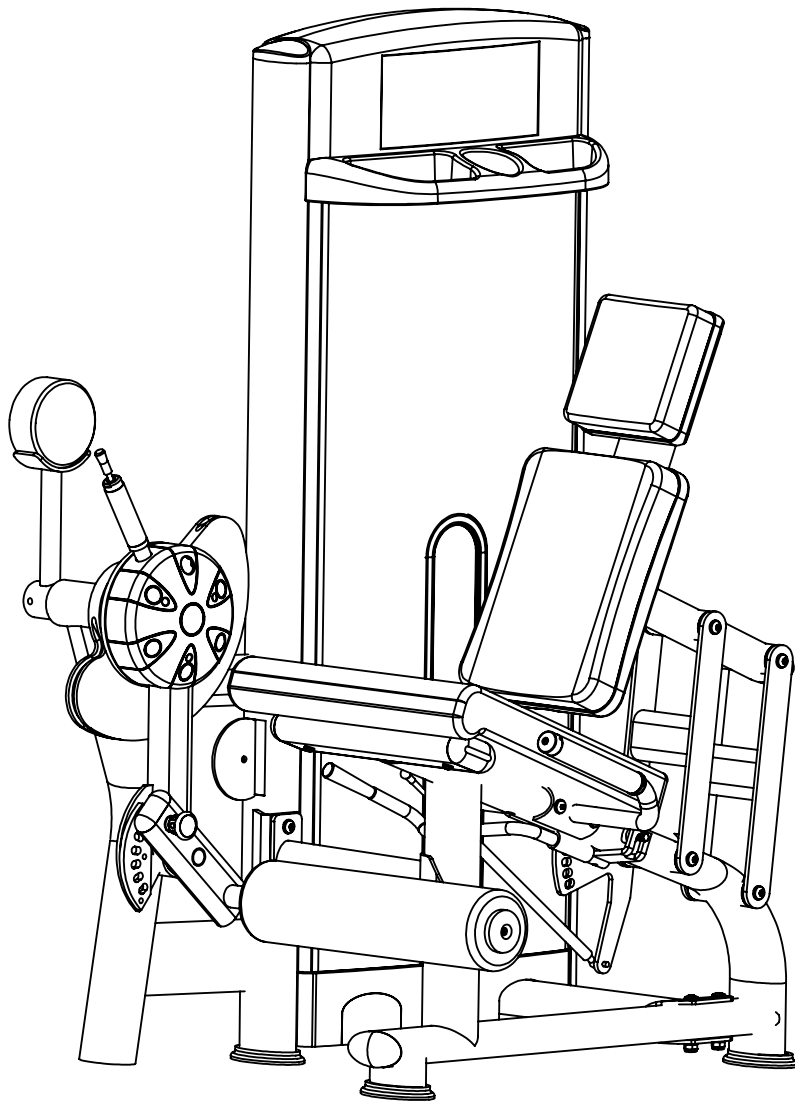


ASSEMBLY INSTRUCTION



M7-2004
Seated Leg Curl

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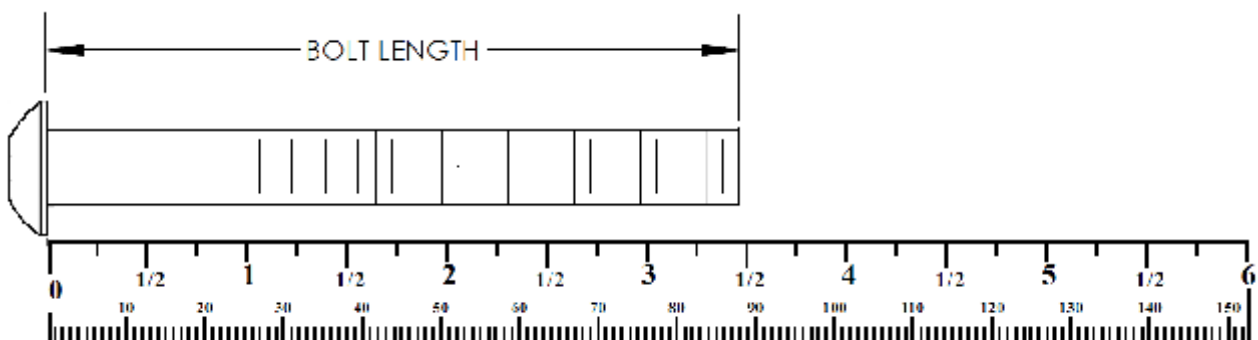
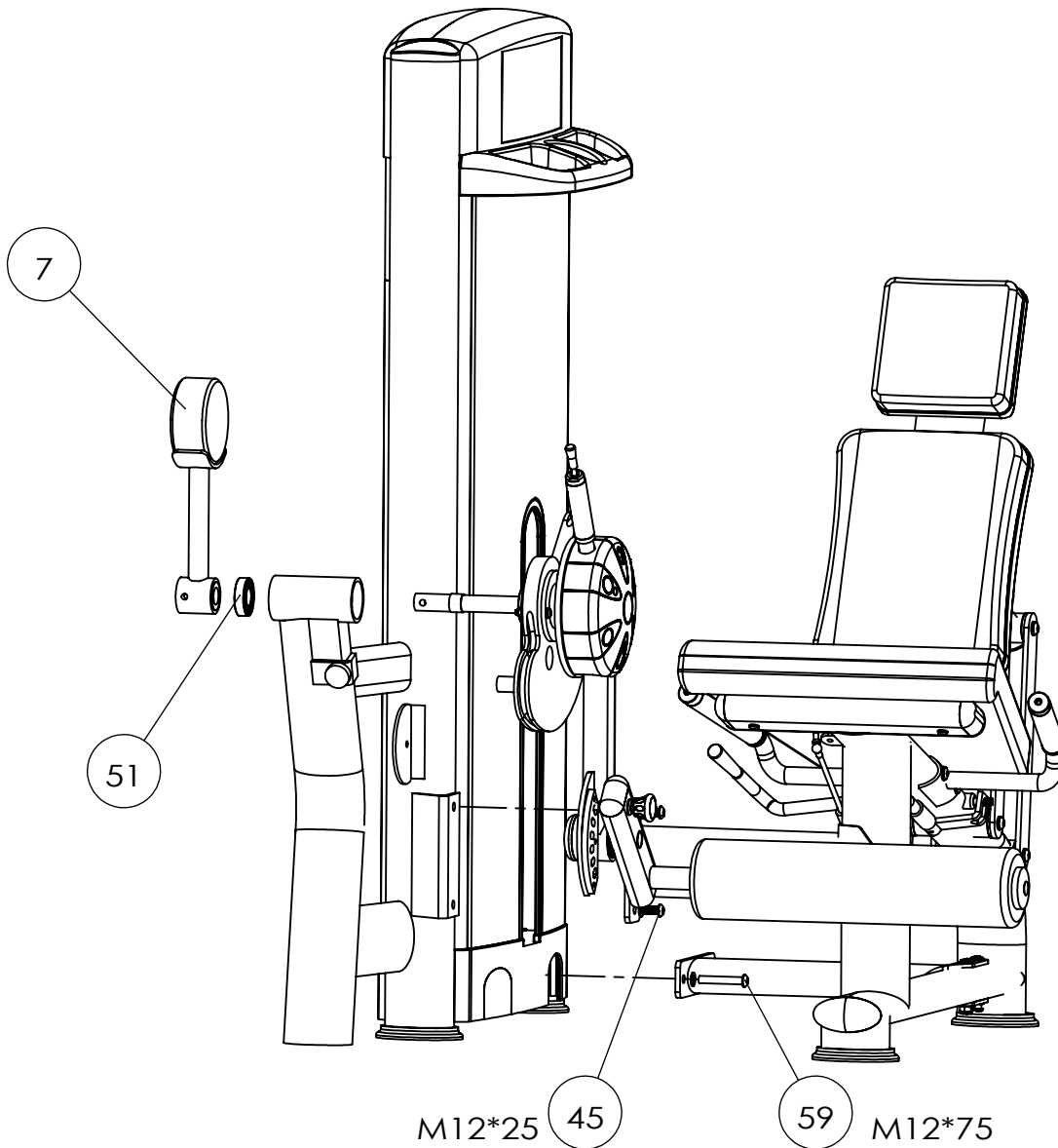
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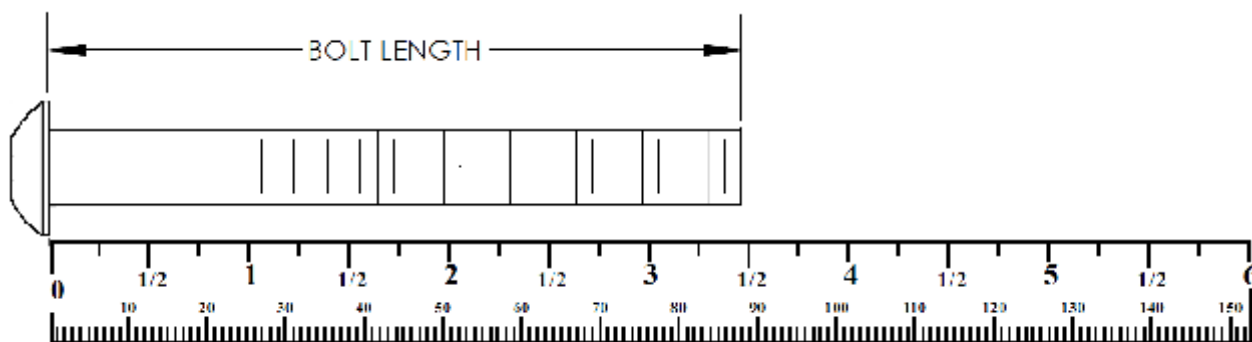
