

SEATED ROW



OWNER'S MANUAL(B01)

CONTENT

CONTENT.....	P1
IMPORTANT SAFETY NOTICE.....	P2
LABELS INFORMATION.....	P3
ANCHORING UNIT.....	P5
CABLE INSPECTION.....	P6
ASSEMBLY INSTRUCTION.....	P7-P13
PART LIST.....	P14-P15
PRE-ASSEMBLED COMPONENTS.....	P16-P18
INSTRUCTIONS FOR USE.....	P19
MAINTENANCE.....	P20

IMPORTANT SAFETY NOTICE

PRECAUTIONS :

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- a. Recommended maximum user weight : 150kg.**
- b. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- c. Only one person at a time should use the machine.
- d. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- e. Position the machine on a clear, level surface. DO NOT use near water or outdoors.
- f. Keep hands away from all moving parts.
- g. Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required.
- h. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- i. DO NOT place any sharp objects around the machine.
- j. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- k. Before exercising, always do stretching first.
- l. Never operate the machine if it is not functioning properly.
- m. Please read the instructions carefully before assembling the MACHINE.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Labels Information

Carefully read ALL Danger, Warning & Caution labels posted on the machine.

⚠ WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- **Read and Understand** Owner's Manual and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- **Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- **Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- **Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- **Use this equipment only for the intended use** and for exercises(s) shown in the exercise label.
- Keep body, clothing and hair **clear from all moving parts**.
- **Children must not be allowed** near this machine. Teenager must be supervised.
- **Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- **Never pin the weights in an elevated position**. Do not use the machine if found in this condition. Inform floor personnel immediately.
- **Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- **Do not remove labels** affixed to the machine. Replace if damaged.

IRDZ-008E

80

74

SEATED ROW

81

⚠ CAUTION

CHECK
Pull-pin is fully engaged in the hole before use.

IRDZ-009E

84

IMPORTANT

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.

IRDZ-017E

77

⚠ DANGER

DO NOT
lean against or pull on the framework, weight stack or any component at all times.

Inappropriate operations can cause the machine to tip over, and could result in serious injury or death.

IRDZ-002E

76

⚠ DANGER

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.

Failure to comply could result in serious injury or death.

IRDZ-001E

79

⚠ WARNING

Anchor bolt here to fasten the machine to the floor.

IRDZ-007E

SEATED ROW

START

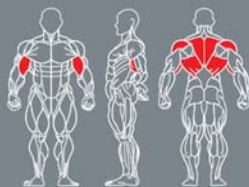


FINISH



SEATED ROW

1. Adjust seat height to align mid-chest with top of chest pad.
2. Adjust chest pad position to allow full arm extension.
3. Sit tall with head and chest up and grip desired handles.
4. Pull handles back slowly until elbows are alongside body.
5. Return weight with controlled movement to start position.



REAR DELT

Latissimus Dorsi, Trapezius, Biceps, Deltoids, Pectorals, Triceps

Safety Tips

1. Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
2. It is important to know your own physical condition before beginning any type of exercise program.
3. Always choose a light resistance when using a machine the first time.
4. Train at a controlled rate of speed.
5. Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.
6. Warm-up with light cardio exercises, stretchings or callisthenics.

WARNING

If the machine appears to be damaged or inoperable, DO NOT use. Inform floor personnel immediately.

IRDZ-110-EN

INSPECTIONS

Recommended Inspection

Replace all parts at first signs of wear or damage.

	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: Cables, Belts and tension (adjust if needed).	*				
INSPECT: All labels	*				
INSPECT: All nuts and bolts (tighten if needed).	*				
INSPECT: Accessory bars, handles rubber grips.	*				
INSPECT: All anti-skid surfaces.	*				
CLEAN & LUBRICATE: Clean guide rods with Super Lube. spray lubricant and lubricate with Super Lube (PTFE) grease.		*			
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.		*			
CLEAN & WAX: All powder-coat finishes.			*		
REPLACE: Cables & connecting parts.					*

Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.

IRDZ-013E

DANGER

Use this equipment **ONLY** for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel. Failure to comply could result in serious injury or death. IRDZ-001E

IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly. IRDZ-016E

CAUTION

CHECK
Pull-pin is fully engaged in the hole before use. IRDZ-009E

IMPORTANT

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant. IRDZ-017E

WARNING



Keep body, hands and fingers clear of all moving parts. IRDZ-004E

Anchoring Unit

Holes on frame are provided for anchoring the unit to the floor. See anchoring hole location below.



Cable Inspection

WARNING :

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY.



