

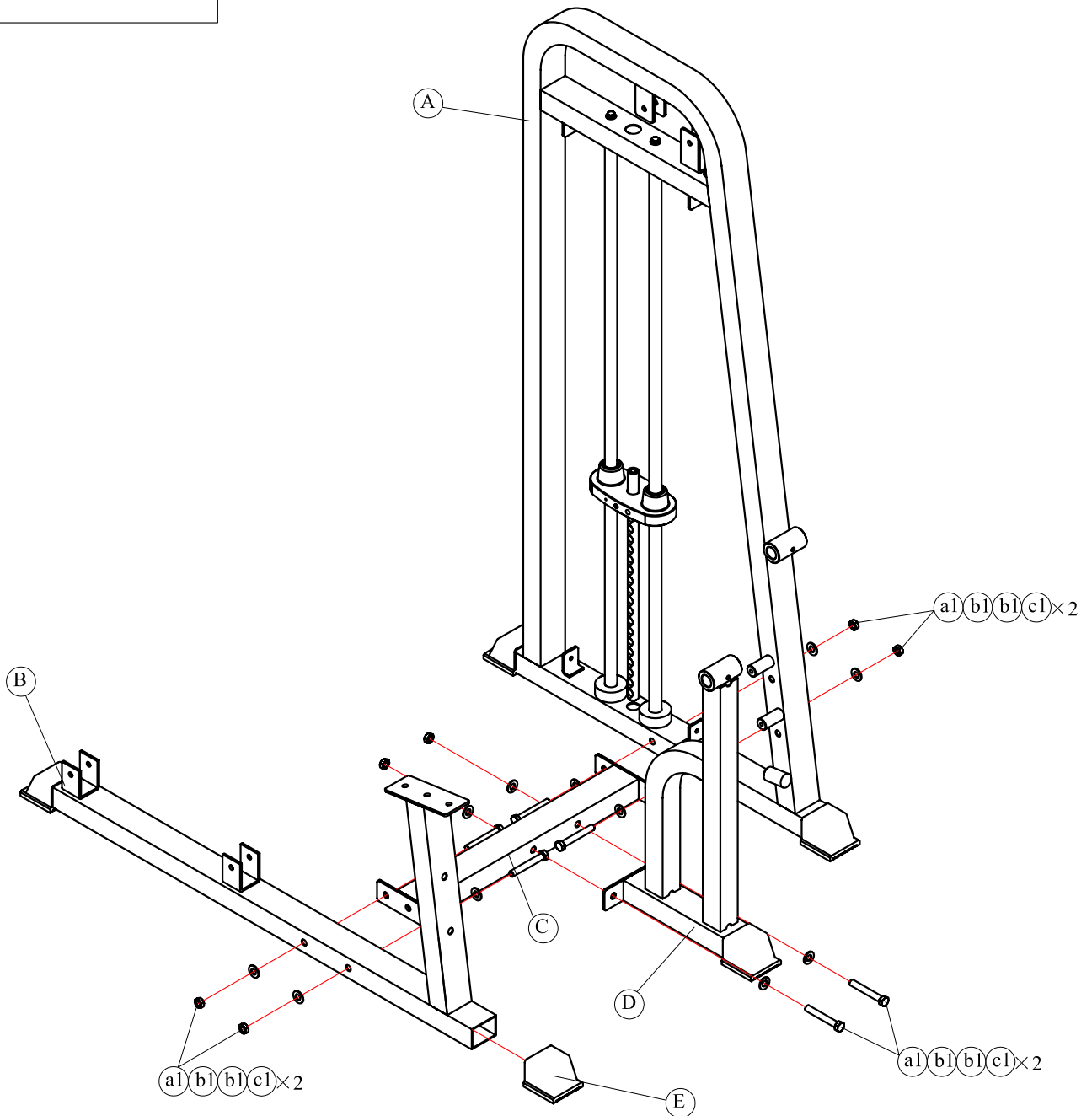
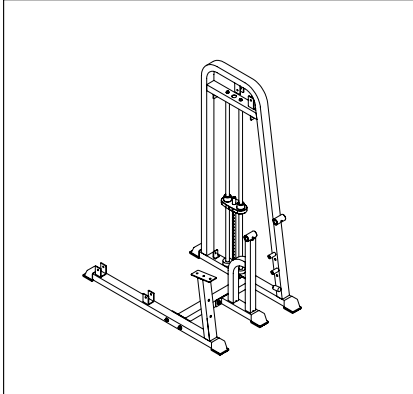
# STEP 1

