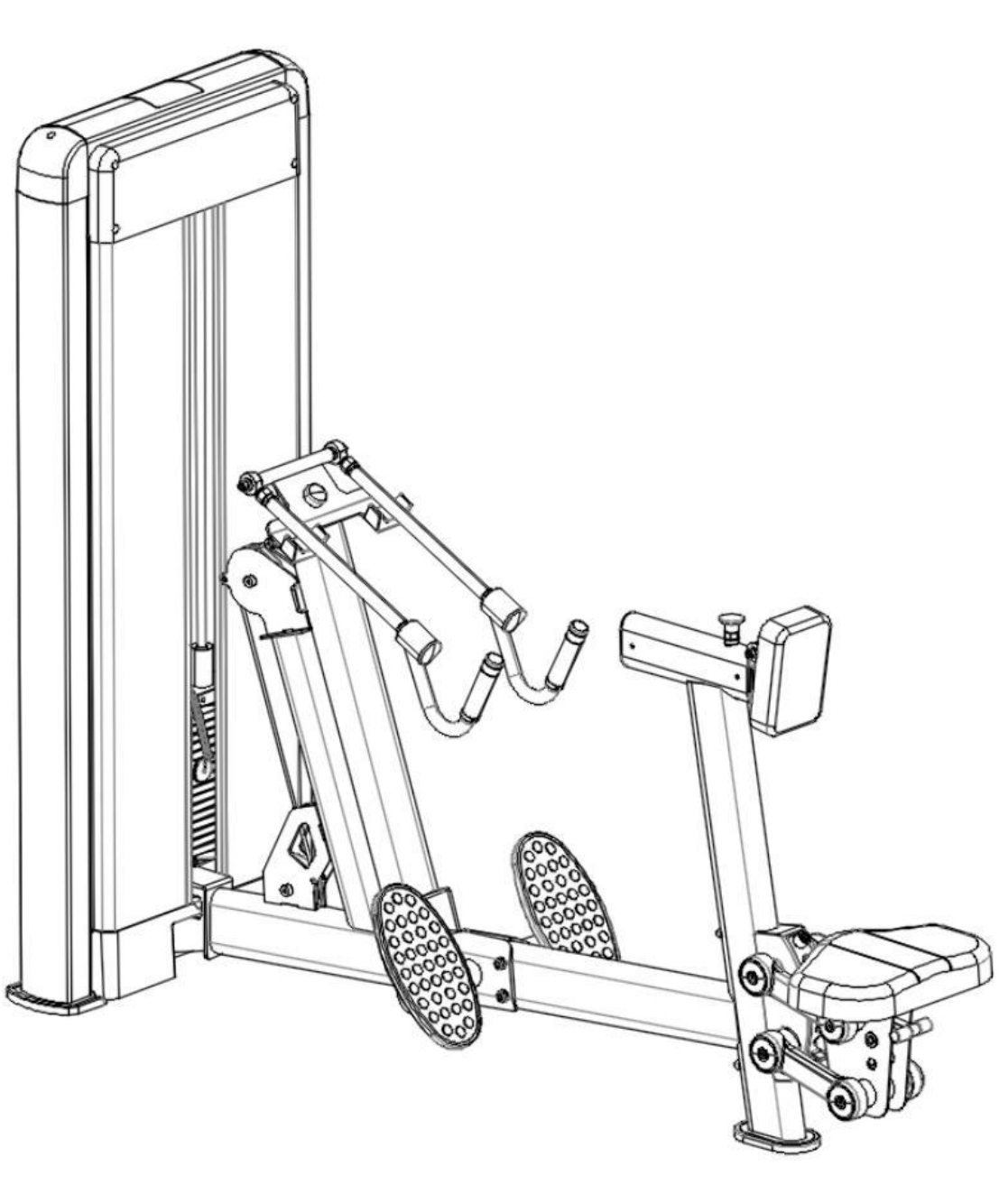
61A14 Installation Guide

Mid Row



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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

