

IRONEDGE

Hip Adductor / Abductor -Pin Loaded

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).**



Red Thread Locker



FIG 1

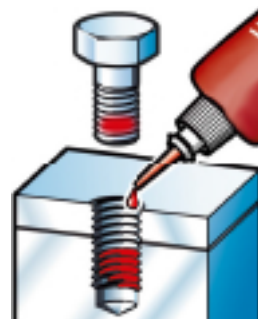
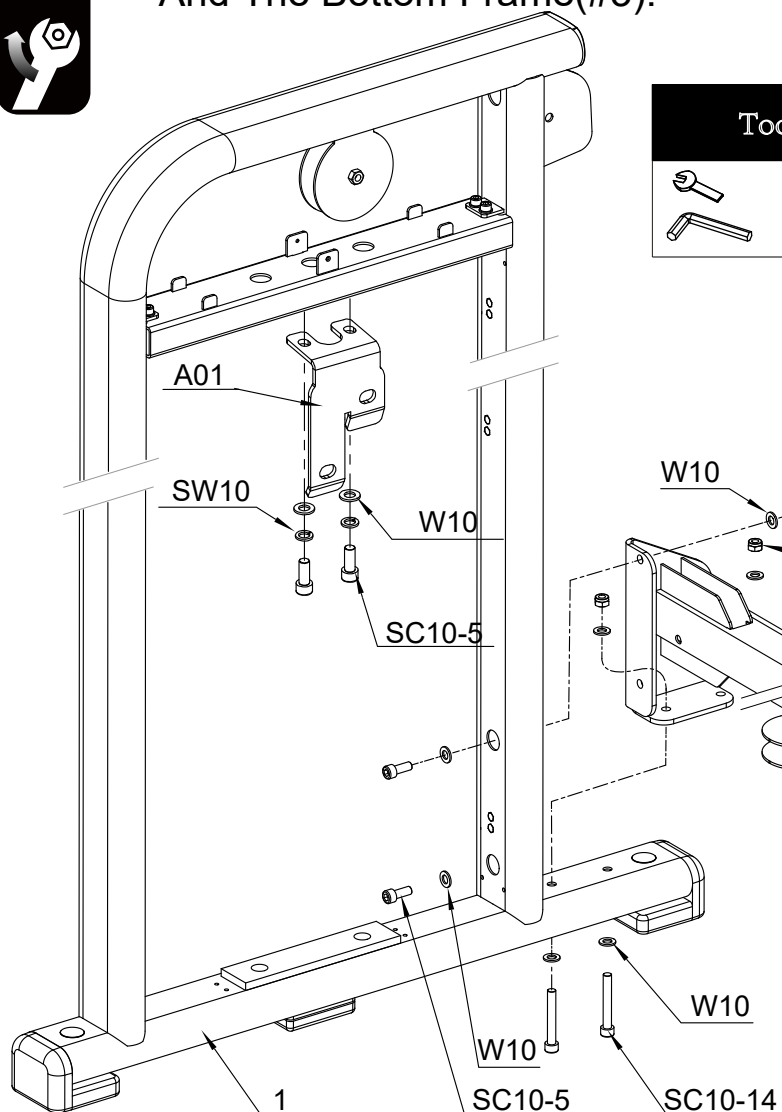


FIG 2



Install The Weight Stack Frame(#1),Back Pad Frame(#2) And The Bottom Frame(#3).

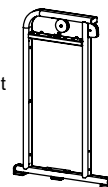


Tools

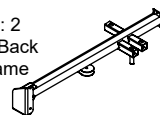


Parts

Part No: 1
Name: Weight Stack Frame
Q'TY: 1



Part No: 2
Name: Back Pad Frame
Q'TY: 1



Part No: 3
Name: Bottom Frame
Q'TY: 1



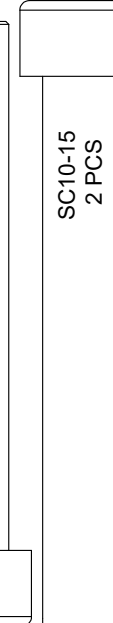
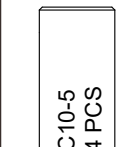
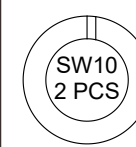
Part No: 4
Name: Back Connecting Plate
Q'TY: 1



