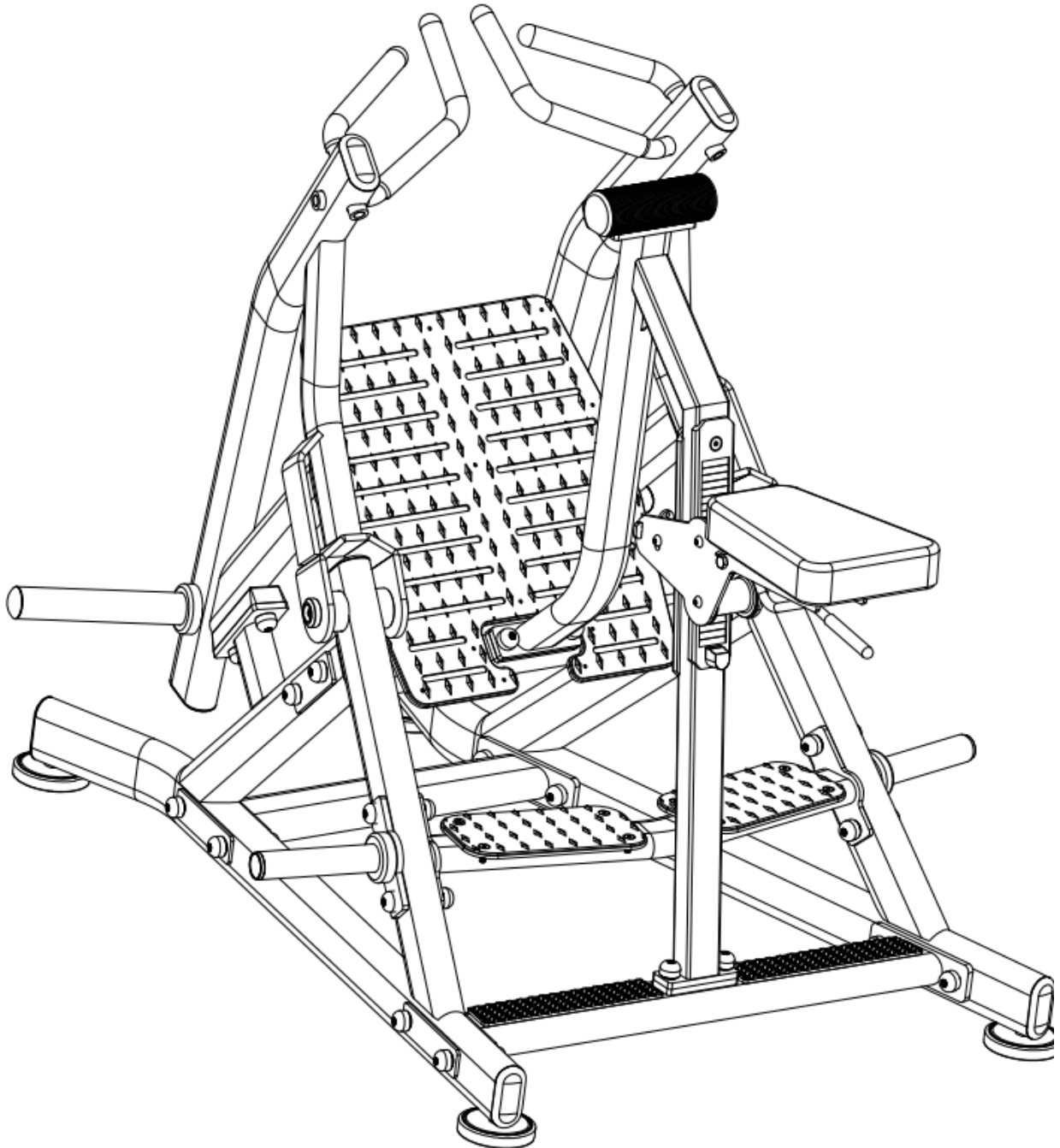


Pro Strength Seated Low Row (PL-PS-SLR)



