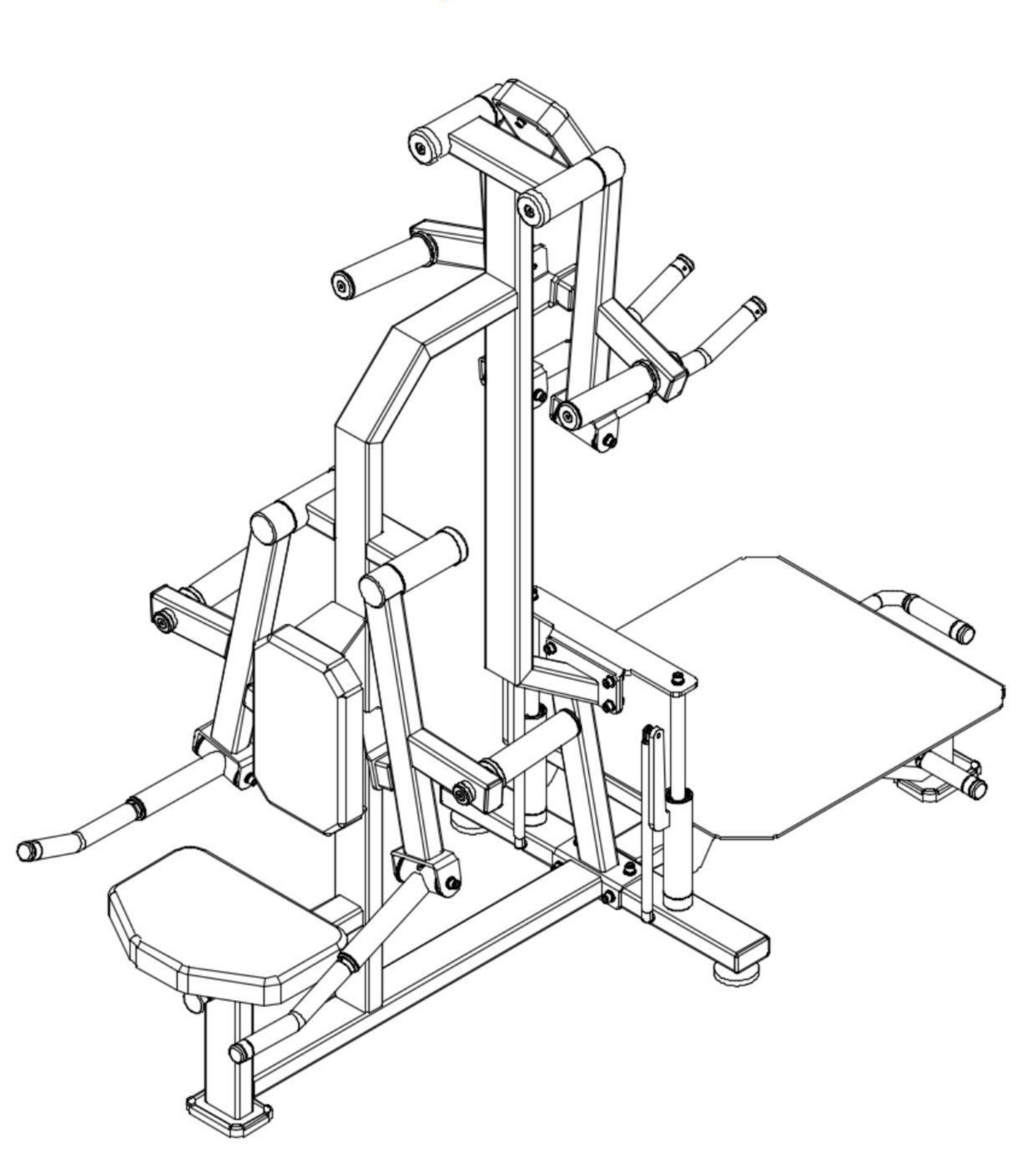
G2A38 Installation Guide
Shoulder / Chest Combo



