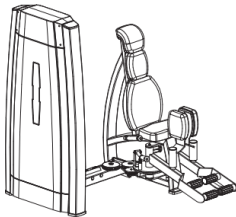


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INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read the installation instructions carefully before assembly.
- 02 Check that all components are included and undamaged. Contact customer service immediately if any part is missing or damaged.
- 03 Follow these installation instructions during assembly.
- 04 Before use, make sure you understand all product functions. If a problem remains after rechecking the assembly steps, contact an authorized distributor and have the product code and manual available.

Tools Required

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

Assembly Notes

Use more than two people for assembly.

Assembly

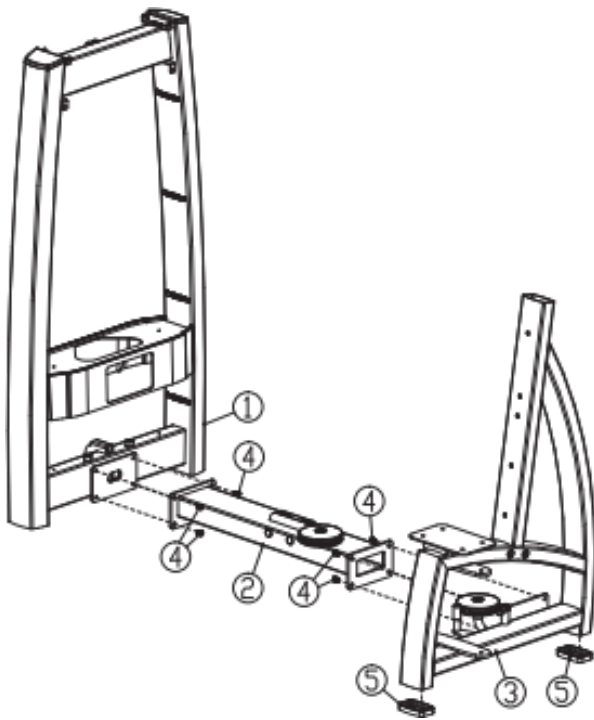
STEP 1

ACTION

Connect the weight stack frame (#1) and body frame (#3) with the joint (#2). Secure the frame with sixteen M10×16 hexagon socket button head screws (#4), then fit the two foot pads (#5).

HARDWARE

- Weight Stack Frame (#1) × 1
- Joint (#2) × 1
- Body Frame (#3) × 1
- Hexagon Socket Button Head Screw (M10×16) (#4) × 16
- Foot Pad (58×10 1) (#5) × 2



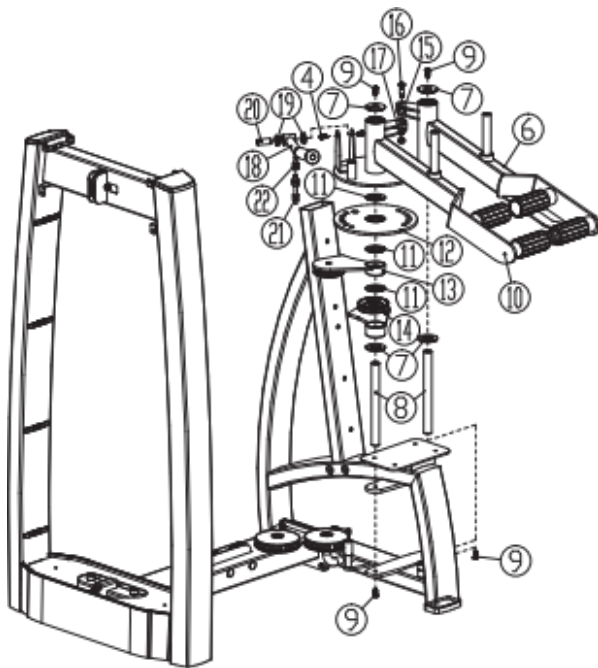
STEP 2

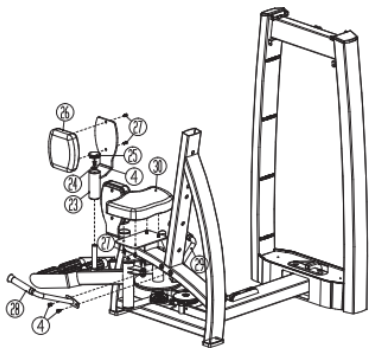
ACTION

Install the left and right force arms (#6, #10), four 60 gaskets (#7), two guide rods (#8), three axle sleeve pads (#11), adjustable plate (#12), winding plates 1 and 2 (#13, #14), linkage rod (#15), two wheel axles (#16), and two M10 locknuts (#17). Secure with four M10×20 hexagon socket button head screws (#9). Install the adjustable handlebar (#18) with two 32 linings (#19), handlebar shaft (#20), adjustable pull pin (#21), and retaining chain (#22).

