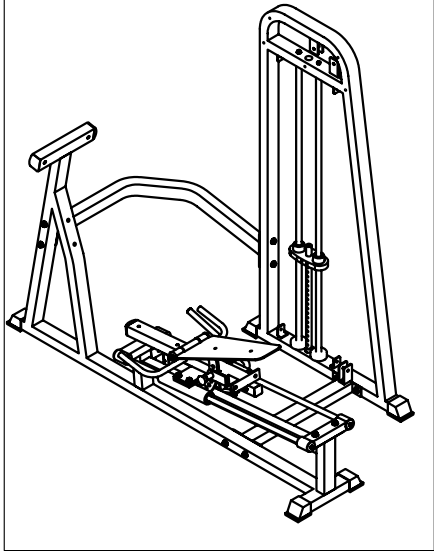


STEP 1

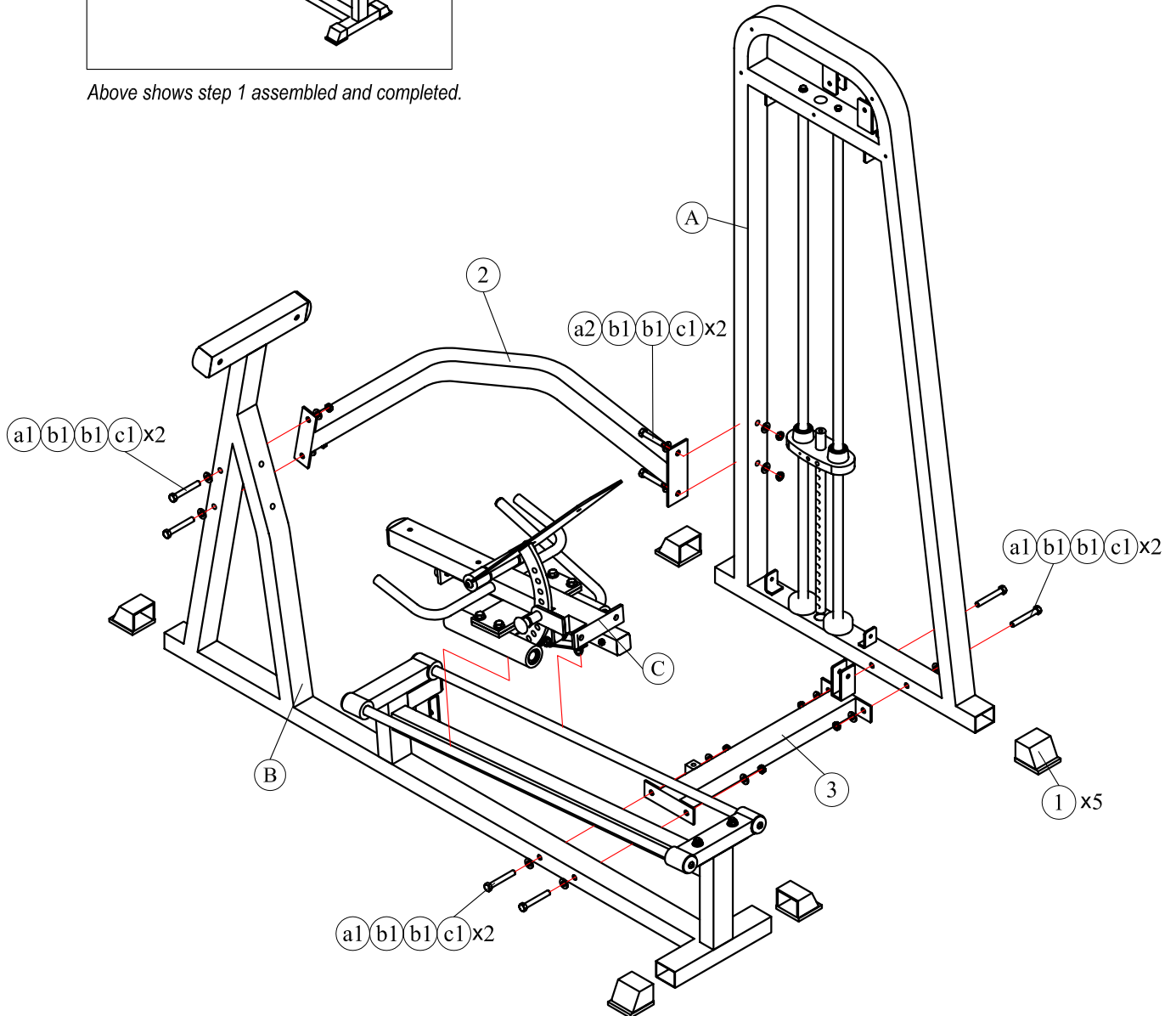
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 1 assembled and completed.