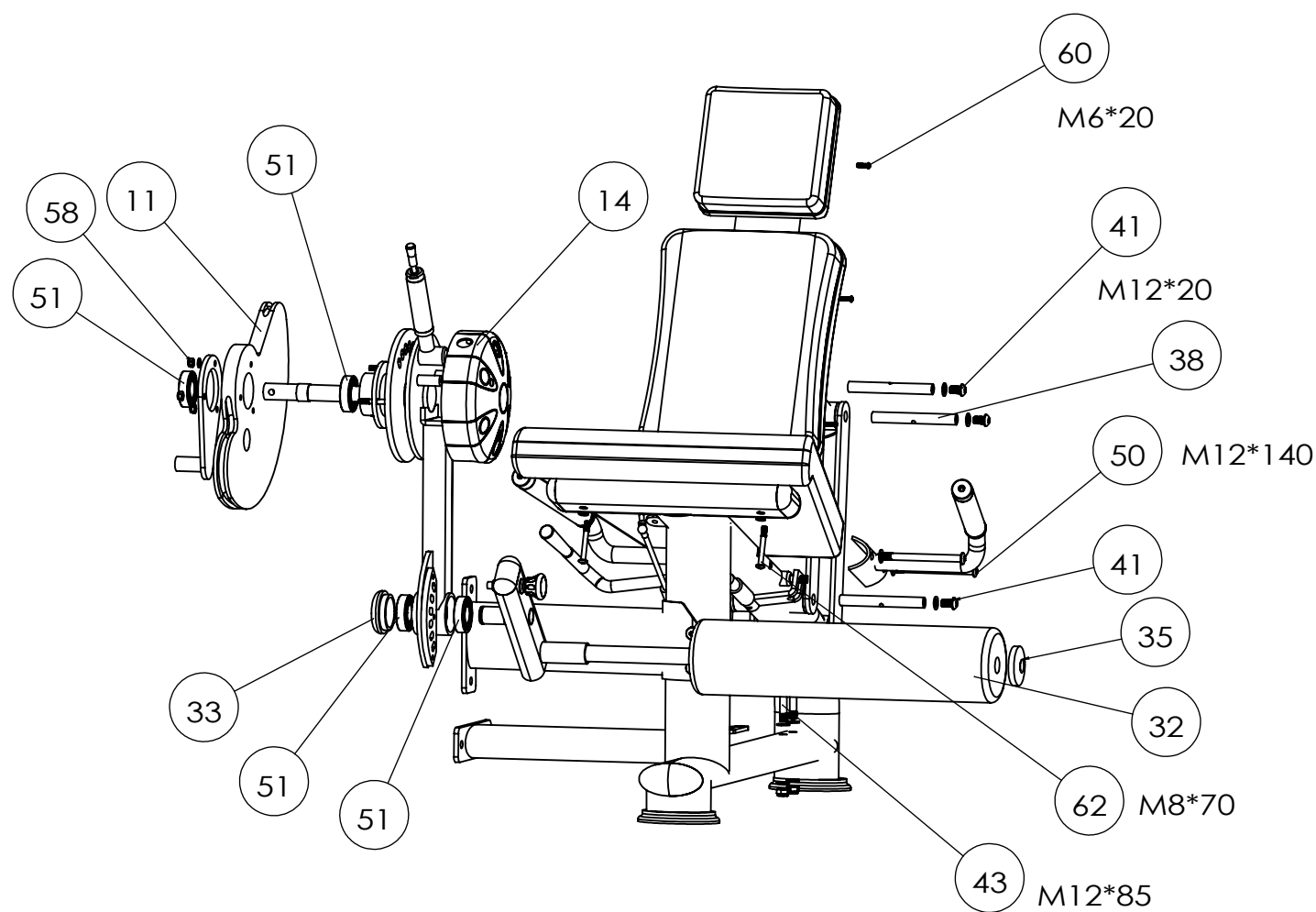
项目号	零件号	说明	默认/数量
1	框架装配		1
2	侧架		1
3	调节盘		1
4	腿把		1
5	支位板		1
6	配重管		1
7	圆配重		1
8	直撑		1
9	撑2		1
10	M5卡子		1
11	前挑圆盘		1
12	标牌板		1
13	力臂1		1
14	塑料盘		1
15	48铜垫子		8
16	2-12		1
17	复件 2-12		1
18	靠背组		1
19	手把组左		1
20	镜向手把组左	fromparent+	1
21	调手把		1
22	拨片		1
23	M5大靠背		1
24	M5头垫		1
