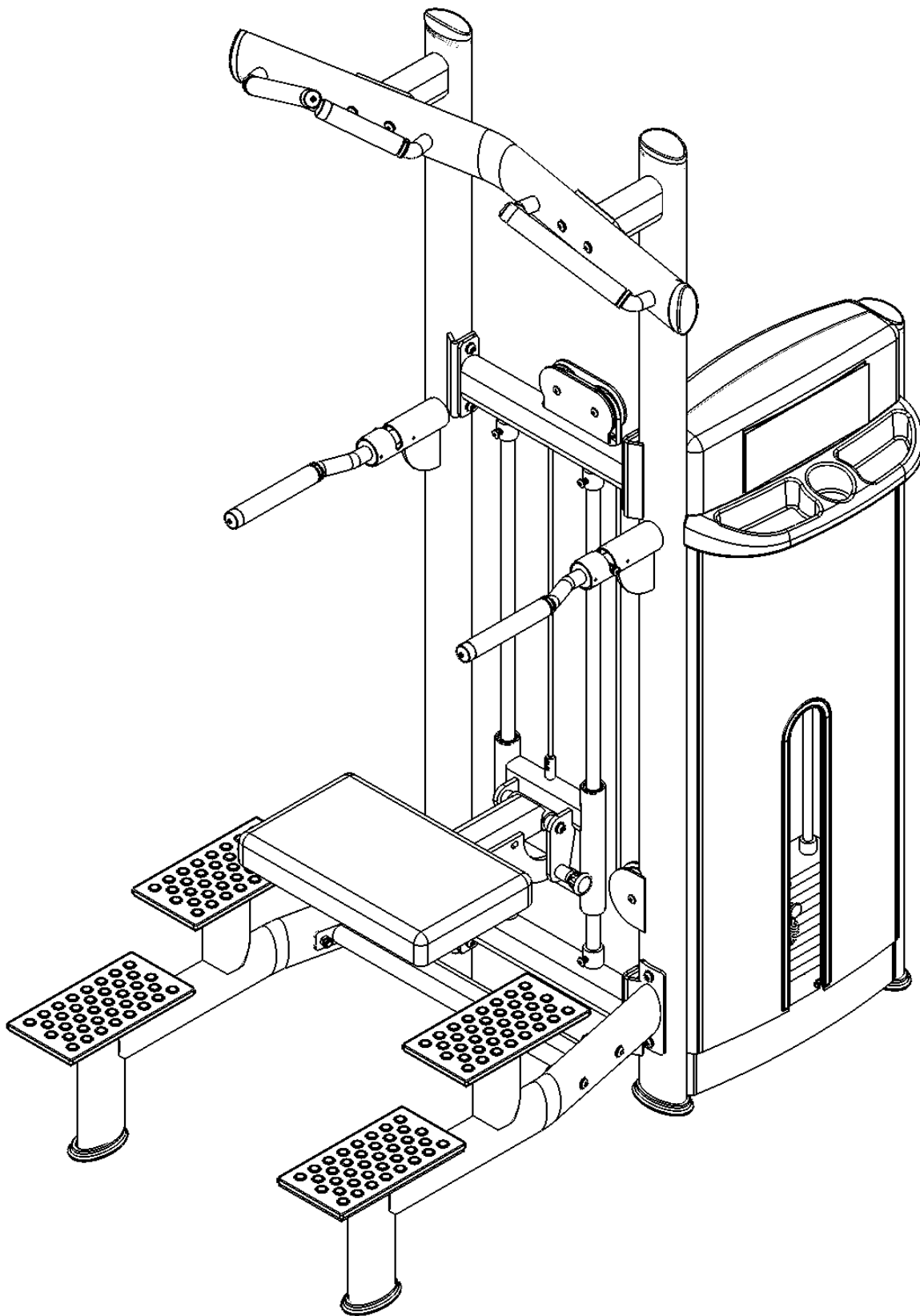


ASSEMBLY INSTRUCTION



Chin/Dip Assist

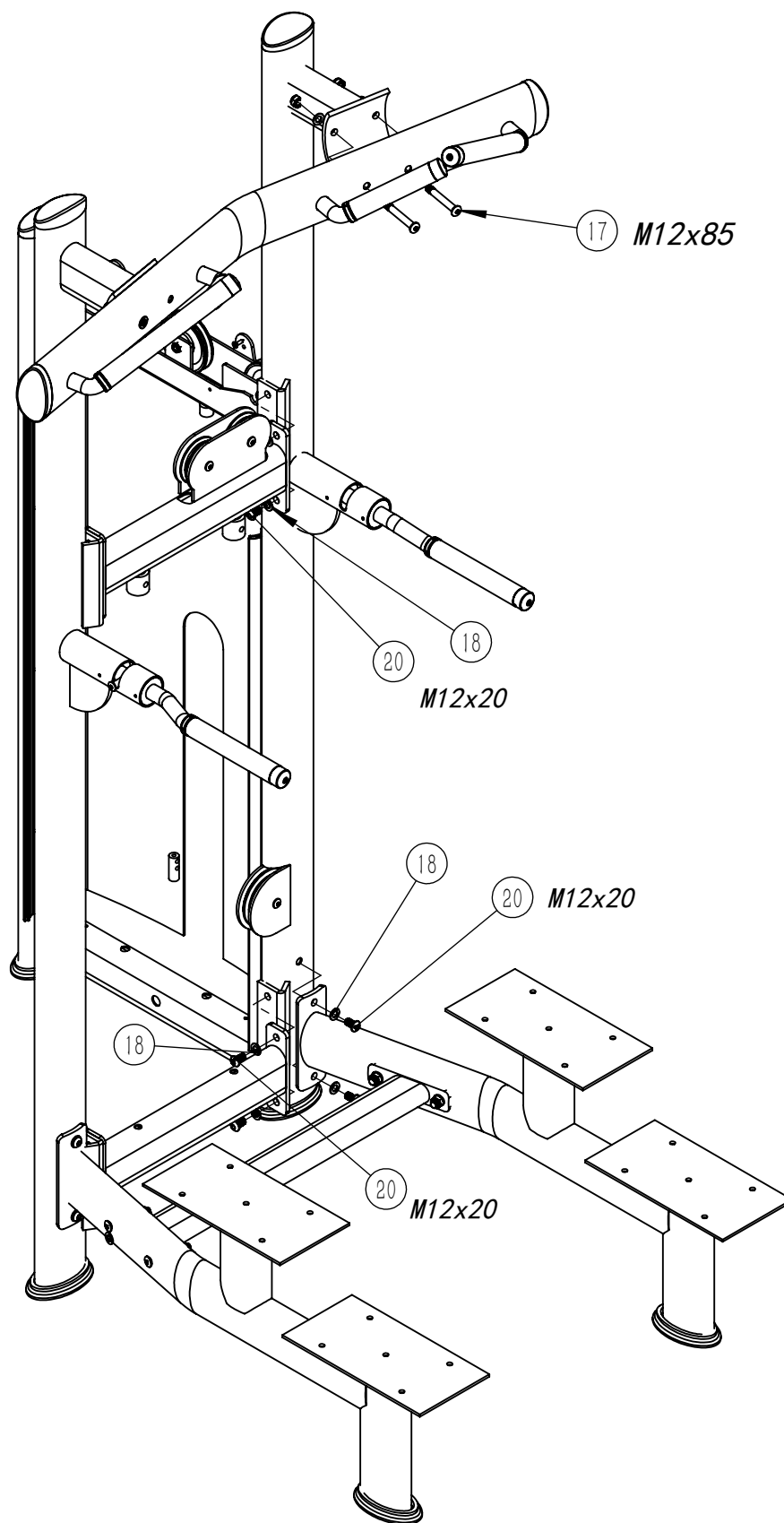
CONTENTS

<i>Parts list</i>	<i>Page 3</i>
<i>The main frame & The sub frame assembly</i>	<i>Page 4</i>
<i>The sub frame assembly</i>	<i>page 5</i>
<i>The principal axis & The linear bearings assembly</i>	<i>Page 6</i>
<i>Leg frame assembly</i>	<i>page 7</i>
<i>The wire rope & The wire wheel assembly</i>	<i>page 8</i>
<i>The chshion & The pedal rubber assembly</i>	<i>Page 9</i>
<i>The main frame assembly</i>	<i>Page 10</i>
<i>The plastic assembly</i>	<i>Page 11</i>
<i>The main frame & The weight stack assembly</i>	<i>Page 12</i>
<i>The weight stack assembly</i>	<i>Page13</i>
<i>The plastic assembly</i>	<i>Page (14-20)</i>

