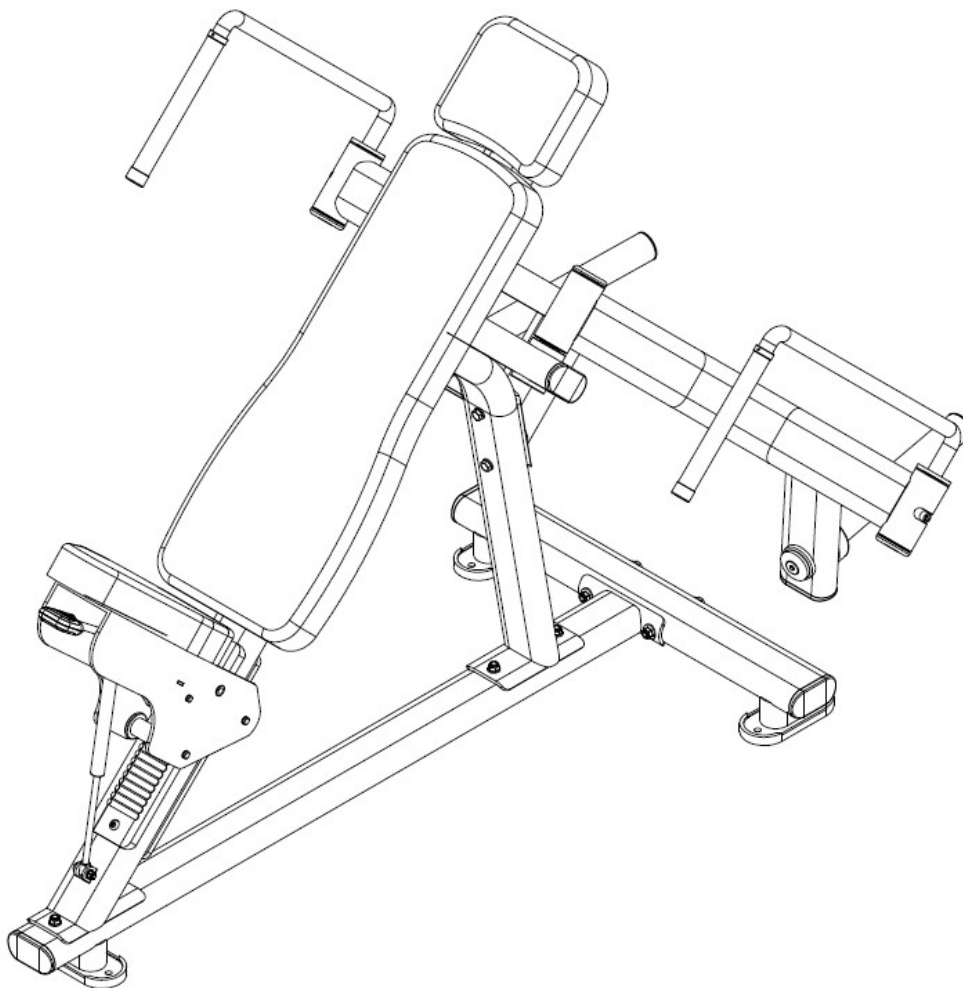




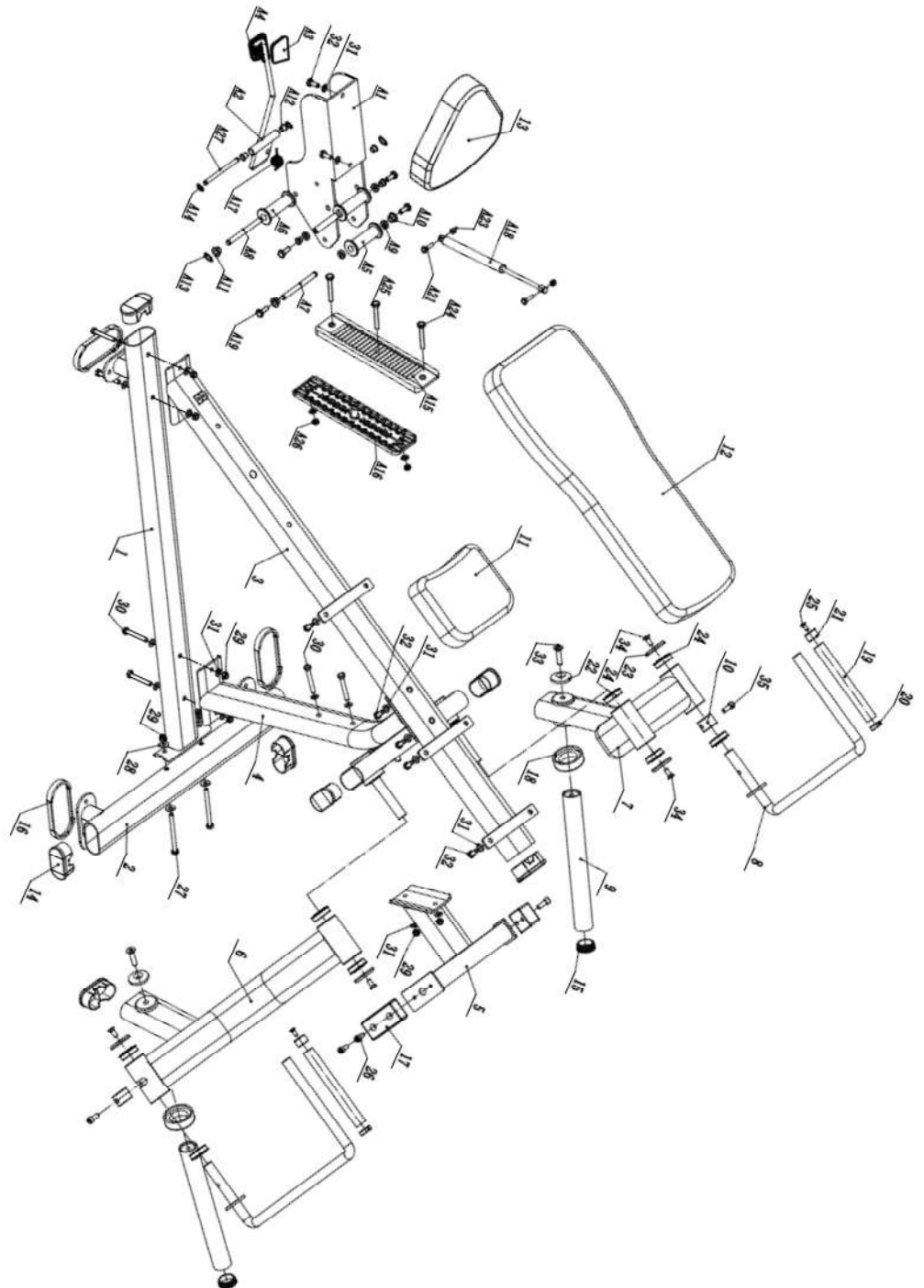
HIT FITNESS

**Hit Fitness Comm
Plate Loaded Incline Fly**

HIT00916



EXPLORE DRAWING



PART LIST

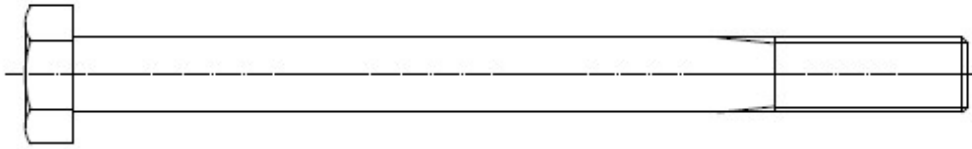
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

PART NO	PART NAME	Q'TY
1	BOTTOM SUPPORT FRAME	1
2	REAR BOTTOM SUPPORT FRAME	1
3	MAIN FRAME	1
4	REAR FRAME	1
5	SWING ARM LIMIT FRAME	1
6	LEFT HANDLE FRAME	1
7	RIGHT HANDLE FRAME	1
8	ROTATING HANDLE	2
9	WEIGHT PLATE HOLDER	2
10	NYLON CUSHION COVER	2
11	HEAD PAD	1
12	LYING PAD	1
13	SEAT	1
14	OVAL TUBE PLUG 50 X 100	8
15	ROUND PIPE PLUG	2
16	FOOT SLEEVE	4
17	LIMIT RUBBER BLOCK	2
18	BARBELL SHEATH	2
19	DIPPLASTIC HANDLE	2
20	ALUMINUM SLEEVE	2
21	ALUMINUM END COVER	2
22	ALUMINUM END COVER	2
23	ALUMINUM END COVER	4
24	FLANGE BEARING F6205	8
25	M8*20COUNTERSUNK HEAD BOLT	2
26	M8*25CYLINDRICAL HEAD BOLT	4
27	M10*120 HEX BOLT	2
28	Φ10 ARC WASHER	4
29	M10 LOCK NUT	8
30	M10*70 HEX BOLT	6
31	Φ10WASHER	18
32	M10*25 HEX BOLT	10
33	M12*50COUNTERSUNK HEAD BOLT	4
34	M10*25 COUNTERSUNK HEAD BOLT	4
35	M10*30COLUMN HEAD BOLT	2

