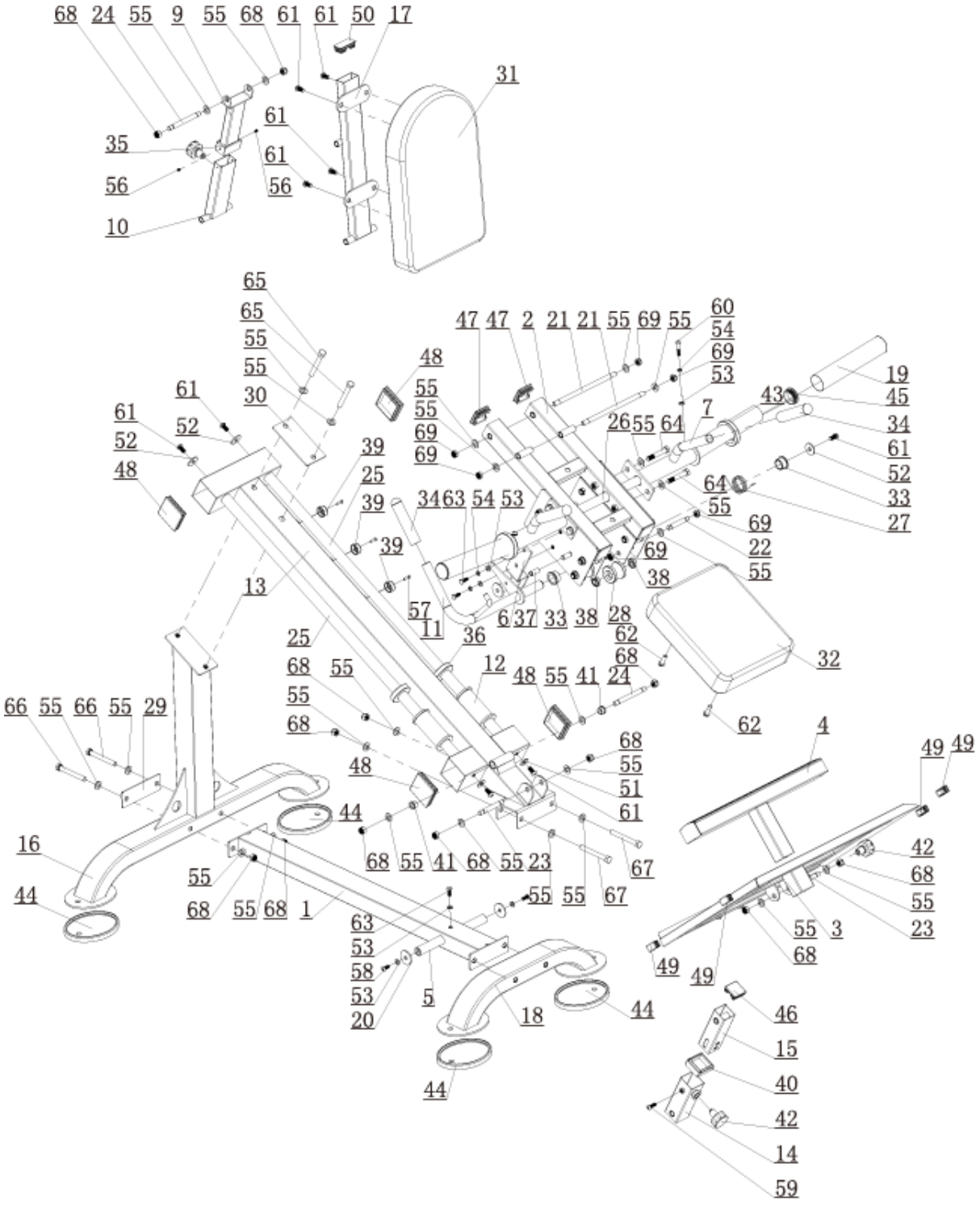
GRONK
FITNESS

5701-G1
GRONK COMPACT LEG SLED

EXPLODED DRAWING & PARTS LIST



PARTS LIST

NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	Base Cross Frame	1	36	Rubber Ring Φ60*Φ29.5*14	2
2	Seat Pad Frame	1	37	PVC Transparent Sleeve	1
3	Pedal Frame	1	38	Bearing Φ28*Φ12.7*10.5	16
4	Small Pedal Frame	1	39	Round End Φ31*Φ25.5*13	3
5	Bar	1	40	Outside Sleeve F50-F45	1
6	Small Bar	2	41	Metal Bushing Φ12.7	2
7	Fixing Frame Left	1	42	Plum Knob Φ45*M18*1.5*54	3
8	Fixing Frame Right	1	43	Bumper Φ77*Φ47.5*13	2
9	Back Pad Frame Inside	1	44	Rubber Pad 170*135*15	4
10	Back Pad Frame Outside	1	45	End Cap Φ48*2	2
11	Adjust Handle Frame	1	46	End Cap F45*2	1
12	Support Frame	2	47	End Cap F50*2	4
13	Main Support Frame	1	48	End Cap F75*2	4
14	Pedal Adjust Frame Outside	1	49	End Cap J20*40*2	4
15	Pedal Adjust Frame Inside	1	50	End Cap J30*60*2	1
16	Rear Support Frame	1	51	Big Washer Φ10.6*Φ26*2	2
