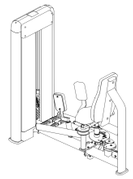
55A10 · Hip Adductor / Abductor Machine

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read all instructions carefully before assembly.

02 Check all parts and quantities against the lists. If any part is missing or damaged in transit, contact after-sales service before assembly.

03 Assemble the machine exactly as instructed.

Tools Required

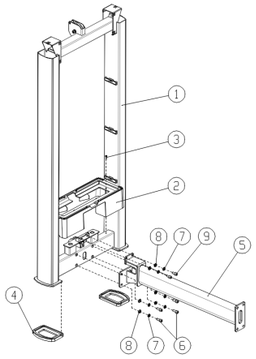
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly Notes

01 After assembly, understand all functions before operating the machine.

02 If a problem occurs during use, stop immediately to avoid injury or equipment damage. Check the instructions; if the issue cannot be resolved, contact after-sales service.

Assembly



STEP 1, 2 & 3

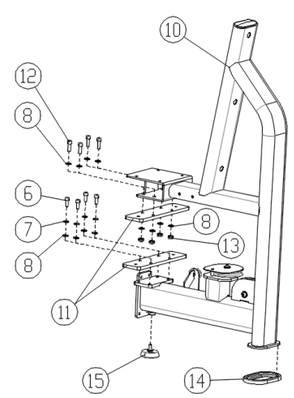
STEP 1
Attach the lower weight-stack shroud (#2) to the weight-stack frame (#1).

HARDWARE
- Socket head cap screw (M5×16) (#3) × 2

STEP 2
Install two weight-stack frame foot pads (#4) on the weight-stack frame (#1).

STEP 3
Attach the adductor/abductor connector frame (#5) to the weight-stack frame (#1).

HARDWARE
- Socket head cap screw (M10×25) (#6) × 4
- Spring washer (10) (#7) × 6
- Flat washer (10) (#8) × 6
- Socket head cap screw (M10×20) (#9) × 2



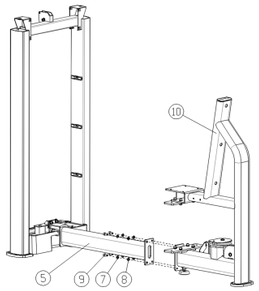
STEP 4, 5 & 6

STEP 4
Attach two adductor/abductor connecting plates (#11) to the adductor/abductor side frame (#10).

HARDWARE
- Socket head cap screw (M10×25) (#6) × 4
- Spring washer (10) (#7) × 4
- Flat washer (10) (#8) × 12
- Socket head cap screw (M10×30) (#12) × 4
- Self-locking hex nut (M10) (#13) × 4

STEP 5
Install the flat oval foot pad (#14) on the adductor/abductor side frame (#10).

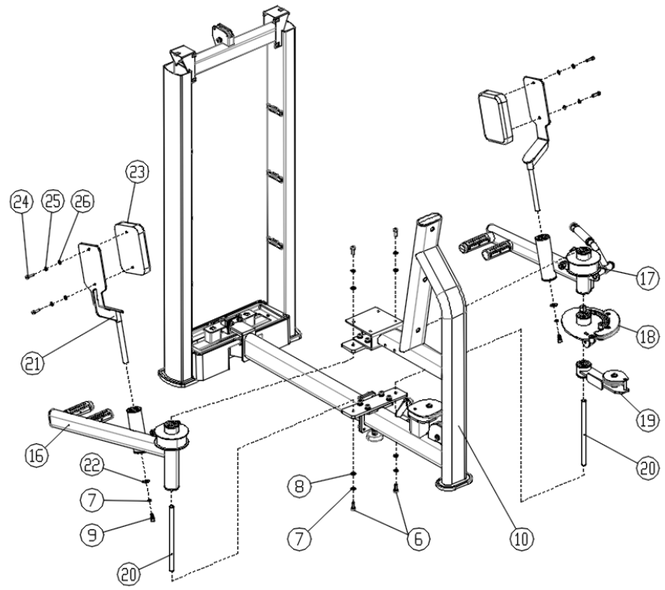
STEP 6
Install the movable foot pad (#15) on the adductor/abductor side frame (#10).



STEP 7

ACTION
Attach the adductor/abductor connector frame (#5) to the adductor/abductor side frame (#10).

HARDWARE
- Socket head cap screw (M10×20) (#9) × 4
- Spring washer (10) (#7) × 4
- Flat washer (10) (#8) × 4



STEP 8, 9, 10 & 11

STEP 8
Attach the left movement arm (#16) and main shaft (#20) to the adductor/abductor side frame (#10).

