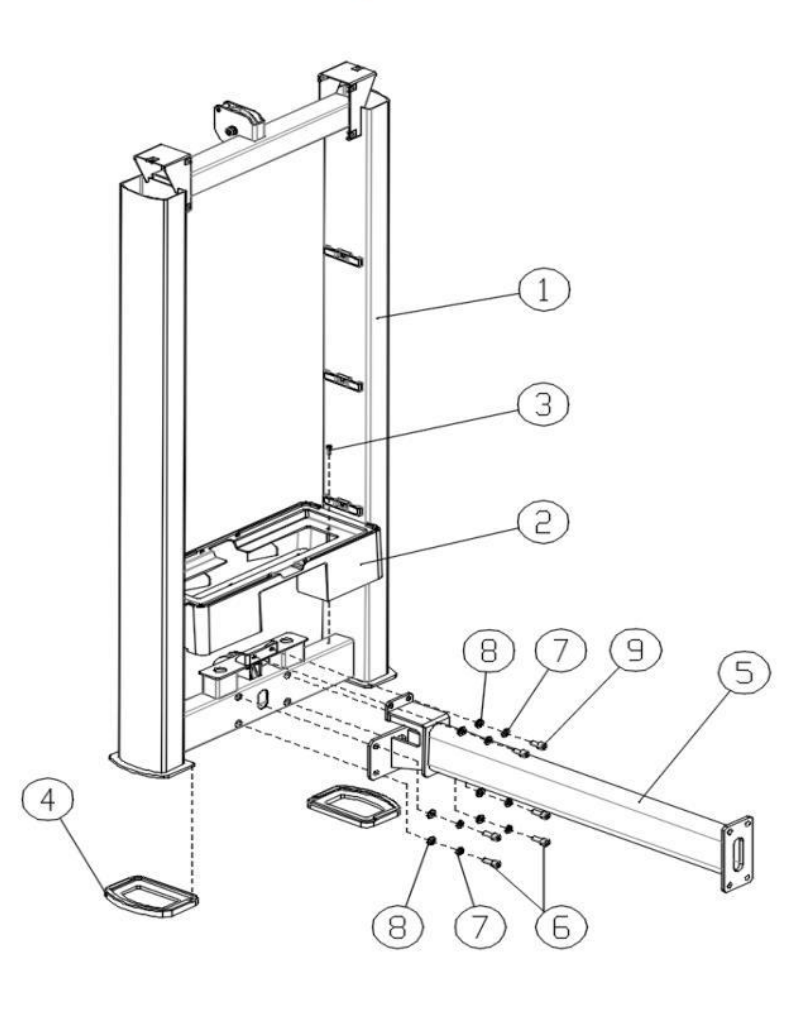
The adjustable wrench

Installation

Step 1:joint Balance weight frame (#2) and weight fram (#1) together:
- 2 x Hexagon socket head cap screws (#3)

Step 2:take two foot pad of weight fram (#4) into weight fram (#1)
Step 3:connect (#5) and (#1)

- 4 x Hexagon socket head cap screws (#6)
- 6 x spring washer (#7) • 6 x Flat Washers (#8)
- 2 x Hexagon socket head cap screws (#9)

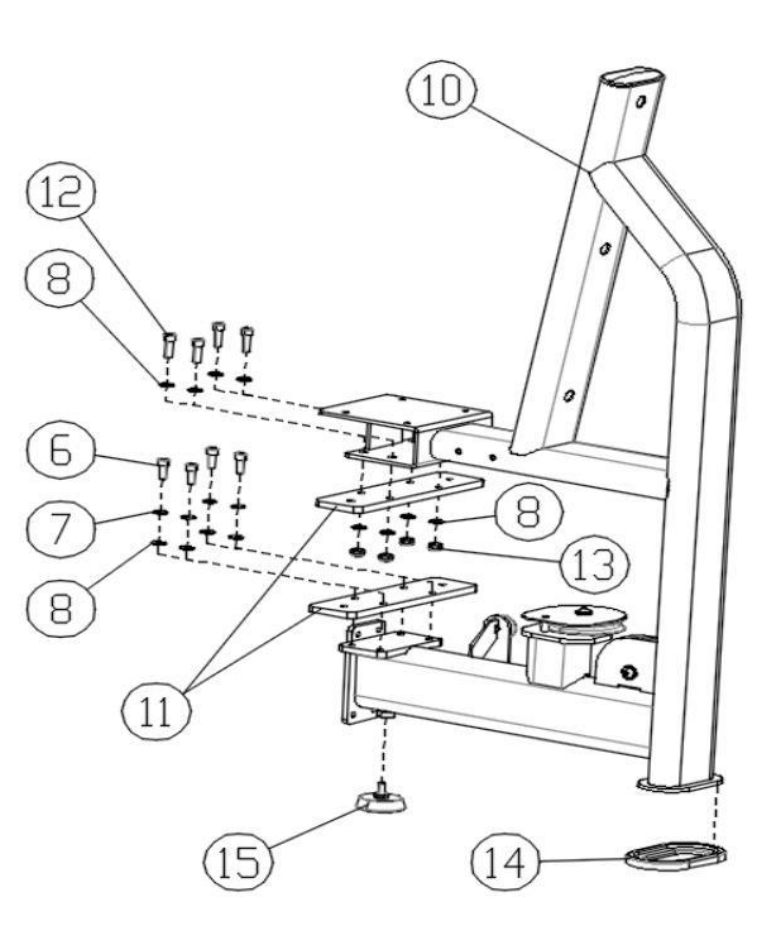


Installation

Step 4:connect (#11) and (#10)

