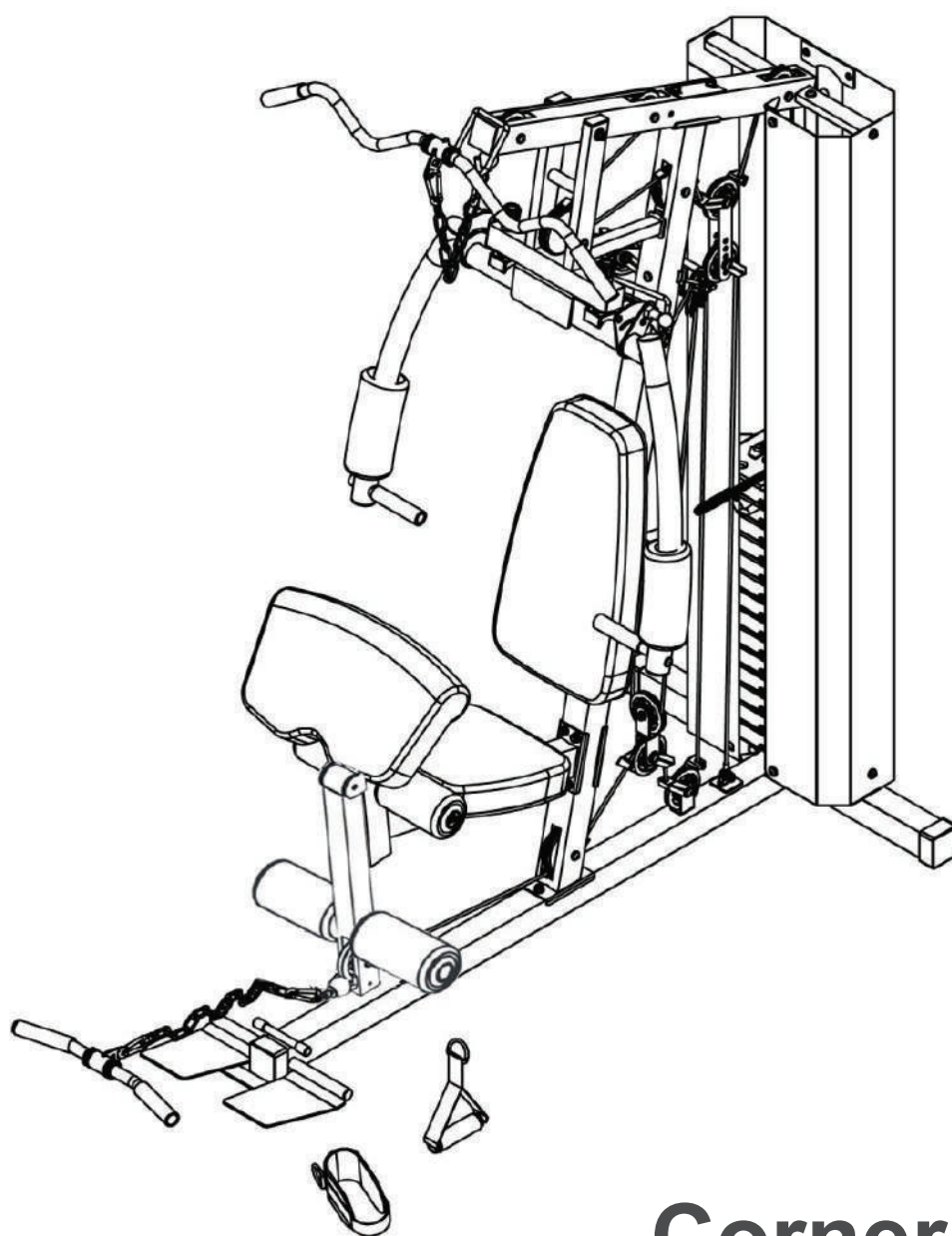




# hattrick<sup>®</sup>

## BODYGYM-PROMIX



**Corner Gym**

**User Manual**

English



## **IMPORTANT DECLARATION:**

First we are highly appreciated that you buy.

For your health and safe, before you exercise please consult from your doctor and define a appreciated exercise burden for yourself. Before using this equipment read carefully all related instructions and notice. In this way you gain more happiness during exercise. When you begin to use, our company think you have read use manual already.

After you buy this equipment, please fill carefully 'post-sale service warranty card' and keep it, meanwhile, post return receipt (stub) back to our company so that we provide better service for you.

The content of manual will change along with promotion of products, and we will not inform you.

All notice and instruction are in order to keep yoafe and use this equipment correctly. If not obeying the suggestion, take the consequence yourself.

After reading, the user must keep this manual in the place you can see it at anytime.

## **WARNING**

1. Always keep unsupervised children and disabled away from the equipment.
2. Injury to health may result from incorrect or excessive training, please consult the coach to choose correct exercise method and proper burden.
3. Please adjust the load and equipment further (e.g. seat adjustment) before using.
4. Please check if the bolt and handrail are out of work before you start to use it.
5. When weight stacks, booms and other parts of this equipment are blocked, must handle with other people's assistance, in case that the weight stacks may suddenly drop and cause accident.
6. Adjust the length of the steel cable properly and never make the steel wire rope twist. After using the machine for a period, the owner shall check the steel cable to make sure no unusual phenomena in connecting. When meet any problems, please consult the professional maintenance personal at once.
7. Do not suddenly drop the weight stack. In order to avoid destroying other weight stacks, please raise it when the weight stacks nearly collide.
8. While using, forbid hands stretching into the weight stacks or the relative motion parts, so as not to injure the finger.
9. The machine should be located stably. A space of 2000mm\*2000mm should be around the machine.
10. If you feel swirl, surfeit and other discomfort sense, Please stop exercising and go for doctor.
11. The equipment should be installed on stable even surface.
12. The machine shall only be used indoor and be avoid of moisture.
13. Wear right shoes and coat
14. Warm up before exercising
15. Don't use the equipment to do the impossible function
16. Please exercise under instruction by professional coach.
17. Inspect if the equipment is fastness before using
18. Any of the adjustment devices that could interfere with the user movement should not be left projecting.

**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT.**

## NOTICE:

1. Warm-up.....It needs warm-up for 5-10 minutes before starting exercise, for instance mark time, free-standing exercises etc., in order to move each joint muscle, so as not to injure the joint muscle while exercising.

2 Diet .....Eat some more protein, vegetables, and fruit. Begin to do exercises until 40 minutes after a meal. Taking food until half an hour after doing exercises and drink little water while doing exercise.

3. Breath.....Breathe in while exerting oneself, exhale while relaxing. To coordinate breathe with movement.

4 Frequency...It needs to take a rest over 48 hours before exercising the same muscle.

5 Burden.....Exerciser should choose suitable weight according to one's own actual conditions, make sure not to be overweight, so as not to cause the muscle to draw wounded. Exercises should according to the progressive principle; it is normal to feel ache while exercise for the first time.

## REGULAR MAINTENANCE

1. The safety level of the equipment can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;

2. Pay special attention to components most susceptible to wear.

3. Replace defective components immediately and /or keep t he equipment out of use until repair;

4. This equipment should carry on regular maintenance according to the following chart:

| MAINTENANCE                                | EVERYDAY | EVERY WEEK | THREE MONTHS |
|--|----------|------------|--------------|
| Check: connecting, bolt, Weight stack bolt | √        |            |              |
| Clearance: cushion and cover               | √        |            |              |
| Lubrication: place of sliding              |          |            | √            |
| Check: bolt if tighten                     |          | √          |              |
| Lubrication: Bracket of bearing            |          |            | √            |

## INSTALL SKETCH MAP

Let assembly become easier

All the content of user's manual is to assured the strength training machine can be installed more easily

Reading the details and instructions before installing:

1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by tow men
6. Identify all parts by part identify chart

# Components - Fixings (1)



#84 Allen Bolt M10×150mm Qty1



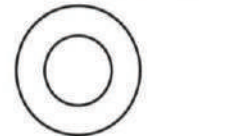
#83 Carriage Bolt M10×85mm Qty10



#99 Ø8 Washer Qty10



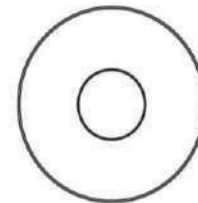
#85 Allen Bolt M10×85mm Qty5



#97 Ø10 Washer Qty70



#92 Allen Bolt M8×85mm Qty2



#98 Ø30×Ø10.5 Washer Qty2



#86 Allen Bolt M10×68mm Qty1



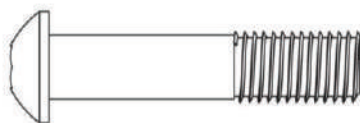
#100 M8 Aircraft Nut Qty2



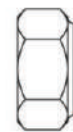
#87 Allen Bolt M10×65mm Qty2



#101 M10 Aircraft Nut Qty29



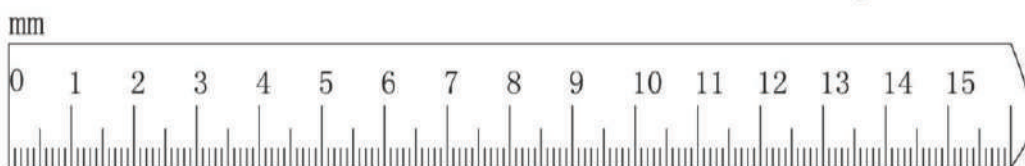
#88 Allen Bolt M10×50mm Qty7



5# Allen Bolt Qty1



6# Allen Bolt Qty2

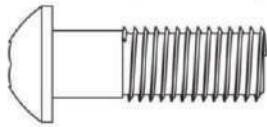




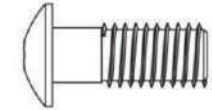
# Components - Fixings (2)



