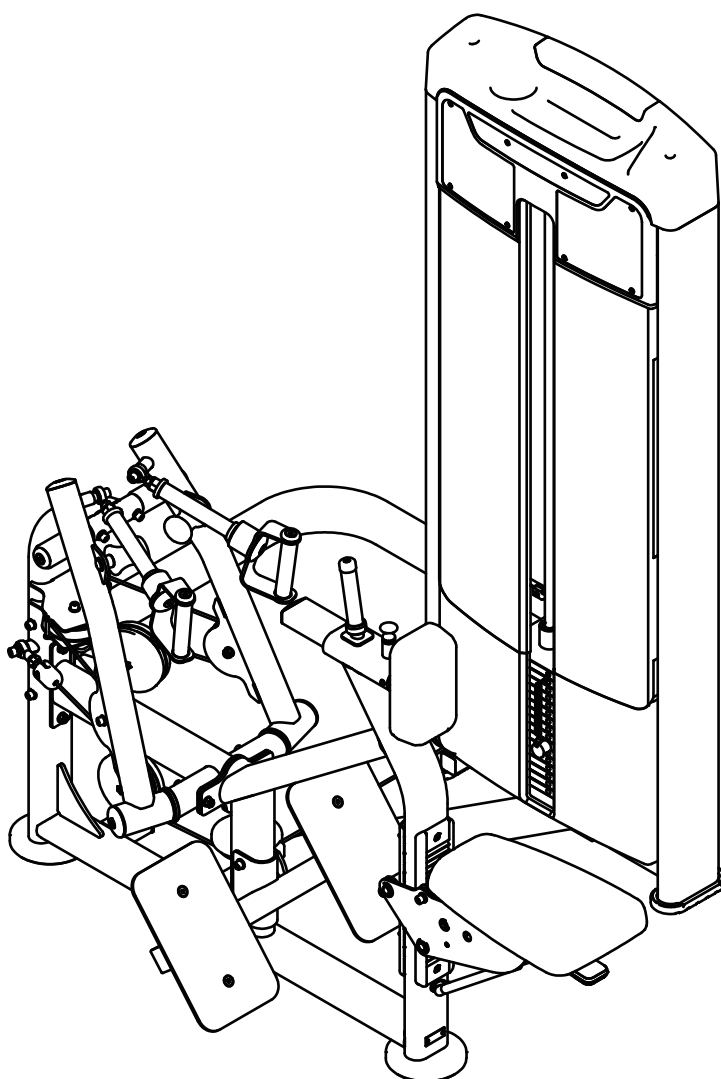


**RE8030**

**LATERAL SEATED ROW**

# **OWNER'S MANUAL**



**! CAUTION**

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

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

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## 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:

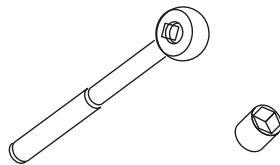
1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

## Instructions

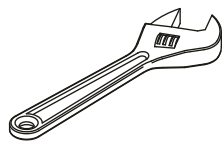
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

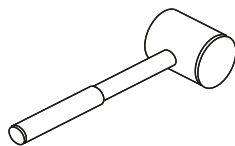
## Tools Required



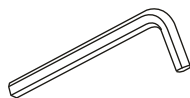
Ratchet Wrench and Socket



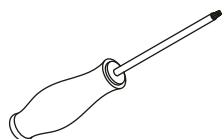
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



