



High 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	High Pull Bottom Beam	1
A3	High Pull Rear Beam	1
A4	High Pull Top Beam	1
A5	Side Frame	1 pair
A6	Linkage Frame (1)	1
A7	Linkage Frame (2)	1
A8	Linkage Frame (3)	1
A9	Leg Press Frame	1
A10	Arm	1 pair
1	Hexagon Socket Head Screws M12x70	16
2	Flat Pad	16
3	Self Locking Nut M12	16
4	Flat Pad	18
5	Dampening Piece	2
6	Hexagon Socket Head Screws M10x35	4
7	Sleeve Rod	2
8	Sleeve End Cap	2
9	Sleeve Tube	2
10	Sleeve End Cap	4

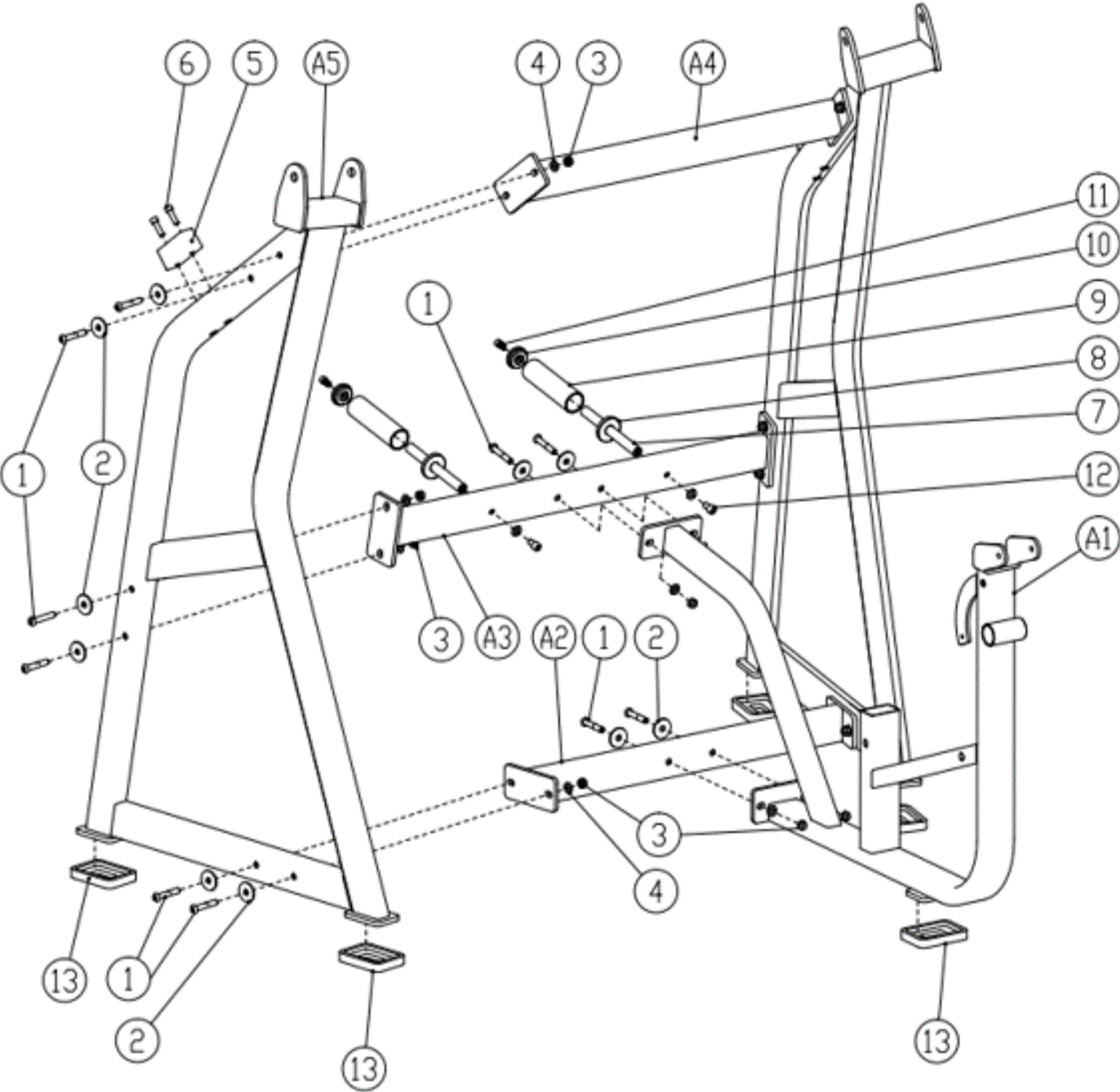
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
11	Hexagon Socket Head Cap Screws M10x15	8
12	Hexagon Socket Head Cap Screws M12x25	4
13	Footpads	5
14	Cushion Group	1
15	Hexagon Socket Head Screws M8x30	9
16	Flat Pad	9
17	Middle Pass Cover	1
18	Cushion Pin	2
19	Universal Bushing	4
20	Adjuster Axis	2
21	Half Round Stop Ball	2
22	Linkage Axis	1
23	Bushing	2
24	Adjustment Plate	1
25	Linkage Axis	1
26	Hexagon Socket Countersunk Head Screws M10x20	2
27	Hexagon Socket Head Screws M10x20	8
28	Flat Pad	8
29	Air Rod	1
30	Chest Pad Group	1

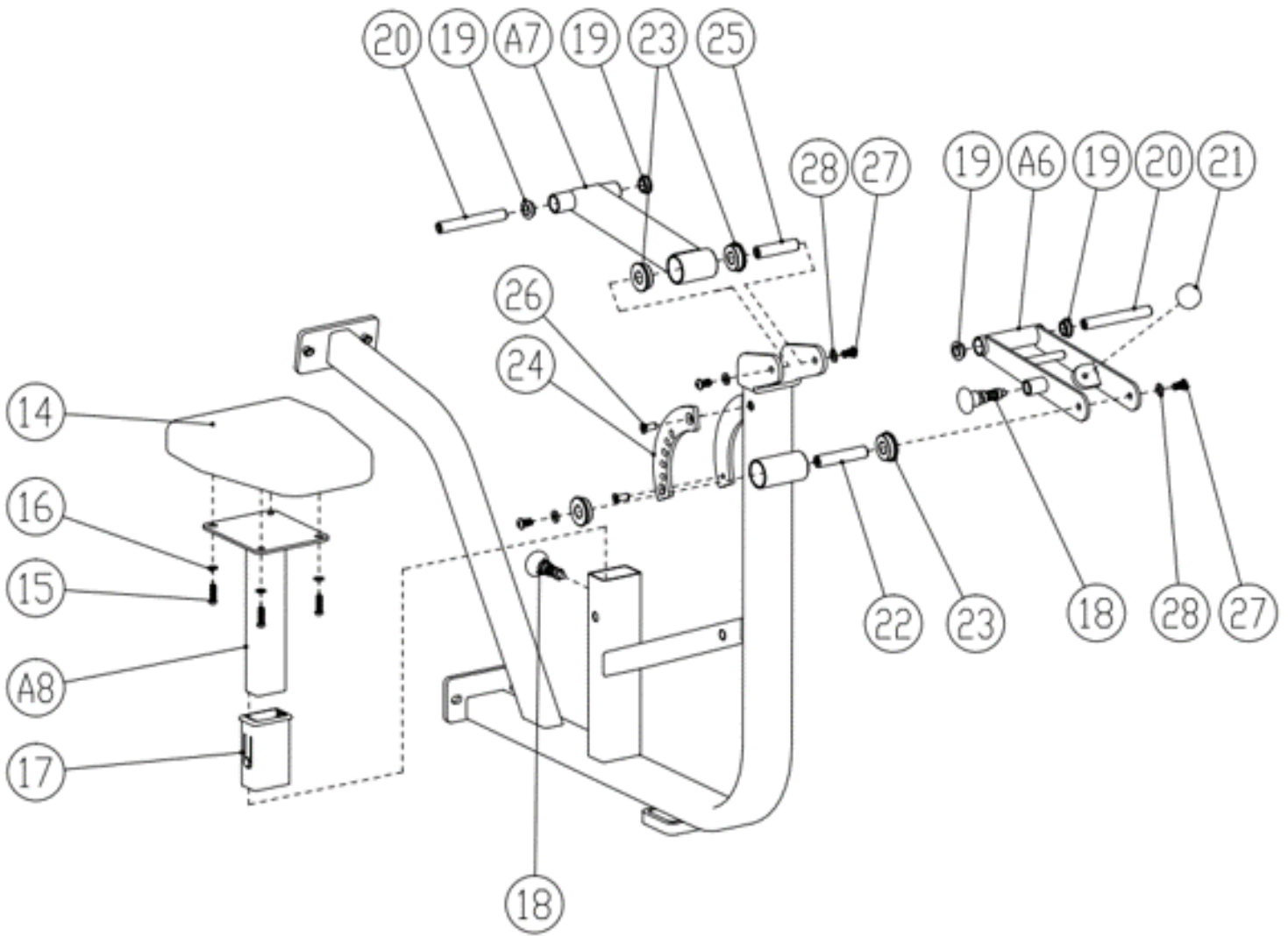
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
31	Leg Pad Group	1
32	Handle Limit Ring	2
33	handle Cover	2
34	Handle End Cap	2
35	Sleeve End Cap	2
36	Arm Barbell Sleeve Axis	2
37	Sleeve Tube	2
38	Deep Groove Ball Bearings	4
39	Arm Axis	2
40	Flat Pad	4
41	Square Tube Plug	2

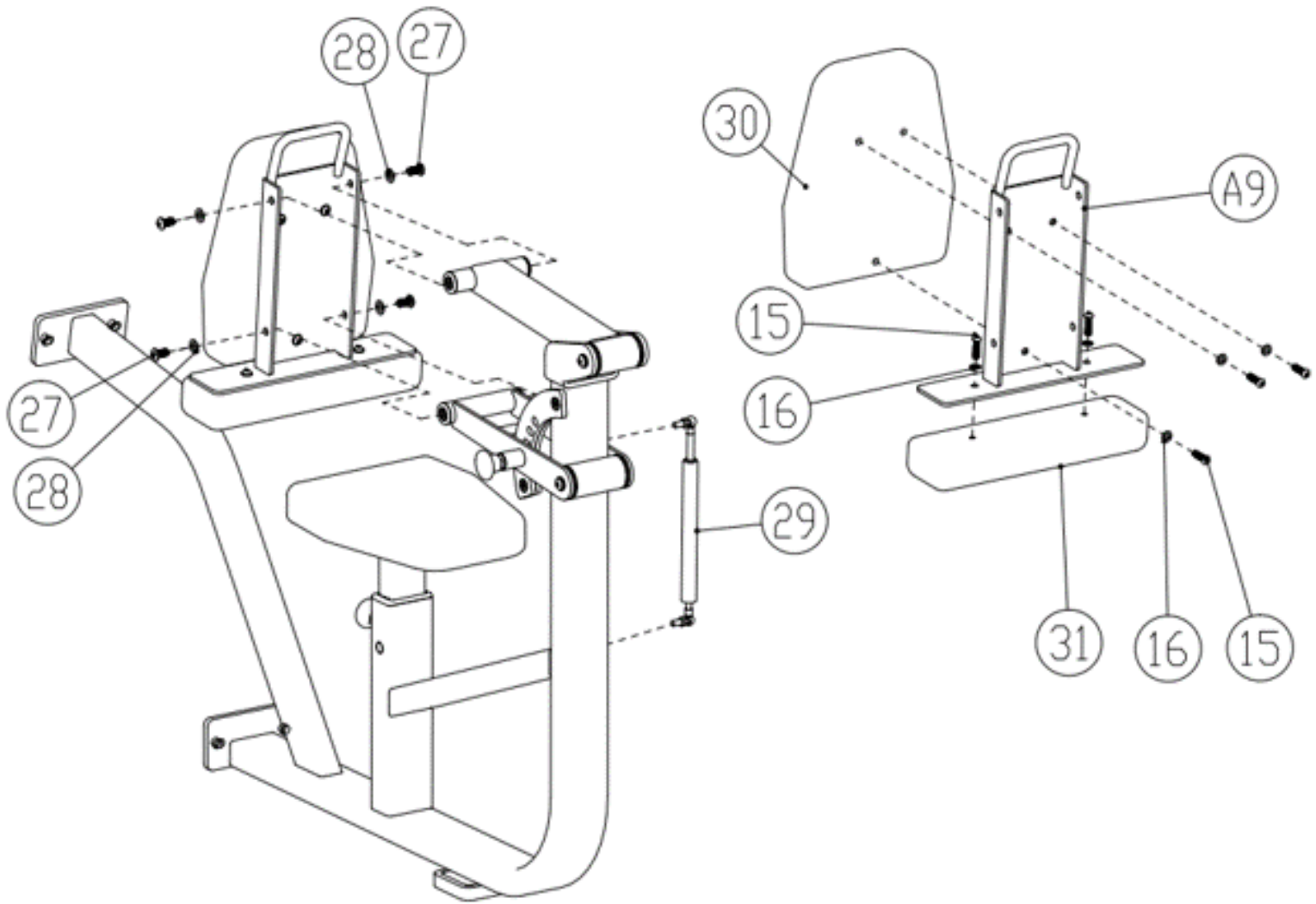
Frame Assembly



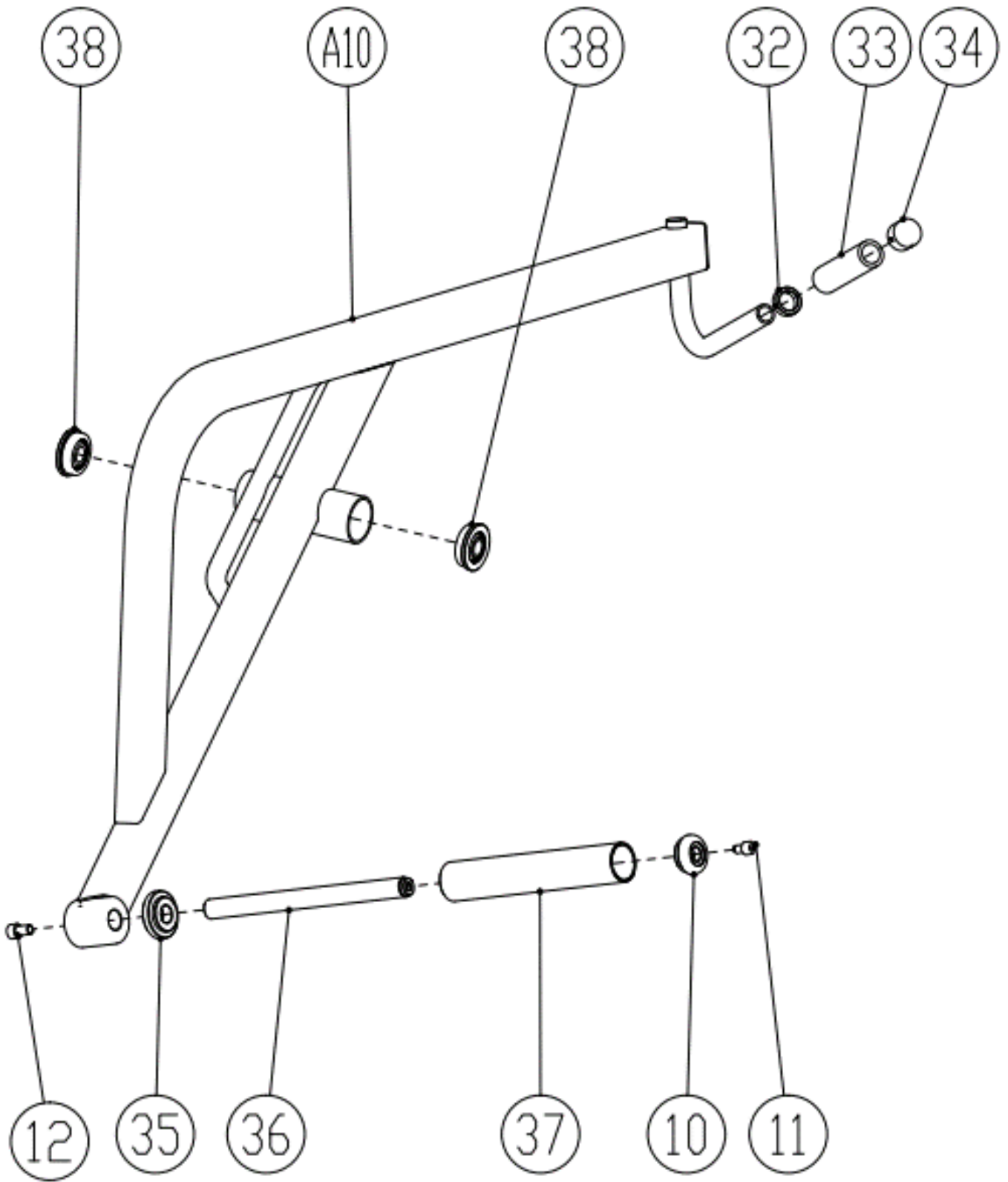
Seat and Rocker Installation



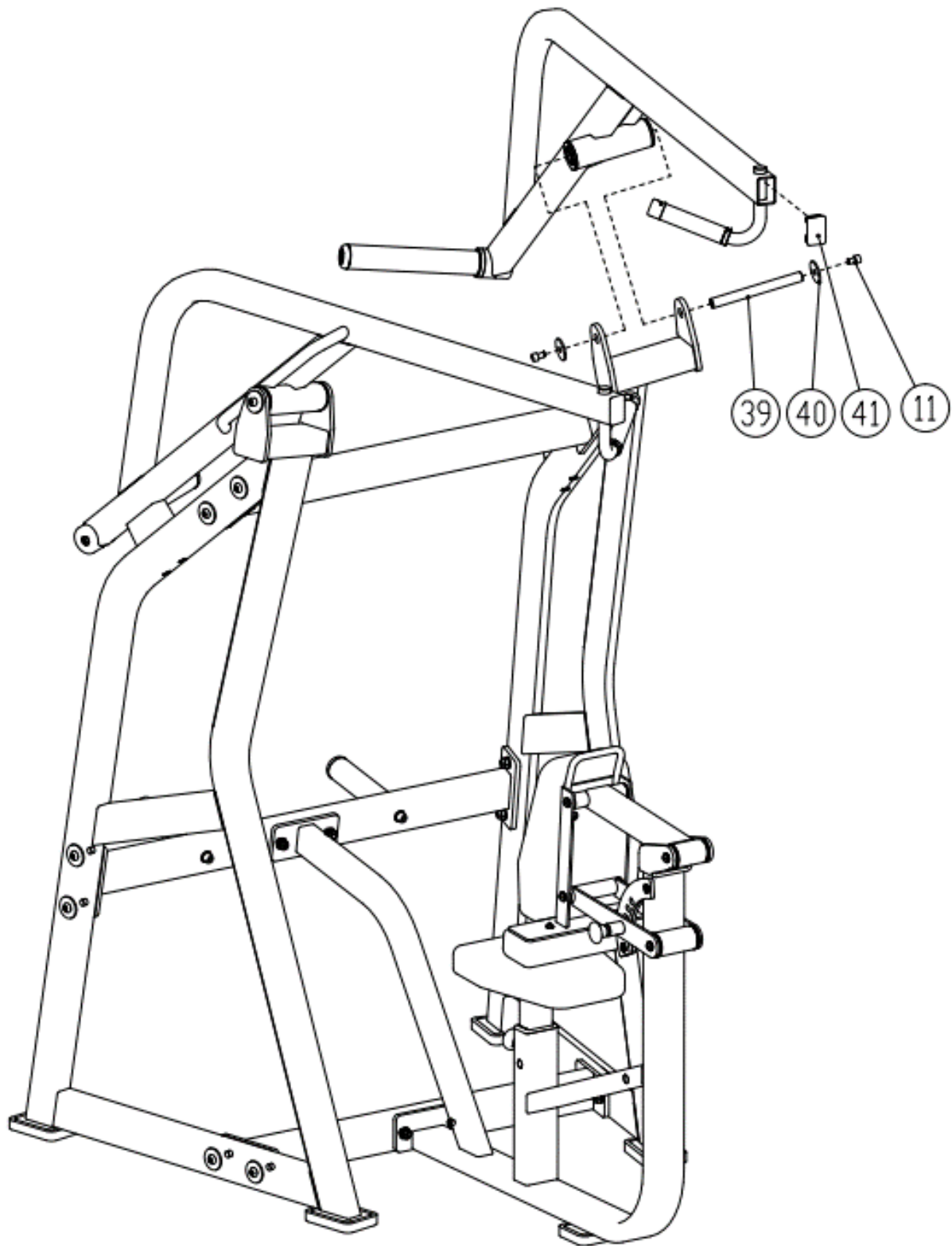
Installation of Leg Press and Chest Frame



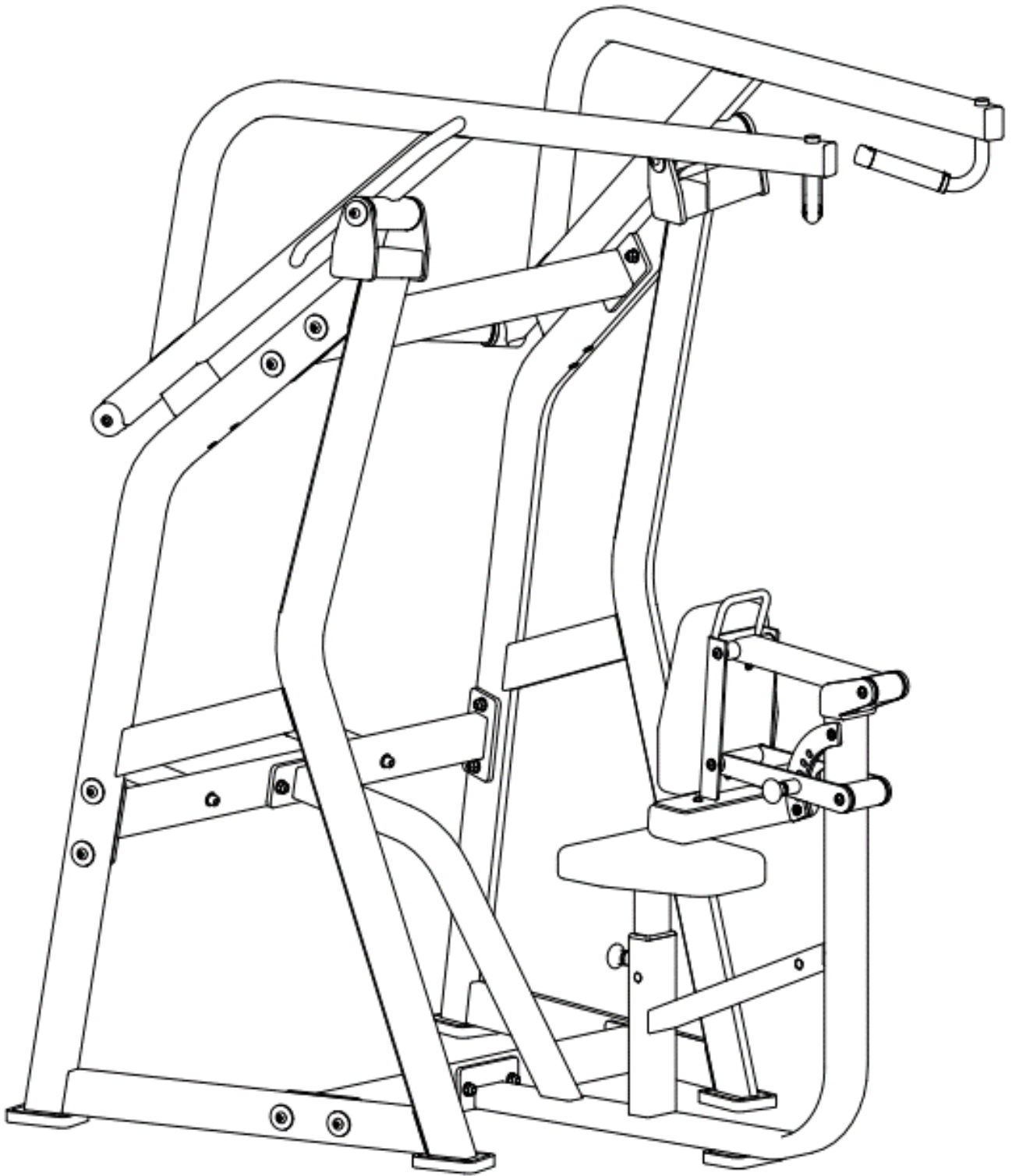
Arm Assembly



Arm Installation



Final Product



PARTS/HARDWARE LIST Continued

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

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