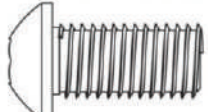
#93 Allen Bolt  
M8X40mm Qty2



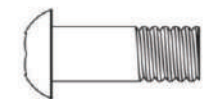
#89 Allen Bolt  
M10X30mm Qty1



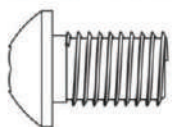
#95 Allen Bolt  
M8X22mm Qty2



90 Allen Bolt  
M10X20mm Qty10



#94 Allen Bolt  
M8X18mm Qty2



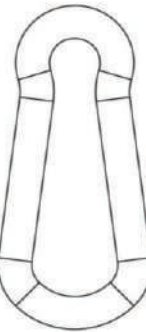
#91 Allen Bolt  
M10X16mm Qty14



#81 10 Joint chain Qty1



#80 15 Joint chain Qty1



#79 Clip hook Qty2



#78 M10 X Ø16X57mm Axle Qty 1

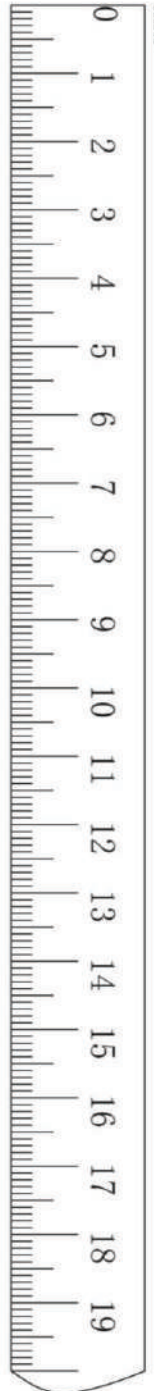


#77 M10 X Ø16X169mm Axle Qty1

mm

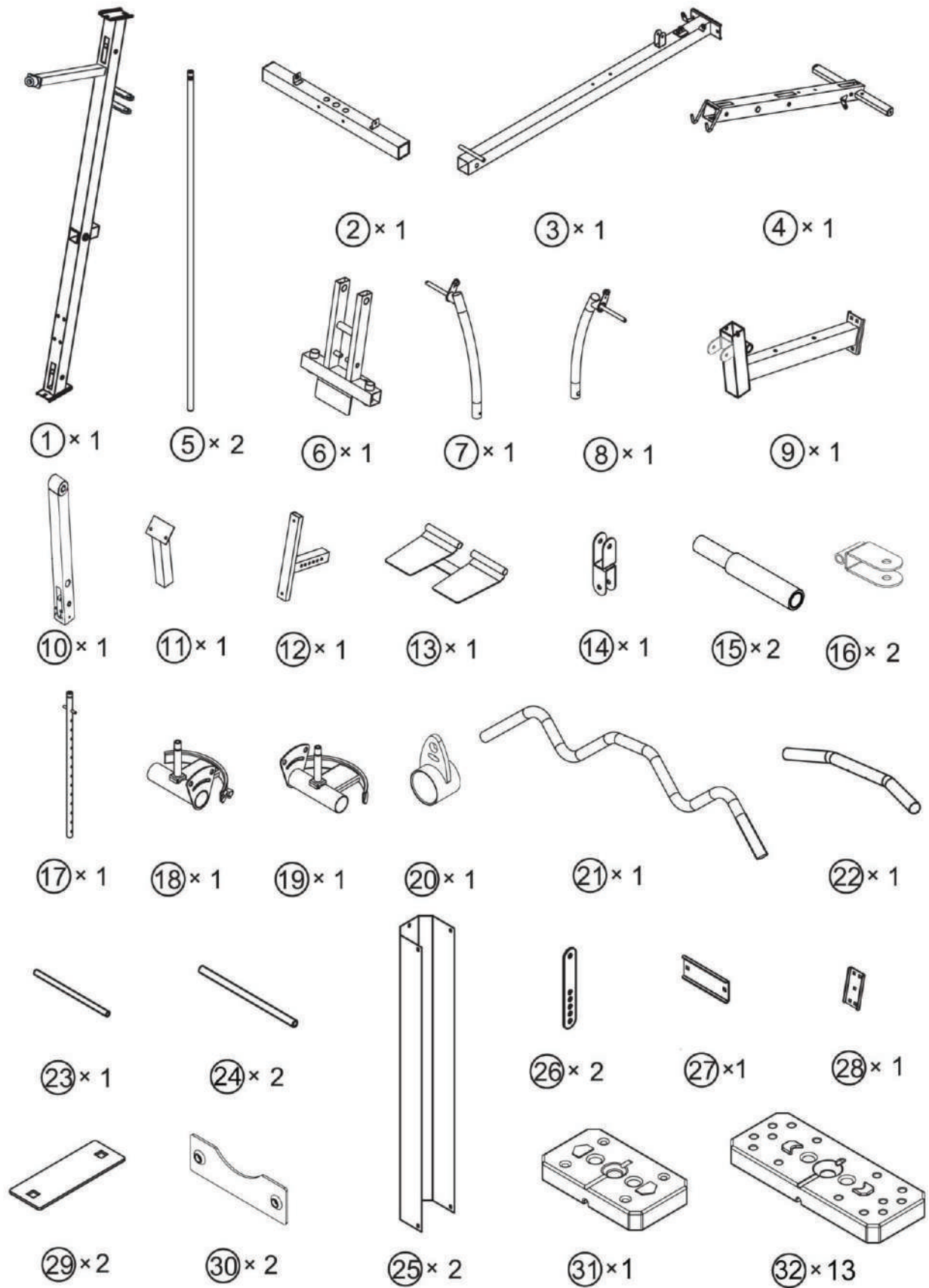


mm





# Components - Parts (1)



## Components - Parts (2)

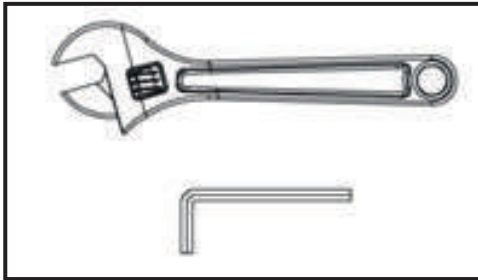


## Assembly Instructions

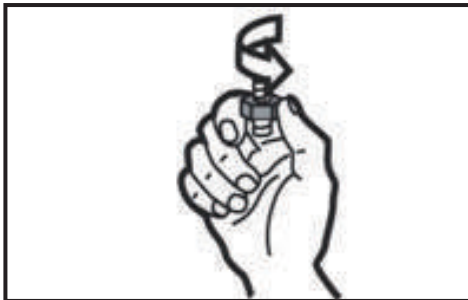
Tools: Adjustable spanner x 2

### Attention:

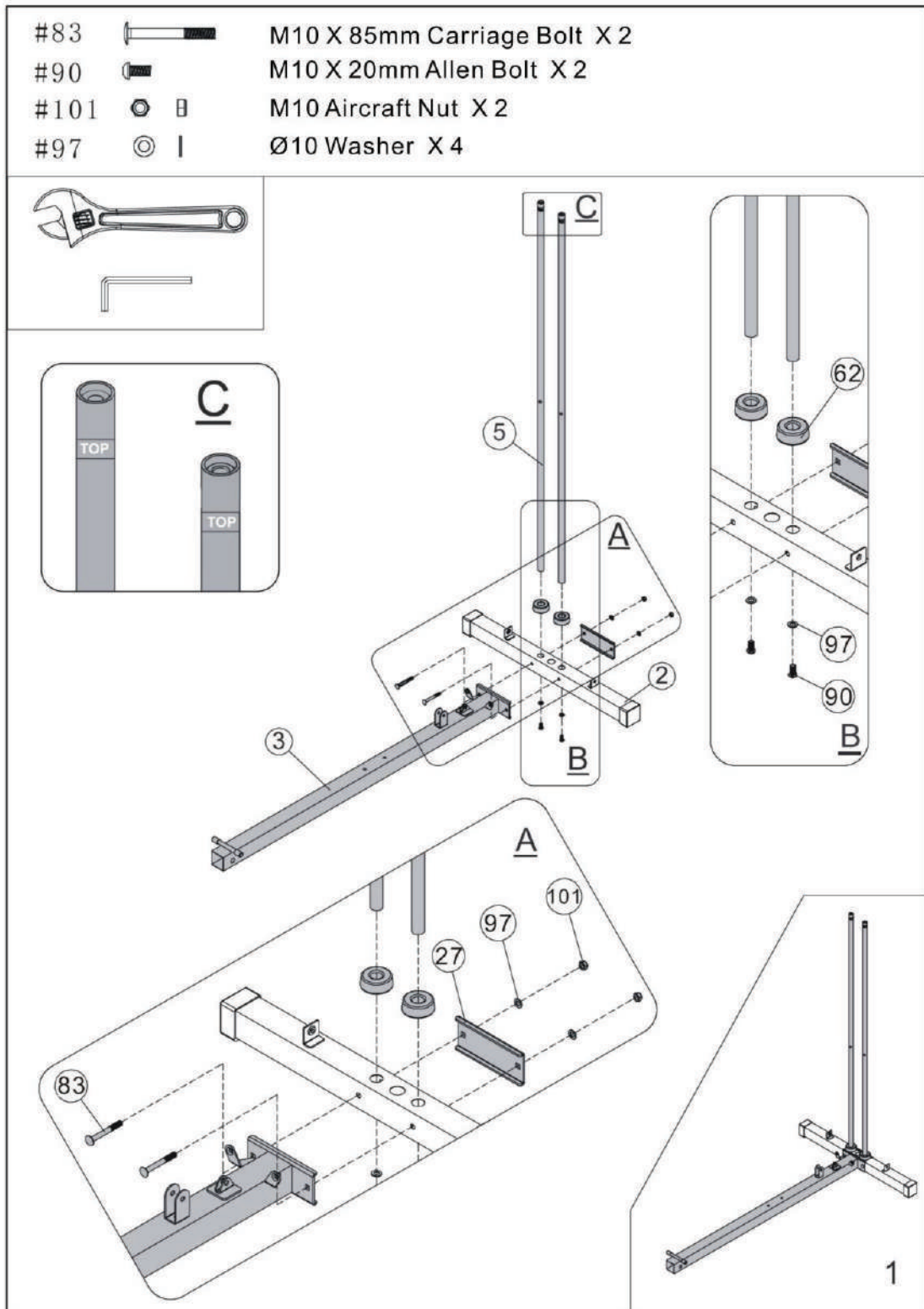
It is strongly recommended to assemble the equipment by two or more people, otherwise it may cause serious injury.



**The icon indicates the spanner can be directly used to tighten and secure during assembly.**






**The icon indicates turn the bolt by hand during assembly, but do not tighten them so as not to affect next assembly step.**

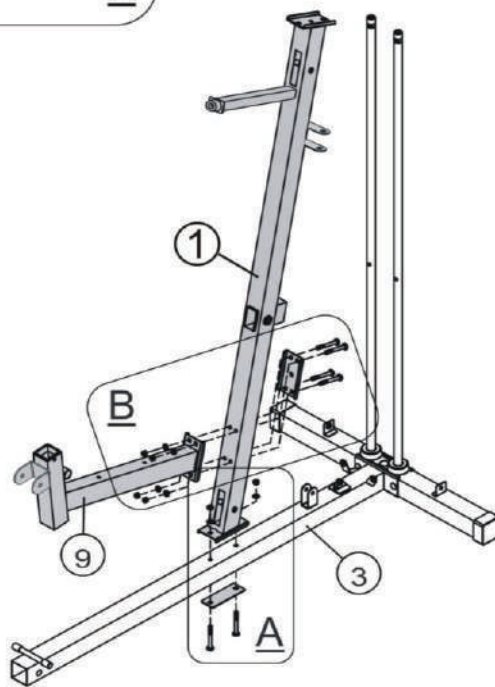
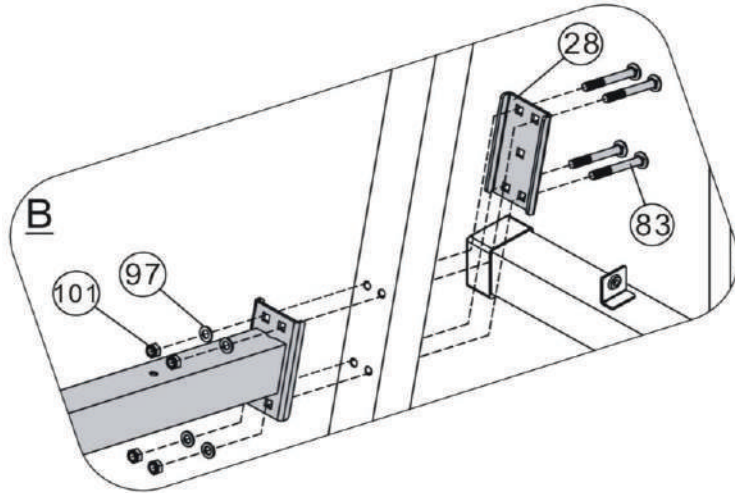
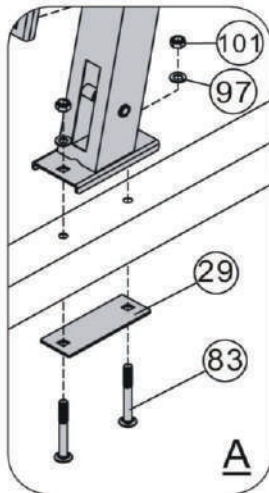


## Step 1

1. Put the Guild Rod (5) through 2 x Rubber Bumpers (62) from bottom, and then insert the Guide Rod (5) into the Rear Base Frame (2), and secure with 2 x M10×20mm Allen Bolts (90) and 2 x φ10mm Washers (97). For details please refer to Diagram B, C.

