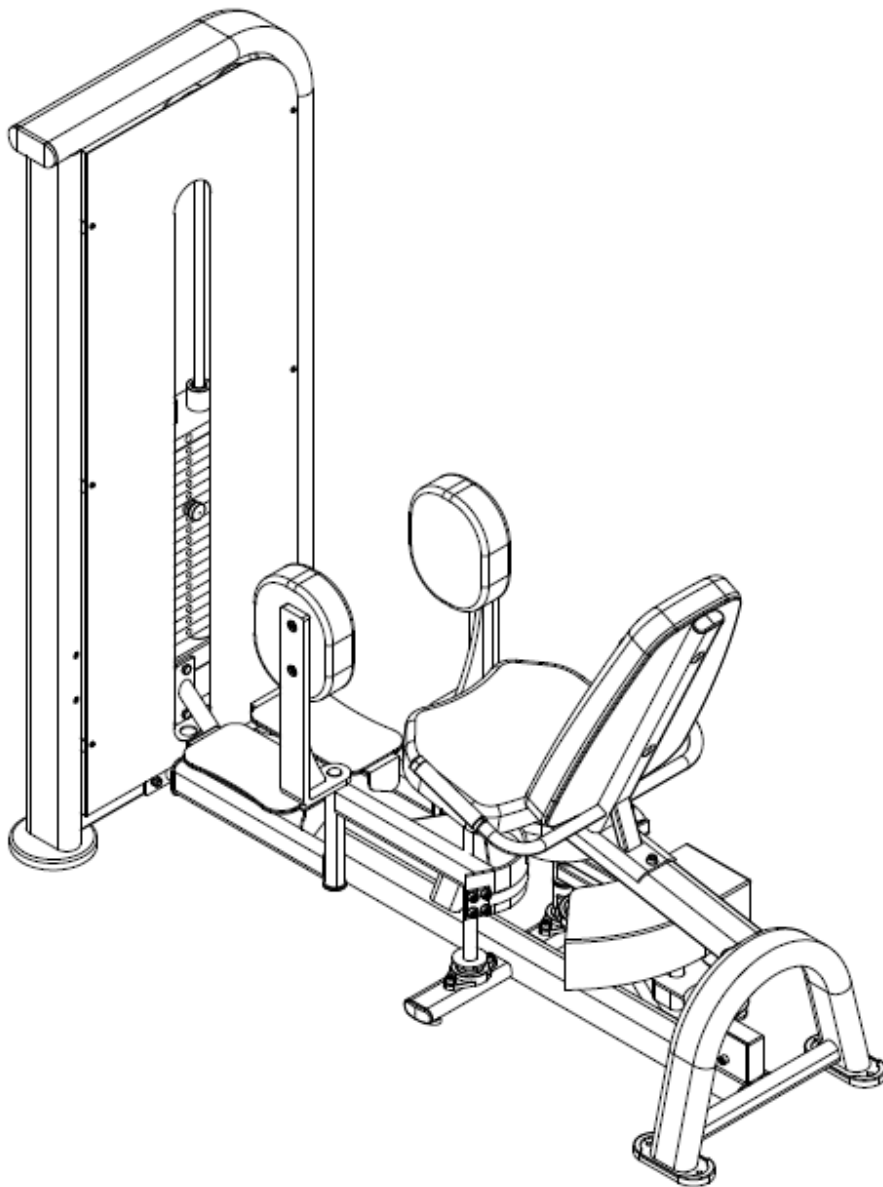


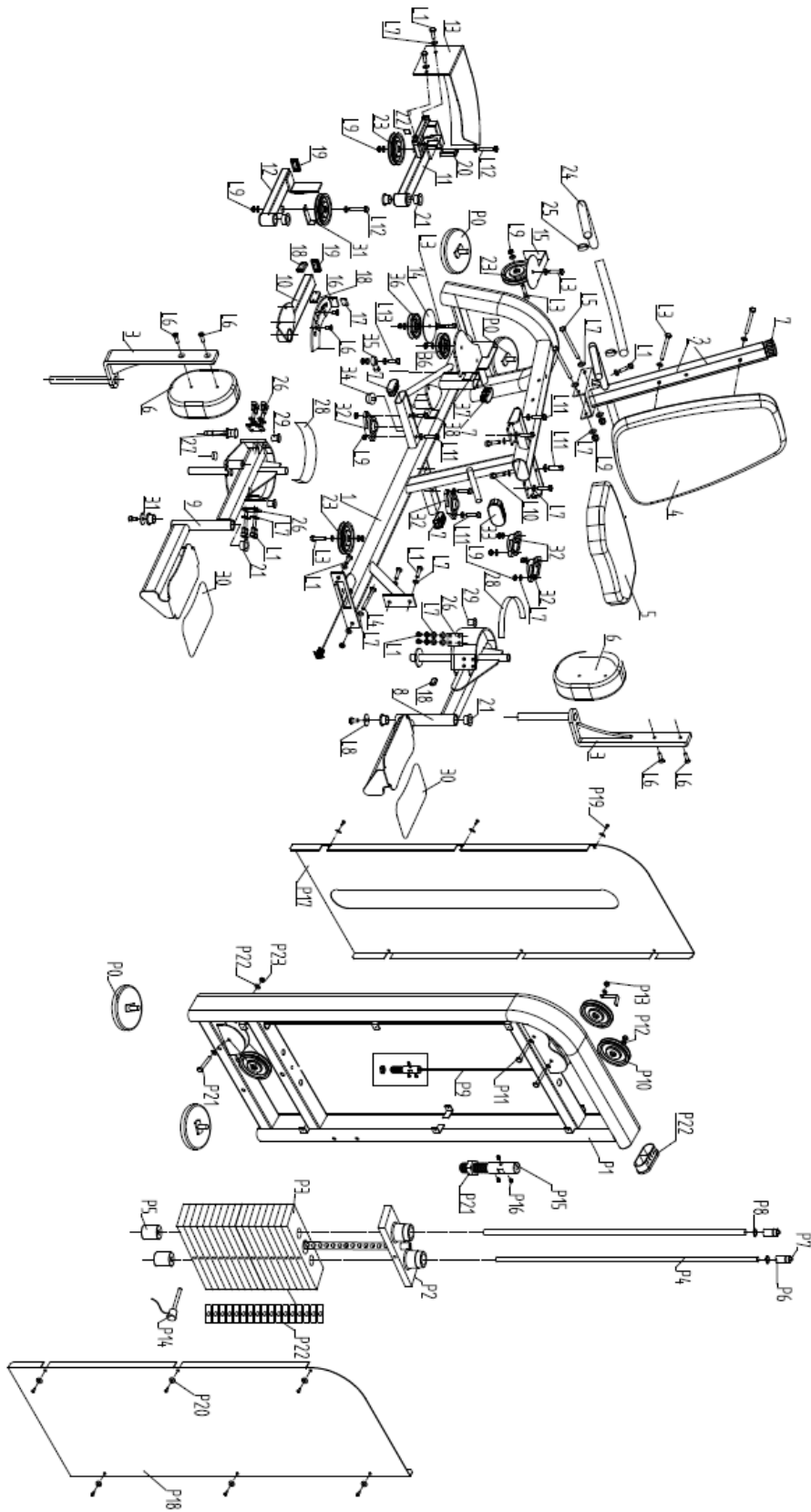


***HIT FITNESS***

**Hit Fitness Comm Add/Abductor  
HIT00752**



# EXPLORE DRAWING



## COMPONENT LIST

ITEM NO.	DESCRIPTION	QTY.
1	Main frame	1
2	Back pad frame	1
3	Thigh pad support	2
4	Back pad	1
5	Seat pad	1
6	Thigh pad	2
7	Tube plug	4
8	Left foot rack	1
9	Right foot rack	1
10	Up swing arm	1
11	Middle swing arm	1
12	Down swing arm	1
13	Cover	1
14	Wheel cover	1
15	Wheel cover 2	1
16	Turntable	1
17	Shock damper 1	1
18	Shock damper	3
19	Rectangular tube 50 x 30	3
20	Rectangular tube 40*20	1
21	Powder metallurgy sleeve	10
22	Rectangular tube 20*20	2
23	Large pulley	4
24	Dipping handle	2
25	Aluminum end cap	2
26	Press plate	4
27	Pull pin component	1
28	Kef flatten belt	2
29	Belt cuff	4
30	Foot pedal belt	2
31	Pulley stopper	1
32	Bearing base	4
33	Flat oval pipe plug	1
34	Tapered cushion	2
35	Rod end joint bearing	1
36	Small pulley	2
37	Shock block 2	1
38	Shock block 3	1
L1	M10*20mm bolt	24
L2	M10*25mm bolt	3

