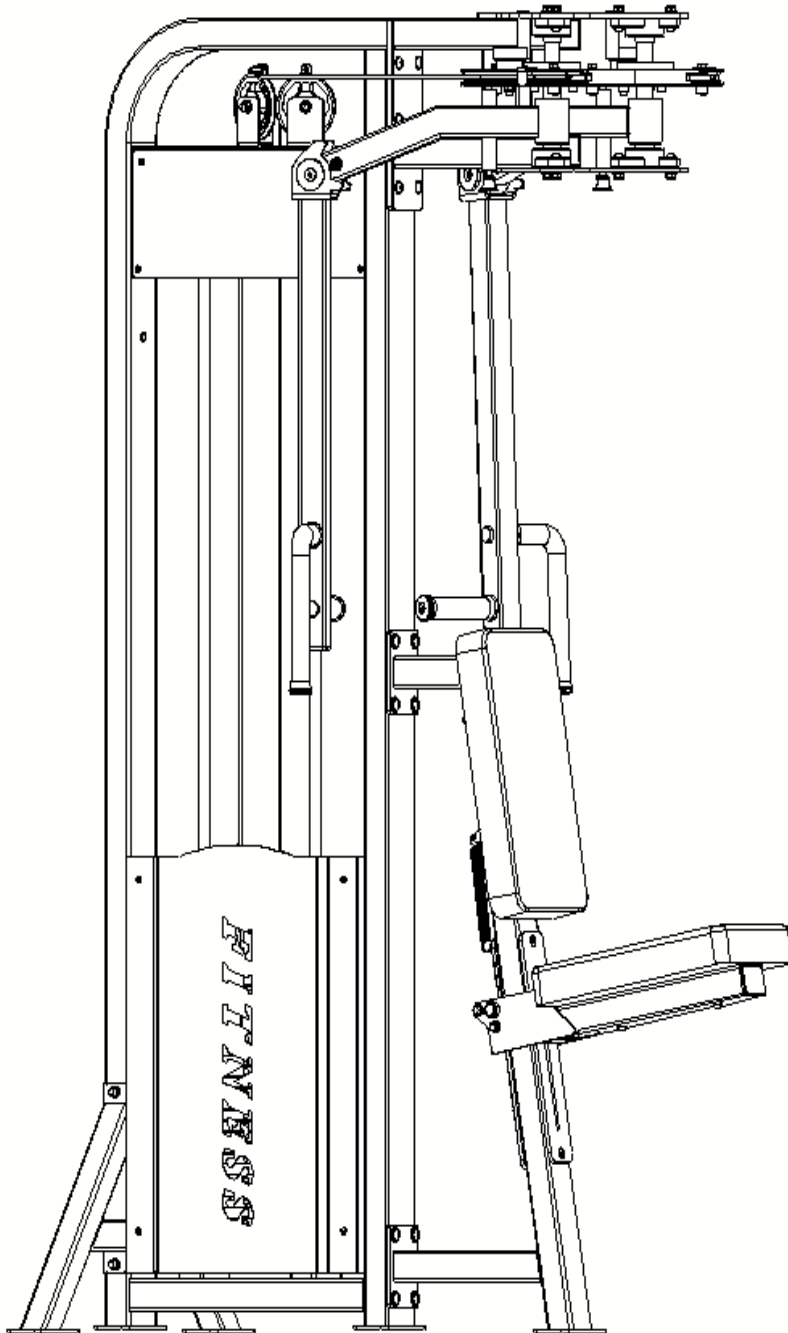




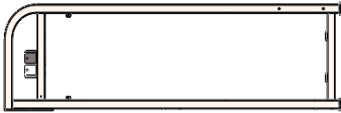
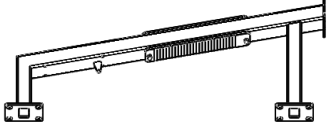
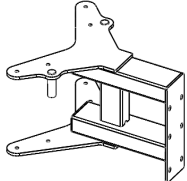
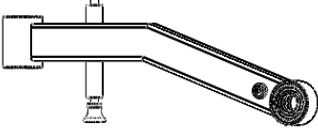
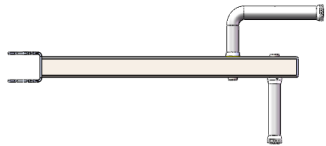
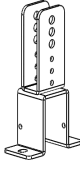
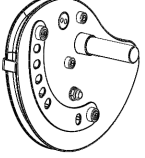
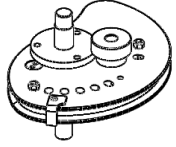
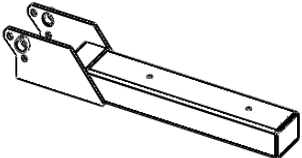

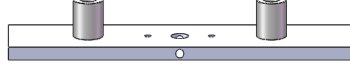
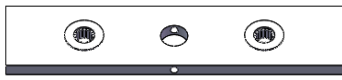
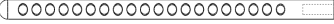
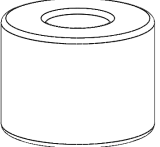

