

Attention:
Please read this
manual carefully
before using the
machine.

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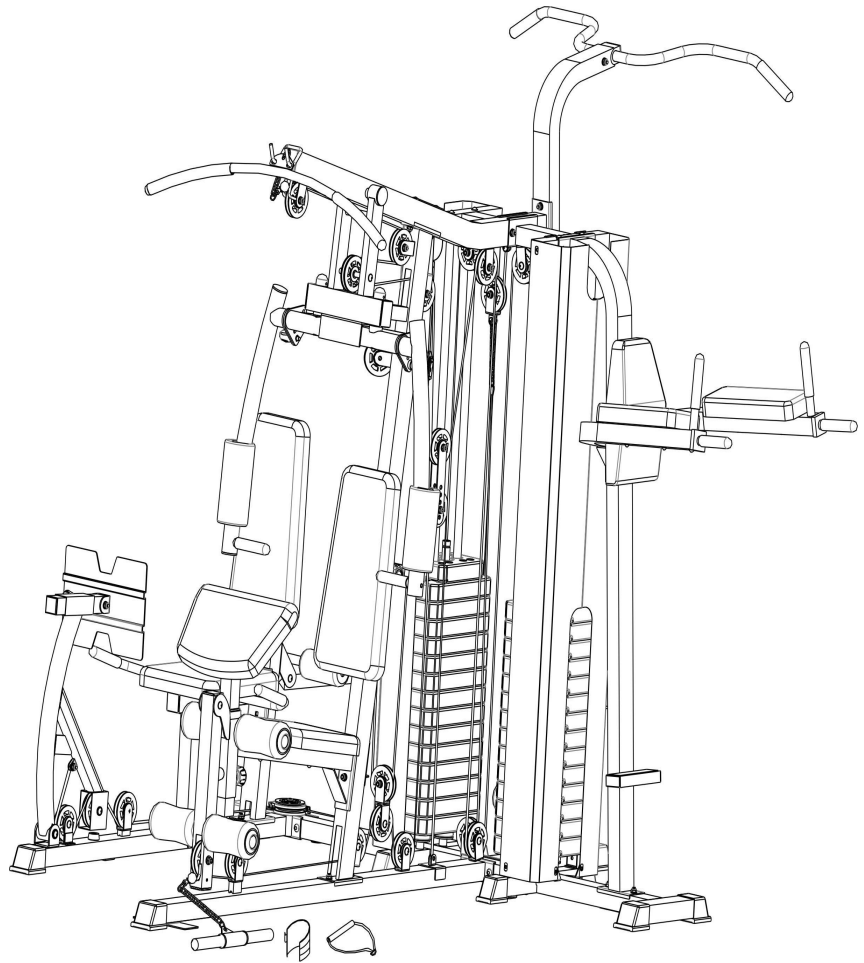
Model:
X-125

Please keep this
manual for your query.

2018-10-22

COSCO® *f* **ITNESS**

MODEL: X-125
FIVE STATION HOME GYM



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Before you Begin

Congratulations for selecting X-125 FIVE STATION HOME GYM.

For your safety and benefit, please read this manual carefully before you using the equipment. As a manufacturer, we are committed to provide after sales service with satisfactory to our customers.

If you need help or have damaged or missing parts, call the Customer Helpline and our customer service agents will provide immediate assistance to solve your problems.

Safety Information

Important – Please read fully before assembly or use

Warning

This equipment is built for optimum safety, however we still remind you to read the entire manual before you assemble or operate the machine. In particular, note the following safety precautions:

1. Keep children and animals away from the equipment at any time. Do not let unsupervised children and the equipment stay alone in one room.
2. Only six person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms, stop the workout and seek immediate medical attention.
4. This equipment must be built on a clean and level surface, and should not be used near water or outdoors.
5. Keep your hands and feet away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Do not wear loose or baggy clothing, as it may get caught in the equipment. Wear trainers to protect your feet while exercising.
7. The equipment must be operated in accordance with its functions described in this manual, do not operate other accessories or functions without recommendation from the manufacturer in order to avoid any injury.
8. Do not place any sharp objects around the equipment.
9. Disabled persons should not use the equipment without a qualified person or doctor in attendance.
10. Before using the equipment to exercise, always do stretching exercises as part of a proper warm up.

11. Select an appropriate weight plate to exercise according to your physical condition. It is recommended in the way of step by step.

12. Do not use the equipment when its function is incomplete.

13. It is suggested to exercise with supervisor around.

14. This product is suitable for a maximum user weight of: 120kgs.

Care and Maintenance

1. Periodically lubricate all the moving parts.

2. Check and tighten all the parts before using the equipment.

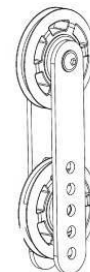
3. Use a damp cloth and mild cleaner to clean the equipment, any chemical solvent shall not be used for this purpose.

Rope Tension Adjustment

Adjust the rope system by moving the lower pulley on the position of pulley support.

1. If the rope tension is too loose, raise the position of the lower pulley to next higher hole.

2. If the rope tension is too tight, reduce the position of the lower pulley to next lower hole.

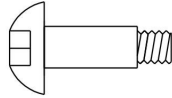


The lower pulley:

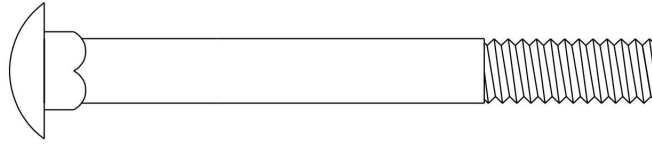
Warning: Before beginning any exercise program, consult your doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You must read all instructions before using any fitness equipment. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

Please keep this manual.

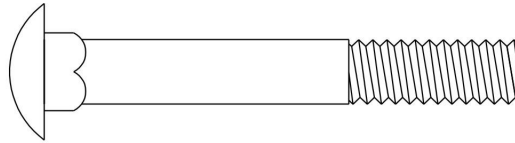
Components - Fixings (1)



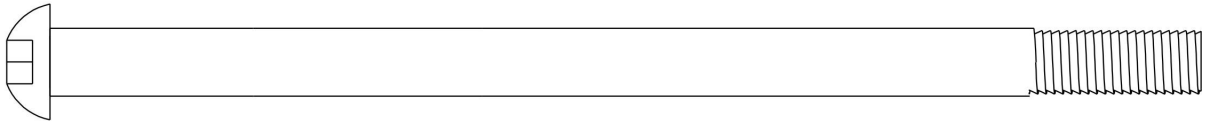
90# M8X20MM Alex Bolt (Qty2)



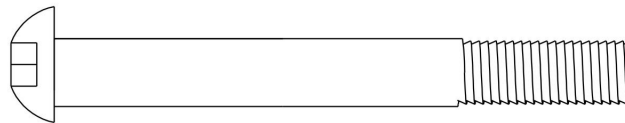
105# M10X90MM Carriage Bolt (Qty11)



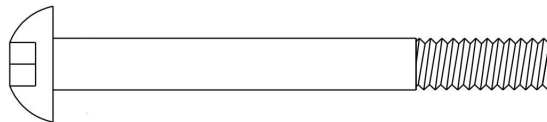
106# M10X70MM Carriage Bolt (Qty18)



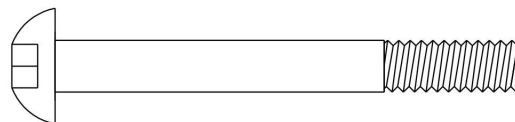
107# M10X170MM Allen Bolt (Qty1)



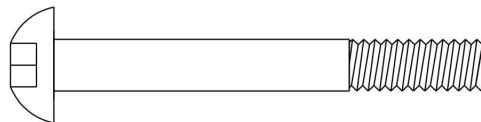
108# M10X85MM Allen Bolt (Qty1)



109# M10X75MM Allen Bolt (Qty1)

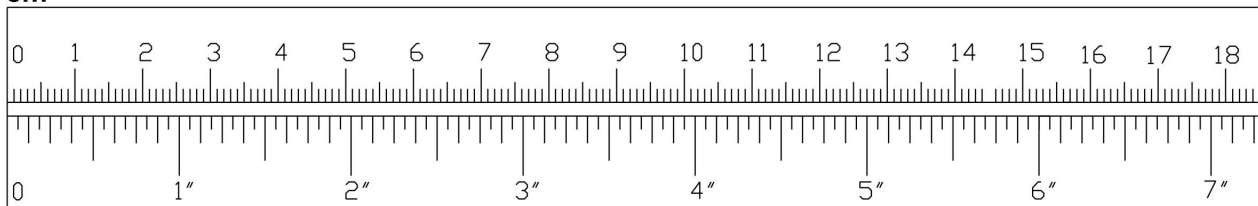


110# M10X70MM Allen Bolt (Qty1)

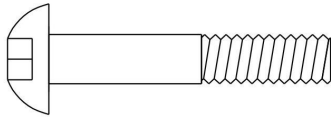


111# M10X65MM Allen Bolt (Qty4)

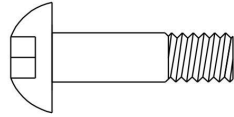
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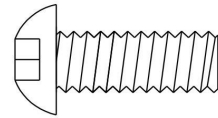
Components - Fixings (2)



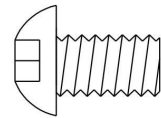
112# M10X45MM Allen Bolt (Qty21)



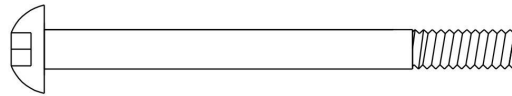
113# M10X28MM Allen Bolt (Qty4)



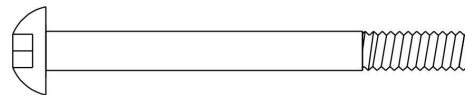
114# M10X25MM Allen Bolt (Qty12)



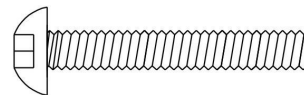
115# M10X16MM Allen Bolt (Qty20)



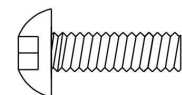
116# M8X75MM Allen Bolt (Qty2)



117# M8X65MM Allen Bolt (Qty10)



118# M8X40MM Allen Bolt (Qty6)

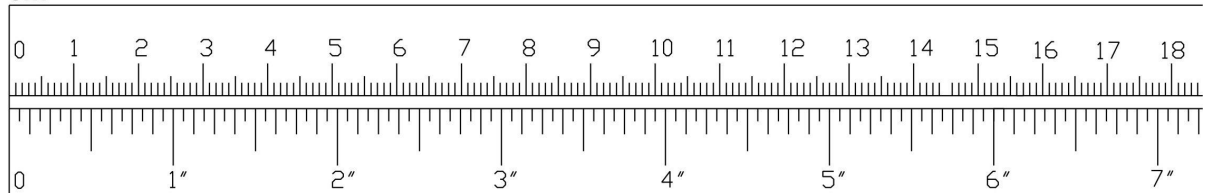


119# M8X20MM Allen Bolt (Qty2)

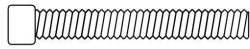


120# M6X20MM Hex Bolt (Qty4)

cm



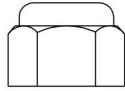
Components - Fixings (3)



121#M6X33 MM Allen Bolt (Qty2)



122# M5X10 MM Philips Screw (Qty8)



123#M10 AircraftNut (Qty63)



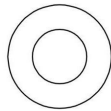
88# M6 AircraftNut (Qty4)



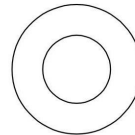
124#M5 AircraftNut (Qty8)



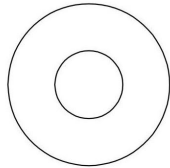
139 #M8 AircraftNut (Qty4)



126#Ø8 MM Washer(Qty16)



125#Ø10 MM Washer(Qty123)



127#Ø33XØ11MM Washer(Qty2)



89# Ø6 MM Washer(Qty6)



129#Ø15X68XM10 MM Axle(Qty1)

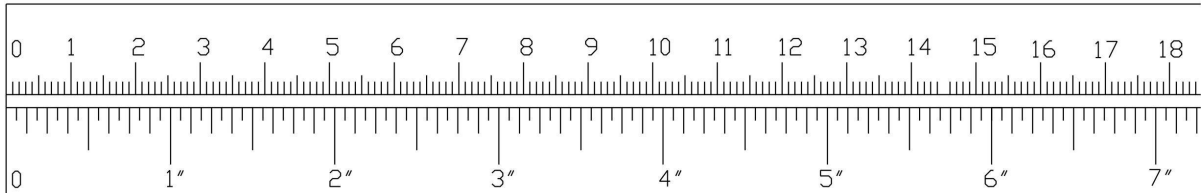


130# Ø10X57/M10 MM Axle(Qty2)

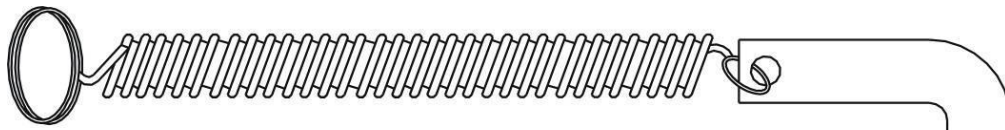


128# Axle(Qty1)

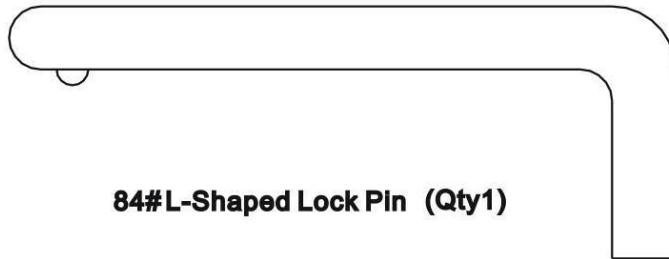
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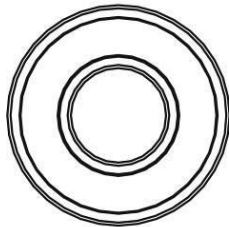
Components - Fixings (4)



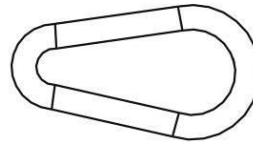
65#Weights Select Pin (Qty2)



