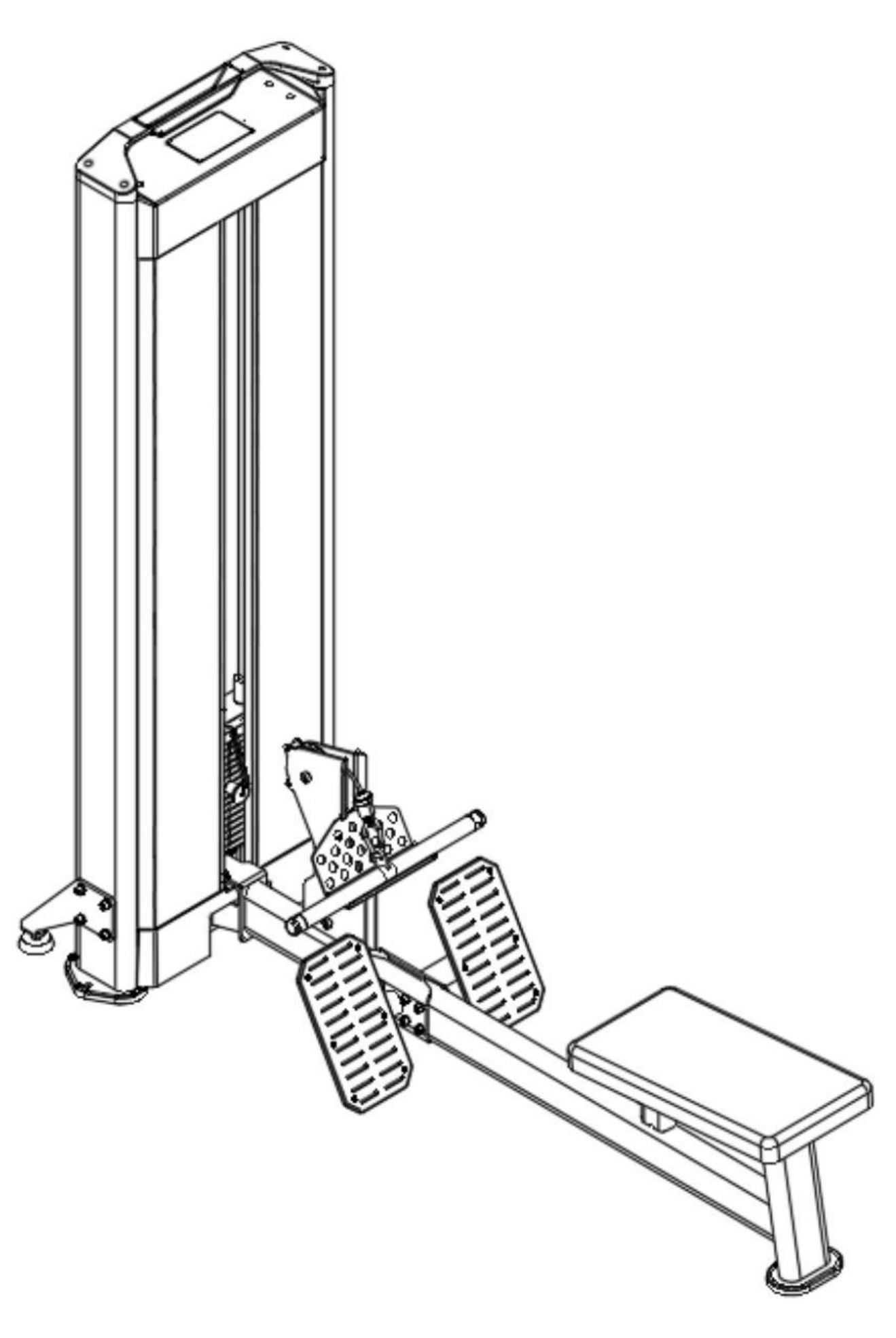
C413 Installation Guide

Low Row



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Introduction

Please take the time to read this instruction carefully before installation. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are parts missing or damaged during transportation, please call our after-sales service immediately for instructions). Please install the equipment correctly according to the relevant instructions. This equipment is designed to provide the smoothest and most effective exercise. After installation, you need to understand all functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. Please refer to the relevant instructions in time to inquire about the cause. If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue

Rubber rod
Level
Hexagon wrench
Two people
Circlip pliers
Adjustable wrench

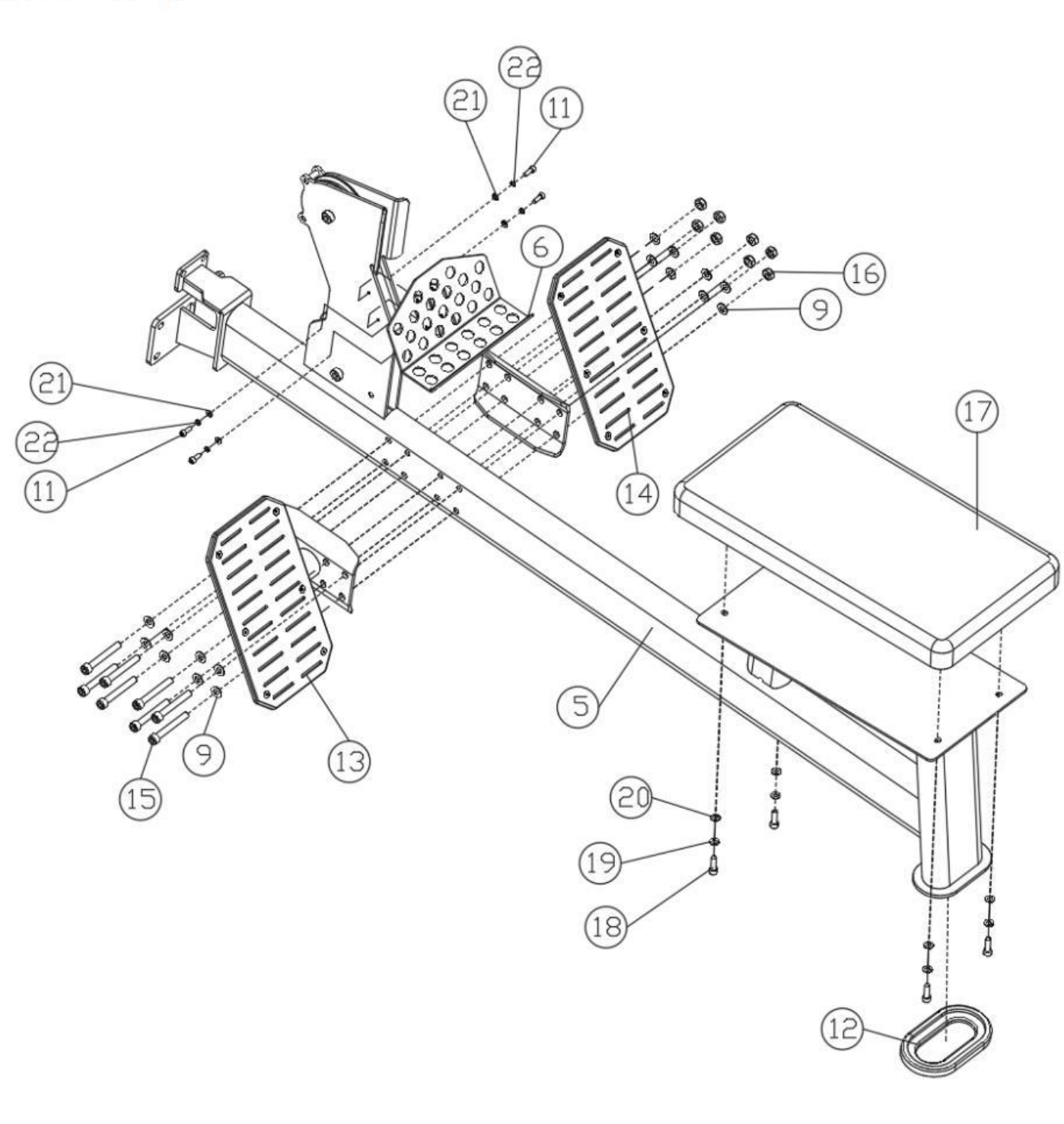
Assembly

Step 1: Assemble the left low pull footrest (#13), right low pull footrest (#14), and handlebar tray (#6) and