"NECKING", STRETCHED CABLE COVERING



A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



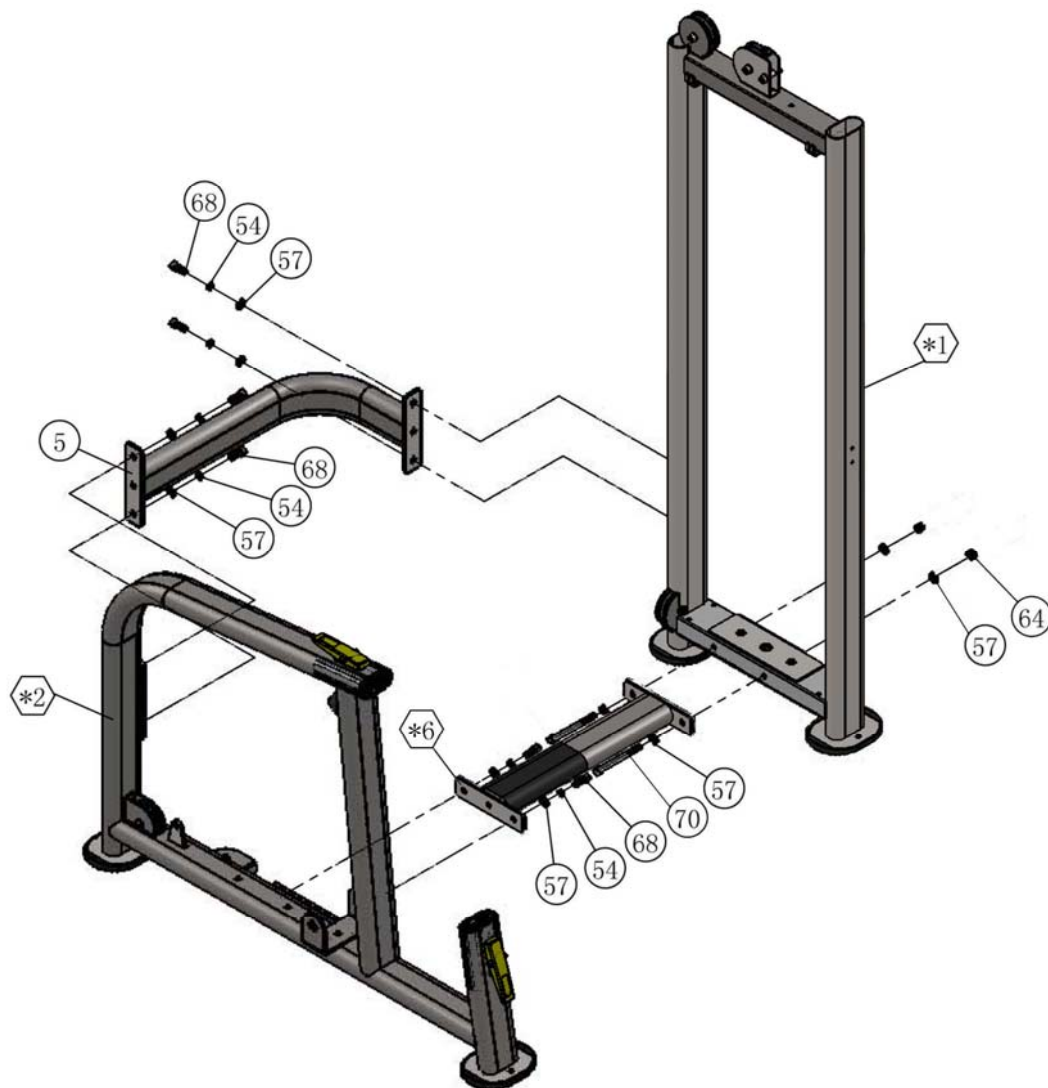
CABLE END SLIPPING OUT

IMPORTANT NOTE:

DAMAGED OR WORN CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	57	Flat Washer $\Phi 12$	10
*2	Seat Frame	1	64	Nylon Lock Nut M12	2
*6	Bottom Cross Brack	1	68	Hex Recessed Round Head Screw M12*25	6
5	Top Brace	1	70	Hex Recessed Round Head Screw M12*135	2
54	Spring Washer $\Phi 12$	6			



NOTE:

It is strongly recommended that 2 people participate in the assembly of this unit.

Fully Tighten

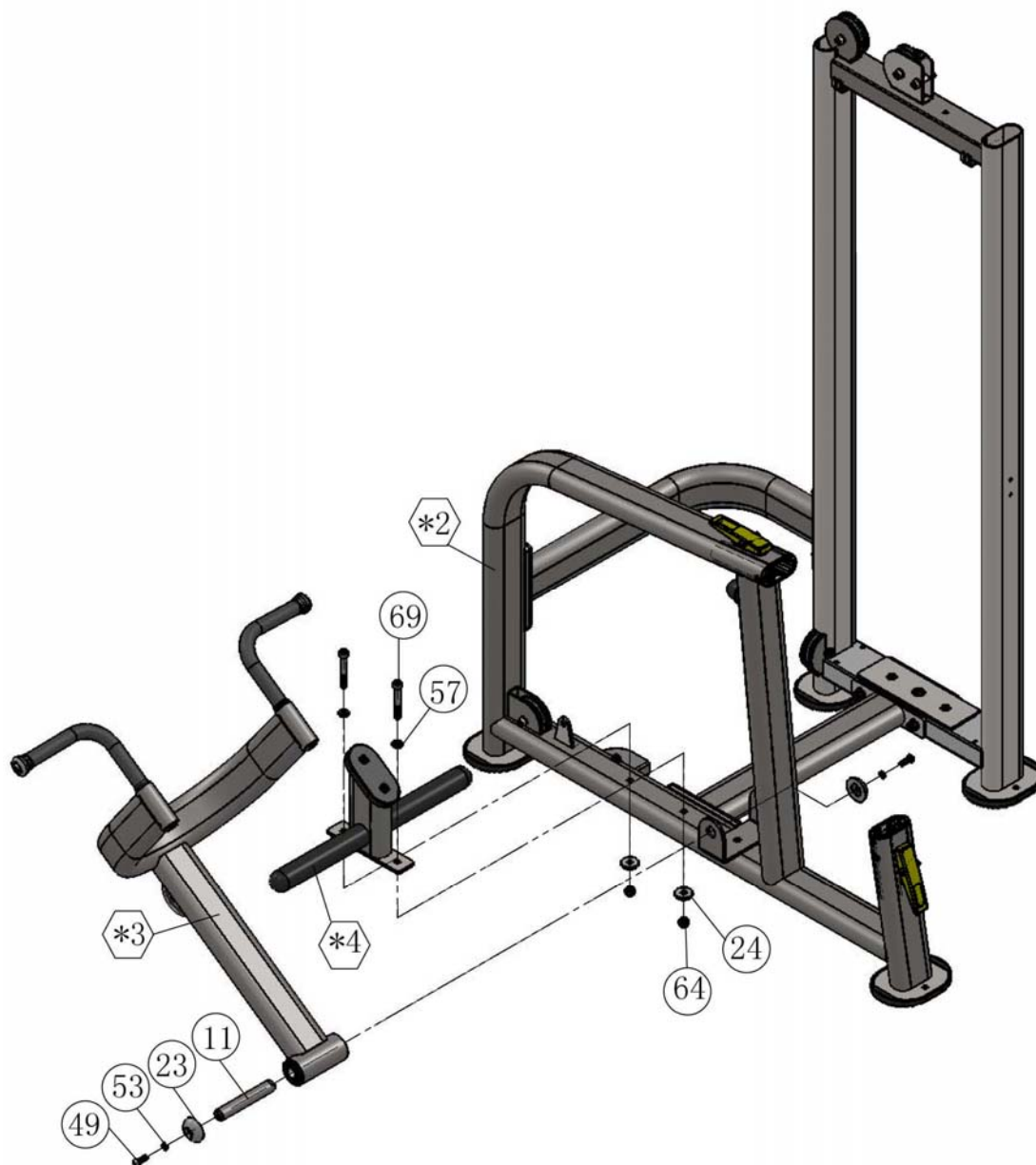


Fully Tighten

Wrench tighten all hardware in this step.

