

**A921**  
OWNER'S MANUAL  
ASSEMBLY INSTRUCTIONS

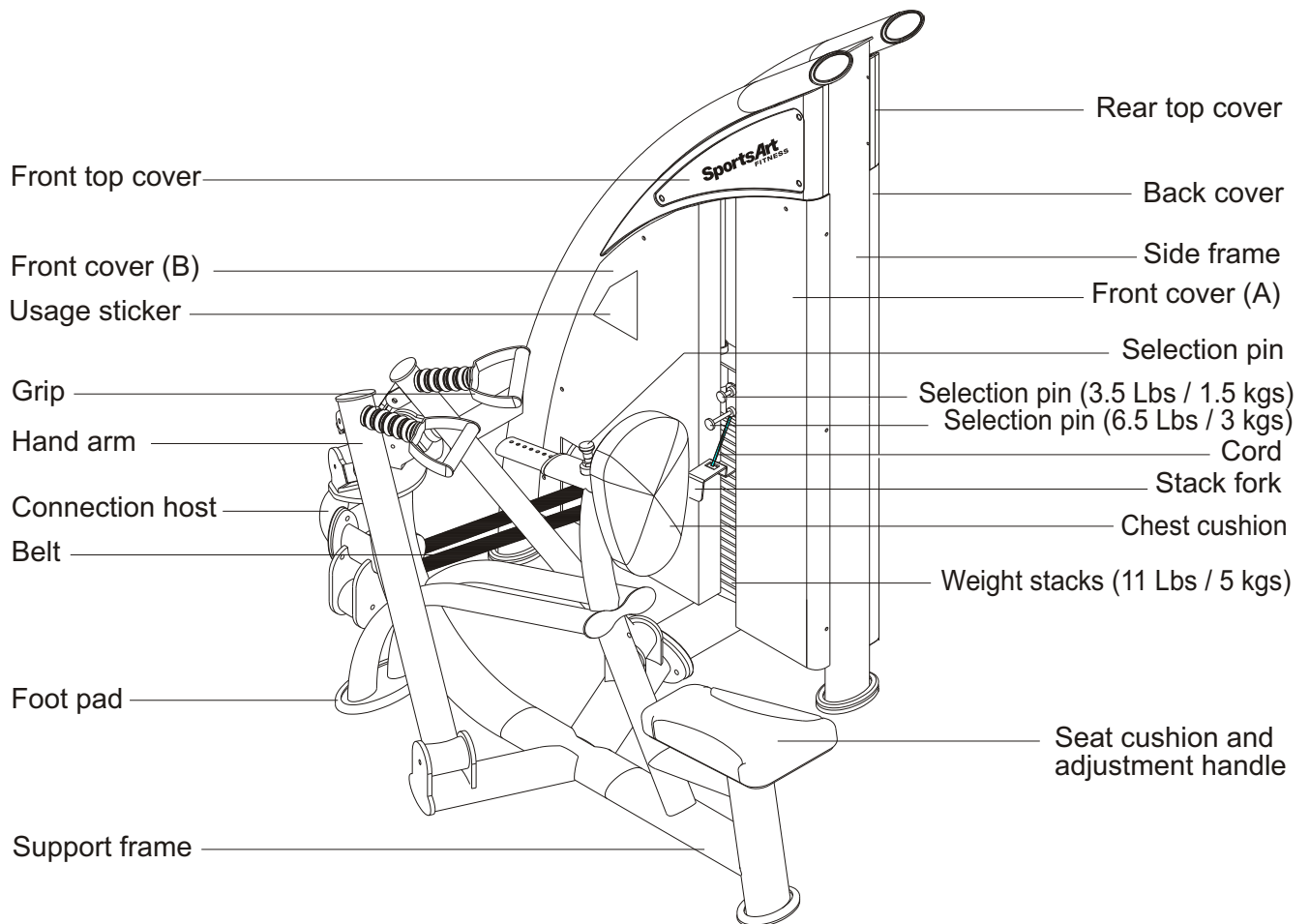


# MID ROW

## **A. SAFETY INSTRUCTIONS**

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

## **B. Introduction**



## **C. List of Parts**

1. One connection host
2. One side frame
3. One support frame
4. Four hexagon socket raised head bolts, M8 x L20, for the seat cushion
5. Four spring washers, M8, for the seat cushion
6. Four hexagon socket counter-sunk flat-head bolt M8 x P1.25 x L20 for the seat plate
7. Four hexagon nylon nuts, M8, for the seat plate
8. Six hexagon head bolts, M10 x P1.5 x L30, ( 4 pcs for the connection host; 2 pcs for the side frame and shoulder press set.)
9. Six spring washers M10 (4 pcs for connection host; 2 pcs for frame and shoulder press set.)
10. Six nylon hex nuts, M10 x P1.5, (4 pcs for connection host; 2 pcs for the frame and shoulder press set.)
11. One double-end open wrench, 17mm x 23mm
12. One double-end open wrench, 8mm x 17mm
13. One hex key wrench, M6
14. One hex key wrench, M5
15. User's manual
16. One double-end open wrench, 8mm x 10mm
17. One double-end open wrench, 12mm x 15mm
18. Twelve washers, D16 x d10.2 x t1.0, (8 pcs for the connection host, 4 pcs for the side frame and shoulder press set)

