

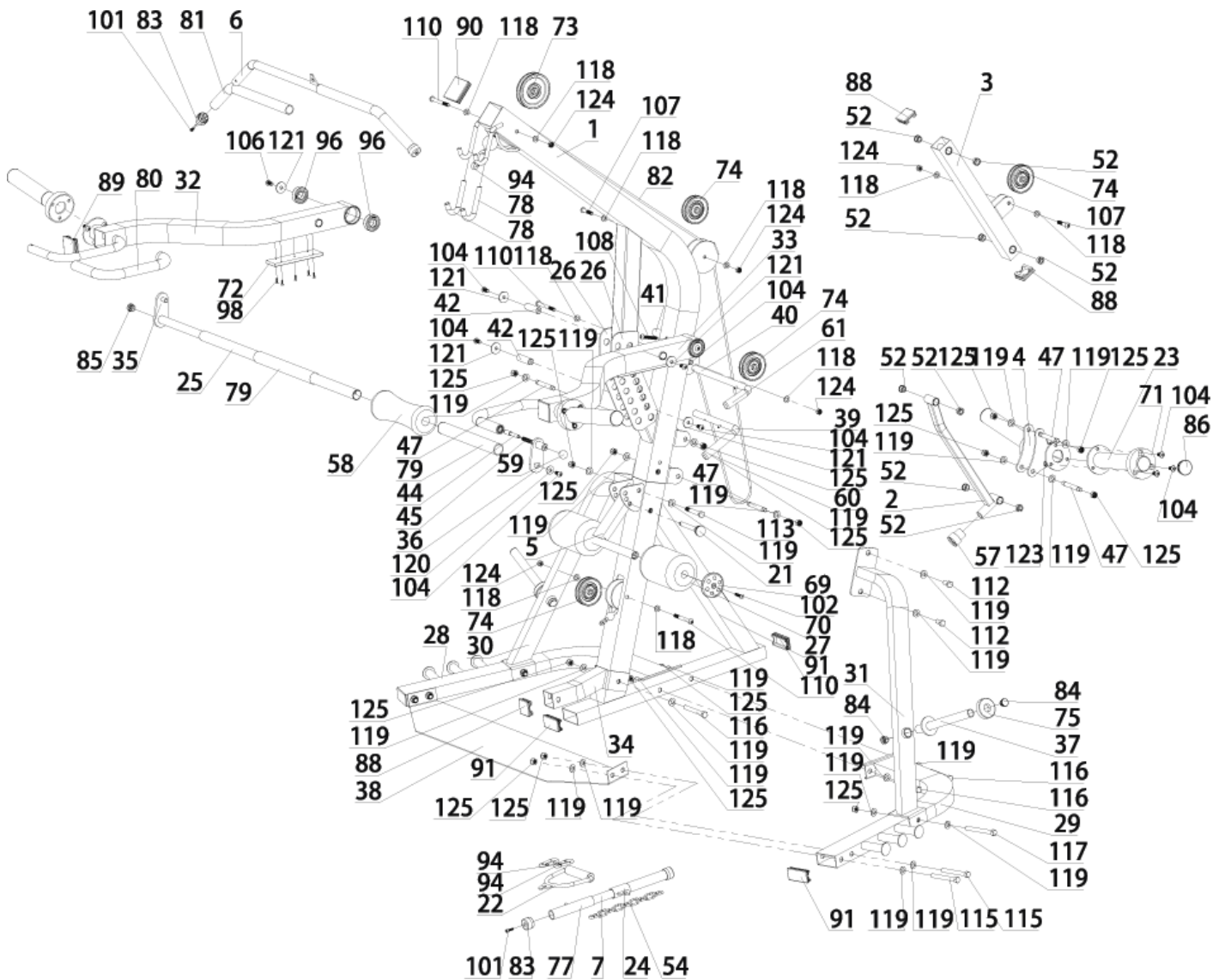


GRONK
LEVERAGE GYM



EXPLODED DRAWING -A

XLS LEVERAGE GYM TOWER



XLS UTILITY WORKBENCH



PARTS LIST

NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	Upper Upright Tube	1	31	Support Tube-L	1
2	Weight Rotating Support Tube	1	32	Press Arm-R	1
3	Weight Rotating Tube	1	33	Press Arm-L	1
4	Weight Plate Horn Fix Frame	1	34	Utility Bench Connector	1
5	Foam Roller Support Tube	1	35	Close Grip Bar Mounting Plate	1
6	Lat Bar-Wide Grip	1	36	Pin Socket	1
7	Lat Bar-Close Grip	1	37	Storage Weight Horn	2
8	Front Main Frame	1	38	Foot Plate	1
9	Base Tube	1	39	Safety Spotter Bar $\Phi 20 \times 374$	1
10	Front End Bench Frame	1	40	Press Arm Lock Bar $\Phi 20 \times 409$	1
11	Front Base Tube	1	41	Steel Axis-Press Arms $\Phi 25 \times 233 \times M10$	1
12	Seat Pad Support Base Frame	1	42	Connect Axis $\Phi 20 \times 66 \times M10$	1
13	Backrest Pad Support Tube	1	43	T - Pin Shaft $\Phi 10.5 \times 106 \times M10$	1
14	Seat Pad Support Tube	1	44	Pin Shaft $\Phi 12.5 \times 81 \times M6$	1
