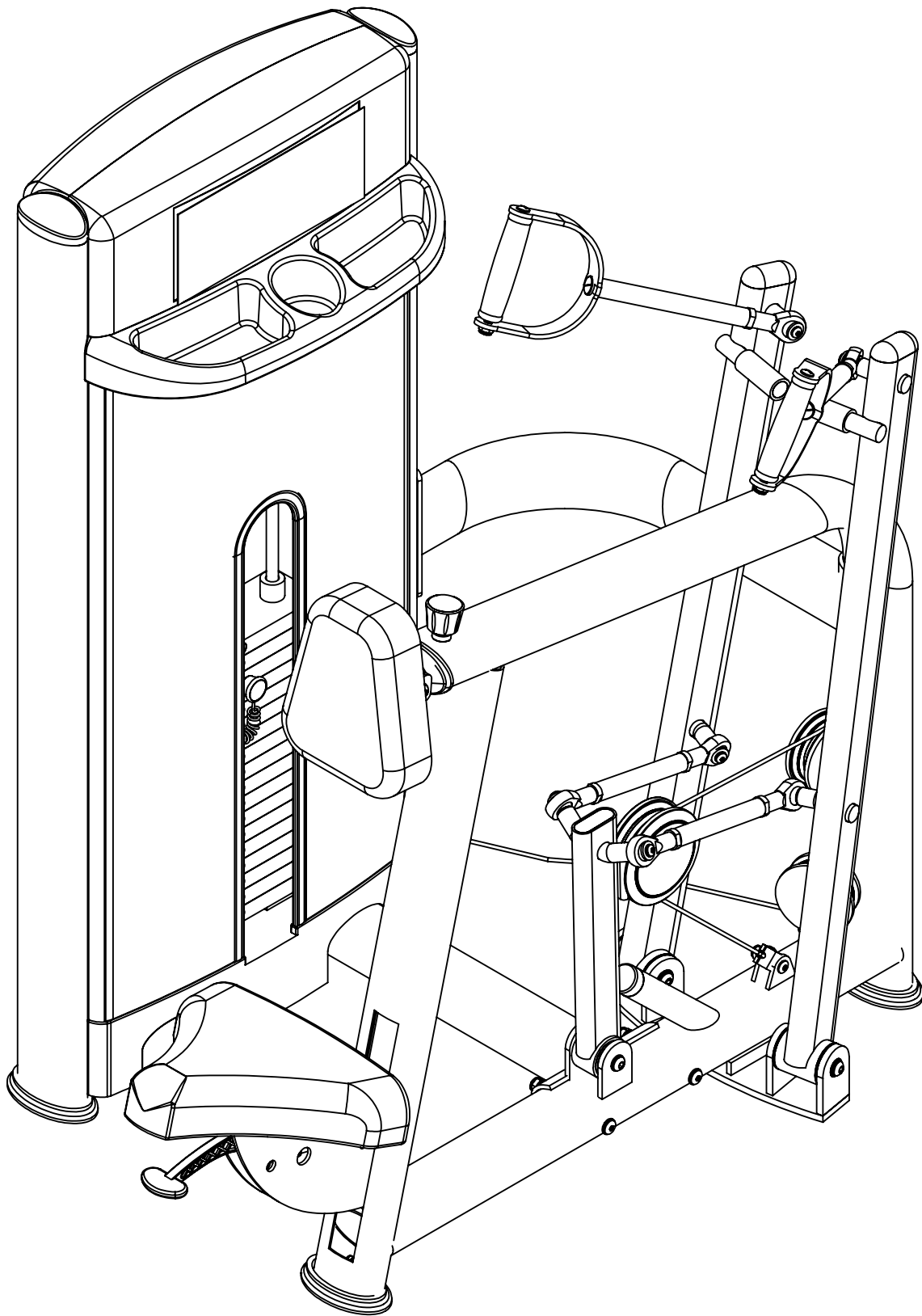


ASSEMBLY INSTRUCTION



Seated Row/Rear Delt

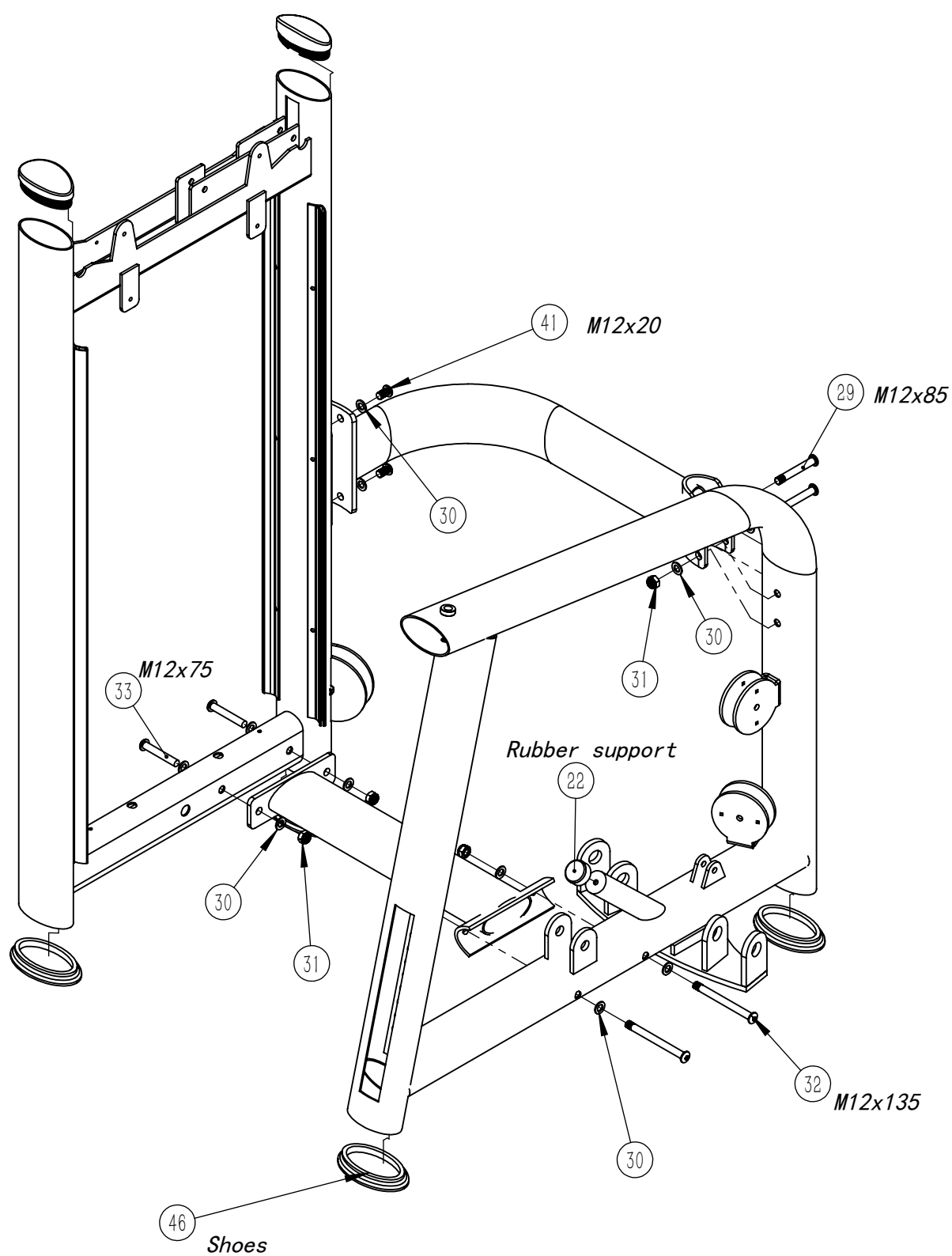
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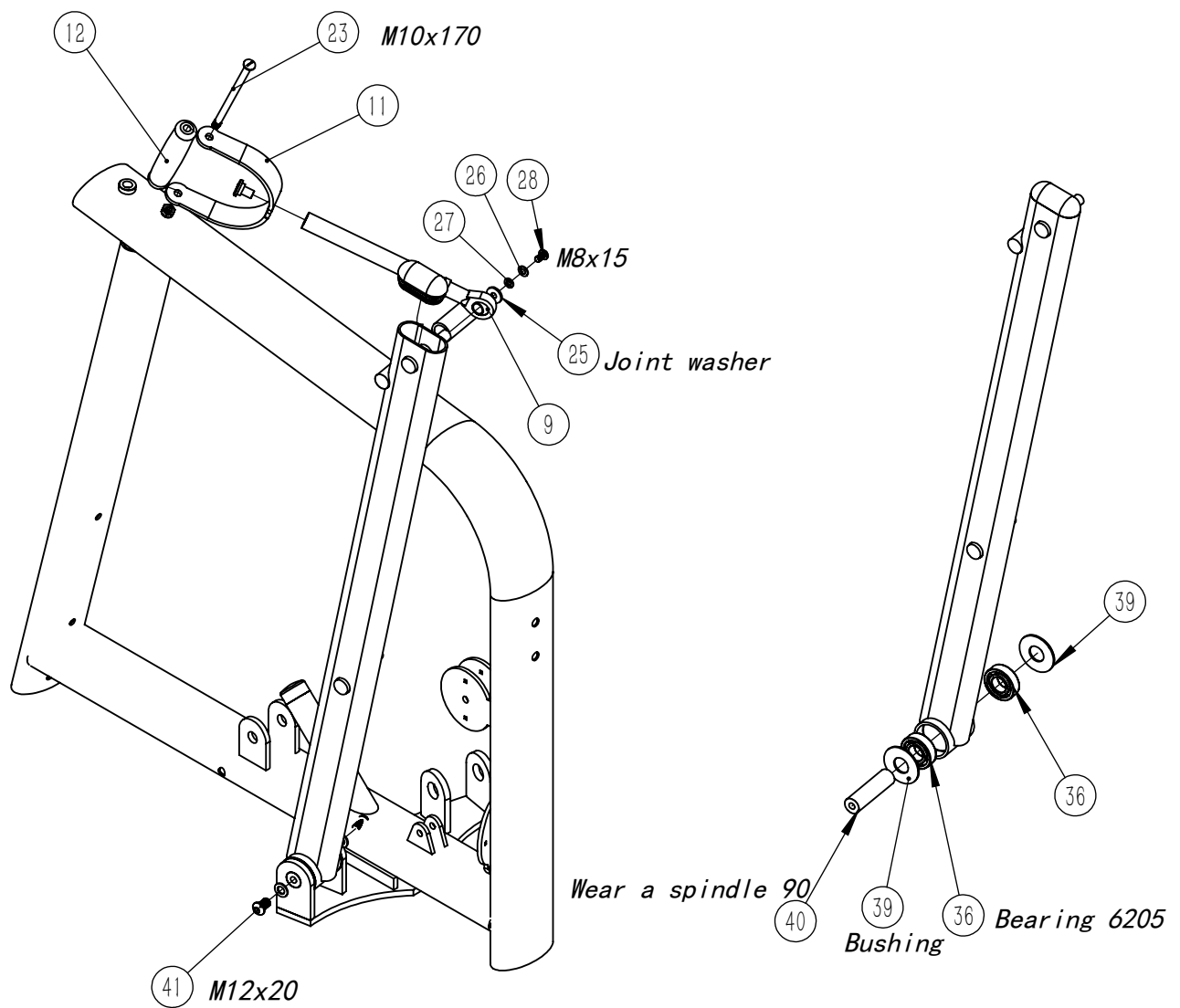
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The main frame assembly	1	33	半圆头M12X75	Screw, M12X75	2
2	副架	The sub frame	1	34	半圆头M10X50	Screw,M10X50	5
3	弯撑组	The bend group	1	35	89滑轮	φ 89MM Pulley	2
4	直撑1	Support group	1	36	11-6205	Bearing 6205	4
5	力臂	The arm group	1	37	28X25X18X4衬套	Bushing 28*25*18*4	2
6	杠杆臂	The lever arm group	1	38	70穿心轴	wear a spindle 70	1
7	拉背拉杆	Pull rod	2	39	60x25.5x2.5衬片	Bushing 60*25.5*2.5	4
8	16杆端螺丝活	Rod end screw diameter 16	6	40	25x90穿心轴	wear a spindle 90	2
9	16杆端螺丝内	Rod end screw 16	6	41	半圆头M12X20	Screw,M12x20	12
10	拉背拉杆1	Pull rod 1	2	42	坐架总装	the assembly seat frame	1
11	弯手把板	Bent handle plate	2	43	调板	Adjusting plate	1
12	塑料手把	The plastic handle	2	44	32X26X18X5衬套	bushing 32x26x18x5	2
13	镜向力臂	fromparent+	1	45	M7新坐垫	Seat cushion	1
14	M7导杆套	guide rod sleeve M7	2	46	鞋	Shoes	4
15	M7导杆套圈	gasket of barbell sleeve	2	47	大线轮扣盖	Cover,Pulley Bolted Partial	2
16	1.19米导杆	guide rod 1.19	2	48	小线轮扣盖	small wirewheel cover	3
17	半圆头M8X30	Screw,M8x30	8	49	大压线U卡	Big "U" fastener	1
18	方配重垫	counter weight cushion	2	50	5MM端子	terminl 5mm	1
19	大线轮	φ 114MM Pulley	4	51	拉背M5胸垫调节1	Plating tube	1
20	18片配重组	Assy,Weight Plate	1	52	铁板耳子	The steel plate	2
21	M4小管堵	Elliptic tube plug 40*80	2	53	胸垫	Chest Cushion	1
22	支位球	Rubber Support	1	54	胸垫铁板	The steel plate of chest cushion	1
23	盘头一字型螺栓M10x170	Screw ,M10x170	2	55	手轮	Handwheel	1
24	M10防松帽	Nut,M10	5	56	SB12-前中空内管套(短)	Glige Sleeve,M7	1
25	关节垫圈	joint washer	6	57	105穿心轴	Axle 105L	1
26	M8平面垫圈	Washer,M8	12	58	半圆头M10X20	screw M10*20	1
27	M8弹垫	the elastic washer M8	6	59	平头一字螺丝M12	M12x20	2
28	半圆头M8X15	Screw M8*15	6	60	配重螺丝中空M12X60	Turnbuckle Screw,M12x60	1
29	半圆头M12X85	Button Head Cap Screw, M12*85	2	61	M12	Nut,M12	1
30	M12平垫圈	Washer,M12	24	62	钢丝绳	Wire rope	1
31	M12防松帽	Nut,M12	6	63	80手把套(小)	Grip 80L	2
32	半圆头M12X135	Button Head Cap Screw M12X125	2				