17	Back Pad Frame	1	52	Big Washer Φ11*Φ34*3	3
18	Front Base Frame	1	53	Flat Washer Φ9*Φ16*1.6	9
19	Stainless Sleeve Ø50*0.8*252	2	54	Spring Washer Φ8	6
20	End Plate Ø42*Ø10*3	2	55	Flat Washer Φ13.5*Φ24*2.5	34
21	Spindle Ø12.5*242*M12	2	56	Cross Pan Screw M4*6	2
22	Double-Headed Bolt 78	8	57	Hex Sunk Screw M5*20	3
23	Double-Headed Bolt 90	2	58	Hex Pan Bolt M8*20	2
24	Double-Headed Bolt 120	2	59	Hex Pan Bolt M8*25	1
25	Guide Rod Ø30*1180*M10	2	60	Hex Pan Bolt M8*40	2
26	Shaft Ø25*670	1	61	Hex Pan Bolt M10*20	9
27	Torsional Spring Φ48*Φ2.8	1	62	Hex Pan Bolt M10*35	2
28	30A Roller Φ50*Φ28*44	8	63	Hex Bolt M8*20	5
29	Linkage Plate 150*50*4	1	64	Hex Bolt M12*70	4
30	Wide Linkage Plate 154*75*4	1	65	Hex Bolt M12*95	2
31	Back Pad 510*300*70	1	66	Hex Bolt M12*100	2
32	Seat Pad 340*290*70	1	67	Hex Bolt M12*105	2
33	Metal Bushing Φ25	2	68	Nut M12	12
34	Handle Sleeve Φ24*3*140	3	69	Thin Nut M12	20
35	Sleeve J30X60-J25X50	1			

