

# LAROO

**PERFORMANCE & FITNESS**

## NOTICE DE MONTAGE XR05



FABRIQUÉ EN FRANCE

MERCI D'AVOIR CHOISI LAROQ

POUR TOUTE  
DEMANDE TECHNIQUE  
MERCI DE CONTACTER  
NOTRE SERVICE APRÈS-VENTE

+33 (0)4 42 28 58 46

[service@laroq.com](mailto:service@laroq.com)

[WWW.LAROQ.COM](http://WWW.LAROQ.COM)

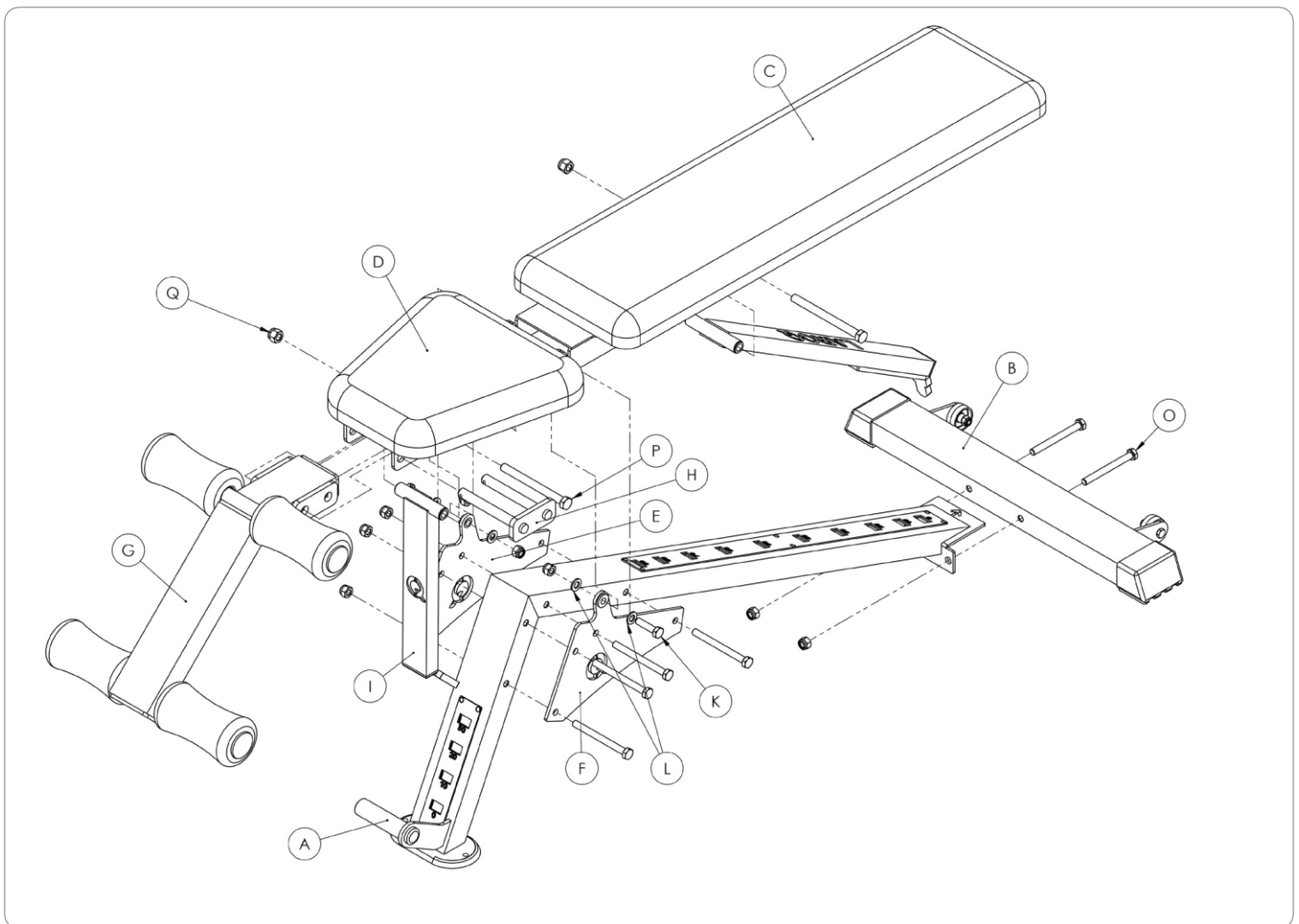
ZONE INDUSTRIELLE DU GRAND  
PONT 13640 LA ROQUE  
D'ANTHÉRON  
FRANCE

Tel : 33(0)4 42 28 48 20  
mail : [commercial@fizfab.com](mailto:commercial@fizfab.com)