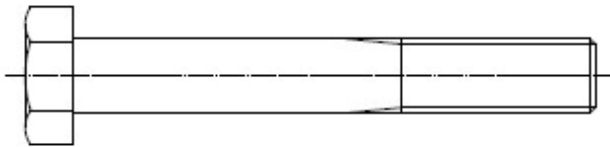
SEAT FRAME COMPONENT LIST

ITEM NO.	DESCRIPTION	QTY.
A1	SEAT FRAME	1
A2	ADJUST HANDLE	1
A3	HANDLE UP COVER	1
A4	HANDLE DOWN COVER	1
A5	LIMIT NYLON SLEEVE 1	2
A6	LIMIT NYLON SLEEVE 2	1
A7	ROTARY FIX SHAFT	2
A8	NYLON SLEEVE FIX SHAFT	1
A9	BEARING	4
A10	BEARING LIMIT SLEEVE	4
A11	POWDER METALLURGY	2
A12	POWDER METALLURGY	2
A13	RING FOR SHAFT 1	2
A14	RING FOR SHAFT 2	2
A15	INSIDE SLIDE RAIL	1
A16	OUT SLIDE RAIL	1
A17	SLIP SEAT TORSION SPRING	1
A18	DAMPER	1
A19	M8 PLUG SCREW	4
A20	M4*10CROSS HEAD SCREW	2
A21	M8*30 ALLEN HEAD BOLT	2
A22	Φ8 WASHER	2
A23	M8LOCK NUT	2
A24	M10*75 ALLEN HEAD BOLT	1
A25	3/8-16*3-3/4 ALLEN HEAD BOLT	2
A26	M10LOCK NUT	1
A27	HANDLEBAR ROTARY FIX SHAFT	2
A28	M10*25 HEX BOLT	1

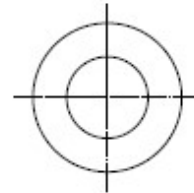
TOOLKITS LIST



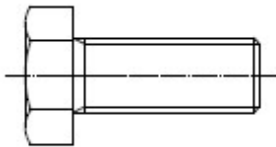
27 M10X120 (2PCS)



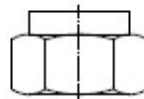
30 M10X70 (6PCS)



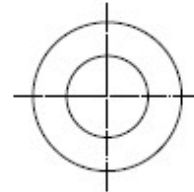
28 ϕ 10 (4PCS)



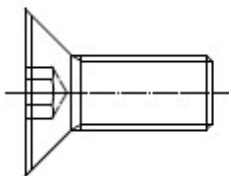
32 M10X25 (10PCS)



29 M10 (8PCS)



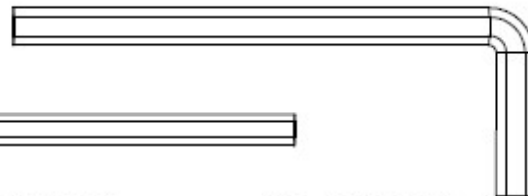
31 ϕ 10 (22PCS)



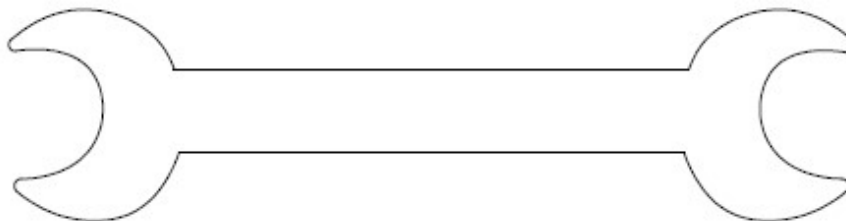
34 M10X25 (2PCS)



T1 6# (1CS)



T2 8# (1CS)

