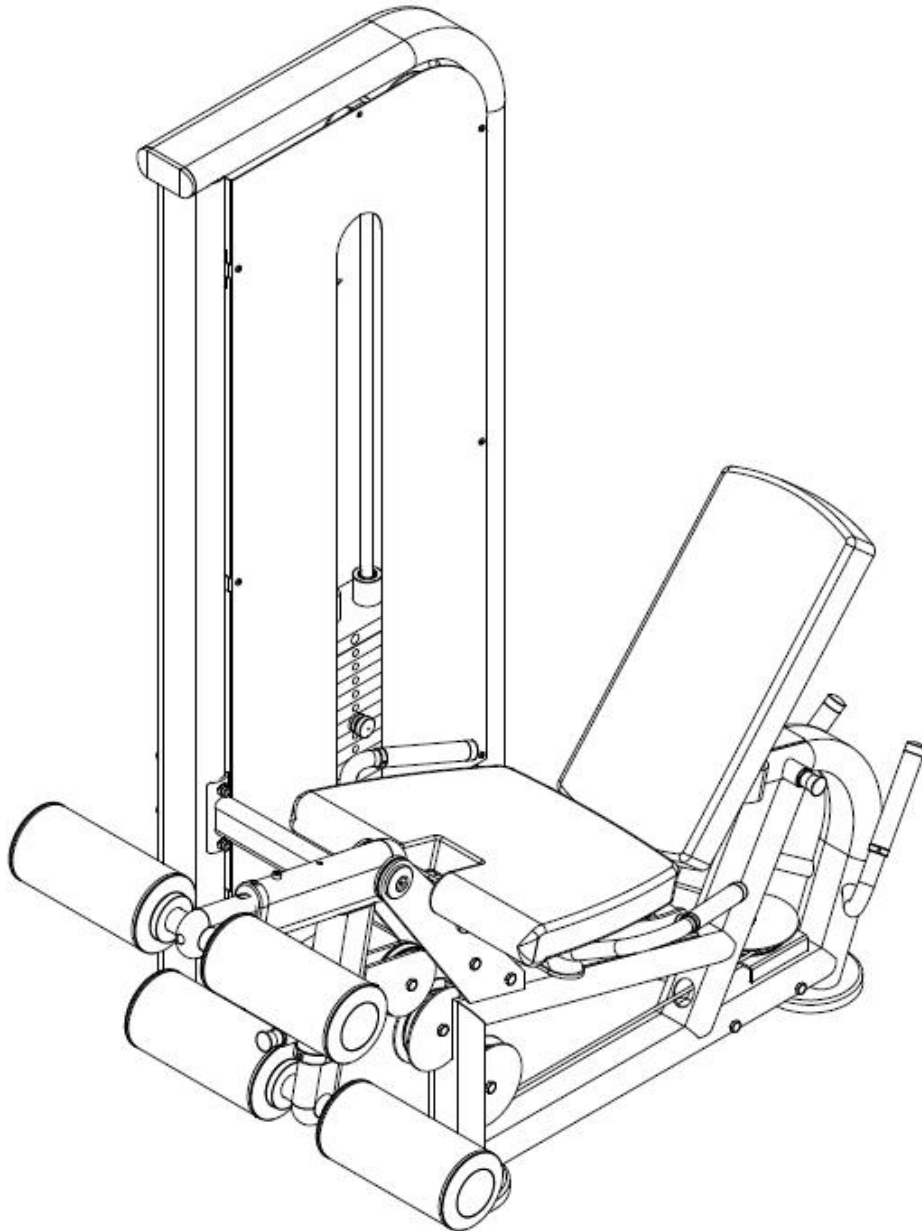


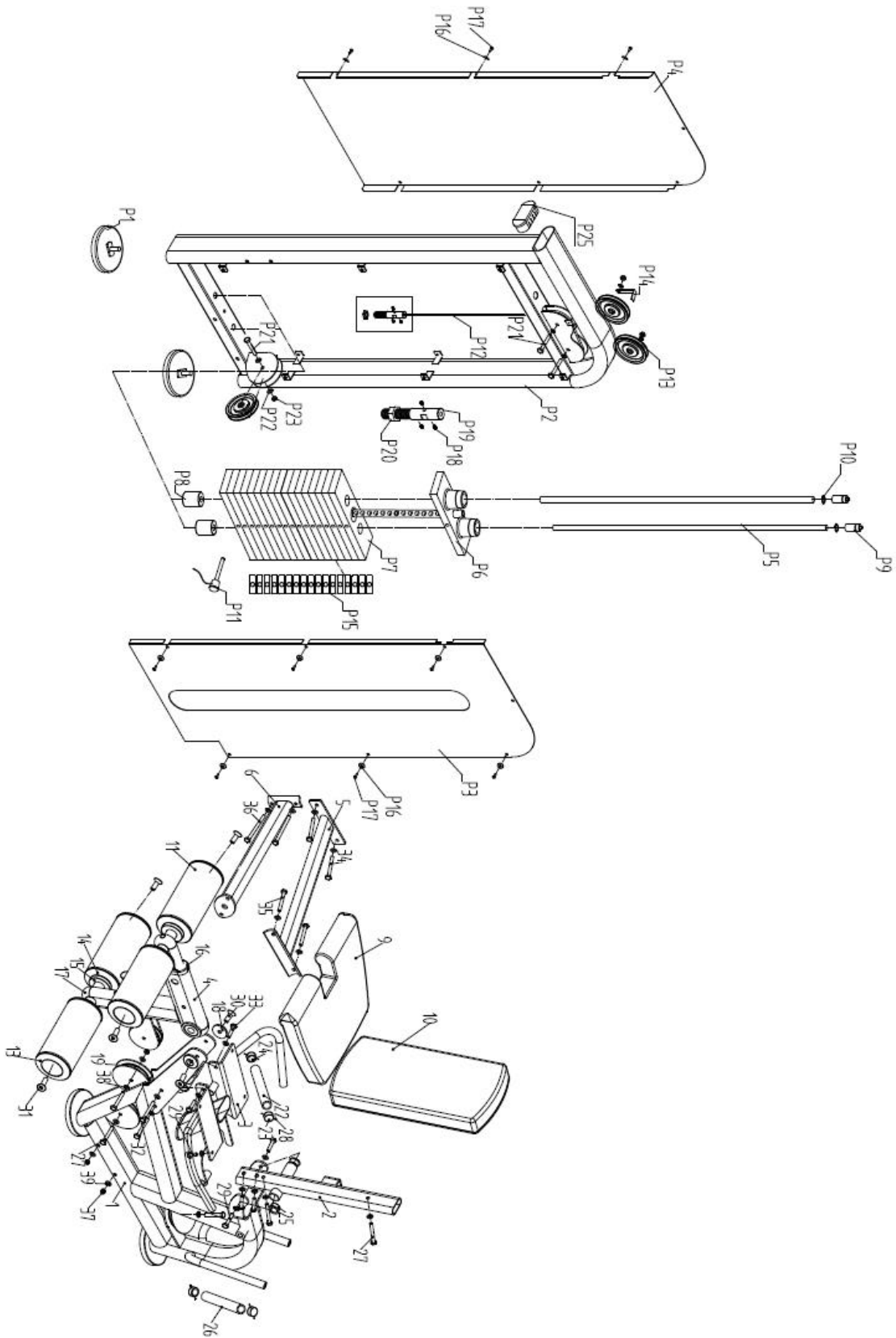


HIT FITNESS

**Hit Fitness Comm Leg Extension / Curl
HIT00753**



EXPLORE DRAWING



COMPONENT LIST

PART NO	PART NAME	Q'TY
1	Main frame	1
2	Back pad frame	1
3	Seat frame	1
4	Moving frame	1
5	Bottom connect frame	1
6	Front strengthen support	1
7	Transverse adjust frame	1
8	Longitudinal adjust frame	1
9	Seat	1
10	Back pad	1
11	Round pad	4
12	Seat fix shaft	1
13	Outside cover	4
14	Inside cover	4
15	Round pad fixed aluminum sleeve	4
16	Adjust bush	2
17	Tube plug	1
18	Arc aluminum end cover	6
