

# **Инструкция**

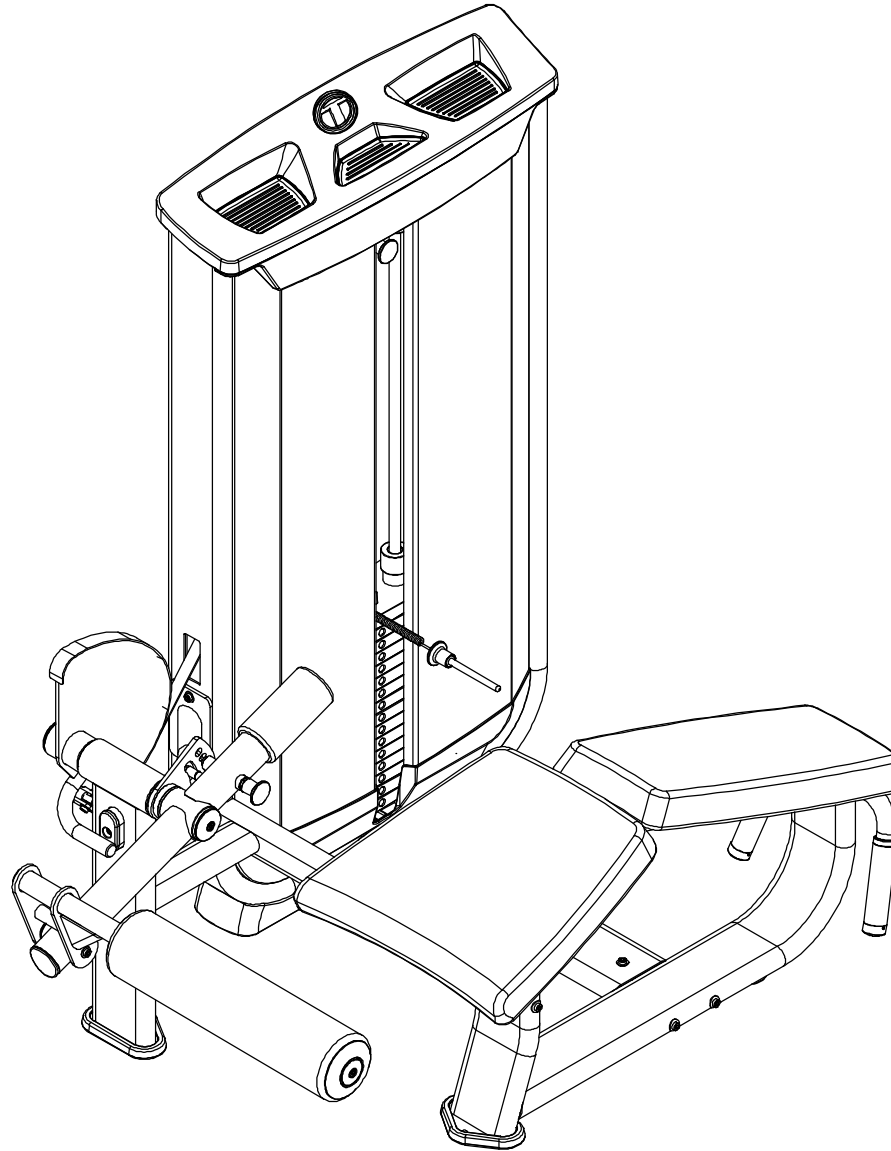
## **Сгибание ног лежа Inotec NL16**

Полезные ссылки:

[Сгибание ног лежа Inotec NL16 - смотреть на сайте](#)

[Сгибание ног лежа Inotec NL16 - читать отзывы](#)

