

2.3 Assembly Guide

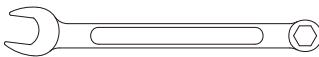
TOOLS



1. Allen Wrench
2mm, 3mm, 5mm, 6mm



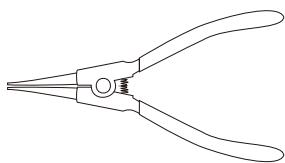
2. Screwdriver



3. Open / Adjustable Wrench
10mm, 13mm, 16mm, 18mm

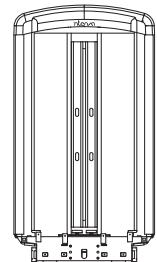


4. Hex Socket Wrench
13mm

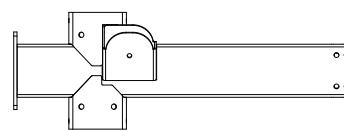


5. C Clip Plier

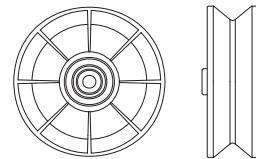
PART LIST



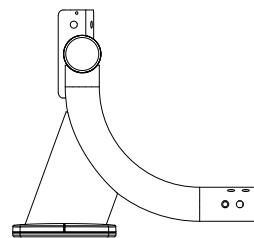
1. PLC Tower
QTY 1



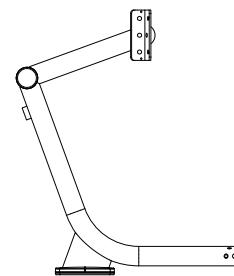
2. Lower Frame Connector
QTY 1



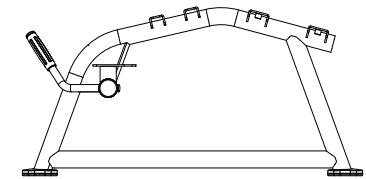
3. Pulley
QTY 1



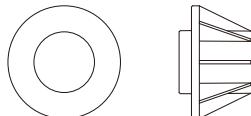
4. Support Frame
QTY 1



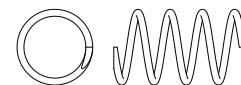
5. PLC Pivot Frame
QTY 1



6. PLC Main Frame
QTY 1



7. Guide Rod Retainer
QTY 2



8. Spring
QTY 2

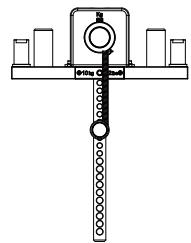


9. Guide Rod Collar
QTY 2

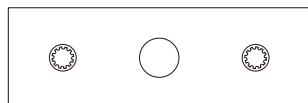
2.3 Assembly Guide



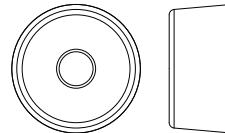
10. Guide Rod
QTY 2



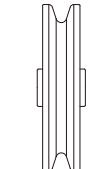
11. 10 lb Head Plate
QTY 1



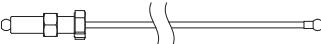
12. 5 lb Weight Plate
QTY 20



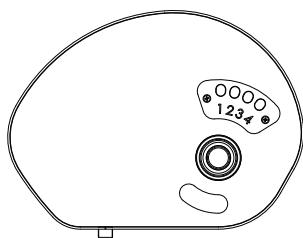
13. Weight Plate Cushion
QTY 2



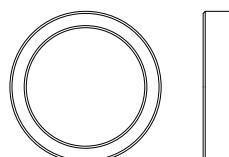
14. Pulley
QTY 1



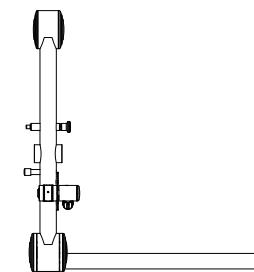
15. Cable
QTY 1



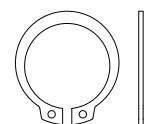
16. PLC Cam
QTY 1



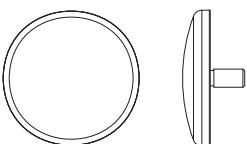
17. Spacer Ring
QTY 1



18. Roller Frame
QTY 1



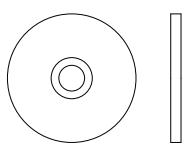
19. C-Clip for 28 mm shaft
QTY 1



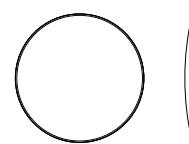
20. End Cap
QTY 1



21. Roller
QTY 1



22. Mounting Plate
QTY 1

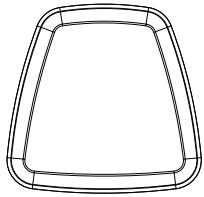


23. Roller End Cap
QTY 1

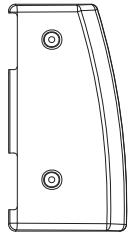


24. Elbow Pad
QTY 2

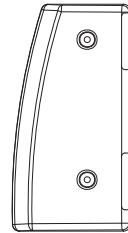
2.3 Assembly Guide



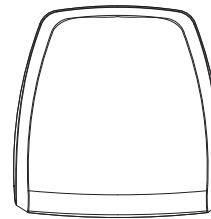
25. Chest Pad
QTY 2



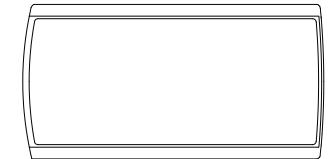
26. Thigh Pad Cover, L
QTY 1



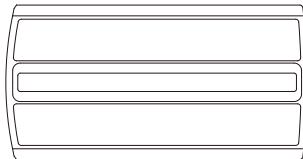
27. Thigh Pad Cover, R
QTY 1



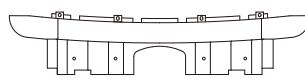
28. Thigh Pad
QTY 1



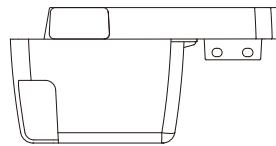
29. Rear Shroud
QTY 1



30. Front Shroud
QTY 1



31. Tower Cover, Lower
QTY 2



32. Bottle Holder
QTY 1



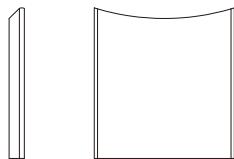
33. Tower Cover, Lower
QTY 1



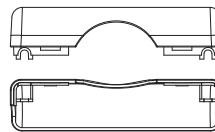
34. Tower Cover, Lower
QTY 1



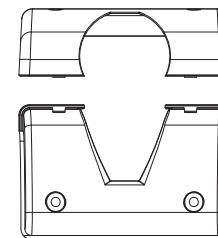
35. Tower Cover
QTY 2



36. Tower Cover
QTY 2



37. Pivot Frame Cover
QTY 2

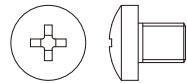


38. Pivot Frame Cover
QTY 2

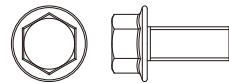


39. Countersunk Screw, M5x10
QTY 8

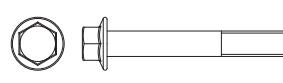
2.3 Assembly Guide



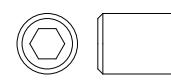
40. Dome Screw, M5x6
QTY 8



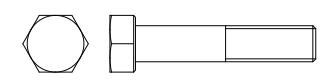
41. Hex Head Flange Screw, M10x25
QTY 23



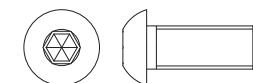
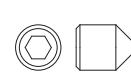
42. Hex Head Flange Screw, M10x70
QTY 1



43. Set Screw, M6x8
QTY 4



44. Hex Screw, M10x50
QTY 1



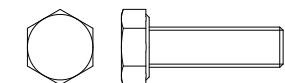
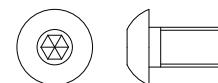
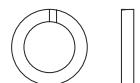
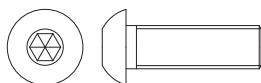
45. Flat Washer,
OD20xID10.5x2T
QTY 2

46. Lock Nut, M10
QTY 1

47. Set Screw, M4x5
QTY 1

48. Countersunk Screw, M8x20
QTY 1

49. Dome Screw, M8x20
QTY 4



50. Dome Screw, M8x25
QTY 14

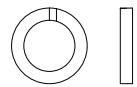
51. Spring Washer, M8
QTY 14

52. Flat Washer, OD16xID8.4x1.6T
QTY 18

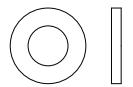
53. Dome Screw, M5x10
QTY 20

54. Hex Screw, M6x20
QTY 2

2.3 Assembly Guide



55. Spring Washer, M6
QTY 2



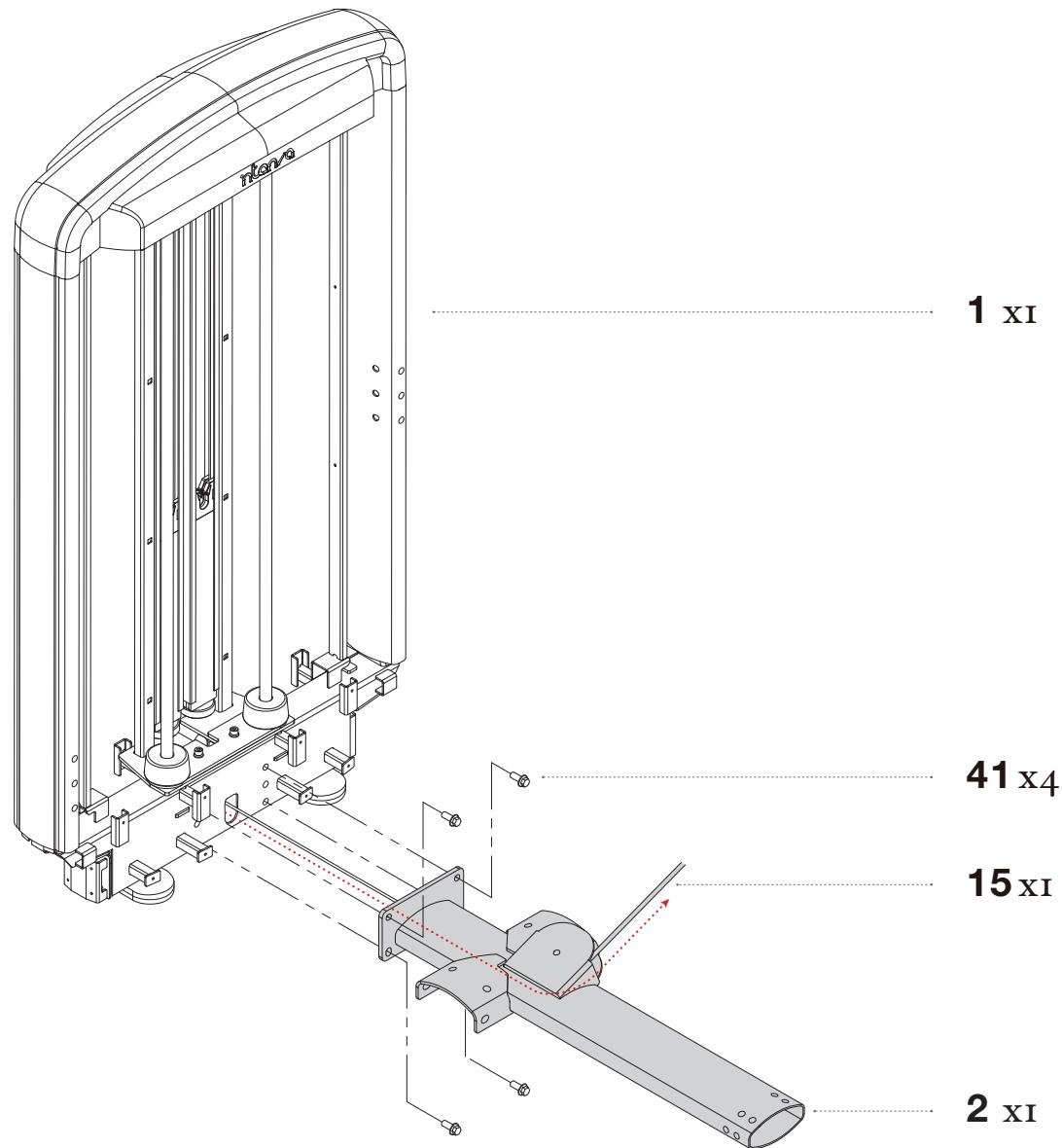
56. Flat Washer, OD12.5xID6.6x1.6T
QTY 2

2.3 Assembly Guide

STEP 1

LOOSELY fasten the bolt connections in this step. Do not fully tighten.