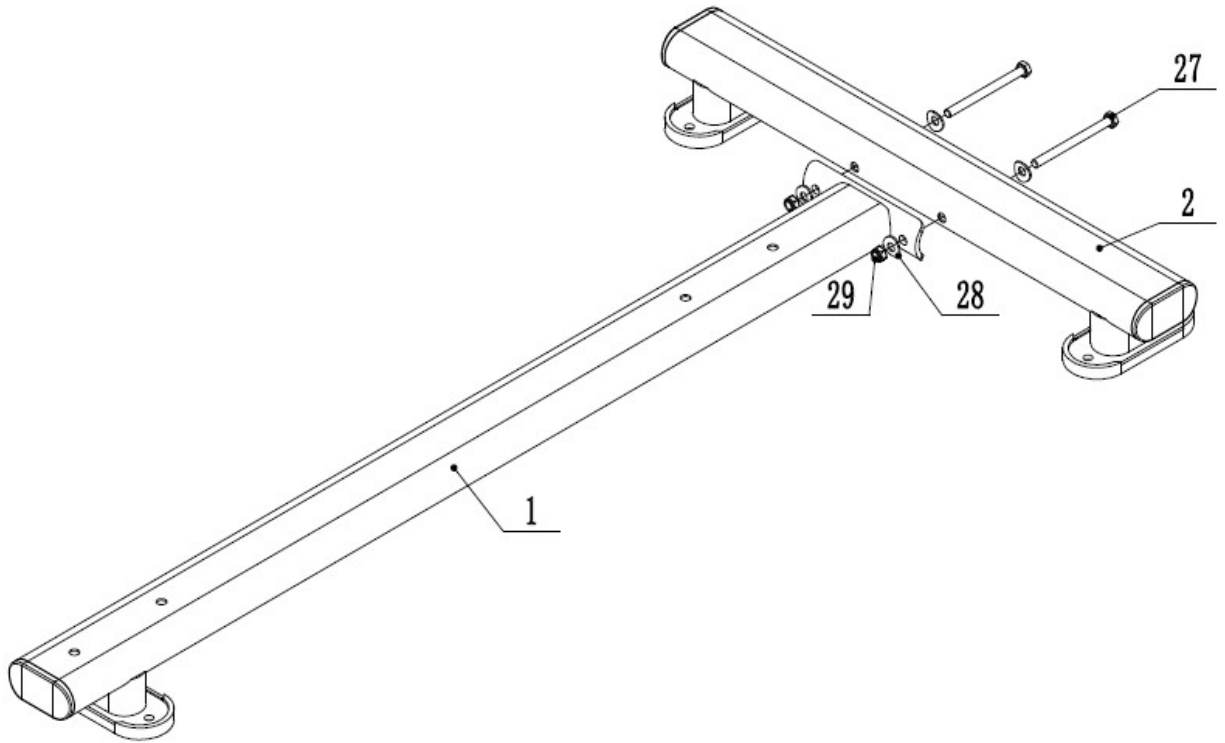


T3 17-19 (2CS)

