

Инструкция

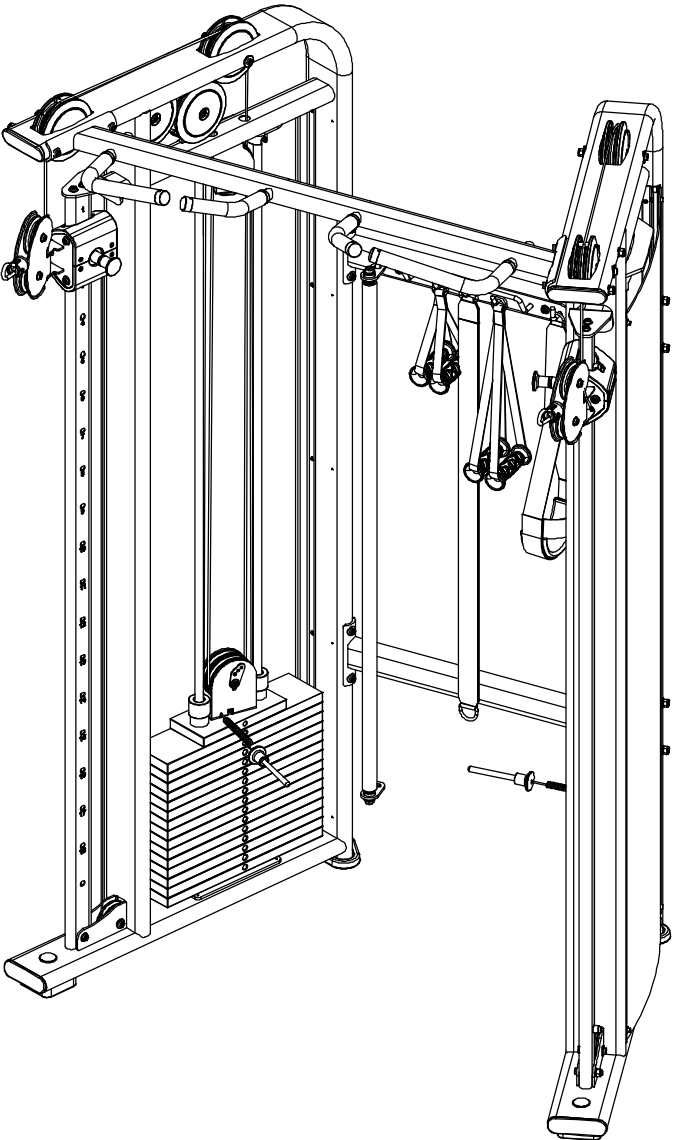
Тренажер для функционального тренинга Inotec NL12

Полезные ссылки:

[Тренажер для функционального тренинга Inotec NL12 - смотреть на сайте](#)

[Тренажер для функционального тренинга Inotec NL12 - читать отзывы](#)

