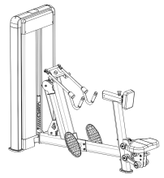
61A14 · Mid Row

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.

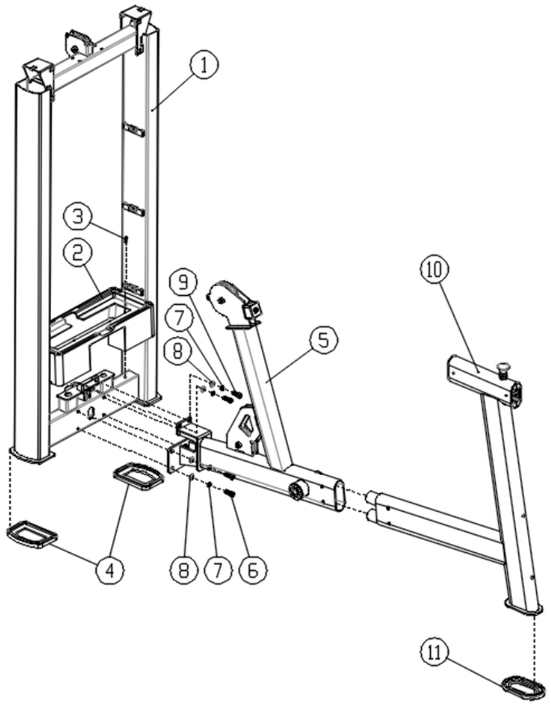
Tools Required

- 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

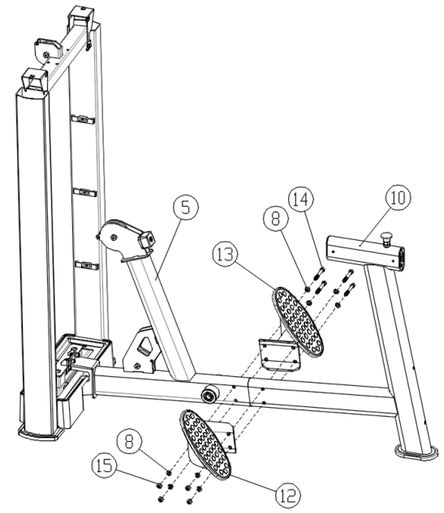
Attach mid row side frame I (#5) to the weight stack frame (#1).

HARDWARE

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

STEP 3

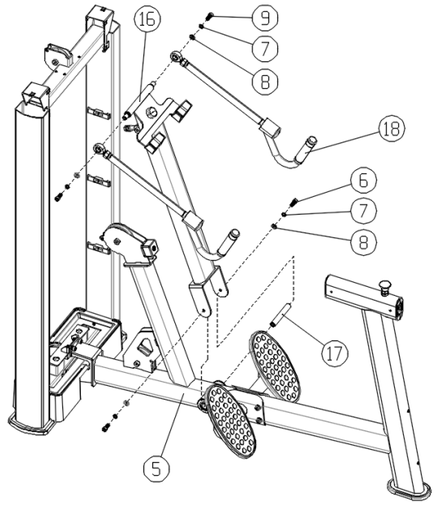
Install one flat oval foot pad (#11) on mid row side frame II (#10). Fit side frame II (#10) over side frame I (#5) as shown.



STEP 4

ACTION
Attach the low row left footplate (#12) and right footplate (#13) to mid row side frames I and II (#5/#10).

HARDWARE
- Hex Socket Flat Countersunk Screw (M10×75) (#14) × 4
- Flat Washer (10) (#8) × 8
- Hex Lock Nut (M10) (#15) × 4



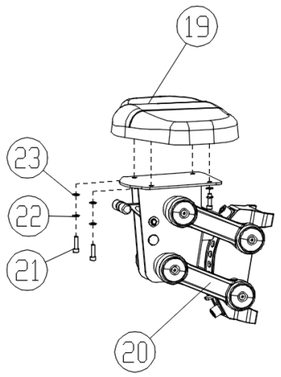
STEP 5 & 6

STEP 5
Attach the mid row lever arm (#16) and lever arm shaft (#17) to mid row side frame I (#5).

HARDWARE
- Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 6
Attach two mid row lever arm link rods (#18) to the mid row lever arm (#16).

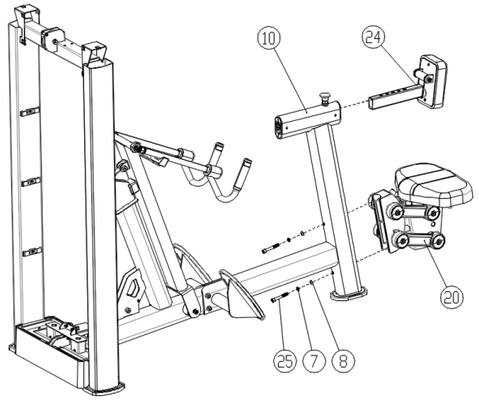
HARDWARE
- Socket Head Cap Screw (M10×20) (#9) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2



STEP 7

ACTION
Attach the seat pad (#19) to the seat frame (#20).

