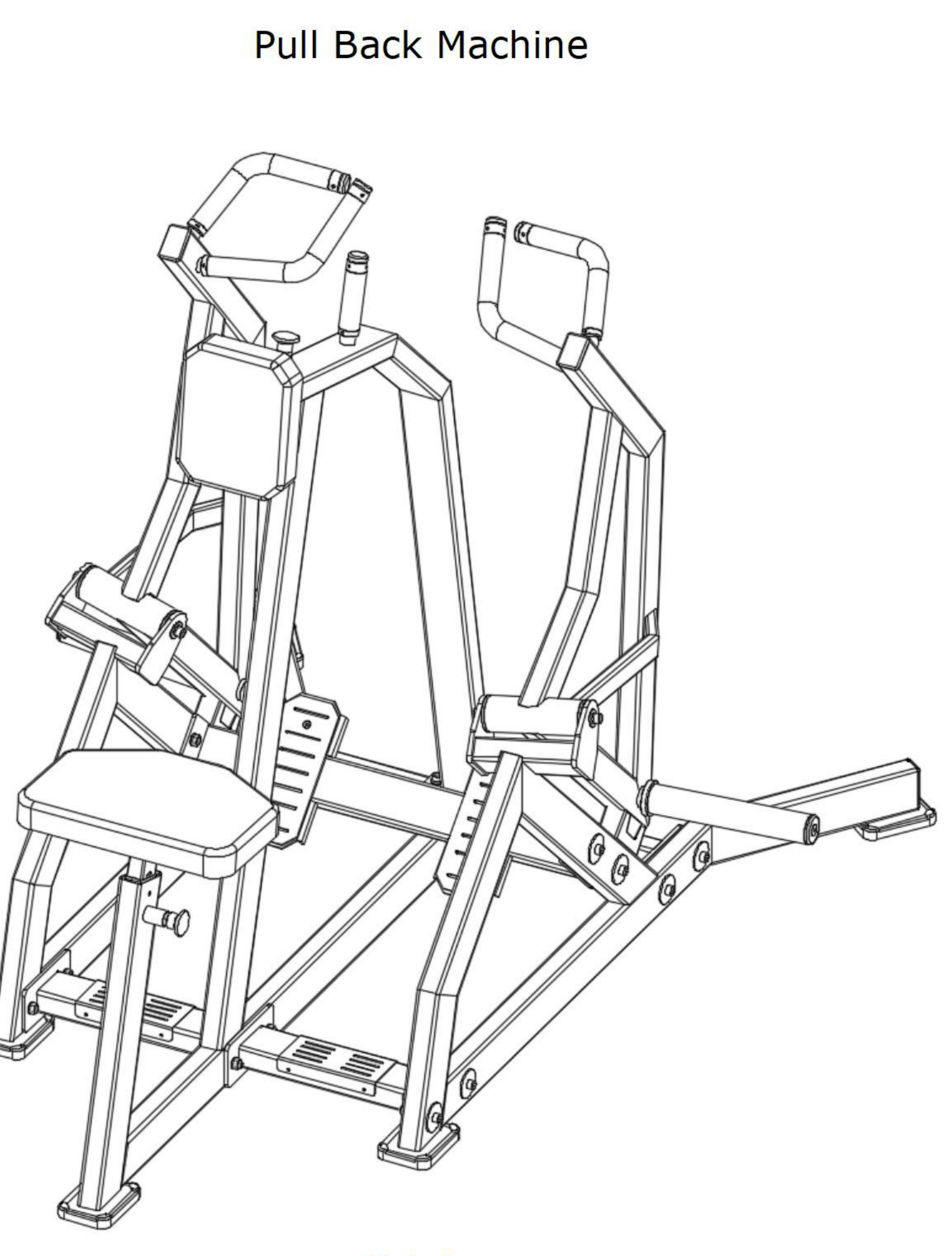
82041 Installation Guide

Pull Back Machine



Catalog

Introduction.......................... 3

Assemble.............................. 4

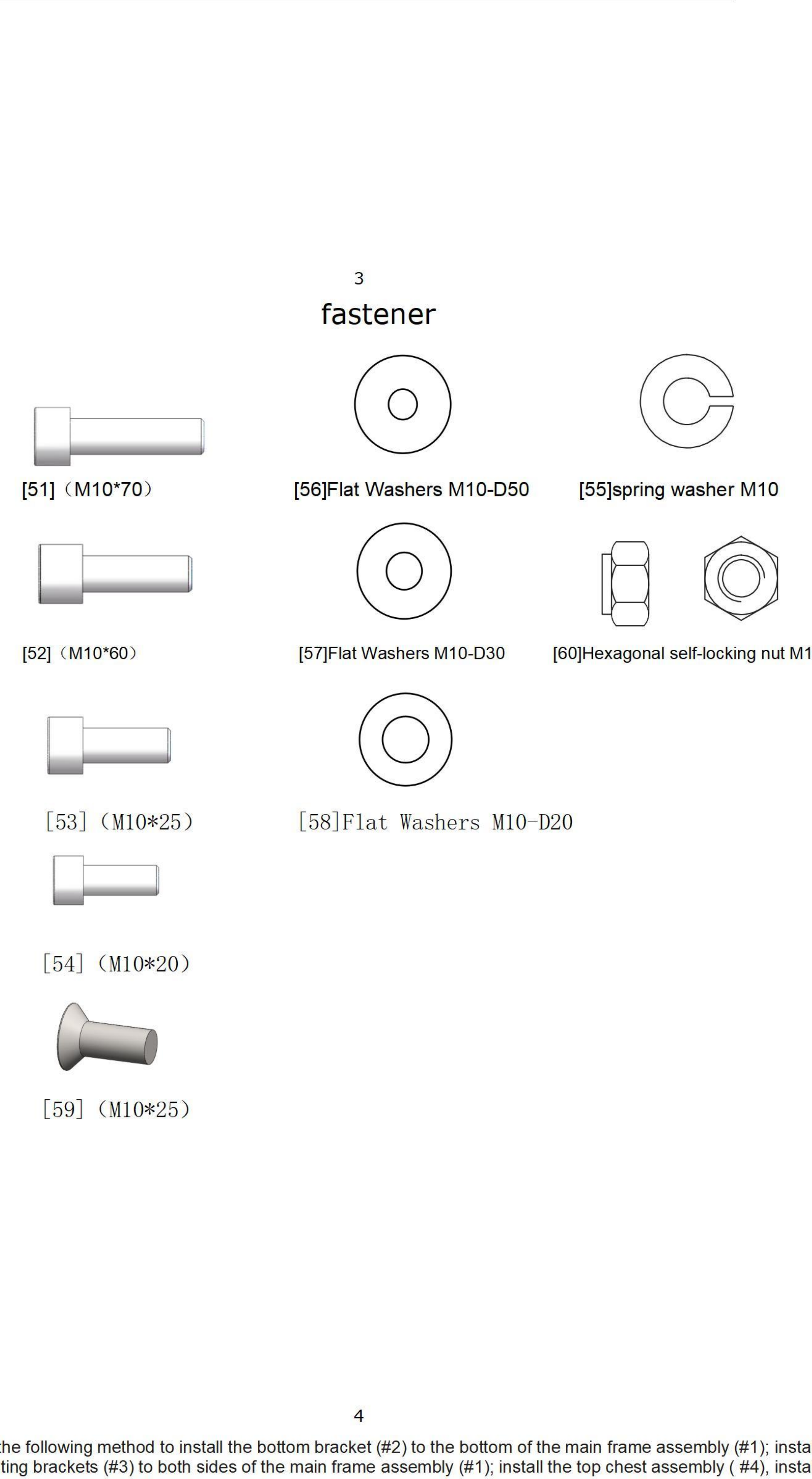
Introductions

Please take the time to read these instructions carefully before installation. Please refer to the various lists in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged during transportation, please call our company immediately for after-sales instructions). Please install the equipment correctly according to the relevant instructions during installation.