DUAL ADJUSTABLE PULLEY

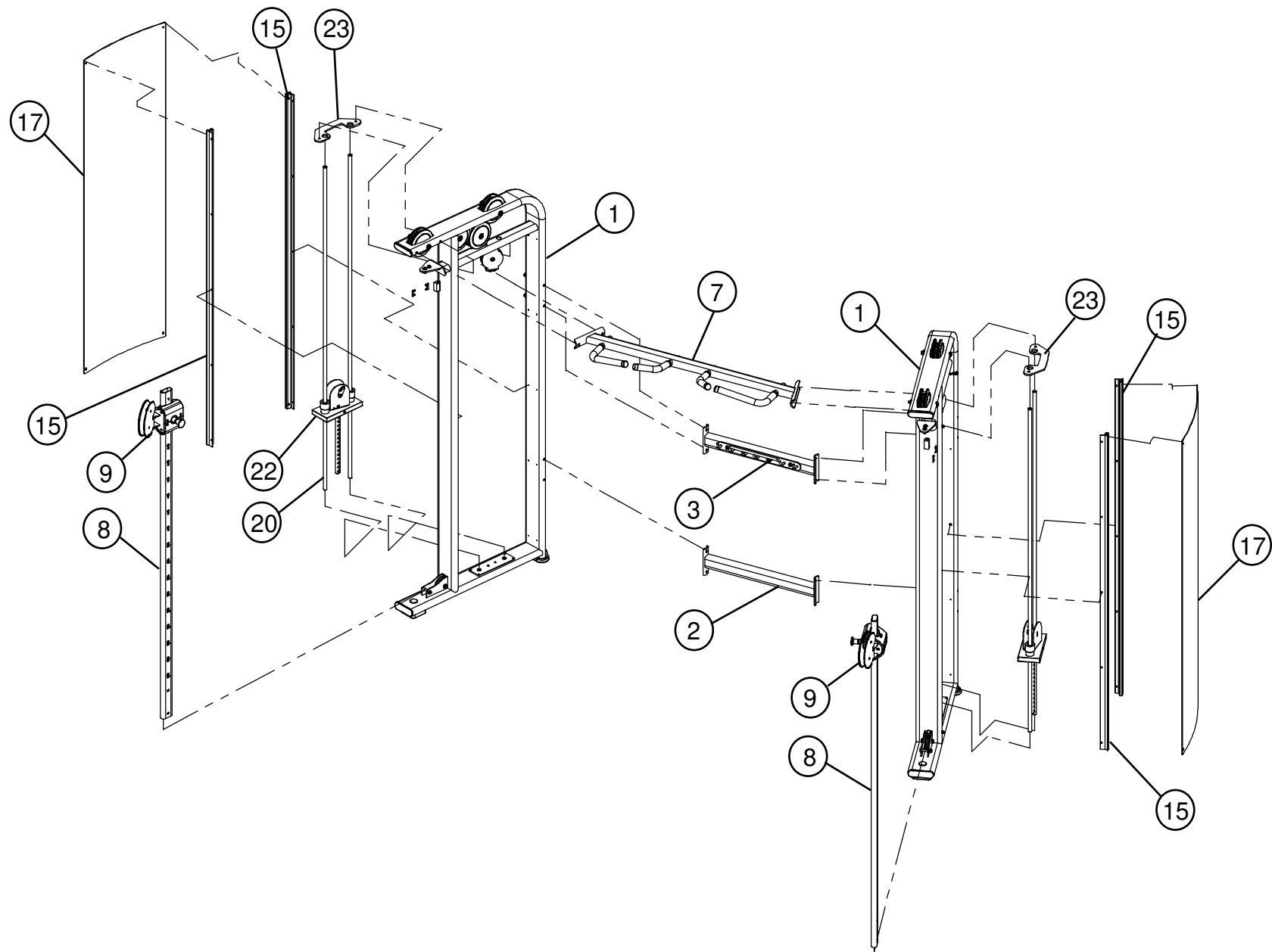