## **D. STEP BY STEP INSTRUCTION:**

1. Fasten the seat plate with screws provided. (See Fig. 1)

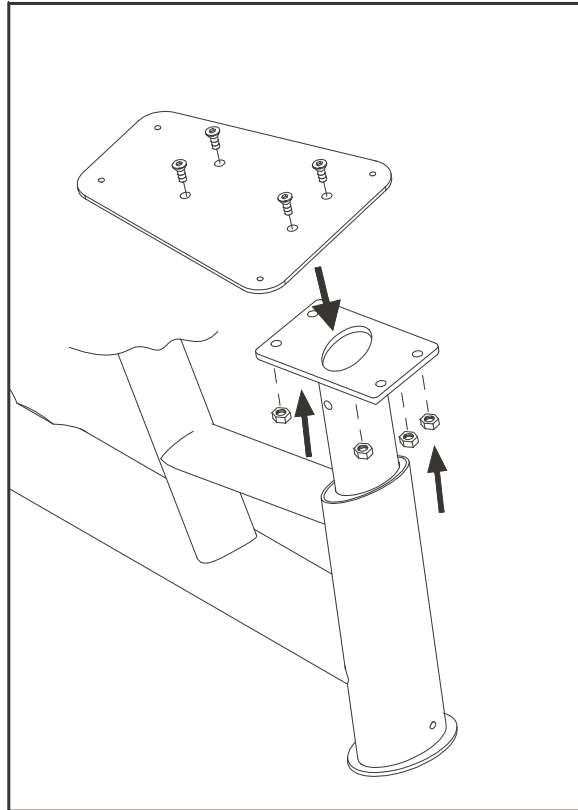


Fig.1

2. Fasten the seat cushion in the plate with screws provided. (See Fig. 1-1)

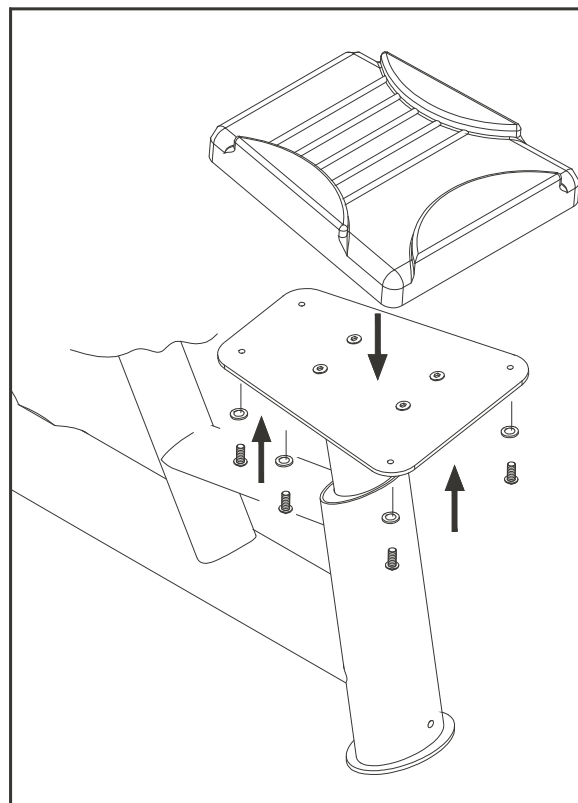


Fig.1-1

3. For safety reasons, have three people assemble the machine. Then fasten the vertical frame.
4. Hold the frame during assembly and tighten the connection host with the screws provided. (See Fig. 2)

