

PLATE-LOADED SEATED ROW

PLBKM

400790

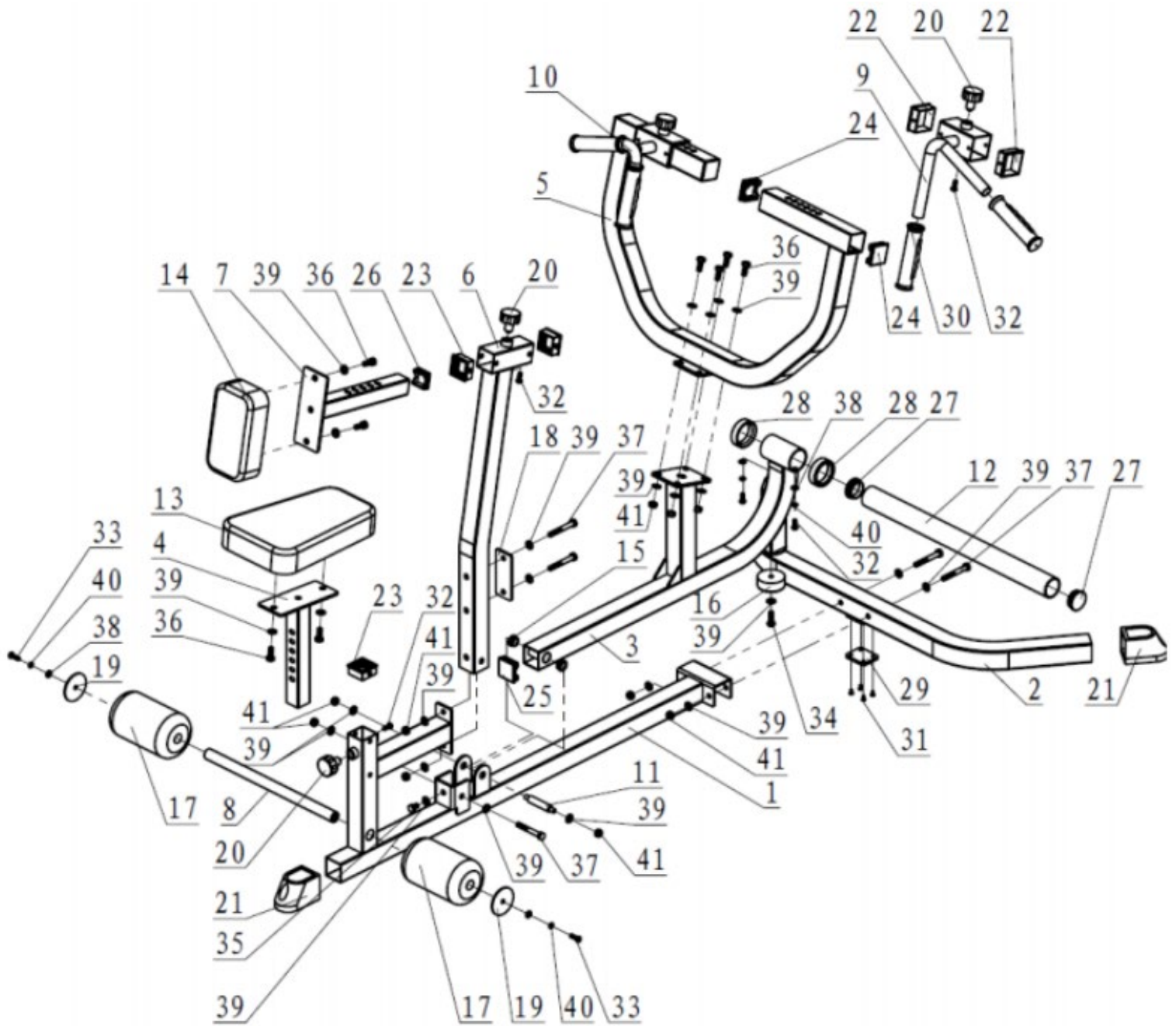


Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW



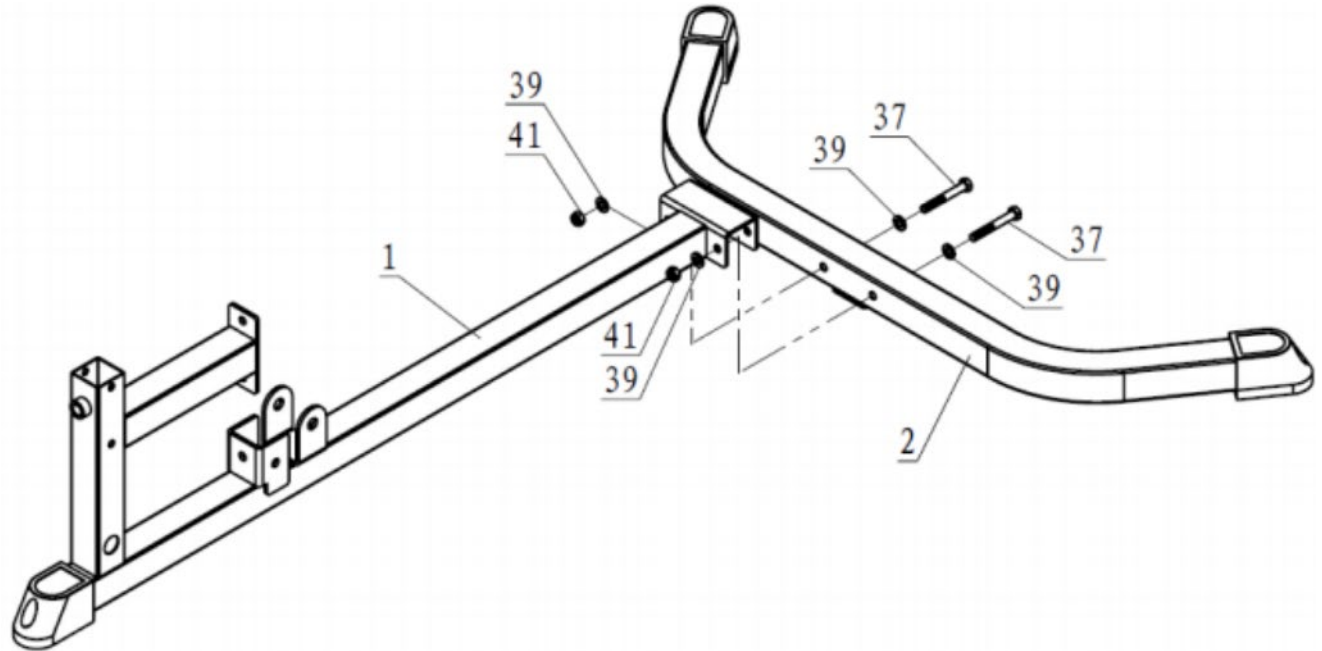
PARTS DIAGRAM LIST / EXPLODED VIEW

KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	SEAT CUSHION FRAME	1	(22)	HOLLOW SLEEVE 60*2	4
(2)	BASE FRAME	1	(23)	HOLLOW SLEEVE 50*2	3
(3)	SWING FRAME	1	(24)	END CAP 50*2	4
(4)	SEAT CUSHION ADJUSTABLE FRAME	1	(25)	END CAP 50*2.5	1
(5)	CONNECTION FRAME	1	(26)	END CAP 40*2	1
