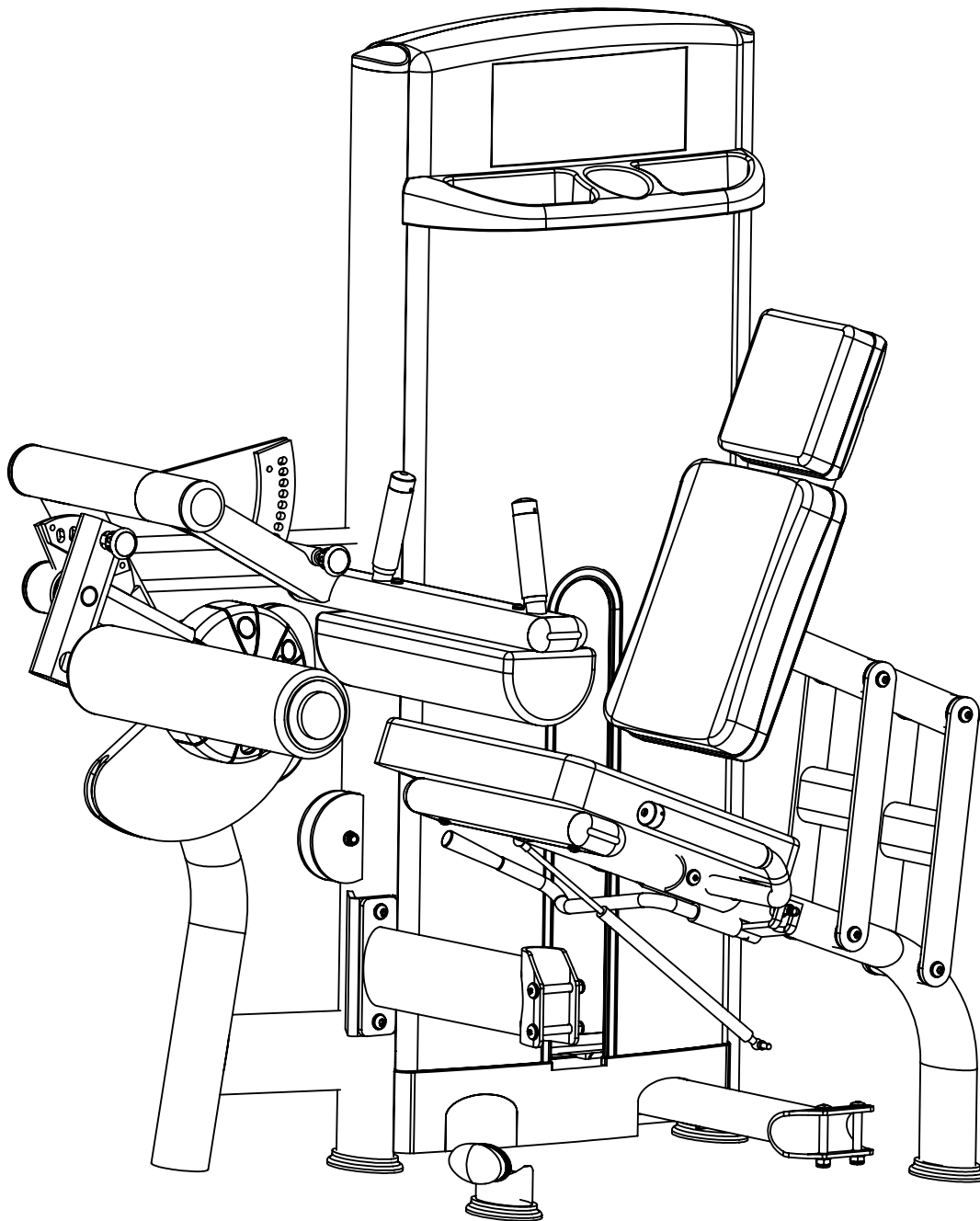


# ASSEMBLY INSTRUCTION



M7-2004  
Seated Leg Curl

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