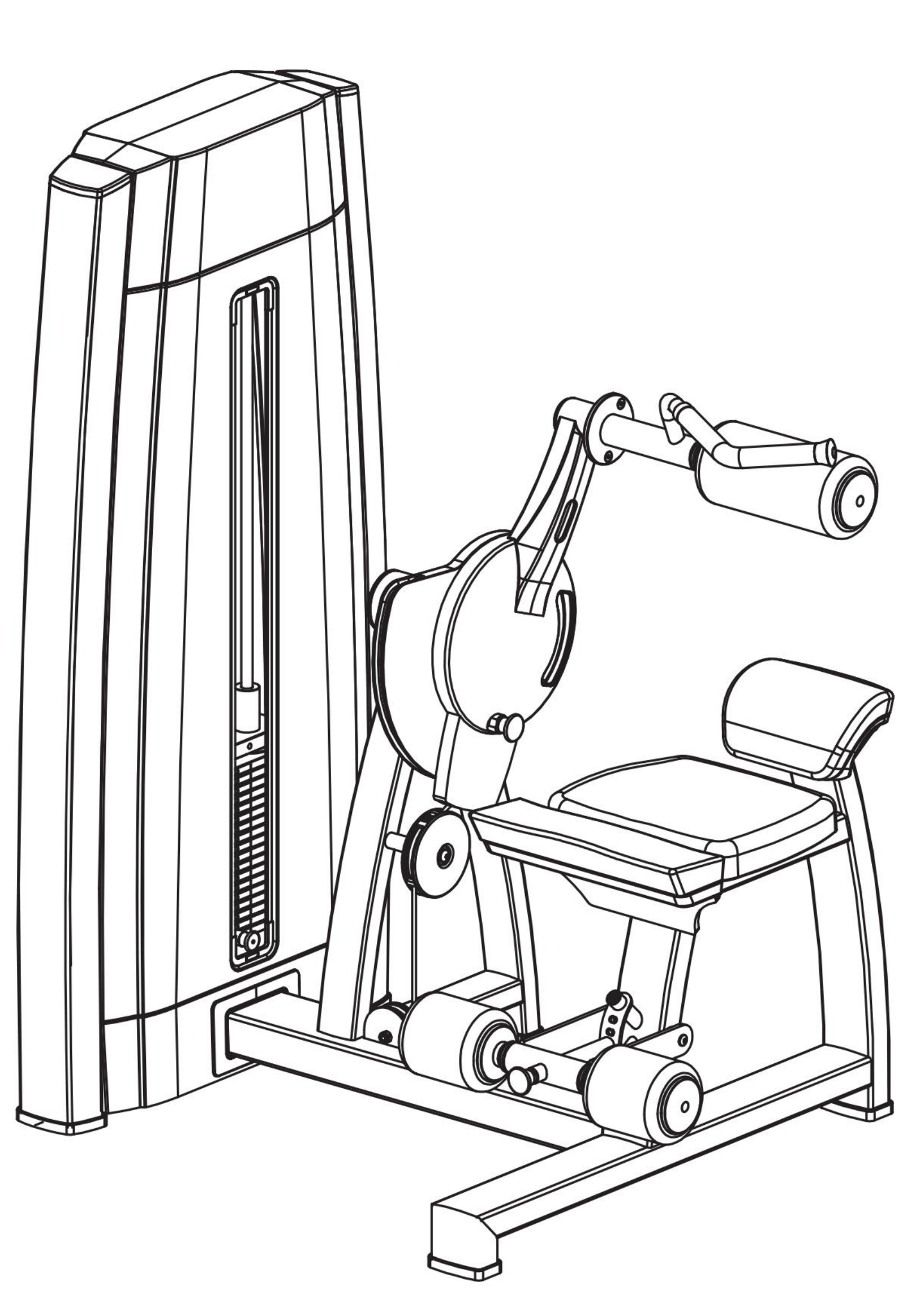
7318 Installation Guide
Upper / Mid Abdominal Trainer



