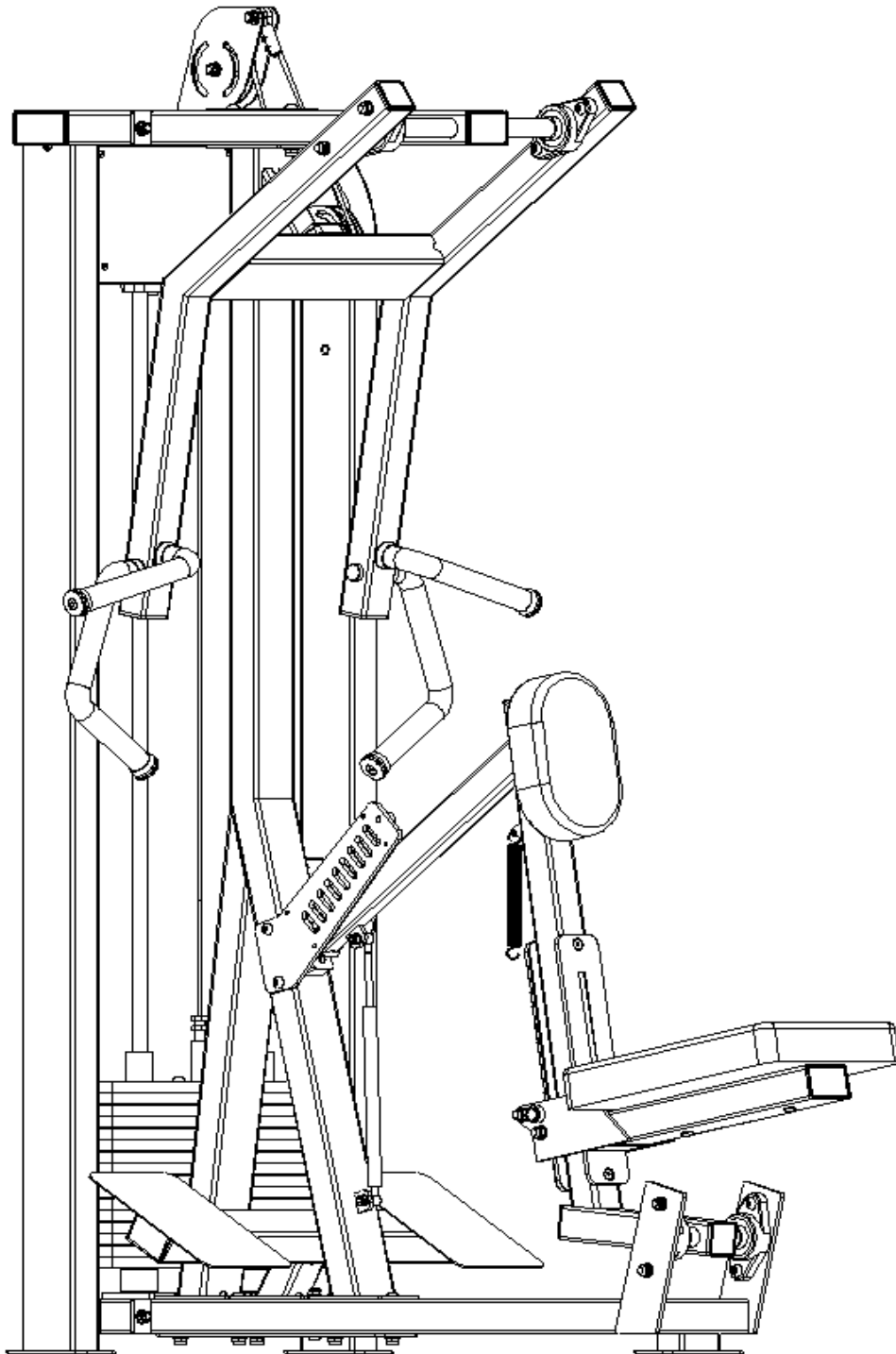
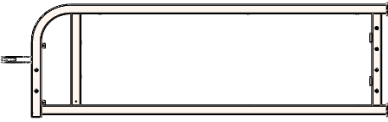
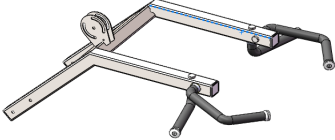
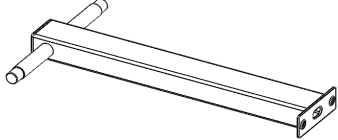
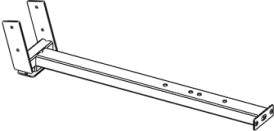
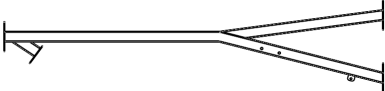
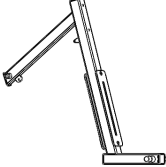
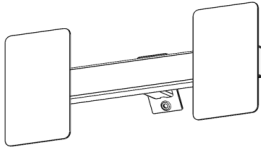
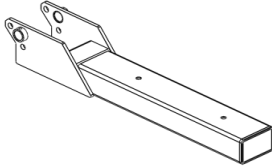
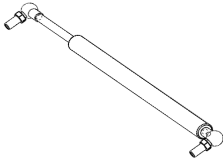
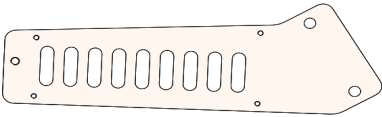

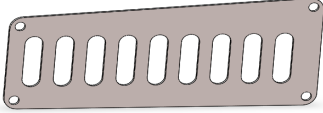

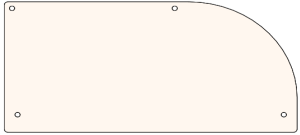
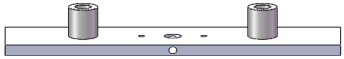
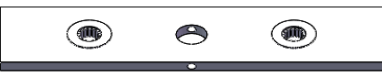




