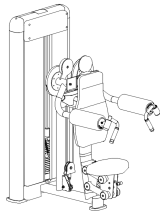


61A03 • Lateral Raise

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

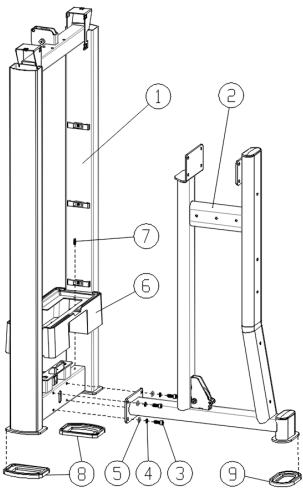
• Adjustable Wrench

• 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 & 3

STEP 1
Connect the lateral raise side frame (#2) to the weight stack frame (#1).

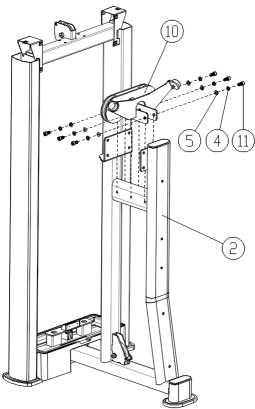
- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3)
 - Spring Washer (10) (#4)
 - Flat Washer (10) (#5)

× 4
× 4
× 4

STEP 2
Attach the lower weight stack shroud (#6) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#7) × 2

STEP 3
Install two weight stack frame foot pads (#8) on the weight stack frame (#1). Install one flat oval foot pad (#9) on the lateral raise side frame (#2).

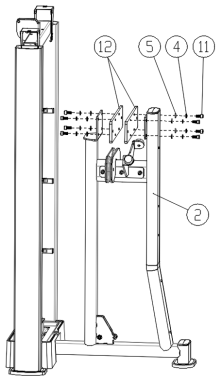


STEP 4

ACTION
Attach the upper pulley bracket assembly (#10) to the lateral raise side frame (#2).

- HARDWARE**
- Socket Head Cap Screw (M10×20) (#11)
 - Spring Washer (10) (#4)
 - Flat Washer (10) (#5)

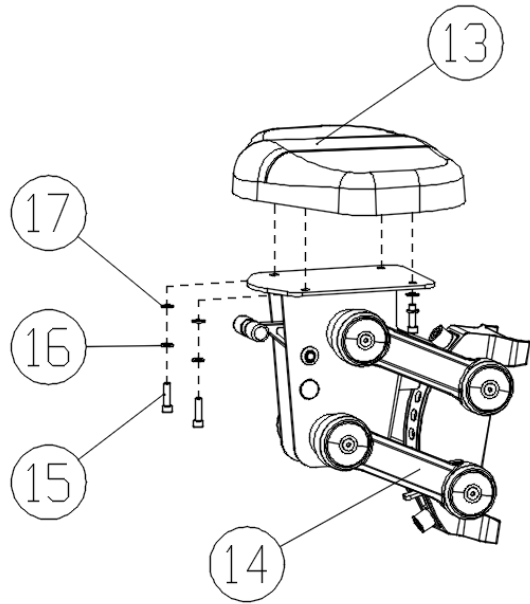
× 6
× 6
× 6



STEP 5

ACTION
Attach two connecting plates (#12) to the lateral raise side frame (#2).

- HARDWARE**
- Socket Head Cap Screw (M10×20) (#11) × 8
 - Spring Washer (10) (#4) × 8
 - Flat Washer (10) (#5) × 8



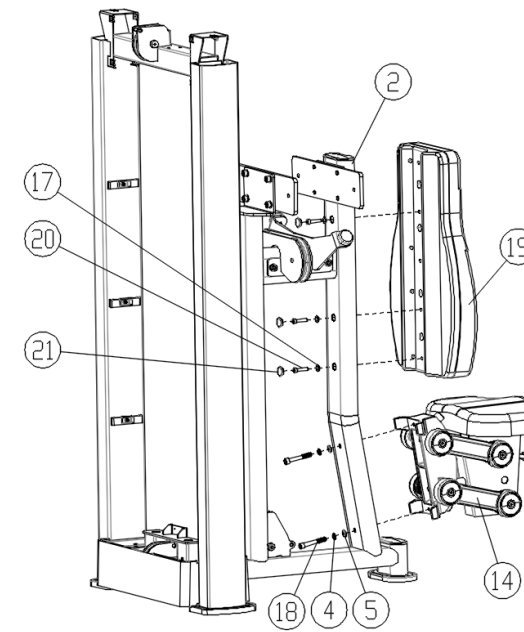
STEP 6

ACTION

Attach the seat pad (#13) to the seat frame (#14).