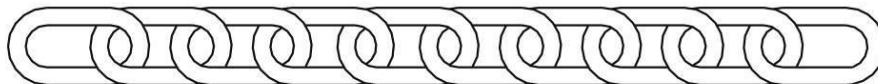
84#L-Shaped Lock Pin (Qty1)



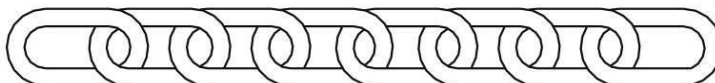
74#6202Z Bearing (Qty2)



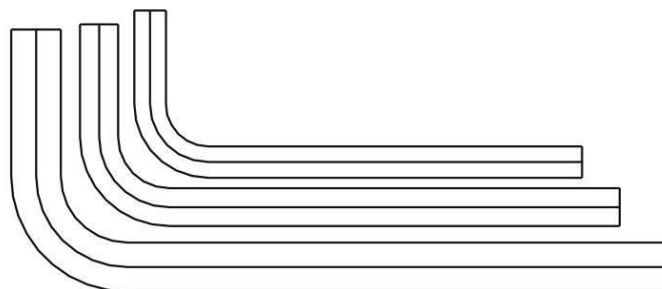
104# 7# Gourd Hook (Qty5)



102# 10 Joint Chain (Qty2)



103# 8 Joint Chain (Qty1)



4# And 5# Allen Wrench (Qty1)

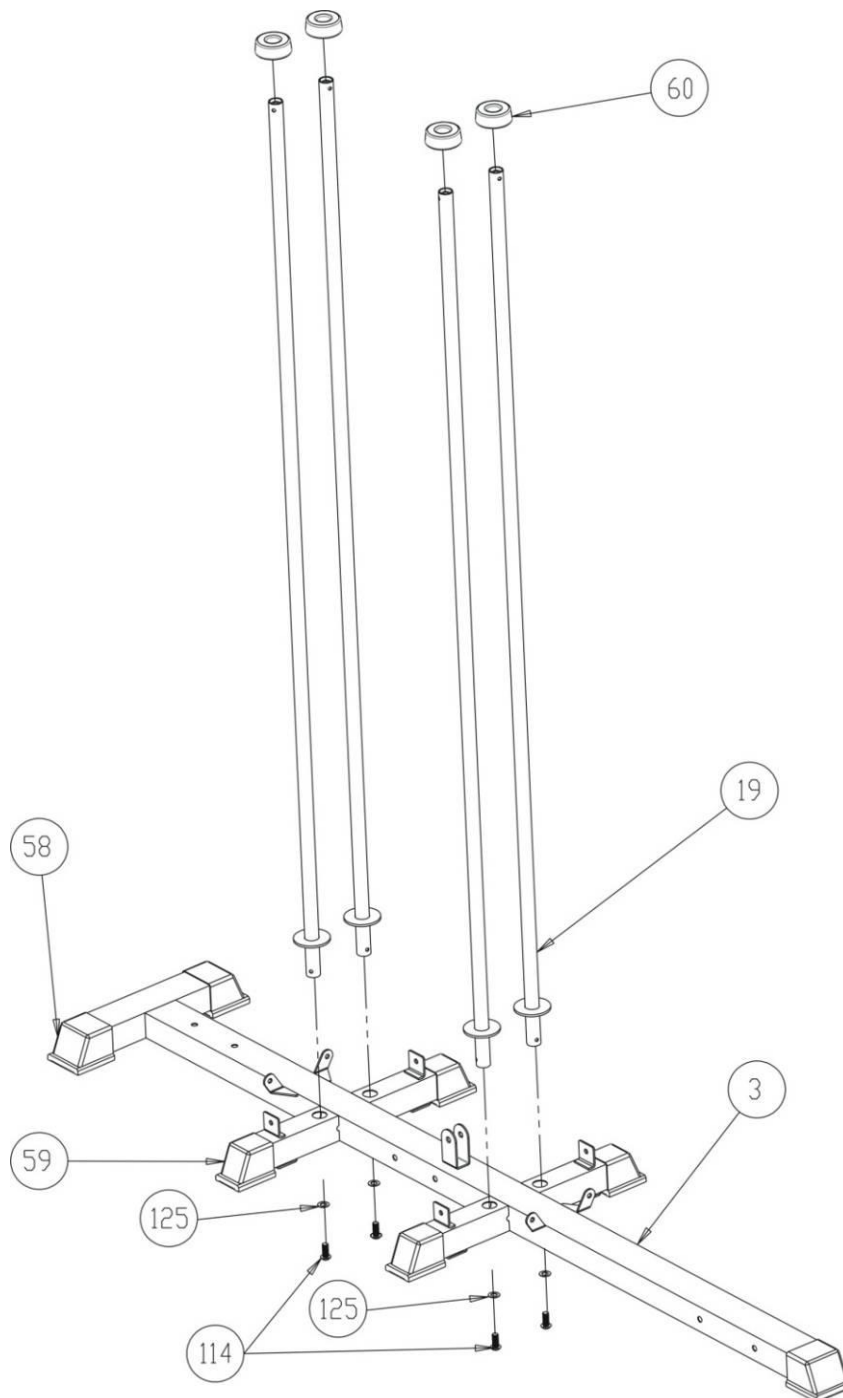
6# Allen Wrench (Qty2)

Assembly Instructions

Tools: Adjustable spanner x 2

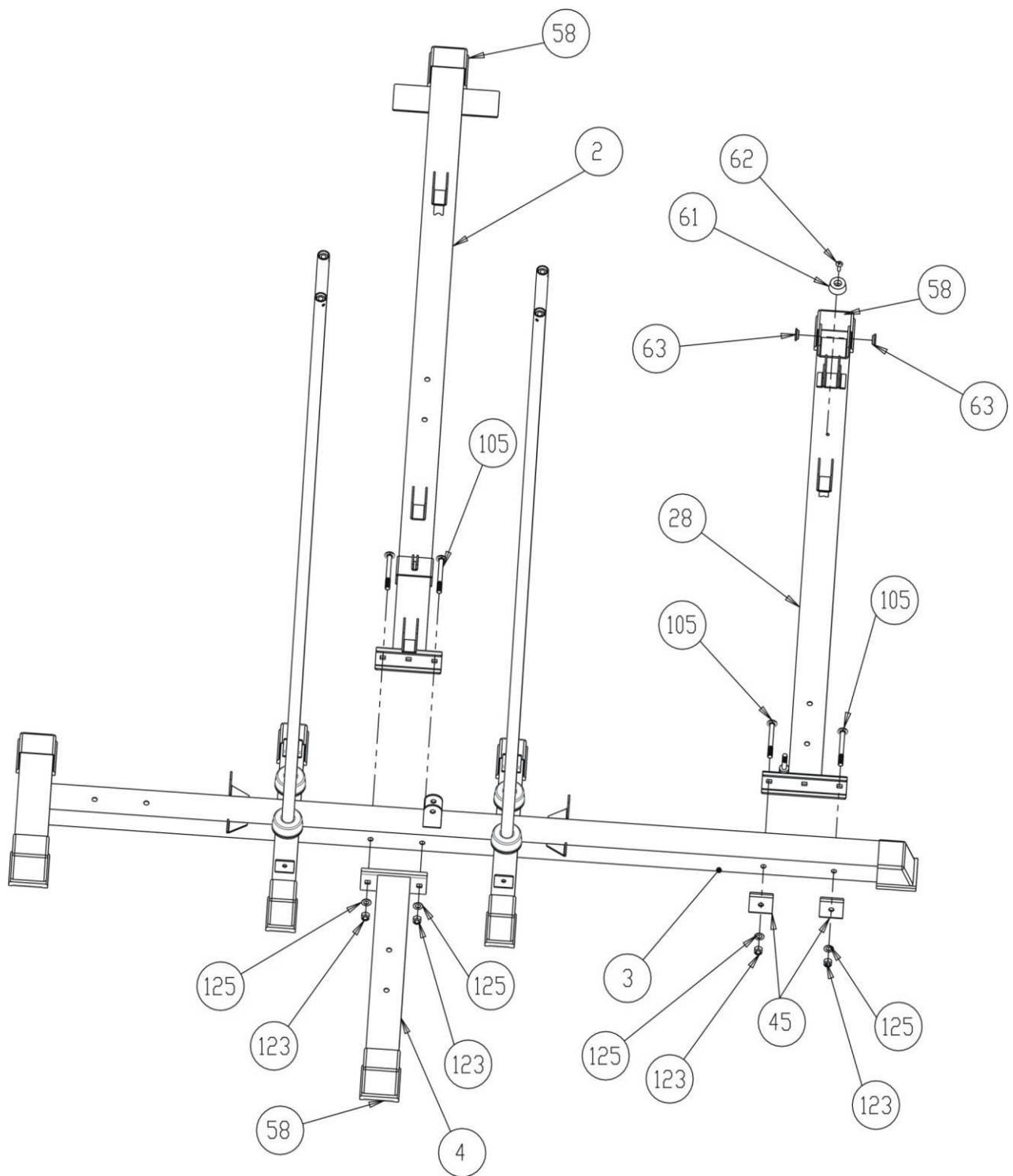
Attention:

It is strongly recommended to assemble the equipment by two or more people, otherwise it may cause serious injury.



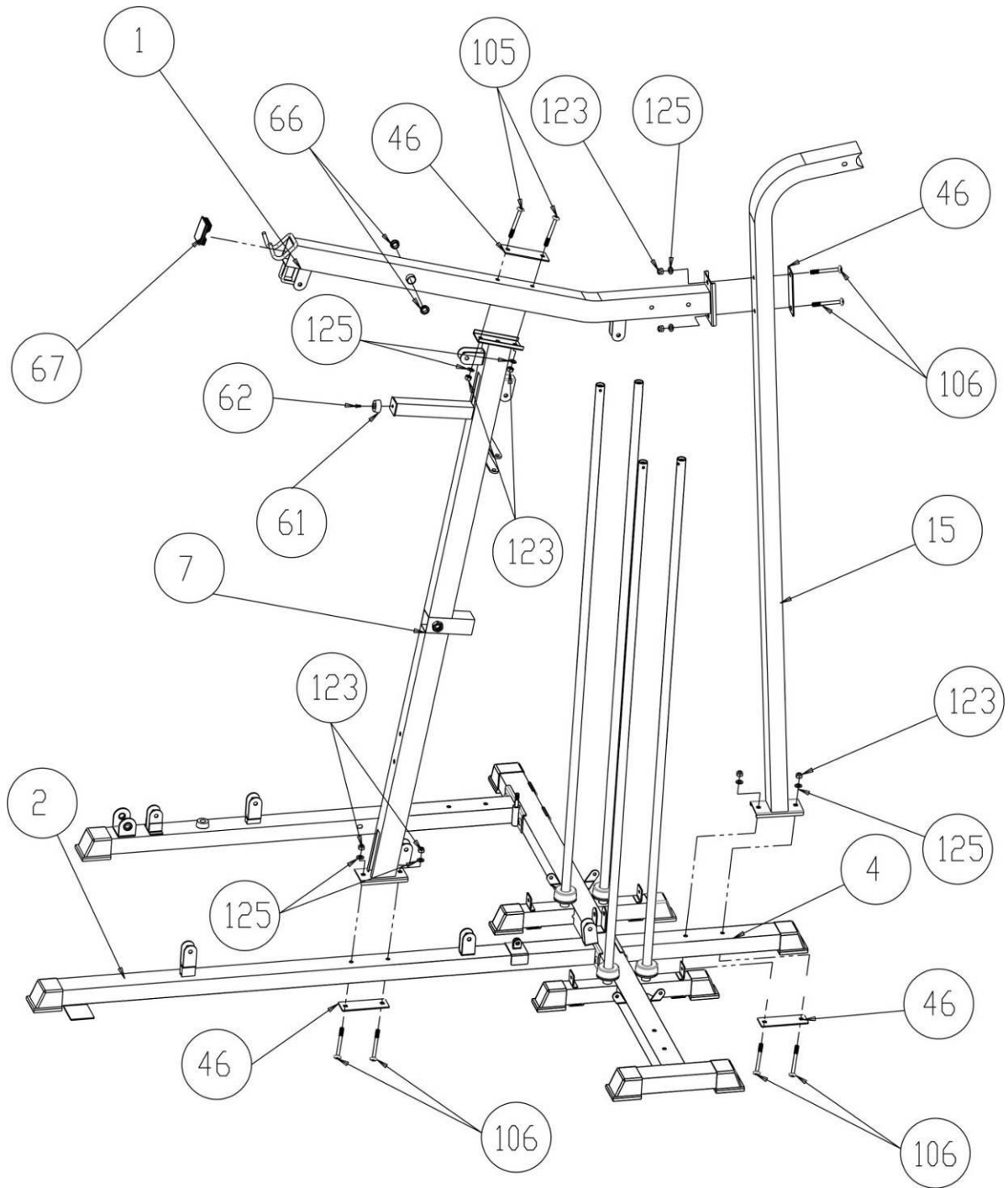
Step 1

1. Insert four Guide Rods (19) into the holes on the Main Base Frame (3). Secure each of them with 1 x M10x25mm Allen Bolt (114) and 1 x Ø10mm Washer (125) from bottom.
2. Slide four Round Rubber Bumpers (60) down to four Guide Rods (19).