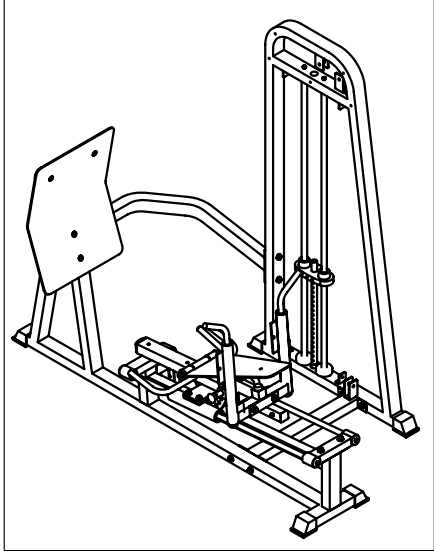
Part list of step 1

ITEM	DESCRIPTION	QTY
A	ASSY,WEIGHT SIDE FRAME	1
B	ASSY, MAIN FRAME	1
C	ASSY,UPPER SEAT FRAME	1
1	FOOT COVER 2"x2.75"	5
2	TOP CROSS BRACE	1
3	BOTTOM CROSS BRACE	1
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	6
a2	BOLT,HHCS,1/2"-13*2 3/4", L=70mm	2
b1	WASHER,FLAT,1/2"	16
c1	LOCK NUT 1/2"-13	8



STEP 2

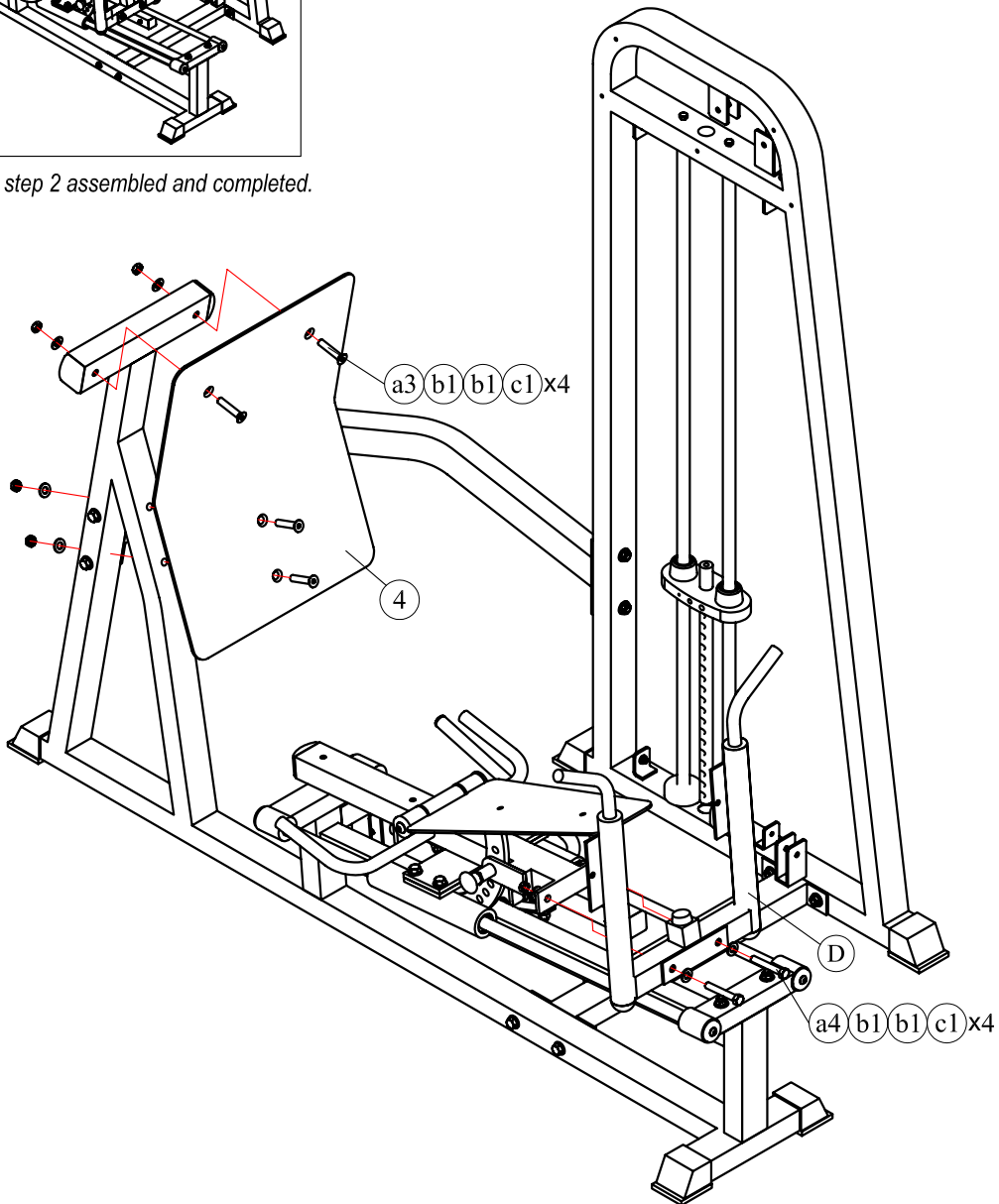
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 2 assembled and completed.