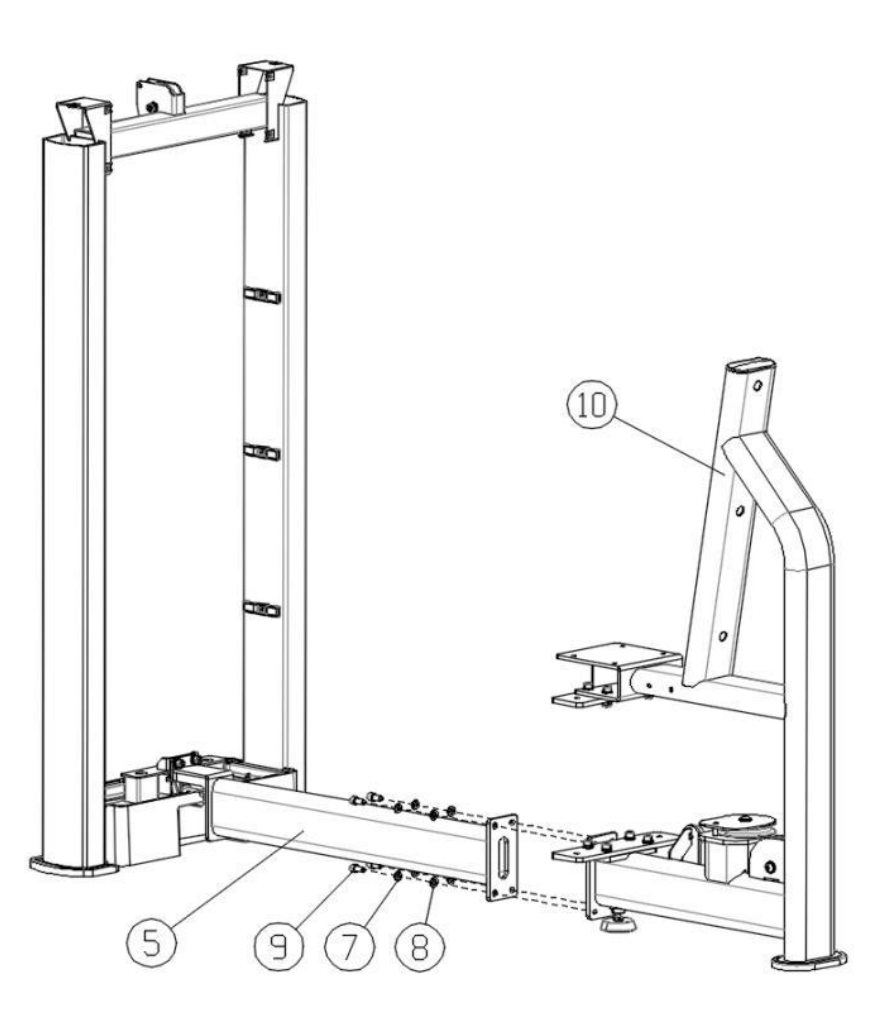
- 4 x Hexagon socket head cap screws (#6)
- 4 x spring washer (#7) • 12 x Flat Washers (#8)
- 4 x Hexagon socket head cap screws (#12)
- 4 x Self-locking nuts (#13)

Step 5:take Foot pad (#14) into inner and outer thigh sideframes (#10)。
Step 6:Attach the Movable Foot Pads (#15) to the Inner and Outer Thigh Sideframes (#10)。



Installation

Step 7:Connect the Inner and Outer Thigh Connector (#5)
to the Inner and Outer Thigh Side Frame (#10) as follows:
- 4 x Hexagon socket head cap screws (#9)
- 4 x spring washer (#7)
- 4 x Flat Washers (#8)



Installation

Step 8:Connect the inner and outer thigh left moment arm (#16),
the main shaft (#20) and the inner and outer thigh side frame (#10) as following
- 2 x Hexagon socket head cap screws (#6)
- 2 x spring washer (#7) • 2 x Flat Washers (#8)

