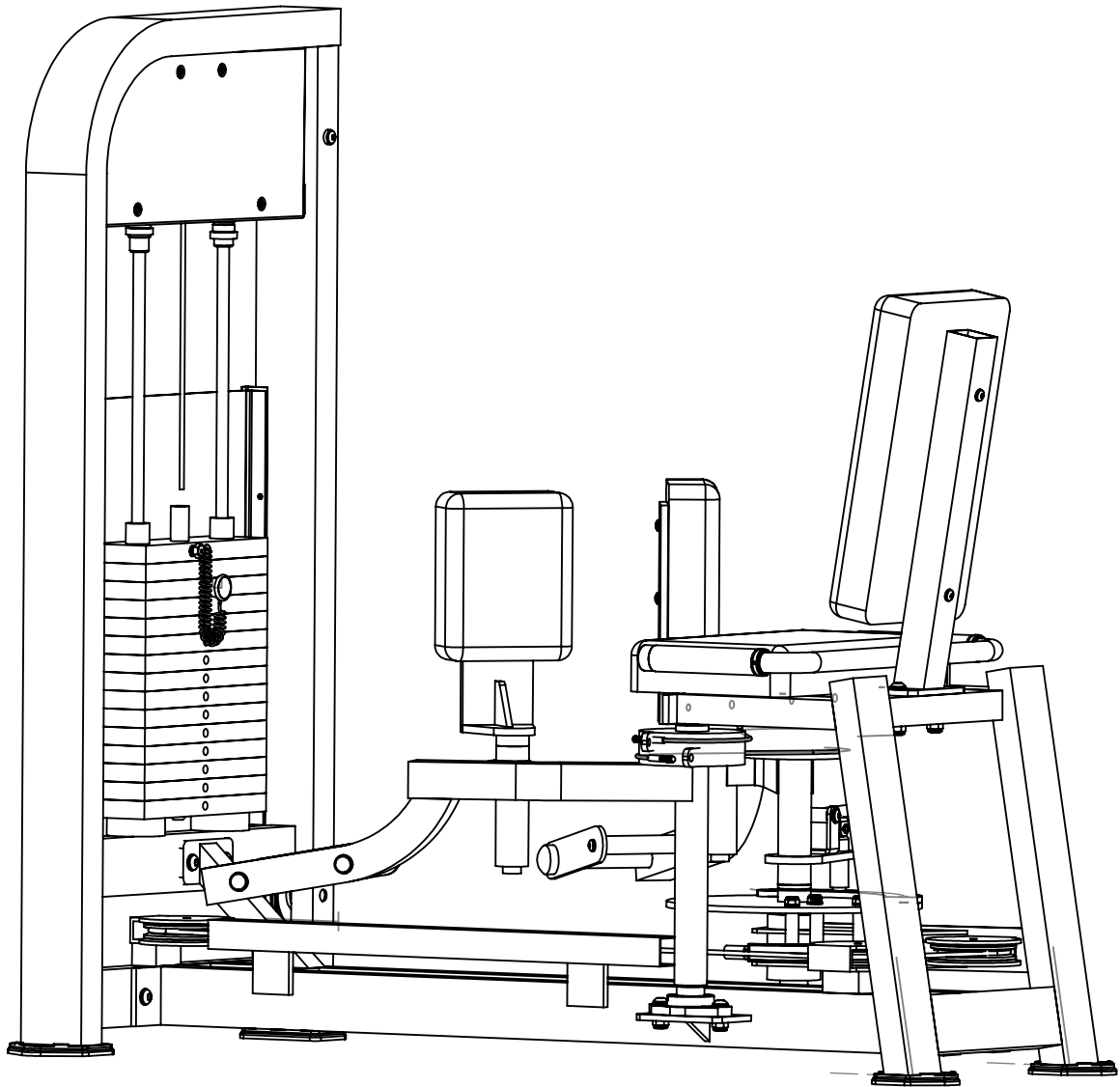


ASSEMBLY INSTRUCTION



PF-1001

HIP ABDUCTOR/ADDUCTOR

Contents

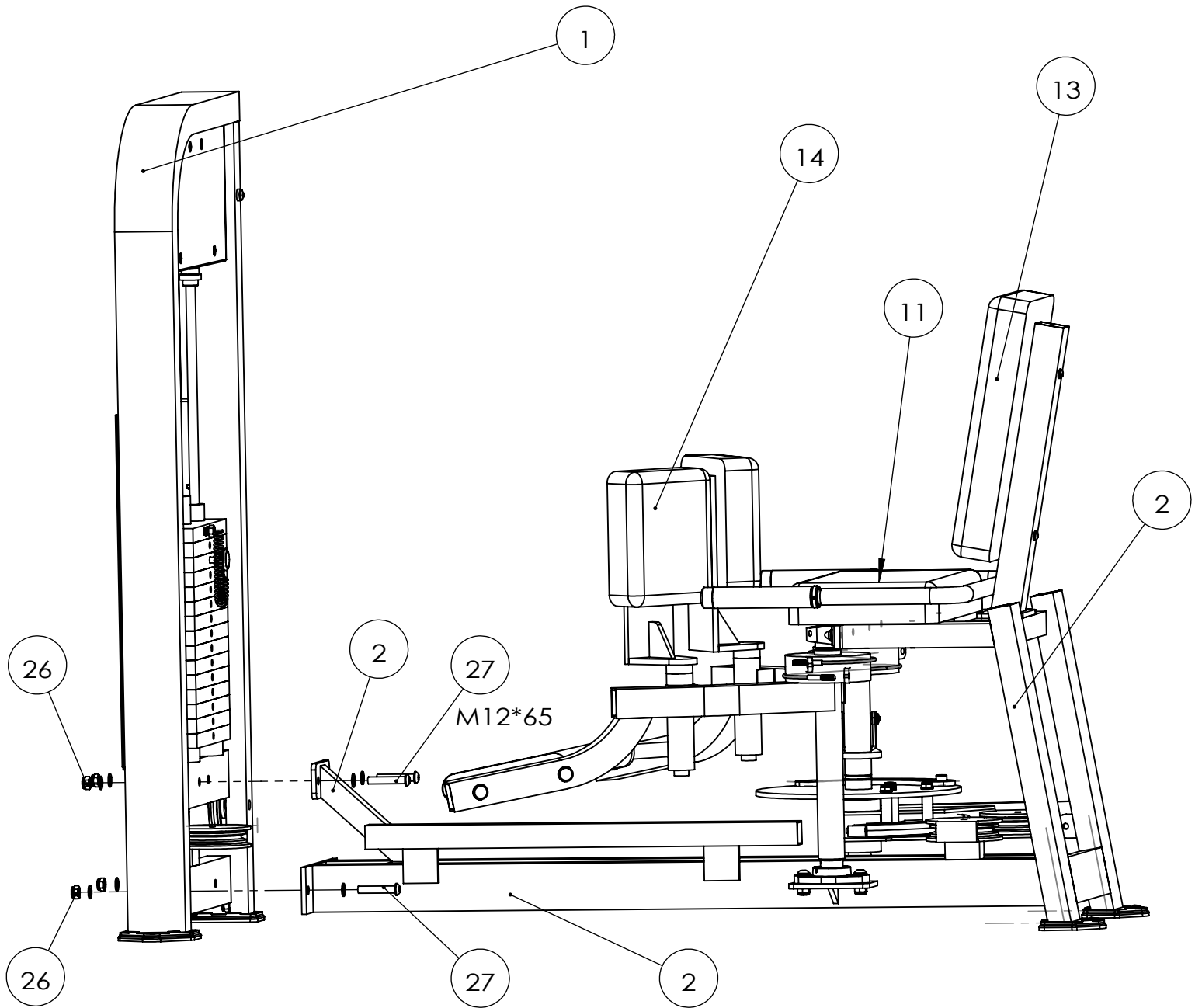
PARTS LIST	Page 3
Main Frame and Side Frame Assembly	Page4
Side Frame Assembly	Page5
Arm Assembly	Page6
Main Frame Assembly	Page7
Weight Stack Assembly	Page8
Image	Page9

