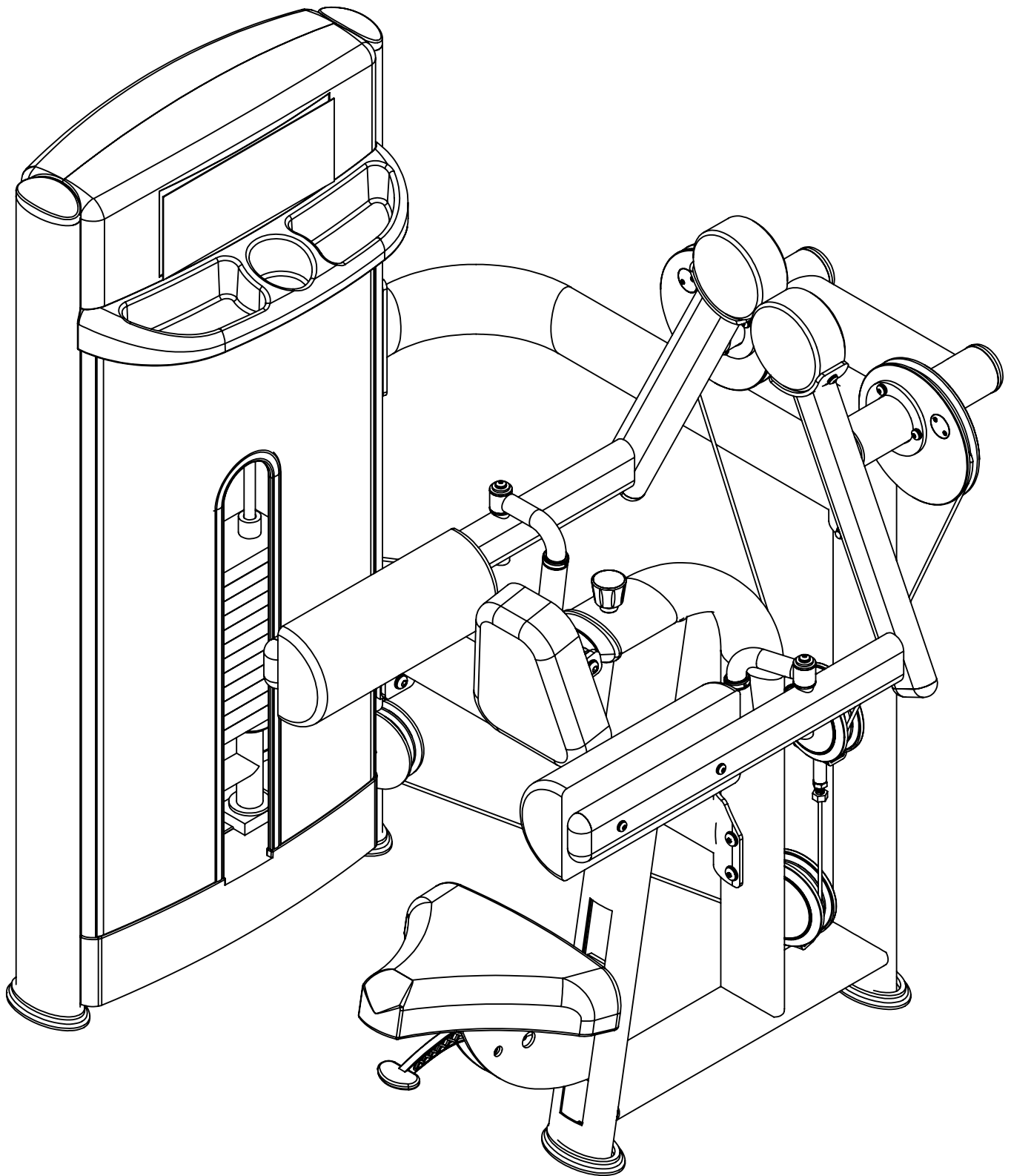


# *ASSEMBLY INSTRUCTION*



## *Lateral Raise*

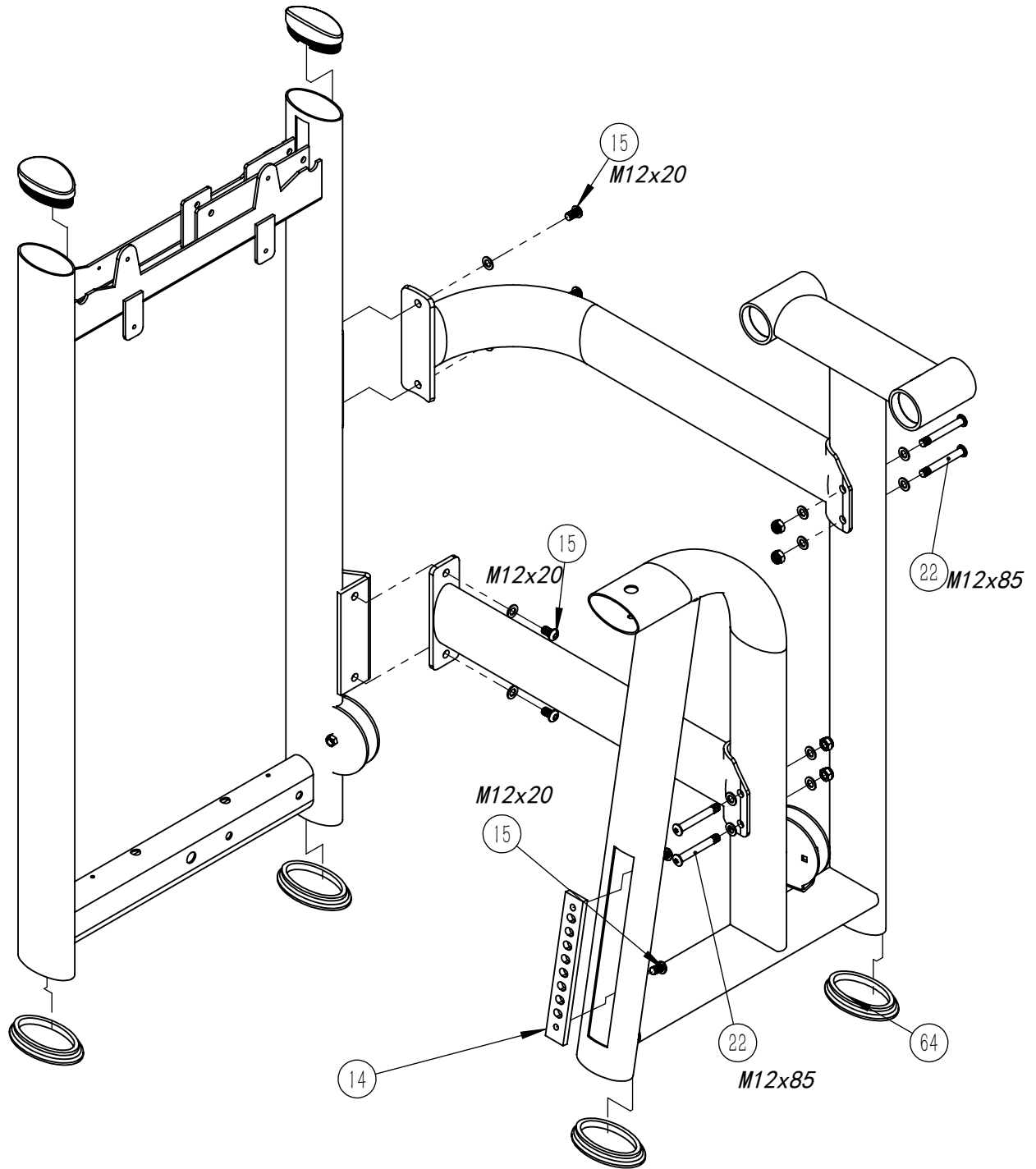
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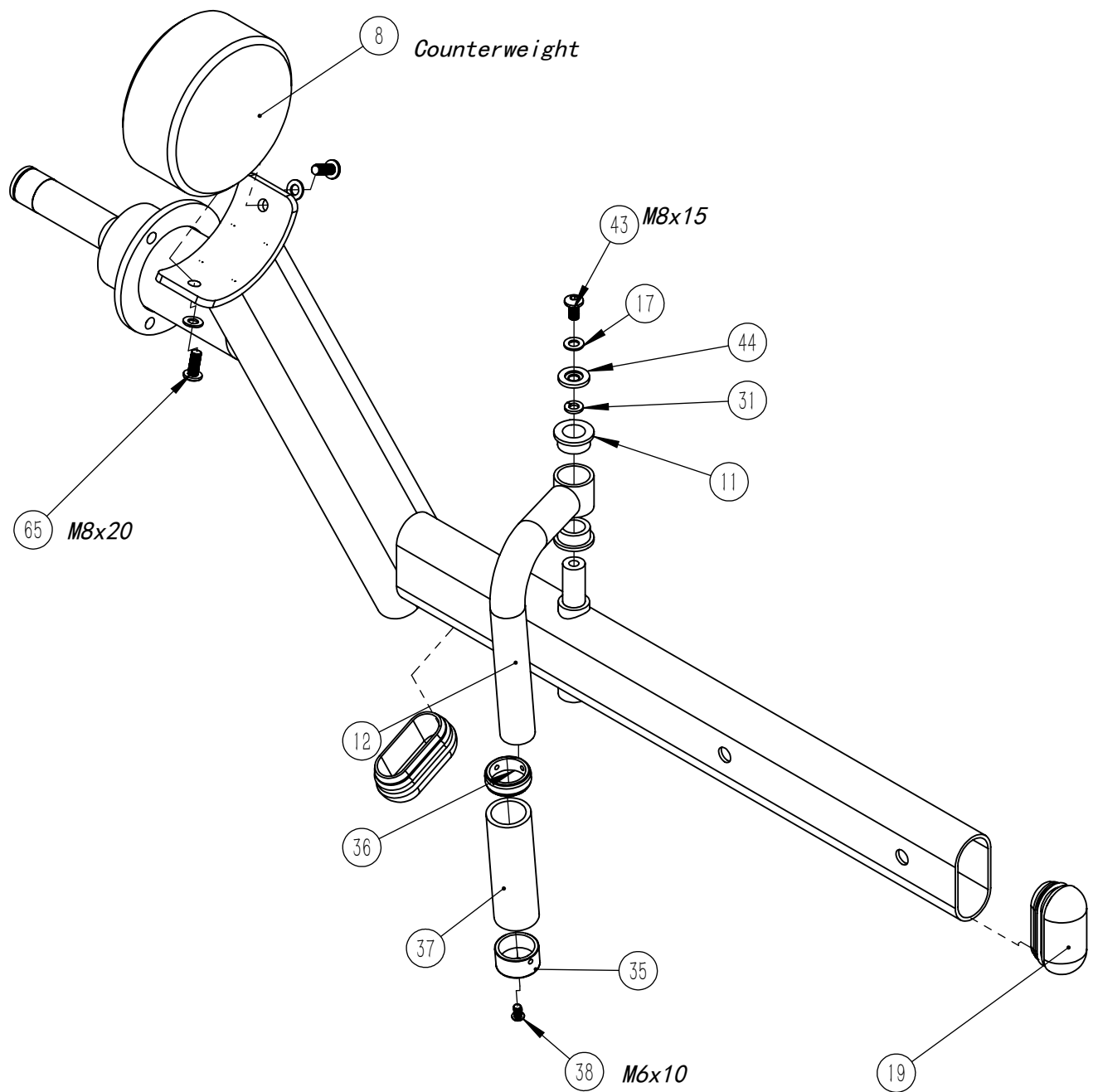
# Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The Main frame assembly	1	34	坐架总装 (新)	the assembly seat frame	1
2	2副架	The sub frame	1	35	手把盖	Grip Cap	2
3	弯撑组	Bend group	1	36	手把圈	Grip Ring	2
4	直撑组	Support group	1	37	110手把套	Grip, 100L	2
5	力臂组左	The left arm group	1	38	半圆头M6X10	Screw, M6*10	2
6	力臂组右	The right arm group	1	39	M8x12顶丝	M8x12 Tightening Screw	4
7	飞鸟盘子	The birds plate	2	40	105穿心轴	Axle 105L	1
8	圆配重	counterweight	2	41	手轮	Handwheel	1
9	支位球	Rubber Support	2	42	半圆头M10X20	screw M10*20	1
10	支位组	Stop bits	1	43	半圆头M8X15	Screw M8*15	2
11	垫子1	Bronze bushing	4	44	关节垫圈	joint washer	2
12	手把组	Handle	2	45	方配重垫	counter weight cushion	2
13	飞鸟胳膊垫	Arm pad	2	46	支架	bracket	1
14	调板	Adjusting plate	1	47	圆配重垫	Counter Weight Cushion	2
15	半圆头M12X20	Screw, M12x20	8	48	1.19米导杆	guide rod 1.19	2