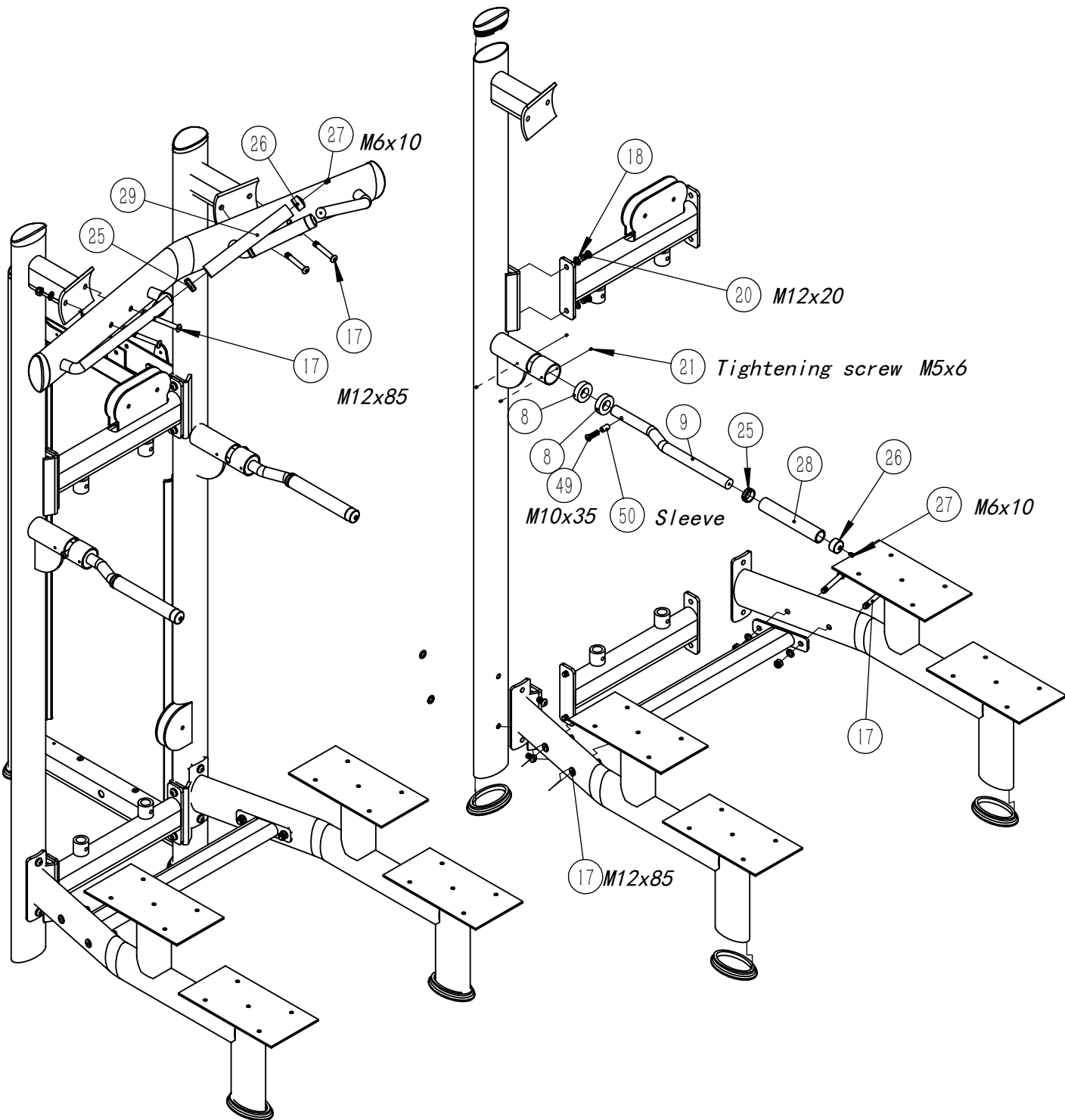
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The main frame assembly	1	29	270手把套	Grip 270	2
2	立管组	Vertical tube group	1	30	160手把套	Grip 160	2
3	下管组	Down tube group	1	31	半圆头M10X50	Screw, M10X50	5
4	上横管	The upper tub group	1	32	M10防松帽	Nut, M10	4
5	脚踏管组	Foot pipe group	1	33	160穿心轴无孔	Wear a spindle 160	1
6	光轴1200	Principal axis	2	34	M7导杆套	guide rod sleeve M7	2
7	轴套3	Bearing sleeve	1	35	M7导杆套圈	Guide rod sleeve Nut	1
8	垫子	Mat	4	36	半圆头M8X30	Screw, M8x30	4
9	手把5	Handle	2	37	方配重垫	counter weight cushion	2
10	上管撑	The support tube	1	38	1.39米导杆	guide rod1.39m	2
11	撑1组	The support tube	1	39	10片配重组	Assy, Weight Plate	1
12	腿架	Leg frame	1	40	半圆头M10X20	screw M10*20	4
13	镜向脚踏管组	fromparent+	1	41	25直线轴承开口	Linear bearings 25	4
14	管堵	Cap of tubing	3	42	40内卡簧	∅c40 shaft clip	4
15	方踏板	Pedal rubber	4	43	M8x8顶丝	M8*8 Tightening Screw	2
16	引体向上垫子	Cushion	1	44	85调节销	adjusting pin 85L	1
17	半圆头M12X85	Button Head Cap Screw, M12*85	8	45	插销2	Adjustable Handle	1
18	M12平垫圈	Washer, M12	28	46	M12	Nut, M12	1
19	M12防松帽	Nut, M12	8	47	配重螺丝中空 M12X60	Turnbuckle Screw, M12x60	1
20	半圆头M12X20	Screw, M12x20	14	48	钢丝绳SLDPRT	wire rope	1
21	M5x6顶丝	Tightening screw	9	49	半圆头M10X35	Screw, M10X35	2
22	89滑轮	∅ 89MM Pulley	2	50	小套管	Sleeve	2
23	大线轮	∅ 114MM Pulley	3	51	鞋	Shoes	5
25	手把圈	Grip Ring	6	52	M8平垫片(∅8.5)	Washer, M8	2
26	手把盖	Grip Cap	6				
27	半圆头M6X10	Screw, M6*10	6				
28	210手把套	Grip 210L	2				