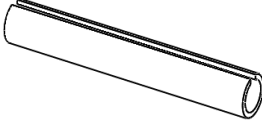
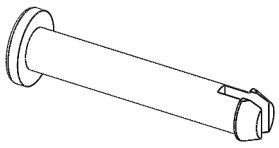
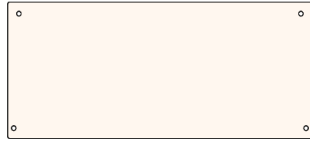
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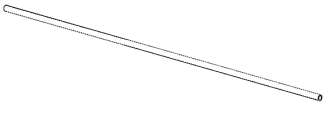
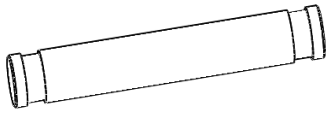
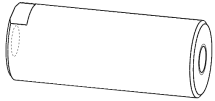
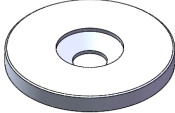
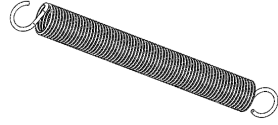


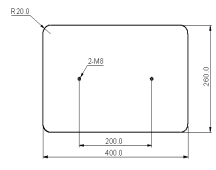

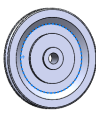
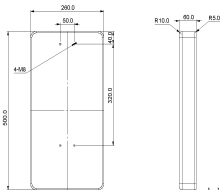
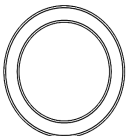

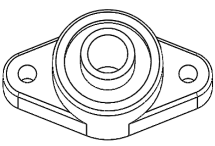
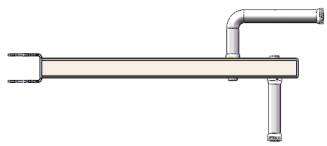


**INSTALLATION MANUAL**

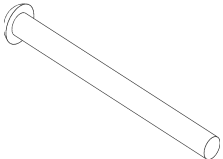
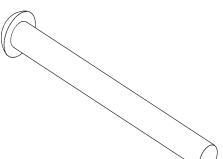
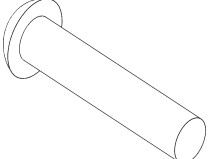
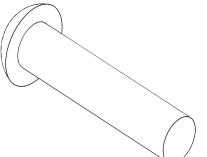
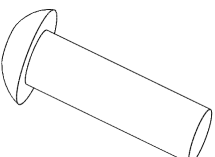
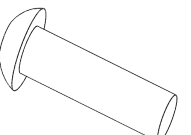
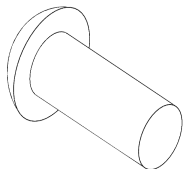
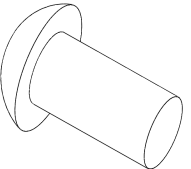
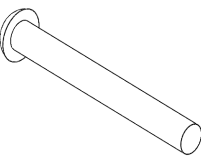
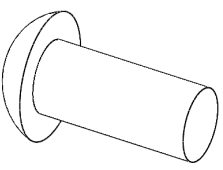
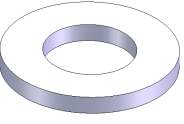
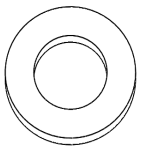
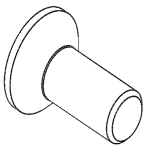
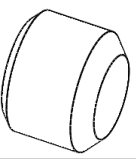
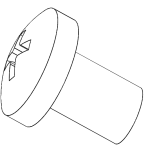
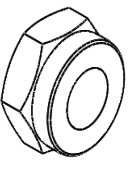
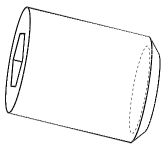
**[WWW.MUSCLEDFIT.COM](http://WWW.MUSCLEDFIT.COM)**

## Parts list(individual packaging)

					
NO.1	Small door assembly*1pcs	NO.2	Backrest welding assembly * 1pcs	NO.3	Upper Welding Assembly*1pcs
					
NO.4	Swing arm relay * 2pcs	NO.5	Left swing arm assembly*1pcs	NO.6	Hanging pulley assembly * 1pcs
					
NO.7	Left flange assembly*1pcs	NO.8	Right flange assembly*1pcs	NO.9	Reverse seat subassembly * 1pcs
					
NO.10	Support foot assembly * 2pcs	NO.11	Counterweight assembly*1pcs	NO.12	Counterweight*19pcs
					
NO.13	19-hole center rod*1pcs	NO.14	Round shock pad*2pcs	NO.15	Counterweight pin*1pcs
					