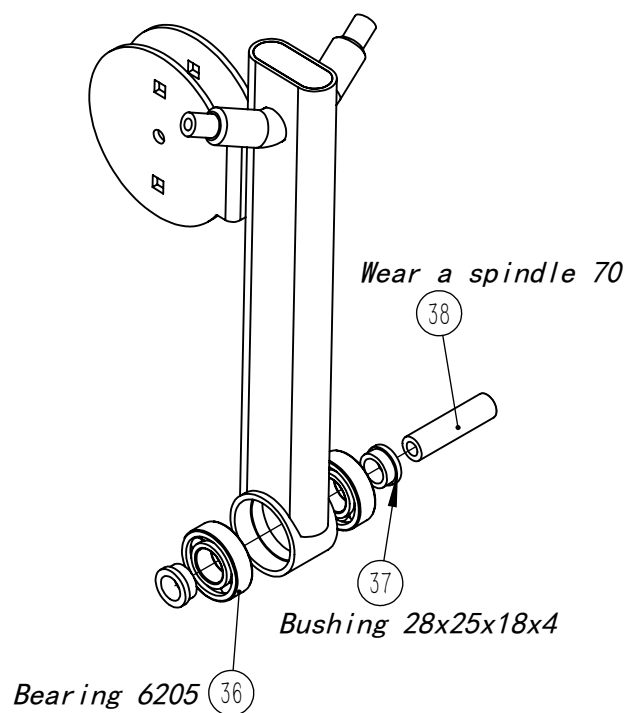
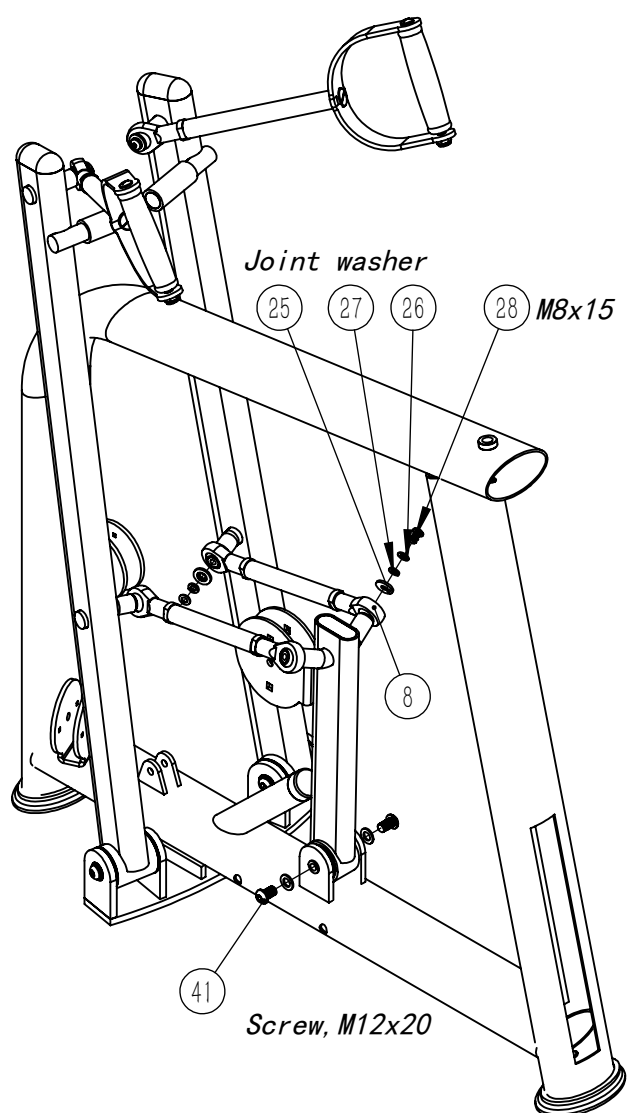
The main frame & The sub frame assembly