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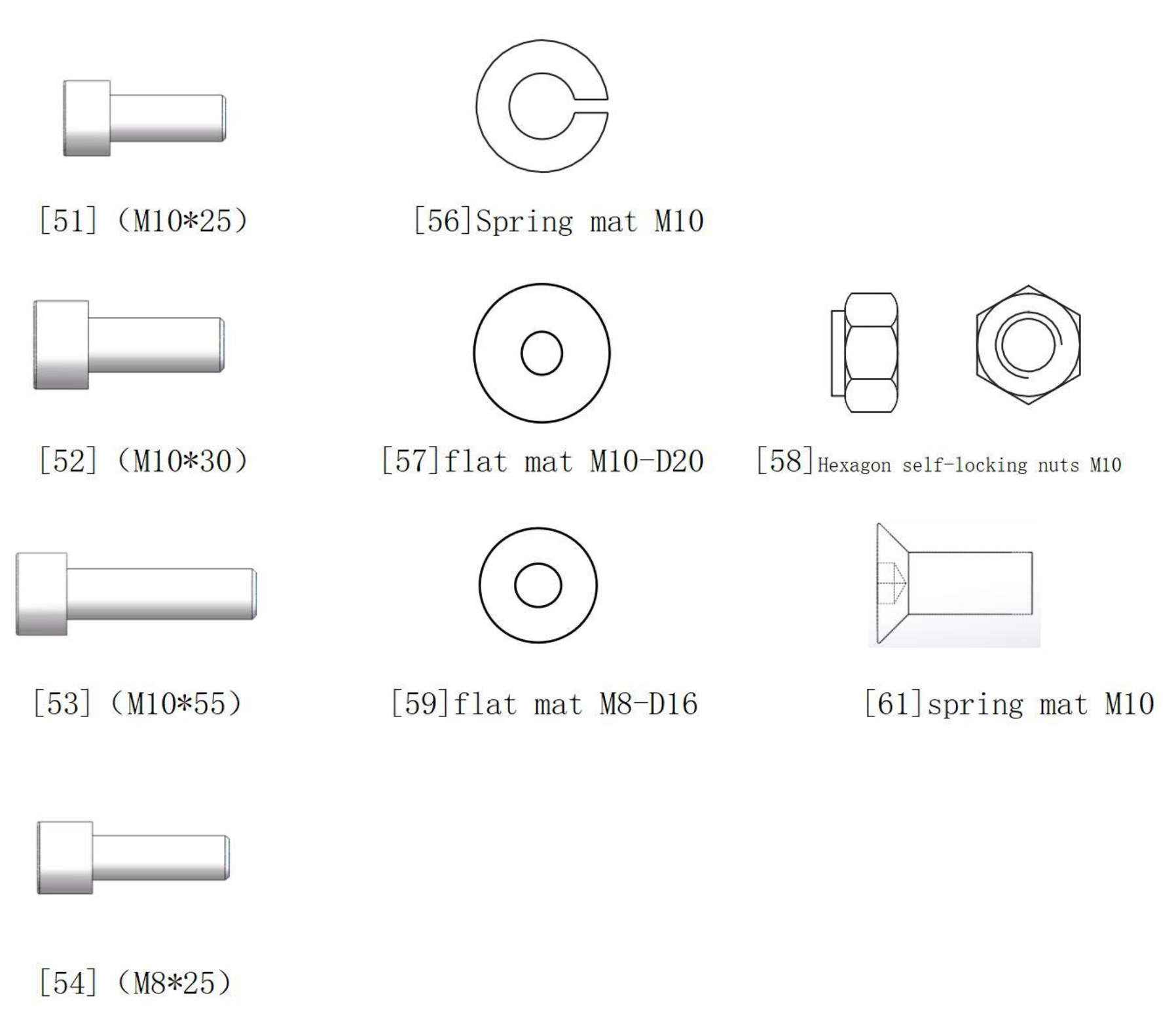
Brief introduction

Please take the time to read these instructions carefully before installation. Please refer to the list in the instruction manual to confirm the completeness and quantity check of all parts (if any parts are missing or damaged in transit, you should call our after-sales service immediately). When installing the equipment, please follow the relevant instructions to install the equipment correctly.

This equipment is designed to provide the smoothest and most effective workout. After installation, you need to understand all the functions in order to use it correctly. If you find any problems during use, you should stop using it immediately to avoid physical injury and equipment damage. And promptly refer to the relevant instructions to inquire about the cause, if you can not solve the problem, please call our after-sales service. After carefully reading all the instructions, please continue