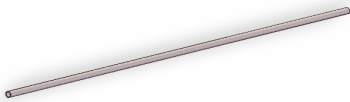
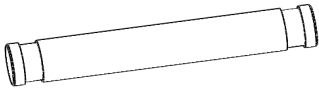
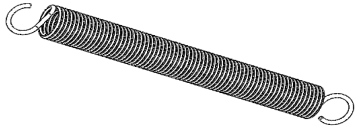
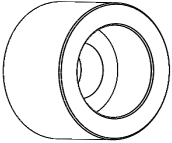
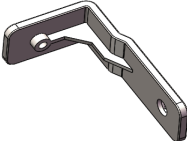
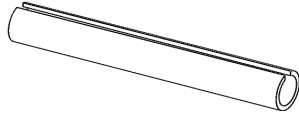
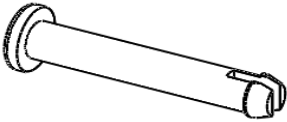

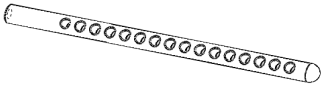
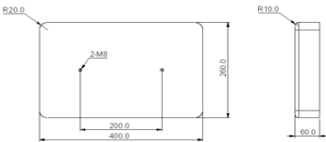
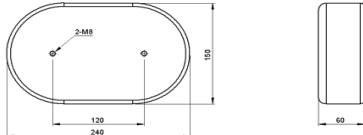
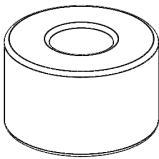
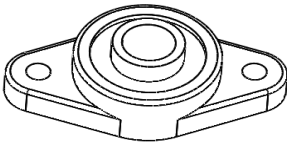



# GC-5004 Seated Row

## Installation Standard Instructions




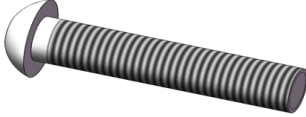
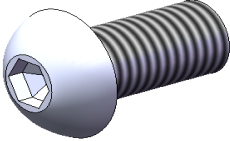
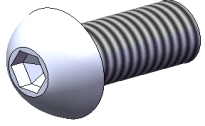

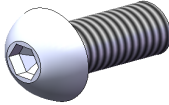
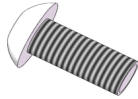
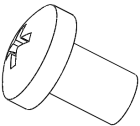
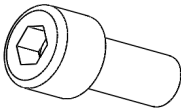
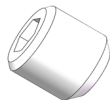
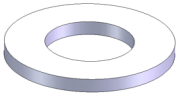
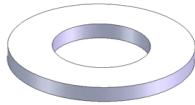
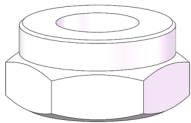
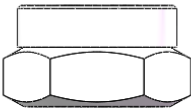
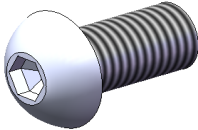
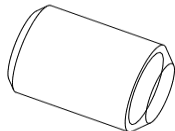
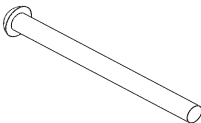
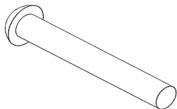


## Parts List (Individually Packaged)

					
No.1	Small Door Assembly*1pc	No.2	Moving Arm Assembly*1pc	No.3	Top Support Component*1pc
					
No.4	Main Frame Components*1pc	No.5	Middle Connection Component*1pc	No.6	Adjustment Components*1pc
					
No.7	Pedal Assembly*1pc	No.8	Reverse Transposon Assembly*1pc	No.9	Gas Spring*1pc
					
No.10	Gear Plate*1pc	No.11	Φ105 Pulley*2 pcs	No.12	Gear Decorative Plate*1pc
					
No.13	Guard plate*1pc	No.14	Label Board*2pcs	No.15	Head Piece Weight Assembly*1pc
					
No.16	Weight Plate*14pcs	No.17	Header Plate*1pc	No.18	Optical Axis Fixing Plate*1pc