HARDWARE
- Socket head cap screw (M10×25) (#6) × 2
- Spring washer (10) (#7) × 2
- Flat washer (10) (#8) × 2

STEP 9
Attach the right movement arm (#17), flange plate (#18), linkage plate (#19), and main shaft (#20) to the adductor/abductor side frame (#10).

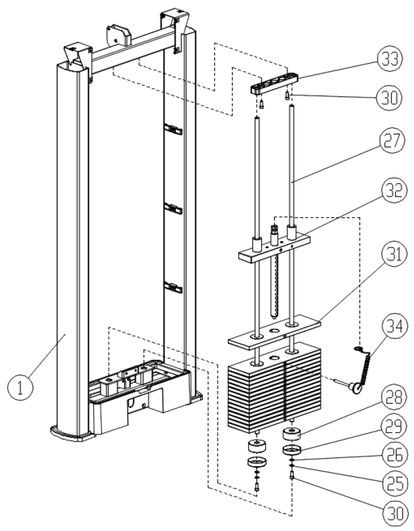
HARDWARE
- Socket head cap screw (M10×25) (#6) × 2
- Spring washer (10) (#7) × 2
- Flat washer (10) (#8) × 2

STEP 10
Attach the adductor/abductor moving arms (#21) to the left movement arm (#16) and right movement arm (#17), one on each side.

HARDWARE
- Socket head cap screw (M10×20) (#9) × 2
- Spring washer (10) (#7) × 2
- Large washer (10) (#22) × 2

STEP 11
Attach the adductor/abductor leg pads (#23) to the moving arms (#21).

HARDWARE
- Socket head cap screw (M8×30) (#24) × 4
- Spring washer (8) (#25) × 4
- Flat washer (8) (#26) × 4



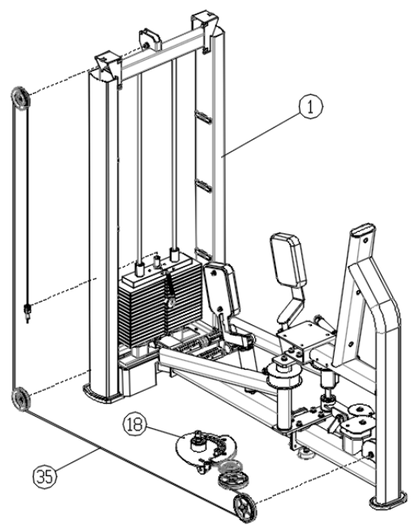
STEP 12 & 13

STEP 12
Slide two weight-stack rubber cushions (#28) onto the two guide rods (#27). Attach the two weight-stack bases (#29) to the guide rods (#27), then place them into the weight-stack frame (#1). Tighten the bolts with a wrench before continuing.

HARDWARE
- Socket head cap screw (M8×20) (#30) × 2
- Spring washer (8) (#25) × 2
- Flat washer (8) (#26) × 2

STEP 13
Install 16 weight plates (#31) on the guide rods (#27) with the separator tabs facing up. Install the guide block assembly (#32). Insert the weight-stack selector pin (#34) into the weight plates (#31). Slide the guide-rod retaining plate (#33) onto the guide rods (#27), then fasten it to the weight-stack frame (#1). Tighten the bolts with a wrench before continuing.

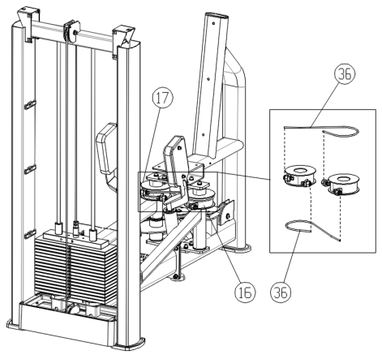
HARDWARE
- Socket head cap screw (M8×20) (#30) × 2



STEP 14 & 15

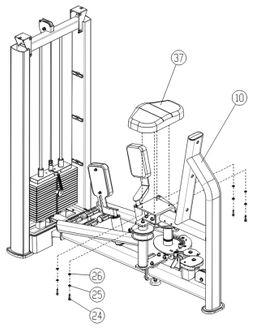
STEP 14
Remove the preassembled 95 pulley and 120 pulley. Route Cable I (#35) as shown, then reinstall all pulleys. Install the pulleys together with the cable.

STEP 15
Connect one end of Cable I (#35) to the flange plate (#18) first, then connect the other end inside the weight-stack frame (#1).



STEP 16

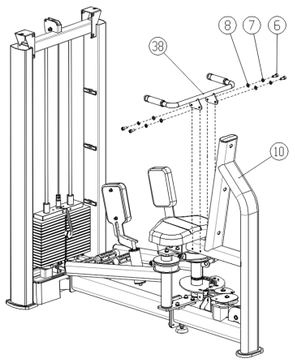
ACTION
Route Cable II (#36) as shown, then connect it to the left movement arm (#16) and right movement arm (#17).