# ***PRONE LEG CURL***

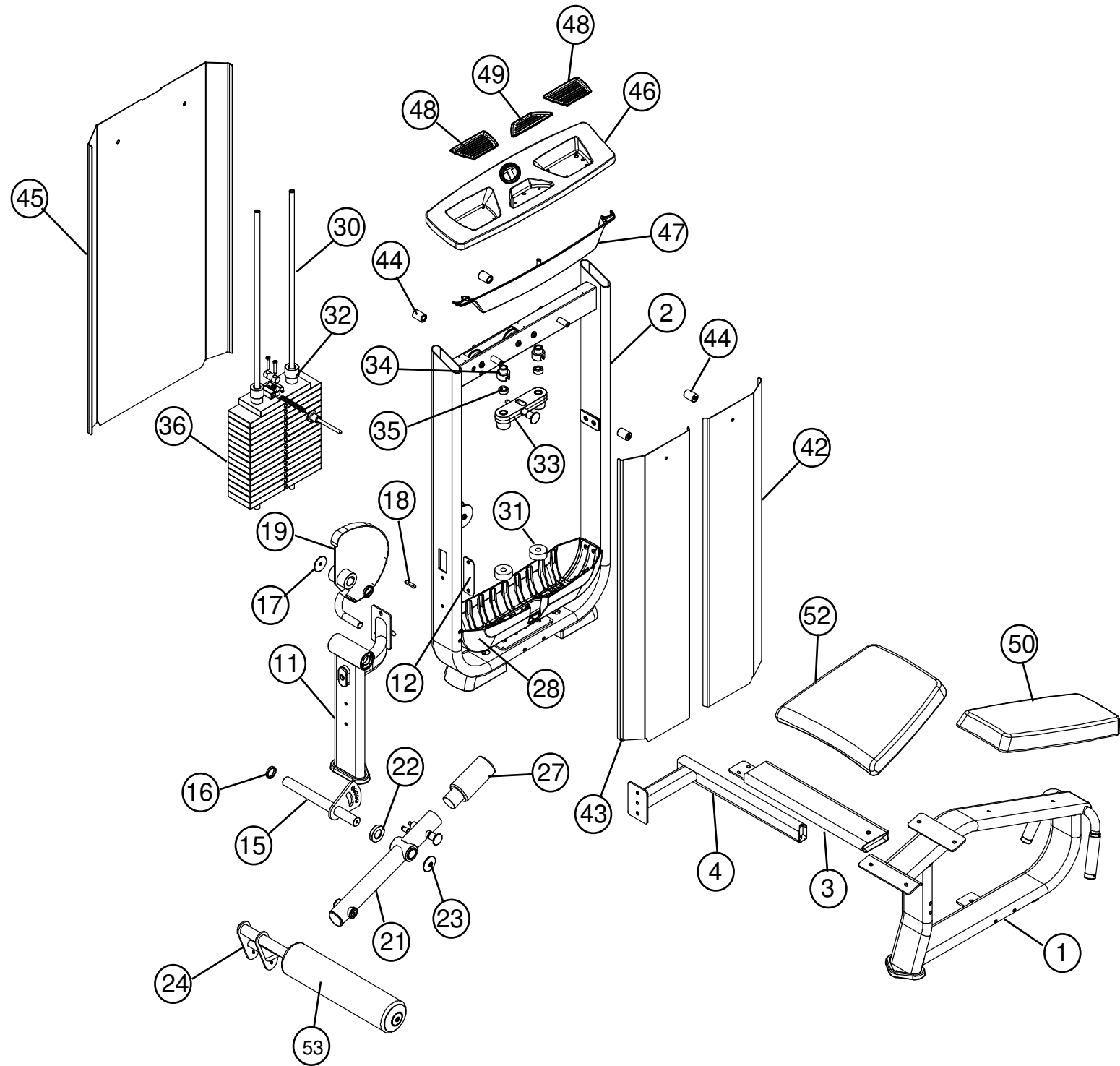


# PARTS LIST

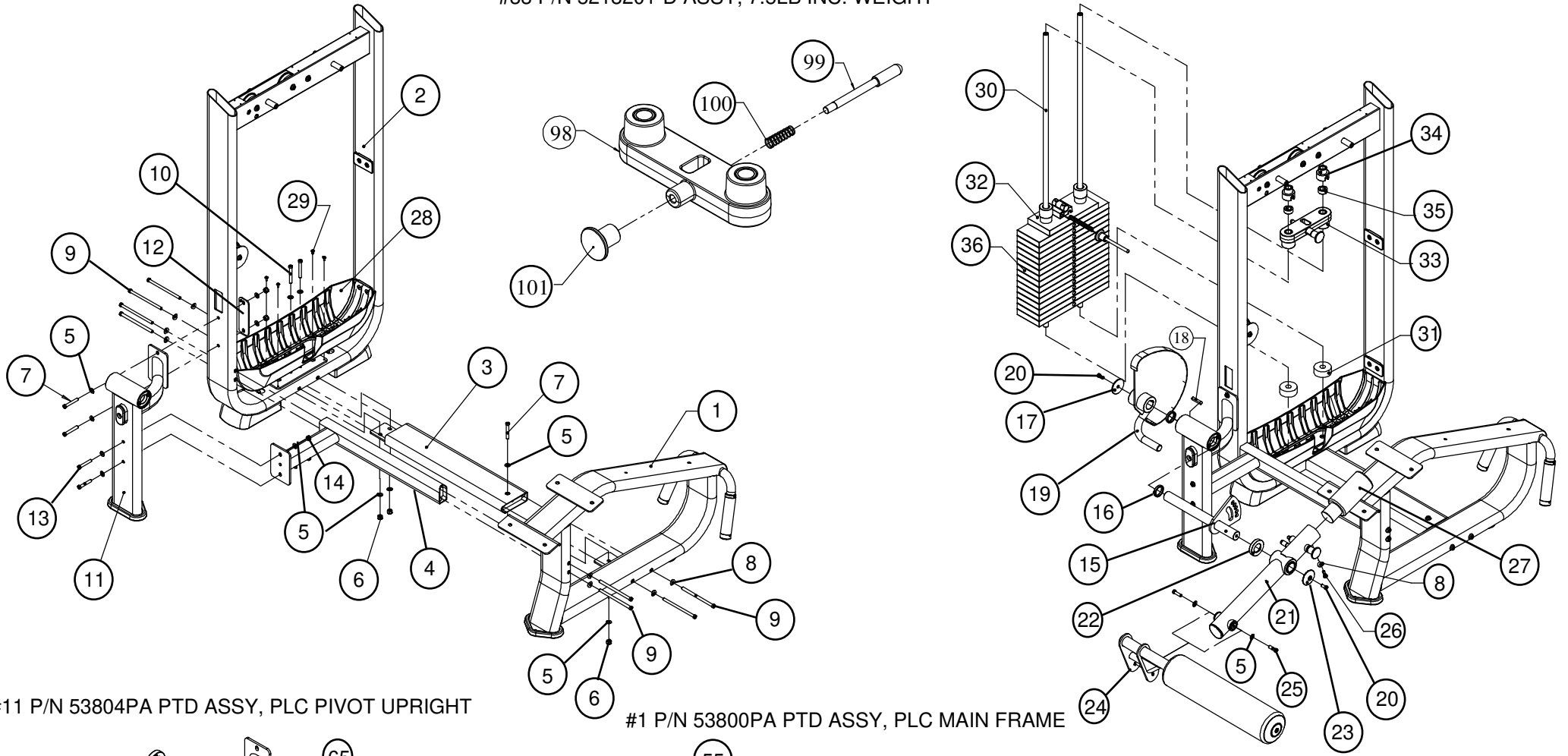
ITEM	QTY	PART NO	Paraong P/N	DESCRIPTION	Chinese Description
1	1	53800PA	P20-3979	PTD ASSY, PLC MAIN FRAME	固定管組
2	1	53809PA	P20-3976	PTD ASSY, PLC TOWER	主架固定管組
3	1	52520PA-A	P04-2886	PTD ASSY, BASE CONNECTOR	連接管組
4	1	5265801-A	P04-2897	WLDMT, FRONT CONNECTOR	連接管組
5	30	2001101		WASHER, FLAT 3/8 SAE ST ZN	平面華司20X10.5X1.0T
6	5	2001201		NUT, 3/8-16 LK ST ZN	尼龍螺帽3/8"-16x11T
7	3	2005409		BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD	六角承窩螺絲 3/8"x 2-1/2"L
8	9	2003001		WASHER, 3/8" SAE CURVED	弧形華司
9	8	2006424		BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 6-1/4"L 點耐落
10	2	2005410		BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD	六角承窩螺絲 3/8"x 2-3/4"L
11	1	53804PA	P20-3977	PTD ASSY, PLC PIVOT UPRIGHT	支撐管組
12	1	5221401-A	P02-4251	PLATE, 50 X 155 X 4MM	固定片
13	2	2005408		BOLT, 3/8-16 X 2-1/4" (57mm) SOCKET HEAD	六角承窩螺絲 3/8"x 2-1/4"L
14	4	2004301		NUT, 3/8-16 LH LK ST ZN	尼龍螺帽3/8"-16x7.2T
15	1	5356501	P04-2838	WLDMT, ADJUSTABLE START	調整片組
16	2	5349201	P03-2181	SPACER, 35 ID X 45 OD X 8	套管
17	1	5215901-B	P05-0979	CAP, AL END 6205Z BEARING HOUSING	鋁蓋
