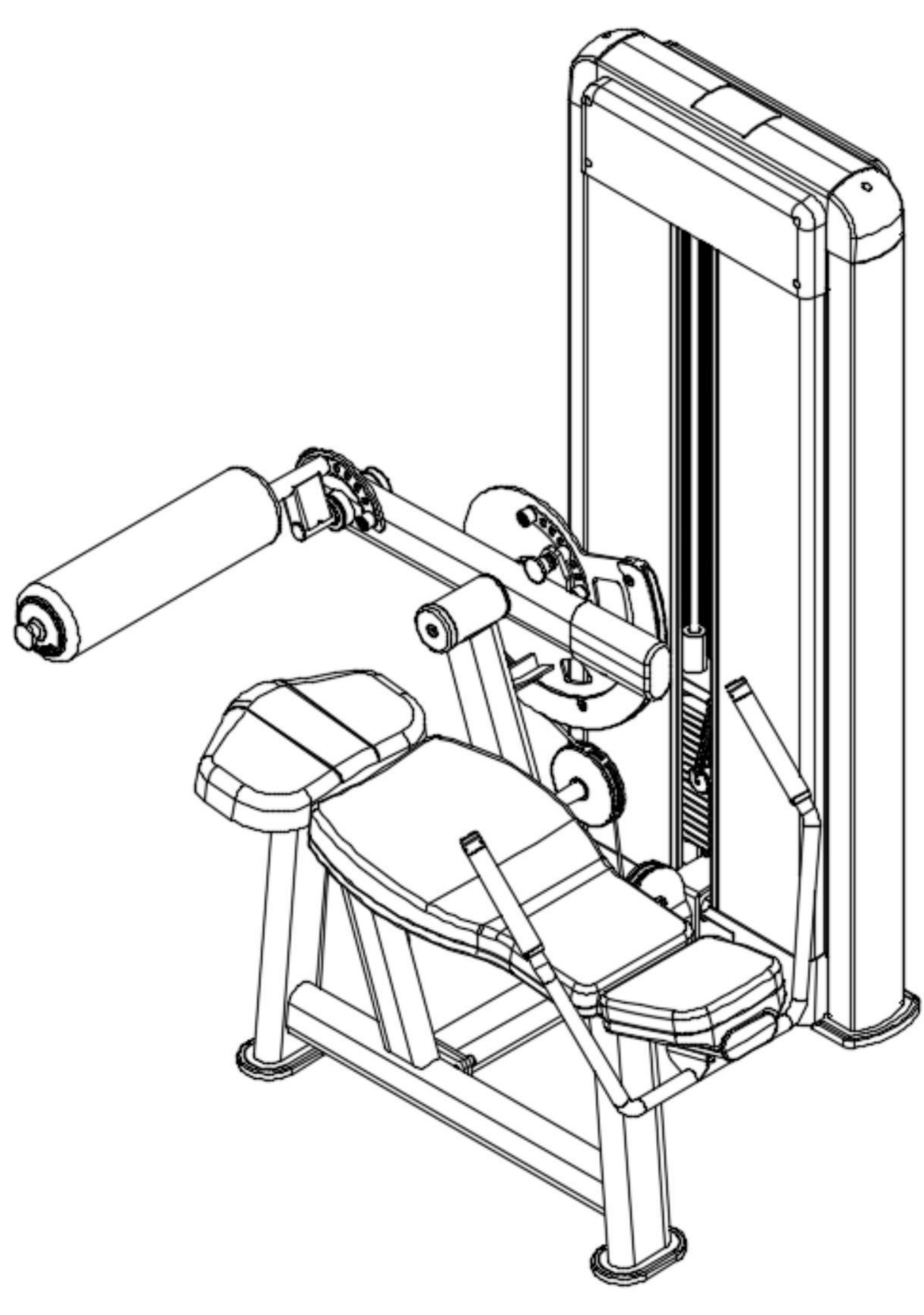
61A18A Installation Guide

Lower Abdominal Trainer



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Introduction

Please take some time to read this instruction carefully before installation. Please refer to the lists in the instruction manual to confirm the integrity and quantity of all parts (if any part is missing or damaged during transportation, please call our company for after-sales immediately). When installing, please follow Instructions for proper installation of equipment.

