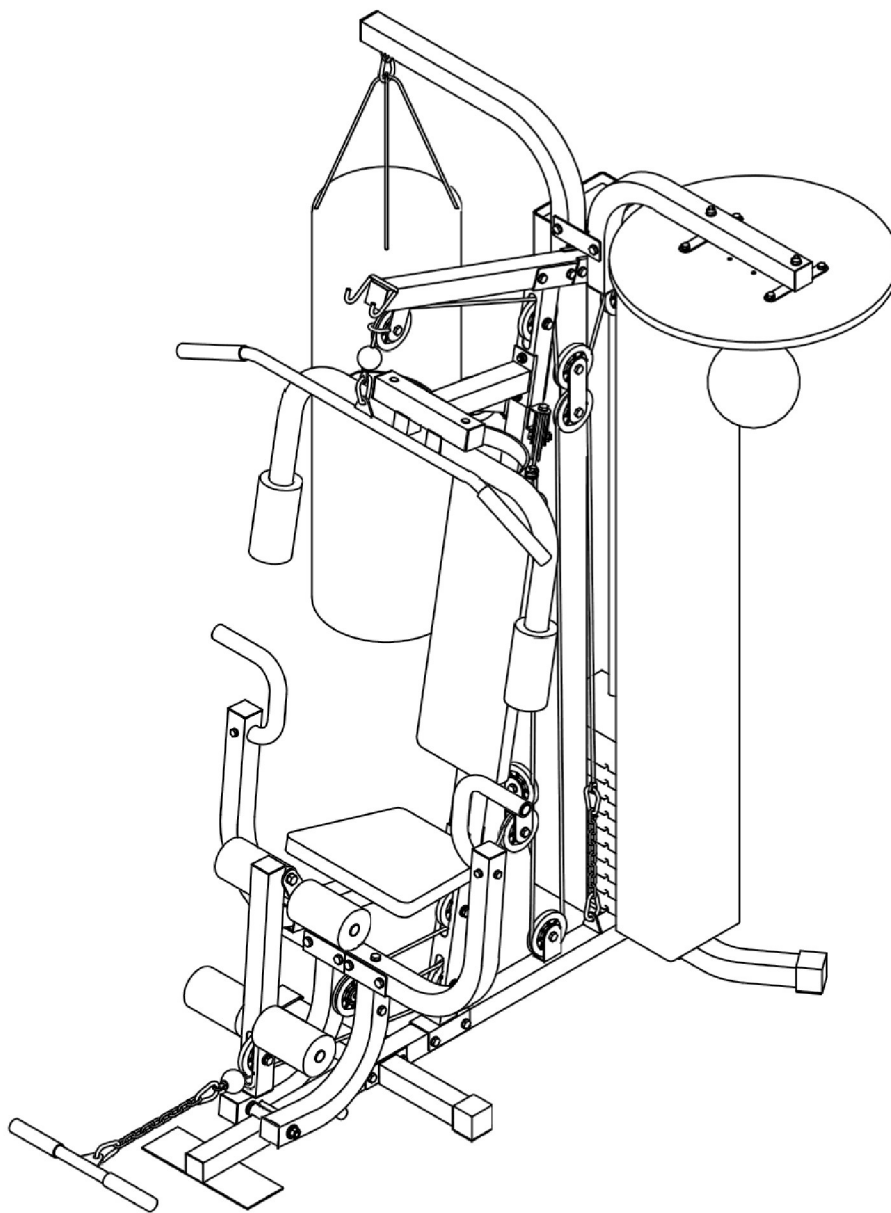
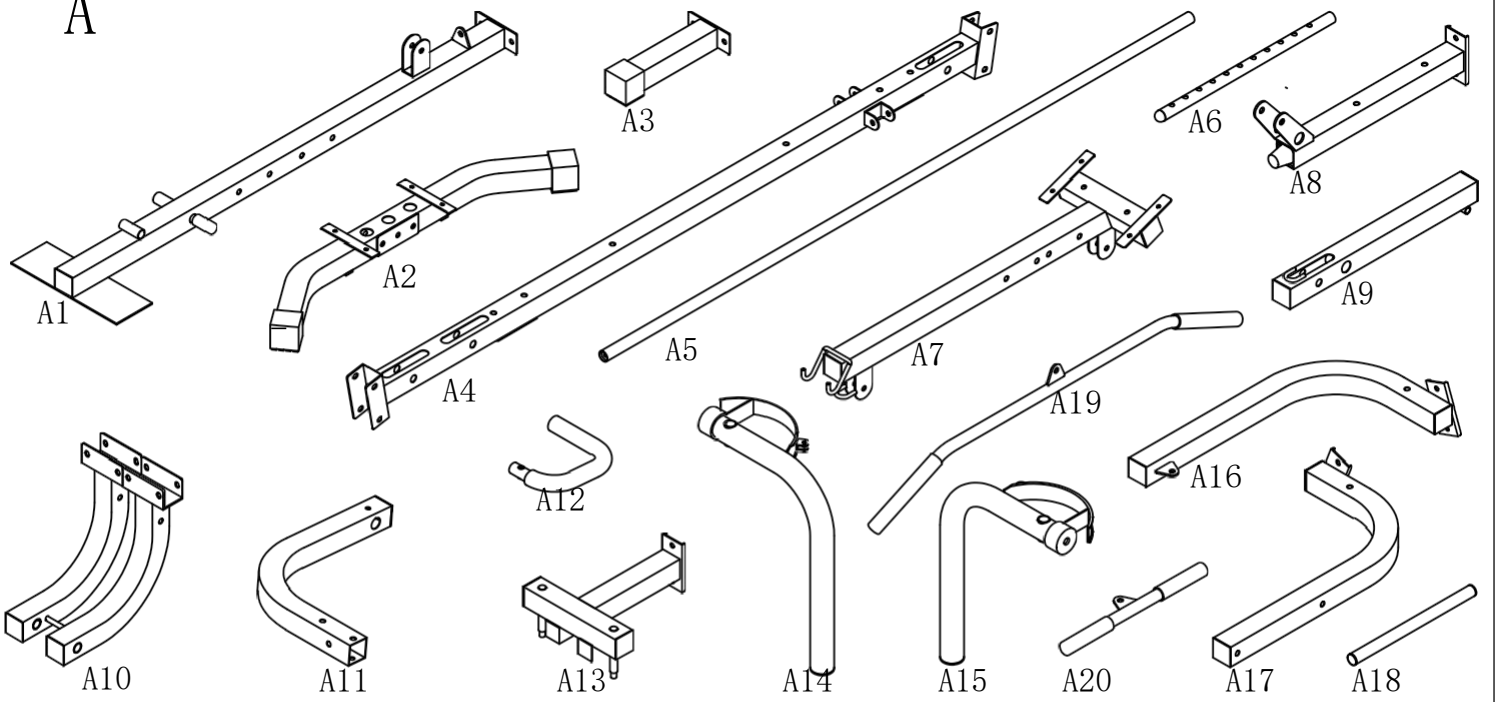


