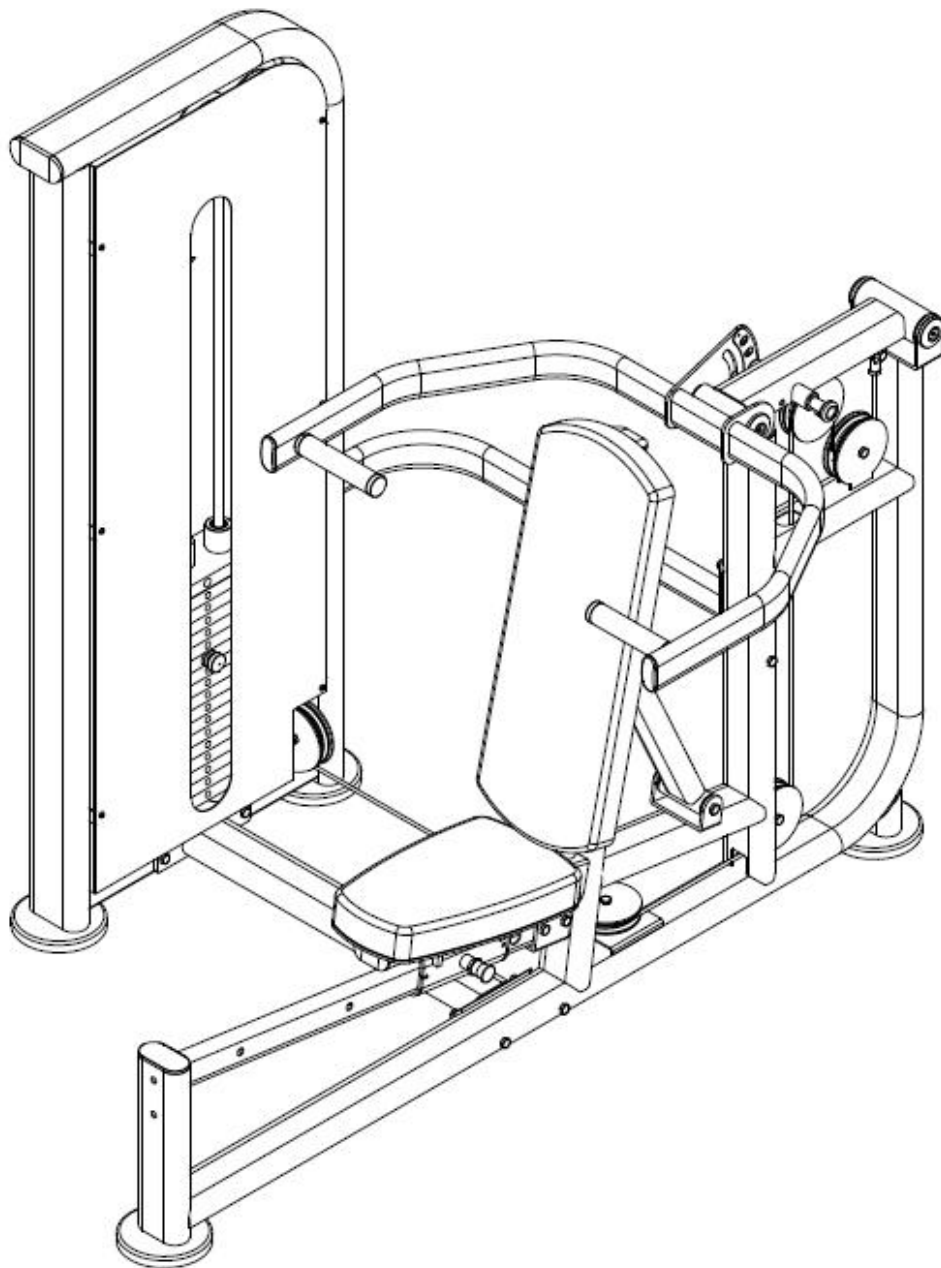


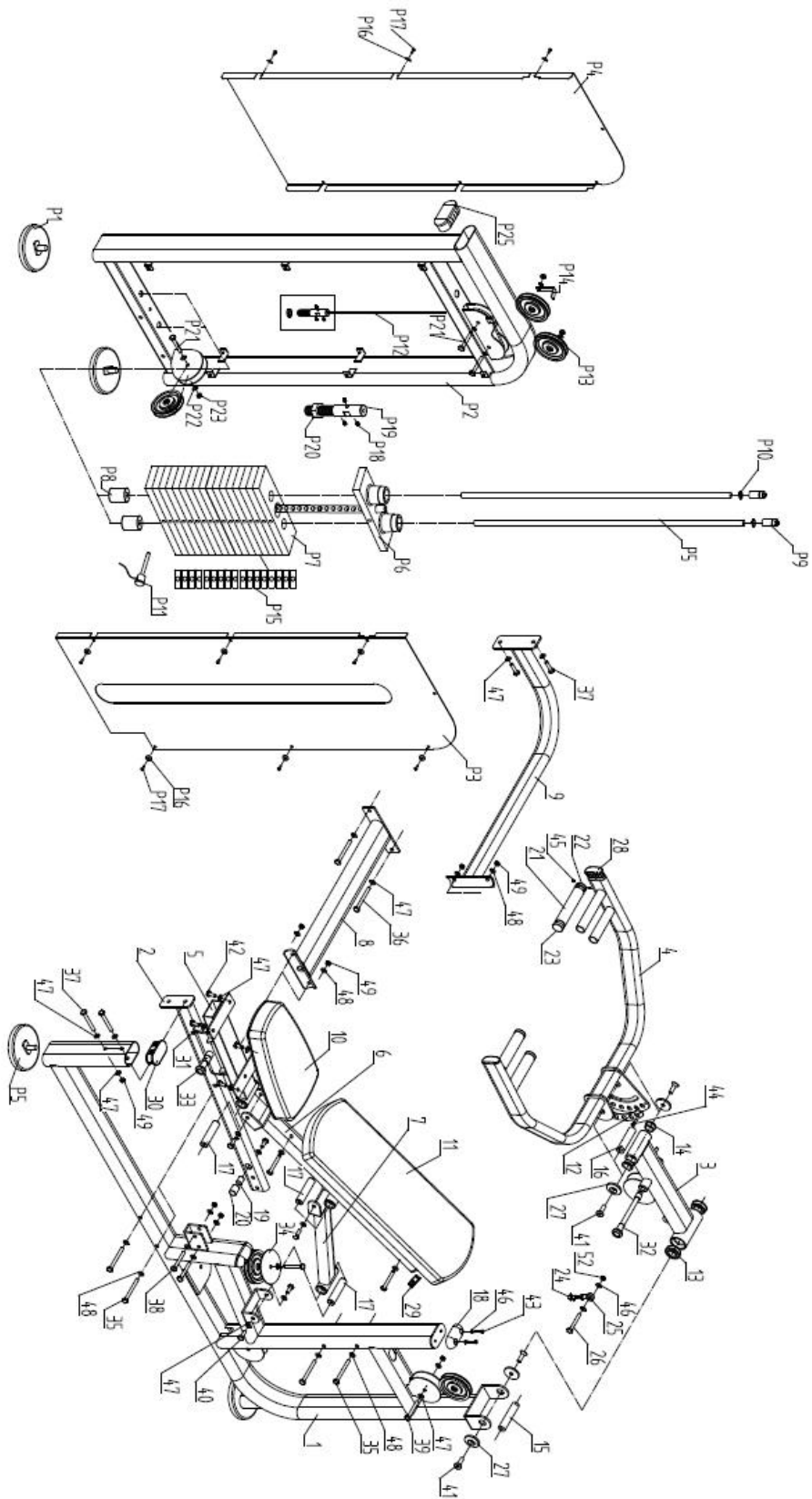


HIT FITNESS

**Hit Fitness Comm Multi Press
HIT00754**



EXPLOSIVE VIEW



COMPONENT LIST

ITEM NO.	DESCRIPTION	QTY.
1	Main frame	1
2	Moving frame	1
3	Rotating fix frame	1
4	Arm frame	1
5	Seat frame	1
6	Backrest fix frame	1
7	Backrest connect frame	1
8	Bottom connect frame	1
9	Side connect frame	1
10	Seat	1
11	Back pad	1
12	Chrome display plate	1
13	Bearing	2
14	Copper bearing	8
15	Rotary shaft	1
16	Arm adjust shaft	1
17	Back pad adjust shaft	3
18	Damping cushion	2
19	Limit shaft	1
20	Nylon sleeve	1
21	Dipping handlebar	2
22	Aluminum ring	2
23	Aluminum end cap	2
24	Rope fix shaft	1
25	Rod end joint bearing	1
26	M10*40 Hex bolt	1
27	Arc aluminum end cap	4
28	Flat oval plug 30*70	2
29	Flat oval plug 40*80	2
30	Flat oval plug 50*100	1
31	Adjust bush	2
32	Long pull pin assembly	1
33	Short pull pin assembly	1
34	Pulley cover	1
35	M10*120 Hex bolt	6
36	M10*90 Hex bolt	2
37	M10*70 Hex bolt	4
38	M10*55 Hex bolt	4
39	M10*50 Hex bolt	5
40	M10*20 Hex bolt	7

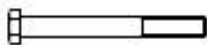
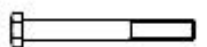