This equipment is designed to provide the smoothest and most efficient workout movements possible. After installation, you need to understand all the functions to use it correctly. If you find problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And promptly refer to the relevant instructions to check the reason. If the problem cannot be solved, please call our after-sales service. After reading all instructions carefully, please continue

rubber rod
spirit level
Allen wrench
Two people
circlip pliers
Adjustable wrench

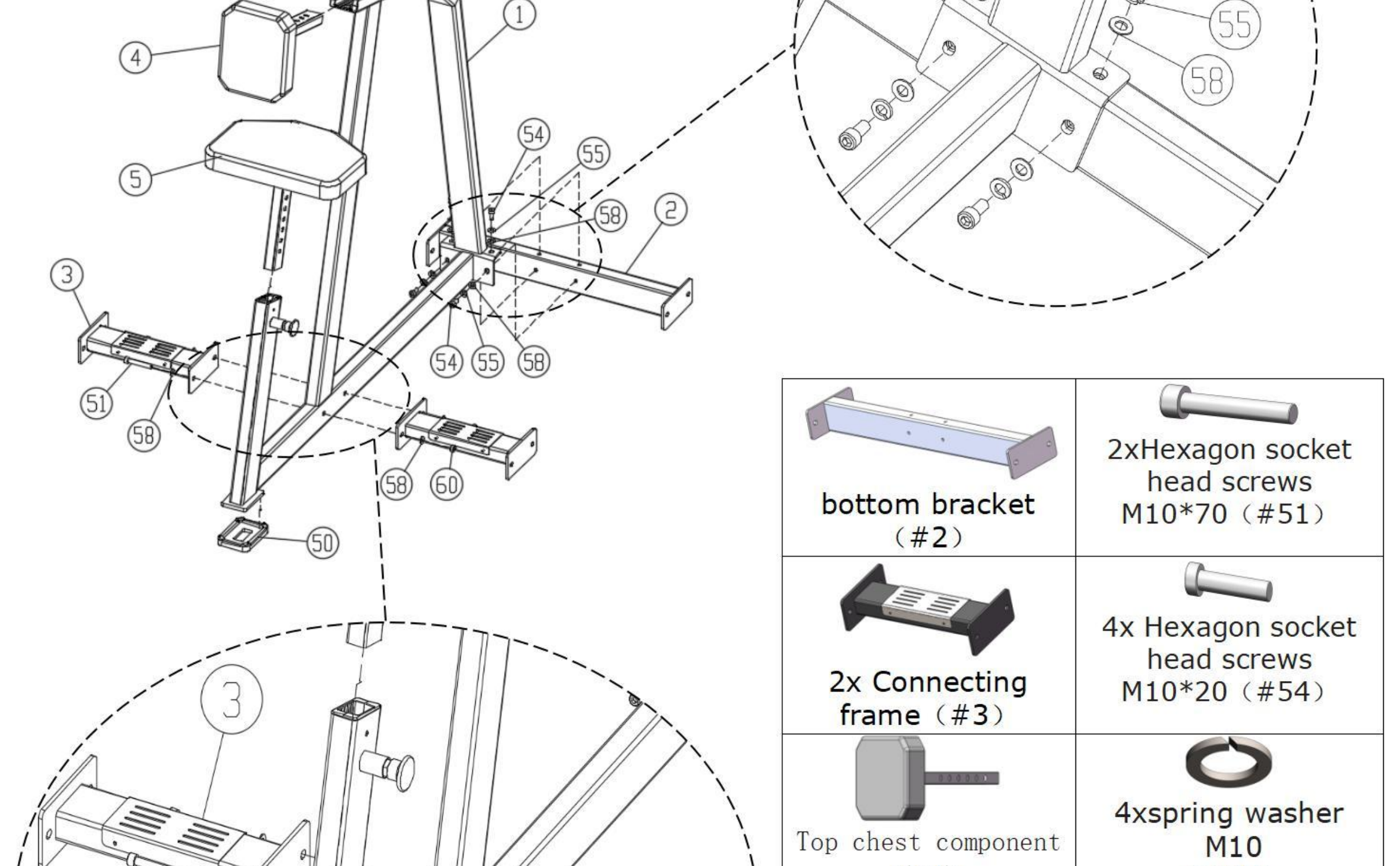
fastener



