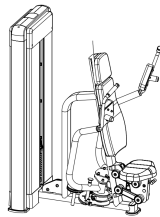


61A07 • Pectoral Fly

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.

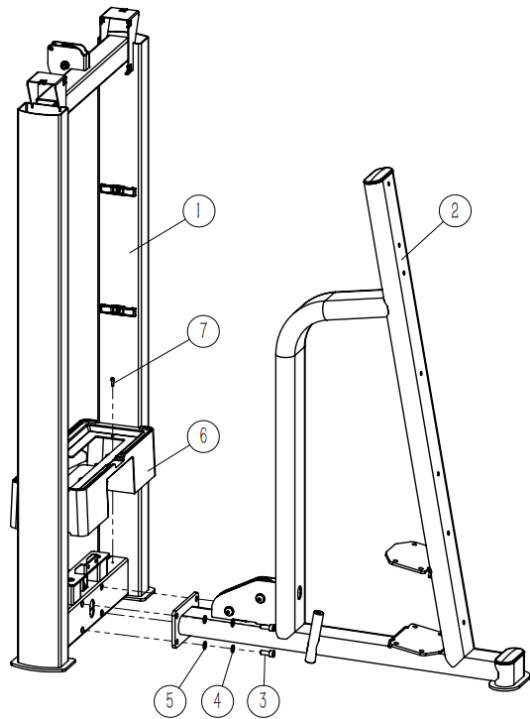
Tools Required

- 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



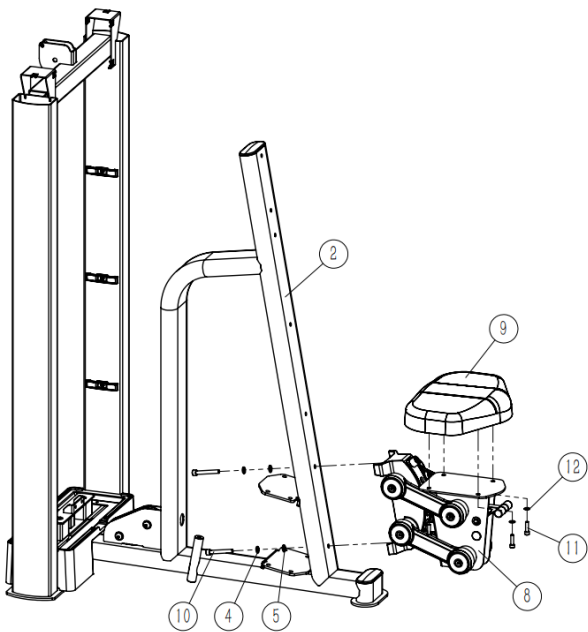
STEP 1 & 2

STEP 1
Connect the pectoral fly side frame (#2) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3) × 4
 - Spring Washer (M10) (#4) × 4
 - Flat Washer (M10-D20) (#5) × 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



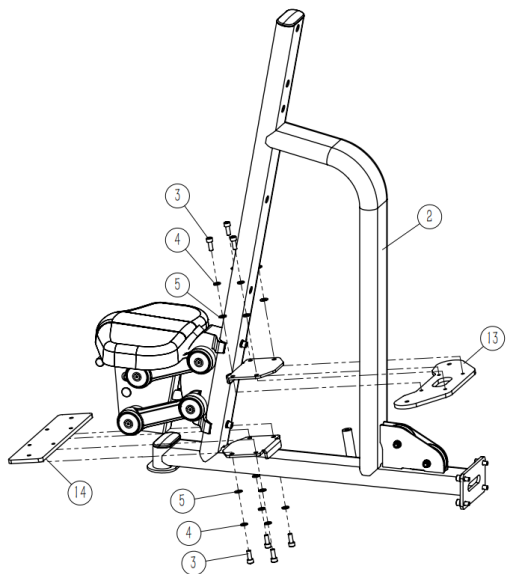
STEP 3 & 4

STEP 3
Attach the seat pad (#9) to the seat frame (#8).