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Briefs

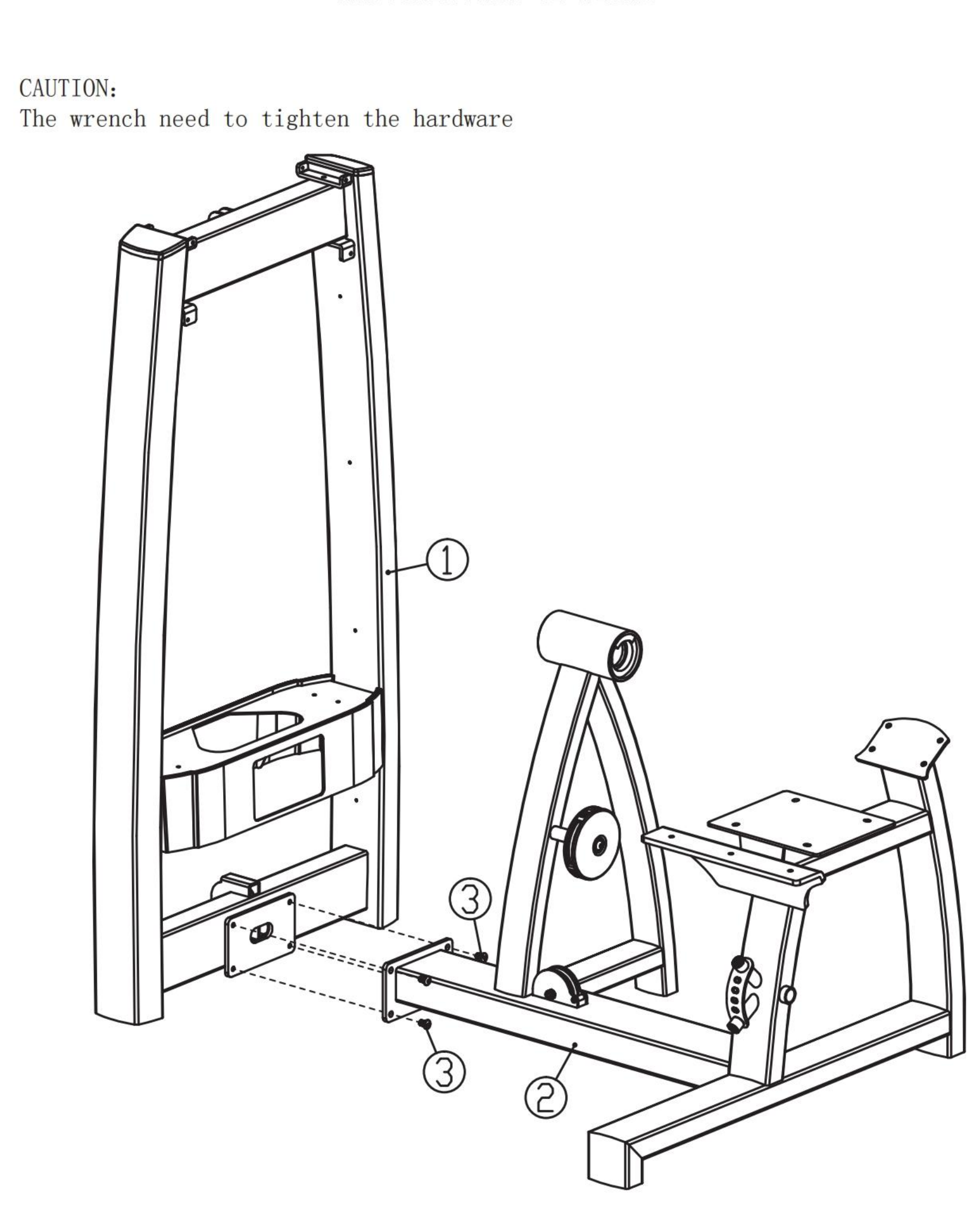
Please take the time to carefully read the instruction before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction 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 instruction and find out the wrong steps during the installing. If still not work, please contact the distributors authorized by original factory. The code and manual will be needed.

