

Инструкция

Сведение/разведение ног Protrain V8-516-242.5

Полезные ссылки:

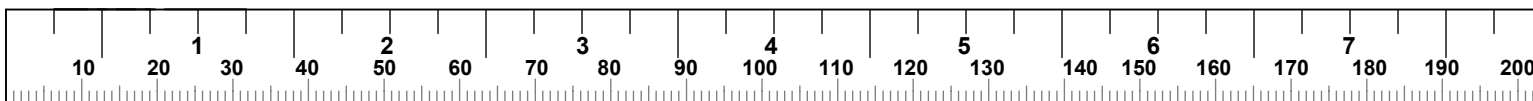
[Сведение/разведение ног Protrain V8-516-242.5 - смотреть на сайте](#)

[Сведение/разведение ног Protrain V8-516-242.5 - читать отзывы](#)

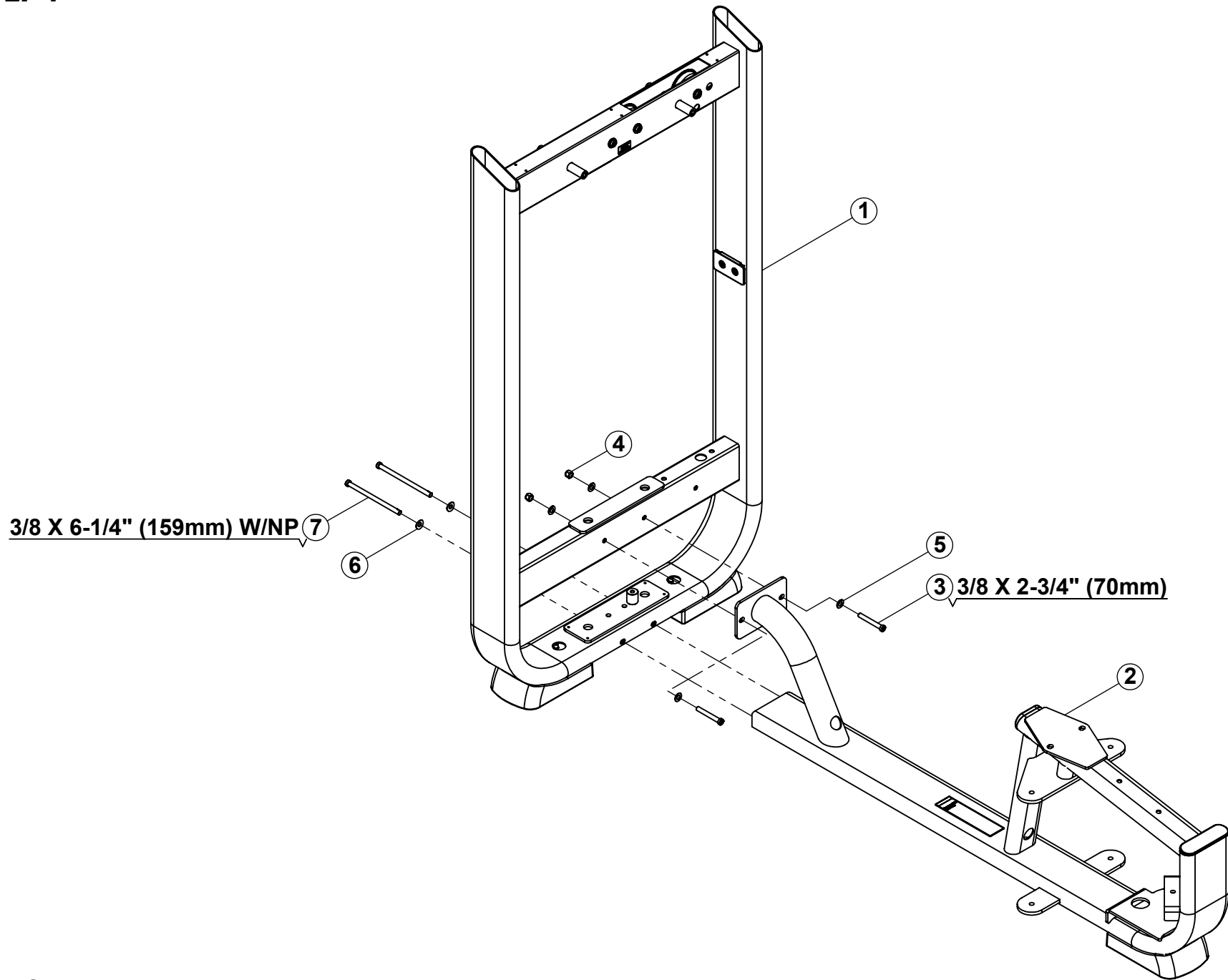


Сведение / разведение ног
Руководство по сборке

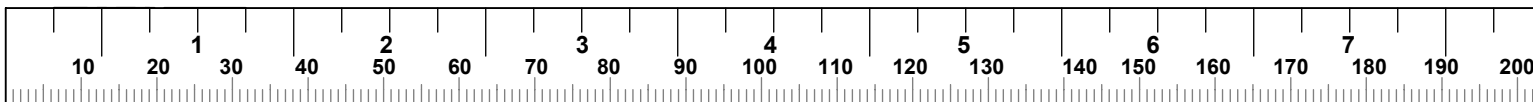
ITEM	QTY	PART NO	DESCRIPTION	ITEM	QTY	PART NO	DESCRIPTION
1	1	53610PA	PTD ASSY, HAA TOWER	32	1	5297601-A	BEARING, CYLINDRICAL ROLLER 20 ID X 35 OD X 10
2	1	53615PA	PTD ASSY, HAA MAIN FRAME	33	2	2005407	BOLT, 3/8-16 X 2" (51mm) SOCKET HEAD
3	3	2005410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD	34	1	2004301	NUT, 3/8-16 LH LK ST ZN
4	14	2001201	NUT, 3/8-16 LK ST ZN	35	3	5094501-B	PULLEY, 4-1/2 OD X 25
5	41	2001101	WASHER, FLAT 3/8 SAE ST ZN	36	1	5078001-A	BRKT, CBL RET 4-1/2 PULLEY
6	2	2003001	WASHER, 3/8" SAE CURVED	37	1	2006407	BOLT, 3/8-16 X 2" (51mm) SOCKET HEAD W/NP
7	2	2006424	BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	38	2	5214601-C	COVER, PULLEY 152MM DIA
8	1	53624PA	PTD ASSY, HAA PIVOT ARM LEFT	39	2	5217601-A	WASHER, RUBBER 19 ID X 25 OD X 3
9	10	2006404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD W/NP	40	2	5216301-A	SPACER, FLNG 16.2 X 10.2 X 7.5
10	1	5363401	ASSY, HAA PIVOT ARM RIGHT	41	3	2005409	BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD
11	2	5365101	WLDMT, HAA KNEE PAD SUPPORT	42	1	5094401	PULLEY, 3-1/2 OD X 25
12	2	5215901-B	CAP, AL END 6205Z BEARING HOUSING	43	2	5157201-A	SPACER, 16 OD X 10.1 ID X 20
13	2	2006403	BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD W/NP	44	1	2005416	BOLT, 3/8-16 X 4-1/4" (108mm) SOCKET HEAD
14	1	5212601-C	COVER, TOWER BASE	45	2	2002601	NUT, 1/2 JAM ST ZN
15	12	2004802	SCREW, 10-32 X 1/2" (12MM) PAN HEAD W/NP	46	1	5366401	ASSY, HAA PIVOT LINK
16	1	5365901	WLDMT, HAA TOWER PULLEY	47	2	2007001	BOLT, 11.9 DIA X 16.5MM SHOULDER W/NP
17	2	2005418	BOLT, 3/8-16 X 4-3/4" (121mm) SOCKET HEAD	48	1	5212901-B	SHROUD, TOWER FRONT - LH
18	2	5365601	GUIDE ROD, 19 DIA X 1085	49	1	5248901-A	SHROUD, TOWER FRONT N/O
19	12	52101PA-B	PTD ASSY, 15 LB WEIGHT PLATE	50	1	5297701-A	LABEL, WEIGHT STACK 15LBS
20	1	5250201-C	ASSY, 15 PLATE HEAD PLATE	51	4	2005405	BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD
21	1	5218201-D	ASSY, 7.5LB INC. WEIGHT	52	4	5213201-B	MOUNT, 19MM ID STANDOFF
22	2	5209801	BUSHING, GUIDE ROD RETAINER	53	1	5297001-A	ASSY, REAR SHROUD
23	2	5095301	SHAFT COLLAR, GUIDE ROD	54	1	5294601-A	ASSY, TOWER CAP
24	2	5098201	CUSHION, WEIGHT STACK	55	1	5366601	ASSY, HAA PLACARD
25	1	5365701	BELT, HAA TOWER	56	2	5244001-A	TRAY, TOWER CAP - LARGE
26	1	5347301	SPACER, 16 OD X 10.1 ID X 30	57	1	5244101-A	TRAY, TOWER CAP - SMALL
27	2	5208201-A	PLATE, BELT CLAMP	58	1	53654PA	PTD ASSY, HAA BACK PAD SUPPORT
28	2	2005404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD	59	1	5223001-B	ASSY, BACK PAD W/VINLY & COVER
29	1	5365801	CABLE ASSY, HAA	60	2	2006410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD W/NP
30	1	5347101	HOUSING, CABLE SWIVEL END	61	1	5246201	PAD, SMALL SEAT
31	1	5394901	END, 3/16 CABLE SWIVEL	62	2	5276801-A	PAD, HEAD



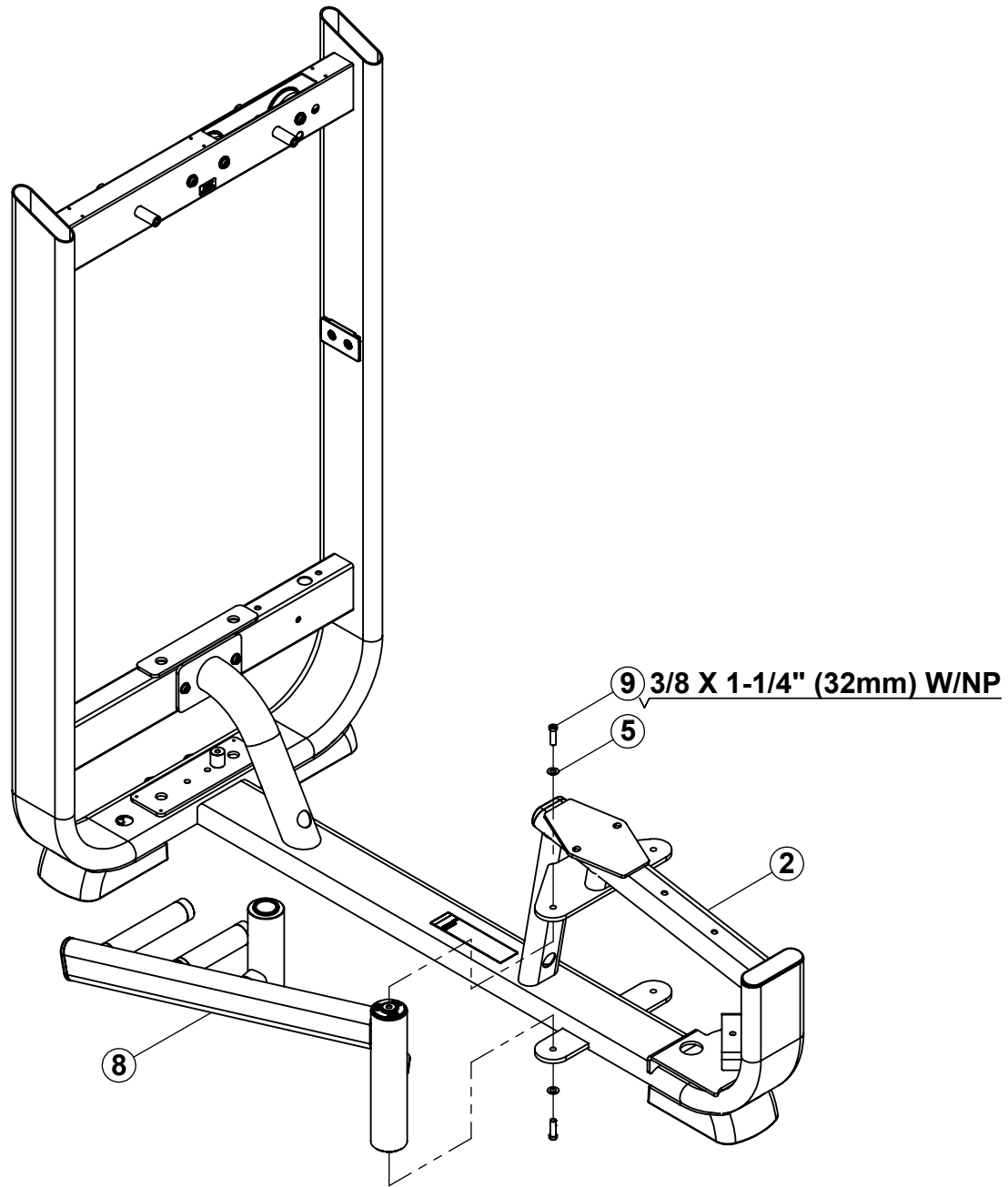
STEP 1



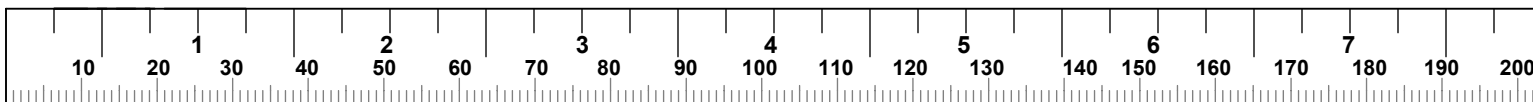
- **Securely tighten all bolt connections.**



