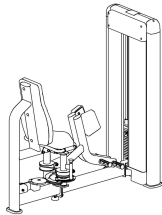


61A22 • Inner Thigh Adductor

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

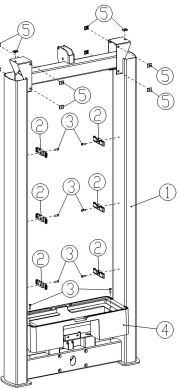
• Adjustable Wrench

• 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

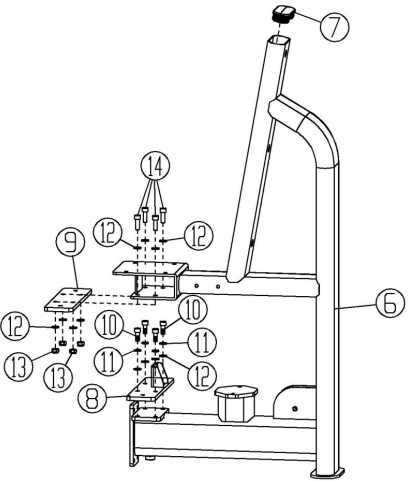
STEP 1
Attach the shroud retaining plates (#2) to the weight stack frame (#1).

HARDWARE
• Socket Head Cap Screw (M5×16) (#3) × 6

STEP 2
Attach the lower weight stack shroud (#4) to the weight stack frame (#1).

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

STEP 3
Install ten speed clips (#5) on the weight stack frame (#1).



STEP 4, 5 & 6

STEP 4
Install the end cap-50×120 (#7) on the inner thigh side frame (#6).

STEP 5
Attach the inner thigh connector (#8) to the inner thigh side frame (#6). Fully tighten the bolts before continuing.

HARDWARE
• Button Head Hex Socket Screw (M10×25) (#10) × 4
• Spring Washer (10) (#11) × 4
• Flat Washer (10) (#12) × 4

STEP 6
Attach the inner thigh connecting plate (#9) to the inner thigh side frame (#6). Fully tighten the bolts before continuing.

HARDWARE
• Socket Head Cap Screw (M10×30) (#14) × 4
• Hex Lock Nut (M10) (#13) × 4
• Flat Washer (10) (#12) × 8

STEP 7 & 8

STEP 7

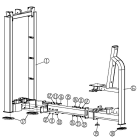
Attach the inner thigh connecting frame (#15) to the weight stack frame (#1) and inner thigh side frame (#6). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M10×20) (#16) × 6
- Button Head Hex Socket Screw (M10×25) (#10) × 4
- Spring Washer (10) (#11) × 10
- Flat Washer (10) (#12) × 10

STEP 8

Install two weight stack frame foot pads (#17) on the weight stack frame (#1). Install the flat oval foot pad (#18) and adjustable foot pad (#19) on the inner thigh side frame (#6).



STEP 9 & 10

STEP 9

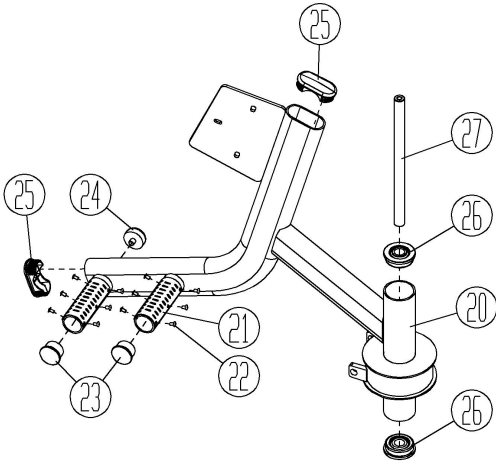
Install two end caps-40×80 (#25) and the round-head stop pad (#24) on the left inner thigh lever arm (#20). Install two deep groove ball bearings (#26) and the inner thigh lever arm shaft (#27) in the left lever arm.

STEP 10

Attach two inner thigh footrest tubes (#21) to the left lever arm (#20) with the specified rivets. Install two tube end caps (#23) on the left lever arm.