Installation Manual

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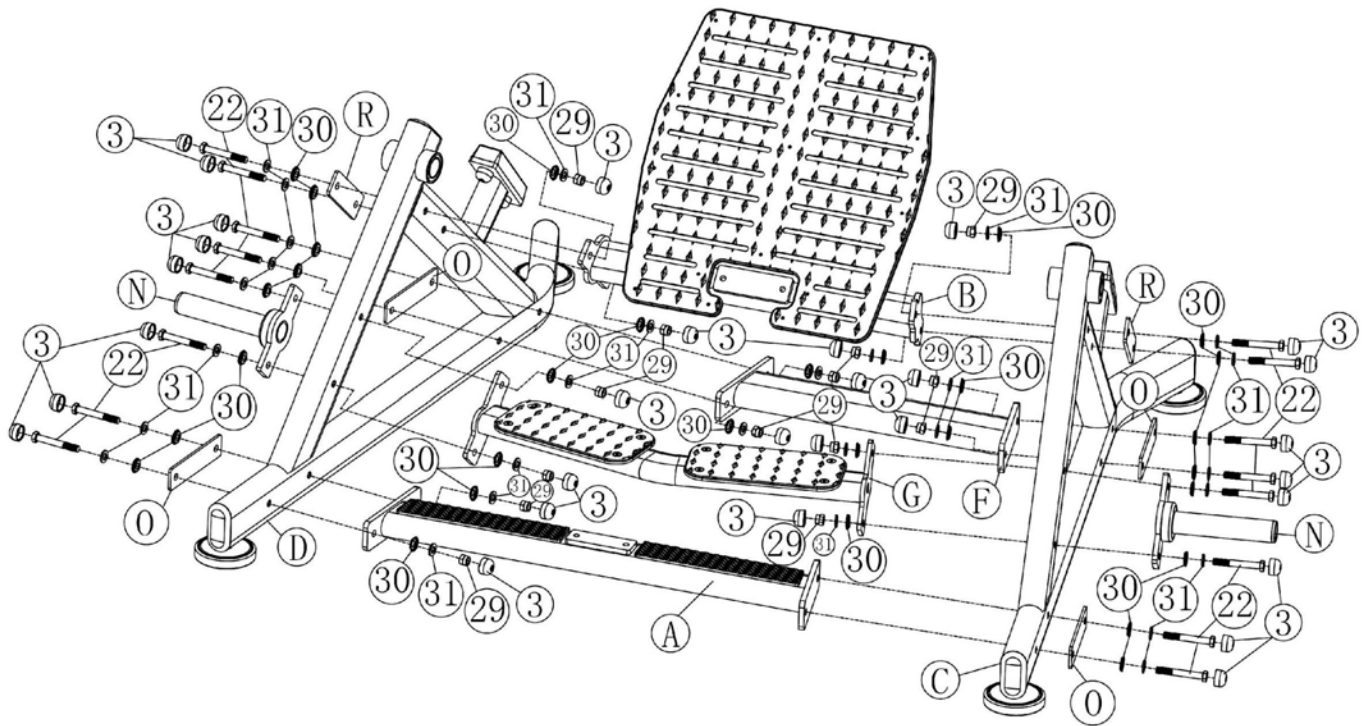
01/ Safety Instructions

Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult's guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