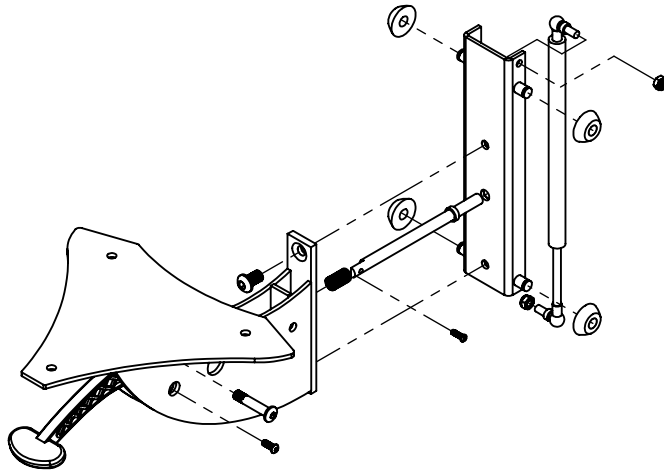
The arm group assembly



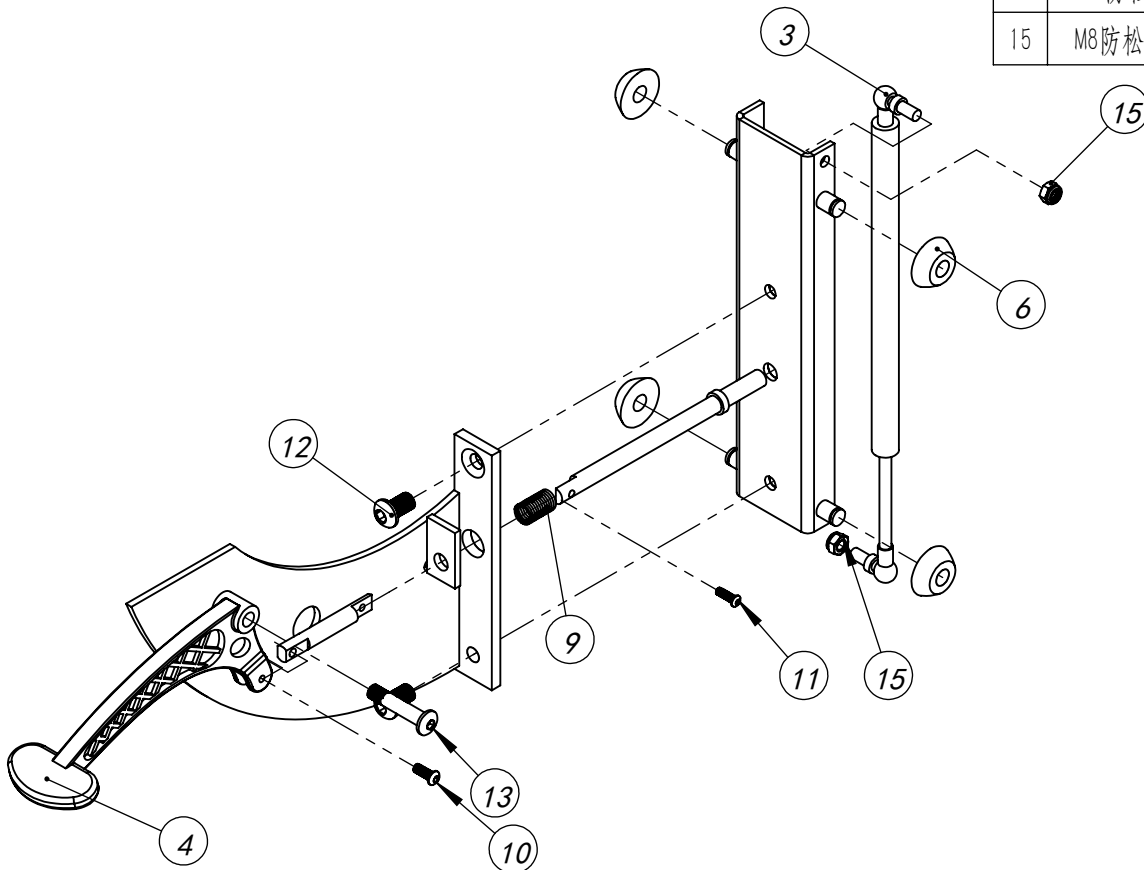
The lever arm assembly



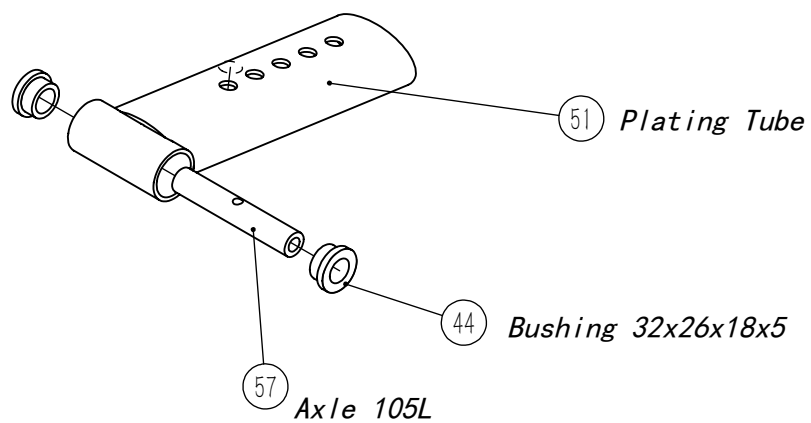
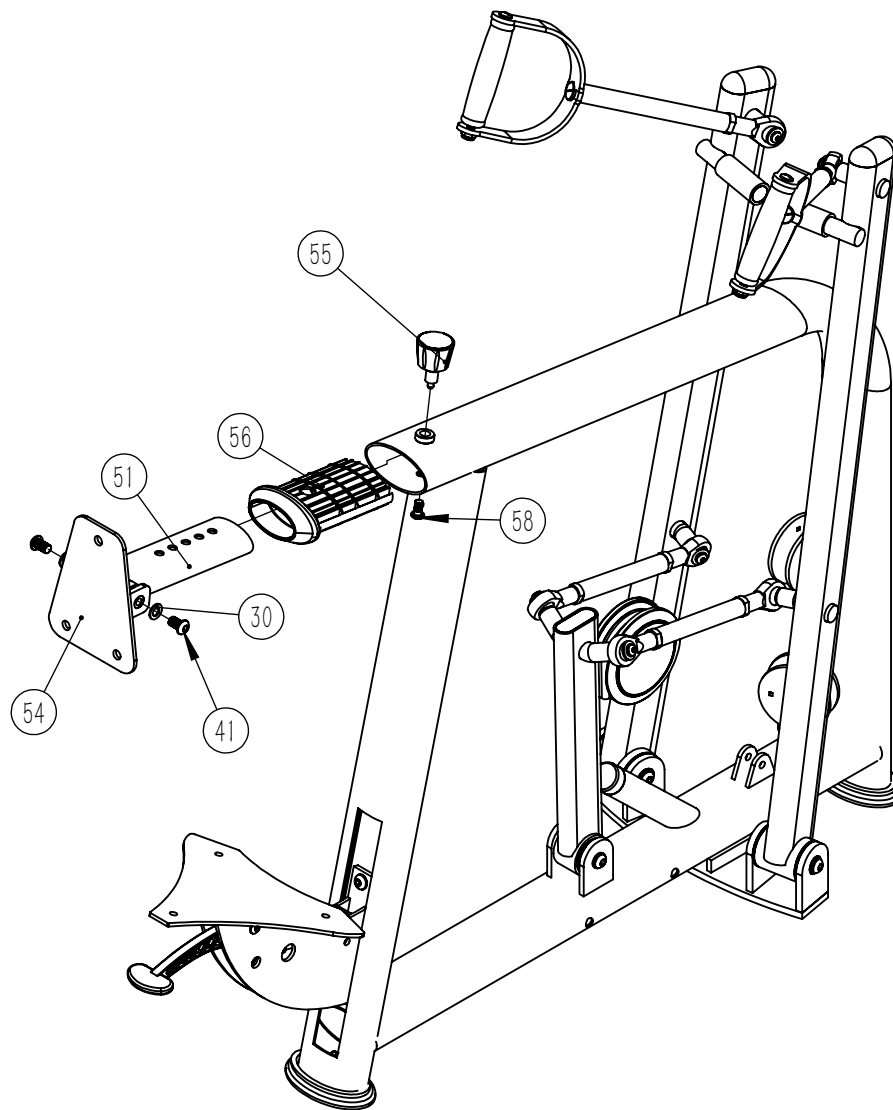
Seate assembly



