

## **Инструкция**

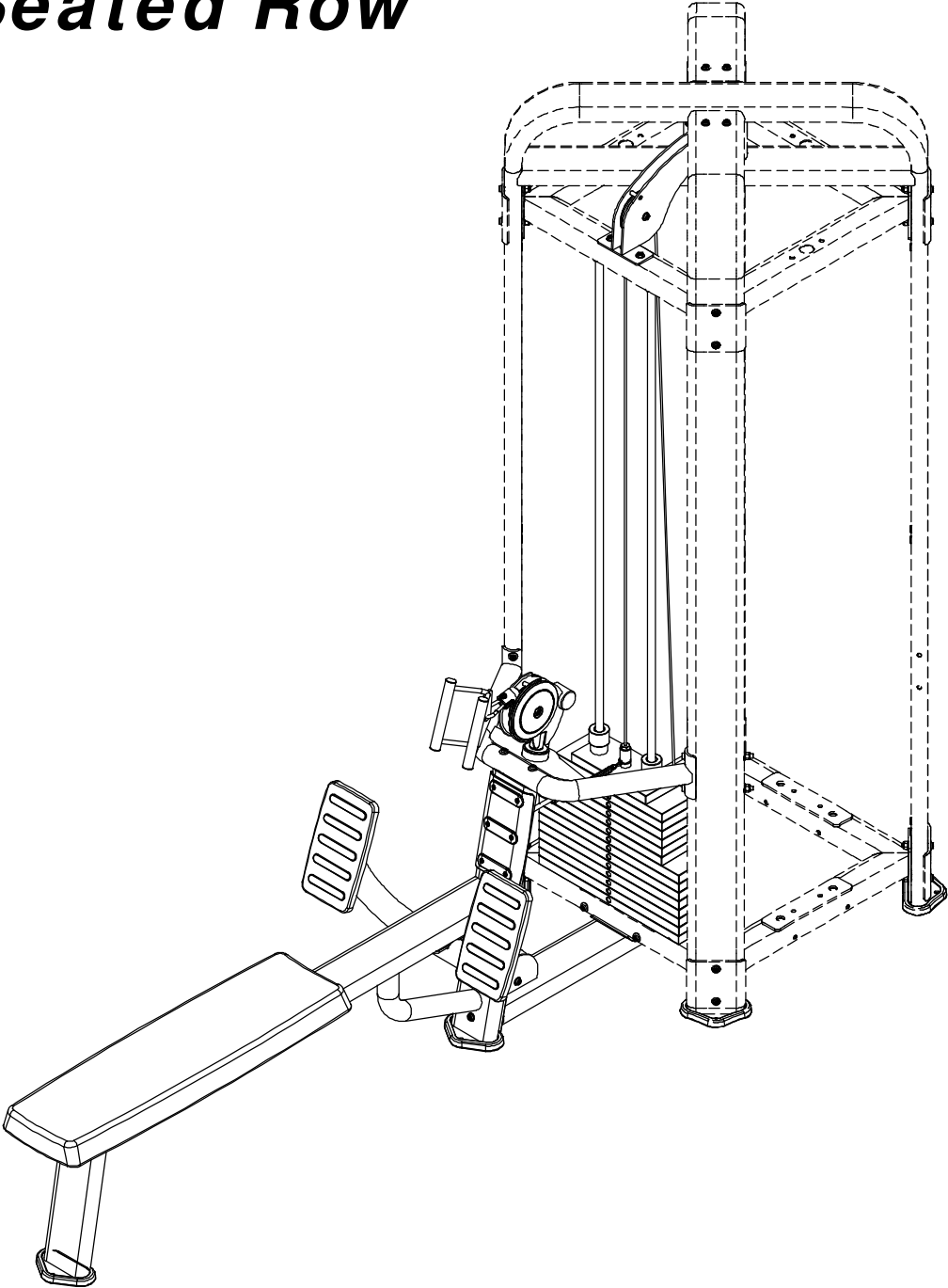
### **Тяга к поясу Inotec MJ-SR (опция для MJ-S)**

