

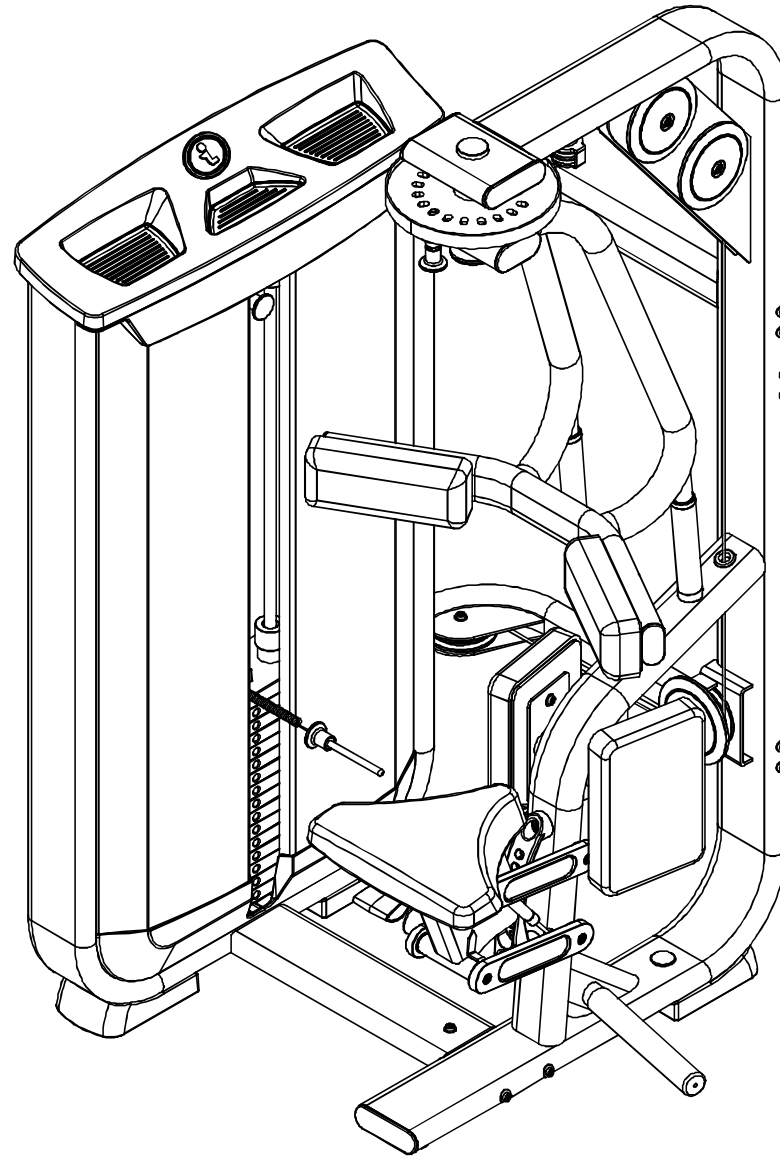
Инструкция

Торс-машина Inotec NL20

Полезные ссылки:

[Торс-машина Inotec NL20 - смотреть на сайте](#)

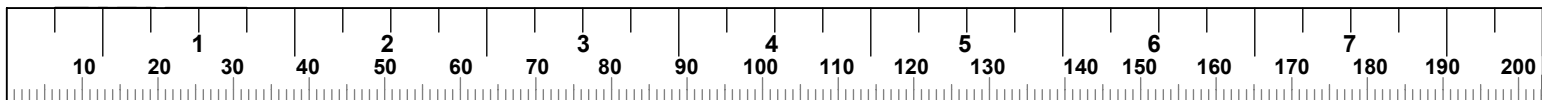
[Торс-машина Inotec NL20 - читать отзывы](#)



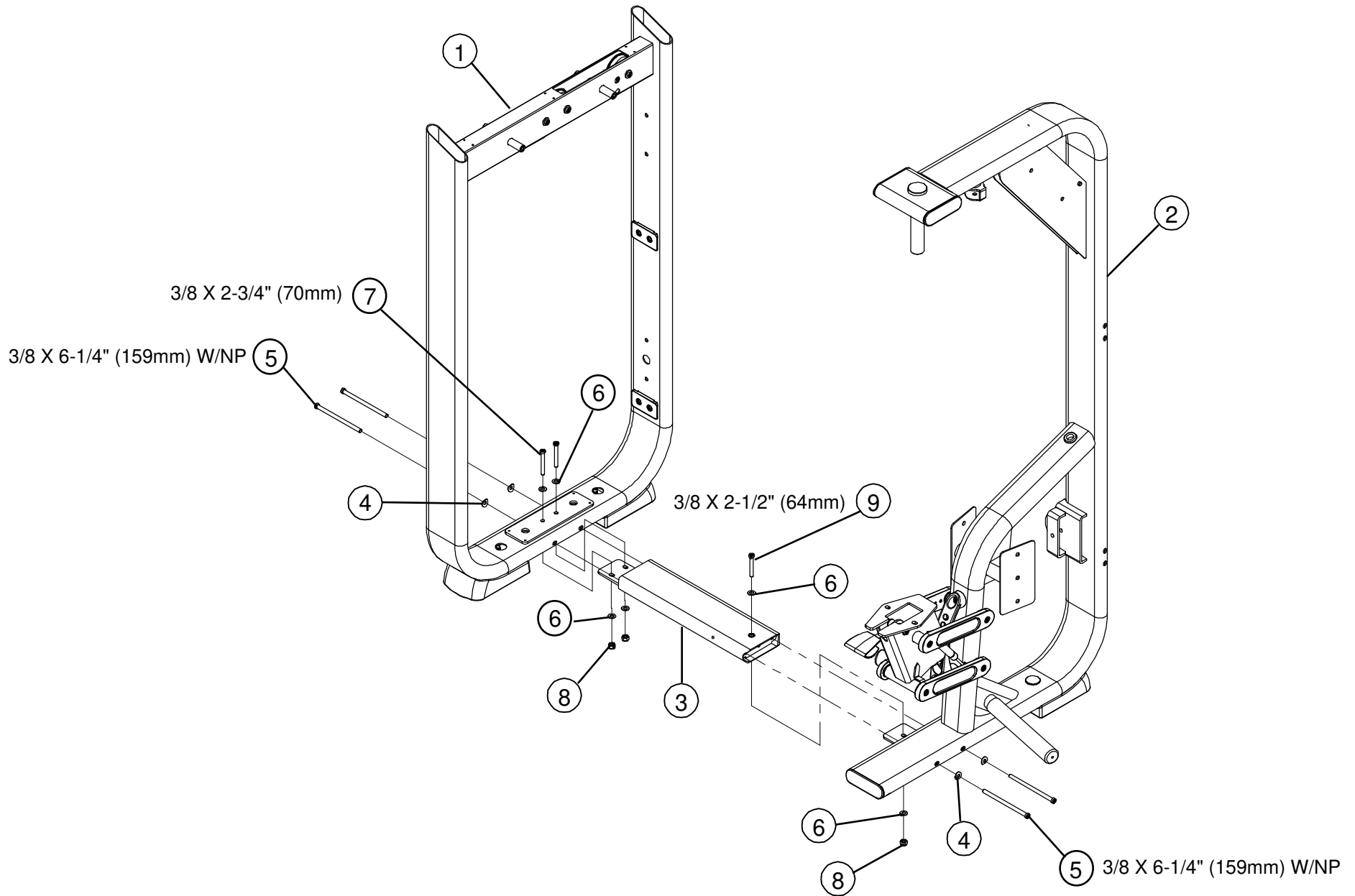
Rotary Torso Assembly Guide

VERSION: RT-01

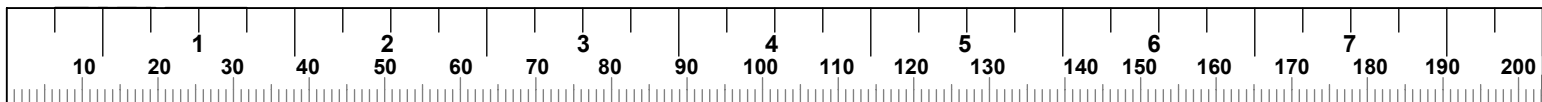
ITEM	QTY	PART NO	DESCRIPTION	ITEM	QTY	PART NO	DESCRIPTION
1	1	P20-4727	PTD ASSY, RT TOWER	30	1	P03-2026	SPACER, 16 OD X 10.1 ID X 36
2	1	P20-4731	ASSY, RT MAIN FRAME	31	1	P17-0009	BELT, TOWER
3	1	P04-4126	PTD ASSY, RT LOWER FRAME SUPPORT	32	2	2005404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD
4	8	2003001	WASHER, 3/8" SAE CURVED	33	2	P02-4266	PLATE, BELT CLAMP
5	8	2006424	BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	34	1	P13-0482	CABLE ASSY, LR
6	43	2001101	WASHER, FLAT 3/8 SAE ST ZN	35	3	2005406	BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD
7	5	2005410	BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD	36	2	P06-0960	PULLEY, 3-1/2 OD
8	17	2001201	NUT, 3/8-16 LK ST ZN	37	1	2005407	BOLT, 3/8-16 X 2" (51mm) SOCKET HEAD
9	6	2005409	BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD	38	5	P06-2135	COVER, PULLEY 152MM DIA
10	1	P02-4251	PLATE	39	5	P06-2208	WASHER, RUBBER 19 ID X 25 OD X 3
11	1	P04-4136	ASSY, PULLEY HOUSING	40	5	P08-0165	SPACER, FLNG 16.2 X 10.2 X 7.5
12	1	P04-4127	WLDMT, RT UPPER CONNECTOR	41	4	P06-0961	PULLEY, 4-1/2 OD X 25
13	1	P04-4128	WLDMT, RT MID CONNECTOR				
14	1	P20-4730	ASSY, RT ARM	43	4	2005405	BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD
15	1	P20-4729	ASSY, ADJUSTMENT CAM	44	4	P06-2146	MOUNT, 19MM ID STANDOFF
16	1	P05-1338	CAP, AL END	45	1	P10-0807	SHROUD, TOWER FRONT - RH
17	1	P02-6536	SPACER	46	1	P10-0785	SHROUD, TOWER FRONT - LH
18	1	2006403	BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD W/NP	47	1	P10-0887	ASSY, REAR SHROUD
19	1	P06-2151	COVER, TOWER BASE	48	1	P20-3229	ASSY, TOWER CAP
20	12	2004802	SCREW, 10-32 X 1/2" (12MM) PAN HEAD W/NP	49	1	P06-2153	ASSY, RT PLACARD
21	2	P01-3735	GUIDE ROD, 19 DIA X 1315	50	2	P06-2155	TRAY, TOWER CAP - LARGE
22	15	P10-0778	PTD ASSY, 15 LB WEIGHT PLATE	51	1	P06-2156	TRAY, TOWER CAP - SMALL
23	1	P20-2989	ASSY, 15 PLATE HEAD PLATE	52	1	P07-0434	PAD, SMALL SEAT
24	1	P20-2988	ASSY, 7.5LB INC. WEIGHT	53	2	P07-0629	ASSY, PAD, RT CHEST.
25	2	A05-0212	SHAFT COLLAR, GUIDE ROD	54	6	2005404	BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD W/NP
26	2	P06-2144	BUSHING, GUIDE ROD RETAINER	55	4	2006409	BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD W/NP
27	2	P06-0034	CUSHION, WEIGHT STACK	56	2	P07-0630	ASSY, THIGHT PAD
28	1	P20-4725	PTD ASSY, BELT-4.5 PULLEY	57	2	DABE03813416AYU	BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD W/NP
29	2	P08-0121	SPACER, FLNG 16.2 X 10.1 X 6	58	1	DC100035000B	RETAINING RING, 35MM EXTERNAL



