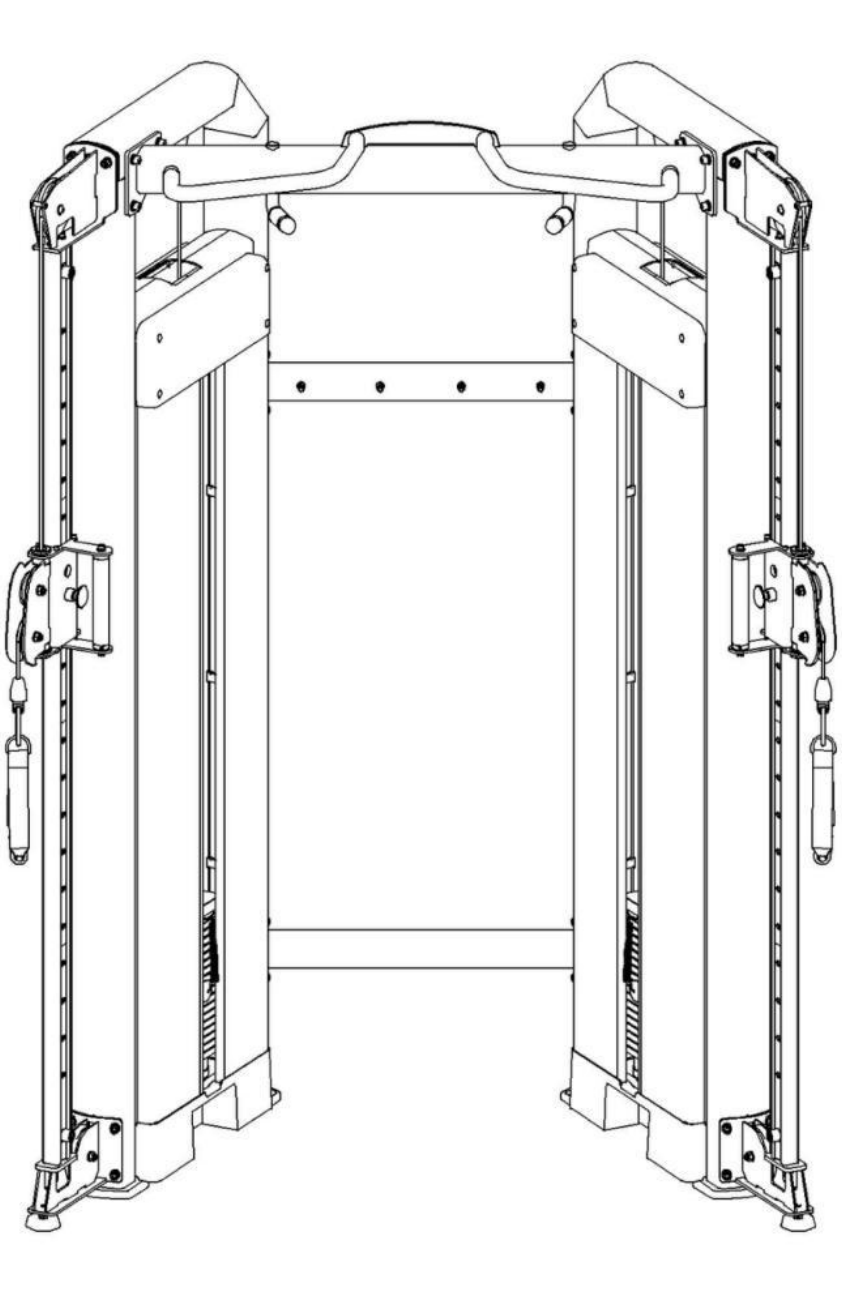
61A32B Installation Guide

Fuctional Trainer



Catalog

Introduction ………………………… 2
Assembling ………………………… 3
Accessory List ………………………… 11
Exploded View ………………………… 15

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 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.