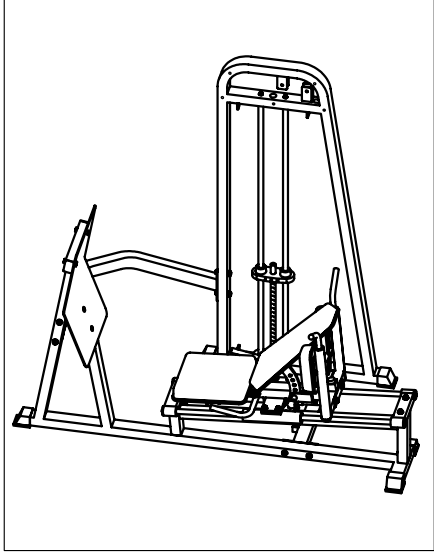
Part list of step 1

ITEM	DESCRIPTION	QTY
D	ASSY,HANDLE FRAME	1
4	LEG PRESS FOOT PLATE	1
a3	BOLT,FHCS,1/2"-13*2 3/4", L=70mm	4
a4	BOLT,HHCS,1/2"-13*3 1/4", L=82mm	2
b1	WASHER,FLAT,1/2"	8
c1	LOCK NUT 1/2"-13	6



STEP 3

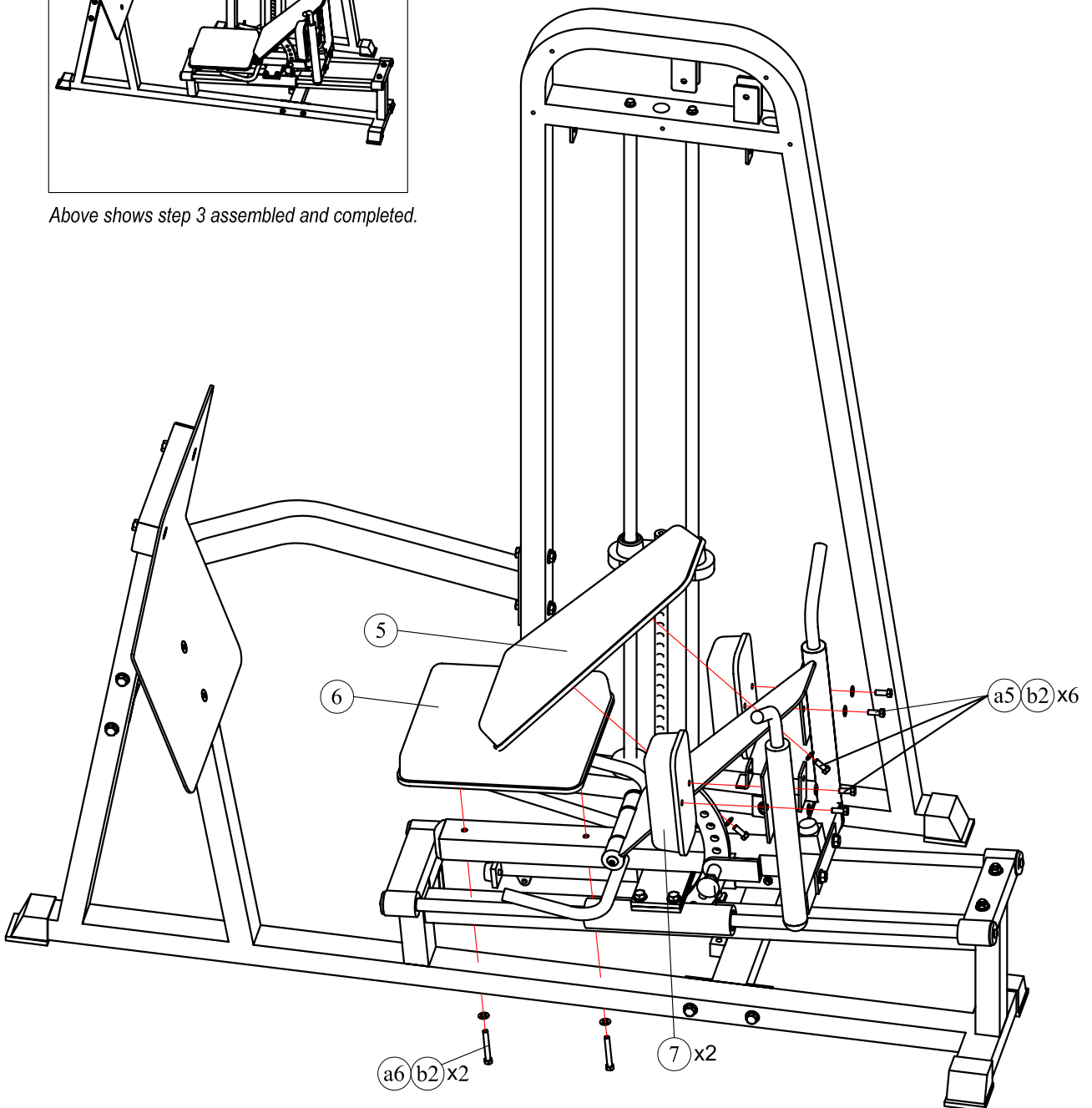
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 3 assembled and completed.