Tools
Rubber stick
Levelling instrument
Circlip pliers
Socket head screw wrench
The adjustable wrench
More than 2 person

Installation of Frame

CAUTION:
The wrench need to tighten the hardware

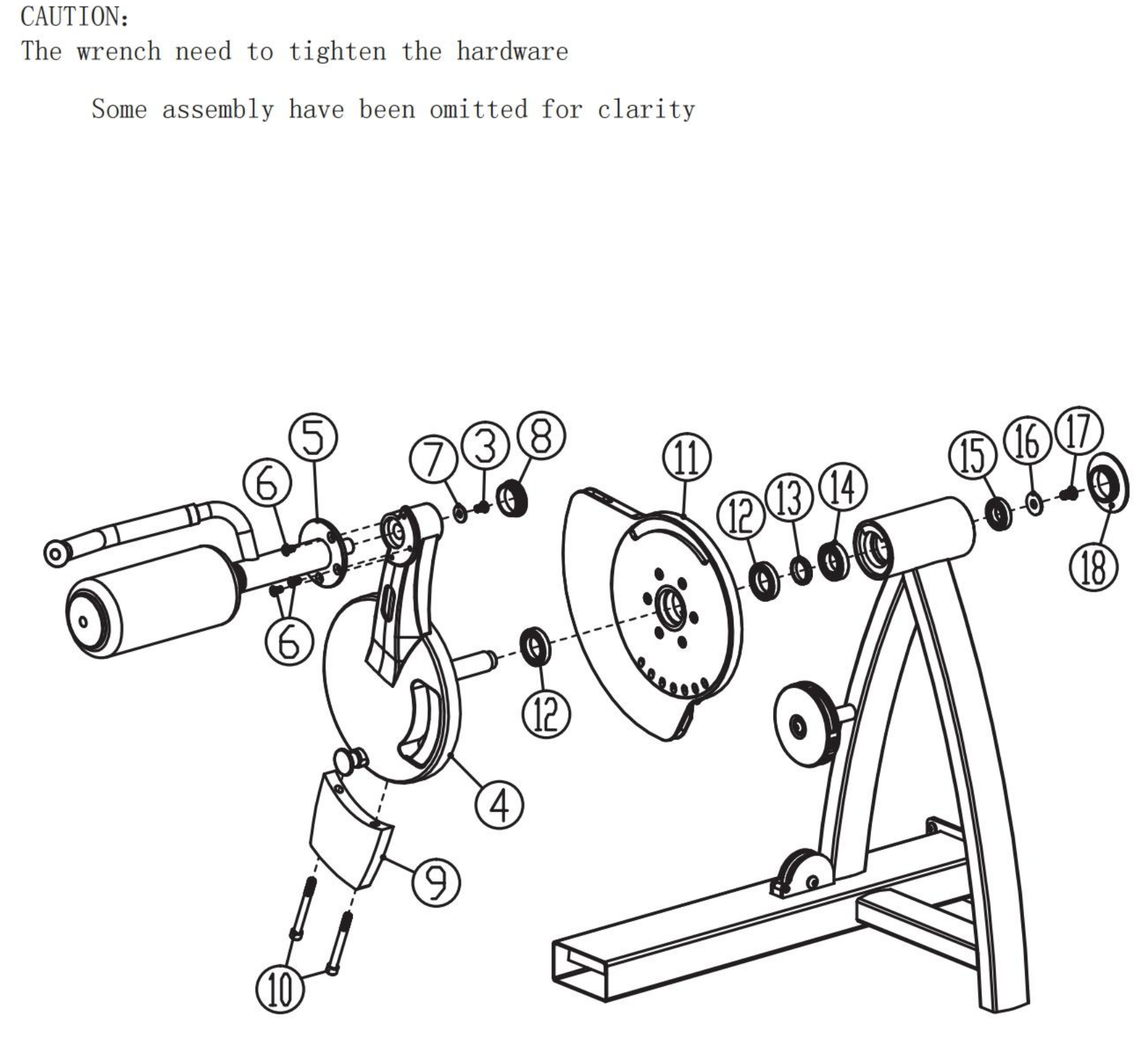


Important Notification:
All 73 Products with balance weight, please put the lower cover in the balance weight frame before installing the connecting rack .