15	Seat Height Adjustment Tube	1	45	Spring $\Phi 12 \times \Phi 1 \times 48$	1
16	Seat Pad Adjustment Inner Tube	1	46	Connect Axis $\Phi 20 \times 179 \times M10$	1
17	Seat Pad Adjustment Outer Tube	1	47	Stud $\Phi 12.5 \times 96 \times M12$	4
18	Seat Handle	1	48	Stud $\Phi 12.5 \times 100 \times M12$	1
19	T-Spring Pin	2	49	Stud $\Phi 12.5 \times 120 \times M12$	1
20	T-Long Spring Pin	1	50	Stud $\Phi 12.5 \times 191 \times M12$	1
21	Ball Head Lock Pin	2	51	Hook $\Phi 10 \times 217 \times M10$	1
22	D Handle	1	52	Metal Bushing $\Phi 22.2 \times \Phi 19.3 \times \Phi 12.8 \times 12.7$	12
23	Weight Plate Horn	4	53	Metal Bushing $\Phi 32 \times \Phi 25.4 \times \Phi 20.1 \times 19$	2
24	Rotating Tube	1	54	Chain $\Phi 5 \times 21 \times 280$	1
25	Close Grip Bar-Tube	1	55	Trolley $\Phi 40 \times 23$	2
26	Adjustment Plate	2	56	Trolley $\Phi 55.5 \times 24$	4
27	Lower Upright Tube	1	57	Rubber Stopper $\Phi 39 \times \Phi 24 \times 44$	1
28	Base Tube-R	1	58	Foam $\Phi 100 \times \Phi 28 \times 245$	1
29	Base Tube-L	1	59	Ball Head Pin	1
30	Support Tube-R	1	60	Long Handle Bar Cover	1