The low tension side frame (#5) is connected:
- 8xHexagon socket head screw (#15) • 4 x Hexagon socket head screws (#11)
- 16xFlat washer (#9) • 4 x Flat Washers (#21)
- 8xHexagon self-locking nut (#16) • 4 x Spring Washers (#22)

Step 2: Use the following method to assemble the low-pull seat cushion (#17) and the flat oval foot pad (#12) and the low-pull side frame II (#11).

Connect it up:
·4xHexagon socket head screw (#18)
·4xSpring washer (#19)
·4xFlat washer (#20)



Assembly

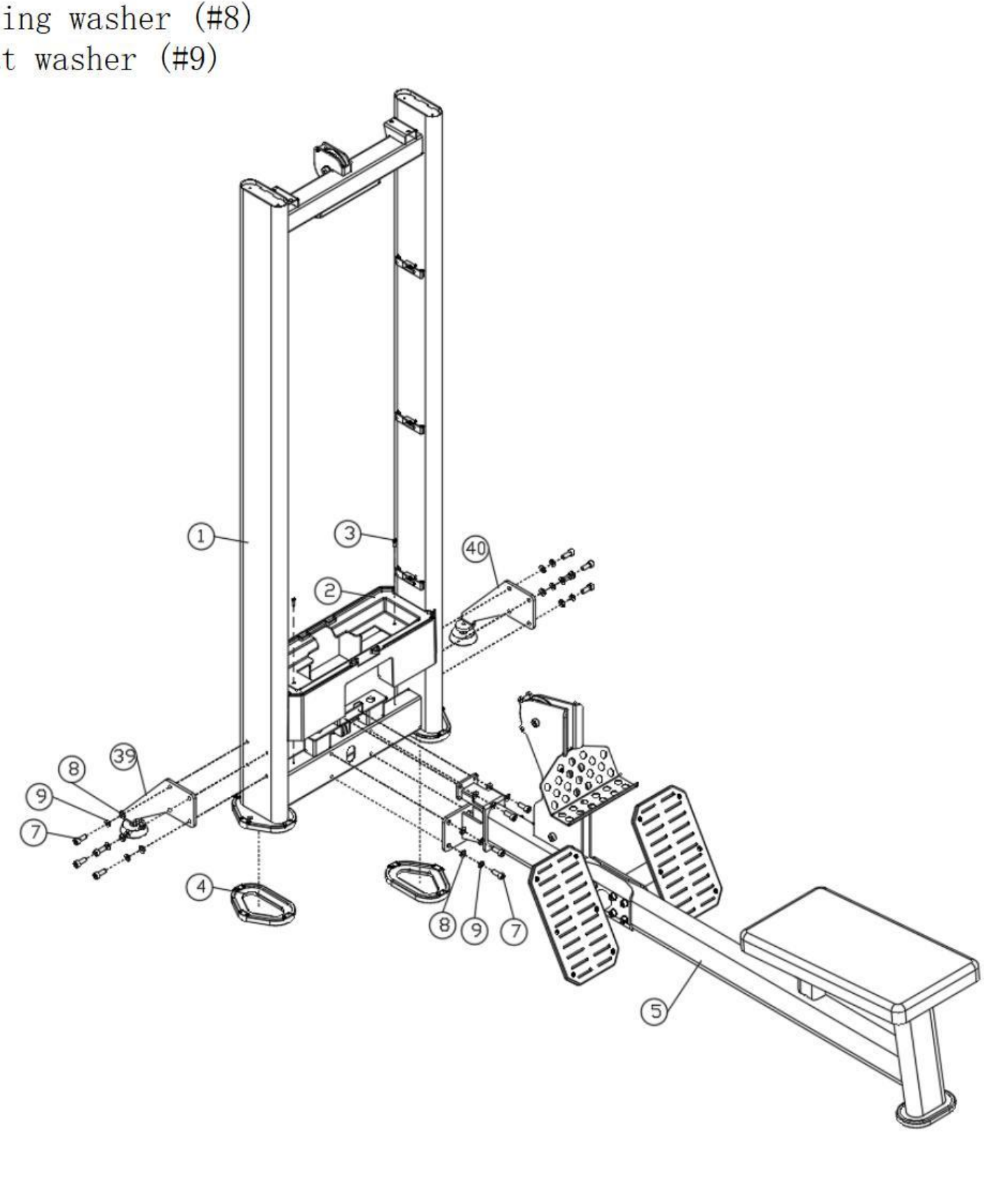
Step 3: Install the lower guard (#2) to the counterweight frame (#1) using the following method, and then assemble the low tension