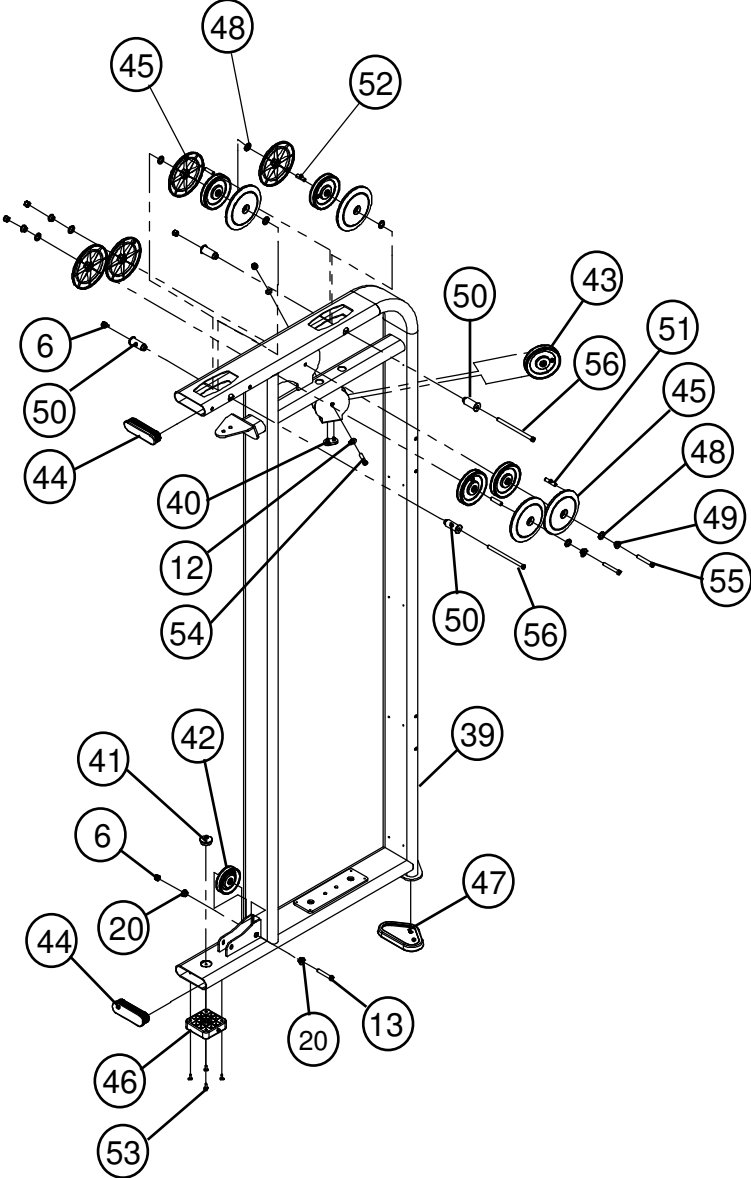
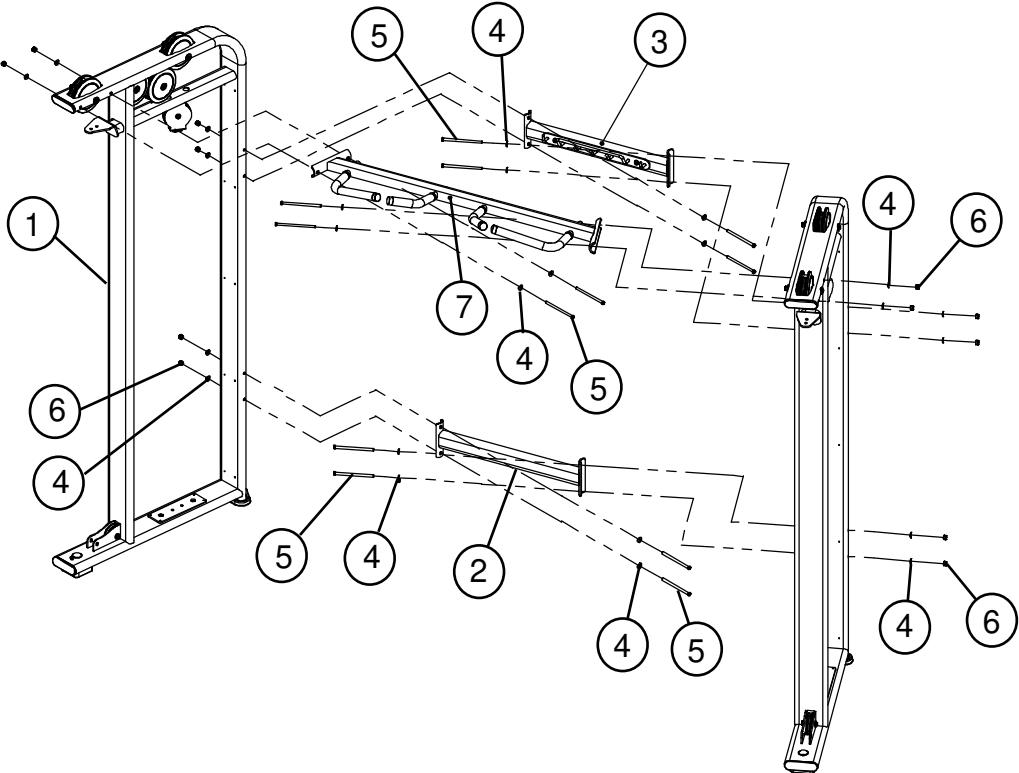
PARTS LIST

