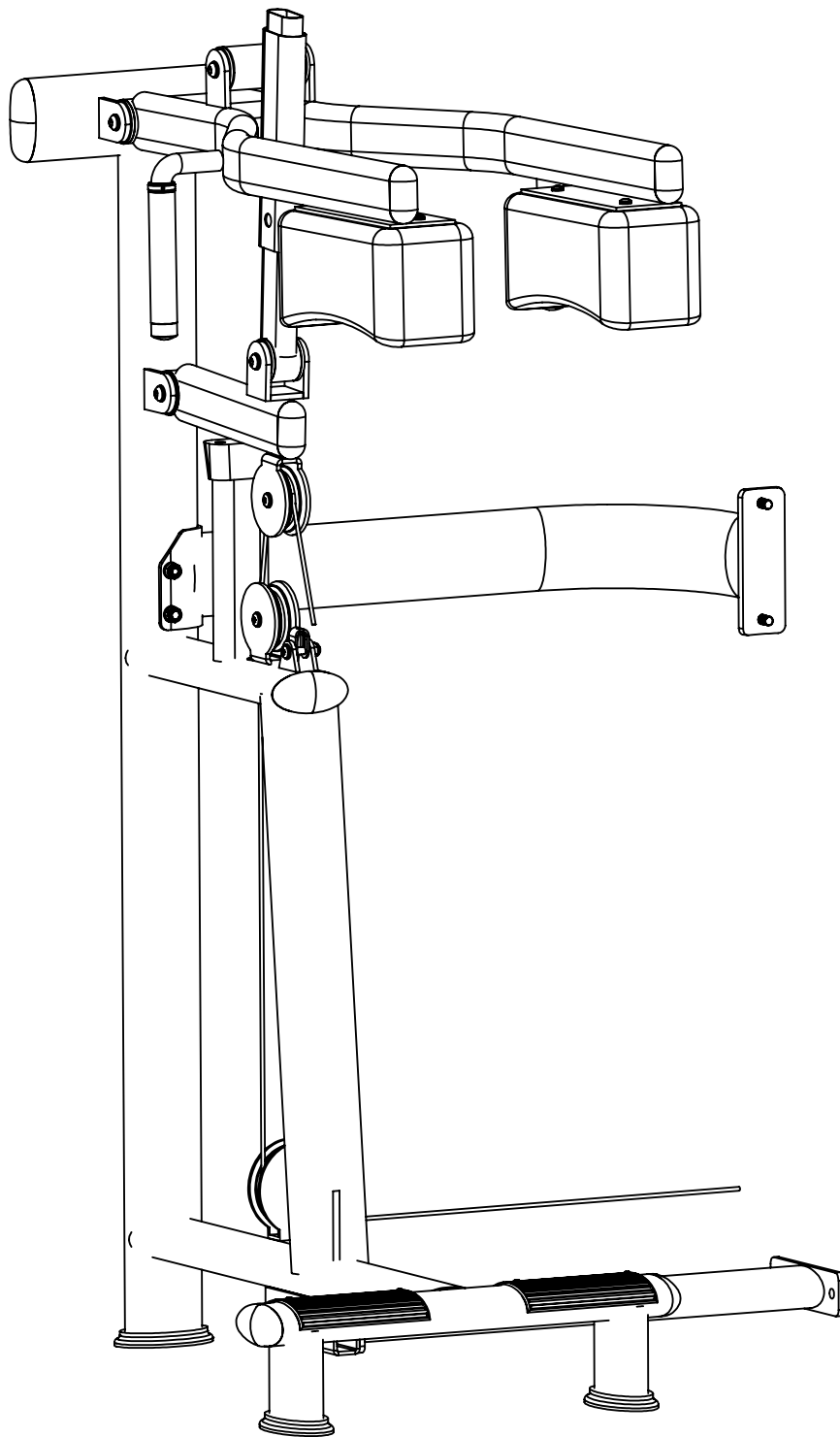


ASSEMBLY INSTRUCTION



M7-2007
Standing Calf Raise

Contents

