

# SL7004

## LOW ROW

### OWNER'S MANUAL

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21D

**CAUTION!** Read all precautions and instructions in this manual before using this equipment.

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## CAUTION!

Read all precautions and instructions in this manual before using this equipment.

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# Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

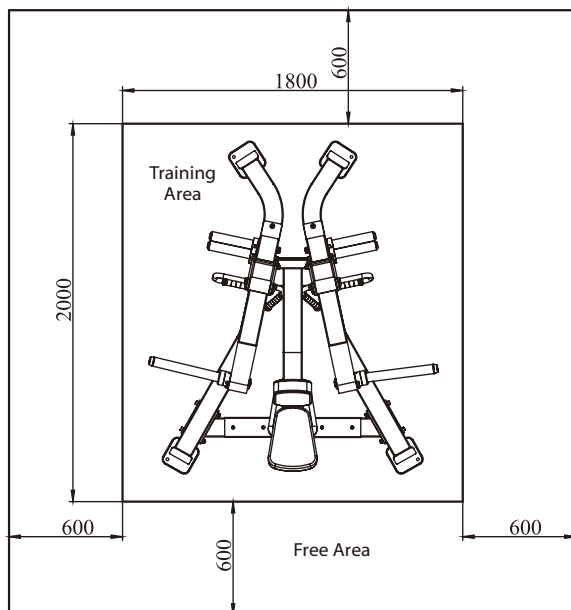
# Important Safety Instructions

## Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Training Area and Free Area



## Specifications

Class: S

Maximum Wt. Capacity: 2\*150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1526\*1761\*1652mm

Product Total Surface: 1800\*2000mm

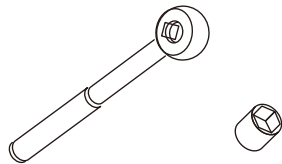
Product Total Mass: 170kg/ 375lbs

# Instructions

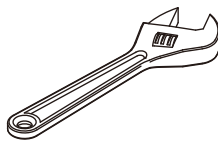
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

## Tools Required



Ratchet Wrench and Socket



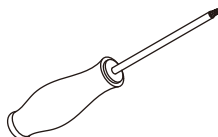
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