STEP 17

ACTION
Attach the seat pad (#37) to the adductor/abductor side frame (#10).

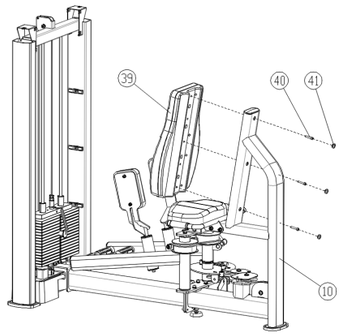
HARDWARE
- Socket head cap screw (M8×30) (#24) × 4
- Spring washer (8) (#25) × 4
- Flat washer (8) (#26) × 4



STEP 18

ACTION
Attach the handles (#38) to the adductor/abductor side frame (#10).

HARDWARE
- Socket head cap screw (M10×25) (#6) × 4
- Spring washer (10) (#7) × 4
- Flat washer (10) (#8) × 4

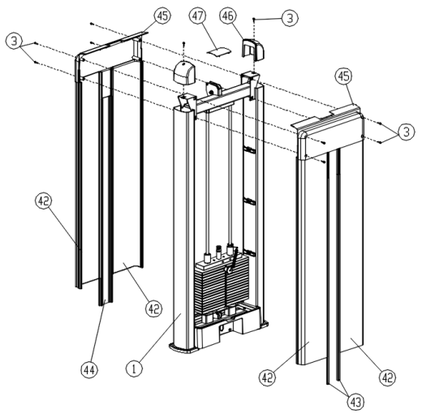


STEP 19 & 20

STEP 19
Attach the back pad (#39) to the adductor/abductor side frame (#10).

HARDWARE
- Socket head cap screw (M8×40) (#40) × 3

STEP 20
Install three 20 hole plugs (#41) in the adductor/abductor side frame (#10).



STEP 21, 22 & 23

STEP 21
Slide the two decorative strips (#43) into two shield panels (#42) and secure them to the weight-stack frame (#1) with the shield-panel clamp plates. Slide the decorative panel (#44) into two shield panels (#42) and secure it to the weight-stack frame (#1) with the shield-panel clamp plates. Attach the two upper weight-stack shrouds (#45) to the weight-stack frame (#1).

HARDWARE
- Socket head cap screw (M5×16) (#3) × 8

STEP 22
Attach the two weight-stack upright caps (#46) to the weight-stack frame (#1).

HARDWARE
- Socket head cap screw (M5×16) (#3) × 2

STEP 23
Snap the upper-shroud top cap (#47) onto the upper weight-stack shrouds (#45).

FINAL CHECK

01 Important Notice: Assembly is complete. Make sure the machine is level and plumb. Use a spirit level to check that both guide rods are vertical in both directions. If they are not vertical, loosen the affected frame hardware, realign the frame, and retighten the bolts.

Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Weight-stack frame	1
2	Lower weight-stack shroud	1
3	Socket head cap screw (M5×16)	12
4	Weight-stack frame foot pad	2
5	Adductor/abductor connector frame	1
6	Socket head cap screw (M10×25)	16
7	Spring washer (10)	24
8	Flat washer (10)	30
9	Socket head cap screw (M10×20)	8
10	Adductor/abductor side frame	1
11	Adductor/abductor connecting plate	2
12	Socket head cap screw (M10×30)	4
13	Self-locking hex nut (M10)	4
14	Flat oval foot pad	1
15	Movable foot pad	1
16	Left movement arm	1
17	Right movement arm	1
18	Flange plate	1
19	Linkage plate	1
20	Main shaft	2
21	Adductor/abductor moving arm	2
22	Large washer (10)	2
23	Adductor/abductor leg pad	2
24	Socket head cap screw (M8×30)	8
25	Spring washer (8)	10
26	Flat washer (8)	10
27	Universal weight guide rod	2
28	Weight-stack rubber cushion	2
29	Weight-stack base	2
30	Socket head cap screw (M8×20)	4
31	Weight plate	16
32	Guide block assembly	1
33	Guide-rod retaining plate	1
34	Weight-stack selector pin	1
35	Cable I	1
36	Cable II	2
37	Seat pad	1
38	Handle	2
39	Back pad	1
40	Socket head cap screw (M8×40)	3
41	20 hole plug	3
42	Shield panel	4
43	Weight-stack decorative strip	2
44	Weight-stack decorative panel	1
45	Upper weight-stack shroud	2
46	Weight-stack upright cap	2
47	Upper-shroud top cap	1