HARDWARE

- Socket Head Cap Screw (M8×25) (#15) × 4
- Spring Washer (8) (#16) × 4
- Flat Washer (8) (#17) × 4



STEP 7 & 8

STEP 7

Attach the seat frame (#14) to the lateral raise side frame (#2).

HARDWARE

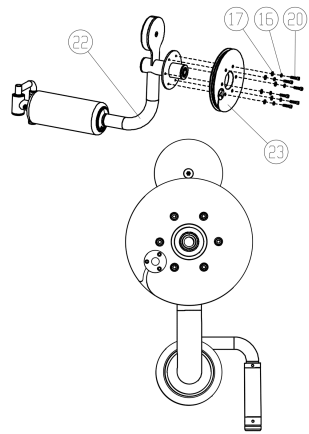
- Socket Head Cap Screw (M10×70) (#18) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

STEP 8

Attach the back pad (#19) to the lateral raise side frame (#2). Install three 20 mm hole plugs (#21) in the side frame.

HARDWARE

- Socket Head Cap Screw (M8×35) (#20) × 3
- Flat Washer (8) (#17) × 3
- 20 mm Hole Plug (#21) × 3



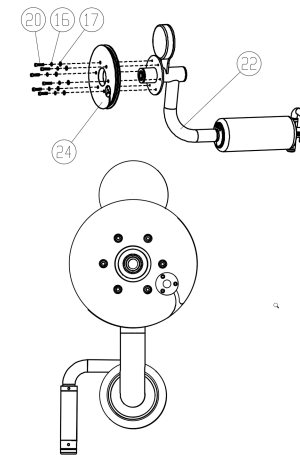
STEP 9

ACTION

Attach cable drum I (#23) to the lateral raise lever arm (#22). Position cable drum I relative to the lever arm exactly as shown.

HARDWARE

- Socket Head Cap Screw (M8×35) (#20) × 6
- Spring Washer (8) (#16) × 6
- Flat Washer (8) (#17) × 6



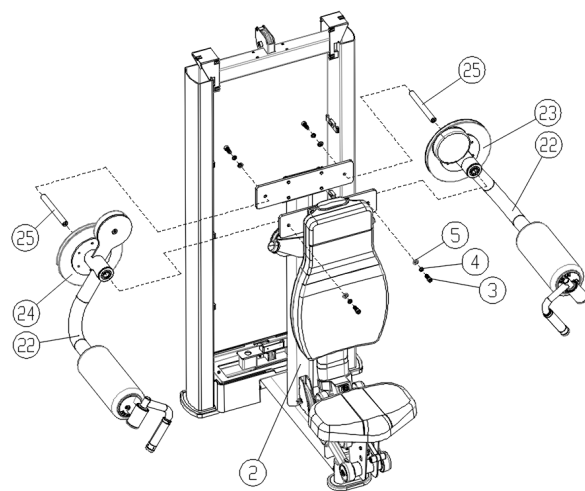
STEP 10

ACTION

Attach cable drum II (#24) to the lateral raise lever arm (#22). Position cable drum II relative to the lever arm exactly as shown.

HARDWARE

- Socket Head Cap Screw (M8×35) (#20) × 6
- Spring Washer (8) (#16) × 6
- Flat Washer (8) (#17) × 6



STEP 11 & 12

STEP 11

Attach the cable drum I assembly (#23/#22) and shoulder press lever arm shaft (#25) to the lateral raise side frame (#2).

HARDWARE

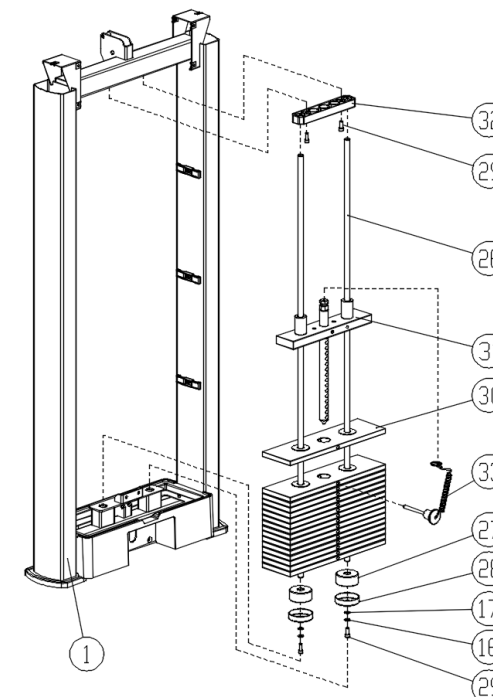
- Socket Head Cap Screw (M10×25) (#3) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

STEP 12

Attach the cable drum II assembly (#24/#22) and shoulder press lever arm shaft (#25) to the lateral raise side frame (#2).

