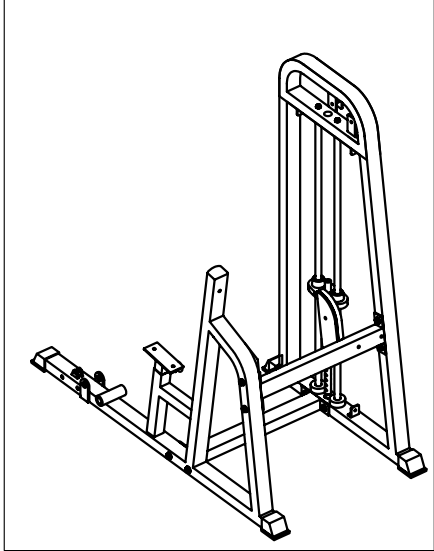


STEP 1

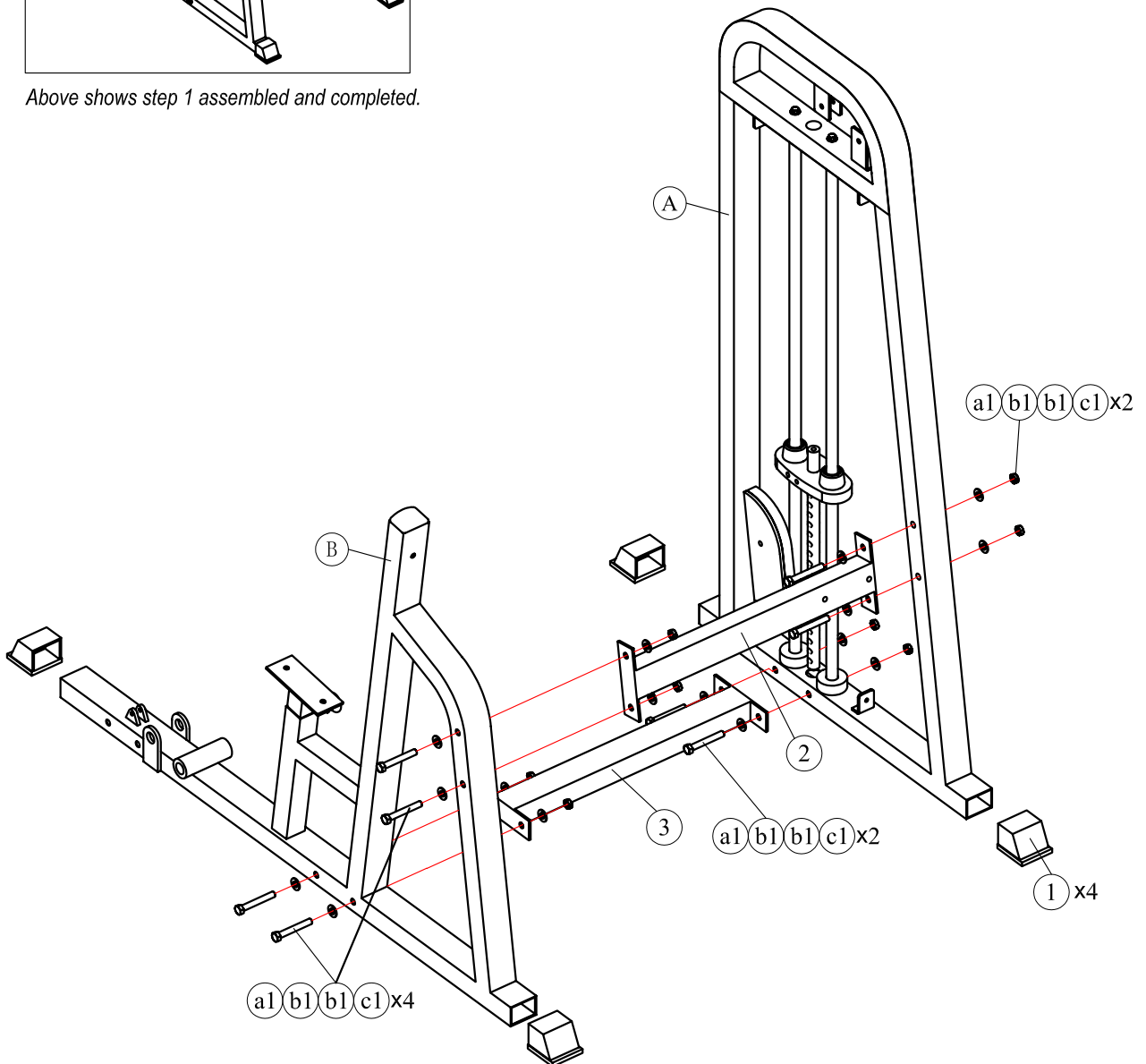
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 1 assembled and completed.