61	Short Handle Bar Cover	1	94	Safety Hook $\Phi 7 \times 70$	3
62	Flat Rubber Cushion	6	95	Spring Washer $\Phi 15$	4
63	Back Pad	1	96	Bearing 6205ZZ	4
64	Seat Pad	1	97	Hex Pan Screw M4*6	2
65	Plastic Cushion $\Phi 29 \times \Phi 25 \times 28$	1	98	Hex Counter Sunk Screw M4*15	10
66	Sleeve 60*60*2-45*45	1	99	Hex Counter Sunk Screw M5*15	12
67	Sleeve 45*45*2-38*38	1	100	Hex Bolt M6*12	2
68	Plastic Cushion $\Phi 18 \times \Phi 6.5 \times 12$	2	101	Hex Bolt M6*20	4
69	Foam Plate $\Phi 18 \times \Phi 6.5 \times 12$	2	102	Hex Bolt M8*35	2
70	Foam Roller $\Phi 115 \times \Phi 23 \times 180$	2	103	Hex Bolt M8*40	2
71	Rubber Ring Stopper $\Phi 96 \times \Phi 50 \times 20$	4	104	Hex Bolt M10*20	29
72	Rubber Cushion	2	105	Hex Bolt M10*40	2
73	Pulley $\Phi 114 \times 25.4$	1	106	Hex Bolt M10*20	2
74	Pulley $\Phi 89 \times 26.20$	4	107	Hex Bolt M10*50	2
75	Rubber Bumper $\Phi 63.5 \times \Phi 26 \times 15$	2	108	Hex Bolt M10*55	1
76	Handle Bar Cover $\Phi 24 \times 3 \times 110$	2	109	Hex Bolt M10*65	2
77	Handle Bar Cover $\Phi 24 \times 3 \times 153$	2	110	Hex Bolt M10*90	3
78	Handle Bar Cover $\Phi 11 \times 2 \times 154$	2	111	Hex Bolt M12*95	2
79	Handle Bar Cover $\Phi 31 \times 3 \times 315$	2	112	Hex Bolt M12*25	5
80	Handle Bar Cover $\Phi 24 \times 3 \times 452$	2	113	Hex Bolt M12*80	1
81	Handle Bar Cover $\Phi 24 \times 3 \times 500$	2	114	Hex Bolt M12*85	1
82	Cable $\Phi 5 \times 3470$	1	115	Hex Bolt M12*100	4
83	End Cap $\Phi 36 \times \Phi 30.2 \times \Phi 6.5 \times 25$	4	116	Hex Bolt M12*105	3
84	End Cap $\Phi 25 \times 2$	4	117	Hex Bolt M12*110	2
85	End Cap $\Phi 25 \times 2.5$	3	118	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	16
86	End Cap $\Phi 48 \times 2$	4	119	Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$	48
87	End Cap $25 \times 25 \times 2$	4	120	Big Flat Washer $\Phi 10.6 \times \Phi 26 \times 2$	3
88	End Cap $50 \times 50 \times 2$	3	121	Flat Washer $\Phi 10 \times \Phi 35 \times 3$	6
89	End Cap $60 \times 60 \times 2$	2	122	Nut M8	2
90	End Cap $75 \times 75 \times 2$	1	123	Thin Nut M10	6
91	End Cap $40 \times 80 \times 2$	4	124	Nut M10	6
92	End Cap $50 \times 75 \times 2$	4	125	Nut M12	30
93	End Cap $30 \times 60 \times 2$	1			

