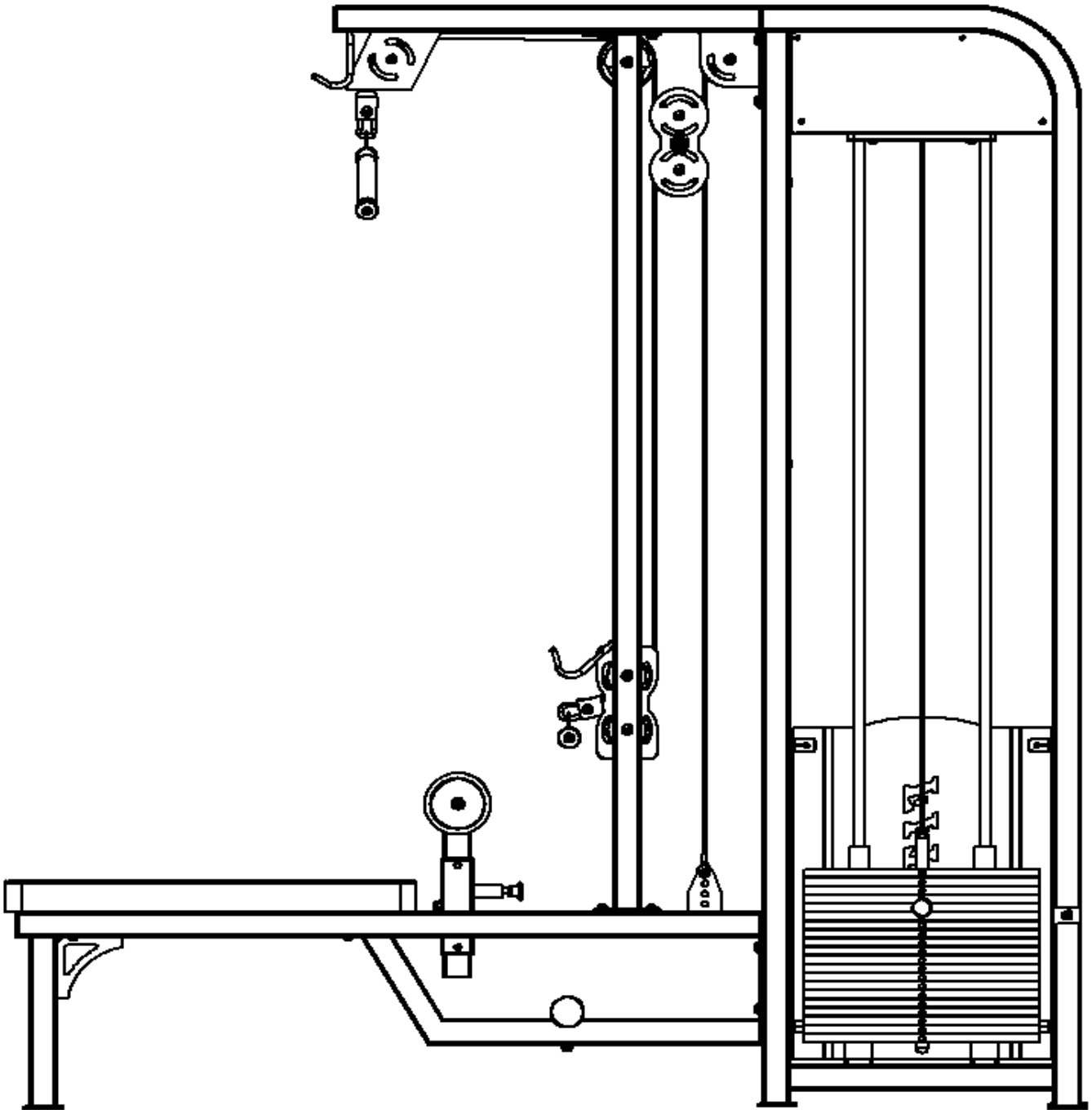
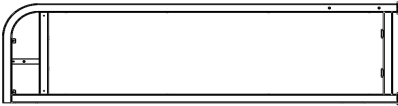
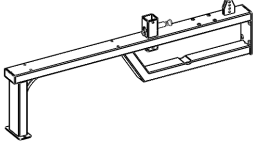

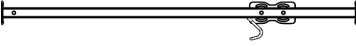
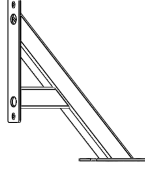
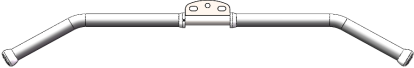
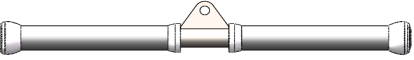



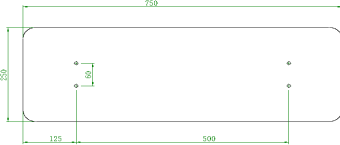

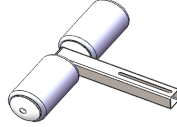

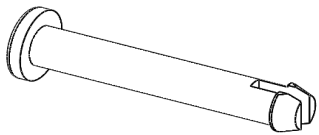
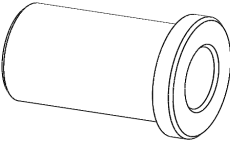
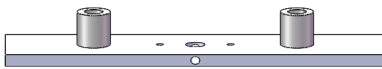



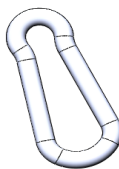
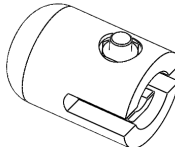

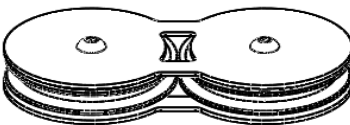
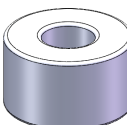





