



Abductor/Adductor Combo Selectorized ASSEMBLY INSTRUCTIONS



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
A1	Universal Counterweight	1
A2	Side Frame	1
A3	Universal Handrail	1
A4	Left Arm	1
A5	Movable Arm	2
A6	Flange Plate	1
A7	Linkage Piece (1)	1
A8	Linkage Piece (2)	1
A9	Right Arm	1
1	Counterweight Mat	2
2	Footpads	1
3	Flat Pad	22
4	Hexagon Socket Head Screws M10x20	16
5	Hexagon Socket Head Screws M5x15	10
6	Counterweight Guard Clasp	6
7	Counterweight Base	1
8	Reed Nut M5	2
9	Counterweight Riser Cap	2
10	Spool Axle	7
11	Flat Pad	7

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
12	120 Wire Wheel	5
13	Self Locking Nut M10	11
14	Spool Axle	3
15	Wire Wheel	4
16	Stop Bushing	2
17	Rod End Bearing	1
18	Spool Cover	1
19	Handle Ring	2
20	Handle Bushing	4
21	Tubing	2
22	Decorative Cap with Handle	2
23	Hexagon Socket Flat Head Screws M8x20	2
24	Aluminum Stopper with Handle	2
25	Back Cushion Group	1
26	Cushion Pack	1
27	Flat Pad	8
28	Hexagon Socket Head Screws M8x30	8
29	Plug	2
30	Hexagon Socket Head Screws M8x45	2
31	End Cap 5x120	1

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
32	End Cap	2
33	Leg Pads	2
34	Hexagon Socket Head Screws M10x15	2
35	Flat Pad	2
36	Deep Groove ball Bearing	4
37	Arm Shaft	2
38	Deep Groove ball Bearing	10
39	End Cap	2
40	Aluminum Sleeve (1)	2
41	Aluminum Sleeve (2)	2
42	Half Circle Set Ball	2
43	Filament	8
44	End Cap	2
45	Universal Stop Sleeve	2
46	Flange Bushing	1
47	Hexagon Socket Head Screws M6x12	1
48	Pull Pin	1
49	Pin Spring	1
50	Pin Push Bolt	1
51	Handle	1

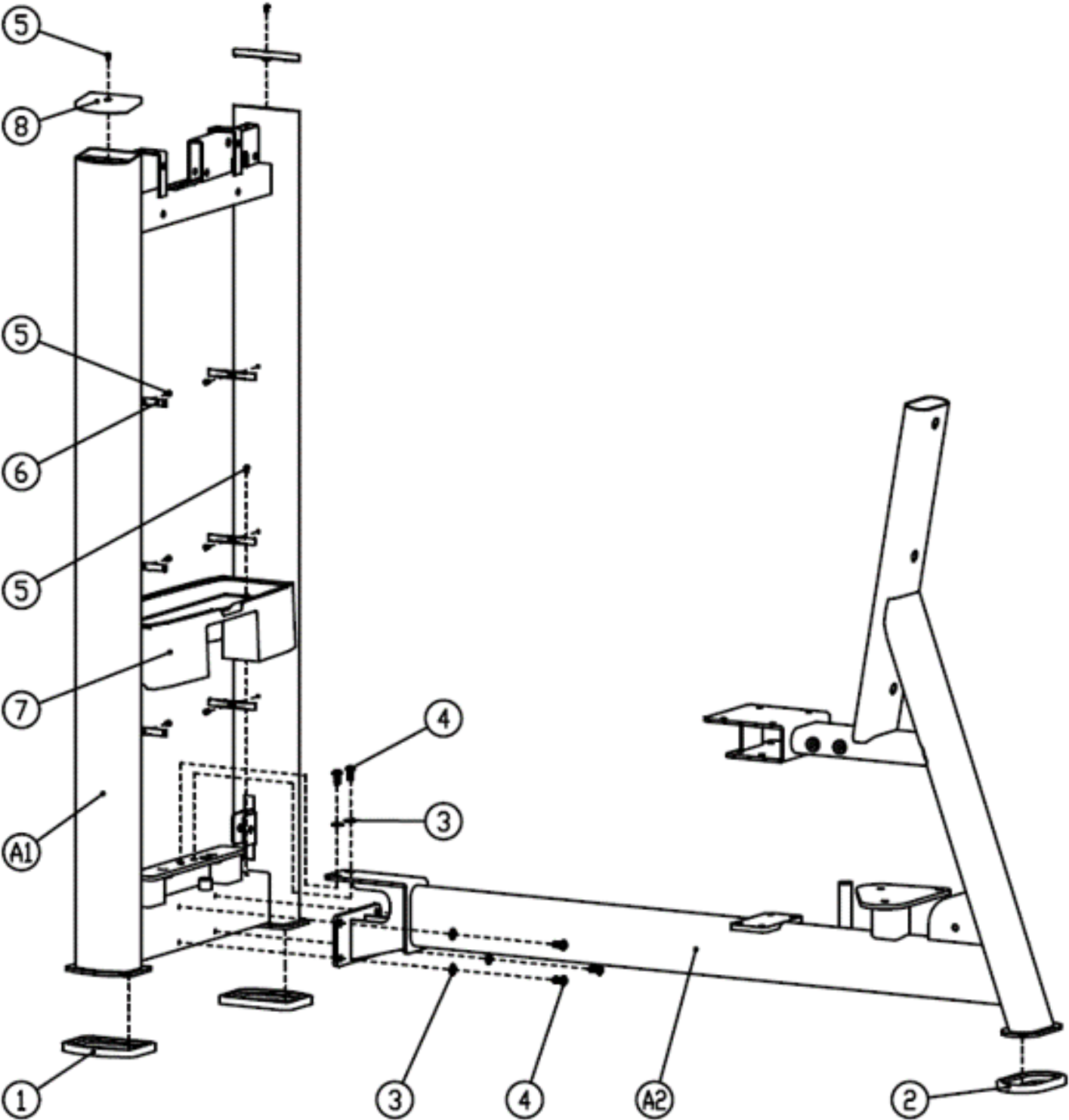
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
52	Connecting Plate	2
53	Hexagon Socket Head Screws M10x25	4
54	Hexagon Socket Head Screws M10x30	4
55	Counterweight Rubber Pad (1)	2
56	Counterweight Rubber Pad (2)	2
57	Counterweight Bolt	1
58	Counterweight Block	16
59	Counterweight Spacer	32
60	Guide Bar	2
61	Wild Card	2
62	Guide Block	1
63	Guide Sleeve	2
64	Counterweight Center Bar	1
65	Guide Block Elastic Cylinder Pin	1
66	Guide Rod Spacer	2
67	Hexagon Socket Head Screws M8x20	2
68	Guide Bar Fixing Plate	1
69	Wire Rope (1)	1
70	Wire Rope (2)	2
71	Counterweight Baffle	4
72	Counterweight Strip	2

