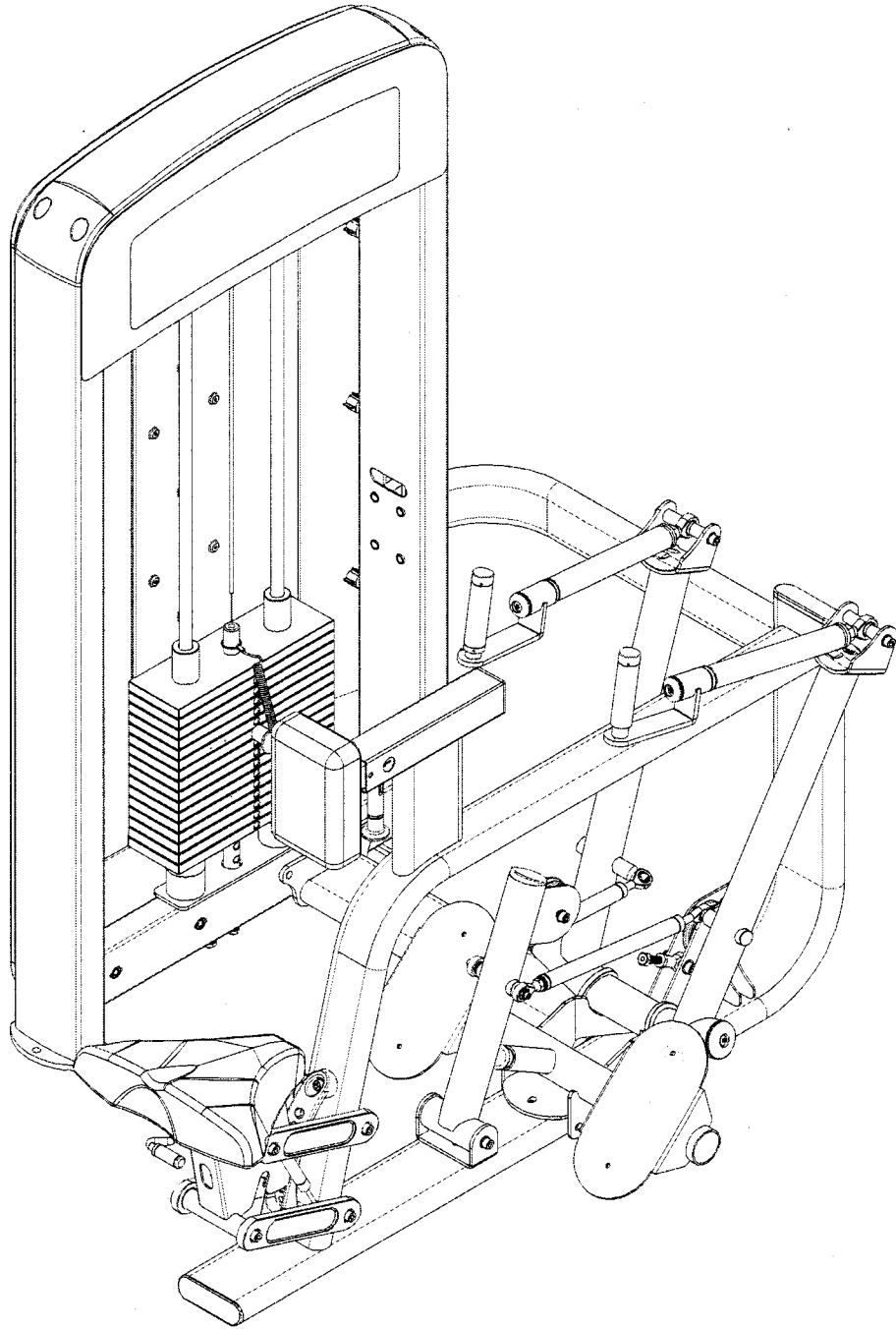


Seated Row



J400A-05 Seated Row

User Manual

Contents

- 01/Safety
- 02/Installation chart & list
- 03/ Product description
- 04/ Product specification
- 05/ Maintenance
- 06/ Troubleshooting guides
- 07/ Warranty

