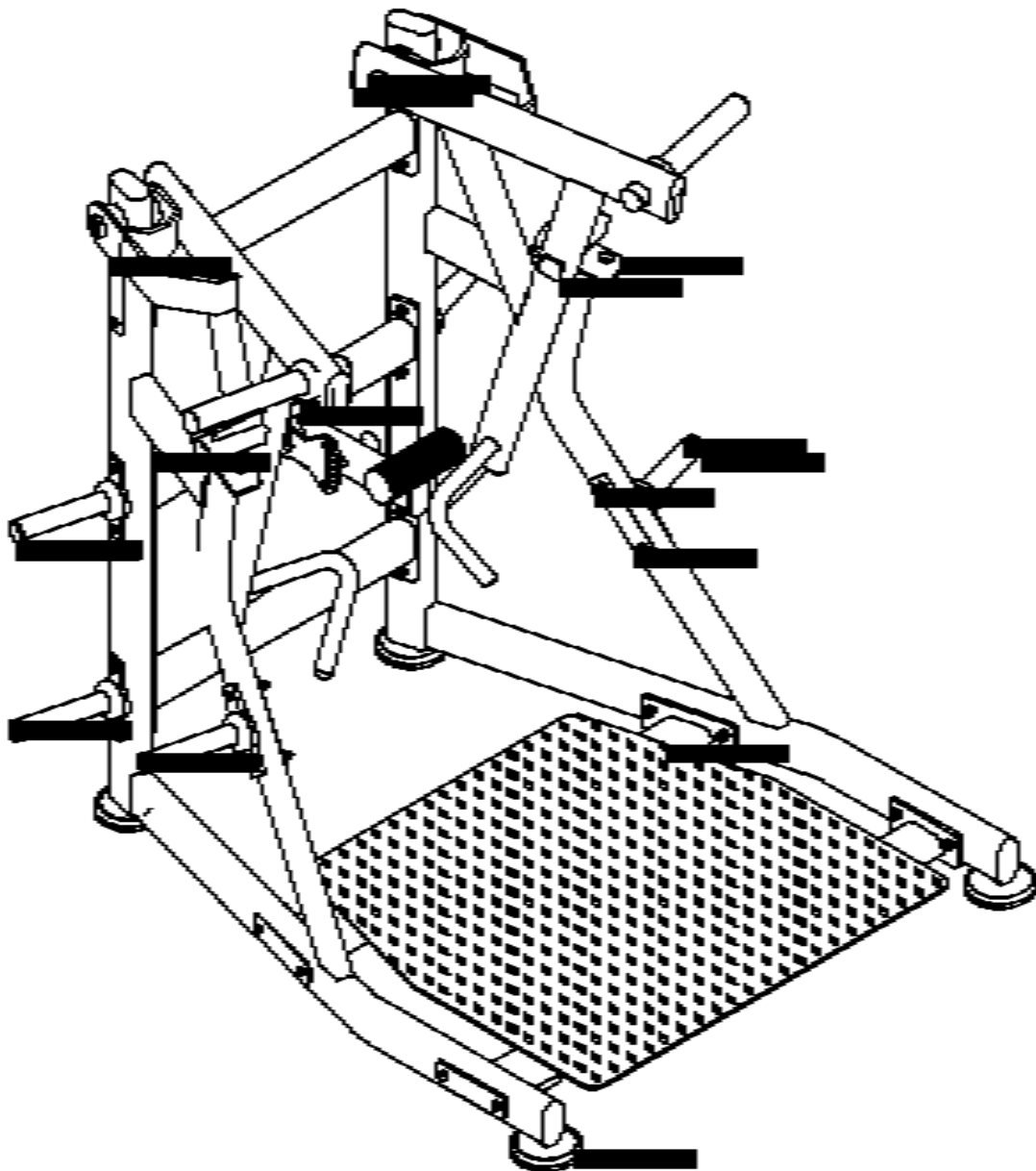


Pro Strength Single Arm Row – Standing (PL-PS-SAR)



