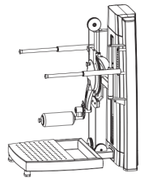
7320 · Multi Hip

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

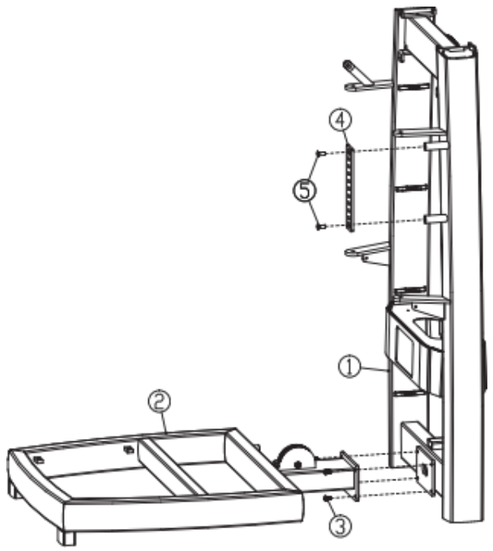
- Rubber Mallet
- Spirit Level
- Hex Keys
- Snap-Ring Pliers
- Adjustable Wrench
- 2 People

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



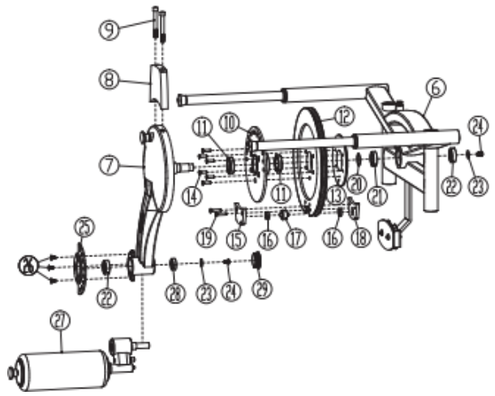
ACTION

Connect the weight stack frame (#1) to the underframe (#2) with four M10×16 button head hex socket screws (#3). Install the slideway adjustment plate (#4) with two M10×20 hex socket countersunk head screws (#5).

HARDWARE

- Weight Stack Frame (#1) × 1
- Underframe (#2) × 1
- Button Head Hex Socket Screws (M10×16) (#3) × 4
- Slideway Adjustment Plate (#4) × 1
- Hex Socket Countersunk Head Screws (M10×20) (#5) × 2

STEP 2

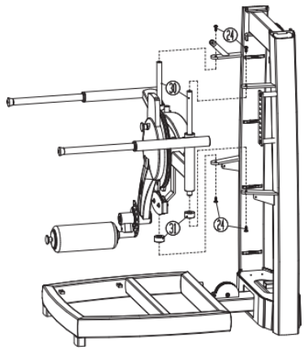


ACTION

Assemble the slideway (#6), force arm (#7), counterweight (#8), flange (#10), bearings, cable spool, turn plate components, adjustment components, and related hardware (#9-#29) in the order shown.

HARDWARE

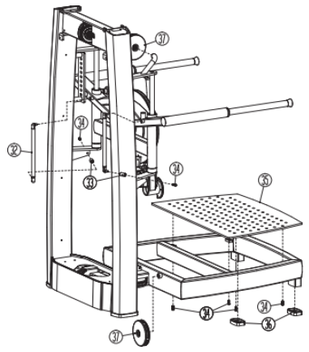
- Slideway (#6) × 1
- Force Arm (#7) × 1
- Counterweight (#8) × 1
- Hex Socket Head Cap Screws (M12×100) (#9) × 2
- Flange (#10) × 1
- Deep Groove Ball Bearing 61908 (#11) × 2
- Cable Spool (#12) × 1
- Turn Plate Cover (#13) × 1
- Hex Socket Countersunk Head Screws (M8×30) (#14) × 6
- Cable Clamp Plate 1 (#15) × 1
- Deep Groove Ball Bearing 600 1 (#16) × 2
- Cable Fixed Shaft (#17) × 1
- Cable Clamp Plate 2 (#18) × 1
- Hex Socket Countersunk Head Screw (M8×40) (#19) × 1
- Bearing Isolation Pad (#20) × 1
- Deep Groove Ball Bearing 6006 (#21) × 1
- Deep Groove Ball Bearing 6205 (#22) × 2
- M10 Large Washer (#23) × 2
- Button Head Hex Socket Screws (M10×20) (#24) × 6
- Force Arm Adjustment Plate (#25) × 1
- Hex Socket Countersunk Head Screws (M8×16) (#26) × 3
- Rotating Assembly (#27) × 1
- Deep Groove Ball Bearing 6004 (#28) × 1
- 60 End Cover (#29) × 1



STEP 3

ACTION
Install the two slideway rods (#30) and two slideway rod rubber pads (#31) as shown.

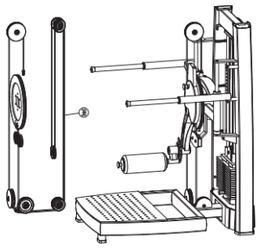
HARDWARE
- Slideway Rod (#30) × 2
- Slideway Rod Rubber Pad (#31) × 2



STEP 4

ACTION
Install the two gas springs (#32), fixing nuts (#33), pedal (#35), foot pads (#36), and pulley assemblies (#37). Secure them with six M8×20 button head hex socket screws (#34).

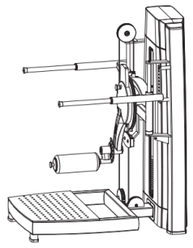
HARDWARE
- Gas Spring-220 (#32) × 2
- Gas Spring Fixing Nut (#33) × 2
- Button Head Hex Socket Screws (M8×20) (#34) × 6
- Pedal (#35) × 1
- 76×48 Foot Pad (#36) × 2
- 120 Pulley Assembly (#37) × 2



STEP 5

ACTION
Route and install the cable (#38) as shown.

HARDWARE
- Cable (#38) × 1

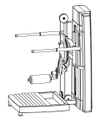


STEP 6

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	Underframe	1
3	Button Head Hex Socket Screws (M10×16)	4
4	Slideway Adjustment Plate	1
5	Hex Socket Countersunk Head Screws (M10×20)	2
6	Slideway	1
7	Force Arm	1
8	Counterweight	1
9	Hex Socket Head Cap Screws (M12×100)	2
10	Flange	1
11	Deep Groove Ball Bearing 61908	2
12	Cable Spool	1
13	Turn Plate Cover	1
14	Hex Socket Countersunk Head Screws (M8×30)	6
15	Cable Clamp Plate 1	1
16	Deep Groove Ball Bearing 600 1	2
17	Cable Fixed Shaft	1
18	Cable Clamp Plate 2	1
19	Hex Socket Countersunk Head Screw (M8×40)	1
20	Bearing Isolation Pad	1
21	Deep Groove Ball Bearing 6006	1
22	Deep Groove Ball Bearing 6205	2
23	M10 Large Washer	2
24	Button Head Hex Socket Screws (M10×20)	6
25	Force Arm Adjustment Plate	1
26	Hex Socket Countersunk Head Screws (M8×16)	3
27	Rotating Assembly	1
28	Deep Groove Ball Bearing 6004	1
29	60 End Cover	1
30	Slideway Rod	2
31	Slideway Rod Rubber Pad	2
32	Gas Spring-220	2
33	Gas Spring Fixing Nut	2
34	Button Head Hex Socket Screws (M8×20)	6
35	Pedal	1
36	76×48 Foot Pad	2
37	120 Pulley Assembly	2
38	Cable	1