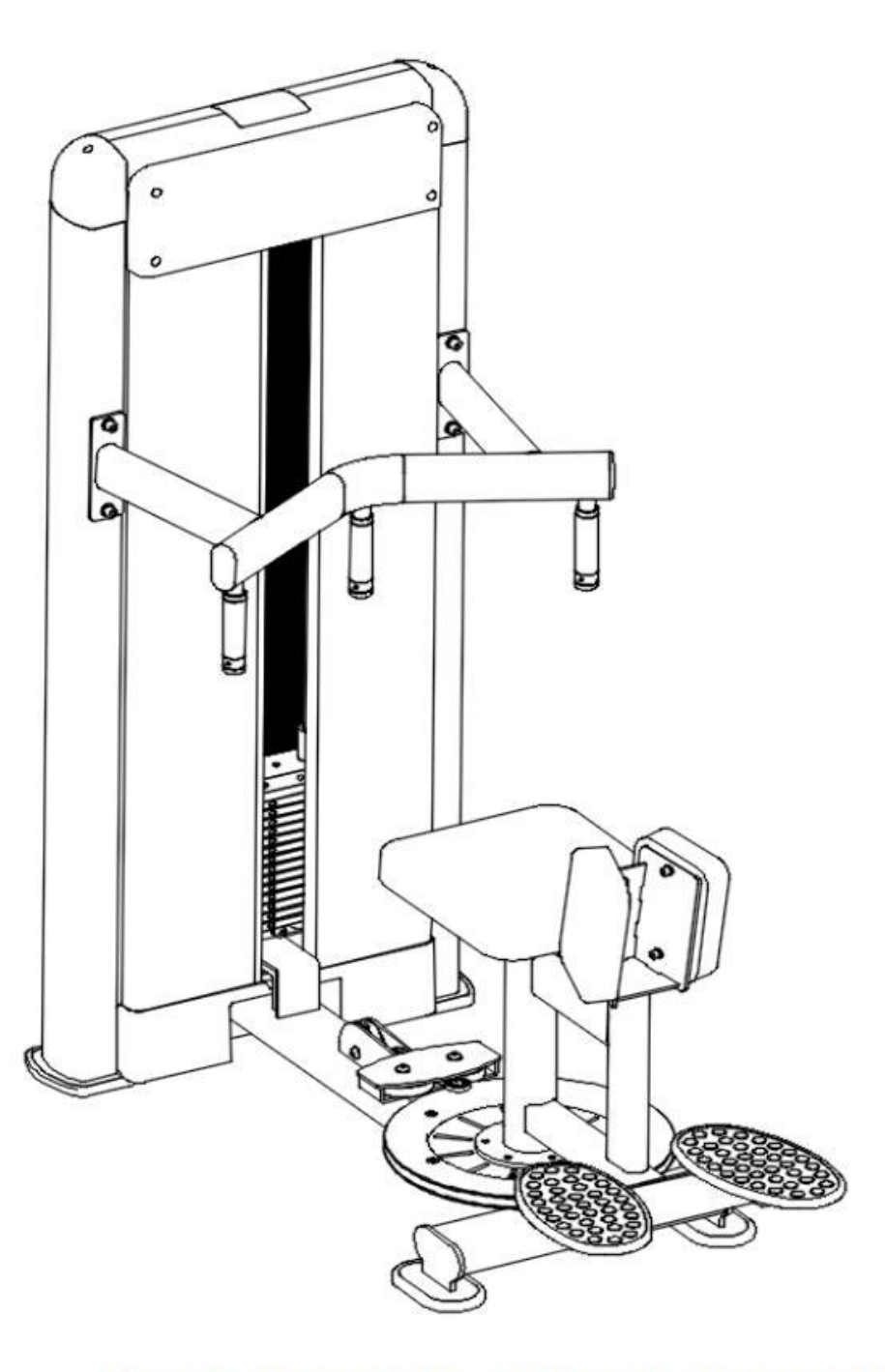
61A19 Installation Guide

Rotary Torso



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Briefs

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.