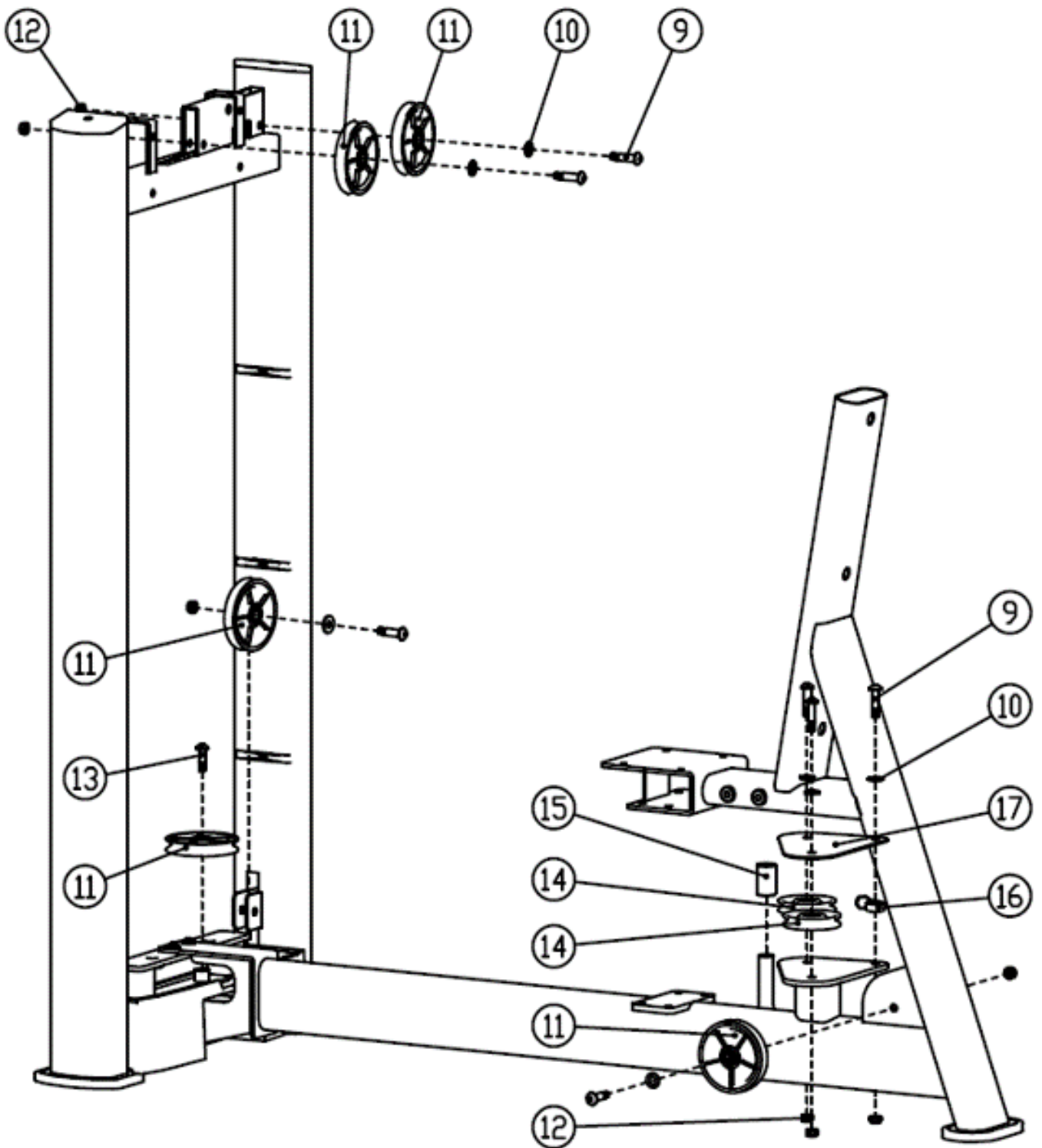
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
73	Counterweight Trim Panel	1
74	Upper Guard Bolt Sleeve	4 Pairs
75	Counterweight Shields	2
76	Hexagon Socket Head Screws M5x90	4
77	Counterweight Cover	2