19	Pulley	3
20	Moving frame fix shaft	1
21	Bearing	2
22	Dipping handlebar	2
23	Aluminum end cover	4
24	Aluminum gear sleeve	4
25	PM (copper-based)	4
26	Dipping handlebar	2
27	M10*50mm bolt	6
28	M4*3 Fasten screw	16
29	M10*25mm Hex bolt	7
30	M10*25mm bolt	2
31	M10*30mm bolt	4
32	M10*100mm Hex bolt	2
33	M10*20mm Hex bolt	2
34	M10*90mm Hex bolt	2
35	M10*120mm Hex bolt	2
36	M10*145mm Hex bolt	2
37	M10 Lock nut	11
38	Φ10 Washer	30
39	Φ10 Arc washer	4

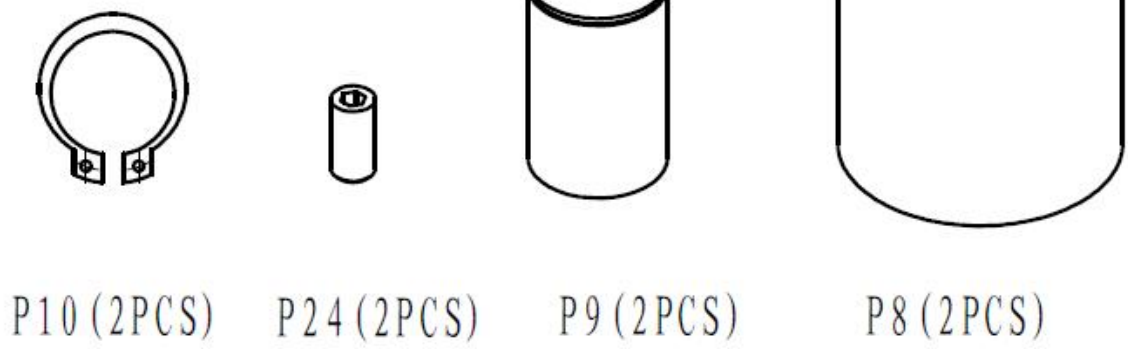
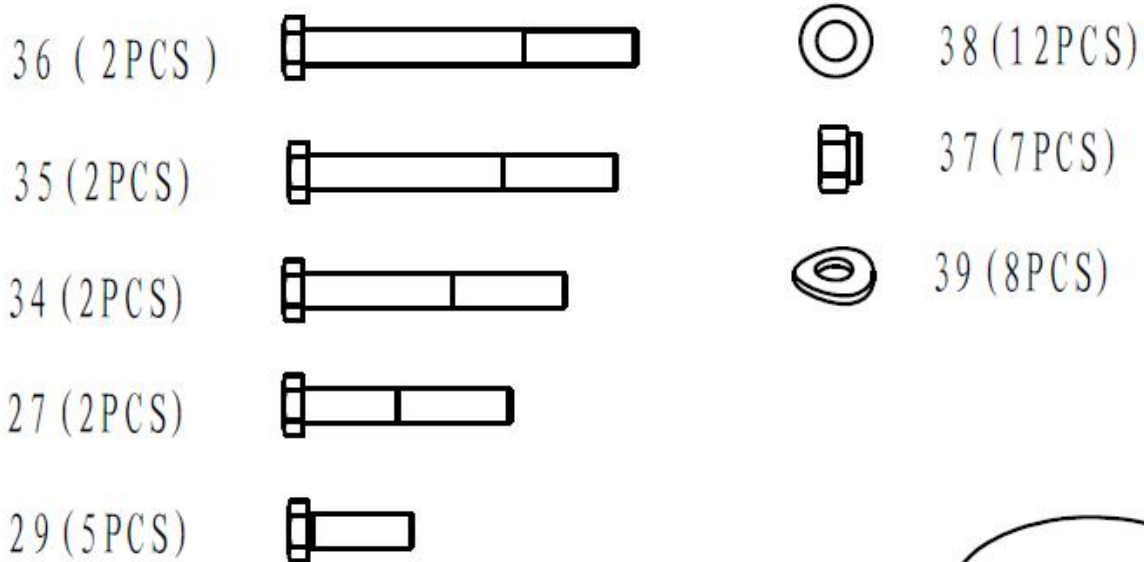
WEIGHT STACK BOX COMPONENT LIST

