

2.3 Assembly Guide

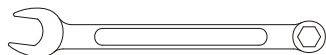
TOOLS



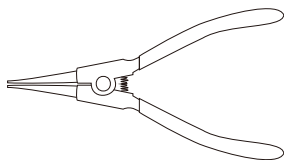
1. Allen Wrench
2mm, 3mm, 5mm, 6mm



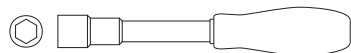
2. Screwdriver



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

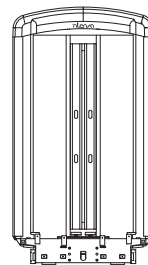


5. C Clip Plier

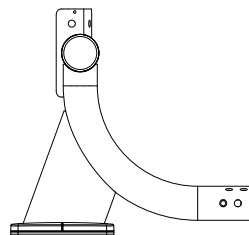


4. Hex Socket Wrench
13mm

PART LIST



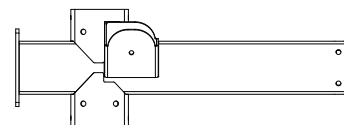
1. PLC Tower
QTY 1



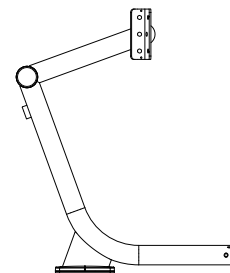
4. Support Frame
QTY 1



7. Guide Rod Retainer
QTY 2



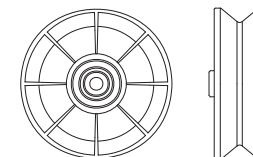
2. Lower Frame Connector
QTY 1



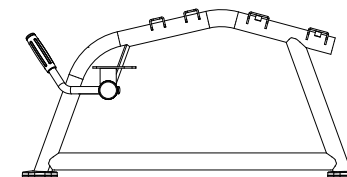
5. PLC Pivot Frame
QTY 1



8. Spring
QTY 2



3. Pulley
QTY 1



6. PLC Main Frame
QTY 1

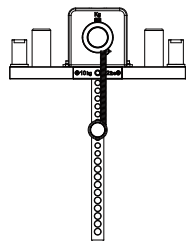


9. Guide Rod Collar
QTY 2

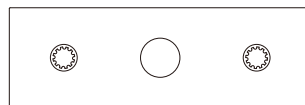
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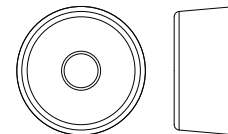
10. Guide Rod
QTY 2



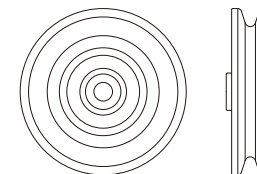
11. 10 lb Head Plate
QTY 1



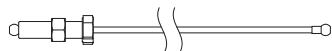
12. 5 lb Weight Plate
QTY 20



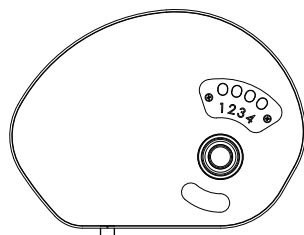
13. Weight Plate Cushion
QTY 2



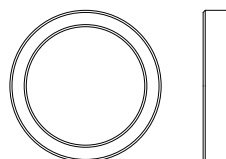
14. Pulley
QTY 1



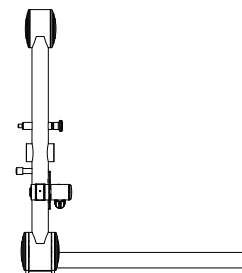
15. Cable
QTY 1



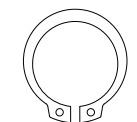
16. PLC Cam
QTY 1



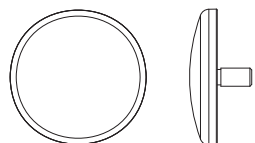
17. Spacer Ring
QTY 1



18. Roller Frame
QTY 1



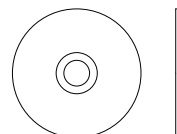
19. C—Clip for 28 mm shaft
QTY 1



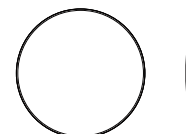
20. End Cap
QTY 1



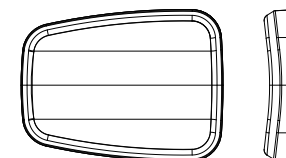
21. Roller
QTY 1



22. Mounting Plate
QTY 1

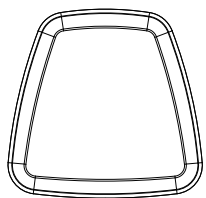


23. Roller End Cap
QTY 1

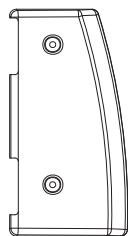


24. Elbow Pad
QTY 2

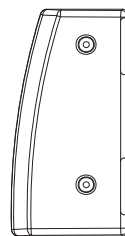
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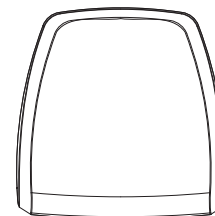
25. Chest Pad
QTY 2



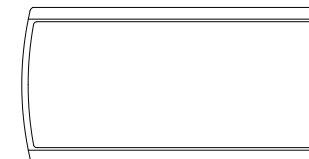
26. Thigh Pad Cover, L
QTY 1



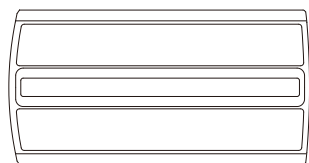
27. Thigh Pad Cover, R
QTY 1



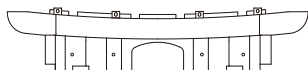
28. Thigh Pad
QTY 1



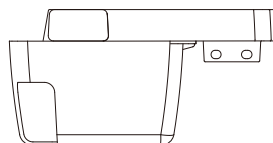
29. Rear Shroud
QTY 1



30. Front Shroud
QTY 1



31. Tower Cover, Lower
QTY 2



32. Bottle Holder
QTY 1



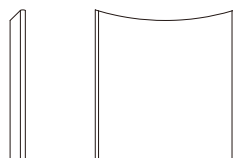
33. Tower Cover, Lower
QTY 1



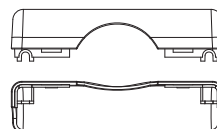
34. Tower Cover, Lower
QTY 1



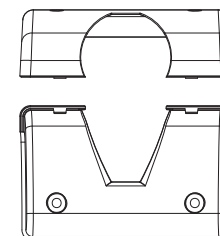
35. Tower Cover
QTY 2



36. Tower Cover
QTY 2



37. Pivot Frame Cover
QTY 2

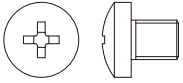


38. Pivot Frame Cover
QTY 2

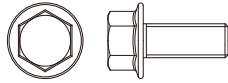


39. Countersunk Screw, M5x10
QTY 8

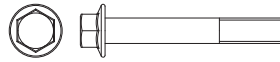
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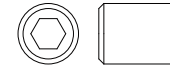
**40. Dome Screw, M5x6
QTY 8**



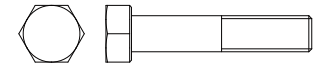
**41. Hex Head Flange Screw, M10x25
QTY 23**



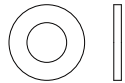
**42. Hex Head Flange Screw, M10x70
QTY 1**



**43. Set Screw, M6x8
QTY 4**



**44. Hex Screw, M10x50
QTY 1**



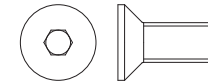
**45. Flat Washer,
OD20xID10.5x2T
QTY 2**



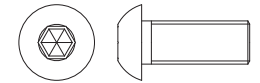
**46. Lock Nut, M10
QTY 1**



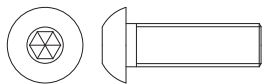
**47. Set Screw, M4x5
QTY 1**



**48. Countersunk Screw, M8x20
QTY 1**



**49. Dome Screw, M8x20
QTY 4**



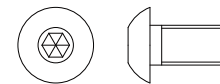
**50. Dome Screw, M8x25
QTY 14**



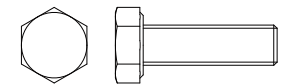
**51. Spring Washer, M8
QTY 14**



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

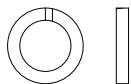


**53. Dome Screw, M5x10
QTY 20**



**54. Hex Screw, M6x20
QTY 2**

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55. Spring Washer, M6
QTY 2



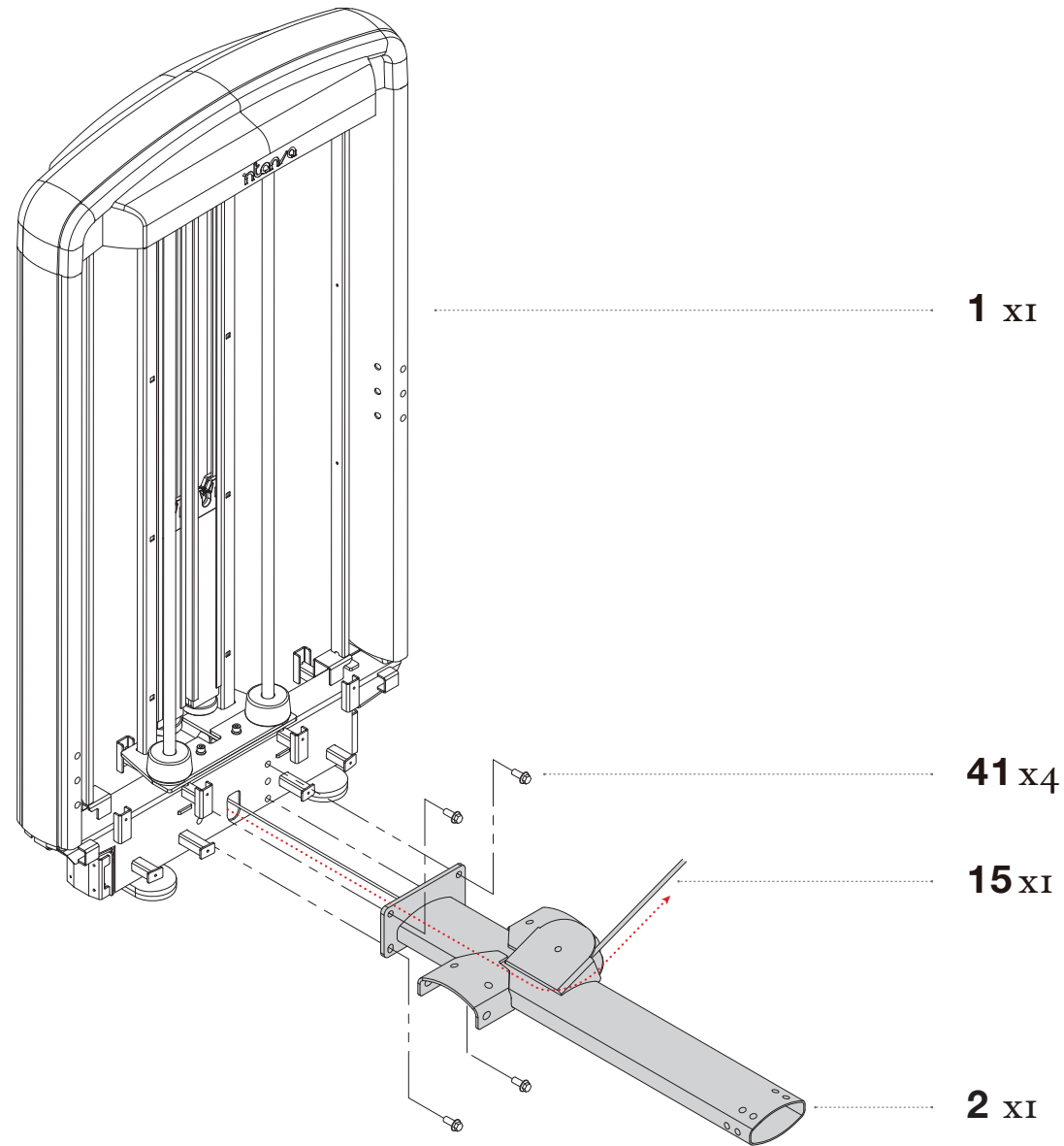
56. Flat Washer, OD12.5xID6.6x1.6T
QTY 2

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STEP 1

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

Use hex socket for lower screws due to limited space.



