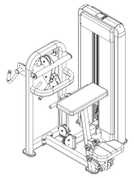
61A63 · Wrist Grip Trainer

INSTALLATION MANUAL



Before Installation

Before You Start

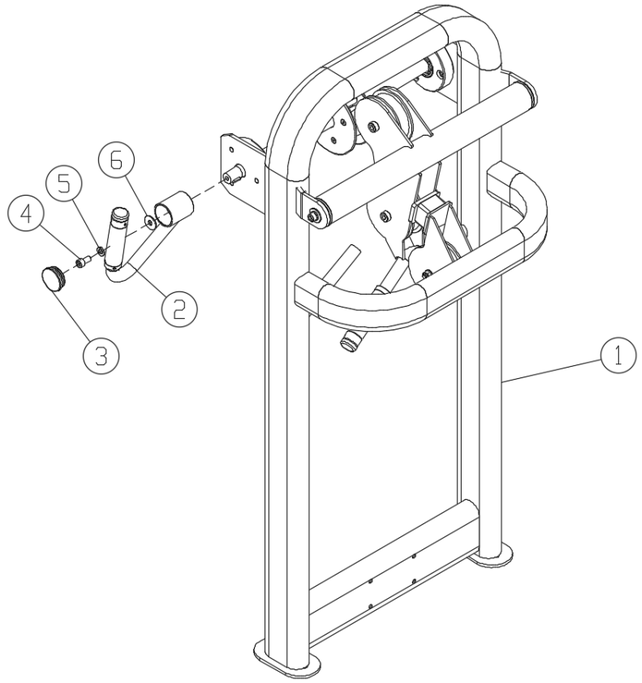
01 Read these instructions carefully before installation. Check the parts list to confirm that all parts and quantities are complete. If any part is missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.

02 After assembly, learn all functions before use. Stop using the equipment immediately if any problem occurs to avoid injury or equipment damage. Check these instructions for the cause; if the problem cannot be resolved, contact after-sales service.

Tools Required

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

Assembly



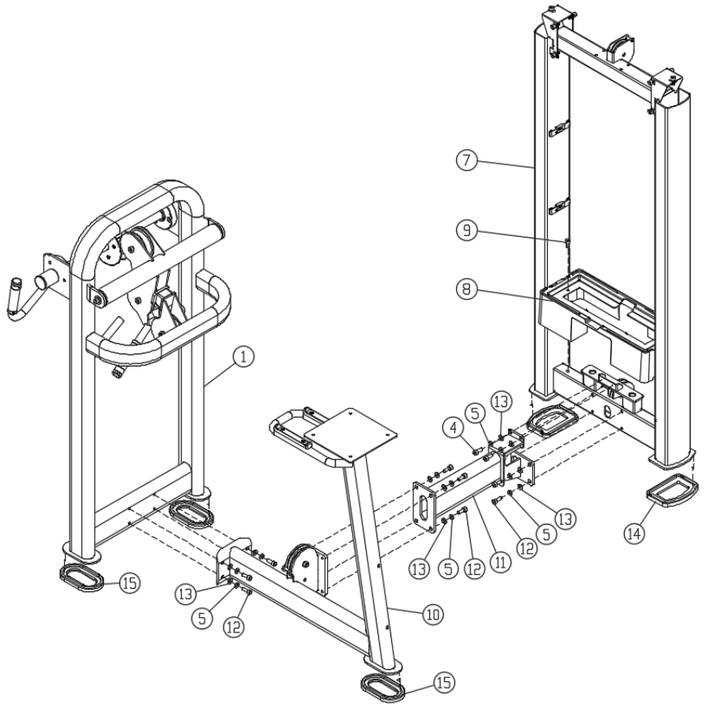
STEP 1

ACTION

Attach the forearm grip handle assembly (#2) to the upright frame assembly (#1) with one M10×20 socket head cap screw (#4), one M10 spring washer (#5), and one M10-D30 flat washer (#6).

