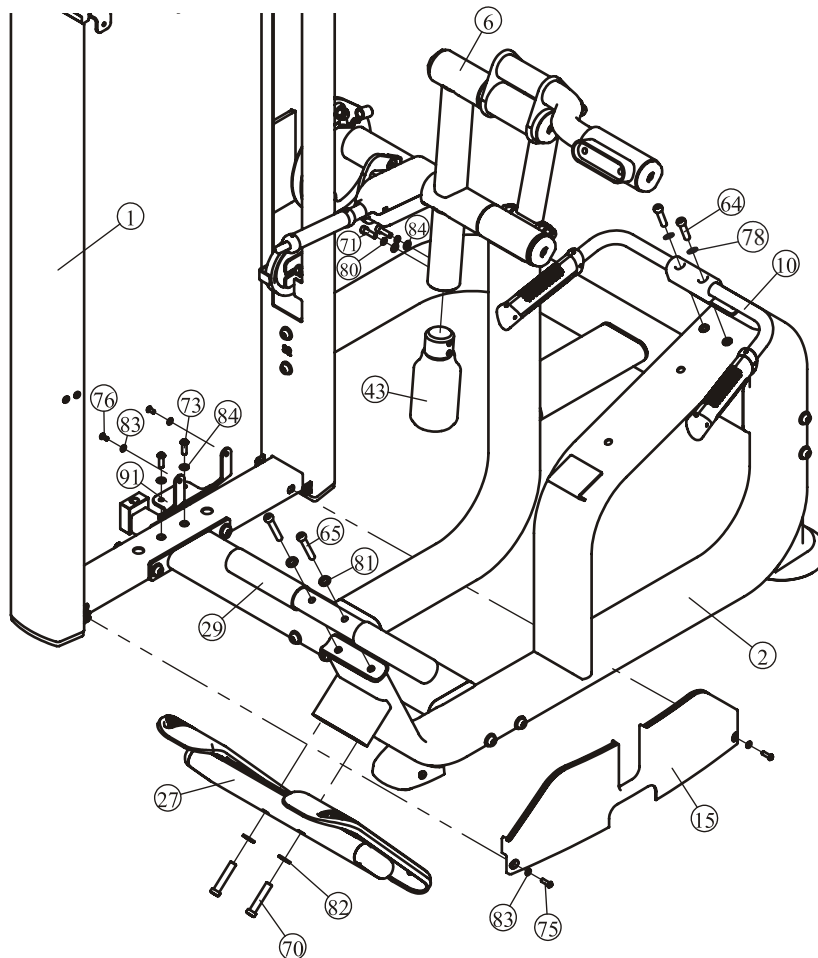


Assembly

STEP 4

1. Attach The Underside Support Plate (#91) to The Weight Stack Frame ASSY (#1) using:
two M8*25 BHCS (#73) two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#84)
2. Attach The Front Lower Cover (#15) to The Weight Stack Frame ASSY (#1) and The Underside Support Plate (#91) using:
two M6*12 BHCS (#76) four $\Phi 6.6 \times \Phi 12 \times 1.6$ Flat Washers (#83)
two M6*20 BHCS (#75)
3. Attach The Counter weight (#43) to The Swing Rack ASSY (#6) using:
two M8*25 SHCS (#71) two $\Phi 8$ Spring Washer (#80)
two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#84)
4. Attach The Double handle frame ASSY (#10) and Foot pedal ASSY (#27) and Circular pedal ASSY (#29) to The Main Frame ASSY (#2) using:
two M12*65 SHCS (#70) two M10*45 SHCS (#64)
two M10*65 SHCS (#65) two $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#82)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#81) two $\Phi 10$ Spring Washer (#78)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 5 Here is the assembly instruction for 15LBSx15PCS Weights !

1. Attach:

- two $\Phi 19$ Guide Rods (#49)
- two $\Phi 76*60$ Weight Rubber Bumpers (#85)
- fifteen Weight Plate 15LBS (#86)
- two Weight Stack Space (#96)
- one Top Plate ASSY (#36)
- to The Weight Stack Frame ASSY (#1) using:
- two M8*45 SHCS (#72)
- two $\Phi 8$ Spring Washer (#80)
- two $\Phi 9*\Phi 16*1.6$ Flat Washers (#84)
- two $\Phi 30*65$ Rubber Sleeve (#44)
- two Tension Spring (#166)