Use hex socket for lower screws due to limited space.



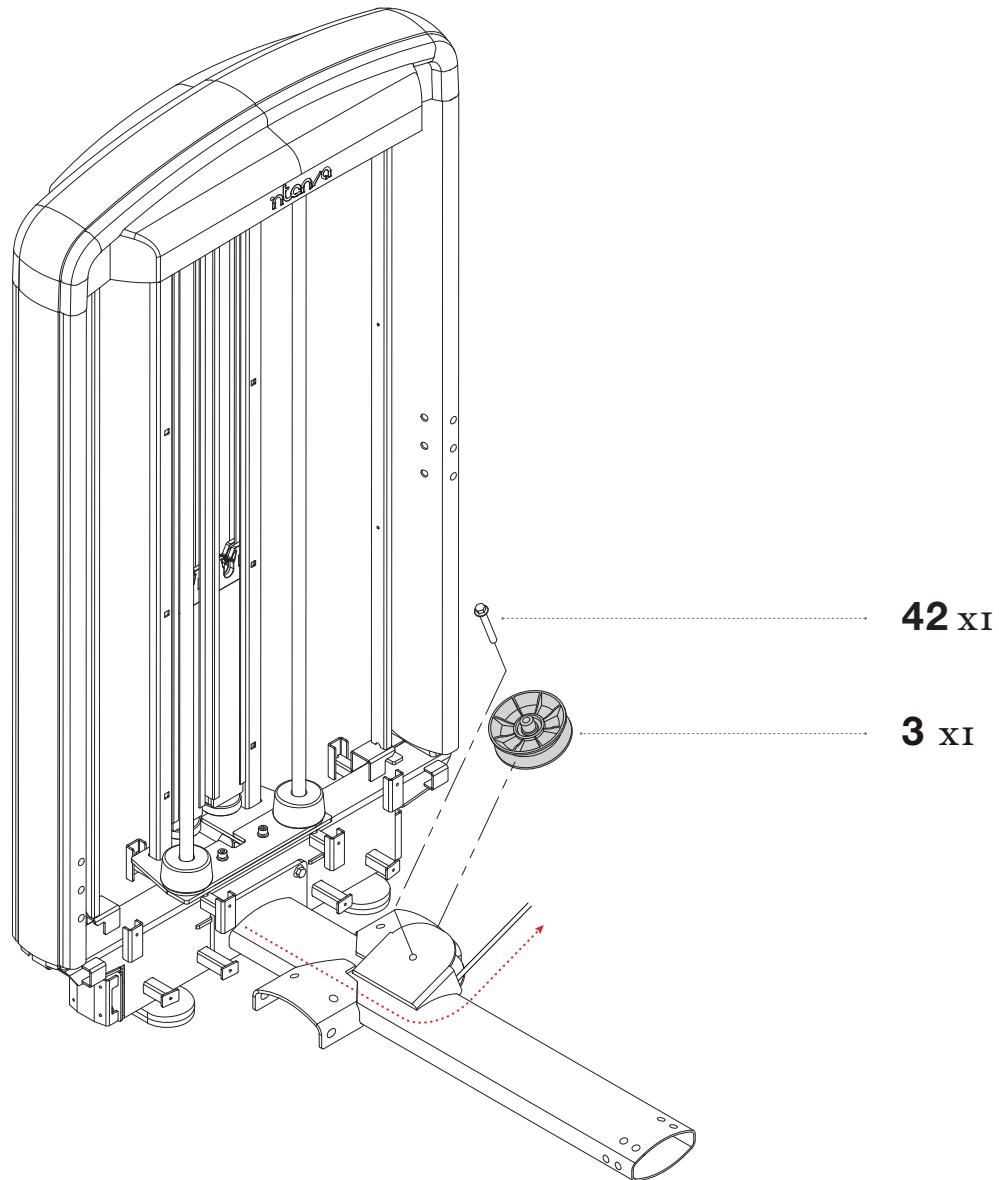
2.3 Assembly Guide

STEP 2

SECURELY tighten all bolt connections.

Follow the direction of arrows as shown to route the cable.

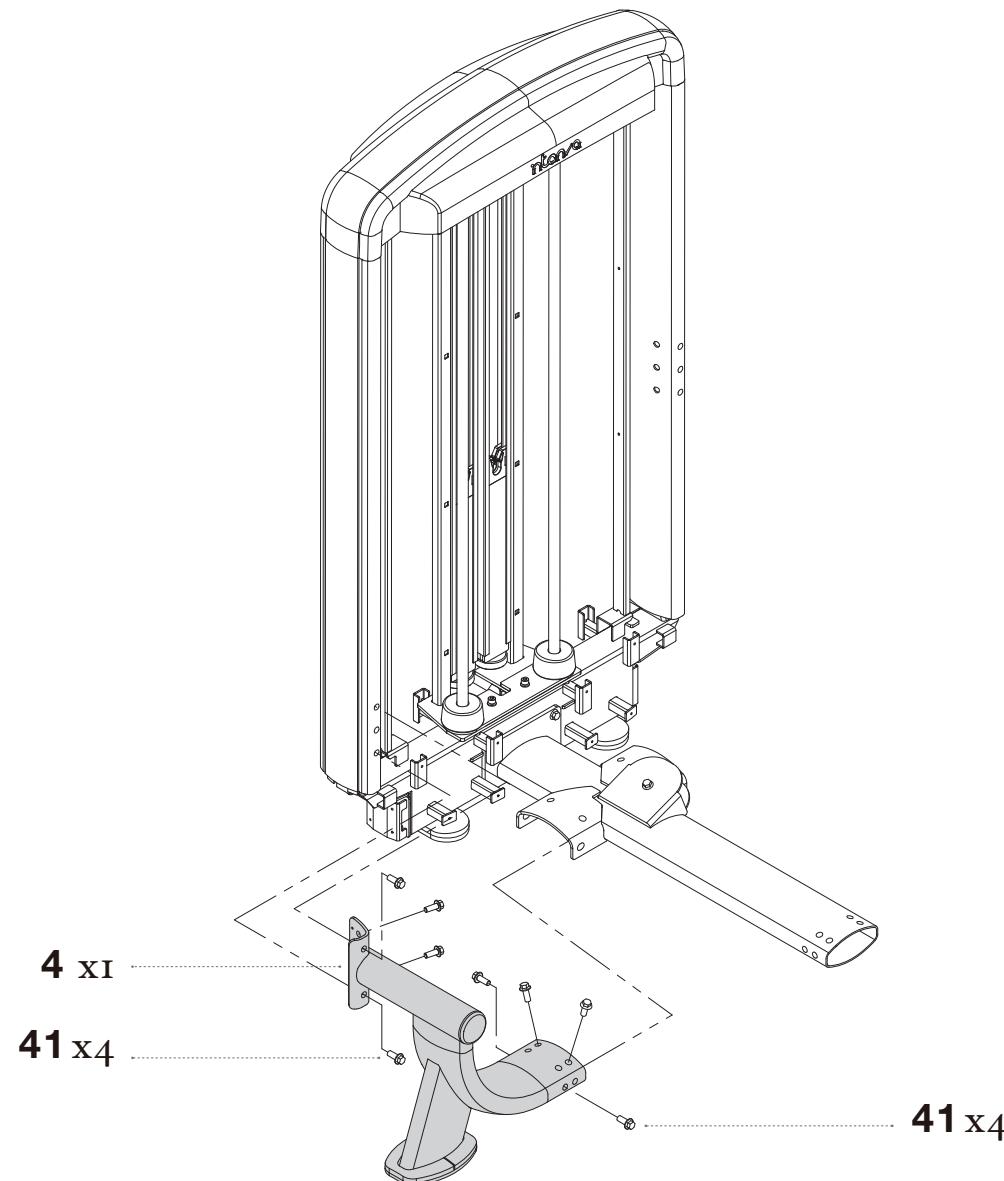
Make sure the cable is routed in the groove of pulley.



2.3 Assembly Guide

STEP 3

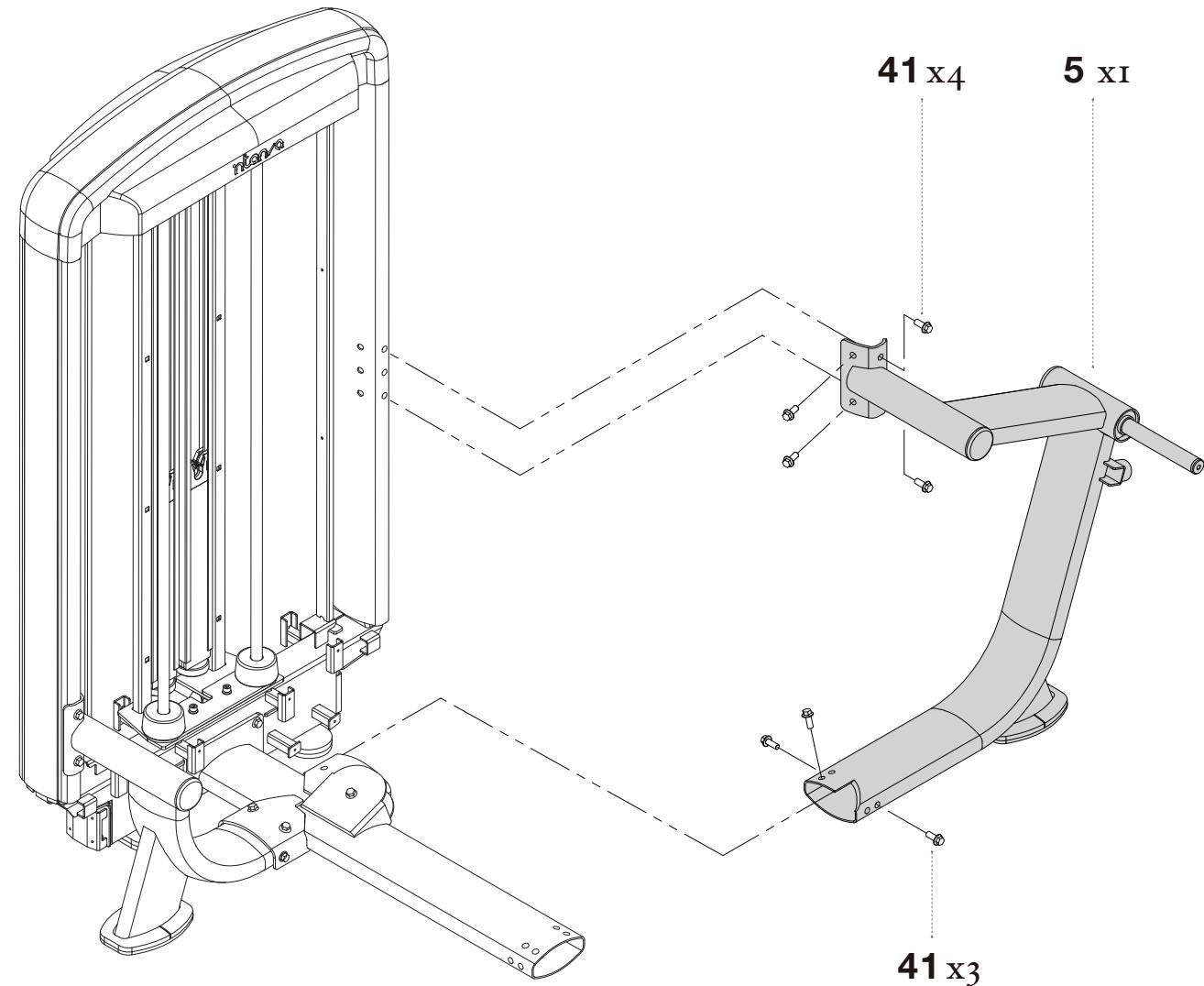
LOOSELY fasten the bolt connections in this step. Do not fully tighten.