4600 HOME GYM



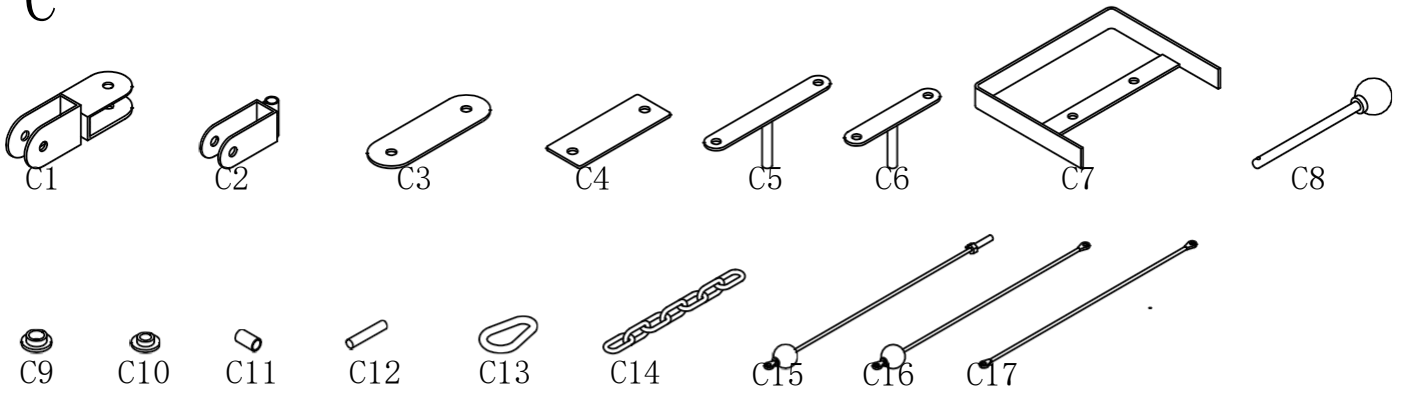
A



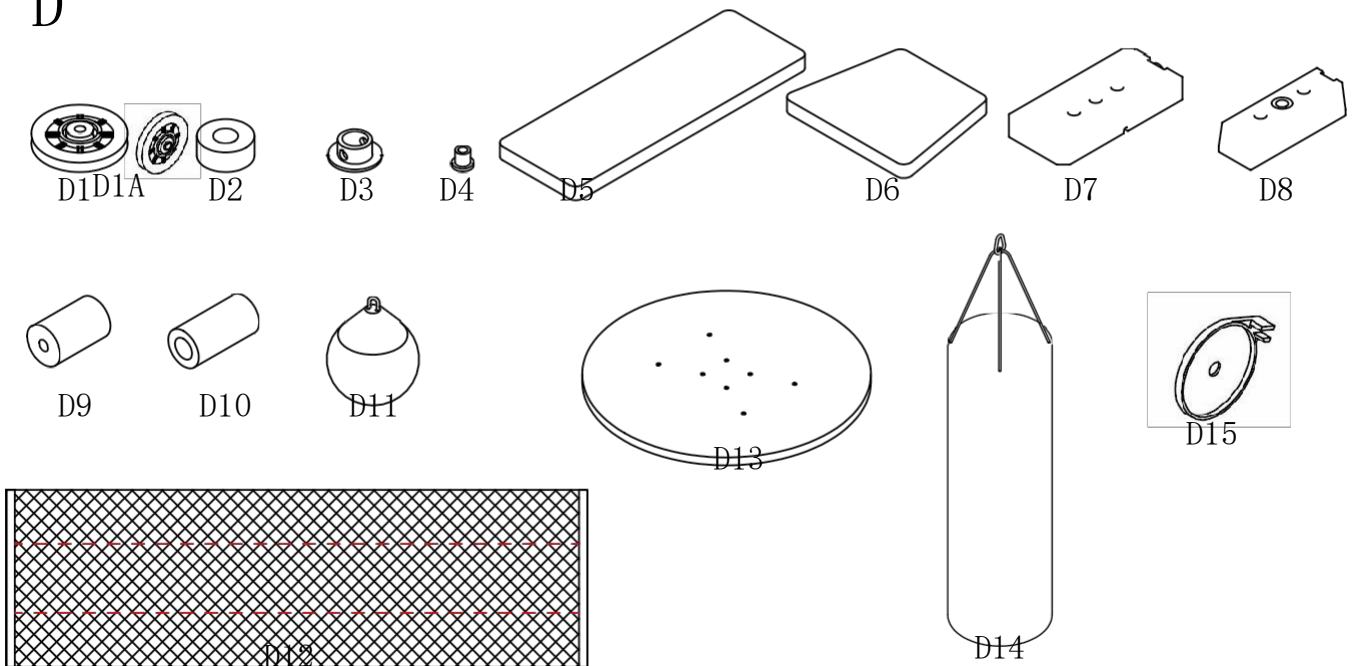
B



C

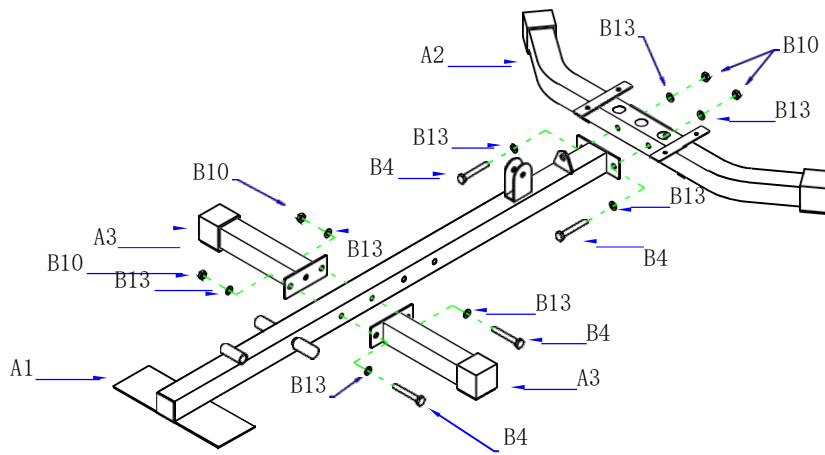


D



PART LIST

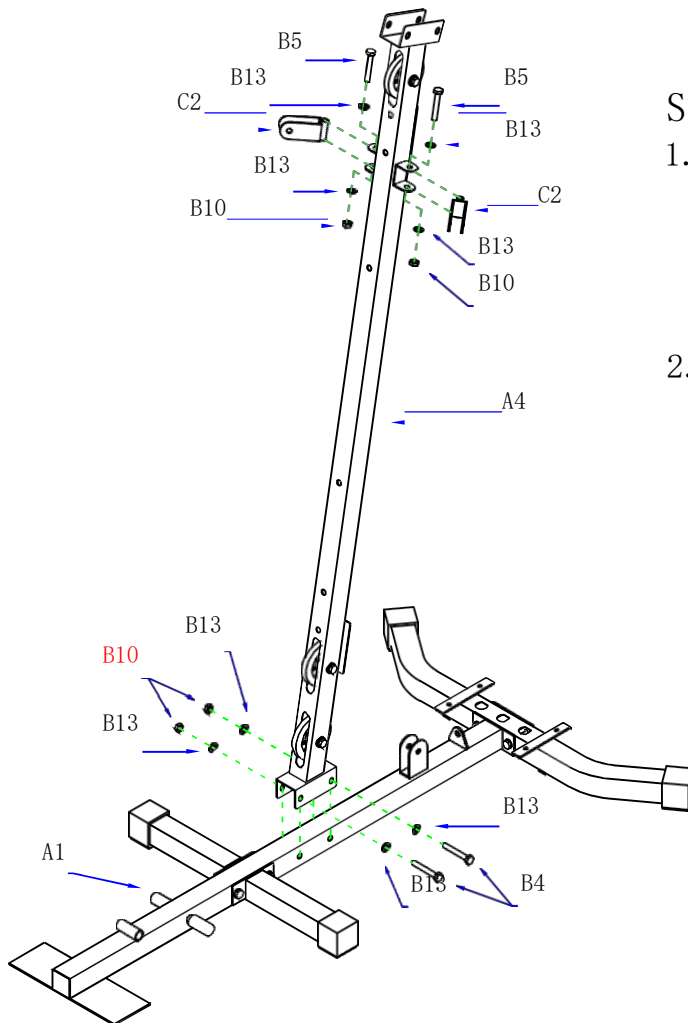
NO.	Description	Quantity	NO.	Description	Quantity
A1	Straight bottom tube	1	A2	Rear bottom tube	1
A3	Short ground pipe	2	A4	Main support tube	1
A5	Reaction member	2	A6	Weight selector	1
A7	Upper support	1	A8	Seat tube	1
A9	Kick tube	1	A10	Push down rack	1
A11	Push pipe	2	A12	Handle	2
A13	Butterfly arm connecting rack	1	A14	Butterfly arm (L)	1
A15	Butterfly arm (R)	1	A16	Boxing bag hanger pipe	1
A17	Speed ball hanger pipe	1	A18	Foam pipe	2
A19	High tension bar	1	A20	Low pull bar	1
B1	Bolt M12X190L	1	B2	Bolt M12X80L	1
B3	Bolt M10X190L	1	B4	Bolt M10X70	22
B5	Bolt M10X60	6	B6	Bolt M10X40	8
B7	Bolt M8X20	6	B8	Bolt M8X15	14
B9	Anti-slip Bolt M12	6	B10	Anti-slip bolt M10	39
B11	Anti-slip Bolt M8	6	B12	Ø12 WASHER	6
B13	Ø10 Washer	50	B14	Ø8 WASHER	28
B15	Ø12 Biggasket	1	B18	Bolt M8*30	4
C1	Double pulley bracket	1	C2	Single pulley stand	2