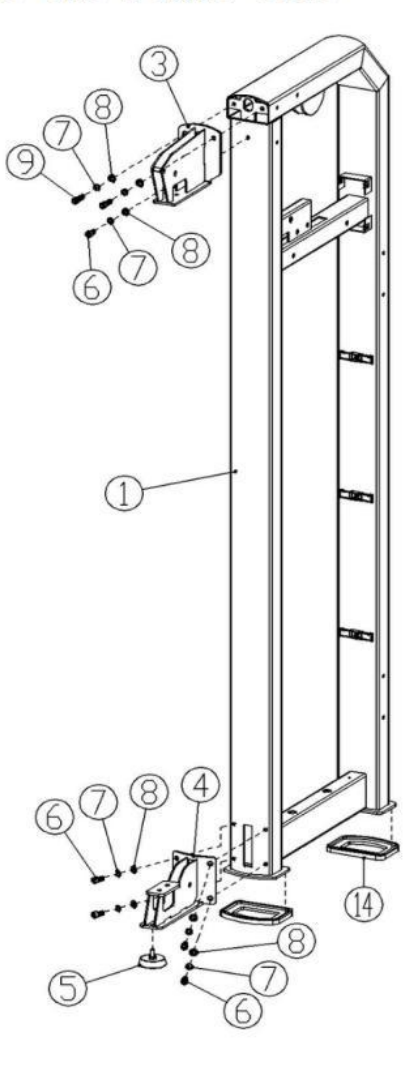
Tools

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

Assembling

Step 1: Connect the upper wire wheel bracket (#3) and lower wire wheel bracket (#4) to the left counterweight frame (#1) using the following method.
- 5 x Hexagon socket cheese head screws (#6)
- 7 x Spring washers (#7)
- 2 x Hexagon socket cheese head screws (#9)
- 7 x pring washers (#8)

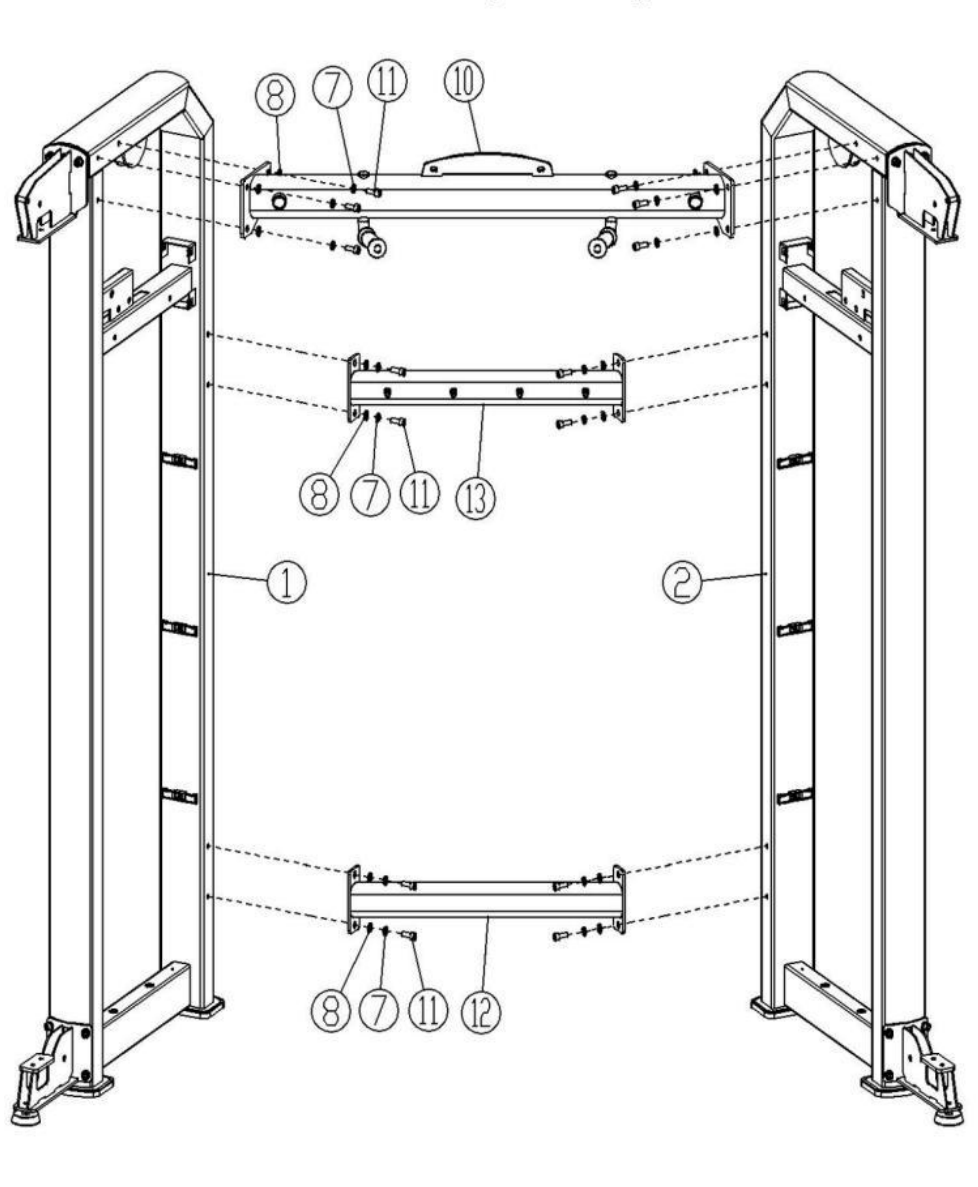
Tighten the bolt with a wrench, then proceed to the next step
Step 2: Install the two counterweight frame feet (#14) to the left counterweight frame (#1)
Install the adjusting feet (#5) to the lower wire wheel bracket (#4)
Repeat these steps to complete the right side