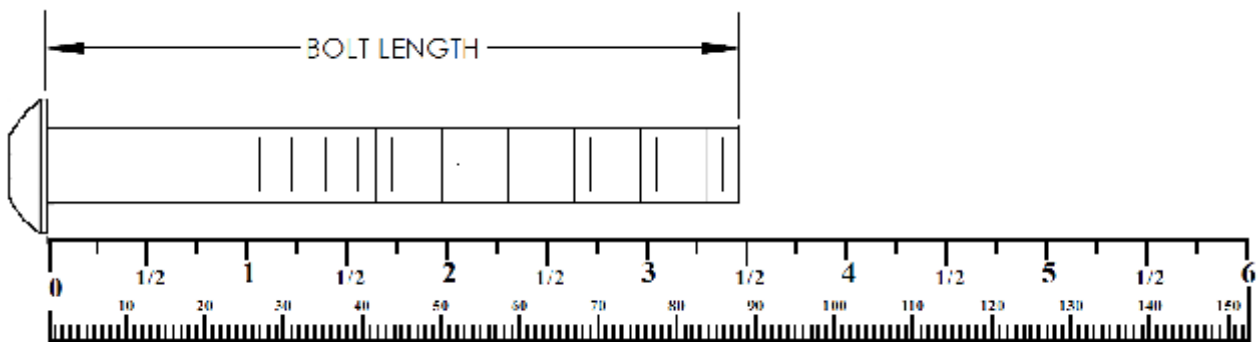
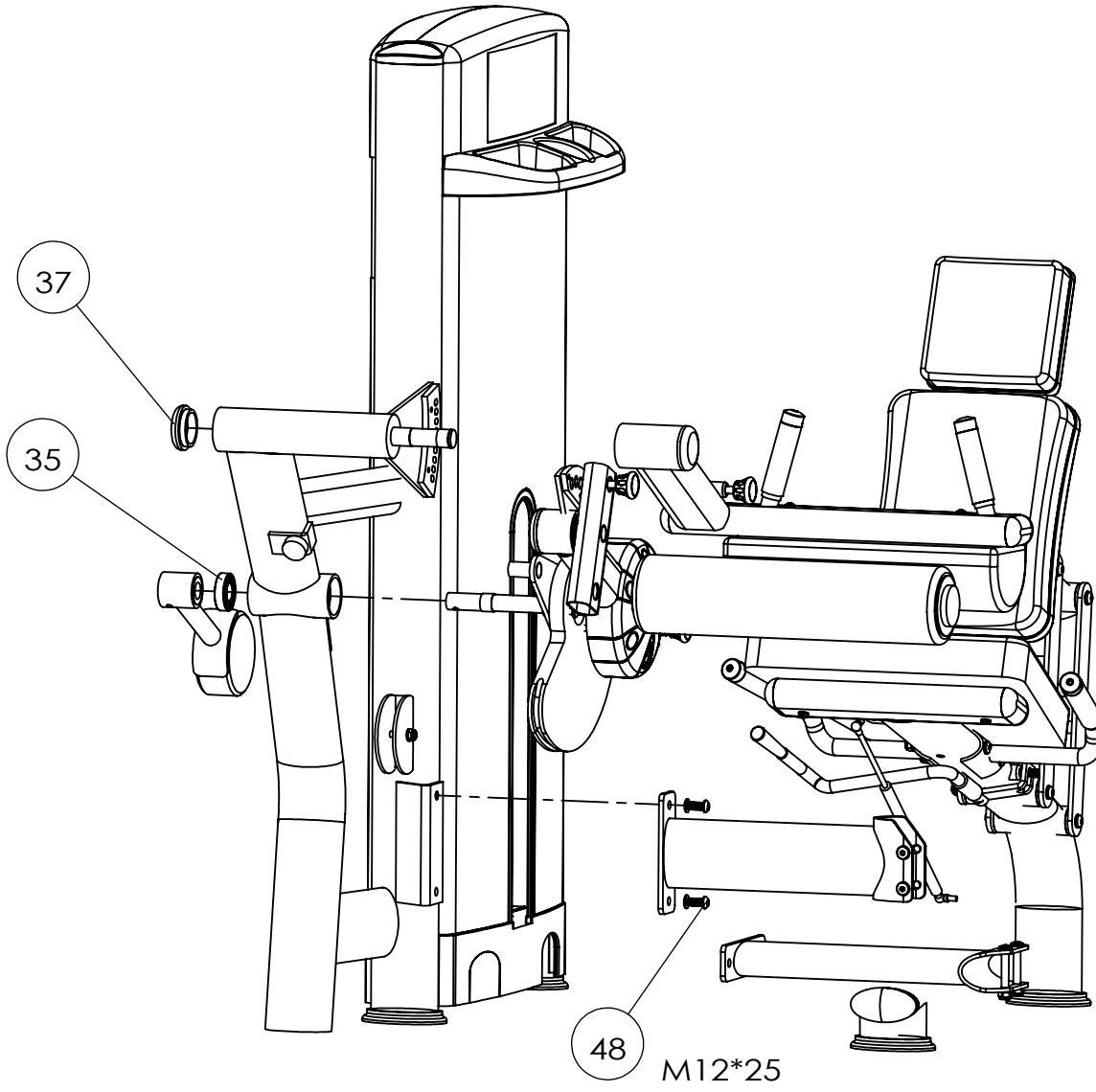
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# PARTS LIST

