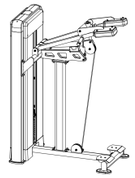
61A31 · Standing Calf

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.

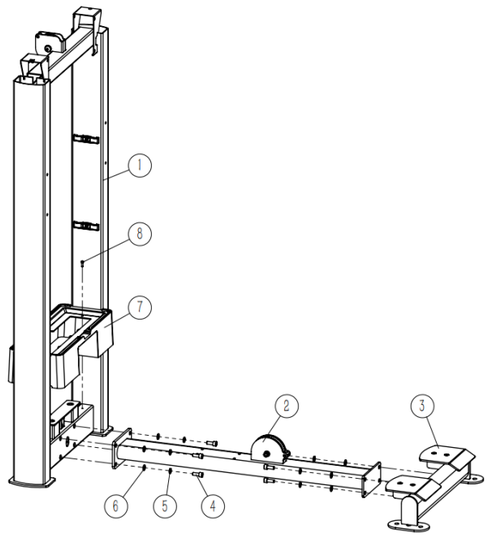
Tools Required

- 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. Check the instructions for the cause and contact after-sales service if the problem cannot be resolved.

Assembly



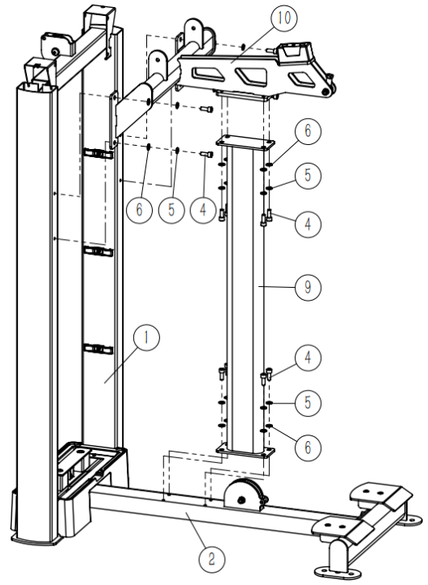
STEP 1 & 2

STEP 1
Attach the Standing Calf connecting frame (#2) to the weight stack frame (#1) and Standing Calf base frame (#3).

HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 8
- Spring Washer (M10) (#5) × 8
- Flat Washer (M10-D20) (#6) × 8

STEP 2
Attach the lower shroud (#7) to the weight stack frame (#1).

HARDWARE
- Socket Head Cap Screw (M5×16) (#8) × 2



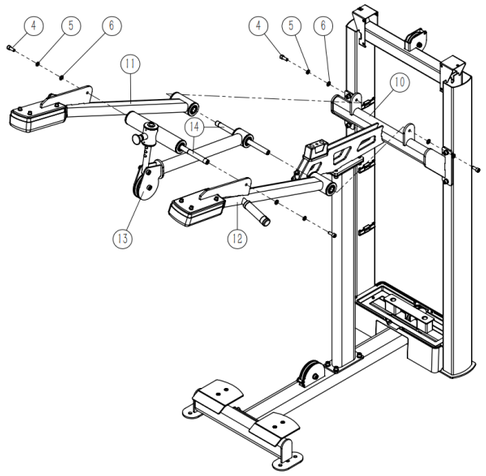
STEP 3 & 4

STEP 3
Attach the Standing Calf side frame (#9) to the Standing Calf connecting frame (#2).

HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 4
- Spring Washer (M10) (#5) × 4
- Flat Washer (M10-D20) (#6) × 4

STEP 4
Attach the Standing Calf side frame connecting frame (#10) to the side frame (#9) and weight stack frame (#1).

HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 8
- Spring Washer (M10) (#5) × 8
- Flat Washer (M10-D20) (#6) × 8



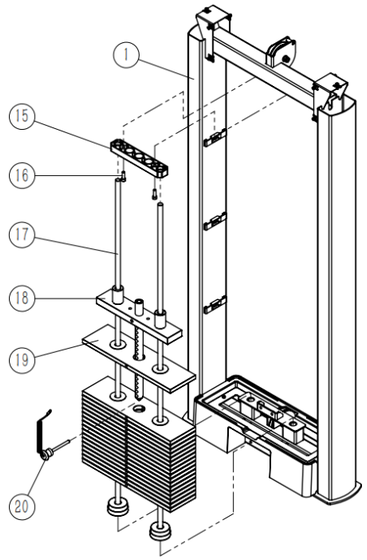
STEP 5 & 6

STEP 5
Use two shafts-Ø20×310 (#14) to connect the left lever arm (#11), right lever arm (#12), and Standing Calf linkage (#13).

HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 2
- Spring Washer (M10) (#5) × 2
- Flat Washer (M10-D20) (#6) × 2

STEP 6
Attach the lever arm assembly from the previous step to the Standing Calf side frame connecting frame (#10).

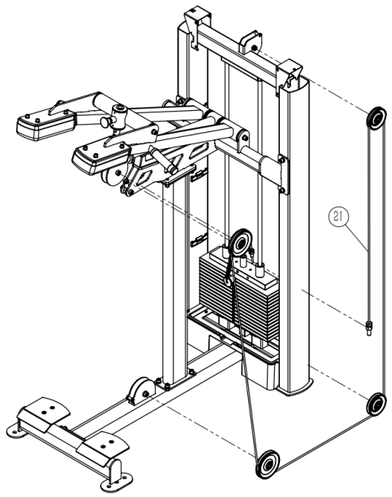
HARDWARE
- Socket Head Cap Screw (M10×25) (#4) × 2
- Spring Washer (M10) (#5) × 2
- Flat Washer (M10-D20) (#6) × 2



STEP 7

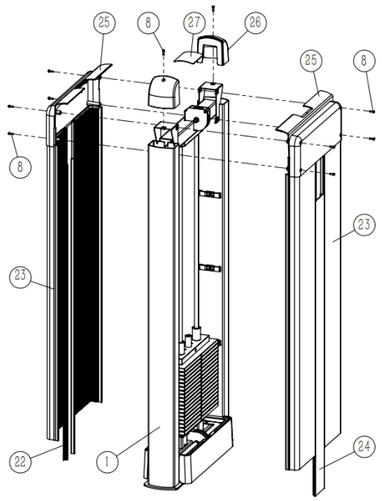
ACTION
Place the pre-assembled guide rod assemblies (#17) into the weight stack frame (#1). Install the weight plates (#19) on the guide rods with the spacer side facing up. Install the guide block assembly (#18), guide rod fixing plate (#15), and weight stack selector pin (#20). Attach the fixing plate (#15) to the weight stack frame (#1). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×25) (#16) × 2



STEP 8

ACTION
Remove the pre-installed pulleys, route the cable (#21) around the pulleys as shown, then reinstall the pulleys in their original positions.



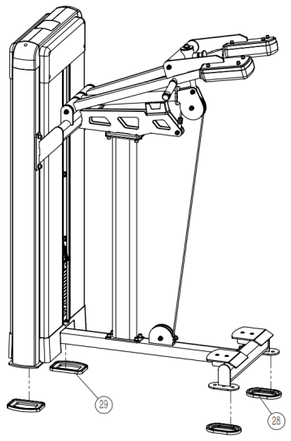
STEP 9 & 10

STEP 9
Slide two decorative strips (#22) into two shroud panels (#23) and attach them to the weight stack frame (#1). Slide the decorative panel (#24) into the shroud panels. Attach two upper shrouds (#25) to the weight stack frame.

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

STEP 10
Attach two weight stack upright end caps (#26) to the weight stack frame (#1), then snap the upper shroud top cover (#27) into the two upper shrouds (#25).

HARDWARE
- Socket Head Cap Screw (M5×16) (#8) × 2

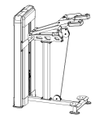


STEP 11

ACTION
Place the assembled machine in a suitable position and install the four corresponding foot pads (#28/#29).

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
1	Weight Stack Frame	1
2	Standing Calf Connecting Frame	1
3	Standing Calf Base Frame	1
4	Socket Head Cap Screw (M10×25)	24
5	Spring Washer (M10)	24
6	Flat Washer (M10-D20)	24
7	Lower Shroud	1
8	Socket Head Cap Screw (M5×16)	12
9	Standing Calf Side Frame	1
10	Standing Calf Side Frame Connecting Frame	1

NO.	PART / SPECIFICATION	QTY
11	Standing Calf Left Lever Arm	1
12	Standing Calf Right Lever Arm	1
13	Standing Calf Linkage	1
14	Shaft-Ø20×310	2
15	Guide Rod Fixing Plate	1
16	Socket Head Cap Screw (M8×25)	2
17	Guide Rod Assembly	2
18	Guide Block Assembly	1
19	Weight Plate	20
20	Weight Stack Selector Pin	1

NO.	PART / SPECIFICATION	QTY
21	Cable	1
22	Decorative Strip	2
23	Shroud Panel	4
24	Decorative Panel	1
25	Upper Shroud	2
26	Weight Stack Upright End Cap	2
27	Upper Shroud Top Cover	1
28	Flat Oval Foot Pad	2
29	Weight Stack Frame Foot Pad	2