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

Above shows step 1 assembled and completed

Part list of step 1

ITEM	DESCRIPTION	QTY
A	ASSY,WEIGHT STACK FRAME	1
B	MAIN FRAME	1
C	BOTTOM CROSS BRACE	1
D	ASSY,AUXILIARY SUPPORT FRAME	1
E	PLASTIC SQUARE SHOE 50×70	5
a1	BOLT,HHCS,1/2"-13*3 1/2"	6
b1	WASHER,FLAT,1/2"	12
c1	LOCK NUT 1/2"-13	6



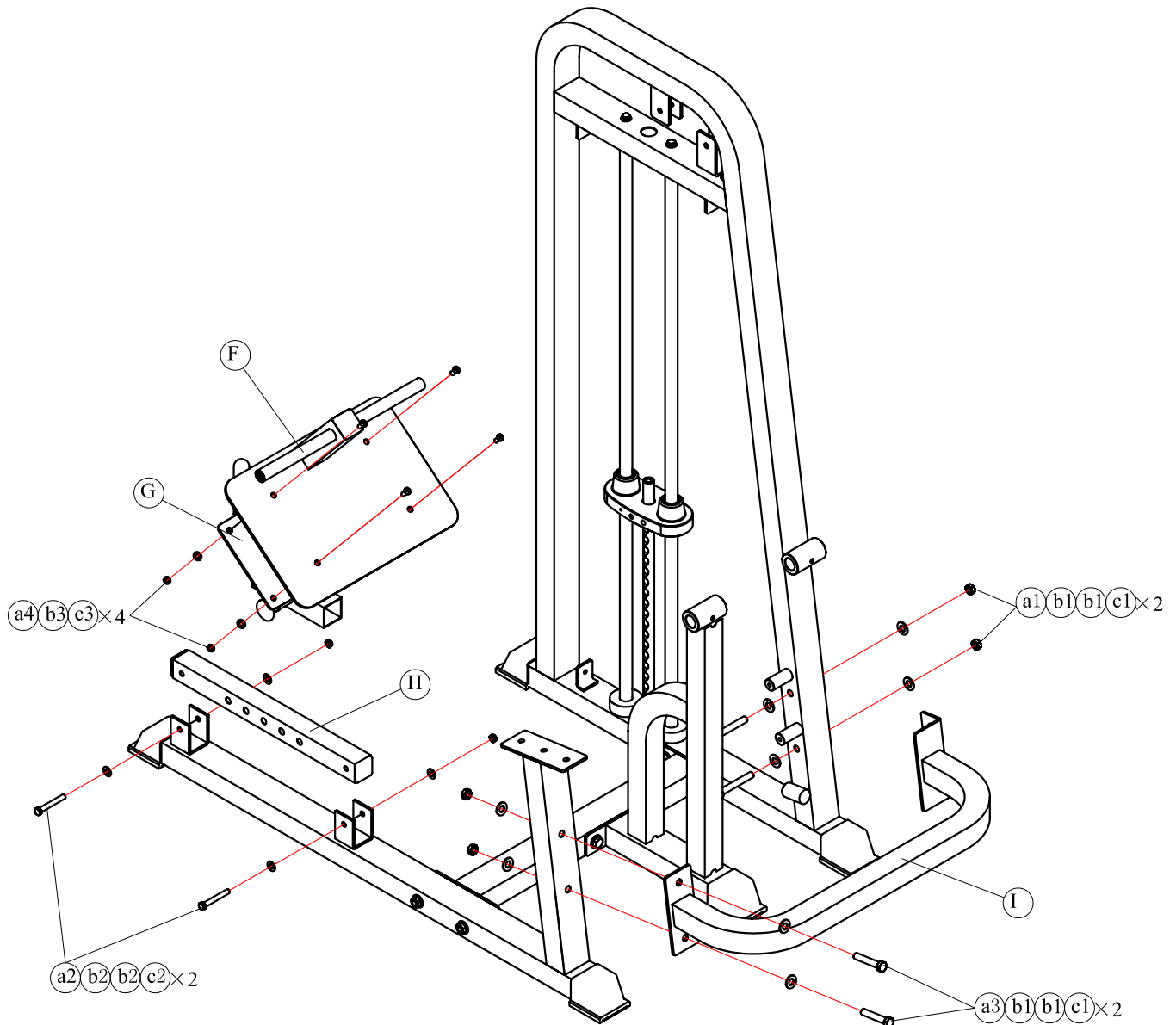
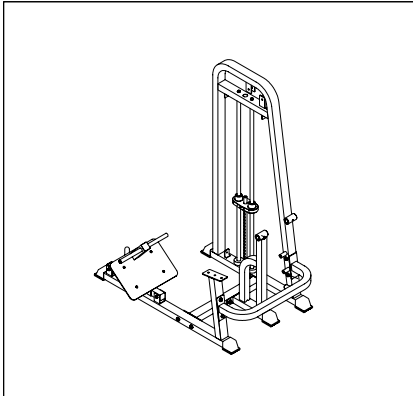
# STEP 2