HARDWARE

- Forearm grip handle assembly (#2) × 1
- Upright frame assembly (#1) × 1
- Socket head cap screw M10×20 (#4) × 1
- Spring washer M10 (#5) × 1
- Flat washer M10-D30 (#6) × 1



STEP 2, 3 & 4

STEP 2

Install two weight stack frame foot pads (#14) on the weight stack frame (#7). Connect the lower shroud (#8) to the weight stack frame with two M5×15 socket head cap screws (#9).

HARDWARE

- Weight stack frame foot pad (#14) × 2
- Weight stack frame (#7) × 1
- Lower shroud (#8) × 1
- Socket head cap screw M5×15 (#9) × 2

STEP 3

Install three rectangular foot pads (#15) on the upright frame assembly (#1) and main frame assembly (#10). Connect the two frame assemblies with four M10×25 socket head cap screws (#12), four M10 spring washers (#5), and four M10-D20 flat washers (#13).

HARDWARE

- Rectangular foot pad (#15) × 3
- Upright frame assembly (#1) × 1
- Main frame assembly (#10) × 1
- Socket head cap screw M10×25 (#12) × 4
- Spring washer M10 (#5) × 4
- Flat washer M10-D20 (#13) × 4

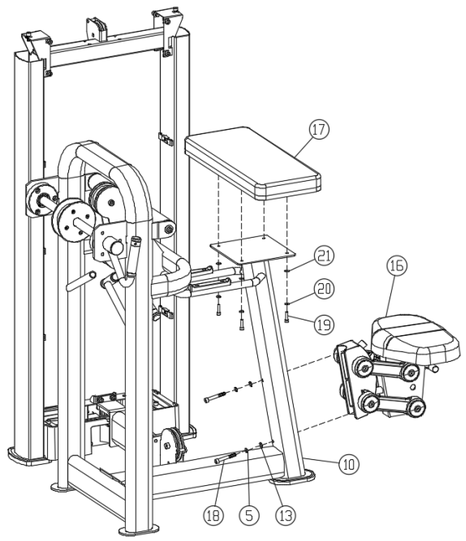
STEP 4

Use the connecting frame (#11) to connect the main frame assembly (#10) to the weight stack frame (#7). Secure with two M10×20 socket head cap screws (#4), eight M10×25 socket head cap screws (#12), ten M10 spring washers (#5), and ten M10-D20 flat washers (#13).

HARDWARE

- Connecting frame (#11) × 1
- Main frame assembly (#10) × 1
- Weight stack frame (#7) × 1
- Socket head cap screw M10×20 (#4) × 2
- Socket head cap screw M10×25 (#12) × 8
- Spring washer M10 (#5) × 10
- Flat washer M10-D20 (#13) × 10

STEP 5 & 6



STEP 5

Attach the seat assembly (#16) to the main frame assembly (#10) with two M10×120 socket head cap screws (#18), two M10 spring washers (#5), and two M10-D20 flat washers (#13).

HARDWARE

- Seat assembly (#16) × 1
- Main frame assembly (#10) × 1
- Socket head cap screw M10×120 (#18) × 2
- Spring washer M10 (#5) × 2
- Flat washer M10-D20 (#13) × 2

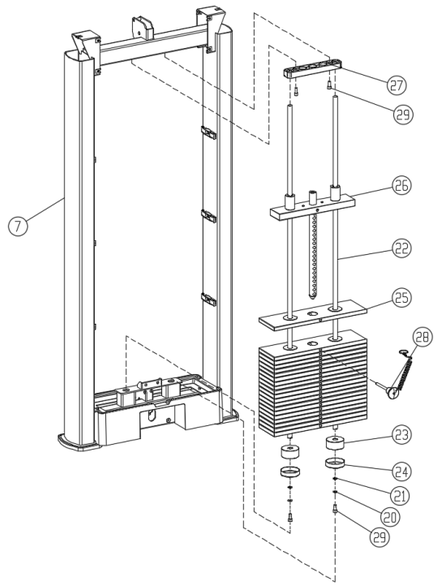
STEP 6

Attach the forearm pad (#17) to the main frame assembly (#10) with four M8×25 socket head cap screws (#19), four M8 spring washers (#20), and four M8-D16 flat washers (#21).

