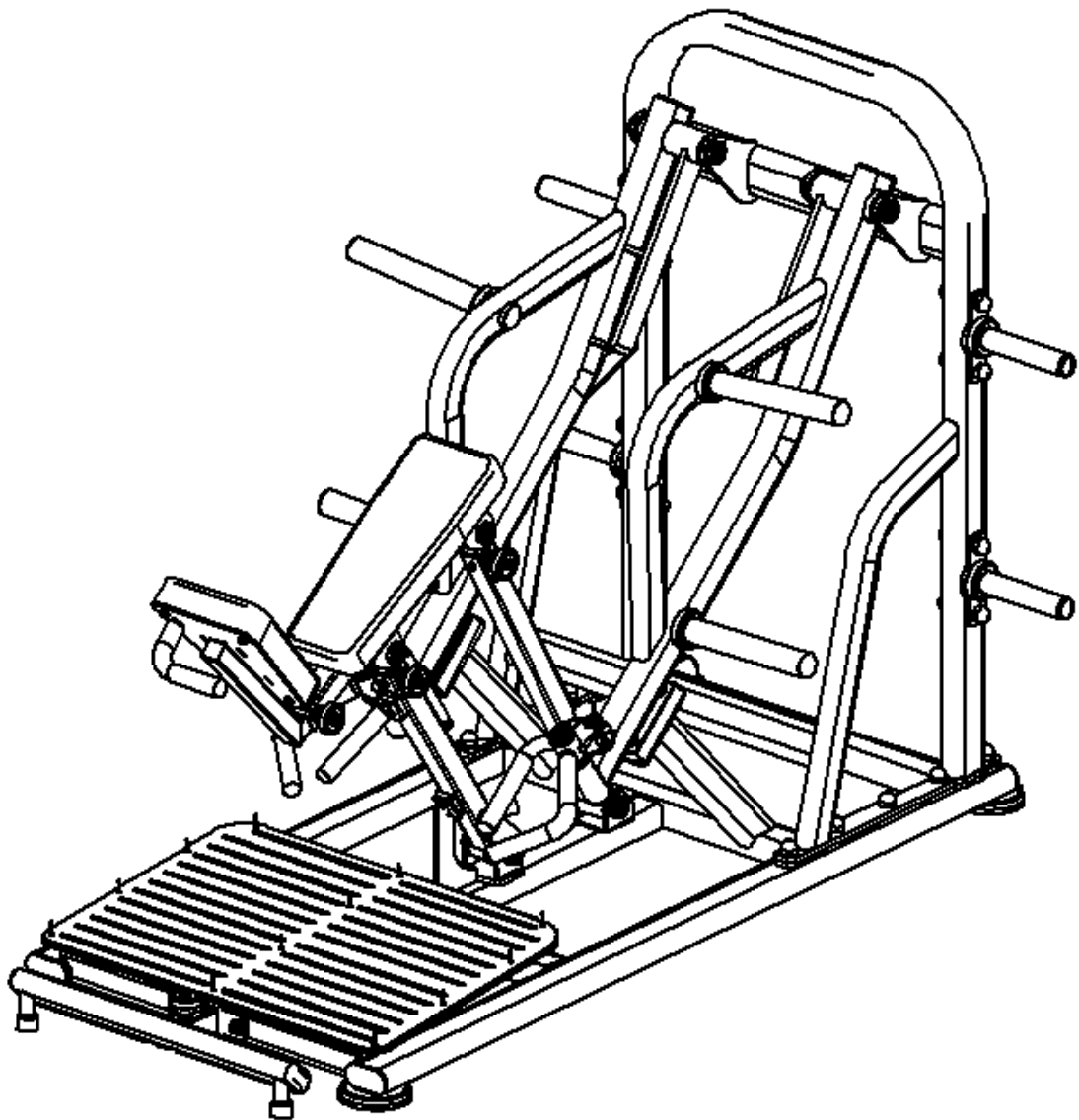




Pro Strength Chest Supported Row (PL-PS-CSR)



Installation Manual

Table of Contents

- 01/ Safety instructions**
- 02/ Installation steps diagram and checklist**
- 03/ Product description**
- 04/ Product specifications**
- 05/ Maintenance guide**

01/ Safety Instructions:

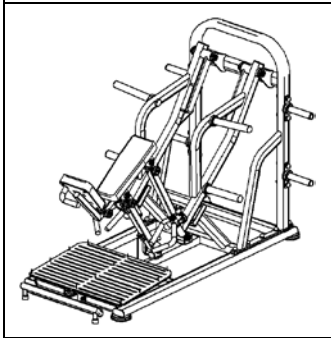
Thank you for choosing our company's product. Correct usage of the trainer ensures your safety and convenience. Before using the trainer, please carefully read the following content:

- 1. Please carefully read all usage instructions before using this product, and strictly follow the methods described in the user manual. Keep this user manual throughout the entire lifespan of the product.**
- 2. Product owners should ensure that all users are aware of all usage precautions.**
- 3. Maintain fresh and circulating indoor air when using this equipment, and ensure there is sufficient space for movement.**
- 4. Users are responsible for ensuring the proper maintenance of the equipment. After installation and before each use, check that all fasteners are securely tightened and that there are no protruding parts. Regularly inspect the condition of easily worn components.**
- 5. In the event of equipment damage, please contact the dealer and the company's after-sales service department immediately to replace all worn or defective parts. Do not use the equipment until it is completely repaired.**
- 6. Please wear appropriate sportswear and shoes before using the equipment. Do not wear skirts or jewelry, and tie up your hair to avoid interfering with exercise.**
- 7. Perform warm-up exercises before using this equipment for workouts.**
- 8. If you experience abnormal symptoms such as dizziness, pain, or vomiting, please stop exercising immediately and consult a doctor.**
- 9. Children should use this equipment for selective training under adult supervision.**
- 10. Warning! Keep hands and feet away from moving parts during exercise.**
- 11. Warning! Do not exceed the adjustment settings.**
- 12. Warning! Keep children or pets away from the equipment during exercise.**
- 13. Warning! Any adjustment device must be properly adjusted during use.**
- 14. Warning! Please use the equipment correctly for exercise. Using incorrect methods or exercising beyond the capabilities of the equipment may cause injury to your health.**
- 15. It is recommended to use this equipment only within supervised areas.**