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

Above shows step 2 assembled and completed

Part list of step 2

ITEM	DESCRIPTION	QTY
F	ASSY,FOOTLEVER A	1
G	ASSY,FOOTLEVER B	1
H	ASSY,ADJUSTABLE TUBE	1
I	BACK CROSS BRACE	1
a1	BOLT,HHCS,1/2"-13*3 1/2"	2
a2	BOLT,HHCS,3/8"-16*2 3/4"	2
a3	BOLT,HHCS,1/2"-13*2 3/4"	2
a4	BOLT,BHCS,5/16"-18*3/4"	4
b1	WASHER,FLAT,1/2"	8
b2	WASHER,FLAT,3/8"	4
b3	WASHER,FLAT,5/16"	4
c1	LOCK NUT 1/2"-13	4
c2	LOCK NUT 3/8"-16	2
c3	LOCK NUT 5/16"-18	4



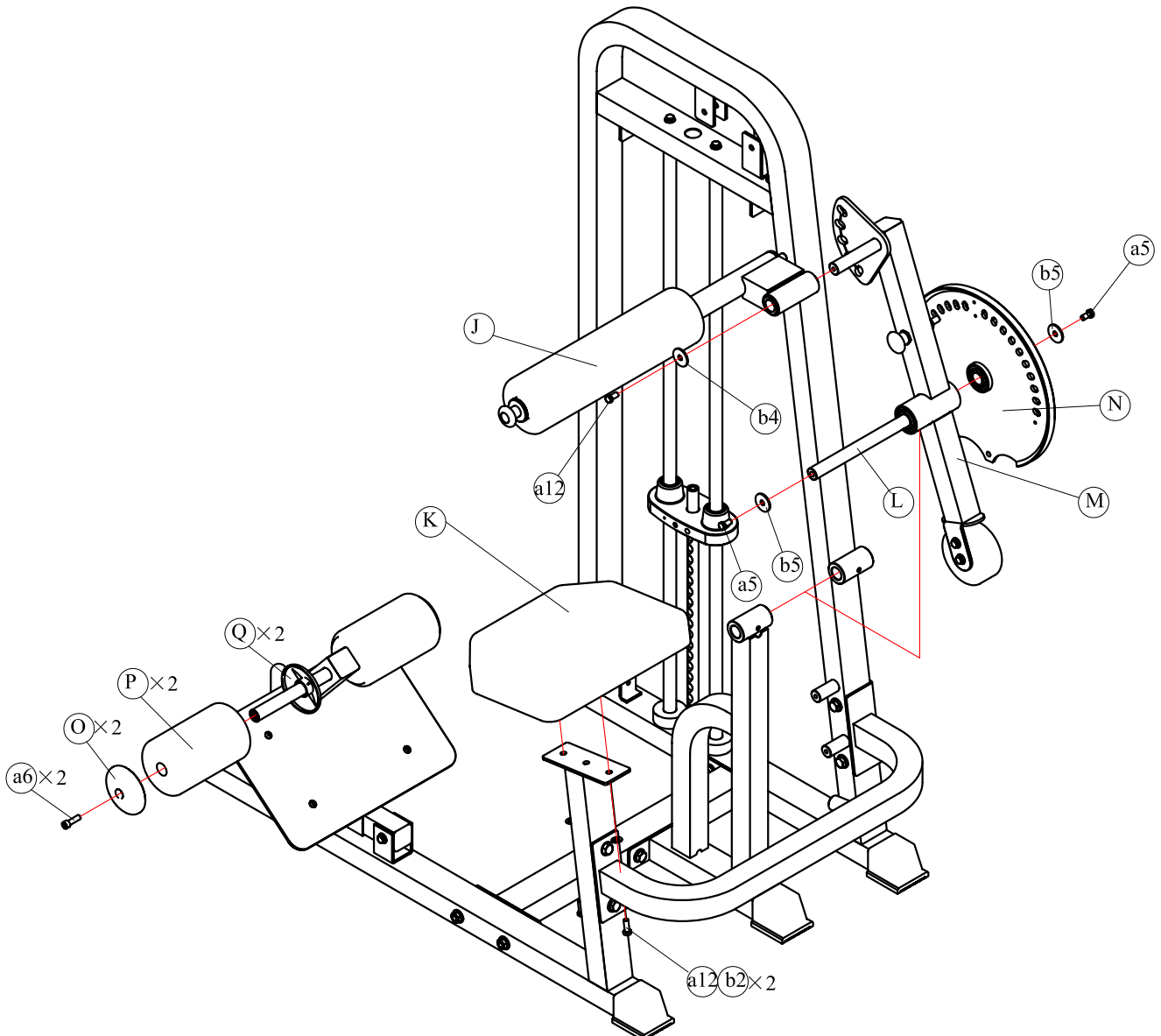
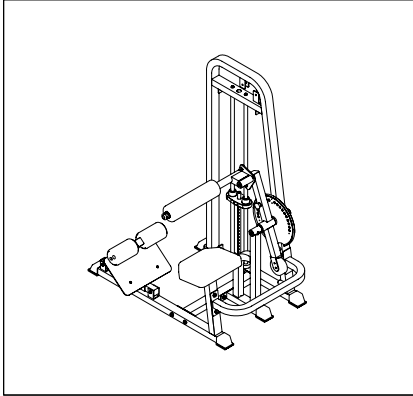
# STEP 3

