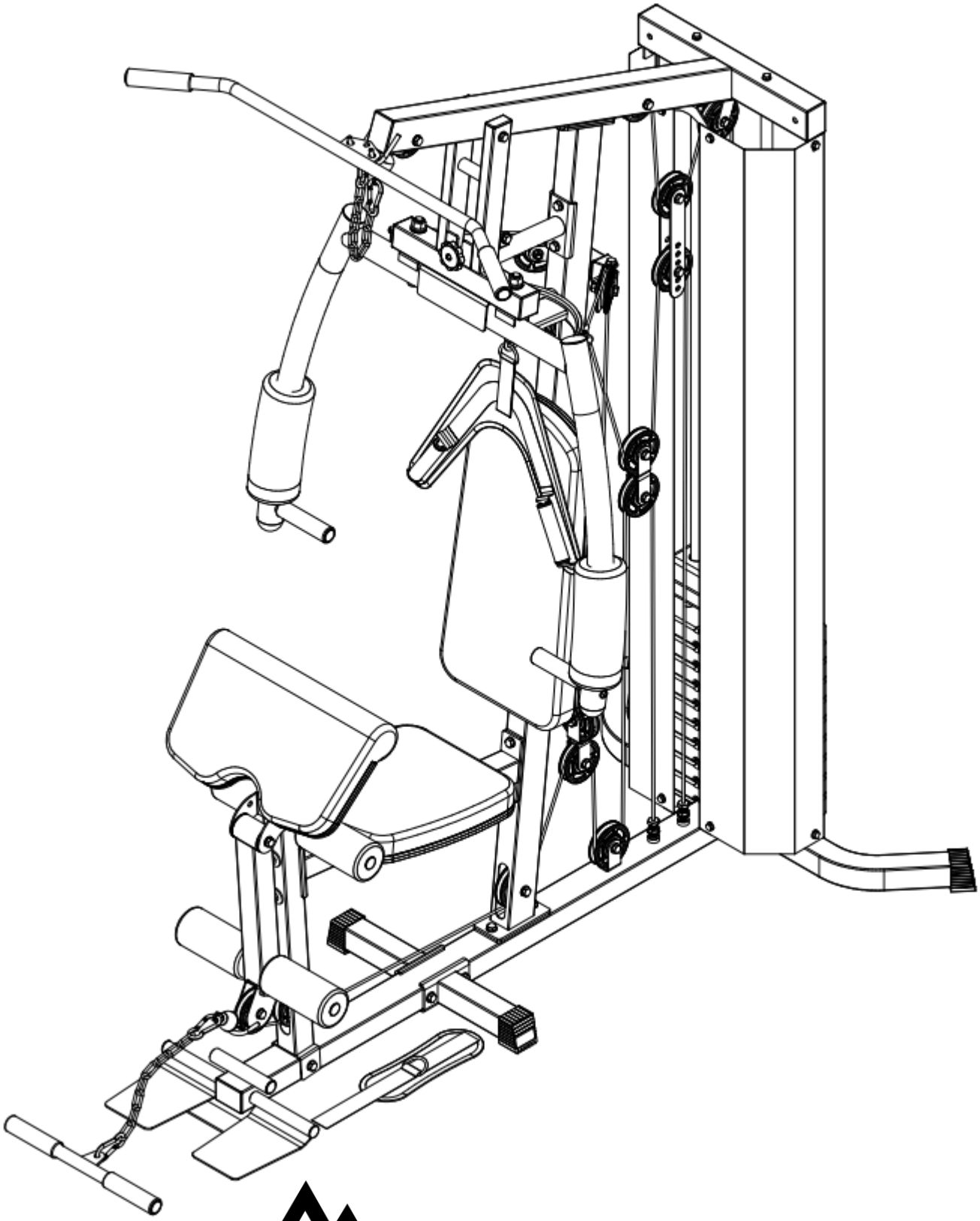
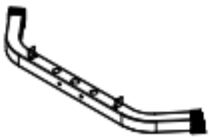
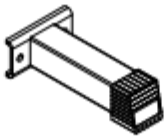
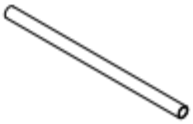
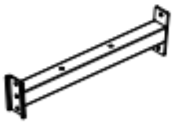
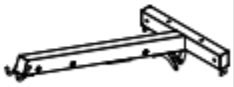
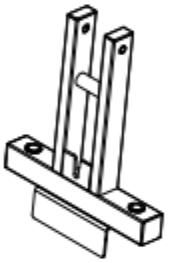
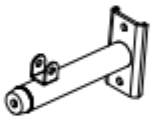
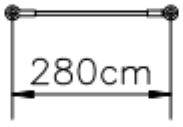
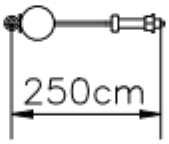
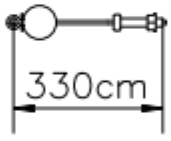
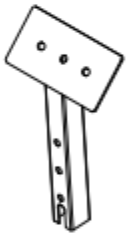
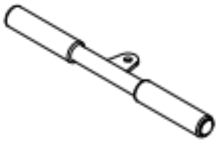
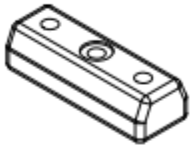
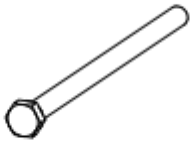
HOME GYM



ODIN

01 	02 	03 	04 	05 	06 
07 	08 	09 	10 	11 	12 
13 	14 	15 	16 	17 	18 
19 	20 	21 	22 	23 	24 
25 	26 	27 	28 	29 	30 
31 	32 	33 	34 	35 	36 

37 	38 	39 	40 	41 	42 
43 	44 	45 	46 	47 	48 
49 	50 	51 	52  M10x130mm	53  M10x95mm	54  M10x90mm
55  M10x70mm	56  M10x65mm	57  M10x45mm	58  M10x20mm	59  M8x85mm	60  M8x65mm
61  M8x20mm	62  M8x15mm	63  M8x20mm	64  M16	65  M10	66  φ16
67  φ10	68  φ8	69  φ8	70	71	72

