

# SRIL-40 ASSEMBLY STEPS

## STEP-1

**NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEPS.**

- Attach A1 Front Leg Frame to B2 Main Body Frame using S Mounting Plate.
- Attach C3 Chest Pad Upright to B2 Main Frame using S Mounting Plate.
- Attach D4 Middle Body Frame to B2 Main Base Frame.
- Attach E5 Row Arm Frame to D4 Middle Body Frame.

## STEP-2

- Slide G7 Seat Pad Frame into B2 Main Base Frame.
- Attach F6 Seat Pad to G7 Seat Pad Frame.
- Attach H8 Chest Pad to I9 Chest Pad Frame.

**CAUTION: DO NOT OVERTIGHTEN PAD BOLTS. OVERTIGHTENING WILL STRIP T-NUTS IN THE WOOD.**

- Slide I9 Chest Pad Frame into C3 Chest Pad Upright.
- Attach J Bushing to J10 Handle Bars. **YOU MUST GLUE BUSHINGS IN PLACE.**

## STEP-3

- Slide J10 Handle Bars onto E5 Row Arm Frame.
- Slide K11 Weight Plate Bar through D4 Middle Body Frame and secure with D Hex Bolt.
- Slide L12 Foam Roller Bar through B2 Main Base Frame.

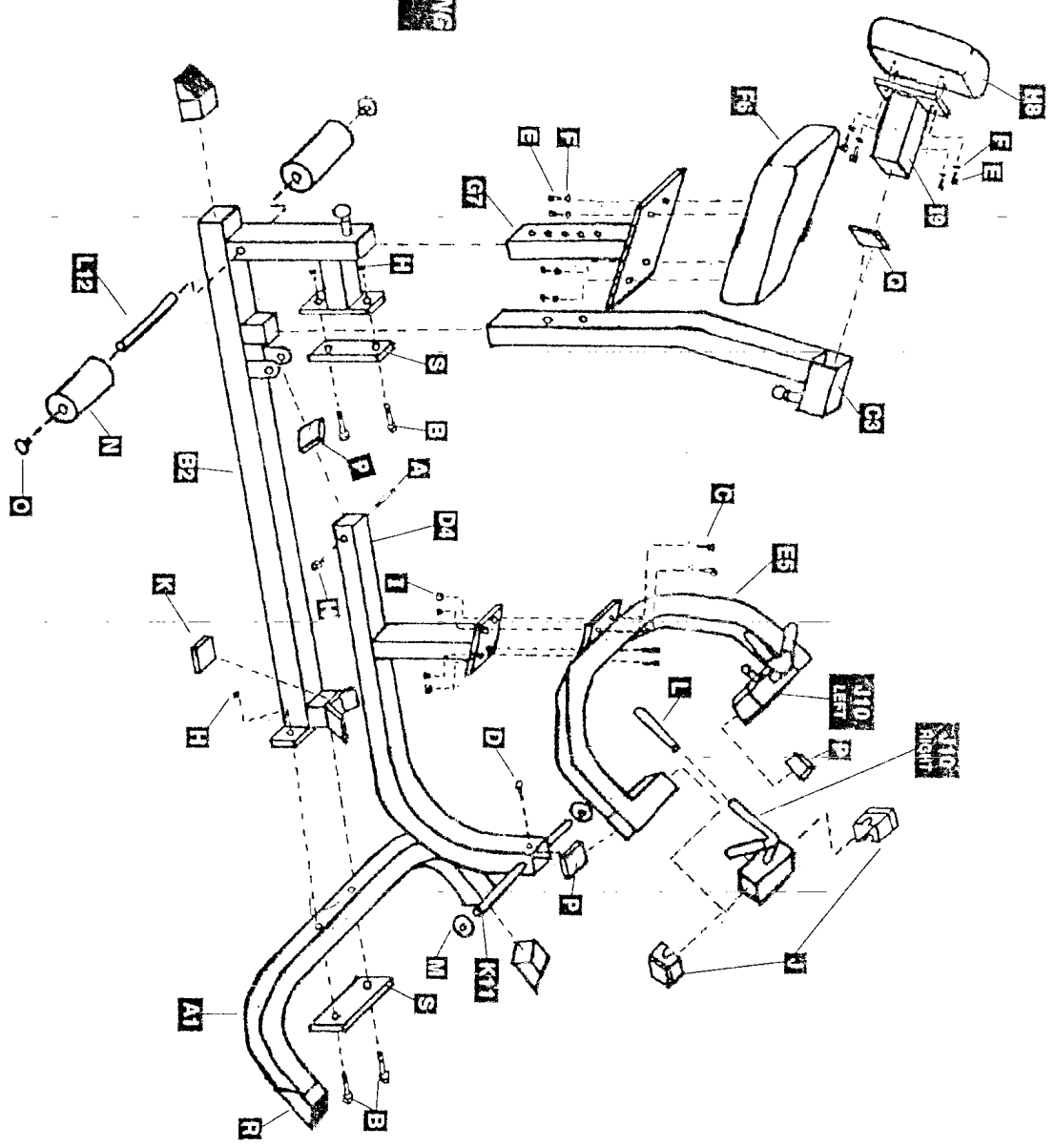
## STEP-4

- Attach K Rubber Pad and M Rubber Donuts.
- Attach L Rubber Grips and N Foam Rollers.

**NOTE: It is advisable to spray the inside of Foam Rollers with hairspray to ease attachment and to use glue to help secure End Caps.**

- Attach O, P and Q End Caps and R Foot Caps.
- NOTE: It is advisable to immerse Foot Caps in hot water to help ease attachment.**

- TIGHTEN ALL NUTS AND BOLTS SECURELY.



## SAFETY RULES

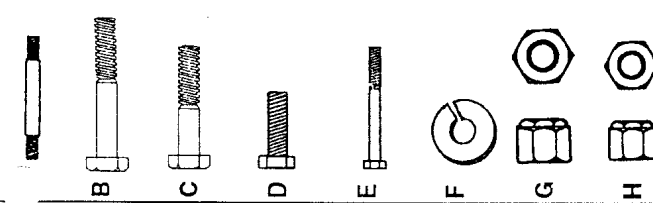
1. Periodically check that all nuts, bolts and screws are fully tightened on your SEATED ROW MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. **Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.**

