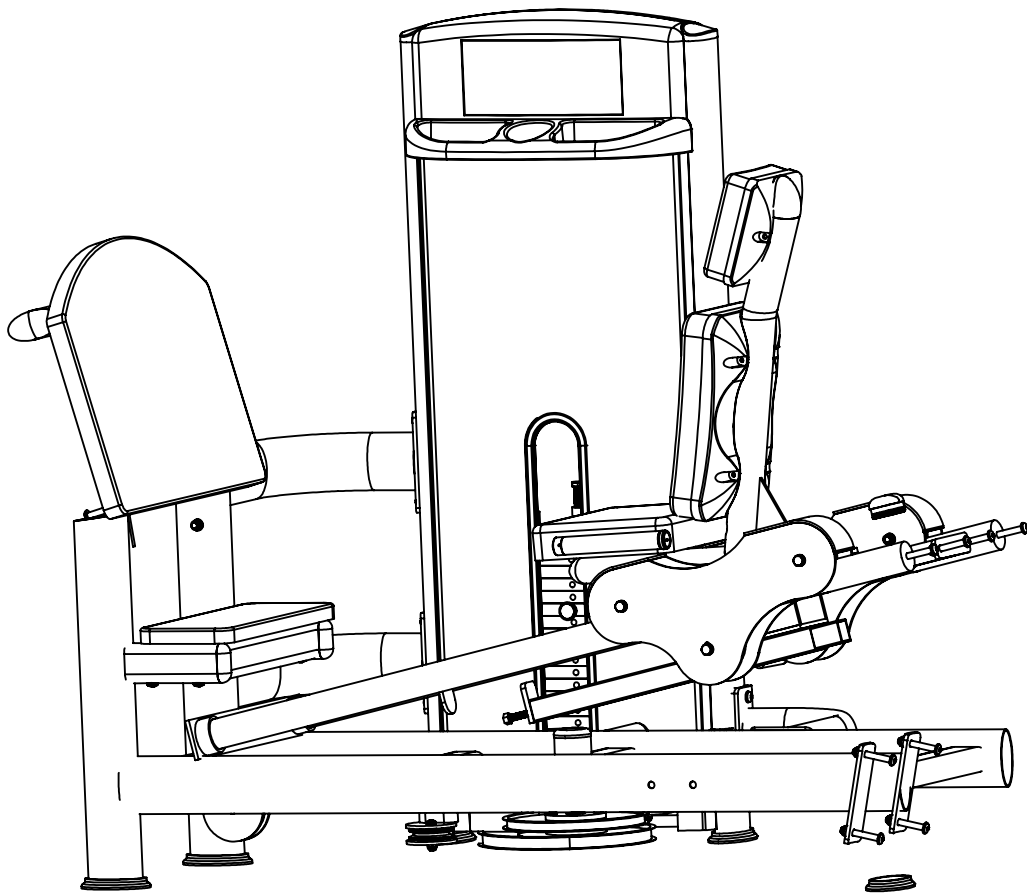


# ASSEMBLY INSTRUCTION



M7-2005  
Seated Leg Press

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