This device is designed to provide the smoothest and most efficient workout possible. After installation, you need to understand all the functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid bodily injury and equipment damage. And timely refer to the relevant instructions to check the reasons, if you can't solve it, please call our after-sales service. After reading all the instructions carefully, please continue :

Tool	Rubber Stick
	Level
	Allen Wrench
	Circlip Plier
	Adjustable Wrench

Attention: It is recommended that two or more personnel operate during assembly

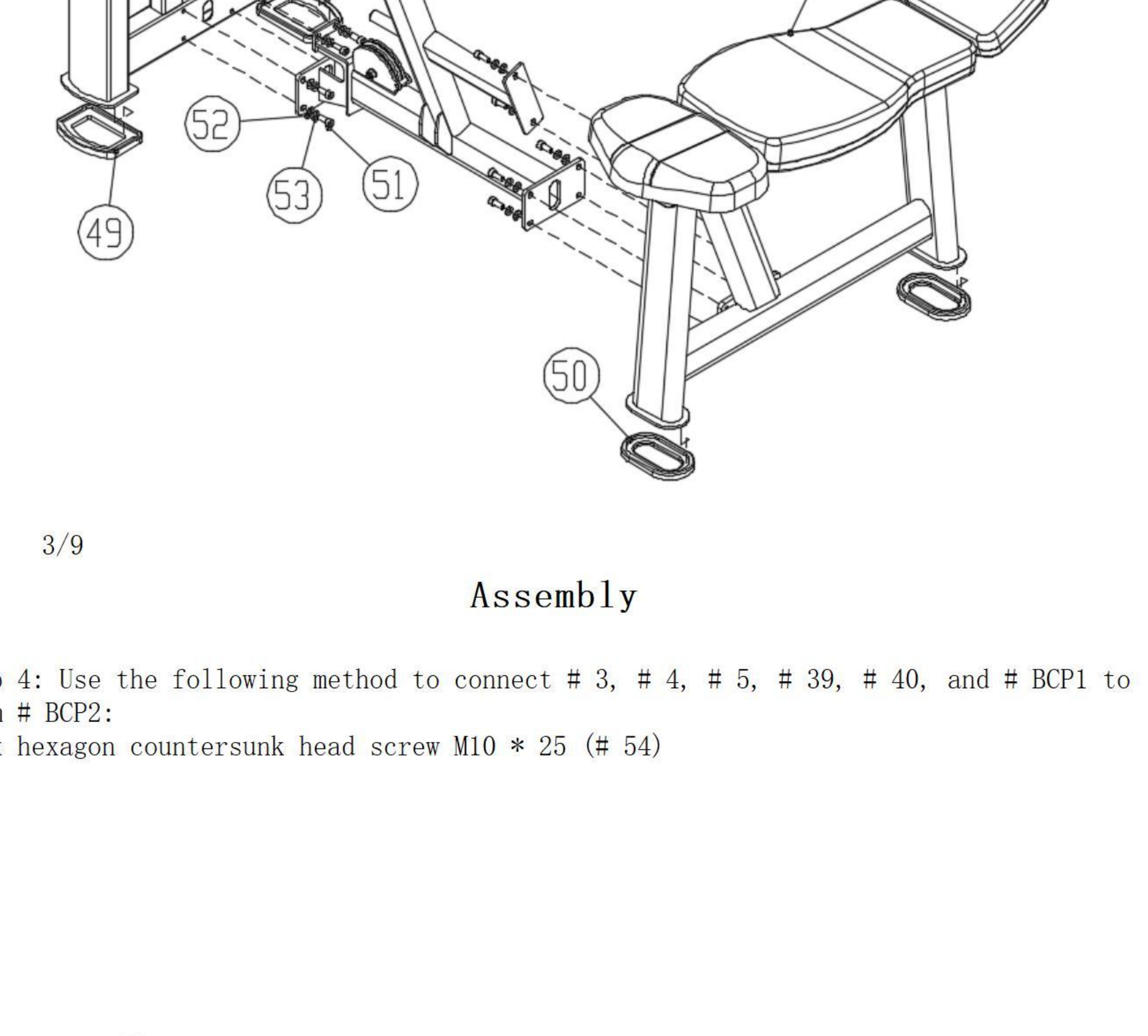
Assembly

Step 1: Use the following method to connect # 1, # 2, # 20, # 21, and # 38 together to form BCP1:

- 12x hexagon socket head cap screw M10 * 25 (# 51)
- 12x spring washer M10 (# 52)
- 12x flat washer M10-D20 (# 53)53)