Tools

Rubber stick

Levelling instrument

Socket head screw wrench

More than 2 person

Circlip pliers

The adjustable wrench

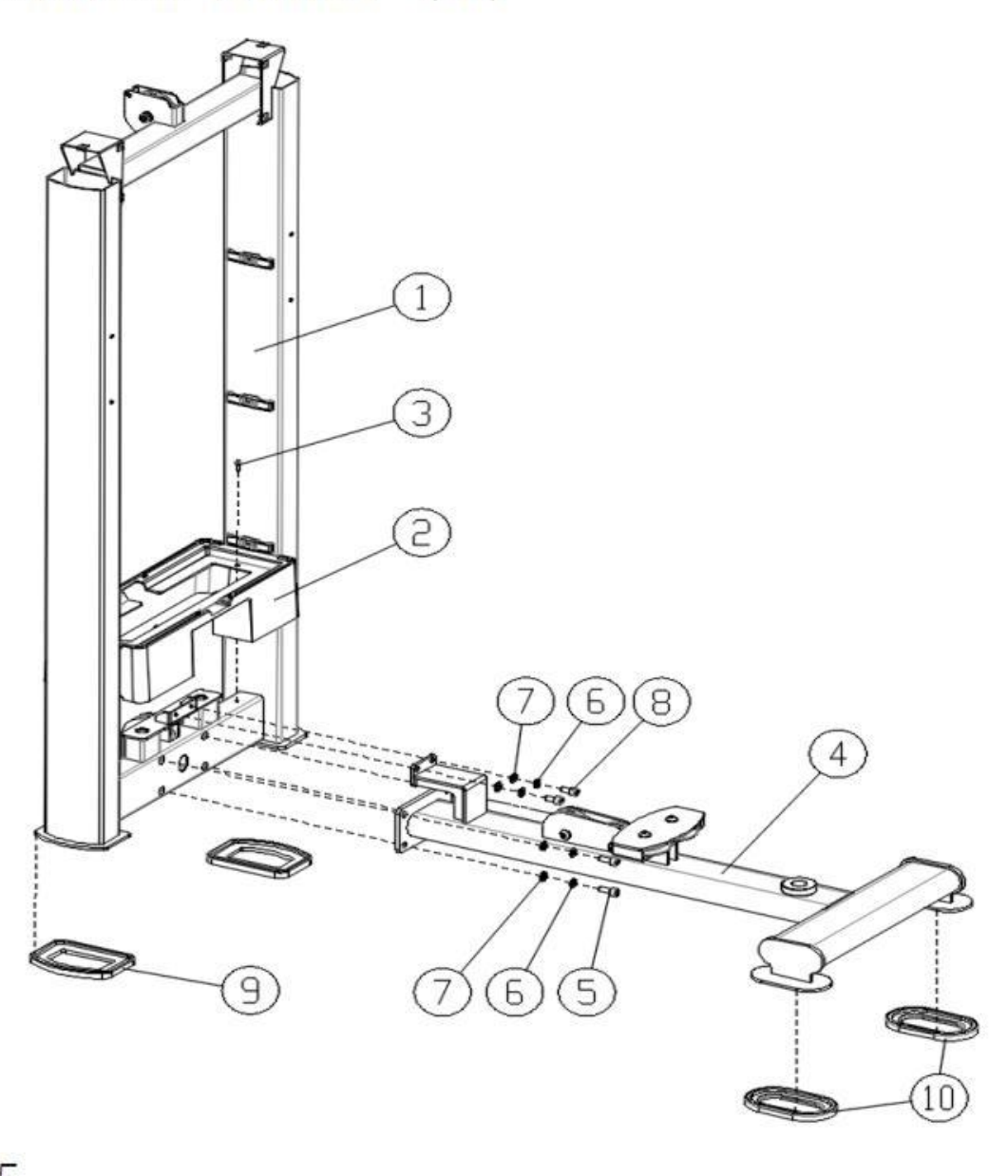
Installation

Step 1: Connect the counterweight lower shield (#2) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#3)

Step 2: Connect the lumbar rotation trainer base frame (#4) to the counterweight frame (#1) with the following:
- 4 x Hexagon socket cheese head screws (#5)
- 6 x Spring washers (#6)
- 6 x Flat washer (#7)
- 2 x Hexagon socket cheese head screws (#8)

Step 3: Install the 2 counterweight frame feet (#9) to the counterweight frame (#1)

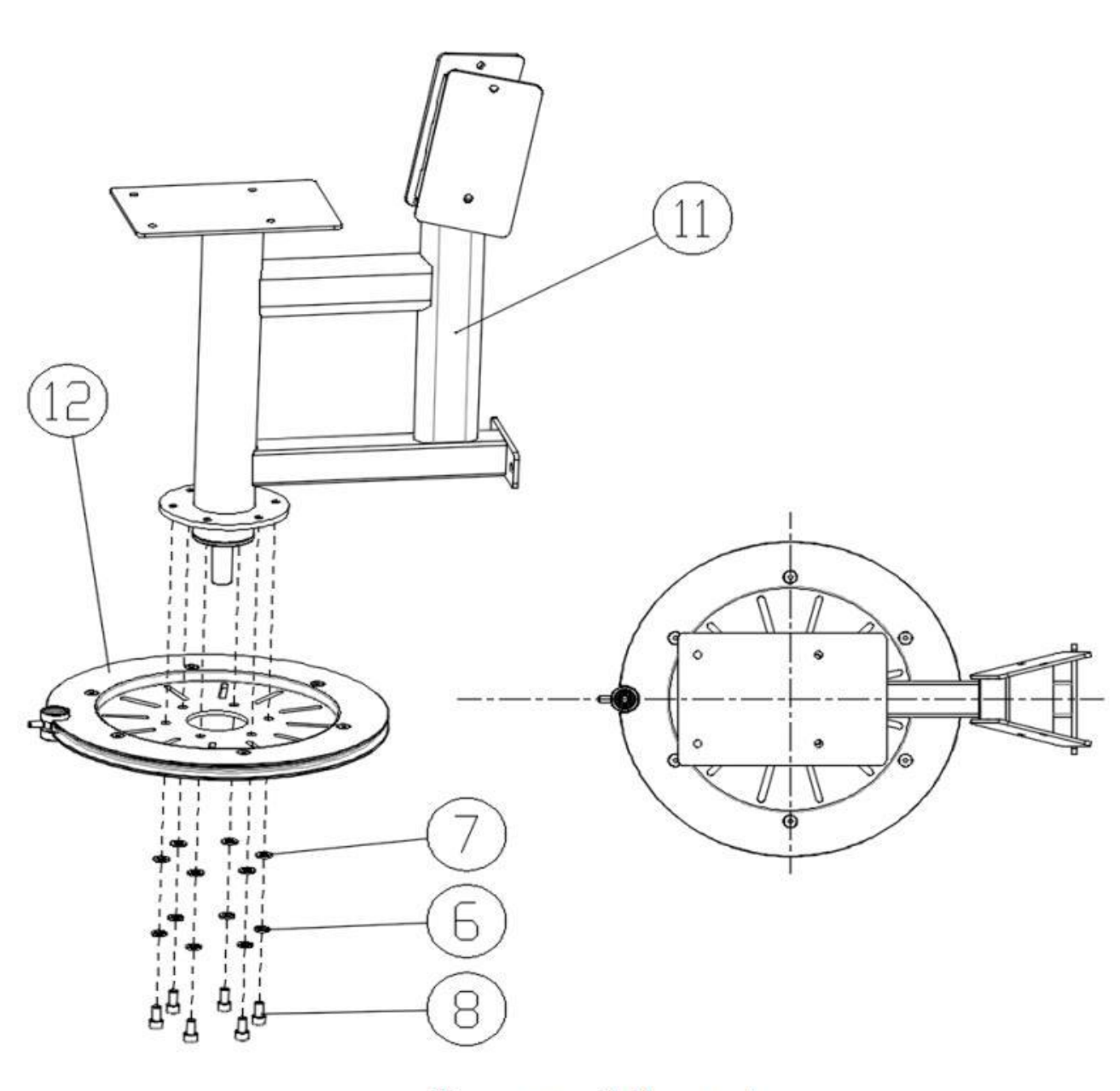
Attach 2 flat oval foot pads (#10) to the base frame of the waist rotation trainer (#4)



Installation

Step 4: Connect the main frame of the waist rotation trainer (#11) to the winding reel (#12) using:
- 6 x Hexagon socket cheese head screws (#8)
- 6 x Spring washers (#6)
- 6 x Flat washer (#7)