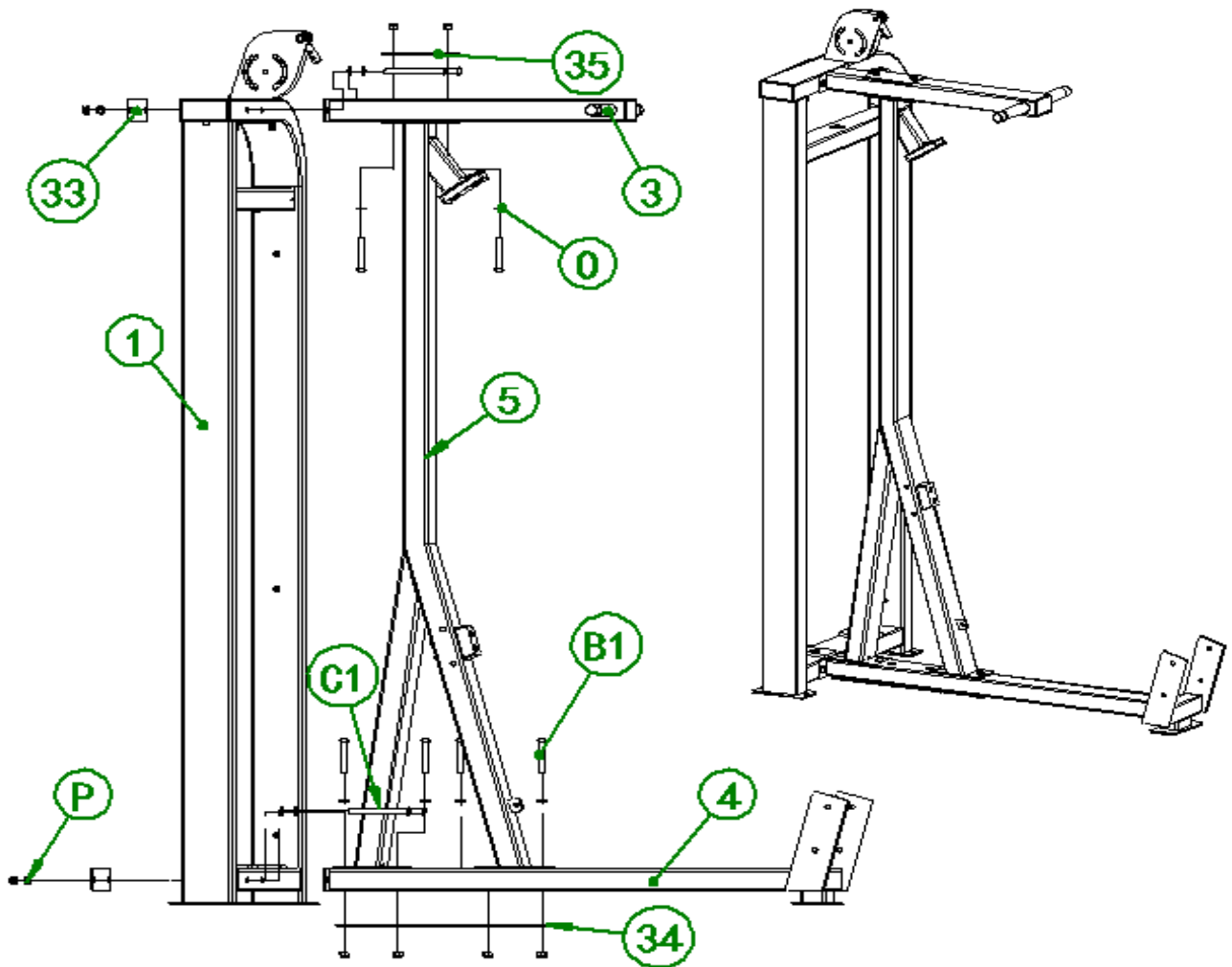
					
No.19	Φ20*1467mm Guide Rod*2pcs	No.20	Assemble the Card Shaft*1pc	No.21	Circlip*1pc
					
No.22	Limit Sleeve*1pc	No.23	Small Mount Plate*4pcs	No.24	Cotter Pin*1pc
					
No.25	Card Rope Pin*1 pc	No.26	Counterweight Latch*1pc	No.27	15-Hole Center Rod*1pc
					
No.28	Cushion*1pc	No.29	Wire Rope*1pc	No.30	Chest Pad*1pc
					
No.31	Rubber column*2pcs	No.32	Bearing Seat*4pcs	No.33	Connect Sheet Metal 2*1 pc
					
No.34	Connecting Sheet Metal *1 pc	No.35	Connect Sheet Metal 1*1 pc		

## Blister Pack List

					
A	Hexagon socket head screws M10*105*2pcs	B	Hexagon socket head screws M10*95*2pcs	D	Hexagon socket head screws M10*80*4pcs
					
E	Hexagon socket head screws M10*45*3pcs	F	Hexagon socket head screws M10*35*4pcs	G	Hexagon socket head screws M10*25*2pcs
					
H	Hexagon socket head screws M8*70*4pcs	I	M8*20 Flat head screws*4pcs	J	Hexagon socket head screws M5*12*4pcs
					
K	5*8 Phillips round head screws*12pcs	L	M8*16 Cylinder head screws*1pc	M	M6*5 top wire*2pcs
					
N	Φ8Gasket*6pcs	O	Φ10Gasket*25pcs	P	M10 Locknut*15pcs
					
Q	M8 Locknut*2pcs	Z	M10*30 Flat head screws*2pcs	A1	8*12 top wire*2pcs
					
C1	M10*120 Dome head screw*4pcs	B1	M10*70 Dome head screw*8pcs		

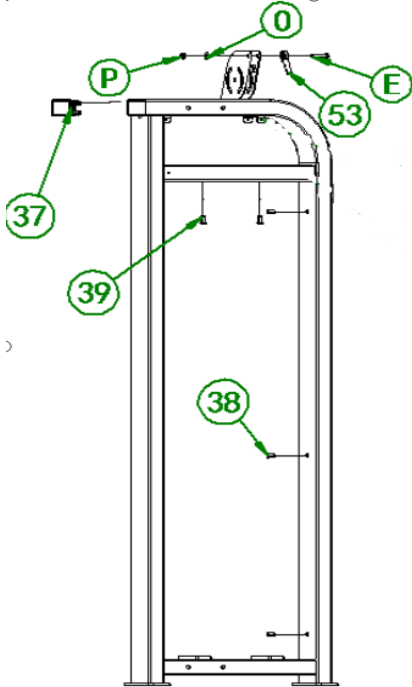
## Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
<b>1</b>	No.1	Small door assembly	1	C1	M10*120 Dome head screw	4
	No.3	Top support components	1	O	Φ10 Gasket	10
	No.4	Main frame components	1	B1	M10*70 Flat head screws	6
	No.5	Middle connection components	1	P	M10 lock nut	10
	No.33	Connection Board	2	No.34	Large connection board	1
	No.35	Upper connection board	1			



