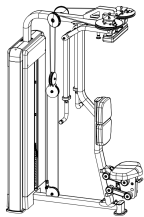


61A09 • Pectoral Fly and Rear Deltoid

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.

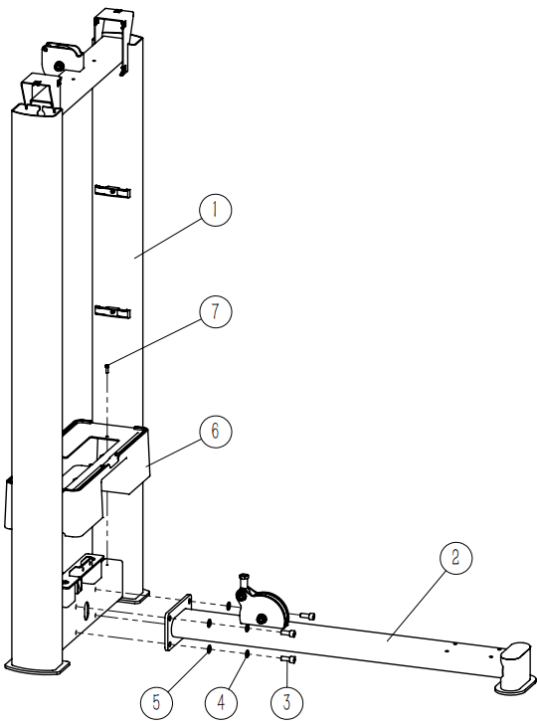
Tools Required

- 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



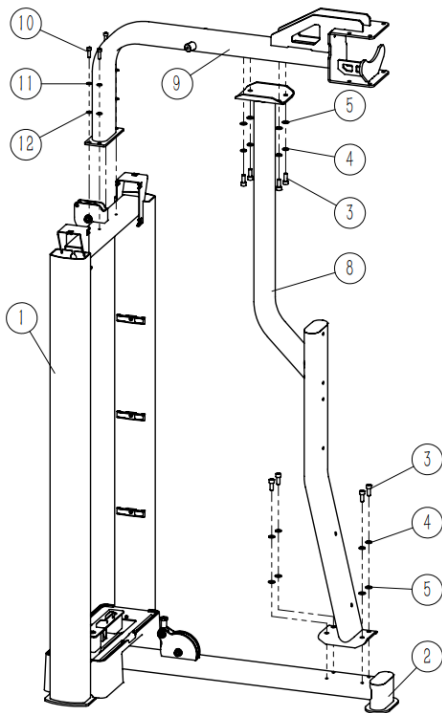
STEP 1 & 2

STEP 1
Attach the pectoral fly and rear deltoid connecting frame (#2) to the weight stack frame (#1). Fully tighten the bolts before continuing.

- 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). Fully tighten the bolts before continuing.

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



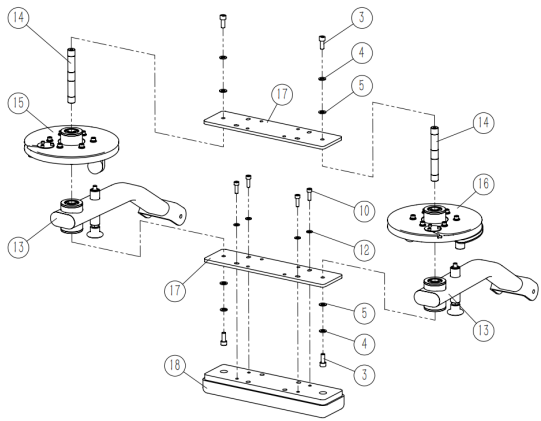
STEP 3 & 4

STEP 3
Attach pectoral fly and rear deltoid side frame I (#8) to the connecting frame (#2). Fully tighten the bolts before continuing.

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

STEP 4
Attach pectoral fly and rear deltoid side frame II (#9) to side frame I (#8) and the weight stack frame (#1). Fully tighten the bolts before continuing.

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#3) × 4
 - Socket Head Cap Screw (M8×25) (#10) × 4
 - Spring Washer (M10) (#4) × 4
 - Spring Washer (M8) (#11) × 4
 - Flat Washer (M10-D20) (#5) × 4
 - Flat Washer (M8-D16) (#12) × 4



STEP 5 & 6

STEP 5

Connect the left and right flanges (#15/#16), two lever arms (#13), and two main shafts (#14). Fully tighten the bolts before continuing.