2. Connect the Base Frame (3), U-Shape Bracket (27) to the Rear Base Frame (3) using 2 x M10×85mm Carriage Bolts (83), 2 x φ10mm Washers (97) and 2 x M10 Aircraft Nuts (101). Please refer to Diagram A.


|      |   |                              |
|------|---|------------------------------|
| #83  |  | M10 X 85mm Carriage Bolt X 6 |
| #101 |  | M10 Aircraft Nut X 6         |
| #97  |  | Ø10 Washer X 6               |

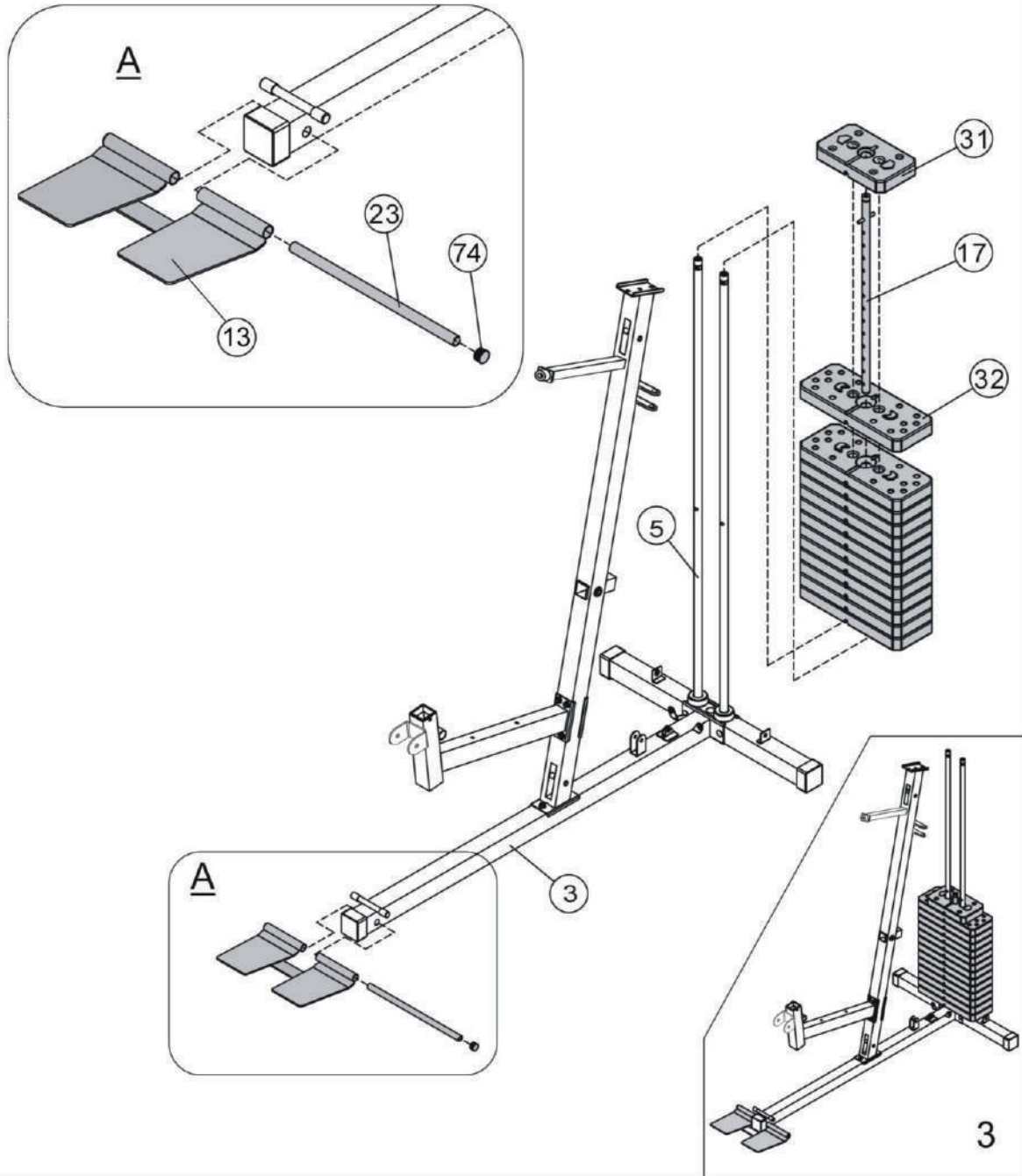


## Step 2

1. Connect the Base Frame (3), Bracket (29) to the Front Vertical Frame (1) using 2 x M10×85mm Carriage Bolts (83), 2 x φ10mm Washers (97) and 2 x M10 Aircraft Nuts (101). Please refer to Diagram A.
2. Attach the Seat Support (9), Bracket (28) to the Front Vertical Frame (1) using 4 x M10×85mm Carriage Bolts (83), 4 x φ10mm Washers (97) and 4 x M10 Aircraft Nuts (101). Please refer to Diagram B.




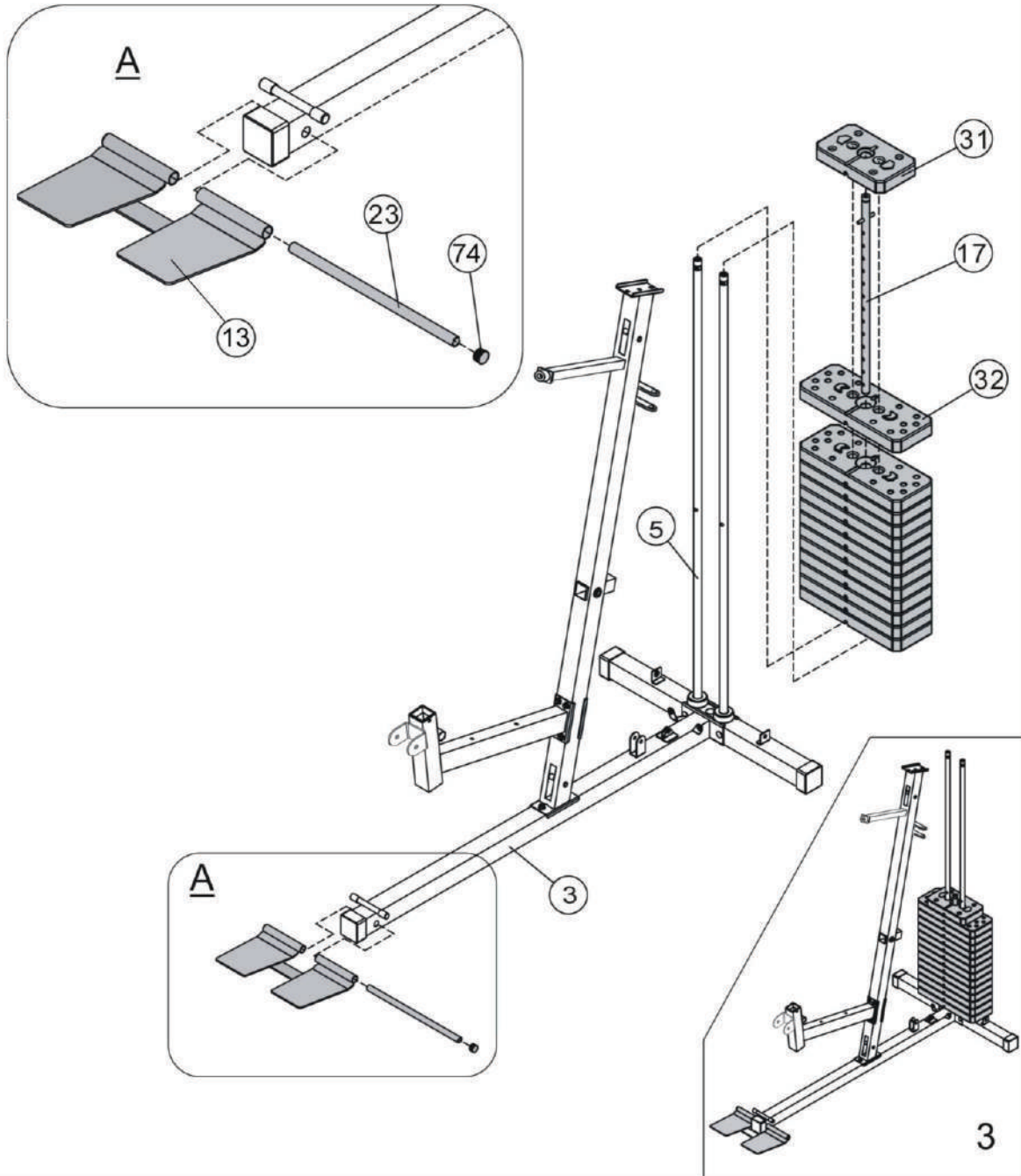
#23  Ø19 X 2 X 350 mm Foot Plate Tube X 1



### Step 3

1. Sequentially put the Guide Rod (5) through the 13 pieces Weight Plates (32), insert the Selector Rod (17) into the central hole, and then position the Foot Plate (13) on it.
2. Uplift the front part of the base frame and assemble the Foot Plate (13) hole to hole, then insert the Foot Plate Tube (23) to secure, enclose both ends with Ø25×1.5 End Caps (74). Refer to Diagram A.

#23  Ø19 X 2 X 350 mm Foot Plate Tube X 1

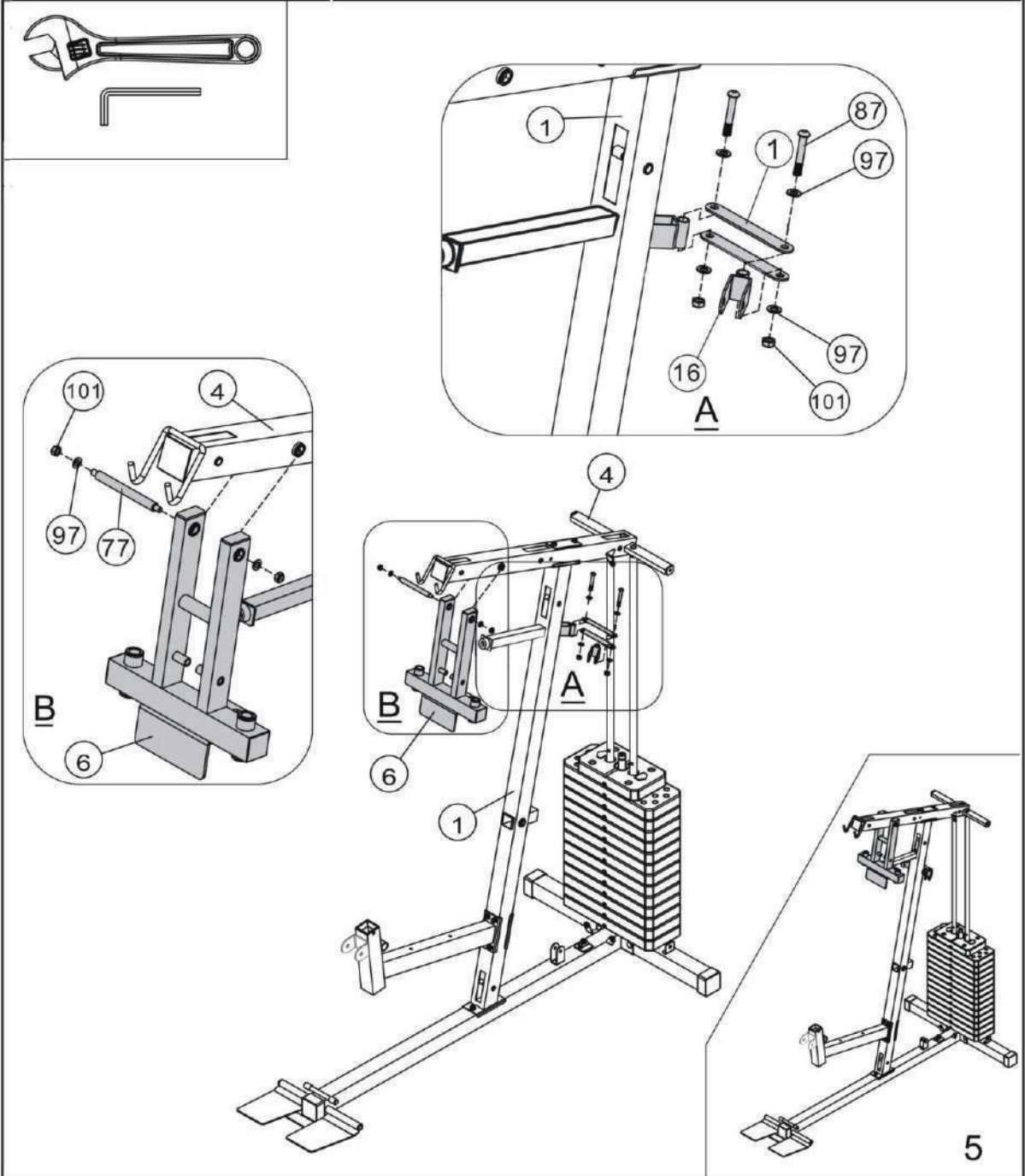


## Step 4

1. Connect the Upper Frame (4), Bracket (29) to the Front Vertical Frame (1) using 2 x M10×85mm Carriage Bolts (83), 2 x Ø10mm Washers (97) and 2 x M10 Aircraft Nuts (101). Refer to Diagram A.
2. Connect the Upper Frame (4) to the Guide Rod (5) using 2 x M10×20mm Allen Bolts (90) and 2 x Ø10mm Washers (97). Refer to Diagram B.