Parts List

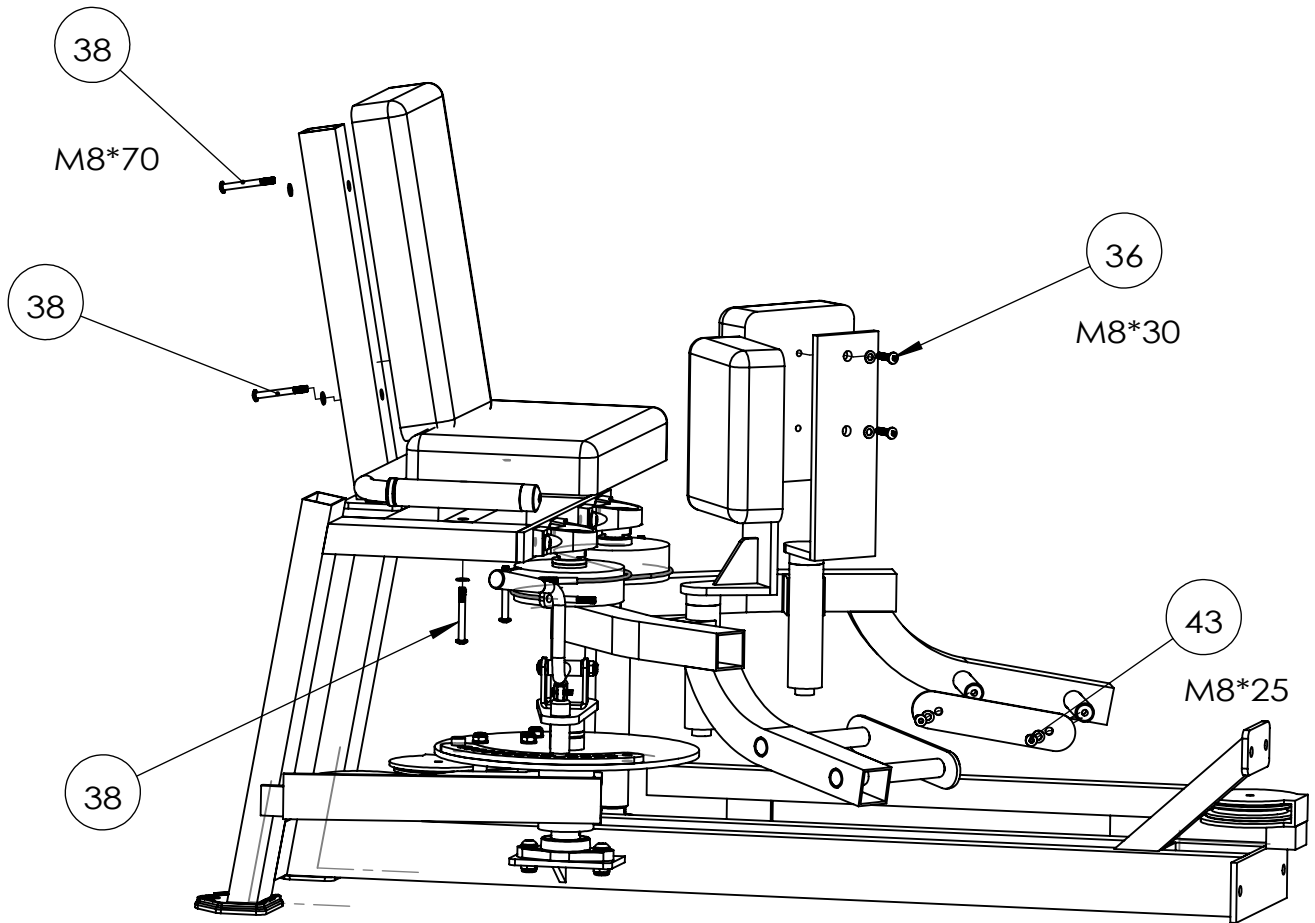
ITEM NO.	Description	QTY
1	Main Frame	1
2	Side Frame	1
3	Bearing 205	2
5	Bearing 205	2
11	Seat Cushion	1
12	Assy, Back Cushion	1
13	Back Cushion	1
16	Handle	1
17	Pulley Cap	1
19	Adjustable Bolt	1
20	Rubber Support	1
21	Plating	1
25	Washer, M12	16
26	Nut, M12	11
27	Screw M12*65	6
28	Ø114MM Pulley	3
29	Screw, M12*35	4
30	Washer, M10	8
31	Nut, M10	4
32	Screw, M10*80	3
33	Screw M10*25	1

