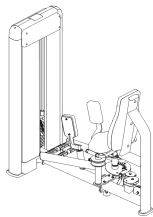


61A60 • Adduction / Abduction

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

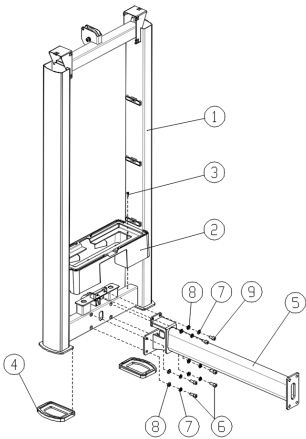
• Spirit Level

• Hex Keys
- Snap-Ring Pliers

• Adjustable Wrench

• 2 People

Assembly



STEP 1, 2 & 3

STEP 1
Fasten the lower weight stack shroud (#2) to the weight stack frame (#1) with the listed screws.

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

× 2

STEP 2
Install the two weight stack frame foot pads (#4) on the weight stack frame (#1).

- HARDWARE**
- Weight Stack Frame Foot Pad (#4)

× 2

STEP 3
Fasten the adduction/abduction connecting frame (#5) to the weight stack frame (#1) with the listed hardware.

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#6)

× 4

• Spring Washer (10) (#7)

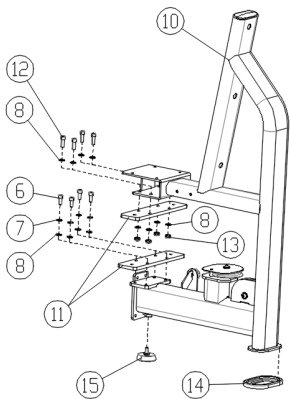
× 6

• Flat Washer (10) (#8)

× 6

• Socket Head Cap Screw (M10×20) (#9)

× 2



STEP 4, 5 & 6

STEP 4
Fasten the two adduction/abduction connecting plates (#11) to the adduction/abduction side frame (#10) with the listed hardware.

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#6)

× 4

• Spring Washer (10) (#7)

× 4

• Flat Washer (10) (#8)

× 12

• Socket Head Cap Screw (M10×30) (#12)

× 4

• Self-Locking Hex Nut (M10) (#13)

× 4

STEP 5
Install the flat oval foot pad (#14) on the adduction/abduction side frame (#10).

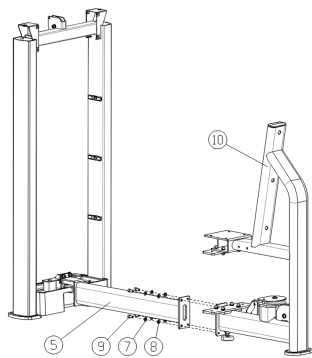
- HARDWARE**
- Flat Oval Foot Pad (#14)

× 1

STEP 6
Install the movable foot pad (#15) on the adduction/abduction side frame (#10).

- HARDWARE**
- Movable Foot Pad (#15)