HARDWARE

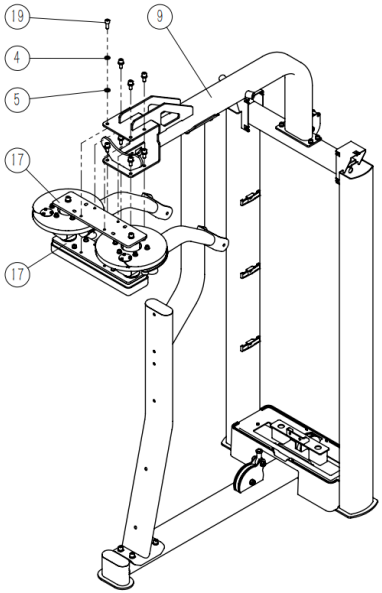
- Socket Head Cap Screw (M10×25) (#3) × 4
- Spring Washer (M10) (#4) × 4
- Flat Washer (M10-D20) (#5) × 4

STEP 6

Attach the bumper pad (#18) to the clamp plates (#17). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×25) (#10) × 4
- Flat Washer (M8-D16) (#12) × 4



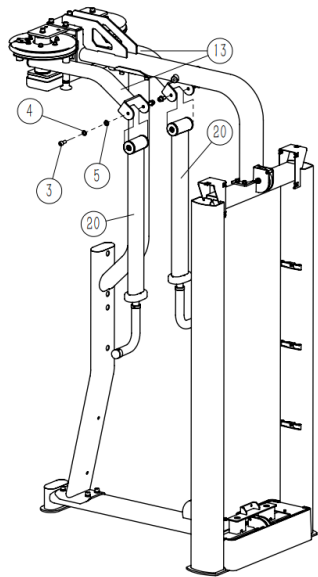
STEP 7

ACTION

Attach the two clamp plates (#17) from the previous step to pectoral fly and rear deltoid side frame II (#9). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M10×20) (#19) × 8
- Spring Washer (M10) (#4) × 8
- Flat Washer (M10-D20) (#5) × 8



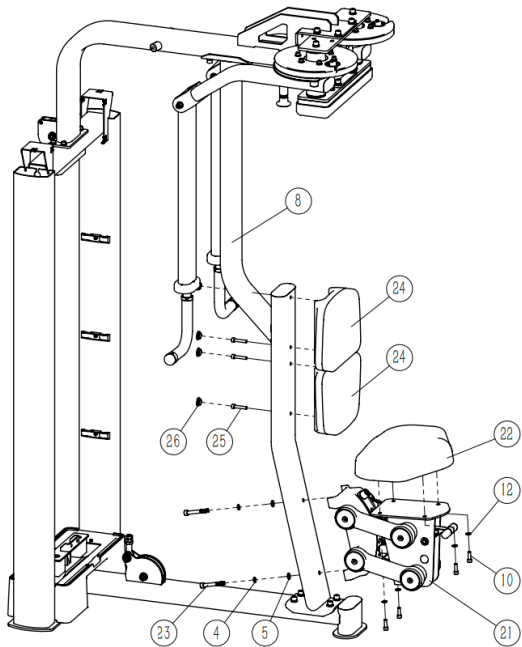
STEP 8

ACTION

Attach two movable arms (#20) to the two lever arms (#13). Fully tighten the bolts before continuing.

HARDWARE

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



STEP 9, 10 & 11

STEP 9

Attach two head pads (#24) to pectoral fly and rear deltoid side frame I (#8). Install four hole plugs-20 (#26). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M10×40) (#25) × 4
- Hole Plug-20 (#26) × 4

STEP 10

Attach the seat frame (#21) to pectoral fly and rear deltoid side frame I (#8). Fully tighten the bolts before continuing.

HARDWARE

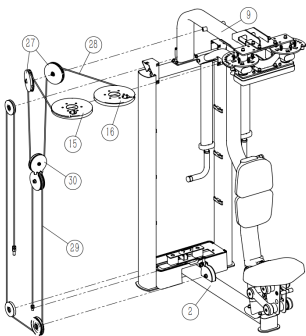
- Socket Head Cap Screw (M10×70) (#23) × 2
- Spring Washer (M10) (#4) × 2
- Flat Washer (M10-D20) (#5) × 2

STEP 11

Attach the seat pad (#22) to the seat frame (#21). Fully tighten the bolts before continuing.