Assembling

Step 3: Connect connecting frame 1 (#12), connecting frame 2 (#13), top crossbeam #10) with left counterweight frame (#1) and right counterweight frame (#2) by the following method.
- 14 x Hexagon socket cheese head screws (#11)
- 14 x Spring washers (#7)
- 14 x Flat washers (#8)

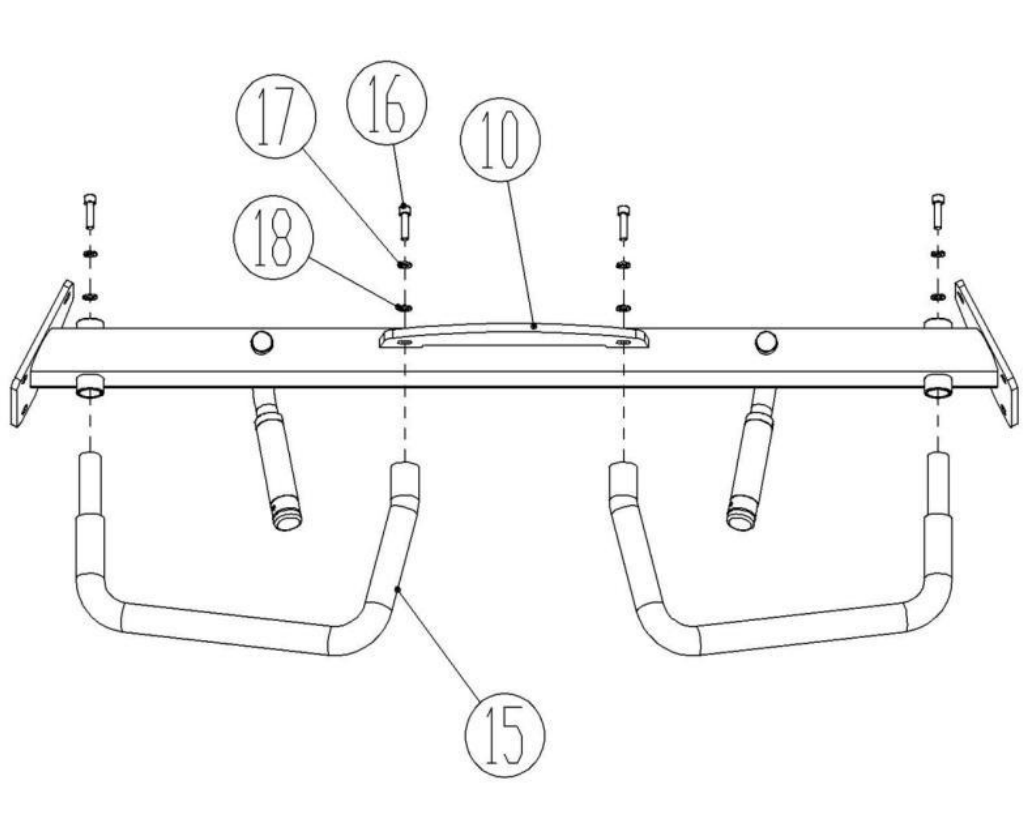
Tighten the bolt with a wrench, then proceed to the next step



Assembling

Step 4: Connect the two crossbar handles (#15) to the top crossbar (#10) using the following method.
- 4 x Hexagon socket cheese head screws (#16)
- 4 x Spring washers (#17)
- 4 x Flat washers (#18)