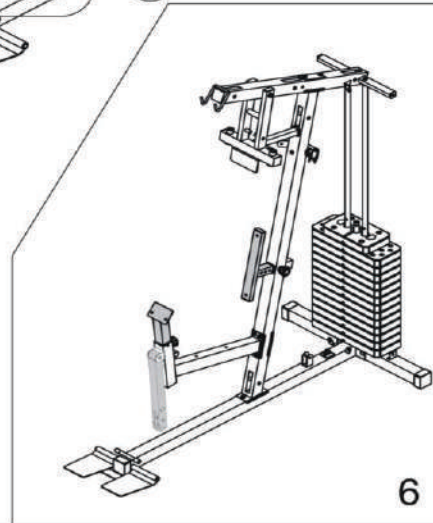
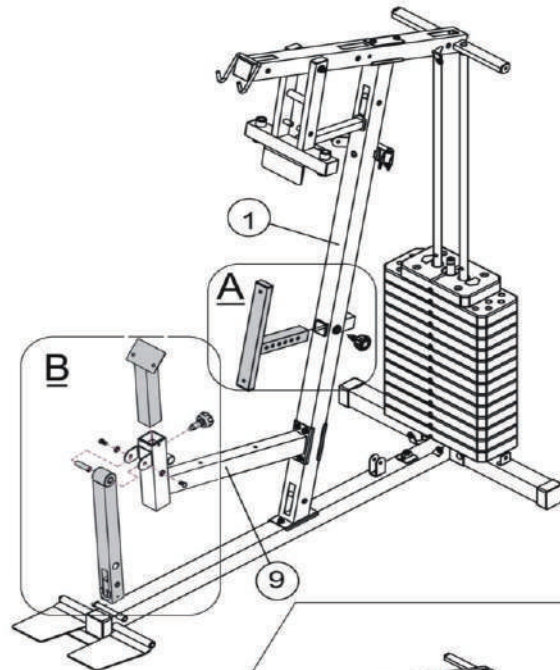
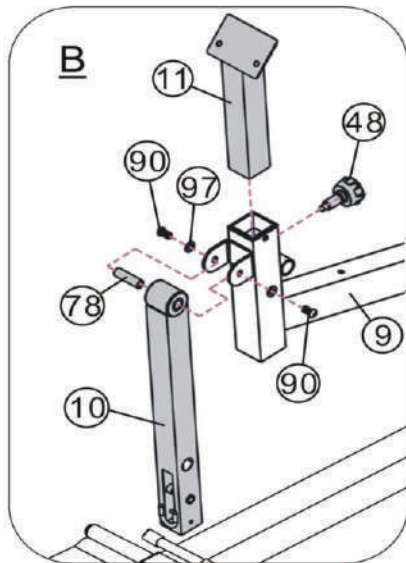
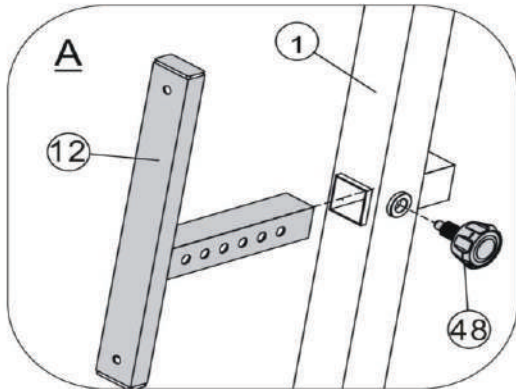
|      |   |                           |
|------|---|---------------------------|
| #77  |  | M10 X Ø16X 169mm Axle X 1 |
| #87  |  | M10 X 65mm Allen Bolt X 2 |
| #101 |  | M10 Aircraft Nut X 4      |
| #97  |  | Ø10 Washer X 6            |



## Step 5

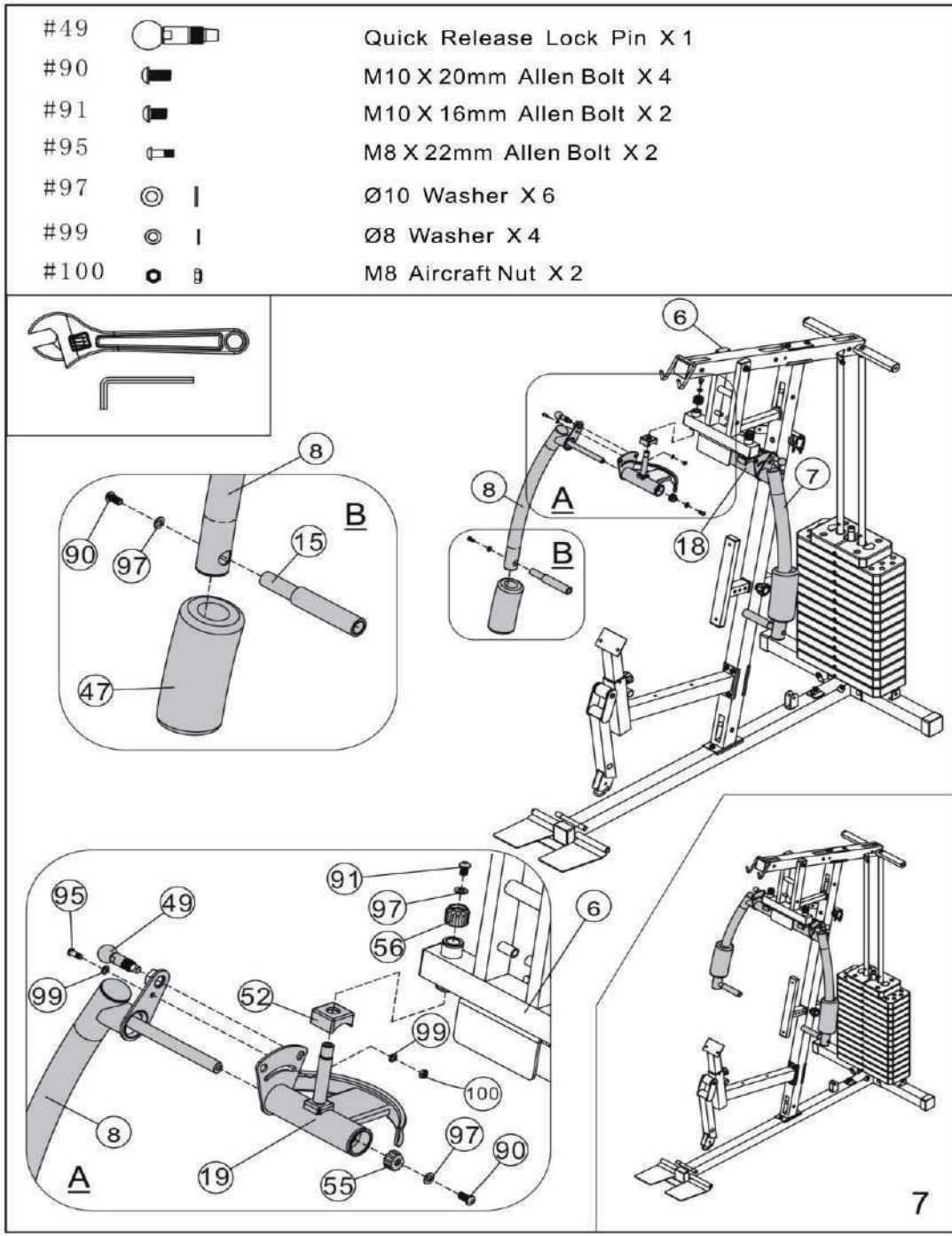
1. Attach the Front Press Base (6) to the Upper Frame (4) using M10×Ø16×169 Axle (77), 2 x Ø10mm Washers (97) and 2 x M10 Aircraft Nut (101). Refer to Diagram A.
2. Attach two Swivel Pulley Brackets (16) to both sides of the Front Vertical Frame (1) using 2 x M10×65mm Allen Bolts (87), 4 x Ø10 Washers (97) and 2 x M10 Aircraft Nut (101). Refer to Diagram B.

|     |   |                           |
|-----|---|---------------------------|
| #78 |  | M10 X Ø16X 57mm Axle X 1  |
| #90 |  | M10 X 20mm Allen Bolt X 2 |
| #97 |  | Ø10 Washer X 2            |
| #48 |  | Lock Knob X 4             |



## Step 6

1. Inset the Backrest Adjustment Frame (12) into the Front Vertical Frame (1), and secure with M18×1.5 Lock Knob (48). Refer to Diagram A.
2. Then insert the Arm Curl Stand (11) into the Seat Support (9), and secure with M18×1.5 Lock Knob (48). Refer to Diagram B.
3. Attach the Leg Developer (10) to the Seat Support (9) using 2 x M10×20mm Allen Bolts (90), 2 x Ø10mm Washers (97) and 1 x M10×Ø16×57 Axle (78). Refer to Diagram B.



## Step 7

1. Attach the L&R Butterfly Adjustment Frame (18&19) and 2 x Butterfly Axle Bushings (52) to both sides of the Front Press Base (6), secure with 2 x M18 Lock Ring (56), 2 x M10×16mm Allen Bolts (91) and 2 x Ø10mm Washers (97), for details please refer to Diagram A.
2. Insert the L&R Butterfly (7&8) into the holes of the L&R Butterfly Adjustment Frame (18&19), and secure with 2 x Spacers (55), 2 x M10×20mm Allen Bolts (90) and 2 x Ø10mm Washers (97).
3. Turn two M18×1.5 Lock Knobs (49) to the L&R Butterfly (7&8), and secure with 2 x M8×22 Allen Bolts (95), 4 x Ø8mm Washers (99) and 2 x M8 Aircraft Nuts (100), refer to Diagram A.
4. Put the L&R Butterfly (7&8) through the foam rolls, then insert two Front Press Handle (15) into the holes on the L&R Butterfly (7&8), and secure with 2 x M10×20mm Allen Bolts (90) and 2 x Ø10mm Washers (97), refer to Diagram B.



