

IRONEDGE.

Seated Row – Onyx Series

Setup Instructions

⚠ CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.



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To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

- 1. Degrease and clean surfaces prior to apply adhesive.**
- 2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).**
- 3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).**

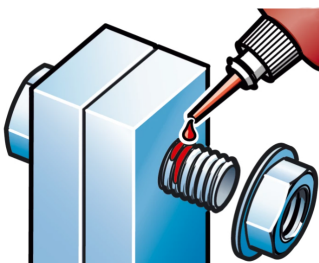


FIG 1

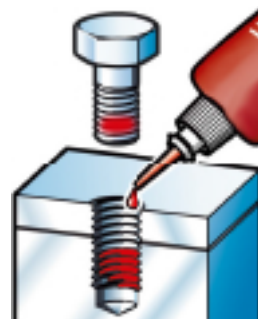
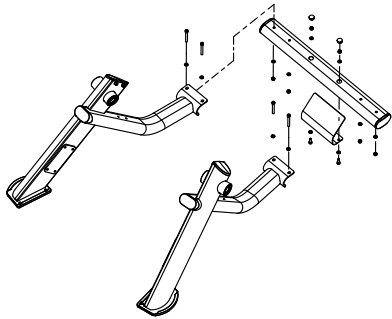


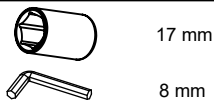
FIG 2

STEP 1



Assemble The Left Frame(#1),
Right Frame(#2),Bottom Tube(#3)
and the Placard Plate(#4).

Tools



Parts

- Part No: 1
Name: Left Frame
Q'TY:1
- Part No: 2
Name: Right Frame
Q'TY:1
- Part No: 3
Name: Bottom Tube
Q'TY:1
- Part No: 4
Name:
Placard Hoding Plate
Q'TY:1
- Part No: 5
Name: D25 Hole Cap
Q'TY:2

Fixings

SC10-5 2PCS

SC10-17 4PCS



Assembled

SC10-17
W10

1

5

N10
W10

3

2

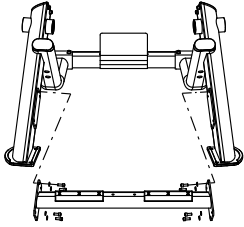
4

SC10-5
W10

50%



STEP 2



Assemble The Back Latetal Tube(#6)
and the part (#1 & #2).

