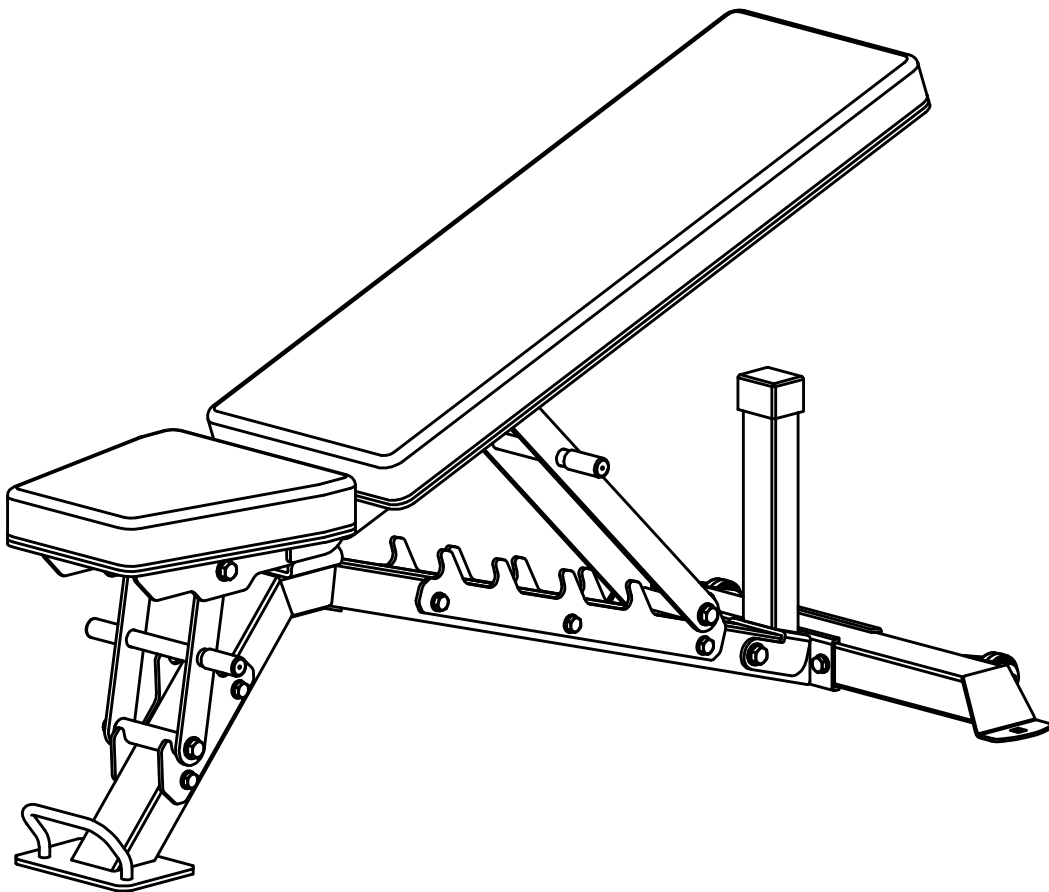


MARTECH[®]

ASSEMBLY MANUAL

MT-FID



CAUTION!

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

20240920-V1.0

ASSEMBLY MANUAL

BEFORE YOU START

Read all instructions in this manual before assembling or using this equipment.

Remove all parts from the packaging and separate and count each various component to ensure everything has been correctly provided.

Follow the instructions and consult both the individual assembly pages and the overall expanded views of the equipment.

It is the owner's responsibility to ensure that all users of this unit have read the owner's manual and are familiar with the safety precautions.

We recommended you keep these instructions.

SAFETY PRECAUTIONS

- Highly recommended for two or more people to assemble the equipment
- Assemble equipment on a flat surface
- Consider placing a mat under equipment to protect your floor
- Only tighten nuts and bolts by hand until whole equipment is assembled
- Ensure all parts are in working order prior to use
- Do not use equipment outdoors or around water
- Keep hair, fingers and clothing away from moving parts
- Only use attachments recommended by the manufacturer
- Never operate if parts are not functioning correctly
- Always stretch prior to using equipment
- Stop immediately if you experience any pain, dizziness or nausea.
- Before starting any exercise program consult your doctor

IMPORTANT ASSEMBLY INFORMATION

NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.

FASTENING NUTS AND BOLTS

- Only tighten all nuts and bolts after all components have been fully assembled.
- Do not over tighten any component with pivoting function.
- Make sure all pivoting components are able to move freely.

