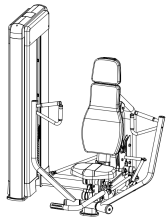


61A04 · Assisted Chest Press Converging

INSTALLATION MANUAL



Before Installation

Before You Start

- 01
- Read these instructions carefully before installation. Check the parts list to confirm that all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02
- After assembly, learn all functions before use. Stop using the equipment immediately if any problem occurs to avoid injury or equipment damage. Check these instructions for the cause; if the problem cannot be resolved, contact after-sales service.

Tools Required

- Rubber Mallet

• Spirit Level

• Hex Keys
- Snap-Ring Pliers

• Adjustable Wrench

• 2 People

Assembly

STEP 1

ACTION

Connect the assisted dual-axis seated chest press side frame assembly (#1) to the connecting frame (#2) with the M10×25 socket head cap screws (#3), M10 spring washers (#4), and M10-D20 flat washers (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Assisted dual-axis seated chest press side frame assembly (#1)

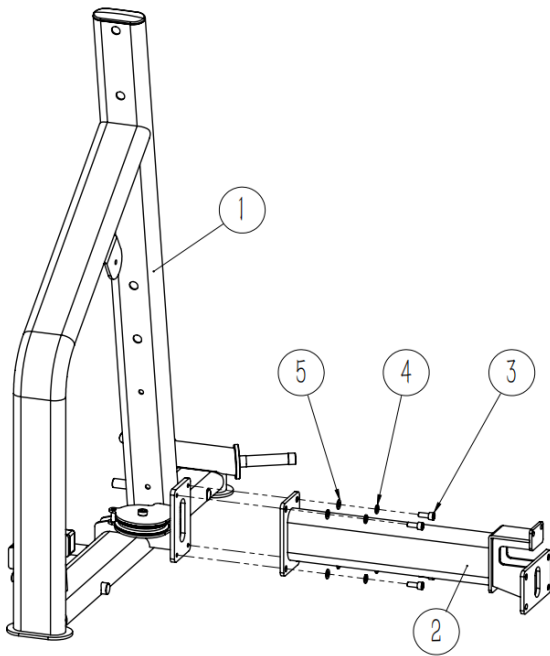
× 1
- Connecting frame (#2)

× 1
- Socket head cap screw M10×25 (#3)

× 4
- Spring washer M10 (#4)

× 4
- Flat washer M10-D20 (#5)

× 4



STEP 2 & 3

STEP 2

Connect the weight stack frame (#6) to the lower shroud (#7) with the M5×16 socket head cap screws (#8). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Weight stack frame (#6)

× 1
- Lower shroud (#7)

× 1
- Socket head cap screw M5×16 (#8)

× 2

STEP 3

Connect the connecting frame (#2) to the weight stack frame (#6) with the M10×25 socket head cap screws (#3), M10 spring washers (#4), and M10-D20 flat washers (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Connecting frame (#2)

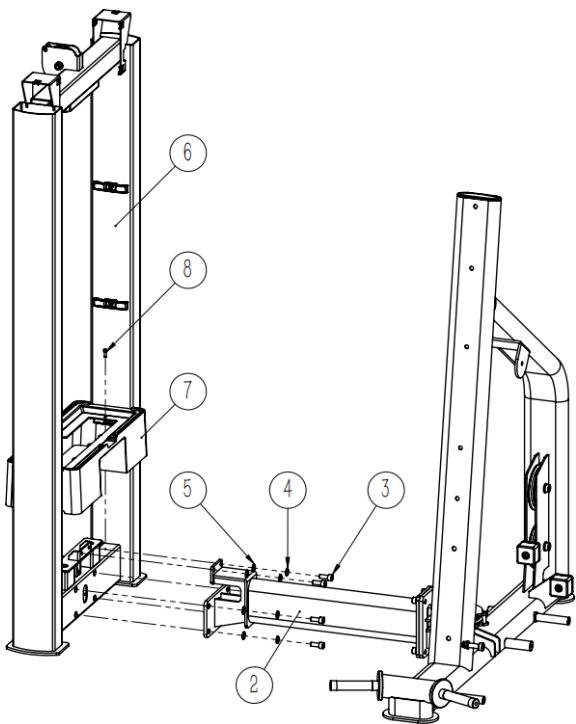
× 1
- Weight stack frame (#6)