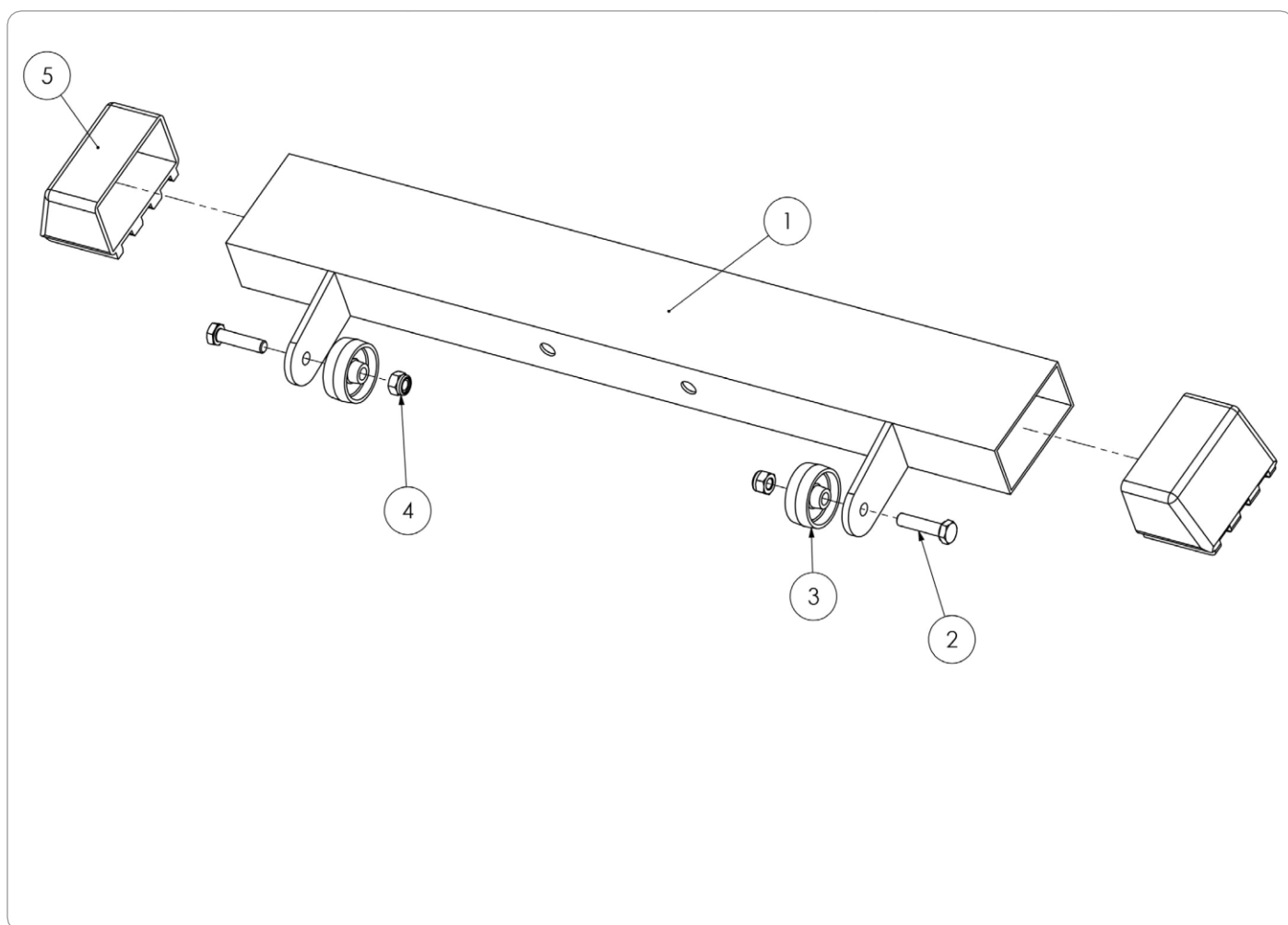
**BANC RÉGLABLE**

Longueur 164 cm  
Largeur 156 cm  
Hauteur 223 cm  
Poids 117 kg

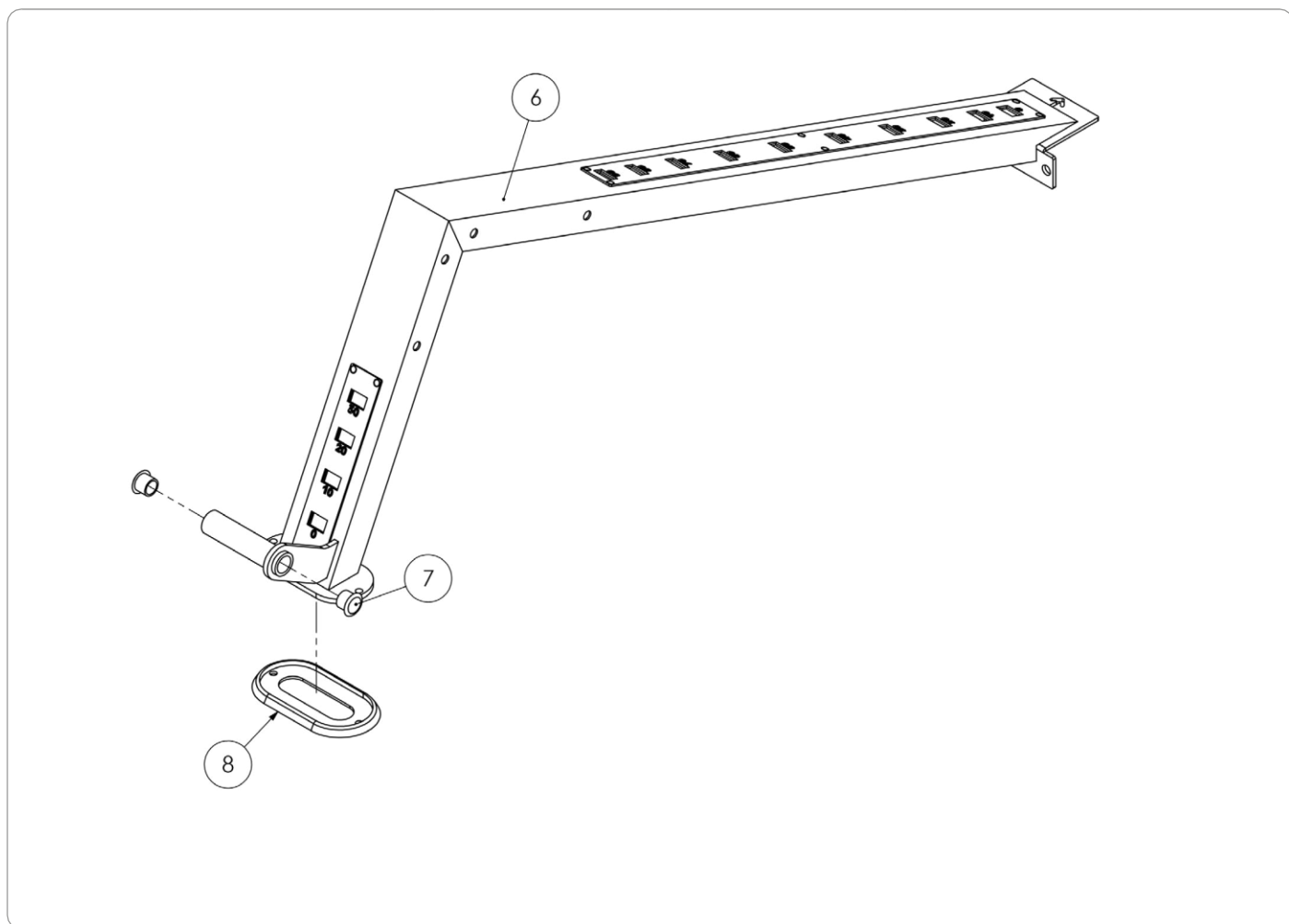