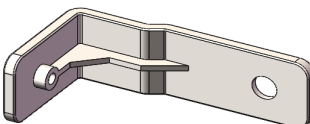


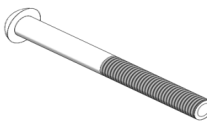
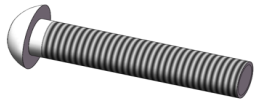
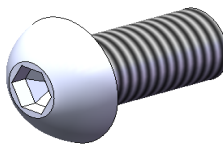

GC-5057 Lat Pulldown&Low Row

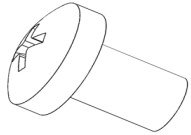
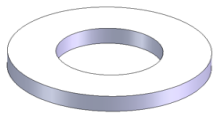
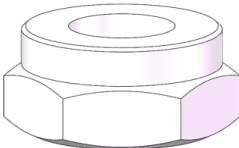
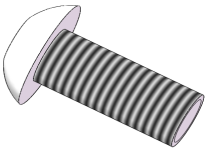
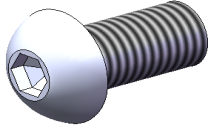
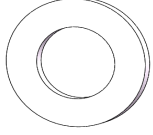
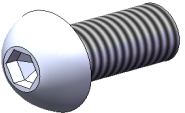
Installation Standard Instructions



Parts list (individually packaged)

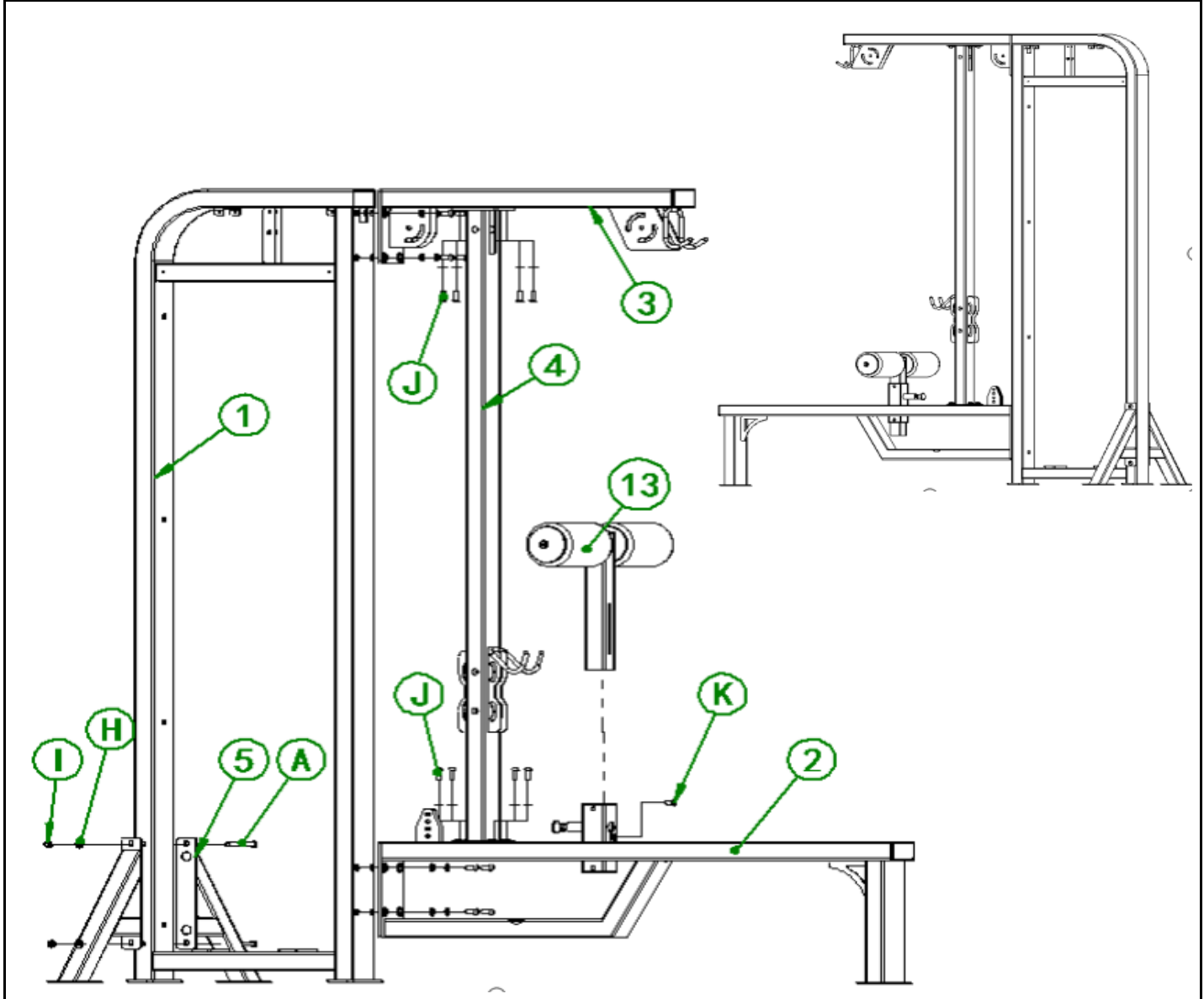
					
No.1	Small door welding components*1pc	No.2	Seat Welding Components*1pc	No.3	Upper support assembly*1pc
					
No.4	Column welding components*1pc	No.5	Support foot welding components*2pcs	No.6	High pull handle assembly*1pc
					
No.7	Low pull handle assembly*1pc	No.8	Guide rod $\Phi 20 * 1817\text{mm} * 2\text{pcs}$	No.9	Guard plate*1pc
					