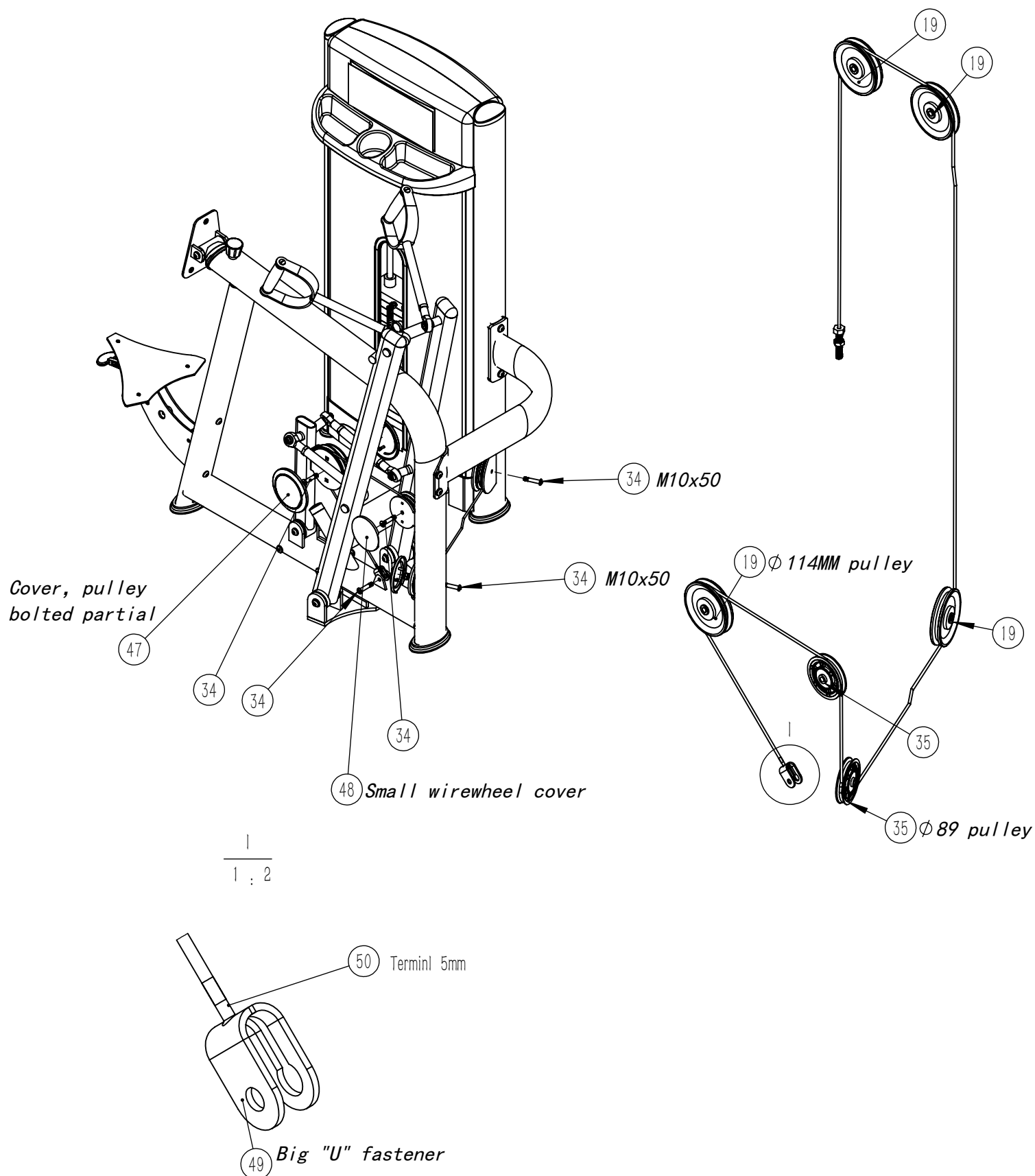
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