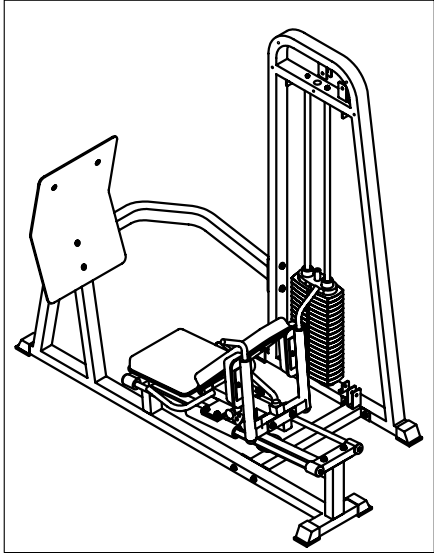
Part list of step 1

ITEM	DESCRIPTION	QTY
5	BACK PAD	1
6	SEAT PAD	1
7	SHOULDER PAD	2
a5	BOLT, HHCS, 3/8"-16*1", L=25mm	6
a6	BOLT, HHCS, 3/8"-16*2 3/4", L=70mm	2
b2	WASHER, FLAT, 3/8"	8



STEP 4

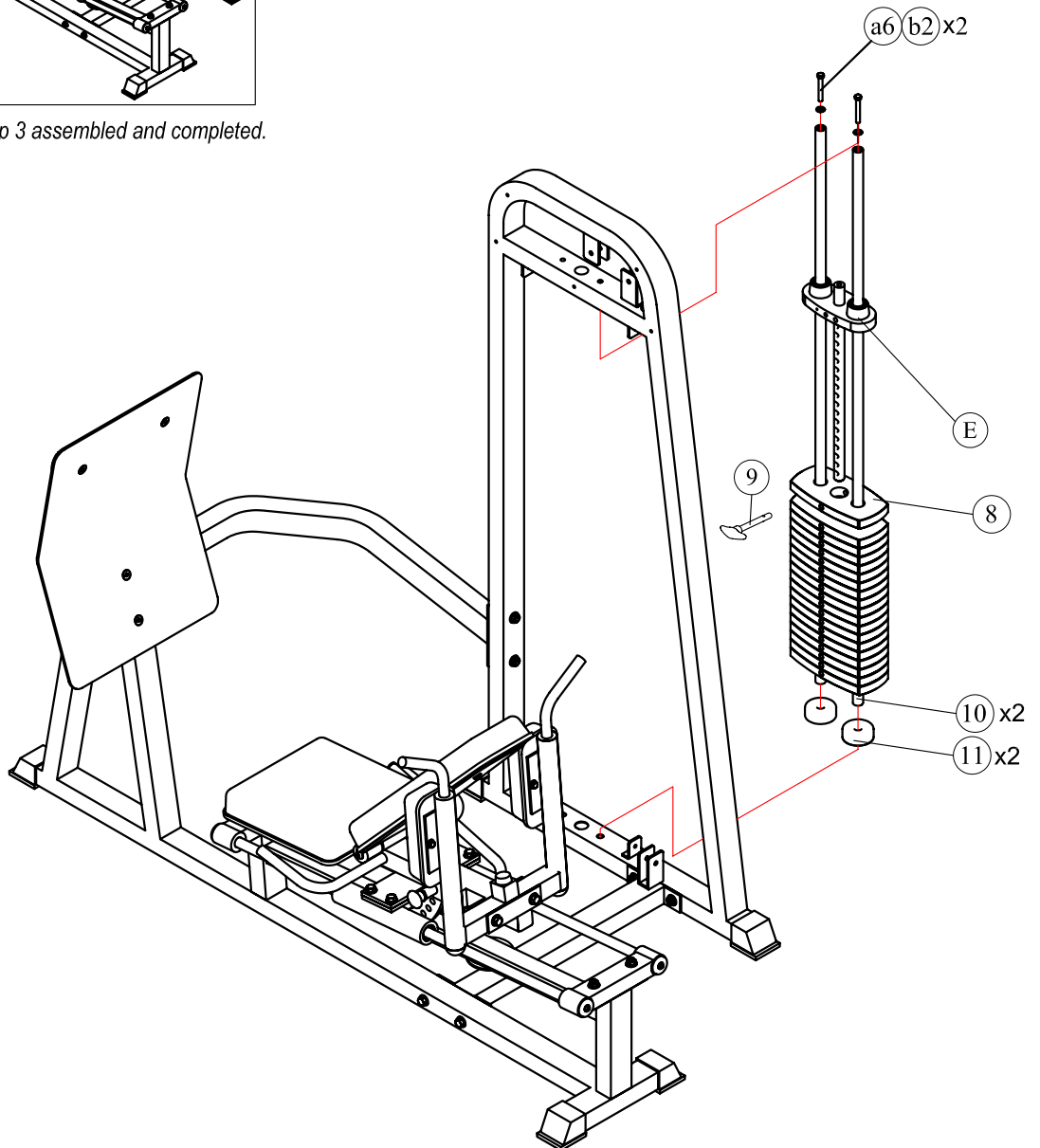
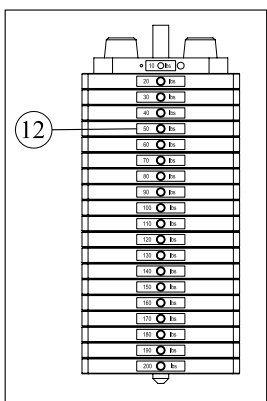
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 3 assembled and completed.