2.3 Assembly Guide

STEP 4

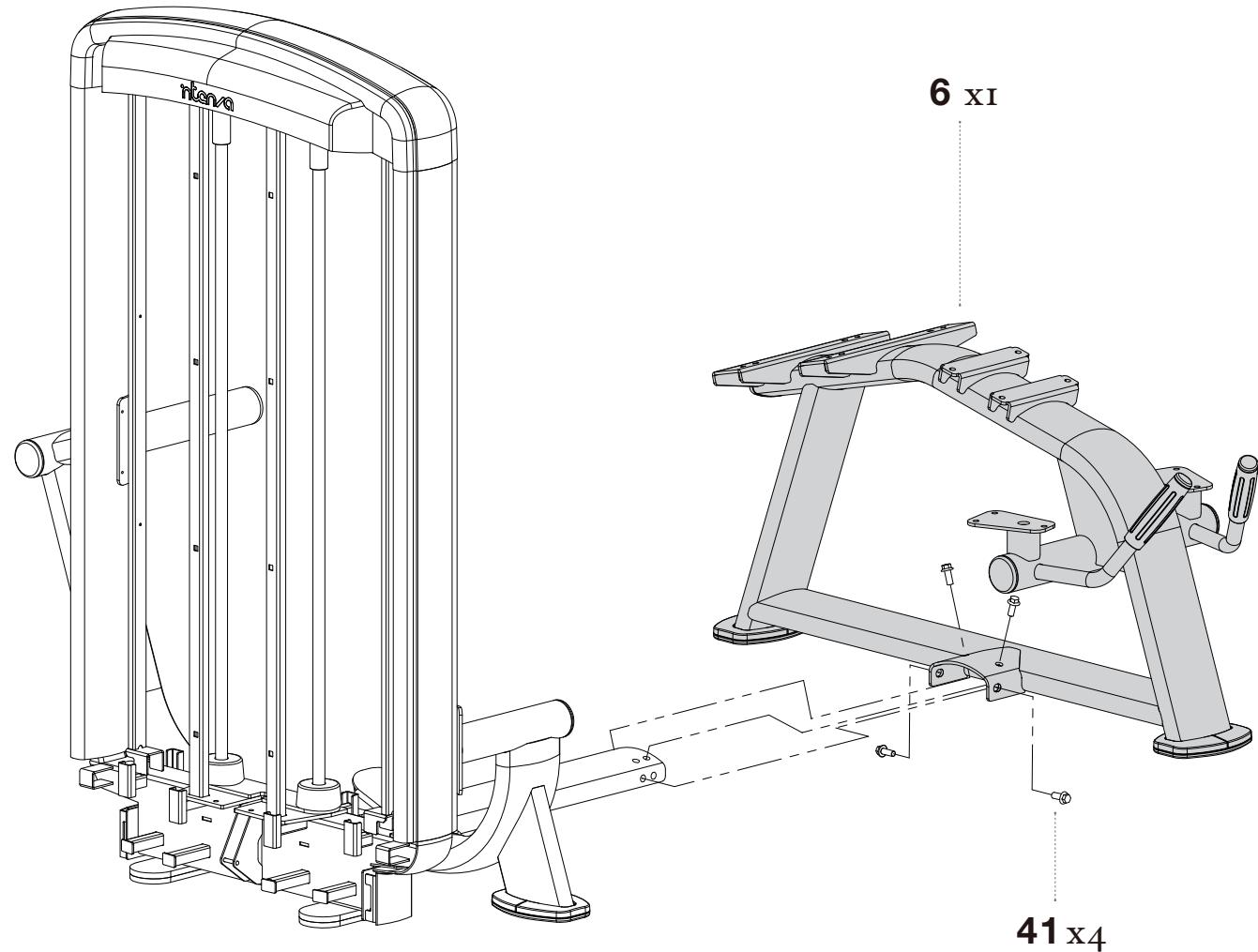
LOOSELY fasten the bolt connections in this step. Do not fully tighten.



2.3 Assembly Guide

STEP 5

SECURELY tighten all bolts from Step 1 to Step 5 after confirming proper alignment.



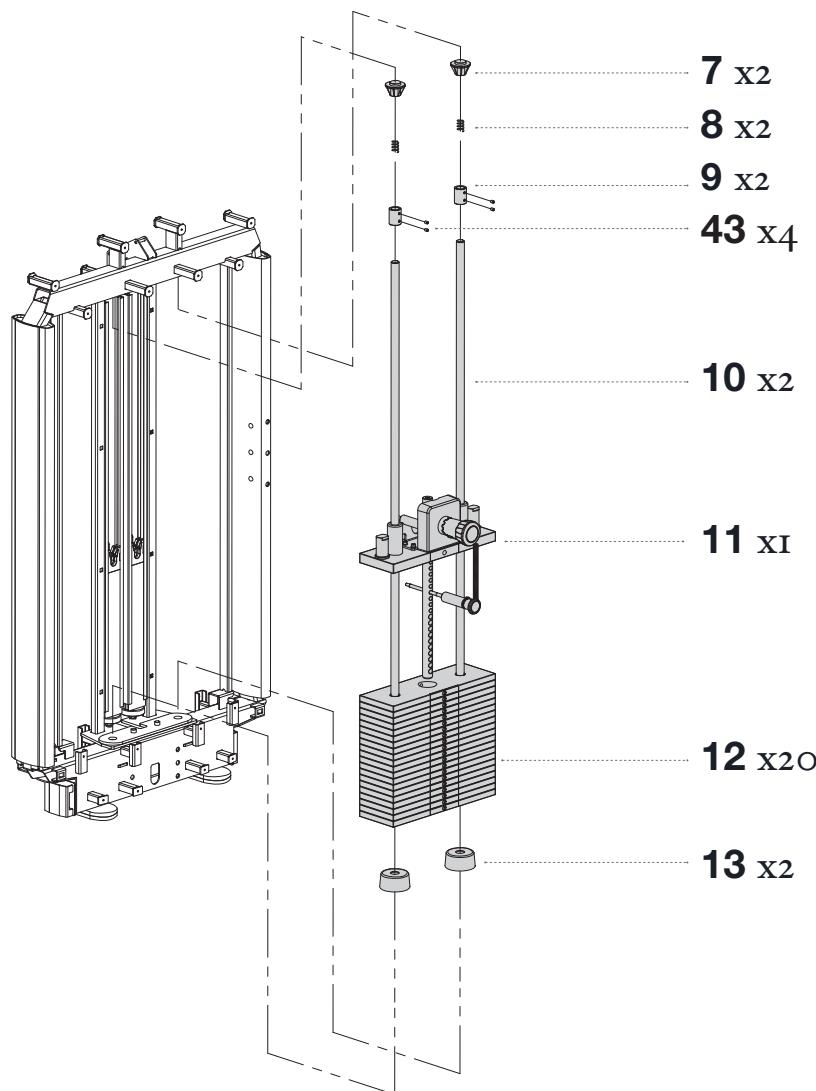
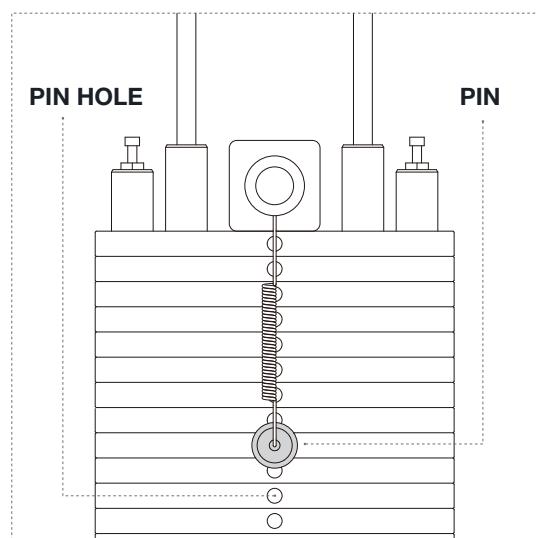
2.3 Assembly Guide

STEP 6

SECURELY tighten all bolt connections.

CHECK whether the Weight Plates (12) are in the right position by inserting the pin in all pin holes after assembling.

Some parts have been hidden for assembly clarity.

