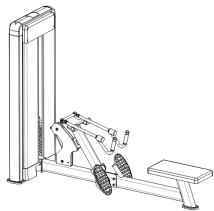


61A13 • Low Row

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.

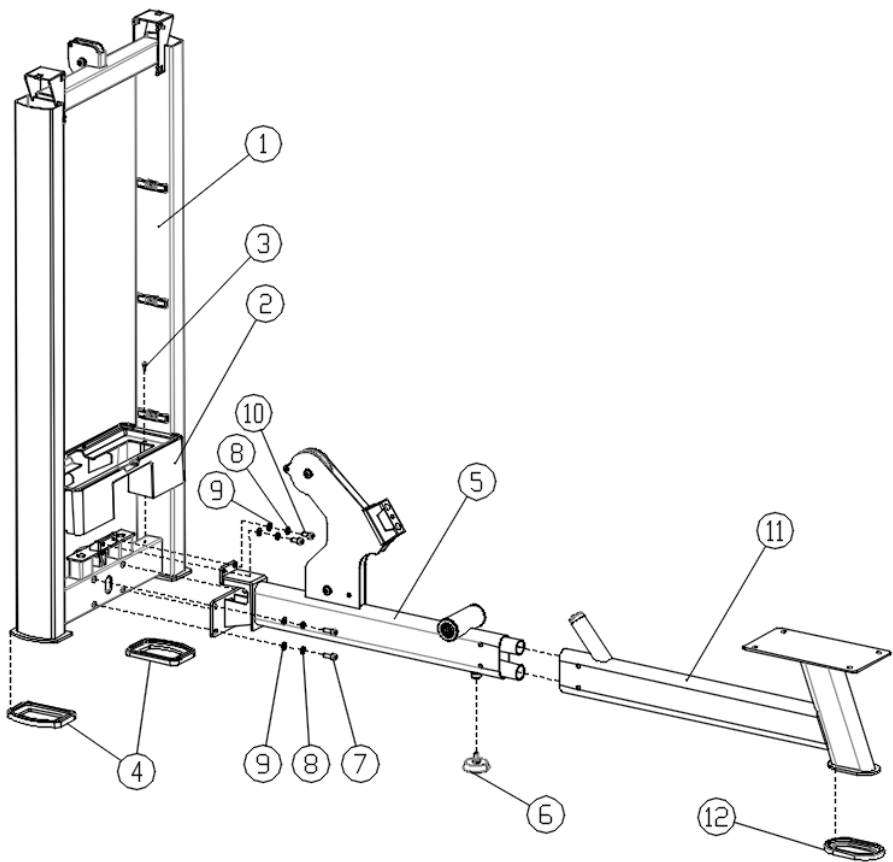
Tools Required

- 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

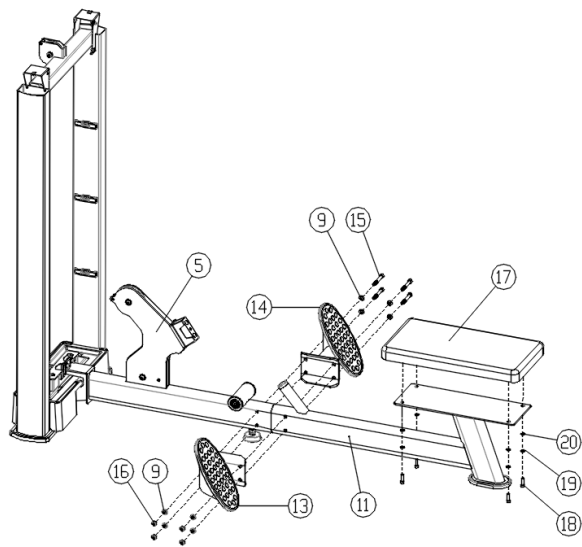
STEP 1
Attach the lower weight stack shroud (#2) to the weight stack frame (#1). Install two weight stack frame foot pads (#4) on the weight stack frame.

HARDWARE
• Socket Head Cap Screw (M5×16) (#3) × 2

STEP 2
Install one adjustable foot pad (#6) on low row side frame I (#5). Attach side frame I (#5) to the weight stack frame (#1).