41	M10*30 Bolt	4
42	M10*25 Hex bolt	4
43	M8*30 Bolt	4
44	M5*10 Big cross screw	2
45	M4*3 Fasten screw	4
46	Φ8 Washer	6
47	Φ10 Washer	33
48	Φ10 Arc Washer	12
49	M10 Lock Nut	18




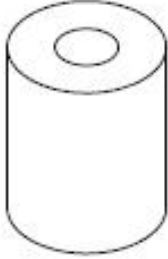
WEIGHT STACK BOX PART LIST

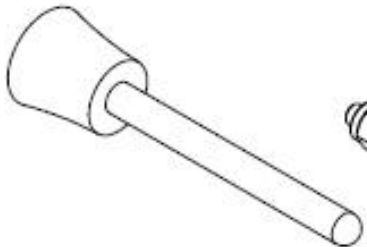
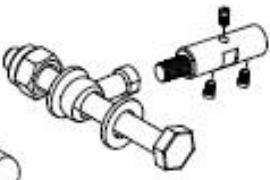


PART NO	PART NAME	Q'TY
P1	Adjust foot plate	2
P2	Weight stack box	1
P3	Front cover	1
P4	Rear cover	1
P5	Guide rod	2
P6	Top plate assembly	1
P7	Weight stack	19
P8	Damping block	2
P9	Guide rod fix aluminum sleeve	2
P10	Shaft circlips	2
P11	Strong magnetic latch	1
P12	Rope	1
P13	Pulley	6
P14	Pulley stop iron	1
P15	Weight stack label	1
P16	Plastic washer	18
P17	M5*15 bolt	18
P18	M6*12 bolt	3
P19	Rope fixed rod	1
P20	M16 Nut	1
P21	M10*50 Hex bolt	3
P22	Φ10 Washer	6
P23	M10 Lock nut	3
P24	M10*20 Socket bolt	2
P25	Oval flat plug	1


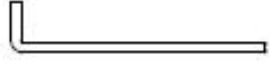


HARDWARE LIST

ITEM NO.	DESCRIPTION	QTY.
24	Rope fixed shaft	1
25	Rod end joint bearing	1
26	M10*40 Bolt	1
35	M10*120 Bolt	4
36	M10*90 Bolt	2
38	M10*55 Bolt	2
42	M10*25 Bolt	6
47	Φ10 Washer	11
48	Φ10 Arc Washer	12
49	M10 Lock nut	9
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	M6*12 bolt	3
P19	Rope fixed rod	1
P20	M16 Nut	1
P24	M10*20 Fasten bolt	2
T1	Screw driver	1
T2	5# Long Allen wrench	2
T3	17-14 Fork wrench	2
T4	6# Allen wrench	1

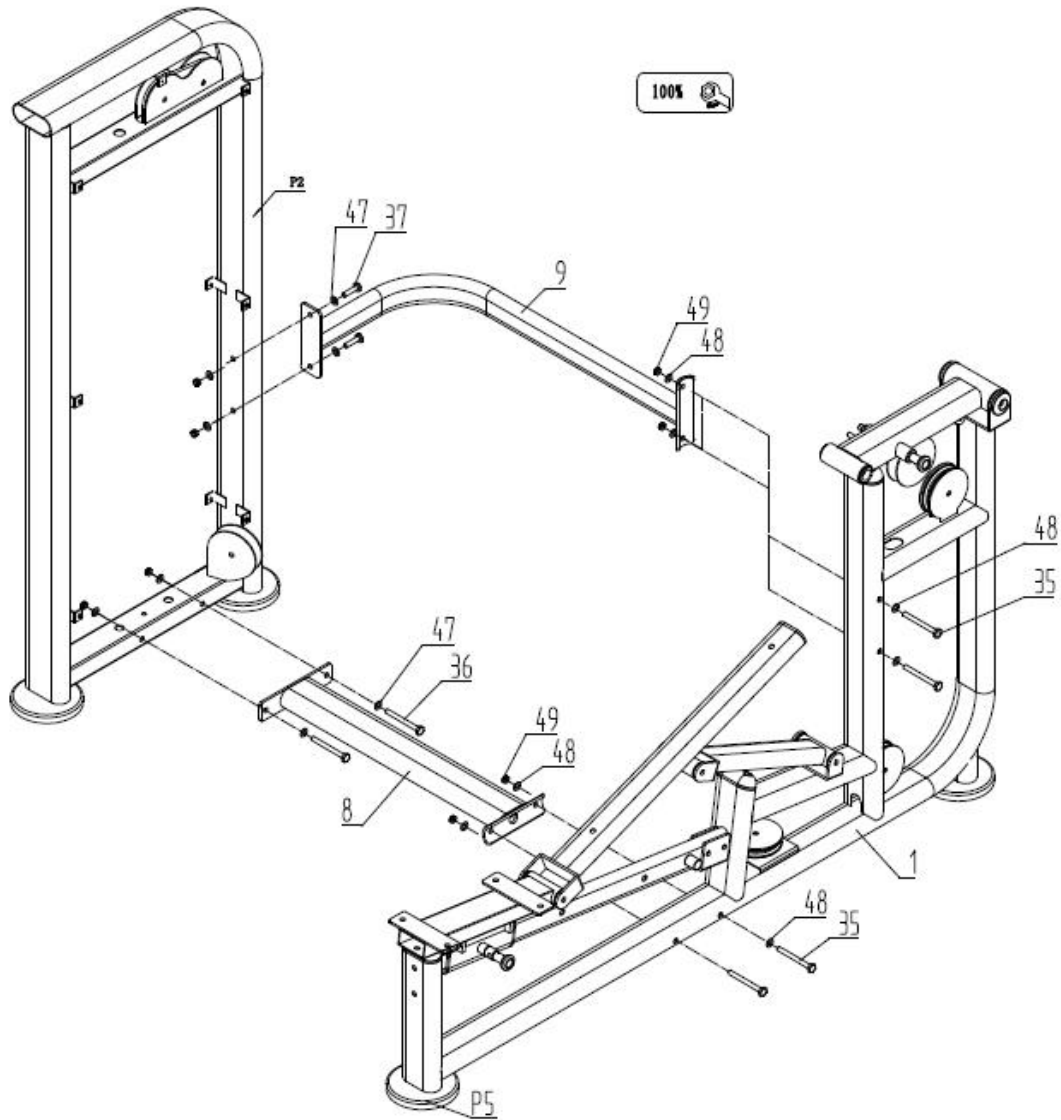
- 35 (4PCS) 
- 36 (2PCS) 
- 38 (2PCS) 
- 42 (6PCS) 
- 47 (11PCS) 
- 49 (9PCS) 
- 48 (12PCS) 