HARDWARE

- Socket Head Cap Screw (M10×25) (#3) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2



STEP 13 & 14

STEP 13

Slide two weight stack rubber cushions (#27) onto the two guide rods (#26). Attach two weight stack bases (#28) to the guide rods (#26), then place them into the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

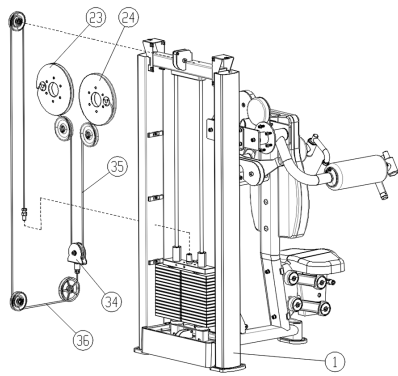
- Socket Head Cap Screw (M8×20) (#29) × 2
- Spring Washer (8) (#16) × 2
- Flat Washer (8) (#17) × 2

STEP 14

Install 12 weight plates (#30) on the guide rods (#26) with the spacer side facing up. Install the guide block assembly (#31), insert the weight stack selector pin (#33) into the weight plates (#30), and slide the guide rod fixing plate (#32) onto the guide rods. Attach the fixing plate (#32) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#29) × 2



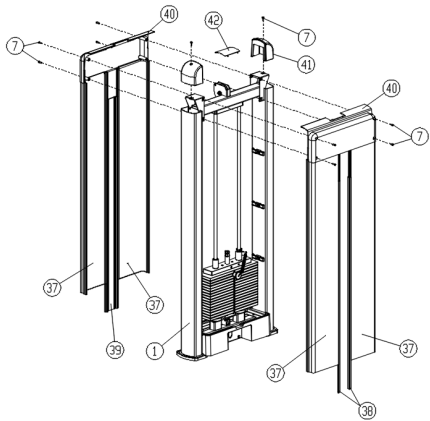
STEP 15 & 16

STEP 15

Route cable I (#35) as shown. Remove the pre-installed pulleys as required and reinstall them together with the cable. Connect the two ends of cable I to cable drum I (#23) and cable drum II (#24).

STEP 16

Route cable II (#36) as shown. Remove the pre-installed pulleys as required and reinstall them together with the cable. Connect one end of cable II to the branch pulley box (#34) and the other end inside the weight stack frame (#1).



STEP 17, 18 & 19

STEP 17

Slide two decorative strips (#38) into two shroud panels (#37), then secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#39) into the shroud panels and secure it to the weight stack frame. Attach two upper shrouds (#40) to the weight stack frame (#1).

HARDWARE

- Socket Head Cap Screw (M5×16) (#7)

× 8

STEP 18

Attach two weight stack upright end caps (#41) to the weight stack frame (#1).

HARDWARE

- Socket Head Cap Screw (M5×16) (#7)

× 2

STEP 19

Snap the upper shroud top cover (#42) onto the upper shrouds (#40).

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	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	8	Weight Stack Frame Foot Pad	2	15	Socket Head Cap Screw (M8×25)	4	22	Lateral Raise Lever Arm	2	29	Socket Head Cap Screw (M8×20)	4
2	Lateral Raise Side Frame	1	9	Flat Oval Foot Pad	1	16	Spring Washer (8)	18	23	Cable Drum I	1	30	Weight Plate	12
3	Socket Head Cap Screw (M10×25)	8	10	Upper Pulley Bracket Assembly	1	17	Flat Washer (8)	21	24	Cable Drum II	1	31	Guide Block Assembly	1
4	Spring Washer (10)	24	11	Socket Head Cap Screw (M10×20)	14	18	Socket Head Cap Screw (M10×70)	2	25	Shoulder Press Lever Arm Shaft	2	32	Guide Rod Fixing Plate	1
5	Flat Washer (10)	24	12	Lateral Raise Connecting Plate	2	19	Back Pad	1	26	Universal Weight Stack Guide Rod	2	33	Weight Stack Selector Pin	1
6	Lower Weight Stack Shroud	1	13	Seat Pad	1	20	Socket Head Cap Screw (M8×35)	15	27	Weight Stack Rubber Cushion	2	34	Branch Pulley Box	1
7	Socket Head Cap Screw (M5×16)	12	14	Seat Frame	1	21	20 mm Hole Plug	3	28	Weight Stack Base	2	35	Cable I	1
												41	Weight Stack Upright End Cap	2
												42	Upper Shroud Top Cover	1