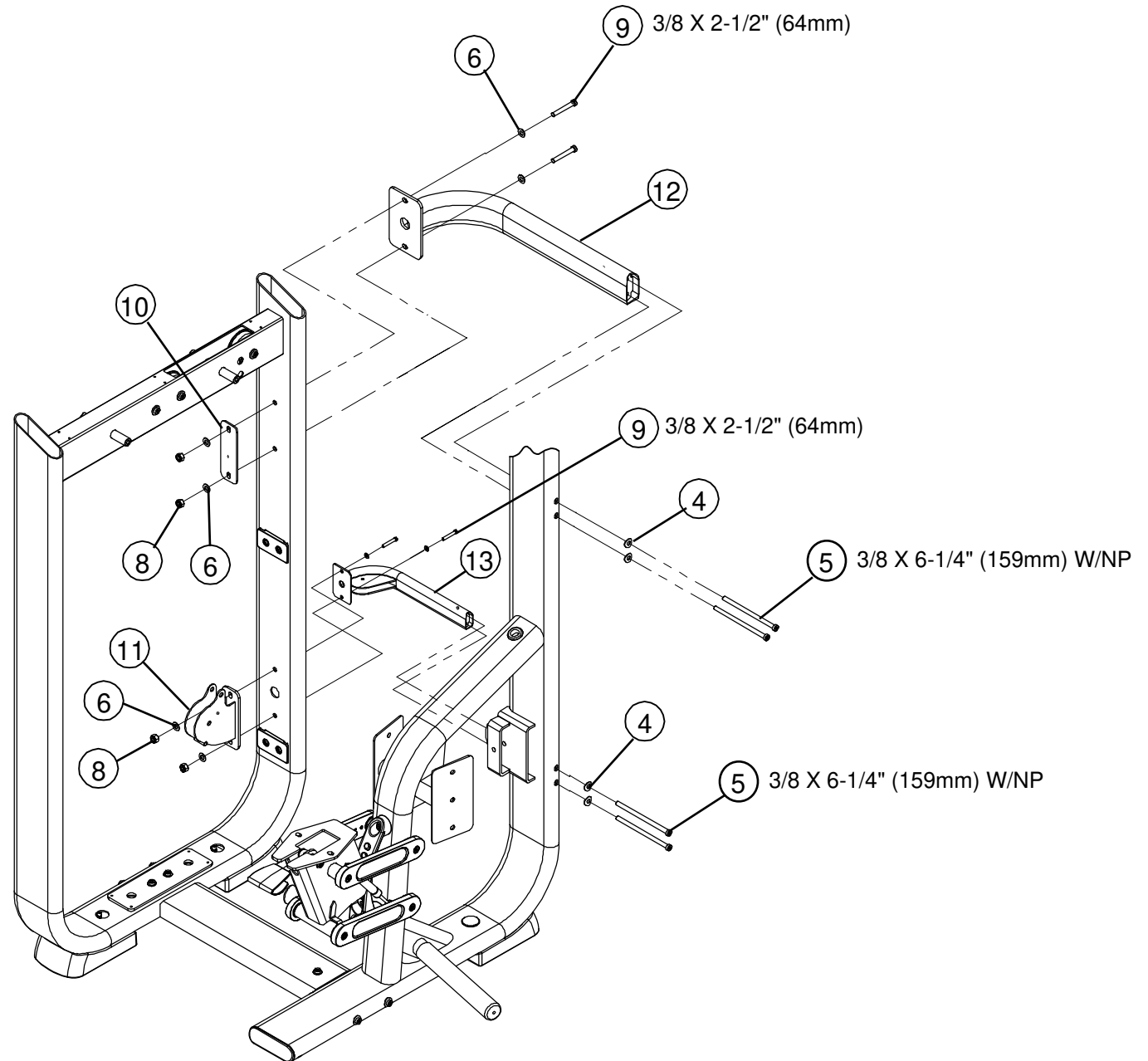
STEP 1



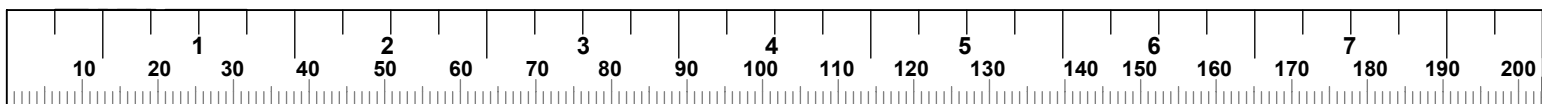
- **LOOSELY** tighten the bolt connections for this STEP.



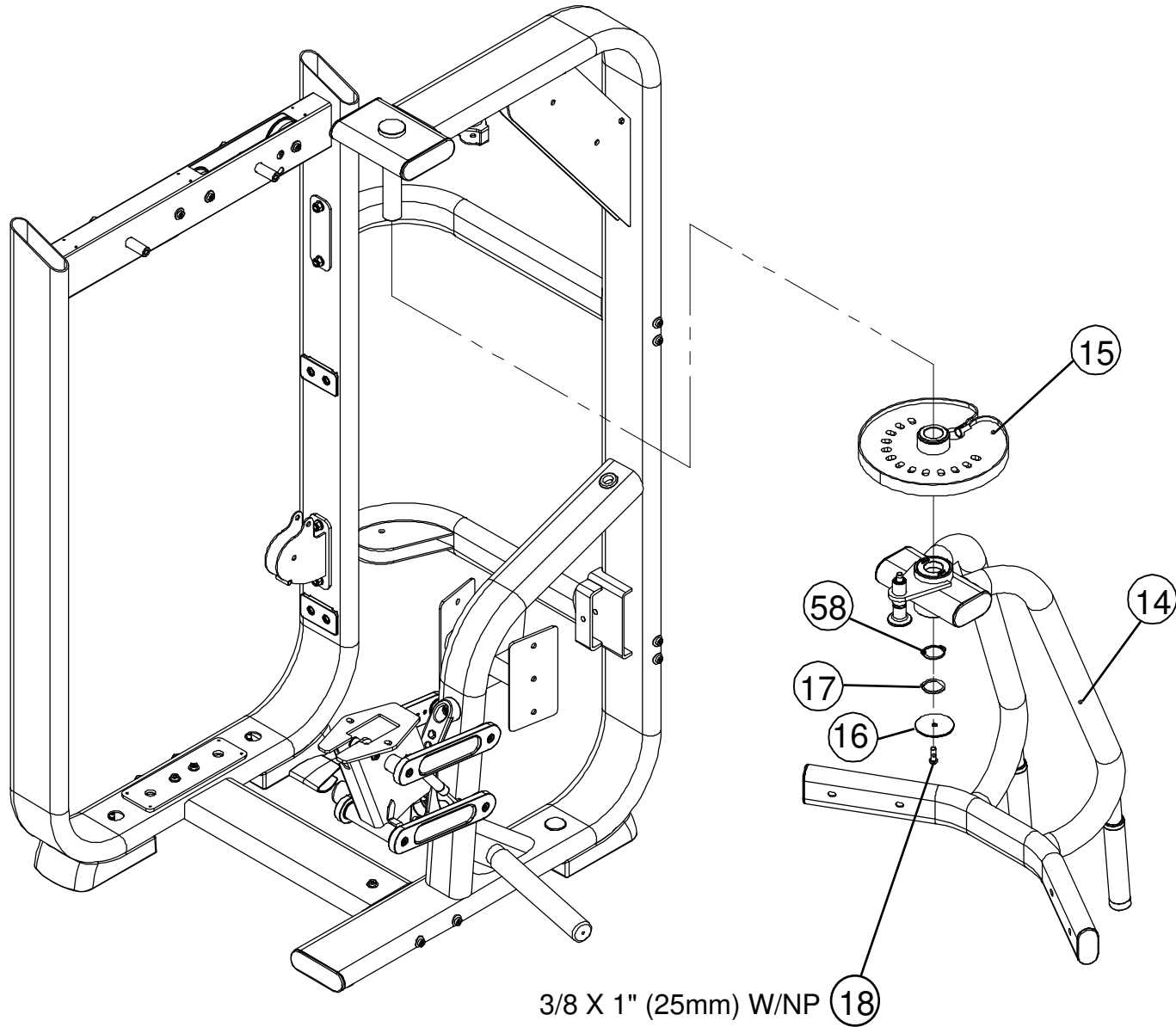
STEP 2



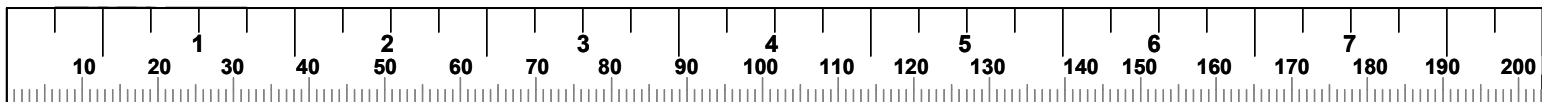
- Securely tighten all bolt connections from STEP 1 and 2