Part No: A01
Name: Holder
Q'TY: 1



Fixings



SC10-15

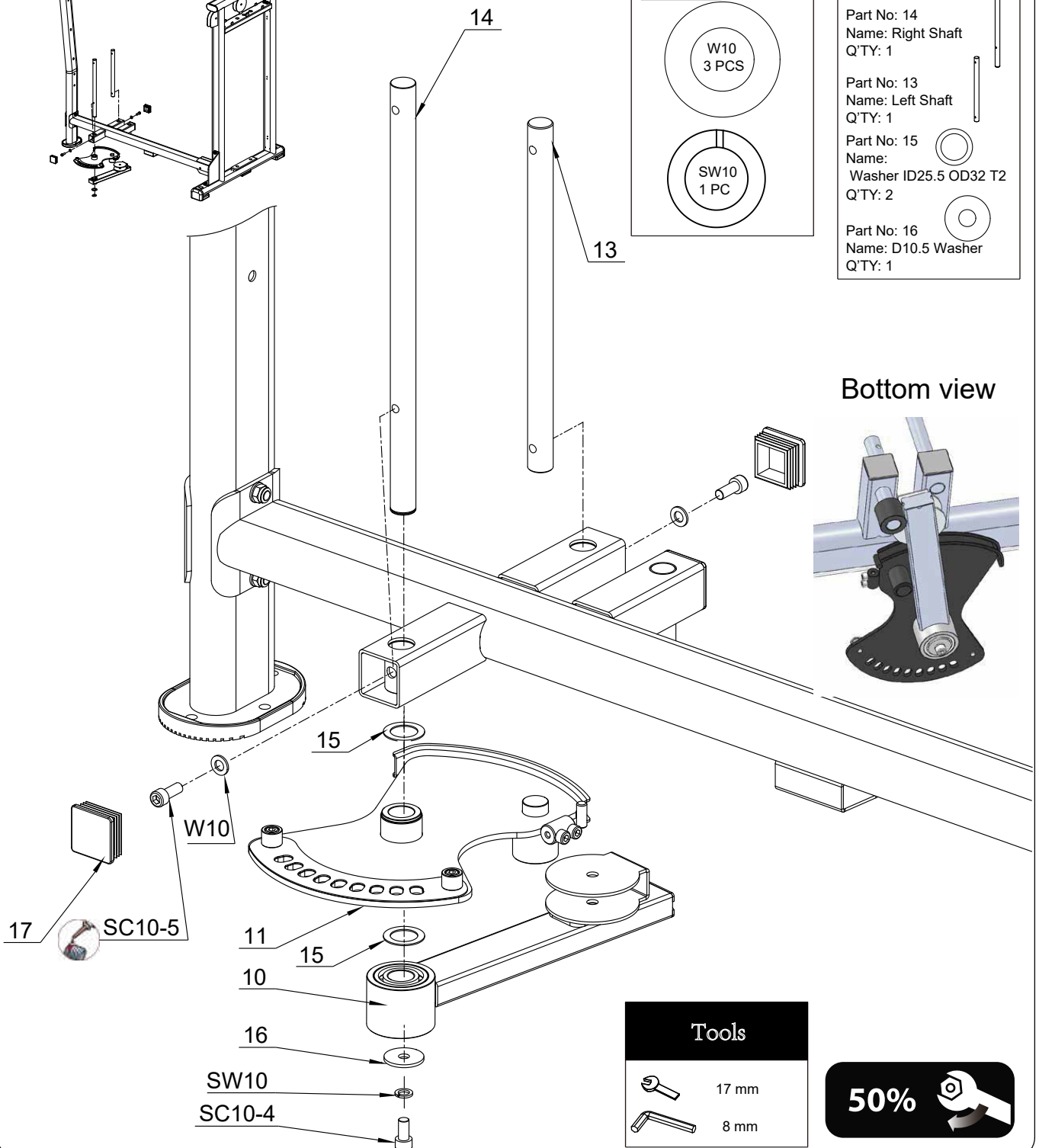
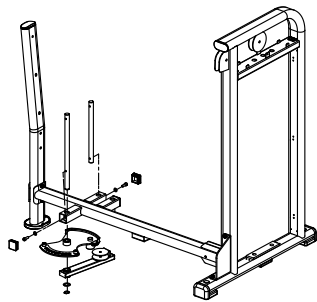
4

W10

STEP 1

STEP 2

Install The Bottom Swing Group(#10),Adjust Group(#11) And Shaft(#13 & #14).