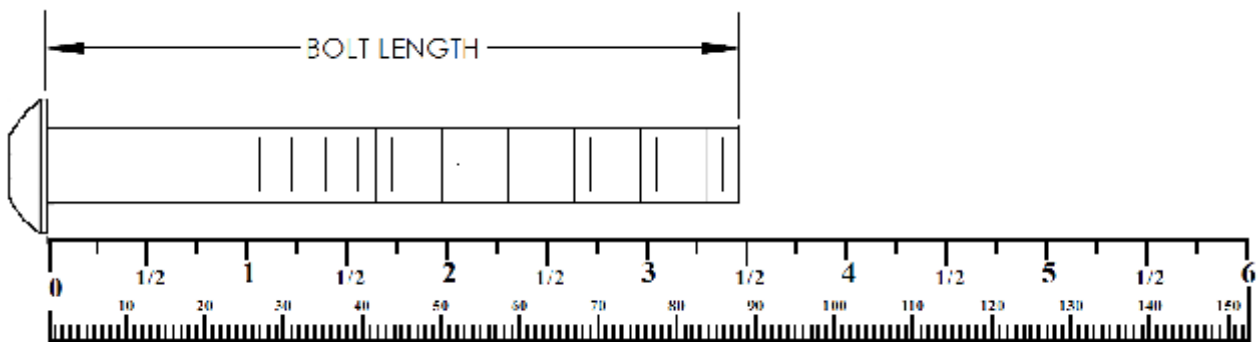
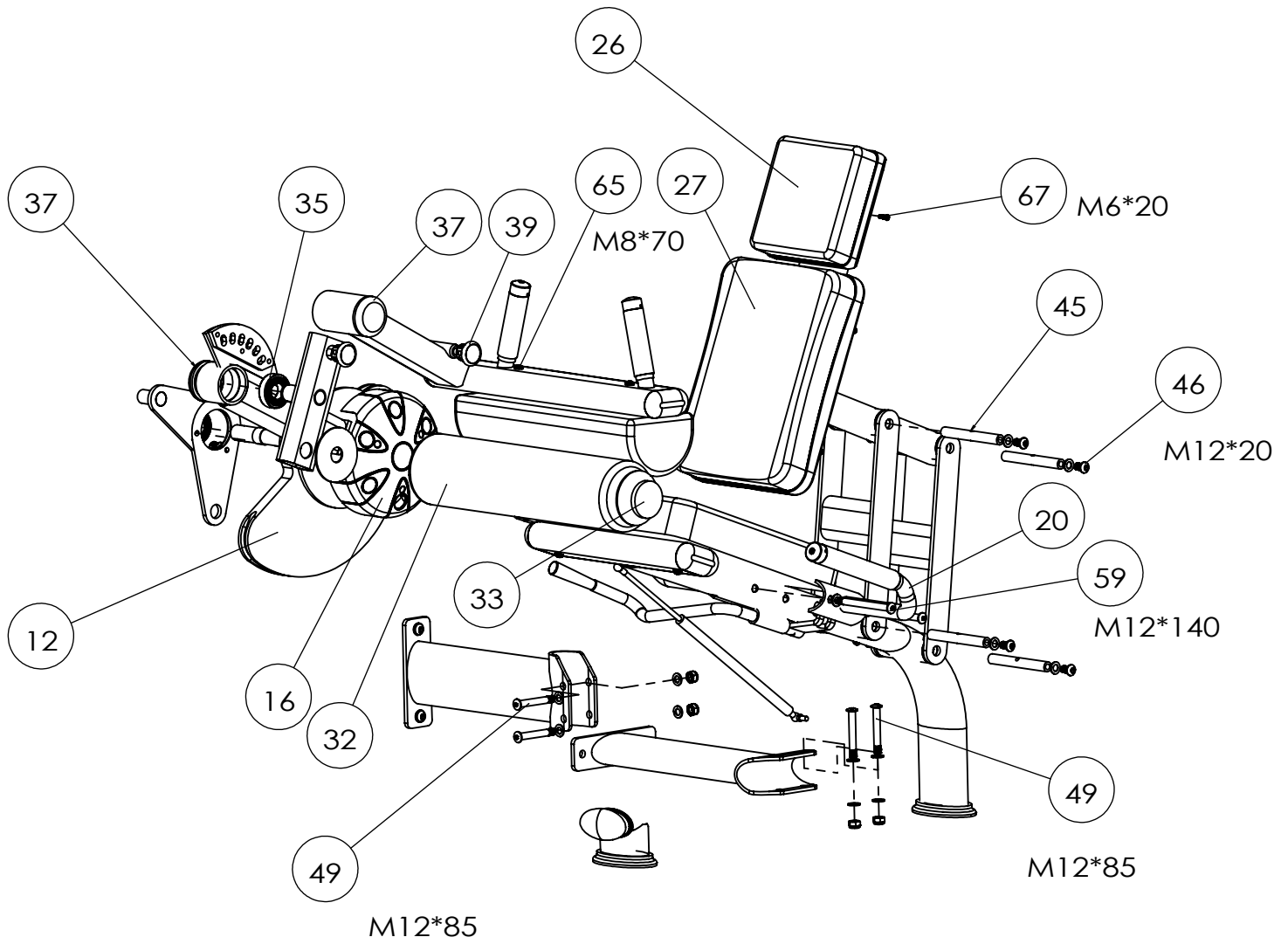
ITEM NO.	零件号	说明	QTY
1	框架装配		1
2	侧架		1
3	腿把		1
4	支位板		1
5	配重管		1
6	圆配重		1
7	直撑		1
8	撑2		1
9	M5卡子		1
10	2-11		1
11	调节板11		1
12	前挑圆盘		1
13	支位组		1
14	支位球		1
15	力臂1		1
16	复件 塑料盘1		1
17	2-12		1
18	复件 2-12		1
19	靠背组		1
20	手把组左		1
21	镜向手把组左	fromparent+	1
22	185调节销		1
23	拨片		1
24	调手把		1
25	前挑6孔调节板		1
26	M5头垫		1
27	M5大靠背		1
28	后挑坐垫		1
29	前挑气簧		1
30	前挑气簧下		1
31	皮辊挡片		2
32	540棍子		1
33	皮辊挡盖		1
34	后跳垫子		1
35	11-6206-2rs1		4
36	28卡簧		1