Tools



8 mm

Parts

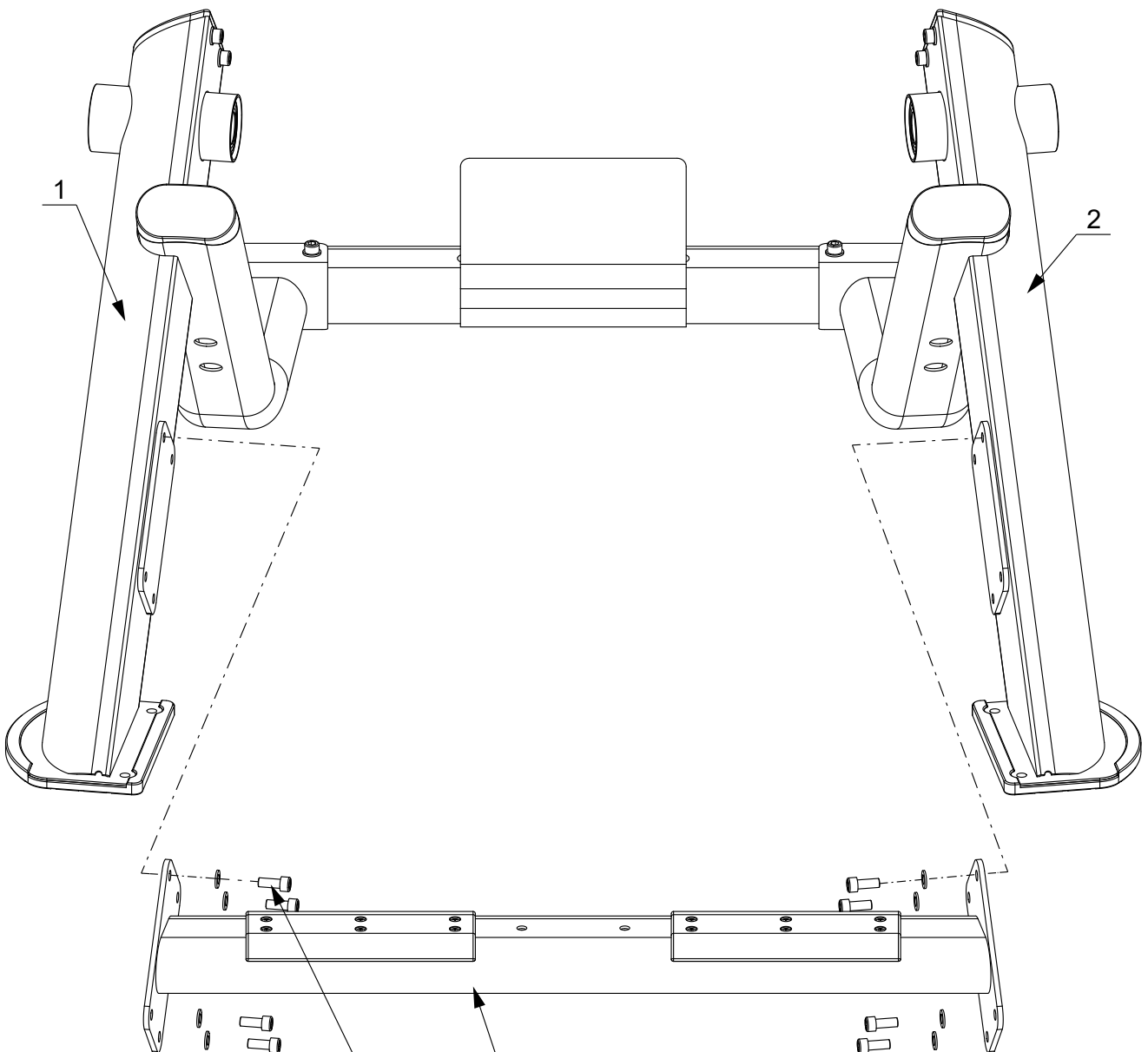
Part No: 6
Name: Back Lateral Tube
Q'TY:1



Fixings

W10
8PCS

SC10-5 8PCS



50%



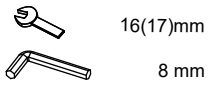
SC10-5
W10



6

STEP 3

Tools

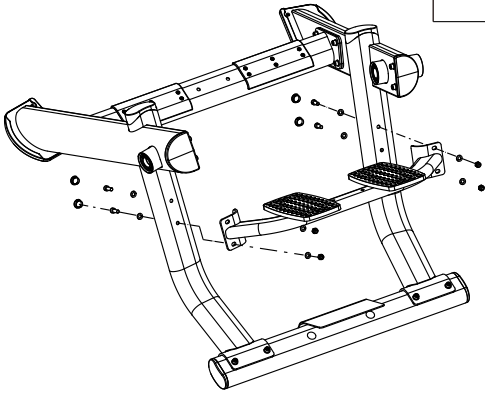
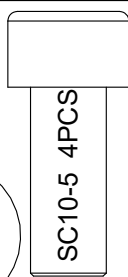
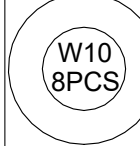
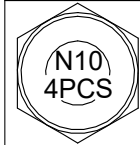