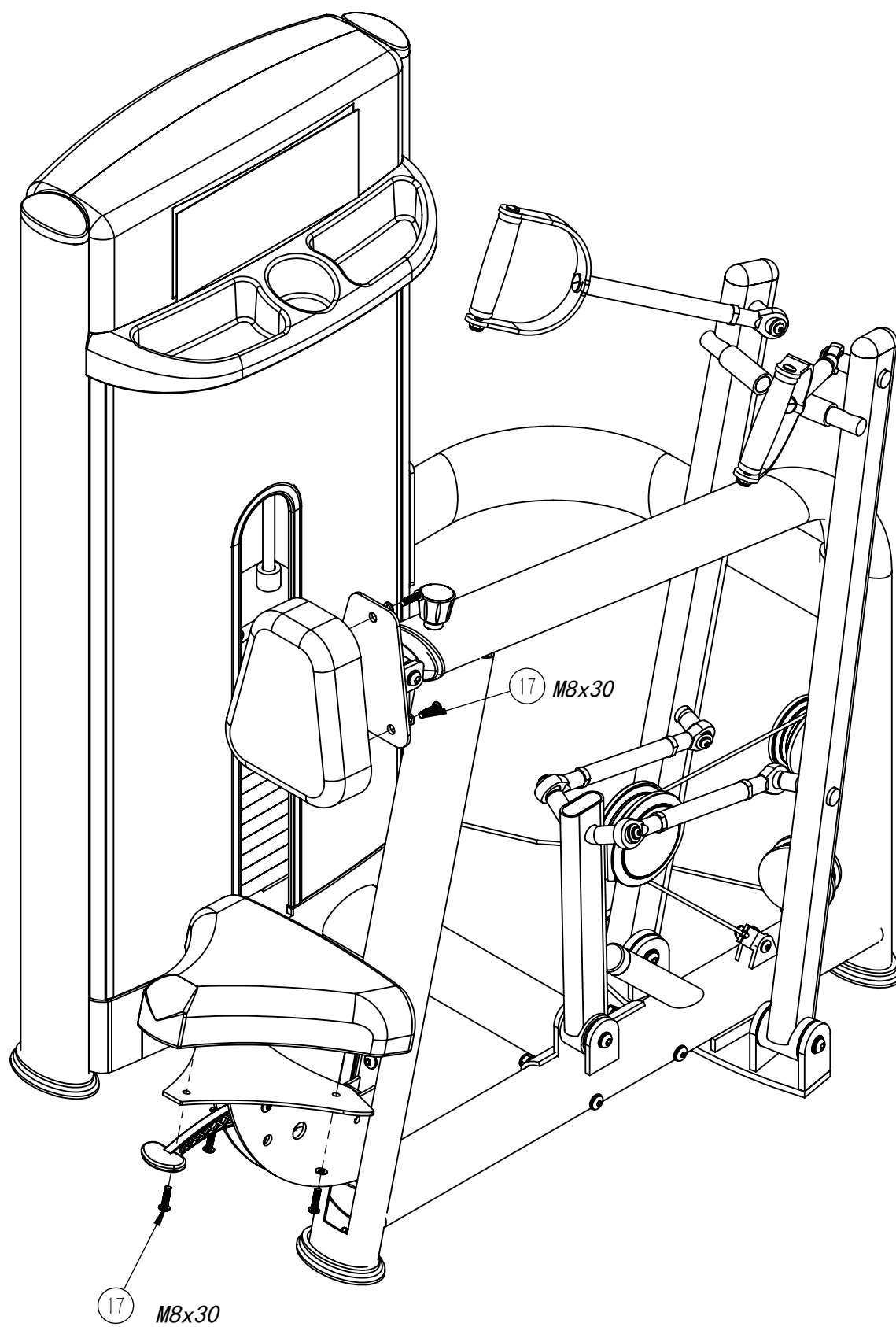
Chest regulation assembly



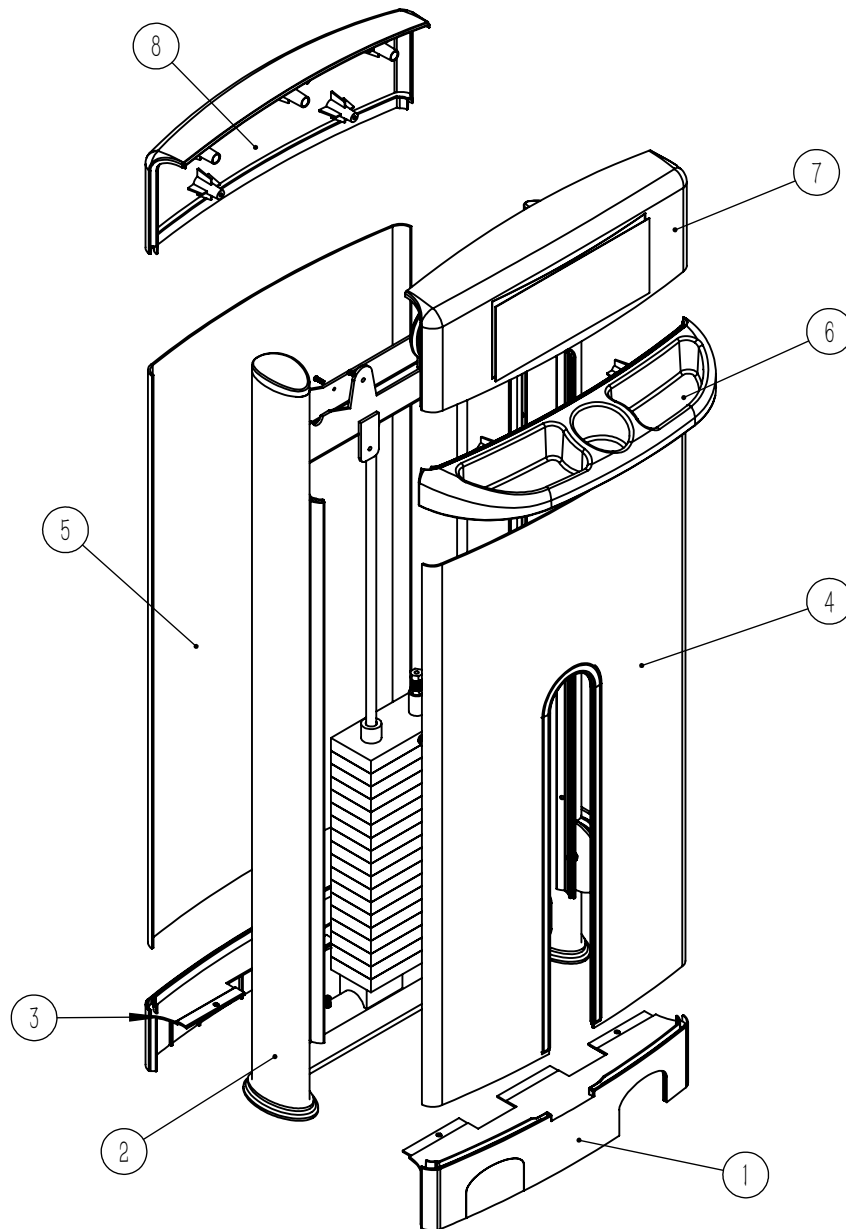
Wire rope & Wire wheel assembly



The cushion assembly

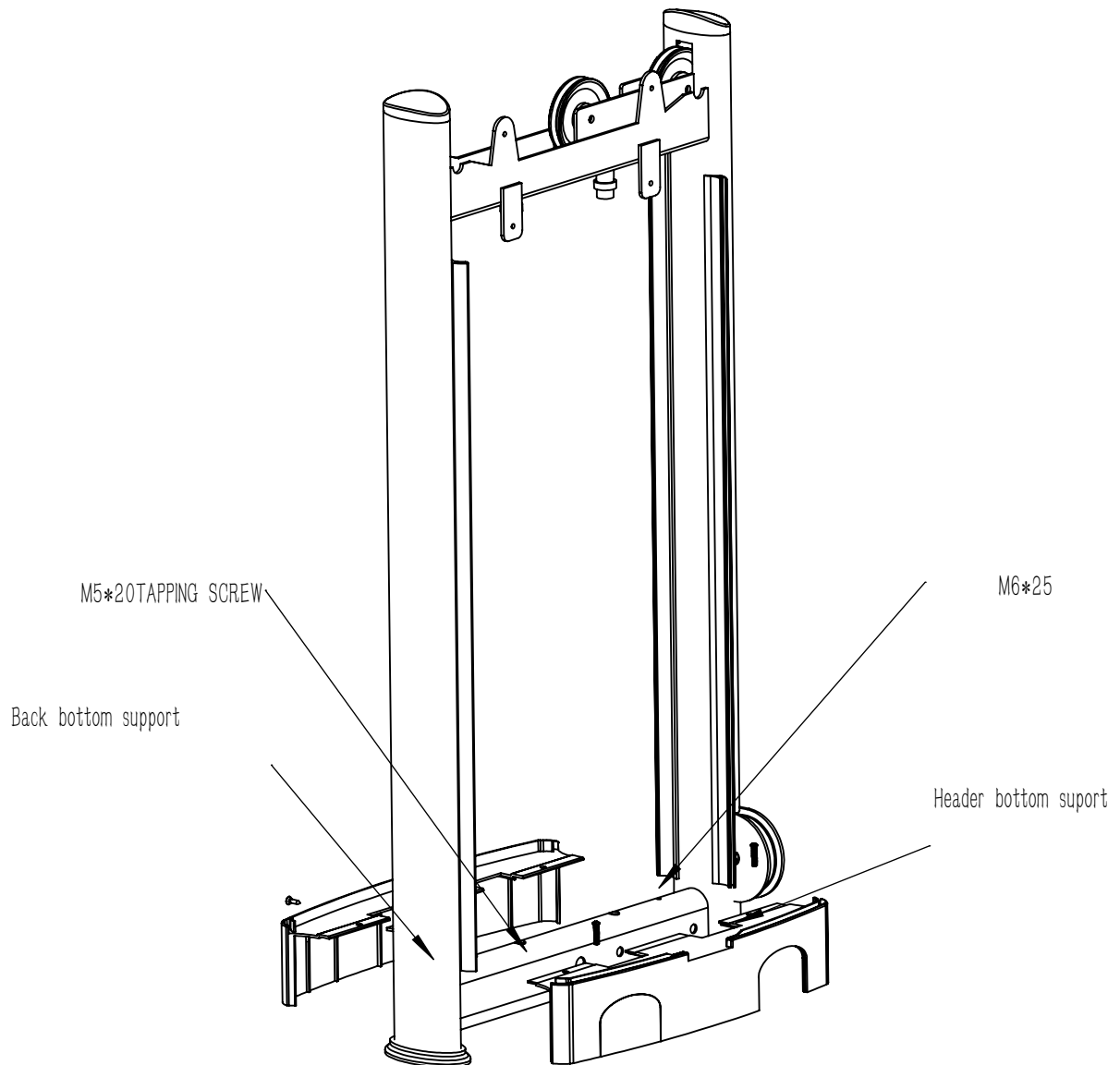


The main frame assembly

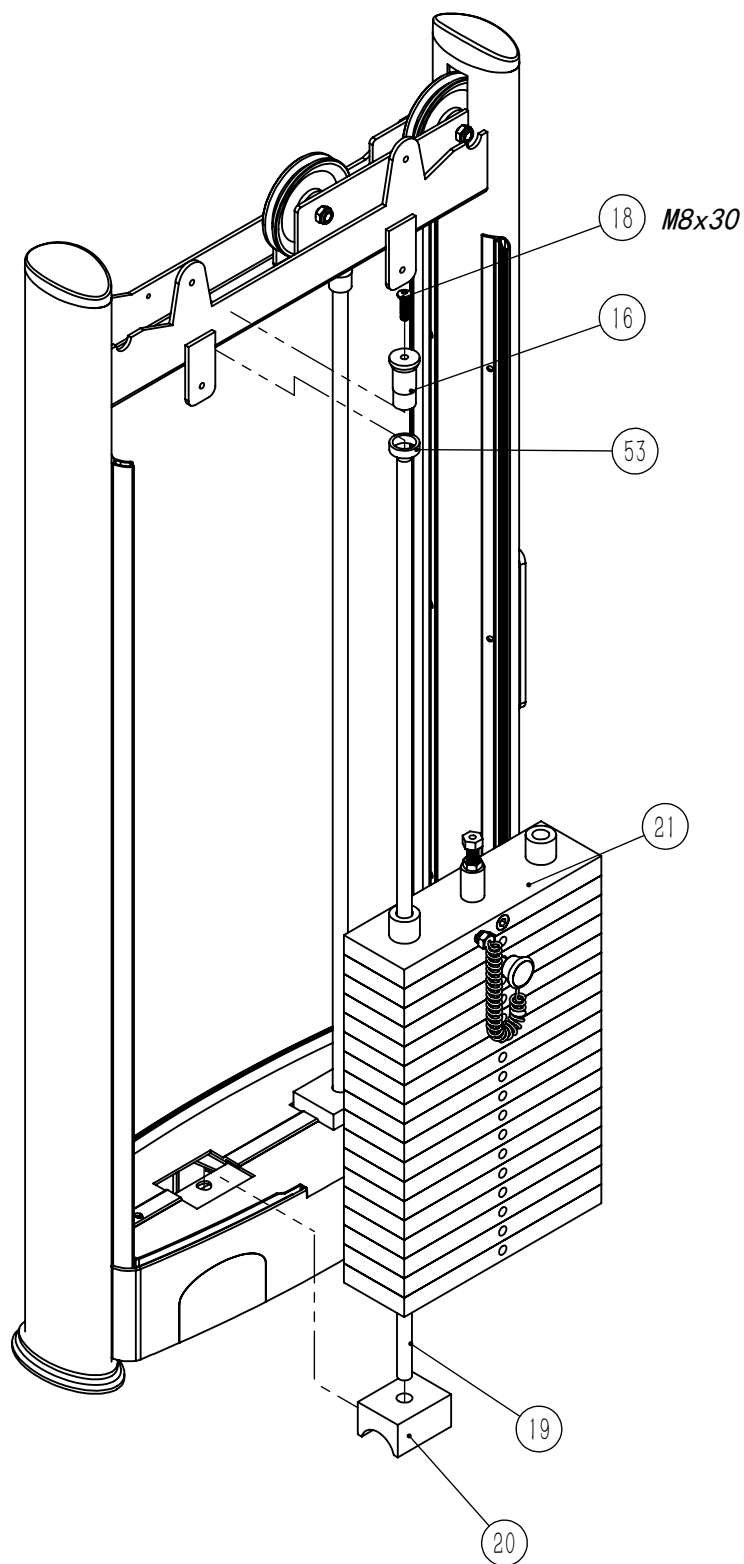


- 1、 Head bottom support
- 2、 Main frame
- 3、 Back bottom support
- 4、 Header board
- 5、 Back board
- 6、 Support
- 7、 Header gusset plate
- 8、 Back gusset plate

