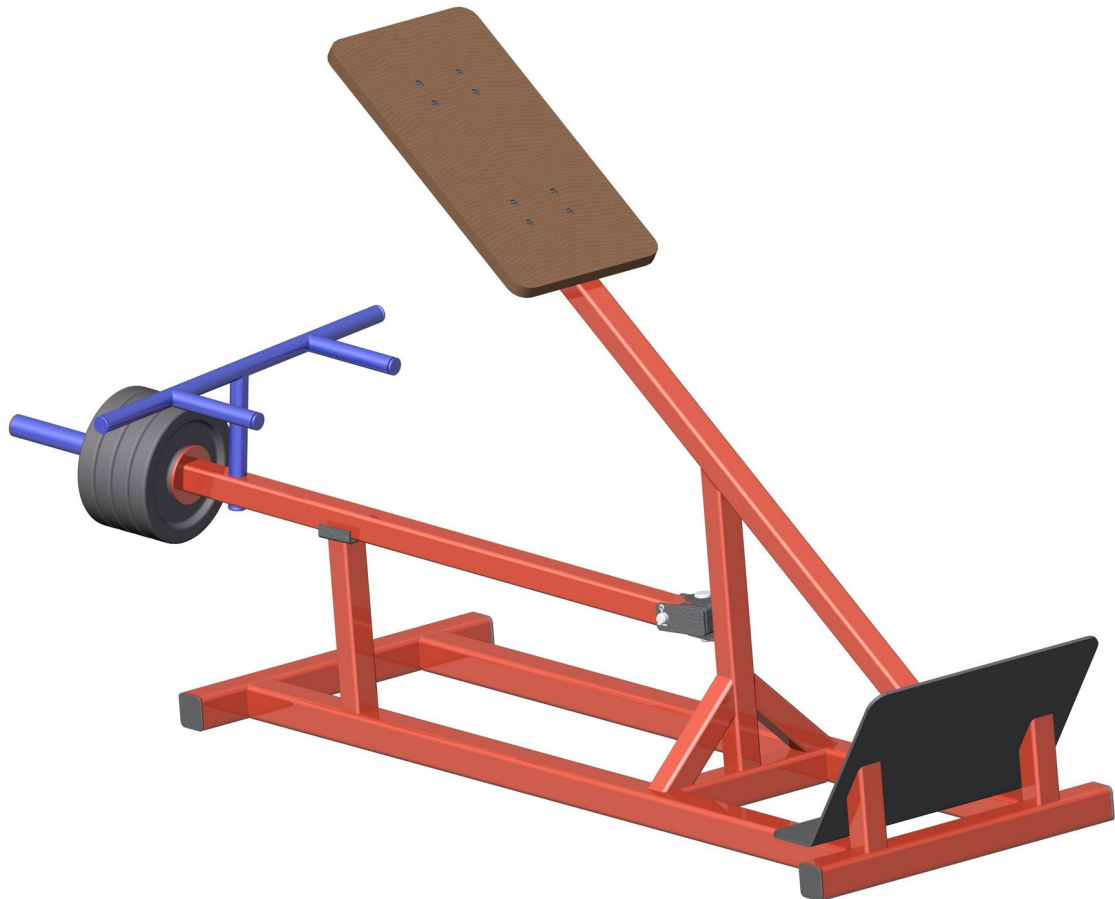


Incline lever row plan



In this project, you are presented with plan, according to which you can make a Incline lever row.

There is no reason to give away a rather large amount of money to buy such a fitness device, as it is not complicated at all to make one in your workshop. Isn't this more than enough to motivate you to invest a little of your time and effort on this project!?

This plan allows you to create a simplified version of the Incline rowing machine, but with a little more work you will be able to add some extra details as desired. The chest support (Part 33 – Wooden plate) should be upholstered with a solid sponge, at least 7cm thick, because the chest suffers the greatest pressure during exercise. Before workout cover it with a sweat towel for protection. Also, provide handle pads/covers for more safety and comfort during hand-weight exercises. To ensure stability of the device, it is necessary to attach it to the surface.

The Incline lever row is a classic among fitness devices. It is used not only by fitness enthusiasts but also by professional athletes, and is known to be unmatched for strengthening and complete activation of the back muscles.

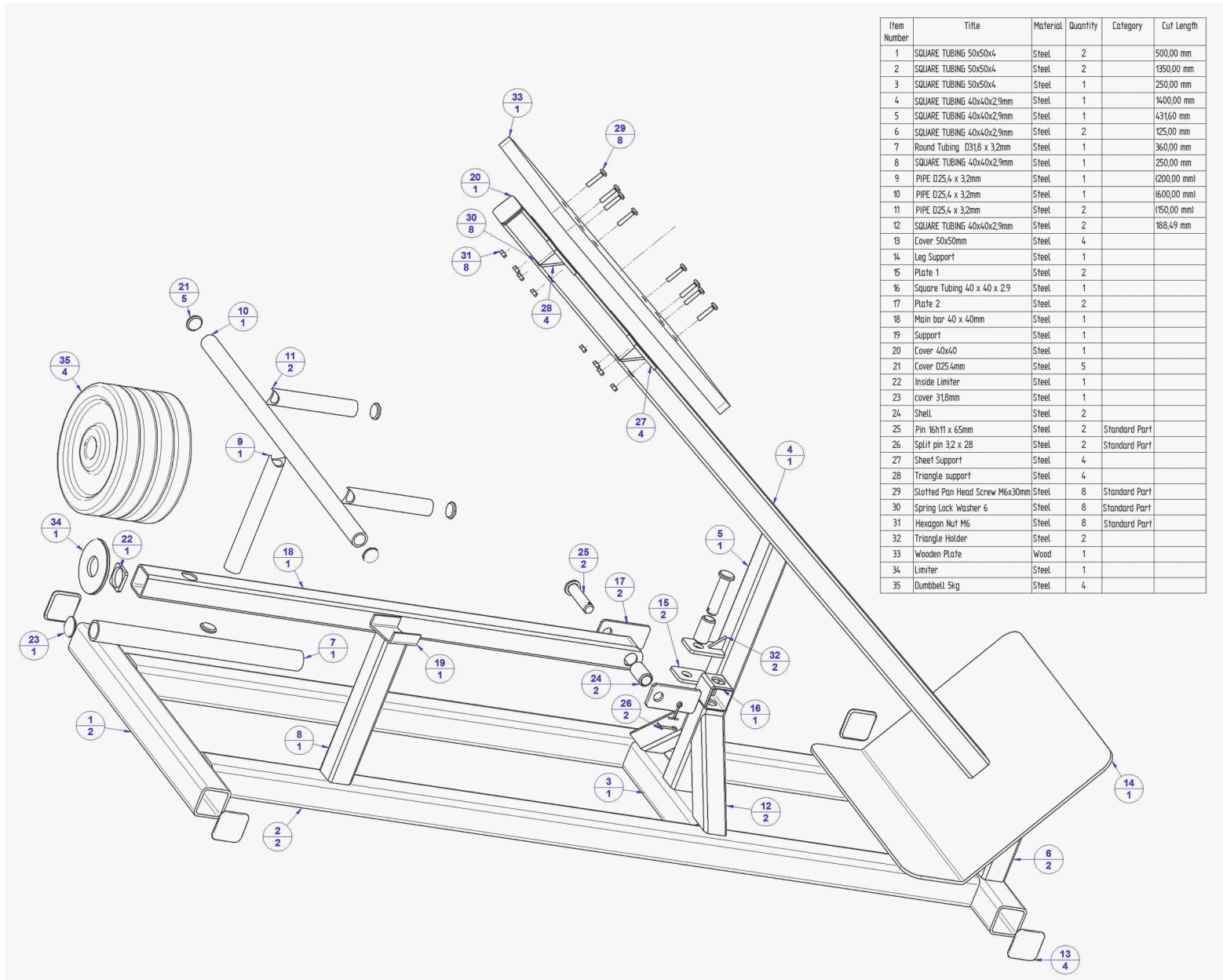
Key features:

- Target muscles: Rowing exercises target the entire back complex, lats (latissimus dorsi), traps, rhomboids, shoulders, arms and the smaller muscles of the mid and upper back)
- Exercise could also be done with a pair of dumbbells, or with an e-z bar.

Guide:

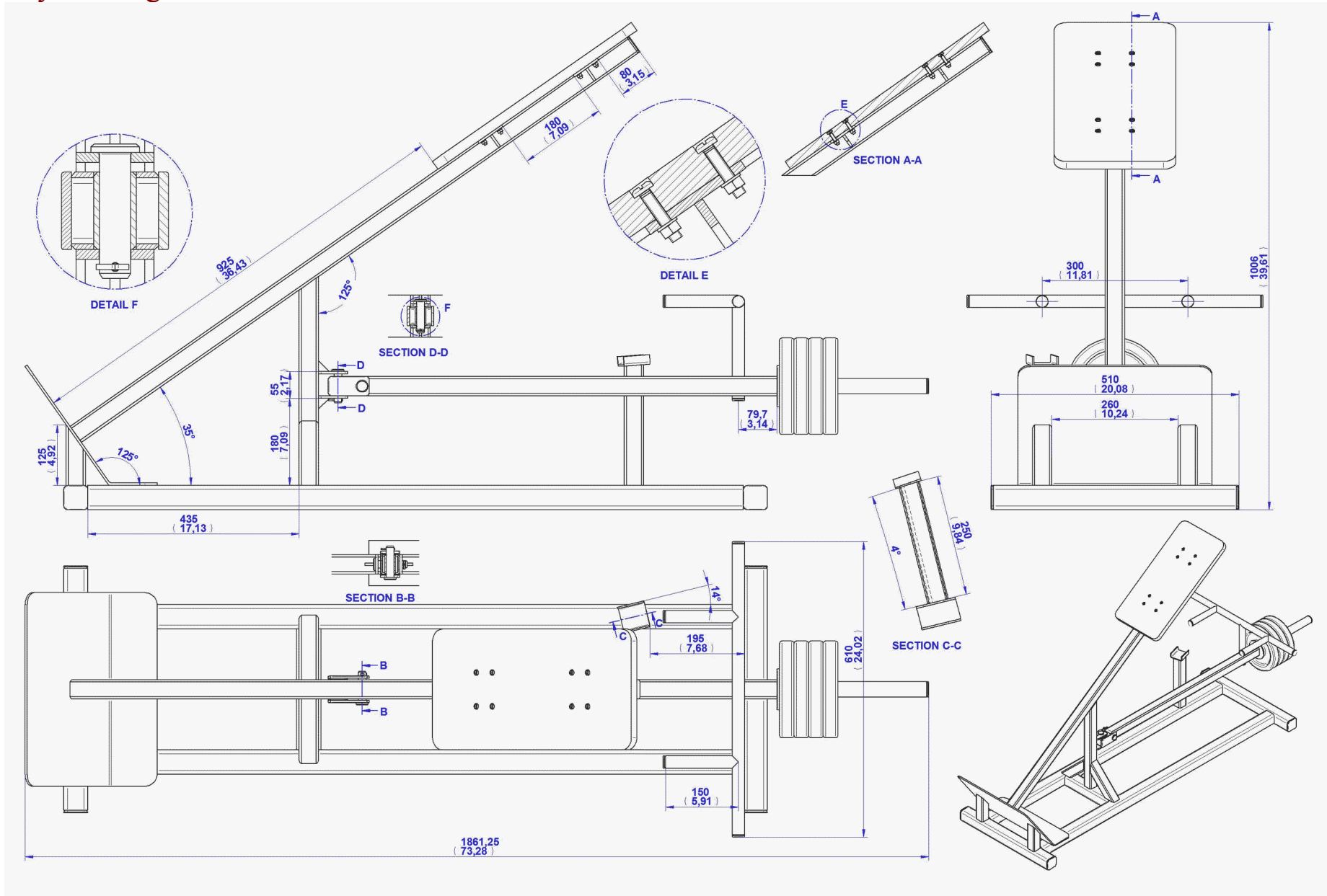
1. Select the weight (barbell plates).
2. Lie face down on inclined a lever row (inclined platform) and grasp lever handles with overhand grip.
3. Pull lever up as high as possible. Return until arms are extended and shoulders are stretched downward.
4. Repeat for the recommended amount of repetitions.

Parts List



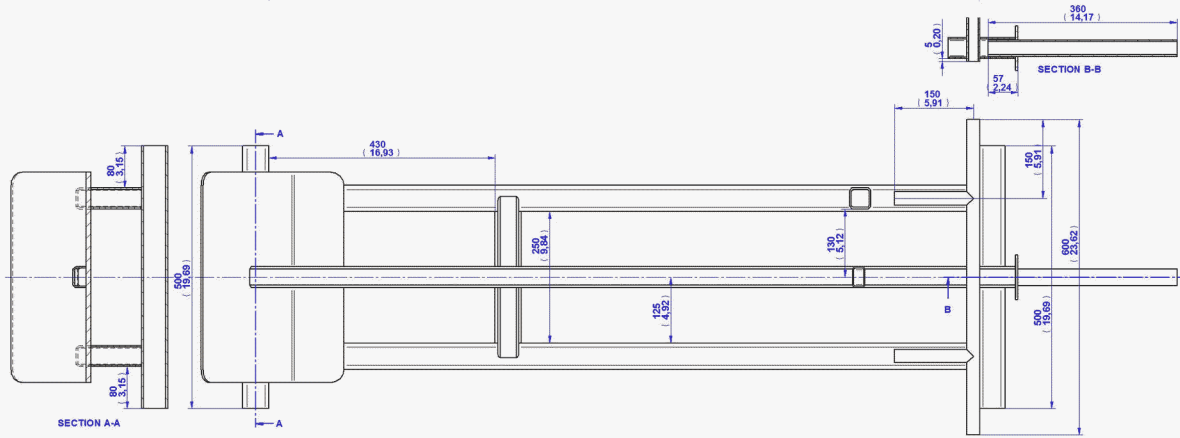
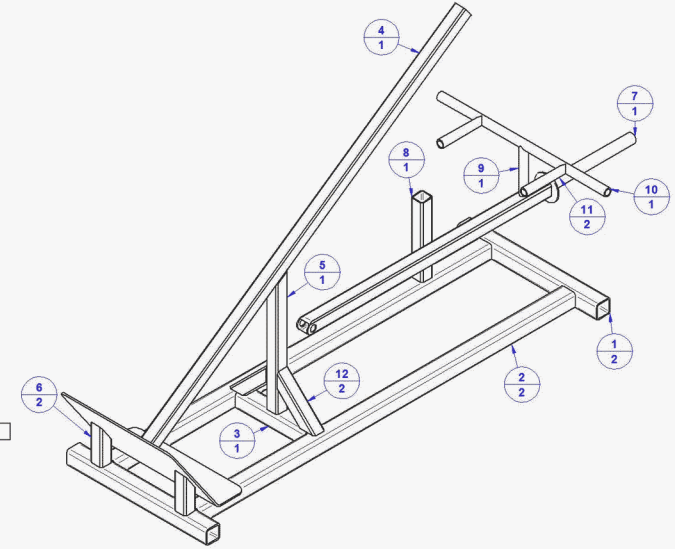
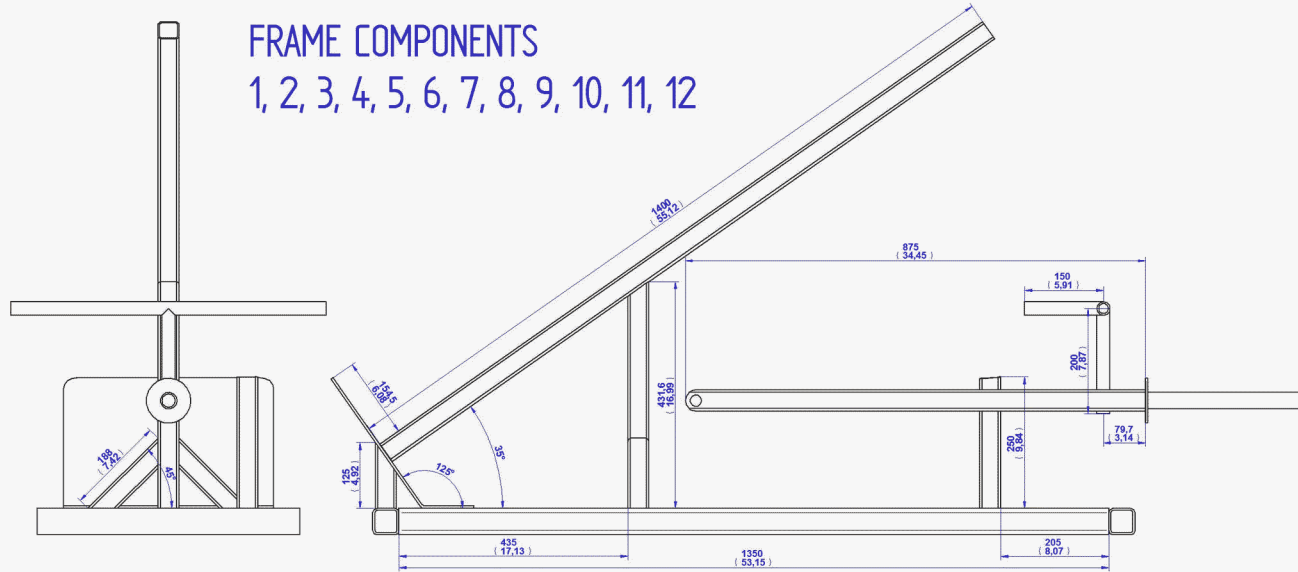
Item Number	Title	Material	Quantity	Category	Cut Length
1	SQUARE TUBING 50x50x4	Steel	2		500,00 mm
2	SQUARE TUBING 50x50x4	Steel	2		1350,00 mm
3	SQUARE TUBING 50x50x4	Steel	1		250,00 mm
4	SQUARE TUBING 40x40x2,9mm	Steel	1		1400,00 mm
5	SQUARE TUBING 40x40x2,9mm	Steel	1		4316,0 mm
6	SQUARE TUBING 40x40x2,9mm	Steel	2		125,00 mm
7	Round Tubing D31,8 x 3,2mm	Steel	1		360,00 mm
8	SQUARE TUBING 40x40x2,9mm	Steel	1		250,00 mm
9	PIPE D25,4 x 3,2mm	Steel	1		1200,00 mm
10	PIPE D25,4 x 3,2mm	Steel	1		1600,00 mm
11	PIPE D25,4 x 3,2mm	Steel	2		150,00 mm
12	SQUARE TUBING 40x40x2,9mm	Steel	2		188,49 mm
13	Cover 50x50mm	Steel	4		
14	Leg Support	Steel	1		
15	Plate 1	Steel	2		
16	Square Tubing 40 x 40 x 2,9	Steel	1		
17	Plate 2	Steel	2		
18	Main bar 40 x 40mm	Steel	1		
19	Support	Steel	1		
20	Cover 40x40	Steel	1		
21	Cover D25,4mm	Steel	5		
22	Inside Limiter	Steel	1		
23	cover 31,8mm	Steel	1		
24	Shell	Steel	2		
25	Pin 16h11 x 65mm	Steel	2	Standard Part	
26	Splitted pin 3,2 x 28	Steel	2	Standard Part	
27	Sheet Support	Steel	4		
28	Triangle support	Steel	4		
29	Slotted Pan Head Screw M6x30mm	Steel	8	Standard Part	
30	Spring Lock Washer 6	Steel	8	Standard Part	
31	Hexagon Nut M6	Steel	8	Standard Part	
32	Triangle Holder	Steel	2		
33	Wooden Plate	Wood	1		
34	Limiter	Steel	1		
35	Dumbbell, 5kg	Steel	4		

