

Before Installation

Before You Start

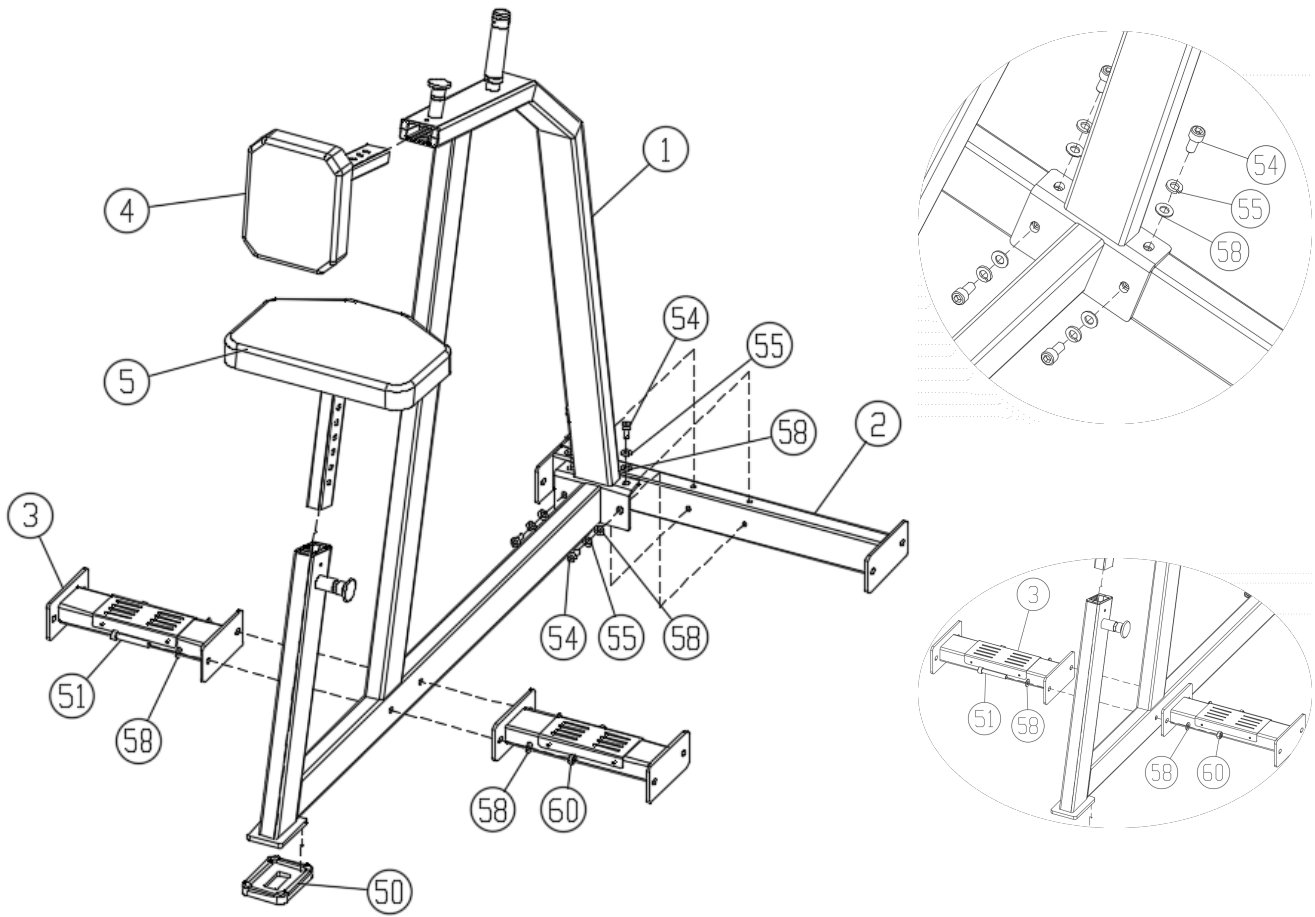
- 01 Read these instructions carefully before assembly. Check all parts and quantities against the parts list. If any parts are missing or damaged in transit, contact after-sales service immediately. Assemble the equipment according to these instructions.
- 02 This equipment is designed for smooth and effective exercise. After assembly, learn all functions before use. Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Check the instructions for the cause; if the problem cannot be resolved, contact after-sales service.