Полезные ссылки:

[Тяга к поясу Inotec MJ-SR \(опция для MJ-S\) - смотреть на сайте](#)

[Тяга к поясу Inotec MJ-SR \(опция для MJ-S\) - читать отзывы](#)

# ***MJ-SR MJ4 Seated Row***



## PARTS LIST

ITEM	Qty	Part No.	Description
21	1	P04-3841	Guide Rod Holder Assembly
<b>22</b>	<b>1</b>	<b>P20-4281</b>	<b>Row Base Assembly</b>
23	2	P01-5184	Guide Rod
24	2	P06-0034	Weight Stack Cushion
25	2	A05-0212	Guide Rod Collar
<b>26</b>	<b>1</b>	<b>P20-4282</b>	<b>Head Plate Assembly</b>
27	1	P11-0210	Weight Selector Pin
28	2	KN000329	15lb Weight Plate
29	4	KN000320	20lb Weight Plate
<b>30</b>	<b>1</b>	<b>P20-4274</b>	<b>Seat Frame Assembly</b>
<b>31</b>	<b>1</b>	<b>P20-4275</b>	<b>Foot Rest Assembly</b>
32	1	P04-1419	Triangle Handle
33	1	P07-0440	Seat Pad
<b>34</b>	<b>1</b>	<b>P20-4280</b>	<b>Connecting Tube Assembly</b>
<b>35</b>	<b>1</b>	<b>P20-4276</b>	<b>Swivel Pulley Assembly</b>
36	1	P06-0035	4 1/2" Pulley
37	1	P13-0462	Cable
38	1	P05-1010	U Bracket
39	1	P05-1015	Shoulder Bolt
40	1	P06-2262	Cable Plastic Housing
41	1	P06-2129	Flatoval End Cap
42	1	P06-2136	Plastic Cover
43	2	P06-2793	Foot Rest Pad
44	2	P06-2135	Pulley Cover
45	2	P06-2208	Plastic Washer
46	2	P08-0165	Step Spacer
47	2	P05-0204	Flange Bearing
48	1	P03-0616	Sleeve
49	6	DA8E01001232YU	Buttom Head Phillip Screw #10 x 1/2"L with blue patch
50	4	DABE03861416NAU	Cap Head Screw 3/8" x 155L
51	2	DABE03861216NAU	Cap Head Screw 3/8" x 161L
53	2	DABE03823416YU	Cap Head Screw 3/8" x 2 3/4"L with blue patch
54	2	DABE03823416NAU	Cap Head Screw 3/8" x 2 3/4"L
55	5	DABE03821216YAU	Cap Head Screw 3/8" x 2 1/2"L with blue patch
56	2	DABE03820016YBU	Cap Head Screw 3/8" x 2 "L with blue patch
57	3	DABE03820016NAU	Cap Head Screw 3/8" x 2 "L
58	8	DABE03803416YBU	Cap Head Screw 3/8" x 3/4 "L with blue patch
59	14	DC322010015U	Curved Washer
60	4	DB2E03807200U	Lock Nut 3/8" x 7.2t

ITEM	Qty	Part No.	Description
61	1	DI1080080U	Snap Hook
62	1	DC100025000B	C Clip
63	1	P04-3838	Row Base Weldment
64	1	P05-0187	Spring Pin
65	2	P06-2145	Rubber Bumper
66	1	P10-0777	Head Plate
67	1	P10-0908	Shaft
68	1	P04-3837	Seat Frame Weldment
69	1	P04-3839	Foot Rest Weldment
70	1	P04-3856	Swivel Pulley Weldment
78	2	DABE03841216NAU	Cap Head Screw 3/8" x 4 1/2"L
161	1	P04-3840	Connecting Tube Weldment
162	2		Set Screws

#26 P/N P20-4282 Head Plate Assembly