Step 2

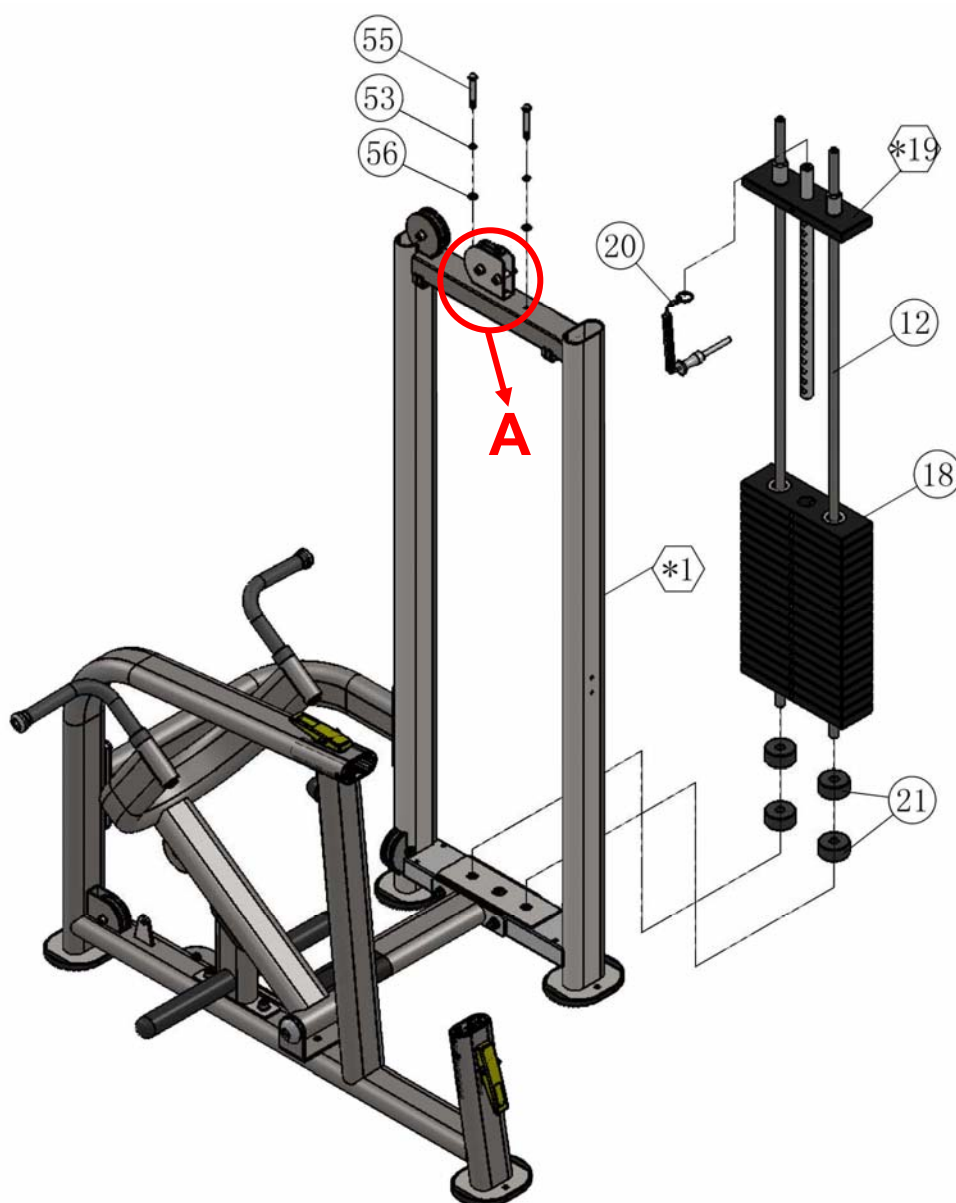
Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*2	Main Frame	1	49	Hex Recessed Flat Head Screw M10*30	2
*3	Handle	1	53	Spring Washer Φ10	2
*4	Foot Tube	1	57	Flat Washer Φ12	2
11	Pivot Axle	1	64	Nylon Lock Nut M12	2
23	Axle End Cap	2	69	Hex Recessed Round Head Screw M12*80	2
24	Big Washer Φ12	2			



Fully Tighten
Wrench tighten all hardware in this step.

Step 3

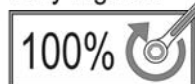
Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	21	Rubber Donut	4
*19	Top Block	1	53	Spring Washer Φ10	2
12	Guide Rod	2	55	Hex Bolt M10*75	2
18	Weight Plate 4.5kg	19	56	Flat Washer Φ10	2
20	Selector Pin	1	71	Weight Plate Label	1



NOTE:

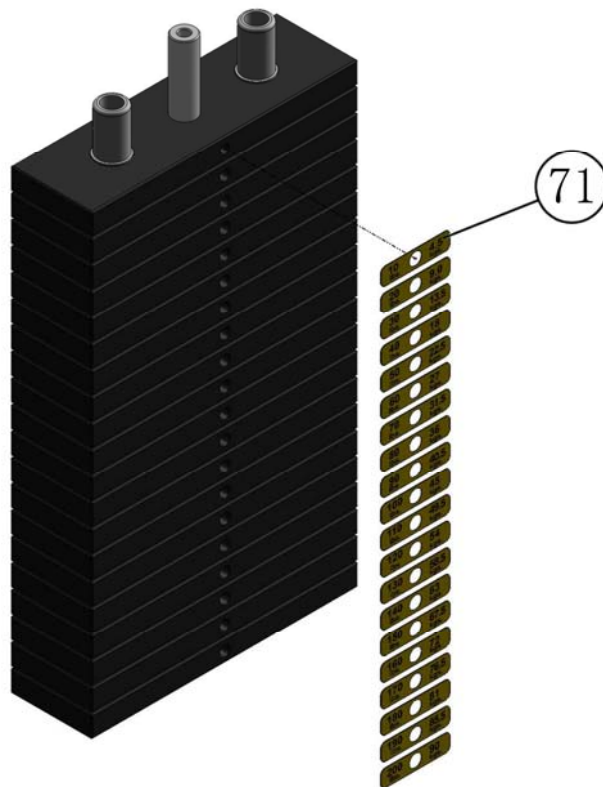
1. Please place the side with the plastic part face up when you assemble the weight plate.
2. You can remove the pulley in position A first, then assemble Hex Bolt M10*75(#55-2).