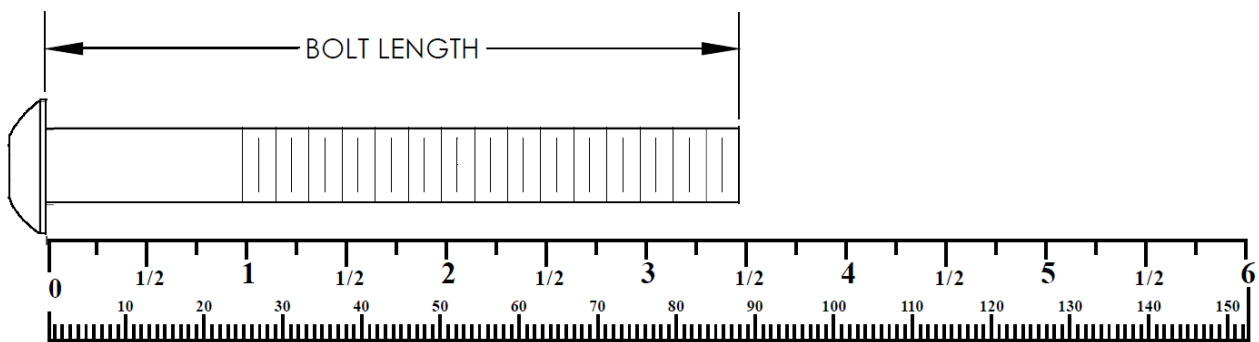
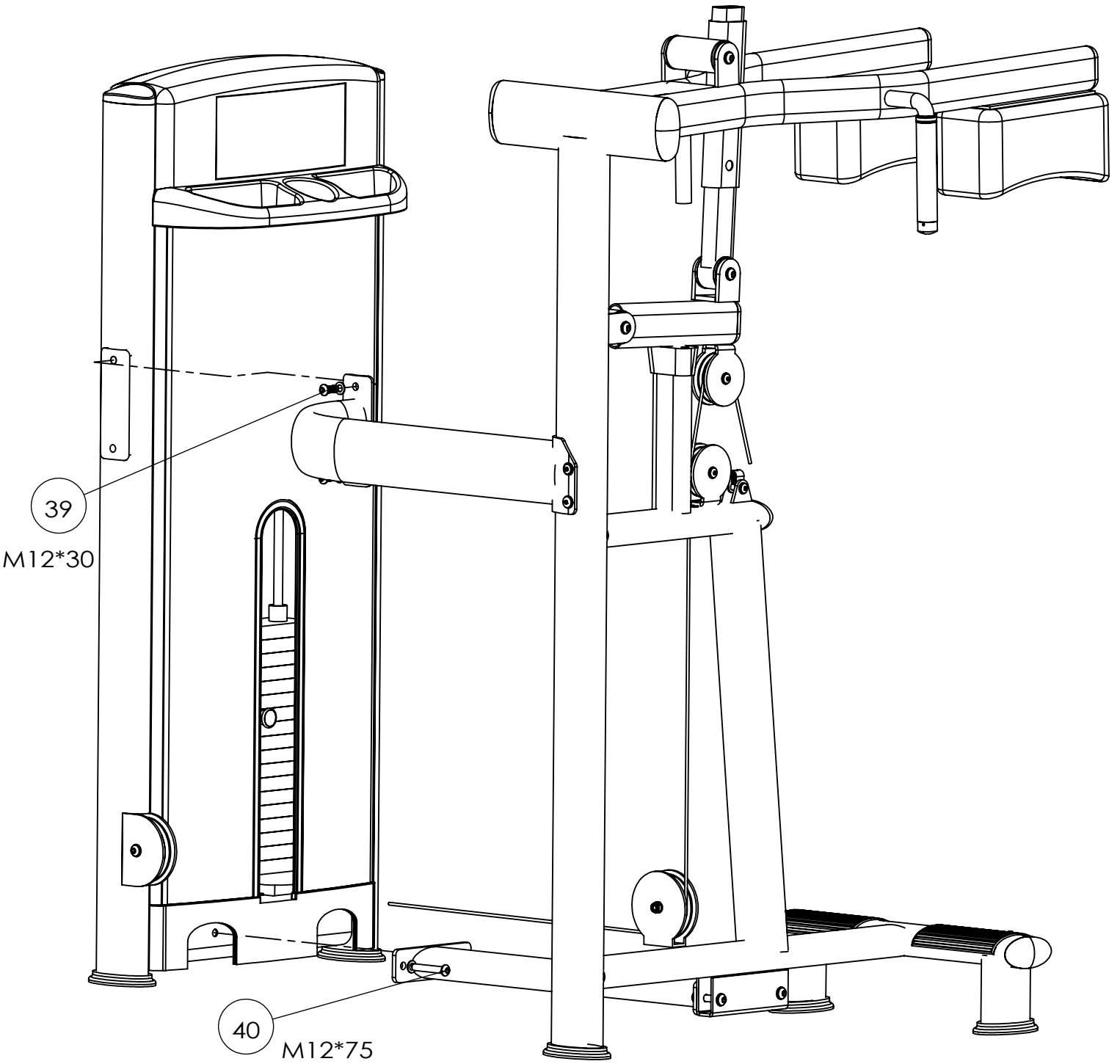
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PARTS LIST

