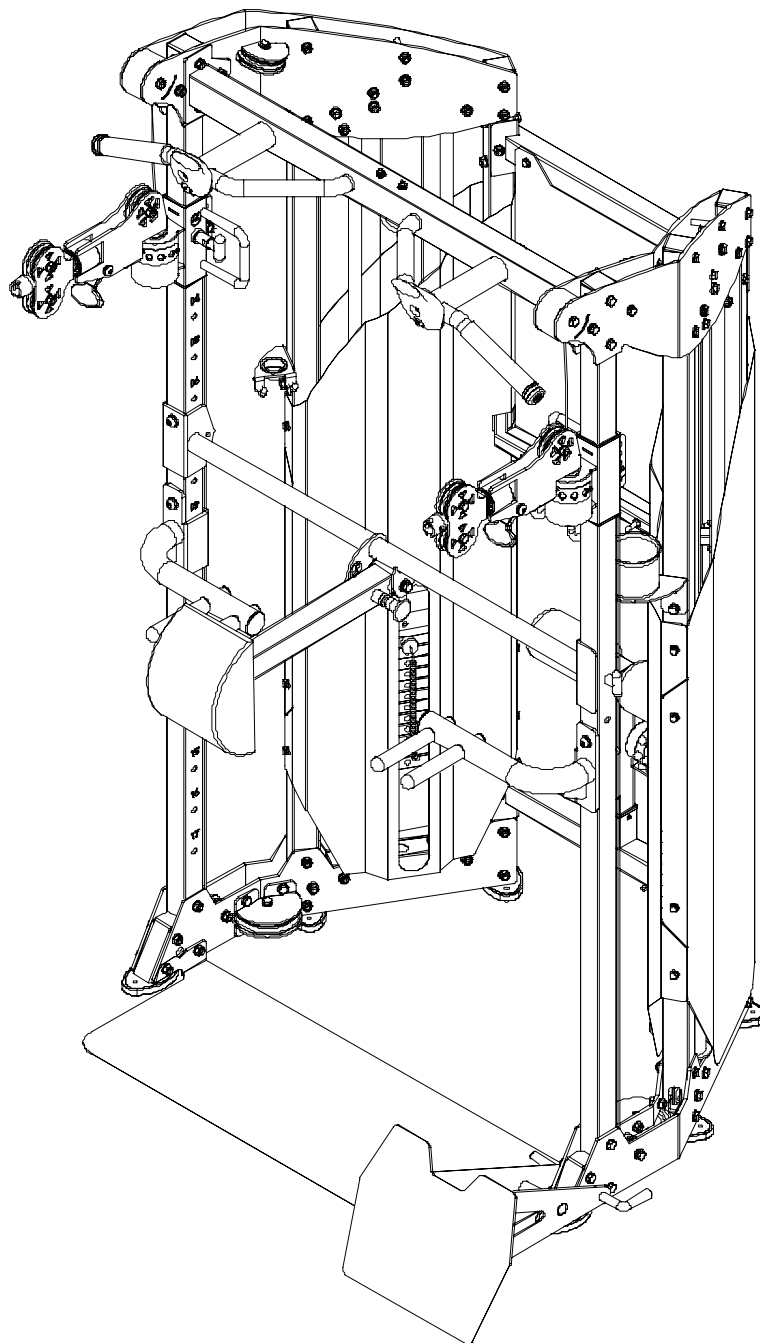




NEWTON
.FITNESS

*Newton Fitness Black Series BLK-3000
Functional Trainer*

ASSEMBLY MANUAL



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Parts list

No.	Description	Note	Qty.
1	foot tube		4
2	bottom outer plate left		1
3	bottom inner plate left		1
4	middle upright frame		2
5	bottom outer plate right		1
6	bottom inner plate right		1
7	back upright		2
8	foot tube front		2
9	washer	Φ10	182
10	hexagon bolt	M10*75	34
11	lock nut	M10	84
12	lower link part		1
13	middle link part		1
14	upper link part		1
15	pulley bracket		4
16	hexagon bolt	M10*70	16
17	hexagon bolt	M10*25	14
18	ground plate		1
19	selector frame		2
20	sliding frame right		1
21	sliding frame left		1
22	hexagon bolt	M10*80	22
23	guide rod		4
24	fixed pedestal lower		2
25	hexagon bolt	M10*20	8
26	support tube		4
27	rubber block		4
28	weight plate	60kg	2
29	selector rod		2
30	pin		2
31	fixed pedestal upper		2
32	upper inner plate left		1
33	upper outer plate left		1
34	upper outer plate right		1

Parts list

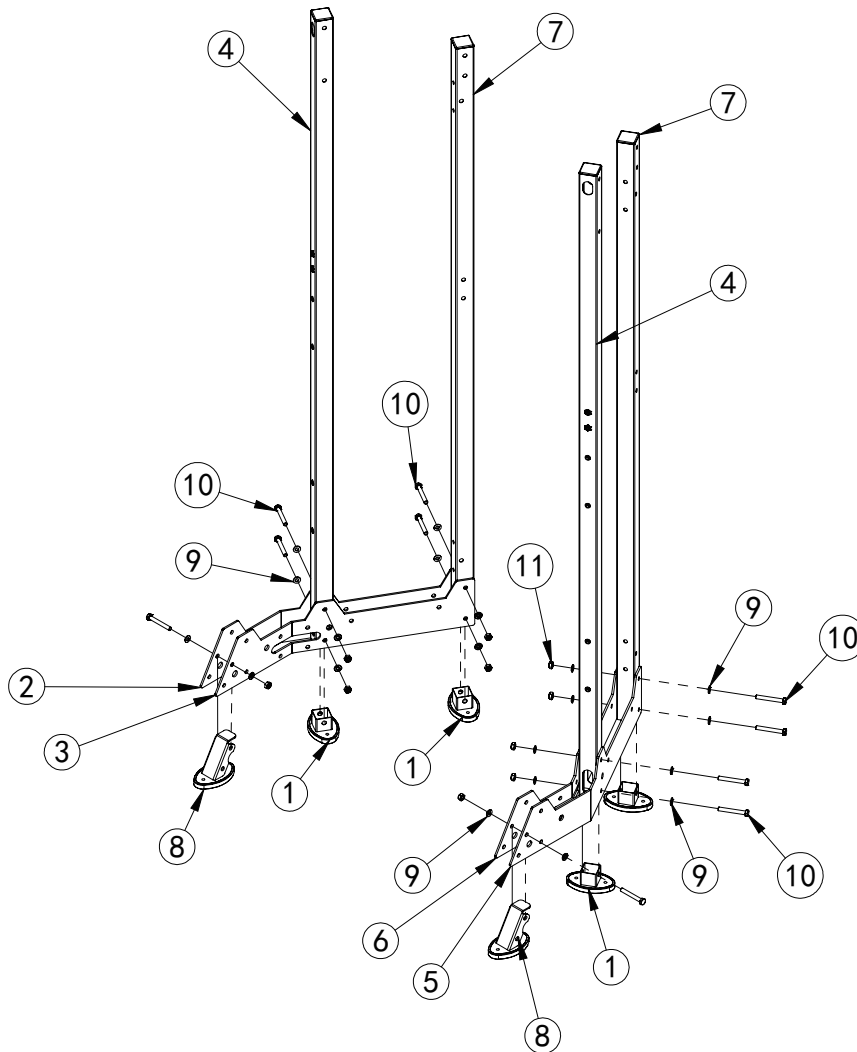
No.	Description	Note	Qty.
35	bottom inner plate right		1
36	cover tube		2
37	chin up bar		1
38	board		1
39	hexagon bolt	M8*16	4
40	washer	Φ8	24
41	pulley	Φ50	8
42	pulley	Φ92	6
43	powder metallurgy sleeve		24
44	pulley	Φ127	2
45	pulley with bracket		2
46	hexagon bolt	M10*45	2
47	hexagon bolt	M10*50	2
48	cable		2
49	weight plate cover inner right		1
50	weight plate cover outer right		1
51	weight plate cover outer left		1
52	weight plate cover inner left		1
53	hexagon bolt	M8*20	16
54	spring washer	Φ8	20
55	hook		4
56	magnetic pin		2
57	short bar holder		1
58	spring washer	Φ10	4
59	dip bar left		1
60	dip bar right		1
61	waist support frame		1
62	footplate supper frame		1
63	footplate		1
64	waist support frame main tube		1
65	leg press frame		1
66	massage roller frame		1
67	internal thread shaft	Φ25*70-M12	1

Parts list

No.	Description	Note	Qty.
68	waist cushion		1
69	waist cushion connection frame		1
70	screw	M8*25	4
71	L shape pin		1
72	screw	M10*45	2
73	screw	M12*25	2
74	spring washer	Φ12	2
75	washer	Φ12	2
76	T shape pin	Φ10*85	1
77	long bar		1
78	short bar		1
79	ship rod		1
80	ankle cuff		1
81	triceps rope		1
82	hand holder		2
83	snap hook		4
84	chain		2
85	belt		1
86	TRX training belt		1
87	cup holder		1

