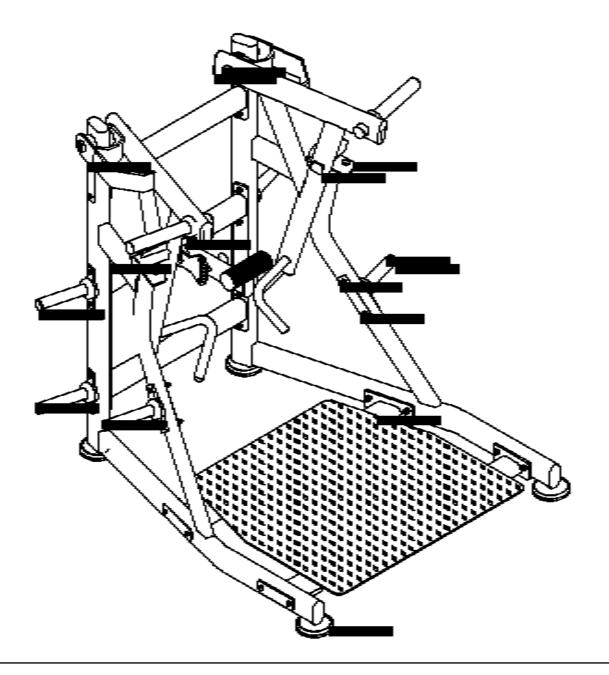
# Pro Strength Single Arm Row - Standing (PL-PS-SAR)



**Installation Manual** 

V2018051

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- 01/ Safety instructions
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- 03/ Product description
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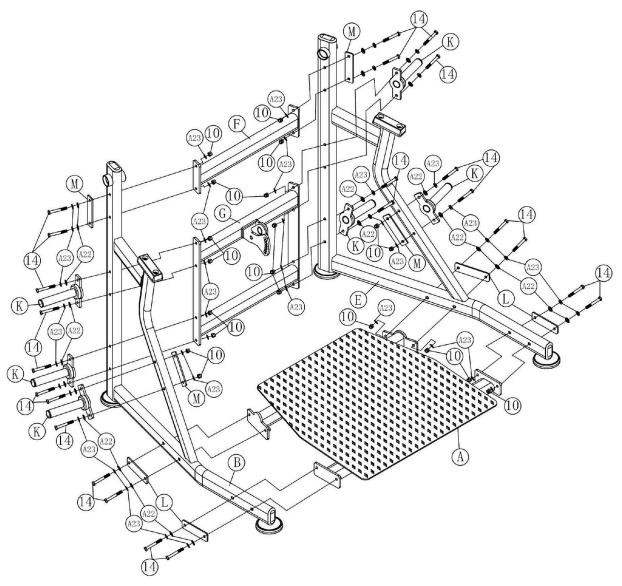
#### 01/Safety Instructions

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.