Connect the side frame assembly (#5) to the counterweight frame (#1):
- 6x Hexagon socket head screw (#7)
- 6x Flat washer (#9)
- 6x Spring washers (#8) • 2 x Hexagon socket head screws (#3)

Install the 2 weight rack feet (#4) to the weight rack (#1)

Step 4: Install the Low Pull Weight Frame Left Support (#39) and the Low Pull Weight Frame Right Support (#40) to the Weight Frame (#1)

Connect it with:
- 8xHexagon socket head screw (#7)
- 8xSpring washer (#8)
- 8xFlat washer (#9)



Assembly

Step 5: Slide the two rubber weight pads (#25) onto the two guide rods (#24).

Connect the two counterweight frame bases (#26) and the two guide rods (#24) and place them into the counterweight frame (#1) in the following manner:

·2xHexagon socket head screw (#27)
·2xSpring washer (#19)
·2xFlat washer (#20)
Tighten the bolts with a wrench before proceeding to the next step

Step 6: Install the 16 counterweights (#28) onto the guide rods (#24) with the spacers facing up.

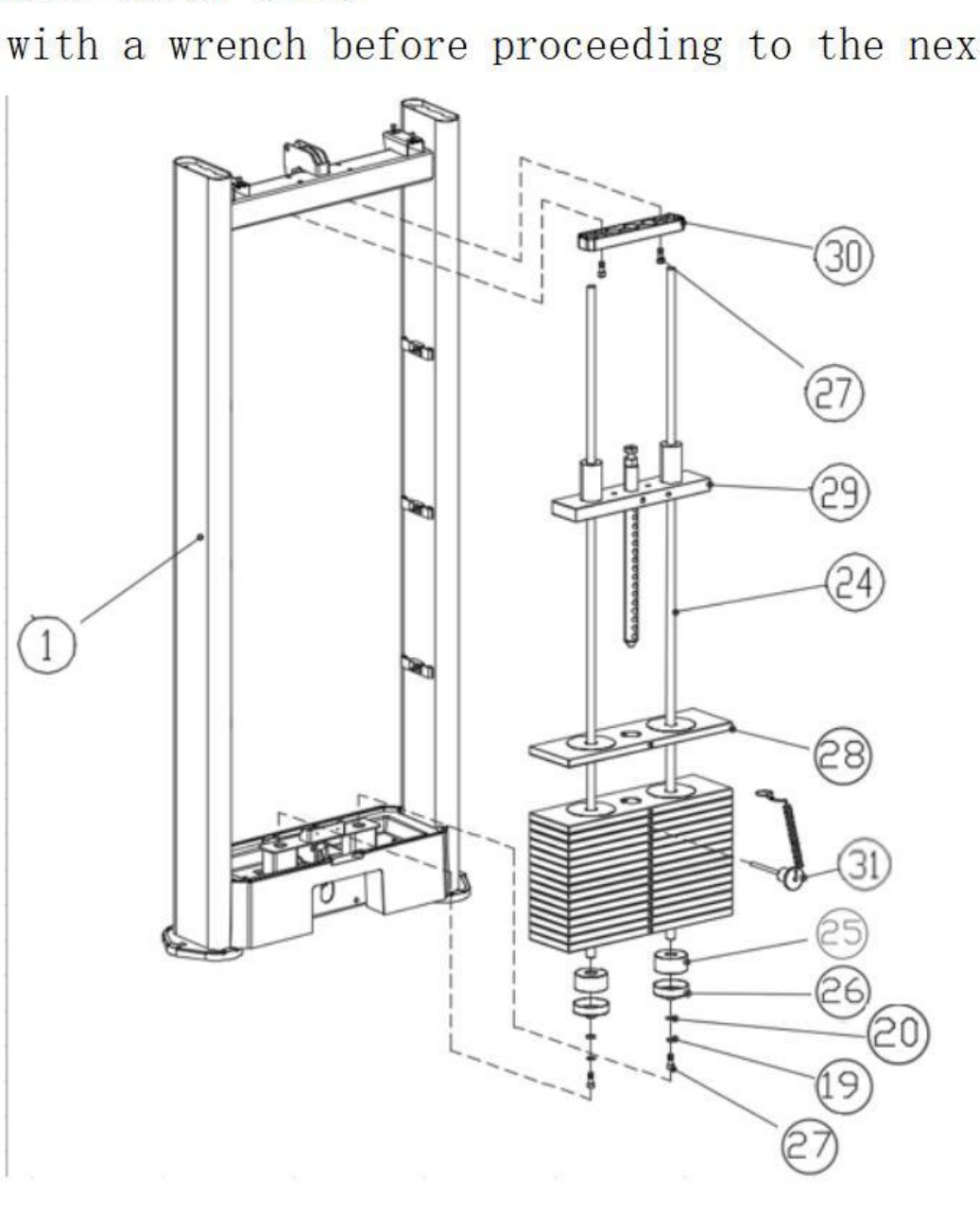
Install the guide block assembly (#29) onto the guide rod (#24).