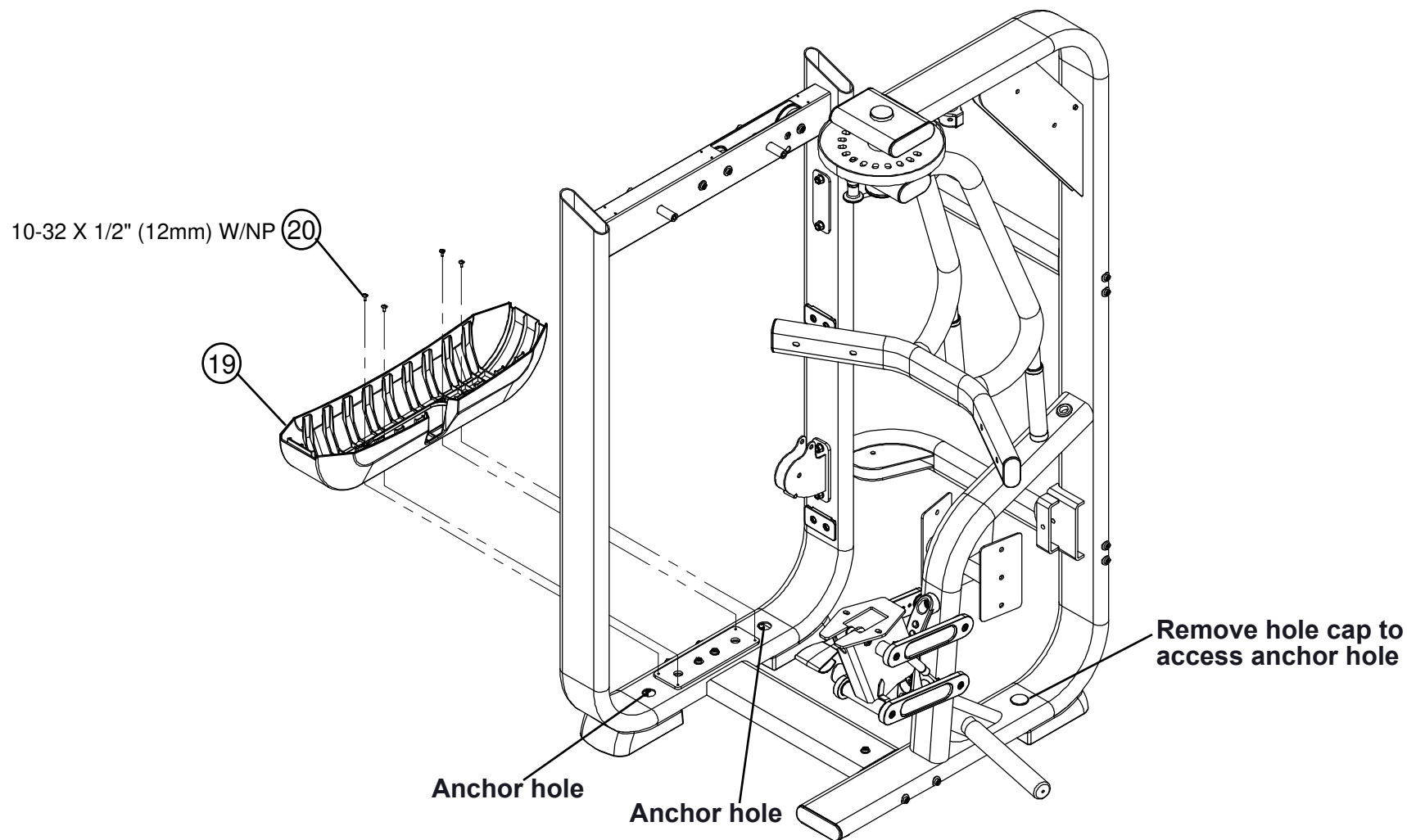
STEP 3



- **Securely tighten all bolt connections.**

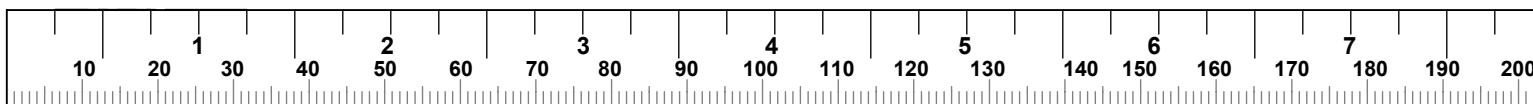


STEP 4

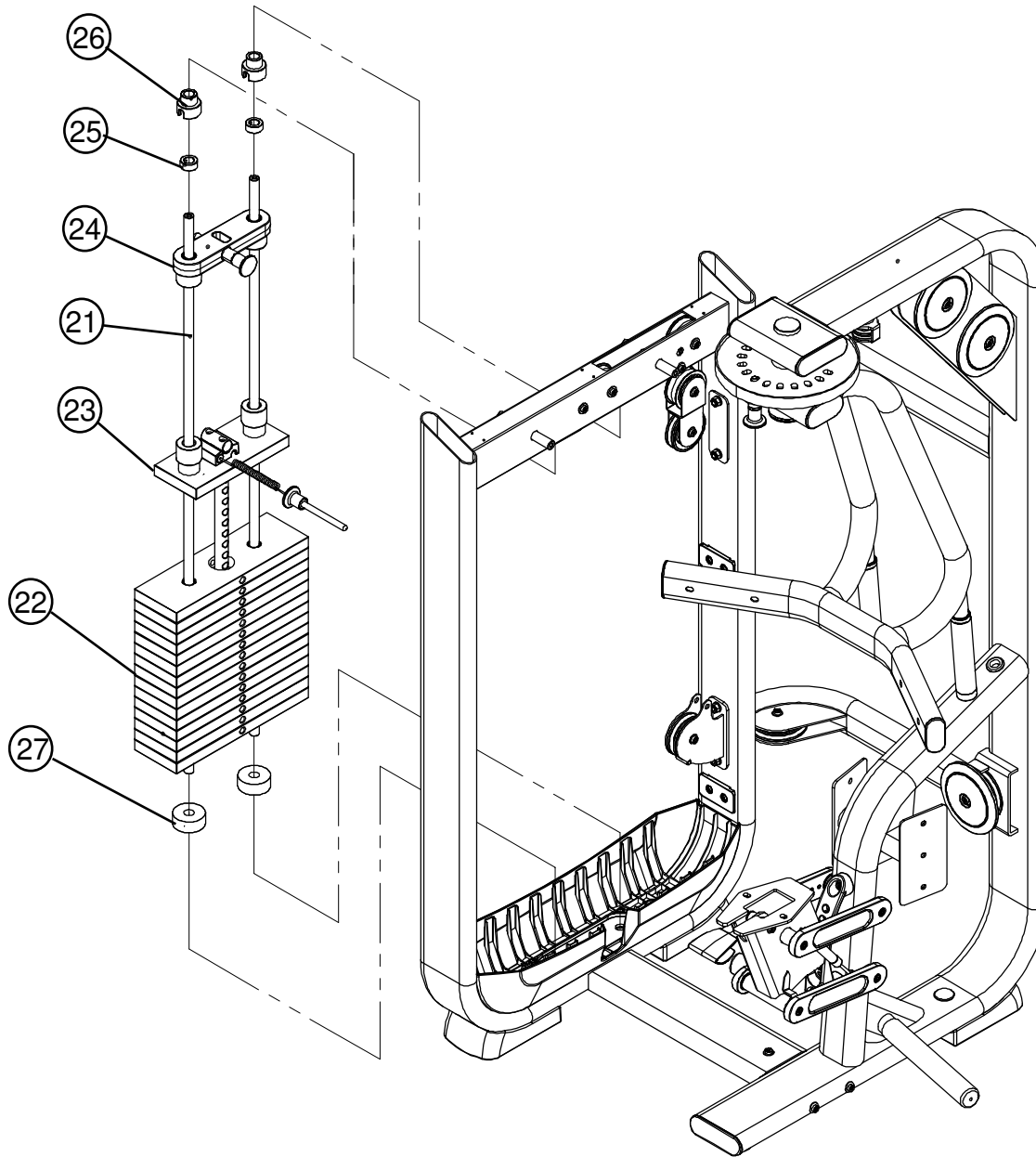


- **Securely tighten all bolt connections.**
- **If machine will be anchored to the floor, this must be done before the weight stack is assembled.**
- **Securely anchor the machine to the floor using the anchor holes provided.**

NOTE:

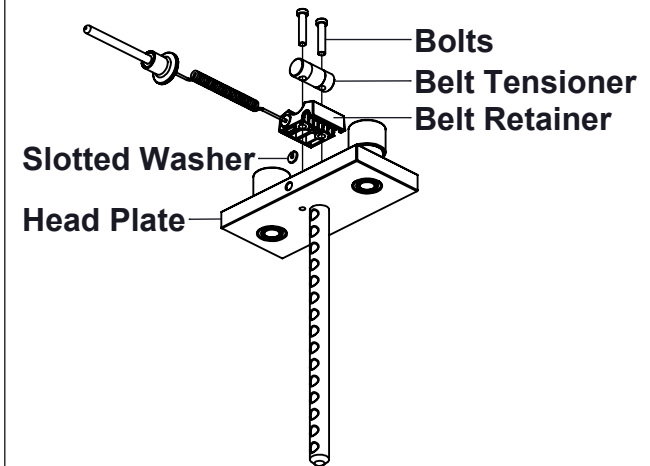


STEP 5

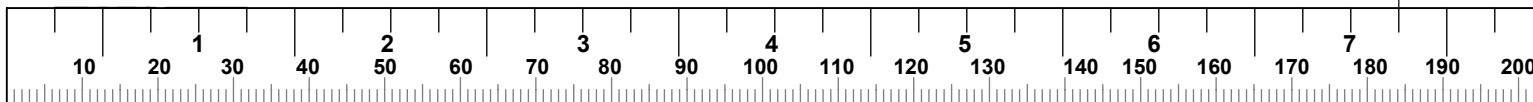


Optional: follow these steps to permanently attach the Lanyard to the Head Plate:

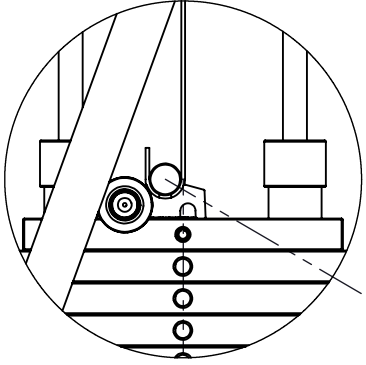
- A) Loosen and remove the two Bolts and the Belt Tensioner from the Belt Retainer
- B) Remove the Belt Retainer from the Head Plate and allow the slotted washer to fall out
- C) Push in on Lanyard until it stops
- D) Insert the slotted washer (slot up) into the slotted opening of the Belt Retainer to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



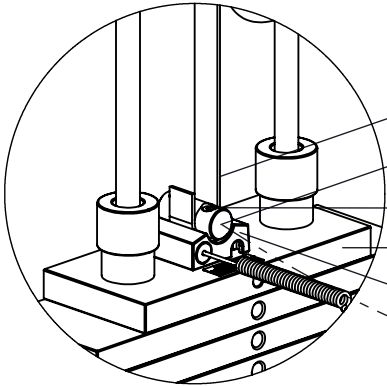
- **Securely tighten all bolt connections.**



BELT ROUTING DIAGRAM



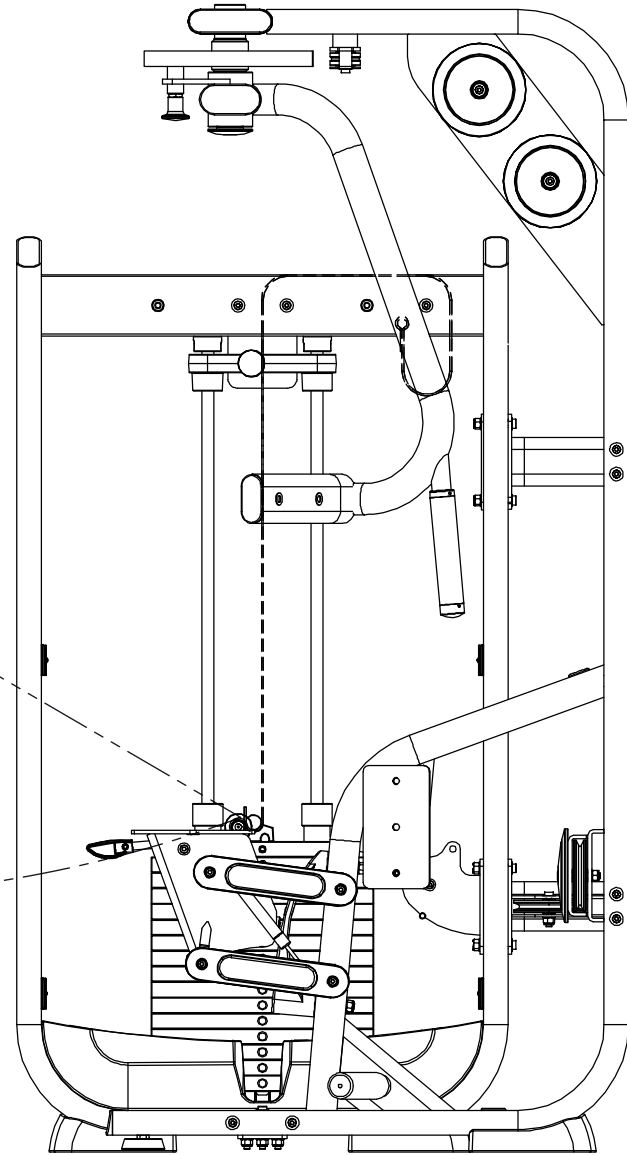
NOTE: The Belt must be routed directly down the center of the Head Plate as shown



