



T-Bar 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	Side Frame	1
A3	Stop Piece	1
A4	Force Arm	1
A5	Linkage Sleeve	1
A6	Handlebars	1
A7	Connecting Frame	1
A8	Sliding Sleeve	2
A9	Pedal Frame	1
A10	Sliding Frame	2
A11	Handlebar Bracket	2
1	Footpads	3
2	Hexagon Socket Flat Head Screws M12x70	2
3	Flat Pad	4
4	Flat Pad	8
5	Self Locking Nut M12	4
6	Stop Pad	1
7	Hexagon Socket Countersunk Head Screws M8x20	2
8	Hexagon Socket Head Screws M12x30	6
9	Deep Groove Ball Bearing	4

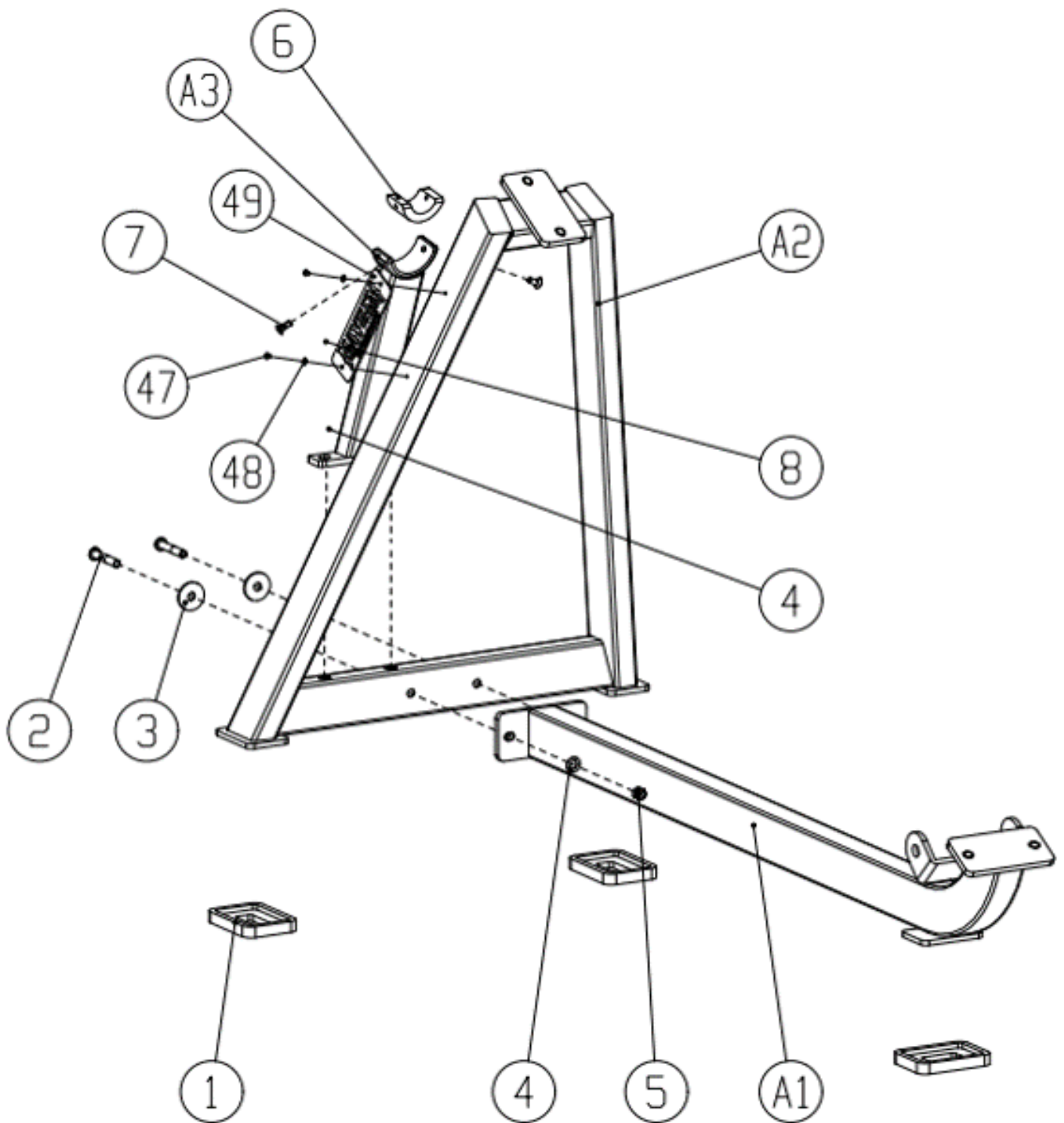
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
10	Hexagon Socket Head Screws M10x15	6
11	Flat Pad	4
12	Arm Shaft	1
13	Fixing Plate	1