Rubber Hammer
Level ruler
Allen wrench
Two people
spring clamp
adjustable wrench

Fasteners

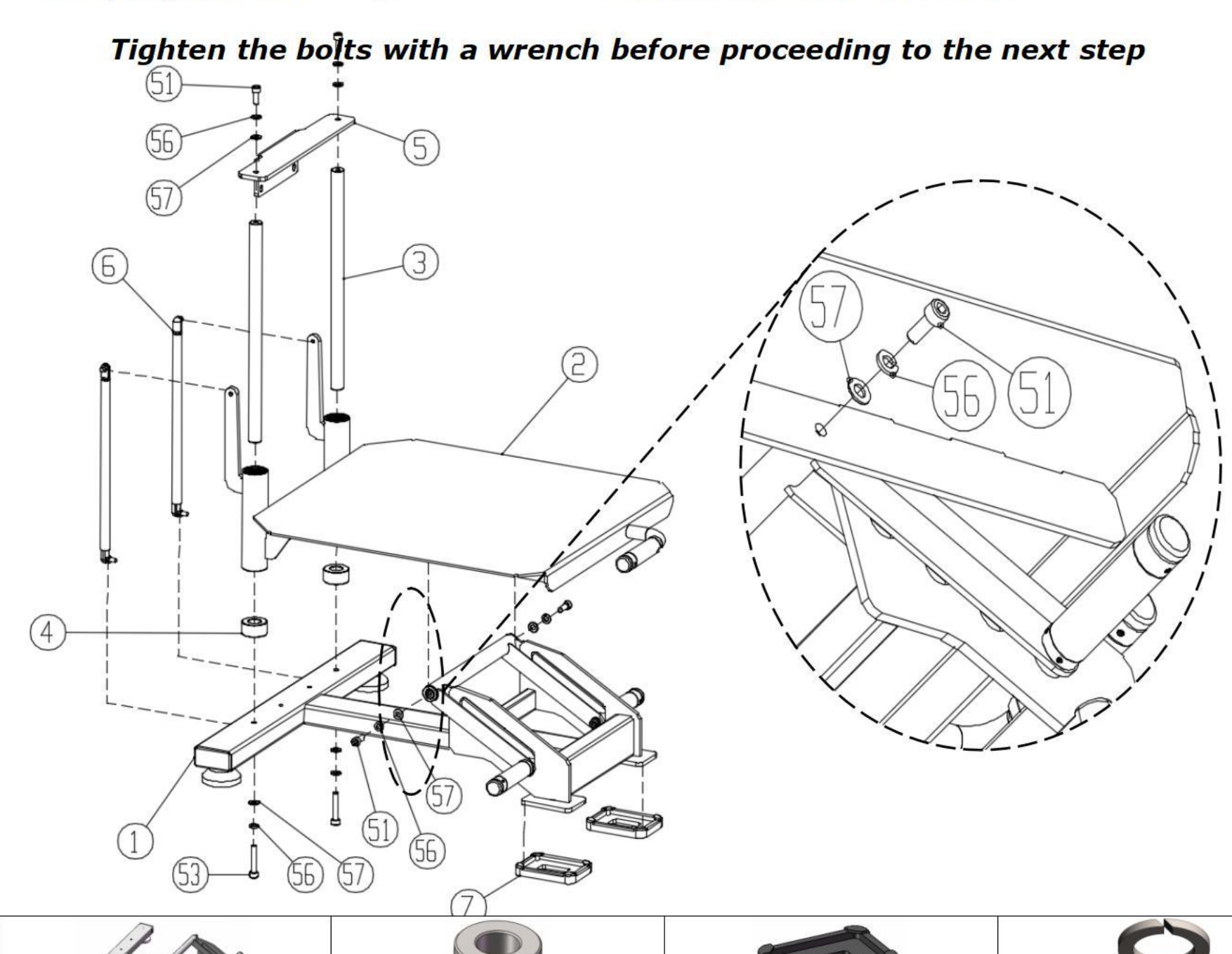


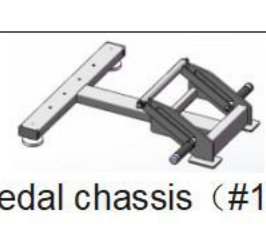
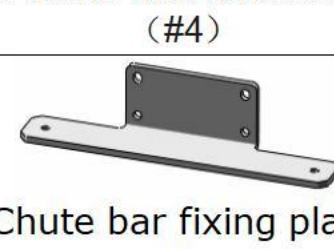
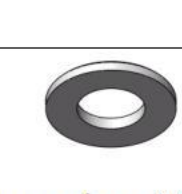
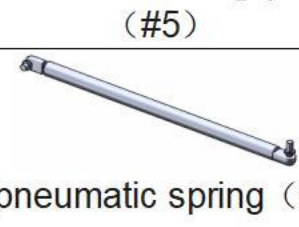
Step1: Attach 2 rectangular foot pads (#7) to the pedal chassis (#1); attach the pedal assembly (#2), 2 chute bars (#3), 2 chute bar rubber pads (#4), and chute bar retainer plate (#5) to the pedal chassis (#1) with the following; attach 2 gas springs (#6) to the pedal chassis (#1) and pedal assembly (#2) with the following

. 4 x Hexagon socket cheese head screws M10*25（#51） · 2 x Hexagon socket cheese head screws M10*55（#53）

· 6 x Spring mat M10（#56） . 6 x flat mat M10-D20（#57）

Tighten the bolts with a wrench before proceeding to the next step



 pedal chassis（#1）	 2x Chute Rod Rubber Mat（#4）	 2x Rectangular feet（#7）	 6xspring washer M10（#56）
 pedal assembly（#2）	 Chute bar fixing plate（#5）	 4xHexagon socket cheese head screws M10*25（#51）	 6xflat washer M10-D20（#57）
 2x chute bar（#3）	 2x pneumatic spring（#6）	 2xHexagon socket cheese head screws M10*55（#53）	

