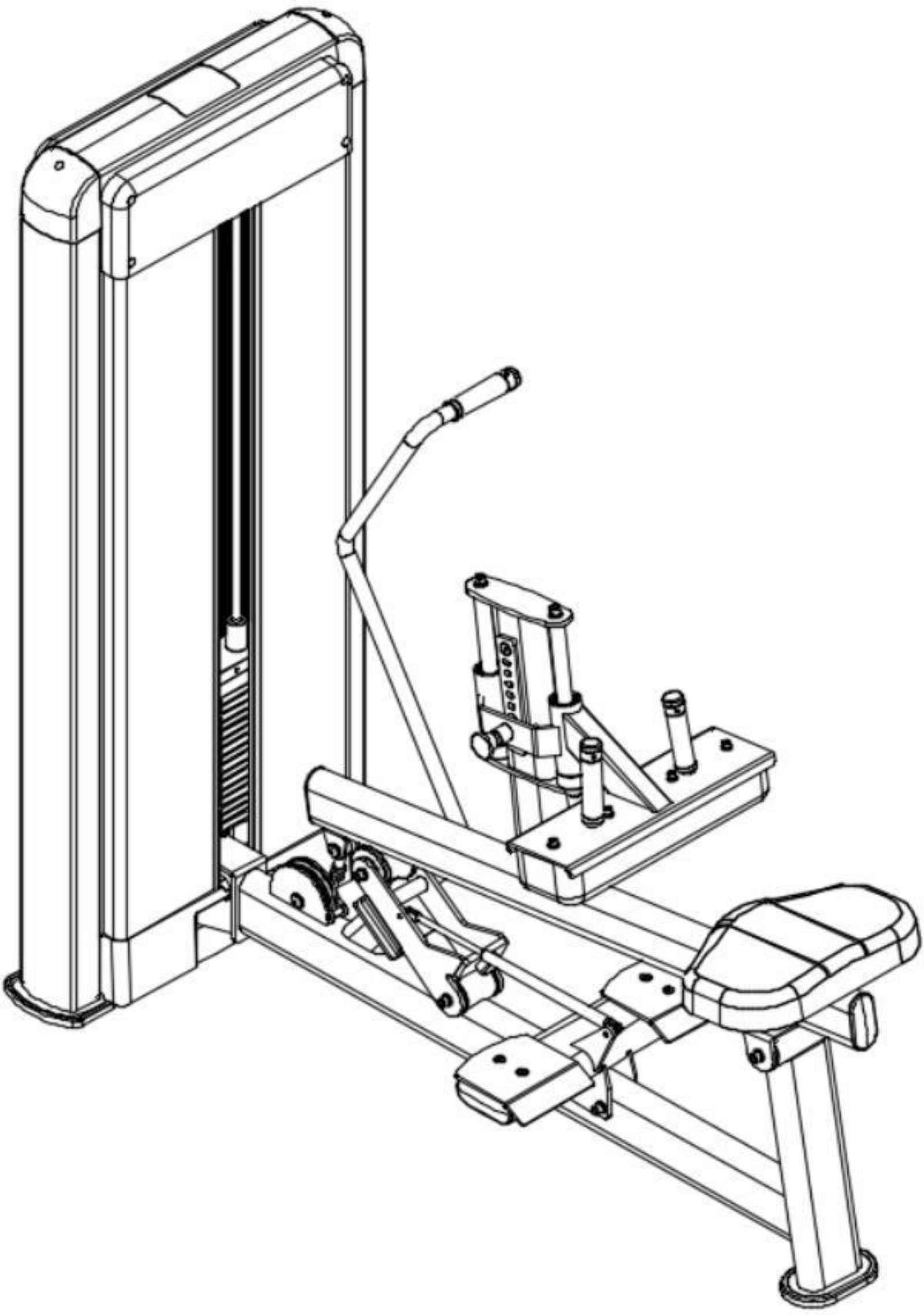