HARDWARE

- Blind Rivet (#22) × 12



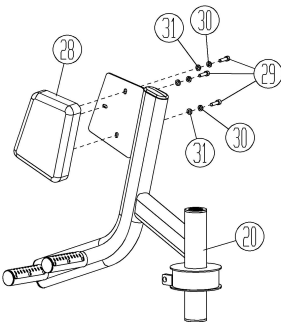
STEP 11

ACTION

Attach the left leg pad (#28) to the left inner thigh lever arm (#20). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×30) (#29) × 3
- Spring Washer (8) (#30) × 3
- Flat Washer (8) (#31) × 3



STEP 12, 13 & 14

STEP 12

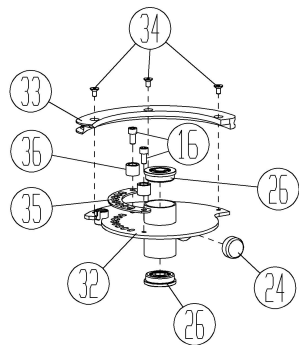
Install the round-head stop pad (#24) and two deep groove ball bearings (#26) on the flange plate (#32).

STEP 13

Attach two universal stop sleeves (#36) and the adjustment guard plate (#35) to the flange plate (#32). Fully tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M10×20) (#16) × 2



STEP 14

Attach the inner thigh cable drum (#33) to the flange plate (#32). Fully tighten the screws before continuing.

HARDWARE

- Hex Socket Flat Countersunk Screw (M8×15) (#34) × 3

STEP 15, 16 & 17

STEP 15

Install two end caps-40×80 (#25) and the round-head stop pad (#24) on the right inner thigh lever arm (#37). Install the adjustment pull pin (#38), pull pin spring (#39), pull pin sleeve bolt (#40), and pull pin handle (#41) on the right lever arm.

STEP 16

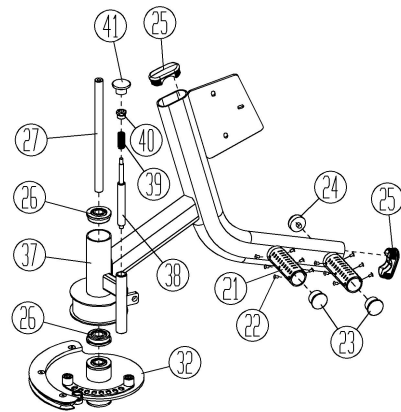
Attach two inner thigh footrest tubes (#21) to the right lever arm (#37) with the specified rivets. Install two tube end caps (#23) on the right lever arm.

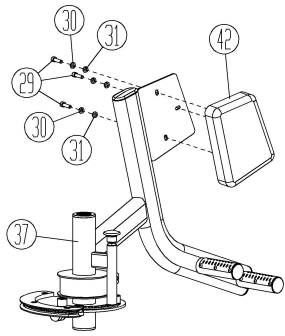
HARDWARE

- Blind Rivet (#22) × 12

STEP 17

Install two deep groove ball bearings (#26) in the right inner thigh lever arm (#37). Connect the inner thigh lever arm shaft (#27) to the right lever arm (#37) and flange plate (#32).





STEP 18

ACTION
Attach the right leg pad (#42) to the right inner thigh lever arm (#37). Fully tighten the bolts before continuing.

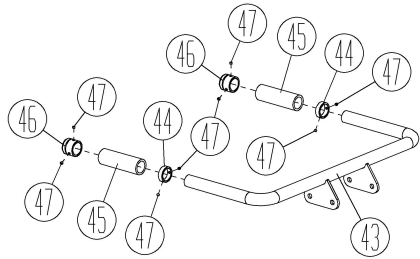
- HARDWARE**
- | | |
|---------------------------------------|-----|
| • Socket Head Cap Screw (M8×30) (#29) | × 3 |
| • Spring Washer (8) (#30) | × 3 |
| • Flat Washer (8) (#31) | × 3 |



STEP 19

ACTION
Attach the left inner thigh lever arm (#20) and right inner thigh lever arm (#37) to the inner thigh side frame (#6). Fully tighten the bolts before continuing.

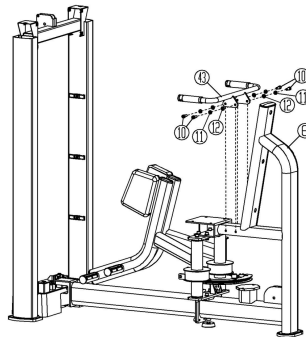
- HARDWARE**
- | | |
|---|-----|
| • Button Head Hex Socket Screw (M10×25) (#10) | × 4 |
| • Spring Washer (10) (#11) | × 4 |
| • Flat Washer (10) (#12) | × 4 |



STEP 20

ACTION
Install the grip stop ring-33 (#46), universal grip-100 (#45), and handle end cap-33 (#46) in sequence on the universal handlebar (#43). Fully tighten the set screws before continuing.