ITEM	QTY	PART NO	Paraong P/N	DESCRIPTION	Chinese Description
1	2	53089PA-A	P20-3200	PTD ASSY, DAP SIDE FRAME	固定立管組
2	1	53236PA-A	P04-2995	PTD ASSY, DAP LOWER CROSS BRACE	連接管組
3	1	53103PA-A	P20-3201	PTD ASSY, DAP UPPER CROSS BRACE	連接管組
4	24	2003001		WASHER, 3/8" SAE CURVED	弧形華司
5	12	2005424		BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD	六角承窩螺絲 3/8"x 6-1/4"L
6	14	2001201		NUT, 3/8-16 LK ST ZN	尼龍螺帽3/8"-16x11T
7	1	53098PA-A	P20-3202	PTD ASSY, DAP CHIN-UP	連接管組
8	2	5310601-A	P04-2999	WLDMT, DAP CARRIAGE UPRIGHT	調整管組
9	1	53110PA	P20-3204	PTD ASSY, RH CARRIAGE	右滑輪座組
10	4	5234801	P03-2019	BUSHING, STOP	套管
11	8	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
12	12	2001101		WASHER, FLAT 3/8 SAE ST ZN	平面華司20X10.5X1.0T
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	1	53109PA	P20-3205	PTD ASSY, LH CARRIAGE	左滑輪座組
15	4	53356PA-A	P20-3206	EXTRUSION, ALUMINUM - DAP SHROUD	固定片組
16	20	2004801		SCREW, 10-32 X 3/8" (9MM) PAN HEAD W/NP	大扁頭十字螺絲#10-32x3/8"L 點耐落
17	2	5340301	P10-0851	ASSY, DAP REAR SHROUD	護網
18	8	2002101		WASHER, FLAT 1/4 SAE ST ZN	平面華司16X6.5X1.0T
19	8	2006502		BOLT, 1/4-20 X 1/2" (13mm) SOCKET HEAD W/NP	六角承窩螺絲 1/4"x 1/2"L 點耐落
20	4	5311701	P01-3998	GUIDE ROD, 19 DIA X 1978	升降桿
21	30	52465PA-B	P10-0779	PTD ASSY, 20 LB WEIGHT PLATE	20磅重量片
22	2	5324001-A	P20-3212	ASSY, DAP HEAD PLATE	上片組
23	2	5311801-A	P02-4483	PLATE, CAP GUIDE ROD SUPPORT	固定片
24	2	5317901		LABEL, WEIGHT STACK 1/4 RATIO 20LBS	磅數表
25	4	5095301	A05-0212	SHAFT COLLAR, GUIDE ROD	固定軸套組
26	4	5209801	P06-2144	BUSHING, GUIDE ROD RETAINER	升降桿護套
27	4	5098201	P06-0034	CUSHION, WEIGHT STACK	橡膠墊
28	4	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
29	2	5337101-B	P13-0343	CABLE ASSY, DAP	連接鋼索
30	2	5280001-A	P06-2262	HOUSING, CABLE END COUPLER	鋼索護蓋
31	2	5279901-A	P05-1010	AL CORE, CABLE END COUPLER	鋼索取付
32	2	2003104	P05-1015	BOLT, 3/8 DIA X 11/16" (17MM) SHOULDER	限位螺絲
33	2	5091801		SNAP HOOK, 8MM DIA X 80MM	葫蘆鈎
34	1	5322801-A	P20-3214	STRAIGHT BAR, 54"	把手管組
35	1	5324601-A	P12-0218	ASSY, LEG BOOT D-RING	織帶管組
36	2	5324701-A	P12-0219	ASSY, SHORT STRAP HANDLE	織帶管組
37	2	5324801-A	P12-0220	ASSY, MEDIUM STRAP HANDLE	織帶管組
38	1	5350601	P12-0223	STRAP, DAP CHIN ASSIST	織帶
39	2	5308901-A	P20-2994	DAP SIDE FRAME	固定立管
40	2		P06-0014	BUMPER	緩衝墊
41	2		P06-0134	CAP, HOLE	扣塞

