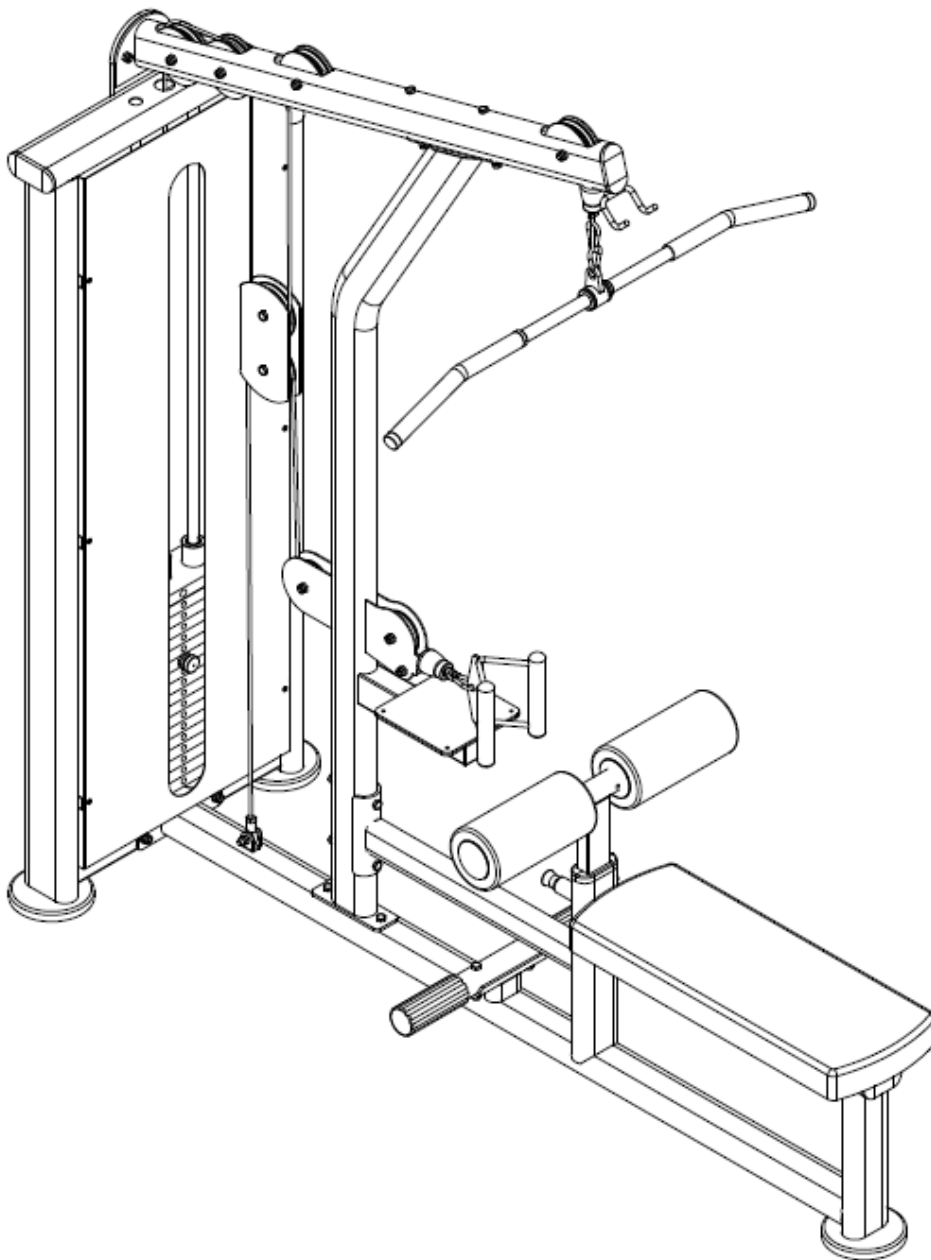


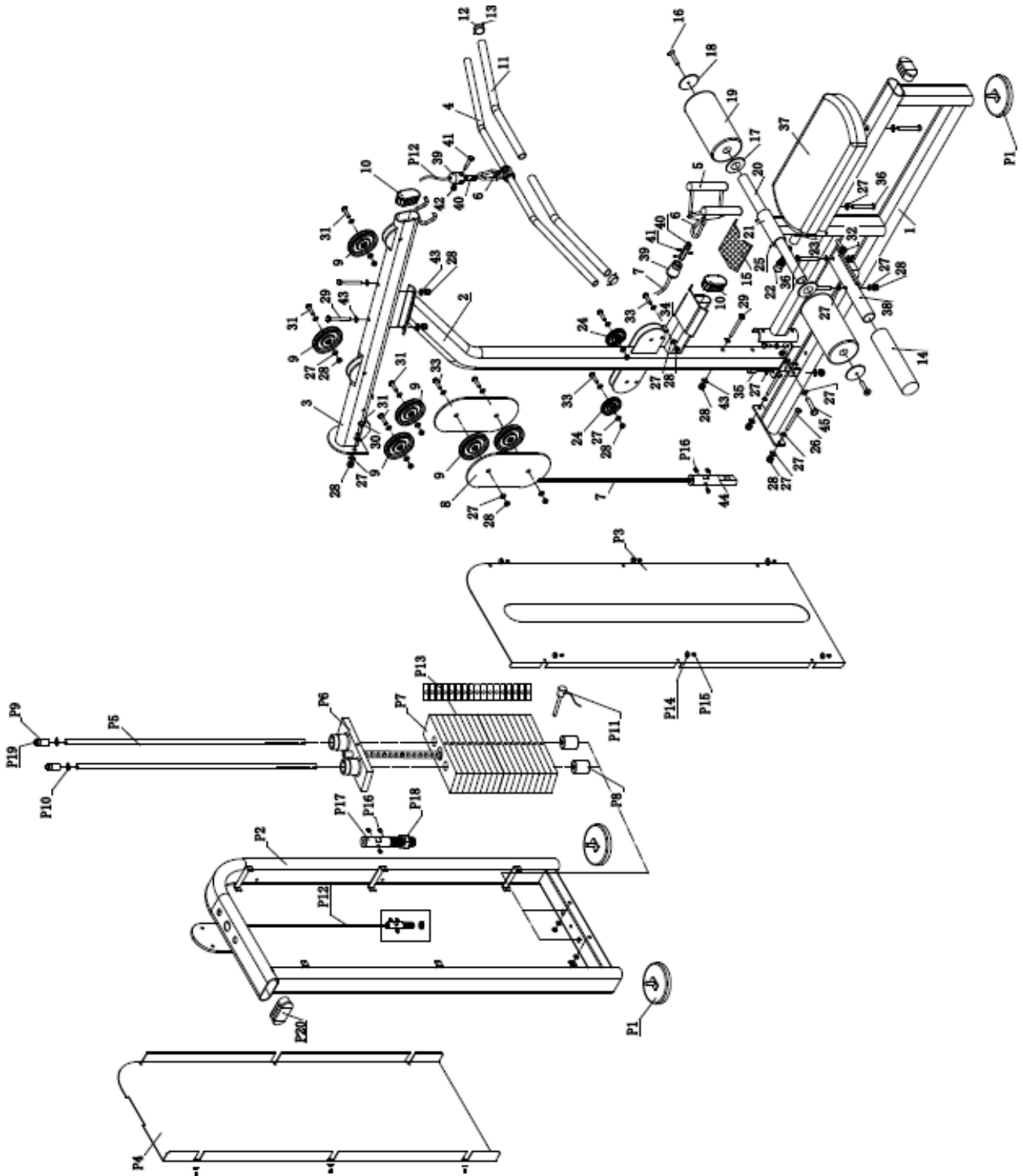


HIT FITNESS

**Hit Fitness Comm Lat Pull / Seated Row
HIT00755**



EXPLOSIVE VIEW



COMPONENT LIST

PART NO	PART NAME	Q'TY
1	Main frame	1
2	Upright	1
3	Front support frame	1
4	Upper handlebar	1
5	Down handlebar	1
6	Hook	2
7	Steel wire rope 2	1
8	Pulley fix plate	2
9	Pulley	6
10	100*50 Oval tube plug	2
11	Foam	1
12	Aluminum end cap	4
13	M4*3 Fasten screw	8
14	Pedal sleeve	2
15	Rubber	1
16	M10*30 Allen head bolt	2
17	Aluminum gear sleeve	2
18	Out cap of round pad	2
19	Round pad	2
21	Adjust frame of round pad	1
22	Pull pin	1
23	Bush	3
24	Small pulley	2
26	M10*90 Hex bolt	2
27	Φ10 Washer	46
28	M10 Lock nut	32
29	M10*120 Hex bolt	4
30	M10*35 Hex bolt	2
31	M10*65 Hex bolt	4
32	M8*25 bolt	1
33	M10*50 Hex bolt	5
34	Limit shaft sleeve	2
35	M10*80 Hex bolt	2
36	M10*70 Hex bolt	4
37	Seat	1
38	Pedal tube	1
39	Rope fix sleeve	2

40	Rope fix rod	2
41	M8*10 Fasten screw	3
43	Φ10 Arc washer	12
44	Rope fix rod	1
45	M10*40 Hex bolt	1

WEIGHT STACK BOX PART LIST

PART NO	PART NAME	Q'TY
P1	Foot plate	3
P2	Weight stack box	1
P3	Front cover	1
P4	Rear cover	1
P5	Guide rod	2
P6	Top plate assembly	1
P7	Weight stack	19