STEP 2

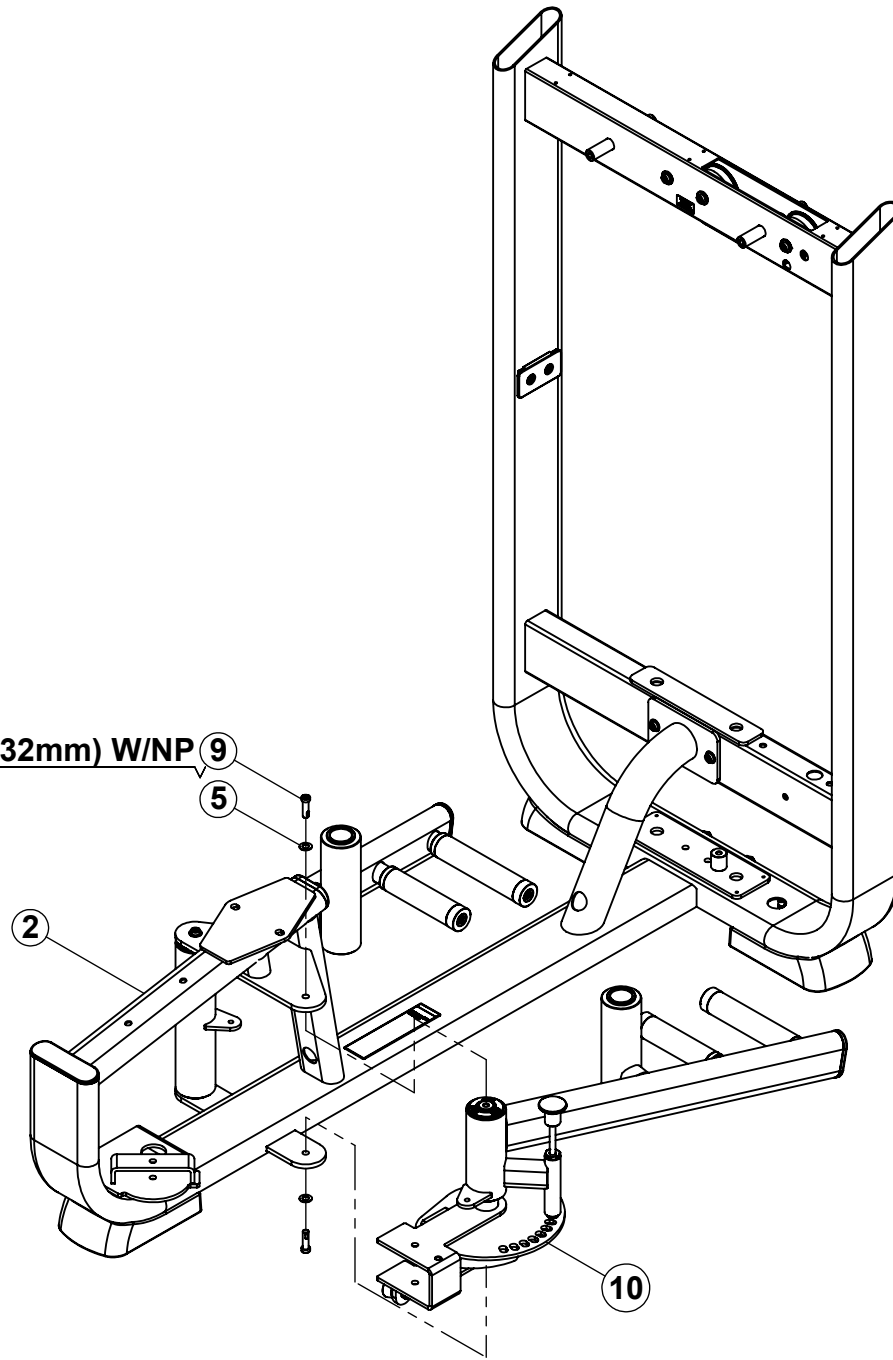


- **Securely tighten all bolt connections.**

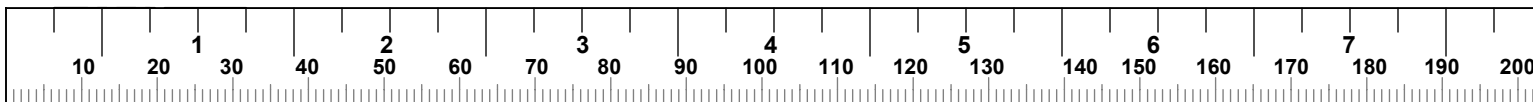


STEP 3

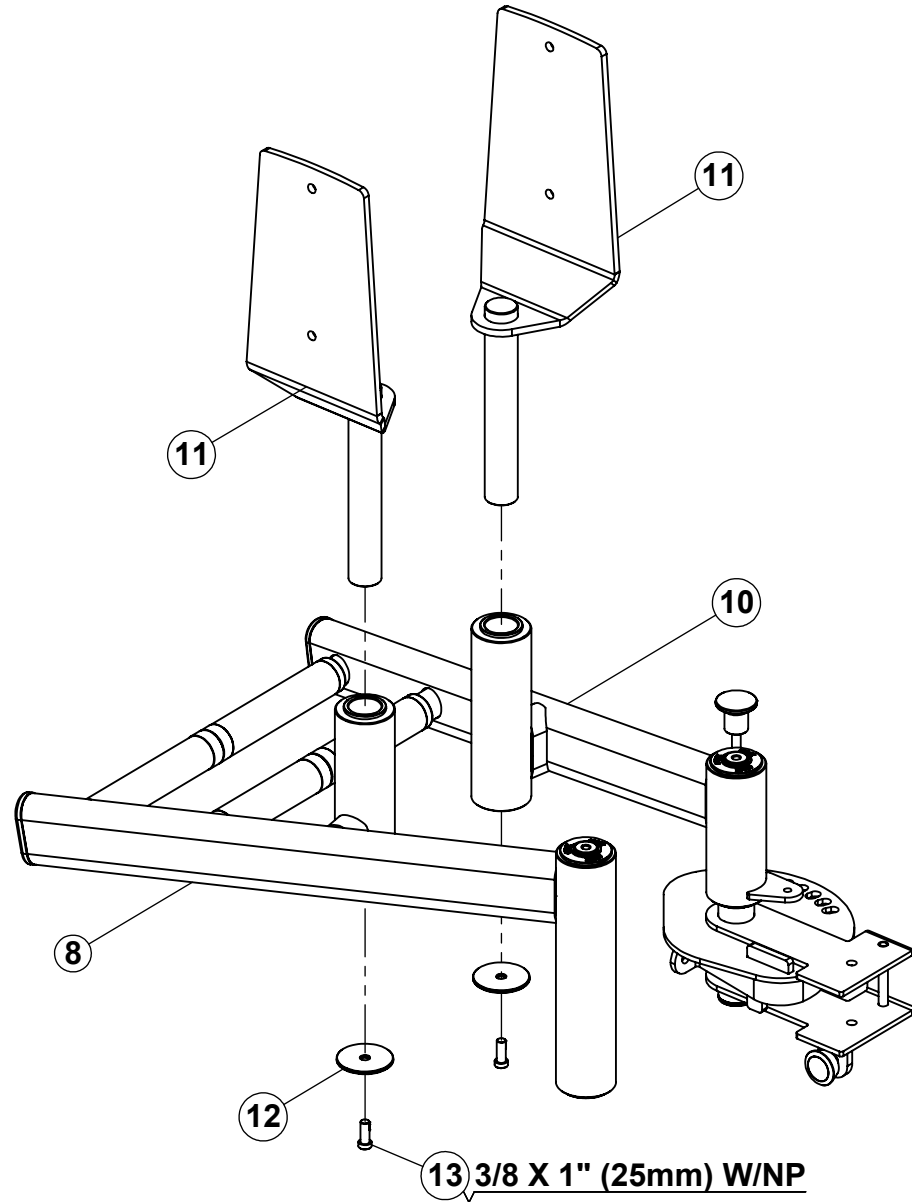
3/8 X 1-1/4" (32mm) W/NP 9



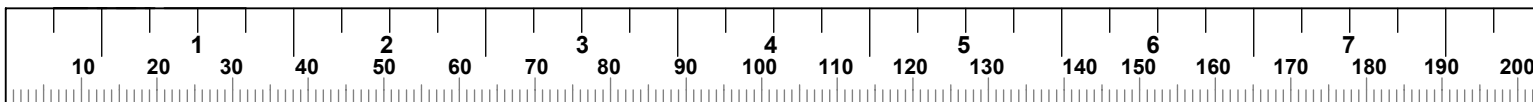
- **Securely tighten all bolt connections**



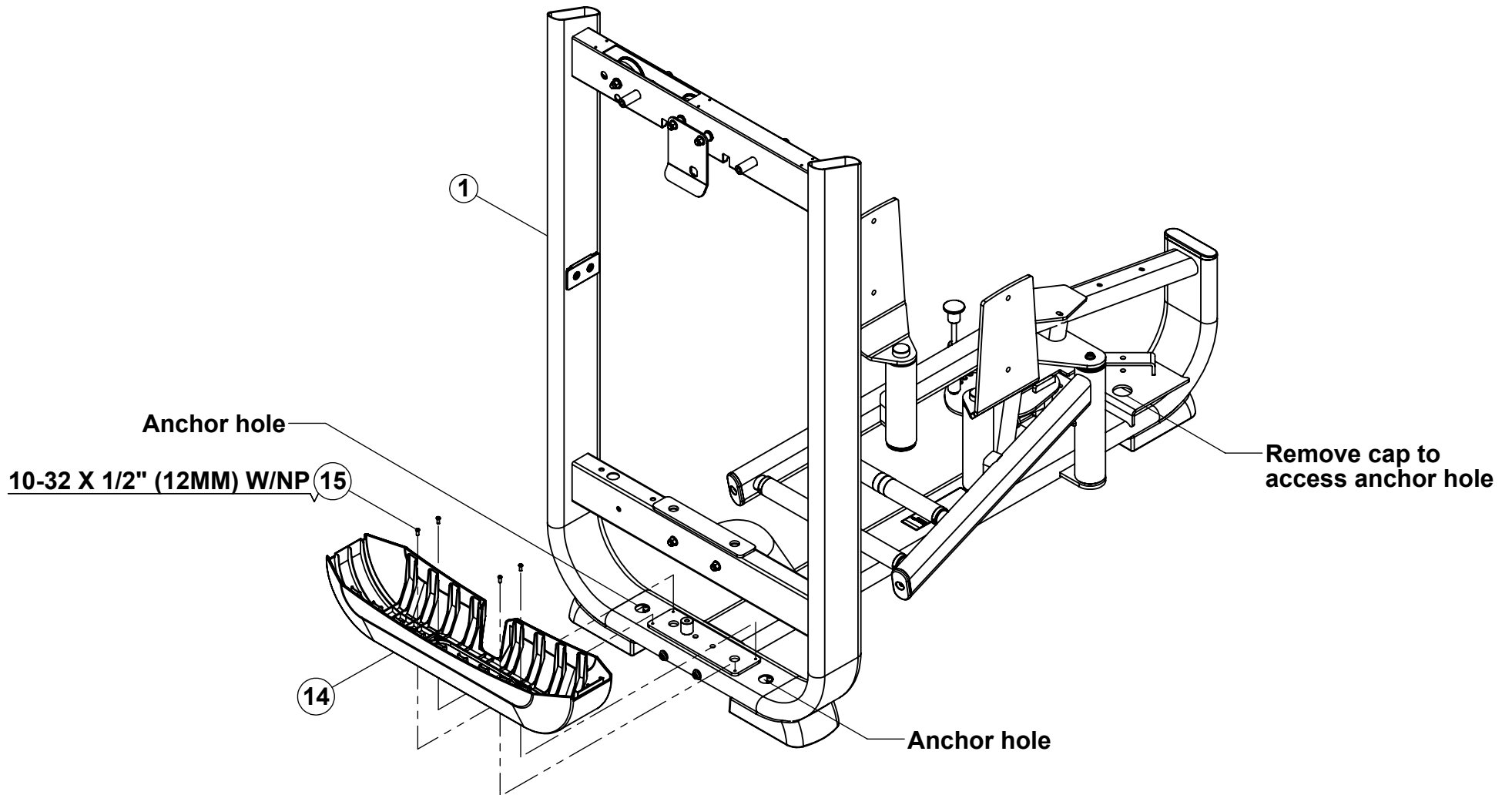
STEP 4



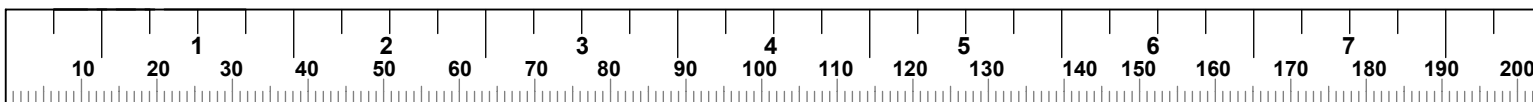
- **Securely tighten all bolt connections.**
- **NOTE: Some items have been hidden for assembly clarity**