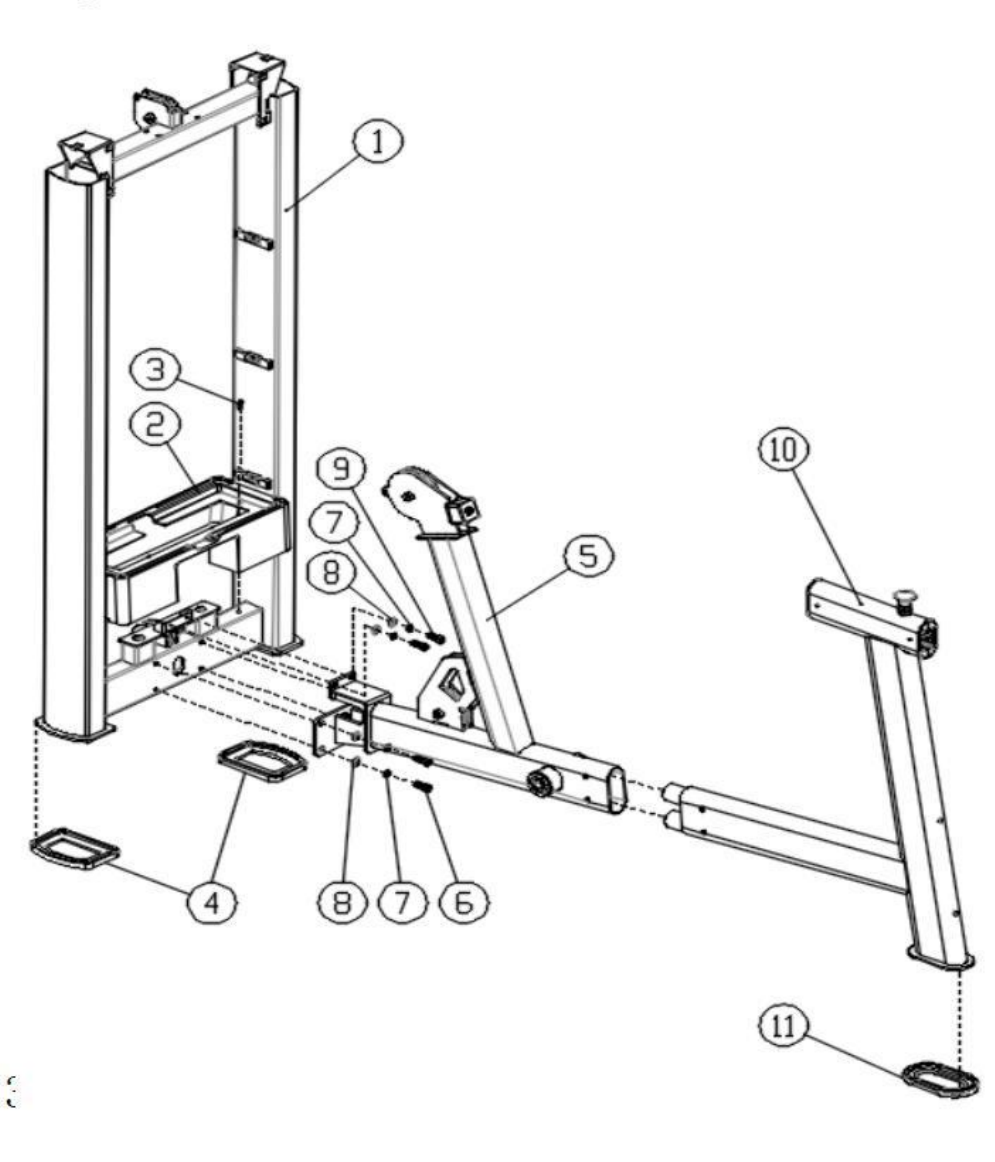
Installation

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

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

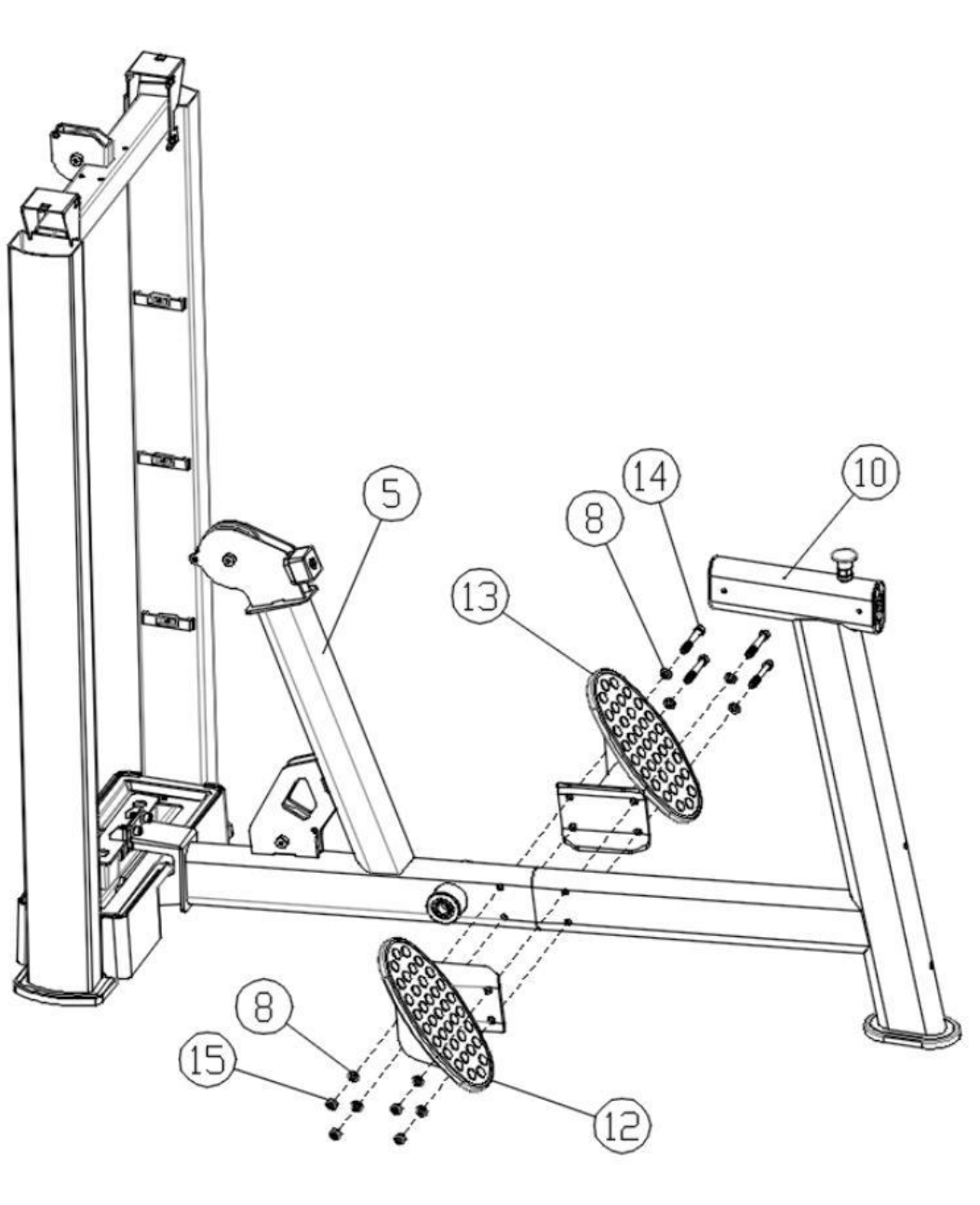
- 4 x Hexagon socket head cap screws (#6)
- 6 x spring washer (#7)
- 6 x Flat Washers (#8)
- 2 x Hexagon socket head cap screws (#9)