ASSEMBLY

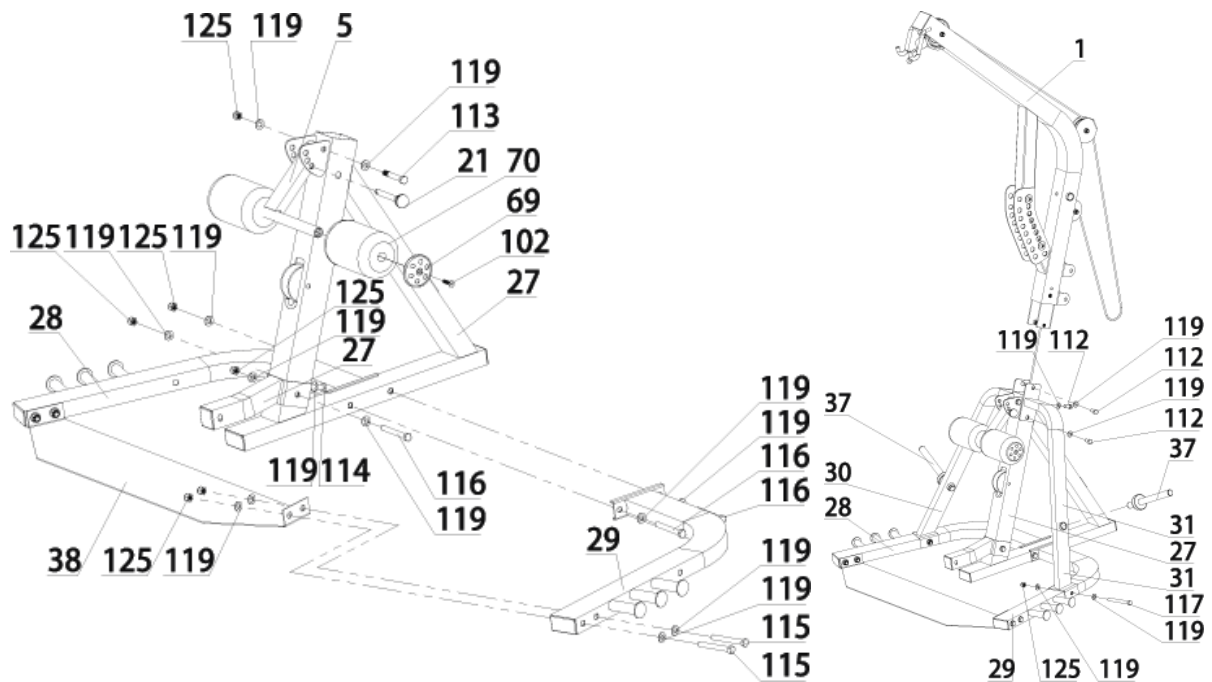
Step 1

Assemble Lower Upright Tube(27), Base Tube-R(28) and Base Tube-L(29) using Hex Bolt M12*85(114), Hex Bolt M12*105(116), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119) and Nut M12(125). Please don't tighten the bolts and nuts.

Install Foot Plate(38) to Base Tube-R(28) and Base Tube-L(29) using Hex Bolt M12*100(115), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119) and Nut M12(125). Please tighten all bolts and nuts.

Put Foam Roller $\Phi 115 \times \Phi 23 \times 180$ (70) on Foam Roller Support Tube(5), then fix it using Hex Bolt M8*35(102) and Foam Plate $\Phi 18 \times \Phi 6.5 \times 12$ (69). Please tighten the bolt.

Assemble Foam Roller Support Tube(5) and Lower Upright Tube(27) using Hex Bolt M12*80(113), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119) and Nut M12(125), then put the Ball Head Lock Pin on the right location.



Step 2

Connect the lower end of Support Tube-R(30) and Support Tube-L(31) with Base Tube-R(28) and Base Tube-L(29) using Hex Bolt M12*110(117), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119) and Nut M12(125);

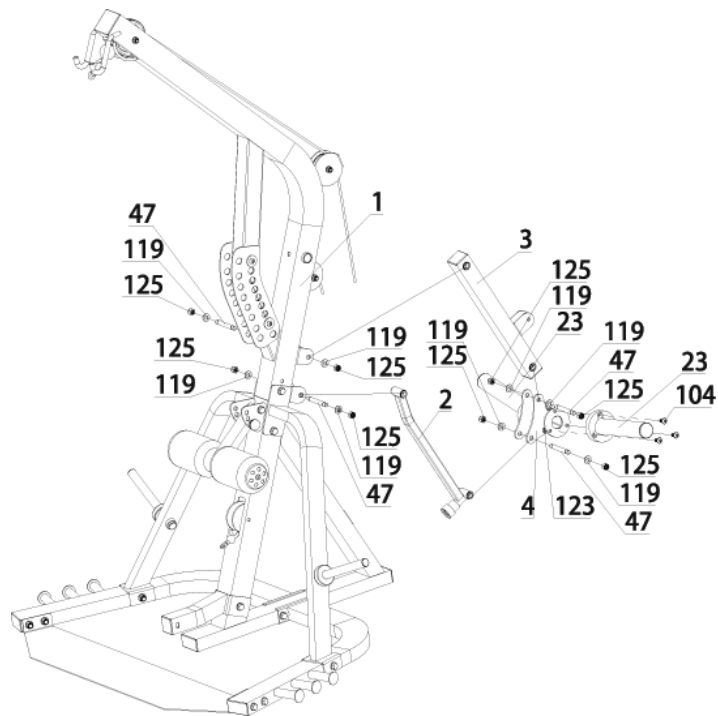
Insert Upper Upright Tube into Lower Upright Tube(27) and insert the cable into the tube; then assemble Lower Upright Tube(27), Support Tube-R(30) and Support Tube-L(31) using Hex Bolt M12*25(112) and Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119). The other side is the same.

Install 2 pieces Storage Weight Horn(37) to Support Tube-R(30) and Support Tube-L(31) as show.