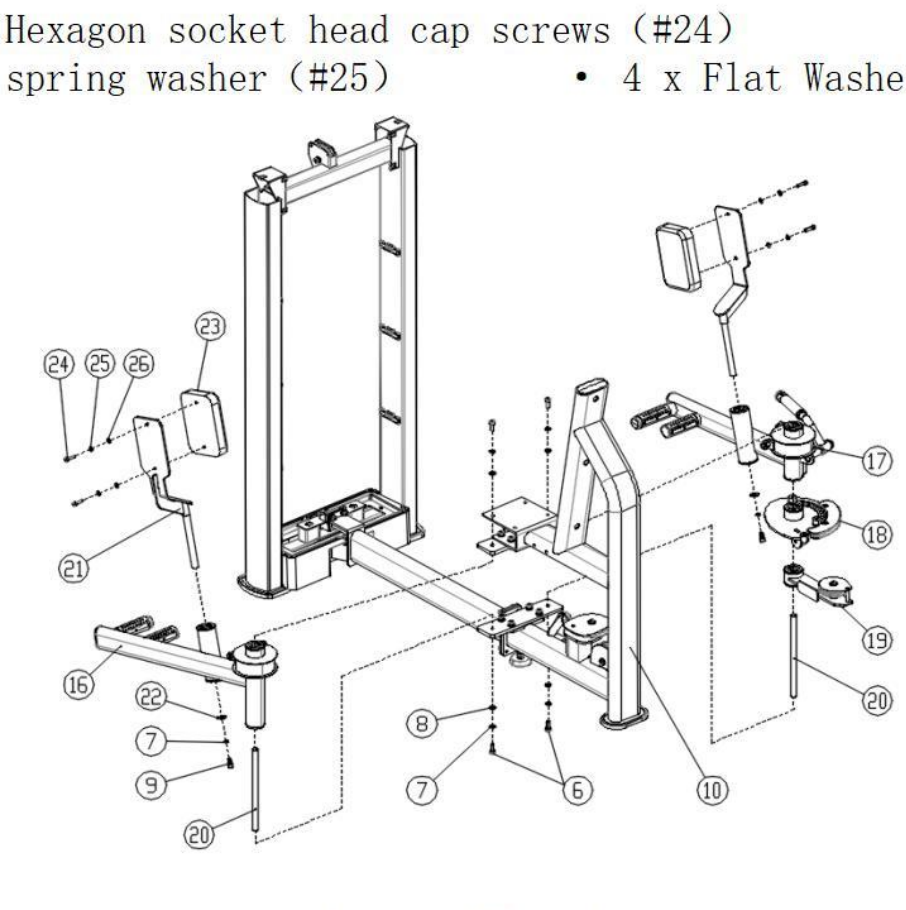
Step 9:Connect the inner and outer thigh right moment arm (#17), flange plate (#18),
linkage plate (#19), main shaft (#20) and inner and outer thigh frame (#10) as following
- 2 x Hexagon socket head cap screws (#6)
- 2 x spring washer (#7) • 2 x Flat Washers (#8)

Step 10:connect the inner and outer thigh movable arm (#21) with the left moment arm (#16) and right moment arm (#17)

- 2 x Hexagon socket head cap screws (#9)
- 2 x spring washer (#7) • 2 x big spring washer (#22)

Step 11:Attach the inner and outer thigh pads (#23) to the movable arm (#21)

- 4 x Hexagon socket head cap screws (#24)
- 4 x spring washer (#25) • 4 x Flat Washers (#26)



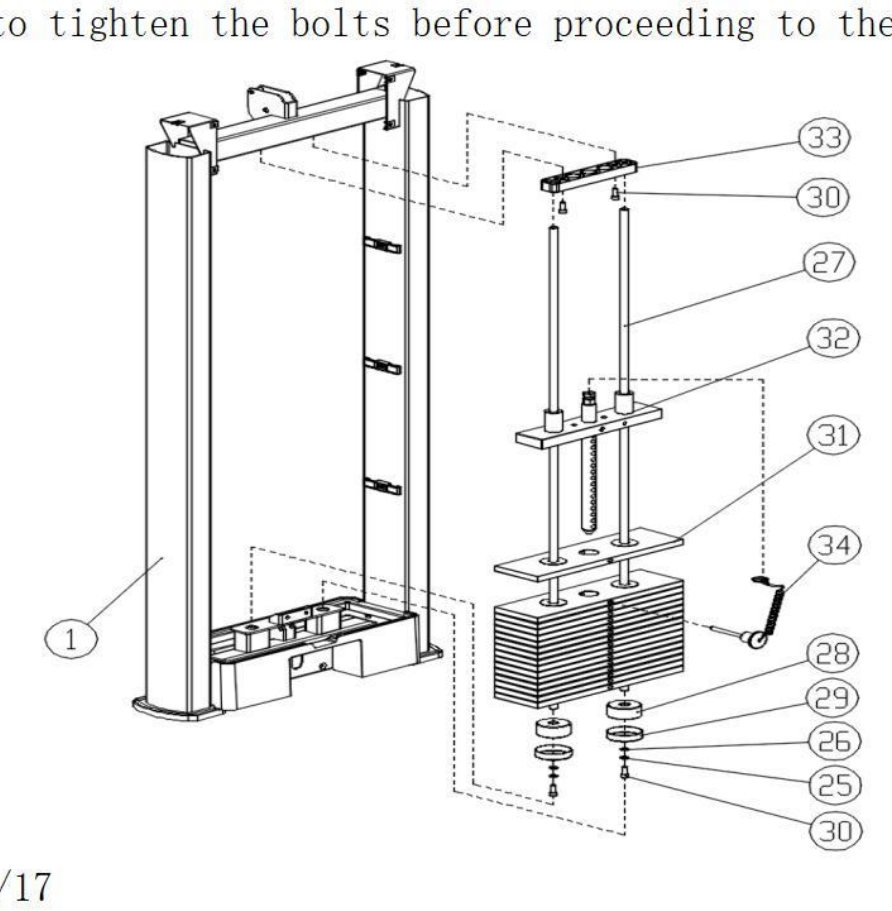
Installation

Step 12:Slide the two weight stack rubber pads (#28) onto the two weight stack guide rods (#27).
Attach the two weight frame bases (#29) to the two weight stack guide rods (#27)
and place in the weight frame (#1) as follows:
- 2 x Hexagon socket head cap screws (#30)
- 2 x spring washer (#25) • 2 x Flat Washers (#26)

Wrench to tighten the bolts before proceeding to the next step
Step 13:Install the 16 weights stack (#31) onto the weight stack guide rods (#27) with the spacers facing up