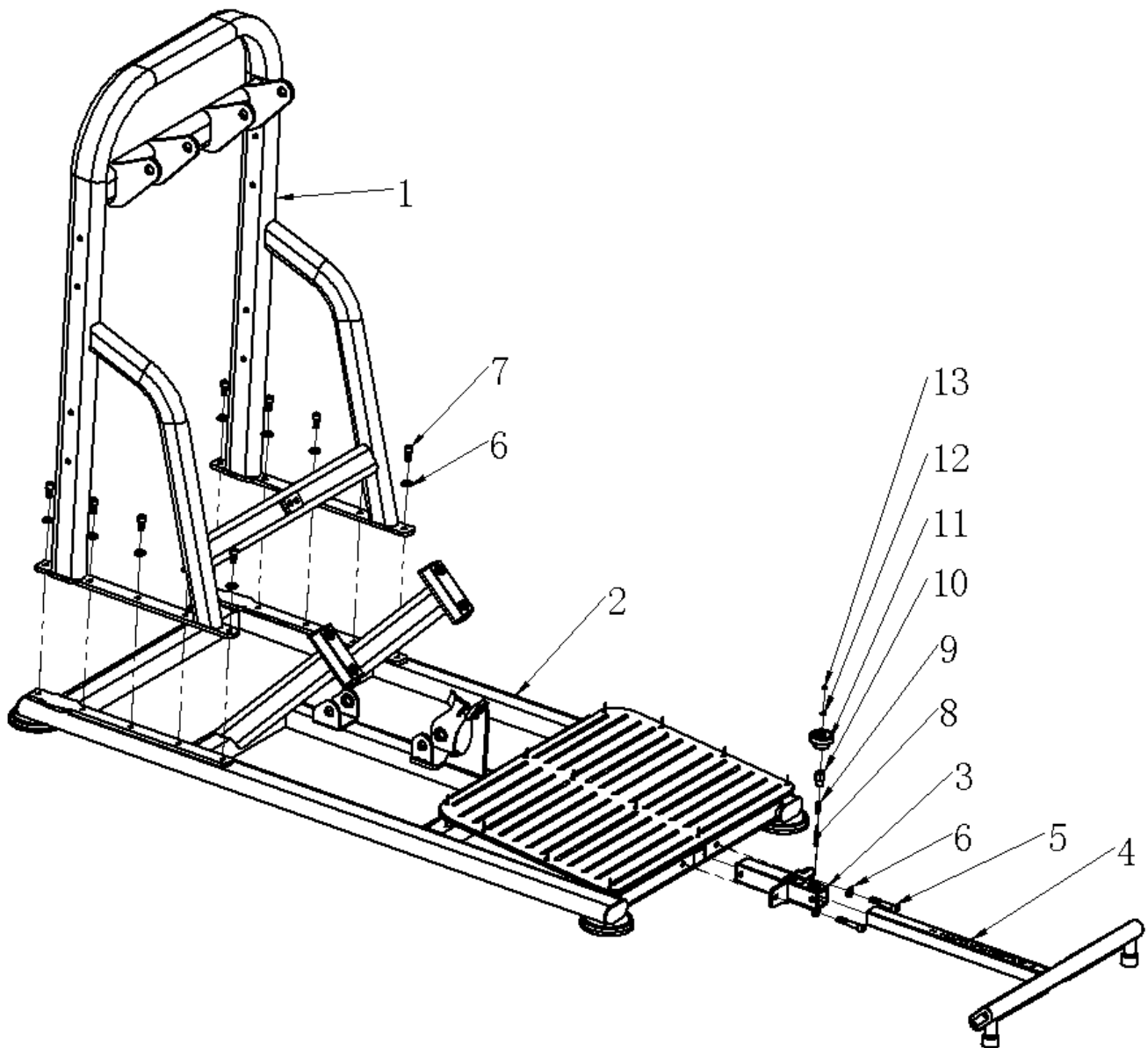
02/Installation Steps Diagram

1. Installation Step One

Completed Image

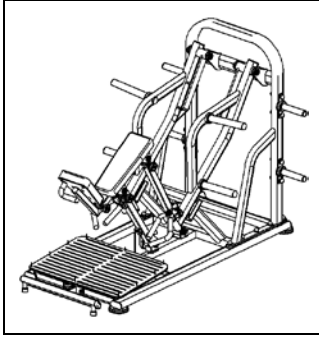


Installation Checklist			
No.	Name	Specs	Qty.
1	rear support frame	welded component	1
2	base	welded component	1
3	Ground foot adjustment	welded component	1
4	ground foot adjustment	welded component	1
5	hex socket round head bolt	M12*70	2
6	drum washer	Φ 12	12
7	hex socket cylindrical head bolt	M12*25	10
8	knob pin	Φ 9*56.75	1
9	compression spring	Φ9*31	1
10	knob pin	Φ 22*38 .3	1
11	knob handle	Φ 60*35	1
12	flat washer	Ø6-Ø11.6*1.6	1
13	hex lock nut	M6	1

