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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 causes. 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: Connect the counterweight lower guard (M2) to the counterweight frame (M1) using the following method:
×6Hexagon socket head screw (M3)

Step 2: Install the 2 weight rack feet (M4) to the weight rack (M1)

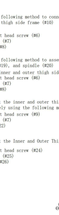
Step 3: Connect the Inner and Outer Thigh Adapter (M5) to the Weight Adapter (M1) as follows:
×4 Hexagon socket head screw (M6)
×4 Spring washer (M7)
×4 Flat washer (M8)
×4 Hexagon socket head screw (M9)

Assembly

Step 4: Connect the two inner and outer thigh connecting plates (M11) to the inner and outer thigh side frames (M10) using the following method:
×6Hexagon socket head screw (M6)
×6Spring washer (M7)
×12Flat washer (M8)
×6Hexagon socket head screw (M12)
×6Hexagon self-locking nut (M13)

Step 5: Install the Flat Oval Foot Pads (M14) onto the Inner and Outer Thigh Side Frames (M10).

Step 6: Install the movable foot pad (M15) onto the inner and outer thigh side frame (M10).



Assembly

Step 7: Connect the inner and outer thigh connection frame (M3) to the inner and outer thigh side frame (M10) using the following method:
×6Hexagon socket head screw (M9)
×6Spring washer (M7)
×6Flat washer (M8)

Assembly

Step 8: Use the following method to connect the inner and outer thigh left lever arm (M16), main axis (M20) and inner and outer thigh side frame (M10)
Connect it up:
×6Hexagon socket head screw (M6)
×6Spring washer (M7)
×6Flat washer (M8)

Step 9: Use the following method to assemble the right thigh inner and outer lever arm (M17), flange (M18), linkage plate (M19), and spindle (M20)
Connect to the inner and outer thigh side frame (M10):
×6Hexagon socket head screw (M6)
×6Spring washer (M7)
×6Flat washer (M8)

Step 10: Connect the inner and outer thigh active arms (M21) to the left lever arm (M16) and the right lever arm (M17) respectively using the following method:
×6Hexagon socket head screw (M9)
×6Spring washer (M7)
×6 Flat washer (M22)

Step 11: Connect the Inner and Outer Thigh Pads (M23) to the Active Arms (M21) as follows:

×6Hexagon socket head screw (M24)
×6Spring washer (M25)
×6Flat washer (M26)

Assembly

Step 12: Slide the two rubber weight pads (M28) onto the two guide rods (M27).
Connect the two counterweight frame bases (M29) and the two guide rods (M27) and place them into the counterweight frame (M1) in the following manner:
×2Hexagon socket head screw (M30)
×2Spring washer (M25)
×2Flat washer (M26)
Tighten the bolts with a wrench before proceeding to the next step

Step 13: Install the 16 counterweights (M31) onto the guide rods (M27) with the spacers facing up.

Install the guide block assembly (M32) onto the guide rod (M27).
Insert the counterweight pin (M34) into the counterweight (M31).
Slide the guide bar retaining plate (M33) onto the guide bar (M27).

Install the guide rod fixing plate (M33) to the counterweight frame (M1) as follows:

×2Hexagon socket head screw (M30)
Tighten the bolts with a wrench before proceeding to the next step

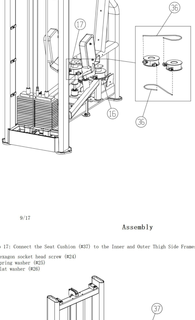
Assembly

Step 14: First disassemble the pre-installed M5 and 120 reels, insert the wire rope I (M35) as shown in the figure, and then reinstall all the reels.
Note that these reels are installed synchronously with the wire rope.

Step 15: Connect one end of the wire rope I (M35) to the flange (M18) and the other end to the counterweight frame (M1).

Assembly

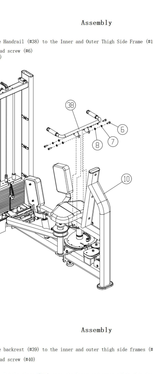
Step 16: After inserting the wire rope II (W36) as shown in the figure, connect it to the left lever arm (W16) and the right lever arm (W17) respectively.