Insert the counterweight pin (#31) into the counterweight (#28).

Slide the guide bar retaining plate (#30) onto the guide bar (#24).

Install the guide rod fixing plate (#30) to the counterweight frame (#1) as follows:

·2xHexagon socket head screw (#27)
Tighten the bolts with a wrench before proceeding to the next step

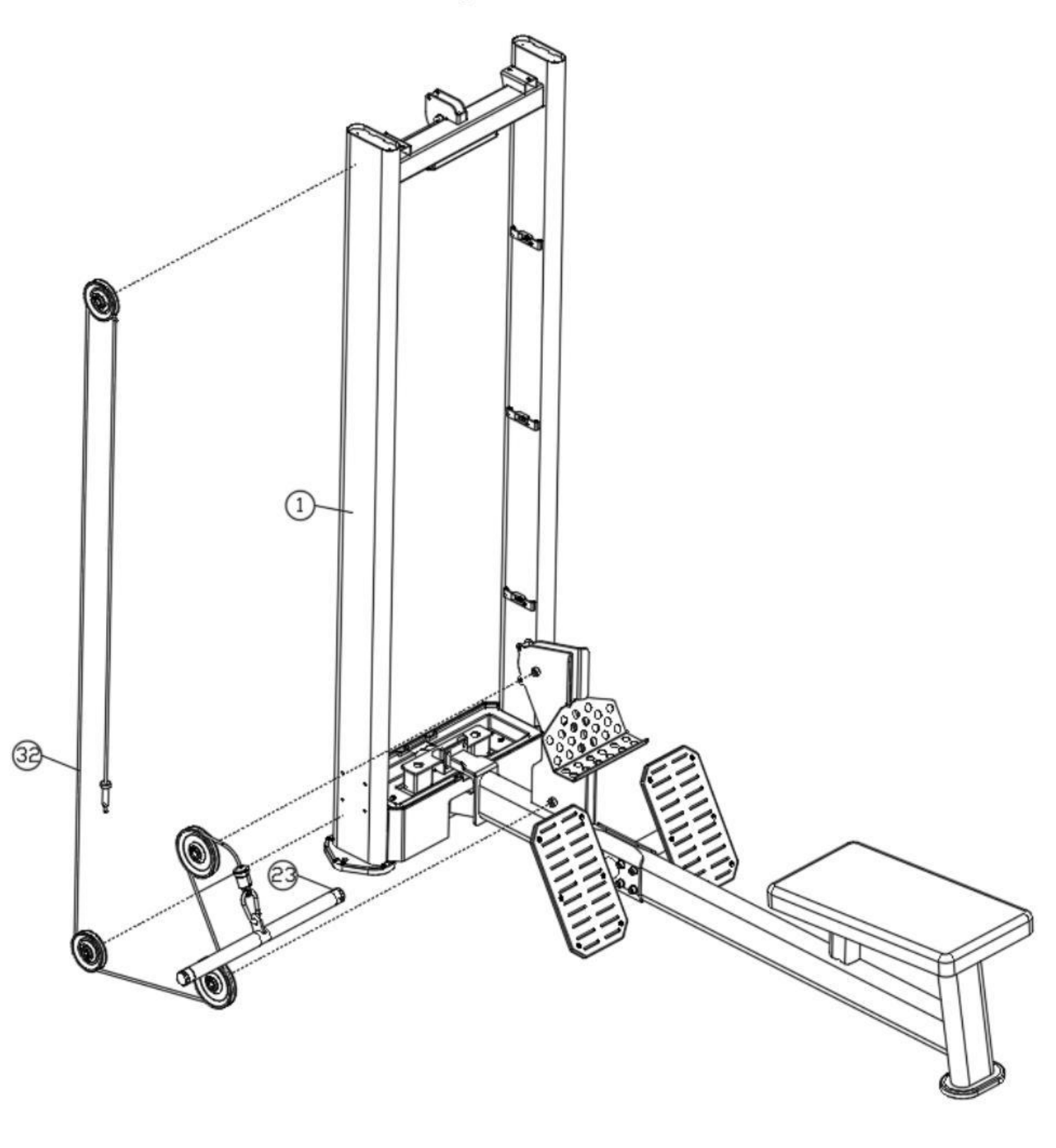


Assembly

Step 7: First disassemble the pre-installed 95 and 120 reels, insert the wire rope (#32) as shown in the figure, and then reinstall the reels.

Note that these reels are installed synchronously with the wire rope (#32).

Step 8: Connect one end of the wire rope (#32) to the handle assembly (#11) and the other end to the counterweight frame (#1).



Assembly

Step 9: Slide the two trim strips (#34) into the two fenders (#33) and attach to the counterweight frame (#1) using the fender hold-down plates.