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you complete all assembly steps.

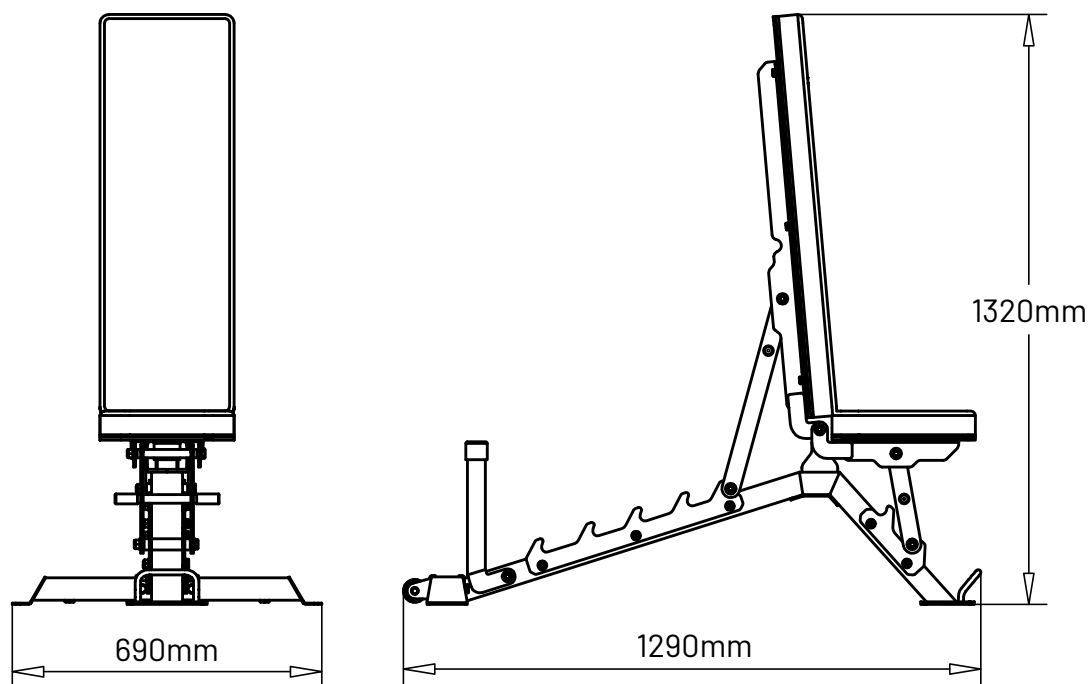
PLEASE NOTE: Descriptions of pieces as LEFT and RIGHT are from the point of view of standing behind the equipment facing towards the front.

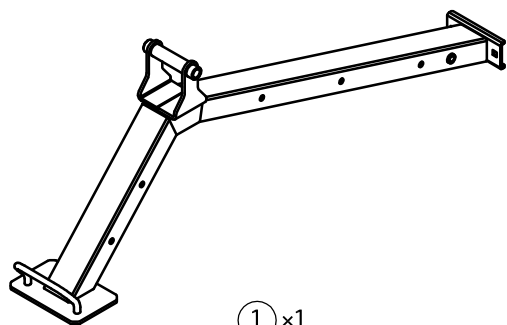
PARTS LIST

NOTE: SOME PARTS MAY COME PRE ASSEMBLED, IN WHICH CASE CONTINUE ONTO THE NEXT REQUIRED STEP OF ASSEMBLY

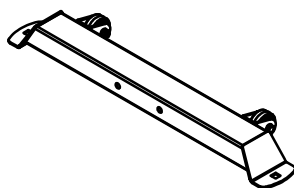
KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Main Frame		1
2	Cross bar		1
3	Seat Cushion Frame		1
4	Backrest Frame		1
5	Seat Incline Support		1
6	Backrest Incline Support		1
7	Seat Pad	320×300×200×65	1
8	Backrest Board	900×300×65	1
9	Incline Adjustment Base	180×73×5	2
10	Incline Adjustment Base	500×73×5	2
11	Support Frame		1
12	Bushing	Φ22×Φ12.2×94	1
13	Bushing	Φ25×Φ12.5×105	1
14	Bushing	Φ25×Φ18×Φ12.2×13	2
15	Bushing	Φ19×Φ16×Φ12×8	4
16	Side Plate	140×51×13×4	1
17	Rear Upright Base End Cap	□40×50	1
18	Wheel	Φ50×28	2
19	Spacer	Φ19×50	4
20	Bolt	M12×180	1
21	Bolt	M12×165	1
22	Bolt	M12×150	1
23	Bolt	M12×135	1
24	Bolt	M12×125	1
25	Bolt	M12×105	1
26	Bolt	M10×95	7
27	Bolt	M8×50	2
28	Bolt	M8×25	10
29	Washer	8	14
30	Washer	10	14
31	Washer	12	12
32	Aircraft Nut	M8	2
33	Aircraft Nut	M10	7
34	Aircraft Nut	M12	6

