

IRONEDGE.

Multi Cable Station - 4 Stack

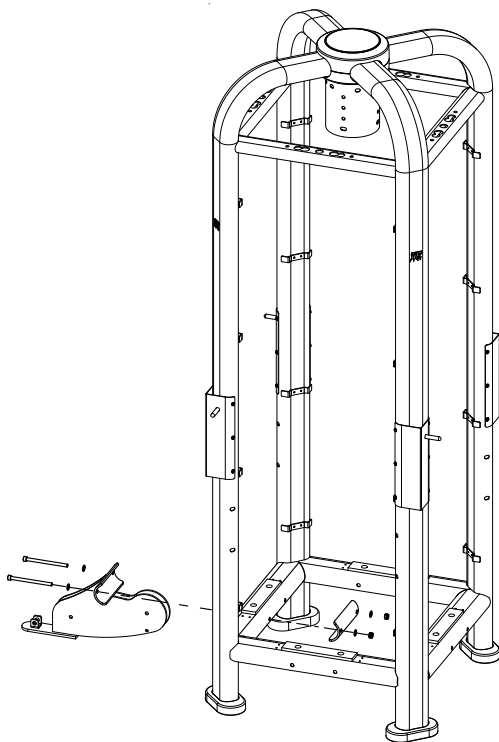
Setup Instructions



Table Of Contents

Assembly Instructions.....	2-25
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STEP 1



Parts

Part No: 1
Name: Lower Pulley Holder
Q'TY: 1



Part No: 2
Name: Backup Plate
Q'TY: 1



Part No: 23
Name: Main Frame
Q'TY: 1



Tools



17 mm



8 mm

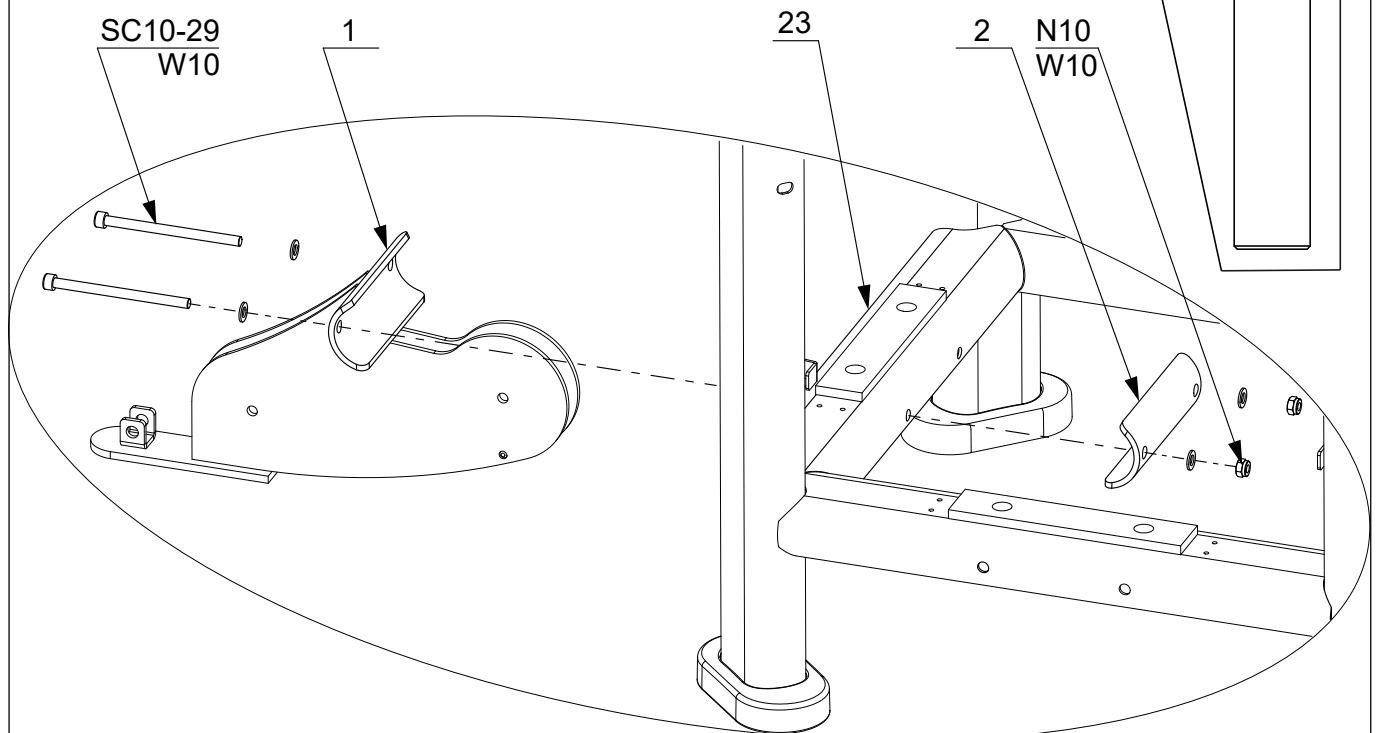
Fixings

W10
4PCS

SC 10-29 2 PCS

N10
2 PCS

Assemble The Lower Pulley Holder(#1).



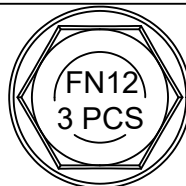
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STEP 2

Fixings

S8-7 8 PCS



Parts

Part No: 11
Name: Buffer Ring
Q'TY: 8
Part No: 12
Name: 7.5Kg Weight Plate
Q'TY: 38
Part No: 13
Name: Weight Label 147.5 Kg
Q'TY: 2

Parts

Part No: 3
Name: Rod Retainer
Q'TY: 8
Part No: 4
Name: External Retainer Ring
Q'TY: 8
Part No: 5
Name: Guide Rod
Q'TY: 8
Part No: 6
Name: Pulley Holder
Q'TY: 3
Part No: 7
Name: Weight Pin
Q'TY: 4
Part No: 8
Name: Top Weight Plate
Q'TY: 4
Part No: 9
Name: 5Kg Weight Plate
Q'TY: 38
Part No: 10
Name: Weight Label
Q'TY: 2

Assemble The Weight Stack.

S8-7

3
4

5

6

FN12

7

8

9

19 pcs

10

12
19 pcs

11

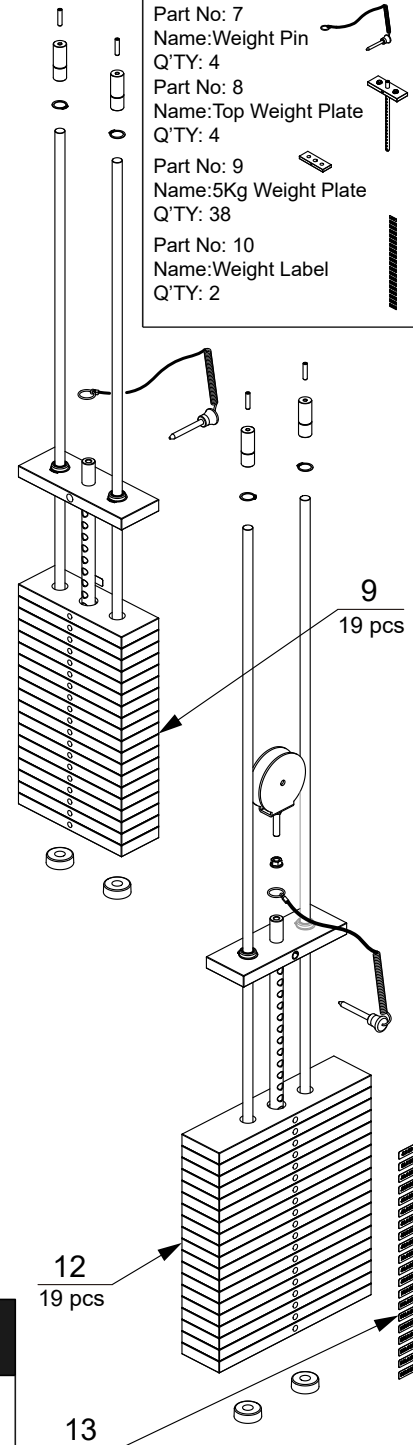
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Tools

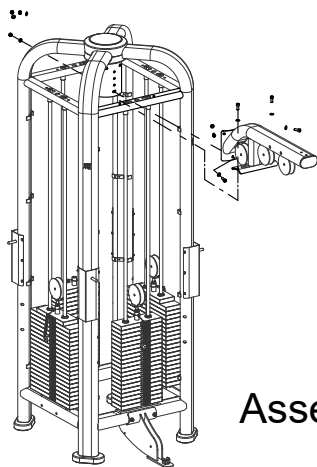


4 mm
19 mm



ADJUSTABLE CABLE STATION

STEP 3



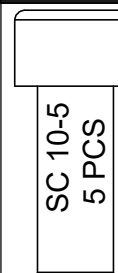
Assemble The Top Pulley Frame(#14).

Parts

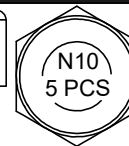
Part No: 14
Name: Top Pulley Frame
Q'TY: 1



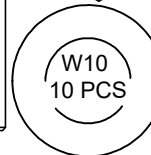
Fixings



SC 10-5
5 PCS



N10
5 PCS



W10
10 PCS

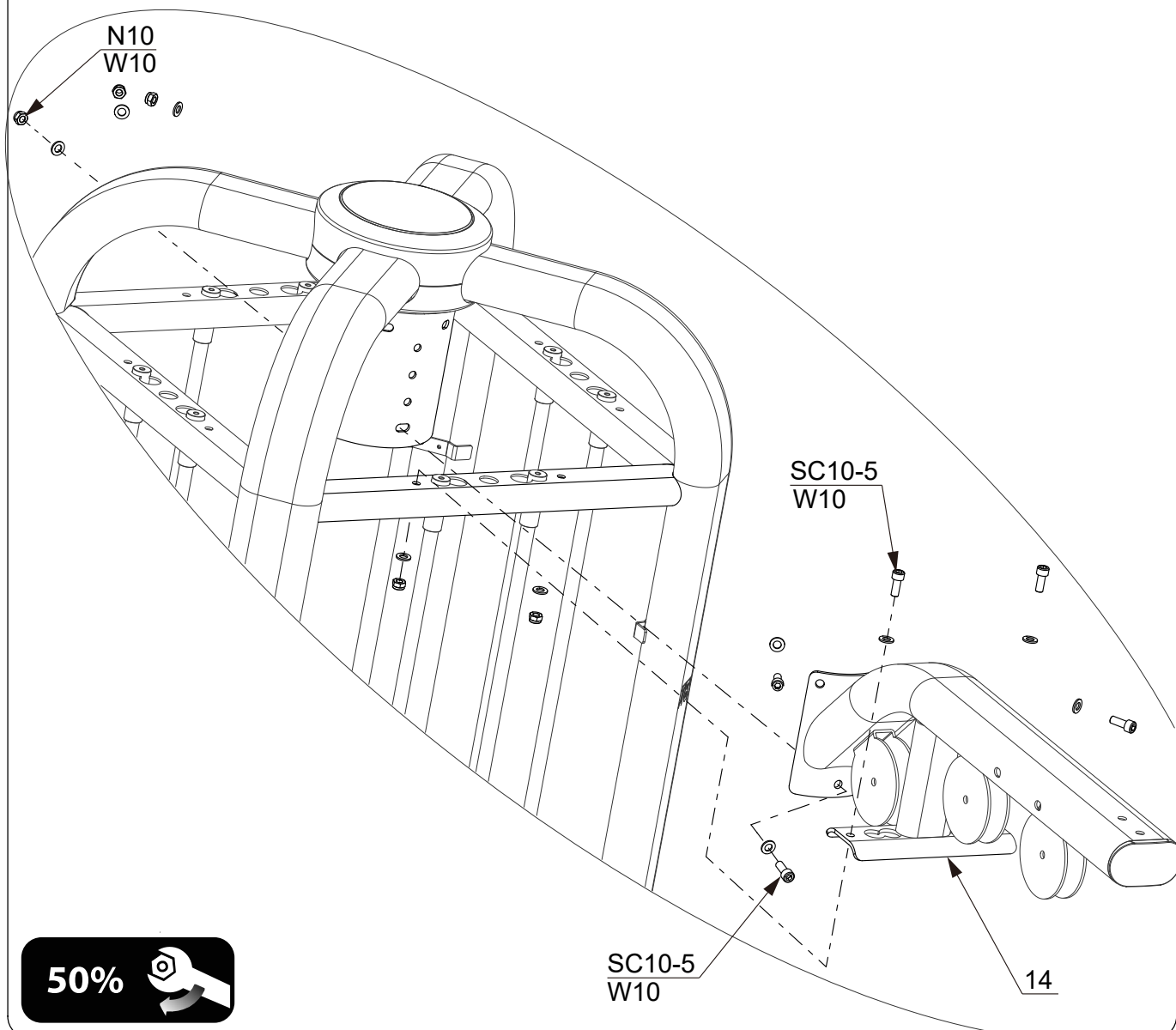
Tools



17 mm



8 mm

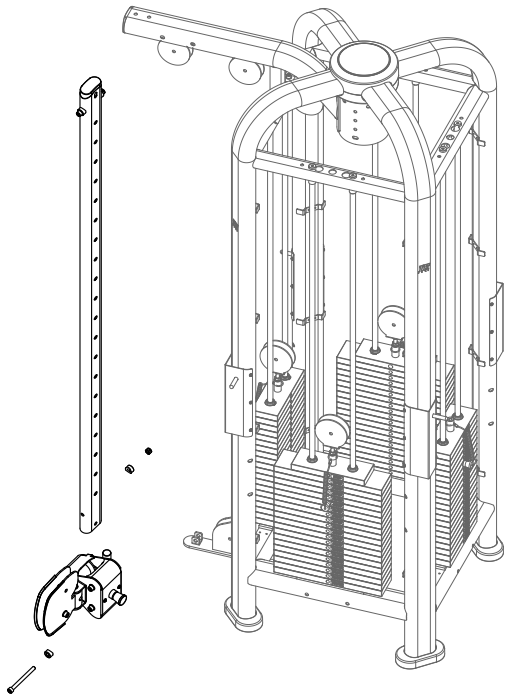


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ADJUSTABLE CABLE STATION

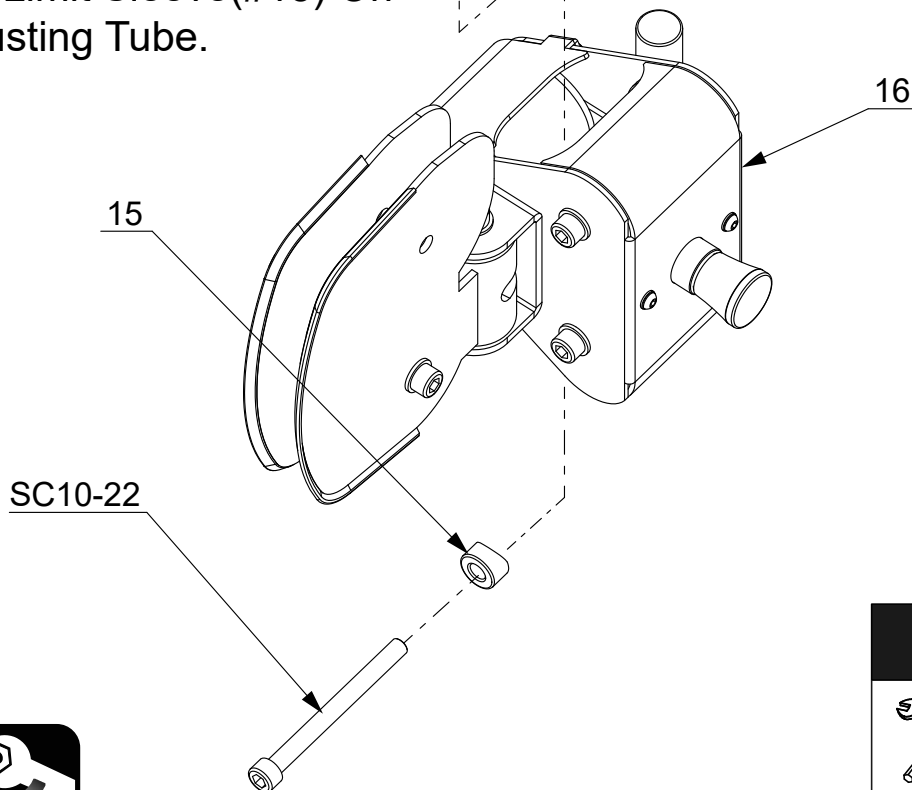
STEP 4



Put The Adjusting Tube(#17)
Into The Carriage(#16),Then
Fix The Limit Sleeve(#15) On
The Adjusting Tube.

Parts
Part No: 15 Name:Limit Sleeve Q'TY: 2
Part No: 16 Name:Carriage Q'TY: 1
Part No: 17 Name:Adjusting Tube Q'TY: 1

Fixings
N10 1 PC
SC 10-22 1 PC



Tools
17 mm
8 mm

50%



ADJUSTABLE CABLE STATION

STEP 5

Parts

Part No: 18
Name: Connection Plate
Q'TY: 2



Fixings

SC 10-14 1 PC

SC 10-28 2 PC

SC 10-11 1 PC

W10
8 PCS

(N10)
4 PCS

Tools



17 mm



8 mm

Assemble The Adjusting Tube (#17) To The Top Pulley Frame (#14) And The Lower Pulley Holder (#1).

SC10-28
W10

$$\frac{\text{SC10-11}}{\text{W10}}$$

SC10-14
W10

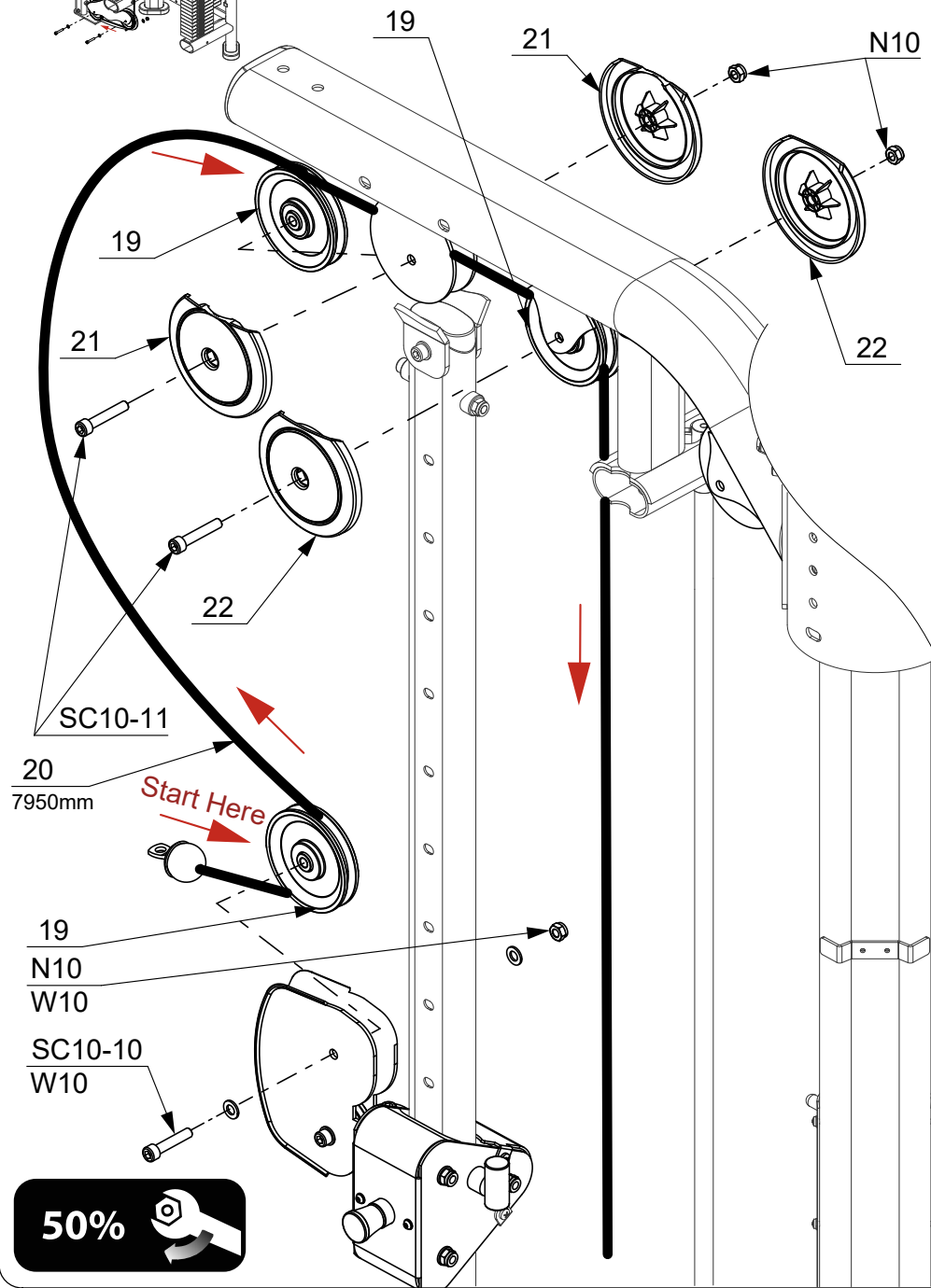
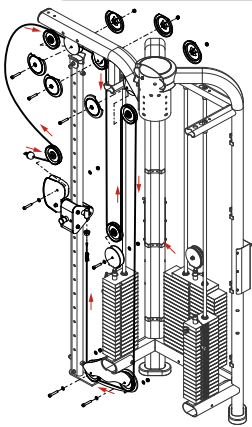
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ADJUSTABLE CABLE STATION

STEP 6

Assemble The Cable(#19)
—— 1/3.



Parts

Part No: 19
Name:114 Pulley
Q'TY: 3



Part No: 20
Name:Cable
Q'TY: 1



Part No: 21
Name:Pulley Cap
Q'TY: 2



Part No: 22
Name:Pulley Cap
Q'TY: 2



Fixings

SC 10-10 1 PC

SC 10-11 2 PCS

W10
2 PCS

N10
3 PCS

Tools



17 mm



8 mm

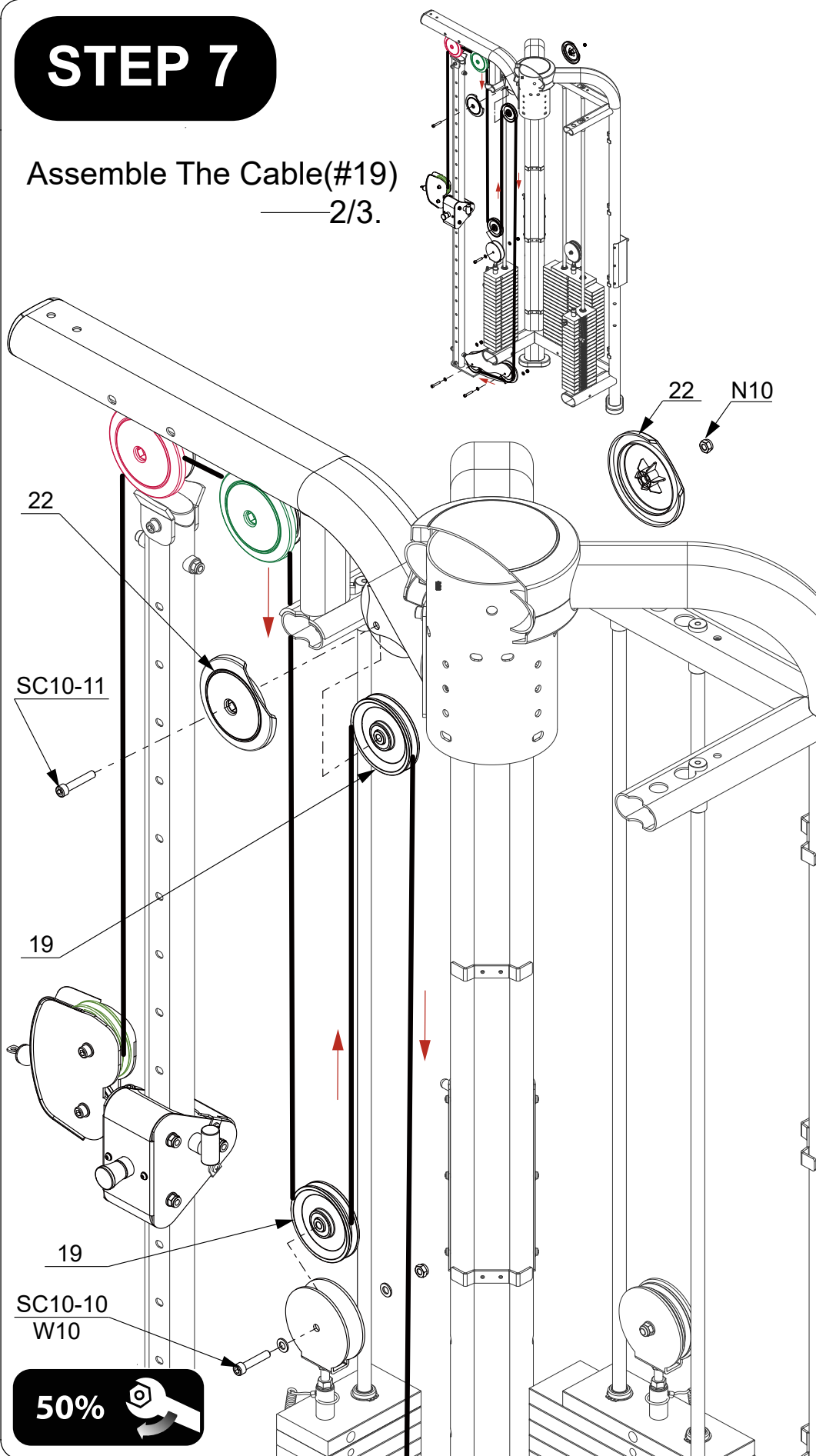
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ADJUSTABLE CABLE STATION

STEP 7

Assemble The Cable(#19)
———2/3.



Parts

Part No: 19
Name:114 Pulley
Q'TY: 3



Part No: 22
Name:Pulley Cap
Q'TY: 2



Fixings

SC 10-10 1 PC

SC 10-11 1 PC

W10
2 PCS

N10
2 PCS

Tools



17 mm

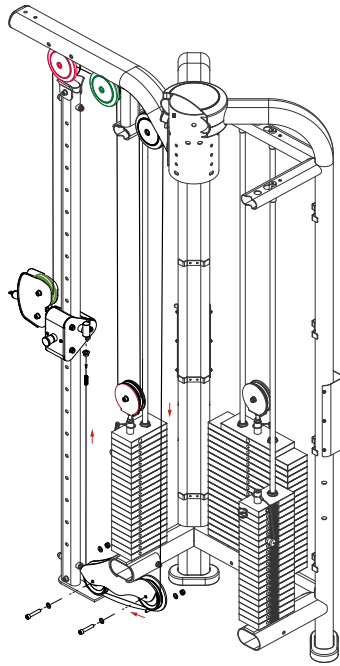


8 mm

ADJUSTABLE CABLE STATION

STEP 8

Assemble The Cable(#19)
—— 3/3.



Parts

Part No: 19
Name: 114 Pulley
Q'TY: 2



Fixings

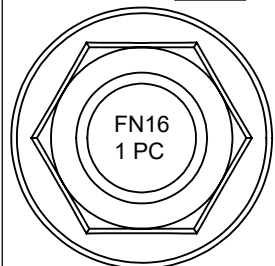


N10
2 PCS



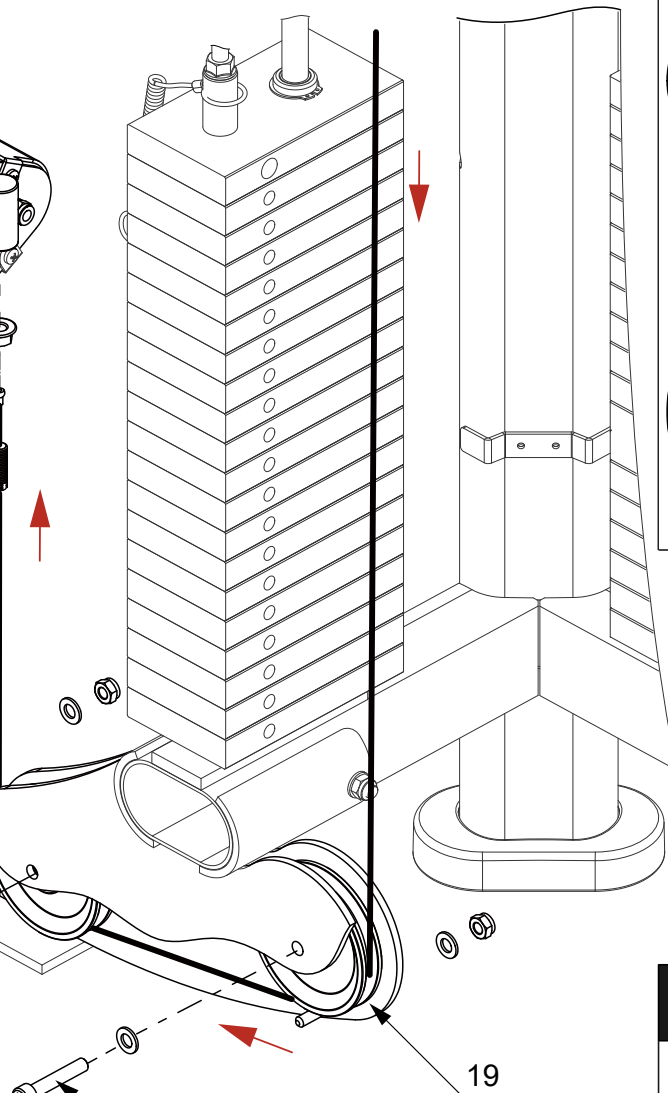
W10
4 PCS

SC 10-11 2 PCS



FN16
1 PC

FN16



19

SC10-11
W10

50%



Tools



17 mm

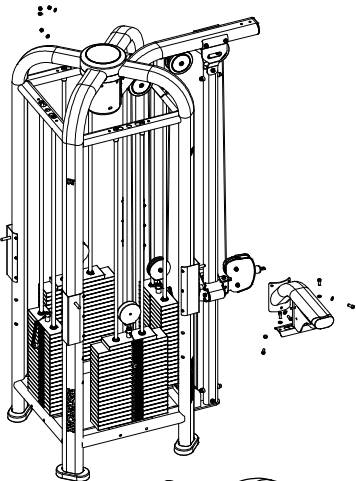


8 mm

SEATED ROW STATION

STEP 9

Assemble Top Pulley Frame (#23).



Parts

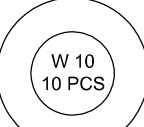
Part No: 23
Name: Main Frame
Q'TY:1



Part No: 24
Name: Top Pulley Frame
Q'TY:1



Fixings



SC10-5 5 PCS

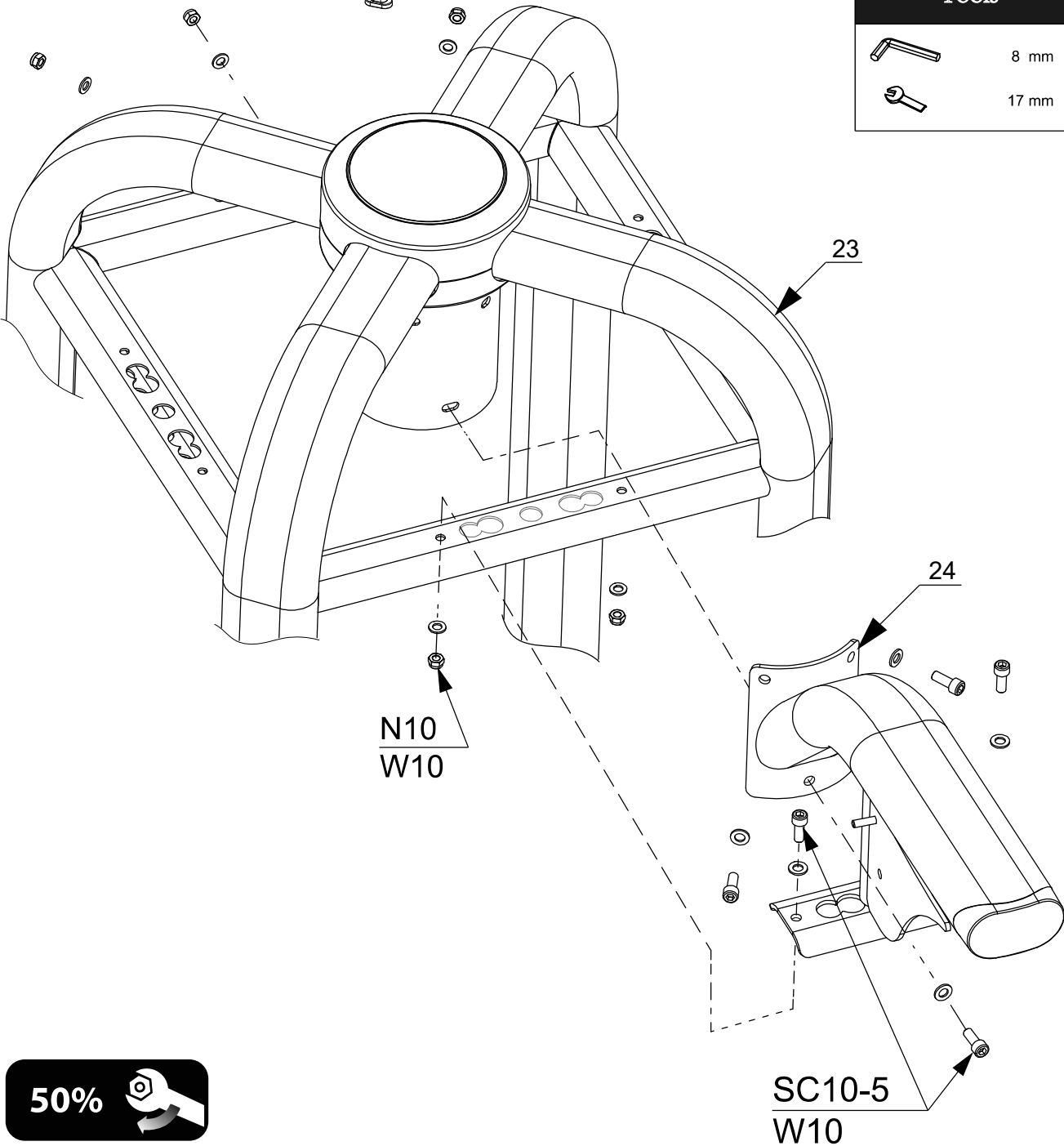
Tools



8 mm



17 mm



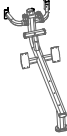
SEATED ROW STATION

STEP 10

Assemble The Rowing
Seat Frame(#25).

Parts

Part No: 25
Name: Rowing Seat Frame
QTY:1



Tools

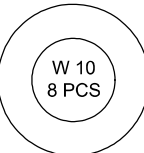
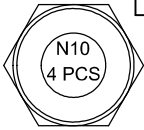


8 mm

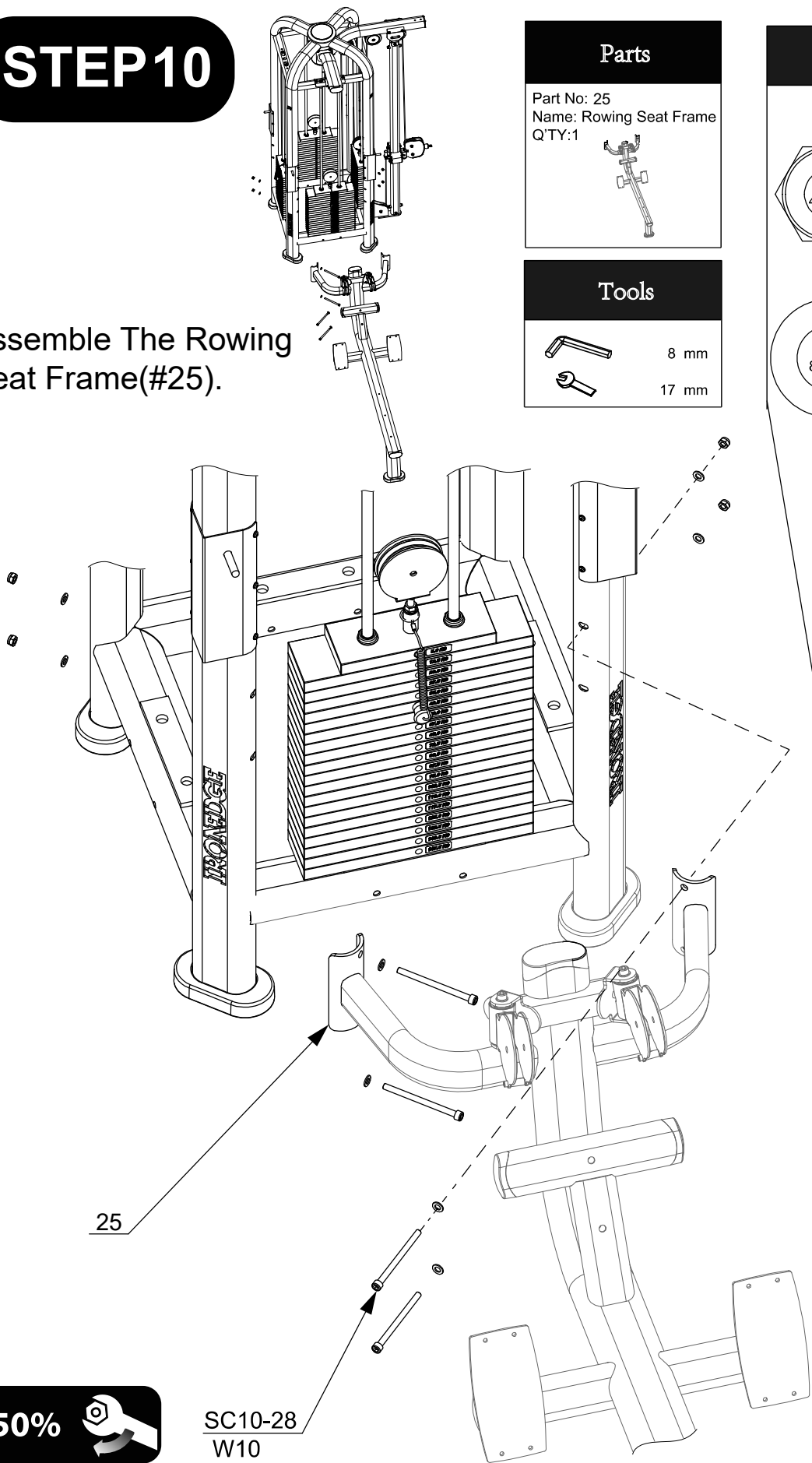


17 mm

Fixings



SC10-28 4 PCS



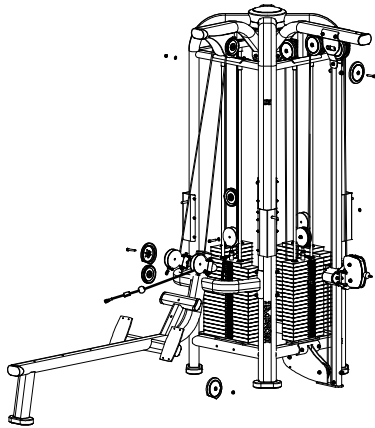
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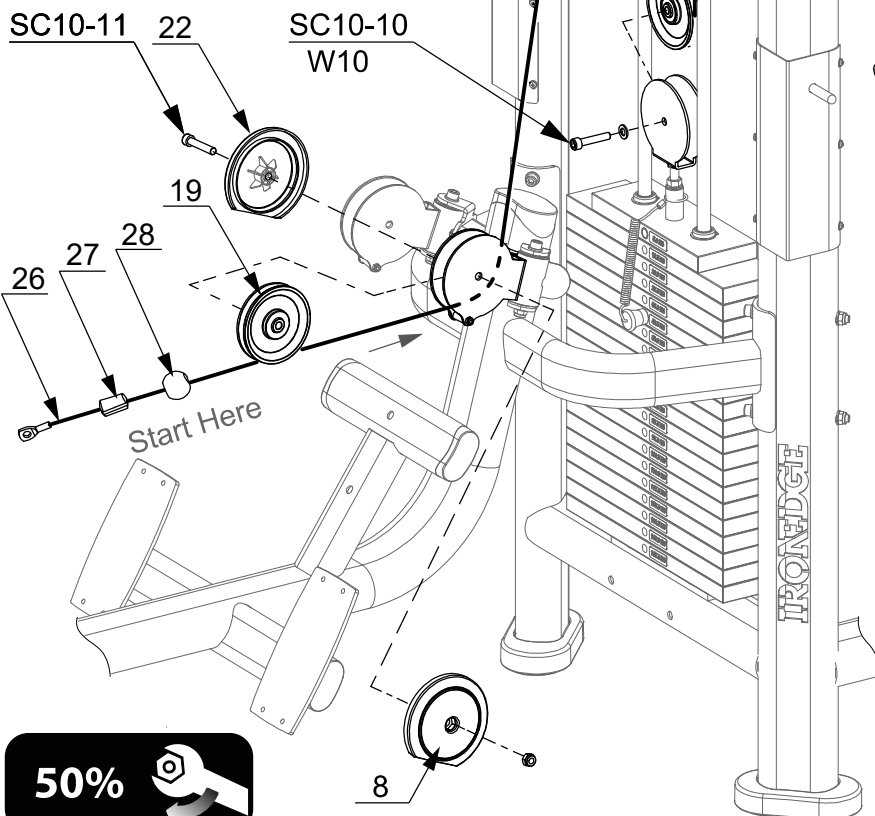
SC10-28
W10

SEATED ROW STATION

STEP 11



Assemble The Rowing System -1/2.



Parts

Part No: 26
Name: Rowing Cable
Q'TY:1

Part No: 27
Name: Cable Clip
Q'TY:1

Part No: 28
Name: Clip Sleeve
Q'TY:1

Part No: 29
Name: Pulley Cover
Q'TY:1

Part No: 22
Name: Pulley Cover
Q'TY:2

Part No: 19
Name: 114 Pulley
Q'TY:3

Fixings

SC10-10 2 PCS

SC10-11 1 PCS

W10
2 PCS

N10
3 PCS

Tools



17 mm



8 mm

50%

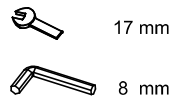


SEATED ROW STATION

STEP 12

Assemble The Cable System - 2/2.

Tools



Parts

- Part No: 27
Name: Cable Clip
Q'TY:1
- Part No: 28
Name: Clip Sleeve
Q'TY:1
- Part No: 29
Name: Pulley Cover
Q'TY:1
- Part No: 22
Name: Pulley Cover
Q'TY:2
- Part No: 19
Name: 114 Pulley
Q'TY:

Fixings

1 PCS

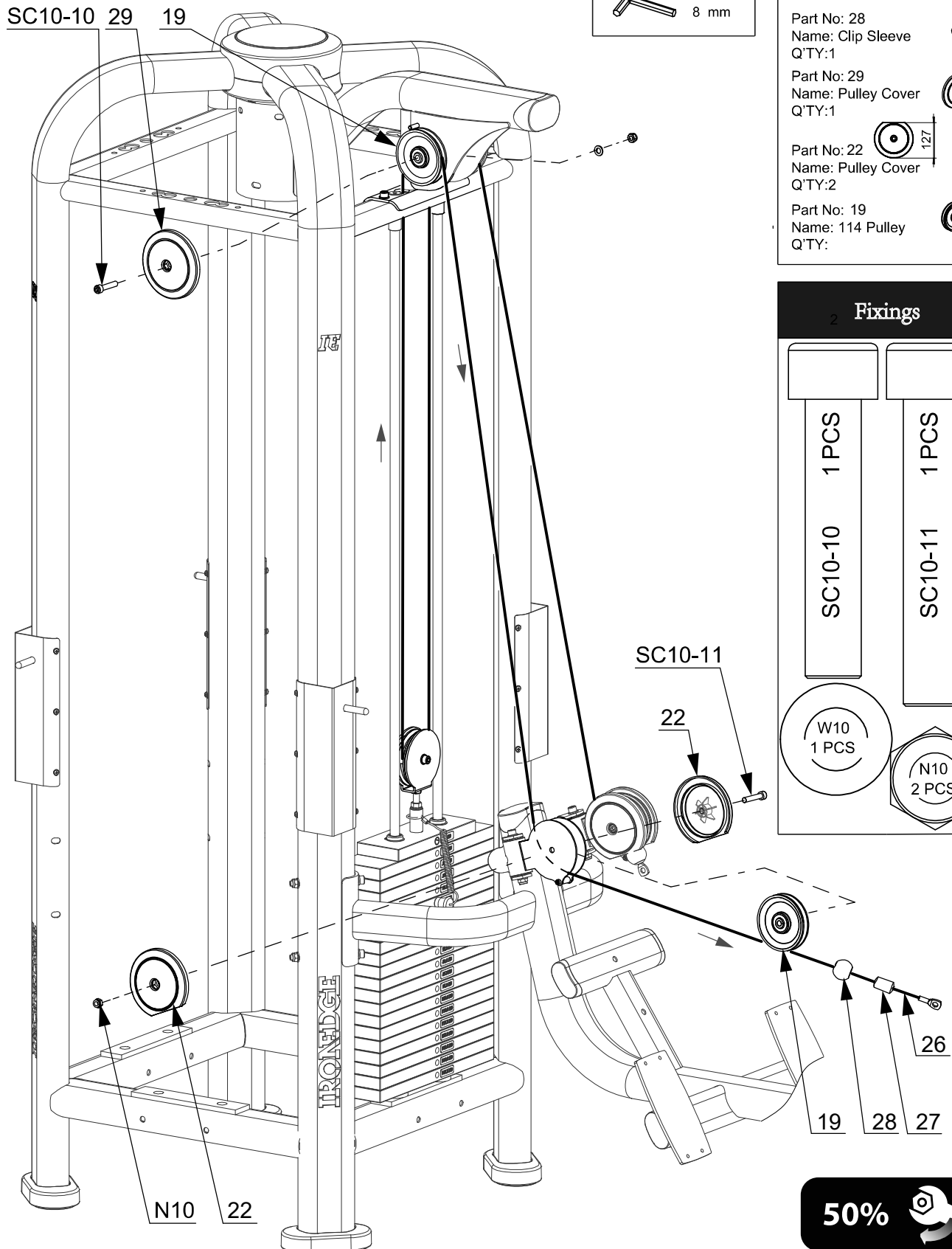
SC10-10

W10
1 PCS

1 PCS

SC10-11

N10
2 PCS



50%



SEATED ROW STATION

STEP 13

Tools



Parts

Part No: 30
Name: Mid-Pedal
Q'TY:1

Part No: 31
Name: Side Pedal
Q'TY:2

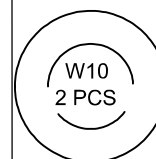
Fixings



8 PCS

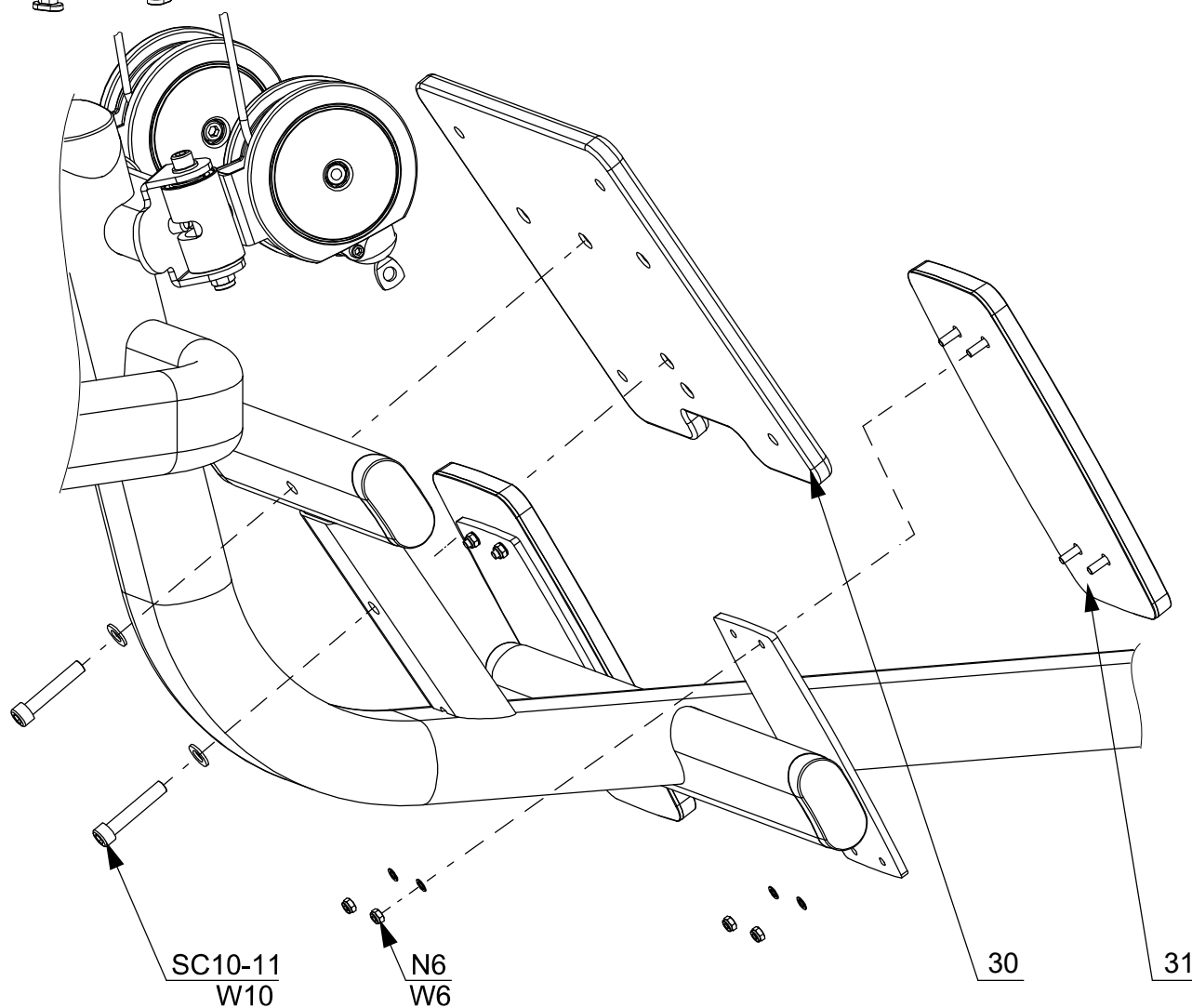
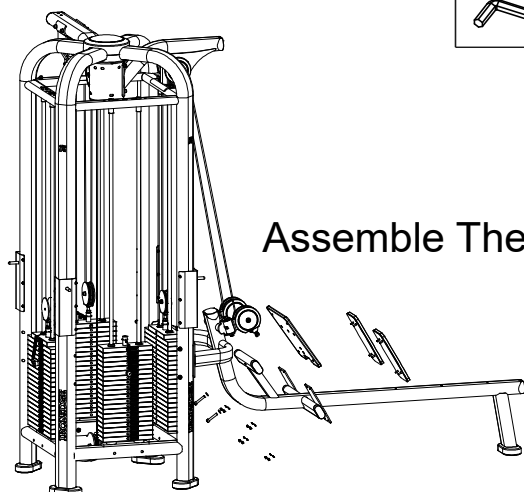


8 PCS



SC10-11 2 PCS

Assemble The Pedal(#30 &# 31).

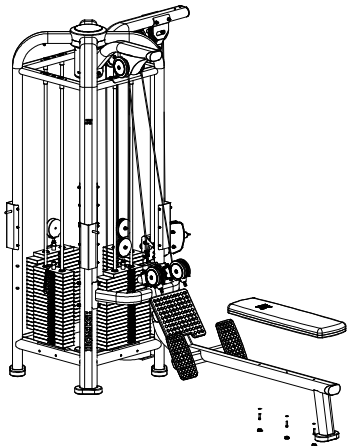


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SEATED ROW STATION

STEP 14



Tools



6 mm

Parts

Part No: 32
Name: Long Seat Pad
Q'TY:1

Part No: 33
Name: D25 Hole Cap
Q'TY:1

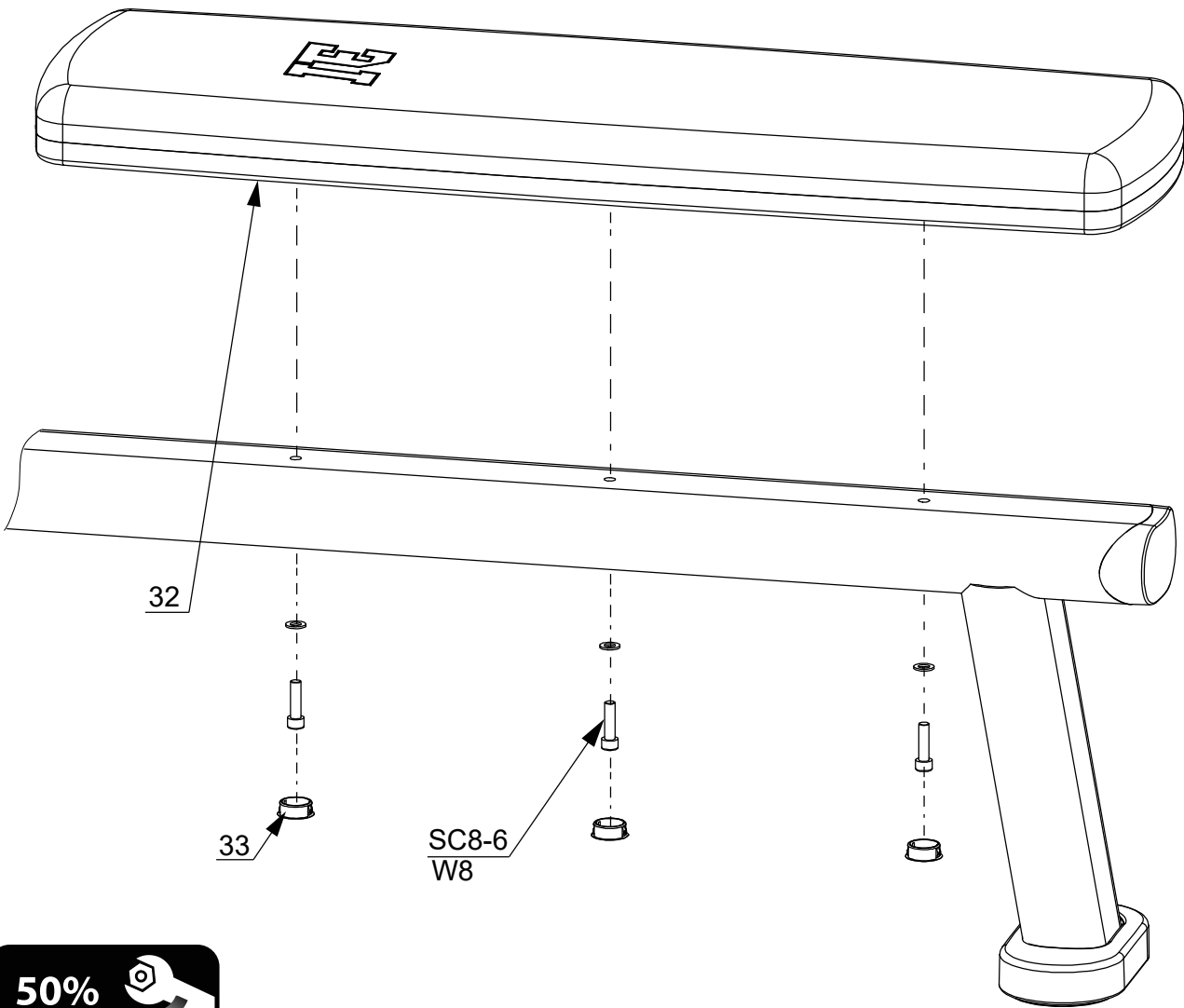


Fixings



SC8-6 3PCS

Assemble The Seat Pad(#32).



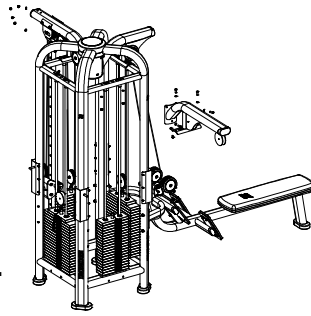
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TRICEP PULL DOWN STATION

STEP 15

Assemble The Top Pulley Frame(#34).

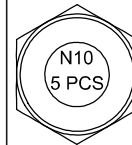


Parts

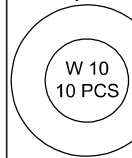
Part No: 34
Name:
Top Pulley Frame
Q'TY:1



Fixings



N10
5 PCS



W 10
10 PCS

SC10-5 5 PCS

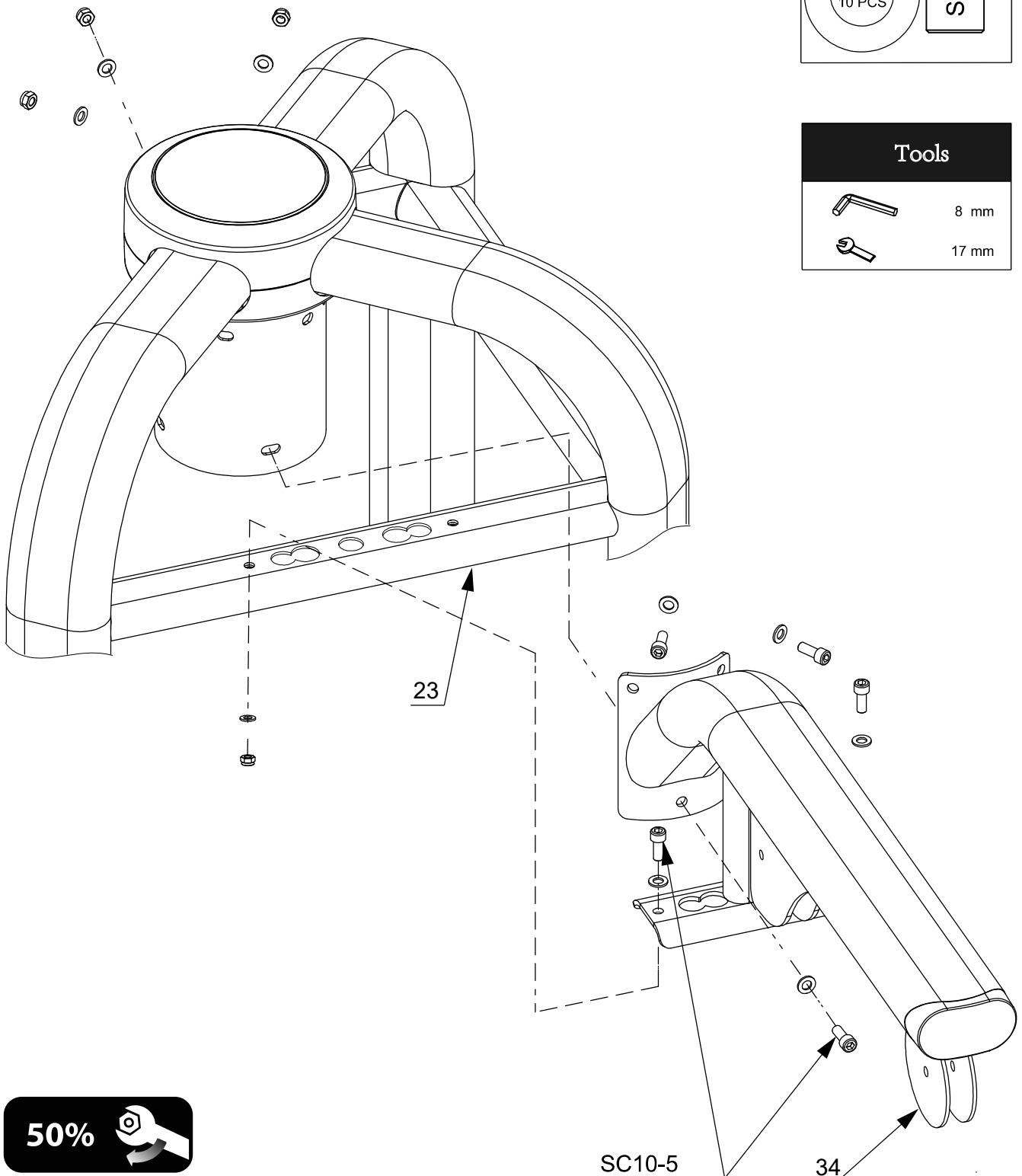
Tools



8 mm



17 mm

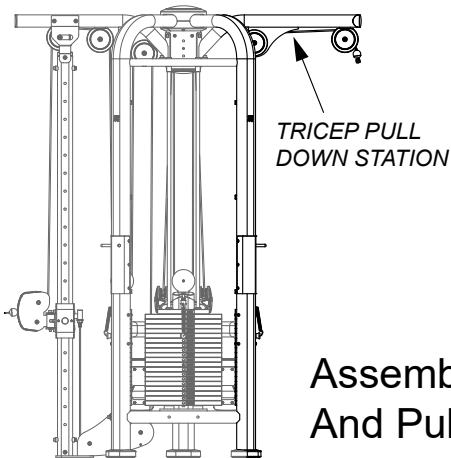


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TRICEP PULL DOWN STATION

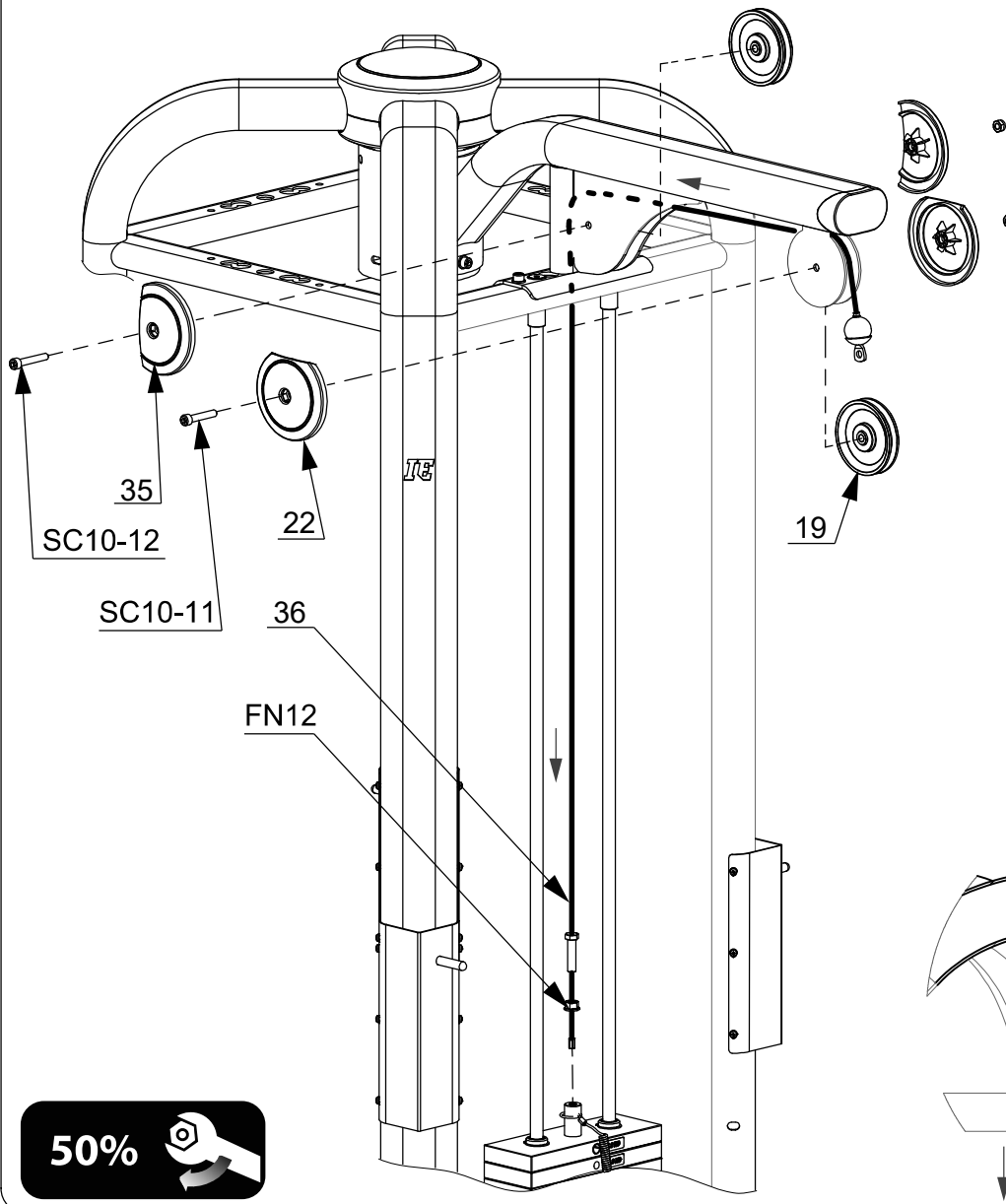
STEP 16



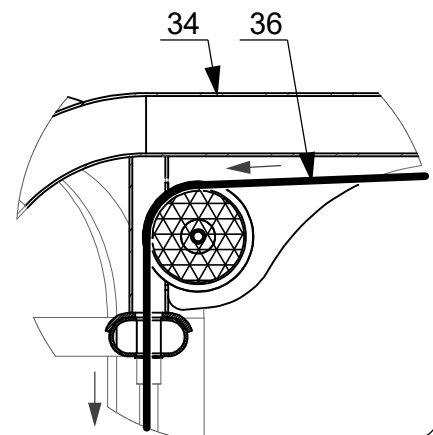
Assemble The Cable(#36)
And Pulleys(#19).

Parts	
Part No:35 Name: Pulley Cover Q'TY:1	
Part No:36 Name: Cable Q'TY:1	
Part No:22 Name: Pulley Cover Q'TY:2	
Part No:19 Name: 114 Pulley Q'TY:2	

Fixings	
SC10-11 1PCS	SC10-12 1PCS
N10 2 PCS	FN12 1 PC



Tools	
	19 mm
	8 mm

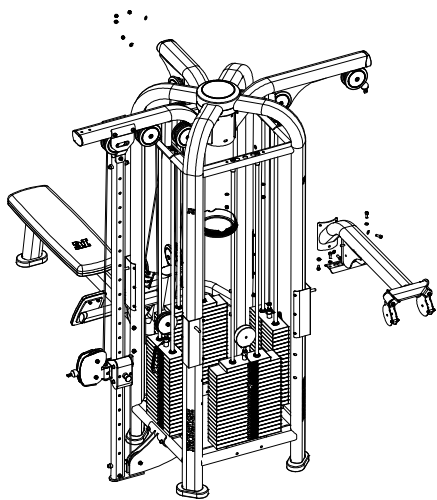


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LAT PULL DOWN STATION

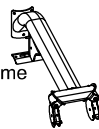
STEP 17



Assemble The Top Frame(#37).

Parts

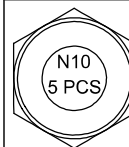
Part No: 37
Name: Top Frame
Q'TY: 1



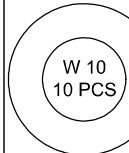
Part No: 38
Name: D180 Tube Cap
Q'TY: 1



Fixings



N10
5 PCS



W 10
10 PCS

SC10-5 5 PCS

Tools



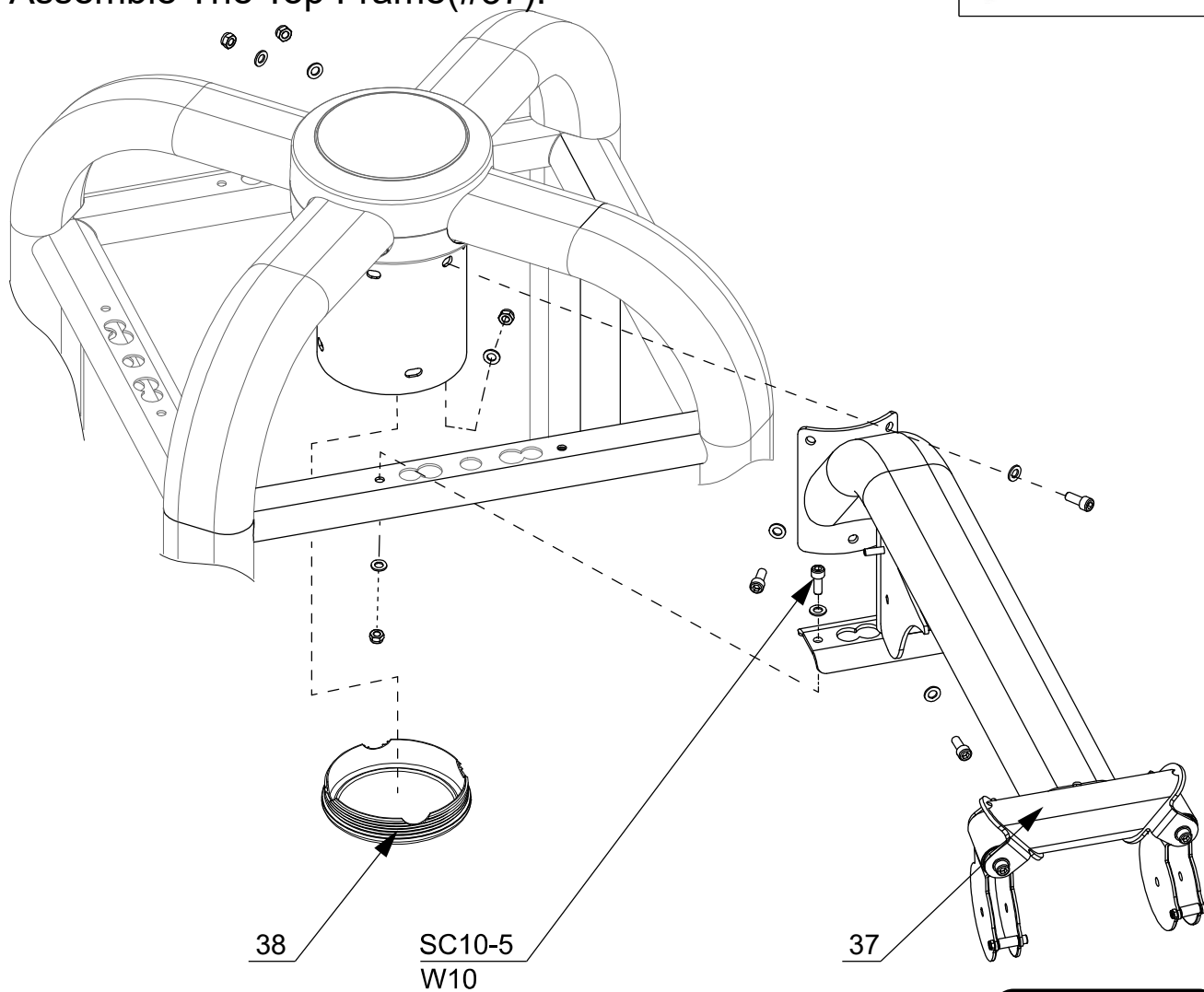
8 mm



17 mm



Rubber Hammer

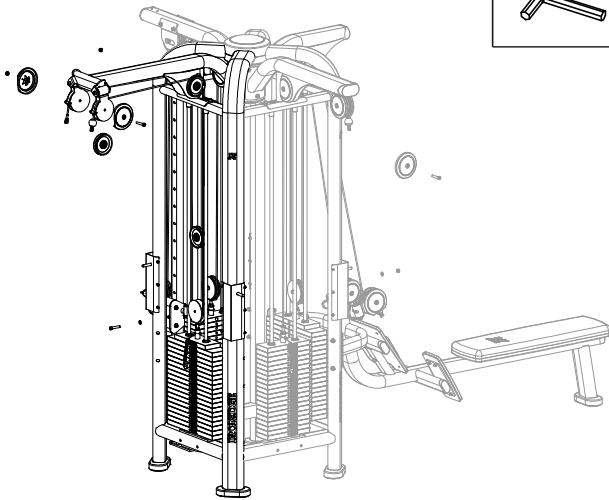


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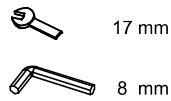


LAT PULL DOWN STATION

STEP 18



Tools



Parts

Part No: 39
Name: Cable
Q'TY:1

Part No: 27
Name: Cable Clip
Q'TY:1

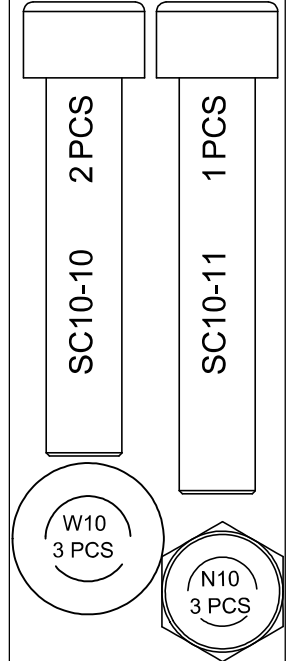
Part No: 28
Name: Clip Sleeve
Q'TY:1

Part No: 29
Name: Pulley Cover
Q'TY:1

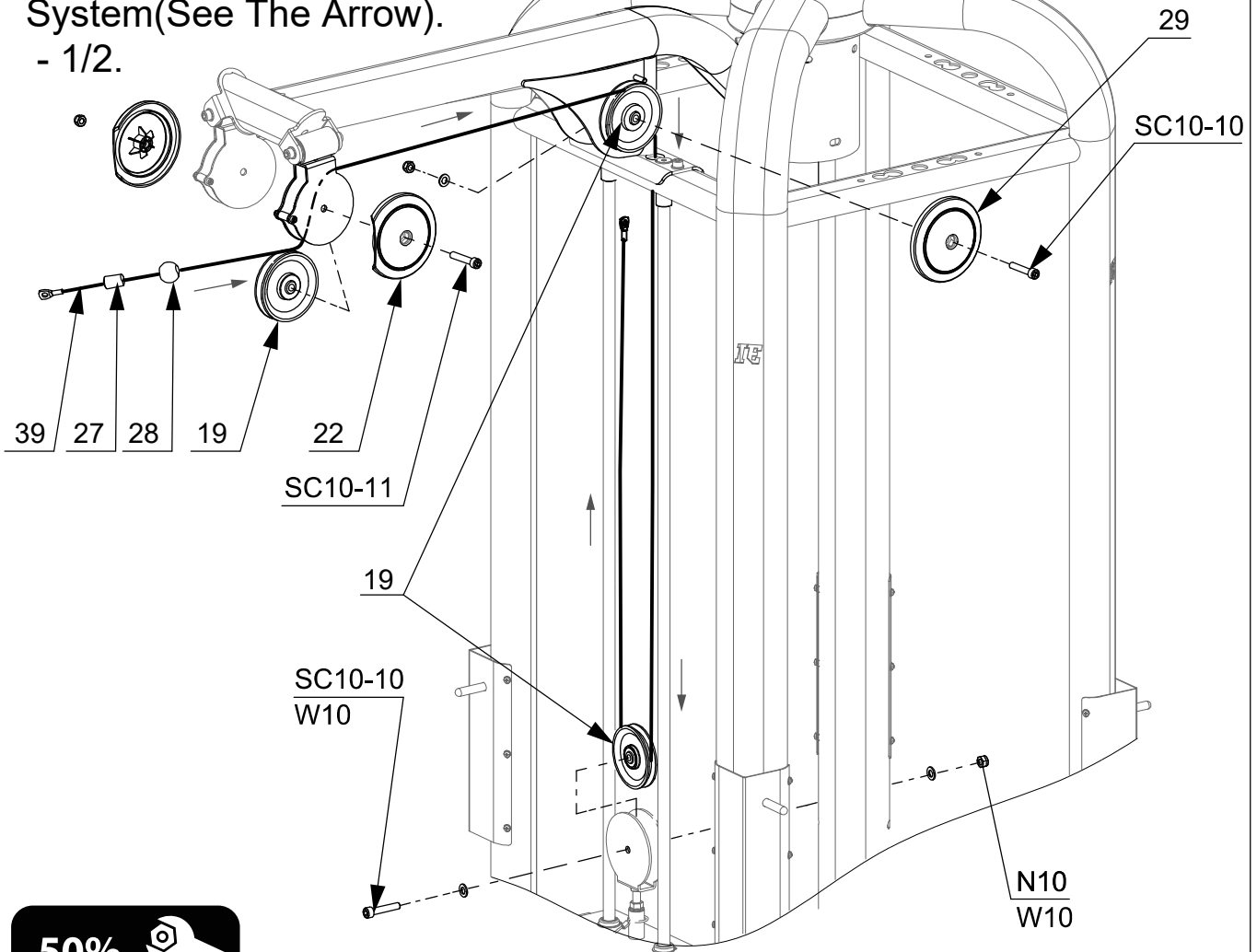
Part No: 22
Name: Pulley Cover
Q'TY:2

Part No: 19
Name: 114 Pulley
Q'TY:3

Fixings



Assemble The Cable(#39) By Entering
From The Right Side Pulley
System(See The Arrow).
- 1/2.



50%



LAT PULL DOWN STATION

STEP 19

Tools



8 mm

Parts

Part No: 27
Name: Cable Clip
Q'TY:1



Part No: 28
Name: Clip Sleeve
Q'TY:1



Part No: 29
Name: Pulley Cover
Q'TY:1



Part No: 22
Name: Pulley Cover
Q'TY:2



Part No: 19
Name: 114 Pulley
Q'TY:3



Fixings

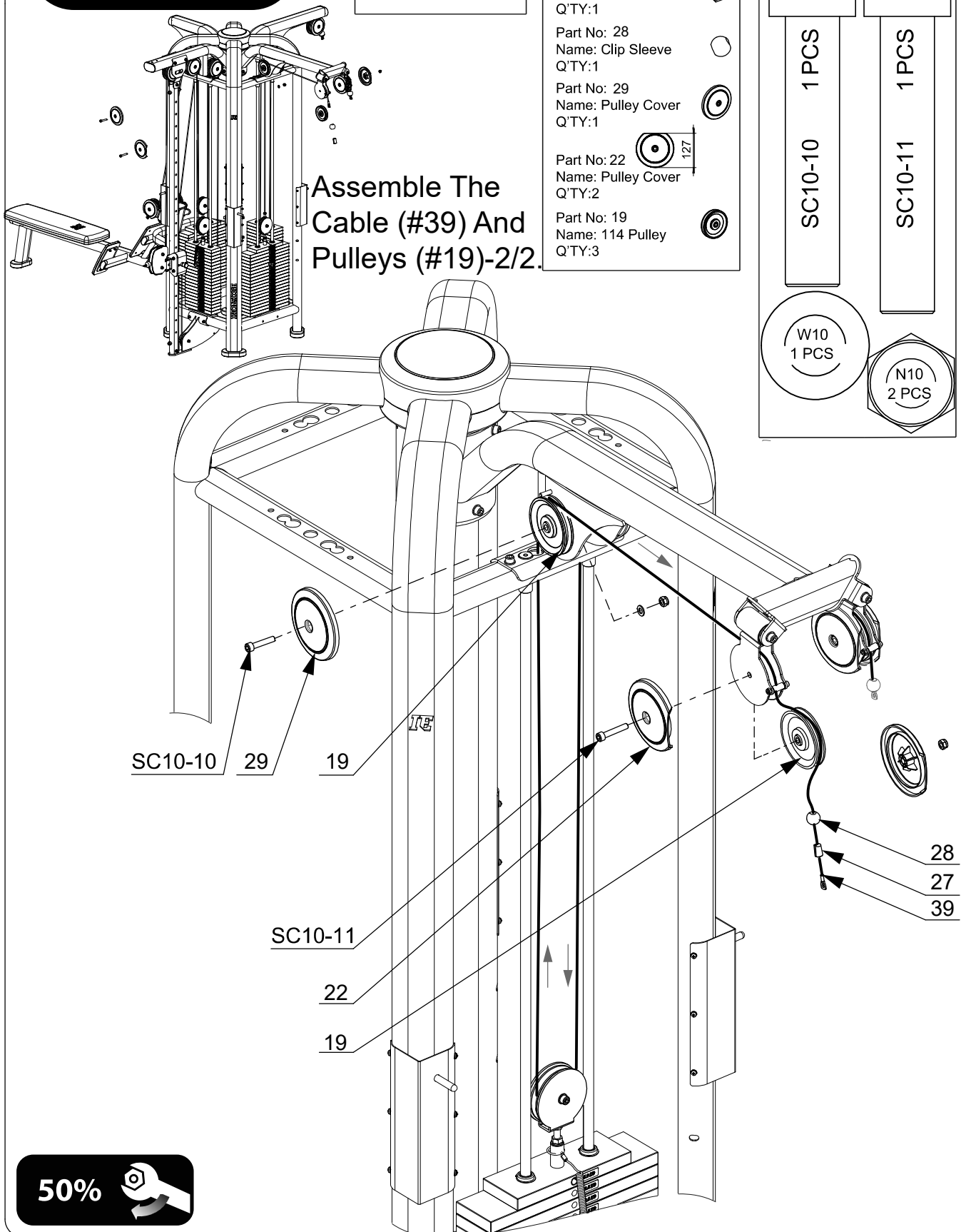
SC10-10 1 PCS

SC10-11 1 PCS

W10
1 PCS

N10
2 PCS

Assemble The
Cable (#39) And
Pulleys (#19)-2/2.

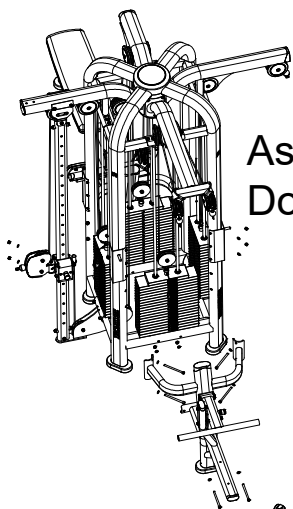


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LAT PULL DOWN STATION

STEP 20



Assemble The Lat Pull Down Seat Frame(#40).

Parts

Part No: 40
Name: Pull down
Seat Frame
Q'TY: 1



Tools

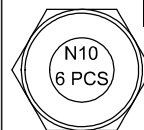


8 mm

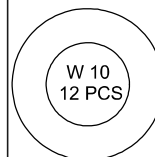


17 mm

Fixings

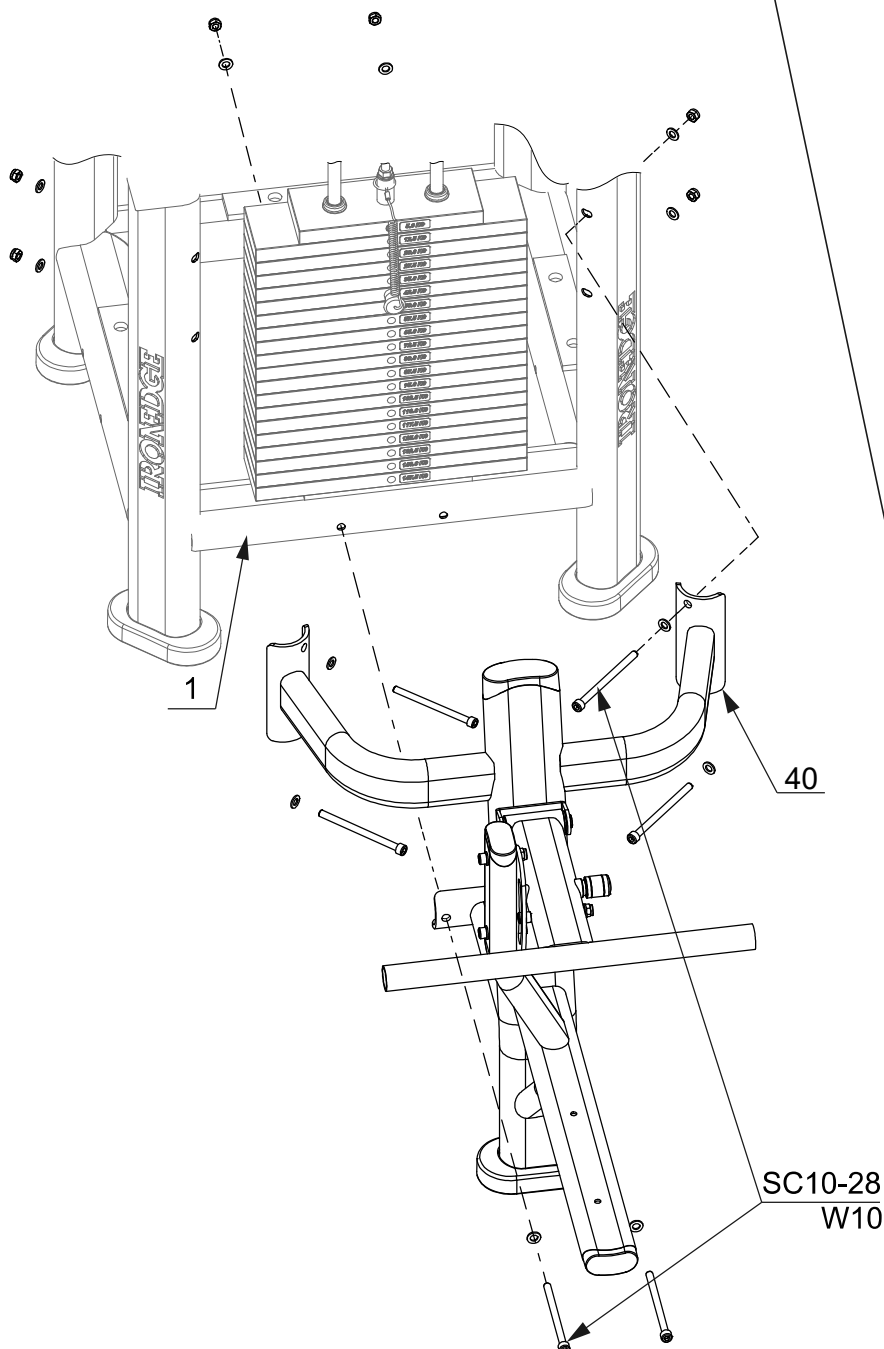


N10
6 PCS



W 10
12 PCS

SC10-28 6 PCS

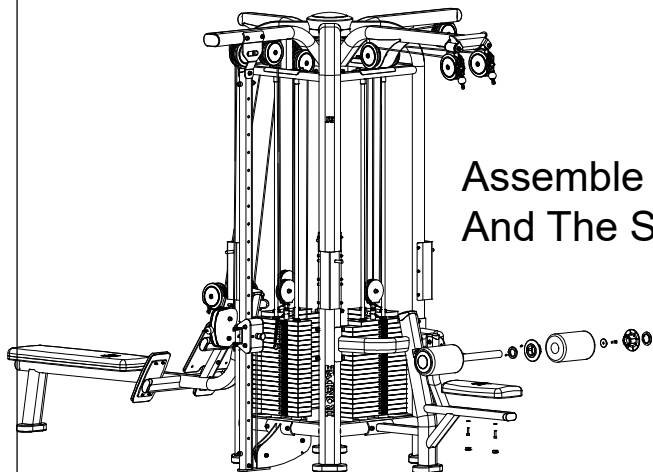


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LAT PULL DOWN STATION

STEP 21



Assemble The Foam Roller (#43)
And The Seat Pad (#45).

Parts

Part No: 46
Name: Roller Cap
Q'TY: 2 PCS

Part No: 41
Name: Big Washer
Q'TY: 2 PCS

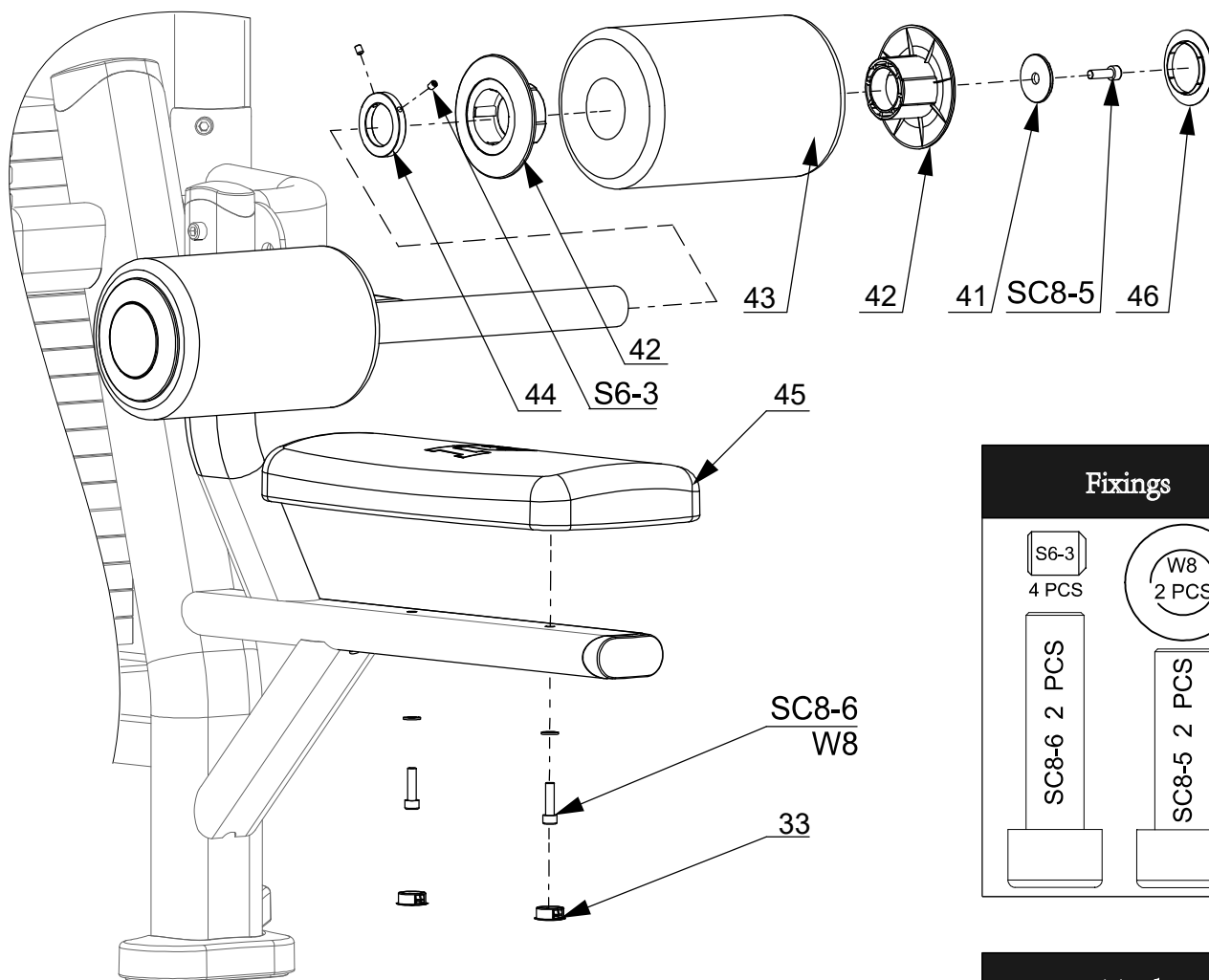
Part No: 42
Name: Plastic Bushing
Q'TY: 4 PCS

Part No: 43
Name: Foam Roller
Q'TY: 2 PCS

Part No: 44
Name: Retainer Ring
Q'TY: 2 PCS

Part No: 45
Name: Seat Pad
Q'TY: 1 PCS

Part No: 33
Name: D25 Hole Cap
Q'TY: 2 PCS



Fixings

S6-3
4 PCS

W8
2 PCS

SC8-6 2 PCS

SC8-5 2 PCS

SC8-6
W8

33

Tools



3 / 6 mm

50%



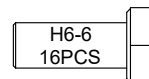
STEP 22

Parts

Part No: 47
Name: L Plate
Q'TY: 16



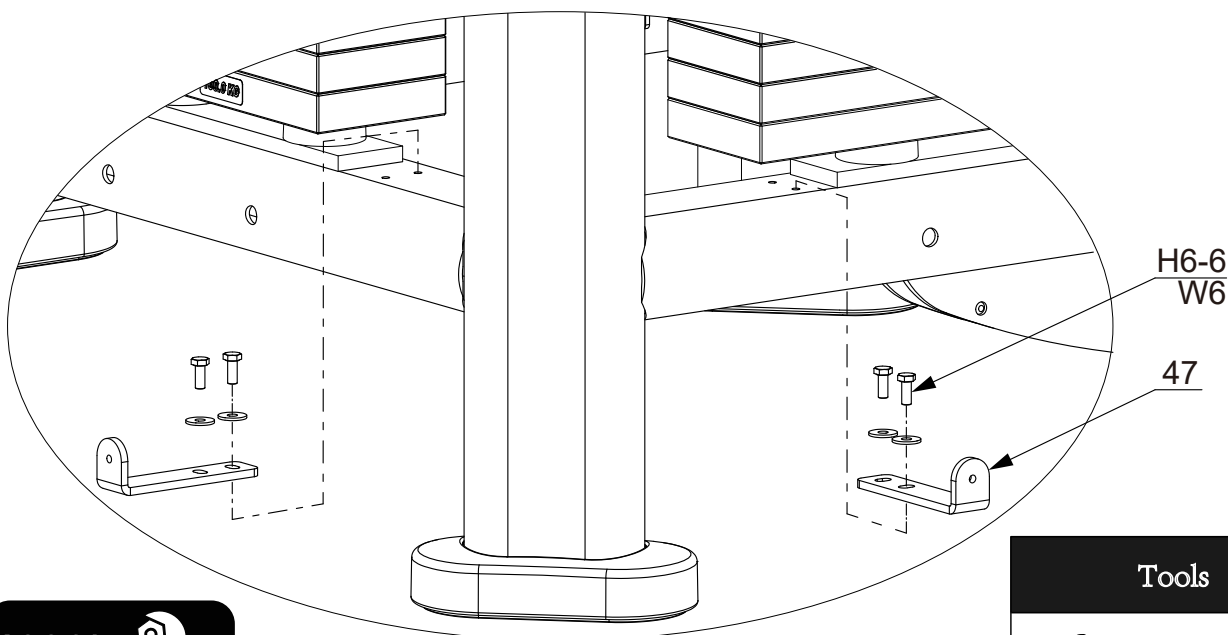
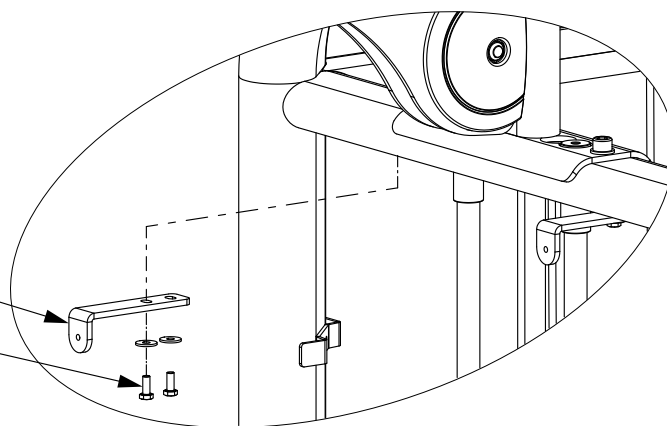
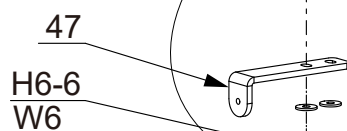
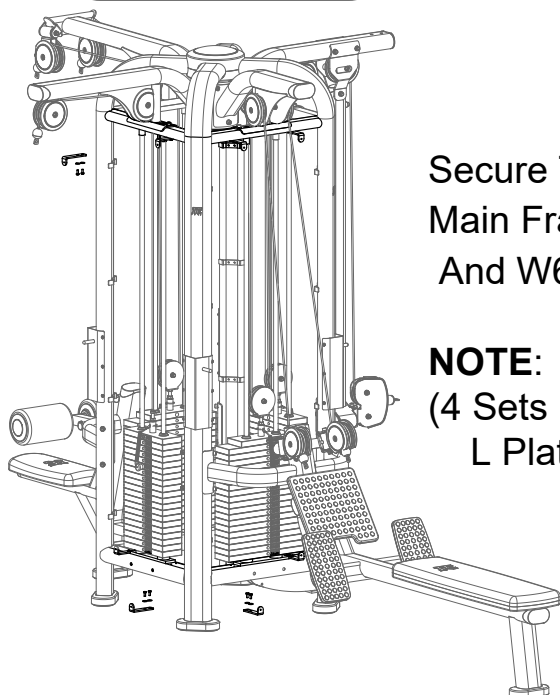
Fixings



Secure The L Plates(# 47) To The Main Frame Firmly With H6-6 Bolts And W6 Washers.

NOTE:

(4 Sets L Plates Per Side = 16 Sets L Plates Per Machine)



Tools

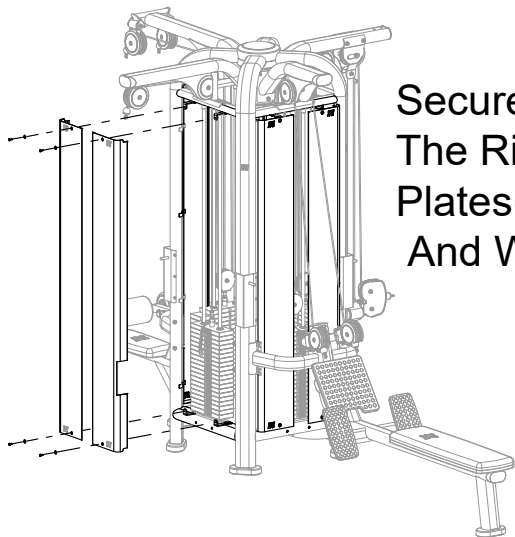


10 mm

100%



STEP 23



Secure The Left Shield(#48) And The Right Shield(#49) To The L Plates(# 47) Firmly With H6-6 Bolts And W6B Washers.

Parts

Part No: 48
Name: Left Shield
Q'TY: 4

Part No: 49
Name: Right Shield
Q'TY: 4

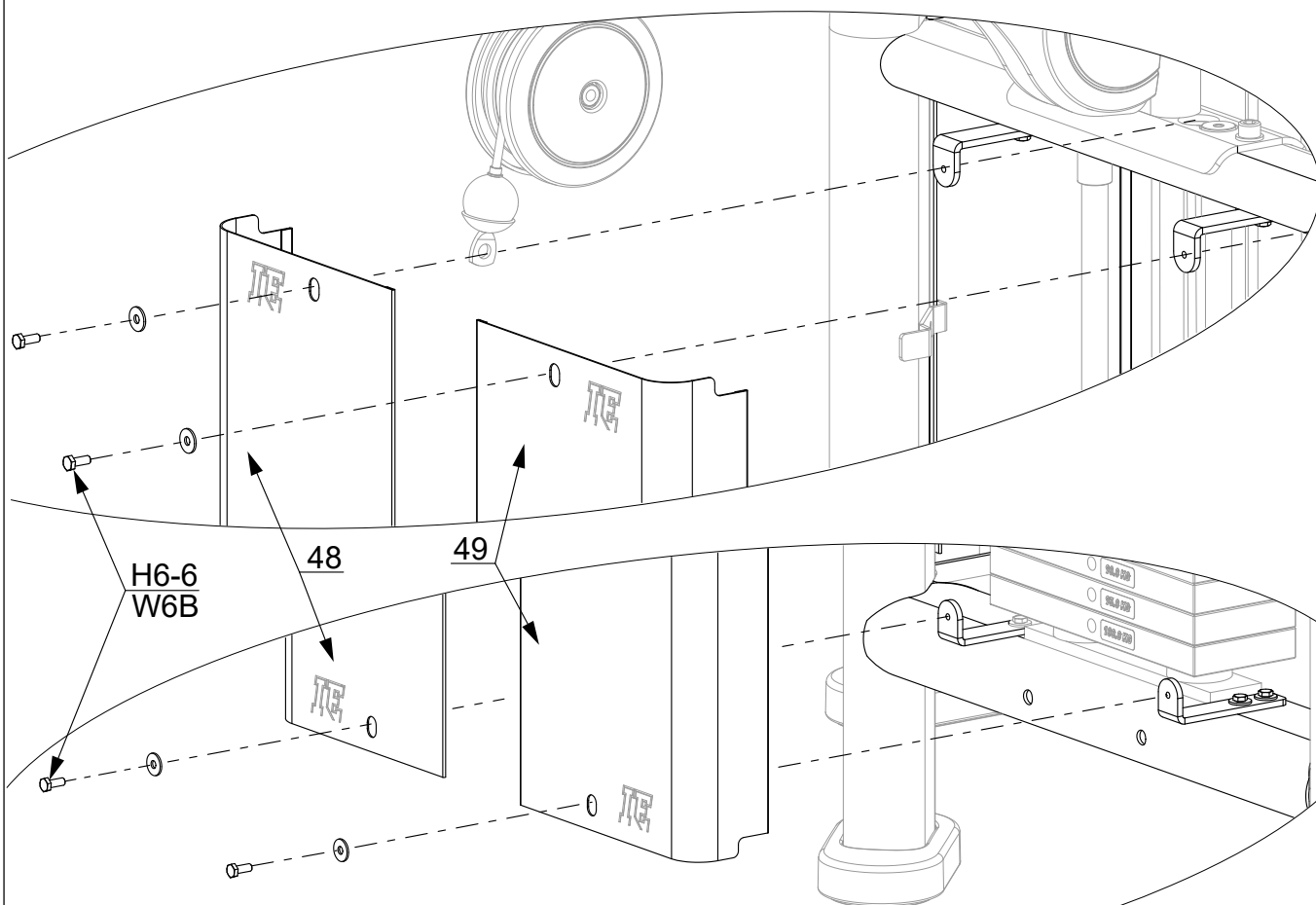


Fixings

H6-6
16PCS

W6B

16 PCS



Tools



10 mm

100%



ACCESSORIES

Parts

Part No: 51
Name: Triceps Rope
Q'TY: 1



Part No: 50
Name: Strap Handle
Q'TY: 5



Part No: 52
Name: Carabiner
Q'TY: 6



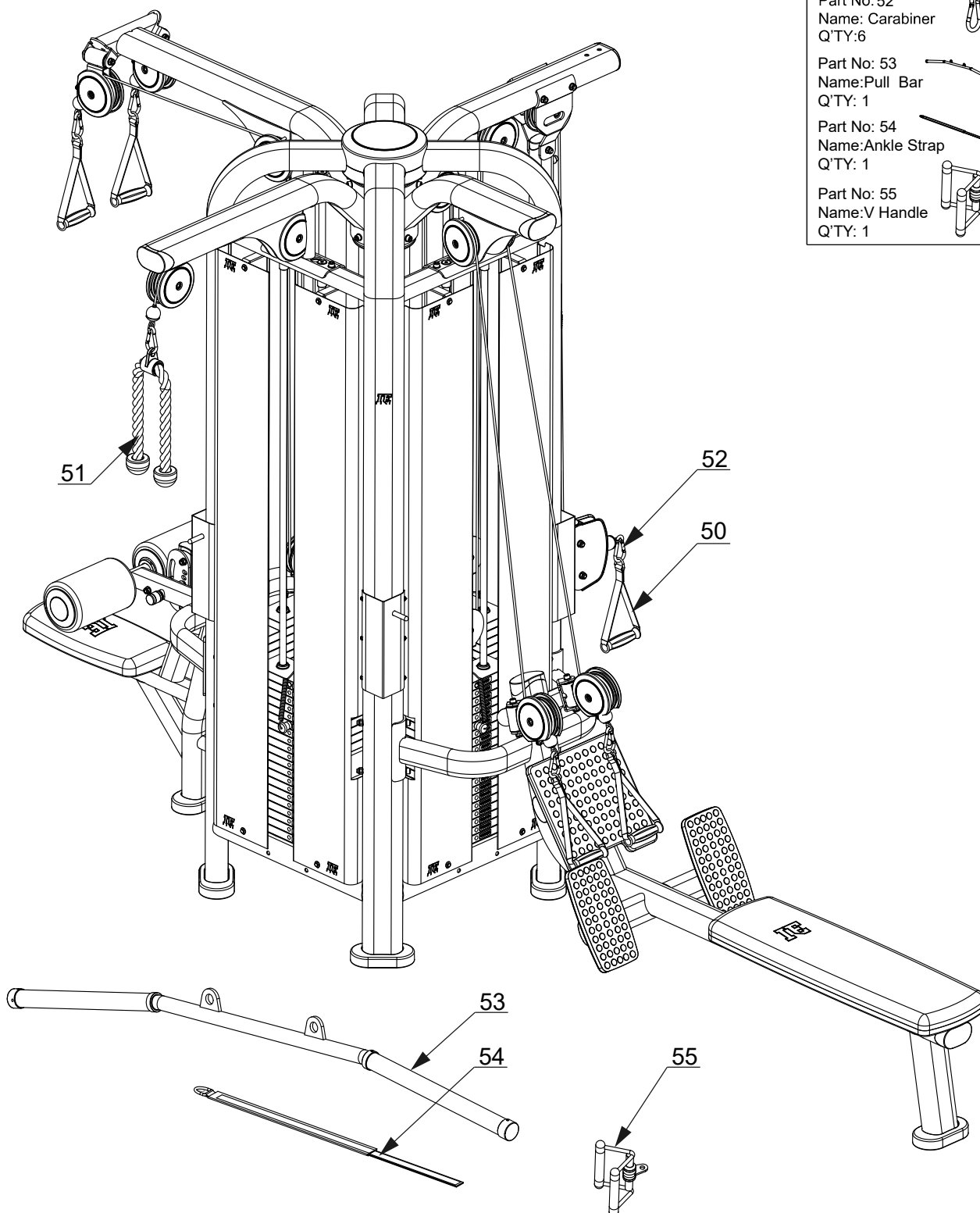
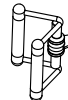
Part No: 53
Name: Pull Bar
Q'TY: 1



Part No: 54
Name: Ankle Strap
Q'TY: 1



Part No: 55
Name: V Handle
Q'TY: 1



PARTS LIST

PART #	DESCRIPTION	QTY
1	Lower Pulley Holder	1
2	Backup Plate	1
3	Rod Retainer	8
4	External Retainer Ring	8
5	Guide Rod	8
6	Pulley Holder	3
7	Weight Pin	4
8	Top Weight Plate	4
9	5Kg Weight Plate	38
10	Weight Label 100Kg	2
11	Buffer Ring	8
12	7.5Kg Weight Plate	38
13	Weight Label 147.5 Kg	2
14	Top Pulley Frame	1
15	Limit Sleeve	2
16	Carriage	1
17	Adjusting Tube	1
18	Connection Plate	2
19	114 Pulley	26
20	Cable 7950mm	1
21	Pulley Cap W120	2
22	Pulley Cap W127	18
23	Main Frame	1
24	Top Pulley Frame	1
25	Rowing Seat Frame	1
26	Rowing Cable	1
27	Cable Clip	4
28	Clip Sleeve	4
29	Pulley Cover	4
30	Mid-Pedal	1
31	Side Pedal	2
32	Long Seat Pad	1
33	D25 Hole Cap	5
34	Top Pulley Frame	1
35	Pulley Cover	2
36	Cable	1
37	Top Frame	1
38	D180 Tube Cap	1
39	Cable	1
40	Pull down Seat Frame	1
41	Big Washer	2
42	Plastic Bushing	4
43	Foam Roller	2
44	Retainer Ring	2
45	Seat Pad	1

[illegible]