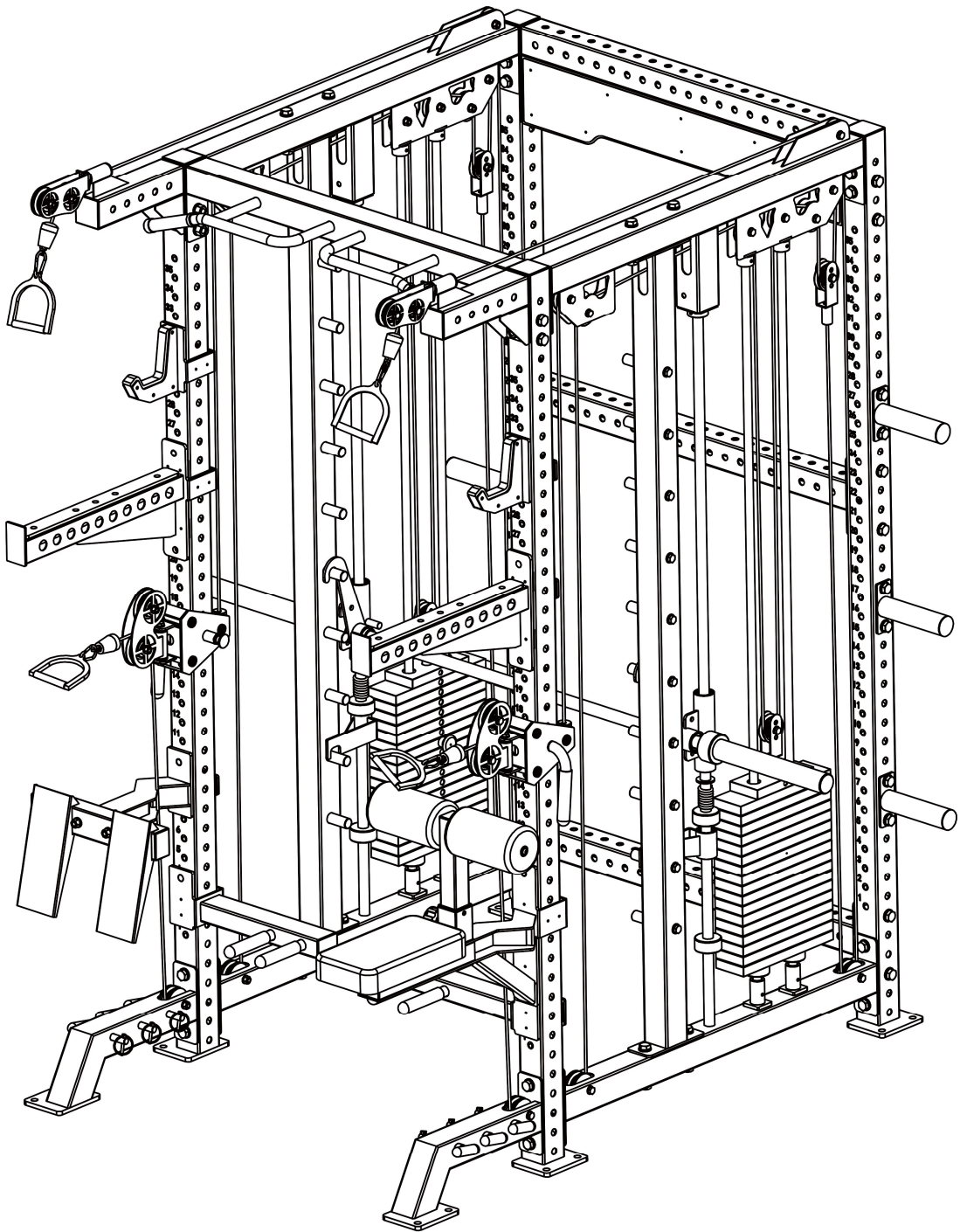


JR-1904A instruction manual



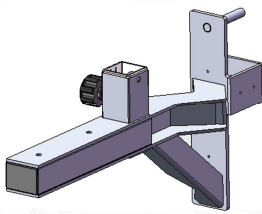


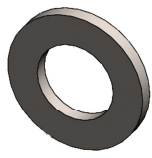
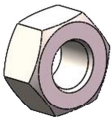
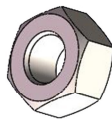



