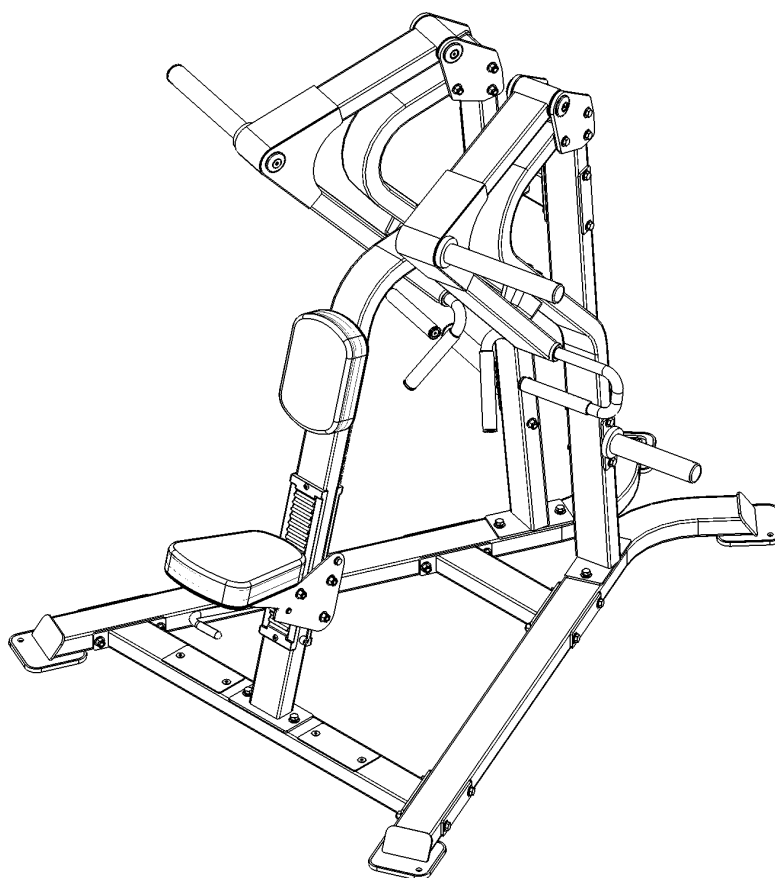


DH004

Low Row

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

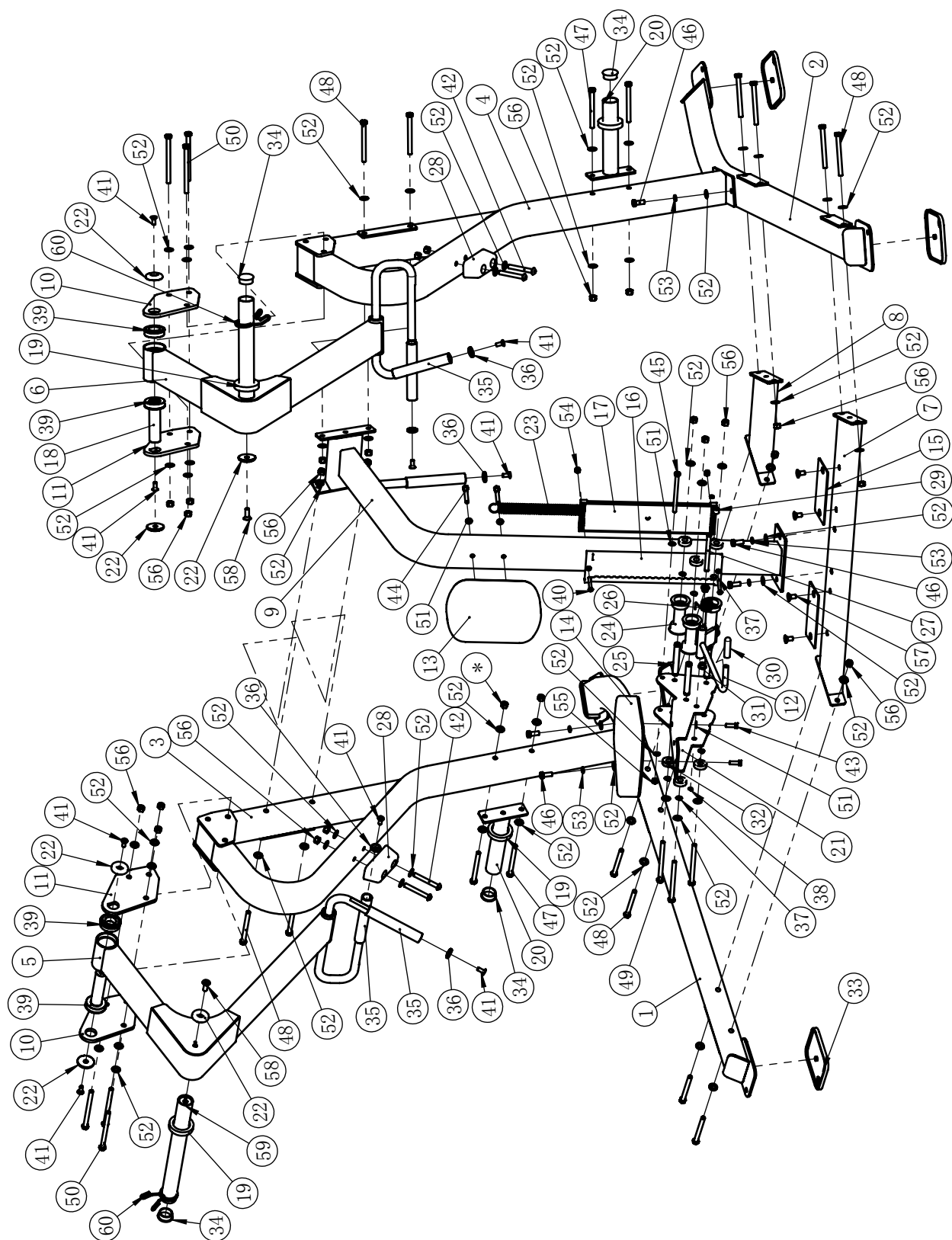
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Bottom Frame	1	31	Bushing	2
2	Right Bottom Frame	1	32	Ball Bearing	6
3	Left Upright Frame	1	33	Rubber Foot	4
4	Right Upright Frame	1	34	End Plug	4
5	Left Arm Frame	1	35	Aluminium Grip	5
6	Right Arm Frame	1	36	Aluminium Cap	5
7	Long Cross Frame	1	37	External Retaining Ring $\Phi 17$	6
8	Short Cross Frame	1	38	External Retaining Ring $\Phi 12$	2
9	Middle Standing Frame	1	39	Flange Bearing	4
10	Pivot Plate 1	2	40	Button Head Cap Screw M8*70	2
11	Pivot Plate 2	2	41	Flat Head Cap Screw M10*25	9
12	Adjustable Handle	1	42	Socket Head Cap Screw M12*90	4
13	Chest Pad	1	43	Hex Head Bolt M10*30	2
14	Seat Pad	1	44	Hex Head Bolt M10*75	2
15	Aluminum Plate	2	45	Hex Head Bolt M10*145	1
16	Front Plastic Plate	1	46	Hex Head Bolt M12*30	6
17	Rear Plastic Plate	1	47	Hex Head Bolt M12*125	4
18	Pivot Shaft	2	48	Hex Head Bolt M12*135	12
19	Bumper	4	49	Hex Head Bolt M12*145	3
20	Weight Plate Storage	2	50	Hex Head Bolt M12*155	6
21	Seat Frame	1	51	Flat Washer $\phi 20 \times \phi 11 \times 2$	6
22	Aluminium Cap	6	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	70
23	Pull Spring	1	53	Spring Washer $\phi 12$	10
24	Idler Wheel	3	54	Nylon lock Nut M8	2
25	Wheel Shaft	3	55	Nylon lock Nut M10	1
26	Torsion Spring	1	56	Nylon lock Nut M12	31
27	Shaft For Adjustable Handle	1	57	Flat Head Cap Screw M10*25	4
28	Large Rubber Bumper	2	58	Flat Head Cap Screw M10*25	2
29	Plastic Sleeve	2	59	Weight Horn	2
30	Grip	1	60	Snap Spring	2

