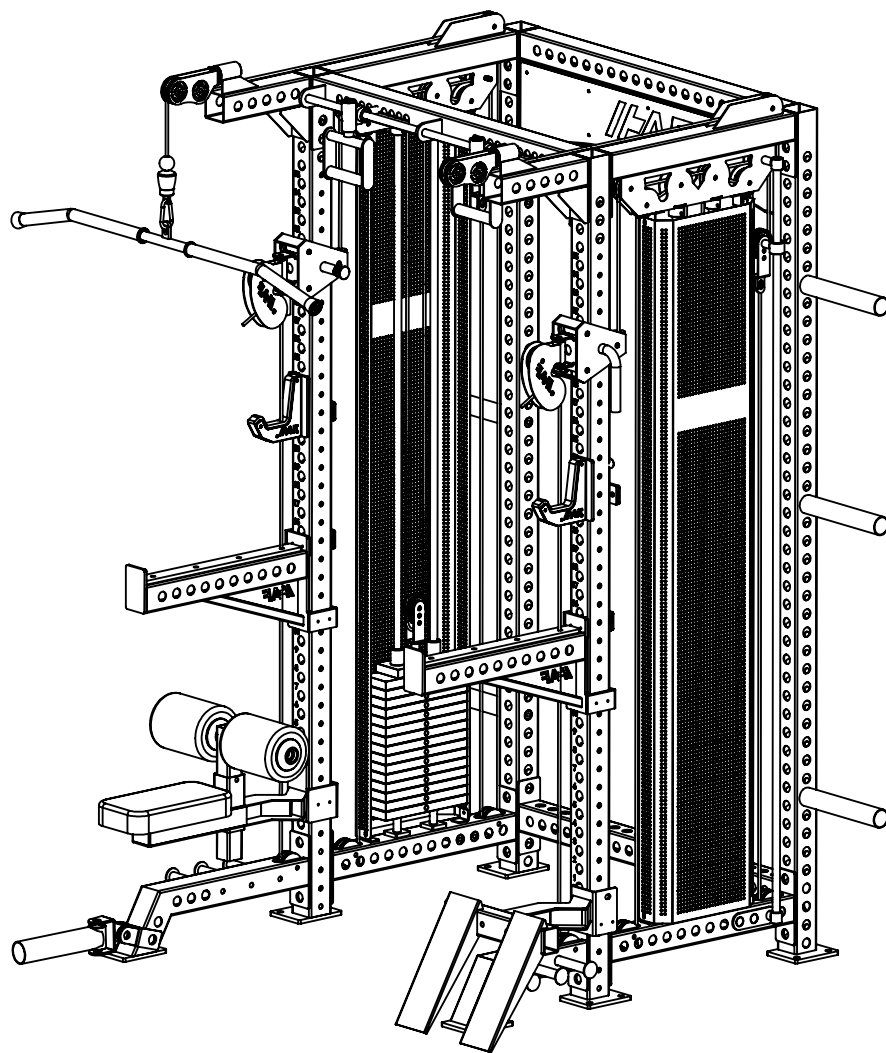


Installation instruction

# Multifunctional training stand

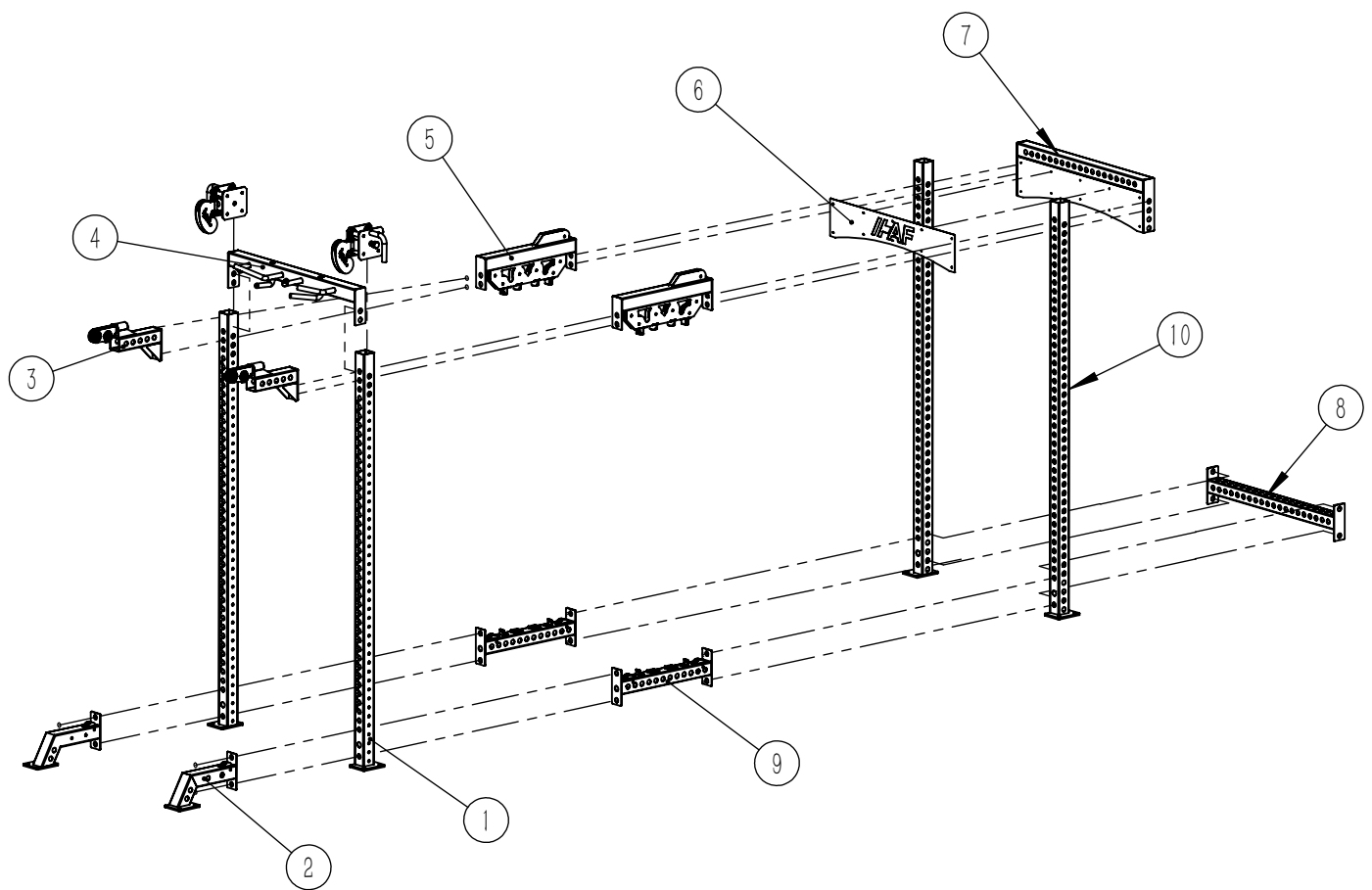
# IAAF

*ADAMANT FITNESS*



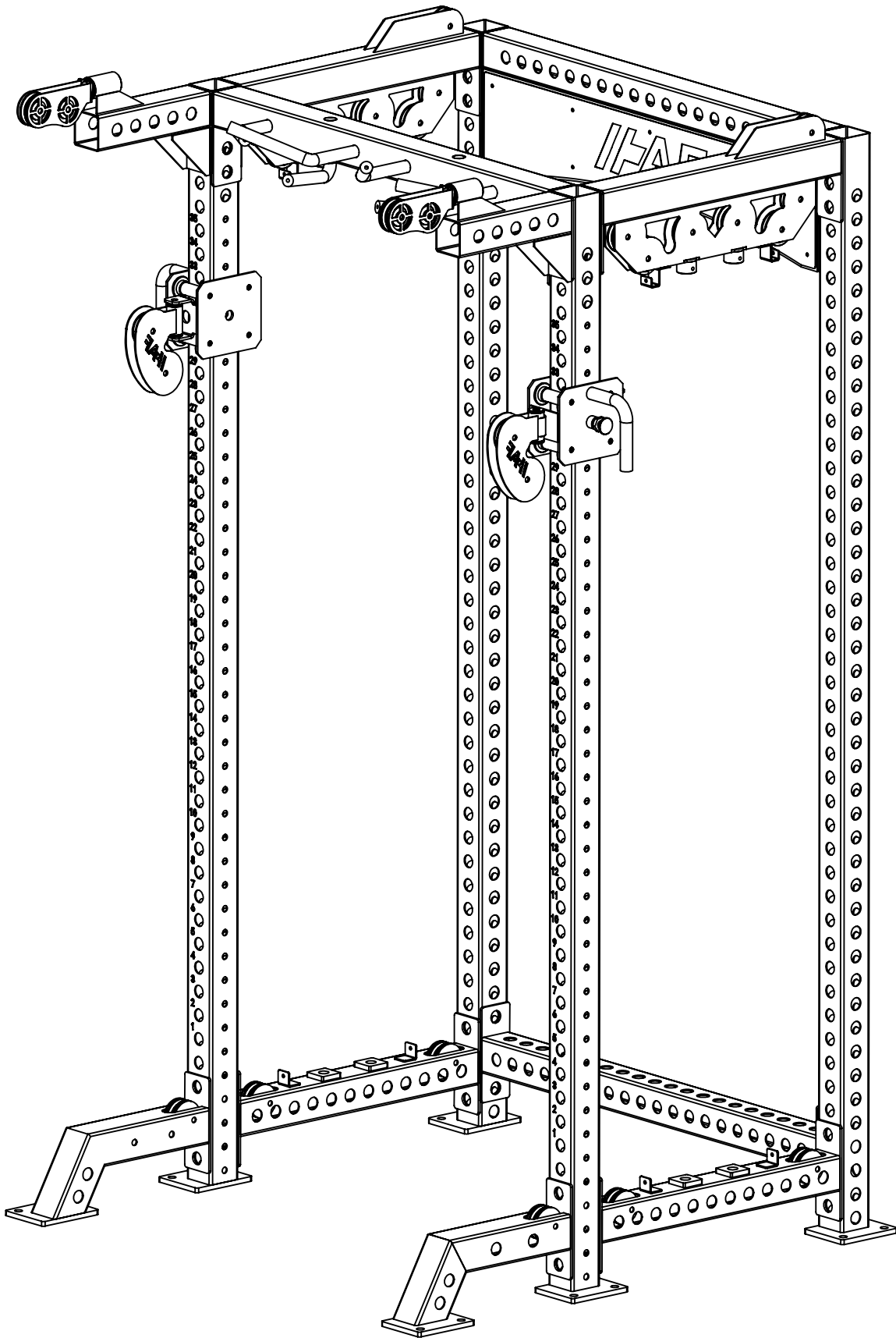
# Explosion diagram of installation steps

(一)

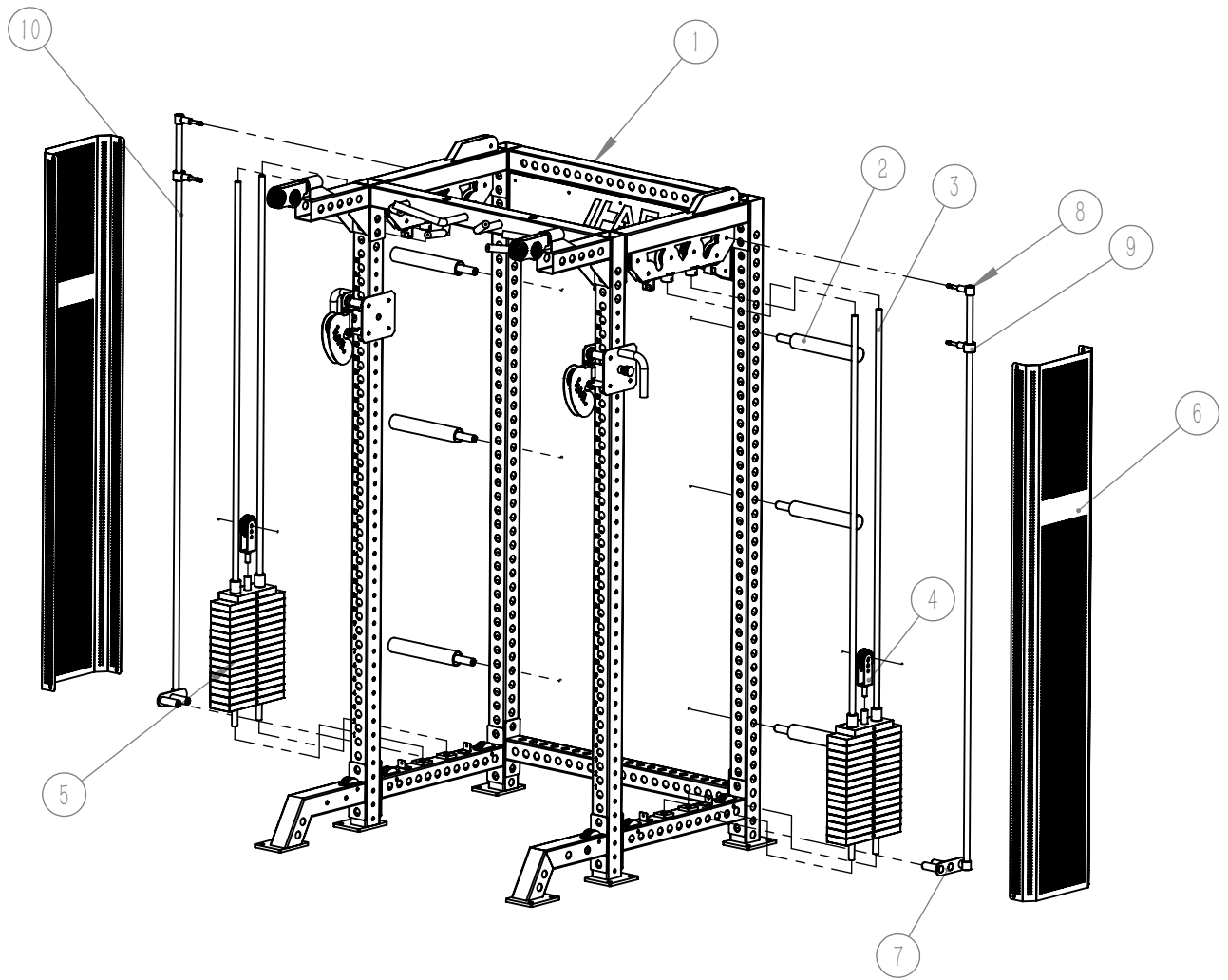


PROJECT NO	Part number	Part Name	number
1	DZ220-0700	Column group	2
2	DZ220-0600	Lower support	2
3	DZ220-1800-1	High tension components	2
4	DZ220-3100	Handle group	1
5	DZ220-0900	Upper connection	2
6	DZ219-1401	TARGET	1
7	DZ220-0100	Connectome	1
8	DZ220-1000	Connectome	1
9	DZ220-0800	Lower connection	1
10	DZ220-0700-1	Column group	2

Installation steps (—) After  
installation, the actual diagram

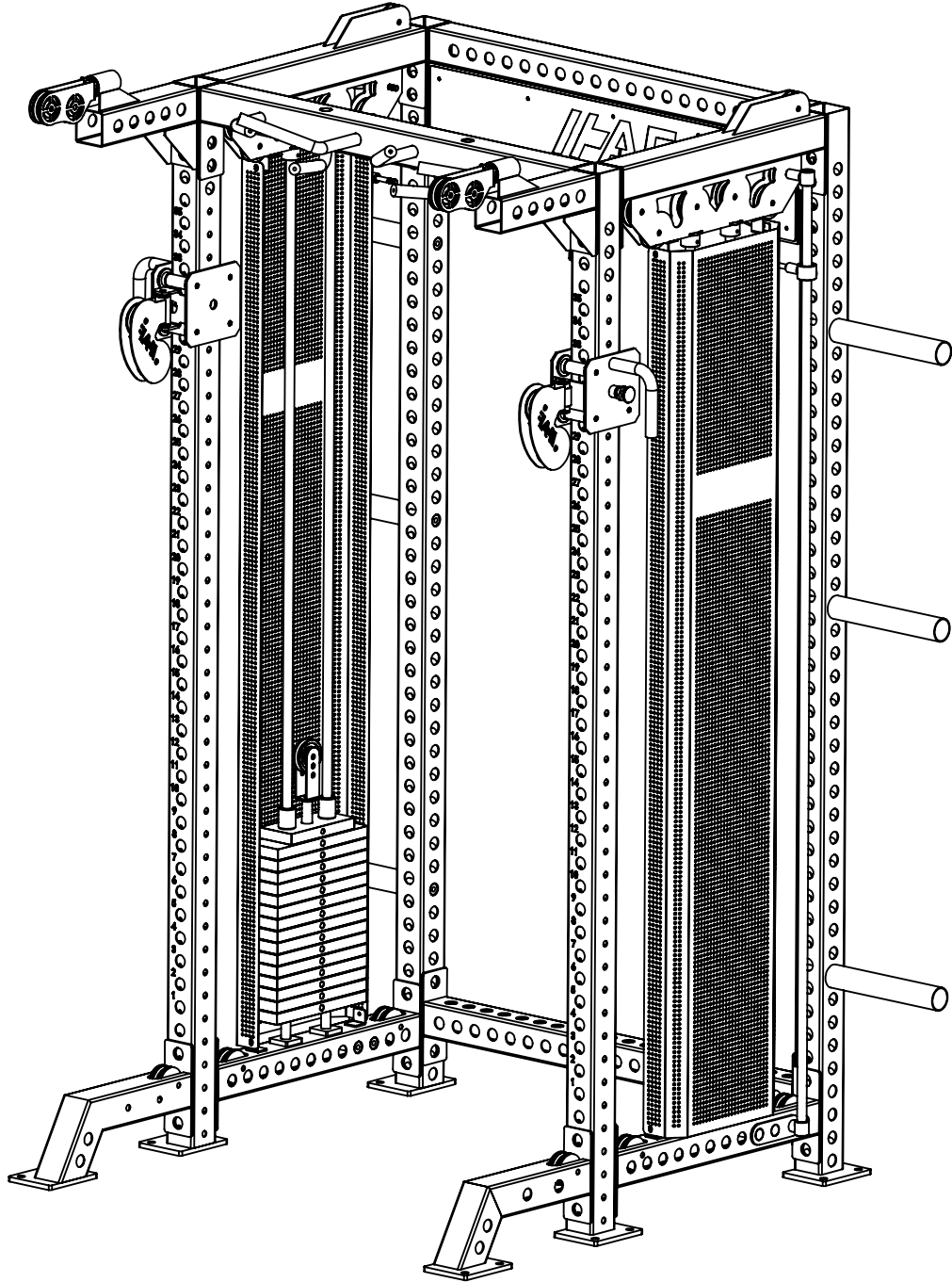


# Explosion diagram of installation steps (二)

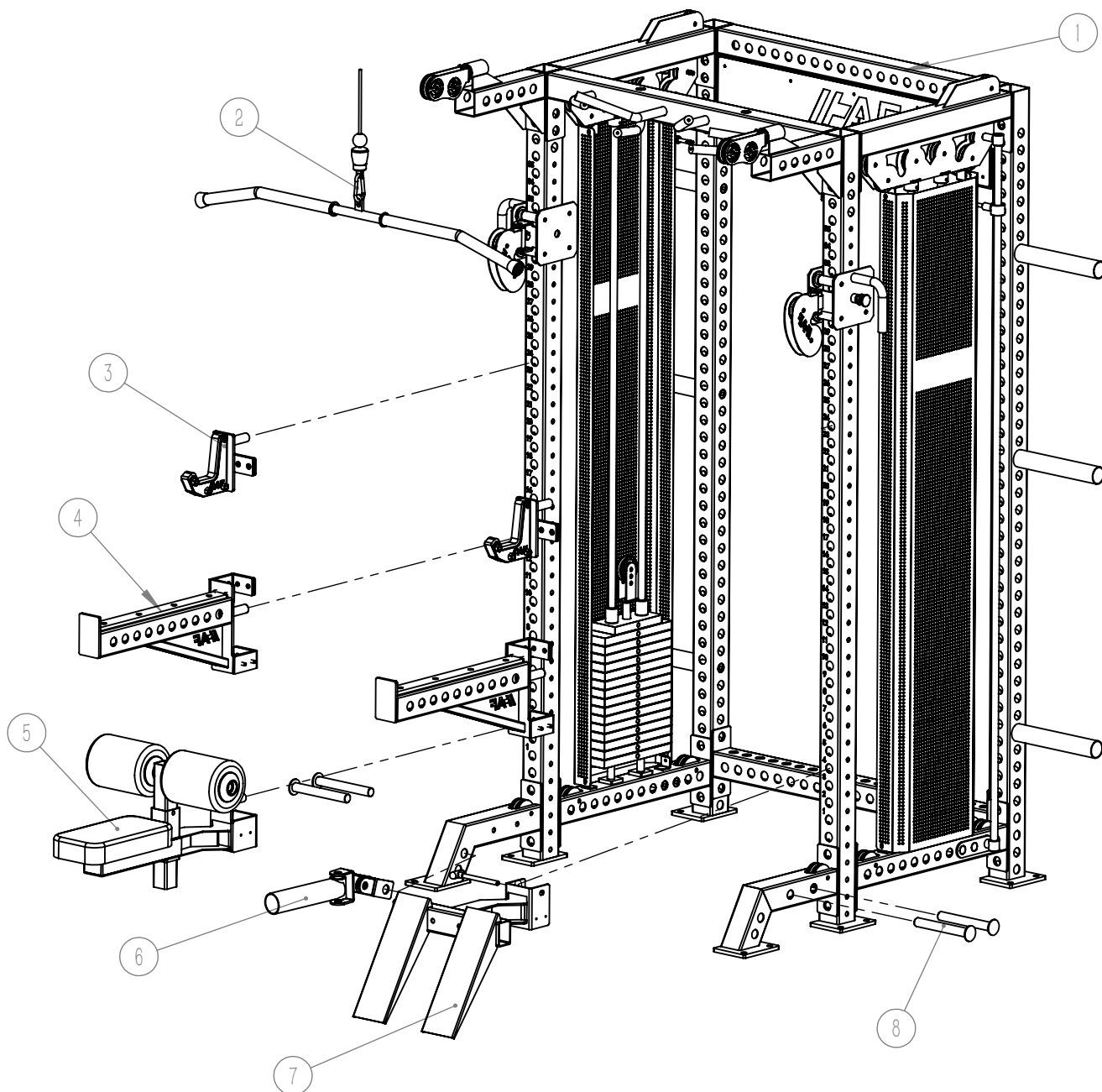


PROJECT NO	Part number	Part Name	number
1		Main Frame	
2	P06-0300	Storage rod	6
3	DZ117-2700	Guide rod	4
4	DZ117-1300	Pulley block	2
5	127-1	Weight stack	2
6	DZ220-2500	guard board	2
7	DZ220-3200	Lower connection	2
8	DZ220-3100	Upper connection	2
9	DZ220-3300	Middle sliding connection	2
10	DZ220-3400	Guide rod	2

Installation steps (二) After installation, the actual diagram

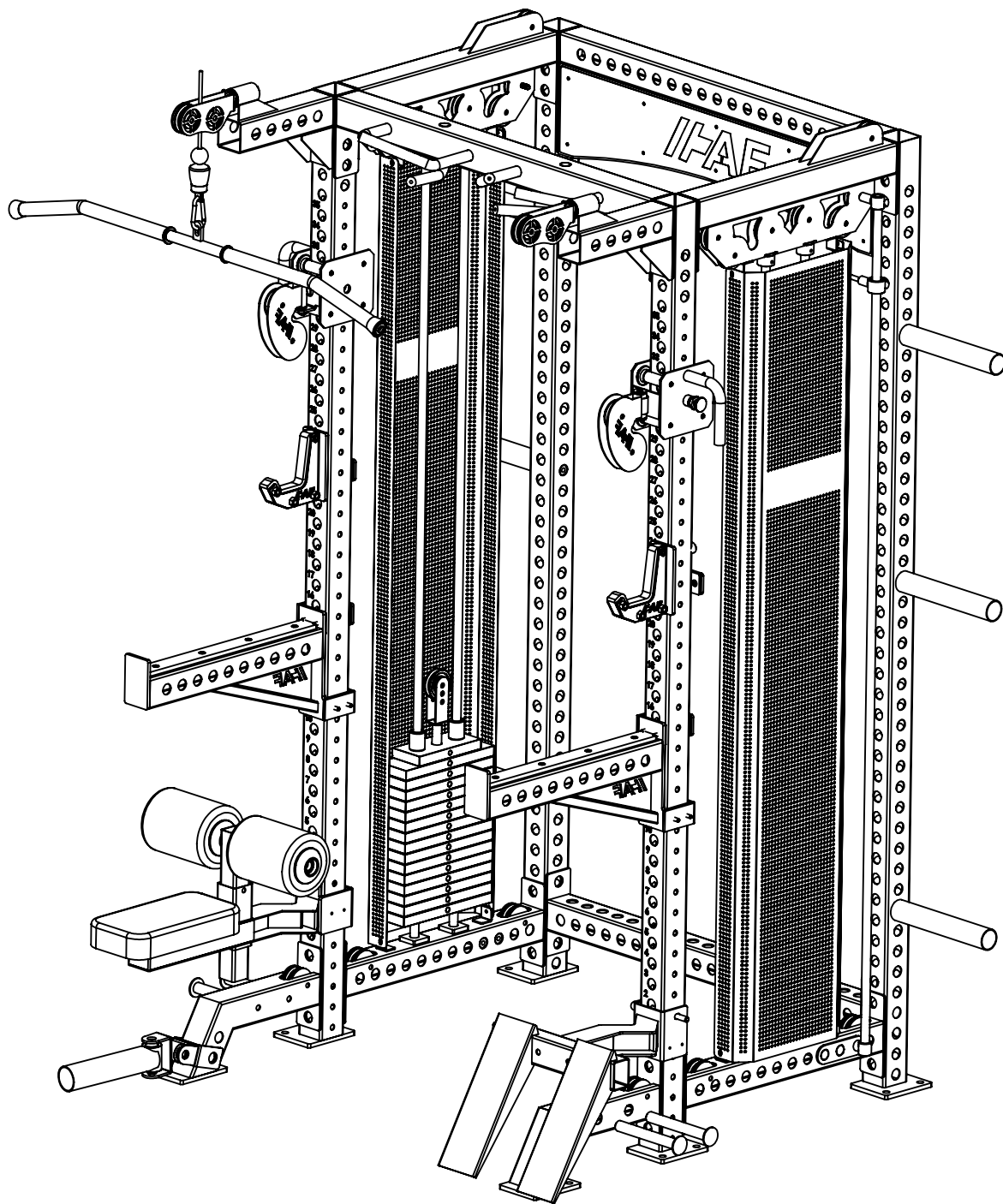


# Explosion diagram of installation steps (三)

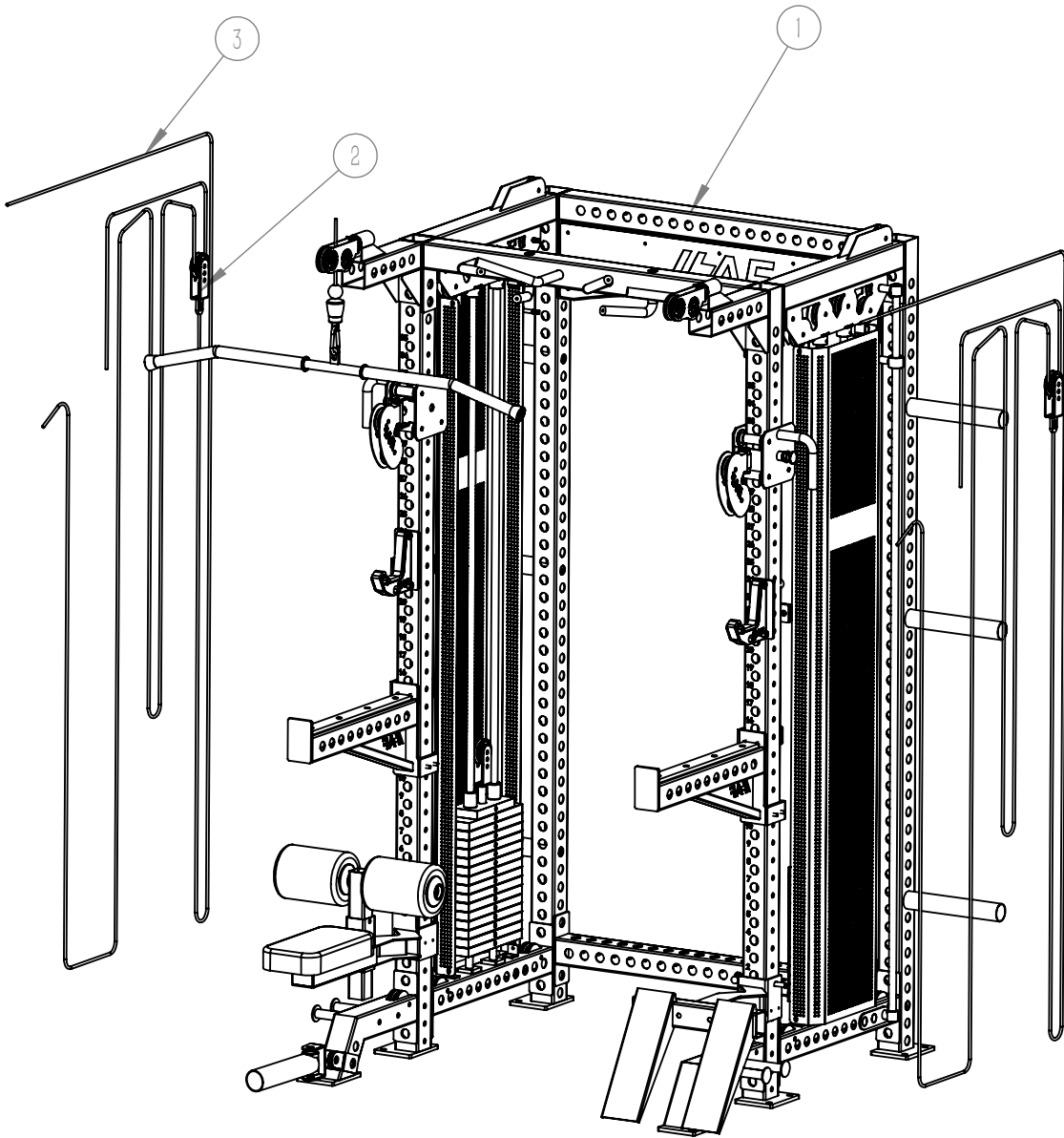


PROJECT NO	Part number	Part Name	number
1		Main Frame	
2		High pull handle component	1
3	DZ111-1	Hook assembly	2
4	DZ111-4	Insurance assembly	2
5	DZ220-1900	Seat assembly	1
6	P06-1	Rowing gun barrel	1
7	DZ117-2100	Foot pedal group	1
8	TY-3600	Hanging rope group	4

Installation steps (三) After installation, the actual diagram



# Explosion diagram of installation steps (四)



PROJECT NO	Part number	Part Name	number
1		Main Frame	
2		wirerope	2
3	DZ117-1700	Pulley block	2



Installation steps (四) After installation, the actual diagram