Fixings

SC10-4 1 PC

SC10-5 2 PCS

W10
3 PCS

SW10
1 PC

Parts

Part No: 17
Name: F50 Cap
Q'TY: 2

Part No: 10
Name: Bottom
Swing Group
Q'TY: 1

Part No: 11
Name: Adjust Group
Q'TY: 1

Part No: 14
Name: Right Shaft
Q'TY: 1

Part No: 13
Name: Left Shaft
Q'TY: 1

Part No: 15
Name:
Washer ID25.5 OD32 T2
Q'TY: 2

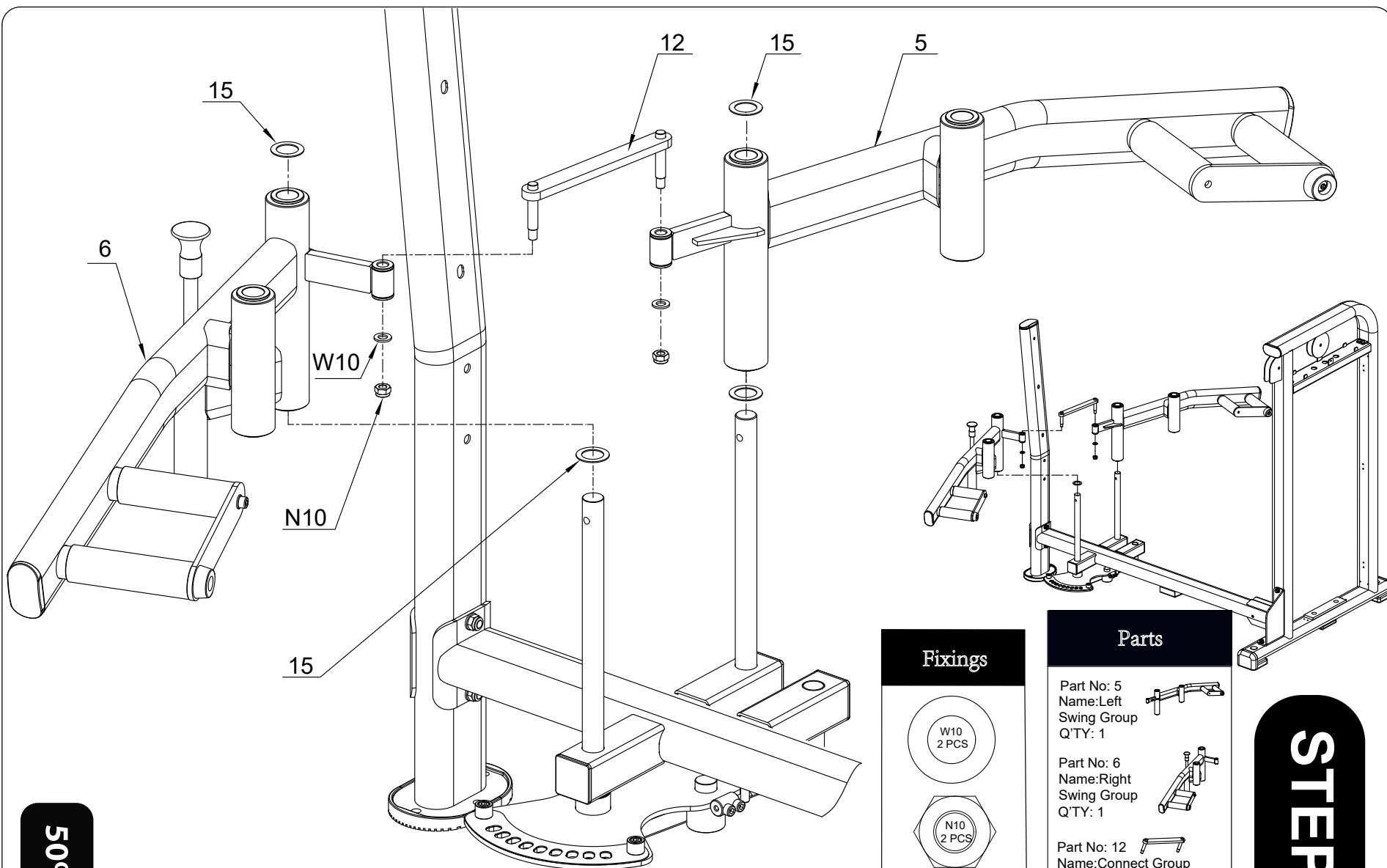
Part No: 16
Name: D10.5 Washer
Q'TY: 1

Tools

17 mm
8 mm

50%



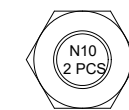


50%



Install The Swing Group(#5 & #6)
And Connect Group(#12).