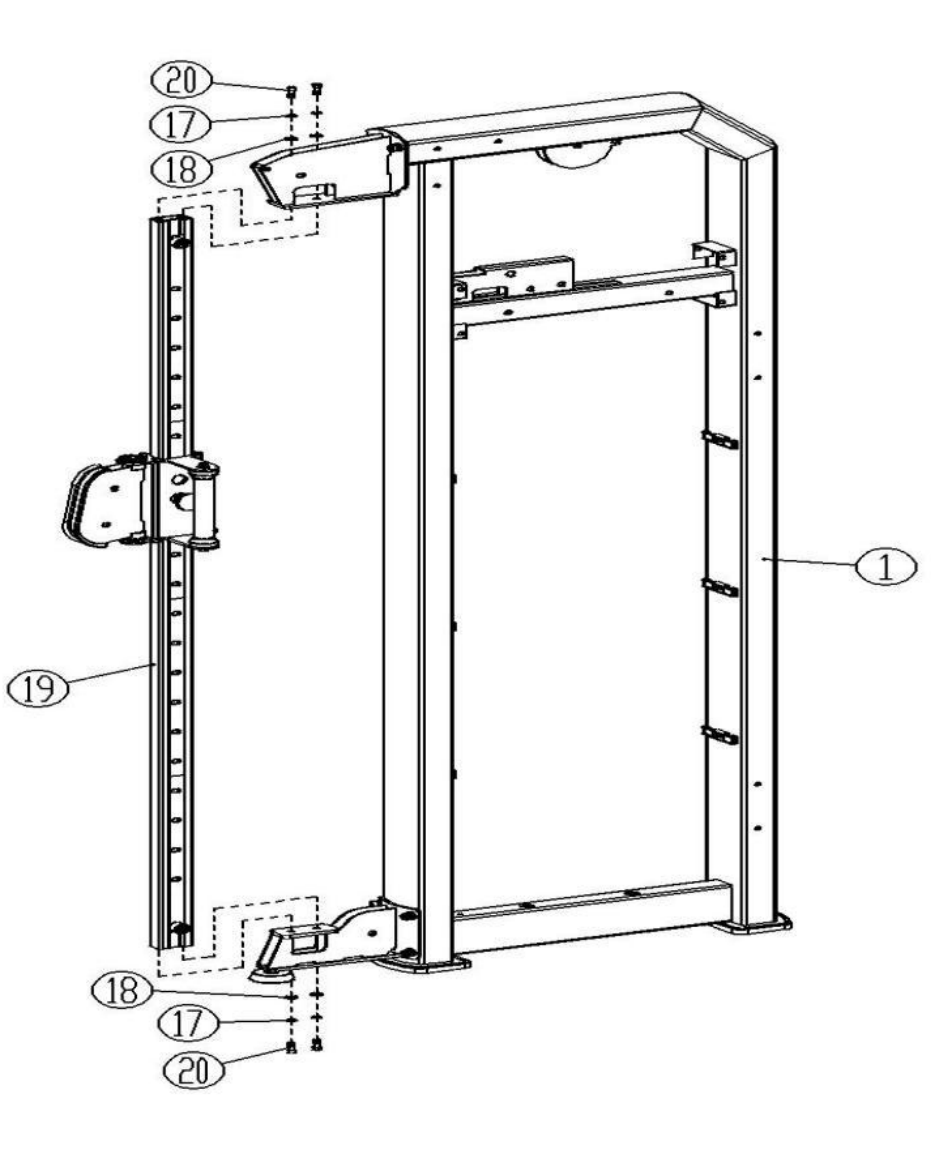
Tighten the bolt with a wrench before proceeding to the next step.



Assembling

Step 5: Connect the left slide set (#19) to the left counterweight frame (#1) using the following method.
- 4 x Hexagon socket cheese head screws (#20)
- 4 x Spring washers (#17)
- 4 x Flat washers (#18)

Tighten the bolt with a wrench, then proceed to the next step
Repeat this step to complete the right side