No.10	Foot tube $\Phi 50 * 500\text{mm} * 1\text{pc}$	No.11	Cushion*1pc	No.12	Label board*2pcs
					
No.13	Leg press kit*1pc	No.14	$\Phi 105$ pulley*6pcs	No.15	Rope pin*1pc
					
No.16	Pulley spacer*6pcs	No.17	Counterweight assembly*1pc	No.18	Weight plate*19pcs

					
No.19	Optical axis fixing block*1pc	No.20	Standard safety hook*2pcs	No.21	Cable head*2pcs
					
No.22	Foot cover*2pcs	No.23	Moving pulley*1pc	No.24	Counterweight rubber column*2pcs
					
No.25	Cotter pin*1pc	No.26	Wire rope1*1pc	No.27	Wire rope2*1pc
					
No.28	Counterweight Latch*1pc	No.29	19 hole center rod*1pc	No.30	Small mounting plate*4pcs
Blister Pack List					
					
A	Hexagon socket flat head screw M10*120*2pcs	B	Hexagon socket flat head screw M10*100*2pcs	C	Hexagon socket flat head screw M10*95*3pcs
					
D	Hexagon socket flat head screw M10*45*5pcs	E	Hexagon socket flat head screw M10*30*5pcs	F	Hexagon socket flat head screw M8*70*4pcs

					
G	Hexagon socket flat head screw M5*8*12pcs	H	Φ10 gasket*29pcs	I	M10 Lock nut*13pcs
					
J	Hexagon socket flat head screw M10*25*16pcs	K	Hexagon socket flat head screw M10*20*1pc	L	Φ8 gasket*4pcs
					
W	Hexagon socket flat head screw M8*20*4pcs				

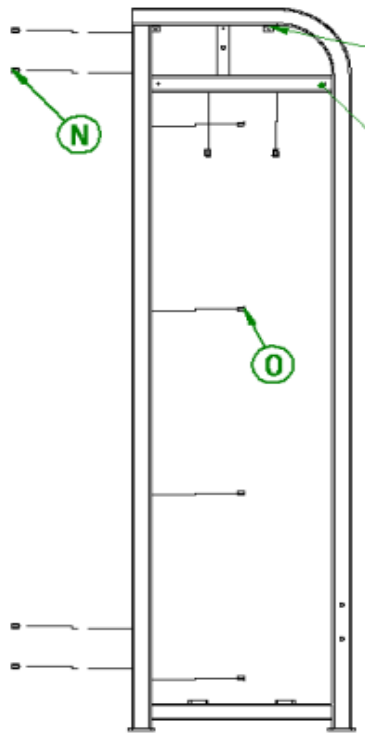
Assembly steps

Steps	No.	Name	QTY	No.	Name	QTY
1	No.1	Small door assembly	1	I	M10 Lock nut	2
	No.5	Support foot welding components	1	K	M10*20 Flat head screws	1
	No.13	Leg press kit	1	J	M10*25 Flat head screws	16
	No.2	Seat Welding Components	1	A	M10*120 Flat head screws	2
	H	Φ10 Gasket	18	No.3	Upper support assembly	1
	No.4	Column welding components	1			



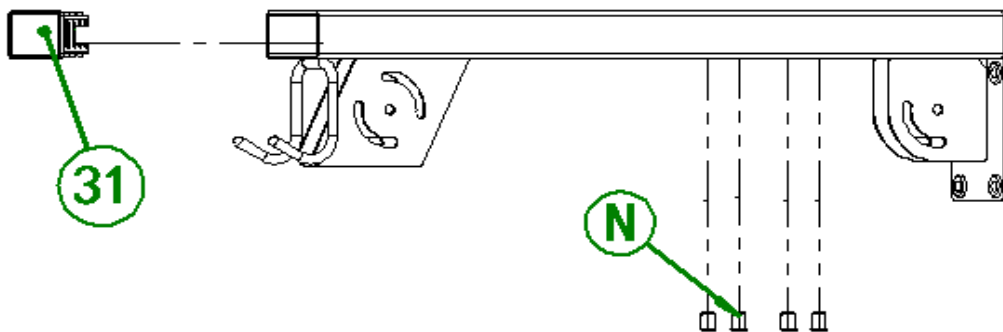
No.1 Small Door Assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	N	M10 Rivet nut	10			
	O	M8 Rivet nut	8			