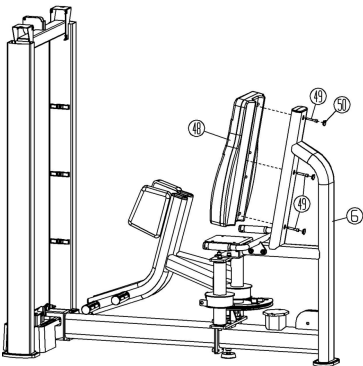
- HARDWARE**
- | | |
|-------------------------------------|-----|
| • Cone-Point Set Screw (M5×4) (#47) | × 8 |
|-------------------------------------|-----|



STEP 21

ACTION
Attach the universal handlebar (#43) to the inner thigh side frame (#6). Fully tighten the bolts before continuing.

- HARDWARE**
- | | |
|---|-----|
| • Button Head Hex Socket Screw (M10×25) (#10) | × 4 |
| • Spring Washer (10) (#11) | × 4 |
| • Flat Washer (10) (#12) | × 4 |

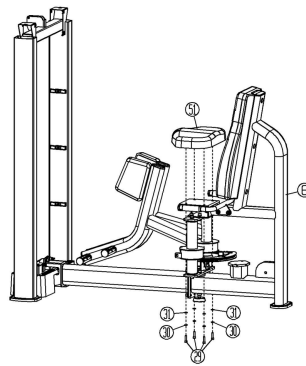


STEP 22 & 23

STEP 22
Attach the back pad (#48) to the inner thigh side frame (#6). Fully tighten the bolts before continuing.

- HARDWARE**
- | | |
|---------------------------------------|-----|
| • Socket Head Cap Screw (M8×40) (#49) | × 3 |
|---------------------------------------|-----|

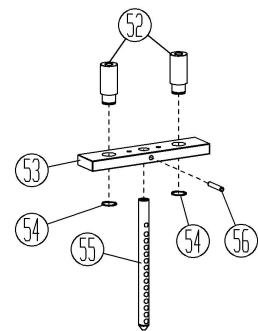
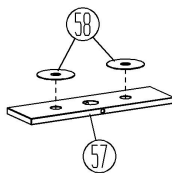
STEP 23
Install three hole plugs (#50) in the inner thigh side frame (#6).



STEP 24

ACTION
Attach the seat pad (#51) to the inner thigh side frame (#6). Fully tighten the bolts before continuing.

- HARDWARE**
- | | |
|---------------------------------------|-----|
| • Socket Head Cap Screw (M8×30) (#29) | × 4 |
| • Spring Washer (8) (#30) | × 4 |
| • Flat Washer (8) (#31) | × 4 |

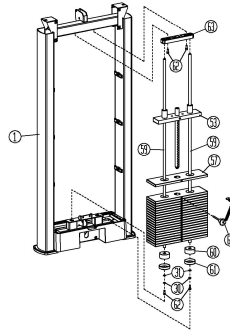


STEP 25 & 26

STEP 25
Attach two universal guide bushings (#52) to the universal guide block (#53) with two external retaining rings (#54). Connect the weight stack center rod (#55) to the guide block (#53) with the guide block spring pin (#56).

- HARDWARE**
- | | |
|---|-----|
| • External Retaining Ring (30×S1.2) (#54) | × 2 |
| • Guide Block Spring Pin (#56) | × 1 |

STEP 26
Install two weight plate spacers (#58) on each weight plate (#57) as shown.



STEP 27 & 28

STEP 27
Slide two weight stack rubber cushions (#60) onto the two guide rods (#59). Attach two weight stack bases (#61) 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) (#62) | × 2 |
| • Spring Washer (8) (#30) | × 2 |
| • Flat Washer (8) (#31) | × 2 |

STEP 28
Install 16 weight plates (#57) on the guide rods (#59) with the spacers facing up. Install the guide block assembly (#53), insert the weight stack selector pin (#64) into the weight plates, and slide the guide rod fixing plate (#63) onto the guide rods. Attach the fixing plate (#63) to the weight stack frame (#1). Fully tighten the bolts before continuing.