ITEM NO.	Description	QTY
34	Screw, M12X25	4
35	Washer, M8	7
36	Screw, M8x30	4
37	Washer, M8	4
38	Screw, M8x70	4
39	Screw, M12X20	1
40	Screw, M10x75	1
41	Washer, M6	1
42	Screw, M6X25	1
43	Screw, M8*25	3
44	Wire Rope	1
46	Rectangle Rubber Shoe, 40x80	2
47	Rectangle Rubber Shoe, 50x100	2
48	Grip 170L	2
49	Grip Cap	2
50	Grip Ring	2

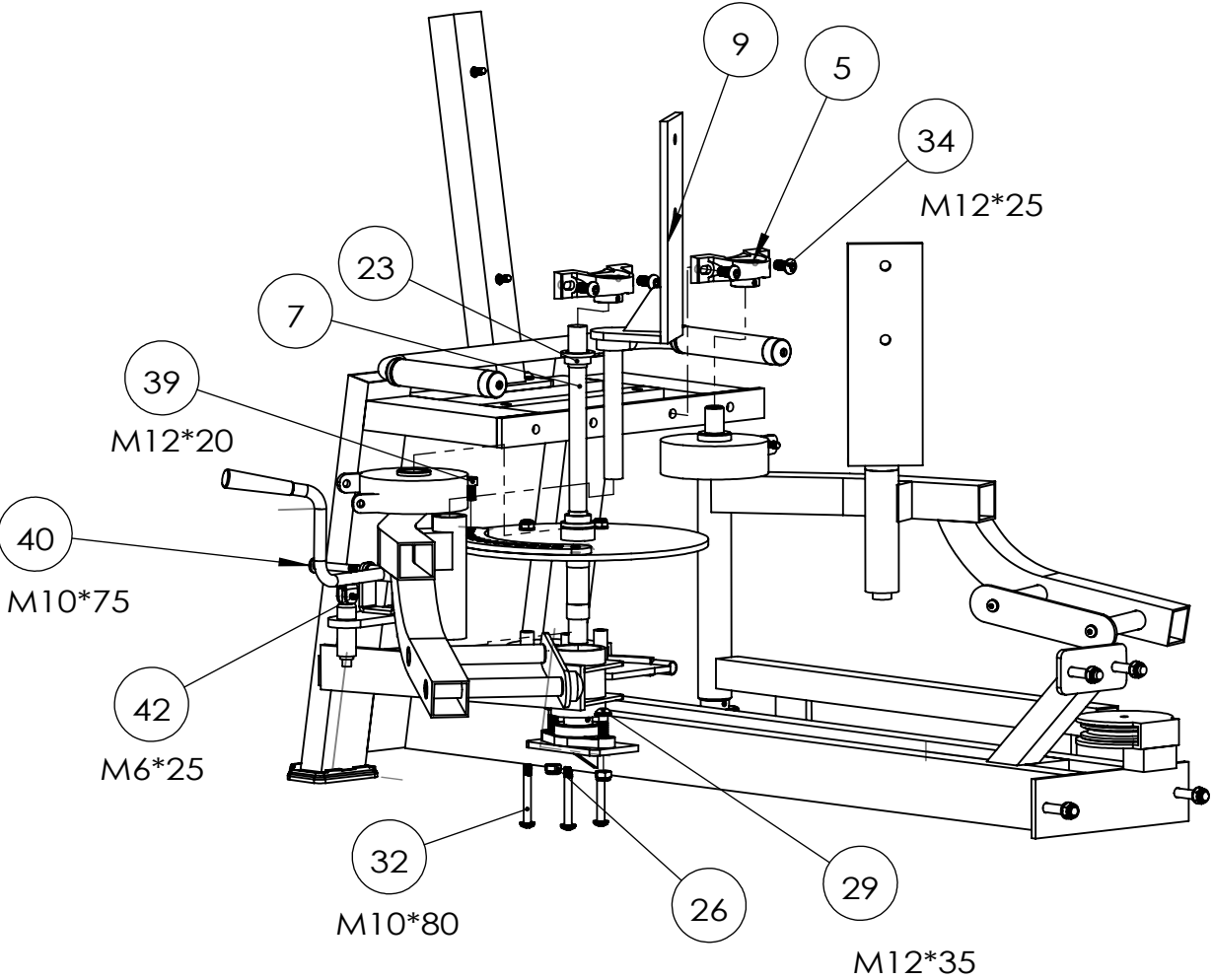