Parts

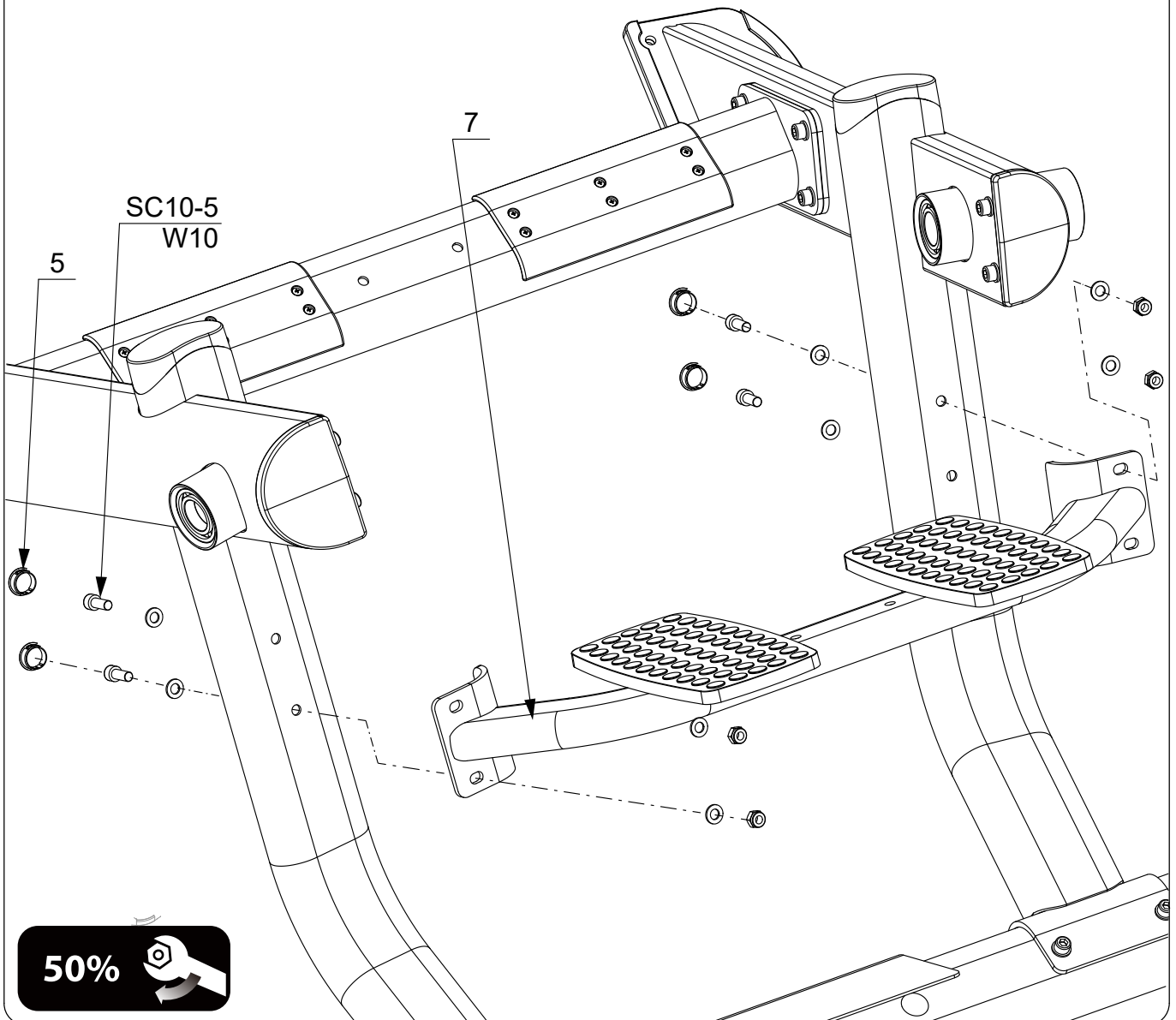
Part No: 7
Name: Pedal Plate
Q'TY:1

Part No: 5
Name: D25 Hole Cap
Q'TY:4

Fixings



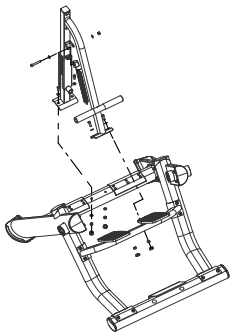
Install The Pedal Frame(#7).



50%



STEP 4



Install the Upright Support (#8).