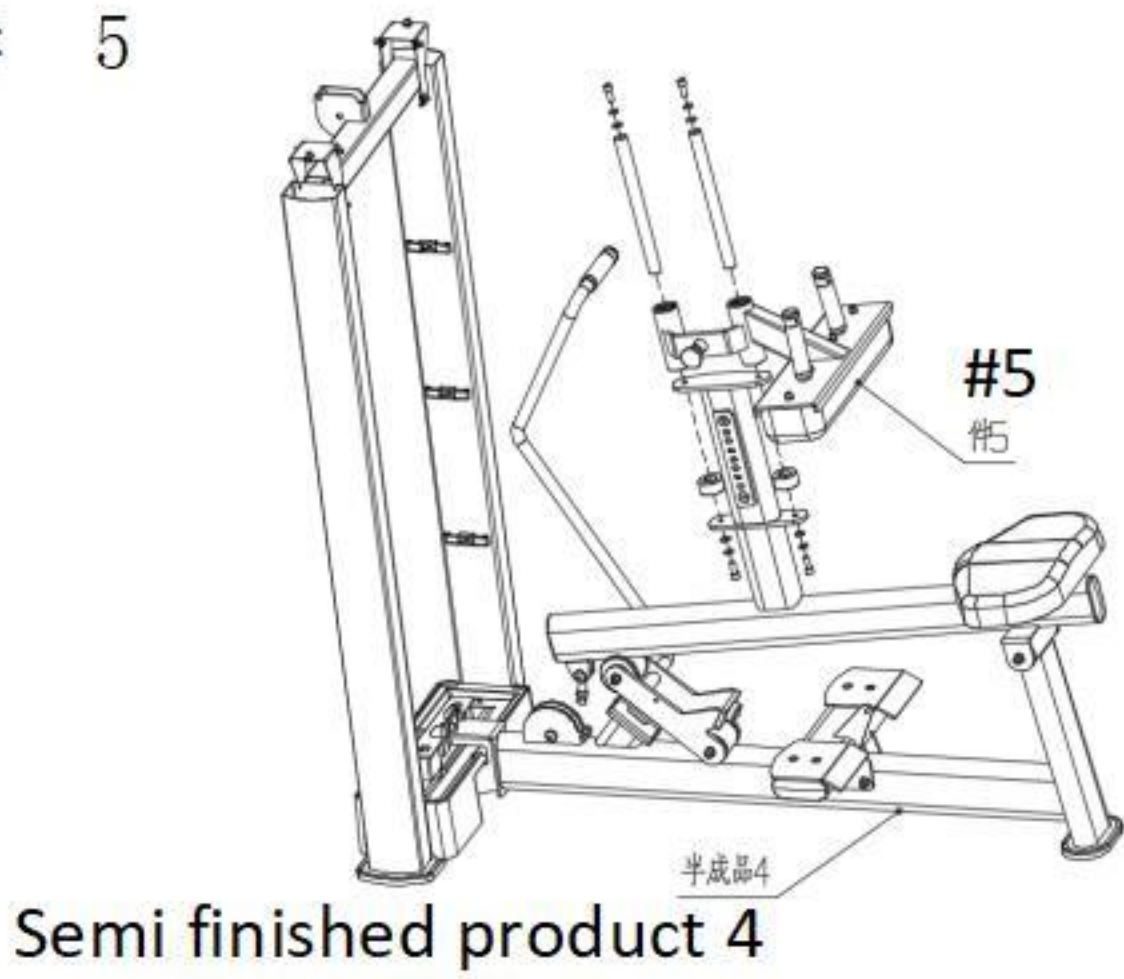
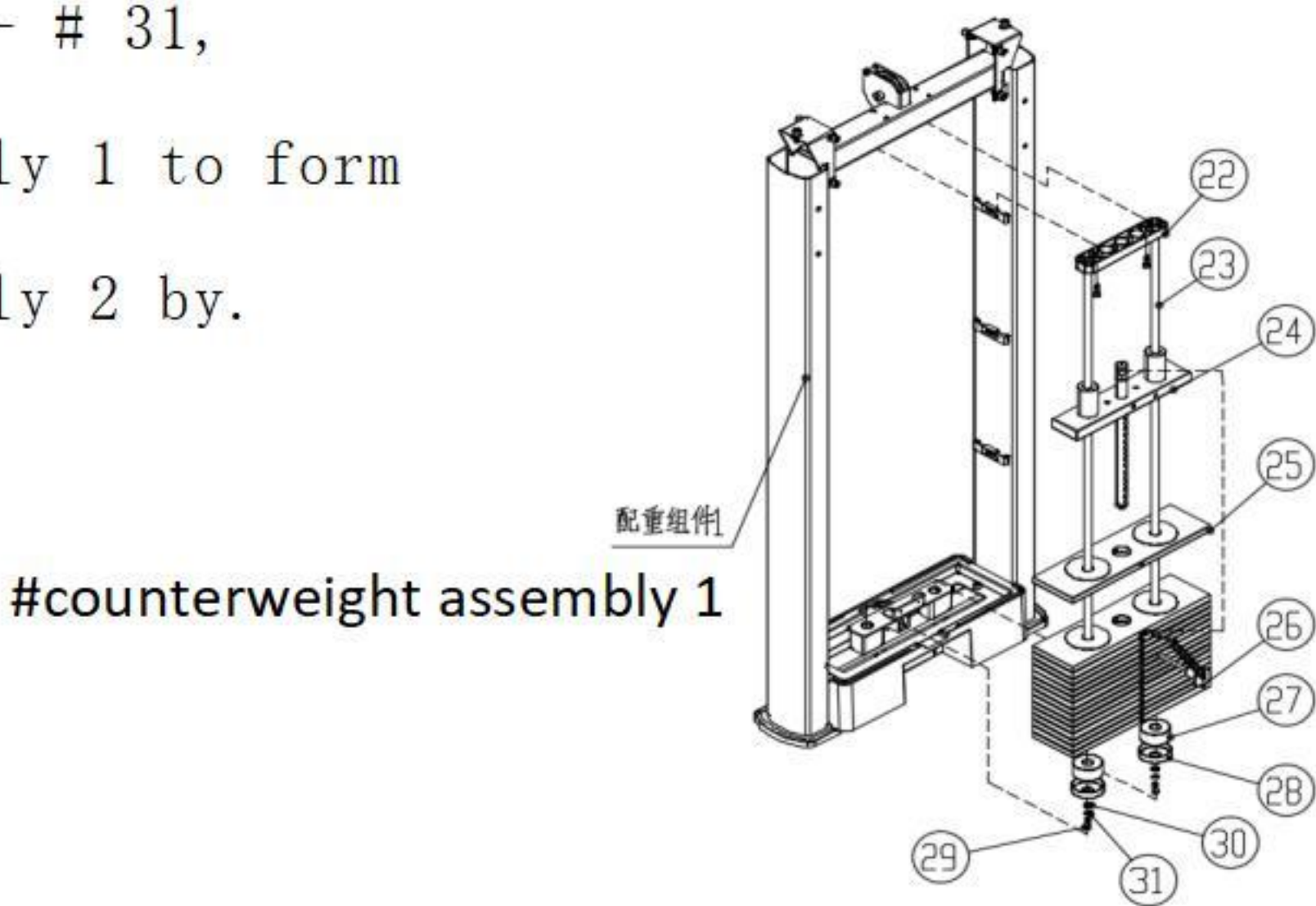
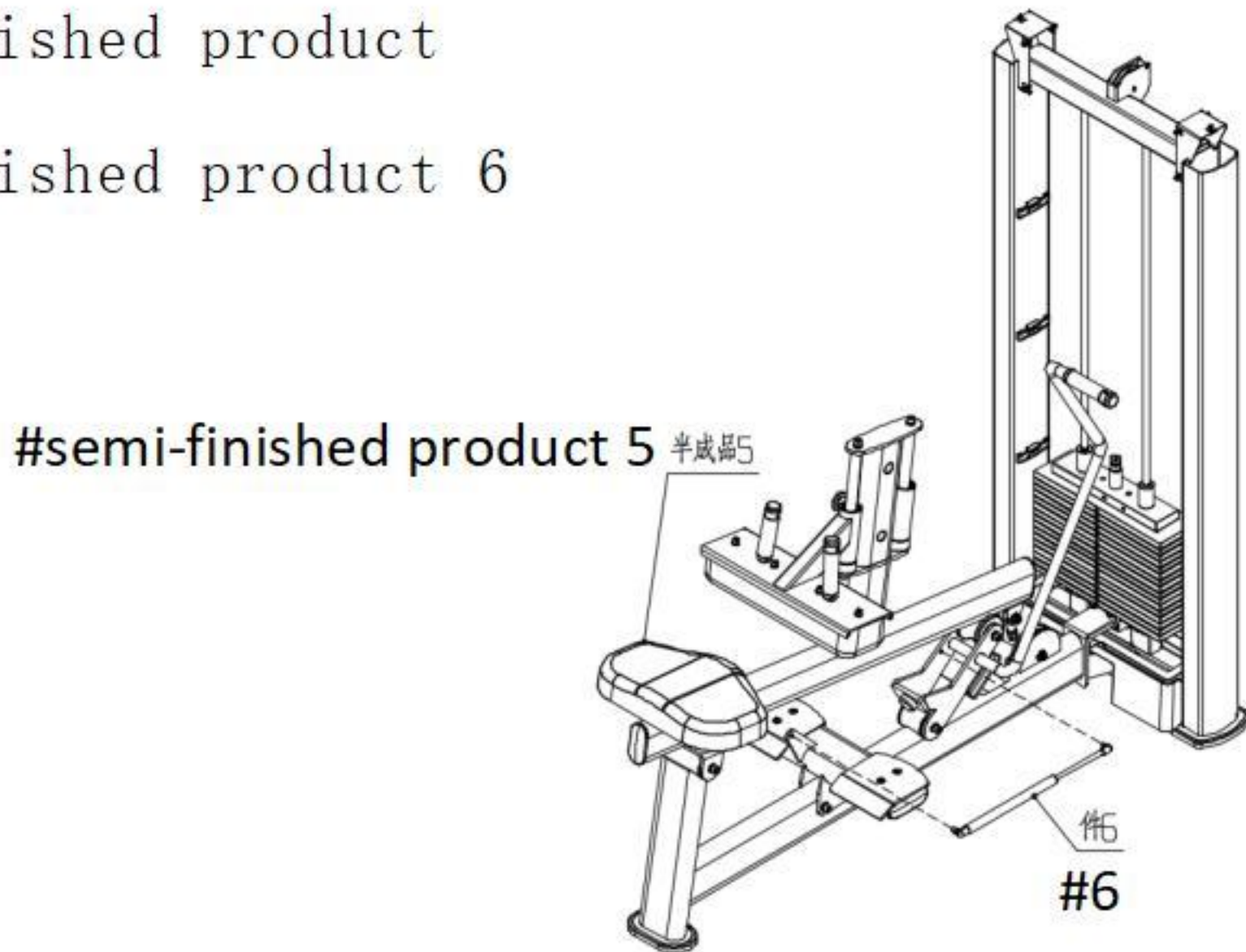
