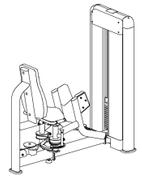
61A23 · Abduction

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.

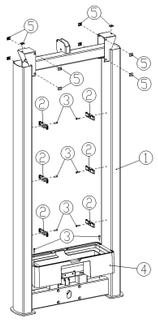
Tools Required

- 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

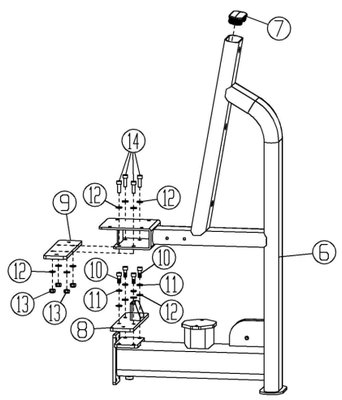
STEP 1
Attach the shroud retaining plates (#2) to the weight stack frame (#1).

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 outer thigh side frame (#6).

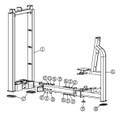
STEP 5
Attach the outer thigh connector (#8) to the outer thigh side frame (#6). Fully tighten the bolts before continuing.

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

STEP 6
Attach the outer thigh connecting plate (#9) to the outer 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

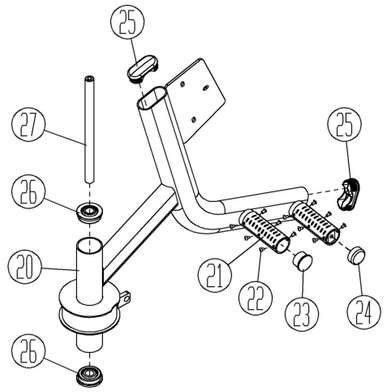
STEP 7 & 8



STEP 7
Attach the outer thigh connecting frame (#15) to the weight stack frame (#1) and outer 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 outer thigh side frame (#6).

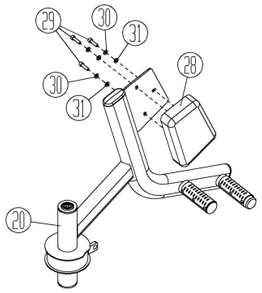


STEP 9 & 10

STEP 9
Install two end caps-40×80 (#25) and the round-head stop pad (#24) on the left outer thigh lever arm (#20). Install two deep groove ball bearings (#26) and the outer thigh lever arm shaft (#27) in the left lever arm.

STEP 10
Attach two outer 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.

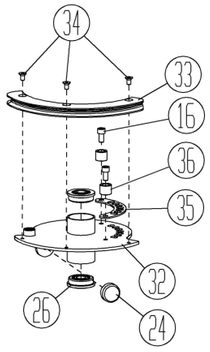
HARDWARE
- Blind Rivet (#22) × 12



STEP 11

ACTION
Attach the left leg pad (#28) to the left outer 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

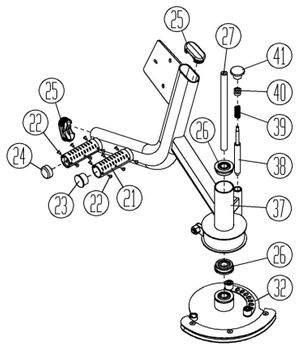
STEP 12
Install the round-head stop pad (#24) and two deep groove ball bearings (#26) on the flange plate (#32).

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 outer 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



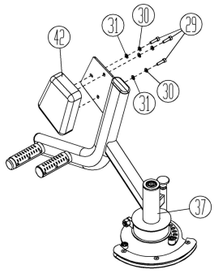
STEP 15, 16 & 17

STEP 15
Install two end caps-40×80 (#25) and the round-head stop pad (#24) on the right outer 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 outer thigh footrest tubes (#21) to the right lever arm (#37) with the specified rivets. Install the tube end cap (#23) on the right lever arm.

HARDWARE
- Blind Rivet (#22) × 12

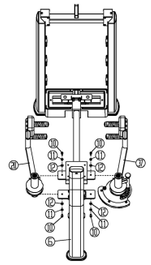
STEP 17
Install two deep groove ball bearings (#26) in the right outer thigh lever arm (#37). Connect the outer thigh lever arm shaft (#27) to the right lever arm (#37) and flange plate (#32).