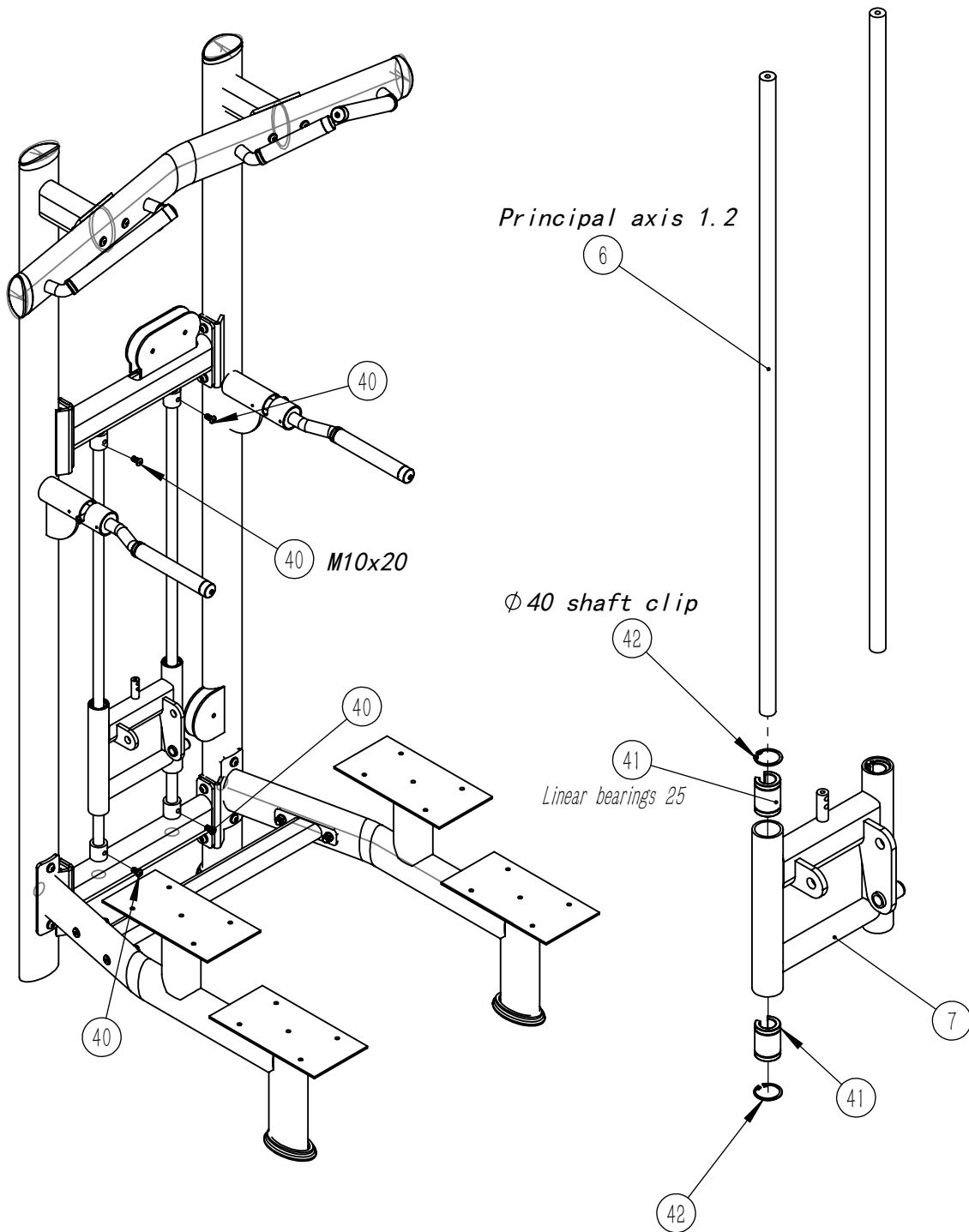
The main frame & The sub frame assembly



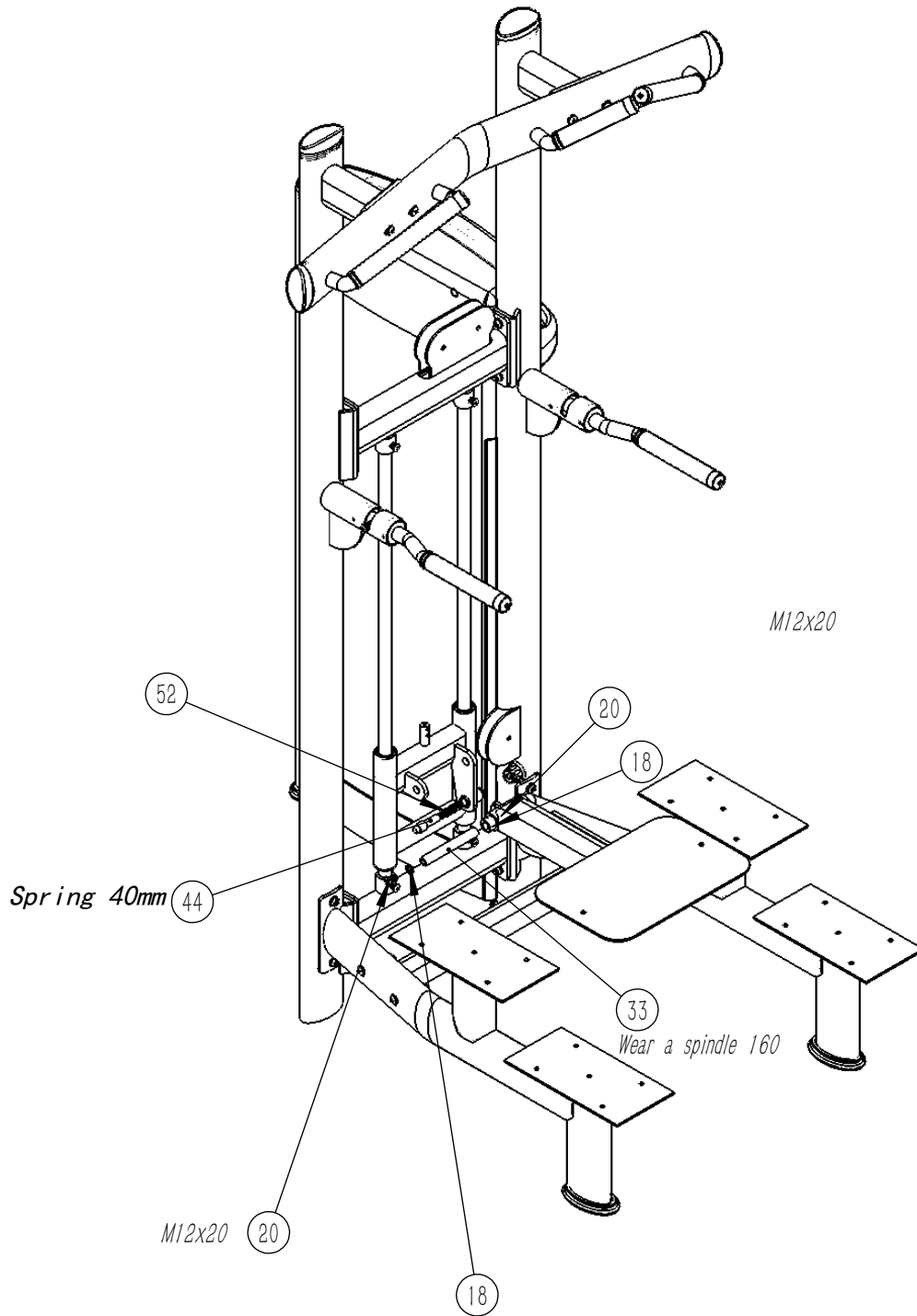
The sub frame assembly



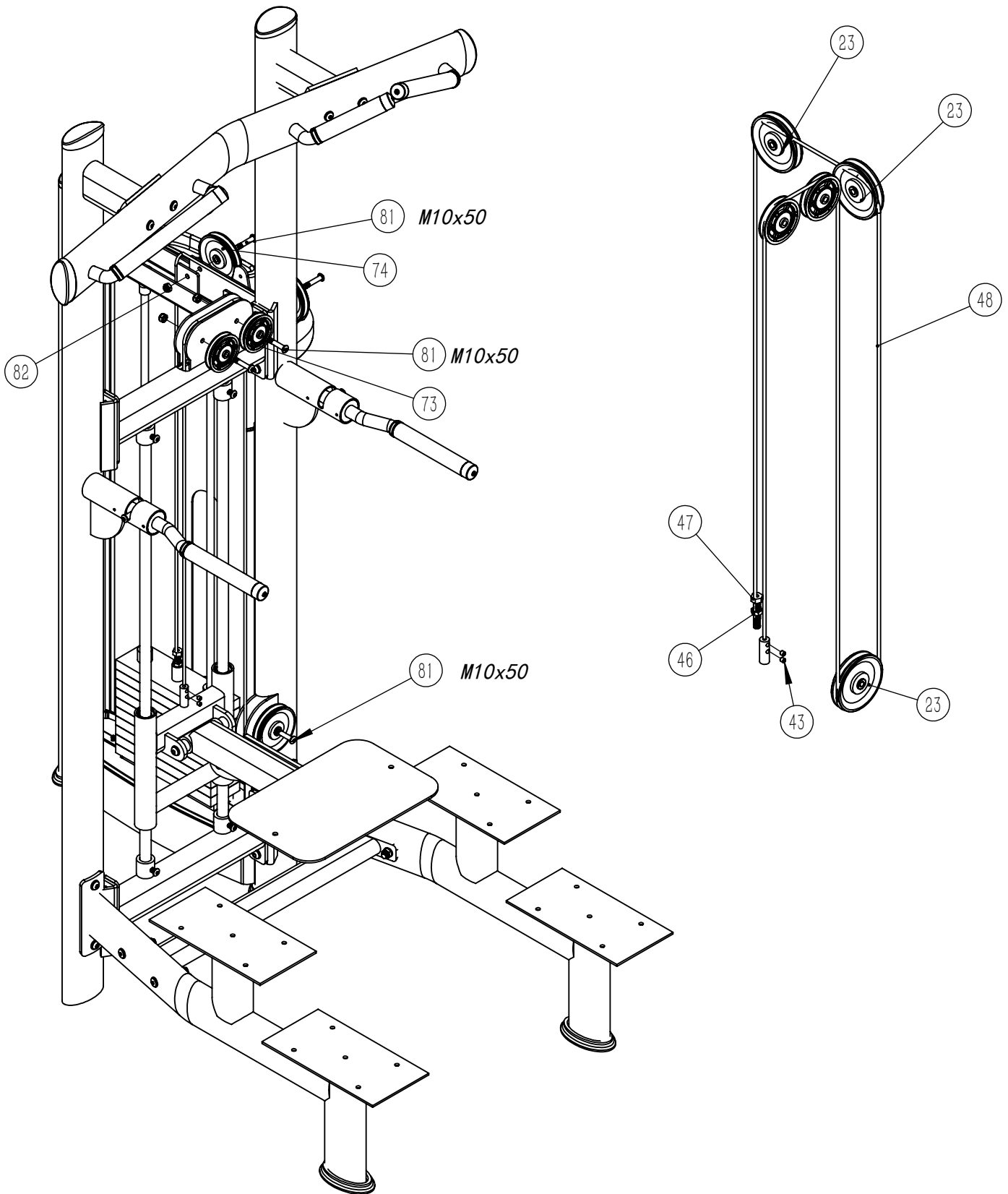
The principal axis & linear bearings assembly



