

IRONEDGE.

VERTICAL PULL DOWN —ONYX SERIES

Setup Instructions

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

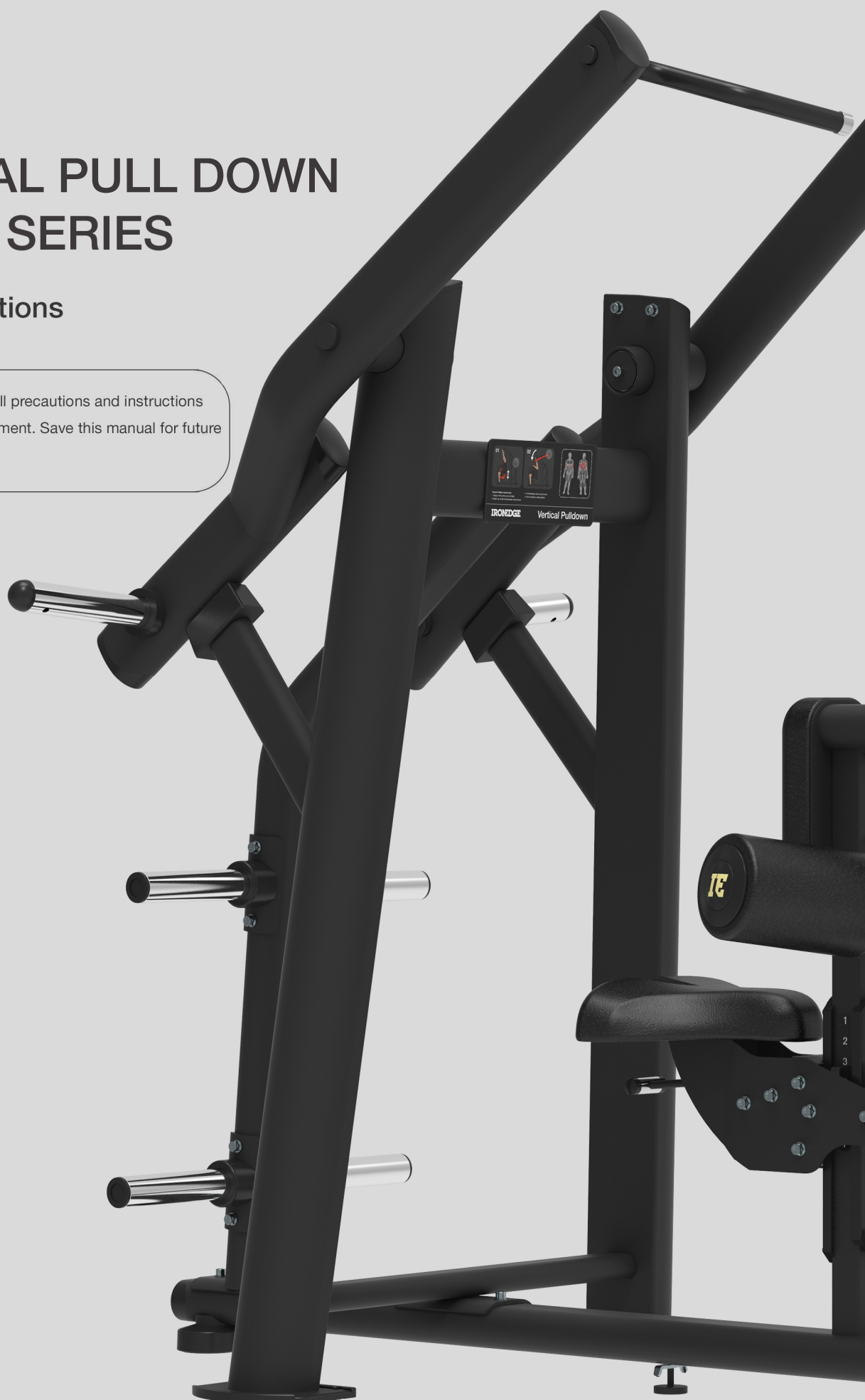


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STEP 1

Tools



17 mm



8 mm

Parts

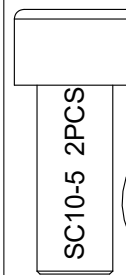
Part No: 1
Name: Upright Frame
Q'TY:1



Part No: 2
Name: Seat Mounting Frame
Q'TY:1



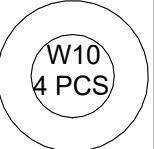
Fixings



SC10-5 2PCS

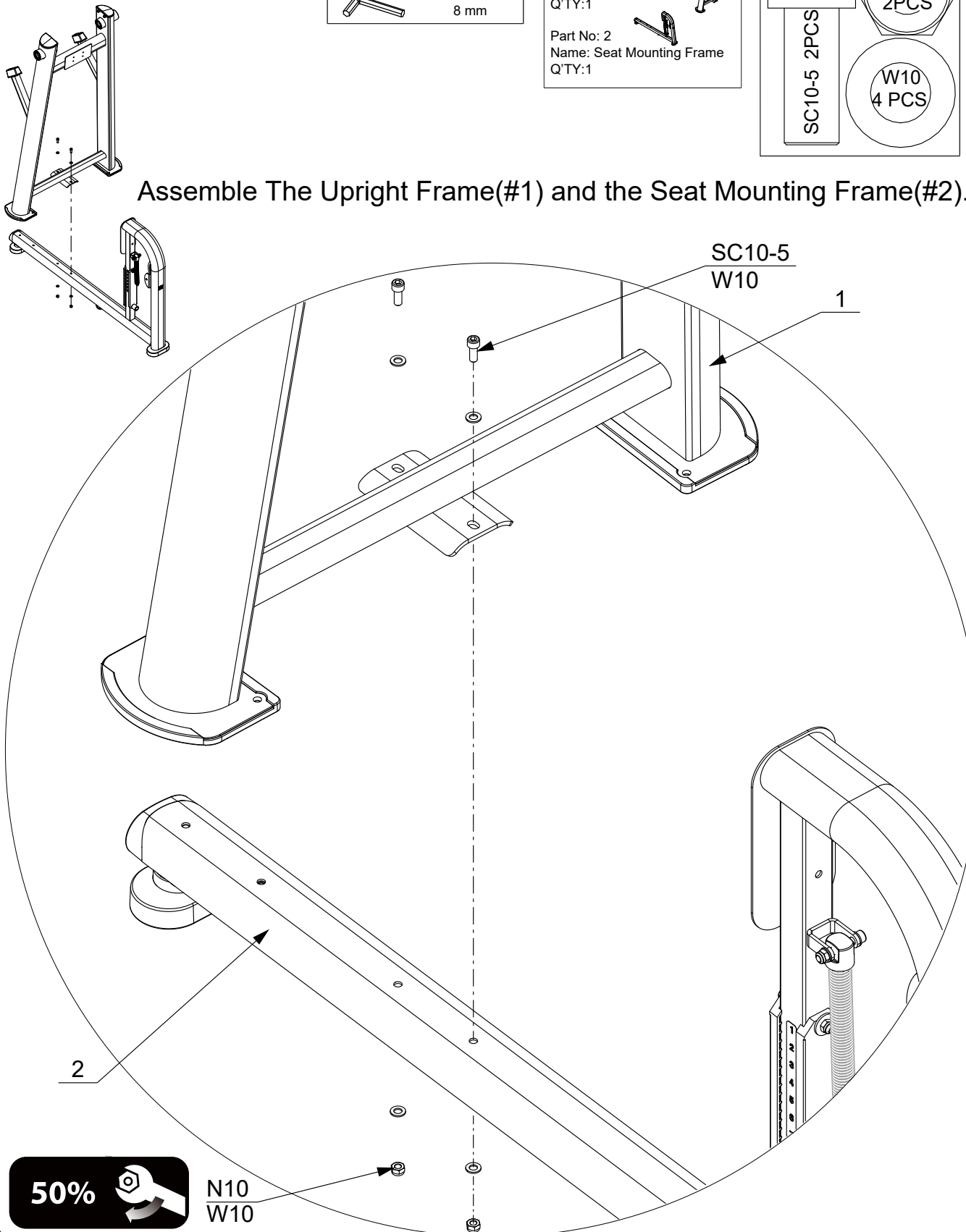


N10
2PCS



W10
4PCS

Assemble The Upright Frame(#1) and the Seat Mounting Frame(#2).