Main Frame and Side Frame Assembly



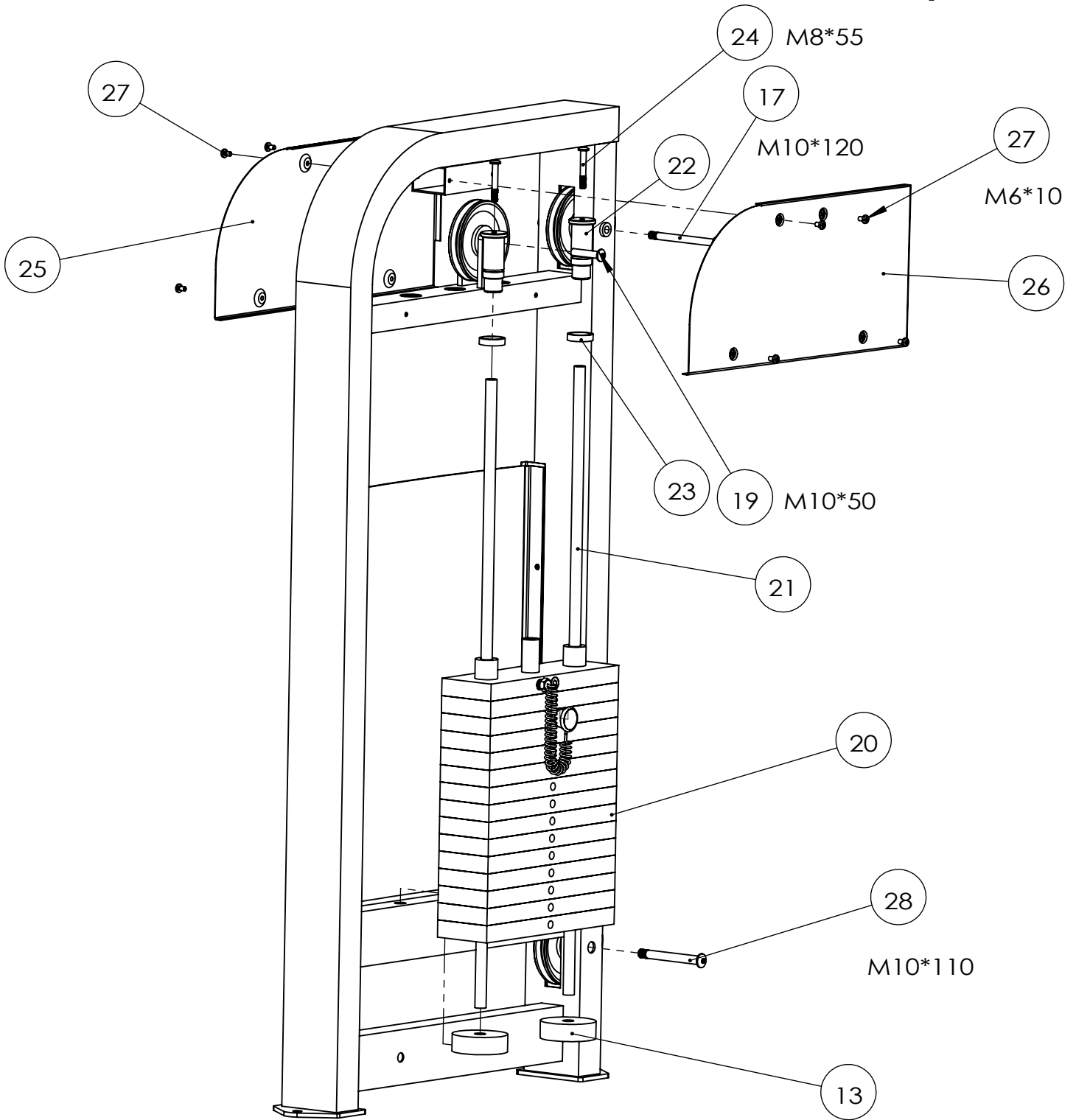
Side Frame Assembly



Arm Frame Assembly

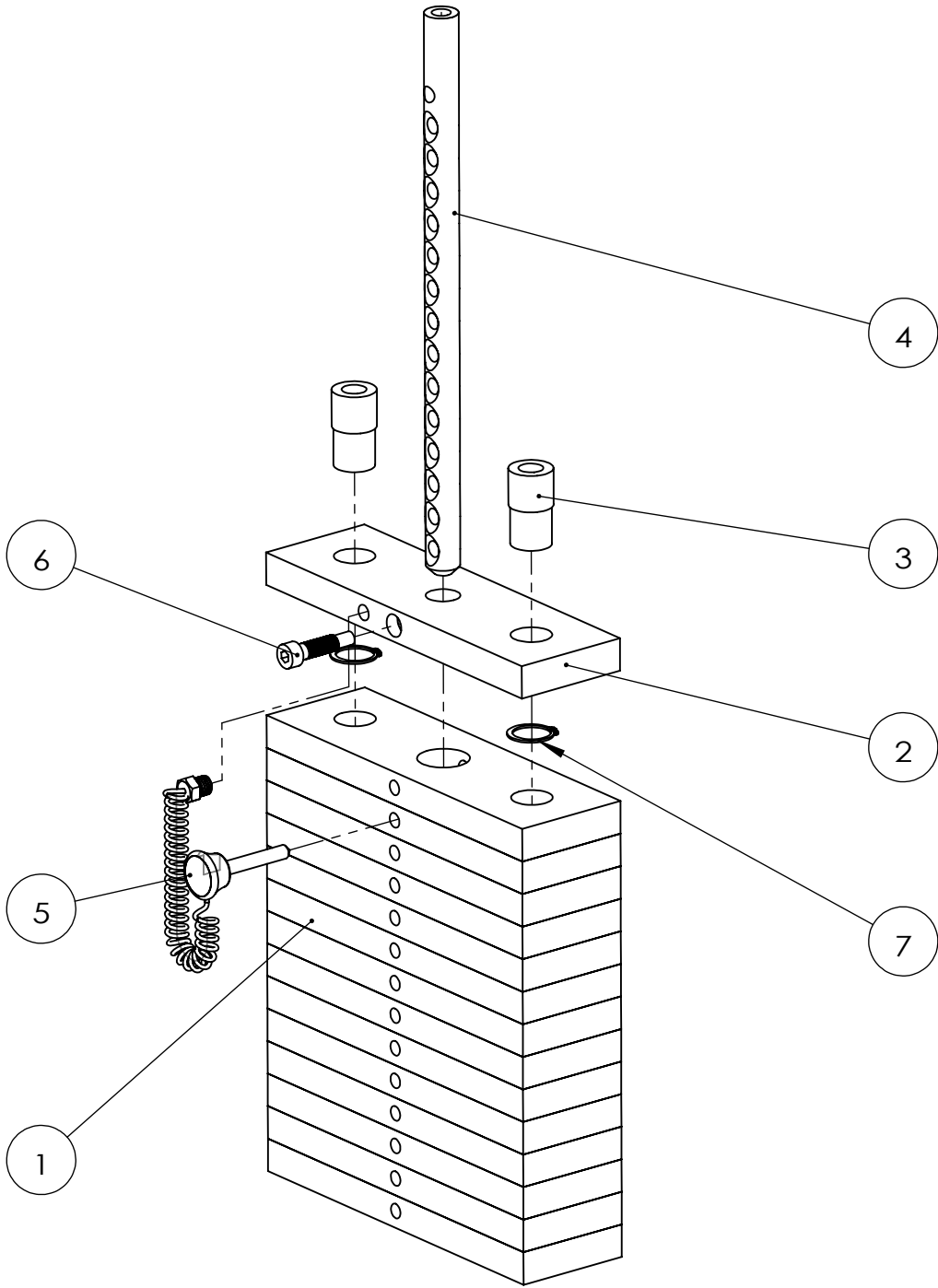


Main Frame Assembly



ITEM NO.	Description	QTY
16	Acrylic Board	1
17	Screw, M10x120	1
18	Nut, M10	2
19	Screw, M10X50	1
20	Assy, Weight Plate	1
21	Guide Rod, 0.91M	2
22	Guide Rod Sleeve	2
23	Guide Rod Sleeve Nut	2
24	Screw, M8X55	2
25	Placard	1
26	Placard	1
27	Screw, M6X10	8
28	Screw M12x110	1
29	Nut, M12	1

Weight Stack Assembly



ITEM NO.	Description	QTY
1	Underside Weight Plate	14
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	15 Holes Pole	1
5	Adjustable Bolt	1
6	Standing Bolt for The Top Weight Plate	1
7	φ 30 Shaft Clip	2

Image

