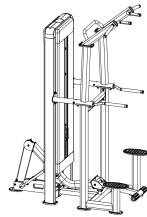


55A07 • Assisted Dip / Chin Up

INSTALLATION MANUAL



Before Installation

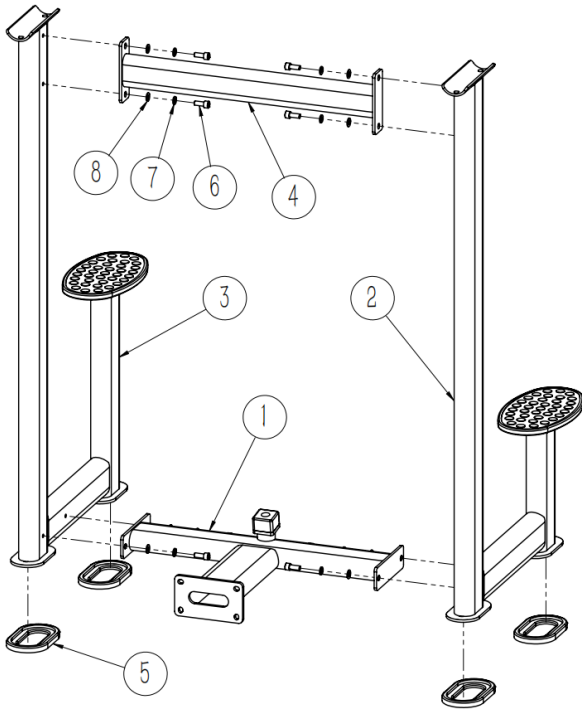
Before You Start

- 01 Read this manual before installation. Check all parts and quantities before assembly. If any part is missing or damaged in transit, contact after-sales service before proceeding.
- 02 Assemble the equipment according to these instructions. After installation, learn all functions before use. Stop using the machine immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly



STEP 1 & 2

STEP 1

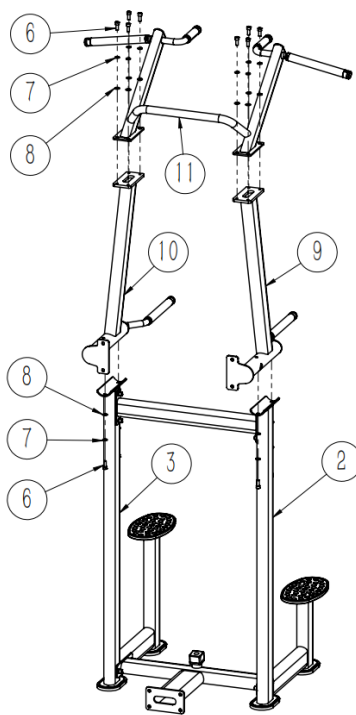
Install four foot pads (#5) on the foot plates of the left side frame (#2) and right side frame (#3).

STEP 2

Connect the base frame (#1), left side frame (#2), right side frame (#3), and connecting frame (#4). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#6) × 8
- Spring Washer M10 (#7) × 8
- Flat Washer M10 (#8) × 8



STEP 3 & 4

STEP 3

Connect the left handrail side frame (#9) to the left side frame (#2). Connect the right handrail side frame (#10) to the right side frame (#3) in the same way. Tighten the bolts with a wrench before proceeding.

HARDWARE

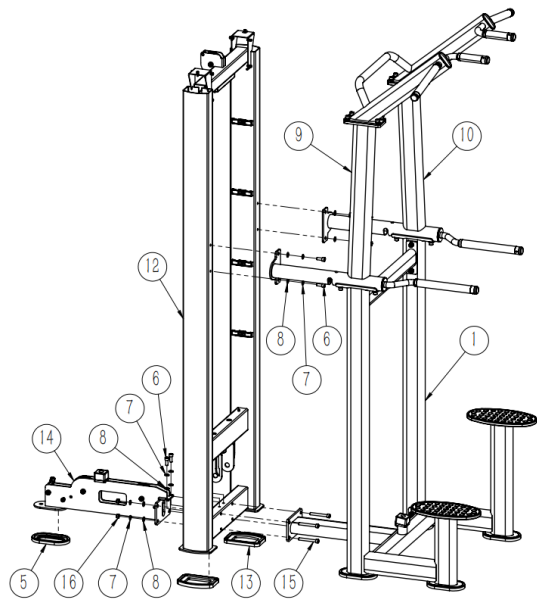
- Hex Socket Head Cap Screw M10×25 (#6) × 4
- Spring Washer M10 (#7) × 4
- Flat Washer M10 (#8) × 4