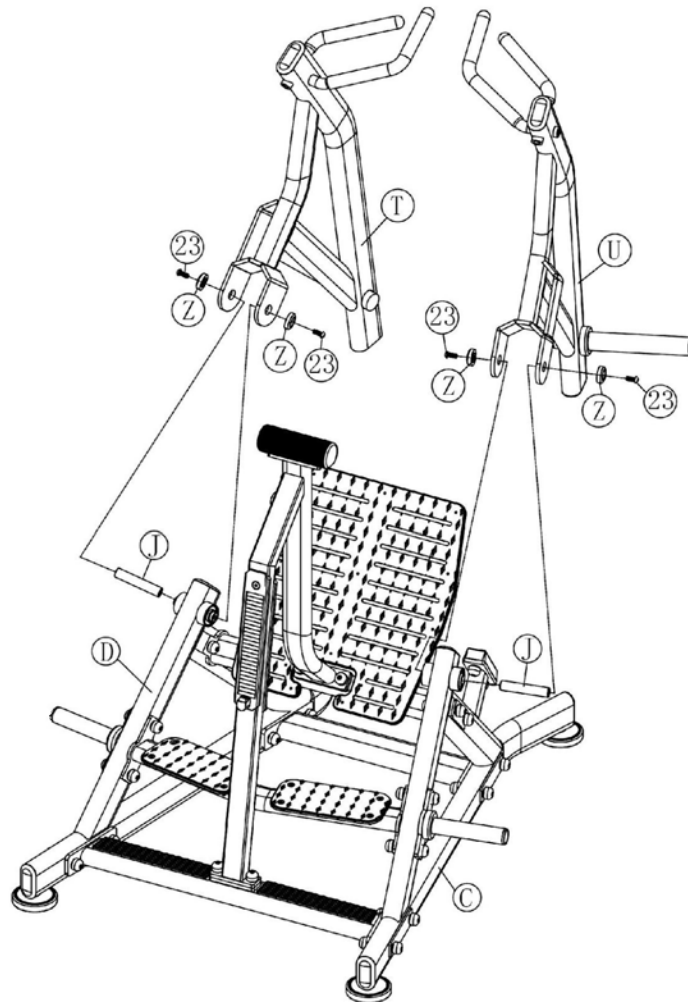
02/ Installation Steps

Step 1



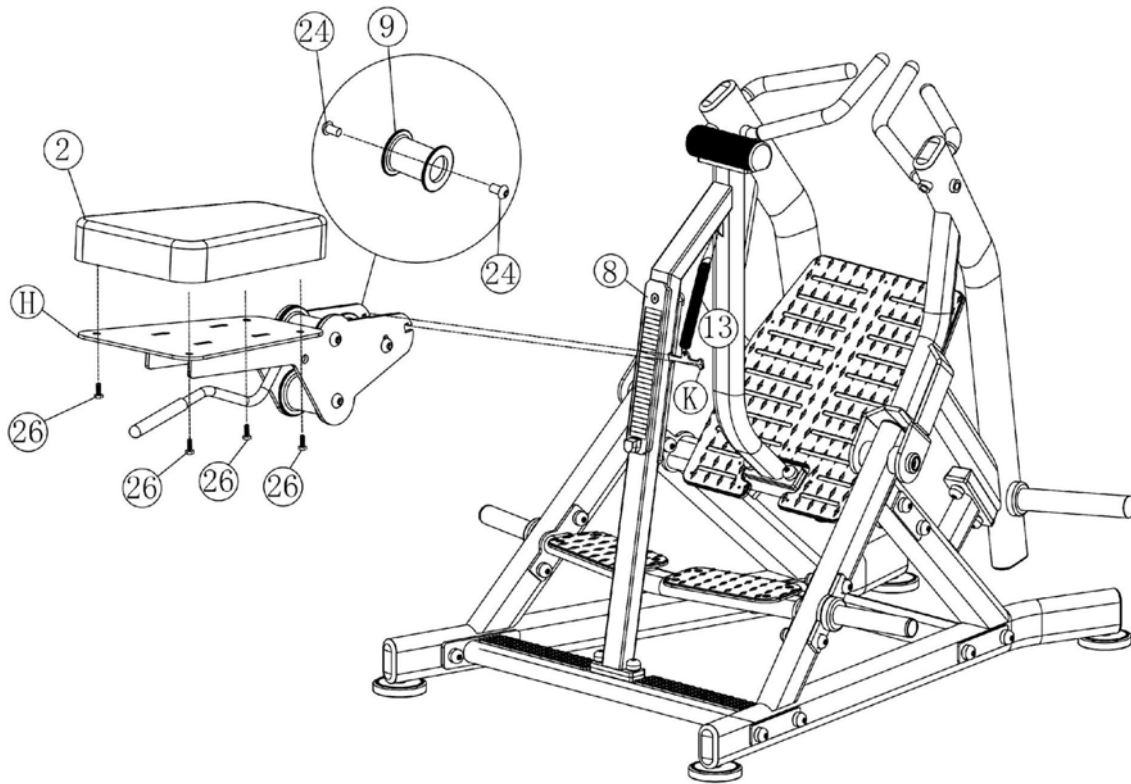
1. Attach the Front Connection Assembly(A) to Left Frame Assembly(C) and the Right Frame Assembly(D)with 4 X M12×85 Outer hexagon bolts(22#) ,8×Φ12Washers(30#),8X Φ12 Flat washers(31#),4XM12 Hexagon check nut(29#),2 X190X150XT5 Brackets(O#).Install 8×M12 Screw Cap (3#) after tighten the bolts.
2. Attach the Upper connection assembly(G)to Left Frame Assembly(C) and the Right Frame Assembly(D)with 4 X M12×85 Outer hexagon bolt(22#) ,8×Φ12Washers(30#),8X Φ12 Flat washers(31#),4XM12 Hexagon check nut(29#),2×Weight Plate Holder Assembly(N).Install 8×M12 Screw Cap (3#) after tighten the bolts.
3. Attach the Rear Connection Assembly(F) to Left Frame Assembly(C) and the Right Frame Assembly(D)with 4 X M12×85 Outer hexagon bolt(22#) ,8×Φ12Washers(30#),8XΦ12 Flat washers(31#),4XM12 Hexagon check nut(29#),2 X190X150XT5 Brackets(O#).Install 8×M12 Screw Cap (3#) after tighten the bolts.
4. Attach the Foot Plate Assembly (B) to Left Frame Assembly(C) and the Right Frame Assembly(D)with 4 X M12×85 Outer hexagon bolt(22#) ,8×Φ12Washers(30#),8XΦ12 Flat washers(31#),4XM12 Hexagon check nut(29#),2 X140X50XT6 Brackets(R#).Install 8×M12 Screw Cap (3#) after tighten the bolts.

