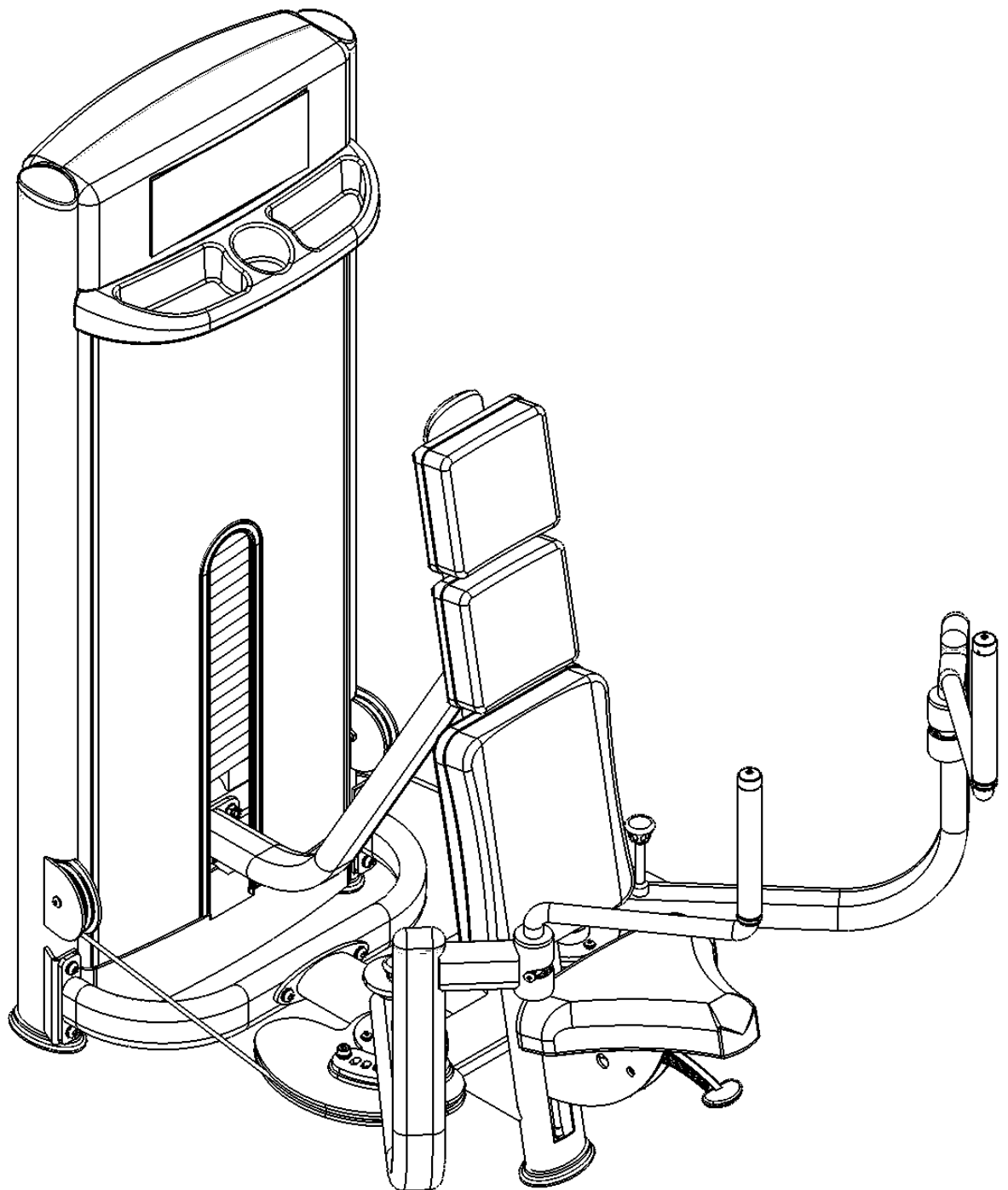


ASSEMBLY INSTRUCTION



Seated Row/Rear Delt

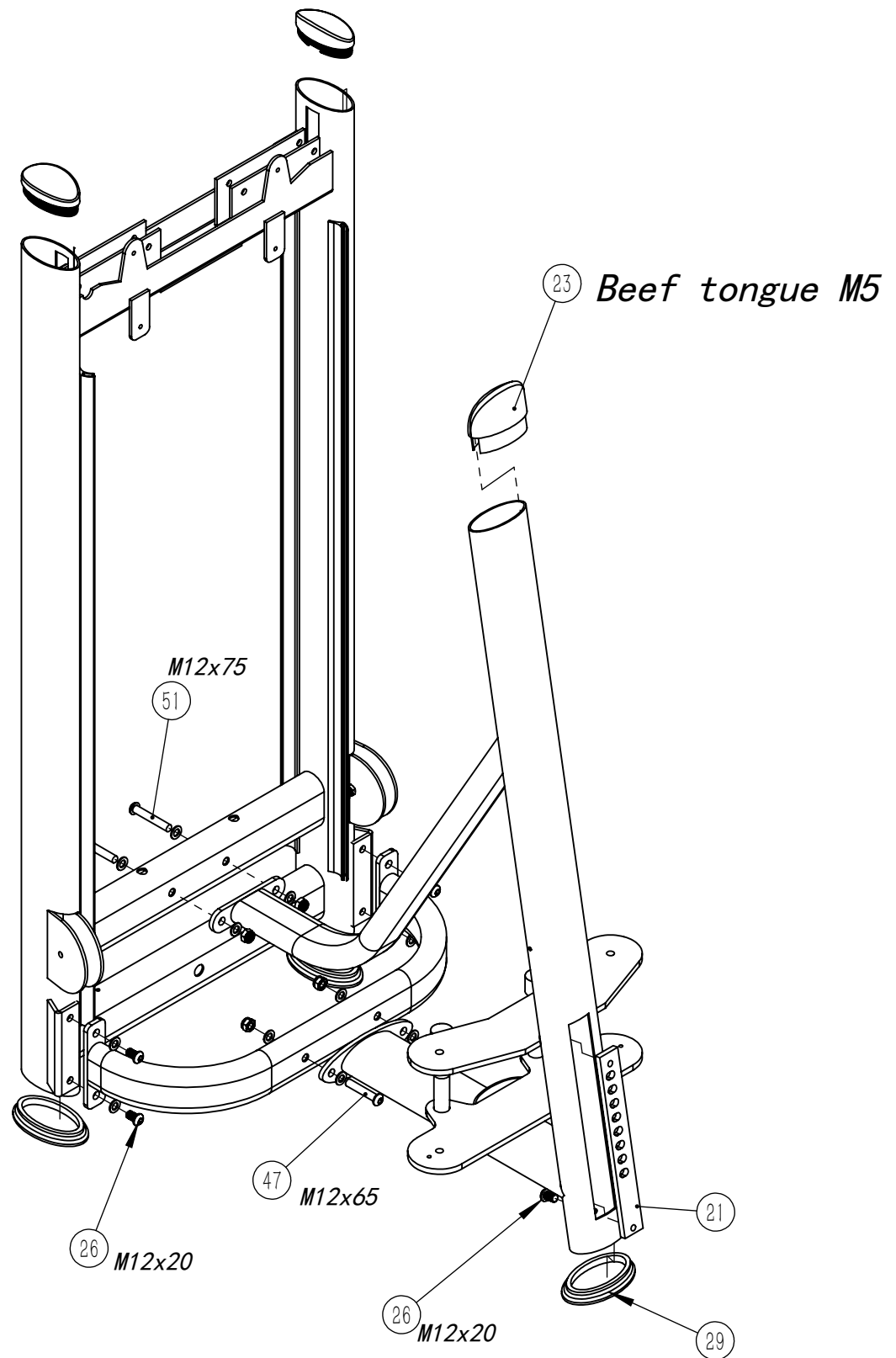
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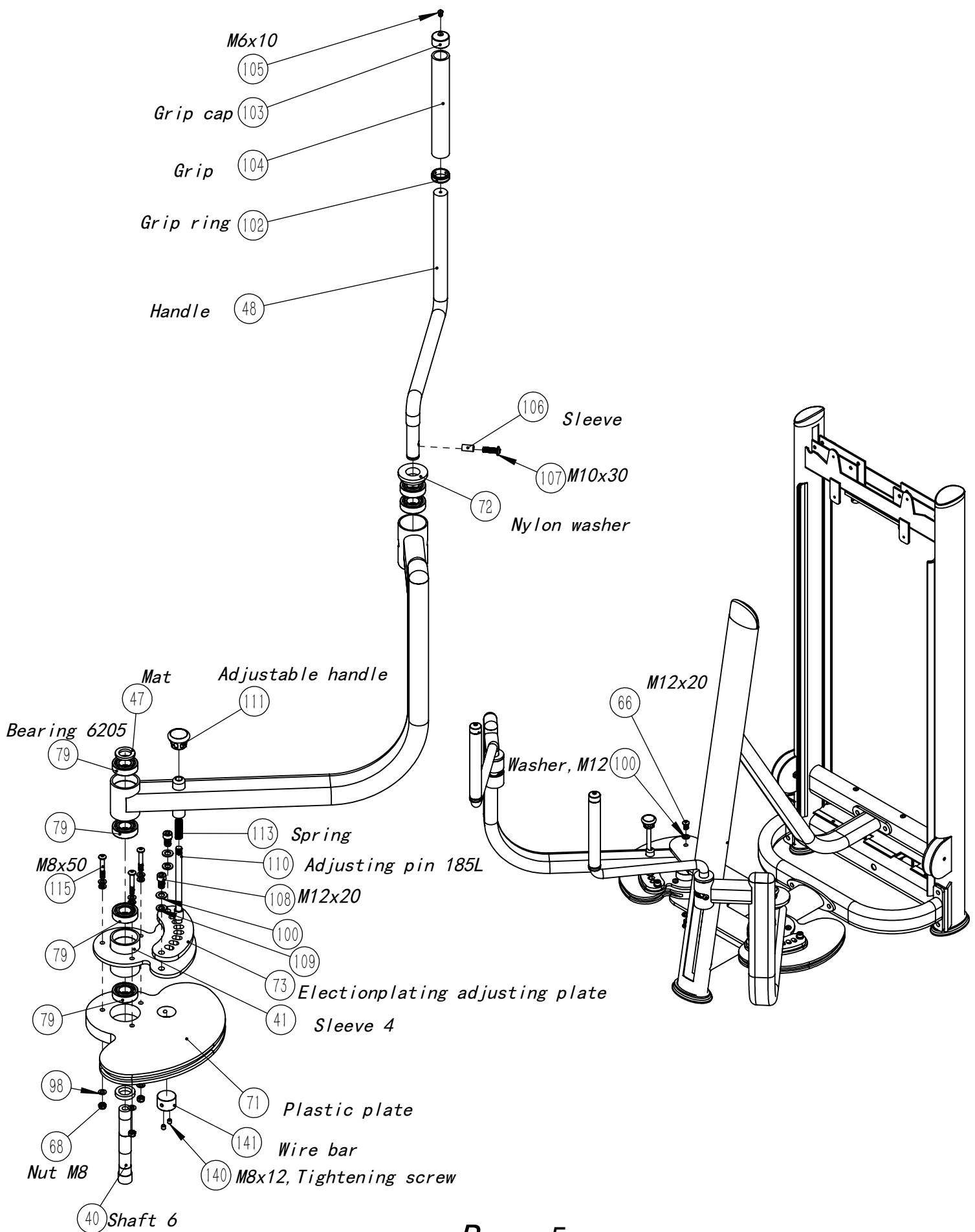
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The main frame assembly	1	34	245手把套	Grip, 245MM	2
2	底弯管组	Bottom bend group	1	35	半圆头M6X10	Screw, M6*10	2
3	副架	The sub frame	1	36	小套管	Sleeve	2
4	轴6	shaft 6	2	37	半圆头M10X30	Screw M10*30	2
5	力臂组	The arm group	1	38	圆柱头M12X20	Screw, M12X20	4
6	套管4	Sleeve 4	1	39	M12弹垫	M12 elastic washer	4
7	垫子2	Mat	1	40	185调节销	Adjusting pin 185L	2
8	手把2	Handle	2	41	插销2	Adjustable Handle	2
9	坐架总装	the assembly seat frame	1	42	40小弹簧	Spring, 40MM	2
10	M5大靠背	High backrest M5	1	43	M8弹垫	the elastic washer M8	6
11	M5头垫	headrest M5	2	44	M8防松帽	nut M8	6
12	加胸盘	Plastic plate	1	45	半圆头M8X50	Screw, M8x50	6
13	尼龙垫子1	Nylon Washer	2	46	M12防松帽	Nut, M12	4
14	夹胸7孔调节板	Electronplating adjusting plate	2	47	半圆头M12X65	Screw M12*65	2
15	11-6205	Bearing 6205	12	48	大线轮	φ 114MM Pulley	7
