



# Adductor

## 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.**

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

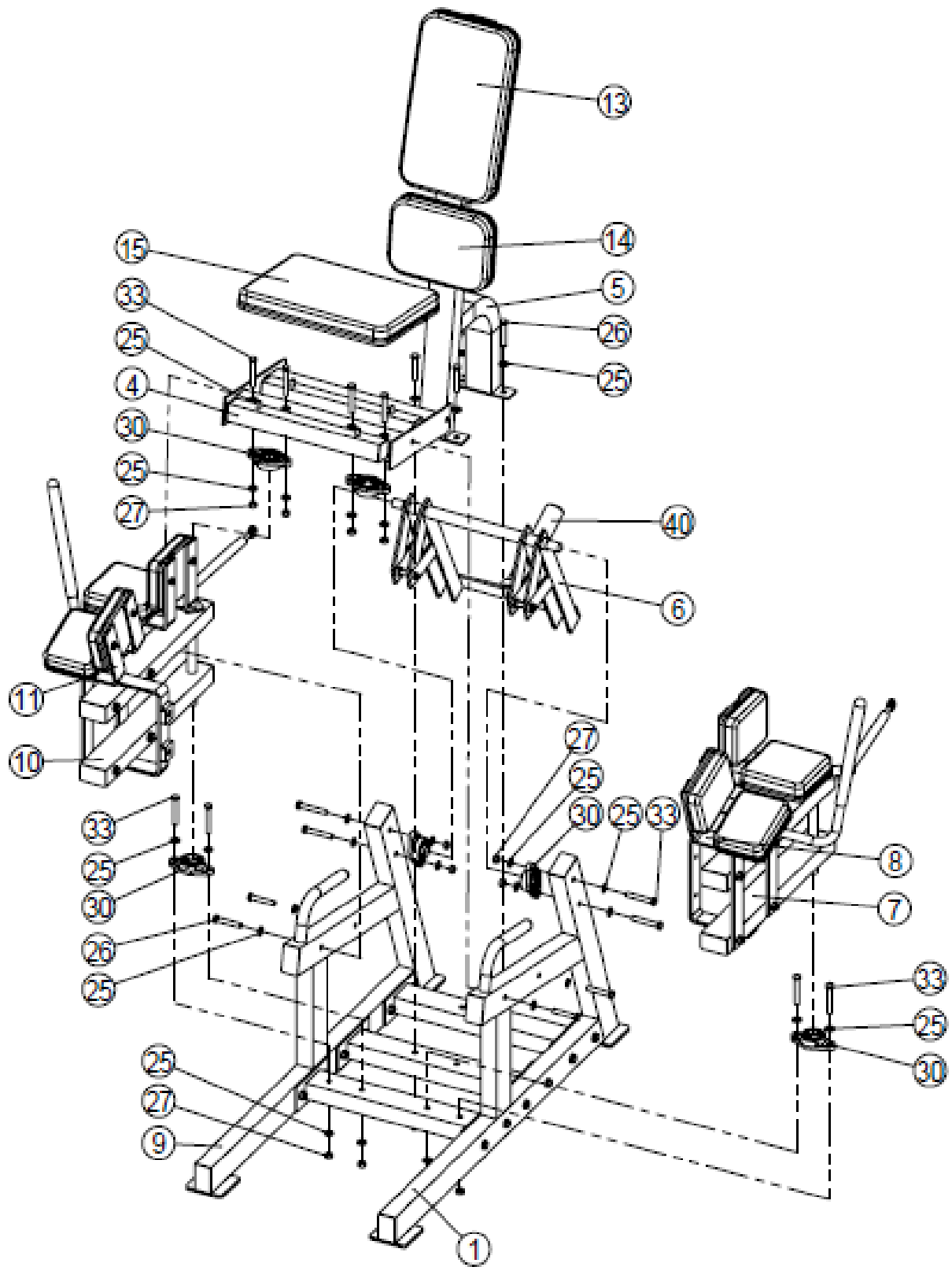
## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
1	Main Upright Left	1
2	Rear Cross Assembly	2
3	Front Cross assembly	1
4	Seat Support	1
5	Pivotal Pad Mount	1
6	Weight Holder	1
7	Arm Assembly Left	1
8	Leg Pad Frame Left	1
9	Main Upright Right	1
10	Arm Assembly Right	1
11	Leg Pad Frame Right	1
12	Weight Holder 380	1
13	Axostyle	2
14	Back Pad Assembly 1	1
15	Back Pad Assembly	1
16	Seat Pad Assembly	1
17	Upholstery Knee Pad 1	6
18	Upholstery Knee Pad 2	2
19	50 End Cap	1
20	Rubber Donut	1