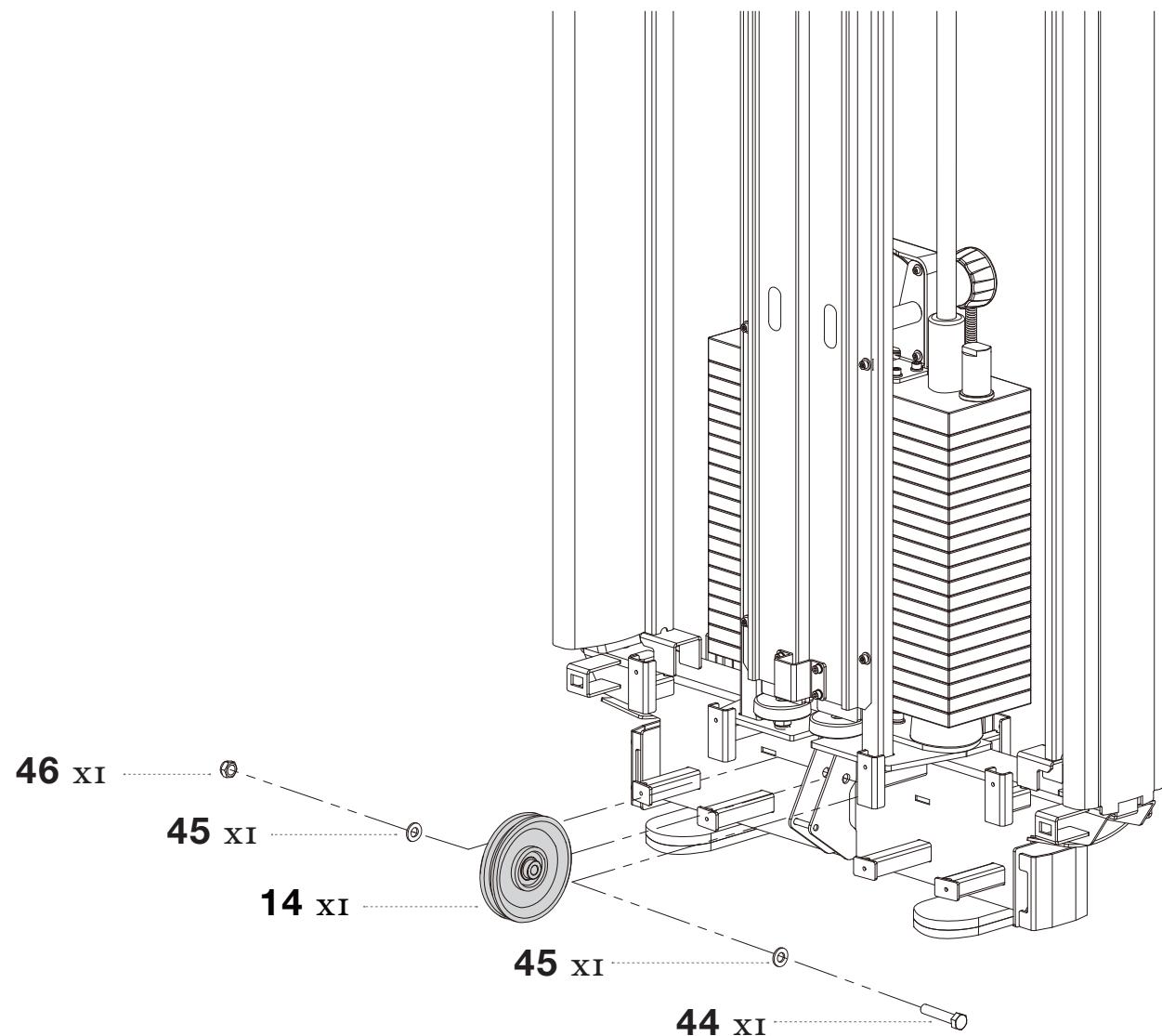


2.3 Assembly Guide

STEP 7

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

STEP 8

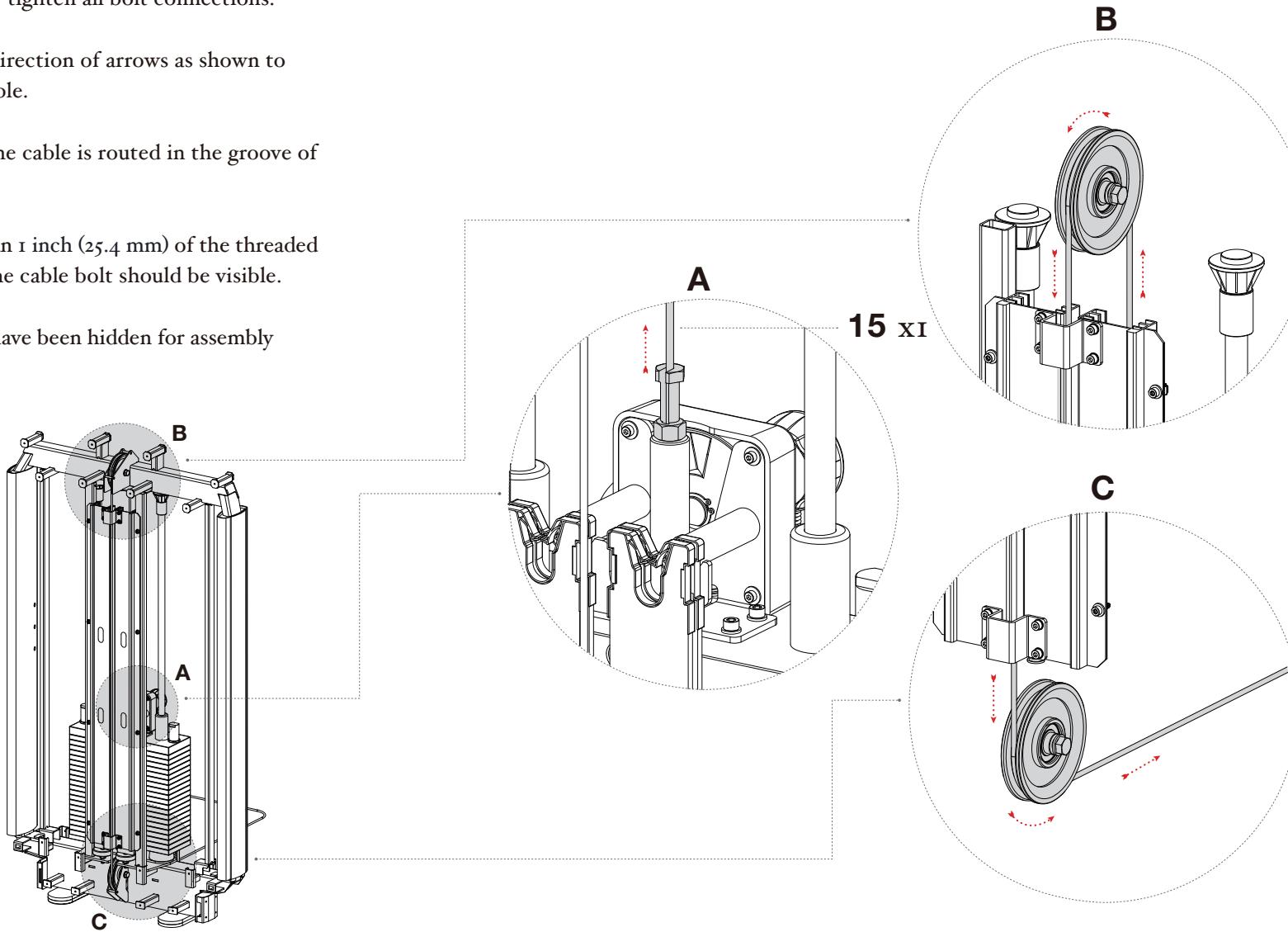
SECURELY tighten all bolt connections.

Follow the direction of arrows as shown to route the cable.

Make sure the cable is routed in the groove of pulley.

No more than 1 inch (25.4 mm) of the threaded portion of the cable bolt should be visible.

Some parts have been hidden for assembly clarity.

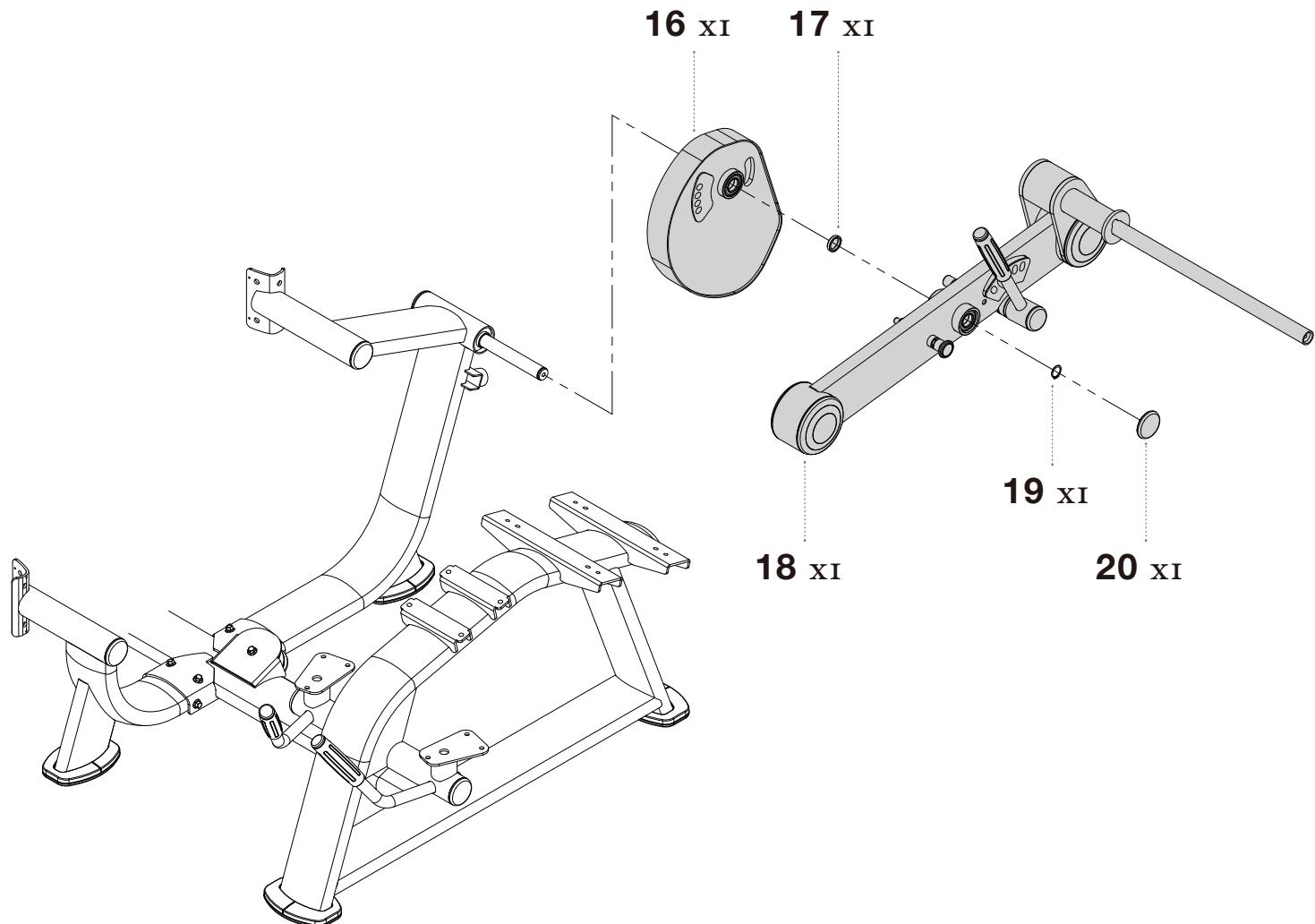


2.3 Assembly Guide

STEP 9

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

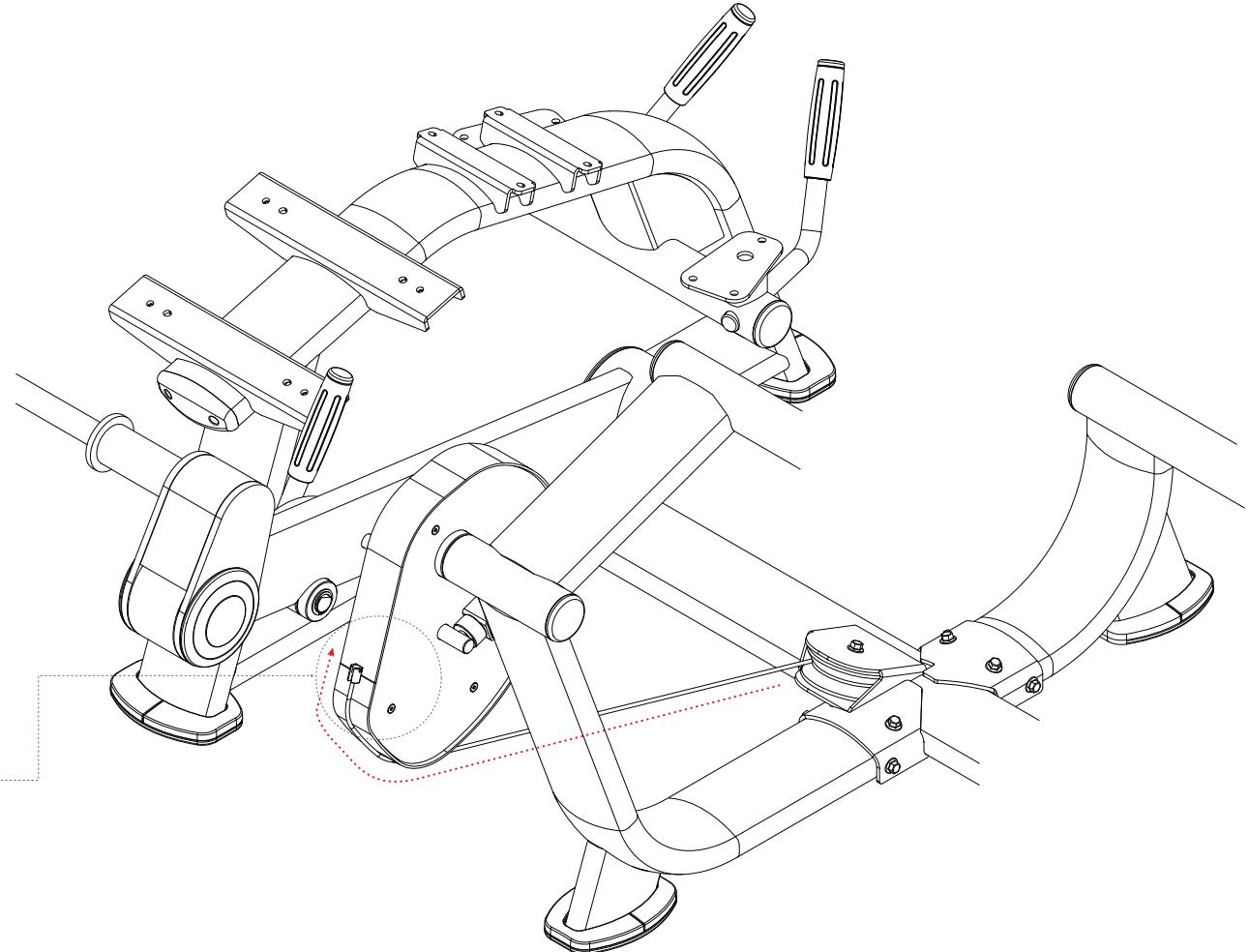
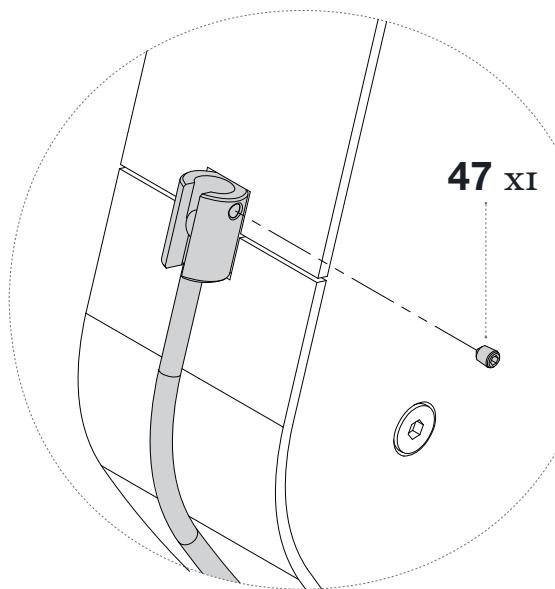
STEP 10

SECURELY tighten all bolt connections.

Follow the direction of arrows as shown to route the cable.

Make sure the cable is routed in the groove of pulley.

Some parts have been hidden for assembly clarity.

