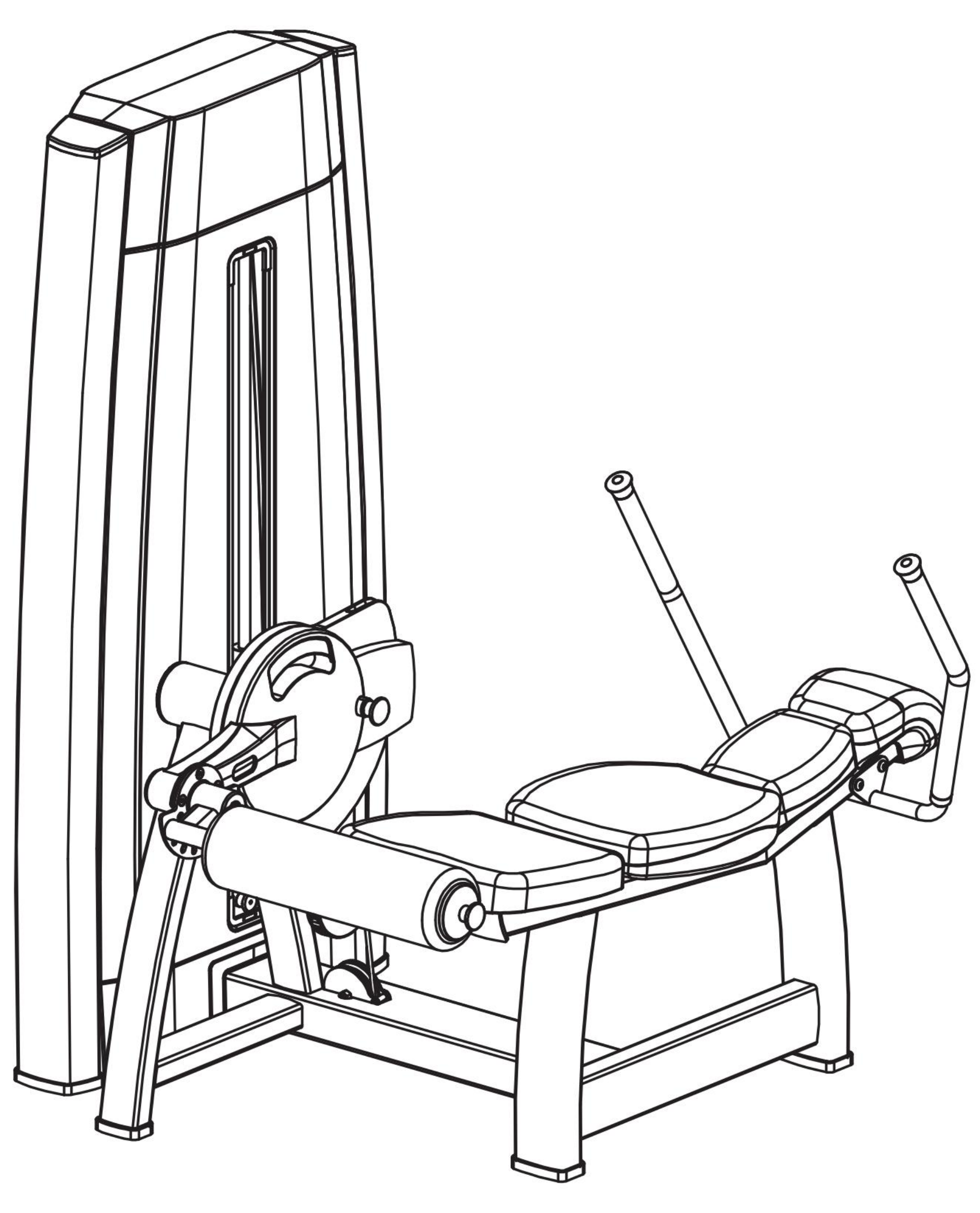
7318A Installation Guide

Lower Abdominal Trainer



Catalogue

Brief--3
Frame Installation---4
Force Arm Installation---5
Cushion & Handrail Installation------------------------------------6
Cable Installation---7
Cover Installation---8
Accessories List---9