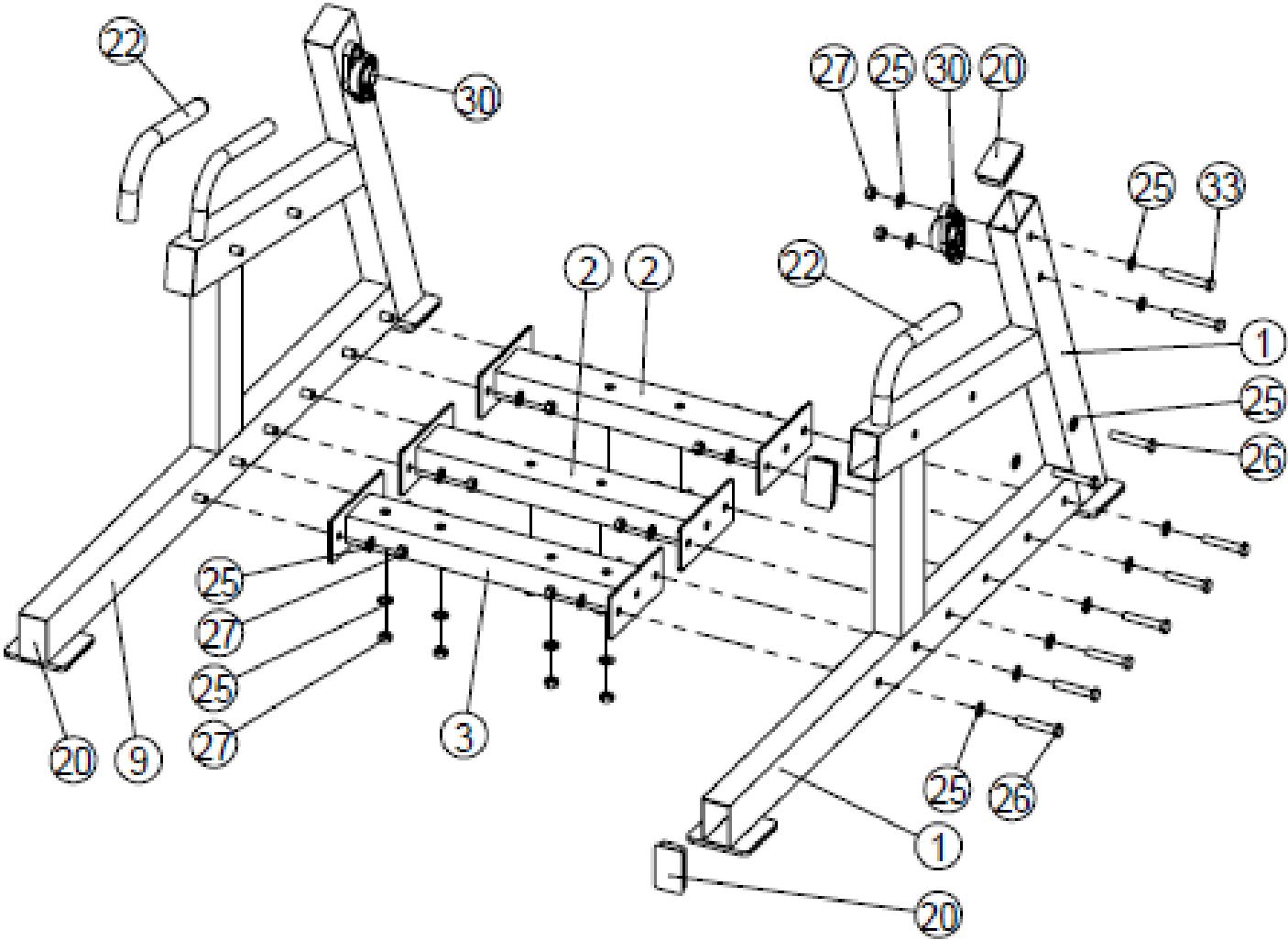
## PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	50 100 End Cap	2
22	50 80 End Cap	15
23	50 50 End Cap	4
24	Rubber Grip	2
25	Rubber Grip 350	2
26	Weight Stack Bumper 50x50x15	3
27	Plain Washers - Product Grade 12	88
28	Hexagon Head Bolts - Product Grade M12x70	24
29	Hexagon Nuts Grade M12	44
30	Jointing Bearing M12	4
31	Jointing Bearing M12	4
32	Bearing L205	6
33	Hexagon Head Bolts - Product Grade M12x80	12
34	Hexagon Socket Button Head Screws m10x25	3
35	Hexagon Head Bolts - Product Grade M12x105	8
36	Hexagon Head Bolts - Product Grade M10x70	8
37	Plain Washers - Product Grade 10	32
38	Hex Head Bolts - Full Thread Grade M10x25	16
39	Hex Head Bolts - Full Thread Grade M10x40	2
40	Hex Head Bolts - Full Thread Grade M10x35	2
41	Hexagon Nuts Grade M10	4

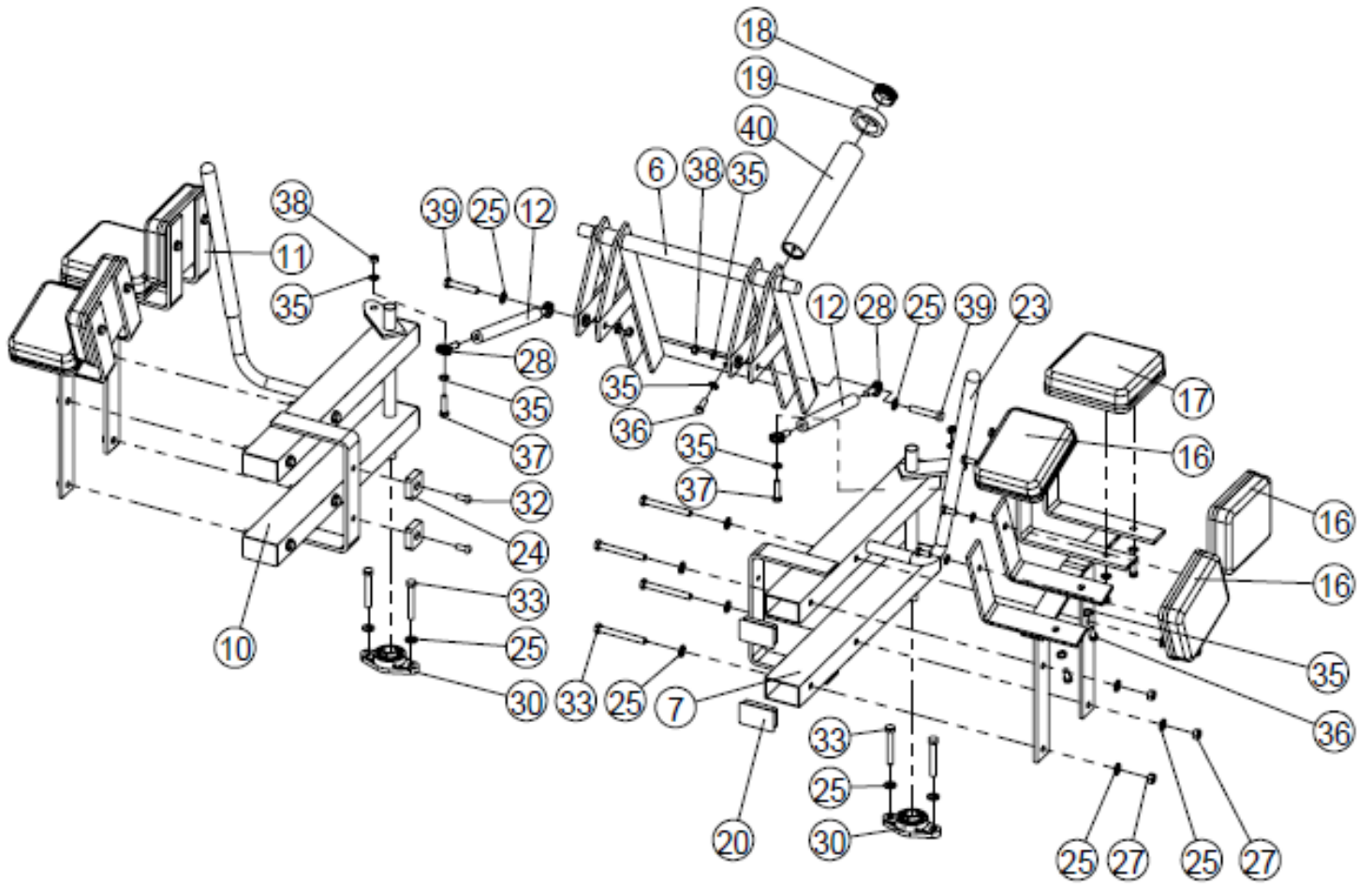
# Frame Installation



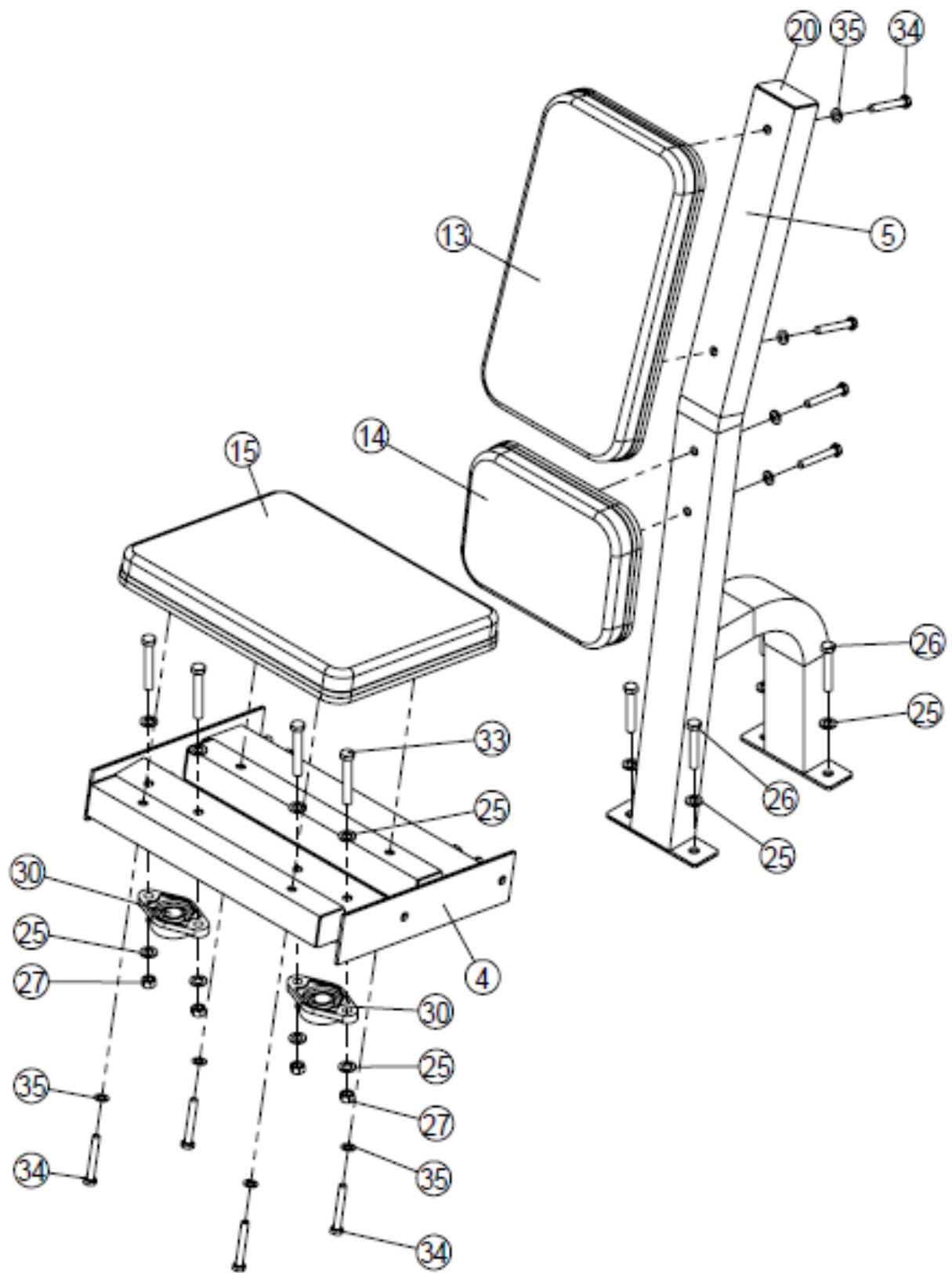
# Seat Frame Installation



# Force Arm Installation

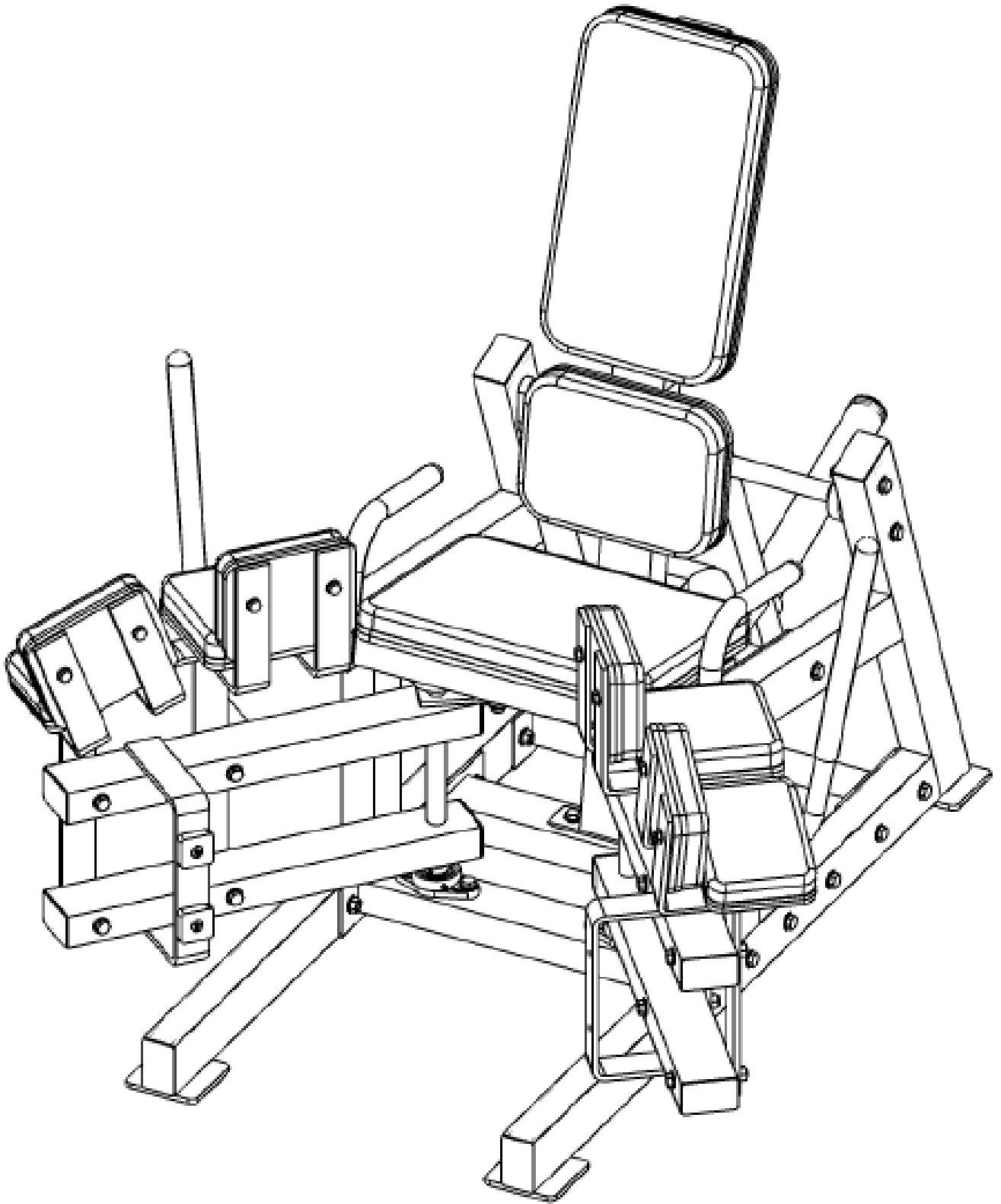


# Cushion Installation





# 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](mailto:info@gymbrofitness.com)**

**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**