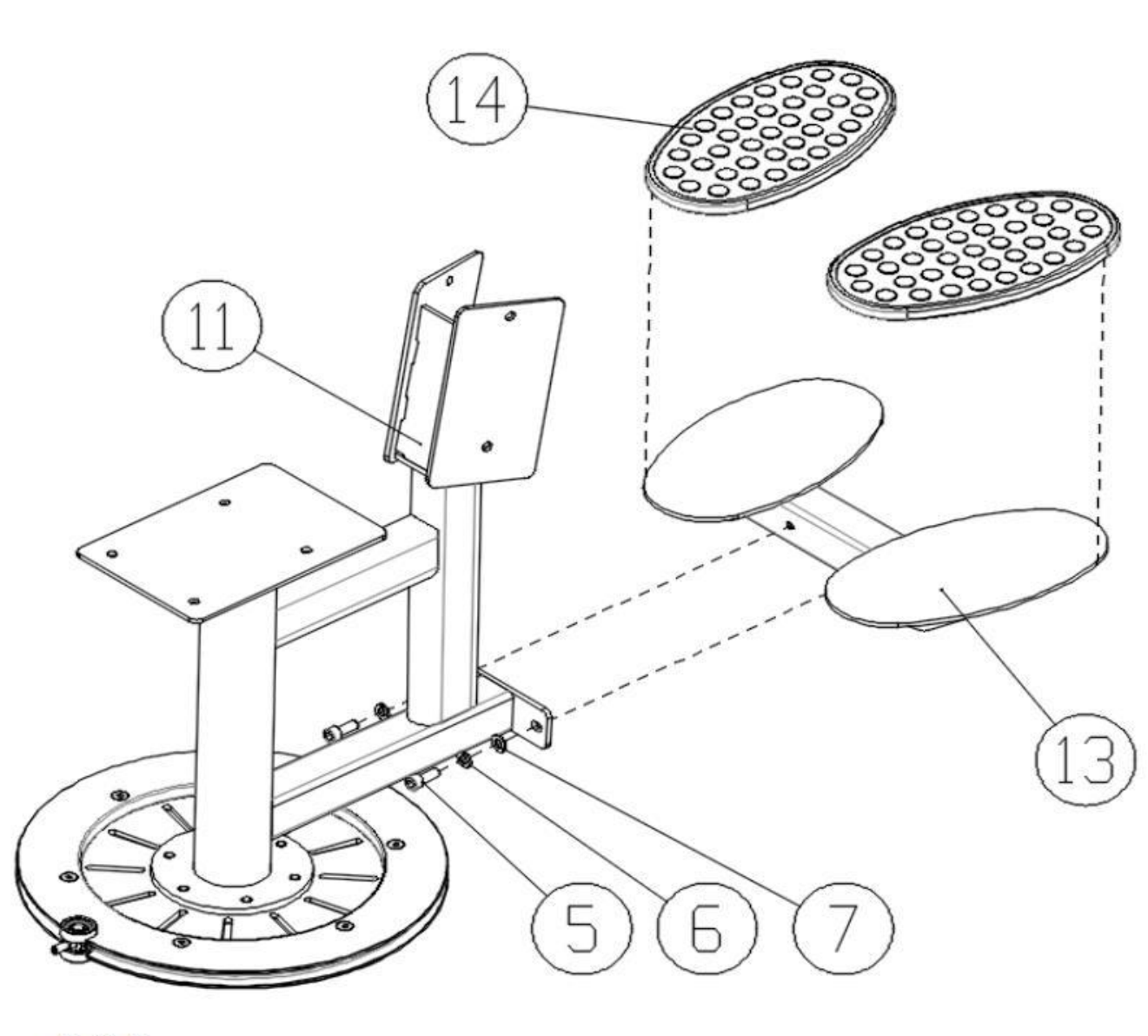
The correct relative position of the main frame (#11) and the winding reel (#12) of the waist rotation trainer are shown in the figure



Installation

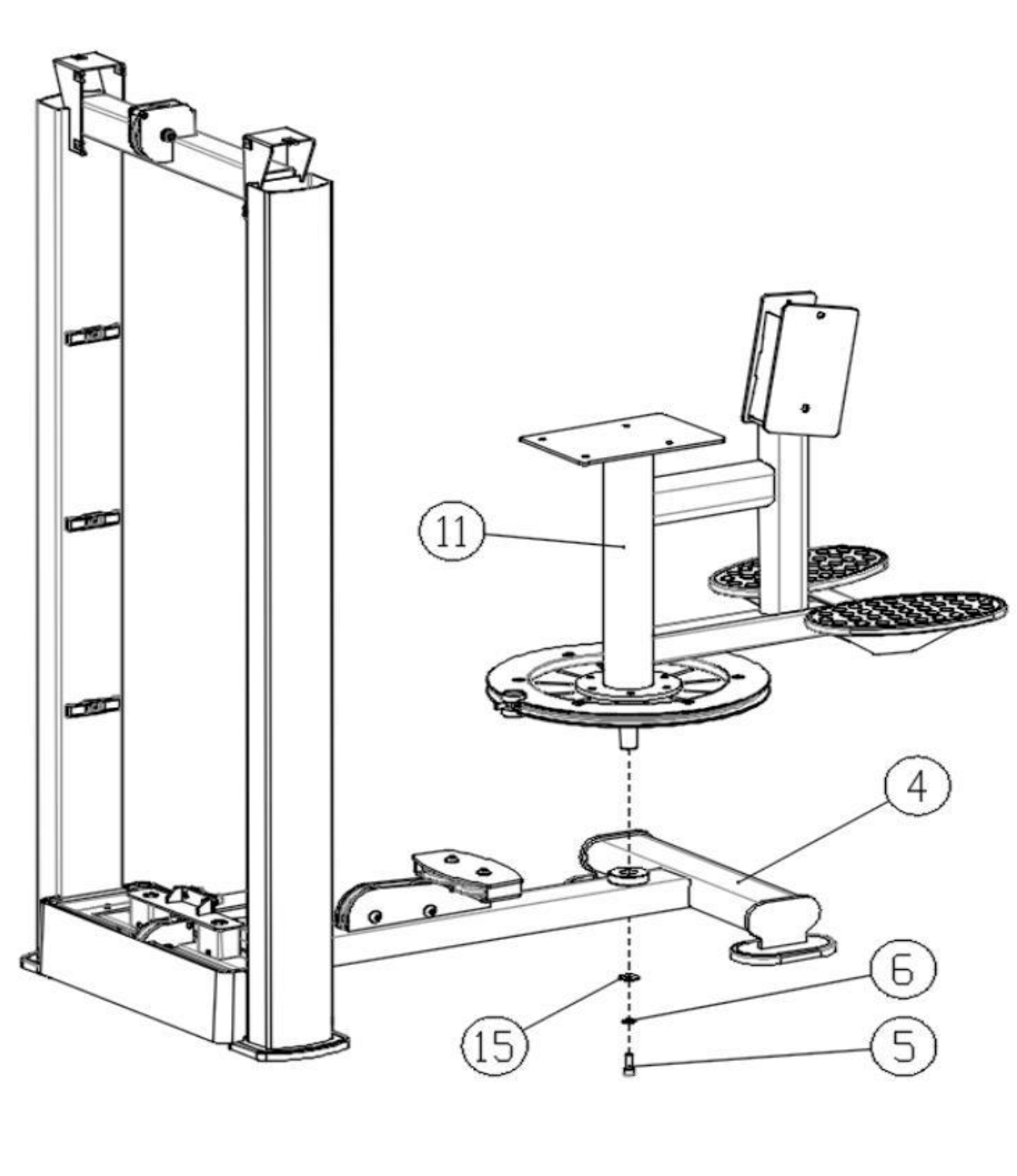
Step 5: Attach the 2 elliptical pads (#14) to the waist rotation trainer stirrups (#13)