Step 3



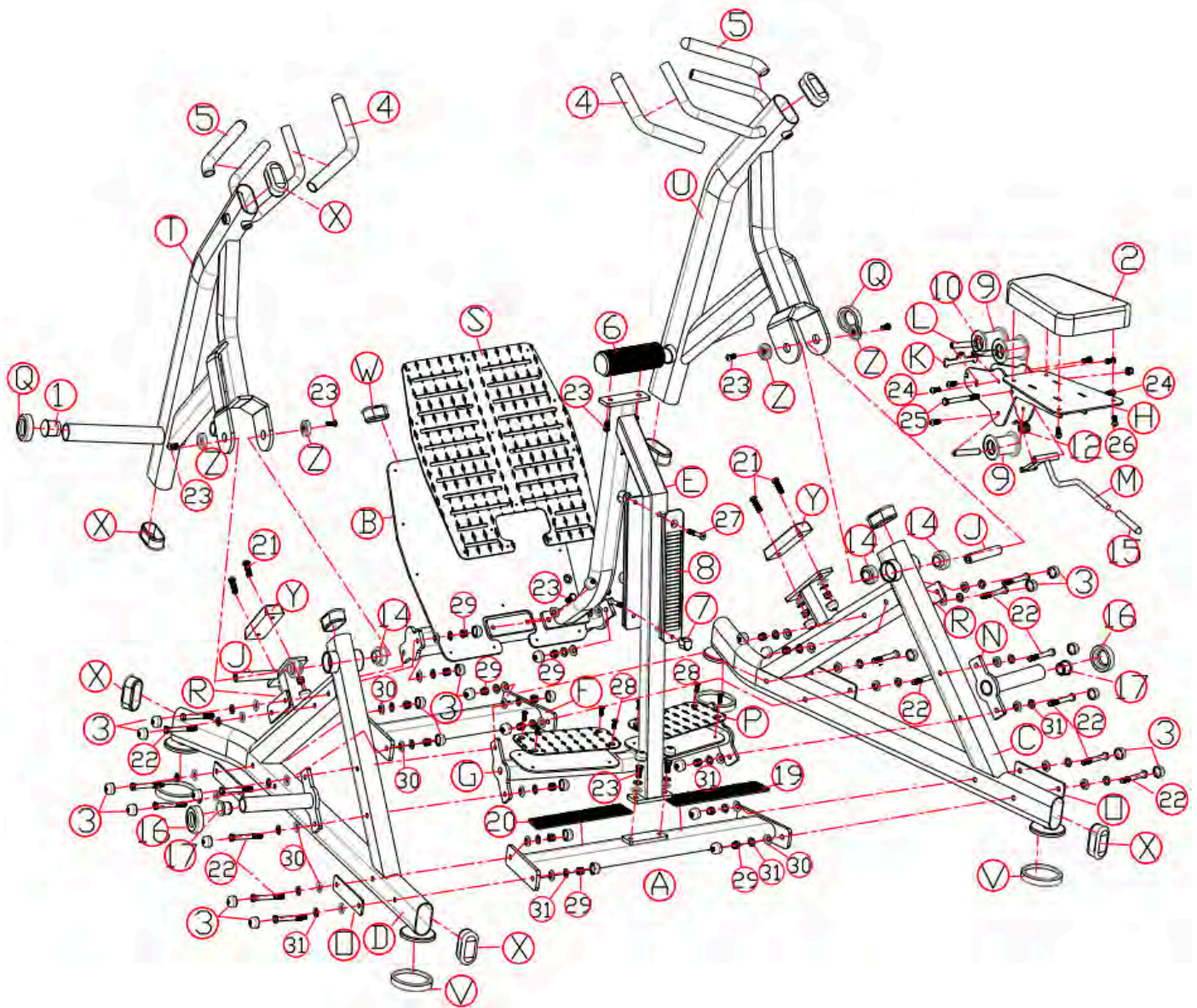
1. Attach the Right arm Assembly(**T**) to the Right Frame Assembly(**D**) with 2 X M12×25 Outer hexagon bolt(**23#**), 2×Φ43.5×14.5 Shaft End Washer(**Z#**), 1XΦ25X129 Pivot(**J#**). Fixing 2×M12 Screw Caps (**3#**) after tighten the bolts.
2. Repeat the same way in Step 1 to attach the Left arm Assembly(**U**) to the Left Frame Assembly(**C**).