#84 

M10 X 150mm Allen Bolt X 1

#85 

M10 X 85mm Allen Bolt X 4

#88 

M10 X 50mm Allen Bolt X 1

#97 

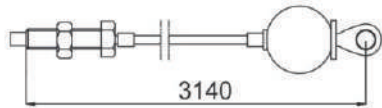
Ø10 Washer X 12

#101 

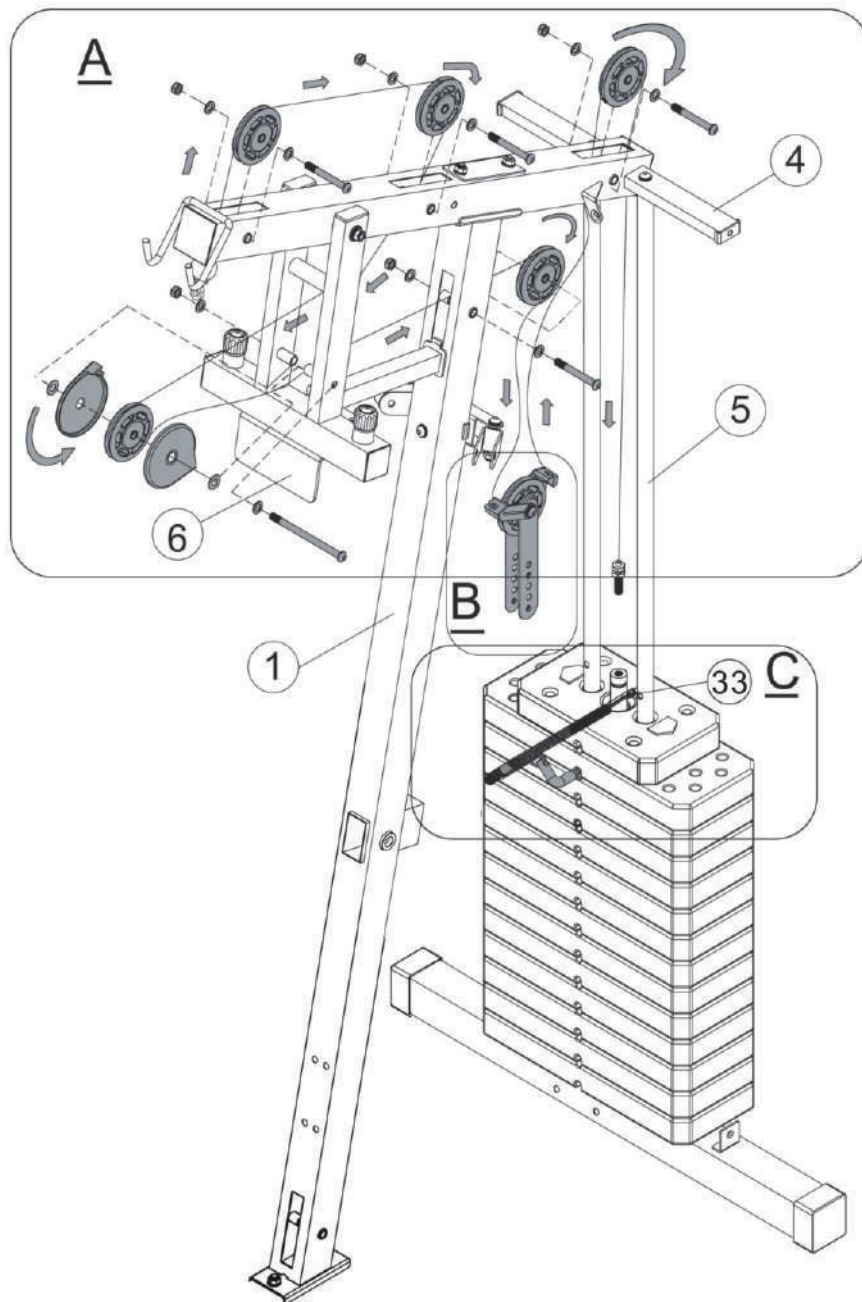
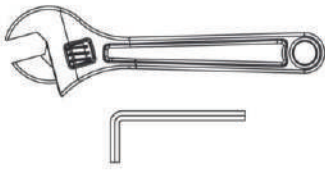
M10 Aircraft Nut X 6

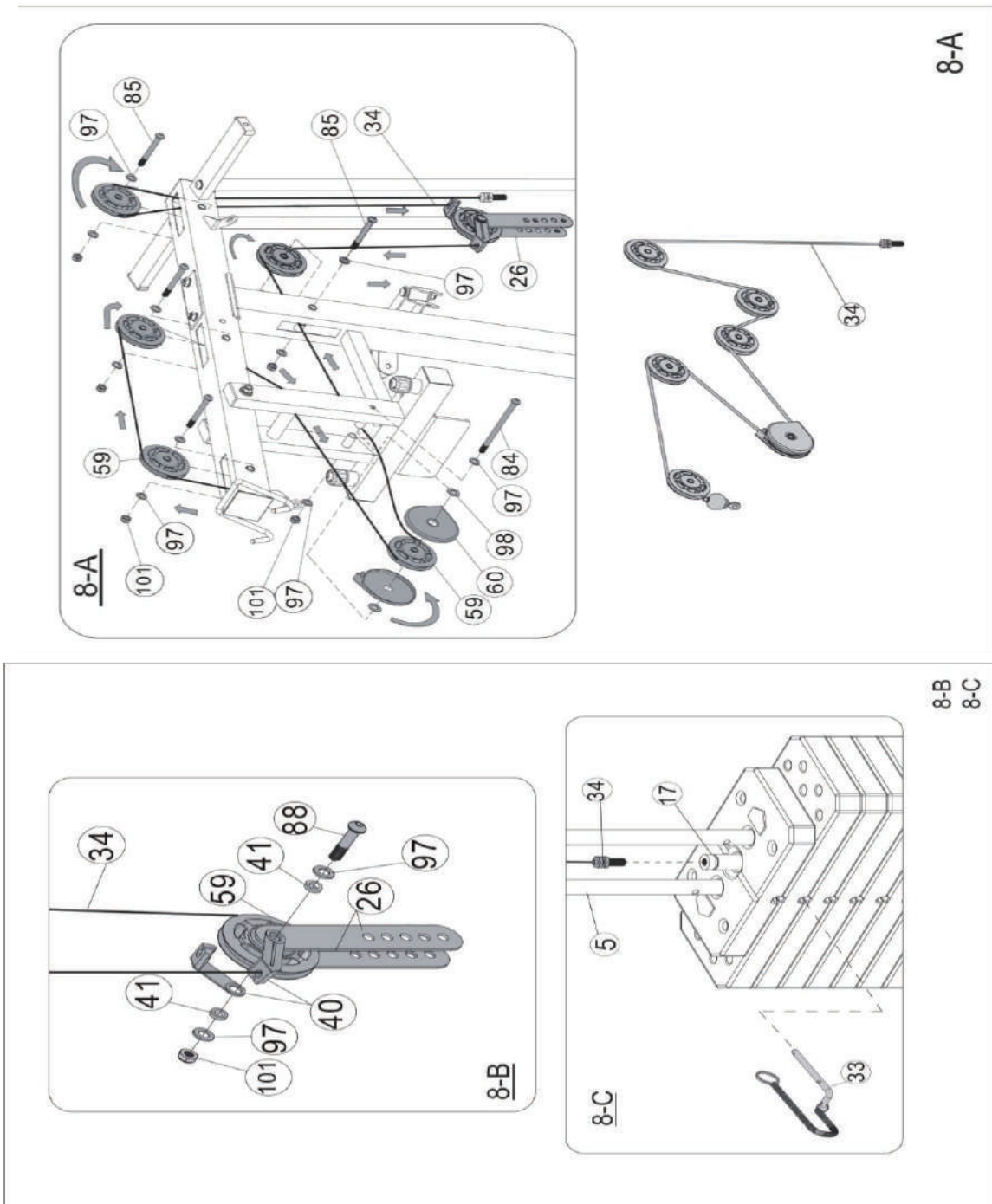
#98 

Ø30 X Ø10.5 Washer X 4

#34   
3140

Upper Cable 3140mm X 4





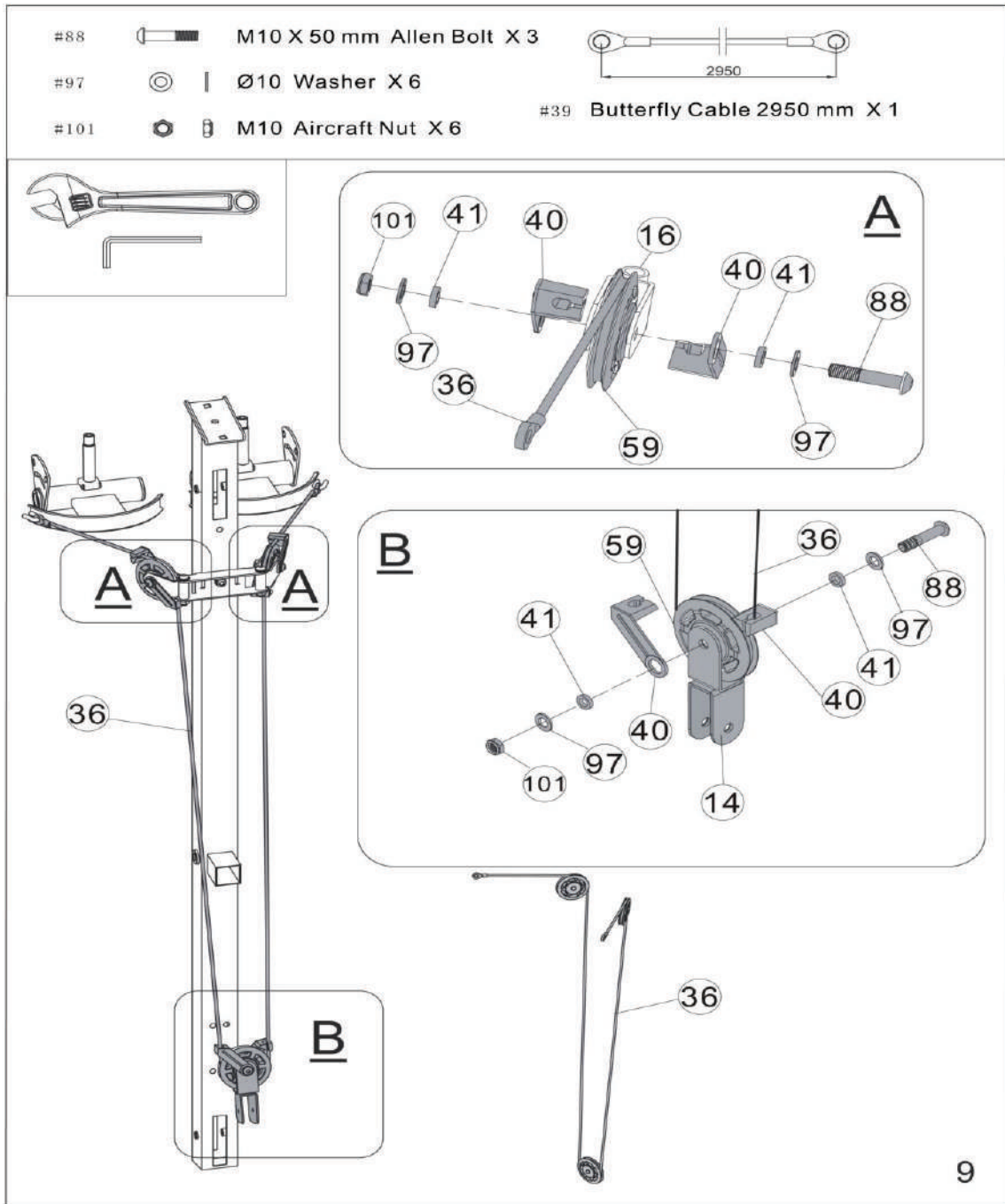
## Step 8

Notes: The pulley on the Front Press Base (6) should be enclosed by two Pulley Covers (60).

1. According to the cable diagram, sequentially use 6 x Pulleys (59), 4 x M10×85mm Allen Bolts (85), 1 x M10×150mm Allen Bolt (84), 1 x M10×50mm Allen Bolt (88), 12 x Ø10mm Washers (97), 2 x Ø30mm Washers (98), 6 x M10 Aircraft Nuts (101) and 2 x Double Floating Pulley Bracket (26) to connect Upper Cable (34), refer to Diagram 8-A.


2. Secure the Pulley (59) using 2 x Double Floating Pulley Brackets (26), 1 x M10×50mm Allen Bolt (88), 2 x Ø10mm Washers (97), 1 x M10 Aircraft Nut (101), 2 x Cable Retainers (40) and 2 x Cable Retainer Bushings (41), refer to Diagram 8-B.


3. Insert the Weight Selector Pin (33) into the hole of the selected weight plate, put the key ring on the Selector Rod (17), and connect the end with thread head of the Upper Cable (34) to the Selector Rod (17), refer to Diagram 8-C.





## Step 9



1. Sequentially use 1 x Angled Floating Pulley Bracket (14), 3 x Pulleys (59), 3 x M10×50mm Allen Bolts (88), 6 x Ø10mm Washers (97) and 3 x M10 Aircraft Nuts (101) to connect the Butterfly Cable (36), and hang both ends of the cable on the hook of the L&R Butterfly Adjustment Frame (18&19).
2. Attach 2 x Pulleys (59) to the left and right Swivel Pulley Bracket (16) using 2 x M10×50mm Allen Bolts (88), 4 x Ø10mm Washers (97), 2 x M10 Aircraft Nuts (101), 4 x Cable Retainers (40) and 4 x Cable Retainer Bushings (41), refer to Diagram A.
3. Attach 1 x Pulley (59) to the top of the Angled Floating Pulley Bracket (14) using 1 x M10×50mm Allen Bolt (88), 2 x Ø10mm Washers (97), 1 x M10 Aircraft Nut (101), 2 x Cable Retainers (40) and 2 x Cable Retainer Bushings (41), refer to Diagram B.