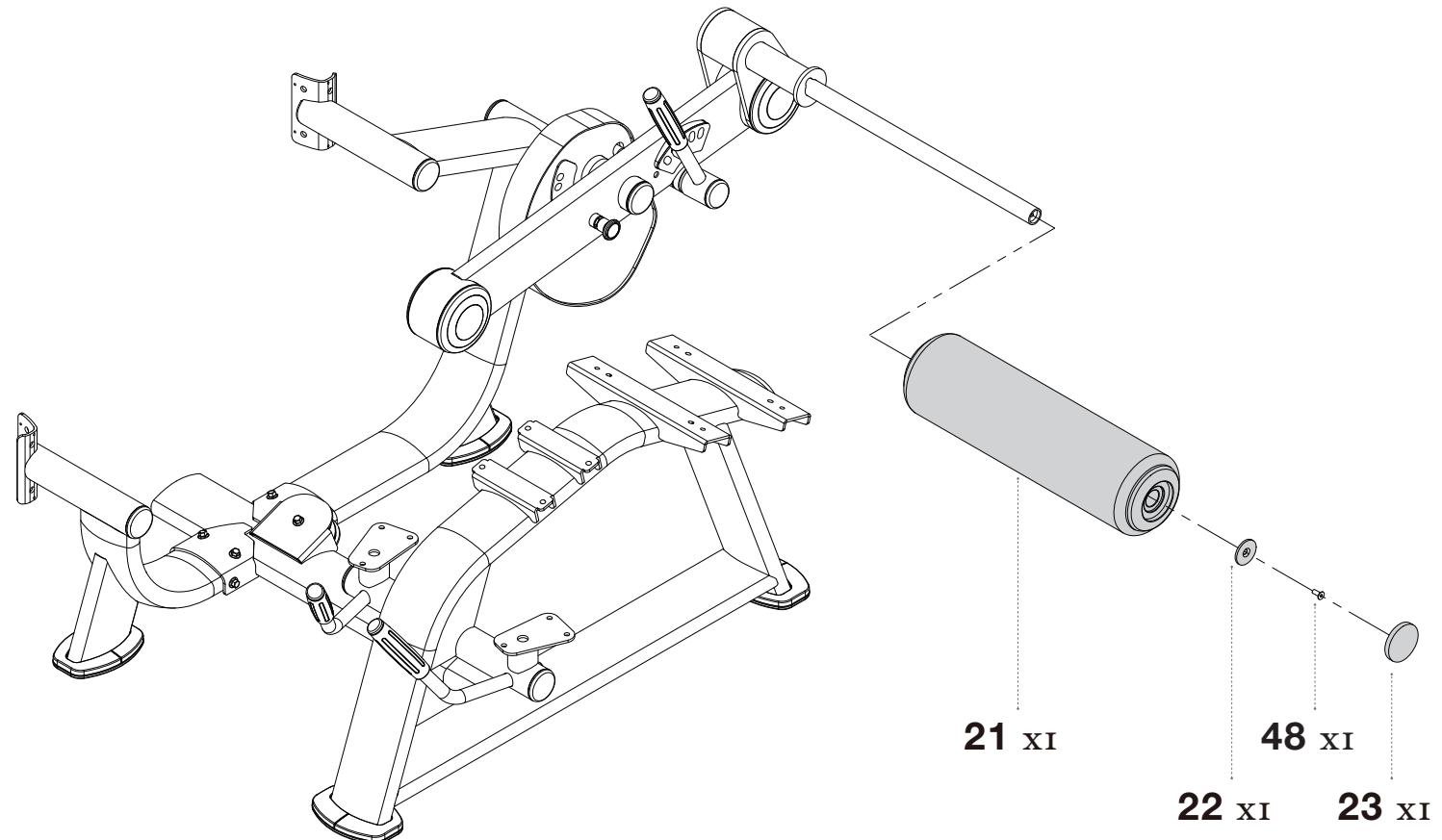


2.3 Assembly Guide

STEP 11

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

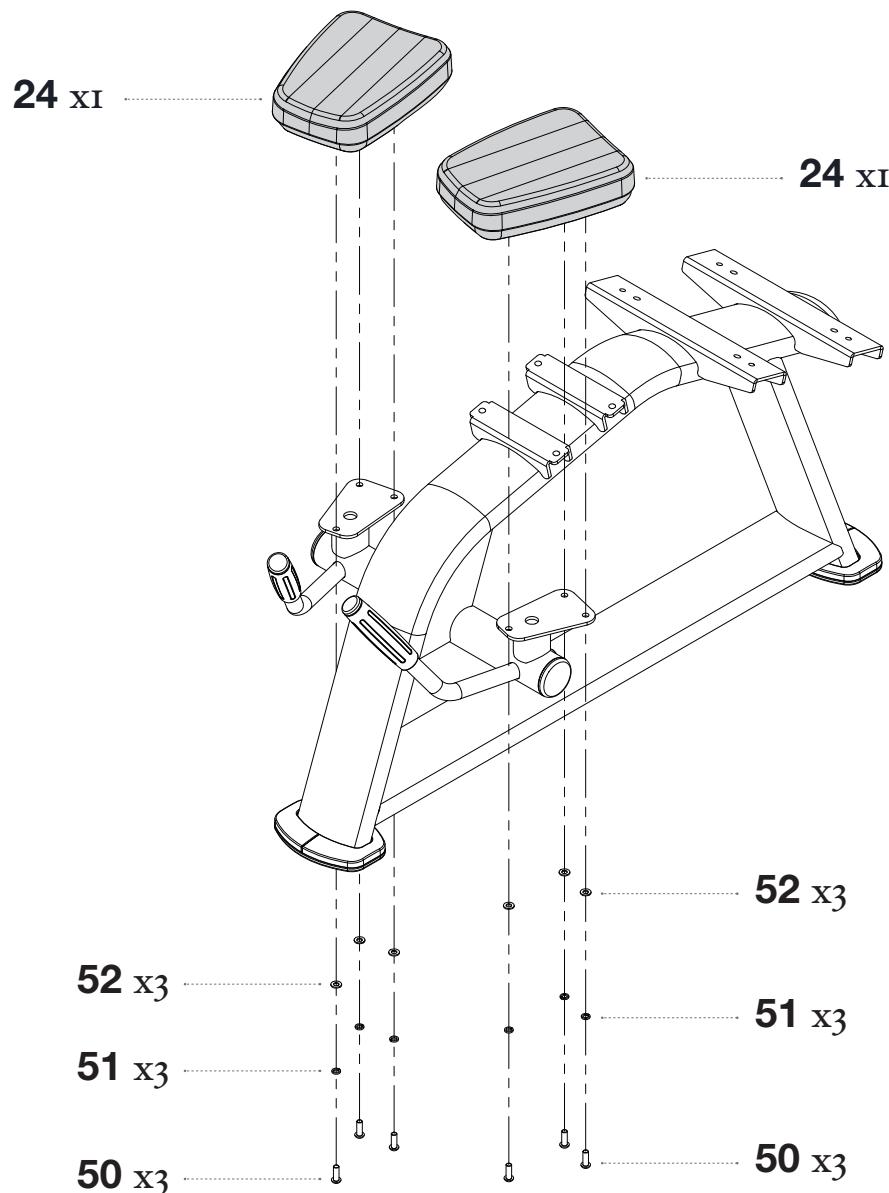


2.3 Assembly Guide

STEP 12

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

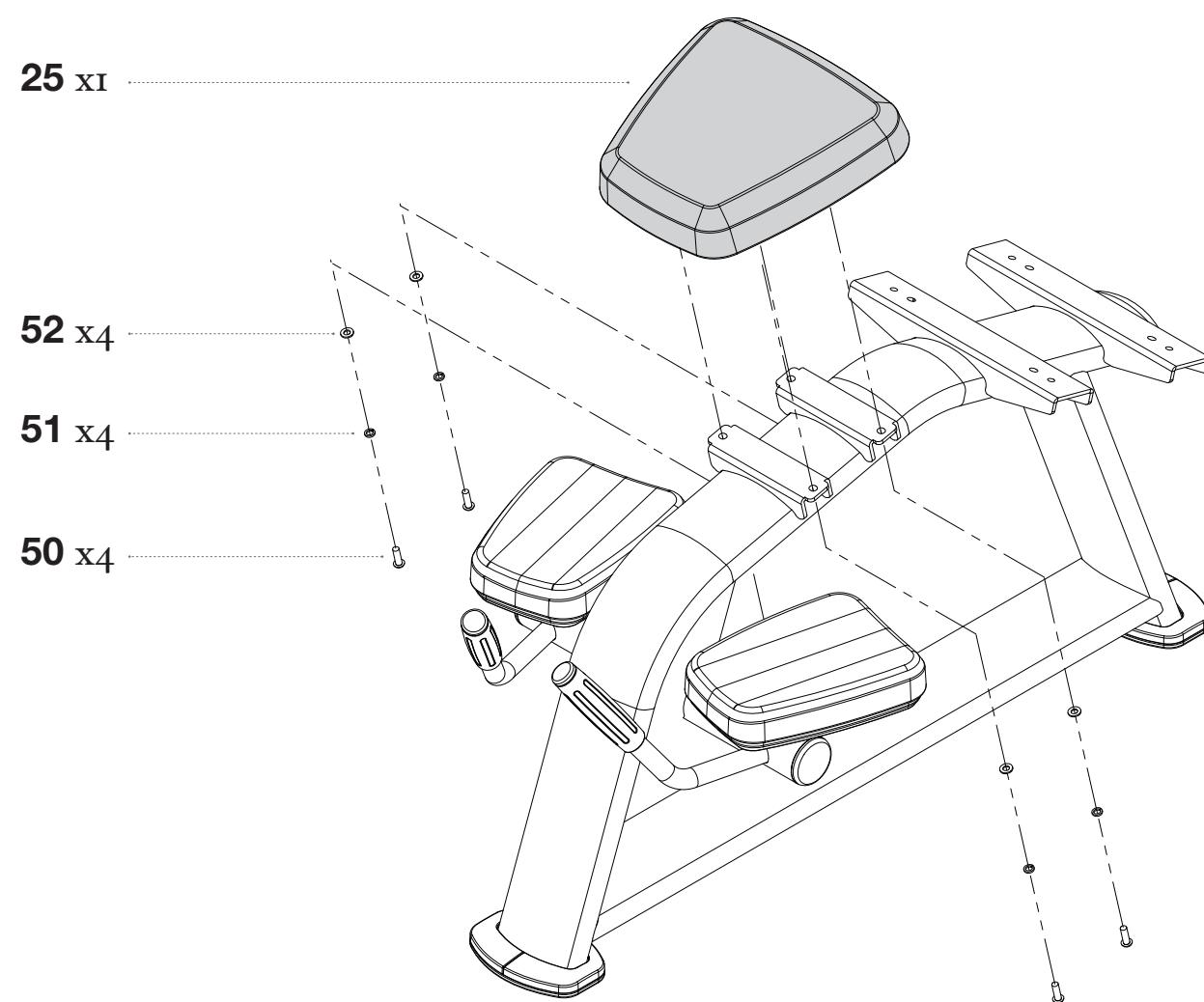


2.3 Assembly Guide

STEP 13

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

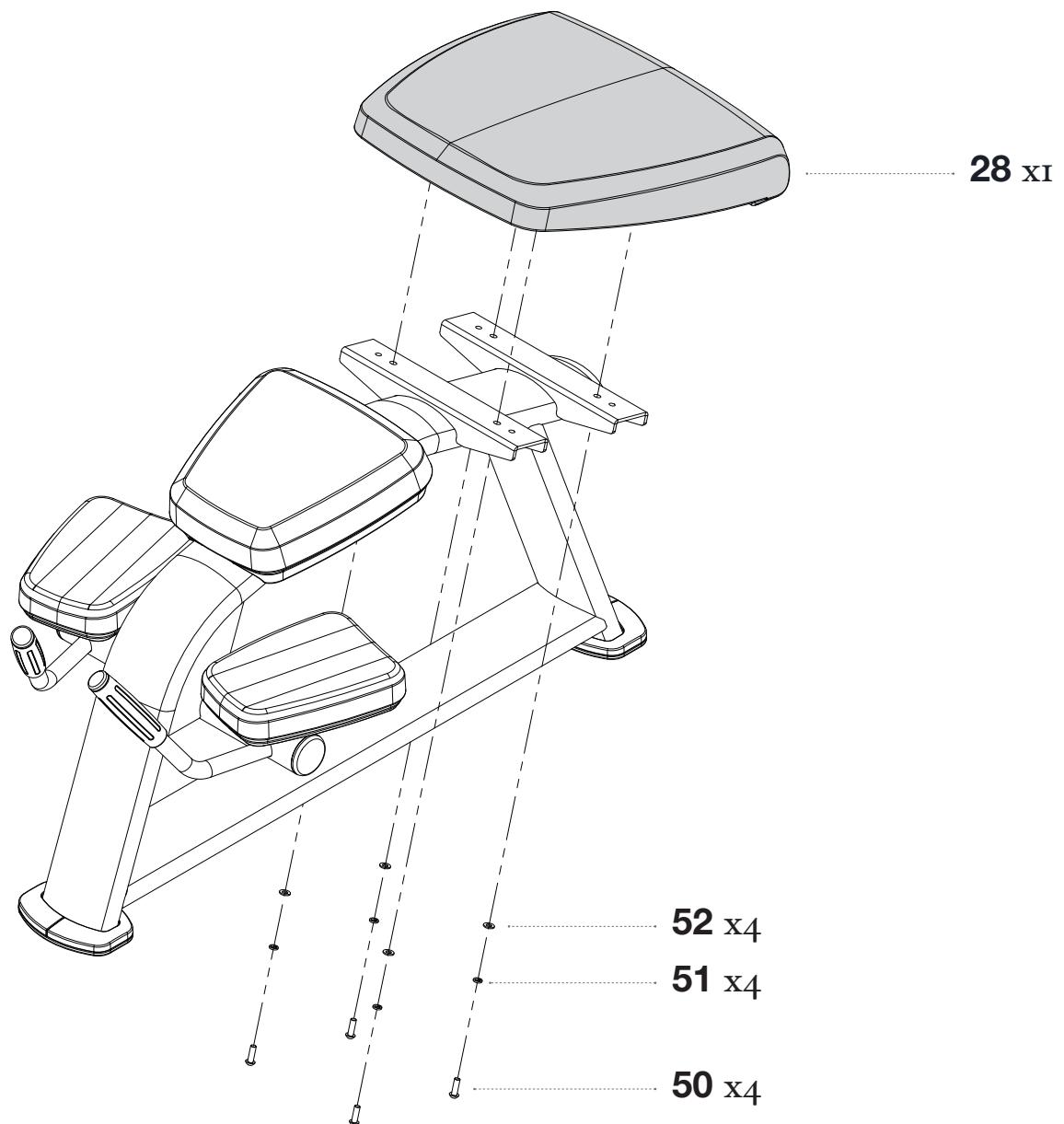


2.3 Assembly Guide

STEP 14