HARDWARE

- Left Force Arm (#6) × 1
- 60 Gasket (#7) × 4
- Guide Rod (#8) × 2
- Hexagon Socket Button Head Screw (M10×20) (#9) × 4
- Right Force Arm (#10) × 1
- Axle Sleeve Pad (#11) × 3
- Adjustable Plate (#12) × 1
- Winding Plate 1 (#13) × 1
- Winding Plate 2 (#14) × 1
- Linkage Rod (#15) × 1
- Wheel Axle-30 (#16) × 2
- M10 Locknut (#17) × 2
- Adjustable Handlebar (#18) × 1
- 32 Lining (#19) × 2
- Handlebar Shaft (Ø18×42) (#20) × 1
- Adjustable Pull Pin (#21) × 1
- Pull Pin Retaining Chain (#22) × 1





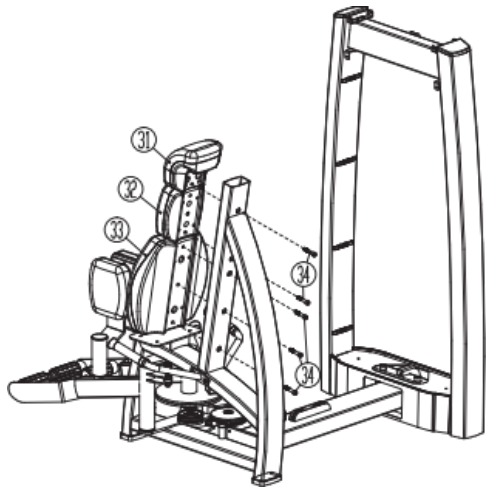
STEP 3

ACTION

Install the two rotary arms (#23) with two M10 large washers (#24) and two 60 end covers (#25). Install the two leg pads (#26) with eight M8×20 hexagon socket button head screws (#27), then install the left and right handlebars (#28, #29).

HARDWARE

- Rotary Arm (#23) × 2
- M10 Large Washer (#24) × 2
- 60 End Cover (#25) × 2
- Leg Pad (#26) × 2
- Hexagon Socket Button Head Screw (M8×20) (#27) × 8
- Left Handlebar (#28) × 1
- Right Handlebar (#29) × 1



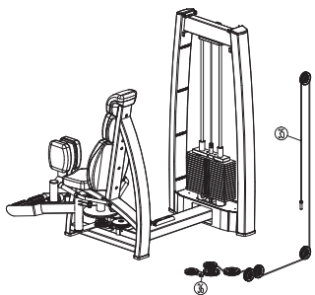
STEP 4

ACTION

Install the cushion (#30), headrest (#31), Arolium & Last Pad (#32), and back pad (#33). Secure them with five M10×50 hexagon socket head cap screws (#34).

HARDWARE

- Cushion (#30) × 1
- Headrest (#31) × 1
- Arolium & Last Pad (#32) × 1
- Back Pad (#33) × 1
- Hexagon Socket Head Cap Screw (M10×50) (#34) × 5



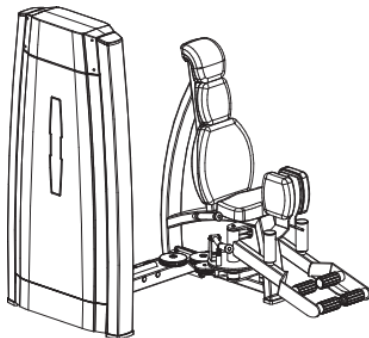
STEP 5

ACTION

Route the cable (#35) as shown and secure it with the M12×20 cable fixing bolt (#36).

HARDWARE

- Cable (#35) × 1
- Cable Fixing Bolt (M12×20) (#36) × 1



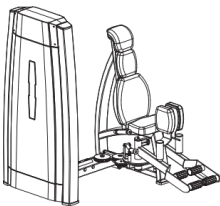
STEP 6

ACTION

Install the covers as shown.

FINAL CHECK

- 01 Important notice: After assembly, check that the unit is square and vertical.
- 02 Use a spirit level to check that the guide rod is perpendicular in both directions.
- 03 If it is not perpendicular, loosen the hardware on the vertical frame, realign the frame, and retighten the bolts.



Important notice

- 01 Refer to the 7300-2 Installation Instruction when installing the weight stack frame and required accessories.

Parts List

Some preassembled parts are not included in this parts list.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	7	60 Gasket	4	13	Winding Plate 1	1	19	32 Lining	2	25	60 End Cover	2
2	Joint	1	8	Guide Rod	2	14	Winding Plate 2	1	20	Handlebar Shaft (Ø18×42)	1	26	Leg Pad	2
3	Body Frame	1	9	Hexagon Socket Button Head Screw (M10×20)	4	15	Linkage Rod	1	21	Adjustable Pull Pin	1	27	Hexagon Socket Button Head Screw (M8×20)	8
4	Hexagon Socket Button Head Screw (M10×16)	16	10	Right Force Arm	1	16	Wheel Axle-30	2	22	Pull Pin Retaining Chain	1	28	Left Handlebar	1
5	Foot Pad (58×10 1)	2	11	Axle Sleeve Pad	3	17	M10 Locknut	2	23	Rotary Arm	2	29	Right Handlebar	1
6	Left Force Arm	1	12	Adjustable Plate	1	18	Adjustable Handlebar	1	24	M10 Large Washer	2	30	Cushion	1
												34	Hexagon Socket Head Cap Screw (M10×50)	5
												35	Cable	1
												36	Cable Fixing Bolt (M12×20)	1