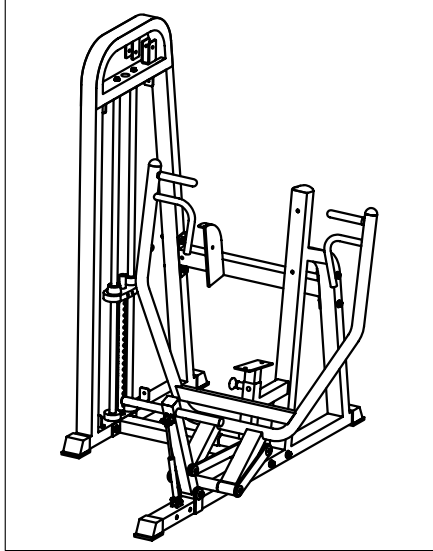
Part list of step 1

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



STEP 2

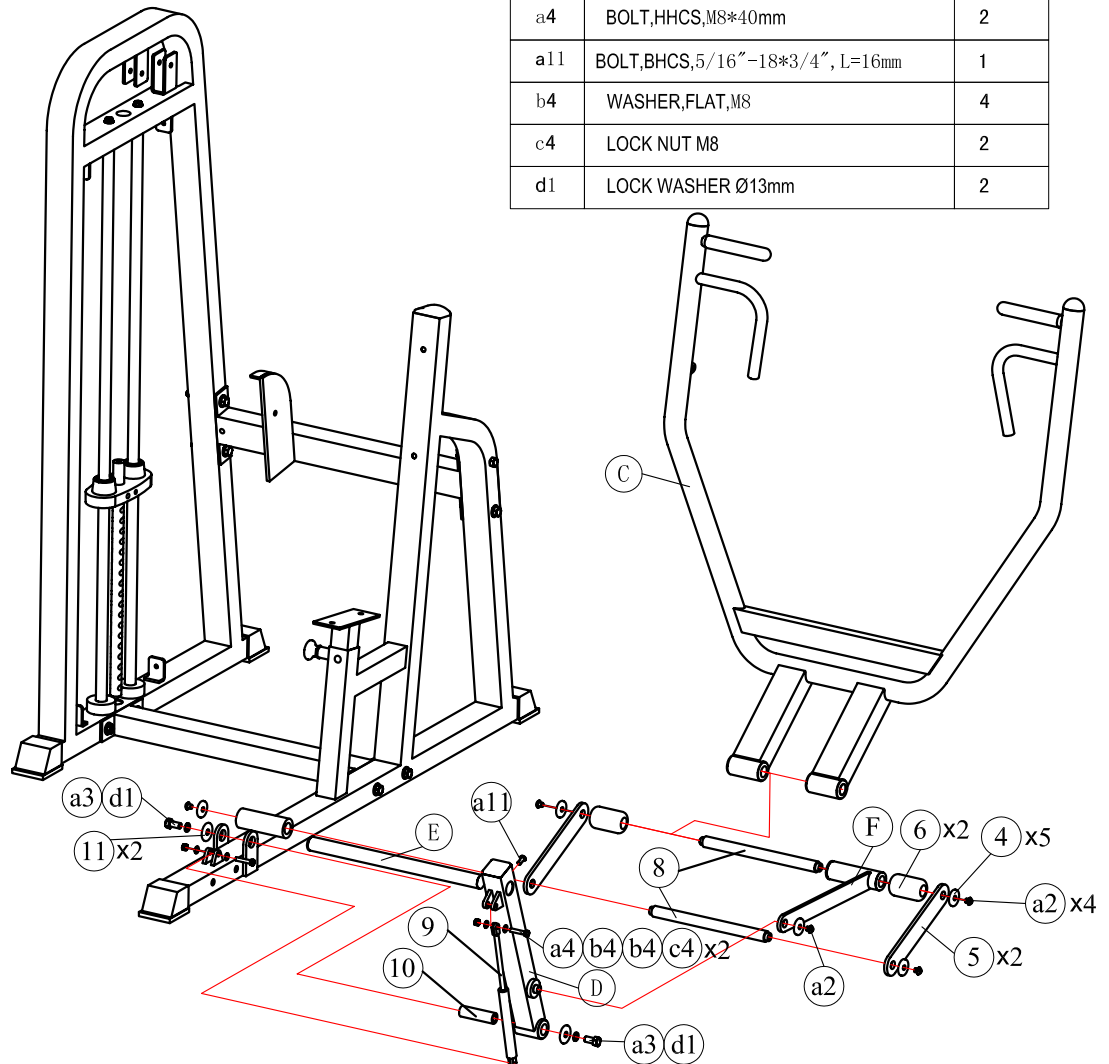
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 2 assembled and completed.

