

PLATE-LOADED SEATED ROW MACHINE

400790 - PLBKM



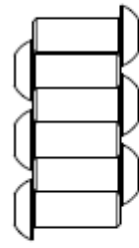
Operator's Manual



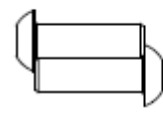
Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

HARDWARE PACK

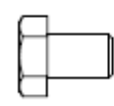
T40



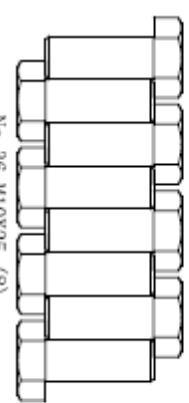
No. 32 M8X20 (6)



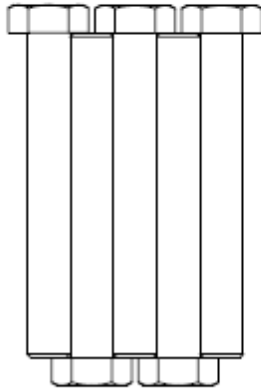
No. 33 M8X25 (2)



No. 35 M10X15 (1)



No. 36 M10X25 (8)



No. 37 M10X75 (5)



Allen Wrench 5mm



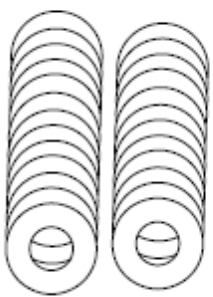
No. 38 ϕ 8 Washer (4)



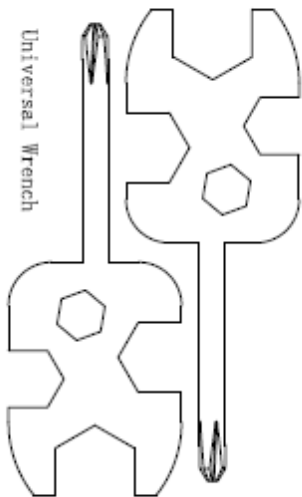
No. 40 ϕ 8 Spring Washer (4)



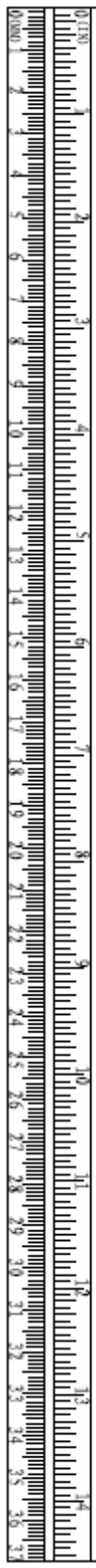
No. 41 M10 Nut (11)



No. 39 ϕ 10 Washer (25)



