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Introduction

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 questions. please check the installation instruction and find out the wrong steps during the installing. If still not work, please contact the distributors authorized by original factory. The code and manual will be needed.

Tools

Rubber Rod
Level Ruler
Hexagonal wrench
More than 2 person
Spring Clamp
Adjustable wrench

Assembling

Step 1: Connect the counterweight lower shield (M2) to the counterweight frame (M1) using the following method.
• 2 x Hexagon socket cheese head screws (M3)
Install 2 counterweight frame foot (M4) to counterweight frame (M1)
Step 2: Install 1 movable foot (M6) to the low tension side frame I (M5)
Connect the low tension side frame I (M5) to the counterweight frame (M1) with the following method:
• 4 x Hexagon socket cheese head • 8 x Spring washers (M8)
• 2 x Hexagon socket cheese head • 8 x Flat washers (M9)
Step 3: Attach 1 flat oval foot (M12) to the low tension side frame II (M11)
Put low tension side frame II (M11) on low tension side frame I (M5) as shown in the figure

Assembling

Step 4: Connect the low pull left stirrup (M13) and low pull right stirrup (M14)
to the low tension side frame I (M5) following method:
and low tension side frame II (M11) with the and
low tension side frame II (M11) with the following method:
• 4 x Hexagon socket cheese head screws (M15)
• 4 x Spring washers (M16)
• 4 x Hexagonal self-locking nuts (M16)
Step 5: Connect the low tension seat cushion (M17) to the low tension side frame II (M11)
using the following method:
• 4 x Hexagon socket cheese head screws (M18)
• 4 x Spring washers (M19)
• 4 x Flat washers (M20)

Assembling

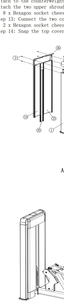
Step 6: Connect the low tension arm (M21) low tension arm shaft (M22)
and low tension side frame I (M5) with the following method,
• 2 x Hexagon socket cheese head screws (M7)
• 2 x Spring washers (M8) • 2 x Flat washers (M9)
Step 7: Connect the 2 pieces of low tension arm tie rod (M23) to the low tension arm (M21)
using the following method:
• 2 x Hexagon socket cheese head screws (M10)
• 2 x Spring washers (M8) • 2 x Flat washers (M9)

Assembling

Step 8: Slide the two counterweight rubber pads (M25) onto the two guide bars (M24).
Connect the two counterweight bases (M26) to the two guide bars (M24) and
place them in the counterweight frame (M1) using the following method.
• 4 x Hexagon socket cheese head screws (M27)
• 2 x Spring washers (M28) • 2 x Flat washers (M29)
Tighten the bolt with a wrench, then proceed to the next step
Step 9:Install the 18 counterweights (M30) onto the guide bar (M24)
with the isolation tabs facing up.
Install the guide block set (M39) to the guide bar (M24).
Insert the counterweight block pin (M31) into the counterweight block (M29).
Install the guide block set (M39) to the top of the guide bar (M24).
Attach the guide bar fixing plate (M38) to the counterweight frame (M1) using the following method.
• 2 x Hexagon socket cheese head screws (M27)
Tighten the bolt with a wrench, then proceed to the next step

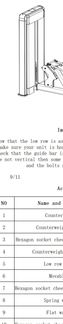
Assembling

Step 10:First disassemble the pre-assembled 95 and 120 wire reels,
thread in the wire rope (M32) as shown, and then reassemble the wire reels.
Note that these spools are installed in tandem with the wire rope (M32).
Step 11: Connect one end of the wire rope (M32) to the low tension arm (M21),
and then connect the other end to the counterweight frame (M1)



Assembling

Step 12:Slide the two trim stripe (M34) into the two baffles (M33) and
attach to the counterweight frame (M1) using the baffle pressure plate.
Slide the trim plate (M35) into the two baffles (M33) and
attach to the counterweight frame (M1) using the baffle pressure plate.
Attach the two upper shroud (M36) to the counterweight frame (M1) using the following method.
• 8 x Hexagon socket cheese head screws (M3)
Step 13: Connect the two counterweight riser plugs (M37) to the counterweight frame using the following method (M1) :
• 2 x Hexagon socket cheese head screws (M3)
Step 14: Snap the top cover of the upper shroud (M36) to the upper shroud (M36).



Assembling

Important tips

Now that the low row is assembled, you need to take a moment to make sure your unit is horizontal and vertical. Use a level to check that the guide bar is vertical in both directions. If they are not vertical then some of the frame hardware must be loosened and the bolts reassembled and tightened.

Accessory list

NO	Name and specification	quantity
1	Counterweight frame	1
2	Counterweight lower shroud	1
3	Hexagon socket cheese head screws (M3*16)	12
4	Counterweight frame foot pads	2
5	Low row side frame I	1
6	Movable Foot Pad	1
7	Hexagon socket cheese head screws (M10*25)	6
8	Spring washers (10)	10
9	Flat washers (10)	18
10	Hexagon socket cheese head screws (M10*20)	4
11	side frameII	1
12	Flat Oval Footrest	1
13	Low pull left stirrup	1
14	Low pulling right footrest	1
15	Hexagon socket cheese head screws (M10*25)	4
16	Hexagonal self-locking nuts (M10)	4
17	Low pull seat cushion	1
18	Hexagon socket cheese head screws (M8*30)	4
19	Spring washers (8)	6
20	Flat washers (8)	6
21	Low pull arm	1

Accessory List

NO	Name and specification	Quantity
22	Low pull arm shaft	1
23	arm puller	2
24	Universal counterweight guide rod	2
25	Counterweight rubber pad	2
26	Counterweight stand base	2
27	Hexagon socket cheese head screws (M8*20)	4
28	Counterweight block	16
29	Guide block set	1
30	Guide bar fixing plate	1
31	Counterweight pins	1
32	Cable	1
33	Baffle	4
34	Counterweight source decorative strips	2
35	Counterweight source decorative strips	1
36	Counterweight upper shield	2
37	Counterweight riser plug cover	2
38	Upper shroud top cover	1

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