STEP 18

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

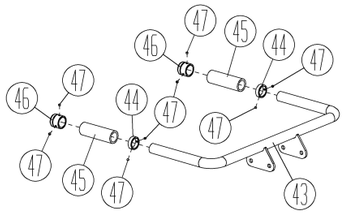
HARDWARE
- Socket Head Cap Screw (M8×30) (#29) × 3
- Spring Washer (8) (#30) × 3
- Flat Washer (8) (#31) × 3



STEP 19

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

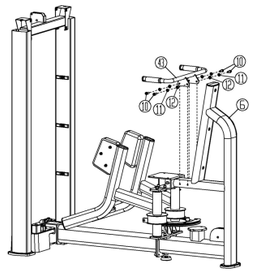
HARDWARE
- Button Head Hex Socket Screw (M10×25) (#10) × 4
- Spring Washer (10) (#11) × 4
- Flat Washer (10) (#12) × 4



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.

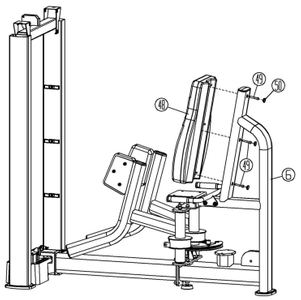
HARDWARE
- Cone-Point Set Screw (M5×4) (#47) × 8



STEP 21

ACTION
Attach the universal handlebar (#43) to the outer 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

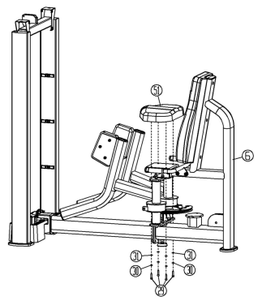


STEP 22 & 23

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

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

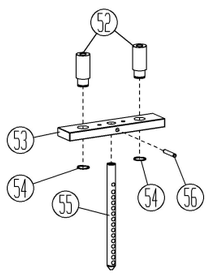
STEP 23
Install three hole plugs (#50) in the outer thigh side frame (#6).

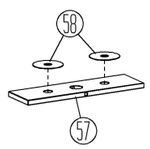


STEP 24

ACTION
Attach the seat pad (#51) to the outer 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



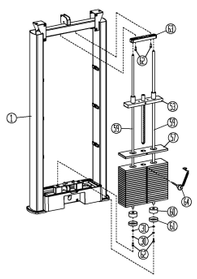


STEP 25 & 26

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 the weight plate (#57).



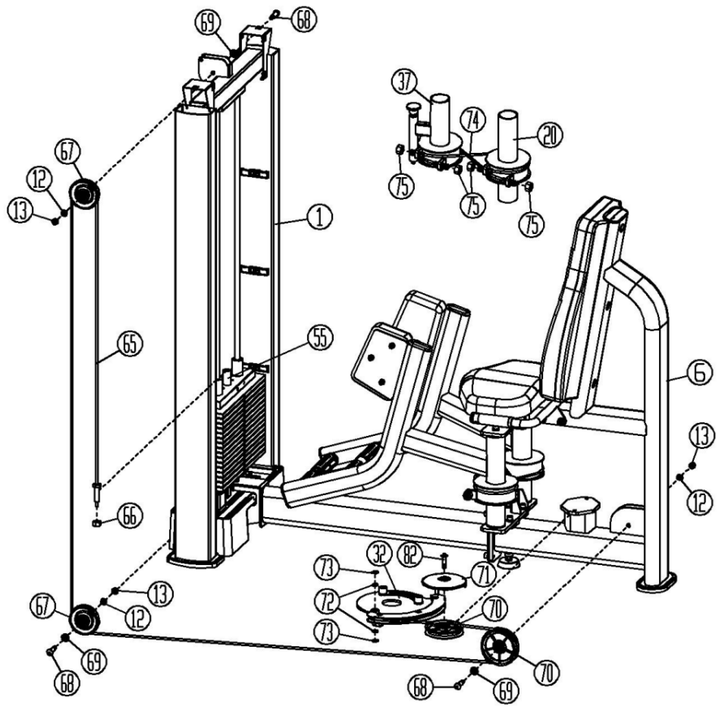
STEP 27 & 28

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 outer 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 outer 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 outer 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 outer thigh cable 1 (#65), then connect the cable bolt end to the weight stack center rod (#55).