Part list of step 1


ITEM	DESCRIPTION	QTY
E	ASSY, TOP WEIGHT	1
8	WEIGHT STACK	19
9	SELECTOR PIN	1
10	WEIGHT STACK GUIDE ROD(L=1600)	2
11	RUBBER DONUT	2
12	WEIGHT PLATE DECAL (10-200LBS)	1
a6	BOLT, HHCS, 3/8"-16*2 3/4", L=70mm	2
b2	WASHER, FLAT, 3/8"	2

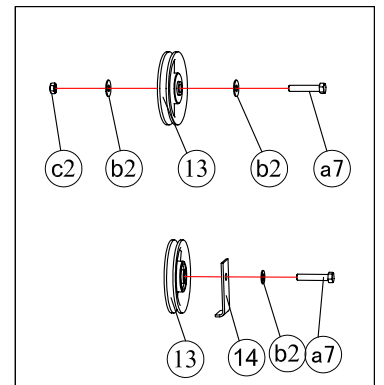
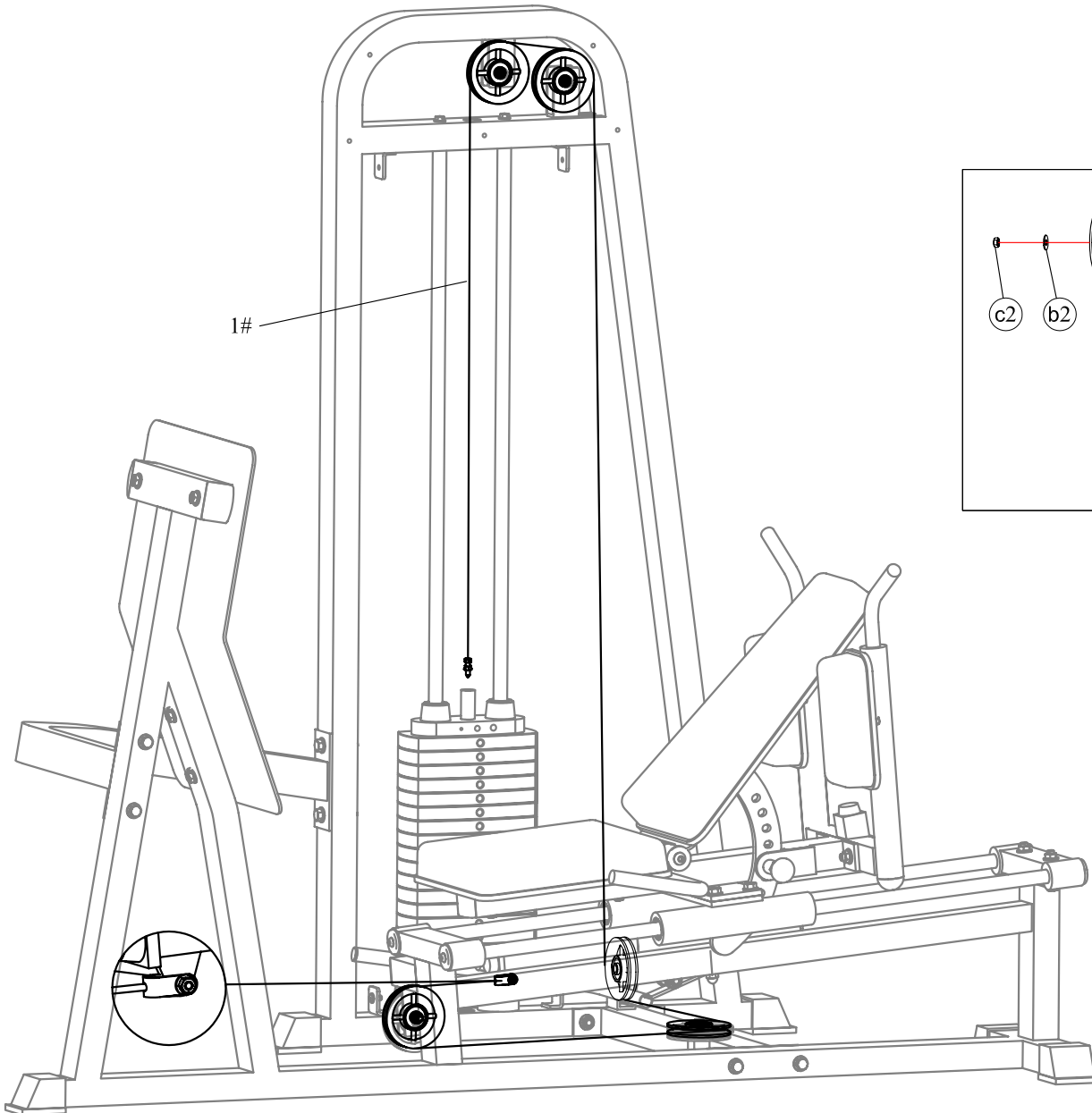


STEP 5

NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.