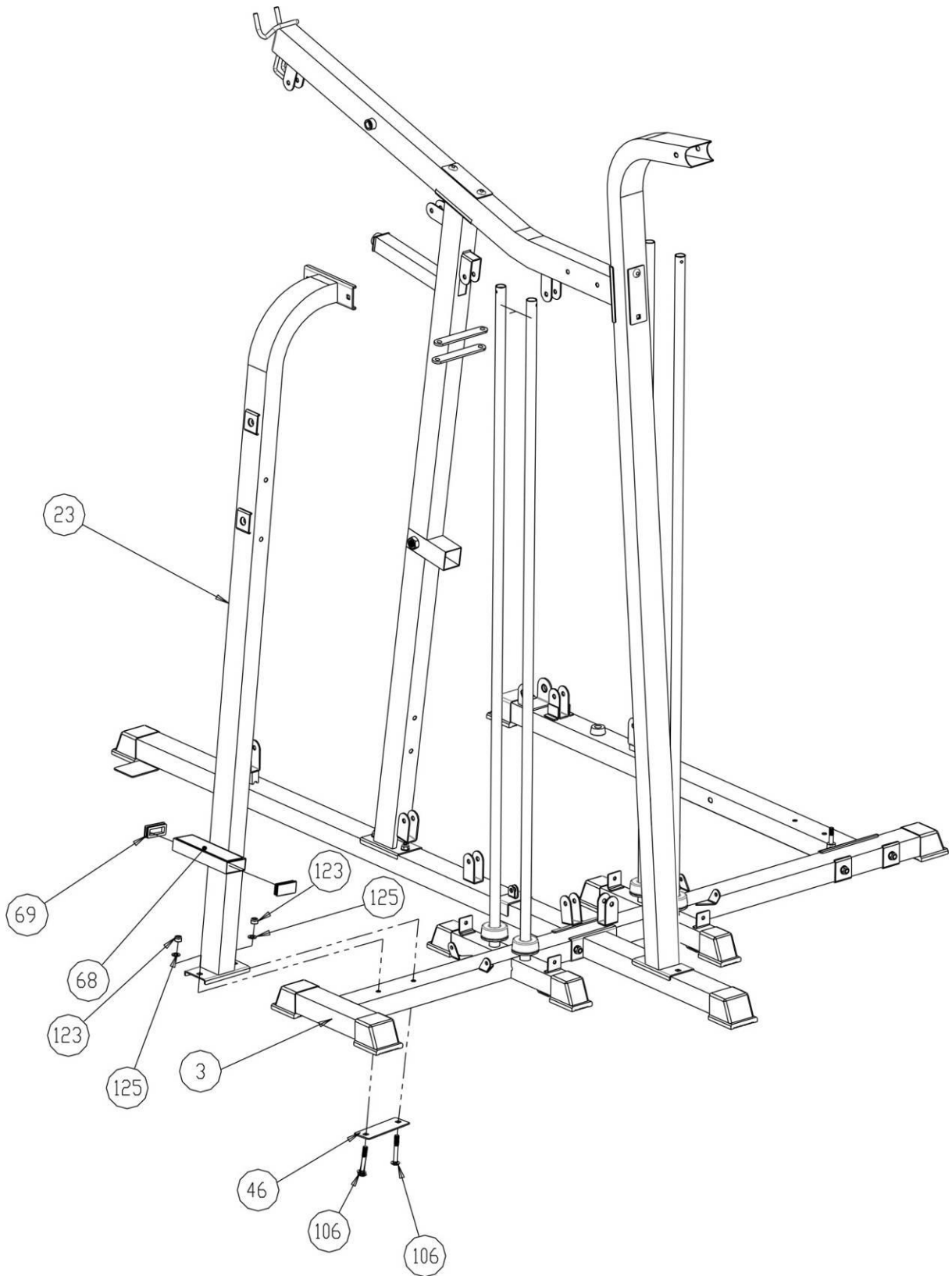
Step 2

1. Attach Base Frame A (2) and Base Frame B (4) to each side of the Main Base Frame (3), Line up the holes and secure with 2 x M10x90mm Carriage Bolts (105), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).
2. Attach Base Frame C (28), Attention the direction from the Main Base Frame (3), Line up the holes and secure with 2 x M10x90mm Carriage Bolts (105), 2 x Single Brackets (45), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).



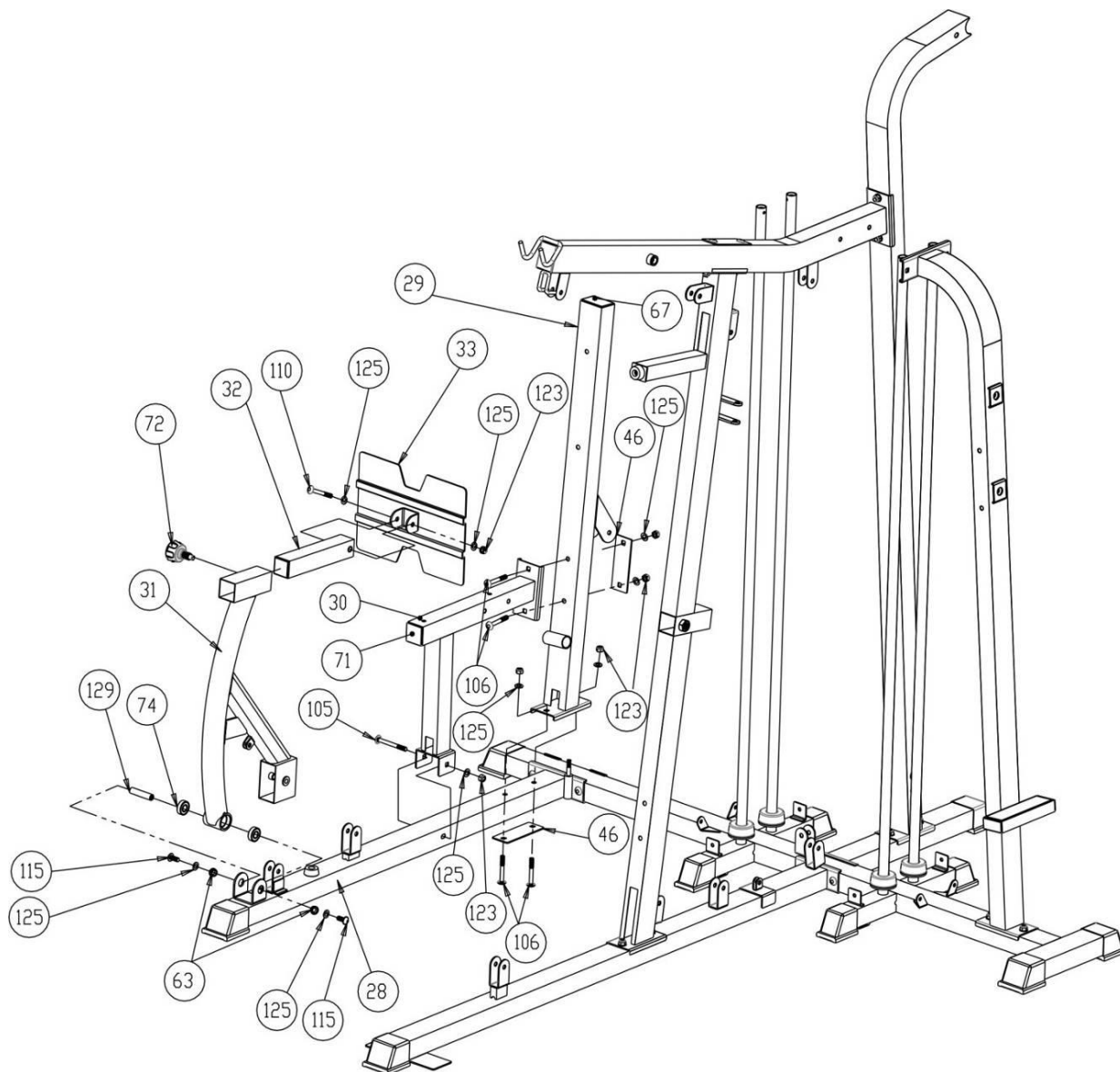
Step 3

1. Attach Front Vertical Support (7) onto Base Frame A (2), Line up the holes and secure with 2 x M10x70mm Carriage Bolts (106), 1 x Bracket (46), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).
2. Attach the Up Chinning bar support (15) to the Base Frame (4) using 2 x M10x70mm Carriage Bolts (106), 1 x Bracket (46), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).
3. Place the Upper Frame (1) onto the bracket on the top of the Front Vertical Support (7), Line up the holes and secure with 2 x M10x90mm Carriage Bolts (105), 1 x Bracket (46), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).
4. Attach the rear of the Upper Frame (1) to the Up Chinning bar support (15), Line up the holes and secure with 2 x M10x70mm Carriage Bolts (106), 1 x Bracket (46), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123)



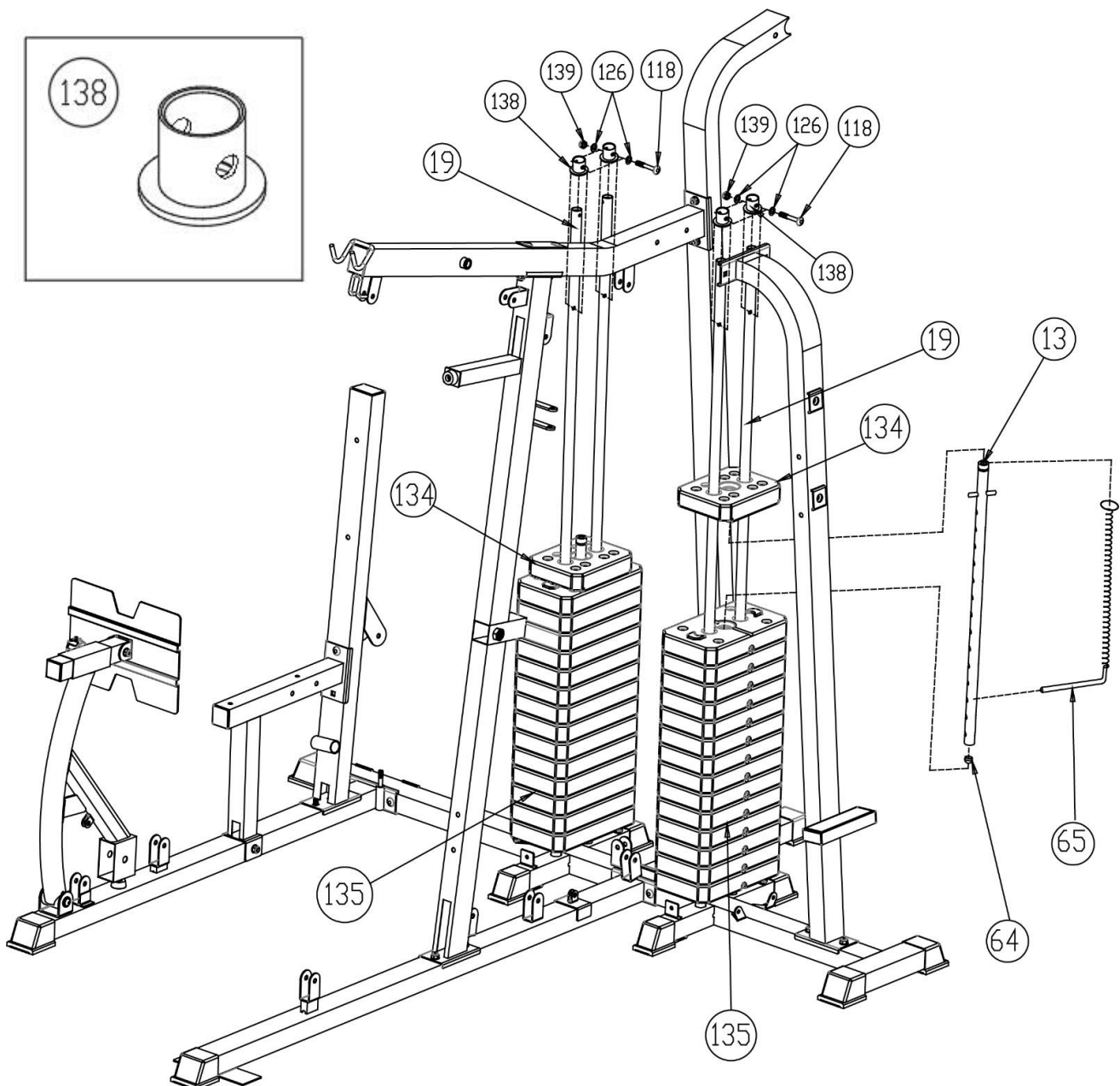
Step 4

1. Place the Power Tower Main Support (23) onto the Rear side of the Main Support (3), line up the holes and secure with 2 x M10x70mm Carriage Bolts (106), 1 x Bracket (46), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).