Assembled Dimension:1290mm×690mm×1320mm

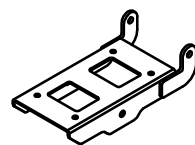




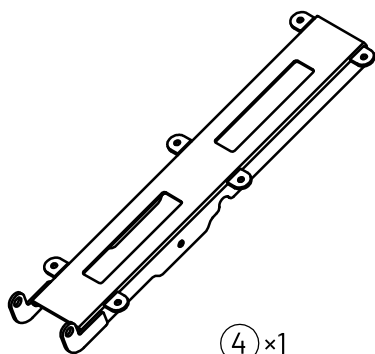
① ×1



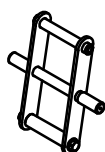
② ×1



③ ×1



④ ×1



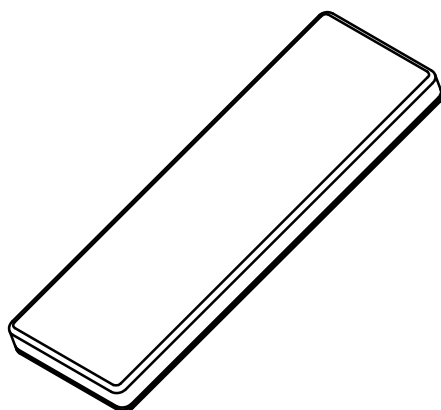
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⑥ ×1



⑦ ×1



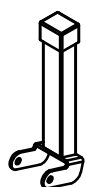
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⑨ ×2



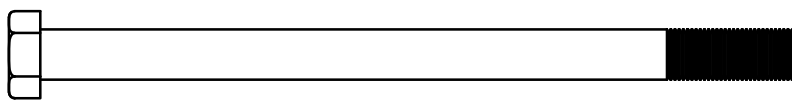
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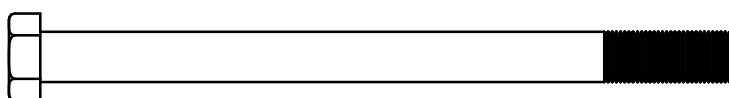
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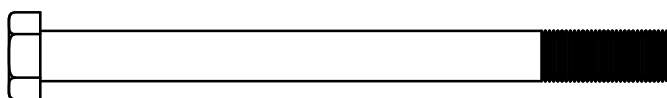
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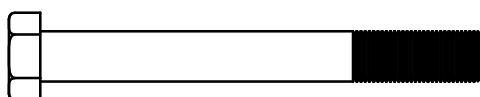
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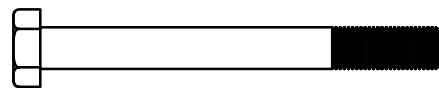
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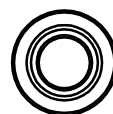
②2×1



②5×1



②6×7



⑭×2



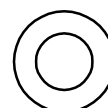
②8×10



②9×10



③0×14



③1×8

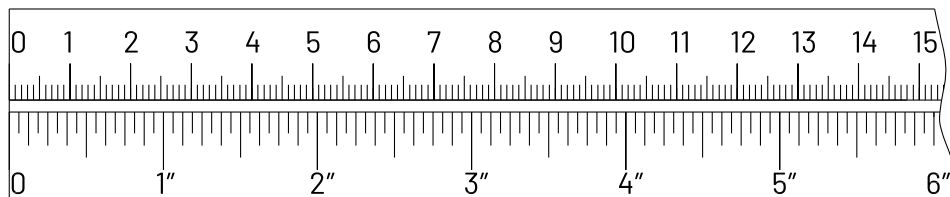


③3×7

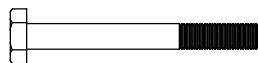


③4×4

mm



26



× 2 M10×95

30

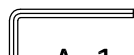
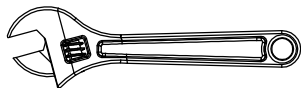