Step 2: Install 2 counterweight foot pads (# 49) onto # BCP1

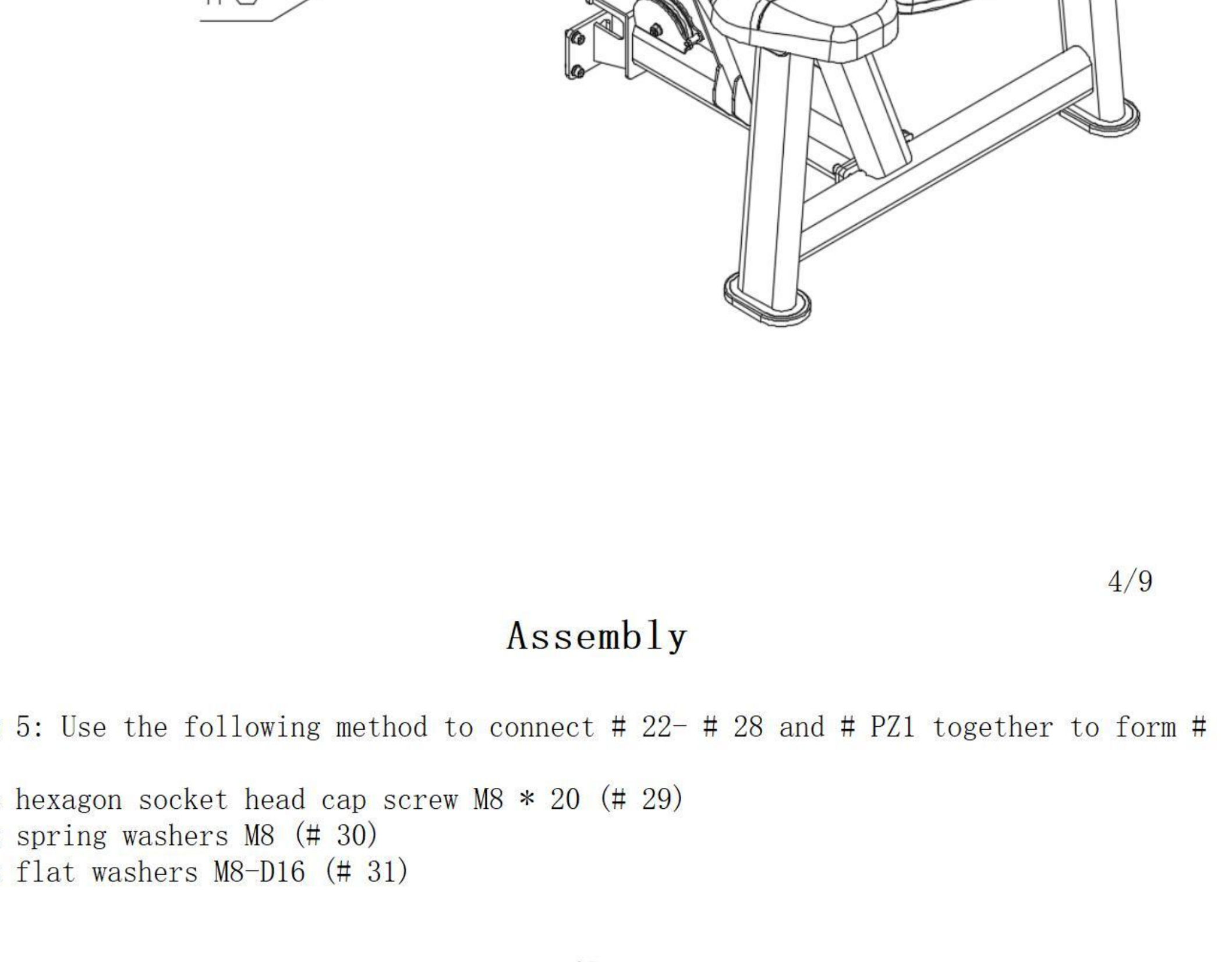
Step 3: Install 2 flat oval foot pads (# 50) onto # BCP1



Assembly

Step 4: Use the following method to connect # 3, # 4, # 5, # 39, # 40, and # BCP1 to form # BCP2:

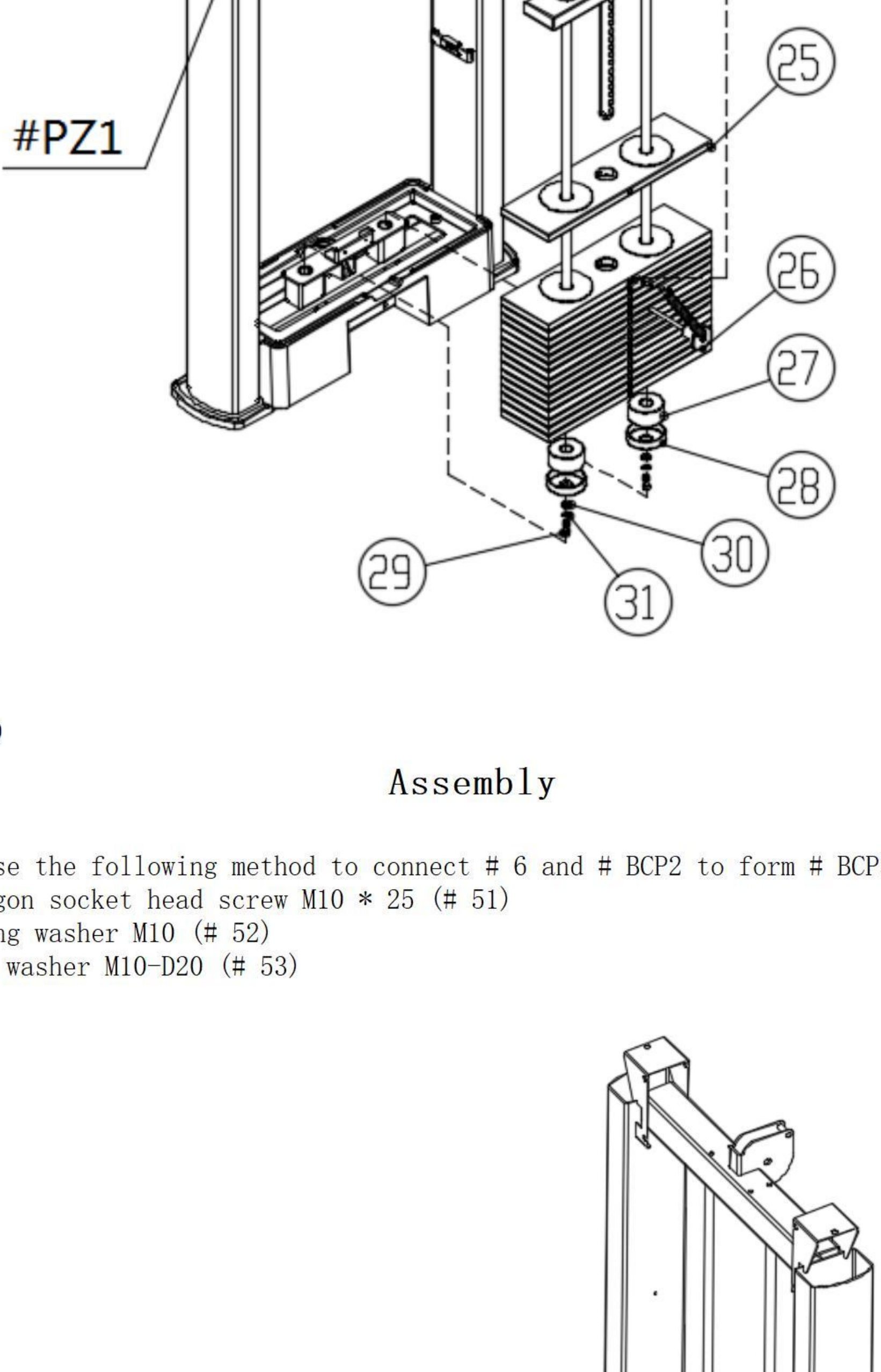
- 3x hexagon countersunk head screw M10 * 25 (# 54)



Assembly

Step 5: Use the following method to connect # 22- # 28 and # PZ1 together to form # PZ2:

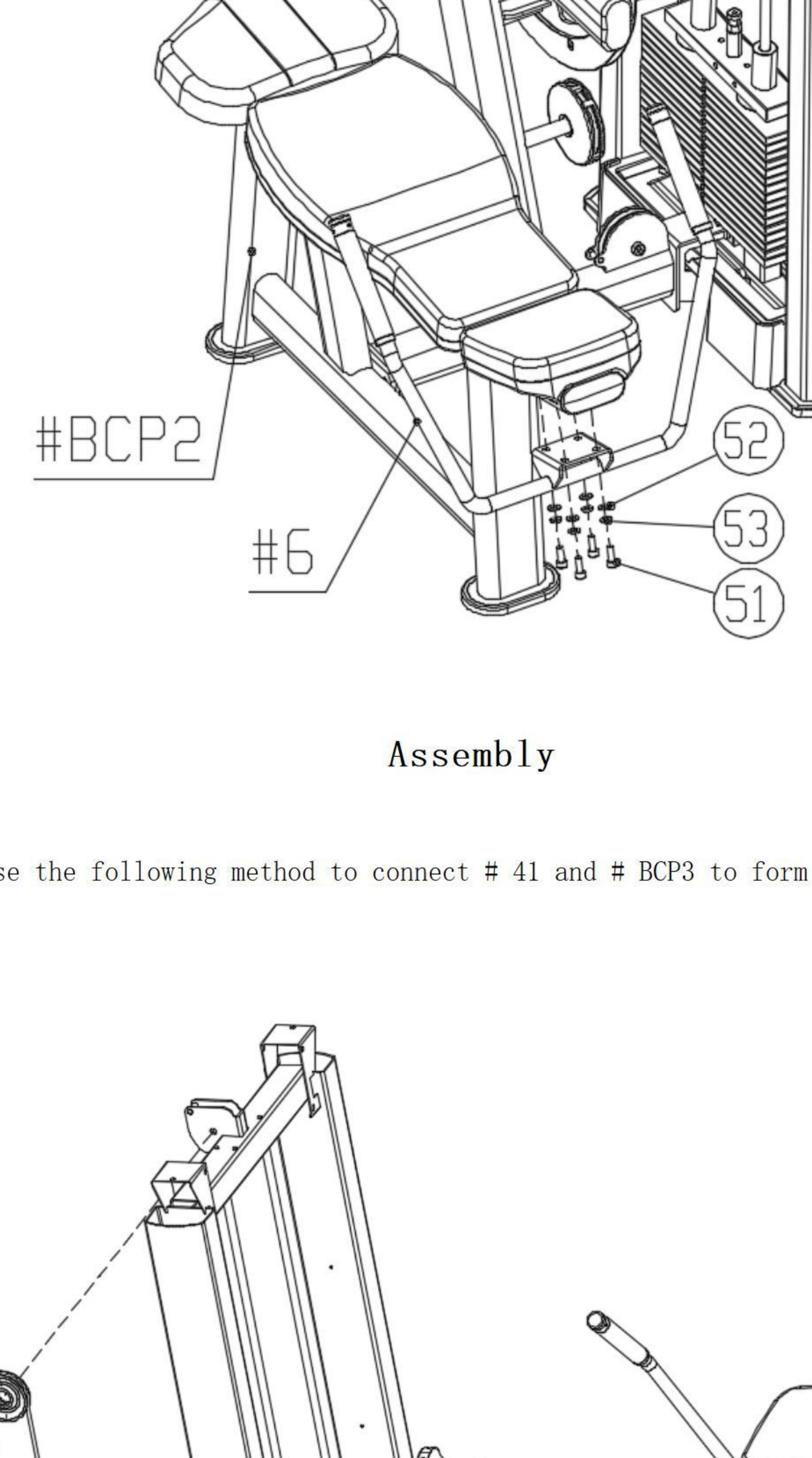
- 4x hexagon socket head cap screw M8 * 20 (# 29)
- 2x spring washers M8 (# 30)
- 2x flat washers M8-D16 (# 31)



