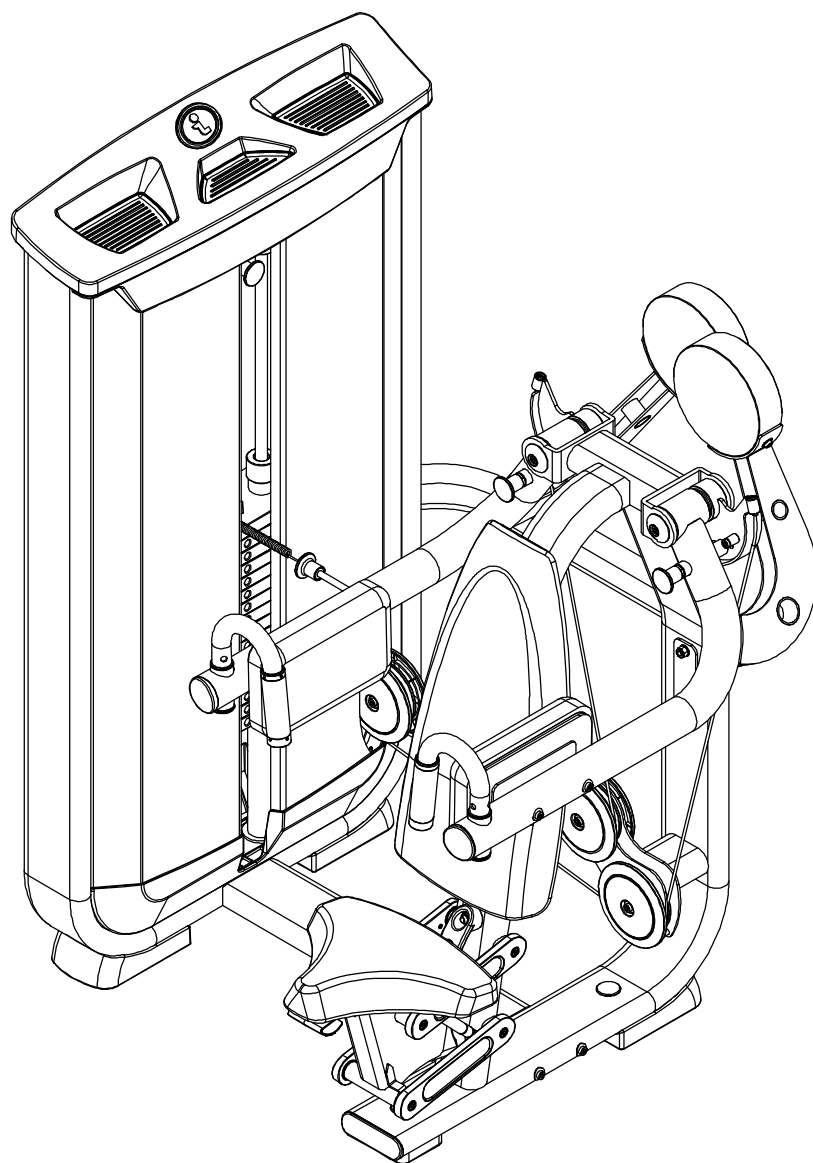


Инструкция

Дельтовидные Inotec NL19

Полезные ссылки:

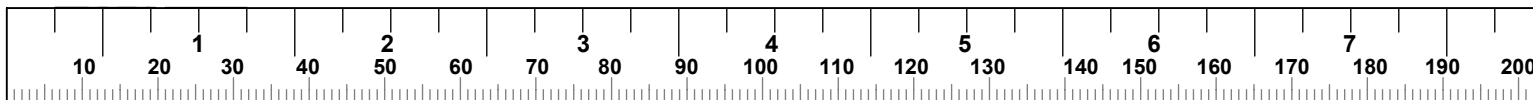
[Дельтовидные Inotec NL19 - смотреть на сайте](#)



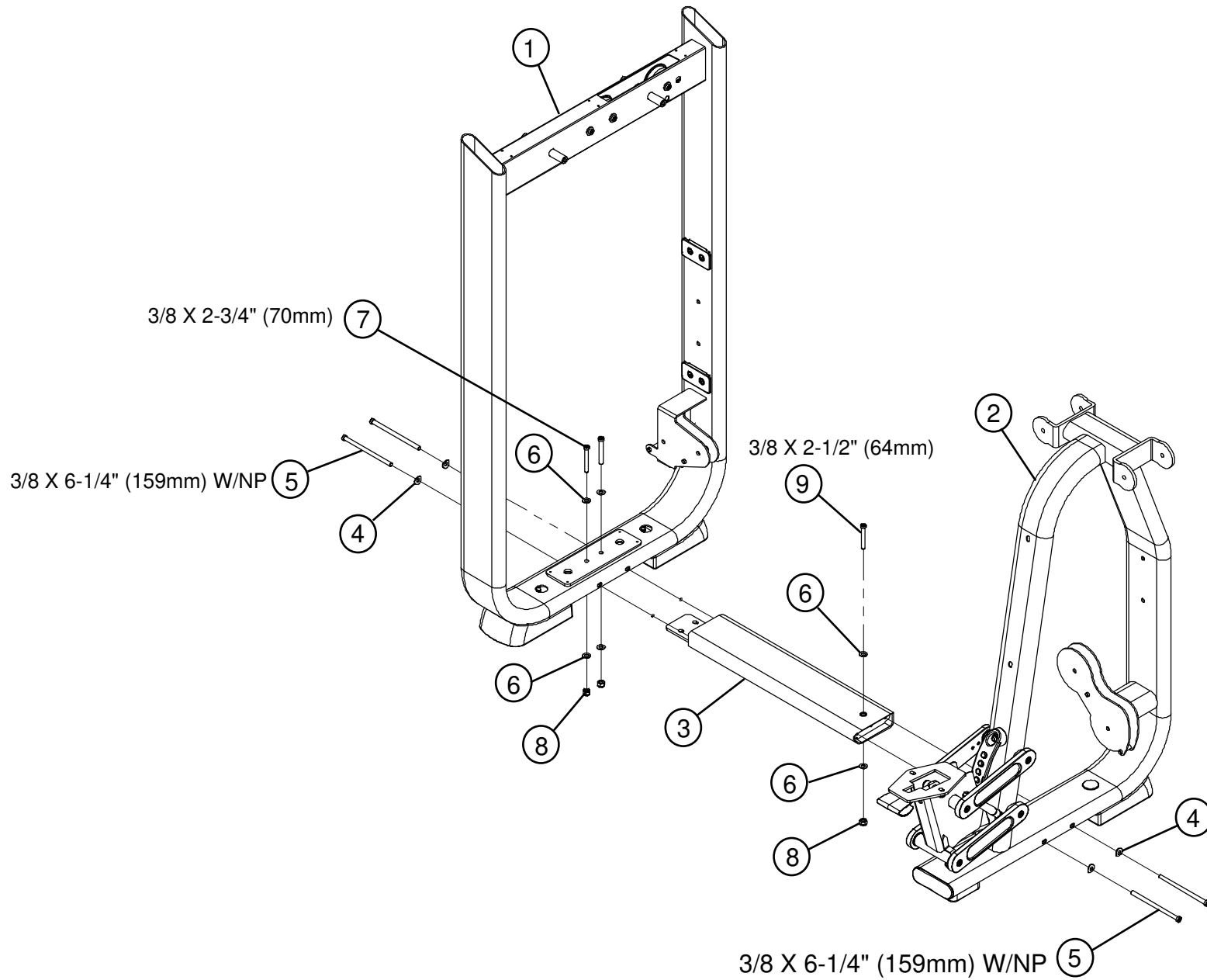
Lateral Raise Assembly Guide

VERSION: LR-01

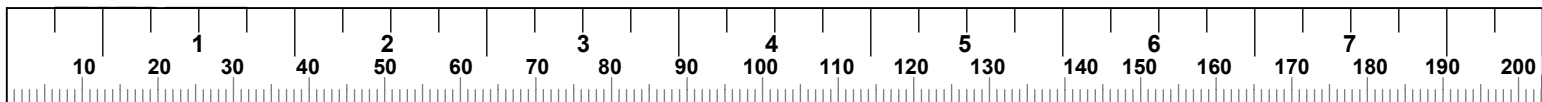
ITEM	QTY	PART NO	DESCRIPTION	ITEM	QTY	PART NO	DESCRIPTION
1	1	P20-4707	PTD ASSY, LR TOWER	30	5	P10-0862	PTD ASSY, 10 LB WEIGHT PLATE
2	1	P20-4703	ASSY, LR MAIN FRAME	31	2	P04-4157	WEIGHT STACK SPACER
3	1	P04-4123	PTD ASSY, LOWER FRAME SUPPORT	32	1	P17-0023	BELT, TOWER
4	8	2003001	WASHER, 3/8" SAE CURVED	33	1	P04-4124	PTD ASSY, BELT-4.5 PULLEY
5	4	2006424	BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	34	1	MD000714	LABEL, WEIGHT STACK
6	35	2001101	WASHER, FLAT 3/8 SAE ST ZN	35	2	P02-4266	PLATE, BELT CLAMP
7	4	2005410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD	36	2	2005404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD
8	14	2001201	NUT, 3/8-16 LK ST ZN	37	5	P06-0961	PULLEY, 4-1/2 OD X 25
9	6	2005409	BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD	38	2	2005407	BOLT, 3/8-16 X 2" (51mm) SOCKET HEAD
10	2	P02-4251	PLATE	39	1	P13-0481	CABLE ASSY, LR
11	1	P04-4118	WLDMT, LR UPPER CONNECTOR	40	5	P06-2135	COVER, PULLEY 152MM DIA
12	1	P20-4704	PTD ASSY, LR ARM LEFT	41	5	P06-2208	WASHER, RUBBER 19 ID X 25 OD X 3
13	1	P20-4705	PTD ASSY, LR ARM RIGHT	42	5	P08-0165	SPACER, FLNG 16.2 X 10.2 X 7.5
14	1	P20-4708	PTD ASSY, LR ADJUSTMENT LEFT	43	4	P06-2146	MOUNT, 19MM ID STANDOFF
15	1	P20-4723	PTD ASSY, LR ADJUSTMENT RIGHT	44	1	P10-0784	SHROUD, TOWER FRONT - RH
16	2	P10-1279	COUNTER WEIGHT	45	1	P10-0785	SHROUD, TOWER FRONT - LH
17	2	P03-2963	SHAFT	46	4	2005405	BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD
18	4	P05-1362	CAP, AL END	47	1	P10-0887	ASSY, REAR SHROUD
19	4	2006402	BOLT, 3/8-16 X 3/4" (19mm) SOCKET HEAD W/NP	48	1	P20-3229	ASSY, TOWER CAP
20	4	20068-A	BOLT, 1/2-13 X 1" (25mm) SOCKET HEAD W/NP	49	1	P06-2153	ASSY, LR PLACARD
21	1	P06-2151	COVER, TOWER BASE	50	1	P07-0435	PAD, LARGE BACK
22	12	2004802	SCREW, 10-32 X 1/2" (12MM) PAN HEAD W/NP	51	1	P07-0434	PAD, SMALL SEAT
23	2	P01-3735	GUIDE ROD, 19 DIA X 1315	52	4	2006413	BOLT, 3/8-16 X 3-1/2" (89mm) SOCKET HEAD W/NP
24	10	P10-0778	PTD ASSY, 15 LB WEIGHT PLATE	53	2	P07-0628	PAD, LATERAL RAISE ARM
25	1	P20-2989	ASSY, 15 PLATE HEAD PLATE	54	2	P06-2155	TRAY, TOWER CAP - LARGE
26	1	P20-2988	ASSY, 7.5LB INC. WEIGHT	55	1	P06-2156	TRAY, TOWER CAP - SMALL
27	2	A05-0212	SHAFT COLLAR, GUIDE ROD	56	2	2006410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD W/NP
28	2	P06-2144	BUSHING, GUIDE ROD RETAINER	57	2	2006404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD W/NP
29	2	P06-0034	CUSHION, WEIGHT STACK				