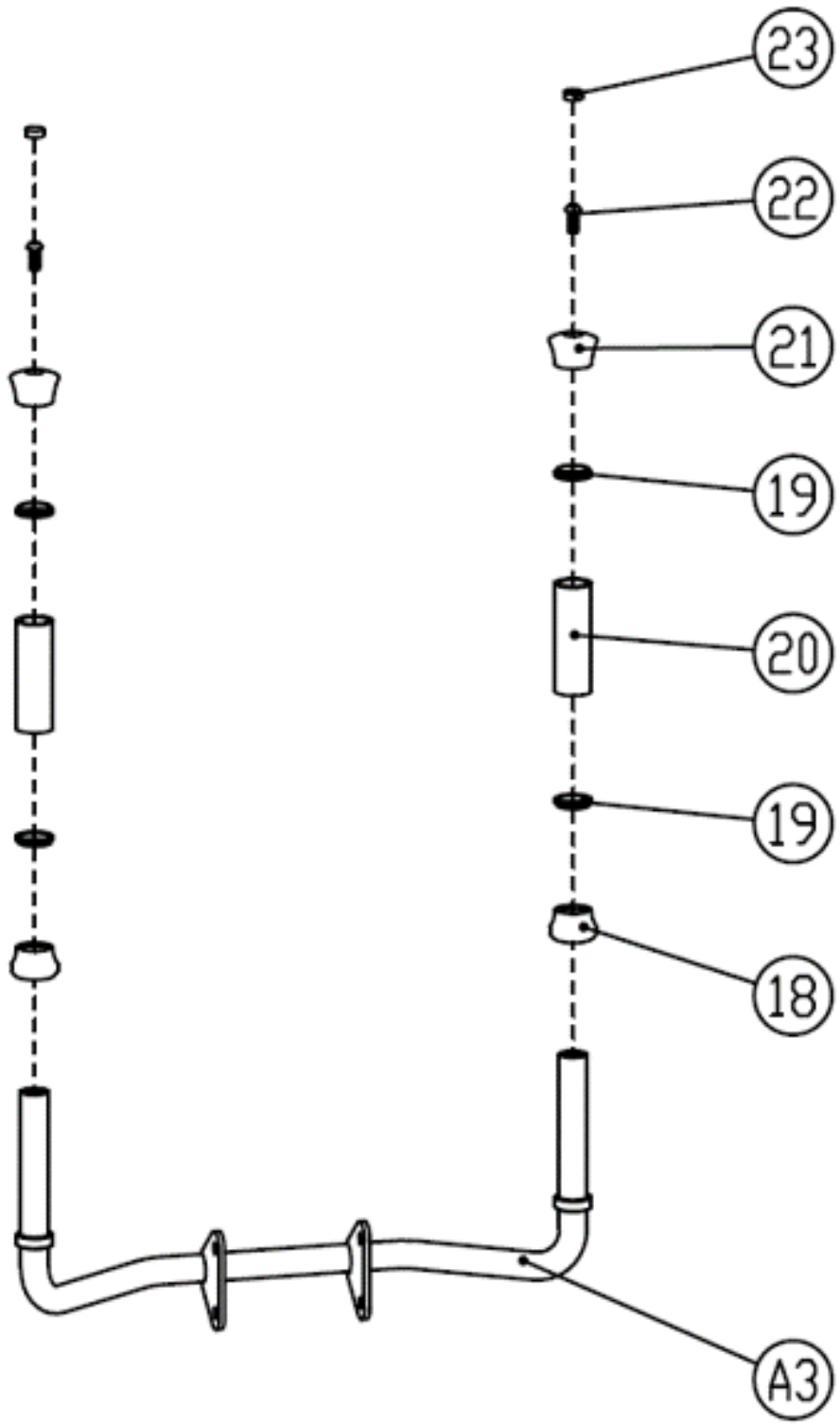
Frame Assembly



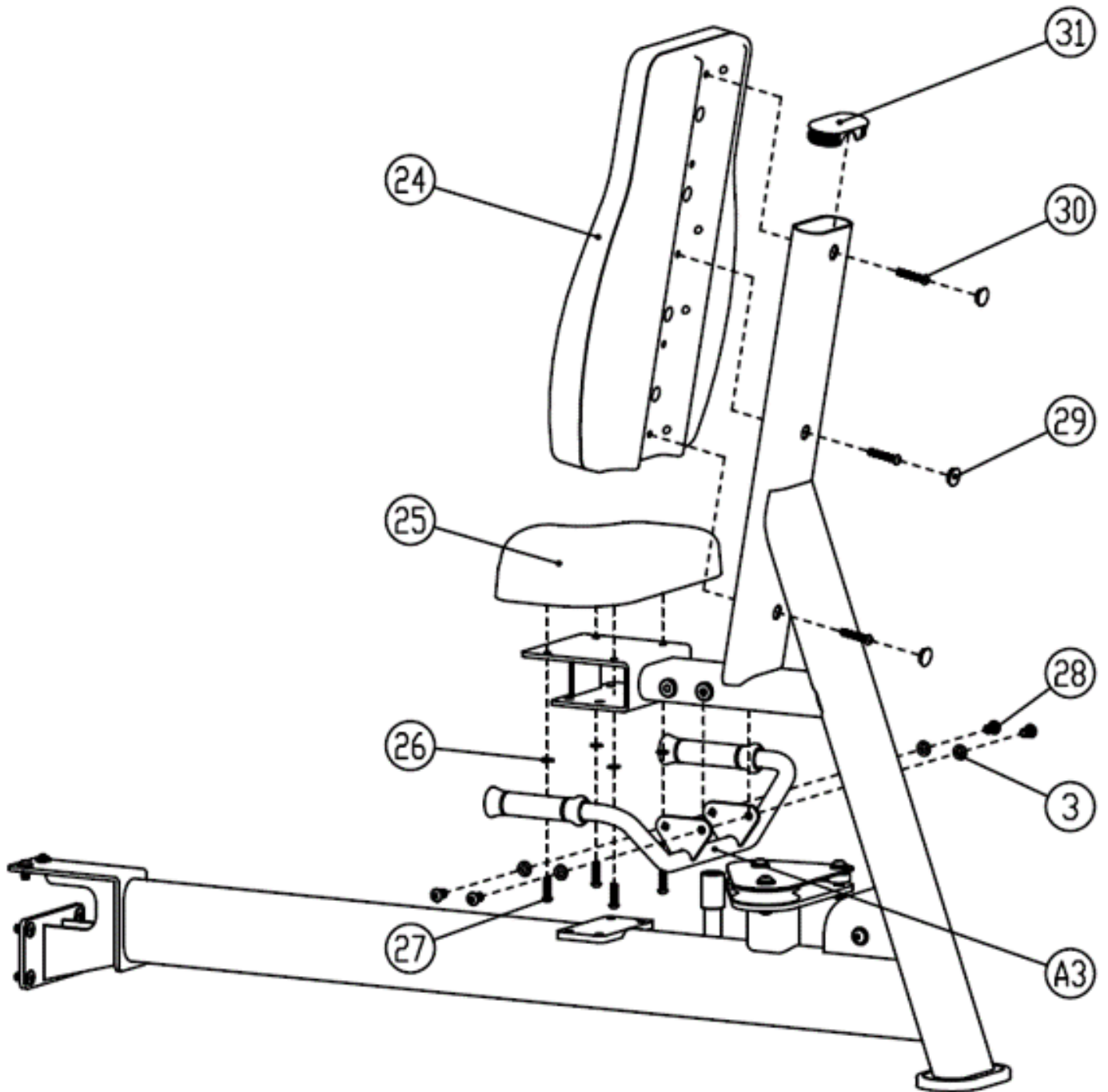
Line Wheels Installation