Assembly drawing

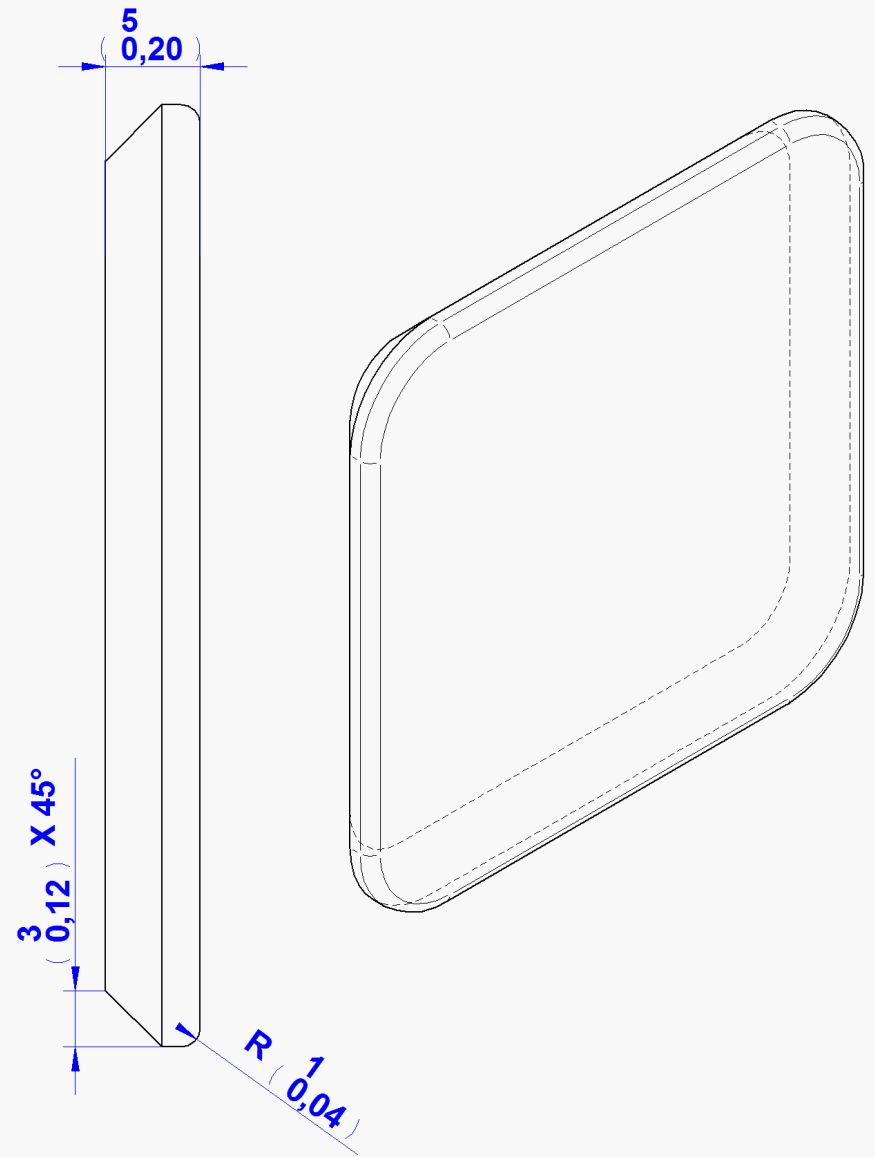
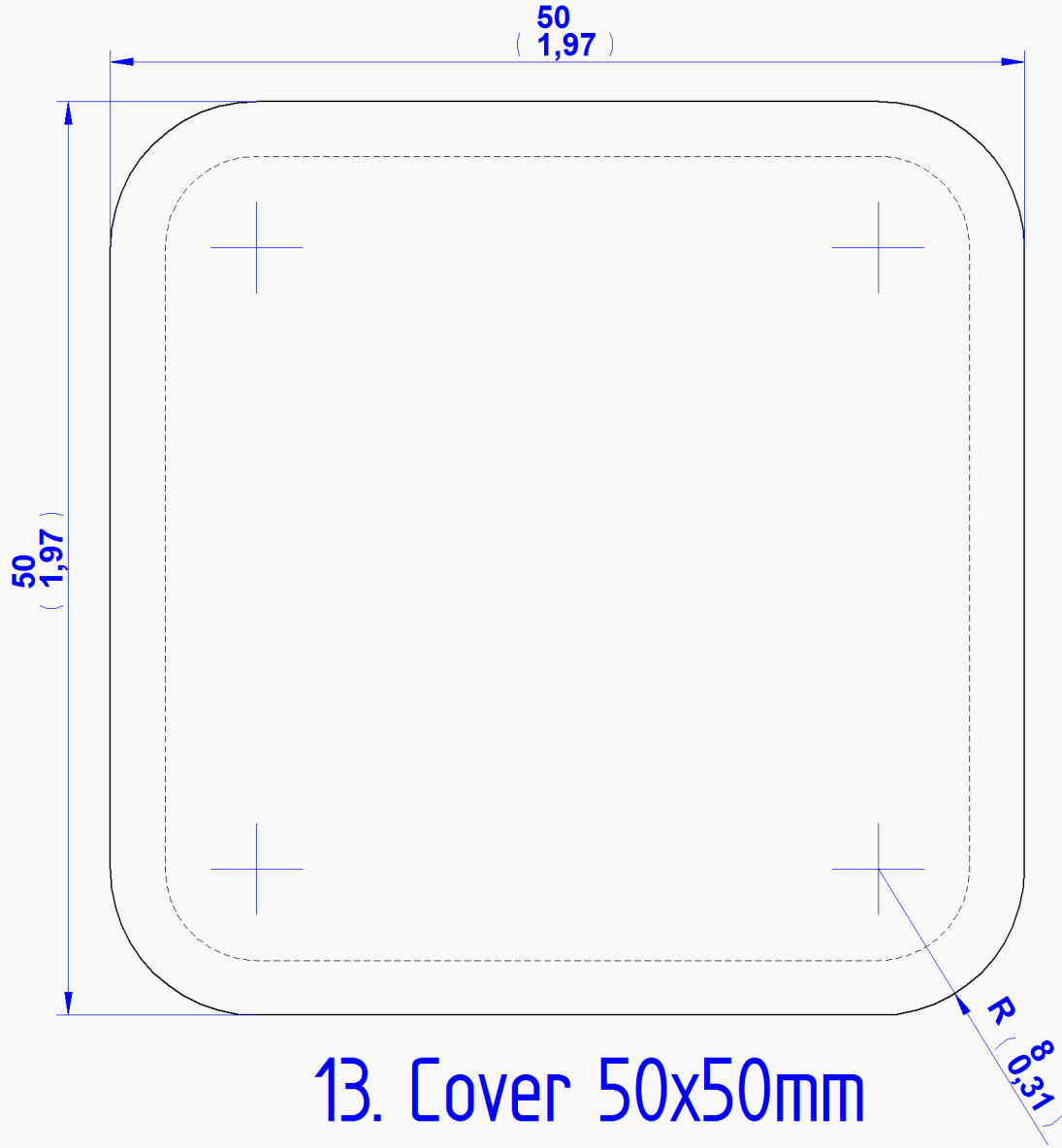


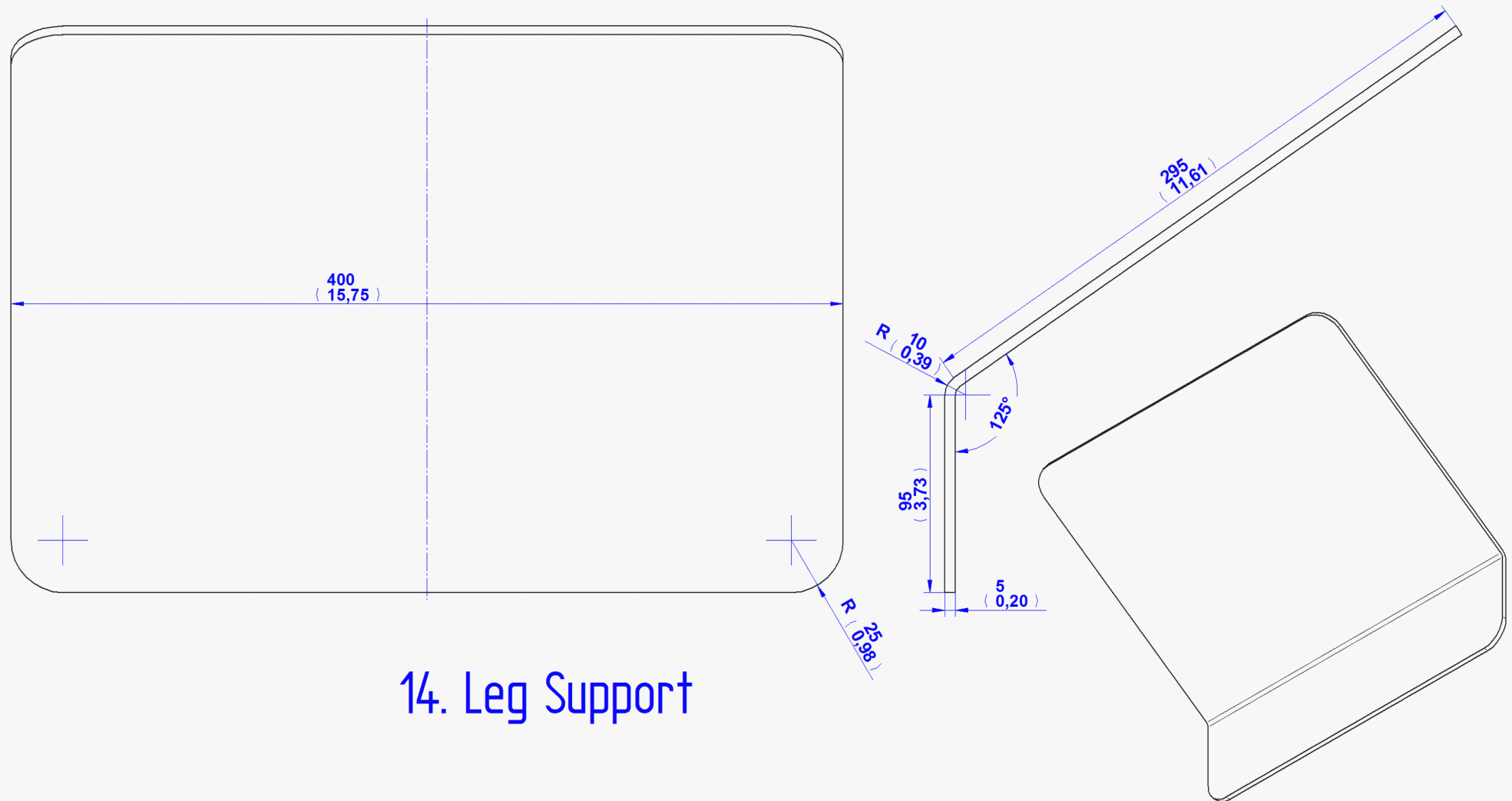
Frame Components

FRAME COMPONENTS
1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

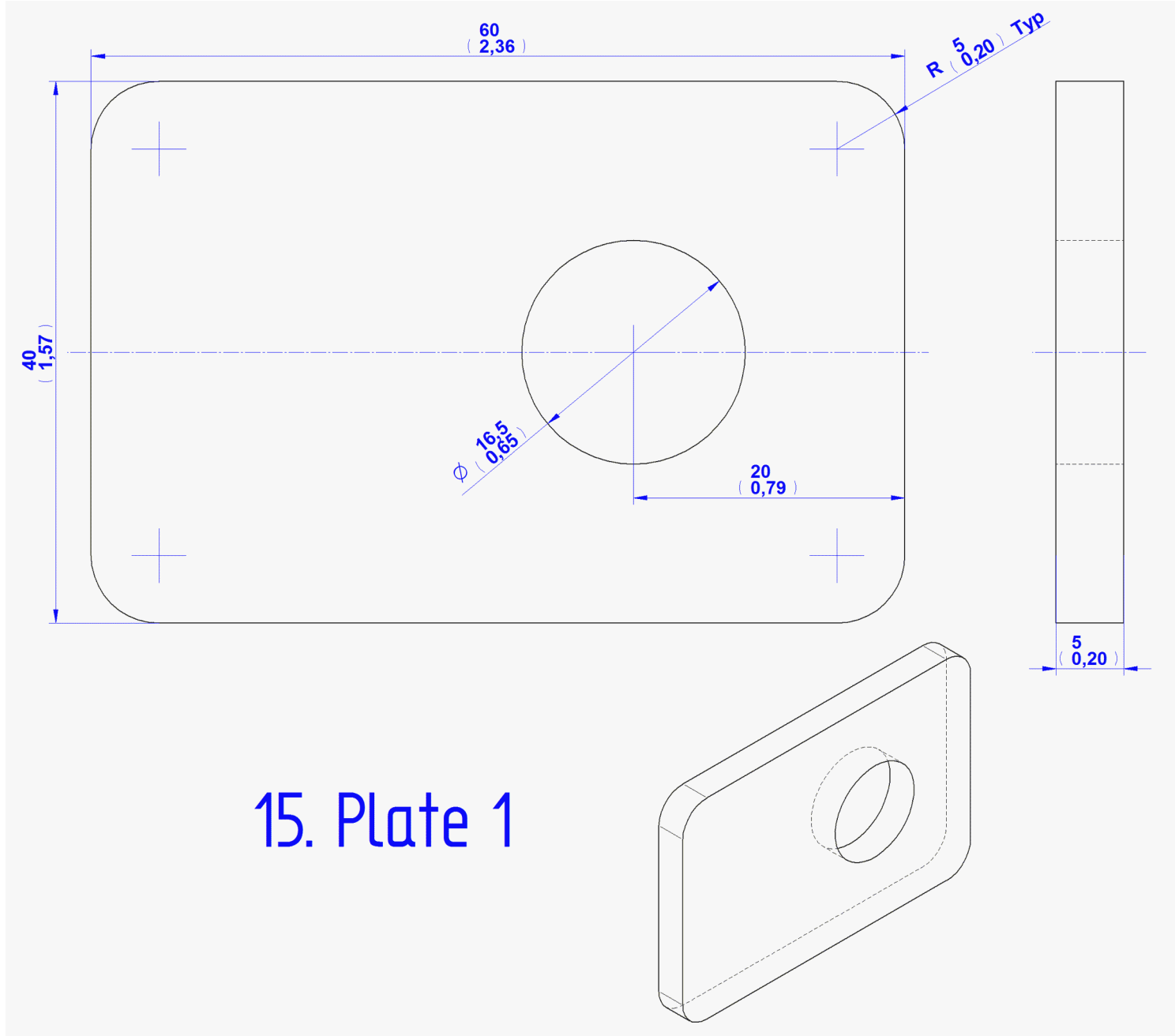


Item Number	Title	Material	Quantity	Cut Length
1	SQUARE TUBING 50x50x4	Steel	2	500,00 mm
2	SQUARE TUBING 50x50x4	Steel	2	1350,00 mm
3	SQUARE TUBING 50x50x4	Steel	1	250,00 mm
4	Square Tubing 40x40x2,9mm	Steel	1	1400,00 mm
5	Square Tubing 40x40x2,9mm	Steel	1	431,60 mm
6	Square Tubing 40x40x2,9mm	Steel	2	125,00 mm
7	Round Tubing D31,8 x 3,2mm	Steel	1	360,00 mm
8	Square Tubing 40x40x2,9mm	Steel	1	250,00 mm
9	Pipe D25,4x3,2mm	Steel	1	(200,00 mm)
10	Pipe D25,4x3,2mm	Steel	1	(600,00 mm)
11	Pipe D25,4x3,2mm	Steel	2	(150,00 mm)
12	Square Tubing 40x40x2,9mm	Steel	2	188,49 mm

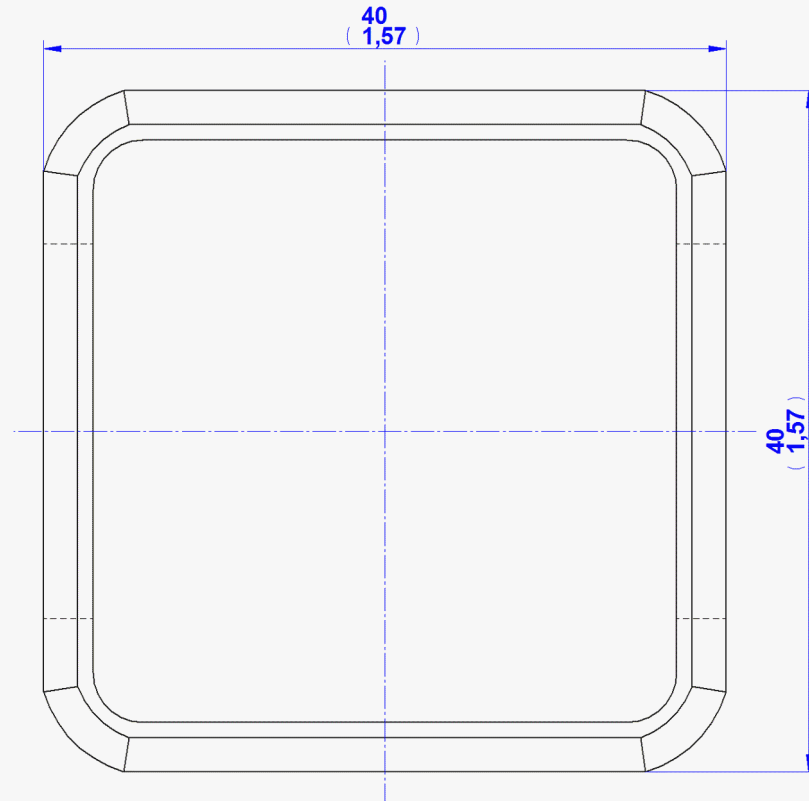
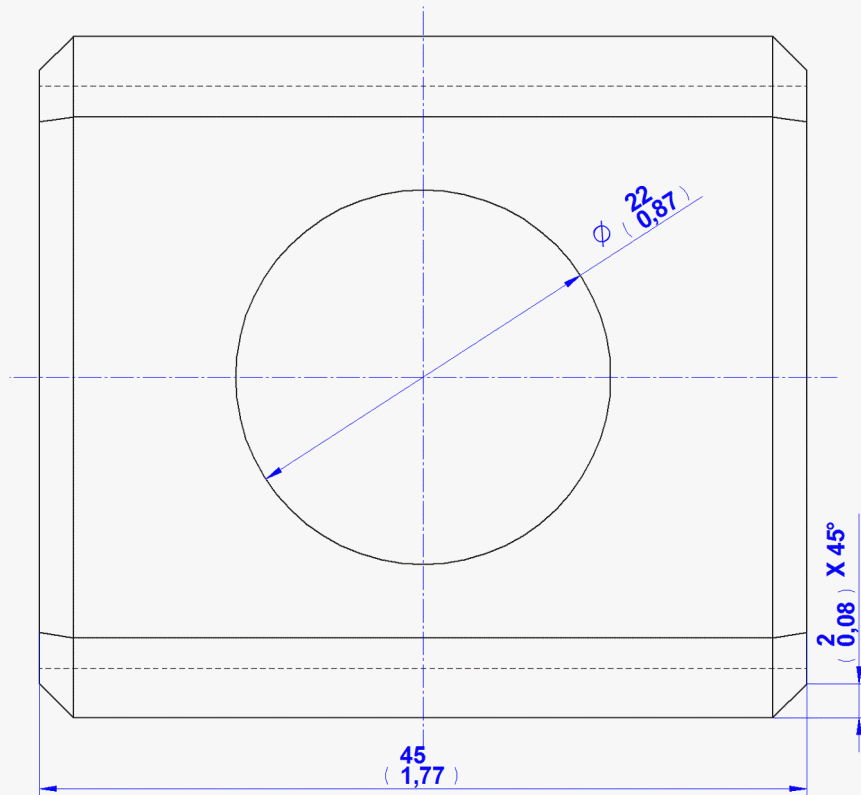




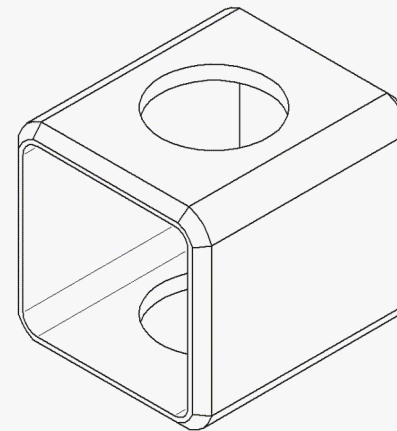
14. Leg Support

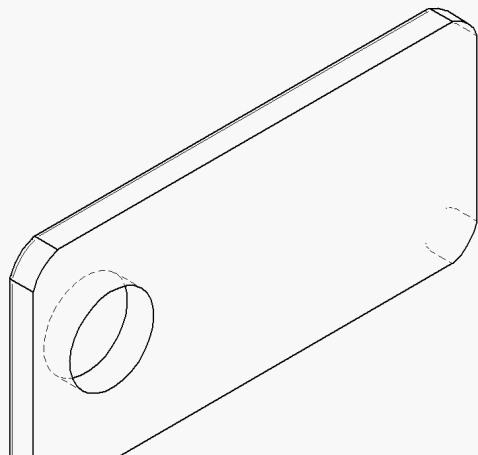
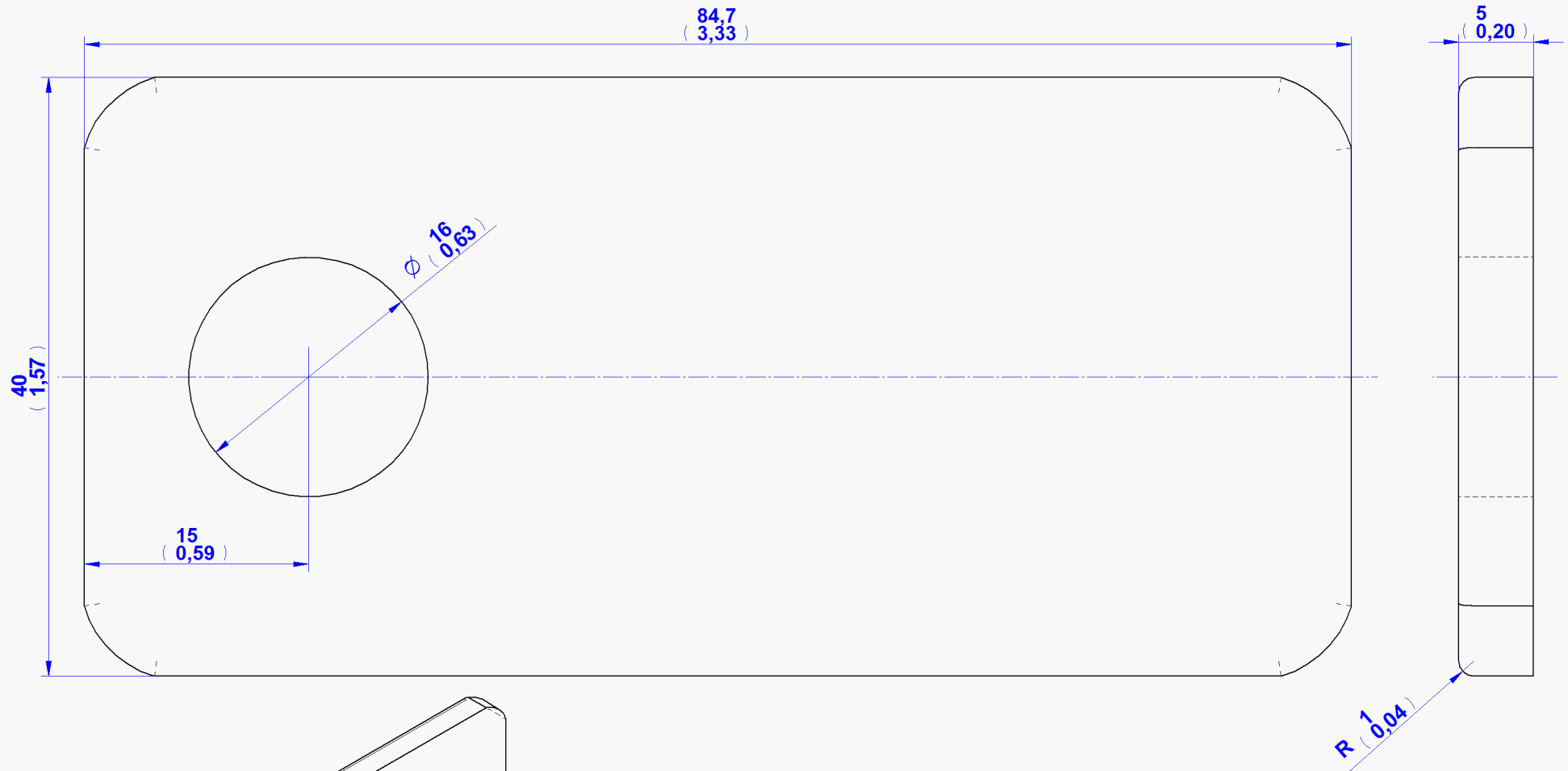