Step 3

Connect Weight Rotating Support Tube(2) and Weight Rotating Tube(3) with the U bracket of Upper Upright Tube(1) and Weight Plate Horn Fix Frame(4) using Stud $\Phi 12.5 \times 96 \times M12$ (47), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119) and Nut M12(125), please make sure the Weight Rotating Support Tube(2) and Weight Rotating Tube(3) rotate smoothly, then fix the nuts;

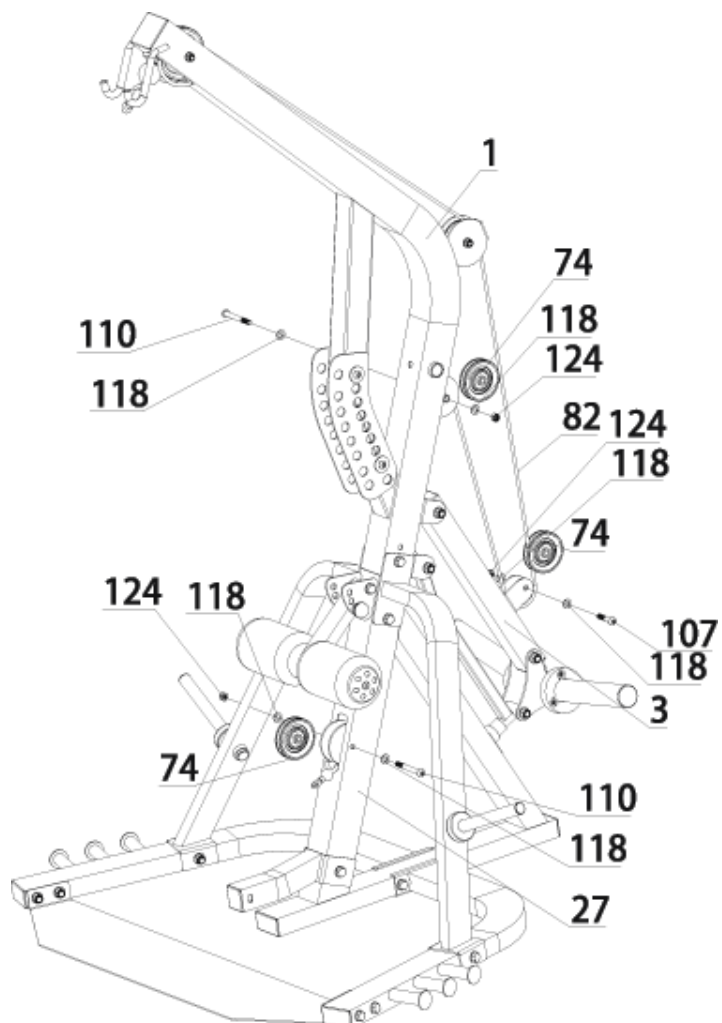
Install Weight Plate Horn(23) to Weight Plate Horn Fix Frame(4) using Hex Bolt M10*20(104) and Thin Nut M10(123). Please tighten the nuts.



Step 4

Pass Cable $\Phi 5 \times 3470$ (82) through Pulley $\Phi 89 \times 26.20$ (74), then install the Pulley $\Phi 89 \times 26.20$ (74) to Weight Rotating Tube(3) using Hex Bolt M10*50(107), Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (118) and Nut M10(124);

Loosen the pulley on Upper Upright Tube(1) and pass through the cable then fix the pulley, go down through the Cable from inside of Upper Upright Tube(1) and take out the end from the pulley of Lower Upright Tube(27), then install the Pulley $\Phi 89 \times 26.20$ (74) to Lower Upright Tube(27) using Hex Bolt M10*90(110), Flat Washer $\Phi 11 \times \Phi 20 \times 2$ (118) and Nut M10(124). please tight all bolts and nuts.



Step 5

Pass Steel Axis-Press Arms

$\Phi 25 \times 233 \times M10(41)$ through Upper Upright

Tube(1),and fix it on Upper Upright

Tube(1) using Hex Bolt M10*55(108);