STEP 4

Connect the pull-up lever arm frame (#11) to the left handrail side frame (#9) and right handrail side frame (#10). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#6) × 8
- Spring Washer M10 (#7) × 8
- Flat Washer M10 (#8) × 8



STEP 5 & 6

STEP 5

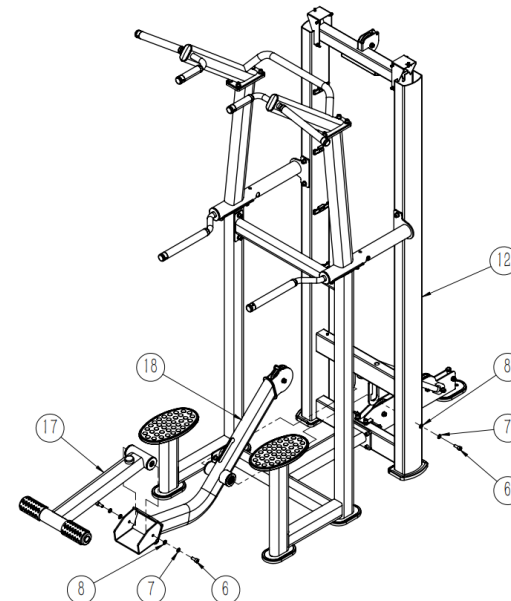
Install one foot pad (#5) on the weight stack pulley frame (#14), and two weight stack foot pads (#13) on the weight stack frame (#12).

STEP 6

Connect the weight stack frame (#12) to the base frame (#1) and weight stack pulley frame (#14). Connect the weight stack frame to the left handrail side frame (#9) and right handrail side frame (#10). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#6) × 6
- Hex Socket Head Cap Screw M10×80 (#15) × 4
- Spring Washer M10 (#7) × 10
- Flat Washer M10 (#8) × 10
- Hex Nut M10 (#16) × 4



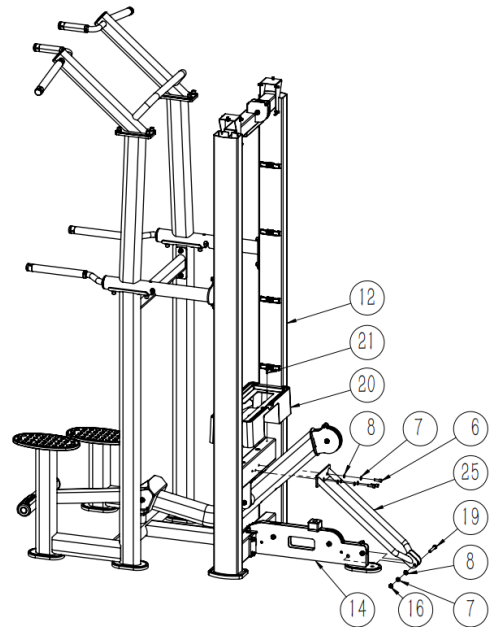
STEP 7

ACTION

Connect the lever arm (#18) to the foot pedal frame (#17) and weight stack frame (#12). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×25 (#6) × 4
- Spring Washer M10 (#7) × 4
- Flat Washer M10 (#8) × 4



STEP 8 & 9

STEP 8

Attach the lower weight stack shroud (#20) to the weight stack frame (#12).

HARDWARE

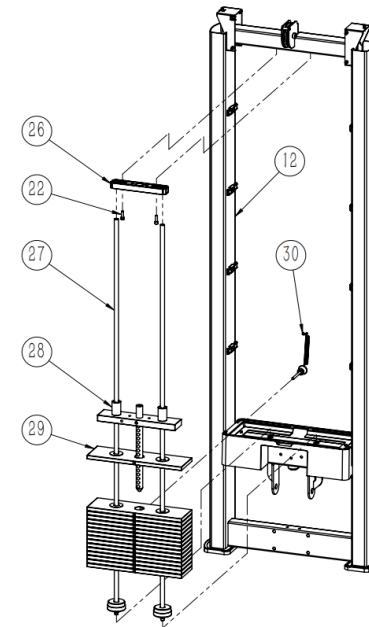
- Hex Socket Head Cap Screw M5×15 (#21) × 2

STEP 9

Connect the support frame (#25) to the weight stack frame (#12) and weight stack pulley frame (#14). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Hex Socket Head Cap Screw M10×60 (#19) × 1
- Hex Socket Head Cap Screw M10×25 (#6) × 3
- Spring Washer M10 (#7) × 4
- Flat Washer M10 (#8) × 4
- Hex Nut M10 (#16) × 1