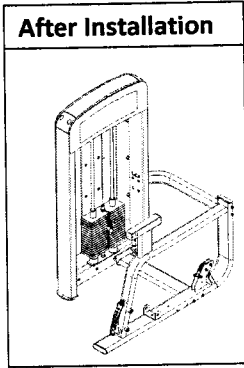
01/ Safety

Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

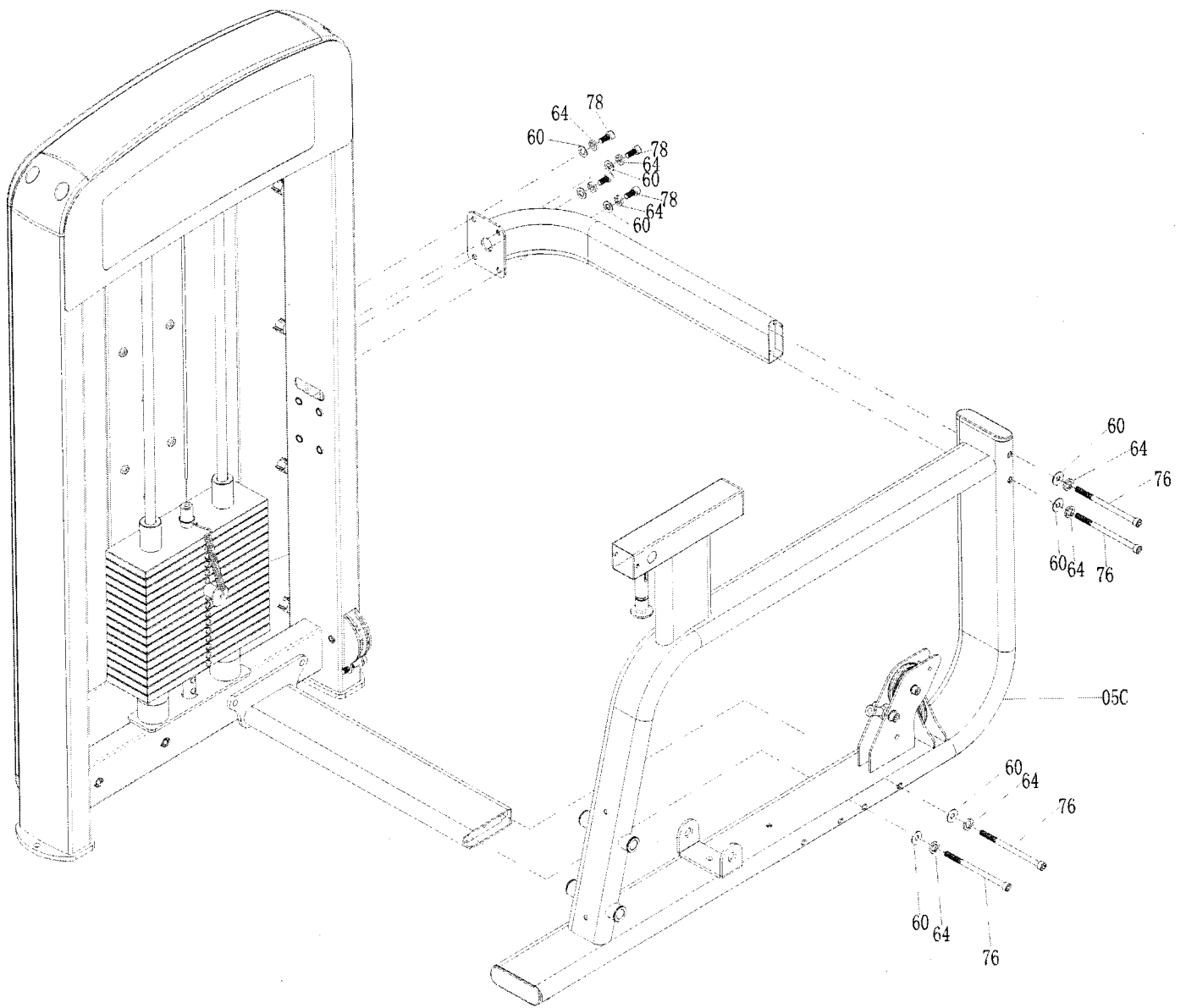
1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult' s guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

