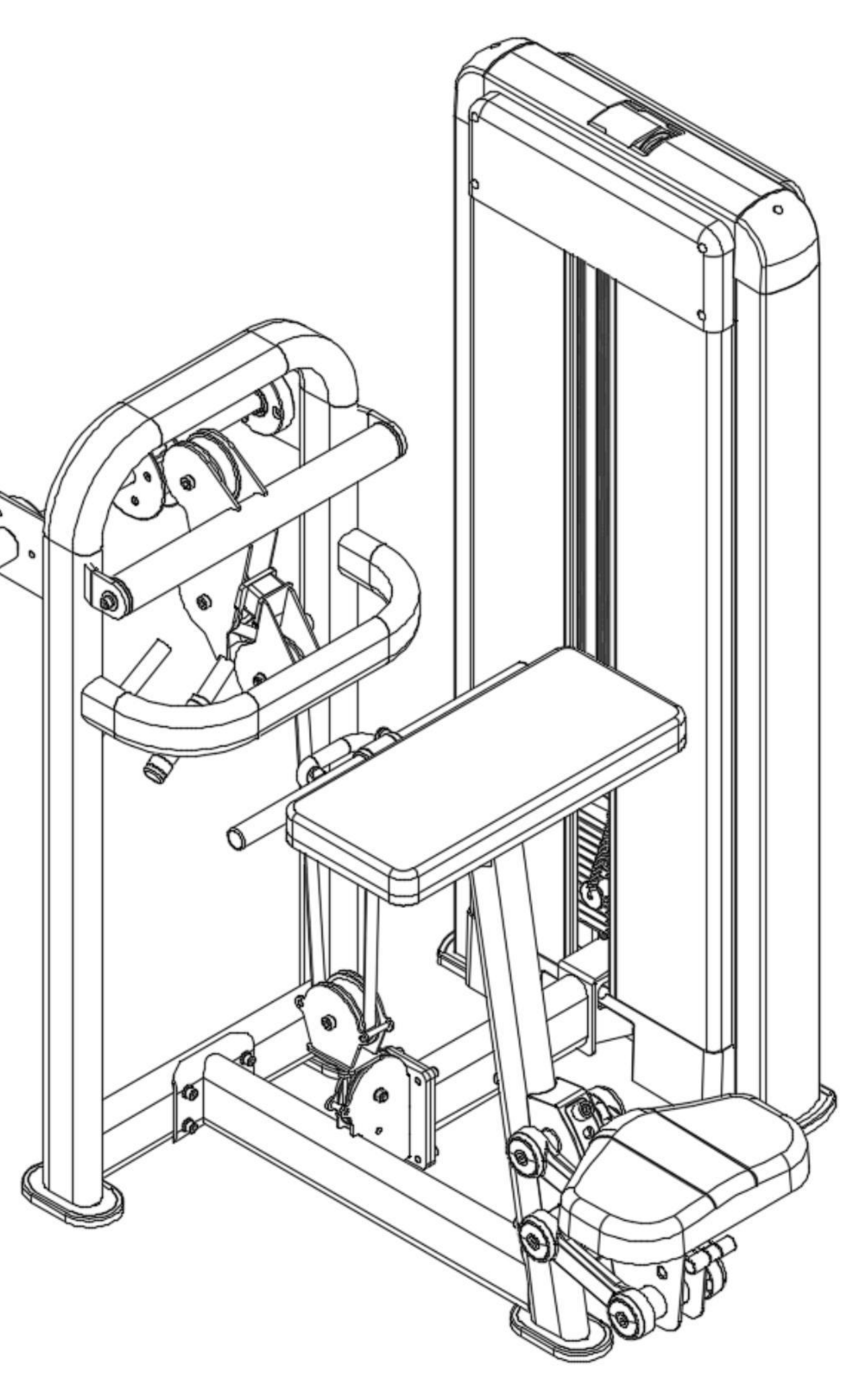
61A63 Installation Guide

Wrist Grip Trainer



Catalog

Brief introduction ………………………………………… 2

Assemble ………………………………………… 3

Accessories list ………………………………………… 14

Brief 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.