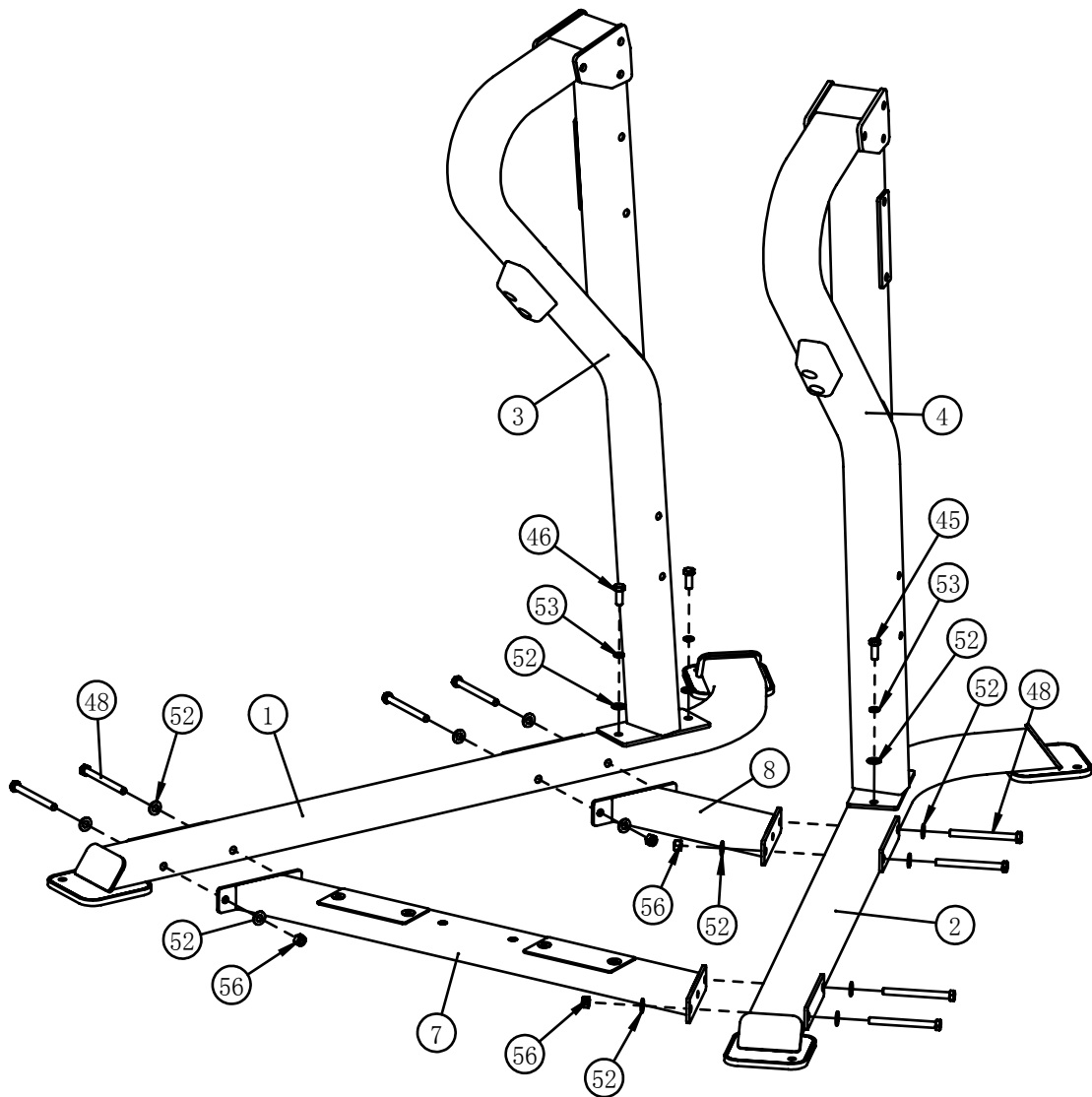
Exploded View



Assembly

STEP 1

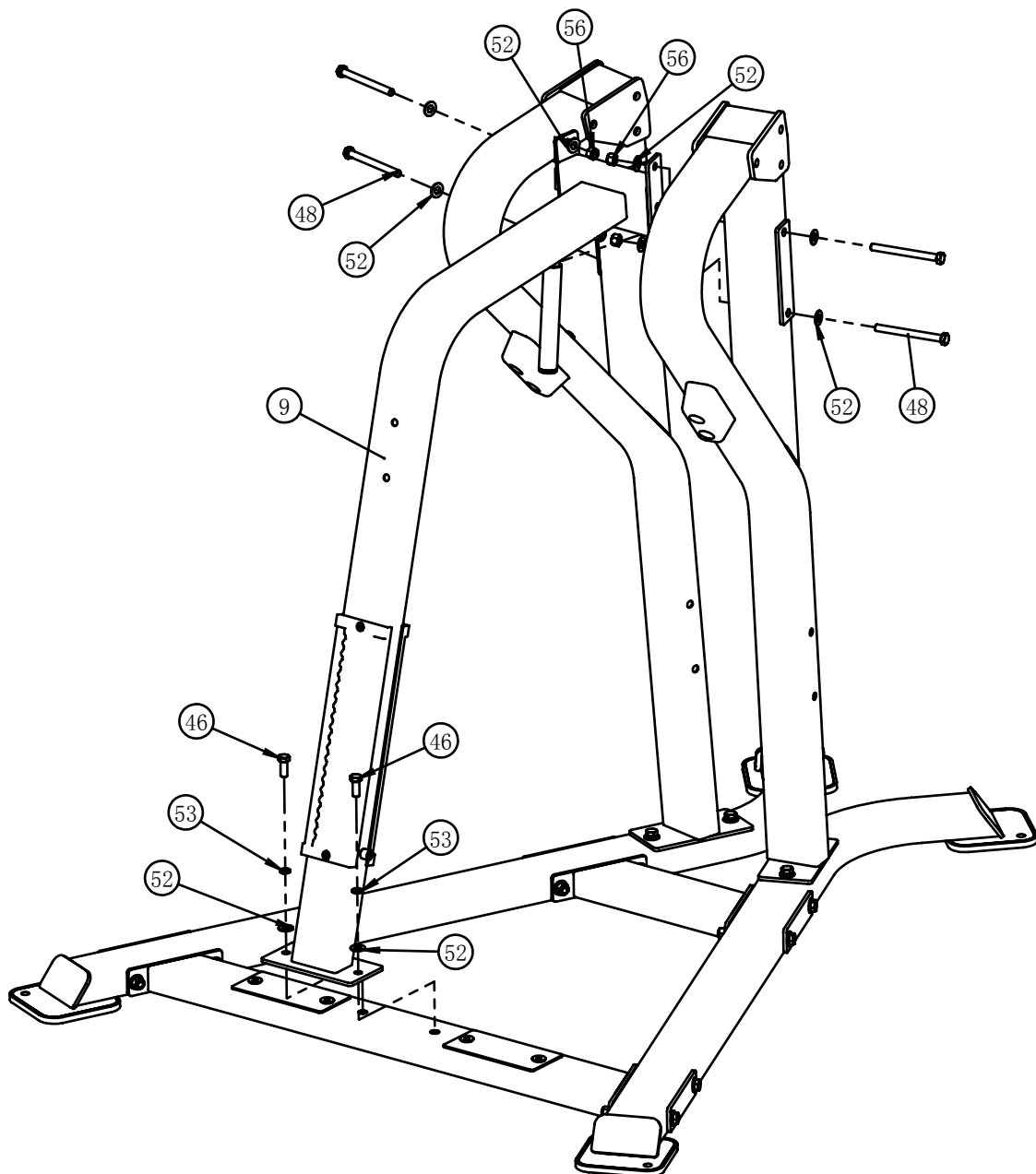
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Bottom Frame	1	46	Hex Head Bolt M12*30	4
2	Right Bottom Frame	1	48	Hex Head Bolt M12*135	4
3	Left Upright Frame	1	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	20
4	Right Upright Frame	1	53	Spring Washer $\phi 12$	4
7	Long Cross Frame	1	56	Nylon lock Nut M12	8
8	Short Cross Frame	1			