Tools Required

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

Assembly

STEP 1



ACTION

Install the base bracket (#2) under the main frame assembly (#1); install two connecting brackets (#3) on both sides of the main frame assembly (#1); install the chest pad assembly (#4) and seat adjustment assembly (#5) on the main frame assembly (#1); install the rectangular foot pad (#50) on the main frame assembly (#1).

HARDWARE

 #2 × 1 Base bracket	 #51 × 2 Socket head cap screw M10×70	 #3 × 2 Connecting bracket
 #54 × 4 Socket head cap screw M10×20	 #4 × 1 Chest pad assembly	 #55 × 4 Spring washer M10
 #5 × 1 Seat adjustment assembly	 #58 × 8 Flat washer M10-D20	 #50 × 1 Rectangular foot pad
 #60 × 2 Hex lock nut M10		

Fastener Reference



#51
Socket head cap screw
M10x70



#56
Flat washer M10-D50



#55
Spring washer M10



#52
Socket head cap screw
M10x60



#57
Flat washer M10-D30



#60
Hex lock nut M10



#53
Socket head cap screw
M10x25



#58
Flat washer M10-D20

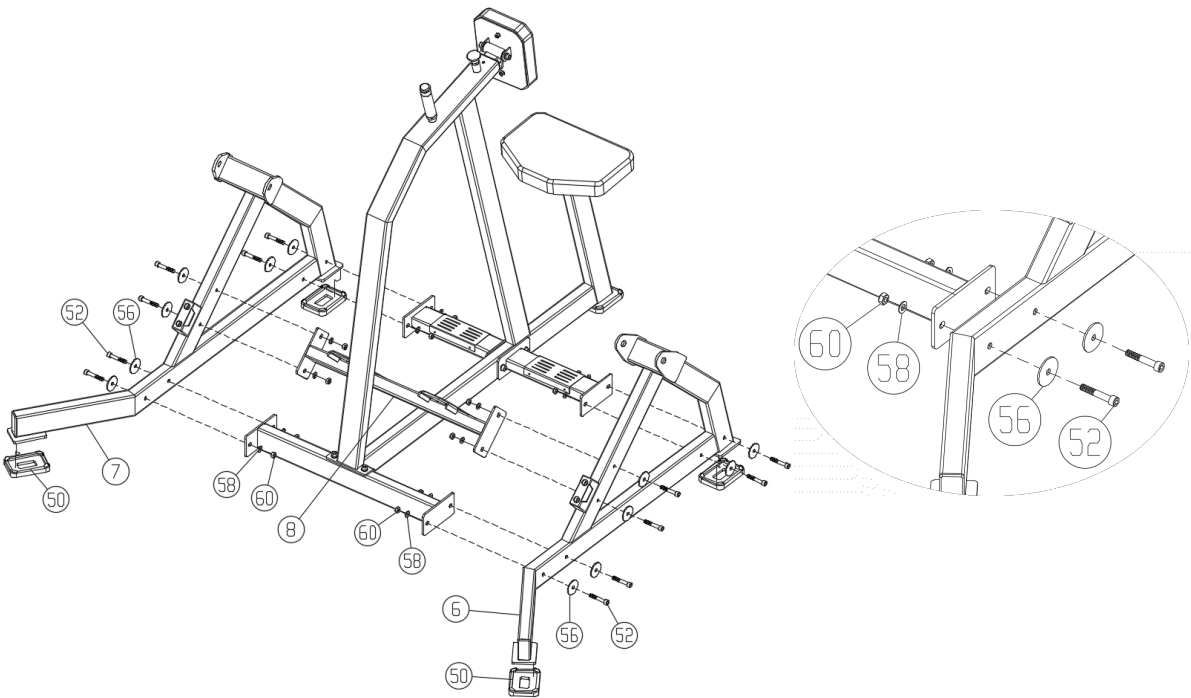