NO.16	10*70 Cotter pin*1pcs	NO.17	Card rope pin*1pcs	NO.18	Label board * 2pcs

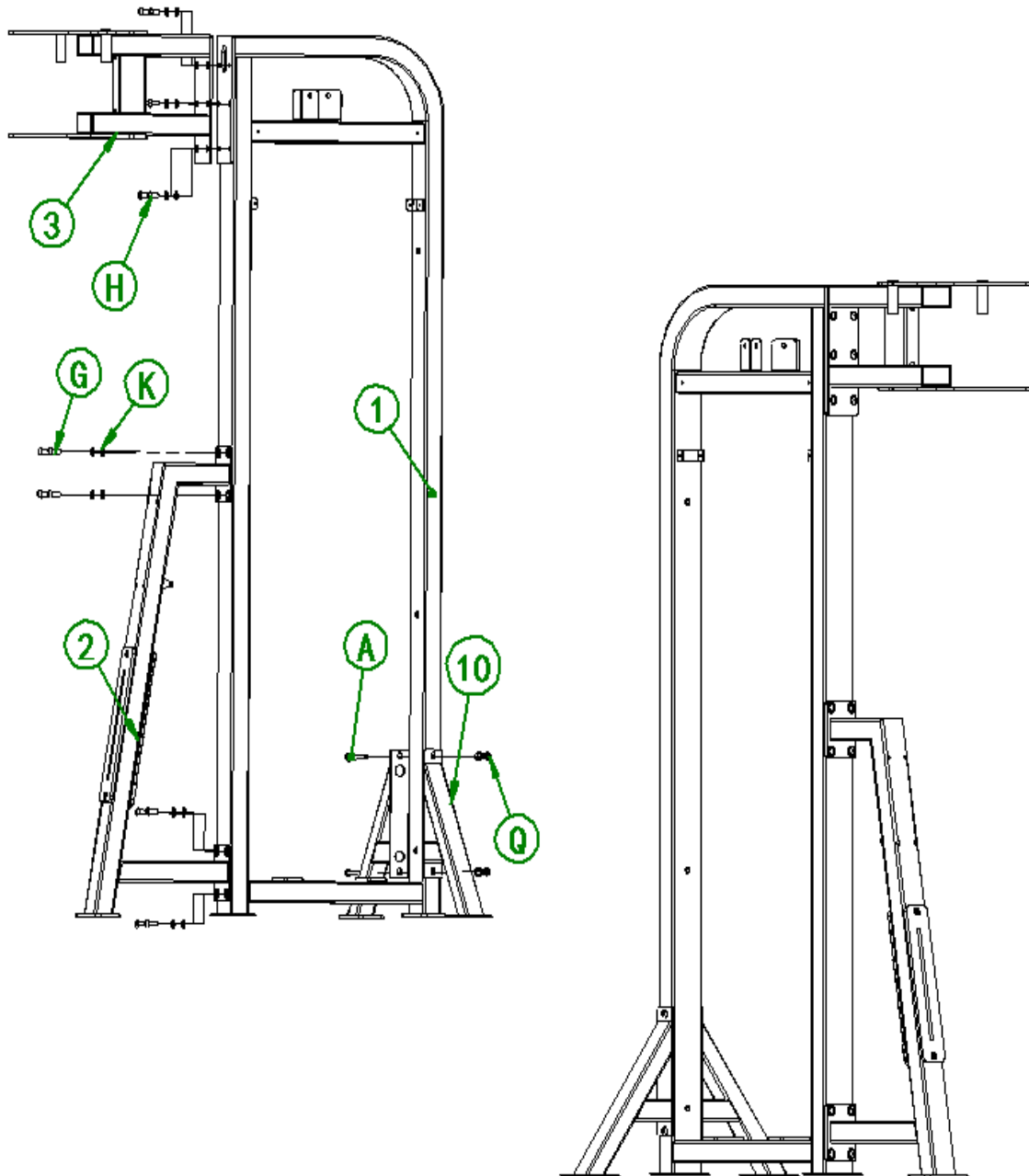
					
NO.19	Guard board*1pcs	NO.20	Φ20*1722mm	NO.21	Card shaft * 1pcs
					
NO.22	Swing arm rotating shaft * 2pcs	NO.23	Aluminum alloy end caps*4pcs	NO.24	Tension spring*1pcs
					
NO.25	Small mounting seat plate*4pcs	NO.26	Pulley card rope cover*2pcs	NO.27	Cushion*1pcs
					
NO.28	105 pulley * 2pcs	NO.29	90 pulley *1pcs	NO.30	Backrest pad*1pcs
					
NO.31	GT004 Spacer*4pcs	NO.32	Optical axis fixing plate*1pcs	NO.33	Wire rope*1pcs
					
NO.34	Bearing seat*4pcs	NO.35	Right swing arm assembly*1pcs	NO.36	

## Blister Pack Screws List

					
A	10*120 Half round head screw*5pcs	B	10*105 Half round head screw*5pcs	C	10*50 half round head screw*5pcs
					
D	10*45 half round head screw*5pcs	E	10*35 half round head screw*5 pcs	F	10*30 dome head screw*5pcs
					
G	10*25 half round head screw*5pcs	H	10*20 half round head screw*5pcs	I	8*70 half round head screw*5 pcs
					
J	8*20 half round head screws*4pcs	K	Φ10 gasket*31pcs	L	Φ8 gasket*31pcs
					
M	M10*25 Flat Head Screws*4pcs	N	6*5 top wire*2pcs	P	5*8 Flat Head Screws*12pcs
					
Q	M10 anti-loosening nut*1pcs	R	8*12 top wire*2pcs		

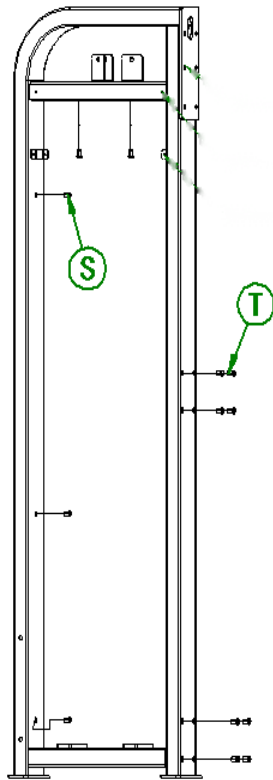
## Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	NO.1	small door assembly	1	G	M10*25 Half Round Head Screws	8
	NO.2	backrest assembly	1	K	Ø10 Gasket	16
	NO.3	Upper Welding Assembly	1	H	M10*20 half round head screw	6
	NO.10	Support foot assembly	2	A	M10*120 Half round head screw	2