Put Press Arm-R(32) and Press Arm-L(33)

on the end of Steel Axis-Press Arms

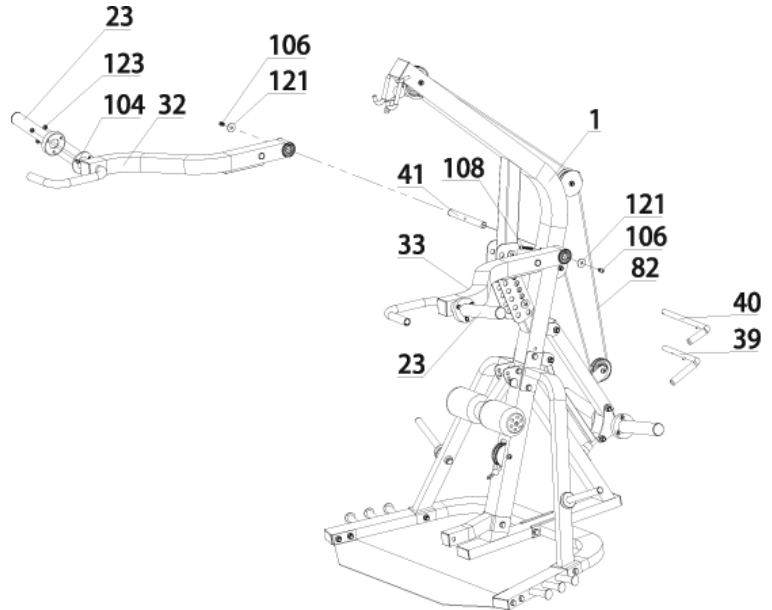
$\Phi 25 \times 233 \times M10(41)$,and then fix them

using Hex Bolt M10*20(106) and Flat

Washer $\Phi 10 \times \Phi 35 \times 3(121)$;then put Safety

Spotter Bar $\Phi 20 \times 374(39)$ and Press Arm

Lock Bar $\Phi 20 \times 409(40)$ on the right position.



Step 6

Connect Lat Bar-Wide Grip(6) with Cable $\Phi 5 \times 3470(82)$

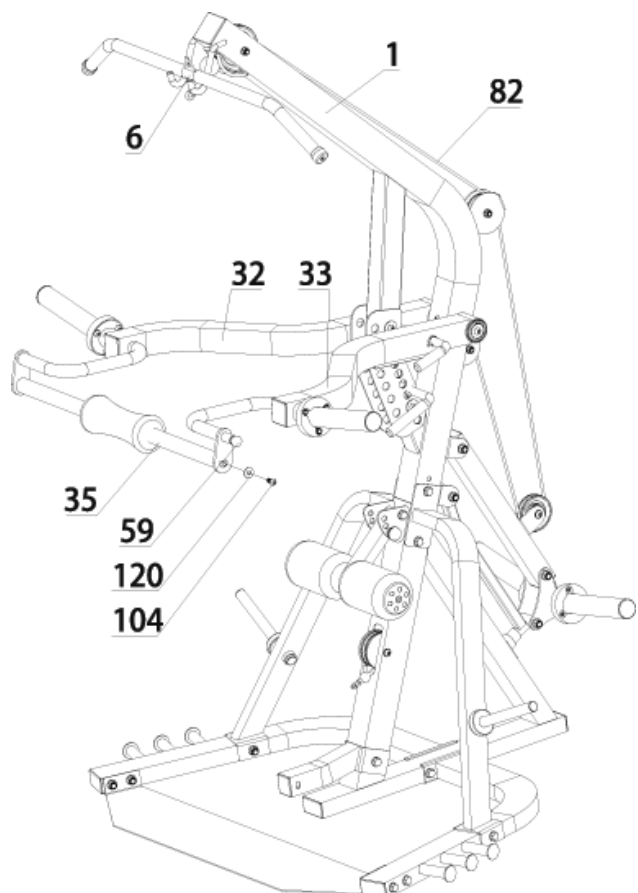
using safety hook or chain with safety hook;

