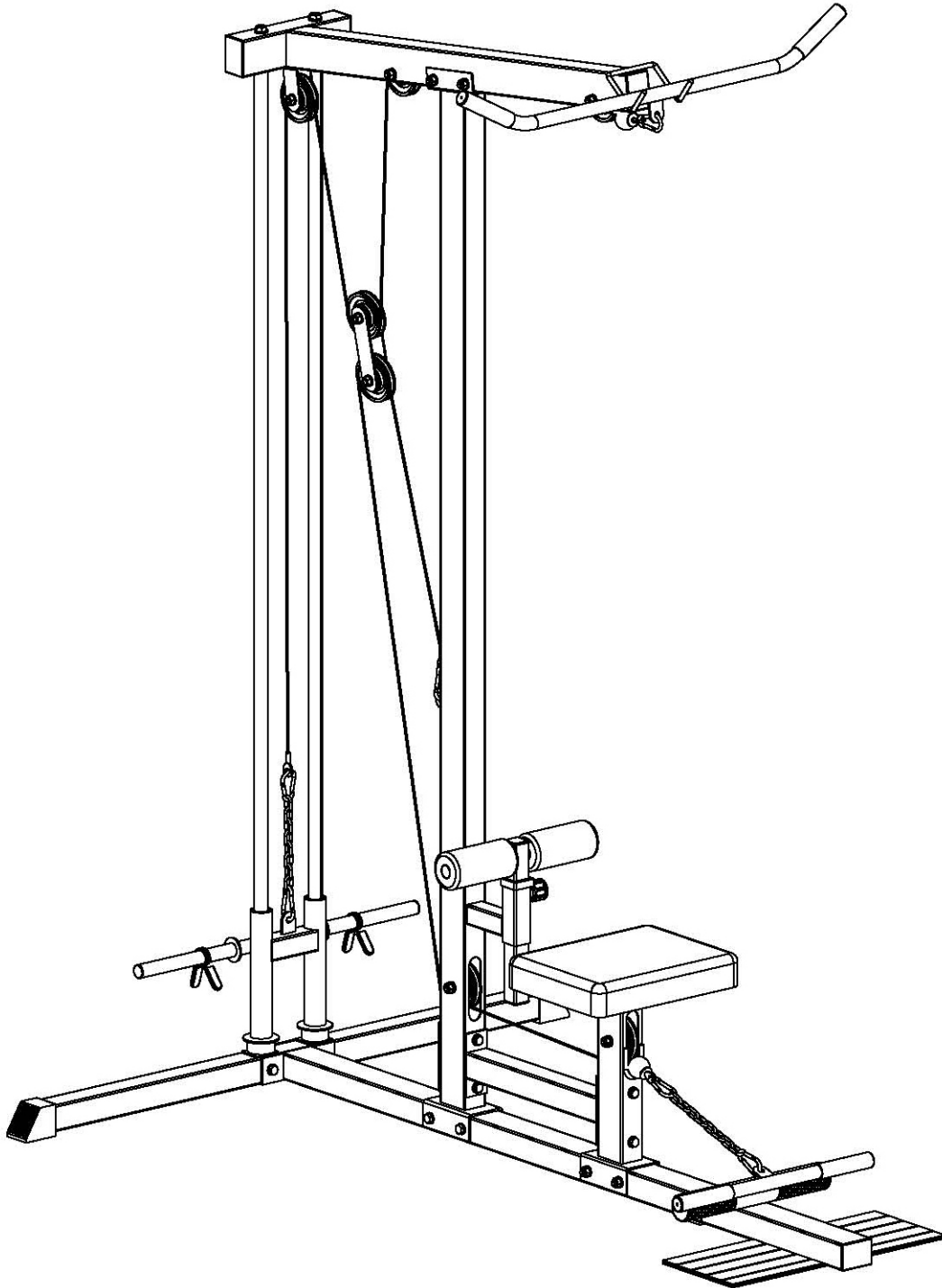