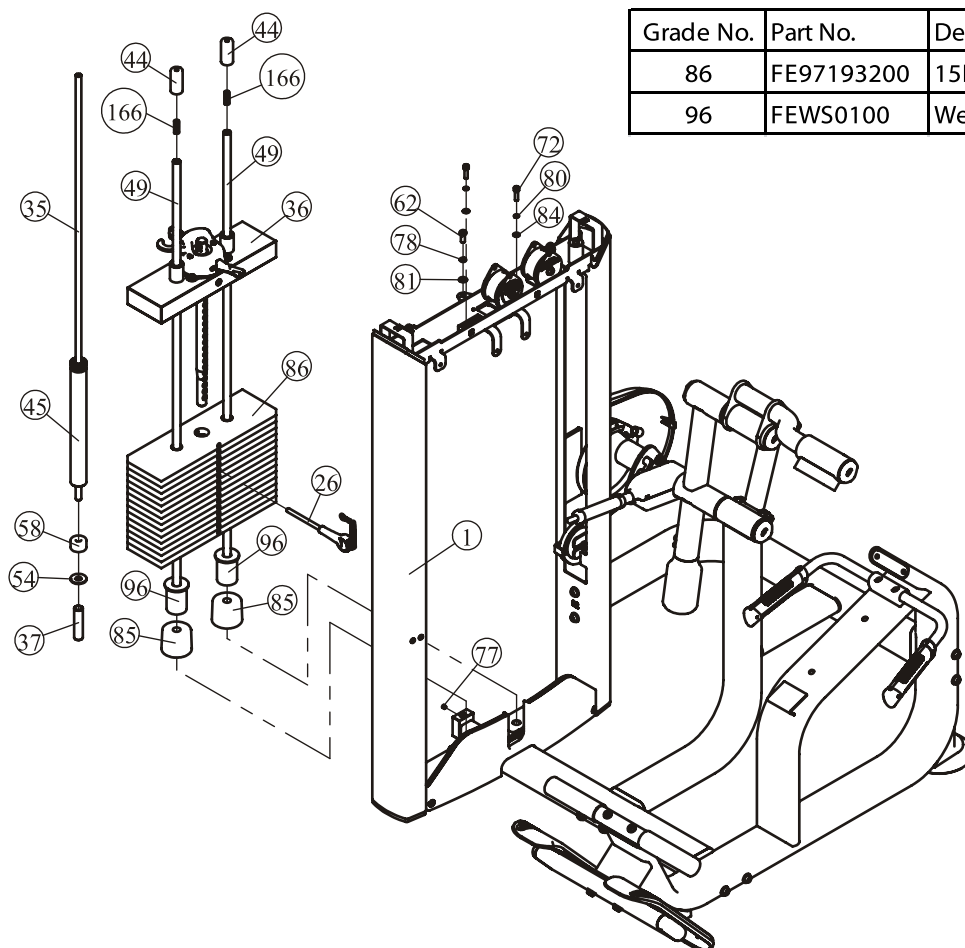
2. Attach The Selector Pin W/Coil (#26) to The Top Plate ASSY (#36).

3. Loosen one M8*8 Screw (#77), and Attach:

- one $\Phi 14*1296$ Guide Rod (#35)
- one 5LBS Counter Weight (#45)
- to The Weight Stack Frame ASSY (#1) using:
- one $\Phi 22*2*91.4$ Limiting Tube (#37)
- one $\Phi 15*\Phi 40*3$ Flat Washer (#54)
- one $\Phi 14*\Phi 40*25.4$ Plug Bumper (#58)
- one M10*25 SHCS (#62)
- one $\Phi 10$ Spring Washer (#78)
- one $\Phi 11*\Phi 20*2$ Flat Washer (#81)

4. Wrench Tighten M8*8 Screw (#77).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Grade No.	Part No.	Description	QTY
86	FE97193200	15LBS weight Plate	15
96	FEWS0100	Weight Stack Space	2

Assembly

STEP 5 Here is the assembly instruction for 15LBSx19PCS Weights !

1. Attach:

- two $\Phi 19$ Guide Rods (#49)
- two $\Phi 76 \times 60$ Weight Rubber Bumpers (#85)
- nineteen Weight Plate 15LBS (#86)
- one Top Plate ASSY (#36)
- to The Weight Stack Frame ASSY (#1) using:
- two M8*45 SHCS (#72)
- two $\Phi 8$ Spring Washer (#80)
- two $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washers (#84)
- two $\Phi 30 \times 65$ Rubber Sleeve (#44)
- two Tension Spring (#166)

2. Attach The Selector Pin W/Coil (#26) to The Top Plate ASSY (#36).

3. Loosen one M8*8 Screw (#77), and Attach:

- one $\Phi 14 \times 1296$ Guide Rod (#35)
- one 5LBS Counter Weight (#45)
- to The Weight Stack Frame ASSY (#1) using:
- one $\Phi 22 \times 2 \times 91.4$ Limiting Tube (#37)
- one $\Phi 15 \times \Phi 40 \times 3$ Flat Washer (#54)
- one $\Phi 14 \times \Phi 40 \times 25.4$ Plug Bumper (#58)
- one M10*25 SHCS (#62)
- one $\Phi 10$ Spring Washer (#78)
- one $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#81)

4. Wrench Tighten M8*8 Screw (#77).

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

