

IFP1302

Seated Row OWNER'S MANUAL

23M

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

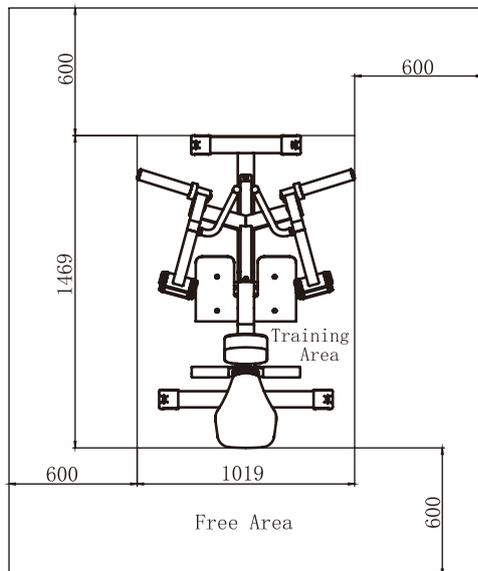
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1469*1019*1336mm

Product Total Surface: 1469*1019mm

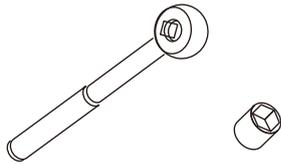
Product Total Mass: 77.5kg/ 171lbs

Instructions

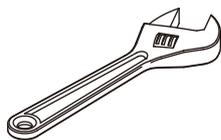
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

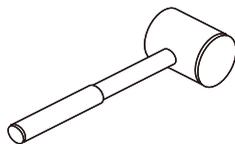
Tools Required



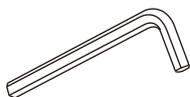
Ratchet Wrench and Socket



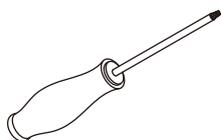
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

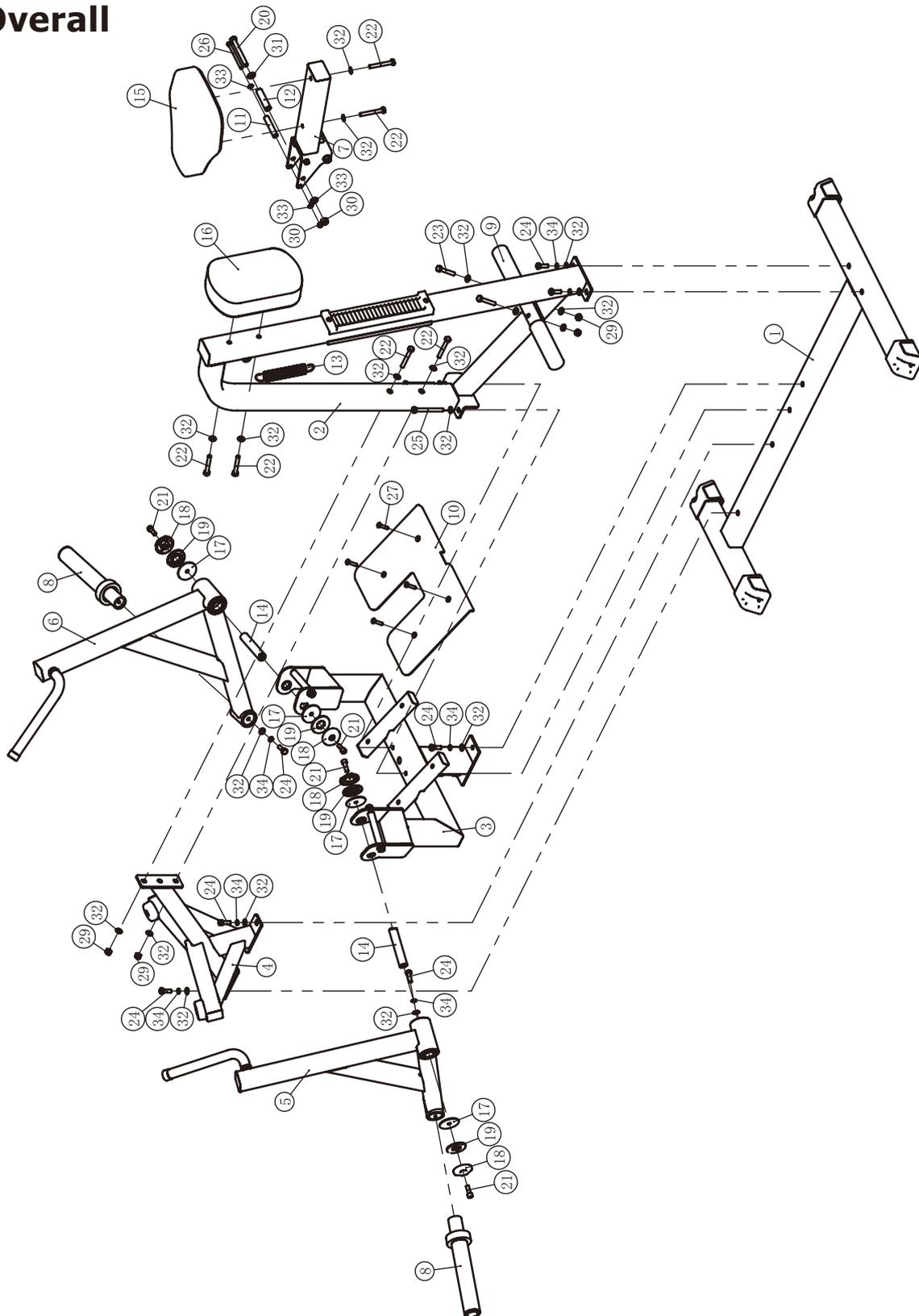
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP130201ASSY	Bottom Frame ASSY	1
2	IFP130202ASSY	Main Frame ASSY	1
3	IFP130203ASSY	Middle Connection Frame ASSY	1
4	IFP130204ASSY	Front Frame ASSY	1
5	IFP130205ASSY	Left Arm Frame ASSY	1
6	IFP130206ASSY	Right Arm Frame ASSY	1
7	IFP120105ASSY	Seat Frame ASSY	1
8	IFP120106ASSY	Weight Horn ASSY	2
9	FE971416ASSY	Circular Foot Frame ASSY	1
10	IFP13022100	Foot Support Plate	1
11	IFP12010700	Limit Sleeve	1
12	KPSFID0700V2	Supporting Sleeve	1
13	SL70012200	Pull Spring	1
14	IF93012600	Pivot Shaft Φ 25*133	2
15	IF93015200V2	Seat Pad	1
16	SL70041600V2	Breast Pad	1
17	IF93062200	Washer Φ 62* Φ 10.5*3	4
18	FE97211900	Cap Φ 60	4
19	FE97212000	Circle Ring Φ 62.5*5	4
20	IFP12012100	Shoulder Bolt Φ 12*96.5*M8	1
21	GB70M10*30DHS20	Socket Head Cap Screw M10*30	4
22	GB5780M10*75DHS20	Hex Head Bolt M10*75	6
23	GB5780M10*65DHS20	Hex Head Bolt M10*65	2
24	GB5781M10*30DHS20	Hex Head Bolt M10*30	8
25	GB5780M10*100DHS20	Hex Head Bolt M10*100	2
26	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
27	CNLM8*40DHS20	Flat Head Cap Screw M8*40	4
29	NM10DHS2	Nylon Lock Nut M10	6
30	NM8DHS2	Nylon Lock Nut M8	6
31	GB9512DHS2	Flat Washer Φ 13* Φ 24*2.5	1
32	GB9510DHS2	Flat Washer Φ 11 Φ 20*2	24
33	GB958DHS2	Flat Washer Φ 9* Φ 16*1.6	7
34	GB9310DHS12	Spring Washer Φ 10	8
35	NBS8DHS	Hex Key S=8	1
36	NBS5DHS	Hex Key S=5	1
37	NBS4DHS	Hex Key S=4	1