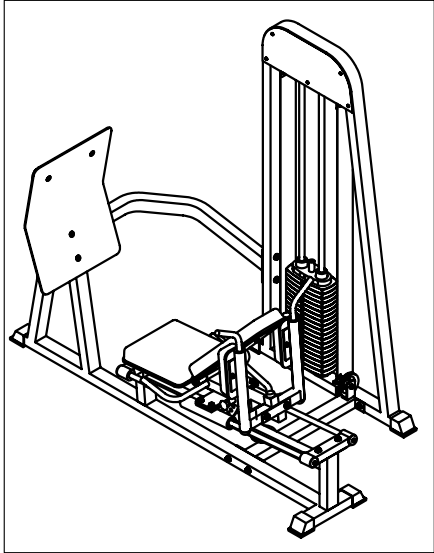
Part list of step 4

ITEM	DESCRIPTION	QTY
13	NYLON PULLEY ASSEMBLY(4.5")	5
14	CABLE RETAINER BRACKET(4.5")	1
a7	BOLT,HHCS,3/8"-16*2", L=50mm	5
b2	WASHER,FLAT,3/8"	9
c2	LOCK NUT 3/8"-16	4
1#		1



STEP 6

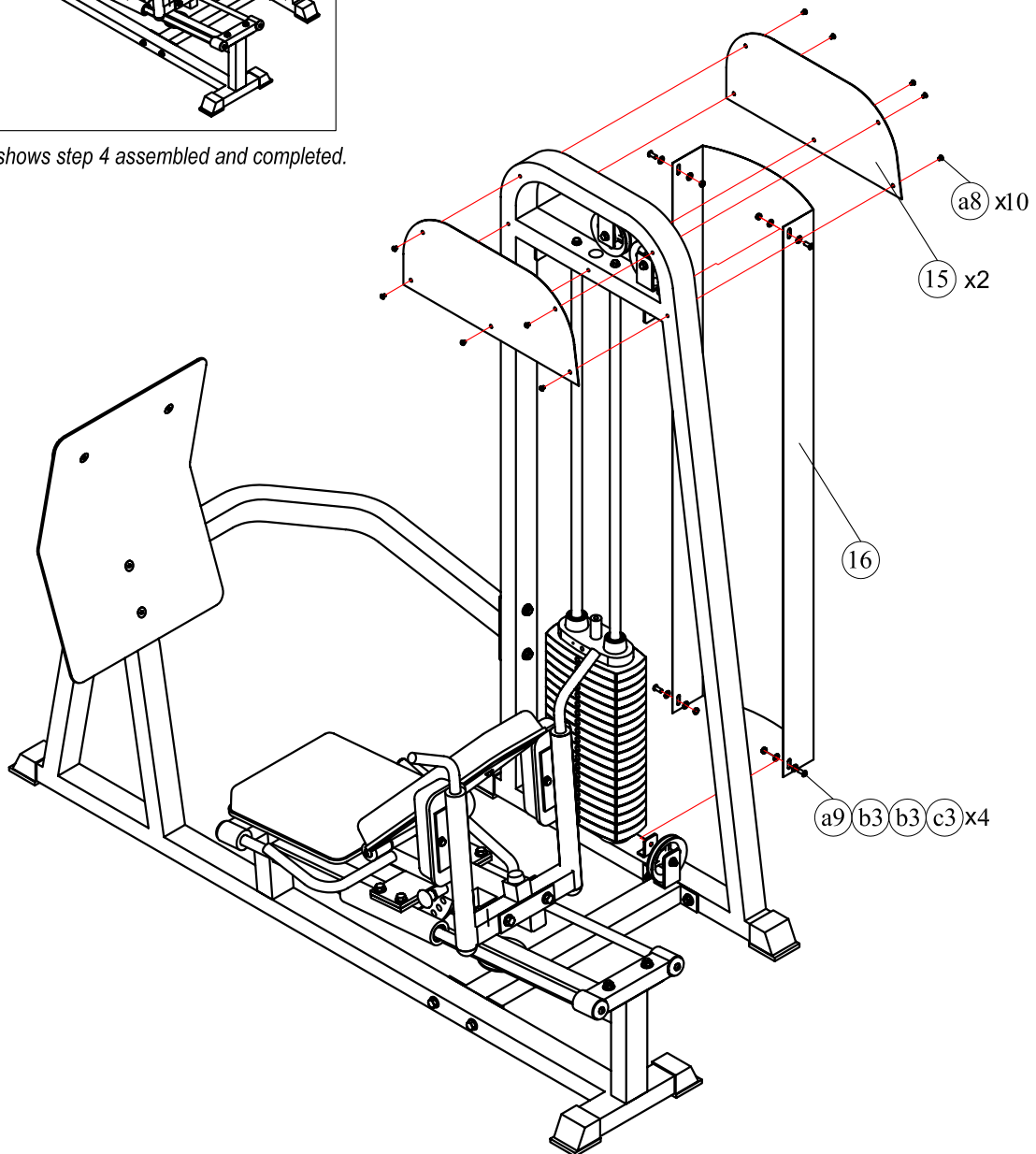
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt.