Step 6: Connect the waist rotation trainer foot stirrups (#13) to the waist rotation trainer main frame (#11) using the following method:
- 2 x Hexagon socket cheese head screws (#5)
- 2 x Spring washers (#6)
- 2 x Flat washer (#7)



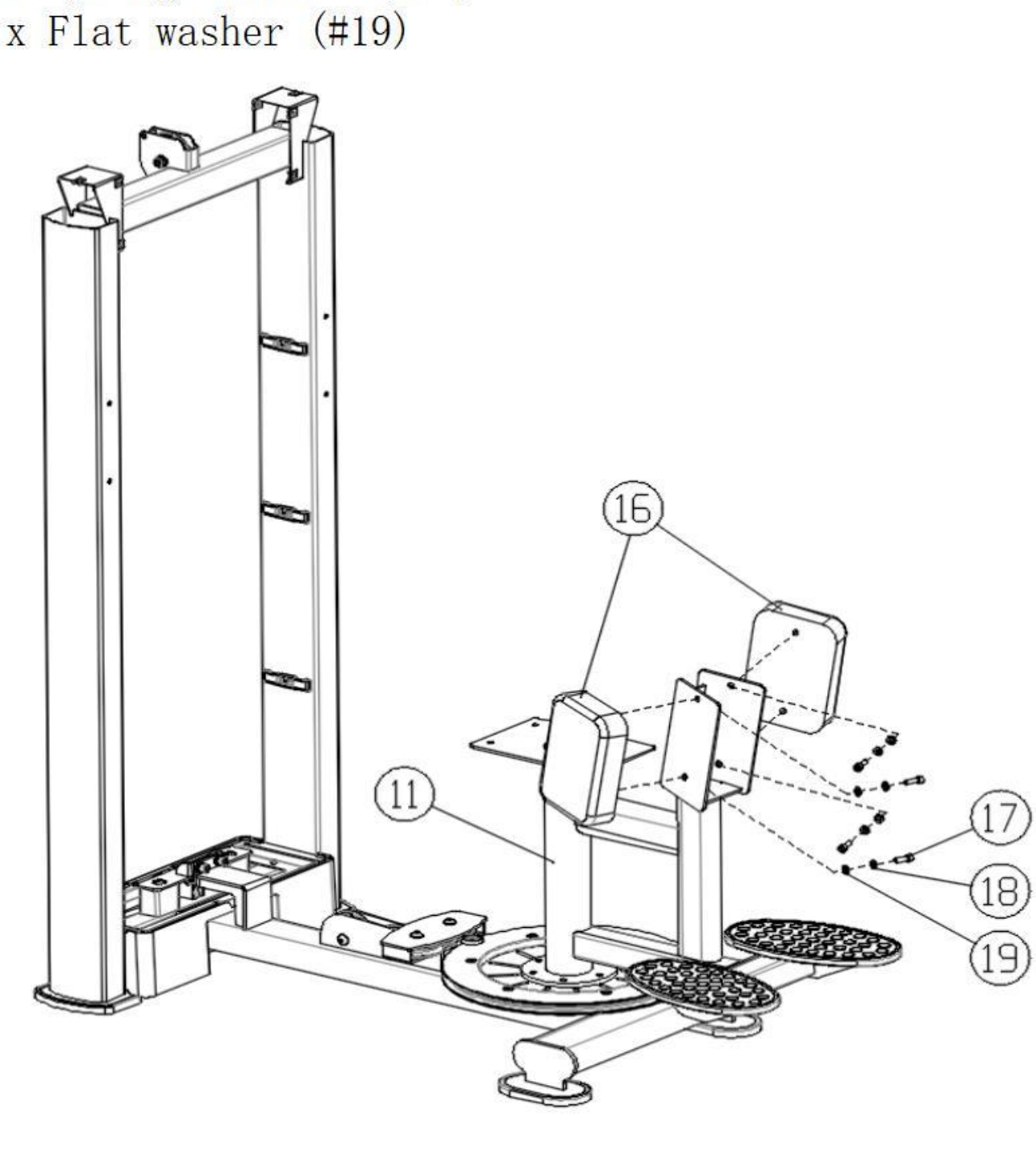
Installation

Step 7: Connect the main frame (#11) to the bottom frame (#4) of the waist rotation trainer in the following way.
- 1 x Hexagon socket cheese head screws (#5)
- 1 x Spring washers (#6)
- 1 x Large washer (#15)