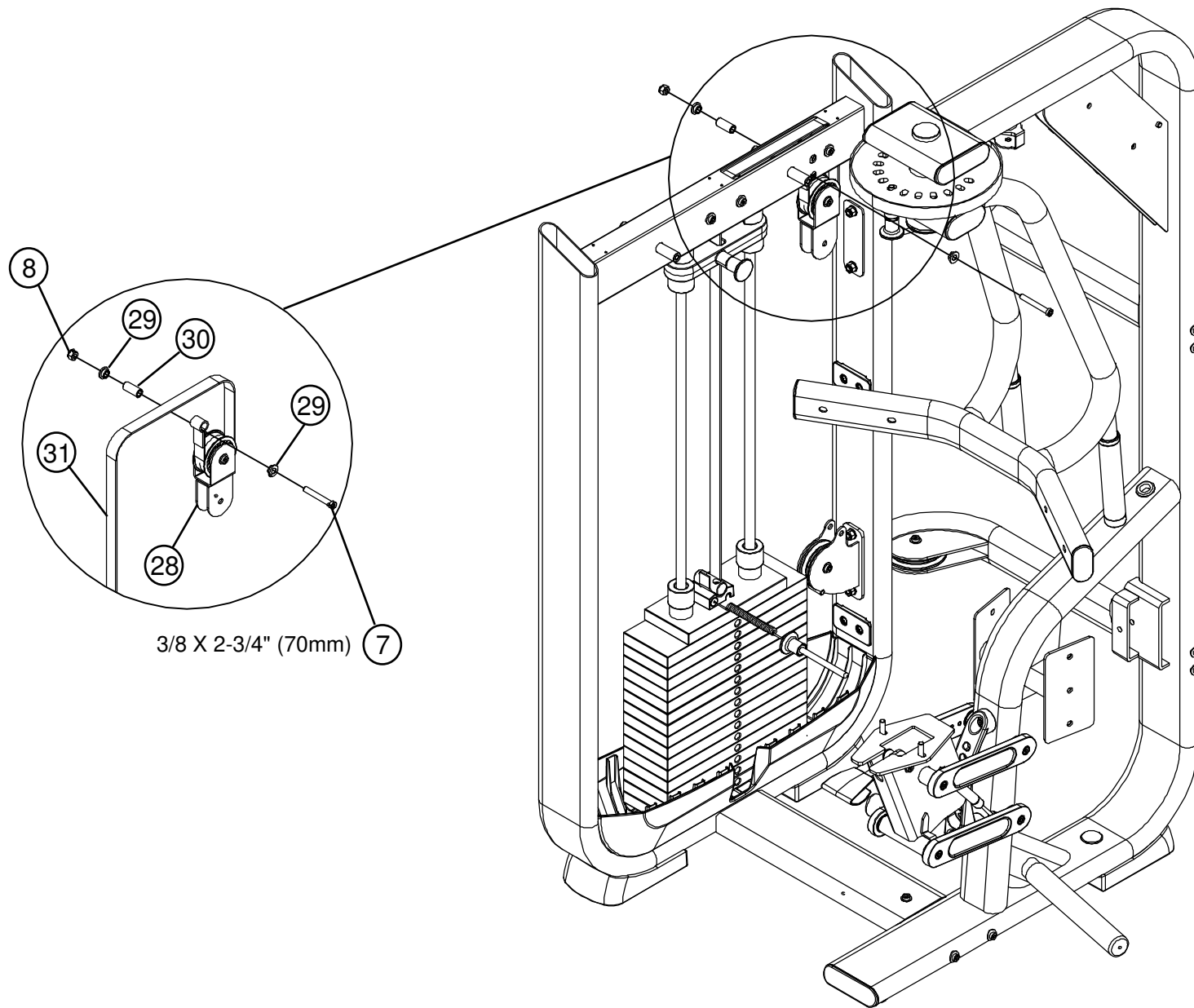
Belt
Belt Tensioner
Bolts
Head Plate
Belt Retainer

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

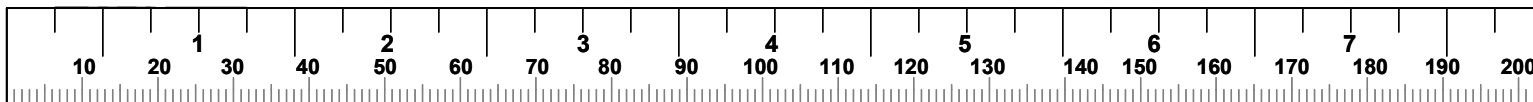
- A) Loosen the Bolts that hold the Belt Tensioner to the Belt Retainer
- B) Slide the Belt underneath the Belt Tensioner, between the Bolts leaving approximately 1" of Belt exposed on the other side
- C) Securely tighten the Bolts and Belt Tensioner to the Belt Retainer



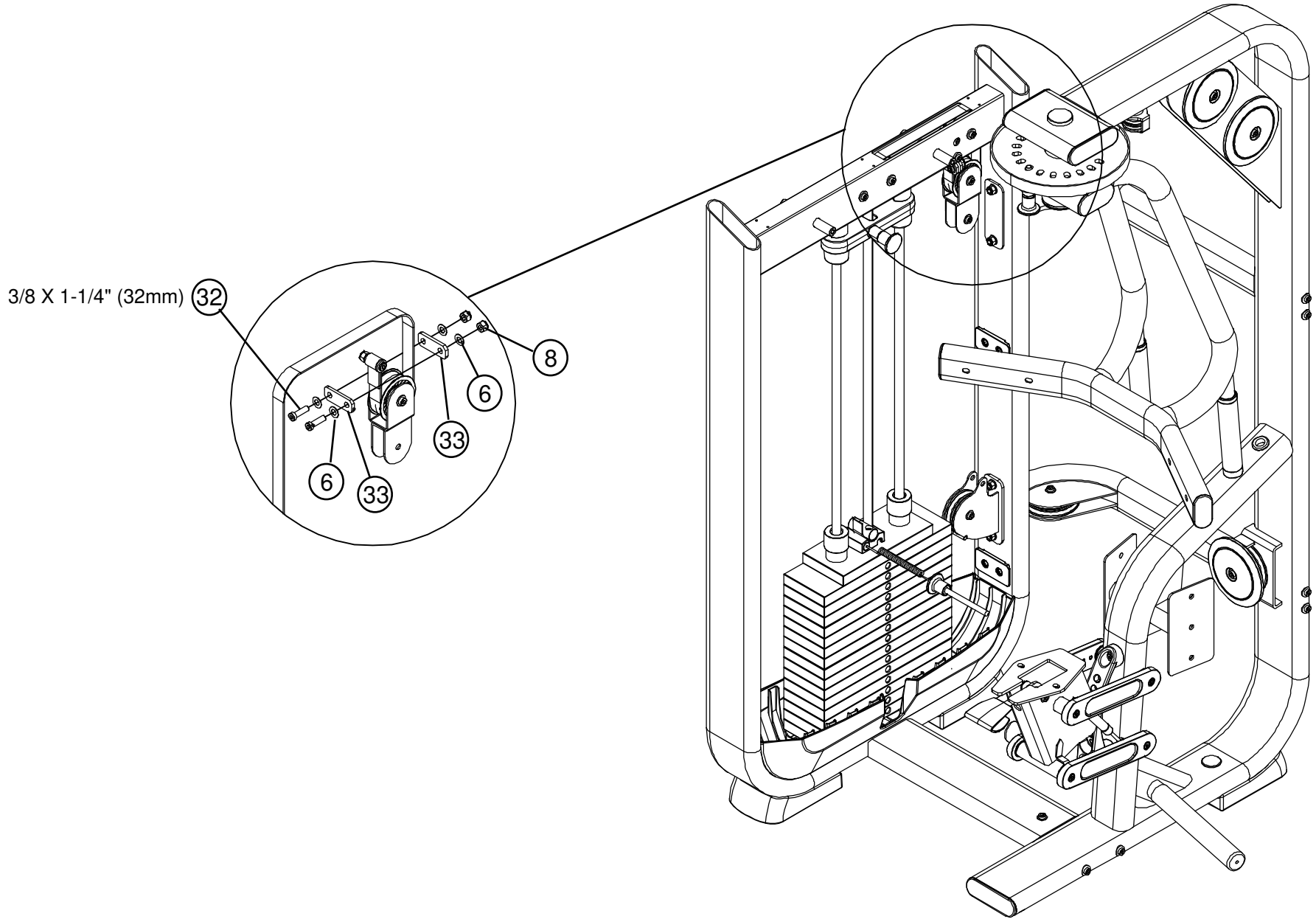
STEP 6



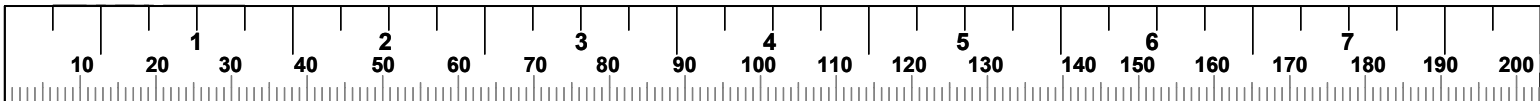
- **Securely tighten all bolt connections.**