# ASSEMBLAGE



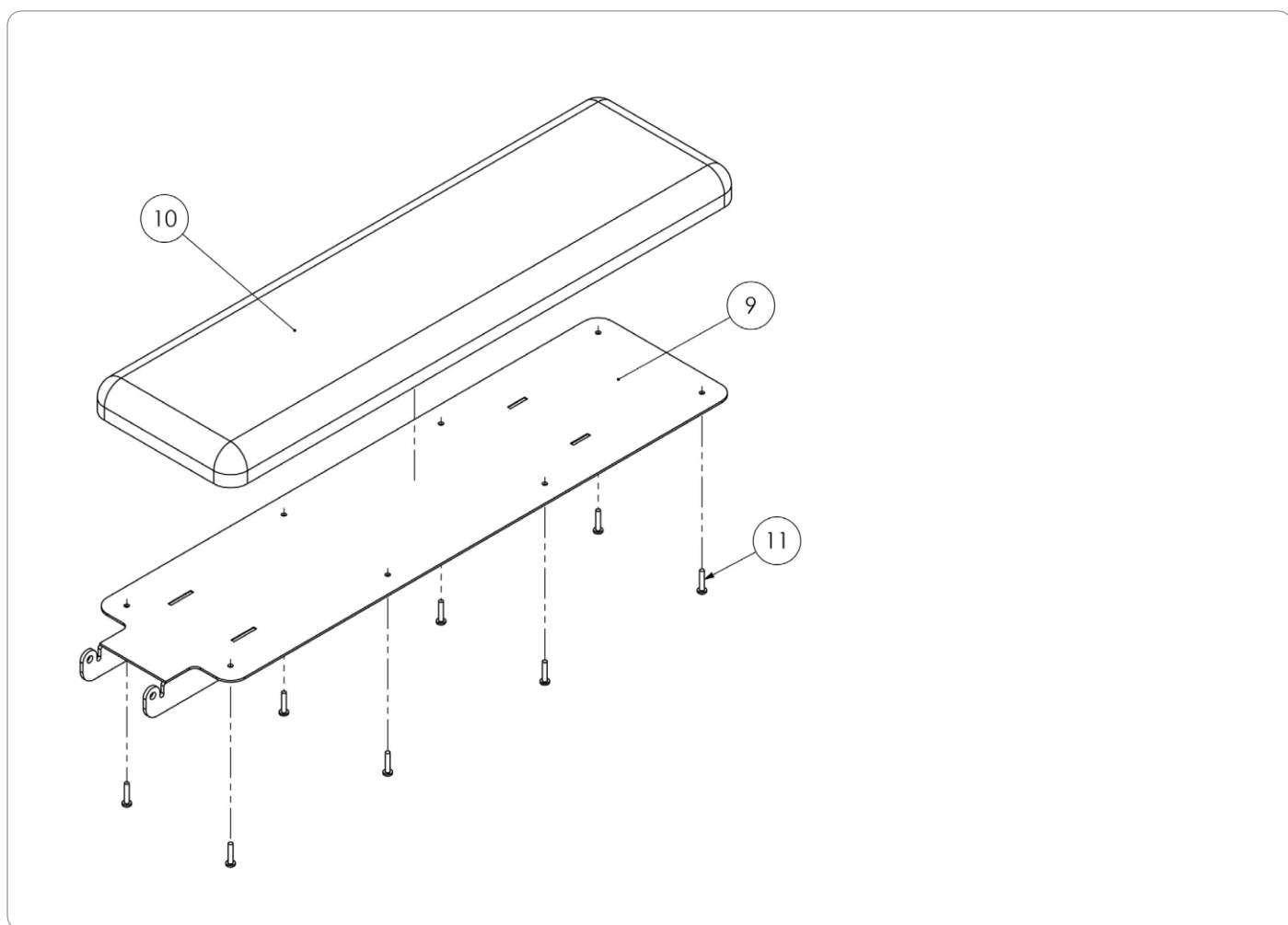
N° ARTICLE	DESIGNATION	NB
A (6)	BANC	1
B (1)	EMBASE	1
C (9)	DOSSIER	1
D (17)	SIEGE	1
E (23)	PIVOT 1	1
F (24)	PIVOT 2	1
G (18)	SUPPORT BOUDINS	1
H (21)	CLAVETTE BOUDINS	1
I (15)	REGLAGE SIEGE	1
J (12)	REGLAGE DOSSIER	1
K	TH M 10x40	2
L	RONDELLE M10	4
M	TH M 10x110	4
N	ECROU FREIN M10	8
O	TH M 10x100	2
P	TH M 12x140	2
Q	ECROU FREIN M10	2