# SRM-40

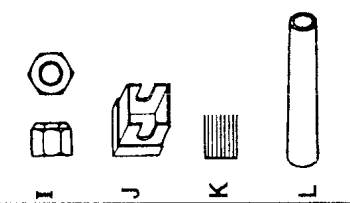
## SEATED ROW

### ASSEMBLY INSTRUCTIONS

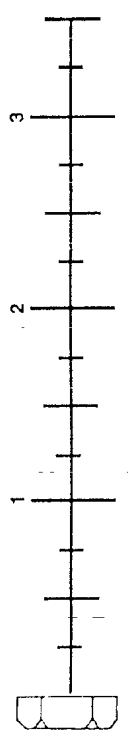
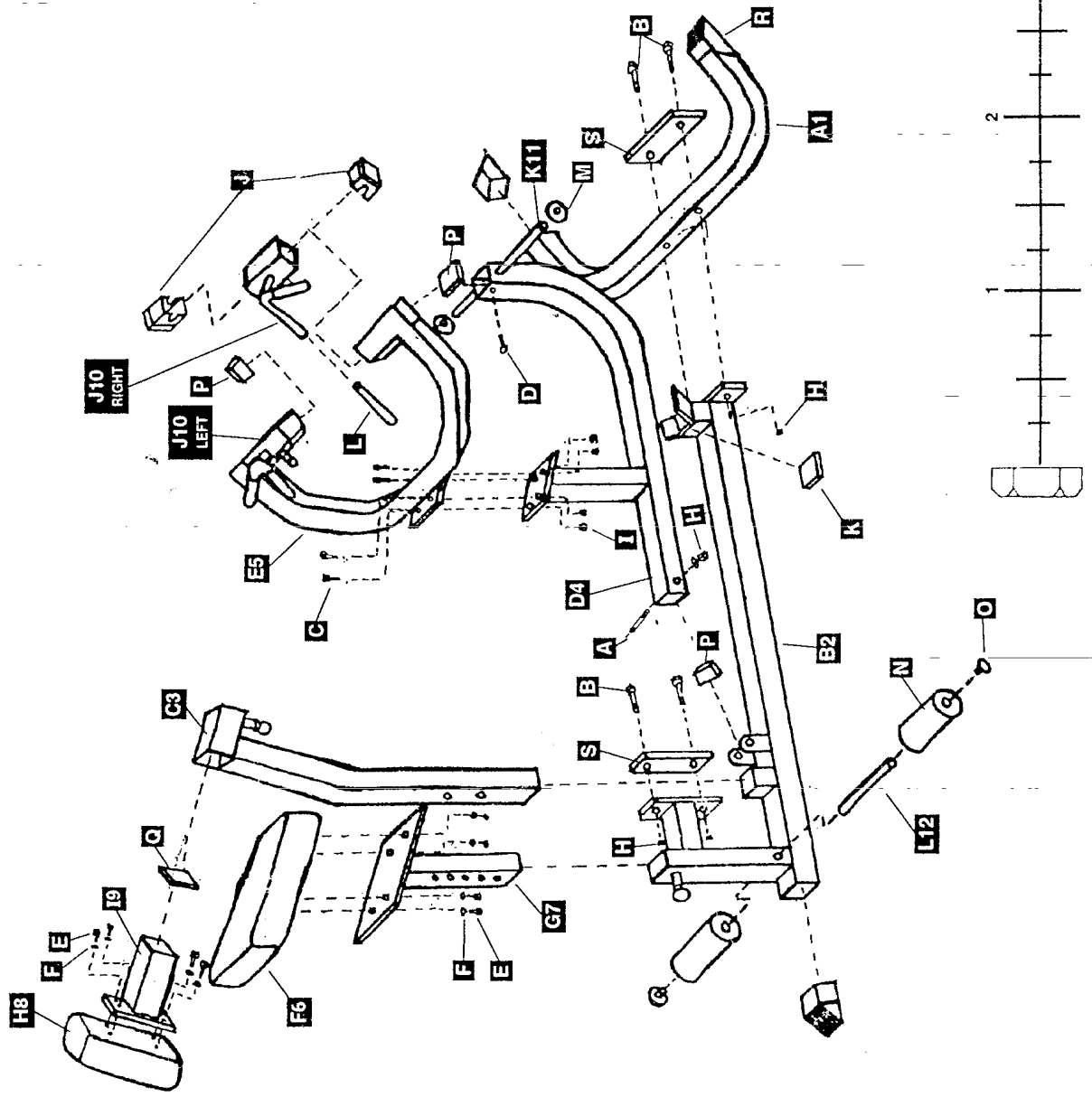
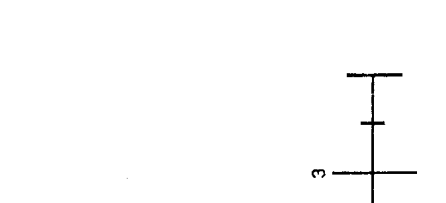
Part	Description	Qty.
A	5/8" x 4" Externally Threaded Shaft	1
B	1/2" x 3/4" Hex Head Bolt	4
C	3/8" x 1" Hex Head Bolt	4
D	M10 x 20 Hex Head Bolt	1
E	5/16" x 1" Hex Head Pad Bolt	8
F	5/16" (I. D.) Spring Washer	8
G	5/8" Nylon Lock Nut	0
H	1/2" Nylon Lock Nut	6
I	3/8" Nylon Lock Nut	4
J	2" x 2" Nylon Bushing	4
K	Rubber Pad	1
L	Rubber Grip	4
M	Rubber Donut	2
N	Foam Roller	2
O	2 1/2" Round End Cap	2
P	2" x 2" End Cap	6
Q	1 1/4" x 1 3/4" End Cap	1
R	2" x 2" Foot Cap	3
S	Mounting Plate	2
T	Glue	1



Part	Description	Qty.
M	Rubber Donut	2
N	Foam Roller	2
O	2 1/2" Round End Cap	2
P	2" x 2" End Cap	6
Q	1 1/4" x 1 3/4" End Cap	1
R	2" x 2" Foot Cap	3
S	Mounting Plate	2
T	Glue	1



Part	Description	Qty.
A1	Front Leg Frame	1
B2	Main Base Frame	1
C3	Chest Pad Upright	1
D4	Middle Body Frame	1
E5	Row Arm Frame	1
F6	Seat Pad	1
G7	Seat Pad Frame	1
H8	Chest Pad	1
I9	Chest Pad Frame	1
J10	Handle Bar (Right & Left)	2
K11	Weight Plate Bar	1
L12	Foam Roller Bar	1



Body-Solid Fitness Equipment reserves the right to change design and specifications when we feel it will improve the product.