Parts list 1

					
NO.1	No.1 rope *2pcs	NO.2	No.2 rope *2pcs	NO.3	20 damping pad *4pcs
					
NO.4	25 circular shock absorber*4pcs	NO.5	26 increase the flat pad *2pcs	NO.6	J hook left and right
					
NO.7	pedal *1pc	NO.8	Aogan Formation *1pc	NO.9	Safety buckle *4pcs
					
NO.10	Side bottom pipe *2pcs	NO.11	latch *6pcs	NO.12	Magnetic bolt *2pcs
					
NO.13	spring *2pcs	NO.14	fall block *2pcs	NO.15	Hanging guide rod *4pcs
					
NO.16	Hanging group *6pcs	NO.17	T tubule *2pcs	NO.18	Slider group Left and right

Parts list 2

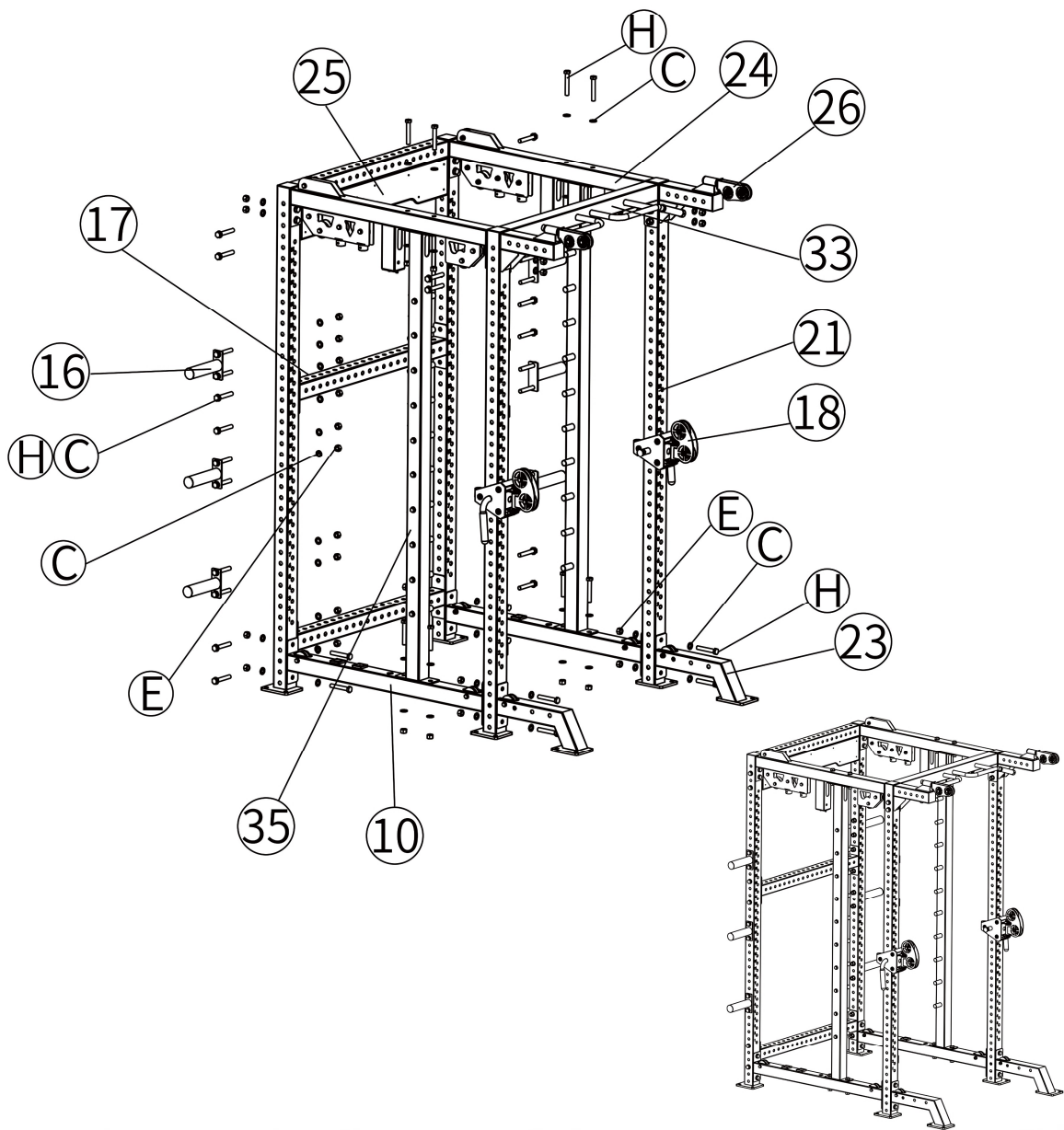
					
NO.19	Pedal pendant group *1pc	NO.20	Laba *4pcs	NO.21	upright post Left and right 2
					
NO.22	Weight plate *50pcs	NO.23	Front bottom pipe Left and right	NO.24	Upper tube *2pcs
					
NO.25	Upper transverse tube *1pc	NO.26	Upper pulley block *2pcs	NO.27	Smith protection hook Left and right
					
NO.28	Smith guide rail *2pcs	NO.29	Head piece *2pcs	NO.30	Curved blind tube group Left and right
					
NO.31	Lower fixing sleeve *4pcs	NO.32	Leg press foam group *1pc	NO.33	Pull-ups *1pc
					
NO.34	Long protective bar Left and right	NO.35	Intermediate column *2pcs	NO.36	cushion *1pc