15. Plate 1

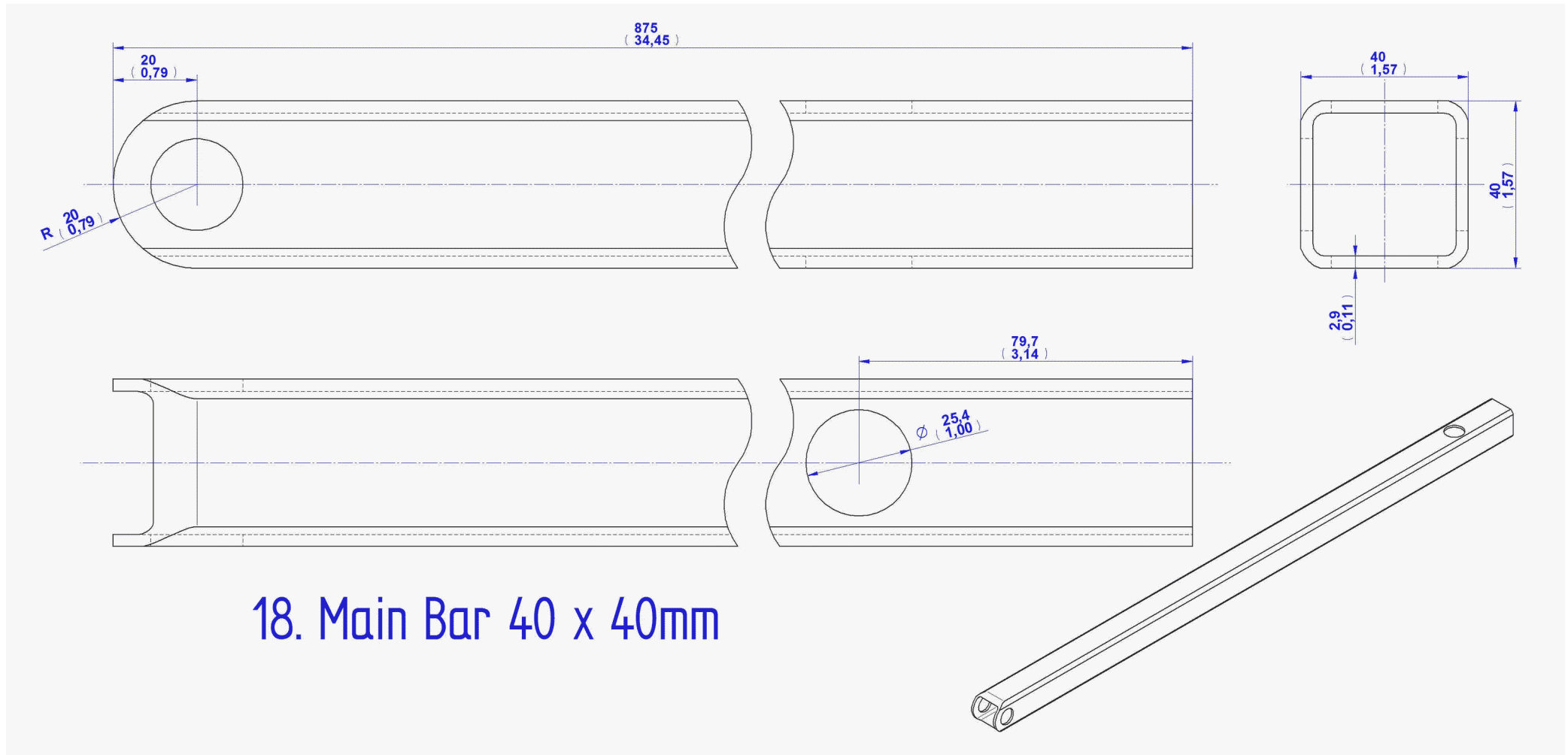


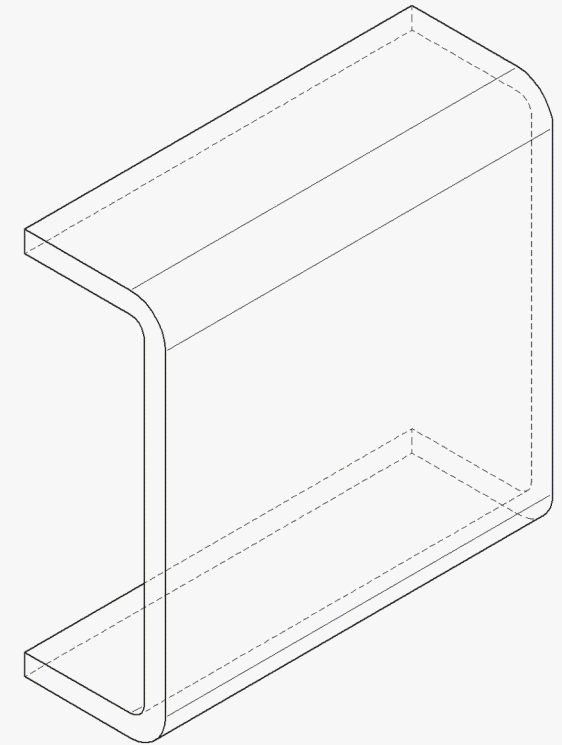
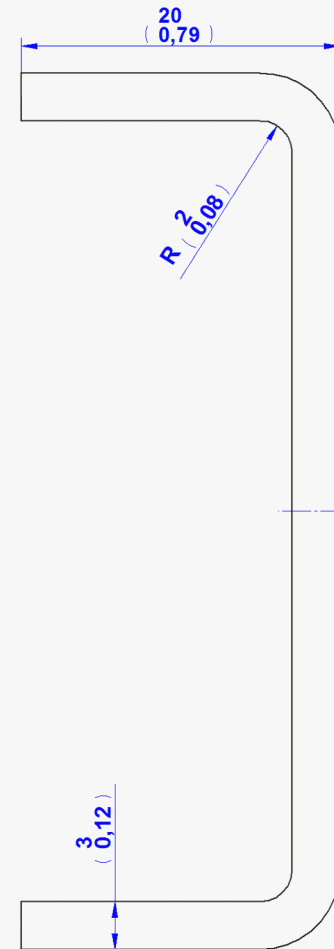
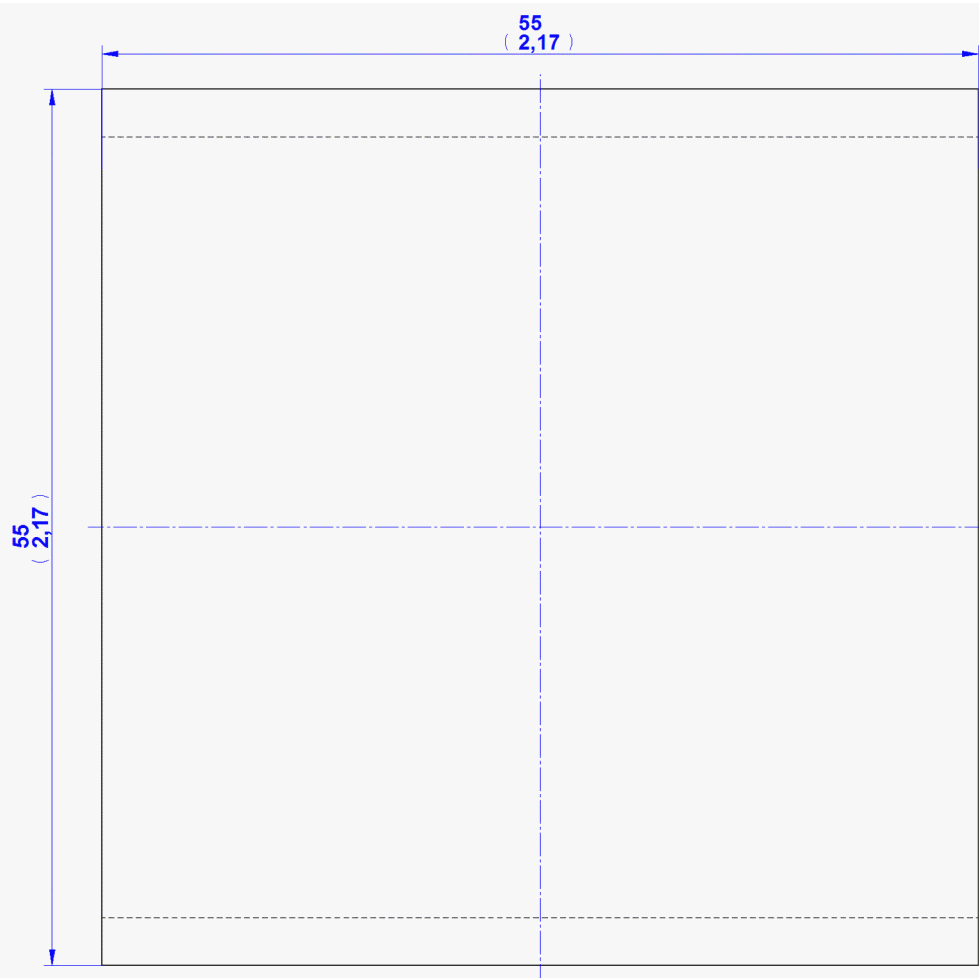
16. Square Tubing 40x40x2.9mm



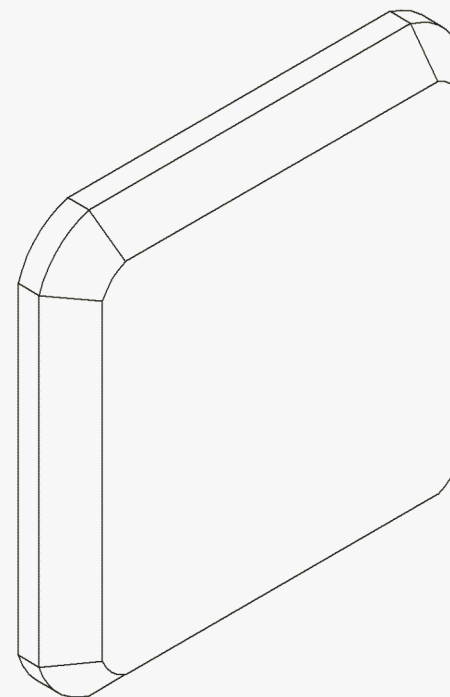
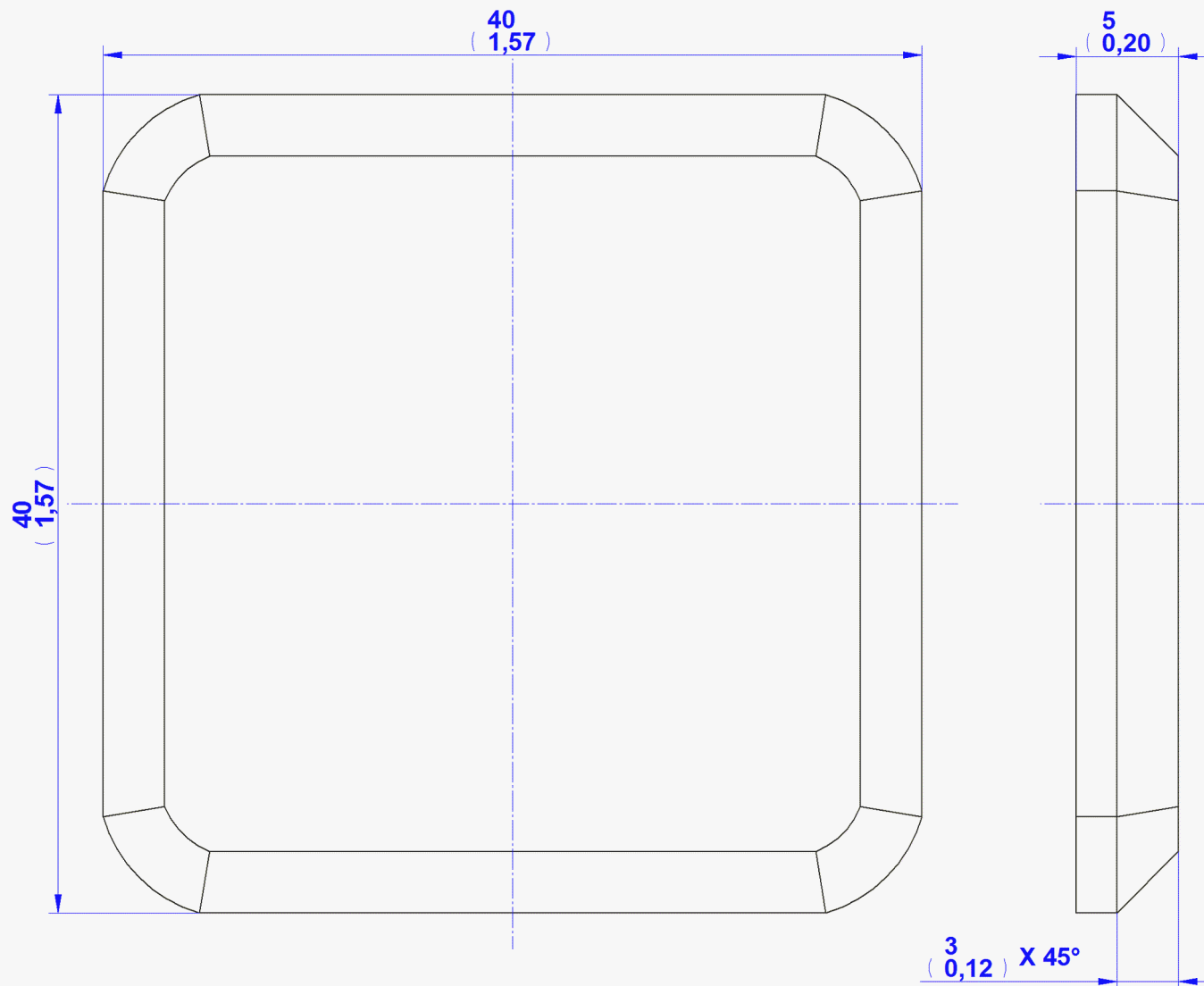