16	半圆头M8X30	M8x30, Screw	8	49	M7导杆套	guide rod sleeve M7	2
17	M8平面垫圈	Washer, M8	31	50	M7导杆套圈	gasket of barbell sleeve	2
18	半圆头M8X70	Screw, M8x70	4	51	12片配重组	Assy, Weight Plate	1
19	M4小管堵	Elliptic tube plug 40*80	4	52	大线轮	φ 114MM Pulley	5
20	M12防松帽	Nut, M12	4	53	线轮盒 (开口)	Reel box	1
21	M12平垫圈	Washer, M12	14	54	线轮盒2	Reel box 2	2
22	半圆头M12X90	Button Head Cap Screw, M12*85	4	55	半圆头M10X50	Screw, M10X50	5
23	SB12-前中空内管套 (短)	Glige Sleeve, M7	1	56	M10防松帽	Nut, M10	4
24	胸垫板及调节	Chest regulation	1	57	M12	Nut, M12	2
25	11-6206-2rs1	Bearing 6206	4	58	配重螺丝中空M12X60	Turnbuckle Screw, M12x60	2
26	30卡簧	φ 30 Shaft Clip	2	59	M10螺母	Nut, M10	1
27	62堵头	φ 62 Cover	2	60	大线轮盒 (新)	New reel box	1
28	压线圆钢	Wire bar	2	61	钢丝绳1	Wire rope1	1
29	半圆头M8X55	Screw, M8X55	6	62	钢丝绳2	Wire rope 2	1
30	M8防松帽	nut M8	6	63	大线轮扣盖	Cover, Pulley Bolted Partial	4
31	M8弹垫	the elastic washer M8	9	64	鞋	shoes	4
32	支位板2	The support plate 2	1	65	半圆头M8X20	Screw M8*20	4
33	轴4	Shaft 4	1				

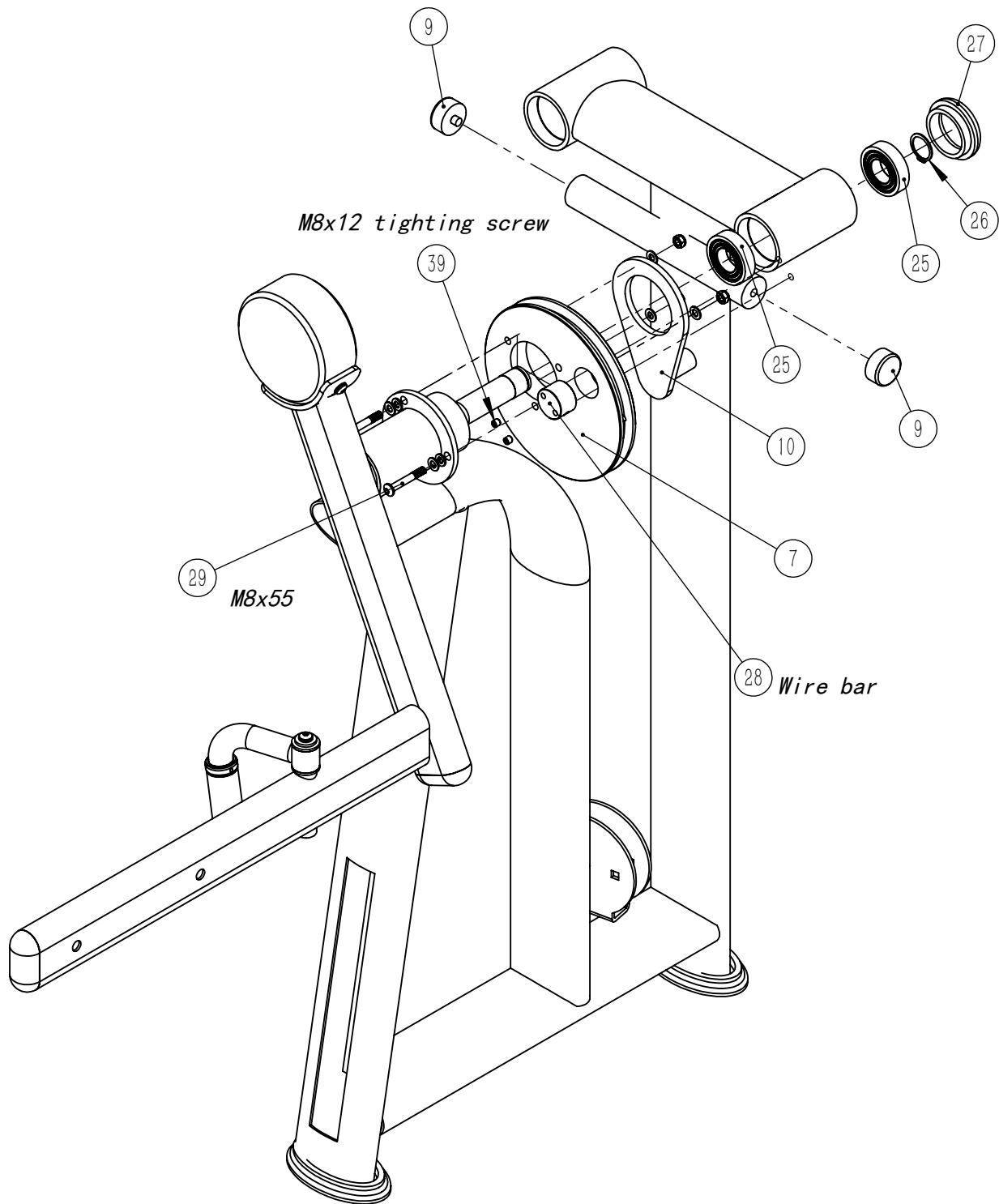
# The main frame & The sub-frame assembly