HARDWARE
- Socket Head Cap Screw (M8×30) (#21) × 4
- Spring Washer (8) (#22) × 4
- Flat Washer (8) (#23) × 4

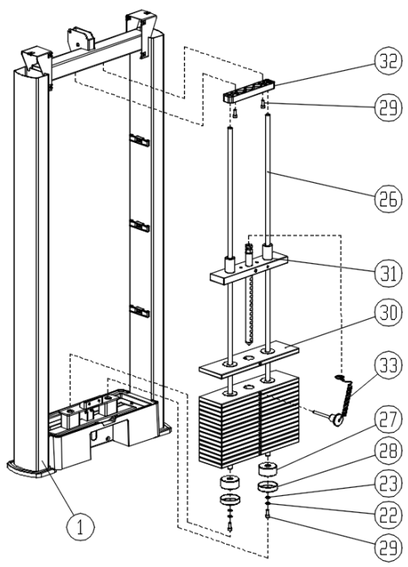


STEP 8 & 9

STEP 8
Attach the seat frame (#20) to mid row side frame II (#10).

HARDWARE
- Hex Socket Flat Countersunk Screw (M10×120) (#25) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 9
Fit the chest support assembly (#24) into mid row side frame II (#10) as shown.



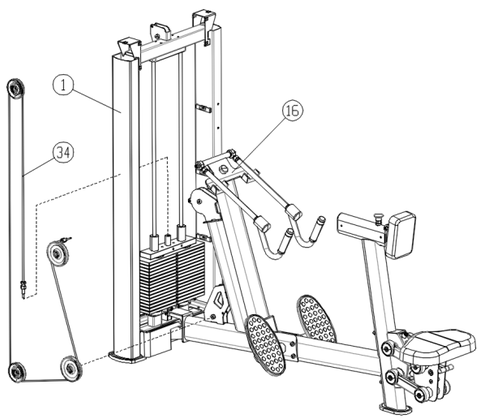
STEP 10 & 11

STEP 10
Slide two weight stack rubber cushions (#27) onto the two guide rods (#26). Attach two weight stack bases (#28) 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) (#29) × 2
- Spring Washer (8) (#22) × 2
- Flat Washer (8) (#23) × 2

STEP 11
Install 16 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, 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.

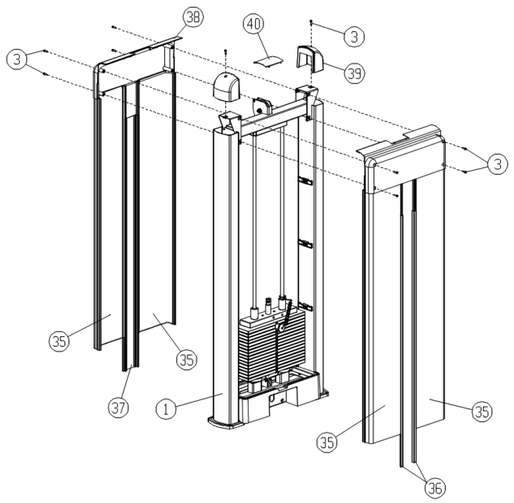
HARDWARE
- Socket Head Cap Screw (M8×20) (#29) × 2



STEP 12 & 13

STEP 12
Remove the pre-installed 95 and 120 pulleys. Route the cable (#34) through the pulleys as shown, then reinstall the pulleys. Install the pulleys together with the cable.

STEP 13
Connect one end of the cable (#34) to the mid row lever arm (#16), then connect the other end inside the weight stack frame (#1).



STEP 14, 15 & 16

STEP 14
Slide two decorative strips (#36) into two shroud panels (#35) and secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#37) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#38) to the weight stack frame.

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

STEP 15
Attach two weight stack upright end caps (#39) to the weight stack frame (#1).

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

STEP 16
Snap the upper shroud top cover (#40) onto the upper shrouds (#38).

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
1	Weight Stack Frame	1
2	Lower Weight Stack Shroud	1
3	Socket Head Cap Screw (M5×16)	12
4	Weight Stack Frame Foot Pad	2
5	Mid Row Side Frame I	1
6	Socket Head Cap Screw (M10×25)	6
7	Spring Washer (10)	12
8	Flat Washer (10)	20
9	Socket Head Cap Screw (M10×20)	4
10	Mid Row Side Frame II	1
11	Flat Oval Foot Pad	1
12	Low Row Left Footplate	1
13	Low Row Right Footplate	1
14	Hex Socket Flat Countersunk Screw (M10×75)	4
15	Hex Lock Nut (M10)	4
16	Mid Row Lever Arm	1
17	Mid Row Lever Arm Shaft	1
18	Mid Row Lever Arm Link Rod	2
19	Seat Pad	1
20	Seat Frame	1
21	Socket Head Cap Screw (M8×30)	4
22	Spring Washer (8)	6
23	Flat Washer (8)	6
24	Chest Support Assembly	1
25	Hex Socket Flat Countersunk Screw (M10×120)	2
26	Universal Weight Stack Guide Rod	2
27	Weight Stack Rubber Cushion	2
28	Weight Stack Base	2
29	Socket Head Cap Screw (M8×20)	4
30	Weight Plate	16
31	Guide Block Assembly	1
32	Guide Rod Fixing Plate	1
33	Weight Stack Selector Pin	1
34	Cable	1
35	Shroud Panel	4
36	Weight Stack Decorative Strip	2
37	Weight Stack Decorative Panel	1
38	Upper Weight Stack Shroud	2
39	Weight Stack Upright End Cap	2
40	Upper Shroud Top Cover	1