**EMBASE**

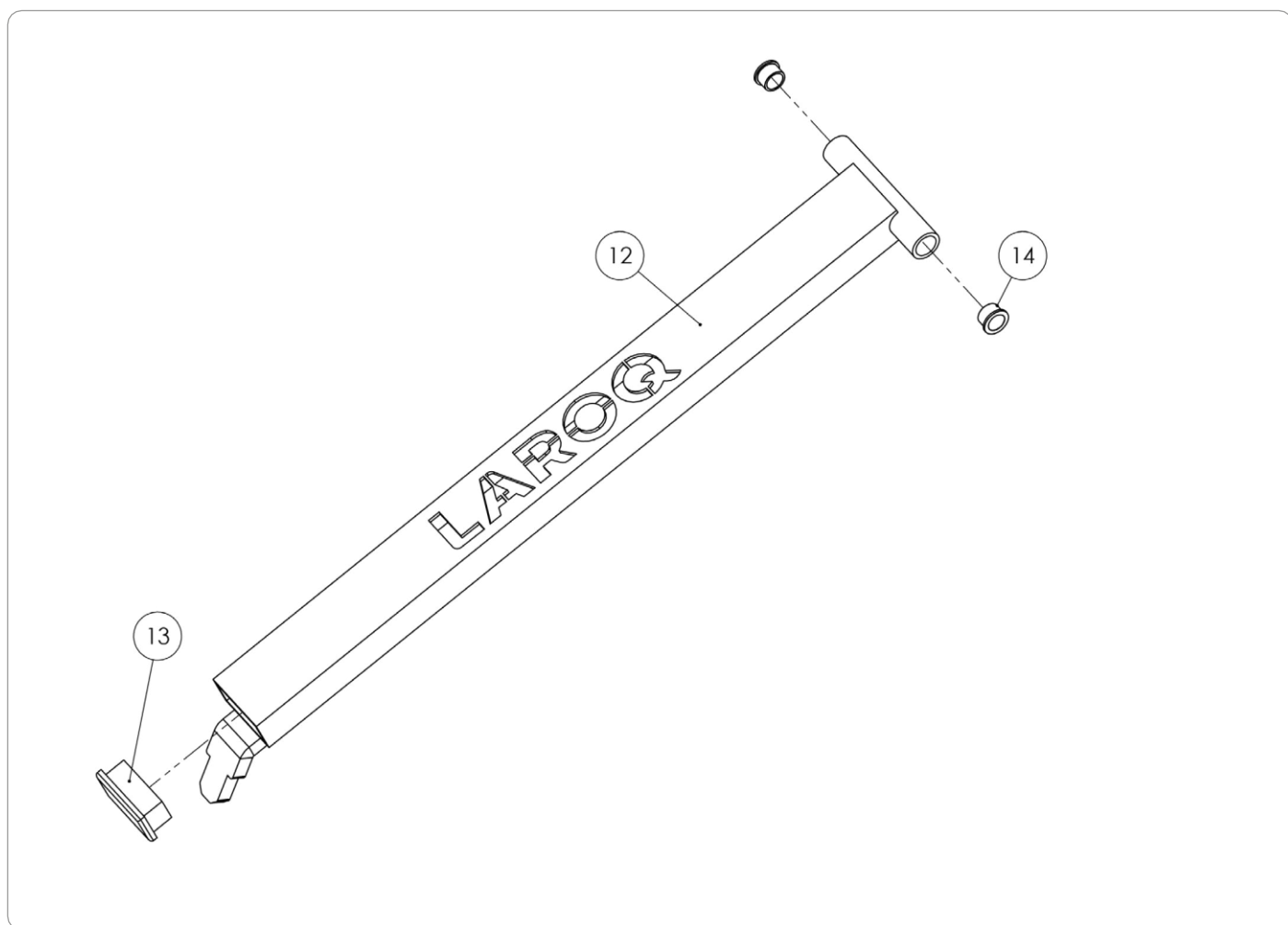
N° ARTICLE	DESIGNATION	NB
1	EMBASE	1
2	TH M8 x 35	2
3	ROULETTE Ø 40 mm	2
4	ECROU FREIN M8	2
5	BOUCHON 80 x 40	2

