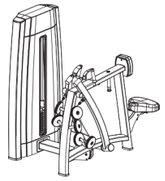
7314 · Seated Row

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.

Tools Required

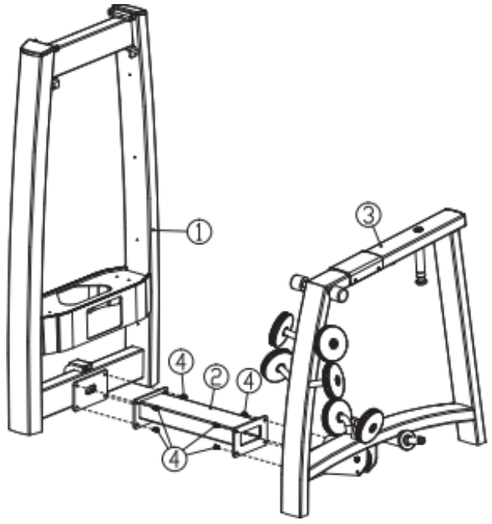
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- 2 People

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



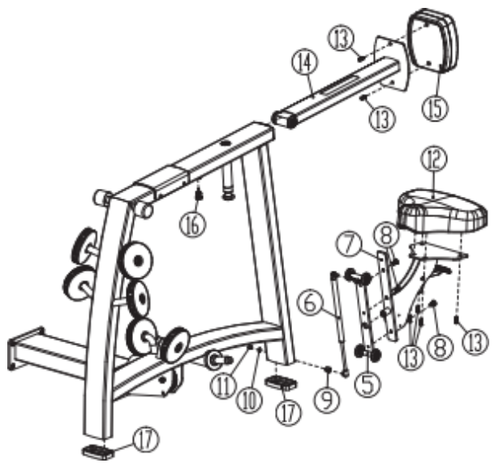
ACTION

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) × 6

STEP 2



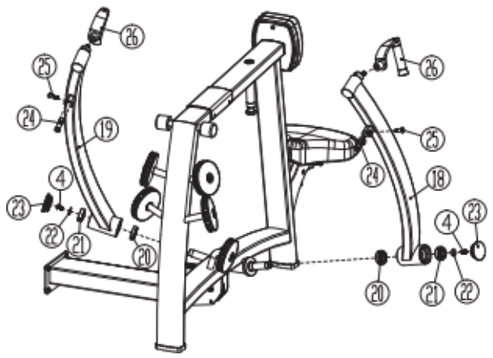
ACTION

Install the seat height adjustment pulley (#5), gas spring (#6), seat frame (#7), seat cushion (#12), adjustment rod (#14), chest pad (#15), spacer pin (#16), and foot pads (#17) as shown. Use the specified hardware (#8-#11 and #13). Tighten all hardware with a wrench. Some preassembled parts are omitted from the illustration for clarity.

HARDWARE

- Seat Height Adjustment Pulley (#5) × 1
- Gas Spring-220 (#6) × 1
- Seat Frame (#7) × 1
- 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
- Seat Cushion (#12) × 1
- Hex Socket Button Head Screw (M8×20) (#13) × 6
- Adjustment Rod (#14) × 1
- Chest Pad (#15) × 1
- Spacer Pin (#16) × 1
- 58×10 1 Foot Pad (#17) × 2

STEP 3



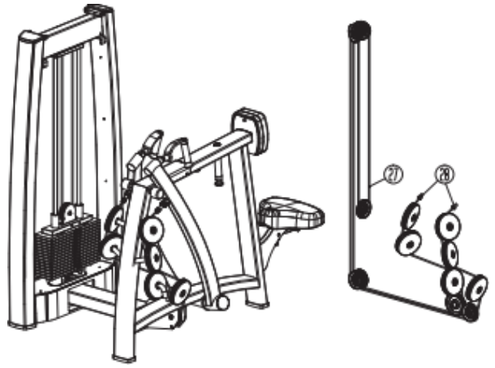
ACTION

Install the left and right movement arms (#18, #19), bearings (#20, #21), large washers (#22), shaft cover plates (#23), rod end bearings (#24), pulley shafts (#25), and handlebars (#26) as shown. Secure with M10×16 screws (#4). 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 (#18) × 1
- Right Movement Arm (#19) × 1
- Deep Groove Ball Bearing 6006 (#20) × 2
- Deep Groove Ball Bearing 6205 (#21) × 2
- M10 Large Washer (#22) × 2
- 76 Shaft Cover Plate (#23) × 2
- Rod End Bearing (M12) (#24) × 2
- Pulley Shaft-22 (#25) × 2
- Handlebar (#26) × 2

STEP 4



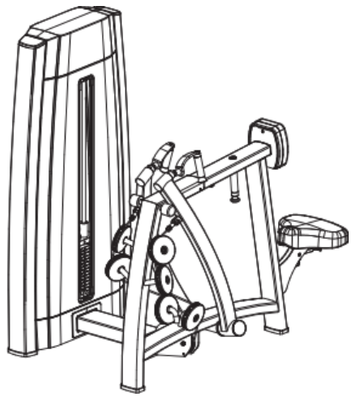
ACTION

Route the cable (#27) as shown and secure it 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 installation of the weight stack frame and required accessories.

HARDWARE

- Cable (#27) × 1
- Cable Fixing Bolt (M12×20) (#28) × 2

STEP 5



ACTION

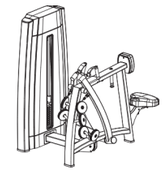
Install the covers as shown to complete assembly.

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)	10
5	Seat Height Adjustment Pulley	1
6	Gas Spring-220	1
7	Seat Frame	1

NO.	PART / SPECIFICATION	QTY
8	Hex Socket Countersunk Head Screw (M10×20)	3
9	Gas Spring End Nut	1
10	M8 Flat Washer	1
11	Hex Socket Button Head Screw (M8×10)	1
12	Seat Cushion	1
13	Hex Socket Button Head Screw (M8×20)	6
14	Adjustment Rod	1

NO.	PART / SPECIFICATION	QTY
15	Chest Pad	1
16	Spacer Pin	1
17	58×10 1 Foot Pad	2
18	Left Movement Arm	1
19	Right Movement Arm	1
20	Deep Groove Ball Bearing 6006	2
21	Deep Groove Ball Bearing 6205	2

NO.	PART / SPECIFICATION	QTY
22	M10 Large Washer	2
23	76 Shaft Cover Plate	2
24	Rod End Bearing (M12)	2
25	Pulley Shaft-22	2
26	Handlebar	2
27	Cable	1
28	Cable Fixing Bolt (M12×20)	2