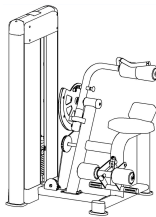


61A18 · Upper / Mid Abdominal Trainer

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

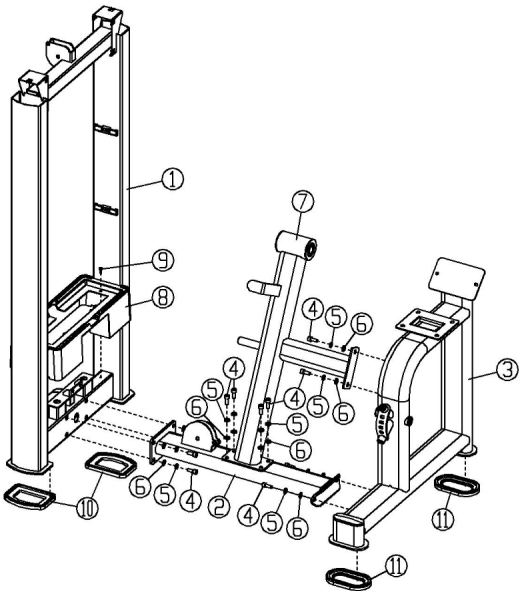
• Adjustable Wrench

• 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 & 4

STEP 1
Attach the abdominal connecting frame (#2) to the weight stack frame (#1) and abdominal side frame (#3).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#4)

• Spring Washer (10) (#5)

• Flat Washer (10) (#6)
- × 6

× 6

× 6

STEP 2
Attach abdominal connecting frame II (#7) to the abdominal connecting frame (#2) and abdominal side frame (#3).

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#4)

• Spring Washer (10) (#5)

• Flat Washer (10) (#6)
- × 6

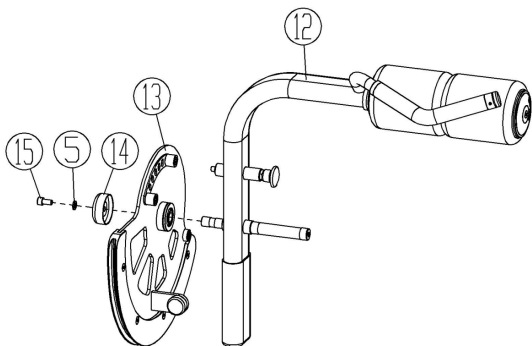
× 6

× 6

STEP 3
Attach the lower weight stack shroud (#8) to the weight stack frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#9)
- × 2

STEP 4
Install two weight stack frame foot pads (#10) on the weight stack frame (#1). Install two flat oval foot pads (#11) on the abdominal side frame (#6).



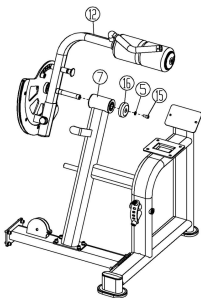
STEP 5

ACTION
Attach the abdominal flange plate (#13) and 60 aluminum cap (#14) to the abdominal lever arm (#12). Fully tighten the bolt before continuing.

- HARDWARE**
- Socket Head Cap Screw (M10×20) (#15)

• Spring Washer (10) (#5)
- × 1

× 1



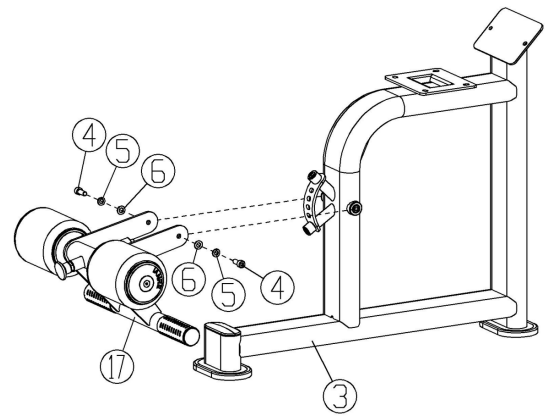
STEP 6

ACTION
Attach the abdominal lever arm (#12) and 76 aluminum cap (#16) to abdominal connecting frame II (#7). Fully tighten the bolt before continuing.

- HARDWARE**
- Socket Head Cap Screw (M10×20) (#15)

• Spring Washer (10) (#5)
- × 1

× 1



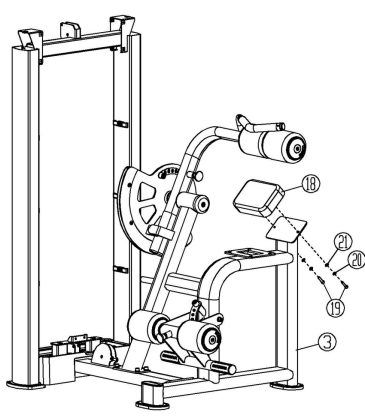
STEP 7

ACTION

Attach the abdominal thigh hold-down frame (#17) to the abdominal side frame (#3). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M10×25) (#4) × 2
- Spring Washer (10) (#5) × 2
- Flat Washer (10) (#6) × 2