× 1



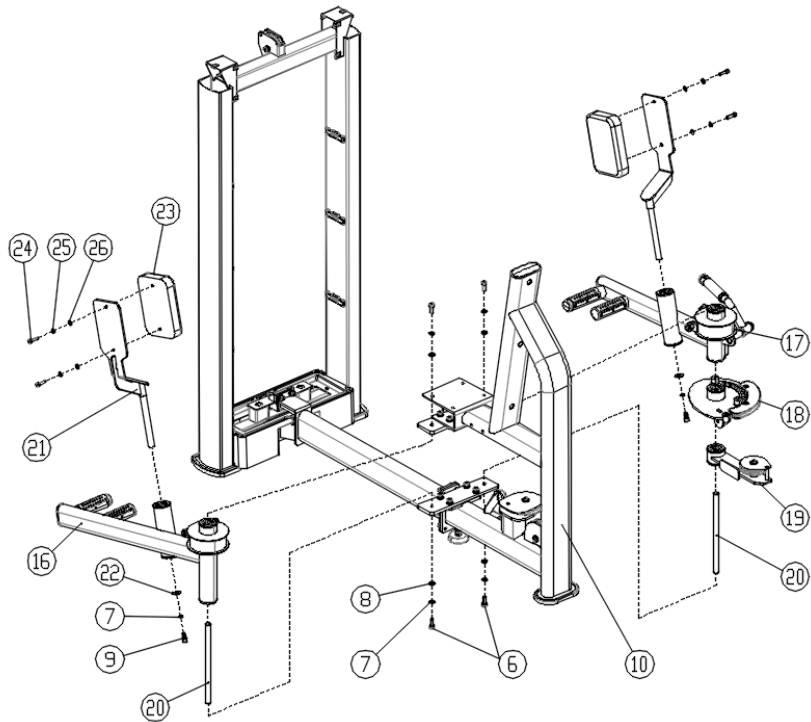
STEP 7

ACTION

Fasten the adduction/abduction connecting frame (#5) to the adduction/abduction side frame (#10) with the listed hardware.

HARDWARE

- Socket Head Cap Screw (M10×20) (#9) × 4
- Spring Washer (10) (#7) × 4
- Flat Washer (10) (#8) × 4



STEP 8, 9, 10 & 11

STEP 8

Connect the left lever arm (#16) and main shaft (#20) to the adduction/abduction side frame (#10) with the listed hardware.

HARDWARE

- Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 9

Connect the right lever arm (#17), flange plate (#18), linkage plate (#19), and main shaft (#20) to the adduction/abduction side frame (#10) with the listed hardware.

HARDWARE

- Socket Head Cap Screw (M10×25) (#6) × 2
- Spring Washer (10) (#7) × 2
- Flat Washer (10) (#8) × 2

STEP 10

Fasten the two movable arms (#21) to the left lever arm (#16) and right lever arm (#17) with the listed hardware.

HARDWARE

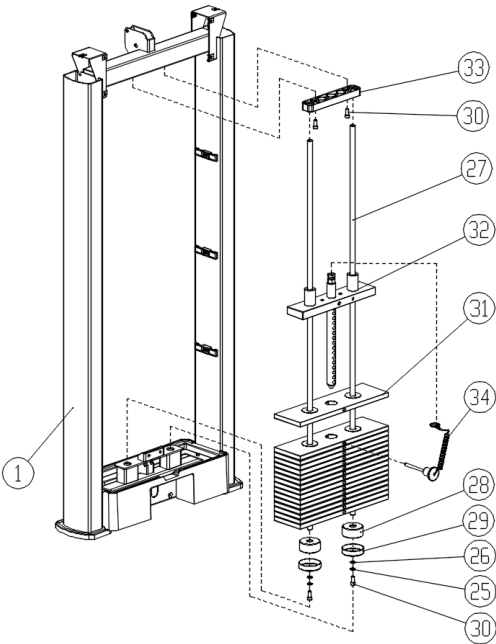
- Socket Head Cap Screw (M10×20) (#9) × 2
- Spring Washer (10) (#7) × 2
- Large Washer (10) (#22) × 2

STEP 11

Fasten the two thigh pads (#23) to the movable arms (#21) with the listed hardware.

HARDWARE

- Socket Head Cap Screw (M8×30) (#24) × 4
- Spring Washer (8) (#25) × 4
- Flat Washer (8) (#26) × 4



STEP 12 & 13

STEP 12

Slide the two weight stack rubber pads (#28) onto the two guide rods (#27). Fasten the two weight stack bases (#29) to the guide rods (#27) with the listed hardware, then place the assembly into the weight stack frame (#1). Tighten the bolts before continuing.

HARDWARE

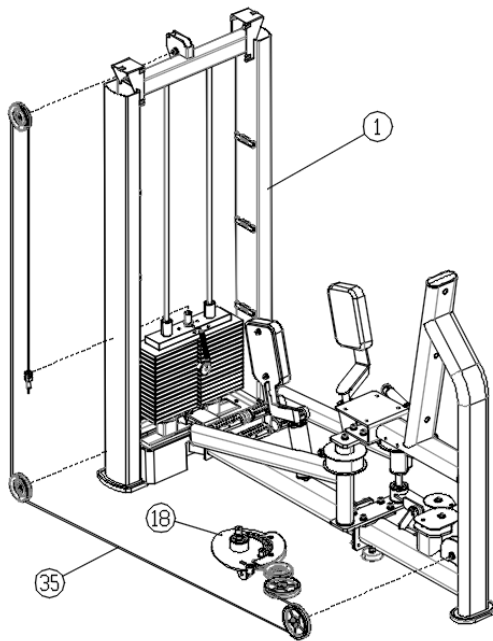
- Socket Head Cap Screw (M8×20) (#30) × 2
- Spring Washer (8) (#25) × 2
- Flat Washer (8) (#26) × 2