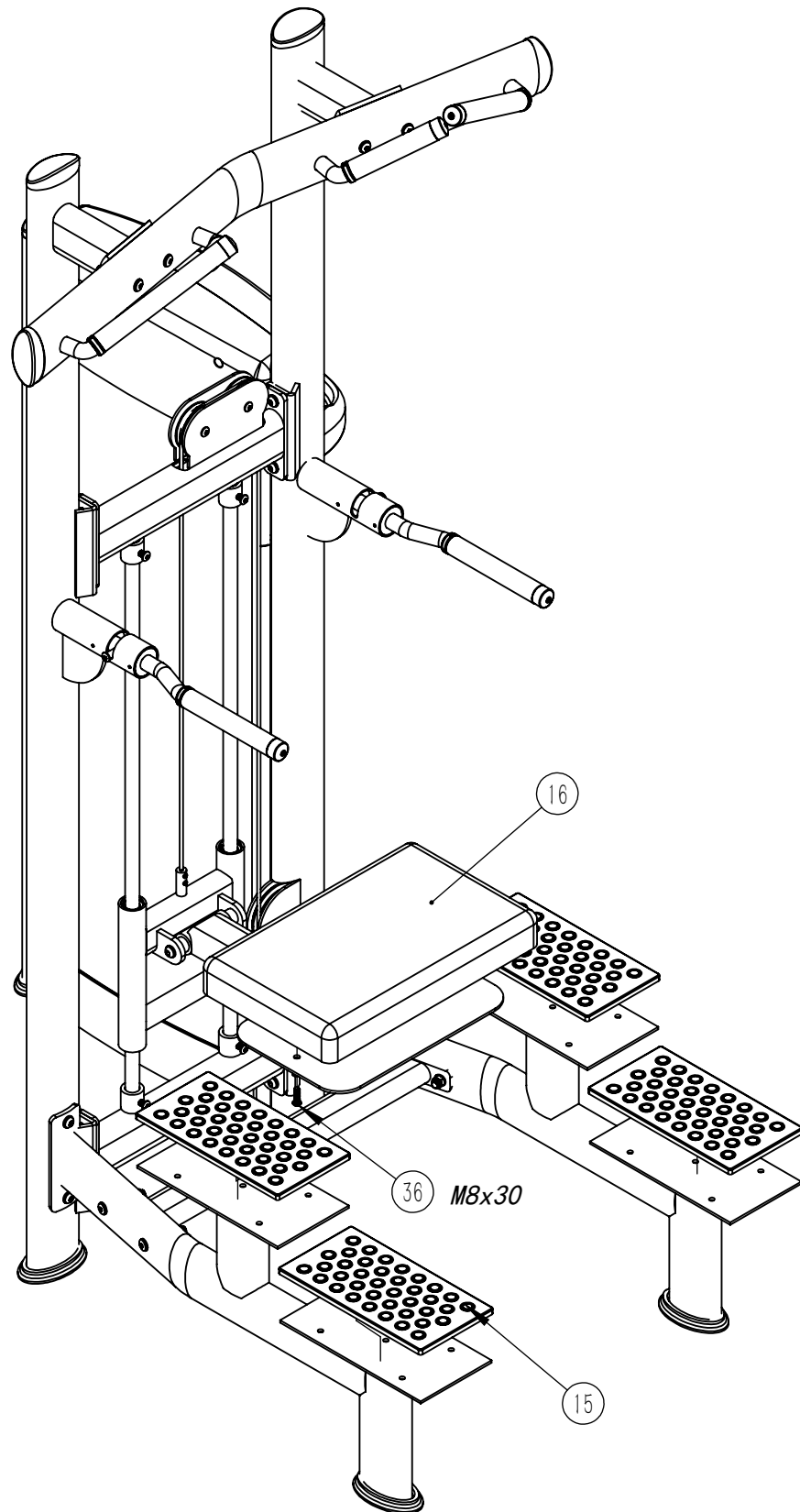
Leg frame assembly



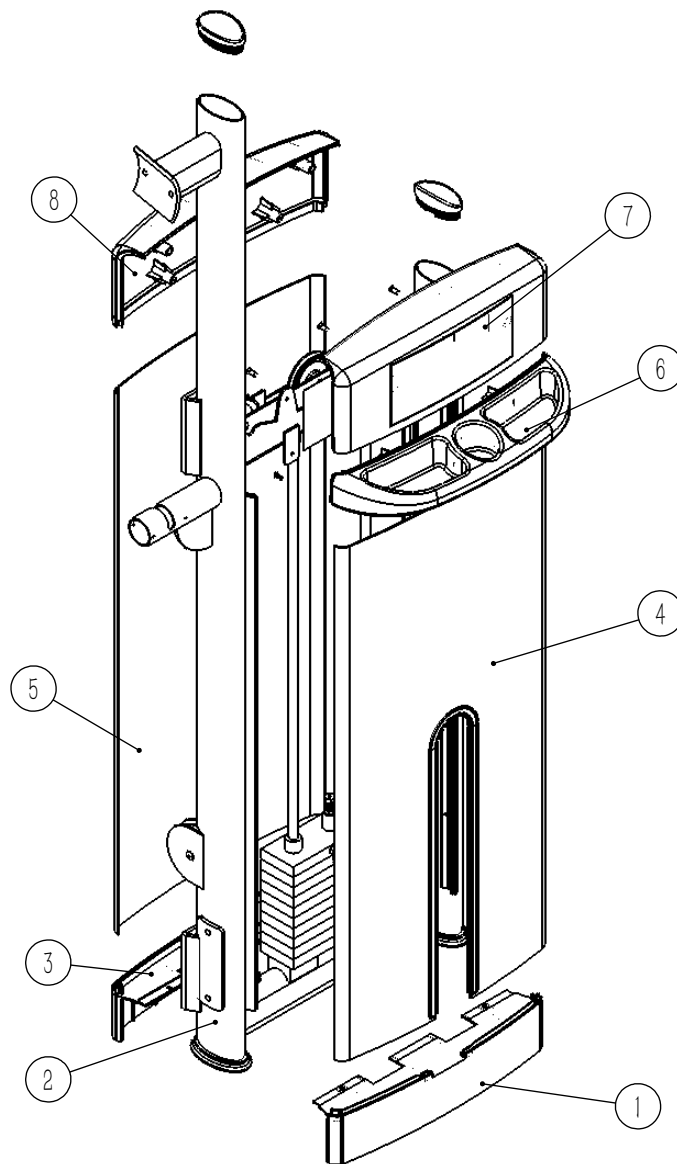
The wire rope & The wire wheel assembly



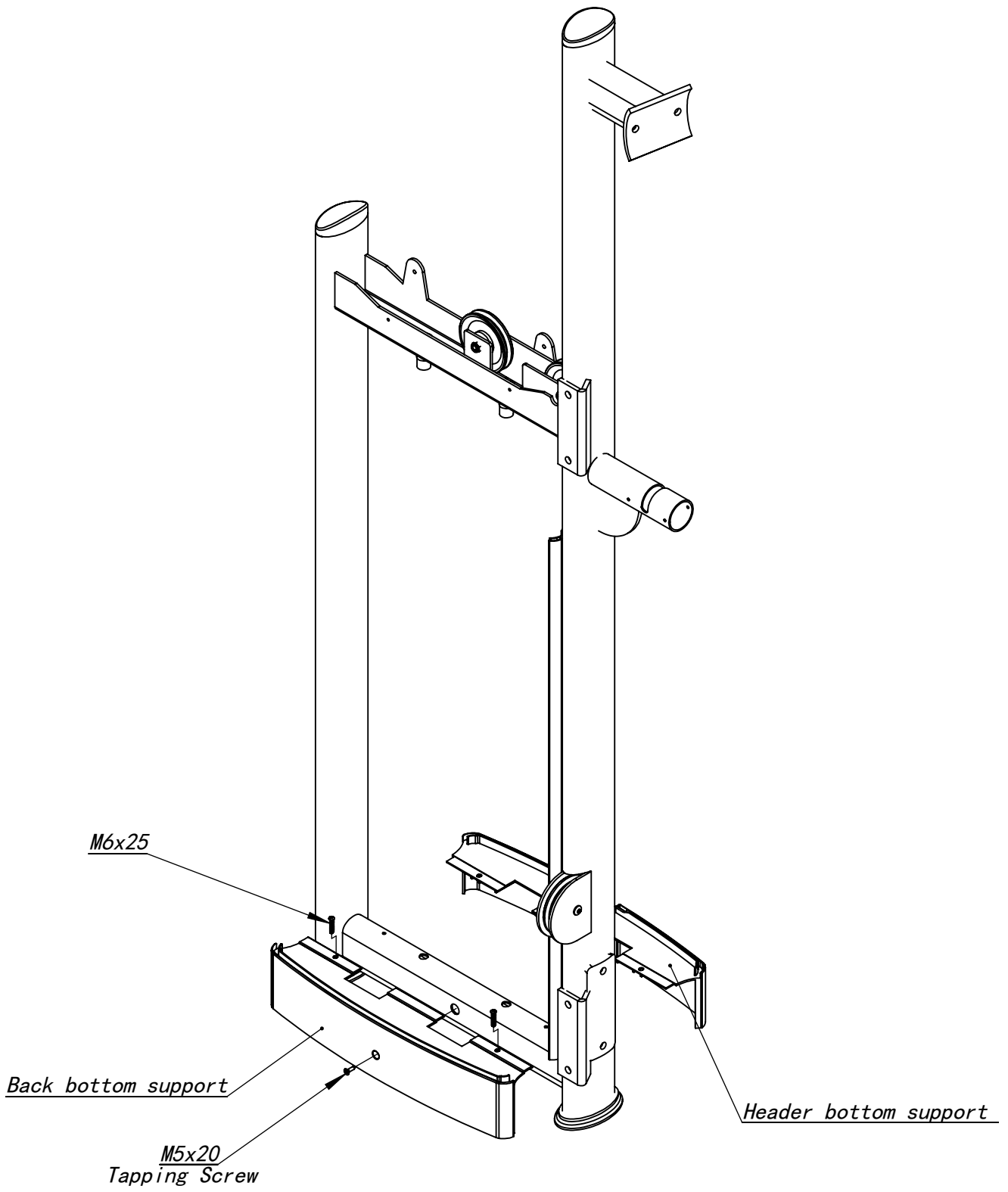
The cushion & The pedal rubber assembly



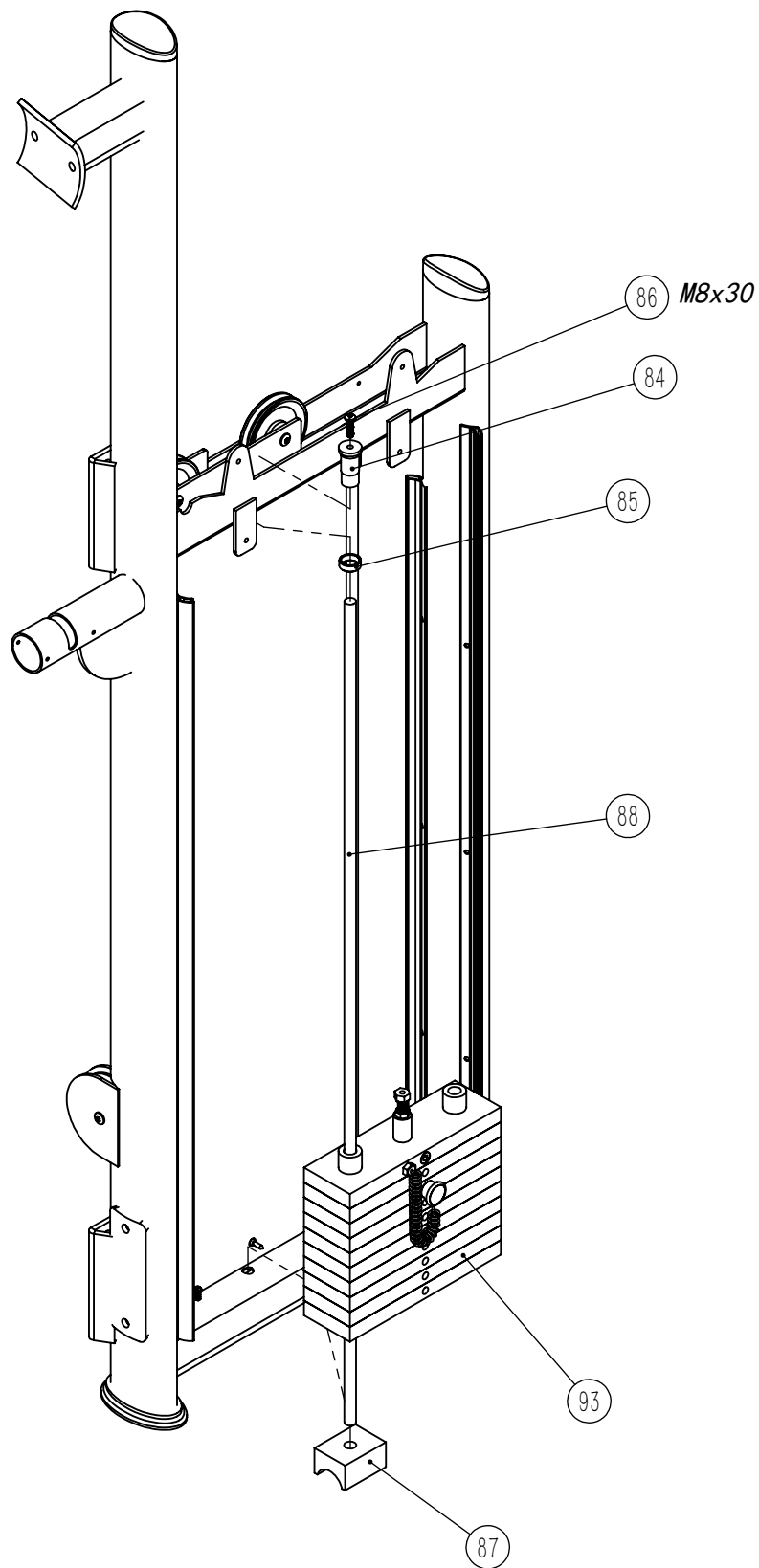
