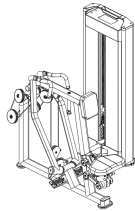


C4A14 • Diverging Mid Row

INSTALLATION MANUAL



Before Installation

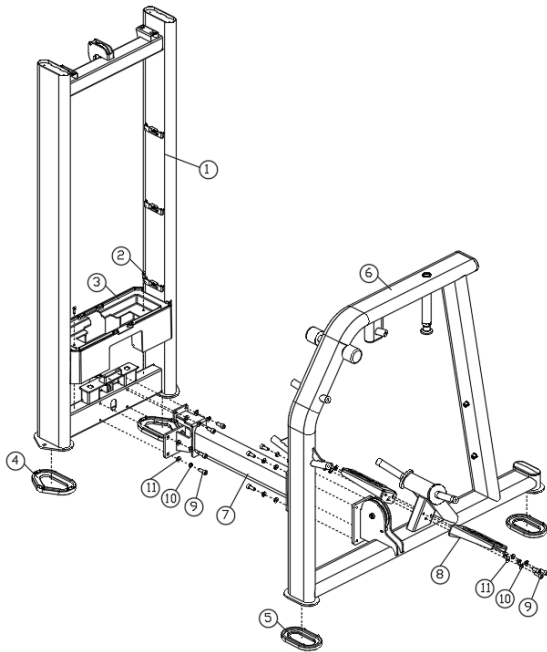
Before You Start

- 01 Read the entire manual before assembly. Check all parts and quantities against the lists. Report any missing or transport-damaged parts to after-sales service before assembly.
- 02 Assemble the equipment as instructed. After assembly, understand all functions before use. Stop use immediately if a problem occurs to prevent injury or equipment damage. Check the manual for the cause or contact after-sales service if the issue cannot be resolved.

Tools Required

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

Assembly



STEP 1 & 2

STEP 1
Attach the main side frame (#6), connecting frame (#7), and footplates (#8) to the weight stack frame (#1). Install the weight stack frame foot pads (#4) and flat oval foot pads (#5).

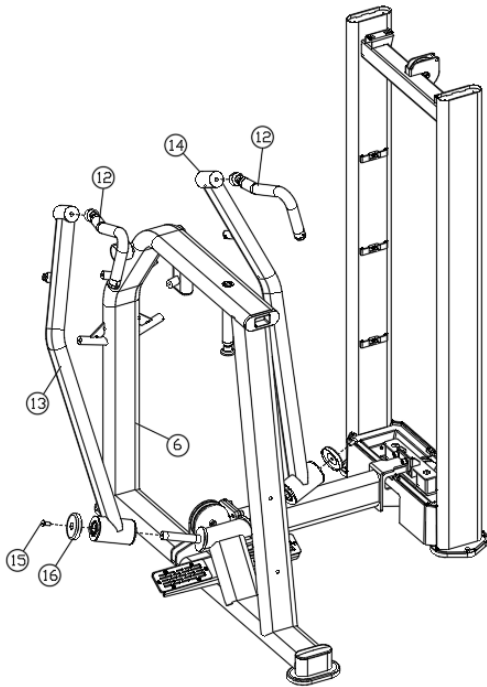
HARDWARE

- Hex Socket Head Cap Screw (M10×25) (#9) × 16
- Spring Washer (10) (#10) × 16
- Flat Washer (10) (#11) × 16

STEP 2
Attach the lower weight stack shroud (#3) to the weight stack frame (#1).

HARDWARE

- Hex Socket Head Cap Screw (M5×16) (#2) × 2



STEP 3 & 4

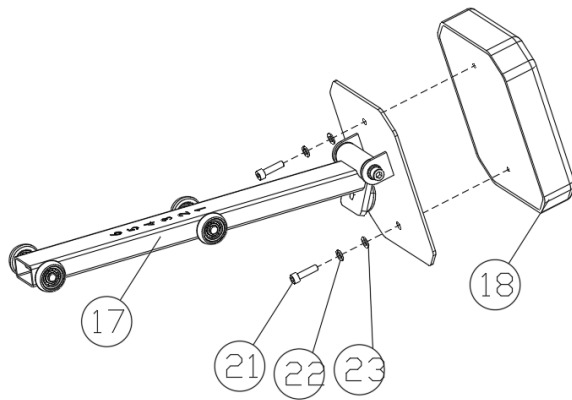
STEP 3
Attach the left and right lever arms (#13, #14) and the 76 aluminum caps (#16) to the main side frame (#6).