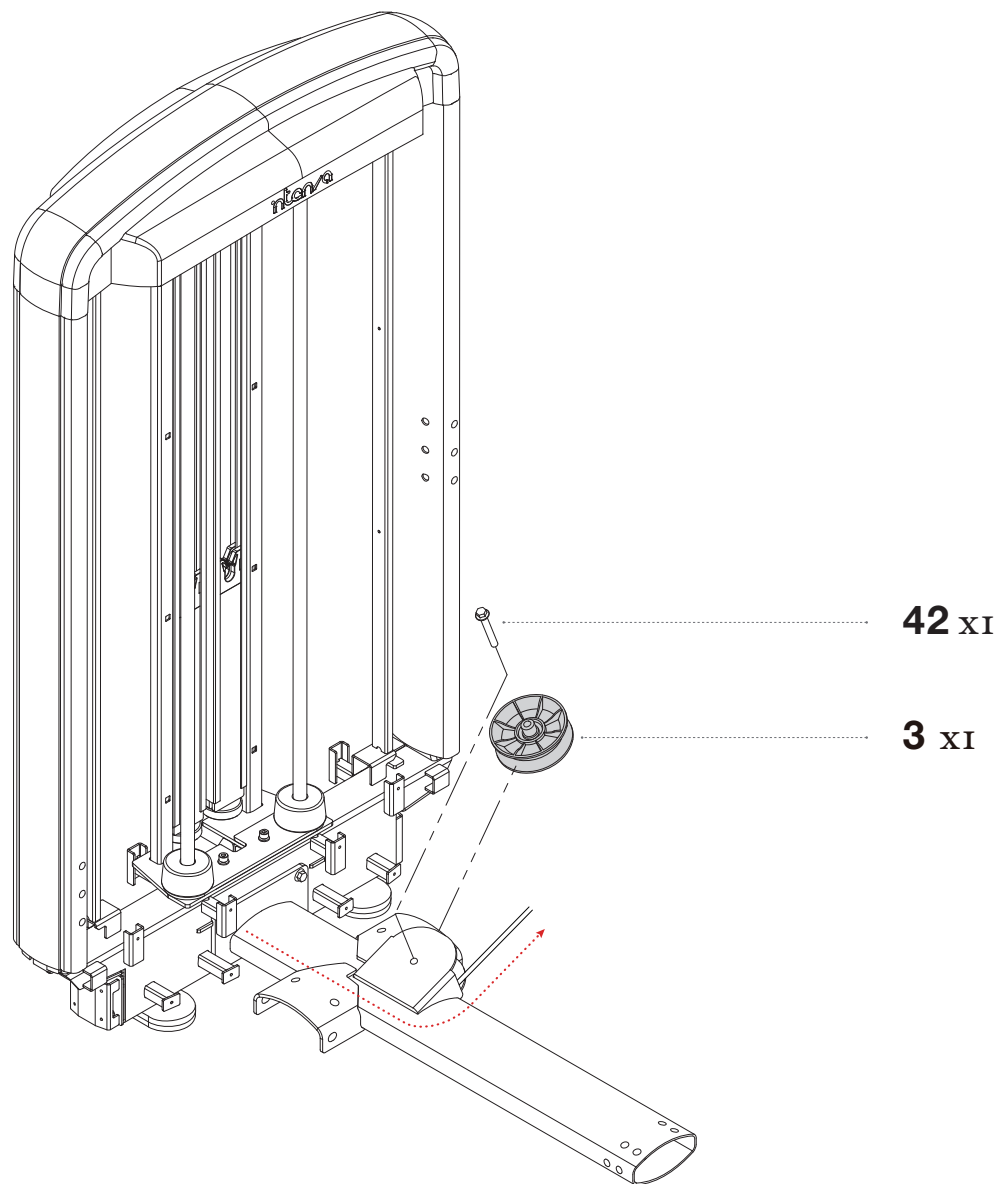
2.3 Assembly Guide

STEP 2

SECURELY tighten all bolt connections.

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

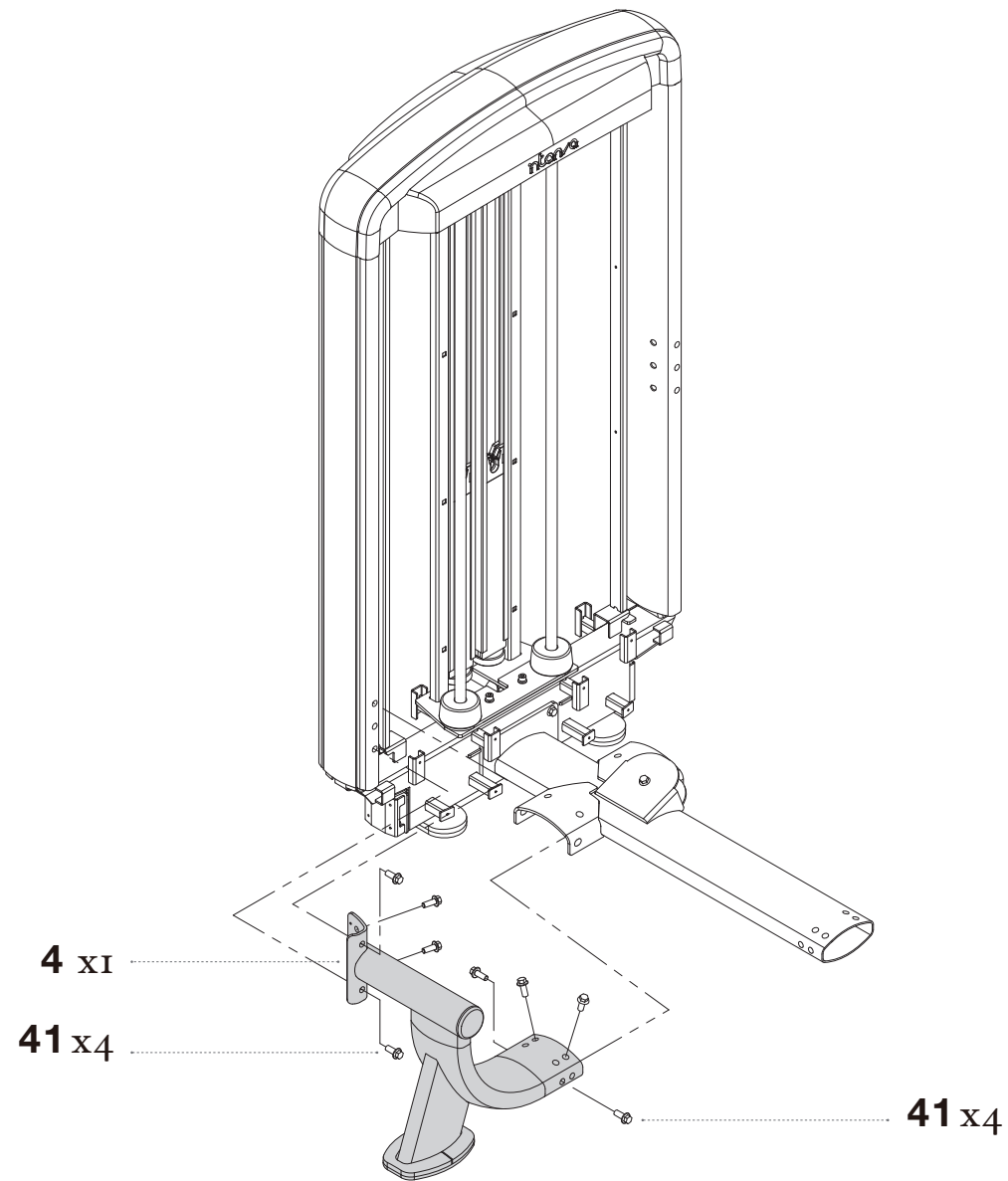
Make sure the cable is routed in the groove of pulley.



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STEP 3

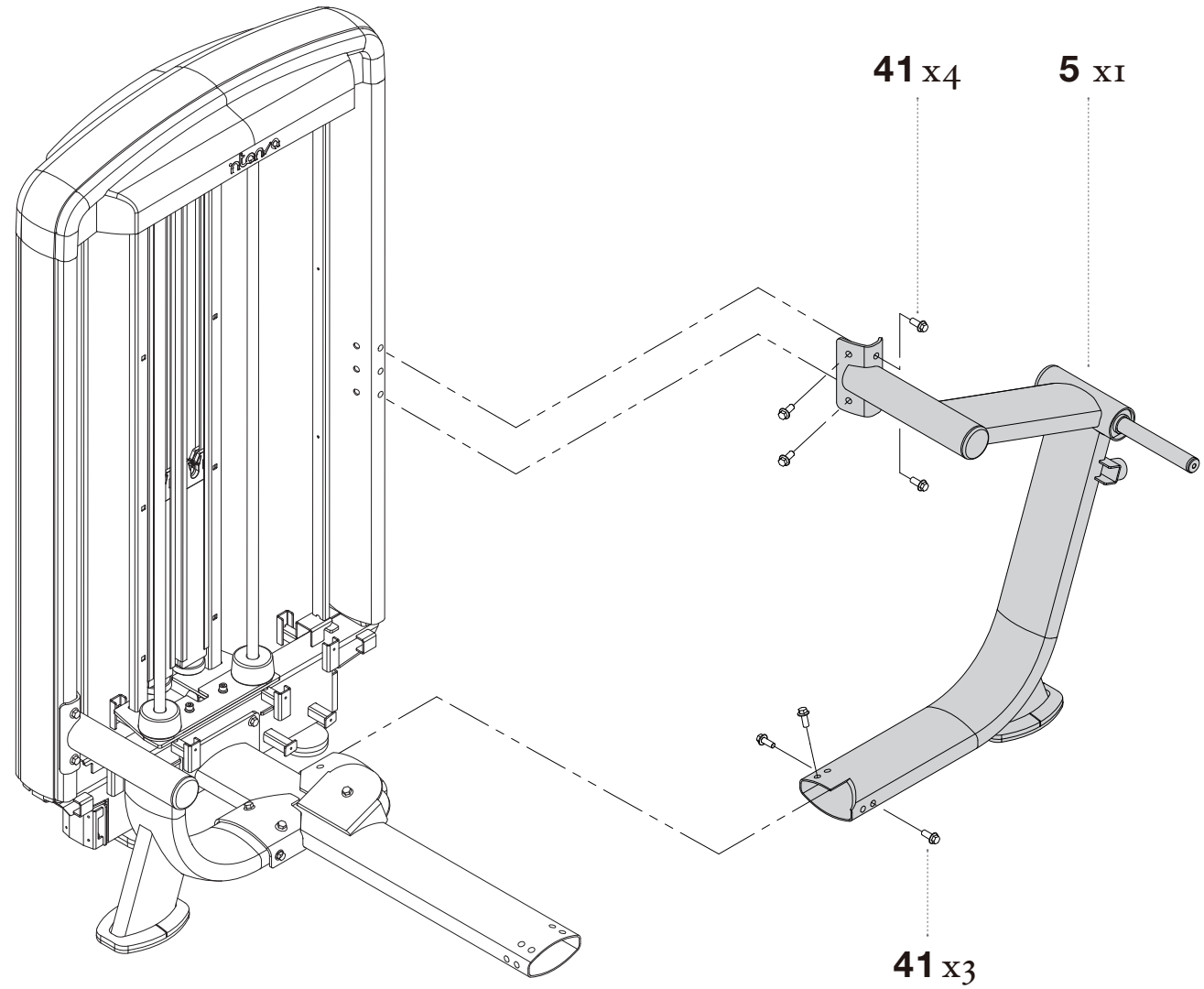
LOOSELY fasten the bolt connections in this step. Do not fully tighten.