17. Plate 2

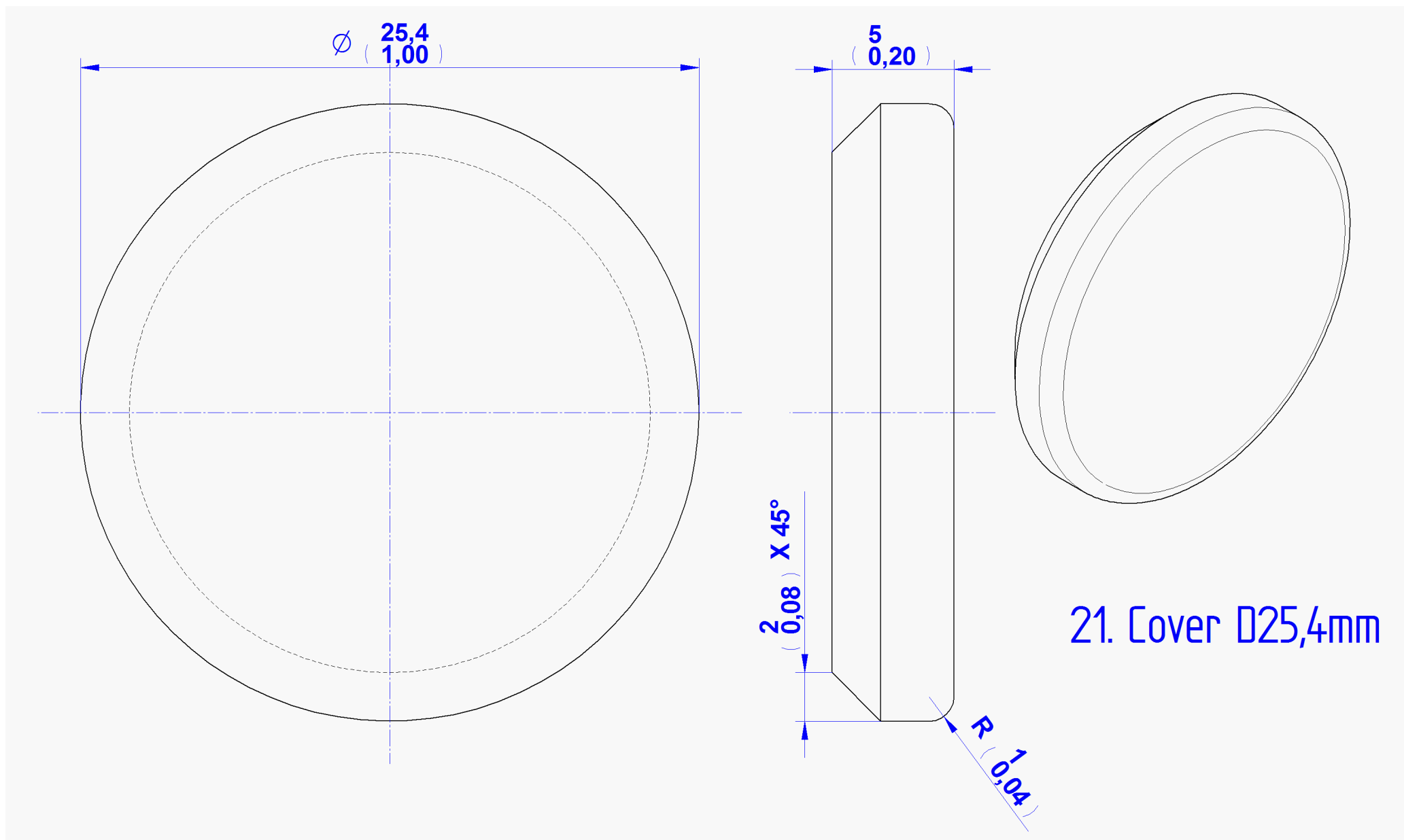


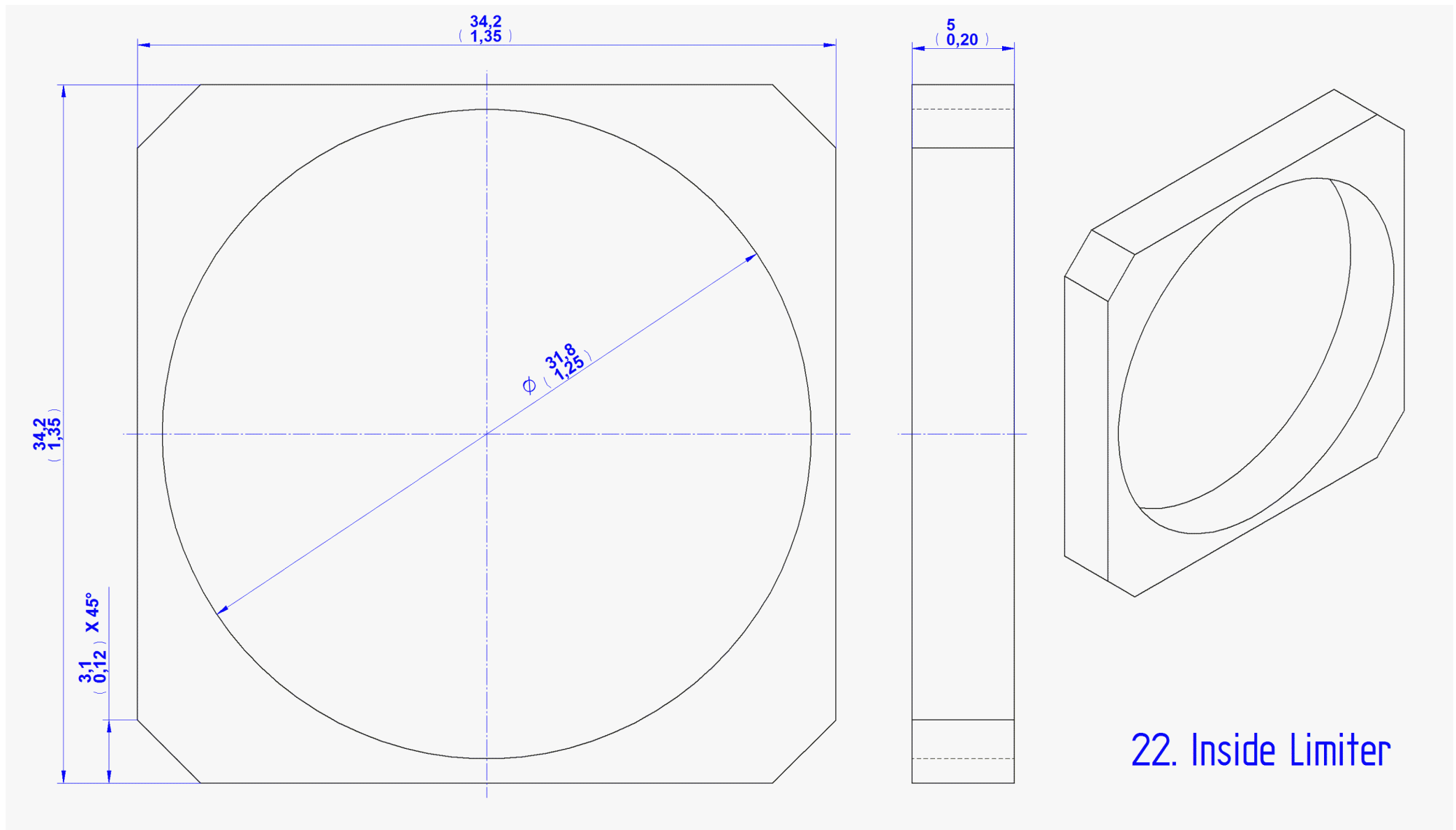


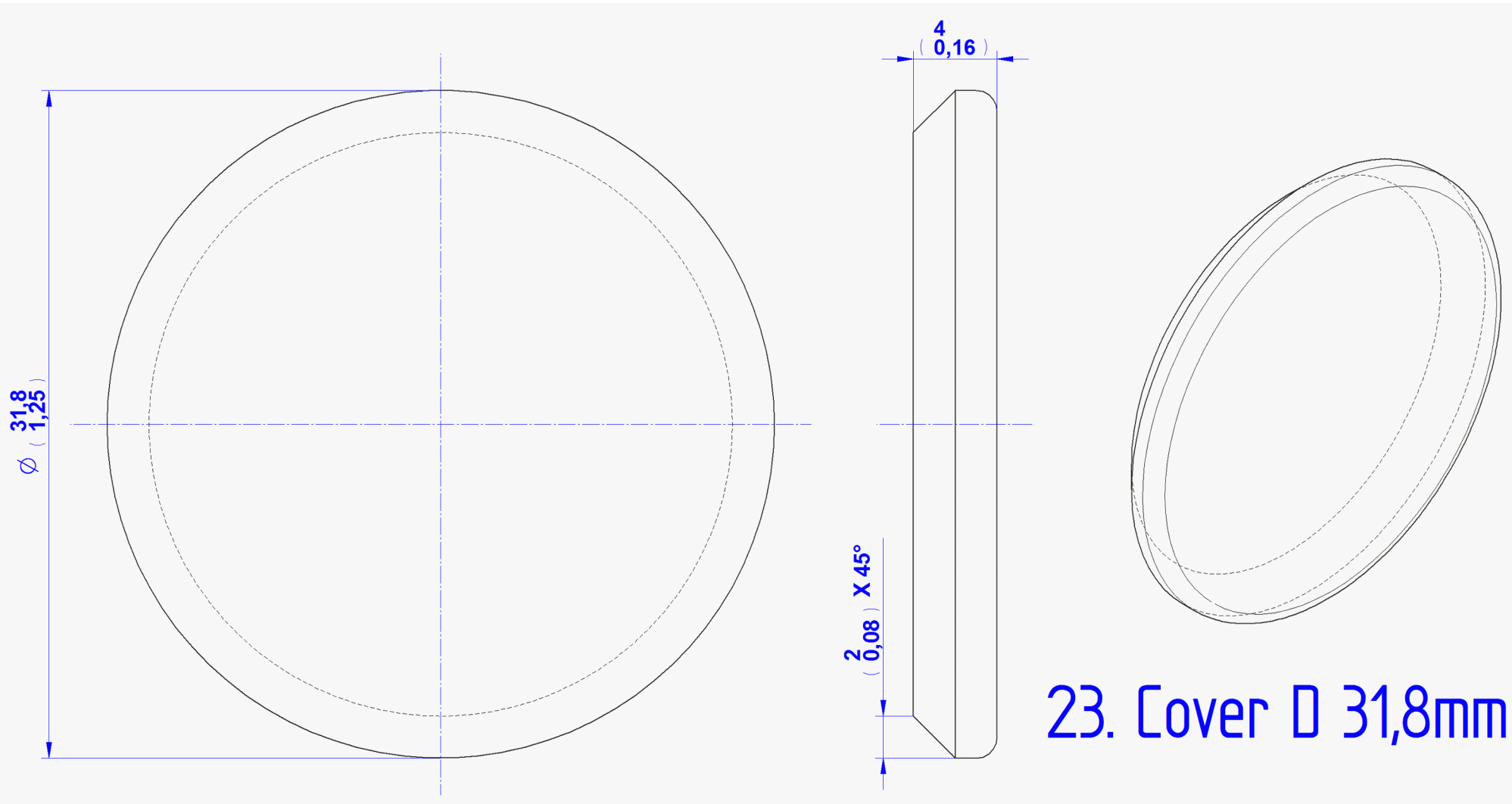
19. Support

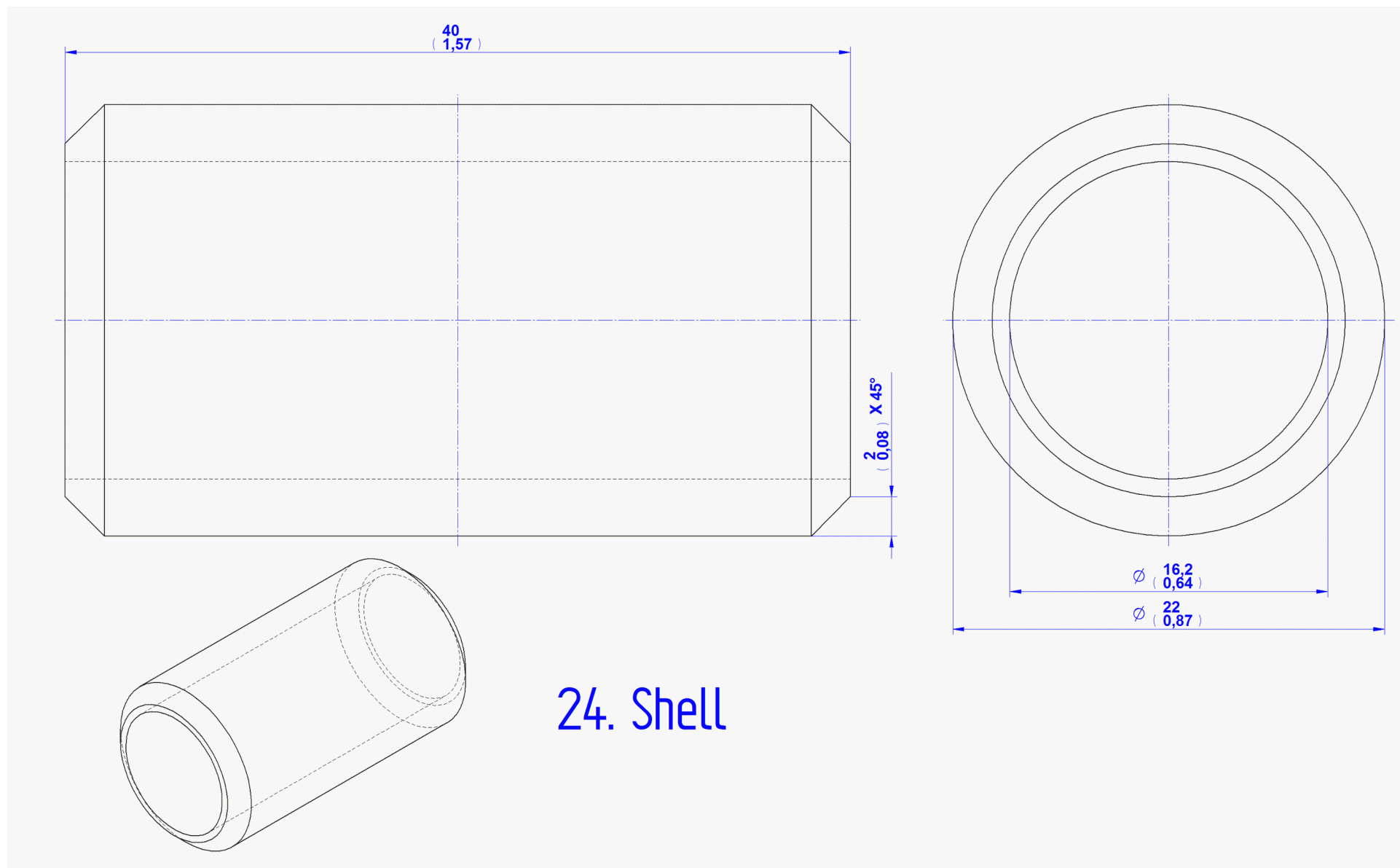


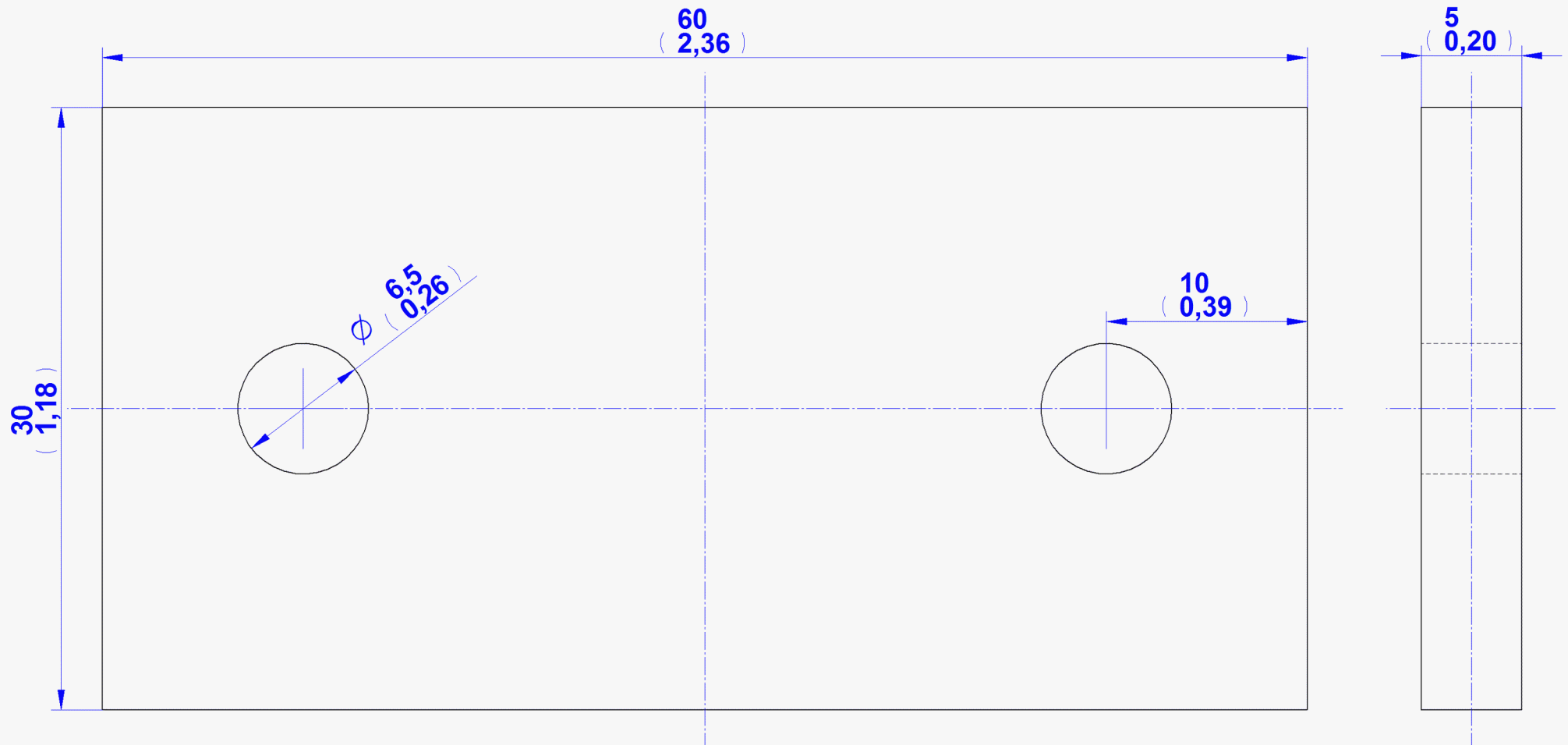
20. Cover 40 x 40mm



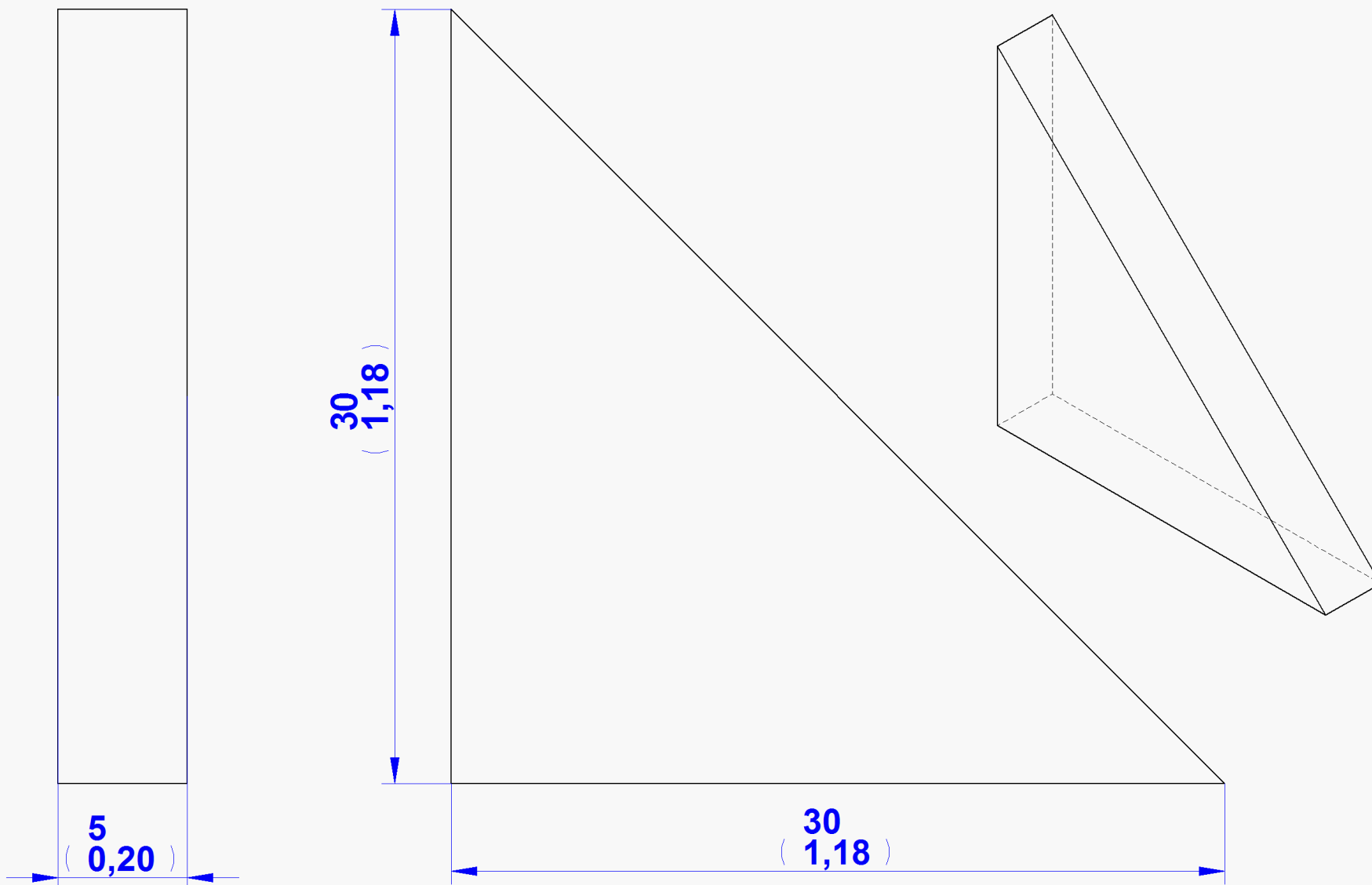






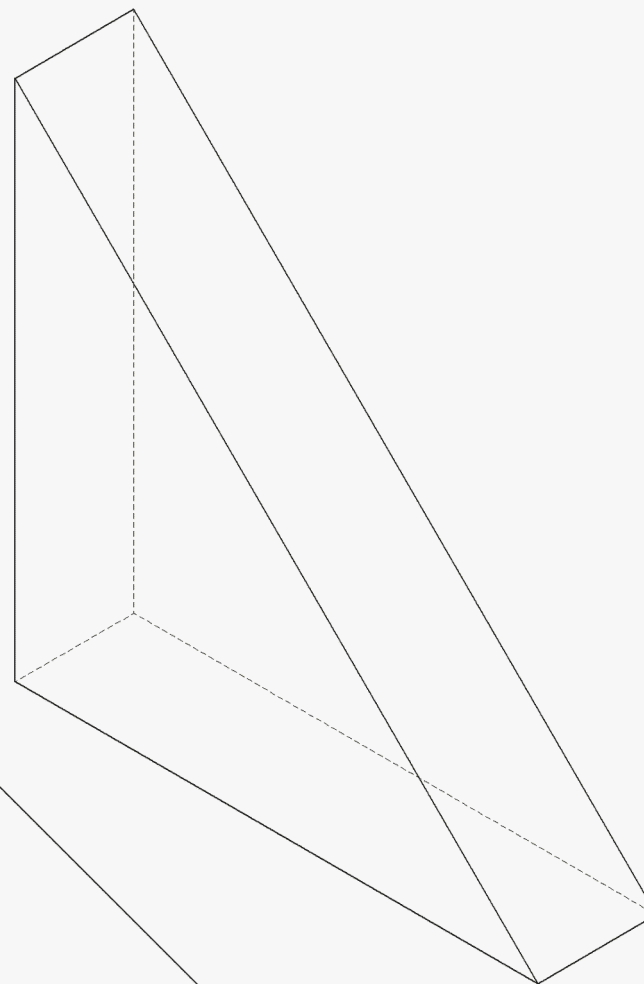
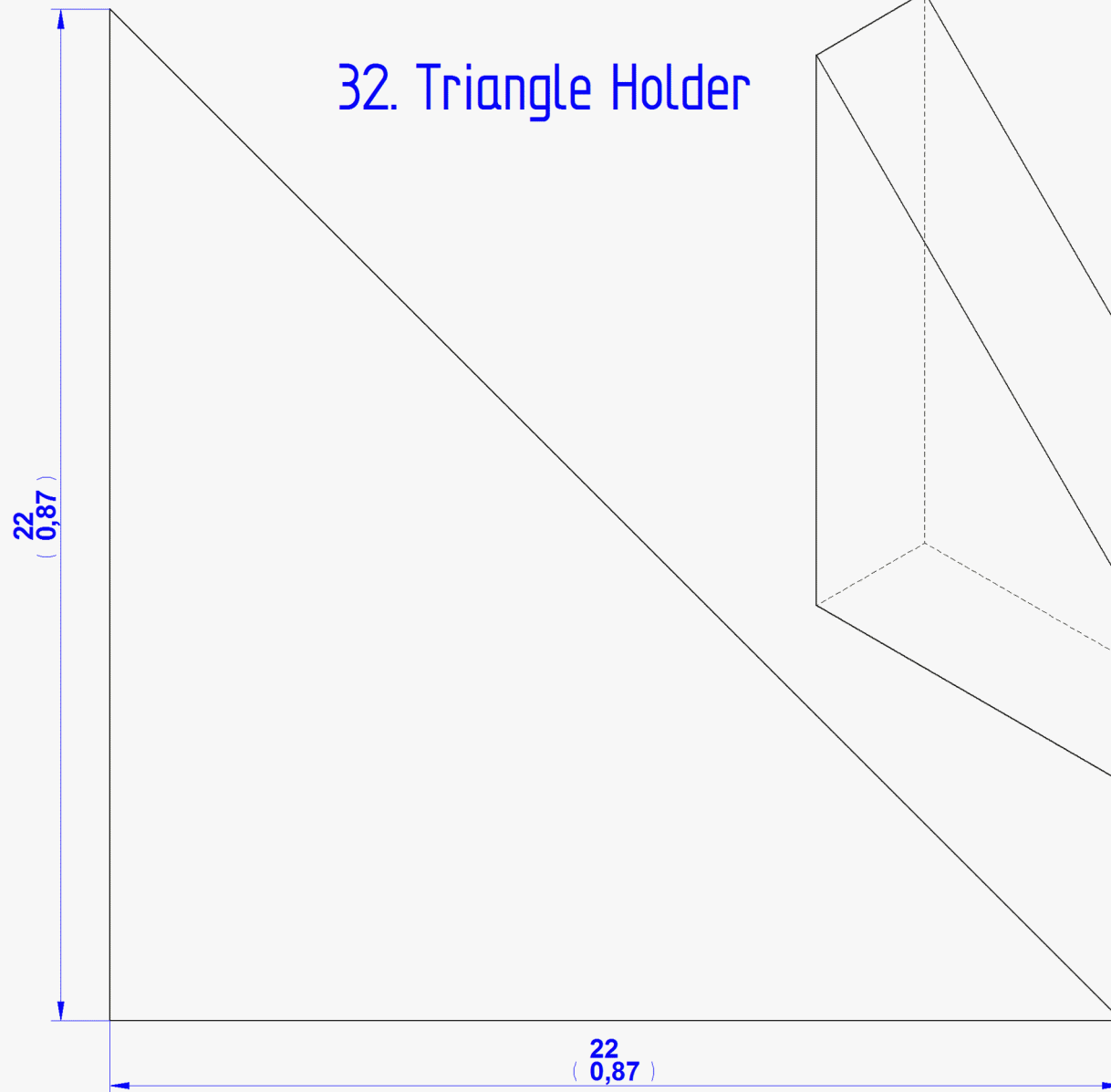
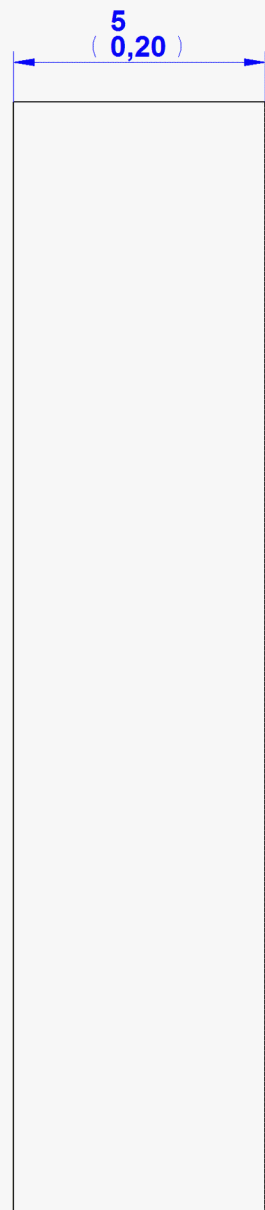