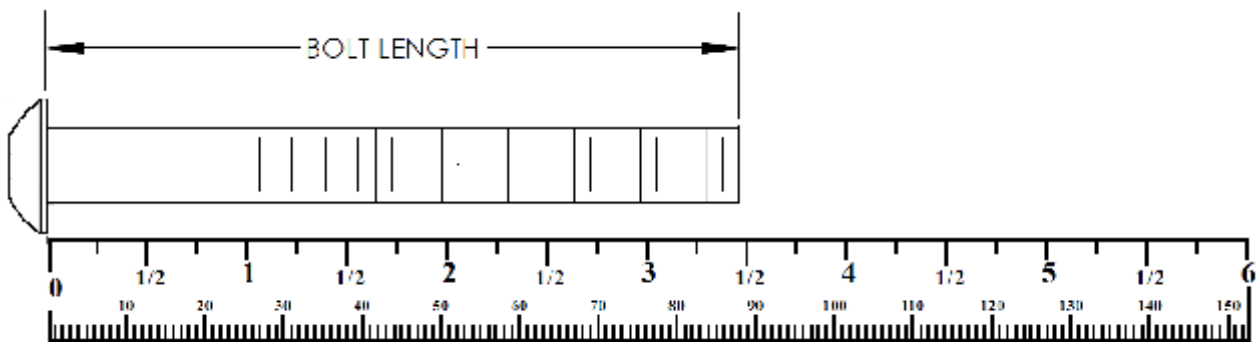
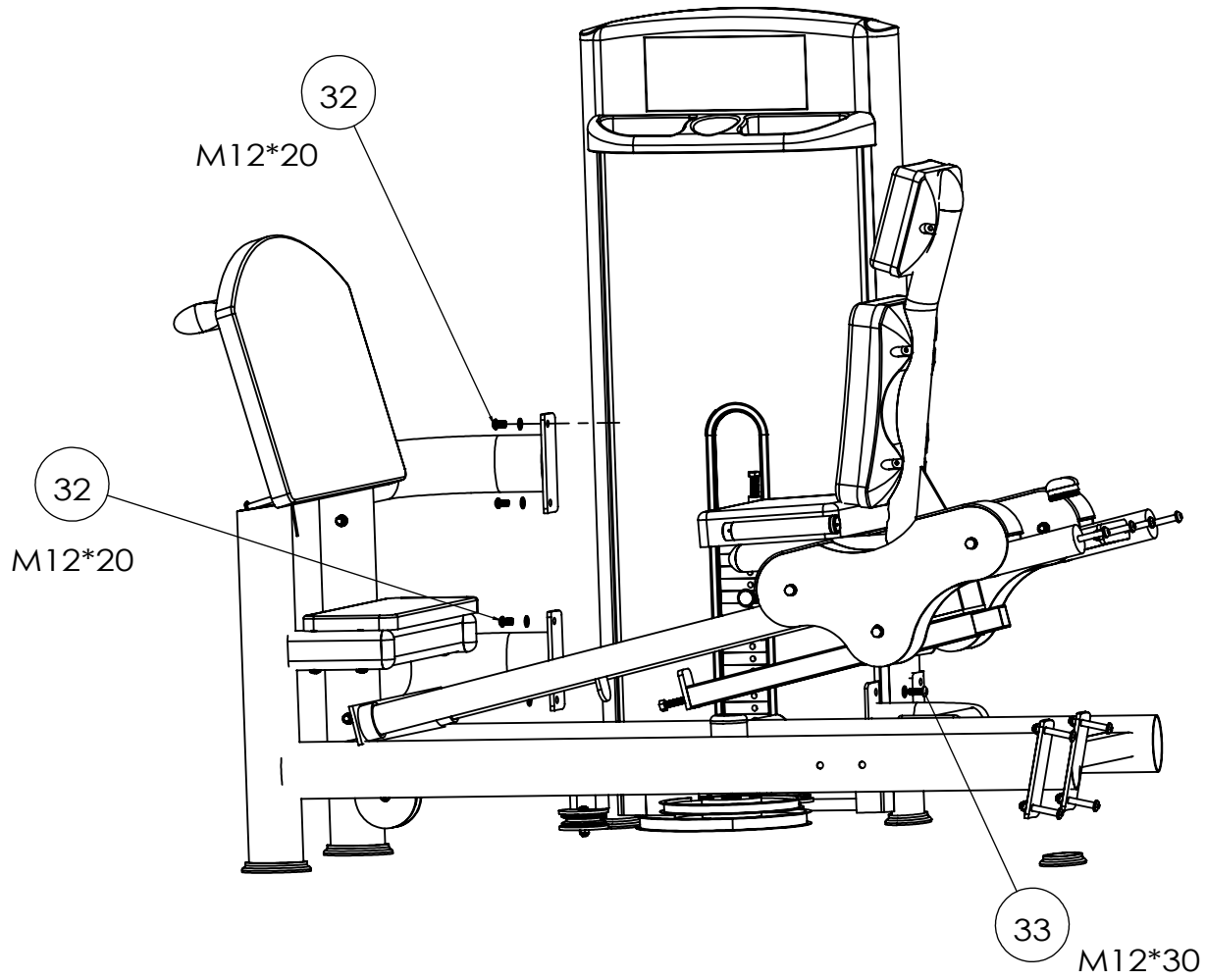
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# PARTS LIST