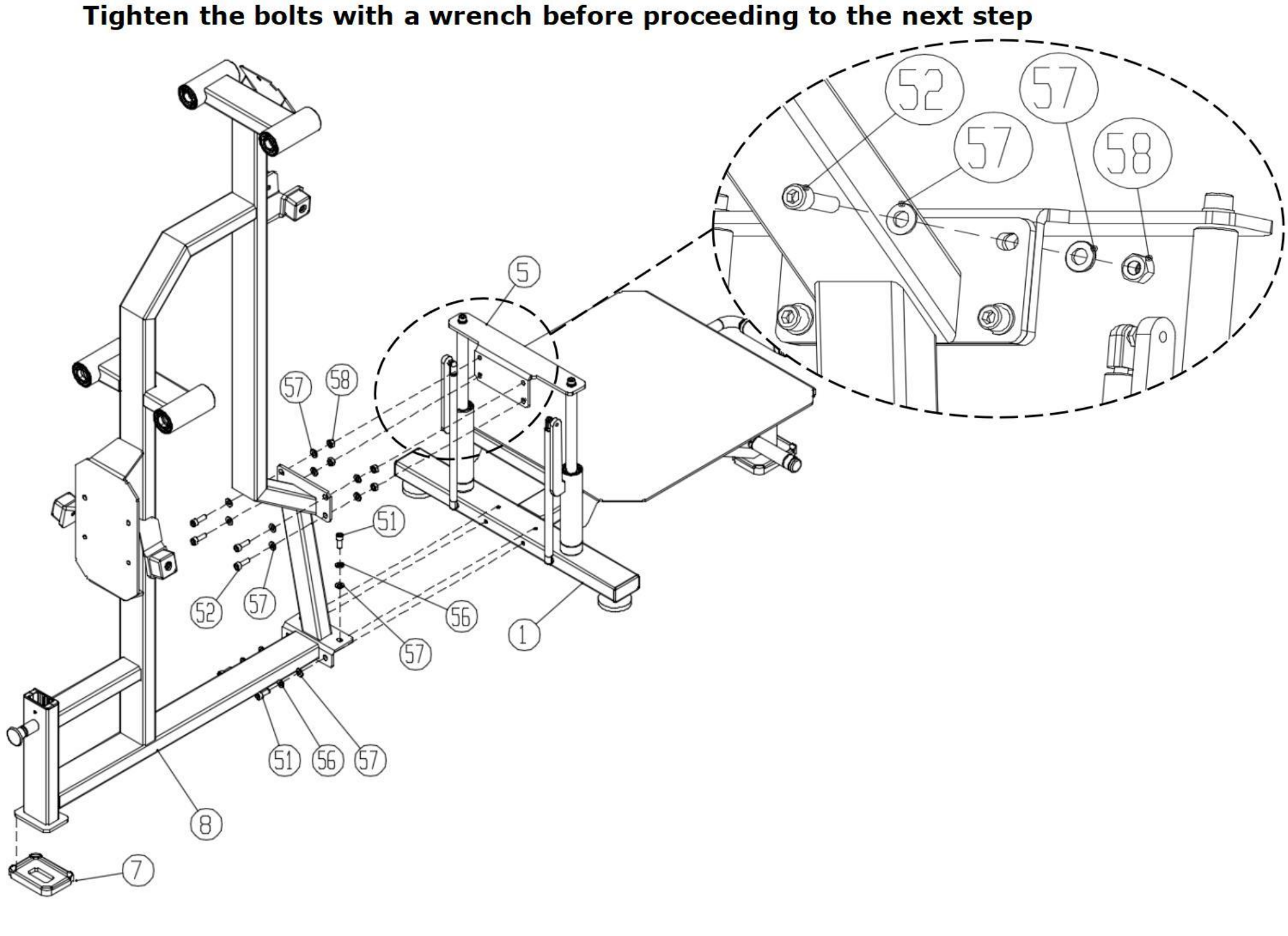
Step2: Attach the riser assembly (#8) to the pedal chassis (#1) and chute bar mounting plate (#5) using the following method; attach 1 rectangular foot pad (#7) to the riser assembly (#8):

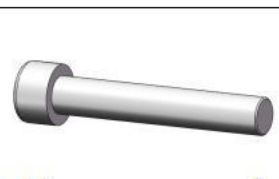
. 4 x Hexagon socket cheese head screws M10*25（#51） · 4 x Hexagon socket cheese head screws M10*30（#52）

· 4 x spring washer M10（#56） . 12 x flat washer M10-D20（#57）

· 4 x Hexagonal self-locking nuts M10（#58）

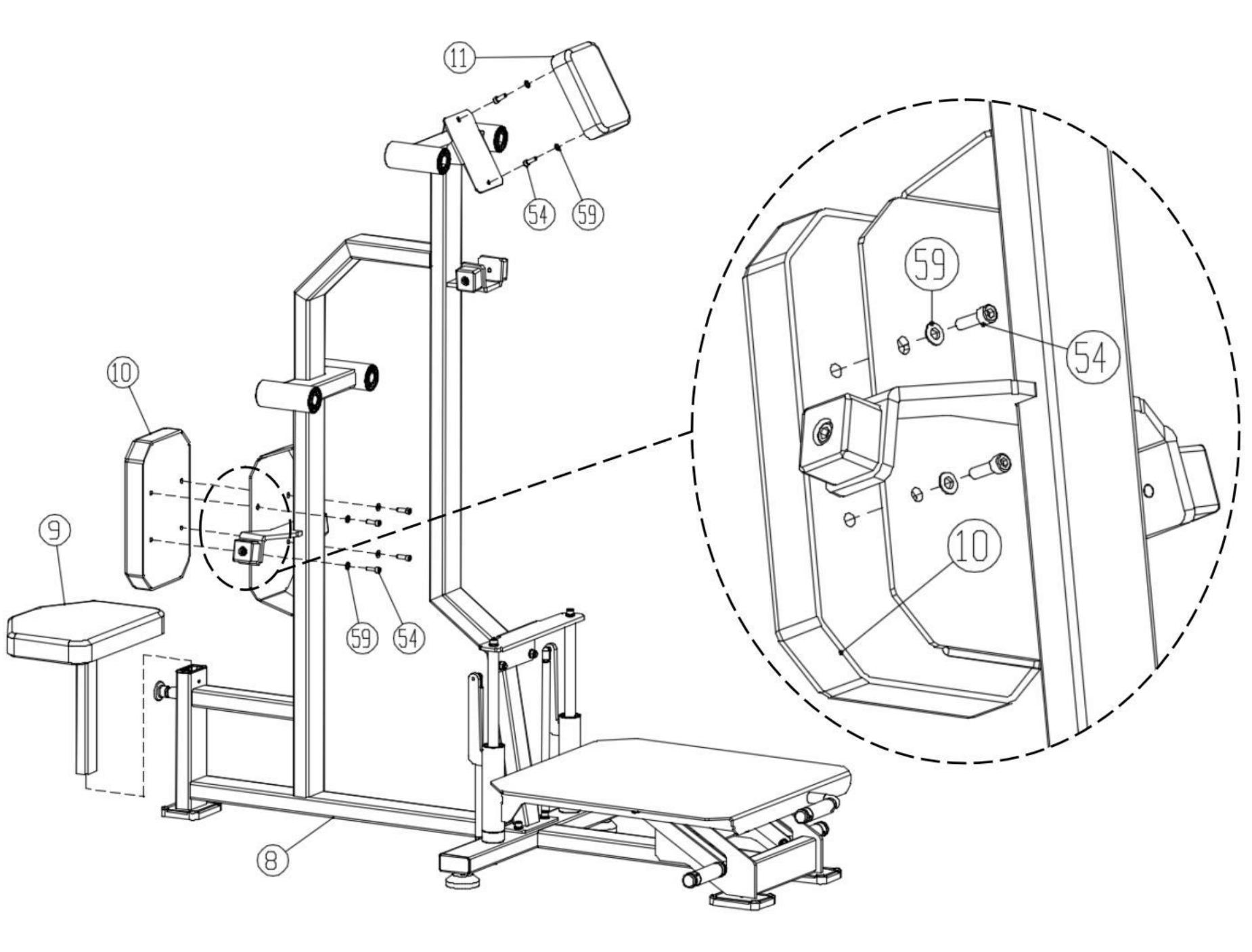
Tighten the bolts with a wrench before proceeding to the next step

