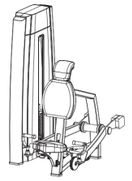
7302 · Shoulder Pull Up

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read all instructions carefully before assembly.

02 Check that all parts are present and undamaged. If any part is missing or damaged, contact customer service before assembly.

03 Assemble the machine according to this manual.

Tools Required

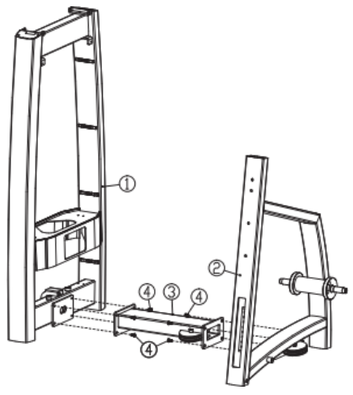
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly Notes

01 After assembly, understand all functions before using the machine.

02 If a problem occurs, check the installation instructions for an incorrect assembly step. If the problem remains, contact an authorized distributor and provide the product code and manual.

Assembly



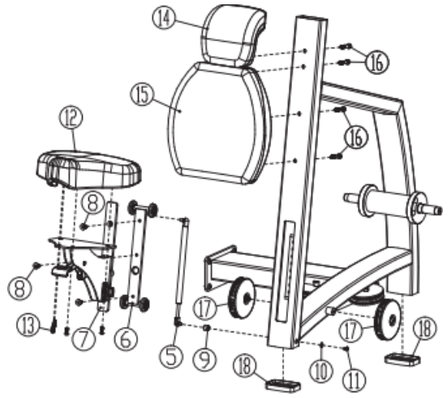
STEP 1

ACTION

Connect the weight-stack frame (#1), main frame (#2), and connector frame (#3) as shown.

HARDWARE

- Hex socket button head screw (M10×16) (#4) × 8



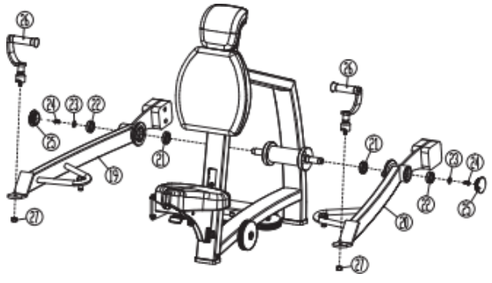
STEP 2

ACTION

Install the gas spring (#5), seat adjustment carriage (#6), seat frame (#7), seat pad (#12), head pad (#14), middle back pad (#15), two 120 pulley assemblies (#17), and two foot pads (#18) as shown.

HARDWARE

- Hex socket countersunk head screw (M10×20) (#8) × 3
- Gas spring end nut (#9) × 1
- M8 flat washer (#10) × 1
- Hex socket button head screw (M8×10) (#11) × 1
- Hex socket button head screw (M8×20) (#13) × 4
- Hex socket head cap screw (M10×50) (#16) × 4



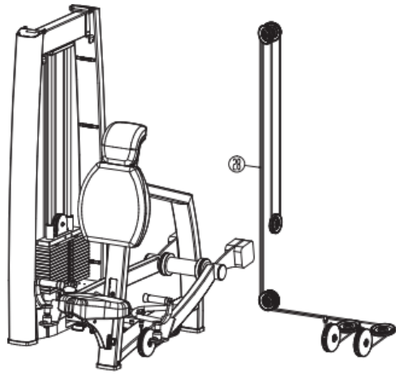
STEP 3

ACTION

Install the right movement arm (#19), left movement arm (#20), bearings (#21/#22), large washers (#23), aluminum covers (#25), and handlebars (#26) as shown.

HARDWARE

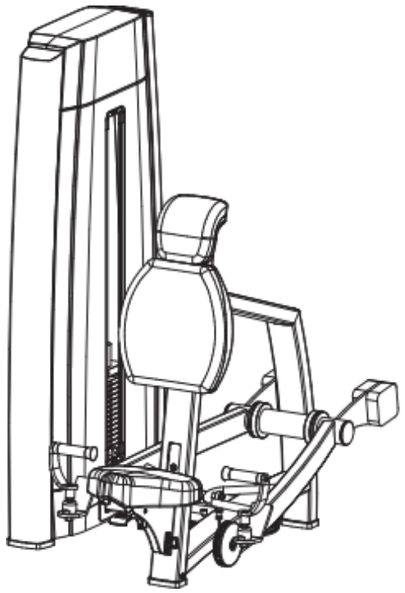
- Deep-groove ball bearing 6006 (#21) × 2
- Deep-groove ball bearing 6205 (#22) × 2
- M10 large washer (#23) × 2
- Hex socket button head screw (M10×20) (#24) × 2
- 76 aluminum cover (#25) × 2
- M14 nut (#27) × 2



STEP 4

ACTION

Route the cable (#28) as shown.

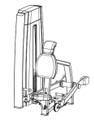


STEP 5

ACTION
Install the covers as shown.

FINAL CHECK

01 Important Notice: Assembly is complete. Make sure the machine is square, level, and vertical. Use a spirit level to check that the guide rods are vertical in both directions. If not, loosen the affected frame hardware, realign the frame, and retighten the bolts.



Parts List

Some 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	11	Hex socket button head screw (M8×10)	1	21	Deep-groove ball bearing 6006	2
2	Main frame	1	12	Seat pad	1	22	Deep-groove ball bearing 6205	2
3	Connector frame	1	13	Hex socket button head screw (M8×20)	4	23	M10 large washer	2
4	Hex socket button head screw (M10×16)	8	14	Head pad	1	24	Hex socket button head screw (M10×20)	2
5	Gas spring-220	1	15	Middle back pad	1	25	76 aluminum cover	2
6	Seat adjustment carriage	1	16	Hex socket head cap screw (M10×50)	4	26	Handlebar	2
7	Seat frame	1	17	120 pulley assembly	2	27	M14 nut	2
8	Hex socket countersunk head screw (M10×20)	3	18	58×10 1 foot pad	2	28	Cable	1
9	Gas spring end nut	1	19	Right movement arm	1			
10	M8 flat washer	1	20	Left movement arm	1			