02/ Installation chart & list

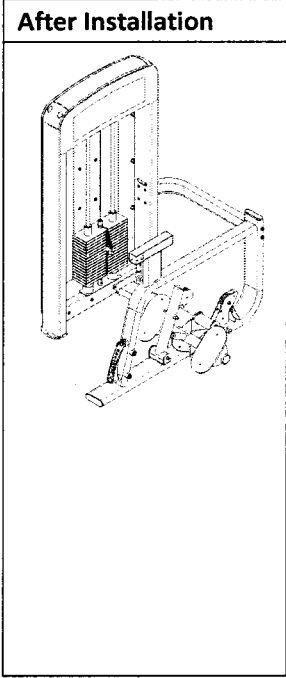
1) Step 1



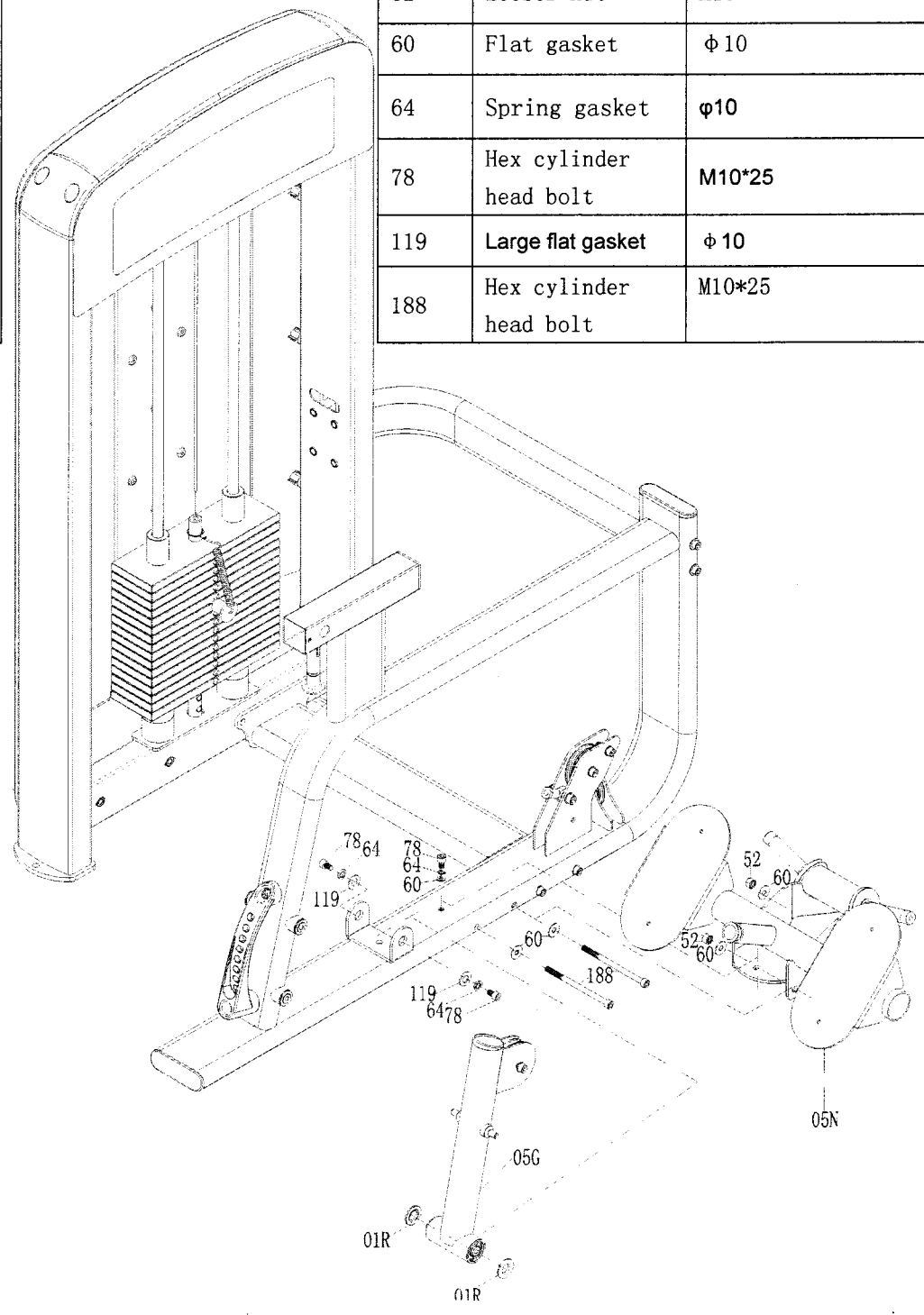
List for this step			
Model	Name	Spec	Qty
05A	Top connecting tube set		1
05C	Body frame		1
60	Flat gasket	φ10	8
64	Spring gasket	φ10	8
76	b	M10*160	4
78	Hex cylinder head bolt	M10*25	4