The main frame assembly



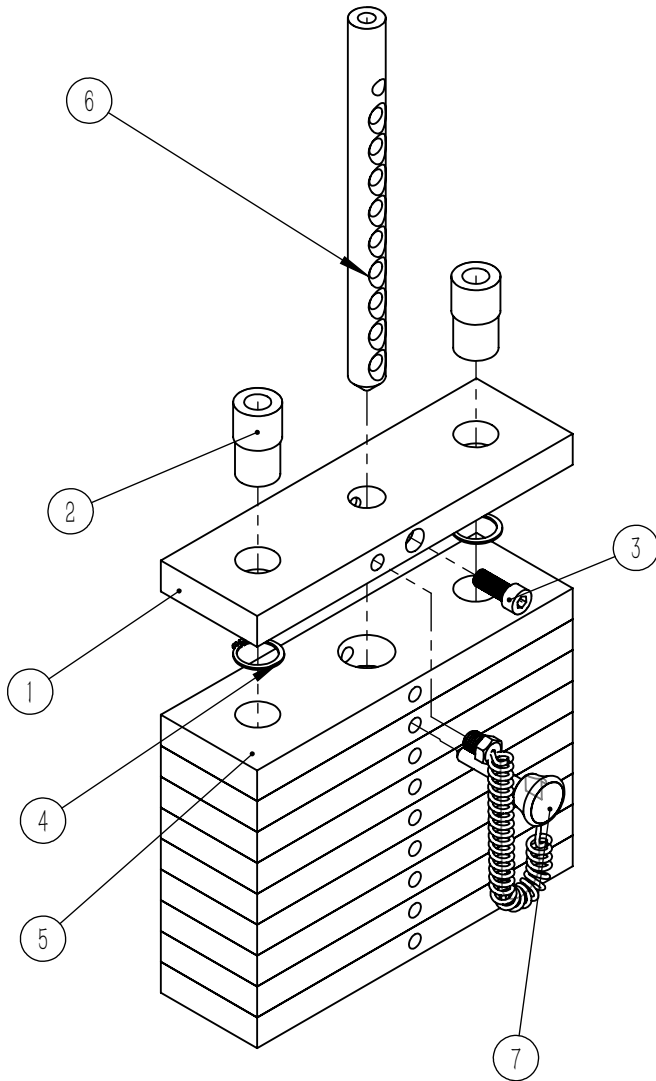
- 1、 *Head bottom support*
- 2、 *Main frame*
- 3、 *Back bottom support*
- 4、 *Header board*
- 5、 *Back board*
- 6、 *Support*
- 7、 *Header gusset plate*
- 8、 *Back gusset plate*