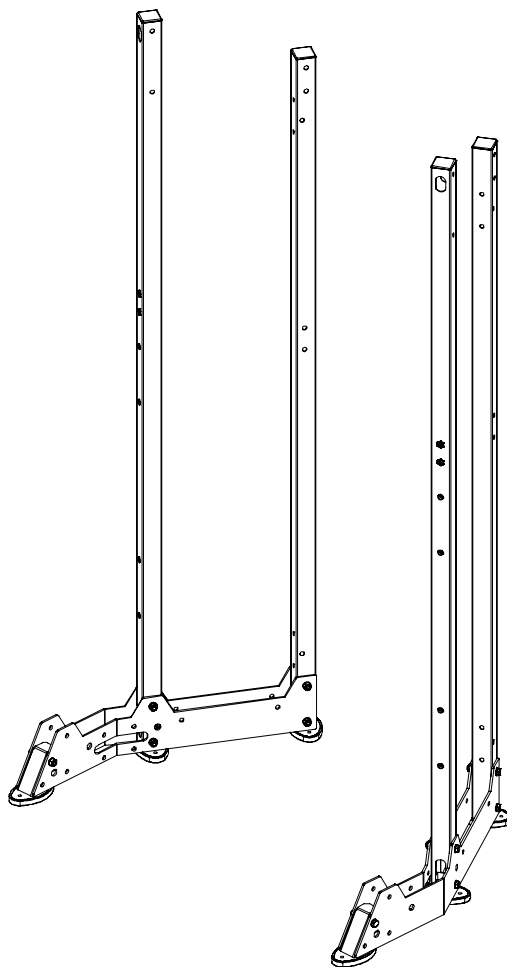


STEP 1



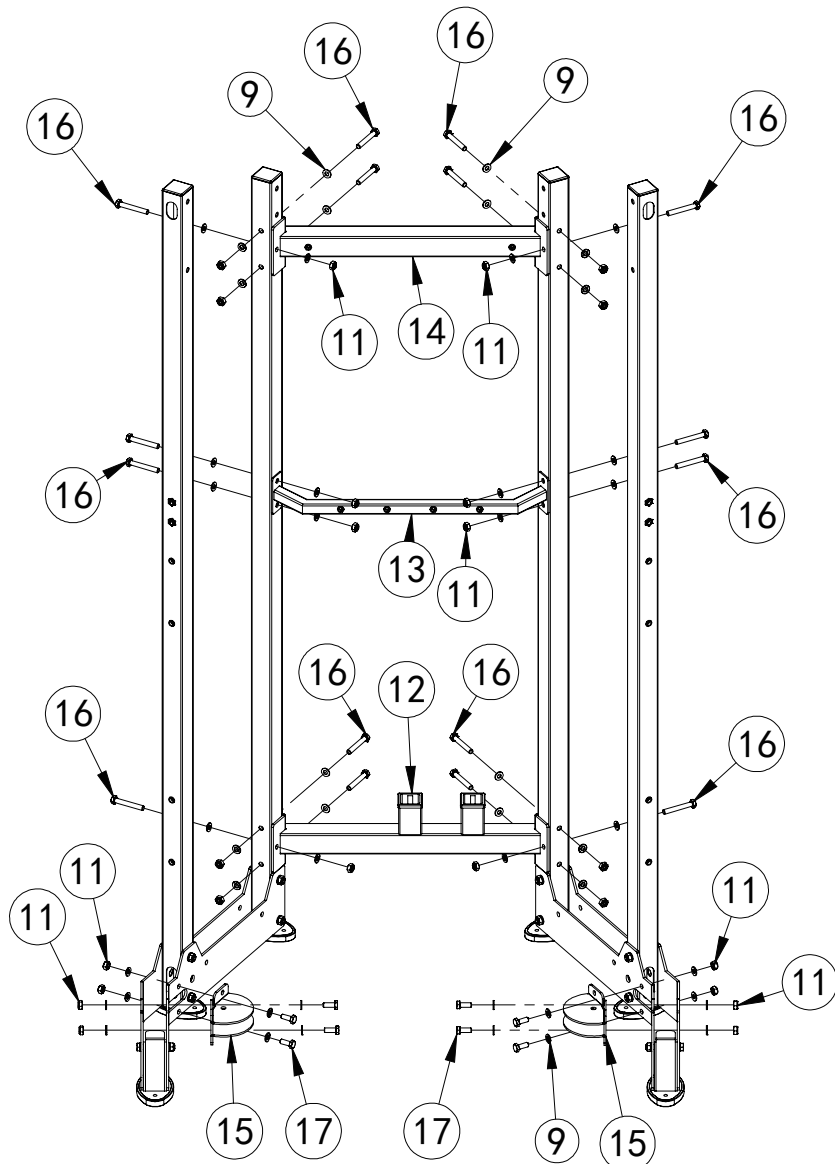
No.	Description	Note	Qty.
1	foot tube		4
2	bottom outer plate left		1
3	bottom inner plate left		1
4	middle upright frame		2
5	bottom outer plate right		1
6	bottom inner plate right		1
7	back upright frame		2
8	foot tube front		2
9	washer	Φ10	20
10	hexagon bolt	M10x75	10
11	lock nut	M10	10

STEP 1



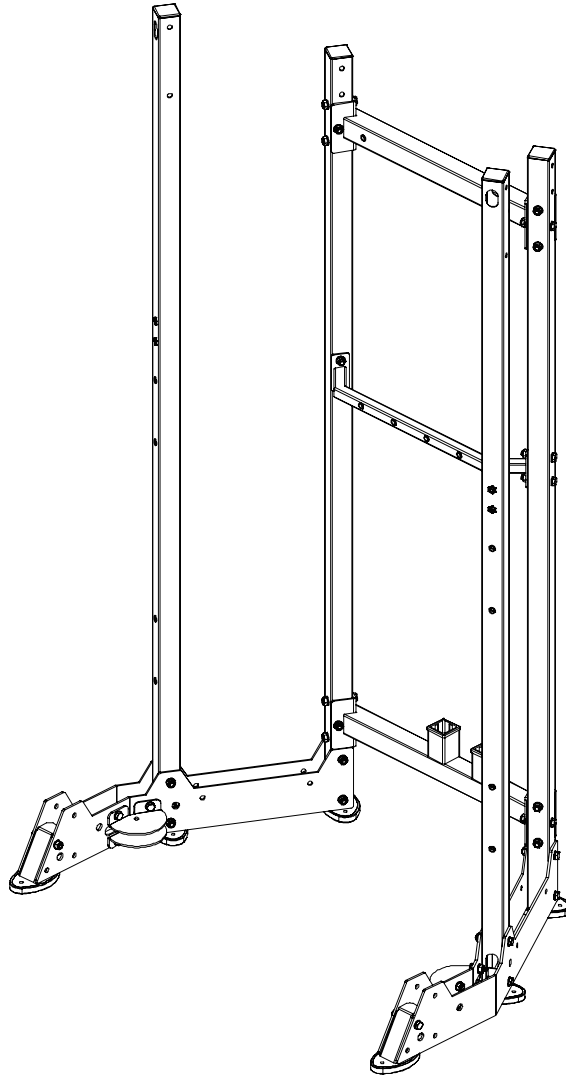
- 1 Put foot tube-1 into middle upright frame-4
- 2 Put foot tube-1 into back upright frame-7
- 3 Fix bottom outer plate left-2 and bottom inner plate left-3 on middle upright frame-4 and back upright frame-7 using M10*75 hexagon bolt-10, $\Phi 10$ washer-9 and M10 lock nut-11
- 4 Fix bottom outer plate right-5 and bottom inner plate right-6 on middle upright frame-4 and back upright frame-7 using M10*75 hexagon bolt-10, $\Phi 10$ washer-9 and M10 lock nut-11
- 5 Fix foot tube front-8 on mainframe using M10*75 hexagon bolt-10, $\Phi 10$ washer-9 and M10 lock nut-11

STEP 2



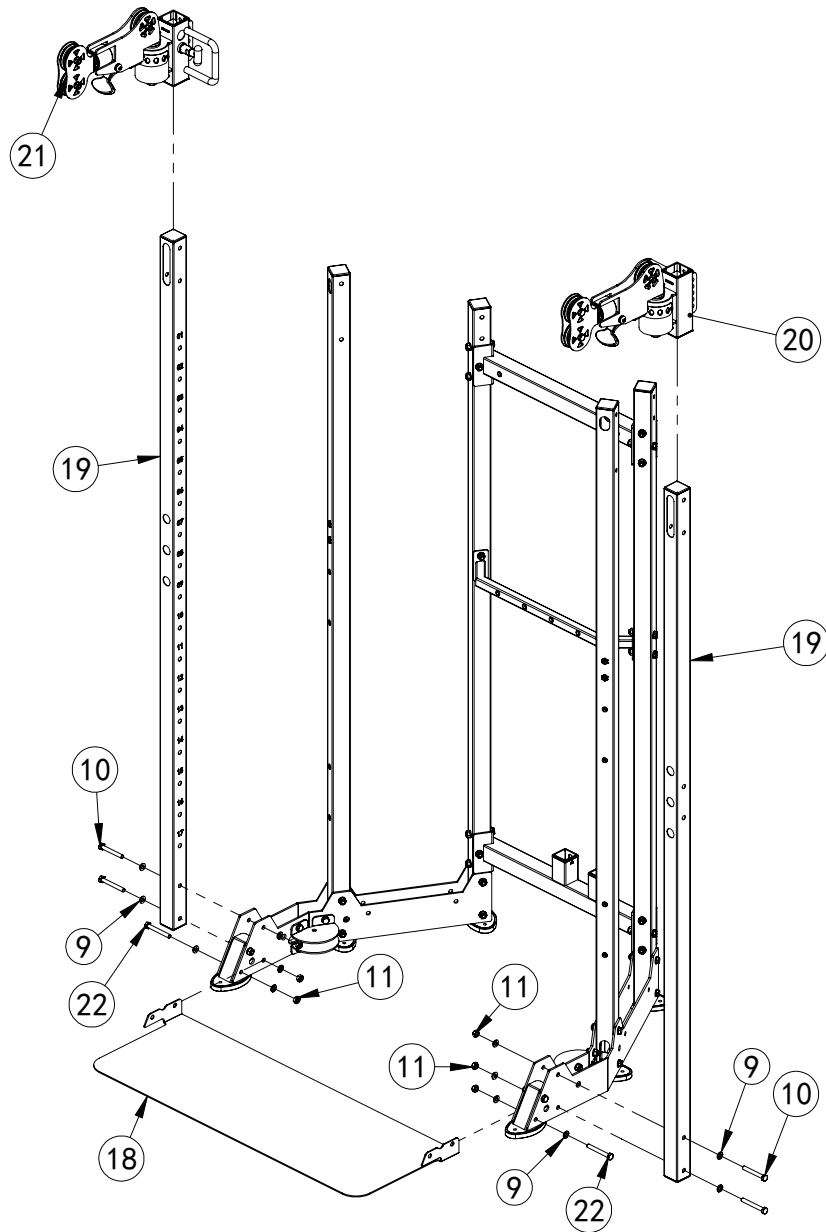
No.	Description	Note	Qty.
9	washer	Φ10	48
11	lock nut	M10	24
12	lower link part		1
13	middle link part		1
14	upper link part		1
15	pulley bracket		4
16	hexagon bolt	M10*70	16
17	hexagon bolt	M10*25	8