P8	Damping block	2
P9	Guide rod fix aluminum sleeve	2
P10	Shaft circlips	2
P11	Strong magnetic latch	1
P12	Rope1	1
P13	Weight stack label	1
P14	Plastic washer	18
P15	M5*16 Screw	18
P16	M6*12 bolt	6
P17	Rope fix rod	1
P18	M16 Nut	1
P19	M10*20 Fasten screw	2
P20	Oval flat plug	1

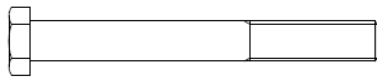
HARDWARE LIST 1

PART NO	PART NAME	Q'TY
26	M10*90 Hex bolt	2
27	Φ10 Washer	14
28	M10 Lock nut	12
29	M10*120 Hex bolt	4
30	M10*35 Hex bolt	2
35	M10*80 Hex bolt	2
36	M10*70 Hex bolt	4
43	Φ10 Arc washer	12

HARDWARE LIST 2

P8	Damping block	2
P9	Guide rod fix aluminum sleeve	2
P10	Shaft circlips	2
P11	Strong magnetic latch	1
P16	M6*12 bolt	6
P17	Rope fix rod	1
P18	M16 Nut	1
P19	M10*20 Fasten screw	2
27	Φ10 Washer	2
28	M10 Lock nut	1
44	Rope fix rod	1
45	M10*40 Hex bolt	1
T1	5# Long Allen wrench	1
T2	6# Allen wrench	1

26 (2PCS)



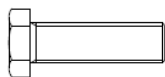
27 (14PCS)

29 (4PCS)



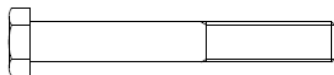
28 (12PCS)

30 (2PCS)

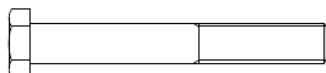


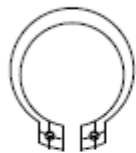
43 (12PCS)

35 (2PCS)



36 (4PCS)





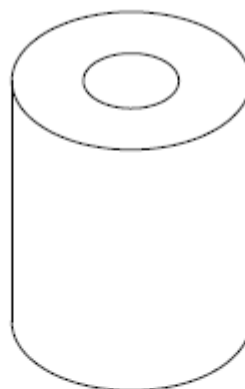
P10 (2PCS)



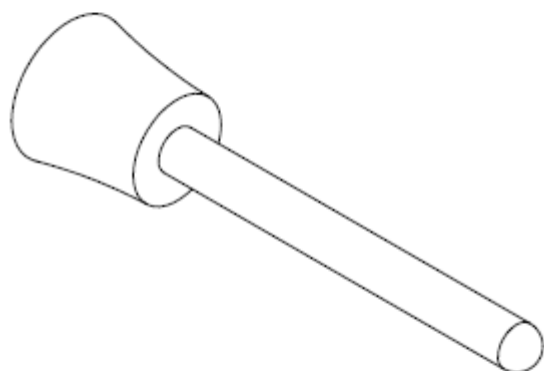
P19 (2PCS)