Step 1: Use the following method to install the bottom bracket (#2) to the bottom of the main frame assembly (#1); install the 2 connecting brackets (#3) to both sides of the main frame assembly (#1); install the top chest assembly (#4), install the seat adjustment assembly (#5) to the main frame assembly; install the rectangular foot pad (#50) to the main frame assembly;

- 2 xHexagon socket head screws M10*70（#51） 4 xHexagon socket head screws M10*20（#54）
- 8 x Flat Washers M10-D20（#58） · 2 x Hexagonal locking nut M10（#60）

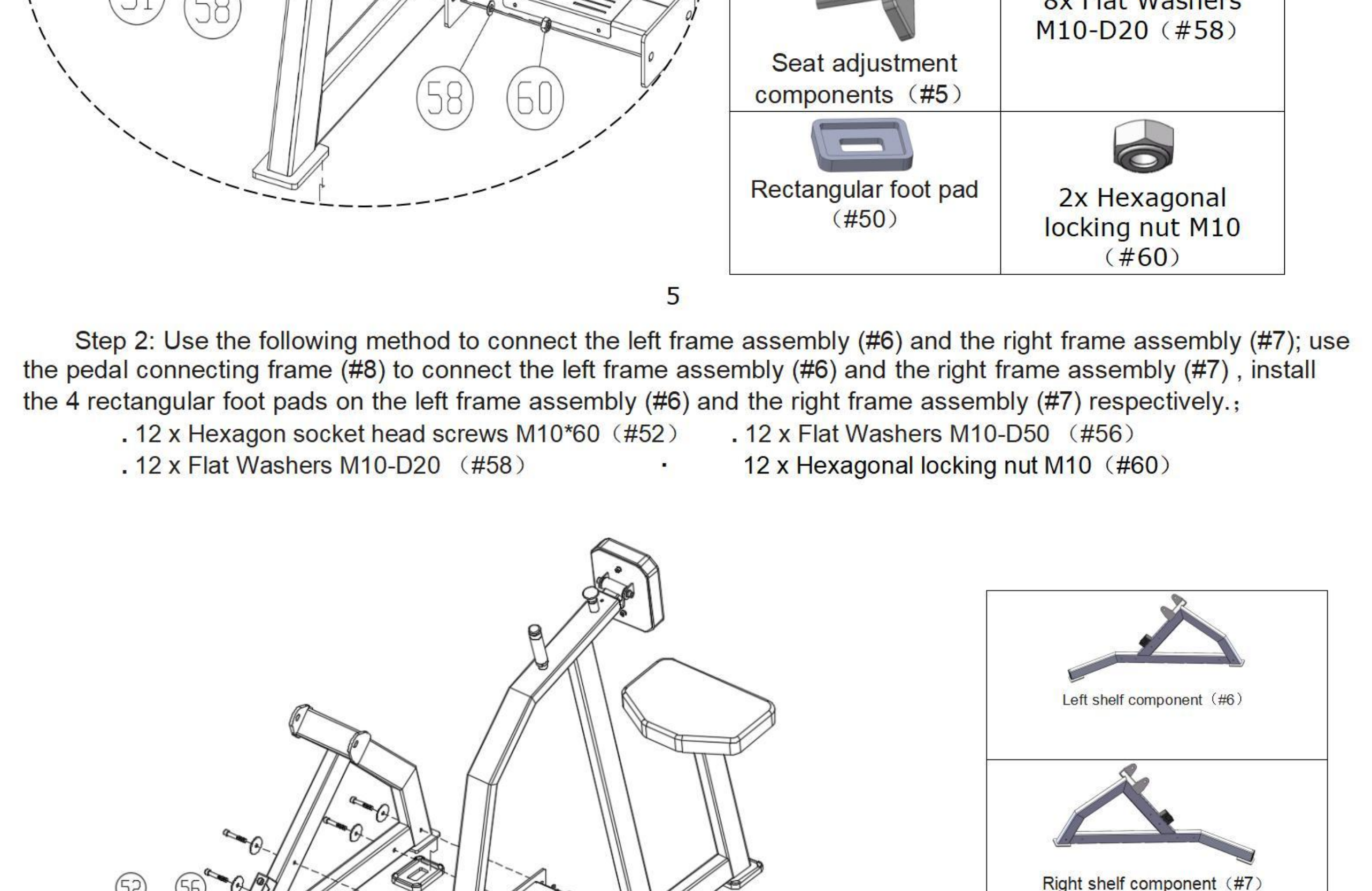
Wrench to tighten the bolt before proceeding to the next step