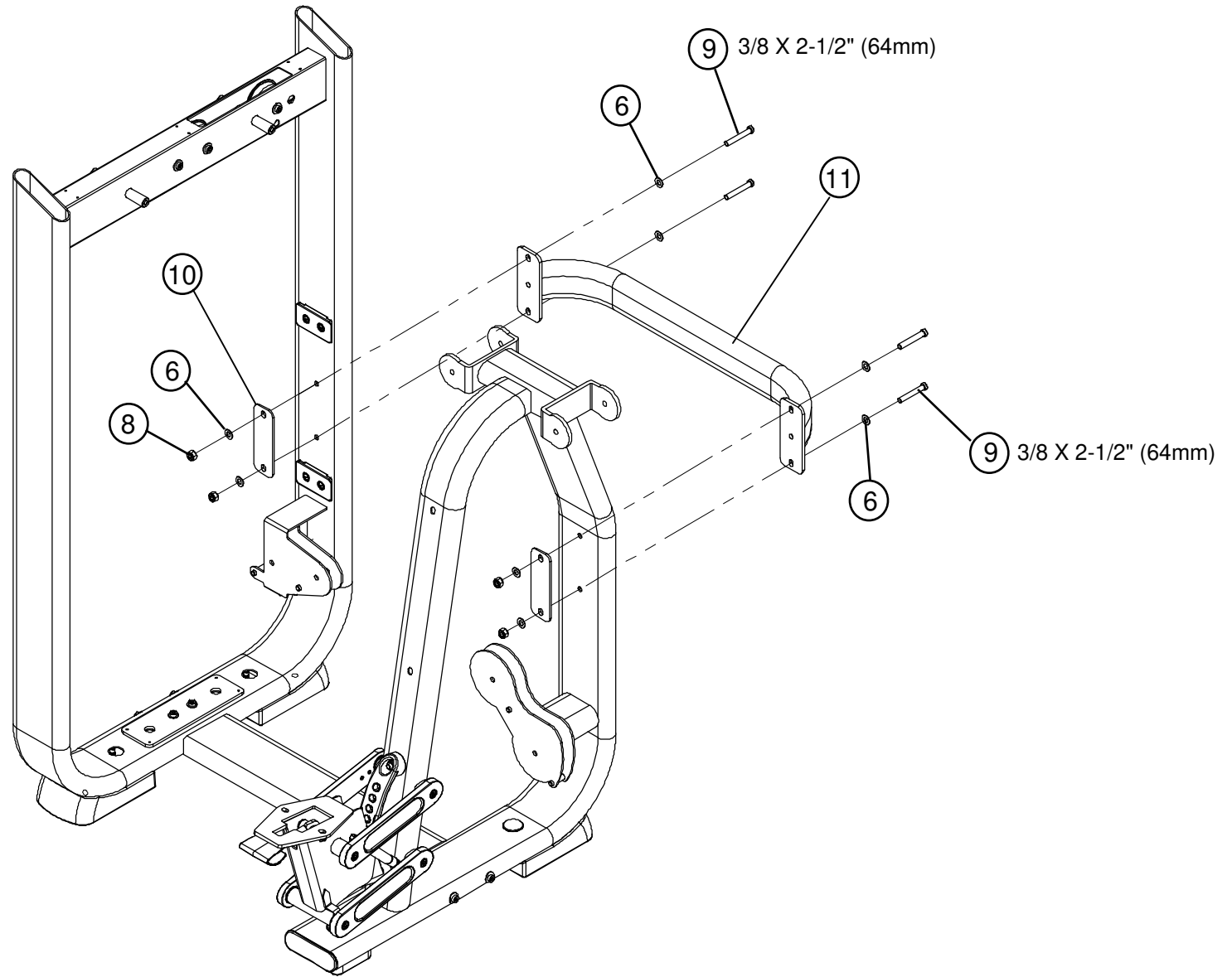
STEP 1



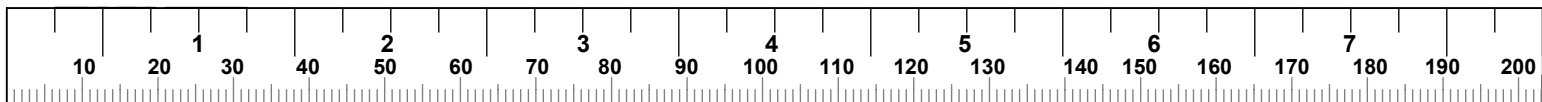
- **LOOSELY** tighten the bolt connections for this STEP.



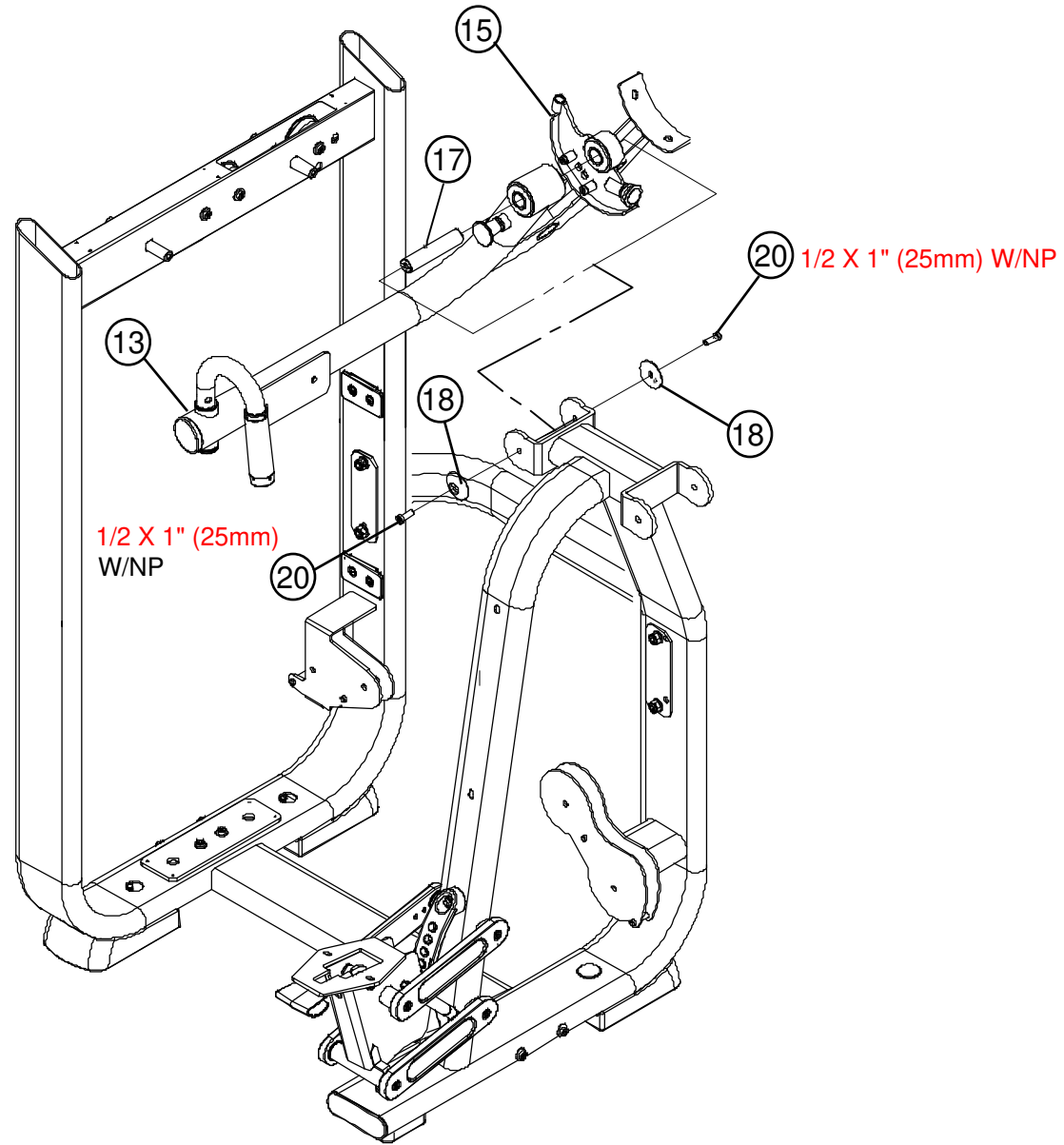
STEP 2



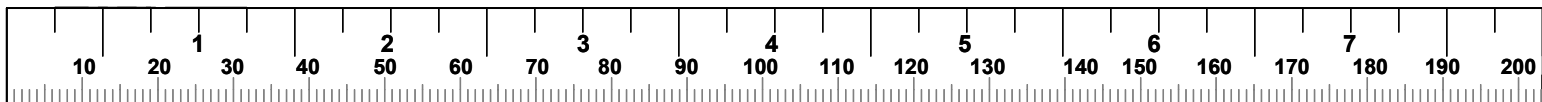
- **Securely tighten all bolt connections from STEP 1 and 2**