Above shows step 4 assembled and completed.

Part list of step 5

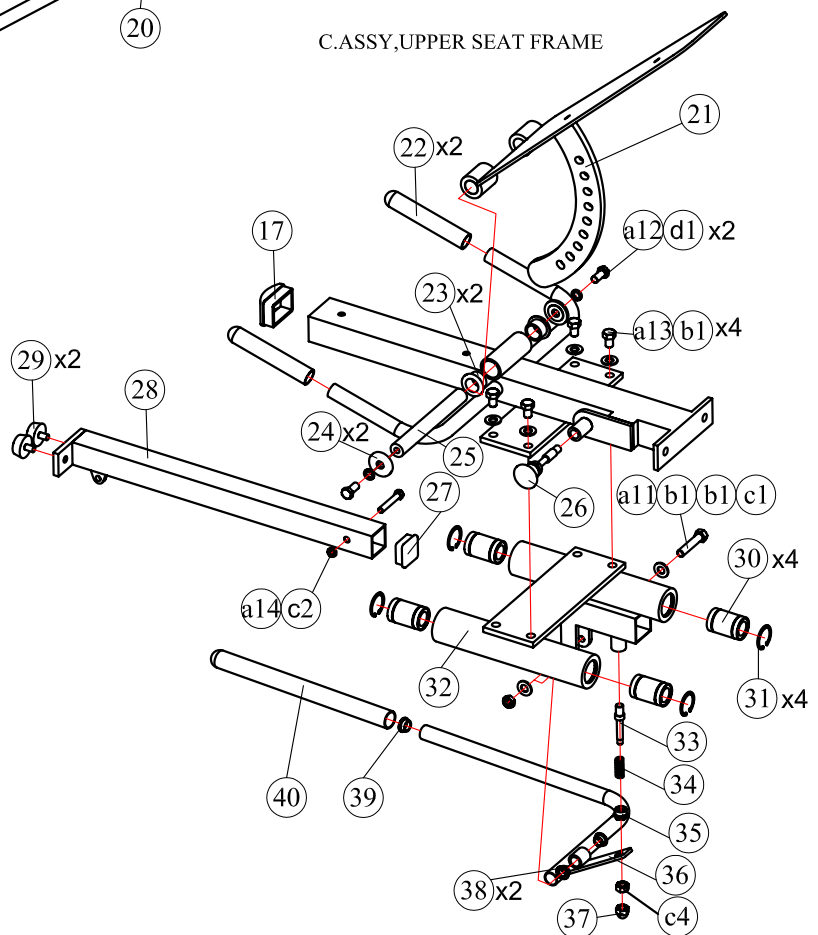
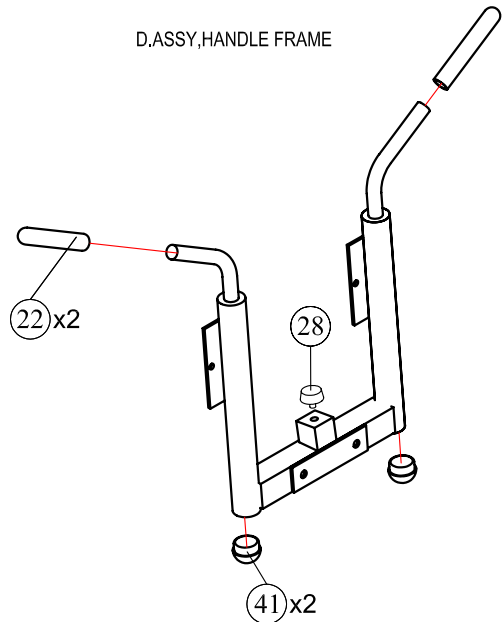
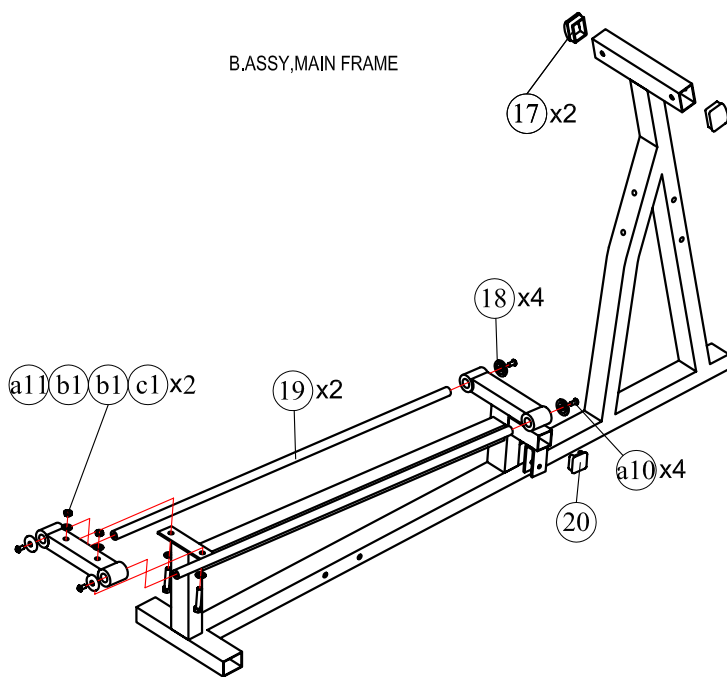
ITEM	DESCRIPTION	QTY
15	WEIGHT STACK FRAME SHIELD	2
16	WEIGHT STACK SHIELD	1
a8	BOLT,BHCS,1/4"-20*1/4",L=8mm	10
a9	BOLT,BHCS,5/16"-18*3/4",L=16mm	4
b3	WASHER,FLAT,5/16"	8
c3	NUT,5/16"-18	4