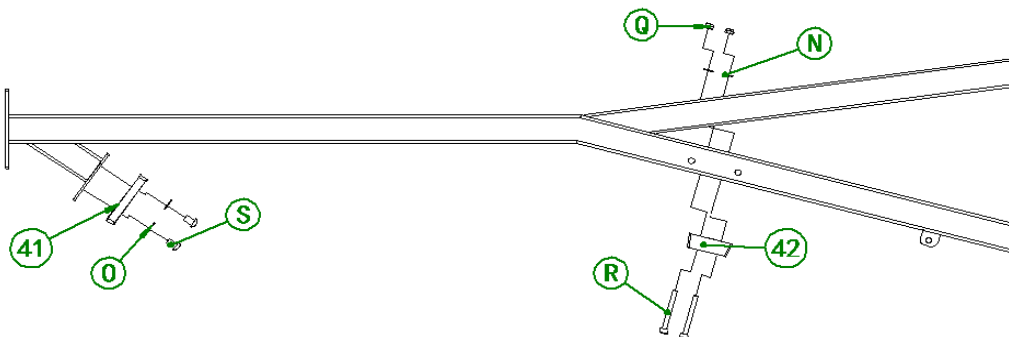
## No.1 Small Door Assembly\*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.37	50*100 Square tube plug	1	E	M10*45 Flat Head Screws	1
	No.38	M8 rivet nuts	6	P	M10 lock nut	1
	No.39	M10 rivet nut	2	O	Φ10 Gasket	1
	No.53	Spherical plain bearing	1			



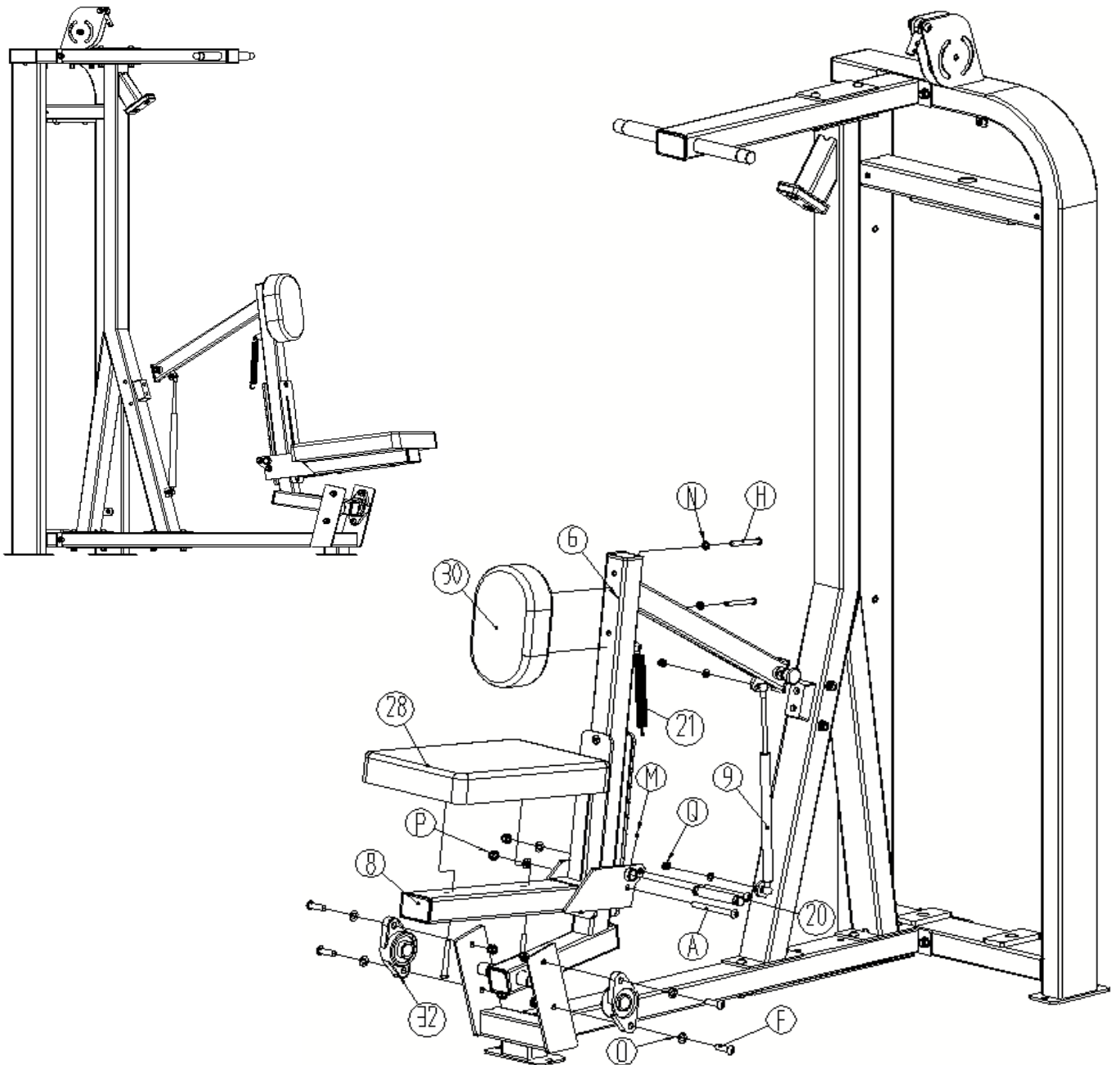
## No.5 Middle Connection Components\*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.41	Thin shock pad	1	Q	M8 Locknut	2
	No.42	Cushion	1	N	Φ8 Gasket	2
	O	Φ10Gasket	2	S	10*16 Dome head screw	2
	R	M8*70 Cylinder Head Screws	2			