Assembly

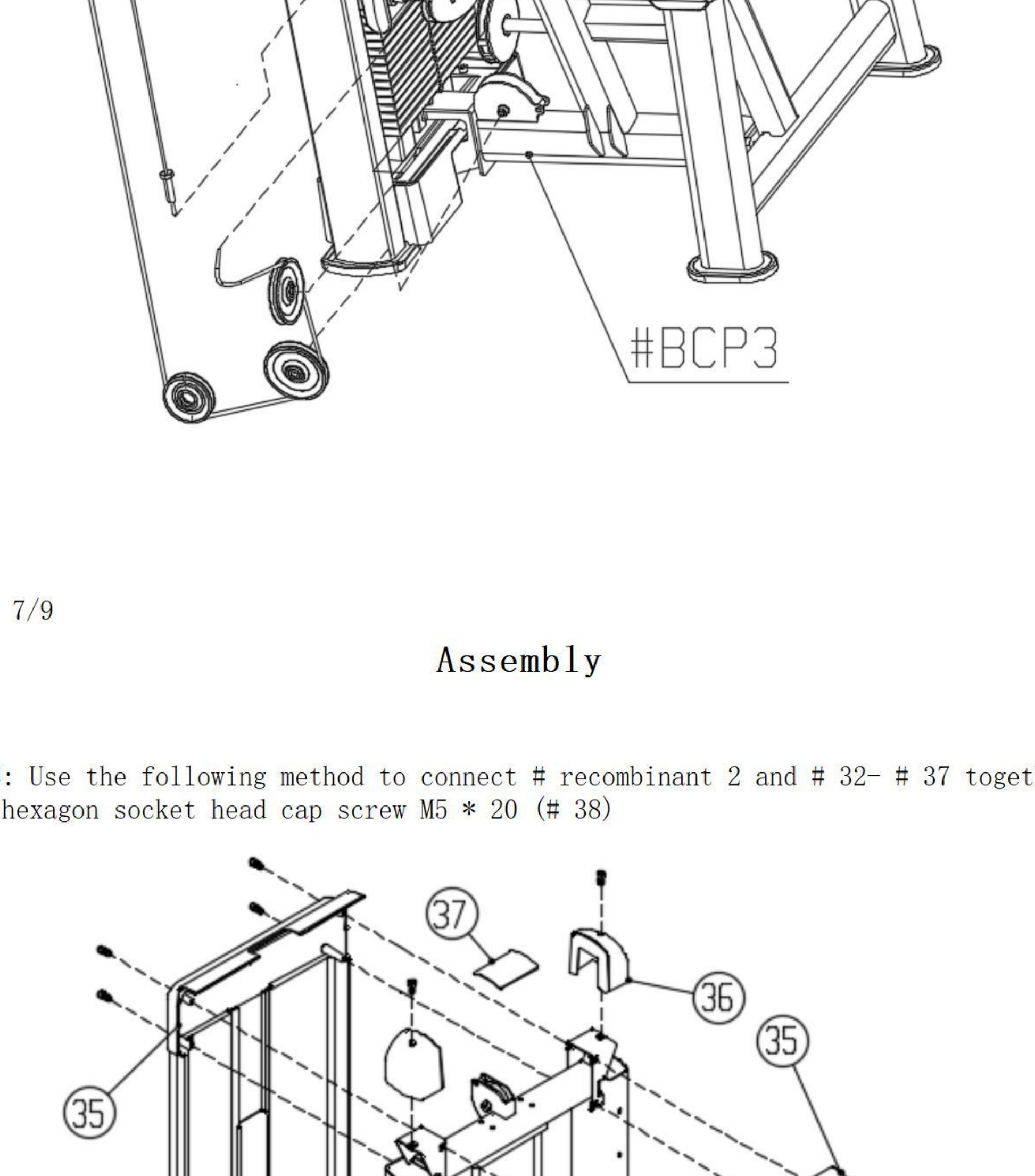
Step 6: Use the following method to connect # 6 and # BCP2 to form # BCP3;