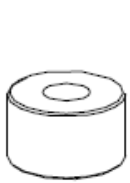
L3	M10*50mm bolt	8
L4	M10*90mm bolt	1
L5	M10*130mm bolt	2
L6	M10*25mm bolt	4
L7	Ø10 Washer	62
L8	Press Plate	2
L9	M10 Lock nut	20
L10	M10*25mm bolt	2
L11	M10*35mm bolt	8
L12	M10*75mm bolt	2
L13	M10*40mm bolt	1

### WEIGHT STACK BOX COMPONENT LIST

PART NO	PART NAME	Q'TY
P0	Adjustable foot plate	4
P1	Weight stack box	1
P2	Top plate assembly	1
P3	Weight stack 5kg	19
P4	Guide rod	2
P5	Damping block	2
P6	Guide rod fixed sleeve	2
P7	M10*20 Fasten screw	2
P8	Shaft circlips	2
P9	Rope	1
P10	Pulley	2
P11	M10*50 Hex bolt	2
P12	Φ10 Washer	4
P13	M10 Lock nut	2
P14	Strong magnetic latch	1
P15	Rope fixed rod	1
P16	M8*10 Fasten screw	1
P17	Front cover	1
P18	Rear cover	1
P19	M5*16 Cross head screw	18
P20	Plastic washer	18
P21	M16 Thick nut	1
P22	Oval flat plug	1

## TOOL KIT 1

ITEM NO.	DESCRIPTION	QTY.
P5	Damping block	2
P6	Guide rod fixed sleeve	2
P7	M10*20 Fasten screw	2
P14	Strong magnetic latch	2
P15	Rope fixed rod	1
P16	M8*10 Fasten screw	1
P21	M16 Thick nut	3



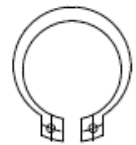
P5 (2PCS)



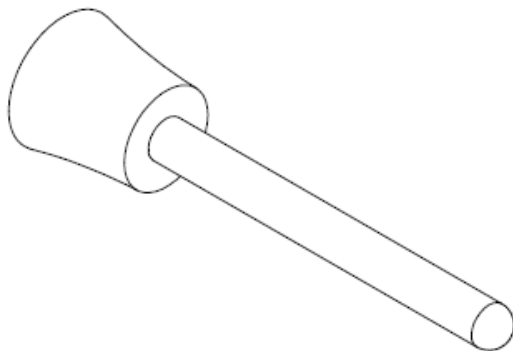
P6 (2PCS)



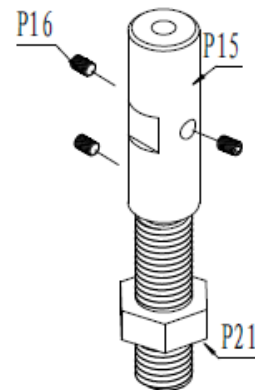
P7 (2PCS)



P8 (2PCS)



P14 (1PCS)

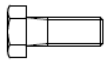


P15 (1PCS) P21 (1PCS)  
P16 ( 3PCS )

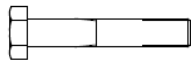
## TOOL KIT 2

ITEM NO.	DESCRIPTION	QTY.
P19	M5*16 Cross head screw	18
P20	Plastic washer	18
L1	M10*20mm bolt	4
L3	M10*50mm bolt	2
L4	M10*90mm bolt	1
L5	M10*130mm bolt	2

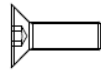
L7	Ø10 Washer	12
L9	M10 Lock nut	3
T1	5# Long allen wrench	1
T2	8# Allen wrench	1
T3	Screw driver	1



L1 (4PCS)



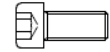
L3 (2PCS)



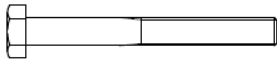
P19 (18PCS)



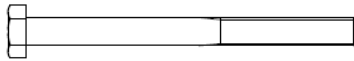
P20 (18PCS)



L10 (2PCS)



L4 (1PCS)



L5 (2PCS)



L7 (14PCS)