Step 3:connect (#11) and (#10)
Fit the sitting back side frame II (#10) onto the sitting side back side frame I (#5) as shown in the picture



Installation

Step 4: Use the following method to connect the low-pull left foot pedal (#12), low-pull right foot pedal (#13) with the seated back side frame I (#5), and the seated back side frame II (#10)
- 4 x Hexagon socket head cap screws (#14)
- 8 x Flat Washers (#8)
- 4 x Hexagon self-locking nut (#15)

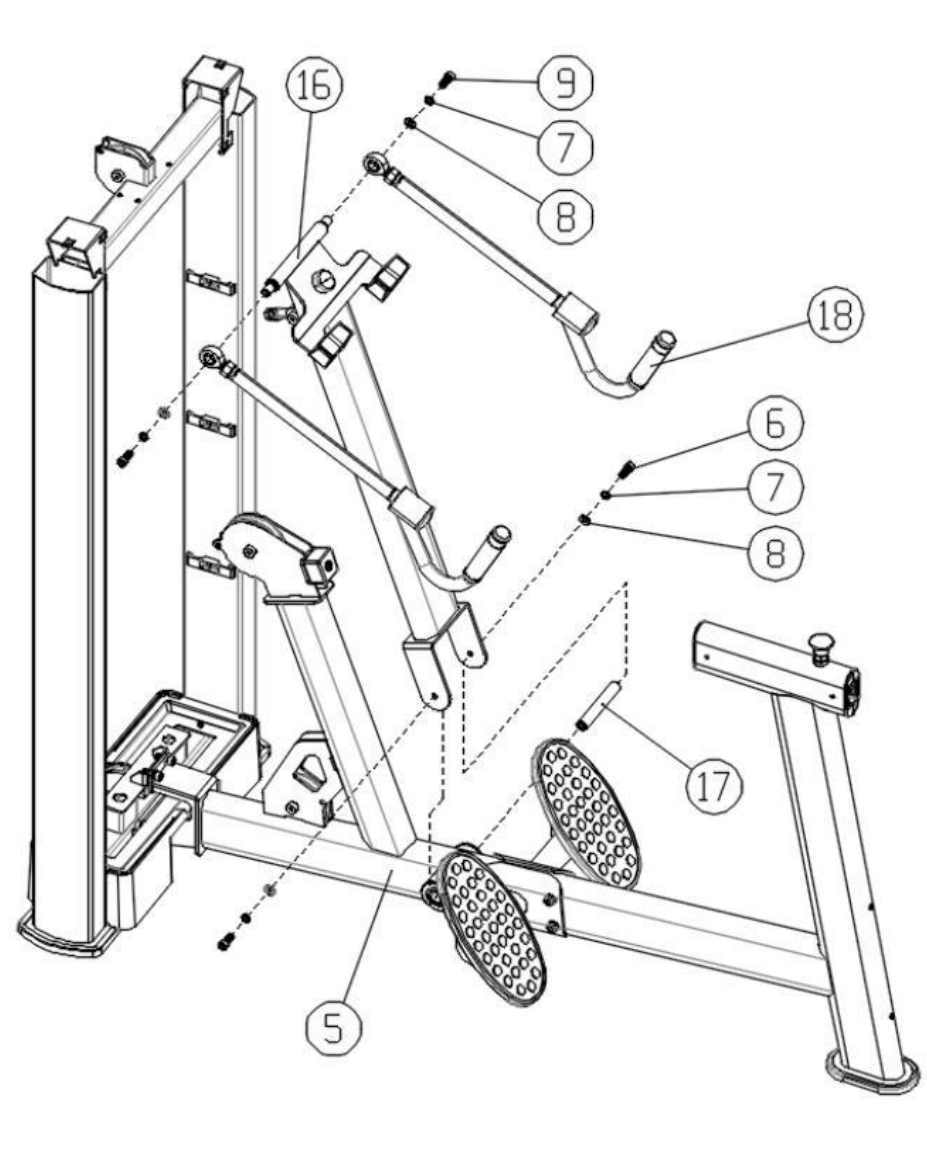


Installation

Step 6: Connect the pull back arm (#16), the pull back arm shaft (#17) and the sitting pull back side frame Ⅰ (#5) in the following way:
- 2 x Hexagon socket head cap screws (#6)
- 2 x spring washer (#7)
- 2 x Flat Washers (#8)