ASSEMBLING INSTRUCTIONS

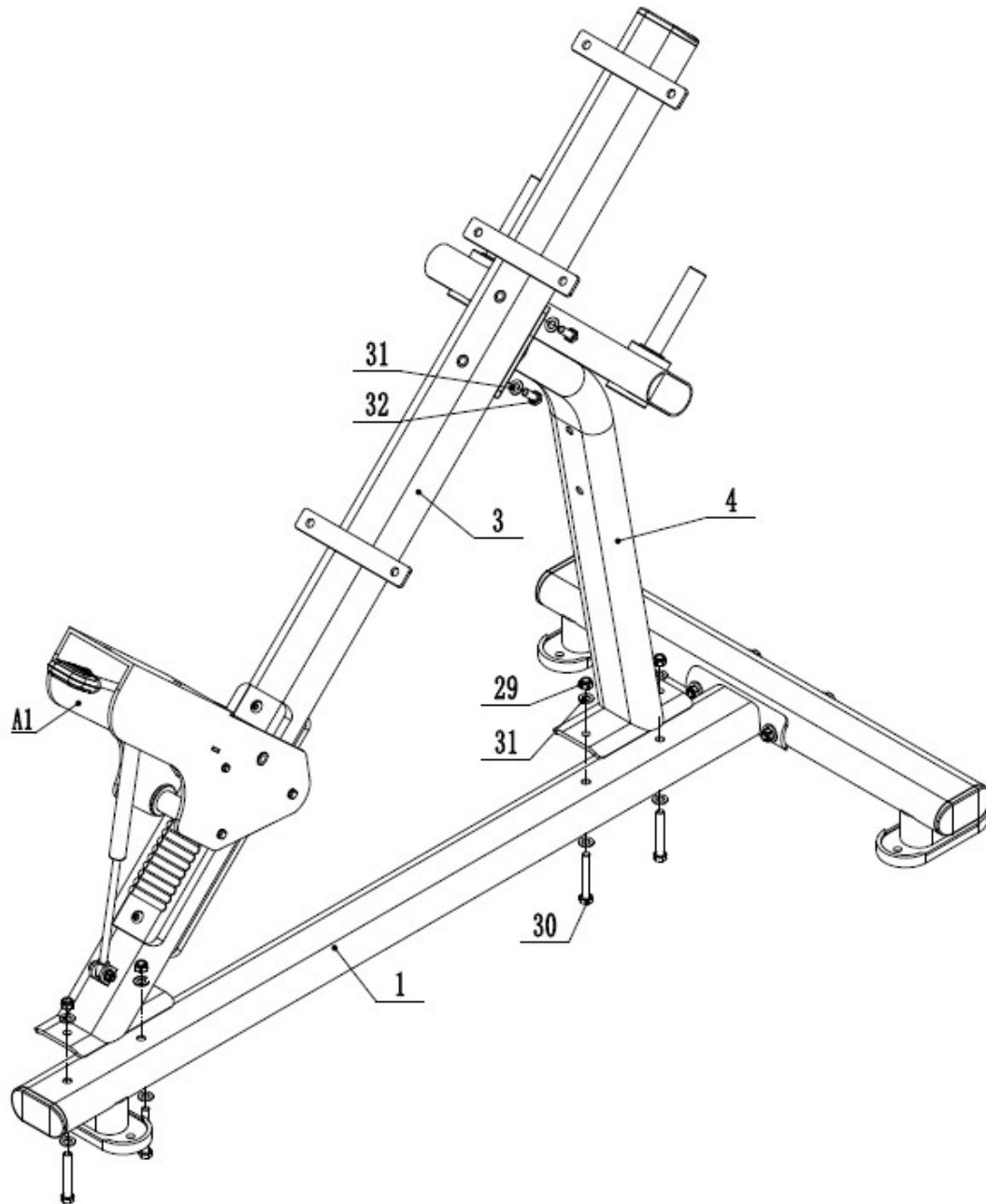
STEP1

Fix BOTTOM SUPPORT FRAME 1 to REAR BOTTOM SUPPORT FRAME 2 with M10*120 HEX BOLT 27, Φ 10 ARC WASHER 28, M10 LOCK NUT 29.