HARDWARE

- Hex Socket Countersunk Screw (M10×25) (#15) × 42

STEP 4
Attach the handles (#12) to the left and right lever arms (#13, #14).

STEP 5 & 6

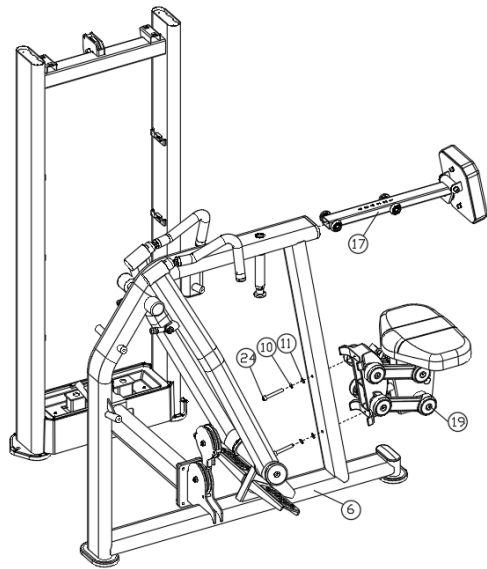


STEP 5
Attach the seat pad (#20) to the universal seat frame (#19).

STEP 6
Attach the universal chest pad (#18) to the chest pad adjustment frame (#17).

- HARDWARE**
- Hex Socket Head Cap Screw (M8×25) (#21) × 8
 - Spring Washer (8) (#22) × 8
 - Flat Washer (8) (#23) × 8

STEP 7 & 8

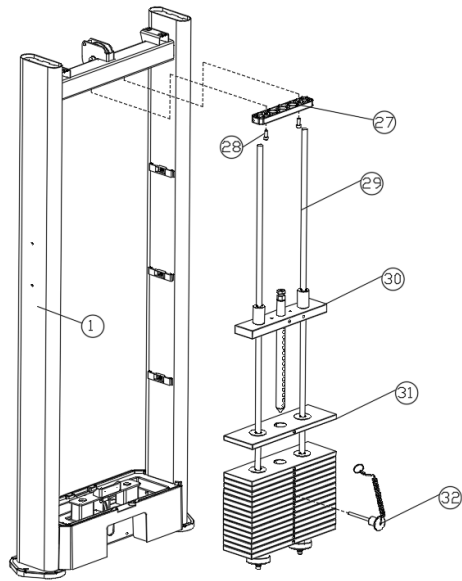


STEP 7
Attach the universal seat frame (#19) to the main side frame (#6).

- HARDWARE**
- Hex Socket Head Cap Screw (M10×70) (#24) × 2
 - Spring Washer (10) (#10) × 2
 - Flat Washer (10) (#11) × 2

STEP 8
Attach the assembled chest pad adjustment frame (#17) to the main side frame (#6).

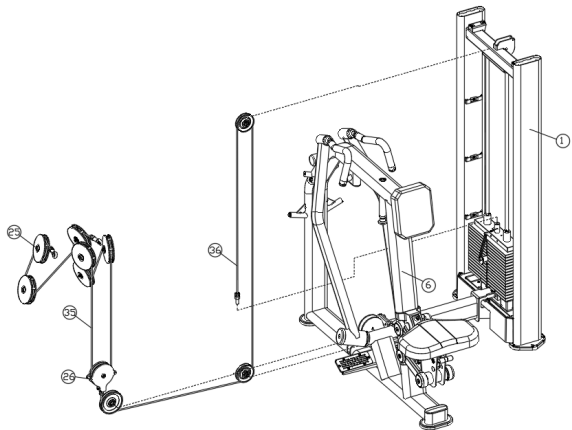
STEP 9



ACTION
Install 18 weight plates (#31) on the guide rods (#29) with the separator plates facing up. Install the guide block assembly (#30), insert the weight stack selector pin (#32), and slide the guide rod retaining plate (#27) onto the guide rods. Attach the retaining plate to the weight stack frame (#1). Tighten the bolts with a wrench before continuing.