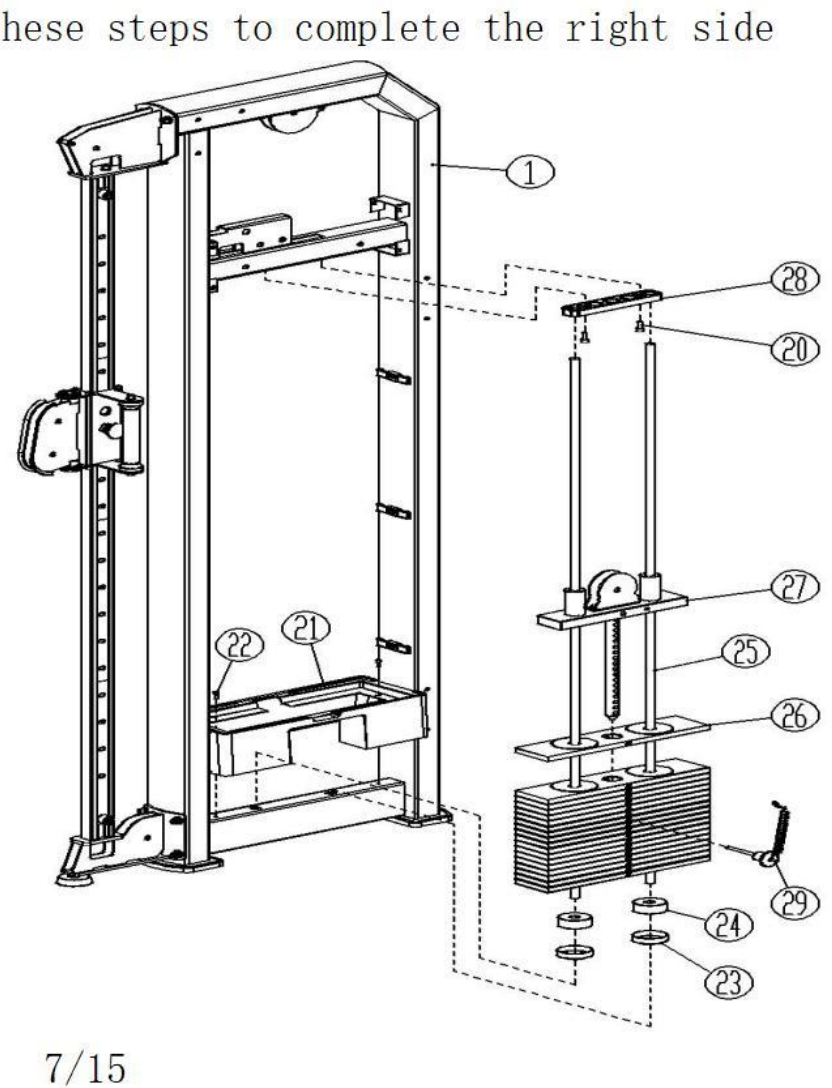


Assembling

Step 6: Connect the lower counterweight shield (#21) to the left counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#22)

Step 7: Slide the two counterweight frame bases (#23) and the two counterweight block rubber pads (#24) onto the guide bar (#25) and place them into the left counterweight frame (#1).
Slide the 14 counterweights (#26) onto the guide bar (#25) with the isolation tabs facing up.
Slide the guide block set (#27) onto the guide bar (#25).
Connect the counterweight block pins (#29) to the guide block set (#27).
Slide the guide bar retainer plate (#28) onto the guide bar (#25).
Attach the guide bar fixing plate (#28) to the left counterweight frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#20)

Repeat these steps to complete the right side



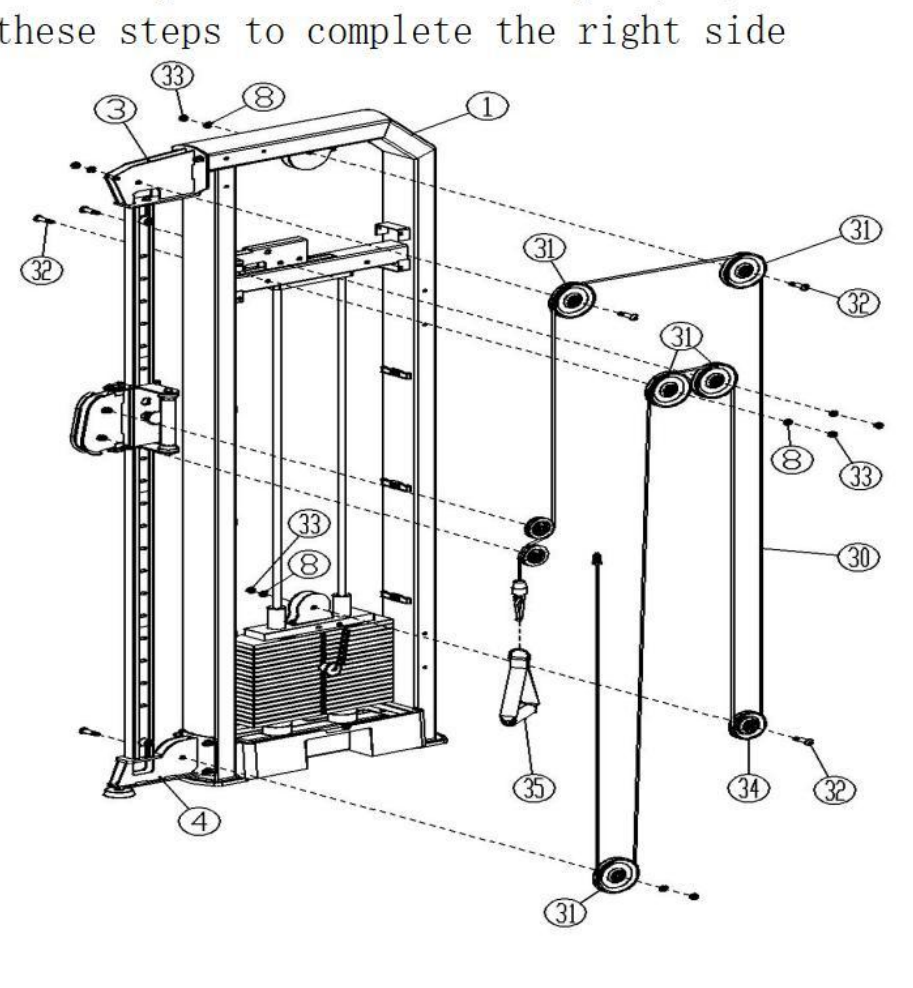
Assembling

Step 8: Connect the two 120 wire wheels (#31) to the upper wire wheel bracket (#3) and the left counterweight frame (#1) using the following method.
- 2 x Wire spool (#32)
- 2 x Hexagonal self-locking nuts (#33)
- 2 x Flat washers (#8)