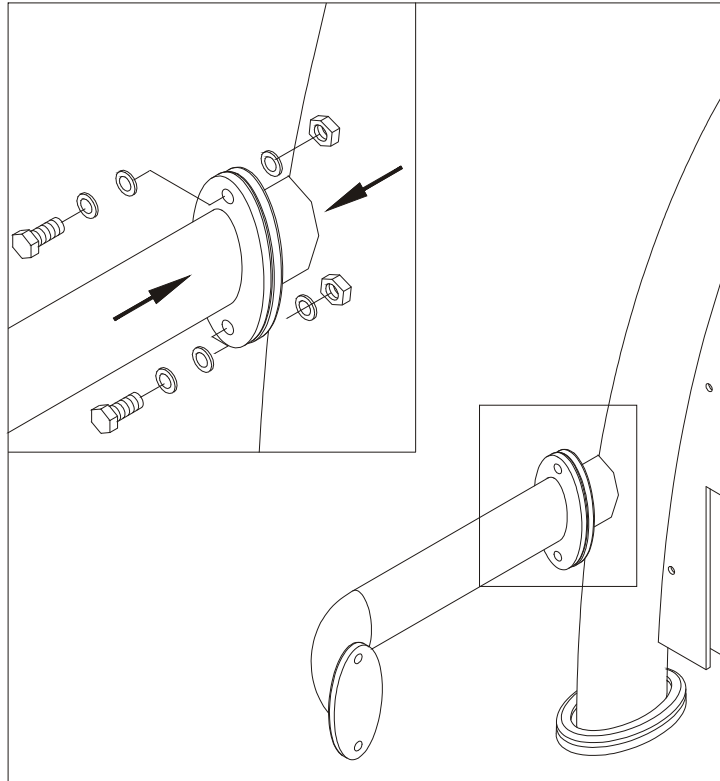


Fig.2

5. Hold the frame during assembly, then tighten the frame as shown in the diagram with the screws provided. (See Fig.3)

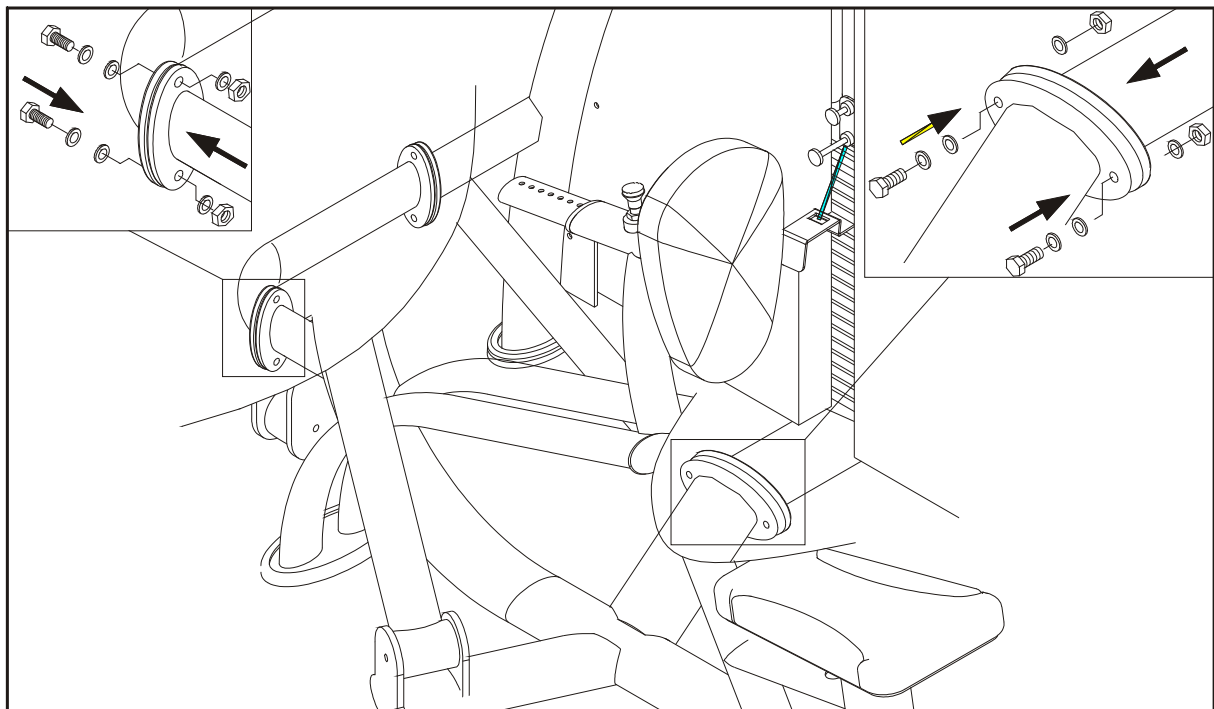


Fig.3

6. Take out the wheel as shown in diagram A. Pull the belt through the gap and put the wheel back in place. Then assemble the mechanism as shown in diagram B. (See Fig.4-1)

