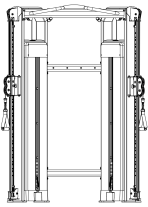


61A32B • Functional Trainer

INSTALLATION MANUAL



Before Installation

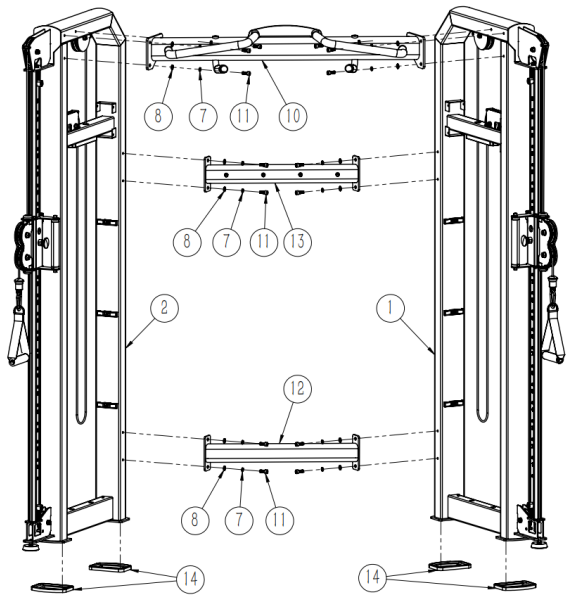
Before You Start

- 01 Read all instructions before installation. Check all parts and quantities against the parts list. Contact after-sales service immediately if any part is missing or damaged in transit.
- 02 Assemble the equipment as instructed. After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs. Check the instructions 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

Install the four weight stack foot pads (#14) on the left weight stack frame (#1) and right weight stack frame (#2).

HARDWARE

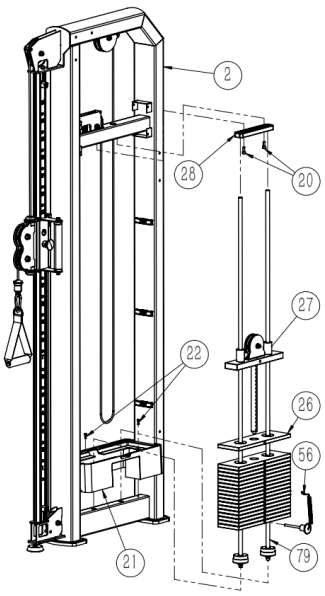
- Weight Stack Foot Pad (#14) × 4

STEP 2

Connect the left weight stack frame (#1), right weight stack frame (#2), top crossbeam (#10), connecting bracket 1 (#12), and connecting bracket 2 (#13) with the listed hardware. Tighten the bolts with a wrench before continuing.

HARDWARE

- Socket Head Cap Screw (M10×25) (#11) × 12
- Spring Washer (10) (#7) × 12
- Flat Washer (10) (#8) × 12



STEP 3 & 4

STEP 3

Fasten the lower weight stack shroud (#21) to the weight stack frame (#1) with the listed screws.

HARDWARE

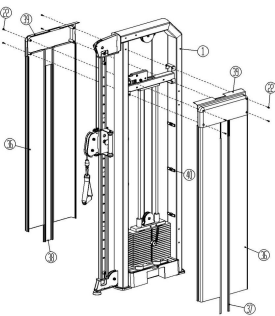
- Socket Head Cap Screw (M5×15) (#22) × 2

STEP 4

Place the preassembled guide rod assembly (#25) into the weight stack frame (#1). Install the weight plates (#26) on the guide rods (#25) with the spacers facing up. Install the guide block assembly (#27) on the guide rods (#25). Install the guide rod fixing plate (#28) on the guide rod (#27), then fasten it to the weight stack frame (#1) with the listed screws. Insert the weight stack selector pin (#56) into the weight stack (#26). Repeat on the opposite side. Tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×25) (#20) × 2



STEP 5

ACTION

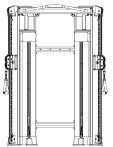
Slide two decorative strips (#37) into two guard panels (#36) and connect them to the weight stack frame (#1). Slide the decorative panel (#38) into the two guard panels (#36) and connect it to the weight stack frame (#1). Fasten the two upper shrouds (#39) to the weight stack frame (#1) with the listed screws. Repeat on the opposite side. Tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M5×15) (#22) × 8

FINAL CHECK

- 01 Check that the unit is level and that the guide rods are plumb in both directions using a spirit level.
- 02 If the guide rods are not plumb, loosen the required frame hardware, realign the frame, and retighten the bolts.



Parts List

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Left Weight Stack Frame	1	27	Guide Block Assembly	2	53	Guide Rod Adjustment Plate	2
2	Right Weight Stack Frame	1	28	Guide Rod Fixing Plate	2	54	Universal Stop Sleeve	4
3	Upper Pulley Bracket	2	29	Weight Stack Selector Pin	2	55	Left Carriage	1
4	Lower Pulley Bracket	2	30	Steel Cable	2	56	Sliding Sleeve	2
5	Adjustable Foot	2	31	120 Pulley	10	57	Slide Strip	8
6	Socket Head Cap Screw (M10×20)	16	32	Pulley Axle-32	16	58	Deep Groove Ball Bearing (61805)	4
7	Spring Washer (10)	34	33	Self-Locking Hex Nut (M10)	16	59	External Retaining Ring (37)	4
8	Flat Washer (10)	50	34	95 Pulley	2	60	Guide Rail Pulley Box	2
9	Socket Head Cap Screw (M10×35)	4	35	Cable Crossover Handle	2	61	Pulley Box Retaining Nut	4
10	Top Crossbeam	1	36	Guard Panel	8	62	Sliding Sleeve Fixing Plate	2
11	Socket Head Cap Screw (M10×25)	14	37	Decorative Strip	4	63	Sliding Sleeve Pull Pin	2
12	Connecting Bracket 1	1	38	Decorative Panel	2	64	Pull-Pin Spring	2
13	Connecting Bracket 2	1	39	Upper Shroud	4	65	Sliding Sleeve Pull-Pin Bushing	2
14	Weight Stack Foot Pad	4	40	Panel Retaining Plate	12	66	Handle	2
15	Crossbeam Handle	2	41	Weight Plate Spacer	72	67	Sliding Sleeve Handle Tube	2
16	Socket Head Cap Screw (M8×30)	4	42	Speed Clip Nut (M5)	16	68	Sliding Sleeve Handle Grip	2
17	Spring Washer (8)	16	43	Grip Stop Ring	6	69	95 Pulley	4
18	Flat Washer (8)	16	44	Universal Grip Sleeve-100	2	70	Right Carriage	1
19	Left Guide Rail Assembly	1	45	Handle End Cap	2	71	Guide Block	2
20	Socket Head Cap Screw (M8×20)	16	46	Cone-Point Set Screw (M5×4)	8	72	18-Hole Center Rod	2
21	Lower Weight Stack Shroud	2	47	Hook Shaft	4	73	Guide Block Spring Pin	2
22	Socket Head Cap Screw (M5×15)	32	48	Socket Head Cap Screw (M6×16)	20	74	Universal Guide Bushing	4
23	Weight Stack Frame Base	4	49	20 Hole Plug	4	75	External Retaining Ring (30)	4
24	Weight Stack Rubber Pad	4	50	Crossbeam Handrail Tube	2	76	95 Pulley Box	2
25	Guide Rod	4	51	Crossbeam Handrail Grip Sleeve	2	77	Hex Socket Button Head Screw (M10×20)	4
26	Weight Plate	36	52	Cable Crossover Guide Rod	2	78	Snap Hook	2