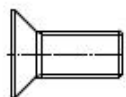
PART NO	PART NAME	Q'TY
P1	Adjust foot plate	2
P2	Weight stack box	1
P3	Front cover	1
P4	Rear cover	1
P5	Guide rod	2
P6	Top plate assembly	1
P7	Weight stack	17
P8	Damping block	2
P9	Guide rod fix aluminum sleeve	2
P10	Shaft circlips	2
P11	Strong magnetic latch	1
P12	Rope	1
P13	Pulley	6
P14	Pulley stop iron	1
P15	Weight stack label	1
P16	Plastic washer	18
P17	M5*15 Screw	18
P18	Rope fix rod	1
P19	M8*12 Fasten screw	3
P20	M16 Nut	1
P21	M10*50 Hex bolt	3
P22	Φ10 Washer	5
P23	M10 Lock nut	3
P24	M10*20 Fasten screw	2
P25	Oval flat plug	1

HARDWARE KIT LIST

ITEM NO.	DESCRIPTION	QTY.
34	M10*90mm bolt	2
35	M10*120mm bolt	2
36	M10*145mm bolt	2
27	M10*50mm bolt	2
29	M10*25mm bolt	5
38	Φ10 Washer	12
39	Φ10 Arc washer	8
37	M10 Lock nut	7
P8	Damping block	2

P9	Guide rod fixed aluminum sleeve	2
P10	Shaft circlips	2
P11	Strong magnetic latch	1
P16	Plastic washer	18
P17	M5*15 bolt	18
P18	Rope fix rod	1
P19	M8*12 Fasten screw	3
P20	M16 Nut	1
P24	M10*20 Fasten bolt	2
T1	SCREW DRIVER	1
T2	5# LONG ALLEN WRENCH	2
T3	14-17 FORK WRENCH	2
T4	6# ALLEN WRENCH	1

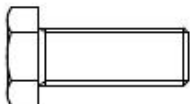




1 (18PCS)



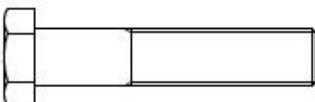
6 (18PCS)



2 (5PCS)



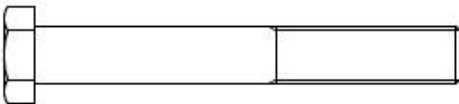
7 (12PCS)



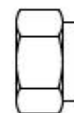
3 (2PCS)



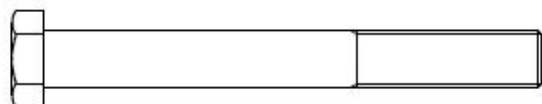
8 (8PCS)



4 (2PCS)