Fixings



Tools



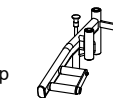
17 mm

Parts

Part No: 5
Name: Left
Swing Group
Q'TY: 1



Part No: 6
Name: Right
Swing Group
Q'TY: 1



Part No: 12
Name: Connect Group
Q'TY: 1

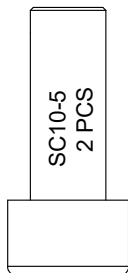


Part No: 15
Name:
Washer ID25.5 OD32 T2
Q'TY: 4



STEP 3

Fixings



SC10-15
2 PCS

Tools



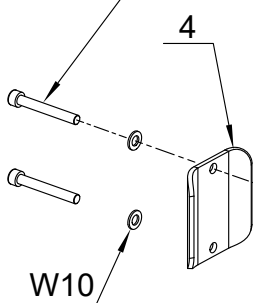
10 \ 17 mm



8 mm

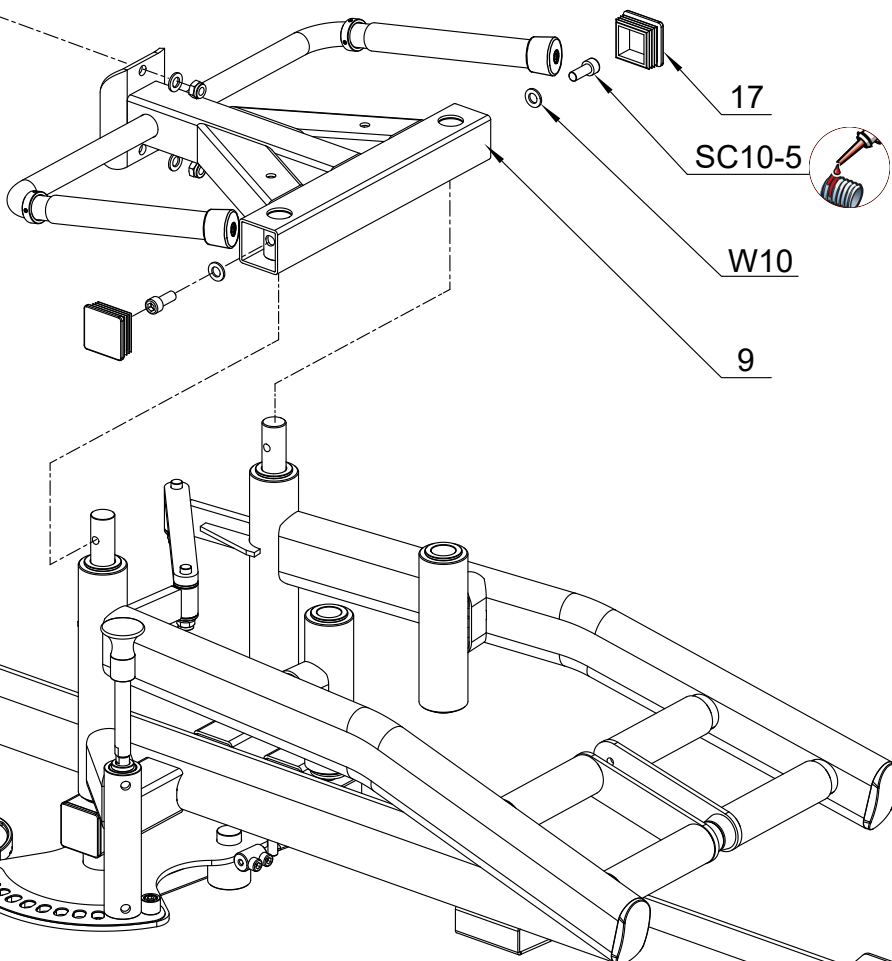
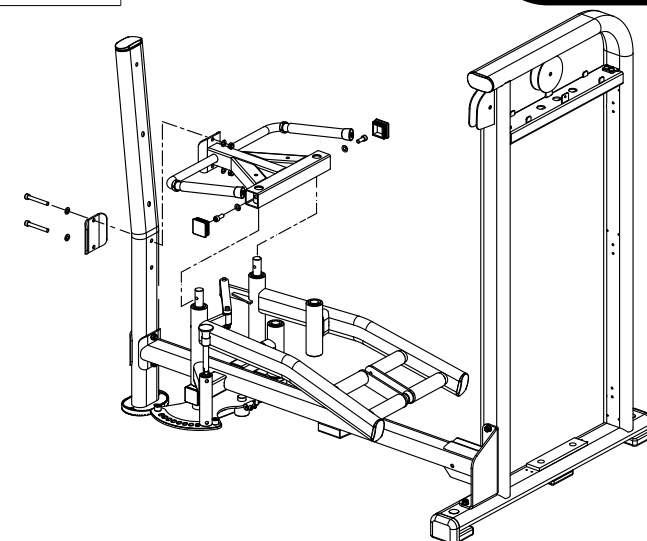
STEP 4

SC10-15



4

W10



50%

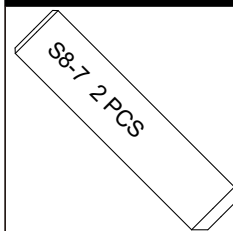


Install The Seat Pad Frame(#9).

STEP 5

The longer side is close to #41Back Shield.