STEP 2



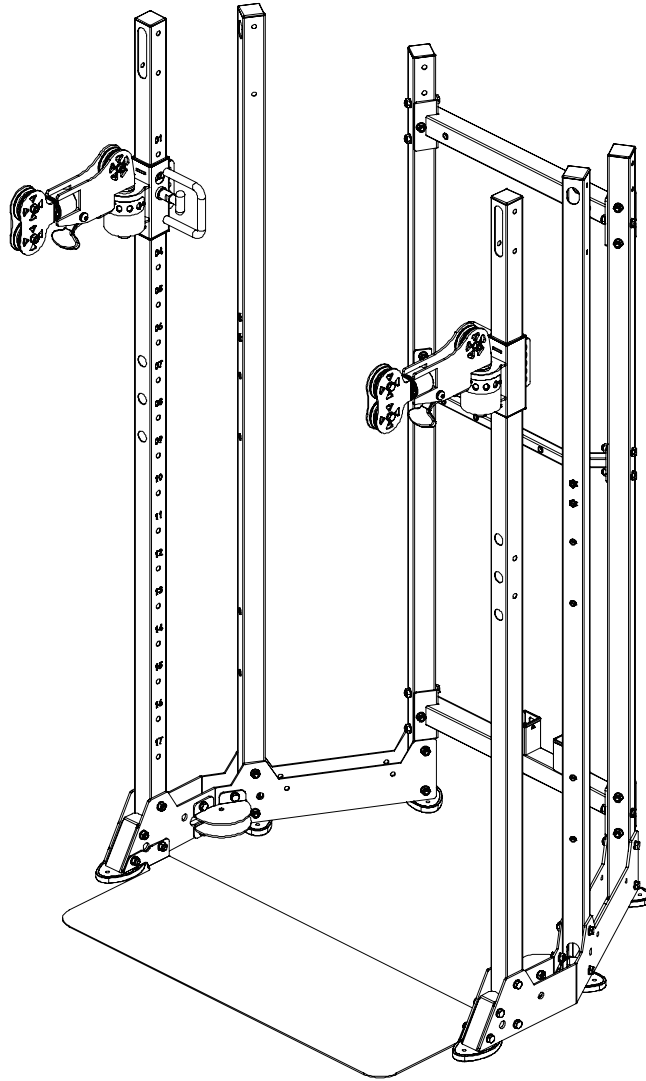
- 1 Fix lower link part-12 on mainframe using M10*70 hexagon bolt-16, Φ 10 washer-9 and M10 lock nut-11
- 2 Fix middle link part-13 on mainframe using M10*70 hexagon bolt-16, Φ 10 washer-9 and M10 lock nut-11
- 3 Fix upper link part-14 on mainframe using M10*70 hexagon bolt-16, Φ 10 washer-9 and M10 lock nut-11
- 4 Fix pulley bracket-15 on mainframe using M10*25 hexagon bolt-17, Φ 10 washer-9 and M10 lock nut-11

STEP 3



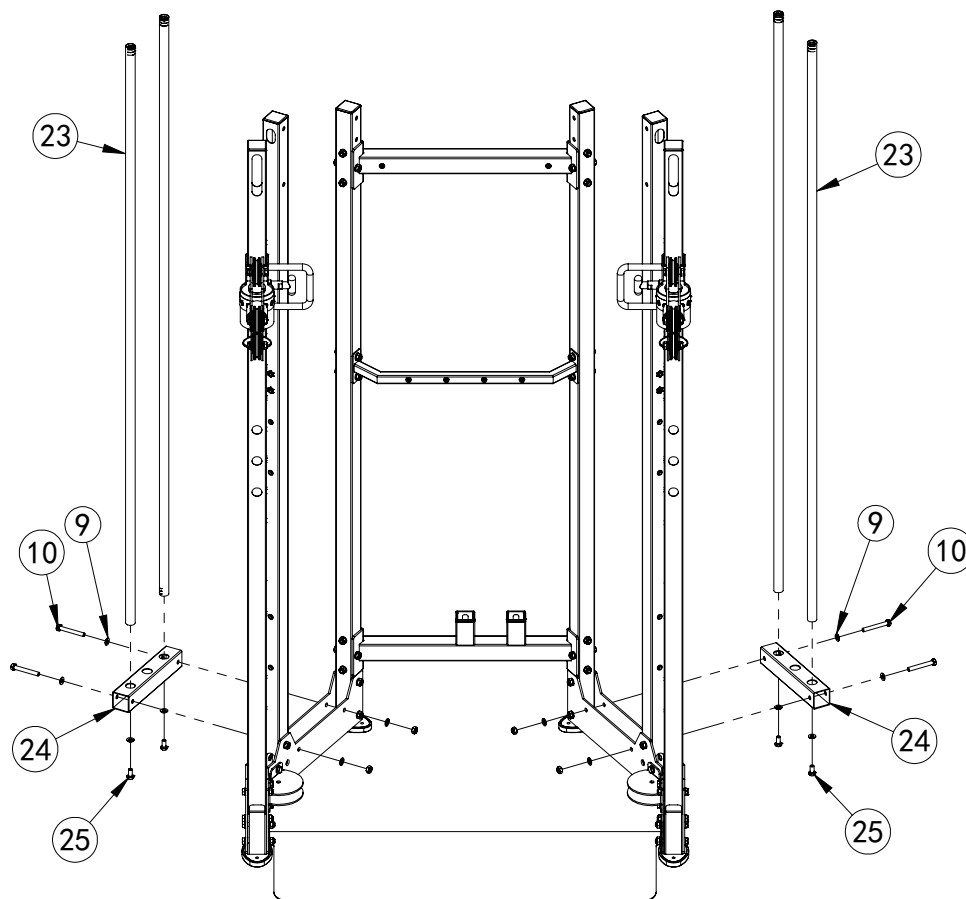
No.	Description	Note	Qty.
9	washer	Φ10	12
10	hexagon bolt	M10x75	2
11	lock nut	M10	6
18	ground plate		1
19	selector frame		2
20	sliding frame right		1
21	sliding frame left		1
22	hexagon bolt	M10*80	4

STEP 3



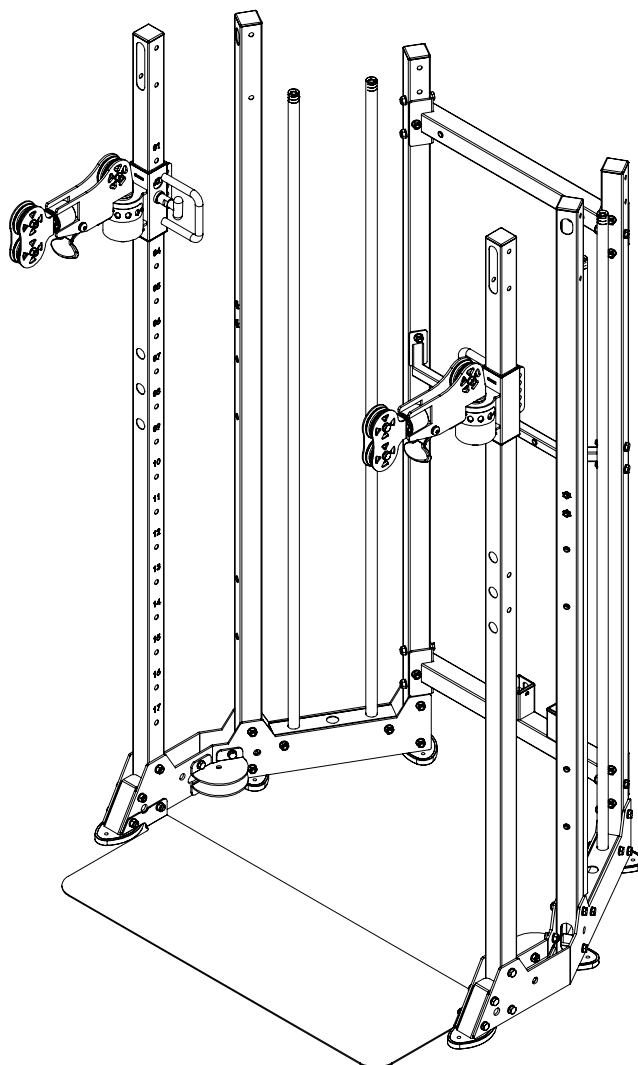
- 1 Put sliding frame right-20 into selector frame-19
- 2 Put sliding frame left-21 into selector frame-19
- 3 Put selector frame-19 into mainframe
- 4 Fix selector frame-19 on mainframe using M10*75 hexagon bolt-10, Φ 10 washer-9 and M10 lock nut-11
- 5 Fix ground plate-18 on mainframe using M10*80 hexagon bolt-22, Φ 10 washer-9 and M10 lock nut-11

STEP 4



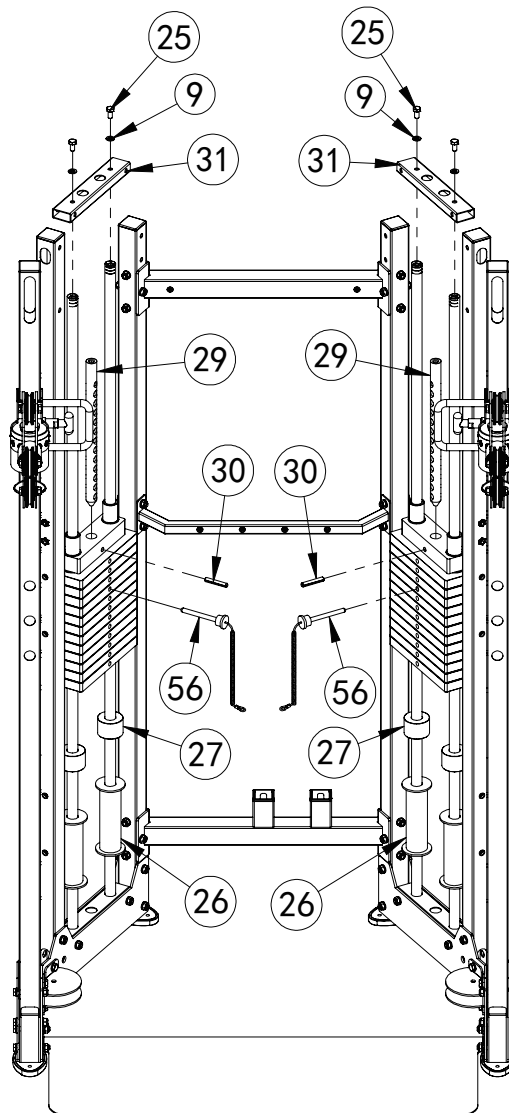
No.	Description	Note	Qty.
9	washer	Φ10	12
10	hexagon bolt	M10x75	4
11	lock nut	M10	4
23	guide rod		4
24	fixed pedestal lower		2
25	hexagon bolt	M10*20	4