Force Arm Installation

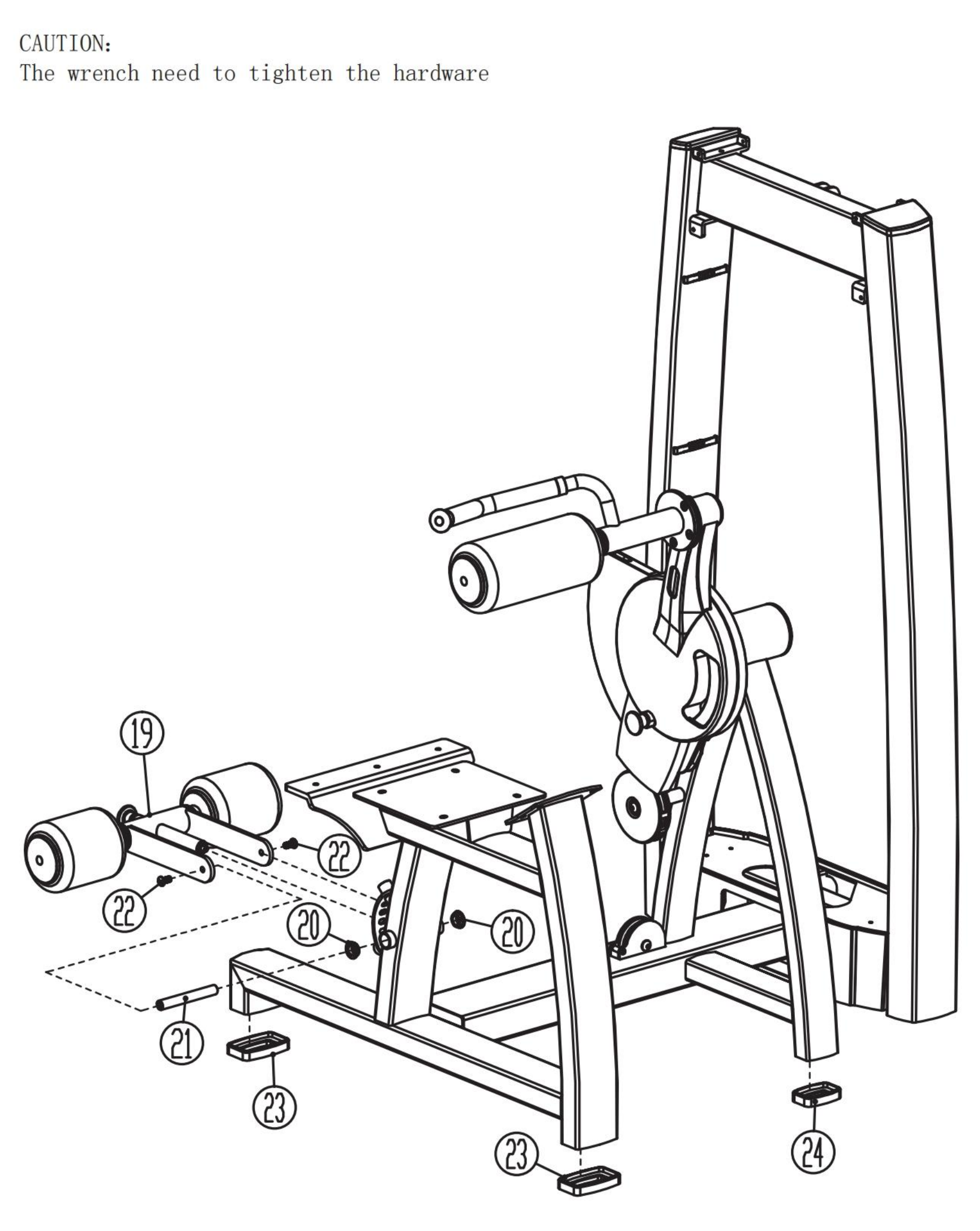
CAUTION:
The wrench need to tighten the hardware