PRE-ASSEMBLY

PART LIST:

ITEM	DESCRIPTION	QTY
B	ASSY, MAIN FRAME	1
C	ASSY, UPPER SEAT FRAME	1
D	ASSY, HANDLE FRAME	1



PART LIST 1


PART LIST:

ITEM	DESCRIPTION	QTY
1	FOOT COVER 2"x2.75"	5
2	TOP CROSS BRACE	1
3	BOTTOM CROSS BRACE	1
4	LEG PRESS FOOT PLATE	1
5	BACK PAD	1
6	SEAT PAD	1
7	SHOULDER PAD	2
8	WEIGHT STACK	19
9	SELECTOR PIN	1
10	WEIGHT STACK GUIDE ROD(L=1600)	2
11	RUBBER DONUT	2
12	WEIGHT PLATE DECAL (10-200LBS)	1
13	NYLON PULLEY ASSEMBLY(4.5")	5
14	CABLE RETAINER BRACKET(4.5")	1
15	WEIGHT STACK FRAME SHIELD	2
16	WEIGHT STACK SHIELD	1
17	PLASTIC INSERT CAP(50 × 70mm)	2
18	CHROME WASHER (Φ42*Φ11*4t)	4
19	SEAT FRAME GUIDE ROD(L=1240)	2
20	PLASTIC INSERT CAP 2SQ.	1
21	BACK PAD FRAME	1
22	HANDLE (Ø24*165mm)	4
23	POWDER METALLURGY BUSHING 1 IDx1 1/4 OD	2
24	CHROME WASHER (Φ42*Φ13*4t)	2
25	AXLE(Ø25*208)	1
26	ASSY,PUSH PULL PIN (L=77mm)	1
27	PLASTIC INSERT CAP 1.75SQ.	1
28	START POSITION ADJUSTABLE TUBE	1
29	RUBBER BUMPER(3/8"-16)	3
30	LINEAR BEARING(Ø25)	4
31	RETAINING RING(Ø40)	4
32	BOTTOM SEAT FRAME	1
33	PUSH PULL PIN (L=81mm)	1
34	SPRING	1
35	PIN SELECTOR NUT (Ø10.5)	1
36	SEAT ADJUST LEVER	1
37	ALCNUT (M10)	1
38	POWDER METALLURGY BUSHING 1/2 IDx3/4 OD	2
39	PLASTIC INSERT CAP DIA(Ø25mm)	1
40	HANDLE (Ø24*380mm)	1
41	PLASTIC INSERT CAP DIA(Ø48mm)	2

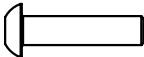
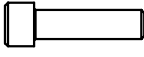
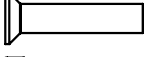

HARDWARE LIST:

ITEM	DESCRIPTION	QTY
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	6
a2	BOLT,HHCS,1/2"-13*2 3/4", L=70mm	2
a3	BOLT,FHCS,1/2"-13*2 3/4", L=70mm	4
a4	BOLT,HHCS,1/2"-13*3 1/4", L=82mm	2
a5	BOLT,HHCS,3/8"-16*1", L=25mm	6
a6	BOLT,HHCS,3/8"-16*2 3/4",L=70mm	4
a7	BOLT,HHCS,3/8"-16*2", L=50mm	5
a8	BOLT,BHCS,1/4"-20*1/4",L=8mm	10
a9	BOLT,BHCS,5/16"-18*3/4", L=16mm	4
a10	BOLT,BHCS,3/8"-16*3/4", L=18mm	4
a11	BOLT,HHCS,1/2"-13*2 1/2", L=63mm	3
a12	BOLT,HHCS,1/2"-13*1", L=25mm	2
a13	BOLT,HHCS,1/2"-13*3/4", L=18mm	4
a14	BOLT,HHCS,3/8"-16*2 1/4", L=55mm	1
b1	WASHER,FLAT,1/2"	38
b2	WASHER,FLAT,3/8"	19
b3	WASHER,FLAT,5/16"	8
c1	LOCK NUT 1/2"-13	17
c2	LOCK NUT 3/8"-16	5
c3	NUT , 5/16"-18	4
c4	NUT , M10	1
d1	LOCK WASHER Ø13mm	2

CABLE LIST:

ITEM	DESCRIPTION	QTY
1#		1

Hardware guide:

	BHCS-BUTTON HEAD CAP SCREW
	SHCS-SOCKET HEAD CAP SCREW
	FHCS-FLAT HEAD CAP SCREW
	HHCS-HEX HEAD CAP SCREW