× 1
- Socket head cap screw M10×25 (#3)

× 6
- Spring washer M10 (#4)

× 6
- Flat washer M10-D20 (#5)

× 6



STEP 4 & 5

STEP 4

Attach the seat pad (#10) to the seat frame (#9) with the M8×25 socket head cap screws (#11) and M8 flat washers (#12). Tighten the bolts with a wrench before proceeding.

HARDWARE

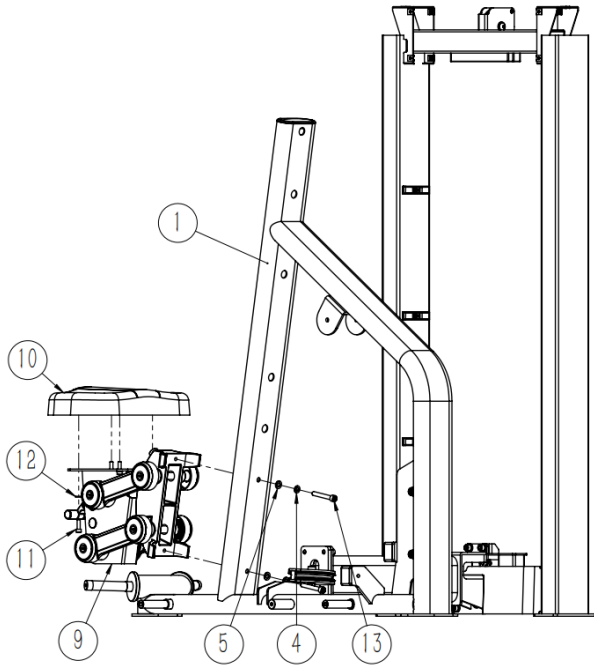
- Seat frame (#9) × 1
- Seat pad (#10) × 1
- Socket head cap screw M8×25 (#11) × 4
- Flat washer M8 (#12) × 4

STEP 5

Connect the seat frame (#9) to the assisted side frame assembly (#1) with the M10×70 socket head cap screws (#13), M10 spring washers (#4), and M10-D20 flat washers (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Seat frame (#9) × 1
- Assisted dual-axis seated chest press side frame assembly (#1) × 1
- Socket head cap screw M10×70 (#13) × 2
- Spring washer M10 (#4) × 2
- Flat washer M10-D20 (#5) × 2



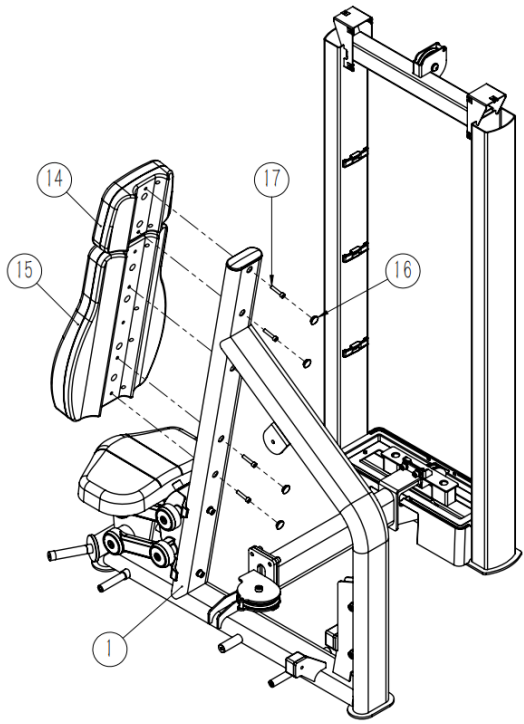
STEP 6

ACTION

Attach the head pad (#14) and back pad (#15) to the assisted side frame assembly (#1) with the M8×40 socket head cap screws (#17). Install the hole plugs 20 (#16). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Head pad (#14) × 1
- Back pad (#15) × 1
- Assisted dual-axis seated chest press side frame assembly (#1) × 1
- Socket head cap screw M8×40 (#17) × 5
- Hole plug 20 (#16) × 5