16	8MM垫子	Mat 8mm	2	49	M10防松帽	Nut, M10	5
17	尼龙套	Nylon sleeve	4	50	半圆头M10X50	Screw, M10X50	7
18	镜向力臂组	fromparent+	1	51	半圆头M12X75	Screw, M12X75	2
19	镜向加胸盘	Plastic plate	1	52	半圆头M10X25	Screw, M10x25	2
20	镜向套管4	fromparent+	1	53	M10弹垫	Elastic washer M10	2
21	调板1	Adjusting plate	1	54	M10平面垫圈	Washer, M10	2
22	半圆头M6X20	Button Head Cap Screw M6*20	12	55	17片配重组	Assy, Weight Plate	1
23	M5牛舌	beef tongue M5	1	56	方配重垫	counter weight cushion	2
24	M7新坐垫	Seat cushion	1	57	M8x8顶丝	M8*8 Tightening Screw	2
25	25卡簧	φ 25 Shaft Clip	2	58	M12	Nut, M12	2
26	半圆头M12X20	Screw, M12x20	10	59	配重螺丝中空M12X60	Turnbuckle Screw, M12x60	2
27	M8平面垫圈	Washer, M8	15	60	M8x12顶丝	M8x12 Tightening Screw	4
28	半圆头M8X30	Screw, M8x30	3	61	压线圆钢	Wire bar	2
29	鞋	Shoes	3	62	新钢丝绳	Wire rope	1
30	M12平垫圈	Washer, M12	20	63	大线轮盒 (新)	New reel box	1
31	M4小管堵	Elliptic tube plug 40*80	2	64	大线轮扣盖	Cover, Pulley Bolted Partial	2
32	手把圈	Grip Ring	2	65	1.22米导杆	Guide rod 1.22	2
33	手把盖	Grip Cap	2				

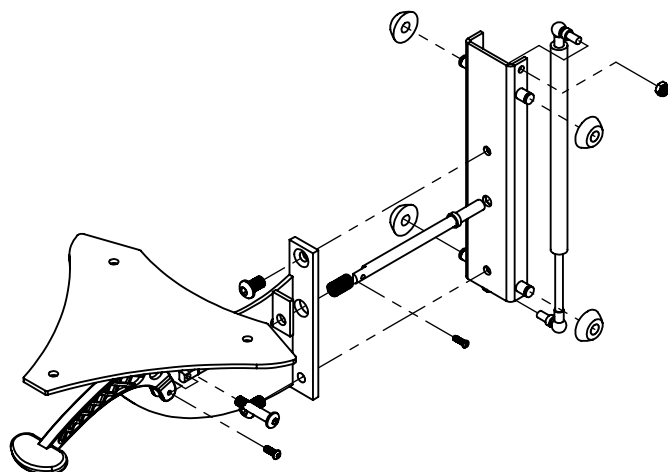
The main frame & The bottom bend group & The Sub frame assembly