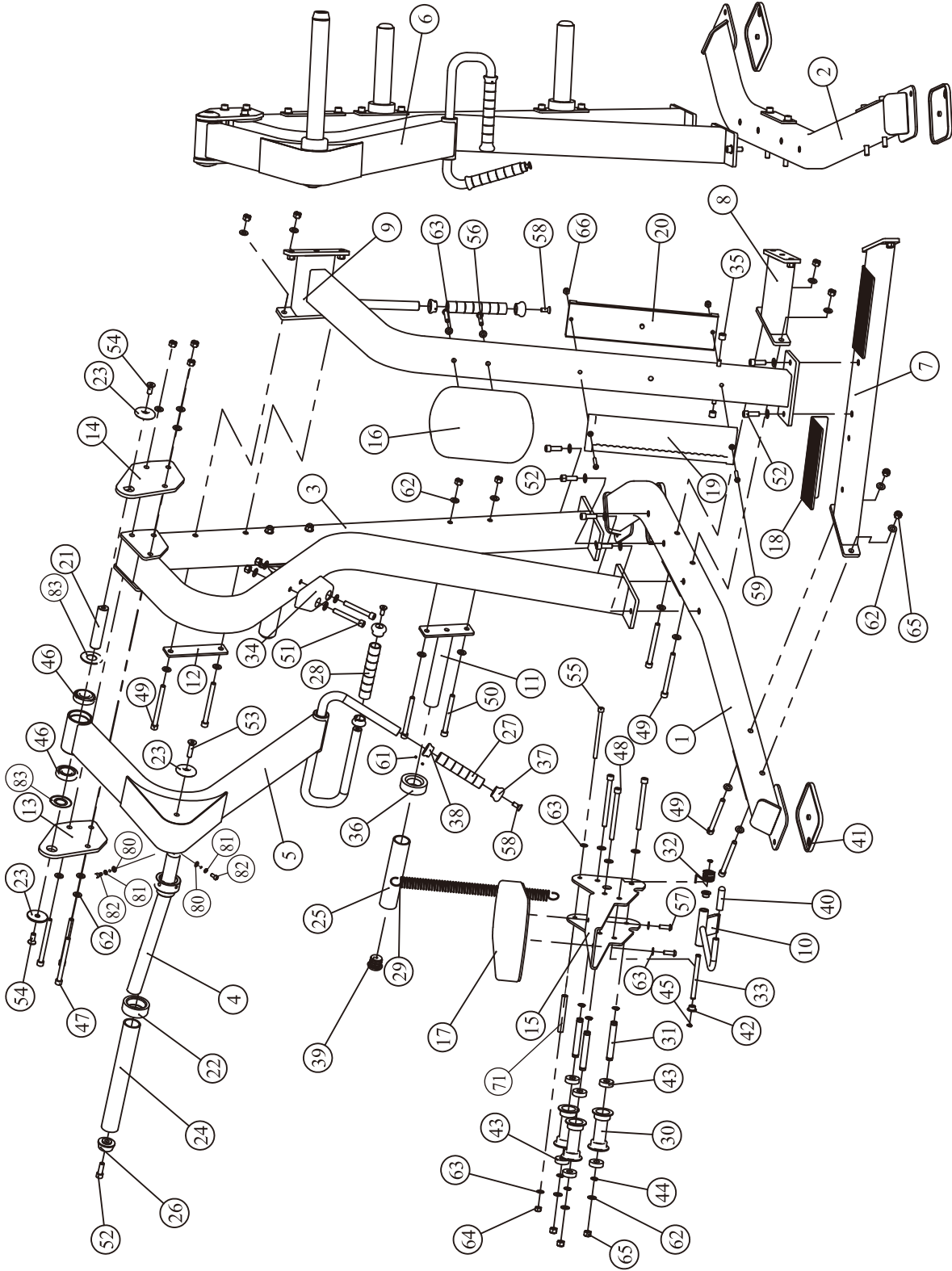
Phillips Screwdriver

# Parts List

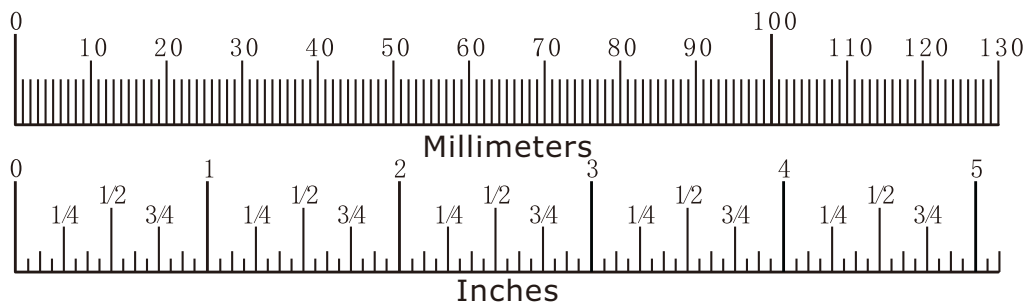
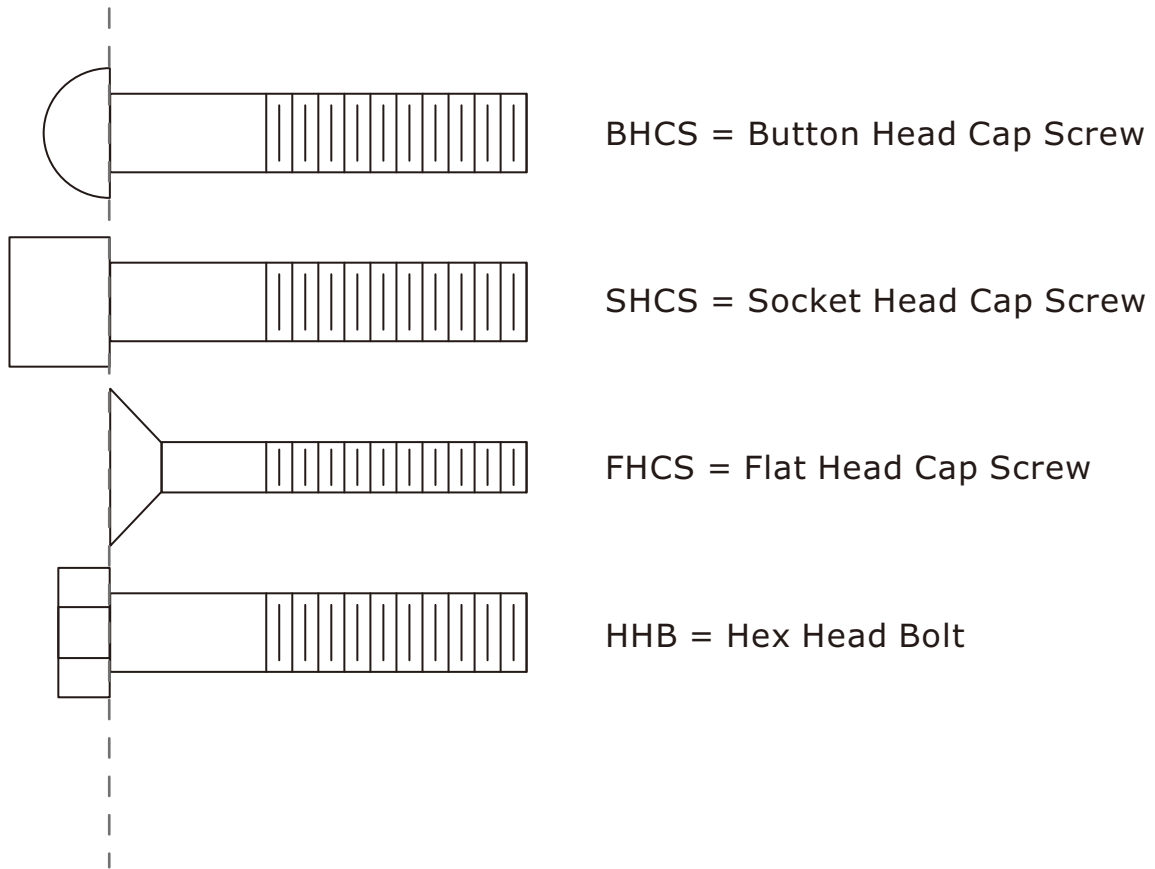
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No.	Description	Qty	Item No.	Description	Qty
1	Left Bottom Frame	1	39	End Plug	4
2	Right Bottom Frame	1	40	Rubber Grip	1
3	(left/right) Upright Frame	2	41	Rubber Foot	4
4	Weight Horn Assembly	2	42	Oilite Bushing	2
5	Left Arm Frame	1	43	Ball Bearing	6
6	Right Arm Frame	1	44	External Retaining Ring $\Phi 17$	6
7	Long Cross Frame	1	45	External Retaining Ring $\Phi 12$	2
8	Short Cross Frame	1	46	Ball Bearing 6206-2Z	4
9	Middle Standing Frame	1	47	Socket Head Cap Screw M12*155	6
10	Adjustable Handle	1	48	Socket Head Cap Screw M12*145	3
11	Weight Plate Storage	4	49	Socket Head Cap Screw M12*135	12
12	Narrow Outside Plate	2	50	Socket Head Cap Screw M12*125	8
13	Pivot Plate 1	2	51	Socket Head Cap Screw M12*90	4
14	Pivot Plate 2	2	52	Socket Head Cap Screw M12*35	12
15	Seat Frame	1	53	Flat Head Cap Screw M12*50	2
16	Chest Pad	1	54	Flat Head Cap Screw M12*30	4
17	Seat Pad	1	55	Socket Head Cap Screw M10*145	1
18	Pedal	2	56	Button Head Cap Screw M10*75	2
19	Front Plastic Plate	1	57	Button Head Cap Screw M8*30	2
20	Rear Plastic Plate	1	58	Flat Head Cap Screw M10*25	5
21	Pivot Shaft $\Phi 30$	2	59	Button Head Cap Screw M8*65	2
22	Rubber Bumper	2	61	Socket Set Screw 10-32*3.2	10
23	Domed Aluminium Cap	6	62	Flat Washer $\Phi 13 \times \Phi 24 \times 1.5$	76
24	Long Weight Horn Sleeve	2	63	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	6
25	Weight Horn Sleeve	4	64	Nylon lock Nut M10	1
26	Weight Horn Plastic Cap	2	65	Nylon lock Nut M12	33
27	Short Aluminium Grip	2	66	Nylon lock Nut M8	2
28	Aluminium Grip	3	67	Hex key S=10	1
29	Pull Spring	1	68	Hex key S=8	1
30	Idler Wheel	3	69	Hex key S=6	1
31	Wheel Shaft	3	70	Hex key S=4	1
32	Wring Spring	1	71	Supporting Sleeve	1
33	Shaft For Adjustable Handle	1	72	Rivet Nut M8	4
34	Large Rubber Bumper	2	73	Flat Head Cap Screw M8*20	4
35	Plastic Sleeve	2	80	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
36	Weight Horn Rubber Donut	4	81	Spring Washer $\Phi 8$	4
37	Aluminium Cap $\Phi 25$	5	82	Socket Head Cap Screw M8*30	4
38	Aluminium Ring $\Phi 25$	5	83	Baffle Ring	4