Rubber Rod

Level Ruler

Hexagonal wrench

More than 2 person

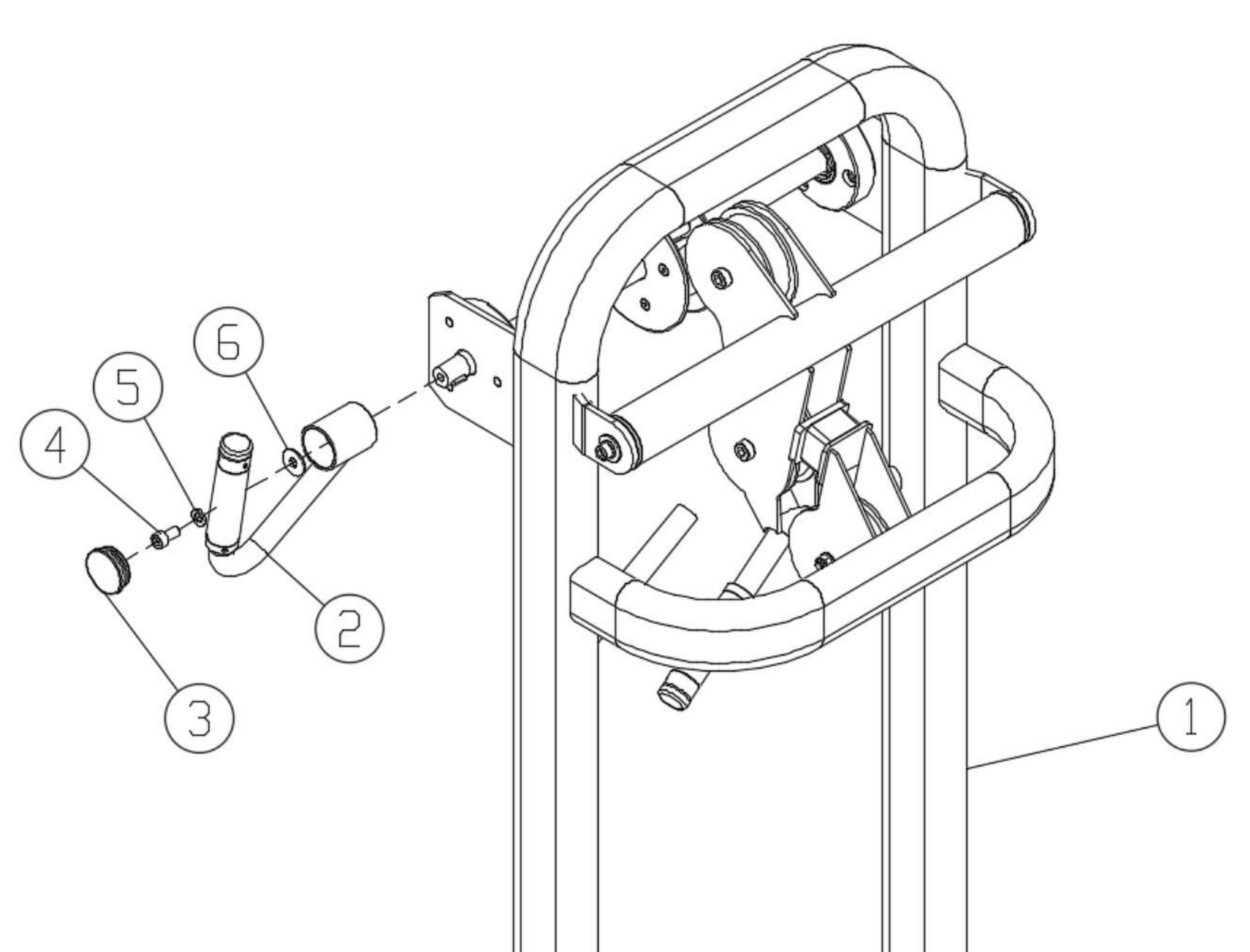
Spring Clamp

Adjustable wrench

Assemble

Step 1:Attach the forearm grip assembly (#2) to the door frame assembly (#1) using the following method;

- 1 x M10*20Hexagon socket cheese head screws (#4)
- 1 x M10spring washer (#5)
- 1 x M10-D30Flat gasket (#6)



assemble

Step 2: Attach the 2 Counterweight Rack Feet (#14) to the Counterweight Rack (#7); attach the Counterweight Rack (#7) to the Lower Shroud (#8) using the following method;