Assembly

STEP 2

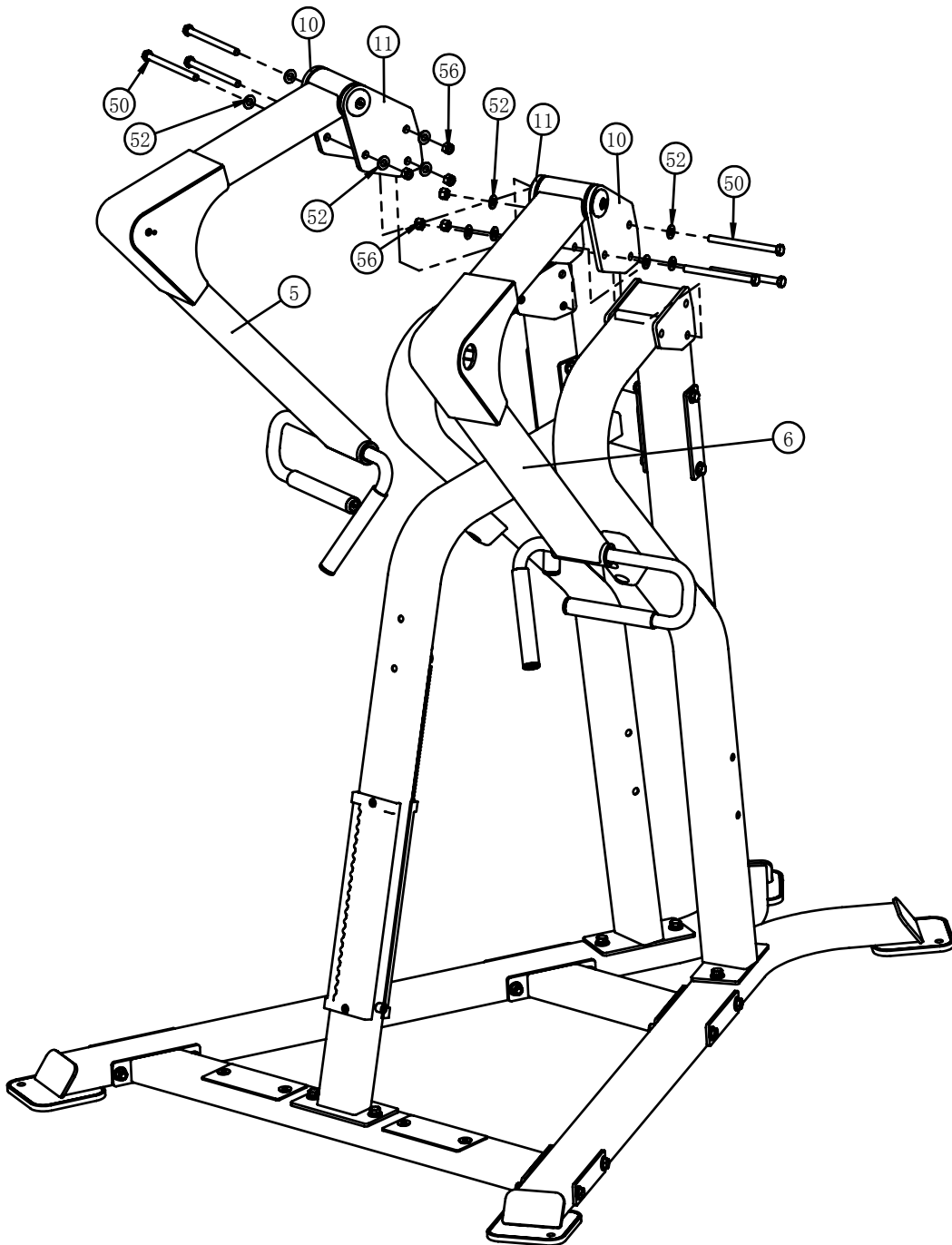
Item NO.	Description	Qty	Item NO.	Description	Qty
9	Middle Standing Frame	1	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	10
46	Hex Head Bolt M12*30	2	53	Spring Washer $\phi 12$	2
48	Hex Head Bolt M12*135	4	56	Nylon lock Nut M12	4