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

Above shows step 3 assembled and completed

Part list of step 3

ITEM	DESCRIPTION	QTY
J	ASSY, SPONGE BALL TUBE	1
K	SEAT PAD	1
L	AXES Ø25× 355	1
M	ASSY, ARM	1
N	ASSY, METAL WHEEL	1
O	PLASTIC INSERT CAP "A" 1" RD.	2
P	SPONGE BALL Ø120X200	2
Q	PLASTIC INSERT CAP "B" 1" RD.	2
a5	BOLT, HHCS, 1/2"-13* 3/4"	2
a6	BOLT, SHCS, 3/8"-16* 1 3/8"	2
a12	BOLT, HHCS, 3/8"-16* 1"	3
b2	WASHER, FLAT, 3/8"	2
b4	WASHER, FLAT, Ø38× Ø11× 5t	1
b5	WASHER, FLAT, Ø42× Ø13× 4t	2



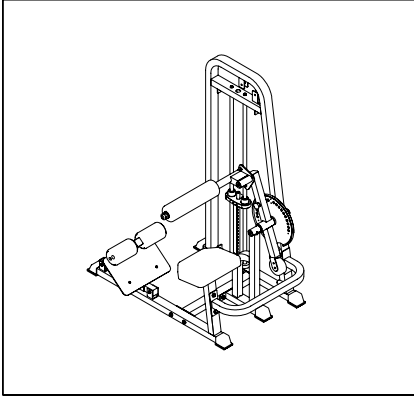
# STEP 4

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

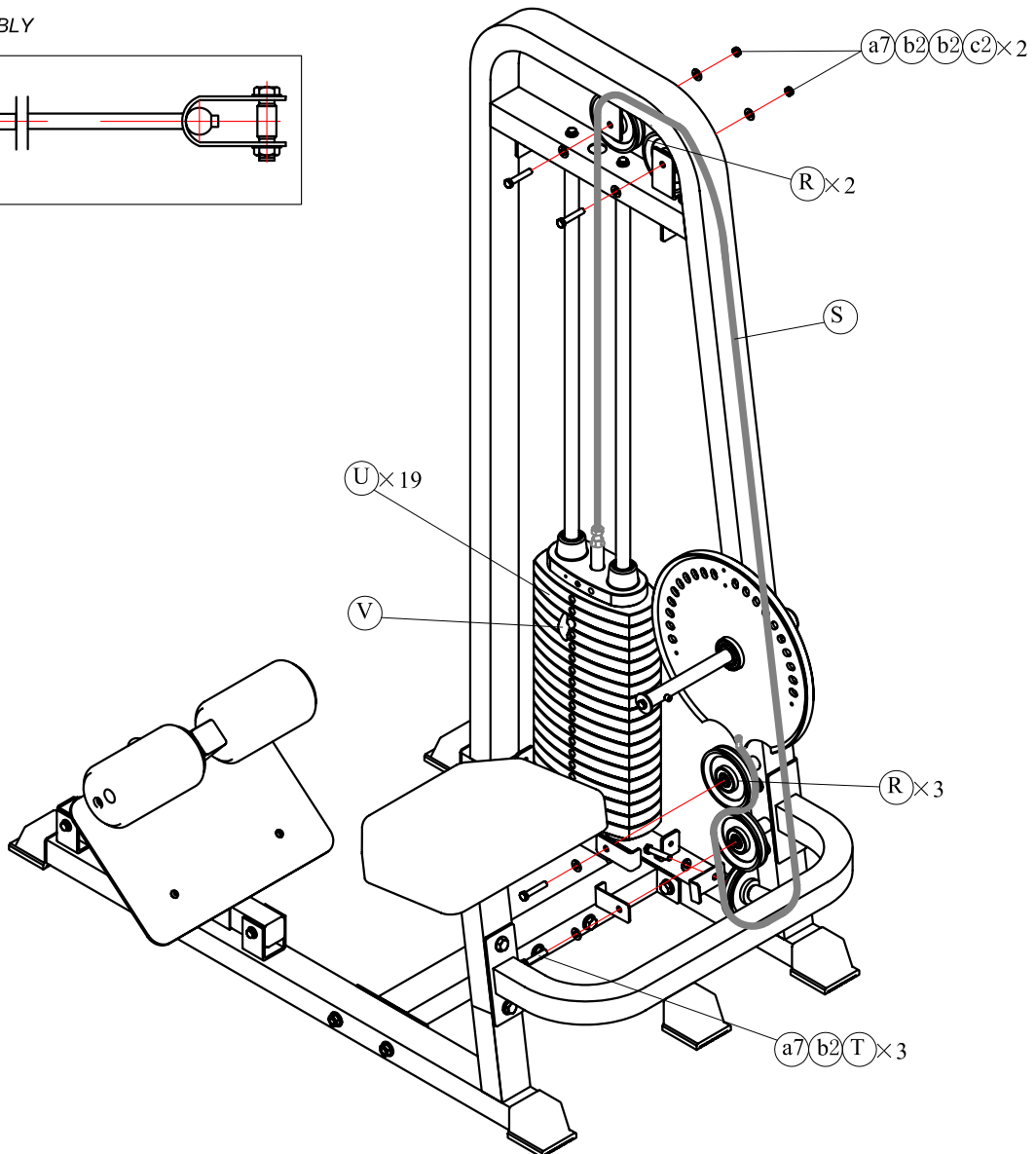
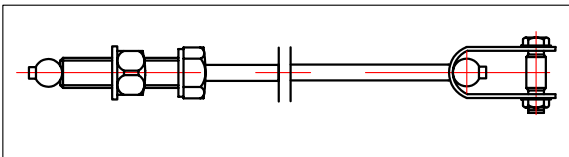
Above shows step 4 assembled and completed

Part list of step 4

ITEM	DESCRIPTION	QTY
R	PULLEY ASSEMBLY 4,5	5
S	ASSY,CABLE SUBASSEMBLY	1
T	DOUBLE PULLEY PLATE	3
U	WEIGHT STACK	19
V	ASSY,SELECTOR PINS w/COIL	1
a7	BOLT,HHCS,3/8"-16*2	5
b2	WASHER,FLAT,3/8"	7
c2	LOCK NUT 3/8"-16	2