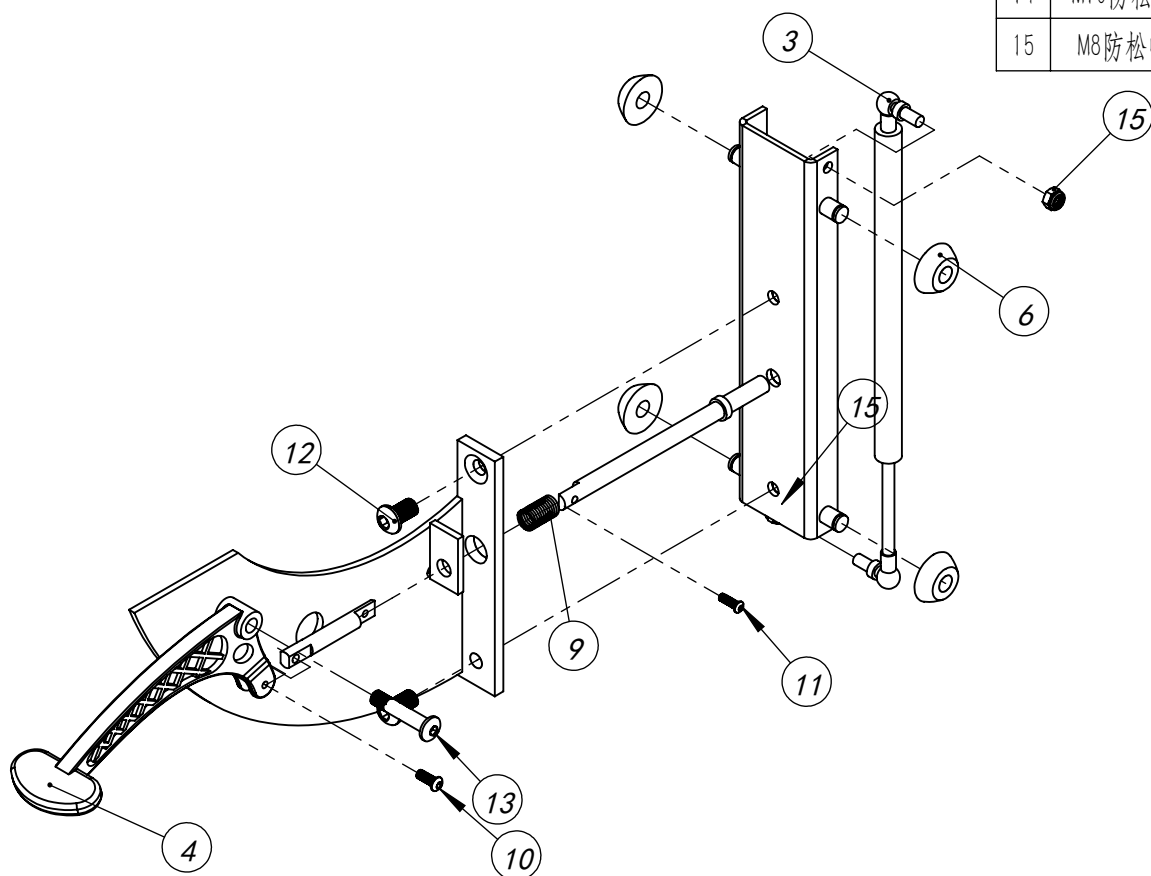
The arm group assembly



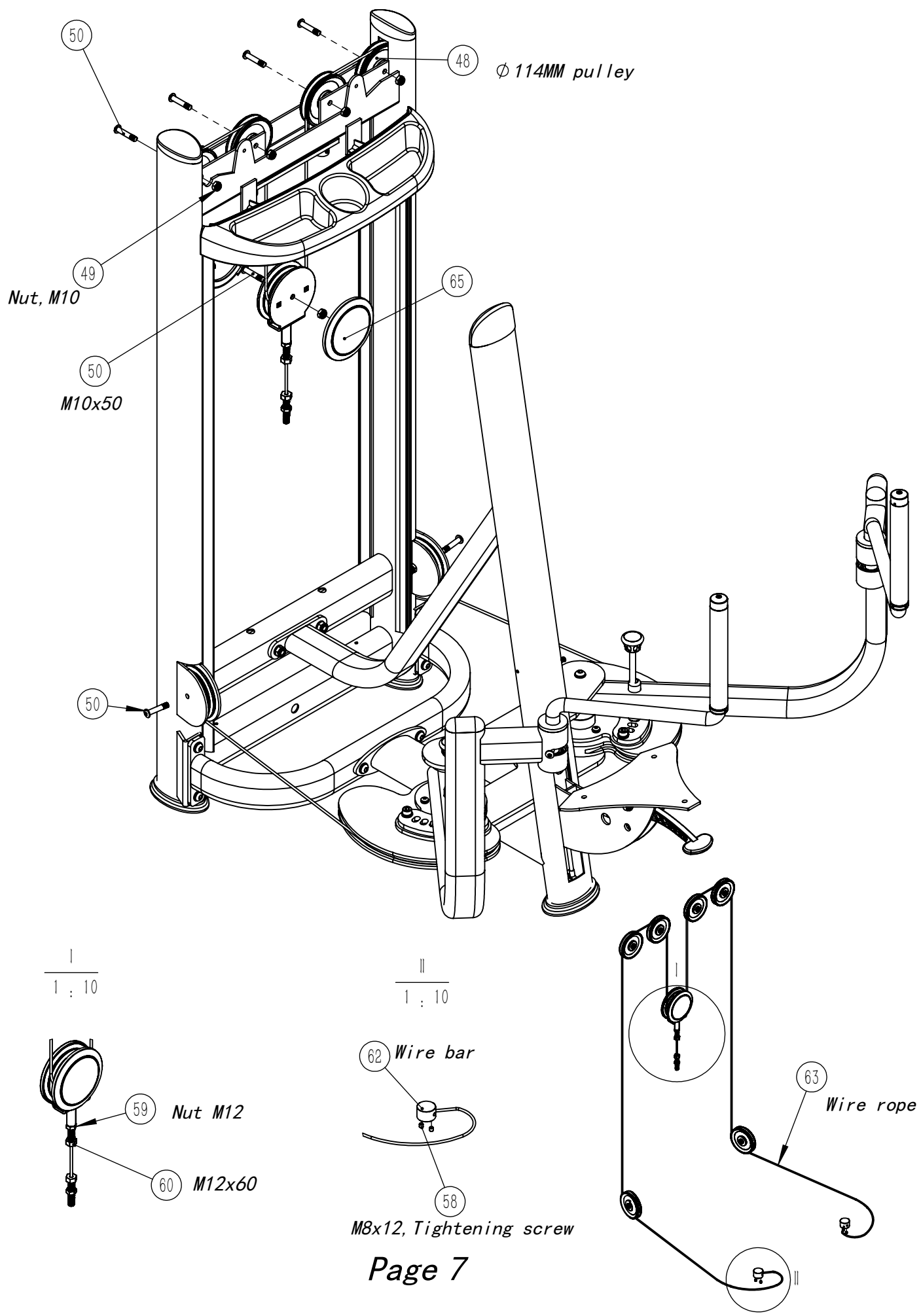
Seate assembly



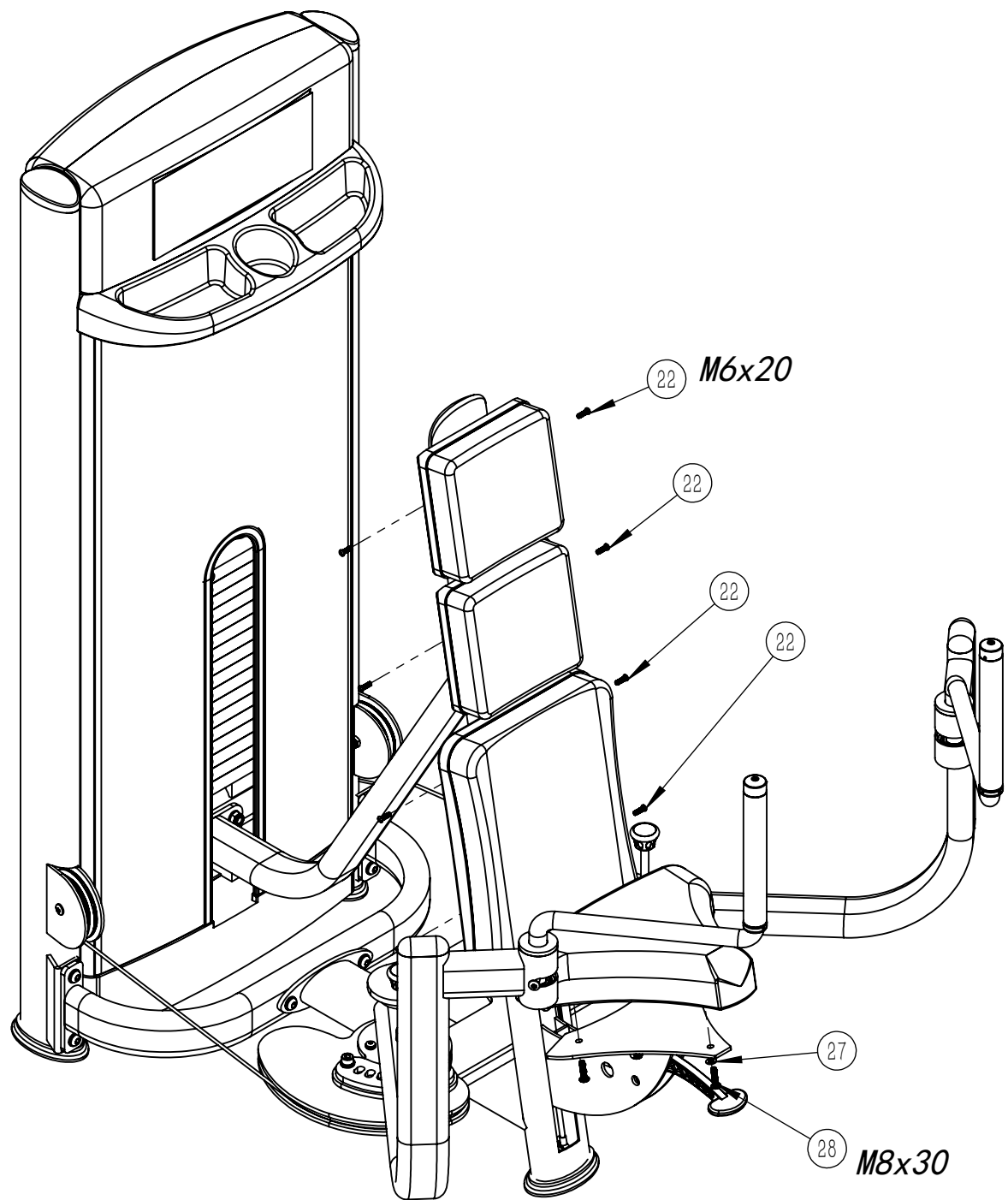
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