#85  M10 X 85 mm Allen Bolt X 1

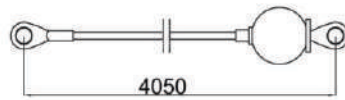
#86  M10 X 68 mm Allen Bolt X 1

#88  M10 X 50 mm Allen Bolt X 3

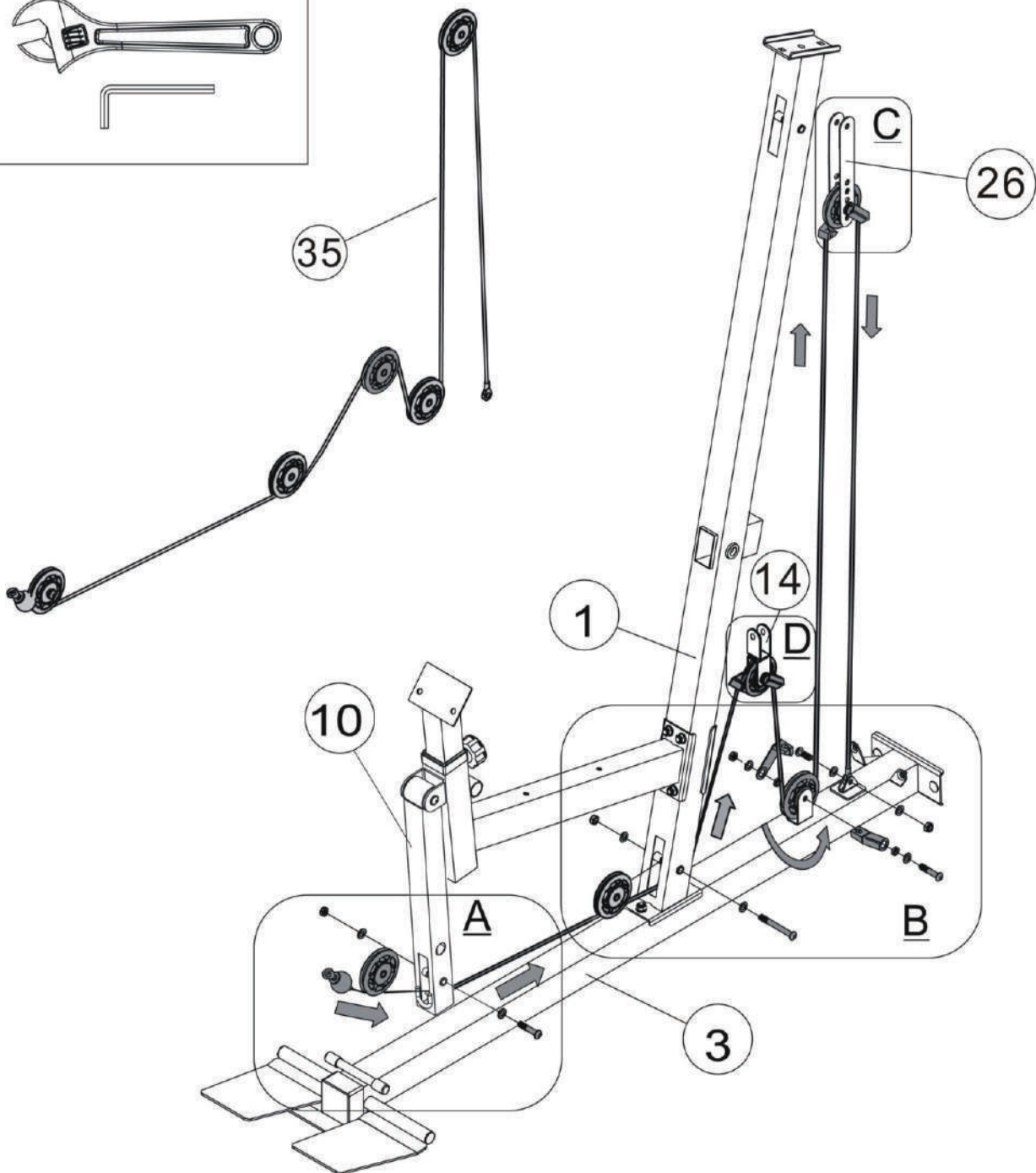
#89  M10 X 30 mm Allen Bolt X 1

#97  |  Ø10 Washer X 12

#101   M10 Aircraft Nut X 6

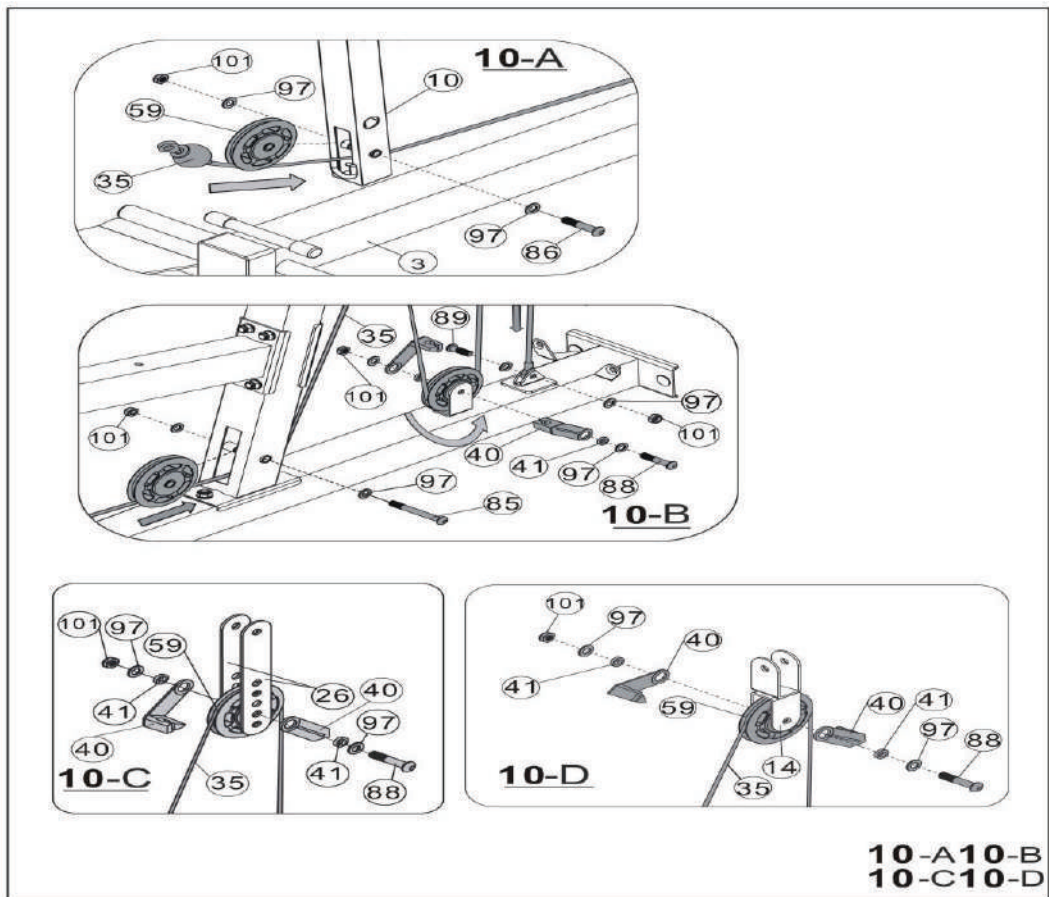


#38 Lower Cable 4050 mm X 1







10

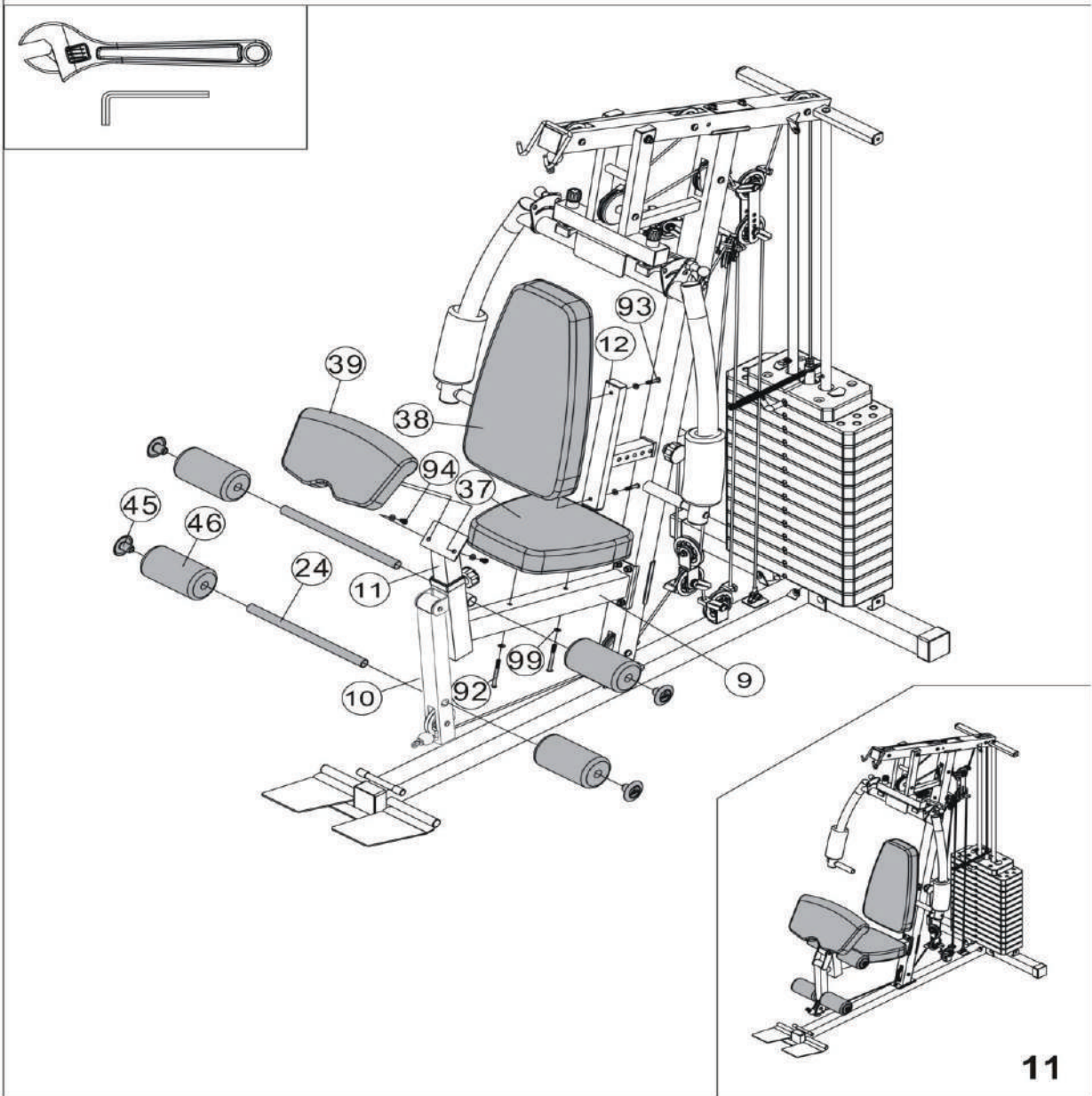




## Step 10


1. Sequentially use 1 x Angled Floating Pulley Bracket (14), 2 x Double Floating Pulley Brackets (26), 5 x Pulleys (59), 3 x M10×50mm Allen Bolts (88), 1 x M10×68mm Allen Bolt (86), 1 x M10×85mm Allen Bolt (85), 10 x Ø10mm Washers (97) and 5 x M10 Aircraft Nuts (101) to connect the Lower Cable (35).
2. Put 1 x Pulley (59) in the groove of the Leg Developer (10) as shown in the diagram, and then secure with 1 x M10×68mm Allen Bolt (86), 2 x Ø10mm Washers (97) and 1 x M10 Aircraft Nut (101), refer to Diagram 10-A.
3. Put 1 x Pulley (59) in the groove of the Leg Developer (10), and secure with 1 x M10×85mm Allen Bolt (85), 2 x Ø10mm Washers (97), 1 x M10 Aircraft Nut (101), refer to Diagram 10-B.
4. Attach 1 x Pulley (59) to the U-shape pulley support on the Base Frame (3) using 1 x M10×50mm (88), 2 x Ø10mm Washers (97), 1 x M10 Aircraft Nut (101), 2 x Cable Retainers (40) and 2 x Cable Retainer Bushings (41), refer to Diagram 10-B.
5. Connect the Lower Cable (35) to the U-shaped bracket of the Base Frame (3) using 1 x M10×30mm Allen Bolt (89), 2 x Ø10mm Washers (97) and 1 x M10 Aircraft Nut (101), refer to Diagram 10-B.
6. Fix and secure 1 x Pulley (59) using 2 x Double Floating Pulley Bracket (26), 1 x M10×50mm Allen Bolt (88), 2 x Ø10mm Washers (97), 1 x M10 Aircraft Nut (101), 2 x Cable Retainers (40) and 2 x Cable Retainer Bushings (41), refer to Diagram 10-C.
7. Fix 1 x pulley (59) to the bottom of the Angled Floating Pulley Bracket (14) using 1 x M10×50mm Allen Bolt (88), 2 x Ø10mm Washers (97), 1 x M10 Aircraft Nut (101), 2 x Cable Retainers (40) and 2 x Cable Retainer Bushings (41), refer to Diagram 10-D.