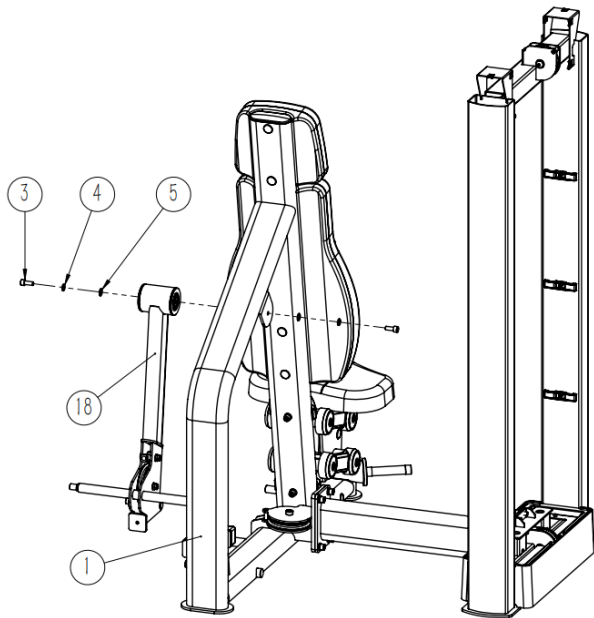
STEP 7

ACTION

Connect the assisted chest press linkage (#18) to the side frame assembly (#1) with the M10×25 socket head cap screws (#3), M10 spring washers (#4), and M10-D20 flat washers (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Assisted dual-axis seated chest press linkage (#18) × 1
- Assisted dual-axis seated chest press side frame assembly (#1) × 1
- Socket head cap screw M10×25 (#3) × 2
- Spring washer M10 (#4) × 2
- Flat washer M10-D20 (#5) × 2



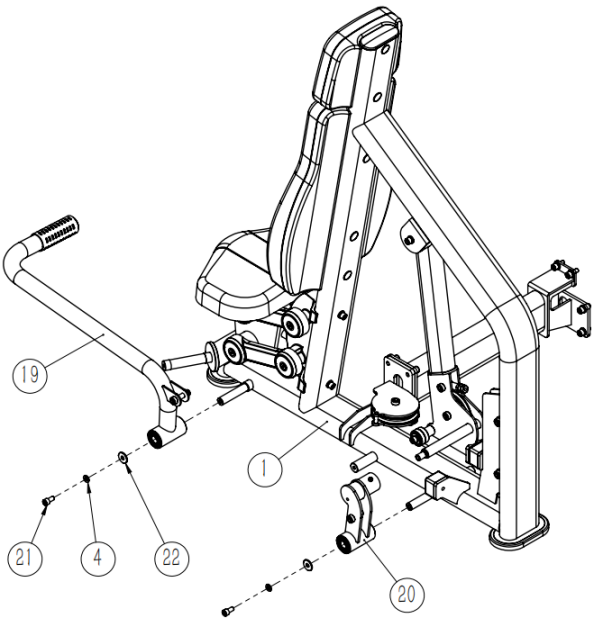
STEP 8

ACTION

Connect the assisted dual-rail seated chest press pedal frame (#19) and press frame (#20) to the side frame assembly (#1) with the M10×20 socket head cap screws (#21), M10 spring washers (#4), and M10-D30 flat washers (#22). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Assisted dual-rail seated chest press pedal frame (#19) × 1
- Assisted dual-rail seated chest press press frame (#20) × 1
- Assisted dual-axis seated chest press side frame assembly (#1) × 1
- Socket head cap screw M10×20 (#21) × 2
- Spring washer M10 (#4) × 2
- Flat washer M10-D30 (#22) × 2



STEP 9 & 10

STEP 9

Release the preassembled pulley axle and connect the pedal frame (#19) to the press frame (#20) with the assisted dual-rail seated chest press connecting rod (#23).