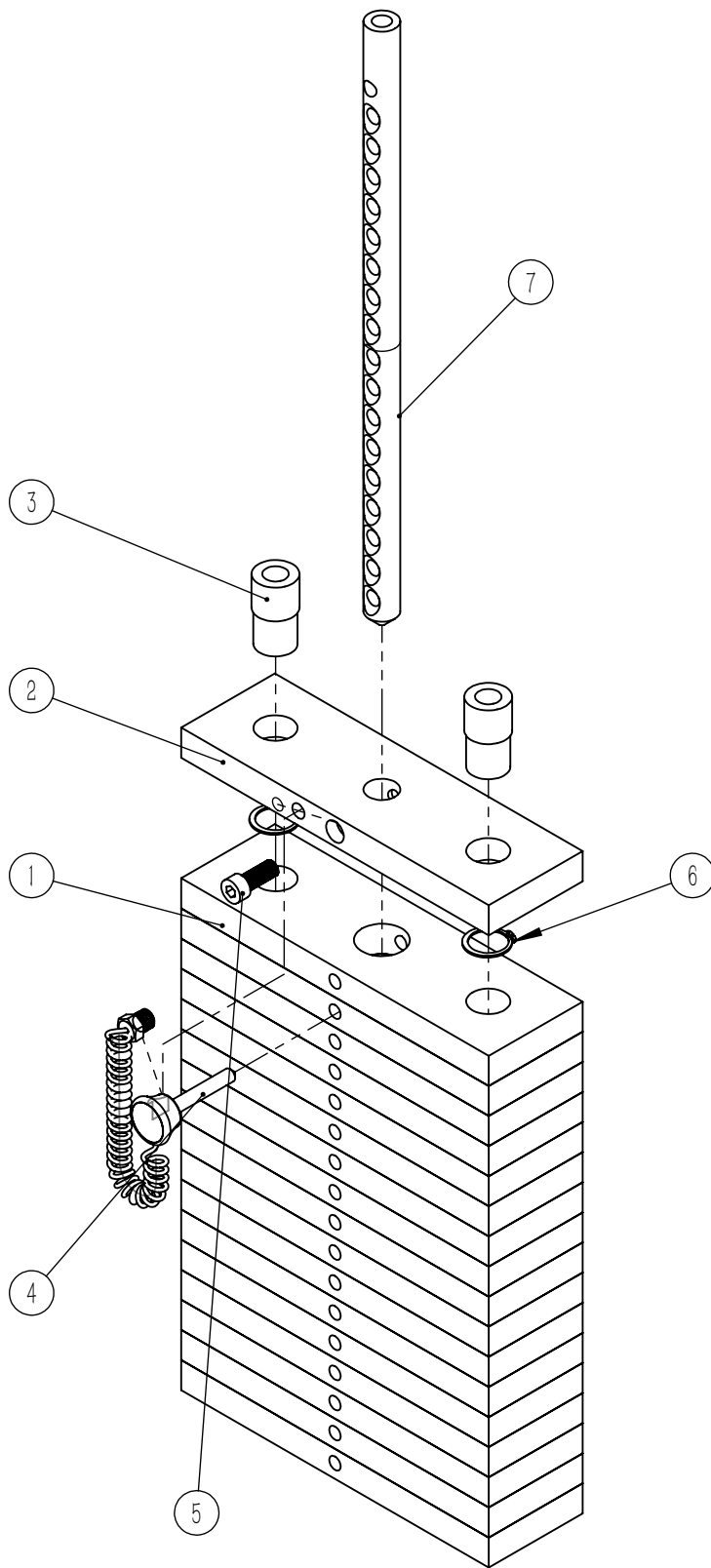
Install bottom supports to the main frame with 2 screws for M6 series and one tapping screw.