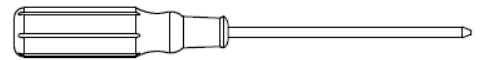
L9 (3PCS)



T1 (1PCS)



T2 (1PCS)

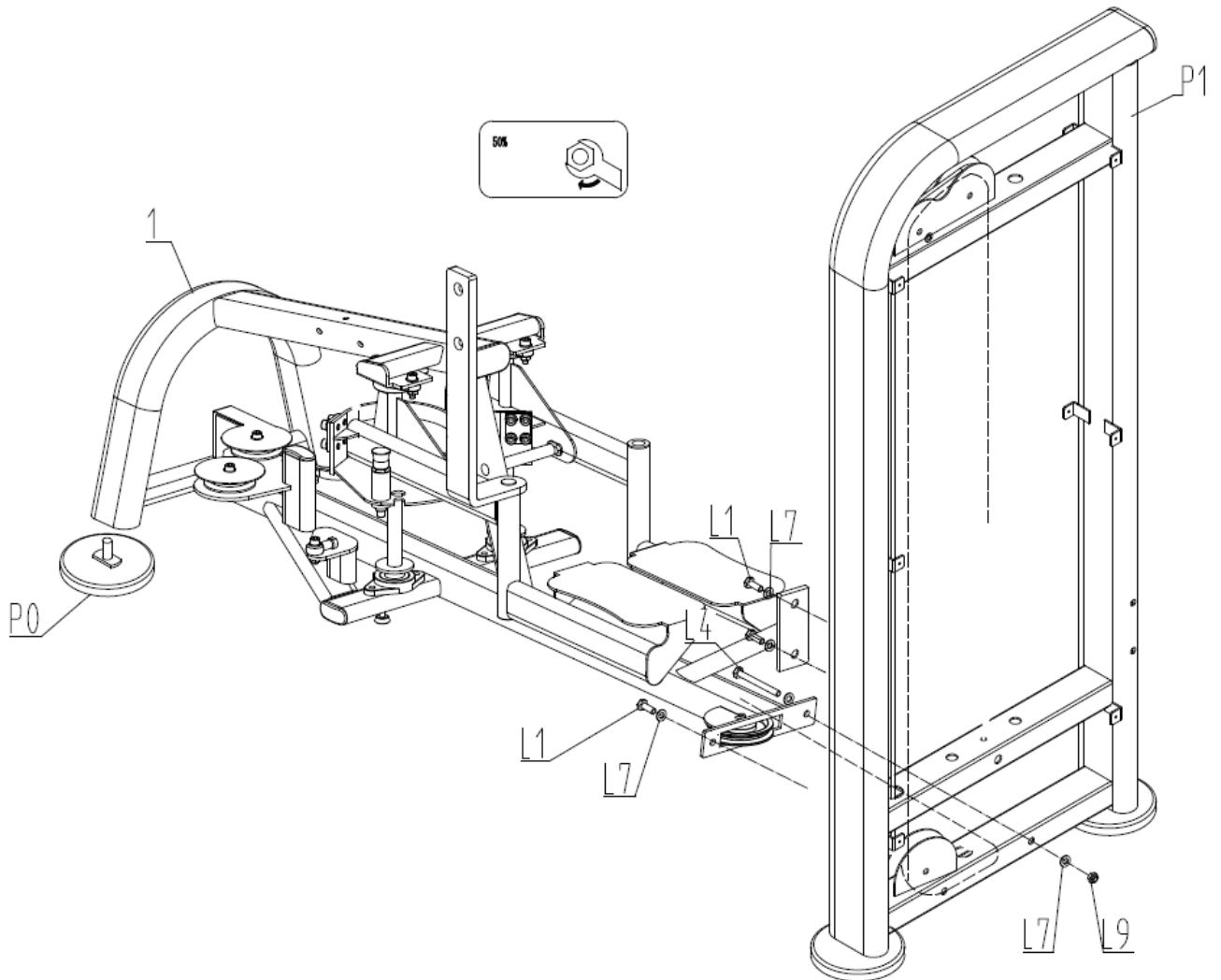


T3 (1PCS)