Fully Tighten



Fully Tighten

Wrench tighten all hardware in this step.

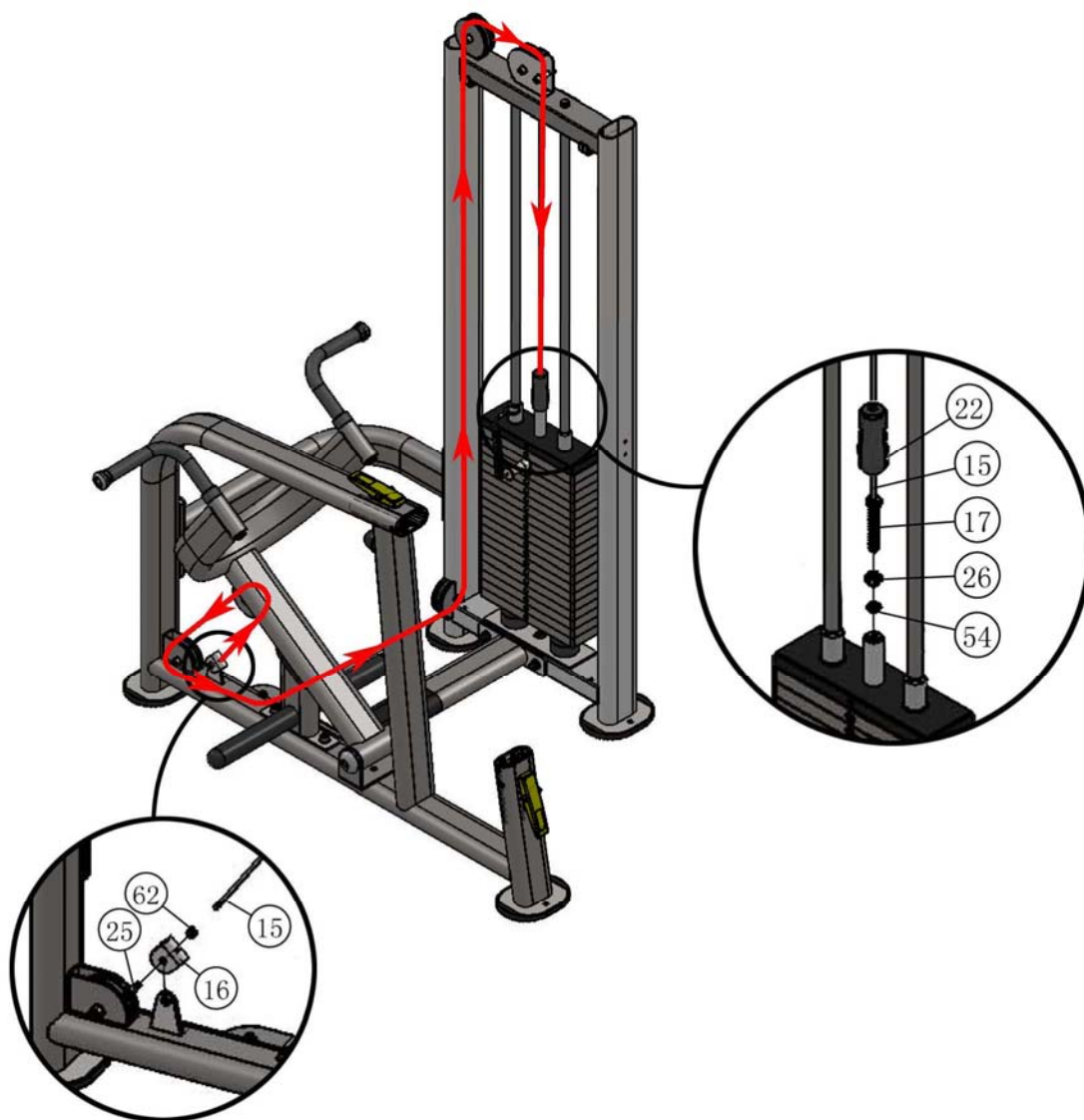


Weight stack label instructions:

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#71) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Make sure label is straight and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.

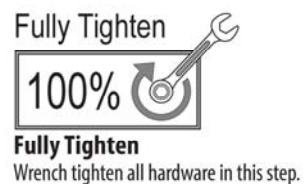
Step 4 Cable Routing

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
15	Cable	1	25	Metric Shaft Bolt	1
16	Cable Bracket	1	26	Hex Nut M12	1
17	Split Bolt	1	54	Spring Washer $\Phi 12$	1
22	Bumper Cap	1	62	Nylon Lock Nut M8	1