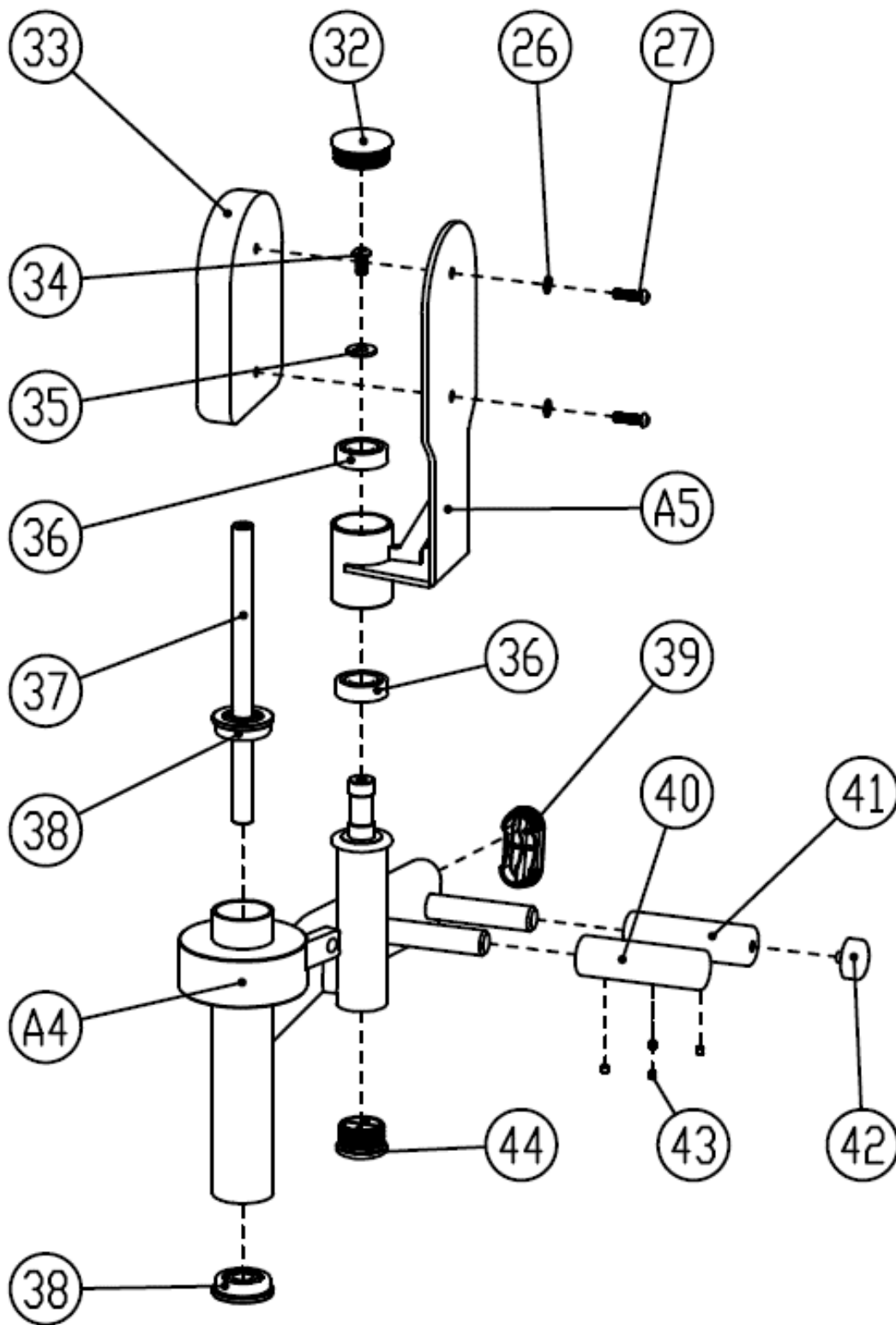
Handrail Installation



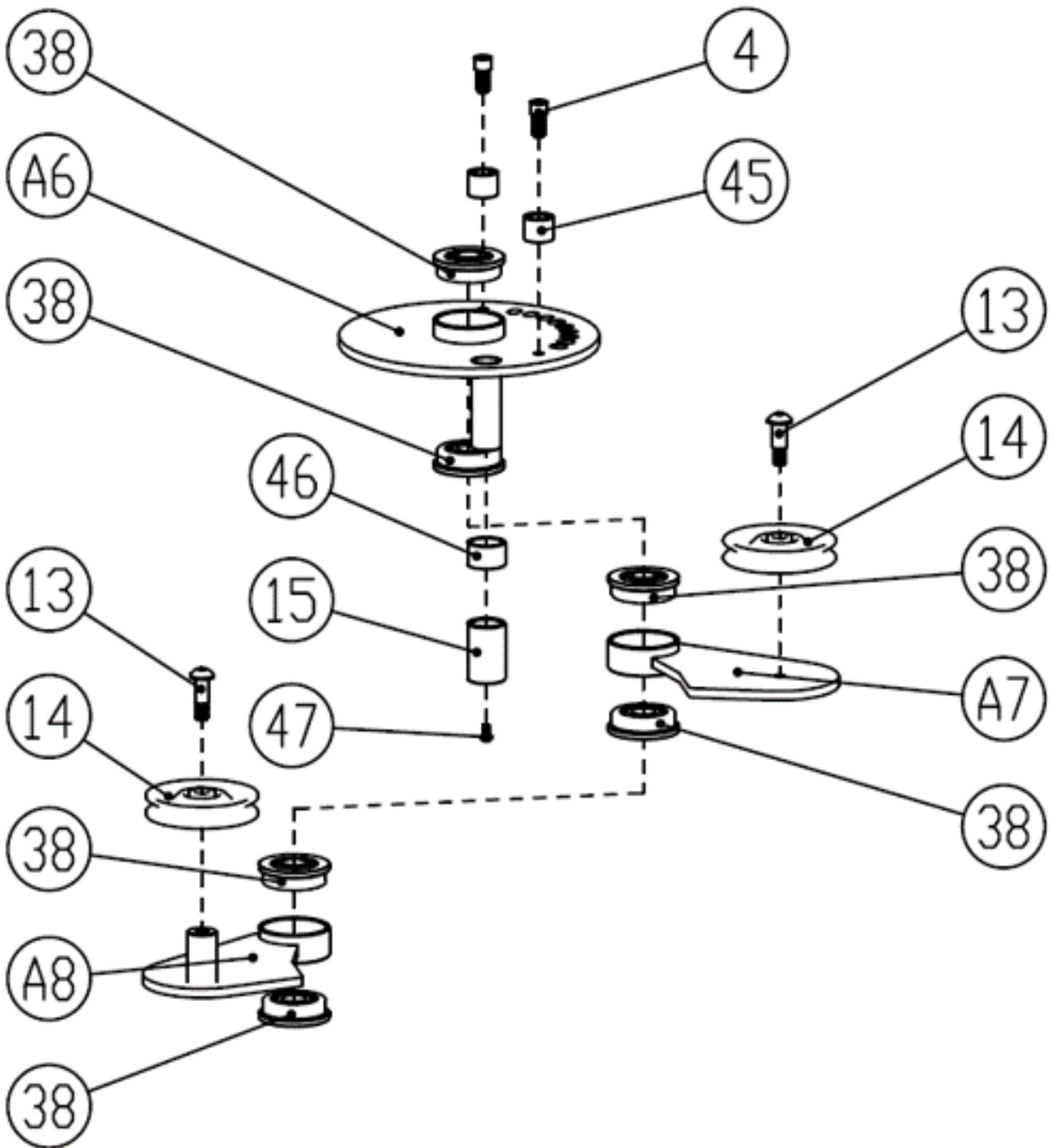
Cushion Installation



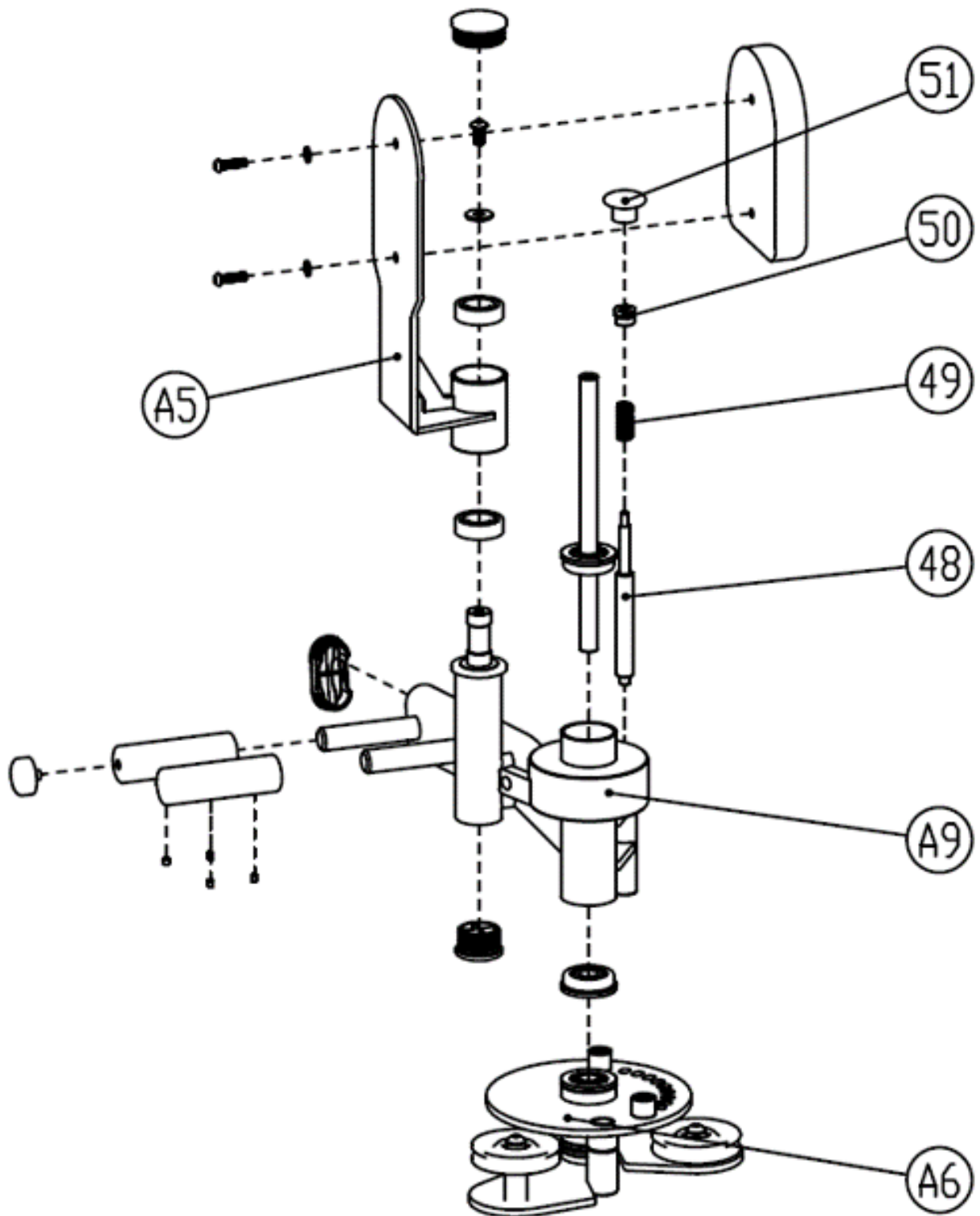
Left Force Arm Installation



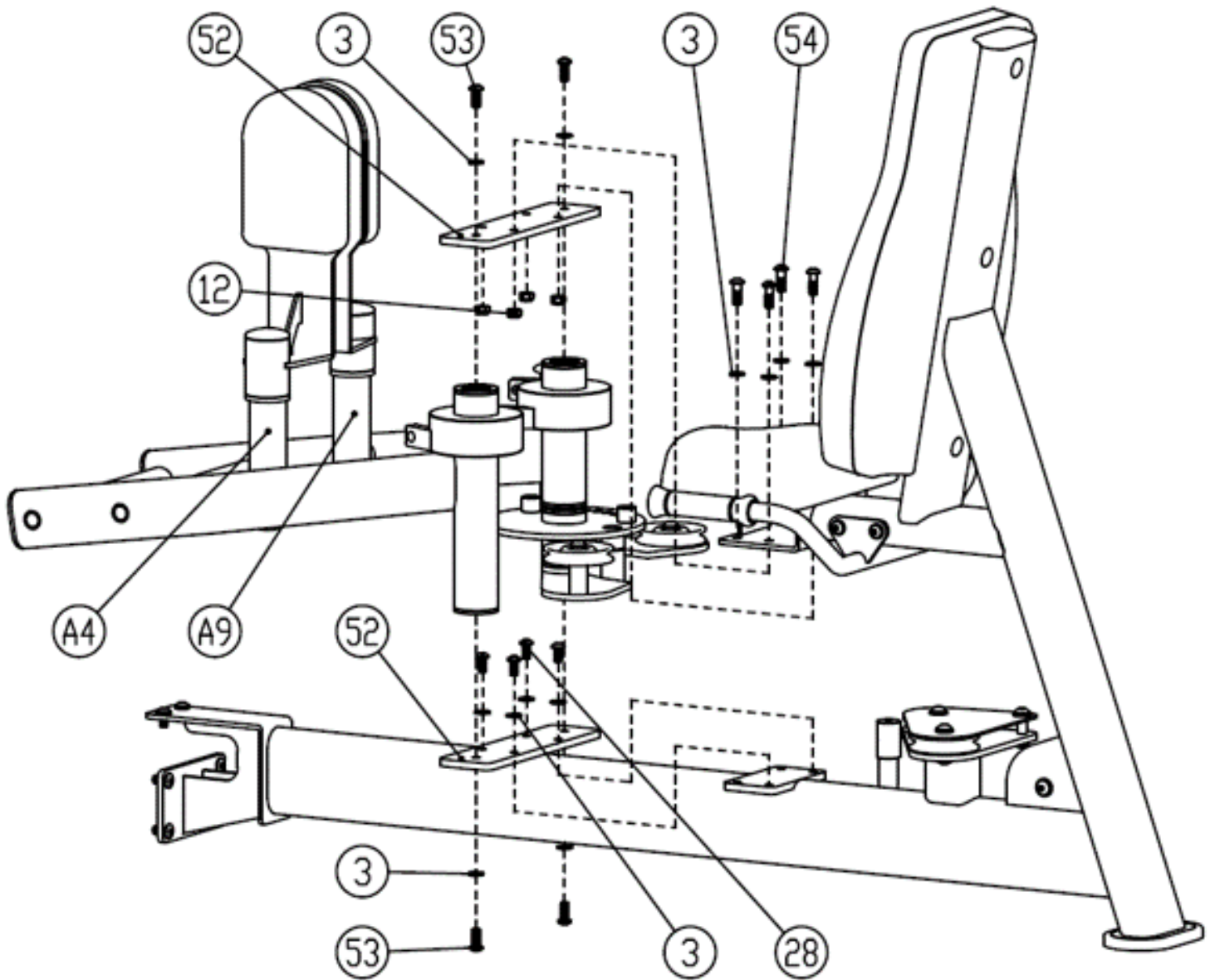
Flange Plate Installation



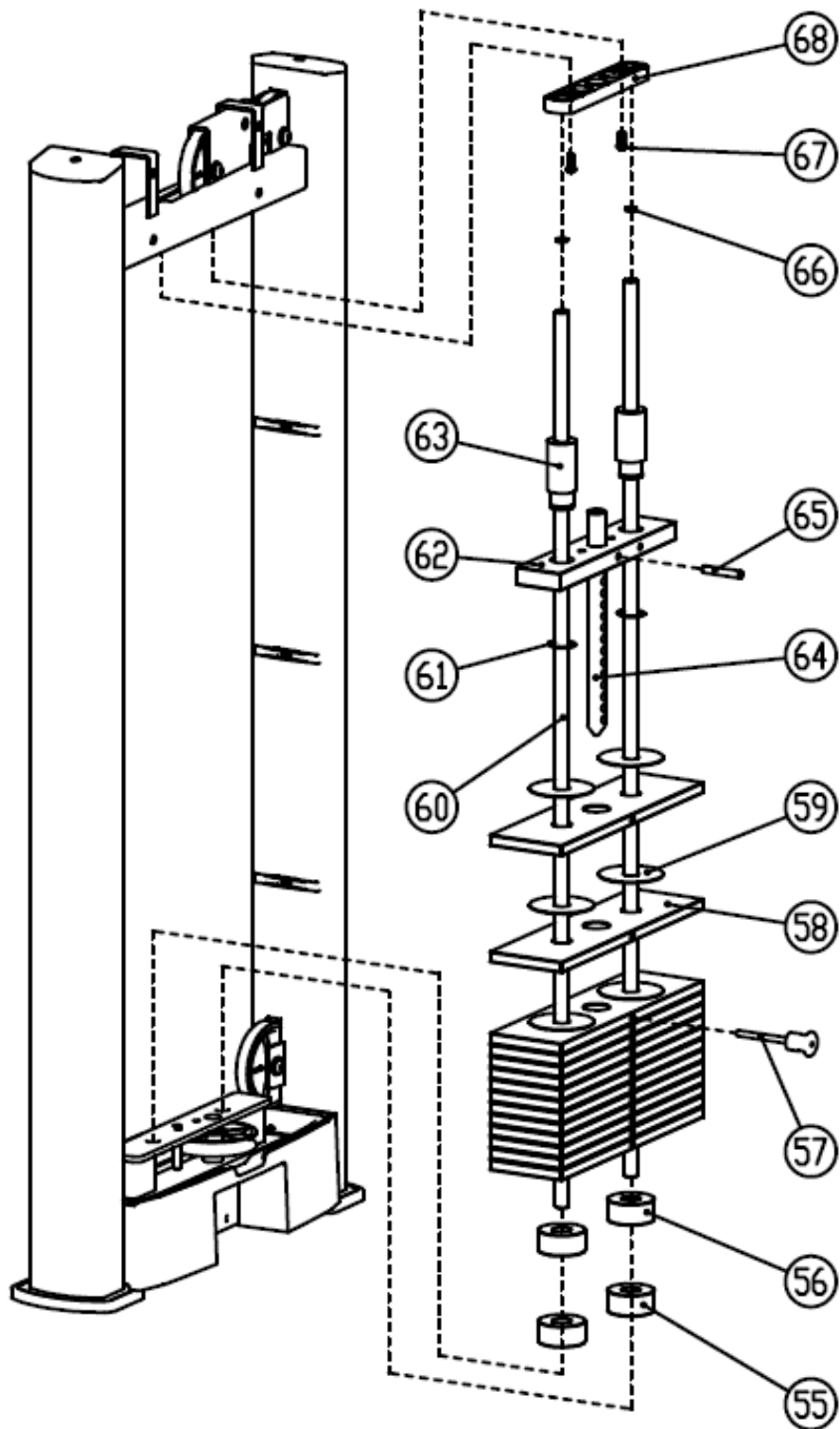
Right Force Arm Installation



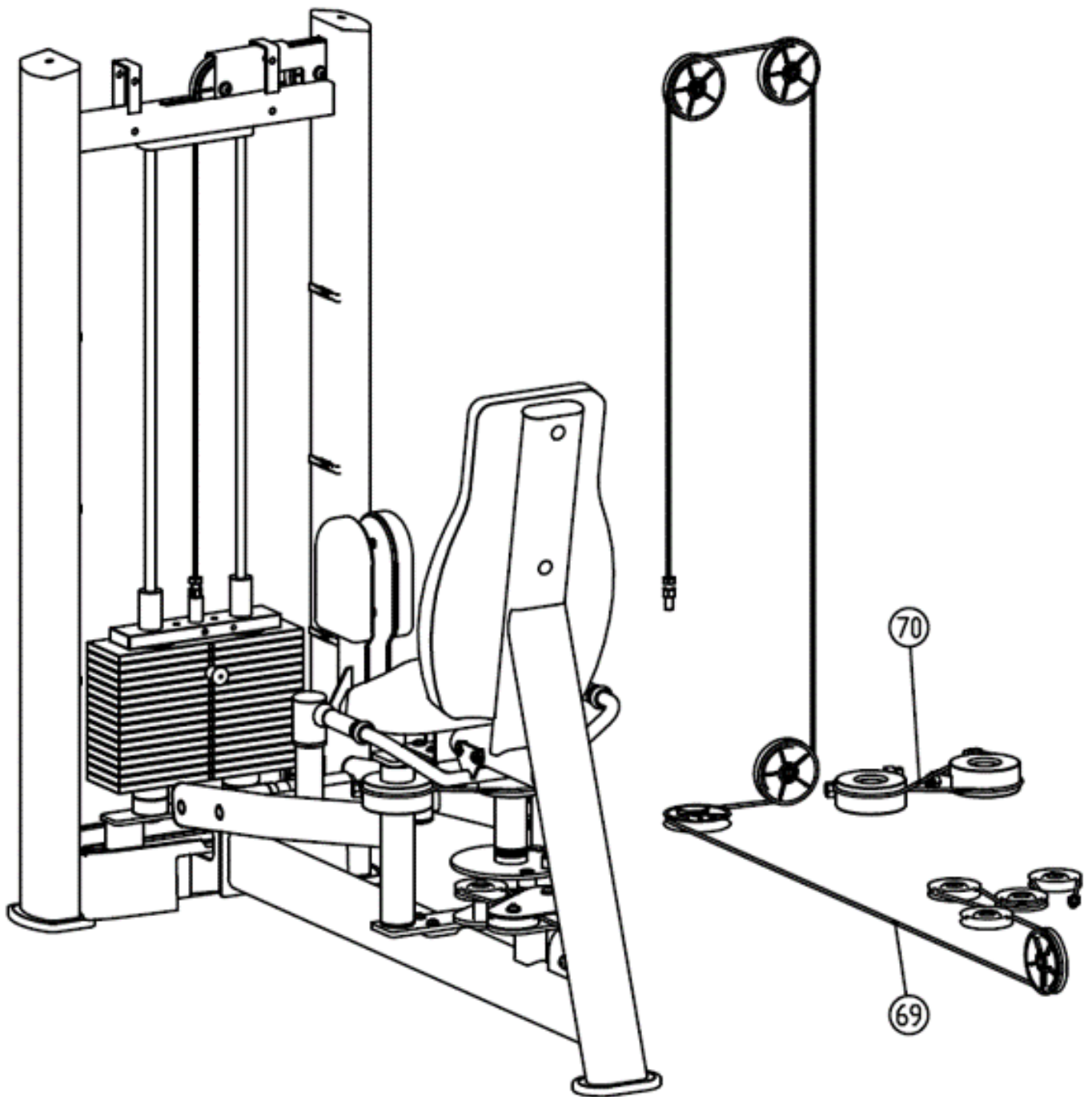
Side Frame Installation



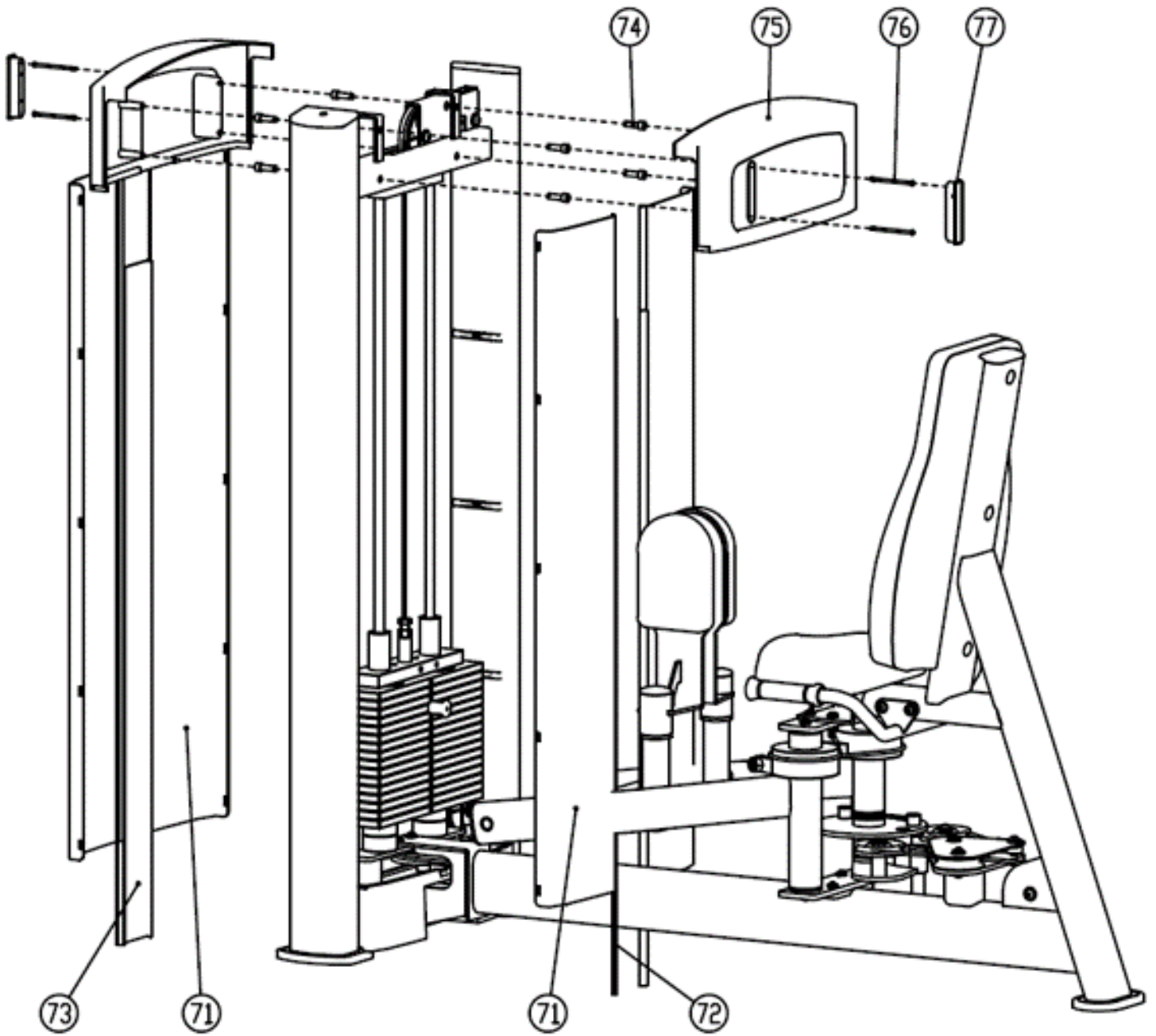
Weight Stack Installation



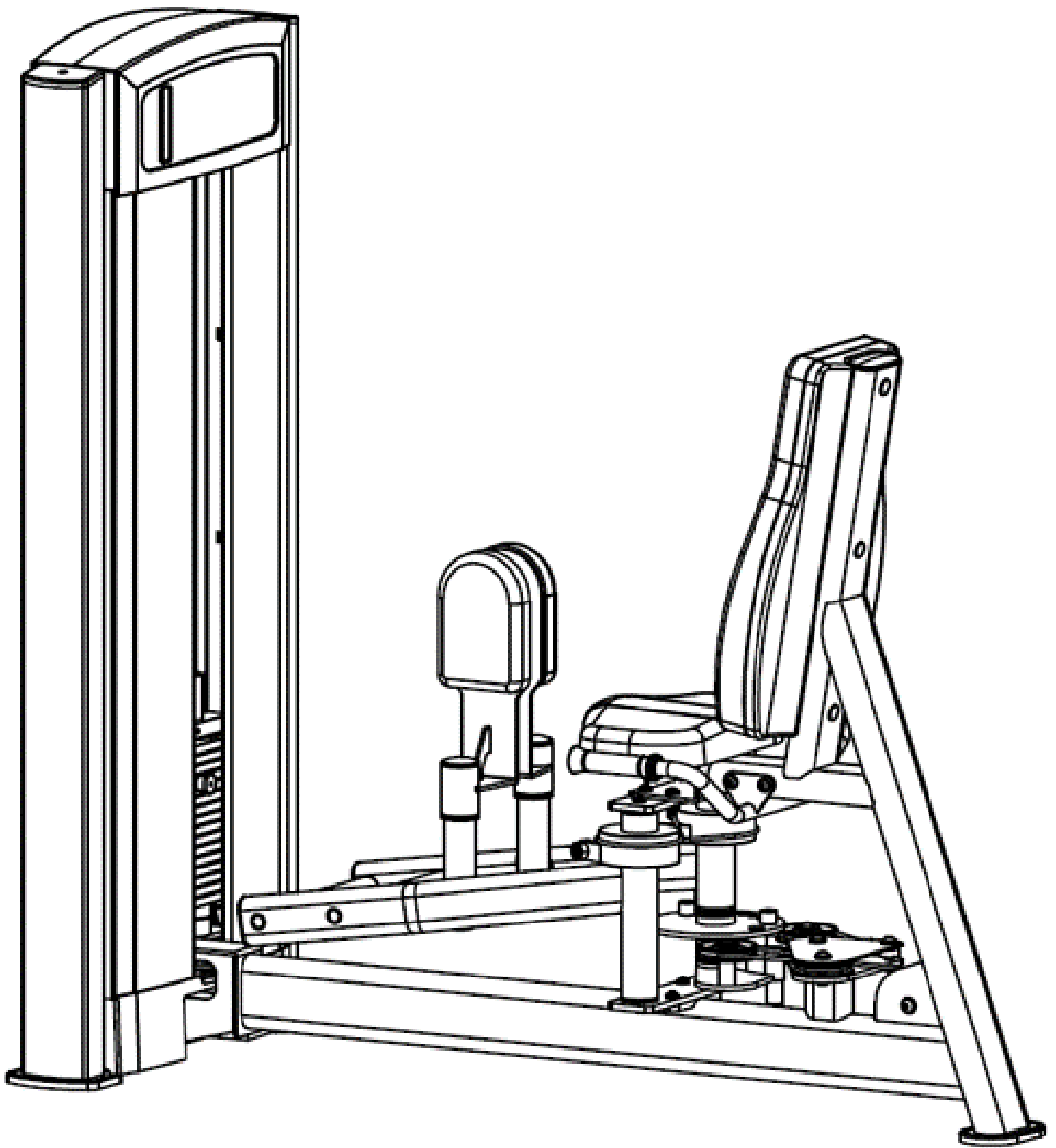
Cable Installation



Cover Installation



Final Product



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

Phone: (662)GYM-BROS

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com