



# Low 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](mailto: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	Backrest Crossmember	1
2	Bottom Crossmember	1
3	Back of Frame Left	1
4	Center Beam	1
5	Pull Back Link	1
6	Telescopic Rod	4
7	Sleeve End Cap	4
8	Sleeve Pipe	4
9	Sleeve End Cap	6
10	Hexagon Socket Head Screws M10x20	10
11	Hexagon Socket Flat Head Screws M12x70	14
12	Flat Pad	14
13	Slef Locking Nut M12	14
14	Flat Pad	18
15	Hexagon Socket Head Screws M12x20	4
16	Dampening Pad	2
17	Hexagon Socket Head Screws M10x35	4
18	Foot Pads	5
19	Hexagon Socket Flat Head Screws M5x6	4
20	Flat Pad	4

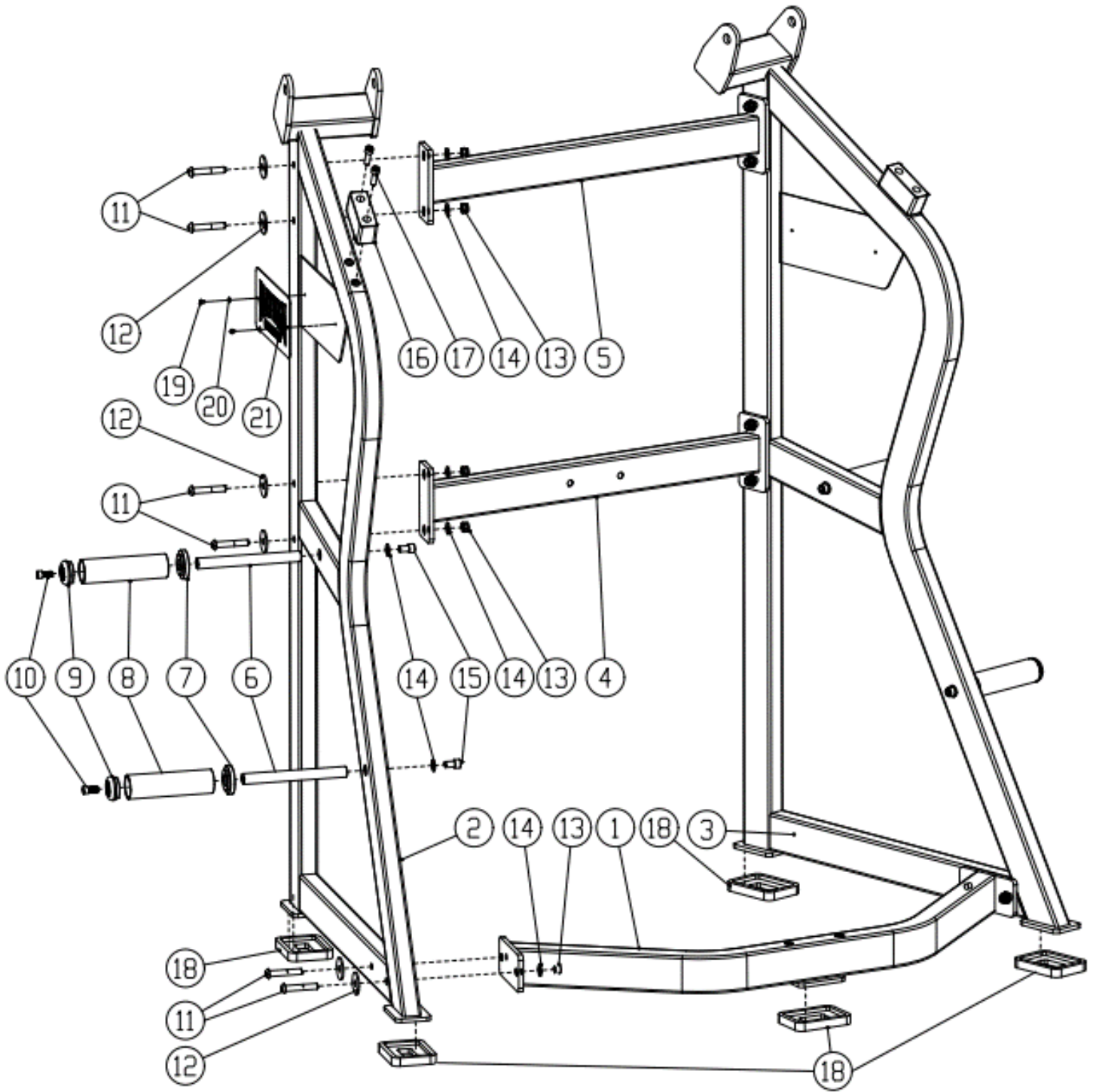
## PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Logo Board	2
22	Back Brace	1
23	Flat Pad	6
24	Handle End Cap	2
25	Handlebars	2
26	Handle Bar Limit Ring	2
27	Filament	12
28	Backrest Mounting Bar	1
29	Universal Bushing	2
30	Top Chest Plate	1
31	Hexagon Socket Head Screws M8x30	8
32	Flat Pad	8
33	Half Circle Set Ball	1
34	Chest Cushion	1
35	Top Chest Plate Axis	1
36	Inner Bar Spacer	2
37	Seat Pin	2
38	Cushion Pack	1
39	Seat Frame	1
40	Back Pull Arm	2