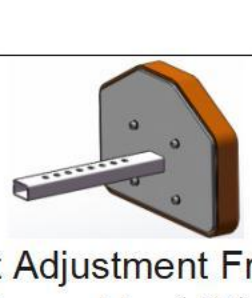
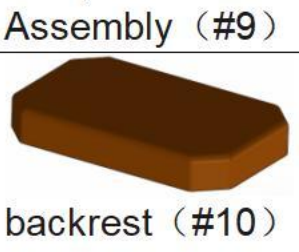


 Riser components（#8）	 4xHexagon socket cheese head screws M10*30（#52）	 12xflat washer M10-D20（#57）
 4xHexagon socket cheese head screws M10*25（#51）	 4xspring washer M10（#56）	 4 x Hexagonal locknuts M10（#48）

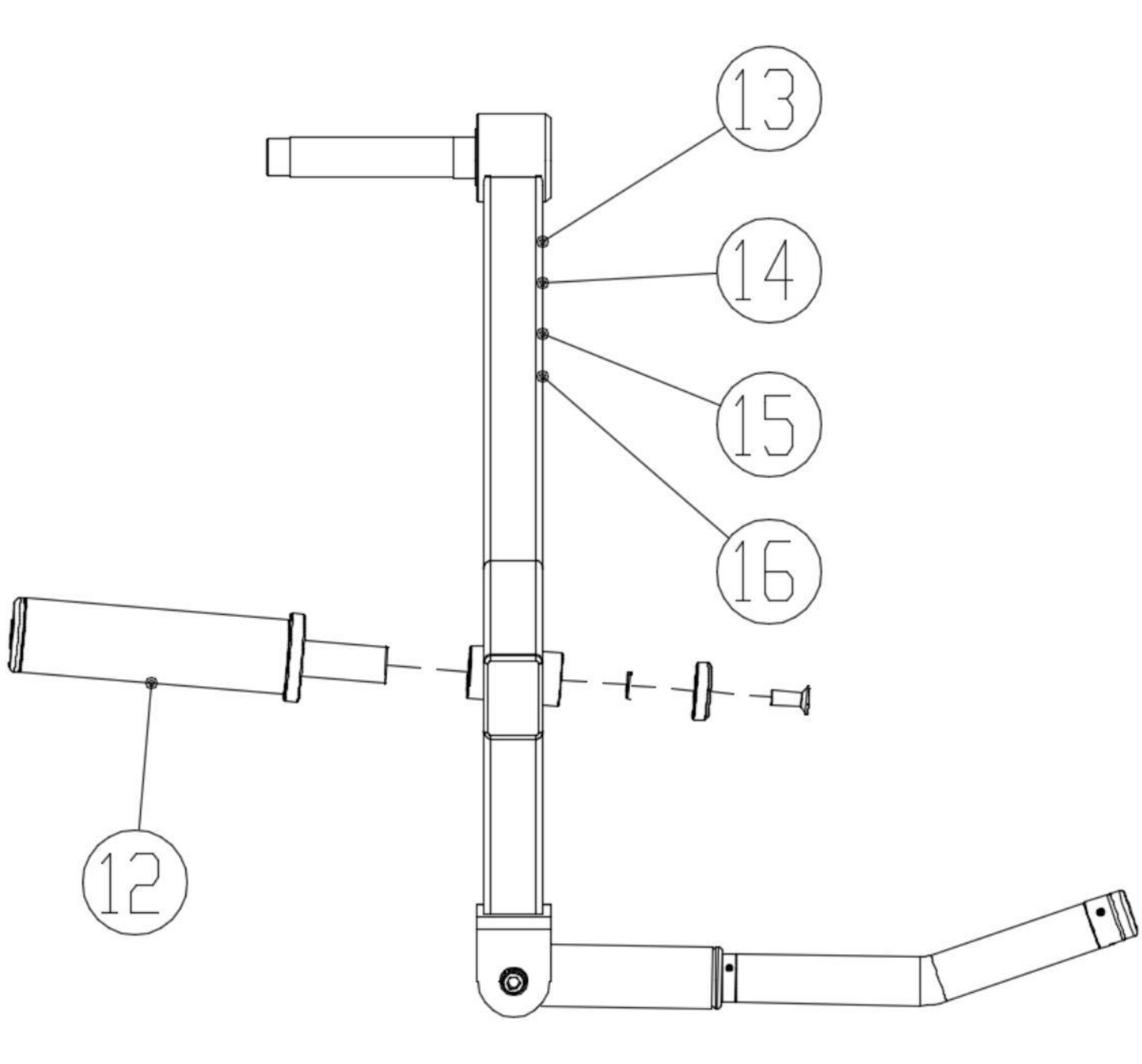
Step3: Install the seat adjustment frame assembly (#9) to the upright frame assembly (#8); install the back cushion (#10) to the upright frame assembly (#8) using the following method; install the head cushion (#11) to the upright frame assembly (#8) using the following method