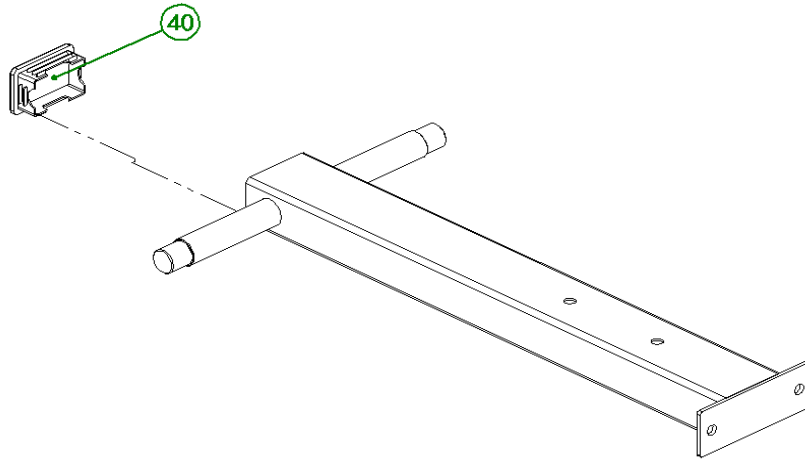
## Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
<b>2</b>	No.9	Gas Spring	1	H	M8*70 Flat head screws	4
	No.20	Assemble the card shaft	1	N	Φ8 Gasket	6
	No.21	tension spring	1	A	M10*105 Dome head	2
	No.6	Adjustment components	1	M	6*5 top wire	2
	No.28	cushion	1	Q	M8 Locknut	6
	No.30	chest pad	1	O	Φ10 Gasket	6
	No.8	reverse transposon assembly	1	F	M10*35 Dome head screw	4
	No.32	Bearing housing	2	P	M10 Locknut	6



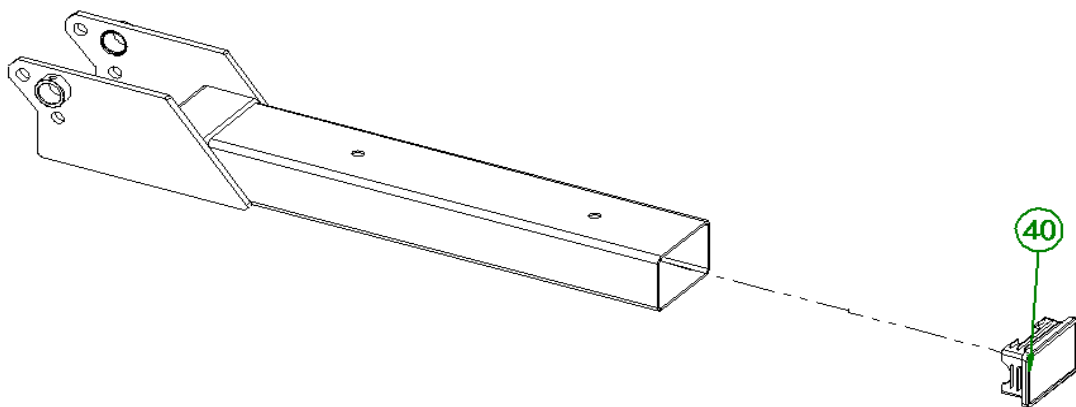
### No.3 Upper Connection Component\*1 pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.40	50*75 Silencer	1			



### No.8 Reverse Transposon Assembly\*1pc

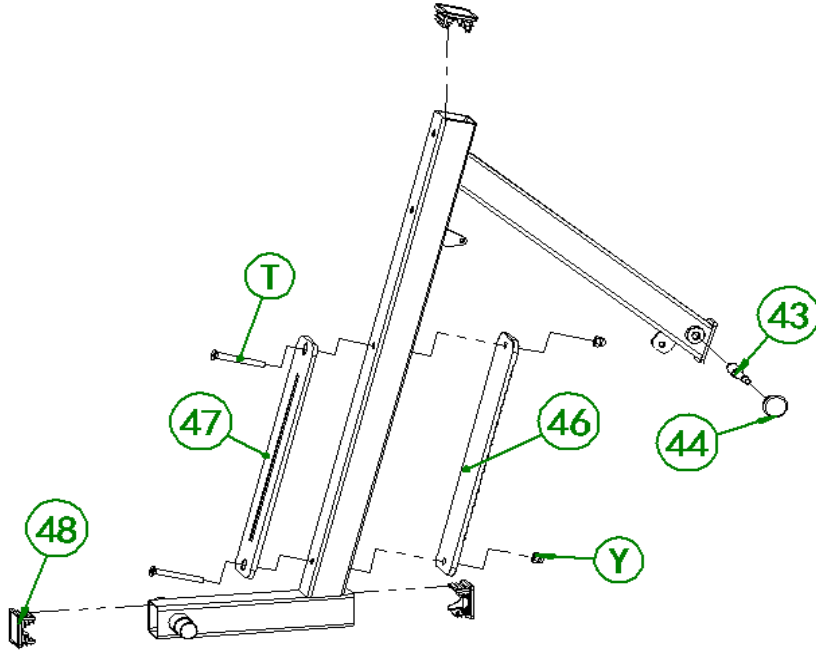
Steps	No.	Name	QTY	No.	Name	QTY
	No.40	50*75 Silencer	1			





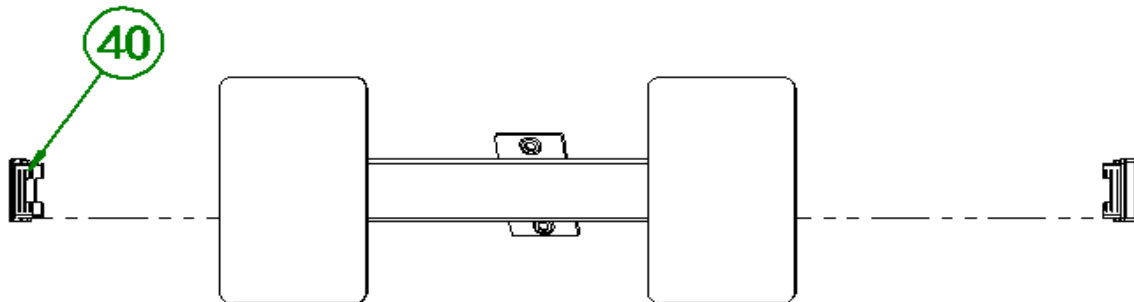
## No.6 Adjustment Components\*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.44	Aluminum alloy spring pin	1	No.48	50*50 Silencer	3
	No.45	Spring	1	No.43	Plug	1
	No.46	Seat Shifter	1	T	M8*75 Countersunk Head Screws	2
	No.47	Seat card board	1	Y	M8 Nut	2