Installation Manual

V2018051

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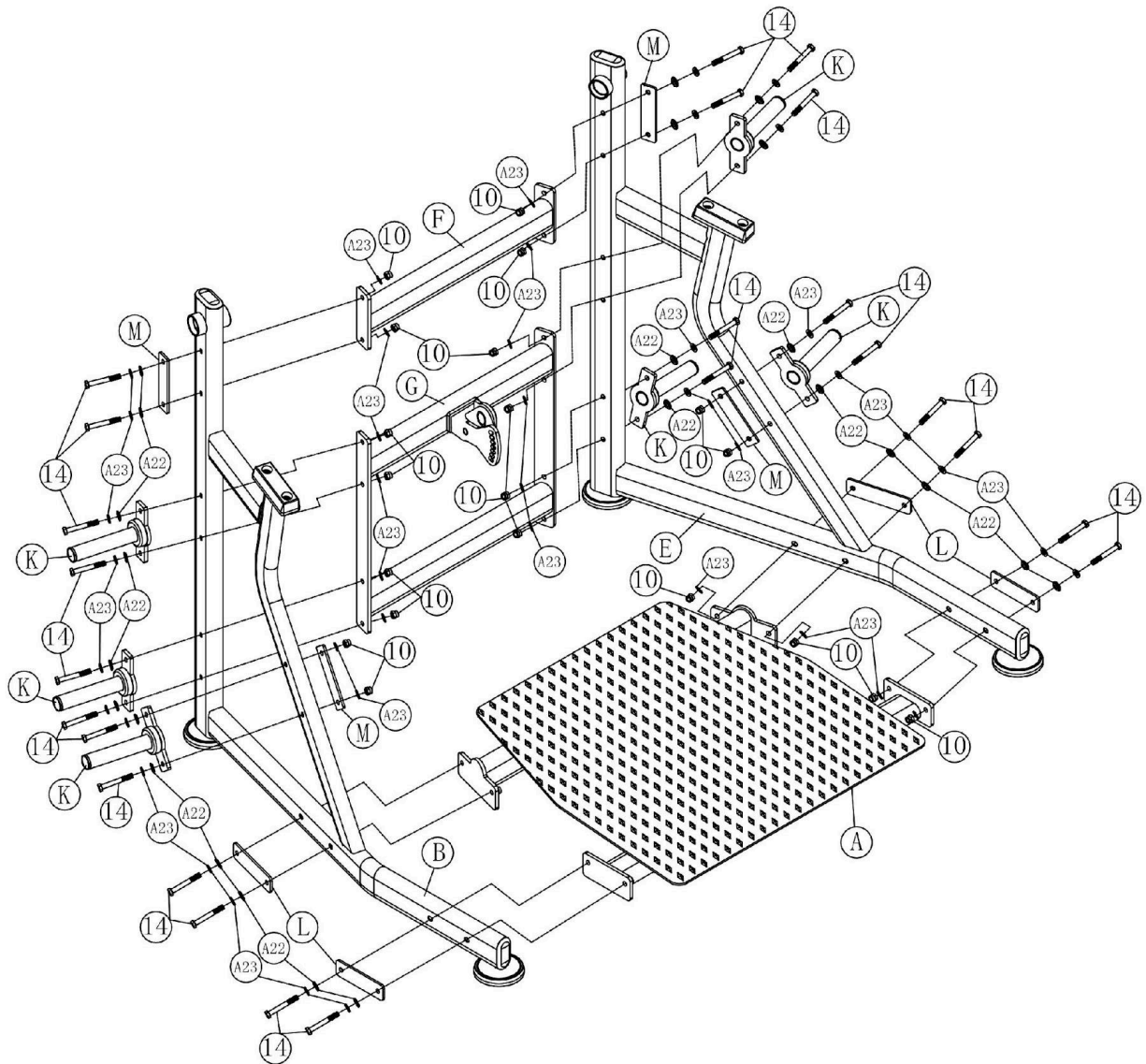
01/Safety Instructions

Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep children or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