- HARDWARE**
- Socket Head Cap Screw (M8×25) (#11) × 4
 - Flat Washer (M8-D16) (#12) × 4

STEP 4
Attach the seat frame (#8) to the pectoral fly side frame (#2).

- HARDWARE**
- Socket Head Cap Screw (M10×70) (#10) × 2
 - Spring Washer (M10) (#4) × 2
 - Flat Washer (M10-D20) (#5) × 2



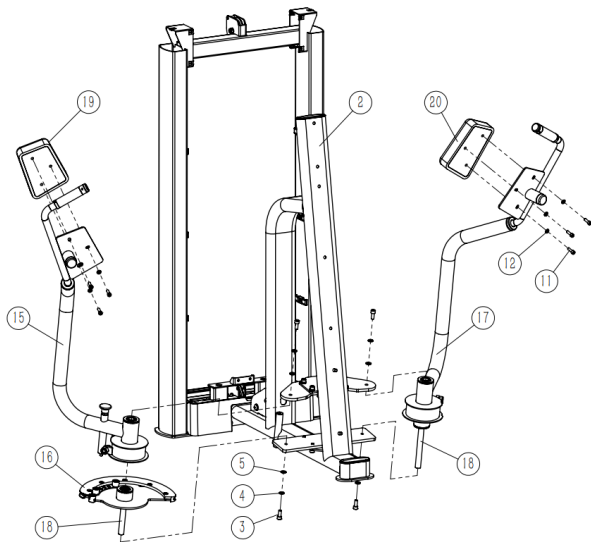
STEP 5

ACTION

Attach the pectoral fly lever arm connecting plate (#13) and main shaft connecting plate (#14) to the pectoral fly side frame (#2).

HARDWARE

- Socket Head Cap Screw (M10×25) (#3) × 8
- Spring Washer (M10) (#4) × 8
- Flat Washer (M10-D20) (#5) × 8



STEP 6 & 7

STEP 6

Attach the two lever arms (#15/#17), two main shafts (#18), and flange (#16) to the pectoral fly side frame (#2).

HARDWARE

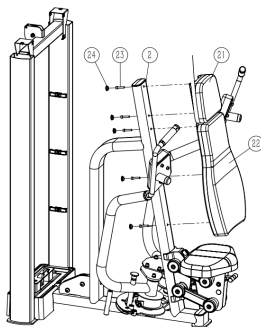
- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (M10) (#4) × 4
- Flat Washer (M10-D20) (#5) × 4

STEP 7

Attach the right and left elbow pads (#19/#20) to the two pectoral fly lever arms (#15/#17).

HARDWARE

- Socket Head Cap Screw (M8×25) (#11) × 6
- Flat Washer (M8-D16) (#12) × 6



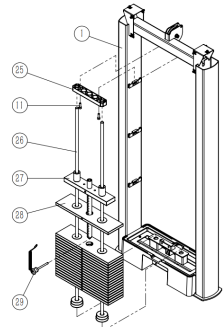
STEP 8

ACTION

Attach the head pad (#21) and back pad (#22) to the pectoral fly side frame (#2). Install five 20 mm hole plugs (#24).

HARDWARE

- Socket Head Cap Screw (M8×40) (#23) × 5
- 20 mm Hole Plug (#24) × 5



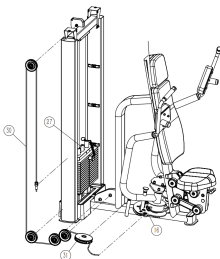
STEP 9

ACTION

Place the pre-installed guide rod assembly (#26) into the weight stack frame (#1). Install the weight plates (#28) on the guide rods with the spacer side facing up. Install the guide block assembly (#27) and guide rod fixing plate (#25). Attach the fixing plate (#25) to the weight stack frame (#1), then install the weight stack selector pin (#29). Fully tighten the bolts before continuing.