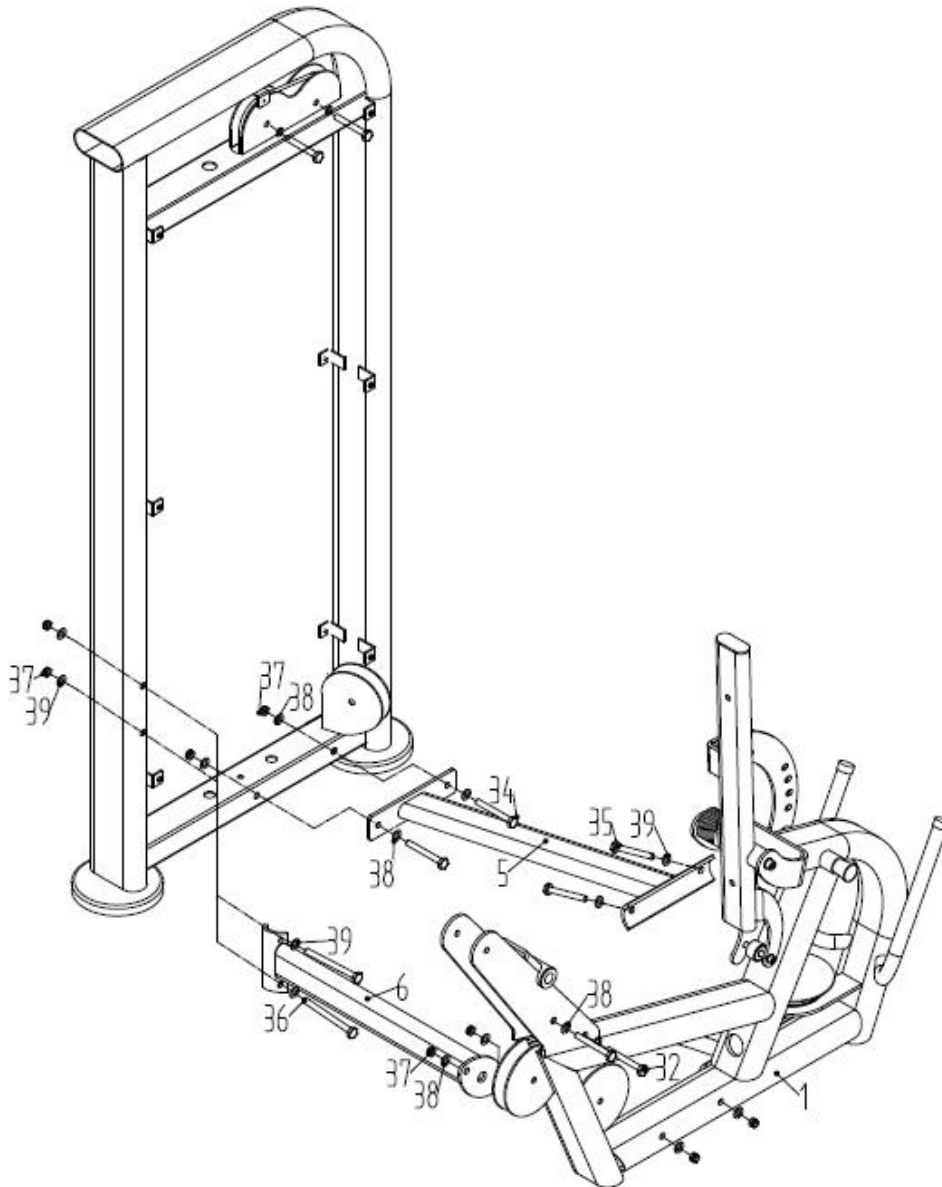


9 (7PCS)



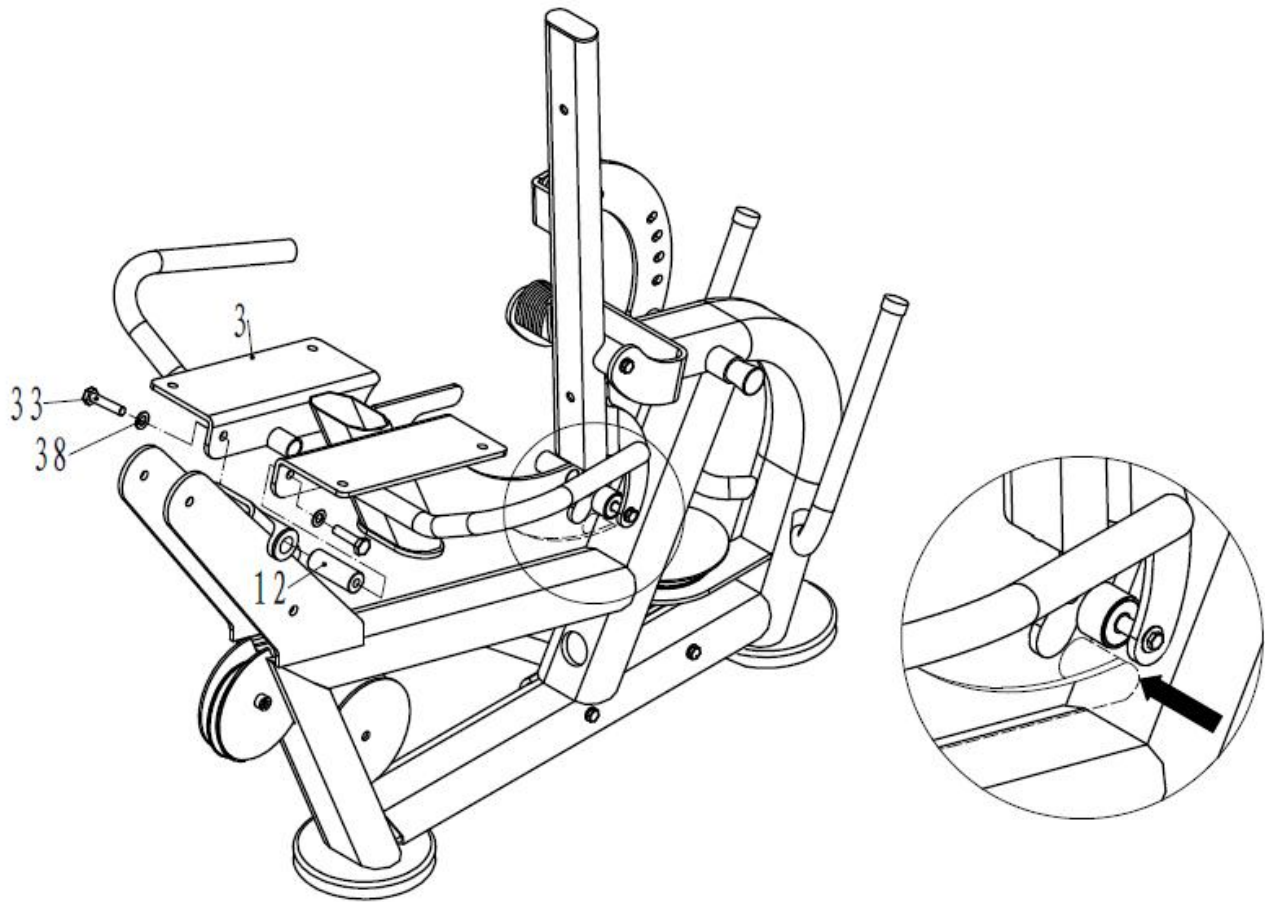
5 (4PCS)