Parts list

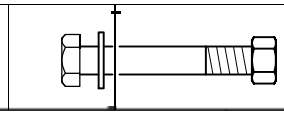
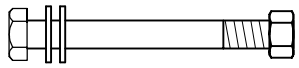
S/N	Name	QTY	S/N	Name	QTY
1	Underframe assembly	1	37	25 Round pipe inner plug	14
2	Rear bottom pipe assembly	1	38	Damping pad	2
3	Reinforced bottom pipe assembly	2	39	Counterweight head bushing	1
4	Counterweight guide rod weldment	2	40	Torx knob nut M10	1
5	Limit tube	1	41	Sea sponge stick	2
6	Pedal assembly	1	42	Large flat cushion Φ ten	4
7	Front inclined pipe assembly	1	43	pulley	16
8	Cushion frame assembly	1	44	Sponge stick	4
9	Cushion support frame	1	45	Elastic pin (M16)	1
10	Kick assembly	1	46	Rotating shaft	1
11	Weight adjusting rod assembly	1	47	Adjusting rod flat pad	1
12	Top beam assembly	1	48	Cylindrical pin	1
13	Cantilever assembly	1	49	L-shaped bolt	1
14	Cantilever limit tube assembly	1	50	Octacyclic chain	2
15	Right swing arm assembly	1	51	Latch	5
16	Left swing arm assembly	1	52	Hexagon bolt M10 * 130	1
17	Front push handle assembly	2	53	Hexagon bolt M10*95	3
18	Double U-seat weldment	1	54	Hexagon bolt M10*90	3
19	Rotating U seat	1	55	Hexagon bolt M10*70	4
20	Pulley connecting plate	2	56	Hexagon bolt M10*65	5
21	Butterfly arm wire rope assembly	1	57	Hexagon bolt M10*45	11
22	High-drawn wire rope assembly	2	58	Hexagon bolt M10*20	6
23	Low tension wire rope assembly	1	59	Hexagon bolt M8*85	2
24	Hand pad weldment	1	60	Hexagon bolt M8*65	2
25	Sponge rod tube	2	61	Hexagon bolt M8*20	4
26	T-frame assembly	1	62	Hexagon bolt M8*15	10
27	Iron mesh protective cover	2	63	Hexagon socket pan head bolt M8*20	2
28	High handle tube assembly	1	64	Locknut M16	2
29	Low handle assembly	1	65	Locknut M10	27
30	Counterweight head	1	66	Large flat cushion Φ16	2
31	clump weight	11	67	Flat pad Φ10	44
32	Cushion assembly	1	68	Flat pad Φ8	14
33	Cushion assembly	1	69	Curved padΦ8	2
34	Hand cushion assembly	1	70		
35	Training rope assembly	1	71		
36	Circular adhesive tape assembly	1	72		

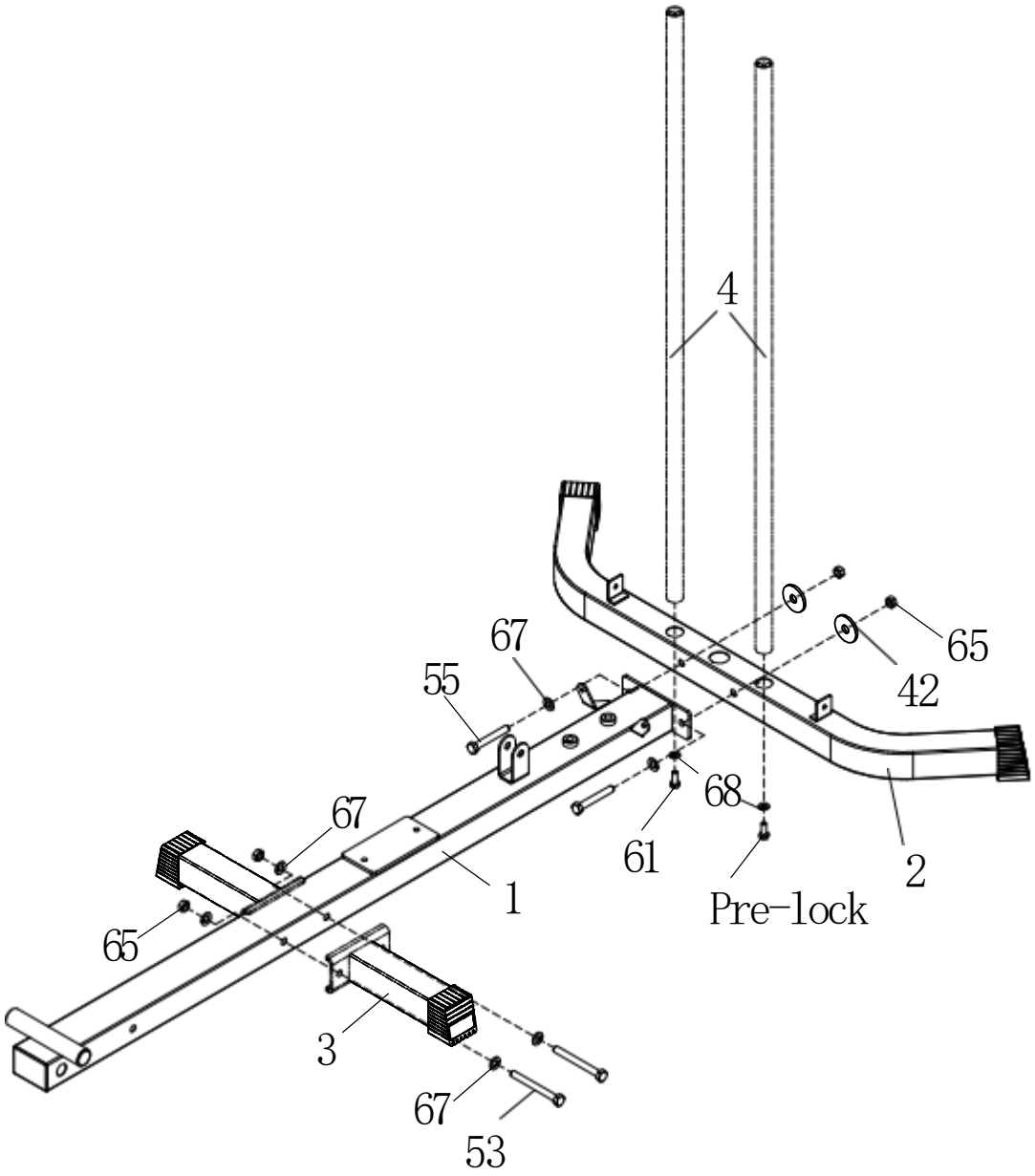
Remarks: 1. Some accessories in the details have been pre-locked on relevant accessories;
2. Parts with the same number shall be used for each step of the manual. Do not use them incorrectly

TOOL

	Wrench 13#、14#、17#	2		inner hexagon spanner 5#	1
	Special wrench	1			

STEP1

2 SET		2 SET	
Part# 55(M10*70; 2pcs) Part# 65(M10; 4pcs)		Part# 53(M10*95; 2pcs) Part# 67(Ø10; 6pcs) Part# 42(Ø10; 2pcs)	



1. Place the counterweight guide rod weldment (4) and the rear bottom pipe assembly (2) according to the figure, and fasten them with the bolts in the figure;