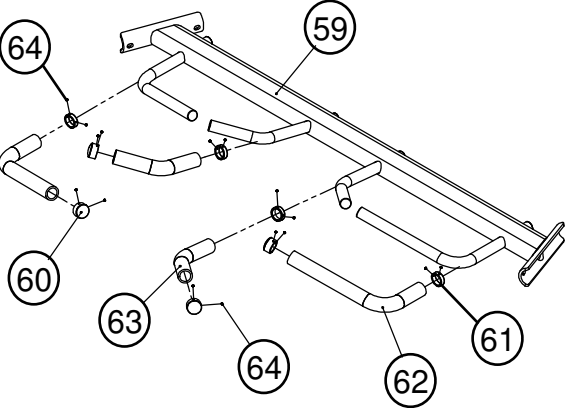
42	2	5094401	P06-0960	PULLEY, 3-1/2 OD X 25	小滑輪
43	10	5094501	P06-0961	PULLEY, 4-1/2 OD X 25	大滑輪
44	4	5205401-A	P06-2129	END CAP, FLATOVAL	橢圓管塞
45	16	5214601-C	P06-2135	COVER, PULLEY 152MM DIA	護蓋
46	2	5213101-B	P06-2147	Main Frame Foot Pad	腳墊
47	2	5257201-A	P06-2203	RUBBER FOOT PAD	橡膠墊
48	16	5217601-A	P06-2208	WASHER, RUBBER 19 ID X 25 OD X 3	墊片
49	12	5216301-A	P08-0165	SPACER, FLNG 16.2 X 10.2 X 7.5	T帽套管
50	8	5316801-A	P08-0168	SPACER, FLANGE	T帽套管
51	4	5224001-A	P03-1932	SPACER	鐵心
52	4	5224101-A	P03-2021	SPACER	鐵心
53	8			RIVET	拉釘
54	1	2005406		BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD	六角承窩螺絲 3/8" x 1 3/4"L
55	2	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
56	4			BOLT, 3/8-16 X 6" (152mm) SOCKET HEAD	六角承窩螺絲 3/8" x 6"L
57	1	5310301-A	P04-2996	DAP UPPER CROSS BRACE	連接管
58	1	5317401-A	P04-2997	ACCESSORY HOOK ASSEMBLY	掛架片組
59	1	5309801-A	P04-2998	DAP CHIN-UP	連接管
60	4	5095701-B	P05-1001	ALUMINUM CAP	鋁蓋
61	4	5095601-B	P05-1002	COLLAR	固定軸套
62	2	5316101-A	P06-2305	HAND GRIP	把手套
63	2	5316201-A	P06-2306	HAND GRIP	把手套
64	16			SET SCREW M4x3mmL	止付螺絲
65	6			BOLT, 3/8-16 X 5-1/2" (140mm) SOCKET HEAD	六角承窩螺絲 3/8" x 5 1/2"L
66	6	5185201-A	P03-2084	SHAFT	套管
67	1	5311001-C	P04-3001	CARRIAGE BRACKET	調整片組
68	12	5316501-A	P05-1024	ROLLER ROD	滾軸
69	2		P05-1025	SHOULDER BOLT	限位螺絲
70	4	5317601-A	P05-1030	SPRING	拉簧
71	4	5311501-A	P06-2203	CARRIAGE COVER	橡膠護蓋
72	6	5184901-A	P06-2304	ROLLER	塑膠滾輪
73	2	5297801-B	P11-0189	ADJUSTMENT PIN	彈簧插銷組
74	2	51704PA-A	P20-3203	ASSY, SWIVEL PULLEY HOUSING	滑輪固定片組
75	12			BEARING 6201ZZ	培林
76	1	5310901-C	P04-3000	CARRIAGE BRACKET LEFT	左調整片
77	2	5170401-A	P04-3003	SWIVEL PULLEY HOUSING	滑輪固定片
78	4		P08-0061	BUSHING	含油軸承
79	2			BOLT, 3/8-16 X 3" (76mm) SOCKET HEAD	六角承窩螺絲 3/8" x 3"L
80	2	5324101-A	P02-4482	PLATE	調整片
81	2	5324201-A	P04-3002	HEAD PLATE PULLEY HOUSING	滑輪固定片
82	2		P05-0187	PIN	彈簧軸
83	4	5218401-B	P06-2145	BUMPER	橡膠墊
84	2	52102PA-B	P10-0777	15LB HEAD PLATE	上片組

85	2	5210901-A	P10-0781	SELECTOR STEM	選擇桿
86	2	5245301	P11-0183	WEIGHT STACK SELECTOR PIN	選擇桿插鞘組
87	1	5322901-A	P04-3016	STRAIGHT BAR, 54"	把手管
88	2		P05-1026	SHOULDER BOLT	限位螺絲
89	1	5323501-A	P06-2307	HAND GRIP	把手套
90	2	53232PA	P20-3213	SWIVEL ASSEMBLY	固定片組
91	2	5323201-A	P04-3005	SWIVEL	固定片
92	4		P08-0096	BUSHING	含油軸承