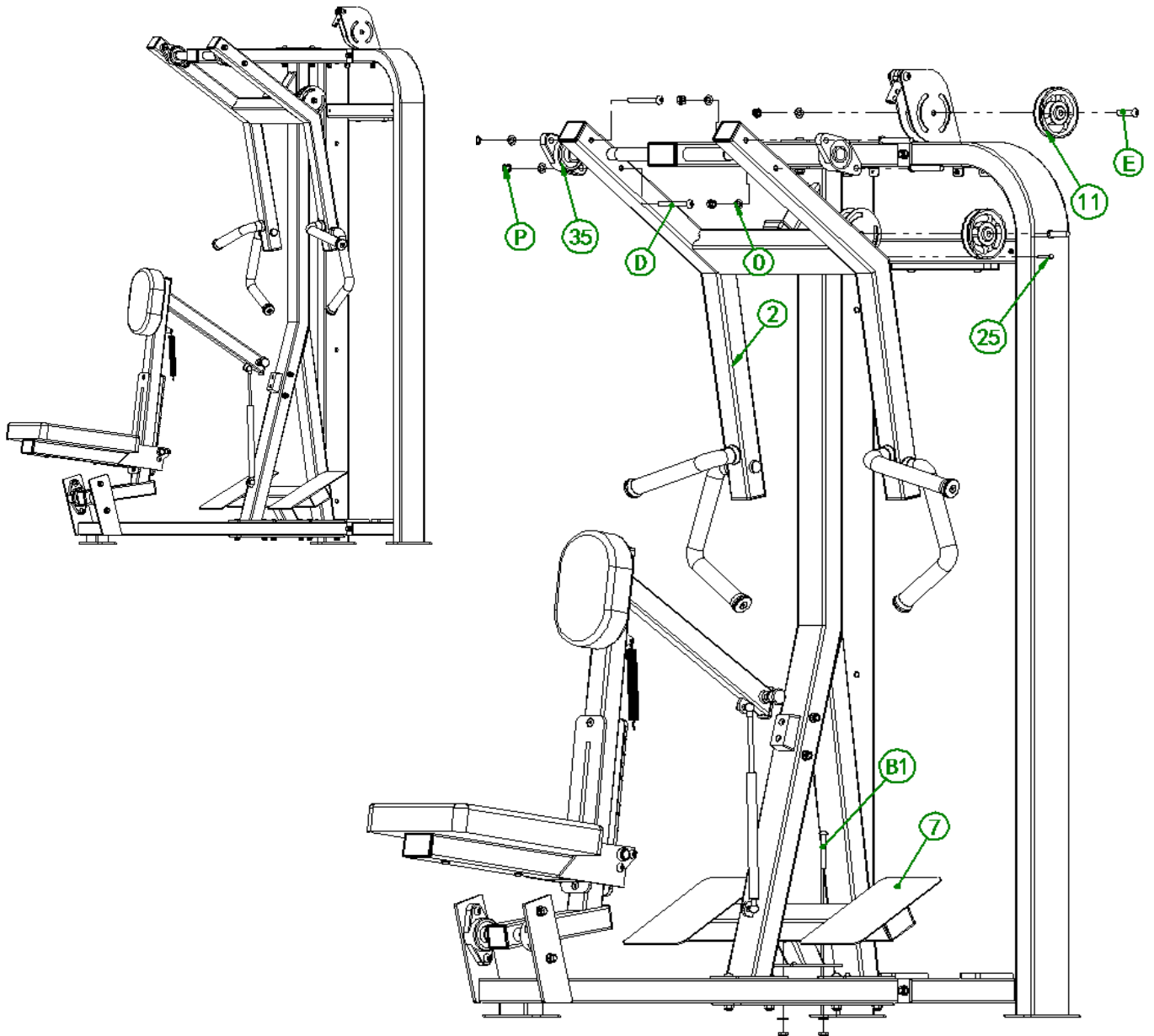
## No.7 Pedal Assembly\*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.40	50*75 Silencer	2			