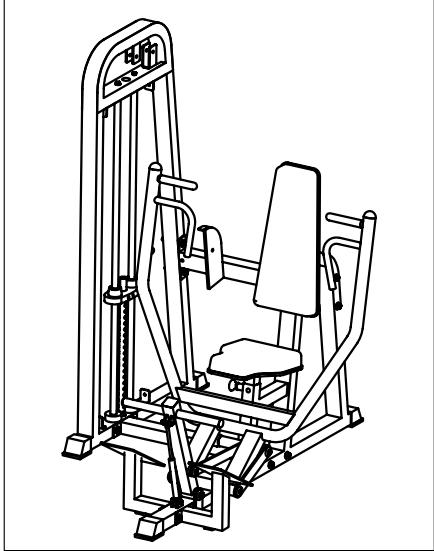
Part list of step 1

ITEM	DESCRIPTION	QTY
C	ASSY,ARM	1
D	ASSY,BOOSTER	1
E	ASSY,FOOTLEVER	1
F	ASSY,PULL	1
4	CHROME WASHER ($\Phi 35 \times \Phi 11 \times 5t$)	5
5	CONNECT PLATE	2
6	NYLON COVER	2
8	AXLE($\Phi 25 \times 315$)	2
9	GAS SPRING(30kg)	1
10	AXLE($\Phi 25 \times 86$)	1
11	CHROME WASHER ($\Phi 42 \times \Phi 13 \times 4t$)	2
a2	BOLT,BHCS, $3/8''-16 \times 3/4''$, L=18mm	5
a3	BOLT,HHCS, $1/2''-13 \times 1''$, L=25mm	2
a4	BOLT,HHCS,M8*40mm	2
a11	BOLT,BHCS, $5/16''-18 \times 3/4''$, L=16mm	1
b4	WASHER,FLAT,M8	4
c4	LOCK NUT M8	2
d1	LOCK WASHER $\Phi 13$ mm	2



STEP 3

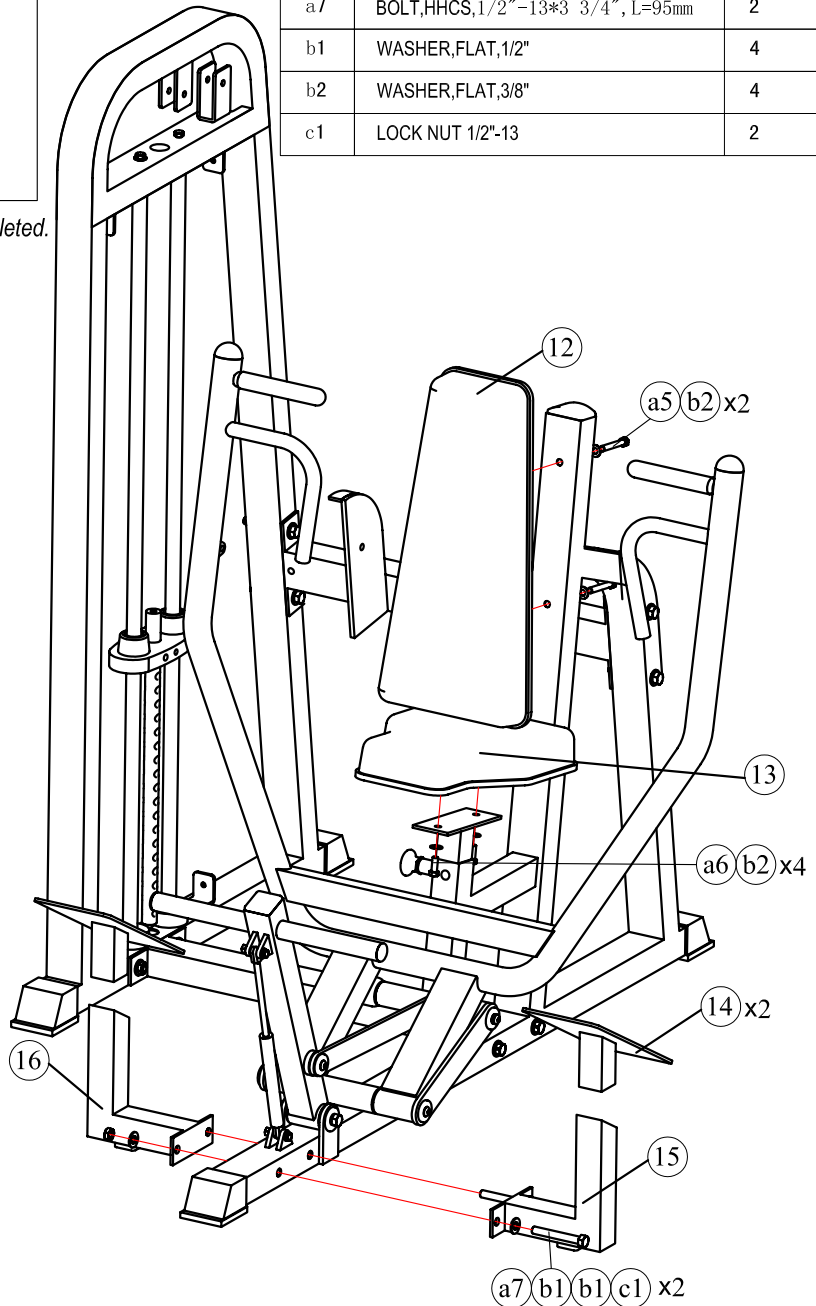
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 3 assembled and completed.