18	1	5349101	P05-1008	KEY, 35mm CAM SHAFT	固定塊
19	1	5381201	P04-3597	WLDMT, PLC CAM	固定片組
20	2	2006402		BOLT, 3/8-16 X 3/4" (19mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 3/4"L 點耐落
21	1	53819PA	P20-3978	PTD ASSY, PLC PIVOT ARM	固定管組
22	1	5357501	P03-2004	SPACER, PIVOT ARM	阻擋片
23	1	5356301	P05-1208	CAP, LARGE AL END PIVOT POINT	鋁蓋
24	1	52557PA-B	P20-3037	PTD ASSY, LEG PIVOT	泡棉管組
25	6	2006404		BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 1-1/4"L 點耐落
26	2	2006403		BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 1"L 點耐落
27	1	5381701	P03-2567	COUNTER WEIGHT, 75 DIA DIPPED	配重塊
28	1	5212601-C	P06-2151	COVER, TOWER BASE	塑膠底座
29	12	2004802		SCREW, 10-32 X 1/2" (12MM) PAN HEAD W/NP	大扁頭十字螺絲#10-32x1/2"L 點耐落
30	2	5209701-A	P01-3735	GUIDE ROD, 19 DIA X 1315	升降桿
31	2	5098201	P06-0034	CUSHION, WEIGHT STACK	橡膠墊
32	1	5250201-C	P20-2989	ASSY, 15 PLATE HEAD PLATE	上片組
33	1	5218201-D	P20-2988	ASSY, 7.5LB INC. WEIGHT	配重塊組
34	2	5209801	P06-2144	BUSHING, GUIDE ROD RETAINER	升降桿護套
35	2	5095301	A05-0212	SHAFT COLLAR, GUIDE ROD	固定軸套
36	15	52101PA-B	P10-0778	PTD ASSY, 15 LB WEIGHT PLATE	選擇片
37	1	5381301	P17-0020	BELT, PLC TOWER	皮帶
38	1	5209501-A	P02-4387	PLATE, BELT WRAP	固定片