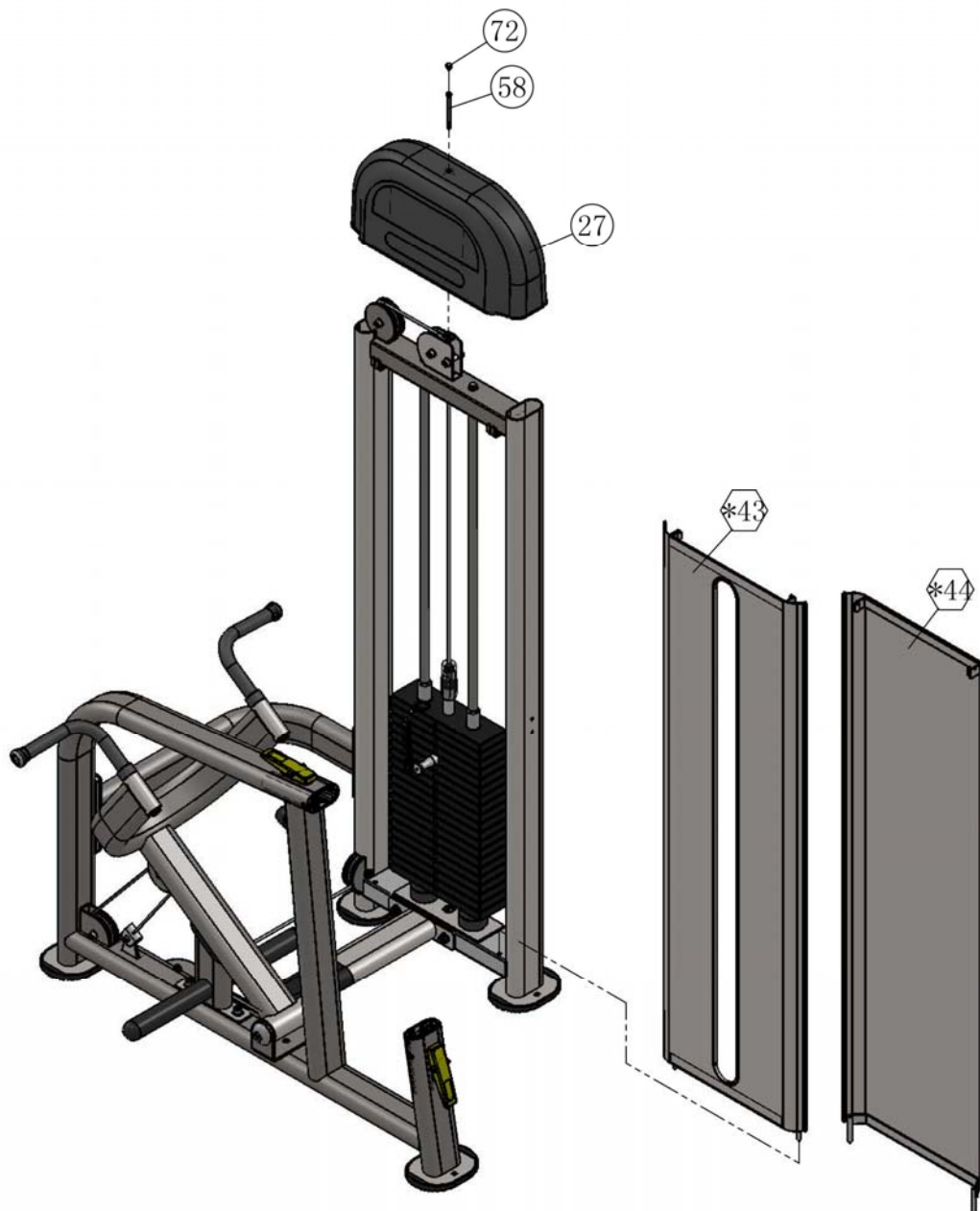
SPECIAL NOTE:

Pulleys at the particular location are around the wire, you can tie the wire on one end of the cable and pull the wire to help install the cable.



Step 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*43	Weight Shield Front	1	58	Hex Recessed Round Head Screw M6*95	1
*44	Weight Shield Rear	1	72	Hole Plug	1
27	Weight Shield Top	1			



NOTE:

Please assemble Weight Shield Front & Rear (*43 & *44) first, then assemble Weight Shield Top (#27).