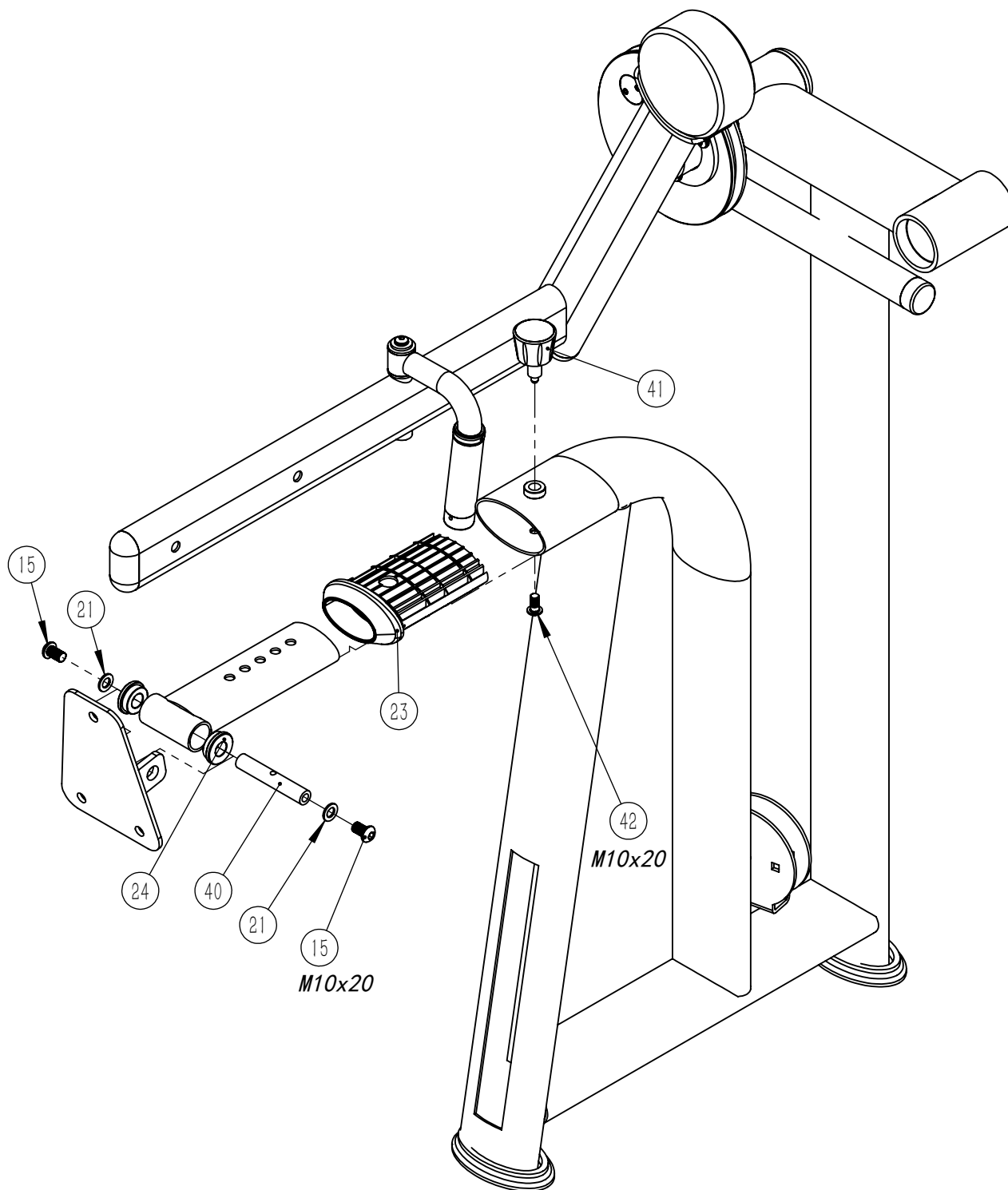
# The arm group assembly



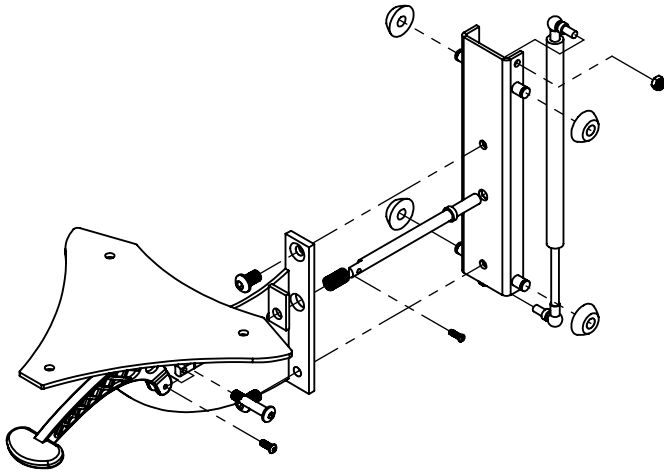
# The arm group & the sub-frame assembly