The main frame & The weight stack assembly



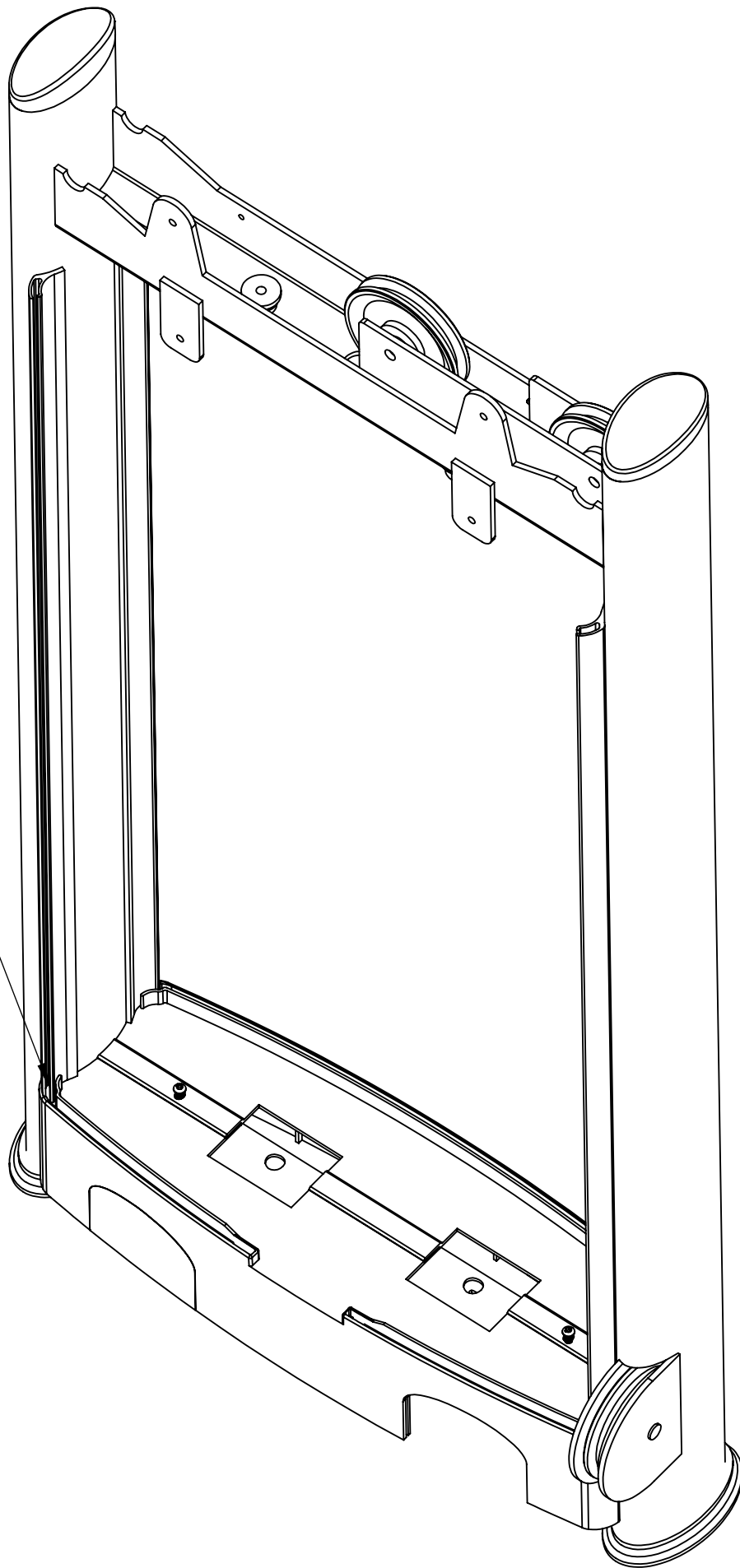
The weight stack assembly

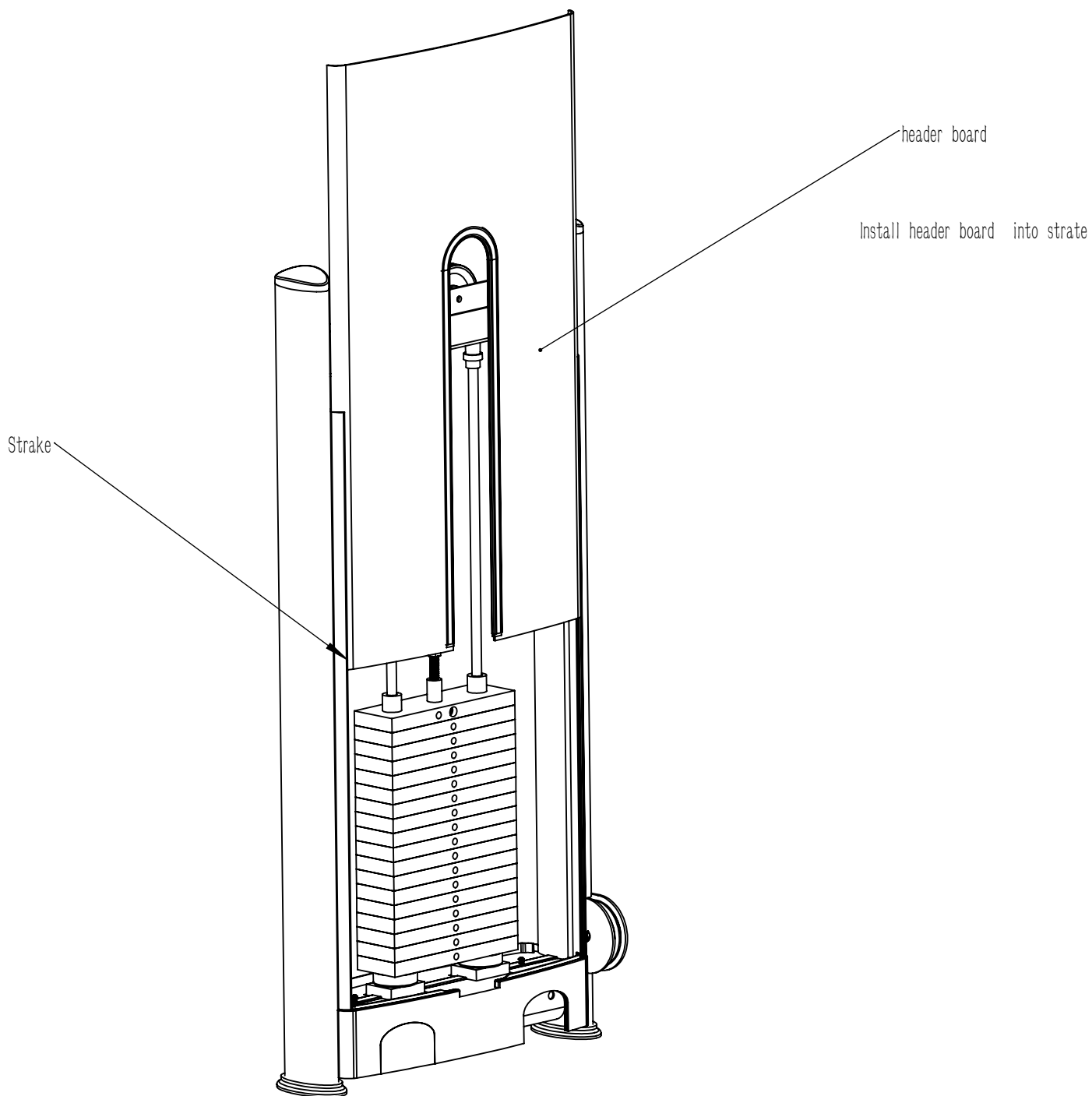


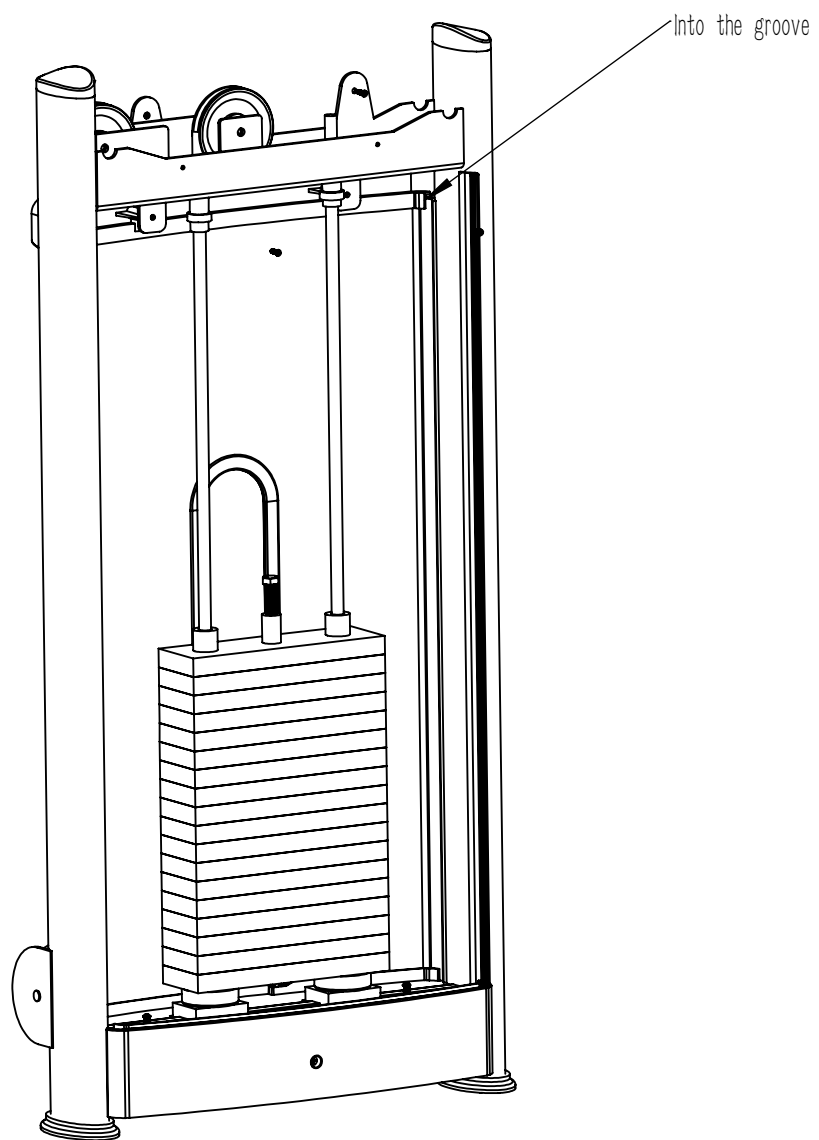
NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	17
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	配重插销	Adjustable Bolt	1
5	上片螺丝	Bolt M12x30	1
6	30卡簧	ϕ 30 Shaft Clip	2
7	18孔插杆		1

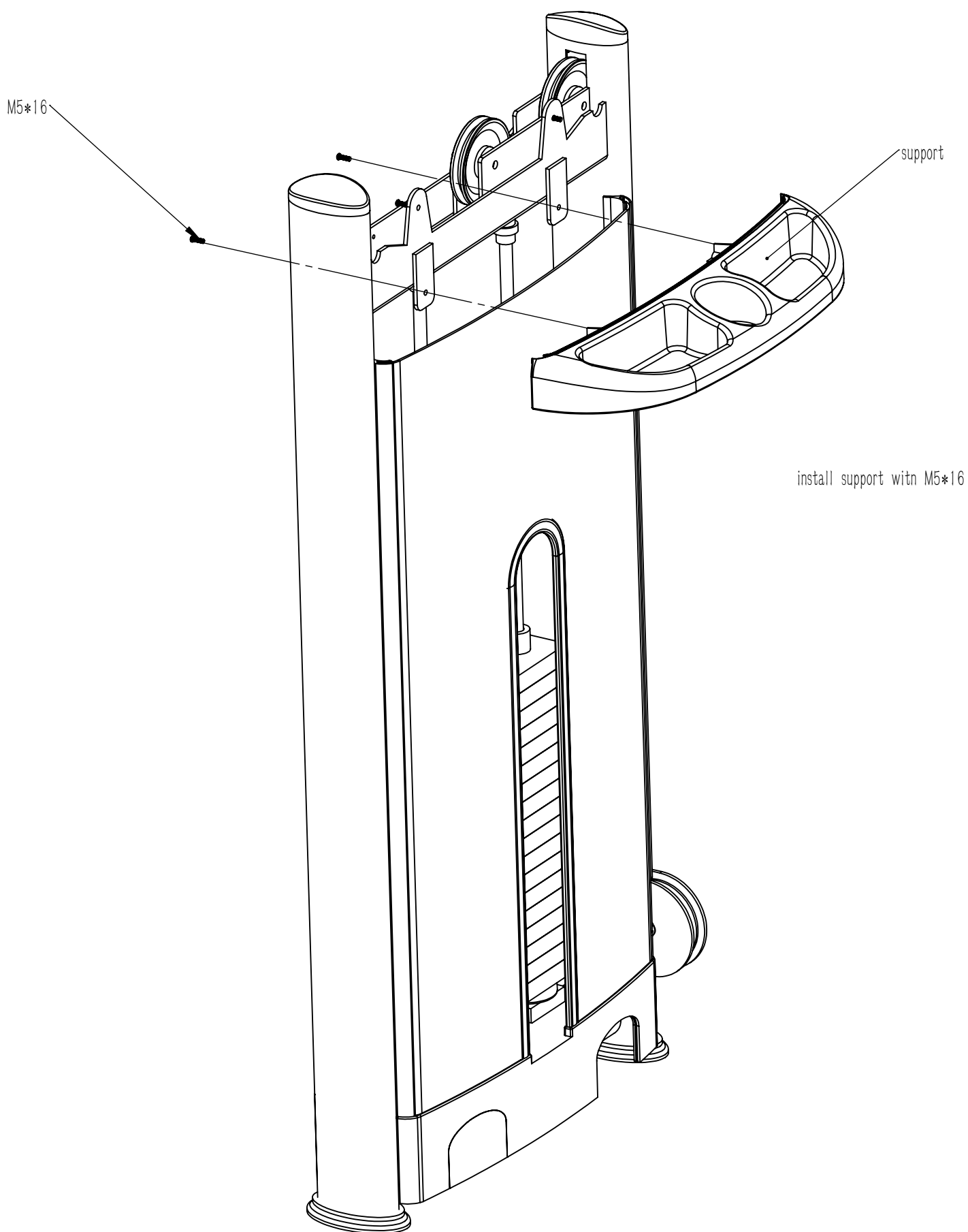
FYA

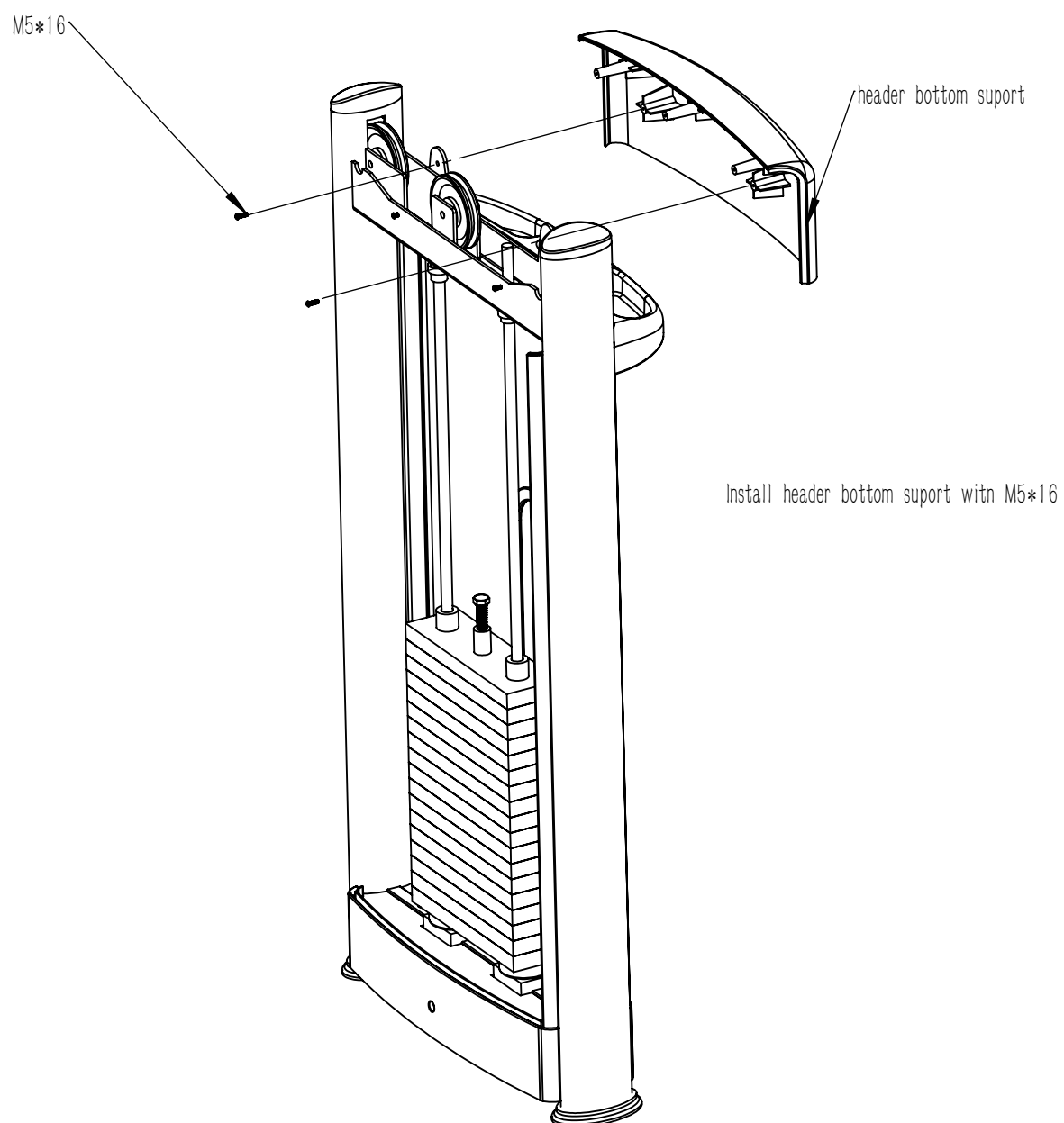
In the groove.