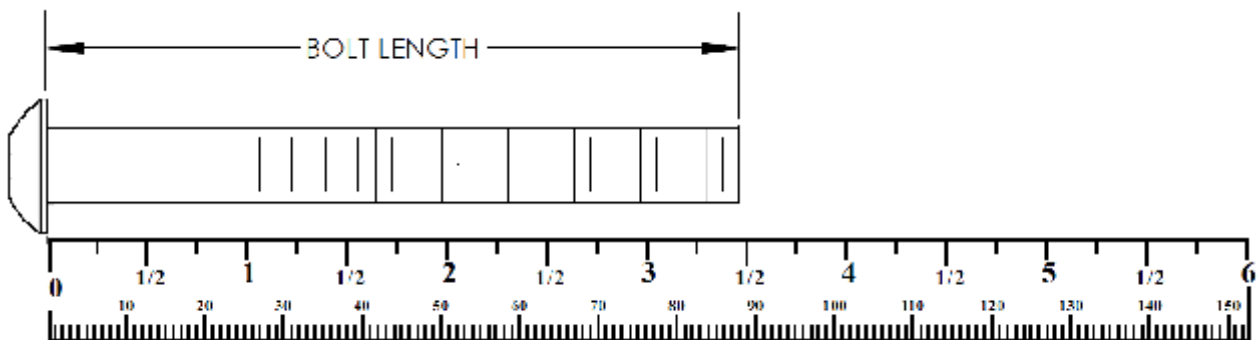
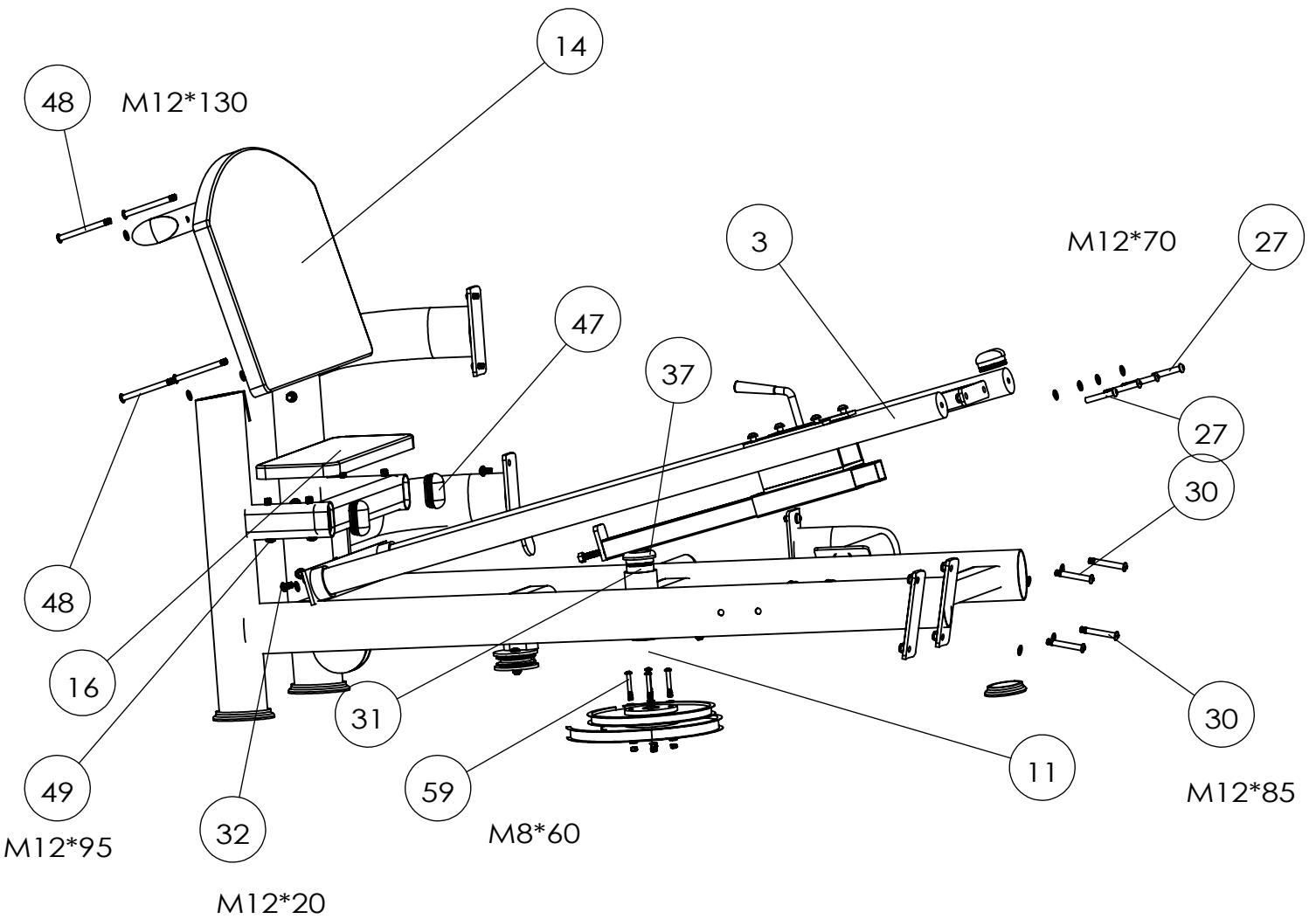
ITEM NO.	零件号	DESCRIPTION	QTY
1	框架装配		1
2	副架		1
3	导管		2
4	大连接板		1
5	小车		1
6	弯撑1		1
7	弯撑2		1
8	弯撑3		1
9	调节盒		1
10	电镀件		1
11	轴1组		1
12	圆盘组1		1
13	圆盘组2		1
14	脚踏板1		1
15	横管组		1
16	踏板小		1
17	M5大靠背		1
18	M5头垫		1
19	倒蹬坐垫		1
20	鞋		4
21	M5牛舌		1
22	M5堵头		6
23	M12平垫圈	Washer, M12	66
24	大线轮		1
25	小线轮		2
26	60X200圆弧板		2
27	半圆头M12X70	Button Head Cap Screw M12*70	2
28	M12防松帽	Nut, M12	20
29	半圆头M12X35	Screw, M12*35	6
30	半圆头M12X85	Button Head Cap Screw, M12*85	10
31	11-6206-2rs1		2
32	半圆头M12X20	Screw, M12x20	6
33	半圆头M12X30	Screw, M12x30	2