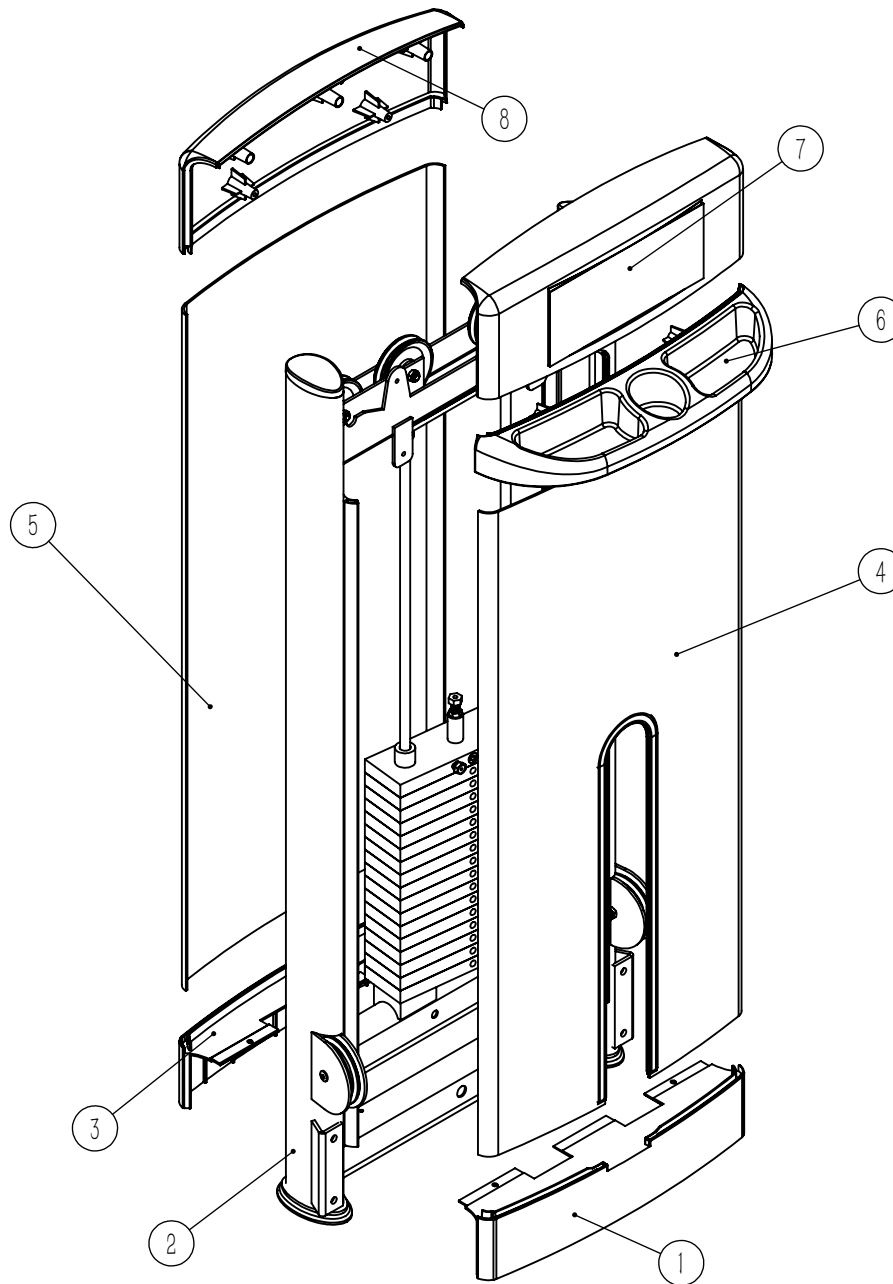
The wire rope & The wire wheel assembly



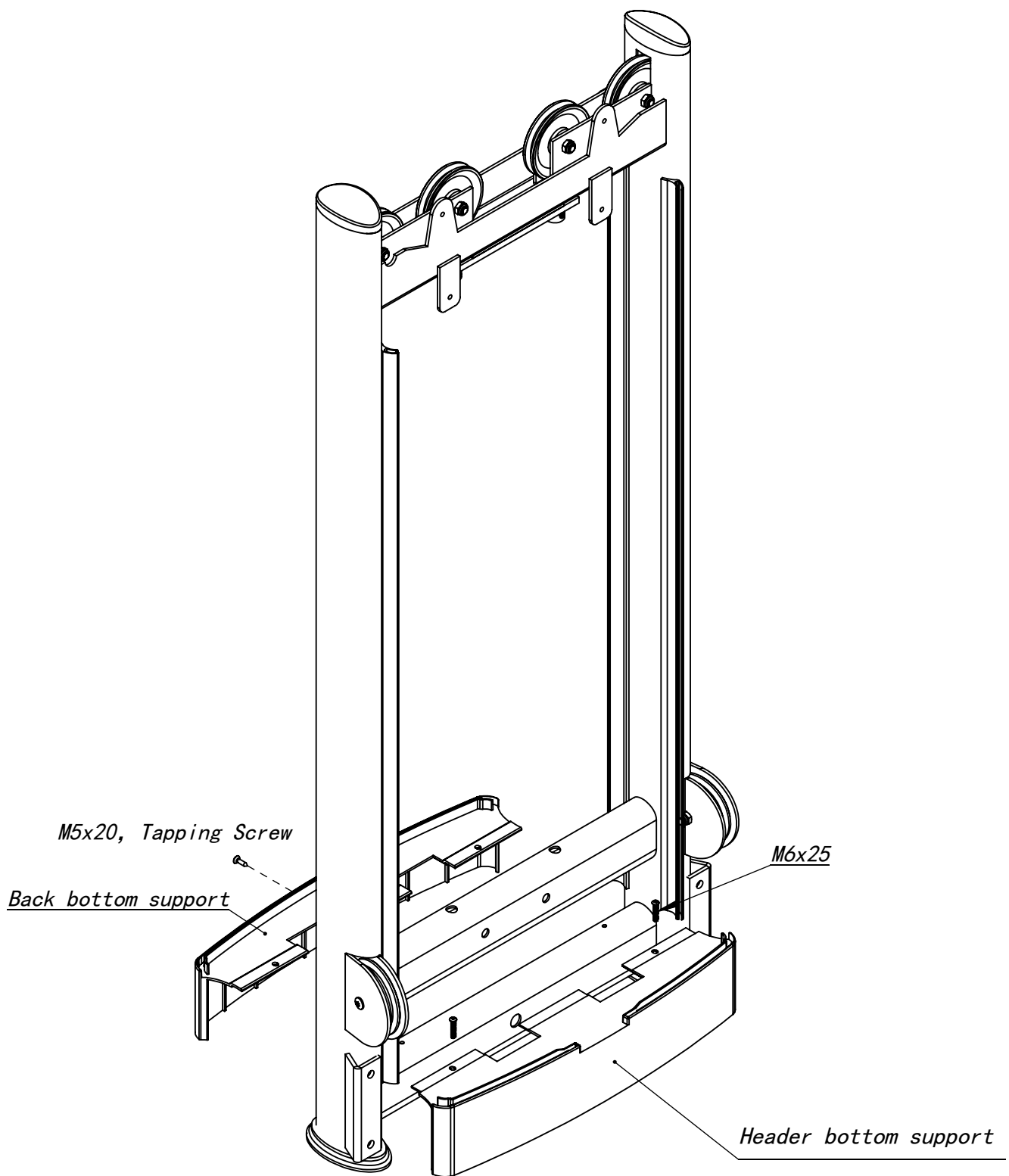
The cushion assembly



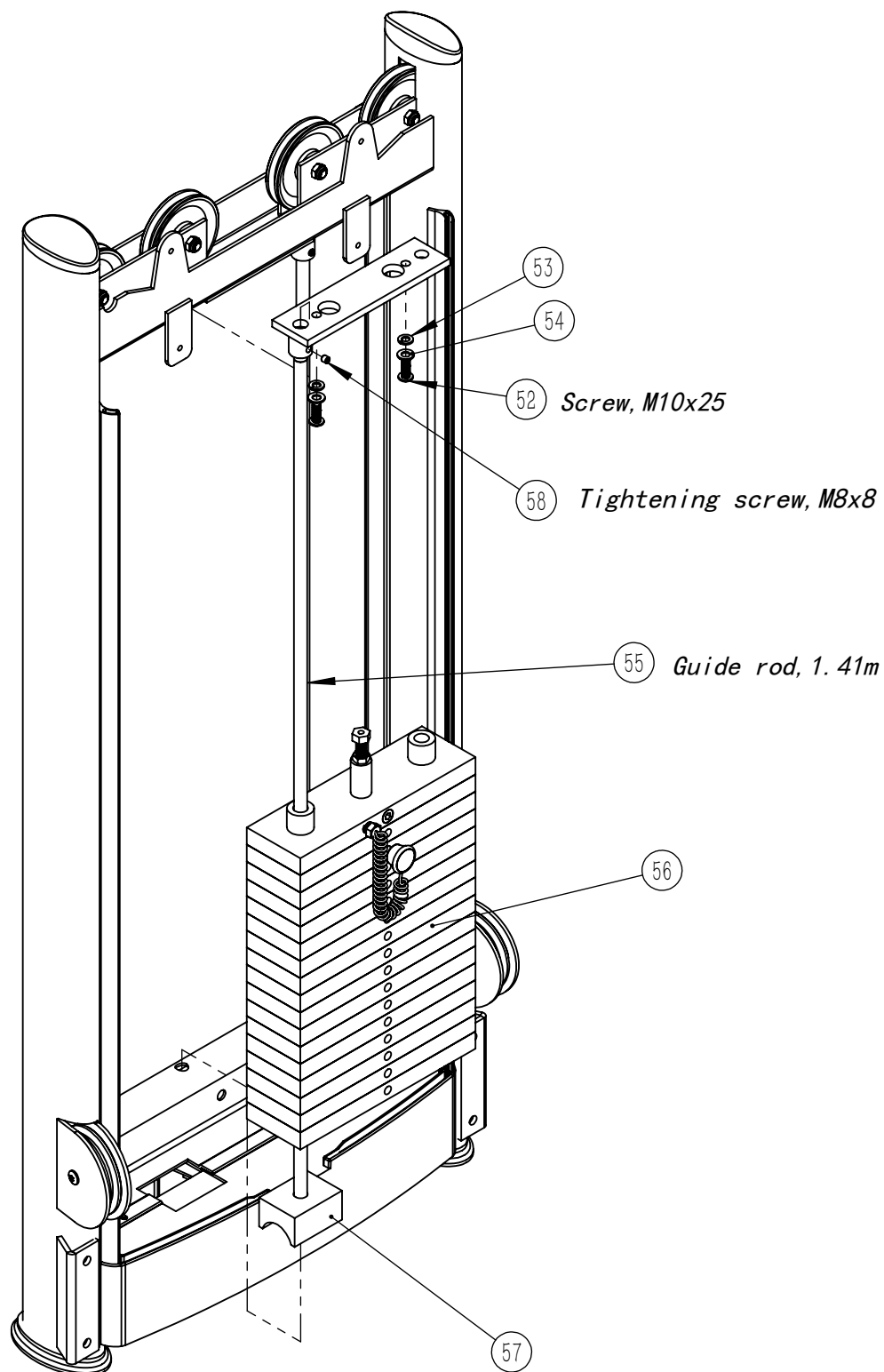
The main frame assembly