HARDWARE

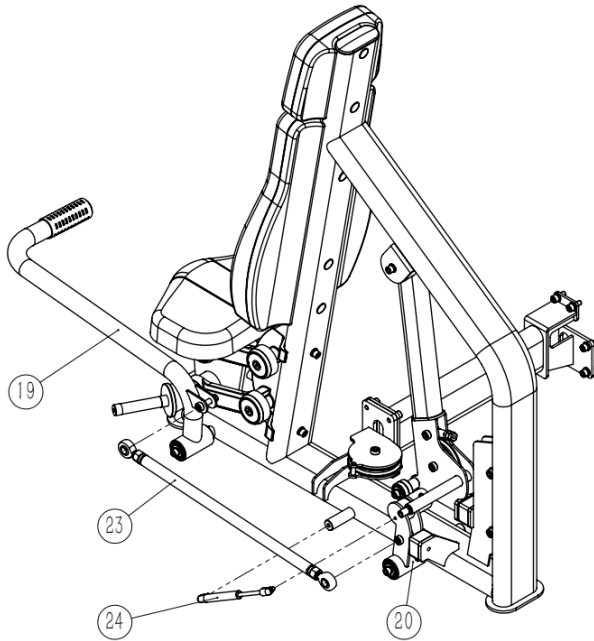
- Assisted dual-rail seated chest press connecting rod (#23) × 1
- Assisted dual-rail seated chest press pedal frame (#19) × 1
- Assisted dual-rail seated chest press press frame (#20) × 1

STEP 10

Install the gas spring (#24) between the side frame assembly (#1) and the assisted press frame (#20).

HARDWARE

- Gas spring (#24) × 1
- Assisted dual-axis seated chest press side frame assembly (#1) × 1
- Assisted dual-rail seated chest press press frame (#20) × 1



STEP 11 & 12

STEP 11

Connect the left movement arm (#25) and right movement arm (#26) to the assisted side frame assembly (#1) with the M10×25 hex socket flat countersunk head screws (#27) and 76 aluminum caps (#28). Tighten the bolts with a wrench before proceeding.

HARDWARE

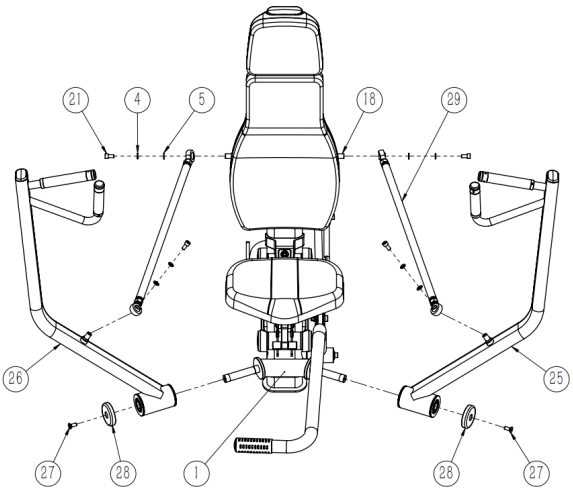
- Left movement arm (#25) × 1
- Right movement arm (#26) × 1
- Assisted dual-axis seated chest press side frame assembly (#1) × 1
- Hex socket flat countersunk head screw M10×25 (#27) × 2
- Aluminum cap 76 (#28) × 2

STEP 12

Connect the left movement arm (#25) and right movement arm (#26) to the assisted chest press linkage (#18) with two seated chest press linkage rods (#29). Secure with the M10×20 socket head cap screws (#21), M10 spring washers (#4), and M10-D20 flat washers (#5). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Seated chest press linkage rod (#29) × 2
- Left movement arm (#25) × 1
- Right movement arm (#26) × 1
- Assisted dual-axis seated chest press linkage (#18) × 1
- Socket head cap screw M10×20 (#21) × 4
- Spring washer M10 (#4) × 4
- Flat washer M10-D20 (#5) × 4