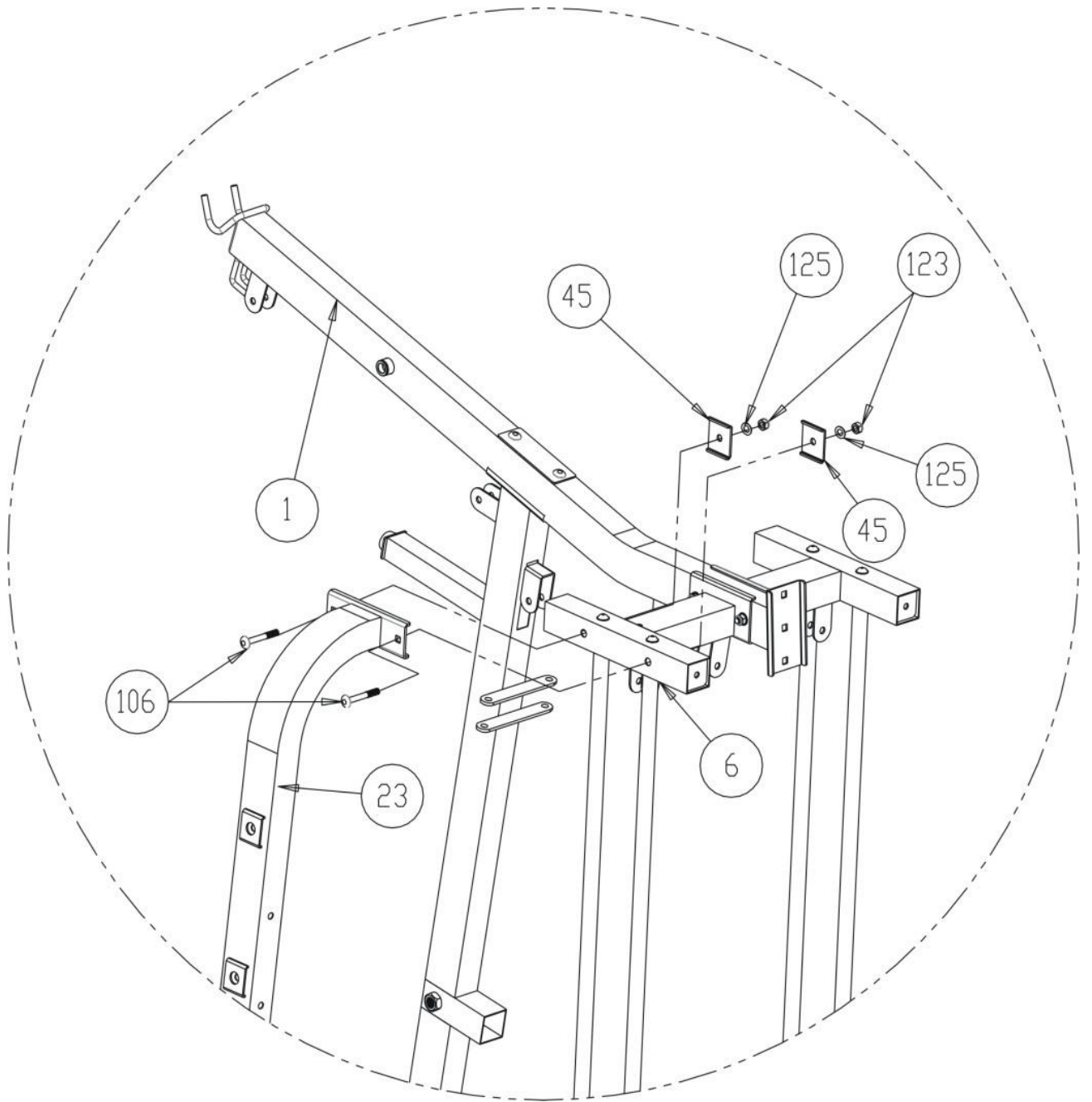
Step 5

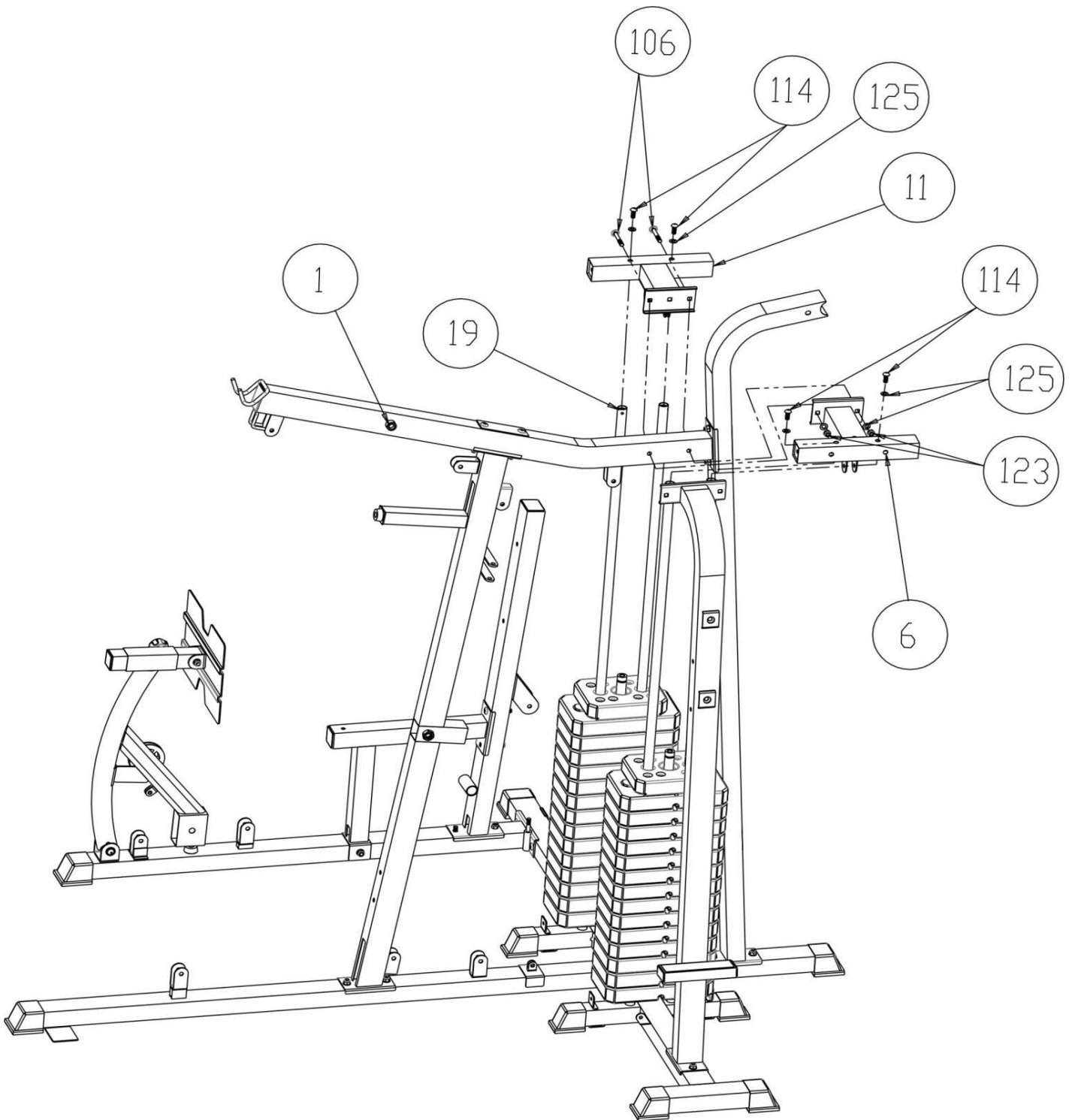
1. Attach Leg Press Support (31) to the Bracket on the top of the Base Frame C (28), secure with 2 x M10x16mm Allen bolts (115), 2 x Bushings (63) and 2 x Ø10mm Washers (125).
2. Attach Foot Leg Press Adjustable Tube (32) to the bracket on the back of the Foot Plate (33), secure with 1 x M10x70mm Allen Bolt (110), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).
3. Insert leg plate assembling into the tube on the top of the Leg Press Support (31), select desired position and secure with Lock Knob (72).
4. Place the Backrest Support Frame (29) onto the Base Frame (28), Align up the holes and secure with 1 x M10x90mm Carriage Bolts (106), 2 x Ø10mm Washers (125) and 1 x M10 Aircraft Nuts (123).
5. Place the Side Seat Support Frame (30) onto the mid of the Base Frame C (28), Line of the holes and secure with 1 x M10x70mm Carriage Bolt (105), 2 x Ø10mm Washers (125) and 1 x M10 Aircraft Nut (123).
6. Attach another side of the Seat Support Frame (30) to the Backrest Support Frame (29), Line of the holes and secure with 2 x M10x70mm Carriage Bolts (106), 1 x Bracket (46), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).



Step 6

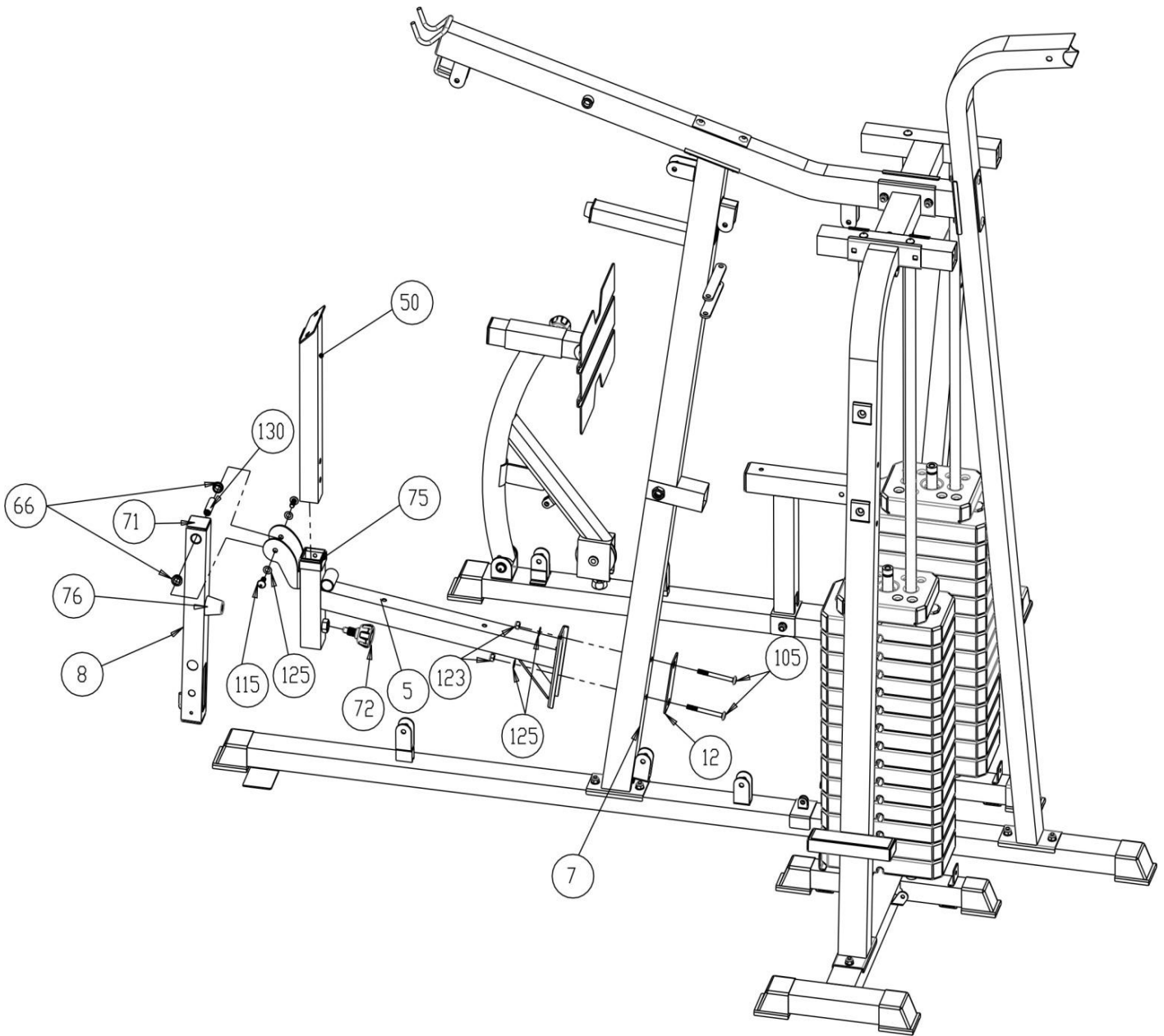
1. Slide two sets (each set 14pcs) Weight Stacks (135) down to Guide Rods (19) with the slot facing down and out side. Insert the Weight Select Rod (13) into the center hole of the each set of the Weight Stack (135).
2. Attach the ring of the Weights Select Pin (65) to top of each Weight Select Rod (13), Select desired weight and insert the Weight Select Pin (65) into the slot of the Weight Stack (135).
3. Slide Weight Stem (134) down to each set of the Guide Rod (19).
4. Attach the Spacing Weldment (138) to 4 x Guide Rod (19), respectively using 1 x M8x45mm Allen Bolts (118), 2 x Ø8mm Washers (126) and 1 x M8 Aircraft Nuts (139).





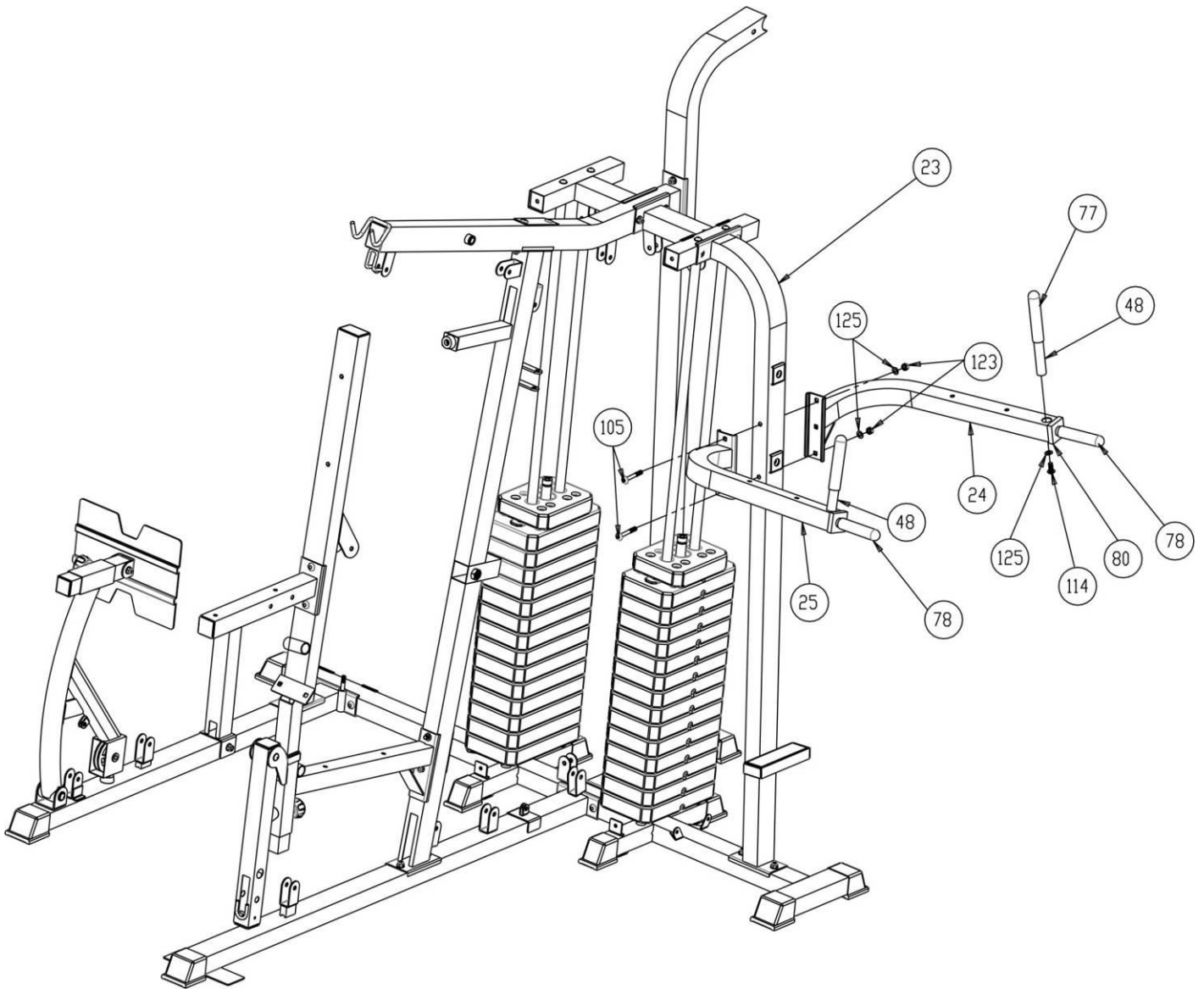
Step 7

1. Place Left & Right Guide Rod Holder (**6&11**) onto the top of the Guide Rods (**19**), Line up the holes and secure each of them with 2 x M10x25mm Allen Bolts (**114**) and 2 x Ø10mm Washers (**125**).
2. Attach the Left & Right Guide Rod Holder (**6&11**) to each side of the Upper Frame (**1**), Align up the holes and secure with 2 x M10x70mm Carriage Bolts (**106**), 2 x Ø10mm Washers (**125**) and 2 x M10 Aircraft Nuts (**123**).
3. Attach the Power Tower Main Support (**23**) to the Left Guide Rod Holder (**6**), Align up the holes and secure with 2 x M10x70mm Carriage Bolts (**106**), 2 x Single Hole Brackets (**45**), 2 x Ø10mm Washers (**125**) and 2 x M10 Aircraft Nuts (**123**).