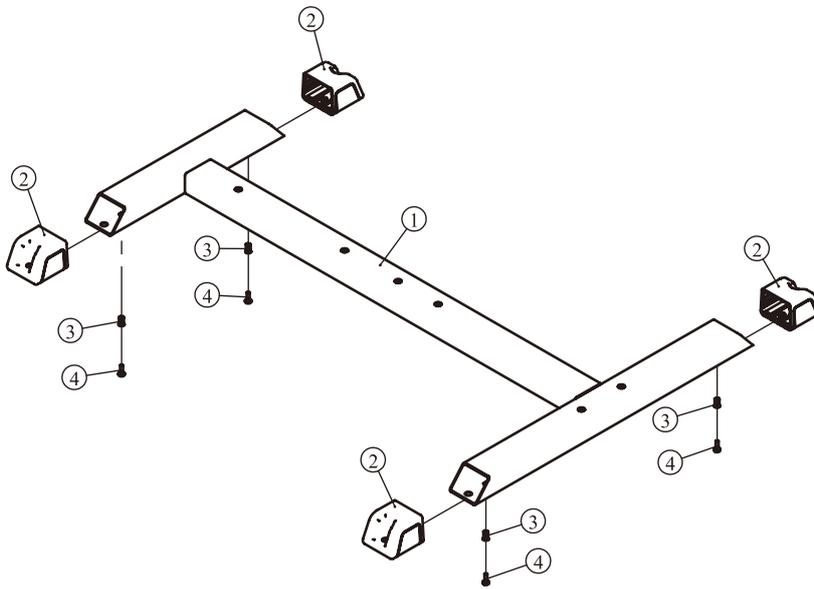
Exploded View and Parts List

Overall

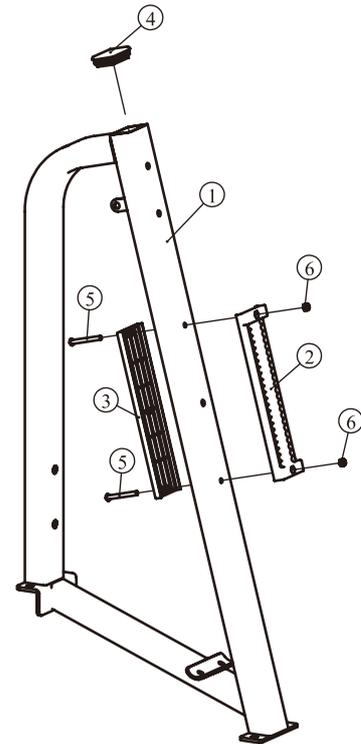


Exploded View and Parts List

Bottom Frame ASSY



Main Frame ASSY



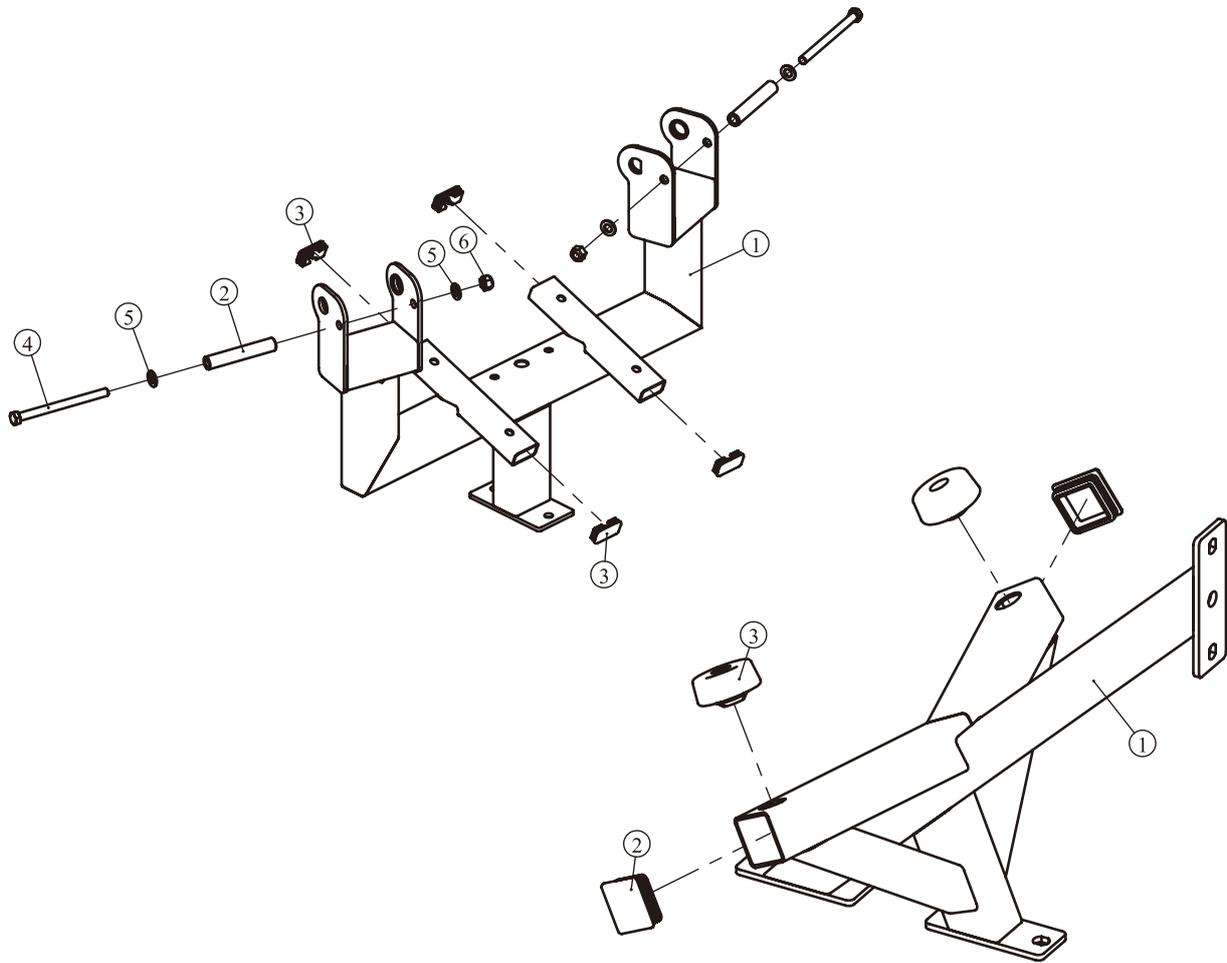
Grade No.	Part No.	Description	QTY
1.1	IFP13020100	Bottom Frame	1
1.2	IFP12013300	Foot Cap	4
1.3	GB17880.5M6*16.5DS17	Rivet Nut M6	4
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4

Grade No.	Part No.	Description	QTY
2.1	IFP13020200	Main Frame	1
2.2	IFP12013100	Front Plastic Plate	1
2.3	IFP12013200	Rear Plastic Plate	1
2.4	KPSFID2800	Plug □50.8*76.2	1