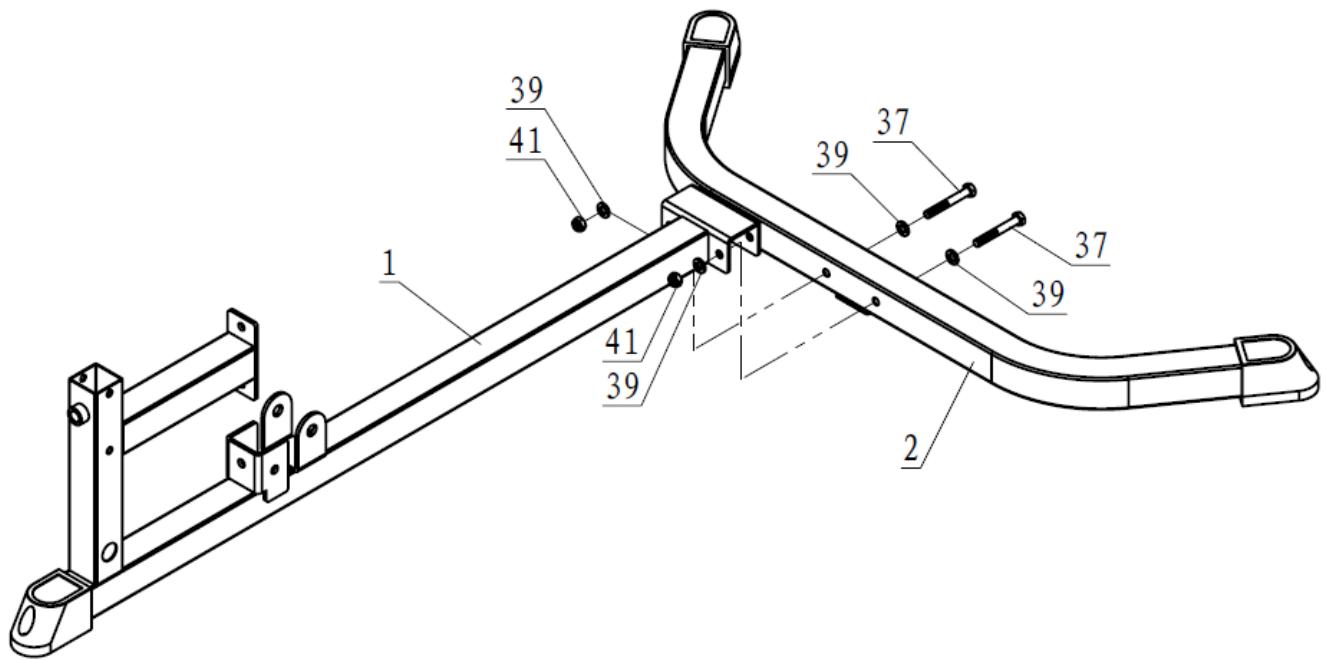
Universal Wrench



ASSEMBLY INSTRUCTIONS

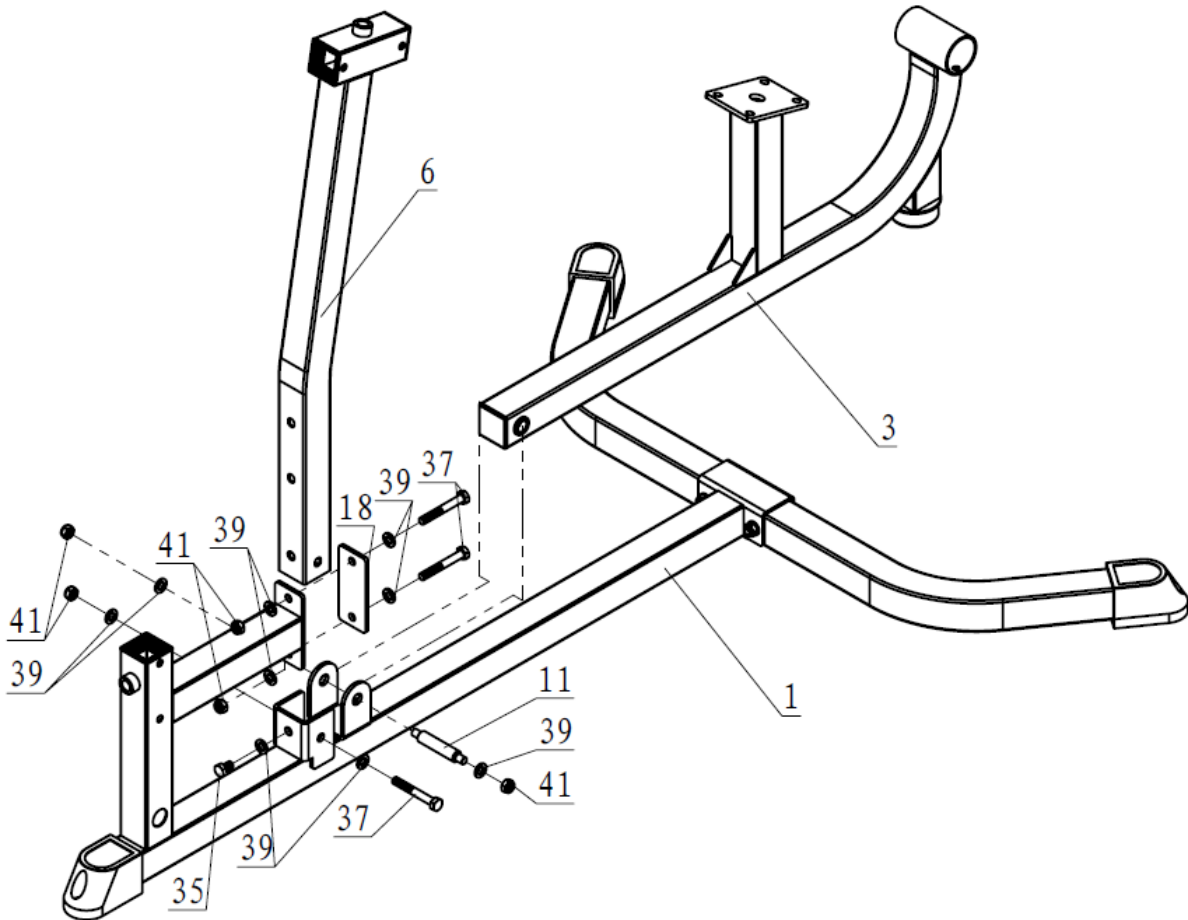
Step 1

Connect Seat Cushion Frame(1) and Base Frame(2), using Hex head bolt M10*75 (37) ,Flat washer $\Phi 11*\Phi 2*2$ (39), and Nut M10(41), then tighten the Nut.