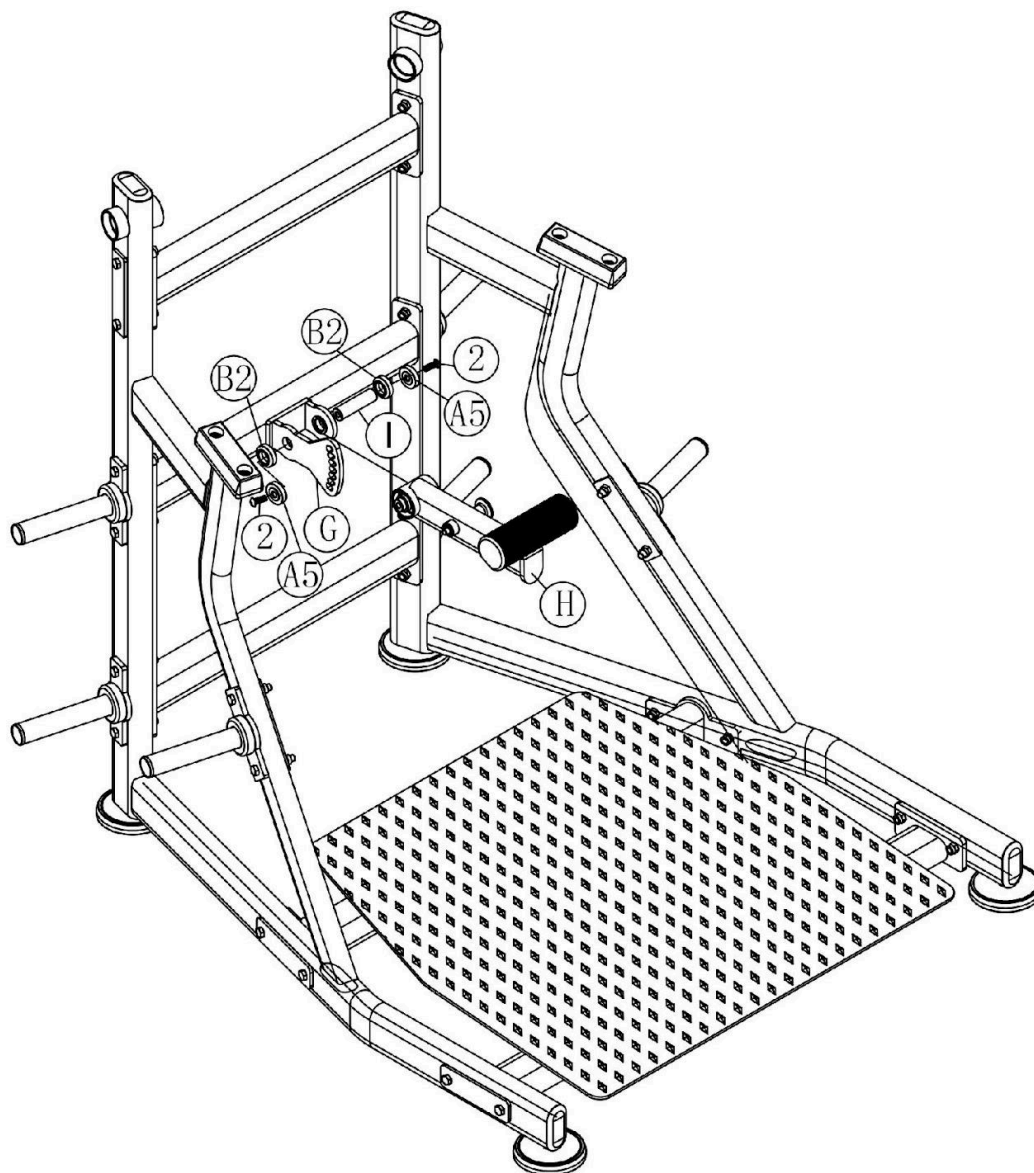
02/Installation chart

Step 1



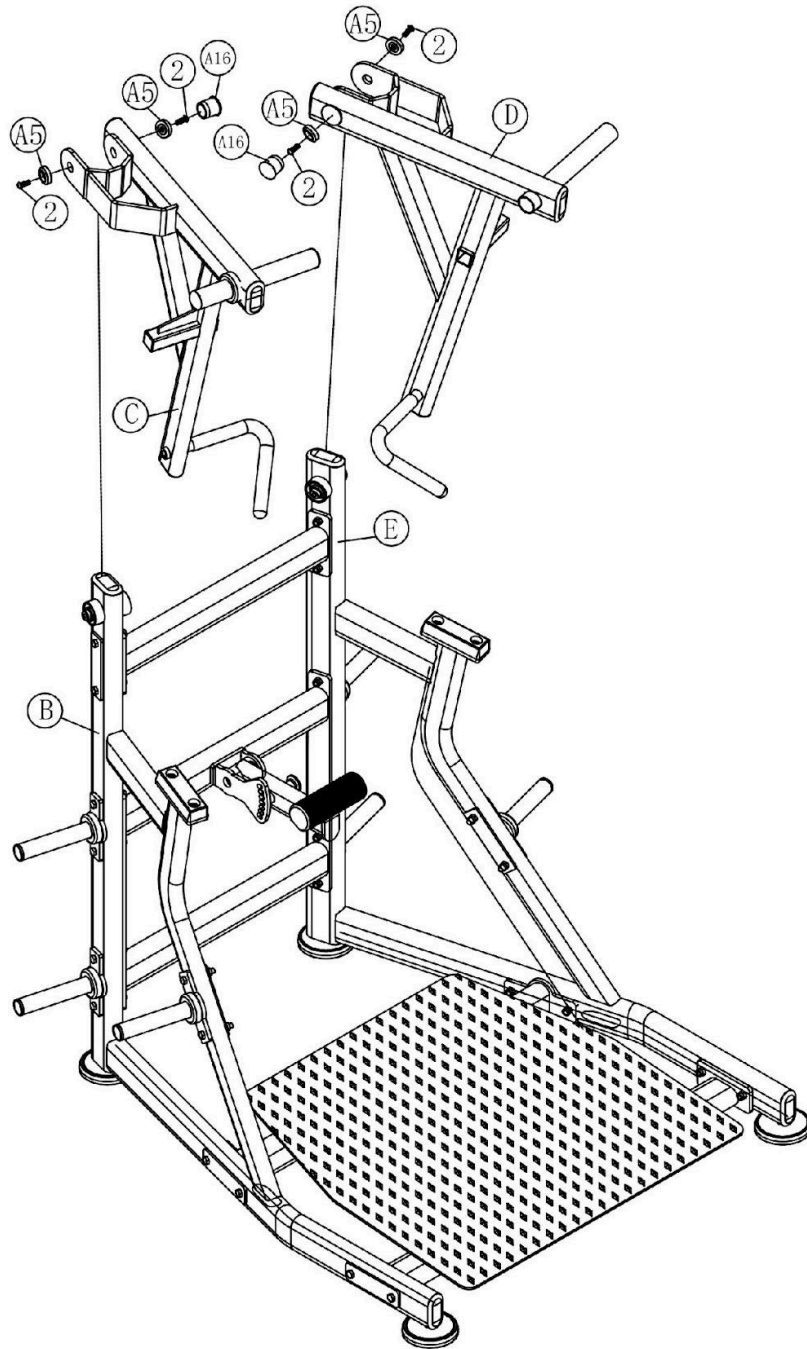
Attach the Base component(A#) , Bottom connection through component(G#) and Top connection through component(F#) and Left frame component(B#) and Right frame component(E) together and secure them with 24pcs M12×85 hex bolt(14#)、24 pcs washer(A22#)、24cps washer Φ12(A23#)、4pcs Long base plate(L) , 4pcs Barbell plate hanger rod component (M) and 6 pcs Barbell plate hanger rod component (K)

Step 2



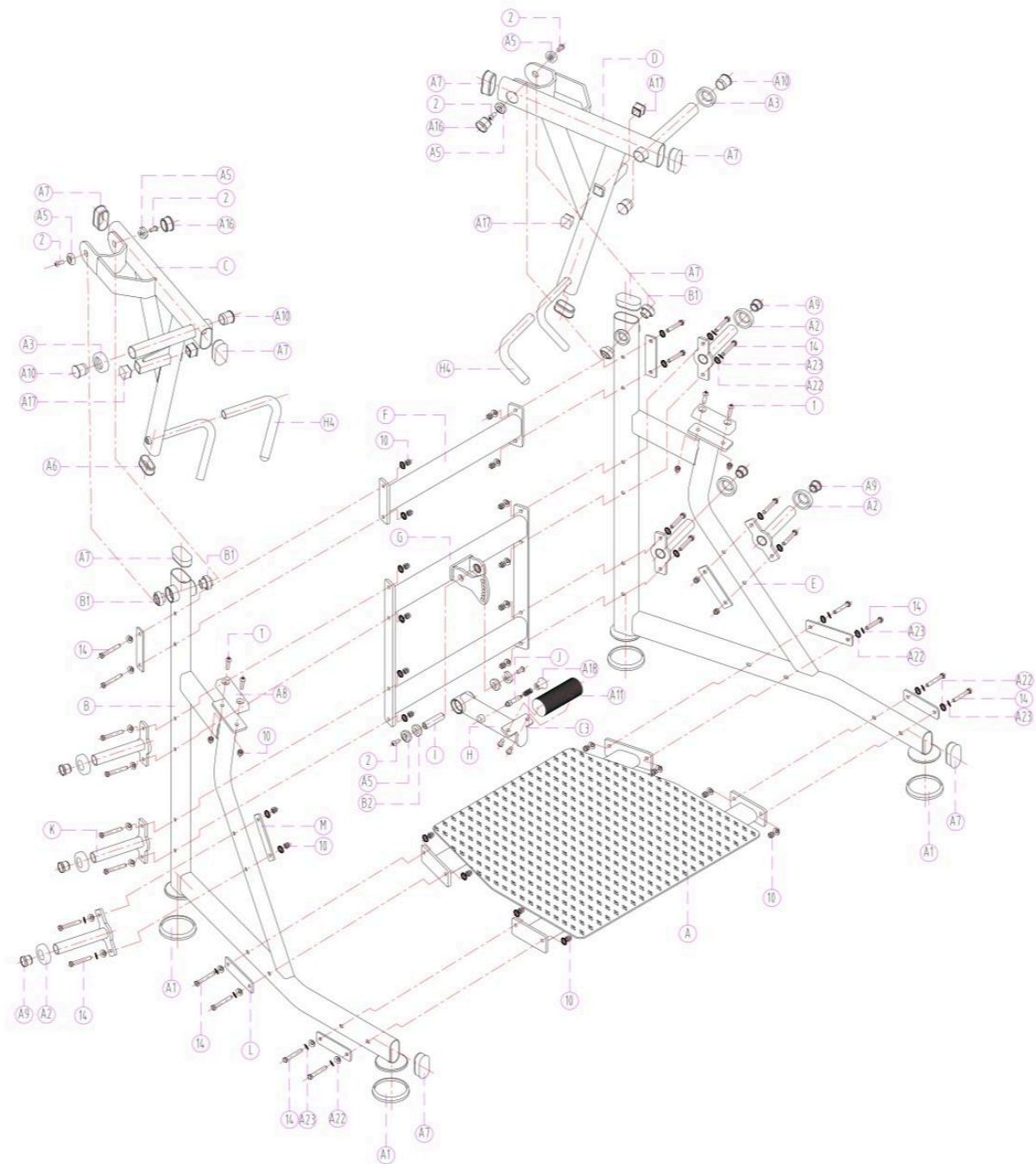
Attach the Handrail component(H#) and Bottom connection through component(G#) together and secure them with 2pcs allen bolt (2#) and 2pcs Shaft end washer (A5#) AND 2PCS Deep groove ball bearing(B2#).