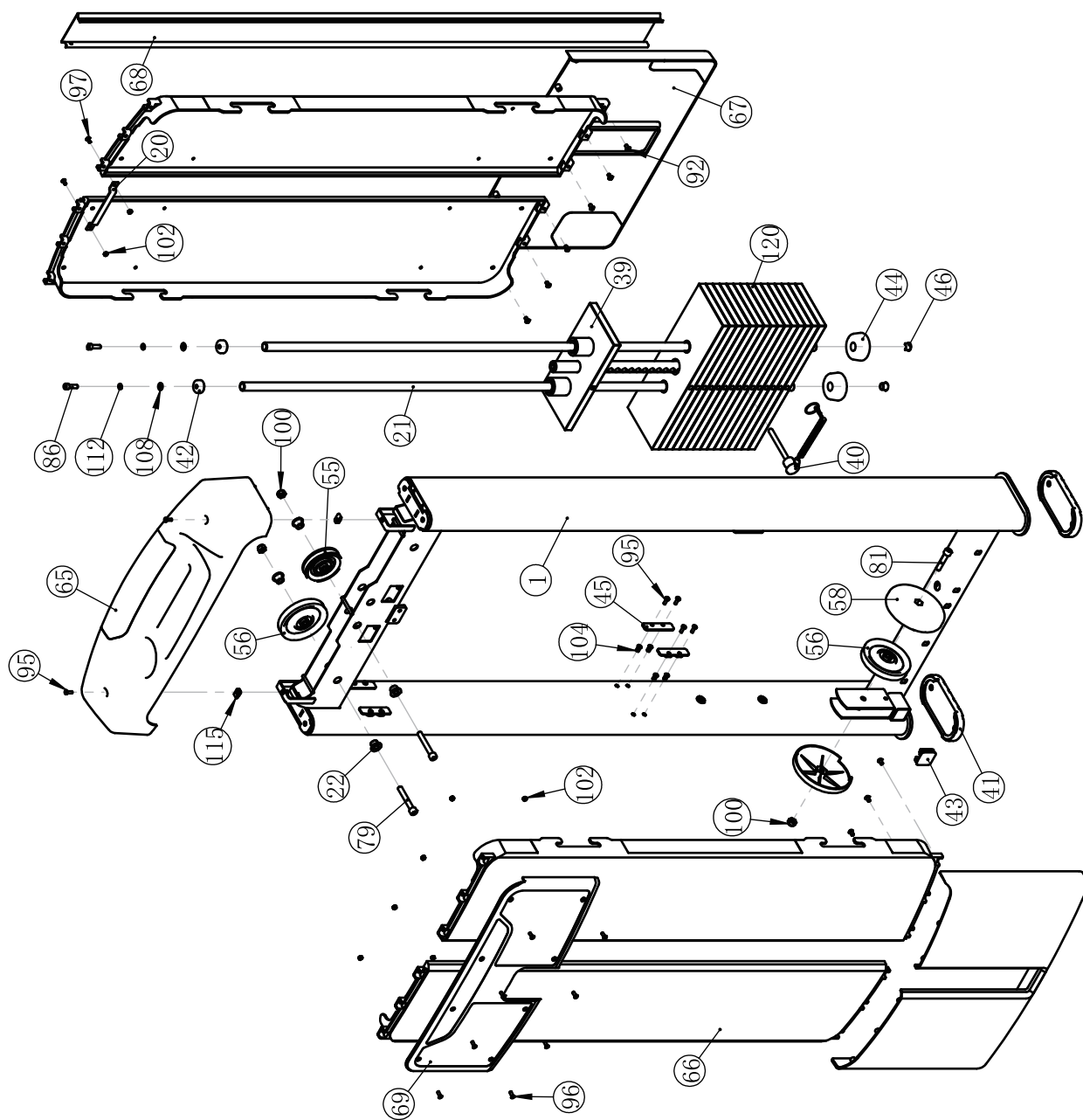
Phillips Screwdriver

## Parts List

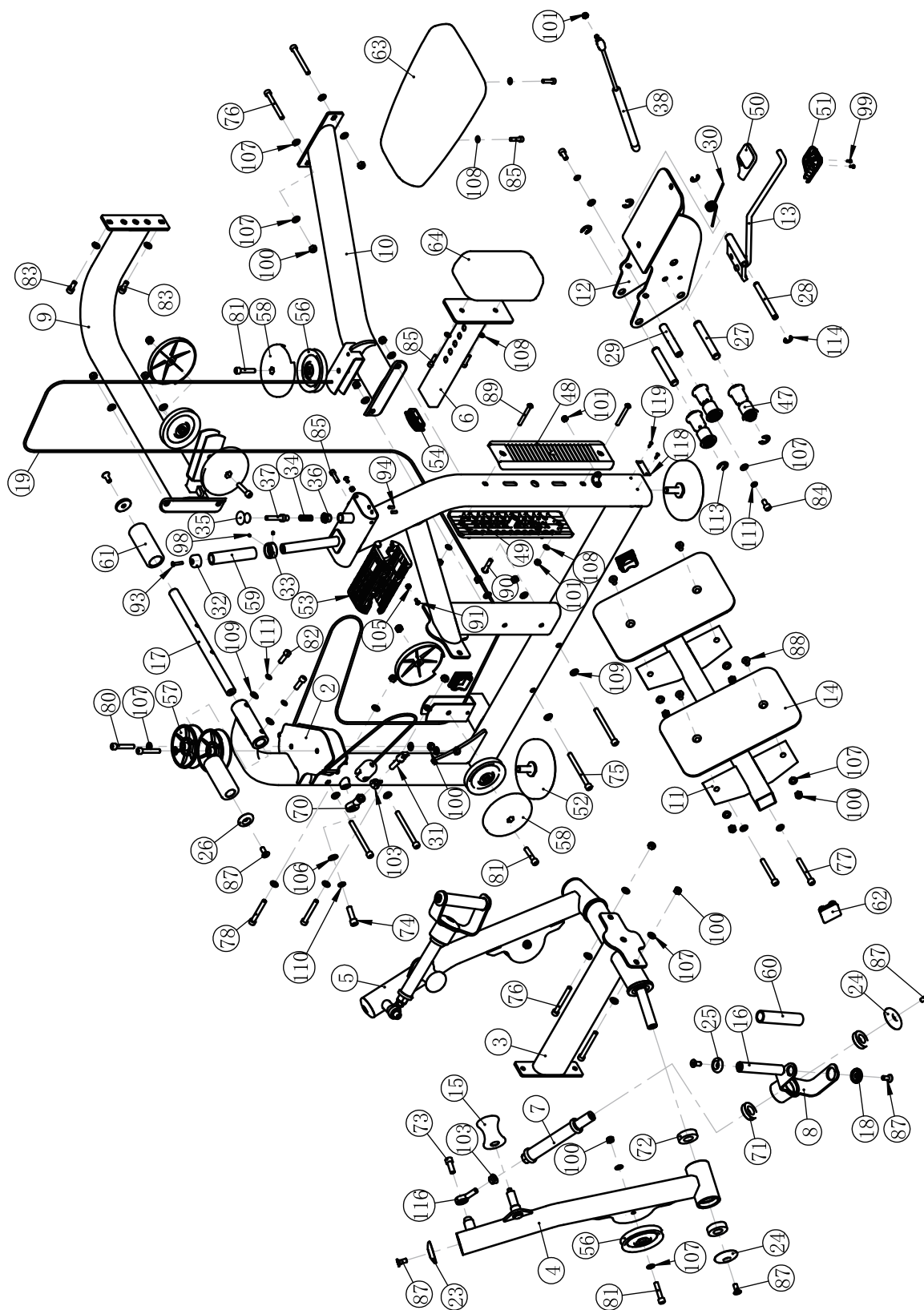
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