ASSEMBLY INSTRUCTIONS:



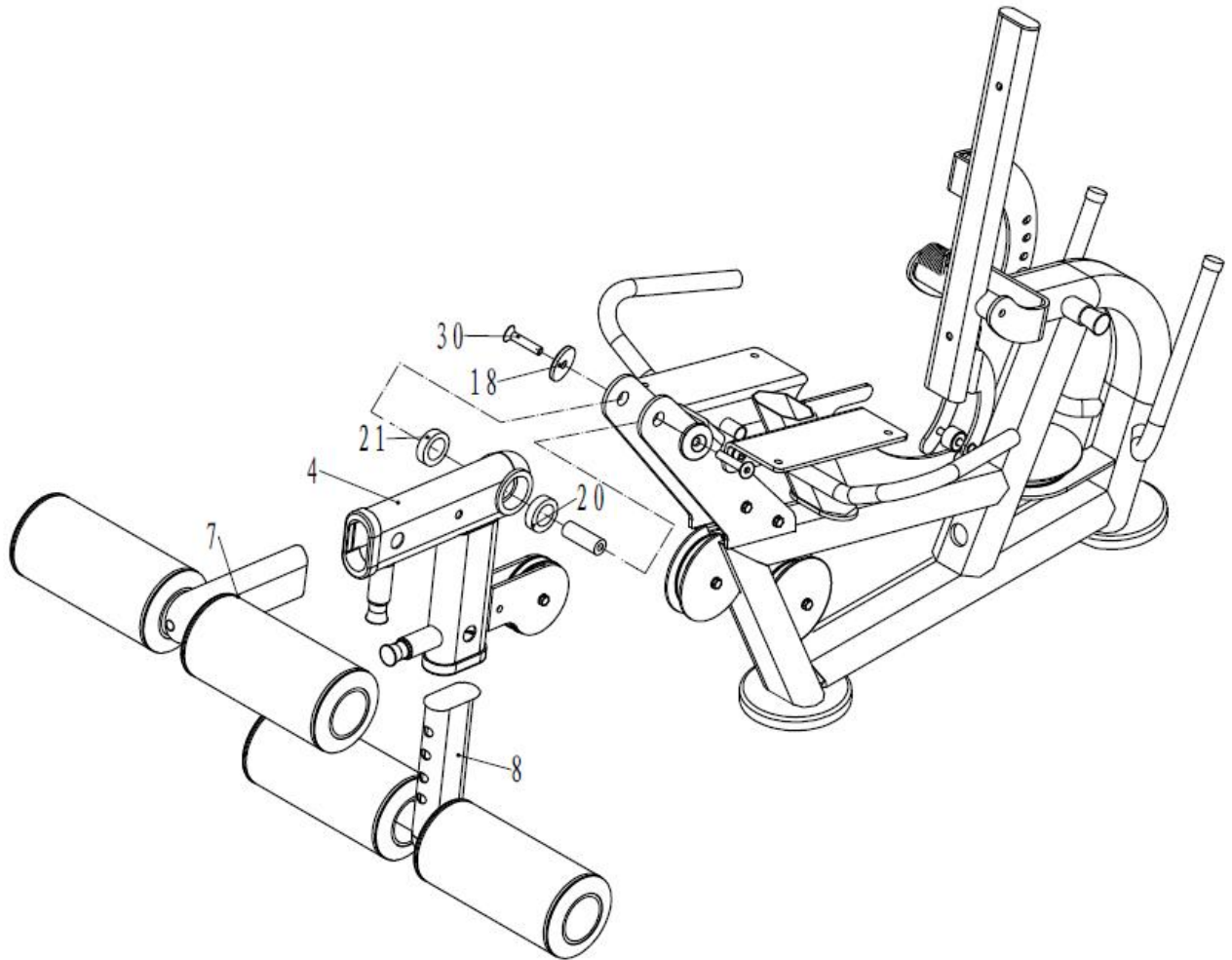
STEP 1:

1. Fix Bottom connect frame 5 to weight stack box P1 with M10 * 90 bolt 34, Ø10 Washer 38 and M10 Lock nut 37.
2. Fix Main frame 1 to Bottom connect frame 5 with Ø10 Arc washer 39 and M10*120mm bolt 35.
3. Fix Front strengthen support 6 to Weight stack box P1 with M10 * 145mm bolt 36, M10 Lock nut 37 and Ø10 Arc washer 39.
4. Fix Front strengthen support 6 to Main frame 1 with M10*100mm Allen head bolt 32, Ø10 10 washer 38 and M10 Lock nut 37.