HARDWARE

- Forearm pad (#17) × 1
- Main frame assembly (#10) × 1
- Socket head cap screw M8×25 (#19) × 4
- Spring washer M8 (#20) × 4
- Flat washer M8-D16 (#21) × 4

STEP 7 & 8



STEP 7

Slide two weight stack rubber pads (#23) onto the two guide rods (#22). Connect the two weight stack bases (#24) to the guide rods and place them in the weight stack frame (#7). Secure with two M8×20 socket head cap screws (#29), two M8 spring washers (#20), and two M8-D16 flat washers (#21). Tighten the bolts with a wrench before proceeding.

HARDWARE

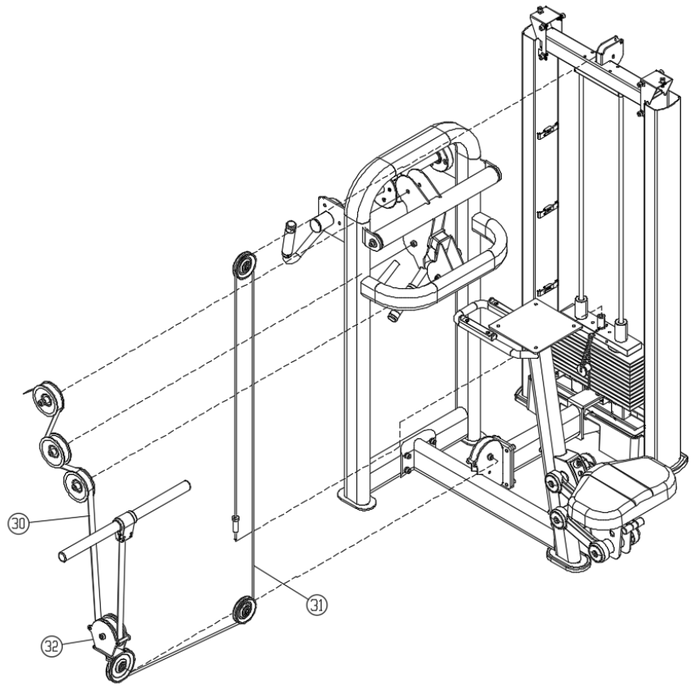
- Weight stack rubber pad (#23) × 2
- Guide rod (#22) × 2
- Weight stack base (#24) × 2
- Weight stack frame (#7) × 1
- Socket head cap screw M8×20 (#29) × 2
- Spring washer M8 (#20) × 2
- Flat washer M8-D16 (#21) × 2

STEP 8

Install 14 weight plates (#25) on the guide rods (#22) with the spacers facing up. Install the guide block assembly (#26), insert the weight stack selector pin (#28), and install the guide rod mounting plate (#27). Secure the mounting plate to the weight stack frame (#7) with two M8×20 socket head cap screws (#29). Tighten the bolts with a wrench before proceeding.

HARDWARE

- Weight plate (#25) × 14
- Guide rod (#22) × 2
- Guide block assembly (#26) × 1
- Weight stack selector pin (#28) × 1
- Guide rod mounting plate (#27) × 1
- Weight stack frame (#7) × 1
- Socket head cap screw M8×20 (#29) × 2



STEP 9, 10 & 11

STEP 9
Remove the preassembled pulleys, route the cable assembly (#31) as shown, and reinstall the pulleys together with the cable.