bottom bracket（#2）	2xHexagon socket head screws M10*70（#51）
2x Connecting frame（#3）	4x Hexagon socket head screws M10*20（#54）
Top chest component（#4）	4xspring washer M10（#55）
Seat adjustment components（#5）	8x Flat Washers M10-D20（#58）
Rectangular foot pad（#50）	2x Hexagonal locking nut M10（#60）

Step 2: Use the following method to connect the left frame assembly (#6) and the right frame assembly (#7); use the pedal connecting frame (#8) to connect the left frame assembly (#6) and the right frame assembly (#7) , install the 4 rectangular foot pads on the left frame assembly (#6) and the right frame assembly (#7) respectively.;

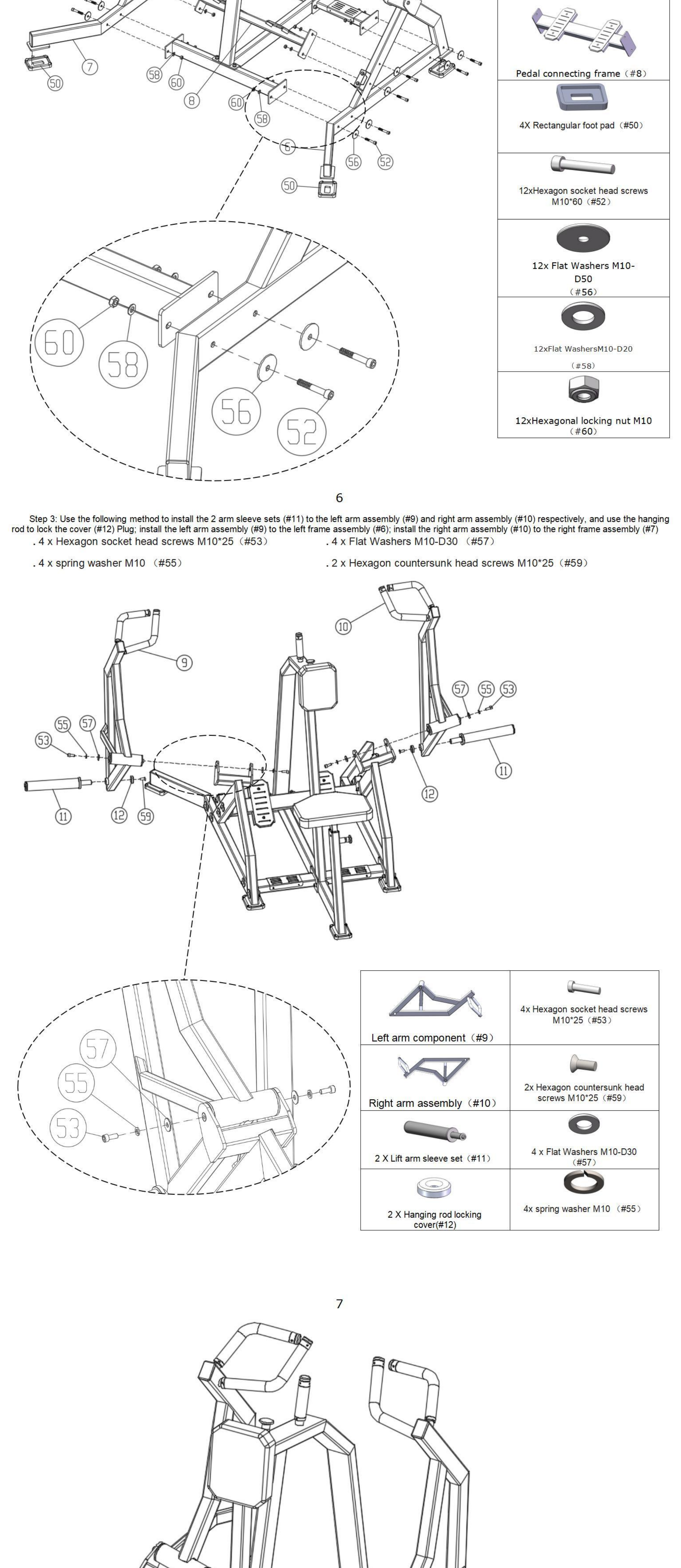
- 12 x Hexagon socket head screws M10*60（#52） . 12 x Flat Washers M10-D50 （#56）
- 12 x Flat Washers M10-D20 （#58） · 12 x Hexagonal locking nut M10（#60）