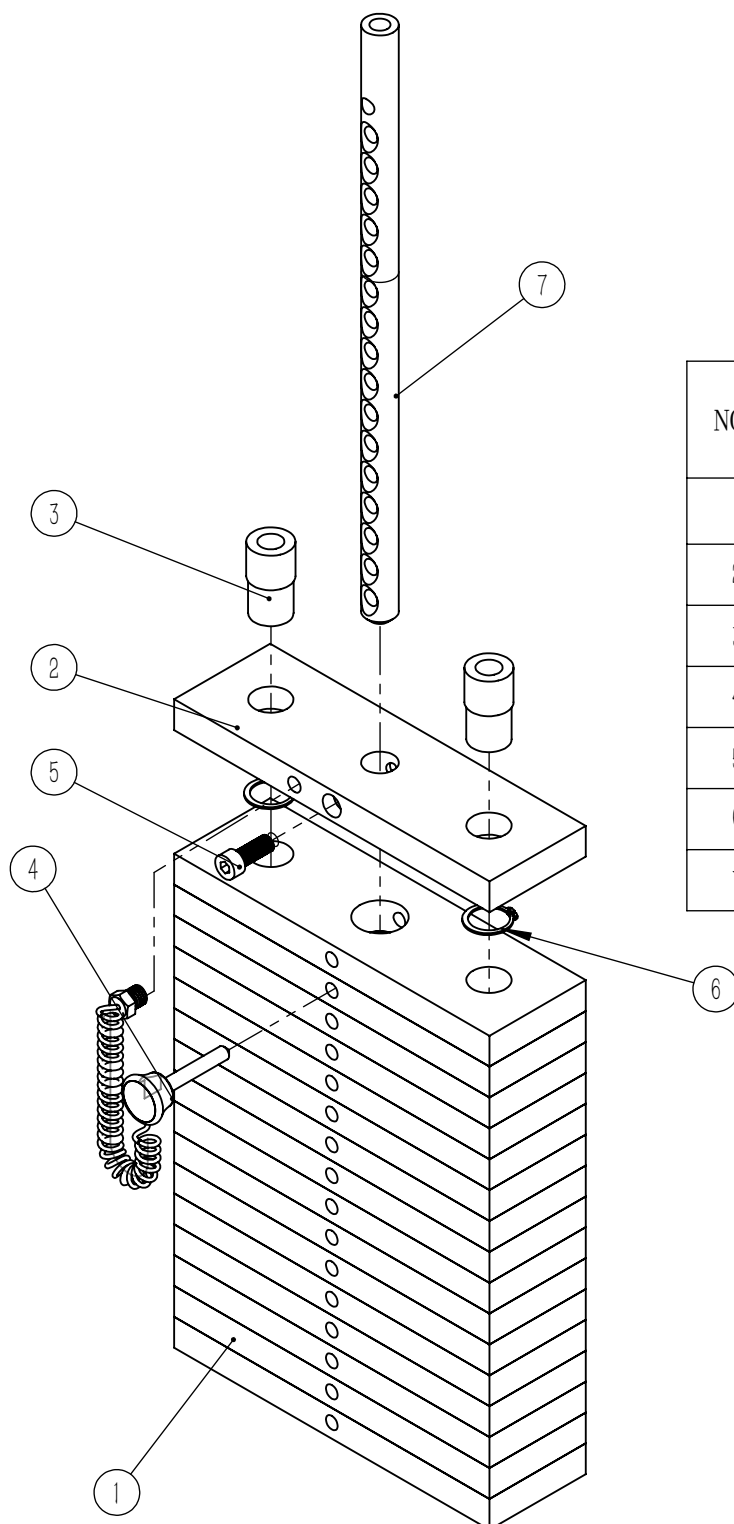
- 1、 Head bottom support
- 2、 Main frame
- 3、 Back bottom support
- 4、 Header board
- 5、 Back board
- 6、 Support
- 7、 Header gusset plate
- 8、 Back gusset plate