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

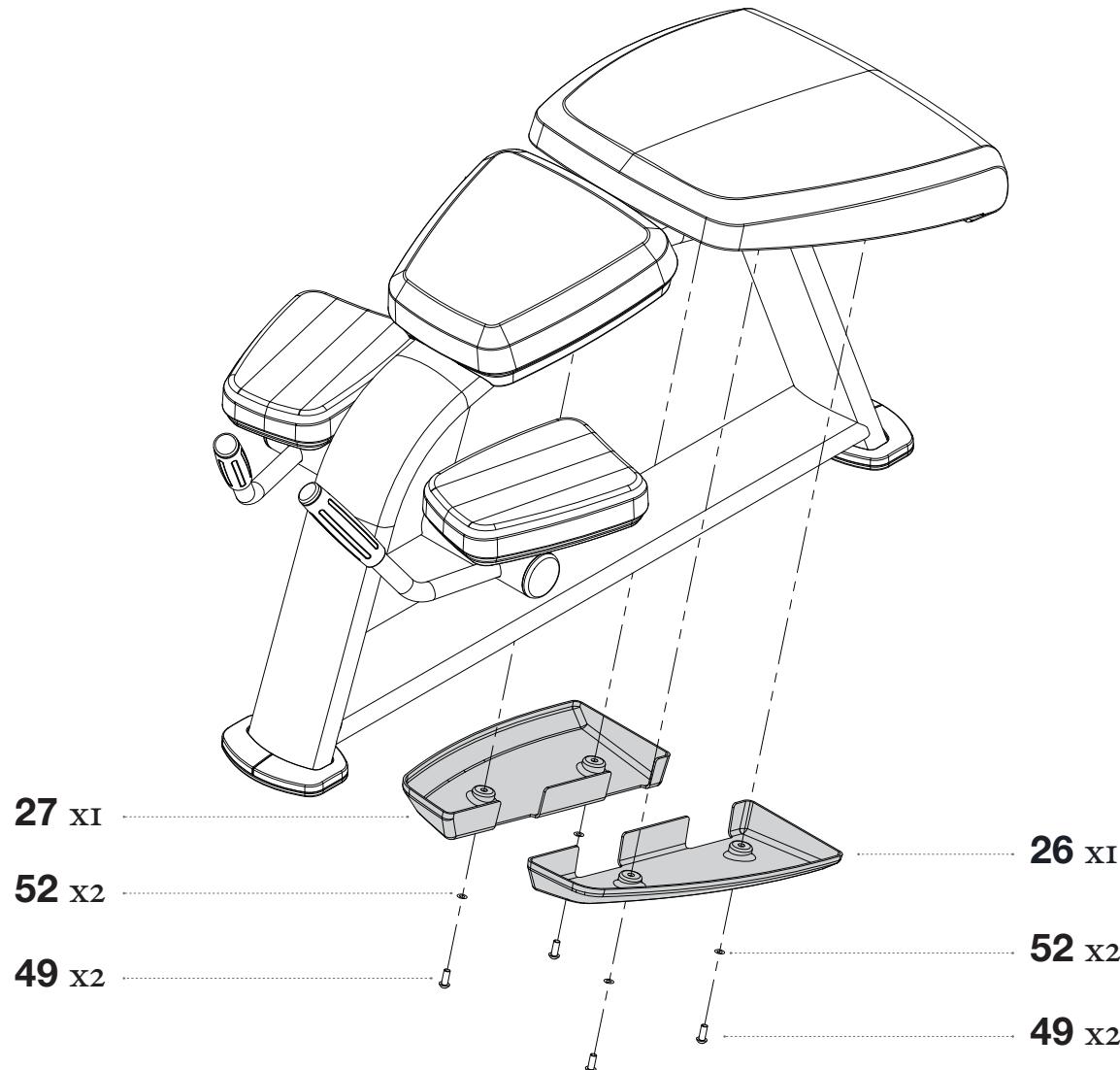


2.3 Assembly Guide

STEP 15

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

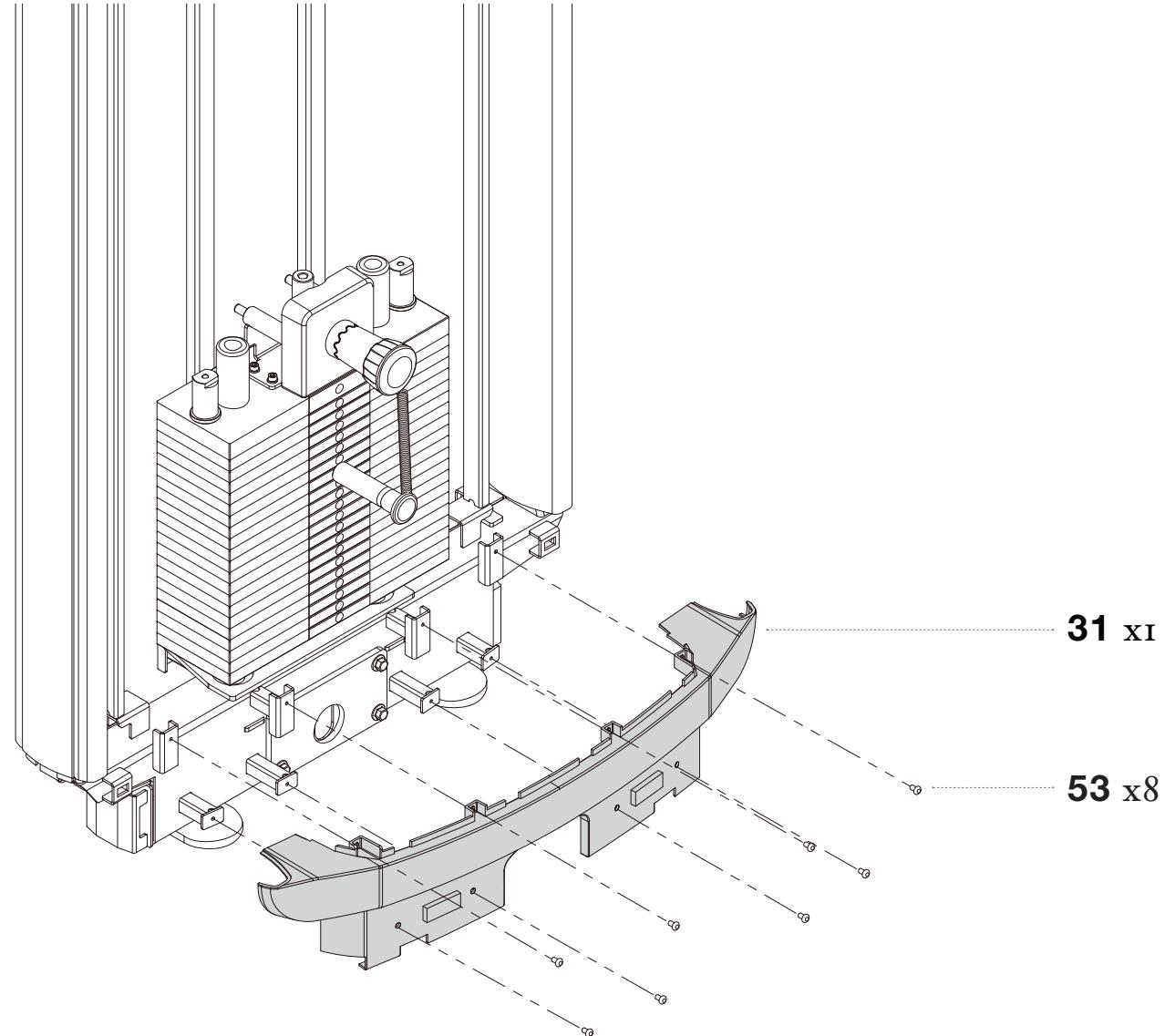


2.3 Assembly Guide

STEP 16

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

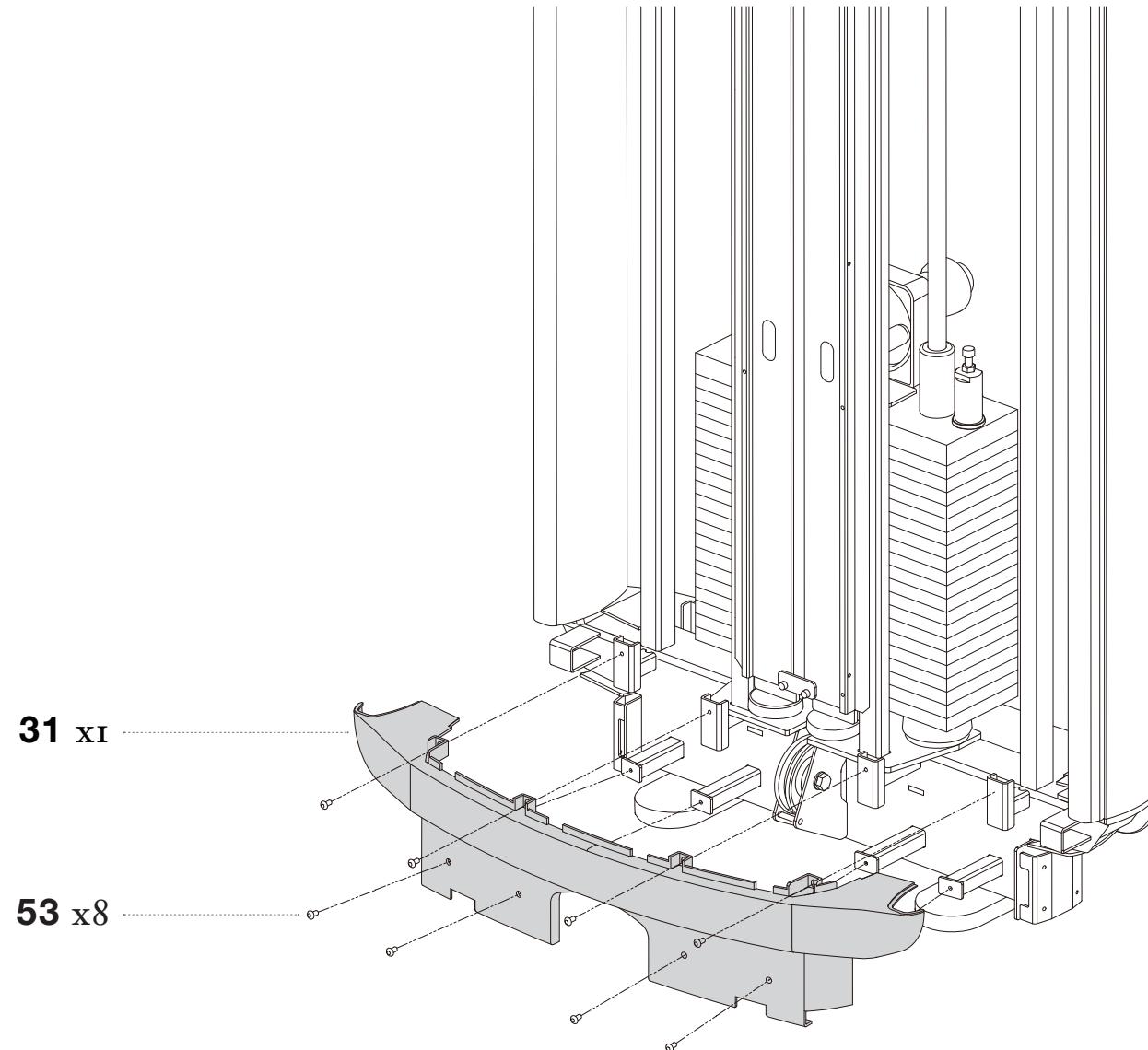


2.3 Assembly Guide

STEP 17

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

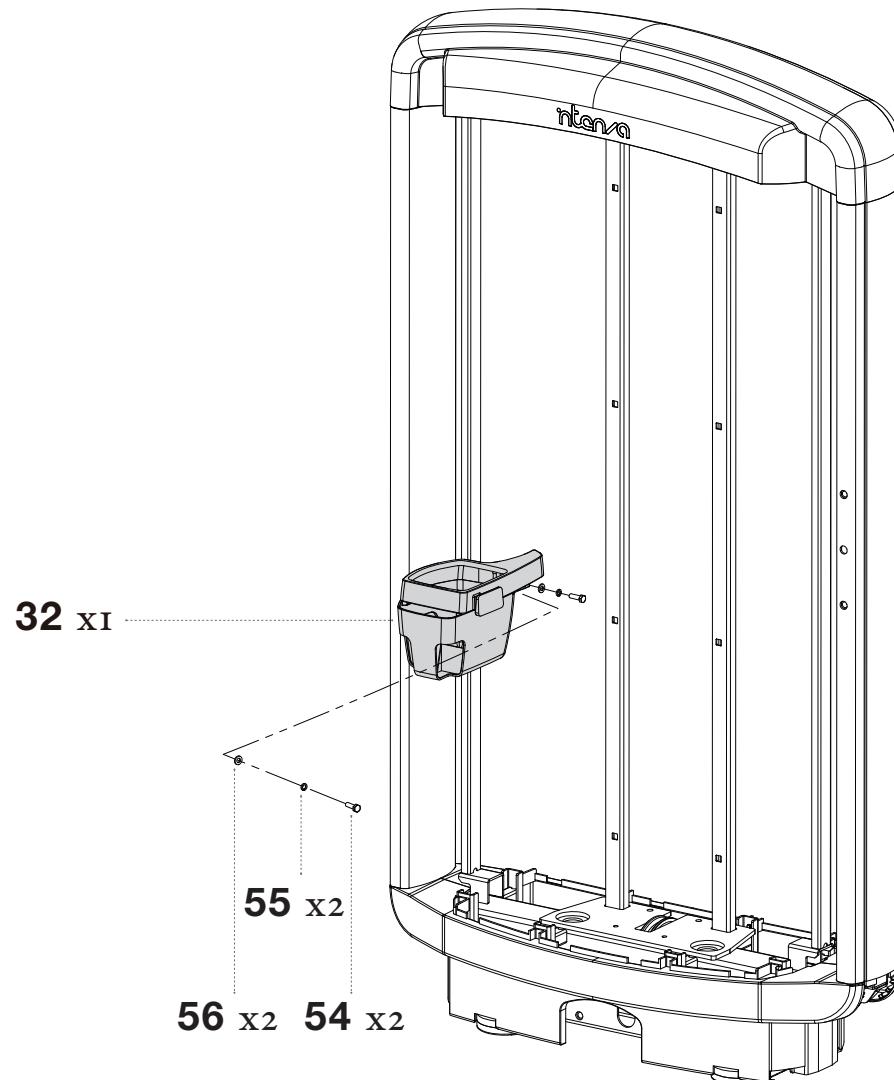