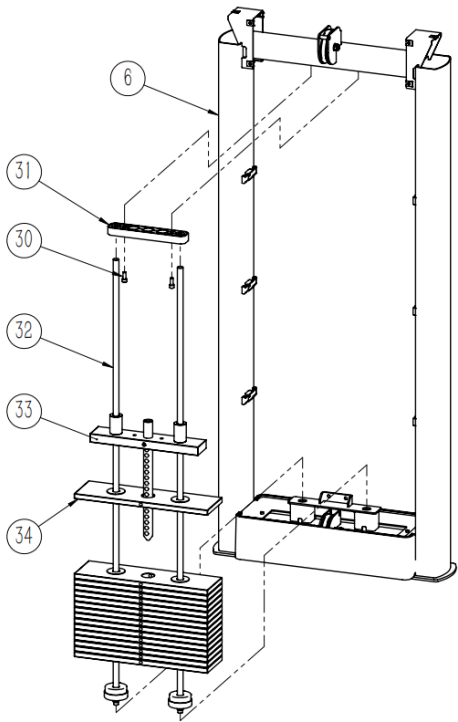
STEP 13

ACTION

Place the preassembled guide rod assembly (#32) in the weight stack frame (#6). Install the weight plates (#36) on the guide rods with the spacers facing up. Install the guide block assembly (#33) and guide rod mounting plate (#31). Secure the mounting plate to the weight stack frame with two M8×20 socket head cap screws (#30). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Guide rod assembly (#32) × 1
- Weight plate (#36) × 1
- Guide block assembly (#33) × 1
- Guide rod mounting plate (#31) × 1
- Weight stack frame (#6) × 1
- Socket head cap screw M8×20 (#30) × 2



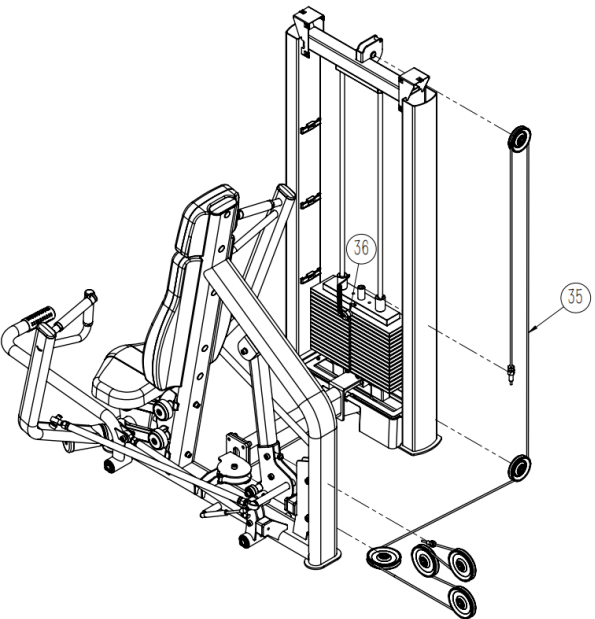
STEP 14

ACTION

Remove the preassembled pulleys. Route the cable (#35) around the corresponding pulleys and reinstall the pulleys in their original positions. Pass the cable through the weight stack selector pin (#36) during installation.

HARDWARE

- Cable (#35) × 1
- Weight stack selector pin (#36) × 1



STEP 15 & 16

STEP 15

Slide the two decorative strips (#39) into the two shroud panels (#37) and secure them to the weight stack frame (#6) with the shroud pressure plates. Slide the decorative panel (#38) into the shroud panels. Attach the two upper shrouds (#40) with eight M5×16 socket head cap screws (#8).