2.5	PNLM8*70DY20	Button Head Cap Screw M8*70	2
2.6	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Middle Connection Frame ASSY

Front Frame ASSY

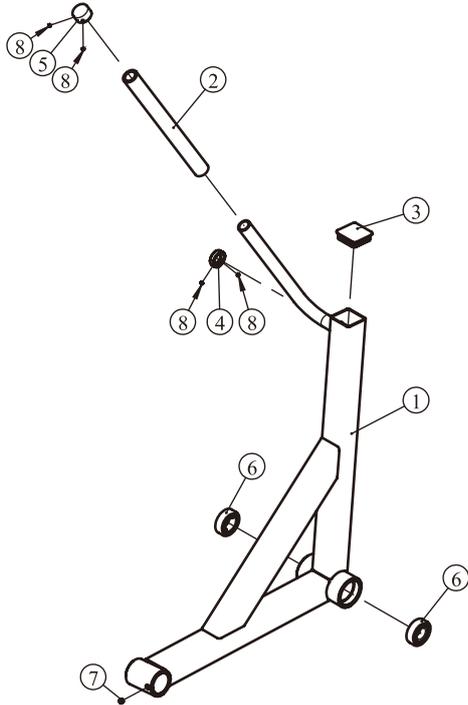


Grade No.	Part No.	Description	QTY
3.1	IFP13020300	Middle Connection Frame	1
3.2	BB1500	Limit Sleeve	2
3.3	PBF30032V1	Plug □25*50	4
3.4	GB5780M12*155DHS20	Hex Head Bolt M12*155	2
3.5	GB9512DHS2	Flat WasherΦ13*Φ24*2.5	4
3.6	NM12DHS2	Nylon Lock Nut M12	2

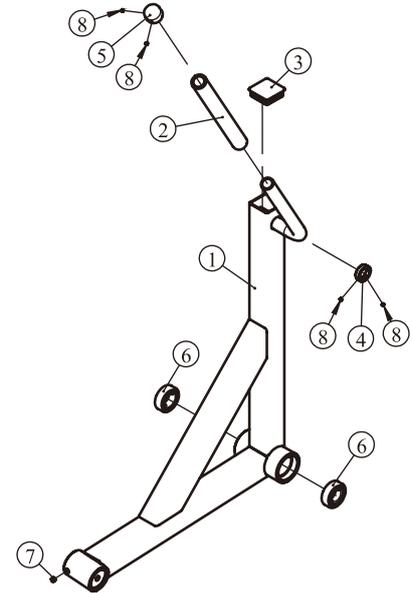
Grade No.	Part No.	Description	QTY
4.1	IFP13020400	Front Frame	1
4.2	KPSFID3000	Plug □50.8	2
4.3	CG600010300	Rubber Bumper	2