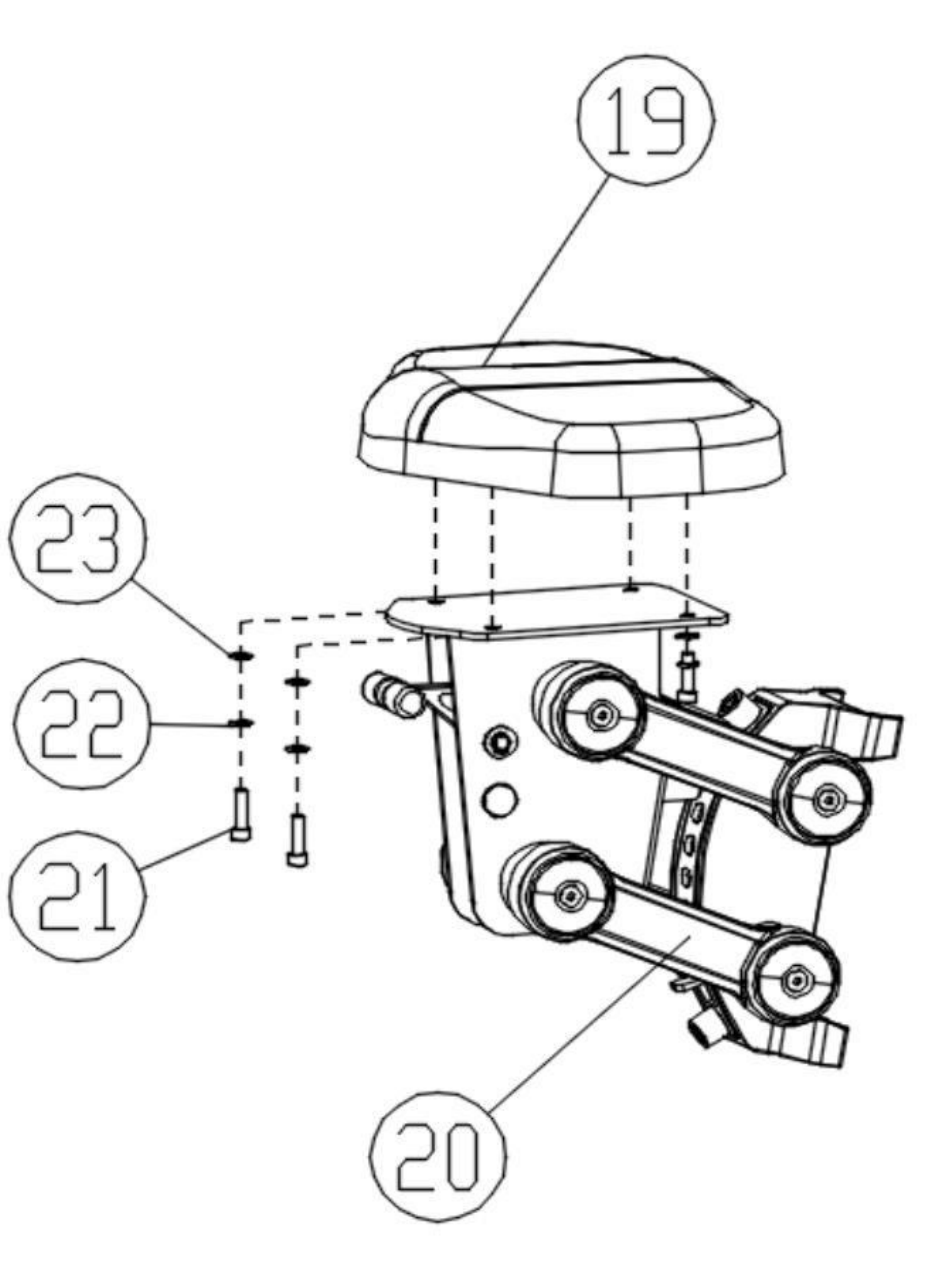
Step 7: Attach the 2 pieces of the pull back lever (#18) to the pull back lever (#16) in the following way:

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



Installation

Step 8: Attach the Cushion (#19) to the Seat Frame (#20) in the following way:
- 4 x Hexagon socket head cap screws (#21)
- 4 x spring washer (#22)
- 4 x Flat washer (#23)