STEP 7

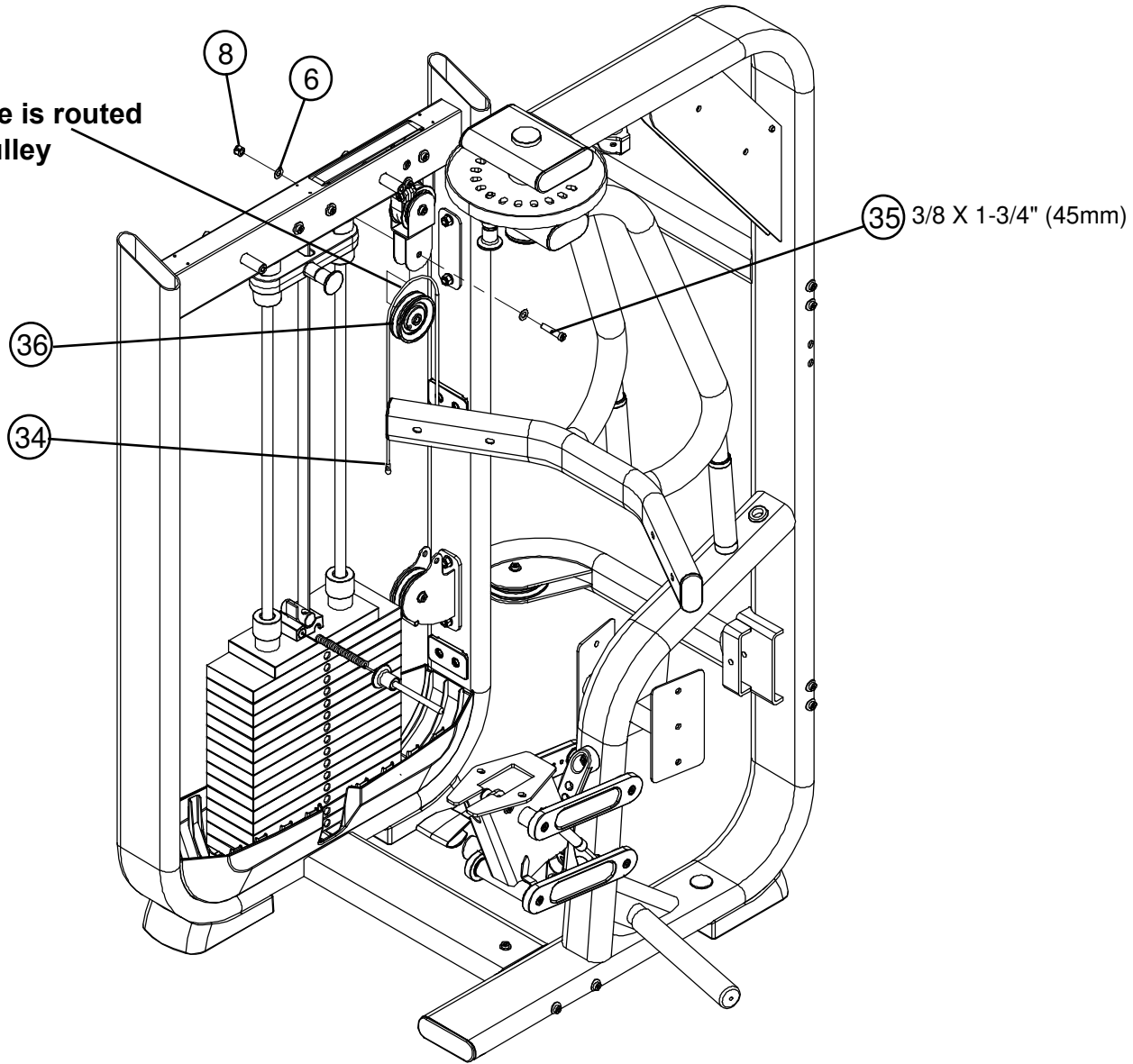


- **Securely tighten all bolt connections.**

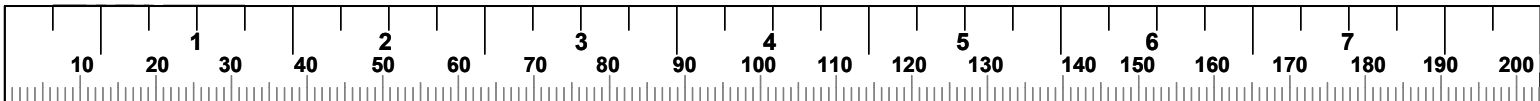


CABLE ROUTING DIAGRAM

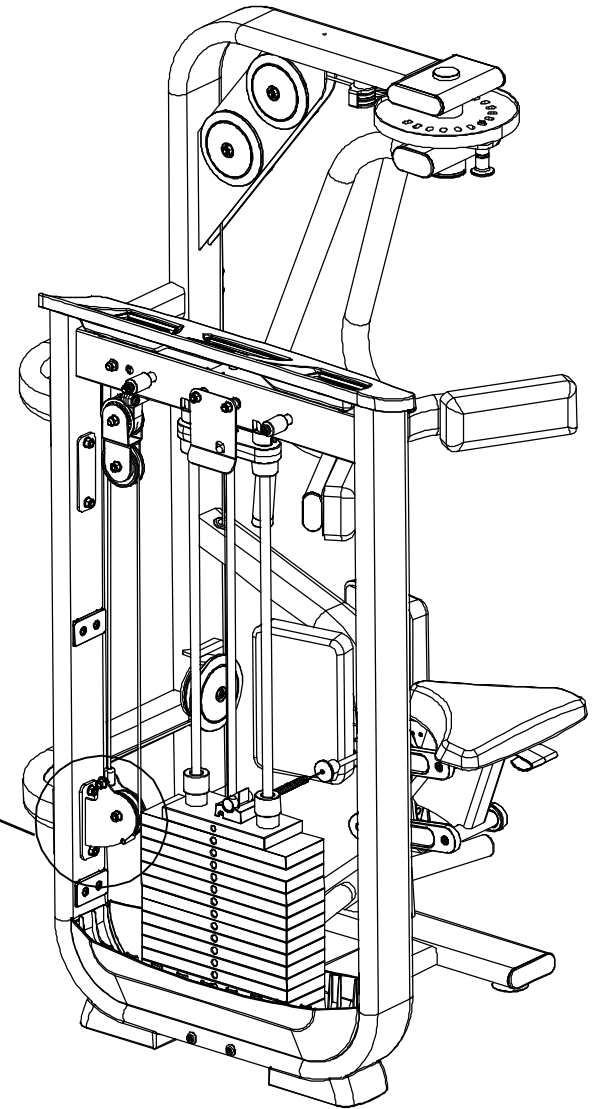
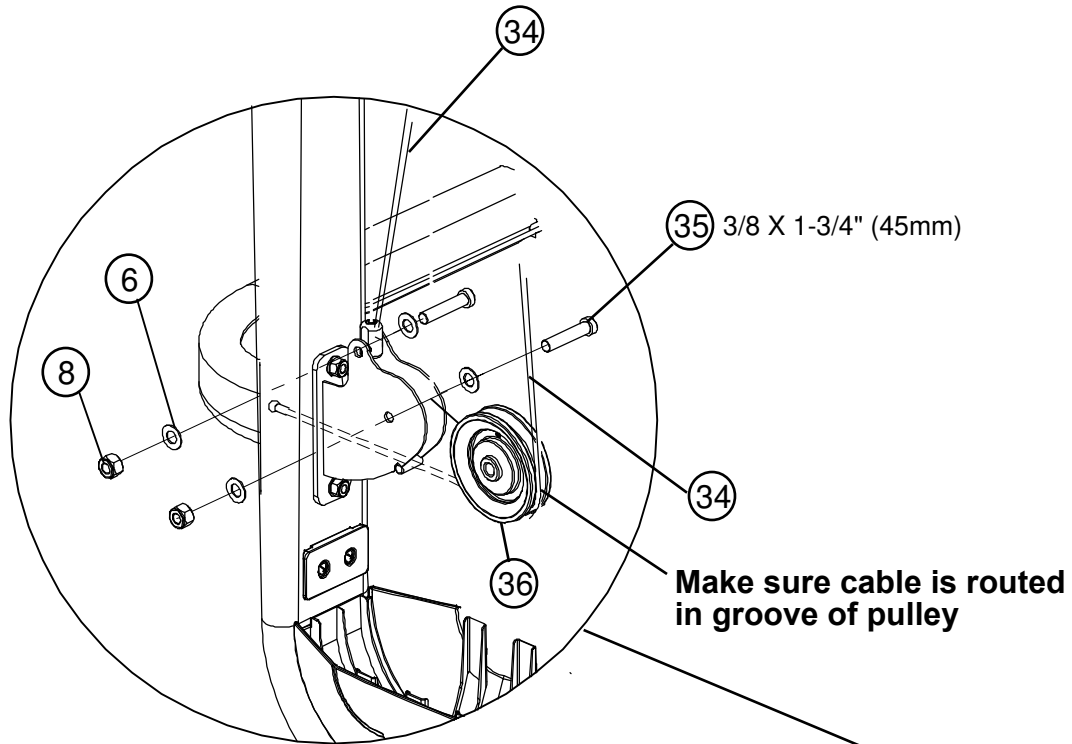
Make sure cable is routed in groove of pulley



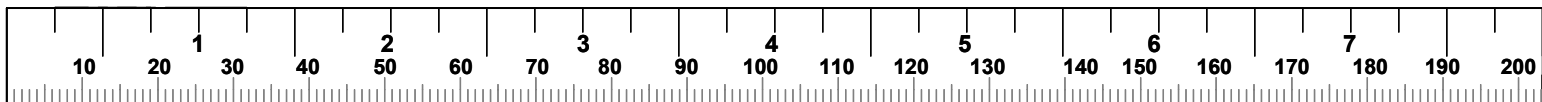
- Securely tighten all bolt connections.



CABLE ROUTING DIAGRAM

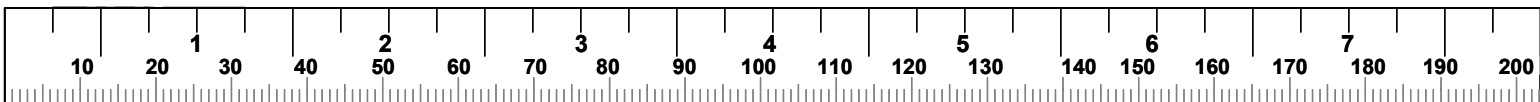
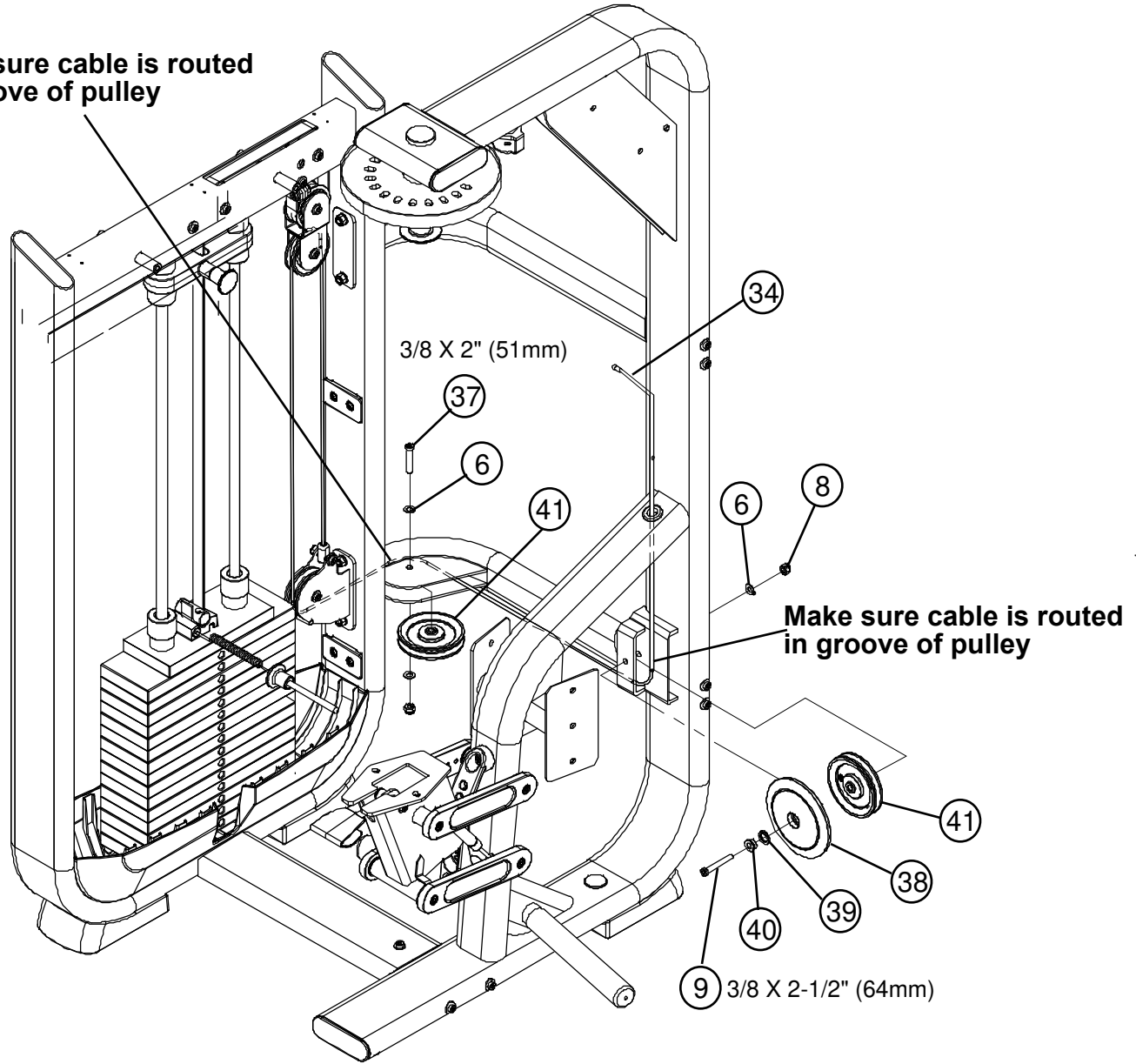


- Securely tighten all bolt connections.