HARDWARE

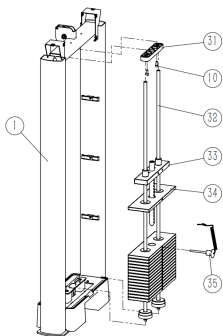
- Socket Head Cap Screw (M8×25) (#10) × 4
- Flat Washer (M8-D16) (#12) × 4



STEP 12

ACTION

Open the pre-installed pulleys. Route cable I (#28) and cable II (#29) around the pulleys as shown, then reinstall the pulleys in their original positions. Connect both ends of cable I (#28) to the left and right flanges (#15/#16). Route cable I through two pulley boxes (#27), install the pulley boxes on side frame II (#9), and use the hanging pulley bracket (#30) to connect cable I (#28) and cable II (#29).



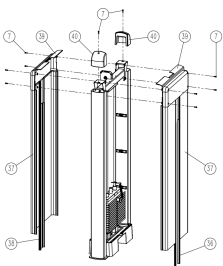
STEP 13

ACTION

Place the pre-installed guide rod assembly (#32) inside the weight stack frame (#1). Install 16 weight plates (#34) on the guide rods with the spacer side facing up. Install the guide block assembly (#33) and guide rod fixing plate (#31). Attach the fixing plate (#31) to the weight stack frame (#1). Install the weight stack selector pin (#35) in the weight plates (#34). When installing the selector pin, pass one end of cable I (#28) through the pin, then connect it to the guide block assembly (#33). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×25) (#10) × 2



STEP 14 & 15

STEP 14

Slide two decorative strips (#36) into two shroud panels (#37) and attach them to the weight stack frame (#1). Slide the decorative panel (#38) into the shroud panels and attach it to the weight stack frame. Attach two upper shrouds (#39) to the weight stack frame (#1).

HARDWARE

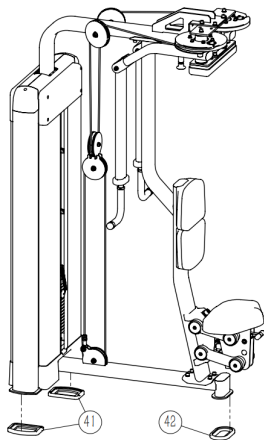
- Socket Head Cap Screw (M5×16) (#7) × 8

STEP 15

Attach two weight stack upright end caps (#40) to the weight stack frame (#1).

HARDWARE

- Socket Head Cap Screw (M5×16) (#8) × 2



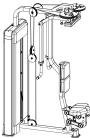
STEP 16

ACTION

Move the assembled machine to the required position and install the three corresponding foot pads (#41/#42).

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	Pectoral Fly and Rear Deltoid Side Frame I	1	15	Left Flange	1	22	Seat Pad	1	29	Cable II	1
2	Pectoral Fly and Rear Deltoid Connecting Frame	1	9	Pectoral Fly and Rear Deltoid Side Frame II	1	16	Right Flange	1	23	Socket Head Cap Screw (M10×70)	2	30	Hanging Pulley Bracket	1
3	Socket Head Cap Screw (M10×25)	20	10	Socket Head Cap Screw (M8×25)	14	17	Clamp Plate	2	24	Head Pad	2	31	Guide Rod Fixing Plate	1
4	Spring Washer (M10)	30	11	Spring Washer (M8)	4	18	Bumper Pad	1	25	Socket Head Cap Screw (M10×40)	4	32	Guide Rod Assembly	2
5	Flat Washer (M10-D20)	30	12	Flat Washer (M8-D16)	12	19	Socket Head Cap Screw (M10×20)	8	26	Hole Plug-20	4	33	Guide Block Assembly (Center Rod)	1
6	Lower Weight Stack Shroud	1	13	Lever Arm	2	20	Movable Arm	2	27	Pulley Box	2	34	Weight Plate	16
7	Socket Head Cap Screw (M5×16)	12	14	Main Shaft	2	21	Seat Frame	1	28	Cable I	1	35	Weight Stack Selector Pin	1
												40	Weight Stack Upright End Cap	2
												41	Weight Stack Frame Foot Pad	2
												42	Flat Oval Foot Pad	1