Item No	Description	QTY	Item No	Description	QTY
1	Weight Stack Frame	1	61	Nylon Roller Sleeve	2
2	Main Frame	1	62	Tube Plug F50.8	3
3	Rotating Fixed Frame	1	63	Seat Cushion	1
4	Left Swing Frame	1	64	Shoulder Pad	1
5	Right Swing Frame	1	65	Upper Shroud	1
6	Carriage	1	66	Side Shroud	4
7	Handle Connection Bracket	2	67	Under Shroud	2
8	Rotate The Handle Frame	2	68	Back Buckle	1
9	Connection Frame	1	69	Front Cover	1
10	Bottom Connection Bracket	1	70	Spherical Plain Bearing	1
11	Pedal Stand	1	71	Bearing 6005-2Z	4
12	Seat Cushion Frame	1	72	Bearing 6205-2Z	4
13	Pull Rod Component	1	73	Socket Head Cap Screw M12*30	2
14	Patterned Foot Pedal	2	74	Socket Head Cap Screw M12*40	1
15	Roller	2	75	Socket Head Cap Screw M10*120	4
16	The Handle Frame	2	76	Socket Head Cap Screw M10*90	4
17	Limit Rod	1	77	Socket Head Cap Screw M10*80	2
18	Aluminum End Cap	2	78	Socket Head Cap Screw M10*75	2
19	Cable Assembly	1	79	Socket Head Cap Screw M10*70	2
20	Connecting Plate	1	80	Socket Head Cap Screw M10*60	2
21	Guide Rod $\phi 19 \times 2.0 \times 1519$	2	81	Socket Head Cap Screw M10*50	6
22	Pulley Sleeve	4	82	Socket Head Cap Screw M10*30	2
23	Aluminum End Cap	2	83	Socket Head Cap Screw M10*25	2
24	Aluminum End Cap	4	84	Socket Head Cap Screw M10*20	2
25	Small Aluminum End Cap	2	85	Socket Head Cap Screw M8*30	5
26	End Cap	2	86	Socket Head Cap Screw M8*25	2
27	Rotation Shaft	2	87	Flat Head Cap Screw M10*25	12
28	Joystick Shaft	1	88	Flat Head Cap Screw M10*20	4
29	Central Axis	1	89	Button Head Cap Screw M8*70	2
30	Torsional Spring	1	90	Button Head Cap Screw 3/8"-16*38	1
31	Steel Cable Connecting Shaft	1	91	Button Head Cap Screw M6*12	2
32	Aluminium Grip Cap	1	92	Button Head Cap Screw M6*10	12
33	Aluminium Grip Ring	1	93	Flat Head Cap Screw M6*30	1
34	Spring	1	94	Socket Set Screw M6*16	2
35	Little Handles	1	95	Button Head Cap Screw M5*15	18
36	Locking Nut	1	96	Flat Head Philips Screw M5*15	8
37	Shaft	1	97	Button Head Cap Screw M5*10	2
38	Gas Spring Component	1	98	Socket Set Screw M5*6	2
39	Heavy Iron Assembly	1	99	Button Head Cap Screw M4*10	2
40	Selector Pin W/Coil	1	100	Nylon Lock Nut M10	25
41	Rubber Foot	2	101	Nylon Lock Nut M8	4
42	Mount Sleeve	2	102	Nylon Lock Nut M5	10
43	Tube Plug F38	1	103	Hexagon Flange Nut M12	3
44	Rubber Bumper	2	104	Flat Hex Nut M5	16
45	Shroud Clip	8	105	Hexagon Nut	2
46	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2	106	Flat Washer $\phi 13.5 \times \phi 24 \times 2.5$	1
47	Long Roller Component	3	107	Flat Washer $\phi 11 \times \phi 20 \times 2$	30
48	Seat Cushion Inner Slide Rail	1	108	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	8
49	Seat Cushion Outer Slide Rail	1	109	Arc Washer $\phi 10$	12
50	Handle Cover Component	1	110	Spring Washer $\phi 12$	1
51	Lower Cover of Handle	1	111	Spring Washer $\phi 10$	6
52	Floor Stand	2	112	Spring Washer $\phi 8$	2
53	Plastic Tube Guide	2	113	Split Washer $\phi 15$	4
54	Tube Plug J30*70	1	114	Split Washer $\phi 12$	2
55	Pulley	1	115	Stretch Splint	2
56	Pulley	7	116	Socket Head Cap Screw M10*125	2
57	V-shaped Pulley	2	117	Lube Oil Box	1
58	Pulley Cover	7	118	Nameplate	1
59	Handle Bar Gloves	1	119	Rivets	2
60	Handle Bar Gloves	2	120	Weight Plate	15

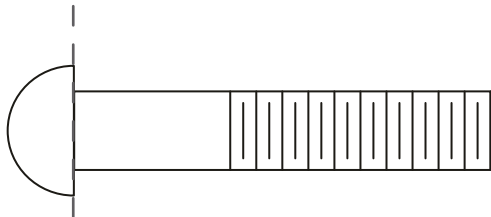
# Exploded View



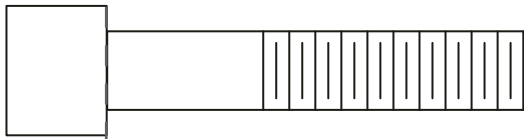
# Exploded View



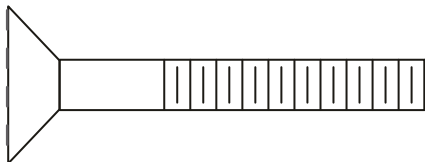
## Measurement Guide



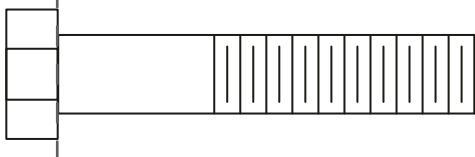
BHCS = Button Head Cap Screw



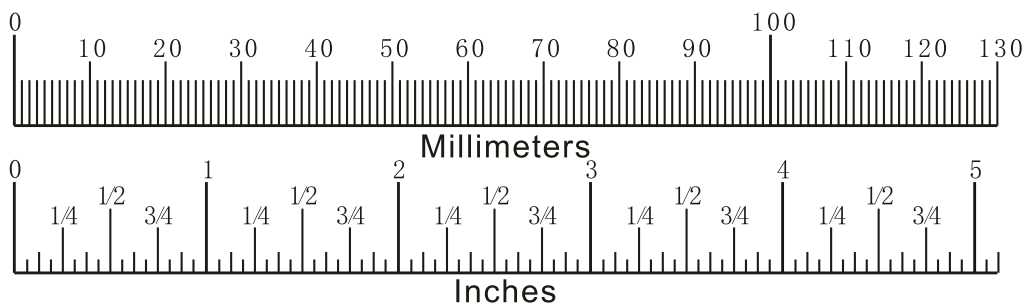
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt





## Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

### **NOTE**

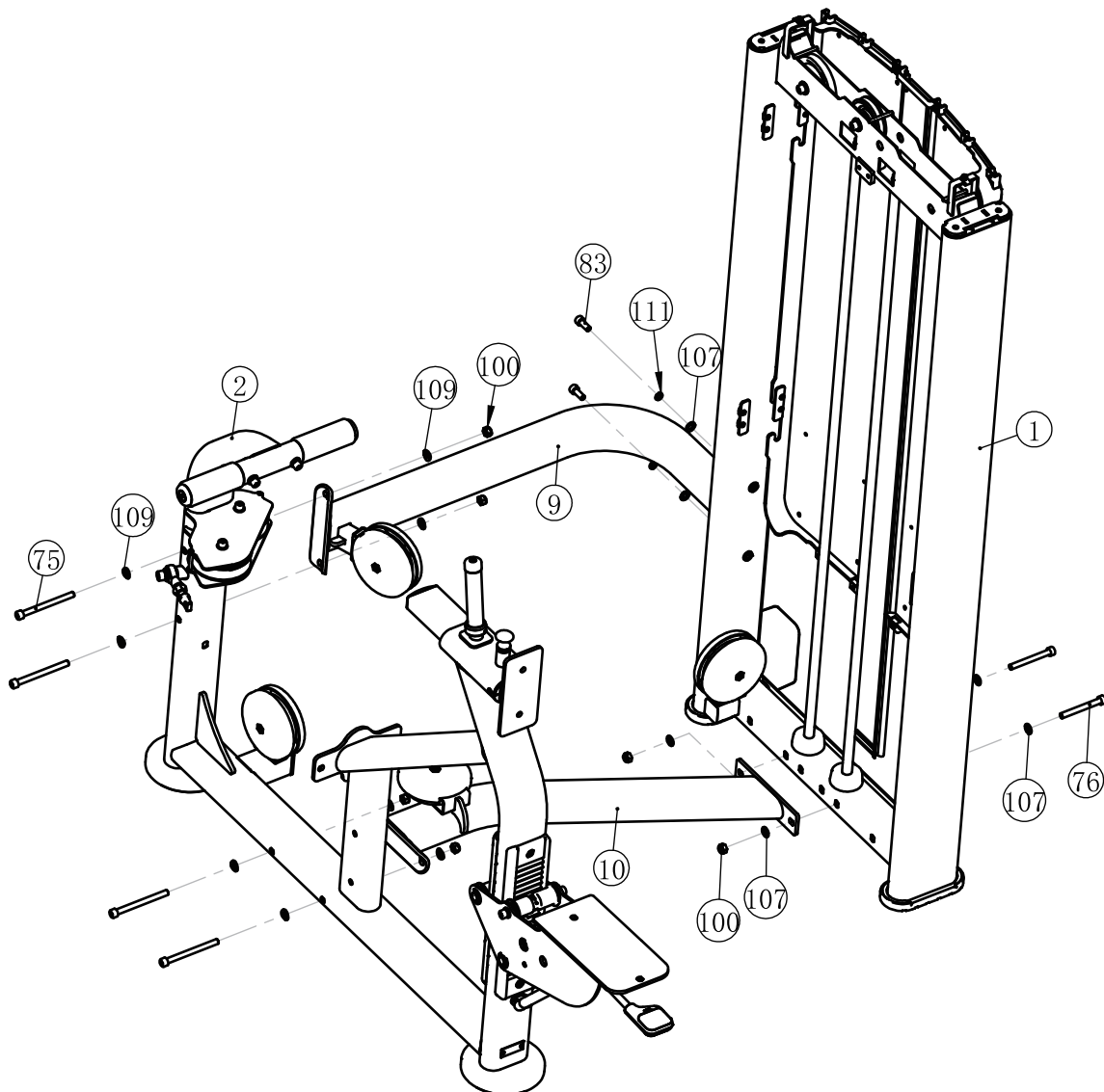
As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

## Assembly

### STEP 1

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No	Description	QTY	Item No	Description	QTY
1	Weight Stack Frame Assembly	1	83	Socket Head Cap Screw M10*25	2
2	Main Frame Assembly	1	100	Nylon Lock Nut M10	6
9	Connection Frame Assembly	1	107	Flat Washer $\phi 11 \times \phi 20 \times 2$	6
10	Bottom Connection Bracket Assembly	1	109	Arc Washer $\phi 10$	8
75	Socket Head Cap Screw M10*120	4	111	Spring Washer $\phi 10$	2
76	Socket Head Cap Screw M10*90	2			