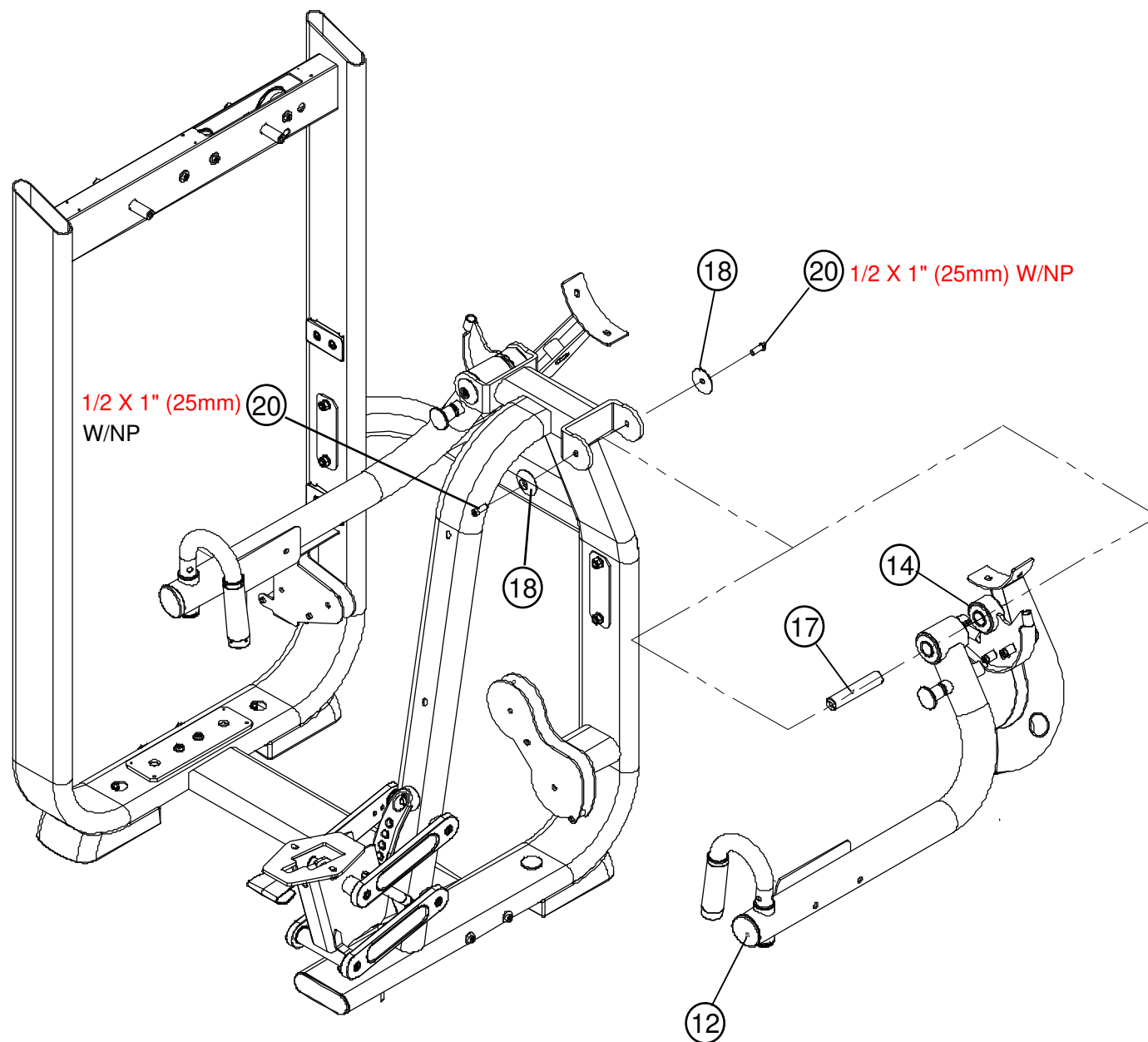
STEP 3



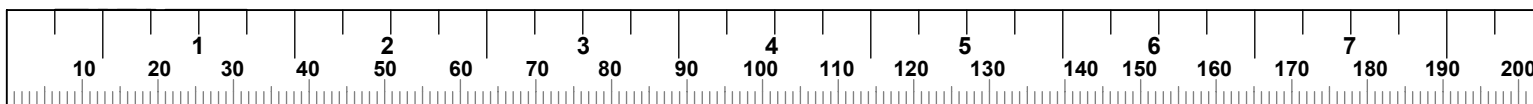
- Securely tighten all bolt connections.



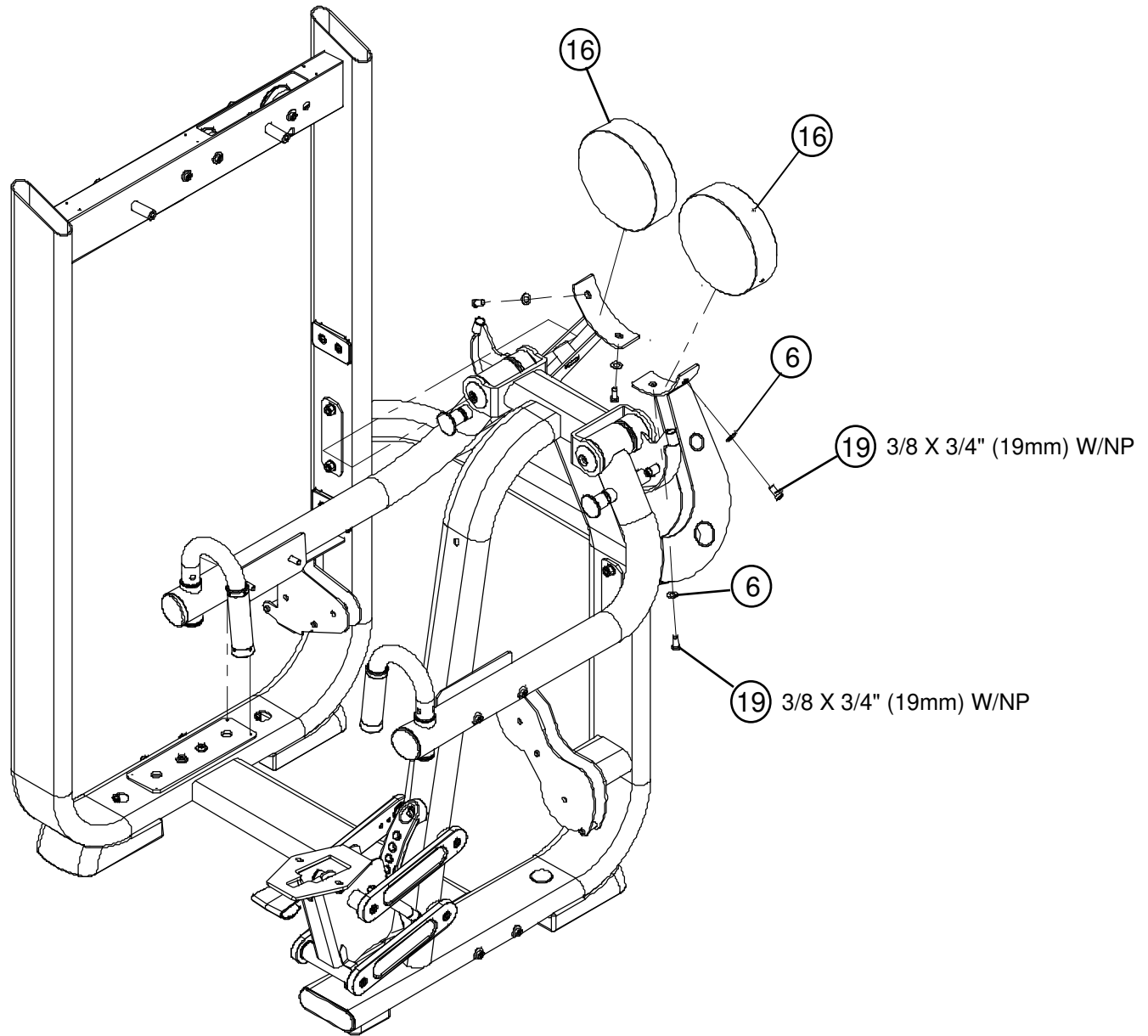
STEP 4



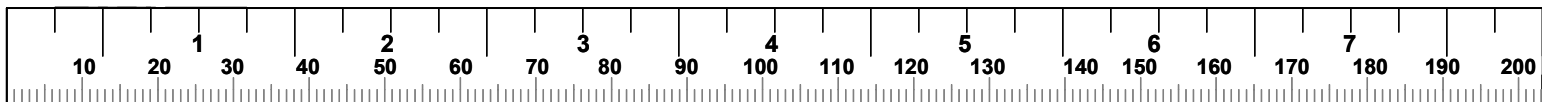
- Securely tighten all bolt connections.



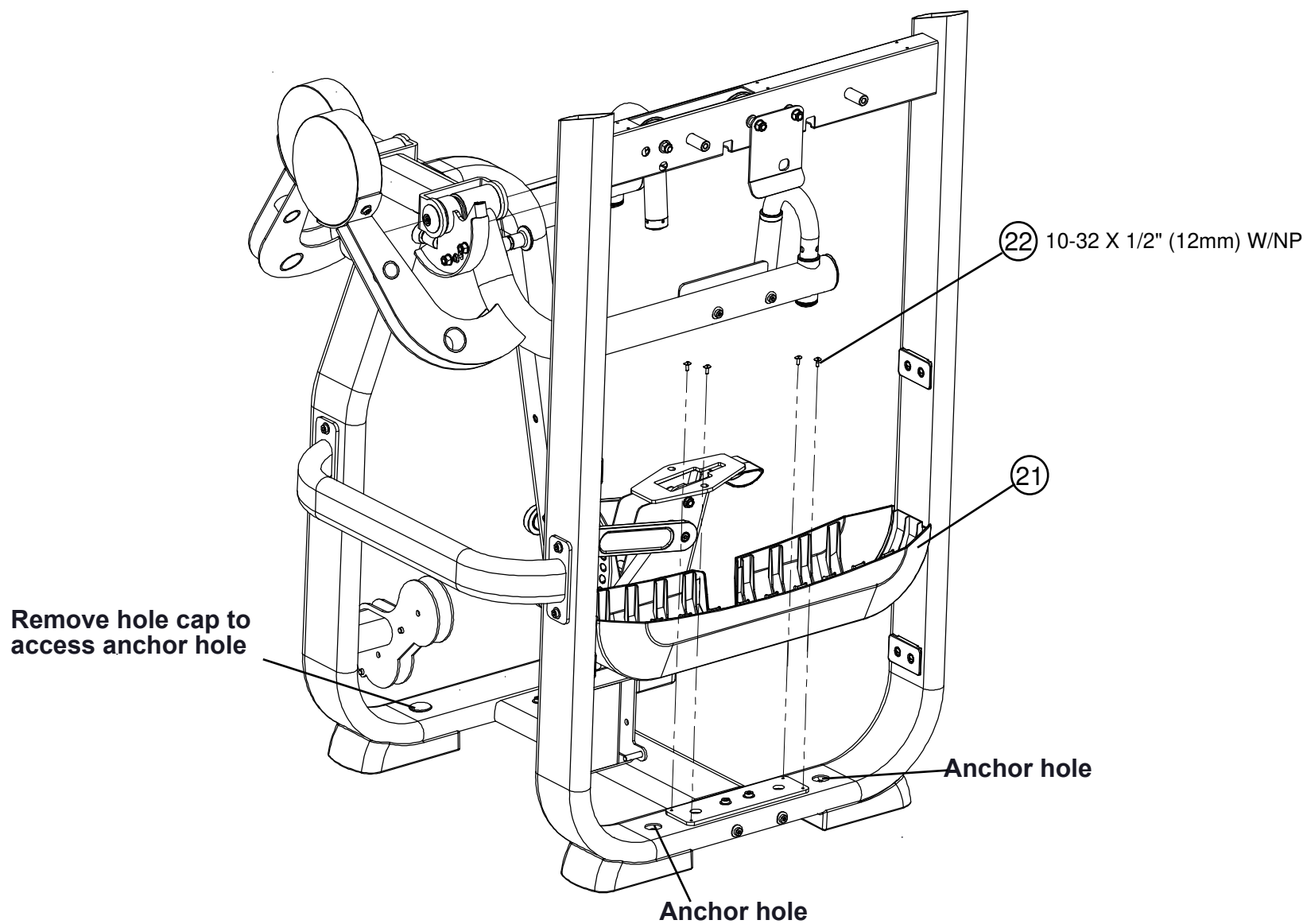
STEP 5



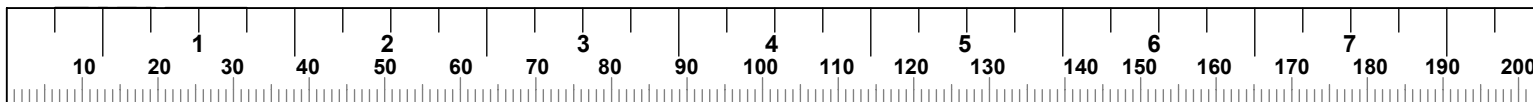
- **Securely tighten all bolt connections.**