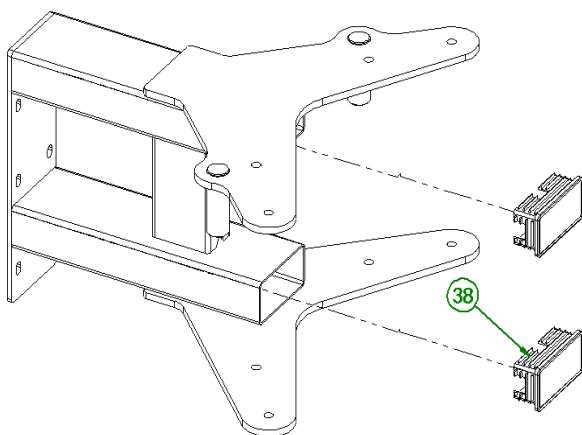
### No.1 Small Door Assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	S	M8 rivet nut	6	T	M10 rivet nut	10



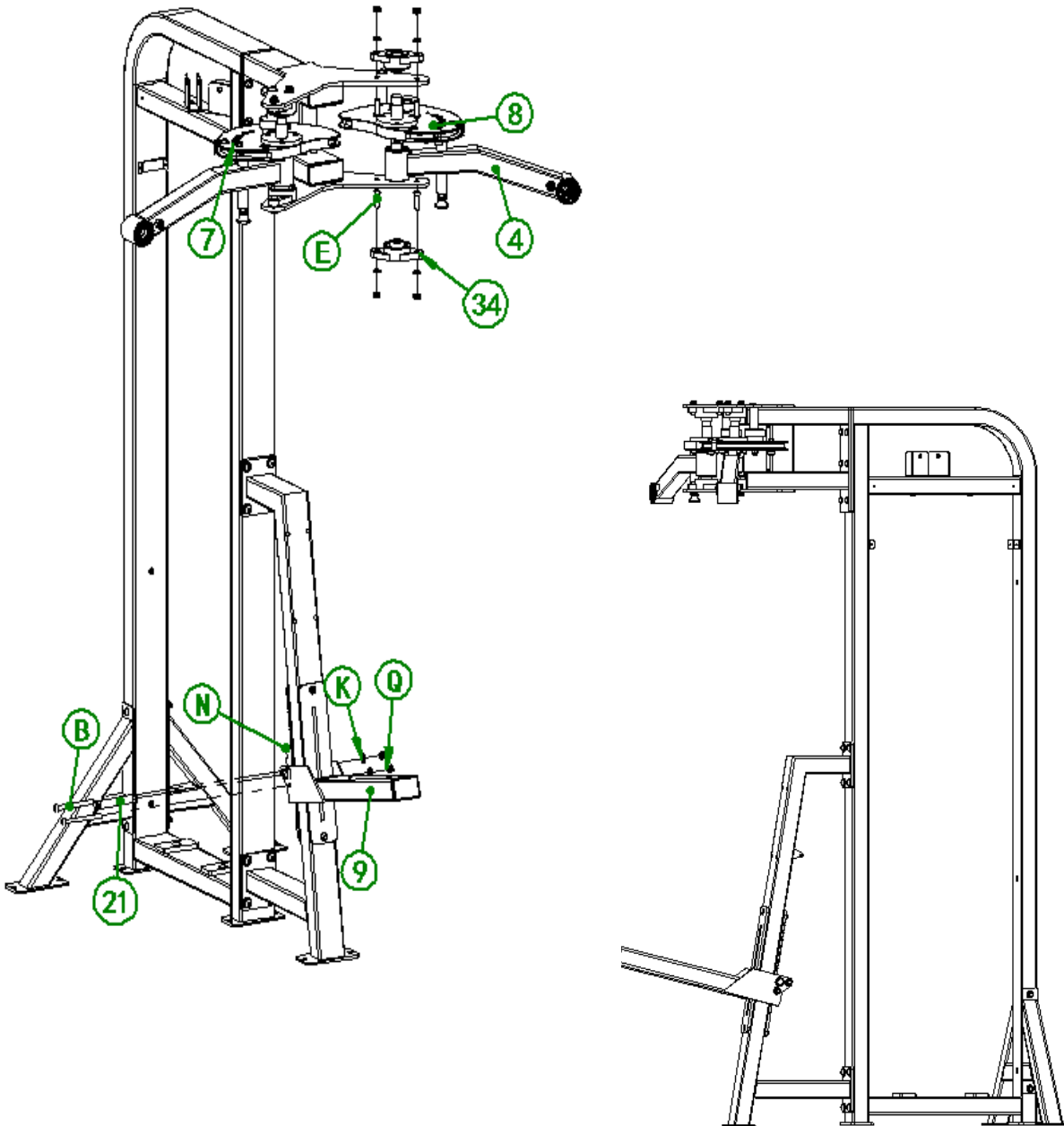
### No.3 Upper Welding Assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.38	50*100 square tube	2			