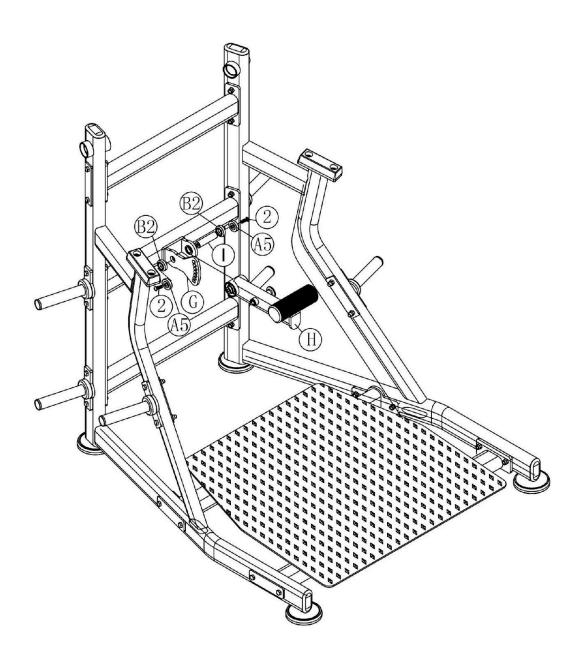
## **02/Installation chart**

Step 1



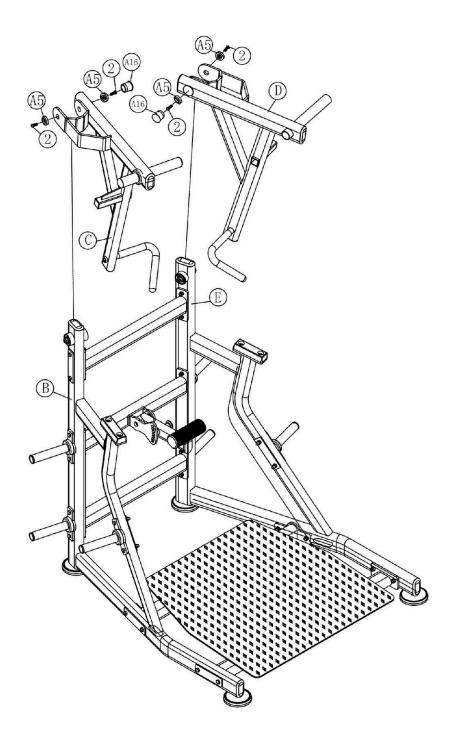
Attach the Base component(A#), Bottom connection through component(G#) and Top connection through component(F#) and Left frame component(B#) and Right frame component(E) together and secure them with 24pcs M12×85 hex bolt(14#), 24 pcs washer(A22#), 24cps washer  $\Phi$ 12(A23#), 4pcs Long base plate(L), 4pcs Barbell plate hanger rod component(M) and 6 pcs Barbell plate hanger rod component(K)

Step 2



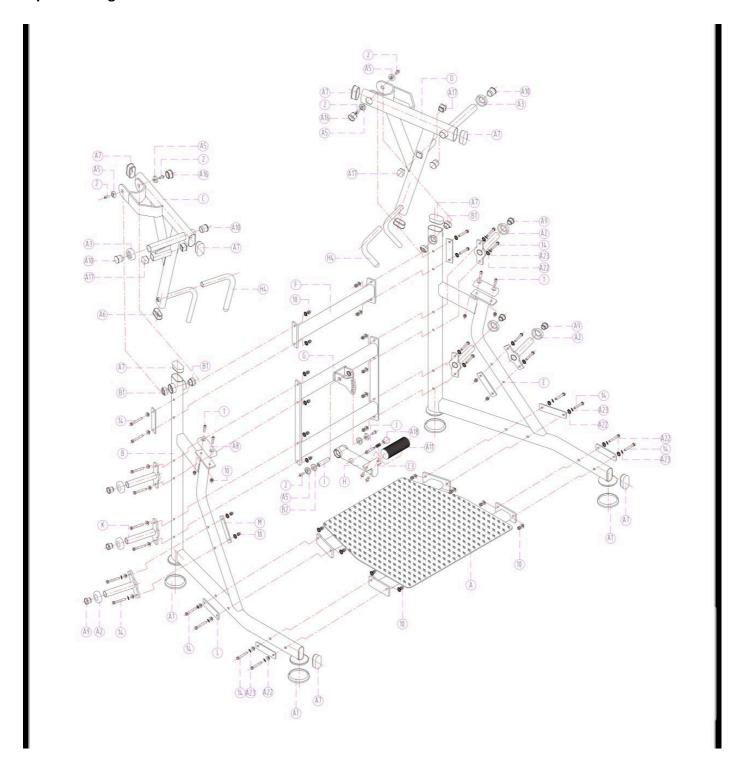
Attach the Handrail component(H#) and Bottom connection through component(G#) together and secure them with 2pcs allen bolt (2#) and 2pcs Shaft end washer (A5#) AND 2PCS Deep groove ball bearing(B2#).