Fixings



Parts

Part No: 19	Name: Guide Rod	
Q'TY: 2		
Part No: 25	Name: Weight Stack Head	
Q'TY: 1		
Part No: 23	Name: Weight Plate	
Q'TY: 14		
Part No: 24	Name: Weight Pin	
Q'TY: 1		
Part No: 20	Name: Guide Rod Bushing	
Q'TY: 2		
Part No: 26	Name: Buffer	
Q'TY: 2		
Part No: 22	Name: Weight Stack Label	
Q'TY: 1		
Part No: 21	Name: Retainer Ring	
Q'TY: 2		
Part No: 18	Name: U Plate	
Q'TY: 4		
Part No: A02	Name: Micro Weight Adjuster	
Q'TY: 2		
Part No: 44	Name: Shock Pad	
Q'TY: 2		

Tools



4mm

Install The Weight Stack.

NOTE 2: Please clean the weight plates before sticking the weight labels , and avoid touching the adhesive of the sticker.

NOTE 3: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

50%



Parts

-  Part No: 29
Name: Cable
Q'TY:1
-  Part No: 27
Name: 89 Pulley
Q'TY:2
-  Part No: 28
Name: 114 Pulley
Q'TY:3

Fixings

H10-23 1PC

Fixings

SC8-3 2 PCS

SC10-10 1PC

H10-9 1PC

N10
1 PC

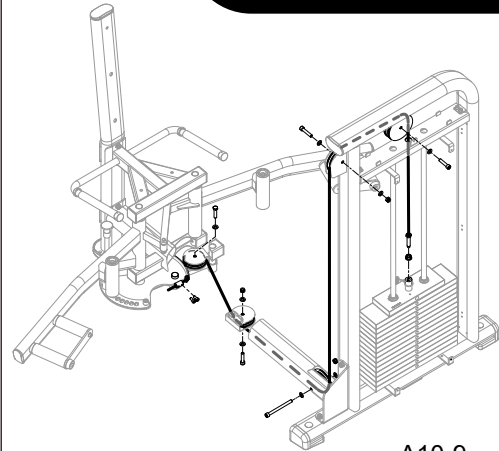
Fixings

A10-9 2 PCS

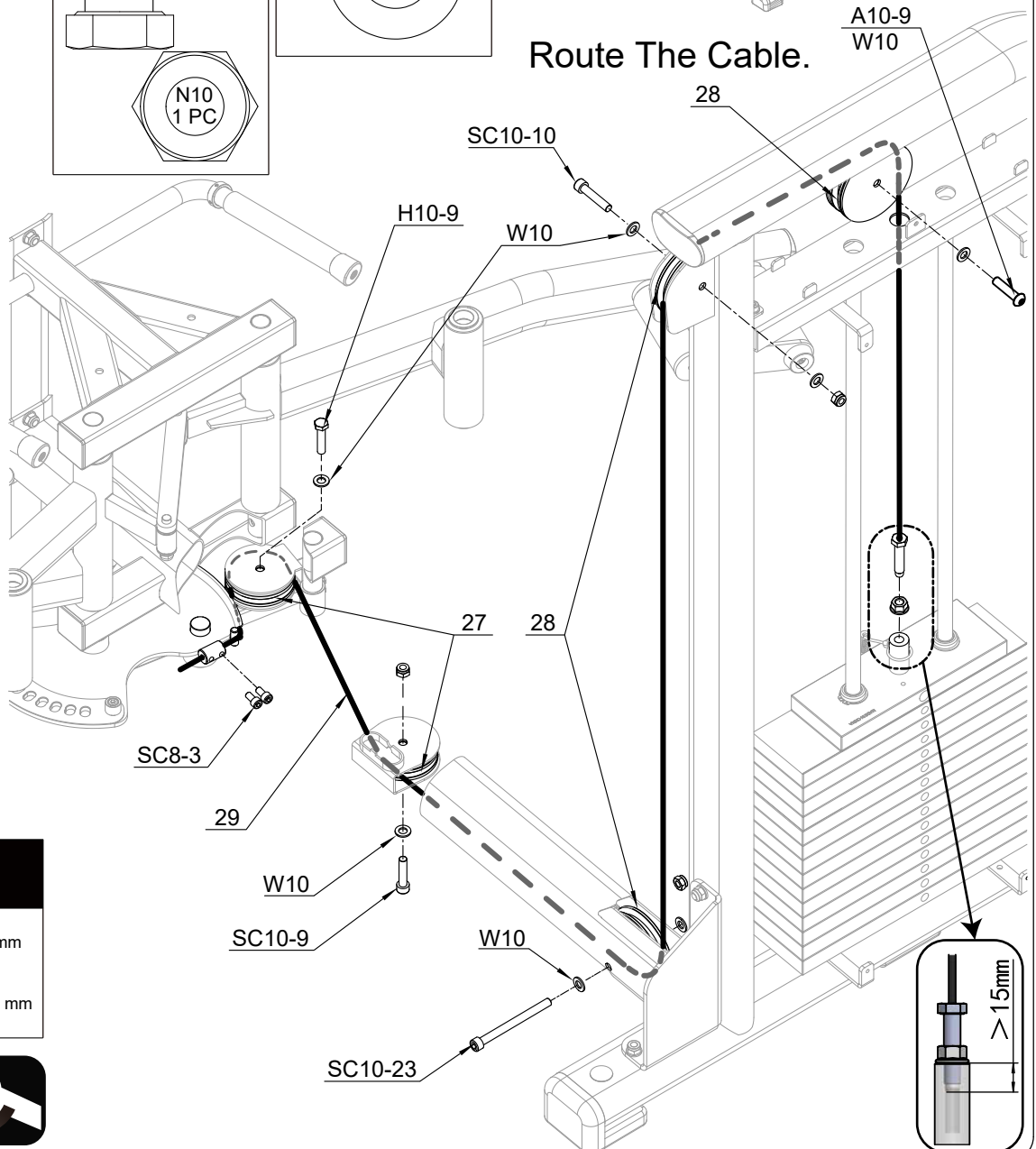
SC10-9 5 PCS

W10
8 PCS

STEP 6



Route The Cable.