# Exploded View



# Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength



# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

## **NOTE**

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

# Assembly

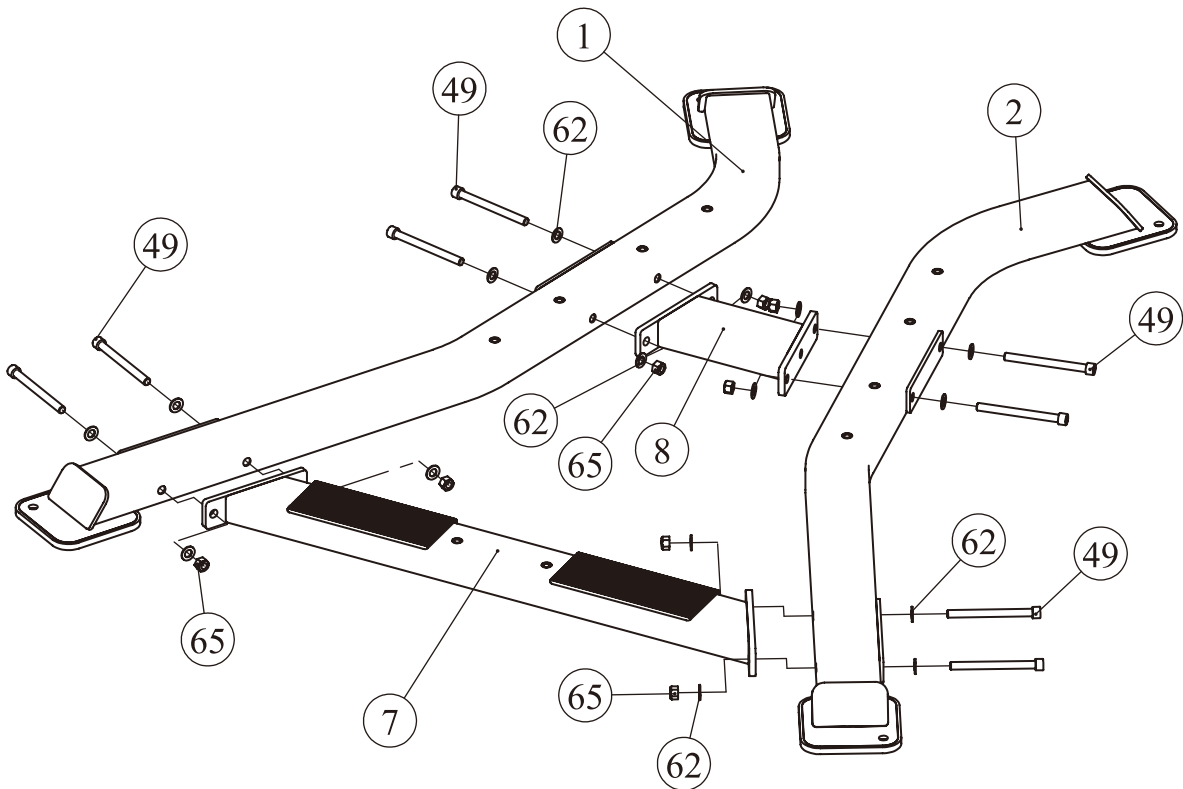
## Step 1

Attach the Left Bottom Frame (#1) & Right Bottom Frame (#2) to the Long Cross Frame (#7) & Short Cross Frame (#8) using:

eight M12\*135 SHCS (#49)

sixteen  $\Phi 13*\Phi 24*1.5$  Flat Washer (#62)

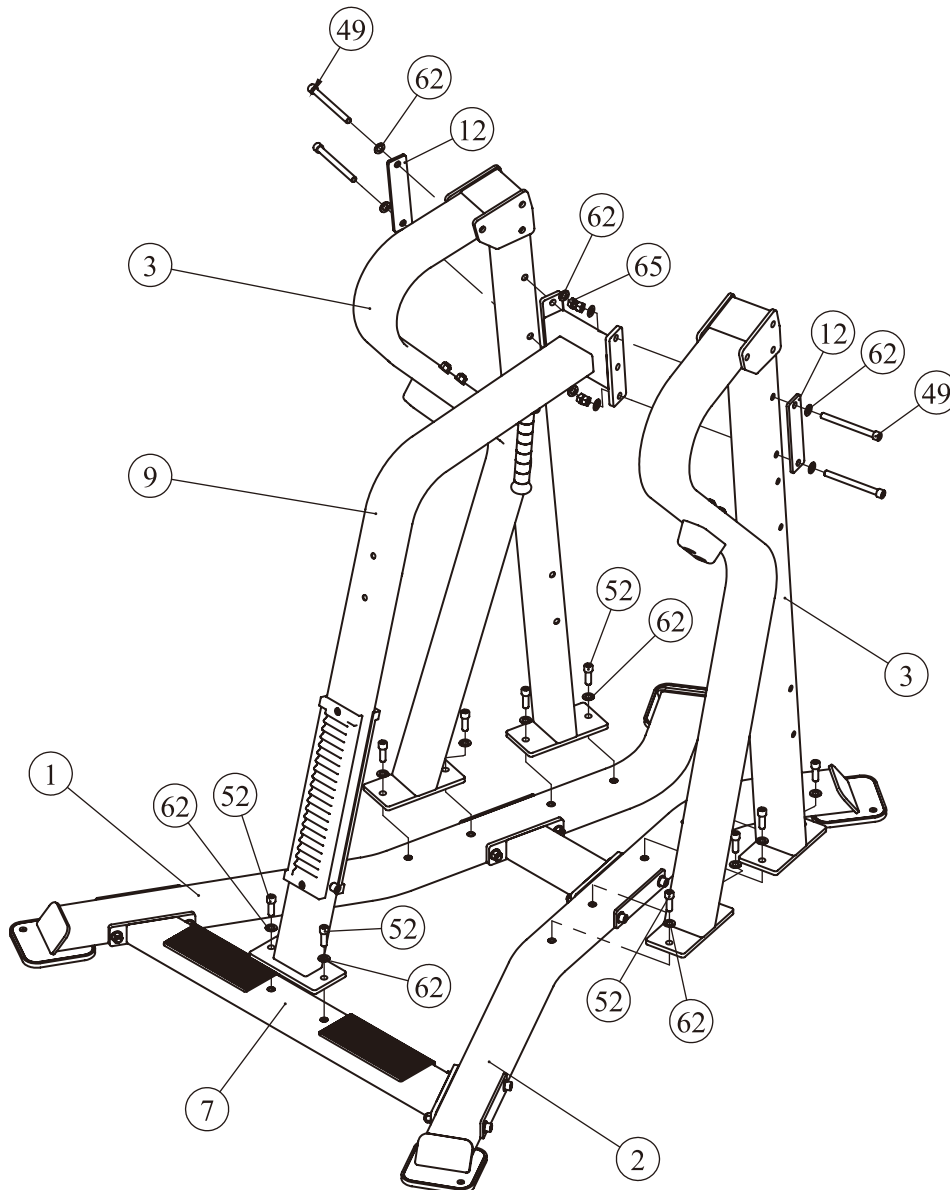
eight M12 Nylon lock Nut (#65)



# Assembly

## Step 2

1. Attach the (left/right) Upright Frame (#3) to the Left Bottom Frame (#1) using:  
four M12\*35 SHCS (#52)                      four  $\Phi 13*\Phi 24*1.5$  Flat Washer (#62)
2. Attach another (left/right) Upright Frame (#3) to the Right Bottom Frame (#2) using:  
four M12\*35 SHCS (#52)                      four  $\Phi 13*\Phi 24*1.5$  Flat Washer (#62)
3. Attach the Middle Standing Frame (#9) to the (left/right) Upright Frame & Long Cross Frame (#7) using:  
two Narrow Outside Plate (#12)              four M12\*135 SHCS (#49)  
four M12 Nylon lock Nut (#65)              two M12\*35 SHCS (#52)  
ten  $\Phi 13*\Phi 24*1.5$  Flat Washer (#62)



# Assembly

## Step 3

### 1. Attach:

two Pivot Plate 1 (#13)

two Pivot Plate 2 (#14)

two Pivot Shaft  $\Phi 30$  (#21)

four Baffle Ring  $\Phi 67 \times \Phi 30.5 \times 2.5$  (#83)

to the Left Arm Frame (#5) & Right Arm Frame (#6) using:

four Domed Aluminium Cap (#23)

four M12\*30 FHCS (#54)

**Note: Pay attention to the direction of four Baffle Rings installation.**

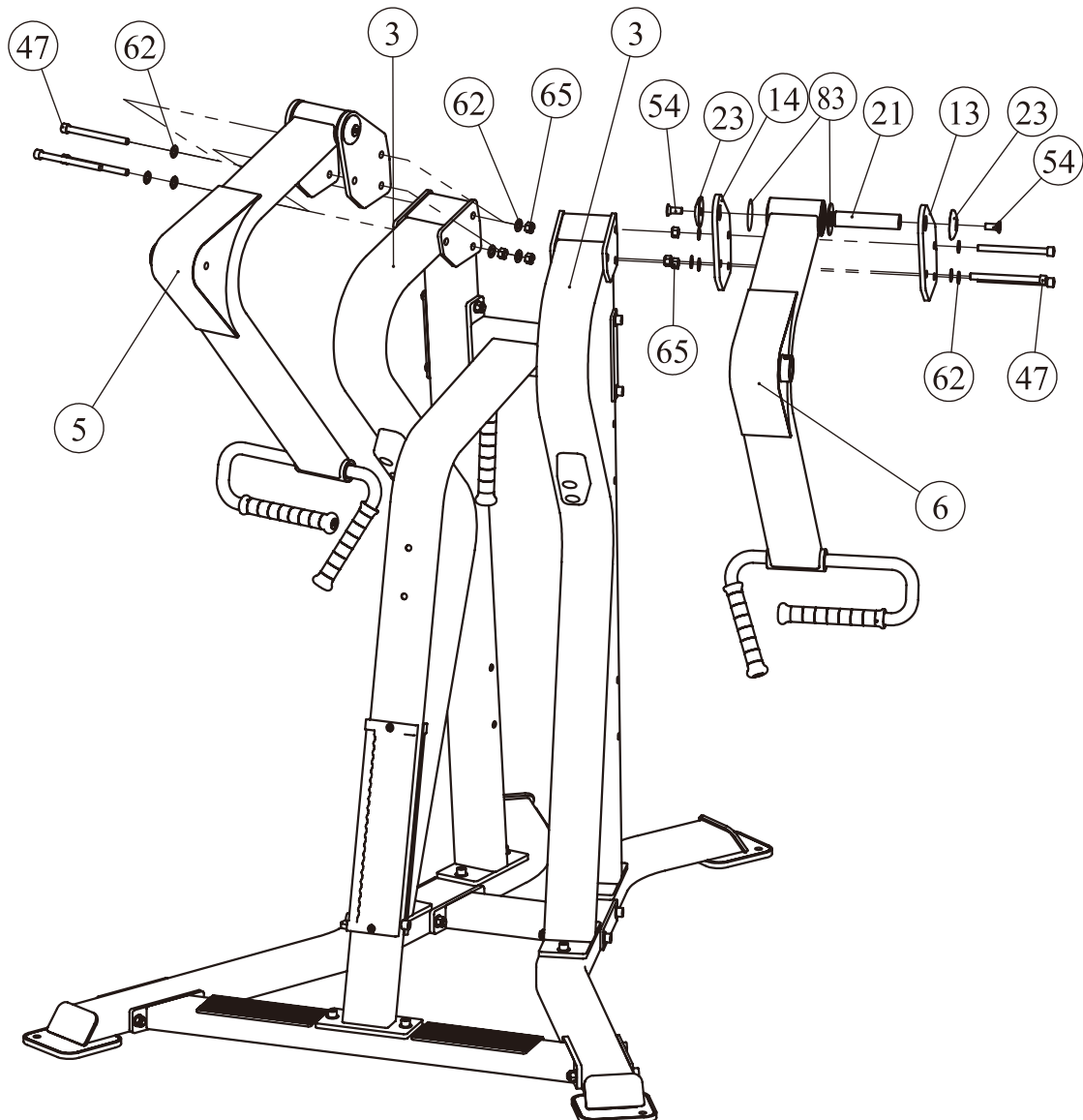
### 2. Attach the Left Arm Frame (#5) & Right Arm Frame (#6) to the (left / right)

Upright Frame (#3) using:

six M12\*155 SHCS (#47)

twelve  $\Phi 13 \times \Phi 24 \times 1.5$  Flat Washer (#62)

six M12 Nylon lock Nut (#65)



# Assembly

## Step 4

1. Attach four Weight Plate Storage (#11) to the (left / right) Upright Frame (#3) using:

eight M12\*125 SHCS (#50)

sixteen  $\Phi 13*\Phi 24*1.5$  Flat Washer (#62)

eight M12 Nylon lock Nut (#65)

2. Attach two Weight Horn Assembly (#4) to the Left Arm Frame (#5) & Right Arm Frame (#6) using:

two Rubber Bumper (#22)

two Domed Aluminium Cap (#23)

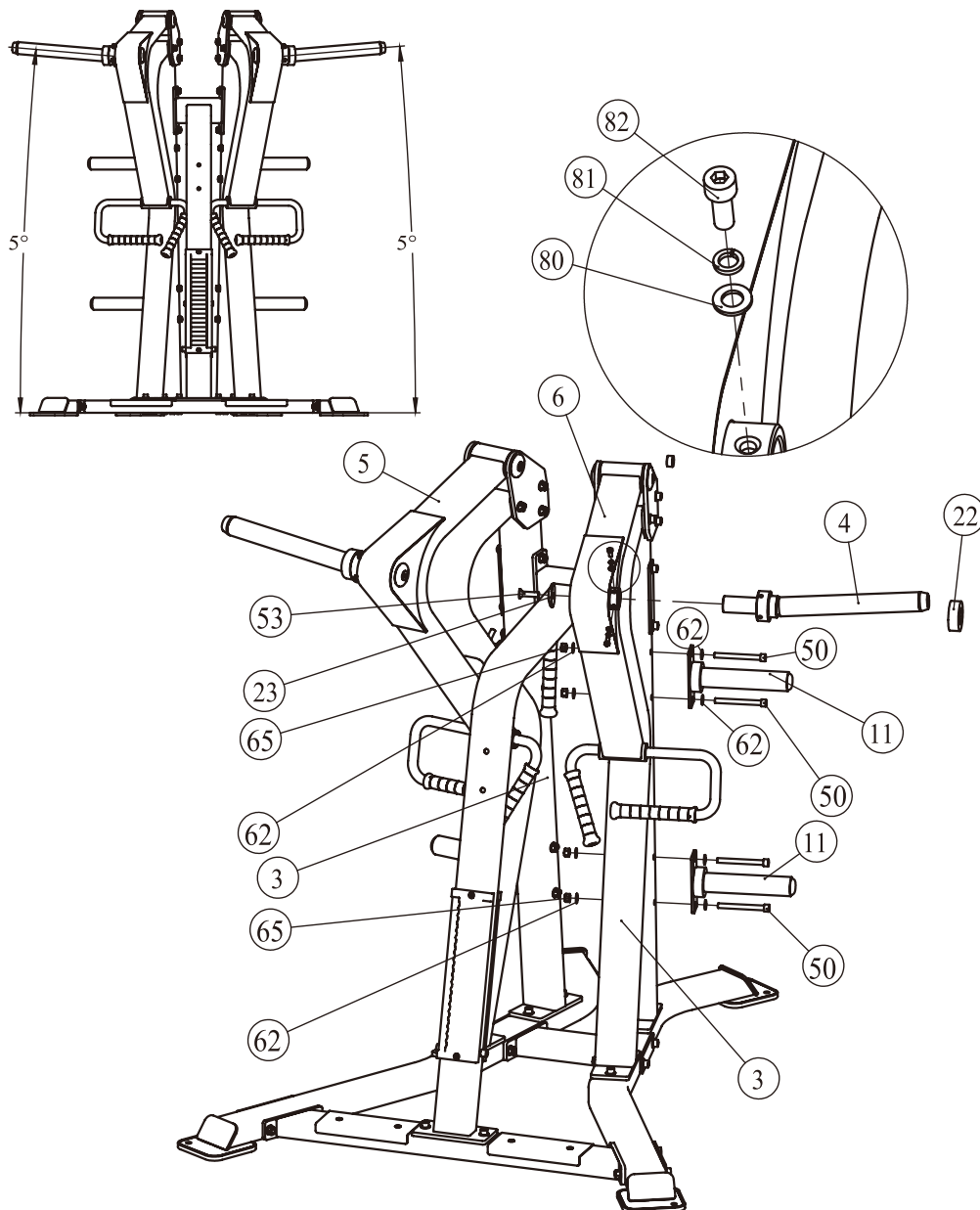
two M12\*50 FHCS (#53)

four M8\*30 SHCS (#82)

four Spring Washer  $\Phi 8$  (#81)

four Flat Washer  $\Phi 9*\Phi 16*1.6$  (#80)

**Note: Installation direction into five degrees with the ground.**



# Assembly

## Step 5

1. Attach two Idler Wheel (#30) & Seat Frame (#15) to the Middle Standing Frame (#9) using:

two M12\*145 SHCS (#48)

four  $\Phi 13*\Phi 24*1.5$  Flat Washer (#62)

two M12 Nylon lock Nut (#65)

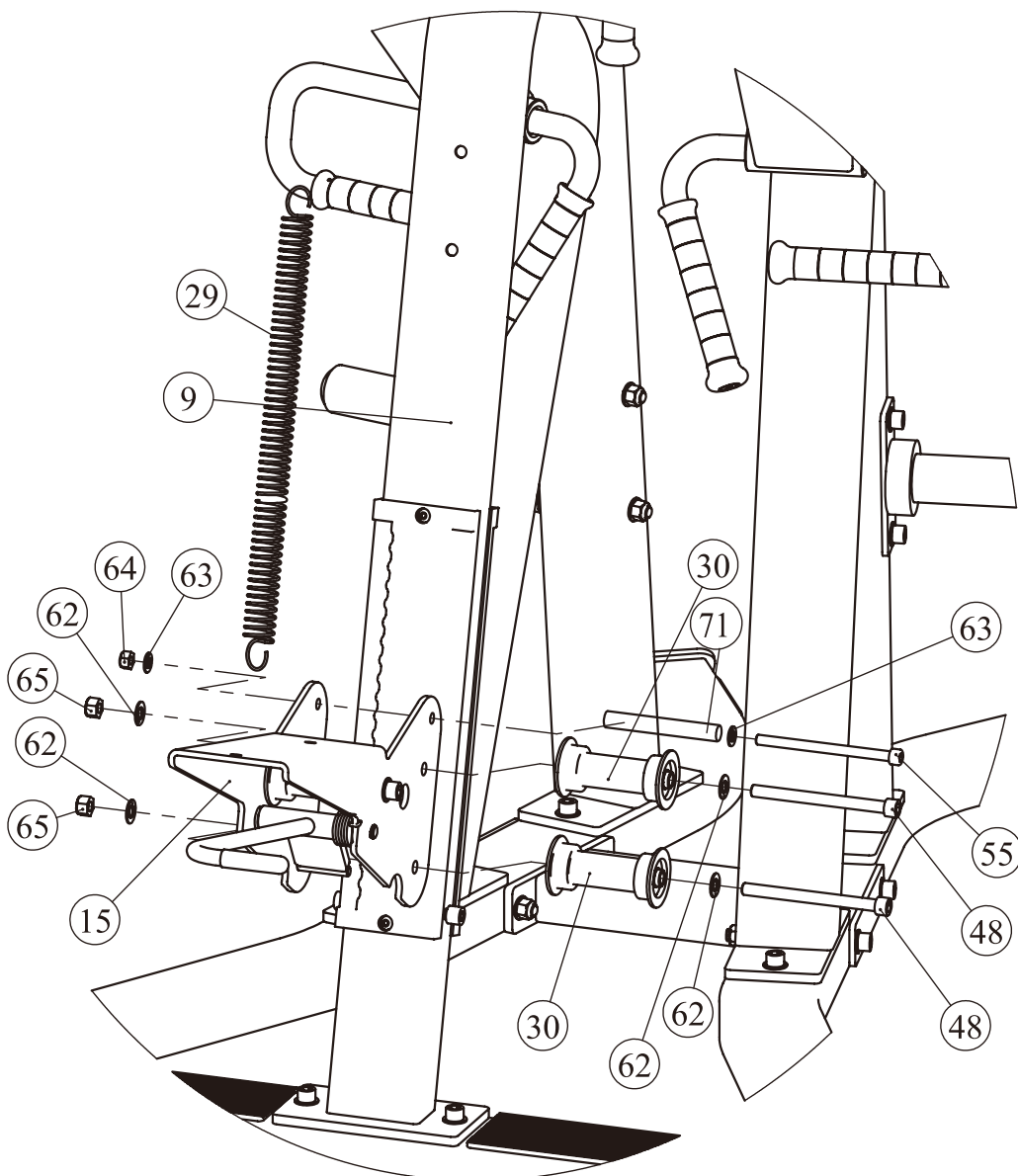
2. Attach the Pull Spring (#29) to the Seat Frame (#15) & Middle Standing Frame (#9) using:

one M10\*145 SHCS (#55)

two  $\Phi 11*\Phi 20*2$  Flat Washer (#63)

one M10 Nylon lock Nut (#64)

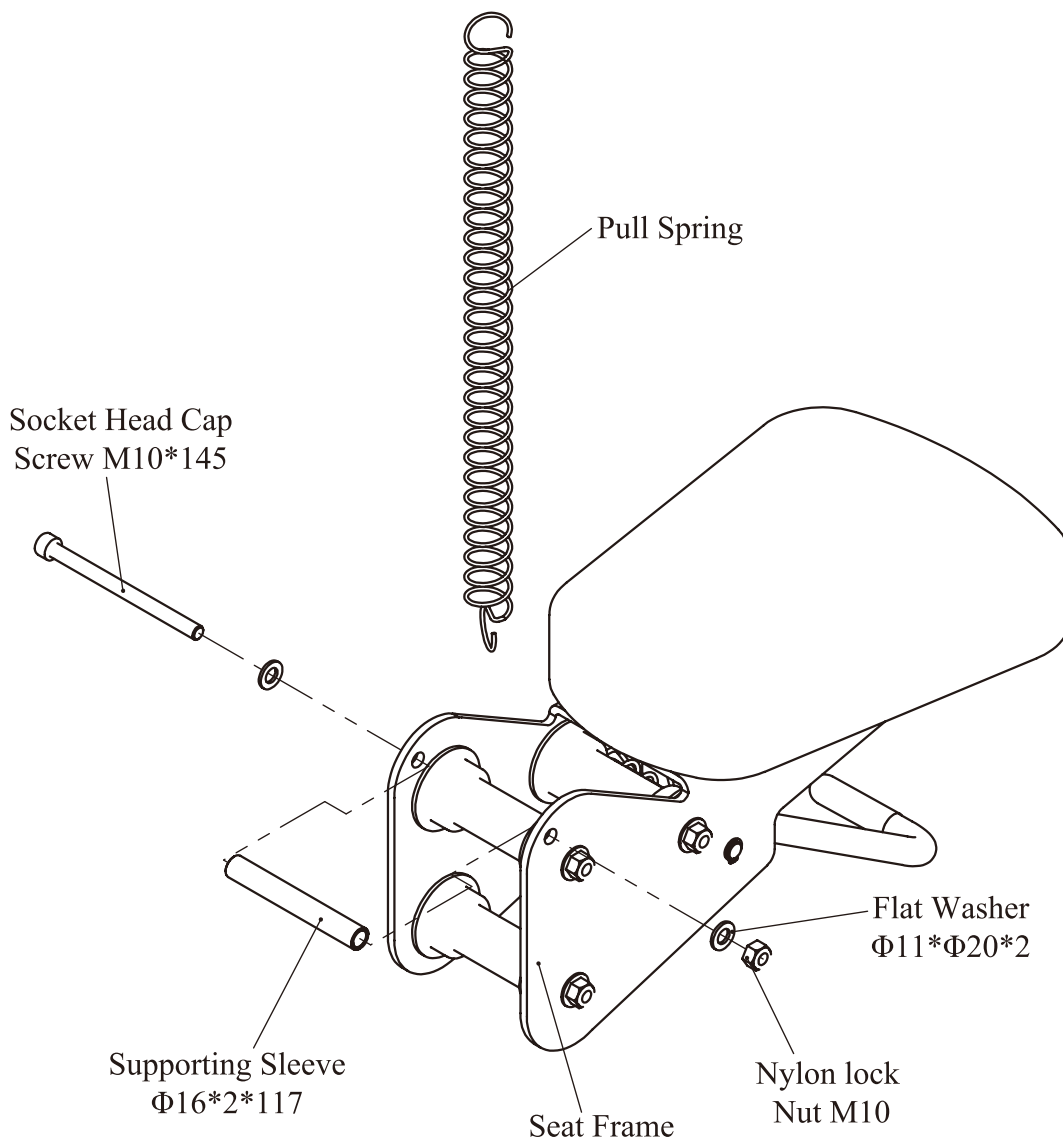
one  $\Phi 16*2*117$  Supporting Sleeve (#71)



# Assembly

## Step 6

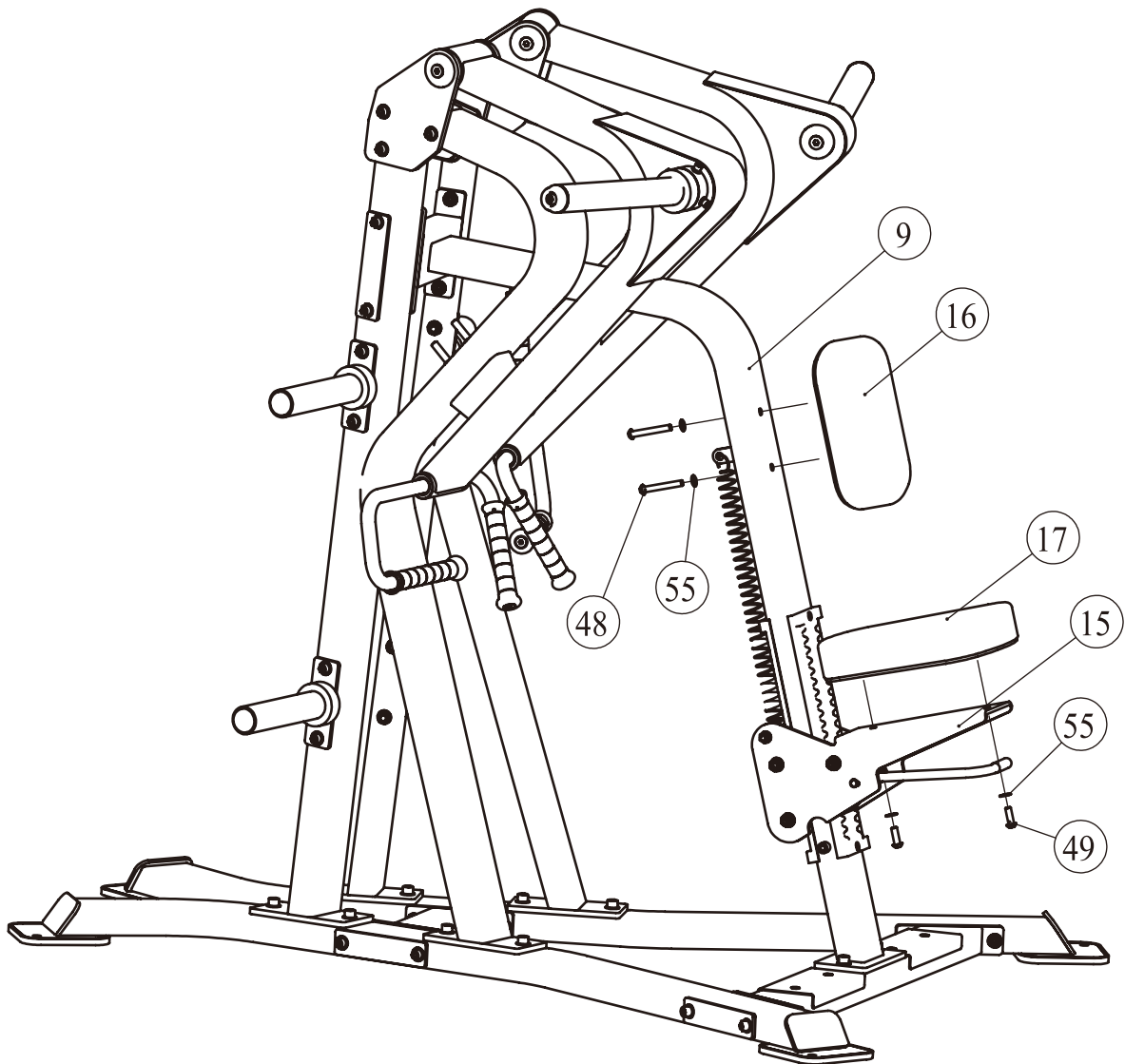
1. First attach Supporting Sleeve  $\Phi 16*2*117$  using:
  - one M10\*145 Socket Head Cap Screw
  - two  $\Phi 11*\Phi 20*2$  Flat Washer
  - one M10 Nylon lock Nut
2. Then attach Pull Spring to Supporting Sleeve.



# Assembly

## Step 7

1. Attach the Seat Pad (#17) to the Seat Frame (#15) using:  
two M10\*30 BHCS (#57)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#63)
2. Attach the Chest Pad (#16) to the Middle Standing Frame (#9) using:  
two M10\*75 BHCS (#56)                      two  $\Phi 11*\Phi 20*2$  Flat Washer (#63)

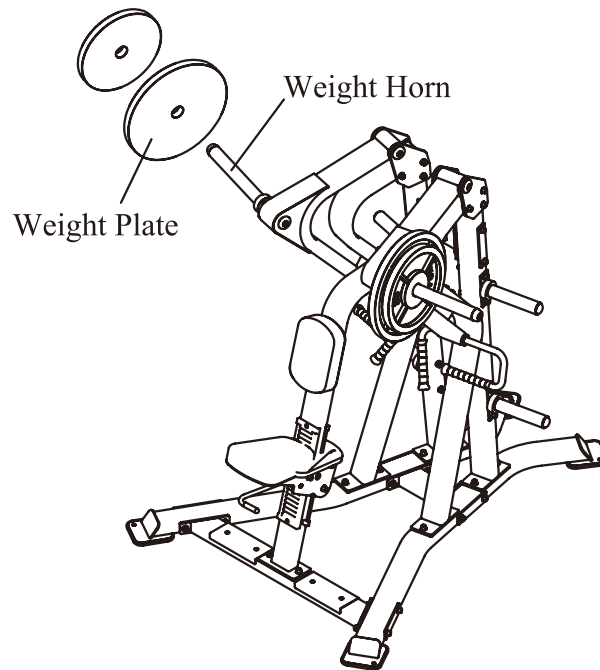




# Adjust Instructions

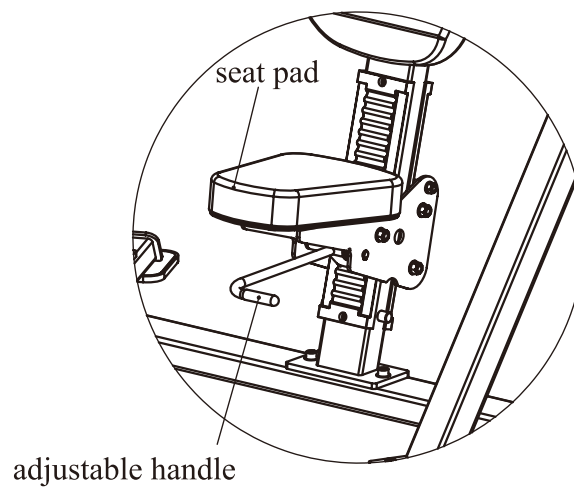
## Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than  $\Phi 50\text{mm}$  and external diameter is less than  $\Phi 450\text{mm}$ .
2. The total weight of one side can not be greater than 150kg.
3. This equipment does not contains Weight Plate.

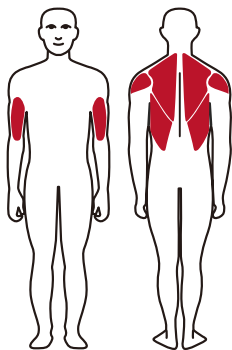
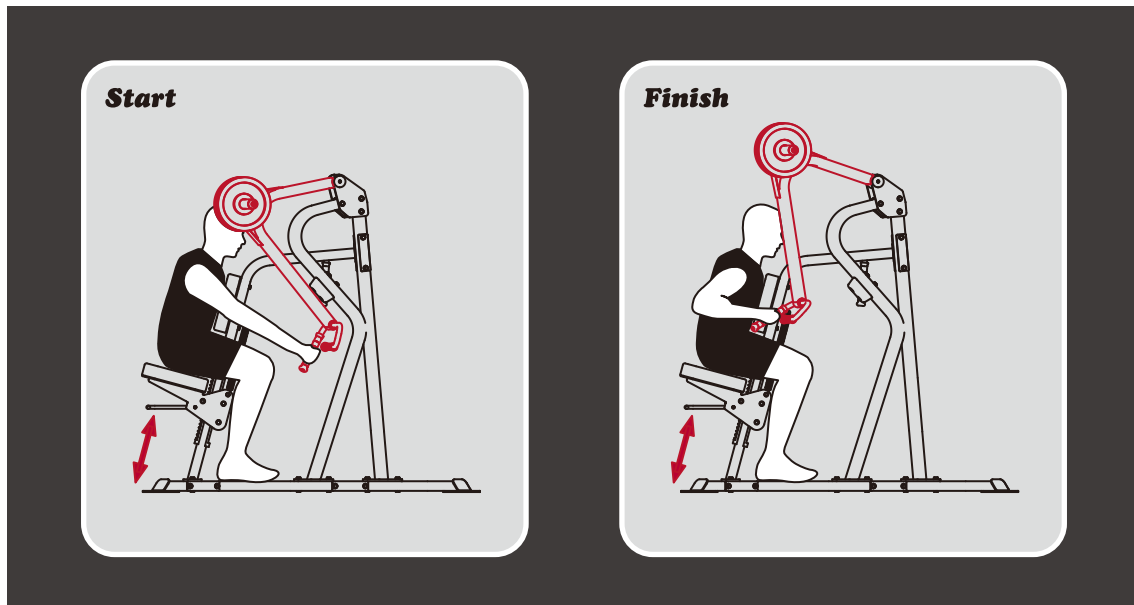


## Seat Pad adjustment

Hold the adjustable handle, move the seat pad to desired position, and then release the handle.



# Exercise Instructions



## Exercise Instructions

1. Select an appropriate weight.
2. Adjust seat pad to the desired position.
3. Pull handles towards your mid-chest slowly.
4. Pause slightly then slowly return to the starting position.

# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

# General Maintenance Information

## **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

## **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

## **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

## **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

## **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

## **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