HARDWARE

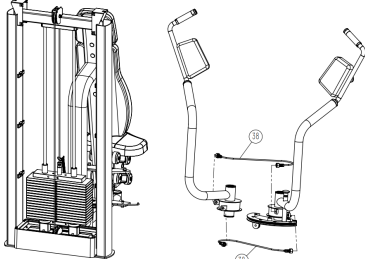
- Socket Head Cap Screw (M8×25) (#11) × 2



STEP 10

ACTION

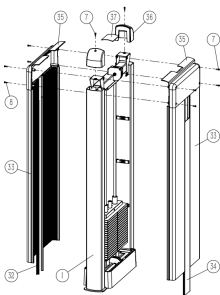
Remove the pre-installed pulleys and route cable I (#30) around the pulleys as shown. Reinstall the pulleys and attach the pulley box (#31) to the pectoral fly side frame (#2). Connect one end of cable I to the guide block assembly (#27) and the other end to the flange (#16). Fully tighten the bolts before continuing.



STEP 11

ACTION

Connect cable II (#38) to the two lever arms as shown and adjust it to the appropriate tension.



STEP 12 & 13

STEP 12

Slide two decorative strips (#32) into two shroud panels (#33) and attach them to the weight stack frame (#1). Slide the decorative panel (#34) into the shroud panels and attach it to the weight stack frame. Attach two upper shrouds (#35) to the weight stack frame (#1).

HARDWARE

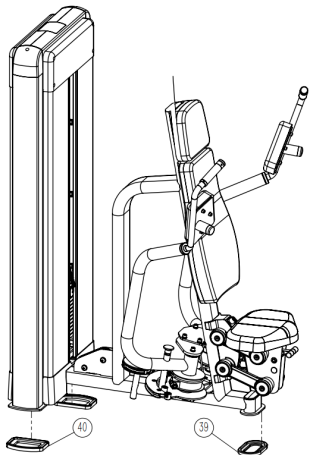
- Socket Head Cap Screw (M5×16) (#7) × 8

STEP 13

Attach two weight stack upright end caps (#36) to the weight stack frame (#1), then snap the upper shroud top cover (#37) into the two upper shrouds (#35).

HARDWARE

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



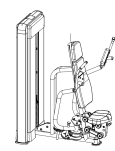
STEP 14

ACTION

Move the assembled machine to the required position and install the three corresponding foot pads (#39/#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
1	Weight Stack Frame	1	15	Pectoral Fly Right Lever Arm	1	29	Weight Stack Selector Pin	1
2	Pectoral Fly Side Frame	1	16	Pectoral Fly Flange	1	30	Cable I	1
3	Socket Head Cap Screw (M10×25)	16	17	Pectoral Fly Left Lever Arm	1	31	Pulley Box	1
4	Spring Washer (M10)	18	18	Main Shaft (Ø20×192)	2	32	Decorative Strip	2
5	Flat Washer (M10-D20)	18	19	Right Elbow Pad	1	33	Shroud Panel	4
6	Lower Weight Stack Shroud	1	20	Left Elbow Pad	1	34	Decorative Panel	1
7	Socket Head Cap Screw (M5×16)	12	21	Head Pad	1	35	Upper Shroud	2
8	Seat Frame	1	22	Back Pad	1	36	Weight Stack Upright End Cap	2
9	Seat Pad	1	23	Socket Head Cap Screw (M8×40)	5	37	Upper Shroud Top Cover	1
10	Socket Head Cap Screw (M10×70)	2	24	20 mm Hole Plug	5	38	Cable II	2
11	Socket Head Cap Screw (M8×25)	12	25	Guide Rod Fixing Plate	1	39	Flat Oval Foot Pad	1
12	Flat Washer (M8-D16)	1	26	Guide Rod Assembly	2	40	Weight Stack Frame Foot Pad	2
13	Pectoral Fly Lever Arm Connecting Plate	1	27	Guide Block Assembly (Center Rod)	1			
14	Main Shaft Connecting Plate	1	28	Weight Plate	16			