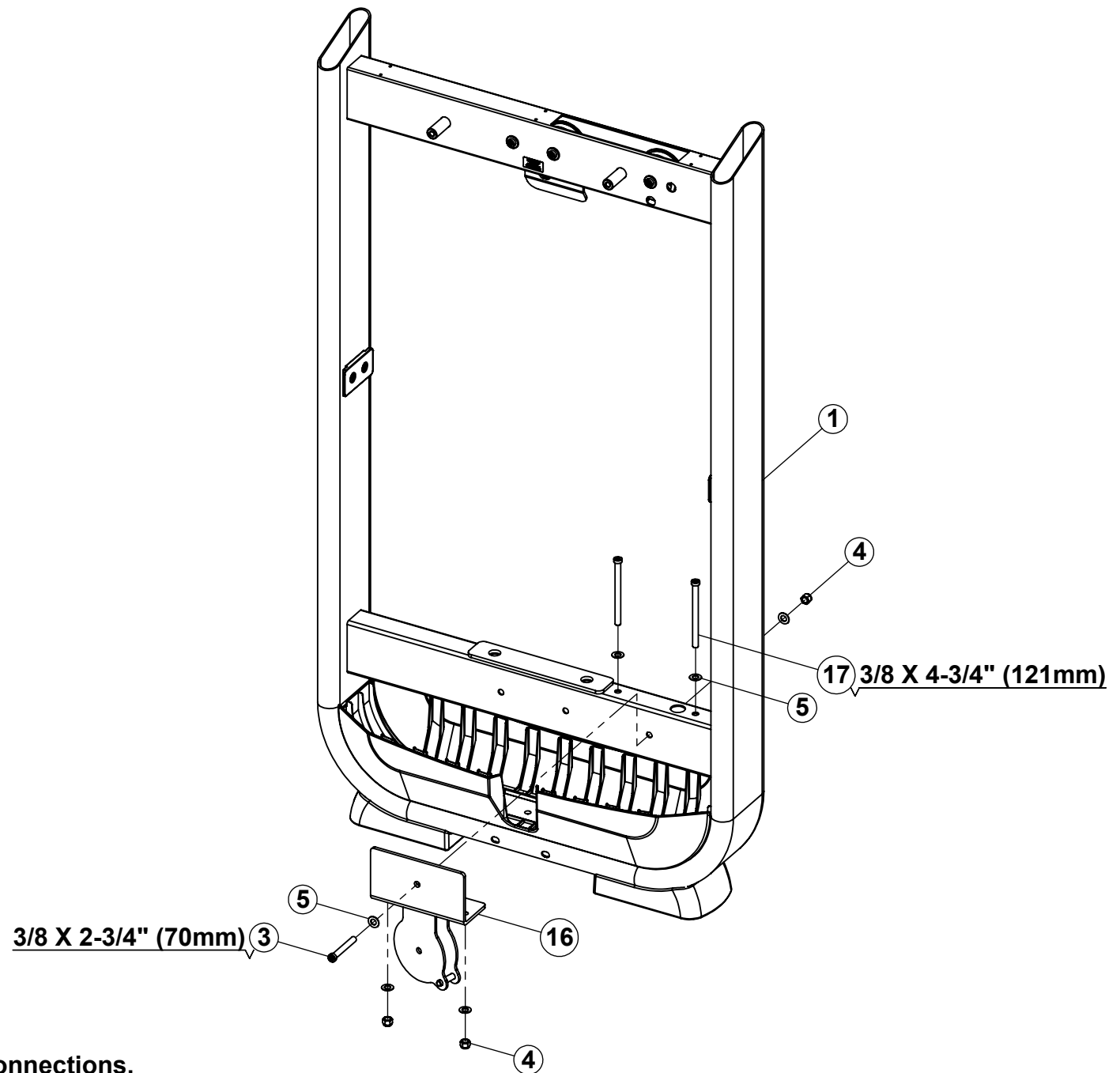
STEP 5



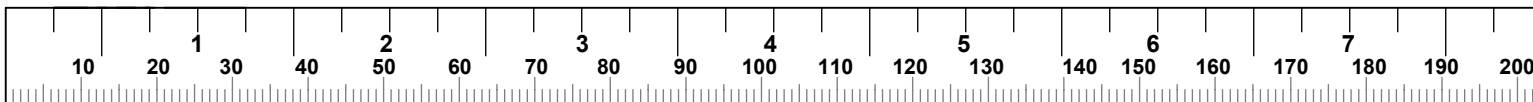
- **Securely tighten all bolt connections.**
- **If machine will be anchored to the floor, this must be done before the weight stack is assembled.**
- **Securely anchor the machine to the floor using the anchor holes provided.**
NOTE: Consult a professional contractor for the actual anchoring of the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



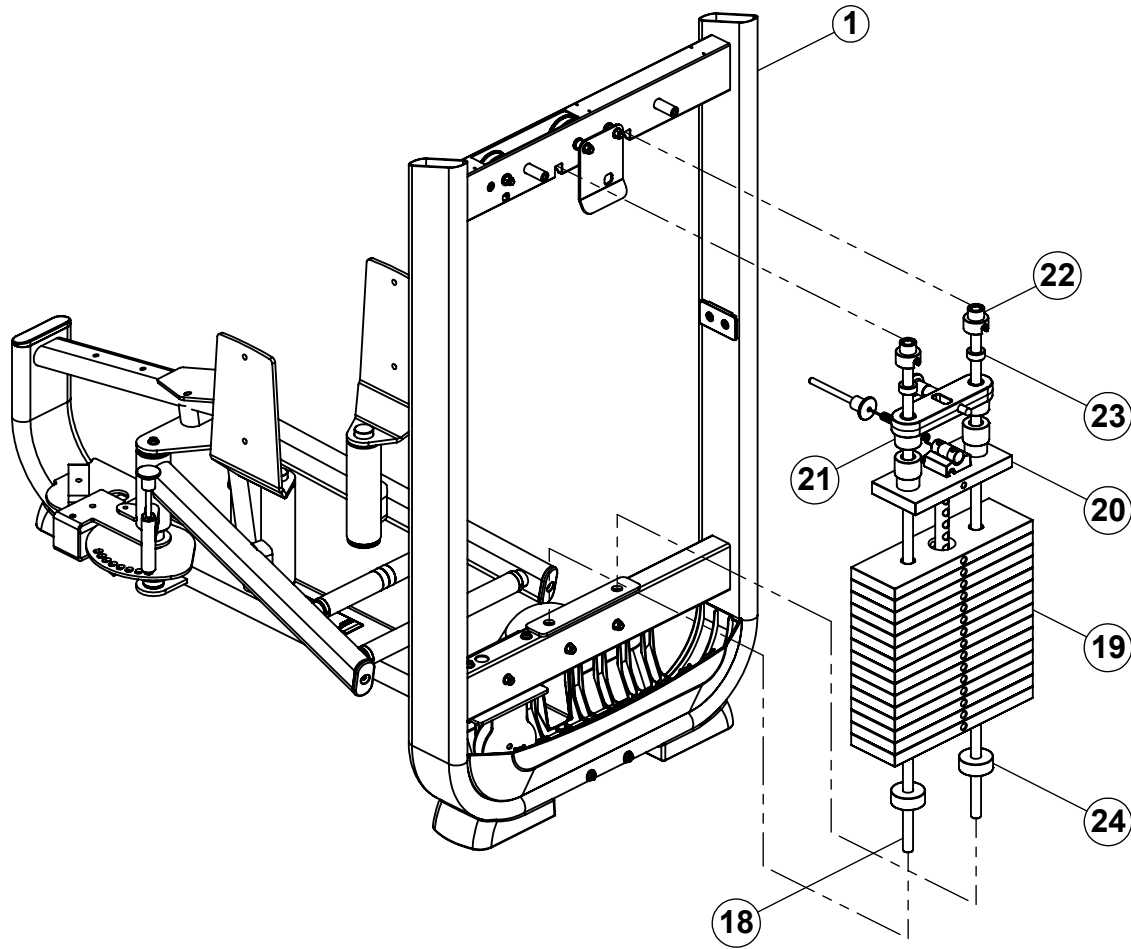
STEP 6



- Securely tighten all bolt connections.
- **NOTE:** Some items have been hidden for assembly clarity



STEP 7



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

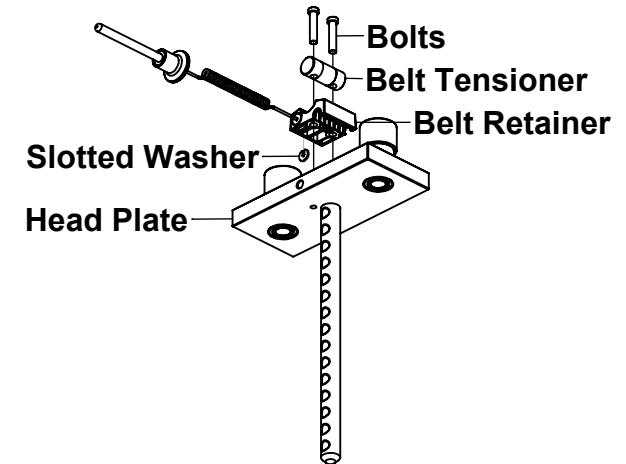
A) Loosen and remove the two Bolts and the Belt Tensioner from the Belt Retainer

B) Remove the Belt Retainer from the Head Plate and allow the slotted washer to fall out

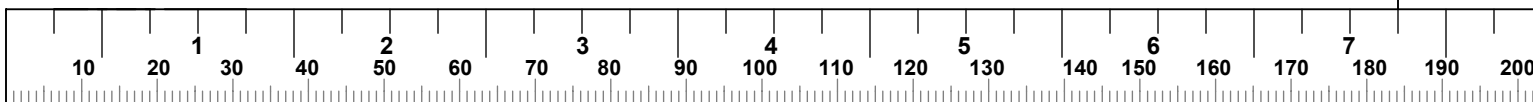
C) Push in on Lanyard until it stops

D) Insert the slotted washer (slot up) into the slotted opening of the Belt Retainer to secure the Lanyard

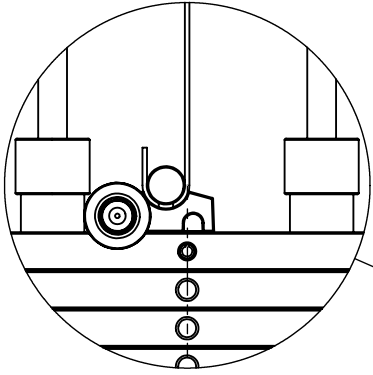
E) Loosely assemble Belt Retainer, Belt Tensioner and two Bolts to the Head Plate



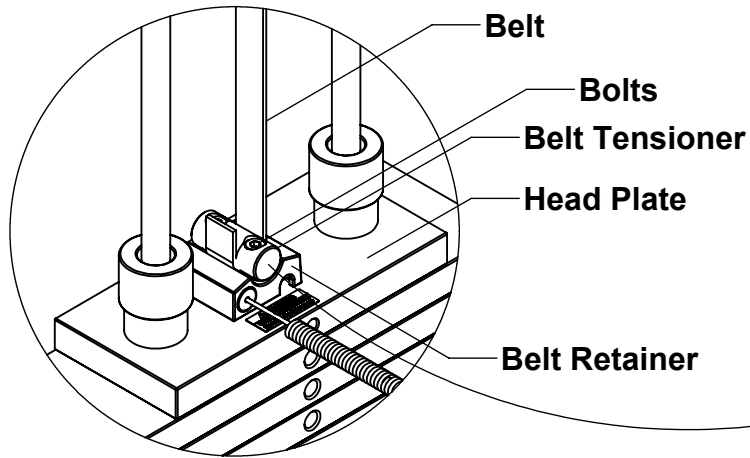
- **Securely tighten all bolt connections.**



BELT ROUTING DIAGRAM



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

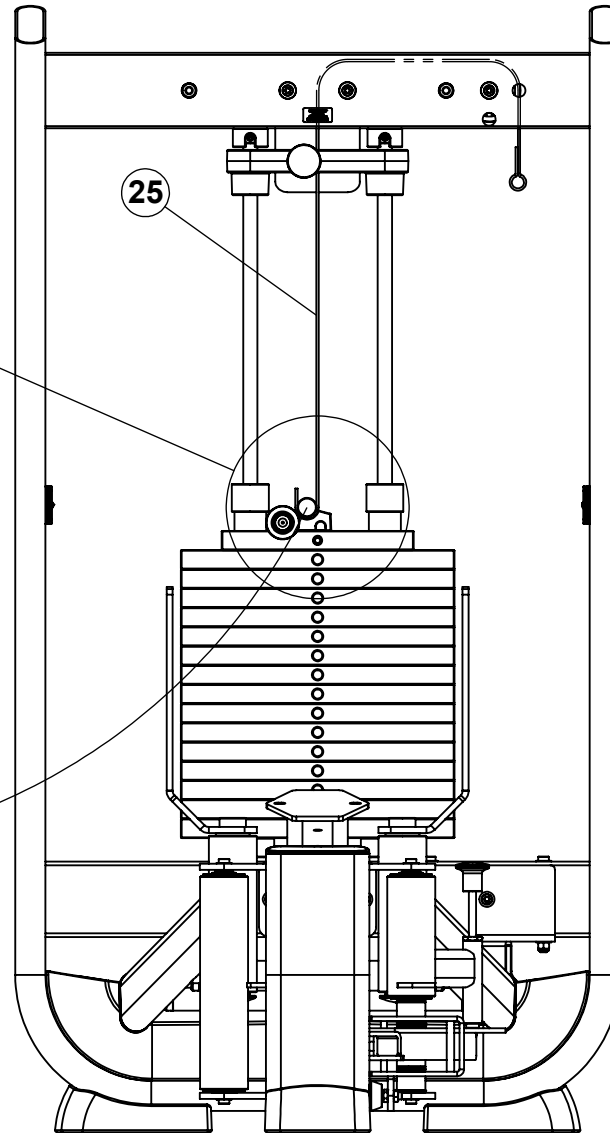


Follow these steps to assemble the Belt to the Head Plate:

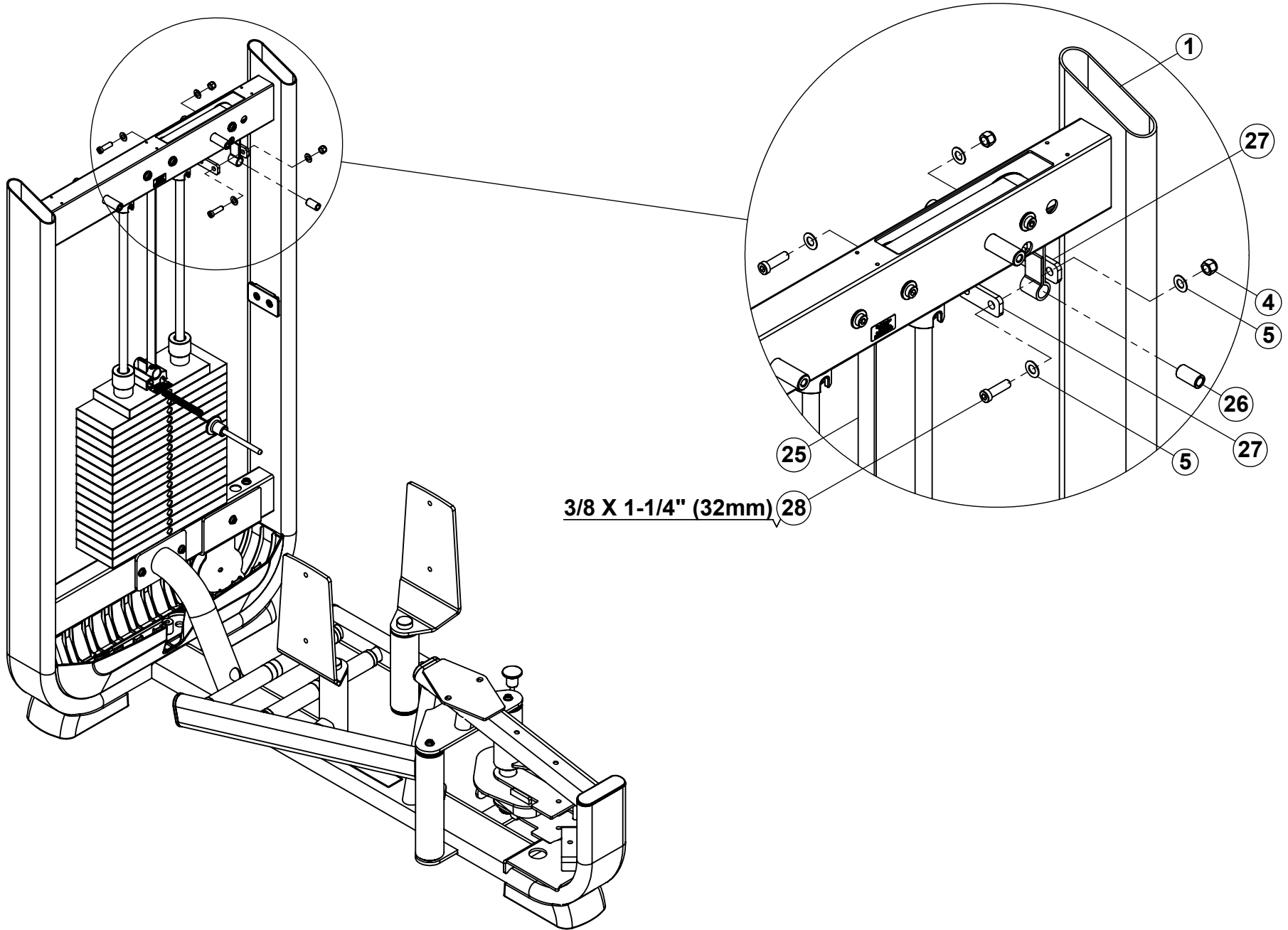
A) Loosen the Bolts that hold the Belt Tensioner to the Belt Retainer