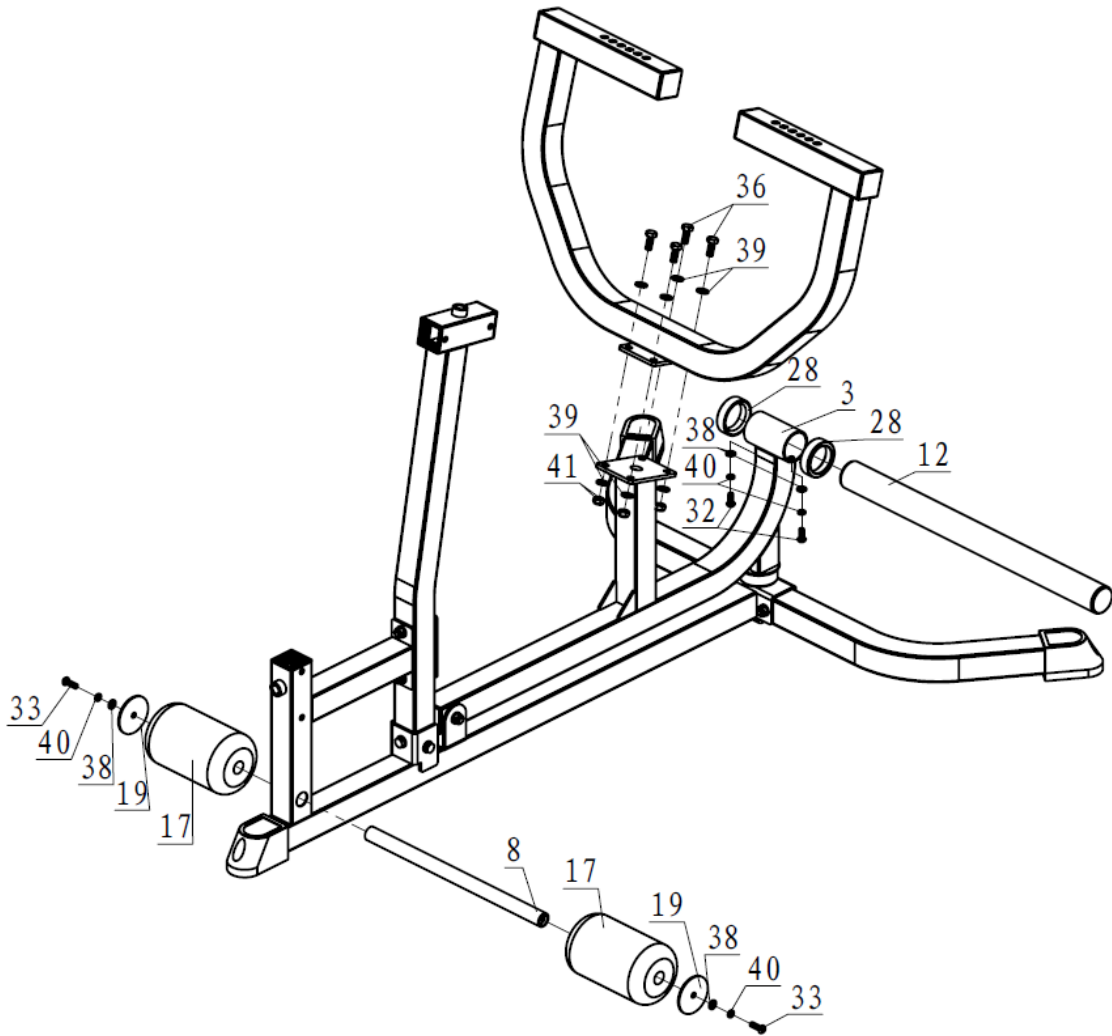
Step 2

Assemble Swing Frame (3), Chest Cushion Frame (6) to Seat Cushion Frame (1), Using Rotary Shaft (11), Fixing Plate (18), Hex head bolt M10*15 (35), Hex head bolt M10*75 (37), Flat washer $\Phi 11*\Phi 20*2$ (39), Nut M10(41). Don't tighten it.