**BANC**

N° ARTICLE	DESIGNATION	NB
6	BANC	1
7	BOUCHON Ø 27	2
8	PATIN	1

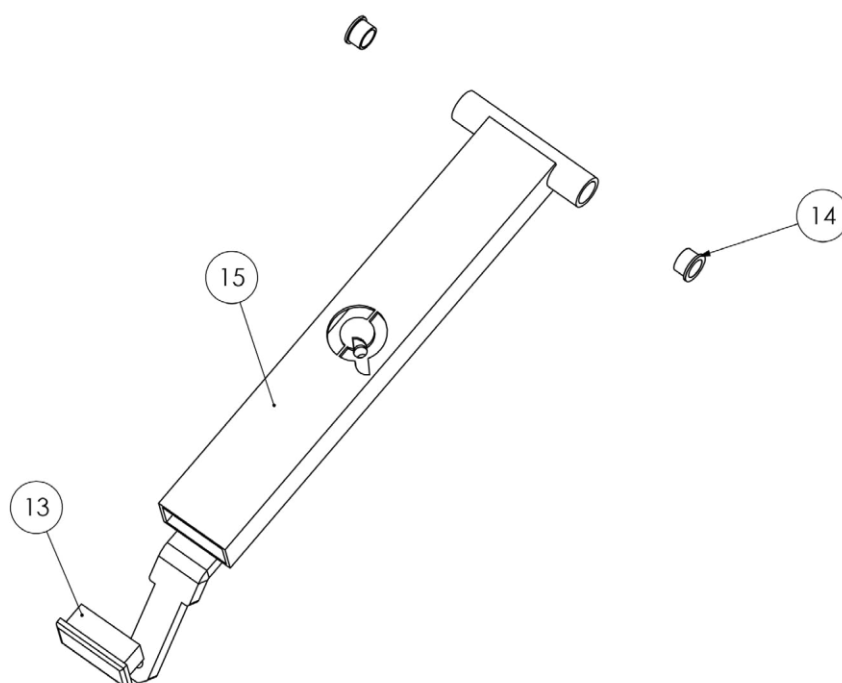
**DOSSIER**

N° ARTICLE	DESIGNATION	NB
9	DOSSIER	1
10	SELLERIE DOSSIER	2
11	VIS PEINTURE M6 x 30	1

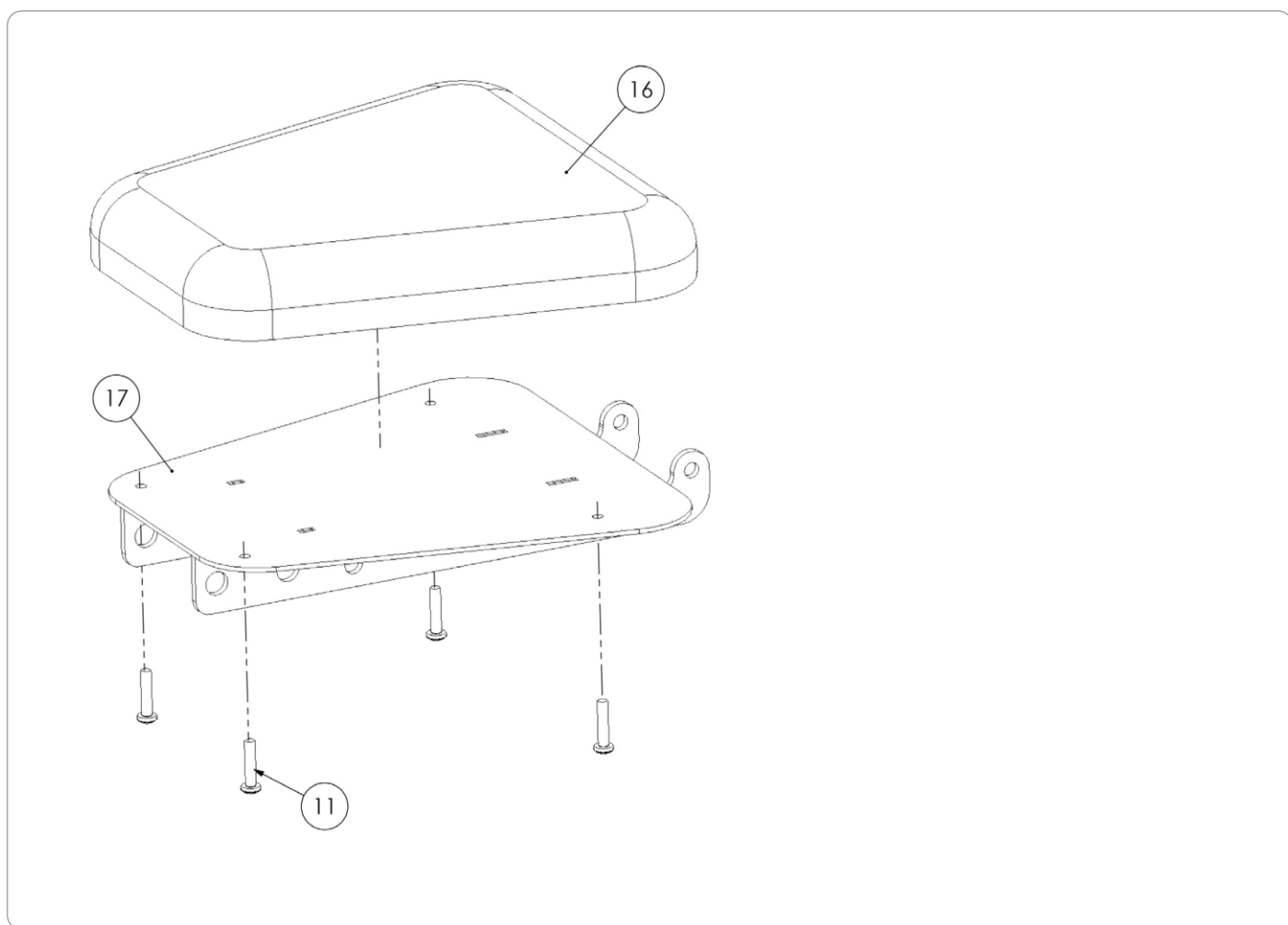
**REGLAGE DOSSIER**

N° ARTICLE	DESIGNATION	NB
12	REGLAGE DOSSIER	1
13	BOUCHON 50 x 25	1