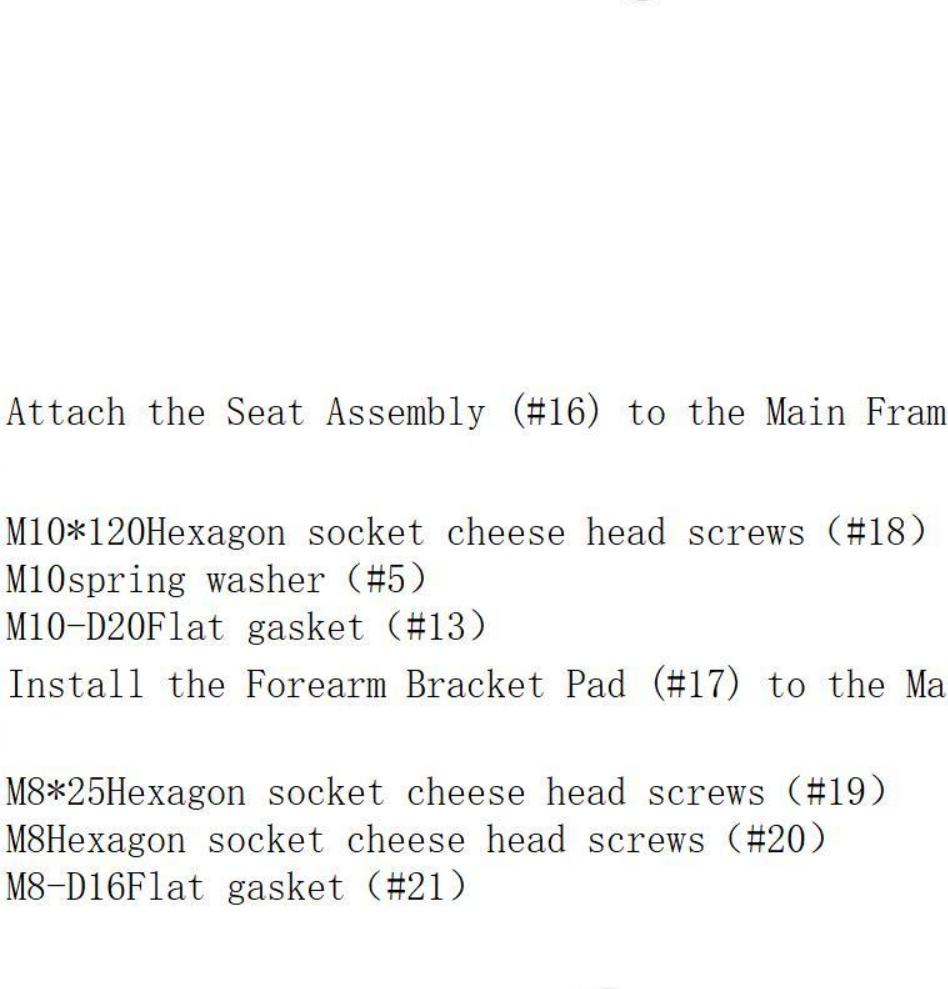
- 2×M5*15Hexagon socket cheese head screws (#9)

Step 3:Attach the 3 rectangular feet (#15) to the gantry assembly (#1), and the main frame assembly (#10) respectively; connect the gantry assembly (#1) to the main frame assembly (#10) using the following method;

- 4 x M10*25Hexagon socket cheese head screws (#12)
- 4 x M10spring washer (#5)
- 4 x M10-D20Flat gasket (#13)

Step 4: Connect the Main Frame Assembly (#10) to the Counterweight Frame (#7) with the Connecting Bracket (#11);

- 2 x M10*20Hexagon socket cheese head screws (#4)
- 8 x M10*25Hexagon socket cheese head screws (#12)
- 10 x M10spring washer (#5)
- 10 x M10-D20Flat gasket (#13)