C3	Pulley connecting plate	2	C4	The connecting iron sheet	1
C5	Circular plate connecting frame	2	C6	Cushion connecting rack	2
C7	Net cover frame	4	C8	Pin for weight selector	1
C9	Powder bearings (large)	4	C10	Powder bearings (small)	6
C11	Pulley locating sleeve	2	C12	Pin	1
C13	Safety hook	5	C14	Regulating chain	2
C15	Upper cable	1	C16	Lower cable	1
C17	Butterfly cable (A)	1			
D1	Pulley (D1 9PCS D1A 1PCS)	9+1	D2	Rubber washer	2
D3	Tube housing	1	D4	T type nylon bearing sleeve	2
D5	Back cushion	1	D6	Seat cushion	1
D7	Weight plate	10	D8	Weight stack top plate	1
D9	Small sponge	4	D10	Big sponge	2
D11	Speed ball	1	D12	Protective cover	2
D13	Circular plate	1	D14	Boxing bag	1
D15	Pulley cover	2			



STEP:1

1. Connect the straight bottom pipe (A1) to the bottom pipe (A2).
Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10) .

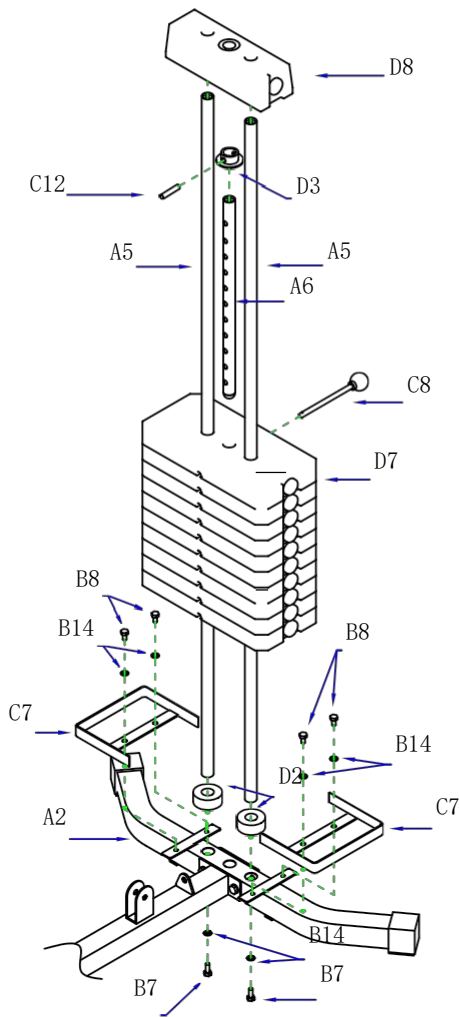
2. Connect the short base pipe (A3) to the straight bottom pipe (A1).
Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10).