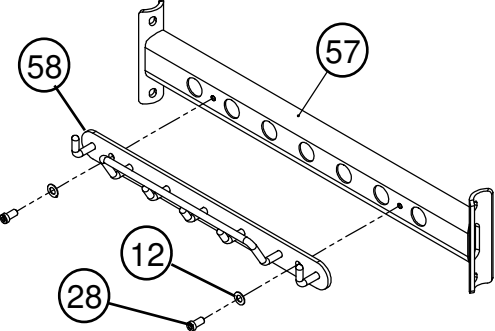




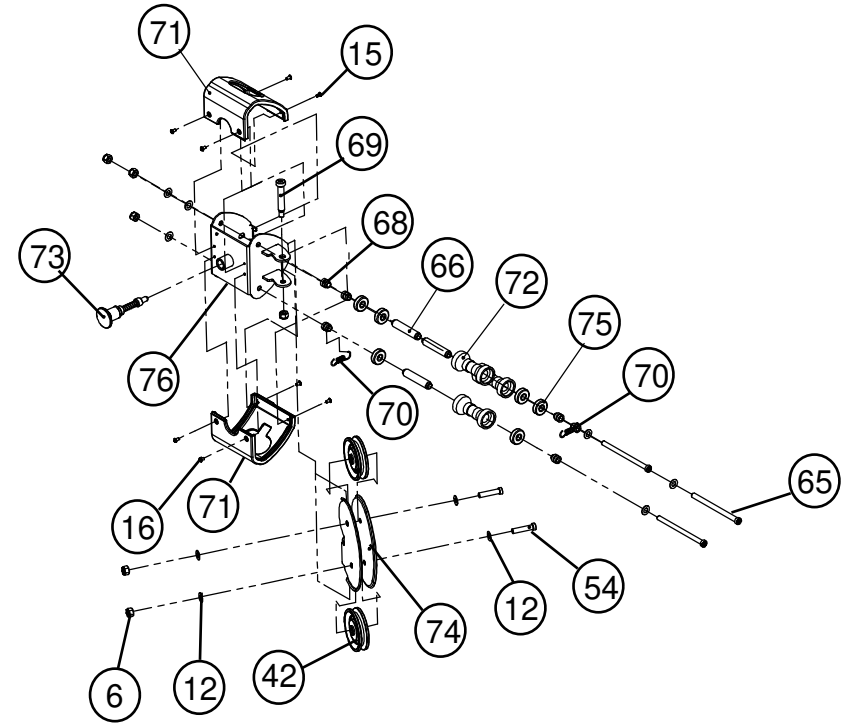
#7 P/N 53098PA-A PTD ASSY, DAP CHIN-UP



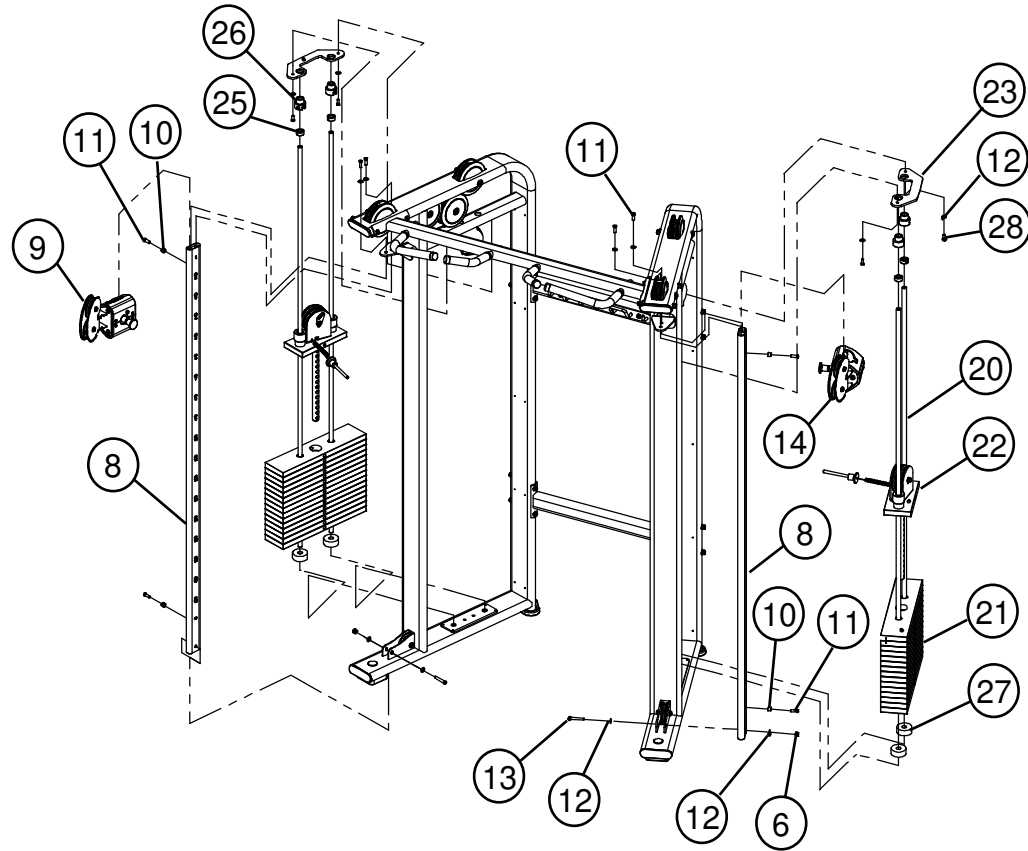
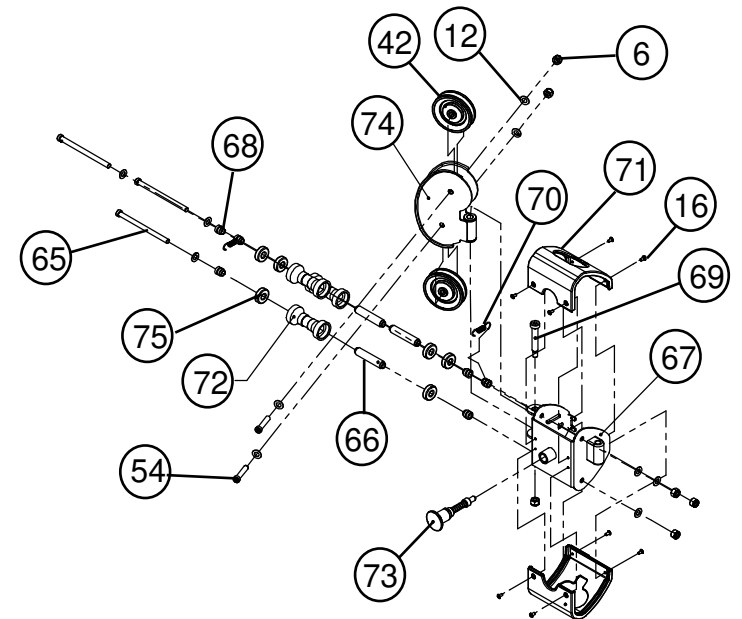
#3 P/N 53103PA-A PTD ASSY, DAP UPPER CROSS BRACE