50%



N10
W10

STEP 2

Parts

Part No: 3
Name: Rear Support
Q'TY: 1



Tools

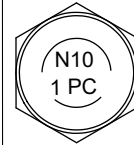


8 mm

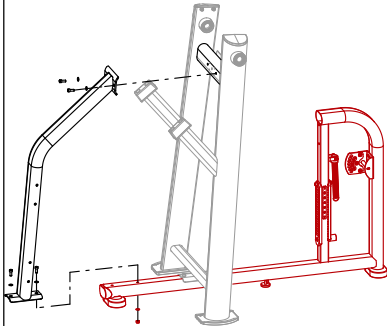


17 mm

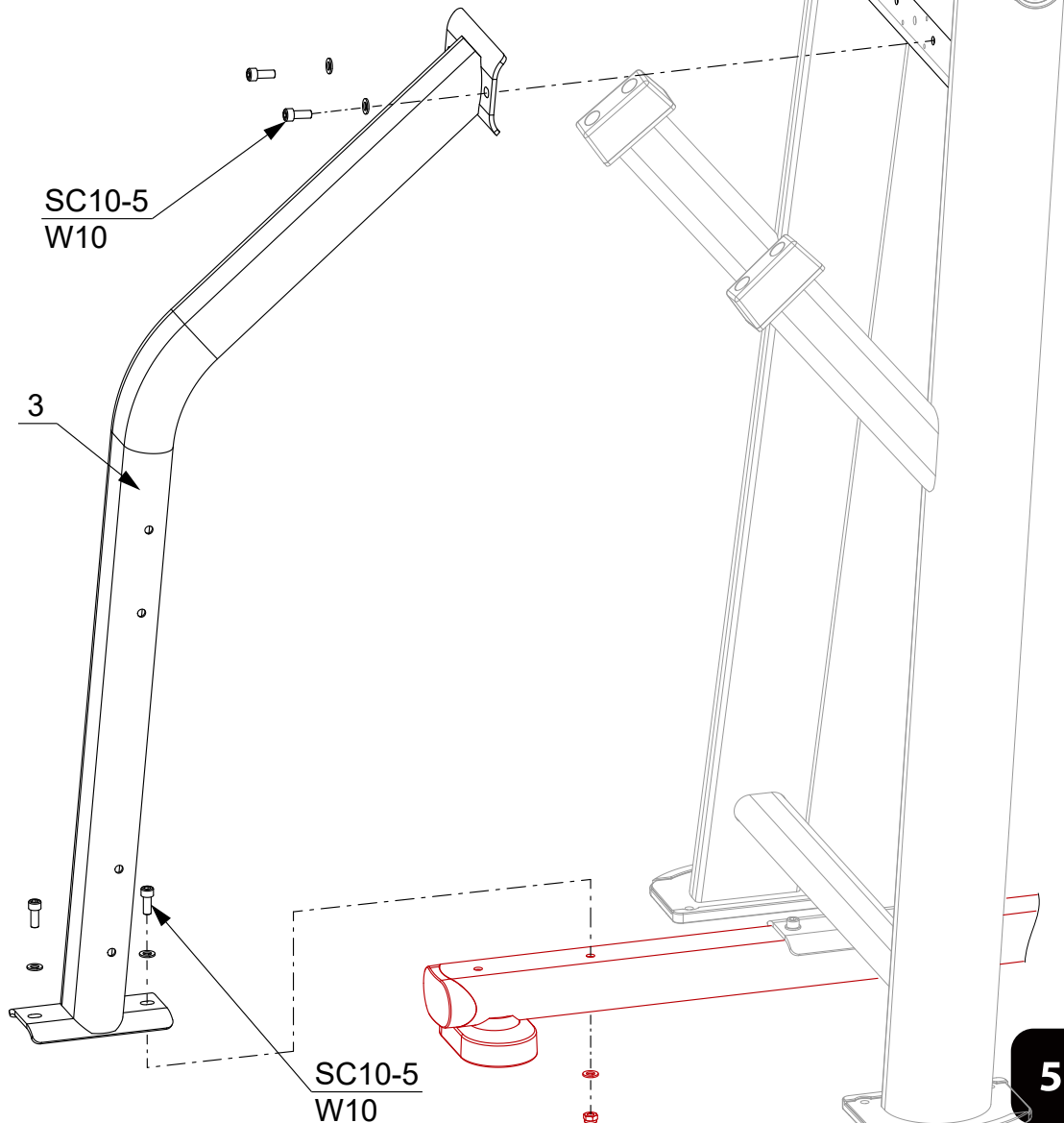
Fixings



SC10-5 4 PCS



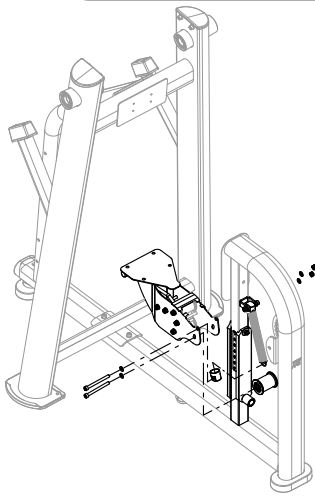
Install The Rear Support (# 3).