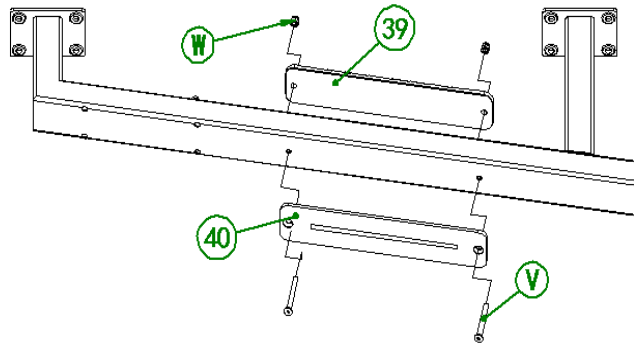
## Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.7	Left flange assembly	1	NO.21	Card shaft	1
	NO.8	right flange assembly	1	NO.9	reverse transposon assembly	1
	NO.34	bearing seat	4	B	M10*105 Half round head screw	2
	NO.4	Swing arm assembly	2	N	6*5 top wire	2
	E	M10*35 Half round head screw	8	K	Φ10 gasket	10
				Q	M10 lock nut	10



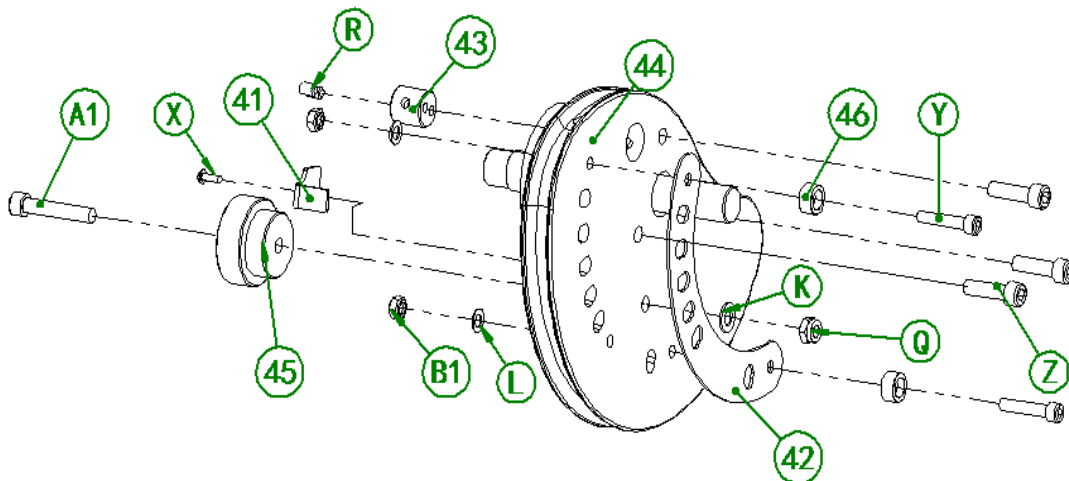
## No.2 Backrest Welding Assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.39	Seat shift plate	1	W	M8 Nut	2
	NO.40	Seat catch plate	1	V	8*75 Flat Head	2



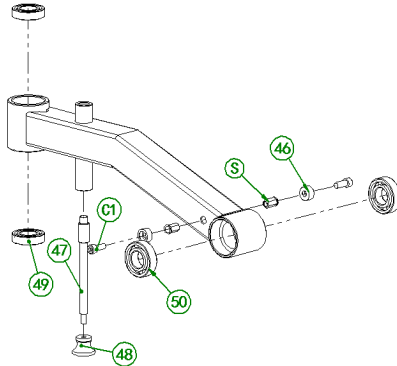
## No.7/No.8 left and right flange welding components \* 1 pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.41	Tie wire fixing block	1	X	5*16 Cross recessed	1
	NO.42	Gear decorative plate	1	Y	M8*40 Cylinder Head Screws	21
	NO.43	Fixed cable head	1	Z	M10*35 cylindrical head screw	3
	NO.44	wire reel	1	R	8*12 top wire	2
	NO.45	Limit nylon sleeve	1	K	Φ10 gasket	1
	NO.46	Limit sleeve column	2	Q	M10 locknut	1
	A1	M10*55 cylindrical head screw	1	L	Φ8 gasket	2
	B1	M8 locknut	2			



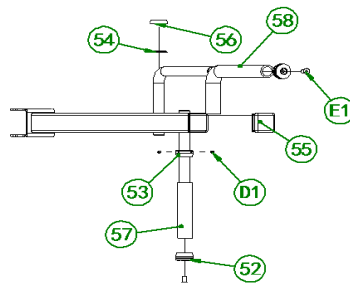
### No.4 swing arm relay assembly \*2pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.46	Limit sleeve column	2	NO.51	Spring	1
	NO.47	plug	1	S	M8 rivet nuts	2
	NO.48	Aluminum alloy spring pin	1	C1	M8*20 Cylinder Head Screws	2
	NO.49	6005 Bearing	2	NO.50	6205 Bearing	2



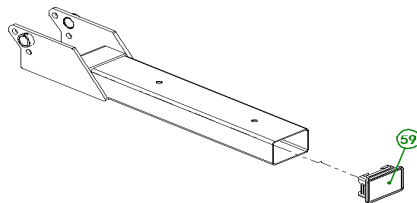
### No.5 Left Swing Arm Assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.52	Aluminum end cap	2	NO.56	After the five-piece	1
	NO.53	Aluminum lock cover	1	NO.57	handle cover Φ25*145mm	1
	NO.54	Small yellow spacer	1	E1	M8*25 Flat Countersunk Head	2
	NO.55	50*50 square tube	1			
	NO.58	handle cover Φ25*337mm	1	D1	5*6 top wire	2