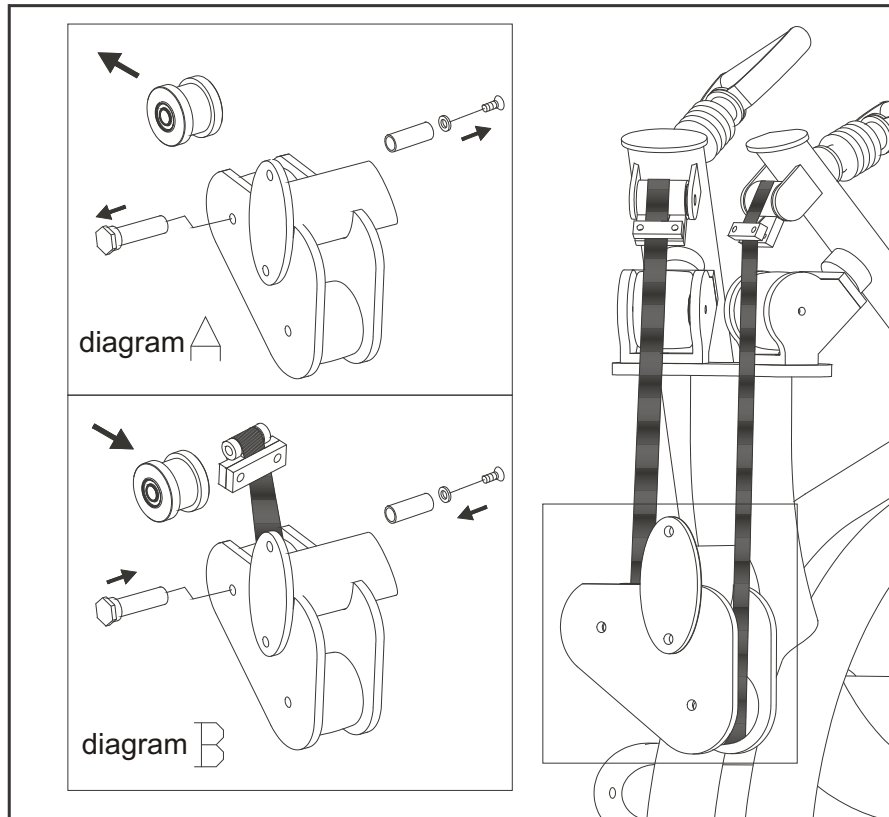


Fig.4-1

7. Connect the belt and wheel as shown in diagram C. (See Fig.4-2)

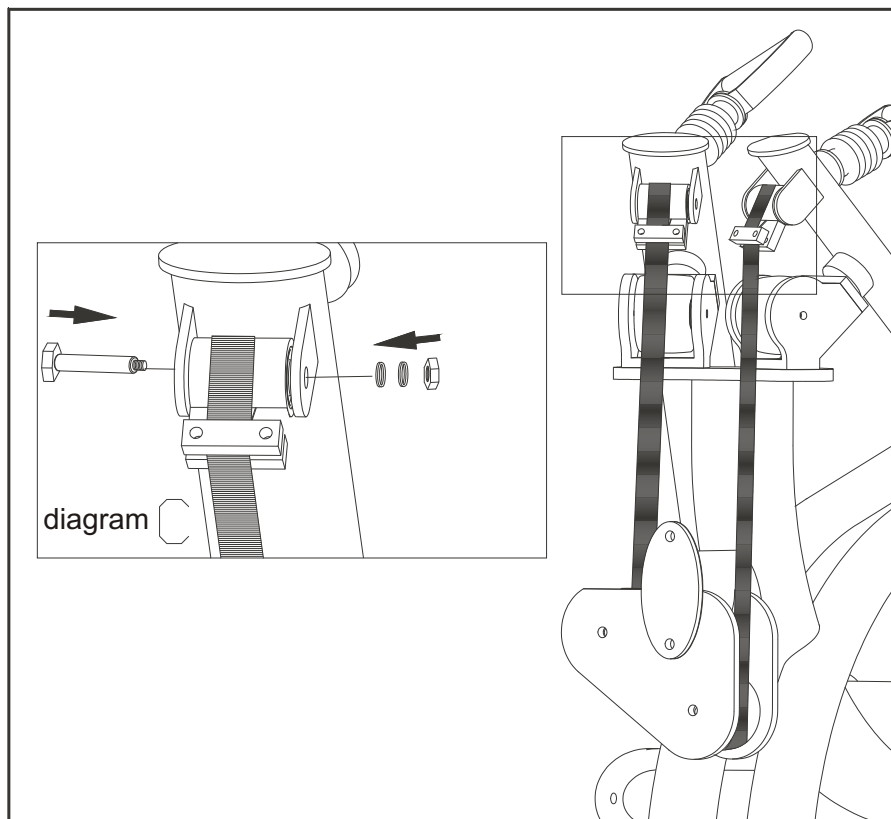


Fig.4-2

## **E. BELT ADJUSTMENT:**

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A.
2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 5)