- HARDWARE**
- | | |
|---------------------------------------|-----|
| • Socket Head Cap Screw (M8×20) (#62) | × 2 |
|---------------------------------------|-----|

STEP 29, 30, 31 & 32

STEP 29

Attach two 95 pulleys (#67) to the weight stack frame (#1). Attach one 120 pulley (#70) to the inner thigh side frame (#6). Attach the pulley box (#71) and one 120 pulley (#70) to the side frame using pulley axle-25 (#82). Install the pulleys together with inner thigh cable 1 (#65).

HARDWARE

- Pulley Axle-32 (#68) × 2
- Hex Lock Nut (M10) (#13) × 2
- Flat Washer (12) (#69) × 2
- Flat Washer (10) (#12) × 2
- Pulley Axle-32 (#68) × 1
- Hex Lock Nut (M10) (#13) × 1
- Flat Washer (12) (#69) × 1
- Flat Washer (10) (#12) × 1
- Pulley Axle-25 (#82) × 1

STEP 30

Connect the terminal end of inner thigh cable 1 (#65) to the flange plate (#32) using two small washers (#72) and two internal retaining rings (#73).

HARDWARE

- Small Washer (10) (#72) × 2
- Internal Retaining Ring (Ø20×S1) (#73) × 2

STEP 31

Install the hex nut (#66) on the bolt end of inner thigh cable 1 (#65), then connect the cable bolt end to the weight stack center rod (#55).

HARDWARE

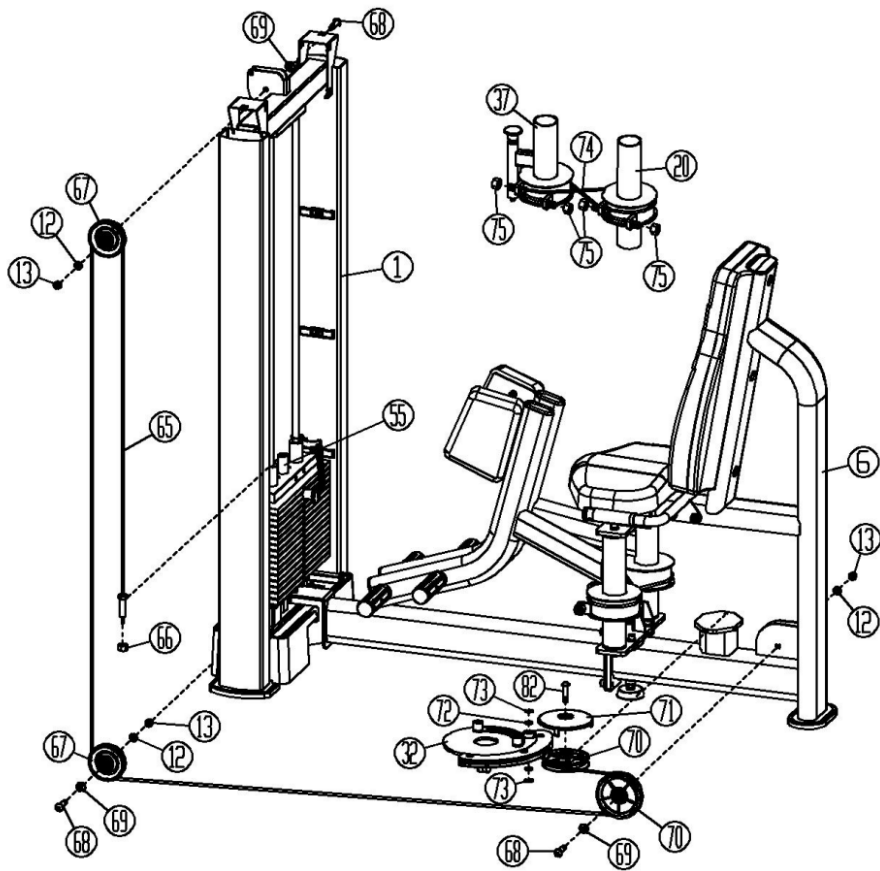
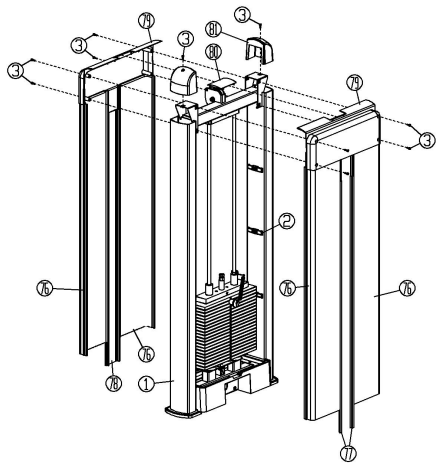
- Hex Nut (M14) (#66) × 1

STEP 32

Connect the two inner thigh cables 2 (#74) to the left inner thigh lever arm (#20) and right inner thigh lever arm (#37). Install four hex nuts (#75) on the ends of the two cables.