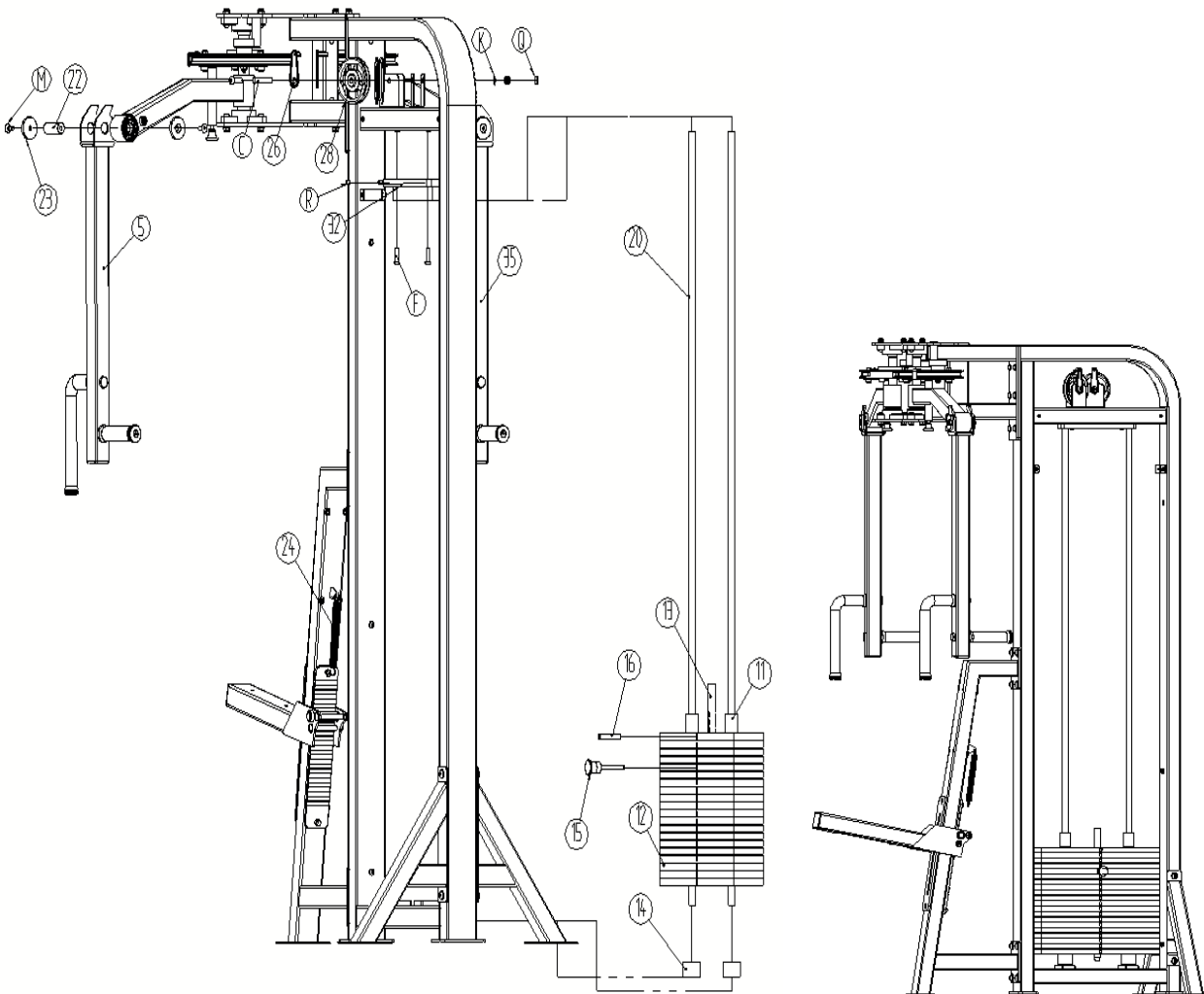
### No.9 Reverse seat sub-assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.59	50*75 Pipe plug	1			1