The main frame & The weight stack assembly



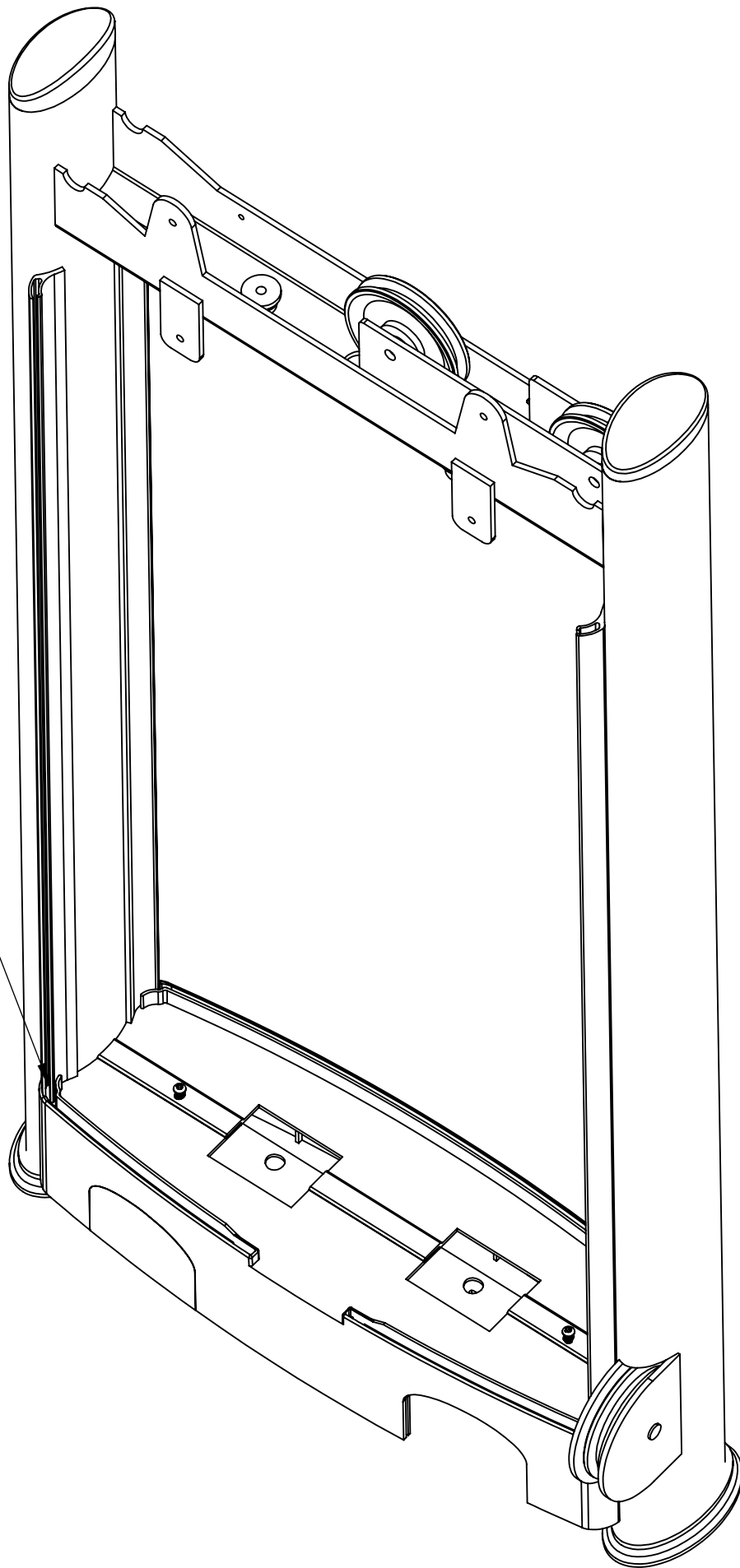
The weight stack assembly

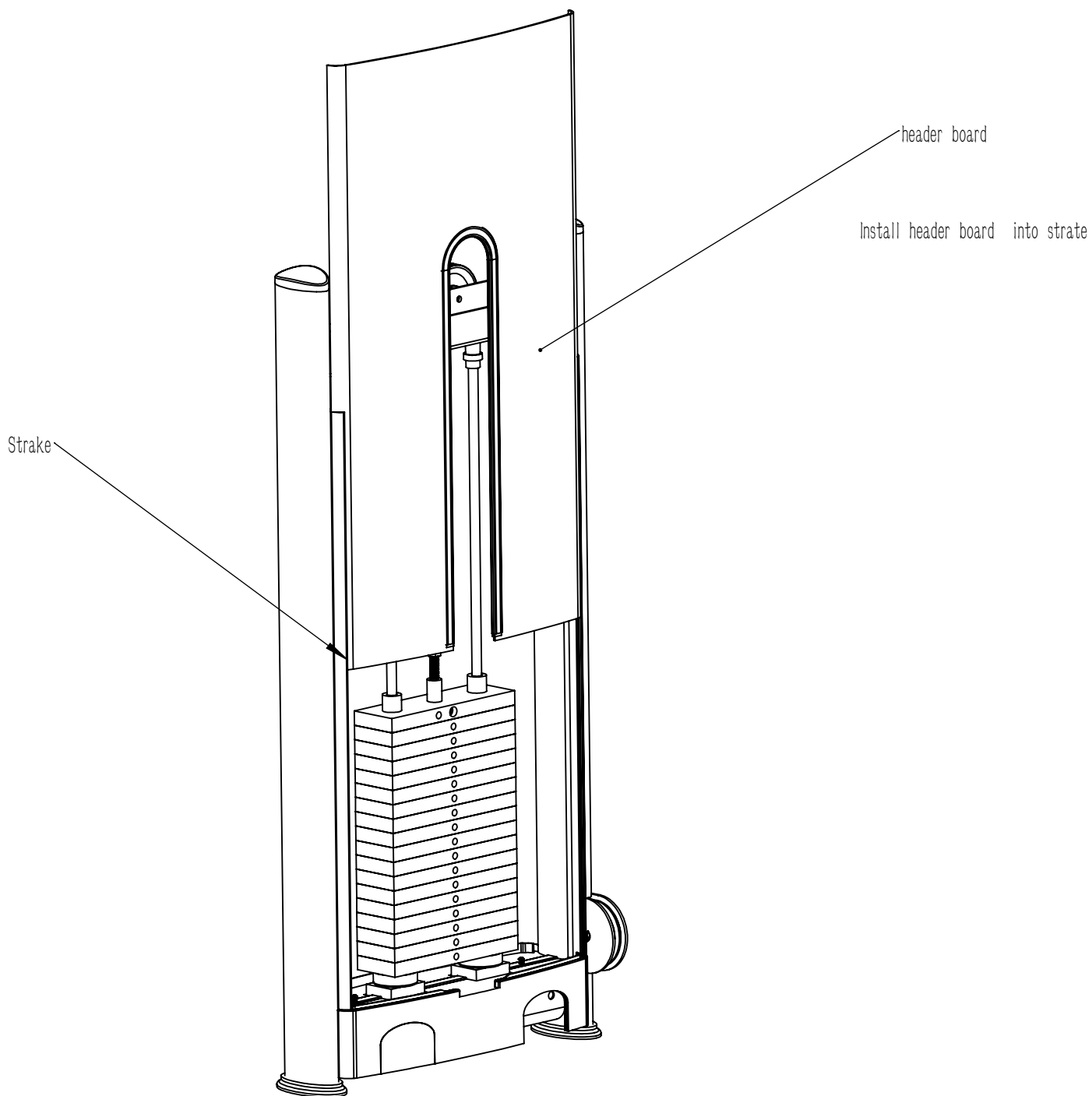


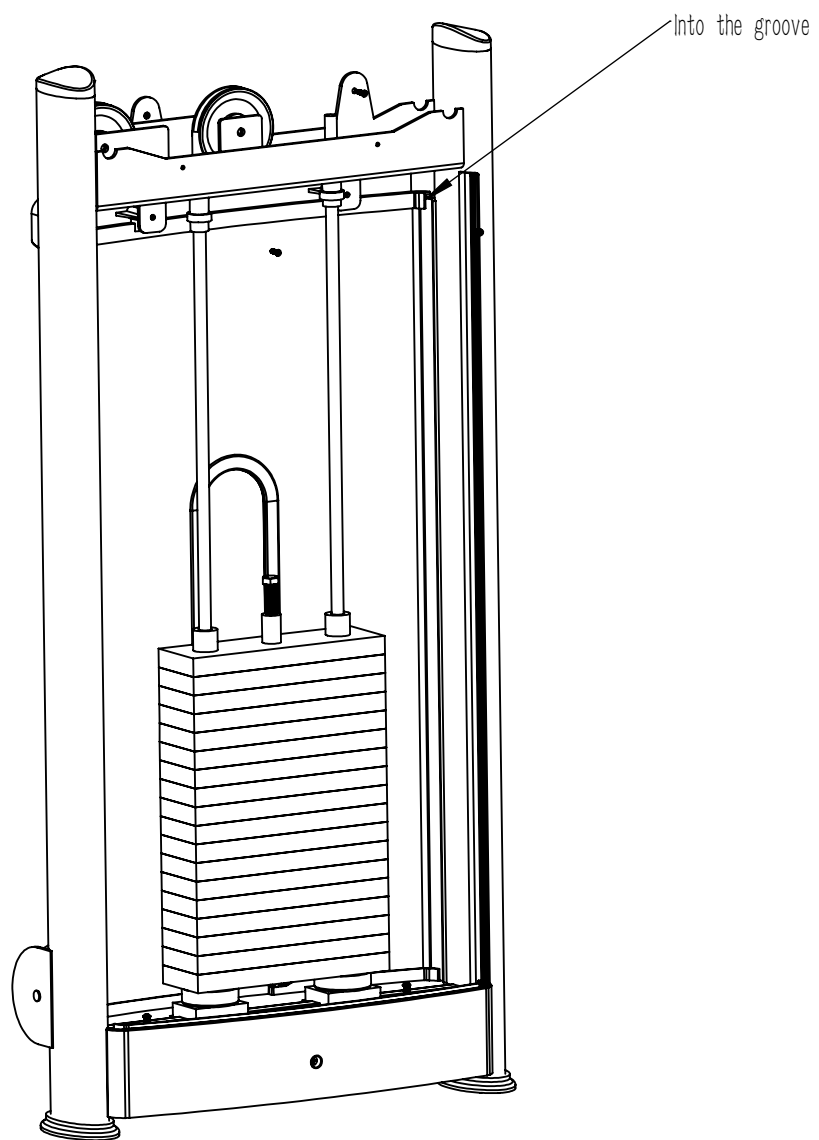
NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	16