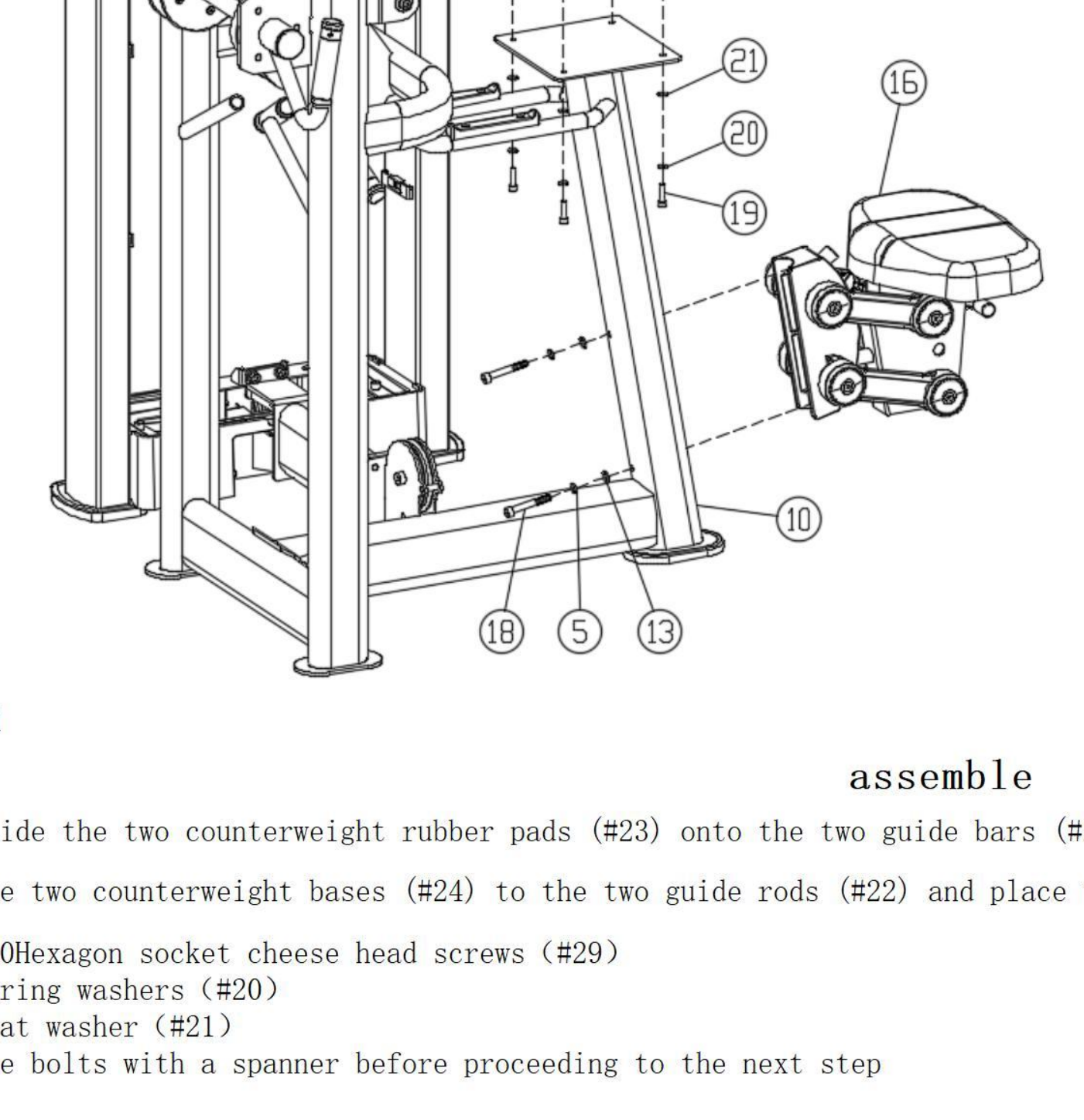
assemble

Step 5:Attach the Seat Assembly (#16) to the Main Frame Assembly (#10) using the following method;

- 2 x M10*120Hexagon socket cheese head screws (#18)
- 2 x M10spring washer (#5)
- 2 x M10-D20Flat gasket (#13)

Step 6:Install the Forearm Bracket Pad (#17) to the Main Frame Assembly (#10) using the following method;

- 4 x M8*25Hexagon socket cheese head screws (#19)
- 4 x M8Hexagon socket cheese head screws (#20)
- 4 x M8-D16Flat gasket (#21)



assemble

Step 7: Slide the two counterweight rubber pads (#23) onto the two guide bars (#22).

Connect the two counterweight bases (#24) to the two guide rods (#22) and place them in the counterweights (#7) as follows.

- 2×M8*20Hexagon socket cheese head screws (#29)
- 2×M8Spring washers (#20)
- 2×M8flat washer (#21)

Tighten the bolts with a spanner before proceeding to the next step

Step 8: Attach the counterweight (#25) to the guide bar (#22) with the isolation tabs facing upwards.

Install the guide block set (#26) onto the guide bar (#22).