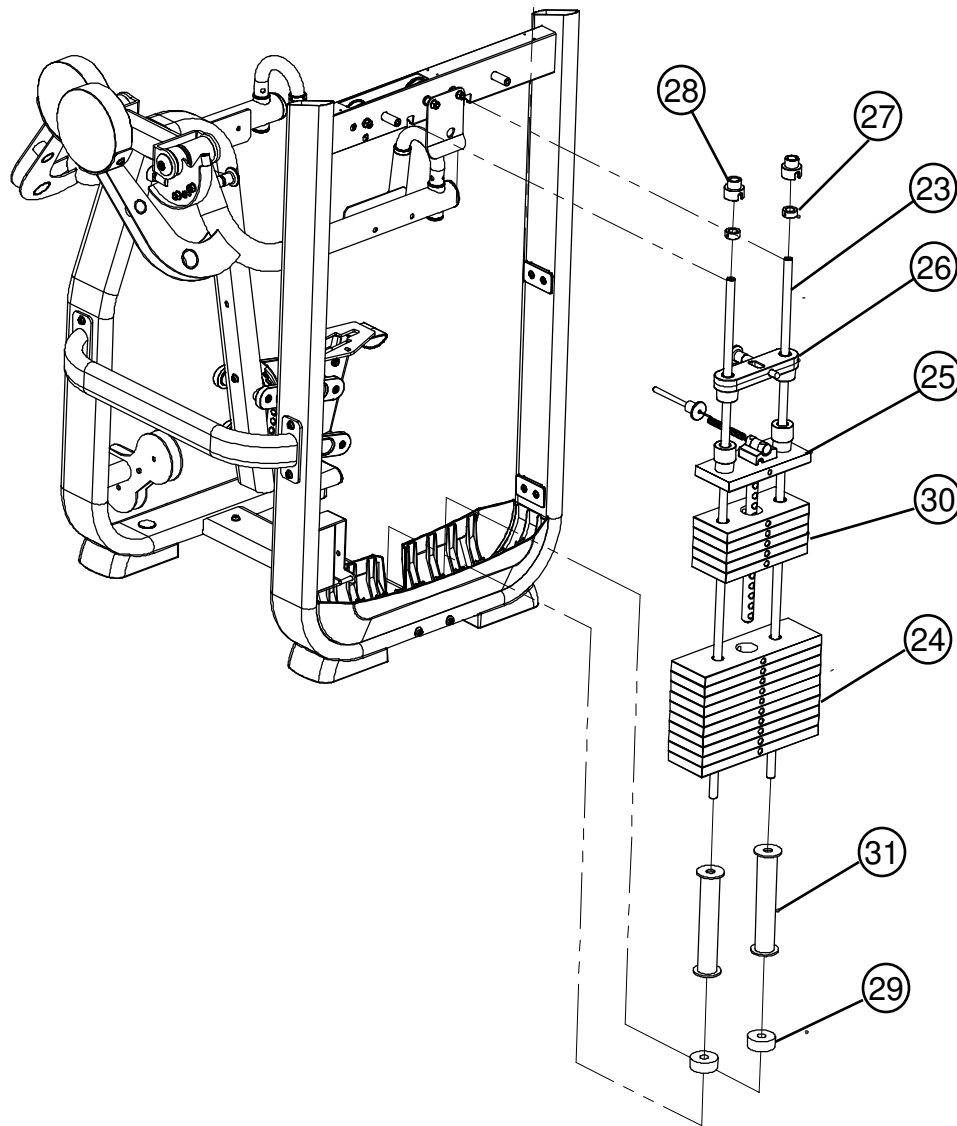
STEP 6



- Securely tighten all bolt connections.
- If machine will be anchored to the floor, this must be done before the weight stack is assembled.
- Securely anchor the machine to the floor using the anchor holes provided.
NOTE: Consult a professional contractor for the actual anchoring of the machine.

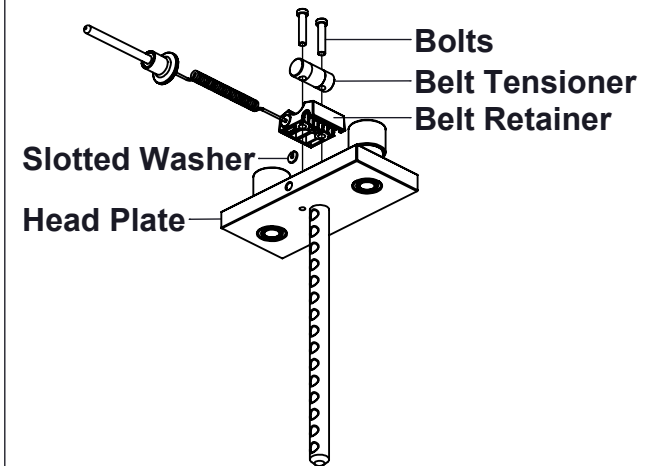


STEP 7

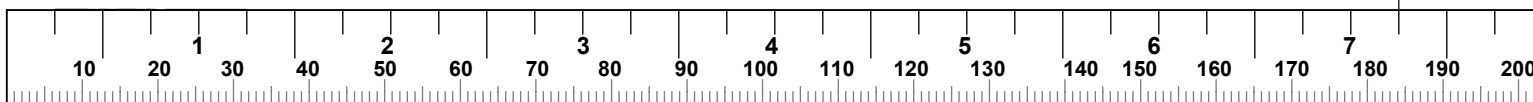


Optional: follow these steps to permanently attach the Lanyard to the Head Plate:

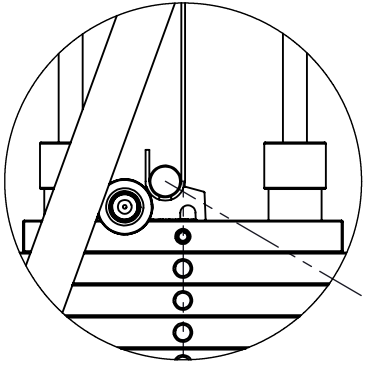
- Loosen and remove the two Bolts and the Belt Tensioner from the Belt Retainer
- Remove the Belt Retainer from the Head Plate and allow the slotted washer to fall out
- Push in on Lanyard until it stops
- Insert the slotted washer (slot up) into the slotted opening of the Belt Retainer to secure the Lanyard
- Loosely assemble Belt Retainer, Belt Tensioner and two Bolts to the Head Plate



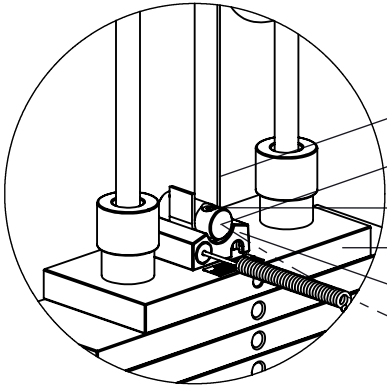
- Securely tighten all bolt connections.



BELT ROUTING DIAGRAM



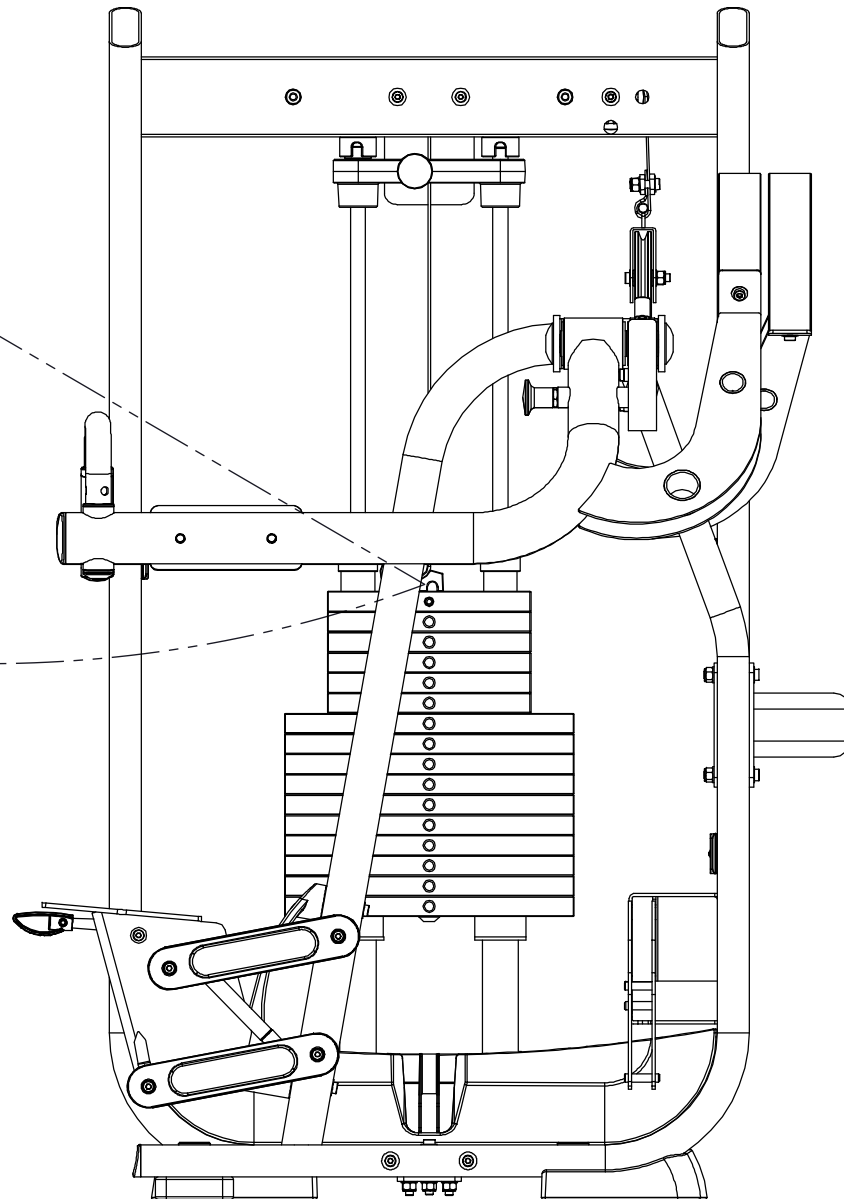
NOTE: The Belt must be routed directly down the center of the Head Plate as shown