-  P10 (2PCS)
-  P24 (2PCS)
-  P9 (2PCS)
-  P8 (2PCS)

-  P11 (1PCS)
- 
 - 25 (1PCS)
 - 26 (1PCS)
 - P22 (2PCS)
 - P23 (1PCS)
- 
 - 24 (1PCS)
 - P18 (3PCS)
- 
 - P19 (1PCS)
 - P18 (3PCS)
 - P20 (1PCS)

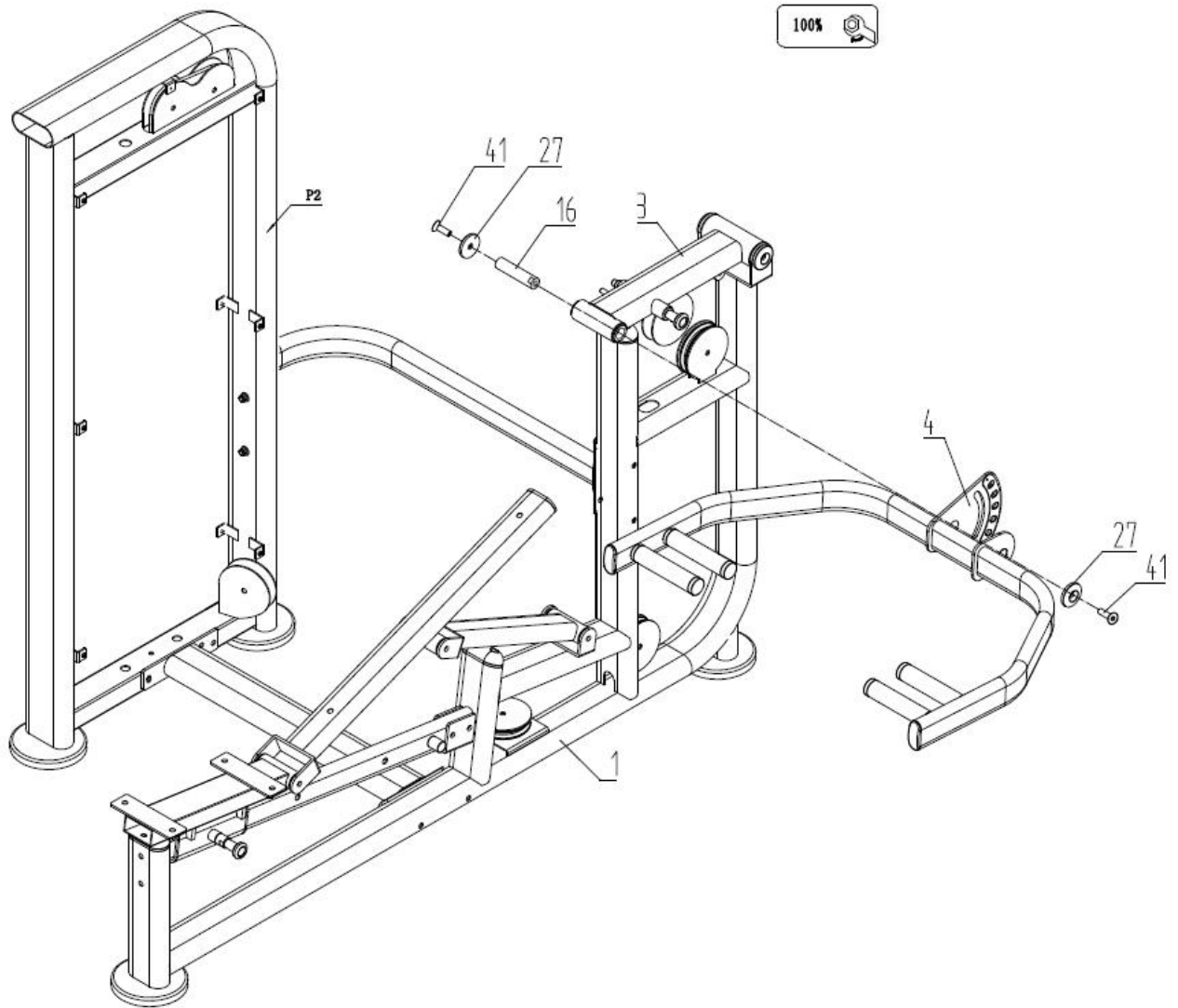
-  T1 (1PCS)
-  T2 (1PCS)
-  T3 (2PCS)
-  T4 (1PCS)