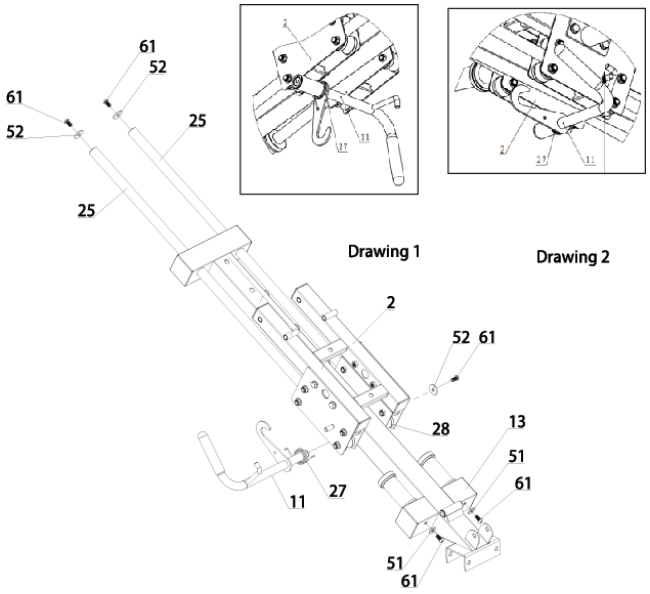
ASSEMBLY

Step 1

Take off Hex Pan Bolt M10*20(61), Big Washer Φ10.6*Φ26*2(51) and Big Washer Φ11*Φ34*3(52) from Guide Rod(25), and then put Adjust Handle Frame(11) and Torsional Spring Φ48*Φ2.8(27) on Seat Pad Frame(2) as show;

Put Guide Rod(25) on the roller of Seat Pad Frame(2);

Please do tighten the bolts and washers.



Adjust Handle Frame Instruction:

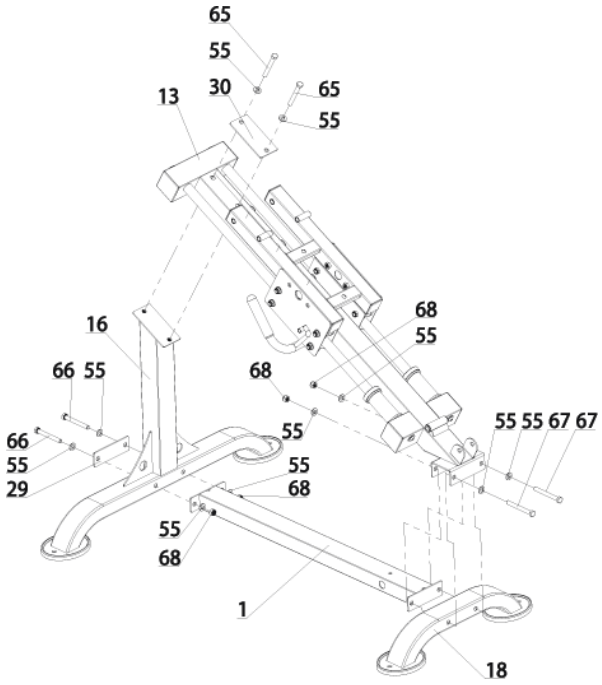
put Adjust Handle Frame(11) and Torsional Spring Φ48*Φ2.8(23) on Seat Pad Frame(2) as show,then rotary the handle,put the hook on the stop shaft;

Step 2

Connect Rear Support Frame(16) with Base Cross Frame (1),using Linkage Plate(29), Flat Washer Φ13.5*Φ24*2.5(55), Hex Bolt M12*100 (66), Nut M12 (68);

Fix the well-done Main Support Frame onto Rear Support Frame (16), Base Cross Frame (1), Front Base Frame (18),using Wide Linkage Plate 154*75*4 (30),Flat Washer Φ13.5*Φ24*2.5 (55), Hex Bolt M12*100 (66), Hex Bolt M12*105 (67), Nut M12 (68);

Please do tighten the bolts after adjust the stability.