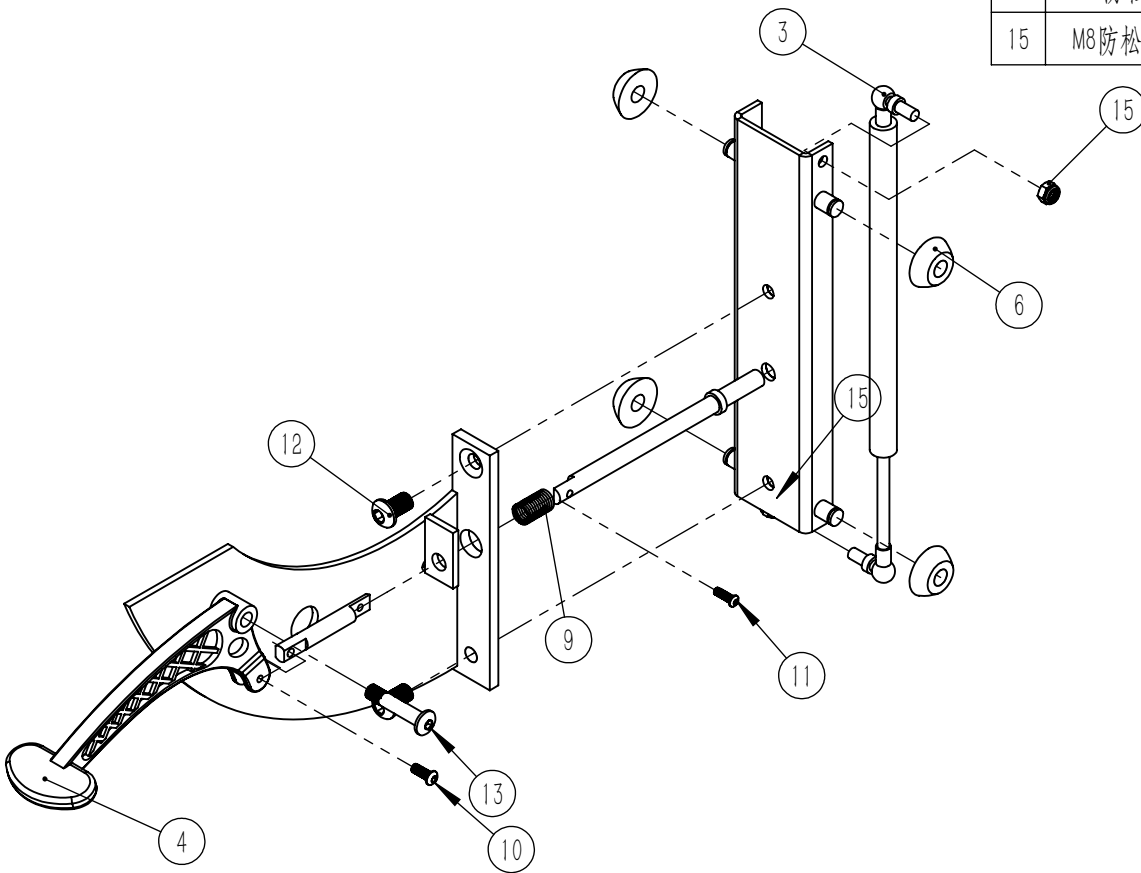
# Chest regulation assembly



# Seate assembly

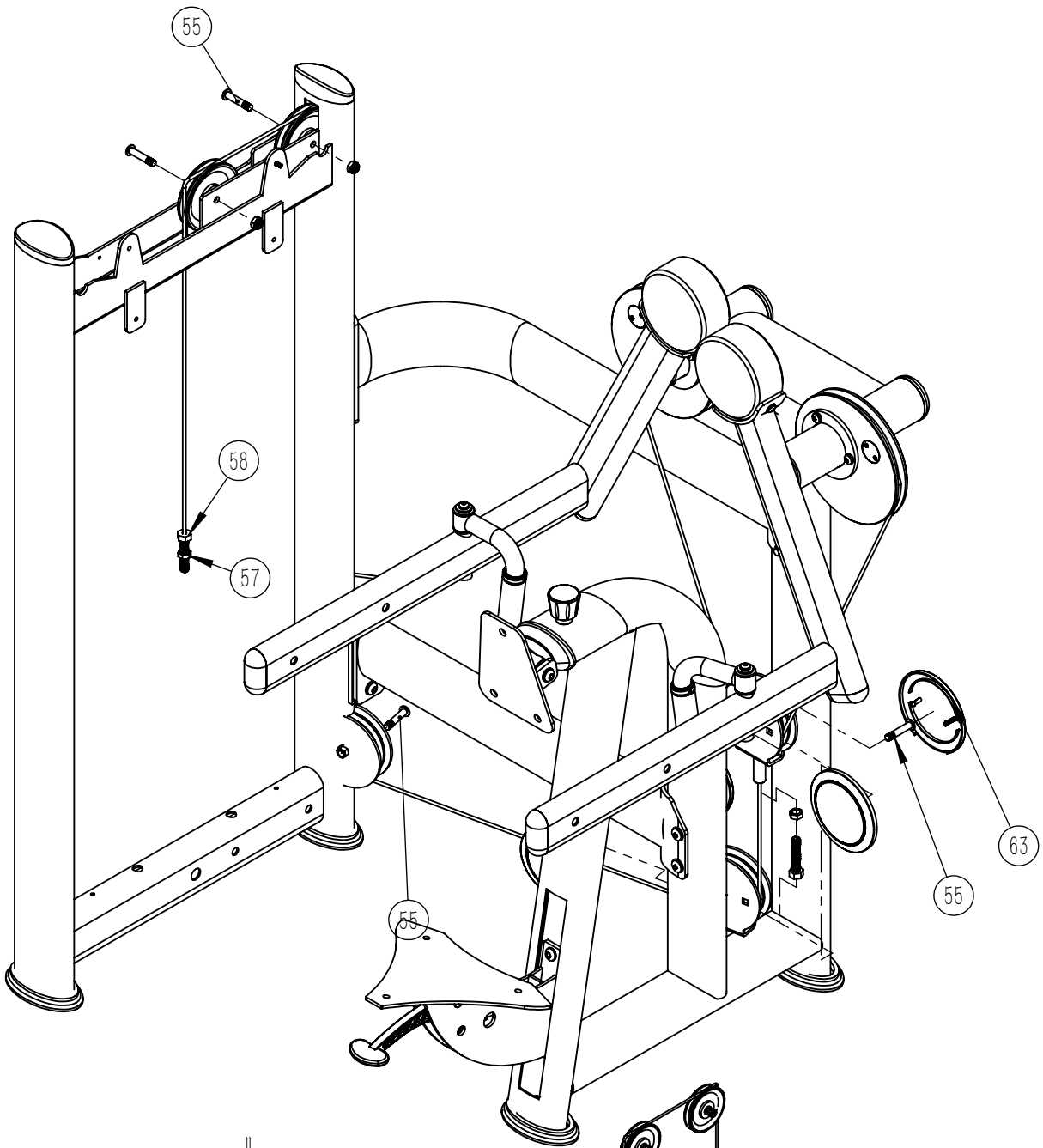


NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



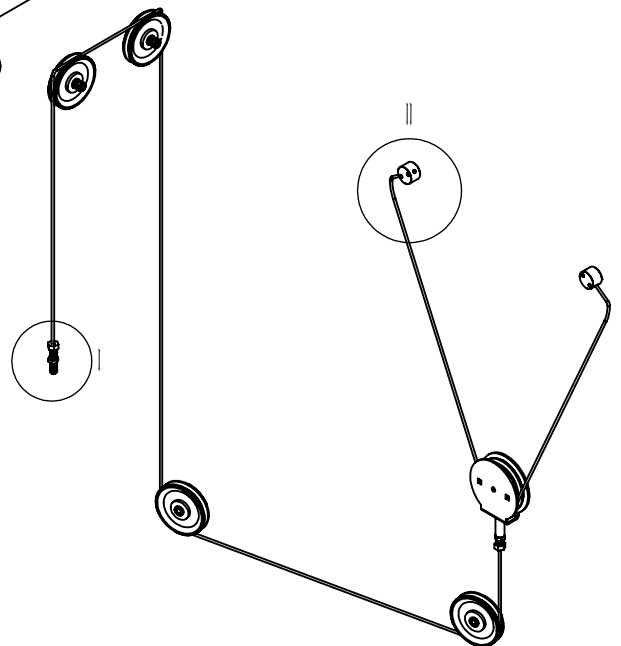
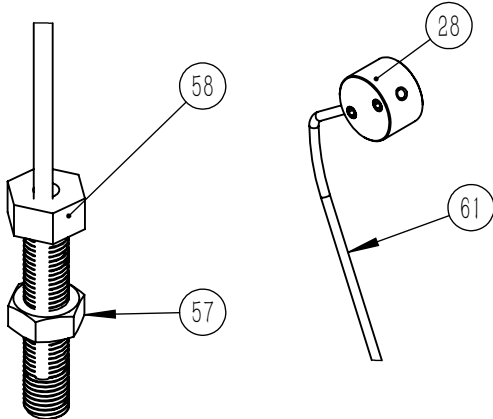