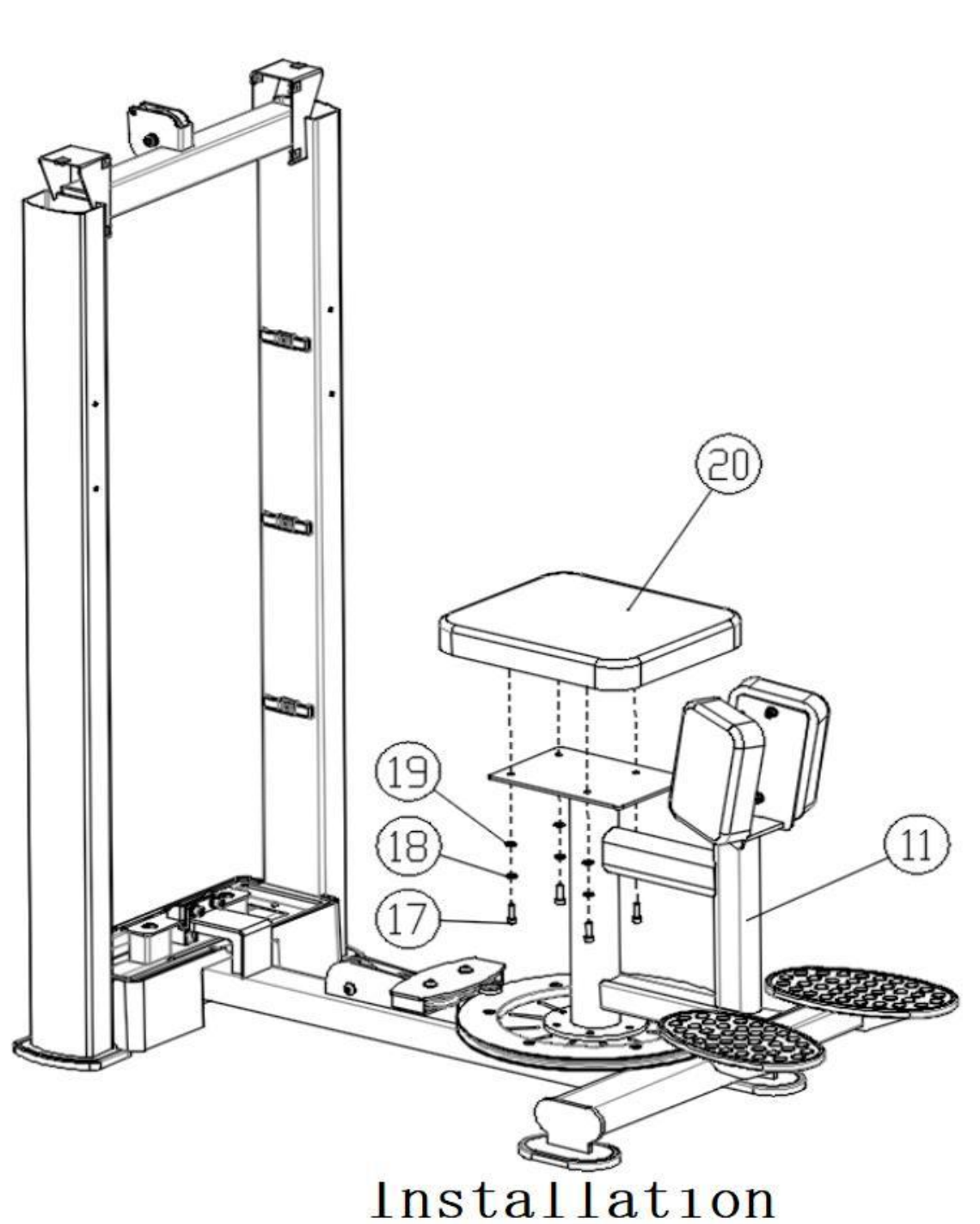
Installation

Step 8: Connect the 2-piece leg pad (#16) to the main frame of the lumbar rotation trainer (#11) using the following method:
- 4 x Hexagon socket cheese head screws (#17)
- 4 x Spring washers (#18)
- 4 x Flat washer (#19)