(6)	CHEST CUSHION FRAME	1	(27)	END CAP 58*2	2
(7)	CHEST CHUSHION ADJUSTABLE FRAME	1	(28)	RUBBER RING	2
(8)	DOAM FRAME	1	(29)	BUFFER WASHER 60*50*6	1
(9)	RIGHT HANDLE FRAME	1	(30)	HANDLE GRIP	4
(10)	LEFT HANDLE FRAME	1	(31)	PHILIPS SCREW M5*10	4
(11)	ROTARY SHAFT	1	(32)	PAN HEAD HEX BOLT M8*20	6
(12)	WEIGHT PLATE HOLDER	1	(33)	PAN HEAD HEX BOLT M8*25	2
(13)	SEAT CUSHION	1	(34)	PAN HEAD HEX BOLT M10*30	1
(14)	CHEST CUSHION	1	(35)	HEX BOLT M10*15	1
(15)	SLEEVE 25.8*22*16.1*11	2	(36)	HEX BOLT M10*25	8
(16)	RUBBER PAD 64*25	1	(37)	HEX BOLT M10*75	5
(17)	FOAM 110*23*180	2	(38)	FLAT WASHER 9*16*1.6	4
(18)	FIXING PLATE	1	(39)	FLAT WASHER 11*20*1	26
(19)	FOAM BAFFLE 6185ZZ	2	(40)	SPRING FLAT WASHER 11*20*2WASHR 8	4
(20)	LOCK KNOB	4	(41)	NUT M10	11
(21)	50 HORSHOE SLEEVE	3			

ASSEMBLY INSTRUCTIONS

STEP 1:

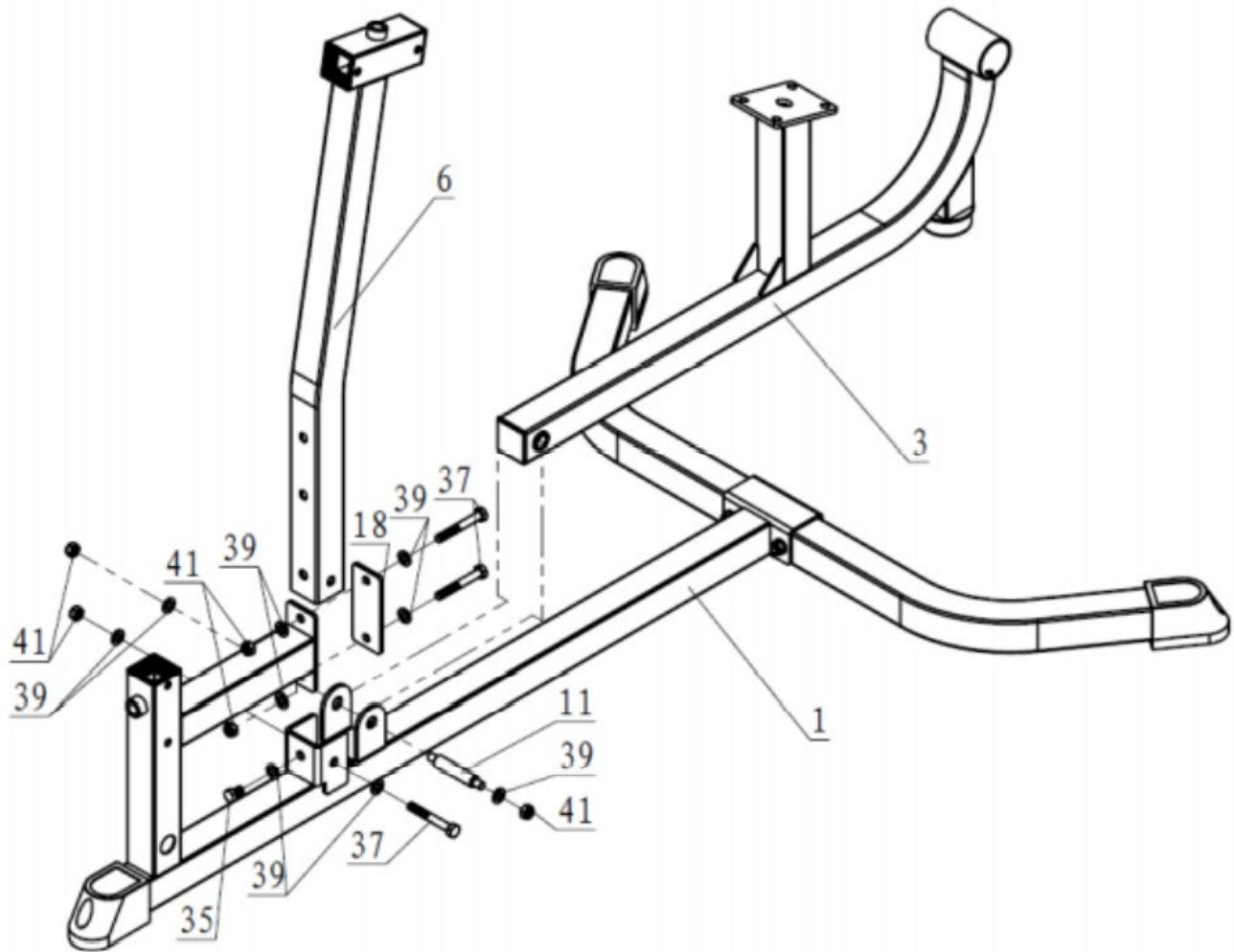
Connect **SEAT CUSHION FRAME (1)** and **BASE FRAME (2)**, using **HEX HEAD BOLT M10*75 (37)**, **FLAT WASHER 11*2*2 (39)**, and **NUT M10 (41)**, then tighten the NUT.