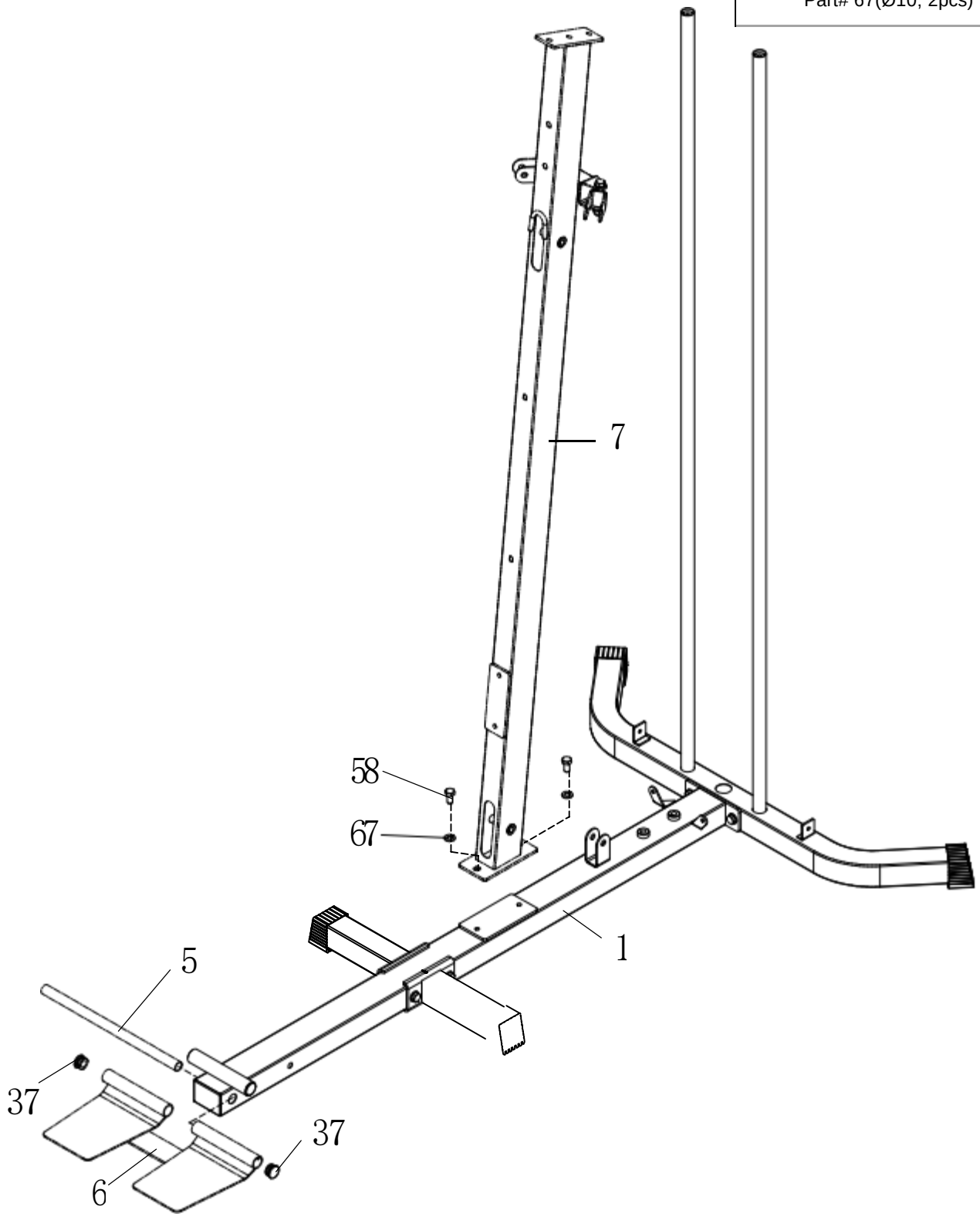
2. Place the under frame assembly (1) and rear bottom pipe assembly (2) according to the drawing, and use the bolts in the drawing to fix and lock them;

3. Place the under frame assembly (1) and the reinforced bottom pipe assembly (3) according to the figure, and use the bolts in the figure to fix and lock them.

STEP2

2 SET	

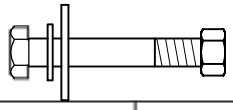
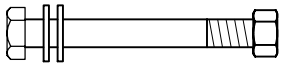
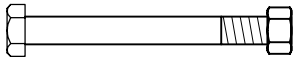
Part# 58(M10*20; 2pcs)
Part# 67(Ø10; 2pcs)

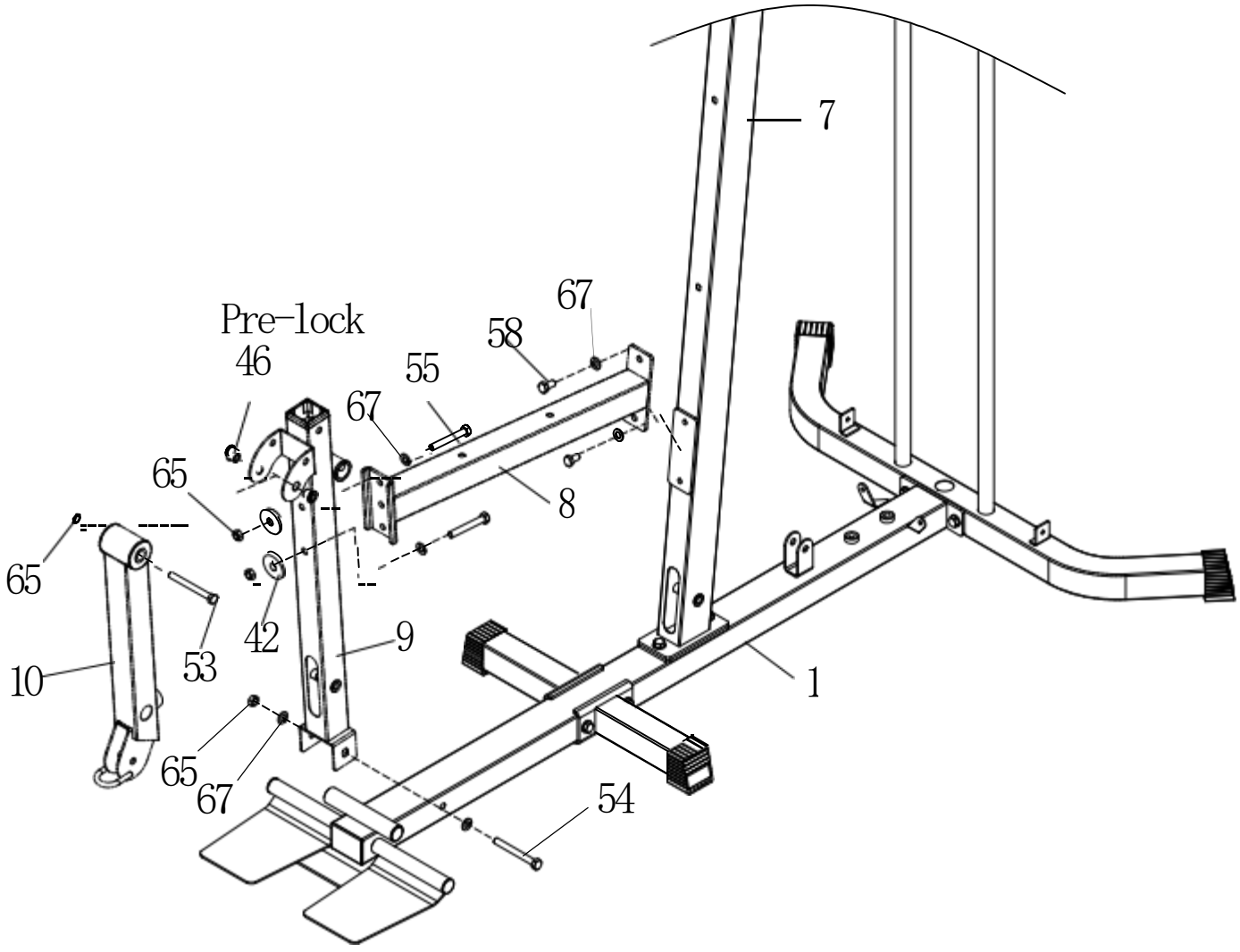


1.Place the front inclined tube assembly (7) and the underframe assembly (1) according to the figure, and fix them with the bolts in the figure;

2. Use the limit tube (5) to pass through the pedal assembly (6) and put it on the under frame assembly (1) as shown in the figure, and then cover the two ends of the pedal assembly (6) with 25 round tube inner plugs (37).

