7316 · Assisted Dip / Chin-Up

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

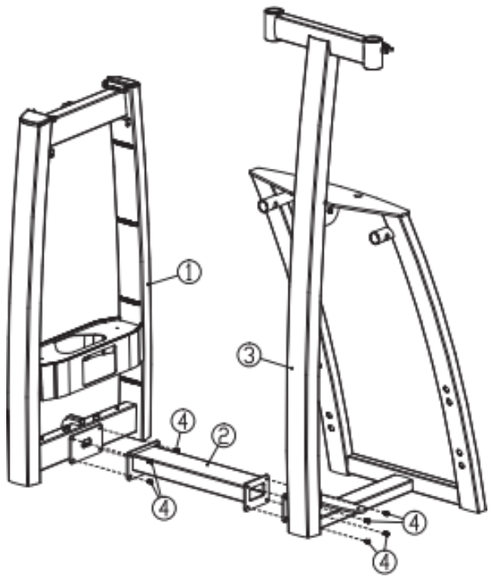
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

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



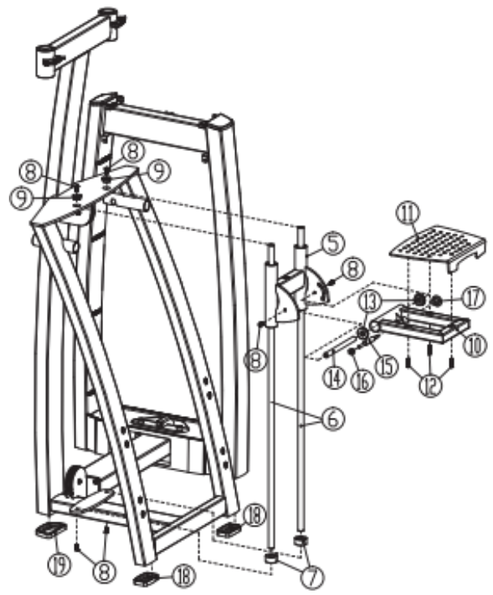
ACTION

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 the 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) × 12

STEP 2

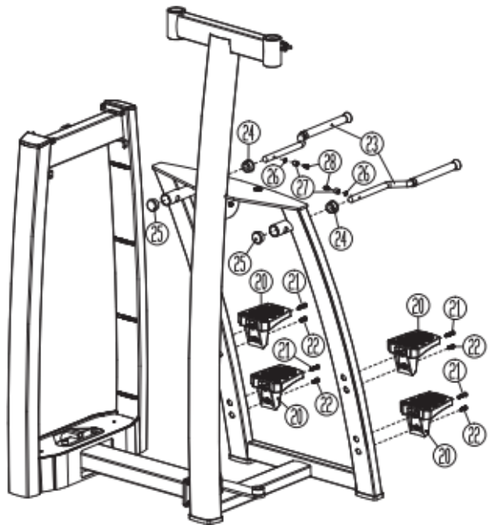


ACTION

Install the slideway (#5), slideway rods (#6), rubber pads (#7), rod end covers (#9), pedal frame (#10), pedal (#11), linings (#13), pedal shaft (#14), adjustment pull pin (#15), pull-pin sleeve bolt (#16), pull-pin handle (#17), foot pads (#18), and semi-elliptical foot pad (#19) as shown. Use the M10×20 screws (#8) and M8×35 screws (#12). Tighten all hardware with a wrench.

HARDWARE

- Slideway (#5) × 1
- Slideway Rod (#6) × 2
- Slideway Rod Rubber Pad (#7) × 2
- Hex Socket Button Head Screw (M10×20) (#8) × 10
- Slideway Rod End Cover (#9) × 2
- Pedal Frame (#10) × 1
- Pedal (#11) × 1
- Hex Socket Button Head Screw (M8×35) (#12) × 3
- 50 Lining (#13) × 6
- Pedal Shaft (Ø02×240) (#14) × 1
- Adjustment Pull Pin (#15) × 1
- Pull-Pin Sleeve Bolt (#16) × 1
- Pull-Pin Handle (#17) × 1
- 58×10 1 Foot Pad (#18) × 2
- Semi-Elliptical Foot Pad (#19) × 1



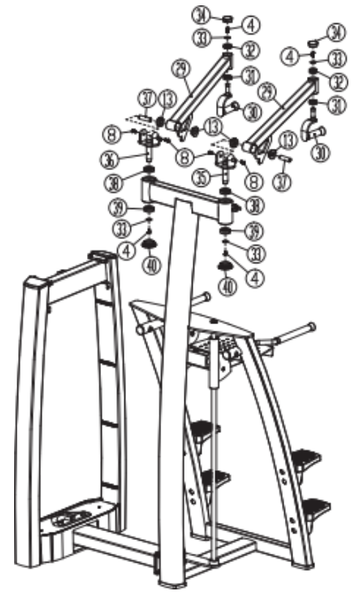
STEP 3

ACTION

Install the pedals (#20), handrails (#23), handrail linings (#24), end sleeves (#25), flat washers (#26), limit-bolt sleeves (#27), and M10×20 socket head cap screws (#28) as shown. Use the M10×45 screws (#21) and M10×30 screws (#22). Tighten all hardware with a wrench. Some preassembled parts are omitted from the illustration for clarity.