Assembly

STEP 3

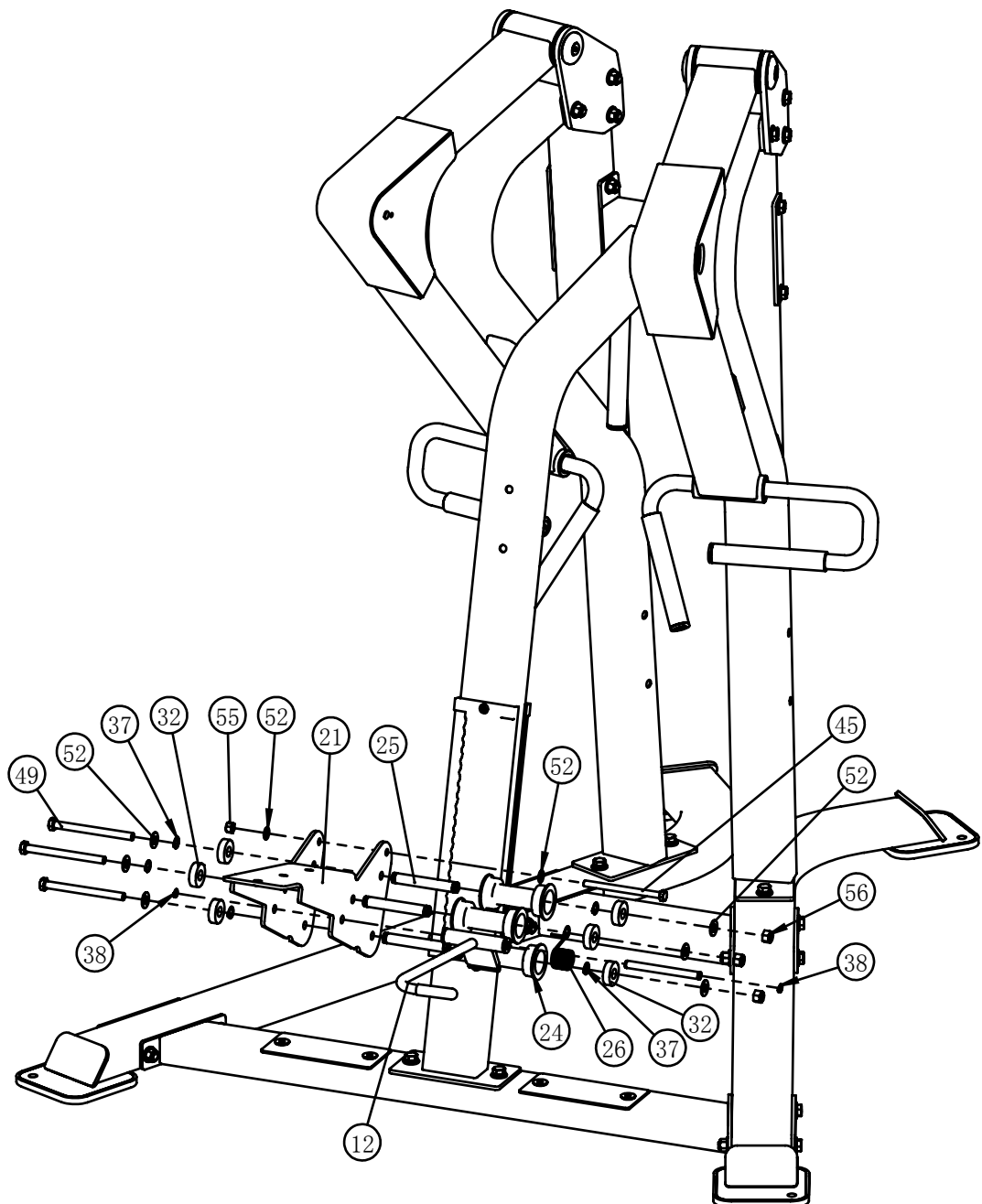
Item NO.	Description	Qty	Item NO.	Description	Qty
5	Left Arm Frame	1	50	Hex Head Bolt M12*155	6
6	Right Arm Frame	1	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	12
10	Pivot Plate 1	2	56	Nylon lock Nut M12	6
11	Pivot Plate 2	2			