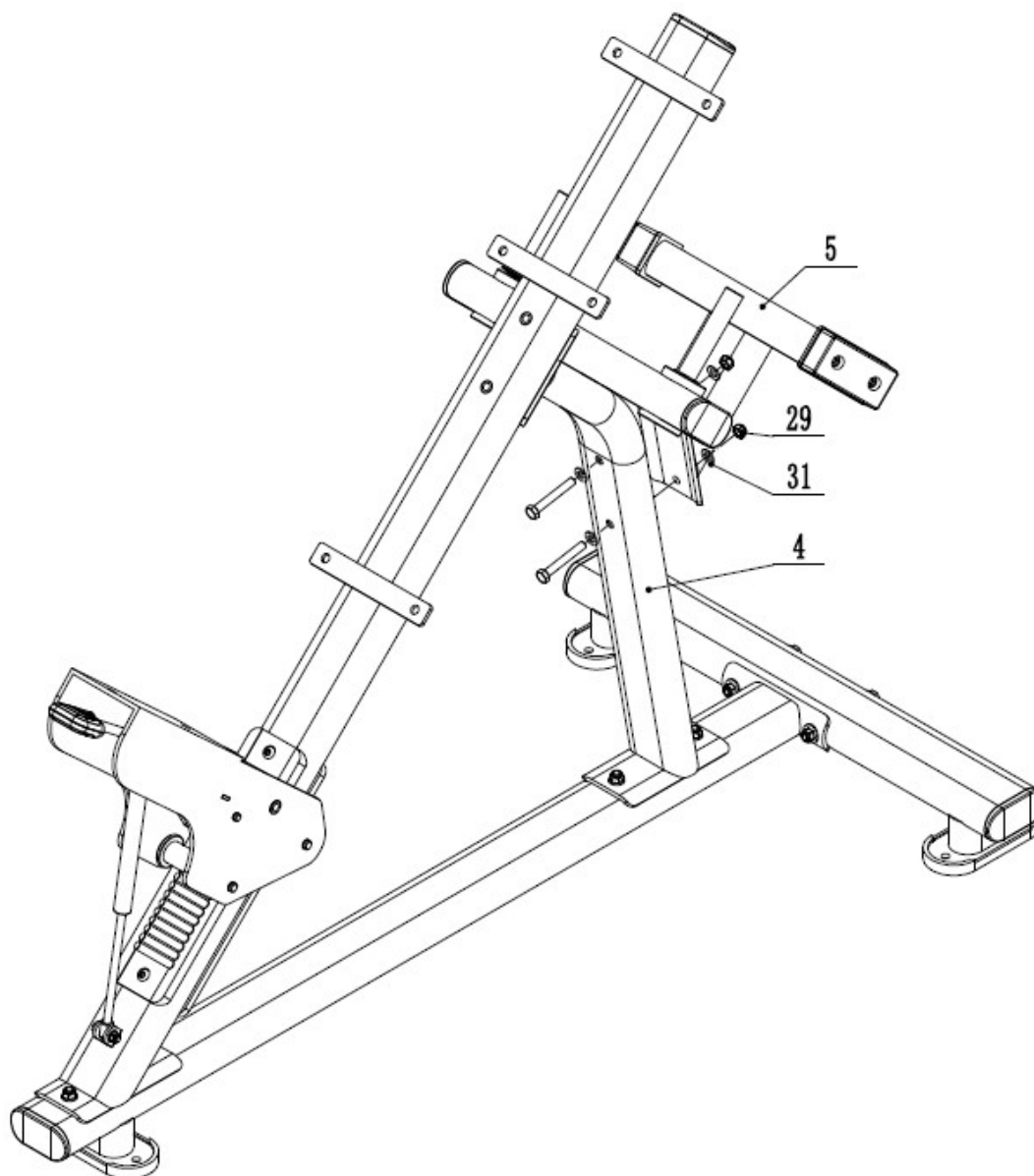
STEP2

1. Fix MAIN FRAME 3 and REAR FRAME 4 to BOTTOM SUPPORT FRAME 1 with M10*70 HEX BOLT 30, Φ 10 WASHER 31, M10 LOCK NUT 29.
2. Connect MAIN FRAME 3 and REAR FRAME 4 with M10*25 HEX BOLT 32, Φ 10 WASHER 31.



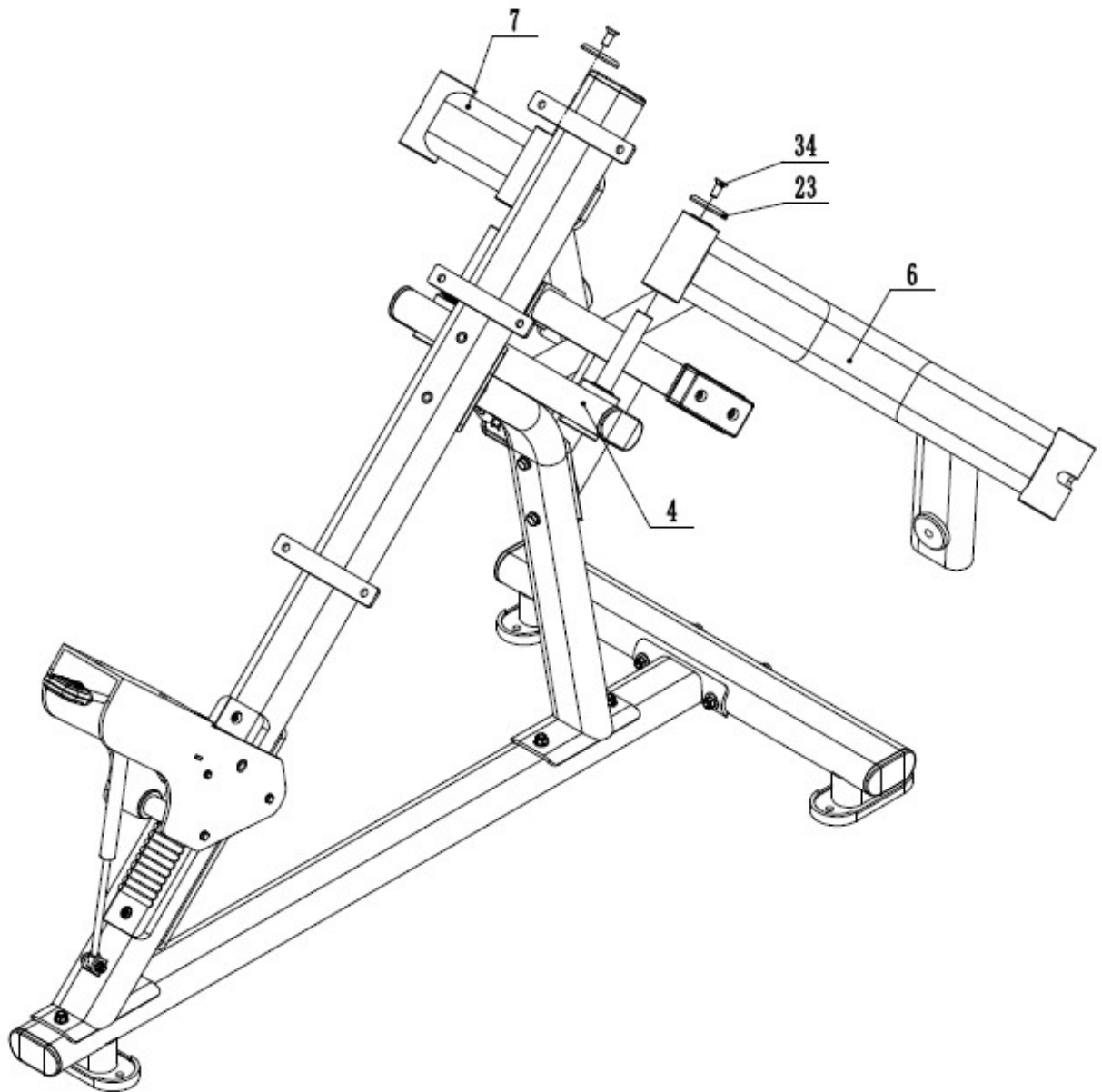
STEP3

Fix SWING ARM LIMIT FRAME 5 to REAR FRAME 4 with M10*70 HEX BOLT 30, Φ 10 WASHER 31, M10 LOCK NUT 29.