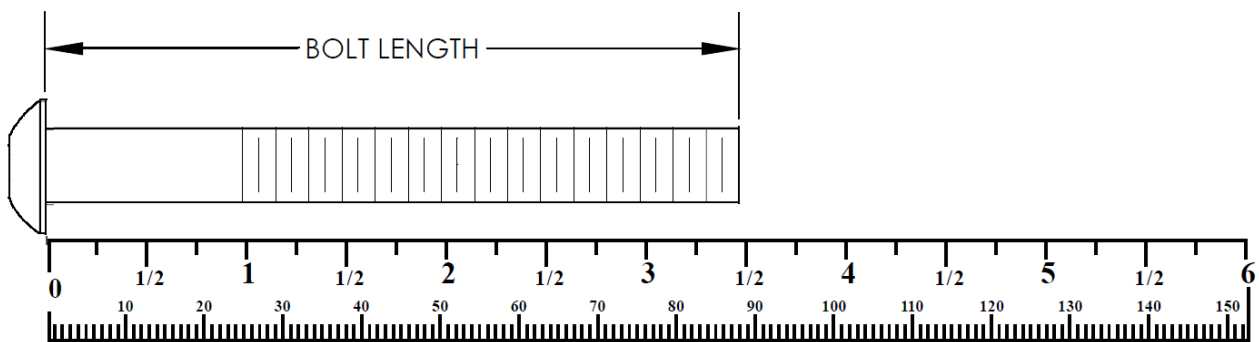
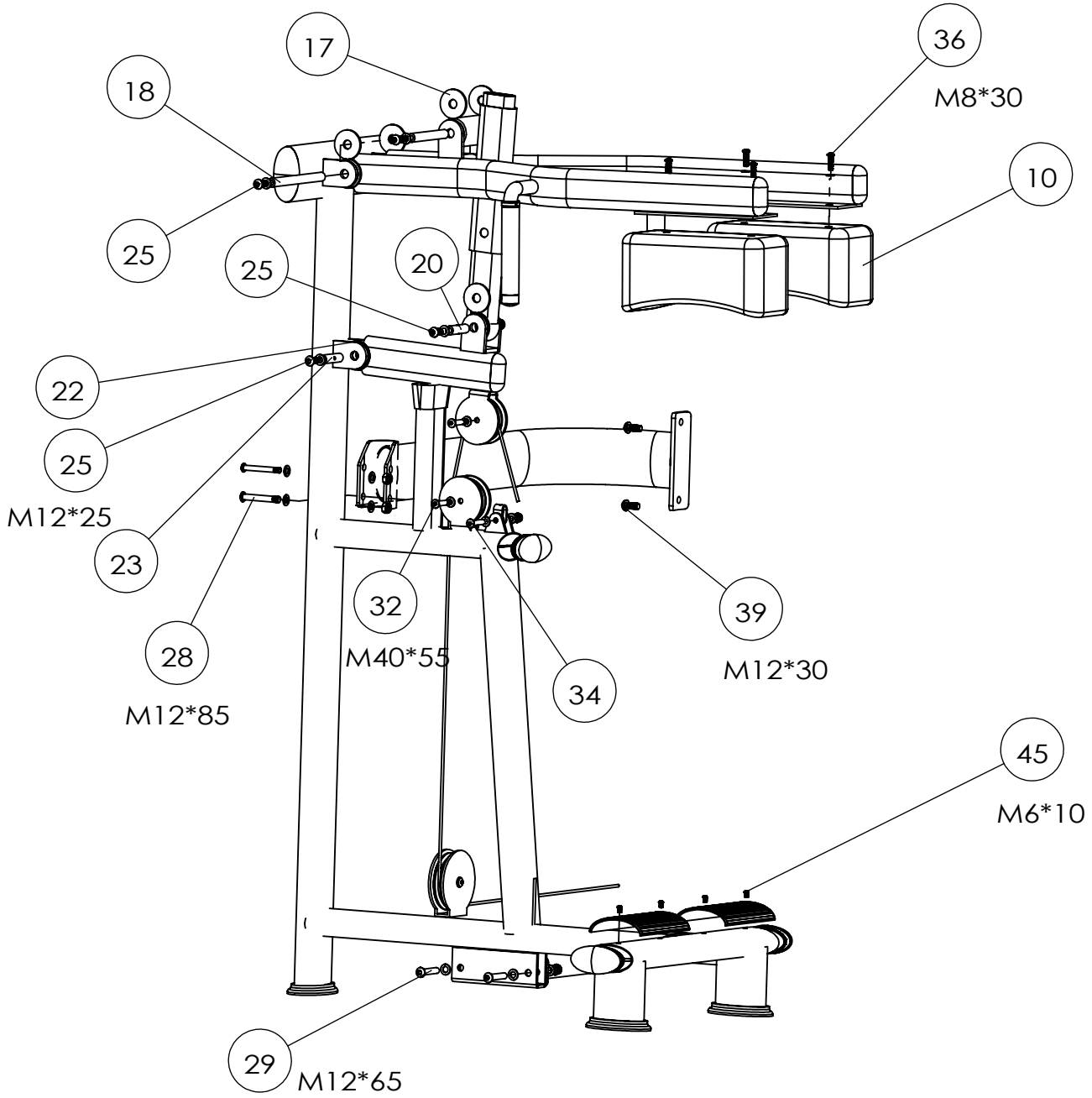
项目号	零件号	说明	QTY
1	框架装配		1
2	小腿副架		1
3	弯撑组		1
4	直撑组		1
5	力臂组		1
6	杠杆臂		1
7	椭圆支位块		1
8	套管2		1
9	电镀件组		1
10	垫子		2
11	M7面脚踏		2
12	M5堵头		5
13	M4小管堵		3
14	89滑轮	φ 89MM Pulley	2
15	大线轮		2
16	开口卡		1
17	60尼龙垫子	φ 40 Nylon Washer	6
18	202穿心轴	Axle, 210L	1
19	138穿心轴	Axle, 125L	1
20	66穿心轴		1
21	11-6205		2
22	60x54x18x3铜垫子		2