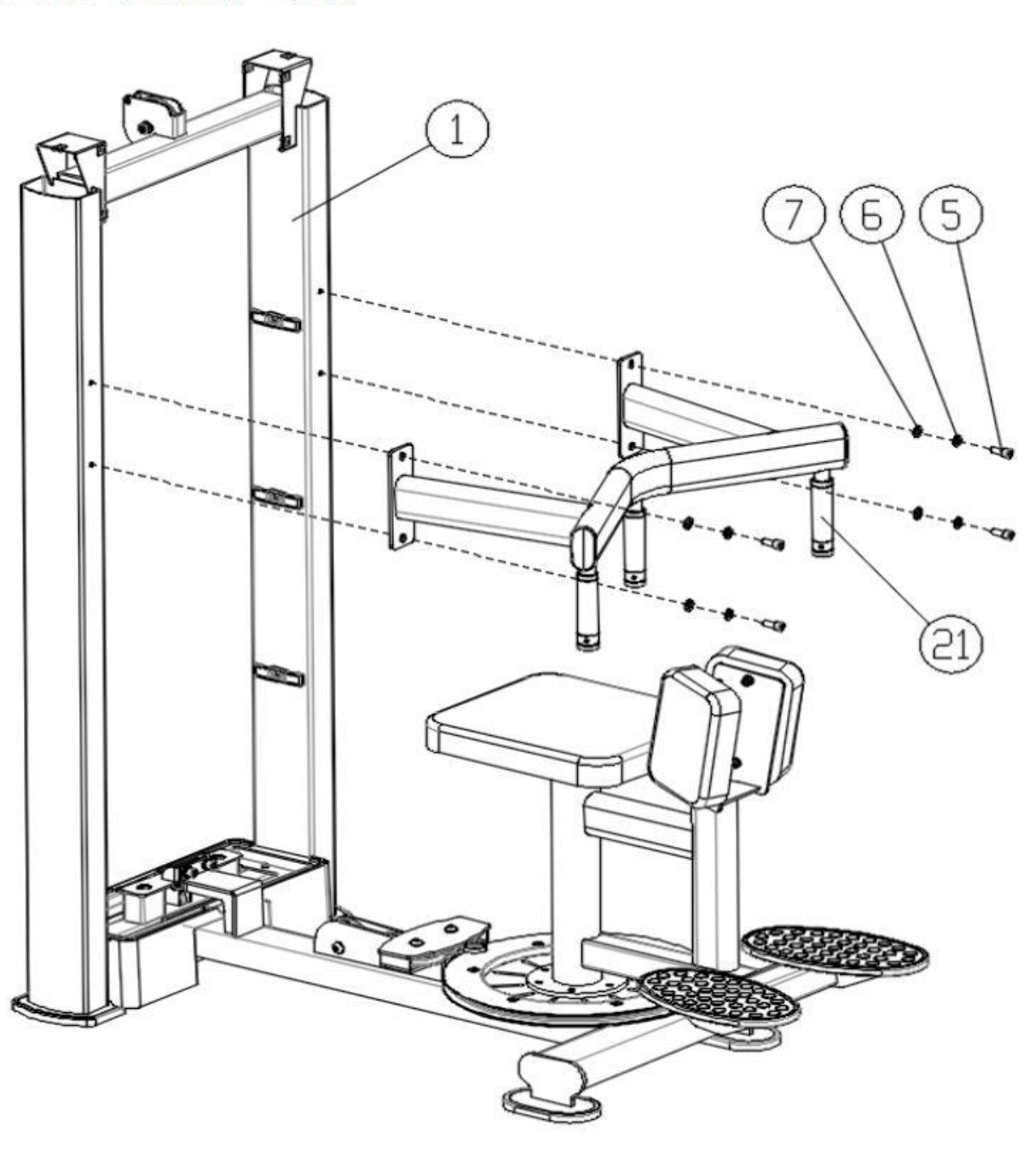
Installation

Step 9: Attach the cushion (#20) to the main frame of the lumbar rotation trainer (#11) using the following method:
- 4 x Hexagon socket cheese head screws (#17)
- 4 x Spring washers (#18)
- 4 x Flat washer (#19)



Installation

Step 10: Connect the waist rotation trainer armrests (#21) to the weight rack (#1) in the following way.
- 4 x Hexagon socket cheese head screws (#5)
- 4 x Spring washers (#6)
- 4 x Flat washer (#7)



Installation

Step 11: Slide the two counterweight rubber pads (#23) onto the two guide bars (#22).

Connect the two counterweight bases (#24) to the two guide bars (#22) and place them in the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#25)
- 2 x Spring washers (#18)
- 2 x Flat washer (#19)

Tighten the bolt with a wrench, then proceed to the next step

Step 12: Install the 14 counterweights (#26) onto the guide bar (#22) with the isolation tabs facing up.

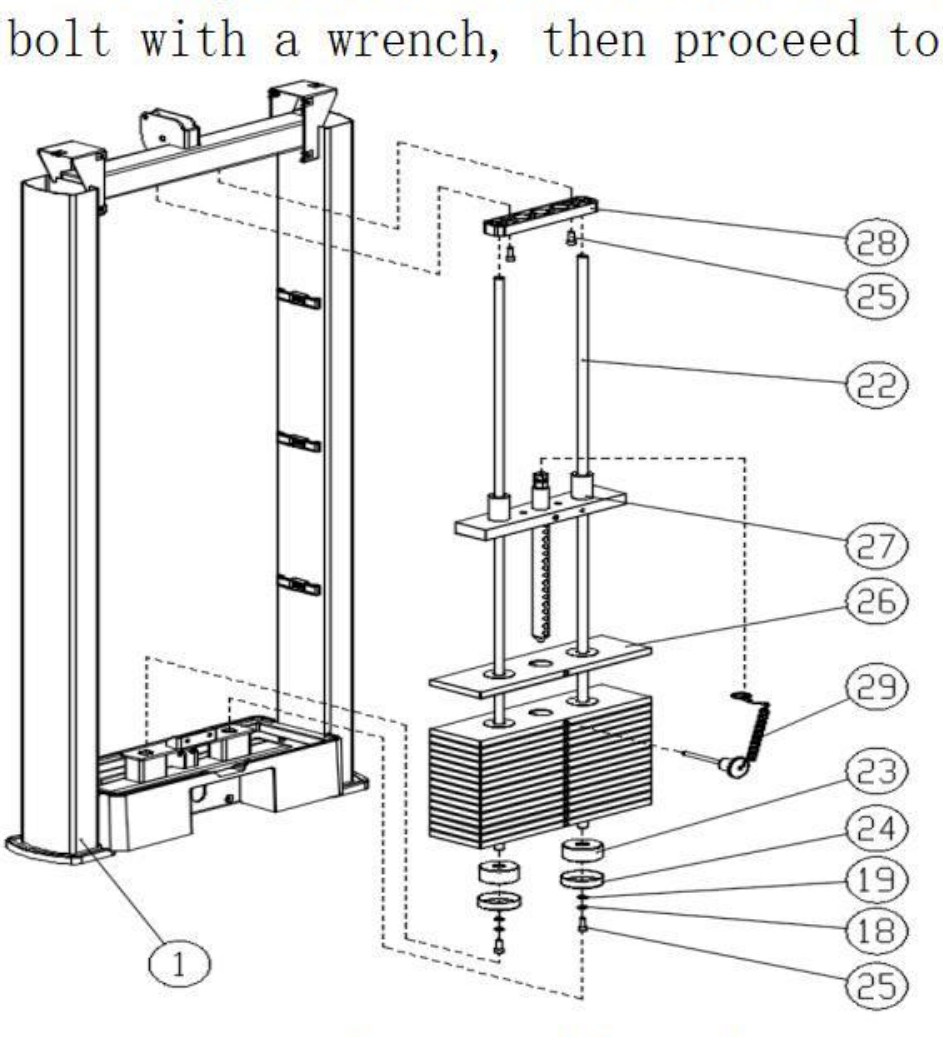
Install the guide block set (#27) to the guide bar (#22).

Insert the counterweight block pin (#29) into the counterweight block (#26).

Slide the guide bar fixing plate (#28) onto the guide bar (#22).