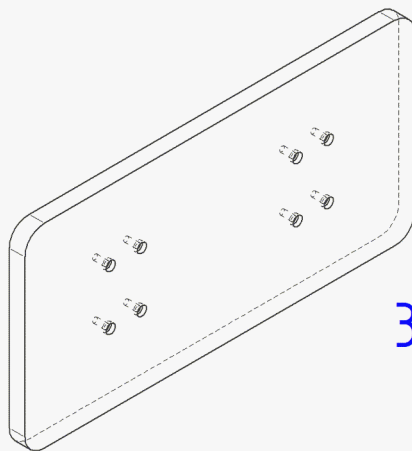
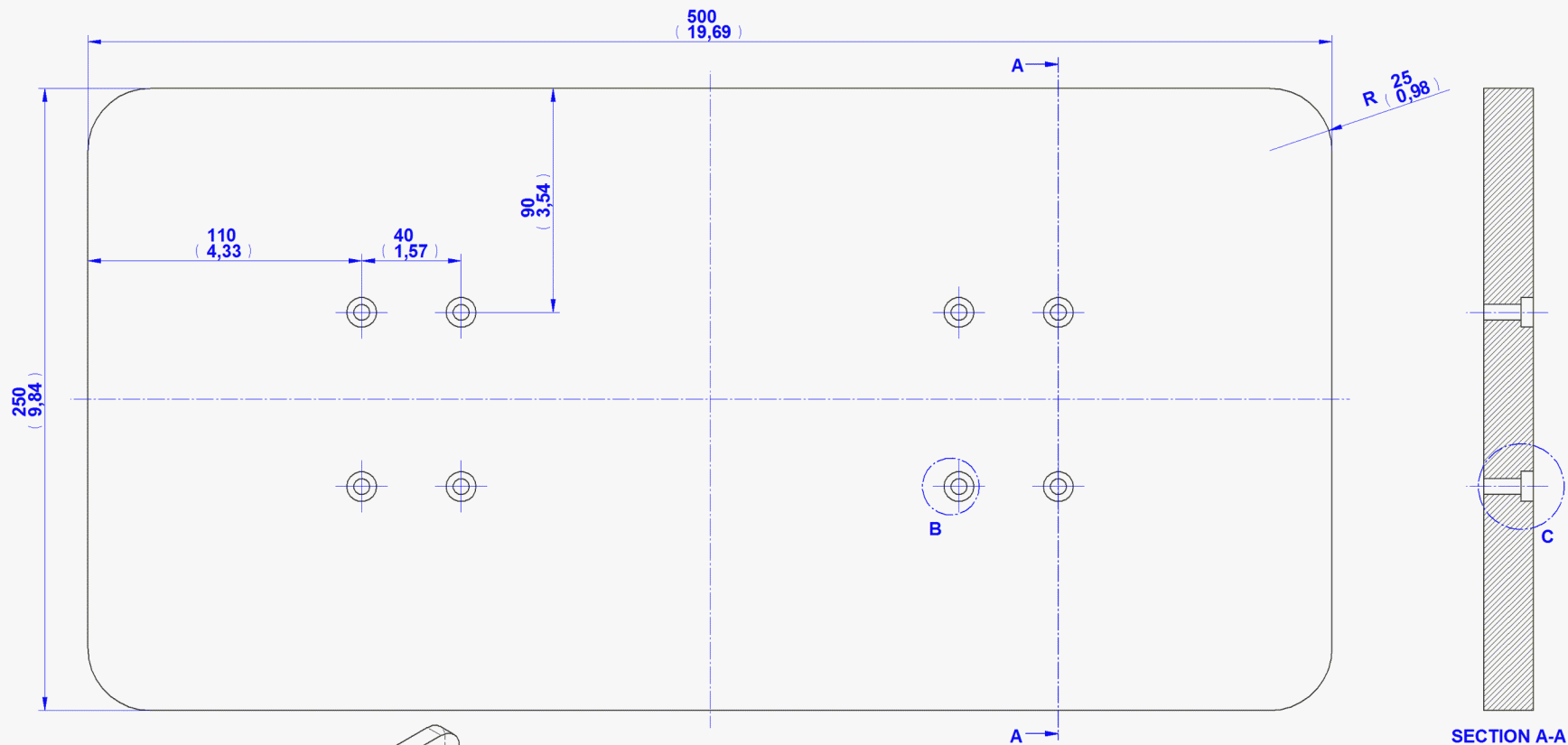
27. Sheet Support



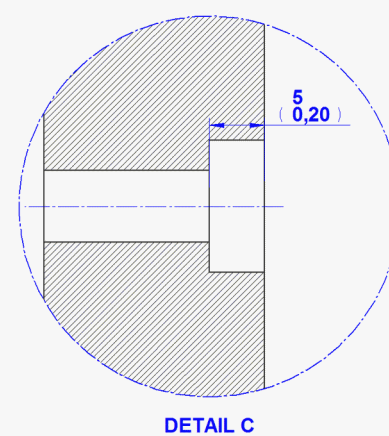
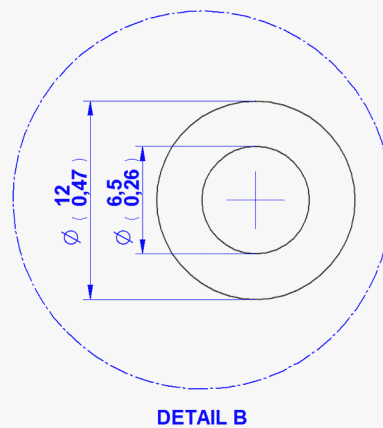
28. Triangle Support

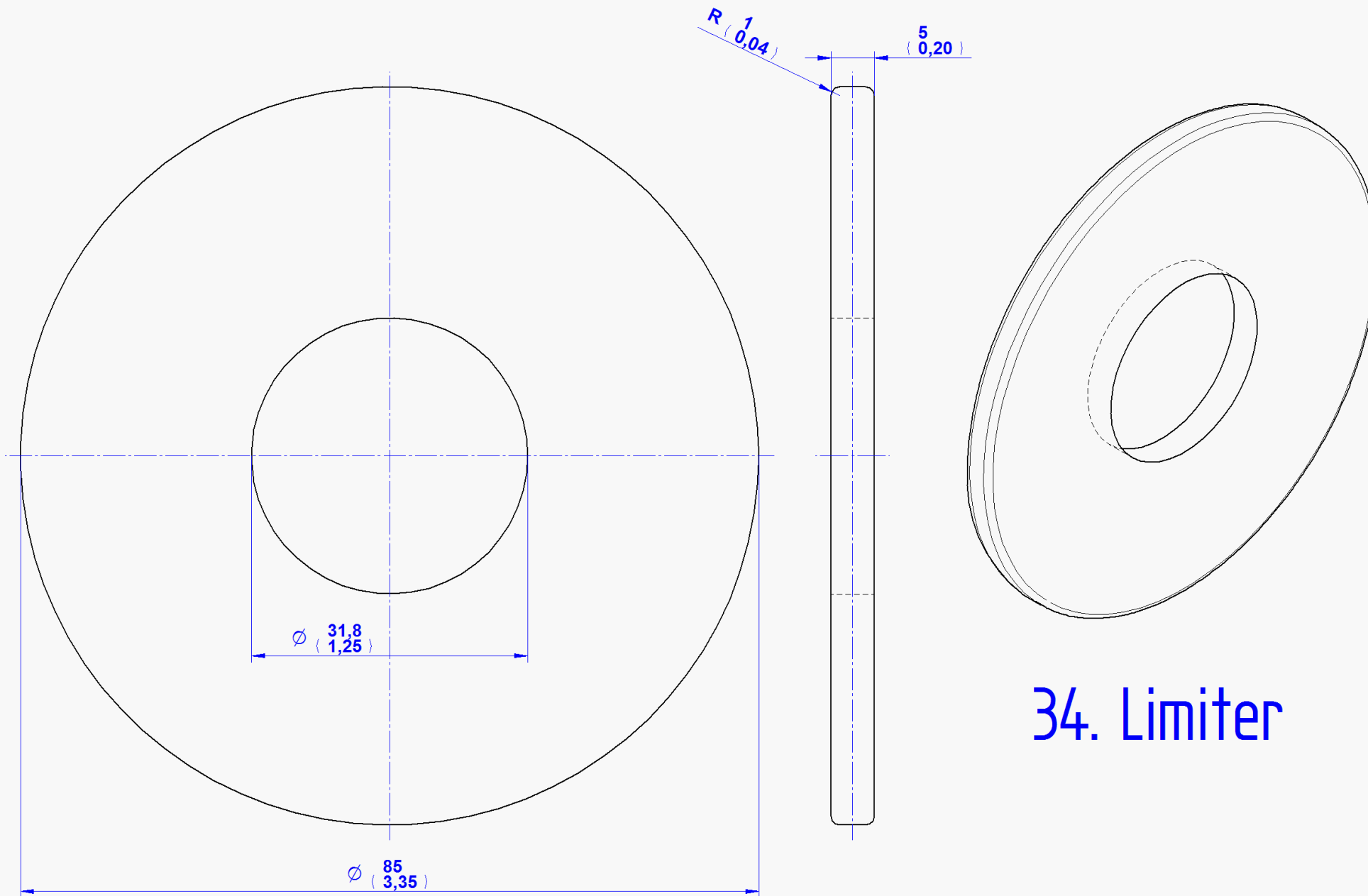
32. Triangle Holder



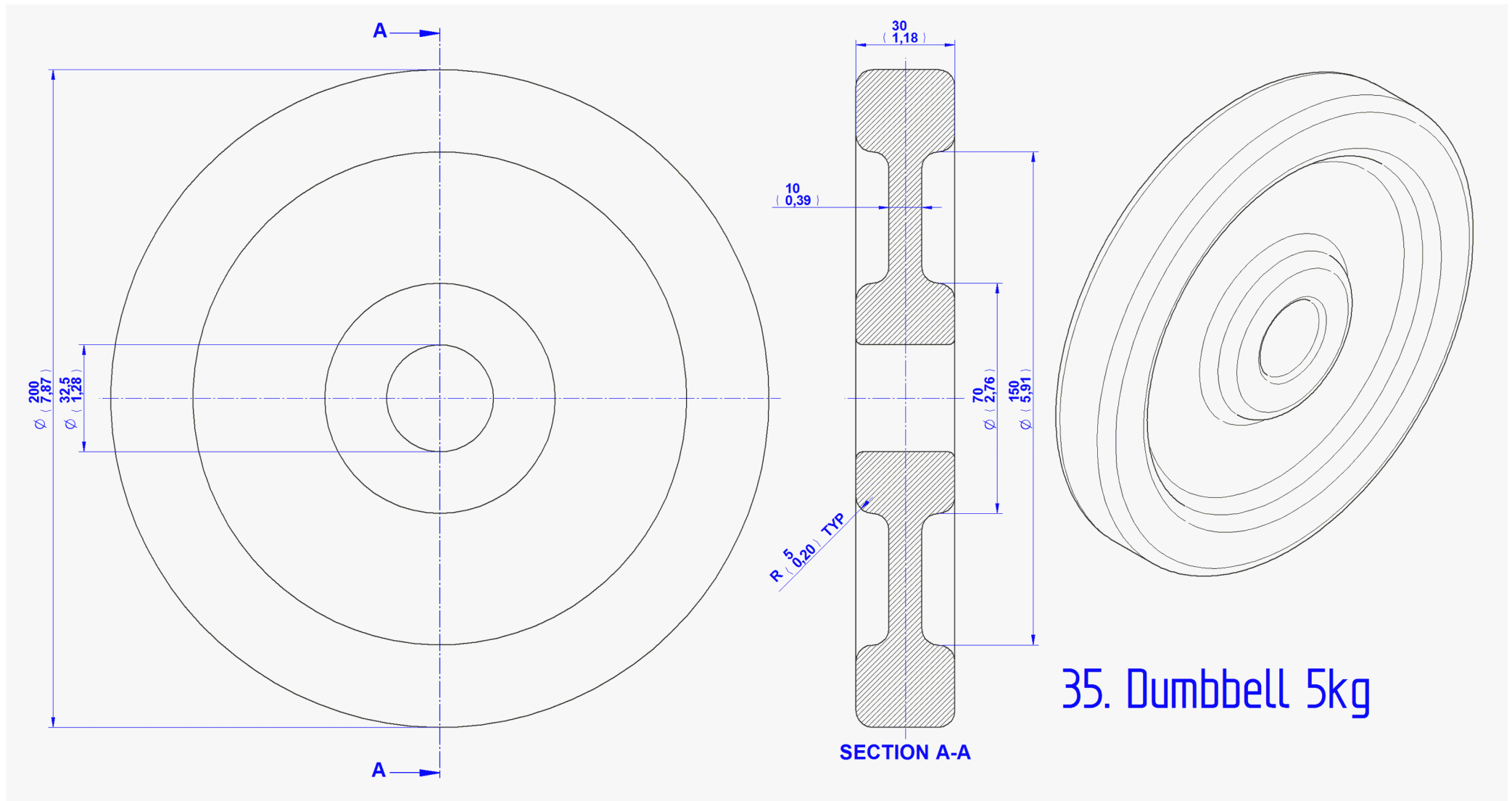


33. Wooden Plate



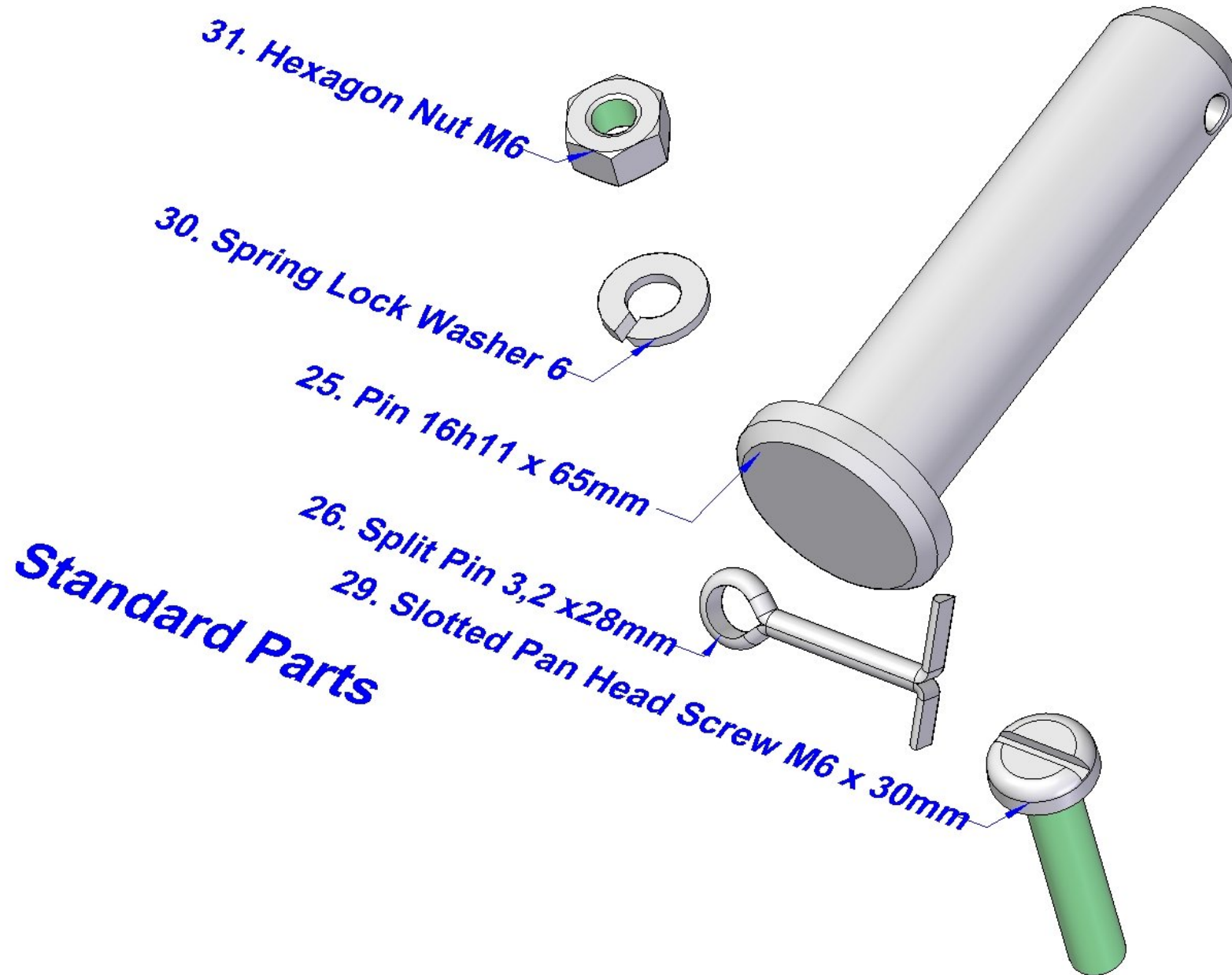


34. Limiter



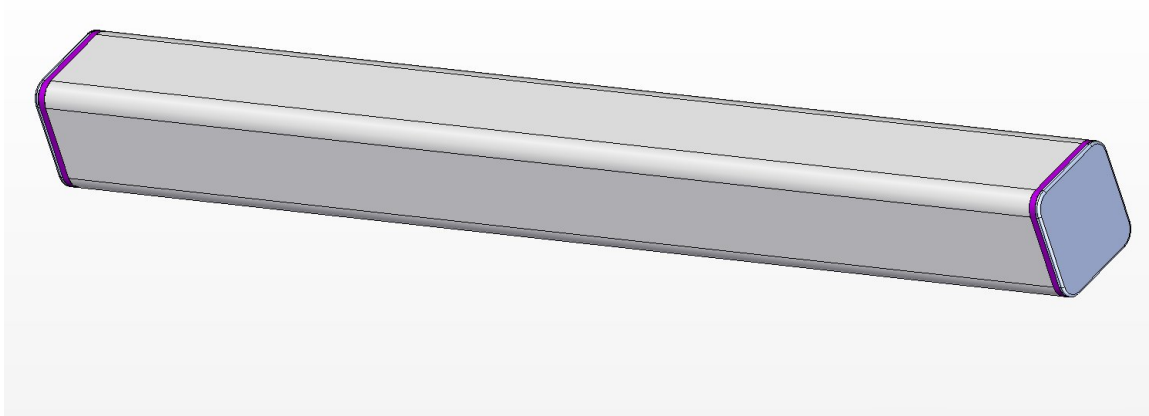
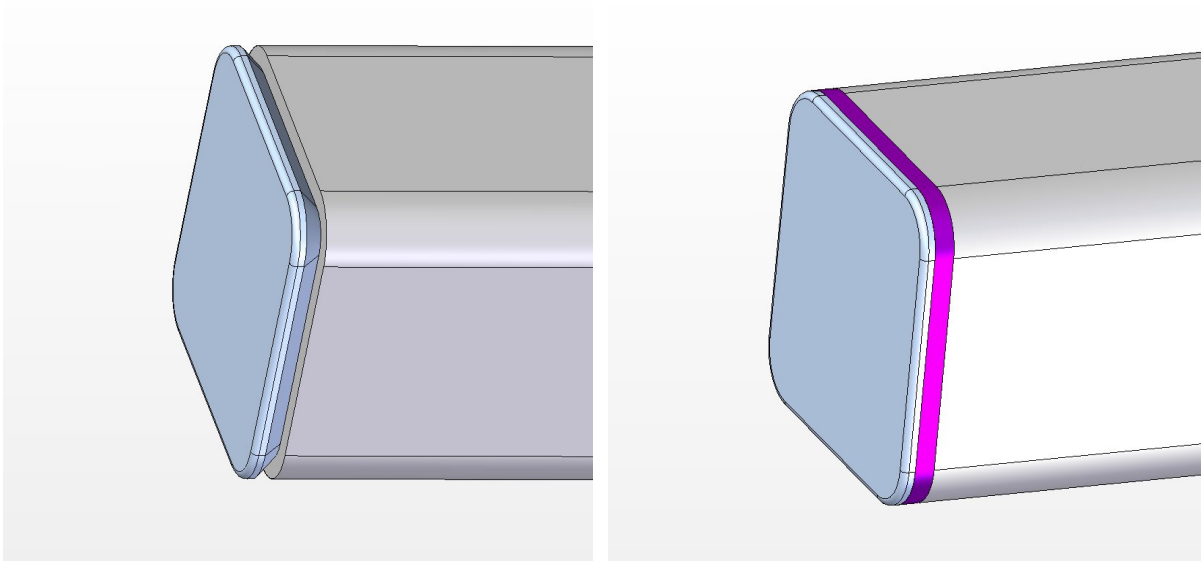
35. Dumbbell 5kg