B) Slide the Belt underneath the Belt Tensioner between the Bolts leaving approximately 1" of Belt exposed on the other side

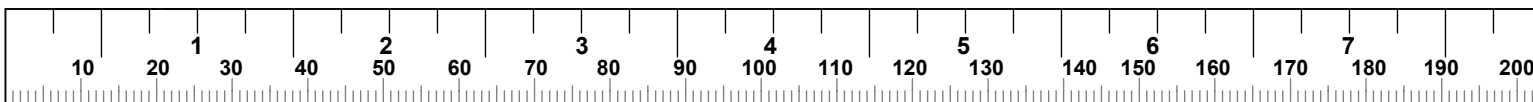
C) Securely tighten the Bolts and Belt Tensioner to the Belt Retainer



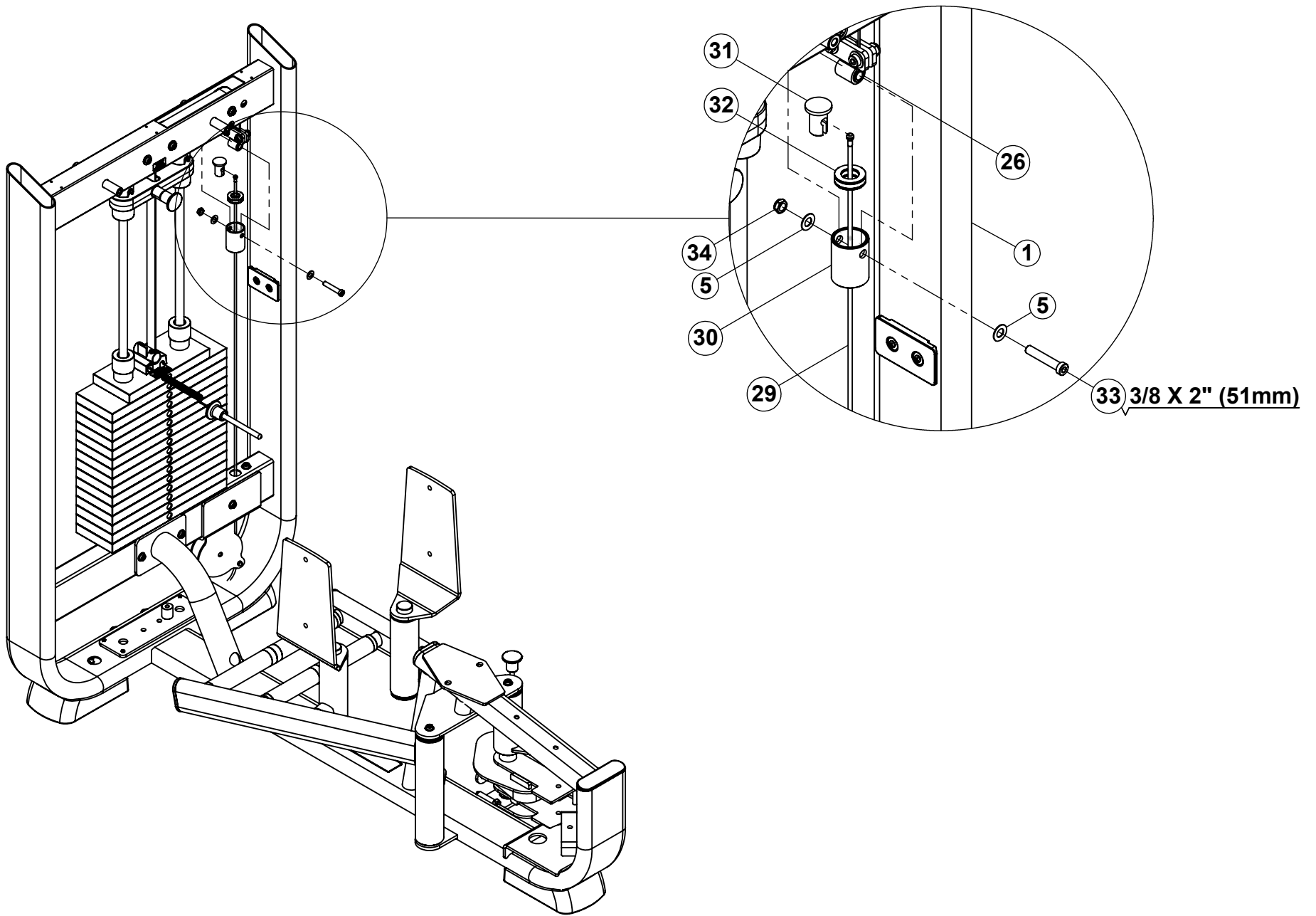
STEP 8



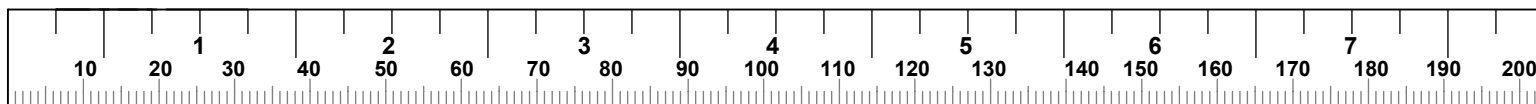
- **Securely tighten all bolt connections**



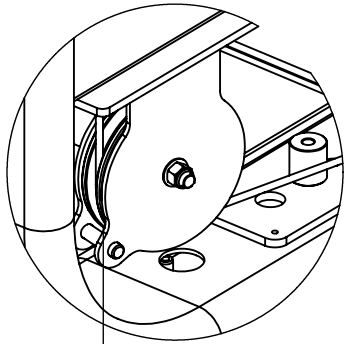
STEP 9



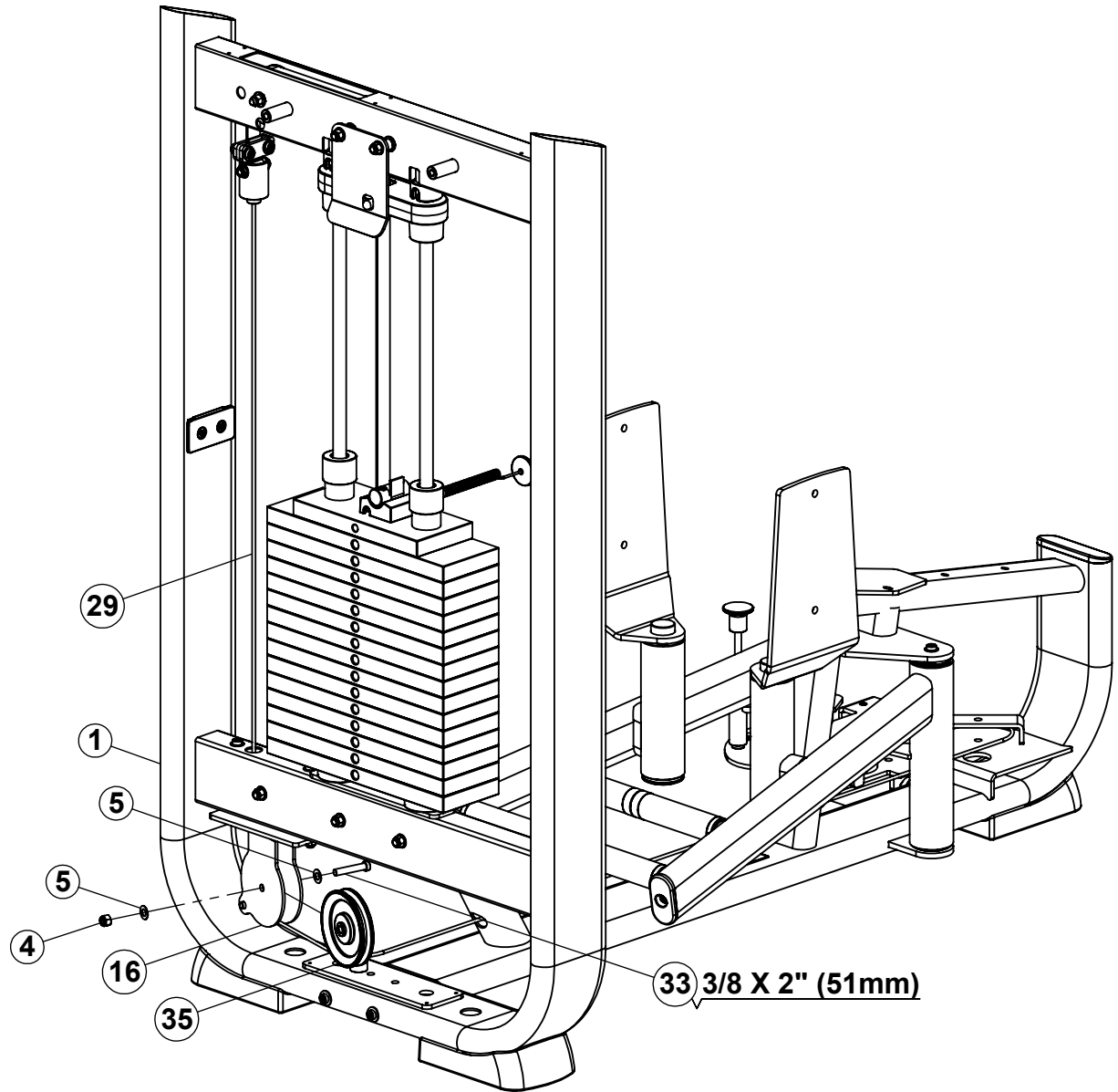
- **Securely tighten all bolt connections.**



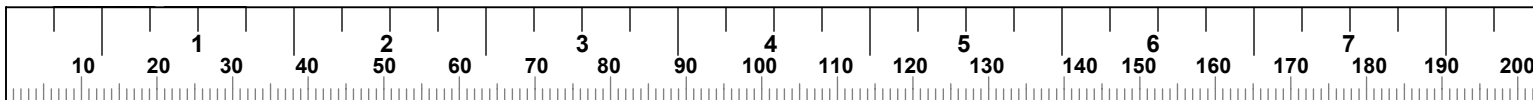
STEP 10



NOTE: Make sure Cable is seated in groove of Pulley before tightening bolt.

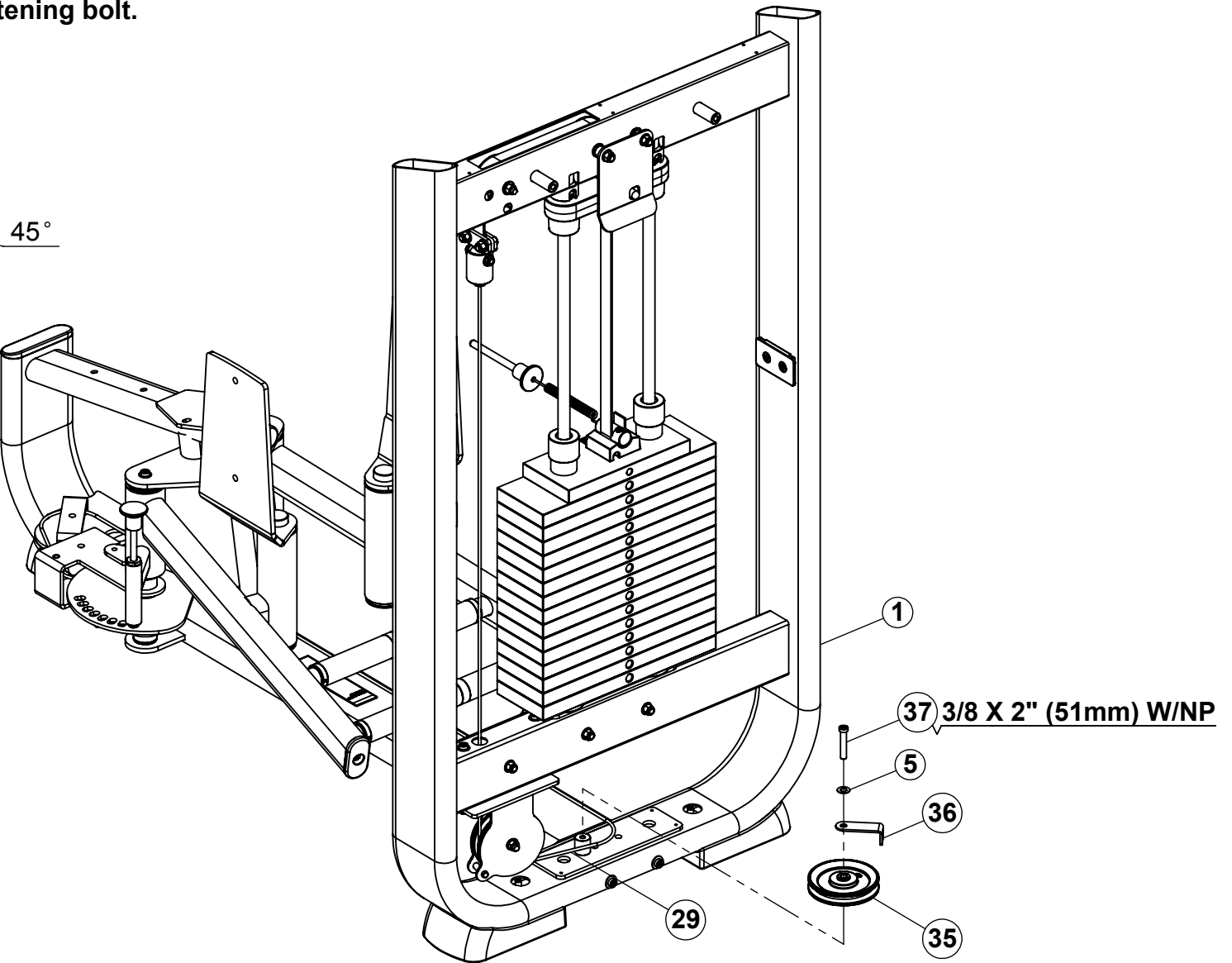
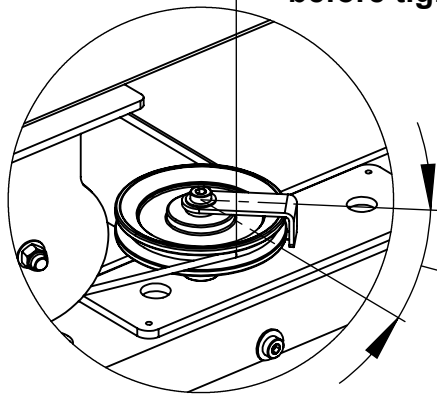


- Securely tighten all bolt connections.
- **NOTE:** The Tower Base Cover is not shown for assembly clarity.