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STEP 4

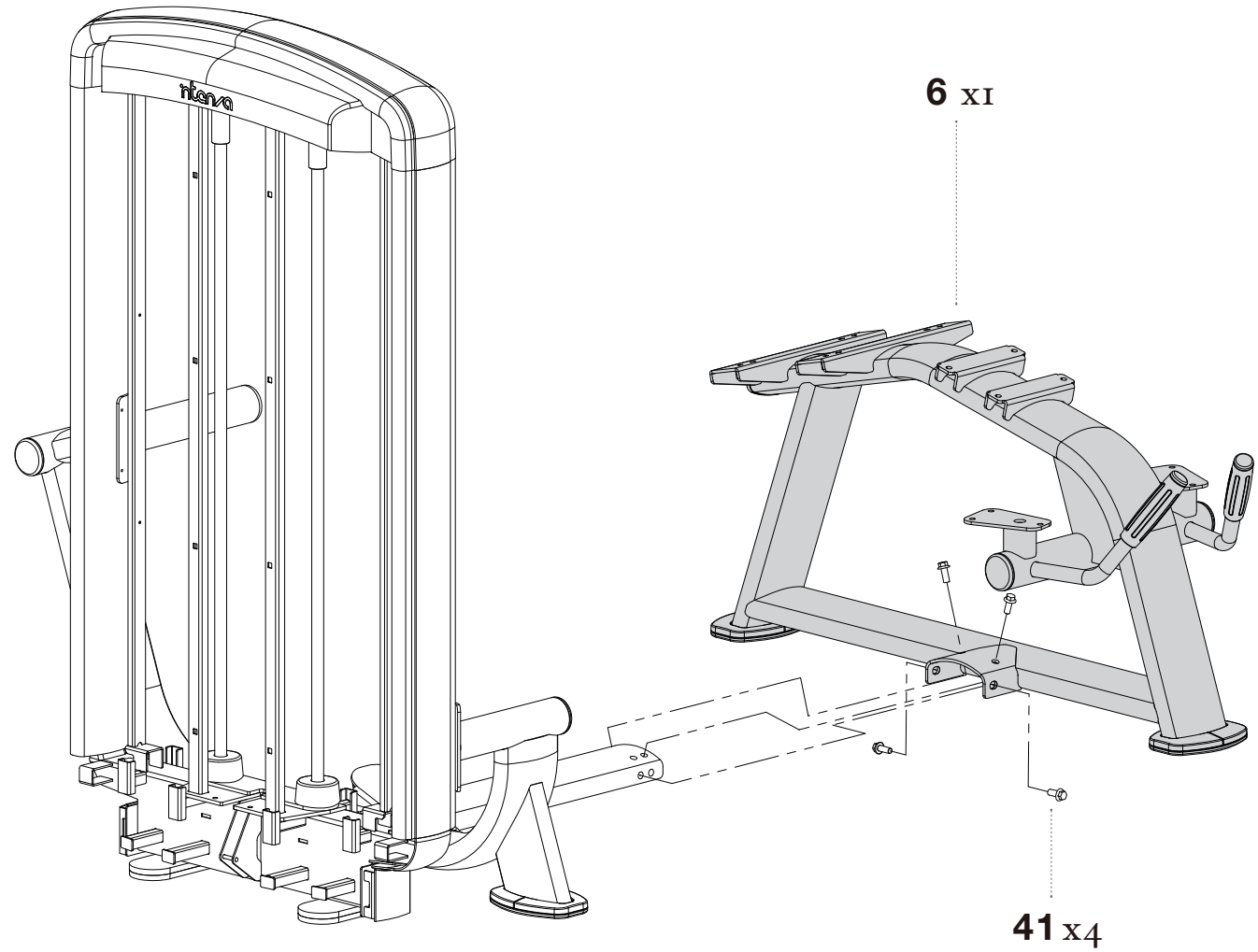
LOOSELY fasten the bolt connections in this step. Do not fully tighten.



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STEP 5

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



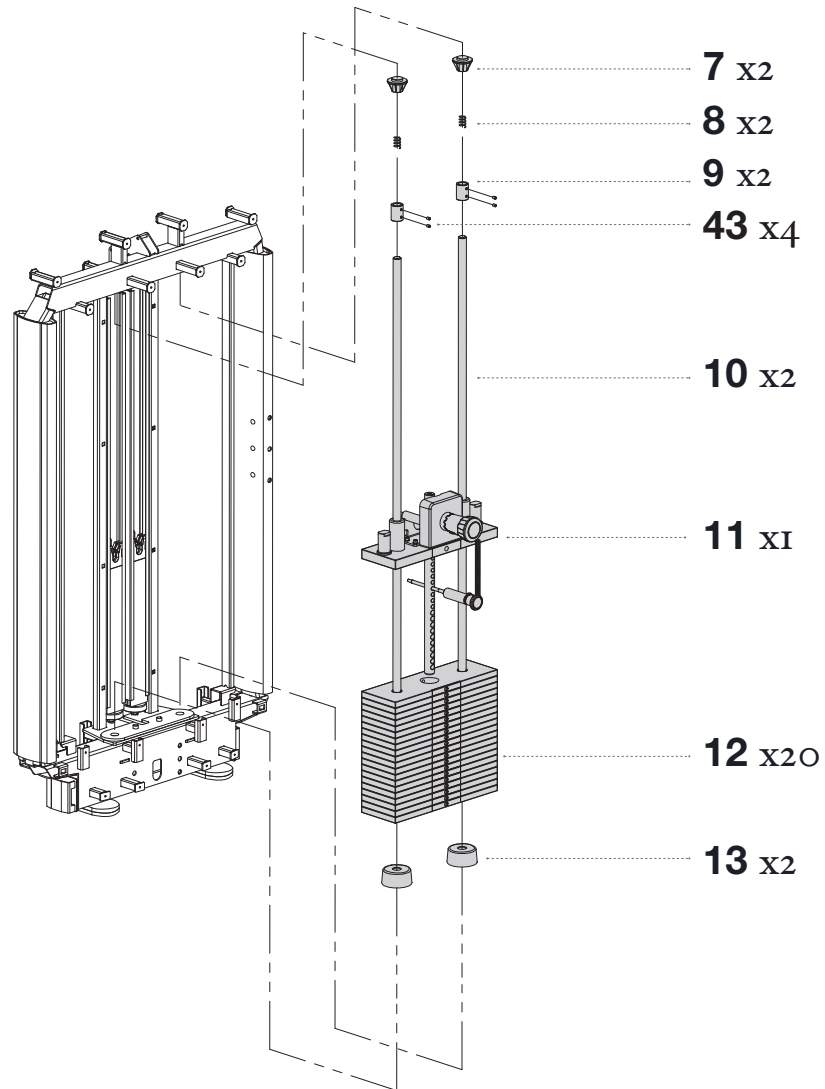
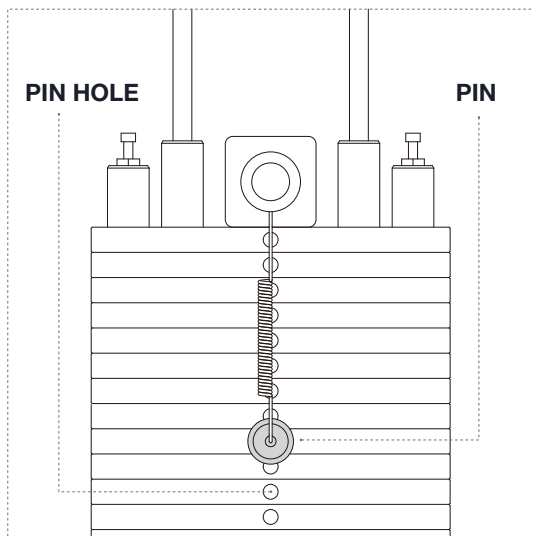
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STEP 6

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.

