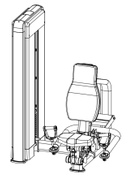
61A02 · Seated Shoulder Shrug

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read the instructions before assembly. Check that all parts are present and the quantities are correct. Report any missing or transit-damaged parts before installation.

02 Assemble the equipment correctly and follow all specified installation instructions.

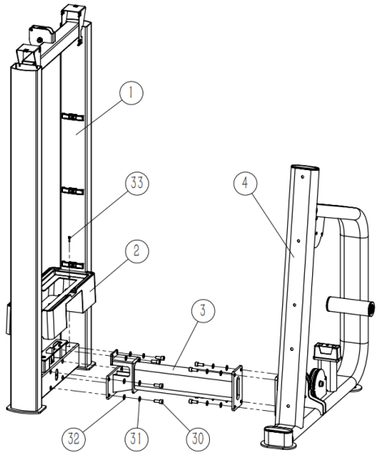
Tools Required

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

Assembly Notes

After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Resolve the problem before continuing and contact after-sales service if necessary.

Assembly



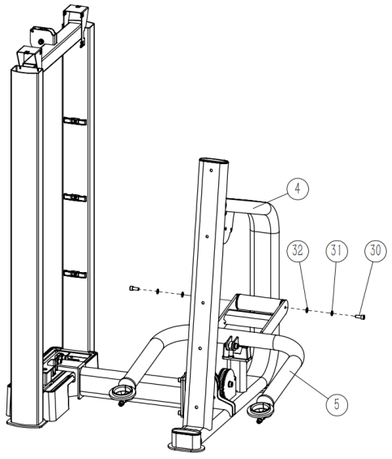
STEP 1 & 2

STEP 1
Attach the lower shroud (#2) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M5×15) (#33) × 2

STEP 2
Connect the weight stack frame (#1), connecting frame (#3), and side frame (#4). Fully tighten the bolts before continuing.

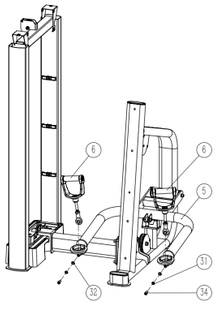
HARDWARE
- Socket Head Cap Screw (M10×25) (#30) × 10
- Spring Washer (M10) (#31) × 10
- Flat Washer (M10-D20) (#32) × 10



STEP 3

ACTION
Attach the lever arm (#5) to the side frame (#4). Fully tighten the bolts before continuing.

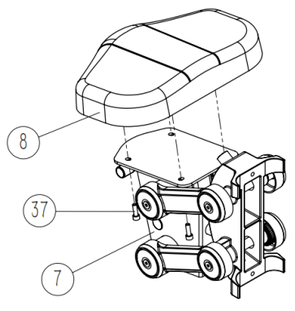
HARDWARE
- Socket Head Cap Screw (M10×25) (#30) × 2
- Spring Washer (M10) (#31) × 2
- Flat Washer (M10-D20) (#32) × 2



STEP 4

ACTION
Attach two handles (#6) to the lever arm (#5). Fully tighten the bolts before continuing.

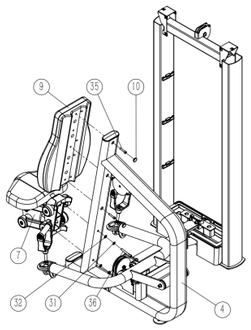
HARDWARE
- Socket Head Cap Screw (M10×20) (#34) × 2
- Spring Washer (M10) (#31) × 2
- Flat Washer (M10-D20) (#32) × 2



STEP 5

ACTION
Attach the seat pad (#8) to the seat frame (#7). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×25) (#37) × 4



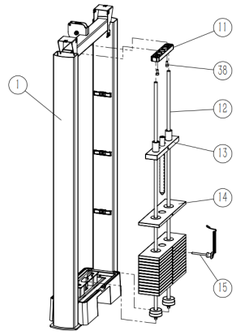
STEP 6

ACTION

Attach the seat frame (#7) and back pad (#9) to the side frame (#4). Install three hole plugs-20 (#10). Fully tighten the bolts before continuing.

HARDWARE

- Hole Plug-20 (#10) × 3
- Socket Head Cap Screw (M8×40) (#35) × 3
- Socket Head Cap Screw (M10×70) (#36) × 2
- Spring Washer (M10) (#31) × 2
- Flat Washer (M10-D20) (#32) × 2



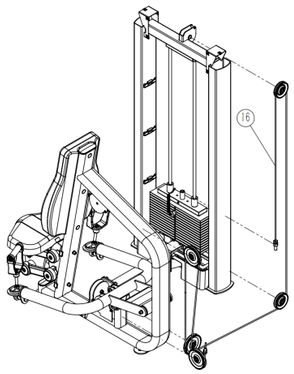
STEP 7

ACTION

Place the pre-installed guide rod assembly (#12) inside the weight stack frame (#1). Install the weight plates (#14) on the guide rods with the spacer side facing up. Install the guide block assembly (#13) and guide rod fixing plate (#11), then attach the fixing plate to the weight stack frame. Fully tighten the bolts before continuing.

HARDWARE

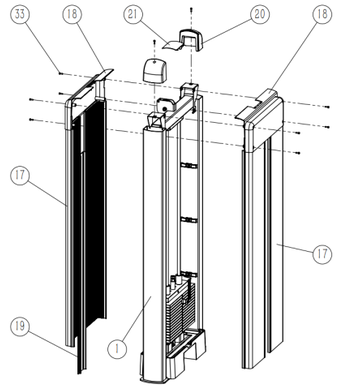
- Socket Head Cap Screw (M8×20) (#38) × 2



STEP 8

ACTION

Open the pre-installed pulleys. Route the cable (#16) around the corresponding pulleys as shown, then reinstall the pulleys in their original positions. Fully tighten the bolts before continuing.



STEP 9 & 10

STEP 9

Attach two shroud panels (#17) to the weight stack frame (#1). Slide the decorative panel (#19) into the two shroud panels and attach it to the weight stack frame. Attach two upper shrouds (#18) to the weight stack frame.

HARDWARE

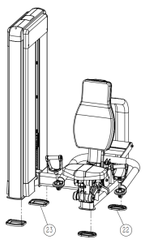
- Socket Head Cap Screw (M5×15) (#33) × 8

STEP 10

Attach two weight stack upright end caps (#20) to the weight stack frame (#1), then snap the upper shroud top cover (#21) into the two upper shrouds (#18).

HARDWARE

- Socket Head Cap Screw (M5×15) (#33) × 2



STEP 11

ACTION

Move the Seated Shoulder Shrug to the required position and install the four corresponding foot pads (#22/#23).

FINAL CHECK

01 Important Note: After assembly, make sure the machine is level and vertical. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Pre-assembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
3	Connecting Frame	1
4	Side Frame	1
5	Lever Arm	1
6	Handle	2
7	Seat Frame	1
8	Seat Pad	1
9	Back Pad	1
10	Hole Plug-20	1
13	Guide Block Assembly	1
16	Cable	1
22	Flat Oval Foot Pad	2
30	Socket Head Cap Screw (M10×25)	12
31	Spring Washer (M10)	16
32	Flat Washer (M10-D20)	16
34	Socket Head Cap Screw (M10×20)	2
35	Socket Head Cap Screw (M8×40)	3
36	Socket Head Cap Screw (M10×70)	2
37	Socket Head Cap Screw (M8×25)	4