Step 3



Attach the Left movable arm component(C#) to Left frame component (B#) , Attach right movable arm component (D#) to the right frame component(E#) together with the 4 pcs M12*25 allen bolt (2#) and 4 pcs Shaft end washer(A5#) and 2 pcs end cap (A16#).

Exploded Diagram



List for this step			
Model	Name	Spec	Qty

A	Base component	Weld assembly	1
B	Left frame component	Weld assembly	1
C	Left movable arm component	Weld assembly	1
D	Right movable arm component	Weld assembly	1
E	Right frame component	Weld assembly	1
F	Top connection through component	Weld assembly	1
G	Bottom connection through component	Weld assembly	1
I	Handrail spindle	Component	1
H	Handrail component	Weld assembly	1
J	Pin	Component	1
K	Barbell plate hanger rod component	Weld assembly	6
L	Long base plate	Component	4
M	Barbell plate hanger rod component	Component	8
A2	Round cushion	$\Phi 75*\Phi 42.5*20$	6
A3	Round cushion	$\Phi 75*\Phi 48.5*20$	4
A10	Round pipe close	$\Phi 48*50$	4
A6	Oval pipe close	40*80*35	2
A7	Oval pipe close	50*100*35	8
A5	Shaft end washer	$\Phi 43.5*14.5$	6
B1	Insert bearing	UR205	4
A1	Floor foot pad	$\Phi 136.5*20$	4
H4	The seal won't tear	$\Phi 32*\Phi 28*330$	2
2	Allen bolt	M12*25	6
A8	Cushion	166*58*30	2
1	Hex cup head bolt	M12*40	4
A11	Handrail	$\Phi 70*200$	1
25	Hex cylinder head bolt	M10*35	2
10	Hex locknut	M12	28
14	Outer hex bolt	M12*85	24
A12	Screw cap	M12	40
22	Fixed plate	$\Phi 12$	24
23	Flat gasket	$\Phi 12$	28
A18	Mushroom head bolt cap	$\Phi 42*34*M8$	1
B2	Deep groove ball bearing	6025	2
C3	Compressed spring	$\Phi 17*31$	1
A9	Flat pipe close	$\Phi 40*30$	2
A17	Square pipe close	40*40*T25	4

03/ Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need.

You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

The equipment is made of steel and of powder coating process, which assure the safety and durability.

04/Product specification

Name	Single Arm Row- Standing	SKU	PL-PS-SAR
Dimension	58" x 53" x 57"		
Weight	1410 lb		

05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent.
3. If weighted spare parts abrasion or broken, please change it at once.