# Wire rope & wire wheel assembly

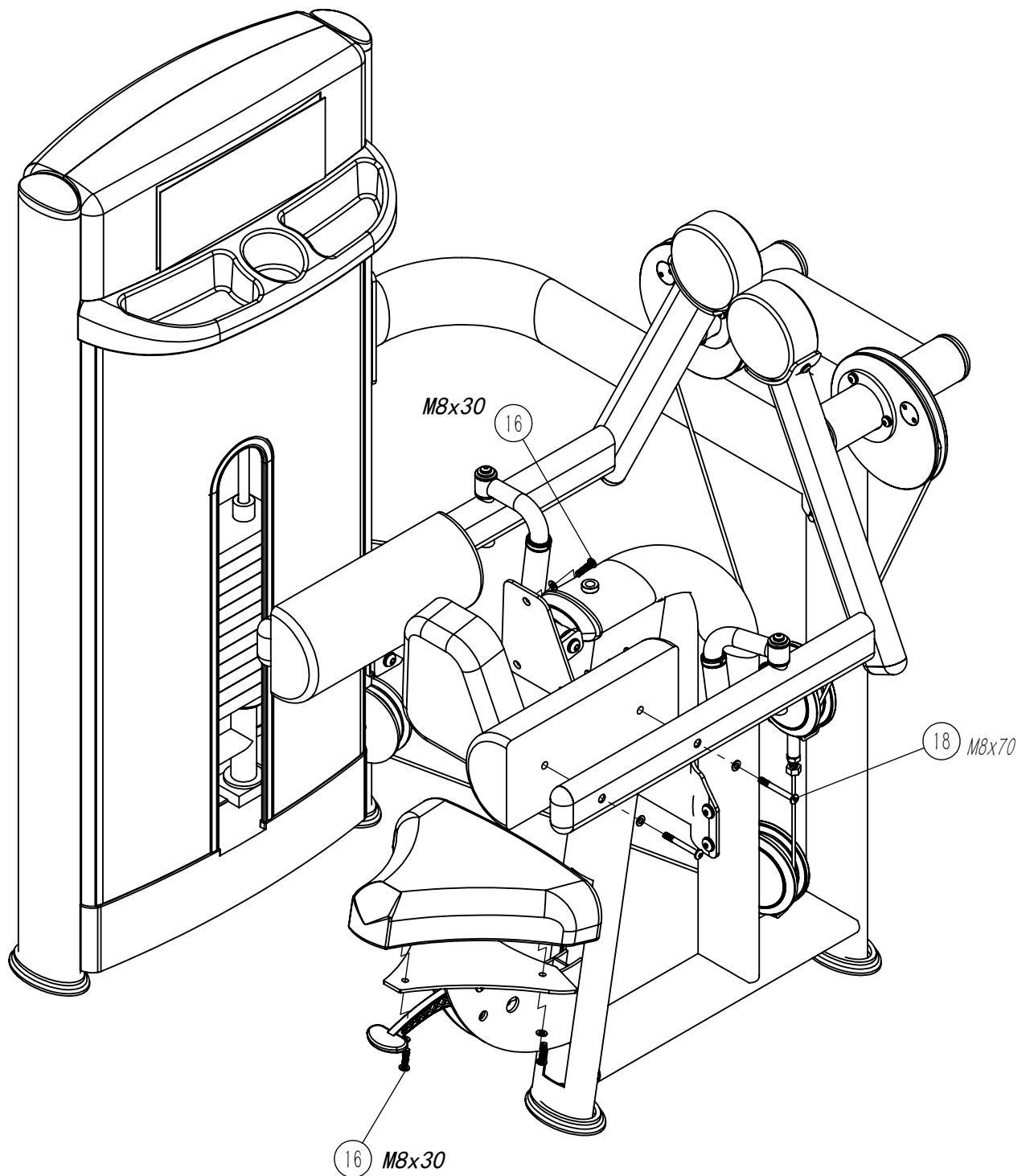


I  
1 : 2

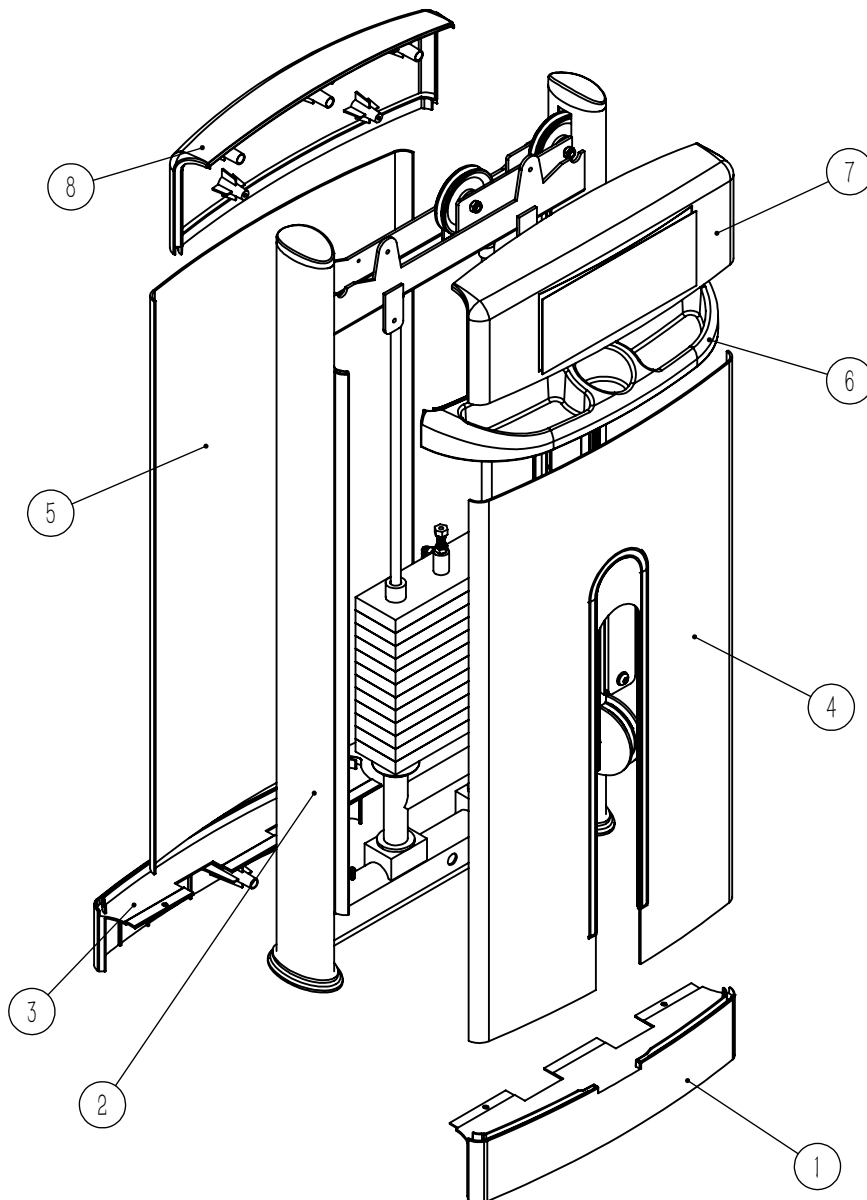
II  
1 : 4



# *The cushion assembly*

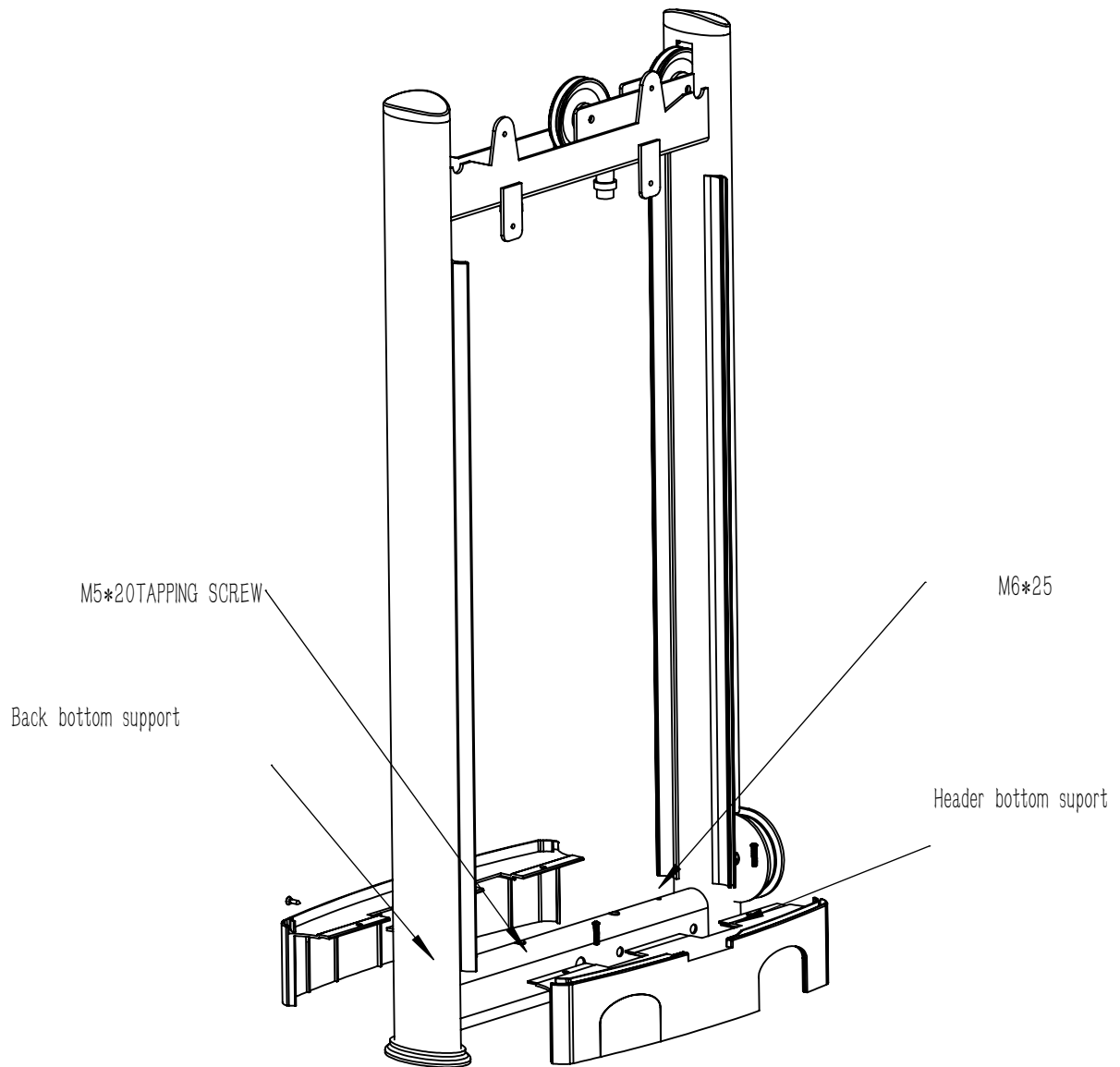


# *The main frame assembly*

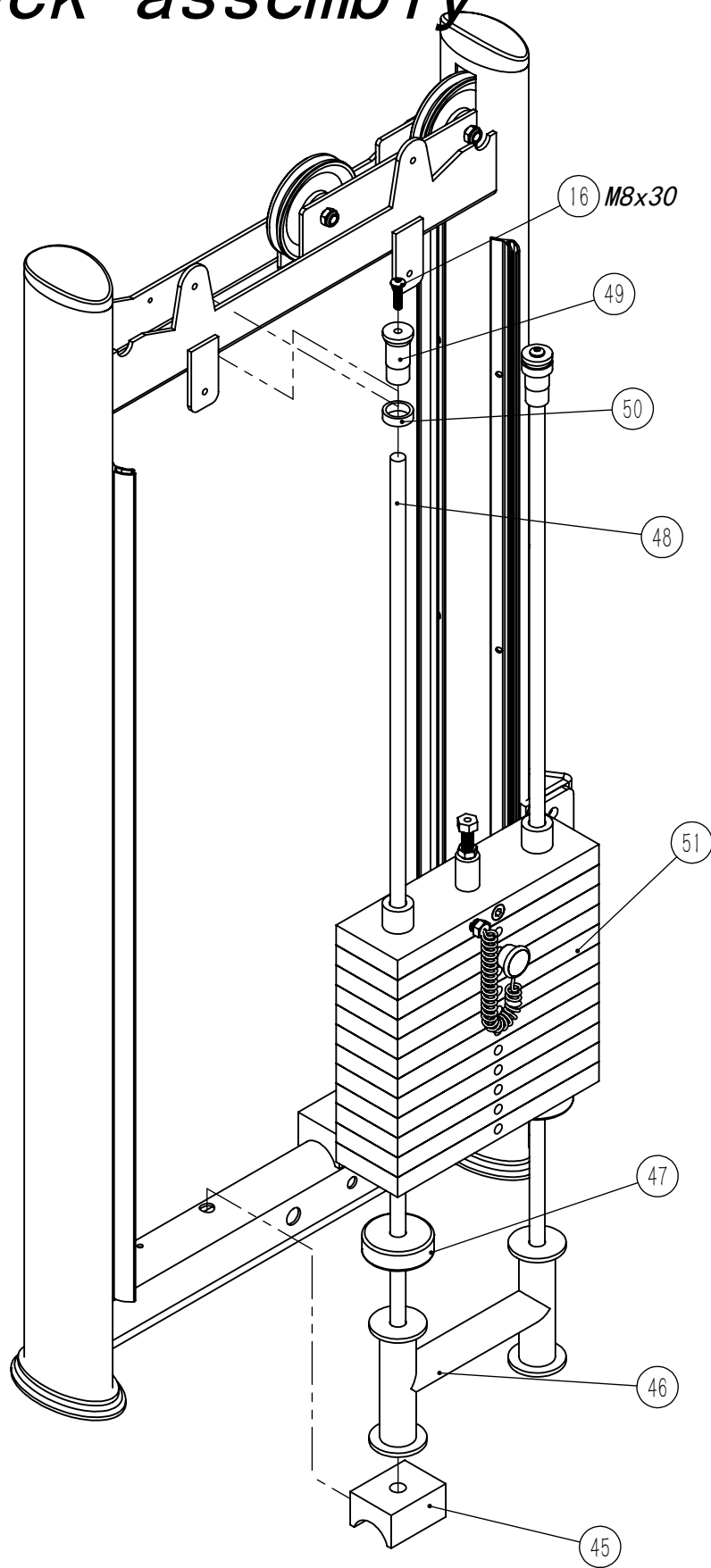


- 1、 Head bottom support*
- 2、 Main frame*
- 3、 Back bottom support*
- 4、 Header board*
- 5、 Back board*
- 6、 Support*
- 7、 Header gusset plate*
- 8、 Back gusset plate*