Brief

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

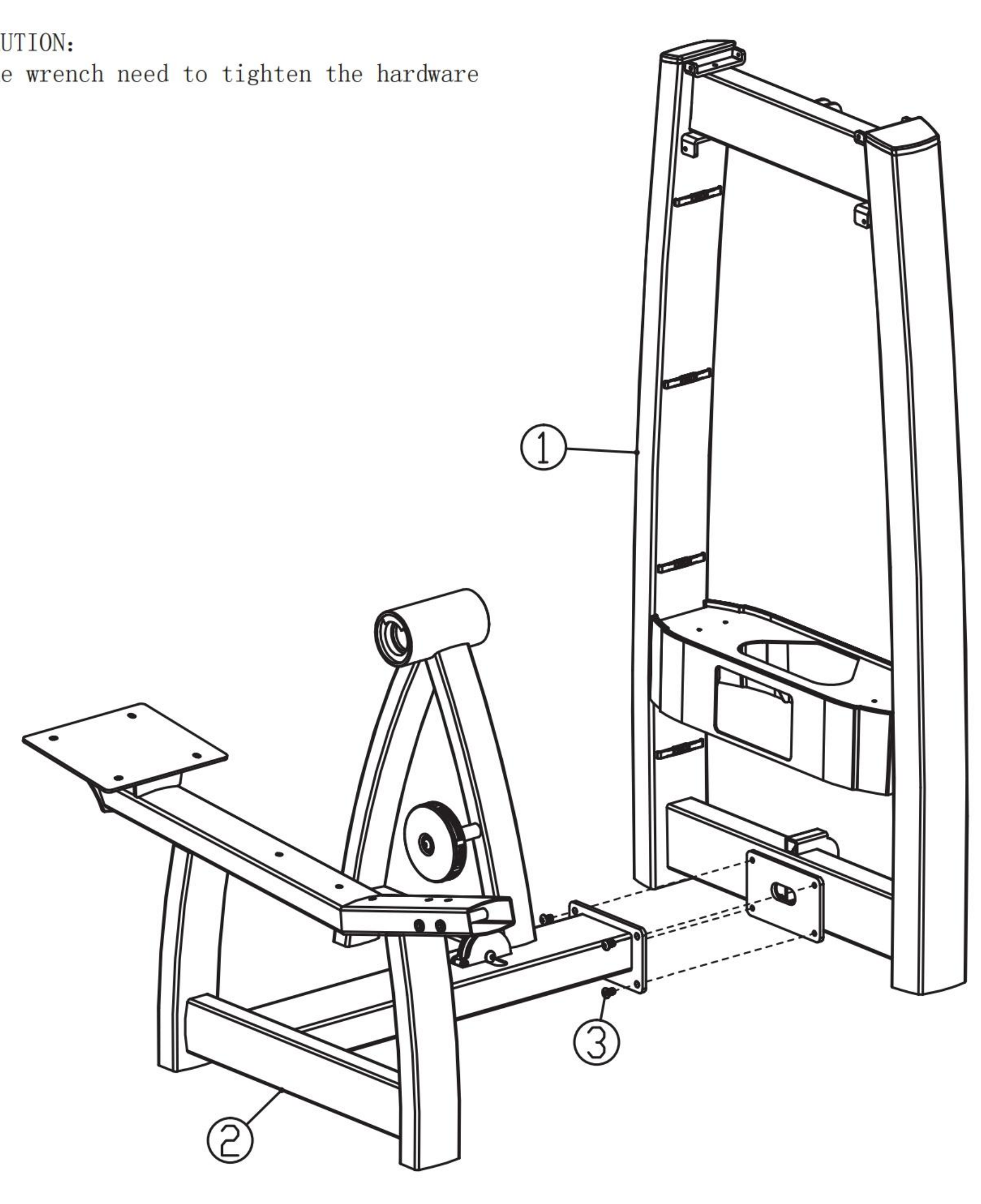
Socket head screw wrench

The adjustable wrench

More than 2 person

Installation of Frame

CAUTION:
The wrench need to tighten the hardware



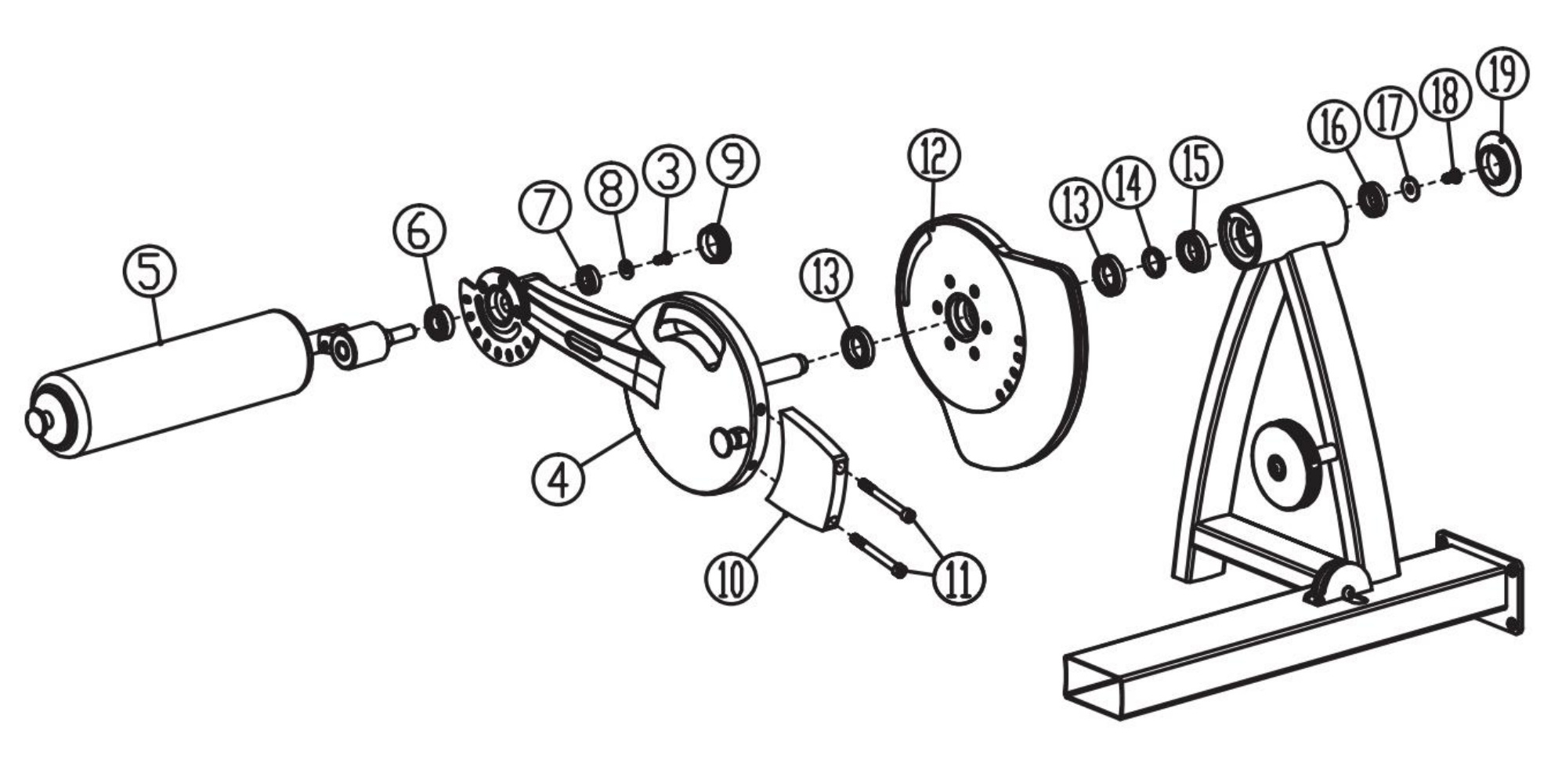
Important Notification:

All 73 Products with balance weight, please put the lower cover in the balance weight frame before installing the connecting rack 。