ITEM NO.	零件号	说明	QTY
37	62堵头		3
38	110调节销		1
39	手柄	Handle	3
40	手柄盖		3
41	85调节销		1
42	150调节销		1
43	48铜垫子		8
44	M12平垫圈	Washer, M12	22
45	150穿心轴	Axle, 160L	4
46	半圆头M12X20	Screw, M12x20	7
47	半圆头M12X30	Screw, M12x30	1
48	半圆头M12X25	Screw, M12X25	2
49	半圆头M12X85	Button Head Cap Screw, M12*85	4
50	M12防松帽	Nut, M12	6
51	M5堵头		1
52	鞋		2
53	M4堵头大		4
54	塑料手把		1
55	手把圈		4
56	手把盖		4
57	230手把套	Grip, 230MM	2
58	120手把套	Grip, 150MM	2
59	半圆头M12X140	Button Head Cap Screw M12X125	2
60	M10平面垫圈	Washer, M10	8
61	半圆头M10X50	Screw, M10X50	1
62	M10防松帽	Nut, M10	4
63	M5牛舌		1
64	M8平面垫圈	Washer, M8	4
65	半圆头M8X70	Screw, M8x70	4
66	半圆头M10X55	Button Head Cap Screw M10*55	3
67	半圆头M6X20	Button Head Cap Screw M6*20	6