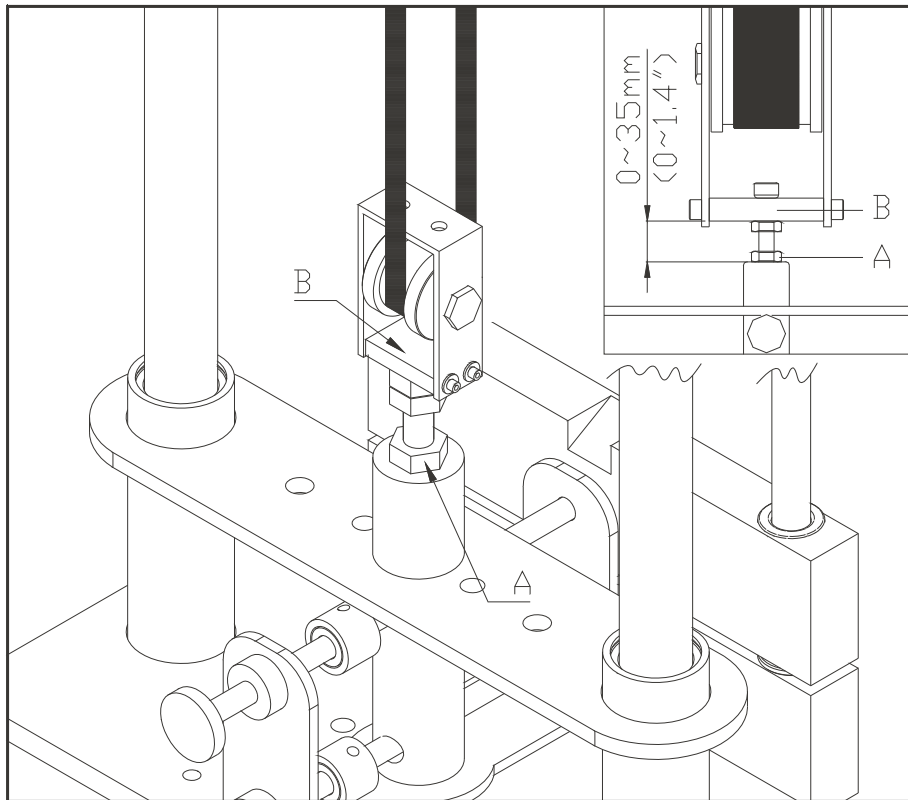


Fig.5



## **F. HOW TO USE THE MINOR WEIGHT STACK**

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.
2. Pull the pin to release the weight. (See Fig. 6)