## ASSEMBLY INSTRUCTIONS

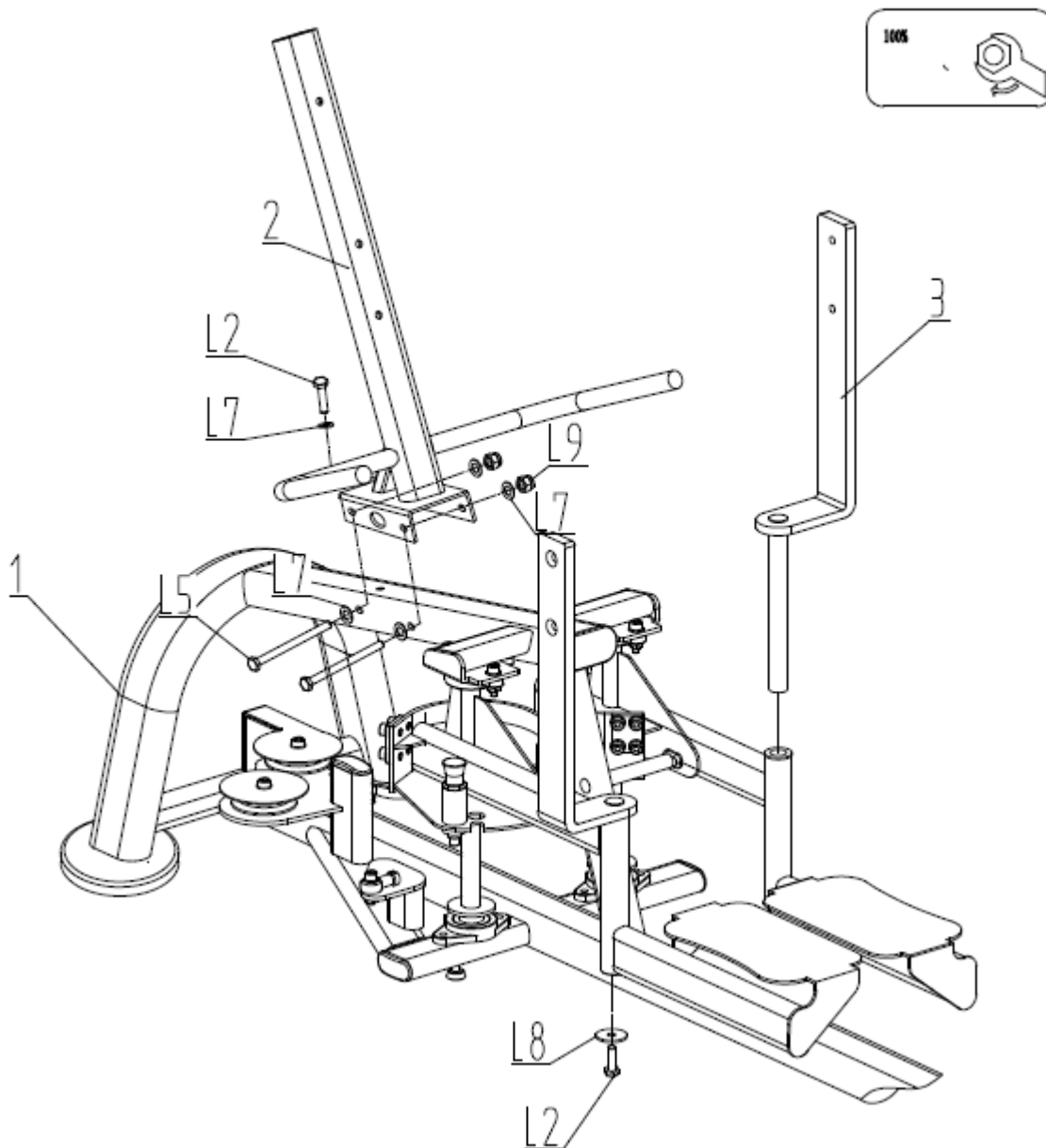
### STEP 1:

1. Fix Level frame P0 to Main frame 1 and Weight stack box P1.
2. Fix Weight stack frame P1 to Main frame 1 with M10x20 Bolt (L1), Ø10 Washer (L7) and M10 Lock nut (L9).