ITEM NO.	零件号	DESCRIPTION	QTY
34	M10平面垫圈	Washer, M10	6
35	半圆头M10X55	Button Head Cap Screw M10*55	3
36	M10防松帽	Nut, M10	3
37	62堵头		1
38	调节手柄		1
39	倒蹬拐角		1
40	扁口调节销	Adjustable Bolt, 90L Flat	1
41	M6垫圈	Washer, M6	4
42	M6防松帽	Nut, M6	2
43	半圆头M6X25	Screw, M6X25	1
44	半圆头M6X30		1
45	滚轮		4
46	六角头螺栓M12X105		6
47	M4小管堵		2
48	半圆头M12X130	Button Head Cap Screw M12X125	4
49	半圆头M12X95	Button Head Cap Screw, M12*85	4
50	手把圈	Grip Ring	2
51	手把盖	Grip Cap	2
52	210手把套		2
53	配重螺丝中空M12X60	Turnbuckle Screw, M12x60	1
54	钢丝绳		1
55	半圆头M12X80	Button Head Cap Screw, M12*85	2
56	塑料手把		1
57	轨道管套		2
58	M8平面垫圈	Washer, M8	8
59	半圆头M8X60	Screw M8*60	4
60	M8防松帽	Nut, M10	4

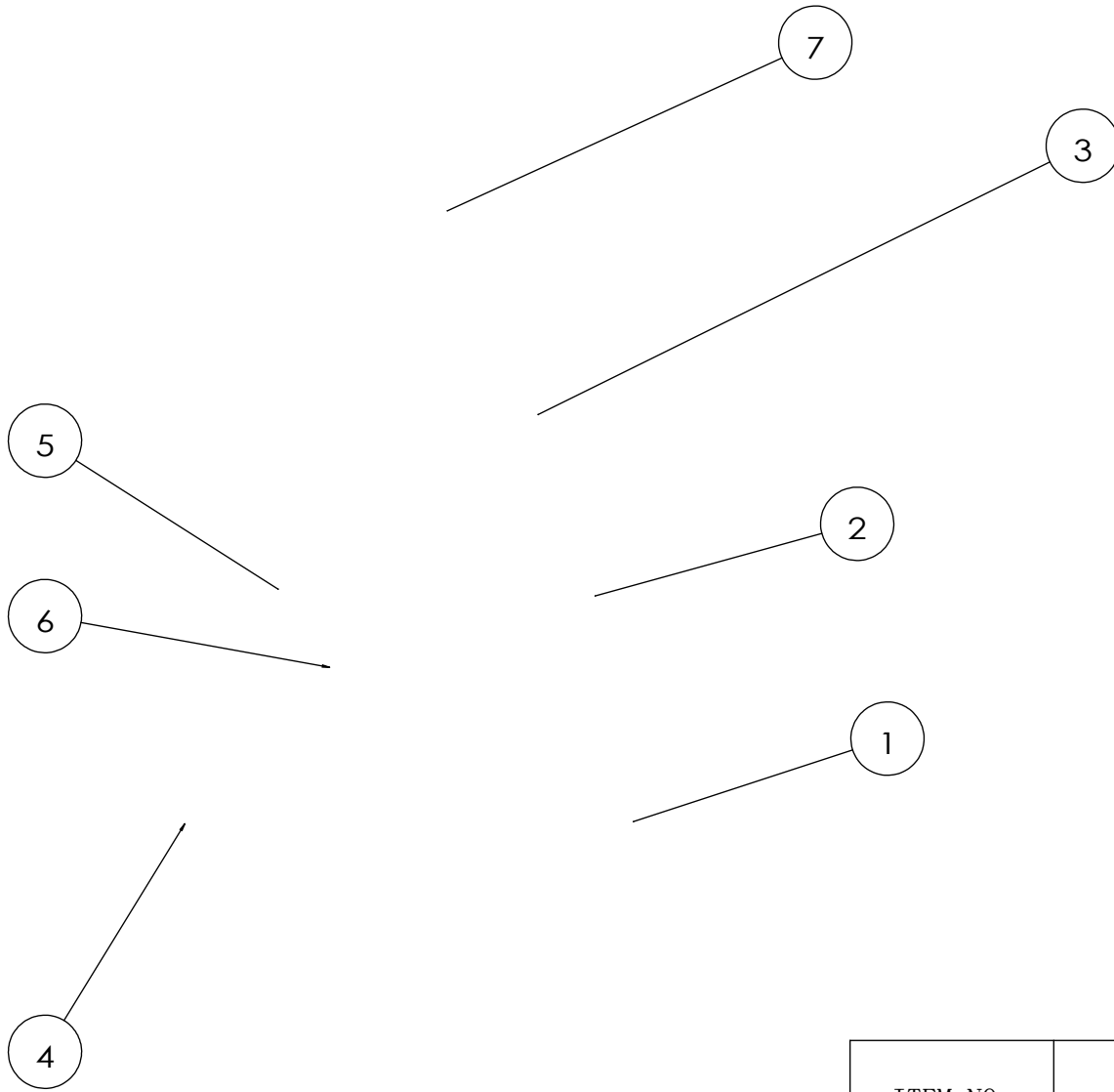
# Main Frame And Side Frame Assembly



# Side Frame Assembly



# Weight Stack Assembly



ITEM NO.	DESCRIPTION	QTY
1	Underside Weight Plate	19
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	Adjustable Bolt	1
5	Standing Bolt for The Top Weight Plate	1
6	$\phi$ 30 Shaft Clip	2
7	Pole,20Hole	1
8	Turnbuckle Screw, M12x60	1

Image