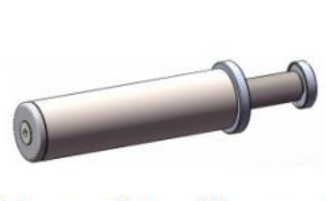
. 6 x Hexagon socket cheese head screws M8*25（#54） · 6 x flat washer M8-D16（#59）



 Seat Adjustment Frame Assembly（#9）	 headrest（#11）	 6 x flat mat M8-D16（#59）
 backrest（#10）	 6 x Hexagon socket cheese head screws M8*25（#54）	

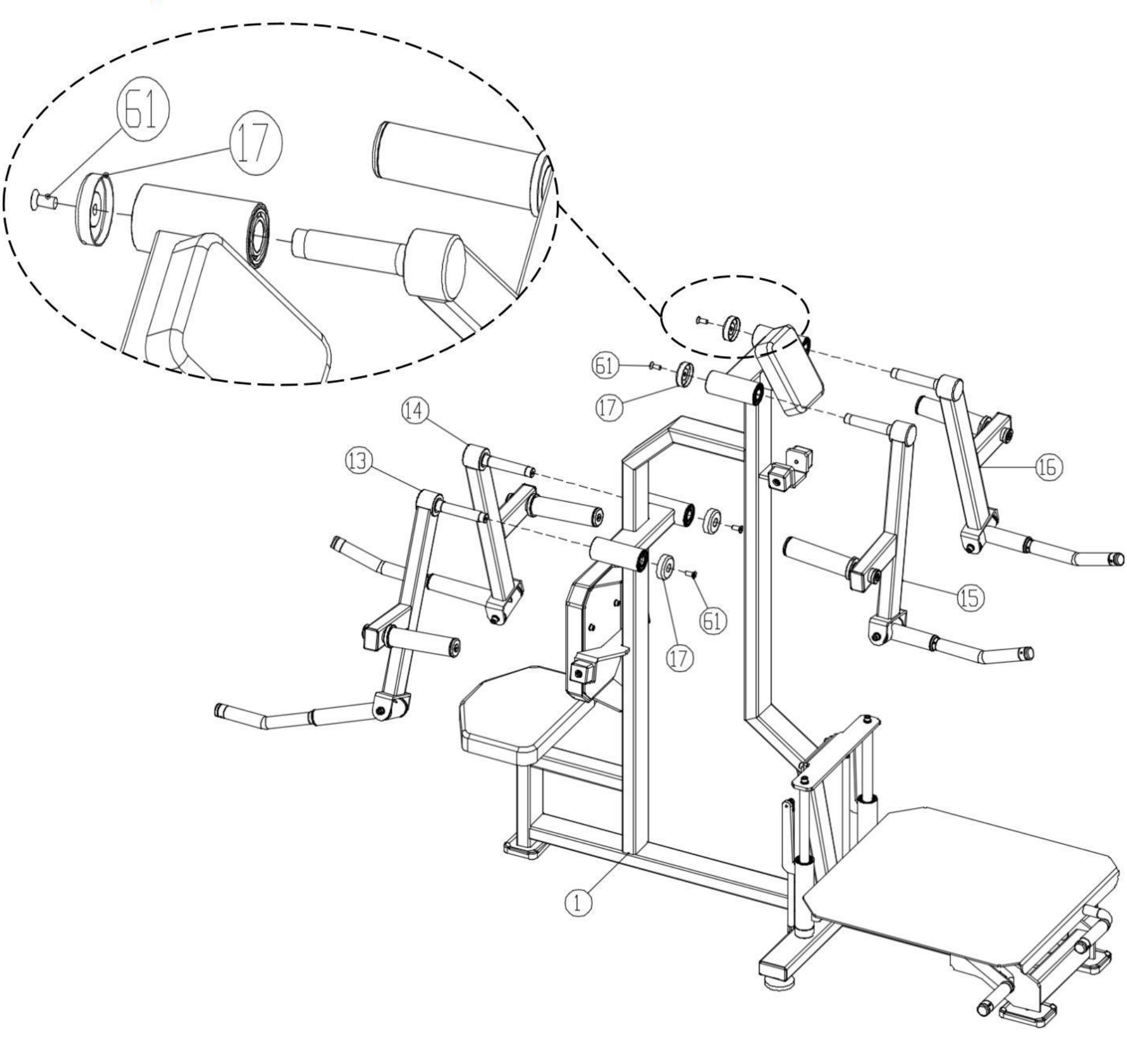
Step4: Install the 4-piece force arm sleeve set (#12) onto the long force arm left (#13), long force arm right (#14), short force arm left (#15) and short force arm right (#16):