STEP 4



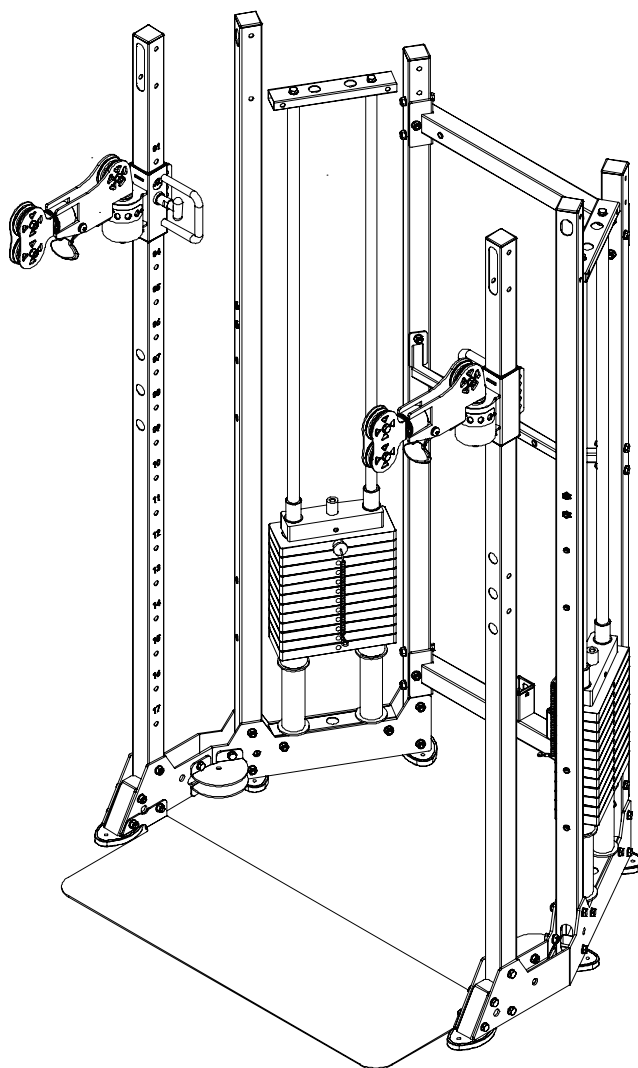
- 1 Fix guide rod-23 on fixed pedestal lower-24 using M10*25 hexagon bolt-25, $\Phi 10$ washer-9
- 2 Fix fixed pedestal lower-24 on mainframe using M10*75 hexagon bolt-10, $\Phi 10$ washer-9 and M10 lock nut-11

STEP 5



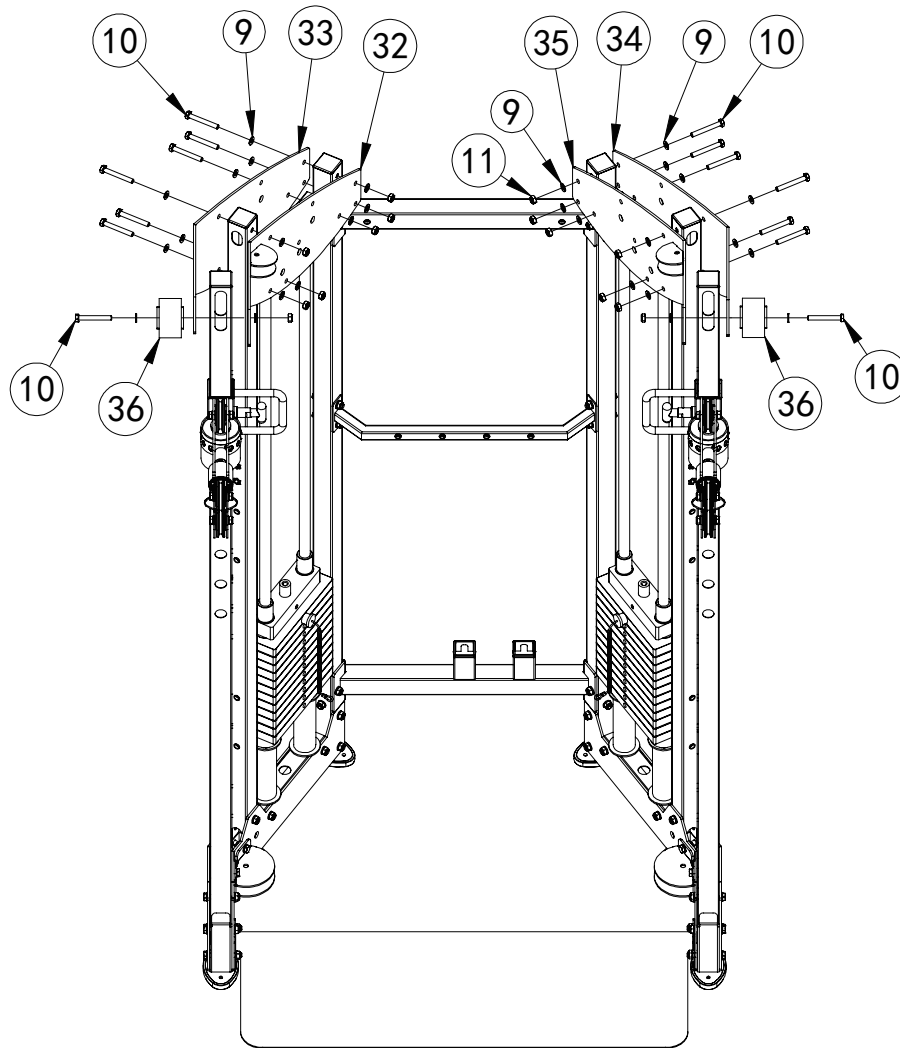
No.	Description	Note	Qty.
9	washer	Φ10	4
25	hexagon bolt	M10*20	4
26	support tube		4
27	rubber block		4
28	weight plate	60kg	2
29	selector rod		2
30	pin		2
31	fixed pedestal upper		2
56	magnetic pin		2

STEP 5



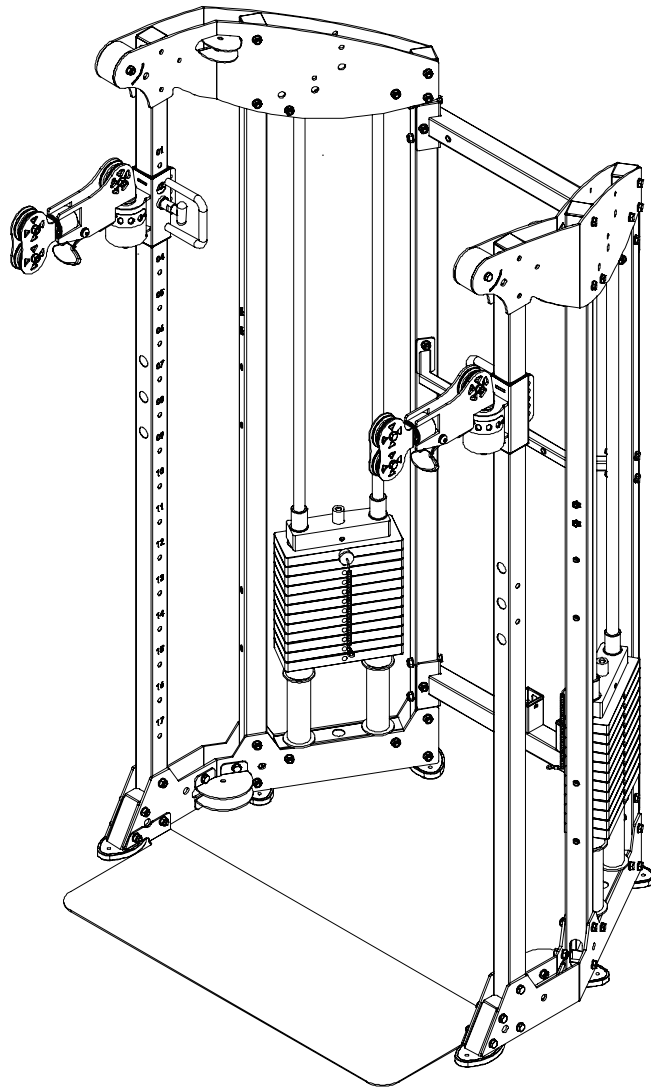
- 1 In turn put support tube-26, rubber block-27 and weight plate-28 into guide rod-23
- 2 Fix selector rod-29 on weight plate-28 using pin-30 and magnetic pin-56
- 3 Fix guide rod-23 on fixed pedestal upper-31 using M10*20 hexagon bolt-25, $\Phi 10$ washer-9