39	6	2005405		BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD	六角承窩螺絲 3/8"x 1-1/2"L
40	1	5208201-A	P02-4266	PLATE, BELT CLAMP	固定片
41	1	5297701-A		LABEL, WEIGHT STACK 15LBS	磅數表
42	1	5248901-A	P10-0807	SHROUD, TOWER FRONT N/O	前護網右
43	1	5212901-B	P10-0785	SHROUD, TOWER FRONT - LH	前護網左
44	4	5213201-B	P06-2146	MOUNT, 19MM ID STANDOFF	橡膠套
45	1	5297001-A	P10-0783	ASSY, REAR SHROUD	后護蓋
46	1	5294601-A	P20-2990	ASSY, TOWER CAP	塑膠蓋組
47	1	5381501		ASSY, PLC PLACARD	塑膠蓋含運動看板
48	2	5244001-A	P06-2155	TRAY, TOWER CAP - LARGE	橡膠墊
49	1	5244101-A	P06-2156	TRAY, TOWER CAP - SMALL	橡膠墊
50	1	5308501-A	P07-0449	PAD, MEDIUM BACK	背墊
51	2	2006410		BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 2 3/4"L 點耐落
52	1	5248101-A	P07-0436	PAD, LARGE SEAT	膝墊
53	1	5246801-D	P06-2172	PAD, LONG ROLLER	泡棉管組
54	1	5222201-A	P05-0978	CAP, AL ROLLER PAD	鋁華司
55	1	5380001-2	P04-3596	PLC MAIN FRAME WELDMENT	固定管焊接件
56	2	5096601-B	P05-0996	ALUMINUM CAP	鋁蓋
57	2	5096301-B	P05-0997	COLLAR	鋁環
58	1	5205401-A	P06-2129	END CAP, FLATOVAL	橢圓管塞
59	1	5257201-A	P06-2203	FOOT PAD	橡膠墊
60	2	5217801-A	P06-2215	HAND GRIP	把手套
61	1	5294101-A	P06-2256	Main Frame Leveler	腳墊
62	8			Set Screw M4 x 3mmL W/NP	止付螺絲 點耐落
63	1	5380401-1	P04-3598	PLC PIVOT UPRIGHT WELDMENT	連接管焊接件
64	1	5205201-A	P06-2188	BUMPER	緩衝墊
65	2			6007ZZ BEARING	培林
66	1			BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 1 3/4"L 點耐落
67	1			WASHER, FLAT 16mm X 6.5mm SAE ST ZN	平面華司 16x6.5
68	1	5381901-1	P04-3599	PLC PIVOT ARM WELDMENT	固定管焊接件
69	1	5226801-A	P06-2130	ROUND END CAP	圓管內塞
70	2		P08-0037	BUSHING	含油軸承
71	2		P08-0175	BUSHING	含油軸承
72	1	5263601-A	P11-0187	ADJUSTMENT PIN	調整彈簧插鞘組
73	1	5263501-B	P03-2022	SPACER	套管
74	1	5263401-A	P03-1988	SHAFT	鐵心
75	1	52102PA-B	P10-0777	15LB HEAD PLATE	上片
76	1	5210901-A	P10-0781	SELECTOR STEM	選擇桿
77	1	5303701-A	P02-4395	LANYARD CLIP	卡片
78	1	5211301-A	P03-1946	BELT CLAMP	鐵心