Standard Parts

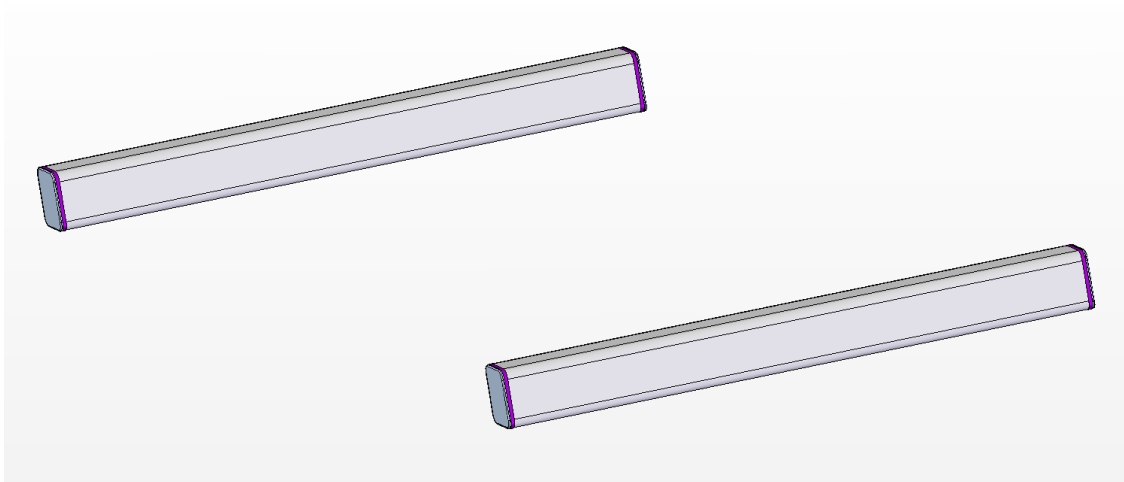


Assemblage images

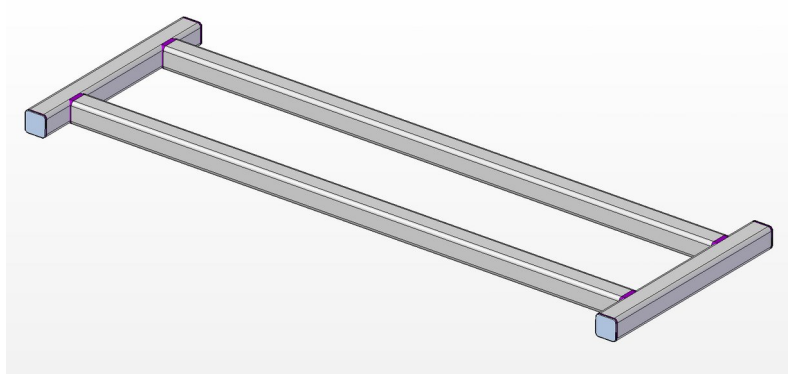
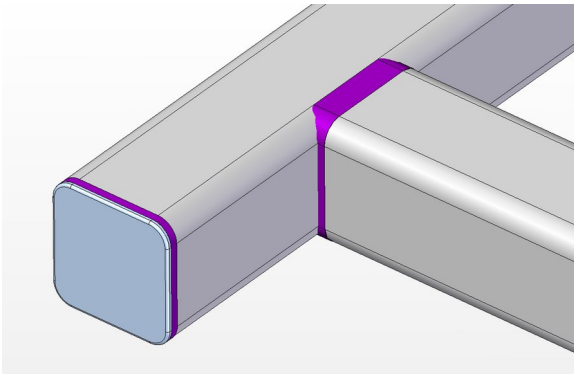
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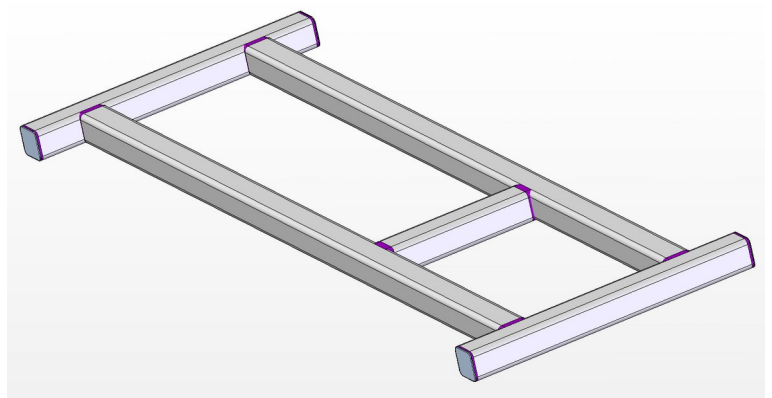
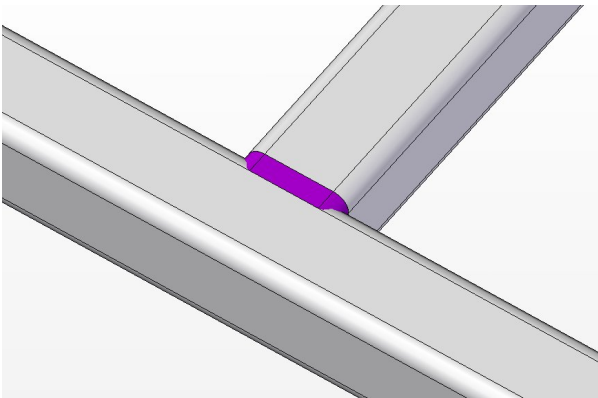
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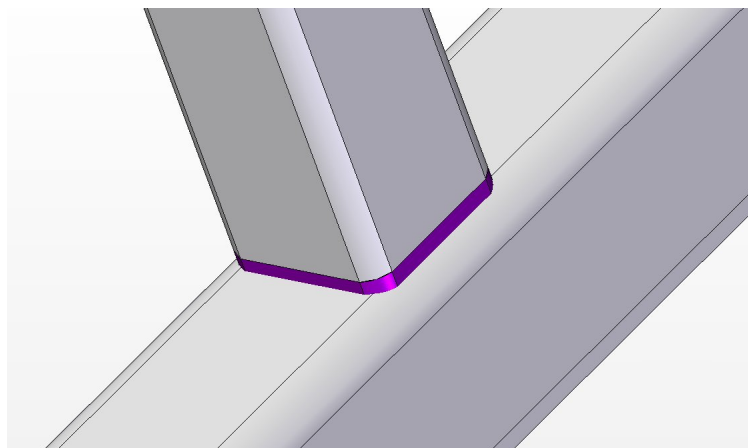
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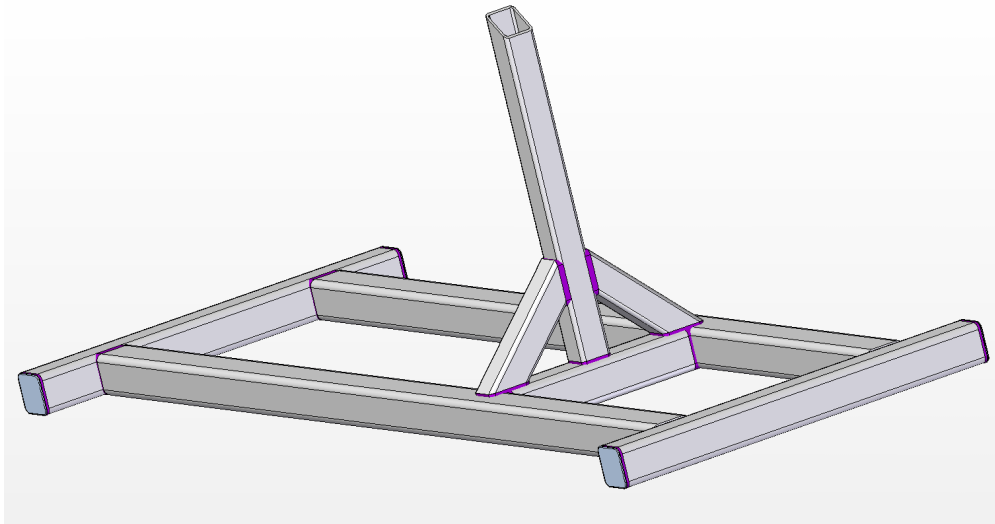
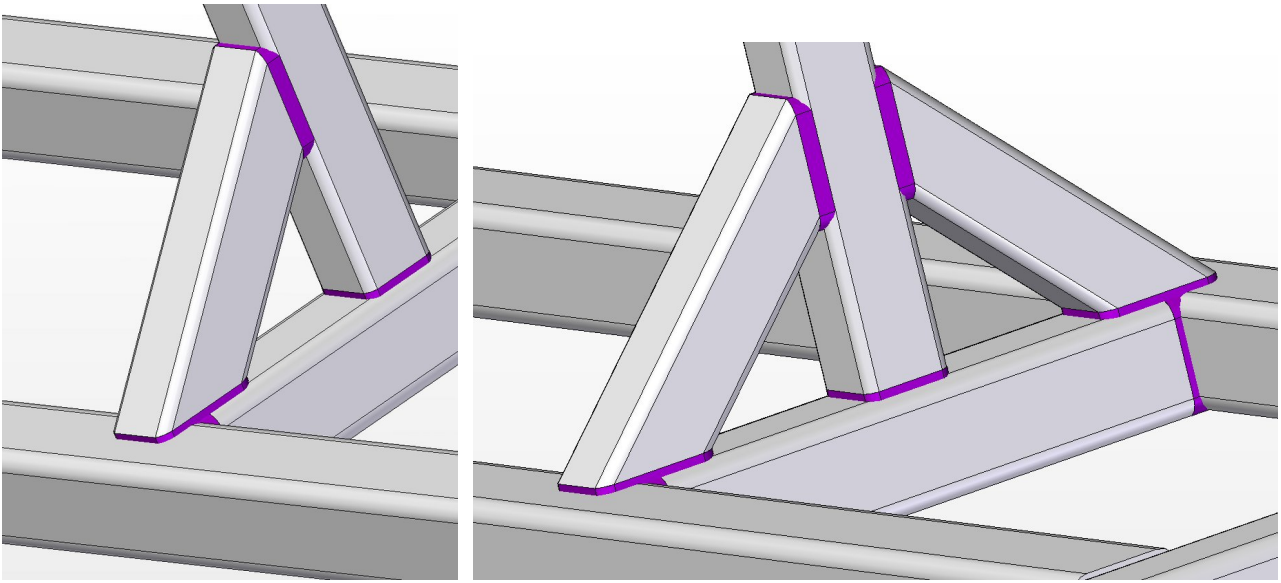
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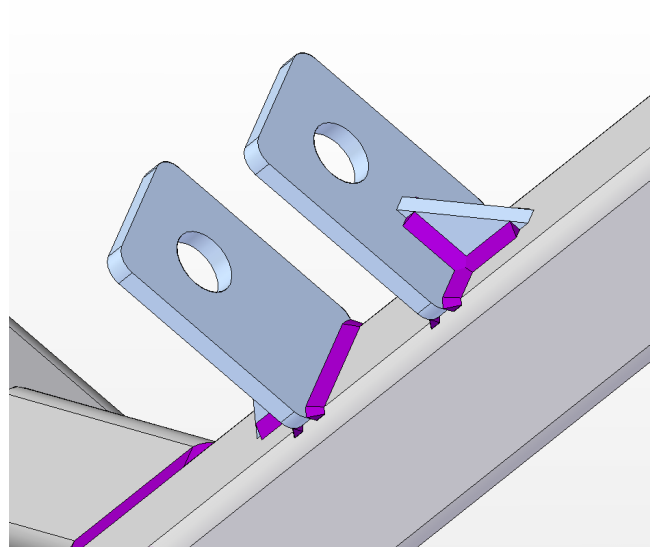
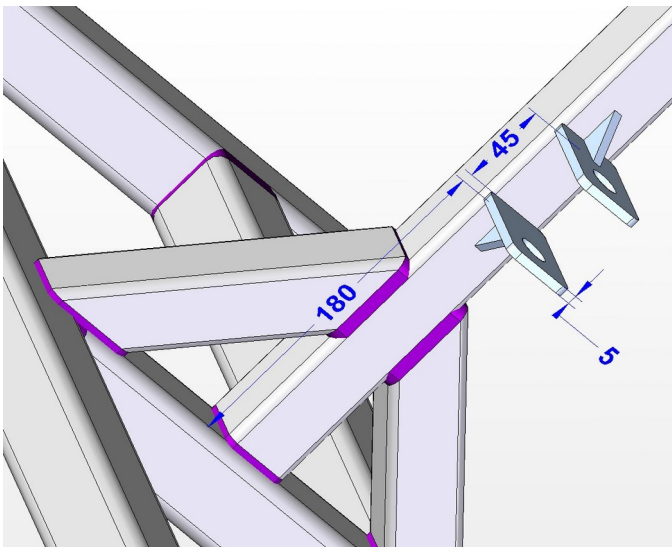
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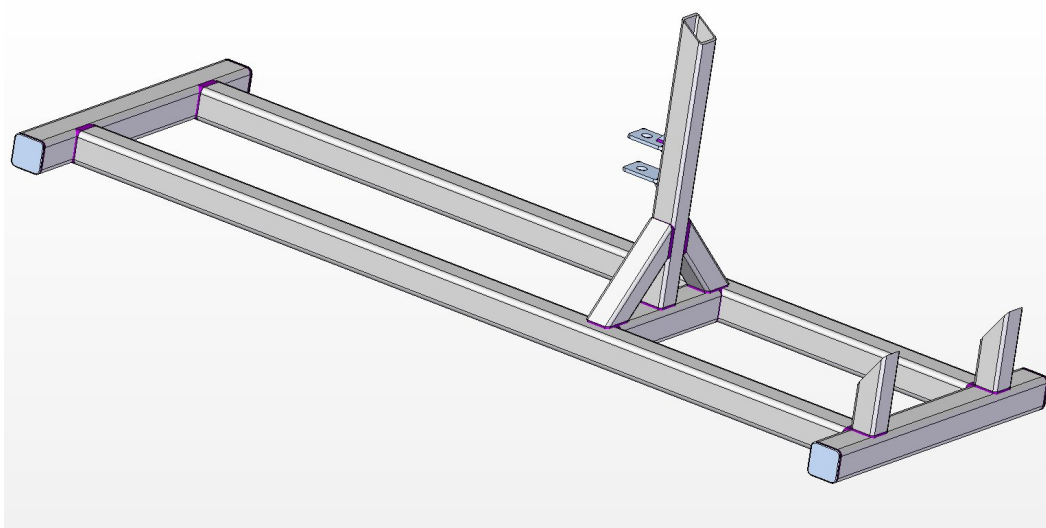
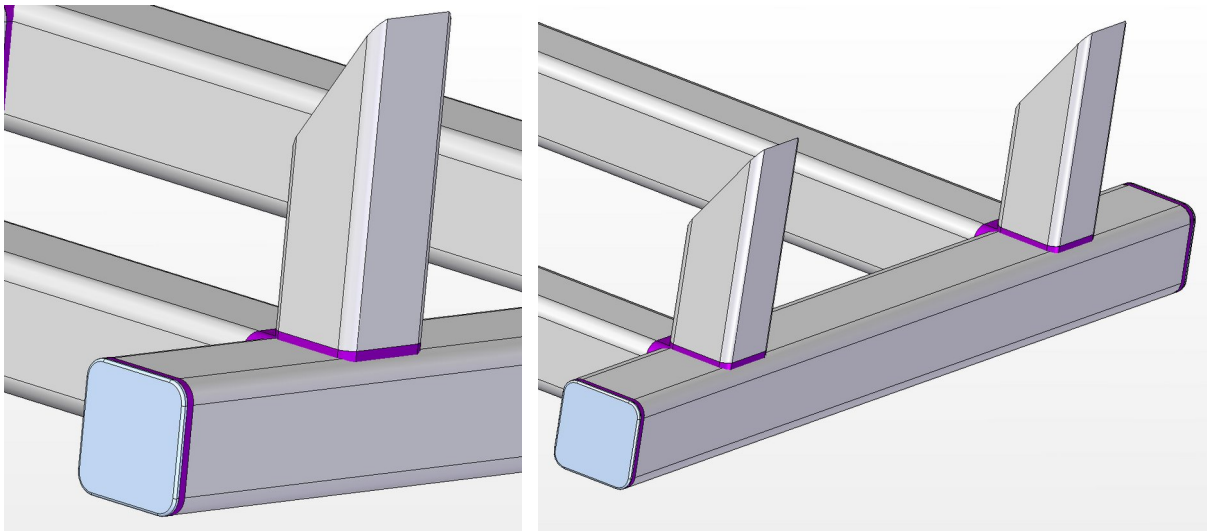
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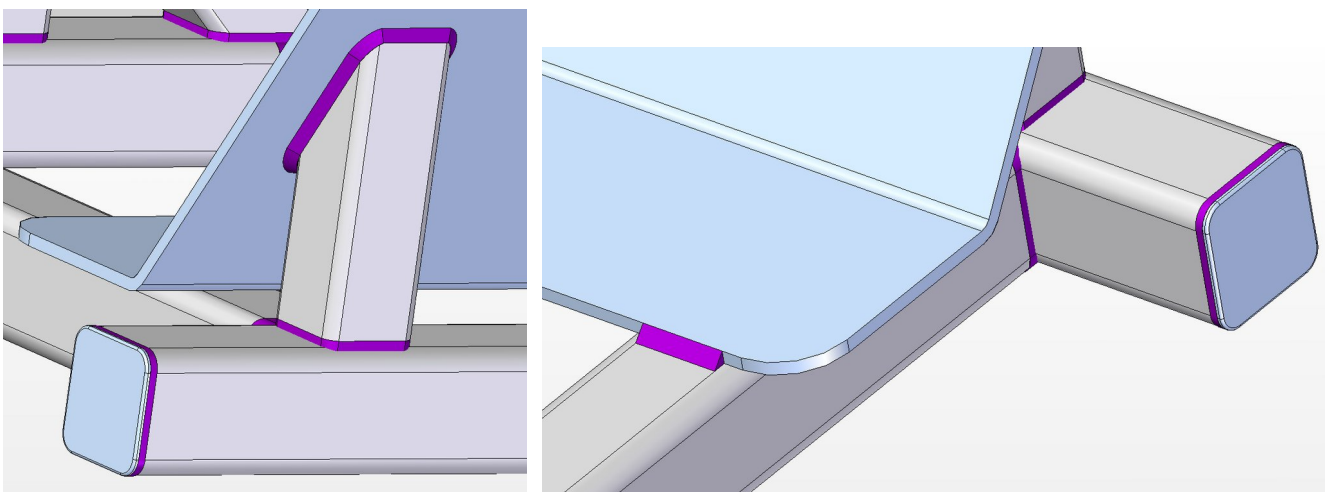
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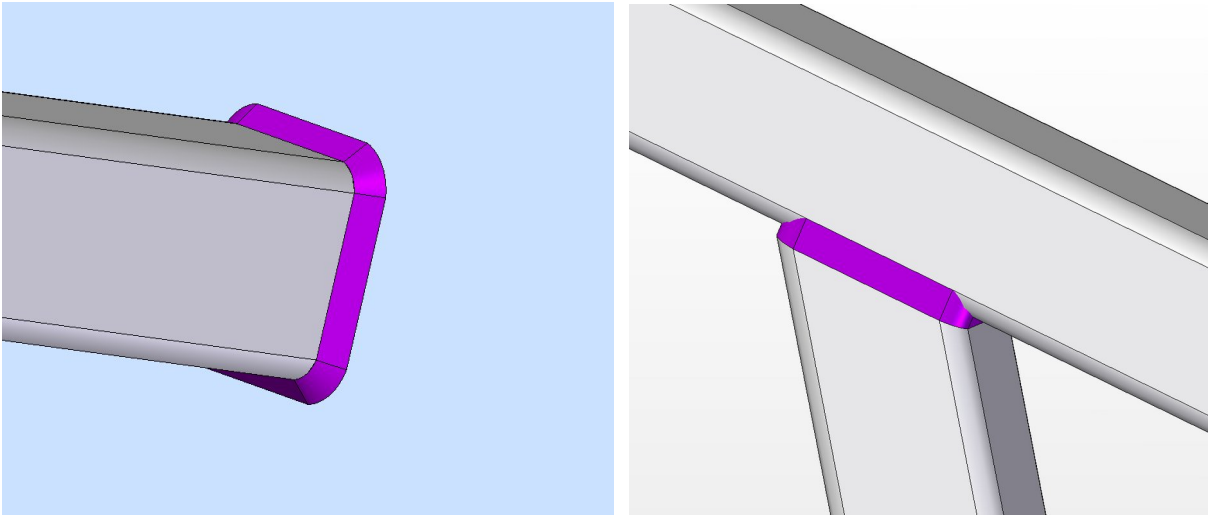
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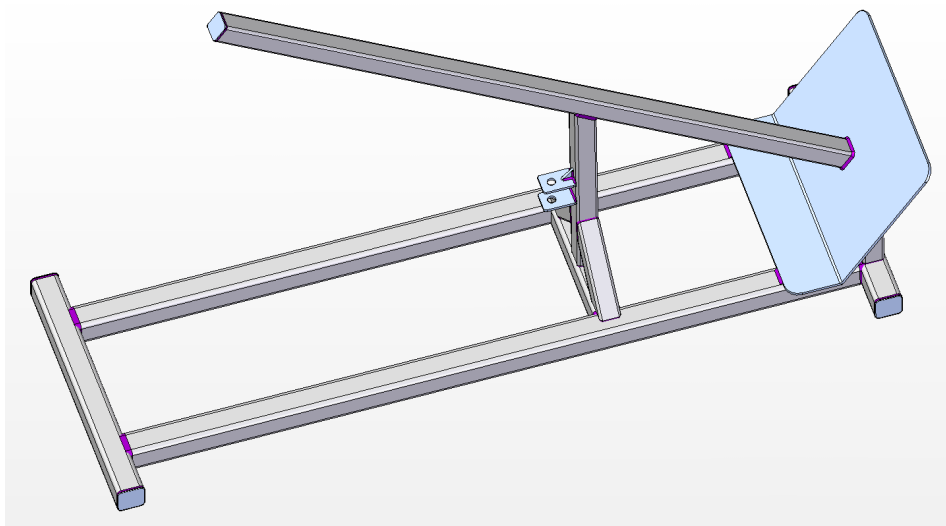
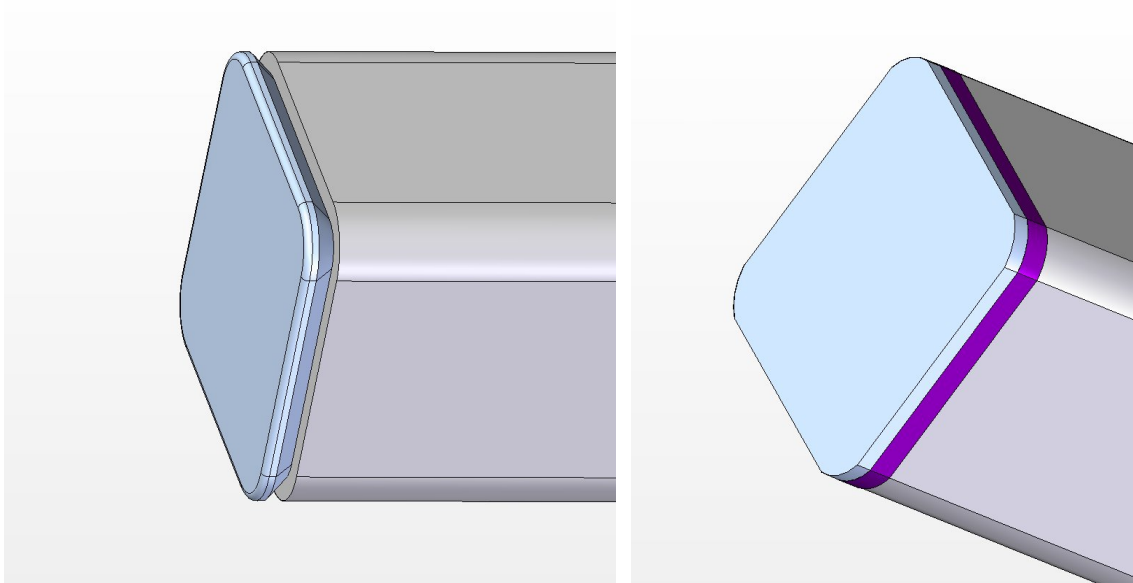
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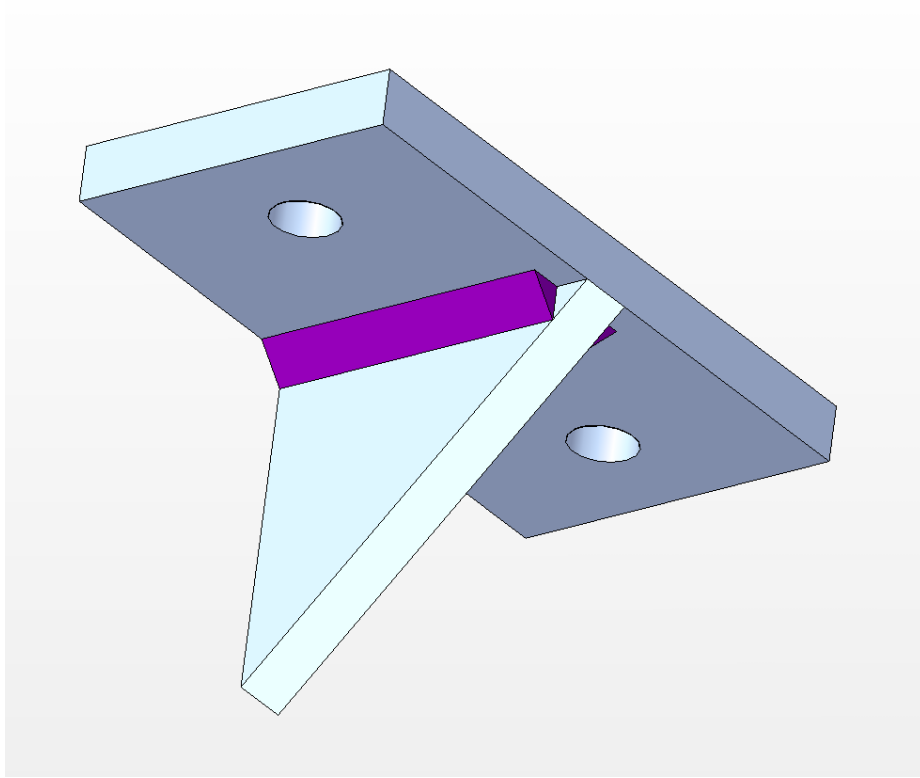
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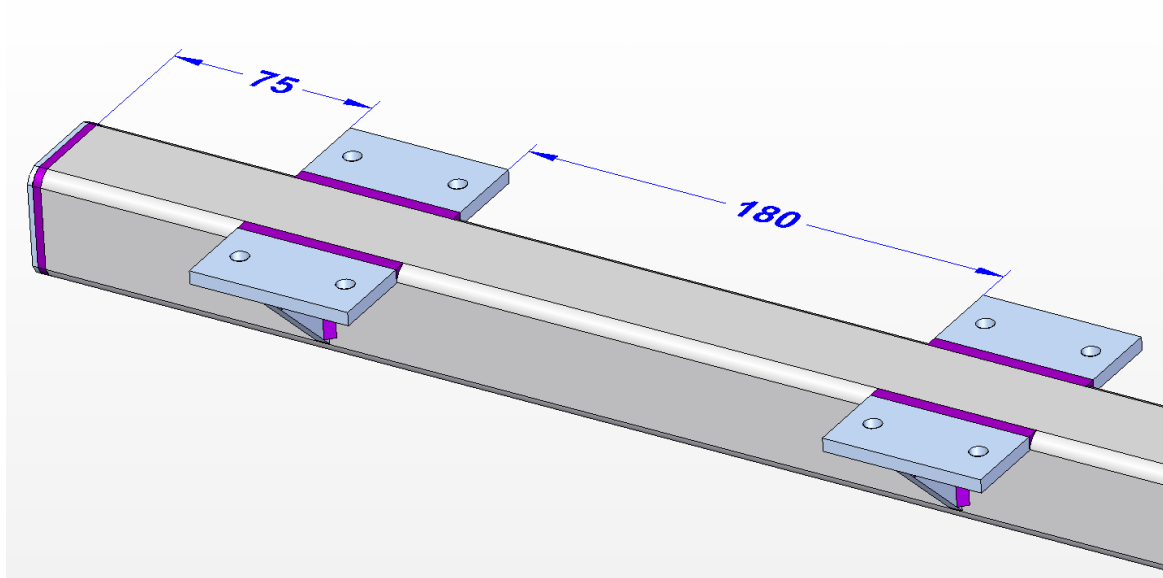