ASSEMBLY INSTRUCTIONS

STEP 2:

Assemble **SWING FRAME (2)**, **CHEST CUSHIONS FRAME (6)** to **SEAT CUSHION FRAME (1)**, using **ROTARY SHAFT (11)**, **FIXING PLATE (18)**, **HEX HEAD BOLT M10*15**, **HEX HEAD BOLT M10*75 (37)**, **FLAT WASHER 11*20*2 (39)**, **NUT M10 (41)**.
DO NOT TIGHTEN THE NUTS



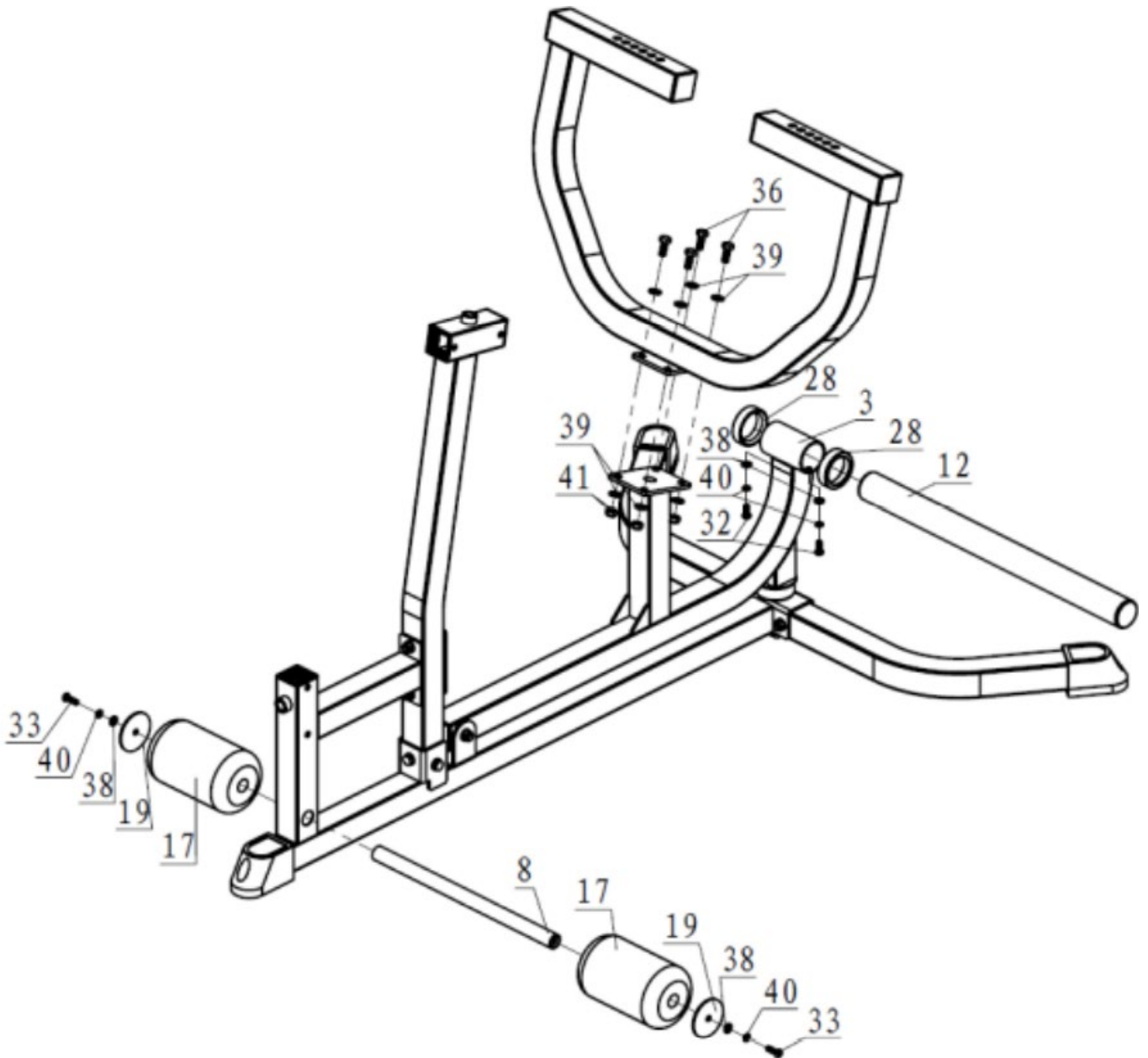
ASSEMBLY INSTRUCTIONS

STEP 3:

Assemble **CONNECTION FRAME (5)** to **SWING FRAME (3)**, using **HEX HEAD BOLT M10*25 (36)**, **FLAT WASHER 11*20*2 (39)**, **NUT M10 (41)**. **TIGHTEN ALL BOLTS.**

Assemble **WEIGHT PLATE HOLDER (12)** to **SWING FRAME (3)**, using **PAN HEAD HEX BOLT M8*20 (31)**, **FLAT WASHER 9*16*1.6 (38)**, **SPRING WASHER 8 (40)**.

Insert **FOAM FRAME (8)** on **SEAT CUSHION FRAME (1)**, then assemble **FOAM (17)** to **FOAM FRAME (8)**, using **FOAM BAFFLE (19)**, **PAN HEAD HEX BOLT M8*25 (33)**, **FLAT WASHER 9*16*1.6 (38)**, **SPRING WASHER 8 (40)**.