Step 8

1. Attach the Seat Support Frame (5) to the Front Vertical Support (7), Line up the holes and secure with 2 x M10x90mm Carriage Bolts (105), 1 x Bracket (12), 2 x Ø10mm Washers (125) and 2 x M10 Aircraft Nuts (123).
2. Attach the Leg Developer (8) into the U- shaped bracket on the top of the Seat Support Frame (5), secure with one Ø16x57/M10mm Axle (130), two M10x16mm Allen Bolts (115) and Ø10mm Washers (125).
3. Insert the Arm Curl Stand (50) into the up opening of the Seat Support Frame (5), Select desired height and secure with one Lock Knob (72).

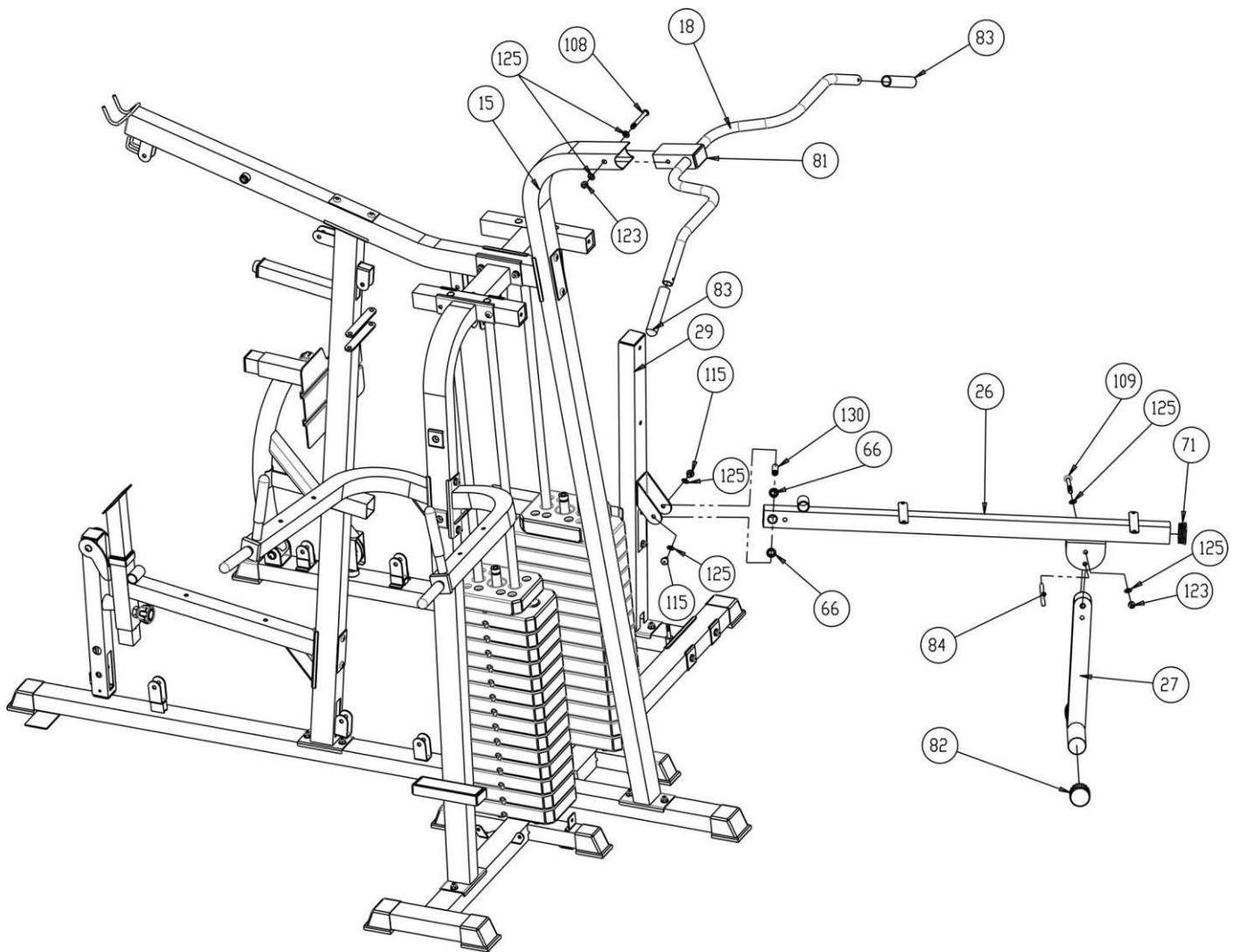


Step 9

1. Attach Left & Right Dip Arm (**24 & 25**) to each side of the Power Tower Main Support (**23**), Line up the holes and secure with 2 x M10x90mm Carriage Bolts (**105**), 2 x Ø10mm Washers (**125**) and 2 x M10 Aircraft Nuts (**123**).

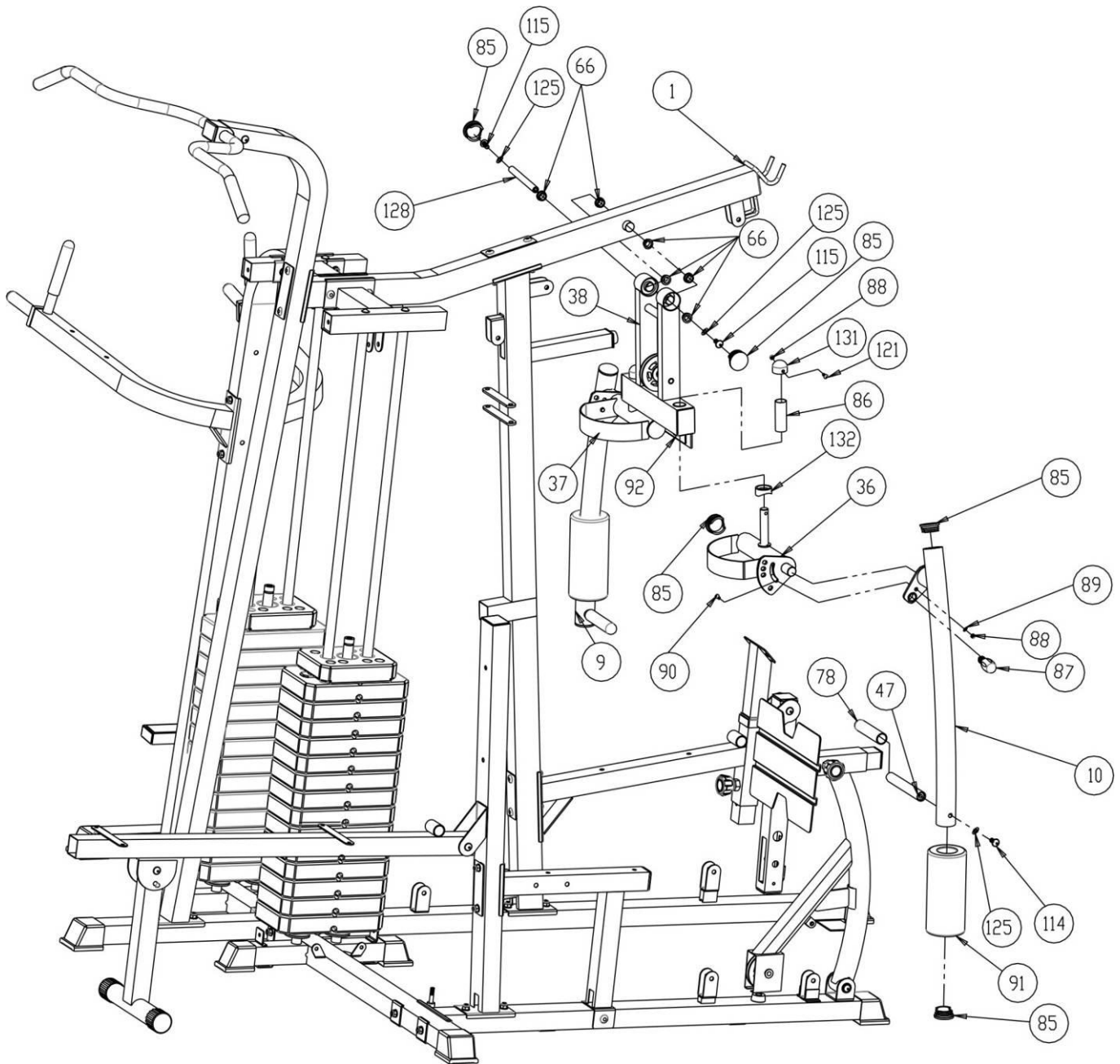
2. Insert 2 x VKR Handles (**48**) into the Left & Right Dip Arm (**24 & 25**) respectively, and secure with 1 x M10×25mm Allen Bolt Allen Bolt (**114**) and 1 x Ø10mm Washer (**125**).

Note: The Ø25×145mm Handle Grip (**77**), Ø25×130mm Handle Grip (**78**) and Ø26/□50mm Sleeve (**80**) are pre-assembled.



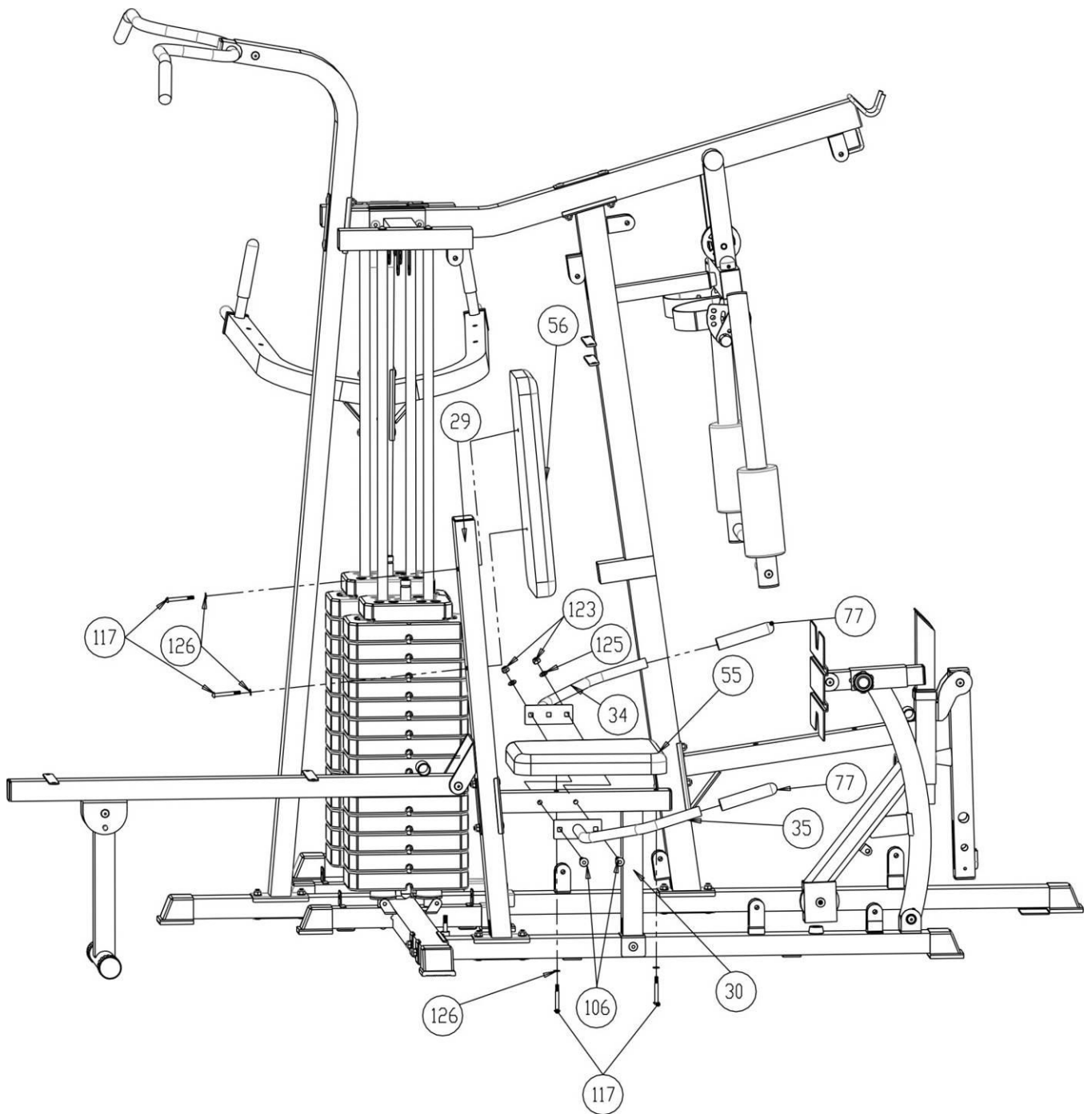
Step 10

1. Attach the Upper Chinning Bar (18) into the top opening of the Chinning Bar Support Frame (15), Secure with 1 x M10x85mm Allen Bolt (108), 2 x Ø10mm Washers (125) and 1 x M10 Aircraft Nut (123).
2. Attach the Main Sit up Support Frame (26) to the bracket on the back of the Backrest Support Frame (29), Secure with 2 x M10x16mm Allen Bolts (115), 2 x Ø10mm Washers (125), 2 x Ø25×Ø22×Ø16×10mm Bushings (66) and 2 x Ø16×57/M10mm Alex (130). Attach the Foldable Leg (27) into the Bracket of the Main Sit up Support Frame (26), Line up the upper hole and secure with 1 x M10x75mm Allen Bolt (109), 2 x Ø10mm Washers (125) and 1 x M10 Aircraft Nut (123). Line up the lower hole and locked with 1 x Ø10x100mm L-shaped Lock Pin (84).