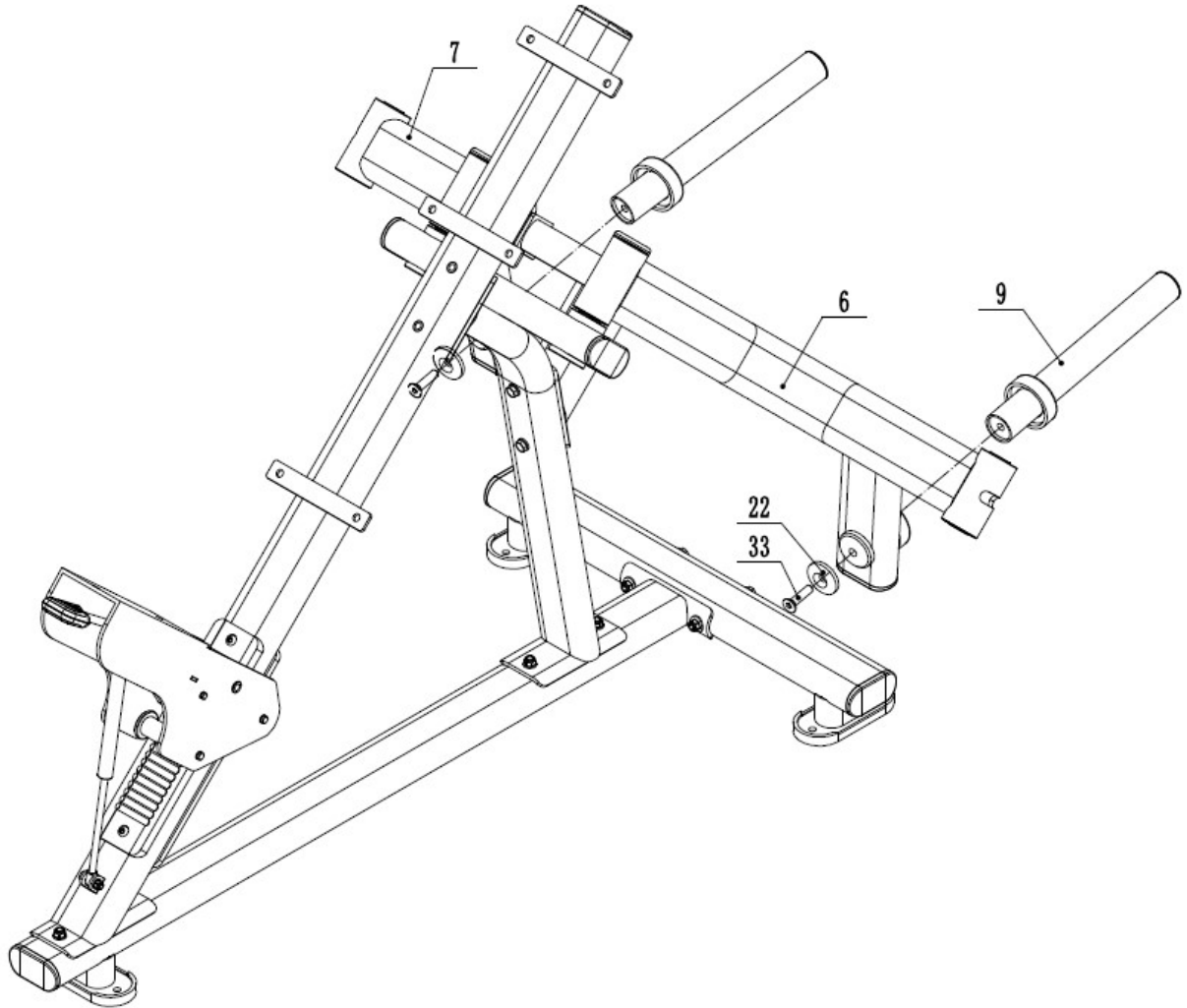
STEP 4

Fix LEFT HANDLE FRAME 6 and RIGHT HANDLE FRAME 7 to REAR FRAME 4 with ALUMINUM END COVER 23 and M10*25 COUNTERSUNK HEAD BOLT 34.