Exploded View and Parts List

Left Arm Frame ASSY



Right Arm Frame ASSY

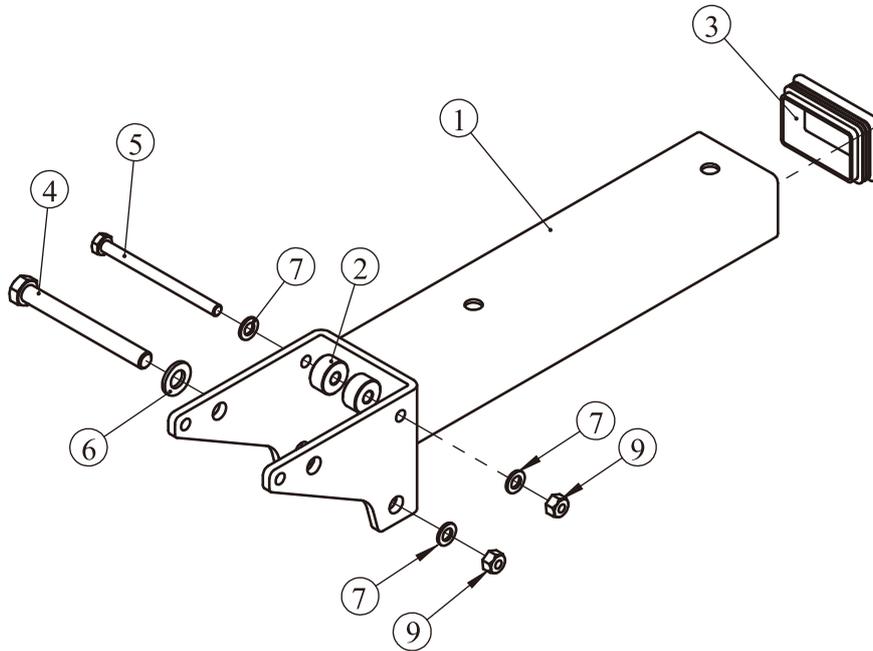


Grade No.	Part No.	Description	QTY
5.1	IFP13020500	Left Arm Frame	1
5.2	FE97203100	Grip ST $\Phi 31 * \Phi 24 * 308$	1
5.3	KPSFID3000	Plug $\square 50.8$	1
5.4	V39500	Aluminum Grip Ring	1
5.5	V39600	Aluminum Grip Cap	1
5.6	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25 * \Phi 52 * 15$	2
5.7	GB77M8*6DHS2	Socket Set Screw M8*6	1
5.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Grade No.	Part No.	Description	QTY
6.1	IFP13020600	Right Arm Frame	1
6.2	FE97203100	Grip ST $\Phi 31 * \Phi 24 * 308$	1
6.3	KPSFID3000	Plug $\square 50.8$	1
6.4	V39500	Aluminum Grip Ring	1
6.5	V39600	Aluminum Grip Cap	1
6.6	GB2766205-2ZC3	Deep Groove Ball Bearing $\Phi 25 * \Phi 52 * 15$	2
6.7	GB77M8*6DHS2	Socket Set Screw M8*6	1
6.8	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	4

Exploded View and Parts List

Seat Frame ASSY

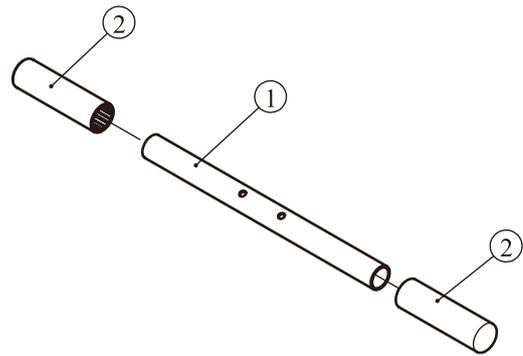
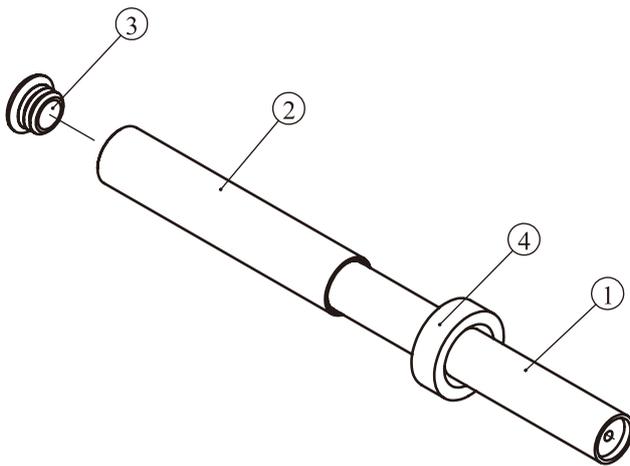


Grade No.	Part No.	Description	QTY
7.1	IFP12010500	Seat Frame	1
7.2	IFP12013600	Idler Wheel	2
7.3	KPSFID2800	Plug □50.8*76.2	1
7.4	IFP12012100	Shoulder Bolt $\Phi 12*96.5*M8$	1
7.5	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
7.6	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	1
7.7	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	3
7.9	NM8DHS2	Nylon Lock Nut M8	2

