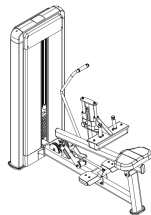


61A30 • Seated Calf

INSTALLATION MANUAL



Before Installation

Before You Start

- 01** Read this manual carefully before installation. Check the parts list to confirm that all components are present and the quantities are correct. If any parts are missing or damaged during transport, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02** Familiarize yourself with all functions before use. If any abnormal condition occurs during operation, stop using the equipment immediately to prevent personal injury or equipment damage. Check this manual for the cause and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly

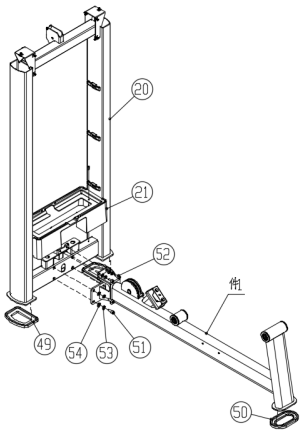
STEP 1 & 2

STEP 1
Assemble the weight stack frame (#1), counterweight (#20), and weight stack guard base plate (#21) to form Subassembly 1.

- HARDWARE**
- Weight Stack Frame (#1) × 1
 - Counterweight (#20) × 1
 - Weight Stack Guard Base Plate (#21) × 1
 - Hex Socket Button Head Screw M10×25 (#51) × 4
 - Spring Washer M10 (#53) × 6
 - Flat Washer M10-D20 (#54) × 6
 - Hex Socket Button Head Screw M10×20 (#52) × 2

STEP 2
Install two weight stack feet (#49) on the weight stack frame (#1), then install the flat oval foot pad (#50) on Subassembly 1.

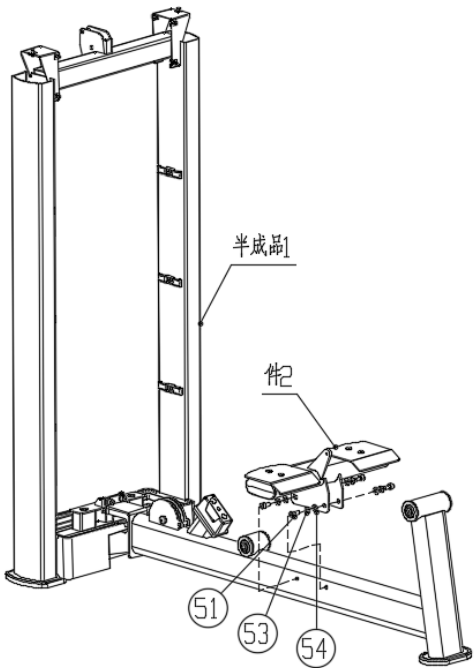
- HARDWARE**
- Weight Stack Foot (#49) × 2
 - Flat Oval Foot Pad (#50) × 1



STEP 3

ACTION
Connect Subassembly 1 to part #2 to form Subassembly 2.

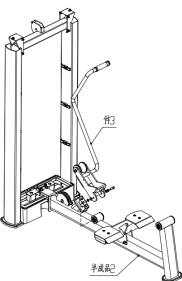
- HARDWARE**
- #2 (#2) × 1
 - Hex Socket Button Head Screw M10×25 (#51) × 4
 - Spring Washer M10 (#53) × 4
 - Flat Washer M10-D20 (#54) × 4



STEP 4

ACTION
Assemble Subassembly 2 with part #3.

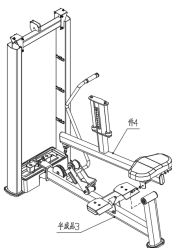
- HARDWARE**
- #3 (#3) × 1



STEP 5

ACTION
Assemble Subassembly 3 with part #4.

- HARDWARE**
- #4 (#4) × 1

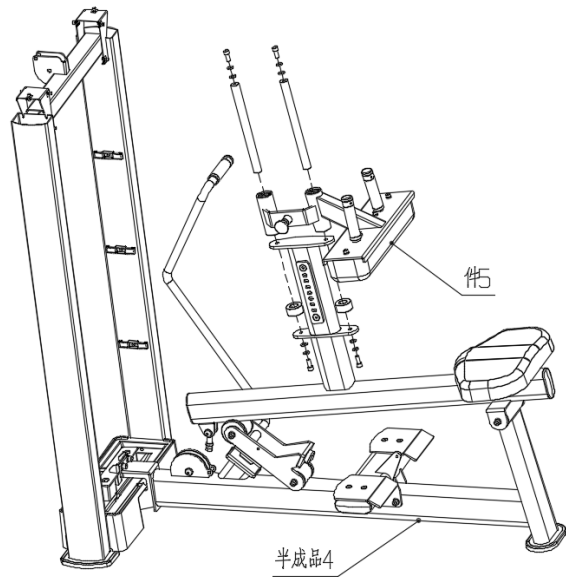


STEP 6

ACTION
Assemble Subassembly 4 with part #5 to form Subassembly 5.