STEP 6



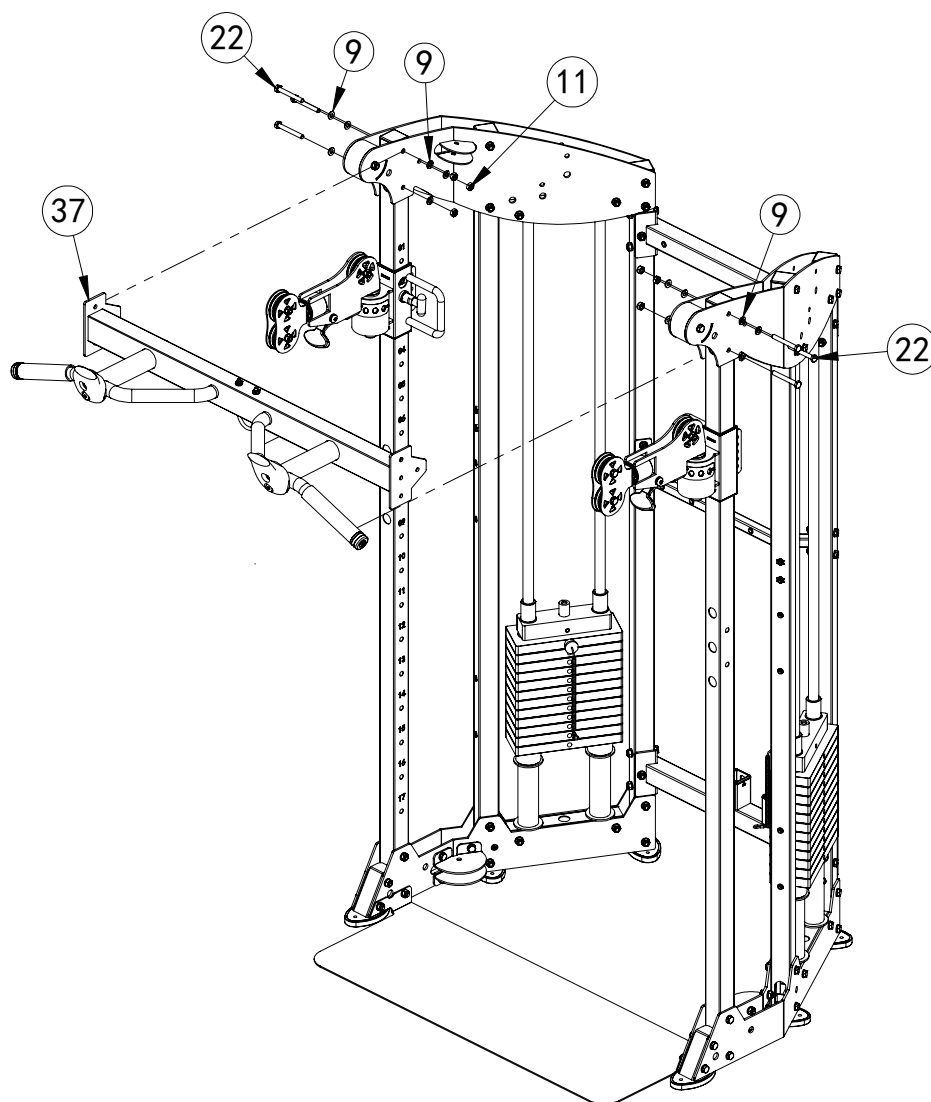
No.	Description	Note	Qty.
32	upper inner plate left		1
33	upper outer plate left		1
34	upper outer plate right		1
35	bottom inner plate right		1
11	lock nut	M10	14
9	washer	Φ10	28
10	hexagon bolt	M10x75	14
36	cover tube		2

STEP 6



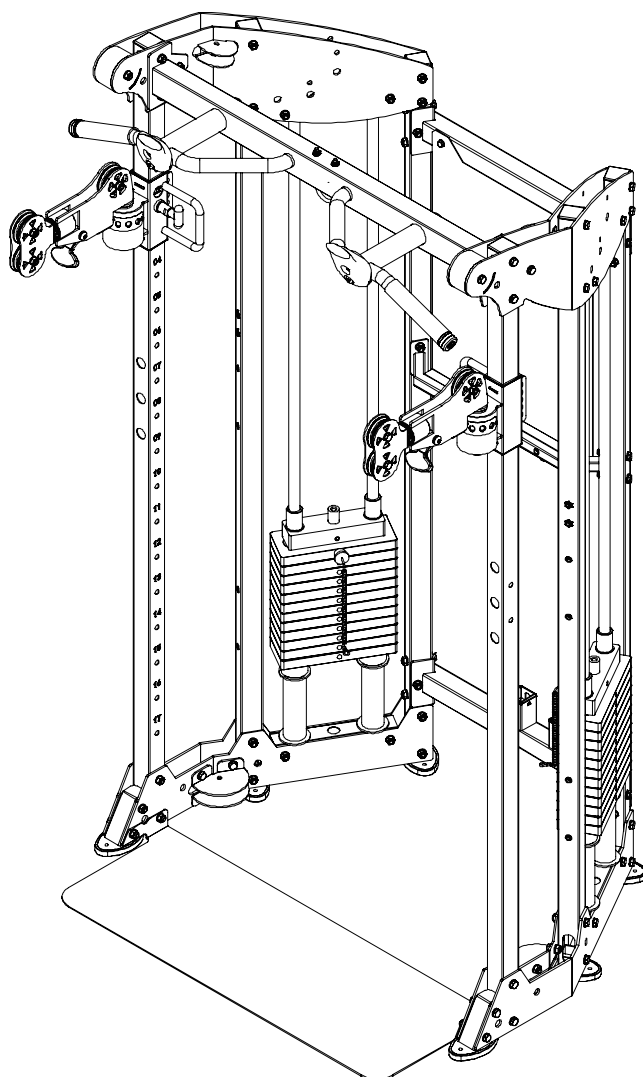
- 1 Fix upper inner plate left-32 and upper outer plate left-33 on mainframe using M10*75 hexagon bolt-10, Φ 10 washer-9 and M10 lock nut-11
- 2 Fix upper inner plate right-35 and upper outer plate right-34 on mainframe using M10*75 hexagon bolt-10, Φ 10 washer-9 and M10 lock nut-11
- 3 Fix cover tube-36 on mainframe using M10*75 hexagon bolt-10, Φ 10 washer-9 and M10 lock nut-11

STEP 7



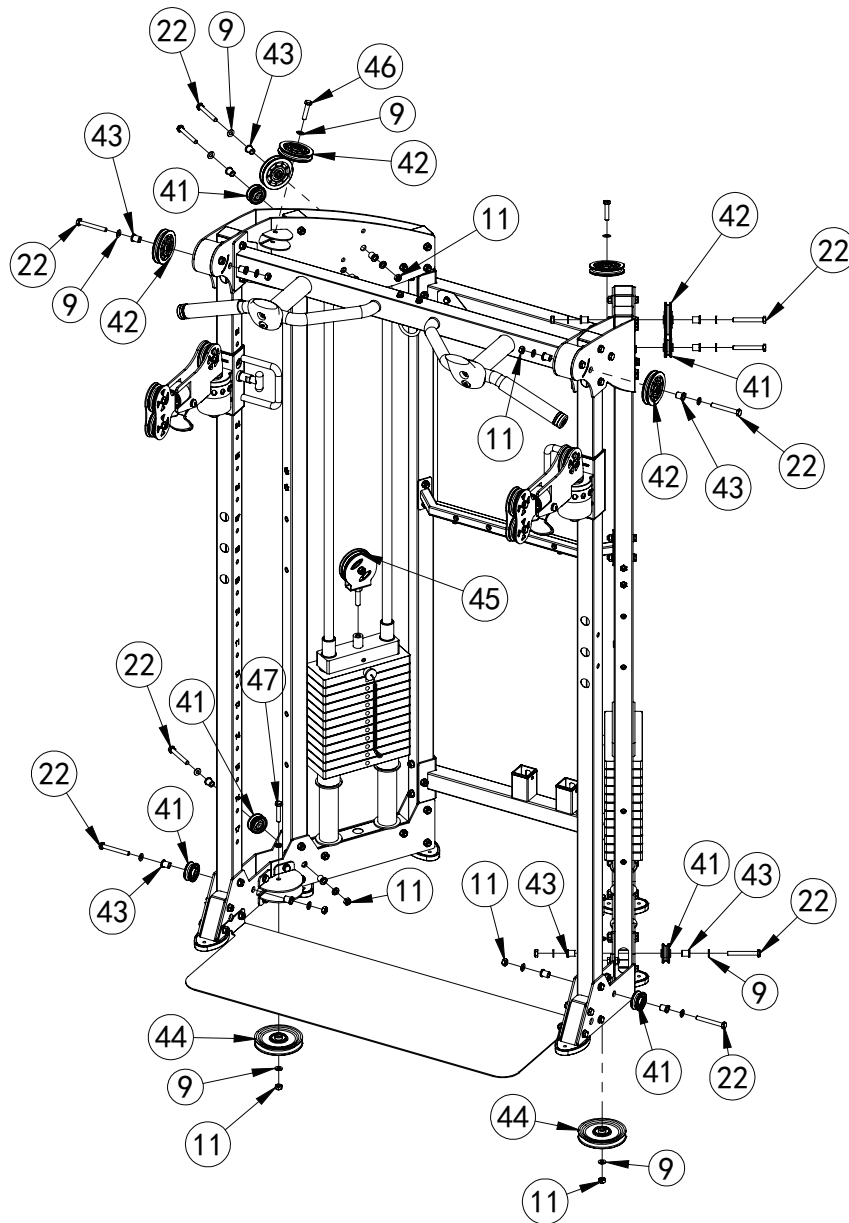
No.	Description	Note	Qty.
9	washer	Φ10	12
11	lock nut	M10	6
22	hexagon bolt	M10*80	6
37	chin up bar		1
38	board		1
39	hexagon bolt	M8*16	4
40	washer	Φ8	4

STEP 7



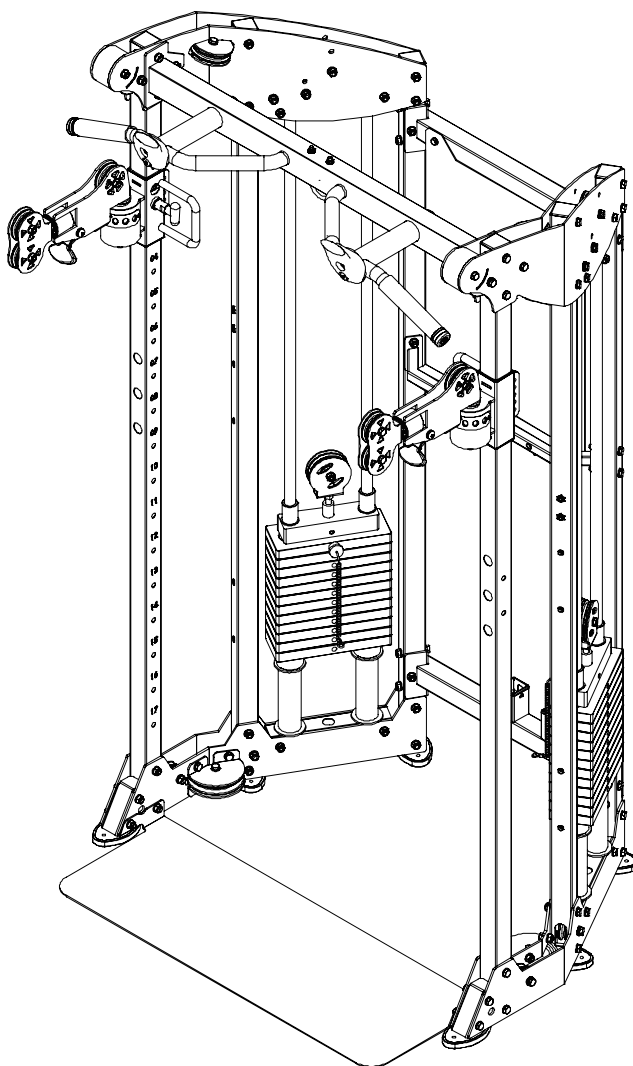
1 Fix board-38 on mainframe using M8*16 hexagon bolt-39 and $\Phi 8$ washer-40