HARDWARE
- Cable assembly (#31) × 1

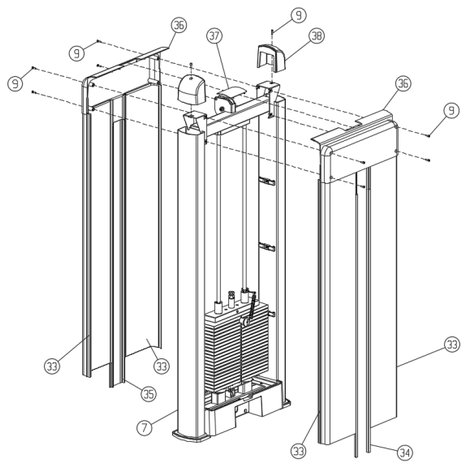
STEP 10
Remove the preassembled pulleys, route the belt assembly (#30) as shown, and reinstall the pulleys together with the belt.

HARDWARE
- Belt assembly (#30) × 1

STEP 11
Connect one end of the cable assembly (#31) to the special weight stack pulley bracket (#2) and the other end inside the weight stack frame (#2). Connect one end of the belt assembly (#30) to the large pulley and the other end to the handle.

HARDWARE
- Cable assembly (#31) × 1
- Special weight stack pulley bracket (#2) × 1
- Weight stack frame (#2) × 1
- Belt assembly (#30) × 1

STEP 12 & 13



STEP 12
Slide two decorative strips (#34) into two shroud panels (#33) and secure them to the weight stack frame (#7) with the shroud pressure plates. Slide the decorative panel (#35) into the shroud panels and secure it with the pressure plates. Attach two upper shrouds (#36) with eight M5×15 socket head cap screws (#9).

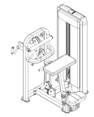
HARDWARE
- Decorative strip (#34) × 2
- Shroud panel (#33) × 2
- Decorative panel (#35) × 1
- Upper shroud (#36) × 2
- Weight stack frame (#7) × 1
- Socket head cap screw M5×15 (#9) × 8

STEP 13
Attach two weight stack upright end caps (#38) to the weight stack frame (#7) with two M5×15 socket head cap screws (#9), then snap the upper shroud top cover (#37) into the upper shrouds (#36).

HARDWARE
- Weight stack upright end cap (#38) × 2
- Weight stack frame (#7) × 1
- Upper shroud top cover (#37) × 1
- Upper shroud (#36) × 2
- Socket head cap screw M5×15 (#9) × 2

FINAL CHECK

01 Assembly is complete. Check that the unit is level and plumb. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the affected frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this parts list.

NO.	PART / SPECIFICATION	QTY
1	Upright frame assembly	1
2	Forearm grip handle assembly	1
3	50 round tube end cap	1
4	Hex socket flat countersunk head screw M10×20	3
5	Spring washer M10	17
6	Flat washer M10-D30	1
7	Weight stack base	1
8	Lower shroud	1
9	Hex socket flat countersunk head screw M5×15	12
10	Main frame assembly	1
11	Connecting frame	1
12	Hex socket flat countersunk head screw M10×25	12
13	Flat washer M10-D20	16

NO.	PART / SPECIFICATION	QTY
14	Weight stack frame foot pad	2
15	Rectangular foot pad	3
16	Seat assembly	1
17	Forearm pad	1
18	Hex socket flat countersunk head screw M10×120	2
19	Hex socket flat countersunk head screw M8×25	4
20	Spring washer M8	4
21	Flat washer M8-D16	4
22	Guide rod	2
23	Weight stack rubber pad	2
24	Weight stack base	2
25	Weight plate	14
26	Guide block assembly	1

NO.	PART / SPECIFICATION	QTY
27	Guide rod mounting plate	1
28	Weight stack selector pin	1
29	Hex socket flat countersunk head screw M8×20	4
30	Belt assembly	1
31	Cable assembly	1
32	Special weight stack pulley bracket	1
33	Shroud panel	4
34	Decorative strip	2
35	Decorative panel	1
36	Upper shroud	2
37	Upper shroud top cover	1
38	Weight stack upright end cap	2