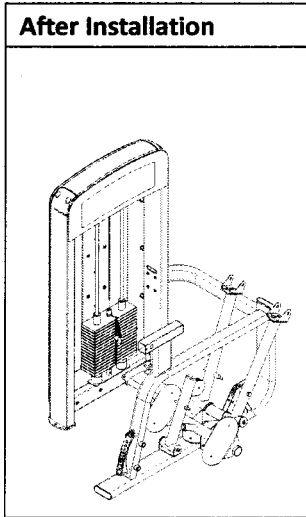
2) Step 2



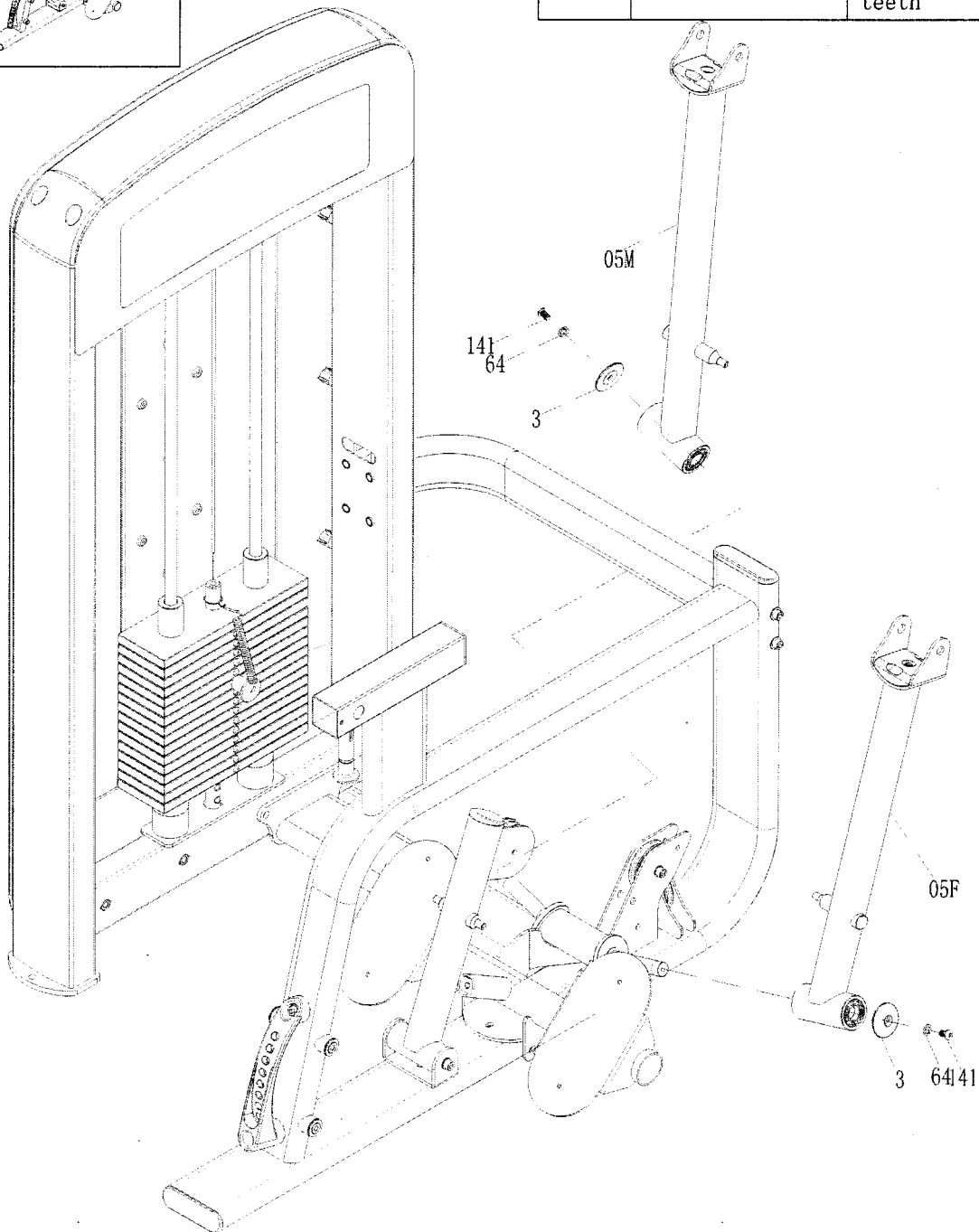
List for this step			
Model	Name	Spec	Qty
01S	Interval cover	φ 20.5* φ 26*40*T4	2
05G	Driving frame		1
05N	Pedals		1
52	Looser nut	M10	2
60	Flat gasket	φ 10	5
64	Spring gasket	φ10	3
78	Hex cylinder head bolt	M10*25	3
119	Large flat gasket	φ 10	2
188	Hex cylinder head bolt	M10*25	2



3) Step 3

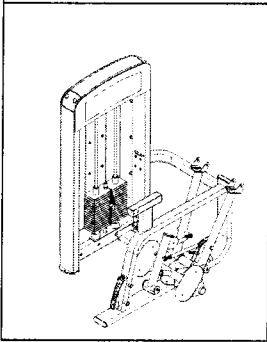


List for this step			
Model	Name	Spec	Qty
05F	Flexible tube set (right)		1
05M	Flexible tube set (left)		1
3	Aluminum cover	φ 60*φ 10.5*8.84	2
64	Spring gasket	φ 10	2
141	Hex cup head bolt	M10*25 total teeth	2