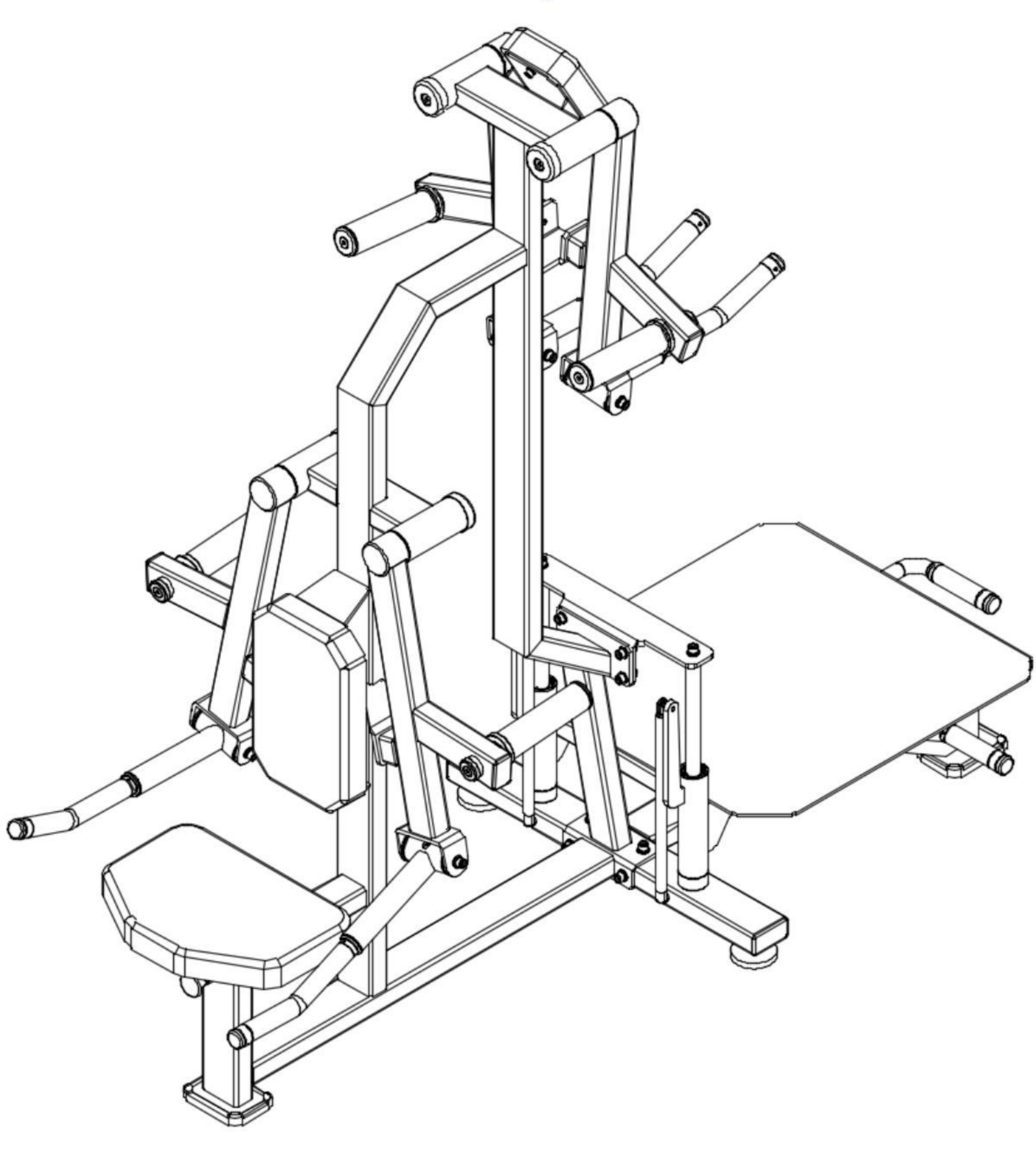
 4x Force Arm Sleeve Set（#12）	 Long force arm right（#14）	 Short force arm right（#16）
 Long force arm left（#13）	 Short force arm left（#15）	

Step5: Install the long force arm left (#13), the long force arm right (#14), the short force arm left (#15), the short force arm right (#16), and the four tubular 60 aluminum caps (#17) to the riser assembly (#8) using the following method：