HARDWARE

- Pedal (#20) × 4
- Hex Socket Button Head Screw (M10×45) (#21) × 4
- Hex Socket Button Head Screw (M10×30) (#22) × 4
- Handrail (#23) × 2
- Handrail Lining (#24) × 2
- Handrail End Sleeve (#25) × 2
- M10 Flat Washer (#26) × 2
- Limit-Bolt Sleeve (#27) × 2
- Hex Socket Head Cap Screw (M10×20) (#28) × 2



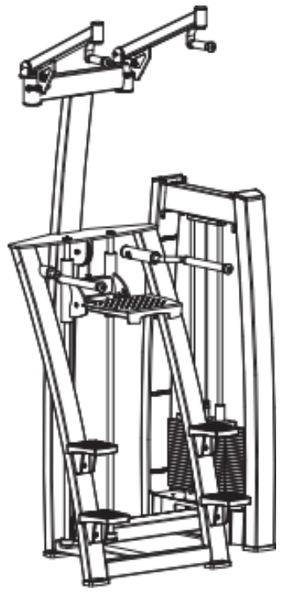
STEP 4

ACTION

Install the force arms (#29), handlebars (#30), bearings (#31, #32, #38, #39), large washers (#33), aluminum covers (#34, #40), left and right rotary shafts (#35, #36), and force-arm shafts (#37) as shown. Tighten all hardware with a wrench.

HARDWARE

- Force Arm (#29) × 2
- Handlebar (#30) × 2
- Deep Groove Ball Bearing 6004 (#31) × 2
- Thrust Bearing 51204 (#32) × 2
- M10 Large Washer (#33) × 4
- 50 Aluminum Cover (#34) × 2
- Left Rotary Shaft (#35) × 1
- Right Rotary Shaft (#36) × 1
- Force-Arm Shaft (Ø20×70) (#37) × 2
- Deep Groove Ball Bearing 6006 (#38) × 2
- Deep Groove Ball Bearing 6205 (#39) × 2
- 76 Aluminum Cover (#40) × 2



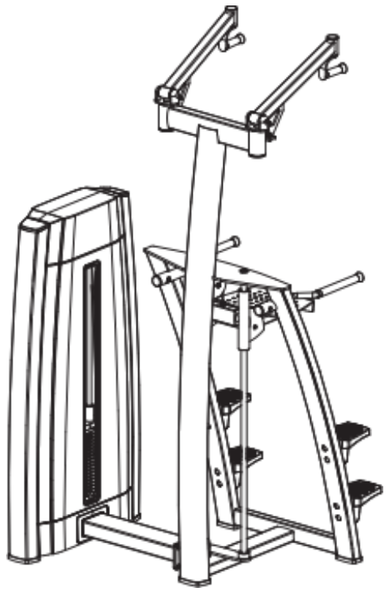
STEP 5

ACTION

Route the cable (#41) as shown and secure it with the M12×20 cable fixing bolt (#42). Loosen the locknut and adjust the threaded bolt until the cable has proper tension. Refer to the 7300-2 Installation Instruction for installation of the weight stack frame and required accessories.

HARDWARE

- Cable (#41) × 1
- Cable Fixing Bolt (M12×20) (#42) × 1



STEP 6

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	Slideway	1
6	Slideway Rod	2
7	Slideway Rod Rubber Pad	2
8	Hex Socket Button Head Screw (M10×20)	10
9	Slideway Rod End Cover	2
10	Pedal Frame	1
11	Pedal	1
12	Hex Socket Button Head Screw (M8×35)	3
13	50 Lining	6
14	Pedal Shaft (Ø02×240)	1

NO.	PART / SPECIFICATION	QTY
15	Adjustment Pull Pin	1
16	Pull-Pin Sleeve Bolt	1
17	Pull-Pin Handle	1
18	58×10 1 Foot Pad	2
19	Semi-Elliptical Foot Pad	1
20	Pedal	4
21	Hex Socket Button Head Screw (M10×45)	4
22	Hex Socket Button Head Screw (M10×30)	4
23	Handrail	2
24	Handrail Lining	2
25	Handrail End Sleeve	2
26	M10 Flat Washer	2
27	Limit-Bolt Sleeve	2
28	Hex Socket Head Cap Screw (M10×20)	2

NO.	PART / SPECIFICATION	QTY
29	Force Arm	2
30	Handlebar	2
31	Deep Groove Ball Bearing 6004	2
32	Thrust Bearing 51204	2
33	M10 Large Washer	4
34	50 Aluminum Cover	2
35	Left Rotary Shaft	1
36	Right Rotary Shaft	1
37	Force-Arm Shaft (Ø20×70)	2
38	Deep Groove Ball Bearing 6006	2
39	Deep Groove Ball Bearing 6205	2
40	76 Aluminum Cover	2
41	Cable	1
42	Cable Fixing Bolt (M12×20)	1