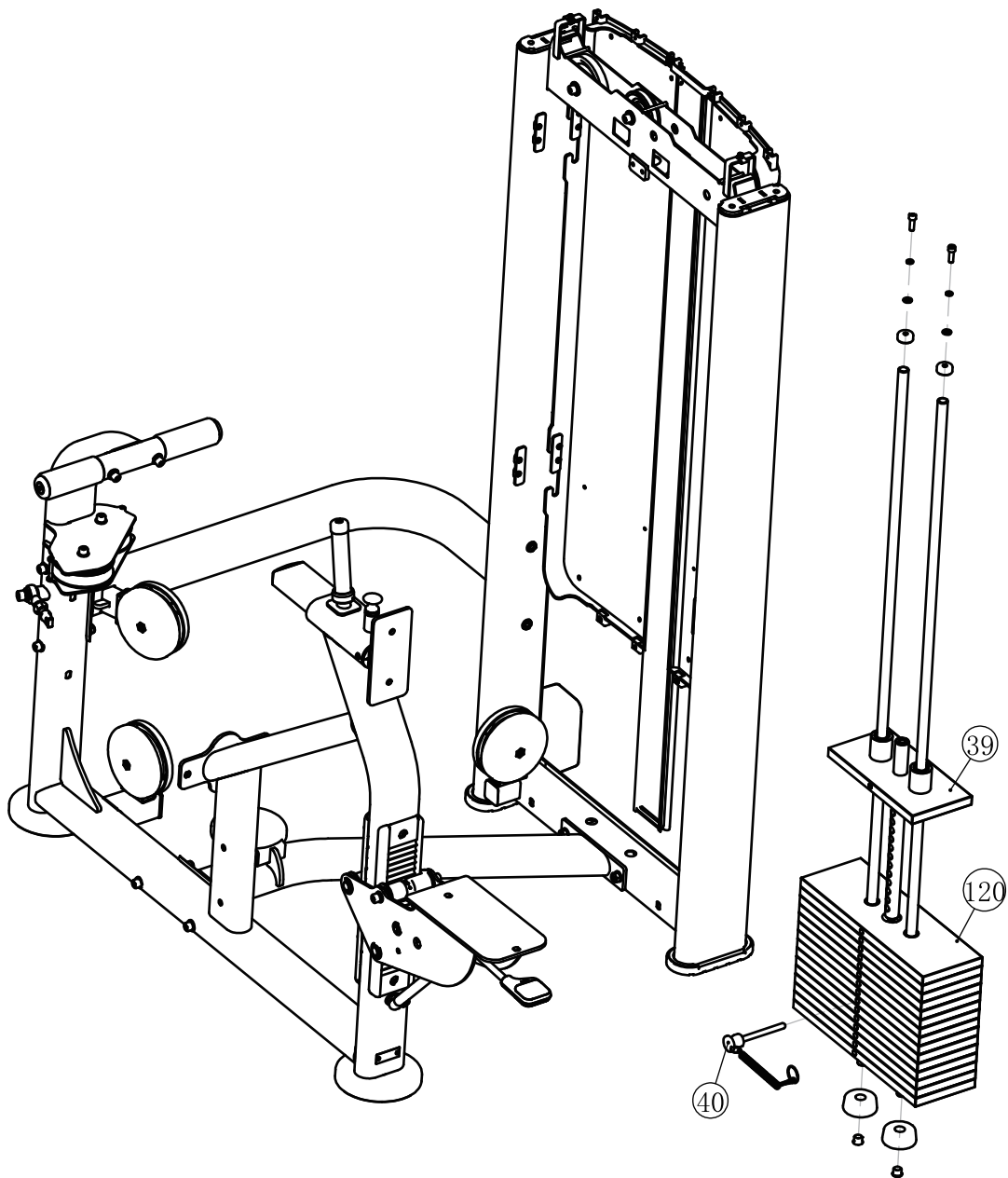


## Assembly

### STEP 2

**Note:** Hand Tighten Bolts and Nylon Lock Nuts.

Item No	Description	QTY	Item No	Description	QTY
39	Heavy Iron Assembly	1	120	Weight Plate	15
40	Selector Pin W/Coil	1			