STEP:2

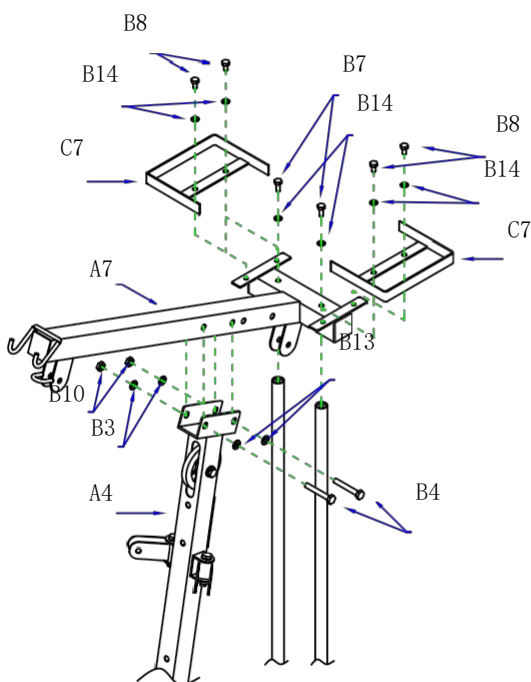
1. Install the main support pipe (A4) on the straight bottom pipe (A1).
Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10).

2. Fit the single pulley (C2) on the main support frame (A4). Use 2 bolts (B5).
4 washers (B13) and 2 nuts (B10) .



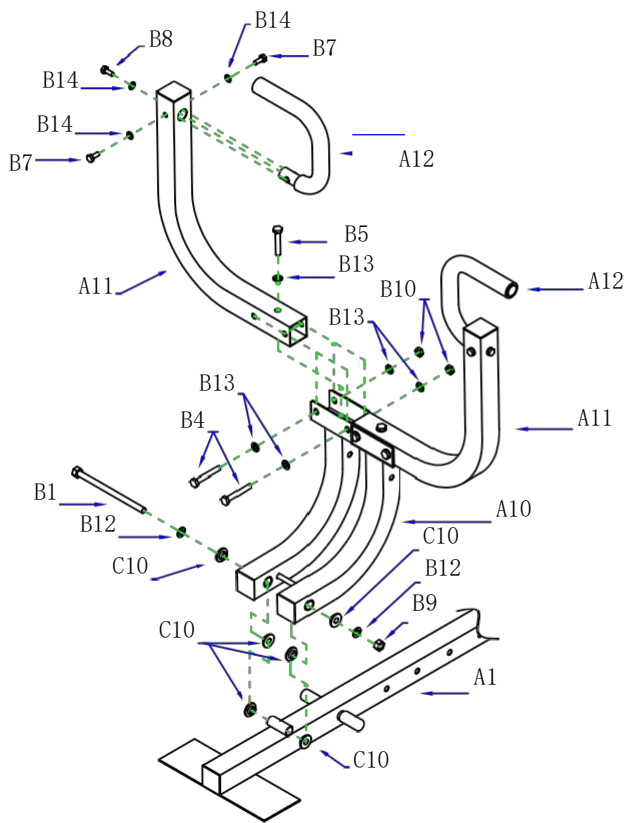
STEP:3

1. Insert 2 guide rods (A5) into the rear bottom pipe (A2). Use 2 rubber gaskets (D2). 2 washers (B14), and 2 bolts (B7).
2. Secure the net cover frame (C7) on the rear bottom pipe (A2). Use 4 washers (B14) and 4 bolts (B8).
3. The counterweight block (D7) penetrates into the guide rod (A5).
4. The weight selection lever (C8) inserted into the counterweight block (D7) in. Then install the positioning sleeve (D3) pin (C12) and counterweight top block (D8).



STEP:4

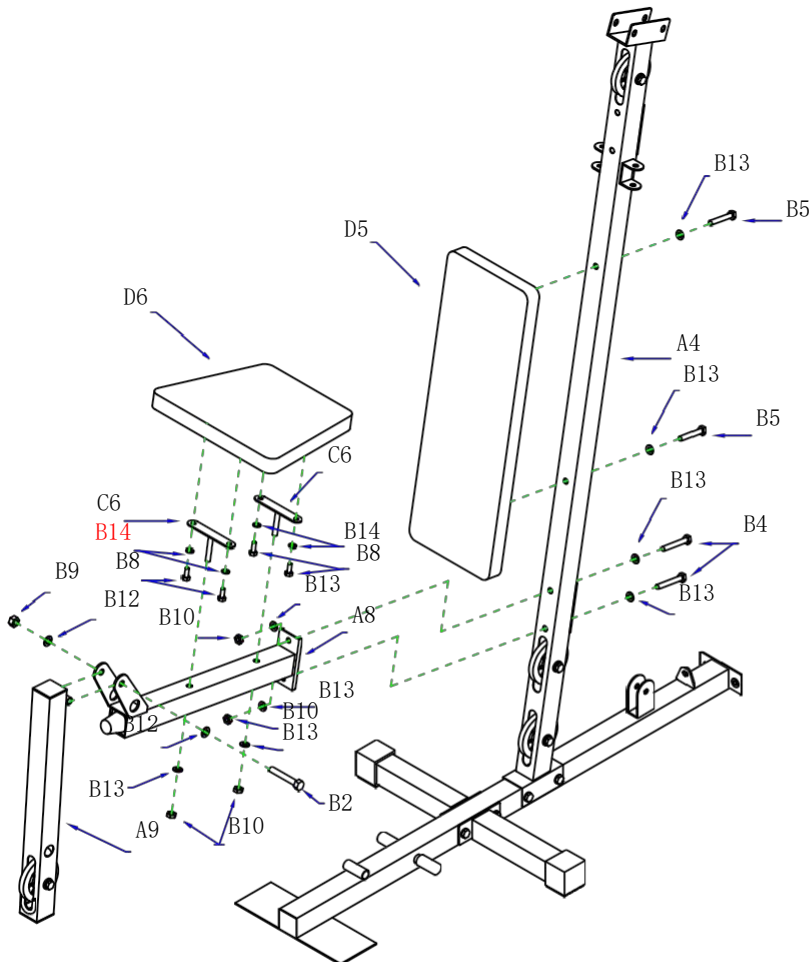
1. Install the upper support (A7) on the main support tube (A4) and the guide rod (A5). Use 2 bolts (B4), 4 washers (B13) and 2 nuts (B10), Then fix the guide bar (A5). Use 2 bolts (B7) and 2 washers (B14).
2. Net cover frame mounting (C7). Use 4 washers (B14) and 4 bolts (B8).