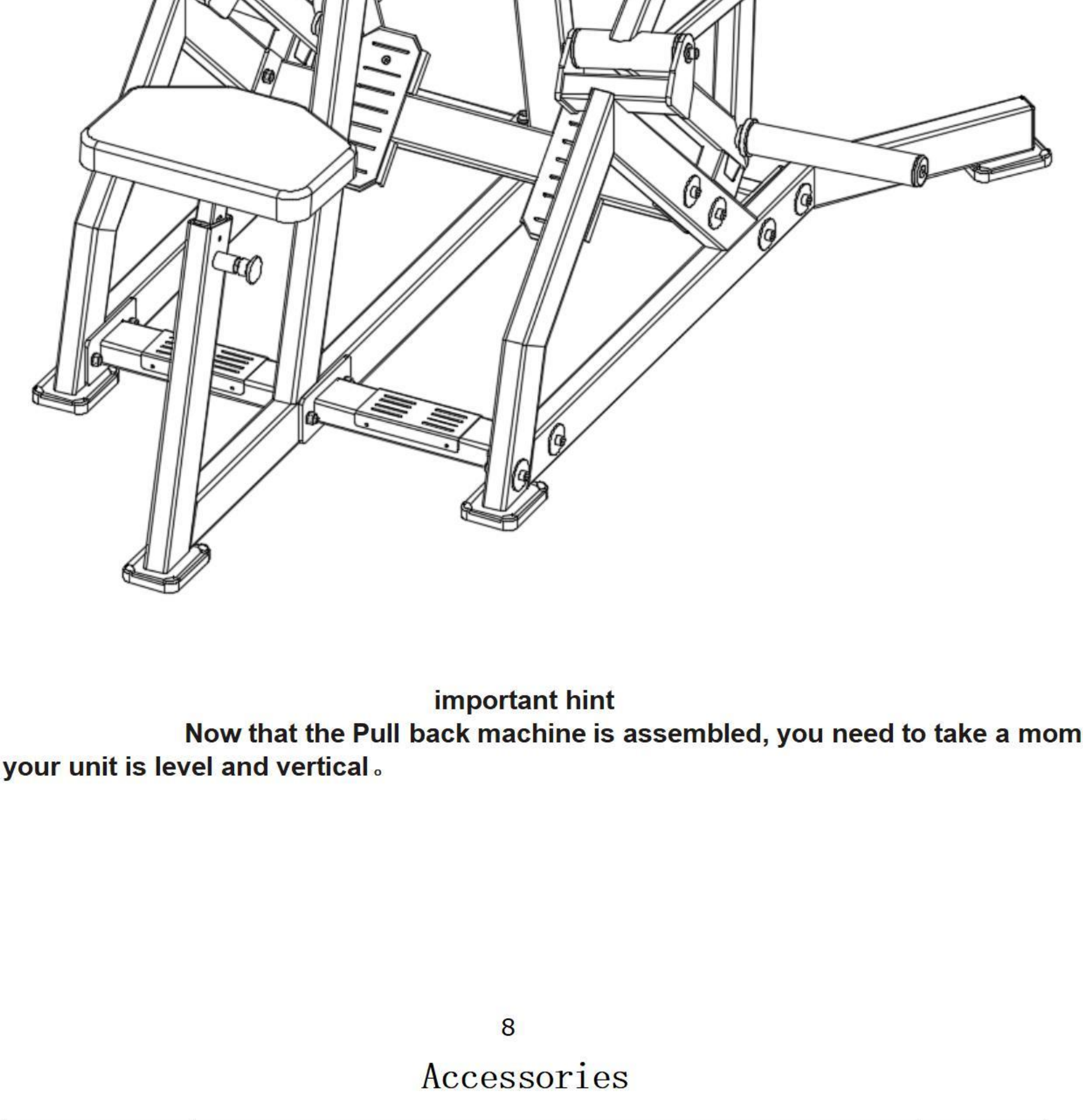
Left shelf component（#6）
Right shelf component（#7）
Pedal connecting frame（#8）
4X Rectangular foot pad（#50）
12xHexagon socket head screws M10*60（#52）
12x Flat Washers M10-D50（#56）
12xFlat WashersM10-D20（#58）
12xHexagonal locking nut M10（#60）