HARDWARE
• Socket Head Cap Screw (M10×25) (#7) × 4
• Socket Head Cap Screw (M10×20) (#10) × 2
• Spring Washer (10) (#8) × 6
• Flat Washer (10) (#9) × 6

STEP 3
Install one flat oval foot pad (#12) on low row side frame II (#11). Fit side frame II (#11) over side frame I (#5) as shown.



STEP 4 & 5

STEP 4

Attach the left footplate (#13) and right footplate (#14) to low row side frames I and II (#5/#11).

HARDWARE

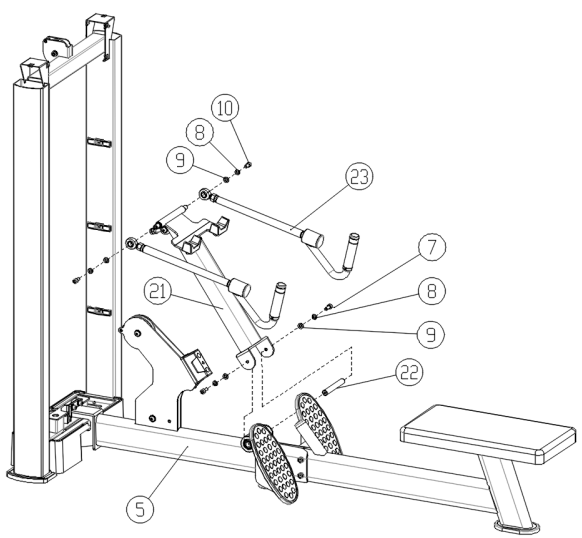
- Socket Head Cap Screw (M10×75) (#15) × 4
- Flat Washer (10) (#9) × 8
- Hex Lock Nut (M10) (#16) × 4

STEP 5

Attach the low row seat pad (#17) to low row side frame II (#11).

HARDWARE

- Socket Head Cap Screw (M8×30) (#18) × 4
- Spring Washer (8) (#19) × 4
- Flat Washer (8) (#20) × 4



STEP 6 & 7

STEP 6

Attach the low row lever arm (#21) and lever arm shaft (#22) to low row side frame I (#5).

HARDWARE

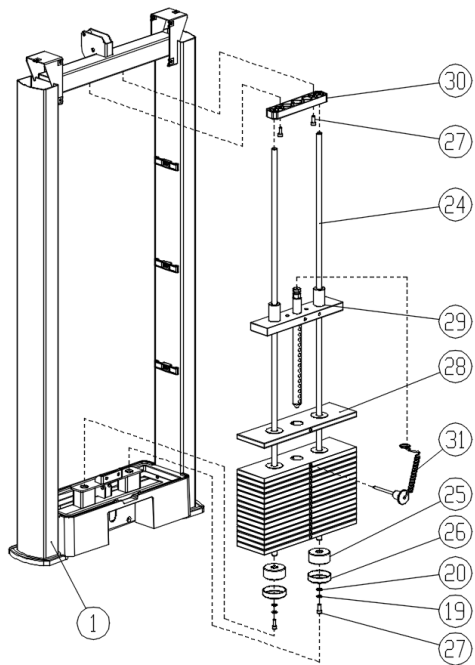
- Socket Head Cap Screw (M10×25) (#7) × 2
- Spring Washer (10) (#8) × 2
- Flat Washer (10) (#9) × 2

STEP 7

Attach two low row lever arm link rods (#23) to the low row lever arm (#21).

HARDWARE

- Socket Head Cap Screw (M10×20) (#10) × 2
- Spring Washer (10) (#8) × 2
- Flat Washer (10) (#9) × 2



STEP 8 & 9

STEP 8

Slide two weight stack rubber cushions (#25) onto the two guide rods (#24). Attach two weight stack bases (#26) to the guide rods, then place them into the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