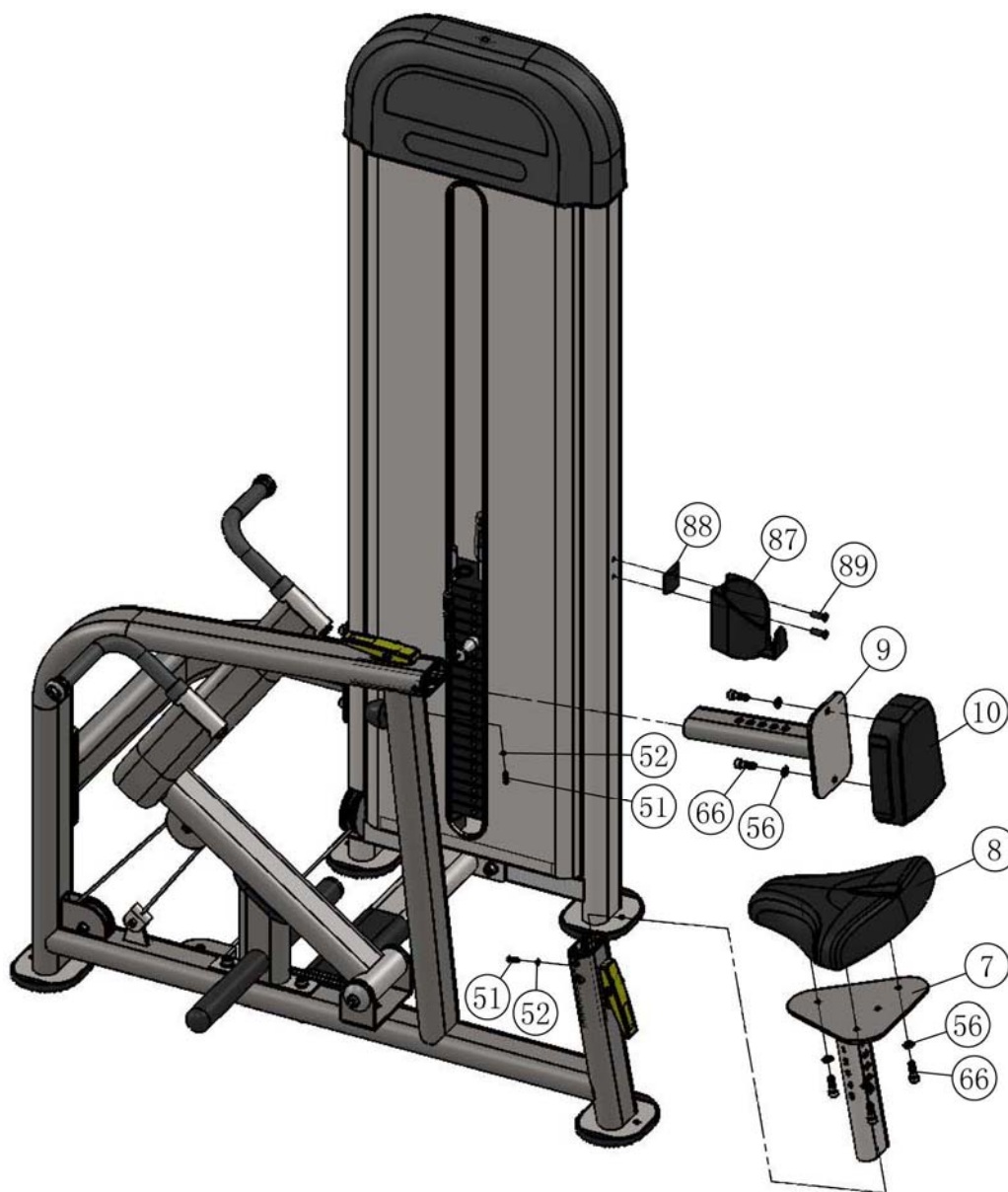


Fully Tighten

Wrench tighten all hardware in this step.

Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Adjustable Seat Pad Tube	1	56	Flat Washer $\Phi 10$	5
8	Seat Pad	1	66	Hex Recessed Round Head Screw M10*30	5
9	Adjustable Chest Pad Tube	1	87	Bottle Cage	1
10	Chest Pad	1	88	Spacer Block	1
51	Hex Recessed Flat Head Screw M6*20	2	89	Hex Recessed Countersunk Head Screw M8*30	2
52	Spring Washer $\Phi 6$	2			



SPECIAL NOTE:

Please loosen the Screw(#51-2) first, then assemble Adjustable Seat Pad Tube(#7) and Adjustable Chest Pad Tube(#9), and finally tighten the Screw(#51-2).

- 13 -



Fully Tighten

Wrench tighten all hardware in this step.

Part List

Item#	Description	Qty.	Item#	Description	Qty.
1	Weight Stack Frame	1	27	Weight Shield Top	1
2	Main Frame	1	28	Elliptical Rubber Shoe	4
3	Handle	1	29	Oval Tube Plastic Glide Insert	2
4	Foot Tube	1	30	Adjustable Release Handle	2
5	Top Brace	1	31	Cushion 1	1
6	Bottom Cross Brack	1	32	a Spring	2
7	Adjustable Seat Pad Tube	1	33	Copper Bush	1
8	Seat Pad	1	34	Flat Washer Φ8	4
9	Adjustable Chest Pad Tube	1	35	Armrest sleeve	2
10	Chest Pad	1	36	Aluminum Cap	2
11	Pivot Axle	1	37	Joint Sleeve	2
12	Guide Rod	2	38	T Bearing	2
13	No-slip Mat	1	39	Cushion 2	1
14	Pulley	6	40	Tube Sleeve Φ38	2
15	Cable	1	41	Big Washer Φ6	2
16	Cable Bracket	1	42	Elastic Cylindrical Pin Φ10*65	1
17	Split Bolt	1	43	Weight Shield Front	1
18	Weight Plate 4.5kg	19	44	Weight Shield Rear	1
19	Top Block 4.5kg	1	45	Edge Protector Chrome 1	1
20	Selector Pin	1	46	Edge Protector Chrome 2	3
21	Rubber Donut	4	47	Edge Protector Chrome 2	1
22	Bumper Cap	1	48	Hex Recessed Flat Head Screw M10*25	2
23	Axle End Cap	2	49	Hex Recessed Flat Head Screw M10*30	2
24	Big Washer Φ12	2	50	Hex Recessed Roundt Head Screw M8*50	2
25	Metric Shaft Bolt	1	51	Hex Recessed Flat Head Screw M6*20	4
26	Hex Nut M12	1	52	Spring Washer Φ6	2

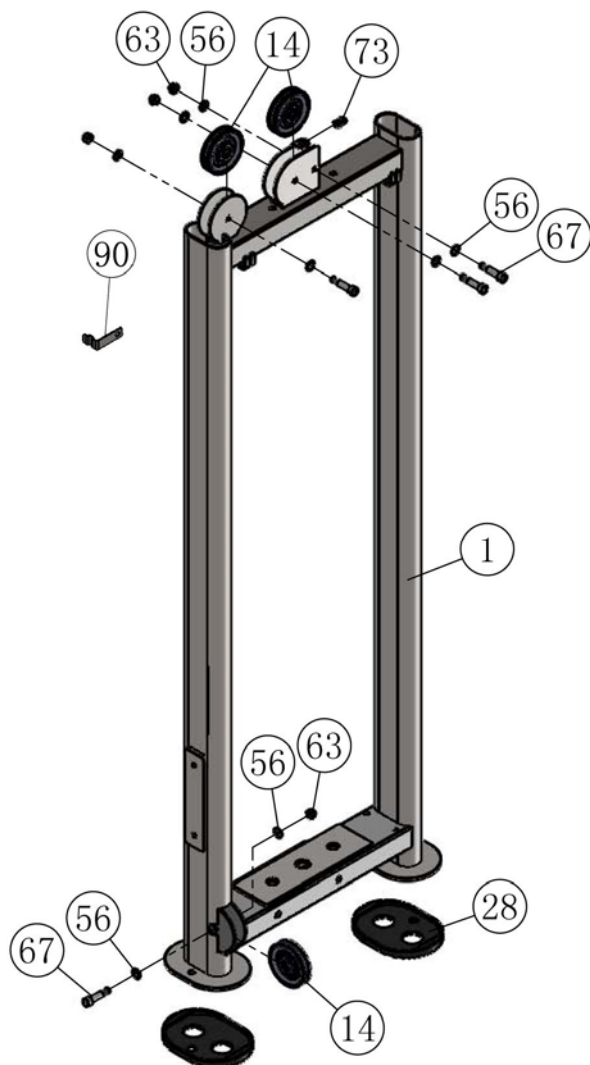
Item#	Description	Qty.	Item#	Description	Qty.
53	Spring Washer Φ10	6	71	Weight Plate Label	1
54	Spring Washer Φ12	7	72	Hole Plug	1
55	Hex Bolt M10*75	2	73	Cage Nut	1
56	Flat Washer Φ10	21	74	LABEL-SEATED ROW	2
57	Flat Washer Φ12	12	75	LABEL-EXERCISE CHART	1
58	Hex Recessed Round Head Screw M6*95	1	76	LABEL-DANGER(IRDTZ-001E)	2
59	Cross Pan Head Screw M6*8	4	77	LABEL-DANGER(IRDTZ-002E)	1
60	Hex Nut M10	1	78	LABEL-WARNING(IRDTZ-004E)	1
61	Selector Lever	1	79	LABEL-WARNING(IRDTZ-007E)	1
62	Nylon Lock Nut M8	3	80	LABEL-WARNING(IRDTZ-008E)	1
63	Nylon Lock Nut M10	7	81	LABEL-CAUTION(IRDTZ-009E)	2
64	Nylon Lock Nut M12	4	82	LABEL-INSPECTIONS	1
65	Round Plug Φ25	2	83	LABEL-CHECK CABLES	1
66	Hex Recessed Round Head Screw M10*30	5	84	LABEL-IMPORTANT(IRDTZ-017E)	2
67	Hex Recessed Round Head Screw M10*50	7	87	Bottle Cage	1
68	Hex Recessed Round Head Screw M12*25	6	88	Spacer Block	1
69	Hex Recessed Round Head Screw M12*80	2	89	Hex Recessed Countersunk Head Screw M8*30	2
70	Hex Recessed Round Head Screw M12*135	2	90	“L” PLATE	1