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STEP 3



Tools



Parts

Part No: 4
Name: Seat Bracket
Q'TY:1

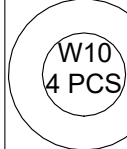
Part No: 5
Name: Spring Cap
Q'TY:1

Part No: 6
Name: Wheel
Q'TY:1

Part No: 7
Name: Spring
Q'TY:1

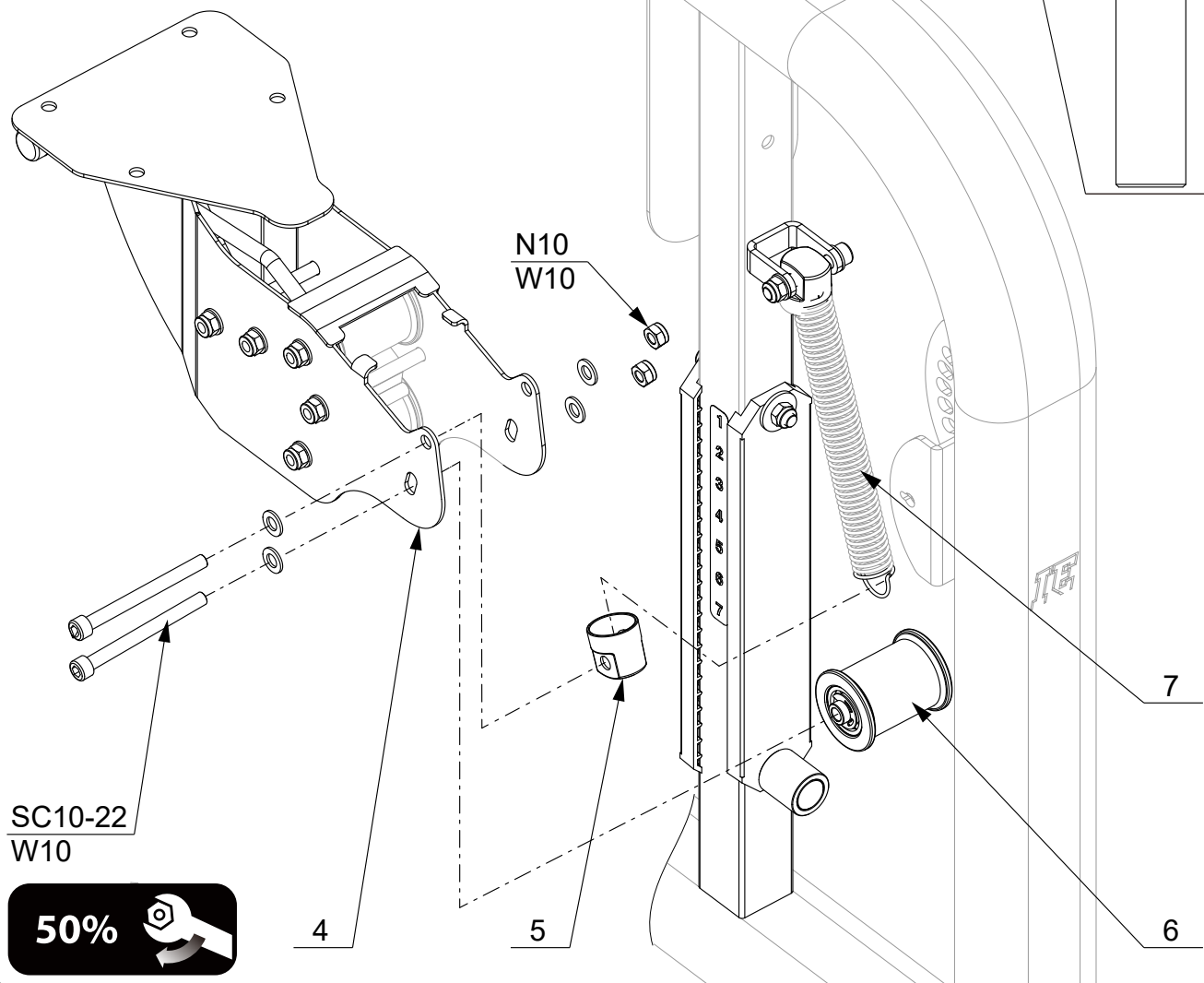


Fixings

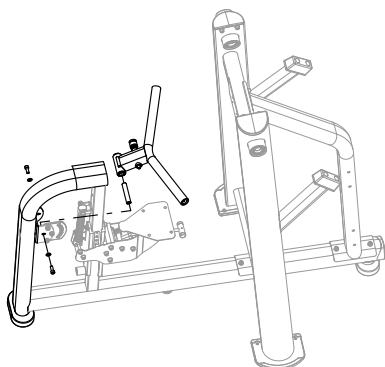


SC10-22 2 PCS

Install The Seat Bracket (# 4).



