7319A · Side Training

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read this manual before installation and check all packaged components against the parts list.

02 If any part is missing or damaged, contact customer service before installation.

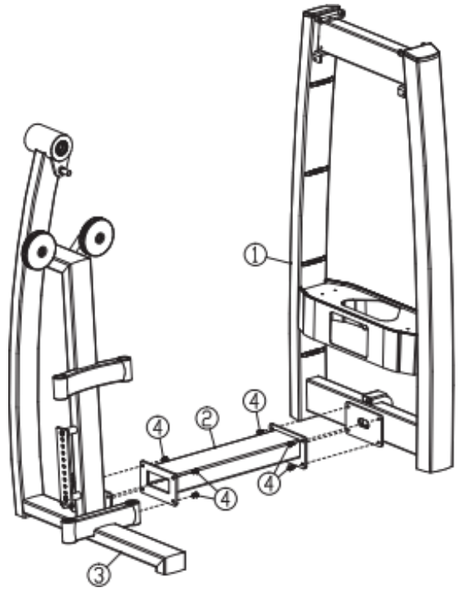
Tools Required

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

Assembly Notes

After assembly, review all functions before use. If a problem occurs, recheck the installation steps. If the problem remains, contact an authorized distributor and provide the product code and manual.

Assembly



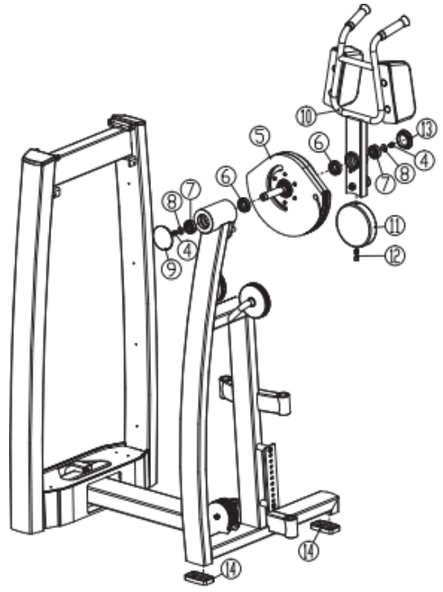
STEP 1

ACTION

Connect the weight stack frame (#1), joint (#2), and body frame (#3). Secure them with six M10×16 button head hex socket screws (#4).

HARDWARE

- Weight Stack Frame (#1) × 1
- Joint (#2) × 1
- Body Frame (#3) × 1
- Button Head Hex Socket Screws (M10×16) (#4) × 6



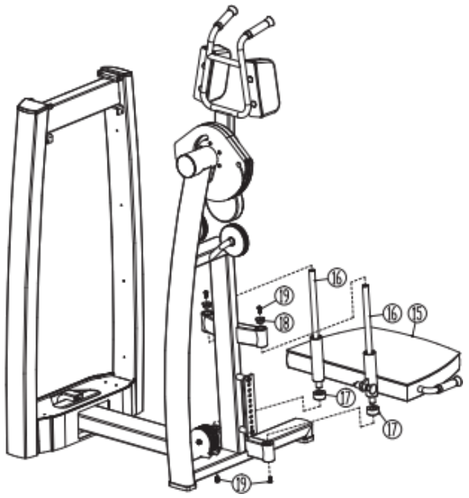
STEP 2

ACTION

Install the flange plate assembly (#5) and force arm (#10) with the bearings (#6, #7), washers (#8), end covers (#9, #13), counterweight (#11), M10×35 screw (#12), and foot pads (#14) as shown. Secure the assembly with four M10×16 button head hex socket screws (#4).

HARDWARE

- Button Head Hex Socket Screws (M10×16) (#4) × 4
- Flange Plate Assembly (#5) × 1
- Deep Groove Ball Bearing 6006 (#6) × 2
- Deep Groove Ball Bearing 6205 (#7) × 2
- M10 Large Washer (#8) × 2
- 100 End Cover (#9) × 1
- Force Arm (#10) × 1
- Counterweight (#11) × 1
- Hex Socket Head Cap Screw (M10×35) (#12) × 1
- 76 End Cover (#13) × 1
- 58×10 1 Foot Pad (#14) × 2



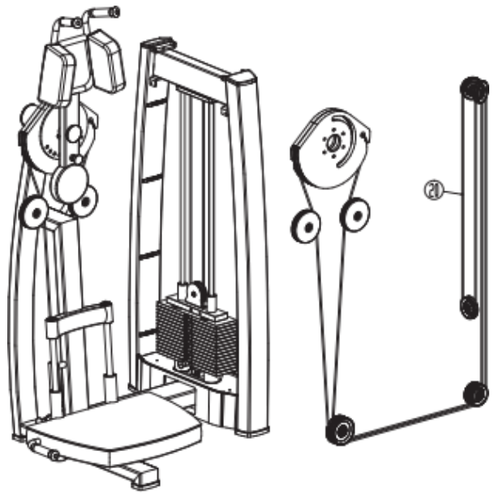
STEP 3

ACTION

Install the lower frame (#15), two slide rods (#16), two slide-rod rubber pads (#17), and two slide-rod end sleeves (#18). Secure them with four M10×20 button head hex socket screws (#19).

HARDWARE

- Lower Frame (#15) × 1
- Slide Rod (#16) × 2
- Slide Rod Rubber Pad (#17) × 2
- Slide Rod End Sleeve (#18) × 2
- Button Head Hex Socket Screws (M10×20) (#19) × 4



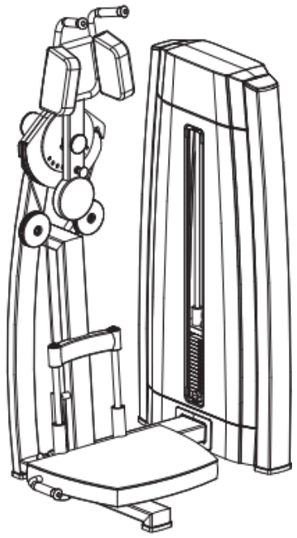
STEP 4

ACTION

Route and install the cable (#20) as shown.

HARDWARE

- Cable (#20) × 1



STEP 5

ACTION

Install the covers as shown.

FINAL CHECK

01 After assembly, make sure the machine is square and vertical. Use a spirit level to check the guide bar in two directions. If it is not vertical, loosen the vertical-frame hardware, realign the frame, and retighten the bolts.



Parts List

Some preassembled spare parts are not included in this list.

NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1
2	Joint	1
3	Body Frame	1
4	Button Head Hex Socket Screws (M10×16)	10
5	Flange Plate Assembly	1
6	Deep Groove Ball Bearing 6006	2
7	Deep Groove Ball Bearing 6205	2

NO.	PART / SPECIFICATION	QTY
8	M10 Large Washer	2
9	100 End Cover	1
10	Force Arm	1
11	Counterweight	1
12	Hex Socket Head Cap Screw (M10×35)	1
13	76 End Cover	1
14	58×10 1 Foot Pad	2

NO.	PART / SPECIFICATION	QTY
15	Lower Frame	1
16	Slide Rod	2
17	Slide Rod Rubber Pad	2
18	Slide Rod End Sleeve	2
19	Button Head Hex Socket Screws (M10×20)	4
20	Cable	1