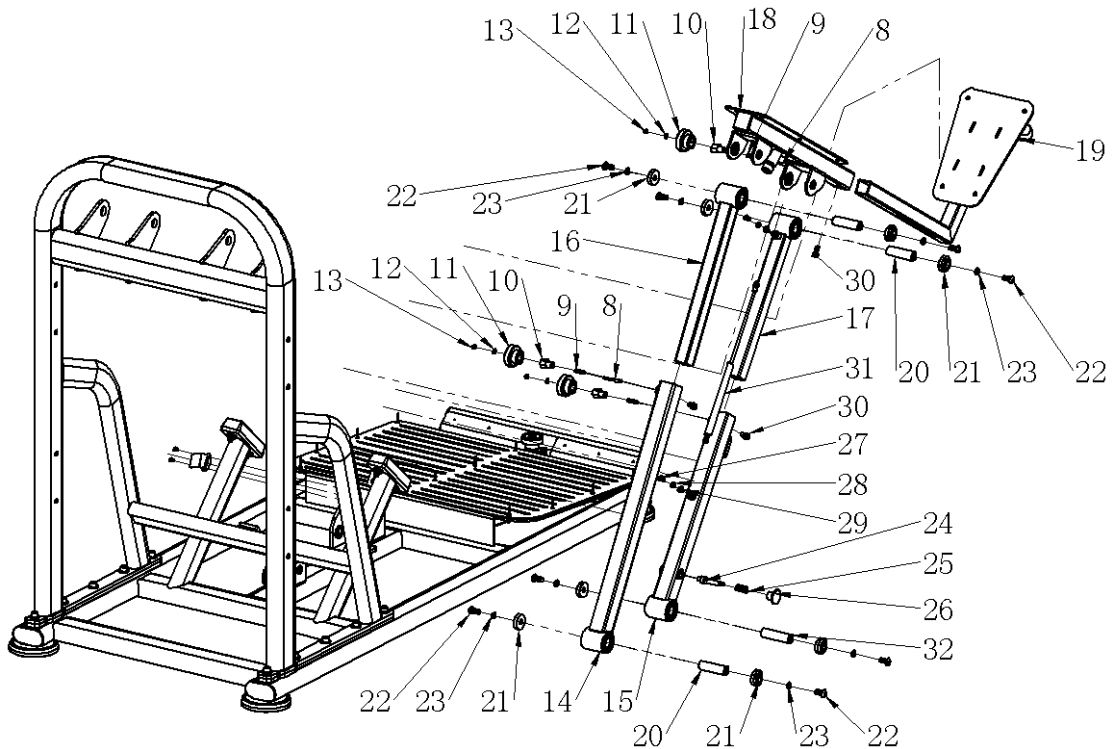


2. Installation Step Two

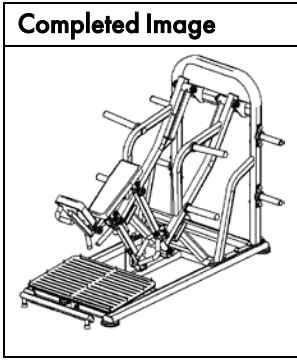
Completed Image



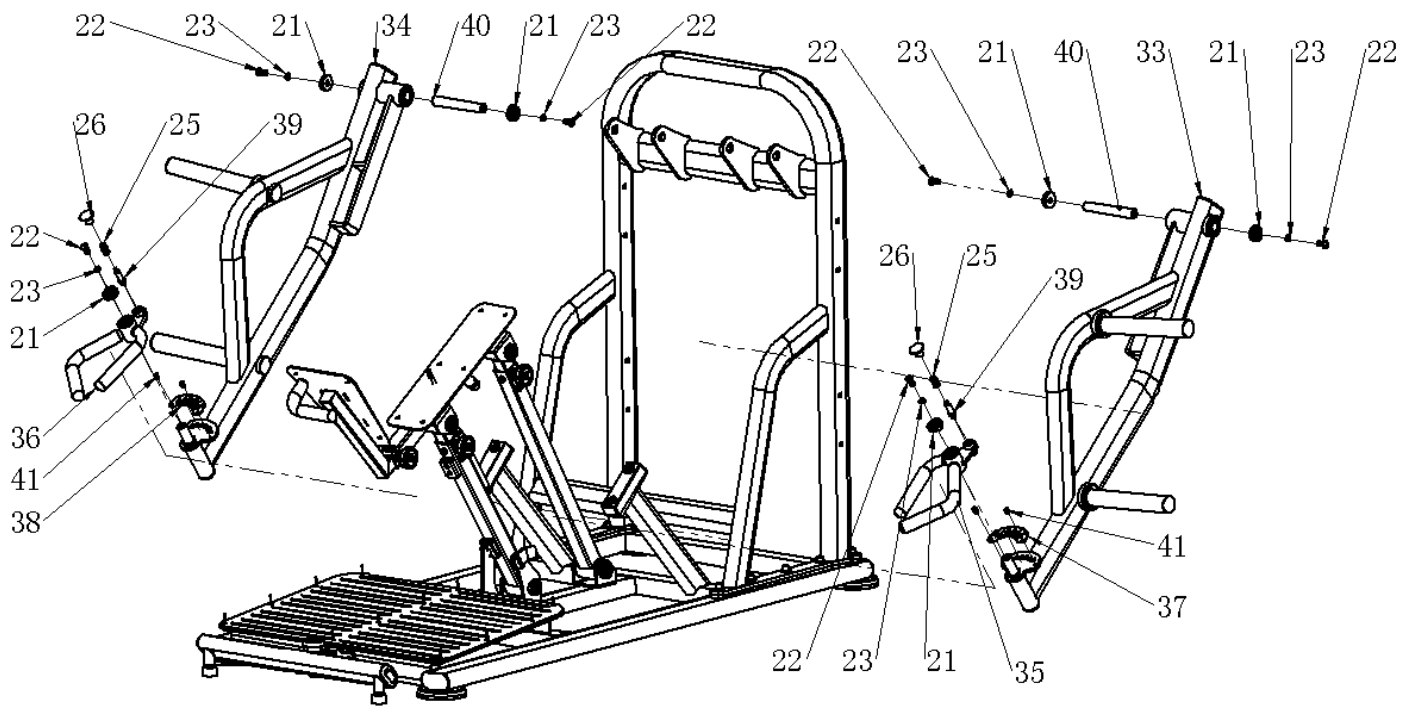
Installation Checklist			
No.	Name	Specs	Qty.
8	knob pin	$\Phi 9*56.75$	3
9	compression spring	$\Phi 9*31$	3
10	knob pin	$\Phi 22*38.3$	3
11	knob handle	$\Phi 60*35$	3
12	flat washer	$\text{Ø}6\text{-}\text{Ø}11.6*1.6$	3
13	hex lock nut	M6	3
14	backrest adjustment	welded component	2
15	backrest adjustment 2	welded component	2
16	backrest adjustment inner tube	welded component	2
17	backrest adjustment inner tube2	welded component	1
18	backrest frame	welded component	1
19	seat frame	welded component	1
20	rotating shaft	$\Phi 25*86$	3
21	end cap	$\Phi 43.5*14.5$	8
22	hex socket flat round head	M12*25	8
23	spring washer	$\text{Ø} 12 (\text{Ø}19*13.1)$	8
24	pin	$\Phi 19*87$	1
25	compression spring	$\Phi 17*31$	1
26	mushroom head pull pin	$\text{Ø}43*34*M8$	1
27	hex socket flat round head bolt	M8*20	2
28	spring washer	$\Phi 8 (\text{Ø}12.5*12.1)$	2
29	flat washer	$\Phi 8(\text{Ø}15.5*1.6)$	2
30	hex socket cylindrical head bolt	M10*20	3
31	gas spring		1
32	chair rotating shaft	$\Phi 25*93$	1