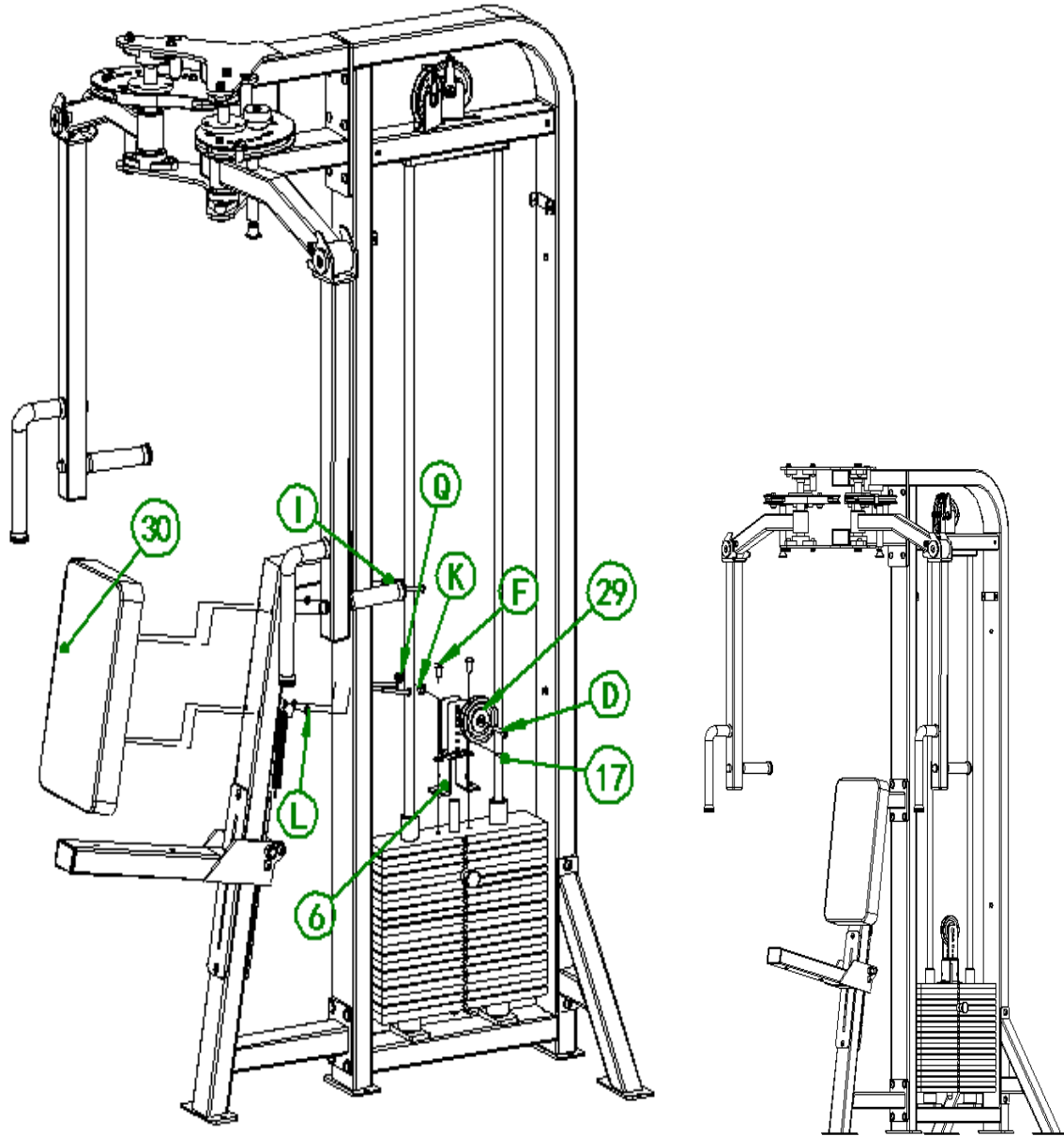
## Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.5	Left swing arm	1	NO.13	center rod	1
	NO.22	Swing arm rotation axis	2	NO.14	Counterweight rubber column	2
	NO.23	Aluminum alloy end	4	NO.15	Counterweight pin	1
	NO.26	lock rope sleeve	2	NO.16	10*70 split pin	1
	NO.28	Φ105 Pulley	2	M	M10*25 Flat Head	4
	NO.32	Optical axis fixing	1	R	8*12 top wire	2
	NO.33	Right swing arm assembly	1	C	M10*50 half round head screw	2
	NO.20	guide rod	2	K	Φ10 gasket	2
	NO.11	Counterweight assembly	1	F	M10*30 half round head screw	2
	NO.12	weight plate	19	Q	M10 lock nut	2
				NO.24	tension spring	1



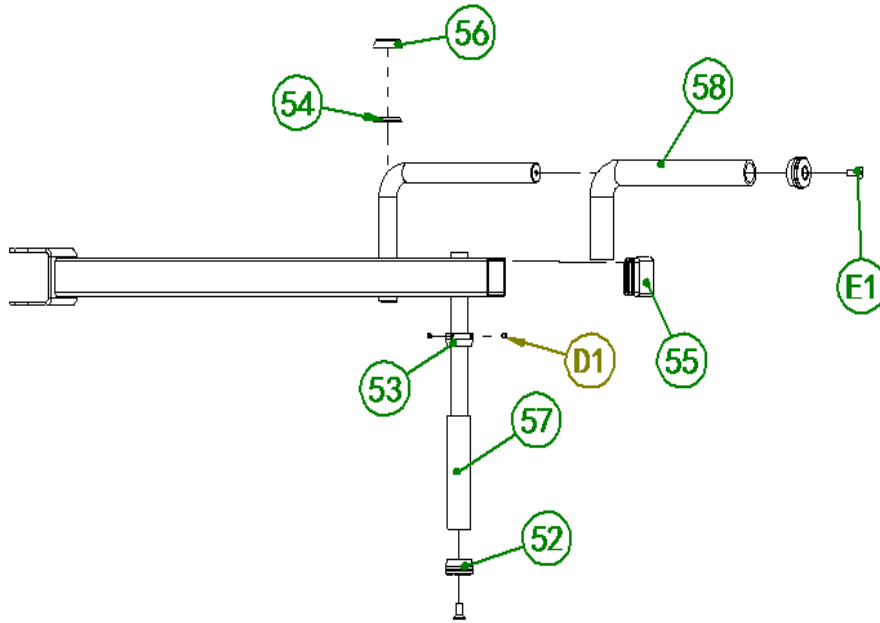
## Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.30	back cushion	1	L	Φ8 gasket	4
	NO.29	Φ90 pulley	1	I	M8*70 half round head screw	4
	NO.6	Hanging pulley	1	Q	M10 lock nut	1
	NO.17	rope pin	1	K	Φ10 gasket	3
	D	M10*45 Half round head screw	1	F	M10*30 half round head screw	2