Step 9: Attach the 95 spool (#34) to the 95 spool box (#76) using the following method.
- 1 x Wire spool (#32)
- 1 x Hexagonal self-locking nuts (#33)
- 1 x Flat washers (#8)

Step 10: Connect the three 120 wire wheels (#31) to the left counterweight frame (#1) and the lower wire wheel bracket (#4) using the following method.
- 3 x Wire spool (#32)
- 3 x Hexagonal self-locking nuts (#33)
- 3 x Flat washers (#8)

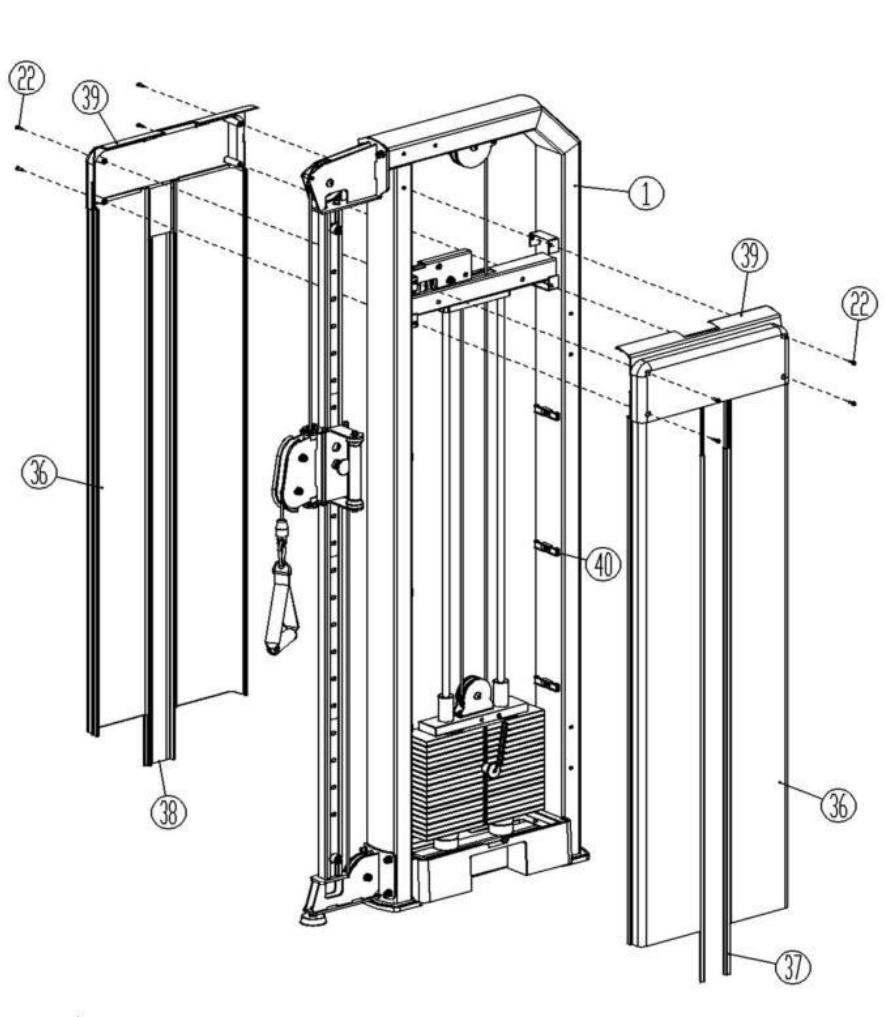
These sheaves are installed synchronously with the wire rope (#30) by connecting the threaded end of the wire rope (#30) to the left slide frame (#55).
Connect the snap end of the wire rope (#30) to the flyer handle (#35).
Repeat these steps to complete the right side