× 4 Φ10

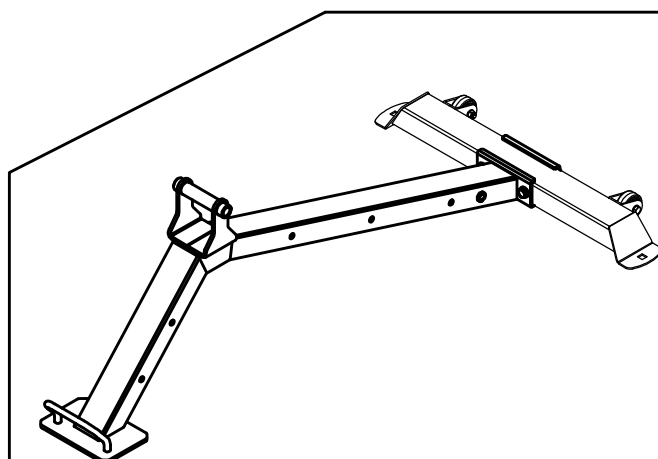
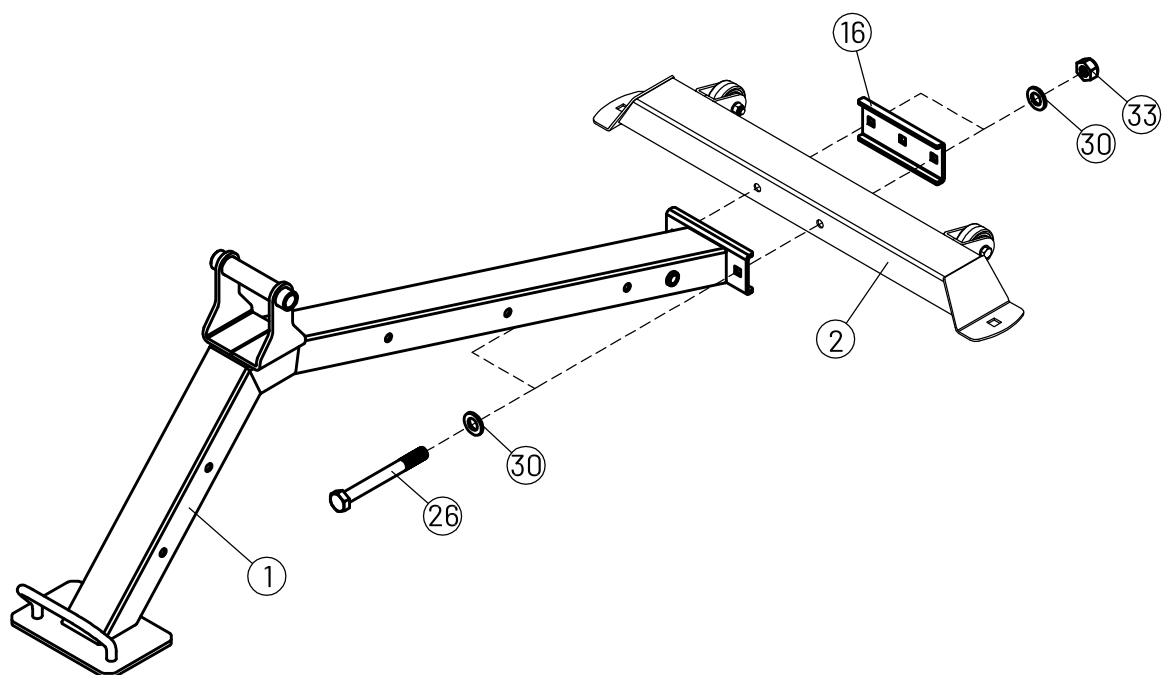
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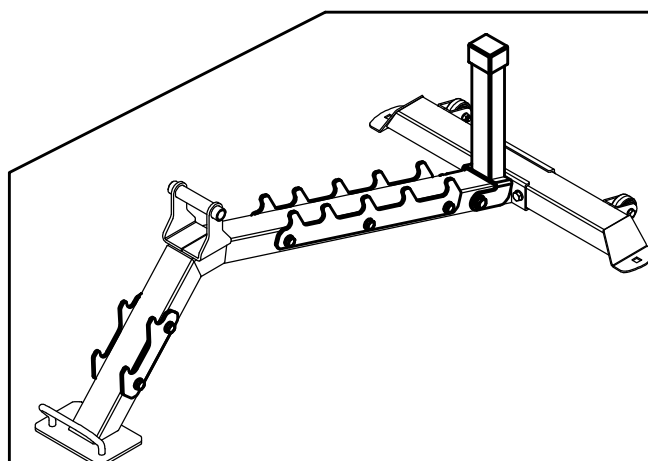