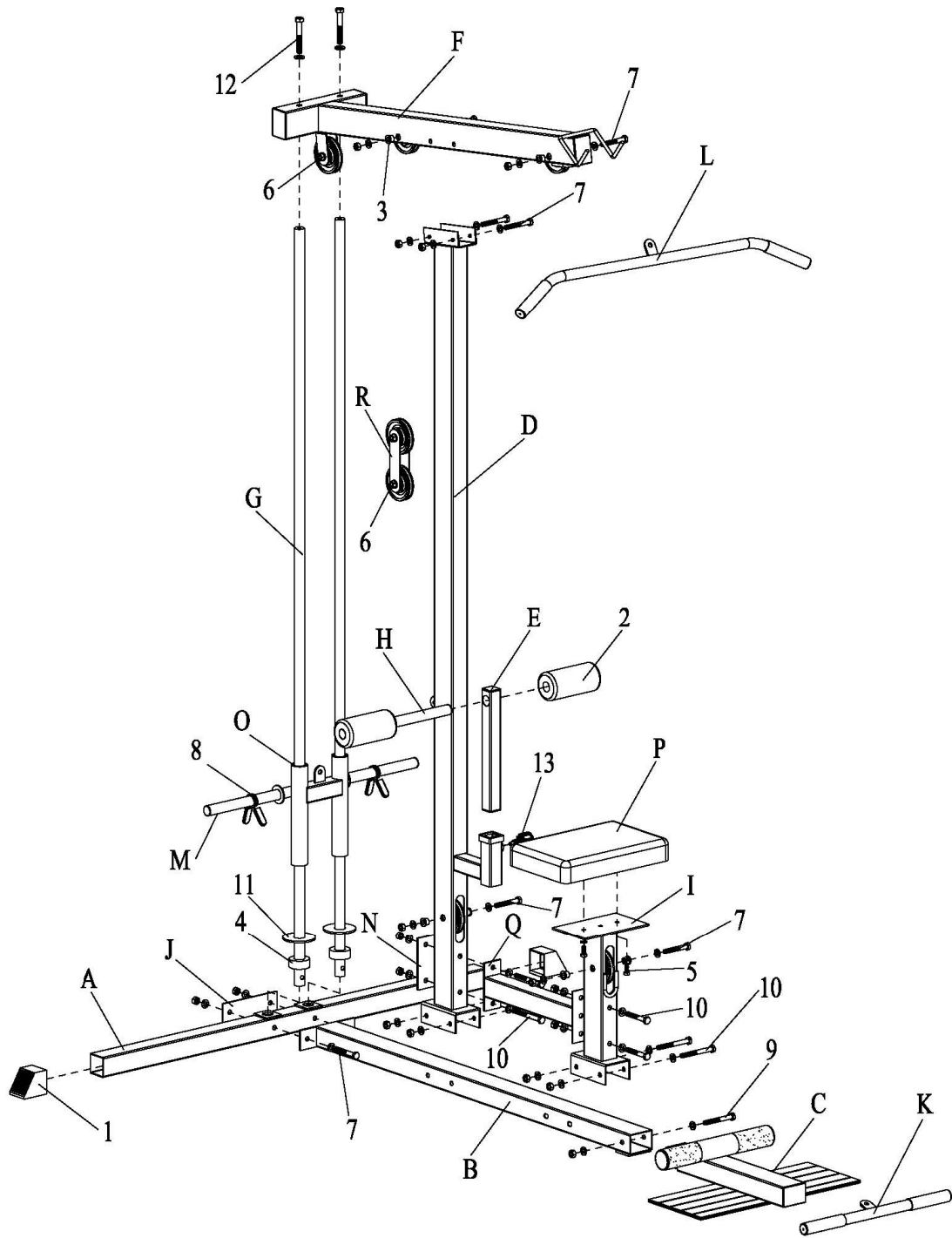