#14 P/N 53109PA PTD ASSY, LH CARRIAGE

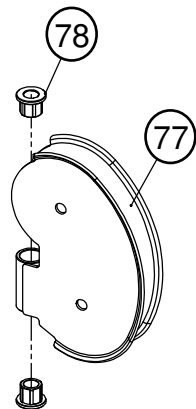
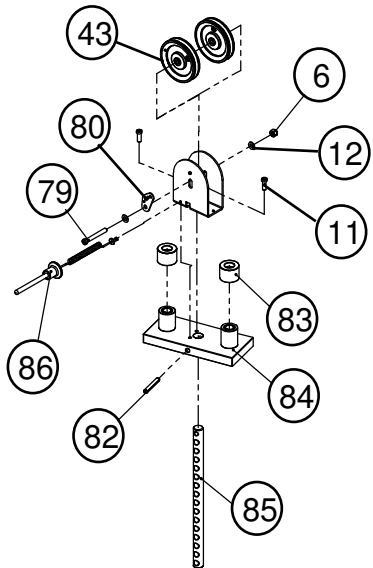


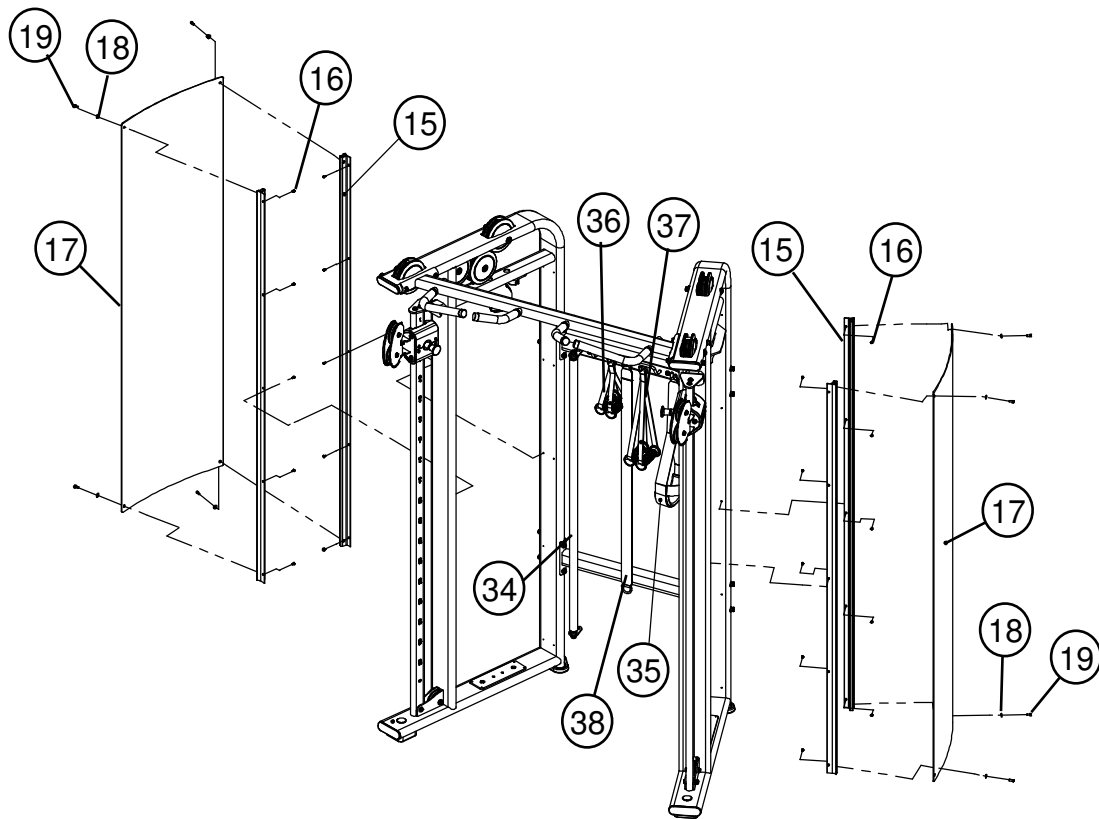
#9 P/N 53110PA PTD ASSY, RH CARRIAGE



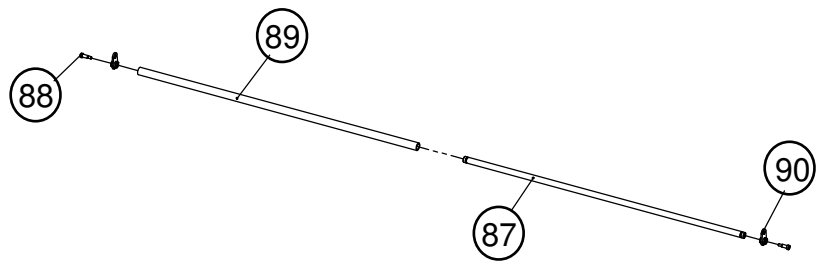