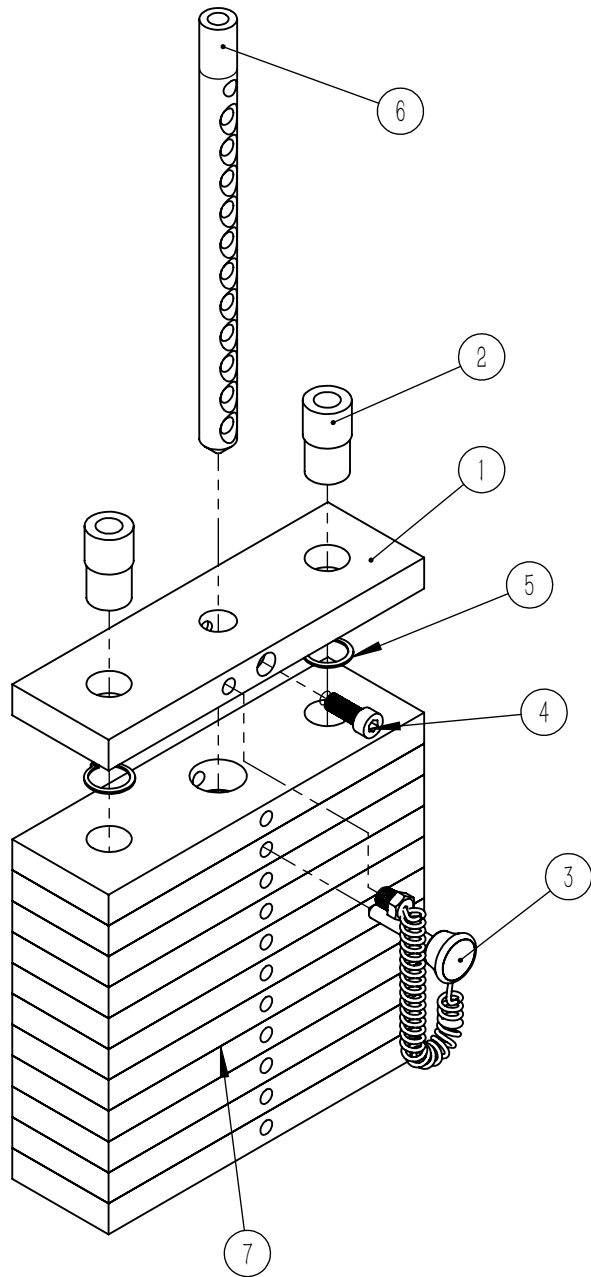
Install bottom supports to the main frame with 2 screws for M6 series and one tapping screw.