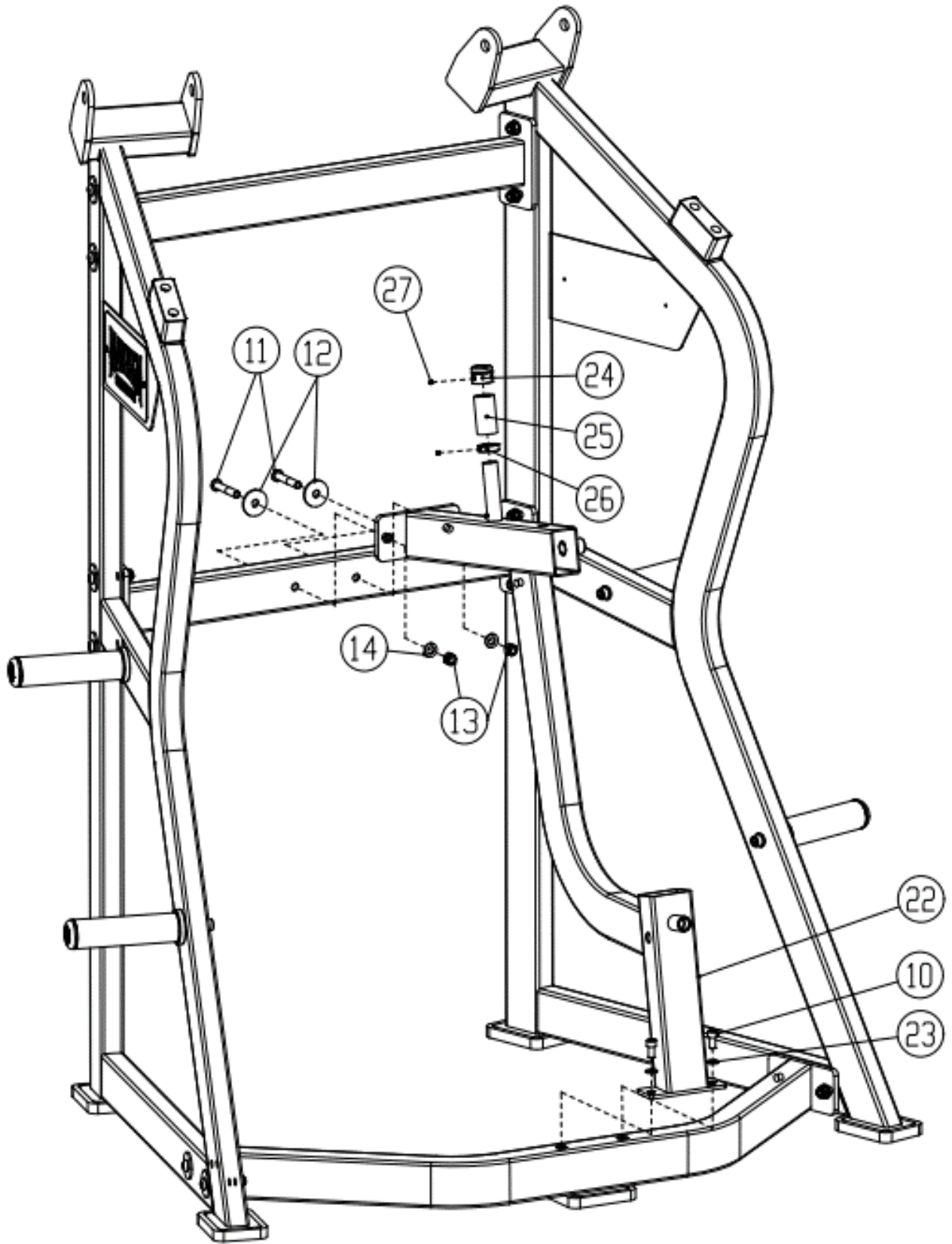
## PARTS/HARDWARE LIST Continued

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
41	Arm Shaft	2
42	Deep Groove Ball Bearings	4
43	Hexagon Socket Head Screws M10x15	4
44	Flat Pad	4
45	Hanging Round Steel	2
46	Sleeve Pipe	2
47	Sleeve End Cap	2
48	Hexagon Socket Head Screws M12x30	2
49	Handlebars	2
50	Foot Pedal	2
51	Rubber Floor Mat	2
52	Spring mat	6
53	Hexagon Socket Head Screws M10x25	4

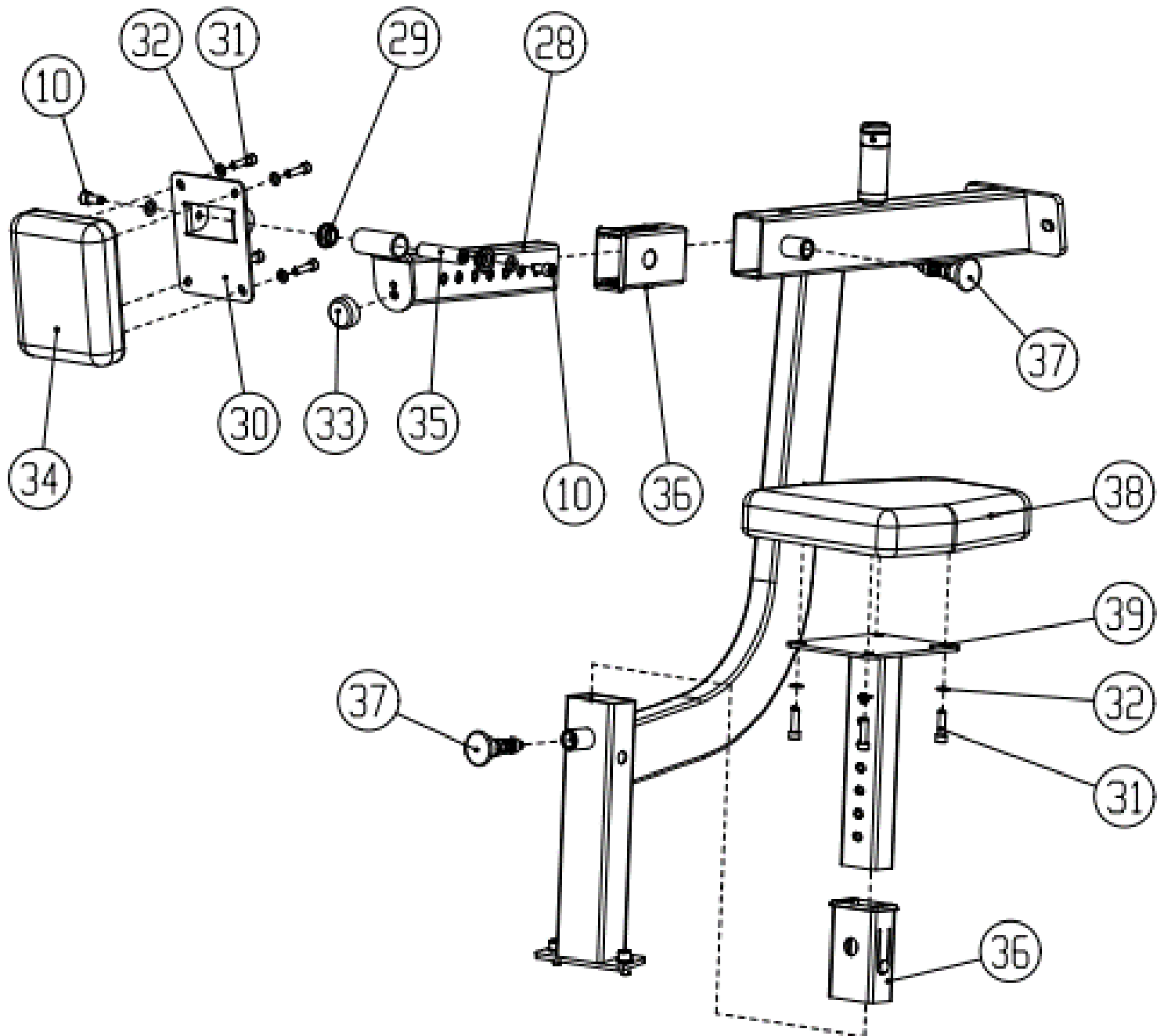
# Frame Assembly



# Frame Assembly

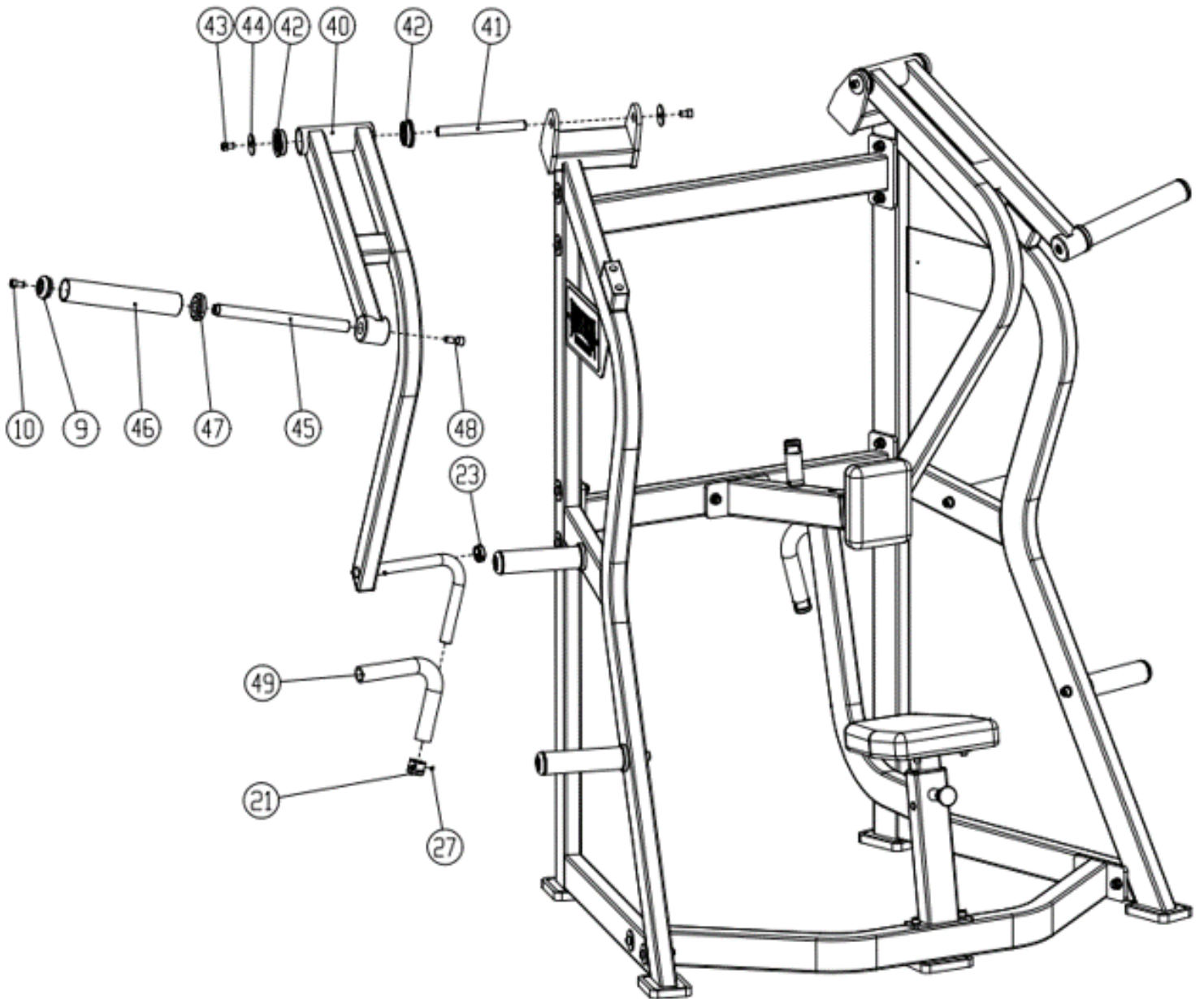


## Seat and Chest Cushion Mounting

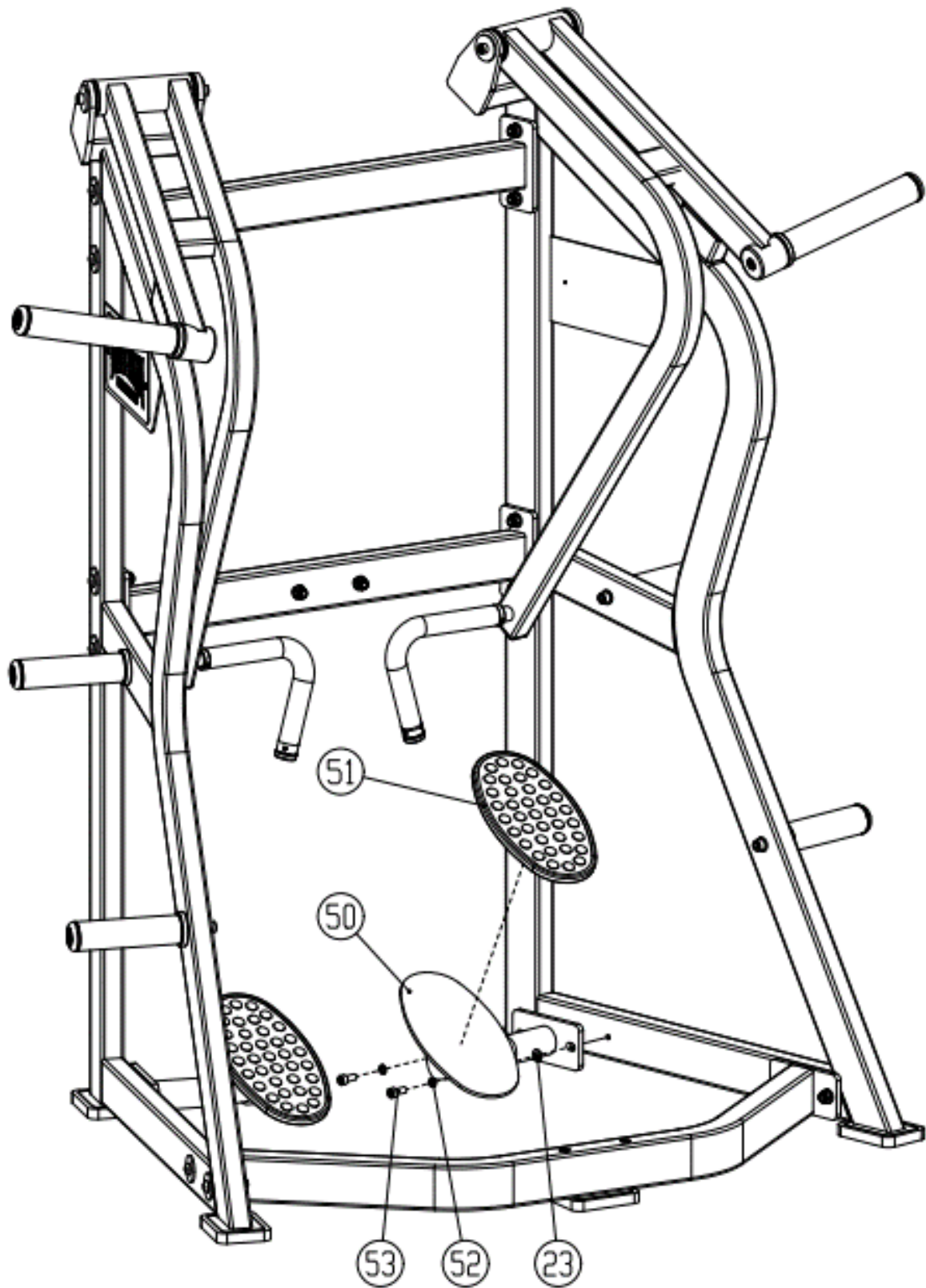




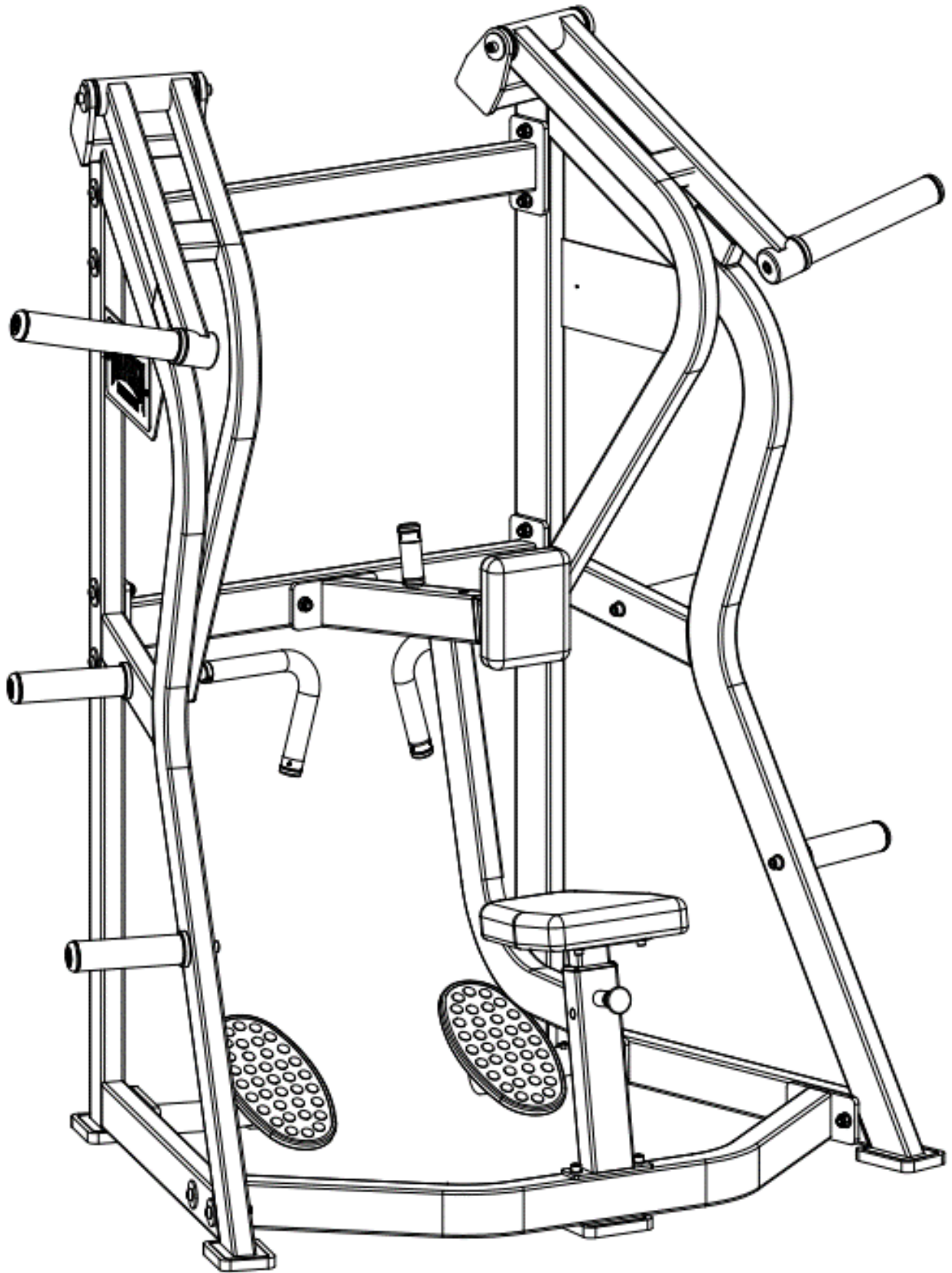
# Arm Installation



## Foot Rest Mounting



# 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**

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