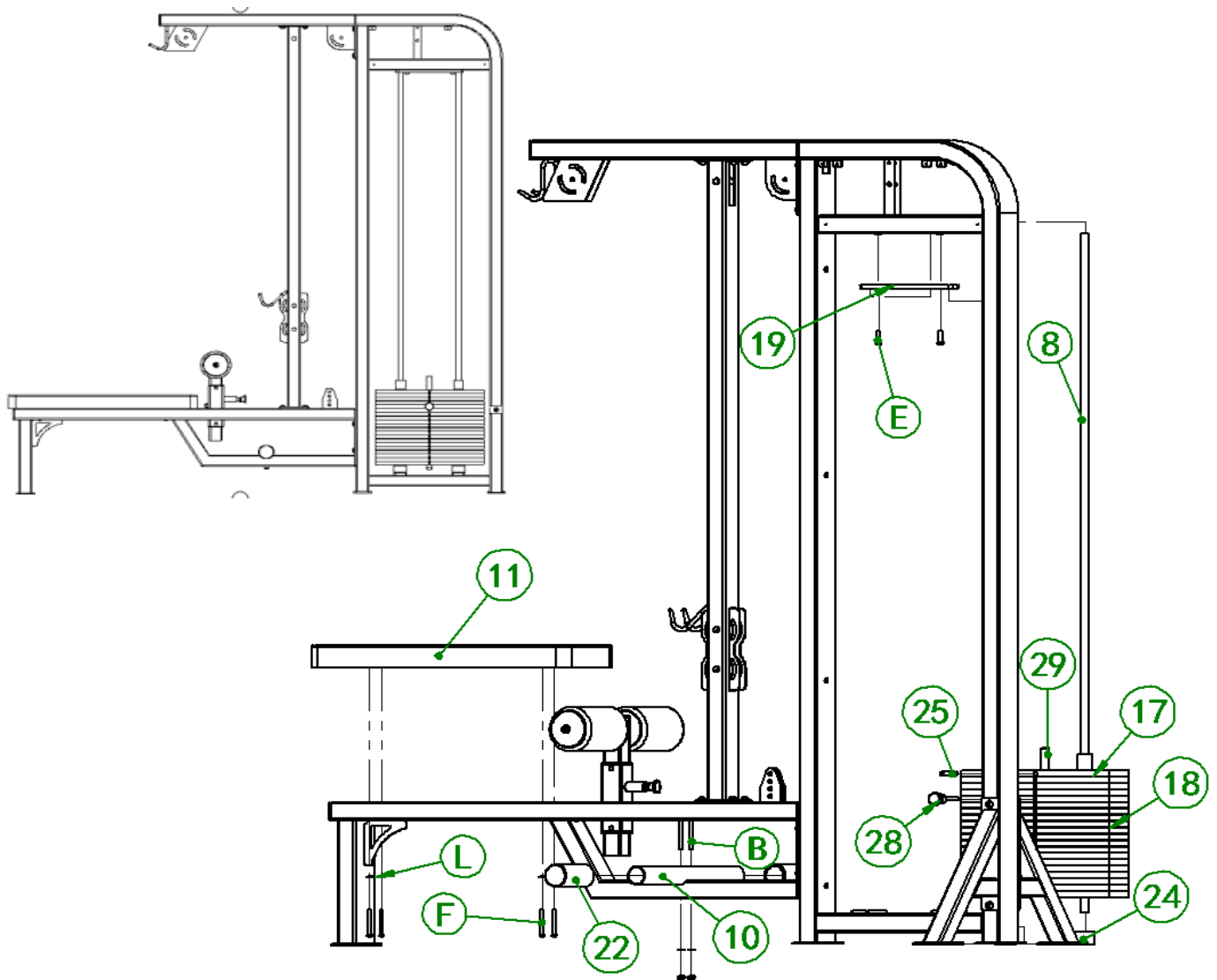
No.3 Upper Support Assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.31	50*100 Square tube plug	1			
	N	M10 Star nut	4			



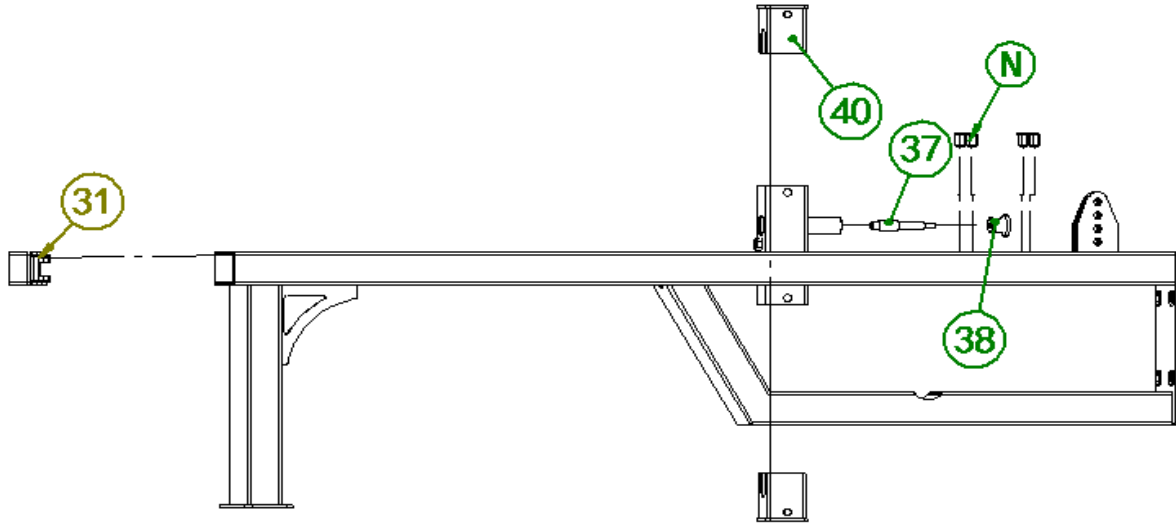
Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
2	No.10	Foot tube	2	No.18	Weight plate	19
	No.22	Foot cover	1	No.28	Counterweight Latch	1
	No.19	Optical axis fixing block	1	No.24	Counterweight rubber column	2
	No.8	Guide rod	2	E	M10*30 Hexagon socket flat head screw	2
	No.29	Center rod	1	No.25	10*70 Cotter pin	1
	No.17	Counterweight assembly	1	H	Φ10 gasket	2
	B	M10*100 Hexagon socket flat head screw	2	I	M10 Lock nut	2
	No.11	Cushion	1	L	Φ8 gasket	4
	F	M8*70 Dome head screw	4			



