



D.Y Row Plate Loaded 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	Main Frame	1
A2	Connection Frame (1)	2
A3	Connection Frame (2)	1 pair
A4	Side Frame	1 pair
A5	Arm Support Frame	1
A6	Arm	1 pair
A7	Cushion Frame	1
A8	Adjustable Frame	1
1	Footpads	6
2	Hexagon Socket Flat Head Screws M12x70	10
3	Flat Pad (1)	10
4	Flat Pad (2)	22
5	Self Locking Nut M12	14
6	Hexagon Socket Flat Head Screws M12x80	2
7	Hexagon Socket Flat Head Screws M12x90	2
8	Square End Cap	2
9	Hexagon Socket Head Screws M10x35	4
10	Dampening Piece	2
11	Sleeve Rubber pad	2
12	Sleeve End Cap	2

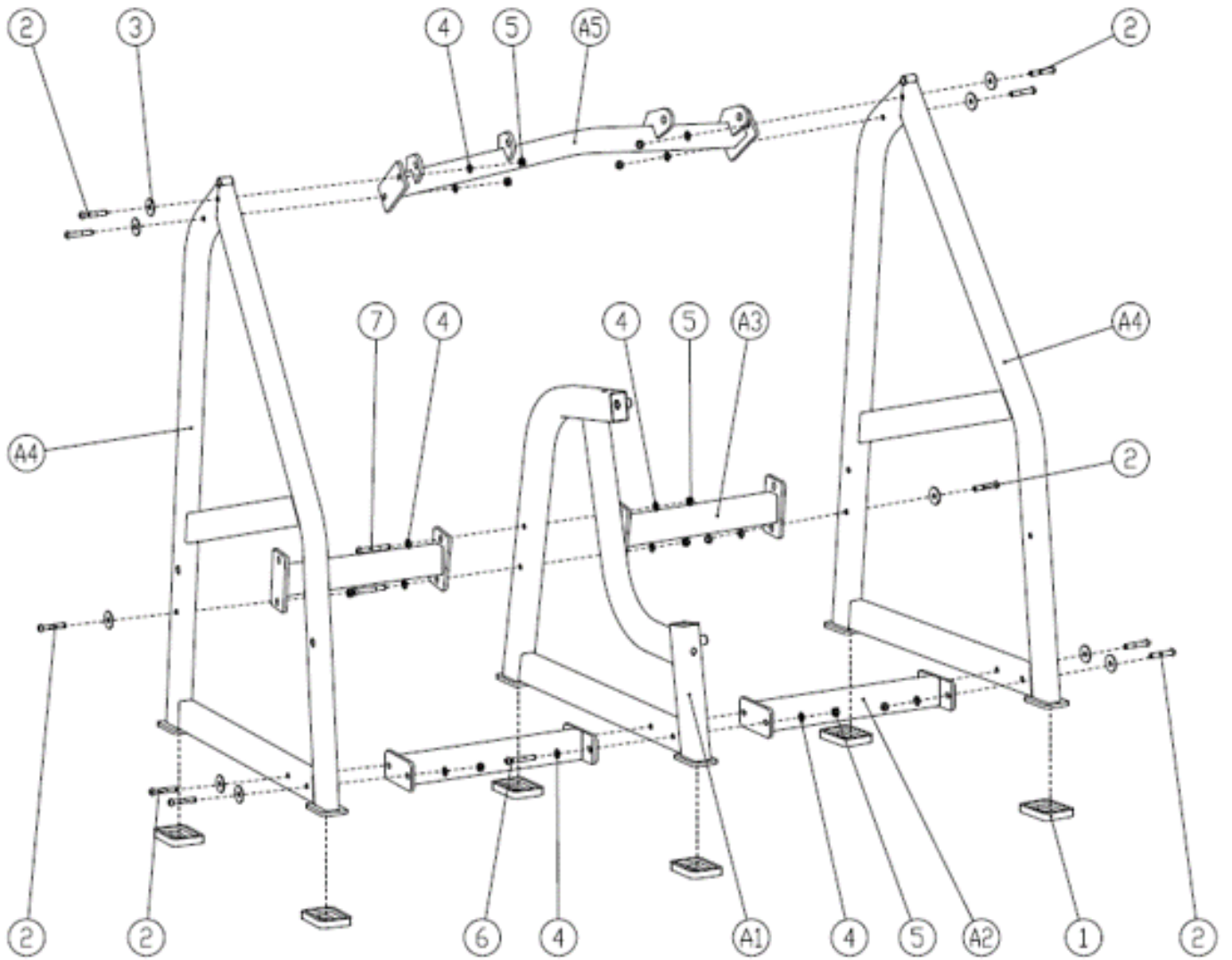
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
13	Sleeve Tube	2
14	Sleev End Cap	6
15	hexagon Socket Head Screws M10x15	10
16	Deep Groove Ball Bearings	4
17	Handle End Cap	2
18	Handle Cover	2
19	Handle Limit Ring	2
20	Flat Pad	4
21	Arm Axis	2
22	Hexagon Socket Head Screws M12x20	2
23	Hexagon Socket Head Screws M12x30	2
24	Sleeve End Cap	4
25	Sleeve Rod	4
26	Sleeve Tube	4
27	Cushion Group	1
28	Flat Pad	8
29	hexagon Socket Head Screws M8x30	8
30	Cushion Pin	2
31	Middle Pass Cover	2
32	Universal Bushing	2

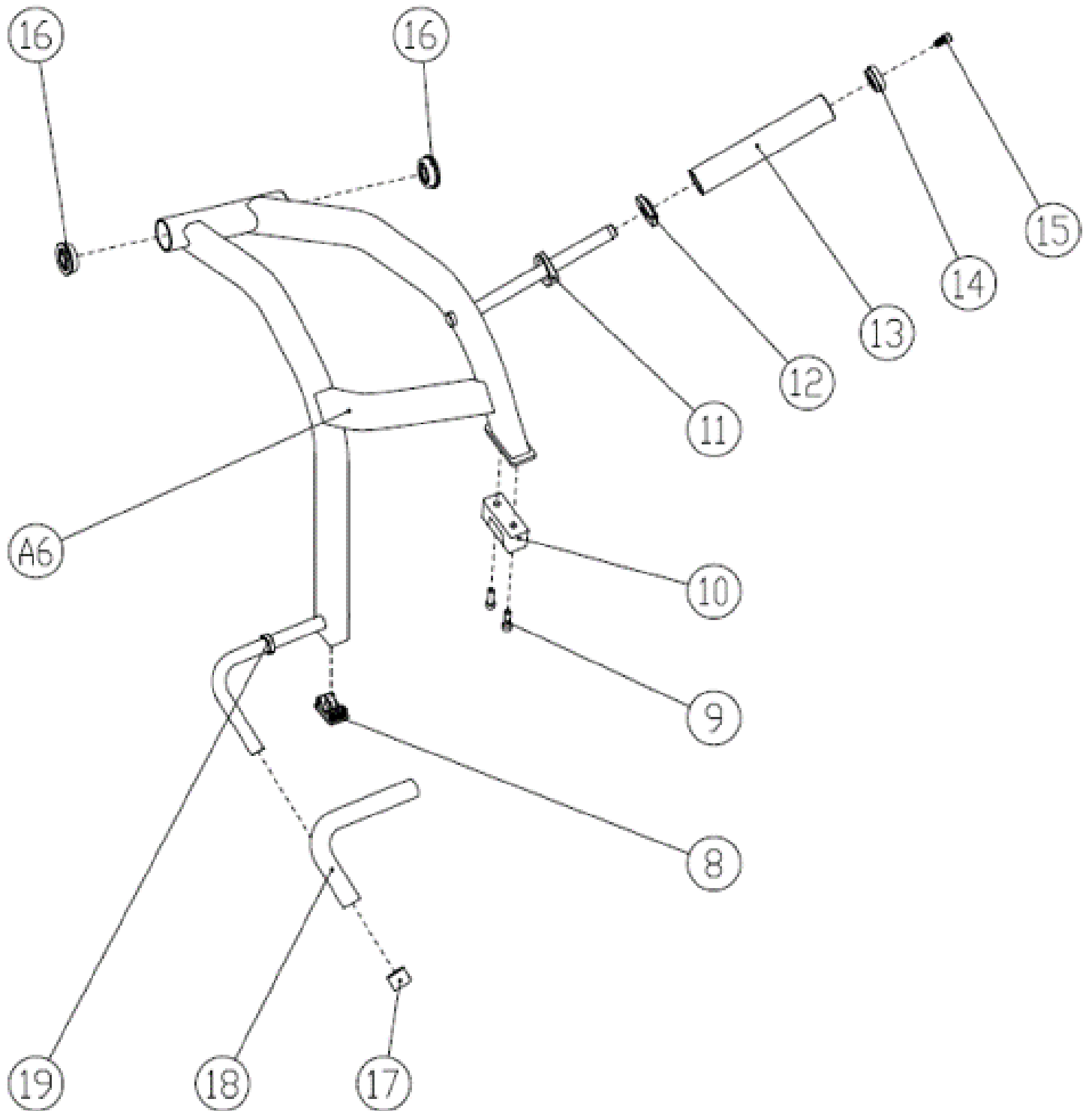
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
33	Top Chest Plate Axis	1
34	Top Chest Plate	1
35	Flat Pad	2
36	Hexagon Socket Head Screws M10x20	2
37	Top Chest Pad	1
38	Half Round Stop Ball	1

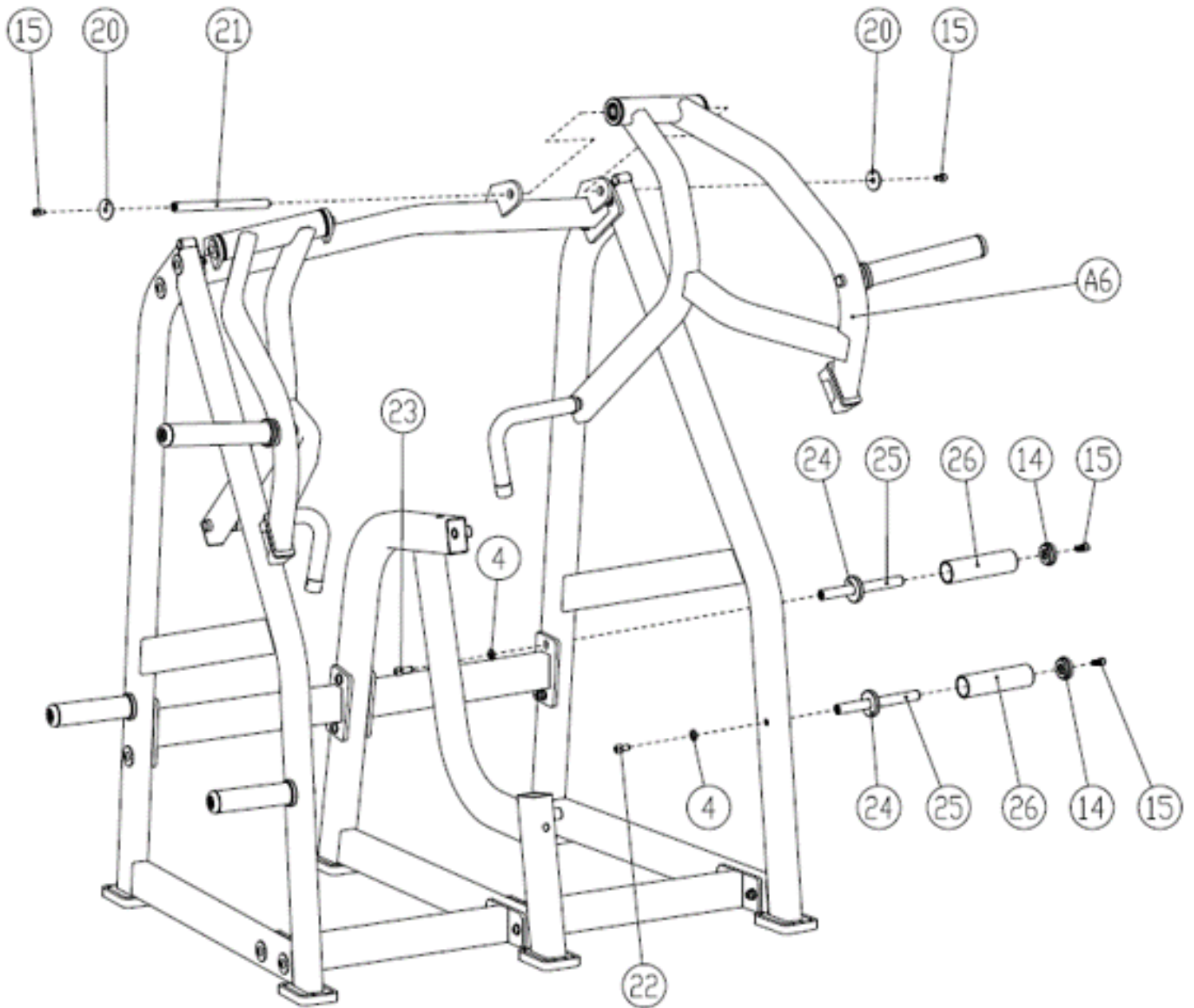
Frame Assembly



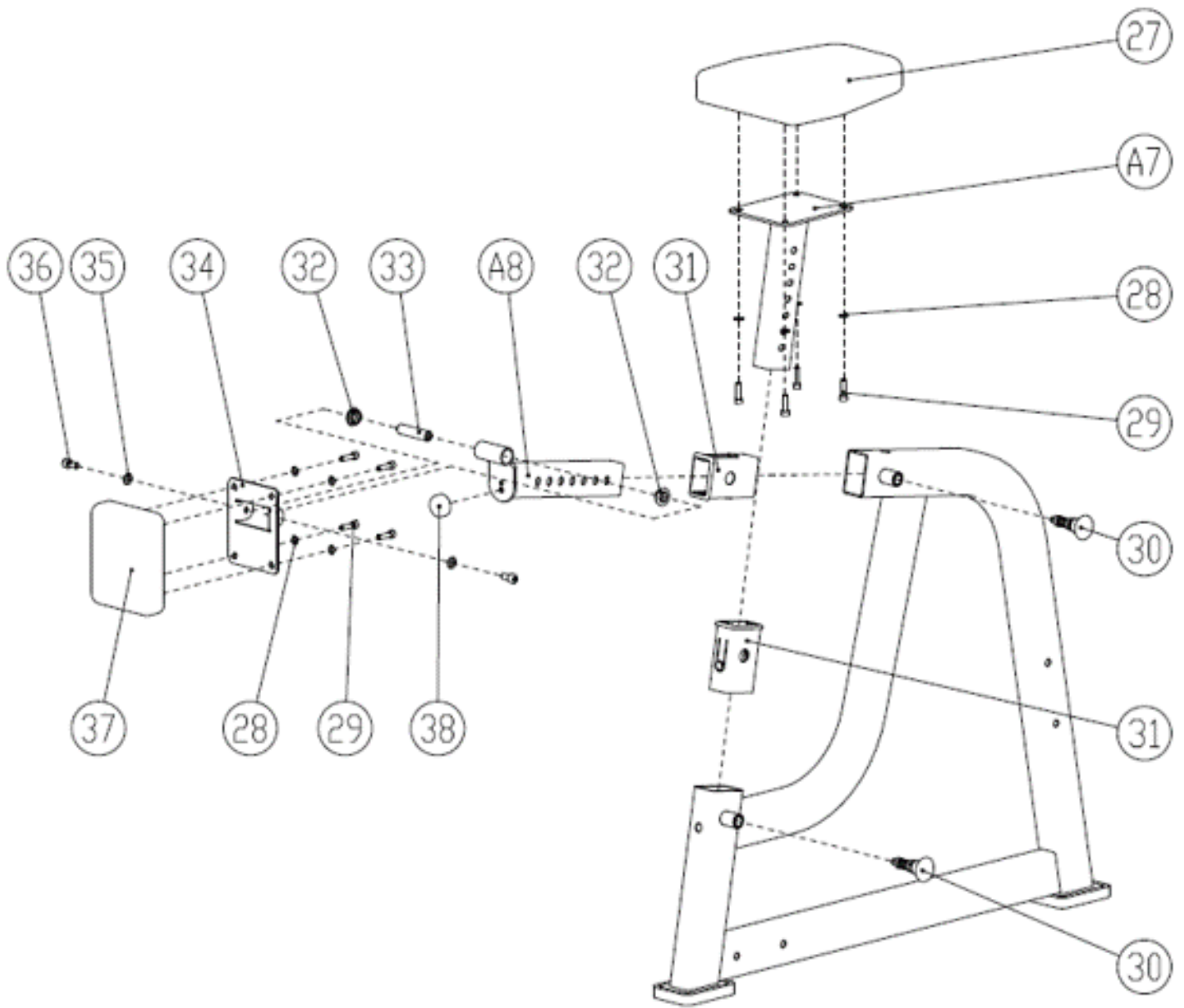
Right Force Arm Installation



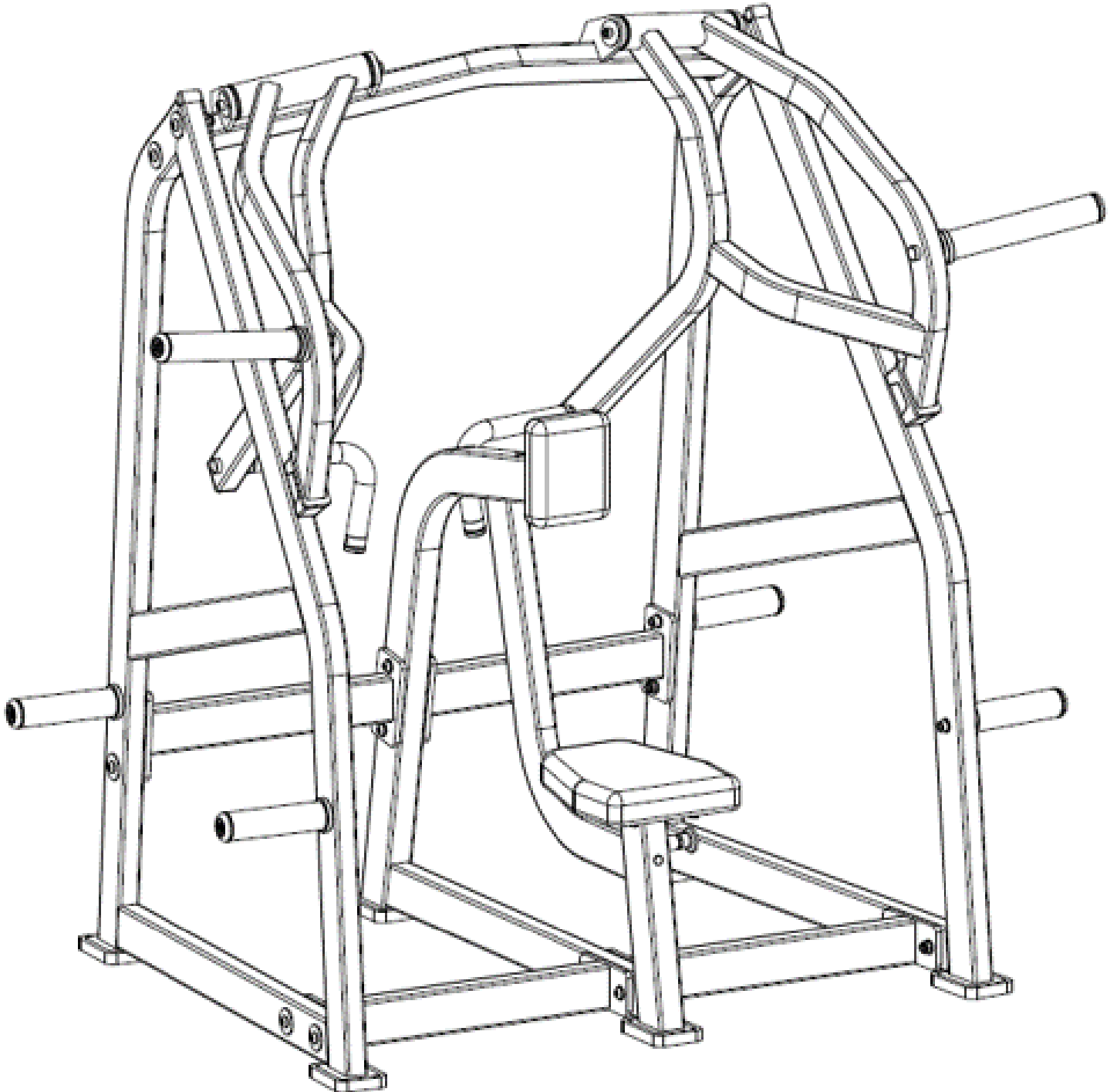
Right Side Rack Installation



Seat Assembly



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