14	PLAIER LISSE	2



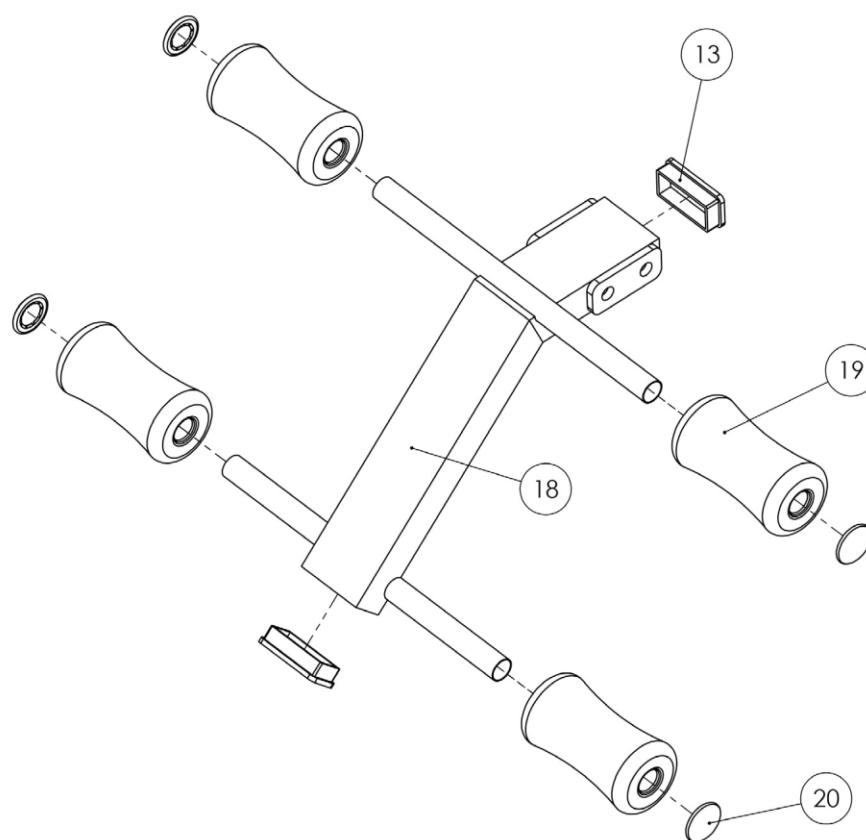
**REGLAGE SIEGE**

N° ARTICLE	DESIGNATION	NB
13	BOUCHON 50 x 25	1
14	PALIER LISSE	2
15	REGLAGE SIEGE	1

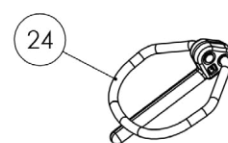
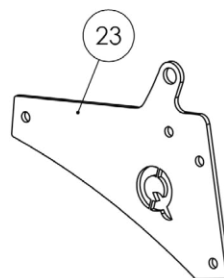
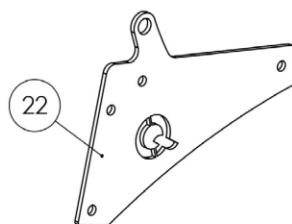
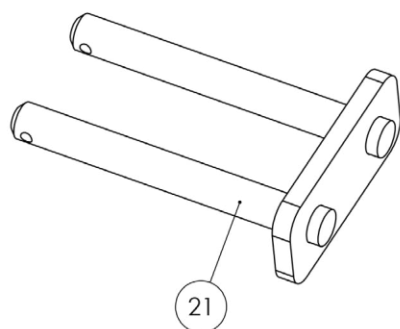
**SIEGE**