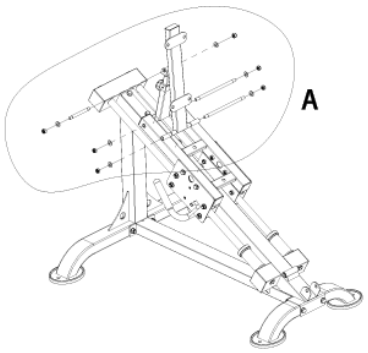


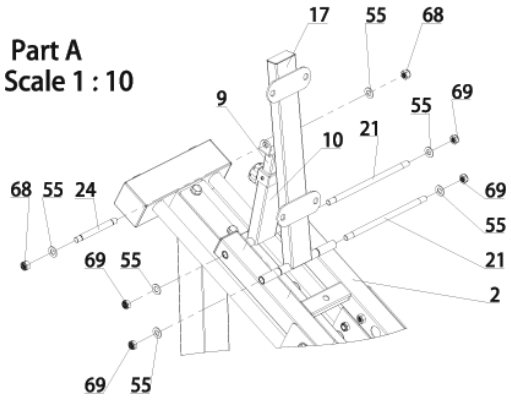
Step 3

Connect Back Pad Frame (17) with Back Pad Frame Inside(9), using Double-Headed Bolt 120 (24), Flat Washer Φ13.5*Φ24*2.5 (55), Nut M12 (68);

Connect Back Pad Frame (17) with Seat Pad Frame (2), using Spindle Ø12.5*242*M12 (21), Flat Washer Φ13.5*Φ24*2.5 (55), Thin Nut M12 (69);

Connect Back Pad Frame Outside (10) with Seat Pad Frame (2), using Spindle Ø12.5*242*M12 (21), Flat Washer Φ13.5*Φ24*2.5 (55), Thin Nut M12 (69).



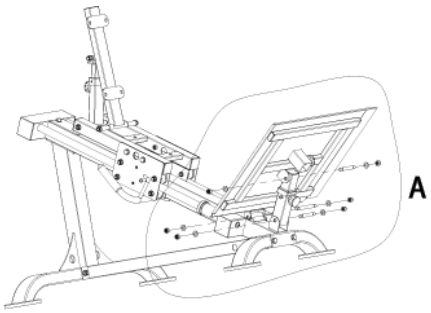


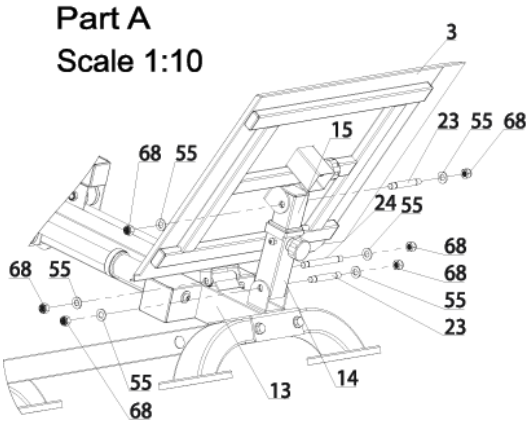
Step 4

Connect Pedal Adjust Frame Inside (15) with Pedal Frame (3), using Double-Headed Bolt 90 (23), Flat Washer Φ13.5*Φ24*2.5 (55),Nut M12 (68);

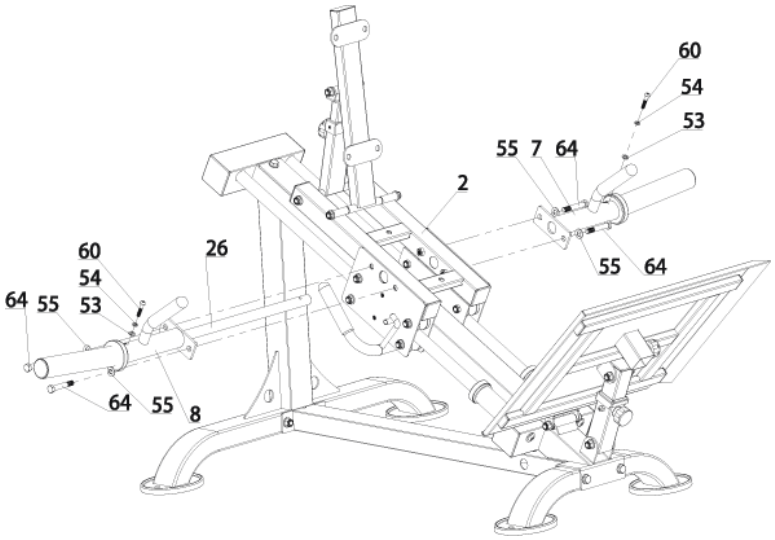
Connect Pedal Frame (3) with Main Support Frame (13), using Double-Headed Bolt 120 (24), Flat Washer Φ13.5*Φ24*2.5 (55),Nut M12 (68);