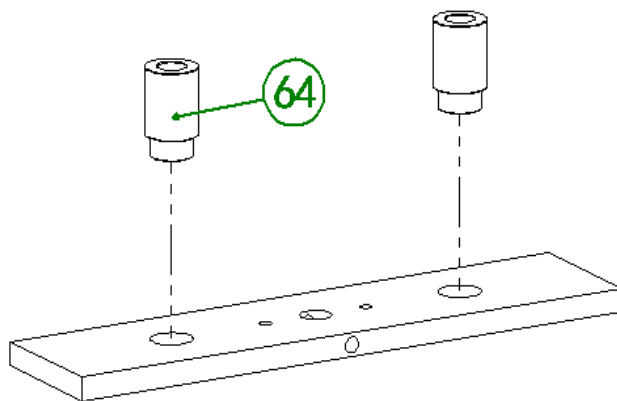
### No.5 Left Swing Arm Assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.52	Aluminum end cap	2	NO.56	After the five-piece	1
	NO.53	Aluminum lock cover	1	NO.57	handle cover Φ25*145mm	1
	NO.54	Small yellow spacer	1	E1	M8*25 Flat Countersunk Head	2
	NO.55	50*50 square tube	1			
	NO.58	handle cover Φ25*337mm	1	D1	5*6 top wire	2



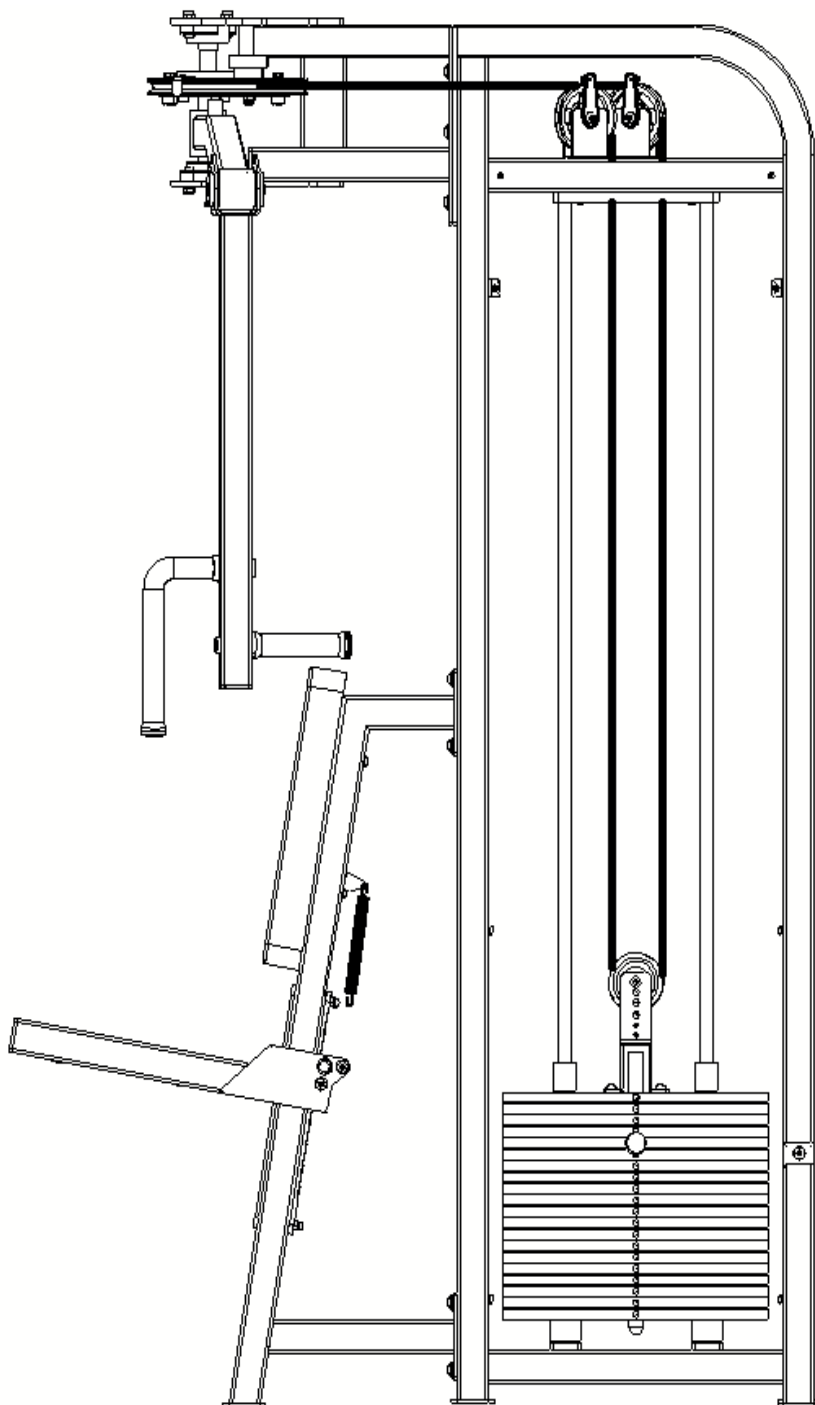
### No.11 Counterweight Assembly Assembly\*1pcs

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.64	guide bush	2			



## Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.33	wire rope	1			



# Wire rope routing diagram

## Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.18	label board	2	L	Φ8 gasket	2
	NO.19	guard plate	1	J	M8*20 half round head screw	4
	NO.25	small mount plate	2	I	M8*70 half round head screw	4
	NO.27	Cushion	1	P	5*8 Flat Head Screws	12