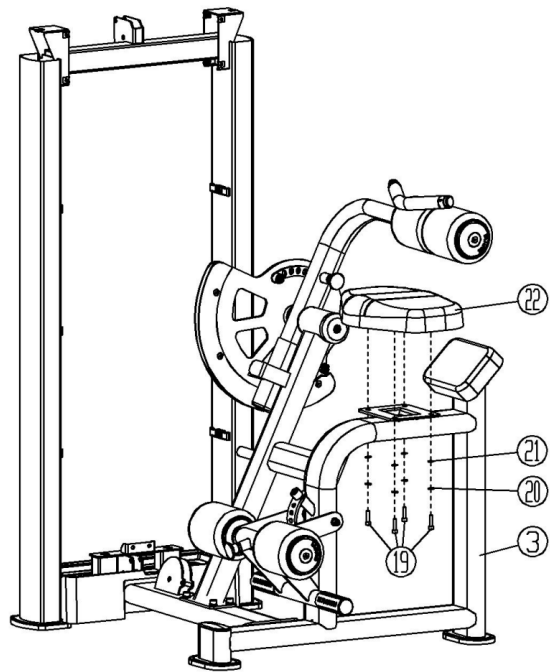
STEP 8

ACTION

Attach the back pad (#18) to the abdominal side frame (#3). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×30) (#19) × 2
- Spring Washer (8) (#20) × 2
- Flat Washer (8) (#21) × 2



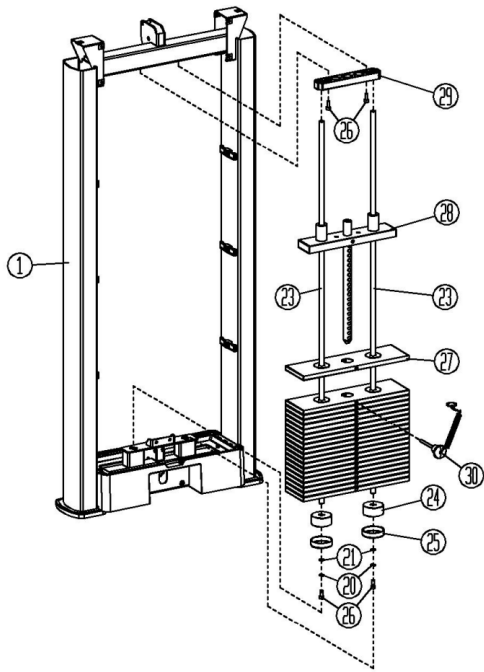
STEP 9

ACTION

Attach the seat pad (#22) to the abdominal side frame (#3). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×30) (#19) × 4
- Spring Washer (8) (#20) × 4
- Flat Washer (8) (#21) × 4



STEP 10 & 11

STEP 10

Slide two weight stack rubber cushions (#24) onto the two guide rods (#23). Attach two weight stack bases (#25) to the guide rods, then place them into the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

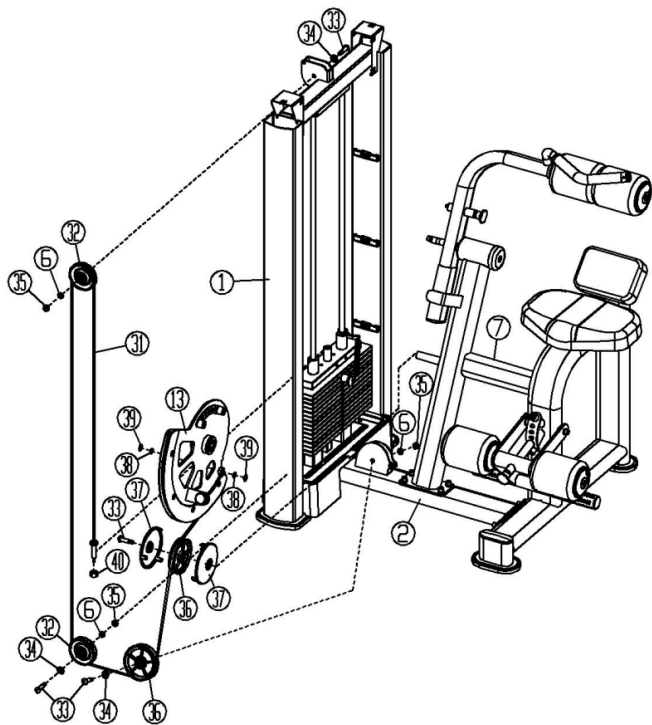
- Socket Head Cap Screw (M8×20) (#26) × 2
- Spring Washer (8) (#20) × 2
- Flat Washer (8) (#21) × 2

STEP 11

Install 14 weight plates (#27) on the guide rods (#23) with the spacer side facing up. Install the guide block assembly (#28), insert the weight stack selector pin (#30) into the weight plates, and slide the guide rod fixing plate (#29) onto the guide rods. Attach the fixing plate (#29) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#26) × 2



STEP 12, 13 & 14

STEP 12

Attach two 95 pulleys (#32) to the weight stack frame (#1). Attach one 120 pulley (#36) to the abdominal connecting frame (#2). Attach two pulley boxes (#37) and one 120 pulley (#36) to abdominal connecting frame II (#7). Install the pulleys together with the abdominal cable (#31).