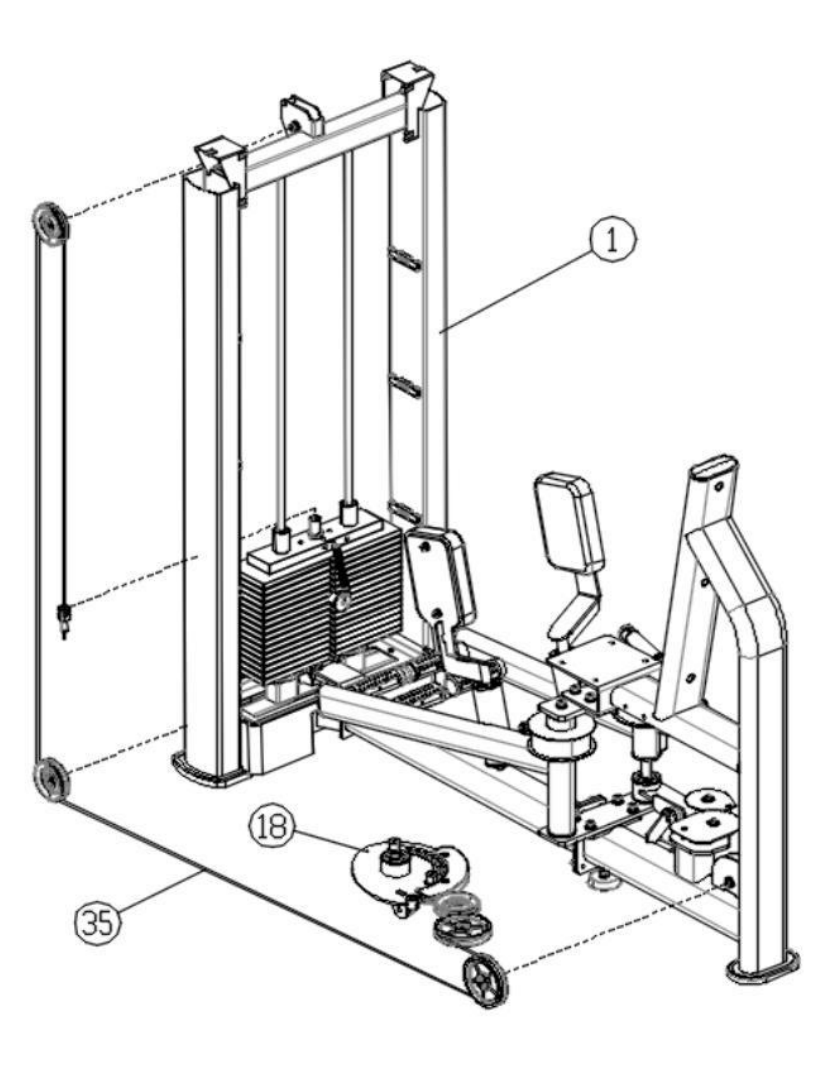
Install Guide Block Set (#32) onto weight stack Guide Rod (#27)。
Insert the weight stack pin (#34) into the weight (#31)。
Slide Guide Rod Retainer Plate (#33) onto weight stack Guide Rod (#27).
Install the Guide Rod Mounting Plate (#33) to the Counterweight Frame (#1) using the following method:
- 2 x Hexagon socket head cap screws (#30)