STEP 13

Install the 16 weight plates (#31) on the guide rods (#27) with the spacers facing up. Install the guide block assembly (#32), insert the weight stack selector pin (#34), and slide the guide rod fixing plate (#33) onto the guide rods. Fasten the fixing plate to the weight stack frame (#1) with the listed screws. Tighten the bolts before continuing.

HARDWARE

- Socket Head Cap Screw (M8×20) (#30) × 2



STEP 14 & 15

STEP 14

Remove the preassembled 95 and 120 pulleys. Route cable I (#35) as shown, then reinstall all pulleys. Install the pulleys and cable together as shown.

HARDWARE

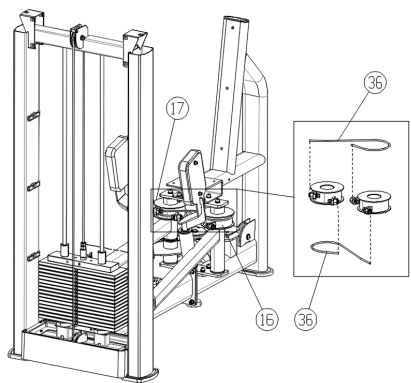
- Cable I (#35) × 1

STEP 15

Connect one end of cable I (#35) to the flange plate (#18), then connect the other end inside the weight stack frame (#1).

HARDWARE

- Cable I (#35) × 1

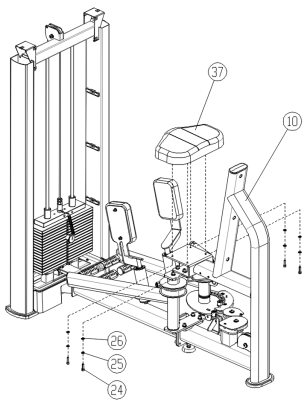


STEP 16

ACTION
Route cable II (#36) as shown, then connect the cables to the left lever arm (#16) and right lever arm (#17).

- HARDWARE**
- Cable II (#36)

× 2



STEP 17

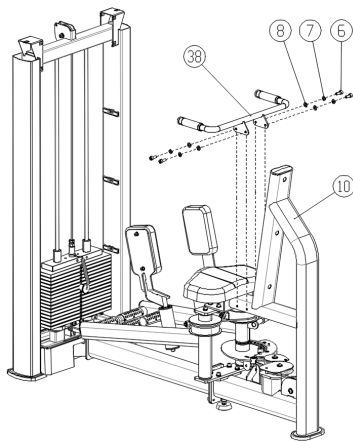
ACTION
Fasten the seat pad (#37) to the adduction/abduction side frame (#10) with the listed hardware.

- HARDWARE**
- Socket Head Cap Screw (M8×30) (#24)
 - Spring Washer (8) (#25)
 - Flat Washer (8) (#26)

× 4

× 4

× 4



STEP 18

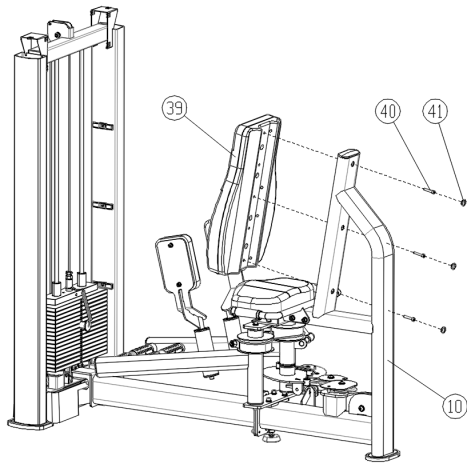
ACTION
Fasten the handles (#38) to the adduction/abduction side frame (#10) with the listed hardware.