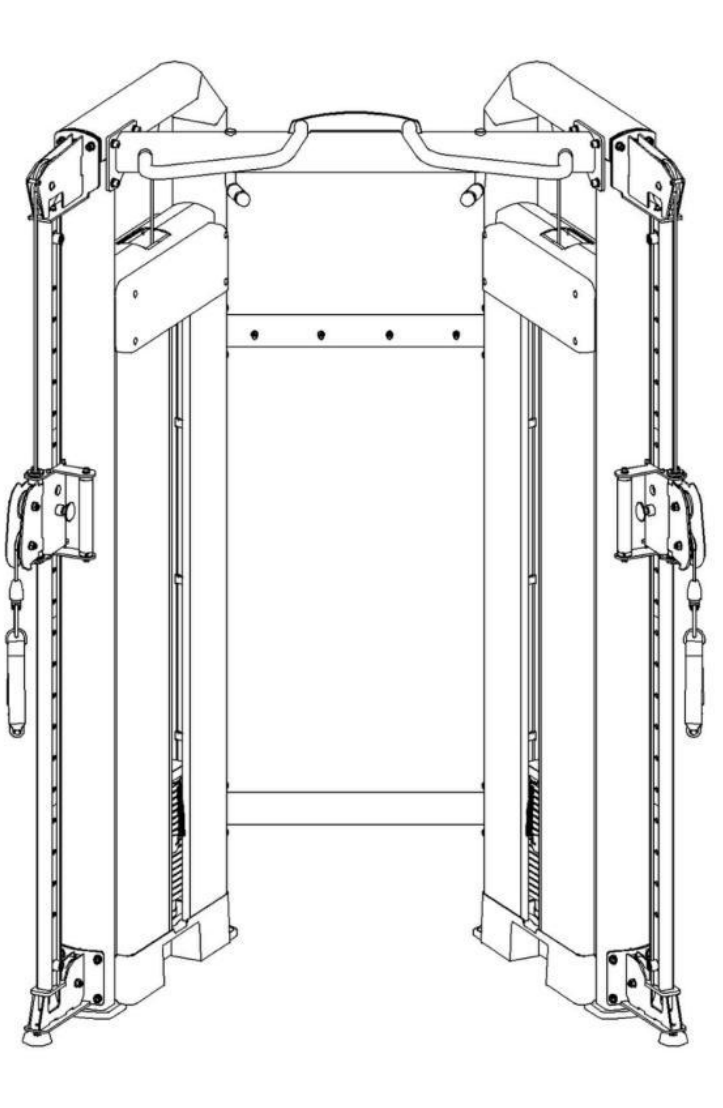
Assembling

Step 11:Slide the two trim strips (#37) into the two baffles (#36) and attach to the left counterweight frame (#1) using the baffle pressure plate #40).
Slide the trim plate (#38) into the two baffles (#36) and use the baffle pressure plate (#40) to attach to the left counterweight frame (#1).
Attach the two upper shrouds (#39) to the left counterweight frame (#1) using the following method.
- 8 x Hexagon socket cheese head screws (#22)

Repeat this step to complete the right side



Assembling



Important Tips

Now that the functional trainer is assembled, you need to take some time to make sure your unit is level and vertical. Use a level to check if 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	Left counterweight frame	1
2	Right counterweight frame	1
3	Upper wire wheel bracket	2
4	Lower wire wheel bracket	2
5	Adjustable feet	2
6	Hexagon socket cheese head screws (M10*20)	16
7	Spring washers (10)	34
8	Flat washers (10)	50
9	Hexagon socket cheese head screws (M10*35)	4
10	Top beam	1
11	Hexagon socket cheese head screws (M10*25)	14
12	Connection frame 1	1
13	Connecting frame 2	1
14	Counterweight feet	4
15	Crossbar handle	2
16	Hexagon socket cheese head screws (M8*30)	4
17	Spring washers (8)	16
18	Flat washers (8)	16
19	Left slide set	1
20	Hexagon socket cheese head screws (M8*20)	16
21	Counterweight lower shroud	2

Accessory List

NO	Name and specification	Quantity
22	Hexagon socket cheese head screws (M5*15)	32
23	Counterweight stand base	4
24	Counterweight rubber pad	4
25	Guide Rod	4
26	Counterweight block	28
27	Guide block set	2
28	Guide bar fixing plate	2
29	Counterweight latch	2
30	Cablw	2
31	120 wire wheels	10
32	Wire spool-32	16
33	Hexagonal self-locking nuts (M10)	16
34	95 Wire Wheel	2
35	Flying Bird Handle	2
36	Baffle	8
37	Decorative strips	4
38	Decorative panels	2
39	Upper shroud	4
40	Baffle pressure plate	12
41	Counterweight block isolation piece	56
42	Fast wire clips (M5)	16