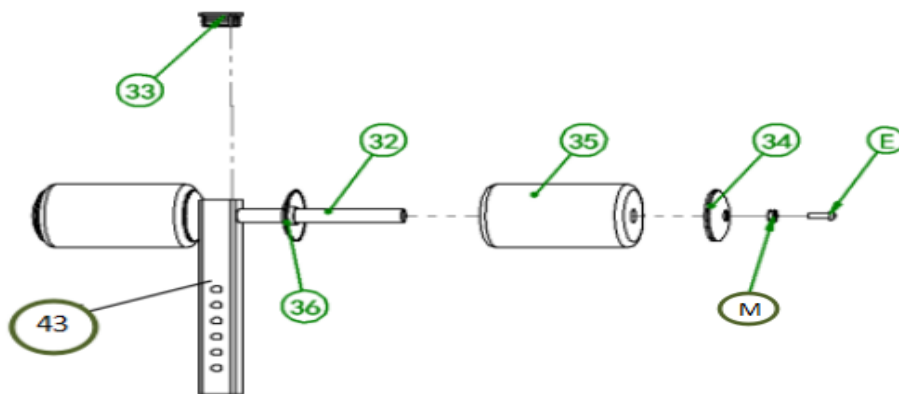
No.2 Seat Welding Components*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.31	50*100 Square tube plug	1	No.38	Aluminum alloy spring pin	1
	No.40	Reducer	2	No.39	Light business spring	1
	No.37	Plug	1	N	M10 Rivet nut	4



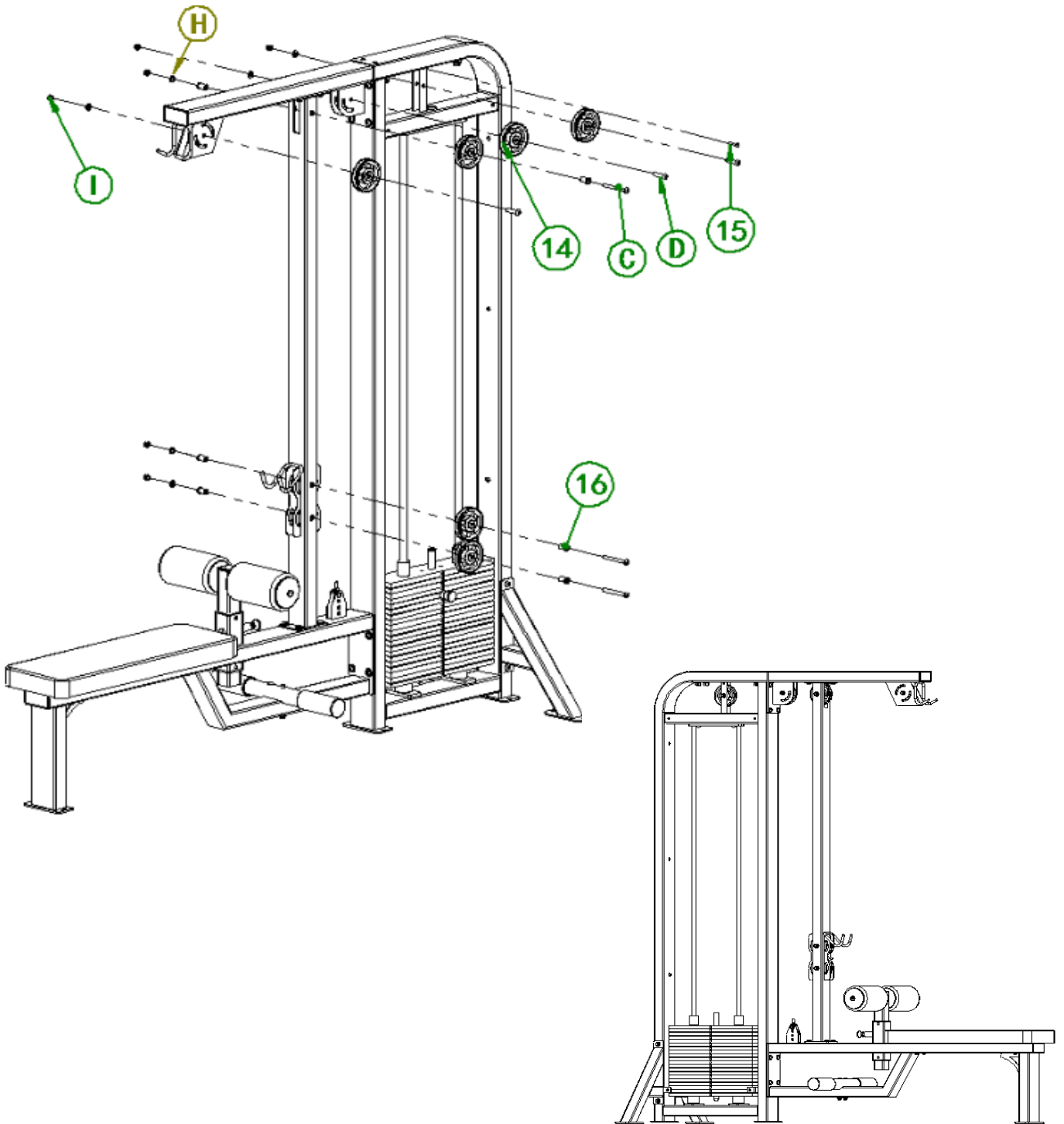
No.13 Leg Press Kit*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.32	Foam fixed column Φ25*490mm	1	No.36	Foam inner cover	2
	No.33	50*50 Square tube plug	1	M	M10 Star nut	2
	No.34	Foam cover	2	E	M10*30 Flat head screws	2
	No.35	Foam roller	2	No.43	Stainless steel regulating tube	1



