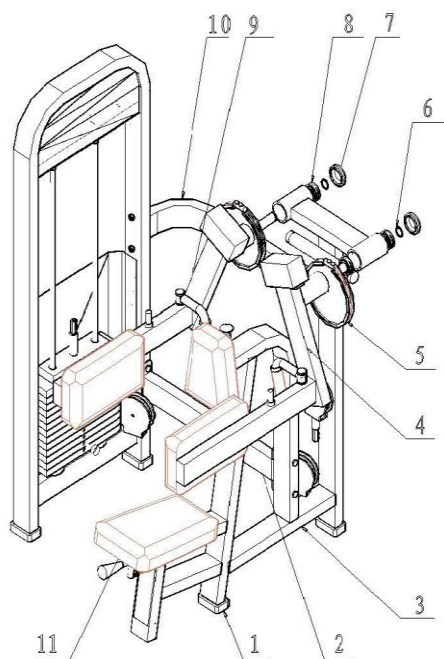


# M2-1002

## Seated Lateral Raise

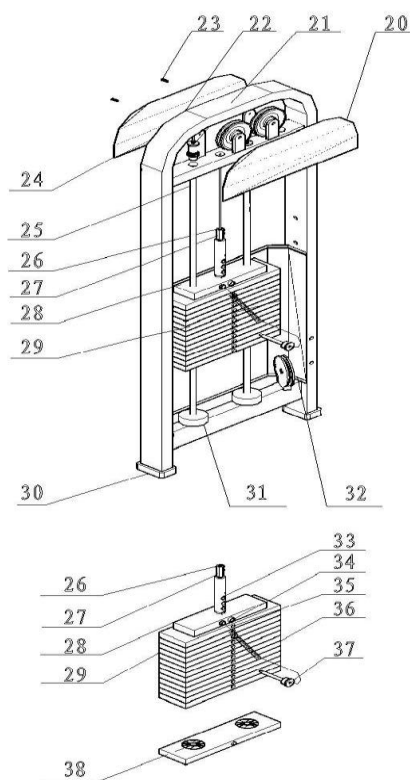
### Installation Instruction





- 1 Rubber Shoe
- 2 Beam 1
- 3 Sub Frame
- 4 Left Arm
- 5 Torque Dish
- 6 Shaft Clip
- 7  $\phi 62$  Choke Plug
- 8 Bearing
- 9 Right Arm
- 10 Beam 2
- 11 Seat Frame

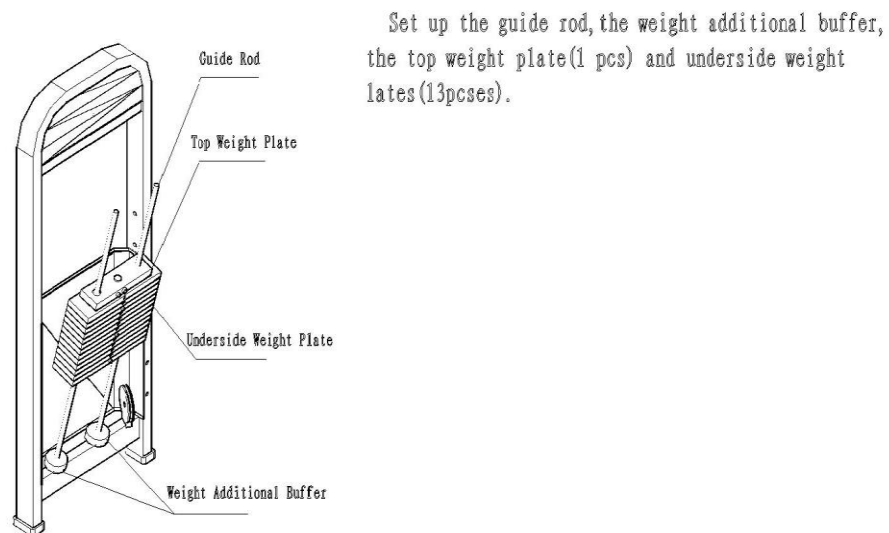
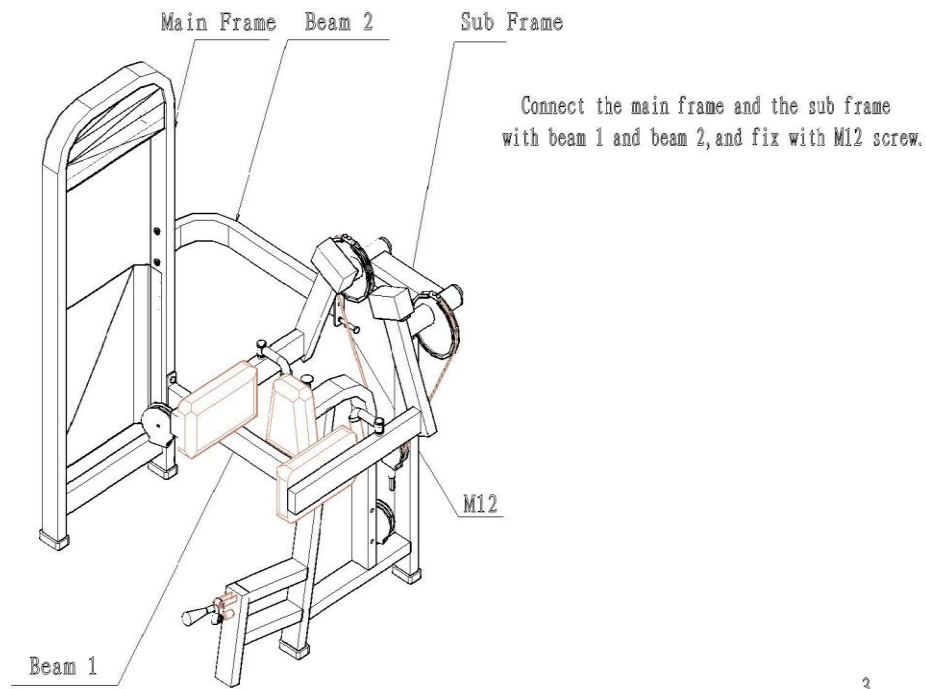
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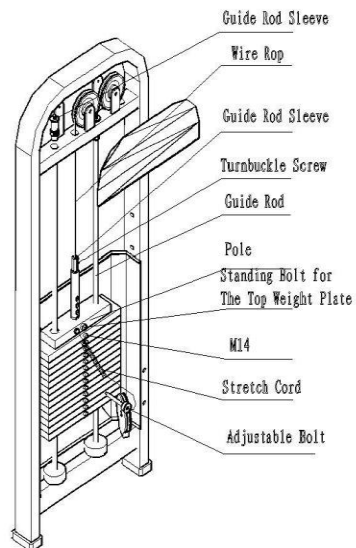