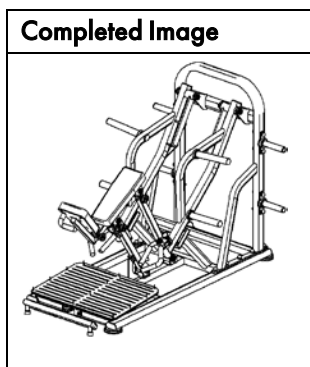
3. Installation Step Three



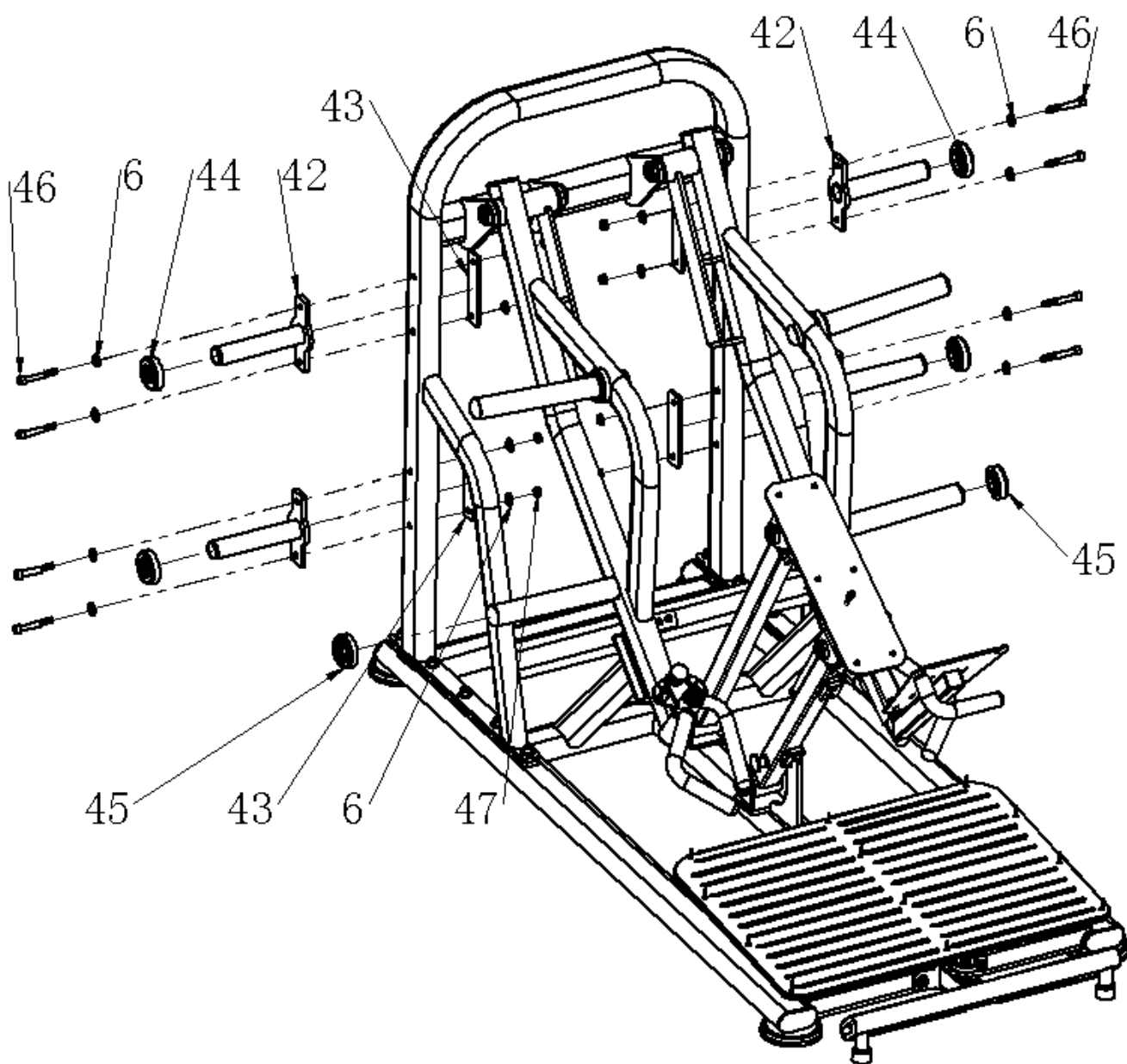
Installation Checklist			
No.	Name.	Specs	Qty.
33	left arm	welded component	1
34	right arm	welded component	1
35	left handlebar	welded component	1
36	right handlebar	welded component	1
37	left adjustment guard plate	T2.0*59.85*124.5	1
38	right adjustment guard plate	T2.0*59.85*124.5	1
39	pin	Φ 19*62	2
40	arm pivot	Φ 25*178	2
41	hex socket head bolt	M8*1	4
21	end cap	Φ 43.5*14.5	6
22	hex socket flat head bolt	M12*25	6
23	spring washer	Ø 12 (Ø19*±3.1)	6
25	compression spring	Φ 17*31	2
26	mushroom head pull pin.	Ø43*34*M8	2