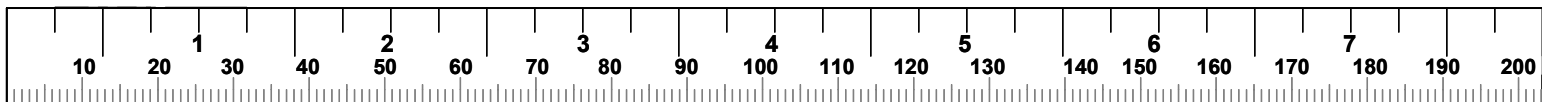
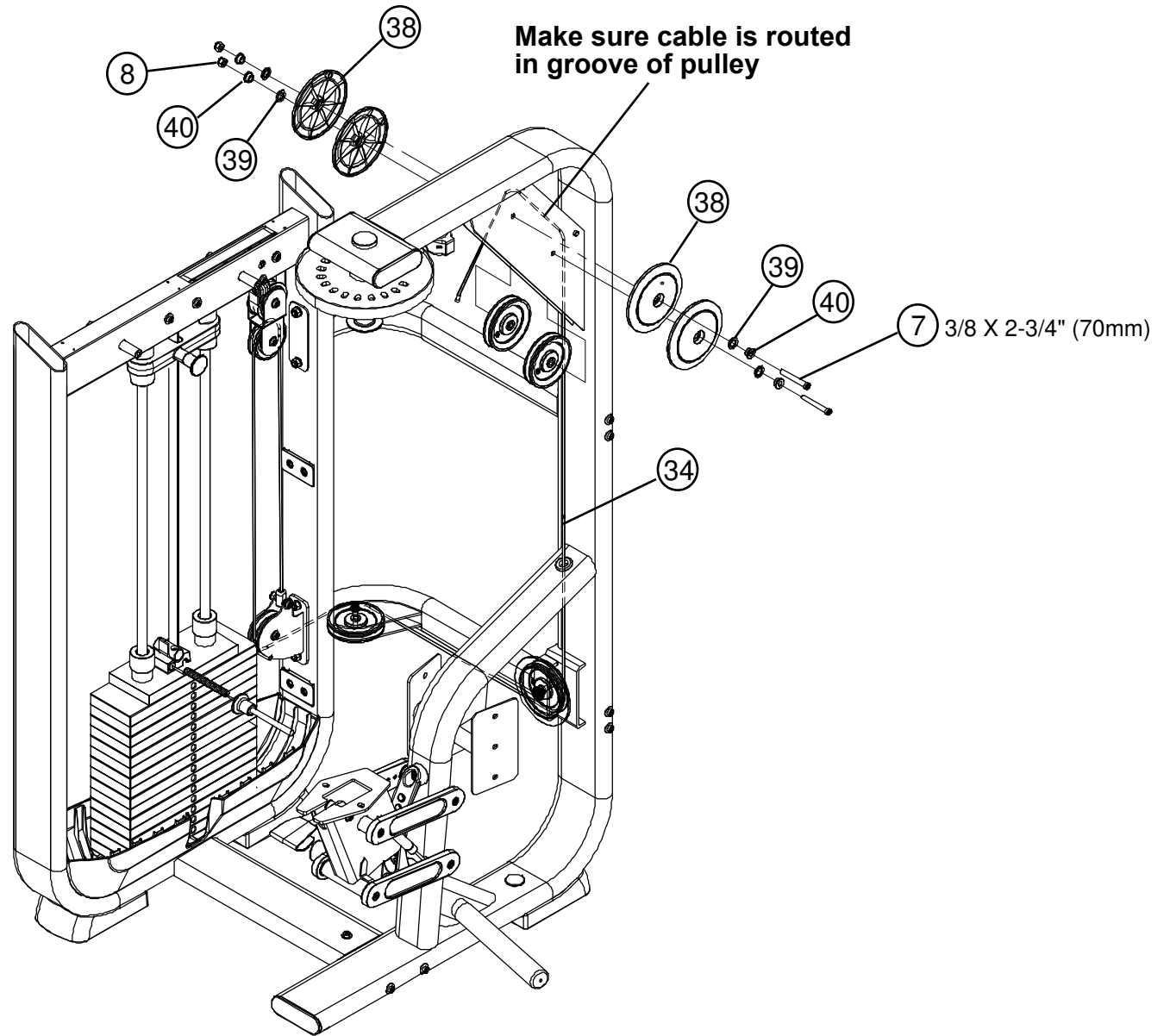