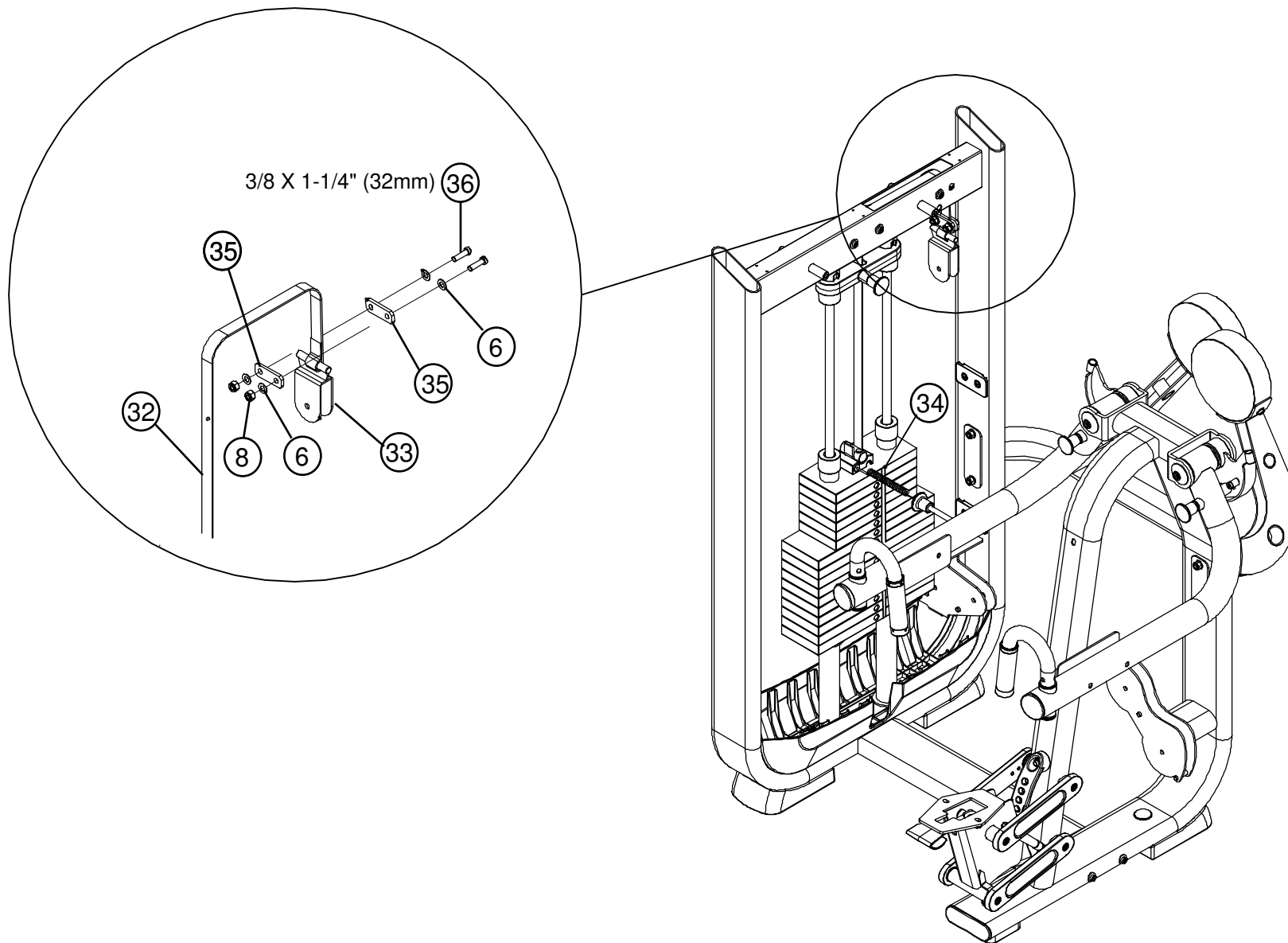
Belt
Belt Tensioner
Bolts
Head Plate
Belt Retainer

Follow these steps to assemble the Belt to the Head Plate:

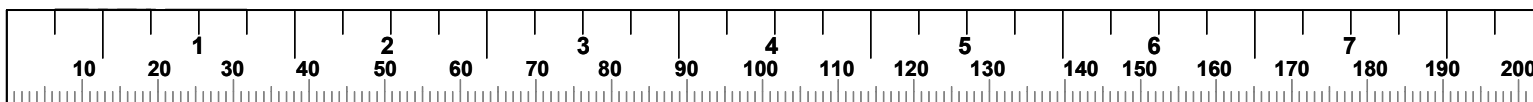
- A) Loosen the Bolts that hold the Belt Tensioner to the Belt Retainer
- B) Slide the Belt underneath the Belt Tensioner, between the Bolts leaving approximately 1" of Belt exposed on the other side
- C) Securely tighten the Bolts and Belt Tensioner to the Belt Retainer



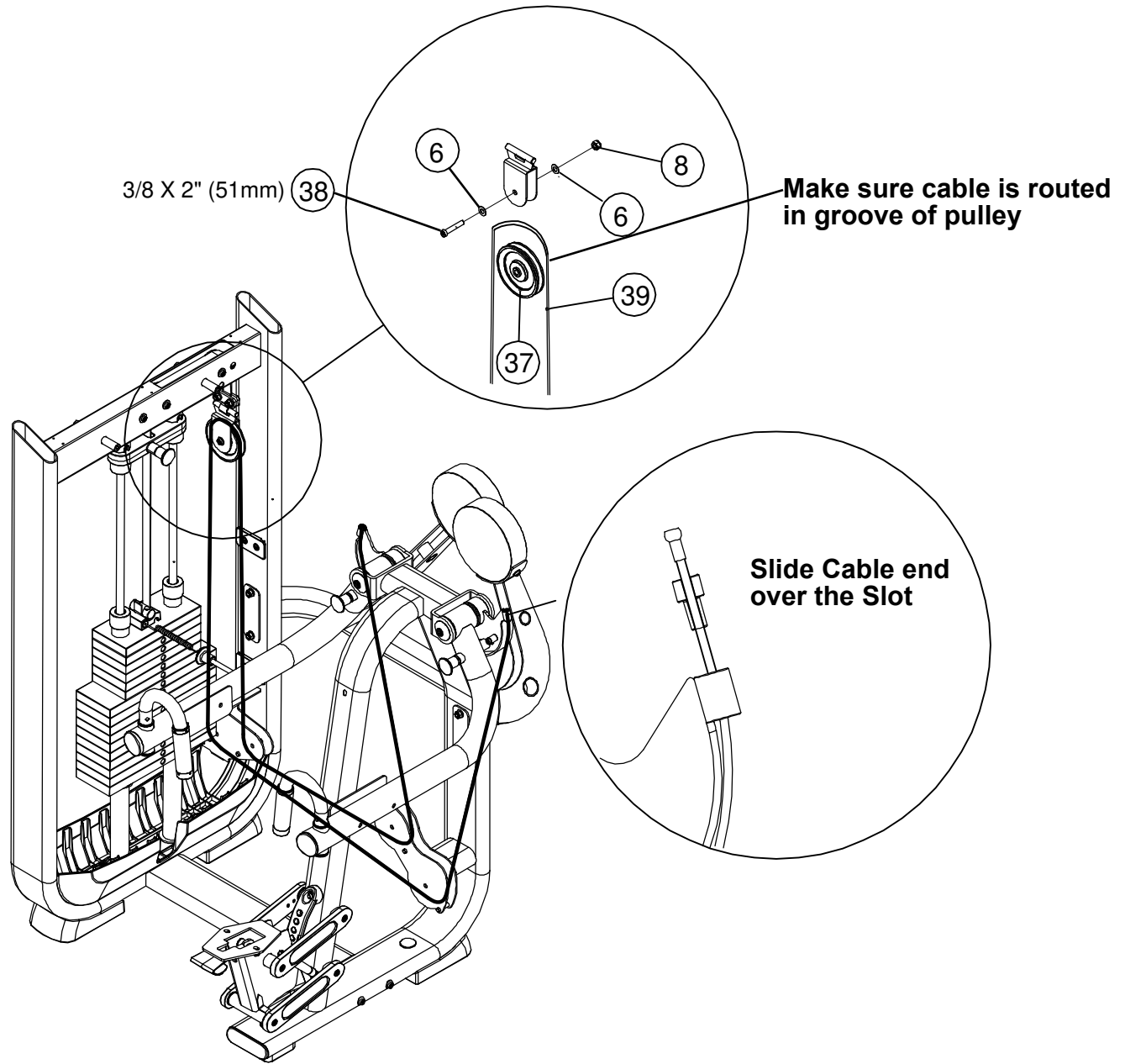
STEP 8



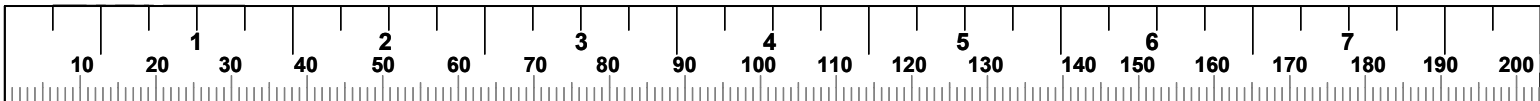
- **Securely tighten all bolt connections.**



CABLE ROUTING DIAGRAM



- Securely tighten all bolt connections.