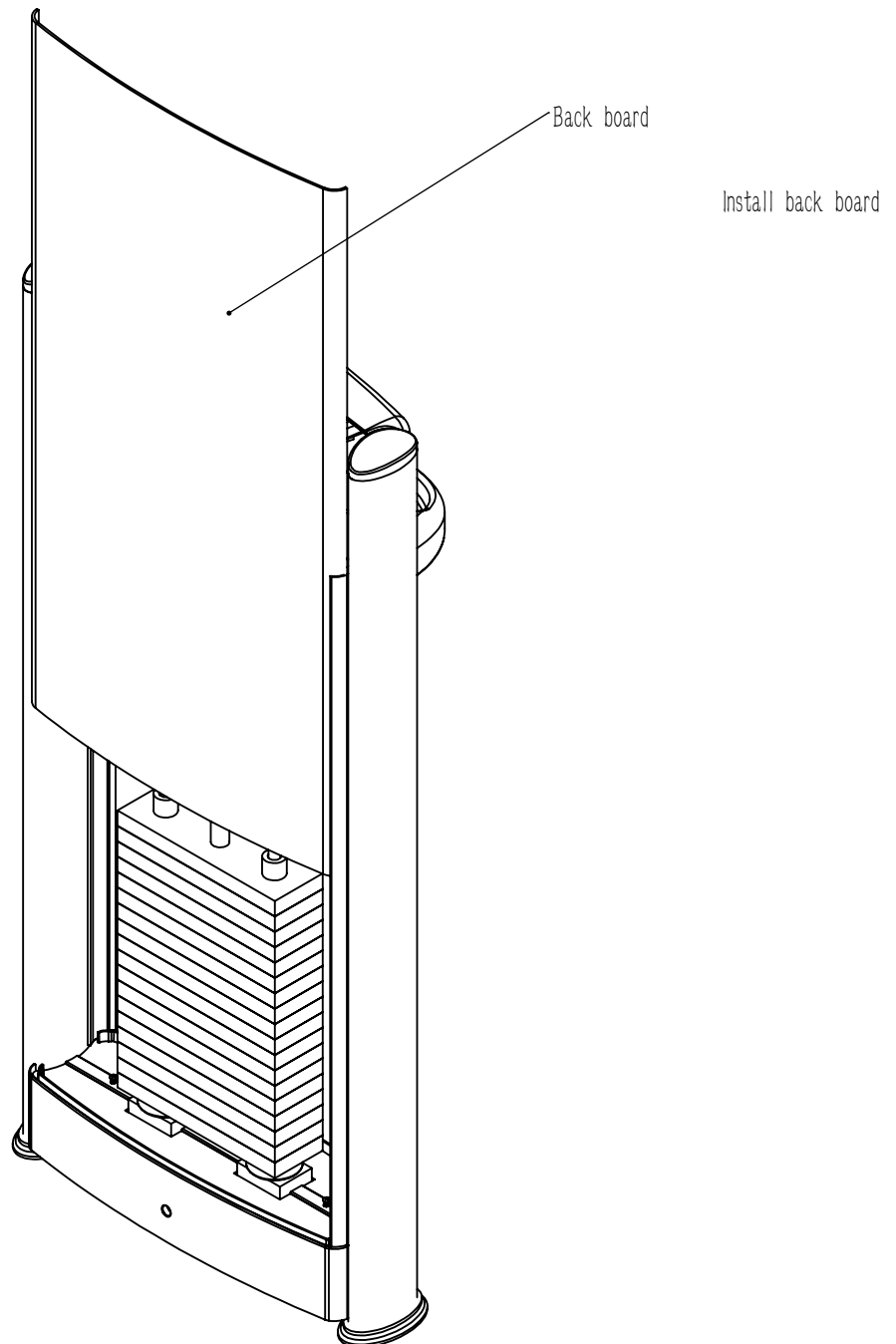


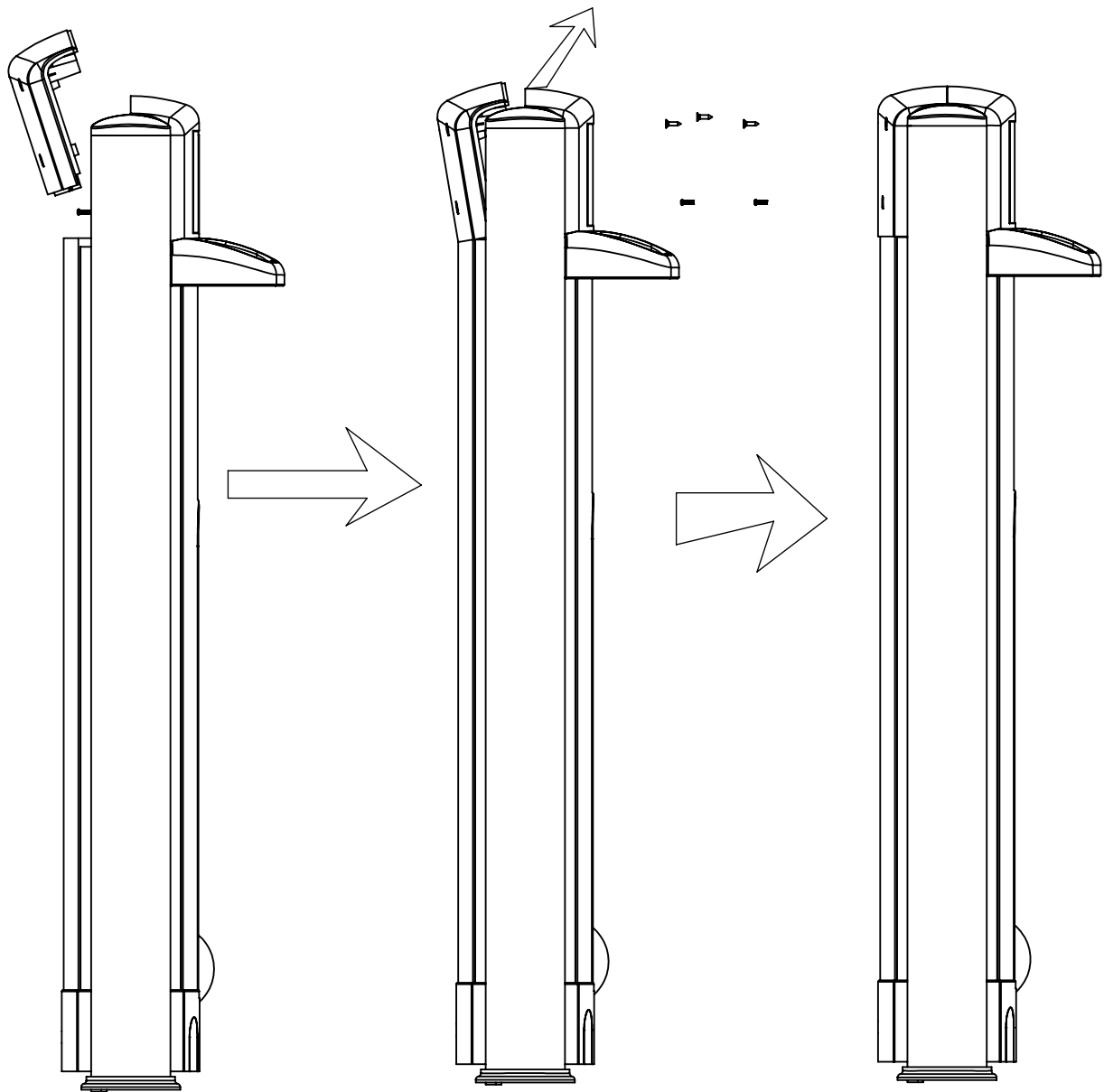












M5*20 Tapping screw

M5*16

M5*16