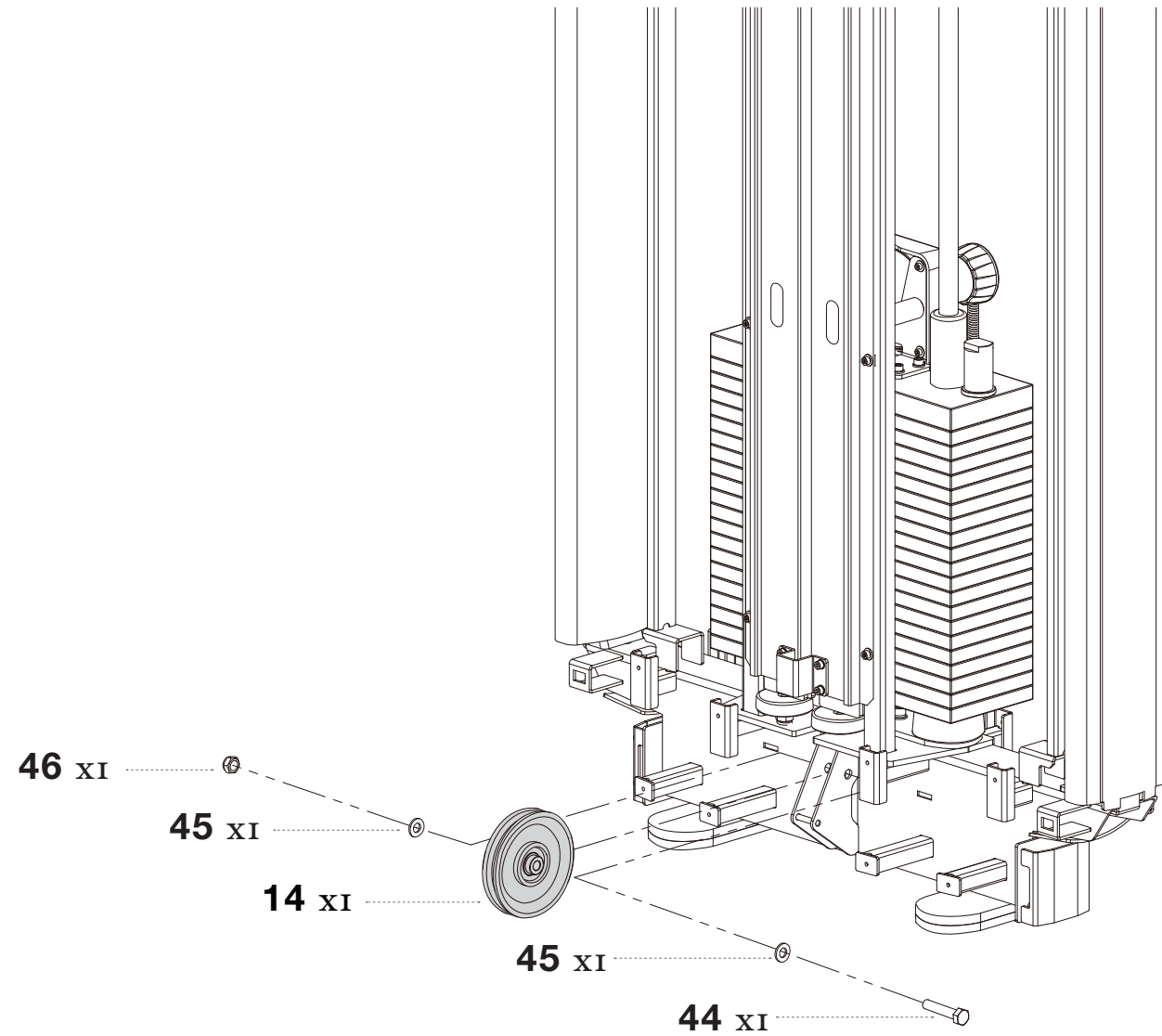


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STEP 7

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

STEP 8

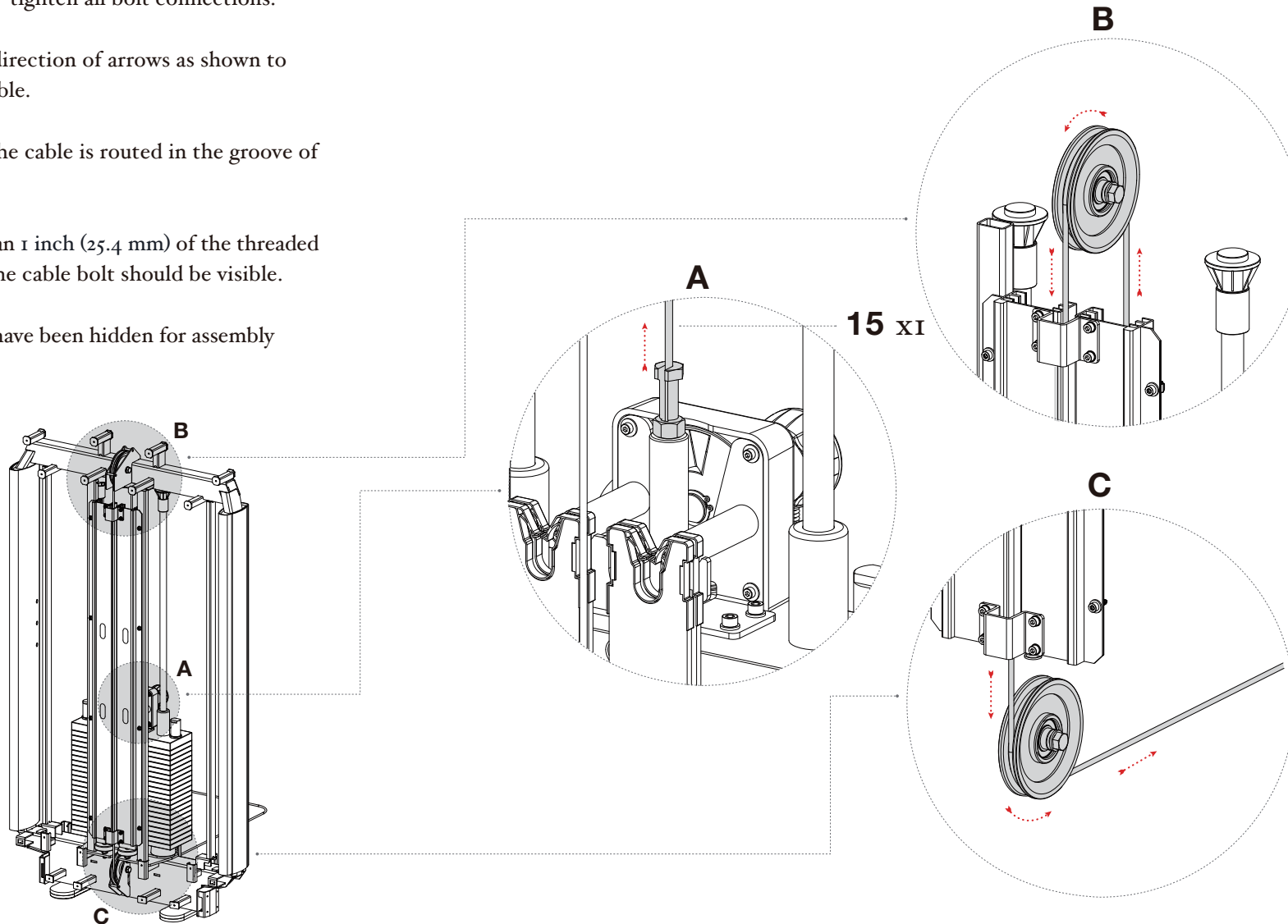
SECURELY tighten all bolt connections.

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.

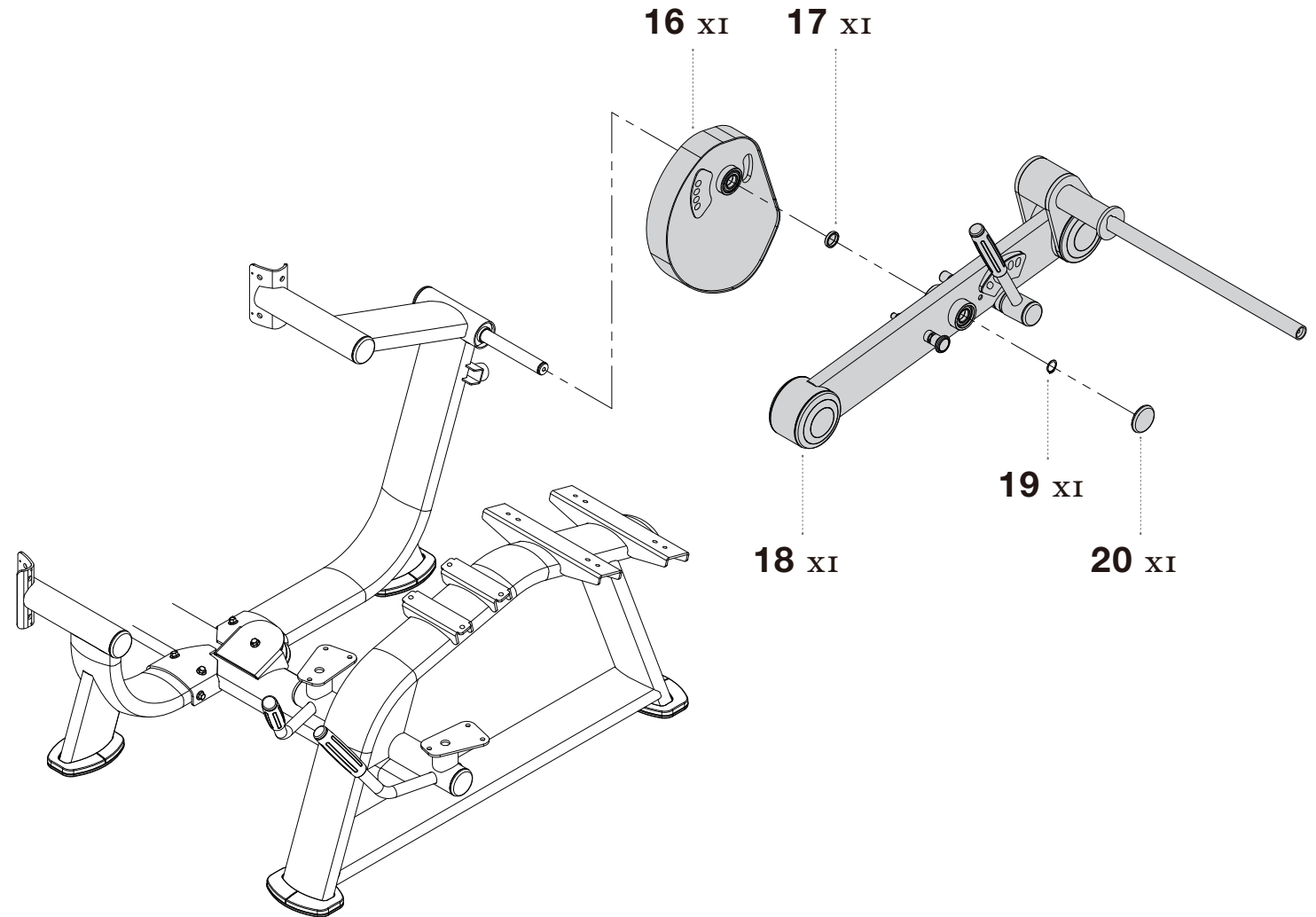


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STEP 9

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



2.3 Assembly Guide

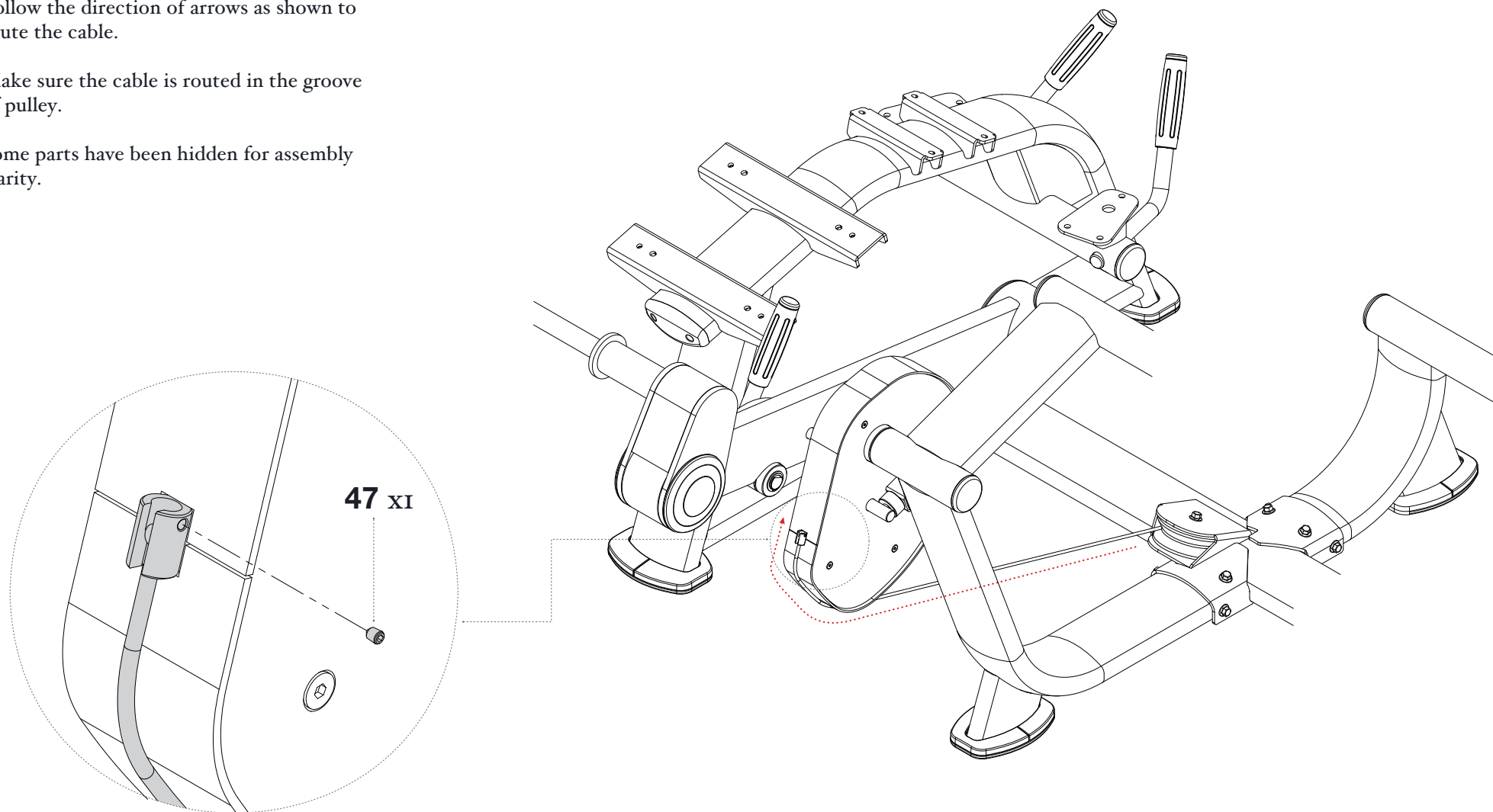
STEP 10

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.