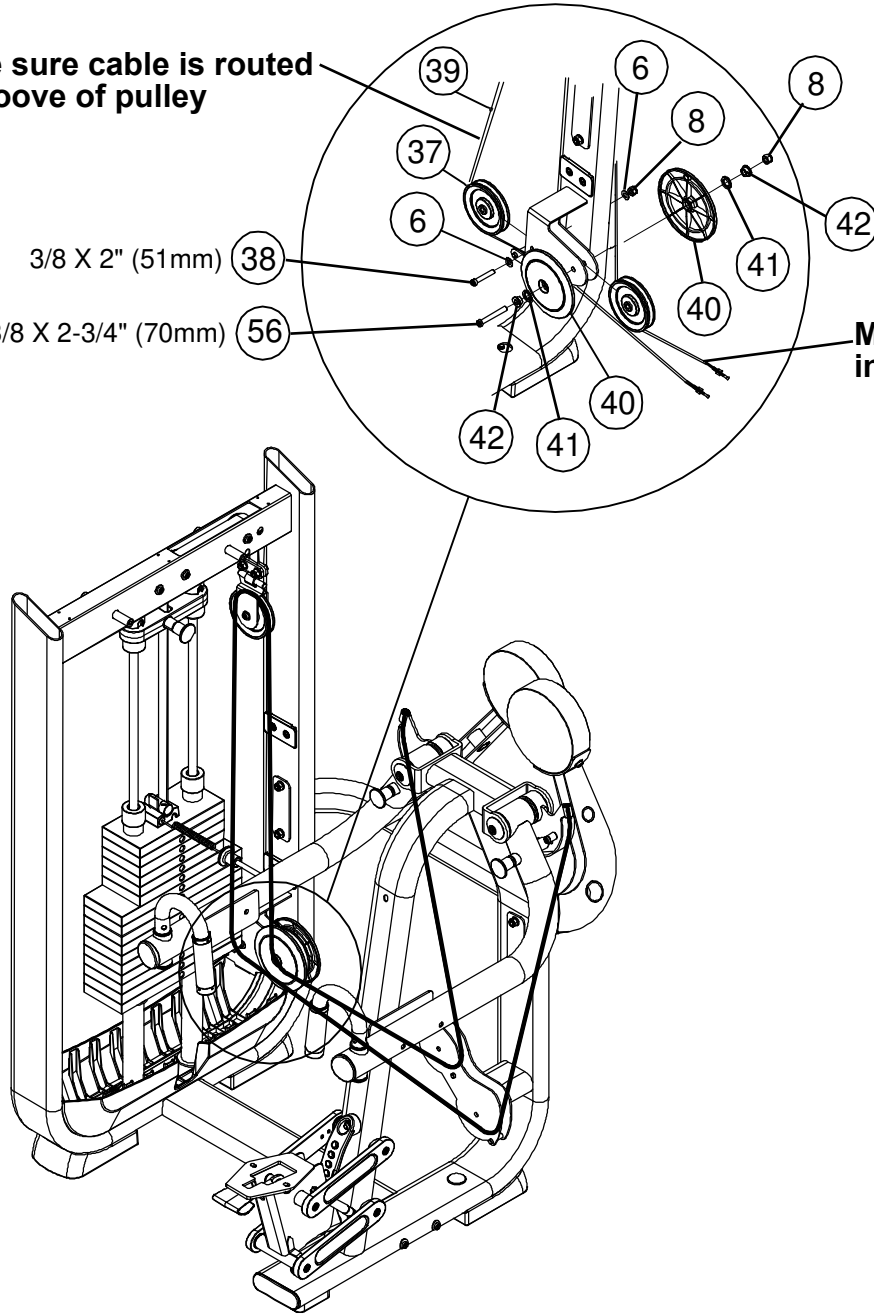
CABLE ROUTING DIAGRAM

Make sure cable is routed in groove of pulley

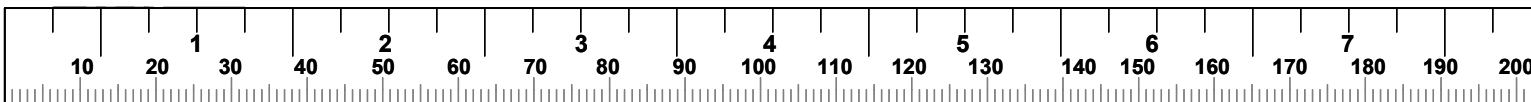
3/8 X 2" (51mm) 38

3/8 X 2-3/4" (70mm) 56

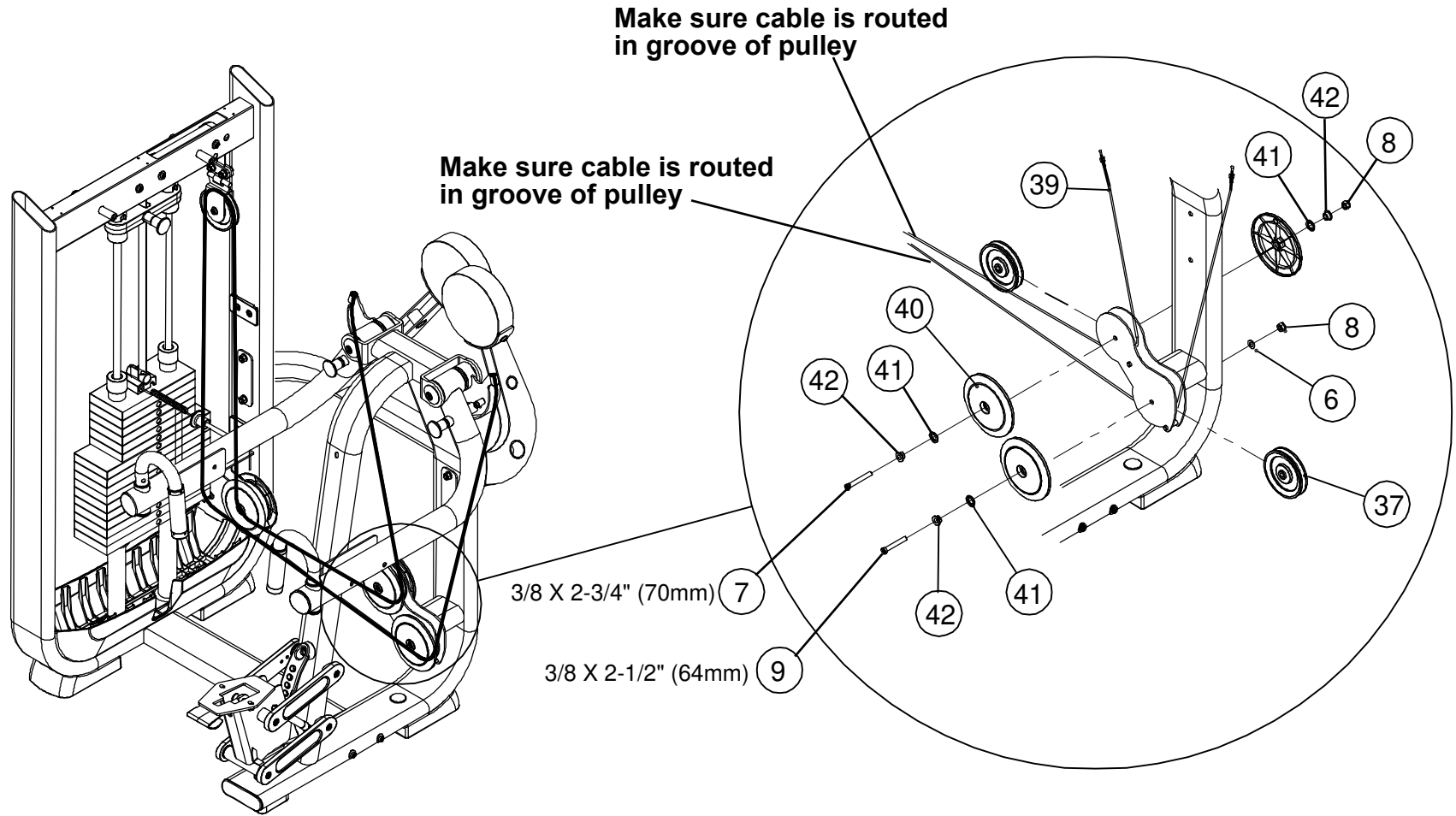
Make sure cable is routed in groove of pulley



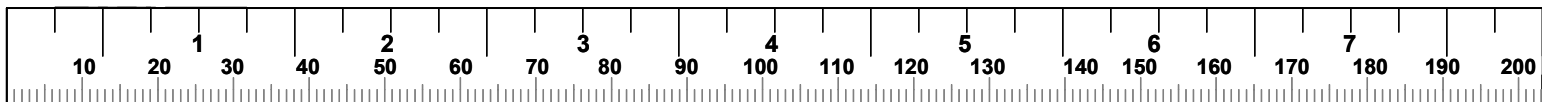
- Securely tighten all bolt connections.



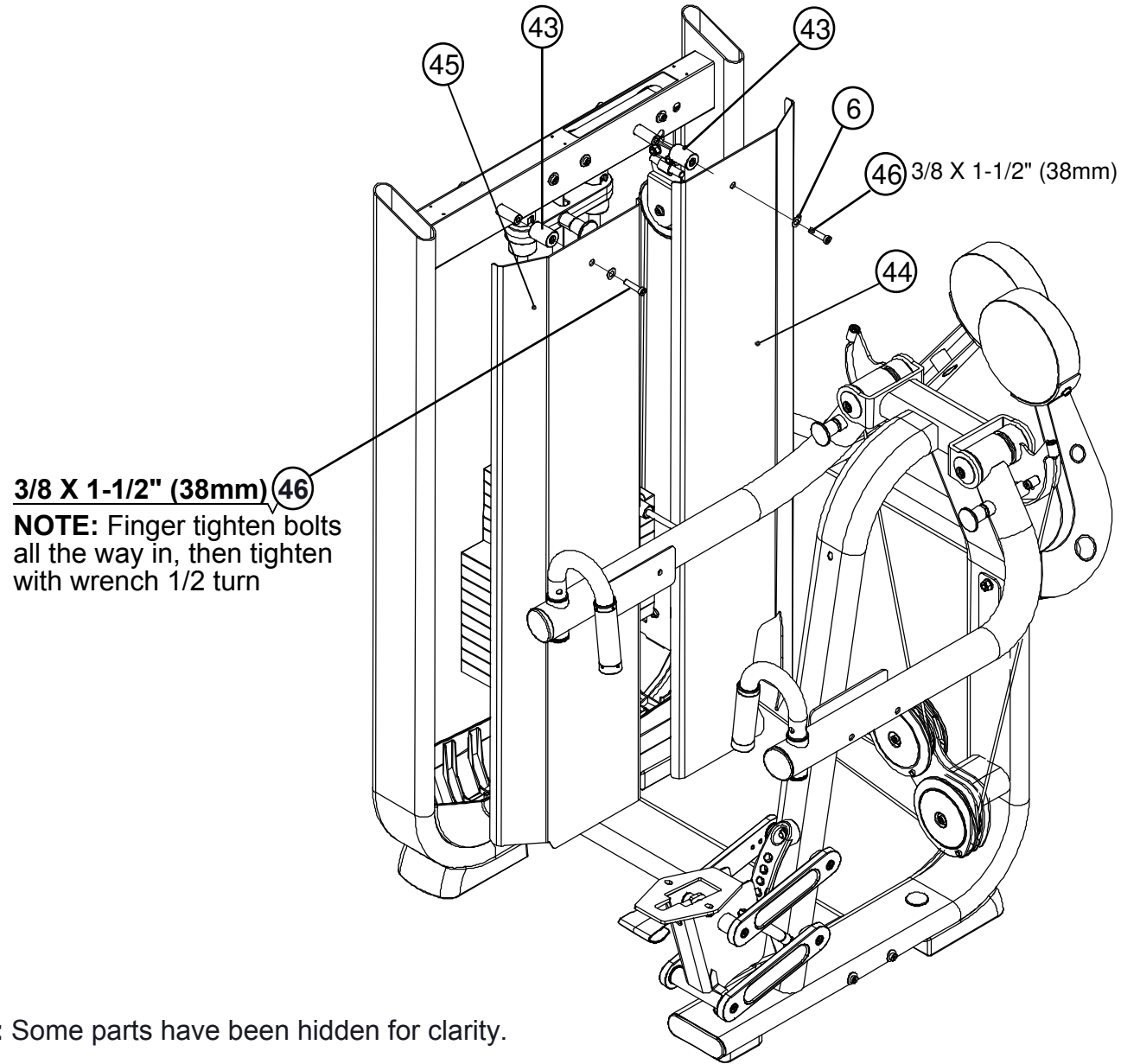
CABLE ROUTING DIAGRAM



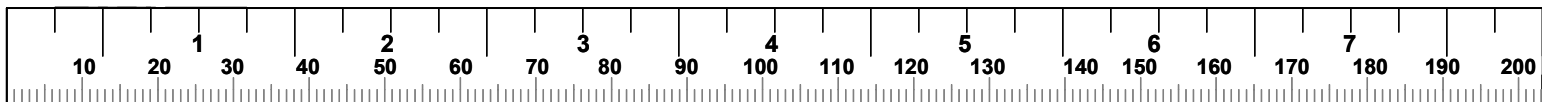
- Securely tighten all bolt connections.



STEP 9



- **NOTE:** Some parts have been hidden for clarity.
- **NOTE:** Route the cable through the opening of the right shroud before assembling the shrouds to the tower.