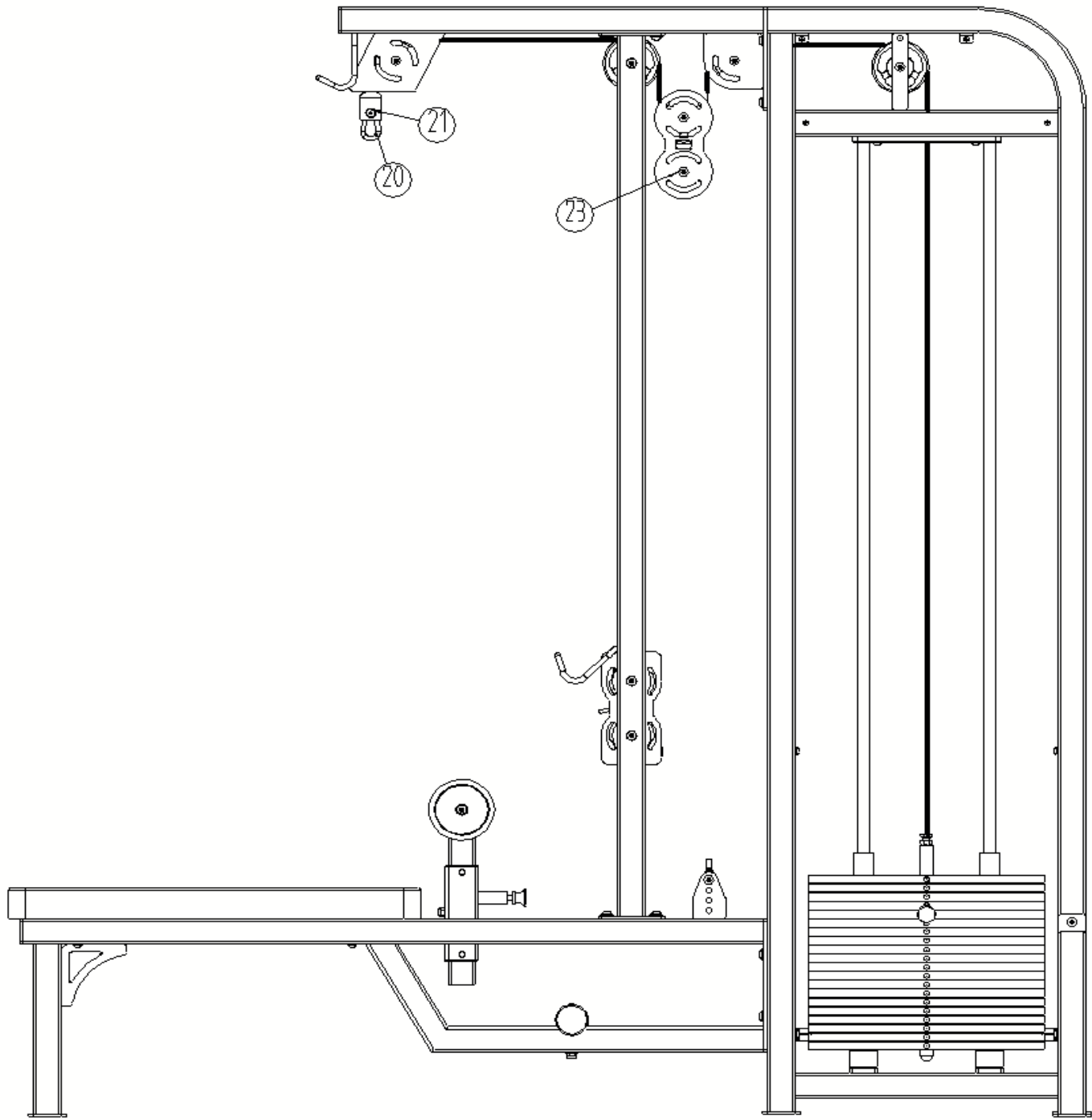
Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
3	No.14	Φ105pulley	6	I	M10 Lock nut	6
	No.16	Pulley spacer	6	H	Φ10 gasket	6
	No.15	Rope pin	1	D	M10*45 Flat head screws	3
				C	M10*95 Flat head screws	3