项目号	零件号	说明	QTY
23	68穿心轴		1
24	M12平垫圈	Washer, M12	23
25	半圆头M12X25	Screw, M12X25	8
26	M12防松帽	Nut, M12	6
27	半圆头M10X85	Screw, M10*85	1
28	半圆头M12X85	Button Head Cap Screw, M12*85	1
29	半圆头M12X65	Screw M12*65	2
30	M10平面垫圈	Washer, M10	8
31	M10防松帽	Nut, M10	4
32	半圆头M10X55	Button Head Cap Screw M10*55	2
33	半圆头M10X45	Screw, M10*45	1
34	半圆头M10X50	Screw, M10X50	1
35	M8平面垫圈	Washer, M8	4
36	半圆头M8X30		4
37	半圆头M12X40		1
38	钢丝绳		1
39	半圆头M12X30	Screw, M12x30	2
40	半圆头M12X75	Screw, M12X75	2
41	半圆头M8X40	Screw, M8X40	2
42	手把圈	Grip Ring	2
43	180手把套		2
44	手把盖	Grip Cap	2
45	半圆头M6X10	Screw, M6*10	4
46	鞋		3

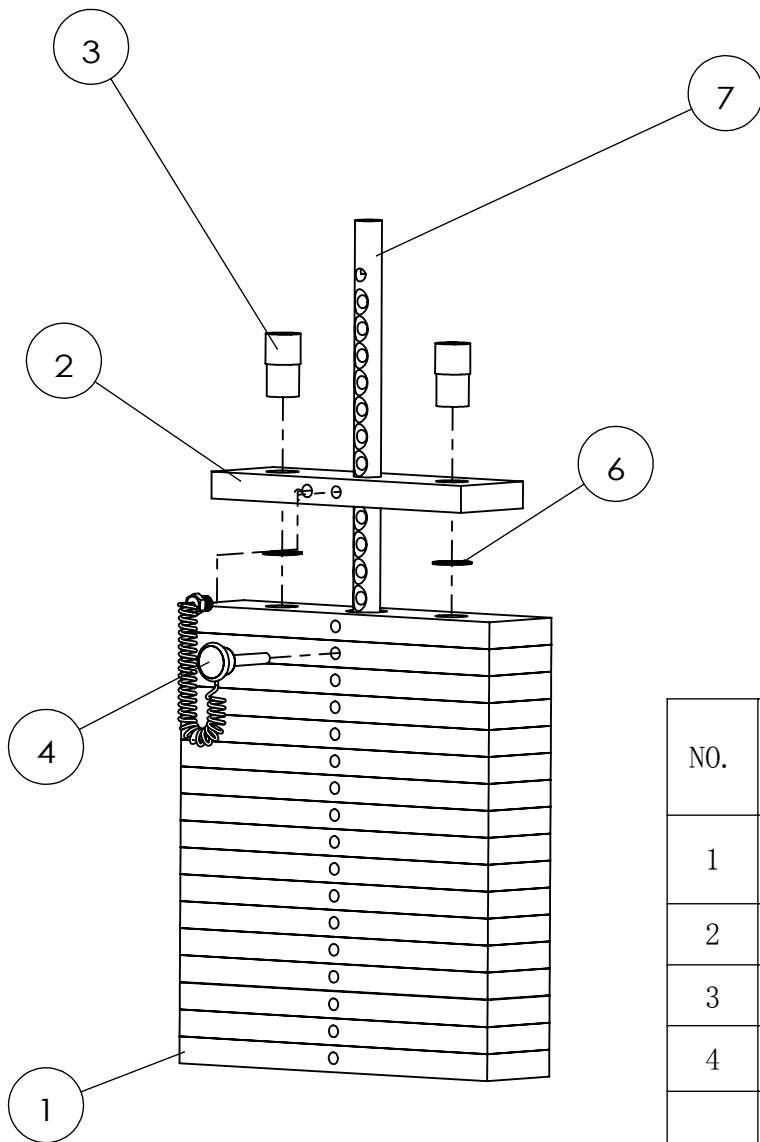
Main Frame And Side Frame Assembly



Main Frame And Side Frame Assembly



Weight Stack Assembly



NO.	零件号	Description	QTY
1	配重片	Underside Weight Plate	17
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	配重插销	Adjustable Bolt	1
5	上片螺丝	Standing Bolt for The Top Weight Plate	1
6	30卡簧	φ 30 Shaft Clip	2
7	18孔插杆	Pole,18Hole	1

Image