STEP 10 & 11

STEP 10

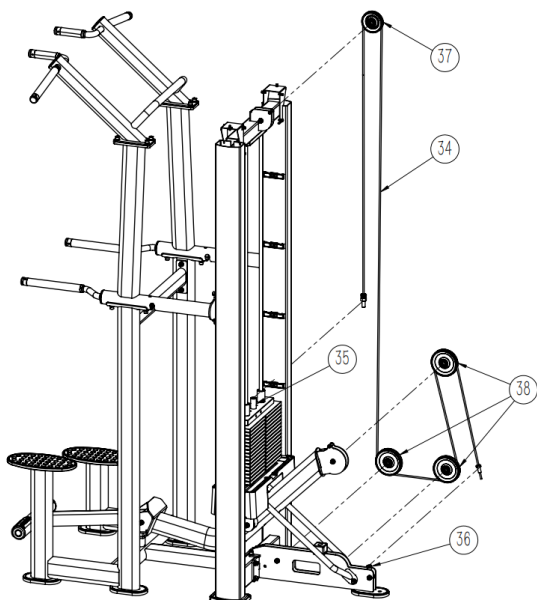
Place the two preassembled guide rod assemblies (#27) into the weight stack frame (#12).

STEP 11

Install the weight plates (#29) on the guide rods (#27) with the spacer plates facing up. Install the guide block assembly (#28) on the guide rods. Insert the weight stack selector pin (#33) into the weight plate (#30). Install the guide rod retaining plate (#26) on the guide rods and secure it to the weight stack frame (#12). Tighten the bolts with a wrench before proceeding.

HARDWARE

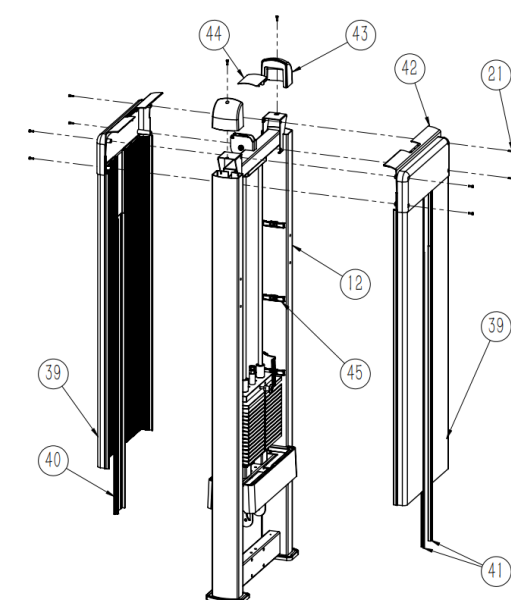
- Hex Socket Head Cap Screw M8×25 (#22) × 2



STEP 12

ACTION

Open the preinstalled pulleys. Route the cable (#34) around one 95 pulley (#37) and three 120 pulleys (#38), then reinstall the pulleys. Connect one end of the cable to the weight plate fixing rod (#35) and the other end to the cable fixing bolt (#36). Make sure the cable passes through the weight stack selector pin. Tighten the bolts with a wrench before proceeding.



STEP 13 & 14

STEP 13

Slide two decorative strips (#41) into two shroud panels (#39) and attach them to the weight stack frame (#12) with the shroud retaining plates (#45). Slide the decorative panel (#40) into the two shroud panels and secure it with the retaining plates. Attach the two upper shrouds (#42) to the weight stack frame.

HARDWARE

- Hex Socket Head Cap Screw M5×15 (#21) × 8

STEP 14

Attach the two weight stack upright end caps (#43) to the weight stack frame (#12), then snap the upper shroud top cover (#44) into the two upper shrouds (#42).

HARDWARE

- Hex Socket Head Cap Screw M5×15 (#21) × 2

FINAL CHECK

01 After assembly, verify that the machine is level and plumb. Use a spirit level to check that the guide rods are vertical in both directions. If not, loosen the required frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Base Frame	1	11	Pull-Up Lever Arm Frame	1	7	Spring Washer M10	35
2	Left Side Frame	1	14	Weight Stack Pulley Frame	1	8	Flat Washer M10	35
3	Right Side Frame	1	17	Foot Pedal Frame	1	15	Hex Socket Head Cap Screw M10×80	4
4	Connecting Frame	1	18	Lever Arm	1	16	Hex Nut M10	5
5	Foot Pad	3	25	Support Frame	1	19	Hex Socket Head Cap Screw M10×60	1
9	Left Handrail Side Frame	1	34	Cable	1			
10	Right Handrail Side Frame	1	6	Hex Socket Head Cap Screw M10×25	30			