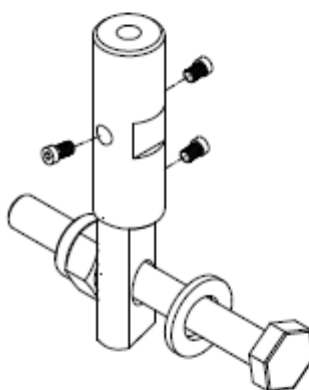
P9 (2PCS)



P8 (2PCS)



P11 (1PCS)



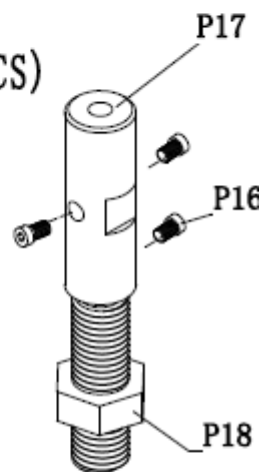
44 (1PCS)

27 (2PCS)

P16 (3PCS)

45 (1PCS)

28 (1PCS)



P17 (1PCS)

P16 (3PCS)

P18 (1PCS)

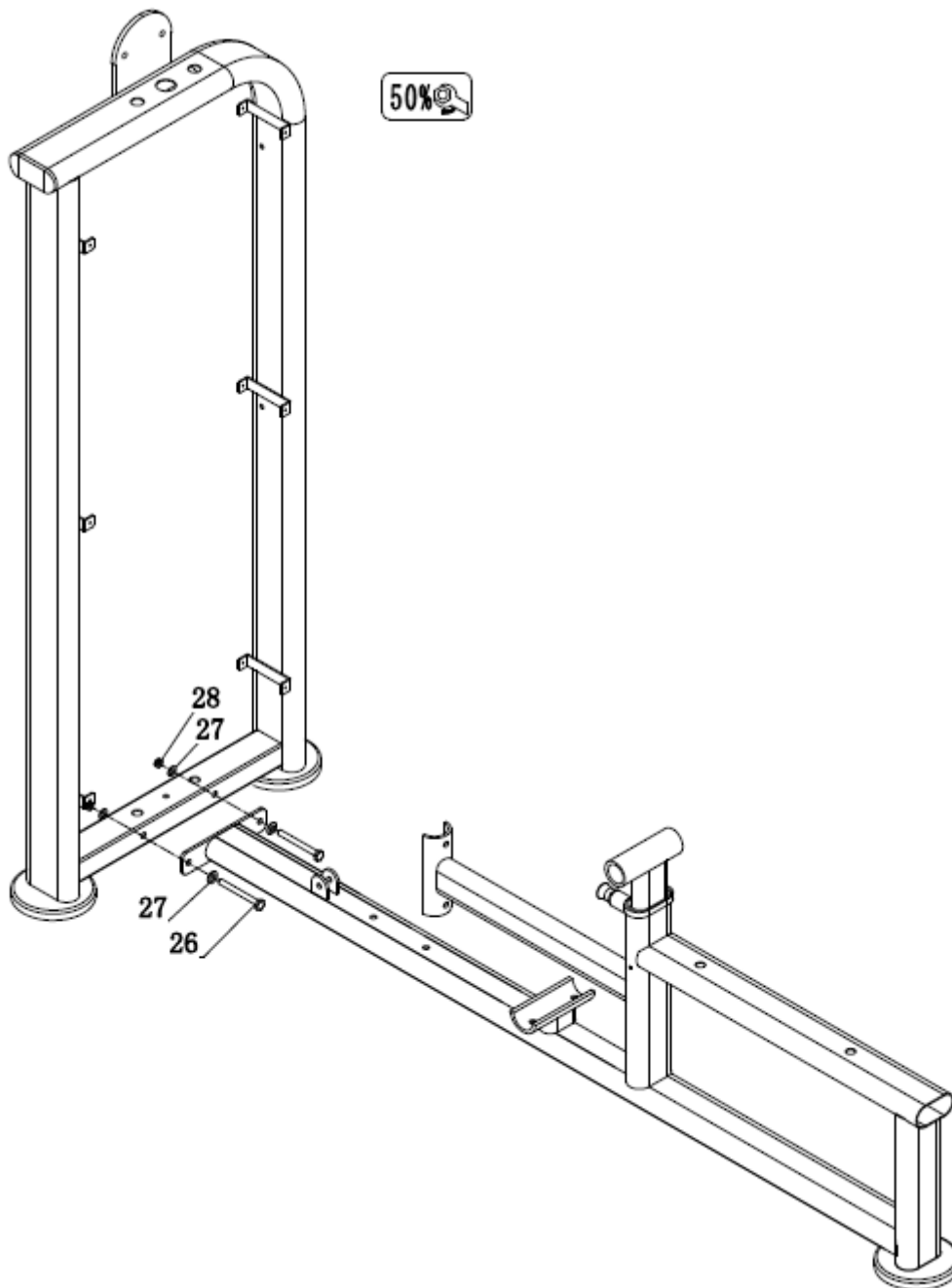


T1 (1PCS)