Wrench to tighten the bolts before proceeding to the next step



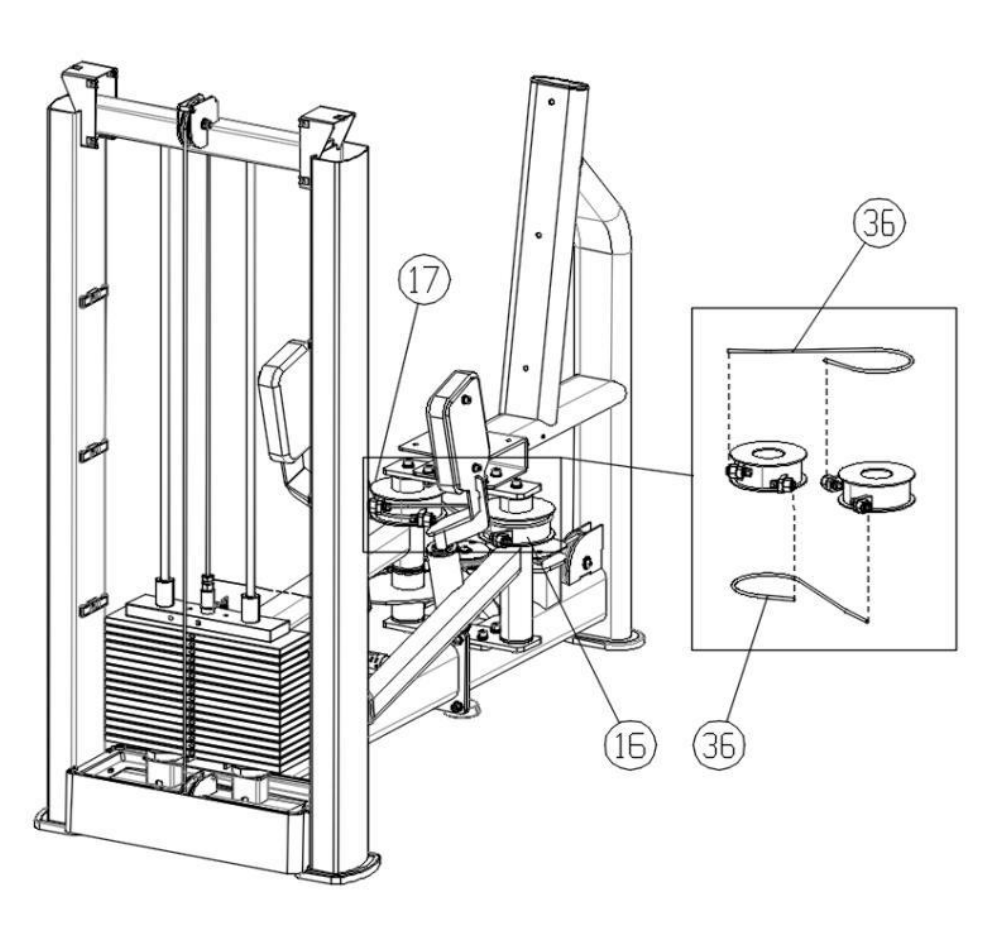
Installation

Step 14:First disassemble the pre-installed 95 and 120 reels,
thread the cable Ⅰ (#35) as shown in the figure, and then reinstall all the reels.
Note that these reels are installed synchronously with the wire rope.
Step 15:Connect one end of the cable Ⅰ (#35) to the flange (#18) first,
and then connect the other end to the counterweight frame (#1).



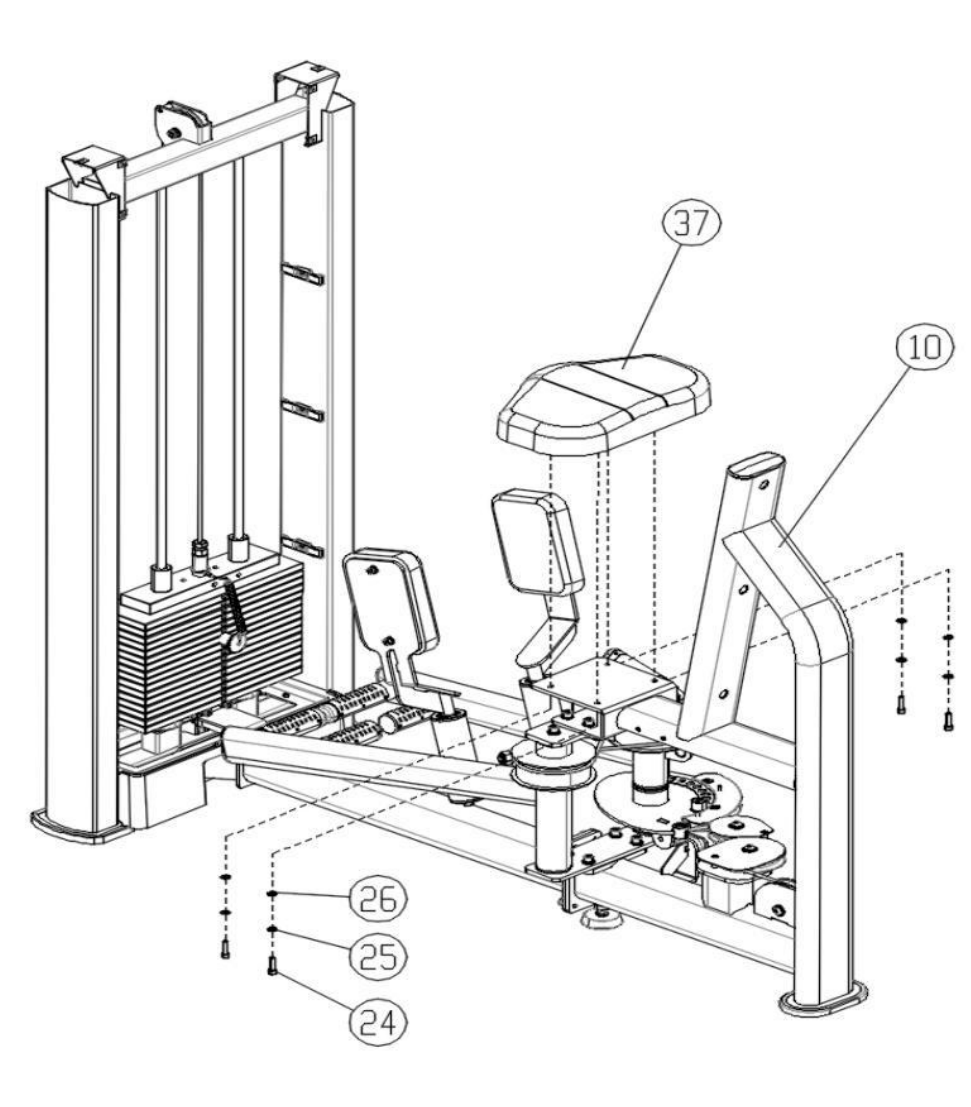
Installation

Step 16:After passing through the cable II (#36) as shown in the figure,
connect them with the left moment arm (#16) and the right moment arm (#17) respectively.