Force Arm Installation

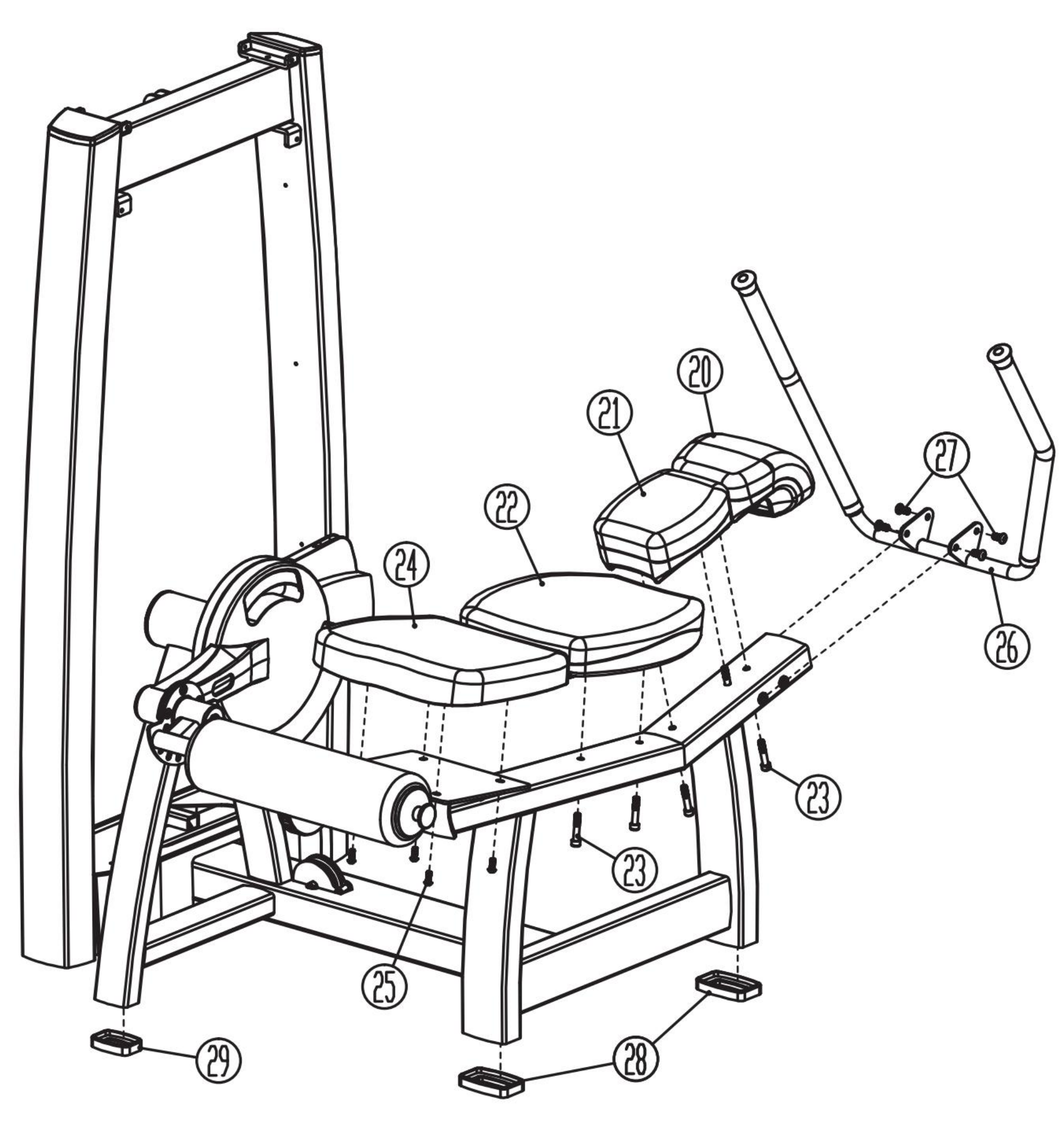
CAUTION:
The wrench need to tighten the hardware

