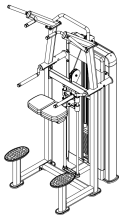


61A16A • Knee-on Assisted Chin / Dip

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

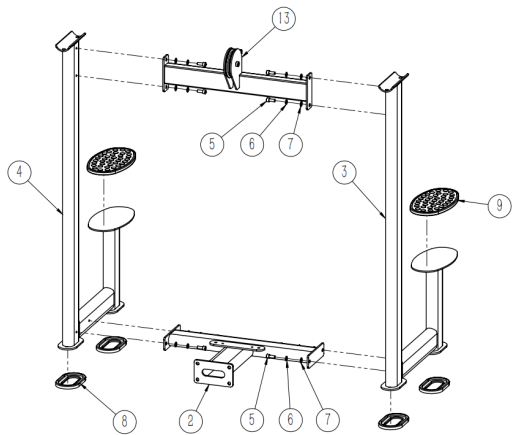
• Adjustable Wrench

• 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
Connect the assisted chin/dip base frame (#2) and connecting frame (#13) to left side frame I (#4) and right side frame I (#3).

HARDWARE

- Socket Head Cap Screw (M10×25) (#5)

• Spring Washer (10) (#6)

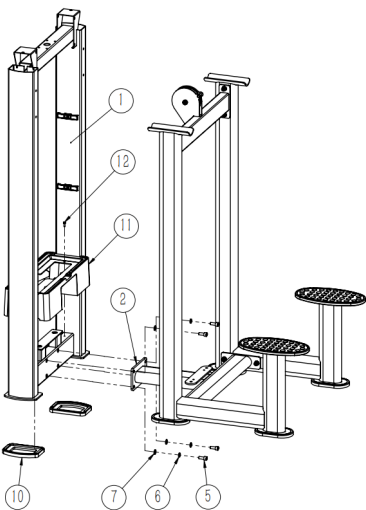
• Flat Washer (10) (#7)
- × 8

× 8

× 8

STEP 2
Install four flat oval foot pads (#8) on left side frame I (#4) and right side frame I (#3).

STEP 3
Install two oval step plates (#9) on left side frame I (#4) and right side frame I (#3).



STEP 4, 5 & 6

STEP 4
Install two weight stack frame foot pads (#10) on the weight stack frame (#1).

STEP 5
Attach the assisted chin/dip base frame (#2) to the weight stack frame (#1).

HARDWARE

- Socket Head Cap Screw (M10×25) (#5)

• Spring Washer (10) (#6)

• Flat Washer (10) (#7)
- × 4

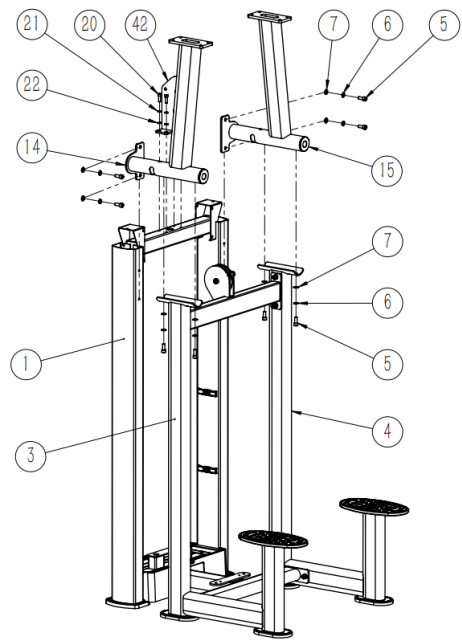
× 4

× 4

STEP 6
Attach the lower weight stack shroud (#11) to the weight stack frame (#1).

HARDWARE

- Socket Head Cap Screw (M5×16) (#12)
- × 2



STEP 7 & 8

STEP 7

Connect the weight stack frame (#1), left side frame II (#15) to left side frame I (#4), and right side frame II (#14) to right side frame I (#3).

HARDWARE

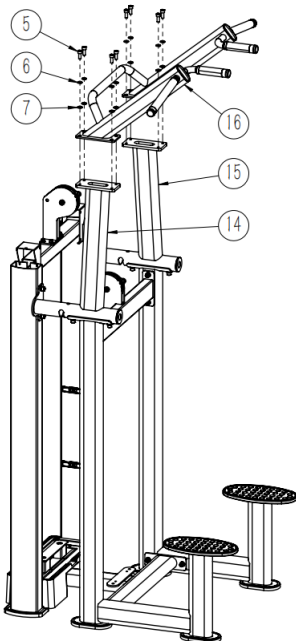
- Socket Head Cap Screw (M10×25) (#5) × 8
- Spring Washer (10) (#6) × 8
- Flat Washer (10) (#7) × 8

STEP 8

Attach the assisted chin/dip pulley frame (#42) to the weight stack frame (#1).