The main frame & The weight stack assembly

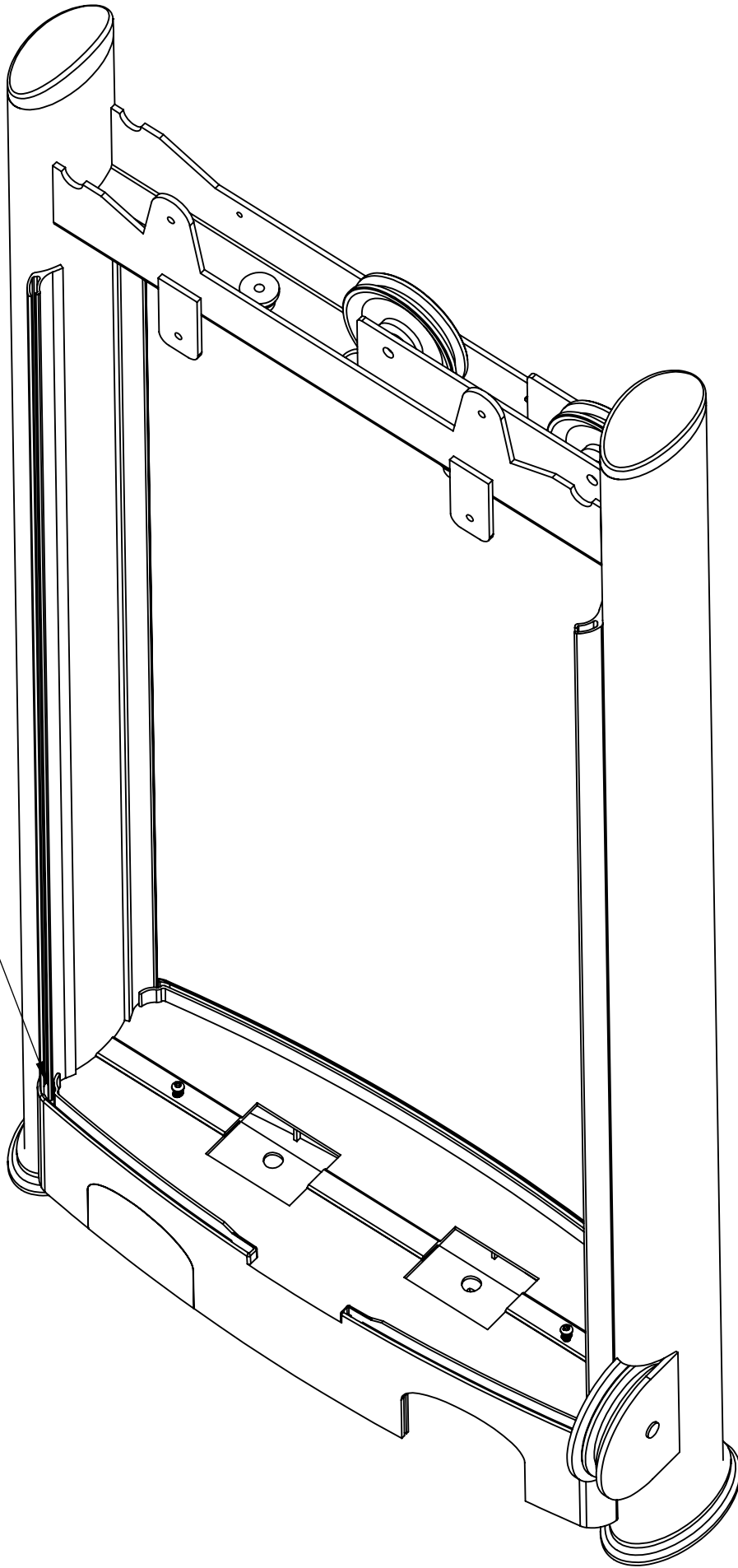


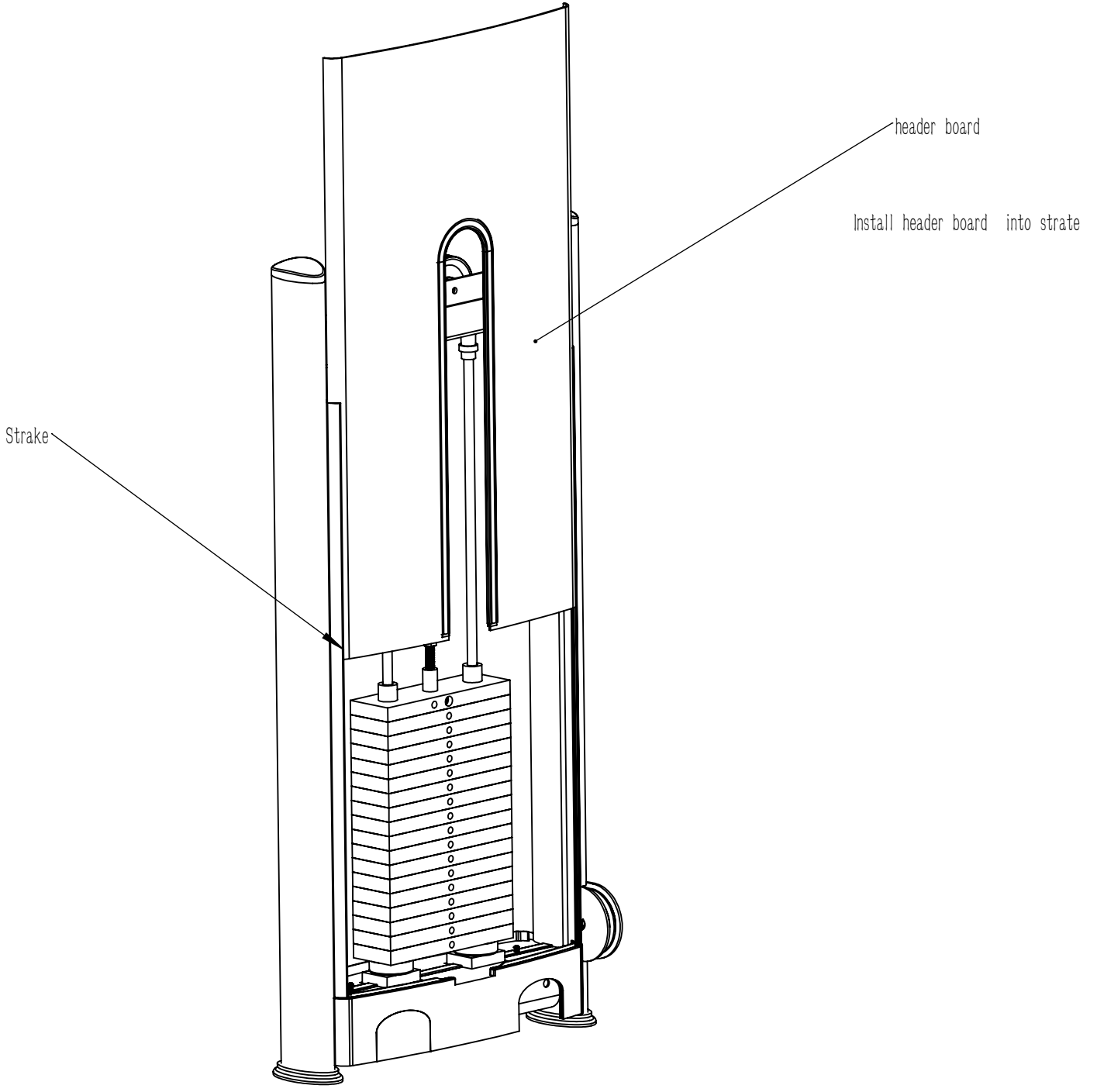
The weight stack assembly

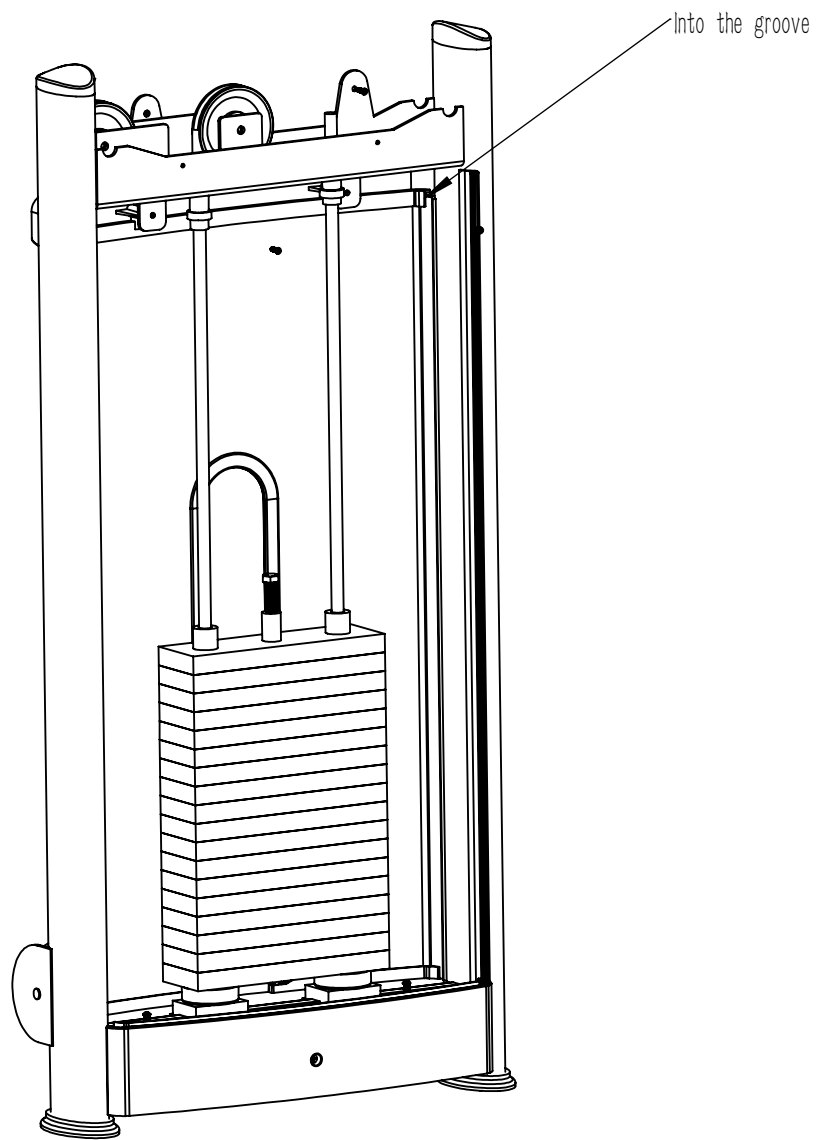


NO.	名称	Description	QTY
1	上片	Top Weight Plate	1
2	导杆套1	Guide Rod Sleeve	2
3	上片螺丝	Bolt M12x30	1
4	30卡簧	φ 30 Shaft Clip	2
5	配重片	Underside Weight Plate	9
6	10孔插杆	Pole, 10 Hole	1
7	配重插销	Adjustable Bolt	1

FYA
In the groove.

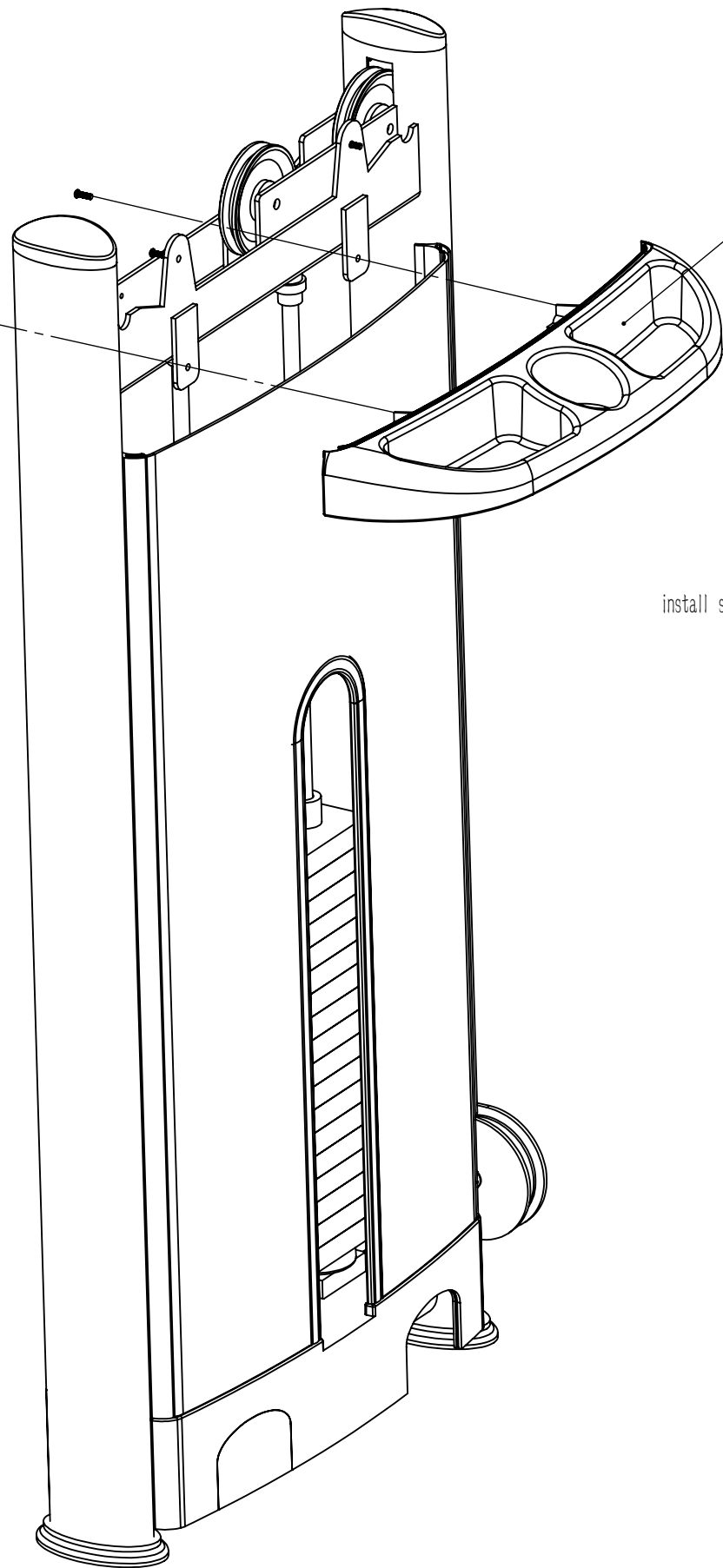






M5*16

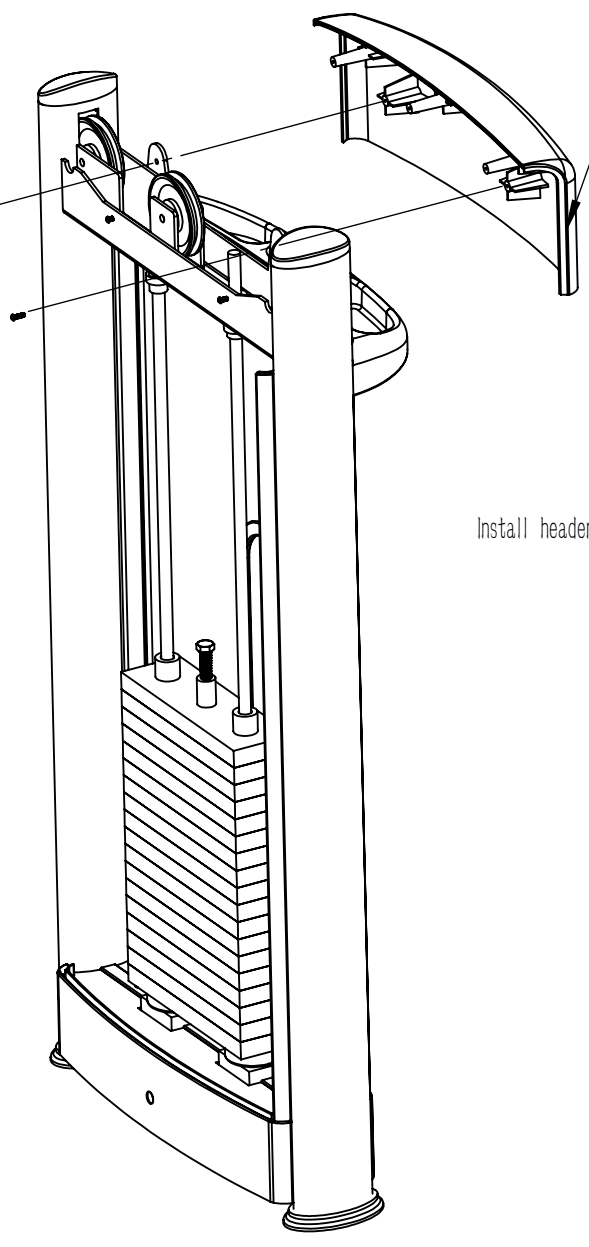
support



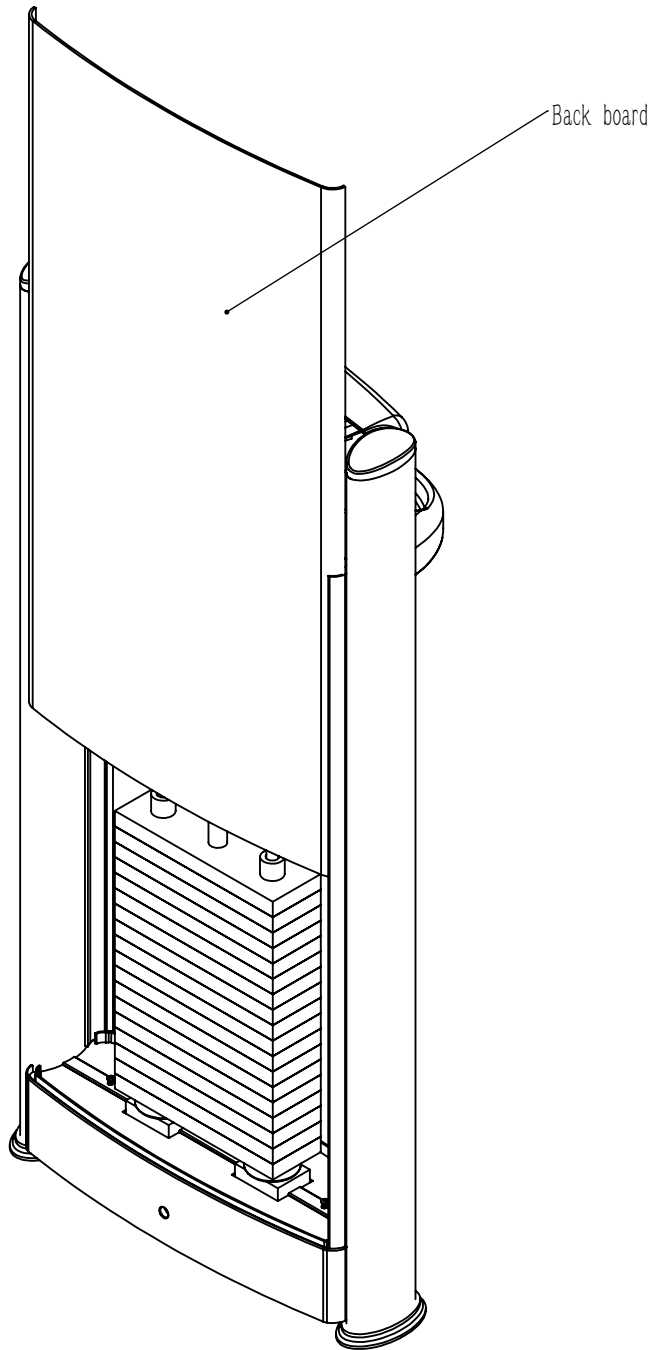
install support with M5*16

