

55A01 Installation Guide

Shoulder / Chest Press

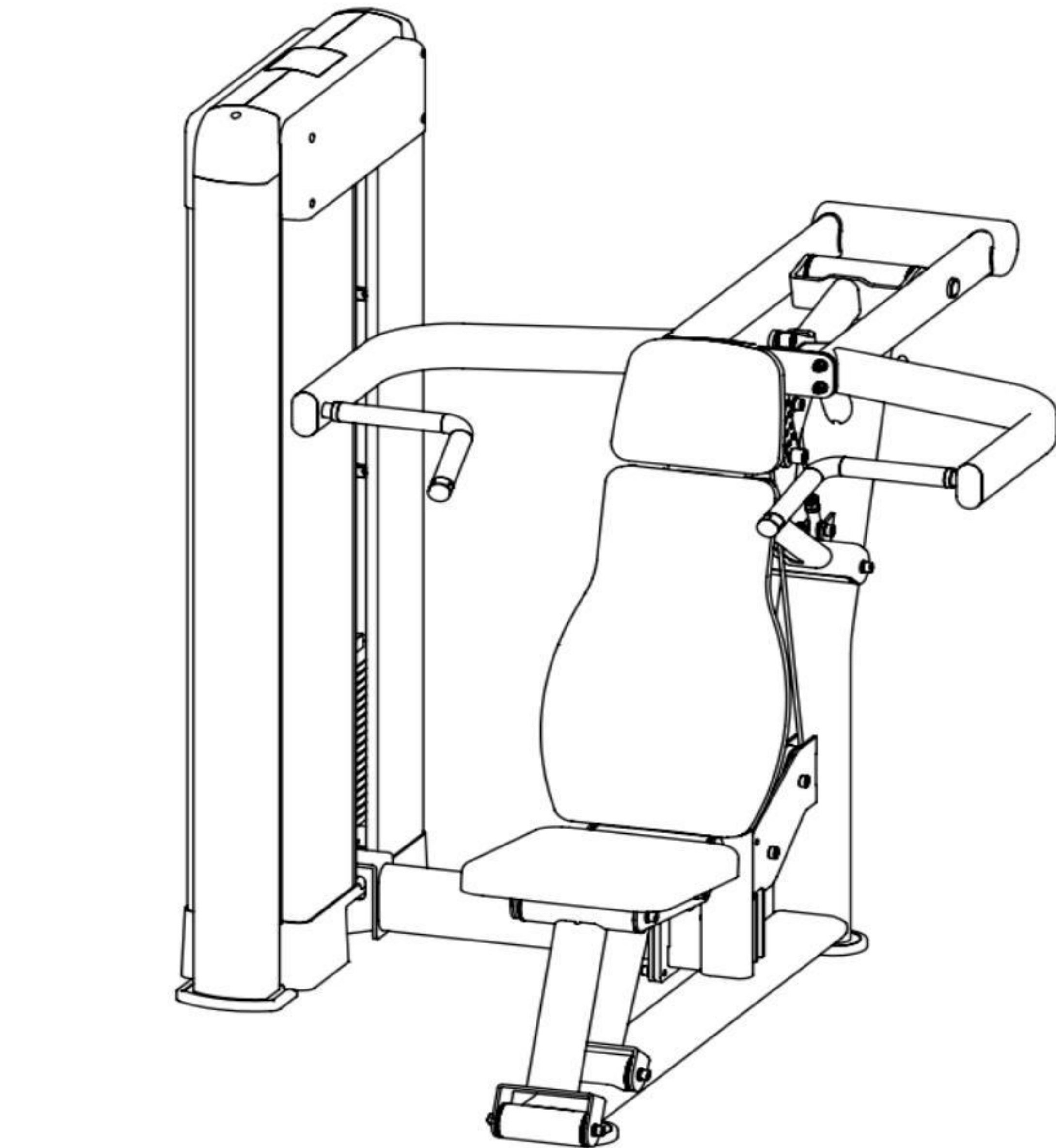


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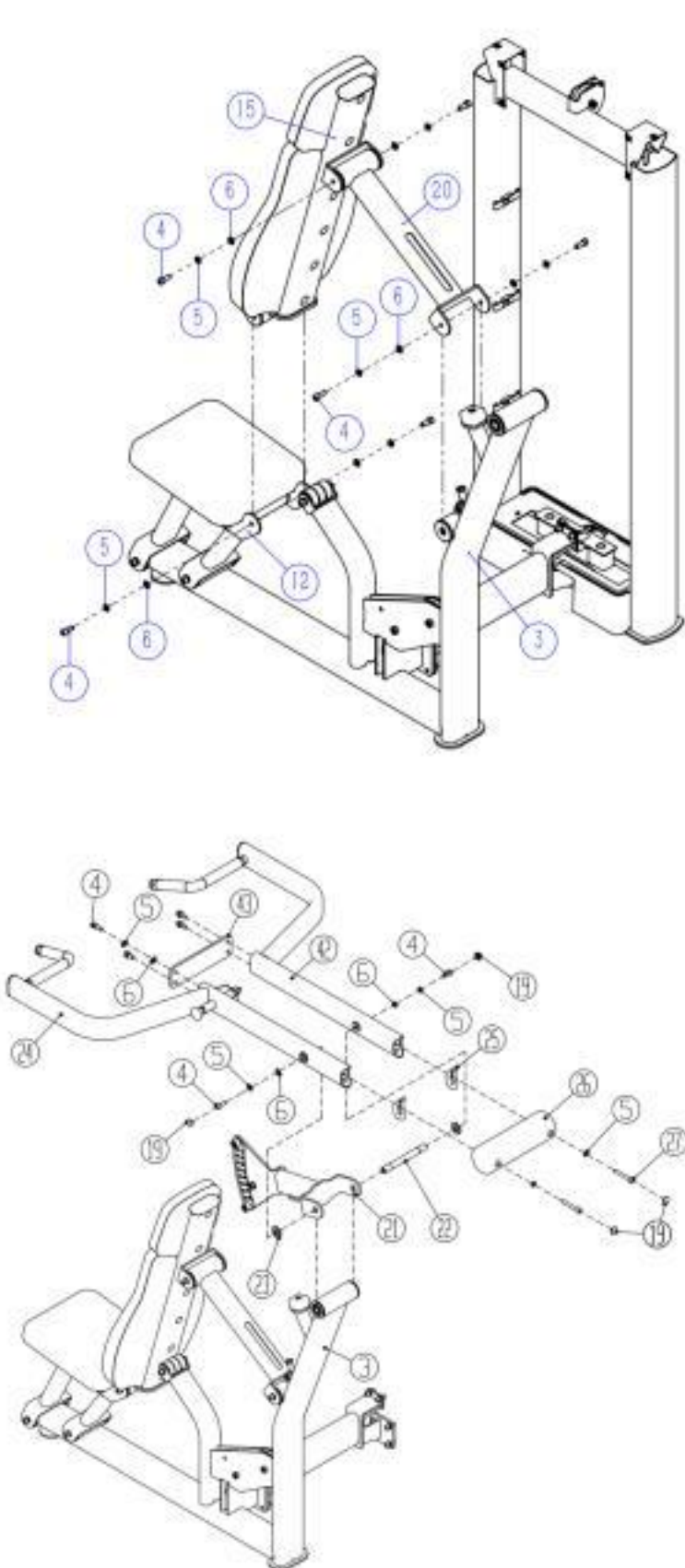
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Installation

• 4×M10Spring washers (5)
• 4×M10-D20Flat washers (6)
Tighten the bolts with a wrench before proceeding to the next step