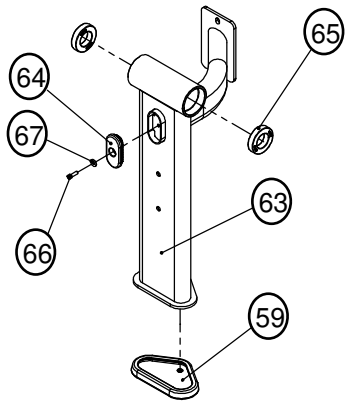
79	1		P05-0187	CLEVIS PIN	彈簧鞘
80	1	5211201-B	P06-2134	BELT CLAMP HOUSING	塑膠塊
81	2	5218401-B	P06-2145	BUMPER	橡膠墊
82	1	5245301	P11-0183	WEIGHT STACK SELECTOR PIN	選擇桿插鞘組
83	1		P10-0098	BADGE	銘牌
84	4			AVK INSERT	拉帽
85	8	2006503		BOLT, 1/4-20 X 3/4" (19mm) SOCKET HEAD W/NP	六角承窩螺絲 1/4" x 3/4"L 點耐落
86	8			WASHER, FLAT 12mm X 5.2mm SAE ST ZN	平面華司 12x5.2
87	2			BOLT, 3/8-16 X 3-1/2" (76mm) SOCKET HEAD	六角承窩螺絲 3/8" x 3 1/2"L
88	2	5203801-A	A06-0231	BELT, PULLEY	平皮帶滑輪
89	1	5223801-B	P04-2813	PLATE, LIMIT	限位片組
90	1	5380901-1	P04-3595	PLC Tower Weldment	主架固定管焊接件
91	4	5213001-A	P06-2143	CUSHION, SHROUD HOLDER	緩衝墊
92	2	5293901-B	P06-2254	FOOT, TOWER	腳墊
93	6	5248501-A	P08-0121	SPACER, FLNG 16.2 X 10.1 X 6	T 帽套管
94	1	5255701-A	P04-2892	LEG PIVOT WELDMENT	泡棉管焊接件
95	1	5257401-A	P06-2220	RUBBER SLEEVE	橡膠套管
96	1		P06-0279	ROUND END CAP	圓管內塞
97	1			BOLT, 3/8-16 X 4-1/4" (108mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8" x 4 1/4"L 點耐落
98	1	52180PA-C	P10-0780	7.5LB INC. WEIGHT	配重塊
99	1	5218101-A	P05-0991	PIN, 7.5LB INC. WEIGHT	插鞘桿
100	1	P46609-101	A05-1079	SPRING	壓縮彈簧
101	1	5244901-C	P06-2132	KNOB, 7.5LB INC. WEIGHT	插鞘頭



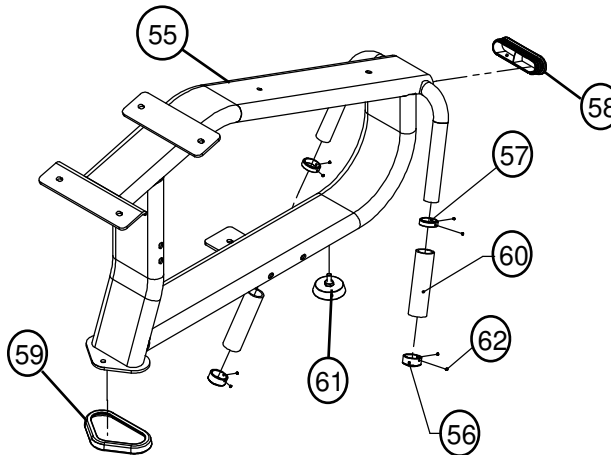
#33 P/N 5218201-D ASSY, 7.5LB INC. WEIGHT