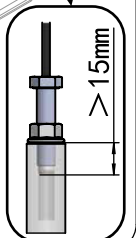


Tools

 16(17)mm

 8 mm \ 6 mm

50%



Fixings

SC8-3 2 PCS

SC8-5 2 PCS

H8-6 4 PCS

W8
6 PCS

Tools



16(17)mm



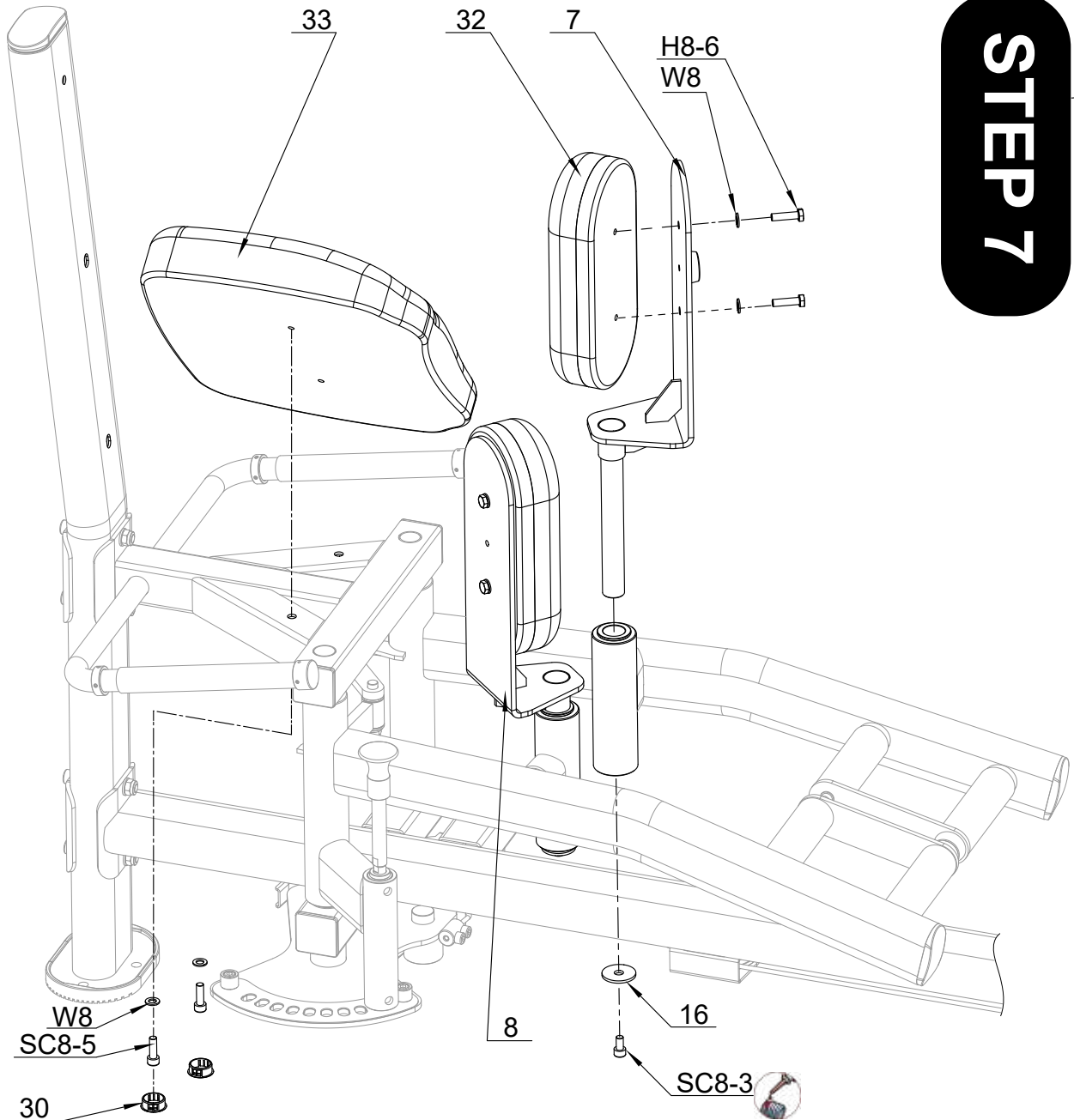
6 mm

Parts

Part No: 7
Name: Leg Pad Frame
Q'TY:1Part No: 8
Name: Leg Pad Frame
Q'TY:1Part No: 32
Name: Leg Pad
Q'TY:2Part No: 30
Name: D25 Cap