HG1095E



ASSEMBLY INSTRUCTIONS

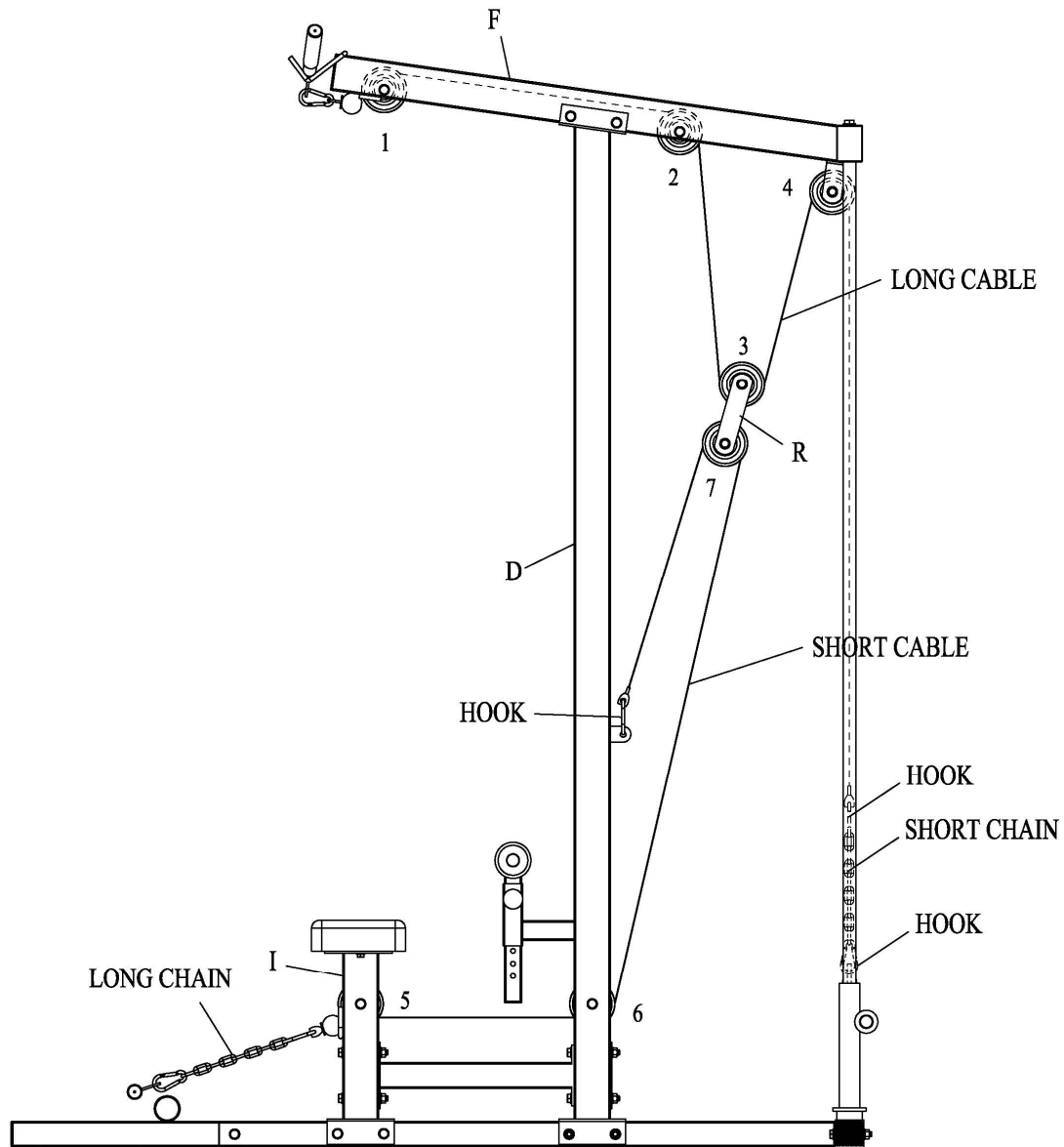
PRODUCT EXPLOSIVE DRAWING



PARTS LIST		
NUMBER	DESCRIPTION	QUANTITY
A	BACK BASE	1
B	MAIN BASE	1
C	FRONT BASE	1
D	MAIN VERTICAL BEAM	1
E	ADJUSTMENT TUBE	1
F	TOP CROSS BEAM	1
G	GUIDE ROD	2
H	FOAM TUBE	1
I	SEAT PAD SUPPORT	1
J	LONG JOINT PLATE	1
K	PULL BOW	1
L	LAP BOW	1
M	WEIGHT PLATE SLEEVE	1
N	SHORT JOINT PLATE	1
O	NYLON BUSH	4
P	SEAT PAD	1
Q	JOINT TUBE	1
R	PULLEY SUPPORT	2
1	PLASTIC END CAP	2
2	FOAM ROLLER	2
3	PLASTIC BUSH	8
4	RUBBER DONUT	2
5	BOLT M10*20 + WASHER	2
6	BOLT M10*50 + TWO WASHER + NUT	3
7	BOLT M10*70 + TWO WASHER + NUT	8
8	SPRING CLIP	2
9	BOLT M10*85 + TWO WASHER + NUT	1
10	BOLT M10*90 + TWO WASHER + NUT	8
11	BIG WASHER	2
12	BOLT M12*85 + WASHER	2
13	FAST PIN	1

ASSEMBLY INSTRUCTIONS

1. Attach the **front base (C)** to the **main base (B)** with the bolt M10*85 + two washers + nut (9).
2. Attach two plastic end caps (1) to the **back base (A)**.
3. Insert the **guide rod (G)** into the hole on the **back base (A)**, then attach the **back base (A)** to the **main base (B)** with the **long joint plate (J)** and two bolts M10*70 + four washers + two nuts (7).
4. Slide the rubber donut (4) over the **guide rod (G)**.
5. Attach the **nylon bush (O)** to the **weight plate sleeve (M)**, then slide the **weight plate sleeve (M)** over the **guide rod (G)**.
6. Attach the **main vertical beam (D)** to the **main base (B)** with two bolts M10*90 + four washers + two nuts (10).
7. Attach the **top cross beam (F)** to the **main vertical beam (D)** with two bolts M10*70 + four washers + two nuts (7).
8. Attach the **guide rod (G)** to the **top cross beam (F)** with two bolts M12*85 + two washers (12).
9. Attach the **seat pad support (I)** and **joint tube (Q)** to the **main base (B)** and the **main vertical beam (D)** with the **short joint plate (N)** two bolts M10*90 + four washers + two nuts (10) and four bolts M10*90 + eight washers + four nuts (10) as shown.
10. Attach the **seat pad (P)** to the **seat pad support (I)** with two bolts M10*20 + two washers (5).
11. Insert the **adjustment tube (E)** into the **main vertical beam (D)** with fast pin (13).
12. Insert the **foam tube (H)** into the hole on the **adjustment tube (E)**, then attach two foam rollers (2) to the **foam tube (H)**.



1. Through the end with no ball of the long cable round pulley 1 on top cross beam (F), then **through the cable in the tube of top cross beam**, attach a pulley to part 2 with bolt and bushing. **See to it that the cable is above the bolts to avoid damages of the cable.** Through the cable under pulley 3 on pulley support (R), up and round pulley 4 on top cross beam (F), finally attach the cable to weight plate sleeve (M) with hooks and short chain.
2. Through the end with no ball of the short cable under pulley 5 on seat pad support (I), then under pulley 6 on main vertical beam (D), up and round pulley 7 on pulley support (R), finally attach the cable to main vertical beam with hook.