25	前挑坐垫		1
26	185调节销		1
27	支位组		1
28	支位球		1
29	前挑6孔调节板		1
30	前挑气簧		1
31	前挑气簧下		1

项目号	零件号	说明	默认/数量
32	540棍子		1
33	62堵头		1
34	M4小管堵		1
35	M5, M7皮辊挡盖		1
36	鞋		2
37	M5堵头		2
38	150穿心轴	Axle, 160L	4
39	M12平垫圈	Washer, M12	26
40	M4大管堵		2
41	半圆头M12X20	Screw, M12x20	7
42	半圆头M12X30	Screw, M12x30	1
43	半圆头M12X85	Button Head Cap Screw, M12*85	4
44	M12防松帽	Nut, M12	8
45	半圆头M12X25	Screw, M12X25	2
46	塑料手把		1
47	手把圈1		2
48	手把盖		2
49	230手把套	Grip, 230MM	2
50	半圆头M12X140	Button Head Cap Screw M12X125	2
51	11-6206-2rs1		6
52	85调节销		1
53	手柄	Handle	1
54	手柄盖		1
55	M5牛舌		1
56	M8平面垫圈	Washer, M8	6
57	半圆头M8X55	Screw, M8X55	3
58	M8防松帽	Nut, M10	3
59	半圆头M12X75	Screw, M12X75	2