Assemble Close Grip Bar Mounting Plate(35),Press

Arm-R(32) and Press Arm-L(33) using Ball Head

Pin(59),Big Flat Washer $\Phi 10.6 \times \Phi 26 \times 2(120)$ and Hex

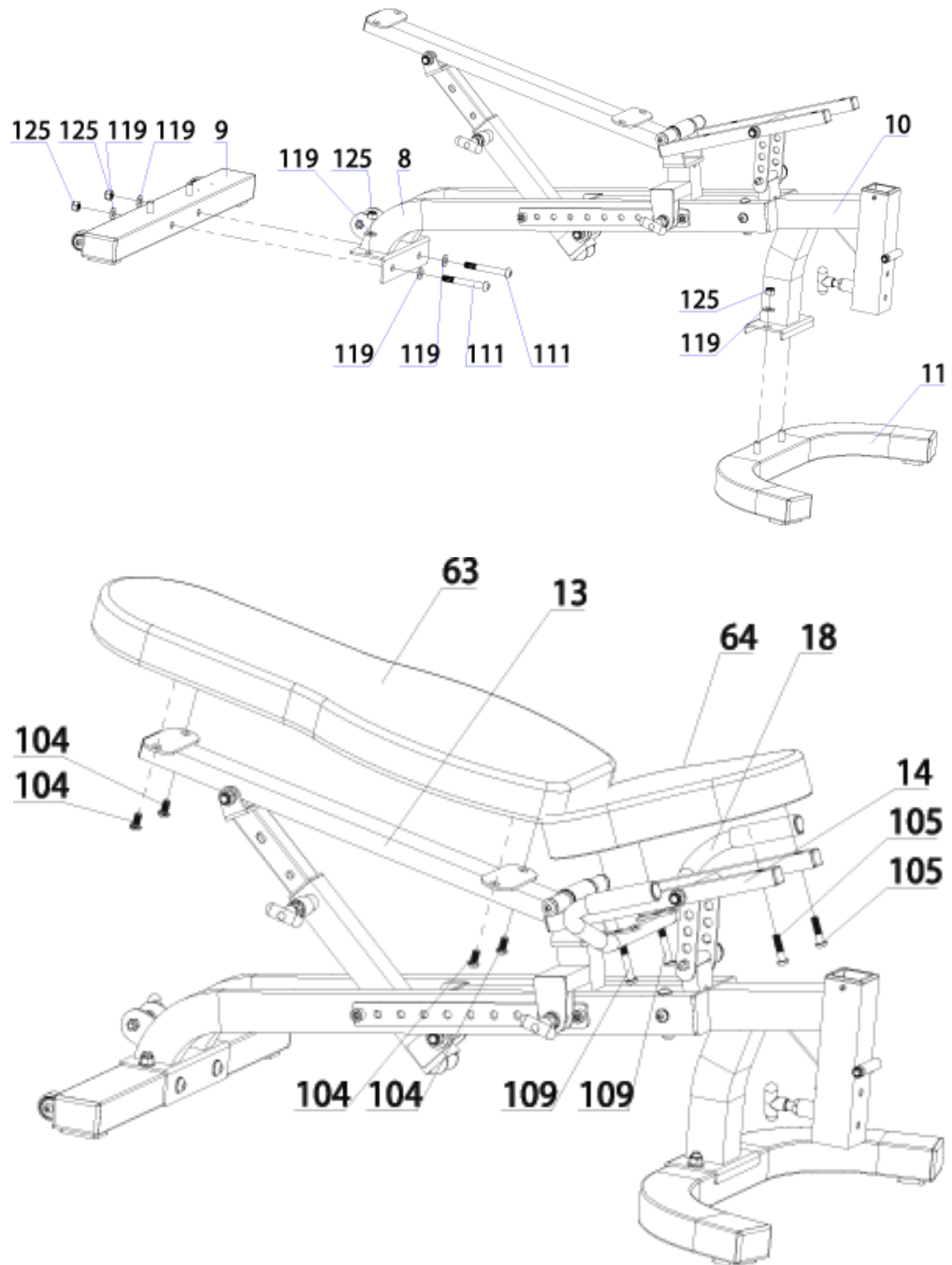
Bolt M10*20(104).



Step 7

Assemble Front Main Frame(8),Base Tube(9),Front End Bench Frame(10) and Front Base Tube(11) using Hex Bolt M12*95(111),Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (119) and Nut M12(125).

Please tighten all the bolts and nuts.



Step 8

Install Seat Handle(18) and Seat Pad(64) to Seat Pad Support Tube(14) using Hex Bolt M10*40(105) and Hex Bolt M10*65(109);

Install Back Pad(63) to Backrest Pad Support Tube(13) using Hex Bolt M10*20(104).

Please tighten all the bolts and nuts.

Step 8

Assemble the finished Bench with finished Rack in T - Pin Shaft $\Phi 10.5 \times 106 \times M10(43)$ as show.

Please put the accessory on the right position.