Exploded View and Parts List

Weight Horn ASSY

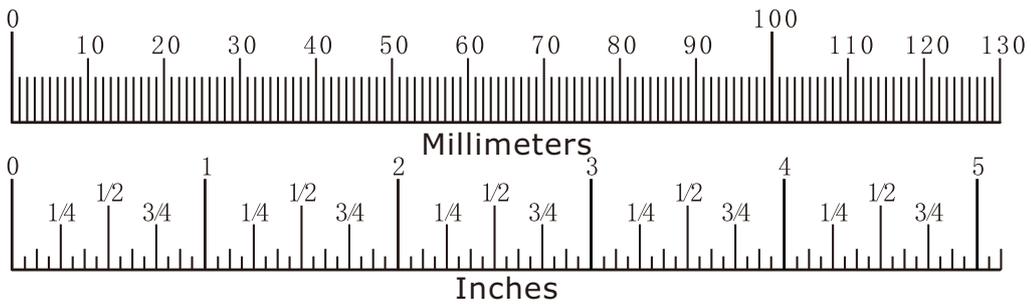
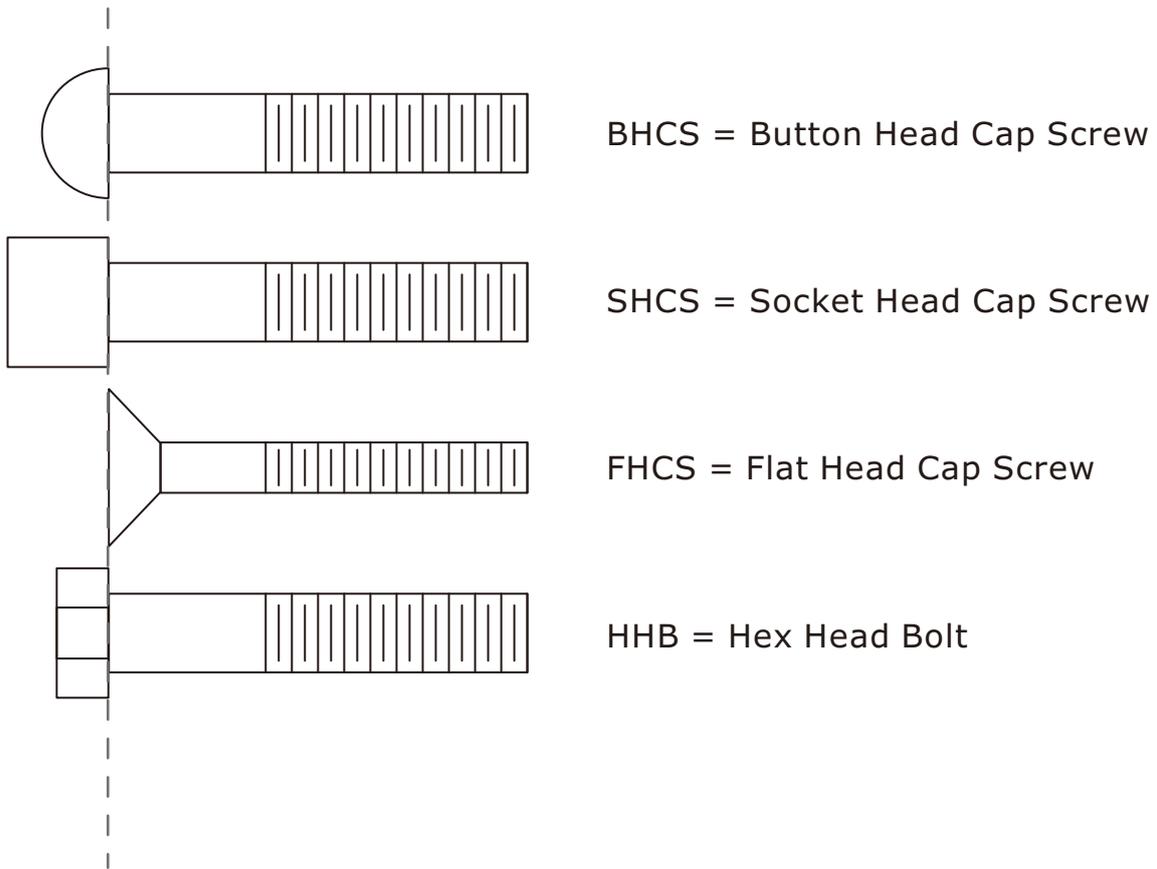
Circular Foot Frame ASSY



Grade No.	Part No.	Description	QTY
8.1	IFP12010600	Weight Plate Storage	1
8.2	IFP12013400	Weight Horn Sleeve	1
8.3	IFP12013500	Plug $\Phi 49 * \Phi 37 * 25$	1
8.4	HF985A1500	Rubber Bumper	1

Grade No.	Part No.	Description	QTY
9.1	FE97141600	Foot Set Tube	1
9.2	FE970112000	Foot Set	2

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

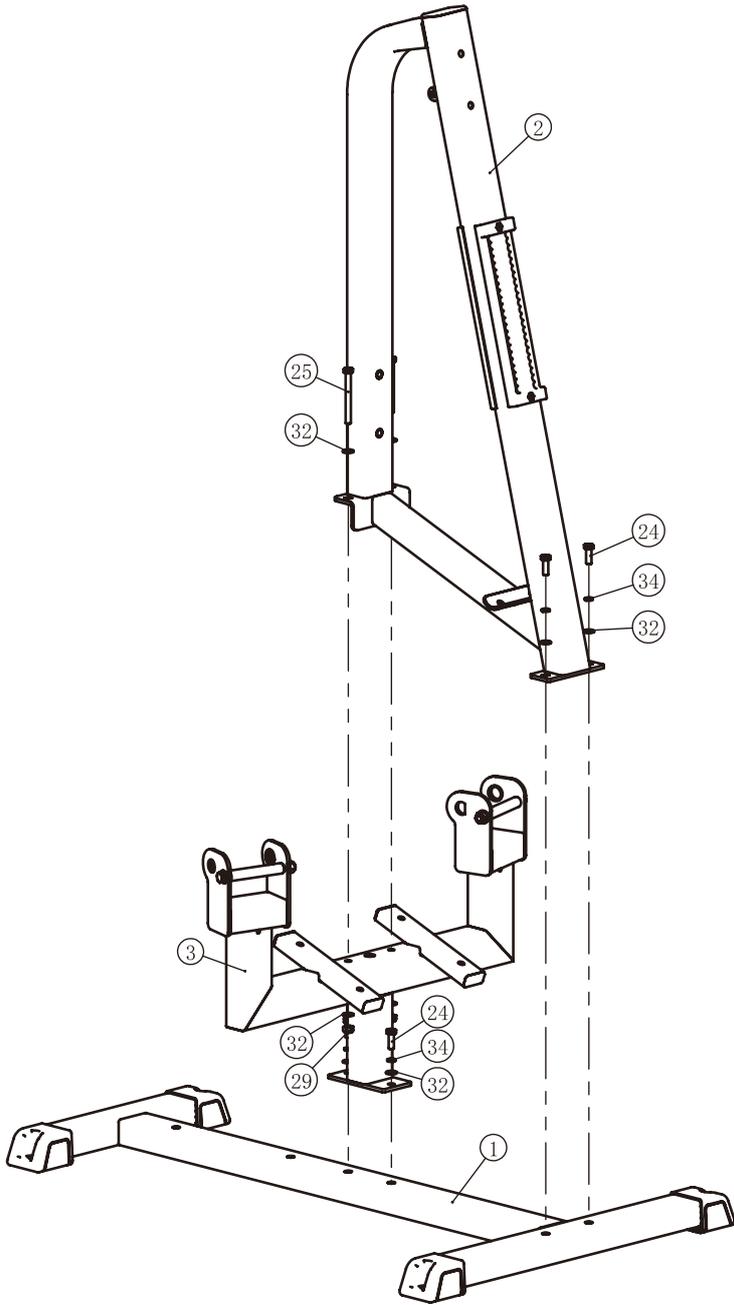
Assembly

STEP 1

Attach the Main Frame ASSY (#2) and the Middle Connection Frame ASSY (#3) to the Bottom Frame ASSY (#1) using:

- four M10*30 HHB (#24)
- two M10*100 HHB (#25)
- four $\Phi 10$ Spring Washer (#34)
- eight $\Phi 11*\Phi 20*2$ Flat Washer (#32)
- two M10 Nylon Lock Nut (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 2

Attach the Front Frame ASSY (#4) to the Main Frame ASSY (#2) and Bottom Frame ASSY (#1) using:

two M10*75 HHB (#22)

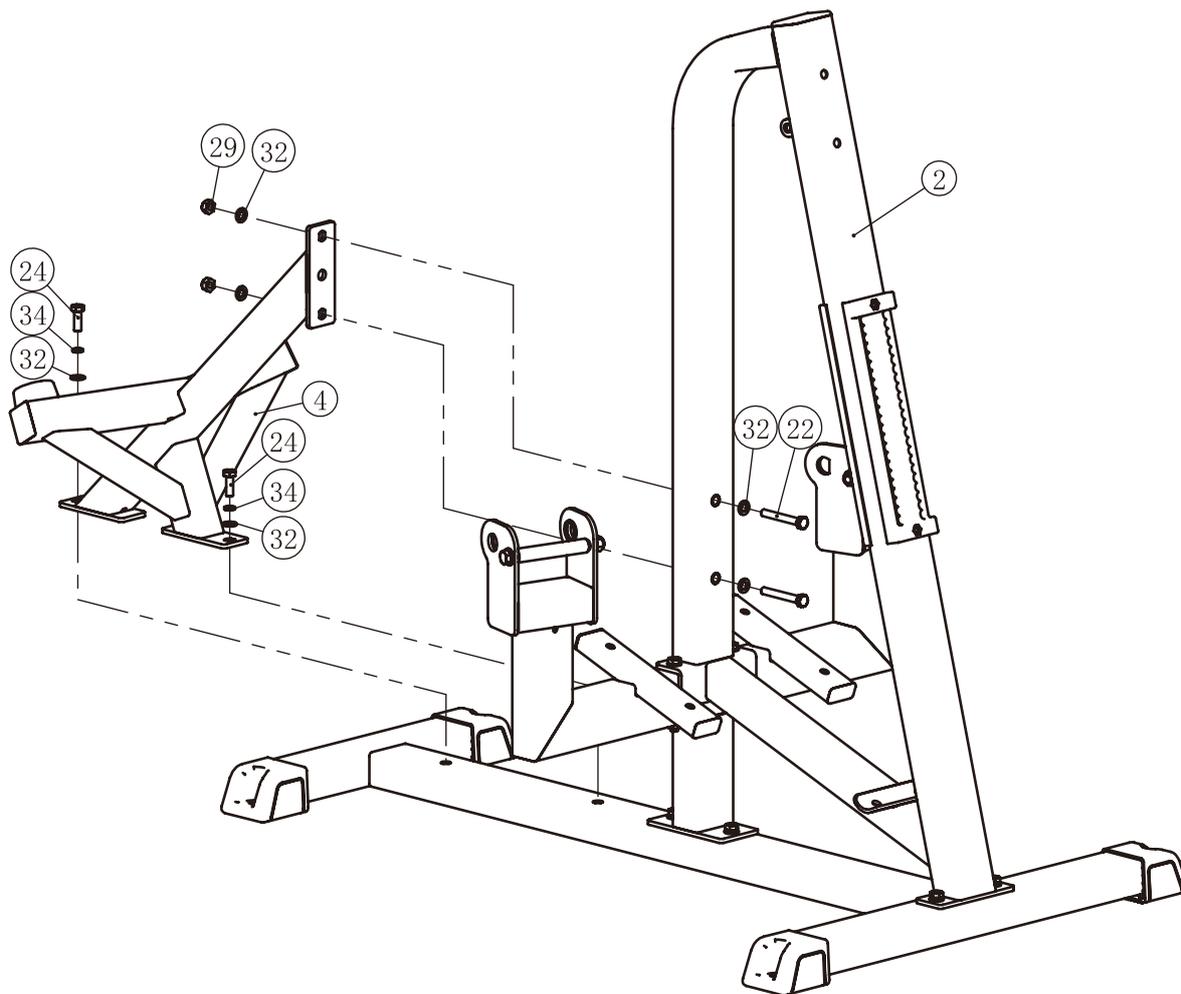
two M10*30 HHB (#24)

two Φ 10 Spring Washer (#34)

six Φ 11* Φ 20*2 Flat Washer (#32)

two M10 Nylon Lock Nut (#29)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