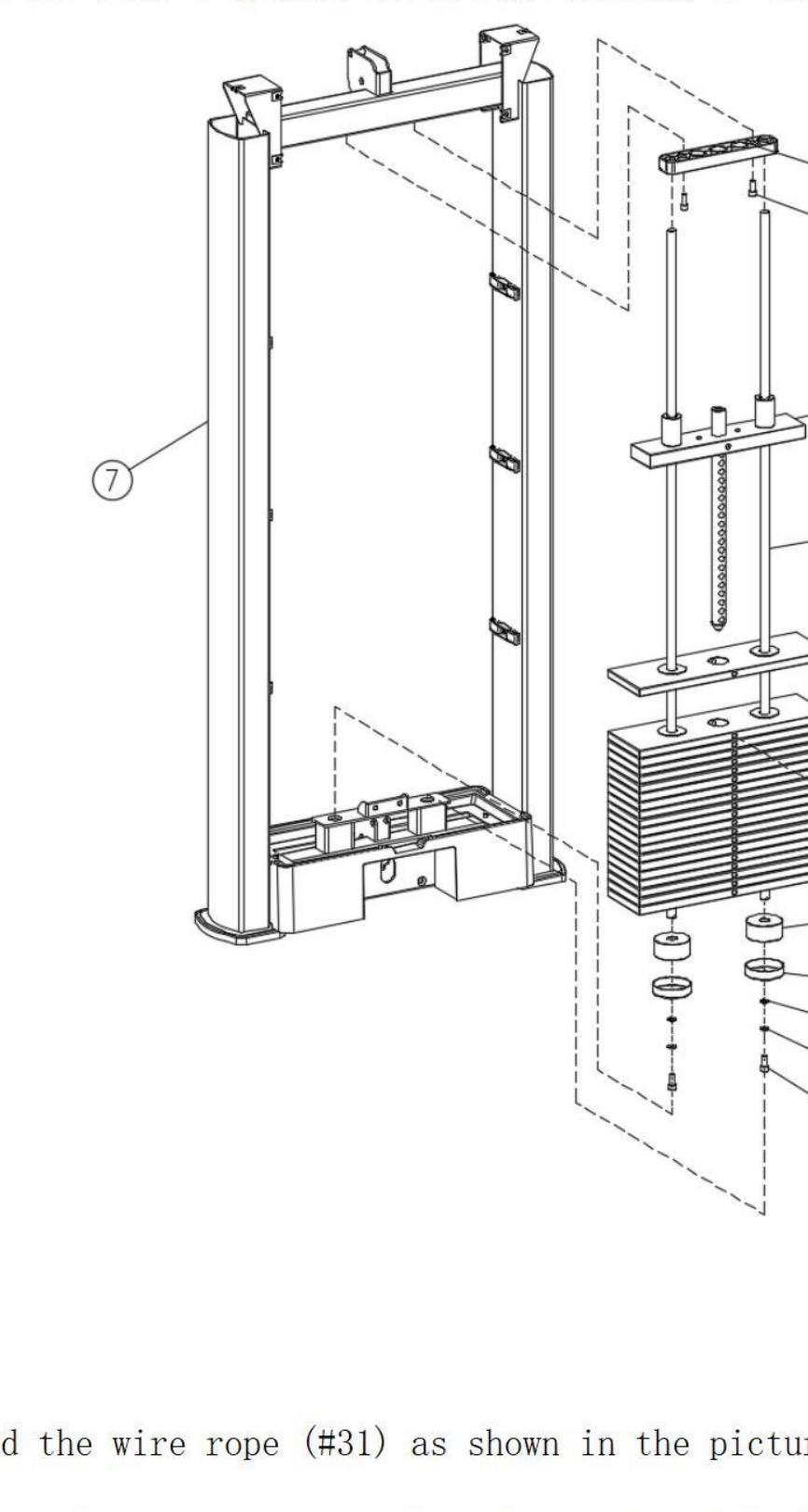
Insert the counterweight block pin (#28) into the counterweight block (#25).

Attach the guide bar fixing plate (#27) to the guide bar (#22).

Attach the guide bar mounting plate (#27) to the counterweight bracket (#7) by.

- 2×M8*20Hexagon socket cheese head screws (#29)

Tighten the bolts with a spanner before proceeding to the next step



assemble

Step 9: Thread the wire rope (#31) as shown in the picture, the pre-installed sheaves need to be disassembled and reassembled.