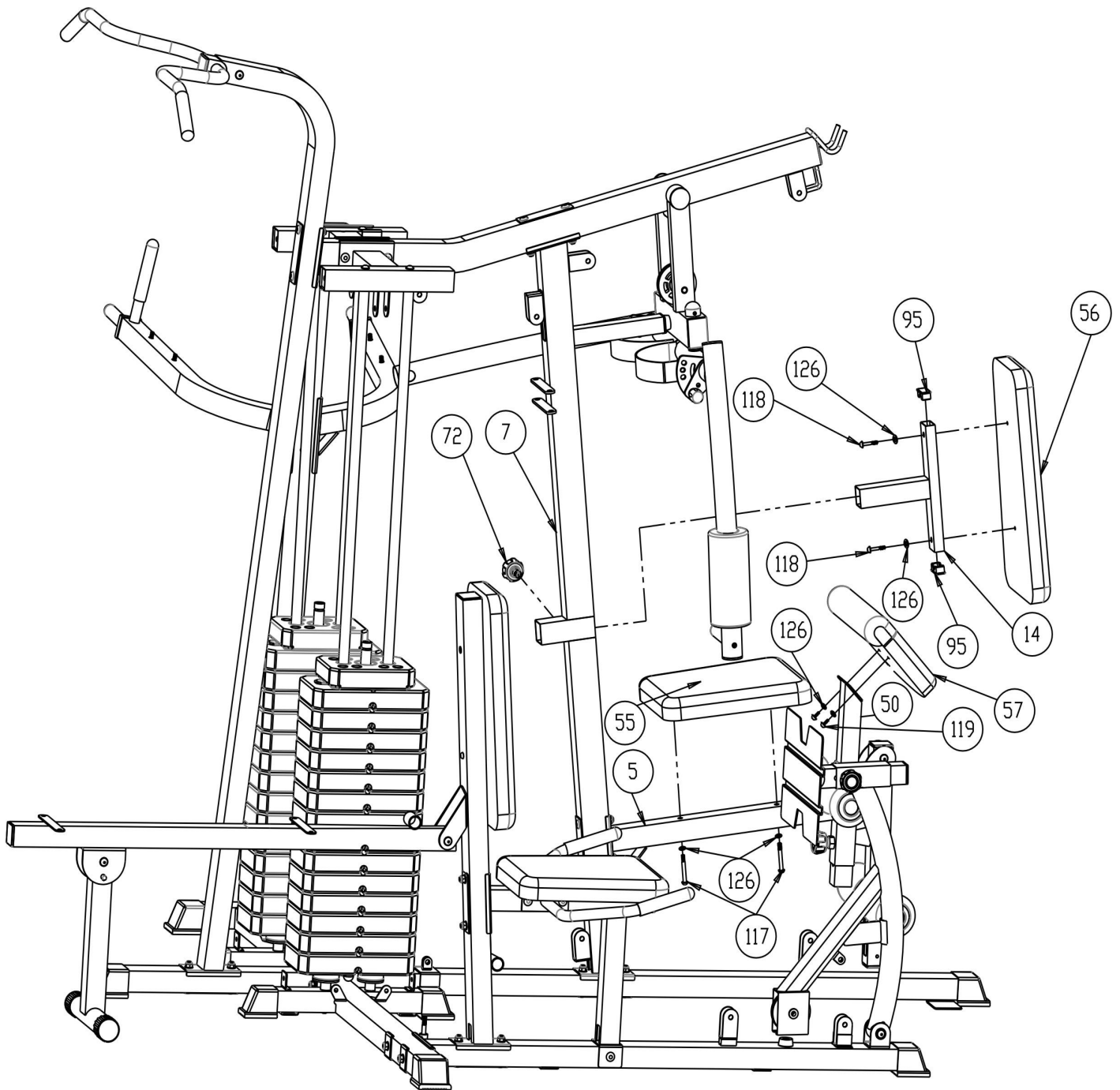
Step 11

1. Attach the Butterfly Base Support (38) to the Upper Frame (1), line up the hole and secure with Axle (128), 2 x M10x16mm Allen Bolts (115) and 2 x Ø10mm Washers (125). Place 2 x Ø50x1.5mm End Caps (85) to each side of the Butterfly Base Support (38).
2. Attach Right Butterfly Base (36) into the Hole on the Front Press Base (38) with 1 x Butterfly Axle Cover (132), Secure with 1 x Lock Cap (131), 1 x M6x33mm Allen Bolt (121) and 1 x M6 Aircraft Nut (88).
3. Attach the Right Butterfly Arm (10) to the Right Butterfly Base (36), secure with 1 x M8x23mm Allen Bolt (90), 1 x Ø6mm Washer (89) and 1 x M6 Aircraft Nut (88). Select desired position and lock the Right Butterfly Arm (10) to the hole on Right Butterfly Base (36) with M18 Lock Knob (87).
4. Repeat step B C to install the Left Butterfly Base (37) and Left Butterfly Arm (9).



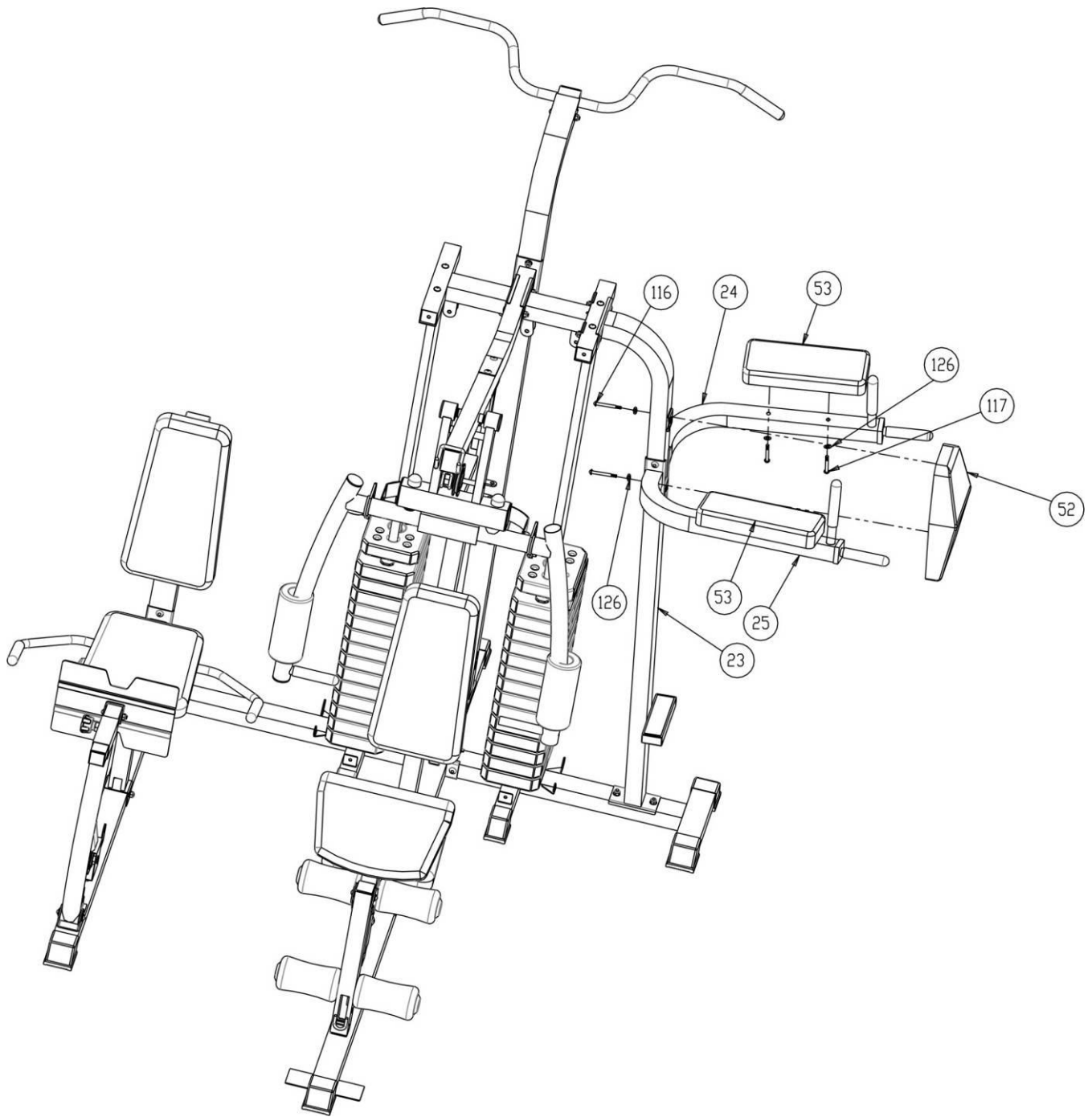
Step 12

1. Attach the Left & Right Side Handle (**34 & 35**) to each side of the Side Seat Support Frame (**30**), Align up the holes and secure with 2 x M10x70mm Carriage Bolts (**106**), 2 x Ø10mm Washers (**125**) and 2 x M10 Aircraft Nuts (**123**), Place Seat Pad (**55**) onto the Side Seat Support Frame (**30**), Align up the holes and secure with 2 x M8x65mm Allen Bolts (**117**) and 2 x Ø8mm Washers (**126**).
2. Attach the Backrest Pad (**56**) to the Backrest Pad Support (**29**), Secure with 2 x M8x65mm Allen Bolts (**117**) and 2 x Ø8mm Washers (**126**).



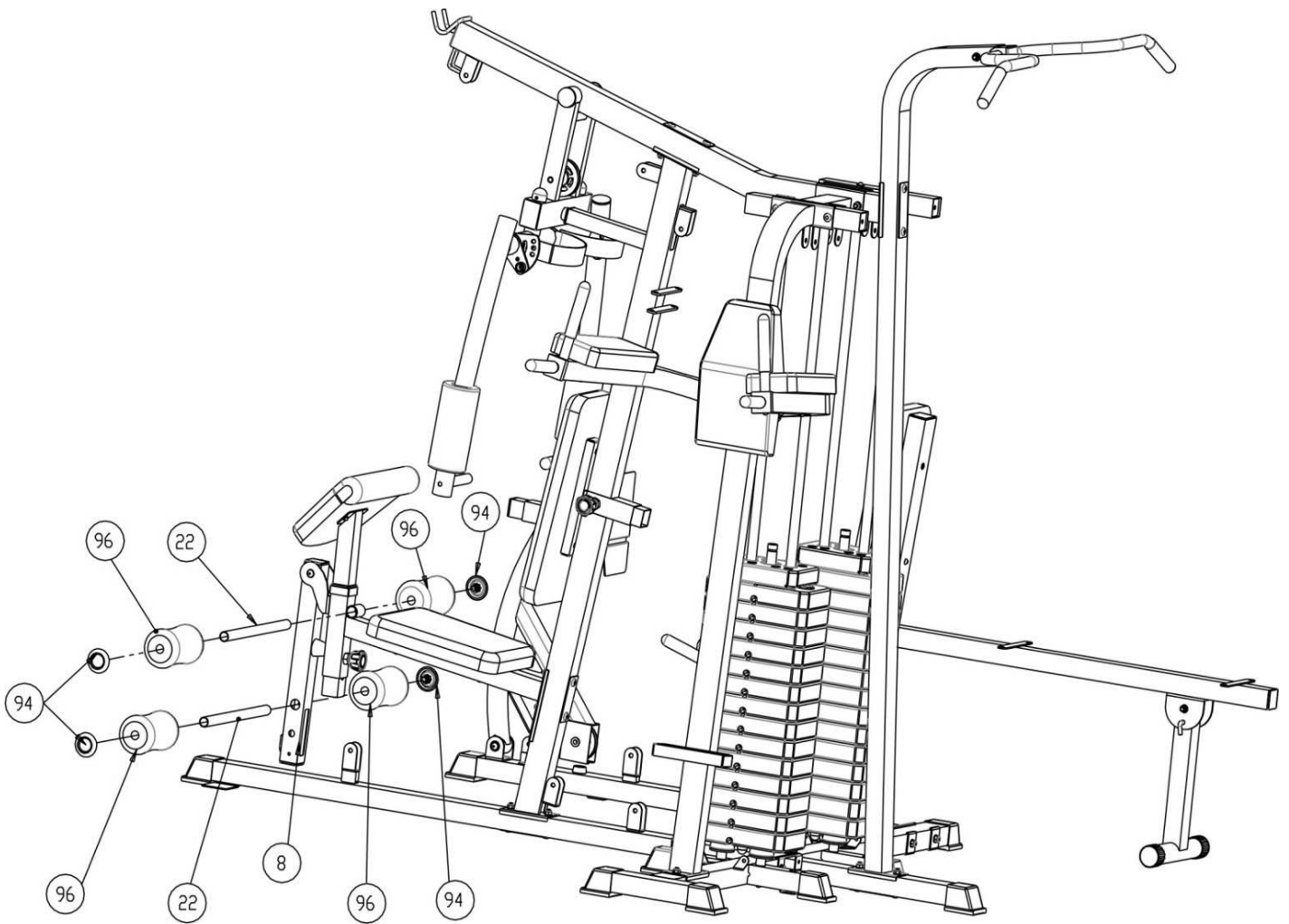
Step 13

1. Attach the Seat pad (55) to the Seat Pad Support (5), Align up the holes and secure with 2 x M8x65mm Allen Bolts (117) and 2 x Ø8mm Washers (126).
2. Attach the Arm Curl Pad (57) to the Arm Pad Stand (50), Align up the holes and secure with 2 x M8x20mm Allen Bolts (119) and 2 x Ø8mm Washers (126).
3. Attach the Backrest Pad (56) to the Adjustable Seat Pad Support (14), Line up the holes and secure with 1 x M8x40mm Allen Bolt (118) and 1 x Ø8mm Washer (126).
4. Insert the Adjustable Seat Pad Support (14) into the tube on the mid of the Front Vertical Support (7), Select desired position and secure with one Lock Knob (72).