HARDWARE

- Pulley Axle-32 (#33) × 2
- Hex Lock Nut (M10) (#35) × 2
- Flat Washer (12) (#34) × 2
- Flat Washer (10) (#6) × 2
- Pulley Axle-32 (#33) × 1
- Hex Lock Nut (M10) (#35) × 1
- Flat Washer (12) (#34) × 1
- Flat Washer (10) (#6) × 1
- Pulley Axle-32 (#33) × 1

STEP 13

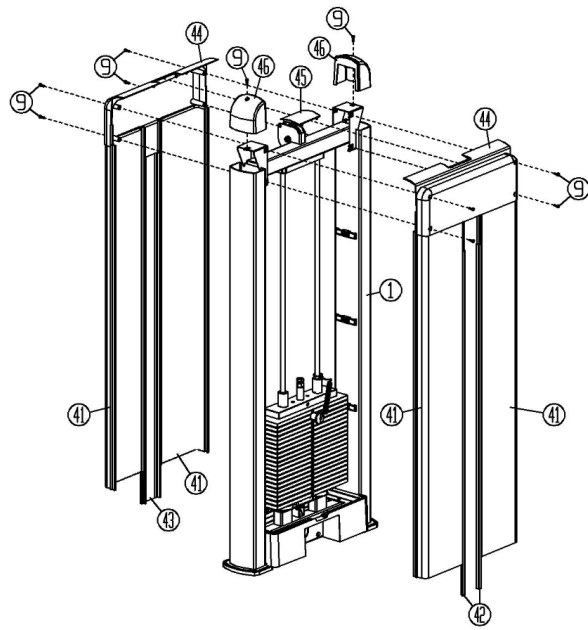
Connect the terminal end of the abdominal cable (#31) to the abdominal flange plate (#13) using the specified washers and internal retaining rings.

HARDWARE

- Small Washer (10) (#38) × 2
- Internal Retaining Ring (20×S1) (#39) × 2

STEP 14

Install the hex nut (#40) on the bolt end of the abdominal cable (#31). Connect the cable bolt end to the center rod of the weight stack frame (#1).



STEP 15

ACTION
Slide two decorative strips (#42) into two shroud panels (#41) and secure them to the weight stack frame (#1) with the shroud retaining plates. Slide the decorative panel (#43) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#44), install the upper shroud top cover (#45), and attach two weight stack upright end caps (#46).

- HARDWARE**
- Socket Head Cap Screw (M5×16) (#9) × 8
 - Socket Head Cap Screw (M5×16) (#9) × 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
1	Weight Stack Frame	1	17	Abdominal Thigh Hold-Down Frame	1	33	Pulley Axle-32	4
2	Abdominal Connecting Frame	1	18	Back Pad	1	34	Flat Washer (12)	3
3	Abdominal Side Frame	1	19	Socket Head Cap Screw (M8×30)	6	35	Hex Lock Nut (M10)	3
4	Socket Head Cap Screw (M10×25)	14	20	Spring Washer (8)	8	36	120 Pulley	2
5	Spring Washer (10)	16	21	Flat Washer (8)	8	37	Pulley Box	2
6	Flat Washer (10)	14	22	Seat Pad	1	38	Small Washer (10)	2
7	Abdominal Connecting Frame II	1	23	Universal Weight Stack Guide Rod	2	39	Internal Retaining Ring (20×S1)	2
8	Lower Weight Stack Shroud	1	24	Weight Stack Rubber Cushion	2	40	Hex Nut (M14)	1
9	Socket Head Cap Screw (M5×16)	12	25	Weight Stack Base	2	41	Shroud Panel	4
10	Weight Stack Frame Foot Pad	2	26	Socket Head Cap Screw (M8×20)	4	42	Weight Stack Decorative Strip	2
11	Flat Oval Foot Pad	2	27	Weight Plate	14	43	Weight Stack Decorative Panel	1
12	Abdominal Lever Arm	1	28	Guide Block Assembly	1	44	Upper Weight Stack Shroud	2
13	Abdominal Flange Plate	1	29	Guide Rod Fixing Plate	1	45	Upper Shroud Top Cover	1
14	60 Aluminum Cap	1	30	Weight Stack Selector Pin	1	46	Weight Stack Upright End Cap	2
15	Socket Head Cap Screw (M10×20)	2	31	Abdominal Cable	1			
16	76 Aluminum Cap	1	32	95 Pulley	2			