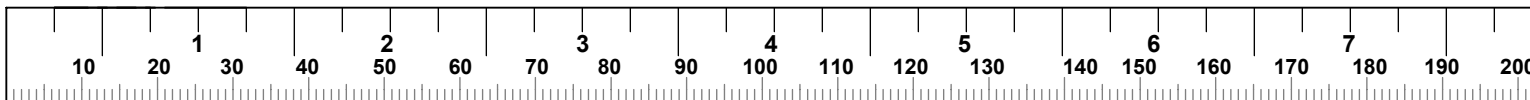


STEP 11

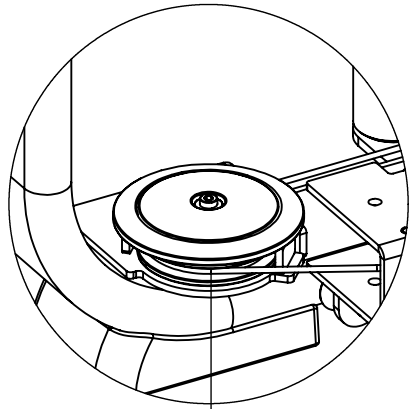
NOTE: Make sure Cable is seated in groove of Pulley before tightening bolt.



- Securely tighten all bolt connections.
- **NOTE: The Tower Base Cover is not shown for assembly clarity.**

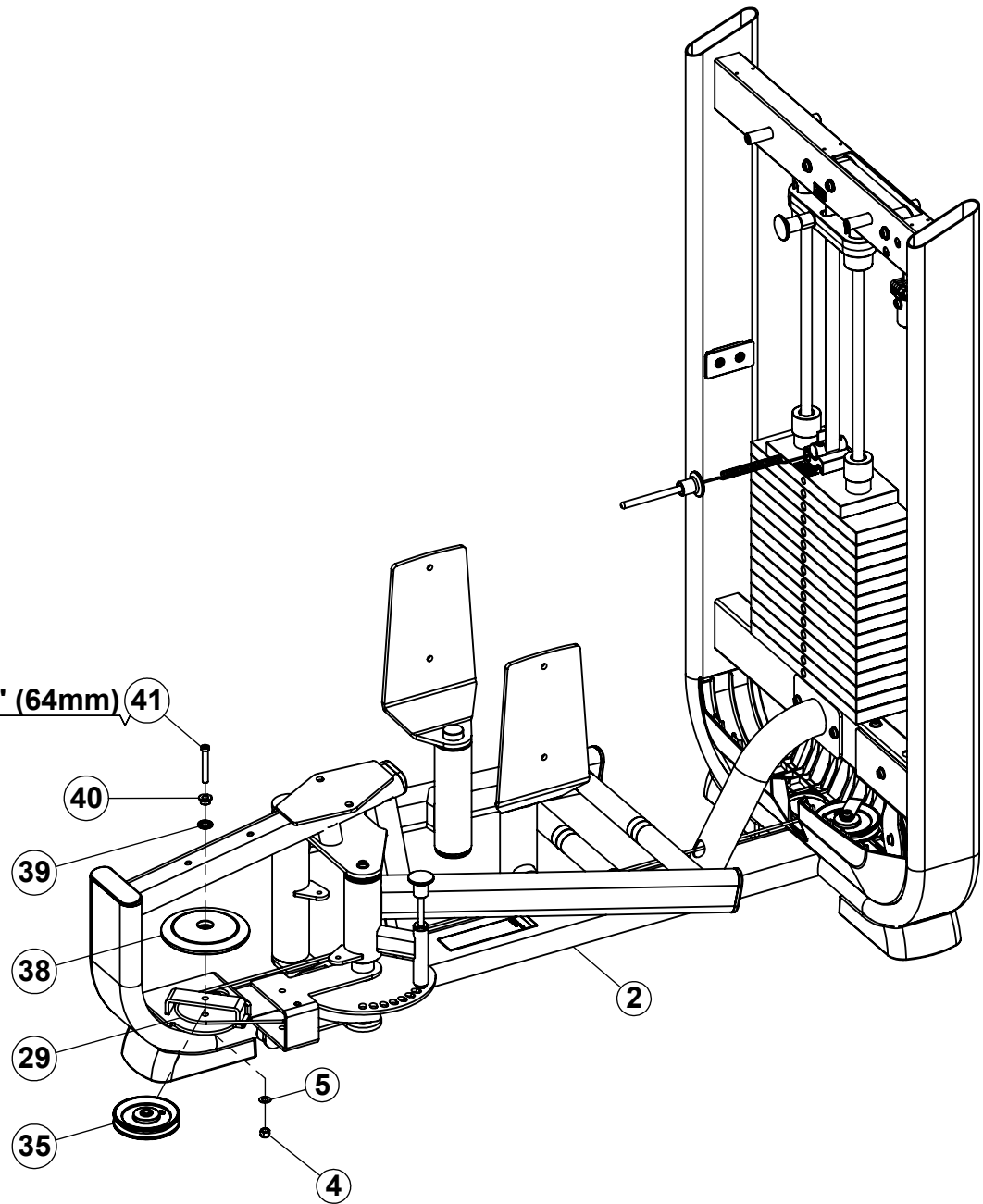


STEP 12

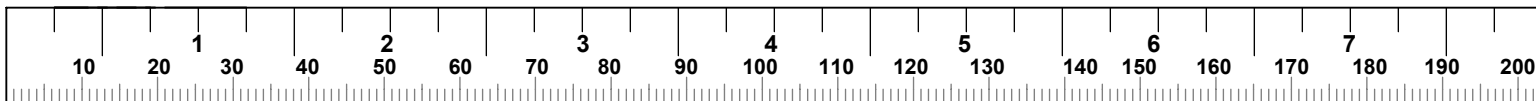


NOTE: Make sure Cable is seated in groove of Pulley before tightening bolt.

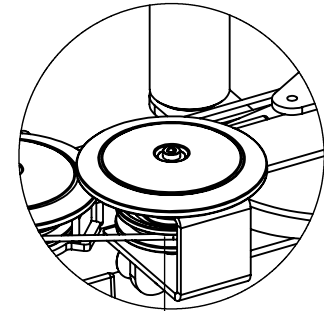
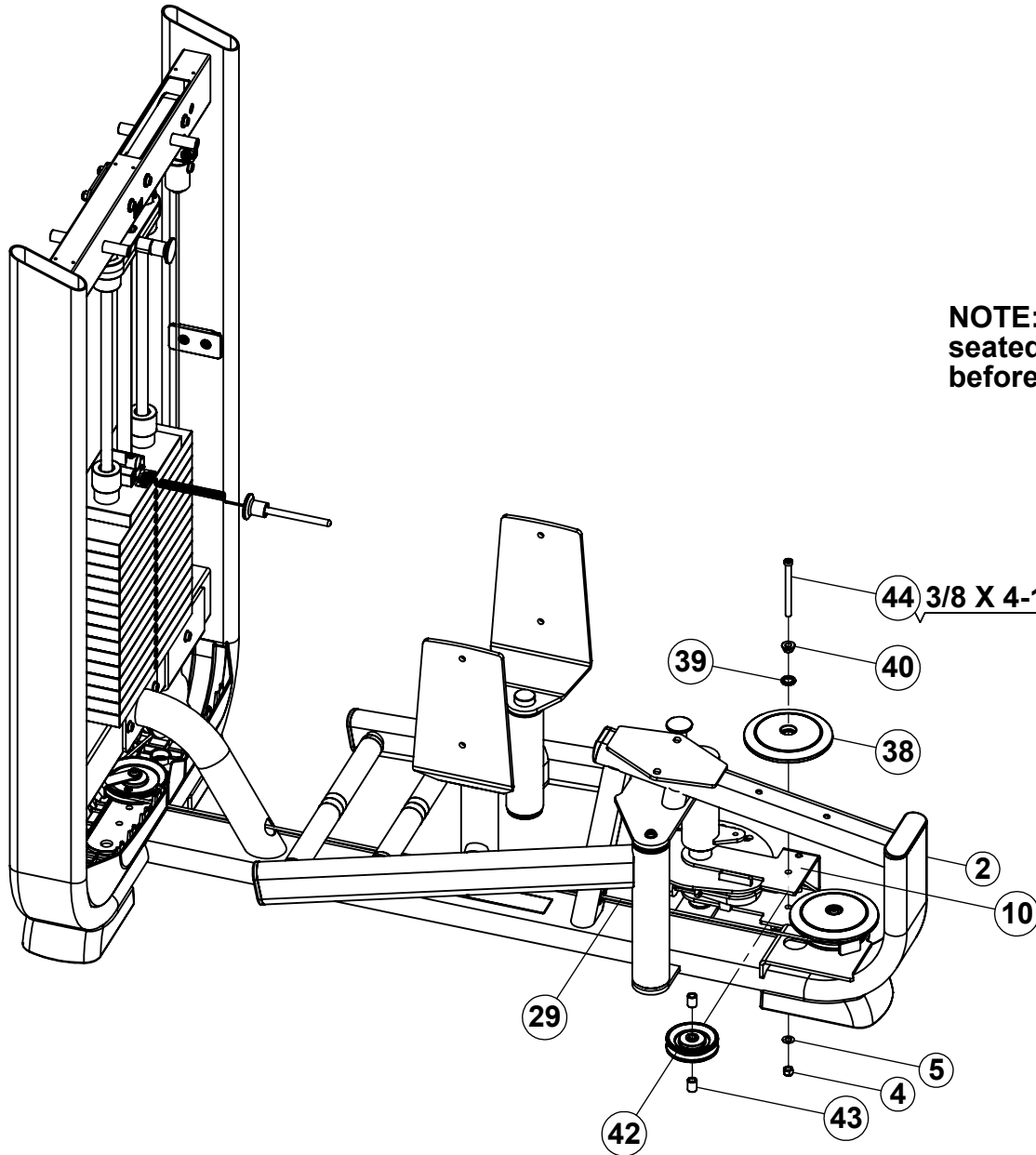
3/8 X 2-1/2" (64mm) (41)



- **Securely tighten all bolt connections.**

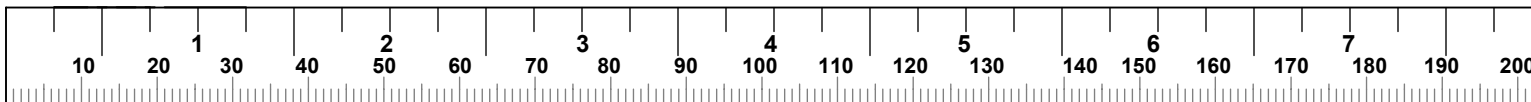


STEP 13

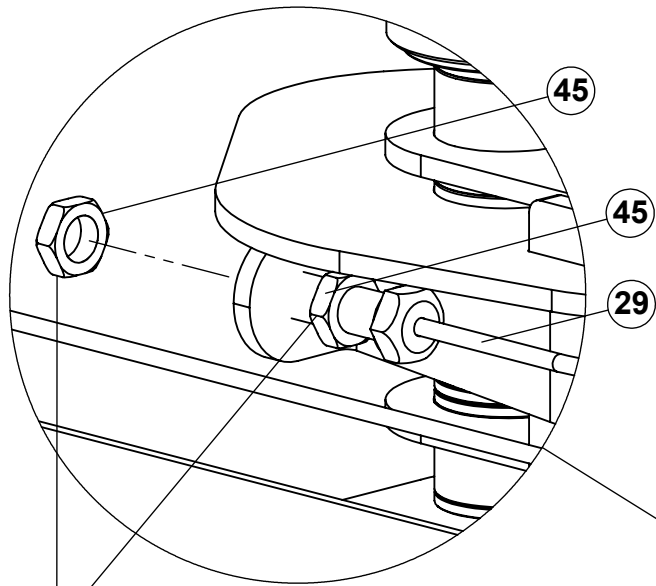


NOTE: Make sure Cable is seated in groove of Pulley before tightening bolt.