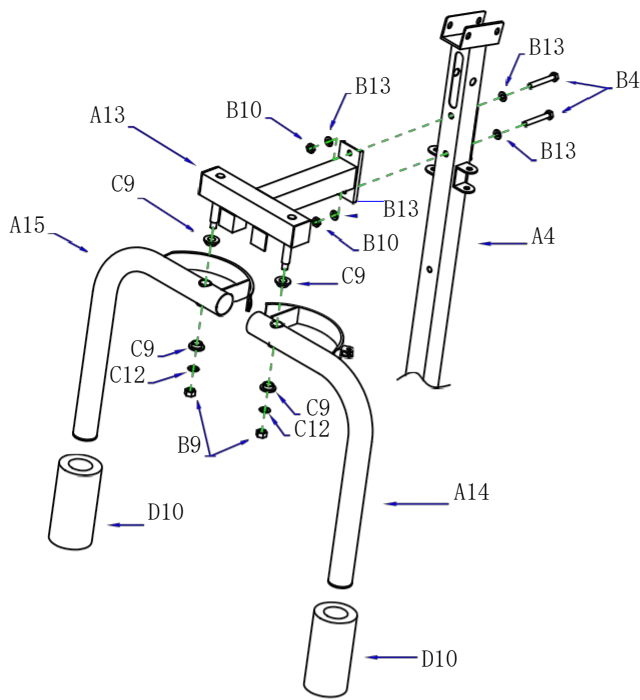
STEP:5

1. Install the lower pusher (A10) on the straight bottom pipe (A1). Use 1 bolts (B1). 2 washers (B12). 6 powder bearings (small) (C10) and 1 nuts (B9).
2. Then the push tube (A11) installed on the pusher frame (A10). Use 4 bolts (B4). 8 washers (B13) and 4 nuts (B10). Then fix with 2 bolts (B5) and 2 washers (B13).
3. The handle (A12) installed on the pusher tube (A11). Use 4 bolts (B7) and 4 washers (B14).
4. B8 2PCS and B14PCS (Left and right)

STEP:6

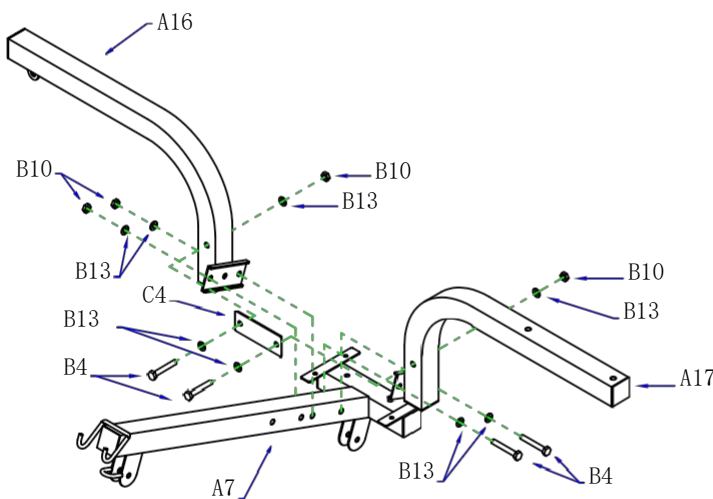


1. Fit the seat cushion pipe (A8) on the main support pipe (A4). Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10).
2. Fit the kick pipe (A9) on the seat cushion pipe (A8). Use 1 bolts (B2). 4 pieces of washer (B12) and 1 nuts (B9).
3. Seat cushion rack (C6) is installed on the seat cushion (D6). Use 4 bolts (B8) and 4 washers. (B14)
4. The seat cushion (D6) is then mounted on the seat cushion pipe (A8). Use 2 washers (B13) and 2 nuts (B10).
5. Install backrest cushion (D5) on main support tube (A4). Use 2 bolts (B5) and 2 washers (B13).



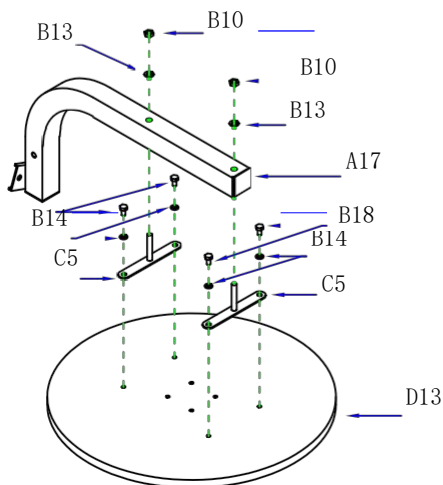
STEP:7

1. Install the butterfly boom (A13) on the main support tube (A4). Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10).
2. The butterfly boom (A14) is mounted on the (A13). Use 4 powder bearings (big) (C9). 2 nuts (B9) and 2 washers (C12).
3. The big foam (D10) penetrates the butterfly arm (A14).