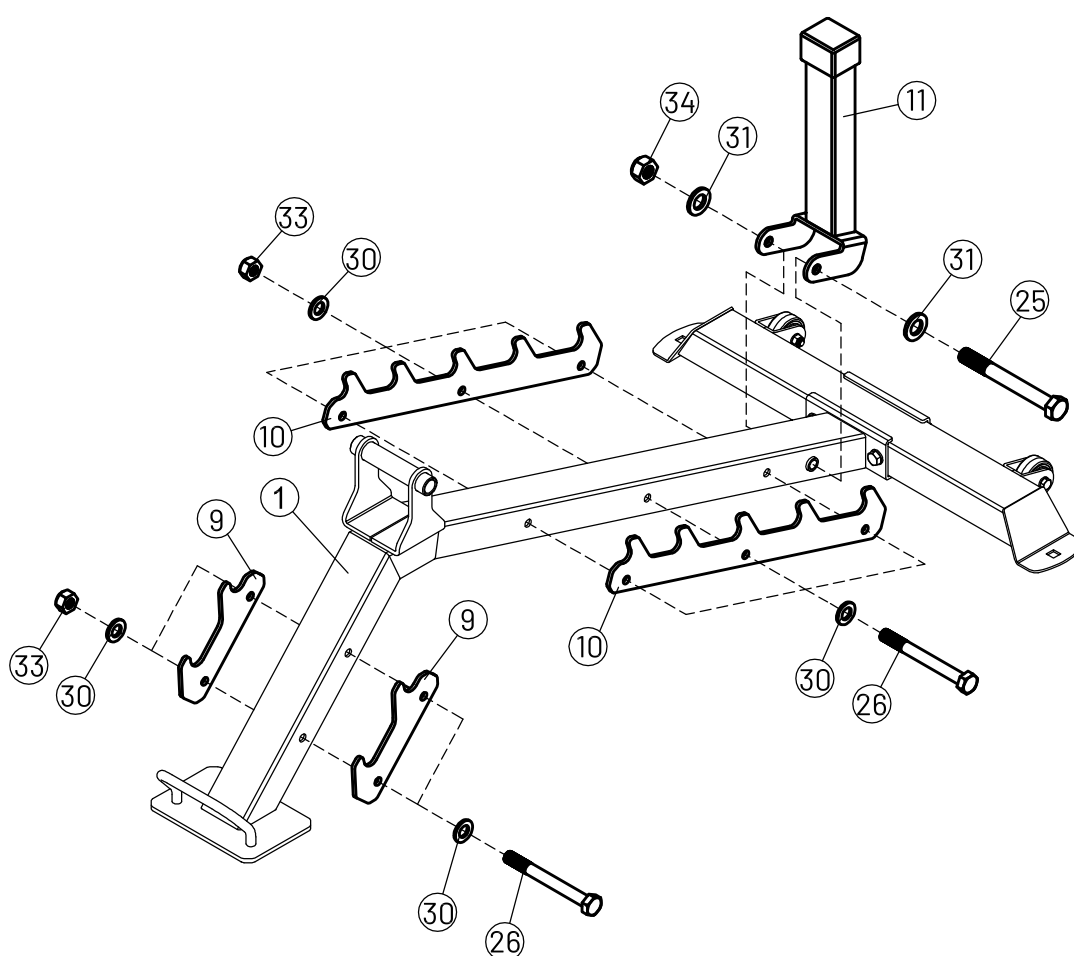
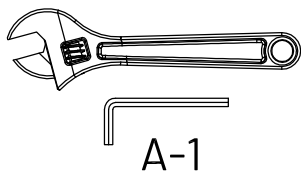
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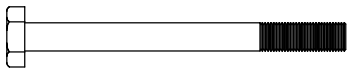