**STEP 2:**

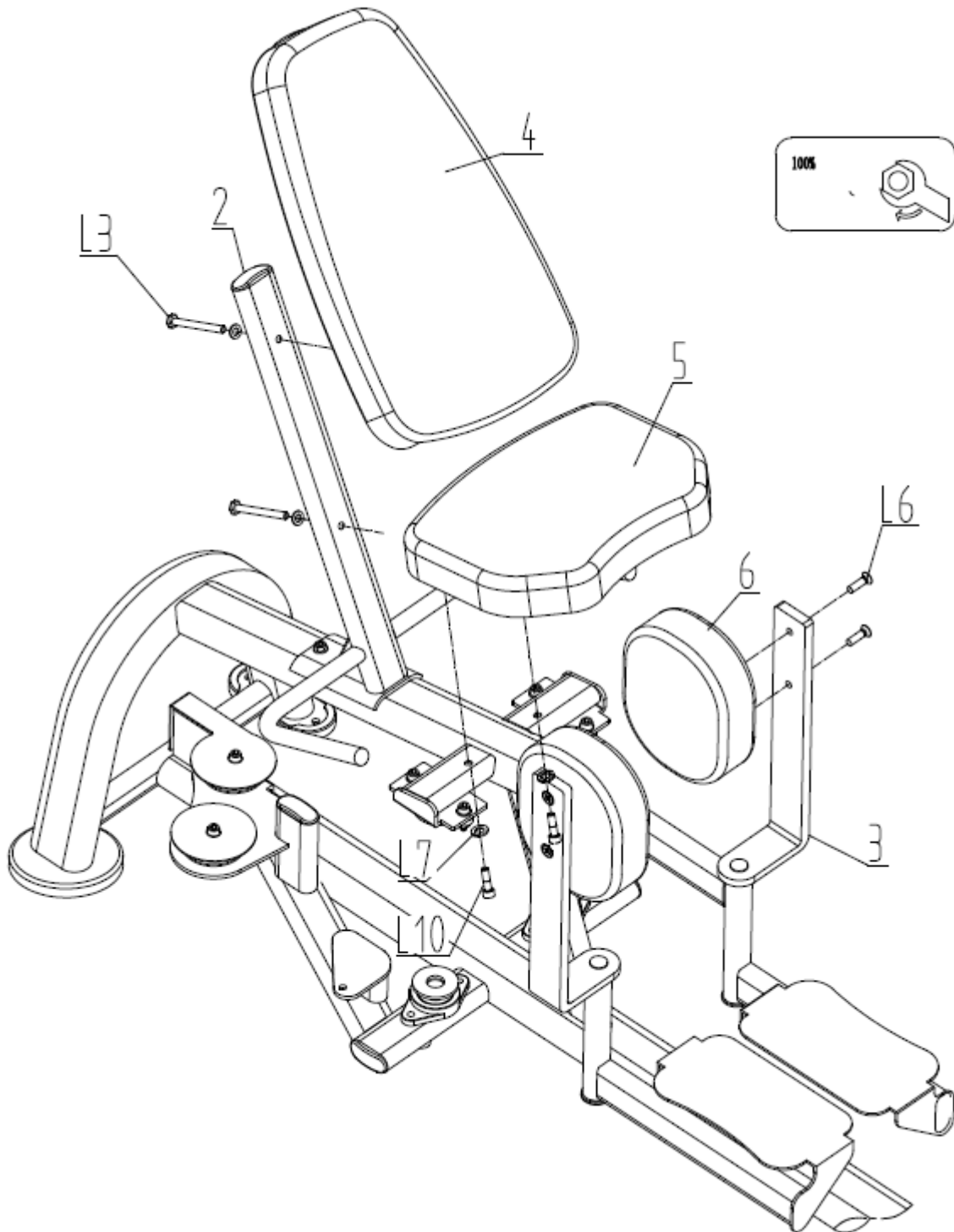
1. Fix Back pad frame 2 to Main frame 1 with M10x130 Bolt (L5), M10x25 Bolt (L2), Ø10 Washer (L7) and M10 Lock nut (L9).
2. Fix Thigh pad frame 3 to Main frame 1 with M10x25 Bolt (L2) and Pressing plate (L8).