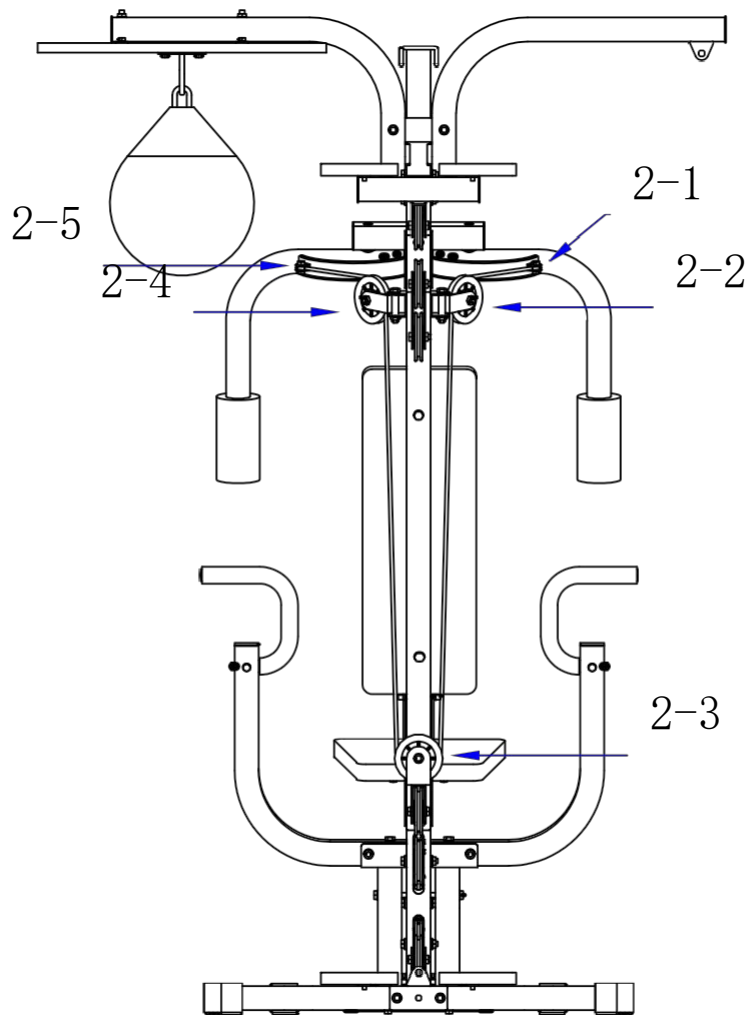
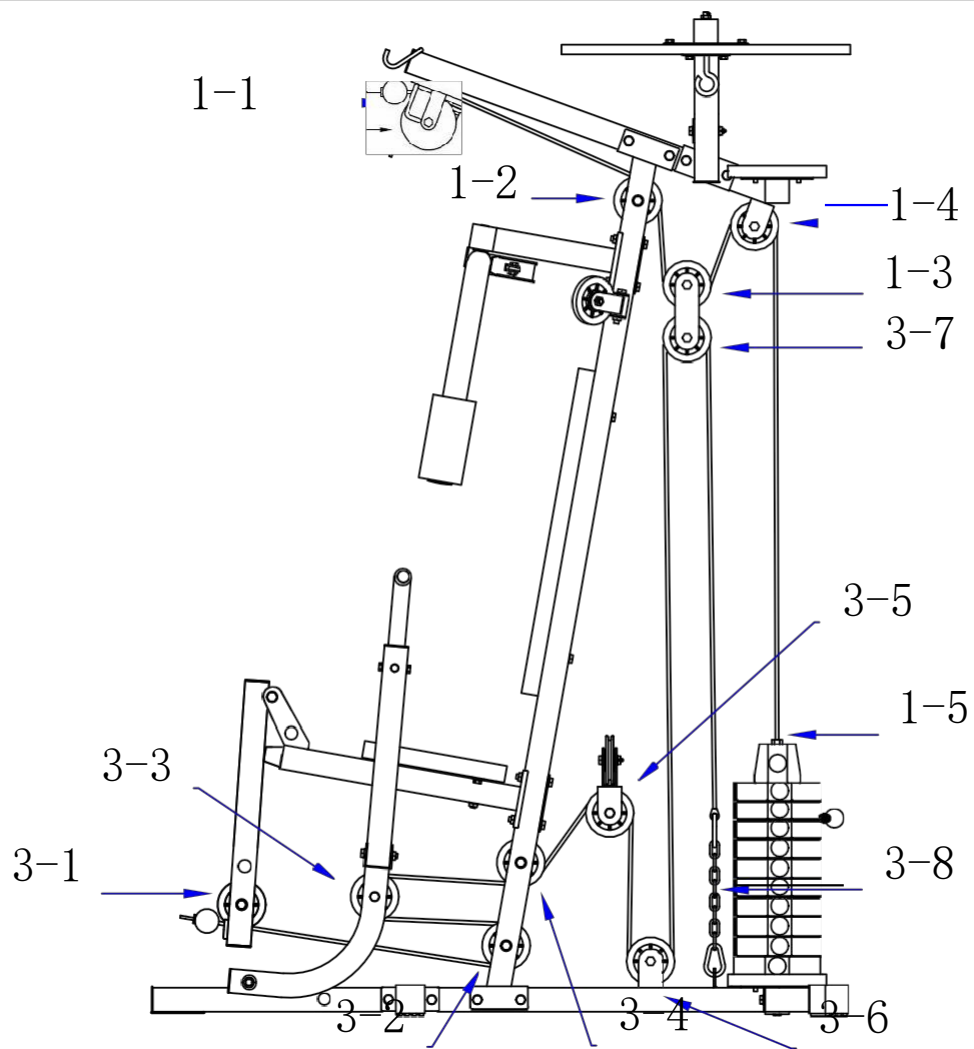
STEP:8

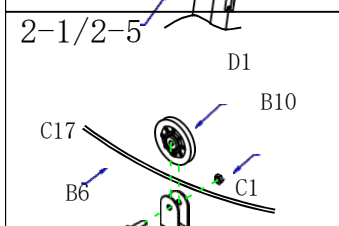
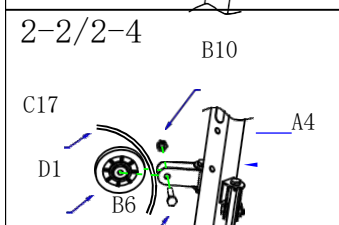
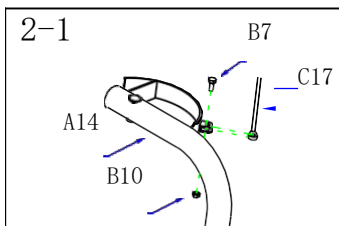
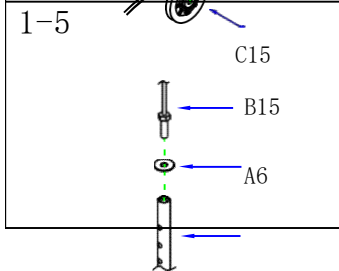
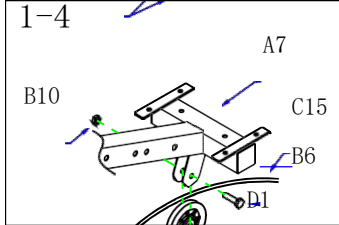
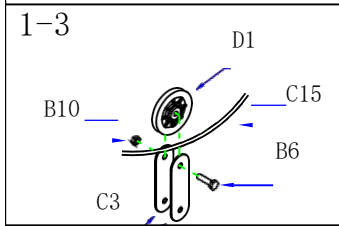
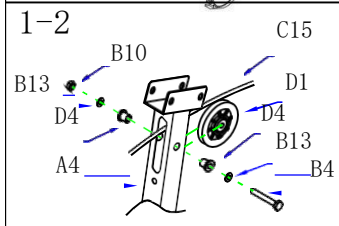
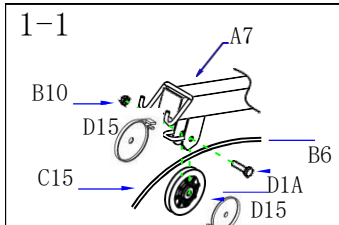
1. The upper support (A7) is fitted with a boxing bag hanger pipe (A16) and a speed ball hanger pipe (A17). Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10).
2. Fix the connecting piece (C4) on the boxing bag hanger pipe (A16) and the speed ball hanger pipe (A17). Use 2 bolts (B4). 4 washers (B13) and 2 nuts (B10).



STEP:9

1. First, the circular plate connecting frame (C5) is fixed on the circular plate (D13). Use 4 bolts (B18) and 4 washers (B14).
2. The circular plate (D13) is then mounted on the speed ball hanger pipe (A17). Use 2 washers (B13) and 2 nuts (B10).