HARDWARE

- Hex Nut (M16) (#75) × 4



STEP 33

ACTION

Slide two decorative strips (#77) into two shroud panels (#76) and secure them to the weight stack frame (#1) with the shroud retaining plates (#2). Slide the decorative panel (#78) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#79), install the upper shroud top cover (#80), and attach two weight stack upright end caps (#81).

HARDWARE

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

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	29	Socket Head Cap Screw (M8×30)	10	57	Weight Plate	16
2	Shroud Retaining Plate	6	30	Spring Washer (8)	12	58	Weight Plate Spacer	32
3	Socket Head Cap Screw (M5×16)	18	31	Flat Washer (8)	12	59	Universal Weight Stack Guide Rod	2
4	Lower Weight Stack Shroud	1	32	Flange Plate	1	60	Weight Stack Rubber Cushion	2
5	Speed Clip	10	33	Inner Thigh Cable Drum	1	61	Weight Stack Base	2
6	Inner Thigh Side Frame	1	34	Hex Socket Flat Countersunk Screw (M8×15)	3	62	Socket Head Cap Screw (M8×20)	4
7	End Cap-50×120	1	35	Adjustment Guard Plate	1	63	Guide Rod Fixing Plate	1
8	Inner Thigh Connector	1	36	Universal Stop Sleeve	2	64	Weight Stack Selector Pin	1
9	Inner Thigh Connecting Plate	1	37	Right Inner Thigh Lever Arm	1	65	Inner Thigh Cable 1	1
10	Button Head Hex Socket Screw (M10×25)	16	38	Inner Thigh Adjustment Pull Pin	1	66	Hex Nut (M14)	1
11	Spring Washer (10)	20	39	Pull Pin Spring	1	67	95 Pulley	2
12	Flat Washer (10)	33	40	Pull Pin Sleeve Bolt	1	68	Pulley Axle-32	3
13	Hex Lock Nut (M10)	7	41	Pull Pin Handle	1	69	Flat Washer (12)	3
14	Socket Head Cap Screw (M10×30)	4	42	Right Leg Pad	1	70	120 Pulley	2
15	Inner Thigh Connecting Frame	1	43	Universal Handlebar	1	71	Pulley Box	1
16	Socket Head Cap Screw (M10×20)	8	44	Grip Stop Ring-33	2	72	Small Washer (10)	2
17	Weight Stack Frame Foot Pad	2	45	Universal Grip-100	2	73	Internal Retaining Ring (Ø20×S1)	2
18	Flat Oval Foot Pad	1	46	Handle End Cap-33	2	74	Inner Thigh Cable 2	2
19	Adjustable Foot Pad	1	47	Cone-Point Set Screw (M5×4)	8	75	Hex Nut (M16)	4
20	Left Inner Thigh Lever Arm	1	48	Back Pad	1	76	Shroud Panel	4
21	Inner Thigh Footrest Tube	4	49	Socket Head Cap Screw (M8×40)	3	77	Weight Stack Decorative Strip	2
22	Blind Rivet	24	50	Hole Plug-20	3	78	Weight Stack Decorative Panel	1
23	Tube End Cap	4	51	Seat Pad	1	79	Upper Weight Stack Shroud	2
24	Round-Head Stop Pad	3	52	Universal Guide Bushing	2	80	Upper Shroud Top Cover	1
25	End Cap-40×80	4	53	Universal Guide Block	1	81	Weight Stack Upright End Cap	2
26	Deep Groove Ball Bearing (YR6004-2RS)	6	54	External Retaining Ring (30×S1.2)	2	82	Pulley Axle-25	1
27	Inner Thigh Lever Arm Shaft (Ø20×310)	2	55	Weight Stack Center Rod-16 Hole	1			
28	Left Leg Pad	1	56	Guide Block Spring Pin	1			