CABLE ROUTING DIAGRAM

Make sure cable is routed in groove of pulley

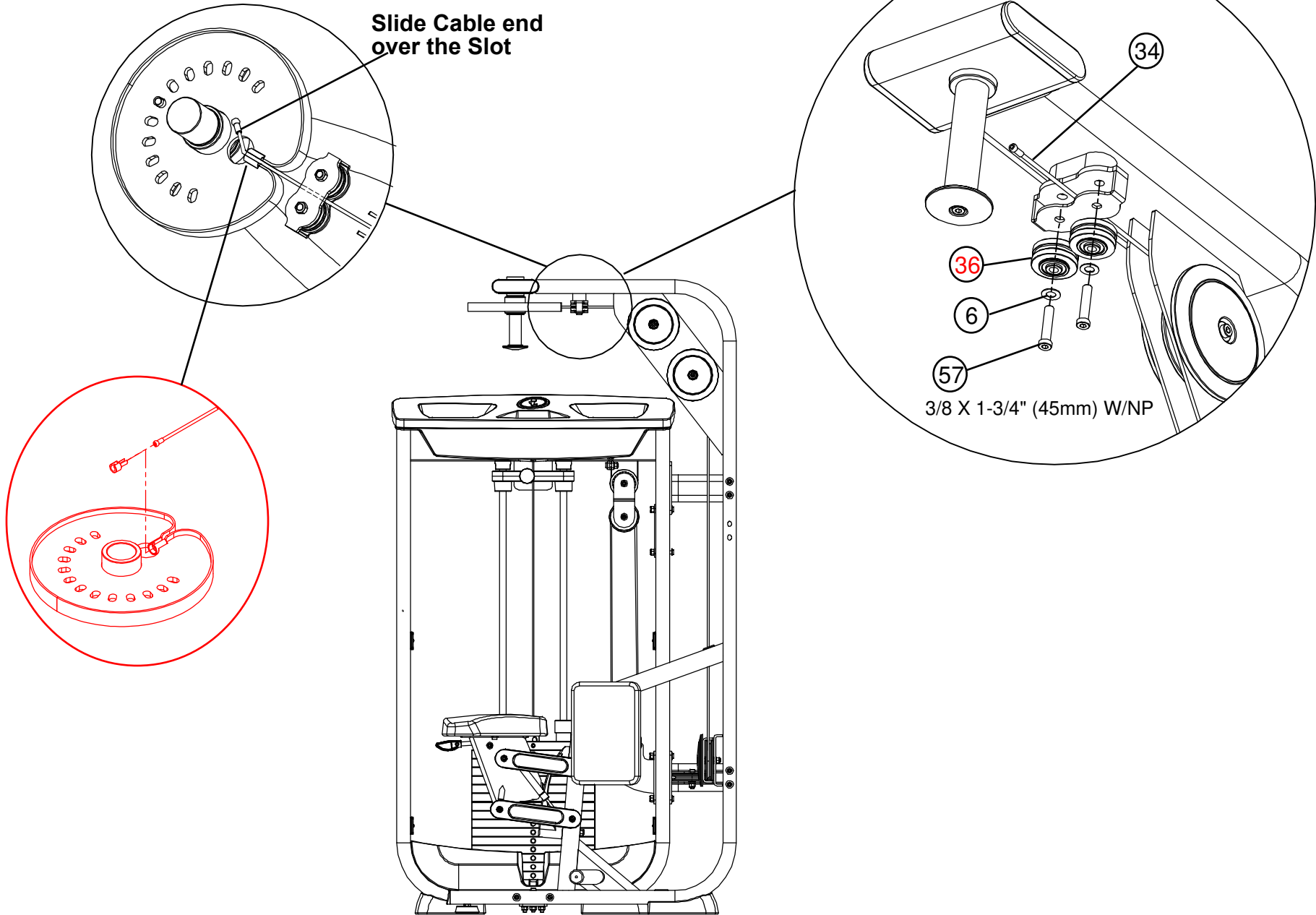


CABLE ROUTING DIAGRAM

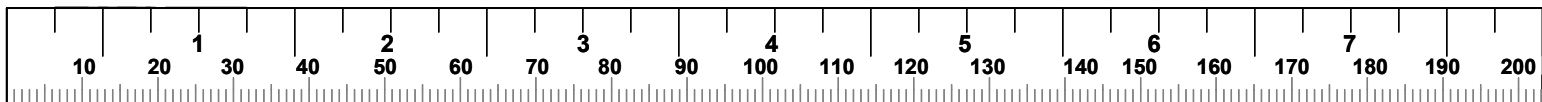


STEP 8

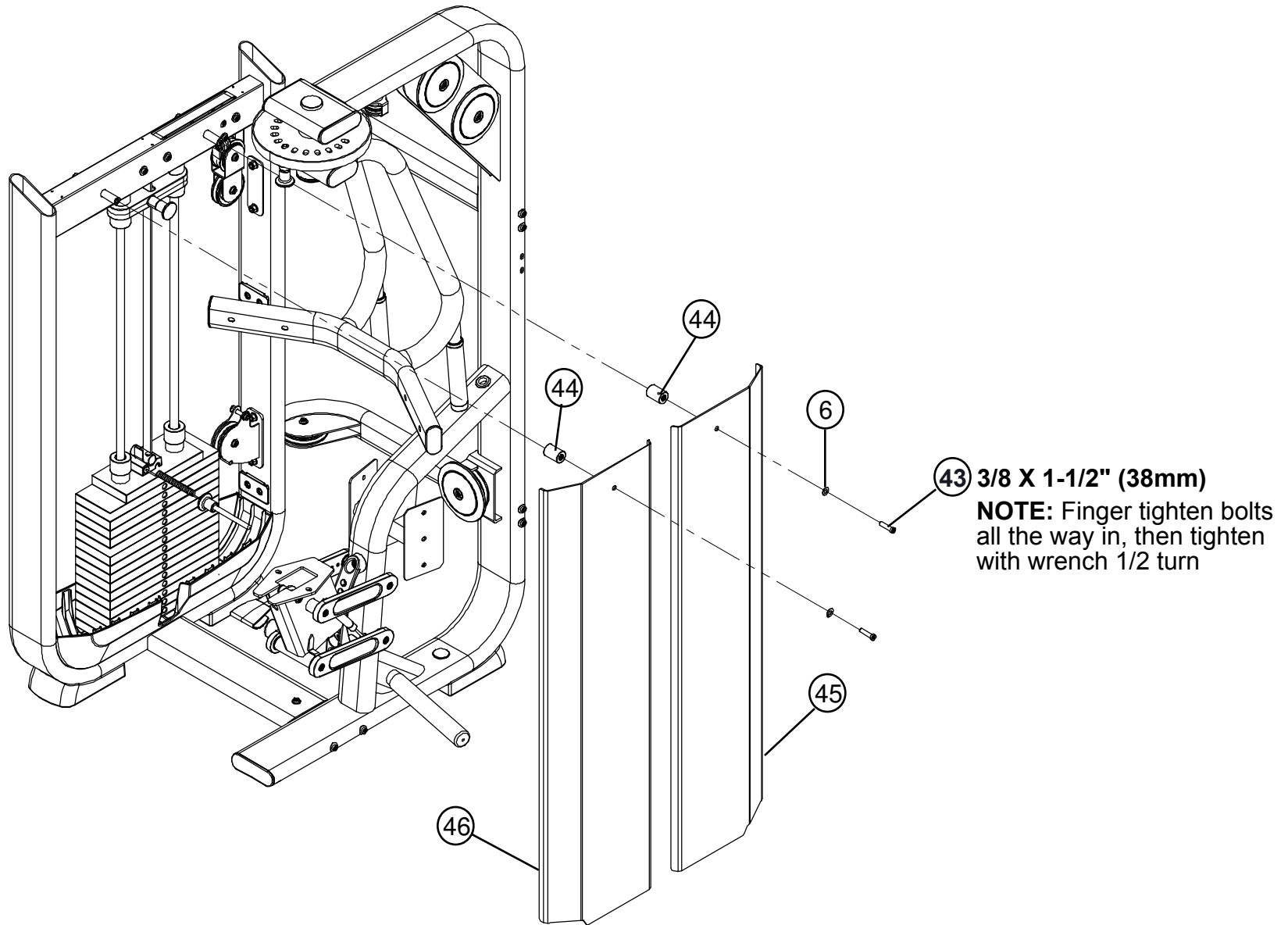
Slide Cable end
over the Slot



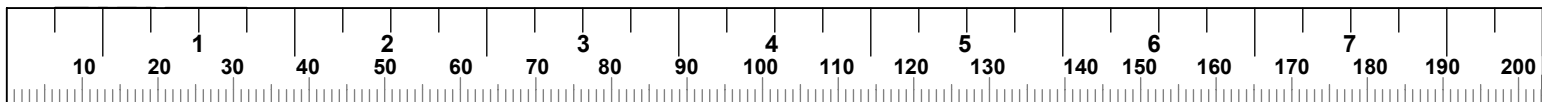
- **Securely tighten all bolt connections.**



STEP 9



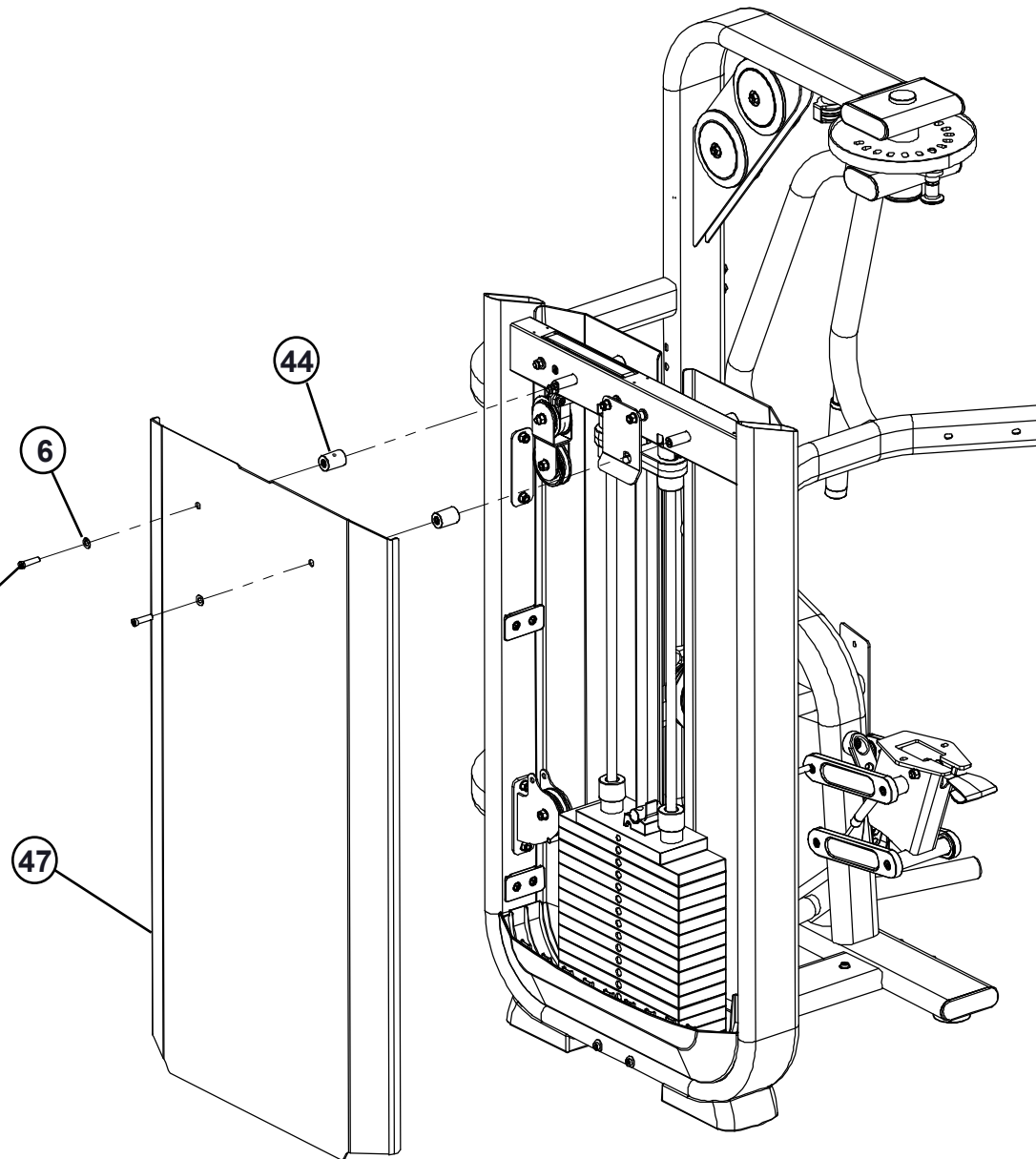
- **Securely tighten all bolt connections.**



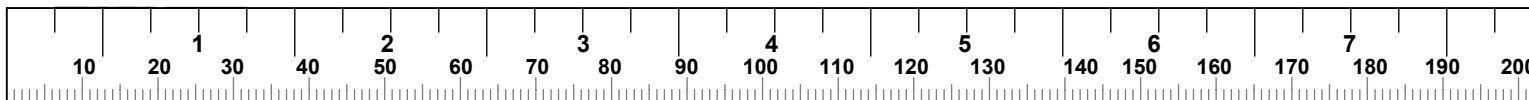
STEP 10

3/8 X 1-1/2" (38mm) 43

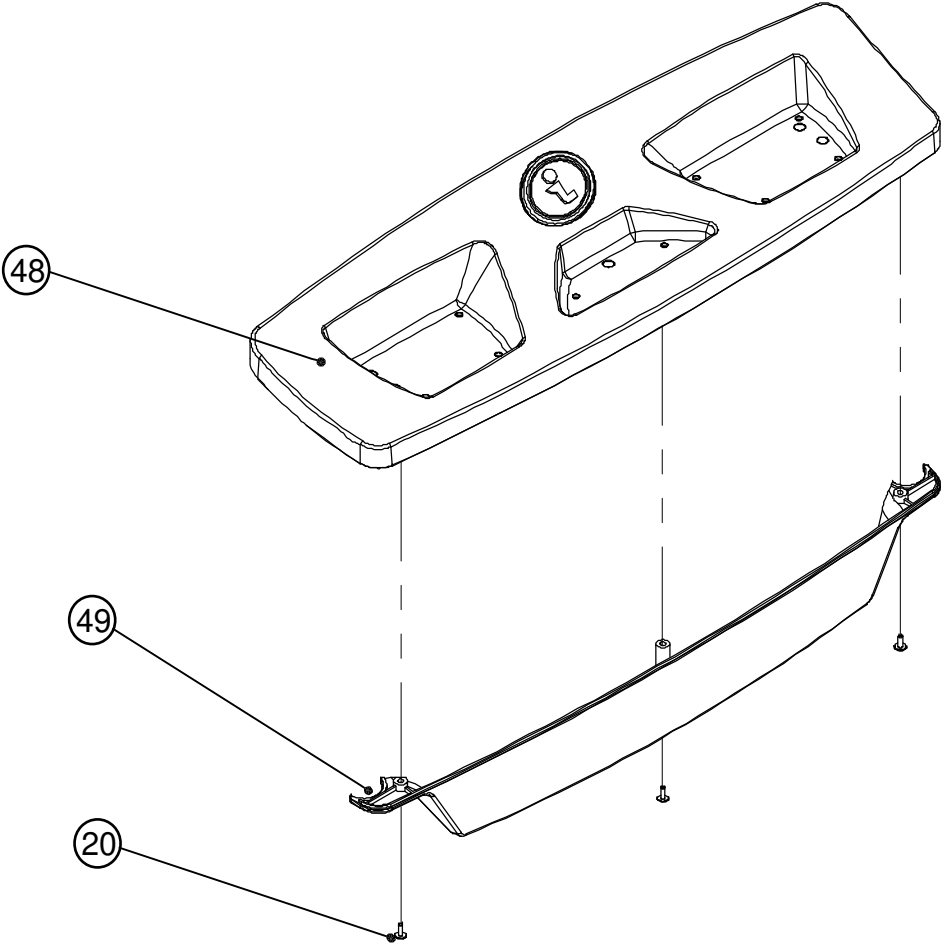
NOTE: Finger tighten bolts all the way in, then tighten with wrench 1/2 turn



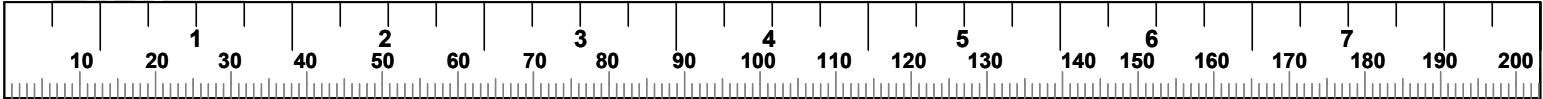
- **Securely tighten all bolt connections.**