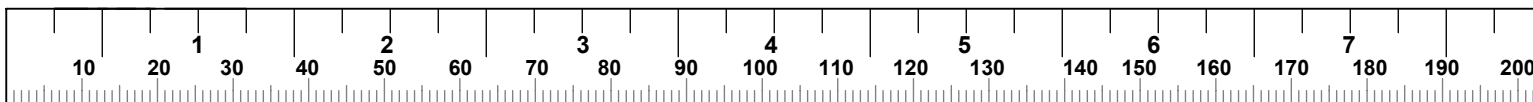
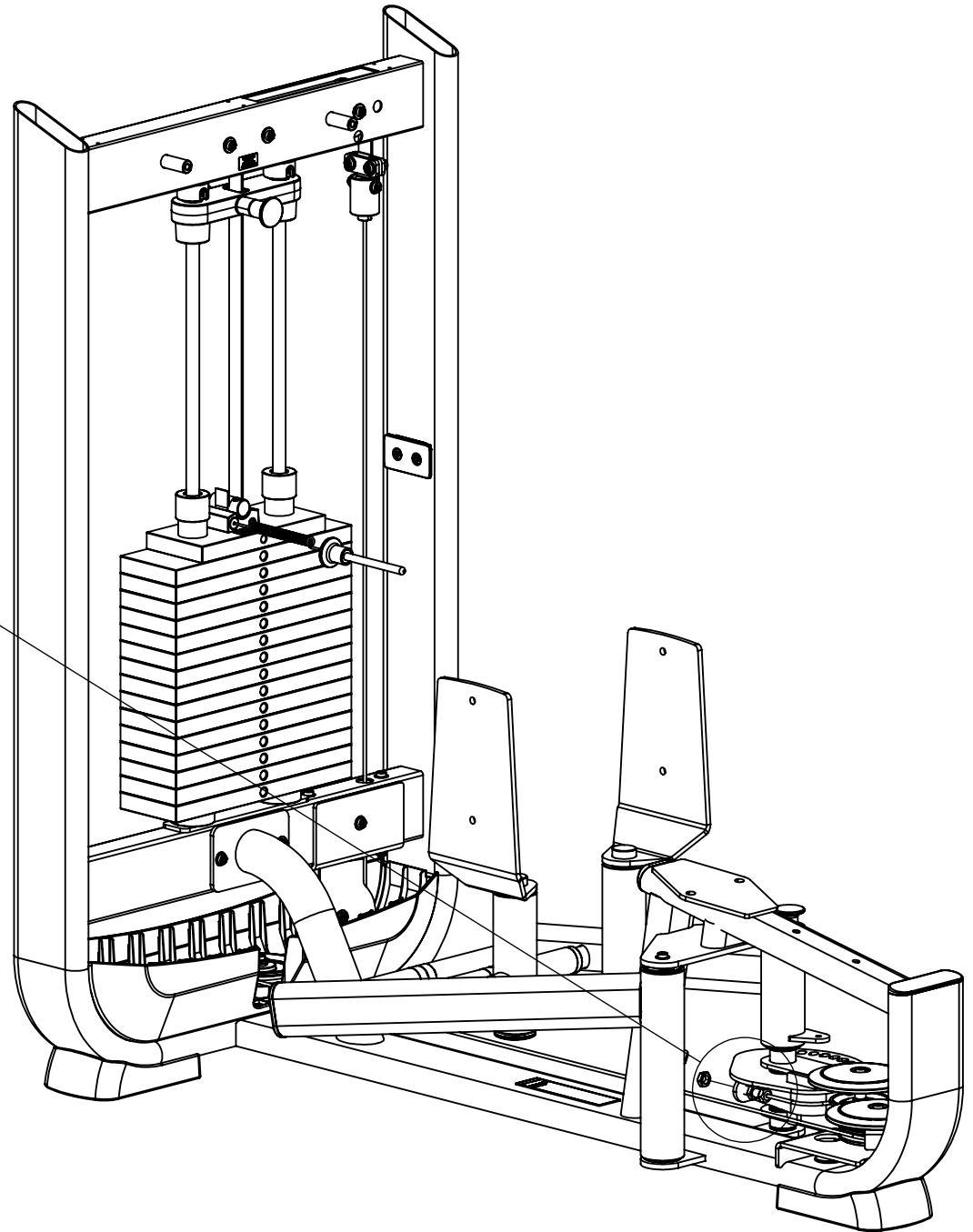
- **Securely tighten all bolt connections.**



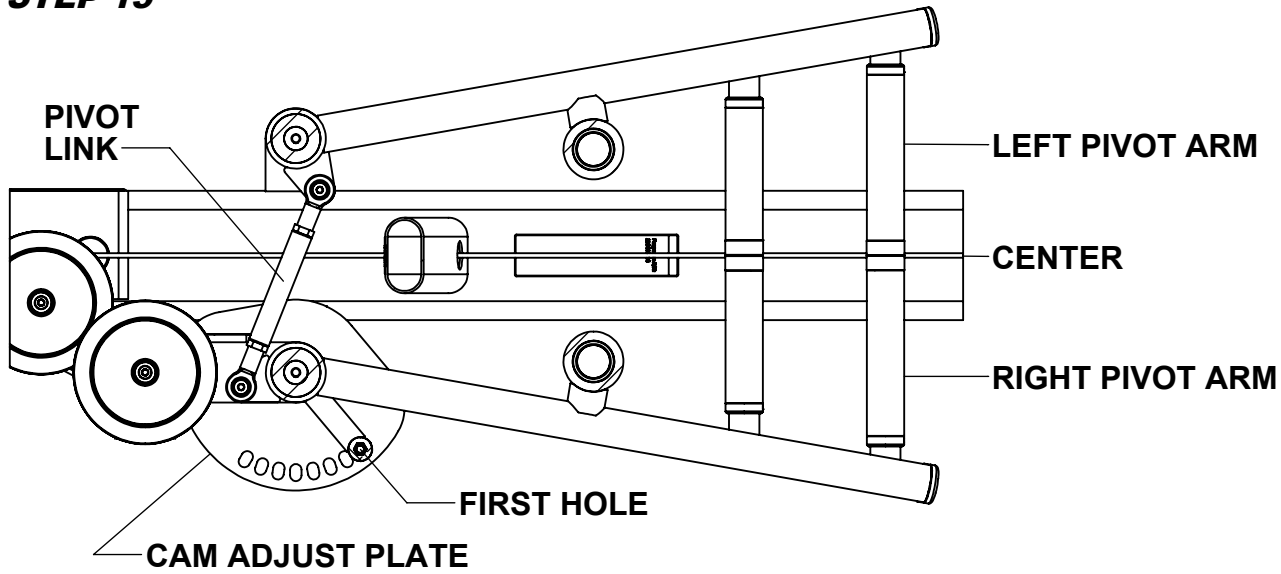
STEP 14



NOTE: Loosely assemble nuts to Cable as shown. Nuts will be tightened after pivot arms have been adjusted.

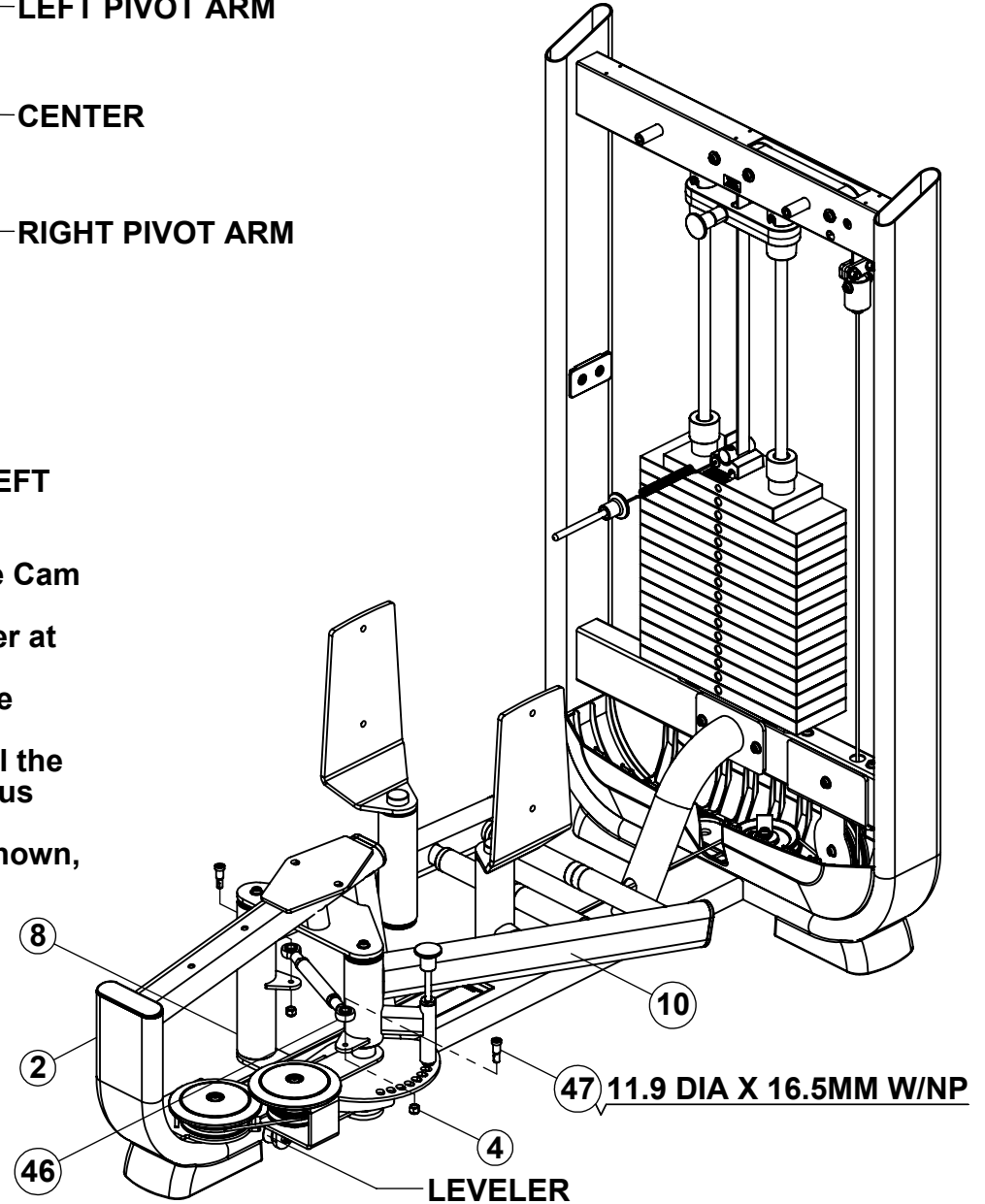


STEP 15

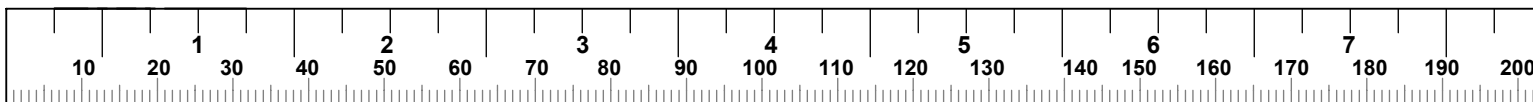


BEFORE ASSEMBLING THE PIVOT LINK TO THE RIGHT AND LEFT PIVOT ARMS, FOLLOW THESE STEPS:

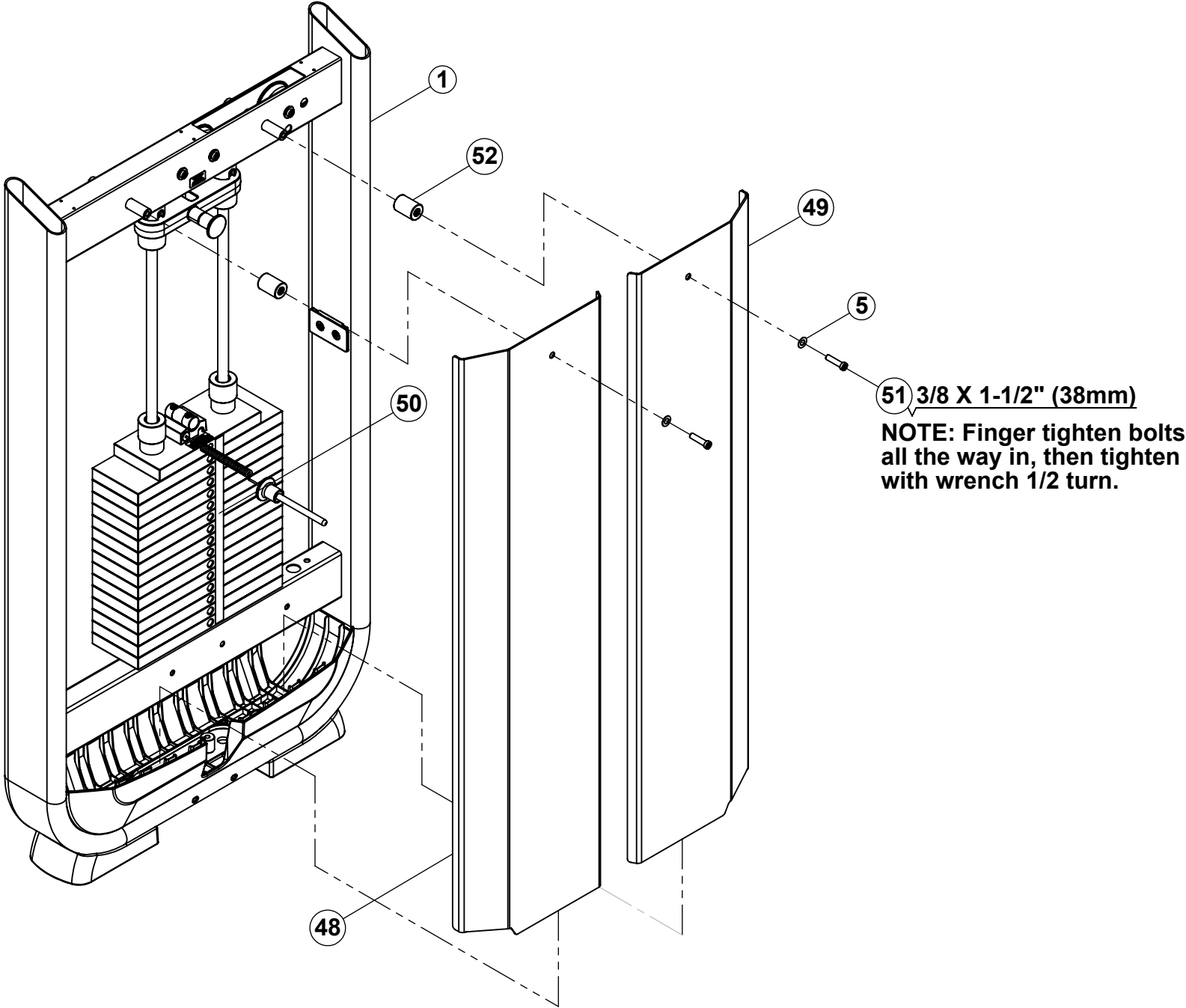
- Make sure that the Right Pivot arm is in the first hole of the Cam Adjust Plate.
- Make sure that the Right and Left Pivot Arms come together at the center of the machine.
- If the Right and Left Pivot Arms are not centered, adjust the Leveler in or out to center Arms.
- Once the Right and Left Pivot Arms are centered, Adjust all the slop out of the Cable by adjusting the nuts from the previous step. Tighten nuts **SECURELY**.
- Assemble Pivot Link to the Right and Left Pivot Arms as shown, and tighten connection **SECURELY**.