# *The main frame & weight stack assembly*

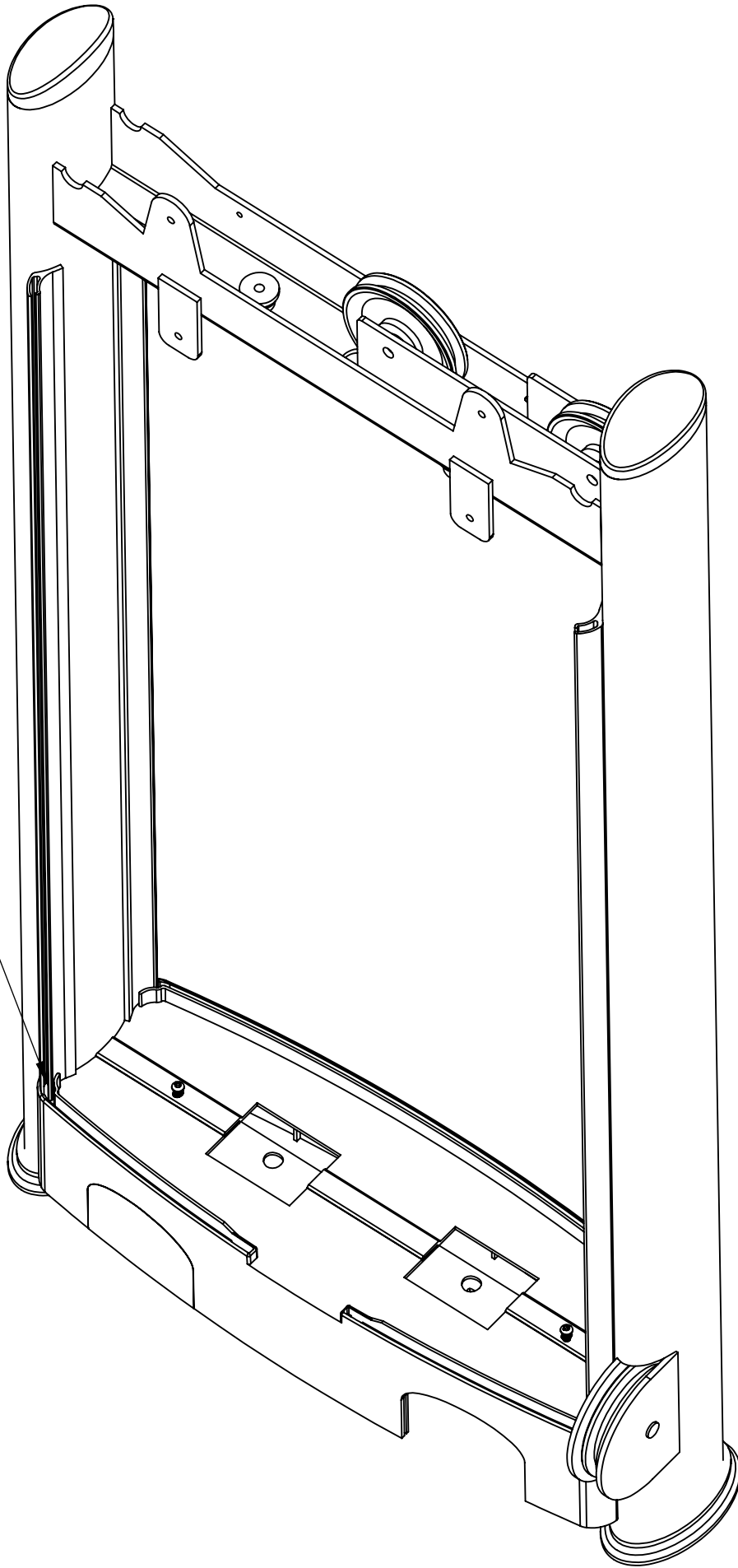


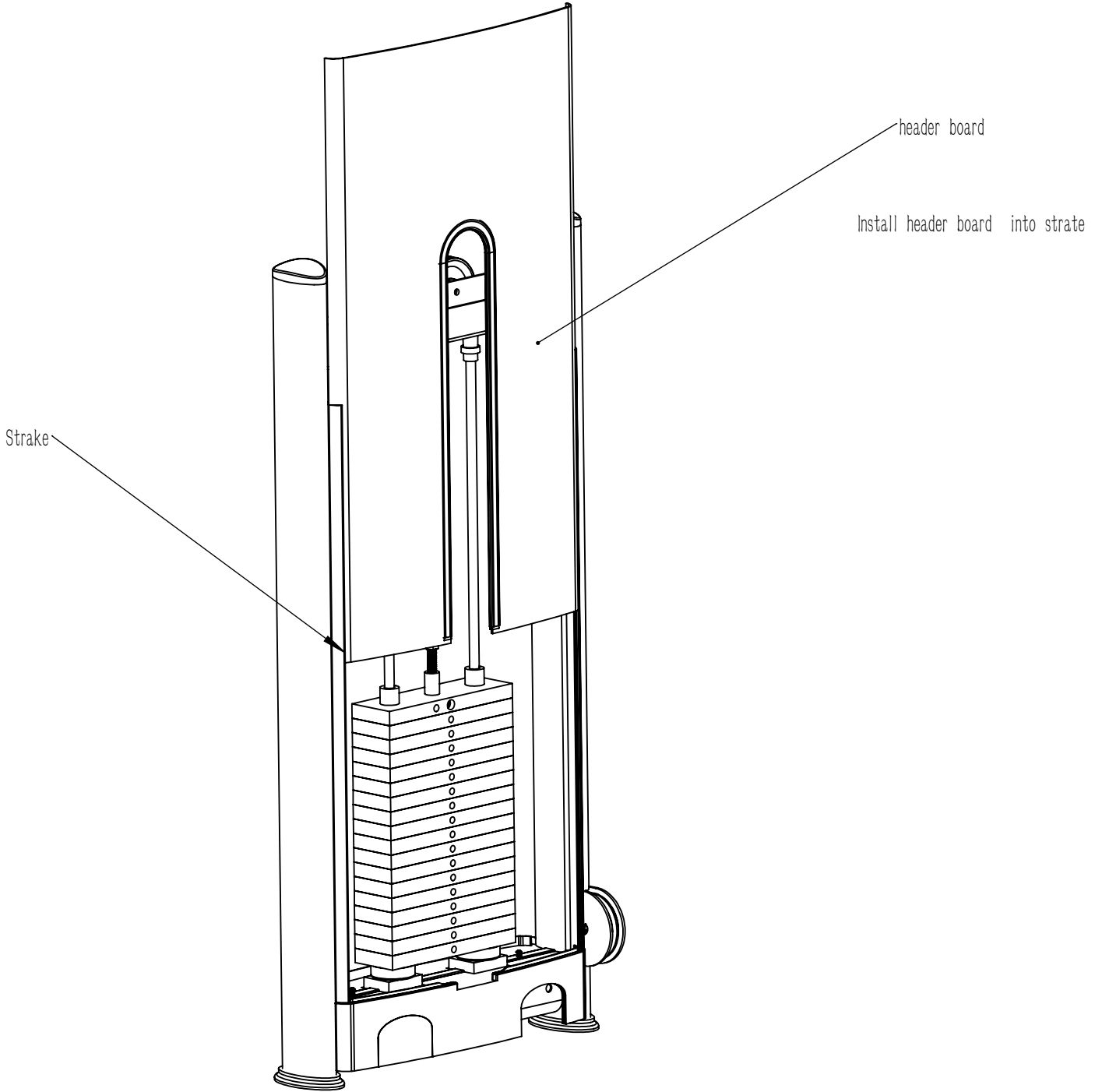
# The weight stack assembly



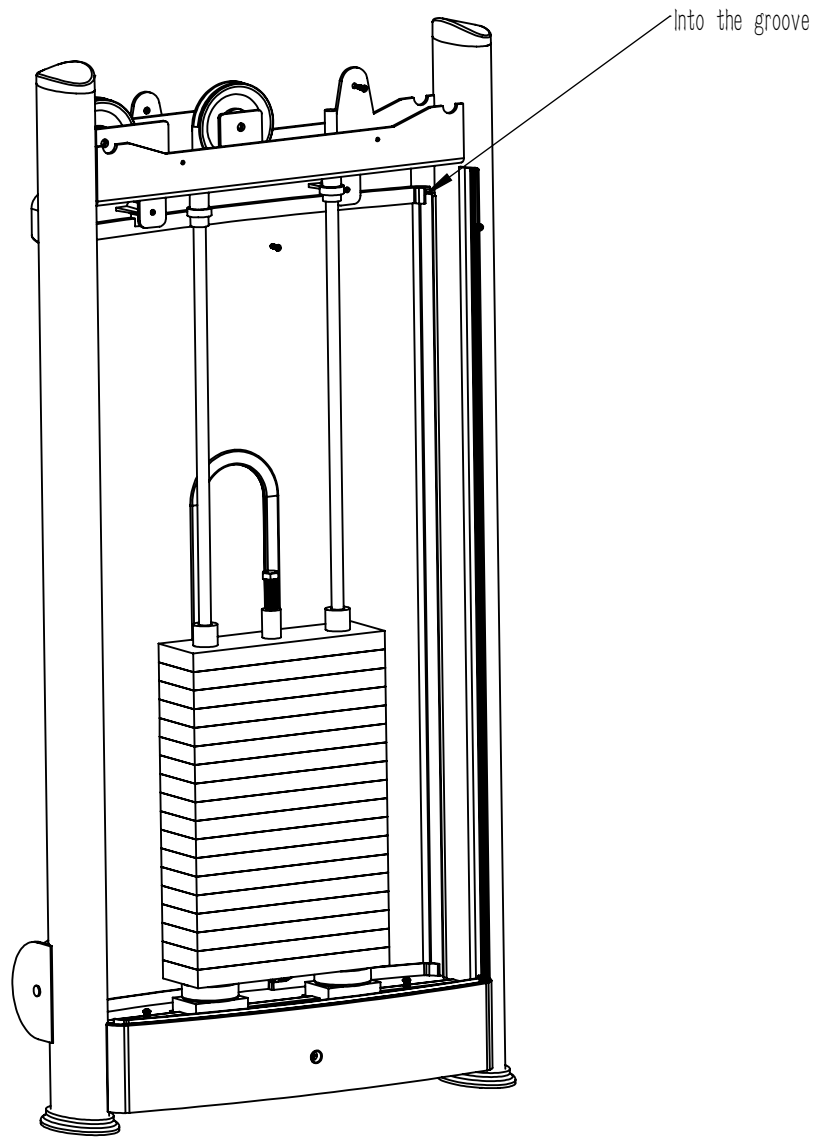
NO.	名称	Description	QTY
1	上片	Top Weight Plate	1
2	导杆套1	Guide Rod Sleeve	2
3	配重插销	Adjustable Bolt	1
4	上片螺丝	Bolt M12x30	1
5	30卡簧	φ 30 Shaft Clip	2
6	12孔插杆		1
7	配重片	Underside Weight Plate	11

FYA  
In the groove.