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	配重插销	Adjustable Bolt	1
5	上片螺丝	Bolt M12x30	1
6	30卡簧	φ 30 Shaft Clip	2
7	17孔插杆	Pole, 17Hole	1

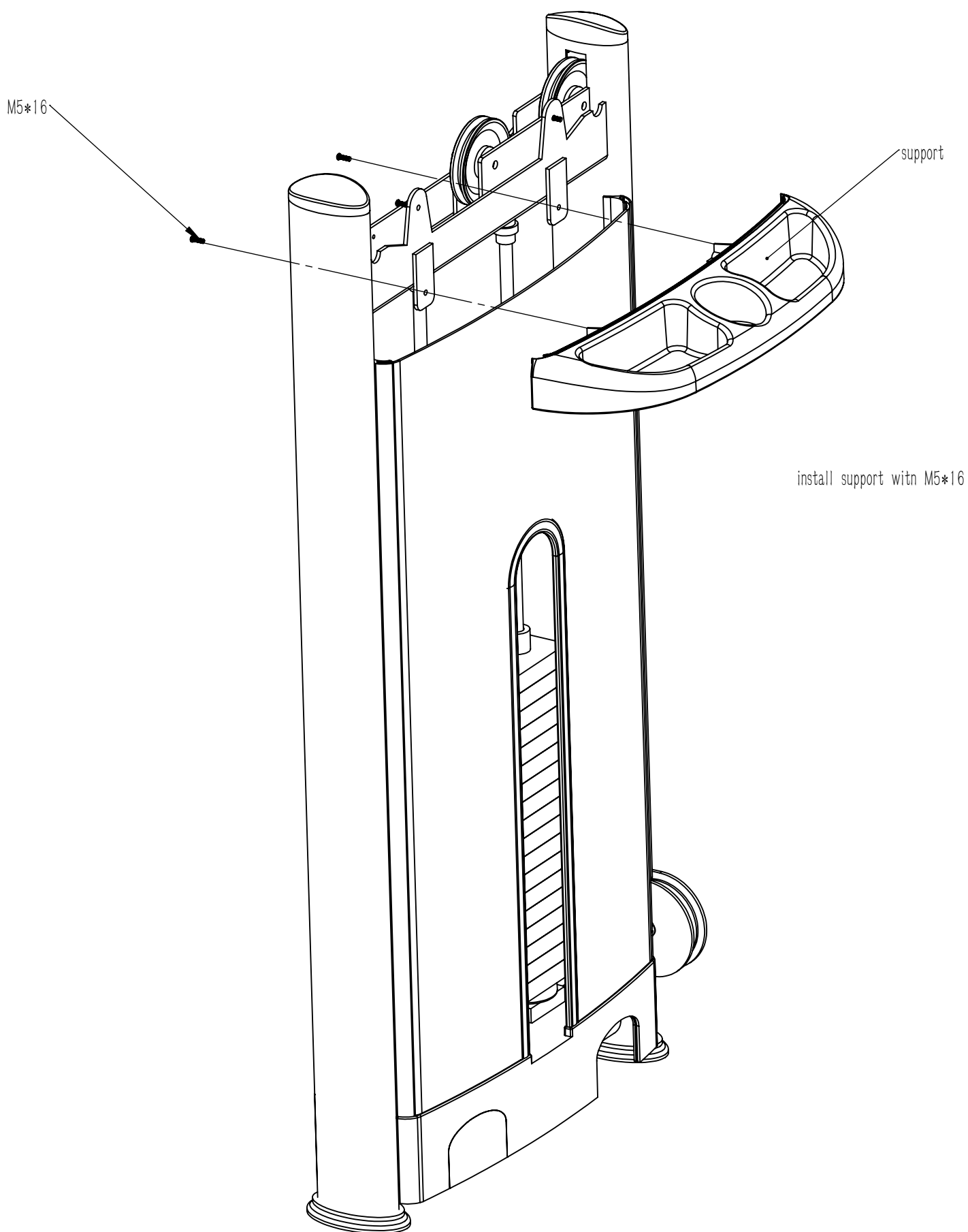
FYA

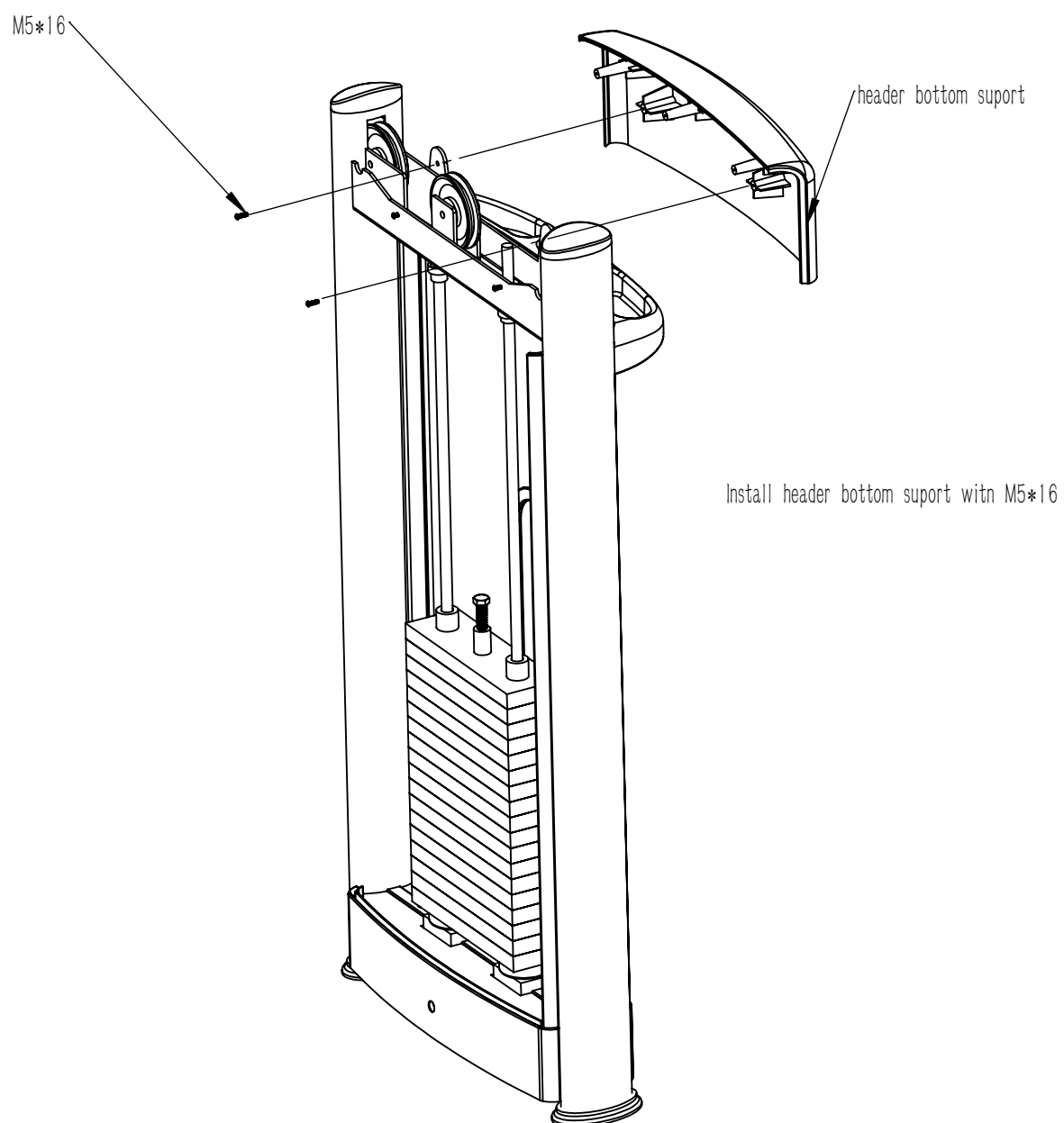
In the groove.