Assembly

Step 17: Connect the Seat Cushion (W27) to the Inner and Outer Thigh Side Frames (W10) as follows:

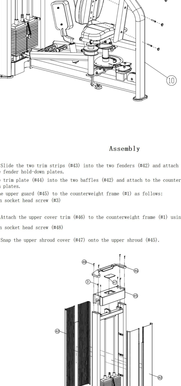
•4#Hexagon socket head screw (M24)
•4#Spring washer (M25)
•4#Flat washer (M26)



Assembly

Step 18: Connect the Handrail (W38) to the Inner and Outer Thigh Side Frame (W10) using the following method:

•4#Hexagon socket head screw (M6)
•4#Spring washer (M7)
•4#Flat washer (M8)

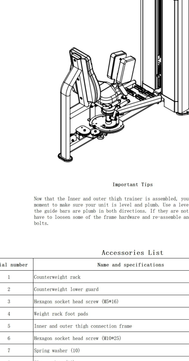


Assembly

Step 19: Connect the backrest (W39) to the inner and outer thigh side frames (W10) using the following method:

•5#Hexagon socket head screw (M40)

STEP 20: Install the 3 hole plugs (W41) onto the inner and outer thigh side frames (W10).



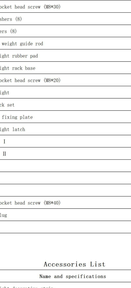
Assembly

Step 21: Slide the two trim strips (W43) into the two fenders (W42) and attach to the counterweight frame (W1) using the fender hold-down plates.
Slide the trim plate (W44) into the two baffles (W42) and attach to the counterweight frame (W1) using the baffle hold-down plates.
Attach the upper guard (W45) to the counterweight frame (W1) as follows:
•4#Hexagon socket head screw (M2)

Step 22: Attach the upper cover trim (W46) to the counterweight frame (W1) using the following method:

•4#Hexagon socket head screw (M40)

STEP 23: Snap the upper shroud cover (W47) onto the upper shroud (W45).



Assembly

Important Tips

Now that the Inner and outer thigh 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 bars are plumb in both directions. If they are not plumb, you may have to loosen some of the frame hardware and re-assemble and tighten the bolts.

Accessories List

Serial number	Name and specifications	quantity
1	Counterweight rack	1
2	Counterweight lower guard	1
3	Hexagon socket head screw (M5*16)	9
4	Weight rack foot pads	2
5	Inner and outer thigh connection frame	1
6	Hexagon socket head screw (M10*25)	16
7	Spring washer (10)	twenty four
8	Flat washer (10)	30
9	Hexagon socket head screw (M10*20)	8
10	Inner and outer thigh side frame	1
11	Inner and outer thigh connection plates	2
12	Hexagon socket head screw (M10*30)	4
13	Hexagonal self-locking nut (M10)	4
14	Flat oval foot pad	1
15	Activity mat	1
16	Left thigh inner and outer moment arm	1
17	Right moment arm of inner and outer thigh	1
18	Flange	1
19	Linkage disk	1
20	Spindle	2
21	Inner and outer thigh arm movements	2

Accessories List

Serial number	Name and specifications	quantity
22	Large Washer (10)	2
23	Inner and outer thigh pads	2
24	Hexagon socket head screw (M8*35)	8
25	Spring washers (8)	10
26	Flat washers (8)	10
27	Universal weight guide rod	2
28	Counterweight rubber pad	2
29	Counterweight rack base	2
30	Hexagon socket head screw (M8*20)	4
31	Counterweight	16
32	Guide block set	1
33	Guide rod fixing plate	1
34	Counterweight latch	1
35	Wire Rope I	1
36	Wire Rope II	2
37	cushion	1
38	armrest	2
39	Backrest	1
40	Hexagon socket head screw (M8*40)	3
41	20-hole plug	3
42	Bezel	4

Accessories List

Serial number	Name and specifications	quantity
43	Counterweight decorative strip	2
44	Counterweight source decorative plate	1
45	Counterweight upper guard	1
46	Upper guard cover	1
47	Upper guard cover	1
48	Hexagon socket head screw (M5*30)	4

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