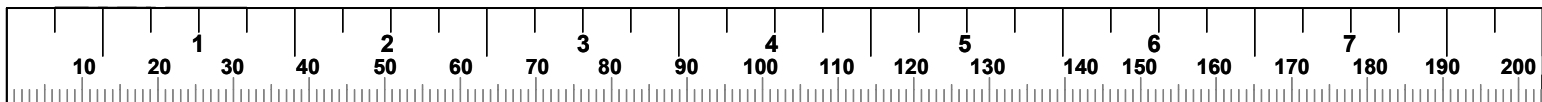
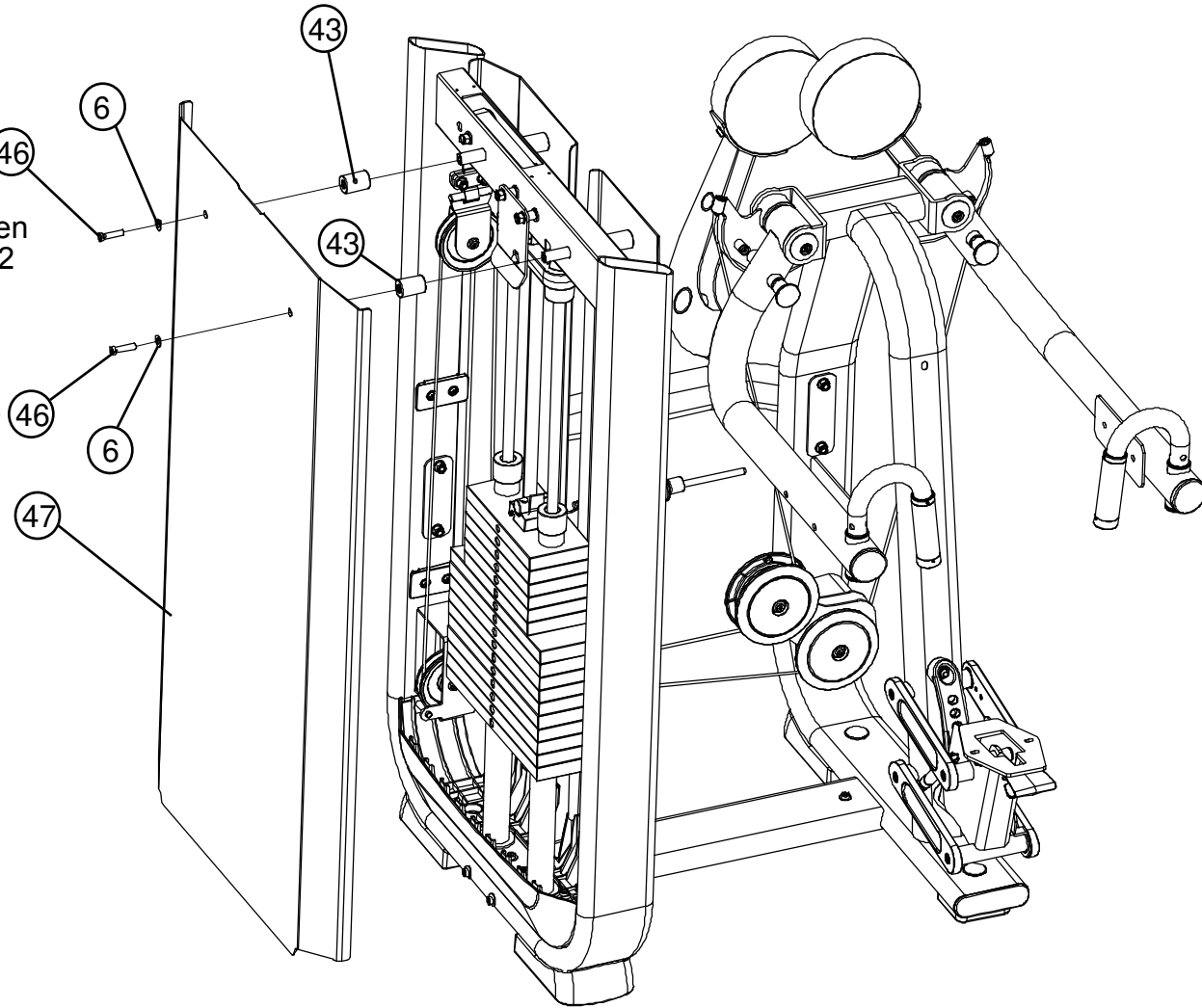


STEP 10

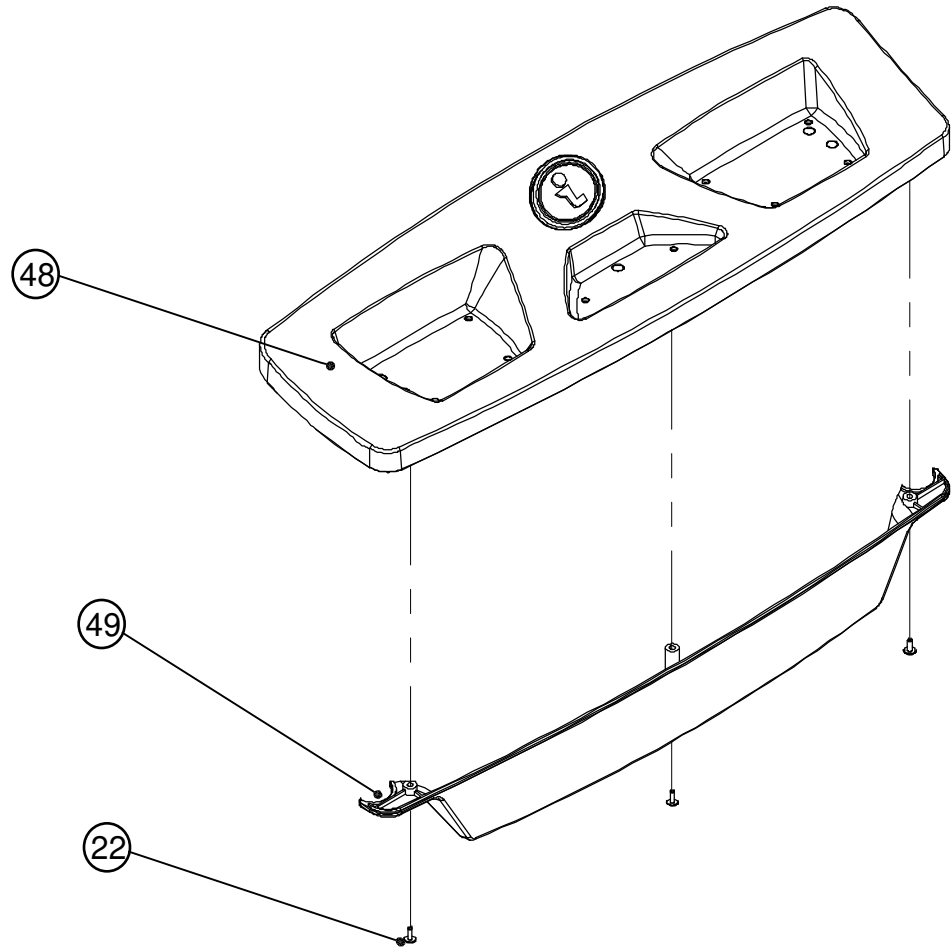
3/8 X 1-1/2" (38mm) (46)

NOTE: Finger tighten bolts all the way in, then tighten with wrench 1/2 turn

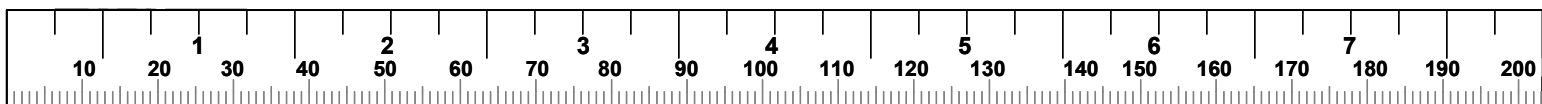
3/8 X 1-1/2" (38mm)



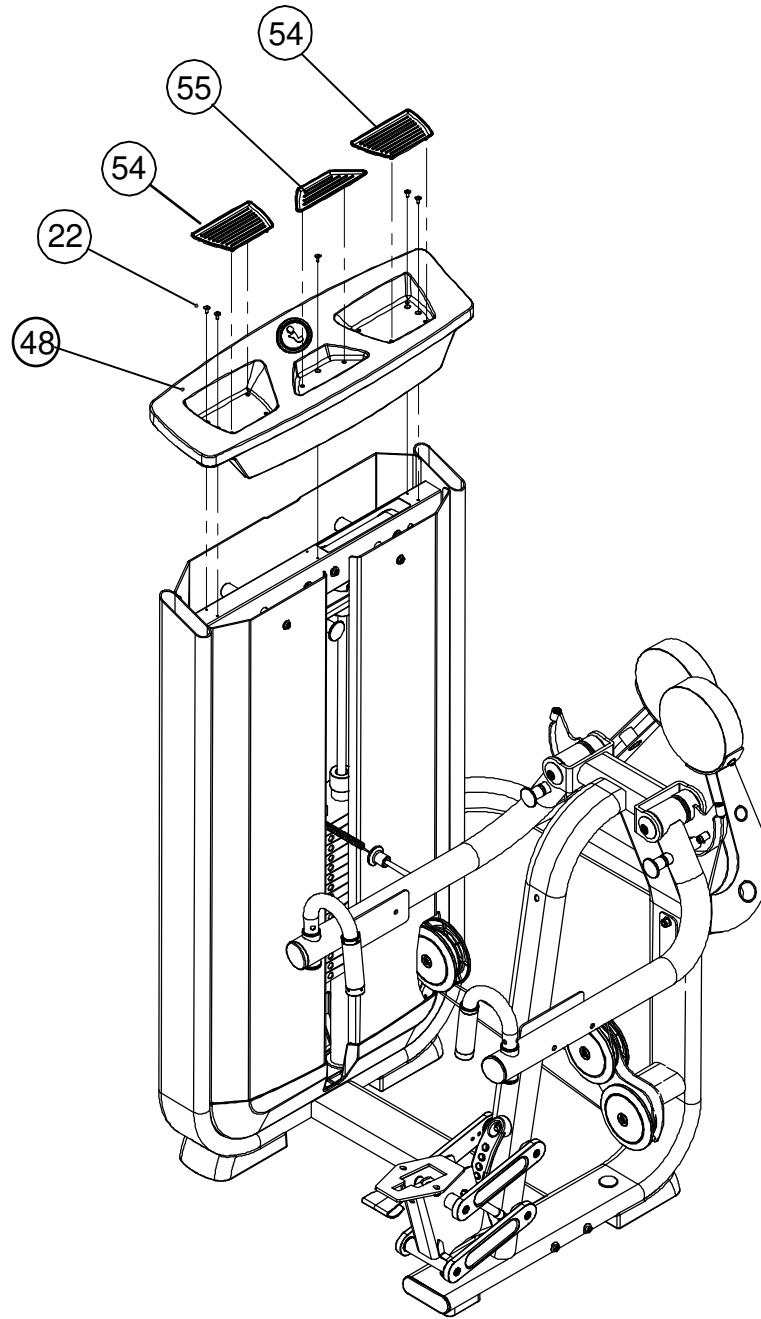
STEP 11



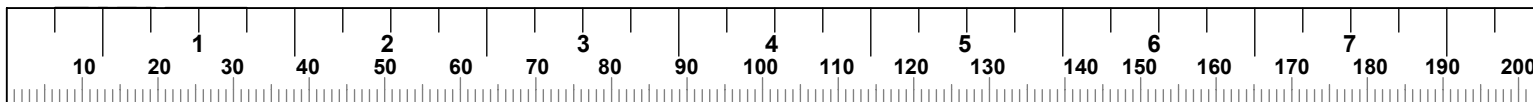
- **Securely tighten all bolt connections.**