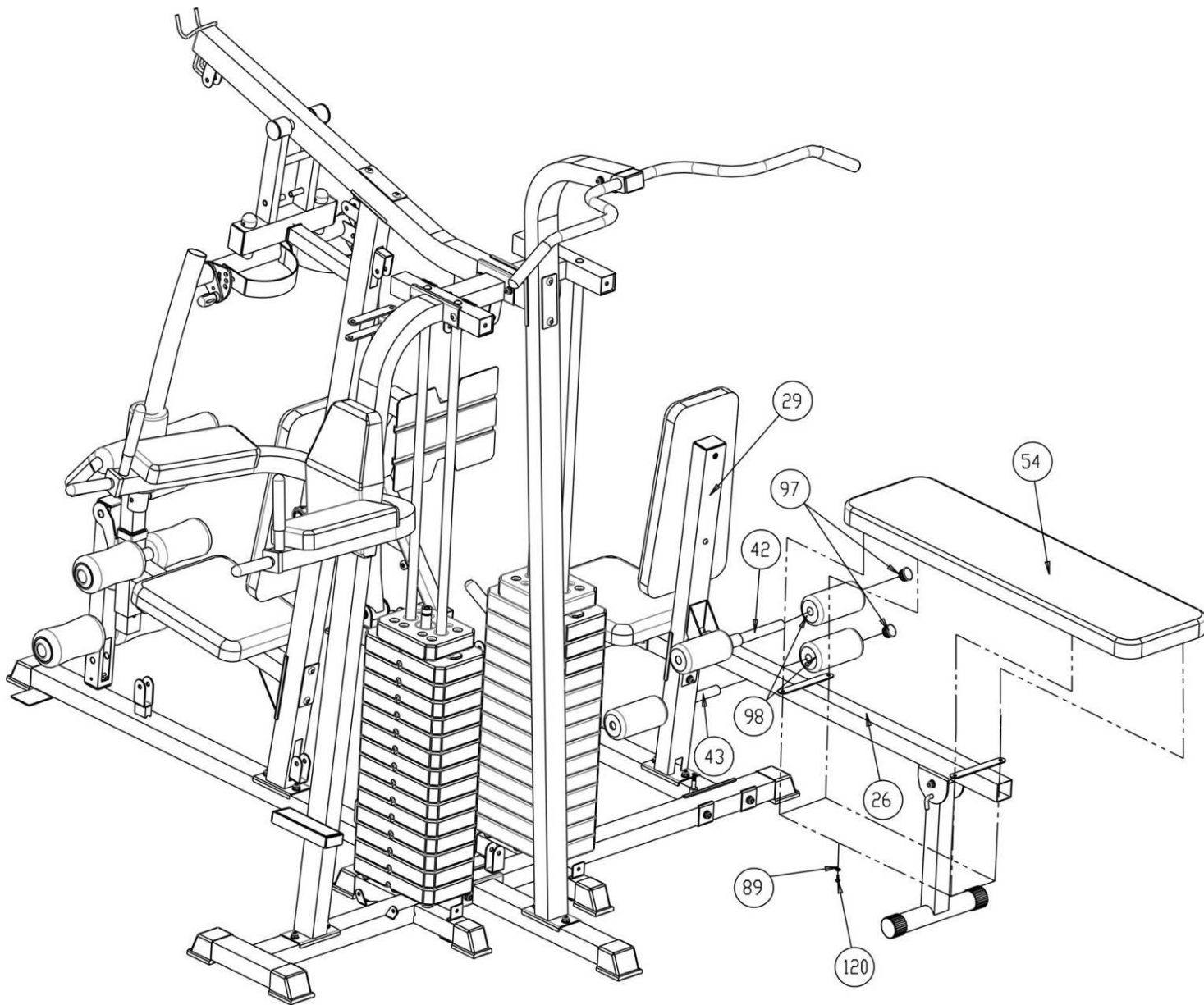
Step 14

1. Attach the Backrest Pad (52) to the Power Tower Main Support (23), Secure with 2 x M8x75mm Allen Bolts (116) and 2 x Ø8mm Washers (126).
2. Place 2 x Arm Pads (53) to the Left & Right Dip Arm (24&25), Secure each of them with 2 x M8x65mm Allen Bolts (117) and 2 x Ø8mm Washers (126).



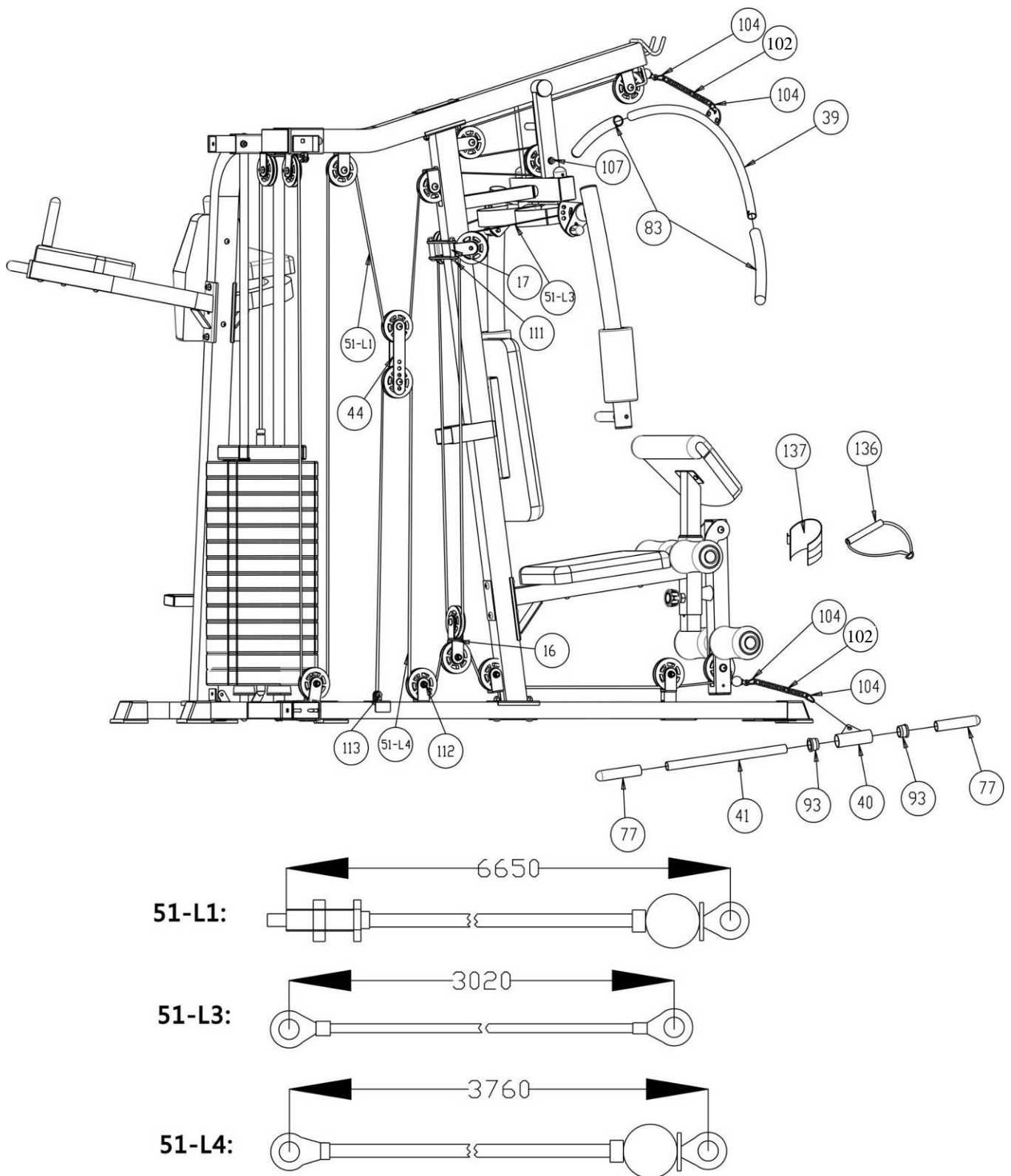
Step 15

1. Slide two Foam Roll Tubes (22) into the hole on the Seat Support Frame (5) and Leg Developer (8) with half way. Attach two Leg Extension Foam Rolls (96) to each side of the Foam Roll Tubes (22). Attach four Foam Roll End Caps (94) to each side of the Foam Roll Tubes (22).



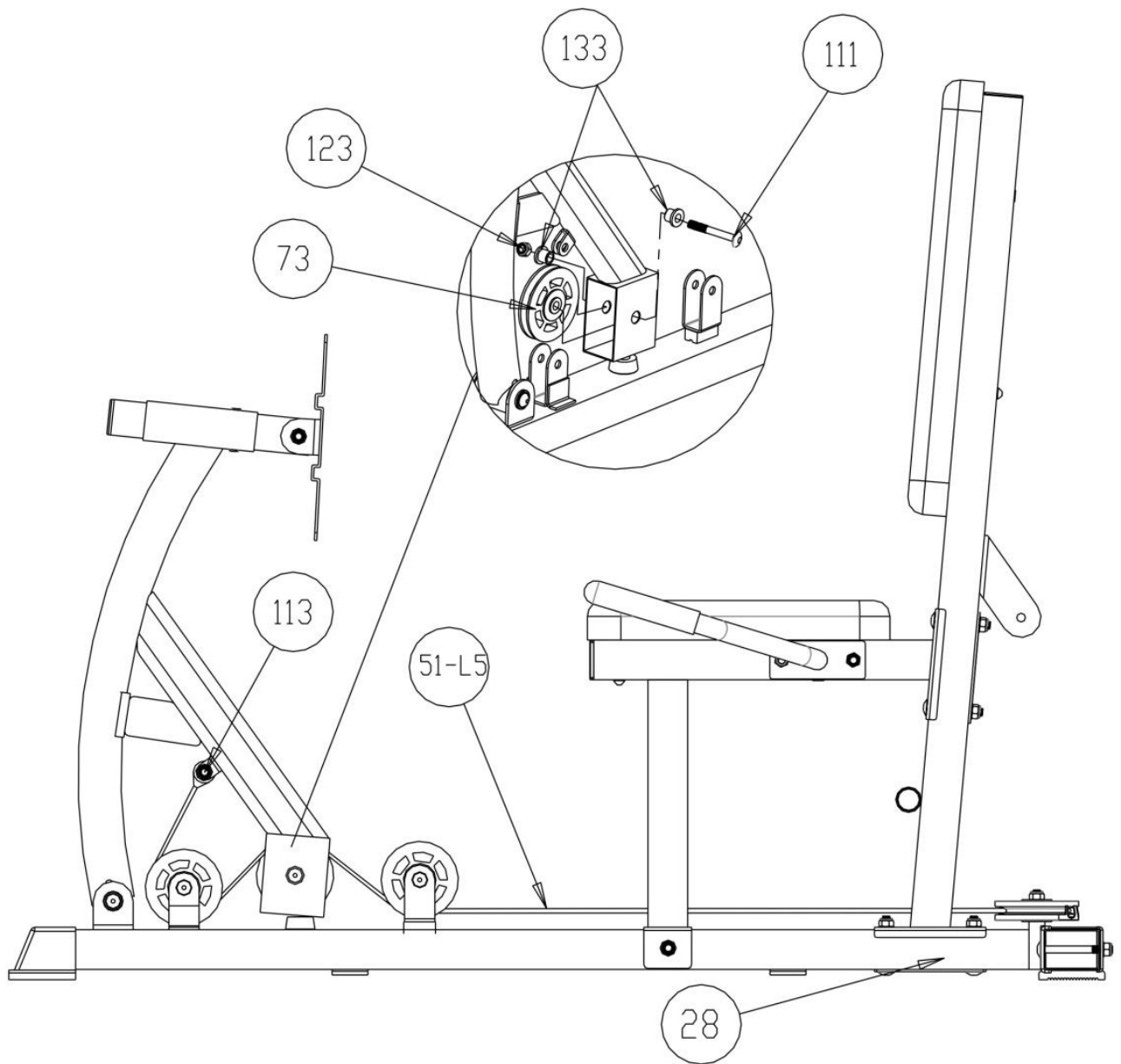
Step 16

1. Attach the Sit Up Board Short Grip (42) into the hole on the Main Sit up Support Frame (26) and Sit Up Board Long Grip (43) into the hole on Backrest Support Frame (29), Attach 4 x Ø22xØ80x160mm Foam Rolls (98) to each side of the Short & Long Foam Roll Tube (42&43).
2. Attach the Backrest Pad (54) to the Main Sit up Support Frame (26), secure with 4 x M6x20mm Hex Bolts (120) and 4 x Ø6 mm Washers (89).

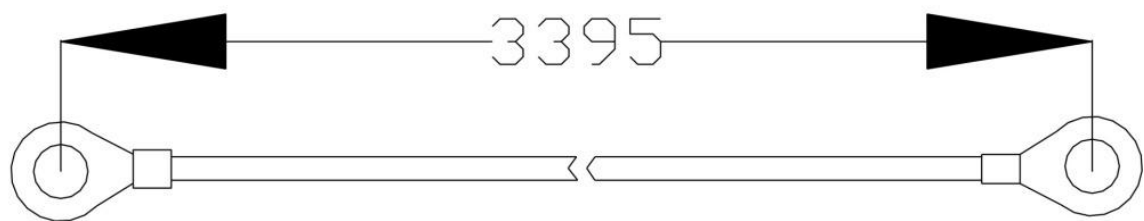


Step 17

1. Following below diagram and install 51-L1 Cable, 51-L3 Cable, 51-L4 Cable and Ø97mm Pulleys (99) to the Frame.
2. Attach Short Handle Grip (41) to the Ball end of the 51-L4 Cable with 10 Joint Chain (102) and 2 x 7 Gourd Hooks (104).
3. Attach Lat Bar (39) to the ball end of the 51-L1 Cable with 10 Joint Chain (102) and 2 x 7 Gourd Hooks (104).