2.3 Assembly Guide

STEP 18

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

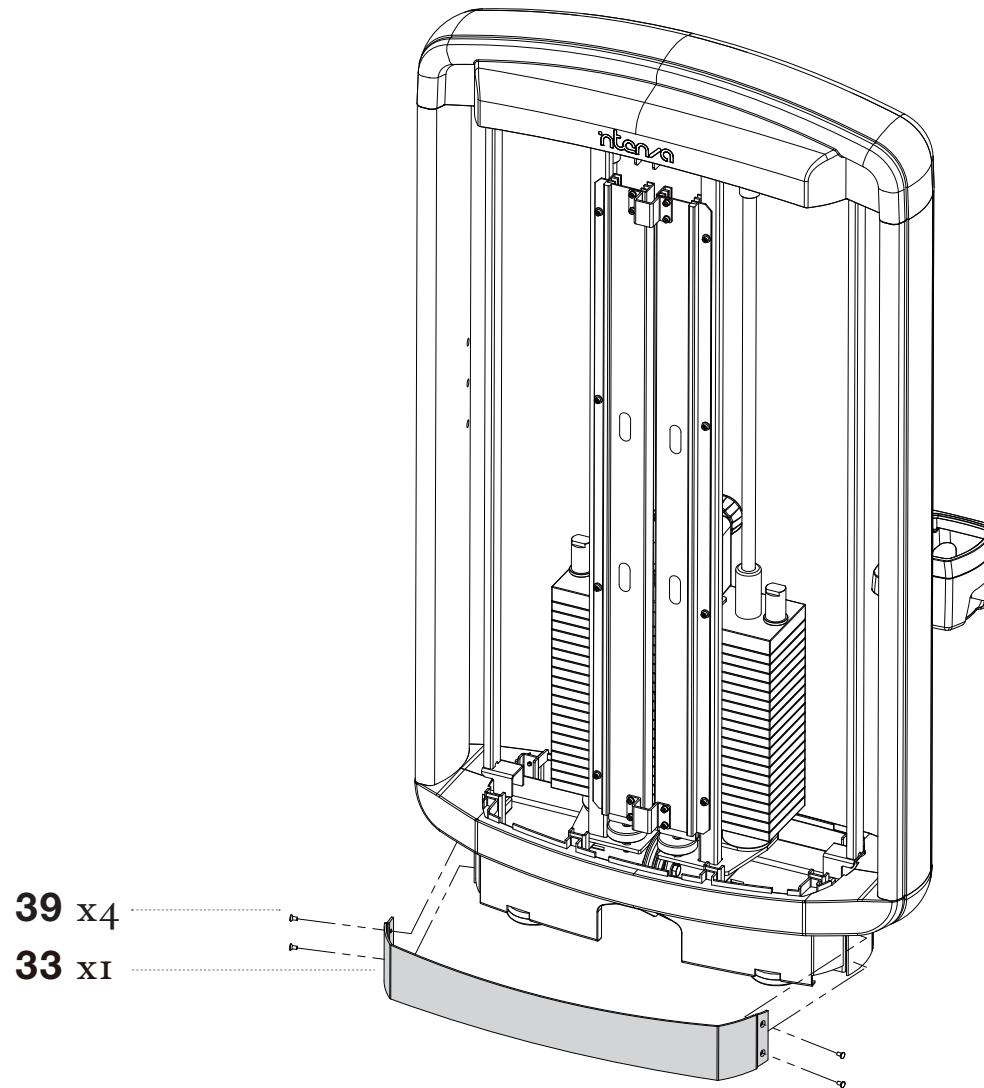


2.3 Assembly Guide

STEP 19

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

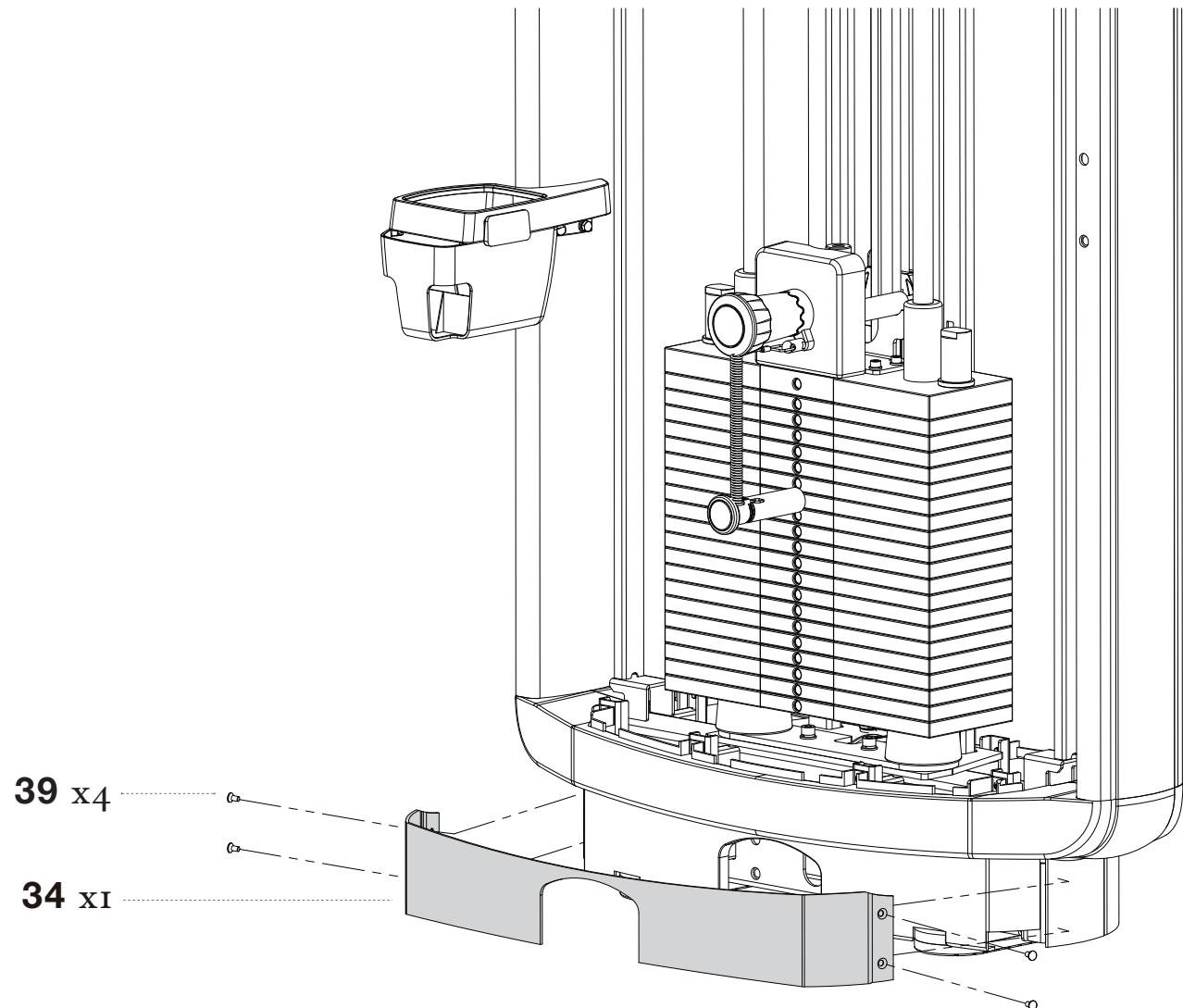


2.3 Assembly Guide

STEP 20

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

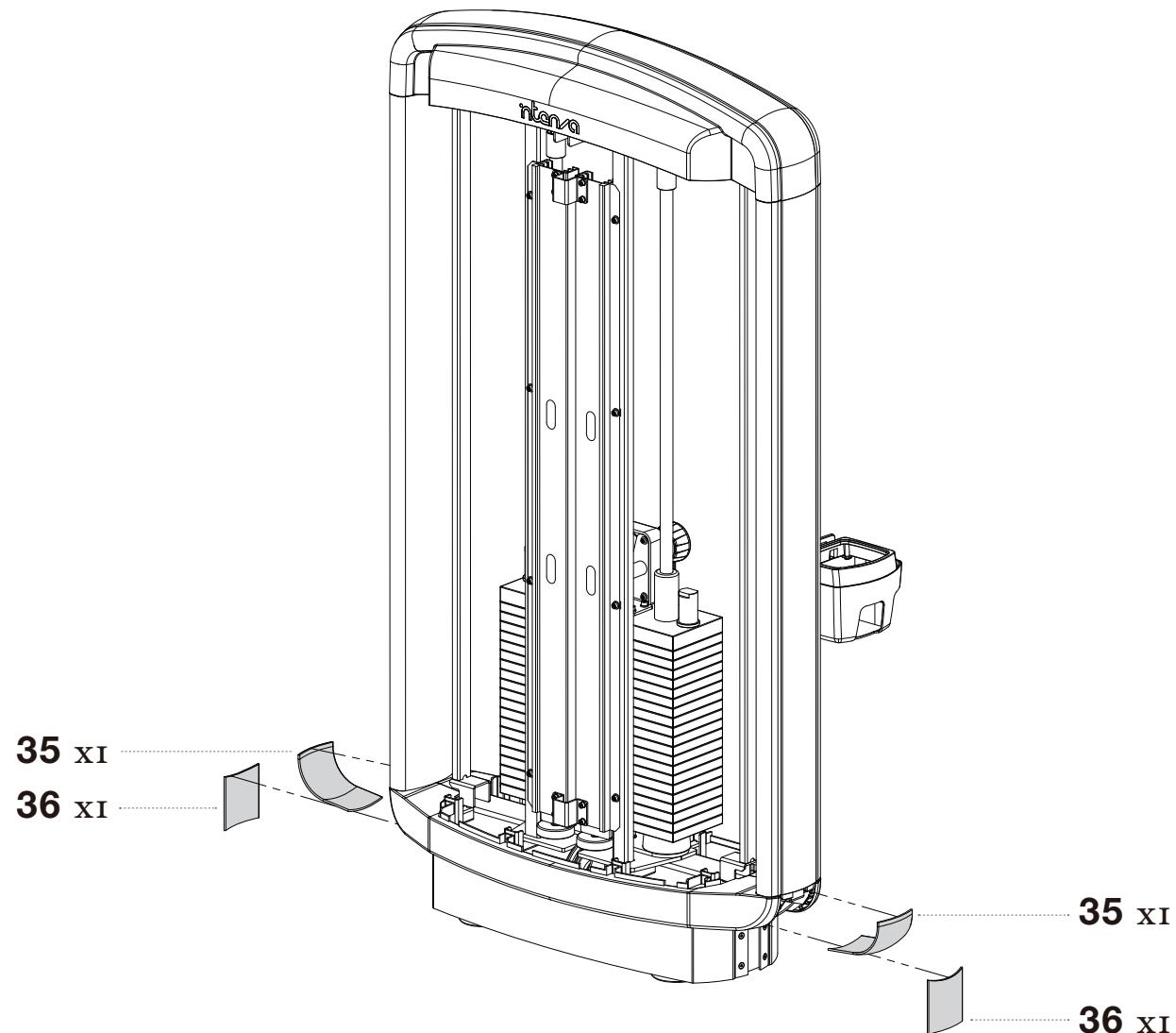


2.3 Assembly Guide

STEP 21

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