HARDWARE

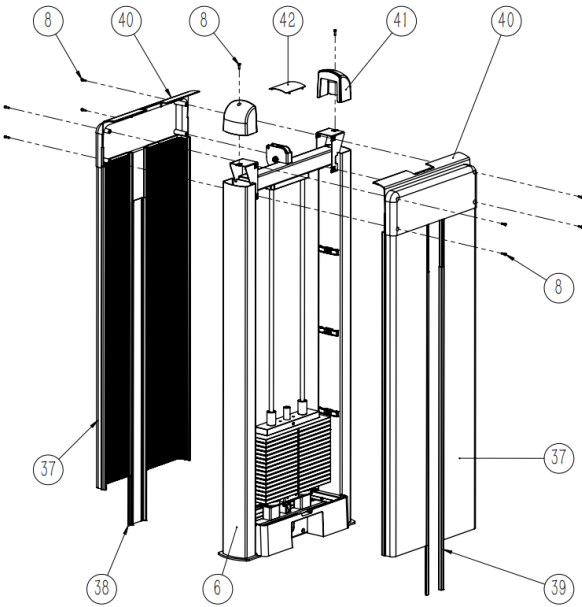
- Decorative strip (#39) × 2
- Shroud panel (#37) × 2
- Decorative panel (#38) × 1
- Upper shroud (#40) × 2
- Weight stack frame (#6) × 1
- Socket head cap screw M5×16 (#8) × 8

STEP 16

Attach the two weight stack upright end caps (#41) to the weight stack frame (#6) with two M5×16 socket head cap screws (#11), then snap the cover plate (#42) into the upper shrouds (#40).

HARDWARE

- Weight stack upright end cap (#41) × 2
- Weight stack frame (#6) × 1
- Cover plate (#42) × 1
- Upper shroud (#40) × 2
- Socket head cap screw M5×16 (#11) × 2



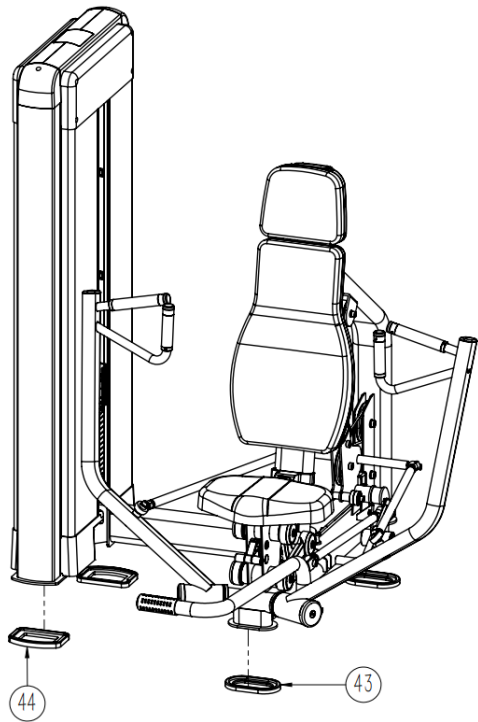
STEP 17

ACTION

Move the assisted chest press to its final position and install the two corresponding types of foot pads (#43) and (#44).

HARDWARE

- Flat oval foot pad (#43)
- Foot pad (#44)



FINAL CHECK

- 01 Assembly is complete. Check that the unit is level and plumb. Use a spirit level to check that the 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 parts list.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Assisted dual-axis seated chest press side frame assembly	1	5	Flat washer M10-D20	18	10	Seat pad	1	14	Head pad	1
21	Socket head cap screw M10×20	6	25	Left movement arm	1	29	Seated chest press linkage rod	2	15	Back pad	1
2	Connecting frame	1	6	Weight stack frame	1	11	Socket head cap screw M8×25	4	16	Hole plug 20	5
22	Flat washer M10-D30	2	26	Right movement arm	1	30	Socket head cap screw M8×40	5	17	Socket head cap screw M8×40	5
3	Socket head cap screw M10×25	12	7	Lower shroud	1	12	Flat washer M8	4	18	Assisted dual-axis seated chest press linkage	1
23	Assisted dual-rail seated chest press connecting rod	1	27	Hex socket flat countersunk head screw M10×20	2	35	Cable	1	19	Assisted dual-rail seated chest press pedal frame	1
4	Spring washer M10	20	9	Seat frame	1	13	Socket head cap screw M10×70	2	20	Assisted dual-rail seated chest press press frame	1
24	Gas spring	1	28	Aluminum cap 76	2	43	Flat oval foot pad	2			