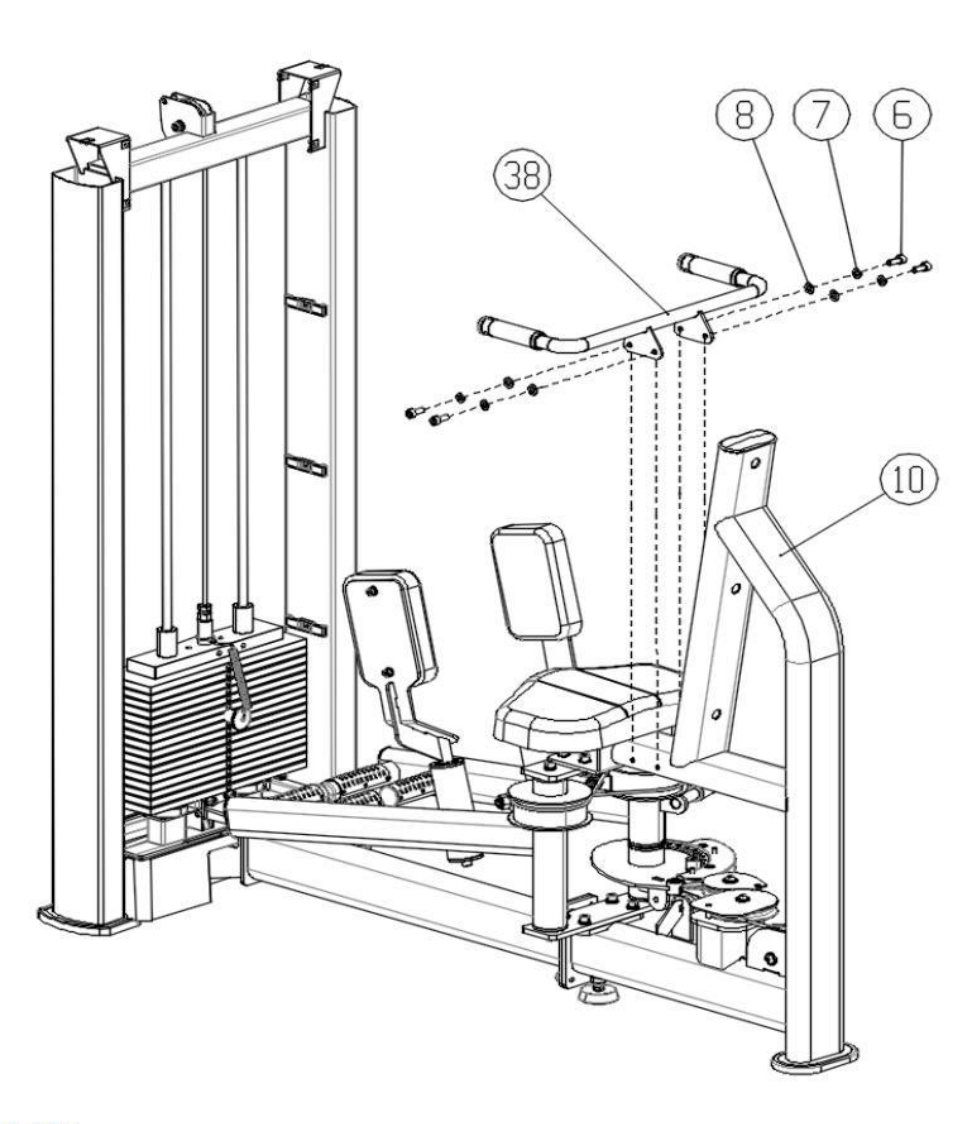
Installation

Step 17:Attach the cushion (#37) to the Inner and Outer Thigh Sideframes (#10) in the following way:
- 4 x Hexagon socket head cap screws (#24)
- 4 x spring washer (#25)
- 4 x Flat Washers (#26)



Installation

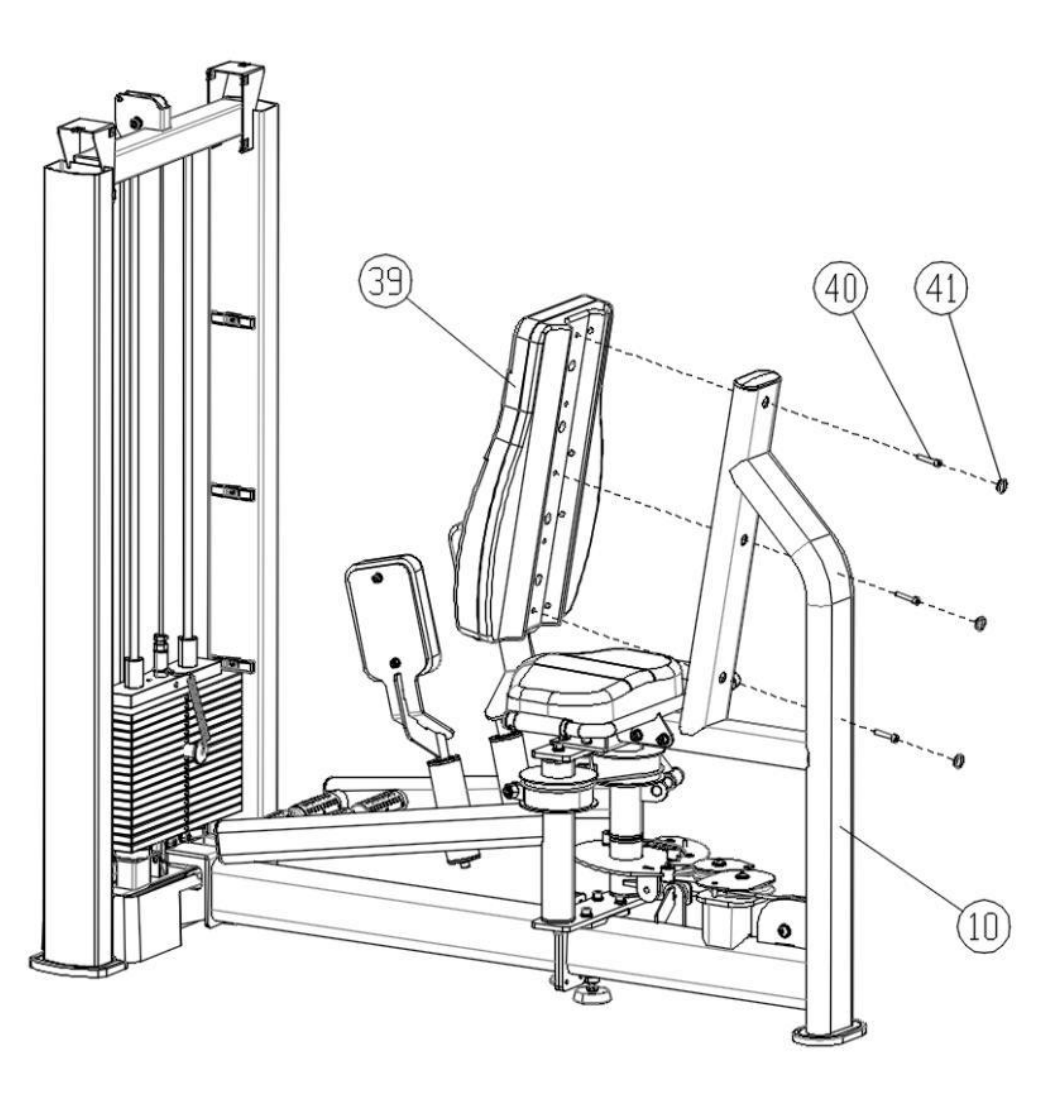
Step 18:Attach the Armrest (#38) to the Inner and Outer Thigh Sideframes (#10) in the following way:
- 4 x Hexagon socket head cap screws (#6)
- 4 x spring washer (#7)
- 4 x Flat Washers (#8)