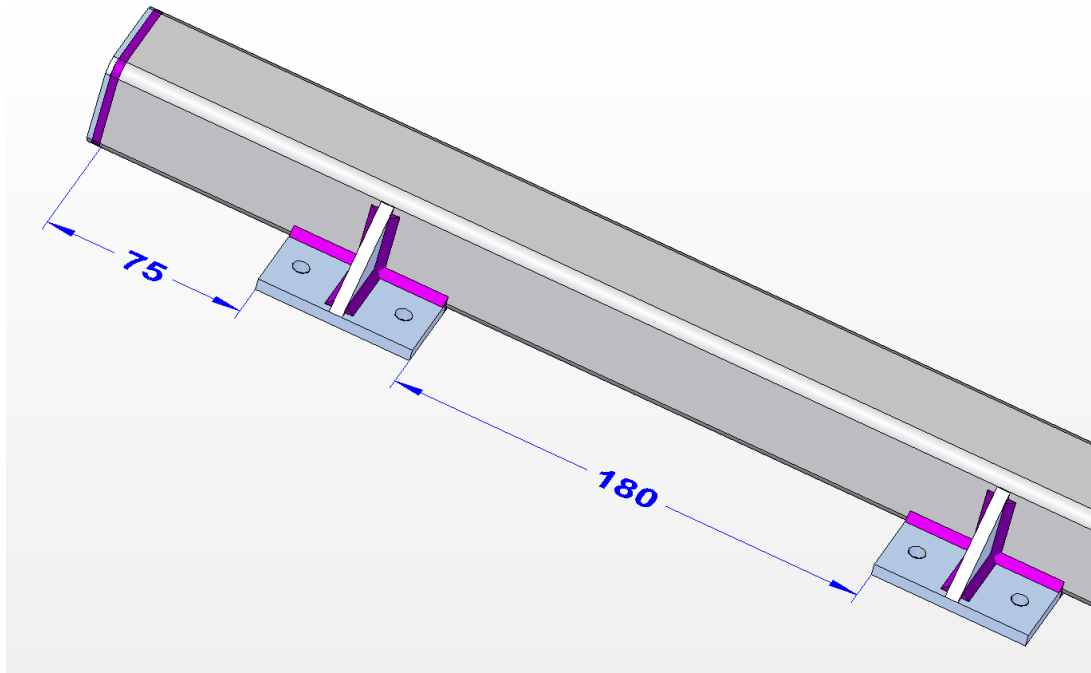
11. Weld the Sheet Support (item 27) and Triangle Support (item 28) together.



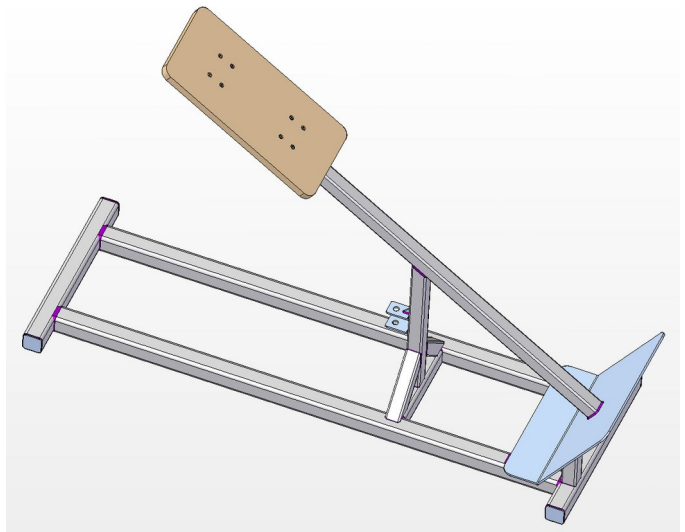
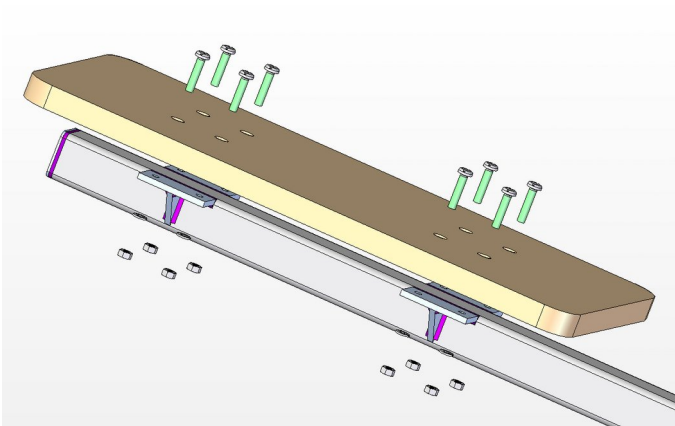
Make the four of these subassemblies

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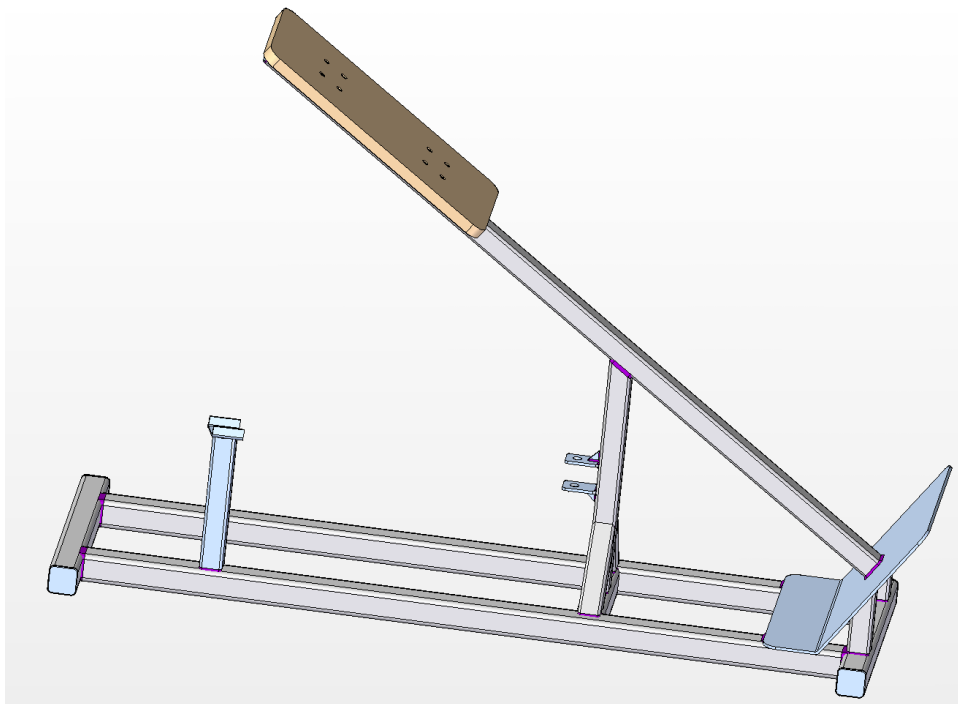
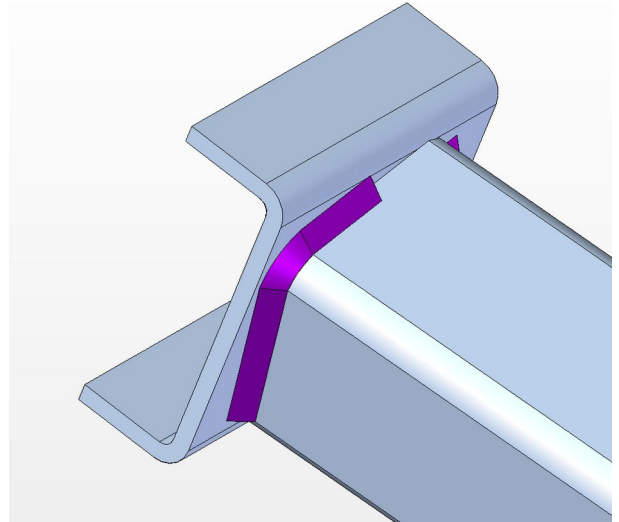
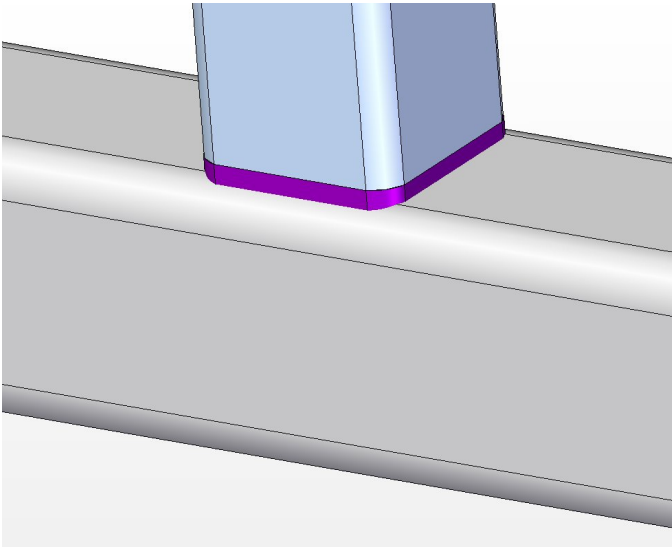




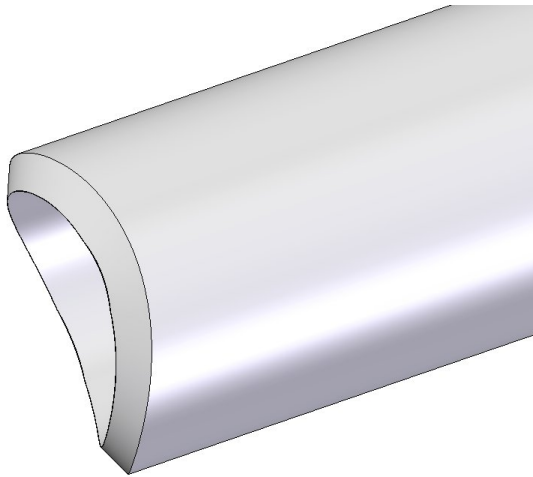
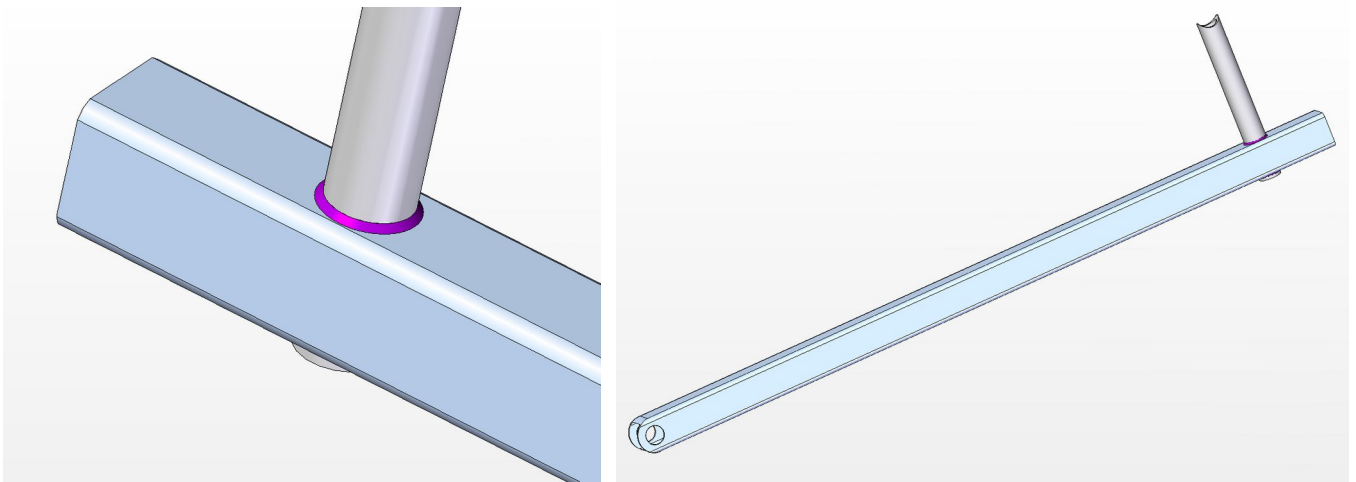
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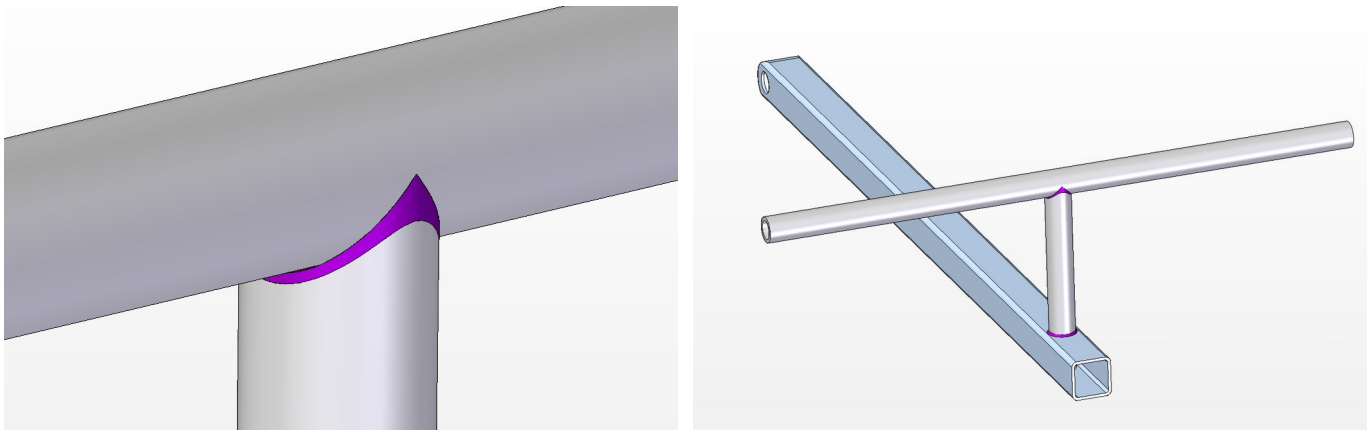
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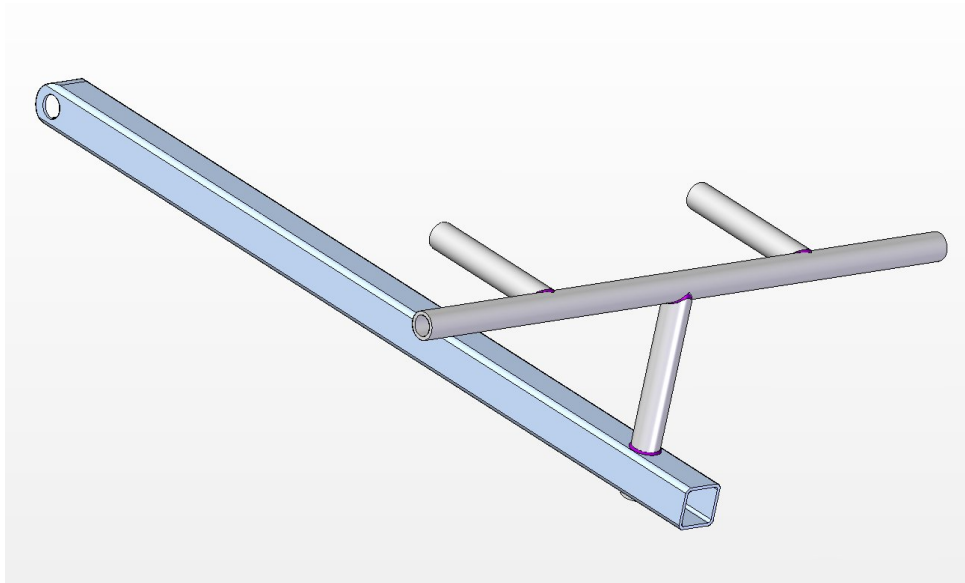
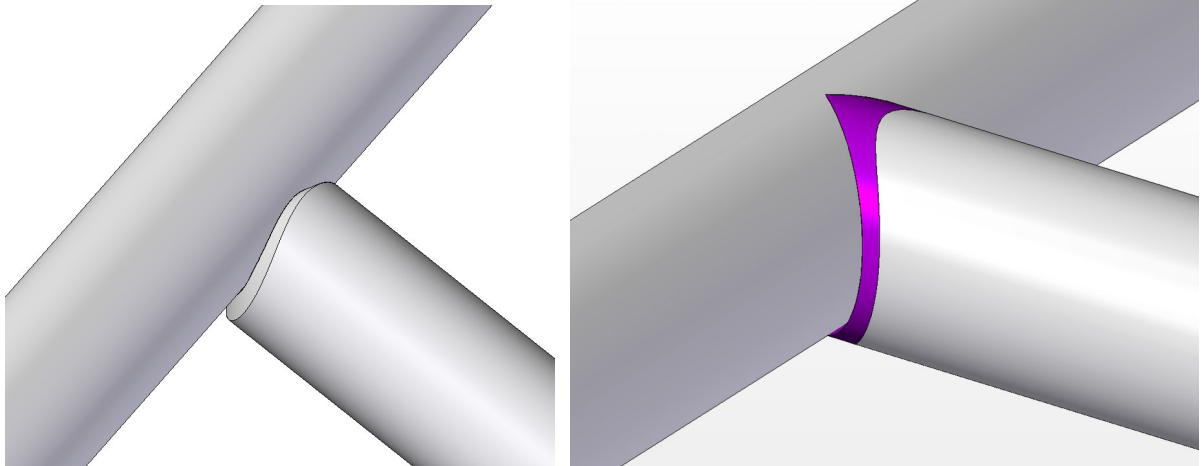
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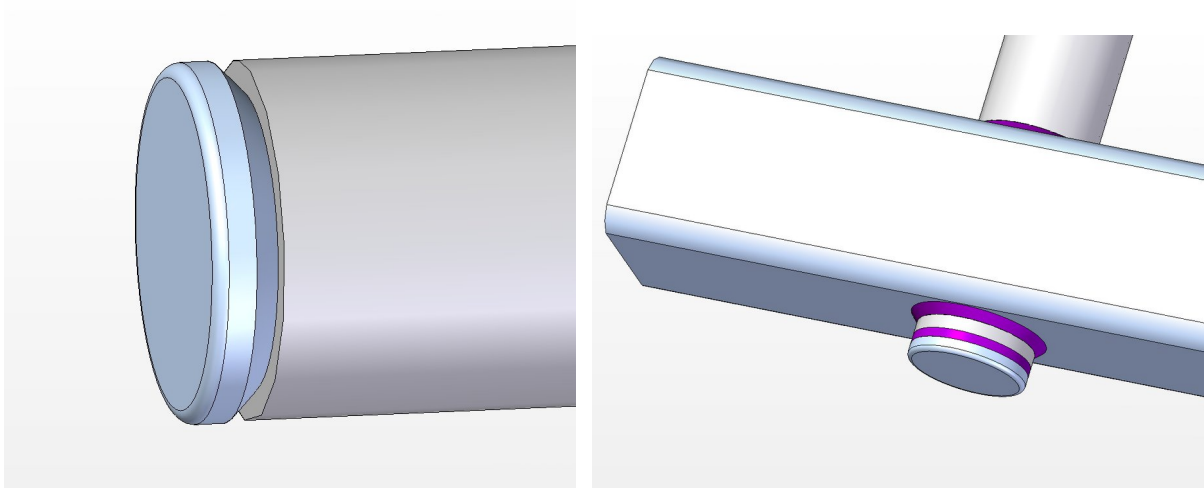
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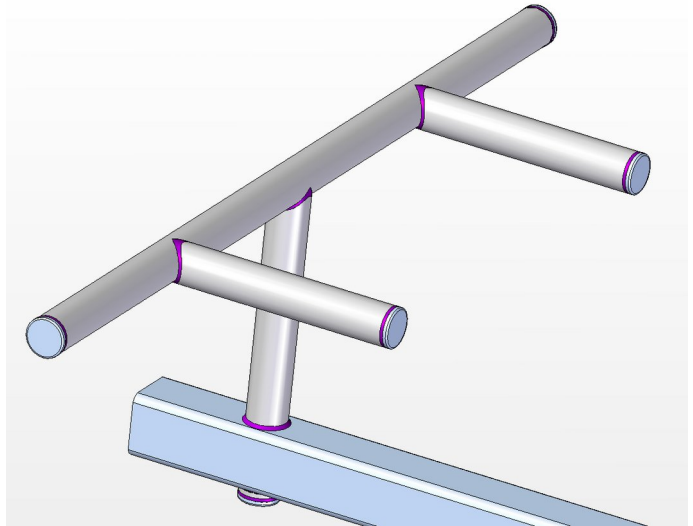
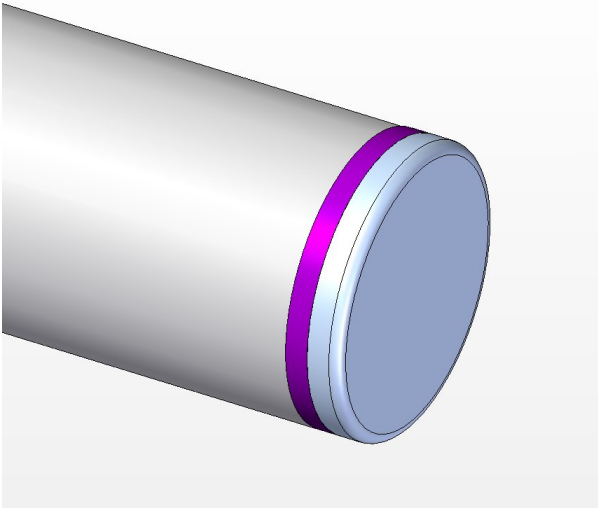