Assembly Steps

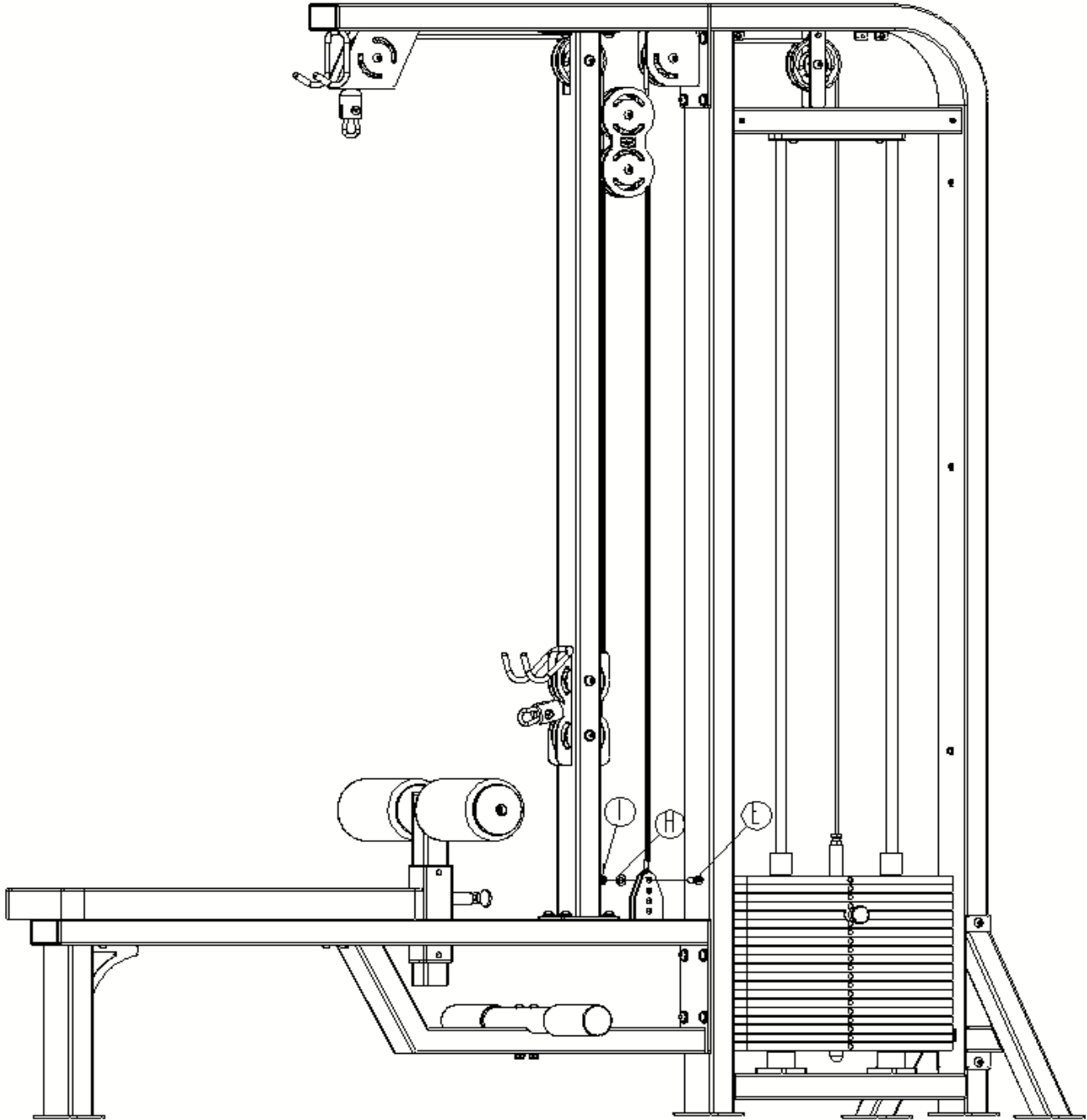
Steps	No.	Name	QTY	No.	Name	QTY
4	No.20	Standard safety hook	2			
	No.21	Cable head	2			
	No.23	Moving pulley	1			



Wire Rope Routing Diagram 1

Assembly Steps

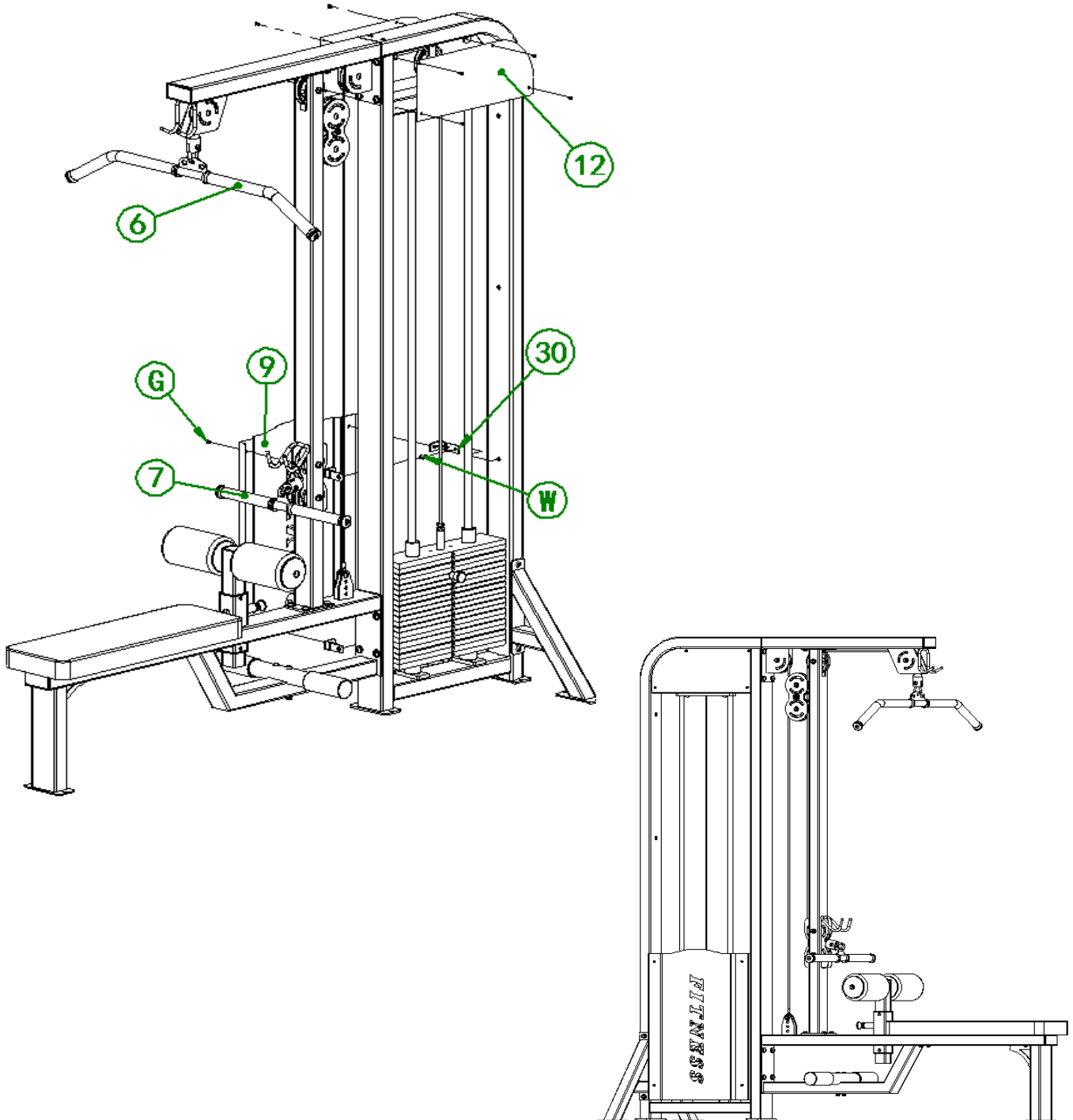
Steps	No.	Name	QTY	No.	Name	QTY
5	E	M10*30 Hexagon socket flat head screw	1	No.20	Standard safety hook	2
	H	Φ10 Gasket	1	No.21	Cable head	2
	I	M10 Lock nut	1			