Installation

Step 19:Attach the backrest (#39) to the inner and outer thigh side frames (#10) as follows:
- 3 x Hexagon socket head cap screws (#40)

Step 20:Install the 3 Hole Plugs (#41) onto the Inner and Outer Thigh Sideframes (#10)。



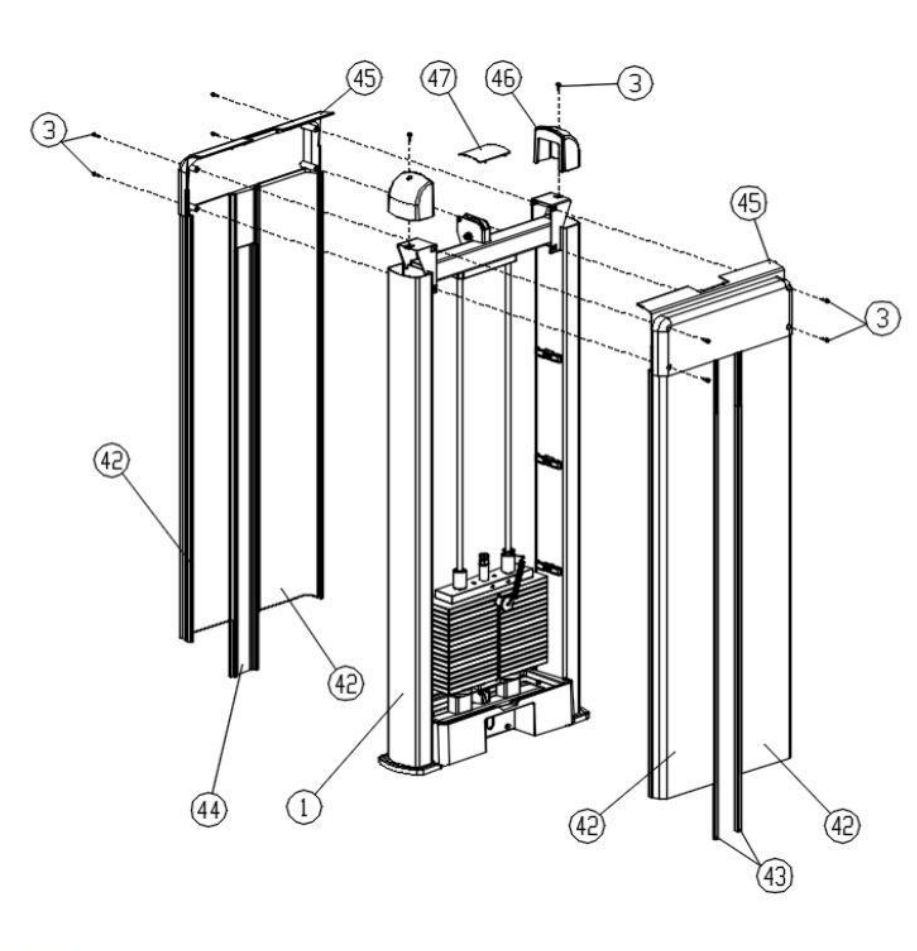
Installation

Step 21:Slide the two trim strips (#43) into the two fenders (#42),
using the fender clamps to attach to the weight frame (#1)
Slide decorative plate (#44) into both fenders (#42), attach to weight frame (#1) using fender clamp

