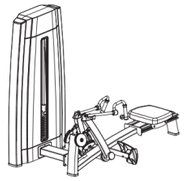
7313 · Low Row

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read this manual carefully before installation.

02 Check that all components are present and undamaged. Contact customer service immediately if any part is missing or damaged.

03 Follow these installation instructions during assembly.

04 Use at least three people for installation.

Tools Required

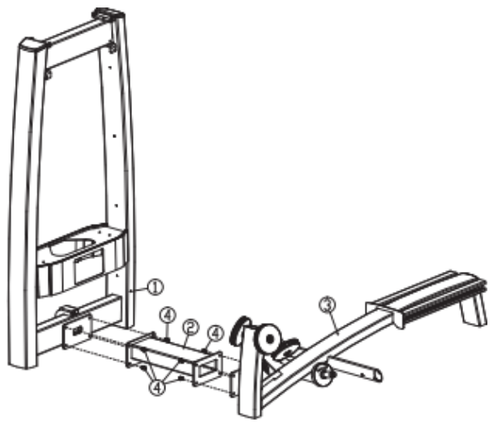
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

Assembly Notes

After assembly, understand all machine functions before use. If a problem occurs, recheck the installation steps. If it remains unresolved, contact an authorized distributor and have the product code and manual ready.

Assembly

STEP 1



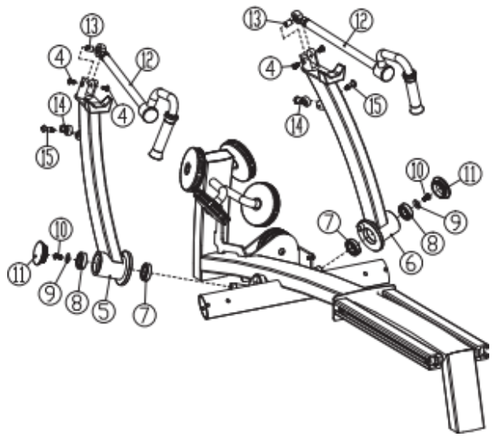
ACTION

Place the lower cover inside the weight stack frame (#1) before installing the connecting frame (#2). Connect the weight stack frame (#1), connecting frame (#2), and body frame (#3) with M10×16 screws (#4). Tighten all hardware with a wrench.

HARDWARE

- Weight Stack Frame (#1) × 1
- Connecting Frame (#2) × 1
- Body Frame (#3) × 1
- Hex Socket Button Head Screw (M10×16) (#4) × 8

STEP 2



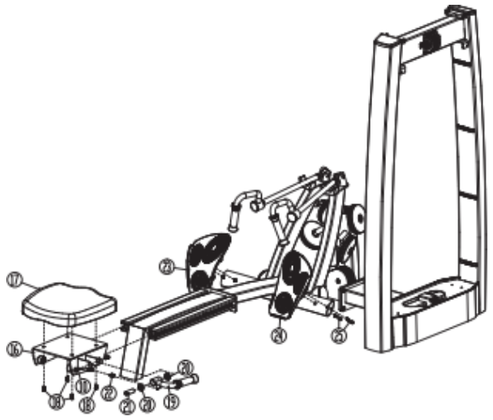
ACTION

Install the left and right movement arms (#5, #6), bearings (#7, #8), large washers (#9), M10×20 screws (#10), end caps (#11), handlebars (#12), handlebar shafts (#13), rod end bearings (#14), and pulley shafts (#15) as shown. Use the M10×16 screws (#4) at the upper connections. Tighten all hardware with a wrench. Some preassembled parts are omitted from the illustration for clarity.