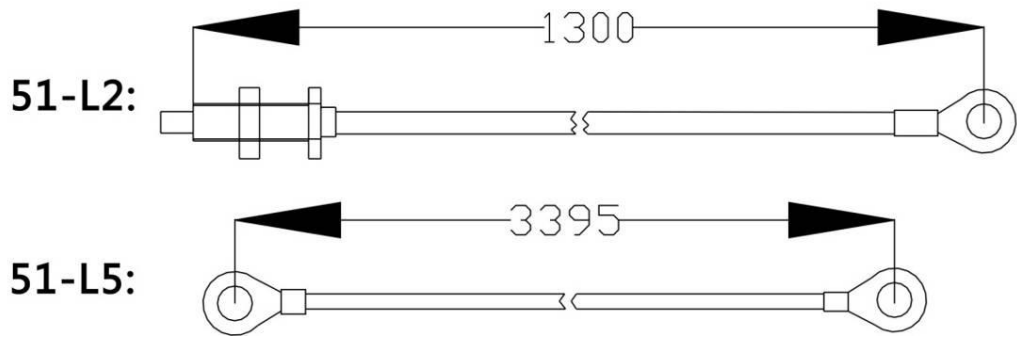
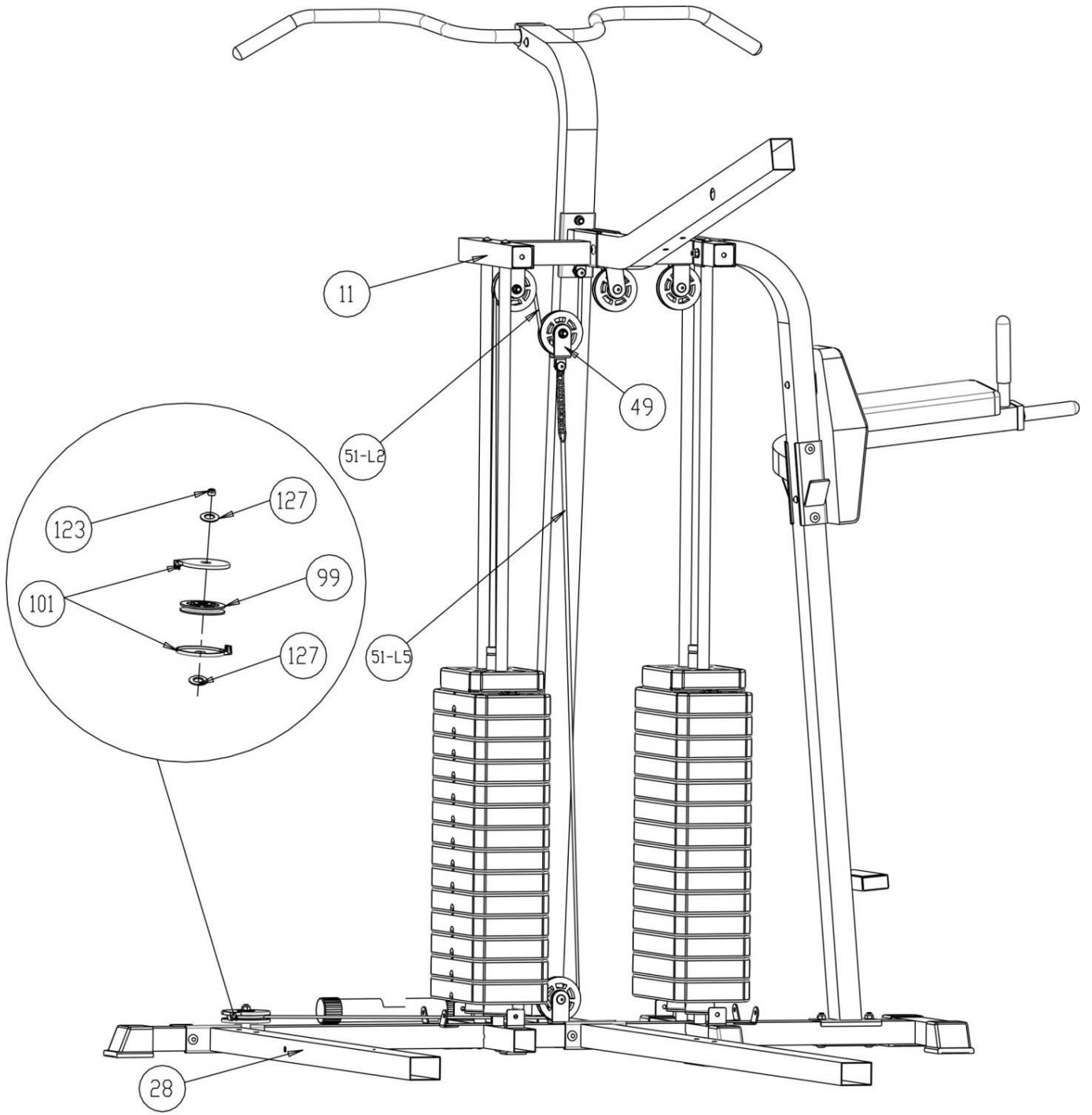


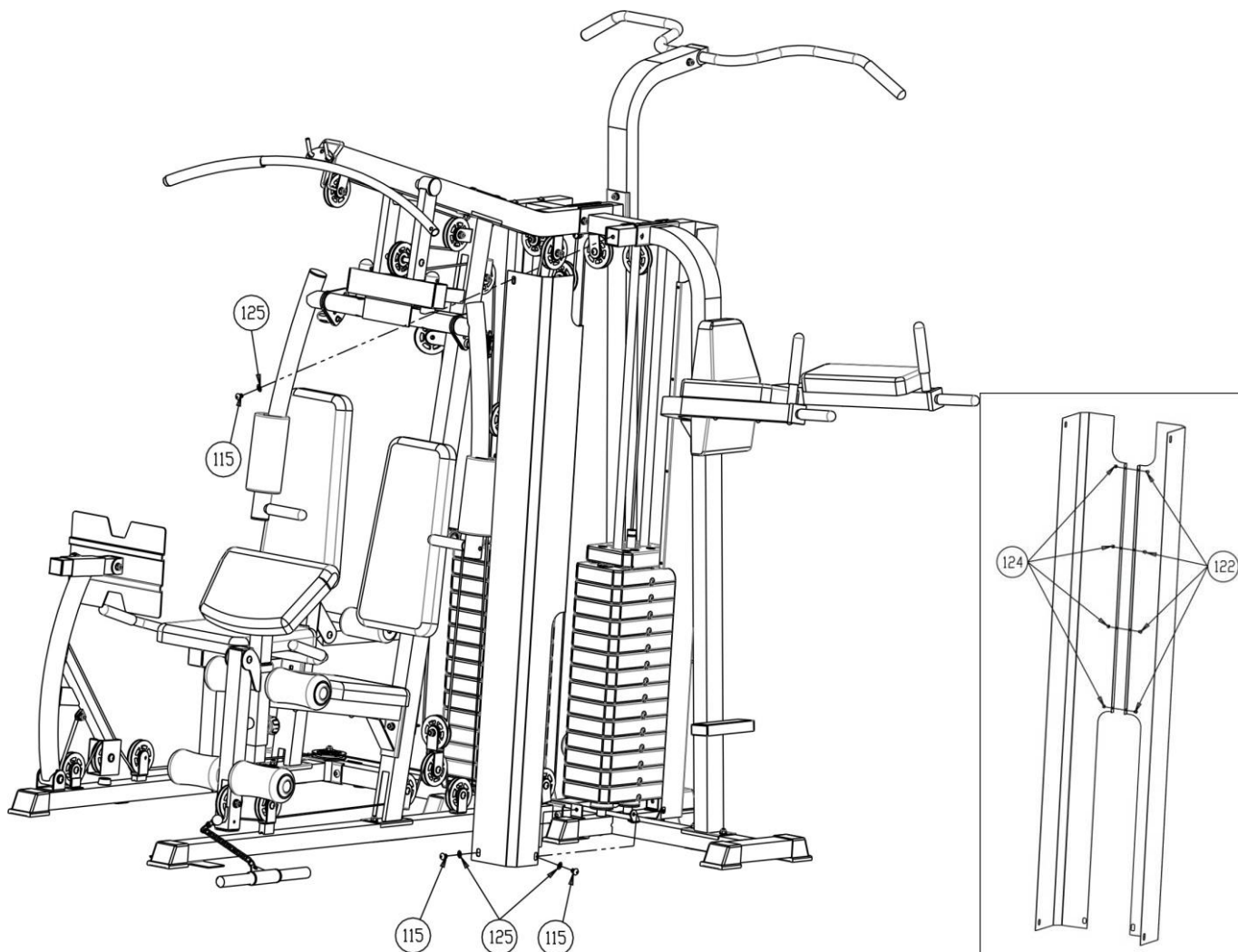
51-L5:



Step 18

1. Attach the 51-L5 Cable to the Bracket on the Leg Press Support (31) with 1 x M10x28mm Allen Bolt (113), 2 x Ø10mm Washers (125) and 1 x M10 Aircraft Nut (123).
2. Loop the Cable as the Drawing showing in the below diagram.





Step 19

1. Attach the Left & Right Weight Stack Cage (**20&21**) together with 4 x M5x10mm Philips Bolts (**122**) and 4 x M5 Aircraft Nuts (**124**).
2. Attach the two weight cage assembling to the Main Base Frame (**3**) and secure each of with 2 x M10x16mm Allen Bolts (**115**) and 2 x Ø10mm Washers (**125**). And to the Left Guide Rod Holder (**6**) with 2 x M10x16mm Allen Bolts (**115**) and 2 x Ø10mm Washers (**125**).
3. Repeat Step b to install two weight cage assembling to the Main Base Support (**3**) and Right Guide Rod Holder (**11**).

Parts List

Part #	Description	QTY	Part #	Description	QTY
1	Upper Frame	1	39	Lat bar	1
2	Base Frame A	1	40	Sleeve Tube	1
3	Main Base Frame	1	41	Short Bar	1
4	Base Frame B	1	42	Sit Up Board Short Grip	1
5	Seat Pas Support Frame	1	43	Sit Up Board Long Grip	1
6	Left Guide Rod Holder	1	44	Double Pulley Bracket	2
7	Front Vertical Support	1	45	Single Hole Bracket	4
8	Leg Developer	1	46	Bracket	7
9	Left Butterfly Arm	1	47	Front Press Handle	2
10	Right Butterfly Arm	1	48	VKR Handle	2
11	Right Guide Rod Holder	1	49	Single Floating Pulley Bracket	1
12	Bracket 1	1	50	Arm Curl stand	1
13	Weight Select Rod	2	51-L1	L1 Cable	1
14	Adjustable Backrest Support	1	51-L2	L2 Cable	1
15	Chinning bar support frame	1	51-L3	L3 Cable	1
16	Cross Pulley Bracket	1	51-L4	L4 Cable	1
17	Floating Pulley Bracket	2	51-L5	L5 Cable	1
18	Upper Chinning Bar	1	52	Power Tower Backrest Pad	1
19	Guide Rod	4	53	Arm Pad	2
20	Left Weight Cage	2	54	Sit up Pad	1
21	Right Weight Cage	2	55	Seat Pad	2
22	Foam Roll Tube	2	56	Backrest Pad	2
23	Power Tower Main Support	1	57	Arm Curl Pad	1
24	Left Dip Arm	1	58	□50×70mm Foot	6
25	Right Dip Arm	1	59	□50×50mm Foot	4
26	Main Sit Up Support Frame	1	60	Round Rubber Bumper	4
27	Foldable Leg	1	61	Rubber Bumper	2
28	Base Frame C	1	62	M6×16mm Philips Screw	3
29	Backrest Support Frame	1	63	Bushing	2
30	Side Seat Support Frame	1	64	Ø25×2mm Cone End Cap	2
31	Leg Press Support	1	65	Weights Select Pin	2
32	Leg Press Adjustable tube	1	66	Ø25×Ø22×Ø16×10mm Bushing	10
33	Foot plate	1	67	50×70×1.5mm End Cap	4
34	Left Side Handle	1	68	50×190mm Non Slip Sheet	1
35	Right Side Handle	1	69	30×60×1.5MM End Cap	2
36	Right Butterfly Base	1	70	□45×1.5mm End Cap	1
37	Left Butterfly Base	1	71	□50×1.5mm End Cap	5
38	Front Press Base	1	72	Lock Knob	3

Part #	Description	QTY	Part #	Description	QTY
73	Ø95mm Pulley	1	110	M10×70mm Allen Bolt	1
74	6202Z Bearing	2	111	M10×65mm Axle Bolt	4
75	50×45mm Sleeve	1	112	M10×45 L=15 Axle Bolt	21
76	Ø45×40mm PP Bumper	1	113	M10×28mm Allen Bolt	4
77	Ø25×145mm Handle Grip	4	114	M10×25mm Allen Bolt	12
78	Ø25×130mm Handle Grip	6	115	M10×16mm Allen Bolt	20
79	Ø25×325mm Handle Grip	2	116	M8×75mm Allen Bolt	2
80	Ø26/□50mm Sleeve	2	117	M8×65mm Allen Bolt	10
81	64×44×2.5mm End Cap	1	118	M8×40mm Hex Bolt	6
82	Ø50mm Foot	2	119	M8×20mm Allen Bolt	2
83	Ø28×330mm Handle Grip	2	120	M6×20mm Hex Bolt	4
84	Ø10×100×35mm L-Shaped Lock Pin	1	121	M6×33mm Allen Bolt	2
85	Ø50×1.5mm End Cap	8	122	M5×10mm Philips Screw	8
86	Ø29×Ø20×81mm Bushing	2	123	M10 Aircraft Nut	63
87	M18 Lock Knob	2	124	M5 Aircraft Nut	8
88	M6 Aircraft Nut	4	125	Ø10mm Washer	123
89	Ø6mm Washer	6	126	Ø8mm Washer	24
90	M8×23mm Allen Bolt	2	127	Ø33×Ø11×2mm Washer	2
91	Ø47×Ø100×220mm Foam Roll	2	128	Alex	1
92	50×170mm Non Slip Sheet	1	129	Ø15×68×M10mm Alex	1
93	Ø38×Ø27×26mm Bushing	2	130	Ø16×57/M10mm Alex	2
94	Ø25×1.5mm Foam Roll Enc Cap	4	131	Ø34×Ø21×18mm Lock Cap	2
95	25×50mm End Cap	2	132	Butterfly Alex Cover	2
96	Leg Extension Foam Roll	4	133	Ø20×Ø16×Ø10.5mm Bushing	2
97	Ø25×1.5mm End Cap	4	134	Weight Stem	2
98	Ø22×Ø80×160mm Foam Roll	4	135	Weight Stack	28
99	Ø97mm Pulley	24	136	Single Bar	1
100	Pulley Bushing	2	137	Ankle Strap	1
101	Ø105mm Pulley Cover	2	138	Spacing Weldment	4
102	10 Joint Chain	2	139	M8 Aircraft Nut	4
103	8 Joint Chain	1			
104	7 Gourd Hook	5		4 Allen Bolt	1
105	M10×90mm Carriage Bolt	11		5 Allen Bolt	1
106	M10×70mm Carriage Bolt	18		6 Allen Bolt	2
107	M10×170mm Allen Bolt	1			
108	M10×85mm Allen Bolt	1			
109	M10×75mm Allen Bolt	1			