N° ARTICLE	DESIGNATION	NB
11	VIS PEINTURE M6 x 30	4
16	SELLERIE SIEGE	1
17	SIEGE	1

# SUPPORT BOUDINS

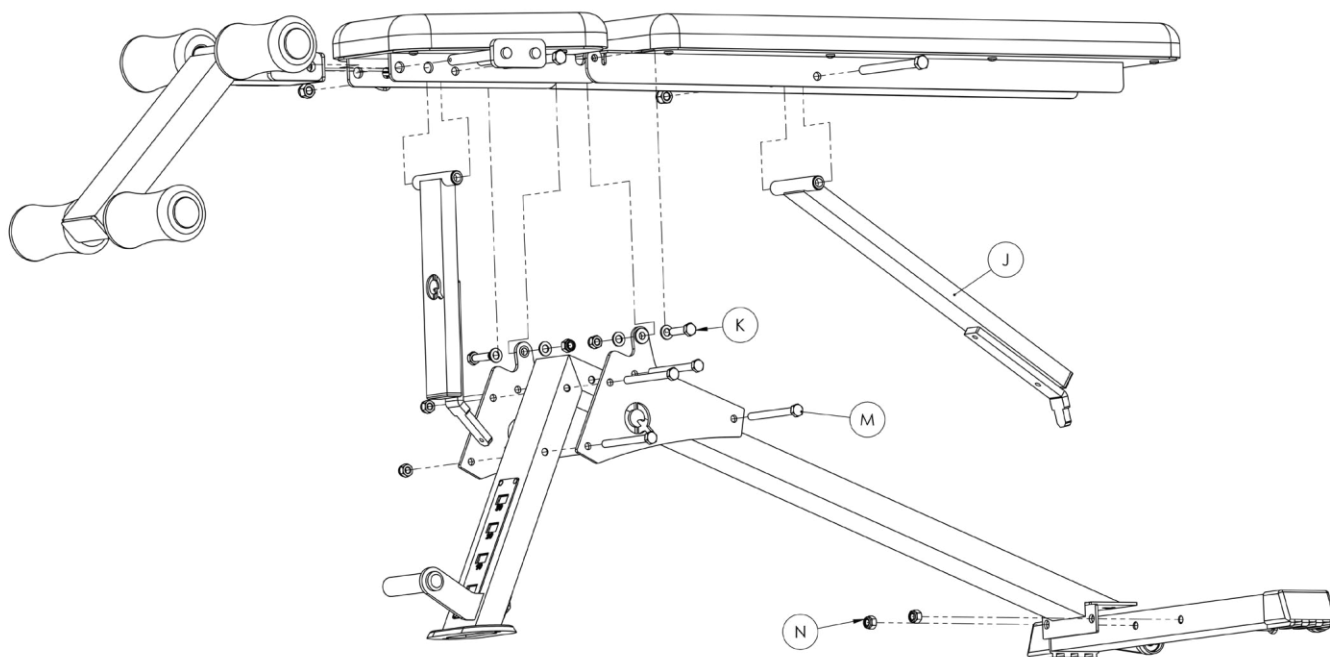


N° ARTICLE	DESIGNATION	NB
13	BOUCHON 50 x 25	2
18	SUPPORT BOUDINS	1
19	BOUDINS	4
20	CLIPS CHROME Ø 25	4

**ACCESSOIRES**

N° ARTICLE	DESIGNATION	NB
21	CLAVETTE BOUDINS	1
22	PIVOT 1	1
23	PIVOT 2	1
24	GOUPILLE	2

# ASSEMBLAGE FINAL



N° ARTICLE	DESIGNATION	NB
A (6)	BANC	1
B (1)	EMBASE	1
C (9)	DOSSIER	1
D (17)	SIEGE	1
E (23)	PIVOT 1	1
F (24)	PIVOT 2	1
G (18)	SUPPORT BOUDINS	1
H (21)	CLAVETTE BOUDINS	1
I (15)	REGLAGE SIEGE	1
J (12)	REGLAGE DOSSIER	1
K	TH M 10x40	2
L	RONDELLE M10	4
M	TH M 10x110	4
N	ECROU FREIN M10	8
O	TH M 10x100	2
P	TH M 12x140	2
Q	ECROU FREIN M10	2

MERCI D'AVOIR CHOISI LAROQ

POUR TOUTE  
DEMANDE TECHNIQUE  
MERCI DE CONTACTER  
NOTRE SERVICE APRÈS-VENTE

+33 (0)4 42 28 58 46

[service@laroq.com](mailto:service@laroq.com)

[WWW.LAROQ.COM](http://WWW.LAROQ.COM)

ZONE INDUSTRIELLE DU GRAND PONT  
13640 LA ROQUE D'ANTHÉRON  
FRANCE

Tel : 33(0)4 42 28 48 20  
mail : [commercial@fizfab.com](mailto:commercial@fizfab.com)