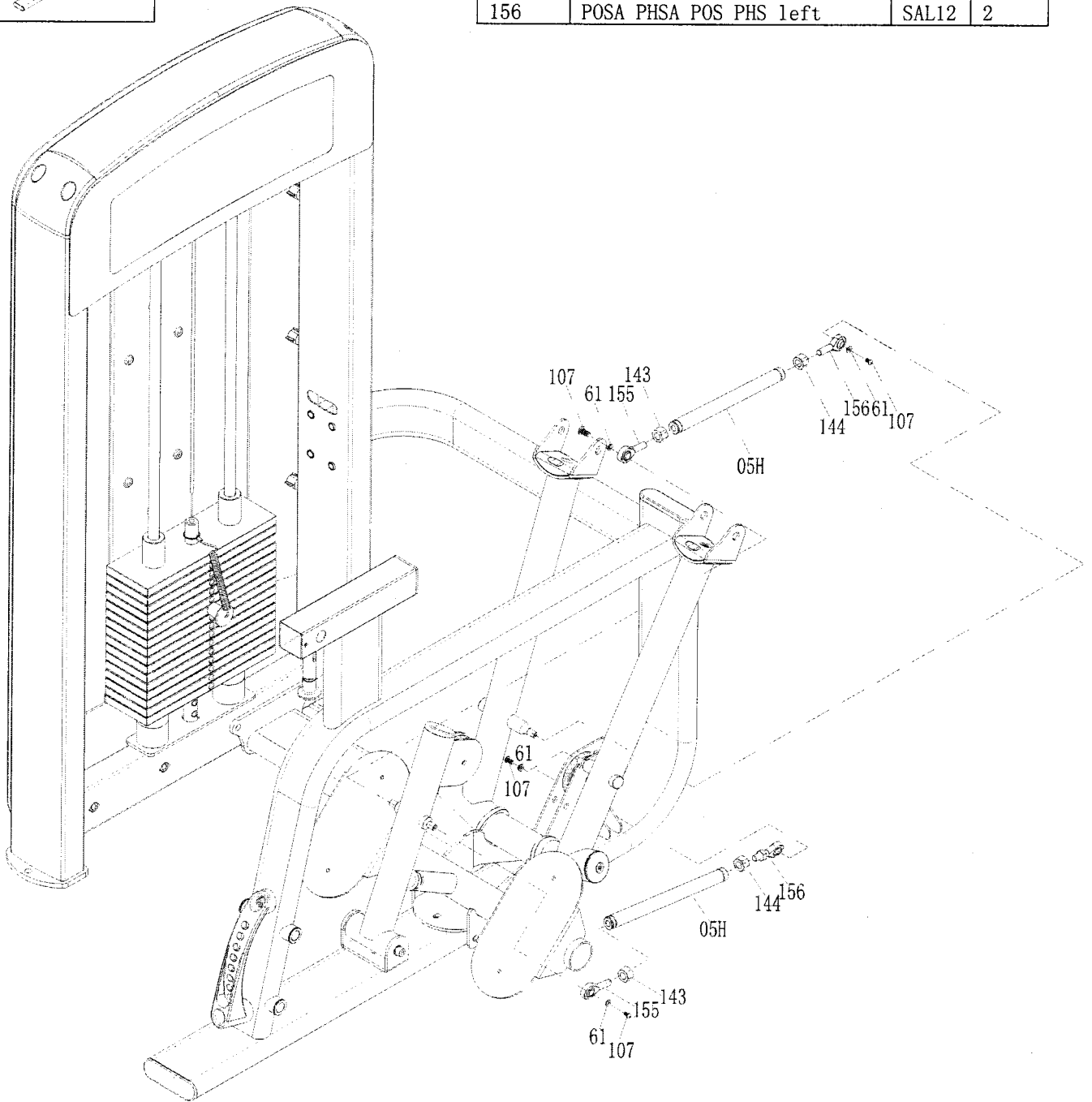


4) Step 4

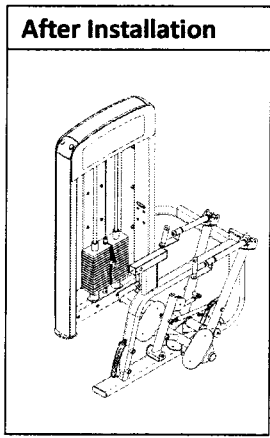
After Installation



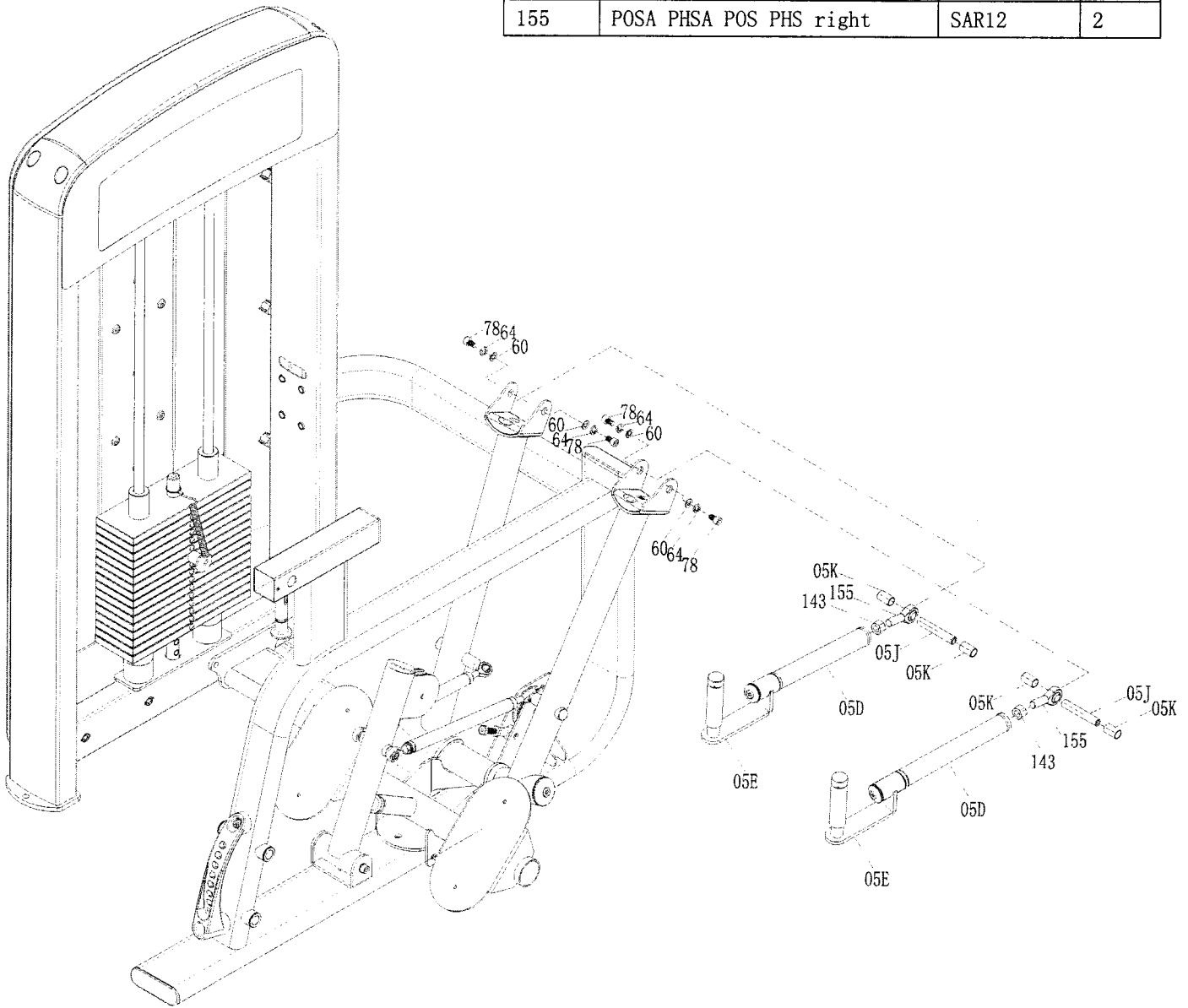
After Installation			
Model	Name	Spec	Qty
05H	Stay tube set		2
61	Flat gasket	φ8	4
107	Cross recessed pan head bolt	M6*15	4
143	Normal teeth nut	M12	2
144	Abnormal teeth nut	M12	2
155	POSA PHSA POS PHS right	SAR12	2
156	POSA PHSA POS PHS left	SAL12	2