Tools



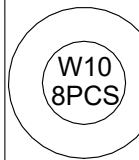
17 mm

8 mm

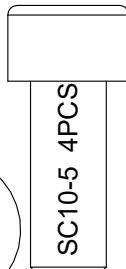
Fixings



N10
4PCS



W10
8PCS



SC10-5 4PCS

Parts

Part No: 8
Name: Upright Support
Q'TY:1



Part No: 5
Name: D25 Hole Cap
Q'TY:4



8

SC10-5
W10

6

N10
W10

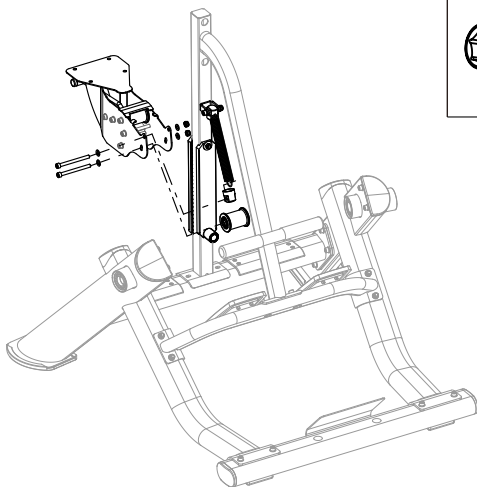
5

N10
W10

50%



STEP 5



Tools



8 mm



17 mm

Parts

Part No: 9
Name: Seat
Q'TY: 1



Part No: 10
Name: Tension Spring
Q'TY: 1



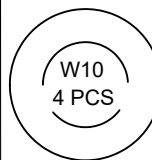
Part No: 11
Name: Spring End Cap
Q'TY: 1