#### 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	Otv			

B	A	Base component	Weld assembly	1 1
D	В			
Description	С	Left movable arm component	Weld assembly	1
Top connection through component   September   Septe	D	Right movable arm component	Weld assembly	1
Bottom   connection   through   Component   1				-
Component   Comp				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 3 A2 Round cushion Ф75*Ф42.5*20 6 A3 Round cushion Ф75*Ф42.5*20 4 A10 Round pipe close Ф48*50 4 A6 Oval pipe close 40*80*35 2 A7 Oval pipe close 50*100*35 8 A5 Shaft end washer Ф43.5*14.5 6 B1 Insert bearing UR205 4 A1 Floor foot pad Ф136.5*20 4 A1 The seal won't tear Ф32*Ф28*330 2 A1 H4 The seal won't tear Ф32*Ф28*330 2 A1 H5 Cushion 166*58*30 2 A1 H6x cup head bolt M12*25 6 A1 Handrail Ф70*200 1 A1 Handrail Ф70*200 1 A1 Hex locknut M12 28 A12 Screw cap M12 40 A15 Flat gasket Ф12 28 A18 Mushroom head bolt cap Ф42*34*MS 1 A1 Flat pipe close Ф40*30 2	G	,	Weld assembly	1
Pin   Component   1	I	Handrail spindle	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         Φ75*Φ42.5*20         6           A3         Round ploe close         Ф48*50         4           A10         Round pipe close         Ф48*50         4           A6         Oval pipe close         40*80*35         2           A6         Oval pipe close         50*100*35         8           A5         Shaft end washer         Φ43.5*14.5         6           B1         Insert bearing         UR205         4           A1         Floor foot pad         Φ136.5*20         4           H4         The seal won't tear         Φ32*Φ28*330         2           2         Allen bolt         M12*25         6           A8         Cushion         166*58*30         2           1         Hex cup head bolt         M12*40         4           A11         Handrail         Φ70*200         1           25         Hex cylinder head bolt         M10*35         2           1	Н	Handrail component	Weld assembly	1
L Long base plate Component 4  M Barbell plate hanger rod component Component 8  A2 Round cushion Φ75*Φ42.5*20 6  A3 Round cushion Φ75*Φ48.5*20 4  A10 Round pipe close Φ48*50 4  A6 Oval pipe close 40*80*35 2  A7 Oval pipe close 50*100*35 8  A5 Shaft end washer Φ43.5*14.5 6  B1 Insert bearing UR205 4  H4 The seal won't tear Φ32*Φ28*330 2  A8 Cushion 166*58*30 2  A8 Cushion 166*58*30 2  Hex cup head bolt M12*40 4  A11 Handrall Φ70*200 1  Hex locknut M12 28  Hex cylinder head bolt M12*85 24  A12 Screw cap M12 40  Elad Plate Base A18  Mushroom head bolt cap Φ42*34*M8 1  Mushroom head bolt cap Φ42*34*M8 1  B2 Deep groove ball bearing Φ17*31 1  A9 Flat pipe close Φ40*30 2	J	Pin	Component	1
M         Barbell plate hanger rod component         Component         8           A2         Round cushion         Φ75*Φ42.5*20         6           A3         Round cushion         Φ75*Φ48.5*20         4           A10         Round pipe close         Φ48*50         4           A6         Oval pipe close         40*80*35         2           A7         Oval pipe close         50*100*35         8           A5         Shaft end washer         Φ43.5*14.5         6           B1         Insert bearing         UR205         4           A1         Floor foot pad         Φ136.5*20         4           H4         The seal won't tear         Φ32*Φ28*330         2           2         Allen bolt         M12*25         6           A8         Cushion         166*58*30         2           1         Hex cup head bolt         M12*40         4           A11         Handrail         Φ70*200         1           A25         Hex cylinder head bolt         M10*35         2           10         Hex locknut         M12         28           A42         Screw cap         M12         40           A22         Fixed plate	К	Barbell plate hanger rod component	Weld assembly	6
A2       Round cushion       Φ75*Φ42.5*20       6         A3       Round cushion       Φ75*Φ48.5*20       4         A10       Round pipe close       Φ48*50       4         A6       Oval pipe close       40*80*35       2         A7       Oval pipe close       50*100*35       8         A5       Shaft end washer       Φ43.5*14.5       6         B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136.5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1 <td>L</td> <td>Long base plate</td> <td>Component</td> <td>4</td>	L	Long base plate	Component	4
A3       Round cushion       Φ75*Φ48.5*20       4         A10       Round pipe close       Φ48*50       4         A6       Oval pipe close       40*80*35       2         A7       Oval pipe close       50*100*35       8         A5       Shaft end washer       Φ43.5*14.5       6         B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136.5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*200       1         25       Hex cylinder head bolt       M10*35       2         10       Hex locknut       M12       28         A12       Screw cap       M12       40         22       Fixed plate       Φ12       24         A12       Screw cap       M12       40         22       Fixed plate       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1	М	Barbell plate hanger rod component	Component	8