14	Washer	2
15	Sleeve End Cap	1
16	Sleeve Pipe	1
17	Sleeve End Cap	1
18	Limit Ring	4
19	Handlebar Axle	4
20	Handlebar Limit Ring	5
21	Handlebars	5
22	Cushion Pack	1
23	Back Cushion Group	1
24	Hexagon Socket Flat Head Screws M10x70	2
25	Flat Pad	8
26	Hexagon Socket Head Screws M8x30	8
27	Hexagon Socket Countersunk Head Screws M10x20	2
28	Adjusting Plate	1
29	Half Circle Set Ball	1
30	Linkage Shaft	1

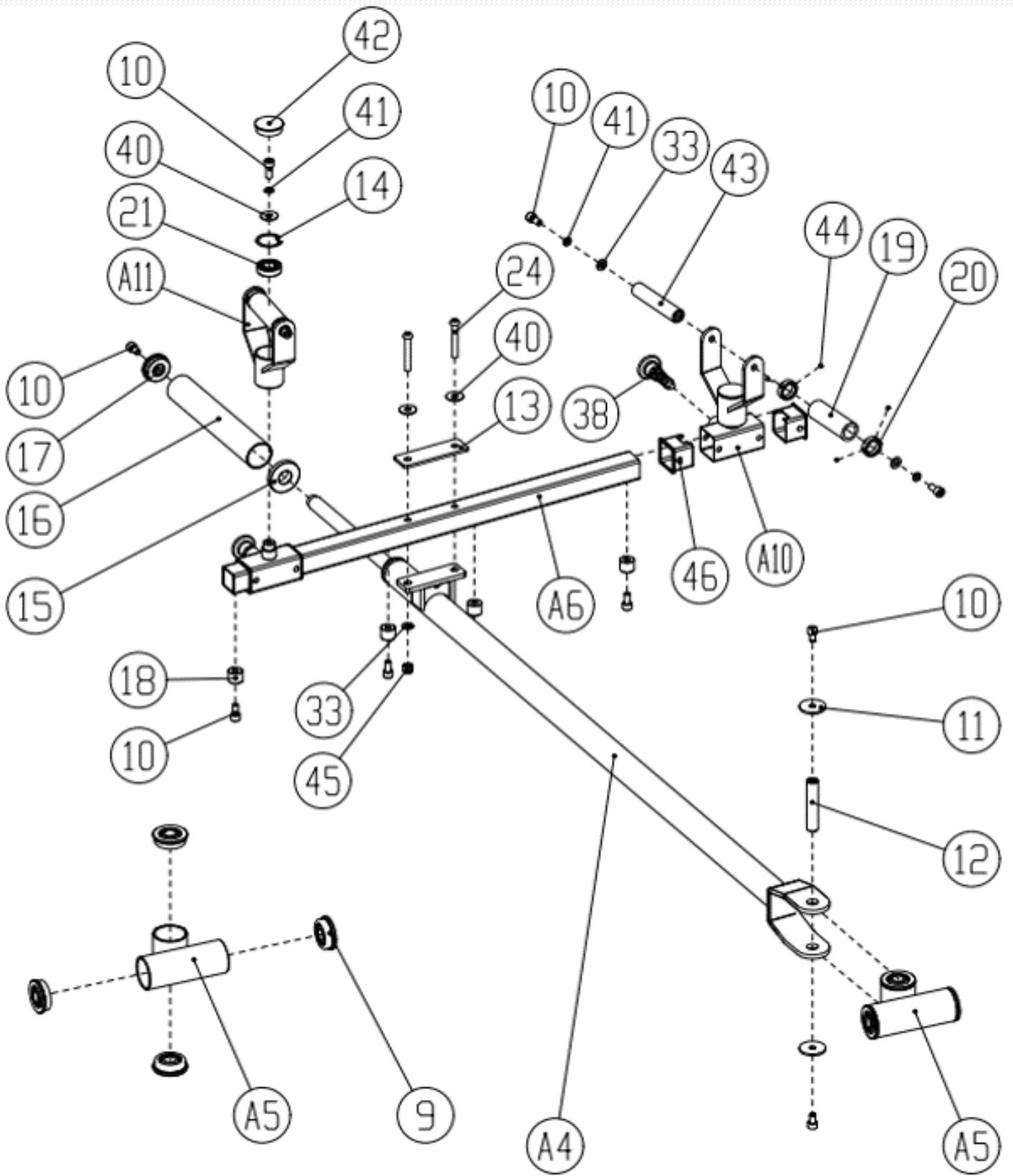
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
31	Hexagon Socket Flat Head Screws M12x80	2
32	Hexagon Socket Head Screws M10x20	4
33	Flat Pad	4
34	End Sleeve of Slideway Rod	2
35	Slideway Bar	2
36	Washer	8
37	Linear Bearing	4
38	Seat Pin	1
39	Hexagon Socket Countersunk Head Screws M8x15	4
40	Large Flat Pad	4
41	Spring Mat	10
42	Plastic End Cap	2
43	Handlebar Axle	2
44	Filament	10
45	Self Locking Nut M10	2
46	Plastic Tube Spacer	4
47	Hexagon Socket Head Screws M5x6	2
48	Flat Pad	2
49	Logo Board	1

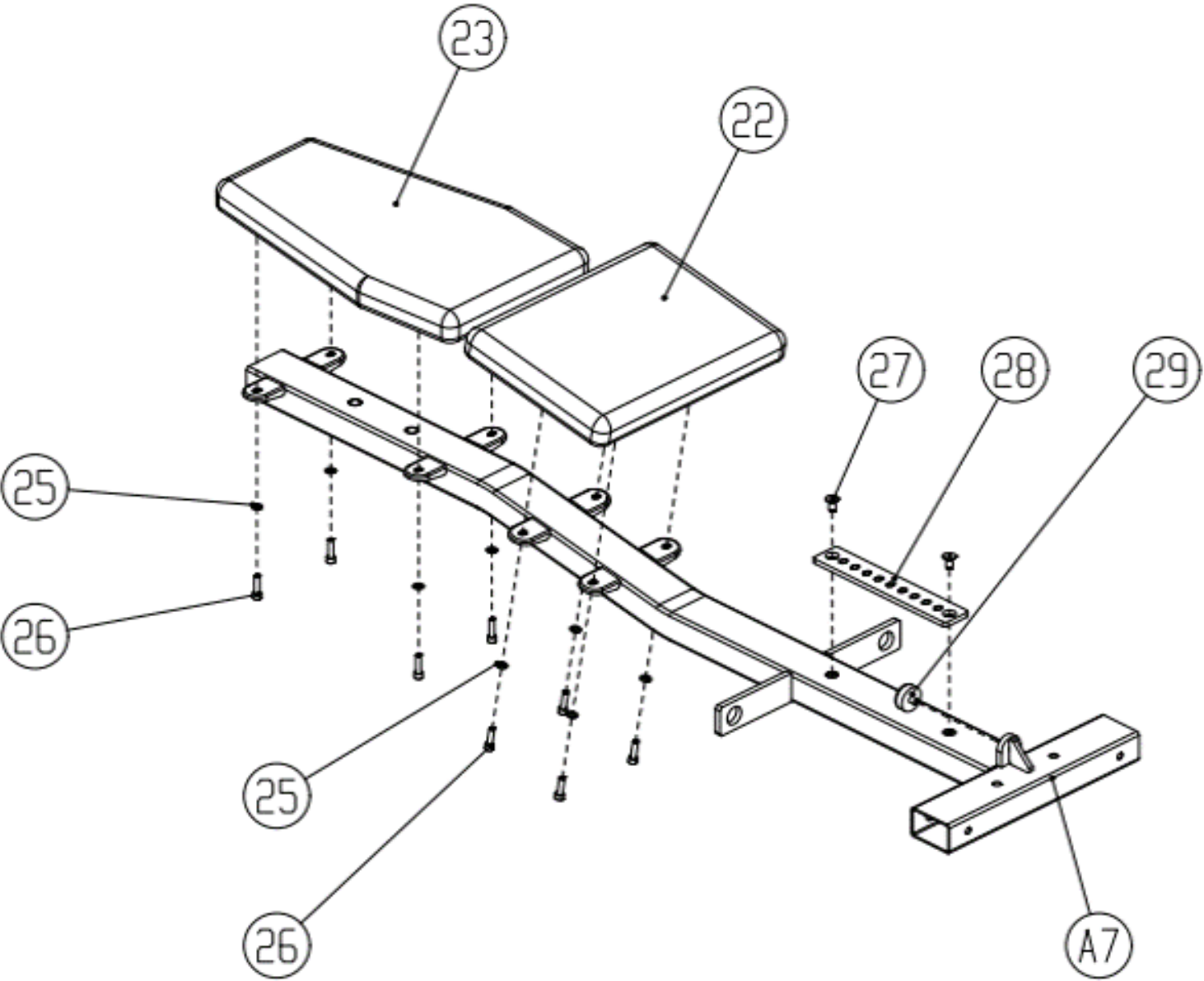
Frame Assembly



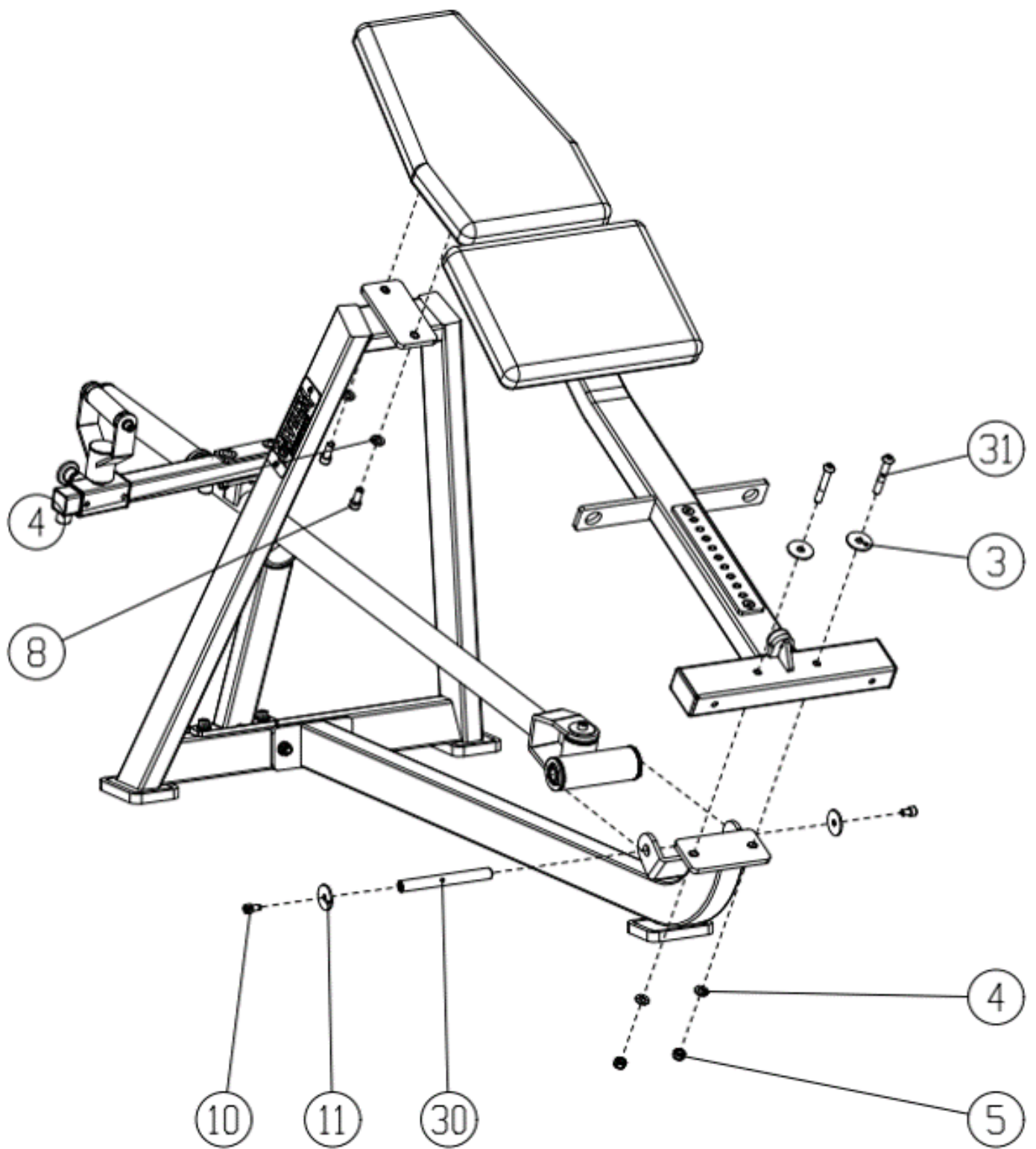
Arm Assembly



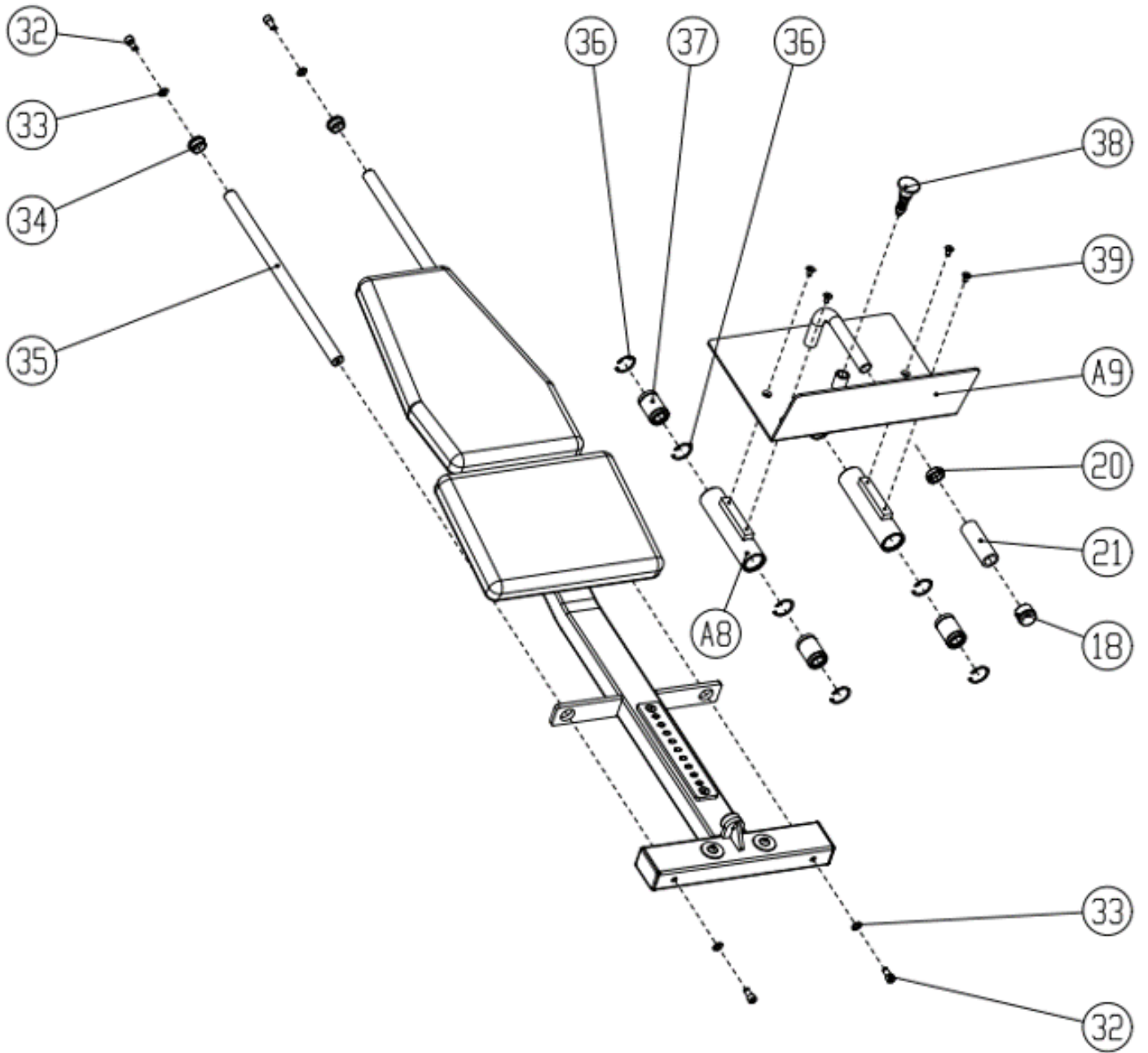
Seat Cushion and Connecting Frame Assembly



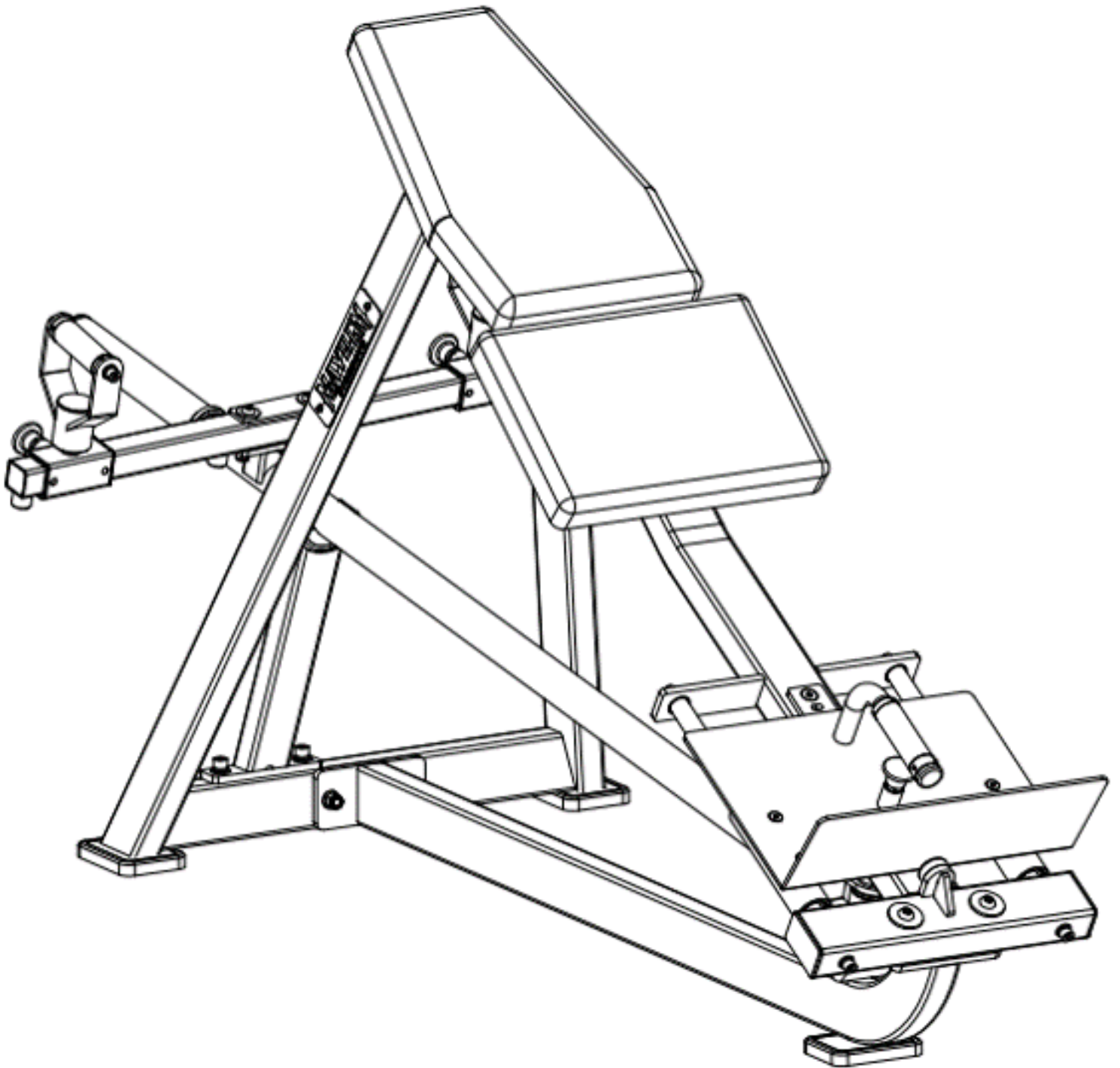
Body Frame Installation



Pedal 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

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