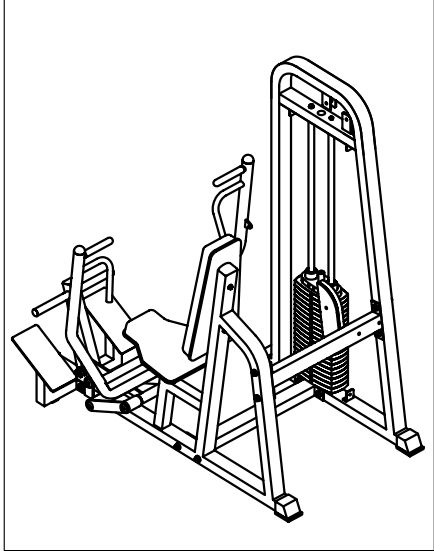
Part list of step 1

ITEM	DESCRIPTION	QTY
12	BACK PAD	1
13	SEAT PAD	1
14	FOOT PLATE	2
15	LEFT FOOT TUBE	1
16	RIGHT FOOT TUBE	1
a5	BOLT, HHCS, 3/8"-16*2 3/4", L=70mm	2
a6	BOLT, HHCS, 3/8"-16*1", L=25mm	2
a7	BOLT, HHCS, 1/2"-13*3 3/4", L=95mm	2
b1	WASHER, FLAT, 1/2"	4
b2	WASHER, FLAT, 3/8"	4
c1	LOCK NUT 1/2"-13	2



STEP 4

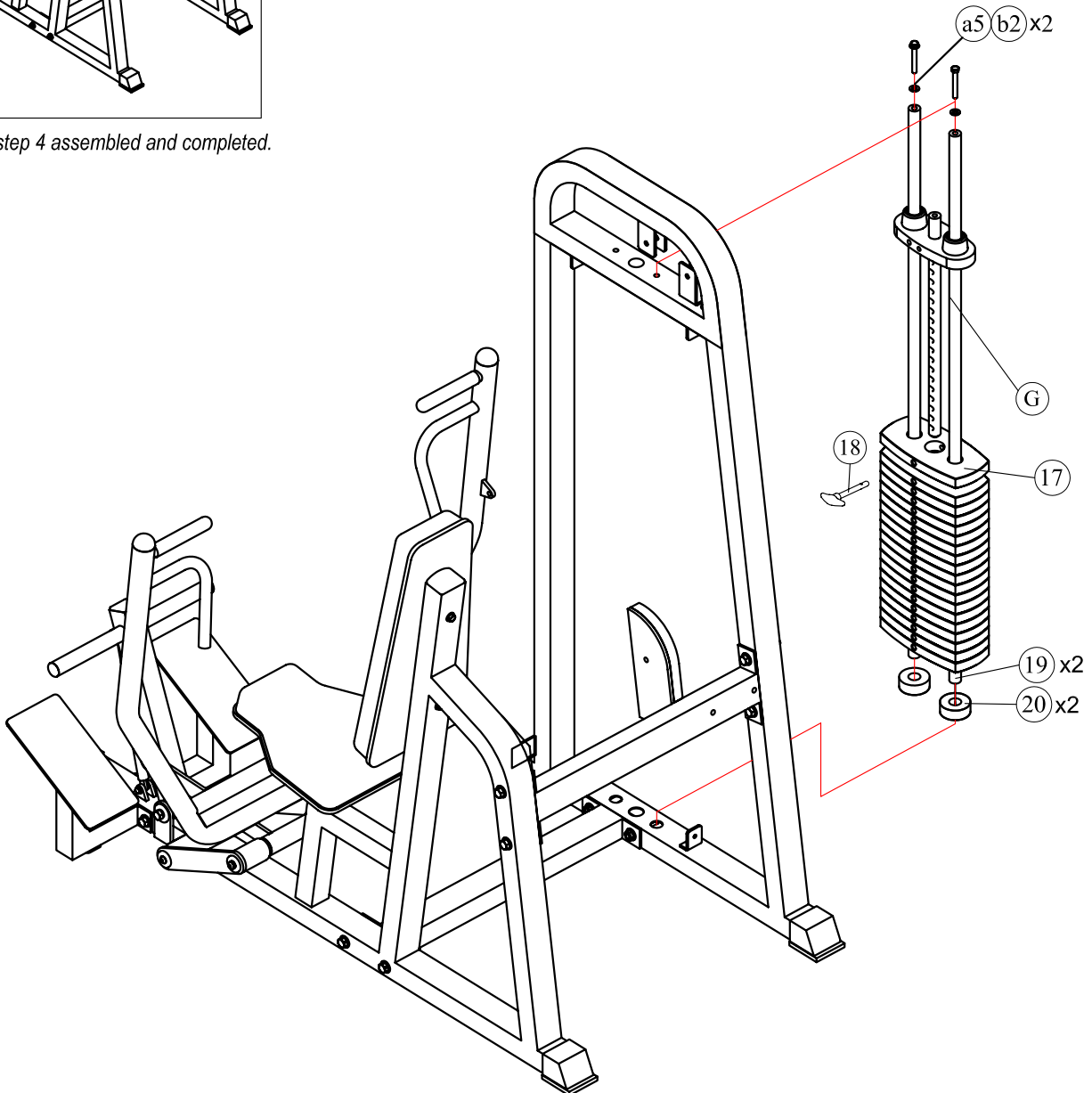
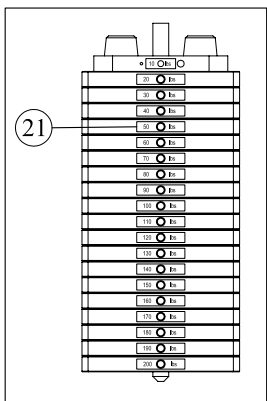
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt. Two people will be required to perform this procedure.