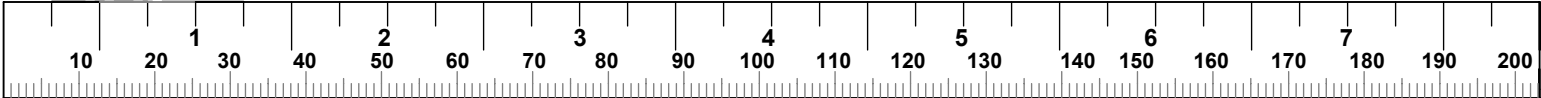
- **Securely tighten all bolt connections.**



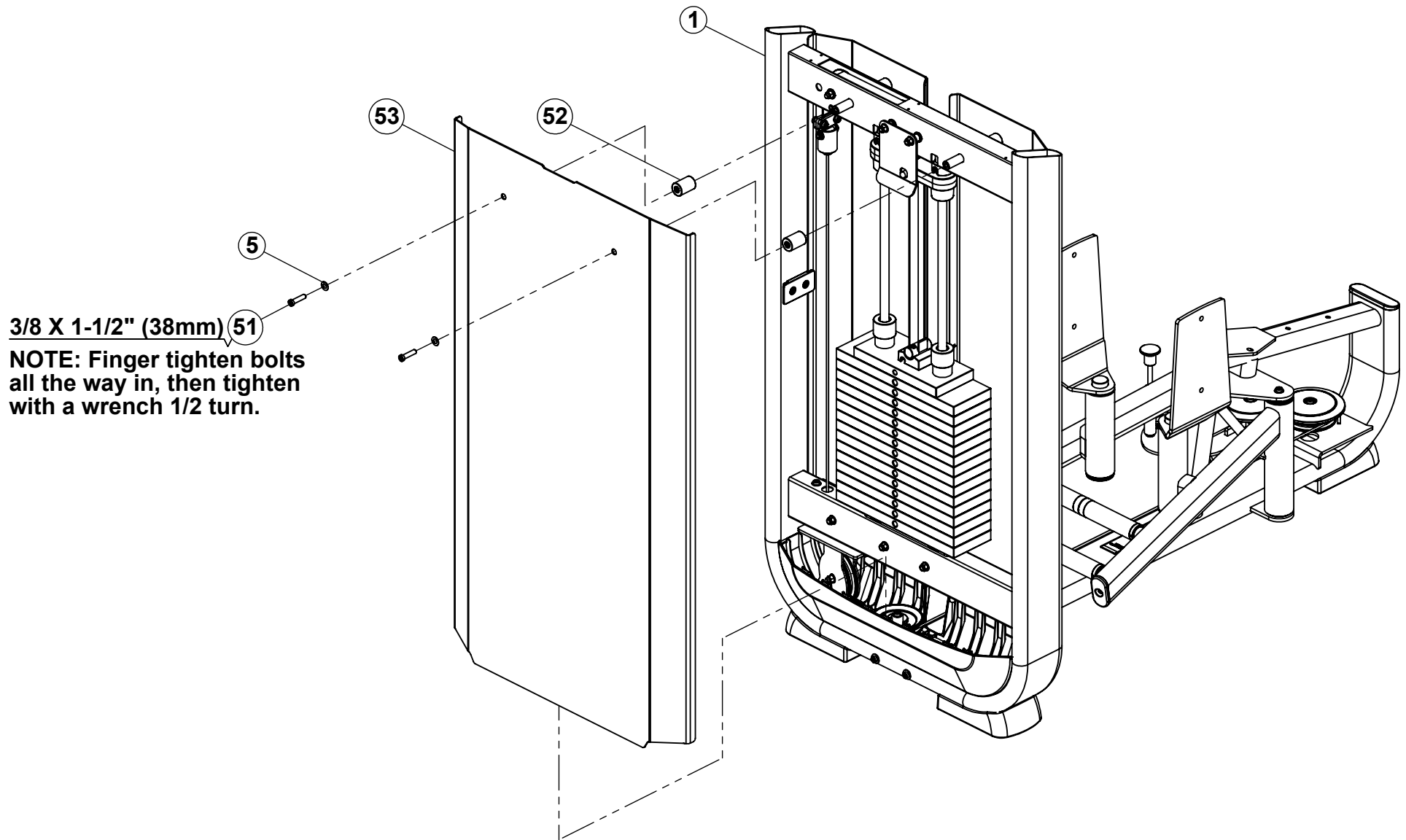
STEP 16



• NOTE: Some items have been hidden for assembly clarity

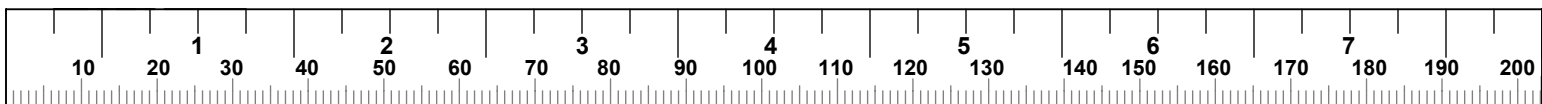


STEP 17

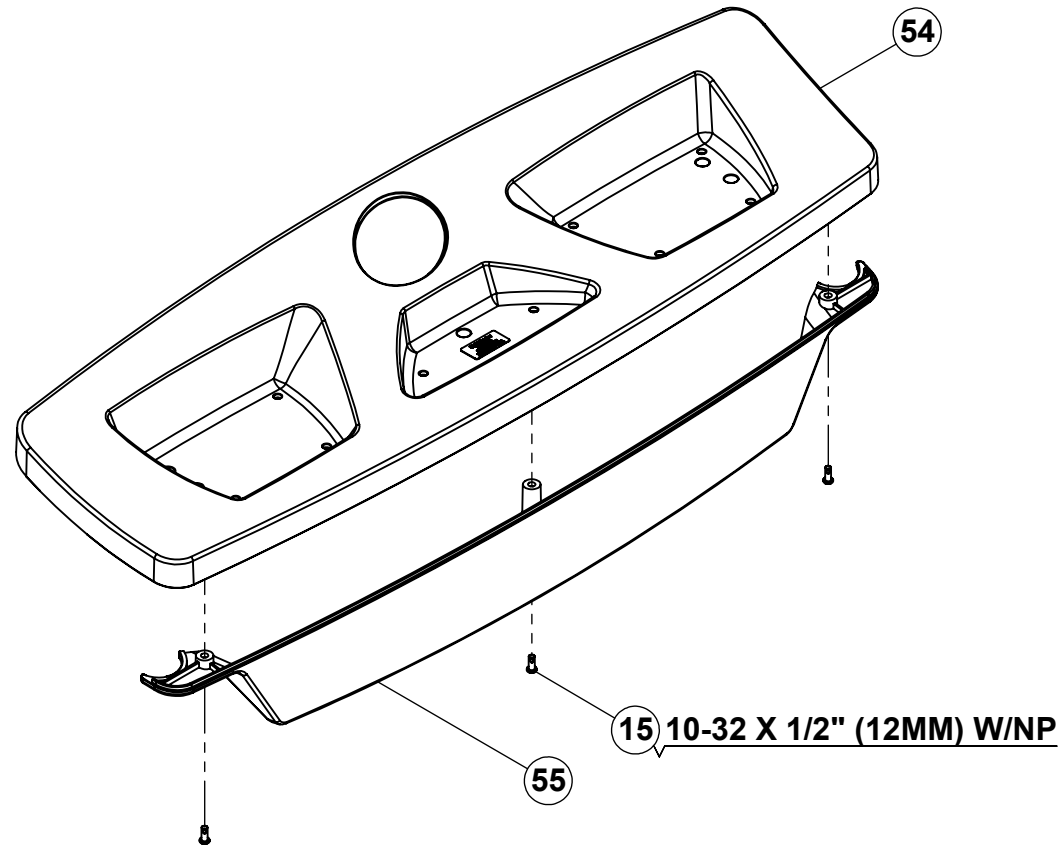


3/8 X 1-1/2" (38mm) 51

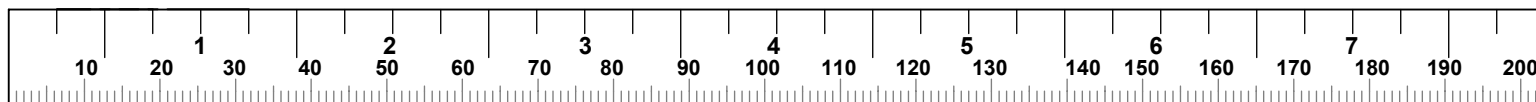
NOTE: Finger tighten bolts all the way in, then tighten with a wrench 1/2 turn.



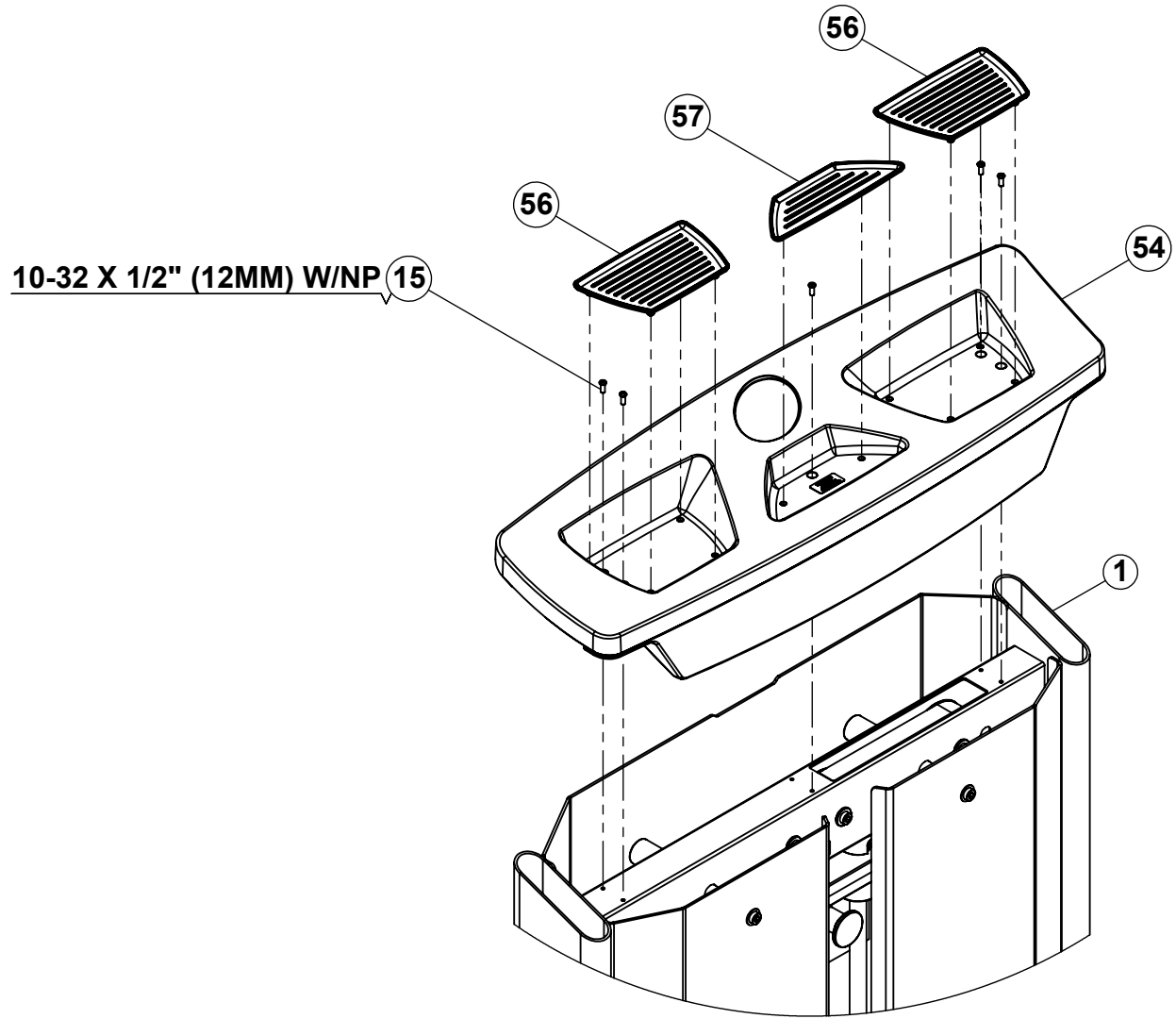
STEP 18



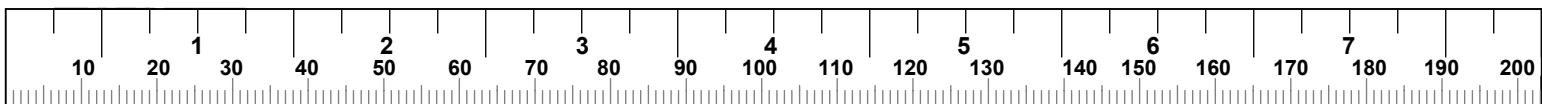
- **Securely tighten all bolt connections.**



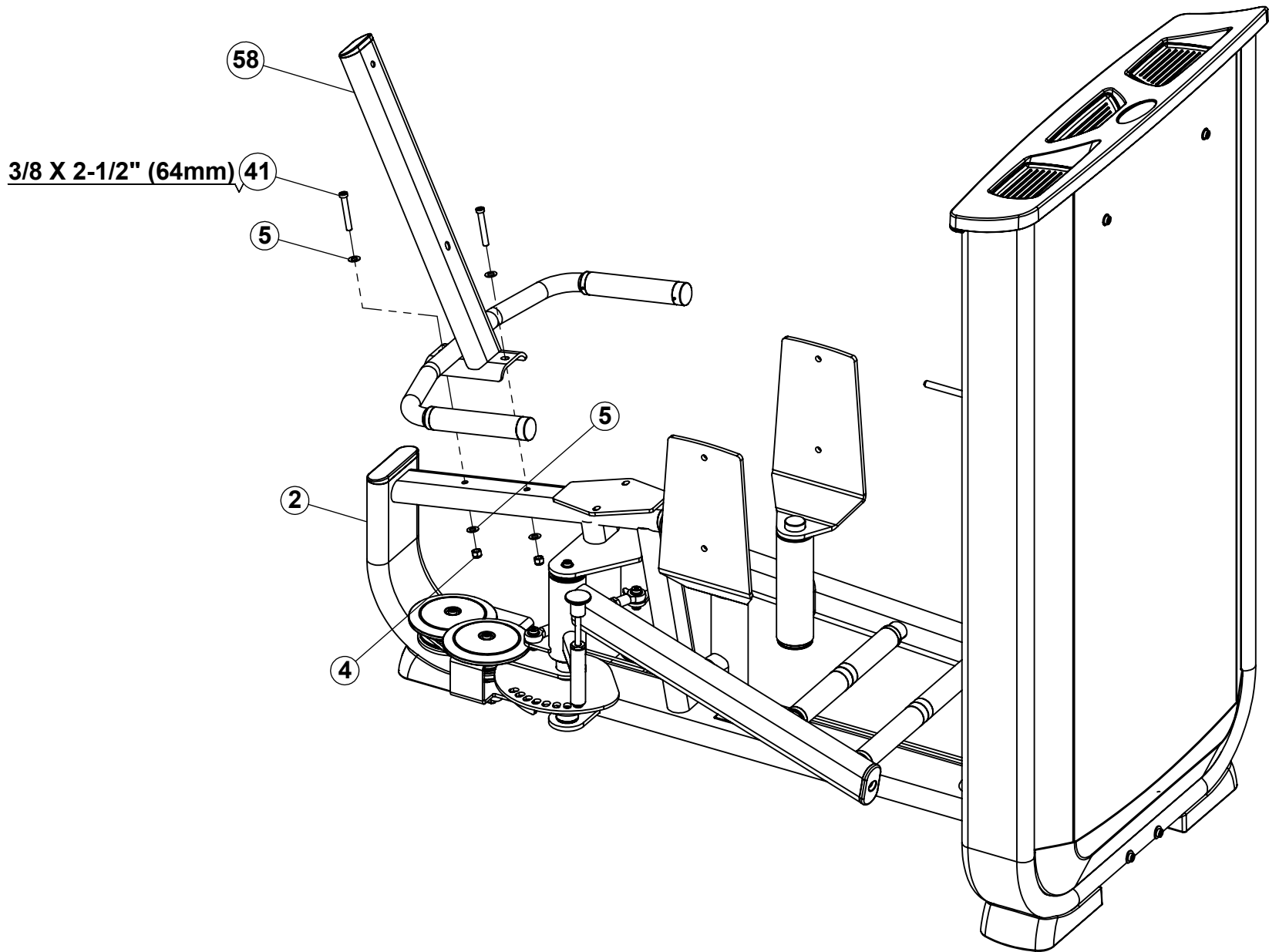
STEP 19



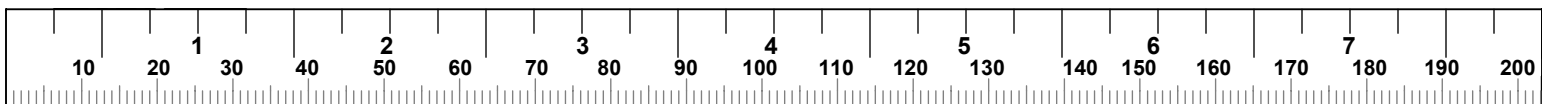
- **Securely tighten all bolt connections.**