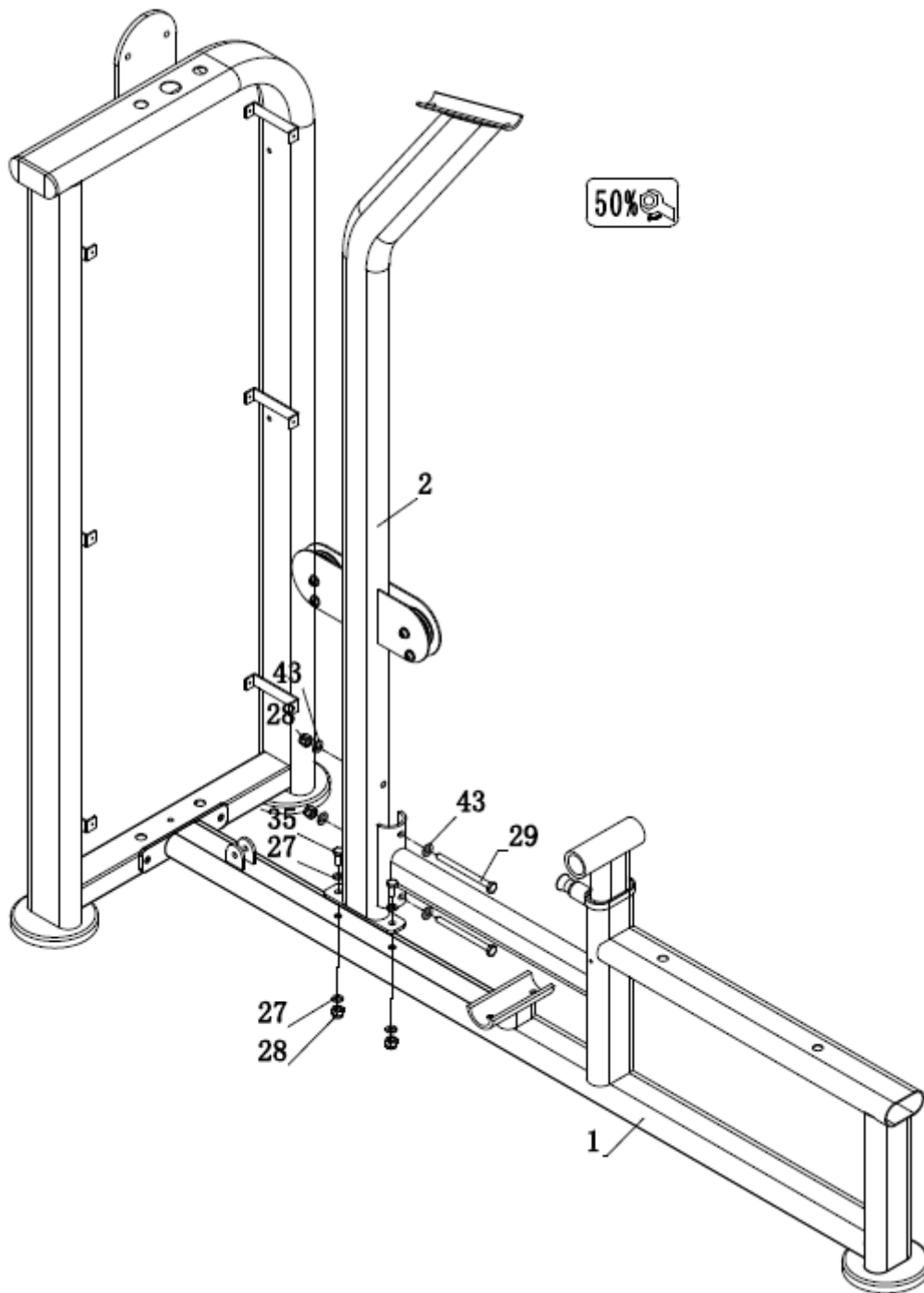
T2 (1PCS)

ASSEMBLING INSTRUCTIONS



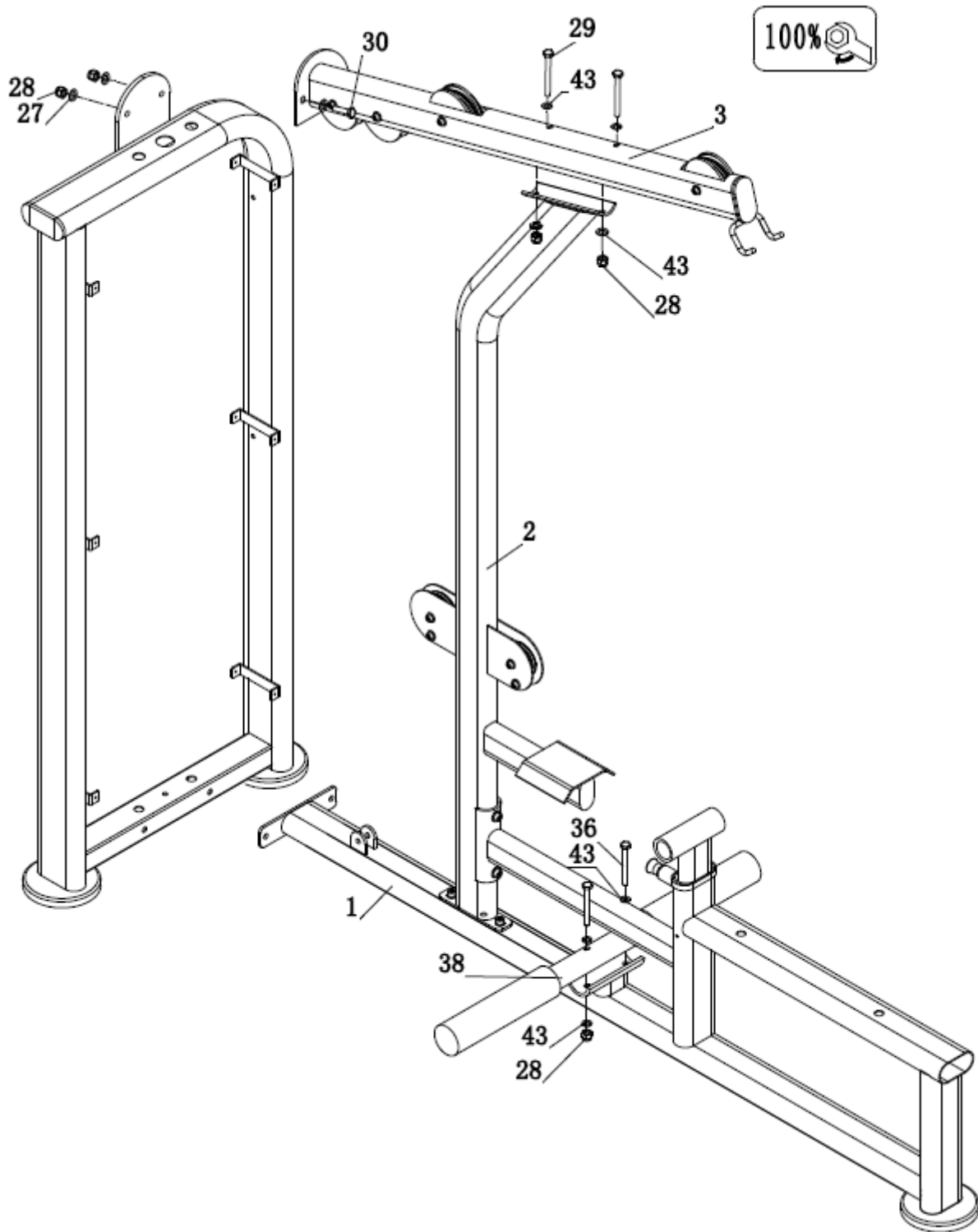
STEP 1:

Fix Main frame1 to Weight stack box P2 with M10*90mm Hex bolt26, Ø10 Washer 27 and M10 Lock nut 28.