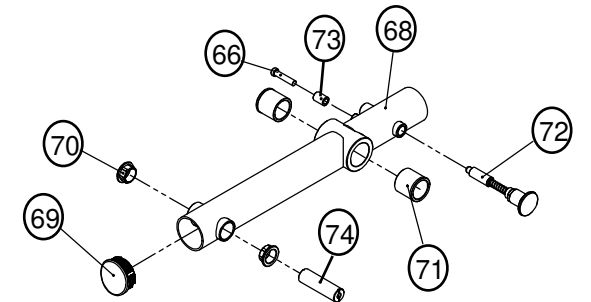
#11 P/N 53804PA PTD ASSY, PLC PIVOT UPRIGHT



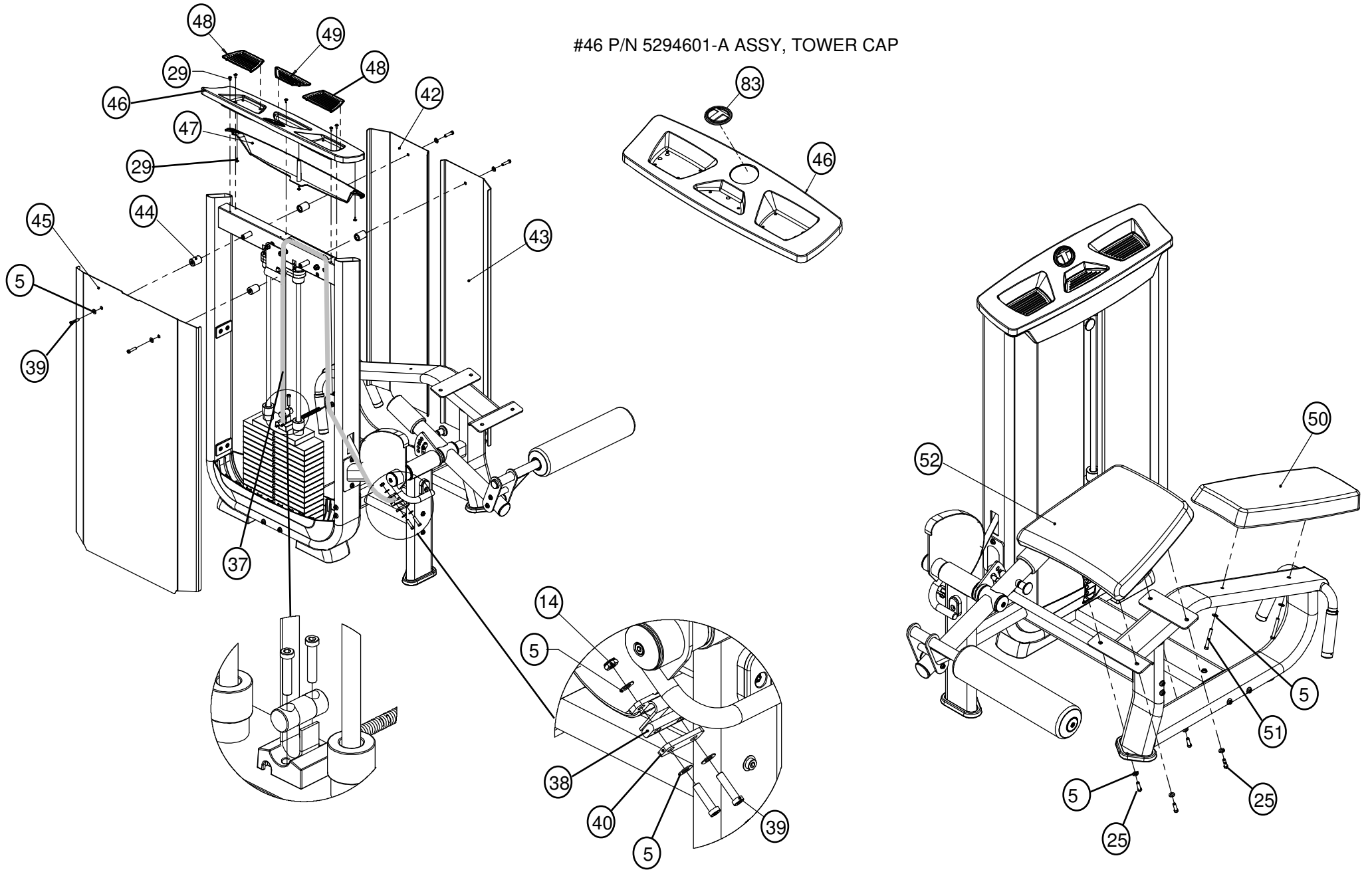
#1 P/N 53800PA PTD ASSY, PLC MAIN FRAME



#21 P/N 53819PA PTD ASSY, PLC PIVOT ARM