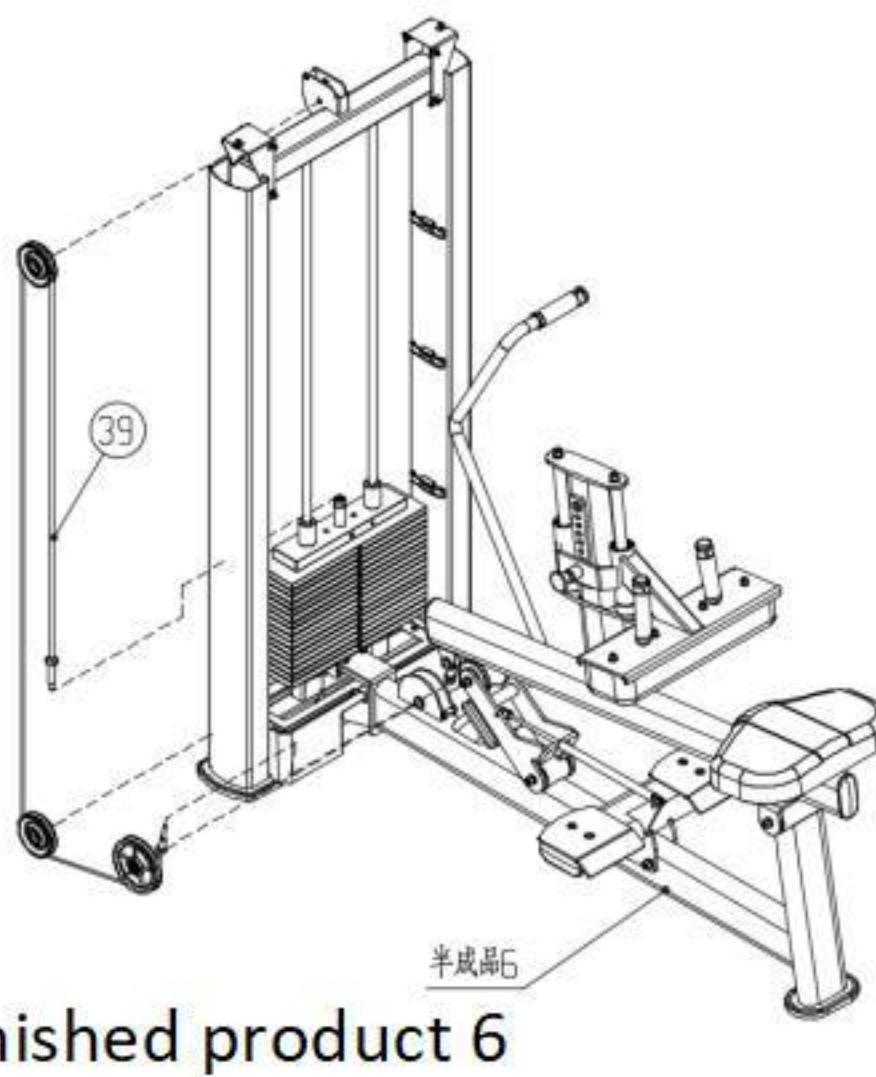