Pre Assemble Components Parts List

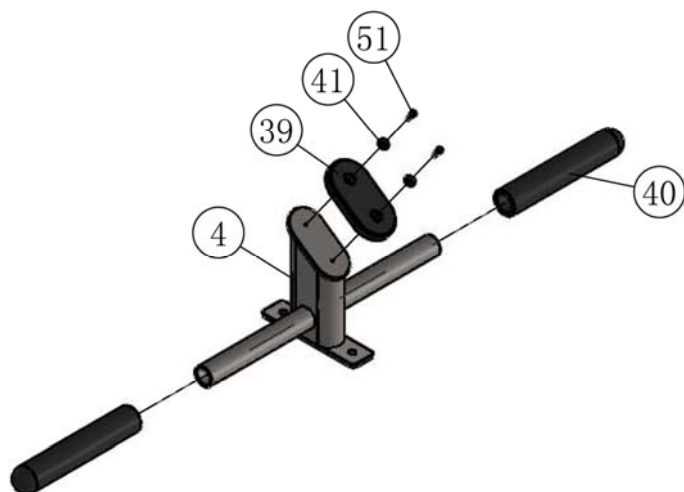
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*6	Bottom Cross Brack	1
*2	Main Frame	1	*19	Top Block	1
*3	Handle	1	*43	Weight Shield Front	1
*4	Foot Tube	1	*44	Weight Shield Rear	1