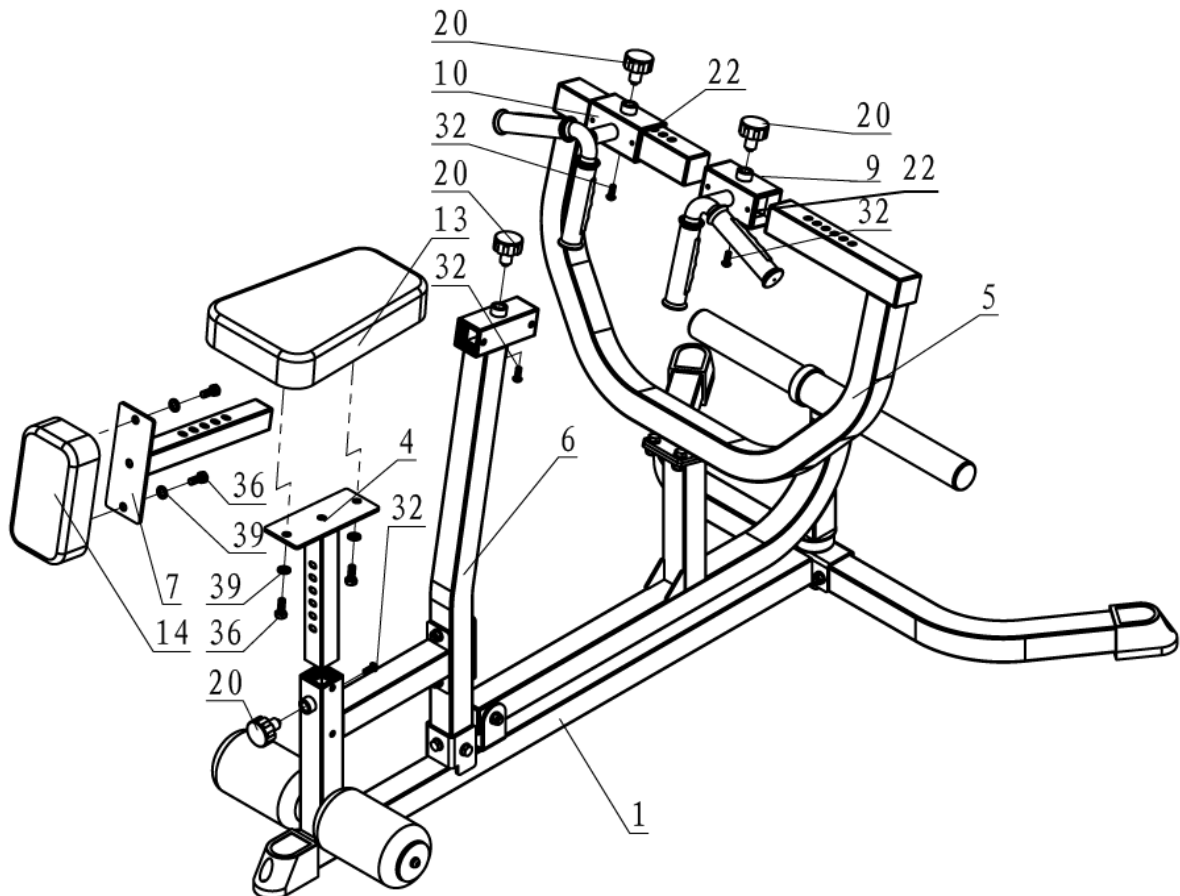
Step 3

1. Assemble Connection Frame (5) to Swing Frame (3), using Hex head bolt M10*25 (36), Flat washer $\Phi 11*\Phi 20*2$ (39), Nut M10(41). Tighten all bolts.
2. Assemble Weight Plate Holder (12) to Swing Frame (3), using Pan Head, Hex bolt M8*20 (32), Flat washer $\Phi 9*\Phi 16*1.6$ (38), Spring Washer $\Phi 8$ (40).
3. 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 $\Phi 9*\Phi 16*1.6$ (38), Spring Washer $\Phi 8$ (40).