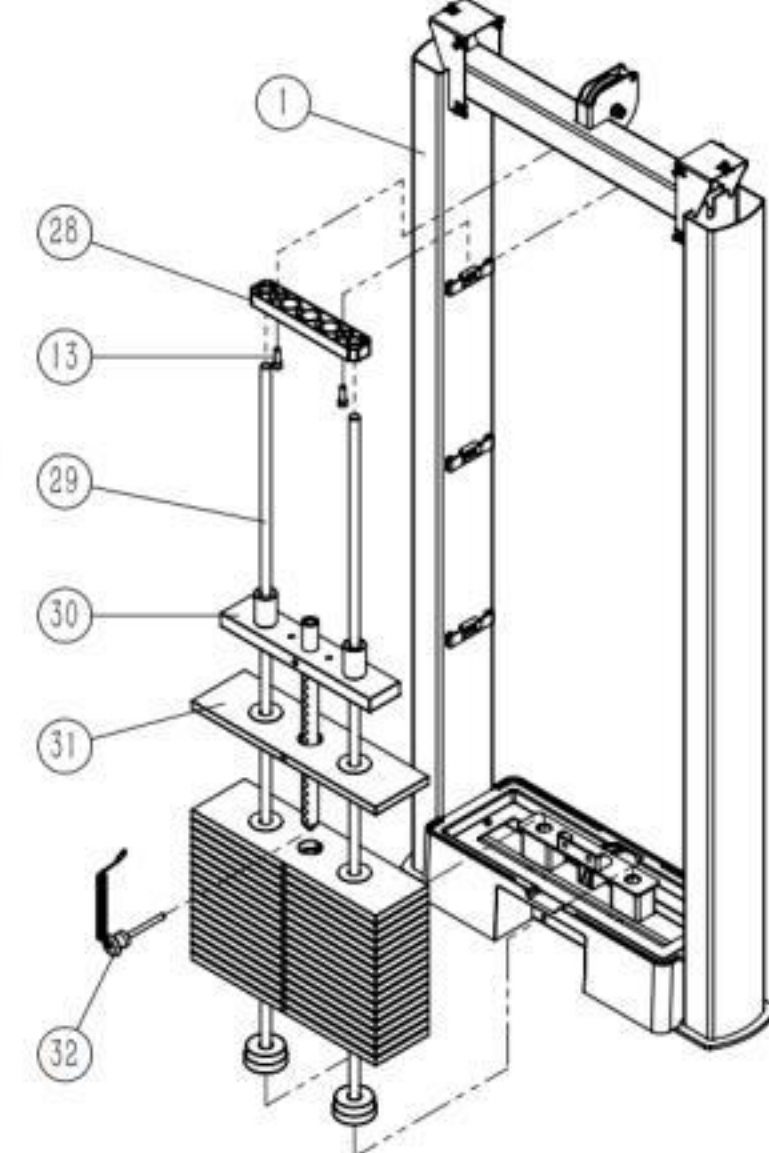
Step 8:Use the main shaft (22) to connect the adjustment frame (21) and the arm pad (23) with the shoulder and chest side frame (3), then use the following method to connect the left/right arm assembly (24/43) with the shoulder and chest side frame (3), and finally use the following method to fix the arm connecting plate (43) and the left and right arm assemblies (24/43)

• 4×M10*25 Hexagon socket head screws (4)
• 4×M10 Spring washers (5)
• 4×M10-D20 Spring washers (6)
• 2×20Hole plug (19)
Tighten the bolts with a wrench before proceeding to the next step