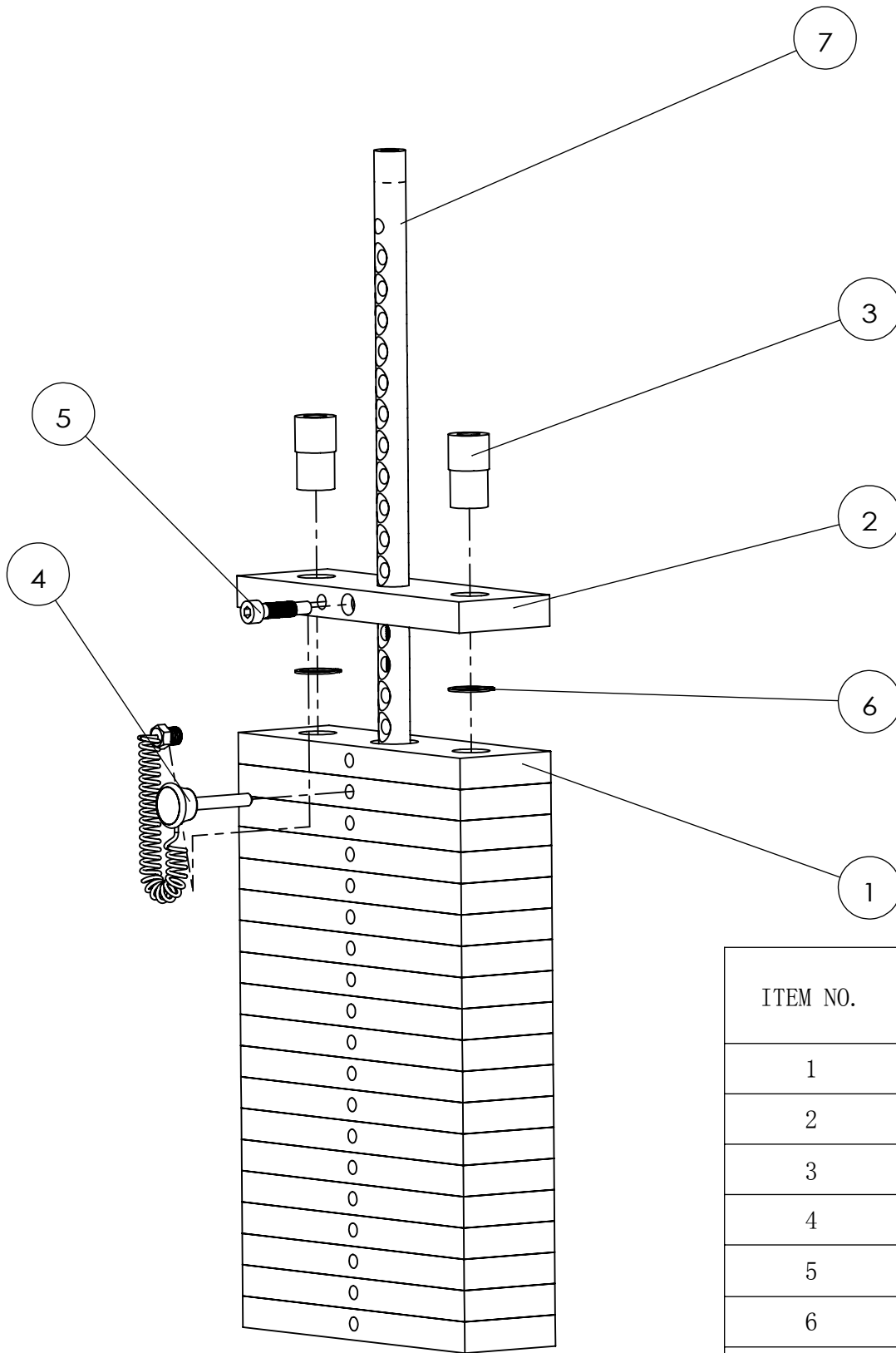
# Main Frame And Side Frame Assembly



# Side Frame Assembly



# Weight Stack Assembly



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

Image