- HARDWARE**
- Hex Socket Head Cap Screw (M8×20) (#28) × 2

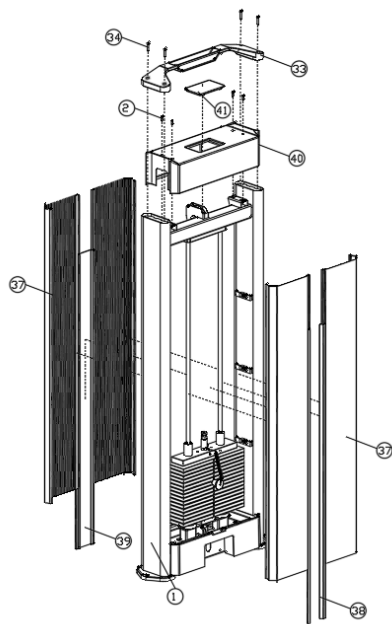
STEP 10 & 11



STEP 10
Remove the 120 pulley boxes (#25) and the preinstalled pulleys. Route Weight Cable 1 (#35) as shown, then reinstall the 120 pulley boxes on the main side frame (#6). Install the pulleys together with the cable.

STEP 11
Connect one end of Weight Cable 2 (#36) inside the weight stack frame (#1) and the other end to the 120 branch pulley box assembly (#26).

STEP 12 & 13



STEP 12
Slide two decorative strips (#38) into two shroud panels (#37) and secure them to the weight stack frame (#1) with the shroud clamp plates. Slide the decorative panel (#39) into two shroud panels (#37) and secure it to the weight stack frame. Attach the upper weight stack shroud (#40) to the weight stack frame (#1).

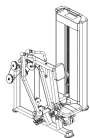
- HARDWARE**
- Hex Socket Head Cap Screw (M5×15) (#2) × 4

STEP 13
Attach the upper cover trim (#33) to the weight stack frame (#1).

- HARDWARE**
- Hex Socket Head Cap Screw (M6×30) (#35) × 4

FINAL CHECK

01 Important Notice: The seated row machine is now assembled. Check that the machine is level and vertical. Use a spirit level to verify that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	15	Hex Socket Countersunk Screw (M10×25)	2	29	Universal Weight Stack Guide Rod	2
2	Hex Socket Head Cap Screw (M5×16)	2	16	76 Aluminum Cap	2	30	Guide Block Assembly	1
3	Lower Weight Stack Shroud	1	17	Chest Pad Adjustment Frame	1	31	Weight Plate	18
4	Weight Stack Frame Foot Pad	2	18	Universal Chest Pad 1	1	32	Weight Stack Selector Pin	1
5	Flat Oval Foot Pad	2	19	Universal Seat Frame	1	33	Upper Cover Trim	1
6	Main Side Frame	1	20	Seat Pad	1	34	Hex Socket Head Cap Screw (M6×30)	4
7	Connecting Frame	1	21	Hex Socket Head Cap Screw (M8×30)	8	35	Weight Cable 1	1
8	Footplate	2	22	Spring Washer (8)	8	36	Weight Cable 2	1
9	Hex Socket Head Cap Screw (M10×25)	16	23	Flat Washer (8)	8	37	Shroud Panel	4
10	Spring Washer (10)	18	24	Hex Socket Countersunk Screw (M10×70)	2	38	Weight Stack Decorative Strip	2
11	Flat Washer (10)	18	25	120 Pulley Box	6	39	Weight Stack Decorative Panel	1
12	Handle	2	26	120 Branch Pulley Box Assembly	1	40	Upper Weight Stack Shroud	1
13	Left Lever Arm	1	27	Guide Rod Retaining Plate	1	41	Upper Shroud Top Cover	1
14	Right Lever Arm	1	28	Hex Socket Head Cap Screw (M8×20)	2			