Assembly

STEP 4

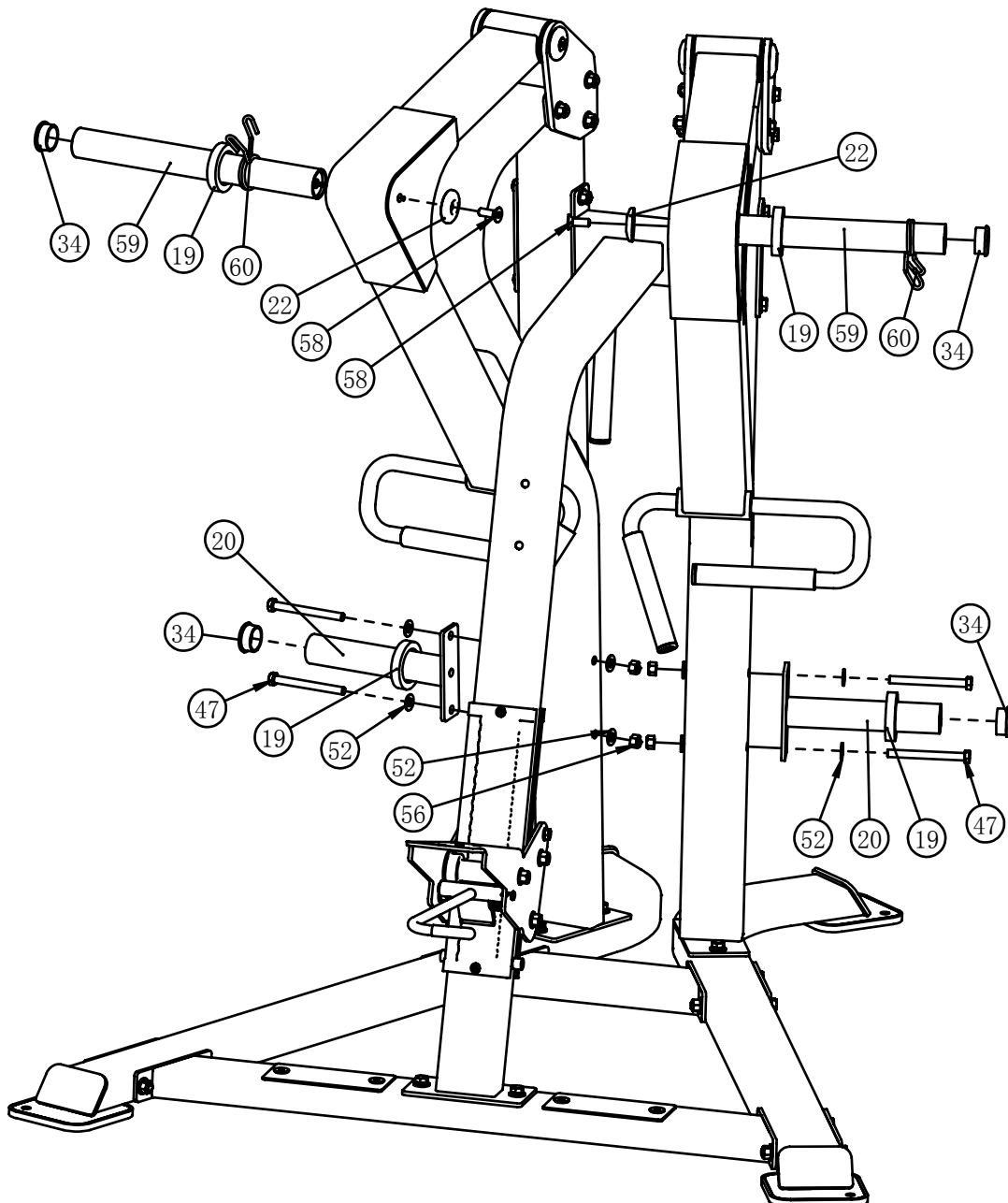
Item NO.	Description	Qty	Item NO.	Description	Qty
12	Adjustable Handle	1	37	External Retaining Ring $\Phi 17$	6
21	Seat Frame	1	38	External Retaining Ring $\Phi 12$	1
24	Idler Wheel	3	45	Hex Head Bolt M10*145	1
25	Wheel Shaft	3	49	Hex Head Bolt M12*145	3
26	Torsion Spring	1	55	Nylon lock Nut M10	1
32	Ball Bearing	6	56	Nylon lock Nut M12	3



Assembly

STEP 5

Item NO.	Description	Qty	Item NO.	Description	Qty
19	Bumper	4	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	8
20	Weight Plate Storage	2	56	Nylon lock Nut M12	4
22	Aluminium Cap	2	58	Flat Head Cap Screw M12*35	2
34	End Plug	4	59	Weight Horn	2
47	Hex Head Bolt M12*125	4	60	Snap Spring	2



Assembly

STEP 6

Item NO.	Description	Qty	Item NO.	Description	Qty
13	Chest Pad	1	44	Hex Head Bolt M10*75	2
14	Seat Pad	1	51	Flat Washer $\phi 20 \times \phi 11 \times 2$	4
43	Hex Head Bolt M10*30	2			