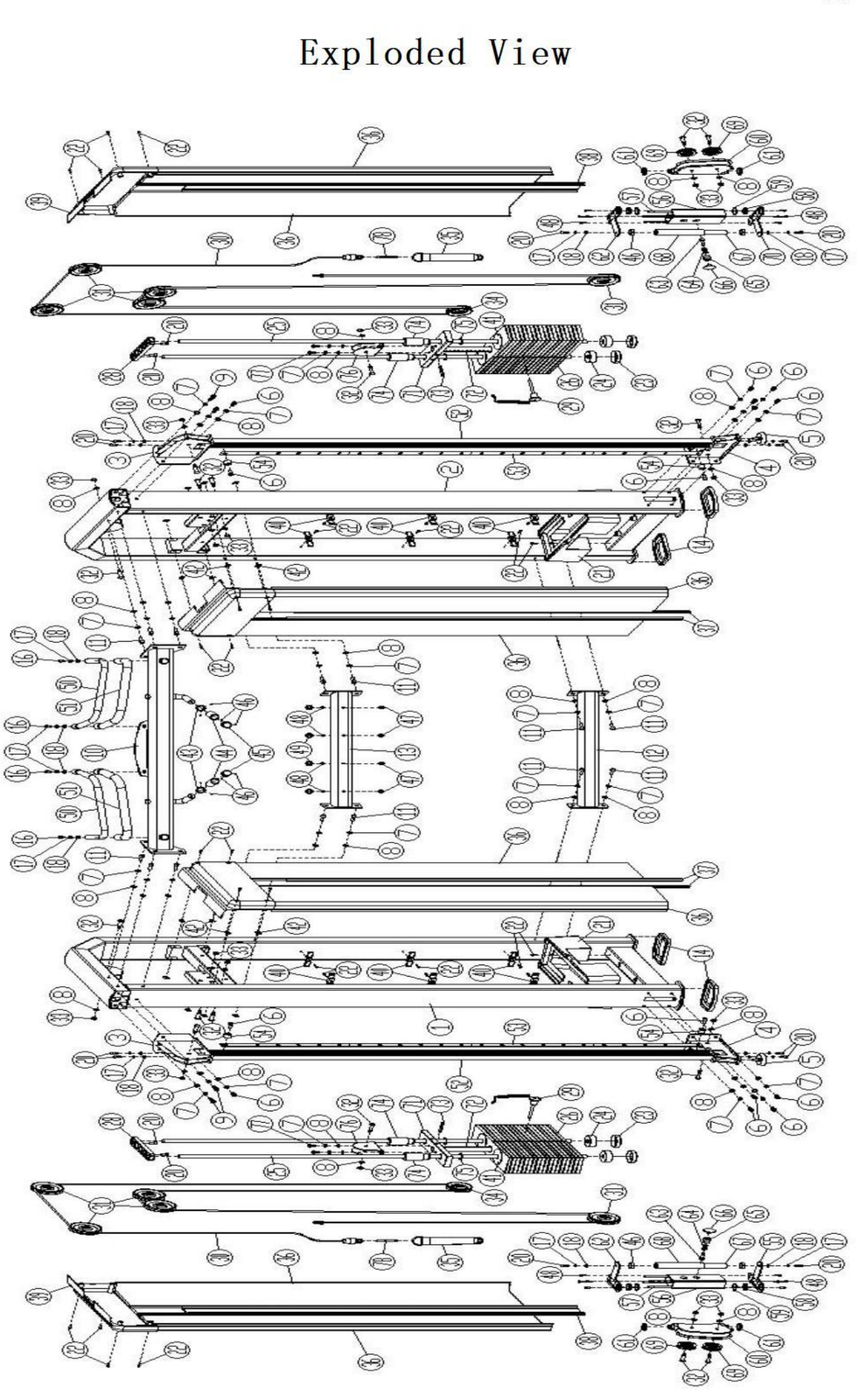
Accessory List

NO	Name and specification	Quantity
43	Handlebar limit ring	6
44	Universal grip-100	2
45	Handlebar end caps	2
46	Tapered head top wire (M5*4)	8
47	Hook shaft rod	4
48	Hexagon socket cheese head screws (M6*16)	20
49	20-hole plug	4
50	Crossbar handrail tube	2
51	Crossbar Handrail Cover	2
52	slide bar	2
53	Slideway rod adjustment plate	2
54	Universal stop sleeve	4
55	Left slide frame	1
56	Sliding Sleeve	2
57	Slider	8
58	Deep groove ball bearings (61805)	4
59	External Card (Φ37)	4
60	Slide wire wheel box	2
61	Wire wheel box fixing nut	4
62	Sliding sleeve fixing plate	2
63	Sliding bush draw pin	2

Accessory List

NO	Name and specification	Quantity
64	Pull pin spring	2
65	Sliding sleeve pin pulling sleeve	2
66	Handle	2
67	Sliding sleeve handle tube	2
68	Sliding Grip Gloves	2
69	95 Wire Wheel	4
70	Right slide frame	1
71	Guide blocks	2
72	Center rod 18 holes	2
73	Guide block flexible cylindrical pin	2
74	Universal guide bush	4
75	External Card (Φ30)	4
76	95 Wire Wheel Box	2
77	Hexagon socket flat round head screws (M10*20)	4
78	Clip	2

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

Exploded View