Above shows step 4 assembled and completed.

Part list of step 1


ITEM	DESCRIPTION	QTY
G	ASSY, TOP WEIGHT	1
17	WEIGHT STACK	19
18	SELECTOR PIN	1
19	WEIGHT STACK GUIDE ROD(L=1400)	2
20	RUBBER DONUT	2
21	WEIGHT PLATE DECAL (10-200LBS)	1
a5	BOLT, HHCS, 3/8"-16*2 3/4", L=70mm	2
b2	WASHER, FLAT, 3/8"	2

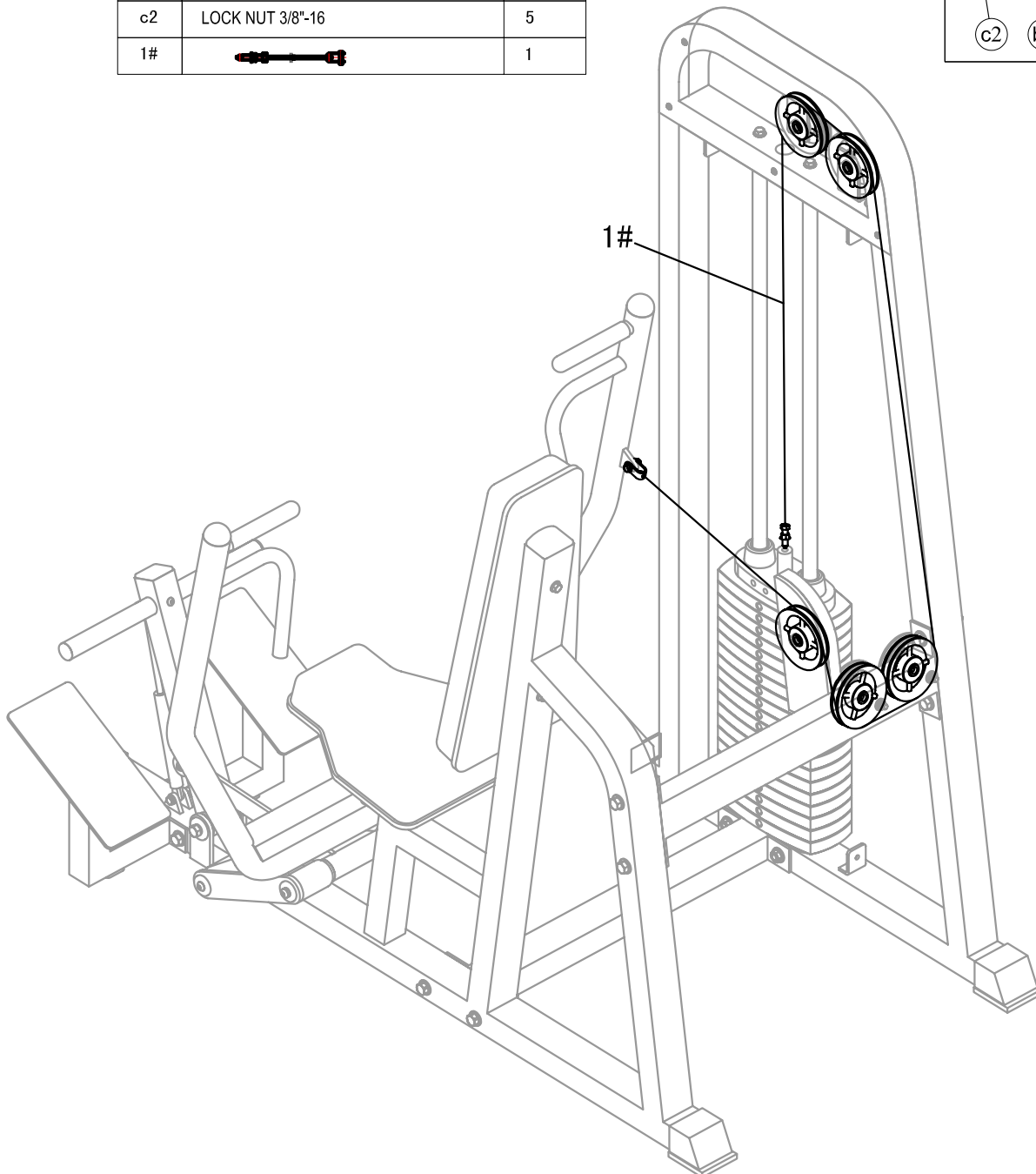
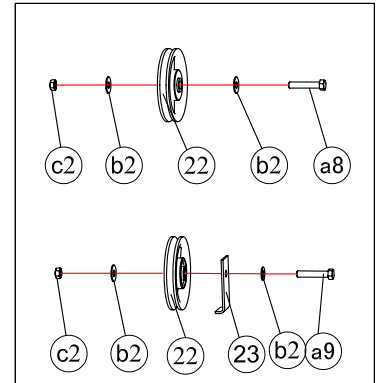