61A30 Installation Guide	
Seated Calf	
	
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Installation	
Step 6:Join # semi-finished 4, # 5	
with # semi-finished 5 by.	
	
Step 7:Connect # 22 - # 31,	
counterweight assembly 1 to form	
counterweight assembly 2 by.	
	
Step 8:Join # semi-finished product	
5, # 6 with # semi-finished product 6	
by.	
	
Step 9:Join # semi-finished 6, # 39	
with.	
	
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Brief							
Please take the time to read these instructions							
carefully before installation. Please refer to the list							
in the manual to confirm the completeness and quantity							
of all parts (if any parts are missing or damaged in							
transit, please call our company immediately for after-							
sales instructions) When installing the equipment,							
please follow the instructions for proper installation.							
This equipment is designed to provide the most							
fluid and effective exercise training. After							
installation, you need to understand all the functions							
in order to use correctly, the use of the process found							
in the problem should immediately stop using to avoid							
physical injury and equipment damage. And timely							
reference to the relevant instructions to inquire about							
the cause, if you can not solve please call the company							
after-sales. After carefully reading all the							
instructions, please continue							
<table><tr><td rowspan="5">Tools</td><td>Rubber Rod</td></tr><tr><td>Level Ruler</td></tr><tr><td>Hexagonal wrench</td></tr><tr><td>Spring Clamp</td></tr><tr><td>Adjustable wrench</td></tr></table>		Tools	Rubber Rod	Level Ruler	Hexagonal wrench	Spring Clamp	Adjustable wrench
Tools	Rubber Rod						
	Level Ruler						
	Hexagonal wrench						
	Spring Clamp						
	Adjustable wrench						
Note: When assembling, it is recommended that two or							
more people operate							
-2-							

Installation

Step 10: Connect the # counterweight assembly 2, # 32 - # 37 using the following method;




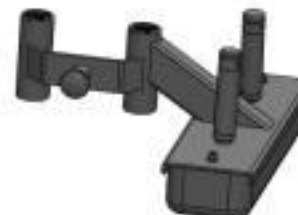


- 10xHexagon socket cheese head screws M5*20 (#38)

counterweight assembly 2

Important Tips

Now that the Seated calf is assembled, you need to take some time to make sure your unit is horizontal and vertical.

Accessory List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	4	#4		1
2	#2		1	5	#5		1
3	#3		1	6	#6		1

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Installation

Step 1:Join #1, # 20, and # 21 to form # semi-finished product 1 using the following method:

- 4 x Hexagon socket cheese head screws M10*25 (#51)
- 6 x spring washer M10 (#53)
- 6 x flat washer M10-D20 (#54)
- 2 x Hexagon socket cheese head screws M10*20 (#52)

Step 2: Attach 2 Counterweight Rack Feet (#49) to Counterweight Rack (#1)
Install 1 flat elliptical foot pad (#50) to # semi-finished product 1

Step 3:Connect the # semi-finished 1, # 2 to form the # semi-finished 2 using the following method:

- 4 x Hexagon socket cheese head screws M10*25 (#51)
- 4 x spring washer M10 (#53)
- 4 x flat washer M10-D20 (#54)

Step 4:Join # semi-finished 2, # 3 with # semi-finished 3 by.

Step 5:Join # semi-finished 3, # 4 with # semi-finished product 4 by.

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Accessories List

NO.	Name	QTY	NO.	Name	QTY
20	counterweight	1	33	decorative strip	2
21	counterweight underguard	1	34	decorative plate	1
22	Guide bar mounting plate	1	35	upper shroud	2
23	guide bar	2	36	Counterweight riser plug cover	2
24	Guide block set	1	37	Upper shroud plug cover	1
25	counterweights	18	38	Hexagon socket cheese head screws M5*20	10
26	Counterweight block pins	1	39	wire rope	1
27	Counterweight rubber pads	2	49	counterweight footrest	2
28	counterweight base	2	50	Flat ellipse footmats	1
29	Hexagon socket cheese head screws M8*20	4	51	Hexagon socket cheese head screws M10*25	8
30	spring washer M8	2	52	Hexagon socket cheese head screws M10*20	2
31	flat washer M8	2	53	spring washer M10	10
32	bar	4	54	flat washer M10-D20	10

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

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