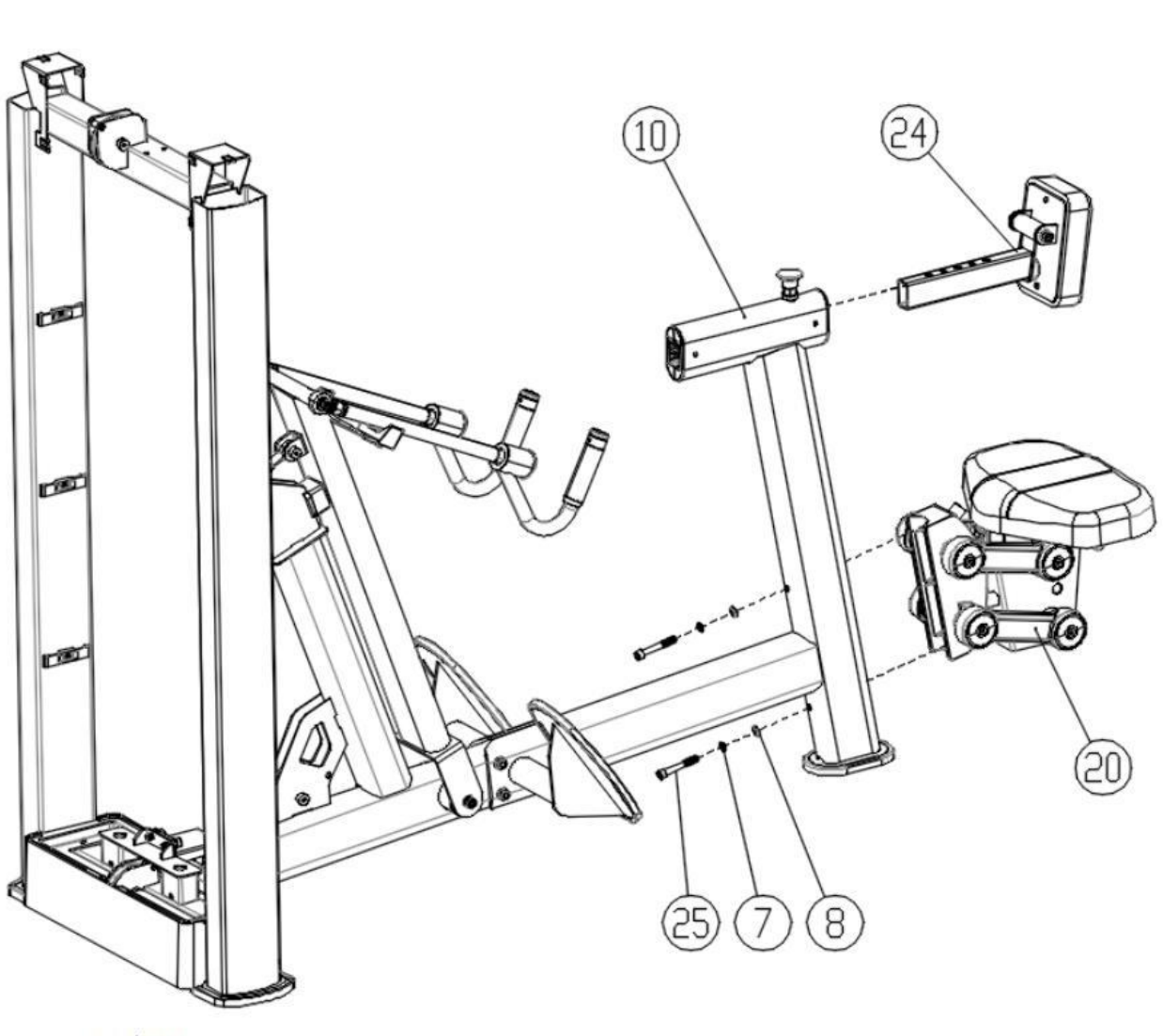


Installation

Step 9: Attach the Seat Frame (#20) to the Sit Pull Back Side Frame II (#10) in the following way:

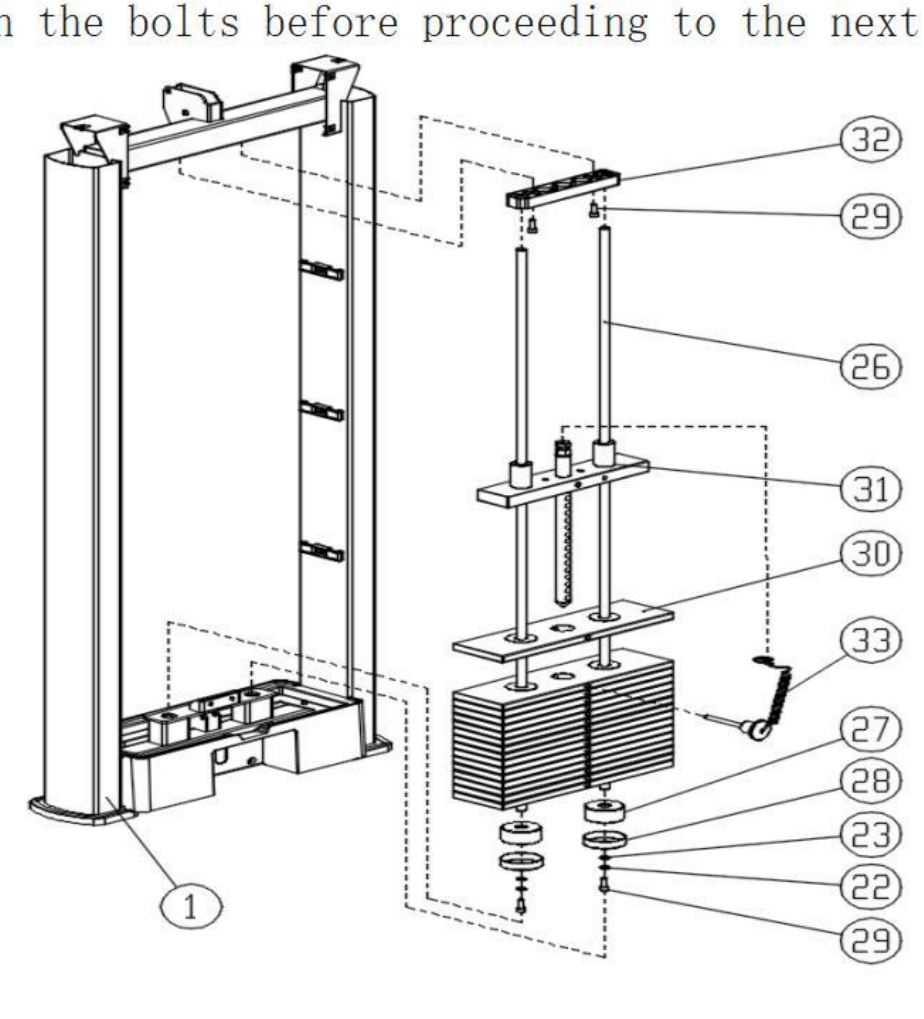
- 2 x Hexagon socket head cap screws (#25)
- 2 x spring washer (#7)
- 2 x Flat washer (#8)