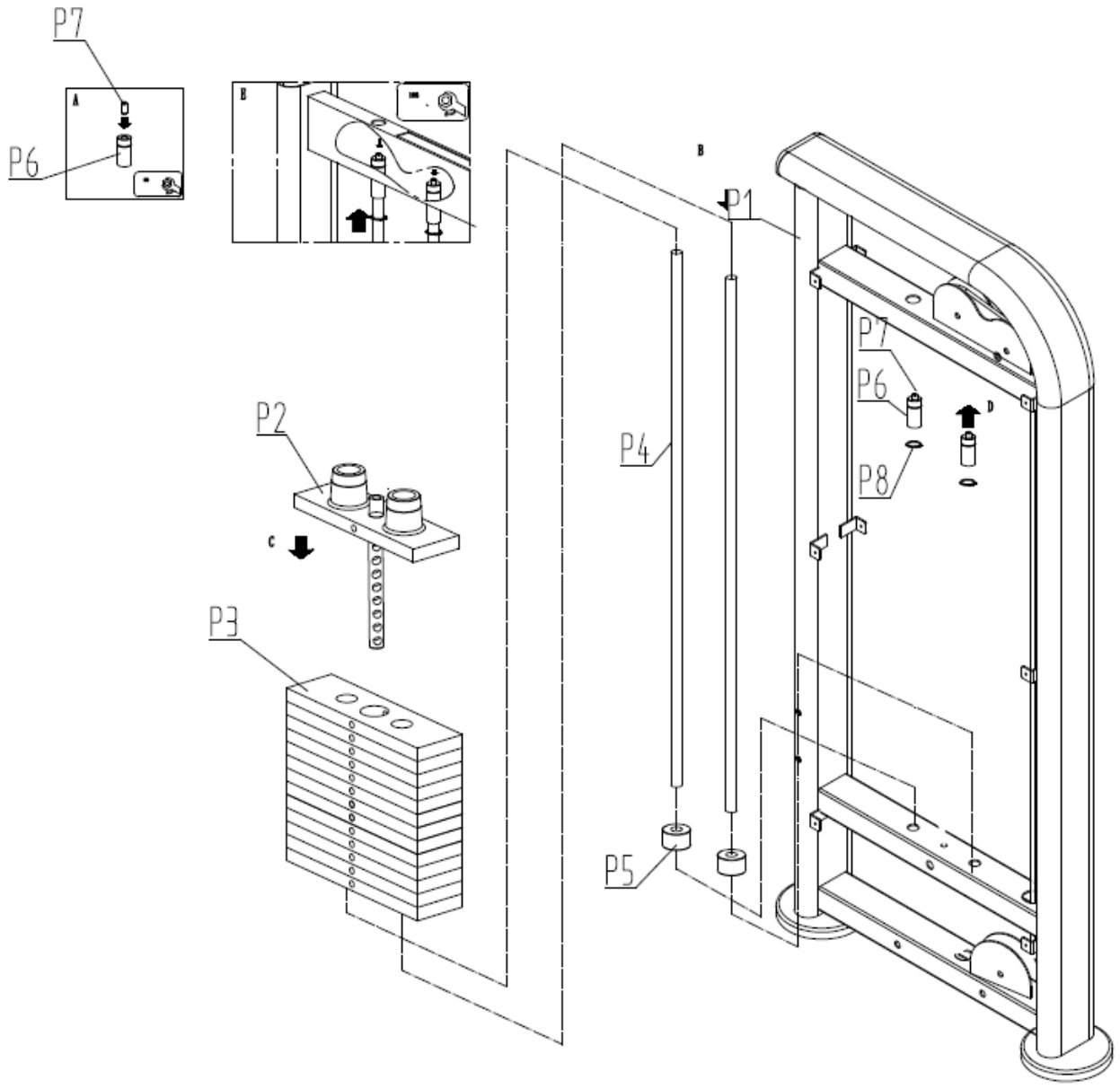
**STEP 3:**

1. Fix Back pad 4 to Back frame 2 with M10x50 Bolt (L3).
2. Fix Seat 5 to Main frame 1 with M10x25 Bolt (L10) and Ø10 Washer (L7).
3. Fix Thigh Pad 16 to Thigh pad frame 3 with M10x25 Bolt (L6).