STEP 5

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.

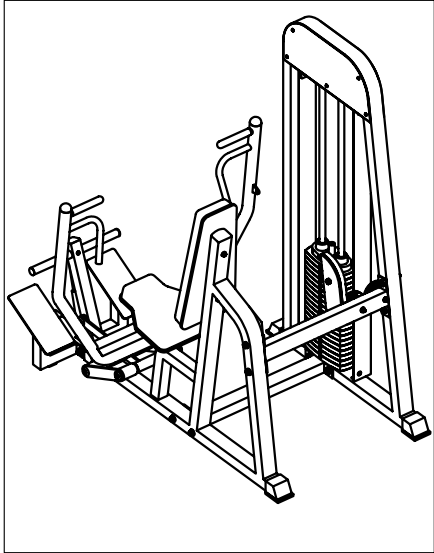
Part list of step 4

ITEM	DESCRIPTION	QTY
22	NYLON PULLEY ASSEMBLY(4.5")	5
23	CABLE RETAINER BRACKET(4.5")	3
a8	BOLT,HHCS,3/8"-16*2", L=50mm	3
a9	BOLT,HHCS,3/8"-16*3 3/4", L=95mm	2
b2	WASHER,FLAT,3/8"	10
c2	LOCK NUT 3/8"-16	5
1#		1



STEP 6

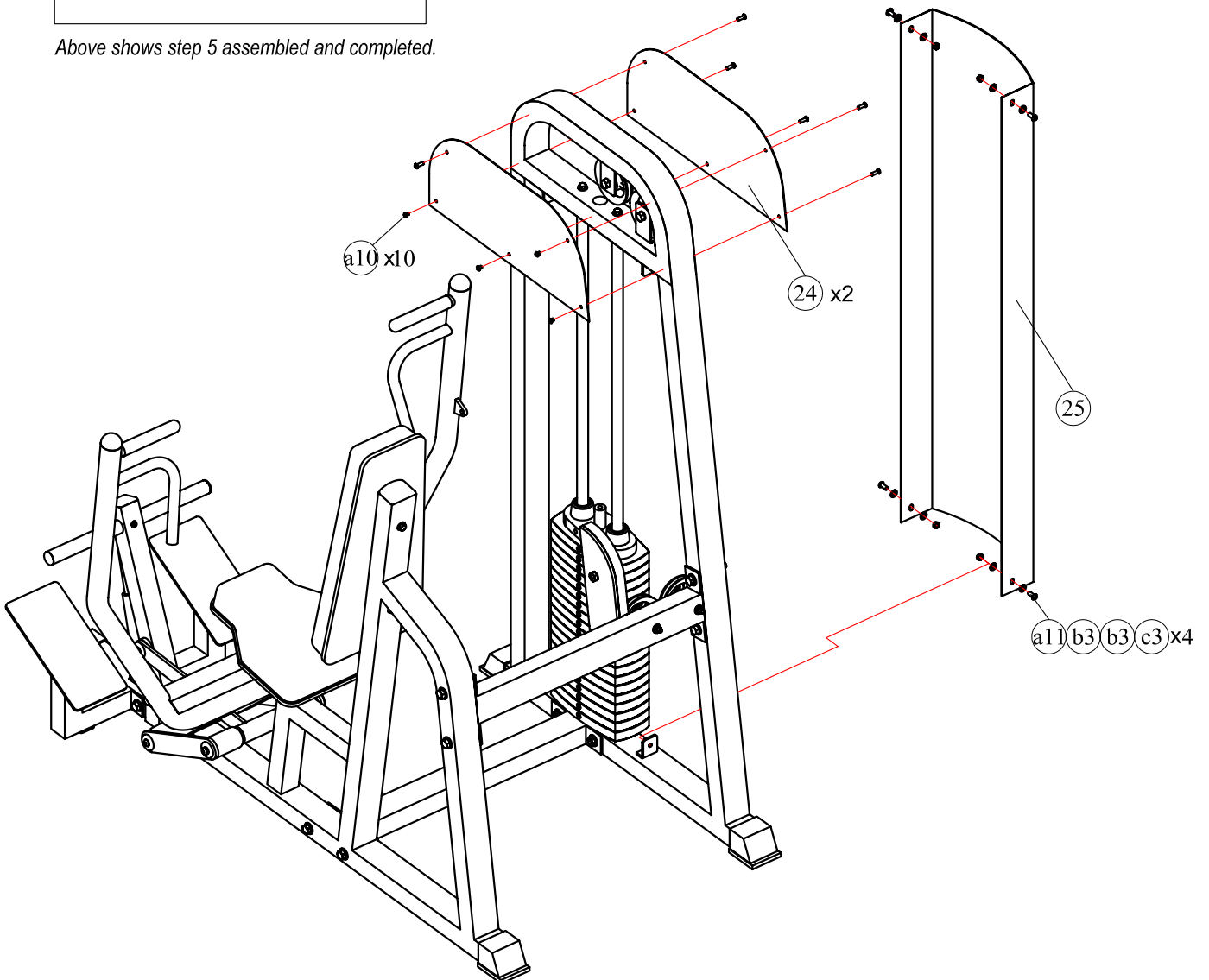
NOTE: During each assembly step, ensure that all bolts and nuts are in place and partially threaded in before completely tightening any one bolt.