STEP 4



Tools



8 mm

Parts

Part No: 8
Name: Thigh Limit Frame
Q'TY:1



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

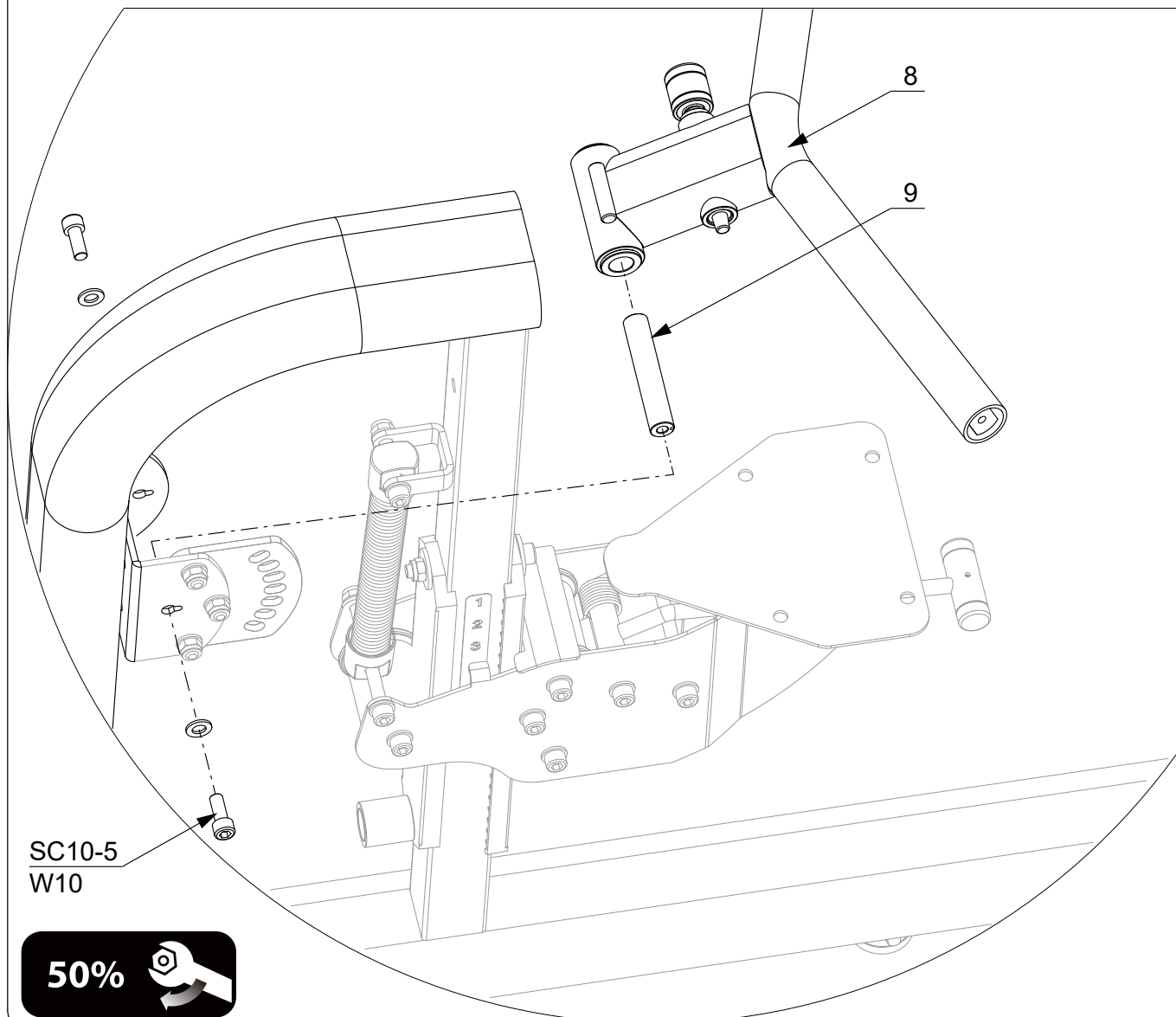


Fixings

W10
2PCS

SC10-5 2PCS

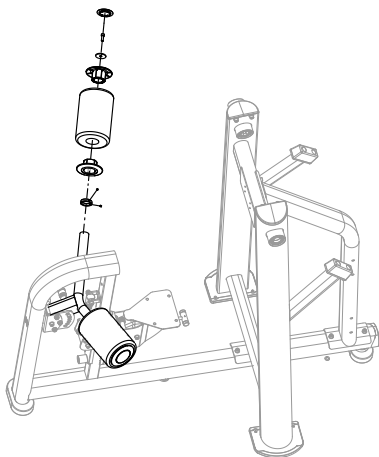
Install the Thigh Limit Frame (# 8) On The Seat Mounting Frame(#2).