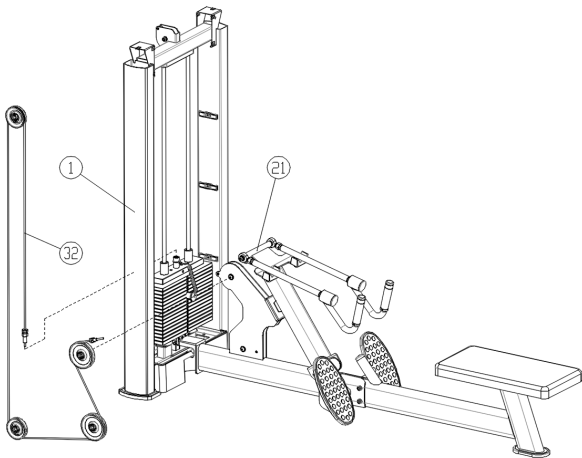
- Socket Head Cap Screw (M8×20) (#27) × 2
- Spring Washer (8) (#19) × 2
- Flat Washer (8) (#20) × 2

STEP 9

Install 16 weight plates (#28) on the guide rods (#24) with the spacer side facing up. Install the guide block assembly (#29), insert the weight stack selector pin (#31) into the weight plates, and slide the guide rod fixing plate (#30) onto the guide rods. Attach the fixing plate (#30) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#27) × 2



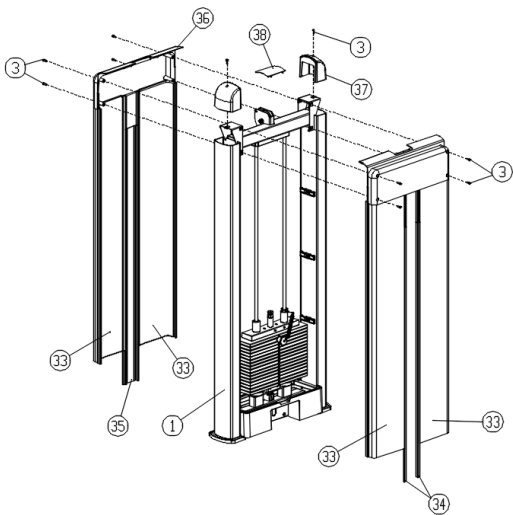
STEP 10 & 11

STEP 10

Remove the pre-installed 95 and 120 pulleys. Route the cable (#32) through the pulleys as shown, then reinstall the pulleys. Install the pulleys together with the cable.

STEP 11

Connect one end of the cable (#32) to the low row lever arm (#21), then connect the other end inside the weight stack frame (#1).



STEP 12, 13 & 14

STEP 12

Slide two decorative strips (#34) into two shroud panels (#33) and secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#35) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#36) to the weight stack frame.

HARDWARE

- Socket Head Cap Screw (M5×16) (#3) × 8

STEP 13

Attach two weight stack upright end caps (#37) to the weight stack frame (#1).

HARDWARE

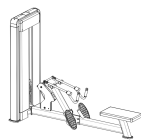
- Socket Head Cap Screw (M5×16) (#3) × 2

STEP 14

Snap the upper shroud top cover (#38) onto the upper shrouds (#36).

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	14	Low Row Right Footplate	1	27	Socket Head Cap Screw (M8×20)	4
2	Lower Weight Stack Shroud	1	15	Socket Head Cap Screw (M10×75)	4	28	Weight Plate	16
3	Socket Head Cap Screw (M5×16)	12	16	Hex Lock Nut (M10)	4	29	Guide Block Assembly	1
4	Weight Stack Frame Foot Pad	2	17	Low Row Seat Pad	1	30	Guide Rod Fixing Plate	1
5	Low Row Side Frame I	1	18	Socket Head Cap Screw (M8×30)	4	31	Weight Stack Selector Pin	1
6	Adjustable Foot Pad	1	19	Spring Washer (8)	6	32	Cable	1
7	Socket Head Cap Screw (M10×25)	6	20	Flat Washer (8)	6	33	Shroud Panel	4
8	Spring Washer (10)	10	21	Low Row Lever Arm	1	34	Weight Stack Decorative Strip	2
9	Flat Washer (10)	18	22	Low Row Lever Arm Shaft	1	35	Weight Stack Decorative Panel	1
10	Socket Head Cap Screw (M10×20)	4	23	Low Row Lever Arm Link Rod	2	36	Upper Weight Stack Shroud	2
11	Low Row Side Frame II	1	24	Universal Weight Stack Guide Rod	2	37	Weight Stack Upright End Cap	2
12	Flat Oval Foot Pad	1	25	Weight Stack Rubber Cushion	2	38	Upper Shroud Top Cover	1
13	Low Row Left Footplate	1	26	Weight Stack Base	2			