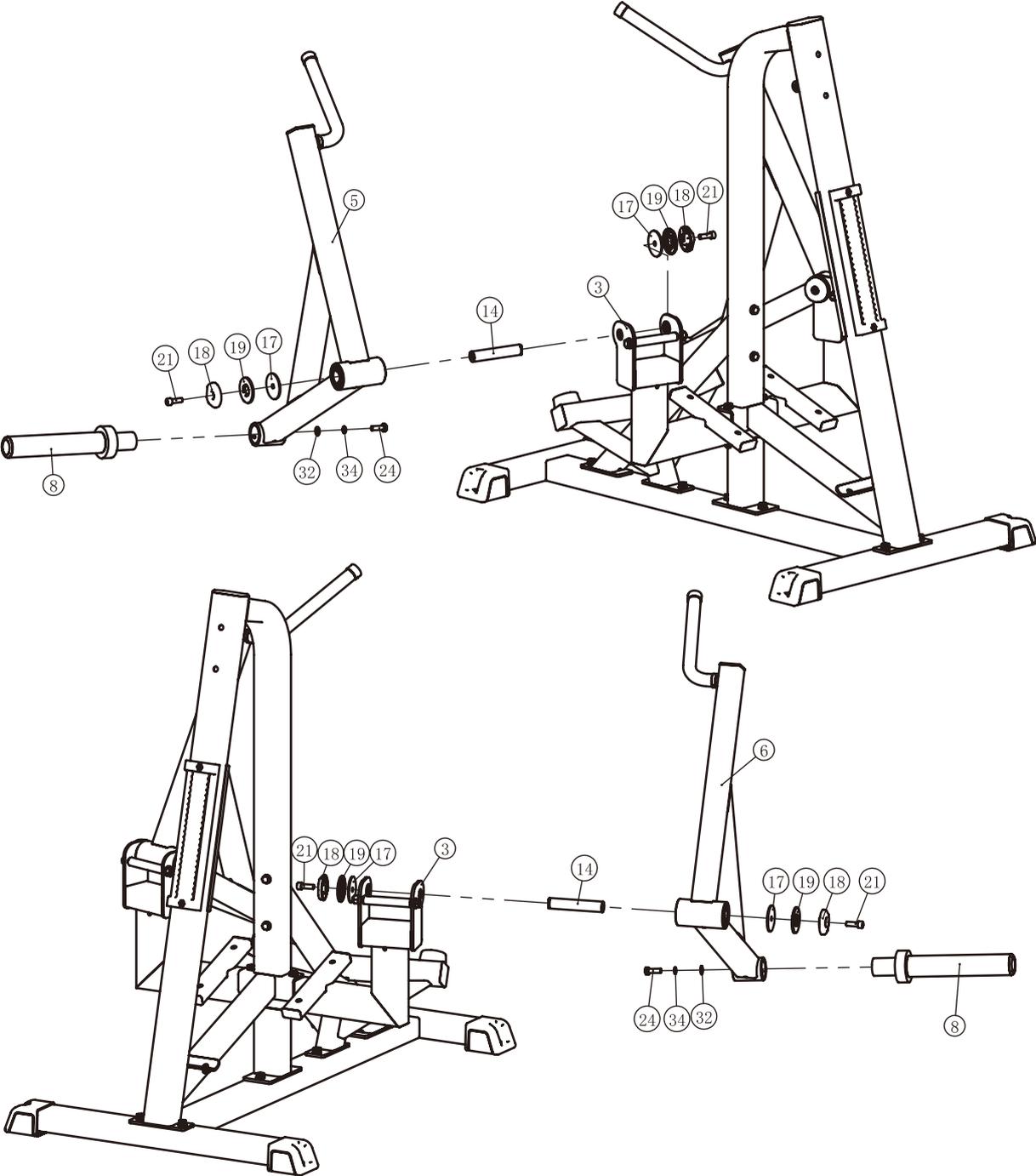
Assembly

STEP 3

1. Attach the Left Arm Frame ASSY (#5) to the Middle Connection Frame ASSY (#3) using:
 - one Axis $\Phi 25*133*M10$ (#14)
 - two M10*30 SHCS (#21)
 - two $\Phi 60$ Cap (#18)
 - two $\Phi 62.5*5$ Circle Ring (#19)
 - two Washer $\Phi 62*\Phi 10.5*3$ (#17)
2. Attach the Weight Horn ASSY (#8) to the Left Arm Frame ASSY (#5) using:
 - one M10*30 HHB (#24)
 - one $\Phi 10$ Spring Washer (#34)
 - one $\Phi 11*\Phi 20*2$ Flat Washer (#32)
3. Attach the Right Arm Frame ASSY (#6) to the Middle Connection Frame ASSY (#3) using:
 - one Axis $\Phi 25*133*M10$ (#14)
 - two M10*30 SHCS (#21)
 - two $\Phi 60$ Cap (#18)
 - two $\Phi 62.5*5$ Circle Ring (#19)
 - two Washer $\Phi 62*\Phi 10.5*3$ (#17)
4. Attach the Weight Horn ASSY (#8) to the Right Arm Frame ASSY (#6) using:
 - one M10*30 HHB (#24)
 - one $\Phi 10$ Spring Washer (#34)
 - one $\Phi 11*\Phi 20*2$ Flat Washer (#32)