## Parts of the main frame

- 20 Iron Plate
- 21 Guide Rod Sleeve
- 22 Main Frame
- 23 M6
- 24 Acrylic
- 25 Guide Rod
- 26 Wire Lock
- 27 Turnbuckle Screw
- 28 Top Weight Plate
- 29 Underside Weight Plate
- 30 Rubber Shoe
- 31 Weight Additional Buffer
- 32 Backboard
- 33 Pole
- 34 Standing Bolt for The Top Weight Plate
- 35 M14
- 36 Stretch Cord
- 37 Adjustable Bolt
- 38 Counter Weight Cushion

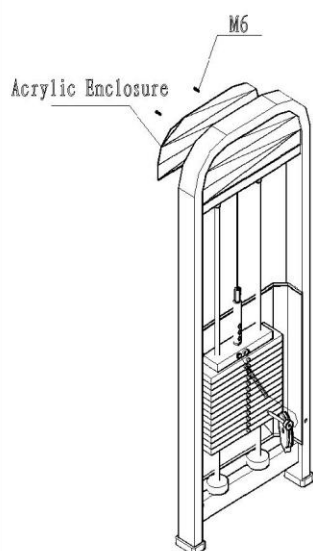
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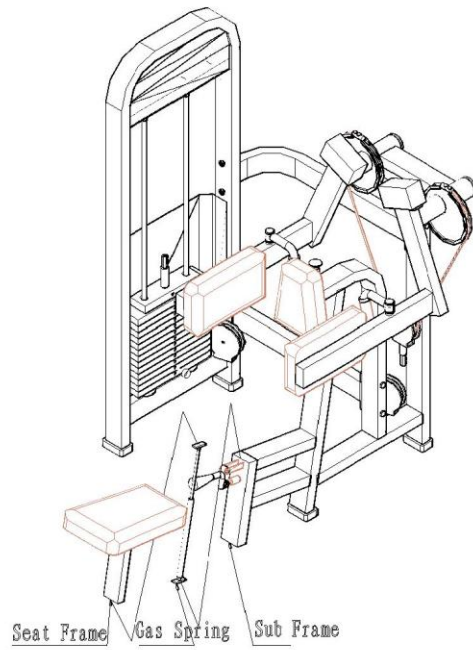
1. Fix the guide rod with the guide rod sleeve.
2. To install the pole, turnbuckle screw, wire lock and the wirerope (cable) well.
3. Use the standing bolt to make the pole and the top weight plate fixed together.
4. Use M14 to make the stretch cord, adjustable bolt and the top weight plate to connect together.

5



Install the acrylic enclosure with M6.

6



In proper order to install the gas spring and the seat frame into the groove of the sub frame.