HARDWARE

- Hex Socket Button Head Screw (M10×16) (#4) × 4
- Left Movement Arm (#5) × 1
- Right Movement Arm (#6) × 1
- Deep Groove Ball Bearing 6006 (#7) × 2
- Deep Groove Ball Bearing 6205 (#8) × 2
- M10 Large Washer (#9) × 2
- Hex Socket Button Head Screw (M10×20) (#10) × 4
- 76 End Cap (#11) × 2
- Handlebar (#12) × 2
- Handlebar Shaft g16×22 (#13) × 2
- Rod End Bearing (M12) (#14) × 2
- Pulley Shaft-22 (#15) × 2

STEP 3



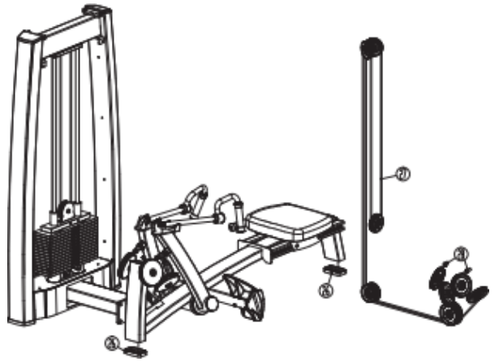
ACTION

Install the seat frame (#16) and seat cushion (#17) with the M8×20 screws (#18). Install the adjustment handle (#19), bushings (#20), adjustment shaft (#21), and seat pull-pin retaining chain (#22). Install the left and right pedals (#23, #24) with the M10×50 screws (#25). Tighten all hardware with a wrench.

HARDWARE

- Seat Frame (#16) × 1
- Seat Cushion (#17) × 1
- Hex Socket Button Head Screw (M8×20) (#18) × 4
- Adjustment Handle (#19) × 1
- 32 Bushing (#20) × 2
- Adjustment Shaft g18×56 (#21) × 1
- Seat Pull-Pin Retaining Chain (#22) × 1
- Left Pedal (#23) × 1
- Right Pedal (#24) × 1
- Hex Socket Button Head Screw (M10×50) (#25) × 4

STEP 4



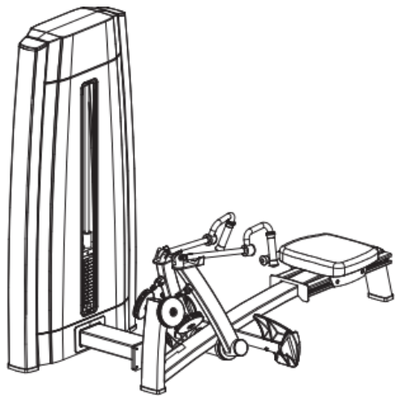
ACTION

Install the foot pads (#26) and cable (#27) with the cable fixing bolts (#28). Loosen the locknut and adjust the threaded bolt until the cable has proper tension. Refer to the 7300-1 Installation Instruction for the weight stack frame and required accessories.

HARDWARE

- 58×10 1 Foot Pad (#26) × 2
- Cable (#27) × 1
- Cable Fixing Bolt (M12×20) (#28) × 2

STEP 5



ACTION

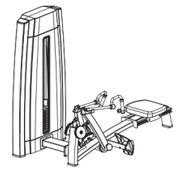
Install the covers as shown to complete assembly.

FINAL CHECK

01 Confirm that the machine is square and vertical.

02 Use a spirit level to check that the guide rods are vertical in both directions.

03 If the guide rods are not vertical, loosen the vertical-frame hardware, realign the frame, and tighten the bolts again.



Parts List

Some preassembled spare parts are not included in this list.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Connecting Frame	1
3	Body Frame	1
4	Hex Socket Button Head Screw (M10×16)	12
5	Left Movement Arm	1
6	Right Movement Arm	1
7	Deep Groove Ball Bearing 6006	2
8	Deep Groove Ball Bearing 6205	2
9	M10 Large Washer	2
10	Hex Socket Button Head Screw (M10×20)	4
11	76 End Cap	2
12	Handlebar	2
13	Handlebar Shaft g16×22	2
14	Rod End Bearing (M12)	2
15	Pulley Shaft-22	2
16	Seat Frame	1
17	Seat Cushion	1
18	Hex Socket Button Head Screw (M8×20)	4
19	Adjustment Handle	1
20	32 Bushing	2
21	Adjustment Shaft g18×56	1
22	Seat Pull-Pin Retaining Chain	1
23	Left Pedal	1
24	Right Pedal	1
25	Hex Socket Button Head Screw (M10×50)	4
26	58×10 1 Foot Pad	2
27	Cable	1
28	Cable Fixing Bolt (M12×20)	2