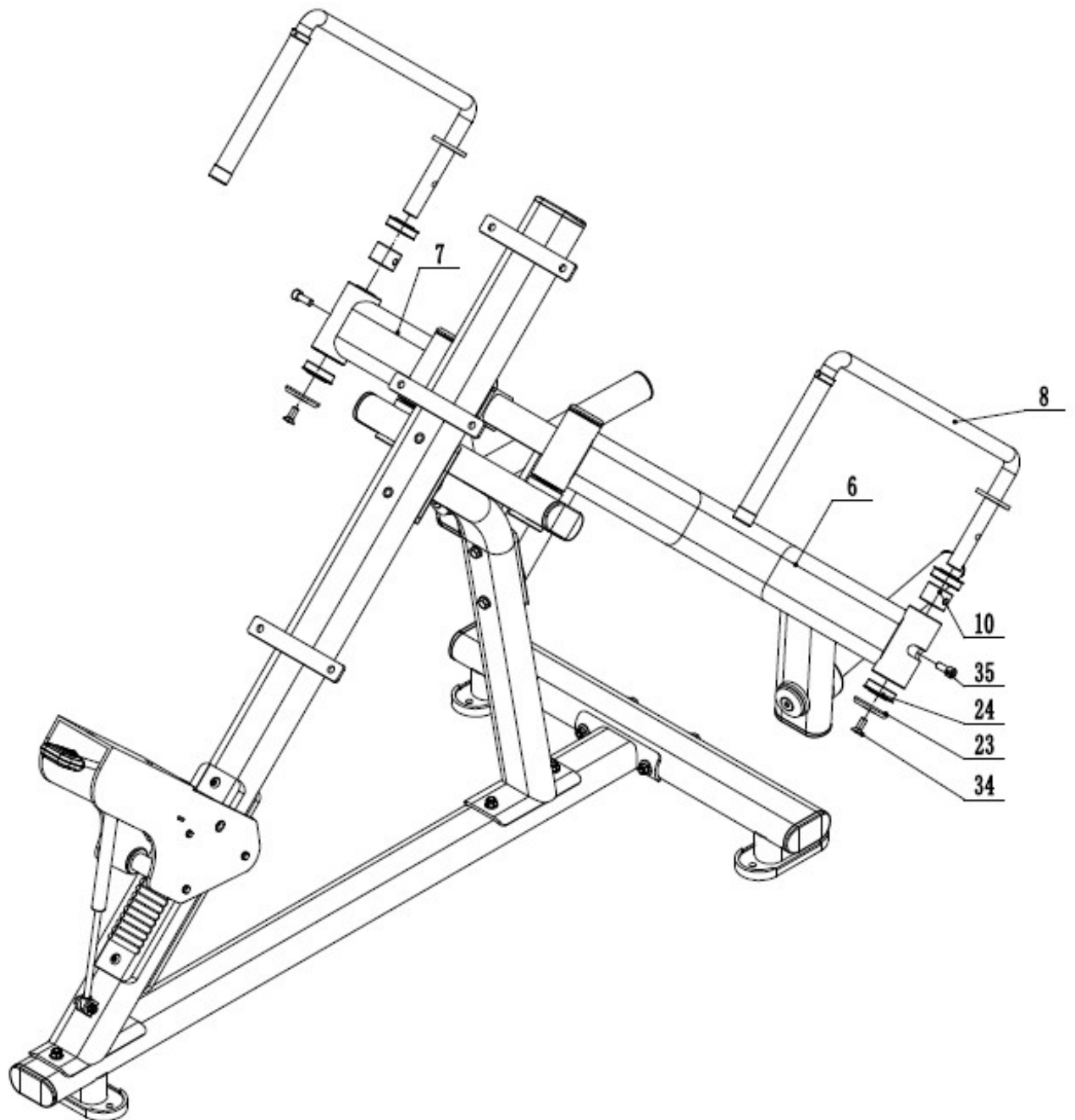
STEP 5

Fix WEIGHT PLATE HOLDER 9 to LEFT HANDLE FRAME 6 and RIGHT HANDLE FRAME 7 with ALUMINUM END COVER 22 and M12*50 COUNTERSUNK HEAD BOLT 33.



STEP 6

Fix ROTATING HANDLE 8 to LEFT HANDLE FRAME 6 and RIGHT HANDLE FRAME 7 with NYLON CUSHION COVER 10, ALUMINUM END COVER 23, ALUMINUM END COVER 24, and M10*25 COUNTERSUNK HEAD BOLT 34 and M10*30 COLUMN HEAD BOLT 35.



STEP 7

1. Fix SEAT 13 to SEAT FRAME A1 with $\Phi 10$ WASHER 31 and M10*25 HEX BOLT 32.
2. Fix HEAD PAD 11 and LYING PAD 12 to MAIN FRAME 3 with $\Phi 10$ WASHER 31 and M10*25 HEX BOLT 32.