Wire Rope Routing Diagram 2

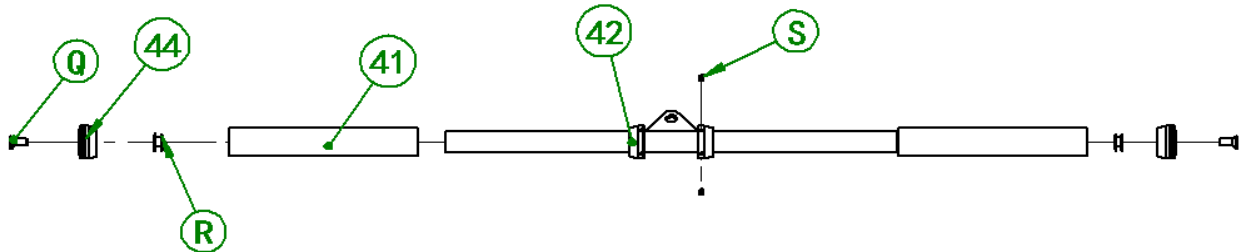
Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
6	No.6	High pull components	1	No.12	Sticker version	2
	No.7	Low pull components	1	G	M5*8 Flat head screws	12
	No.9	Guard plate	1	W	M8*20 Flat head screws	4
				No.30	Small mounting plate	4



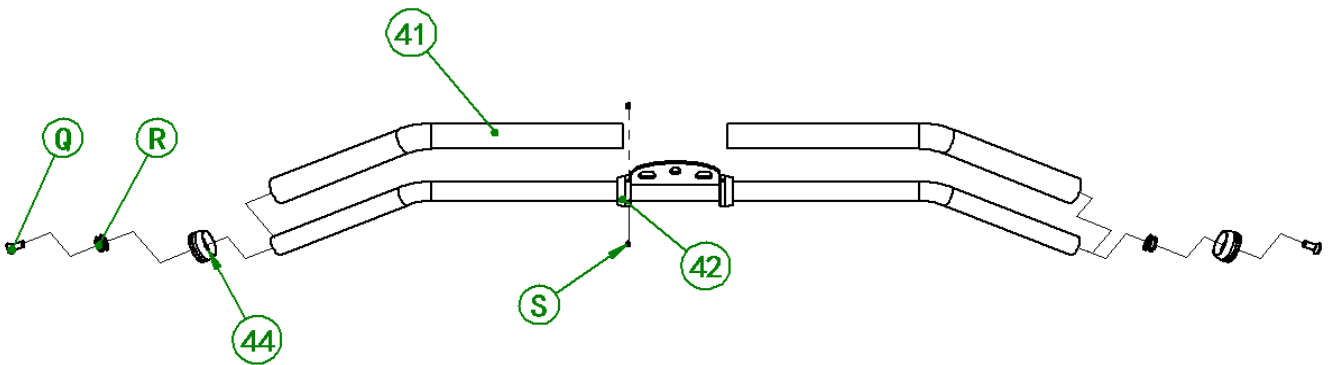
No.7 Low Pull Handle Assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.41	Φ25 not torn	2	No.42	Aluminium lock cover behind handle	2
	No.44	Handle front aluminum lock cover	2	Q	M8*25 Countersunk head screws	2
	S	M5*6 top wire	4	R	M8 star nut	2



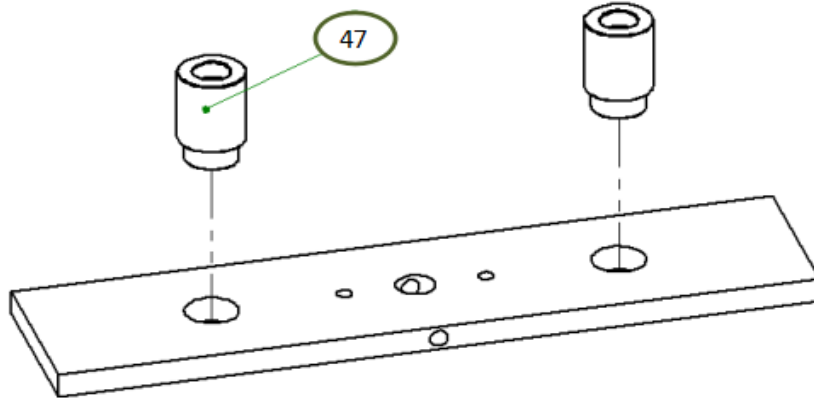
Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
	No.41	Φ25 not torn	2	No.42	Aluminium lock cover behind handle	2
	No.44	Handle front aluminum lock cover	2	Q	M8*25 Countersunk head screws	2
	S	M5*6 top wire	4	R	M8 star nut	2



Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
	No.47	Counterweight guide bush	2			



No.23 Moving Pulley Assembly*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.14	Φ105 pulley	2	I	M10 Lock nut	2
	H	Φ10 Gasket	2	D	M10*45 Flat head screws	2