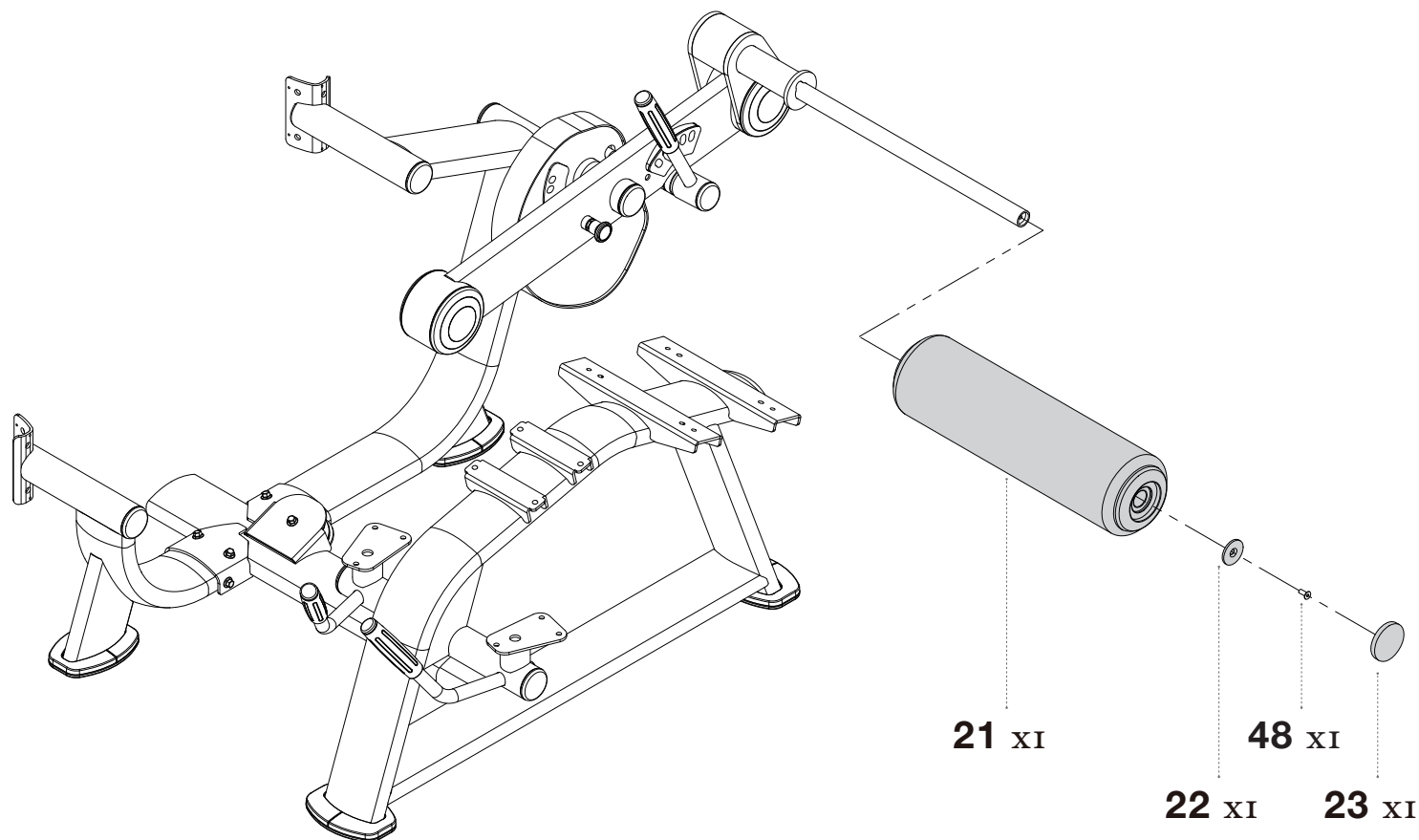


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STEP 11

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

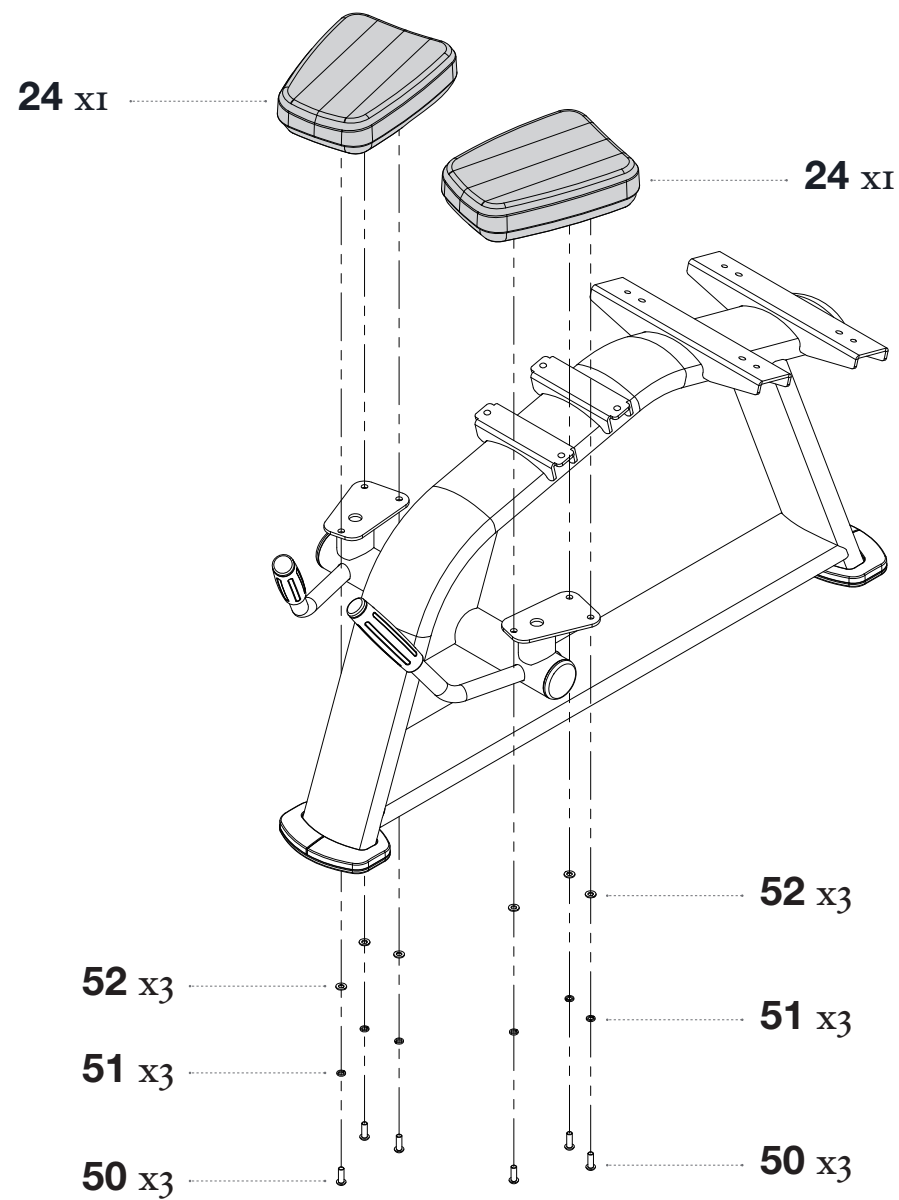


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STEP 12

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

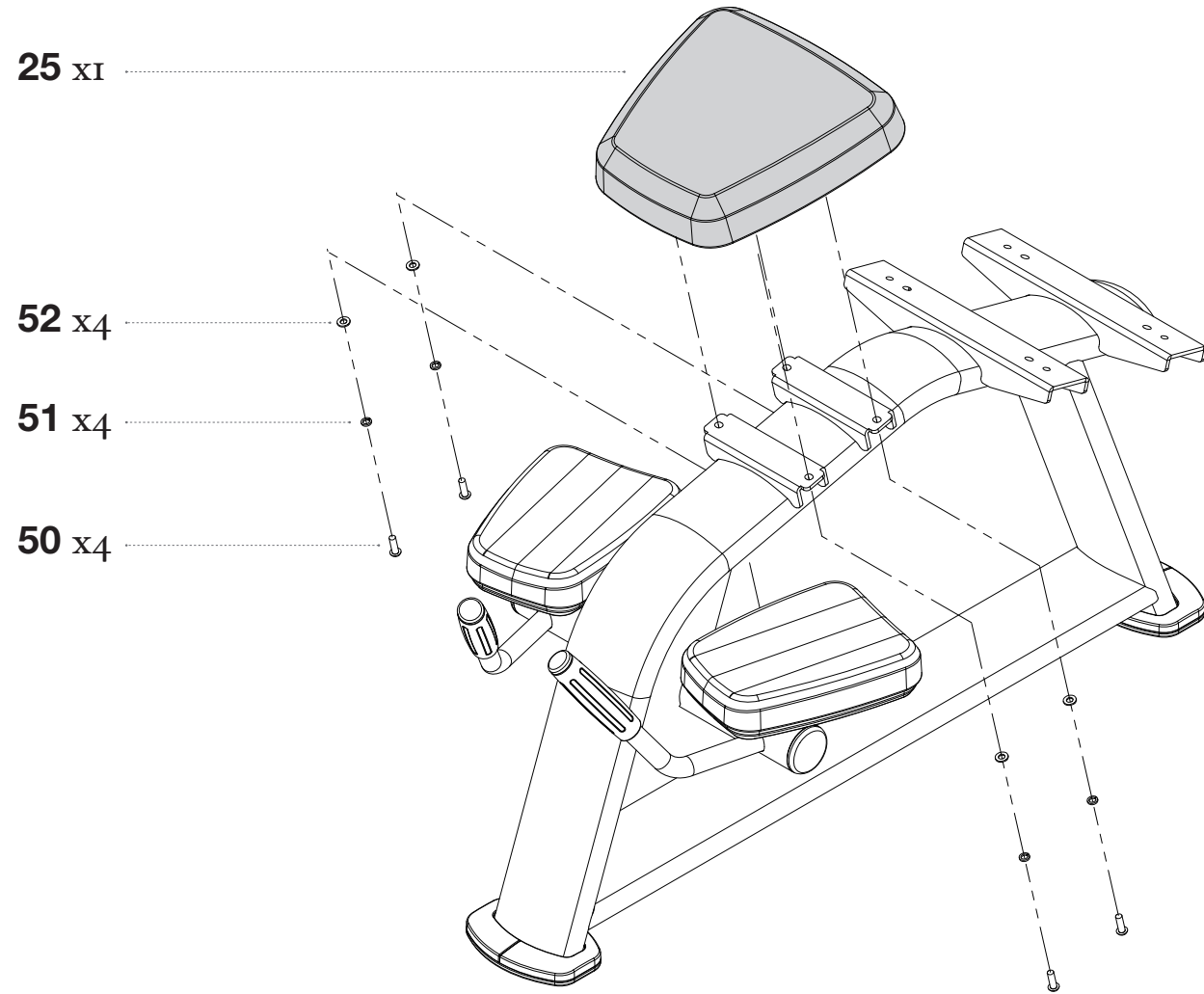


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STEP 13

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

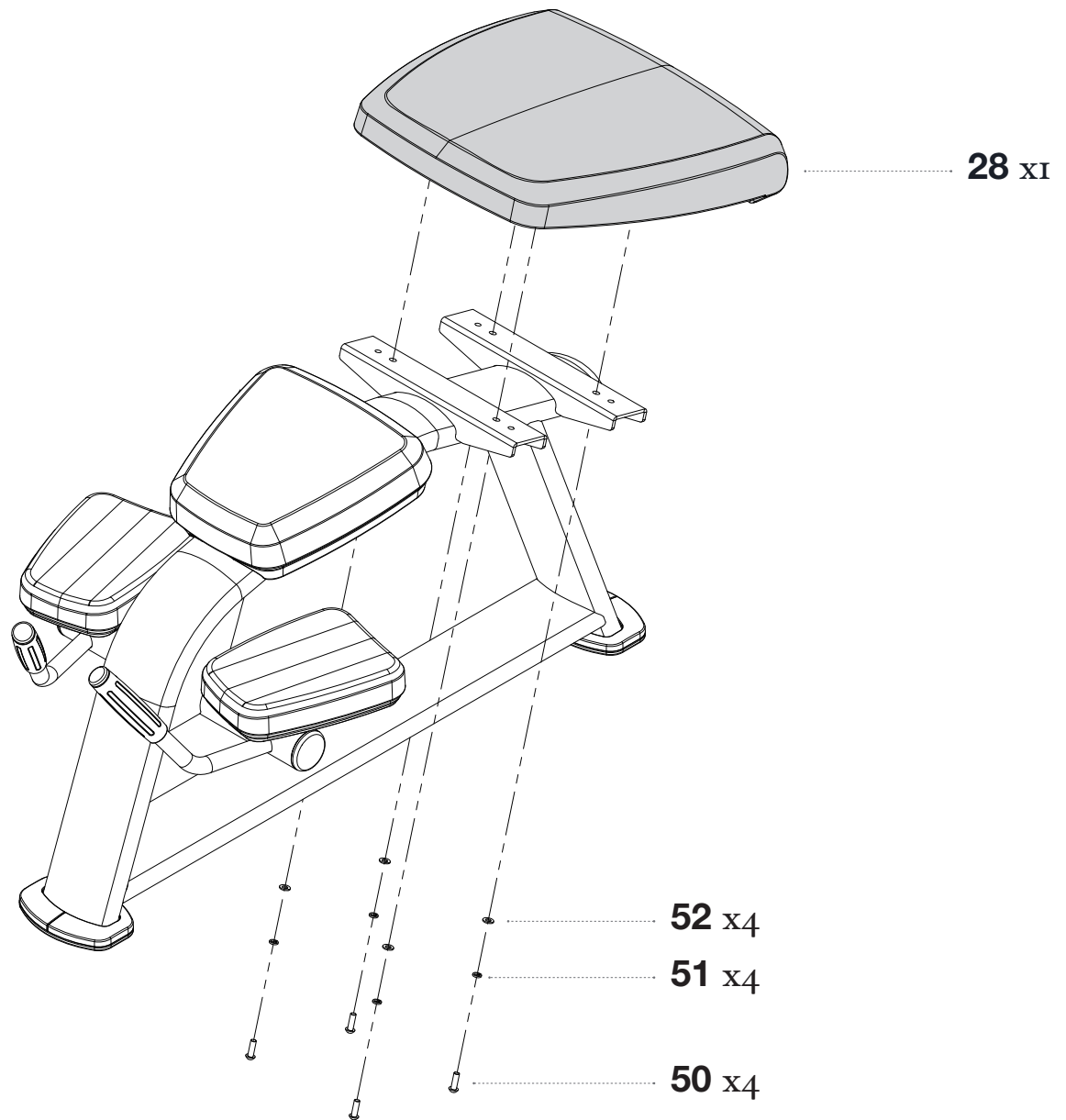