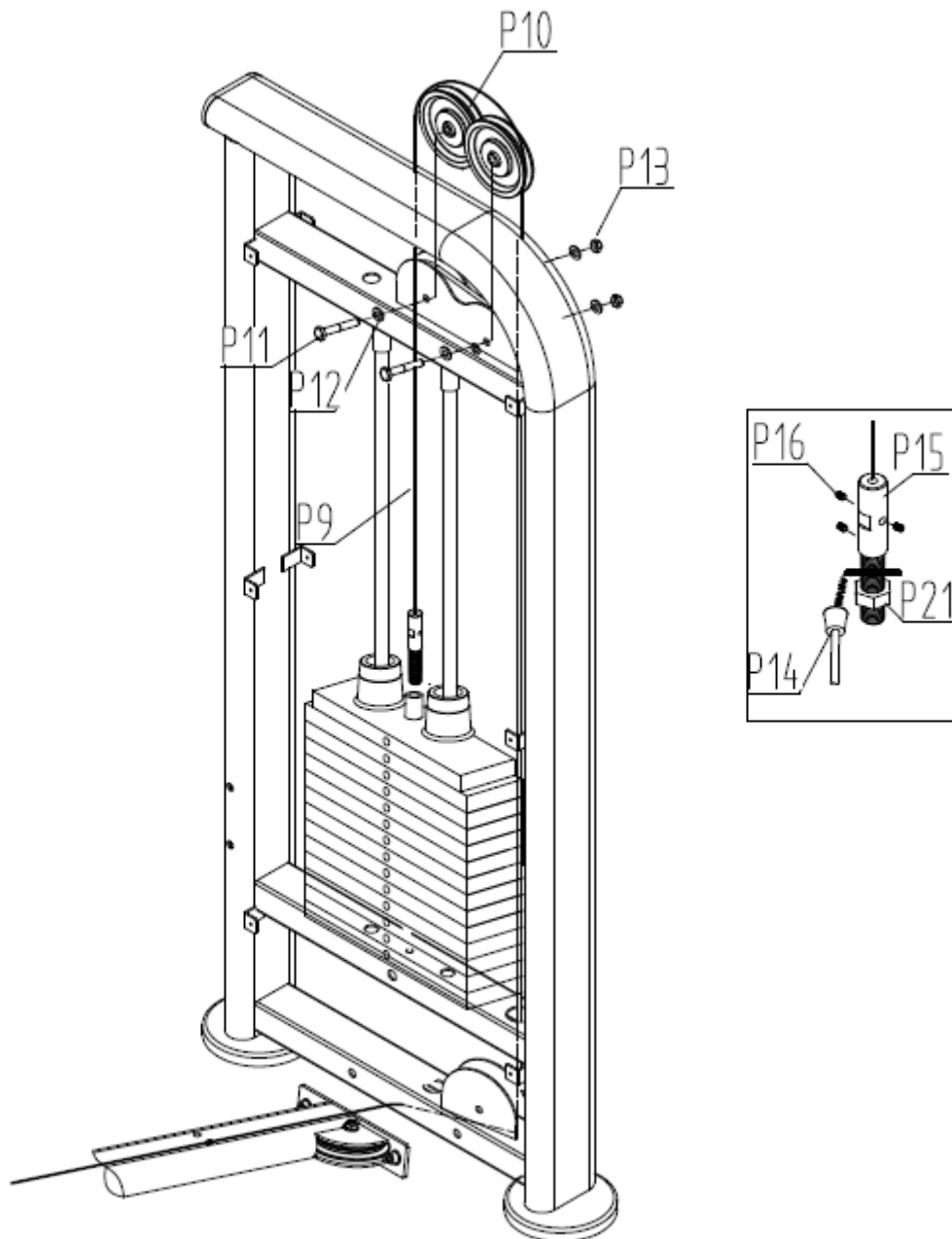
**STEP 4:**

1. Insert M10\*20 Bolt P7 into Fixed wire head of guide rod P6.
1. Fix Cushion P5, Guide rod P4 to Weight stack box P1.
3. Insert Top plate set P2 and Weight stack plate P3 to Guide rod P4
4. Fix top side of Guide rod P4 to Weight stack box P1 with Guide rod fixed sleeve P6, M10\*20 Fasten screw P7, Shaft circlip P8.



**STEP 5:**

1. Fix Rope P9 to Rod of steel wire rope P15 with M8\*10 Fasten screw P16.
2. Fix Rod of steel wire rope P15 to Top plate set P2.
3. Fix Pulley P10 to Weight stack box with M10\*50 Bolt (P11), Ø10 Washer (P12) and M10 Lock nut (P13).



**STEP 6:**

Fix Front cover P17 and Rear cover P18 to Weight stack box P1 with Plastic washer P20 and M5\*16 bolt P19.