Step 10: As shown in the picture, connect the chest set (#24) with the sitting pull back side frame II (#10)



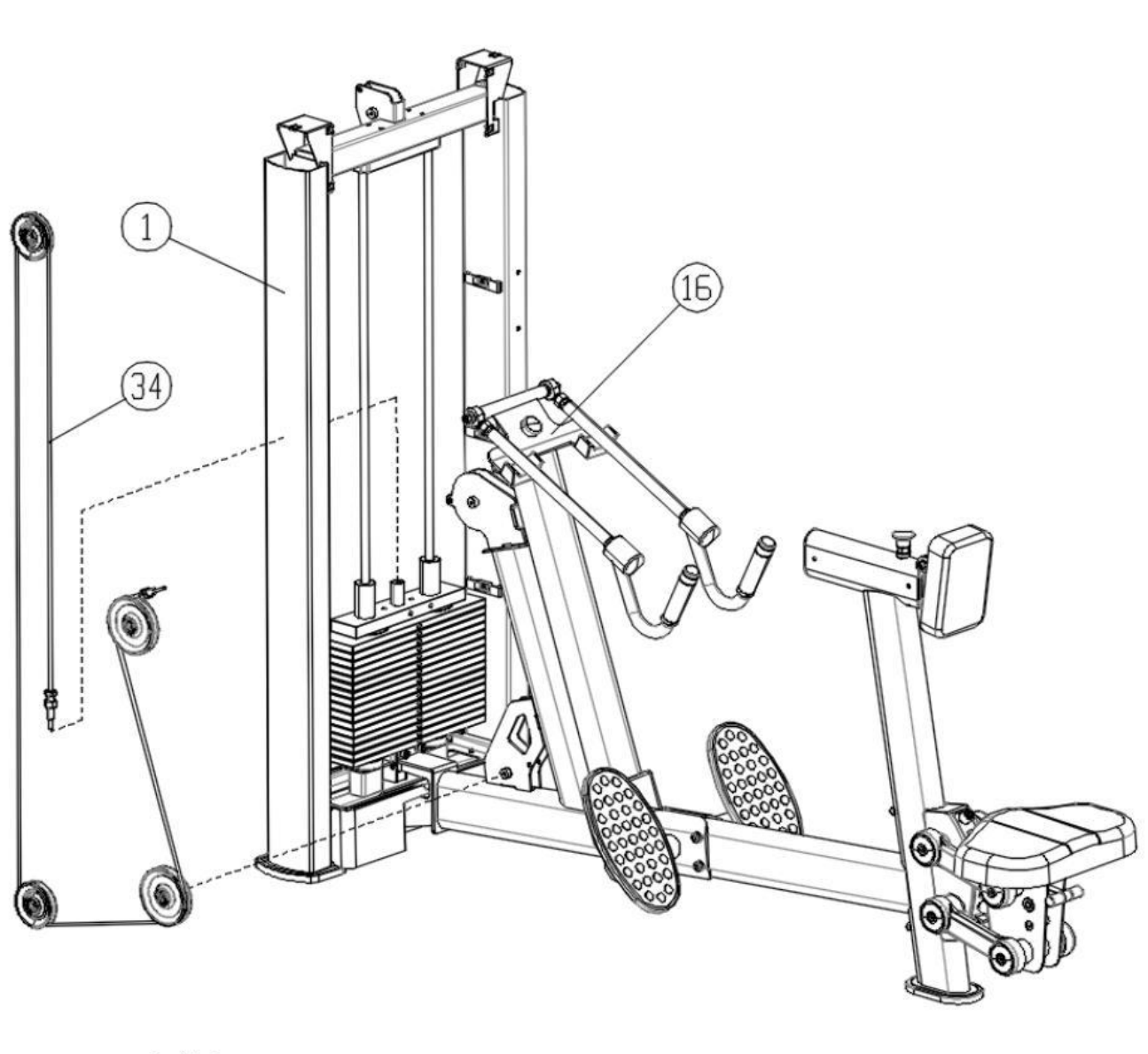
Installation

Step 11: Slide the two weight stack rubber pads (#27) onto the two weight stack guide rods (#26).
connect the two Weight frame base (#28) and the two weight stack guide rods (#26)
and place it into the weight rack (#1):
2 x Hexagon socket head cap screws (#29)
2 x Spring Washers (#22) 2 x Flat Washers (#23)
Wrench to tighten the bolts before proceeding to the next step
Step 12: Install the 16 Weights stack (#30) onto the weight stack Guide Rods (#26) and Make the Spacers up. Install Guide Block Set (#31) onto weight stack Guide Rod (#26).
Insert the weight stack pin (#33) into the weight stack (#30).
Slide Guide Rod Retainer Plate (#32) onto weight stack Guide Rod (#26).
Install the Guide Rod Mounting Plate (#32) to the weight fram (#1) as follows:
2 x Hexagon socket head cap screws (#29)
Wrench to tighten the bolts before proceeding to the next step