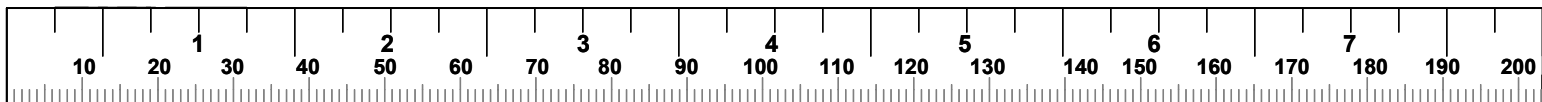
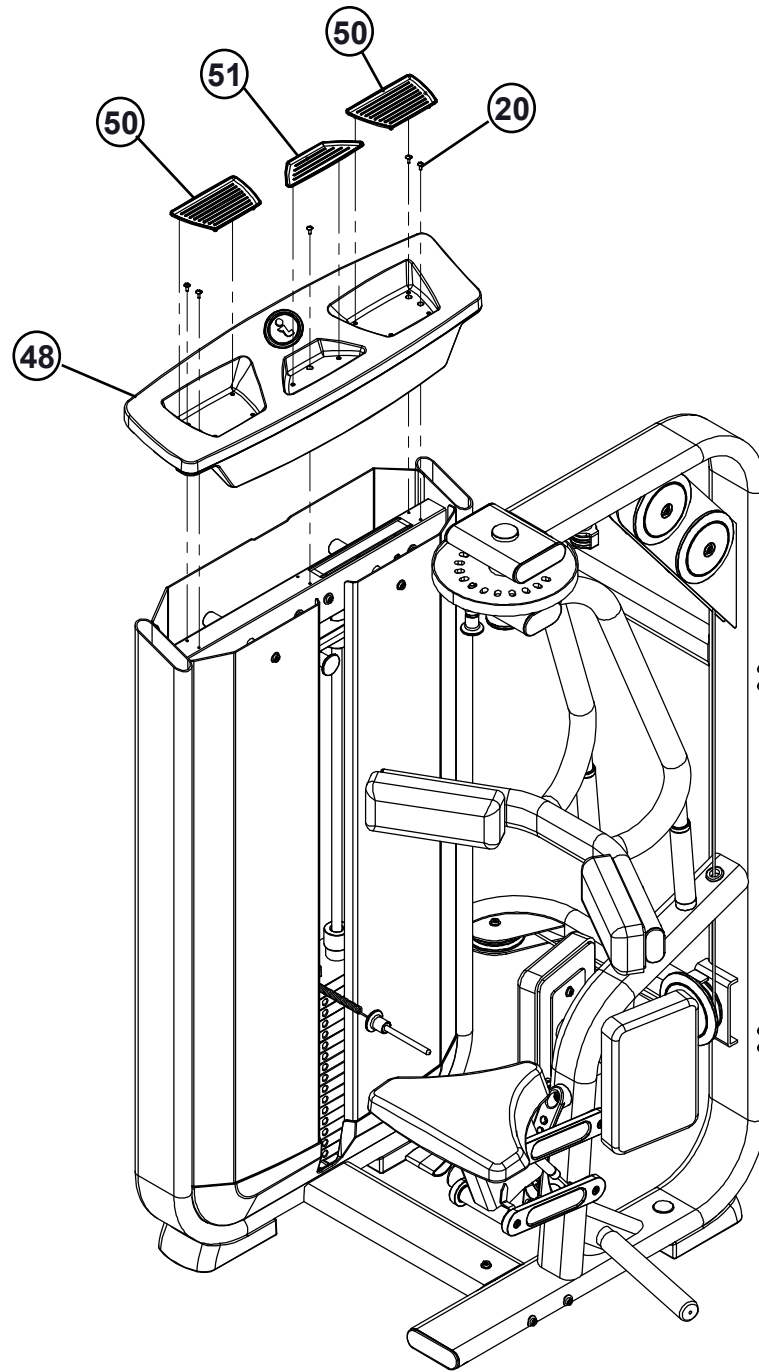
STEP 11



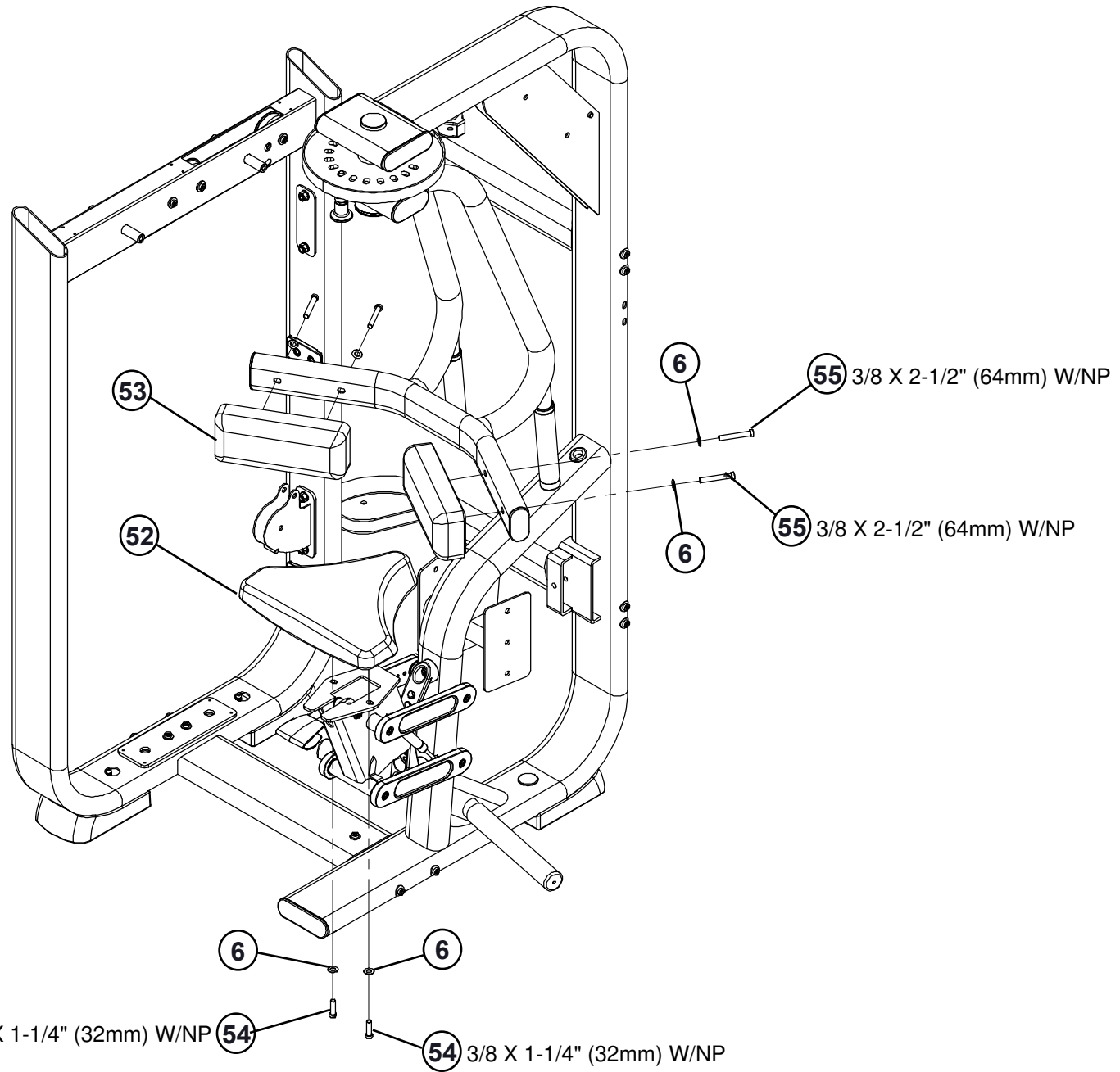
- Securely tighten all bolt connections.



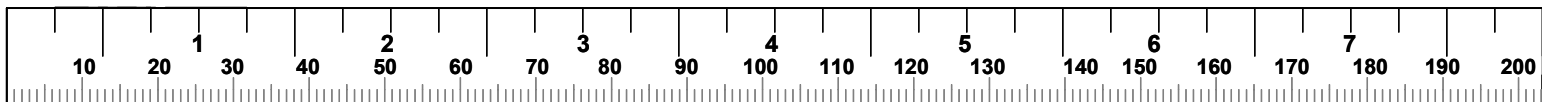
STEP 12



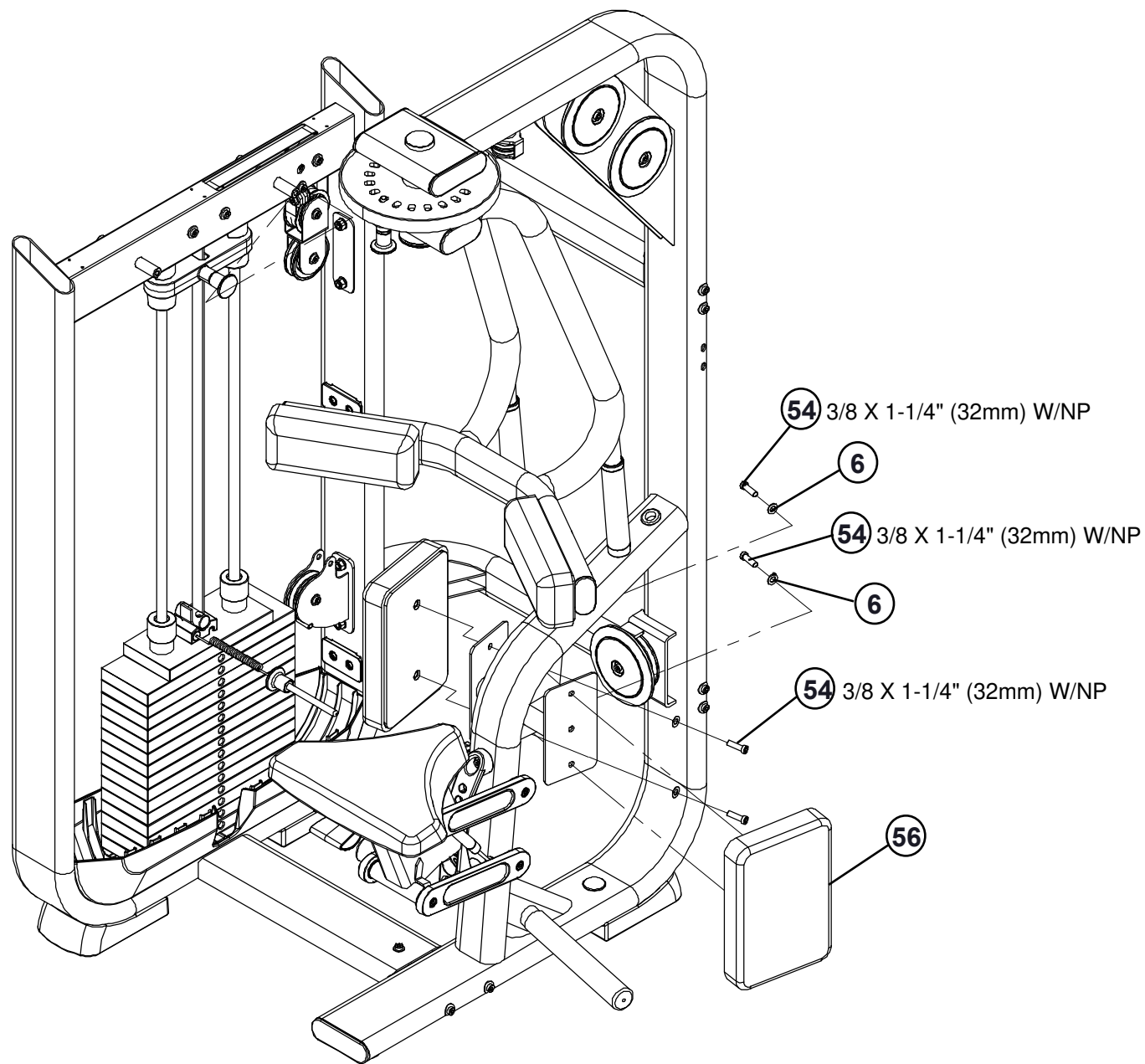
STEP 13



- **Securely tighten all bolt connections.**



STEP 14



- **Securely tighten all bolt connections.**