A10       Round pipe close       Φ48*50       4         A6       Oval pipe close       40*80*35       2         A7       Oval pipe close       50*100*35       8         A5       Shaft end washer       Φ43.5*14.5       6         B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136.5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*200       1         A25       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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2	A2	Round cushion	Ф75*Ф42. 5*20	6
A6       Oval pipe close       40*80*35       2         A7       Oval pipe close       50*100*35       8         A5       Shaft end washer       Φ43.5*14.5       6         B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136.5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1	A3	Round cushion	Ф75*Ф48. 5*20	4
A7       Oval pipe close       50*100*35       8         A5       Shaft end washer       Φ43.5*14.5       6         B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136.5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ10*30       2	A10	Round pipe close	Φ48*50	4
A5       Shaft end washer       Φ43.5*14.5       6         B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136.5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	A6	Oval pipe close	40*80*35	2
B1       Insert bearing       UR205       4         A1       Floor foot pad       Φ136, 5*20       4         H4       The seal won't tear       Φ32*Φ28*330       2         2       Allen bolt       M12*25       6         A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	A7	Oval pipe close	50*100*35	8
A1 Floor foot pad	A5	Shaft end washer	Ф 43. 5*14. 5	6
H4 The seal won't tear Φ32*Φ28*330 2  Allen bolt M12*25 6  A8 Cushion 166*58*30 2  Hex cup head bolt M12*40 4  A11 Handrail Φ70*200 1  Experimental M10*35 2  Hex cylinder head bolt M10*35 2  Hex locknut M12 28  A12 Screw cap M12 40  Experimental M12*85 24  A13 Flat gasket Φ12 28  A18 Mushroom head bolt cap Φ42*34*M8 1  B2 Deep groove ball bearing 6025 2  Compressed spring Φ17*31 1  A9 Flat pipe close Φ40*30 2	B1	Insert bearing	UR205	4
Allen bolt M12*25 6 A8 Cushion 166*58*30 2 A1 Hex cup head bolt M12*40 4 A11 Handrail Φ70*200 1 A1 Hex cylinder head bolt M10*35 2 A1 Hex locknut M12 28 A12 Screw cap M12 40 A12 Screw cap M12 40 A13 Flat gasket Φ12 28 A14 Mushroom head bolt cap Φ42*34*M8 1 B2 Deep groove ball bearing 6025 2 C3 Compressed spring Φ17*31 1 A9 Flat pipe close Φ40*30 2	A1	Floor foot pad	Ф 136. 5*20	4
A8       Cushion       166*58*30       2         1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	H4	The seal won't tear	Ф 32*Ф 28*330	2
1       Hex cup head bolt       M12*40       4         A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	2	Allen bolt	M12*25	6
A11       Handrail       Φ70*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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	A8	Cushion	166*58*30	2
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       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	1	Hex cup head bolt	M12*40	4
10 Hex locknut M12 28  14 Outer hex bolt M12*85 24  A12 Screw cap M12 40  22 Fixed plate Φ12 24  23 Flat gasket Φ12 28  A18 Mushroom head bolt cap Φ42*34*M8 1  B2 Deep groove ball bearing 6025 2  C3 Compressed spring Φ17*31 1  A9 Flat pipe close Φ40*30 2	A11	Handrail	Φ70*200	1
14       Outer hex bolt       M12*85       24         A12       Screw cap       M12       40         22       Fixed plate       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	25	Hex cylinder head bolt	M10*35	2
A12       Screw cap       M12       40         22       Fixed plate       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	10	Hex locknut	M12	28
22       Fixed plate       Φ12       24         23       Flat gasket       Φ12       28         A18       Mushroom head bolt cap       Φ42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	14	Outer hex bolt	M12*85	24
23       Flat gasket       Φ 12       28         A18       Mushroom head bolt cap       Φ 42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ 17*31       1         A9       Flat pipe close       Φ 40*30       2	A12	Screw cap	M12	40
A18       Mushroom head bolt cap       Φ 42*34*M8       1         B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ 17*31       1         A9       Flat pipe close       Φ 40*30       2	22	Fixed plate	Ф12	24
B2       Deep groove ball bearing       6025       2         C3       Compressed spring       Φ17*31       1         A9       Flat pipe close       Φ40*30       2	23	Flat gasket	Ф12	28
C3         Compressed spring         Φ 17*31         1           A9         Flat pipe close         Φ 40*30         2	A18	Mushroom head bolt cap	Ф 42*34*М8	1
A9 Flat pipe close Φ 40*30 2	B2	Deep groove ball bearing	6025	2
	C3	Compressed spring	Ф17*31	1
A17 Square pipe close 40*40*T25 4	A9	Flat pipe close	Φ 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.