- 4x hexagon socket head screw M10 * 25 (# 51)
- 4x spring washer M10 (# 52)
- 4x flat washer M10-D20 (# 53)



Assembly

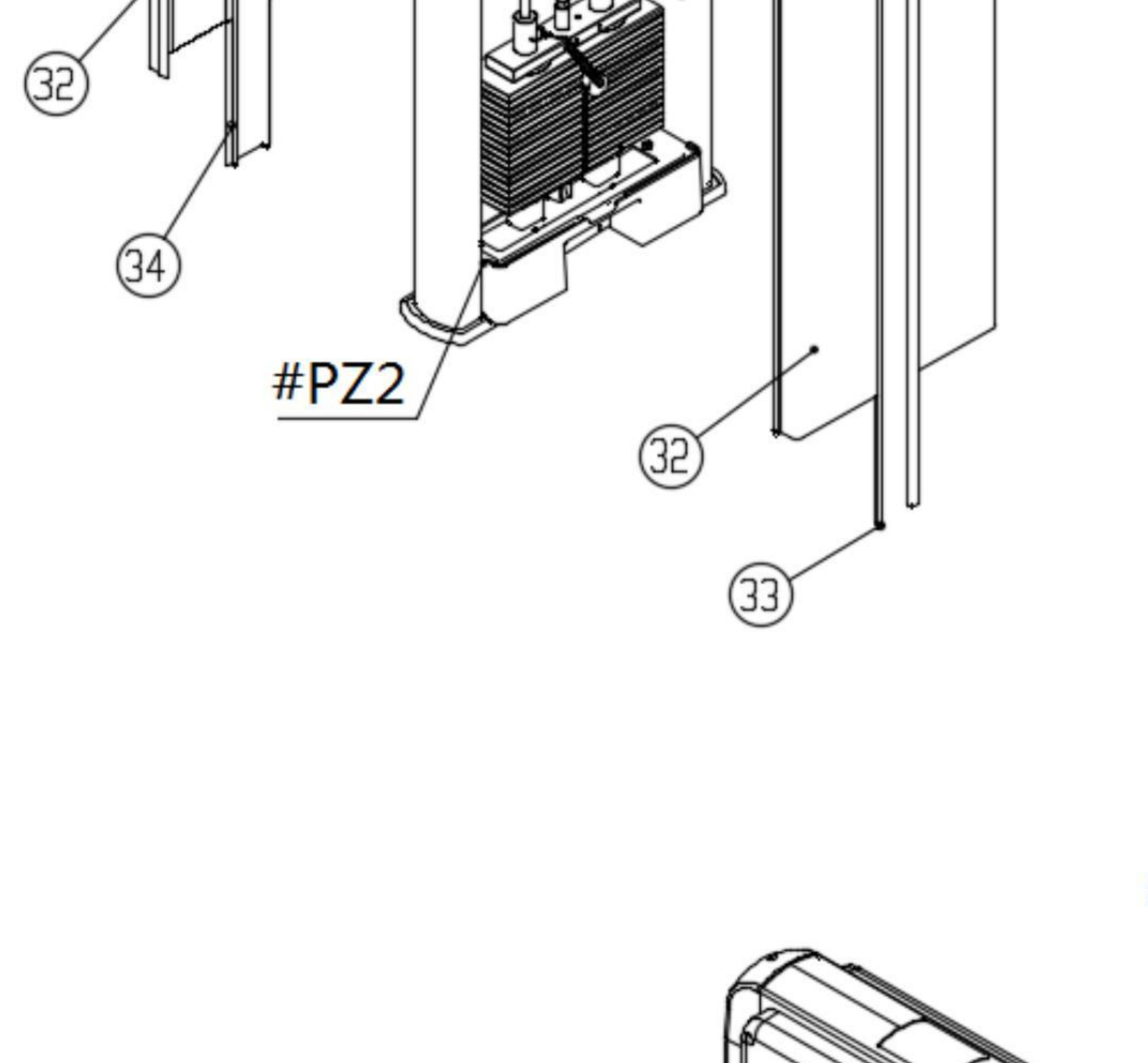
Step 7: Use the following method to connect # 41 and # BCP3 to form # BCP4;