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STEP 5



Tools



6 mm

Fixings



S6-2
4 PCS



SC8-5 2 PCS

Parts

Part No: 10
Name: Foam Roller
Q'TY:2



Part No: 11
Name: Plastic Cap
Q'TY:2



Part No: 12
Name: Washer OD 45
Q'TY:2



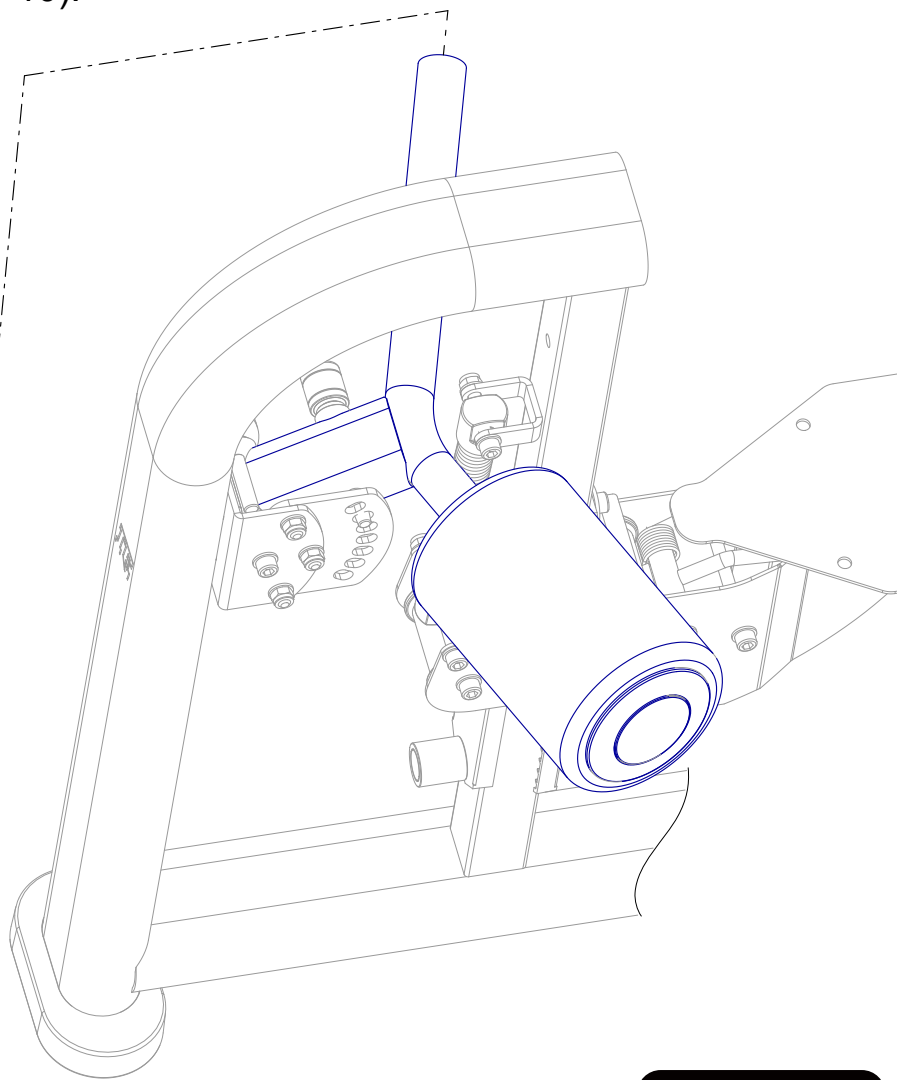
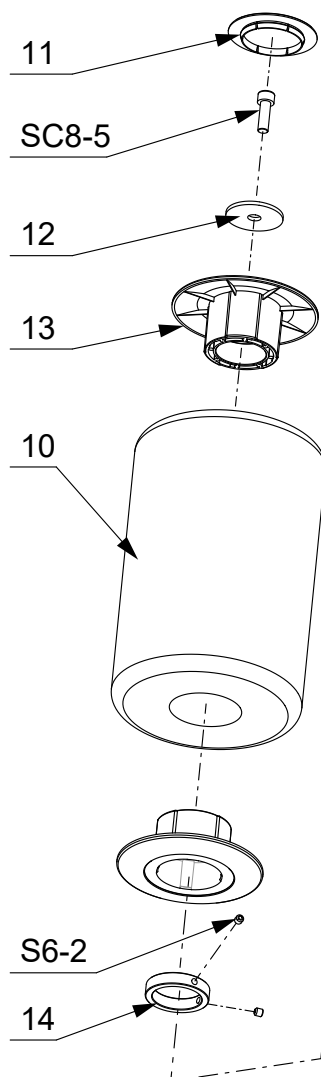
Part No: 13
Name: Roller Bushing
Q'TY:4