shows CABLE SUBASSEMBLY



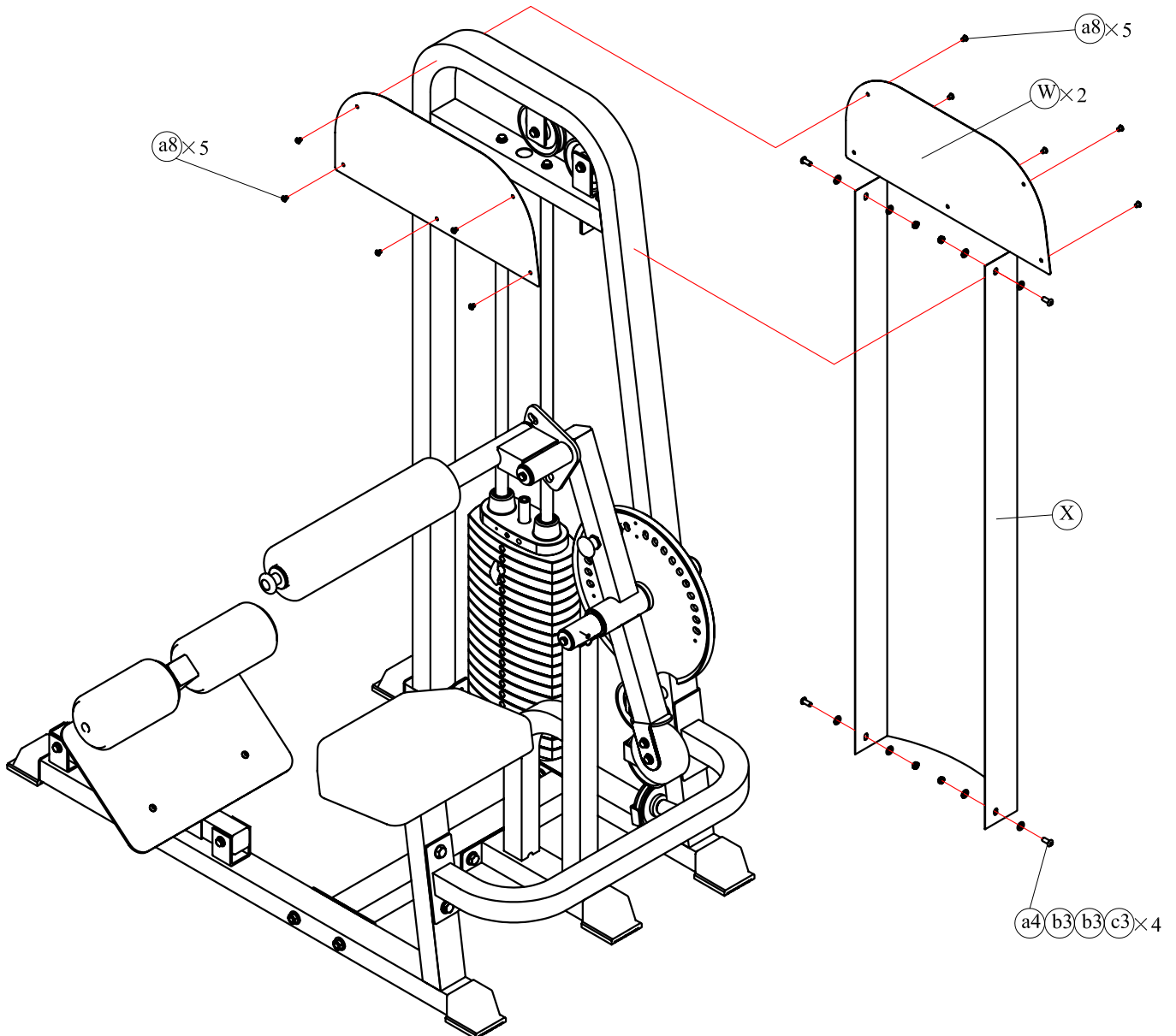
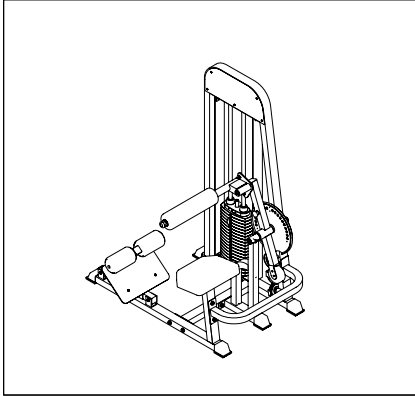
# STEP 5

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

Above shows step 5 assembled and completed

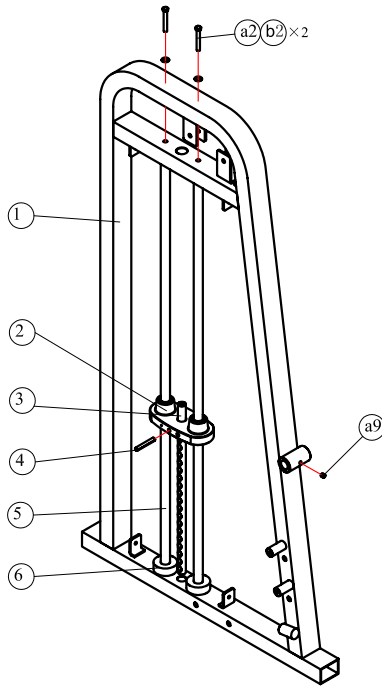
Part list of step 5

ITEM	DESCRIPTION	QTY
W	WEIGHT STACK FRAME SHIELD	2
X	WEIGHT STACK SHIELD	1
a4	BOLT,BHCS,5/16"-18* 3/4"	4
a8	BOLT,BHCS,1/4"-20* 5/16"	10
b3	WASHER,FLAT,5/16"	8
c3	LOCK NUT 5/16"-18	4