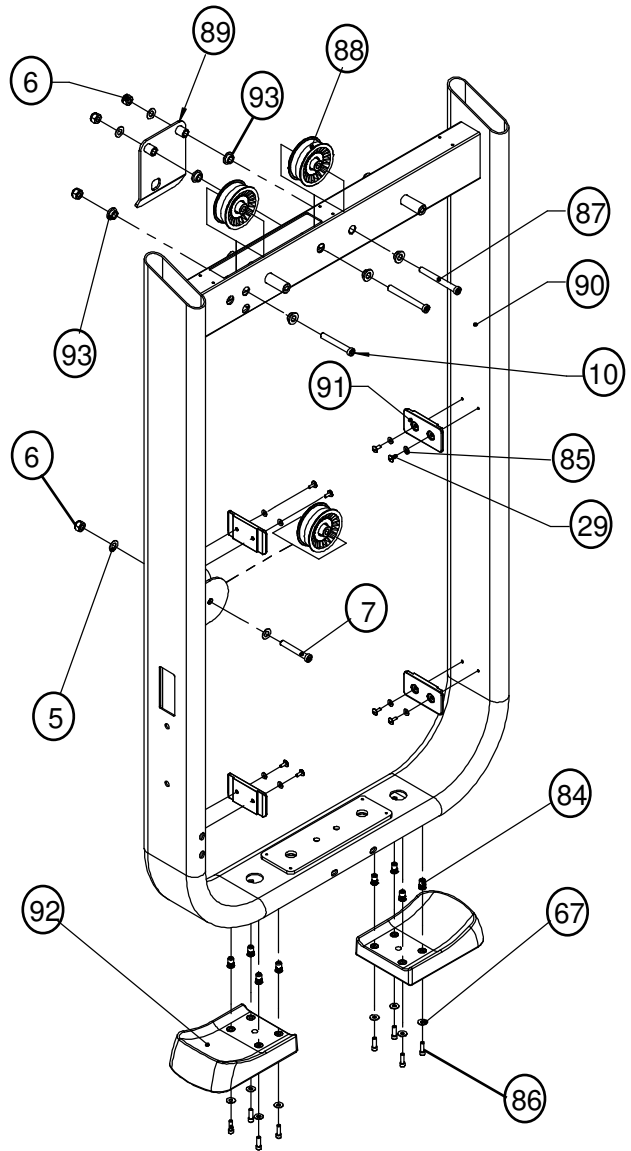


#46 P/N 5294601-A ASSY, TOWER CAP

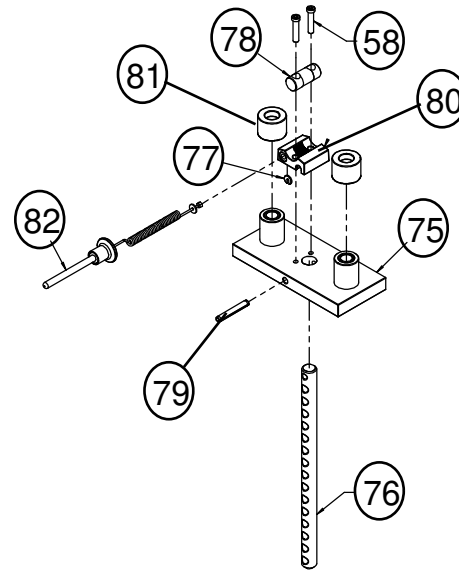




#2 P/N 53809PA PTD ASSY, PLC TOWER



#32 P/N 5250201-C ASSY, 15LB HEAD PLATE



#24 P/N 52557PA-B PTD ASSY, LEG PIVOT