ASSEMBLYINSTRUCTION:



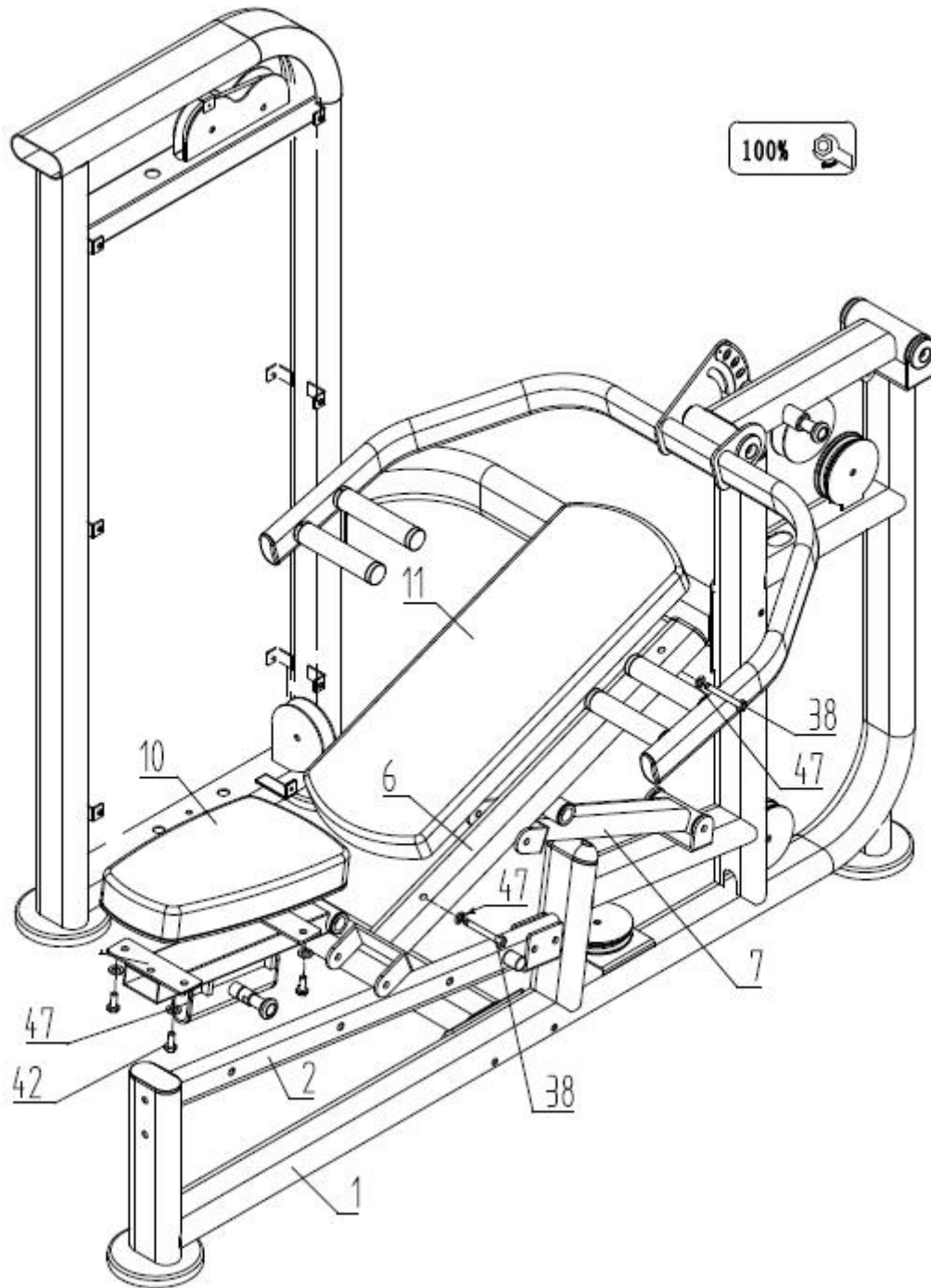
Step 1:

1. Fix Bottom connect frame 8 to Weight stack box P2 with M10*90 Bolt 36 and Φ 10 Washer 47.
2. Fix Bottom connect frame 8 to Main frame1 M10*120 Bolt 35, Φ 10 Arc Washer 48 and M10 Lock nut 49.
3. Fix Side connect frame 9 to Weight stack box P2 with M10*70 Bolt 37 and Φ 10 Arc Washer 47.
4. Fix Side connect frame 9 to Main frame1 with M10*120 Bolt 35, Φ 10 Arc Washer 48 and M10 Lock nut 49.



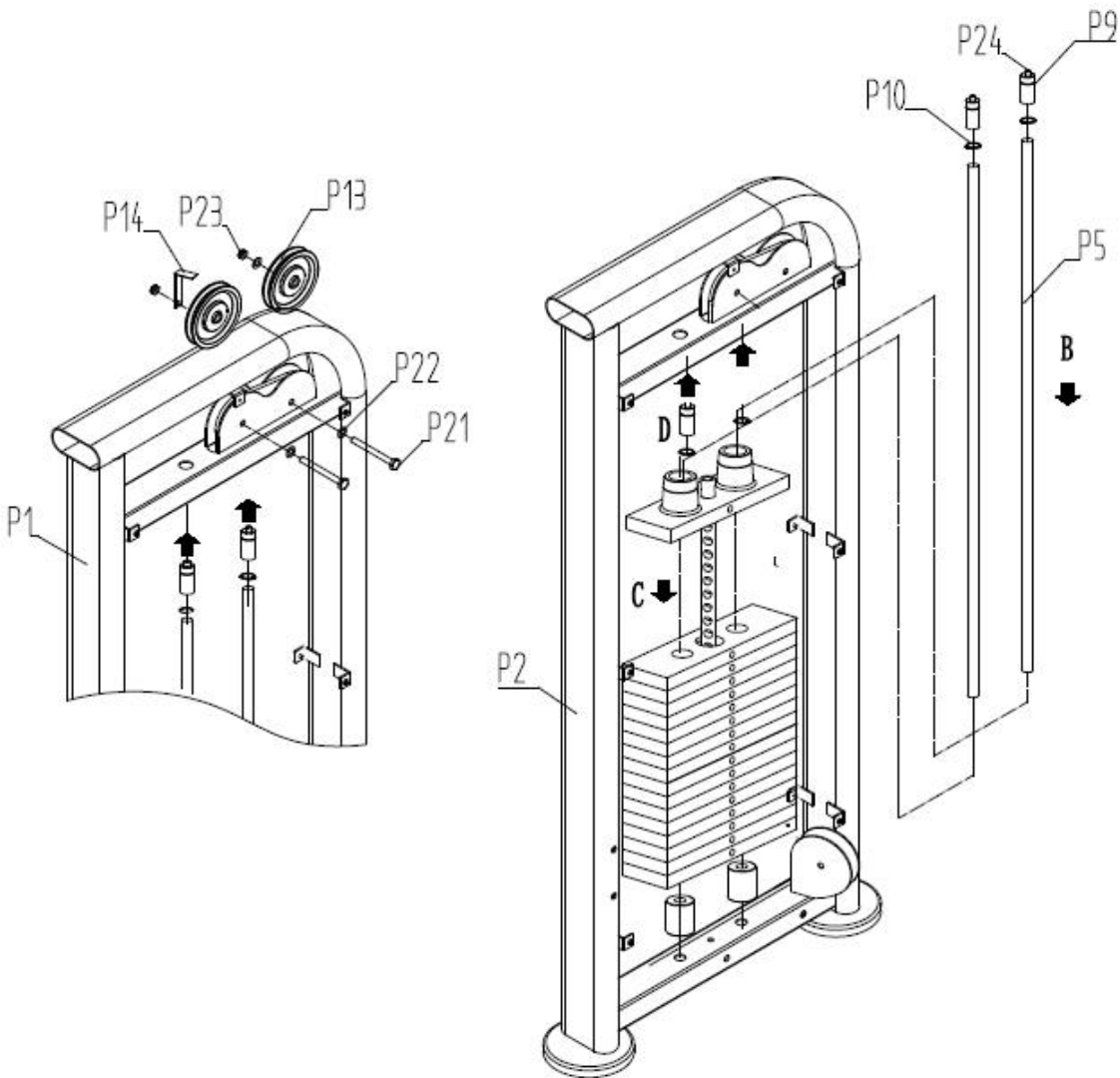
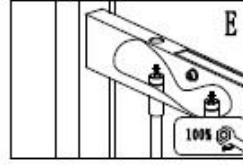
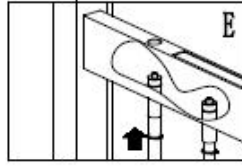
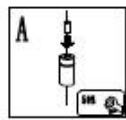
Step2:

Fix Arm frame 4 to Rotating fix frame 3 with Arm adjust shaft 16, Arc aluminum end cap 27 and M10 * 30 Bolt 41.



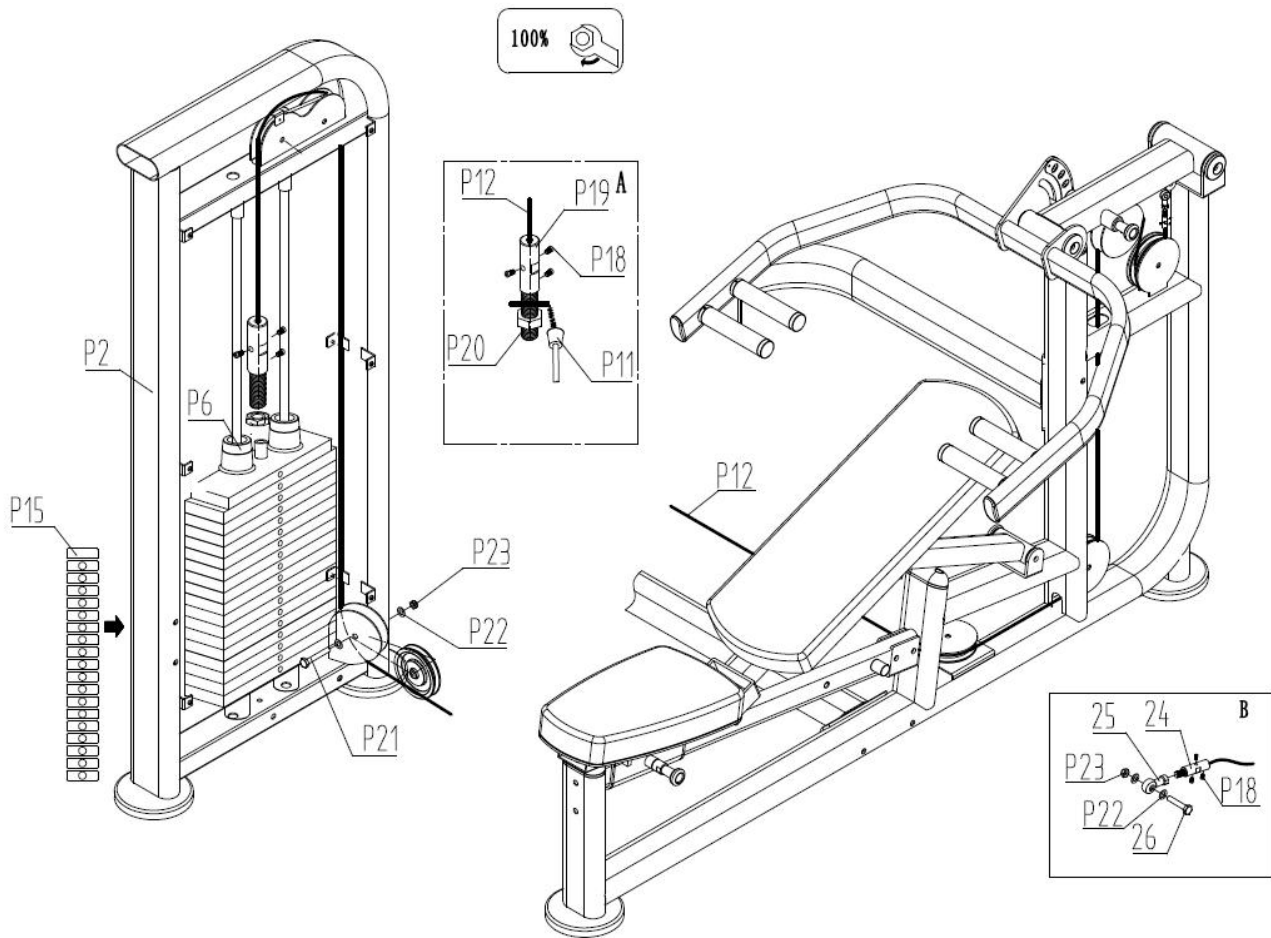
Step3:

1. Fix Backrest 11to Backrest fix frame 7 with M8*55 Bolt 38 and Φ 10 Washer 47.
2. Fix Seat 10 to Seat frame 5 with M10*25 Bolt 42 and Φ 10 Washer 47.