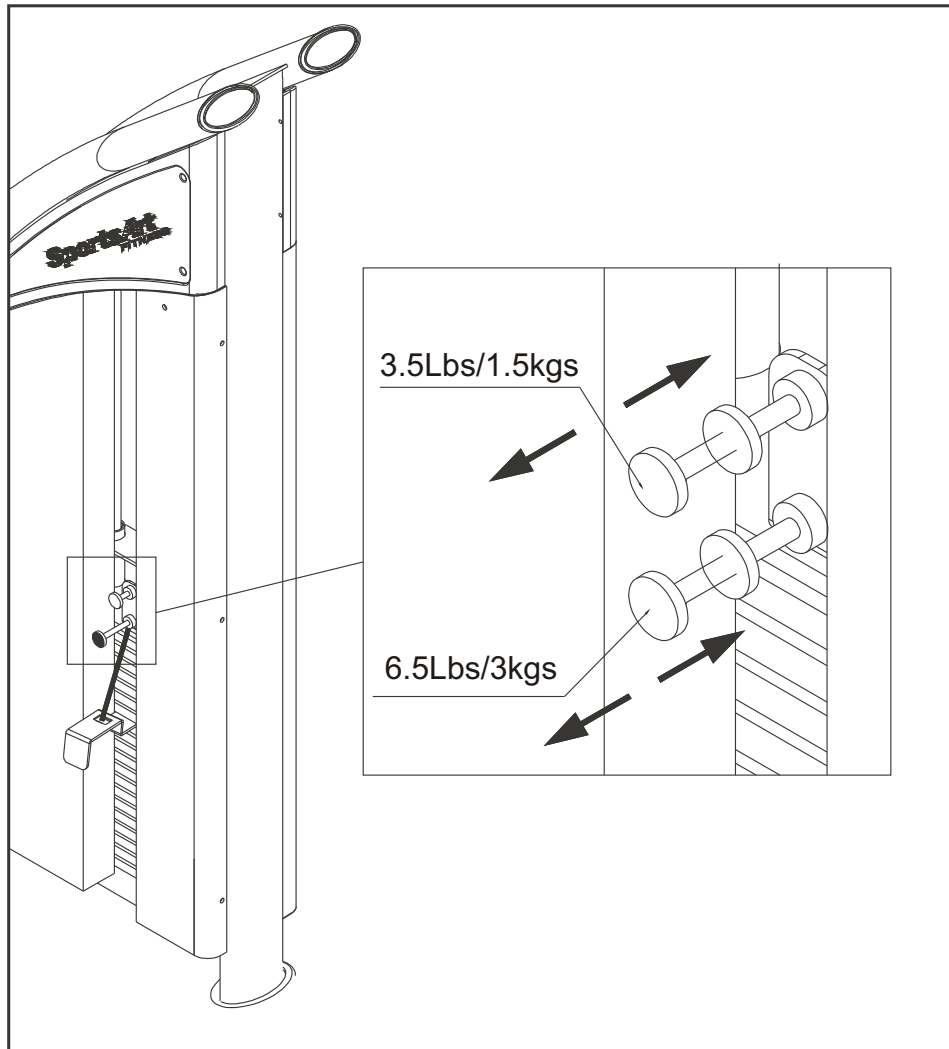
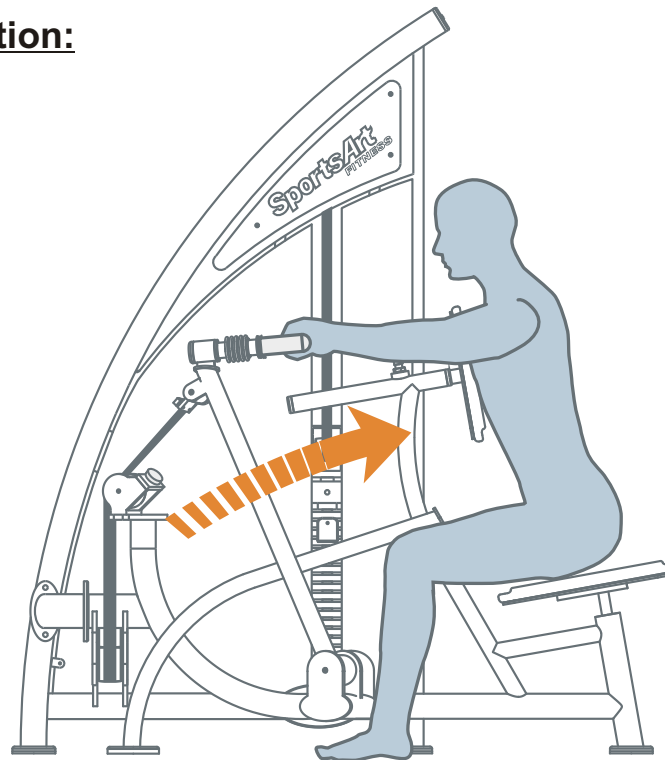
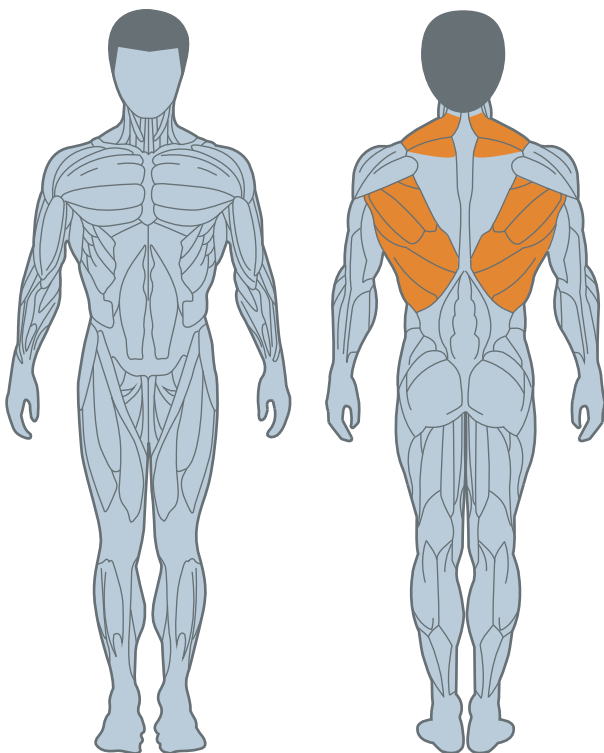


Fig.6

**Usage Instruction:**



# ***MID ROW***



- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust seat height and chest pad.
- ③ Sit down in an upright position and keep chest against support.
- ④ Grasp handles slightly narrower than shoulder width and pull back.
- ⑤ Perform the exercise in a controlled manner. Exhale when pulling against resistance.

### **CAUTION**

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.

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