STEP 8



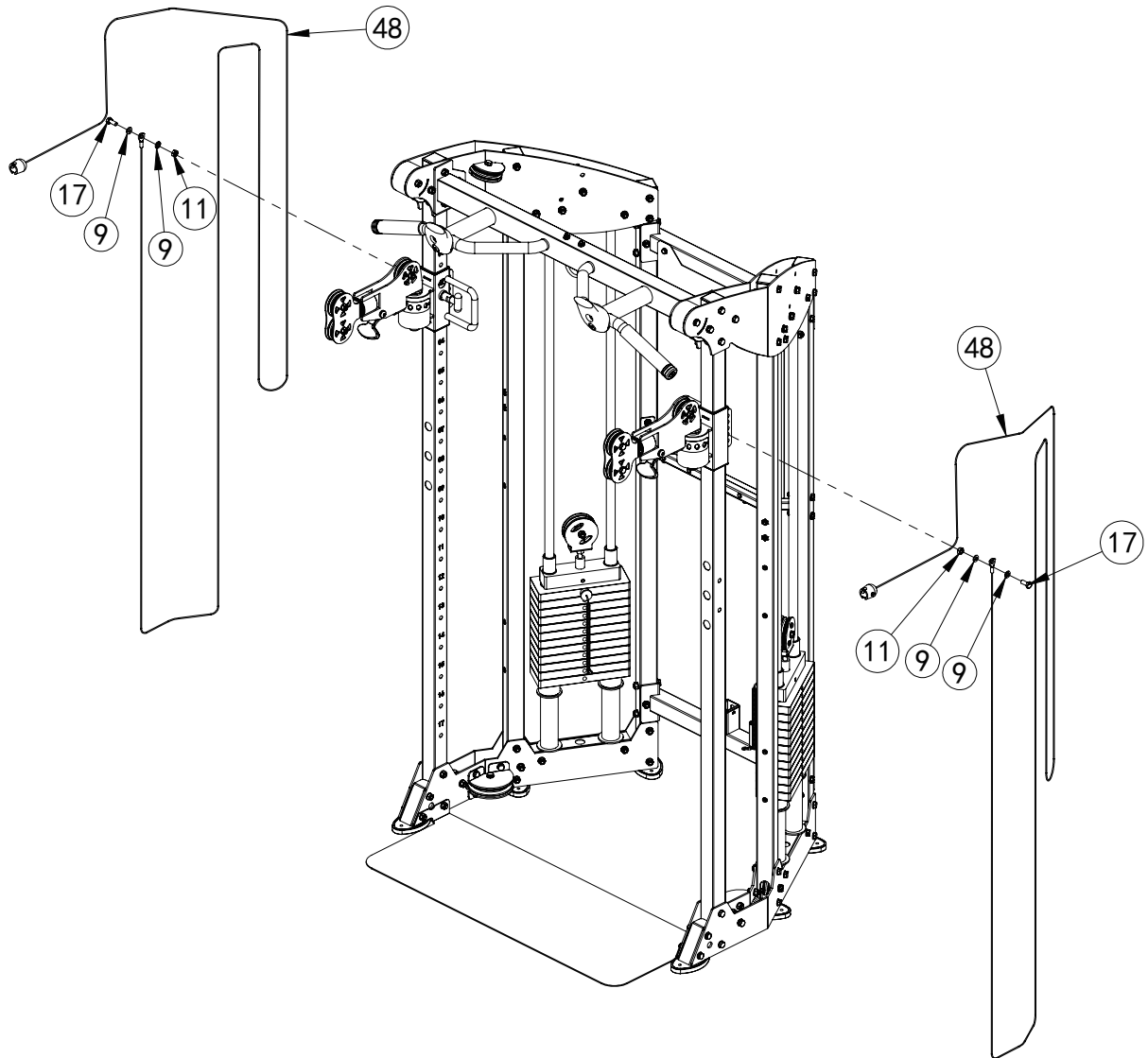
No.	Description	Note	Qty.
9	washer	Φ10	30
11	lock nut	M10	14
22	hexagon bolt	M10*80	12
41	pulley	Φ50	8
42	pulley	Φ92	6
43	powder metallurgy sleeve		24
44	pulley	Φ127	2
45	pulley with bracket		2
46	hexagon bolt	M10*45	2
47	hexagon bolt	M10*50	2

STEP 8



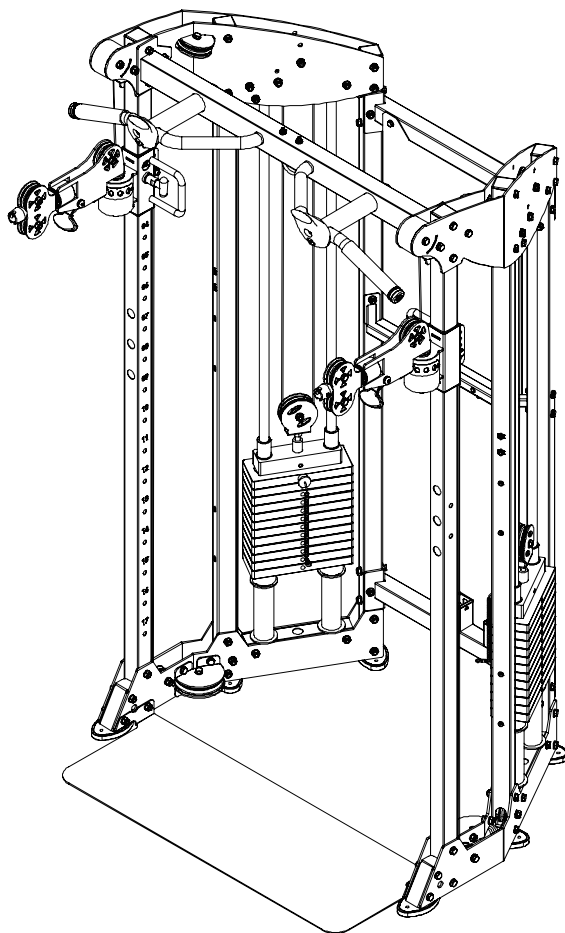
- 1 Fix $\Phi 92$ pulley-42 and $\Phi 50$ pulley-41 on frame using M10*80 hexagon bolt-22, $\Phi 10$ washer-9, M10 lock nut-11 and powder metallurgy sleeve
- 2 Fix pulley with bracket-45 on weight plate
- 3 Fix $\Phi 127$ pulley-44 on mainframe using M10*50 hexagon bolt-47, $\Phi 10$ washer-9 and M10 lock nut-11
- 4 Fix $\Phi 92$ pulley-42 on mainframe using M10*45 hexagon bolt-46, $\Phi 10$ washer-9 and M10 lock nut-11

STEP 9



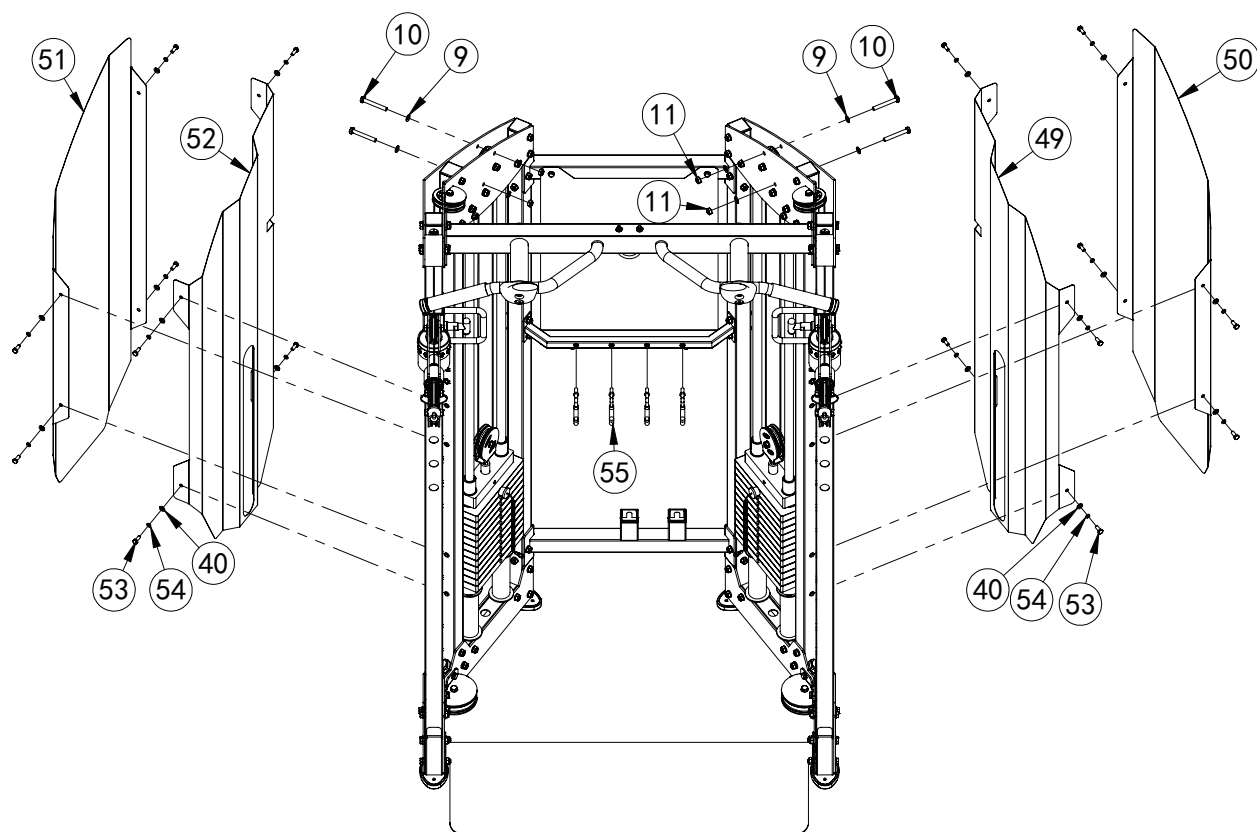
No.	Description	Note	Qty.
9	washer	Φ10	4
11	lock nut	M10	2
17	hexagon bolt	M10*25	2
48	cable		2