|     |   |                           |
|-----|---|---------------------------|
| #92 |  | M8 X 85 mm Allen Bolt X 2 |
| #93 |  | M8 X 40 mm Allen Bolt X 2 |
| #94 |  | M8 X 18 mm Allen Bolt X 2 |
| #99 |  | Ø8 Washer X 6             |

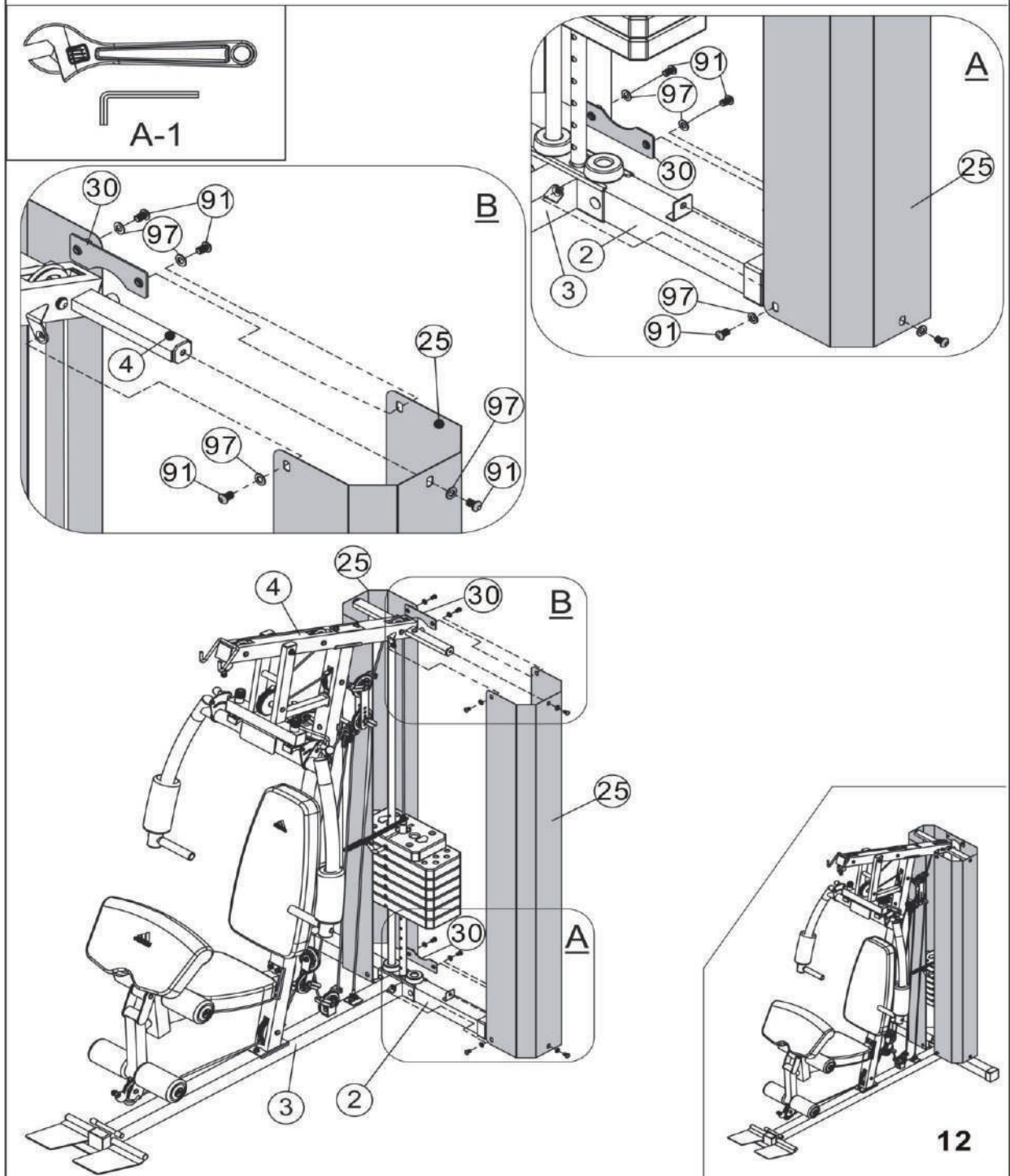


## Step 11

1. Attach the Seat Pad (37) to the Seat Support (9) using 2 x M8×85mm Allen Bolts (92) and 2 x Ø8mm Washers (99).
2. Attach the Backrest Board (38) to the Front Vertical Frame (1) using 2 x M8×40mm Allen Bolts (93) and 2 x Ø8mm Washers (99).
3. Attach the Arm Curl Pad (39) to the Arm Curl Stand (11) using 2 x M8×18mm Allen Bolts (94) and 2 x Ø8mm Washers (99).
4. Insert two Foam Roll Tubes (24) into the Seat Support (9) and Leg Developer (10) respectively, then put 4 x Foam Rolls (46) through the two sides and enclose with 4 x Foam Roll End Caps (45).

#91  M10 X 16 mm Allen Bolt X 12

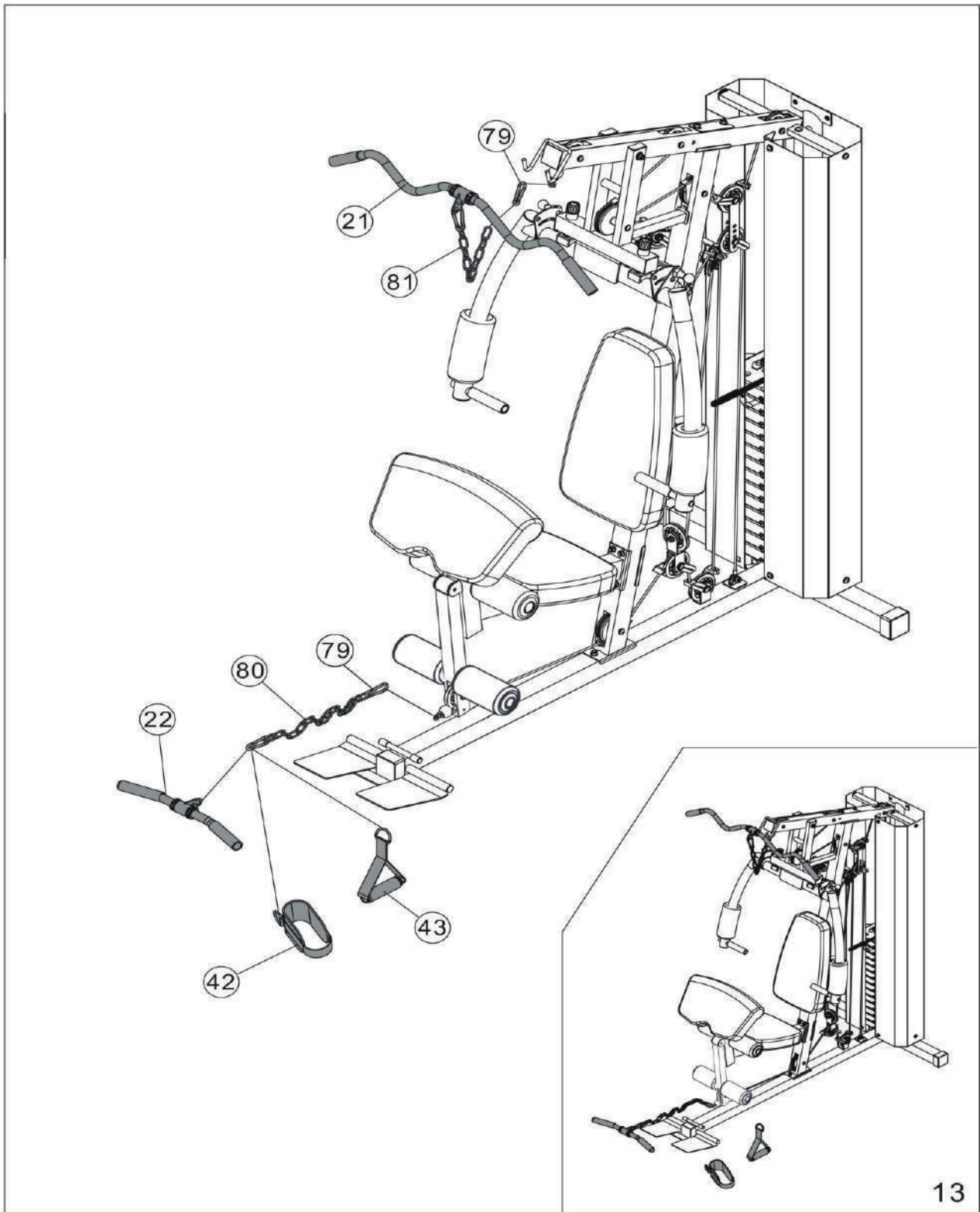
#97  |  $\varnothing$ 10 Washer X 12



## Step 12

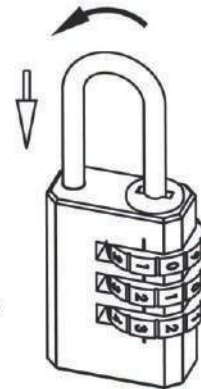
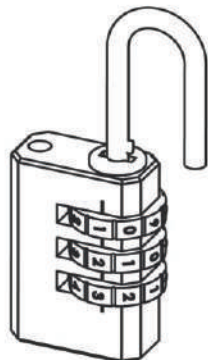
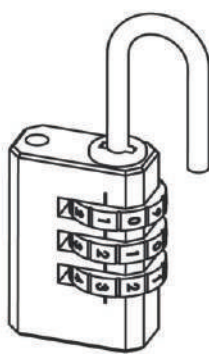
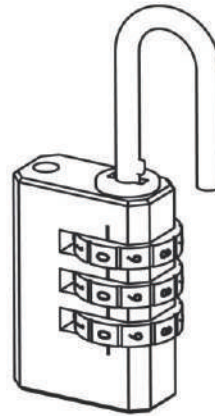
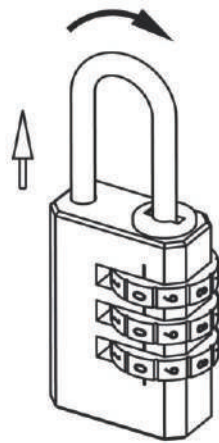
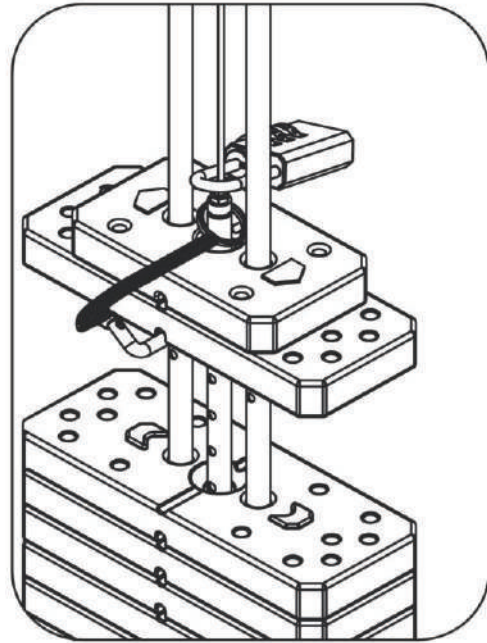
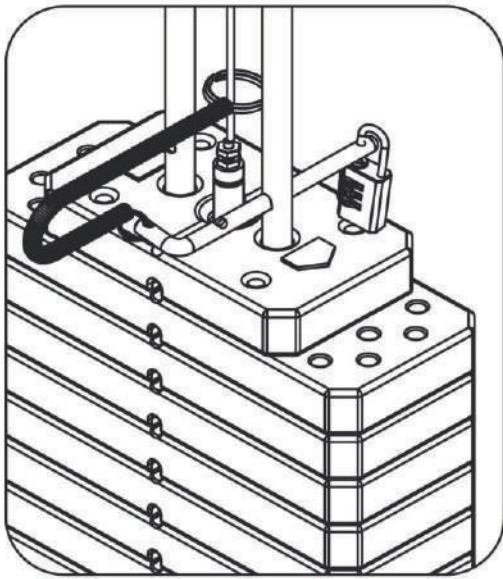
1. Fix the bottom of two Weight Stack Covers (25) to the Base Frame (3), Rear Base Frame (2) and Bracket (30) using 6 x M10 $\times$ 16mm Allen Bolts (91) and 6 x  $\varnothing$ 10mm Washers (97).
  2. Then fix the top of the two Weight Stack Covers (25) to the Upper Frame (4) and another Bracket (30) using 6 x M10 $\times$ 16mm Allen Bolts (91) and 6 x  $\varnothing$ 10mm Washers (97).
- Secure all the bolts.