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STEP 14

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

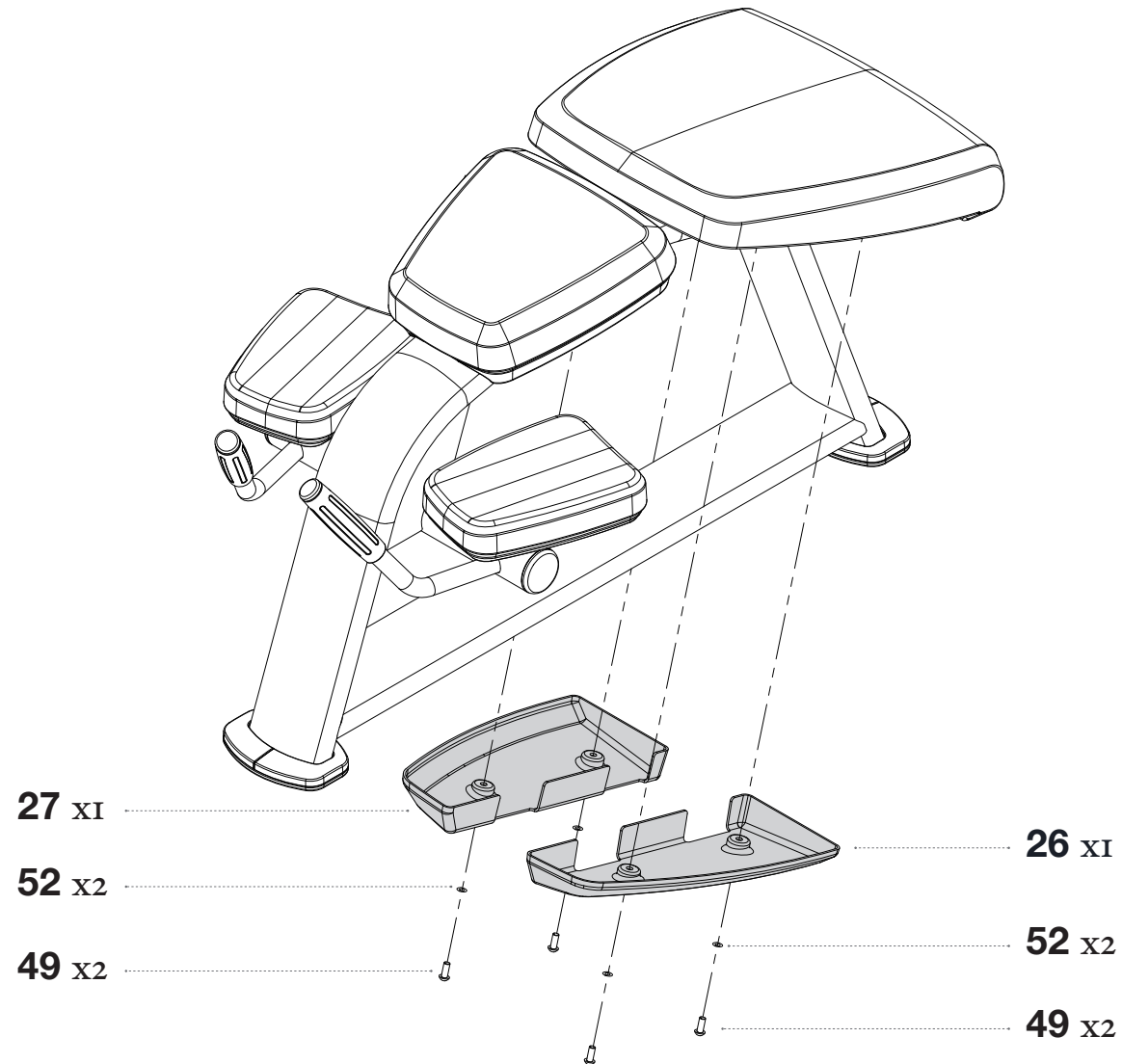


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STEP 15

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

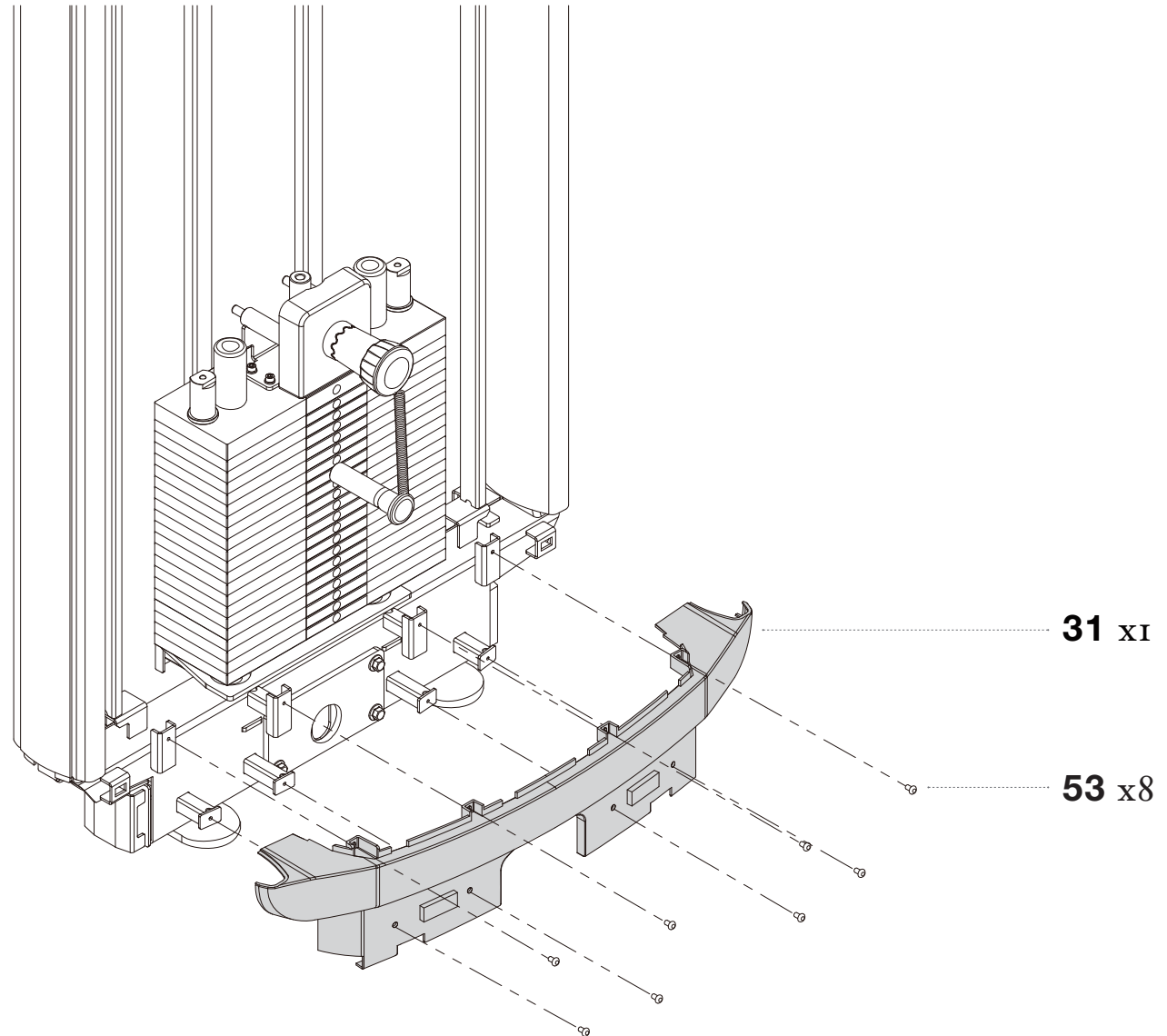


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STEP 16

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

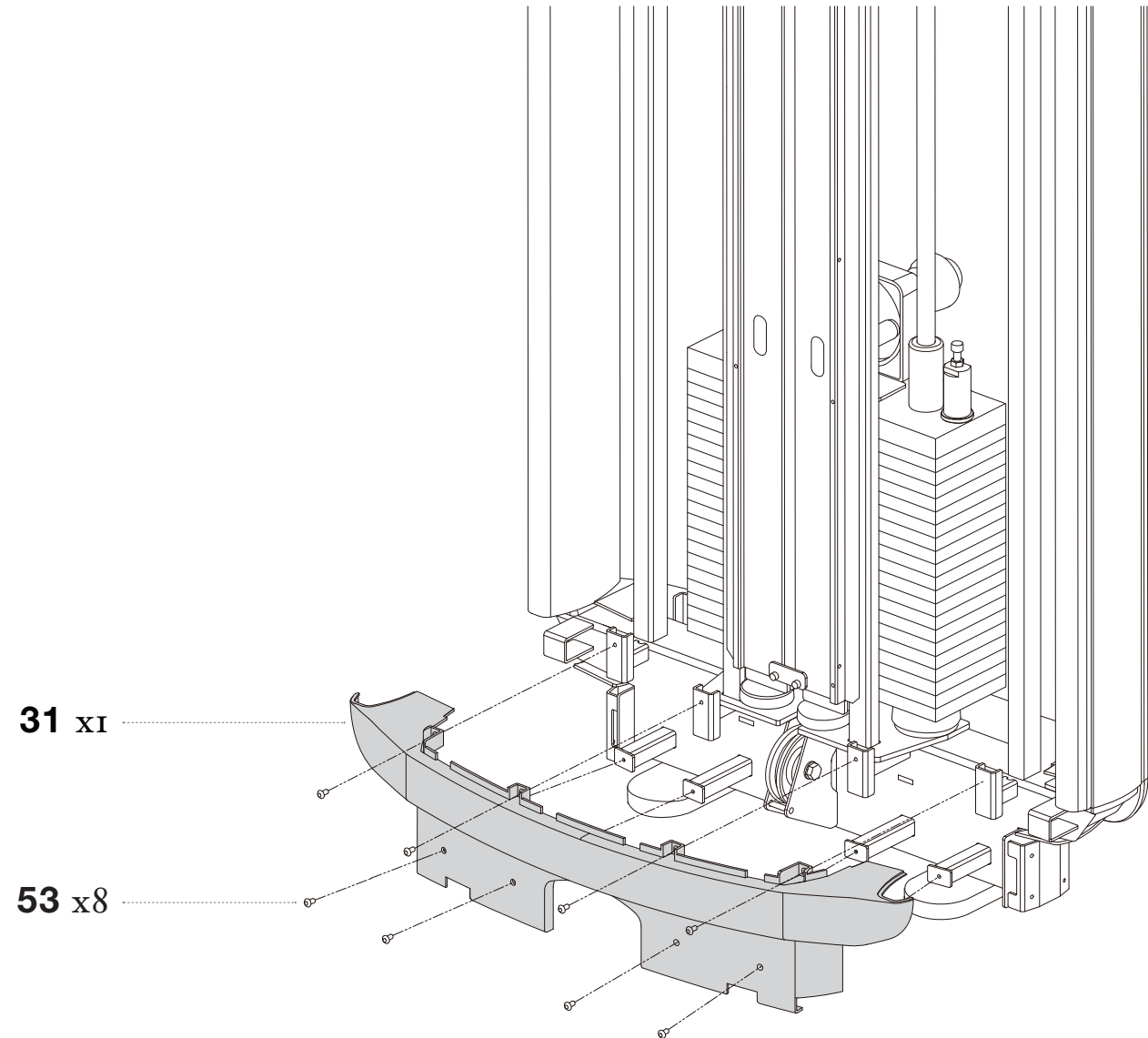


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STEP 17