Q'TY:2Part No: 16
Name: D10.5 Washer
Q'TY:2Part No: 33
Name: Seat Pad
Q'TY:1

STEP 7

Install The Pads.



50%



Fixings

SC8-7 3 PCS

W8
3 PCS

Parts



Part No: 31
Name: Back Pad
Q'TY:1



Part No: 30
Name: D25 Cap
Q'TY:3

Install The Back Pad(31#).

Tools

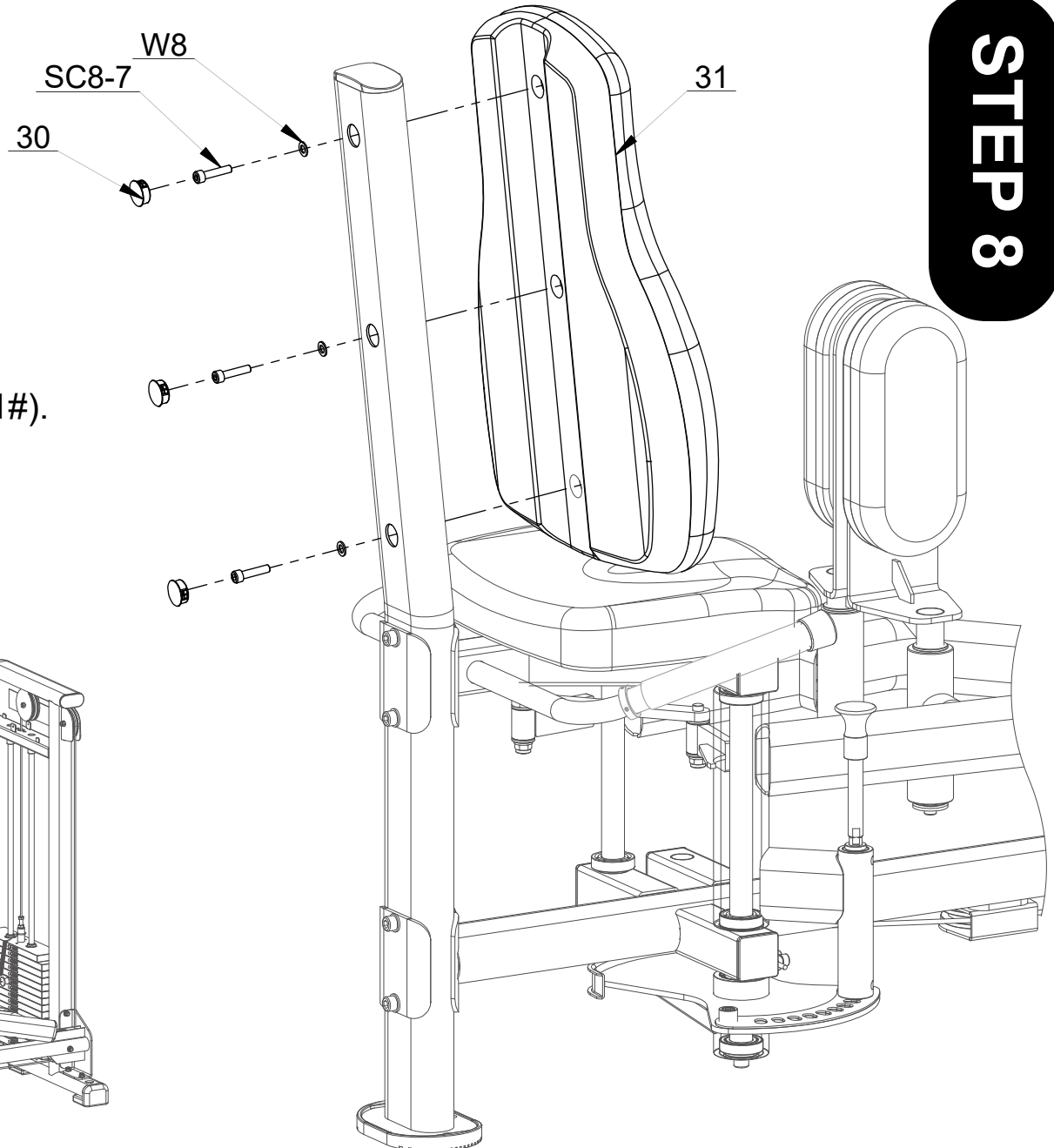
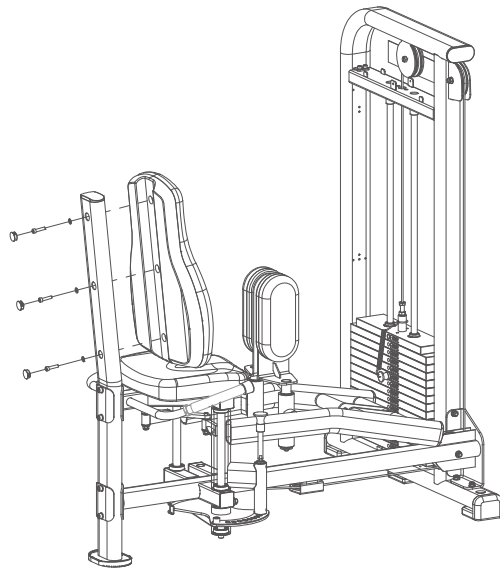


16(17)mm



6 mm

50%



STEP 8

C5-4

34

35

NOTE:
Please make sure the
letter "I" out of logo
faces upward.

100%



41

43

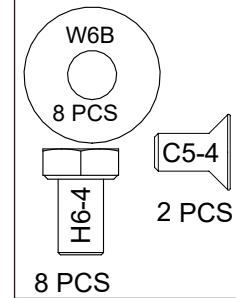
42

H6-4

W6B

Install The Shield Plate

Fixings



Tools



STEP 9

Parts

- Part No: 35
Name: Logo Plate 1
Q'TY: 1
- Part No: 34
Name: Logo Plate 2
Q'TY: 1
- Part No: 41
Name: Back Shield
Q'TY: 1

Parts

- Part No: 42
Name: Front Shield 2
Q'TY: 1
- Part No: 43
Name: Front Shield 1
Q'TY: 1

PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Stack Frame	1
2	Back Pad Frame	1
3	Bottom Frame	1
4	Bottom Frame	2
5	ft Swing Group	1
6	Right Swing Group	1
7	Leg Pad Frame	1
8	Leg Pad Frame	1
9	Seat Pad Frame	1
10	Bottom Swing Group	1
11	Adjust Group	1
12	Connect Group	1
13	Left Shaft	1
14	Right Shaft	1
15	Washer ID25.5 OD32 T2	6
16	D25.5 Washer	3
17	F50 Cap	5
18	U Plate	4
19	Guide Rod	2
20	Guide Rod Bushing	2
21	Retainer Ring	2
22	Weight Stack Label	1
23	Weight Plate	14
24	Weight Pin	1
25	Weight Stack Head	1
26	Buffer	2
27	89 Pulley	2
28	114 Pulley	3
29	Cable	1
30	D25 Cap	5
31	Back Pad	1
32	Leg Pad	2
33	Seat Pad	1
34	Logo Plate 2	1
35	Logo Plate 1	1
*	*	*
*	*	*
*	*	*
*	*	*

PART#	DESCRIPTION	QTY
*	*	*
*	*	*
41	Back Shield	1
42	Front Shield 2	1
43	Front Shield 1	1
W6	Washer $\phi 6$	8
W6B	Big Washer 6	8
W8	Washer $\phi 8$	9
W10	Washer $\phi 10$	30
N10	Nut M10	13
SW10	Spring Washer $\Phi 10$	1
S8-7	Socket Set Screw M8X35	2
C5-4	Countersunk Head Screw M5X10	2
H6-4	Hex Head Bolt M6X10	16
H8-6	Hex Head Bolt M8X30	4
H10-9	Hex Head Bolt M10X45	1
SC8-3	Socket Cap Screw M8X15	4
SC8-5	Socket Cap Screw M8X25	2
SC8-7	Socket Cap Screw M8X35	3
SC10-4	Socket Cap Screw M10X20	1
SC10-5	Socket Cap Screw M10X25	6
SC10-9	Socket Cap Screw M10X45	2
SC10-10	Socket Cap Screw M10X50	1
SC10-14	Socket Cap Screw M10X70	2
SC10-15	Socket Cap Screw M10X75	4
SC10-23	Socket Cap Screw M10X115	1

Optional Parts

PART NO.	DESCRIPTION	QT'Y
A01	Holder	1
A02	Micro Weight Adjuster	2
SC10-5	Socket Head Cap Screw M10 × 25	2
W10	Washer Φ10	2
SW10	Spring Washer Φ10	2