Pre-Assembled Components

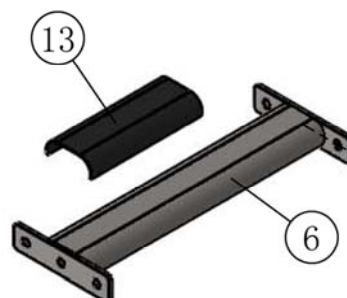
*1



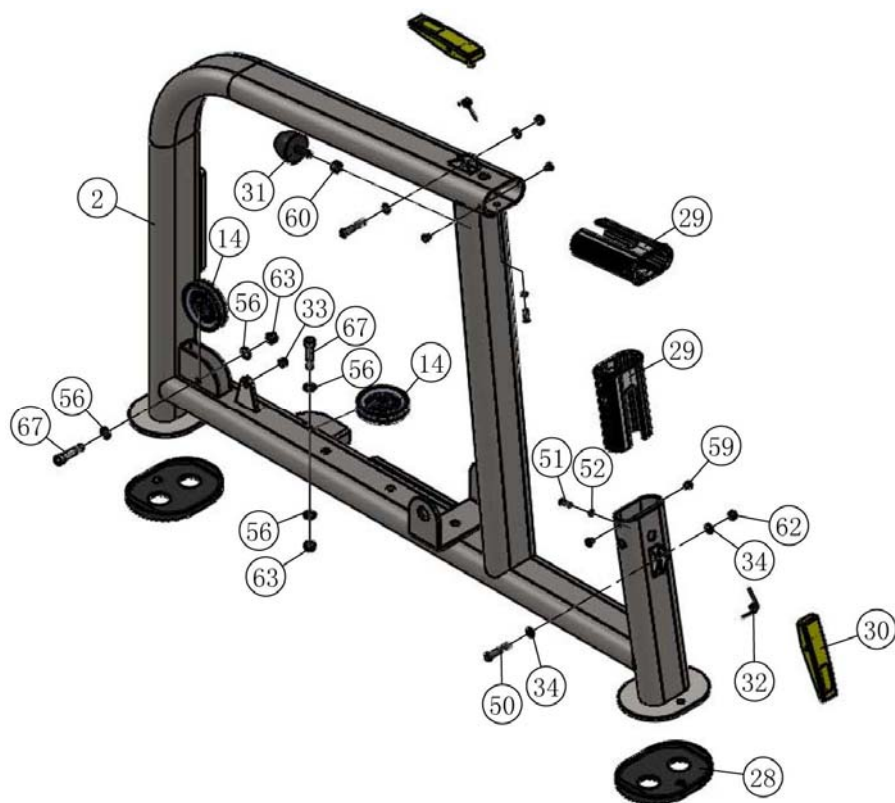
*4



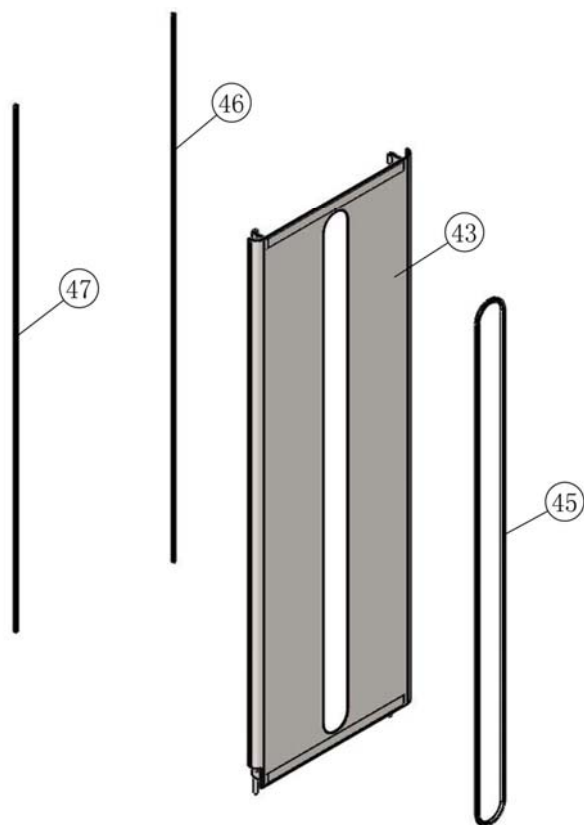
*6



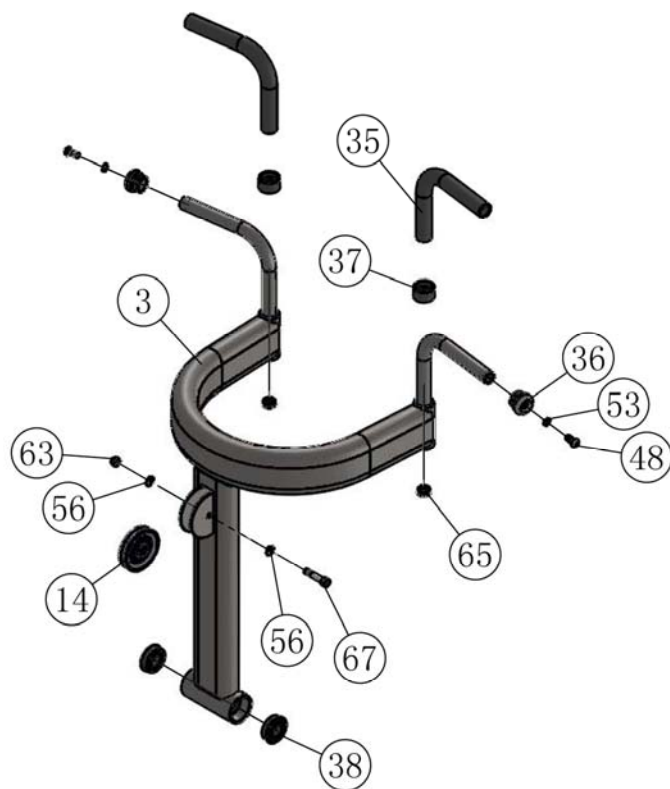
***2**



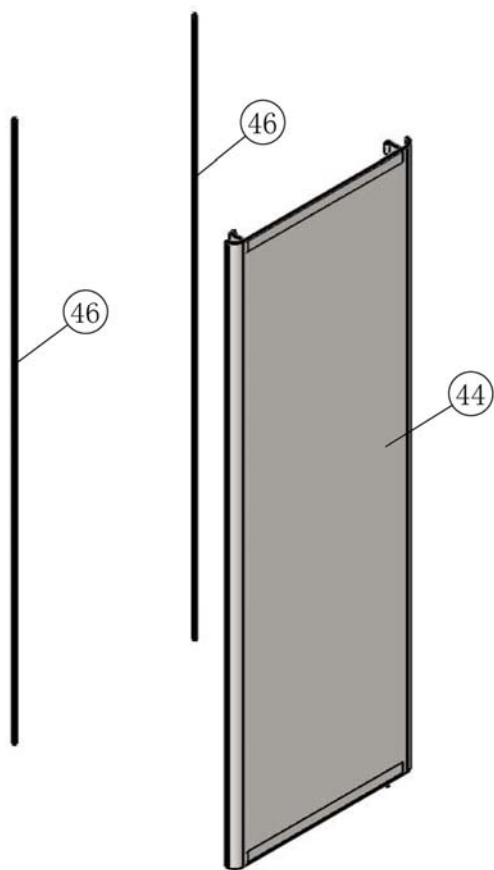
***43**



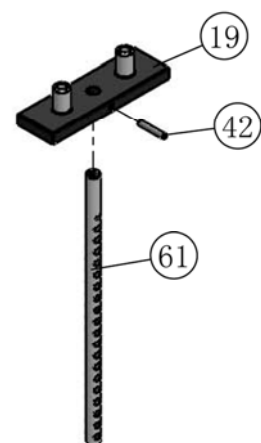
***3**



***44**



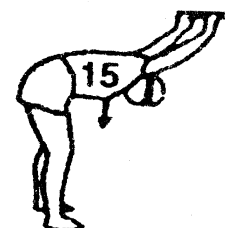
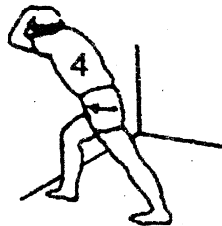
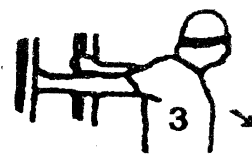
***19**



INSTRUCTIONS FOR USE

Using this Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help lose your weight.

The stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch-if it hurts, **STOP**.



MAINTENANCE

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
8. Check welds to be free of cracks.
9. **Warranty (from the date of purchase):**

Description	Time
Frames,welds, cams and weight plates	5 years
Pivot bearings,pulleys,bushing,gas shocks and guide rods	2 years
Belts,linear bearing and pull-pin components, all fasteners	1 years
cables,finish and rubber grips, pads	6 months

The following are not covered by warranty:

- a) Obstacles caused by failure to use according to the requirements of the manual
- b) Damaged due to self repair and modification
- c) Damage caused by force majeure (such as natural disaster, fire, earthquake, etc.), collision and improper use (including long-term use in places with poor environment)
- d) The appearance is naturally stained due to use

For products that exceed the warranty period or do not belong to free maintenance, the company will still serve you wholeheartedly.