#54
Socket head cap screw
M10x20



#59
Socket countersunk head
screw M10x25

STEP 2



ACTION

Connect the left side frame assembly (#6) and right side frame assembly (#7) with the footplate connecting frame (#8), then install four rectangular foot pads (#50) on the left side frame assembly (#6) and right side frame assembly (#7).



#6 × 1
Left side frame assembly



#7 × 1
Right side frame assembly



#8 × 1
Footplate connecting frame



#50 × 4
Rectangular foot pad



#52 × 12
Socket head cap screw
M10x60



#56 × 12
Flat washer M10-D50

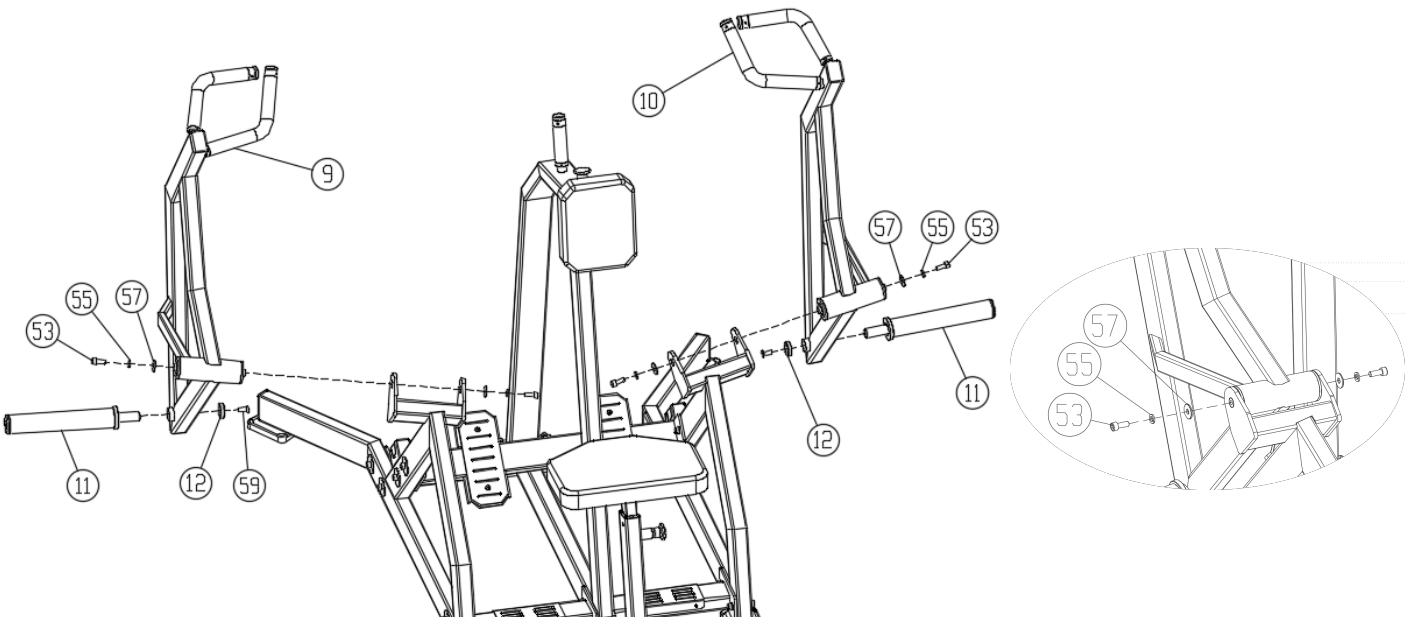


#58 × 12
Flat washer M10-D20



#60 × 12
Hex lock nut M10

STEP 3



ACTION

Install two lever arm sleeve assemblies (#11) on the left lever arm assembly (#9) and right lever arm assembly (#10), one on each side, and fit the weight horn locking caps (#12); install the left lever arm assembly (#9) on the left side frame assembly (#6) and the right lever arm assembly (#10) on the right side frame assembly (#7).