- HARDWARE**
- #5 (#5)

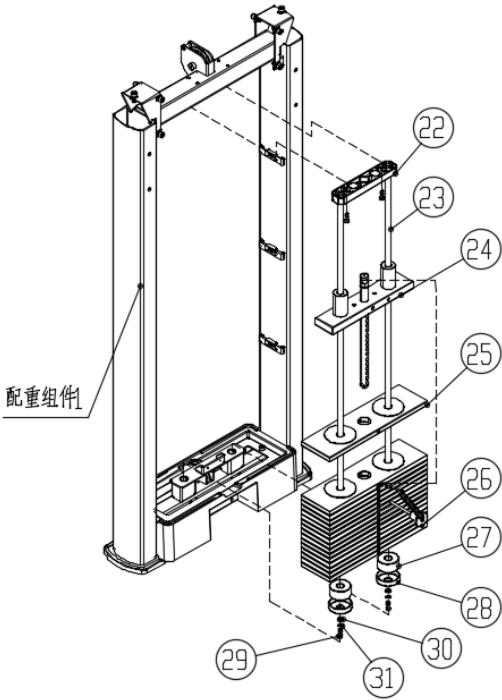
× 1



STEP 7

ACTION
Assemble the guide rod mounting plate (#22), two guide rods (#23), guide block kit (#24), 18 weight plates (#25), weight stack selector pin (#26), two weight stack rubber pads (#27), two weight stack bases (#28), four M8×20 hex socket button head screws (#29), two M8 spring washers (#30), and two M8 flat washers (#31) with Weight Stack Assembly 1 to form Weight Stack Assembly 2.

- HARDWARE**
- Guide Rod Mounting Plate (#22) × 1
 - Guide Rod (#23) × 2
 - Guide Block Kit (#24) × 1
 - Weight Plate (#25) × 18
 - Weight Stack Selector Pin (#26) × 1
 - Weight Stack Rubber Pad (#27) × 2
 - Weight Stack Base (#28) × 2
 - Hex Socket Button Head Screw M8×20 (#29) × 4
 - Spring Washer M8 (#30) × 2
 - Flat Washer M8 (#31) × 2

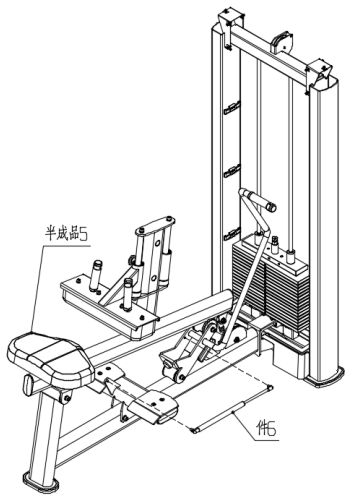


STEP 8

ACTION
Assemble Subassembly 5, part #6, and Subassembly 6.

- HARDWARE**
- #6 (#6)

× 1

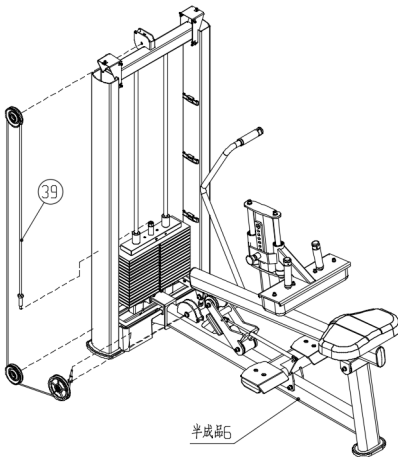


STEP 9

ACTION
Attach the cable (#39) to Subassembly 6.

- HARDWARE**
- Cable (#39)

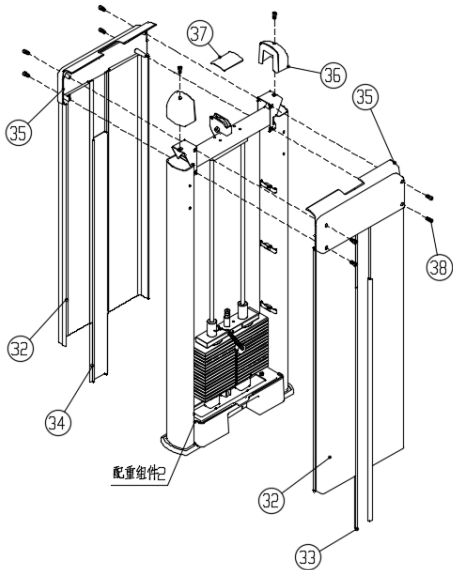
× 1



STEP 10

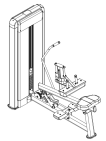
ACTION
Assemble Weight Stack Assembly 2 with four baffle plates (#32), two decorative strips (#33), decorative cover plate (#34), two upper guards (#35), two weight stack riser end caps (#36), and upper guard end cap (#37), using ten M5×20 hex socket button head screws (#38).

- HARDWARE**
- Baffle Plate (#32) × 4
 - Decorative Strip (#33) × 2
 - Decorative Cover Plate (#34) × 1
 - Upper Guard (#35) × 2
 - Weight Stack Riser End Cap (#36) × 2
 - Upper Guard End Cap (#37) × 1
 - Hex Socket Button Head Screw M5×20 (#38) × 10



FINAL CHECK

01 After assembly, check and adjust the Seated Calf to make sure the unit is level and plumb.



Parts List

Preassembled parts are not included in this parts list.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	25	Weight Plate	18	36	Weight Stack Riser End Cap	2
2	#2	1	26	Weight Stack Selector Pin	1	37	Upper Guard End Cap	1
3	#3	1	27	Weight Stack Rubber Pad	2	38	Hex Socket Button Head Screw M5×20	10
4	#4	1	28	Weight Stack Base	2	39	Cable	1
5	#5	1	29	Hex Socket Button Head Screw M8×20	4	49	Weight Stack Foot	2
6	#6	1	30	Spring Washer M8	2	50	Flat Oval Foot Pad	1
20	Counterweight	1	31	Flat Washer M8	2	51	Hex Socket Button Head Screw M10×25	8
21	Weight Stack Guard Base Plate	1	32	Baffle Plate	4	52	Hex Socket Button Head Screw M10×20	2
22	Guide Rod Mounting Plate	1	33	Decorative Strip	2	53	Spring Washer M10	10
23	Guide Rod	2	34	Decorative Cover Plate	1	54	Flat Washer M10-D20	10
24	Guide Block Kit	1	35	Upper Guard	2			