Step 4



1. Remove the 1 x Φ 70x78 roller (**9#**) first and then connect the Seat Bracket Assembly(H) to the 70x382x13 Adjusting Plate(**8**) with 1x Φ 70x78 roller (**9#**) , 2 x M10 x 25mm Hexagon socket half round head bolts(**24#**). Connect the Seat Bracket Assembly(H) and the Spring Adjusting Piece (**k**)with 1x Φ 25x183x Φ 2.2 pullback spring (**13**) .
2. Fixing the Seat pad (**2**) on the Seat Bracket(**H**) with 4 x M8 x 25mm Hexagon socket half round head bolts (**26#**).

Exploded Parts Diagram



Exploded Parts List

Part	Description	Qty.
A	Front Connection Assembly	1
B	Foot Plate Assembly	1
C	Left Frame Assembly	1
D	Right Frame Assembly	1
E	Seat support assembly	1
F	Rear Connection Assembly	1
G	Upper connection assembly	1
H	Seat Bracket Assembly	1
J	Φ25*129 Pivot	2
K	Spring Adjusting Piece	1
L	Φ17*80 roller	3
M	Seat Adjustment Assembly	1
N	Weight Plate Holder Assembly	2
O	190*150*T5 Brackets	4
P	298*144*T3 Tread board sticker	2
R	140*50*T6 Bracket	2
S	544*594*T3 Non-slip pedal	1
T	Right arm Assembly	1
U	Left arm Assembly	1
V	Φ116.5*20 Foot	4
Z	Φ43.5*14.5 Shaft End Washer	4
W	40*80*35 Elliptical End Cap	2
X	50*100*35 Elliptical End Cap	10
Y	58*166*30 Cushion	2
Q	Φ75*Φ48.5*20 Cushion	2
1	Φ48*50 End Cap	4
2	348*248*60 Seat pad	1
3	M12 Screw Cap	40
4	Φ32*Φ28*350 Handle grip	2
5	Φ32*Φ28*245 Handle grip	2
6	Φ70*200 Handle grip	1
7	26*39*25.5 limited block	2
8	70*382*13 Adjusting Plate	2
9	Φ70*78 roller	3
10	6203-2Z axletree	6

11	Φ15 Shaft End Washer	6
12	Φ28.5*27*Φ4 torsional spring	1
13	Φ25*183*Φ2.2 pullback spring	1
14	UR205 bearing	4
15	Φ12 Handle grip	1
16	Φ75*Φ42.5*20 Cushion	2
17	Φ40*30 End Cap	2
18	Φ5*12 rivet	15
19	330*60*T5 Left foot non-slip pad	1
20	330*60*T5 Right foot non-slip pad	1
21	M12*40 Hexagon socket half round head bolt	4
22	M12×85 Outer hexagon bolt	16
23	M12×25 Outer hexagon bolt	10
24	M10 x 25 Hexagon socket half round head bolt	6
25	M12×115 Outer hexagon bolt	1
26	M8 x 25 Hexagon socket half round head bolt	4
27	M10*70 Allen bolt	2
28	M8*10 Allen bolt	8
29	M12 Hexagon check nut	21
30	Φ12Washers	40
31	Φ12 Flat washers	40

03/ Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your back 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 made of steel and of powder coating process, which assure the safety and durability

04/Product specification

Name	Seated Low Row	SKU	PL-PS-SLR
Assembly size	62" x 43" x 53"		
Weight	340 lb		

05/Maintenance Guide

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.