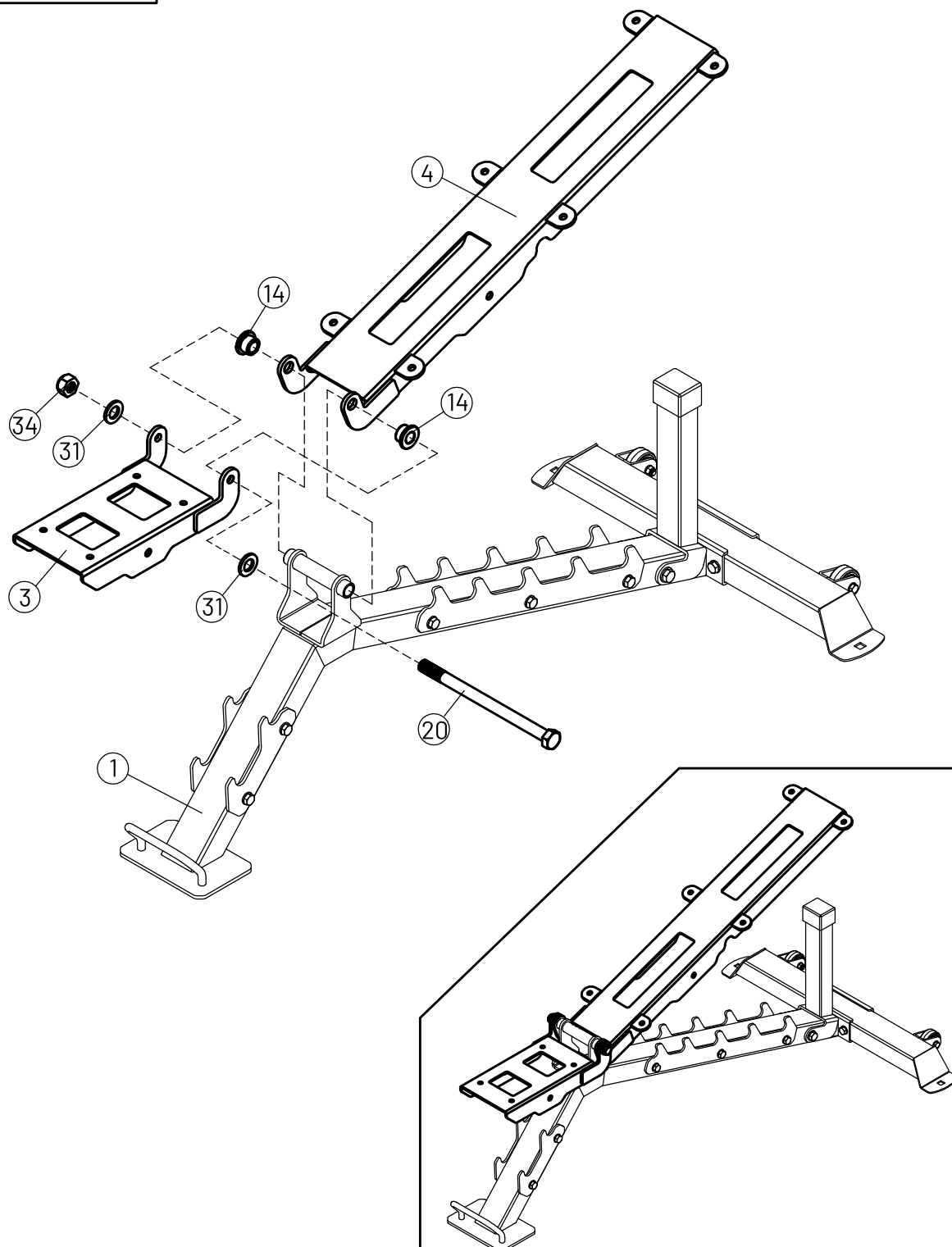
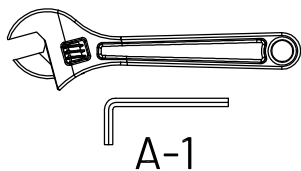
A-1