Part No: 12
Name: Wheel
Q'TY: 1

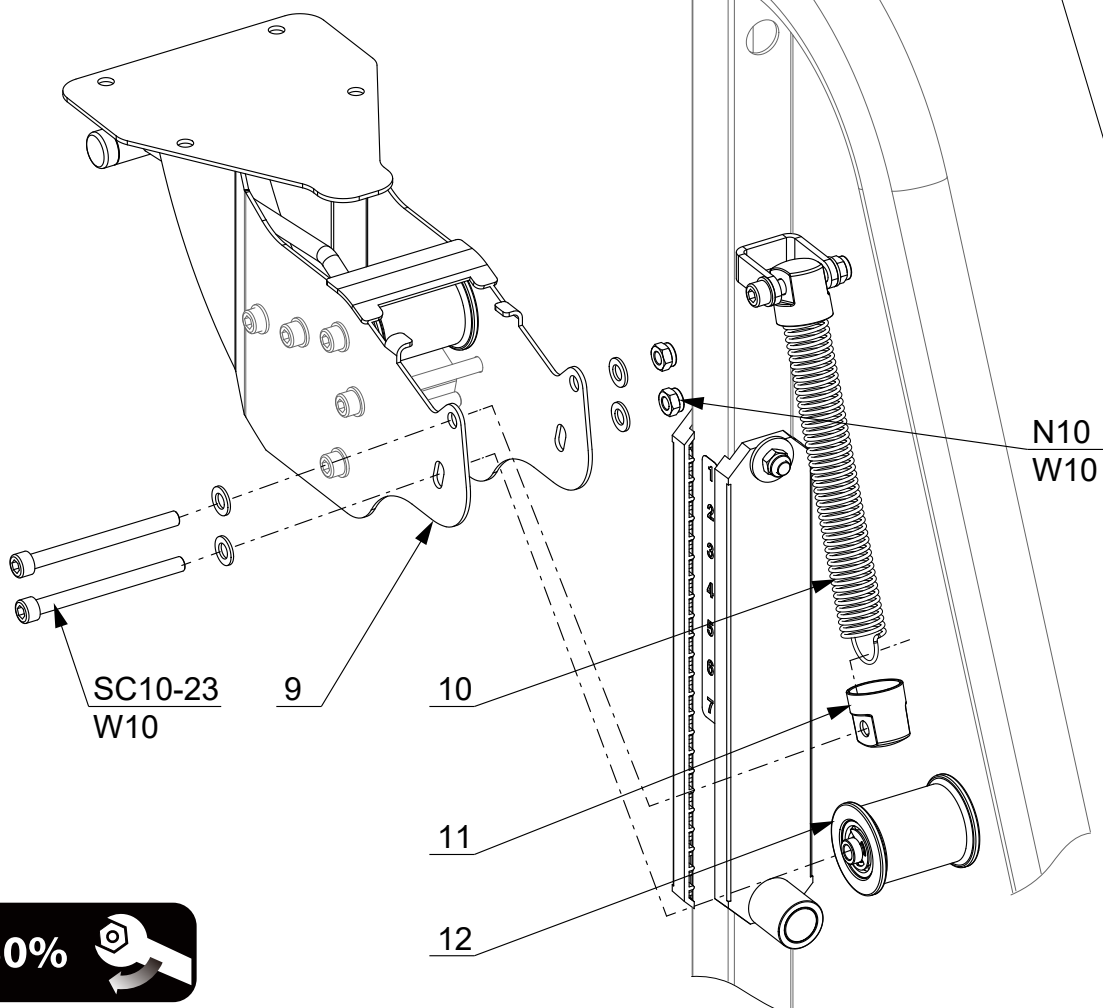


Fixings



SC10-23 2 PCS

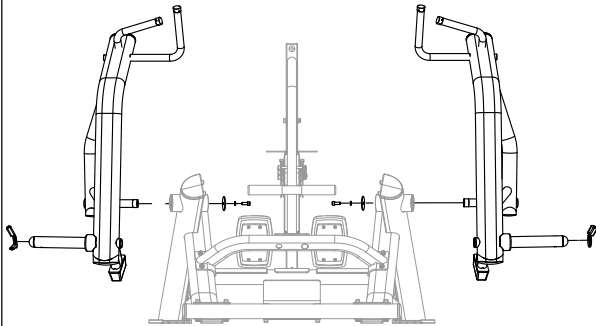
Install The Seat Frame .



50%



STEP 6



Assemble The Work Arm (13 # & 14#).

Parts

Part No:13
Name: Work Arm
Q'TY:1

Part No:14
Name: Work Arm
Q'TY:1

Part No:15
Name: Big Washer
Q'TY:2

Part No:16
Name: Barbell Clip
Q'TY:2

Fixings

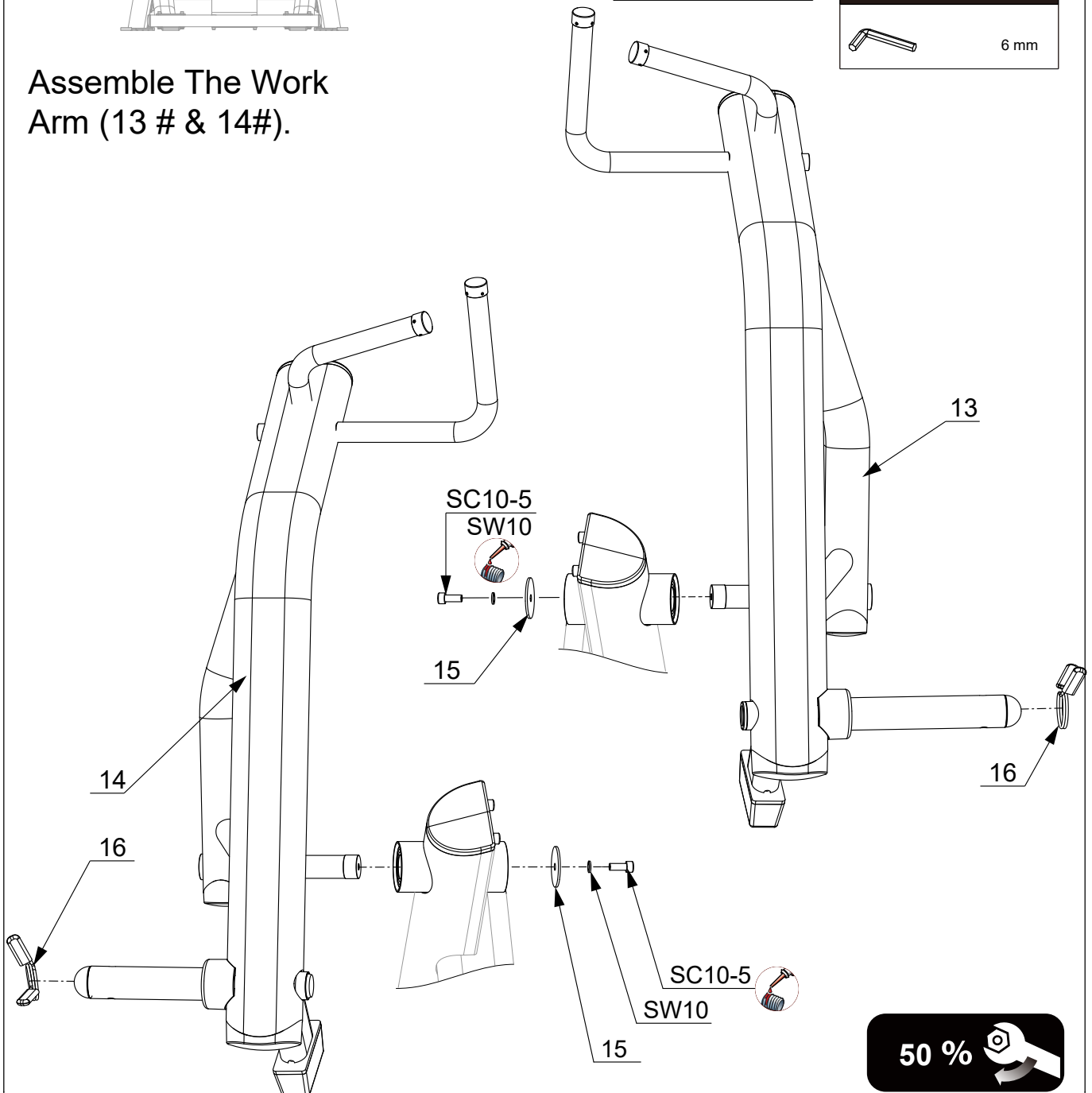
SW10
2PCS

SC10-5 2 PCS

Tools



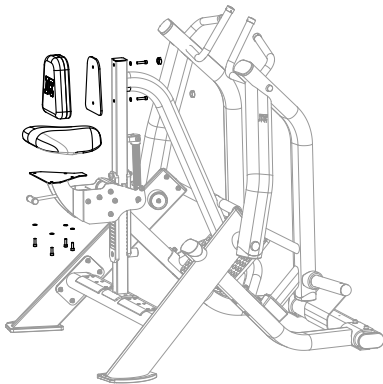
6 mm



50 %



STEP 7



Parts

- Part No:17
Name: Seat Pad
Q'TY:1
- Part No:18
Name: Chest Pad
Q'TY:1
- Part No:19
Name: Backup Plate
Q'TY:1
- Part No: 5
Name: D25 Hole Cap
Q'TY:2