Above shows step 5 assembled and completed.

Part list of step 5

ITEM	DESCRIPTION	QTY
24	WEIGHT STACK FRAME SHIELD	2
25	WEIGHT STACK SHIELD	1
a10	BOLT,BHCS,1/4"-20*1/4",L=8mm	10
a11	BOLT,BHCS,5/16"-18*3/4", L=16mm	4
b3	WASHER,FLAT,5/16"	8
c3	NUT , 5/16"-18	4

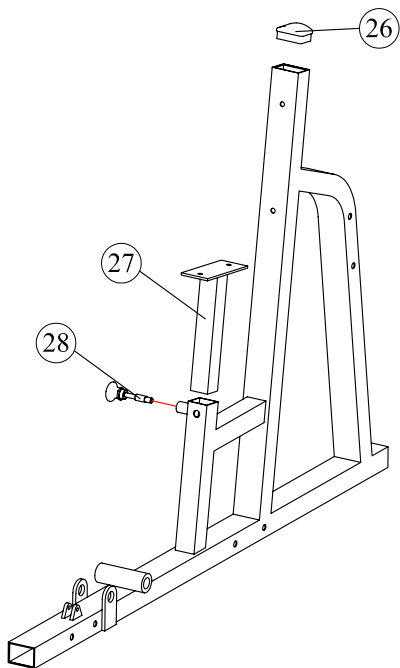


PRE-ASSEMBLY

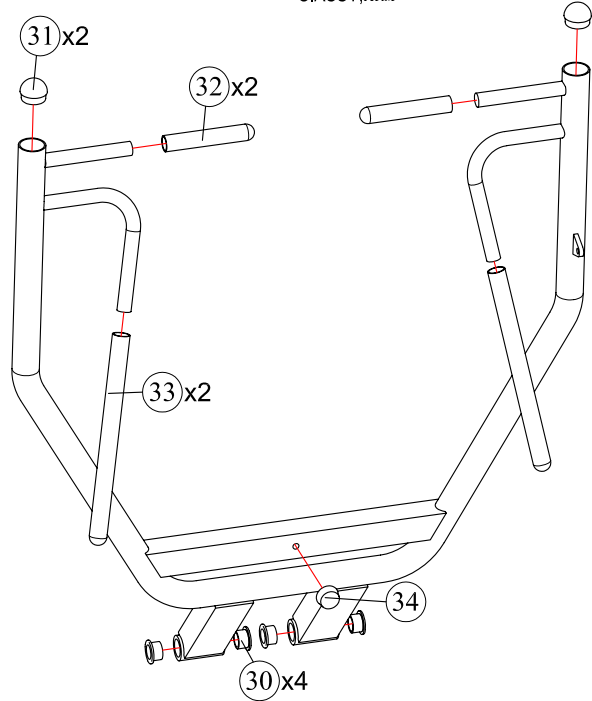
PART LIST:

ITEM	DESCRIPTION	QTY
B	ASSY, MAIN FRAME	1
C	ASSY, ARM	1
D	ASSY, BOOSTER	1
E	ASSY, FOOTLEVER	1
F	ASSY, PULL	1

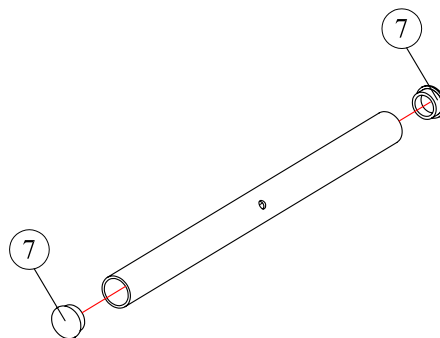
B.ASSY,MAIN FRAME



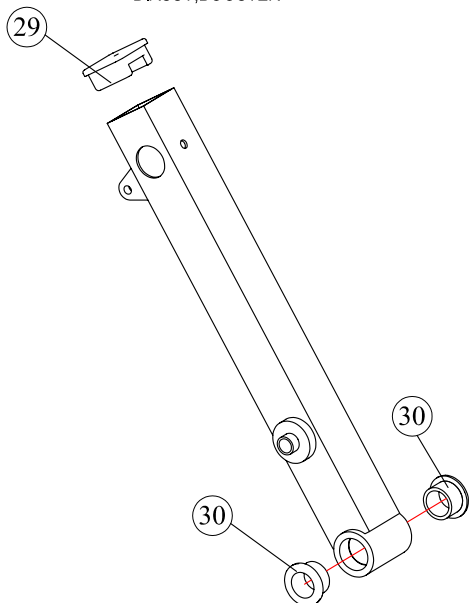
C.ASSY,ARM



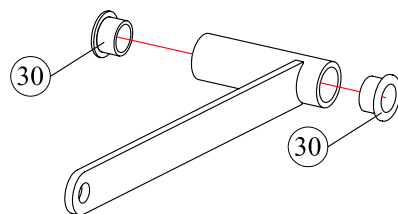
E.ASSY,FOOTLEVER



D.ASSY,BOOSTER



F.ASSY,PULL



PART LIST 1


PART LIST:

ITEM	DESCRIPTION	QTY
1	FOOT COVER 2"x2.75"	4
2	TOP CROSS BRACE	1
3	BOTTOM CROSS BRACE	1
4	CHROME WASHER ($\phi 35 \times \phi 11 \times 5t$)	5
5	CONNECT PLATE	2
6	NYLON COVER	2
7	PLASTIC INSERT CAP DIA($\phi 32mm$)	2
8	AXLE($\phi 25 \times 315$)	2
9	GAS SPRING(30kg)	1
10	AXLE($\phi 25 \times 86$)	1
11	CHROME WASHER ($\phi 42 \times \phi 13 \times 4t$)	2
12	BACK PAD	1
13	SEAT PAD	1
14	FOOT PLATE	2
15	LEFT FOOT TUBE	1
16	RIGHT FOOT TUBE	1
17	WEIGHT STACK	19
18	SELECTOR PIN	1
19	WEIGHT STACK GUIDE ROD(L=1400)	2
20	RUBBER DONUT	2
21	WEIGHT PLATE DECAL (10-200LBS)	1
22	NYLON PULLEY ASSEMBLY(4.5")	5
23	CABLE RETAINER BRACKET(4.5")	3
24	WEIGHT STACK FRAME SHIELD	2
25	WEIGHT STACK SHIELD	1
26	PLASTIC INSERT CAP(50 \times 70mm)	1
27	ADJUSTING TUBE	1
28	ASSY,PUSH PULL PIN (L=72mm)	1
29	PLASTIC INSERT CAP 2SQ.	1
30	POWDER METALLURGY BUSHING 1 IDx1 1/4 OD	8
31	PLASTIC INSERT CAP DIA($\phi 48mm$)	2
32	HANDLE ($\phi 24 \times 165mm$)	2
33	HANDLE ($\phi 24 \times 380mm$)	2
34	RUBBER BUMPER(3/8"-16)	1

HARDWARE LIST:

ITEM	DESCRIPTION	QTY
a1	BOLT,HHCS,1/2"-13*3 1/2", L=89mm	8
a2	BOLT,BHCS,3/8"-16*3/4", L=18mm	5
a3	BOLT,HHCS,1/2"-13*1", L=25mm	2
a4	BOLT,HHCS,M8*40mm	2
a5	BOLT,HHCS,3/8"-16*2 3/4",L=70mm	4
a6	BOLT,HHCS,3/8"-16*1", L=25mm	2
a7	BOLT,HHCS,1/2"-13*3 3/4", L=95mm	2
a8	BOLT,HHCS,3/8"-16*2", L=50mm	3
a9	BOLT,HHCS,3/8"-16*3 3/4", L=95mm	2
a10	BOLT,BHCS,1/4"-20*1/4",L=8mm	10
a11	BOLT,BHCS,5/16"-18*3/4", L=16mm	5
b1	WASHER,FLAT,1/2"	20
b2	WASHER,FLAT,3/8"	16
b3	WASHER,FLAT,5/16"	8
b4	WASHER,FLAT,M8	4
c1	LOCK NUT 1/2"-13	10
c2	LOCK NUT 3/8"-16	5
c3	NUT , 5/16"-18	4
c4	LOCK NUT M8	2
d1	LOCK WASHER $\phi 13mm$	2

CABLE LIST:

ITEM	DESCRIPTION	QTY
1#		1

Hardware guide:

