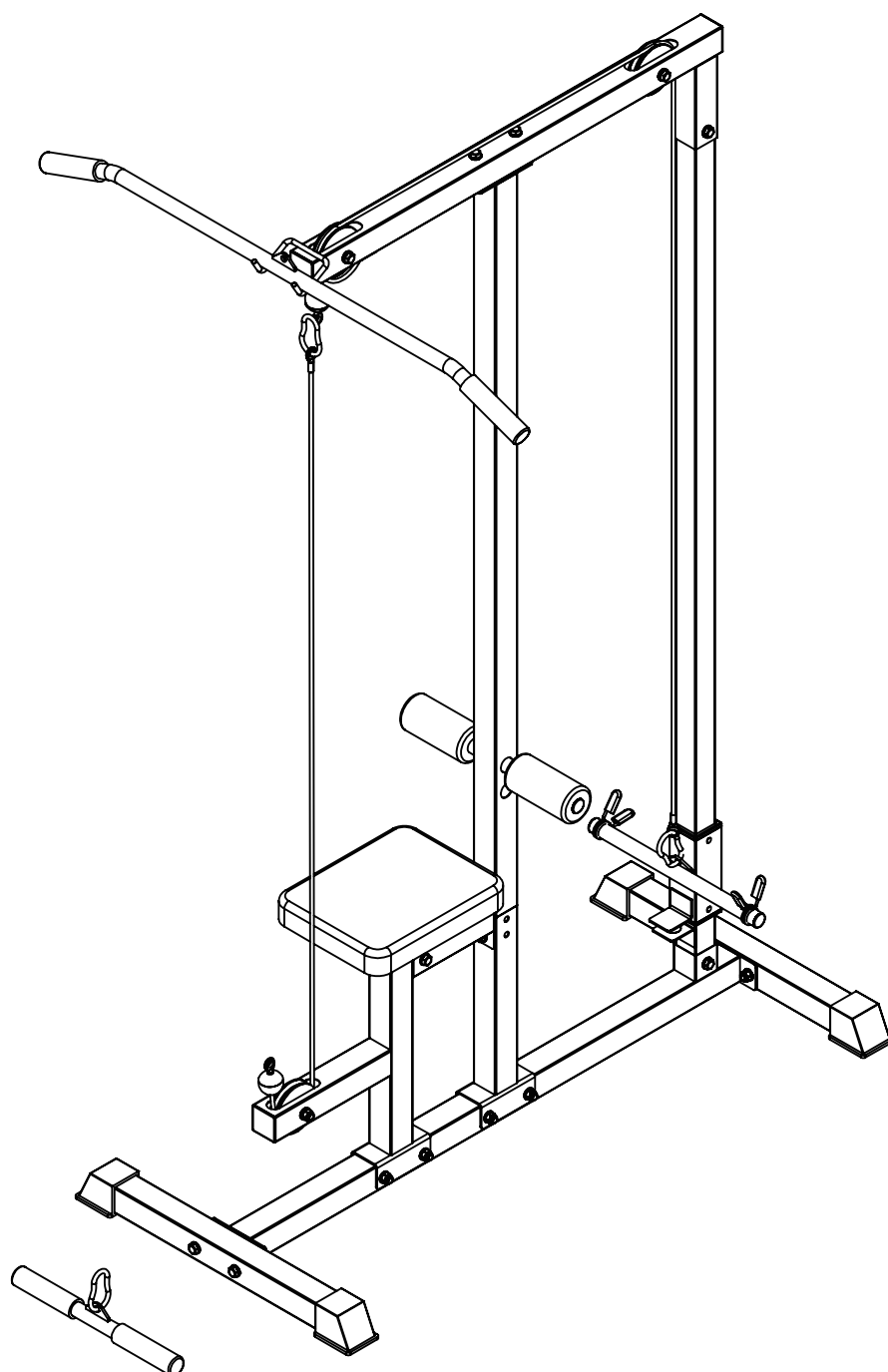




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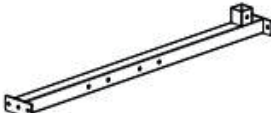
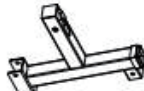
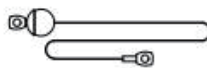
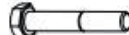
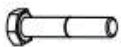
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IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

1.LISTA PARTI

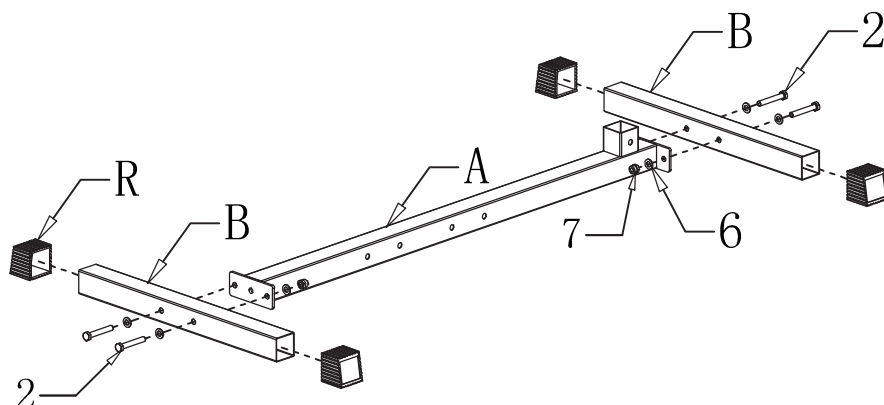
A. Tubo base 1pz 	B. Traversa 2pz 	c. Montante posteriore 1pz 
D.Montante inferiore 1pz 	E. Montante superiore 1pz 	F. Supporto sedile 1pz 
G. Barra per trazioni 1pz 	H. Piastra di regolazione del sedile 1PZ 	I. Telaio superiore 1PZ 
J. Barra del peso 1PZ 	K. Giunto 1PZ 	L. Maniglia per vogare 1PZ 
M. Sedile 1PZ 	N. Tubo in spugna 1PZ 	O. Anello di gomma 
P. Gancio 3PZ 	Q. Paraurti 1PZ 	R. Tappo 4pz 
S. Boccola della puleggia 6Pz 	T. Manopola 1Pz 	U. Spugna 2pz 
V. Puleggia 3pz 	W. Fermaglio 2pz 	X. Cavo superiore (2,33M) 1PZ 
Y. Cavo inferiore (1,65M) 1Pz 		1. Bullone M10*70 7PZ 
2. Bullone (M10*65mm) 8PZ 	3. Bullone (M10*60mm) 3PZ 	4. Bullone (M8*20mm) 2Pz 
5. Rondella (M8) 2Pz 	6. Rondella (M10) 36Pz 	

2.STEP DI ASSEMBLAGGIO

Passo 1

Articolo	Descrizione	Qta'
2	 BULLONE M10*65 DADO e RONDELLE	4

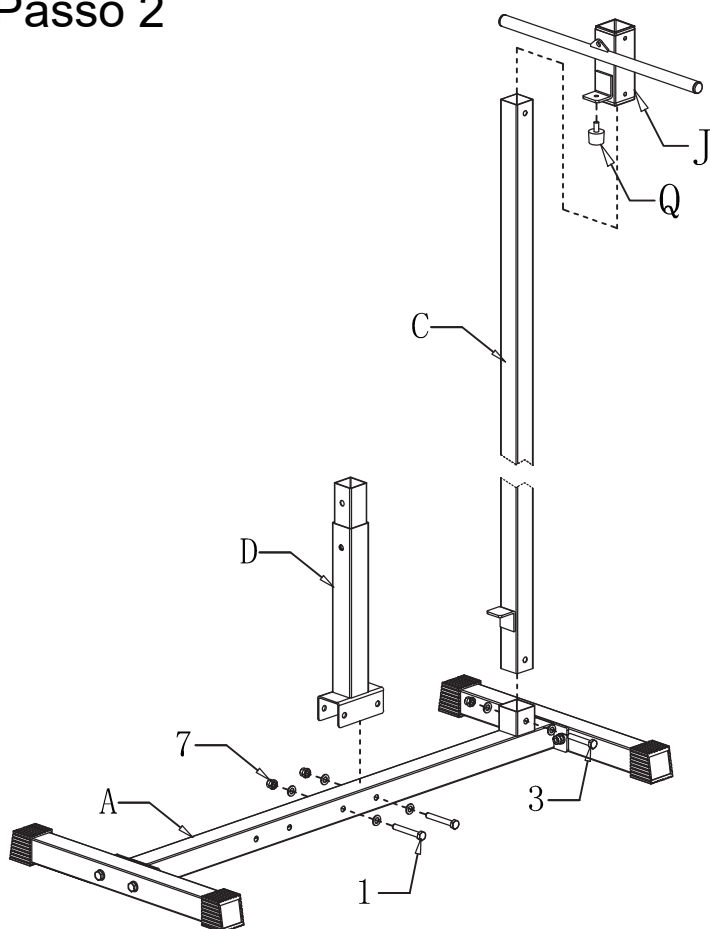
- 1.PUSH COVERS (R) ONTO THE CROSS BEAMS (B).
- 2.ATTACH CROSS BEAMS (B) TO THE BASE TUBE (A) USING BOLTS(M10*65) WASHERS AND LOCK NUTS (4SETS)



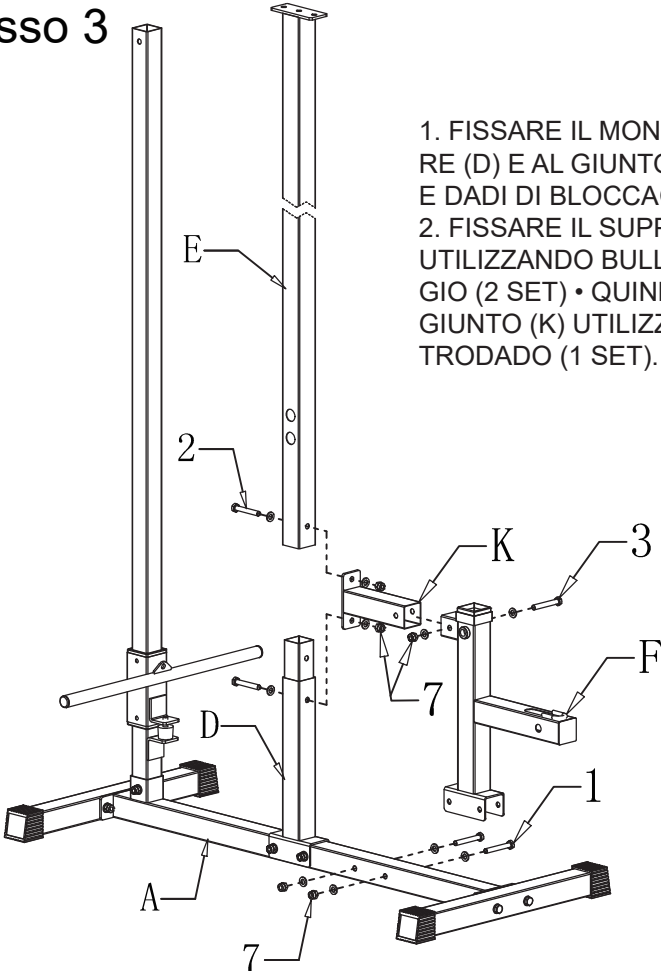
Passo 2

Articolo	Descrizione	Qta'
1	 BULLONE M10*70 DADO e RONDELLE	2
3	 BULLONE M10*60 DADO e RONDELLE	1

1. FISSARE I MONTANTI POSTERIORI (c) AL TUBO DELLA BASE (A) UTILIZZANDO BULLONI (M10 * 60) RONDELLE E DADI DI BLOCCAGGIO (1 SET).
2. FISSARE IL MONTANTE INFERIORE (D) AL TUBO DELLA BASE (A) UTILIZZANDO BULLONI (M10 * 70) RONDELLE E DADI DI BLOCCAGGIO (2 SET).
3. SPINGERE IL BARRA DEL PESO (j) SUL MONTANTE POSTERIORE (c) TRAMITE IL PARAURTI (Q).



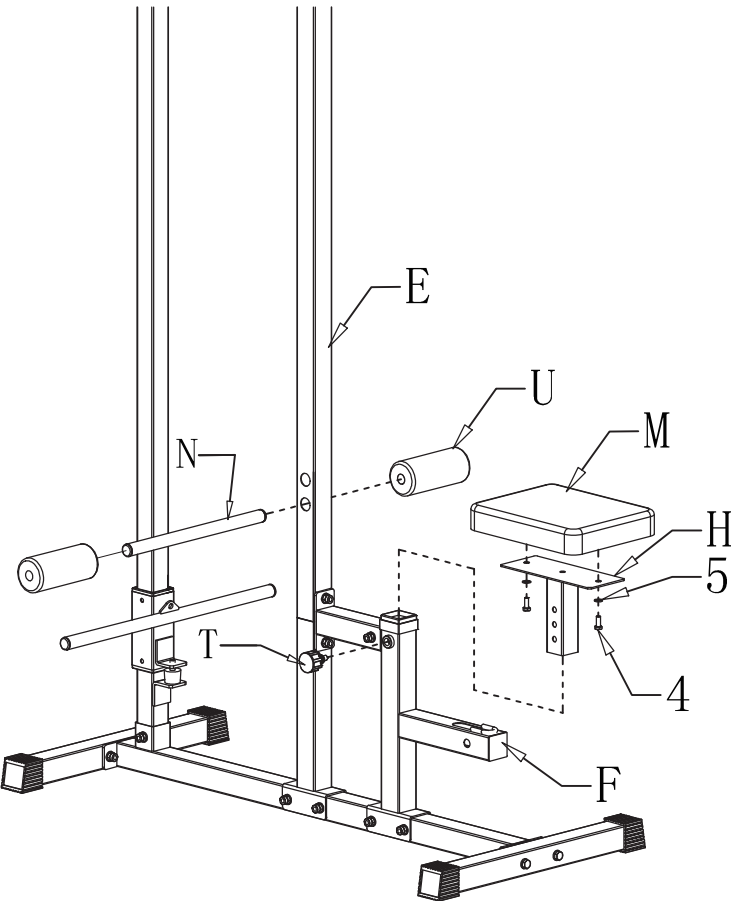
Passo 3



1. FISSARE IL MONTANTE SUPERIORE (E) AL MONTANTE INFERIORE (D) E AL GIUNTO (K) UTILIZZANDO BULLONI (M10 * 65) RONDELLE E DADI DI BLOCCAGGIO (2 SET).
2. FISSARE IL SUPPORTO DEL SEDILE (F) AL TUBO DELLA BASE (A) UTILIZZANDO BULLONI (M10 * 70) RONDELLE E DADI DI BLOCCAGGIO (2 SET) • QUINDI FISSARE IL SUPPORTO DEL SEDILE (F) AL GIUNTO (K) UTILIZZANDO BULLONI (M10 * 60) RONDELLE E CONTRODADO (1 SET).

Articolo	Descrizione	Qta'
1	 BULLONE M10*70 DADO e RONDELLE	2
2	 BULLONE M10*65 DADO e RONDELLE	2
3	 BULLONE M10*60 DADO e RONDELLE	1

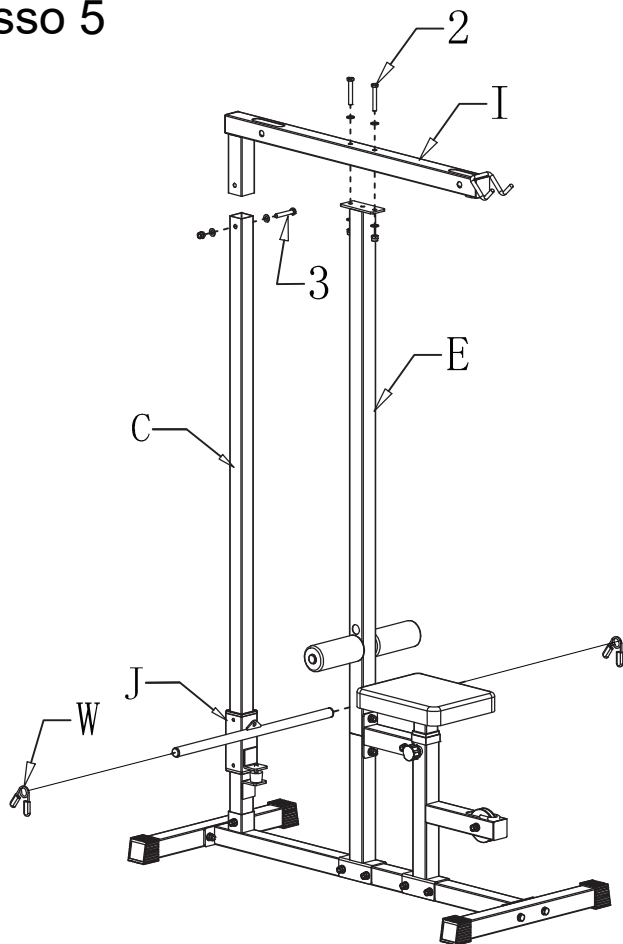
Passo 4



Articolo	Descrizione	Qta'
4	 BULLONE M8*20 RONDELE	2

- 1.FISSARE LA PIASTRA DI REGOLAZIONE DEL SEDILE (H) AL SUPPORTO DEL SEDILE (F) UTILIZZANDO LA MANOPOLA (T).
2. FISSARE IL SEDILE (M) ALLA PIASTRA DI REGOLAZIONE DEL SEDILE (H) MEDIANTE BULLONI (M8 * 20) E RONDELLE (2 SET).
- 3.INSERIRE IL TUBO DI SPUGNA (N) NEL FORO DEL MONTANTE SUPERIORE (E) E POI SPINGERE DUE SPUGNE (U) SUL TUBO (N)

Passo 5

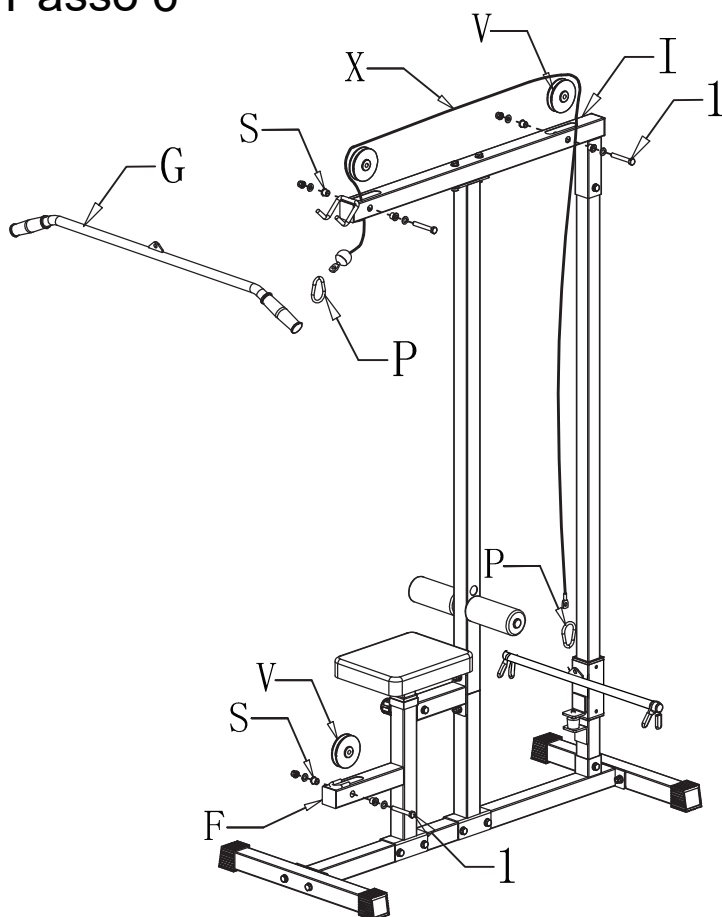


Articolo	Descrizione	Qta'
2	 BULLONE M10*65 DADO e RONDELLE	2
3	 BULLONE M10*60 DADO e RONDELLE	1

1.FISSARE IL TELAIO SUPERIORE (I) AL MONTANTE SUPERIORE (E) E AL MONTANTE POSTERIORE (C) TRAMITE BULLONI (M10 * 65), BULLONI (M10 * 60), RONDELLE E DADI DI BLOCCAGGIO.

2. UTILIZZARE IL FERMAGLIO PER BLOCCARLI SUL RUBO DI BARRA DEL PESO (J).

Passo 6



Articolo	Descrizione	Qta'
1	 BULLONE M10*70 DADO e RONDELLE	3

1.FISSARE LA PULEGGIA (V) AL TELAIO SUPERIORE (I) E AL SUPPORTO SEDE (F) UTILIZZANDO UN DADO, RONDELLE M10 * 70 (3 SET) E LE BOCCOLE DELLA PULEGGIA.

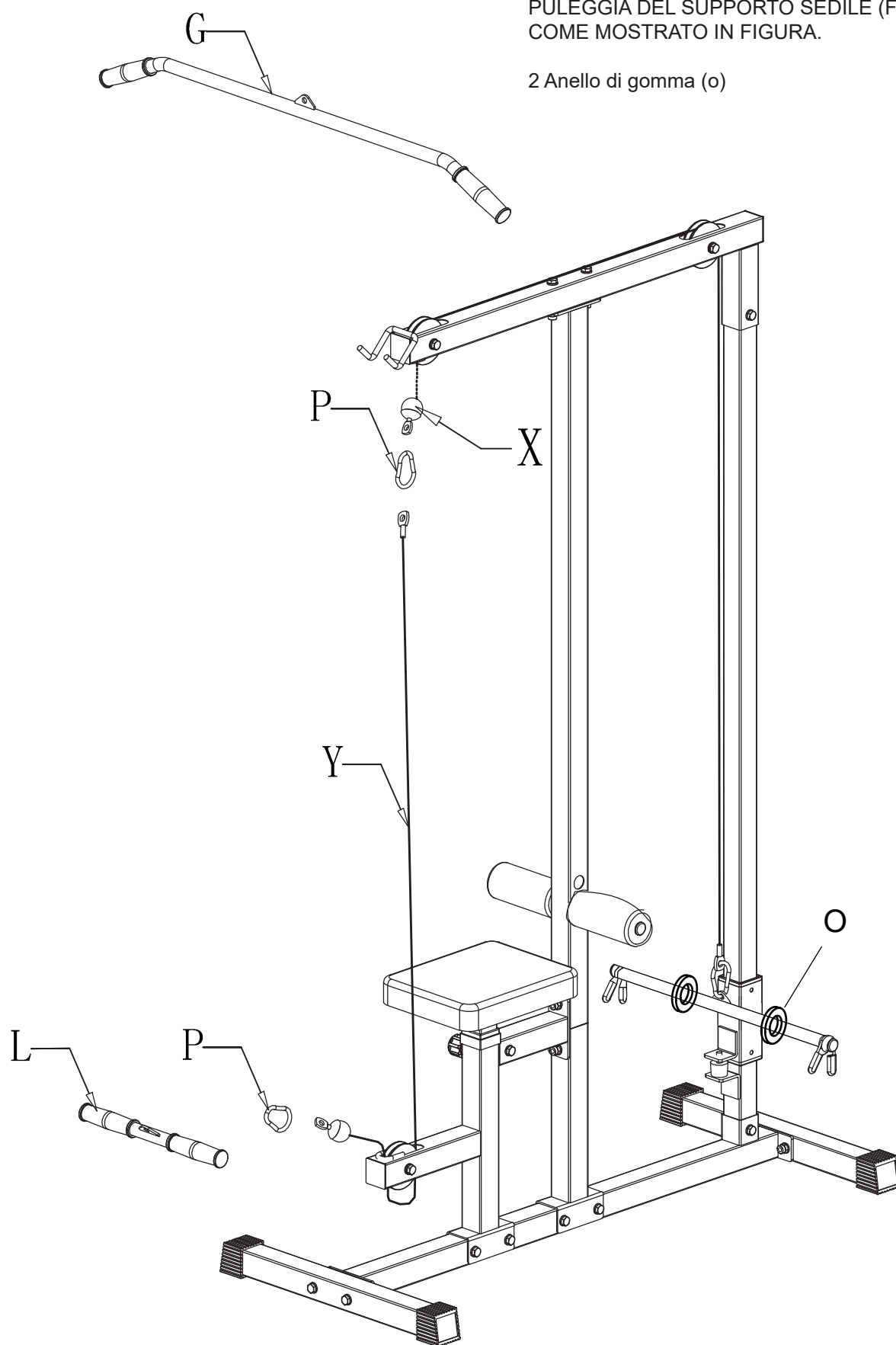
2. COLLEGARE IL CAVO SUPERIORE (X) AL BARRA DEL PESO (J) TRAMITE LE DUE PULEGGE SUPERIORI COME MOSTRATO IN FIGURA.

CONTROLLARE L'UNITÀ SU UNA SUPERFICIE PIANA PRIMA DI STRINGERE TUTTI I BULLONI E I DADI
ASSICURARSI CHE LE PULEGGE RUOTINO LIBERAMENTE SENZA ALCUNA RESISTENZA A CAUSA DELLA TENUTA ECCESSIVA.

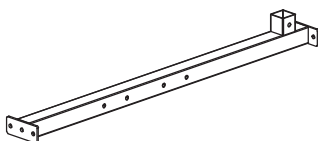
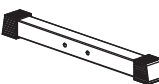
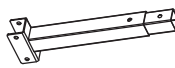
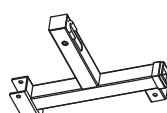
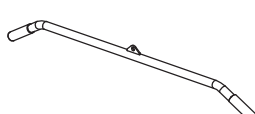
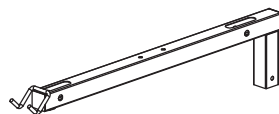
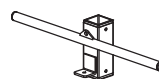
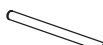
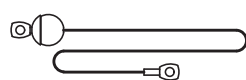
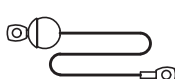
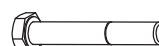
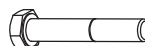
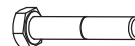
Passo 7

1. FISSARE IL CAVO INFERIORE (Y) AL CAVO SUPERIORE (X) PASSANDO DALLA PULEGGIA DEL SUPPORTO SEDE (F) COME MOSTRATO IN FIGURA.

2 Anello di gomma (o)



1.PART LIST

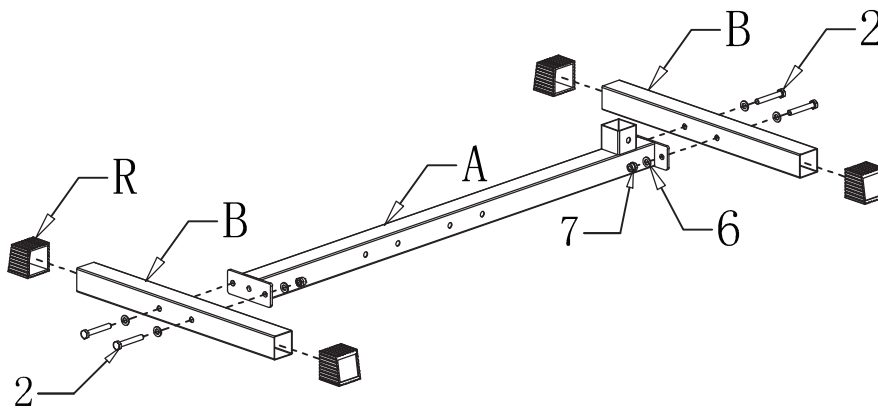
A. Base tube 1pc 	B. Cross beam 2pcs 	C. Rear upright 1pc 
D. Bottom upright 1pc 	E. Top upright 1pc 	F. Seat support 1pc 
G. Lat bar 1pc 	H. Seat adjustable board 1pc 	I. Top frame 1pc 
J. Weight bar 1pc 	K. Connecting part 1pc 	L. Row handle 1pc 
M. Seat 1pc 	N. Foam tube 1pc 	O Rubber ring 
P. Hooks 3pcs 	Q. Bumper 1pc 	R. Cover 4pcs 
S. Pulley bushing 6pcs 	T. Knob 1pc 	U. Foam 2pcs 
V. Pulley 3pcs 	W. CLIP 2pcs 	X. UPPER CABLE (2.33M) 1pc 
Y. LOWER CABLE (1.65M) 1pc 		1. BOLT M10*70 7pcs 
2. Bolt (M10*65mm) 8pcs 	3. Bolt (M10*60mm) 3pcs 	4. Bolt (M8*20mm) 2pcs 
5. Washer (M8) 2pcs 	6. Washer (M10) 36pcs 	7. Nut (M10) 18pcs 

2.ASSEMBLY STEP

STEP 1

Item	Description	Qty
2	 BOLT M10*65 WASHERS NUT	4

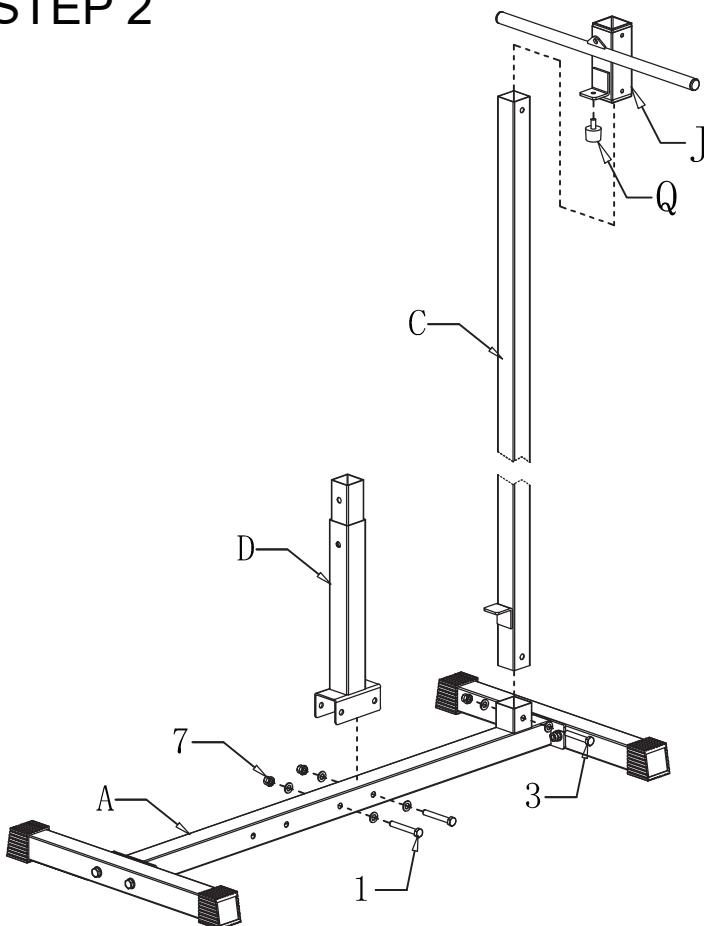
1. PUSH COVERS (R) ONTO THE CROSS BEAMS (B).
2. ATTACH CROSS BEAMS (B) TO THE BASE TUBE (A) USING BOLTS (M10*65) WASHERS AND LOCK NUTS (4SETS).



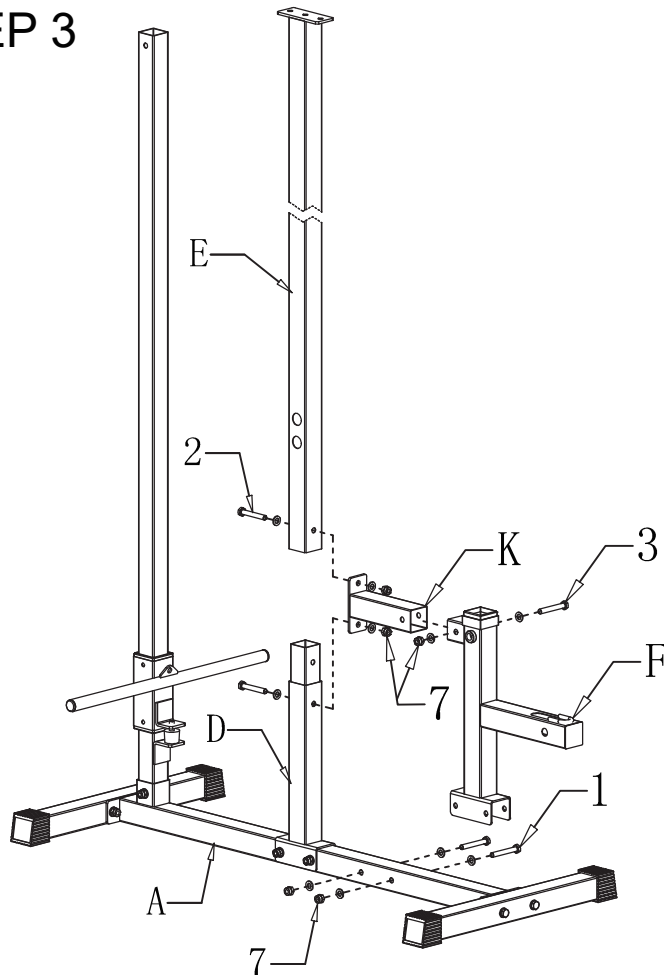
STEP 2

Item	Description	Qty
1	 BOLT M10*70 WASHERS NUT	2
3	 BOLT M10*60 WASHERS NUT	1

1. ATTACH REAR UPRIGHTS (C) TO THE BASE TUBE (A) USING BOLTS (M10*60) WASHERS AND LOCK NUT (1SET).
2. ATTACH BOTTOM UPRIGHT (D) TO THE BASE TUBE (A) USING BOLTS (M10*70) WASHERS AND LOCK NUTS (2SETS).
3. PUSH THE WEIGHT BAR (J) ONTO THE REAR UPRIGHT (C) USING BUMPER (Q).



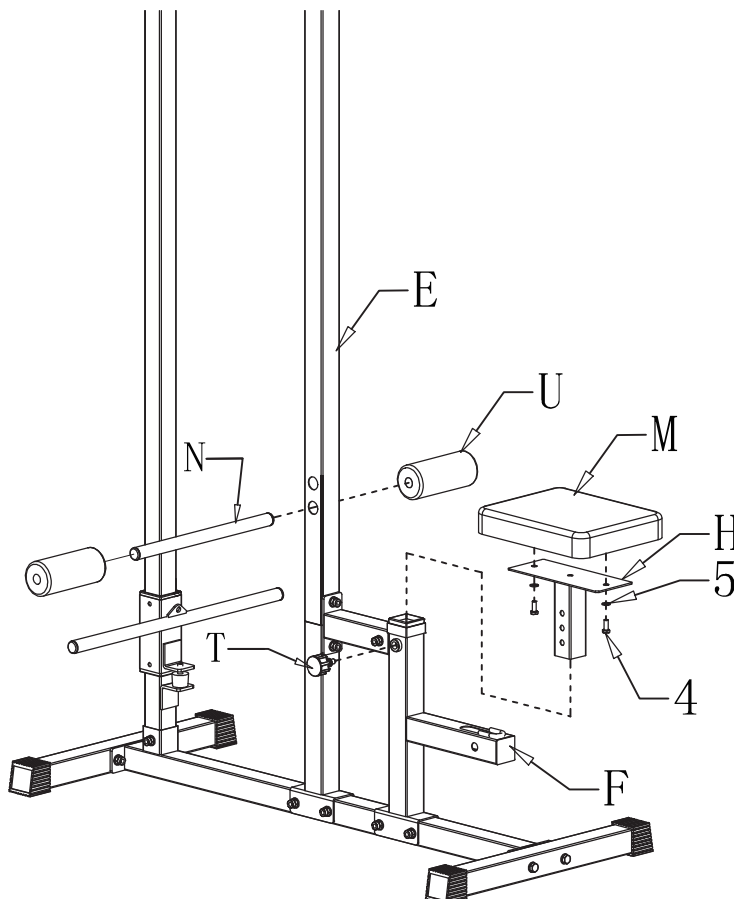
STEP 3

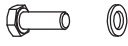


Item	Description	Qty
1	 BOLT M10*70 WASHERS NUT	2
2	 BOLT M10*65 WASHERS NUT	2
3	 BOLT M10*60 WASHERS NUT	1

1. ATTACH TOP UPRIGHT (E) TO BOTTOM UPRIGHT (D) AND CONNECTING PART (K) USING BOLTS (M10*65) WASHERS AND LOCK NUTS (2SETS).
2. ATTACH SEAT SUPPORT (F) TO THE BASE TUBE (A) USING BOLTS (M10*70) WASHERS AND LOCK NUTS (2SETS). THEN ATTACH SEAT SUPPORT (F) TO CONNECTING PART (K) USING BOLTS (M10*60) WASHERS AND LOCK NUT (1SET).

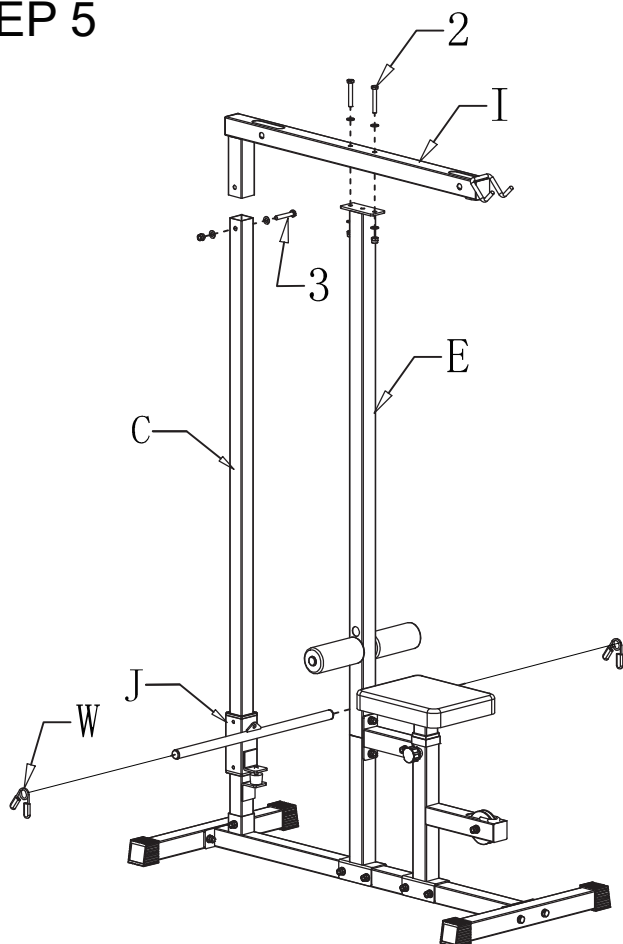
STEP 4



Item	Description	Qty
4	 BOLT M8*20 WASHERS	2

1. ATTACH SEAT ADJUSTABLE BOARD (H) TO THE SEAT SUPPORT (F) USING KNOB (T).
2. ATTACH SEAT (M) TO THE SEAT ADJUSTABLE BOARD (H) USING BOLTS (M8*20) WASHERS (2SETS).
3. PUSH FOAM TUBE (N) INTO THE HOLE OF TOP UPRIGHT (E) AND THEN PUSH TWO FOAMS (U) ONTO FOAM TUBE (N).

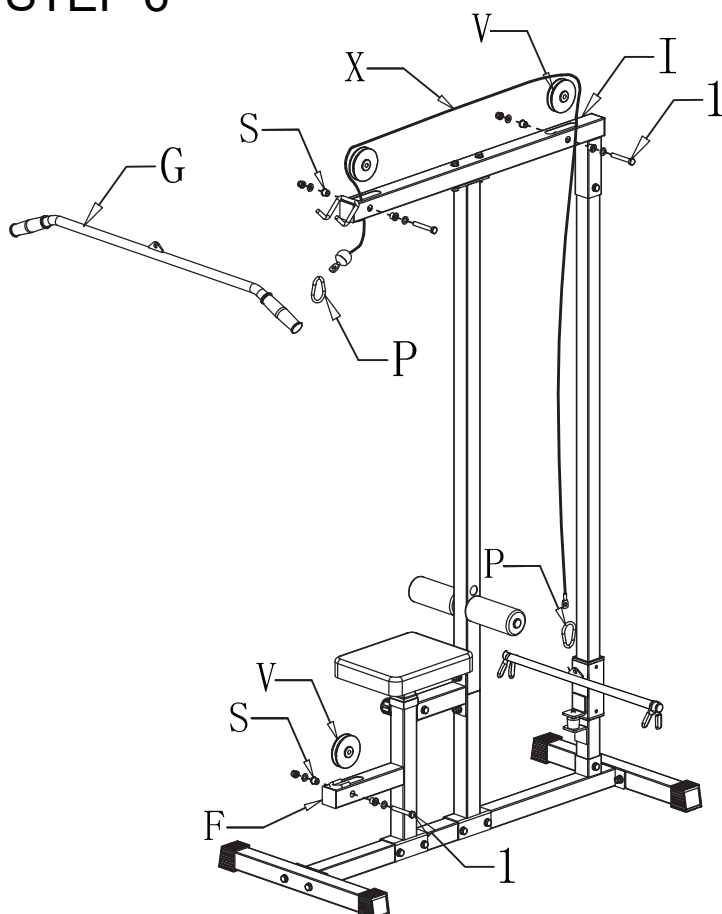
STEP 5



Item	Description	Qty
2	 BOLT M10*65 WASHERS NUT	2
3	 BOLT M10*60 WASHERS NUT	1

1. ATTACH TOP FRAME (I) TO TOP UPRIGHT (E) AND REAR UPRIGHT (C) USING BOLTS (M10*65), BOLTS (M10*60) WASHERS AND LOCK NUTS.
2. INTO THE TUBE OF WEIGHT BAR (J) USING CLIP (W) TO LOCK THEM.

STEP 6



Item	Description	Qty
1	 BOLT M10*70 WASHERS NUT	3

1. ATTACH PULLEY (V) TO THE TOP FRAME (I) AND SEAT SUPPORT (F) USING BOLT M10*70 WASHERS NUT (3SETS) AND PULLEY BUSHING (S).
2. ATTACH THE UPPER CABLE (X) TO THE WEIGHT BAR (J) THROUGH TOP TWO PULLEYS AS SHOWN.

CHECK THE UNIT ON A LEVEL SURFACE BEFORE TIGHTENING ALL BOLTS AND NUTS.

MAKE SURE THE PULLEYS ROTATE FREELY WITHOUT ANY RESISTANCE DUE TO THE OVER TIGHTNESS.

STEP 7

1. ATTACH THE LOWER CABLE (Y) TO THE UPPER CABLE (X) THROUGH PULLEY OF SEAT SUPPORT (F) AS SHOWN.

2 Rubber ring (O)