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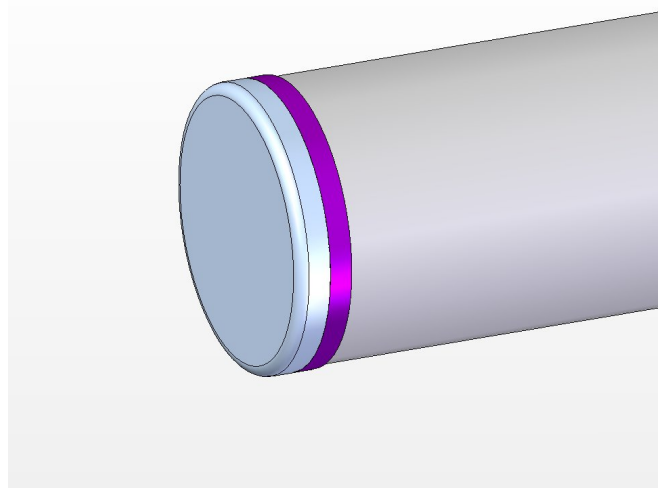
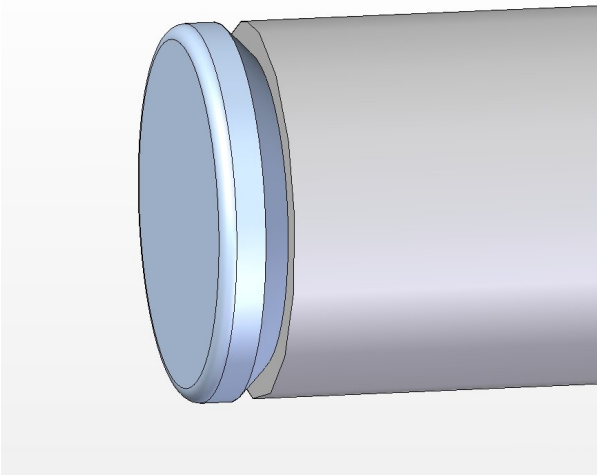


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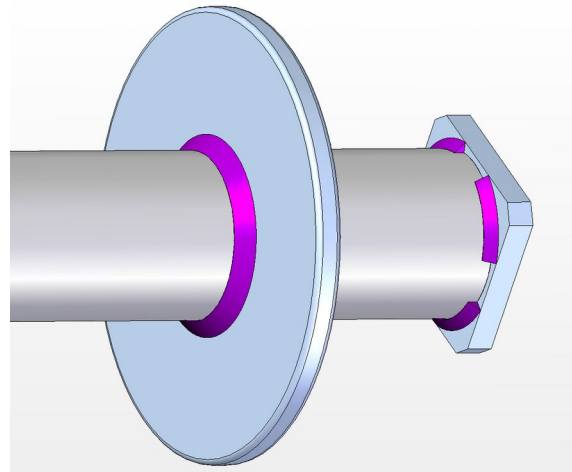
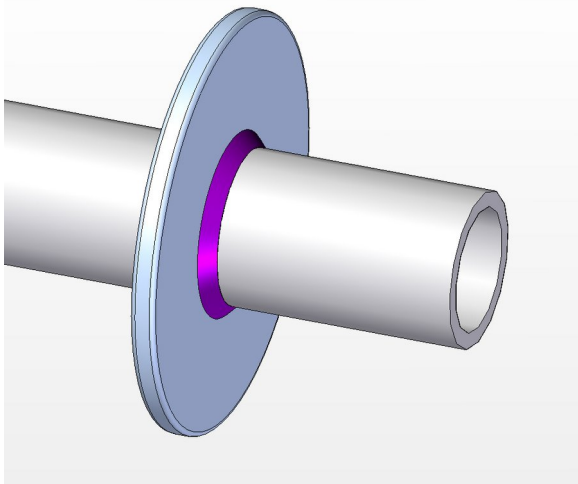


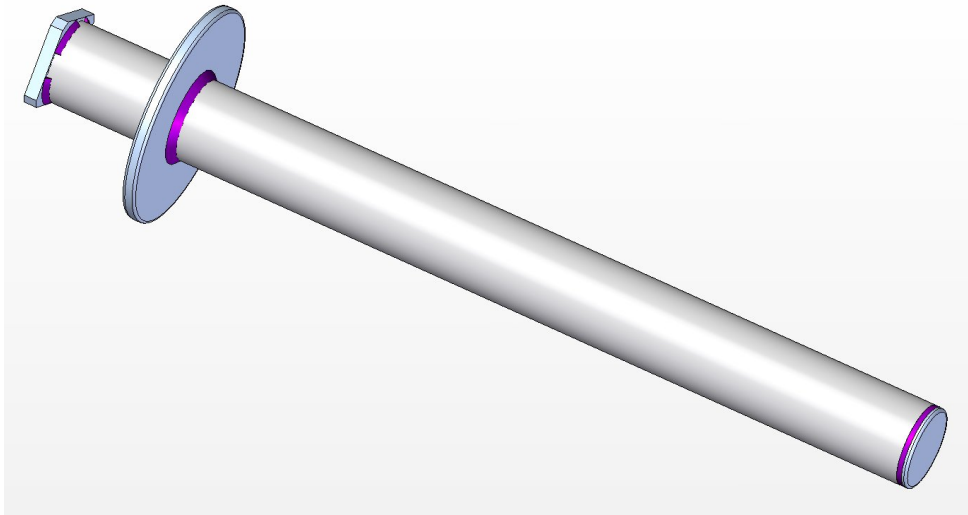


19.

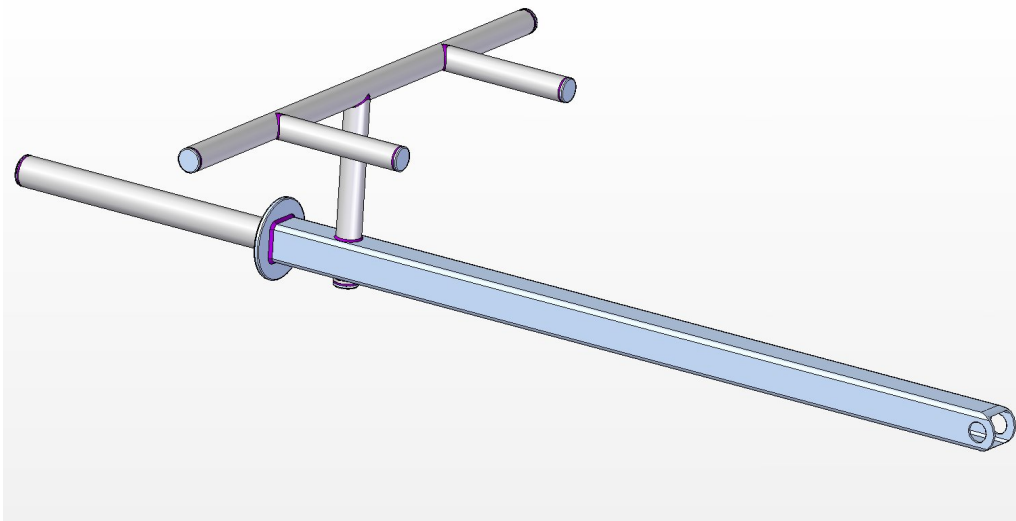


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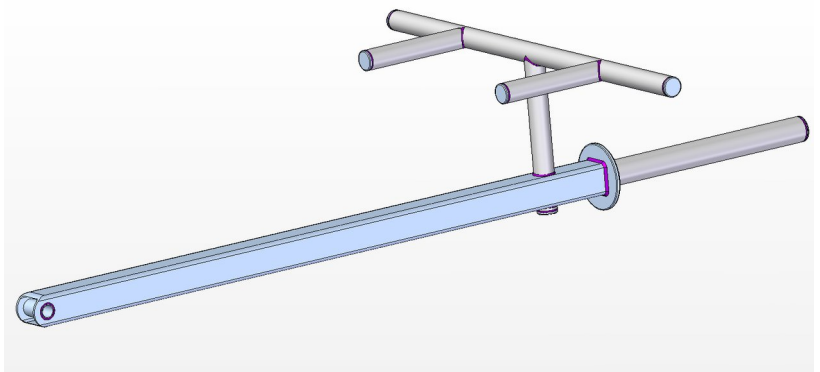
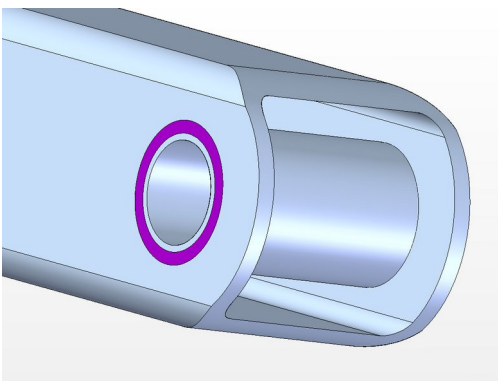




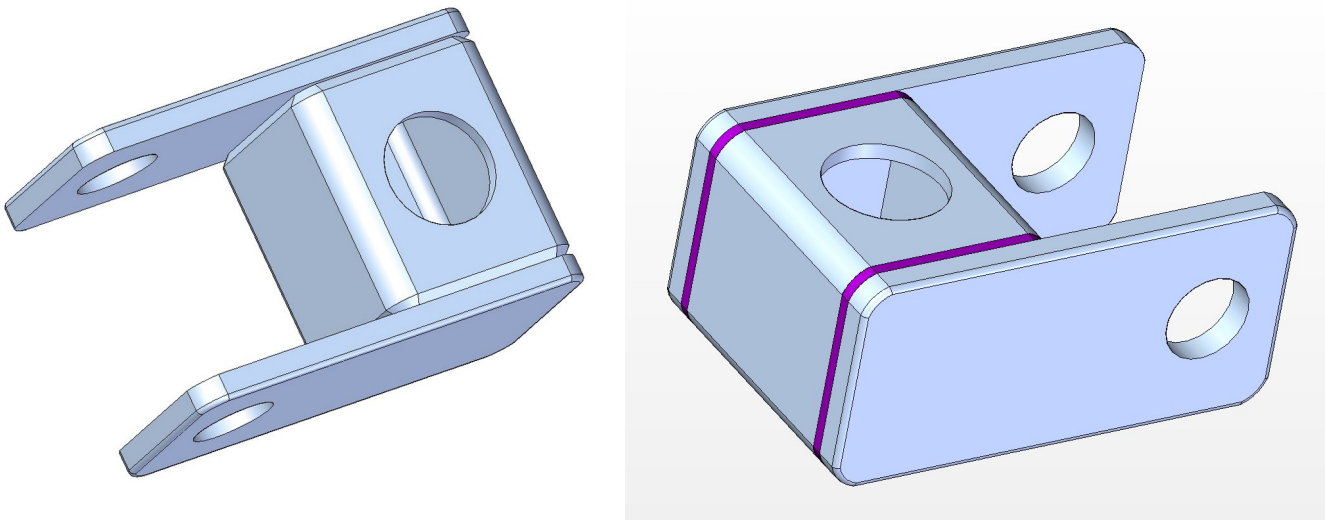
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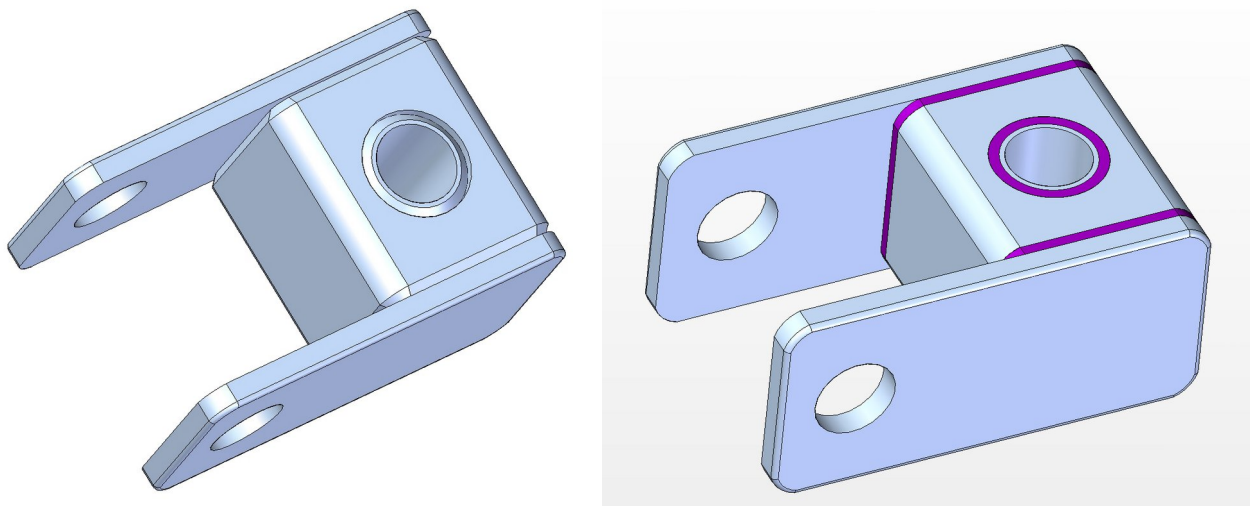
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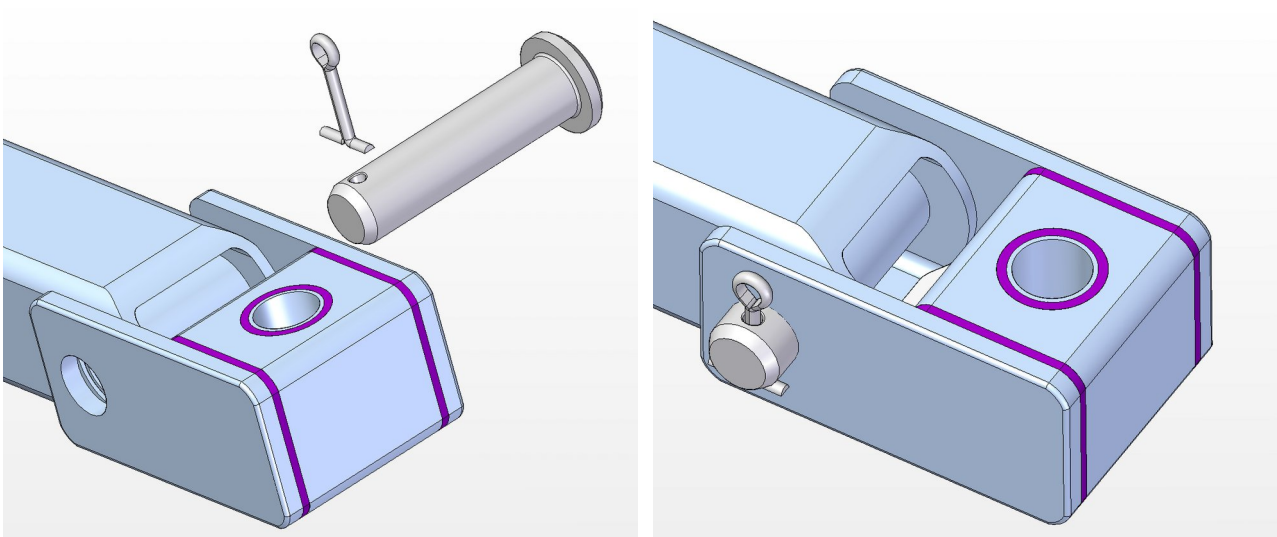
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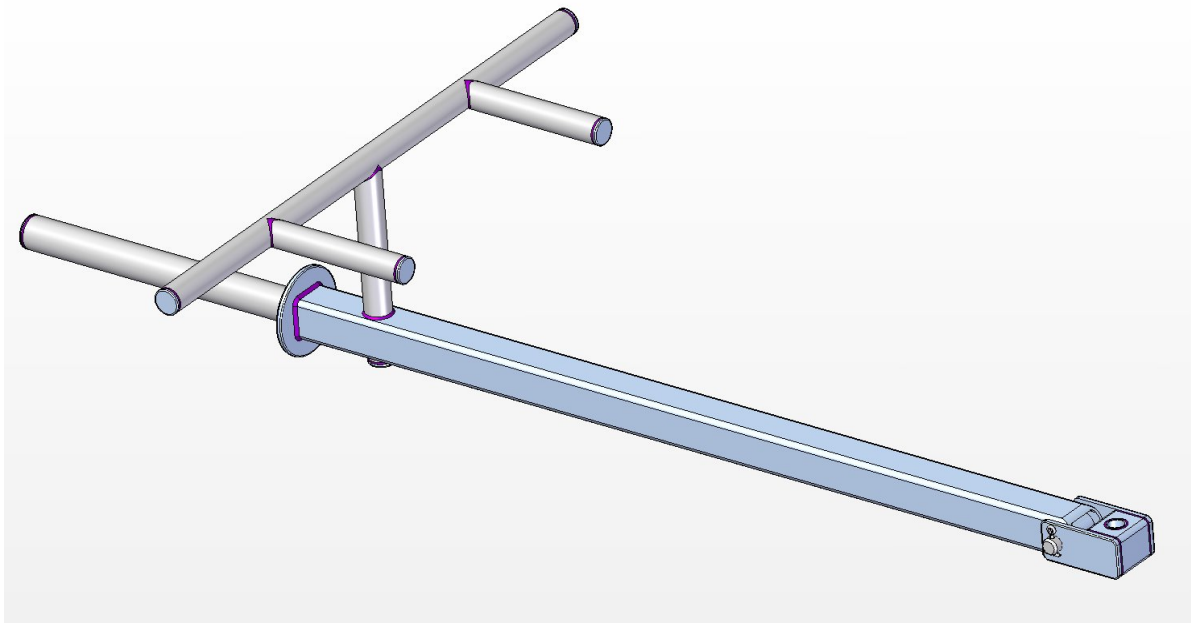


24.



25.





26.