②⑥		× 5	M10×95	②⑤		× 1	M12×105
③⑦		× 10	Φ 10	③①		× 2	Φ 12
③③		× 5	M10	③④		× 1	M12







- ②①  ×1 M12×180 ③④   ×1 M12
 ③①   ×2 Φ12 ①④  ×2 Φ25×Φ18

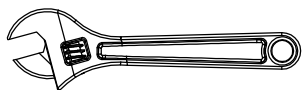


②①  ×1 M12×165

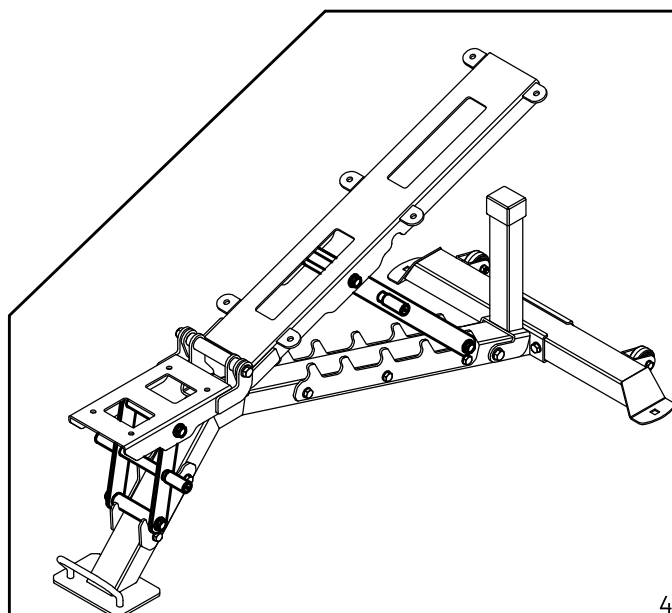
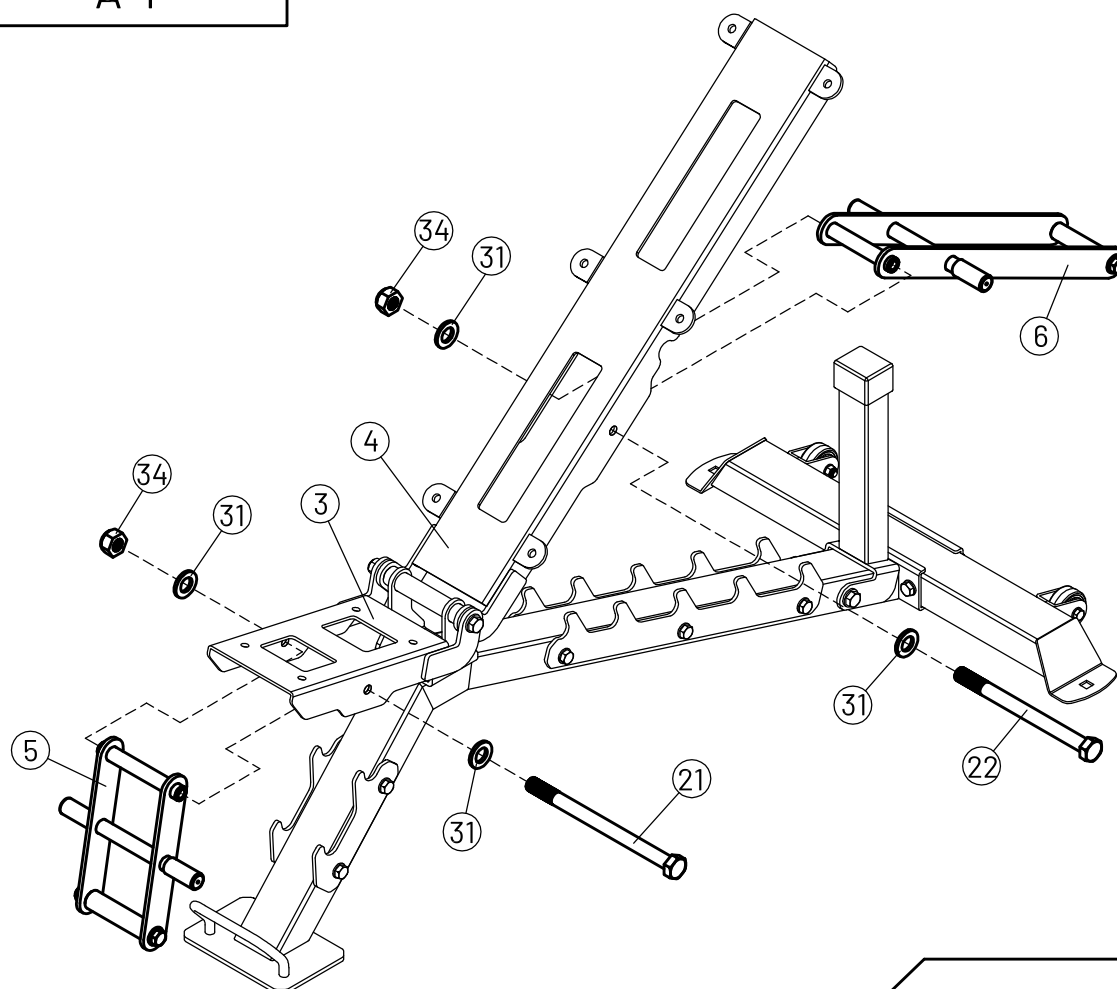
②②  ×1 M12×150