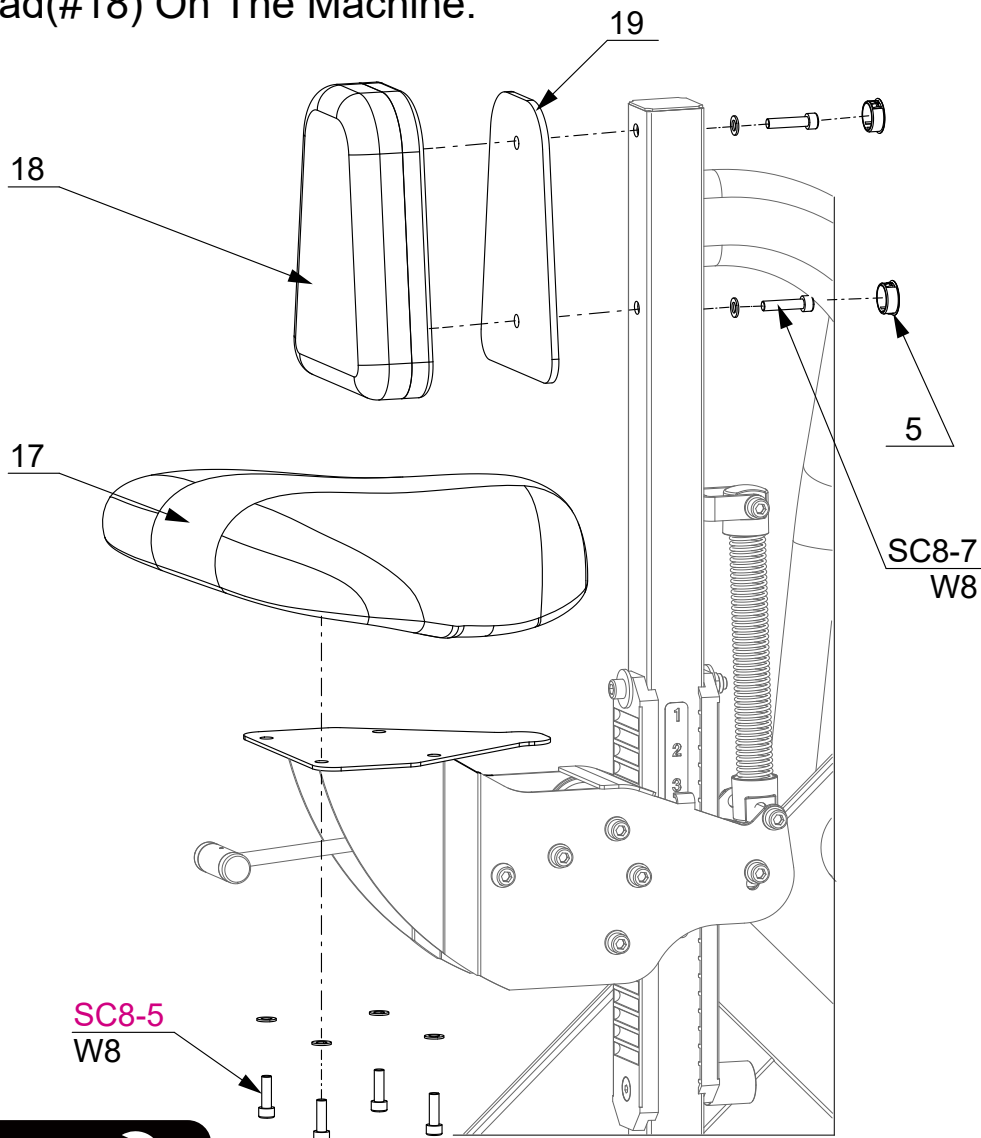
Fixings

SC8-5 4 PCS

SC8-7 2 PCS

W8
6 PCS

Assemble The Seat Pad(#17) & Backup Plate (#19) And The Chest Pad(#18) On The Machine.



100%



Tools



6 mm

PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Frame	1
2	Right Frame	1
3	Bottom Tube	1
4	Placard Holding Plate	1
5	D25 Hole Cap	10
6	Back Lateral Tube	1
7	Pedal Plate	1
8	Upright Support	1
9	Seat	1
10	Tension Spring	1
11	Spring End Cap	1
12	Wheel	1
13	Work Arm	1
14	Work Arm	1
15	Big Washer	2
16	Barbell Clip	2
17	Seat Pad	1
18	Chest Pad	1
19	Backup Plate	1
W8	Washer 8	6
W10	Washer 10	40
SW10	Spring Washer 10	2
N10	Lock Nut M10	16
SC8-5	Socket Head Cap Screw M8 x 25	4
SC8-7	Socket Head Cap Screw M8 x 35	2
SC10-5	Socket Head Cap Screw M10 x 25	20
SC10-17	Socket Head Cap Screw M10 x 85	4
SC10-23	Socket Head Cap Screw M10 x 115	2