HARDWARE

- Socket Head Cap Screw (M8×25) (#20) × 4
- Spring Washer (8) (#21) × 4
- Flat Washer (8) (#22) × 4



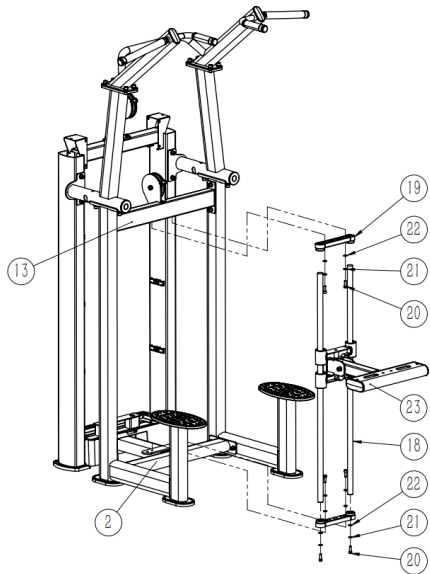
STEP 9

ACTION

Attach the assisted chin/dip lever arm frame (#16) to left side frame II (#15) and right side frame II (#14).

HARDWARE

- Socket Head Cap Screw (M10×25) (#5) × 8
- Spring Washer (10) (#6) × 8
- Flat Washer (10) (#7) × 8



STEP 10, 11 & 12

STEP 10

Connect the bottom ends of the assisted chin/dip slide rail rods (#18) to the slide rail rod mounts (#19).

HARDWARE

- Socket Head Cap Screw (M8×25) (#20)
- Spring Washer (8) (#21)
- Flat Washer (8) (#22)

STEP 11

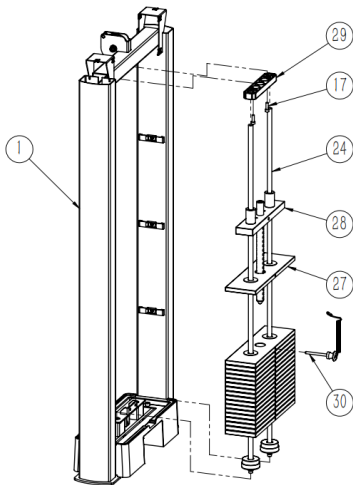
Install the assisted chin/dip sliding assembly (#23) on the slide rail rods (#18). Keep the threaded-hole side of the sliding assembly facing up.

STEP 12

Attach the assisted chin/dip slide rail rods (#18) to the base frame (#2) and connecting frame (#13).

HARDWARE

- Socket Head Cap Screw (M8×25) (#20) × 4
- Spring Washer (8) (#21) × 4
- Flat Washer (8) (#22) × 4



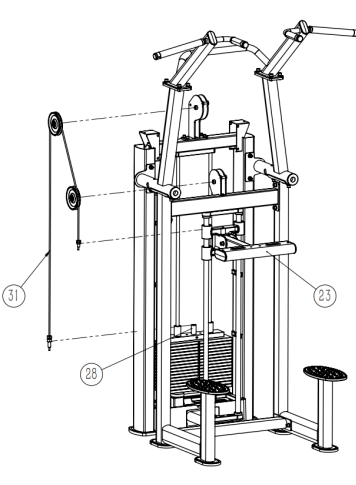
STEP 13

ACTION

Place the pre-installed guide rod assemblies (#24) inside the weight stack frame (#1). Install the weight plates (#27) with the spacer side facing up. Install the pre-installed guide block assembly (#28), then install the guide rod fixing plate (#29) on the guide rods and attach it to the weight stack frame.

HARDWARE

- Socket Head Cap Screw (M8×20) (#17) × 2



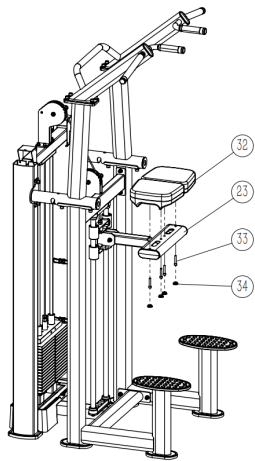
STEP 14 & 15

STEP 14

Remove the pre-installed 120 pulleys. Route the cable (#31) through the pulleys as shown, then reinstall the 120 pulleys. Install the pulleys together with the cable.