Part No: 14
Name: Retaining Ring
Q'TY:2



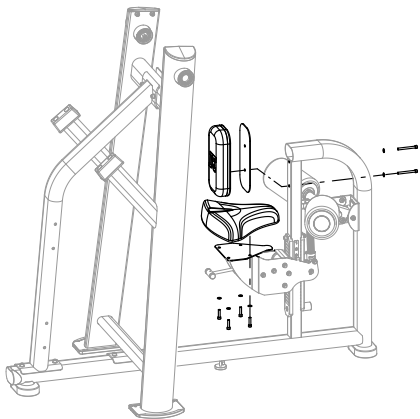
Install the Foam Roller (# 10).



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STEP 6



Tools



6 mm

Parts

Part No: 15
Name: Chest Pad
Q'TY:1



Part No: 16
Name: Seat Pad
Q'TY:1



Part No: 17
Name: Backup Plate
Q'TY:1



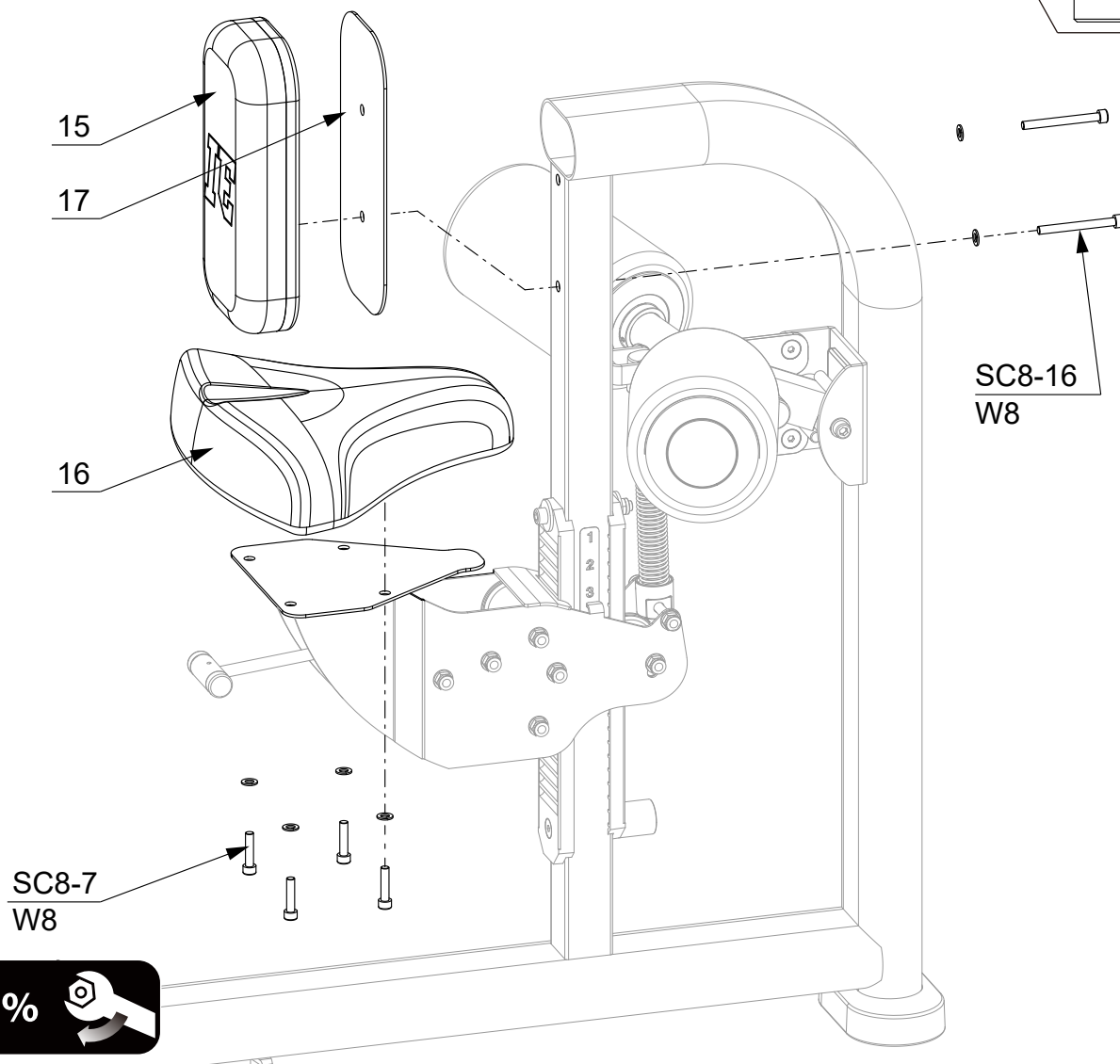
Fixings

SC8-7 4 PCS

SC8-16 2 PCS

W8
6 PCS

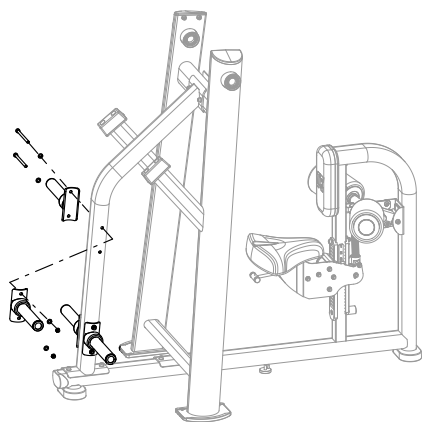
Fix the Chest Pad (#15) & Backup Plate (#17) and the Seat Pad (#16) On The Machine.



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STEP 7



Assemble The Barbell Holding Tube(#18) with Part #3.