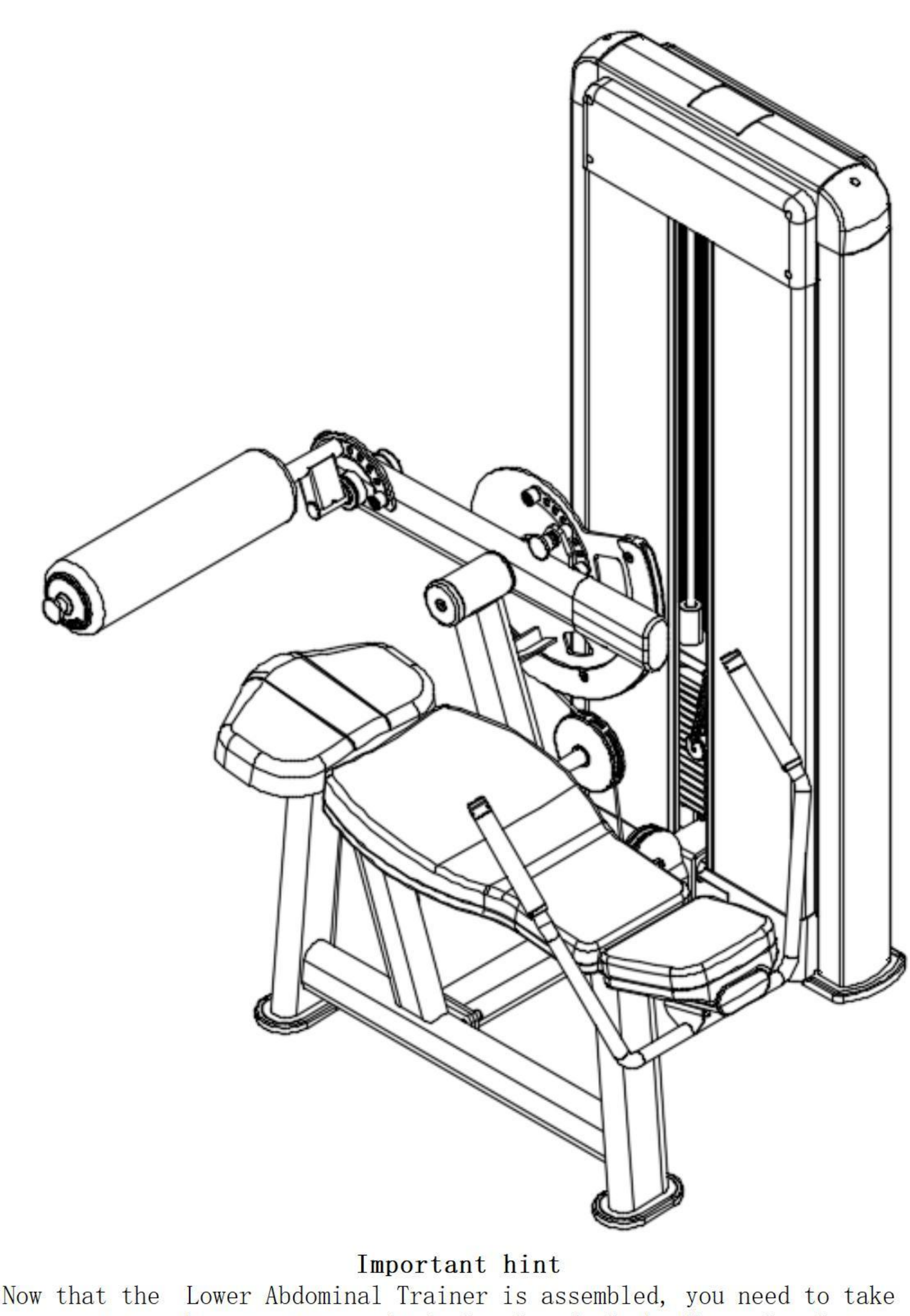


Assembly

Step 8: Use the following method to connect # recombinant 2 and # 32- # 37 together;

- 10x hexagon socket head cap screw M5 * 20 (# 38)