STEP 9



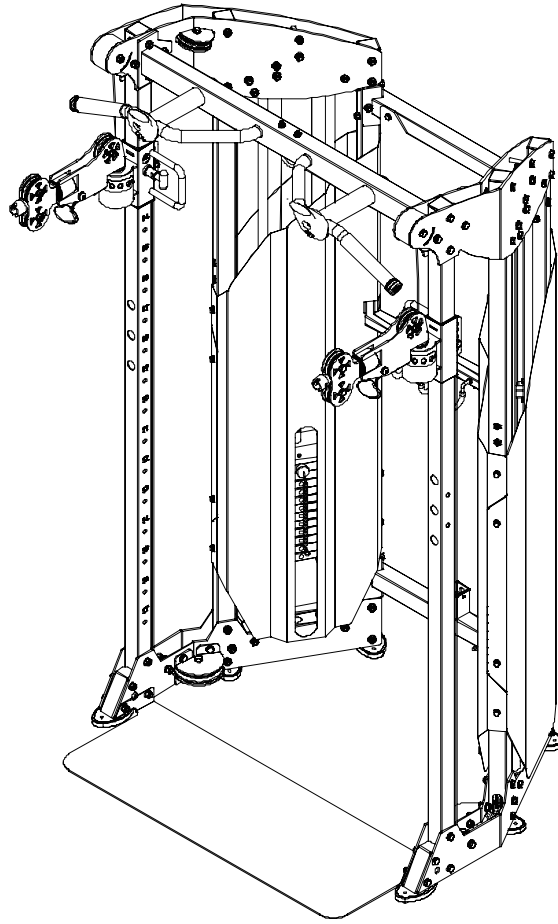
- 1 Pass cable through the pulley and install cable as shown in the picture
- 2 Fix cable on sliding frame using M10*25 hexagon bolt-17, $\Phi 10$ washer-9 and M10 lock nut-11

STEP 10



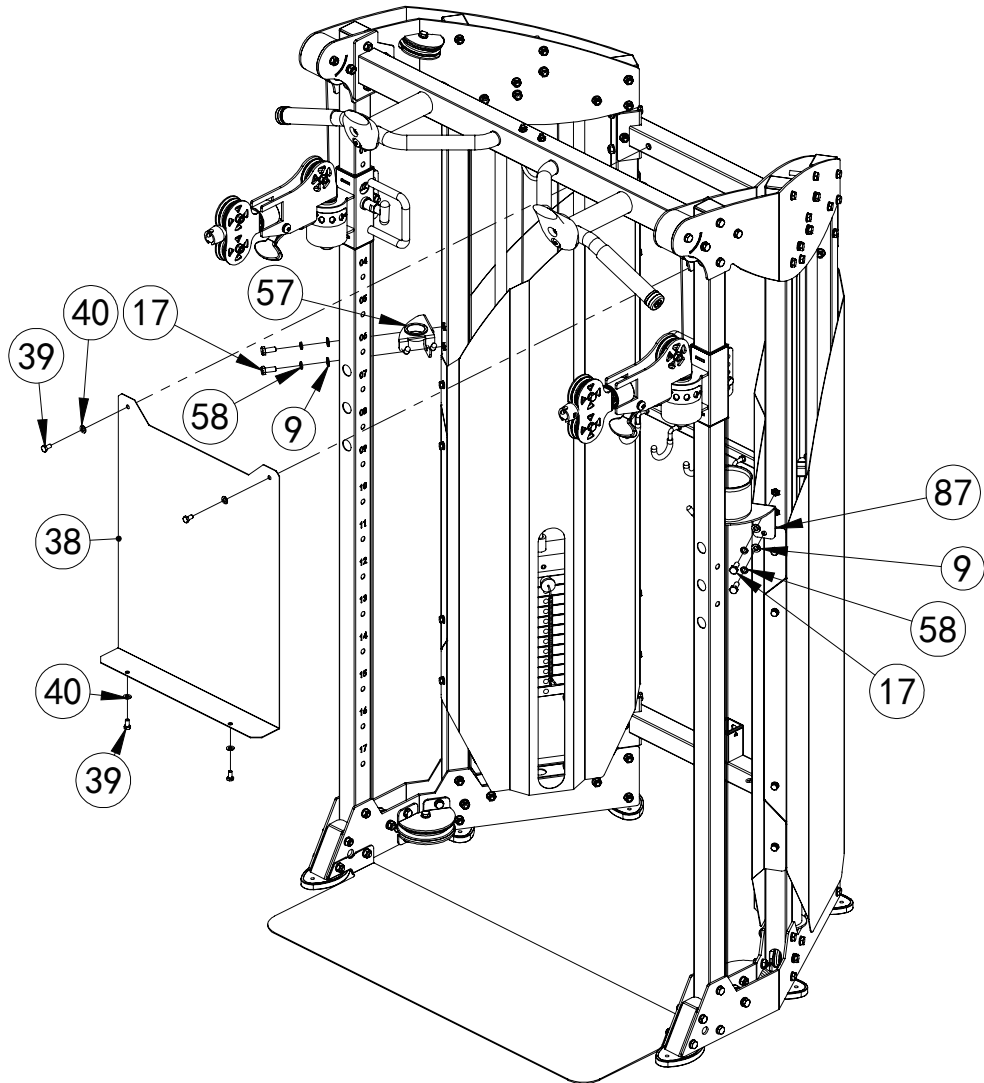
No.	Description	Note	Qty.
9	washer	Φ10	8
10	hexagon bolt	M10x75	4
11	lock nut	M10	4
40	washer	Φ8	16
49	weight plate cover inner right		1
50	weight plate cover outer right		1
51	weight plate cover outer left		1
52	weight plate cover inner left		1
53	hexagon bolt	M8*20	16
54	spring washer	Φ8	16
55	hook		4

STEP 10



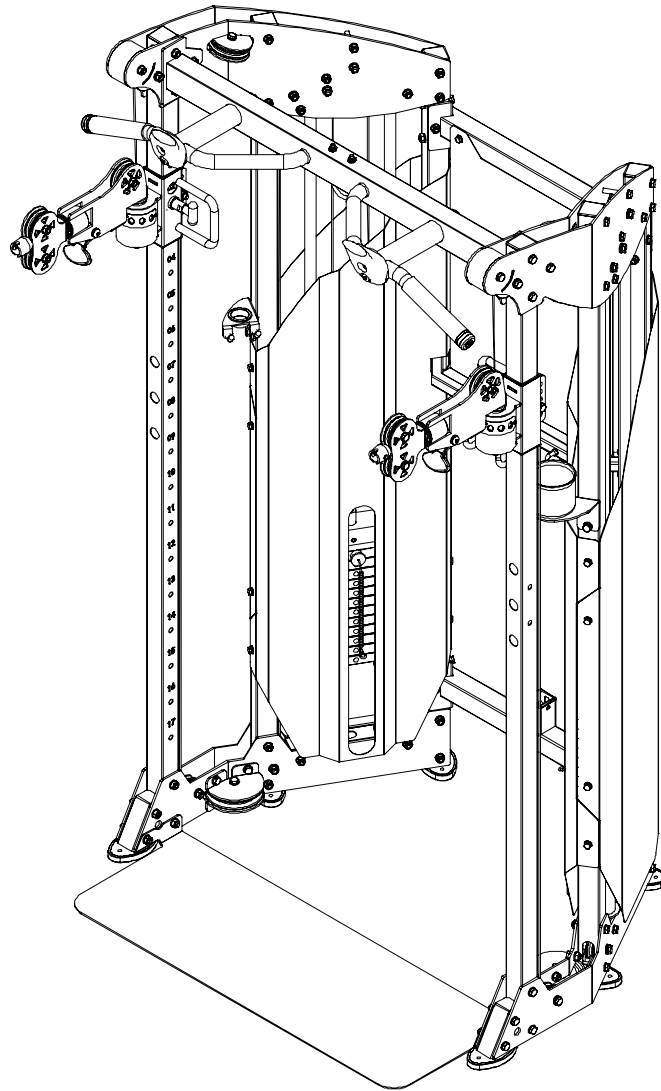
- 1 Fix hook-55 on mainframe
- 2 Fix M10*75 hexagon bolt-10, Φ 10 washer-9 and M10 lock nut-11 above the pulley to prevent the cable falling
- 3 Fix weight plate-49/50/51/52 on mainframe using M8*50 hexagon bolt-53, Φ 8 washer-40 and Φ 8 spring washer-54