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

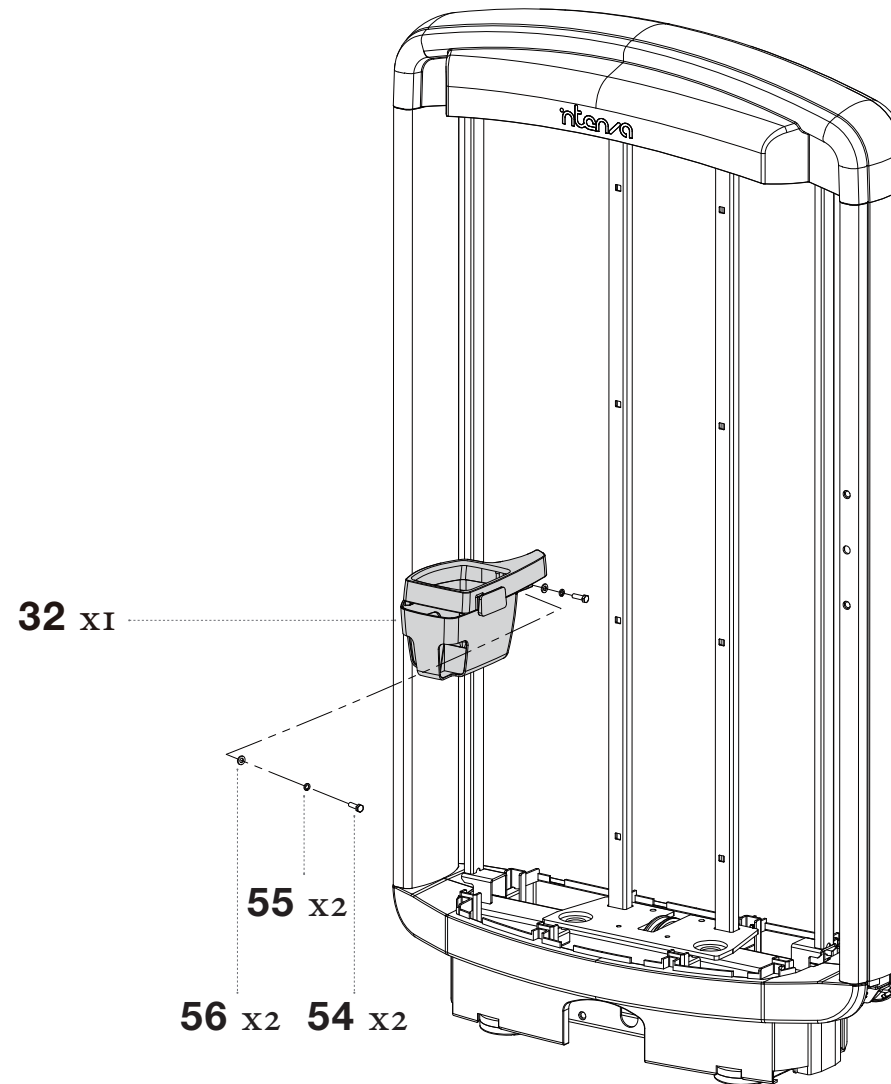


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STEP 18

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

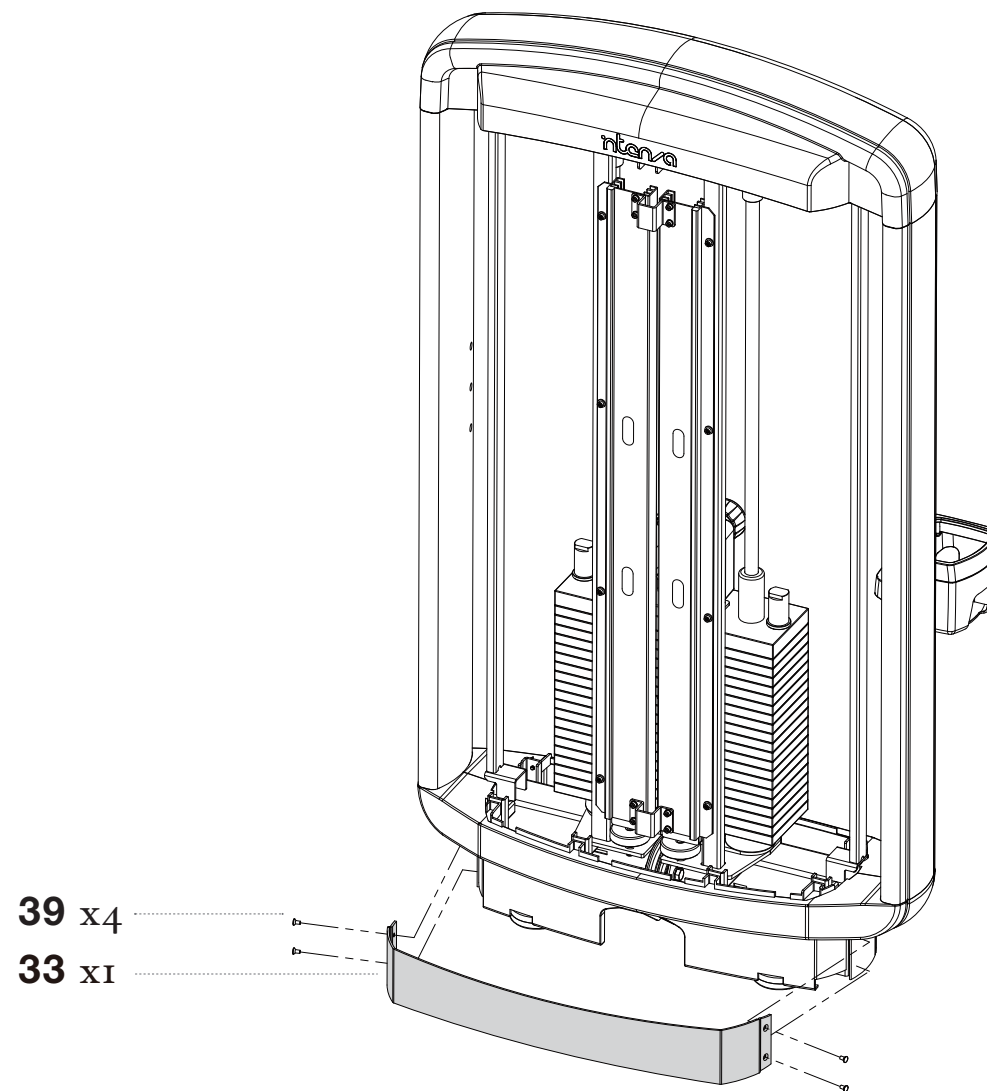


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STEP 19

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

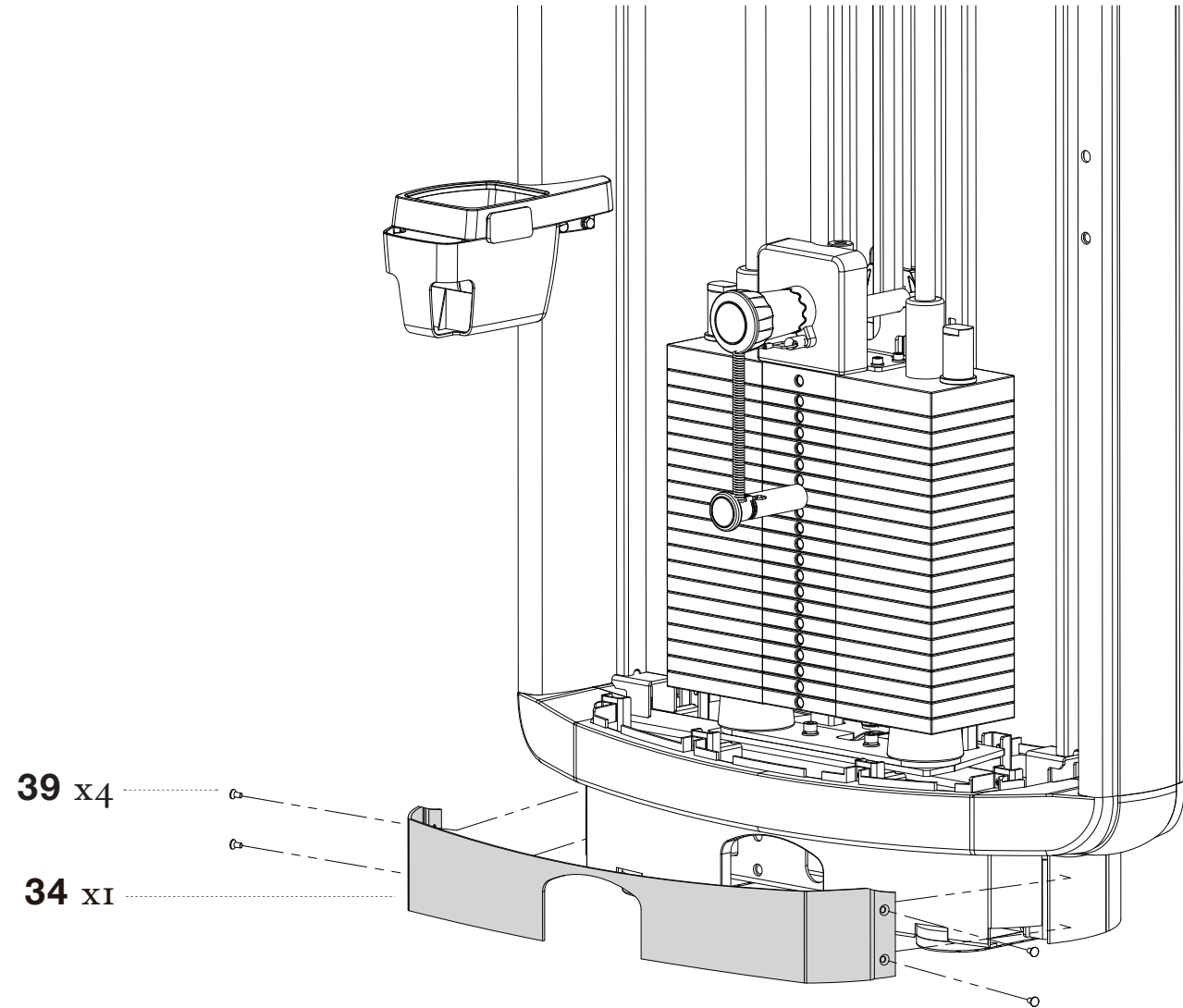


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STEP 20

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.