#9 × 1
Left lever arm assembly



#53 × 4
Socket head cap screw
M10x25



#10 × 1
Right lever arm assembly



#59 × 2
Socket countersunk head
screw M10x25



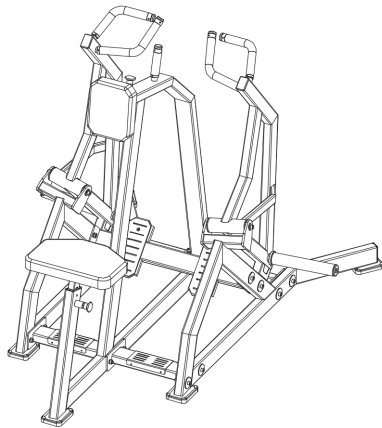
#11 × 2
Lever arm sleeve assembly



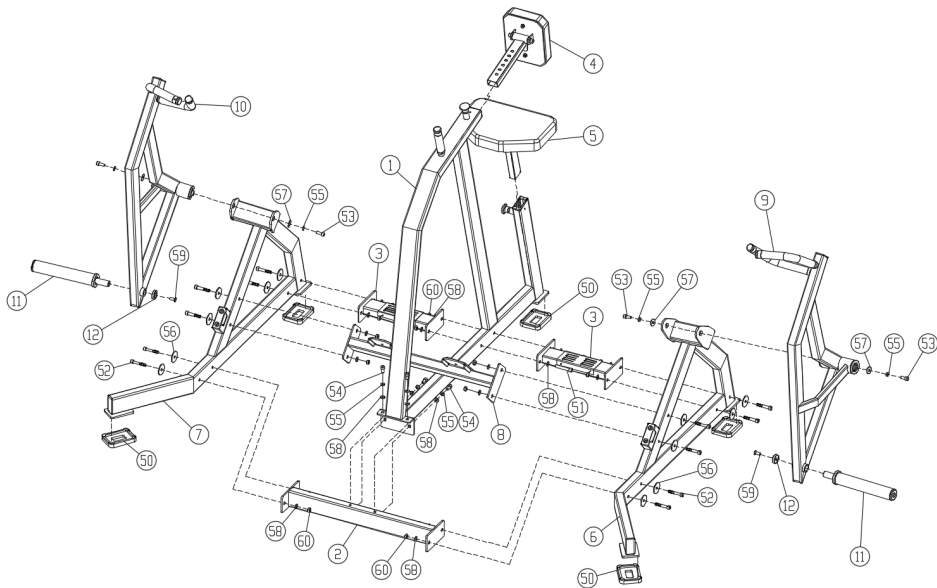
#57 × 4
Flat washer M10-D30

FINAL CHECK

01 After assembling the seated row machine, check that the equipment is level and upright.



Exploded View



Parts List

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Main frame assembly	1	7	Right side frame assembly	1	50	Rectangular foot pad	5	56	Flat washer M10-D50	12
2	Base bracket	1	8	Footplate connecting frame	1	51	Socket head cap screw M10×70	2	57	Flat washer M10-D30	4
3	Connecting bracket	2	9	Left lever arm assembly	1	52	Socket head cap screw M10×60	12	58	Flat washer M10-D20	20
4	Chest pad assembly	1	10	Right lever arm assembly	1	53	Socket head cap screw M10×25	4	59	Socket countersunk head screw M10×25	2
5	Seat adjustment assembly	1	11	Lever arm sleeve assembly	2	54	Socket head cap screw M10×20	4	60	Hex lock nut M10	14
6	Left side frame assembly	1	12	Weight horn locking cap	2	55	Spring washer M10	8			