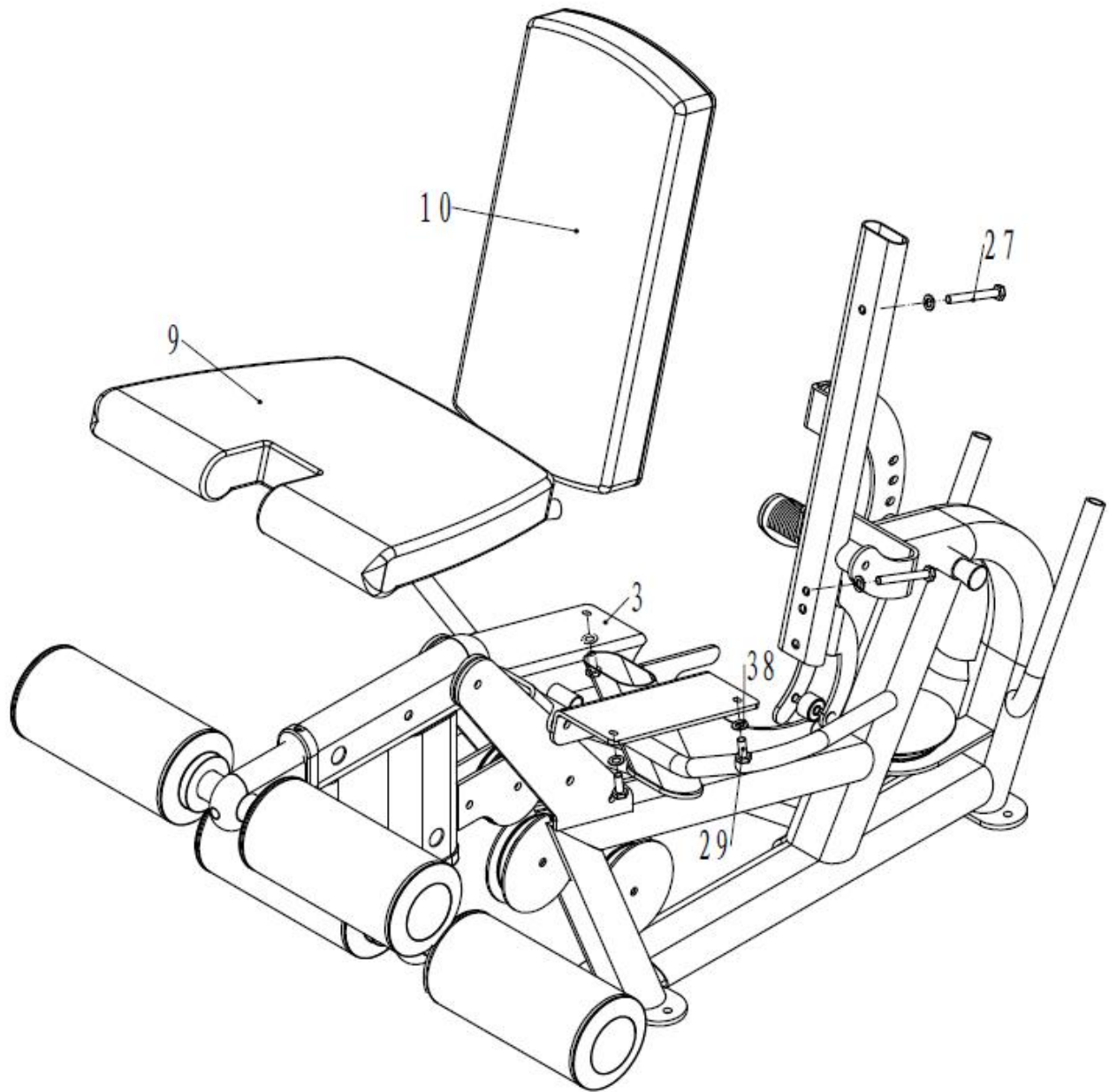
STEP 2:

Fix Seat frame 3 to Main frame 1 with Seat fix shaft 12, M10*20mm bolt 33 and Ø10 Washer 38.



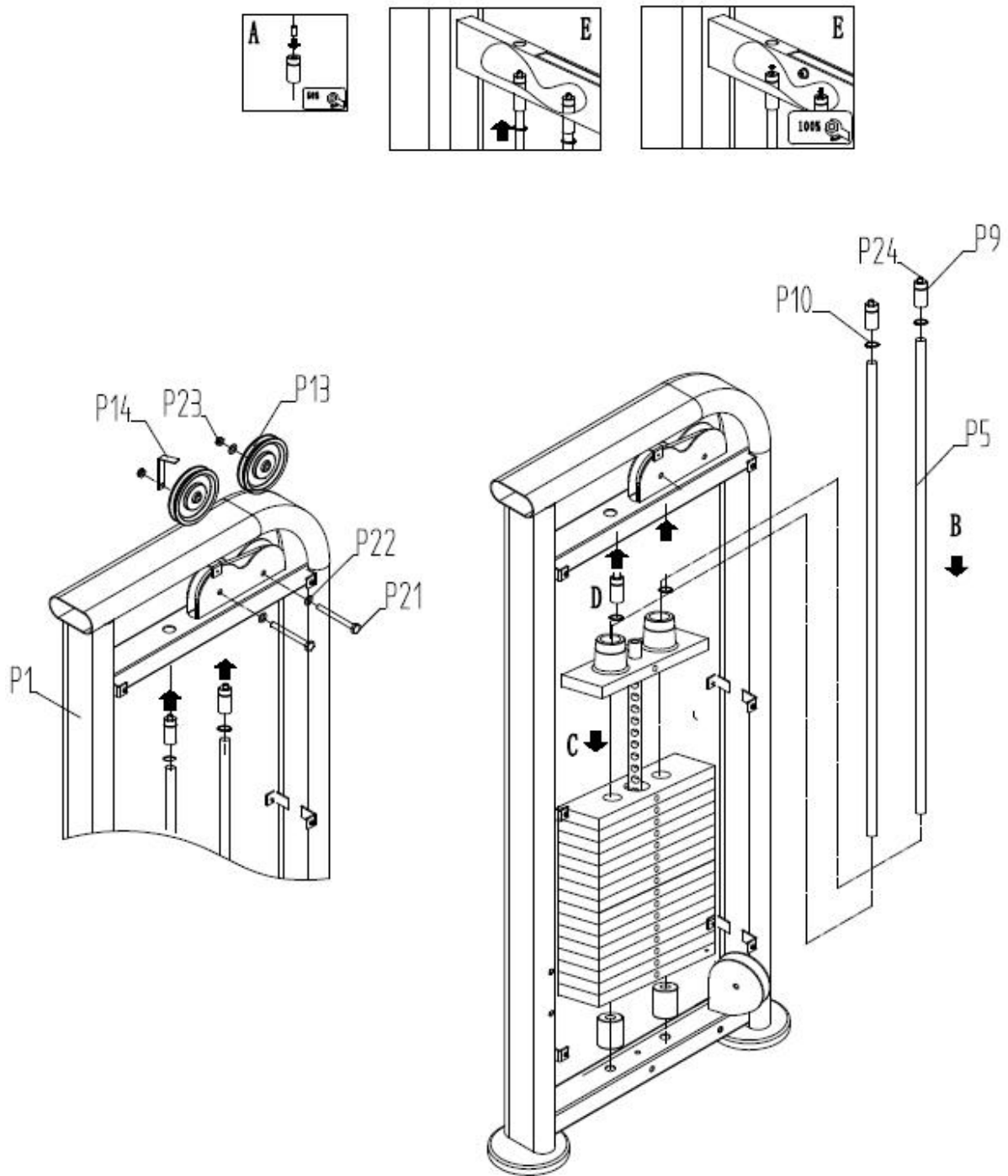
STEP 3:

1. Fix Moving frame 4 to Main frame 1 with Arc aluminum end cover 18, Moving frame fix shaft 20, Bearing 21 and M10 * 25mm bolt 30.
2. Fix Transverse adjust frame 7 to Moving frame 4.



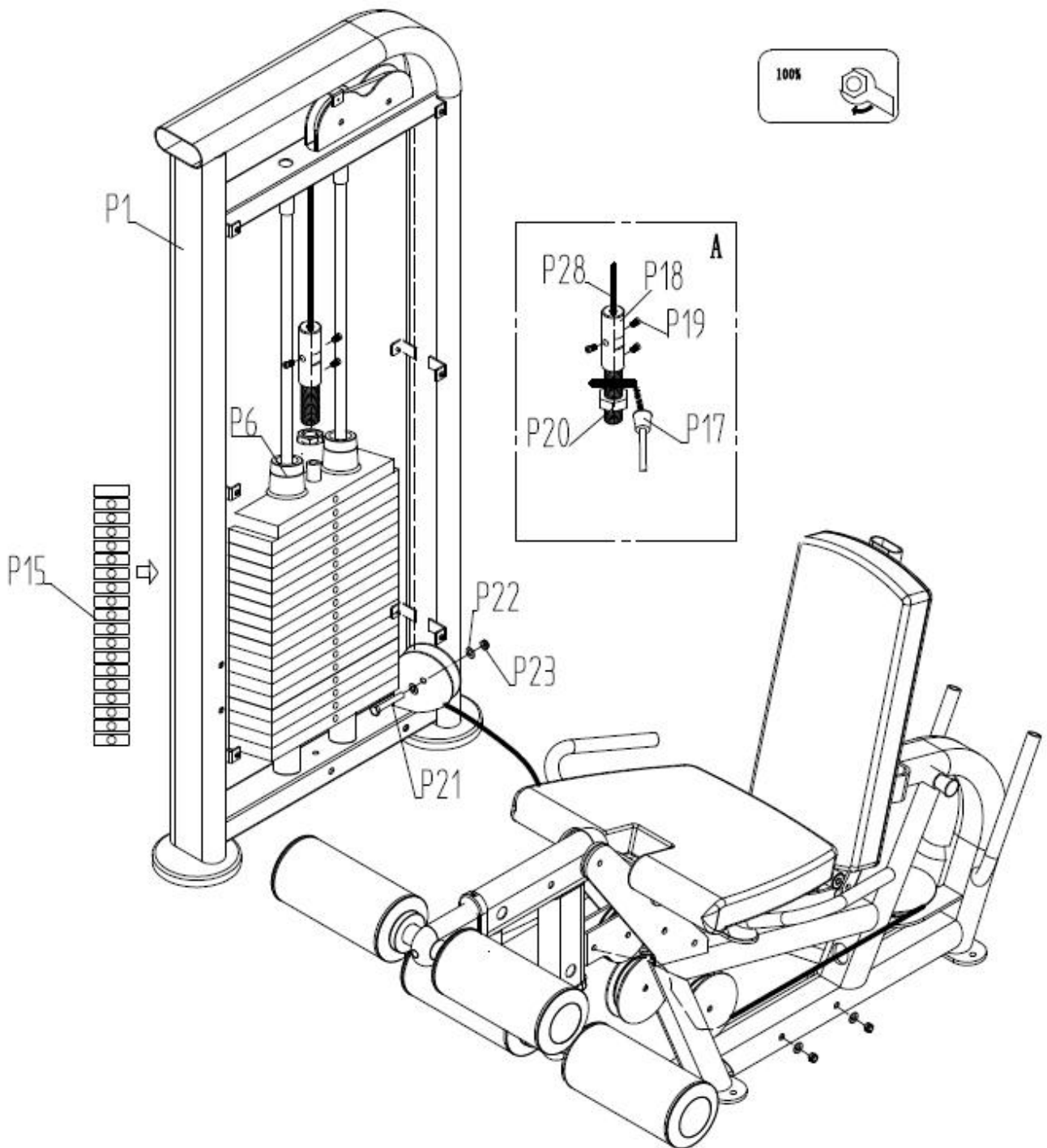
STEP 4:

1. Fix Seat 9 to Seat frame 3 with M10 * 25mm bolt 29 and Ø10 Washer 38.
2. Fix Back pad 10 to Main frame 1 with M10*50mm Bolt 27.