HARDWARE

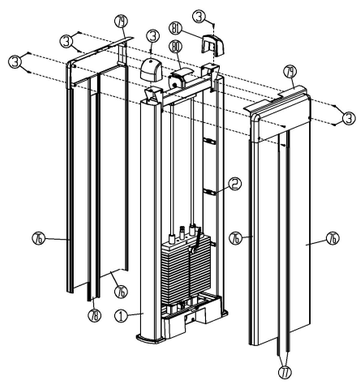
- Hex Nut (M14) (#66) × 1

STEP 32

Connect the two outer thigh cables 2 (#74) to the left outer thigh lever arm (#20) and right outer 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
1	Weight Stack Frame	1
2	Shroud Retaining Plate	6
3	Socket Head Cap Screw (M5×16)	18
4	Lower Weight Stack Shroud	1
5	Speed Clip	10
6	Outer Thigh Side Frame	1
7	End Cap-50×120	1
8	Outer Thigh Connector	1
9	Outer Thigh Connecting Plate	1
10	Button Head Hex Socket Screw (M10×25)	16
11	Spring Washer (10)	20
12	Flat Washer (10)	33
13	Hex Lock Nut (M10)	7
14	Socket Head Cap Screw (M10×30)	4
15	Outer Thigh Connecting Frame	1
16	Socket Head Cap Screw (M10×20)	8
17	Weight Stack Frame Foot Pad	2
18	Flat Oval Foot Pad	1
19	Adjustable Foot Pad	1
20	Left Outer Thigh Lever Arm	1
21	Outer Thigh Footrest Tube	4
22	Blind Rivet	24
23	Tube End Cap	4
24	Round-Head Stop Pad	3
25	End Cap-40×80	4
26	Deep Groove Ball Bearing (YR6004-2RS)	6
27	Outer Thigh Lever Arm Shaft (Ø20×310)	2
28	Left Leg Pad	1
29	Socket Head Cap Screw (M8×30)	10
30	Spring Washer (8)	12
31	Flat Washer (8)	12
32	Flange Plate	1
33	Outer Thigh Cable Drum	1
34	Hex Socket Flat Countersunk Screw (M8×15)	3
35	Adjustment Guard Plate	1
36	Universal Stop Sleeve	2
37	Right Outer Thigh Lever Arm	1
38	Outer Thigh Adjustment Pull Pin	1
39	Pull Pin Spring	1
40	Pull Pin Sleeve Bolt	1
41	Pull Pin Handle	1
42	Right Leg Pad	1
43	Universal Handlebar	1
44	Grip Stop Ring-33	2
45	Universal Grip-100	2
46	Handle End Cap-33	2
47	Cone-Point Set Screw (M5×4)	8
48	Back Pad	1
49	Socket Head Cap Screw (M8×40)	3
50	Hole Plug-20	3
51	Seat Pad	1
52	Universal Guide Bushing	2
53	Universal Guide Block	1
54	External Retaining Ring (30×S1.2)	2
55	Weight Stack Center Rod-16 Hole	1
56	Guide Block Spring Pin	1
57	Weight Plate	16
58	Weight Plate Spacer	32
59	Universal Weight Stack Guide Rod	2
60	Weight Stack Rubber Cushion	2
61	Weight Stack Base	2
62	Socket Head Cap Screw (M8×20)	4
63	Guide Rod Fixing Plate	1
64	Weight Stack Selector Pin	1
65	Outer Thigh Cable 1	1
66	Hex Nut (M14)	1
67	95 Pulley	2
68	Pulley Axle-32	3
69	Flat Washer (12)	3
70	120 Pulley	2
71	Pulley Box	1
72	Small Washer (10)	2
73	Internal Retaining Ring (Ø20×S1)	2
74	Outer Thigh Cable 2	2
75	Hex Nut (M16)	4
76	Shroud Panel	4
77	Weight Stack Decorative Strip	2
78	Weight Stack Decorative Panel	1
79	Upper Weight Stack Shroud	2
80	Upper Shroud Top Cover	1
81	Weight Stack Upright End Cap	2
82	Pulley Axle-25	1