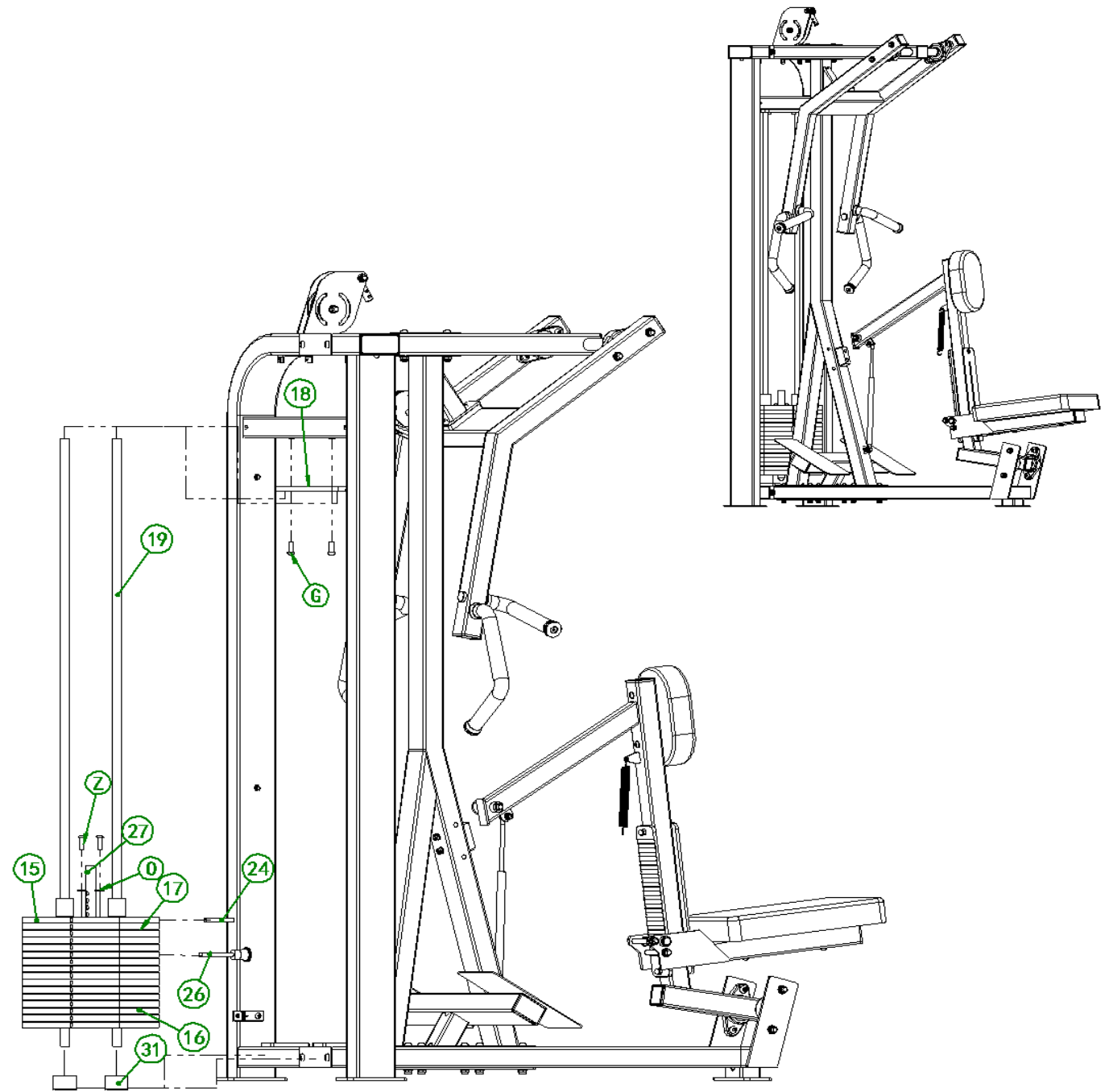
## Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
<b>3</b>	No.11	Pulley	2	D	M10*80 Dome head screw	4
	No.32	Bearing housing	2	P	M10 lock nut	10
	No.25	Rope pin	1	O	Φ10 Gasket	10
	No.2	Moving Arm Assembly	1	E	M10*45 Dome head screw	2
	No.7	Pedal assembly	1	B1	M10*70 Flat head screws	4



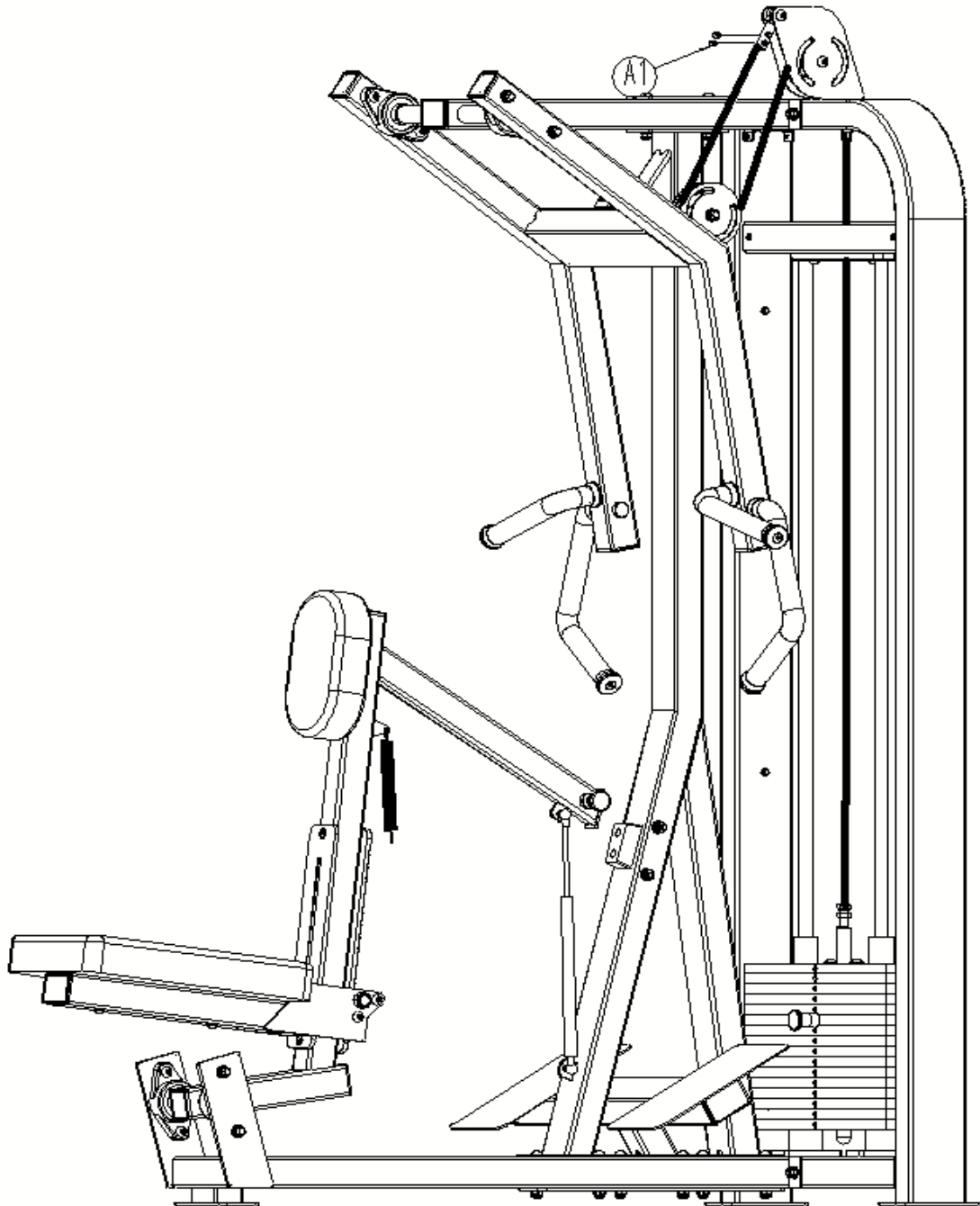
## Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
<b>4</b>	No.15	Head piece weight assembly	1	No.24	10*70 Cotter pin	1
	No.16	Counterweight unloading	14	No.26	Counterweight Latch	1
	No.17	Header Plate	1	No.27	Center rod	1
	No.18	Optical axis fixing plate	1	G	M10*25 Dome head screw	2
	No.19	Guide rod	2	O	Φ10 Gasket	2
	No.31	Rubber column	2	Z	M10*30 Dome head screw	2