Installation

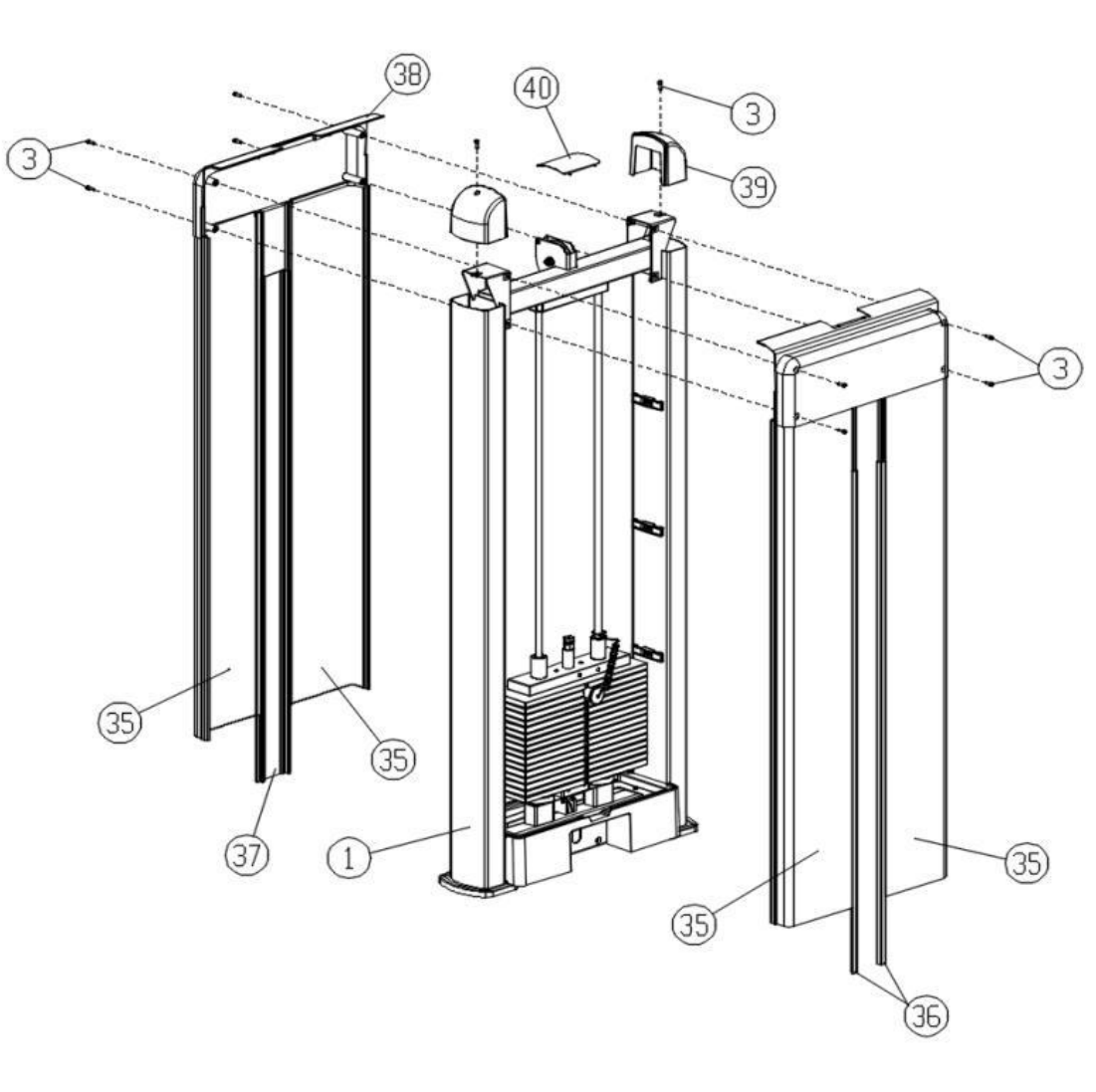
Step 13: First disassemble the pre-installed 95 line wheel and 120 line wheel, and thread the cable as shown in the figure (#34), reinstall the reel.
Note that these reels are installed in tandem with the cable (#34).
Step 14: Connect one end of the cable (#34) to the back arm (#16) first, and the other end
Then attach to the counterweight frame (#1)