Attach the guide bar fixing plate (#28) to the counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#25)

Tighten the bolt with a wrench, then proceed to the next step

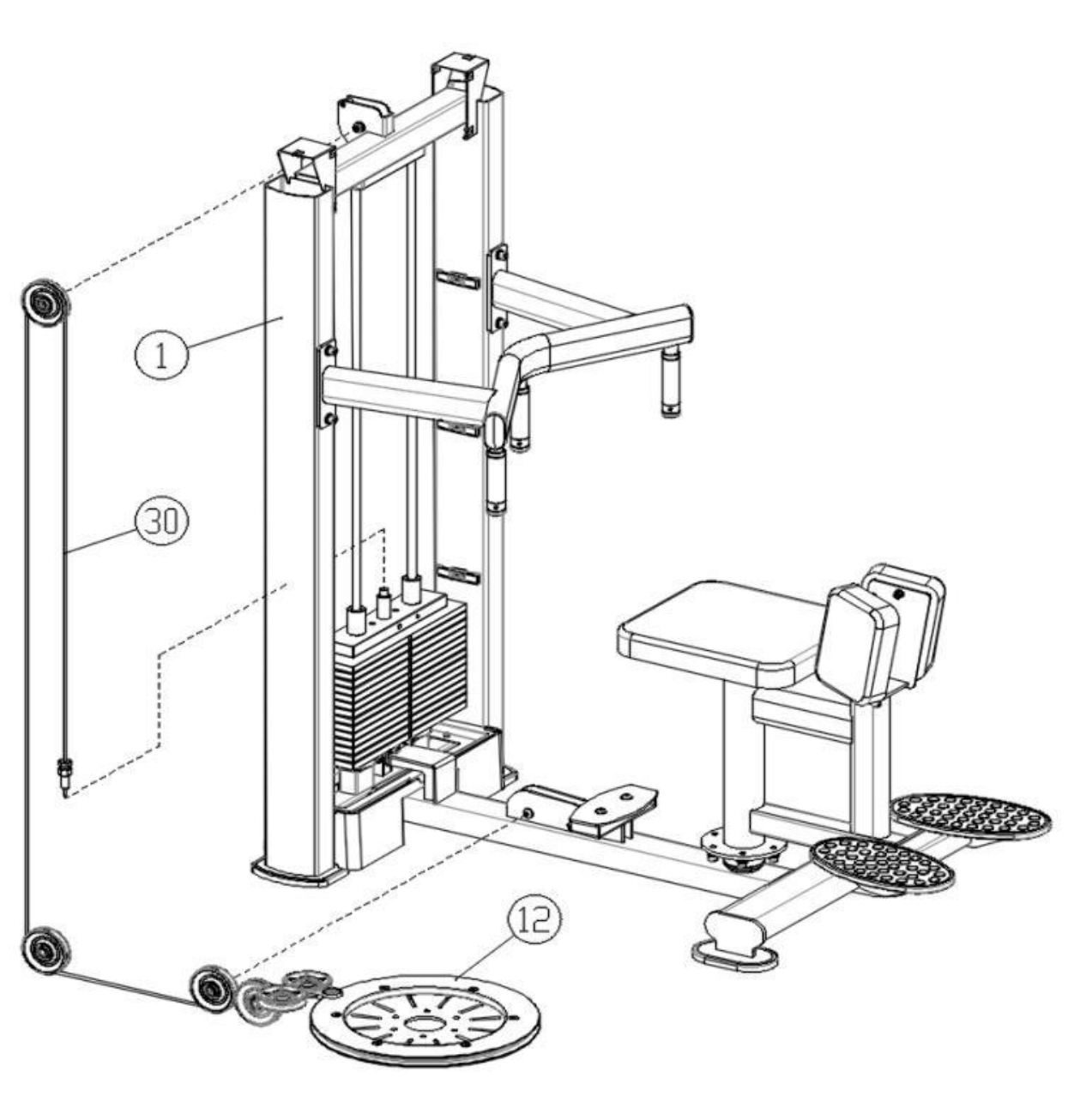


Installation

Step 13: Thread the wire rope (#30) as shown, the pre-assembled spool needs to be disassembled first and then reassembled

Note that these spools are installed synchronously with the wire rope (#30)

Step 14: Connect one end of the wire rope (#30) to the winding reel (#12), and the other end to the counterweight frame (#1)



Installation

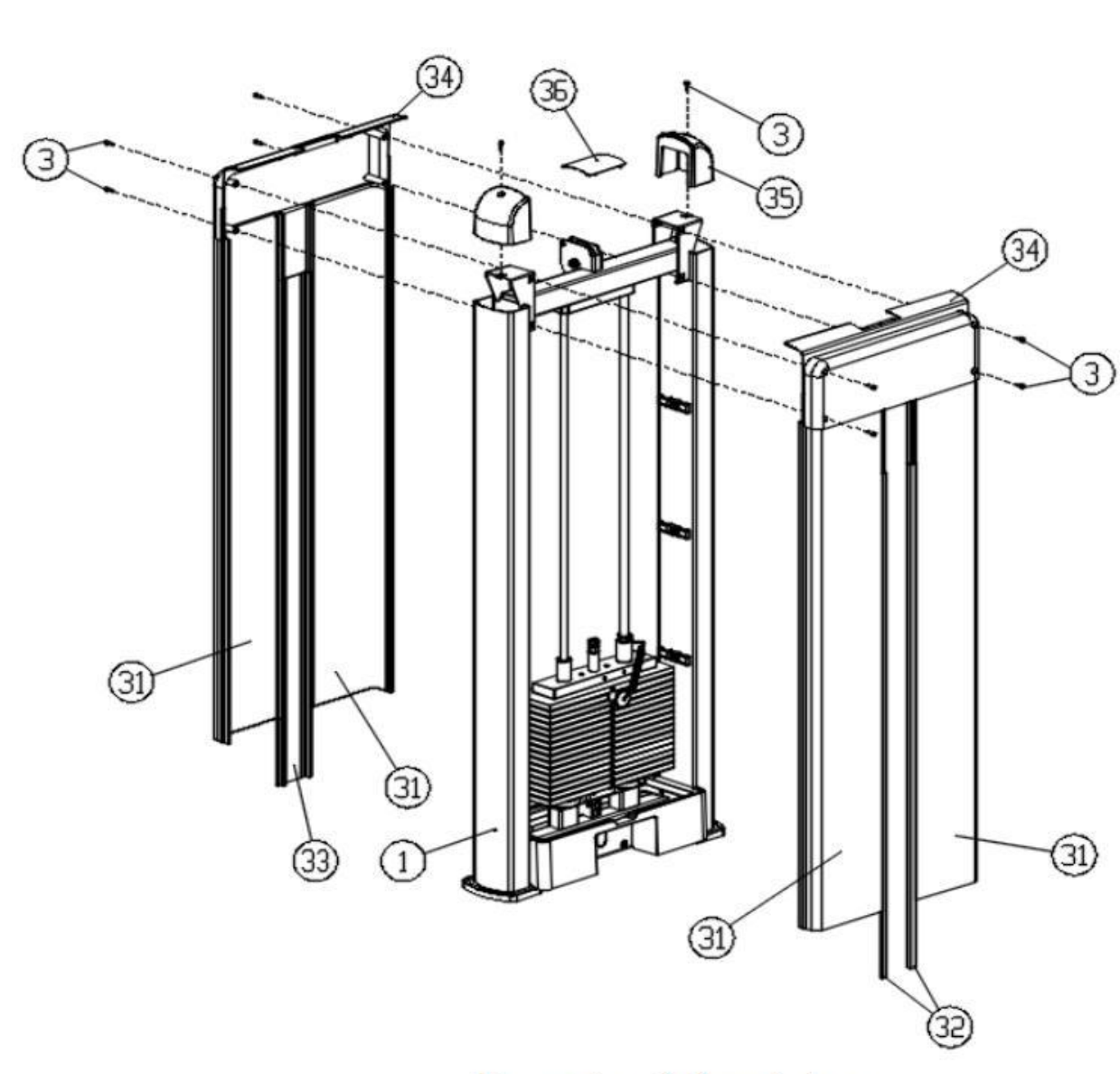
Step 15:Slide the two trim strips (#32) into the two baffles (#31) and attach to the counterweight frame (#1) using the baffle pressure plate.

Slide the trim plate (#33) into the two baffles (#31) and attach to the counterweight frame (#1) using the baffle pressure plate.

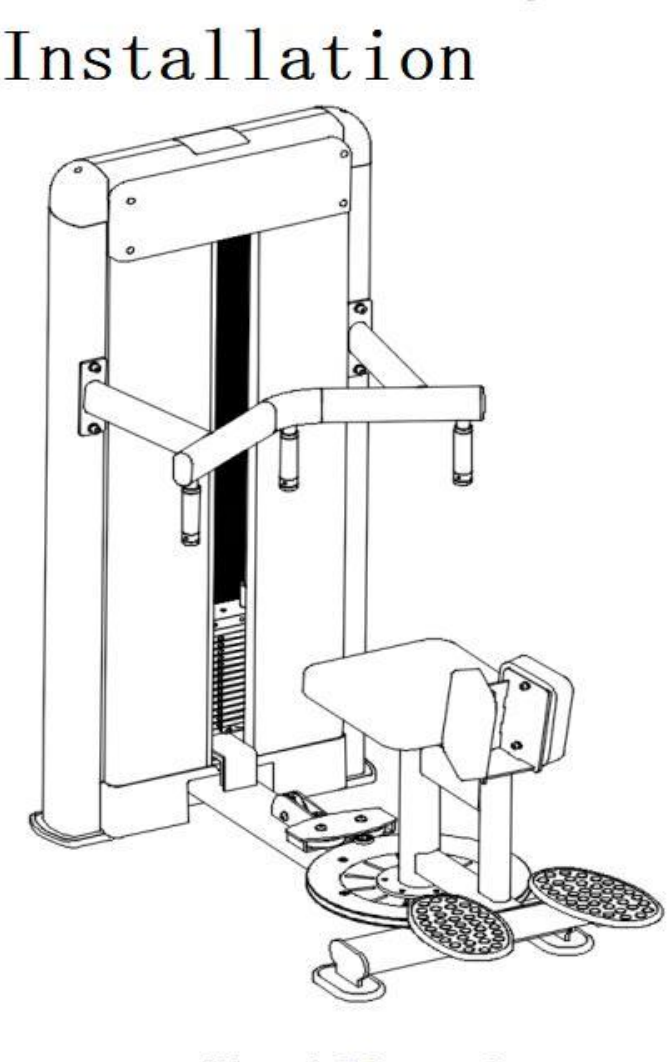
Attach the two upper shrouds (#34) to the counterweight frame (#1) using the following method.
- 8 x Hexagon socket cheese head screws (#3)

Step 16: Connect the two counterweight riser plugs (#35) to the counterweight frame (#1) using the following method:
- 2 x Hexagon socket cheese head screws (#3)

Step 17: Snap the upper shroud top cover (#36) to the upper shroud (#34)



Installation



Important Notification

Now that the Rotary Torso is assembled, you'll need to take a moment to make sure your unit is level and plumb. 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	Counterweight frame	1
2	Counterweight lower shield	1
3	Hexagon socket cheese head screws (M5*16)	12
4	Bottom frame of waist rotation trainer	1
5	Hexagon socket cheese head screws (M10*25)	11
6	Spring washers (10)	19
7	Flat washer (10)	18
8	Hexagon socket cheese head screws (M10*20)	8
9	Counterweight frame foot pads	2
10	Flat oval foot pad	2
11	Waist rotation trainer main frame	1
12	Waist rotation trainer winding disc	1
13	Waist rotation trainer foot stirrup frame	1
14	Elliptical pedal pad	2
15	Large Washer	1
16	Leg pads	2
17	Hexagon socket cheese head screws (M8*25)	8
18	Spring washers (8)	10
19	Flat washers (8)	10
20	Seat cushion	1
21	Waist rotation trainer armrest frame	1

Accessories List

No.	Name & Specification	Qty
22	Universal counterweight guide bar	2
23	Counterweight Rubber Pad	2
24	Counterweight base	2
25	Hexagon socket cheese head screws (M8*20)	4
26	Counterweight block	14
27	Guide block set	1
28	Guide bar fixing plate	1
29	Counterweight block pins	1
30	Steel wire rope	1
31	Stopper plate	4
32	Weight source decorative strip	2
33	Counterweight source decorative plate	1
34	Counterweight upper shield	2
35	Counterweight riser plug cover	2
36	Upper shroud top cover	1

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