### Step 13

1. Connect the Lat Bar (21) to the Upper Cable (34) using 1 x 10 Joint Chain (81) and 2 x Clip Hooks (79), hang the Lat Bar (21) on the hook of the Upper Frame (4) when not using it to avoid injury.
2. Connect the Shiver Bar (22) to the Lower Cable (35) using 1 x 15 Joint Chain (80) and 2 x Clip Hooks (79), the Shiver Bar (22) is used for low pull and biceps exercises, when doing leg developing exercise, it should be removed and replaced with the Ankle Strap (42).



14

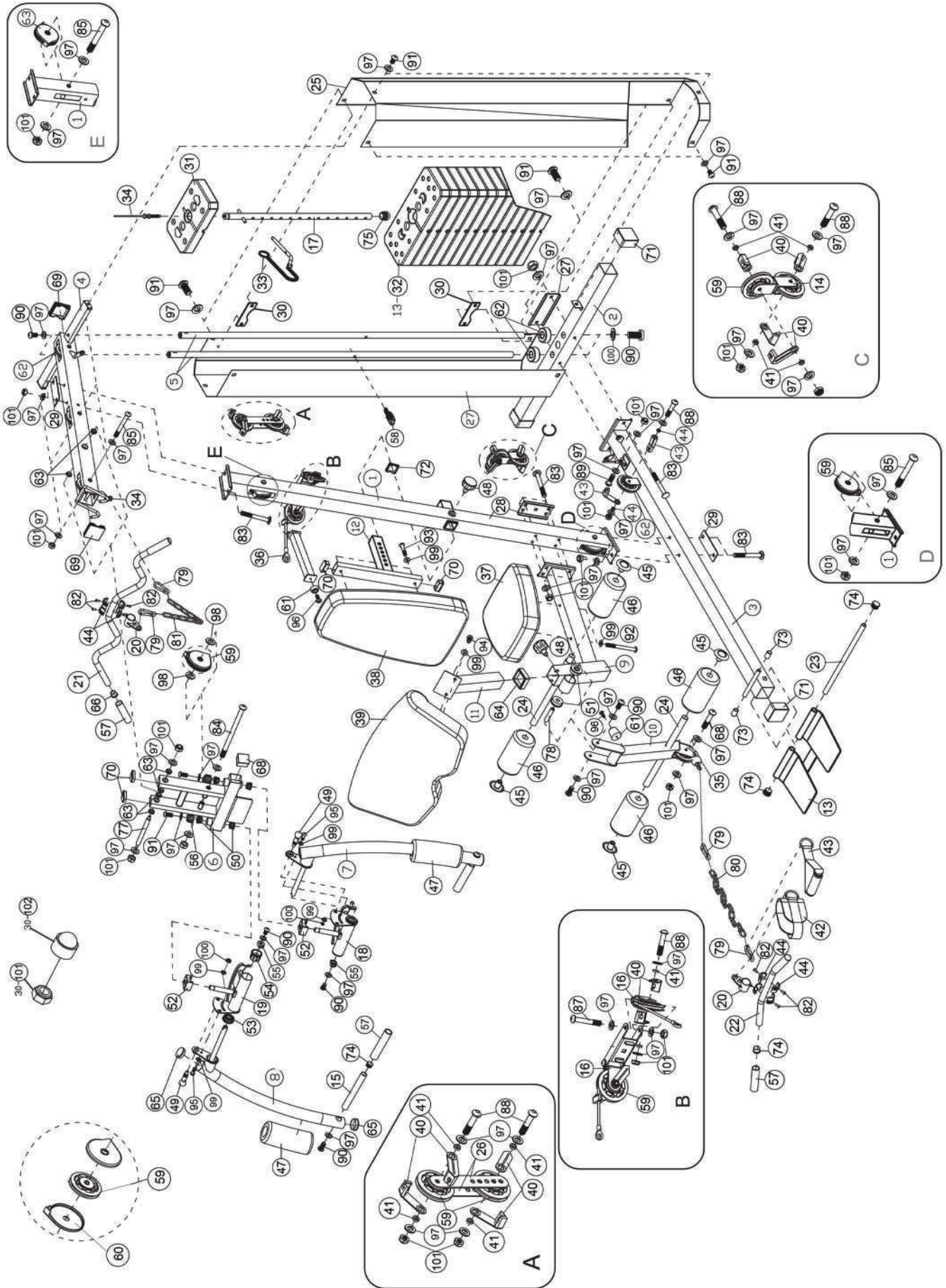
### Step 14

When the machine is out of operation, insert the selector pin into the hole of the Guide Rod and lock with coded lock.

When using it, unlock the coded lock and pull out the selector pin, then put the coded lock on the upper cable.



# EXPLODED DIAGRAM



# Parts List

| Part # | Description                      | Qty | Part # | Description                     | Qty |
|--------|----------------------------------|-----|--------|---------------------------------|-----|
| 1      | Front Vertical Frame             | 1   | 51     | Bushing Ø50mm×Ø16mm             | 2   |
| 2      | Rear Base Frame                  | 1   | 52     | Butterfly Axle Bushing 41×Ø21mm | 2   |
| 3      | Base Frame                       | 1   | 53     | Spacer Ø50mm×20mm               | 2   |
| 4      | Upper Frame                      | 1   | 54     | Spacer Ø50mm×35mm               | 2   |
| 5      | Guide Rod                        | 2   | 55     | Spacer Ø32mm×12mm               | 2   |
| 6      | Front Press Base                 | 1   | 56     | Lock Ring                       | 2   |
| 7      | Left Butterfly                   | 1   | 57     | Grip 150mm                      | 6   |
| 8      | Right Butterfly                  | 1   | 58     | Combination Lock                | 1   |
| 9      | Seat Support                     | 1   | 59     | Pulley                          | 14  |
| 10     | Leg Developer                    | 1   | 60     | Pulley With Cover               | 2   |
| 11     | Arm Curl Stand                   | 1   | 61     | Rubber Bumper Ø38mm×15mm        | 2   |
| 12     | Backrest Adjustment Frame        | 1   | 62     | Rubber Bumper Ø62mm×25mm        | 2   |
| 13     | Foot Plate                       | 1   | 63     | Bushing Ø25mm×10mm              | 6   |
| 14     | Angled Floating Pulley Bracket   | 1   | 64     | Sleeve 60mm×50mm                | 1   |
| 15     | Front Press Handle               | 2   | 65     | Round End Cap Ø50mm             | 4   |
| 16     | Swivel Pulley Bracket            | 2   | 66     | End Cap Ø25mm×2.0               | 2   |
| 17     | Selector Rod                     | 1   | 67     | Square End Cap 50mm×50mm        | 1   |
| 18     | Left Butterfly Adjustment Frame  | 1   | 68     | Square End Cap 50mm×50mm×2      | 2   |
| 19     | Right Butterfly Adjustment Frame | 1   | 69     | Square End Cap 65mm×65mm        | 2   |
| 20     | Rotate Ring                      | 2   | 70     | End Cap 25mm×50mm               | 4   |
| 21     | Lat Bar                          | 1   | 71     | Base Frame End Cap<br>65mm×65mm | 3   |
| 22     | Shiver Bar                       | 1   | 72     | Square End Cap 38mm×38mm        | 1   |
| 23     | Foot Plate Tube                  | 1   | 73     | Rubber Bumper Ø20mm×29mm        | 2   |
| 24     | Foam Tube                        | 2   | 74     | End Cap Ø25mm×1.5               | 6   |
| 25     | Weight Stack Cover               | 2   | 75     | Cone-shaped End Cap Ø25         | 1   |
| 26     | Double Floating Pulley Bracket   | 2   | 76     | Rubber Sticker                  | 1   |
| 27     | Bracket 180mm×66mm               | 1   | 77     | Axle M10×Ø16×169mm              | 1   |
| 28     | Bracket 140mm×65mm               | 1   | 78     | Axle M10×Ø16×57mm               | 1   |
| 29     | Bracket 140mm×50mm               | 2   | 79     | Clip Hook                       | 4   |
| 30     | Bracket 155mm×50mm               | 2   | 80     | 15 Joint Chain                  | 1   |
| 31     | Selector Stem                    | 1   | 81     | 10 Joint Chain                  | 1   |
| 32     | Weight Plate                     | 13  | 82     | Rivet Ø4mm×10mm                 | 8   |
| 33     | Weight Selector Pin              | 1   | 83     | Carriage Bolt M10×85mm          | 10  |
| 34     | Upper Cable 3140mm               | 1   | 84     | Allen Bolt M10×150mm            | 1   |
| 35     | Lower Cable 4050mm               | 1   | 85     | Allen Bolt M10×85mm             | 5   |
| 36     | Butterfly Cable 2950mm           | 1   | 86     | Allen Bolt M10×68mm             | 1   |
| 37     | Seat Pad                         | 1   | 87     | Allen Bolt M10×65mm             | 2   |
| 38     | Backrest Board                   | 1   | 88     | Allen Bolt M10×50mm             | 7   |
| 39     | Arm Curl Pad                     | 1   | 89     | Allen Bolt M10×30mm             | 1   |
| 40     | Cable Retainer                   | 14  | 90     | Allen Bolt M10×20mm             | 10  |
| 41     | Cable Retainer Bushing           | 14  | 91     | Allen Bolt M10×16mm             | 14  |
| 42     | Ankle Strap                      | 1   | 92     | Allen Bolt M8×85mm              | 2   |
| 43     | Single Handle                    | 1   | 93     | Allen Bolt M8×40mm              | 2   |
| 44     | Plastic Ring Ø16mm×Ø11mm         | 8   | 94     | Allen Bolt M8×18mm              | 2   |
| 45     | Foam Roll End Cap                | 4   | 95     | Allen Bolt M8×22mm              | 2   |
| 46     | Foam Roll                        | 4   | 96     | Philips Screw M6×16mm           | 2   |
| 47     | Butterfly Large Foam Roll        | 2   | 97     | Washer Ø10                      | 70  |
| 48     | Lock Knob M18                    | 2   | 98     | Washer Ø30×Ø10.5                | 2   |
| 49     | Quick Release Lock Pin           | 2   | 99     | Washer Ø8                       | 10  |
| 50     | Bushing Ø32mm×19mm               | 4   | 100    | Aircraft Nut M8                 | 2   |
|        |                                  |     | 101    | Aircraft Nut M10                | 29  |









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