Parts

Part No:18
Name:
Barbell Holding Tube
QTY: 4



Tools



17 mm

8 mm

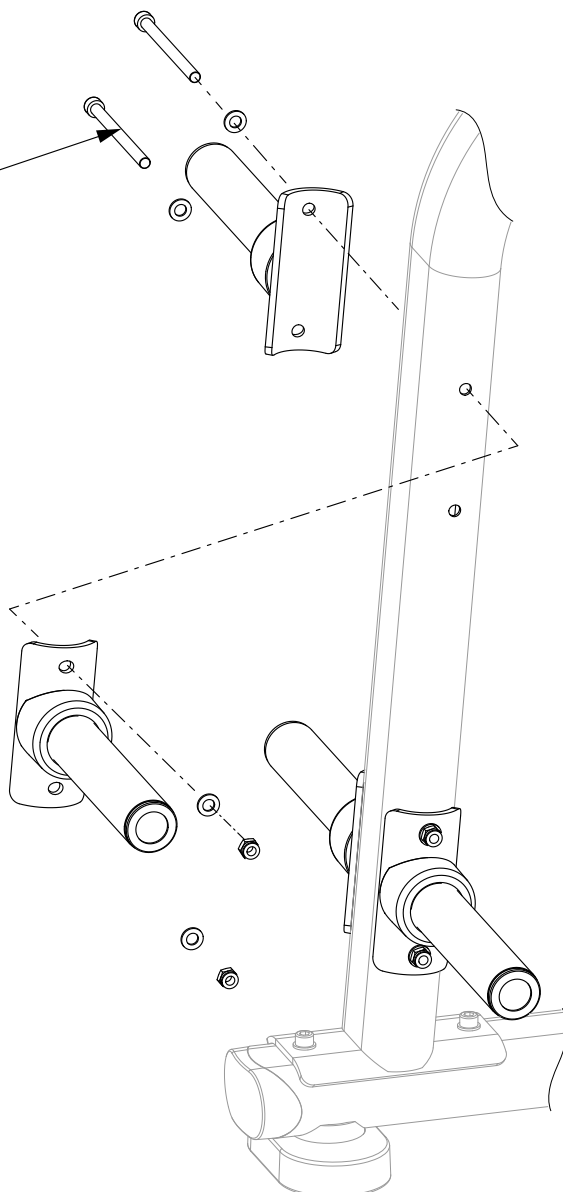
Fixings



W10
8 PCS

SC10-28 4 PCS

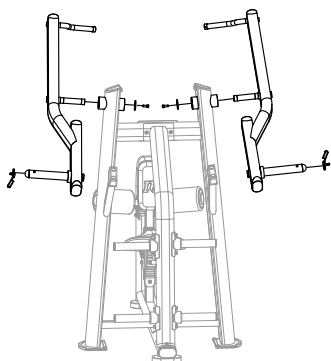
SC10-28
W10



50 %



STEP 8



Tools

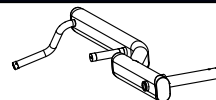


8 mm

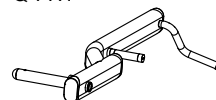
Fixings

SC10-5 2 PCS

Parts



Part No:19
Name: Work Arm
Q'TY:1



Part No:20
Name: Work Arm
Q'TY:1

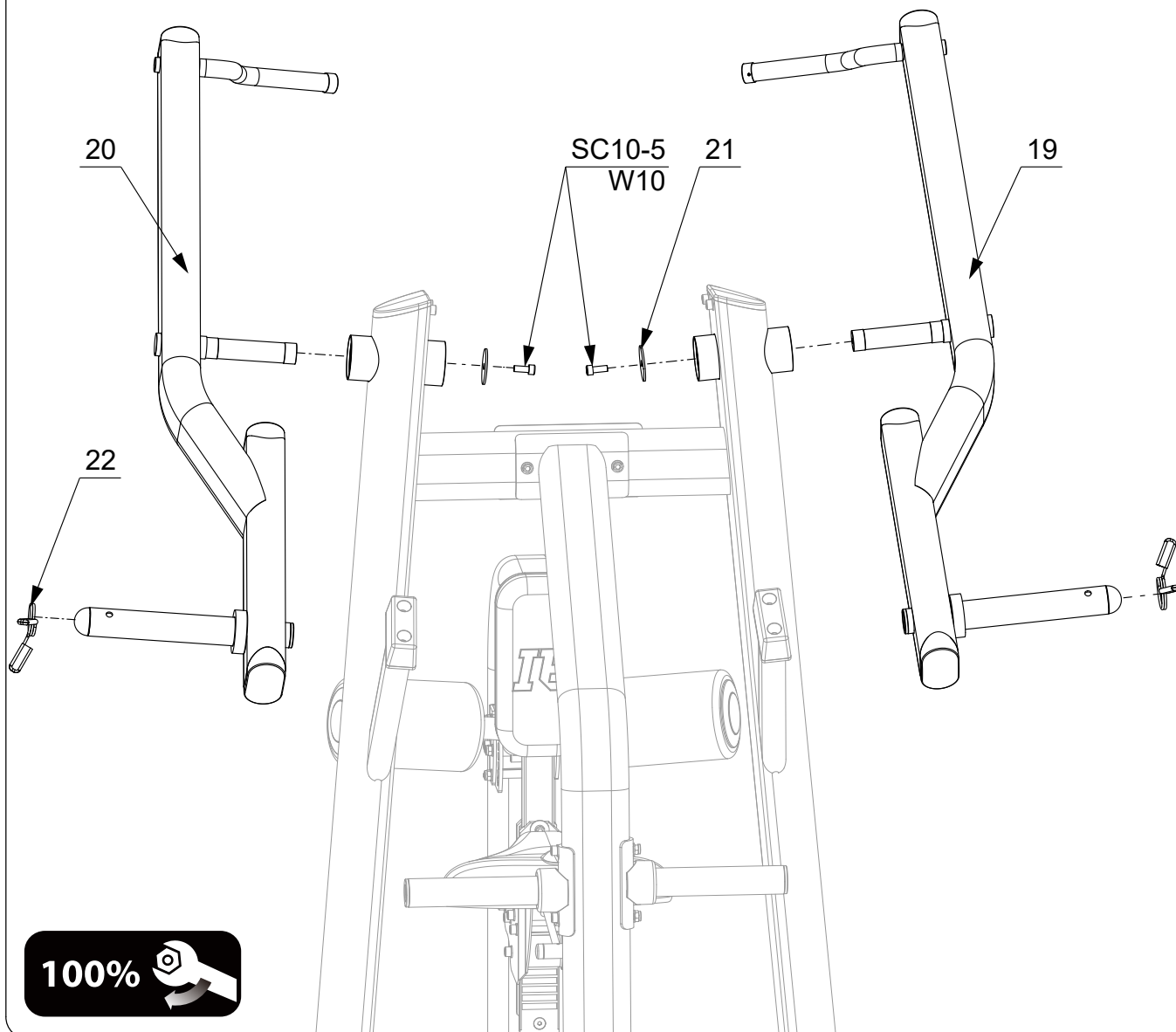


Part No:21
Name: Washer OD60
Q'TY:2



Part No:22
Name: Barbell Clip
Q'TY:2

Assemble The Left And Right Side Work Arm(#19 , #20)
On The Machine.



PARTS LIST

PART #	DESCRIPTION	QTY
1	Upright Frame	1
2	Seat Mounting Frame	1
3	Rear Support	1
4	Seat Bracket	1
5	Spring Cap	1
6	Wheel	1
7	Spring	1
8	Thigh Limit Frame	1
9	Shaft	1
10	Foam Roller	2
11	Plastic Cap	2
12	Washer OD 45	2
13	Roller Bushing	4
14	Retaining Ring	2
15	Chest Pad	1
16	Seat Pad	1
17	Backup Plate	1
18	Barbell Holding Tube	4
19	Work Arm	1
20	Work Arm	1
21	Washer OD60	2
22	Barbell Clip	2
W8	Washer 8	6
W10	Washer 10	23
N10	Lock Nut M10	9
S6-2	Socket Set Screw M6 x 6	4
SC8-5	Socket Head Cap Screw M8 x 25	2
SC8-7	Socket Head Cap Screw M8 x 35	4
SC8-16	Socket Head Cap Screw M8 x 80	2
SC10-5	Socket Head Cap Screw M10 x 25	10
SC10-22	Socket Head Cap Screw M10 x 110	2
SC10-28	Socket Head Cap Screw M10 x 140	4