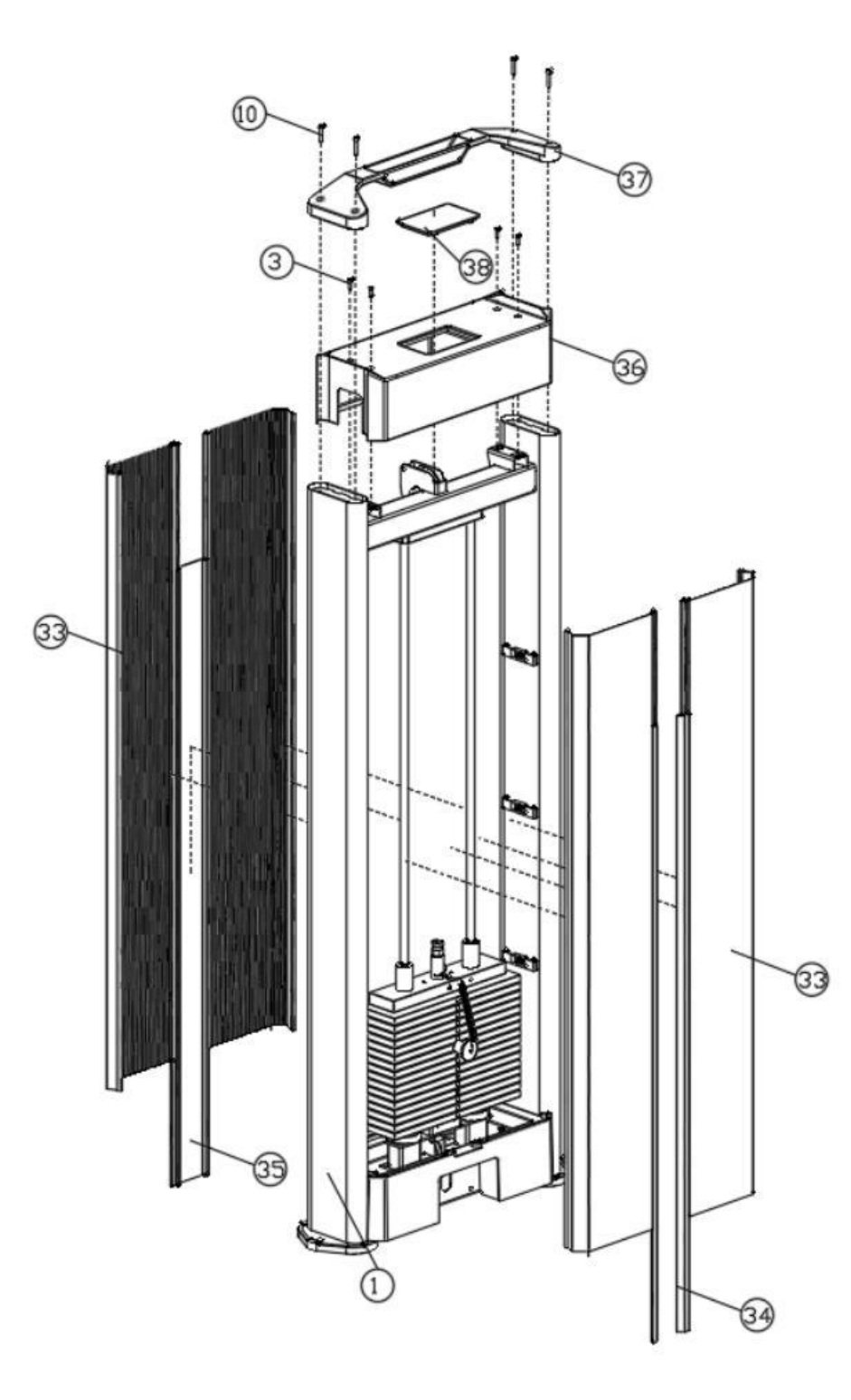
Slide the trim plate (#35) into the two baffles (#33) and attach to the counterweight frame (#1) using the baffle pressure plate.

Attach the upper guard (#36) to the counterweight frame (#1) as follows:

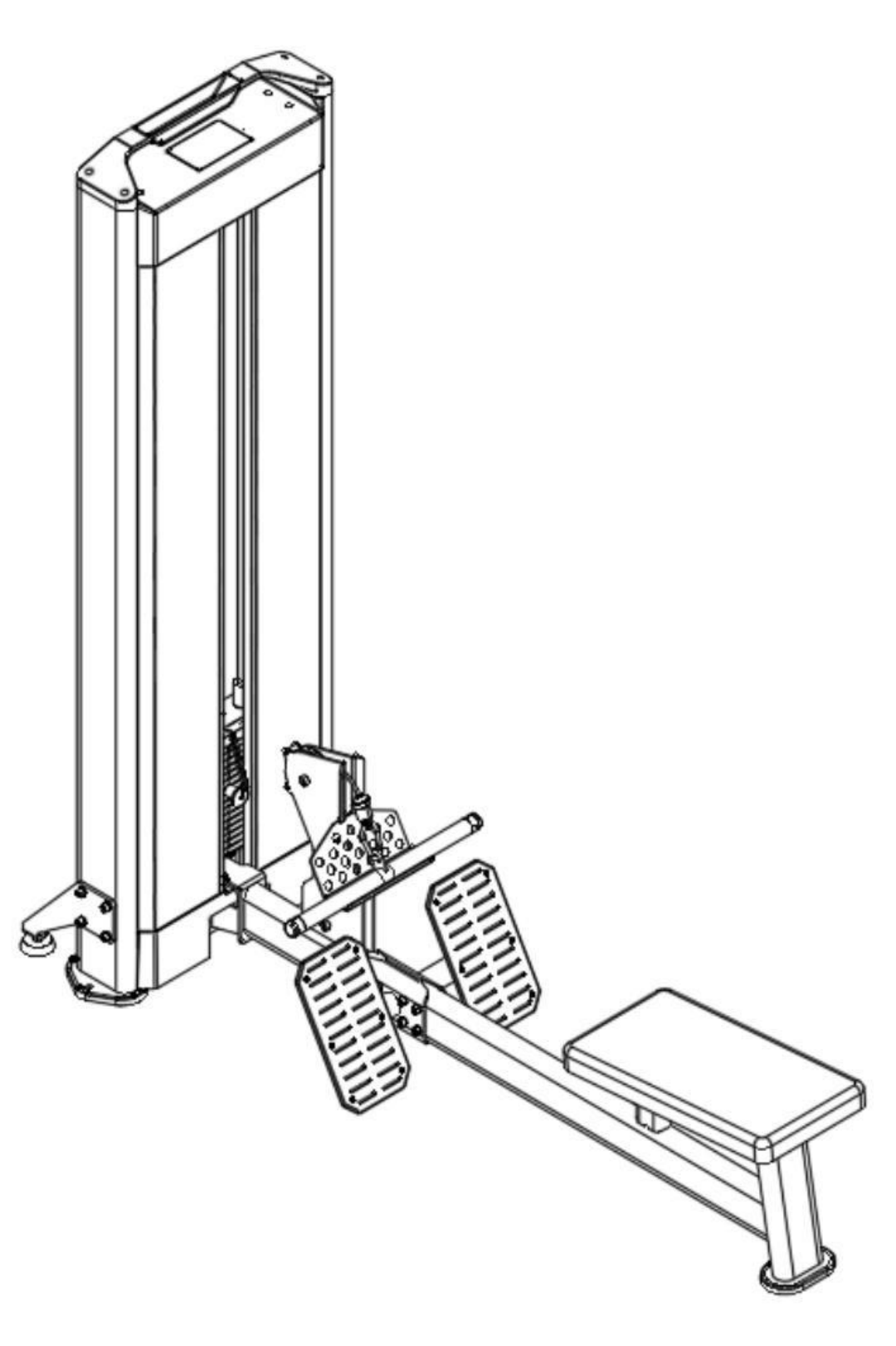
- 4×M5*16 hexagon socket head screws (#5)

Step 10: Attach the upper cover trim (#37) to the counterweight frame (#1) and snap the upper guard cover (#38) into place using the following method:

Into the upper shield (#38);
- 4×M6*30 hexagon socket head screws (#10)



Assembly



Important Tips

Now that the Low Row 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 plumb in both directions. If they are not plumb, you may have to loosen some of the frame hardware and reassemble and tighten the bolts.

Accessories List

NUM	Name and specifications	QTY
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	6
4	Weight rack foot pads	2
5	Low tension side frame Ⅰ	1
6	Activity mat	1
7	Hexagon socket head screw (M10*25)	6
8	Spring washer (10)	10
9	Flat washer (10)	18
10	Hexagon socket head screw (M6*30)	4
11	Low tension side frame Ⅱ	1
12	Flat oval foot pad	1
13	Pull left pedal low	1
14	Pull right pedal low	1
15	Hexagon socket head screw (M10*75)	4
16	Hexagonal self-locking nut (M10)	4
17	Low-pull seat cushion	1
18	Hexagon socket head screw (M8*30)	4
19	Spring washers (8)	6
20	Flat washers (8)	6
21	Low tension arm	1
22	Low tension arm shaft	1
23	Low tension arm tie rod	2
24	Universal weight guide rod	2
25	Counterweight rubber pad	2
26	Counterweight rack base	2
27	Hexagon socket head screw (M8*20)	4
28	Counterweight	16
29	Guide block set	1
30	Guide rod fixing plate	1
31	Counterweight latch	1
32	Wire Rope	1
33	Bezel	4
34	Counterweight decorative strip	2
35	Counterweight source decorative plate	1
36	Counterweight upper guard	1
37	Upper guard decorative plate	1
38	Upper guard cover	1

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