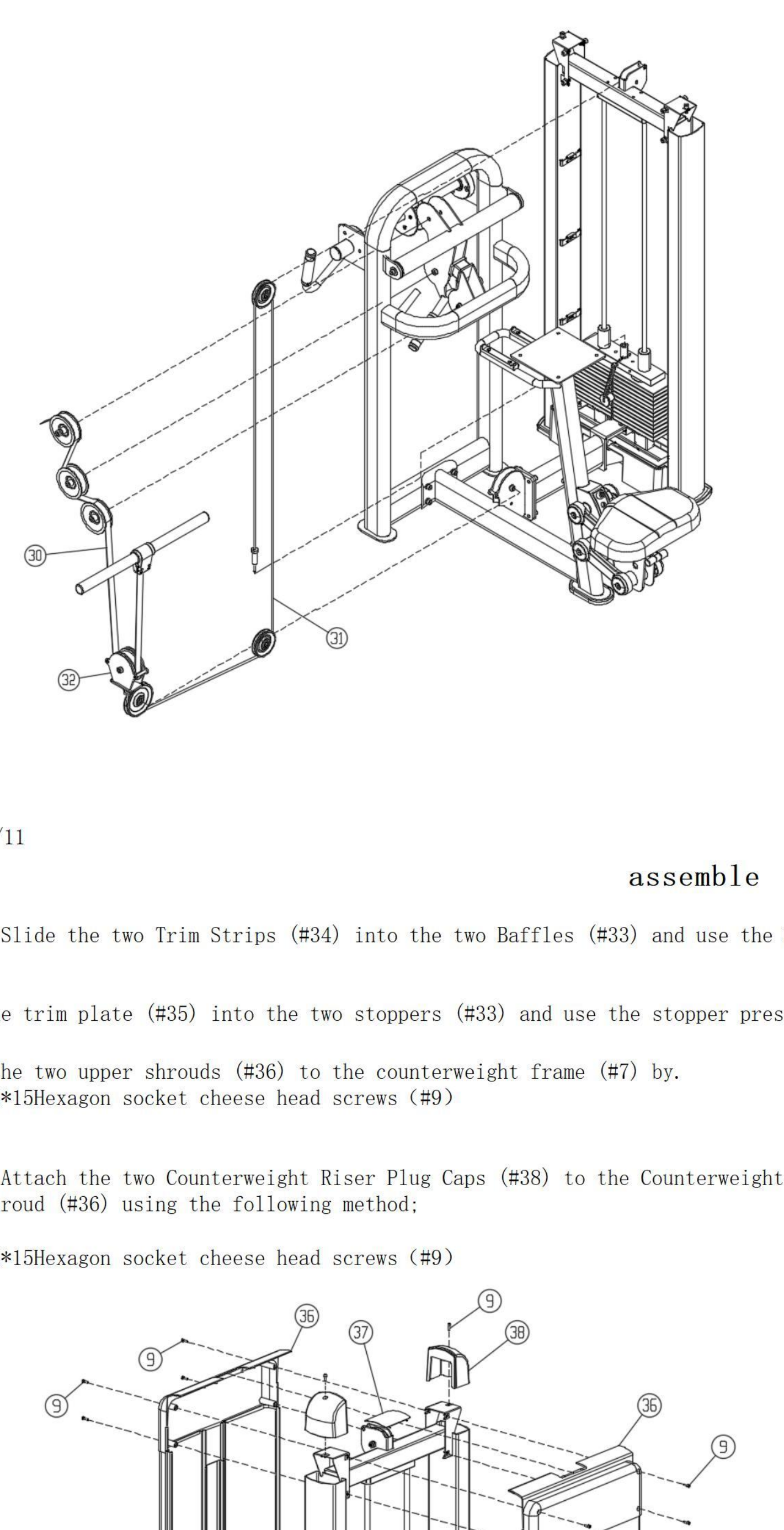
Note that these sheaves are mounted synchronously with the wire rope (#31)

Step 10: Thread the belt (#30) as shown in the picture, the pre-installed pulleys need to be disassembled and reassembled.

Note that these spools are mounted in sync with the belt (#30)

Step 11: Connect one end of the wire rope (#31) to the special counterweight pulley frame (#2) and the other end to the counterweight frame (#2).

Attach one end of the steel belt (#30) to the large wire wheel and the other end to the handle;



assemble

Step 14:Slide the two Trim Strips (#34) into the two Baffles (#33) and use the Baffle Platen to attach to the Counterweight Rack (#7).