Some assembly have been omitted for clarity



Leg Press Frame & Foot Pad Installation

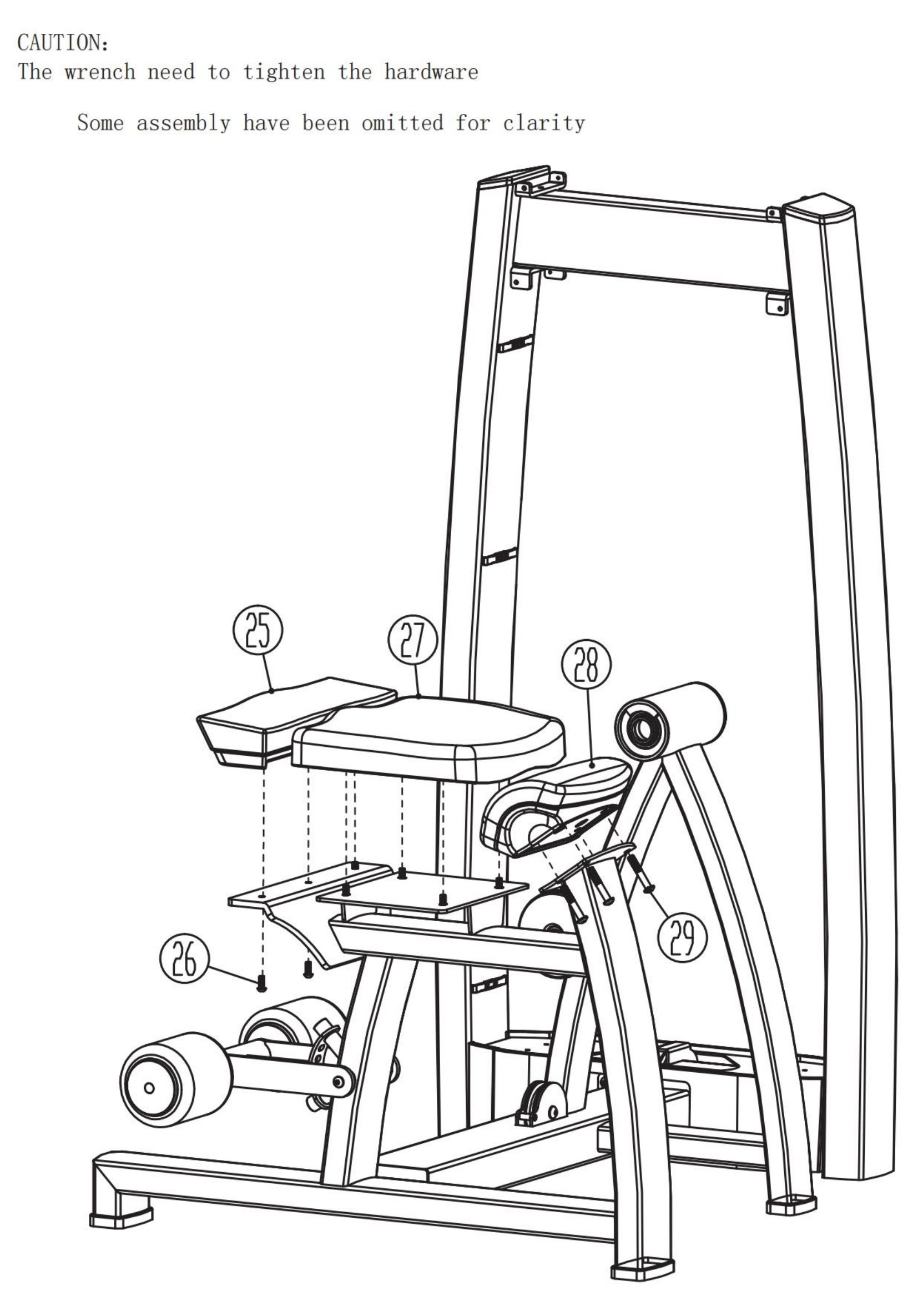
CAUTION:
The wrench need to tighten the hardware