M5*16

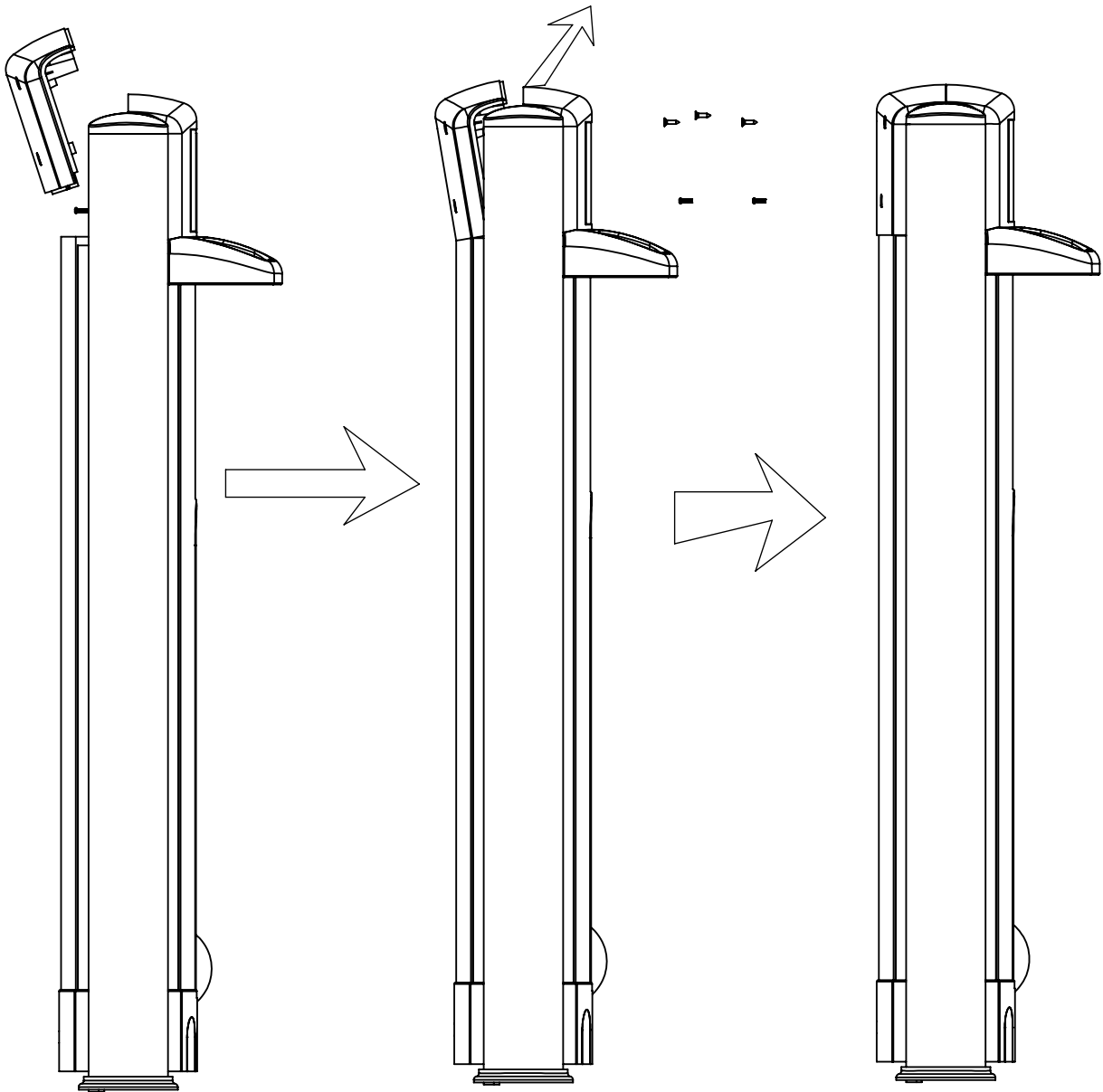
header bottom suport



Insta.ll header bottom suport withn M5*16



Install back board



M5*20 Tapping screw

M5*16

M5*16