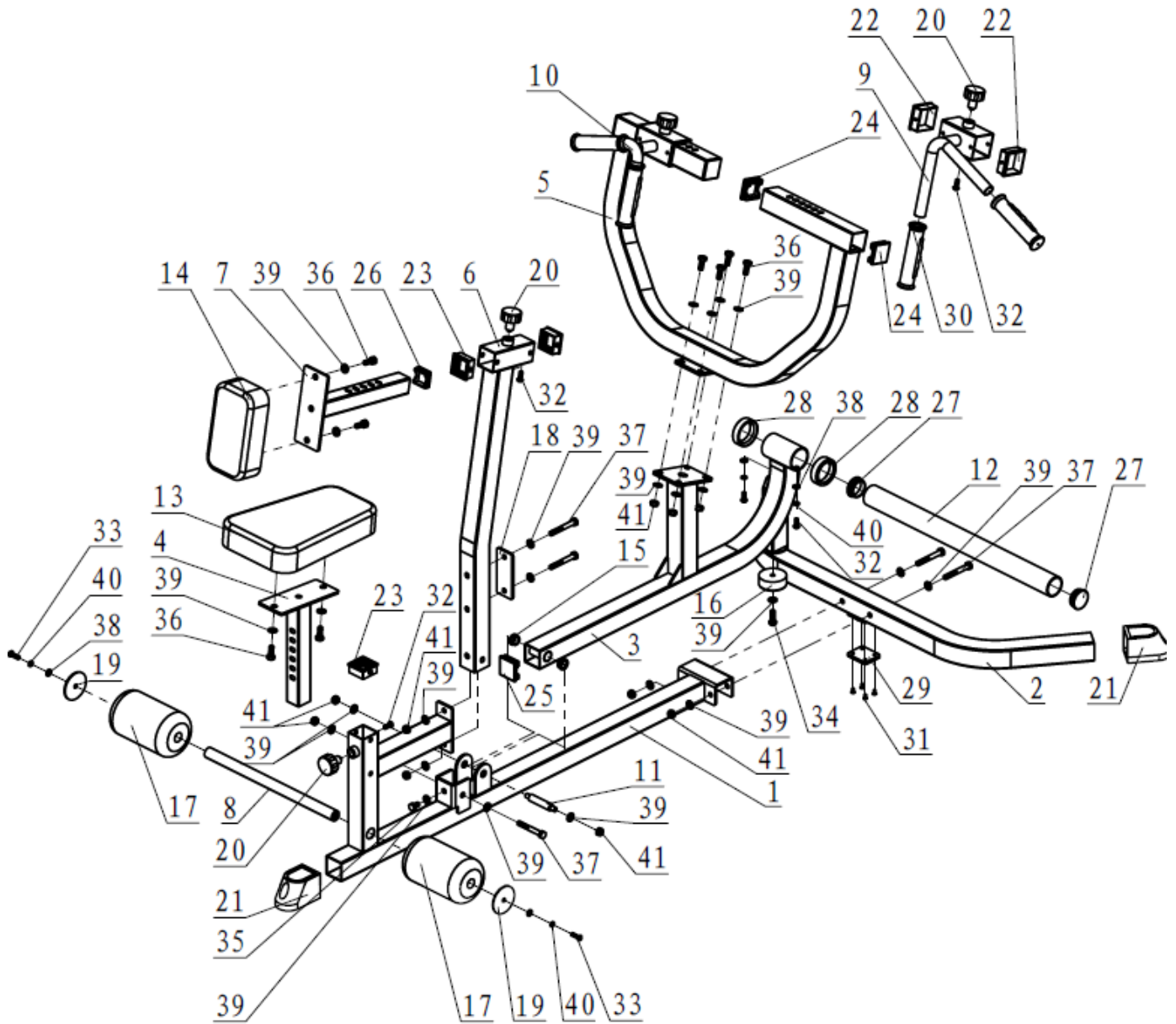


Step 4

1. Assemble Seat cushion (13) to Seat Cushion Adjustable Frame (4), using Hex head bolt M10*25 (36), Flat washer $\Phi 11*\Phi 20*2$ (39). Then fixing it on Seat Cushion Frame (1), using Pan Head, Hex bolt M8*20 (32) and Lock Knob (20).
2. Assemble Chest cushion (14) to Chest Cushion Adjustable Frame (7), using Hex head bolt M10*25 (36), Flat washer $\Phi 11*\Phi 20*2$ (39). Then fixing it on Chest Cushion Frame (6), using Pan Head, Hex bolt M8*20 (32) and Lock Knob (20).
3. Insert Left& Right Handle Frame (10&9) on Connection Frame (5), fixing by Pan Head, Hex bolt M8*20 (32) and Lock Knob (20).
4. Note: When installing (9) RIGHT HANDLE FRAME and (10) LEFT HANDLE FRAME to (5) CONNECTION FRAME, please carefully align the handle's (22) PLASTIC SLEEVE with the stainless steel frame tubing. Carefully slide the handle onto the stainless-steel frame, do not force.



APPENDIX - FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST



FULL PARTS LIST

KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	Seat Cushion Frame	1	(22)	1	Hollow Sleeve □60*2	4