# Assembly Steps

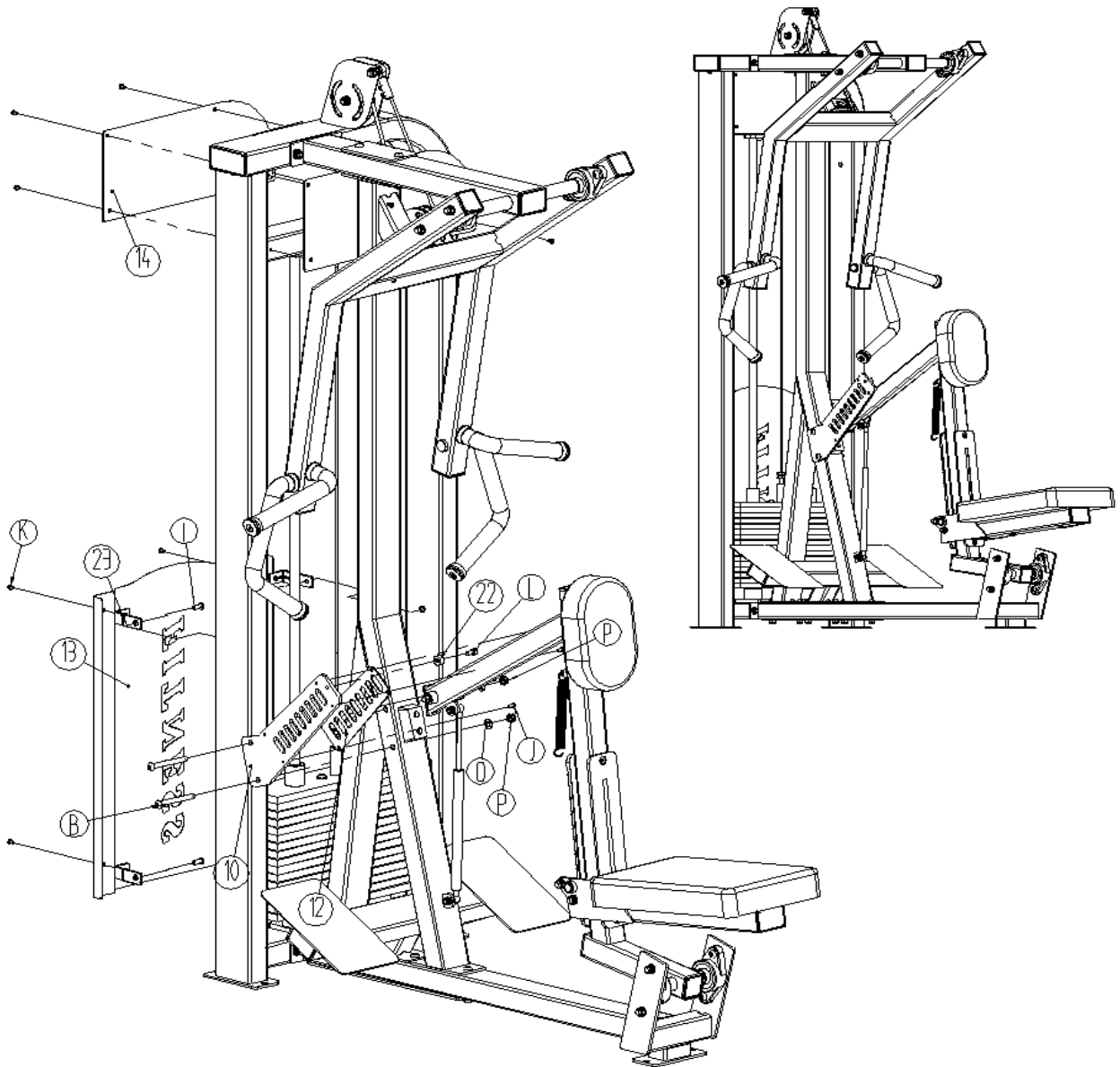
Steps	No.	Name	QTY	No.	Name	QTY
<b>5</b>	No.29	wire rope	1			
	A1	M8*12 top wire	2			



# Wire Rope Routing Diagram

## Assembly Steps

Steps	No.	Name	QTY	No.	Name	QTY
<b>6</b>	No.10	Gear plate	1	K	5*8 Phillips round head screws	12
	No.12	Gear plate decoration	1	B	M10*95 Dome head screw	2
	No.13	Guard plate	1	I	M8*20 Flat head screws	4
	No.14	Label board	2	L	M8*16 Cylinder head screws	1
	No.22	Limit sleeve	1	P	M10 Locknut	2
	No.23	Small mount	4	O	Φ10 Gasket	4
					J	M5*12 Dome head screw



## No.2 Moving Arm Assembly\*1pc

Steps	No.	Name	QTY	No.	Name	QTY
	No.49	Aluminum alloy end cap	4	No.48	50*50 Silencer	4
	No.50	Yellow spacer	4	A2	M8*20 Countersunk Head Screws	4
	No.51	Φ25not torn	4			
	No.52	Five-piece back cover	4			