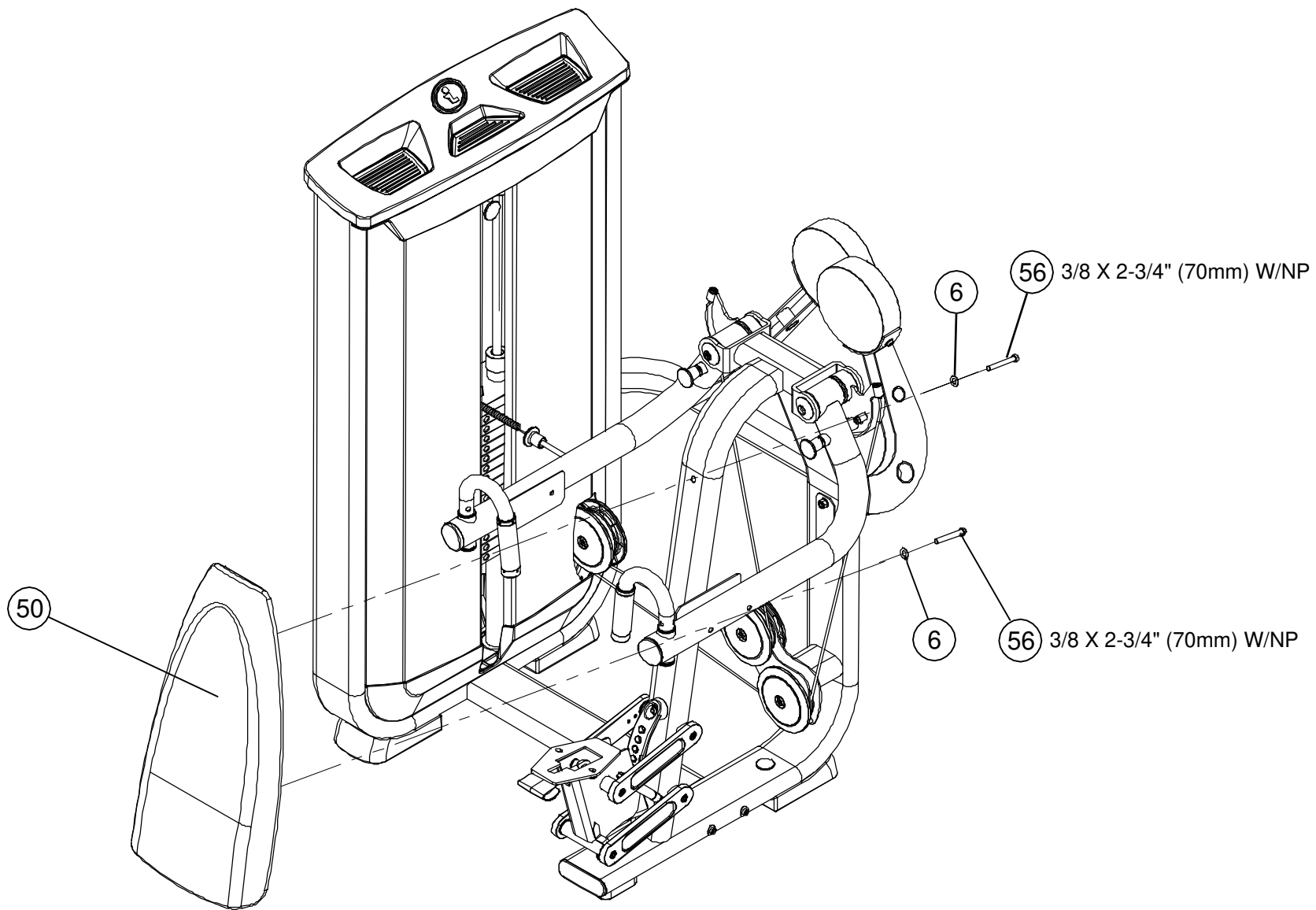
STEP 12



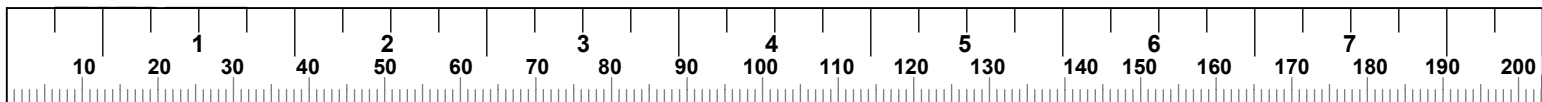
- **Securely tighten all bolt connections.**



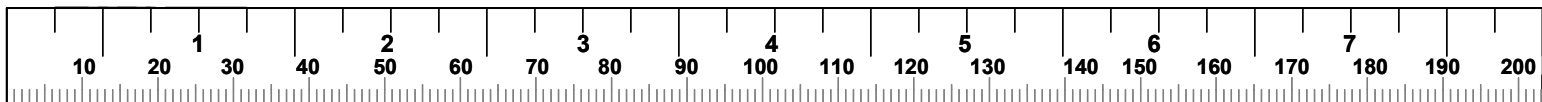
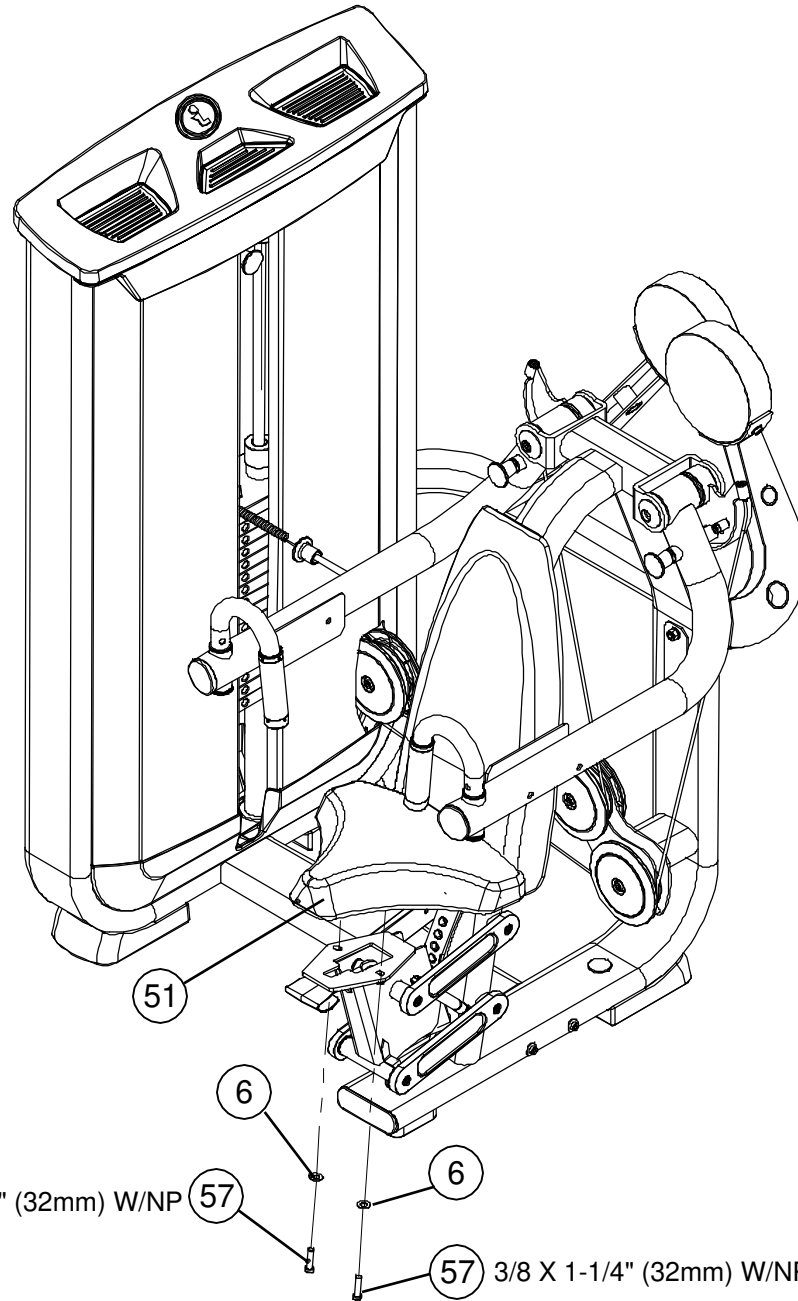
STEP 13



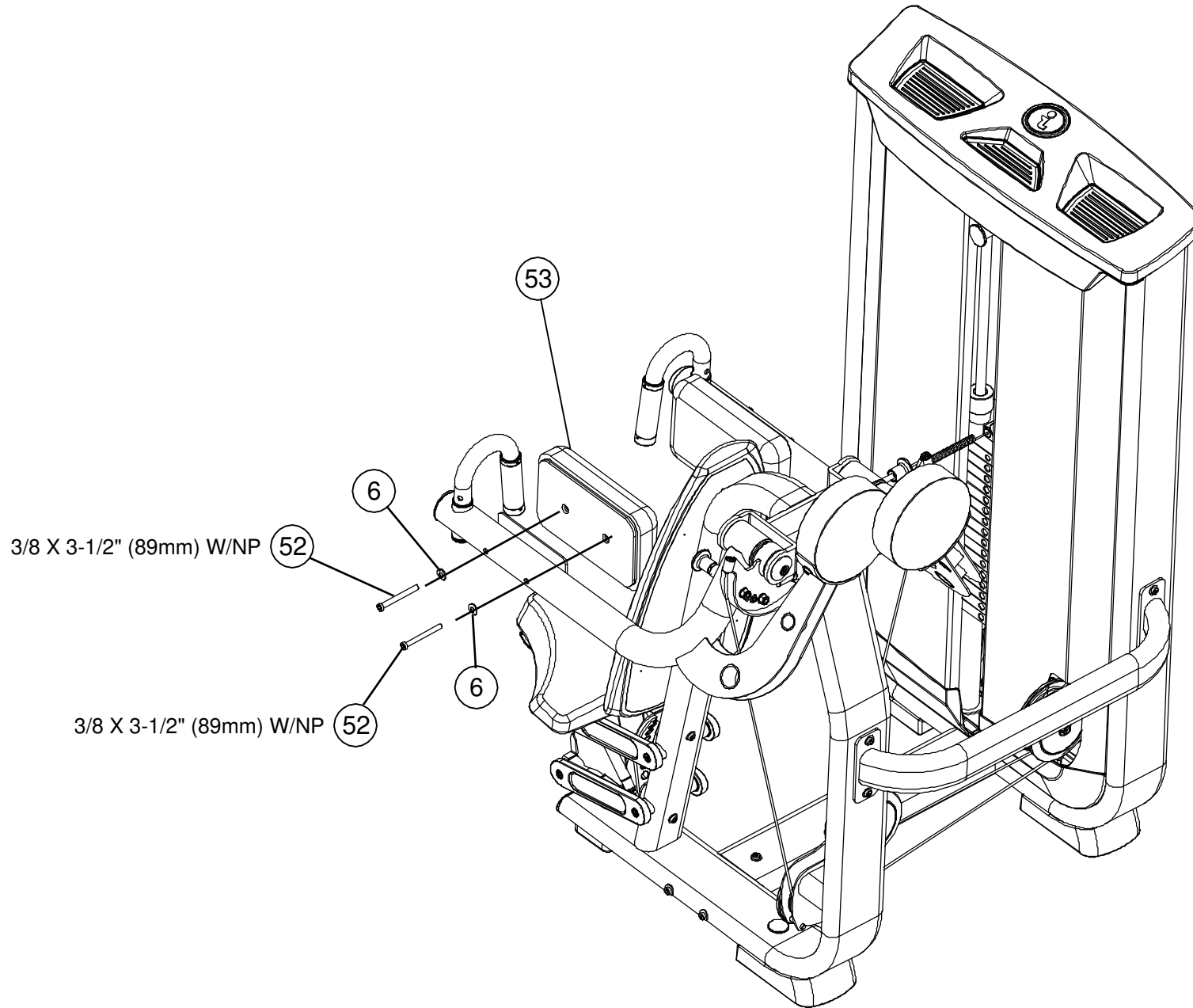
- **Securely tighten all bolt connections.**



STEP 14



STEP 15



3/8 X 3-1/2" (89mm) W/NP 52

3/8 X 3-1/2" (89mm) W/NP 52

- **Securely tighten all bolt connections.**