- HARDWARE**
- Socket Head Cap Screw (M10×25) (#6)
 - Spring Washer (10) (#7)
 - Flat Washer (10) (#8)

× 4

× 4

× 4



STEP 19 & 20

STEP 19
Fasten the back pad (#39) to the adduction/abduction side frame (#10) with the listed screws.

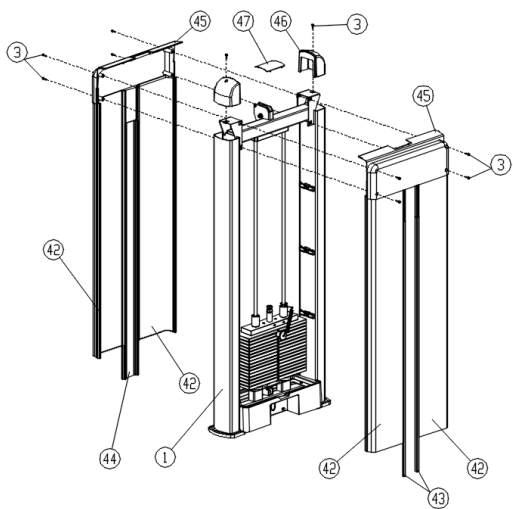
- HARDWARE**
- Socket Head Cap Screw (M8×40) (#40)

× 3

STEP 20
Install the three hole plugs (#41) in the adduction/abduction side frame (#10).

- HARDWARE**
- 20 Hole Plug (#41)

× 3



STEP 21, 22 & 23

STEP 21
Slide the two decorative strips (#43) into two guard panels (#42) and secure them to the weight stack frame (#1) with the panel retaining plates. Slide the decorative panel (#44) into the two guard panels and secure it to the weight stack frame. Fasten the two upper weight stack shrouds (#45) with the listed screws.

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

× 8

STEP 22
Fasten the two weight stack upright caps (#46) to the weight stack frame (#1) with the listed screws.

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

× 2

STEP 23
Snap the upper shroud top cap (#47) onto the upper weight stack shrouds (#45).

- HARDWARE**
- Upper Shroud Top Cap (#47)

× 1

FINAL CHECK

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



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	17	Right Lever Arm	1	33	Guide Rod Fixing Plate	1
2	Lower Weight Stack Shroud	1	18	Flange Plate	1	34	Weight Stack Selector Pin	1
3	Socket Head Cap Screw (M5×16)	12	19	Linkage Plate	1	35	Cable I	1
4	Weight Stack Frame Foot Pad	2	20	Main Shaft	2	36	Cable II	2
5	Adduction/Abduction Connecting Frame	1	21	Movable Arm	2	37	Seat Pad	1
6	Socket Head Cap Screw (M10×25)	16	22	Large Washer (10)	2	38	Handle	2
7	Spring Washer (10)	24	23	Thigh Pad	2	39	Back Pad	1
8	Flat Washer (10)	30	24	Socket Head Cap Screw (M8×30)	8	40	Socket Head Cap Screw (M8×40)	3
9	Socket Head Cap Screw (M10×20)	8	25	Spring Washer (8)	10	41	20 Hole Plug	3
10	Adduction/Abduction Side Frame	1	26	Flat Washer (8)	10	42	Guard Panel	4
11	Adduction/Abduction Connecting Plate	2	27	Universal Weight Stack Guide Rod	2	43	Weight Stack Decorative Strip	2
12	Socket Head Cap Screw (M10×30)	4	28	Weight Stack Rubber Pad	2	44	Weight Stack Decorative Panel	1
13	Self-Locking Hex Nut (M10)	4	29	Weight Stack Base	2	45	Upper Weight Stack Shroud	2
14	Flat Oval Foot Pad	1	30	Socket Head Cap Screw (M8×20)	4	46	Weight Stack Upright Cap	2
15	Movable Foot Pad	1	31	Weight Plate	16	47	Upper Shroud Top Cap	1
16	Left Lever Arm	1	32	Guide Block Assembly	1			