Cushion Installation

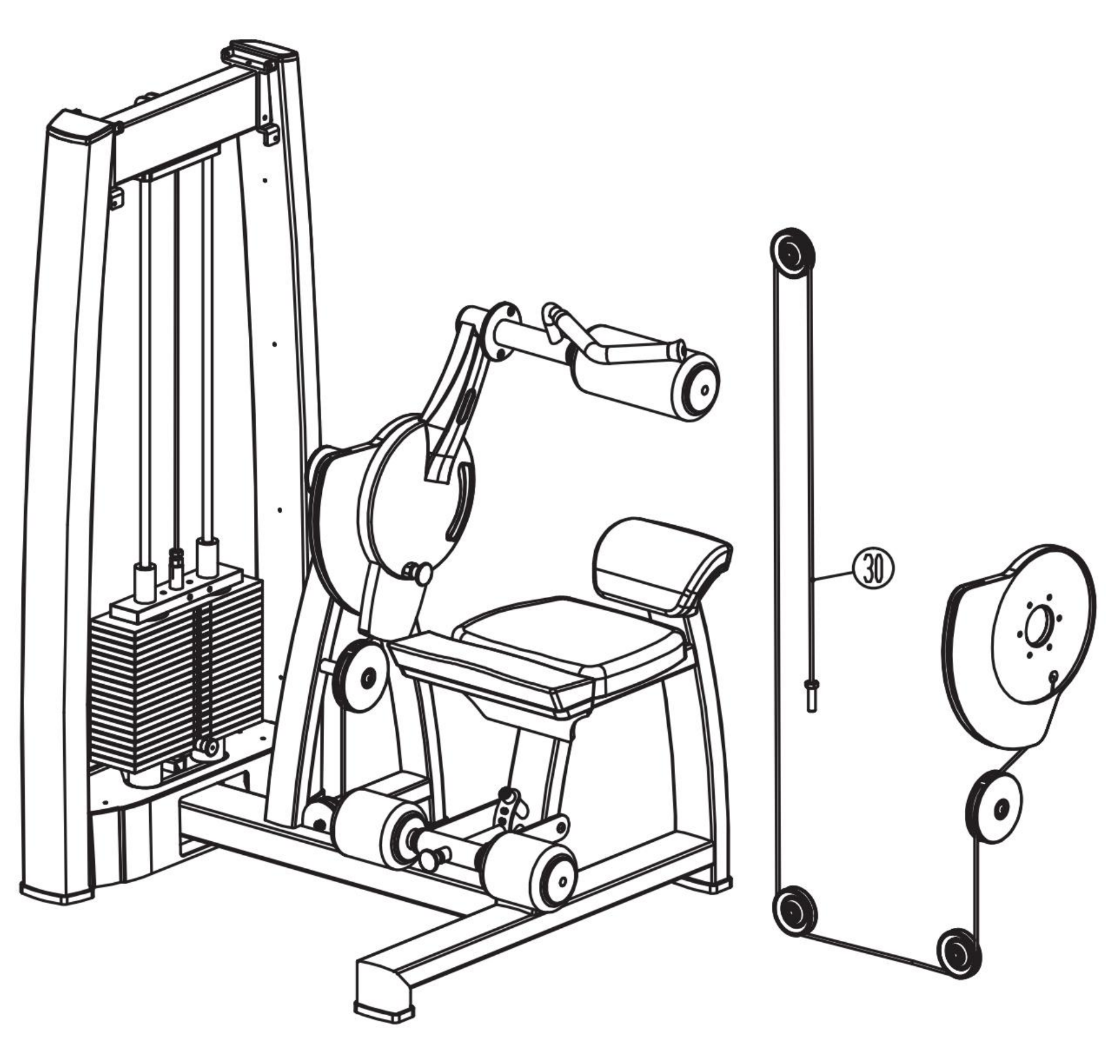
CAUTION:
The wrench need to tighten the hardware