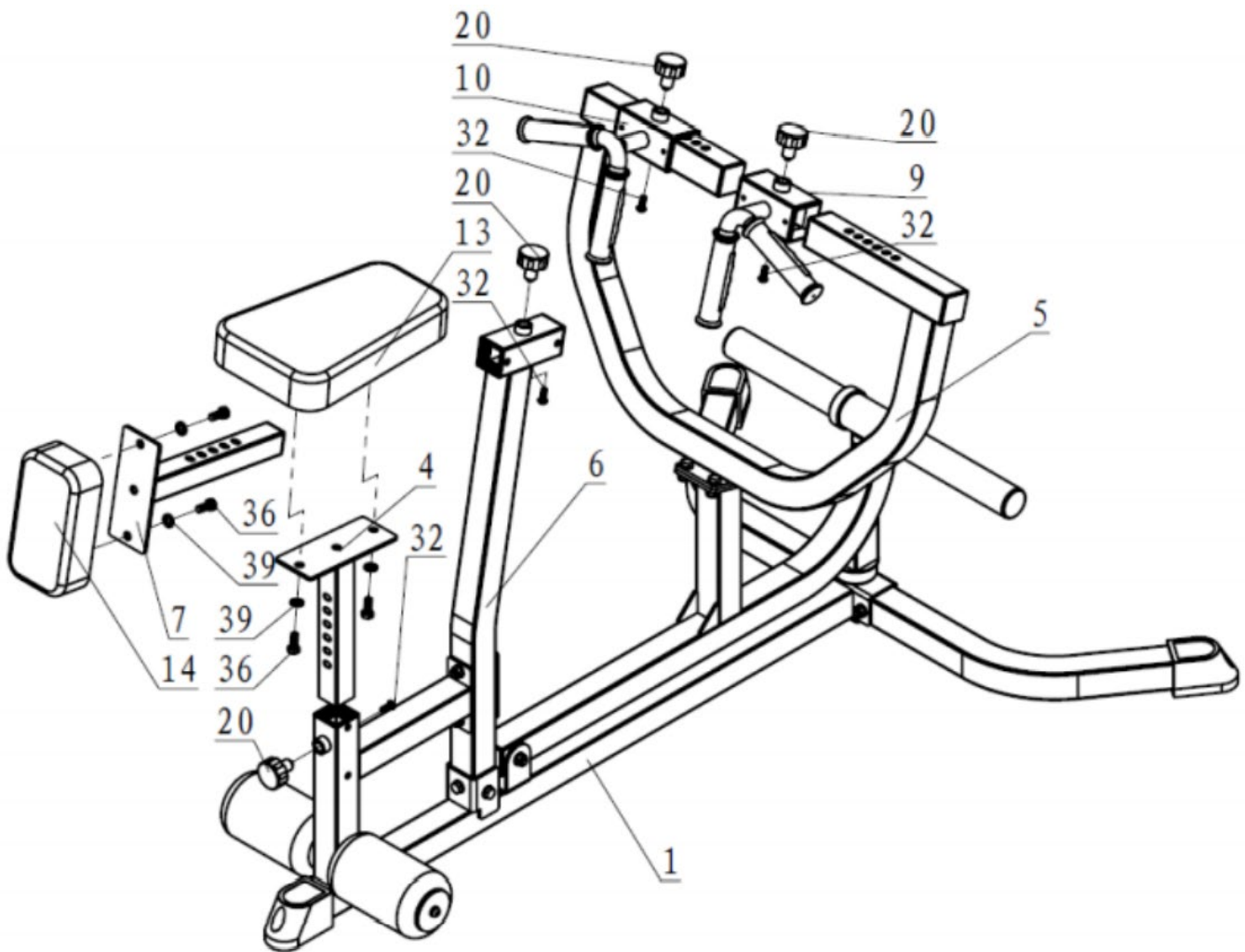
ASSEMBLY INSTRUCTIONS

STEP 4:

Assemble **SEAT CUSHION (13)** to **SEAT CUSHION ADJUSTABLE FRAME (4)**, using **HEX HEAD BOLT M10*25 (36)**, **FLAT WASHER 11*20*2 (39)**. Then fixing it on **SEAT CUSHION FRAME (1)**, using **PAN HEAD HEX BOLT M8*20 (32)** and **LOCK KNOB (20)**.

Assemble **CHEST CUSHION (14)** to **CHEST CUSHION ADJUSTABLE FRAME (7)**, using **HEX HEAD BOLT M10*25 (36)**, **FLAT WASHER 11*20*2 (39)**. Then fixing it on **CHEST CUSHION FRAME (6)**, using **PAN HEAD HEX BOLT M8*20 (32)** and **LOCK KNOB 20**.

Insert **LEFT AND RIGHT HANDLE FRAME (10 & 9)** on **CONNECTION FRAME (5)**, fixing by **PAN HEAD HEX BOLT M8*20 (32)** and **LOCK KNOB (2)**.



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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