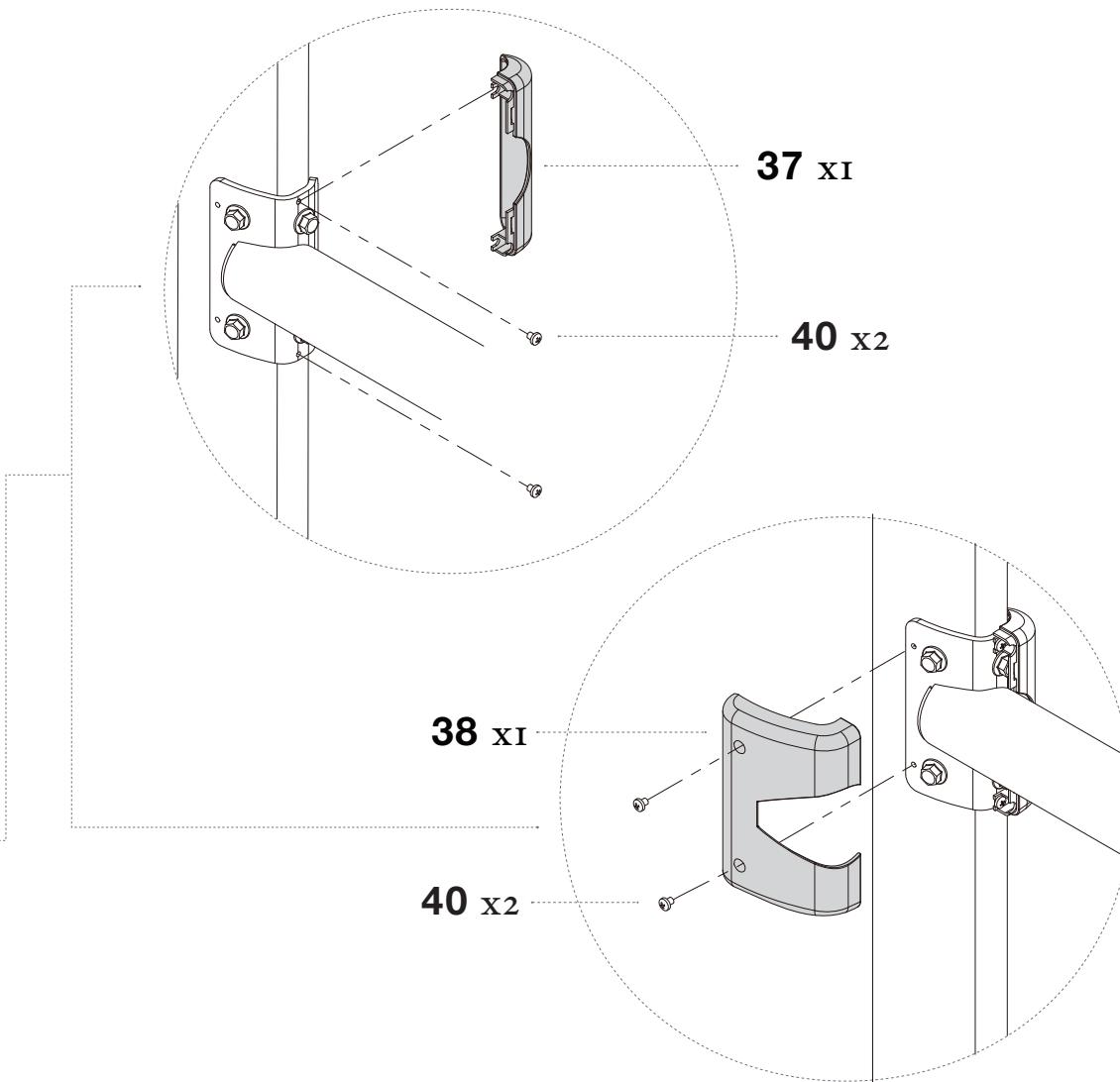
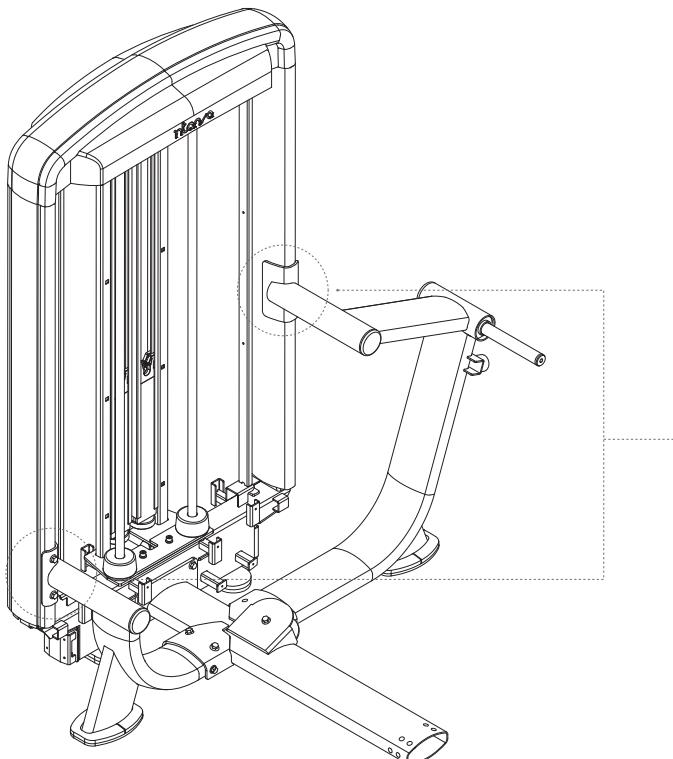
2.3 Assembly Guide

STEP 22

SECURELY tighten all bolt connections.

This step should be done on BOTH
RIGHT AND LEFT SIDE.

Some parts have been hidden for assembly
clarity.

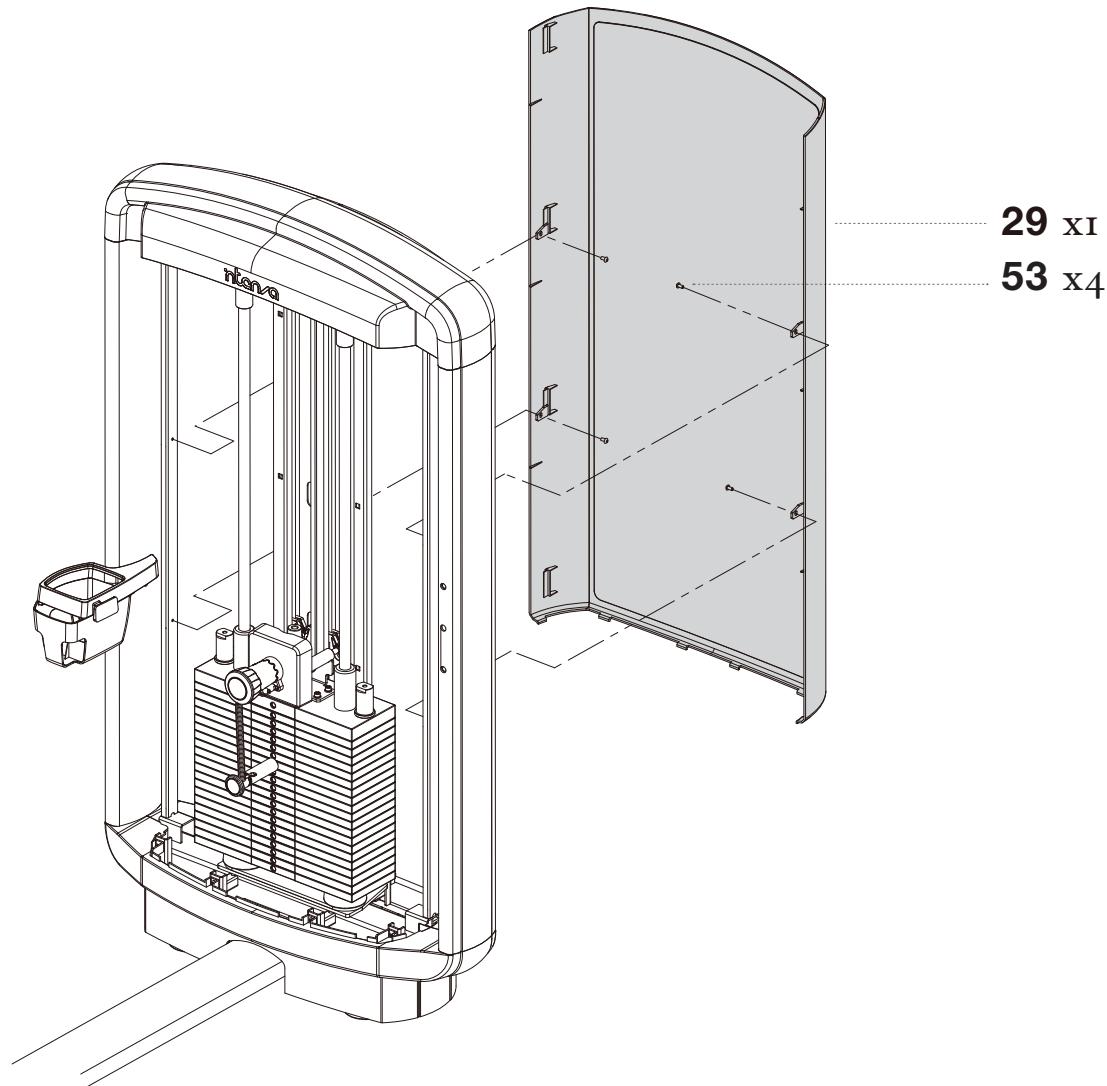


2.3 Assembly Guide

STEP 23

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

STEP 24

Some parts have been hidden for assembly clarity.