Some assembly have been omitted for clarity



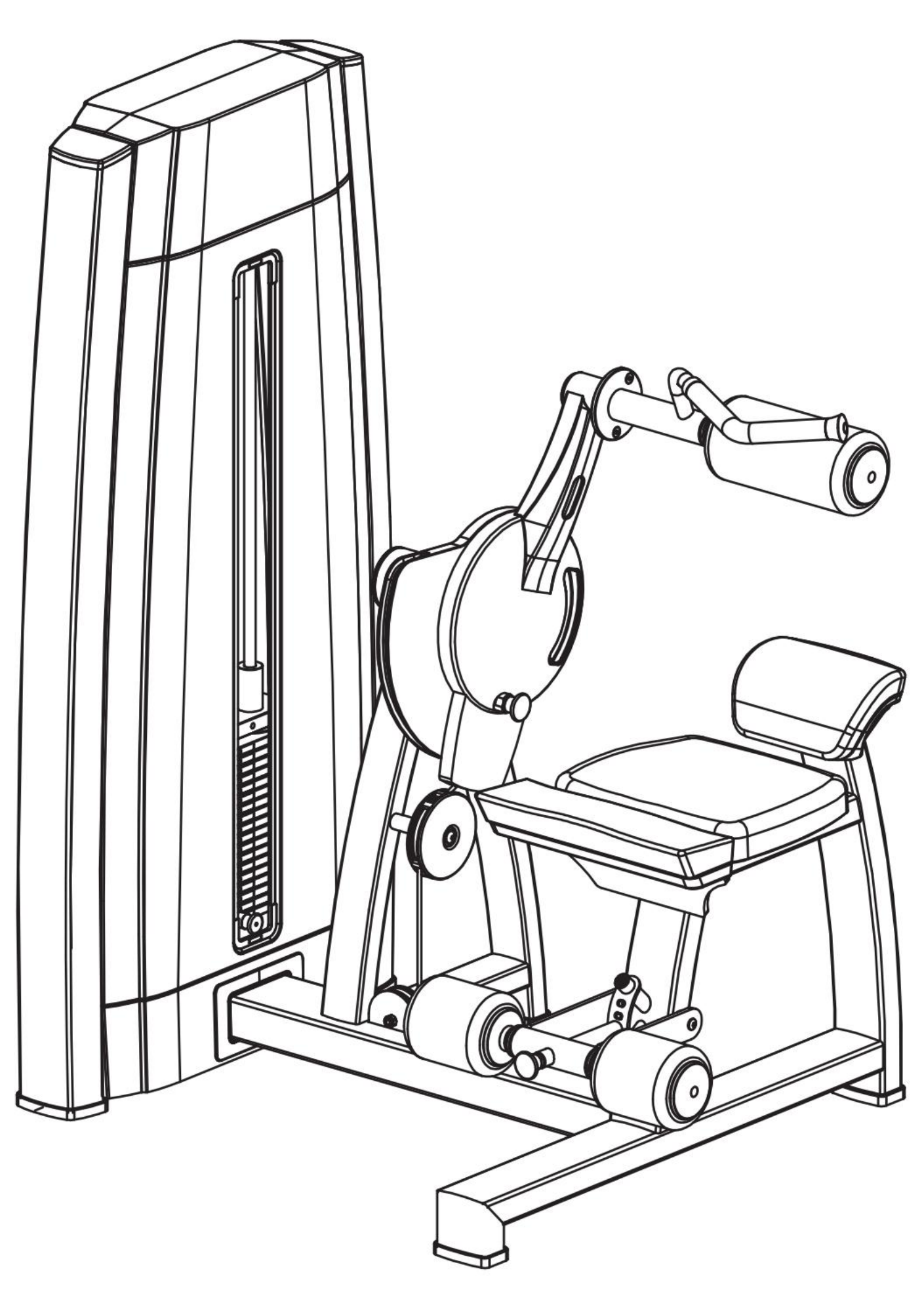
Cable Installation

Fine tuning:
loosen the safety nut and whole grain bolt to the proper tension on cable



Important Notification:
Please read the 7300-2Installation Instruction as the reference to install the balance weight frame and required accessories

Cover Installation



Important Notification:
Now 7318 has been assembled .You need to take the time to make sure your device is square and vertical .With a spirit level to check whether the guide bar perpendicular in the two directions .If not, then you have to loosen some of the vertical frame reassembly hardware and tighten the bolts.

Accessories List

Caution:Some spare parts which have been assembled are not in the list

NO.	Name & Specification	Material	Qty
1	Balance Weight Frame	Element	1
2	Body Frame	Element	1
3	Hexagon socket button head screws(M10*16)	45	5
4	Force arm	Element	1
5	Rotating arm	Element	1
6	Inner hexagon countersunk head screws(M8*16)	45	3
7	M10Big gasket	45	1
8	60Aluminum cover	Aluminium alloy	1
9	Counterweight	45	1
10	Hexagon socket head cap screws(M12*100)	45	2
11	Flange plate	Element	1
12	Deep Groove Ball Bearing61908	Bearing steel	2
13	Bearing sleeve	45	1
14	Deep Groove Ball Bearing6007	Bearing steel	1
15	Deep Groove Ball Bearing6028	Bearing steel	1
16	M12Big gasket	45	1
17	Hexagon socket button head screws(M12*20)	45	1
18	100End cover	Aluminium alloy	1
19	Leg press frame	Element	1
20	32Lining	PA	2
21	Adjustable shaft（φ8*86)	45	1
22	Hexagon socket button head screws(M10*20)	45	2
23	58*101Foot pad	Rubber	2
24	48*76Foot pad	Rubber	1
25	Leg pad	Element	1
26	Hexagon socket button head screws(M8*20)	45	7
27	Cushion	Element	1
28	Back pad	Element	1
29	Hexagon socket head cap screws(M10*60)	45	4
30	Wire rope	Element	1