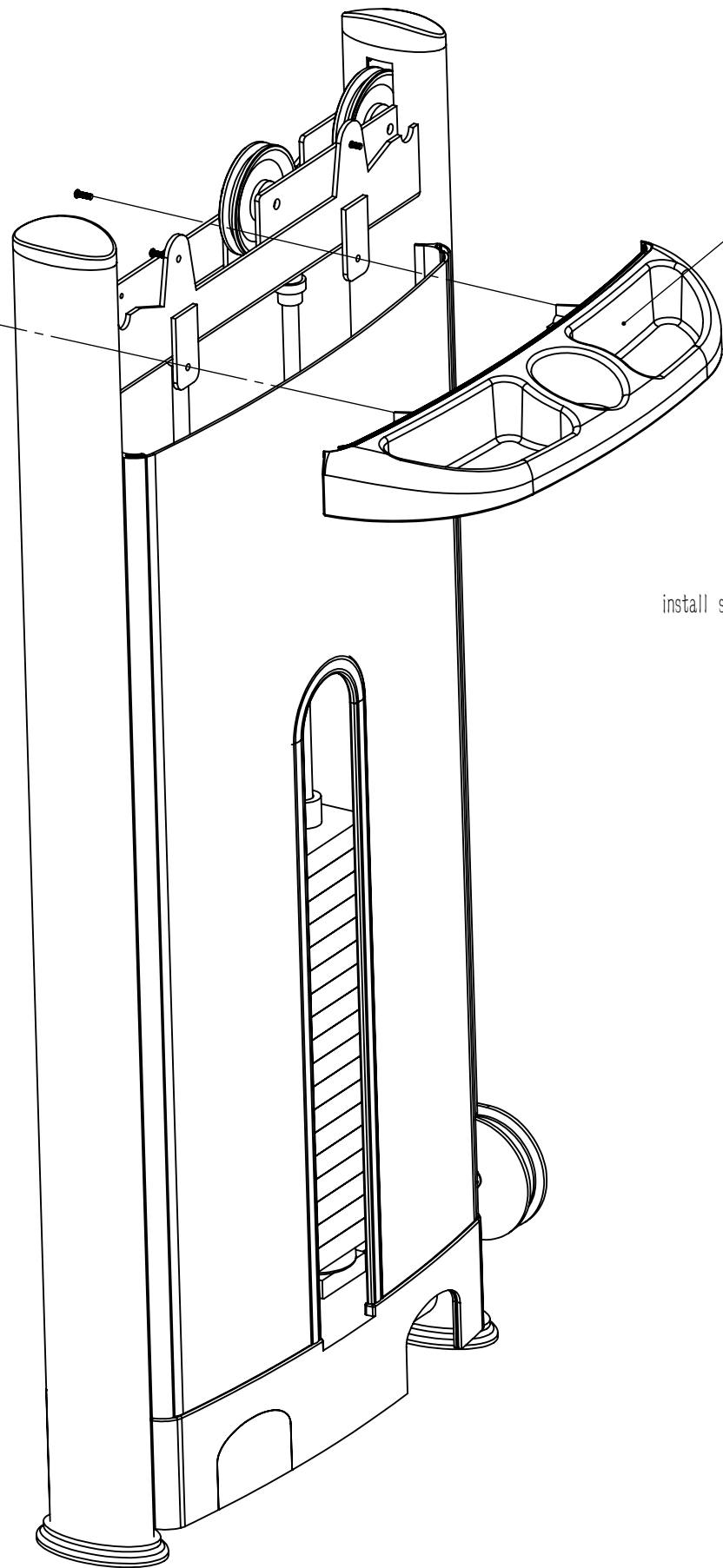






M5\*16

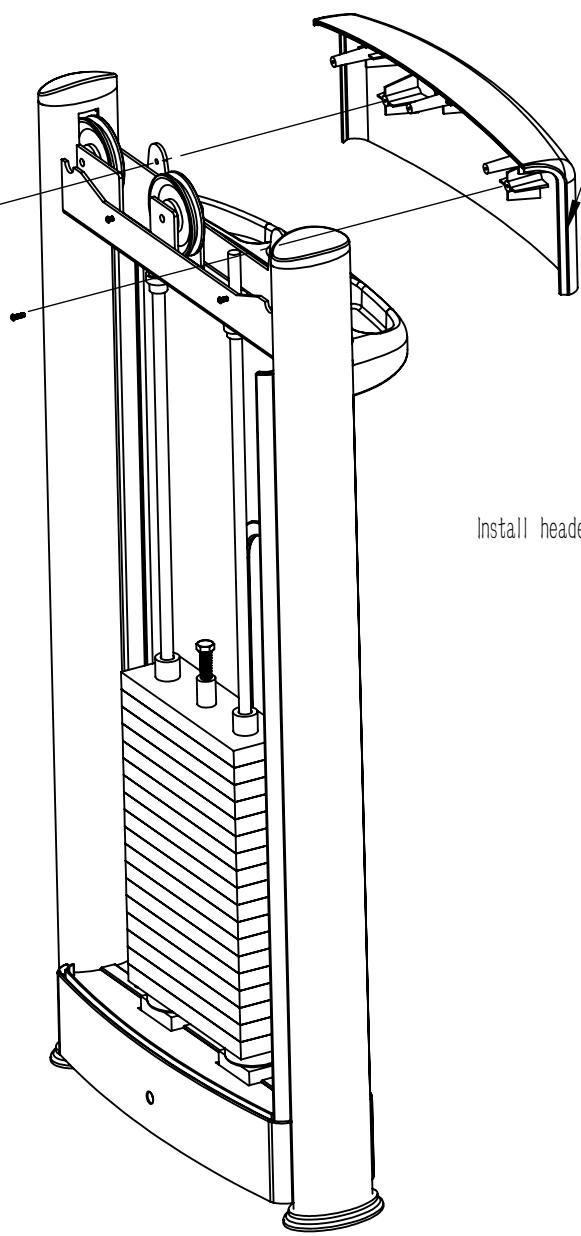
support



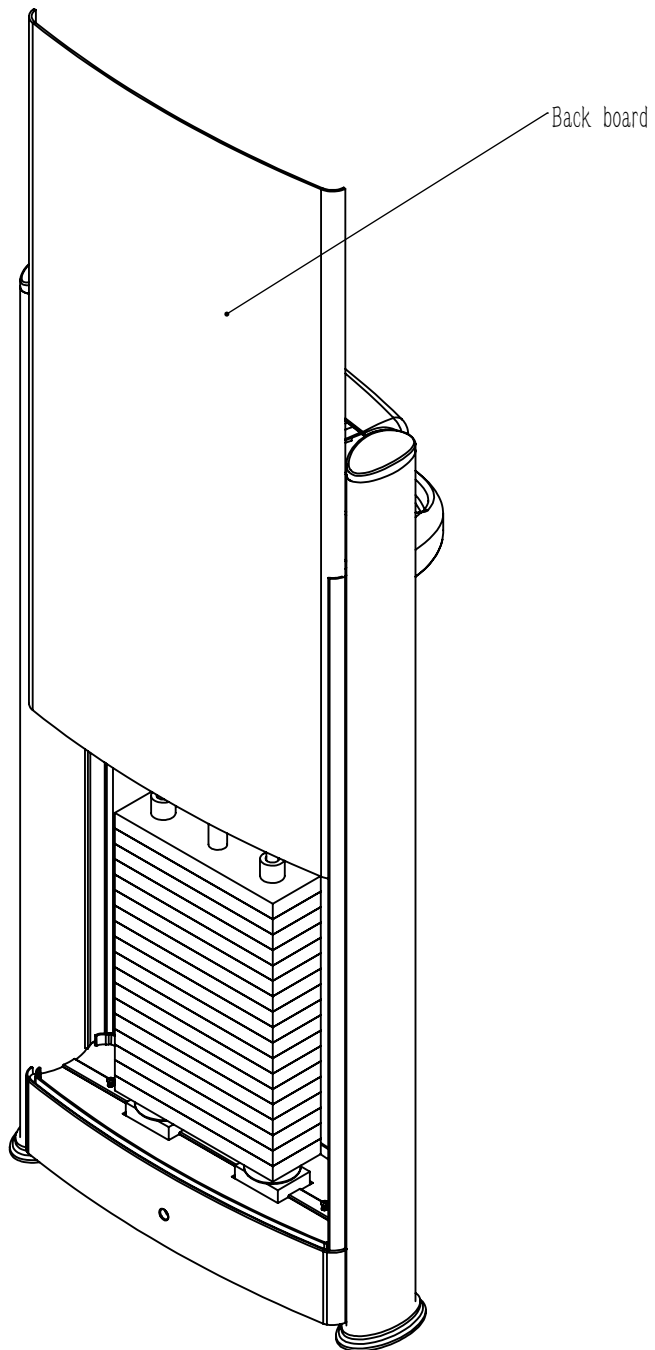
install support with M5\*16

M5\*16

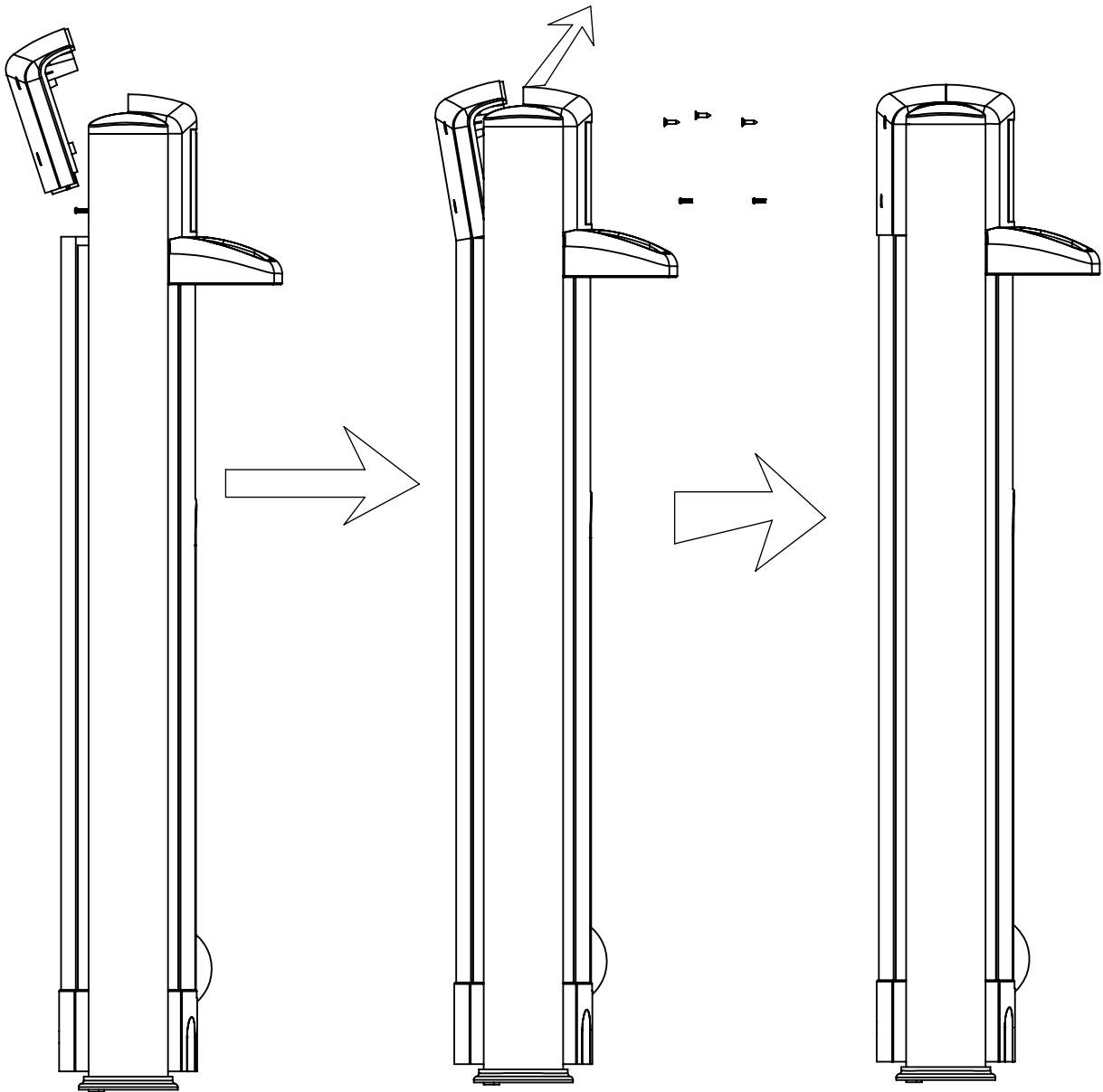
header bottom suport



Insta.ll header bottom suport withn M5\*16



Install back board



M5\*20 Tapping screw

M5\*16

M5\*16