Step 3: Use the following method to install the 2 arm sleeve sets (#11) to the left arm assembly (#9) and right arm assembly (#10) respectively, and use the hanging rod to lock the cover (#12) Plug; install the left arm assembly (#9) to the left frame assembly (#6); install the right arm assembly (#10) to the right frame assembly (#7)

- 4 x Hexagon socket head screws M10*25（#53） . 4 x Flat Washers M10-D30 （#57）
- 4 x spring washer M10 （#55） . 2 x Hexagon countersunk head screws M10*25（#59）



Left arm component（#9）	4x Hexagon socket head screws M10*25（#53）
Right arm assembly（#10）	2x Hexagon countersunk head screws M10*25（#59）
2 X Lift arm sleeve set（#11）	4 x Flat Washers M10-D30（#57）
2 X Hanging rod locking cover(#12)	4x spring washer M10（#55）

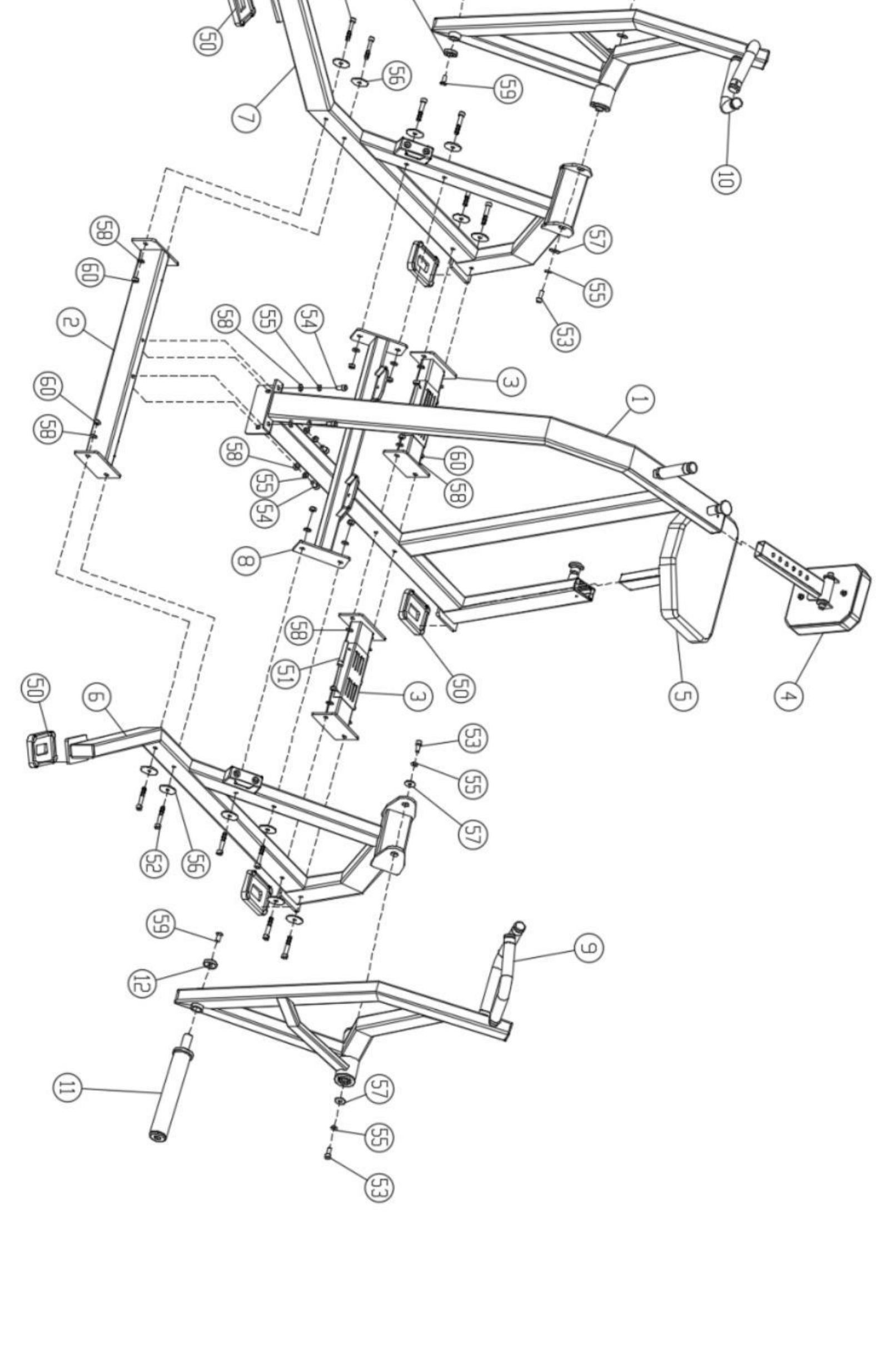


important hint

Now that the Pull back machine is assembled, you need to take a moment to make sure your unit is level and vertical。

Accessories

No	Name and specification	QTY
1	Main frame components	1
2	bottom bracket	1
3	Connecting frame	2
4	chest component	1
5	Seat adjustment components	1
6	Left shelf component	1
7	Right shelf component	1
8	Pedal connecting frame	1
9	Left arm component	1
10	Right arm assembly	1
11	Lift arm sleeve set	2
12	Hanging rod locking cover	2
50	Rectangular foot pad	5
51	Hexagon socket head screws M10*70	2
52	Hexagon socket head screws M10*60	12
53	Hexagon socket head screws M10*25	4
54	Hexagon socket head screws M10*20	4
55	spring washer M10	8
56	Flat Washers M10-D50	12
57	Flat Washers M10-D30	4
58	Flat Washers M10-D20	20
59	Hexagon countersunk head screw M10*25	2
60	Hexagonal locking nut M10	14

exploded view