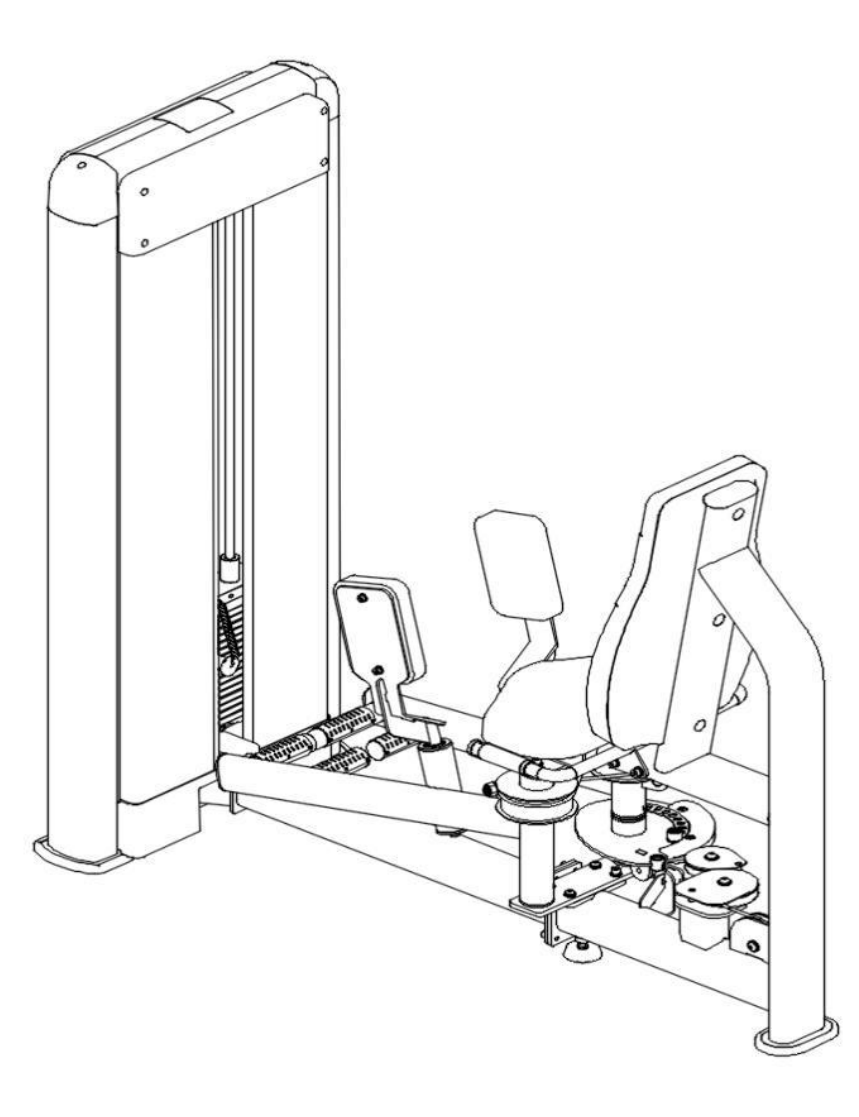
Attach the two upper shrouds (#45) to the weight frame (#1) as follows:
- 8 x Hexagon socket head cap screws (#3)

Step 22: Attach the two weight riser caps (#46) to the weight frame (#1) as follows:
- 2 x Hexagon socket head cap screws (#3)

Step 23: Snap the upper shroud top cap (#47) to the upper shroud (#45).



Installation



important note

Now that the Inner and Outer Thigh Trainer is finished, you need to make sure that the machine is level and vertical. Use a spirit level to check that the guide bars are perpendicular in both directions. Some framing hardware must be loosened to reassemble and bolts tightened if not plumb.

Accessories List

No.	Name & Specification	Qty
1	weight frame	1
2	Balance weight frame	1
3	Hexagon socket head cap screws (M5*16)	12
4	foot pad of weight frame	2
5	Inner and Outer Thigh Connector	1
6	Hexagon socket head cap screws (M10*25)	16
7	spring washer (10)	24
8	flat washer (10)	30
9	Hexagon socket head cap screws (M10*20)	8
10	Inner and outer thigh side frame	1
11	Inner and outer thigh connecting plate	2
12	Hexagon socket head cap screws (M10*30)	4
13	Hexagon self-locking nut (M10)	4
14	Flat oval foot pad	1
15	Movable foot pad	1
16	Inner and Outer Thigh Left Moment Arm	1
17	Inner and outer thigh right moment arm	1
18	Flange	1
19	Linkage platez	1
20	Spindle	2
21	Inner and Outer Thigh Movable Arms	2

Accessories List

No.	Name & Specification	Qty
22	big spring washer (10)	2
23	the inner and outer thigh pads	2
24	Hexagon socket head cap screws (M8*30)	8
25	spring washer (8)	10
26	flat washer (8)	10
27	weight stack guide rods	2
28	weight stack rubber pads	2
29	Weight frame base	2
30	Hexagon socket head cap screws (M8*20)	4
31	weight stack	16
32	guide block set	1
33	guide rod fixing plate	1
34	weight stack pin	1
35	cable Ⅰ	1
36	cable Ⅱ	2
37	cushion	1
38	armrest	2
39	backrest	1
40	Hexagon socket head cap screws (M8*40)	3
41	20 hole plug	3
42	baffle	4

Accessories List

No.	Name & Specification	Qty
43	trim strips	2
44	decorative plate	1
45	upper shrouds	2
46	weight riser caps	2
47	upper shroud top cap	1

Note: Pre-assembled parts not listed in this table。