. 4 x Hexagon socket countersunk head screws M10*25（#61）



 4x Tube 60 aluminum cap（#17）	 4 x Hexagon socket countersunk head screws M10*25（#61）

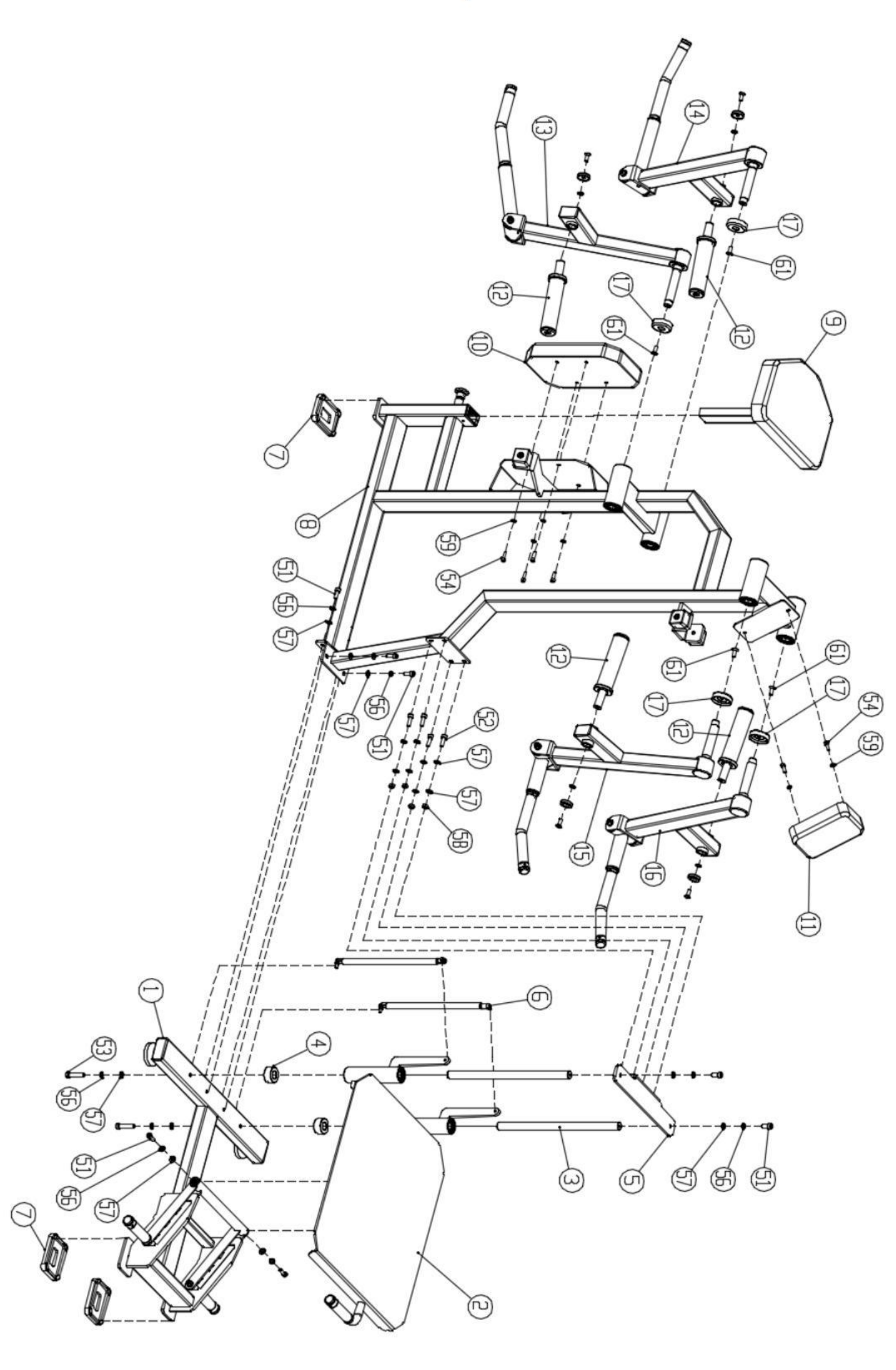


Important Tip

Now that the lat pull-down circular is assembled, you'll need to take a moment to make sure your unit is level and plumb.

Accessory List

NO	Name and specification	QTY
1	pedal chassis	1
2	pedal assembly	1
3	chute bar	2
4	Chute Rod Rubber Mat	2
5	Chute bar fixing plate	1
6	pneumatic spring	2
7	Rectangular feet	3
8	Riser components	1
9	Seat Adjustment Frame Assembly	1
10	backrest	1
11	headrest	1
12	Force Arm Sleeve Set	4
13	Long force arm left	1
14	Long force arm right	1
15	Short force arm left	1
16	Short force arm right	1
17	Tube 60 aluminum cap	4
51	Hexagon socket cheese head screws M10*25	8
52	Hexagon socket cheese head screws M10*30	4
53	Hexagon socket cheese head screws M10*55	2
54	Hexagon socket cheese head screws M8*25	6
56	spring washer M10	10
57	flat washer M10-D20	18
58	Hexagonal self-locking nuts M10	4
59	flat washer M8-D16	6
61	Hexagon socket countersunk head screws M10*25	4

exploded view