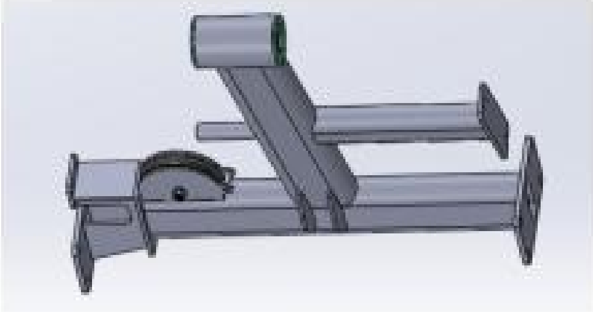
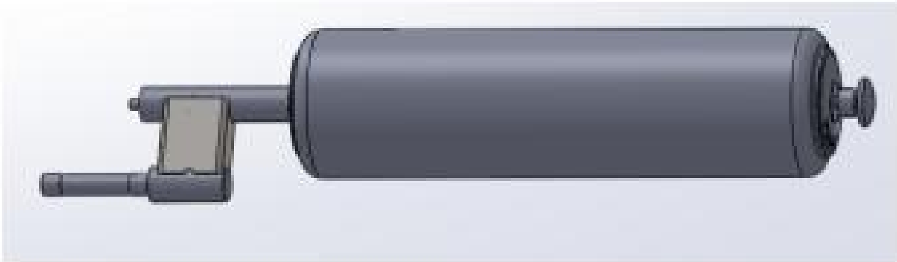
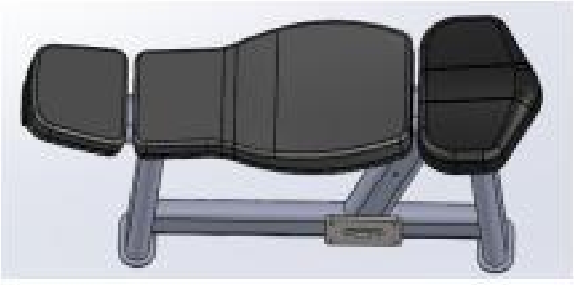
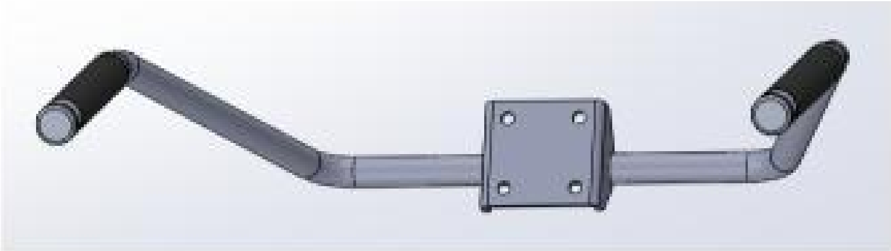
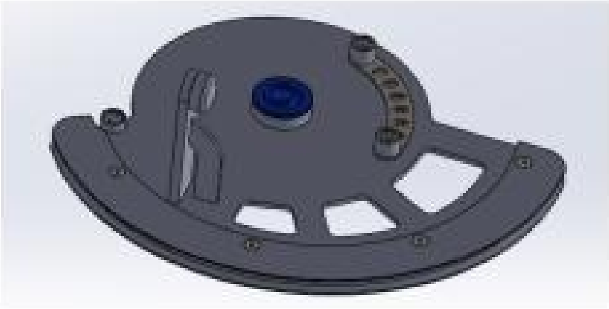
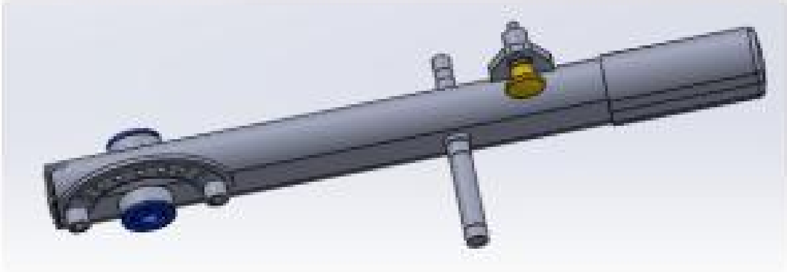




Important hint

Now that the Lower Abdominal Trainer is assembled, you need to take a moment to make sure your unit is level and plumb. 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

Part List

No.		Picture	Qty	No.		Picture	Qty
1	#1		1	5	#5		1
2	#2		1	6	#6		1
3	#3		1				1
4	#4		1				1
20	Counterweight frame		1	49	Weighted foot pad		2
21	Weighted lower shield		1	50	Flat oval foot pad		2
22	Guide rod fixing plate		1	51	Hexagonal socket head screw M10*25		16
23	Guiding rod		2	52	Spring washer M10		16
24	Guiding block group		1	53	Flat washer M10-D20		16
25	Weight stacks		14	54	Hexagonal countersunk head screw M10*25		3
26	Weight block pin		1				
27	Rubber pad for counterweight block		2				
28	Counterweight frame base		2				
29	Hexagonal socket head screw M8 * 20		4				
30	Spring washer M8		2				
31	Flat washer M8		2				
32	Baffle		4				
33	Decorative strips		2				
34	Decorative board		1				
35	Upper protective cover		2				
36	Counter weight riser cover		2				
37	Cover the upper protective cover		1				
38	Hexagonal socket head screw M5 * 20		10				
39	60 aluminum cover		2				
40	76 aluminum cover		1				
41	Cable		1				

Explanation: Pre assembled parts are not listed in this table.