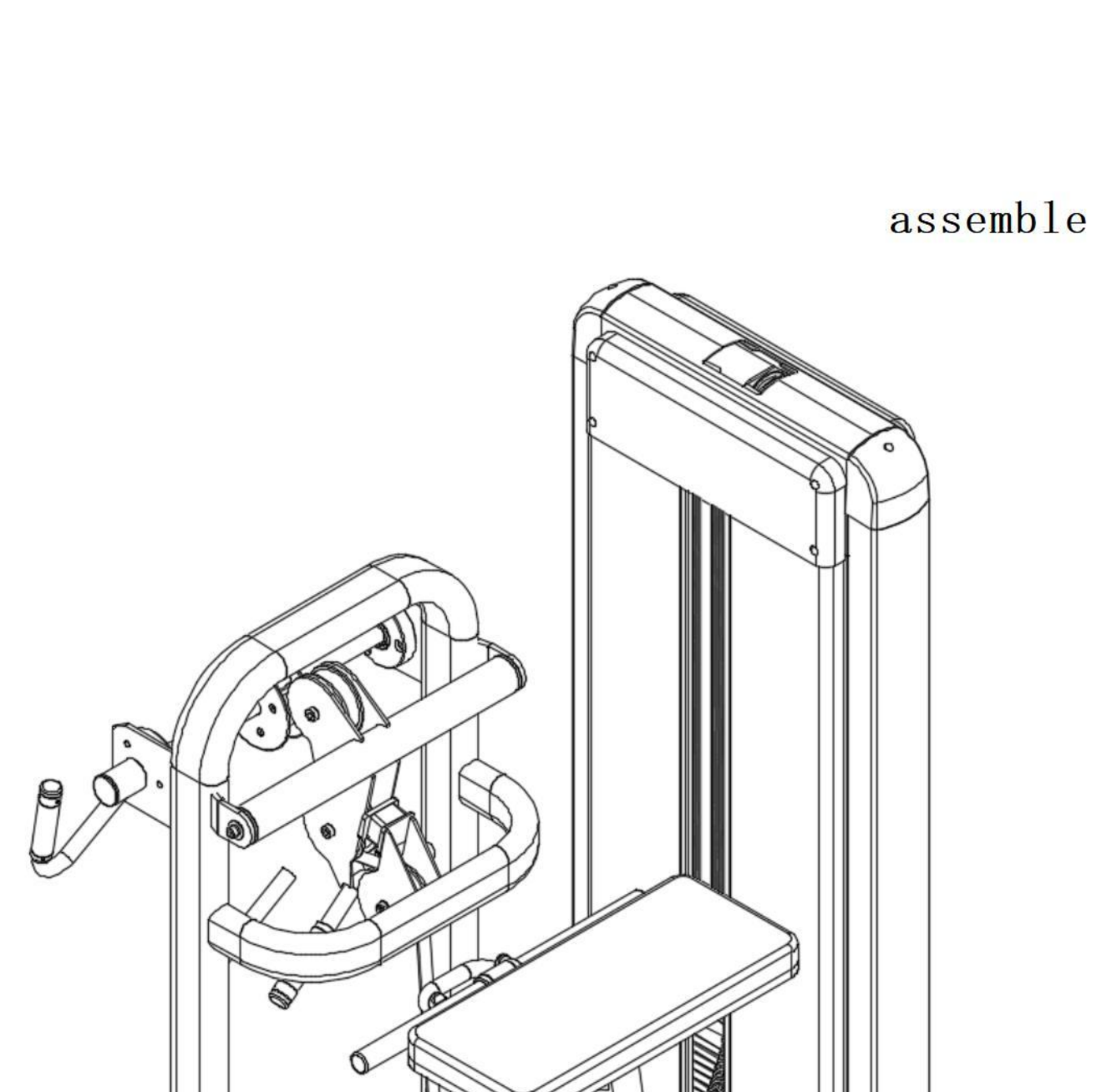
Slide the trim plate (#35) into the two stoppers (#33) and use the stopper press to attach to the counterweight rack (#7)。

Attach the two upper shrouds (#36) to the counterweight frame (#7) by.

- 8×M5*15Hexagon socket cheese head screws (#9)

Step 15:Attach the two Counterweight Riser Plug Caps (#38) to the Counterweight Rack (#7) and snap the Upper Shroud Top Cap (#37) into the Upper Shroud (#36) using the following method;

- 2×M5*15Hexagon socket cheese head screws (#9)