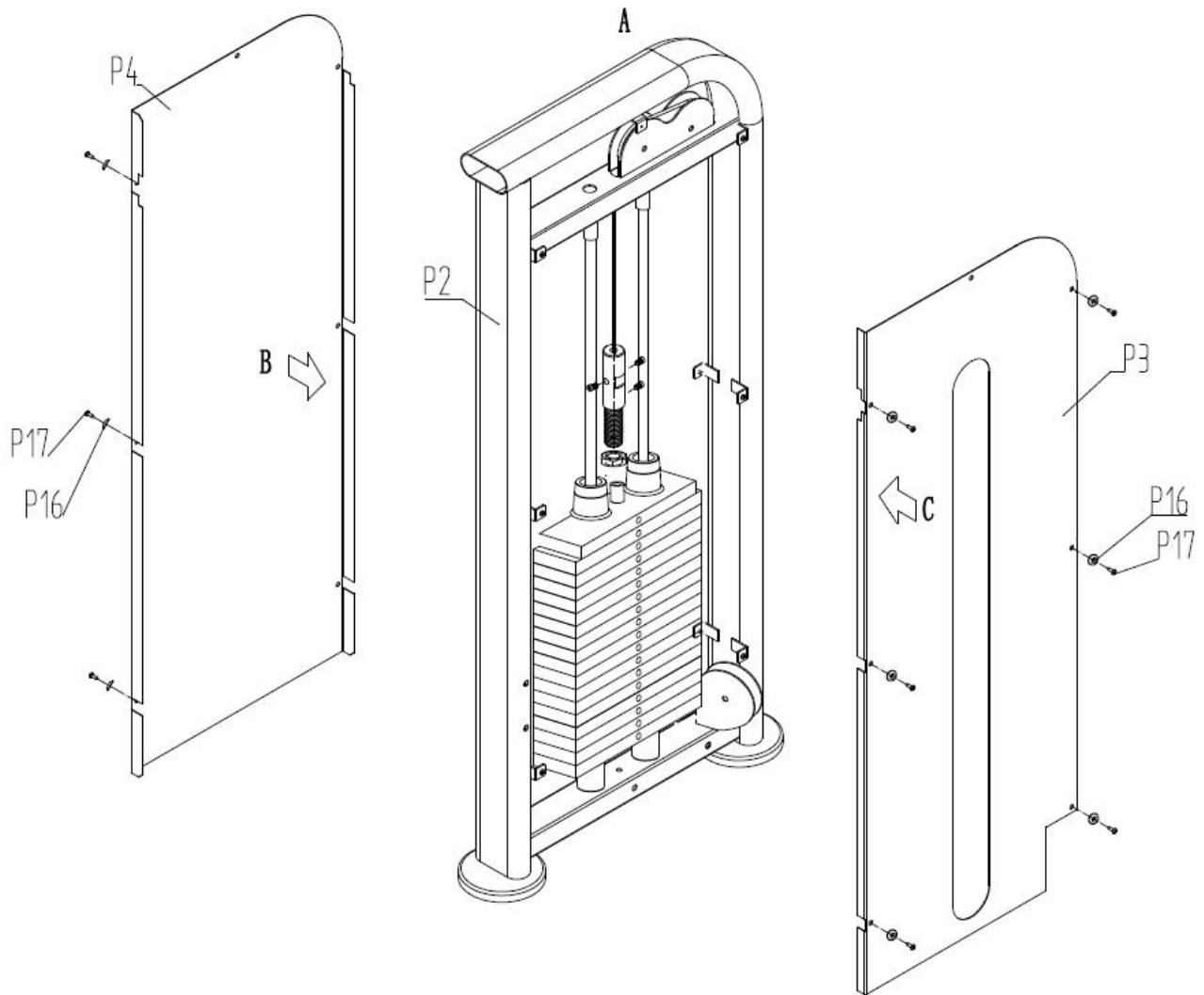
Step 4:

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.
- Fix in order A-B-C-D-E



Step 5:

1. Fix Rope P12 to Rope fix rod P19 with M8*12 Fasten screw P18.
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. Fixed Pulley P13 to Weight stack box P1 with Φ 10 Washer P22, M10 Nylon Nut P23 and M10 * 50 bolt P21.
5. Insert Rope fixed bearing24 to Joint bearing25 with M10 * 40 Bolt 26 Φ 10 Washer P22 and M10 Nylon Nut P23.
6. Rope P28 goes as photo shows.



Step 6:

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