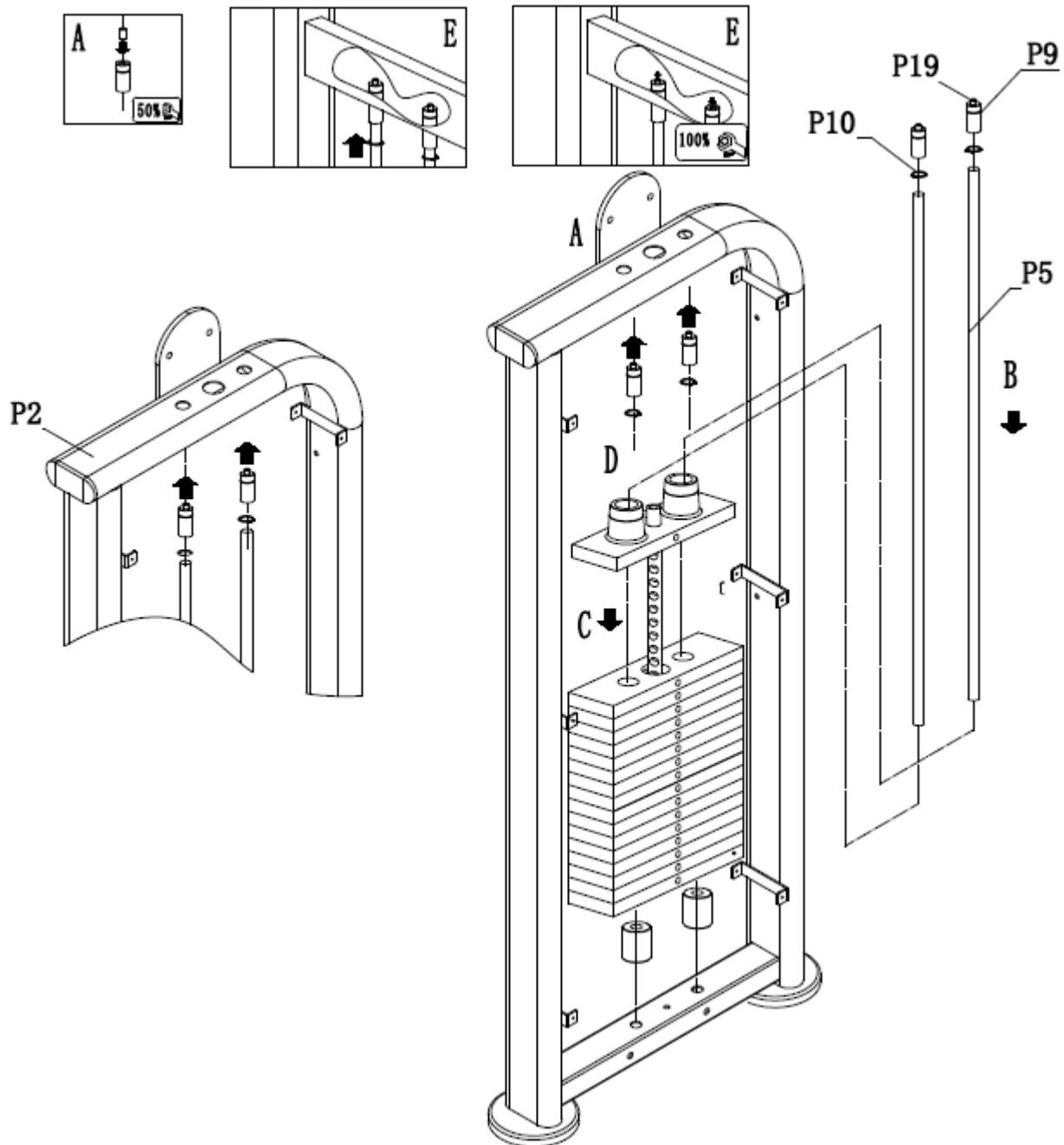
STEP 2:

Fix Upright 2 to Main frame 1 with Φ 10 Washer 27, M10 Nylon nut 28, M10*120 Allen head bolt 29, M10*80 Hex bolt 35 and Φ 10 Arc Washer 43.



STEP 3:

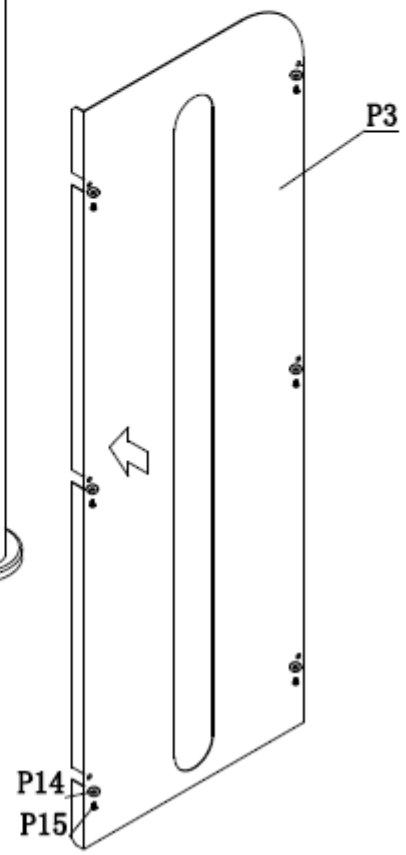
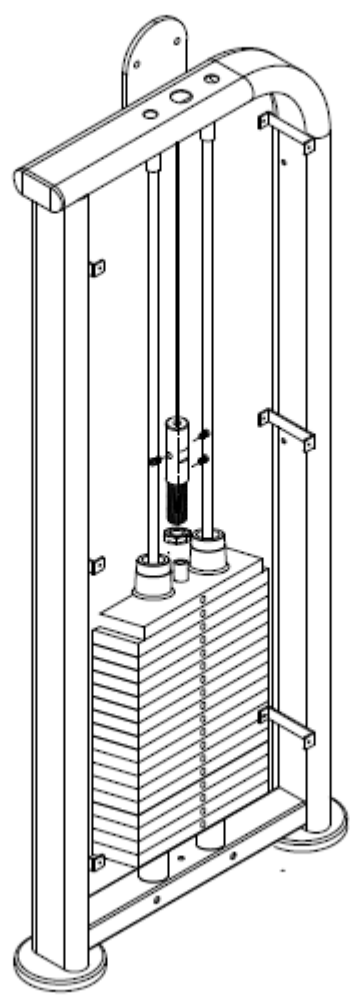
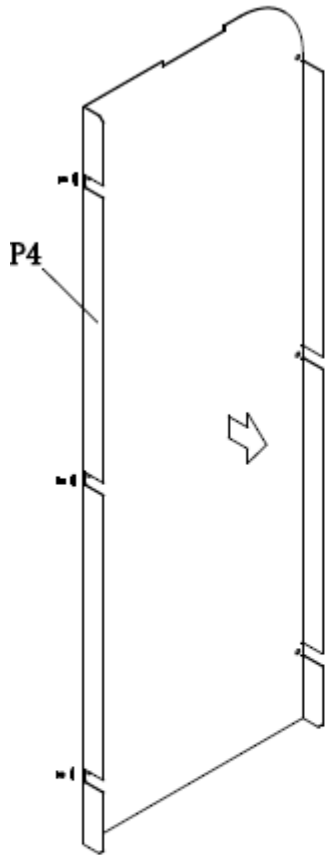
1. Fix Up contact frame 3 to Upright 2 with M10 Lock nut 28, M10*120 Allen head bolt 29 and Φ 10 Arc washer 43.
2. Fix Up contact frame 3 to Weight stack box P2 with Φ 10 Washer 27 and M10 Lock nut 28.
3. Insert Foot tube 38 to Main frame 1 with M10 Lock nut 28, M10 * 70 bolt 36 and Φ 10 Arc washer 43.

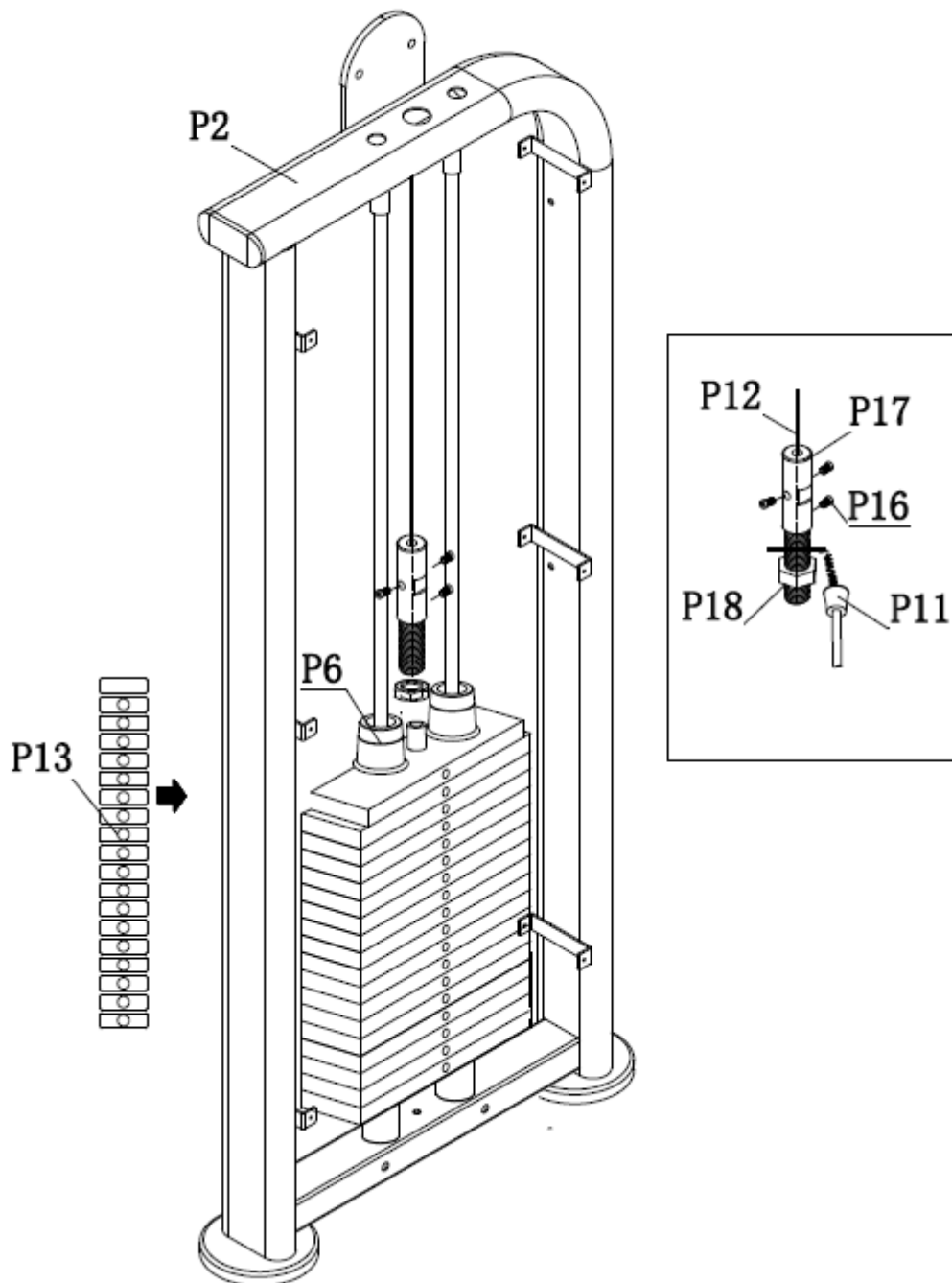
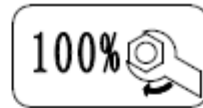


STEP 4:

- 1.Fixed Guide rod P5 to Weight stack box P2.
 2. Insert Weight stack P7 to Guide rod P5.
 - 3.Fix Top plate assembly P6 to Guide rod P5.
 - 4.Insert top side of Guide rod P5 to Weight stack box P2 with Guide rod fix aluminum sleeve P9, Shaft circlips P10 and M10 * 20 Fasten screw P19.
- Fix in order A-B-C-D-E