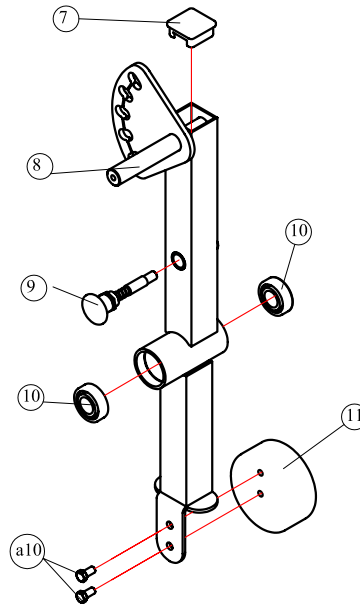


# PRE-ASSEMBLY

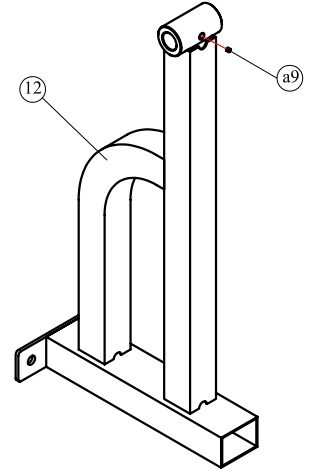
A. ASSY,WEIGHT STACK FRAME



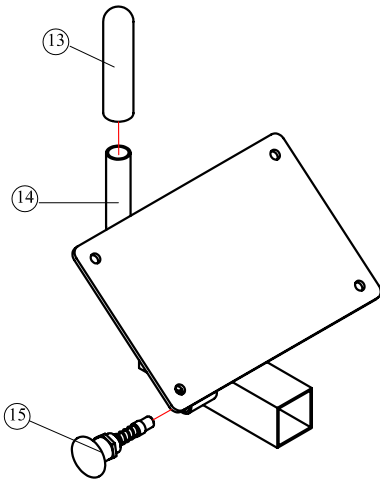
M. ASSY,ARM



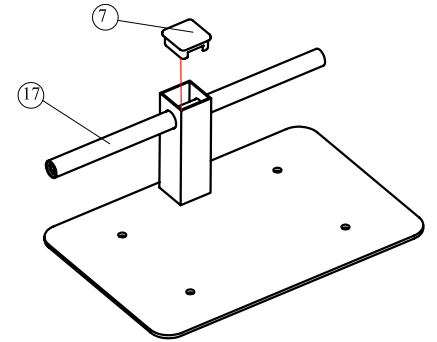
D. ASSY,AUXILIARY SUPPORT FRAME



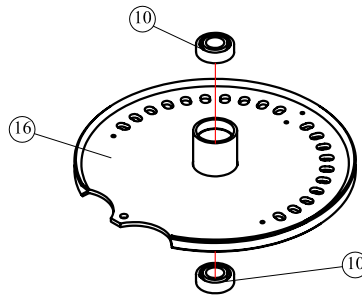
G. ASSY,FOOTLEVER B



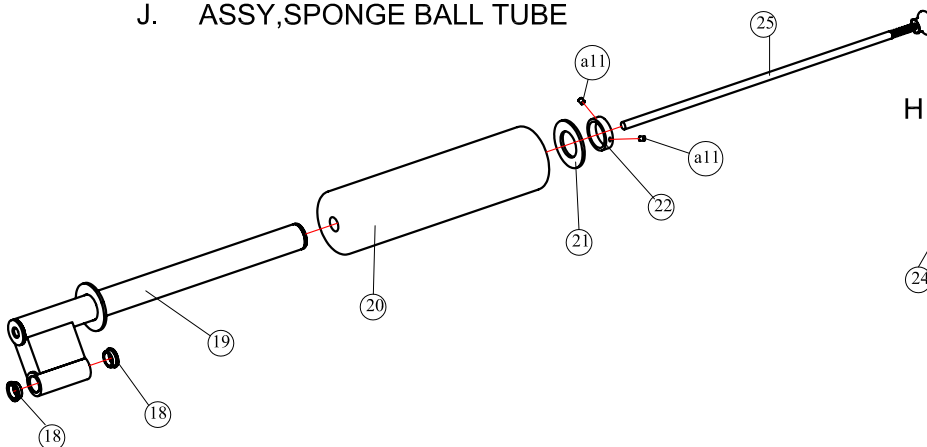
F. ASSY,FOOTLEVER A



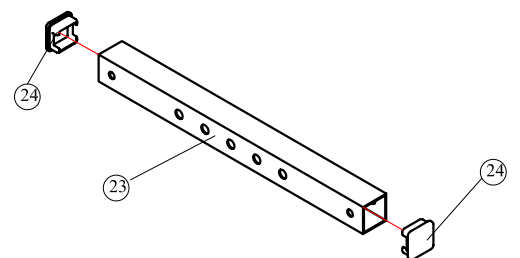
N. ASSY,METAL WHEEL



J. ASSY,SPONGE BALL TUBE



H. ASSY,ADJUSTABLE TUBE



# PRE-ASSEMBLY

## PART LIST

ITEM	DESCRIPTION	QTY
1	WEIGHT STACK FRAME	1
2	TOP WEIGHT	1
3	WEIGHT STACK PIN	1
4	SPRING PIN (Φ10*70)	1
5	WEIGHT STACK GUIDE ROD	2
6	RUBBER DONUT	2
7	PLASTIC INSERT CAP 2SQ.	2
8	ARM	1
9	PUSH PULL PIN 1/2 X 4	1
10	RADIAL BALL BEARING 6205	4
11	WEIGHT HAMMER	1
12	AUXILIARY SUPPORT FRAME	1
13	HAND GRIP(Ø24×130L)	1
14	FOOTLEVER B	1
15	PUSH PULL PIN 1/2 X 3	1
16	METAL WHEEL	1
17	FOOTLEVER A	1
18	POWDER METALLURGY BUSHING 1 IDx1 1/4 OD	2
19	SPONGE BALL TUBE	1
20	SPONGE BALL Ø120X450	1
21	BLOCK CIRCLE	1
22	TIGHT CIRCLE	1