Parts list 2

					
NO.37	Cushion pendant group *1pc				
					
A	M8 washer *2pcs	B	M12 washer *4pcs	C	M16 washer *104pcs
					
D	M12 nut *2pcs	E	M16nut *52pcs	F	M8X80*2pcs
					
G	M12X70*8pcs	H	M16X100*52pcs		

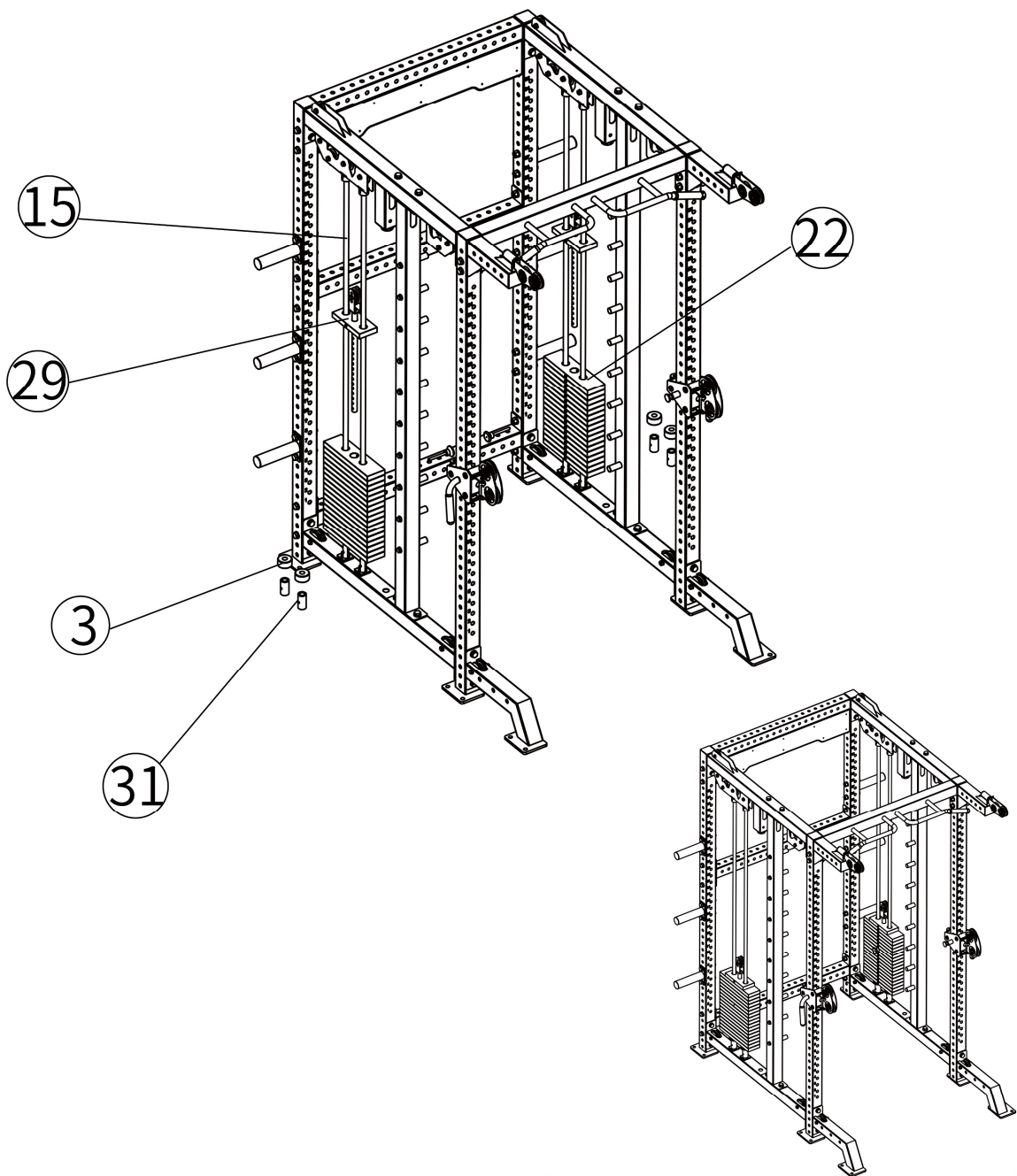
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
1	C	M16 washer	104	21	upright post	4
	E	M16 nut	52	23	Front bottom pipe	2
	H	M16X100	52	24	Upper tube	2
	10	Side bottom pipe	2	25	Upper transverse tube	1
	16	Hanging group	6	26	Upper pulley block	2
	17	T tubule	2	33	Pull-ups	1
	18	Slider group	2	35	Intermediate column	2