STEP3

2 SET		1 SET	
2 SET		Part# 55(M10*70; 2pcs) Part# 65(M10; 4pcs) Part# 53(M10*95; 1pcs)	Part# 54(M10*90; 1pcs) Part# 58(M10*20; 2pcs) Part# 67(Ø10; 6pcs) Part# 42(Ø10; 2pcs)
1 SET			

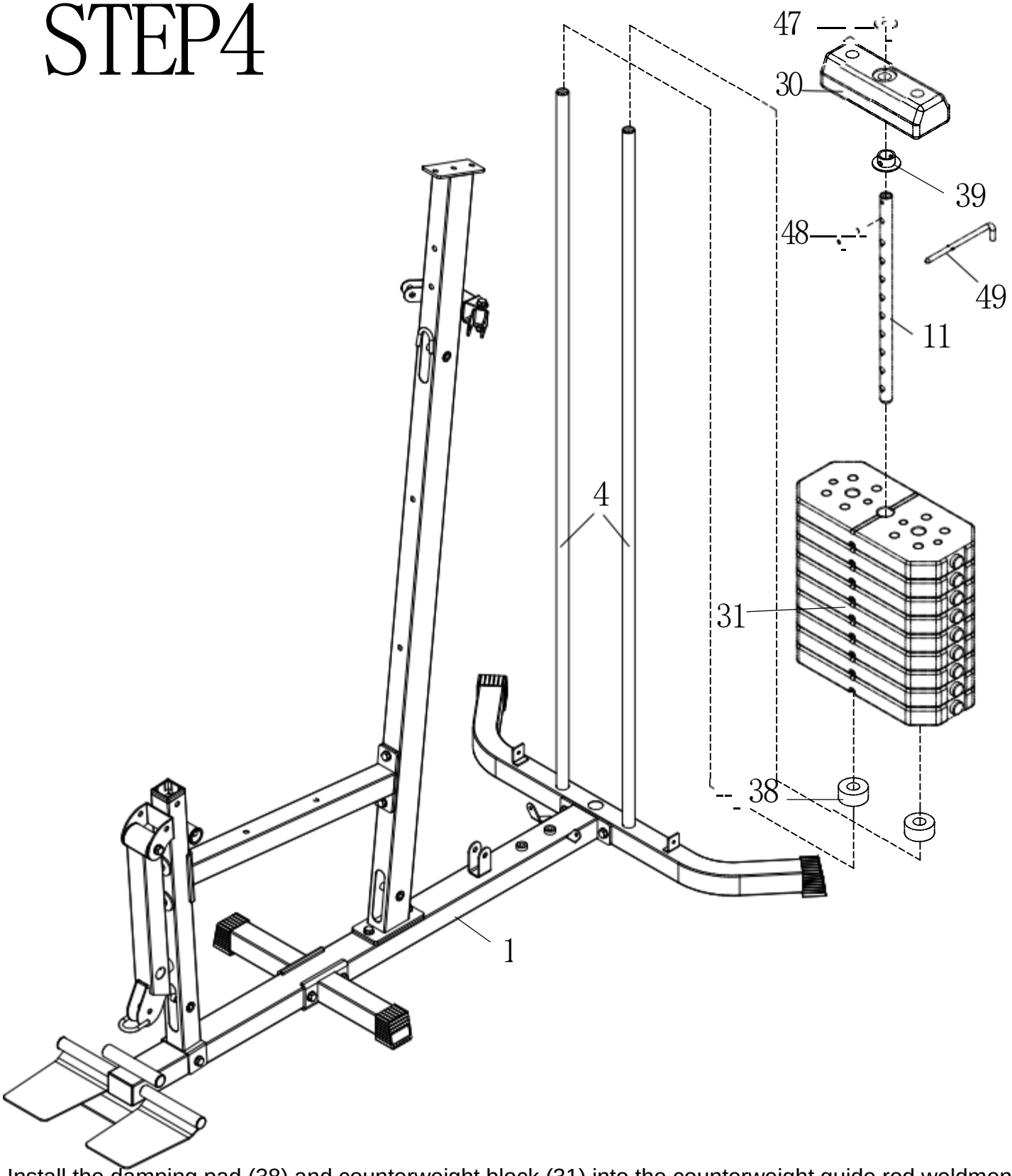


1. Place the cushion frame assembly (8) and the front inclined tube assembly (7) according to the figure, and use the bolts in the figure to fix and lock them;

2. Connect the cushion support frame (9) with the cushion frame assembly (8) and the underframe assembly (1) according to the figure, and fix and lock it with the bolts in the figure;

3. Align the kick assembly (10) with the cushion support frame (9) according to the figure, and fix it with the bolts in the figure.

STEP4

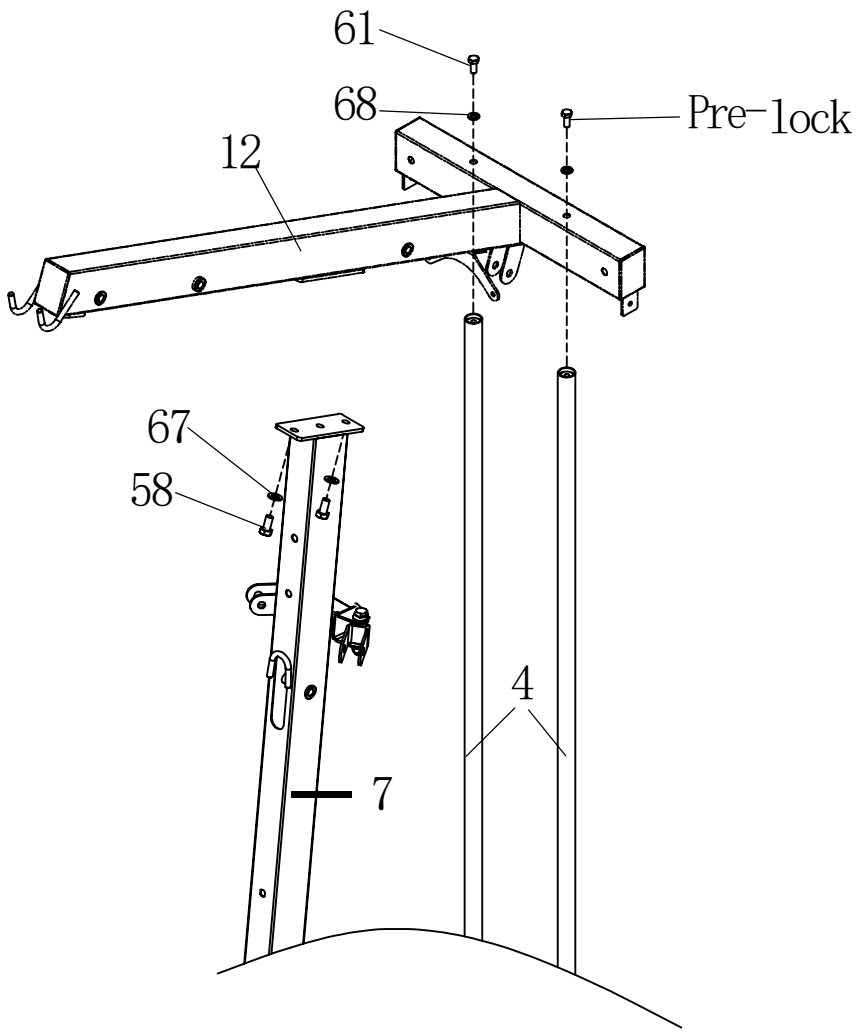


1.Install the damping pad (38) and counterweight block (31) into the counterweight guide rod weldment (4) according to the figure; Then insert it in the direction as shown in the figure, use the cylindrical pin (48) to pass through the first hole (from top to bottom) of the counterweight head bushing (39) and the weight adjusting rod assembly (11), and then install the counterweight head assembly (30); Finally, place the adjusting rod flat pad (47) at the position shown in the figure

STEP5

2 SET 

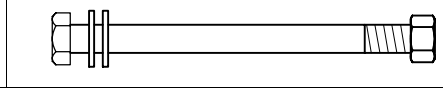
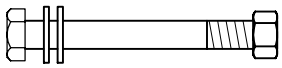
Part# 58(M10*20; 2pcs) Part# 67(Ø10; 2pcs)

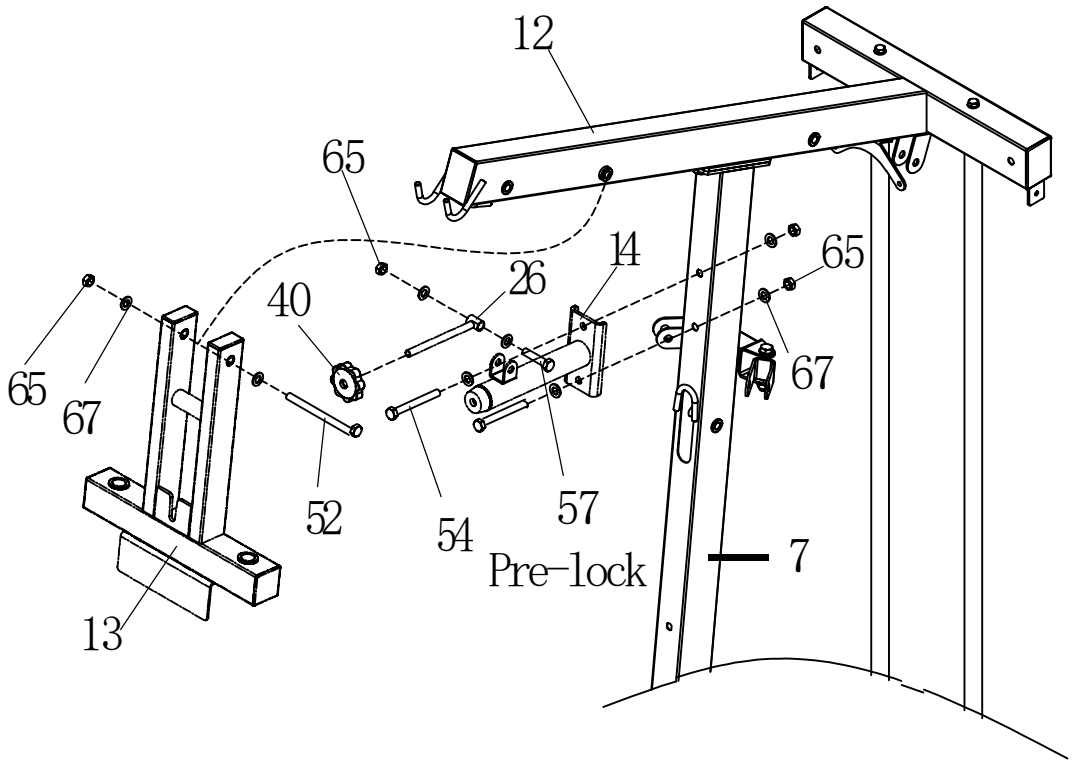


1. Place the counterweight guide rod weldment (4) and the top beam assembly (12) according to the figure, and use the bolts in the figure to fix and lock them;

2. Align the front inclined tube assembly (7) and the top beam assembly (12) according to the figure, and fix and lock them with the bolts in the figure.

STEP6

1 SET		2 SET	
Part# 52(M10*130; 1pcs) Part# 54(M10*90; 2pcs)		Part# 65(M10; 3pcs) Part# 67(Ø10; 6pcs)	

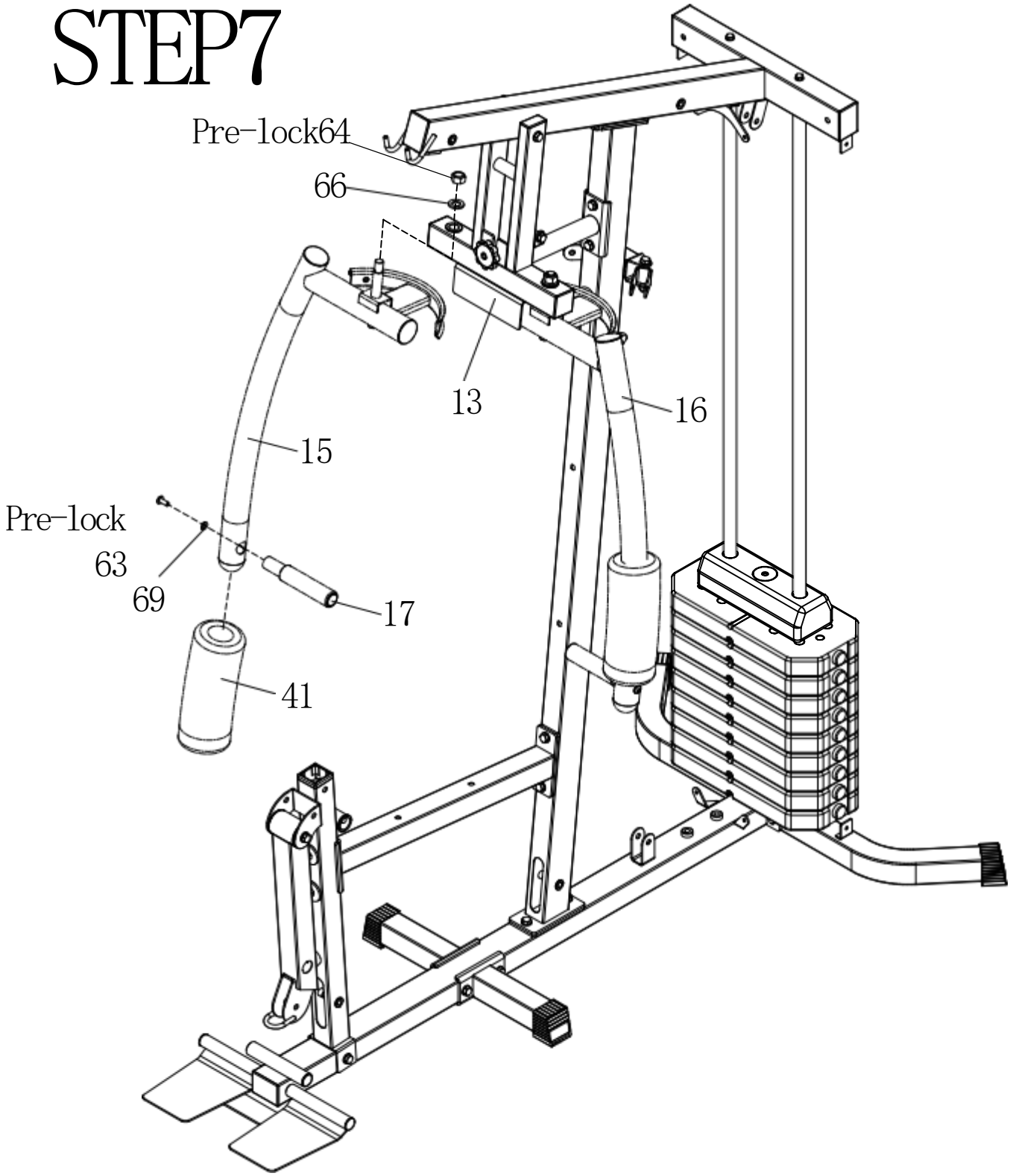


1. Place the cantilever limit tube assembly (14) and the front inclined tube assembly (7) according to the figure, and fix them with the bolts in the figure;

2. Align the cantilever assembly (13) and the top beam assembly (12) according to the figure, and fix and lock them with the bolts in the figure;

3. Place the cantilever limit tube assembly (14) and T-frame assembly (26) according to the figure, fix and lock them with the bolts in the figure, and then screw the Torx knob nut M10 (40) onto the T-frame assembly (26).

STEP7

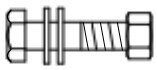
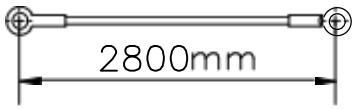


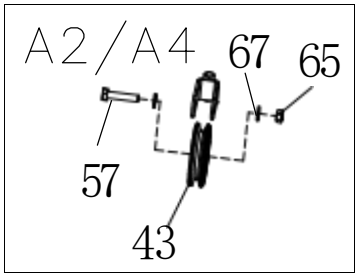
1. Assemble the right swing arm assembly (15) and the left swing arm assembly (16) on the hole position corresponding to the cantilever assembly (13) according to the figure, and fix and lock them with the bolts in the figure;

2. As shown in the figure, assemble the sponge rod (41) on the right swing arm assembly (15) and the left swing arm assembly (16).

3. Pass the front push handle assembly (17) through the hole positions corresponding to the right swing arm assembly (15) and the left swing arm assembly (16) according to the figure, and use the bolts in the figure to fix and lock it;

STEP8

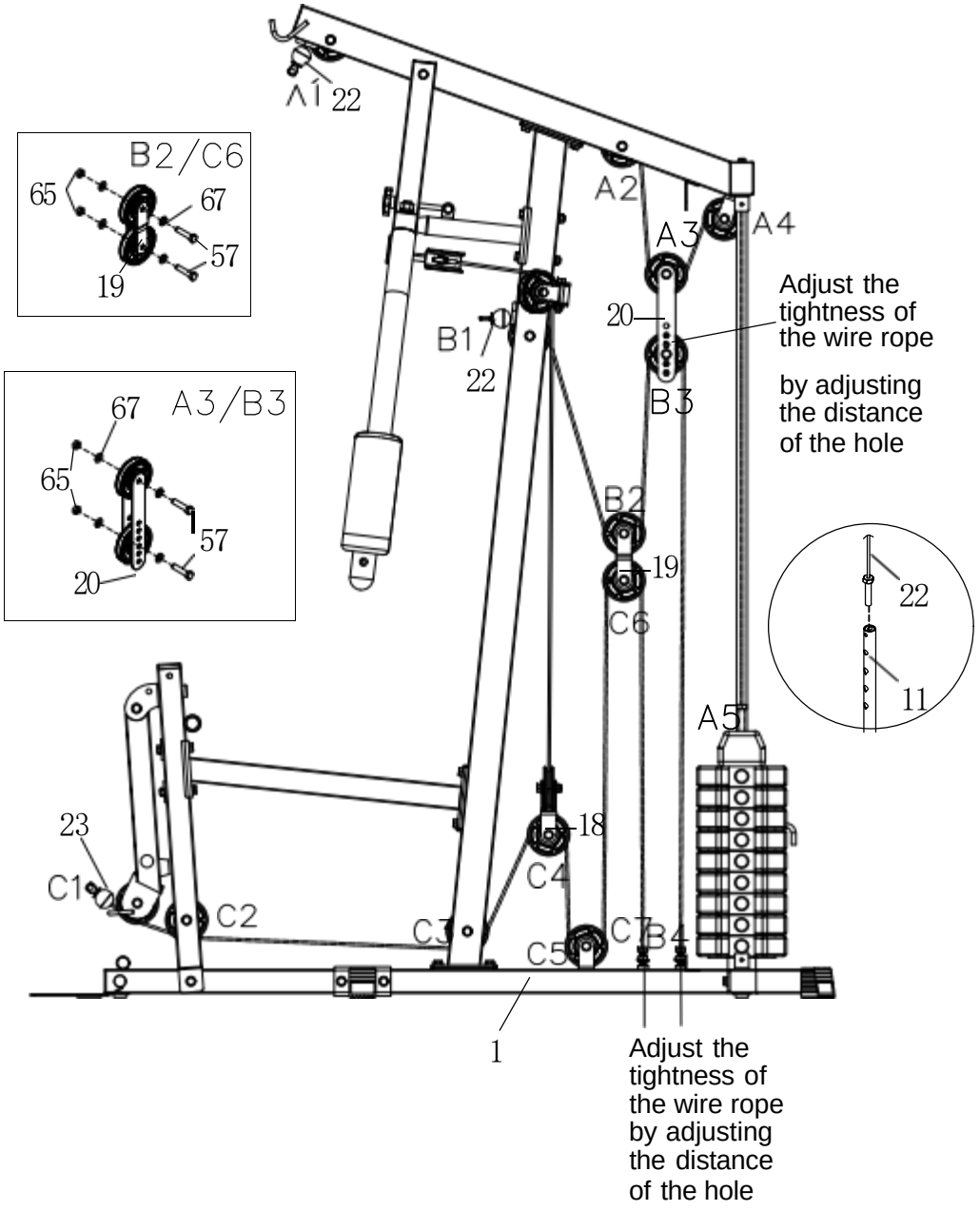
3 SET		Part# 21(1pcs) 
Part# 57(M10*45; 3pcs) Part# 65(M10; 3pcs) Part# 67(Ø10; 6pcs)		



1.Take the wire rope (21) and assemble it in the order of A1-A5 in the figure; First hang the two ends of the wire rope (21) in the right swing arm assembly (15) and the left swing arm assembly (16); Thepulley (43) is fixed and locked with bolts in the figure;

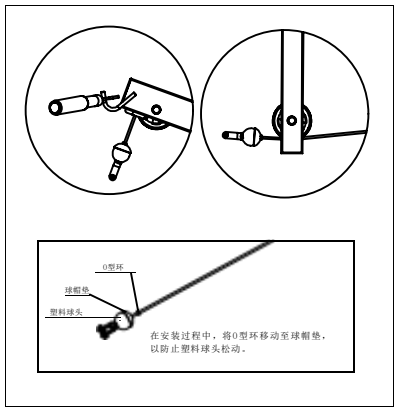
STEP9

8 SET		5 SET		Part# 23(1pcs)	Part# 22(2pcs)
Part# 65(M10; 13pcs) Part# 57(M10*45; 8pcs) Part# 67(Ø10; 16pcs)		Part# 56(M10*65; 5pcs)		3300mm	2500mm

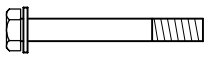
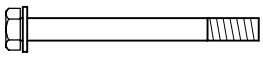


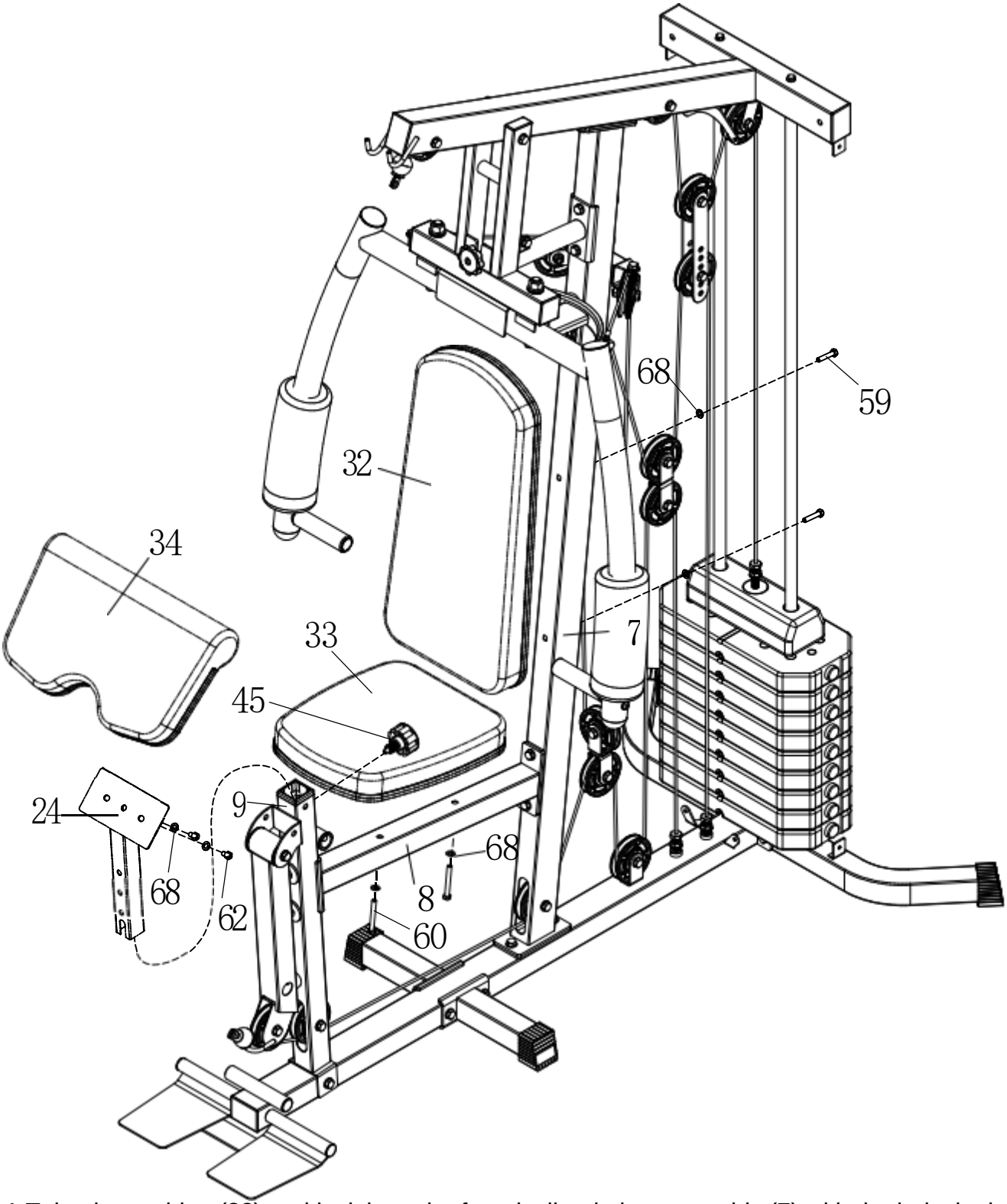
1. Take the wire rope (22) and assemble it in the order of A1-A5 in the figure. The pulley (43) is fixed and locked with bolts in the figure. Finally, lock the wire rope (22) on the weight adjusting rod assembly (11);
2. Take the wire rope (22) and assemble it in the order of B1-B4 in the figure. The pulley (43) is fixed and locked with the bolts in the figure. Finally, lock the wire rope (22) on the underframe assembly (1);
3. Take the wire rope (23) and assemble it in the order of C1-C7 in the figure. The pulley (43) is fixed and locked with bolts in the figure. Finally, lock the wire rope (23) on the underframe assembly (1);

Precautions for installation and use of wire rope: please refer to the illustration below



STEP10

2 SET		2 SET	
2 SET		Part# 59(M8*85; 2pcs) Part# 60(M8*65; 2pcs) Part# 62(M8*15; 2pcs)	Part# 68(Ø8; 6pcs)

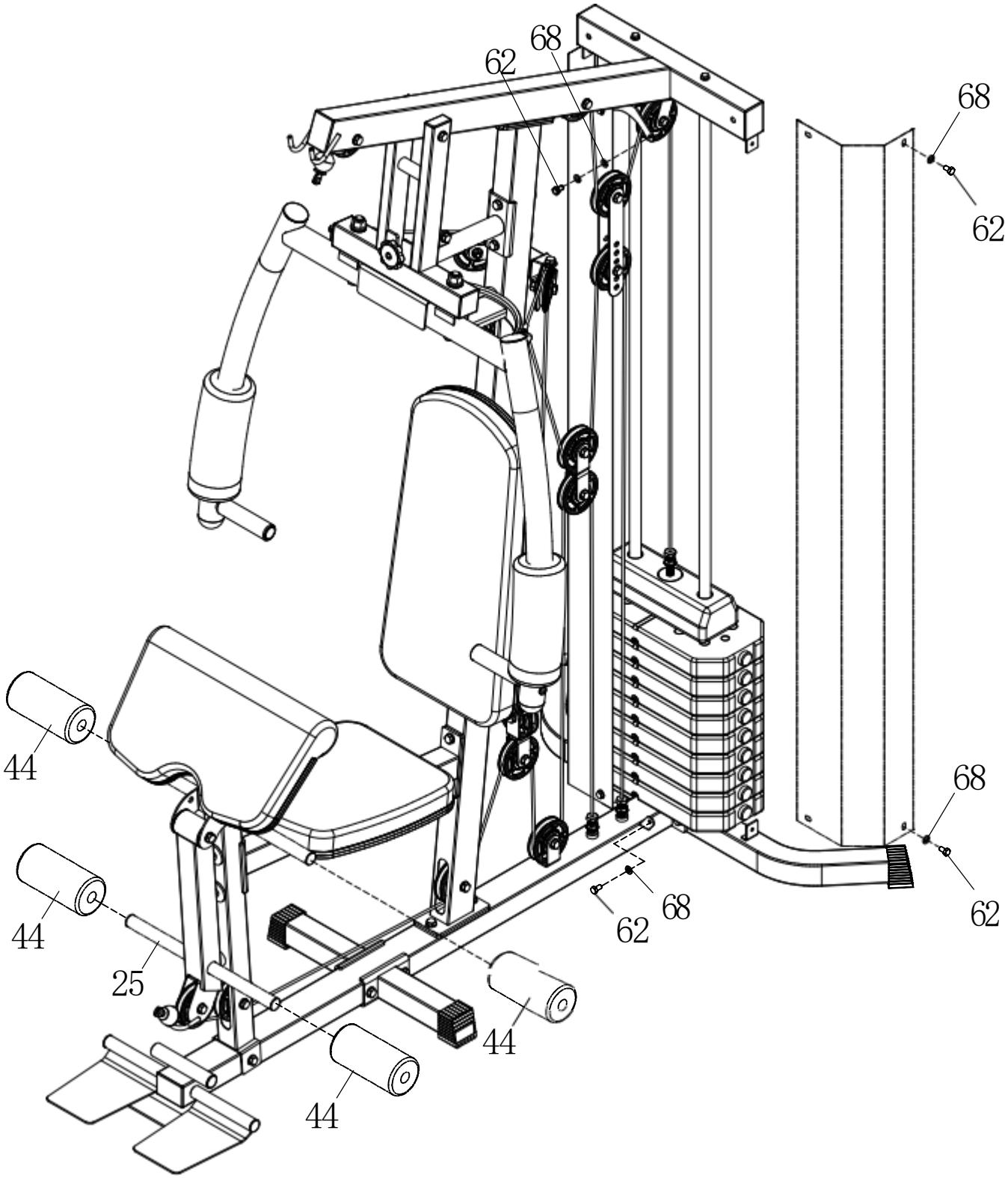


1.Take the cushion (32) and lock it on the front inclined pipe assembly (7) with the bolts in the figure;
2. Take the seat cushion (33) and fix it on the cushion frame assembly (8) with the bolts in the figure;
3. Take the hand pad (34) and lock it on the hand pad weldment (24) with the bolts in the figure; Then insert it into the cushion support frame (9) and lock it with the elastic pin (45)

STEP11

8 SET

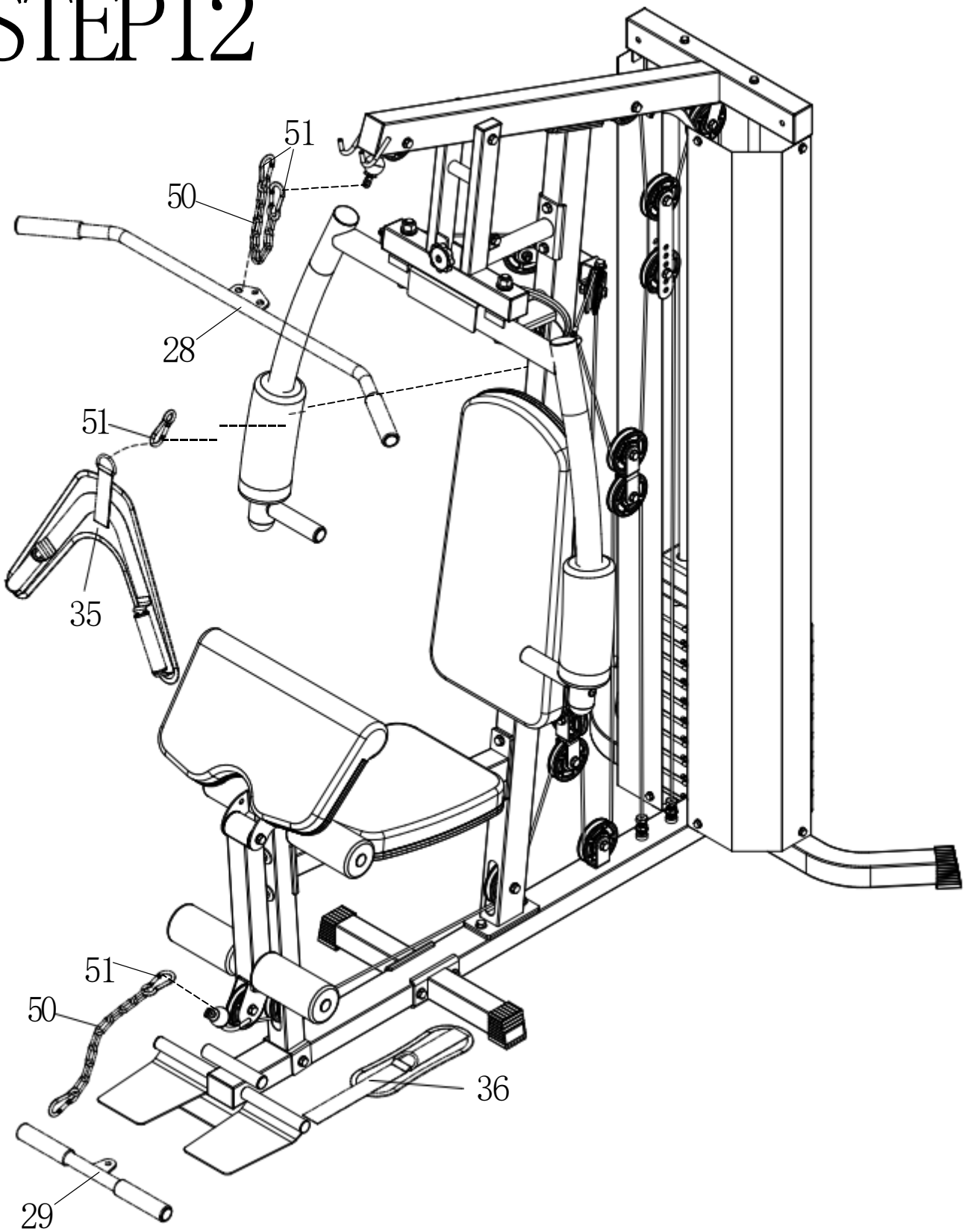
Part# 62(M8*15;8pcs)
Part# 68(Ø8; 8pcs)



1. Place the iron mesh protective cover (27) and the shield connecting plate 1 (26) according to the drawing; Use the bolts in the figure to lock and fix it on the installed main body;

2.After installing the sponge rod tube (25) as shown in the figure, finally install the sponge rod (44) on the sponge rod tube (25).

STEP12



1. Assemble the high handle assembly (28), eight-link chain (50), lock catch (51), low handle assembly (29) and training rope assembly (35) according to the figure; Place the round adhesive tape assembly (36).

2.After assembly, check whether the screws are locked.