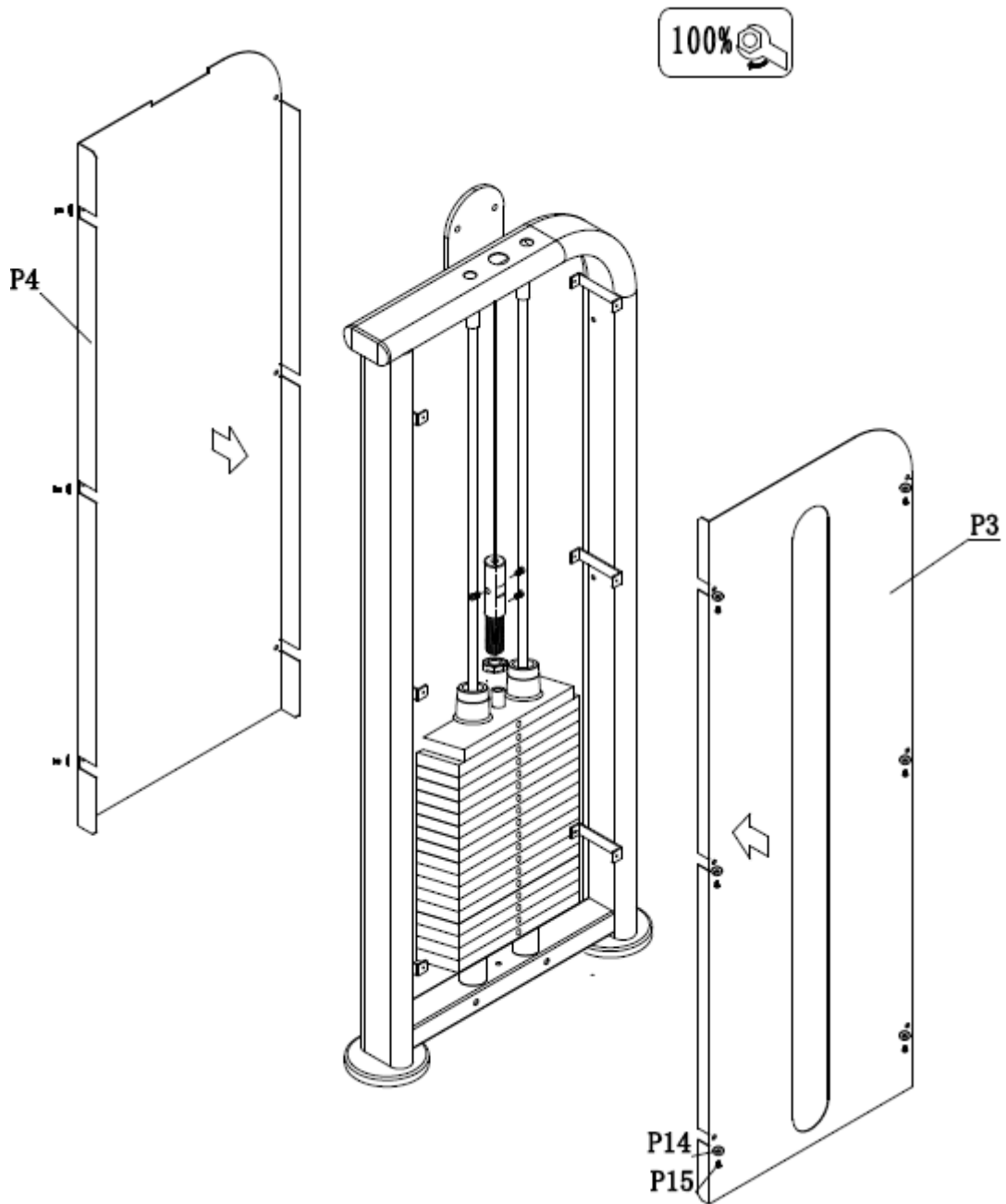
100%





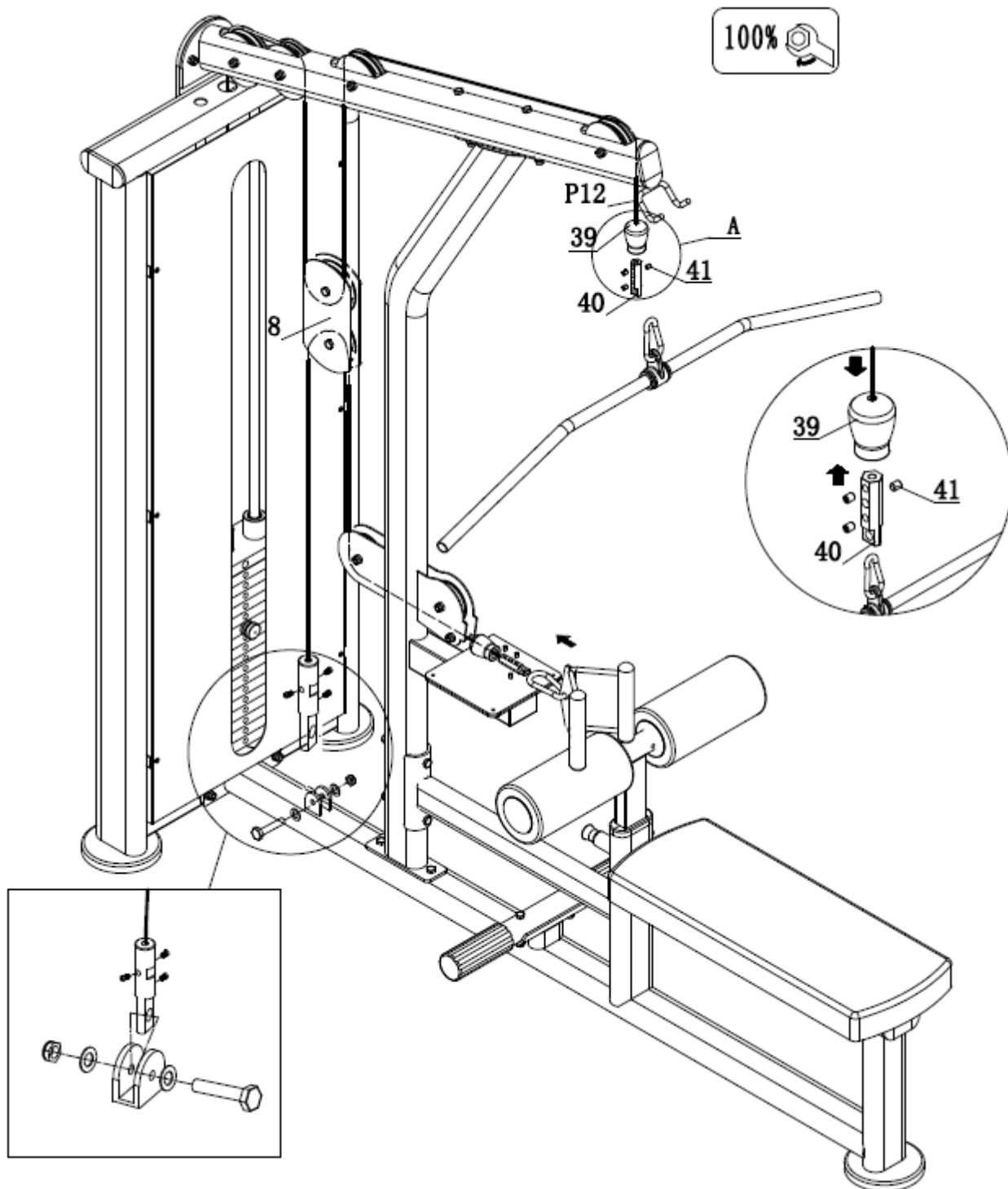
STEP 5:

1. Fix Rope P12 to Rope fix rod P17 with M6*12 bolt P16.
2. Fix Rope fix rod P17 to Top plate assembly P6 with M16 Nut P18.



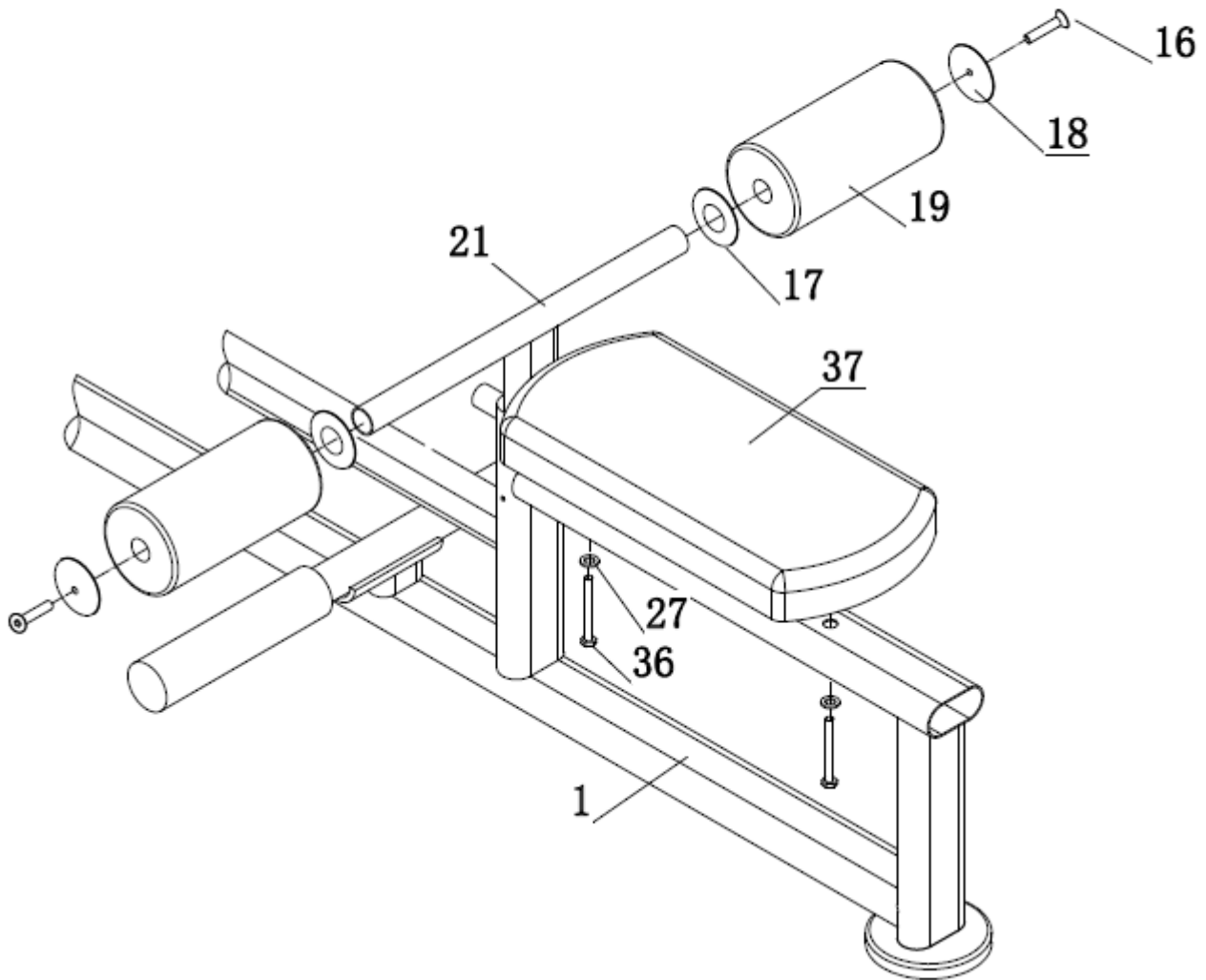
STEP 6:

Fix Front cover P3 and Rear cover P4 to weight stack box P2 with Plastic washer P14 and M5 * 16 bolt P15.



STEP 7:

1. Rope1 P12 goes as shown above.
2. Fix Rope fix rod 40 to Rope1 P12 with M8*10 Fasten screw 11.
3. Fix Rope fix sleeve 39 to Rope fix rod 40.
4. Fix Hook 6 to Rope fix rod 40.



STEP 8:

1. Fix Seat 37 to Main frame 1 with Φ 10 Washer 27 and M10 * 70 bolt 36.
2. Fix Adjust frame of round pad 21 to Main frame 1.
3. Fix Round pad 19 to Adjust frame of round pad 21 with M10 * 30 Allen head bolt 16, Aluminum gear sleeve 17 and Out cap of round pad 18.