③①   ×4 Φ12

③④   ×2 M12



A-1



②⑧

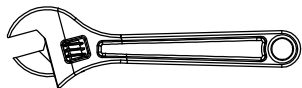


×10 M8×25

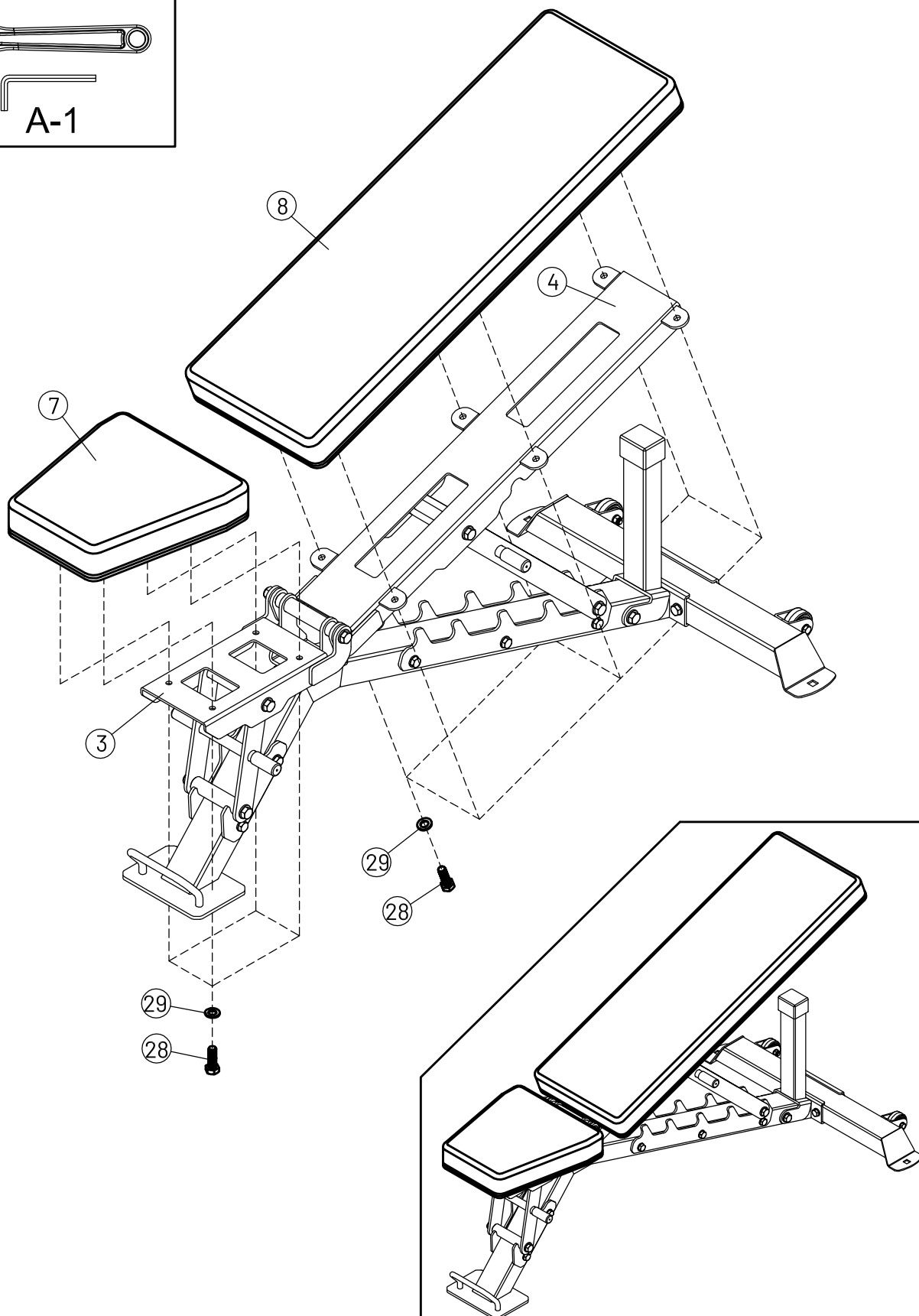
②⑨



×10 Φ8



A-1



EXPLODED DIAGRAM