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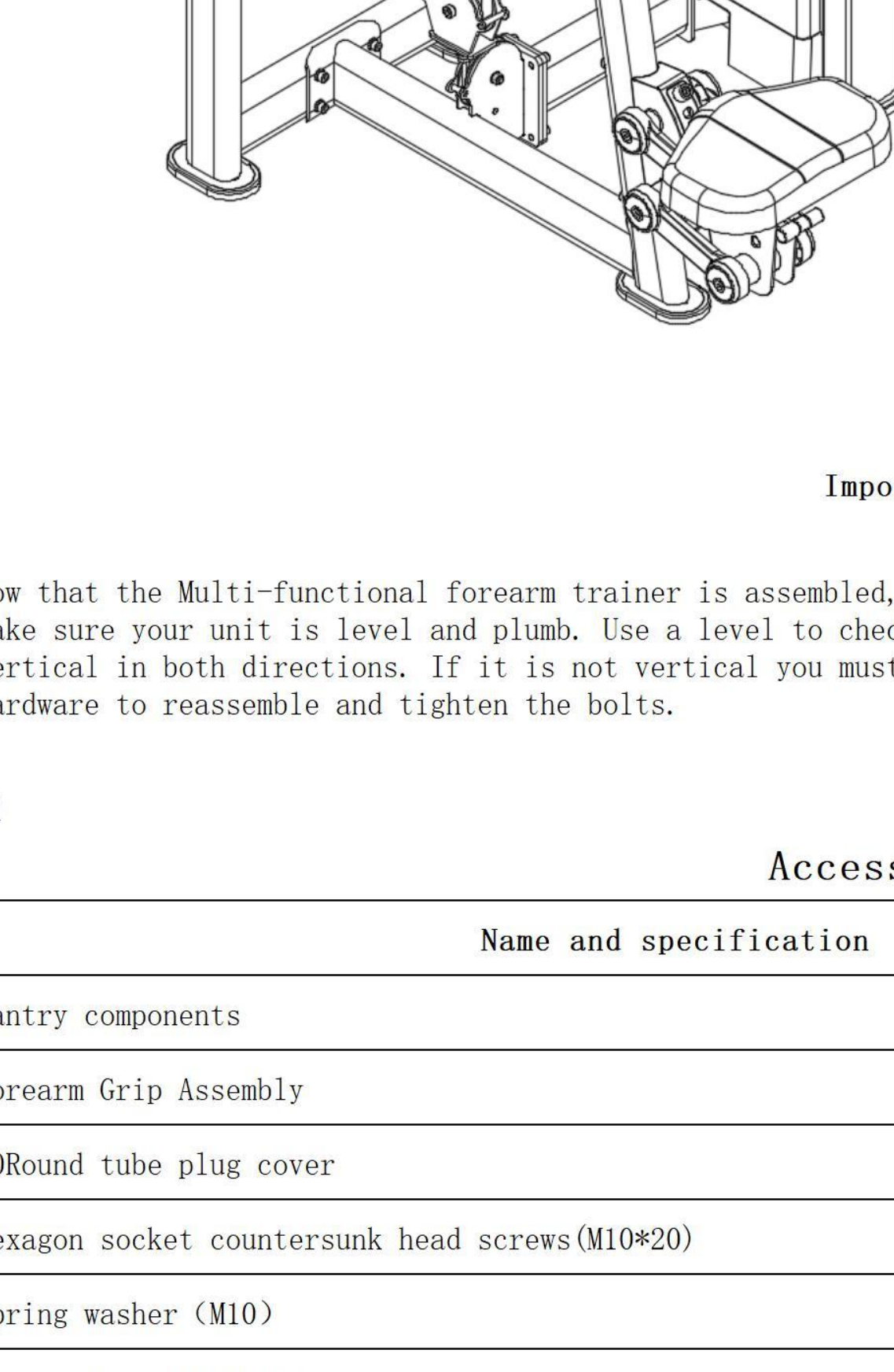

Important Notes

Now that the Multi-functional forearm trainer is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check that the guide rods are vertical in both directions. If it is not vertical you must loosen some of the frame hardware to reassemble and tighten the bolts.

Accessories list

NO	Name and specification	QTY
1	Gantry components	1
2	Forearm Grip Assembly	1
3	50Round tube plug cover	1
4	Hexagon socket countersunk head screws(M10*20)	3
5	spring washer (M10)	17
6	flat washer (M10-D30)	1
7	counterweight base	1
8	lower shroud	1
9	Hexagon socket countersunk head screws(M5*15)	12
10	Main frame assembly	1
11	connection frame	1
12	Hexagon socket countersunk head screws(M10*25)	12
13	flat washer (M10-D20)	16
14	counterweights feet Mat	2
15	Rectangular feet Mat	3
16	seating component	1
17	Forearm pads	1
18	Hexagon socket countersunk head screws(M10*120)	2
19	Hexagon socket countersunk head screws(M8*25)	4
20	spring washer (M8)	4
21	flat washer (M8-D16)	4

List of accessories

NO	Name and specifications	qty
22	guide bar	2
23	Counterweight rubber pads	2
24	counterweight base	2
25	Weight stacks	14
26	Guide block set	1
27	Guide bar fixing plate	1
28	weight pins	1
29	Hexagon socket countersunk head screws(M8*20)	4
30	belt group	1
31	Rope sets	1
32	Special weighted pulley block	1
33	shield	4
34	decorative strip	2
35	decorative plate	1
36	upper shield	2
37	Upper Shroud Top Cover	1
38	Counterweight riser plug cover	2

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