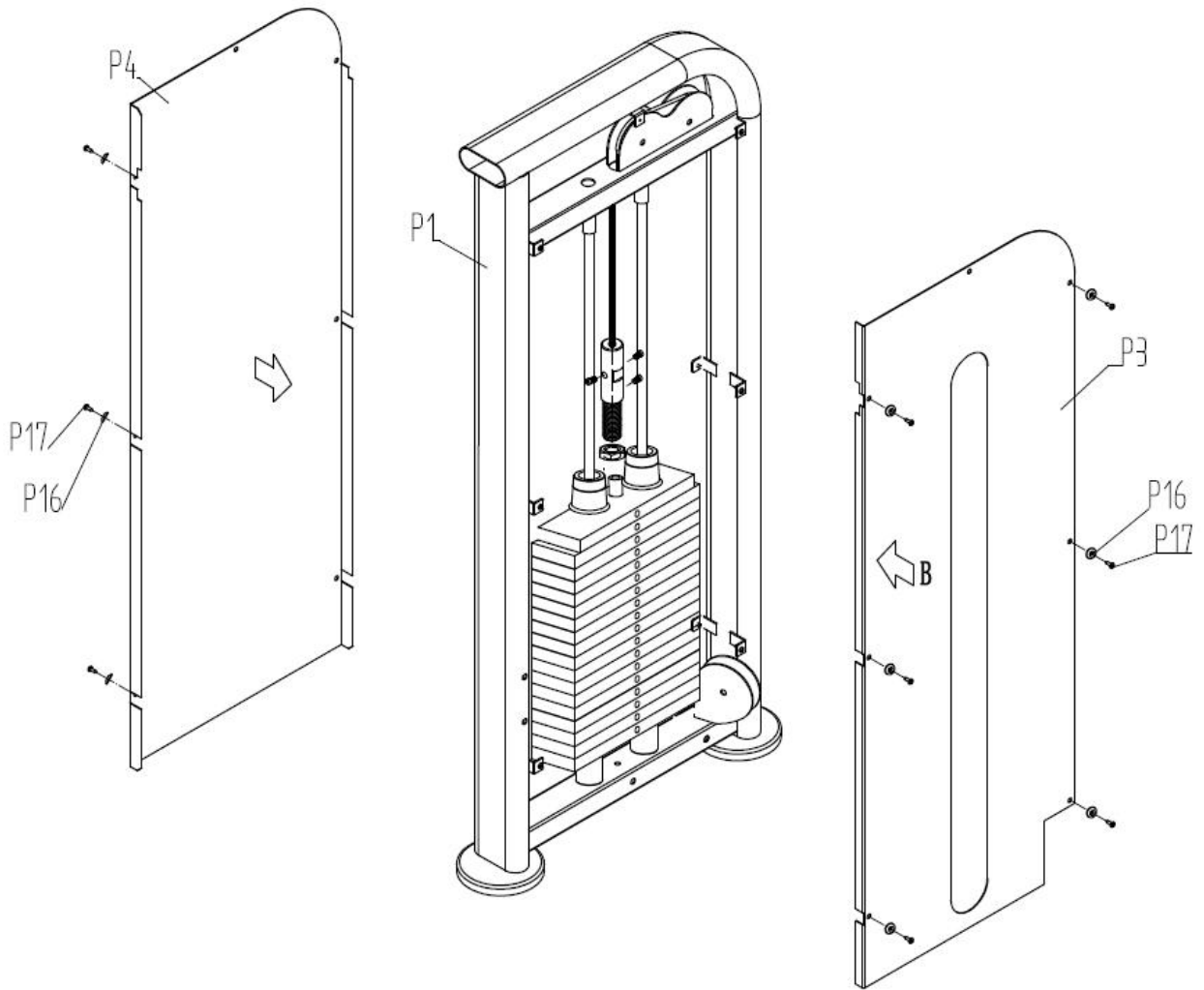
STEP 5:

1. Fix Guide rod P5 to Weight stack box P2.
2. Insert Weight stack P7 to Guide rod P5.
3. Fix Top plate assembly to Guide rod P5.
4. Insert top side of Guide rod P5 to Weight stack box P2 with Guide rod fixed aluminum sleeve P9, Shaft circlips P10 and M10 * 20 Fasten bolt P24.
5. Fix Pulley P13 and Rope stop iron P14 to Weight stack box P2 with M10 * 50 bolt P21 and $\Phi 10$ Washer P22.
6. Fix in order A-B-C-D-E



STEP 6:

1. Fix Rope P28 to Rope fix rod P18 with M8*12 Fasten screw P19.
2. Fix Rope fix rod P18 to Top plate assembly P6 with M16 Nut P20.
3. Fix Weight stack label P15 to Weight stack P7.
4. Fix Pulley P13 to Weight stack box P1 with Φ 10 Washer P22, M10 Nylon Nut P23 and M10 * 50 bolt P21.



STEP 7:

Fix Front cover P3 and Rear cover P4 to weight stack box P2 with Plastic washer P16 and M5 * 15 bolt P17.