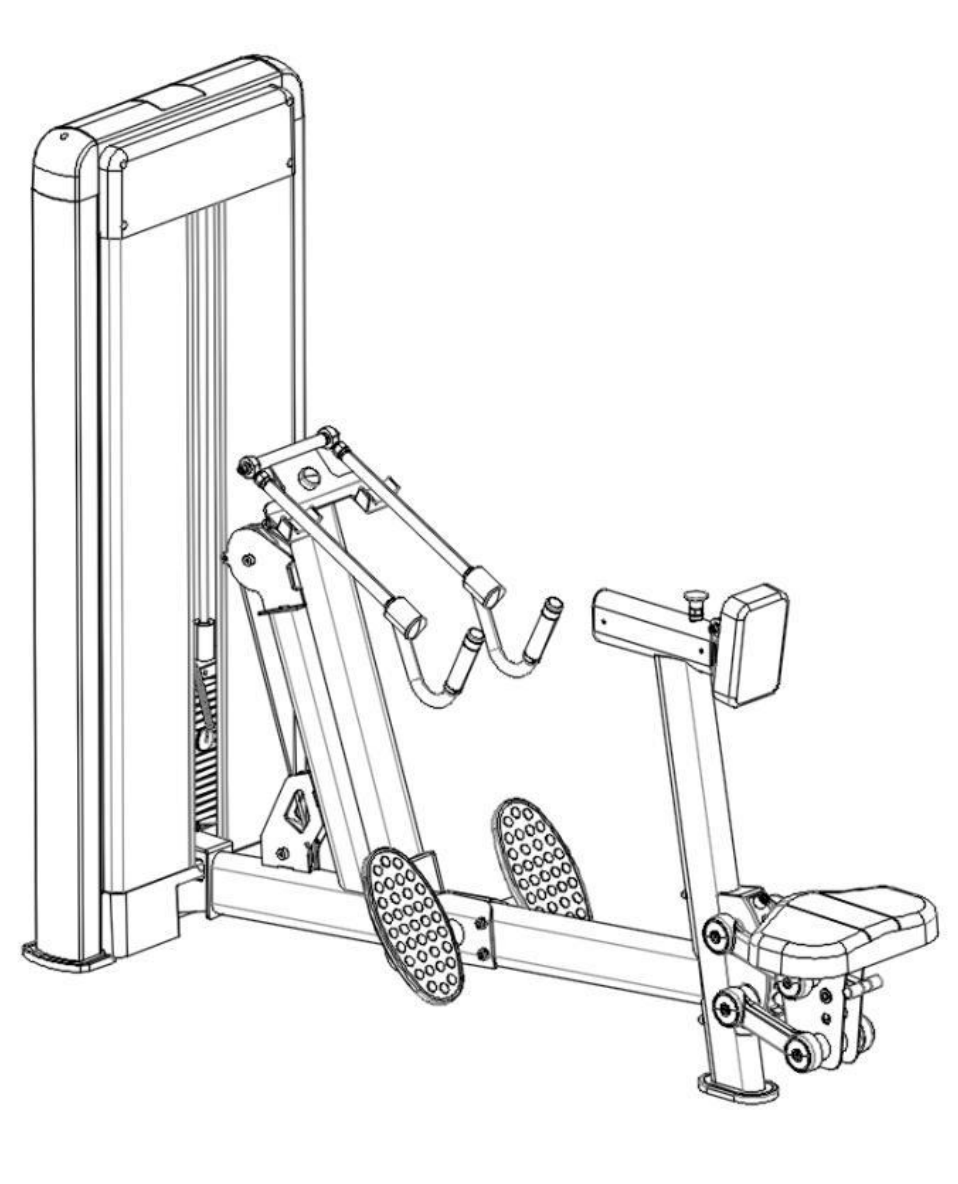
Installation

Step 15: Slide the two trim strips (#36) into the two bezels (#35), the bezel connect to weight frame (#1).
Slide trim (#37) into both bezels (#35), connect bezels and weight frame (#1).

Attach the two upper shrouds (#38) to the weight frame (#1) as follows:
8 x Hexagon socket head cap screws (#3)
Step 16: Attach the two weight riser plugs (#39) to the weight frame using the following method (#1):
2 x Hexagon socket head cap screws (#3)
Step 17: Snap the Upper Shield Top Cap (#40) to the Upper Shield (#38)



Installation



important note

Now that the Seated Row is assembled, you'll need to take a moment to make sure your unit 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	sitting side back side frame I I	1
6	Hexagon socket head cap screws (M10*25)	6
7	spring washer (10)	12
8	Flat washer (10)	20
9	Hexagon socket head cap screws (M10*20)	4
10	sitting back side frameⅡ	1
11	Flat oval foot pad	1
12	low-pull left foot pedal	1
13	low-pull right foot pedal (#13)	1
14	Hexagon socket flat head screw (M10*75)	4
15	Hexagon self-locking nut (M10)	4
16	pull back arm	1
17	pull back arm shaft	1
18	pull back lever	2
19	Cushion	1
20	seat frame	1
21	Hexagon socket head cap screws (M8*30)	4

accessories list

No.	Name & Specification	Qty
22	spring washer (8)	6
23	flat washer (8)	6
24	chest set	1
25	Hexagon socket flat head screw (M10*120)	2
26	weight stack guide rods	2
27	weight stack rubber pads	2
28	Weight frame base	2
29	Hexagon socket head cap screws (M8*20)	4
30	weight stack	16
31	guide block set	1
32	guide rod fixing plate	1
33	weight stack pin	1
34	Cable	1
35	bezels	4
36	trim strips	2
37	trim	1
38	upper shrouds	2
39	riser plugs	2
40	Upper Shield Top Cap	1

Note: Pre-assembled parts not listed in this table