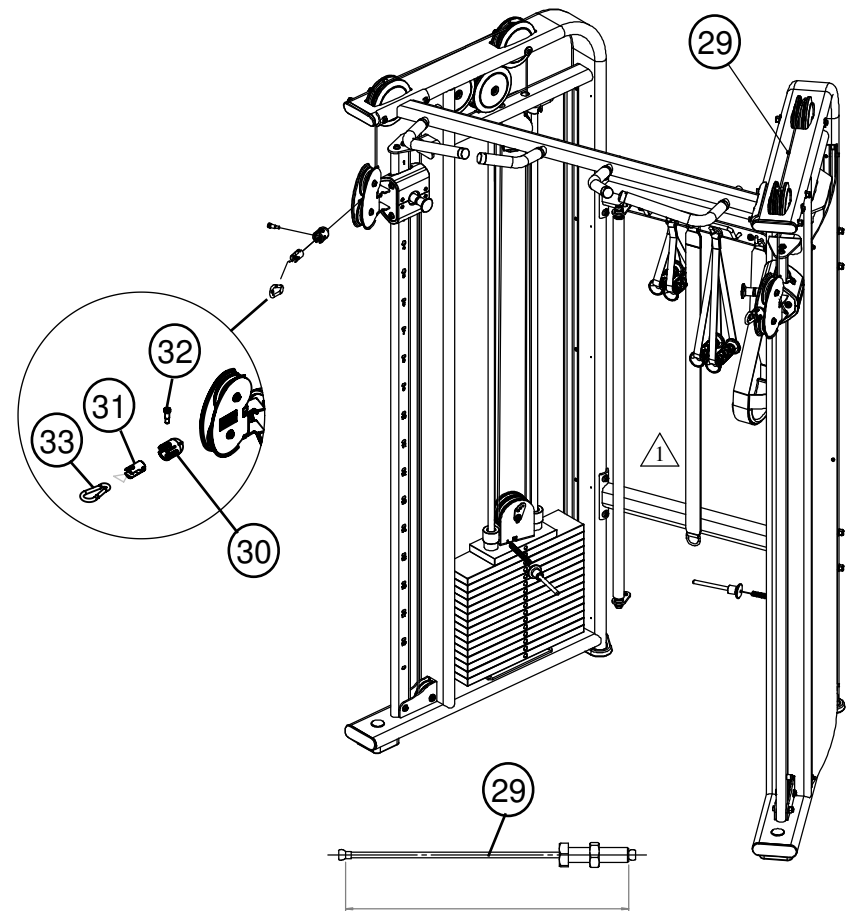
#22 P/N 5324001-A ASSY, DAP HEAD PLATE

#74 P/N 51704PA-A ASSY, SWIVEL PULLEY HOUSING





#34 P/N 5322801-A STRAIGHT BAR 54"



#90 P/N 53232PA-A SWIVEL ASSEMBLY