23	ADJUSTABLE TUBE	1
24	PLASTIC INSERT CAP 1.75 SQ.	2
25	ASSY,SPECIAL COLLECTED POLES	1
B	MAIN FRAME	1
C	BOTTOM CROSS BRACE	1
E	PLASTIC SQUARE SHOE 50×70	5
I	BACK CROSS BRACE	2
K	SEAT PAD	1
L	AXES Ø25×355	1
O	PLASTIC INSERT CAP "A" 1" RD.	2
P	SPONGE BALL Ø120X200	2
Q	PLASTIC INSERT CAP "B" 1" RD.	2
R	PULLEY ASSEMBLY 4.5	5
S	ASSY,CABLE SUBASSEMBLY	1
T	DOUBLE PULLEY PLATE	3
U	WEIGHT STACK	19
V	ASSY,SELECTOR PINS w/COIL	1
W	WEIGHT STACK FRAME SHIELD	2
X	WEIGHT STACK SHIELD	1

## PART LIST

ITEM	DESCRIPTION	QTY
a1	BOLT,HHCS,1/2"-13*3 1/2"	8
a2	BOLT,HHCS,3/8"-16*2 3/4"	4
a3	BOLT,HHCS,1/2"-13*2 3/4"	2
a4	BOLT,BHCS,5/16"-18*3/4"	8
a5	BOLT,HHCS,1/2"-13* 3/4"	2
a6	BOLT,SHCS,3/8"-16*1 3/8"	2
a7	BOLT,HHCS,3/8"-16*2"	5
a8	BOLT,BHCS,1/4"-20* 5/16"	10
a9	SET SCREW,M10×10	2
a10	BOLT,HHCS,M10×25	2
a11	SET SCREW,M6×6	2
a12	BOLT,HHCS,3/8"-16* 1"	3
b1	WASHER,FLAT,1/2"	20
b2	WASHER,FLAT,3/8"	15
b3	WASHER,FLAT,5/16"	12
b4	WASHER,FLAT,Ø38×Ø11×5t	1
b5	WASHER,FLAT,Ø42×Ø13×4t	2
c1	LOCK NUT 1/2"-13	10
c2	LOCK NUT 3/8"-16	4
c3	LOCK NUT 5/16"-18	8

### Hardware guide:

