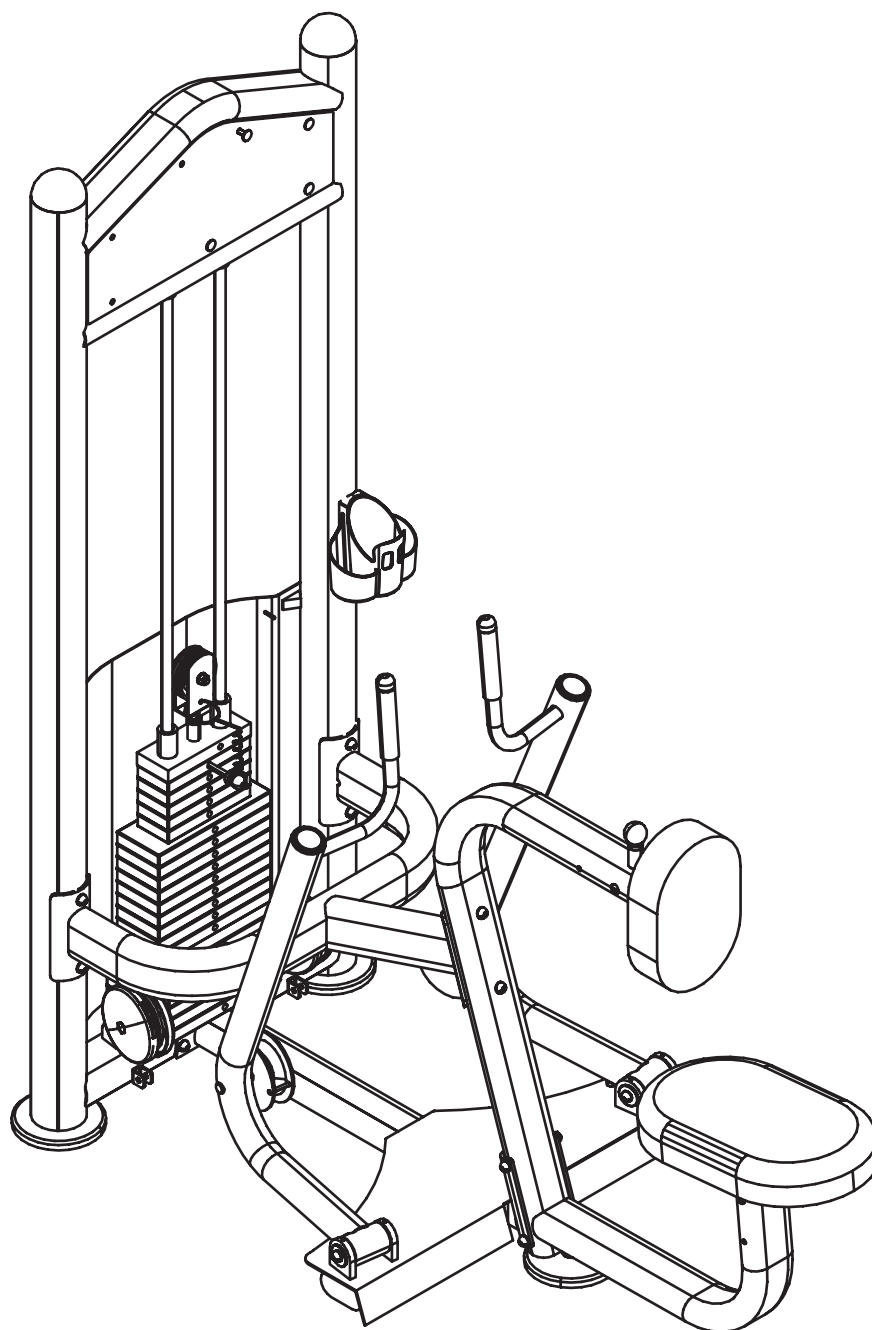


impulsa²



**IT8019 Row
Assembly Instructions**

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Important Safety Instructions

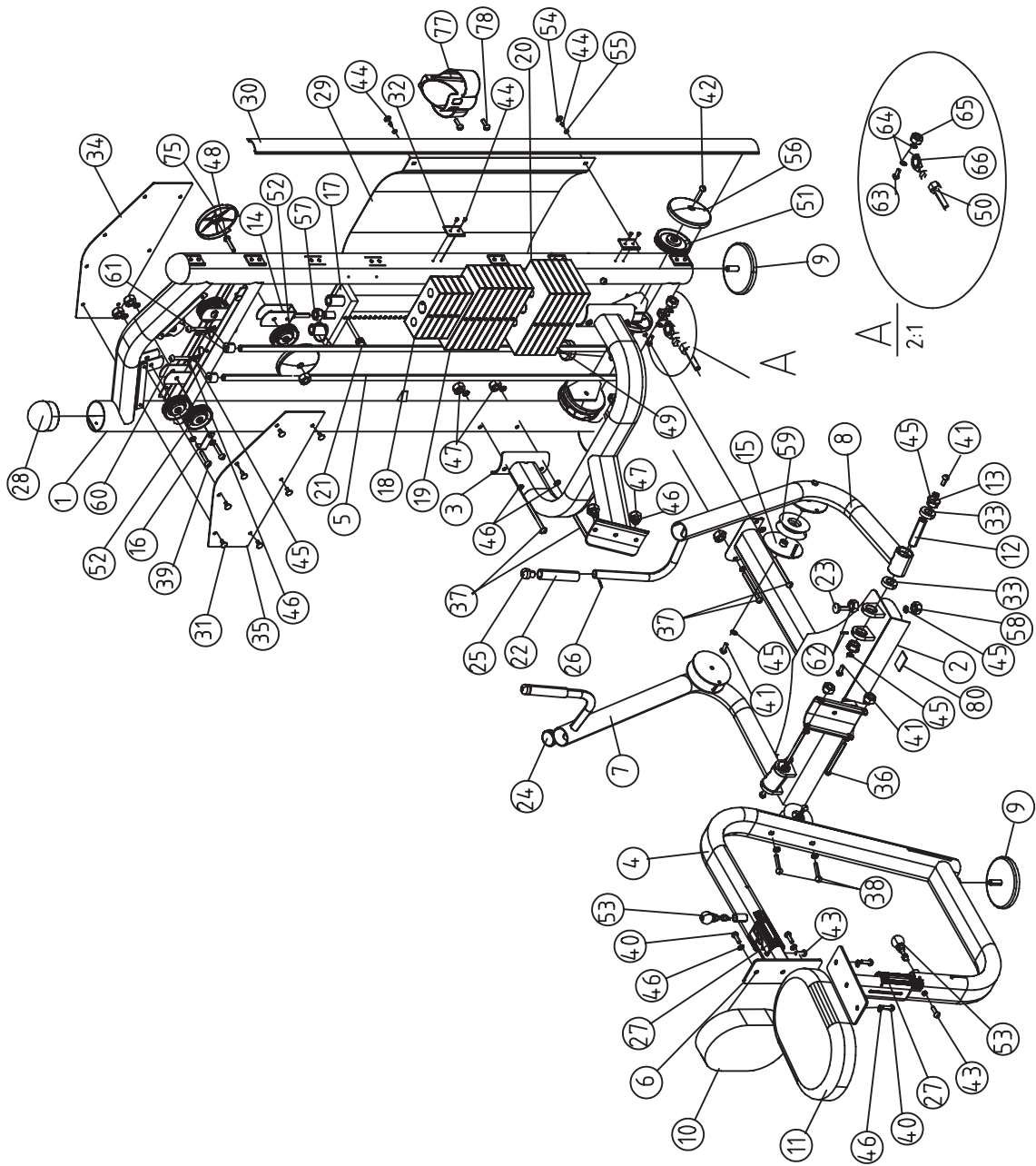
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the Row . These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout---no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

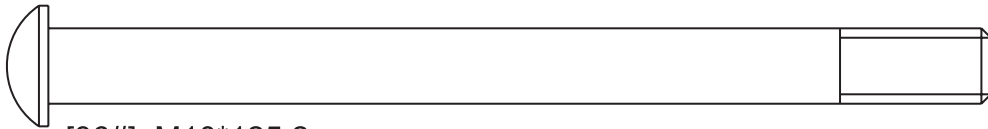
Personal Safety During Assembly

- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The Row is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

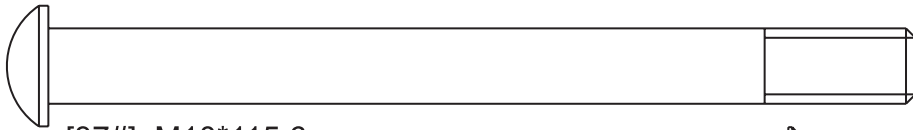
IT8019 Row Exploded View Diagram



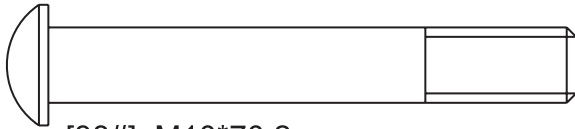
Hardware List



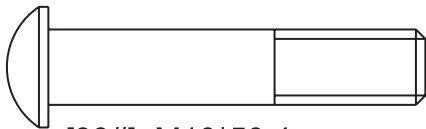
[36#] M10*125 2pcs



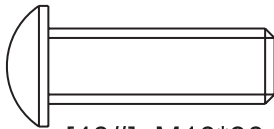
[37#] M10*115 6pcs



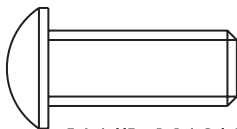
[38#] M10*70 2pcs



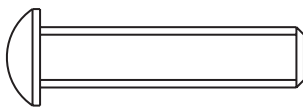
[39#] M10*50 4pcs



[40#] M10*30 4pcs



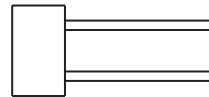
[41#] M10*25 6pcs



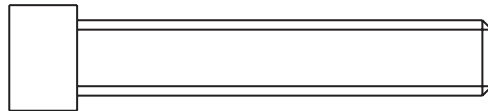
[63#] M8*35 2pcs



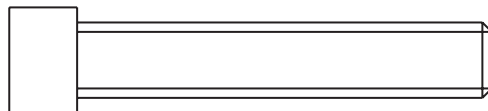
[44#] M5*10 40pcs



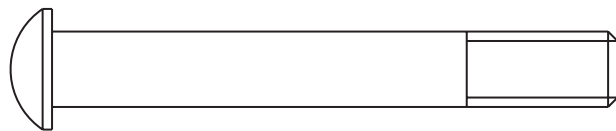
[43#] M8*20 2pcs



[42#] M10*55 2pcs



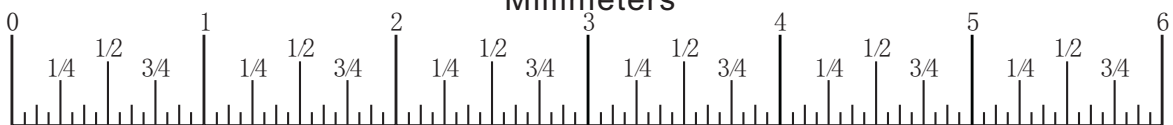
[48#] M10*50 1pc



[60#] M10*75 2pcs

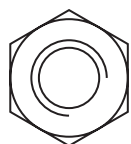
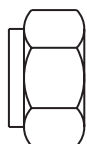


Millimeters

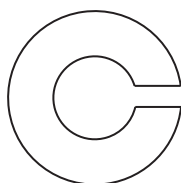


Inches

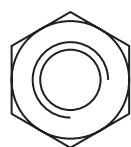
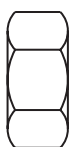
Hardware List



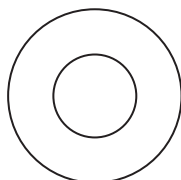
[47#] M10 17pcs



[45#] Ø10 10pcs



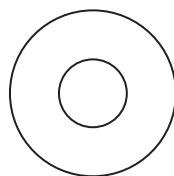
[58#] M10 4pcs



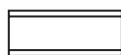
[46#] Ø23* Ø11*2 38pcs



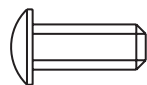
[65#] M8 2pcs



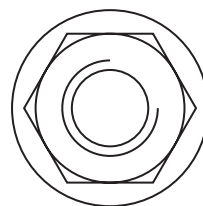
[64#] Ø22* Ø9*1.6 4pcs



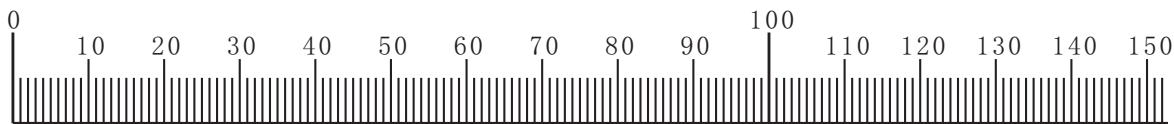
[62#] M6*15 4pcs



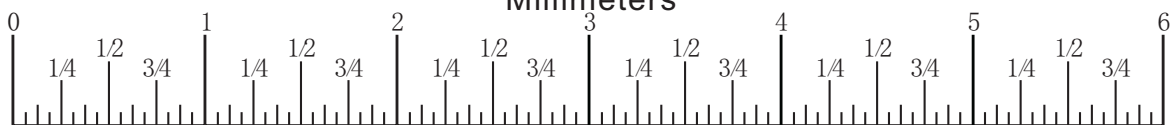
[78#] M6*15 2pcs



[57#] 1/2" -12 1pc



Millimeters



Inches

Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	41	Allen Bolt M10×25	6
2	Base	1	42	Shoulder Bolt M10×55	2
3	Main Support	1	43	Shoulder Bolt M8×20	2
4	Seat Frame	1	44	Screw M5×10	40
5	Guide Rod	2	45	Spring Washer $\phi 10$	10
6	Pad Support	2	46	Washer $\phi 10 \times \phi 23 \times 2$	38
7	Left Arm	1	47	Nylon Locknut M10	17
8	Right Arm	1	48	Shoulder Bolt M10×50	1
9	Adj. Foot Plate	3	49	Rubber Pad	2
10	Chest Pad	1	50	Cable	1
11	Seat Pad	1	51	4.5" Pulley	2
12	Shaft	2	52	3.5" Pulley	5
13	Bushing	4	53	Pop Pin	2
14	Pulley Block	1	54	Plastic Washer $\phi 13 \times 3$	4
15	Pulley Plate	2	55	Bolt Cover $\phi 21 \times 5.7$	4
16	Cable Retainer	2	56	Pulley Cover	4
17	Top Plate	1	57	Jam Nut	1
18	10lbs Weight	5	58	Nut	4
19	15lbs Weight	8	59	Wide Pulley	2
20	20lbs Weight	6	60	Allen Bolt M10×75	2
21	Weight Pin	1	61	Rubber Cap	2
22	Grip	2	62	Allen Bolt M6×12	4
23	Adj. stopper	2	63	Allen Bolt M8×35	2
24	Plug $\phi 60$	2	64	Washer $\phi 9 \times \phi 22 \times 1.6$	4
25	Aluminium Plug	2	65	Nylon Locknut M8	2
26	Split Pin	2	66	Gimbal	2
27	Slide Sleeve	2	67	Allen Wrench S=6	1
28	"D" End Cap	2	68	Allen Wrench S=8	1
29	Weight Shroud	1	69	Allen Wrench S=3	1
30	Side Cover	2	70	Decal Weight Numbers	1
31	Button	14	71	Decal Tightening	1
32	Plastic Block	18	72	Decal Warning	1
33	Bearing ID25	4	73	Decal Maintenance Routine	1
34	Rear Decal Plate	1	74	Decal Pinch Points	1
35	Front Decal Plate	1	75	Small Pulley Cover A	2
36	Allen Bolt M10×125	2	76	Grease	1
37	Allen Bolt M10×115	6	77	Plastic Cap	1
38	Allen Bolt M10×70	2	78	Screw M6×15	2
39	Allen Bolt M10×50	4	80	Rubber Bumper	2
40	Allen Bolt M×30	4			

Assembly instructions

Assembly of the Row takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers.

You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

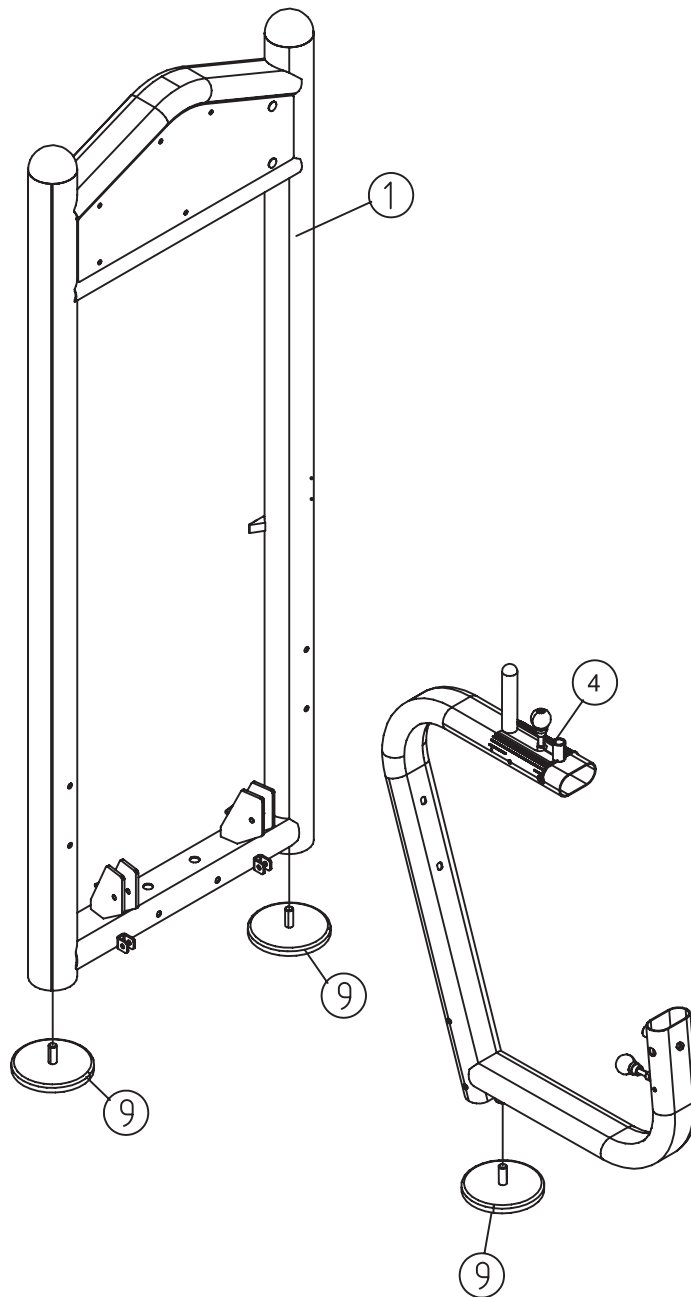


Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Step 1 Install The Adj. Foot Plates

Align the Adj. Foot Plates (#9) to the Main Upright (#1) and the Seat Frame (#4), then secure them by hands.



Step2 Assemble The Frame

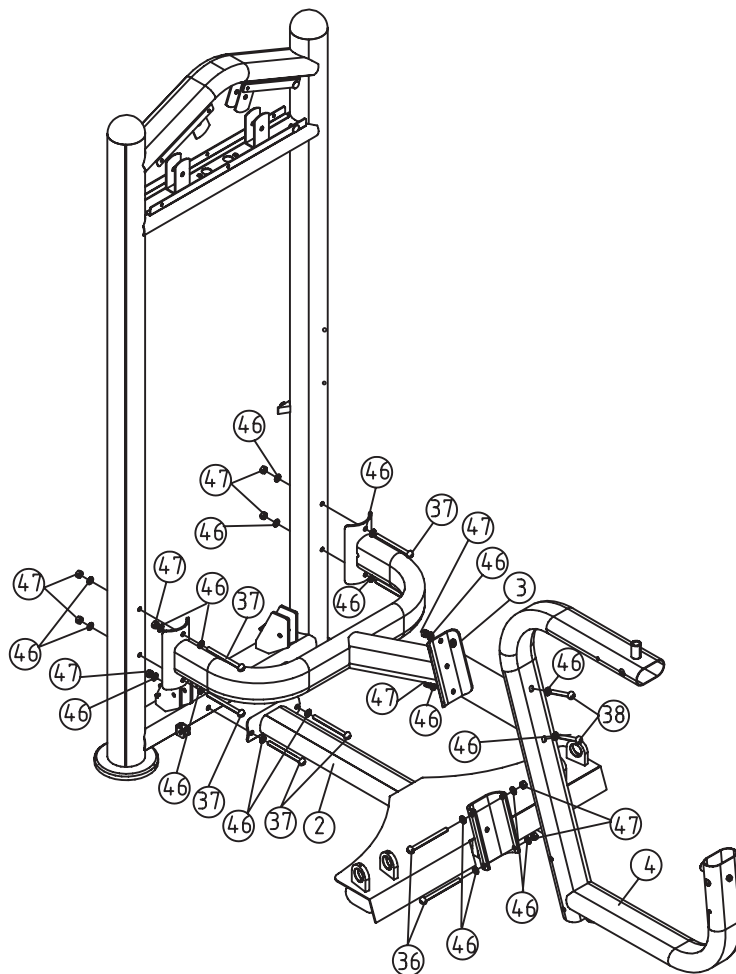
1) Attach the Base(#2) to the Main Upright(#1) using:
two Allen Bolts(#37) M10×115
four Washers(#46) $\Phi 11 \times \Phi 23 \times 2$
two Nylon Locknuts(#47) M10

2) Attach the Main Support(#3) to the Main Upright(#1) using:

four Allen Bolts(#37) M10×115
four Nylon Locknuts(#47) M10
eight Washers(#46) $\Phi 11 \times \Phi 23 \times 2$

3) Align the Seat Frame(#4) to the Main support(#3) and the Base(#2), secure it using:

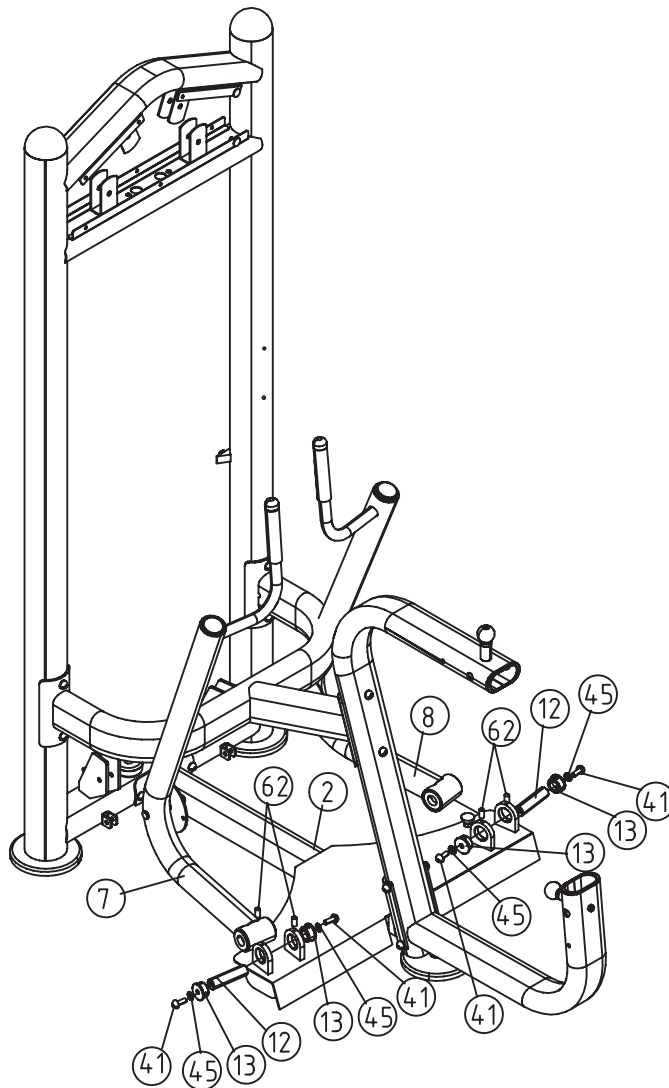
two Allen Bolts(#38) M10×70
eight Washers(#46) $\Phi 11 \times \Phi 23 \times 2$
four Nylon Locknuts(#47) M10
two Allen Bolts(#36) M10×125



Step3 Assemble The Arms

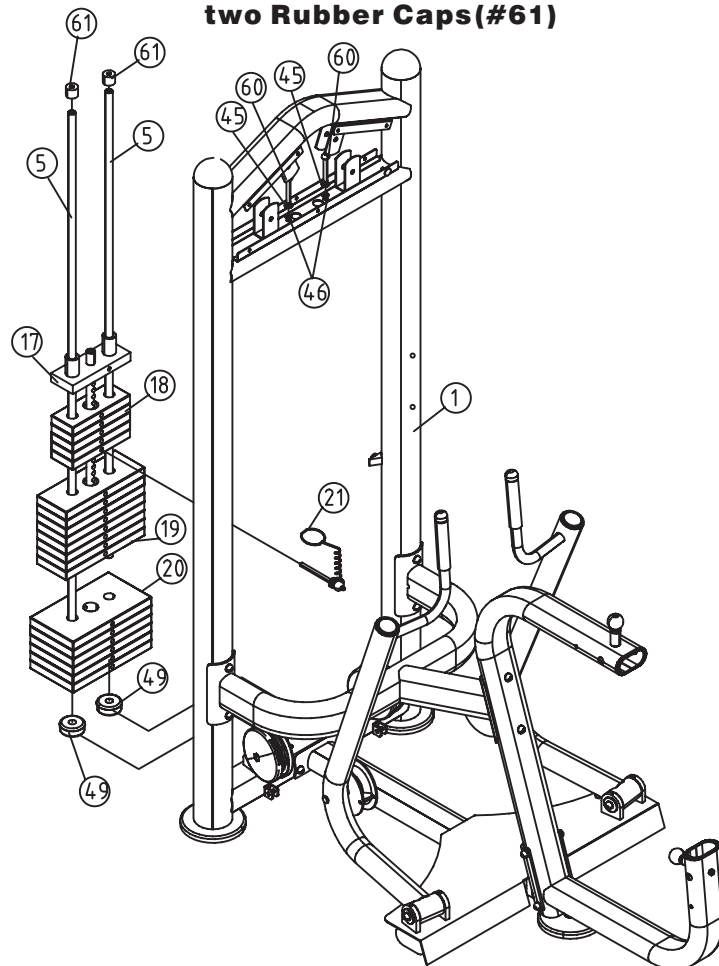
**1)Attach the Left Arm(#7) to the Base(#2) using
two Allen Bolts(#41) M10×25
two Spring Washers(#45) Φ10
two Bushings(#13)
two Allen bolts(#62)
one Shaft(#12)**

**2)Attach the Right Arm(#8) to the Base(#2) using
two Allen Bolts(#41) M10×25
two Spring Washers(#45) Φ10
two Bushings(#13)
two Allen bolts(#62)
one Shaft(#12)**



Step4 Assemble The Weight Plates

- 1) Insert both the Guide Rods (#5) into the Main Upright (#1).
- 2) Slide the Weight Rubber Bumper (#49) down onto each the Guide Rod (#5).
- 3) Carefully begin sliding the Weight Plate one by one in sequence: #20, #19, #18, #17
- 4) Align both top ends of the Guide Rods (#5) to the Main Upright (#1) and secure them using
two Allen Bolts (#60) M10×75
two Washers (#46) $\Phi 11 \times \Phi 23 \times 2$
two Spring Washers (#45) $\Phi 10$
two Rubber Caps (#61)



Note Make sure that Washers (#46) and Spring Washers (#45) are on the top side.

Step5 Route The Cable

1)Connect one end of the Cable(#50) to the Gimbal(#66) then secure the Gimbal(#66) to the Main Upright(#1) using

**one Allen Bolt(#63) M8×35
one Nylon Locknut(#65) M8
two Washers(#64) $\Phi 9 \times \Phi 22 \times 1.6$**

2)Route the Cable (#50) over the Wide Pulley A (#59) , next, secure them to the Right Arm(#8) using

**one Allen Bolt(#41) M10×25
one Spring Washer(#45) $\Phi 10$
one Pulley plate(#15)**

3)Route the Cable(#50) under the Pulley B(#51) ,next, secure them to the Main Upright(#1) using

**one Shoulder Bolt(#42) M10×55
one Nylon Locknut(#47) M10
two Pulley Covers(#56)**

4)Route the Cable(#50) up and over the two Pulleys C (#52) ,then secure them to the Main Upright(#1) using

**two Allen Bolts(#39) M10×50
four Washers(#46) $\Phi 11 \times \Phi 23 \times 2$
two Nylon Locknuts(#47) M10
one Cable Retainer(#16)**

5)Route the Cable(#50) down and under the PulleyD(#52), then secure them into the Pulley Block(#14) using

**one Nylon Locknut(#47) M10
one Shoulder Bolt(#48) M10×50
two small Pulley Covers A(#75)**

6)Put the Secure the Pulley Block(#14) to the Top Plate (#17) using the Jam Nut(#57) after the clip tied on the weight pin leash has been put on the Top Plate as shown.

7)Route the Cable(#50) up and over the two Pulleys E (#52) then secure them to the Main Upright(#1) using

**two Allen Bolts(#39) M10×50
four Washers(#46) $\Phi 11 \times \Phi 23 \times 2$
two Nylon Locknuts(#47) M10
one Cable Retainer(#16)**

8)Route the Cable (#50) down and under the Pulley F (#51),then secure them to the Main Upright(#1) using

**one Shoulder Bolt(#42) M10×55
one Nylon Locknut(#47)M10
two Pulley Covers(#56)**

9)Route the Cable (#50) over the Wide Pulley G (#59), then secure them to the Left Arm(#7) using

**one Allen Bolt(#41)M10×25
one Spring Washer(#45) 10
one Pulley Plate(#15)**

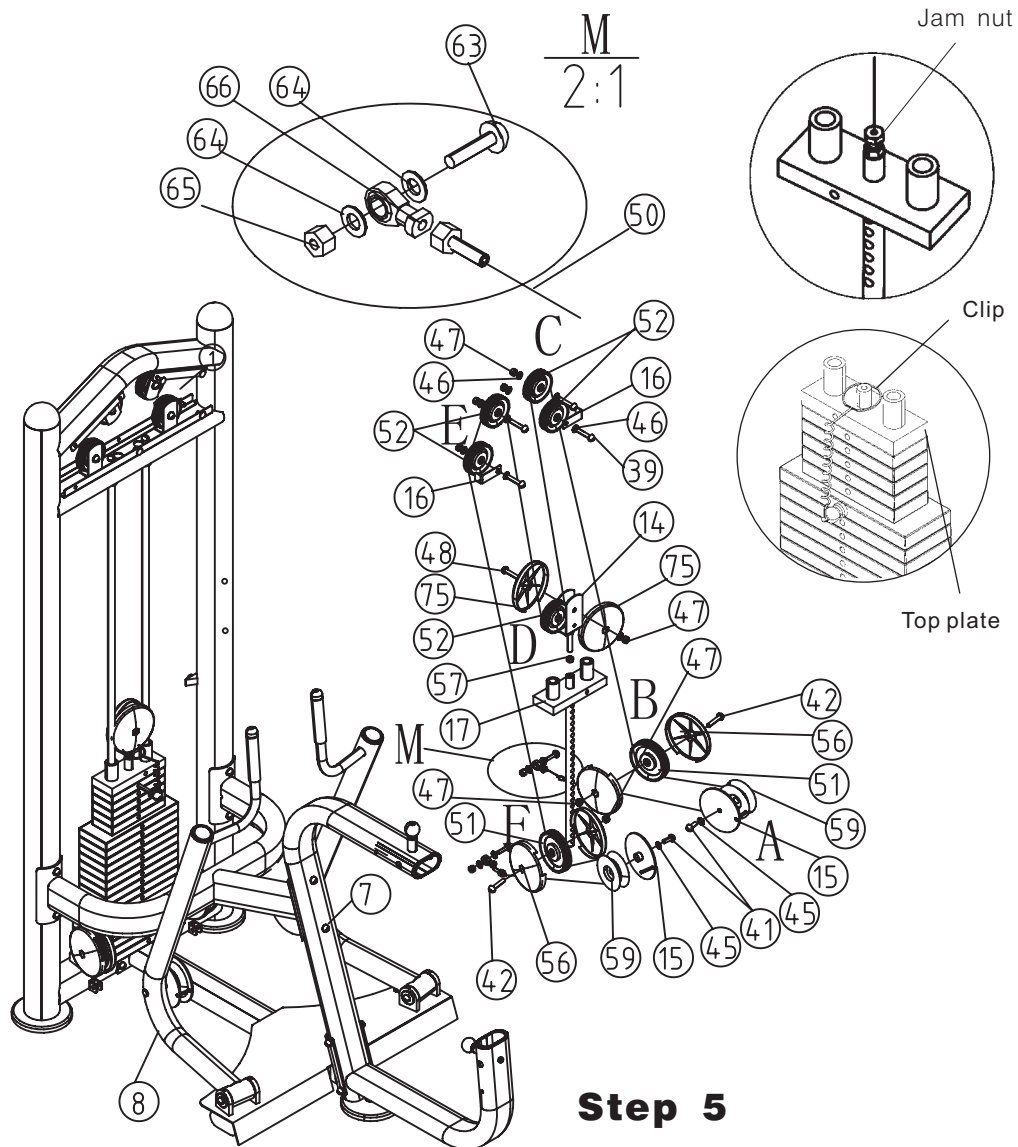
10) Connect the looped end of the Cable (#50) to the Gimbal(#66) then secure Gimbal(#66) to the Mian Up-right(#1) using

- one Allen Bolt(#63) M8×35**
- one Nylon Locknut(#65) M8**
- two Washers(#64) $\Phi 9 \times \Phi 22 \times 1.6$**

11) Adjust the tension of the Cable(#50) using the Jam Nut.

12) Make sure that the cables are in grooves of all pull-ies then fully tighten all bolts and nuts .

13) Select an appropriate weight with the Weight Pin.



Step6 Assemble The Decal Plates

1) Attach the two Decal Plates (#34,#35) to the Main Upright(#1) using

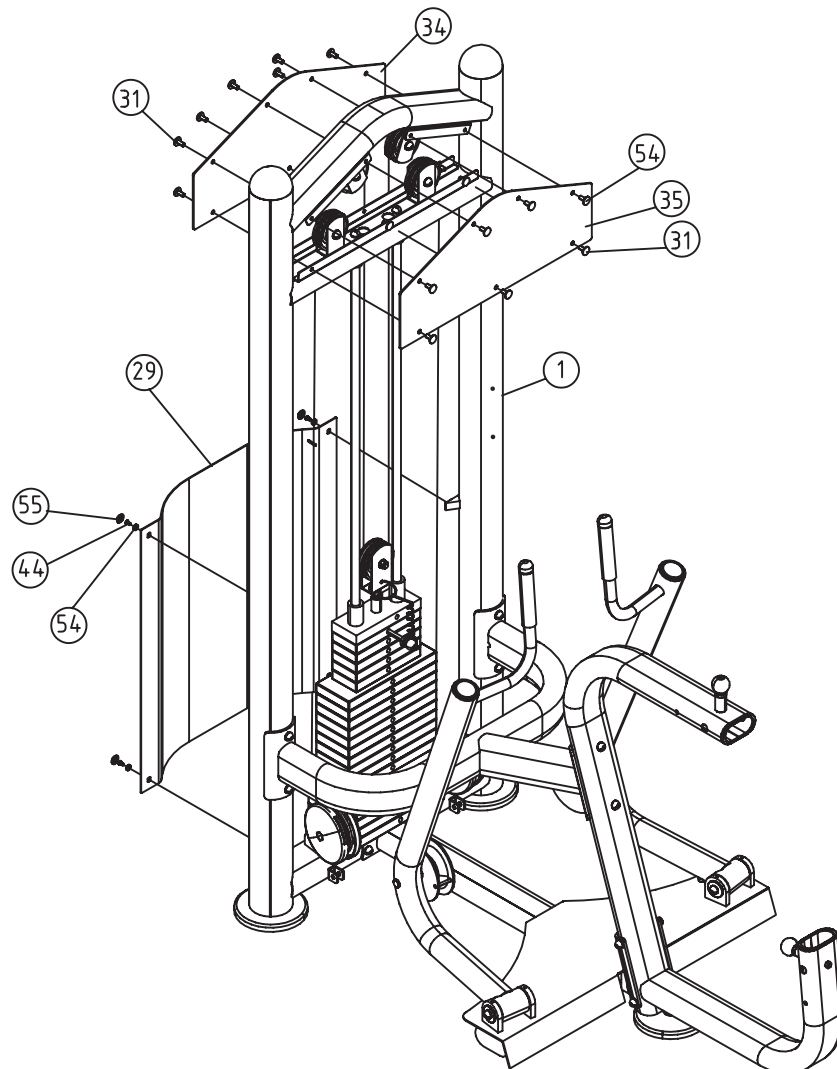
fourteen Buttons(#31)

2) Attach the Weight Shroud (#29) to the Main Upright(#1) using

four Bolt Covers(#55) $\Phi 21 \times 5.7$

four Plastic Washers(#54) $\Phi 13 \times 3$

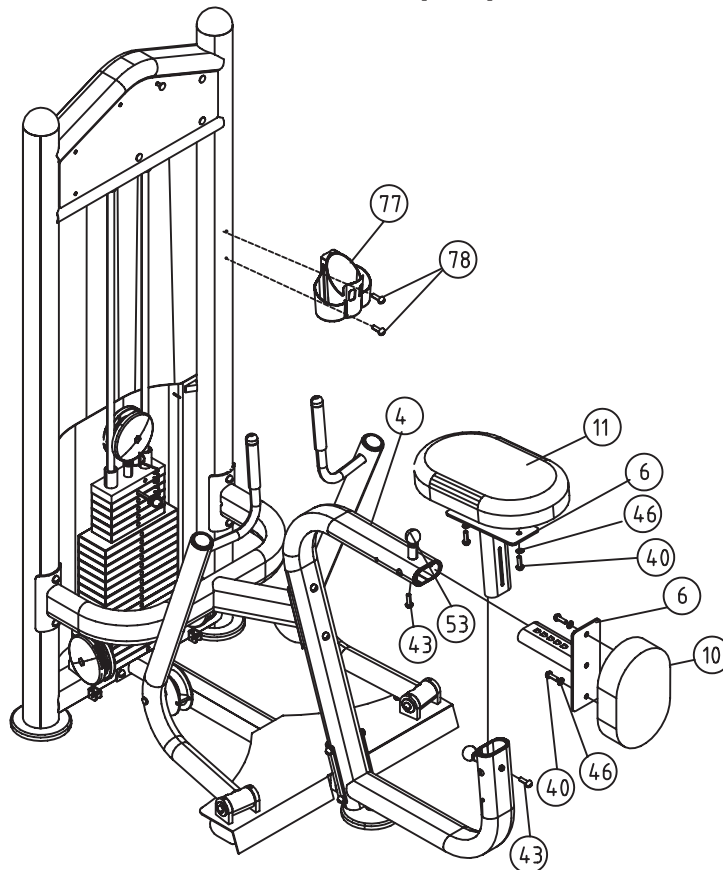
four Screws(#44) M5 \times 10



The Front Decal Plate(#35) with the exercise instructions printed on it should be attached in the front of the Main Upright(#1).

Step 7 Assemble The Pads

- 1) Attach the Seat Pad (#11) to the Pad Support (#6) using two Washers (#46) $\Phi 11 \times \Phi 23 \times 2$ two Allen Bolts (#40) M10 \times 30
- 2) Attach the Chest Pad (#10) to the Pad Support (#6) using two Washers (#46) $\Phi 11 \times \Phi 23 \times 2$ two Allen Bolts (#40) M10 \times 30
- 3) Slide the Pad Support (#6) with the Seat Pad (#11) into the Seat frame (#4), and secure it into place with the Pop Pin (#53) and the Shoulder Bolt (#43).
- 4) Slide the Pad Support (#6) with the Chest Pad (#10) into the Seat frame (#4), and secure it into place with the Pop Pin (#53) and the Shoulder Bolt (#43).
- 5) Attach the Plastic Cap (#77) to Main Upright (#1) using two Screws (#78) M6 \times 15



For a safe exercise, you need make the unit steady by adjusting the Adj.foot plates.