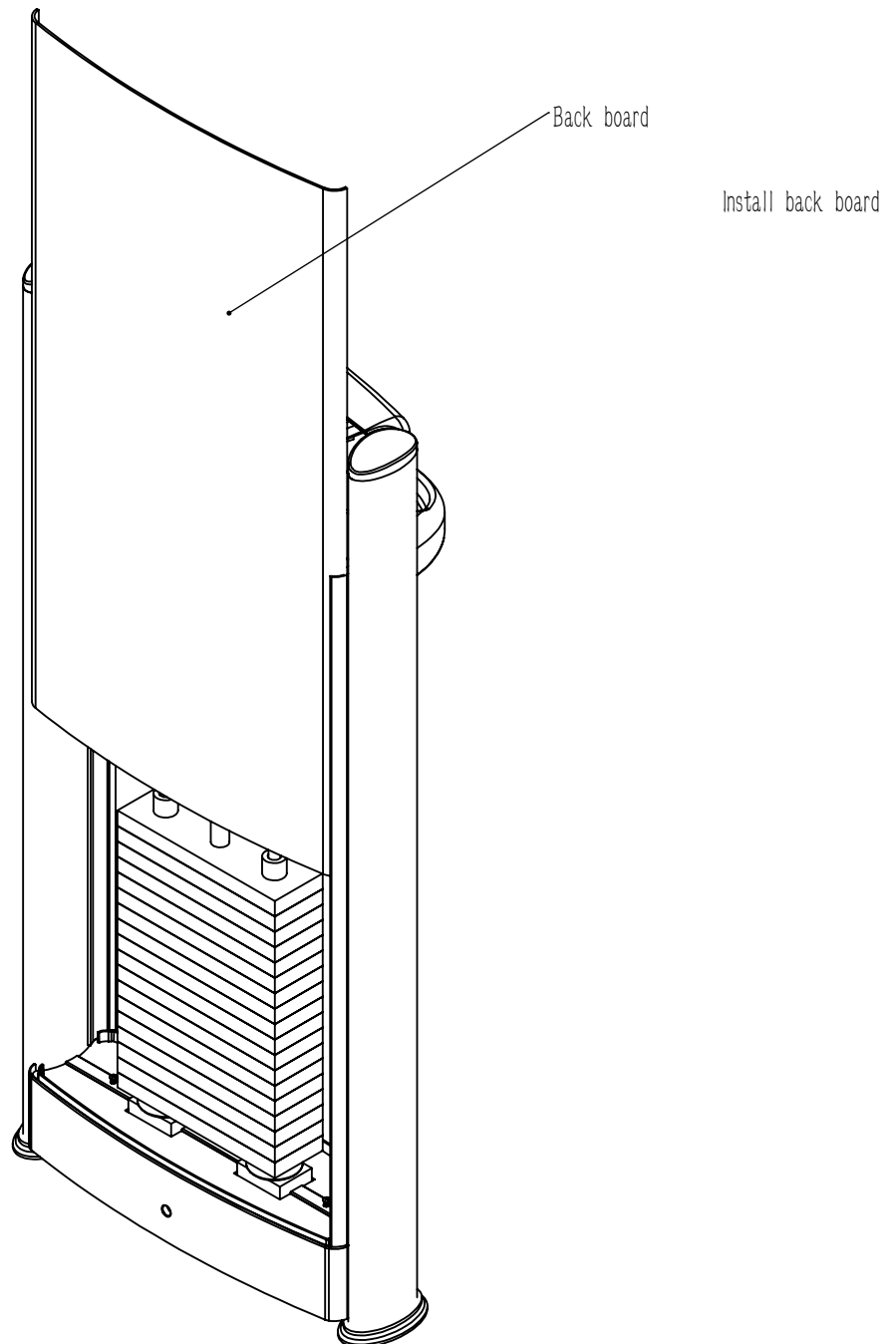


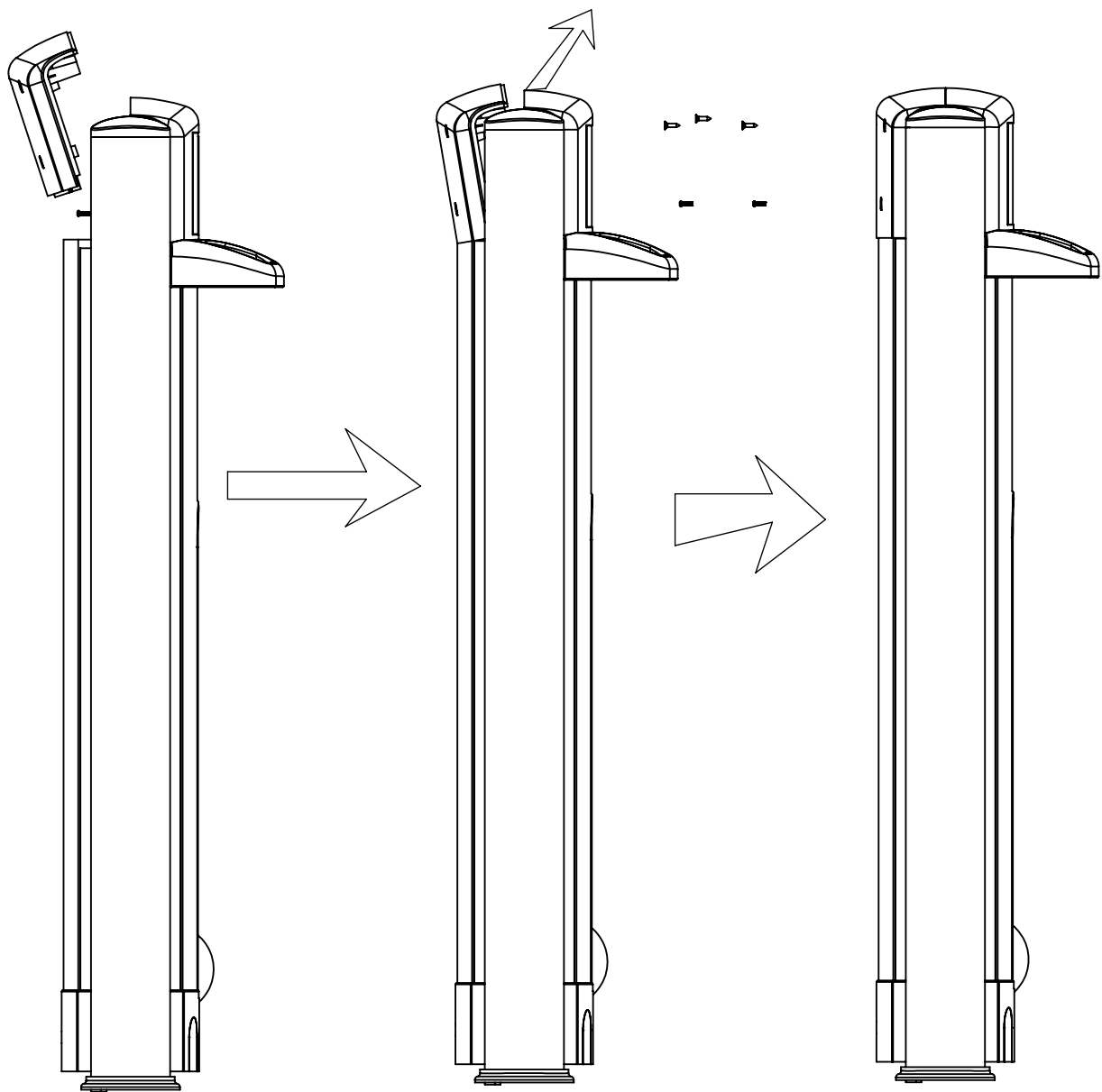












M5*20 Tapping screw

M5*16

M5*16