60	半圆头M6X20	Button Head Cap Screw M6*20	7
61	M8平垫片 (Φ8.5)	Washer, M8	2
62	半圆头M8X70	Screw, M8x70	2

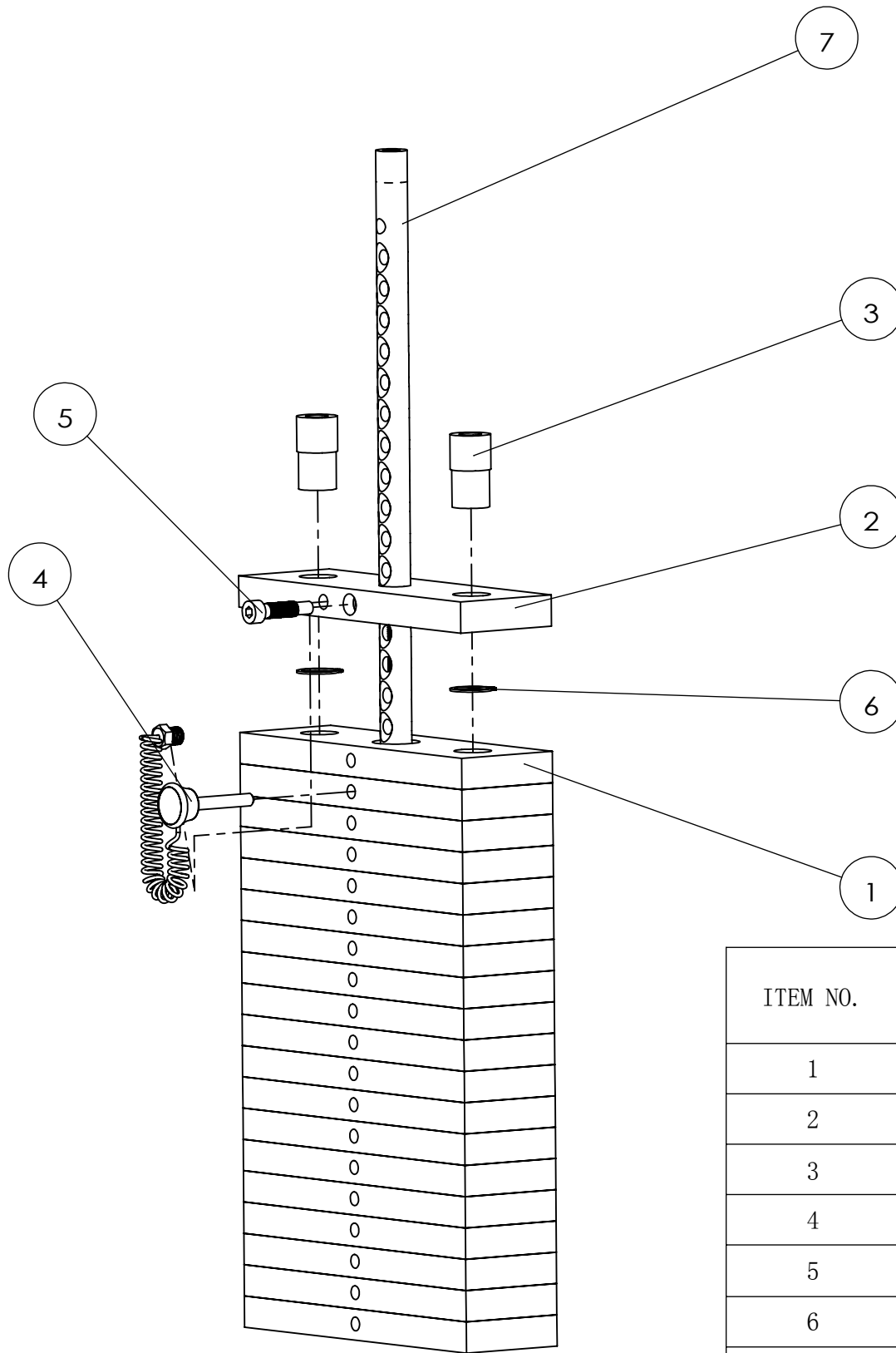
Main Frame And Side Frame Assembly



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	Φ 30 Shaft Clip	2
7	Pole,20Hole	1
8	Turnbuckle Screw, M12x60	1

Image