Assembly

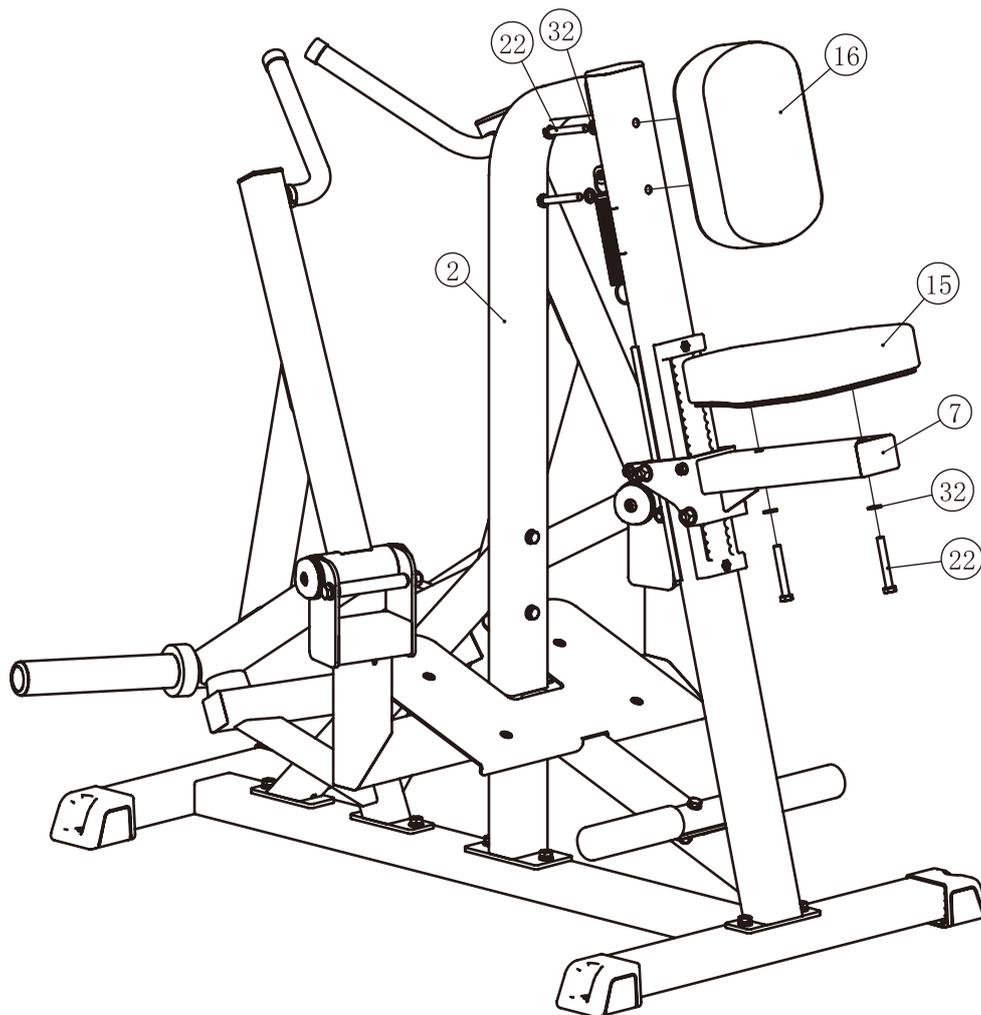
STEP 3



Assembly

STEP 5

1. Attach the Seat Pad (#15) to the Seat Frame ASSY (#7) using:
two M10*75 HHB (#22)
two $\Phi 11*\Phi 20*2$ Flat Washer (#32)
2. Attach the Breast Pad (#16) to the Main Frame ASSY (#2) using:
two M10*75 HHB (#22)
two $\Phi 11*\Phi 20*2$ Flat Washer (#32)



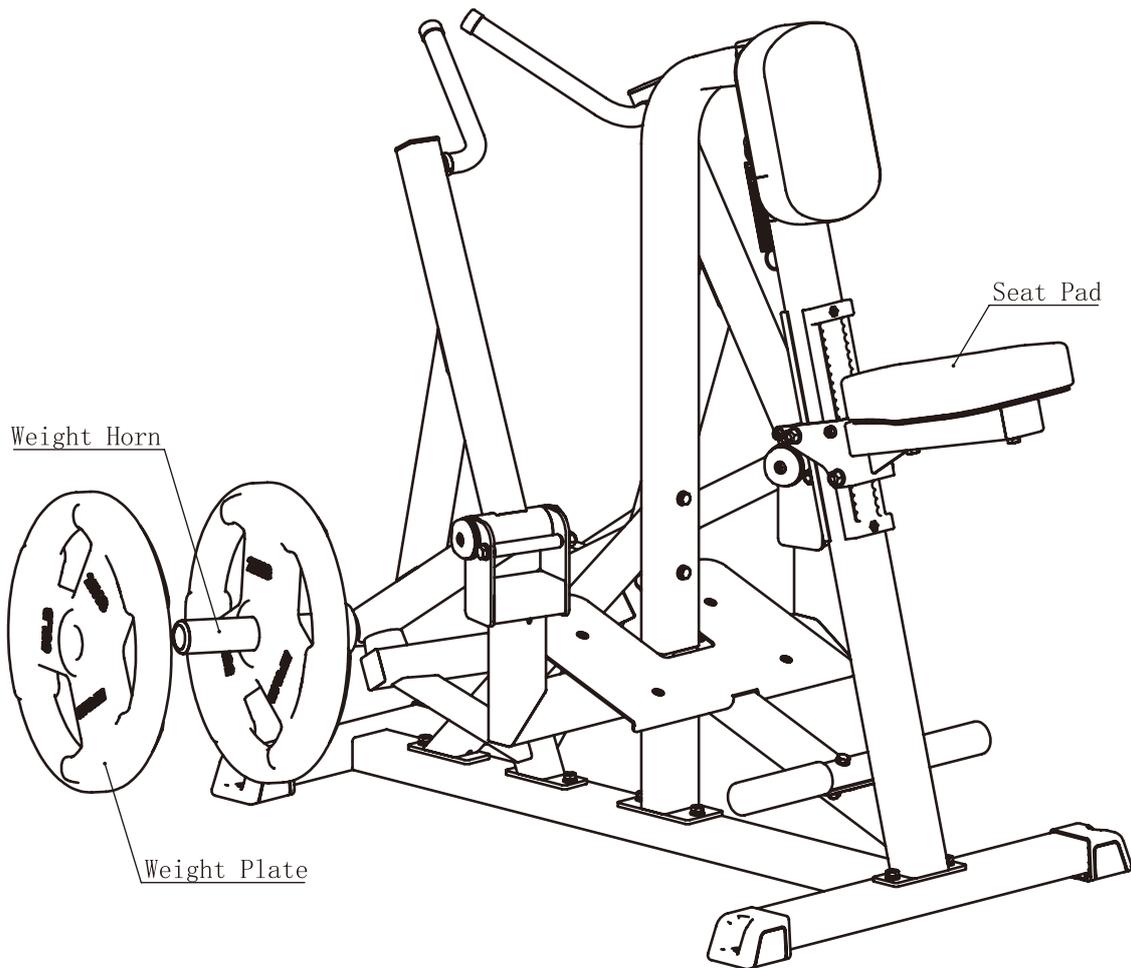
Adjust and Exercise Instruction

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side can not be greater than 100kg.
3. This equipment does not contains Weight Plates.

Adjust & Exercise Instruction

1. Select an appropriate weight on both weight horns.
2. Adjust the Seat Pad to the desired position and make sure the Seat Pad firmly stucked.
3. Pull the handle back to the limit position, make a stop. Pause slightly then slowly return to the starting position.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