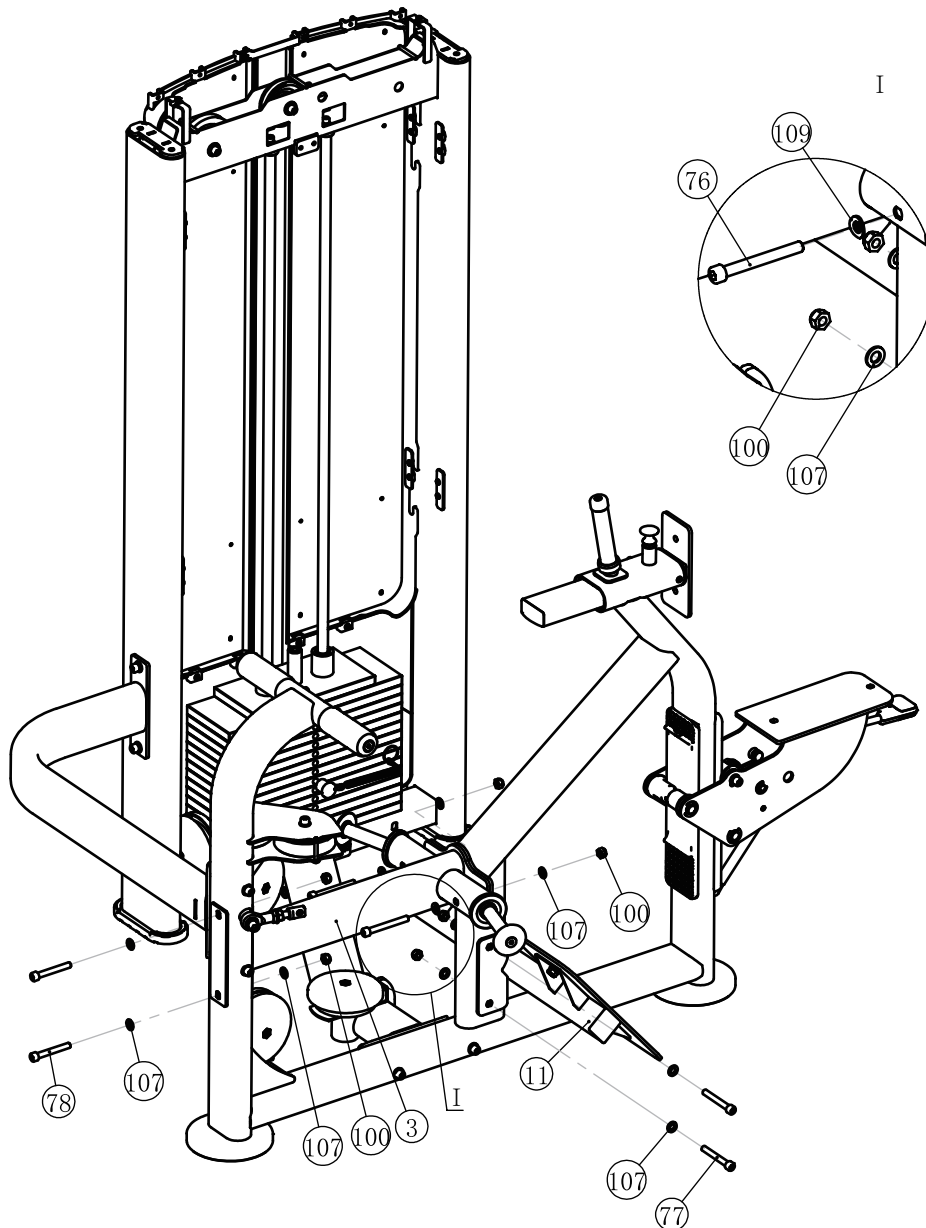


## Assembly

### STEP 3

**Note: Hand Tighten Bolts and Nylon Lock Nuts.**

Item No	Description	QTY	Item No	Description	QTY
3	Rotating Fixed Frame Assembly	1	78	Socket Head Cap Screw M10*75	2
11	Pedal Stand Assembly	1	100	Nylon Lock Nut M10	6
76	Socket Head Cap Screw M10*90	2	107	Flat Washer $\phi 11 \times \phi 20 \times 2$	10
77	Socket Head Cap Screw M10*80	2	109	Arc Washer $\phi 10$	2

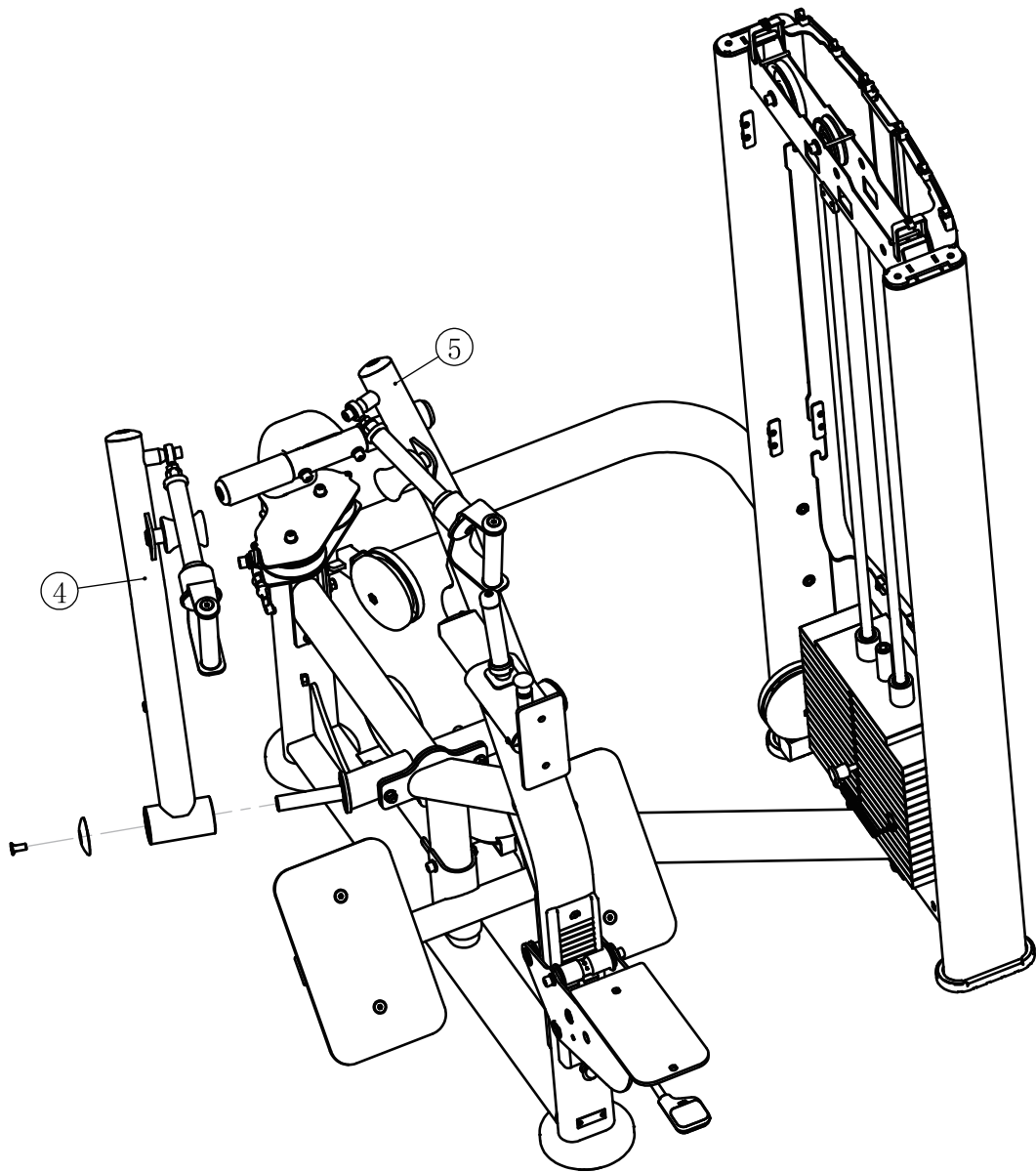


## Assembly

### STEP 4

**Note:** Hand Tighten Bolts and Nylon Lock Nuts.

Item No	Description	QTY	Item No	Description	QTY
4	Left Swing Frame Assembly	1	5	Right Swing Frame Assembly	1

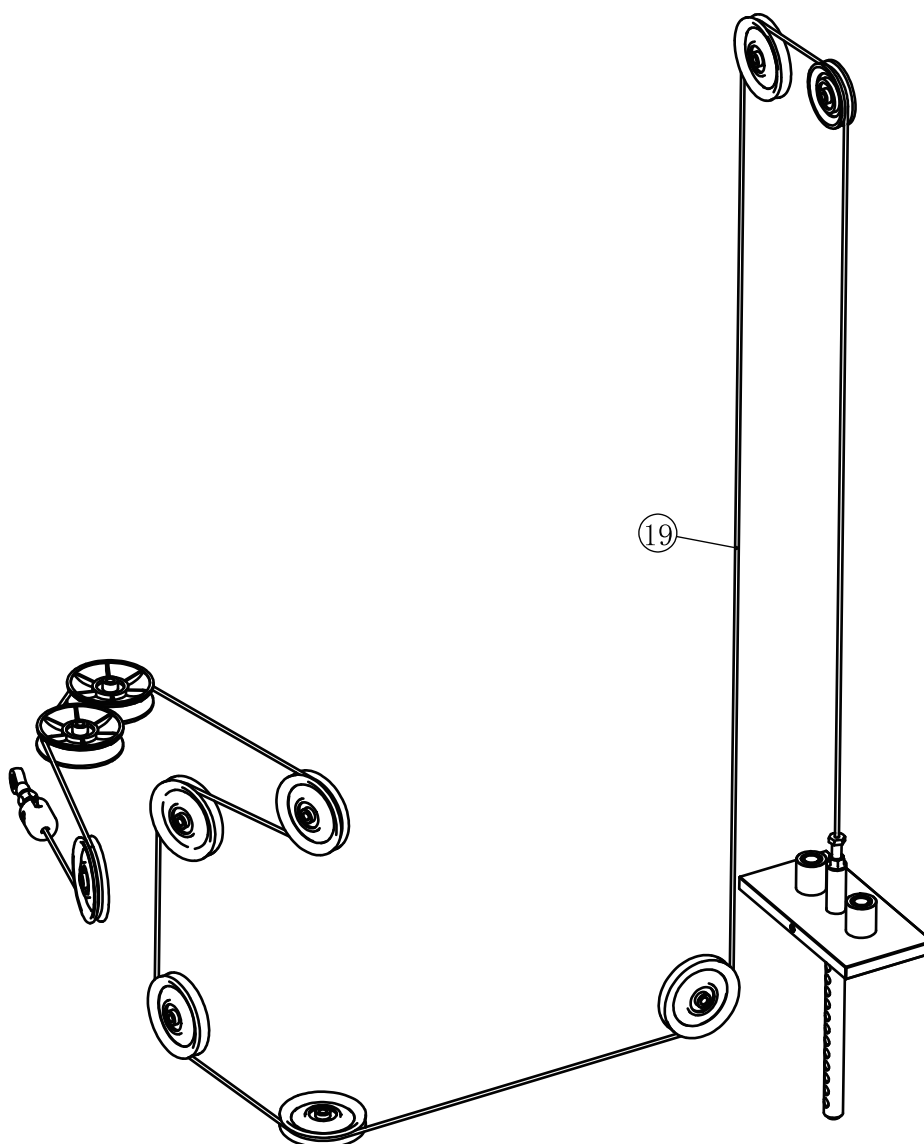


## Assembly

### STEP 5

**Note:** Hand Tighten Bolts and Nylon Lock Nuts.

Item No	Description	QTY	Item No	Description	QTY
19	Cable Assembly	1			

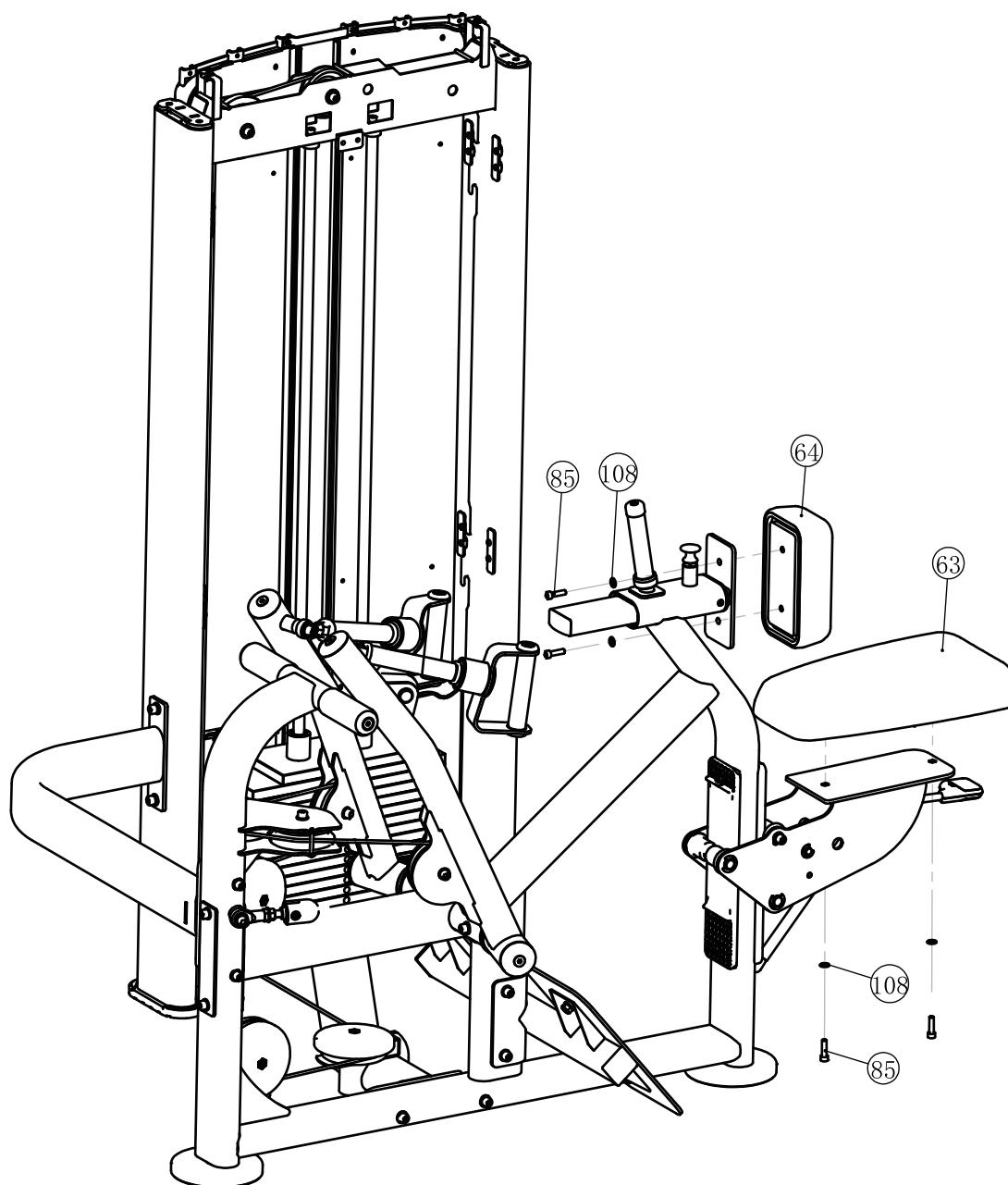


## Assembly

### STEP 6

**Note: Wrench Tighten Screws.**

Item No	Description	QTY	Item No	Description	QTY
63	Seat Cushion	1	85	Socket Head Cap Screw M8*30	4
64	Shoulder Pad	1	108	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	4

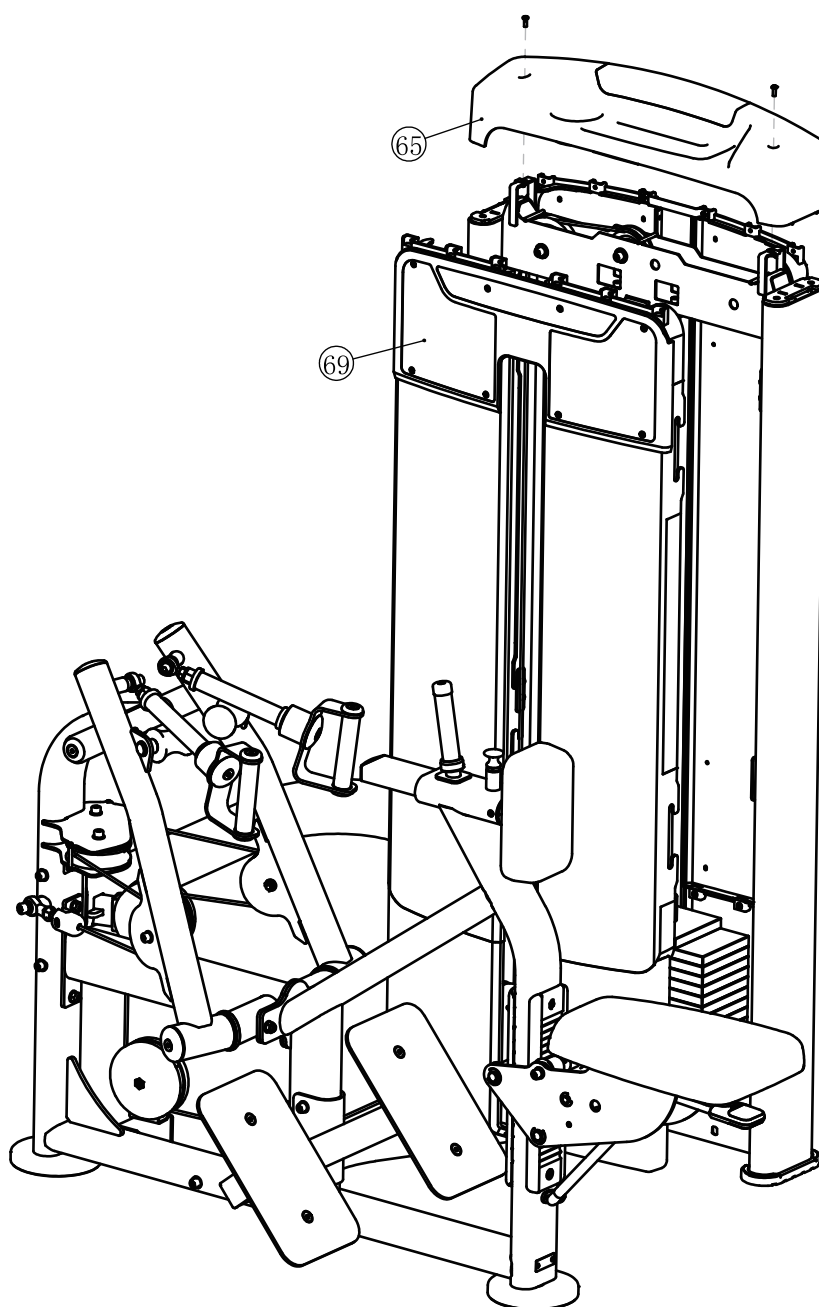


## Assembly

### STEP 7

**Note:** Wrench Tighten Screws.

Item No	Description	QTY	Item No	Description	QTY
65	Upper Shroud	1	69	Front Cover Assembly	1





## Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean; Upholstery	DAILY	WEEKLY							
Inspect; Cables or Belts and their tension	DAILY	WEEKLY							
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect; All Decals	WEEKLY	3 MONTHS							
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS							
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS							
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS							
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY							
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

*Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.*

## General Maintenance Information

### **Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:**

- \* Check all pieces for signs of visible wear or damage.
- \* Check springs in snap hooks and pull-pins for proper tension and alignment.
- \* If the spring sticks or has lost its rigidity, replace it immediately.

### **Upholstery:**

- \* To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- \* Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- \* Replace ripped or worn upholstery immediately.
- \* Keep sharp or pointed objects clear of all upholstery.

### **Decals:**

- \* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

### **Nuts and Bolts:**

- \* Inspect all nuts and bolts for any loosening and tighten if needed.
- \* Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

### **Anti-Skid Surfaces:**

- \* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

### **Belts and Cables:**

- \* We use only high quality belt, and mil-spec cables.
- \* Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- \* While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- \* Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

### **Belt and Cable Tension:**

- \* Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- \* Check slack in cables and re-adjust cable tension if needed.

### **Seat Sleeves, Guide Rods:**

- \* Wipe down adjusting tubes with a dust free rag before applying lubricant.
- \* Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

### **Linear Bearings:**

- \* Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

**PLEASE KEEP THIS FOR YOUR RECORDS**

## Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