Some assembly have been omitted for clarity



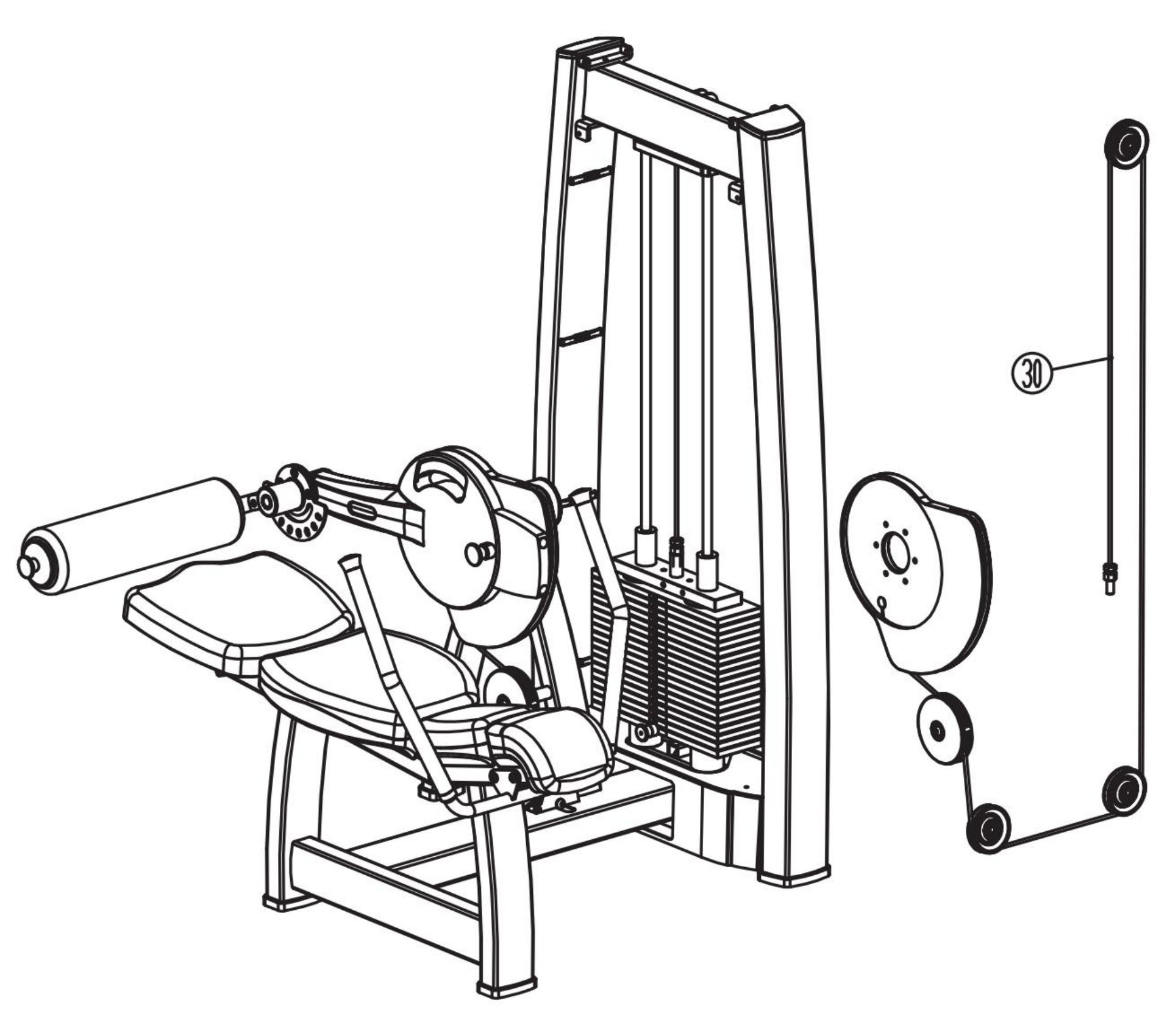
Cushion & Handrail Installation

CAUTION:
The wrench need to tighten the hardware



Cable Installation

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



Important Notification:

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

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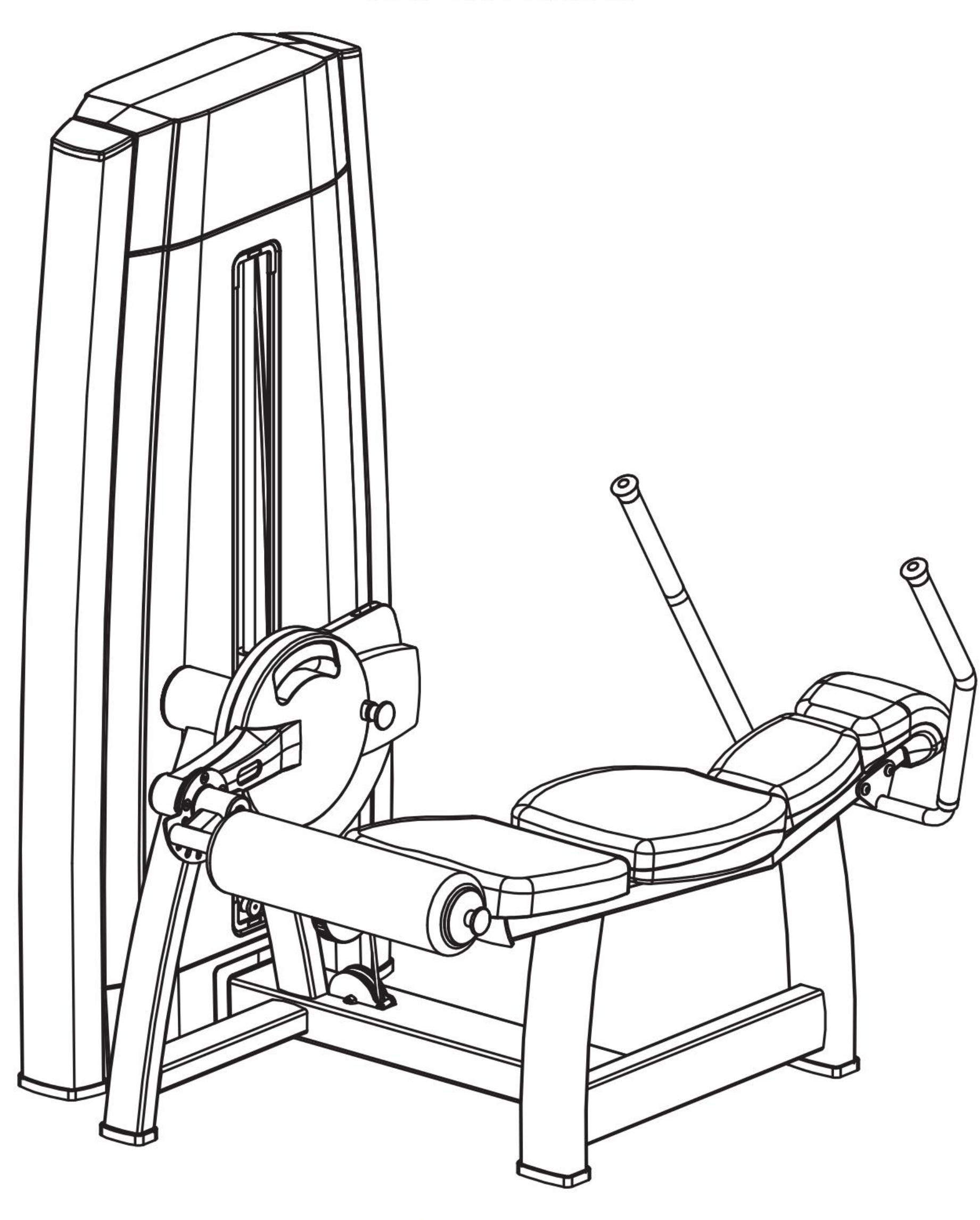
Cover Installation



Important Notification:
Now 7318A 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	Leather roller revolving parts	Element	1
6	Deep Groove Ball Bearing 6205	Bearing steel	1
7	Deep Groove Ball Bearing 6004	Bearing steel	1
8	M10 Big gasket	45	1
9	60 Aluminum cover	Aluminum alloy	1
10	Counterweight	45	1
11	Inner hexagon countersunk head screws(M12*100)	45	2
12	Flange	Element	1
13	Deep Groove Ball Bearing 61908	Bearing steel	2
14	Bearing isolation pad	45	1
15	Deep Groove Ball Bearing 6007	Bearing steel	1
16	Deep Groove Ball Bearing 6028	Bearing steel	1
17	M12 Big gasket	45	1
18	Hexagon socket button head screws(M12*20)	45	1
19	100 End cover	Aluminum alloy	1
20	Head cushion	Element	1
21	Postmedian cushion	Element	1
22	Back cushion	Element	1
23	Hexagon socket head cap screws(M10*50)	45	5
24	Seat Cushion	Element	1
25	Hexagon socket button head screws(M8*20)	45	4
26	Handrail	Element	1
27	Hexagon socket button head screws(M10*20)	45	4
28	58*101 Foot pad	Rubber	2
29	48*76 Foot pad	Rubber	1
30	Wire Rope	Element	1