STEP 15

Connect one end of the cable (#31) to the guide block assembly (#28) and the other end to the sliding assembly (#23).



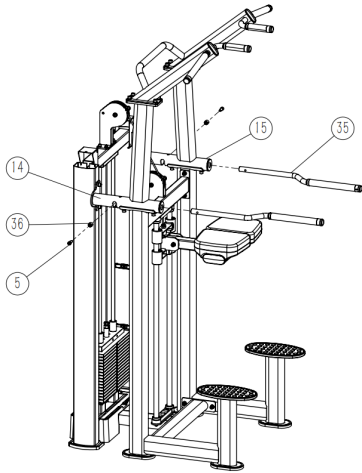
STEP 16 & 17

STEP 16
Attach two assisted chin/dip knee pads (#32) to the sliding assembly (#23).

- HARDWARE**
- Socket Head Cap Screw (M8×40) (#33)

× 4

STEP 17
Install four hole plugs (#34) in the assisted chin/dip sliding assembly (#23).



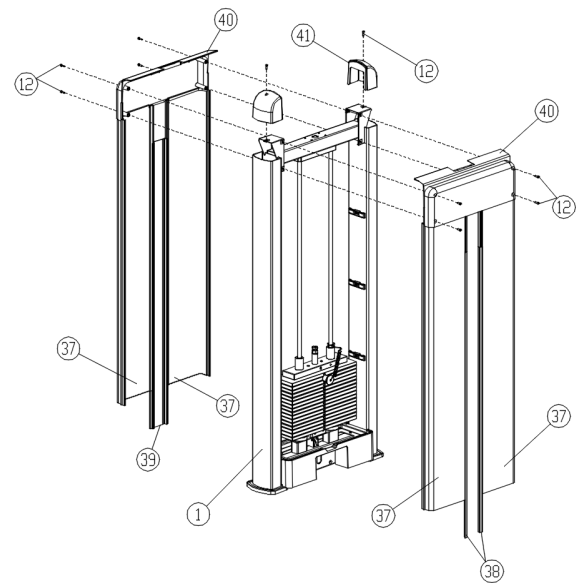
STEP 18

ACTION
Attach two chin-up handle bars (#35) to left side frame II (#15) and right side frame II (#14).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#5)
 - Stop Bolt Sleeve (#36)

× 2

× 2



STEP 19 & 20

STEP 19
Slide two decorative strips (#38) into two shroud panels (#37) and secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#39) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#40) to the weight stack frame.

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#12)

× 8

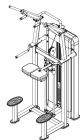
STEP 20
Attach two weight stack upright end caps (#41) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#12)

× 2

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
1	Weight Stack Frame	1	11	Lower Weight Stack Shroud	1	21	Spring Washer (8)	10	33	Socket Head Cap Screw (M8×40)	4
2	Assisted Chin/Dip Base Frame	1	12	Socket Head Cap Screw (M5×16)	12	22	Flat Washer (8)	10	34	Hole Plug-20	4
3	Right Side Frame I	1	13	Assisted Chin/Dip Connecting Frame	1	23	Assisted Chin/Dip Sliding Assembly	1	35	Chin-Up Handle Bar	2
4	Left Side Frame I	1	14	Right Side Frame II	1	24	Universal Weight Stack Guide Rod Assembly	2	36	Stop Bolt Sleeve	2
5	Socket Head Cap Screw (M10×25)	30	15	Left Side Frame II	1	27	Weight Plate	16	37	Shroud Panel	4
6	Spring Washer (10)	28	16	Assisted Chin/Dip Lever Arm Frame	1	28	Guide Block Assembly	1	38	Weight Stack Decorative Strip	2
7	Flat Washer (10)	28	17	Socket Head Cap Screw (M8×20)	2	29	Guide Rod Fixing Plate	1	39	Weight Stack Decorative Panel	1
8	Flat Oval Foot Pad	4	18	Assisted Chin/Dip Slide Rail Rod	2	30	Weight Stack Selector Pin	1	40	Upper Weight Stack Shroud	2
9	Oval Step Plate	2	19	Slide Rail Rod Mount	2	31	Cable	1	41	Weight Stack Upright End Cap	2
10	Weight Stack Frame Foot Pad	2	20	Socket Head Cap Screw (M8×25)	10	32	Assisted Chin/Dip Knee Pad	2	42	Assisted Chin/Dip Pulley Frame	1