Connect Pedal Adjust Frame Outside (14) with Main Support Frame (13), using Double-Headed Bolt 90 (23), Flat Washer Φ13.5*Φ24*2.5 (55),Nut M12 (68).





Step 5



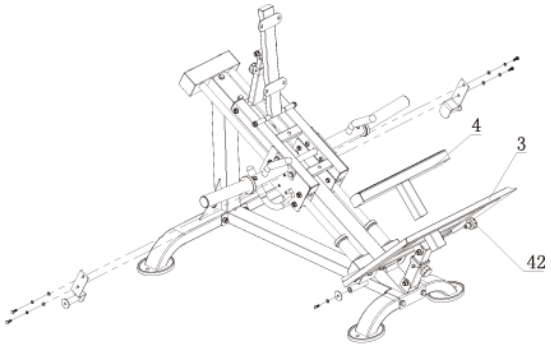
Fix Shaft Ø25*670 (26) onto Fixing Frame Right (8), using Flat Washer Φ9*Φ16*1.6 (53), Spring Washer Φ8 (54),Hex Pan Bolt M8*40 (60);

Put Shaft Ø25*670 (26) through Seat Pad Frame (2) and fix Fixing Frame Right (8) onto Seat Pad Frame (2), using Hex Bolt M12*70 (64) and Flat Washer Φ13.5*Φ24*2.5 (55);

Put Shaft Ø25*670 (26) onto Fixing Frame Left (7) and fix Fixing Frame Left (7) onto Seat Pad Frame (2), using Hex Bolt M12*70 (64) and Flat Washer Φ13.5*Φ24*2.5 (55);

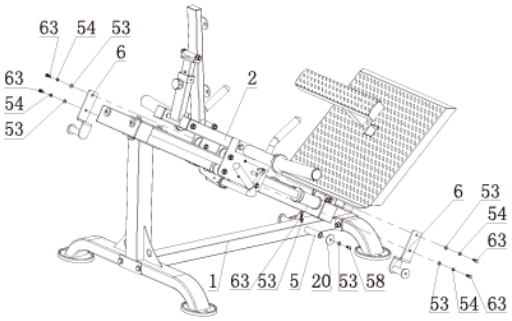
Lastly, fix Shaft Ø25*670 (26) onto Fixing Frame Left (7), using Flat Washer Φ9*Φ16*1.6 (53), Spring Washer Φ8 (54), Hex Pan Bolt M8*40 (60).

Step 6



Fix Small Bar (6) onto Seat Pad Frame (2), using Flat Washer Φ9*Φ16*1.6 (53), Spring Washer Φ8 (54), Hex Bolt M8*20 (63);

Take off the bolt in one end from Bar (5) and put it on Base Cross Frame (1). Fix Bar (5) onto Base Cross Frame (1), using Flat Washer Φ9*Φ16*1.6 (53),Hex Bolt M8*20 (63).Then tighten Flat Washer Φ9*Φ16*1.6 (53) and Hex Pan Bolt M8*20 (58);



Loosen Plum Knob Φ45*M18*1.5*54 (42) and put Small Pedal Frame (4) on Pedal Frame (3). Then

tighten Plum Knob Φ45*M18*1.5*54 (42).

Step 7

Fix Back Pad 510*300*70 (31) onto Back Pad Frame (17),using Hex Pan Bolt M10*20 (61);

Fix Seat Pad 340*290*70 (32) onto Seat Pad Frame (2),using Hex Pan Bolt M10*35 (62).