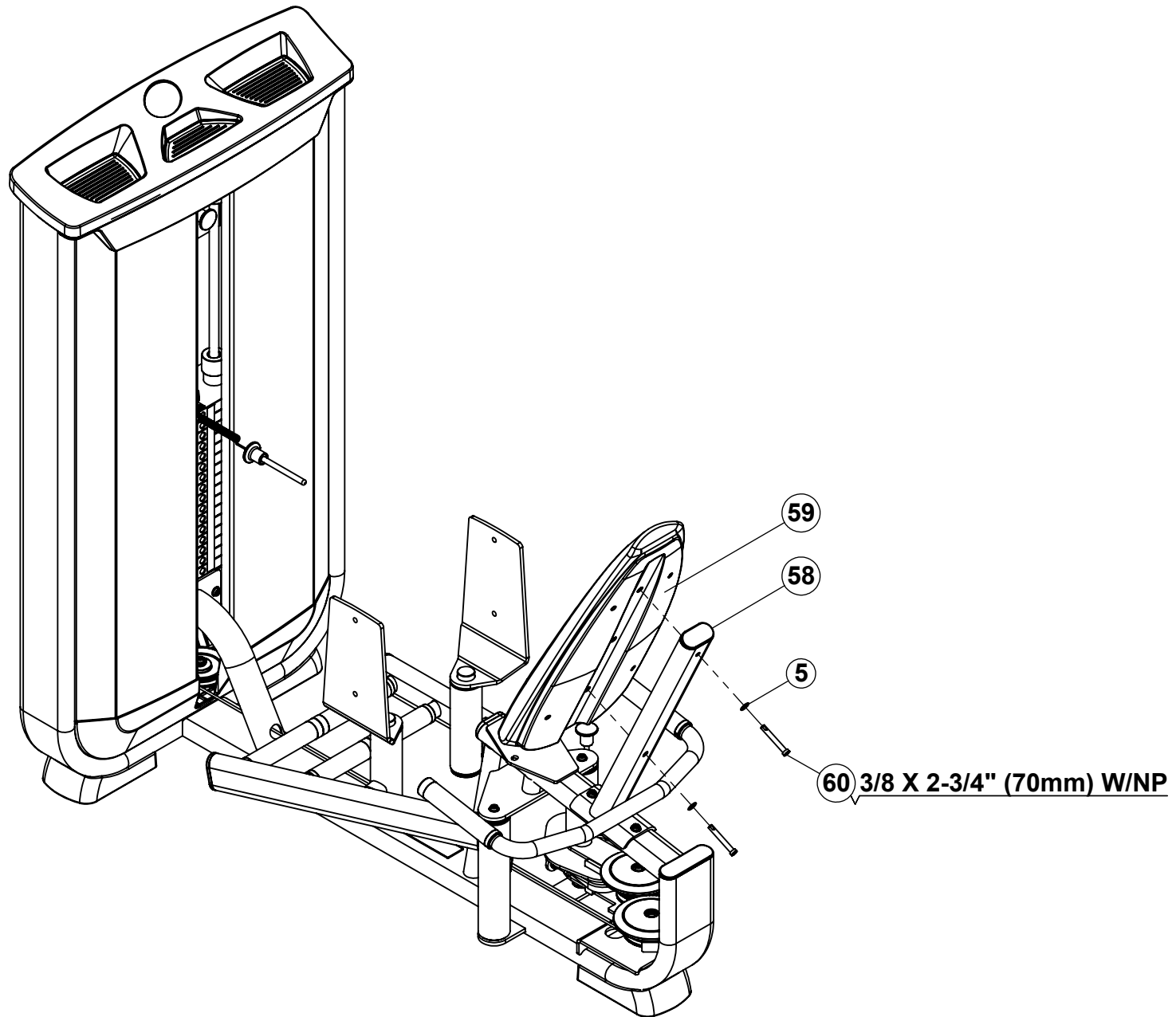
STEP 20



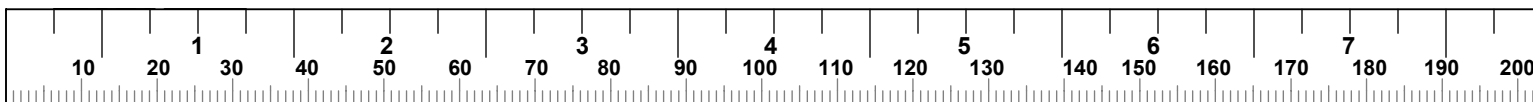
- **Securely tighten all bolt connections.**



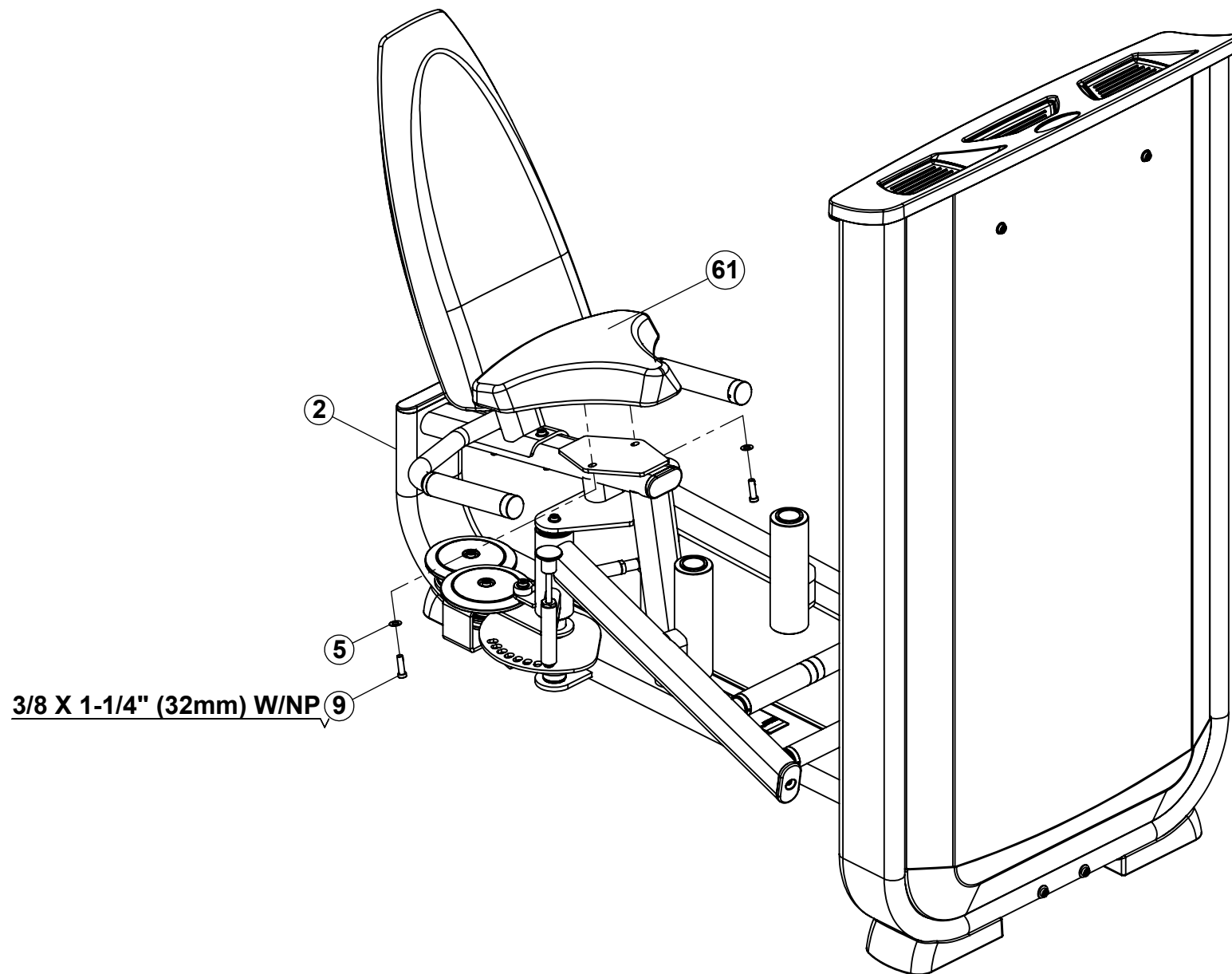
STEP 21



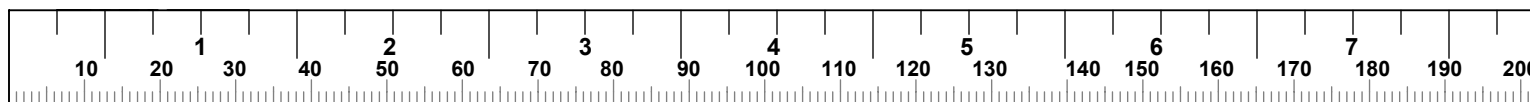
- **Securely tighten all bolt connections.**



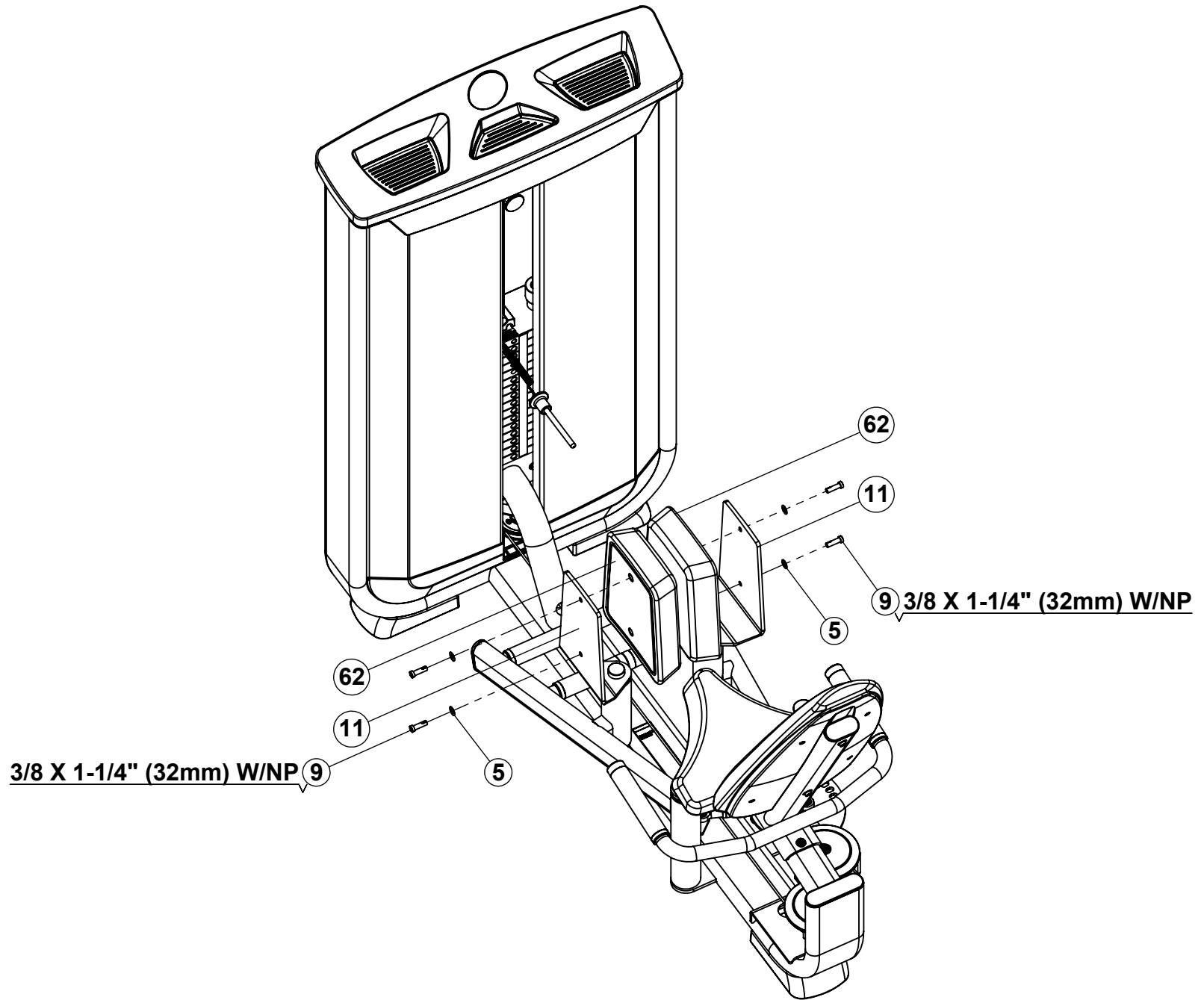
STEP 22



- **Securely tighten all bolt connections**



STEP 23



- **Securely tighten all bolt connections.**