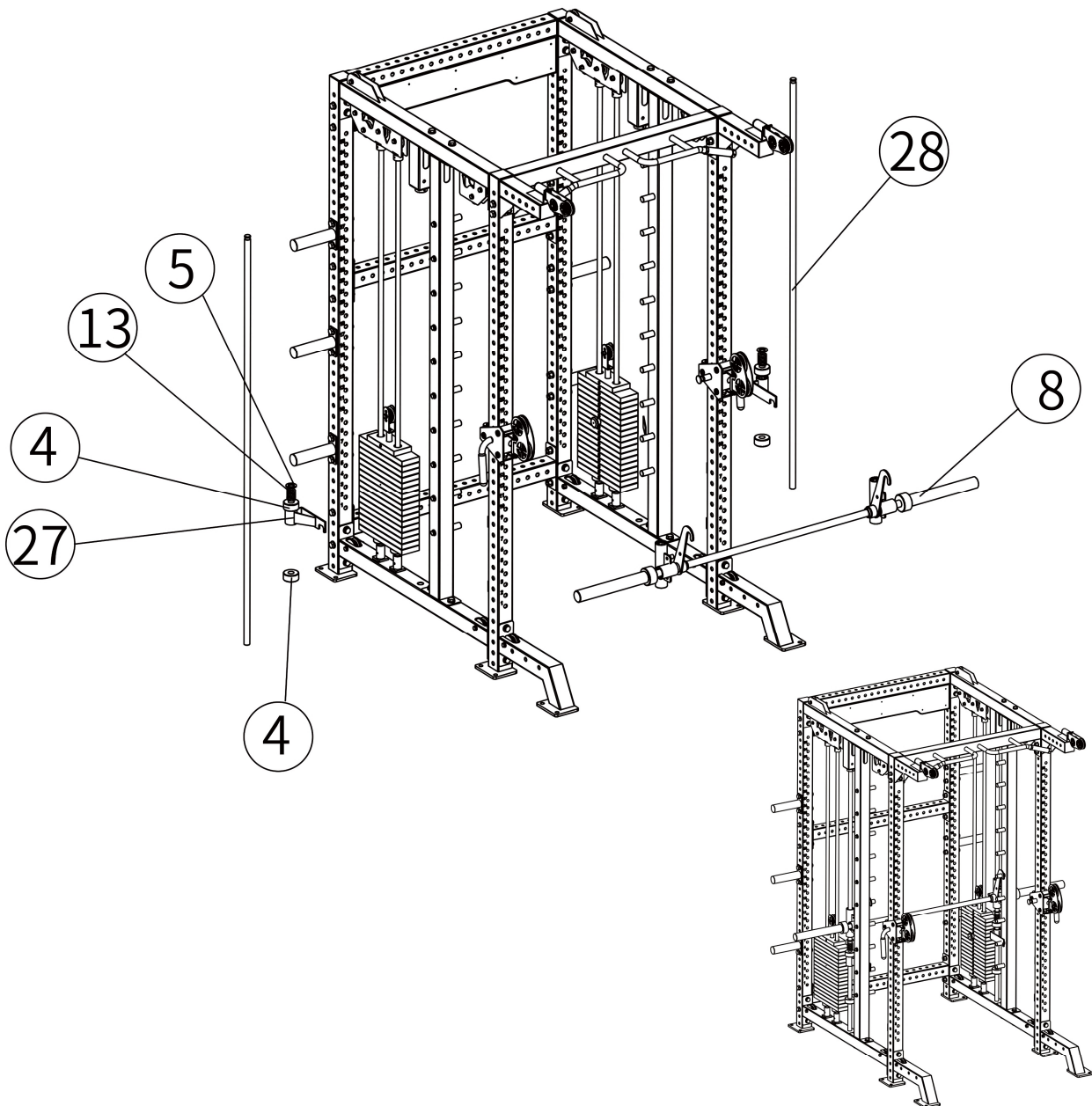
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
2	3	20 damping pad	4	31	Lower fixing sleeve	4
	15	Hanging guide rod	4			
	22	Weight plate	50			
	29	Head piece	2			



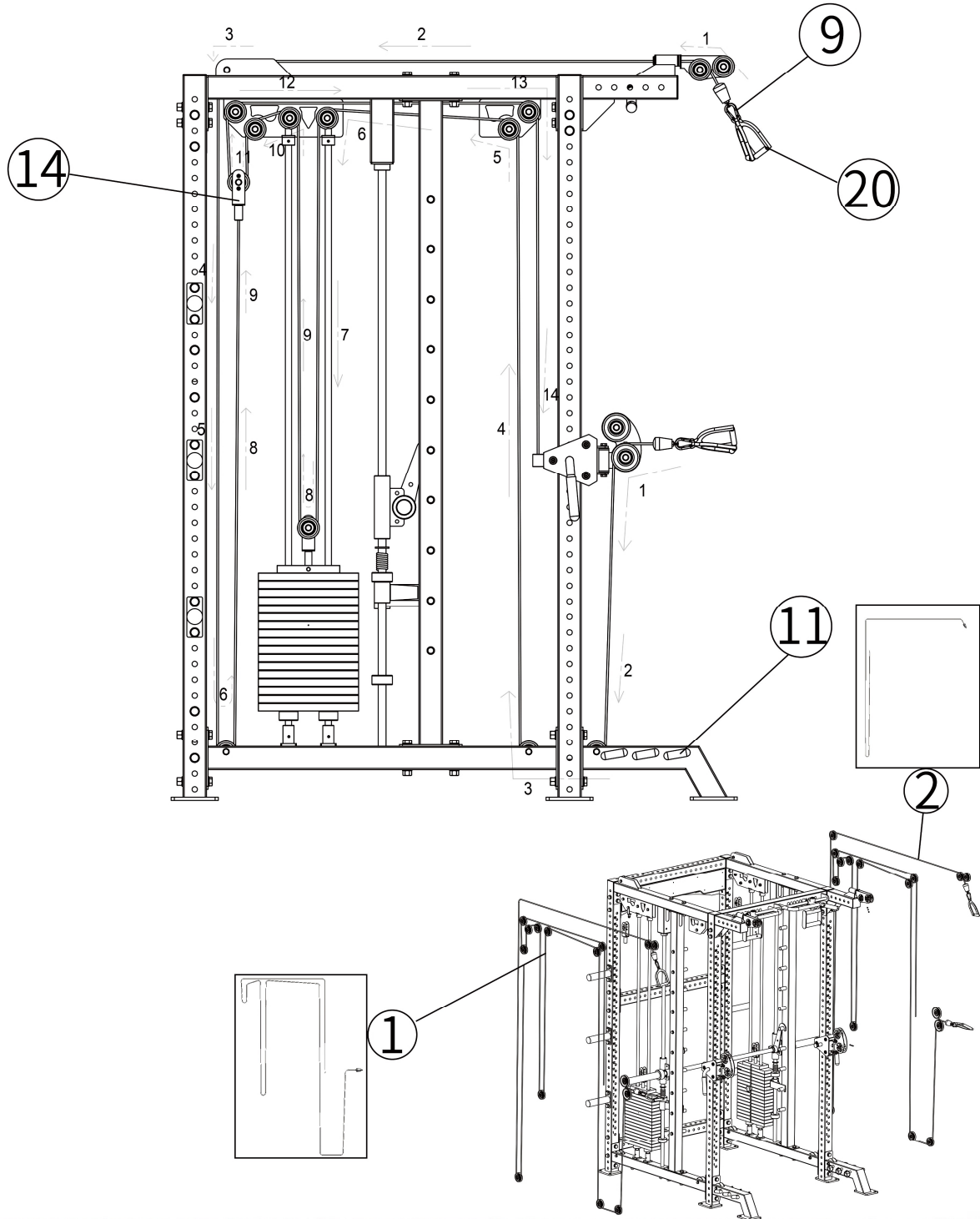
Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
3	4	25 circular shock absorber	4	13	spring	2
	5	26 increase the flat pad	2	27	Smith protection hook	2
	8	Aogan Formation	1			
	12	Magnetic bolt	2			



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
4	1	No.1 rope		14	fall block	2
	2	No.2 rope		20	Laba	2
	9	Safety buckle	4			
	11	latch	6			



Assembly steps

Step NO	Item NO	Name	Qty	Item NO	Name	Qty
5	A	M8 washer	2	19	Pedal pendant group	1
	B	M12 washer	4	30	Curved blind tube group	2
	D	M12 nut	2	32	Leg press foam group	1
	F	M8X80	2	34	Long protective bar	2
	G	M12X70	2	36	cushion	1
	6	J hook	2	37	Cushion pendant group	1
	7	pedal	1			