5) Step 5

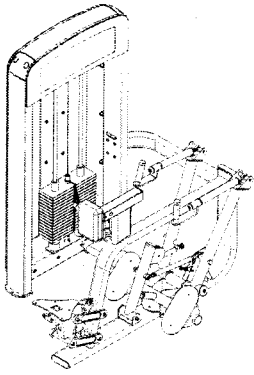


List for this step			
Model	Name	Spec	Qty
05D	Connecting rod set		2
05E	Handrail tube set		2
05J	Rotation axis		2
05K	Spacer sleeve		4
60	Flat gasket	Φ 10	4
64	Spring gasket	Φ 10	4
78	Hex cylinder head bolt	M10*25	4
143	Normal teeth nut	M12	2
155	POSA PHSA POS PHS right	SAR12	2



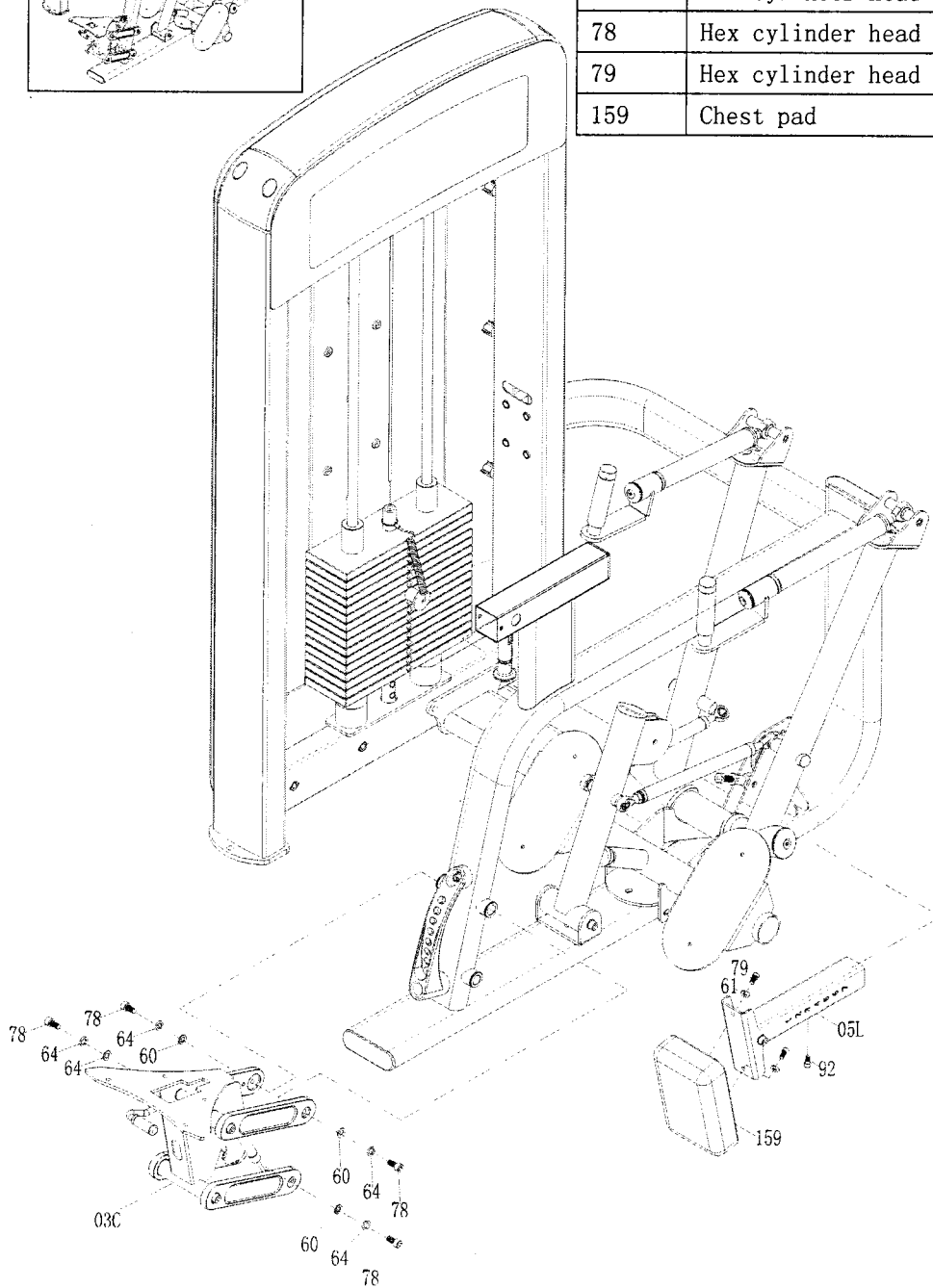
6) Step 6

After Installation



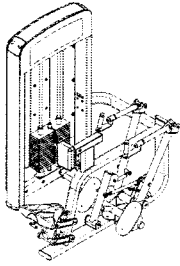
List for this step

Model	Name	Spec	Qty
03C	Cushion fixed plate weld		1
05L	Guide sleeve	φ 8.3*φ 16*15	1
60	Flat gasket	φ 10	4
61	Flat gasket	φ 8	2
64	Spring gasket	φ 10	4
92	Hex cylinder head bolt	M8*10	1
78	Hex cylinder head bolt	M10*25	4
79	Hex cylinder head bolt	M8*25	2
159	Chest pad	150*220*60	1