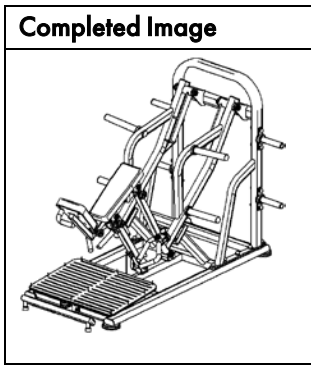
4. Installation Step Four



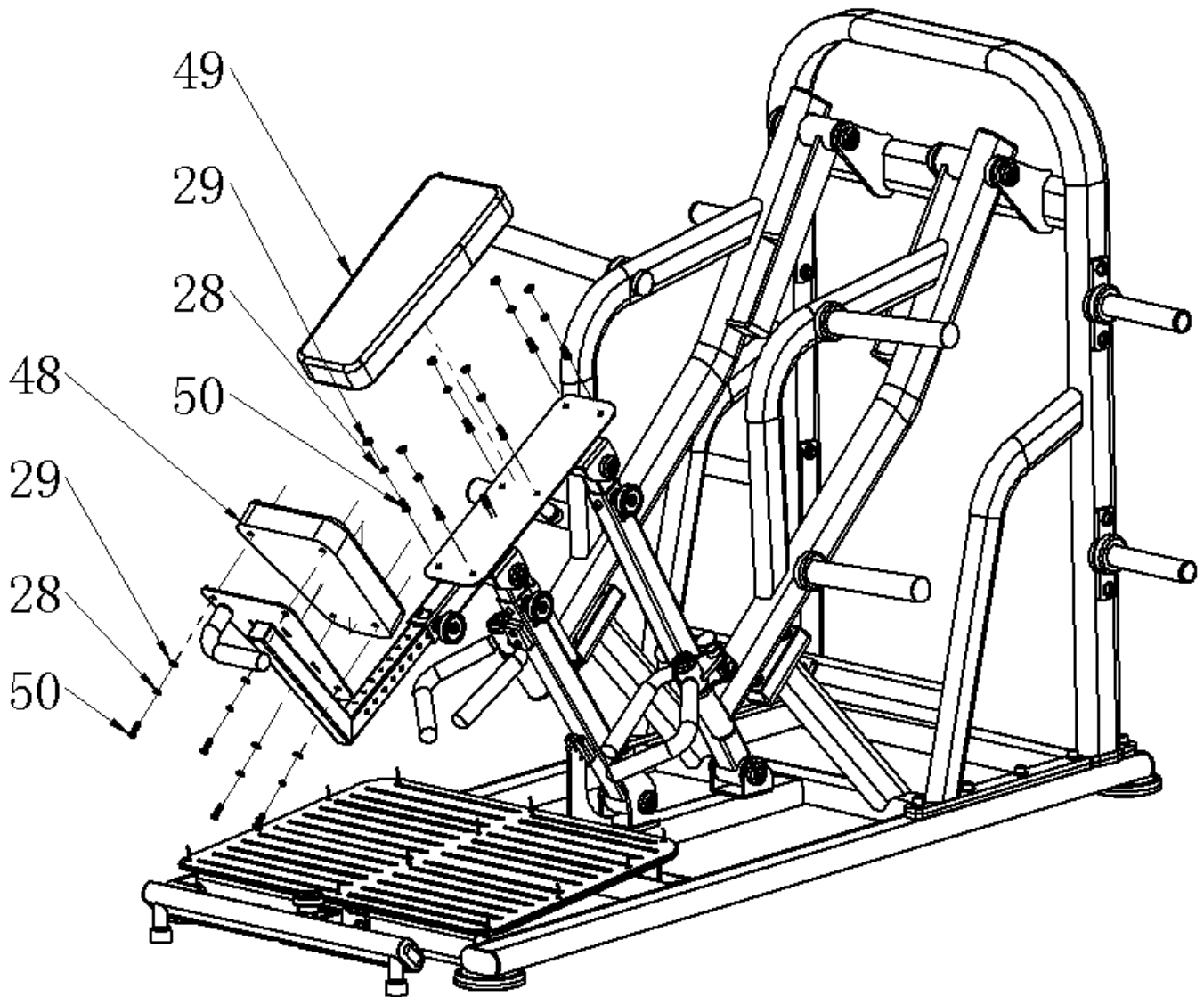
Installation Checklist			
No.	Name	Specs	Qty.
6	drum washer	Φ 12	16
42	gong striker assembly	welded component	4
43	hanger pad	180*45*T6	4
44	round cushioning pad	Φ75*Φ42.5*20	4
45	round cushioning pad	Φ75*Φ48.5*20	2
46	hex socket head bolt	M12*80 (半牙)	8
47	hex lock nut	M12	8



5.Installation Step Five



Installation Checklist			
No.	Name	Specs	Qty.
48	seat cushion	348*248*60	1
49	chest pad	510*200*60	1
50	hex socket flat head bolt	M8*25	10
28	spring washer	Φ8 (Ø12.5*±2.1)	10
29	flat washer	Φ8(Ø15.5*±1.6)	10



Note: Installation completed, tighten all bolts in place, use screw caps for all positions where drum washers are used.

03/Product Description

This machine is indoor fitness equipment, suitable for aerobic exercise, mainly to improve cardiovascular function, with muscle training as a secondary focus. It exercises various muscles such as shoulder and back muscles, achieving the purpose of strengthening and beautifying the body.

This machine uses functional diagrams to illustrate the correct use of equipment and muscle exercise methods, with vivid illustrations, making it easy to understand.

This machine utilizes a weight stack system to provide weight selection, allowing you to conveniently adjust the resistance to your desired level.

The design and manufacture of this machine conform to the human body's movement trajectory, ensuring safety and durability.

- Manufactured using large-sized steel pipes and electrostatic spraying treatment—ensuring the safety, reliability, and durability of the machine.

04/Product specifications

Name	Pro Strength Chest Supported Row	SKU	PL-PS-CSR
Dimension	48" x 58" x 58"		
Weight	450 lb		

05/Maintenance guide

1. Bolts in various parts of the machine should be regularly checked to ensure they are securely fastened, and rotating parts should move flexibly without any abnormal noise.
2. The machine should be kept clean, but strong cleaning solvents should not be used for wiping.
3. If any stressed parts show signs of wear or damage, they should be replaced immediately, and the machine should only be used after repairs are completed.