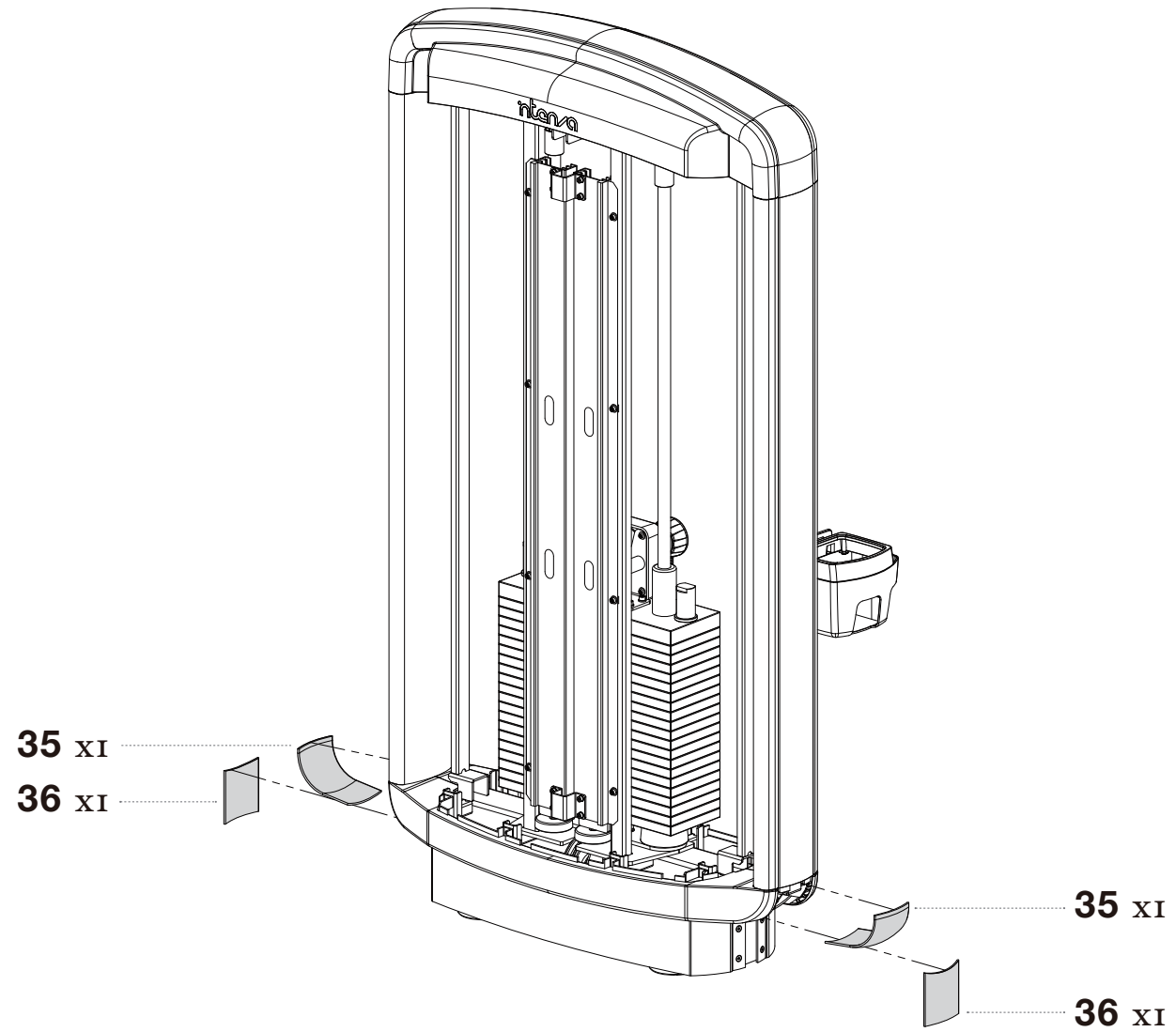


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STEP 21

SECURELY tighten all bolt connections.

Some parts have been hidden for assembly clarity.



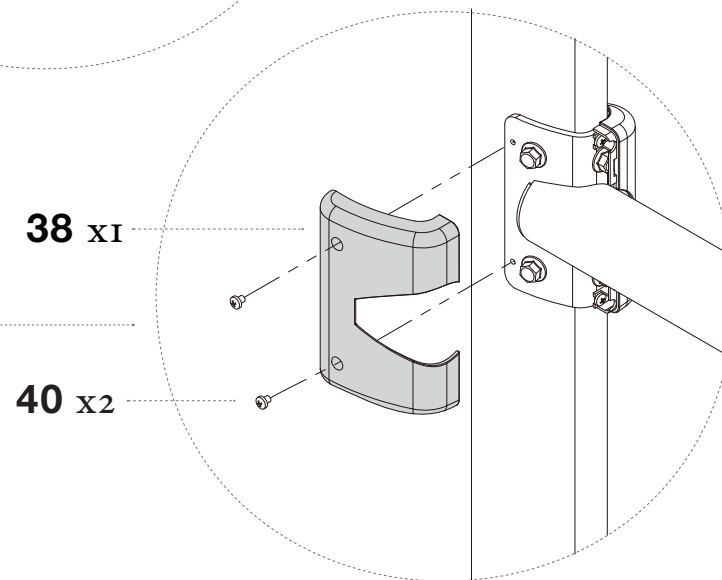
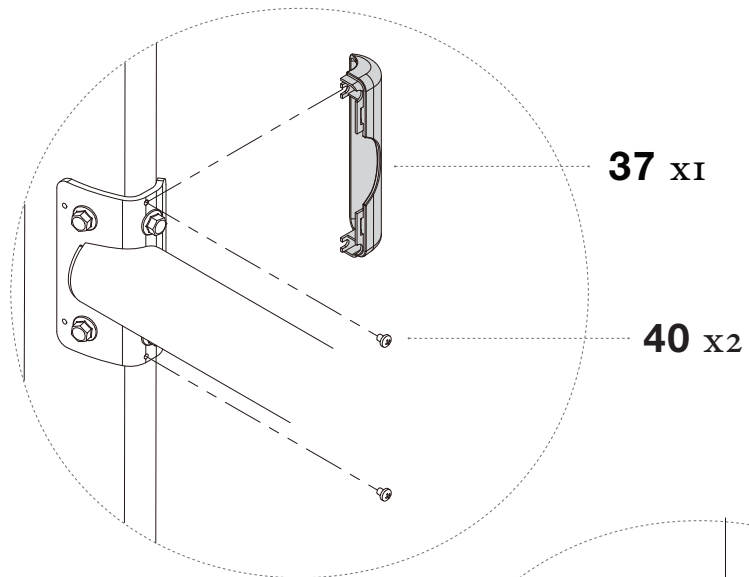
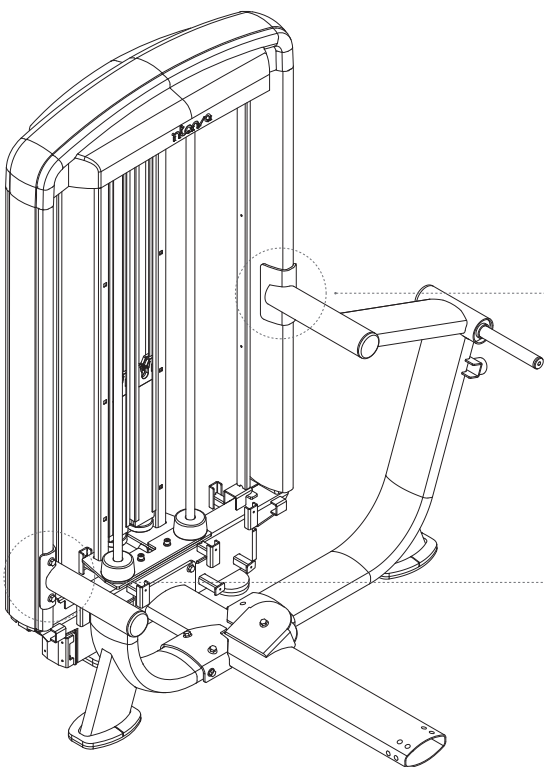
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STEP 22

SECURELY tighten all bolt connections.

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

Some parts have been hidden for assembly
clarity.

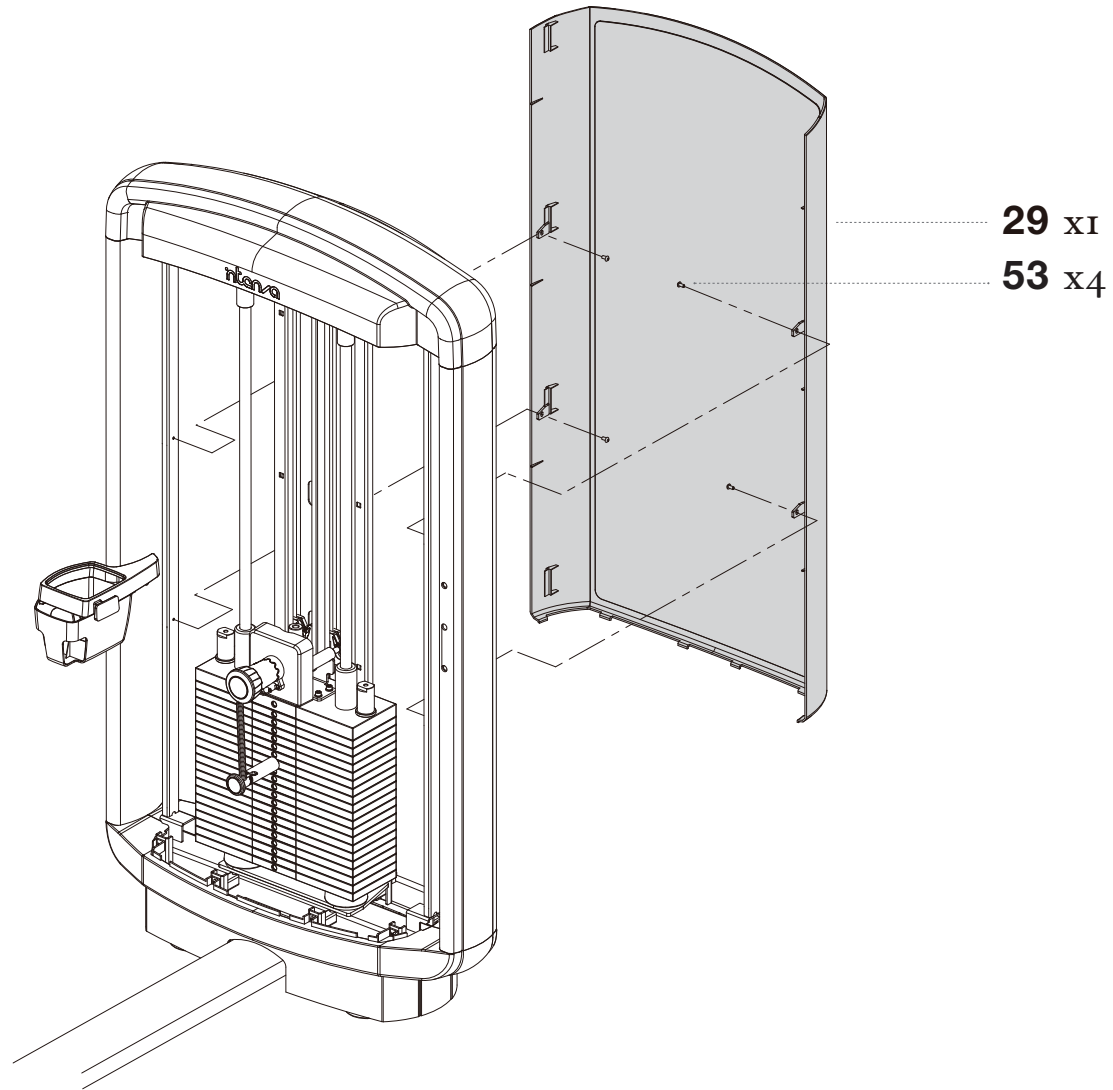


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STEP 23

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.

30 XI