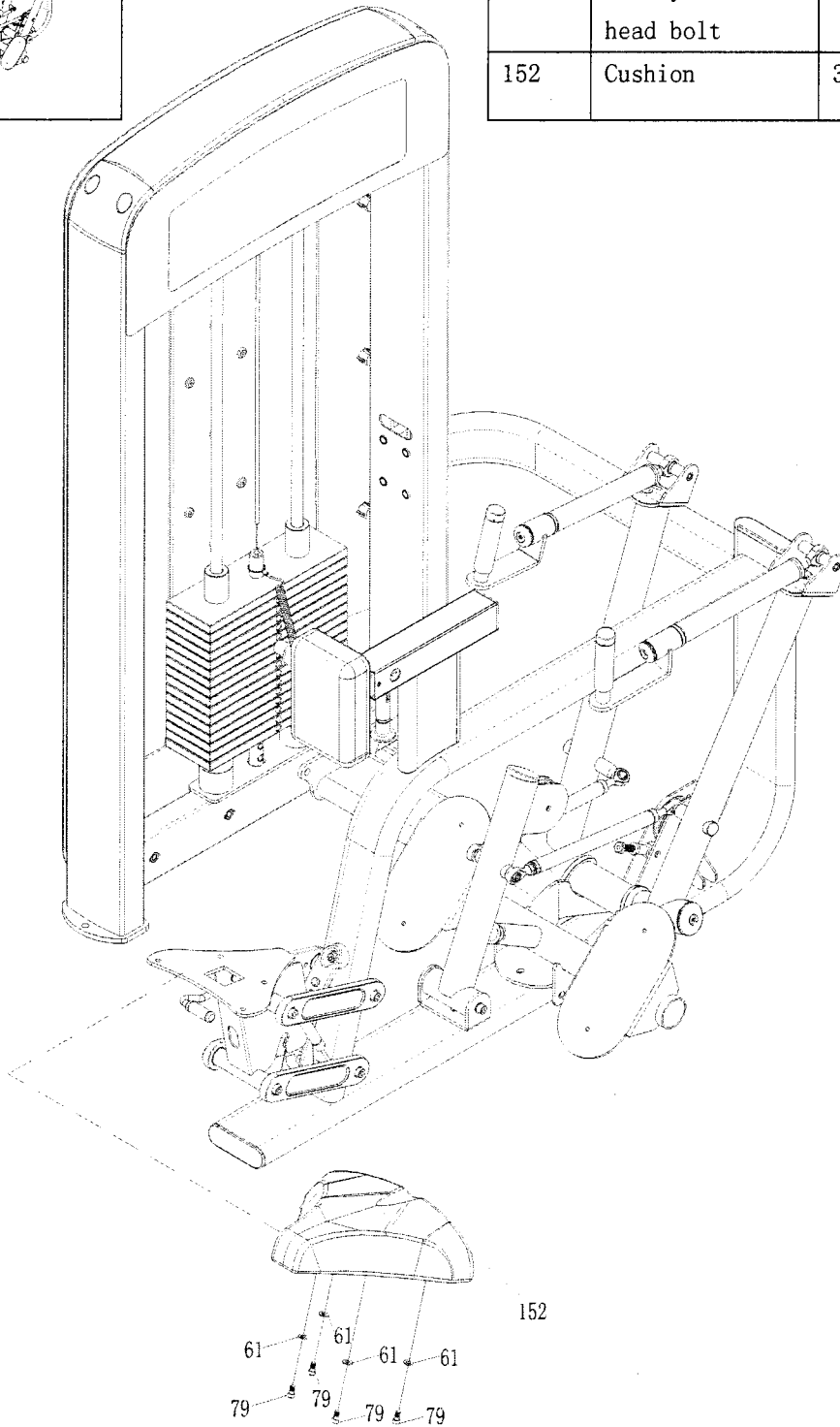
7) Step 7

After Installation



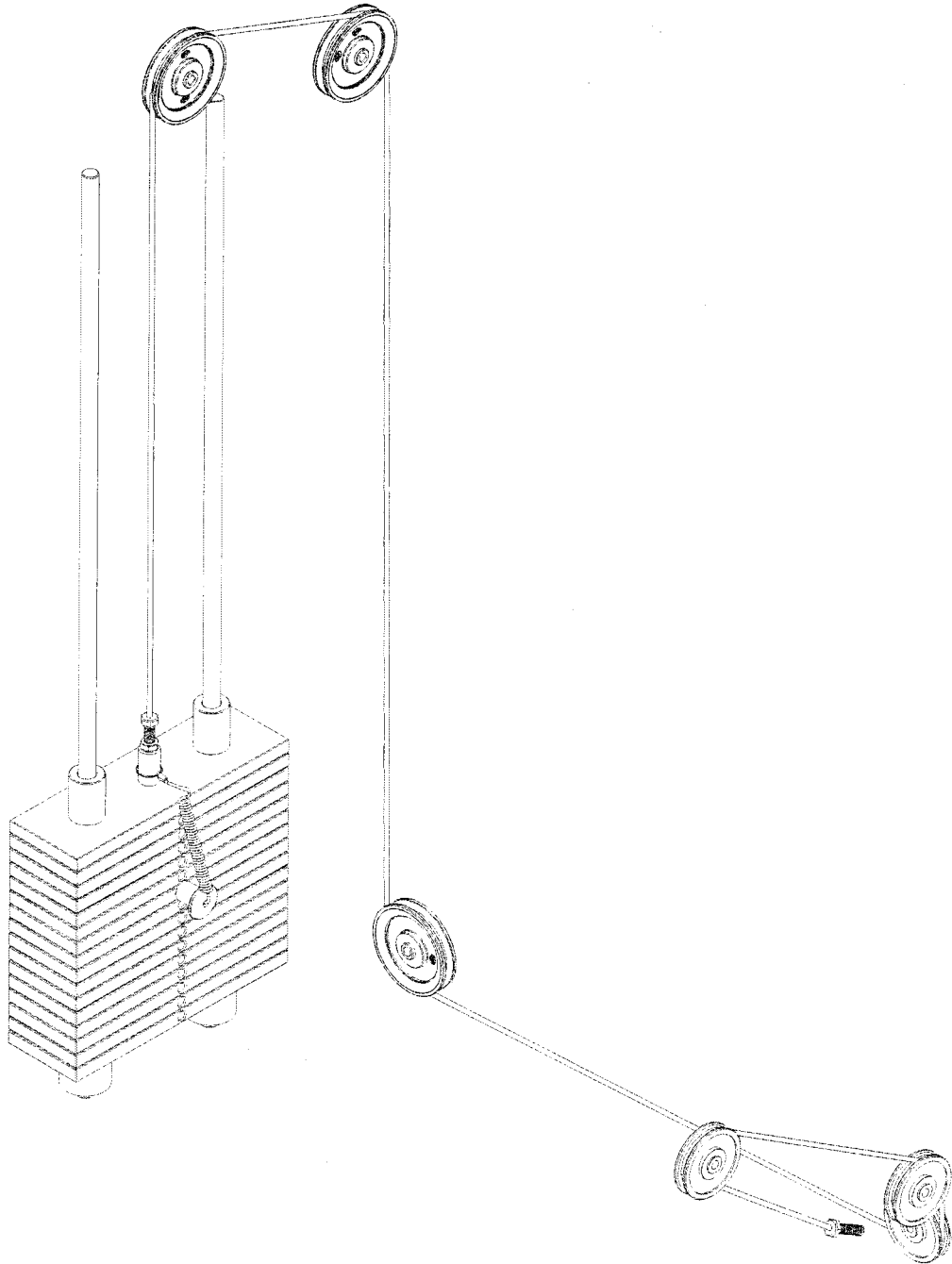
List for this step

Model	Name	Spec	Qty
61	Flat gasket	φ8	4
79	Hex cylinder head bolt	M8*25	4
152	Cushion	383.48*324.19*83.57	1



8) Step 8

Pulley installation diagram:



03/ Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need.

You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure the safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

The equipment is made of steel and of powder coating process, which assure the safety and durability.

04/ Product specification

Name	Seated row	Model	J400A-05
Assembly area	1480*1090*1625	Weight stack	KG
NW	kg	Grade	S
Category: type S ; professional/commercial use type H; home use			

05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent.
3. If weighted spare parts abrasion or broken, please change it at once.

06/Troubleshooting guides

07/Warranty

1. Warranty scope

It adopts to the situation that users use the equipment properly. Non-negotiable.

2. Warranty 1 year starts from the equipment leaving our factory

The followings are inapplicable for the warranty

- (1) Misuse the equipment, accidents or modify without notification
- (2) Breakdown of those who improperly adjust the weight stack pin.
- (3) Breakdown of those who improperly maintain.

Breakdown of other improper operations.