(2)	1	Base Frame	1	(23)	1	Hollow Sleeve □50*2	3
(3)	1	Swing Frame	1	(24)	1	End Cap□50*2	4
(4)	1	Seat Cushion Adjustable Frame	1	(25)	1	End Cap□50*2.5	1
(5)	1	Connection Frame	1	(26)	1	End Cap□40*2	1
(6)	1	Chest Cushion Frame	1	(27)	1	End CapΦ48*2	2
(7)	1	Chest Cushion Adjustable Frame	1	(28)	1	Rubber Ring	2
(8)	1	FOAM Frame	1	(29)	1	Buffer Washer 60*50*6	1
(9)	1	Right Handle Frame	1	(30)	1	Handle Grip	4
(10)	1	Left Handle Frame	1	(31)	1	Philips screw M5*10	4
(11)	1	Rotary Shaft	1	(32)	1	Pan Head, Hex Bolt M8*20	6
(12)	1	Weight Plate Holder	1	(33)	1	Pan Head, Hex Bolt M8*25	2
(13)	1	Seat Cushion	1	(34)	1	Pan Head, Hex Bolt M10*30	1
(14)	1	Chest Cushion	1	(35)	1	Hex Head Bolt M10*15	1
(15)	1	Sleeve Φ25.8*Φ22*Φ16.1*11	2	(36)	1	Hex Head Bolt M10*25	8
(16)	1	Rubber Pad Φ64*25	1	(37)	1	Hex Head Bolt M10*75	5
(17)	1	Foam Φ110*Φ23*180	2	(38)	1	Flat Washer Φ9*Φ16*1.6	4
(18)	1	Fixing Plate	1	(39)	1	Flat Washer Φ11*Φ20*2	26
(19)	1	Foam Baffle 61805ZZ	2	(40)	1	Spring Washer Φ8	4
(20)	1	Lock Knob	4	(41)	1	Nut M10	11
(21)	1	□50 horseshoe Sleeve	3				

ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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