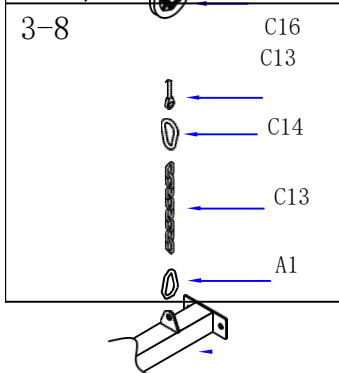
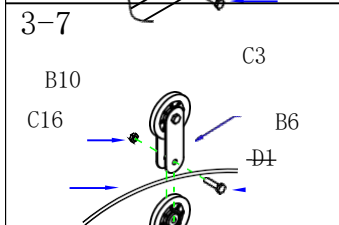
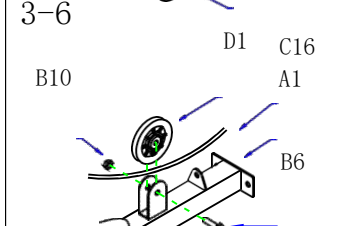
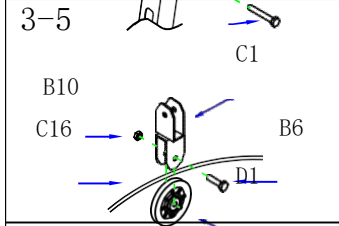
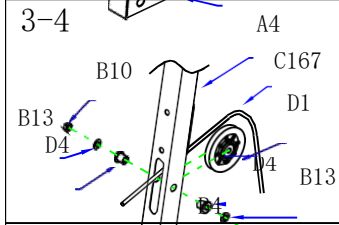
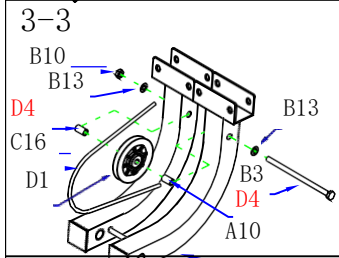
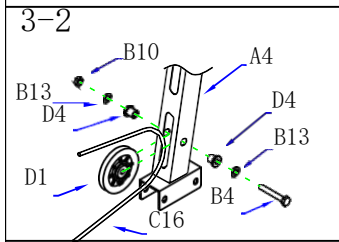
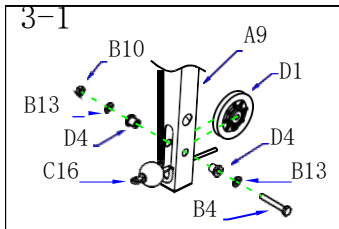
STEP:10

1. Cross the upper wire rope (C15) through the 1-1 pulley frame and install the pulley (D1A and D15). Use 1 bolts (M10*45 Has been installed) and 1 nuts (B10).
2. And then through the 1-2 pulley, Mounting pulley (D1). Use 1 bolts (B4). 2 washers (B13), 2 T bushings (D4) and 1 nuts (B10).
3. Then go through the 1-3 pulley block. The pulley (D1) is mounted on the pulley connecting piece (C3). Use 1 bolts (B6) and 1 nuts (B10).
4. Then go through the 1-4 pulley stand, Mounting pulley (D1). Use 1 bolts (B6) and 1 nuts (B10).
5. Then install the 1-5 combination. Secure the wire rope (C15) through the washer (B15) onto the selector lever (A6).