STEP 11



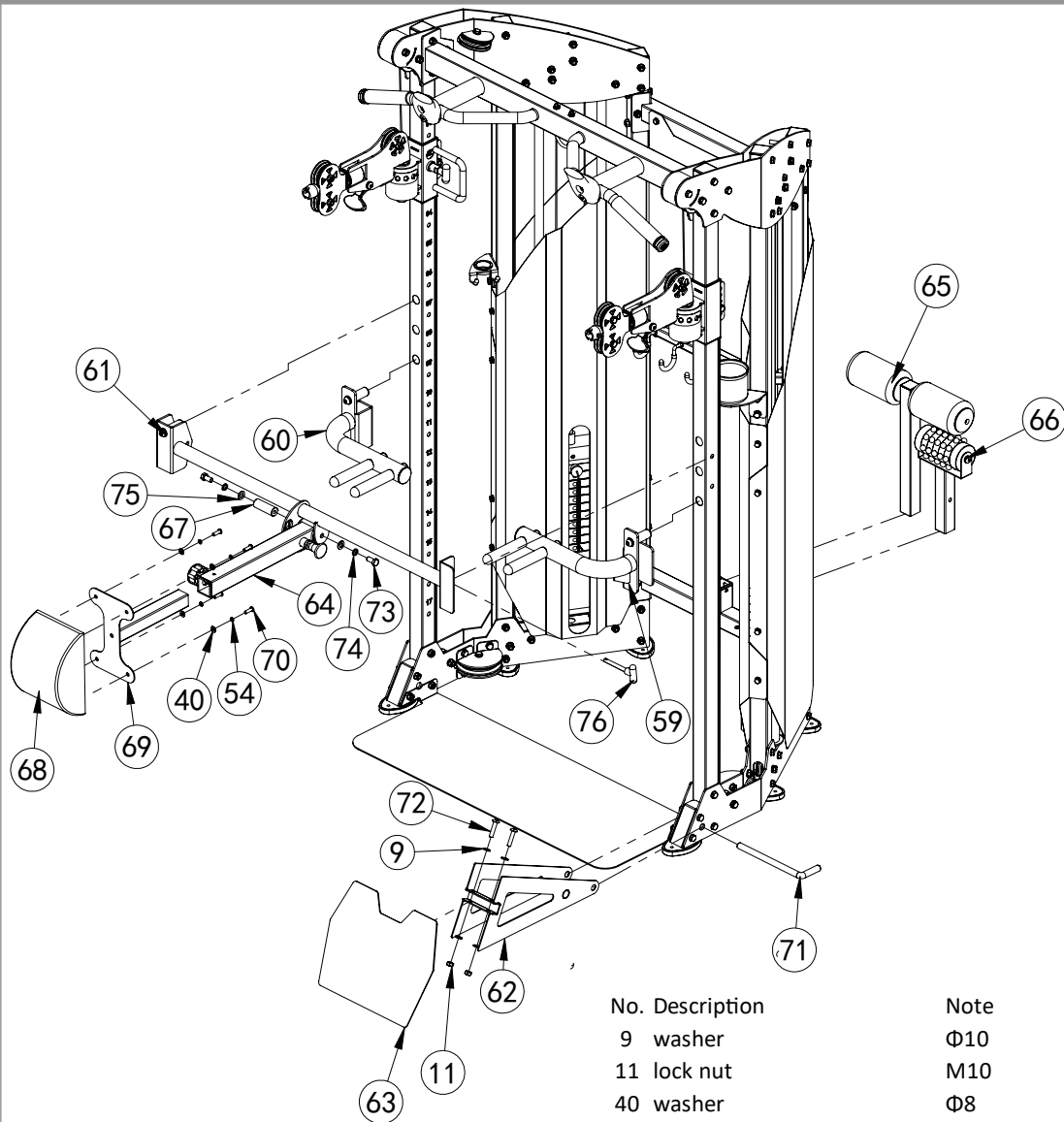
No.	Description	Note	Qty.
9	washer	Φ10	4
17	hexagon bolt	M10*25	4
87	cup holder		1
57	short bar holder		1
58	spring washer	Φ10	4
38	board		1
39	hexagon bolt	M8*16	4
40	washer	Φ8	4

STEP 11



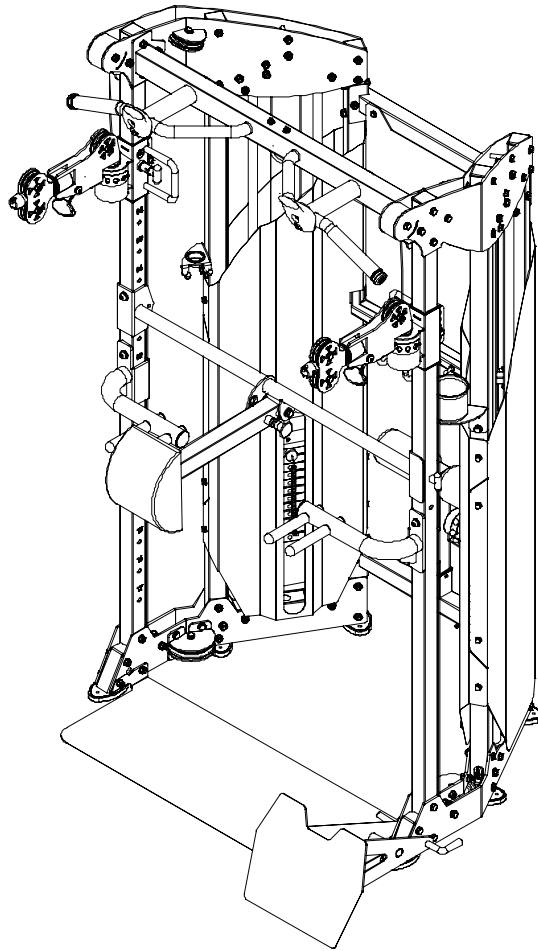
- 1 Fix cup holder-87 and short bar holder-57 on mainframe using M10*25 hexagon bolt-17, $\Phi 10$ washer-9 and $\Phi 10$ spring washer-58
- 2 Fix chin up bar-37 on mainframe using M10*80 hexagon bolt-22, $\Phi 10$ washer-9 and M10 lock nut-11

STEP 12



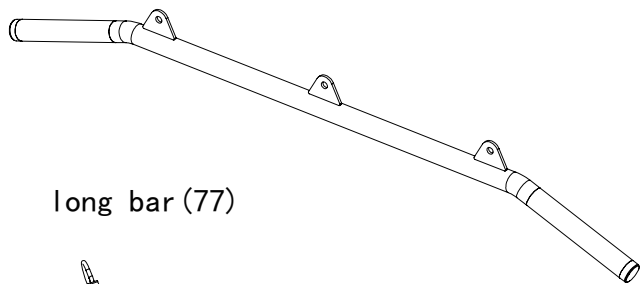
No.	Description	Note	Qty.
9	washer	Φ10	4
11	lock nut	M10	2
40	washer	Φ8	4
54	spring washer	Φ8	4
59	dip bar left		1
60	dip bar right		1
61	waist support frame		1
62	footplate supper frame		1
63	footplate		1
64	waist support frame main tube		1
65	leg press frame		1
66	massage roller frame		1
67	internal thread shaft	Φ25*70-M12	1
68	waist cushion		1
69	waist cushion connection frame		1
70	screw	M8*25	4
71	L shape pin		1
72	screw	M10*45	2
73	screw	M12*25	2
74	spring washer	Φ12	2
75	washer	Φ12	2
76	T shape pin	Φ10*85	1

STEP 12

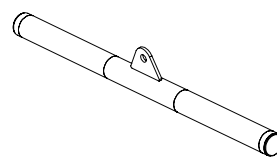


- 1 Attach footplate supper frame-62 and footplate-63 using M10*45 hexagon bolt-72, Φ 10 washer-9 and M10 lock nut-11, fix them on mainframe using L shape pin-71
- 2 Put dip bar left-59, dip bar right-60, leg press frame-65 and massage roller frame-66 on mainframe
- 3 Connect waist support frame-61 and waist support frame main tube-64 using M12*25 hexagon bolt-73, Φ 12 washer-75, Φ 12 spring washer-74 and internal thread shaft-67
- 4 Connect waist cushion-68 and waist cushion connection frame-69 using M8*25 hexagon bolt-70, Φ 8 washer-40 and Φ 8 spring washer-54
- 5 Put waist cushion connection frame-69 into waist support frame main tube-64
- 6 Fix waist support frame-61 on mainframe using T shape pin-76

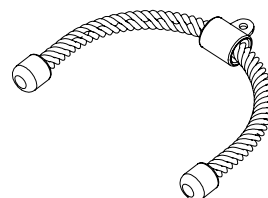
STEP 12



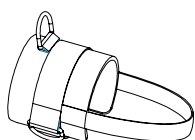
long bar (77)



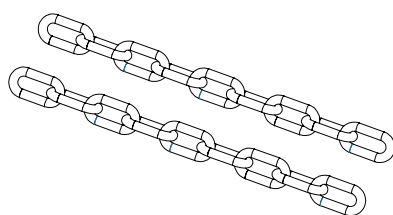
short bar (78)



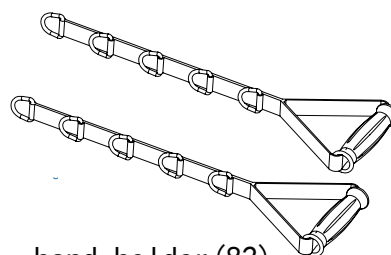
triceps rope (81)



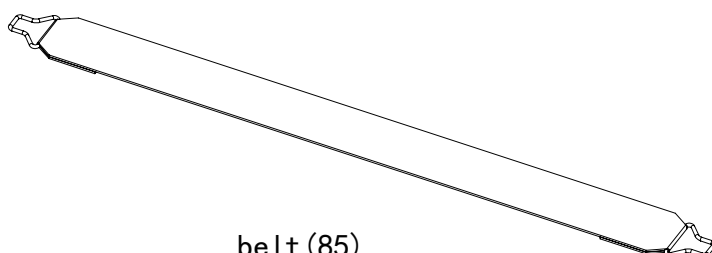
ankle cuff (80)



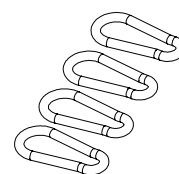
chain (84)



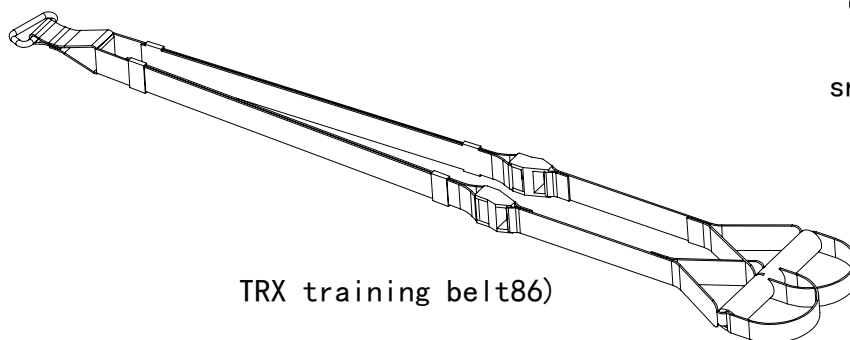
hand holder (82)



belt (85)



snap hook (83)



TRX training belt (86)