Some bolts have been preinstalled

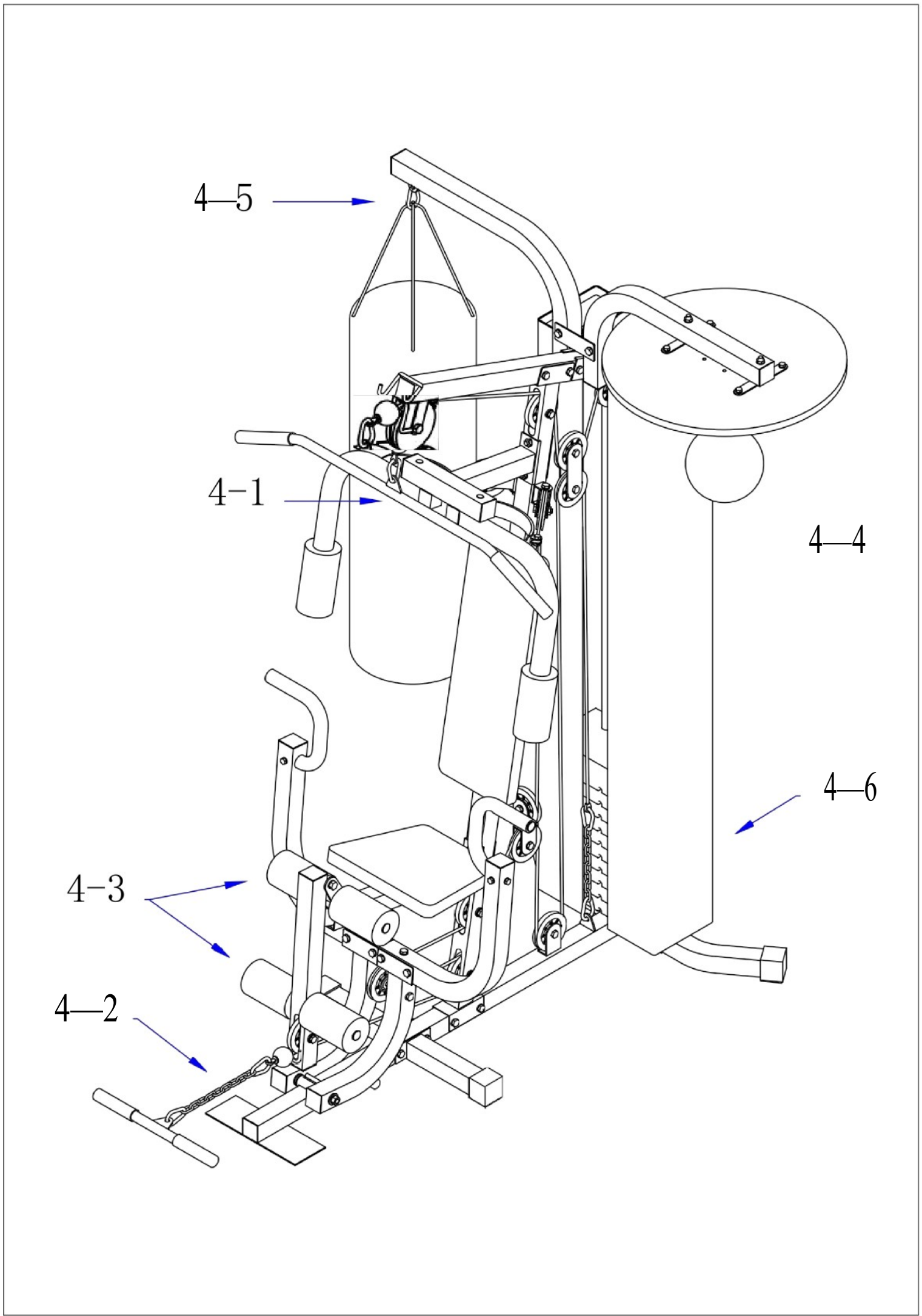
STEP:11

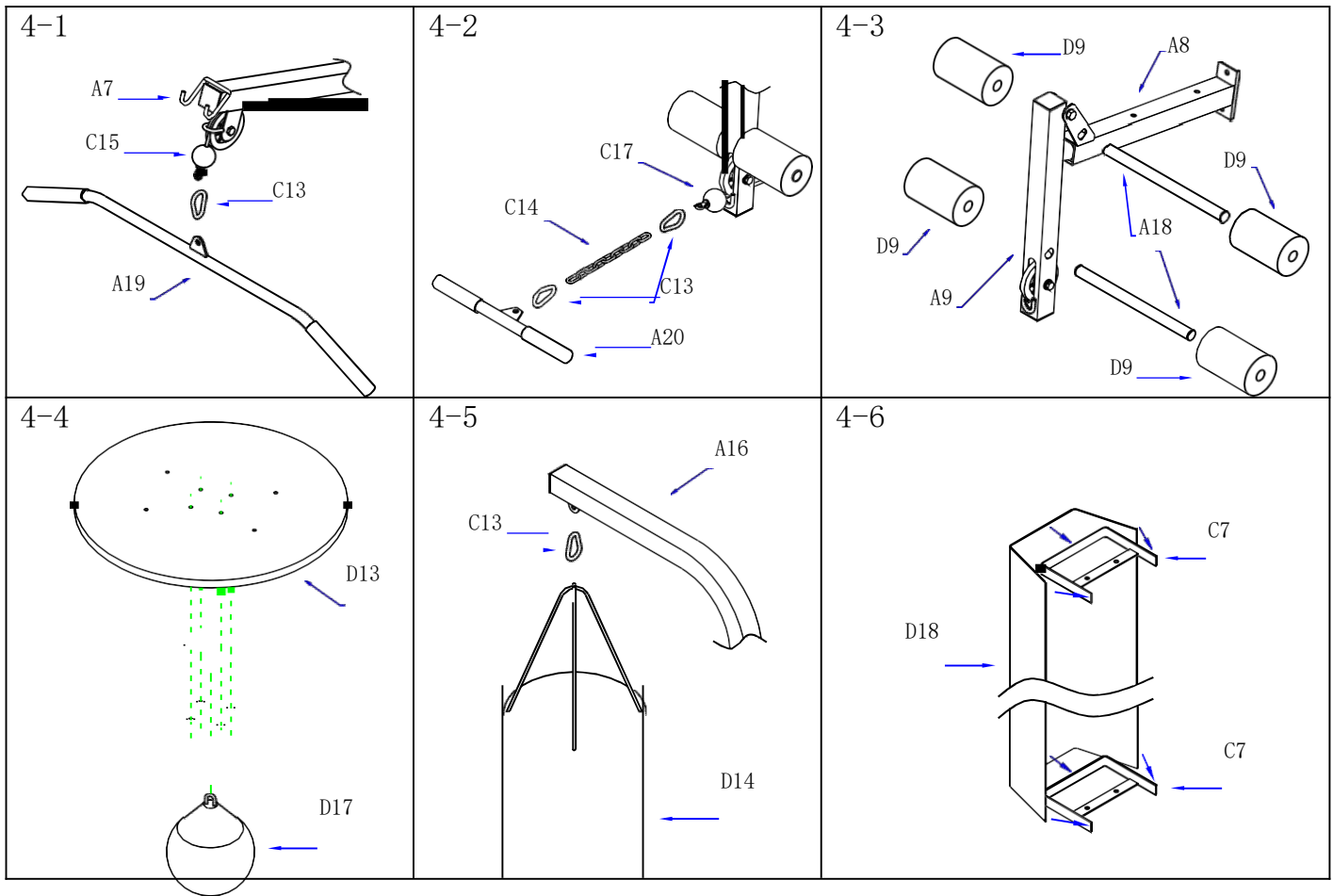
1. Fit the butterfly arm wire rope (C17) on the 2-1 assembly Use 1 bolts (B7) and 1 nuts (B11).
2. Then go through the 2-2 pulley stand. Mounting pulley (D1). Use 1 bolts (B6) and 1 nuts (B10).
3. Then go through the 2-3 pulley block. Fit the pulley (D1) to the pulley block. Use 1 bolts (B6) and 1 nuts (B10).
4. Then go through the 2-4 pulley stand. Mounting pulley (D1) Use 1 bolts (B6) and 1 nuts (B10).
5. Finally. mount on the 2-5 combination. Use 1 bolts (B7) and 1 nuts (B11).



STEP:12

1. Cross the lower wire rope (C16) through the 3-1 pulley frame. Mounting pulley (D1). Use 1 bolts (B4). 2 washers (B13). 2 T bushings (D4) and 1 nuts (B10).
2. Then go through the 3-2 pulley stand. Mounting pulley (D1) Use 1 bolts (B4). 2 washers (B13). 2 T bushings (D4) and 1 nuts (B10).
3. Then go through the 3-3 pulley stand, Mounting pulley (D1) Use 1 bolts (B3). 2 washers (B13). 2 positioning sleeves (D4) and 1 nuts (B10).
4. Then go through the 3-4 pulley stand. Mounting pulley (D1) Use 1 bolts (B4). 2 washers (B13). 2 T bushings (D4) and 1 nuts (B10).
5. Then go through the 3-5 pulley block. Fit the pulley (D1) to the pulley block. Use 1 bolts (B6) and 1 nuts (B10).
6. Then go through the 3-6 pulley stand, Use 1 bolts (B4). 2 washers (B13) and 1 nuts (B10).
7. Then go through the 3-7 pulley block. The pulley (D1) is mounted on the pulley connecting piece (C3) Use 1 bolts (B6) and 1 nuts (B10).
8. Finally install on the 3-8 combination. Use 2 safety hooks (C13) and 1 adjusting chains (C14)





STEP:13

1. Fit the high tension bar (A19) to the 4-1 assembly , Use safety hook (C13).
2. Fit the low tie bar (A20) together on the 4-2, Use 2 safety hooks (C13) and a chain (C14).
3. Install the 4-3 combination, Penetrate 2 foam tubes (A18) into the (A9) . Fit 4 small foam (D9).
4. Install the 4-4 combination,Then install the speed ball (D17) on the disk (D13).
5. Install the 4-5 combination.Fit the boxing bag (D14) on the hanger pipe (A16) of the boxing bag.Use 1 safety hooks (C13).
6. Install the 4-6 combination.A protective cover (D12) is mounted on the mesh cover frame (C7).