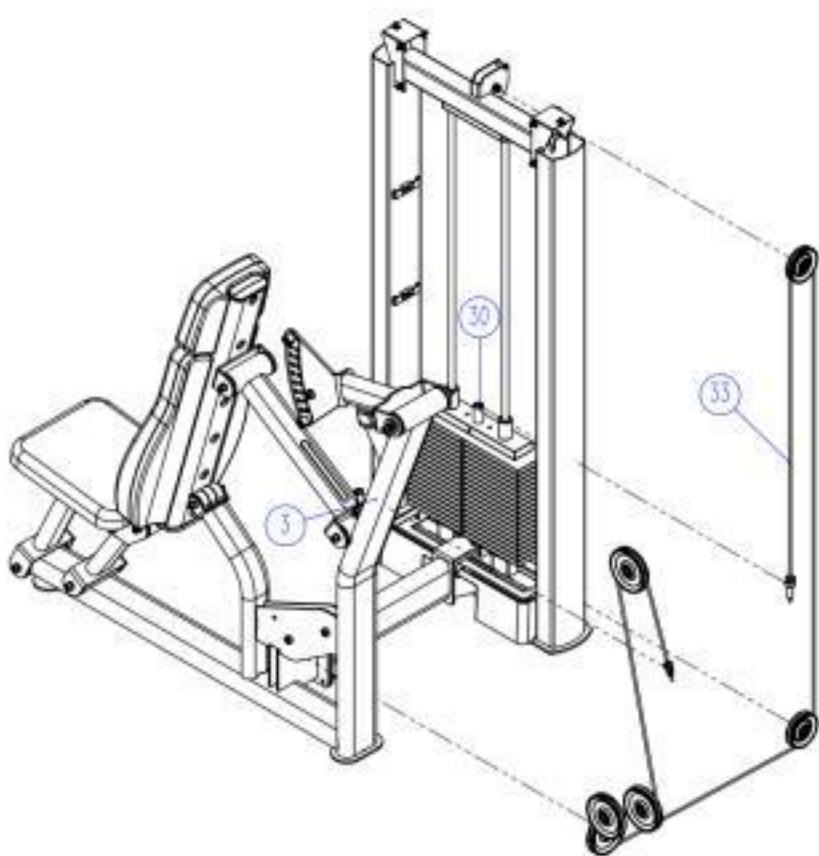


Step 9: Connect the two arc pads (25) and the counterweight (26) to the left/right lever assembly (24/43) in the following manner:
• 2×M10*70 Hexagon socket head screw (27)
• 2×M10 Spring washers (5)
• 2×20 Hole plug (19)
Tighten the bolts with a wrench before proceeding to the next step

Step 10:Place the pre-installed guide rod assembly (29) into the counterweight frame (1); install the counterweight block (31) onto the guide rod (29) with the spacer facing upward; install the guide block assembly (30) onto the guide rod (29); install the guide rod fixing plate (28) onto the counterweight frame (1) in the following manner:
• 2×M8*25 Hexagon socket head screws (13)
Install the counterweight pin (32) into the counterweight (31); tighten the bolt with a wrench before proceeding to the next step.



Step 11:Remove the pre-installed wire wheel, pass the wire rope around the wire wheel as shown in the figure below, and then reinstall the wire wheel to its original position. Connect one end of the wire rope to the guide block assembly (30) and the other end to the shoulder and chest push frame (3). Tighten the bolts with a wrench before proceeding to the next step.



Introduction

Please take some time to read this instruction carefully before installation. Please refer to the lists in the instruction manual to confirm the integrity and quantity of all parts (if any part is missing or damaged during transportation, please call our company for after-sales immediately). When installing, please follow Instructions for proper installation of equipment.

This device is designed to provide the smoothest and most efficient workout possible. After installation, you need to understand all the functions to use it correctly. If you find any problems during use, you should stop using it immediately to avoid bodily injury and equipment damage. And timely refer to the relevant instructions to check the reasons, if you can't solve it, please call our after-sales service. After reading all the instructions carefully, please continue :

Rubber Stick

Level

Allen Wrench

Two People

Circlip Plier

Adjustable Wrench

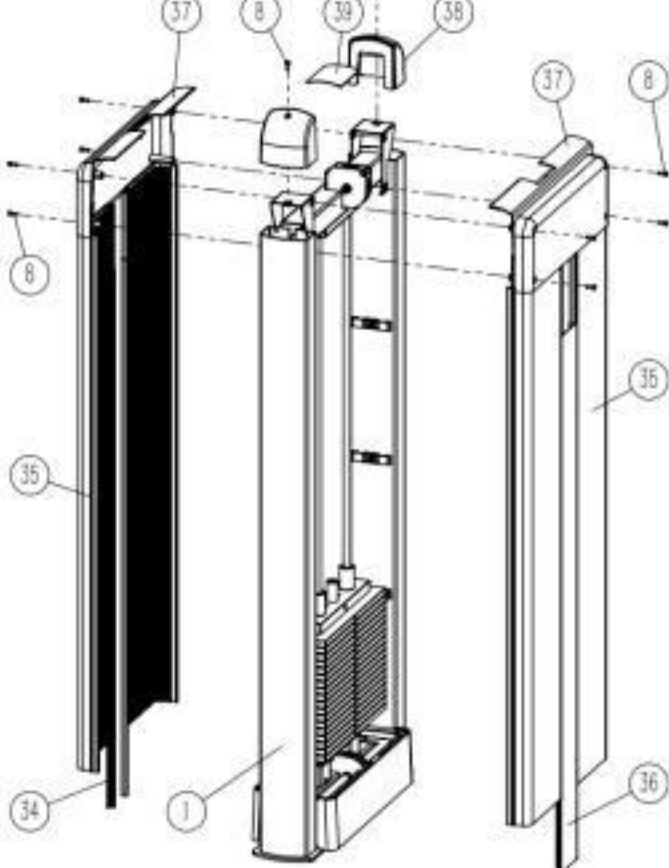
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Installation

Step 12:Slide the two decorative strips (34) into the two baffles (35) and connect them to the counterweight frame (1). Slide the decorative plate (36) into the two baffles (35) and connect them to the counterweight frame (1).

• 8×M5*16 Hexagon socket head screws (8)

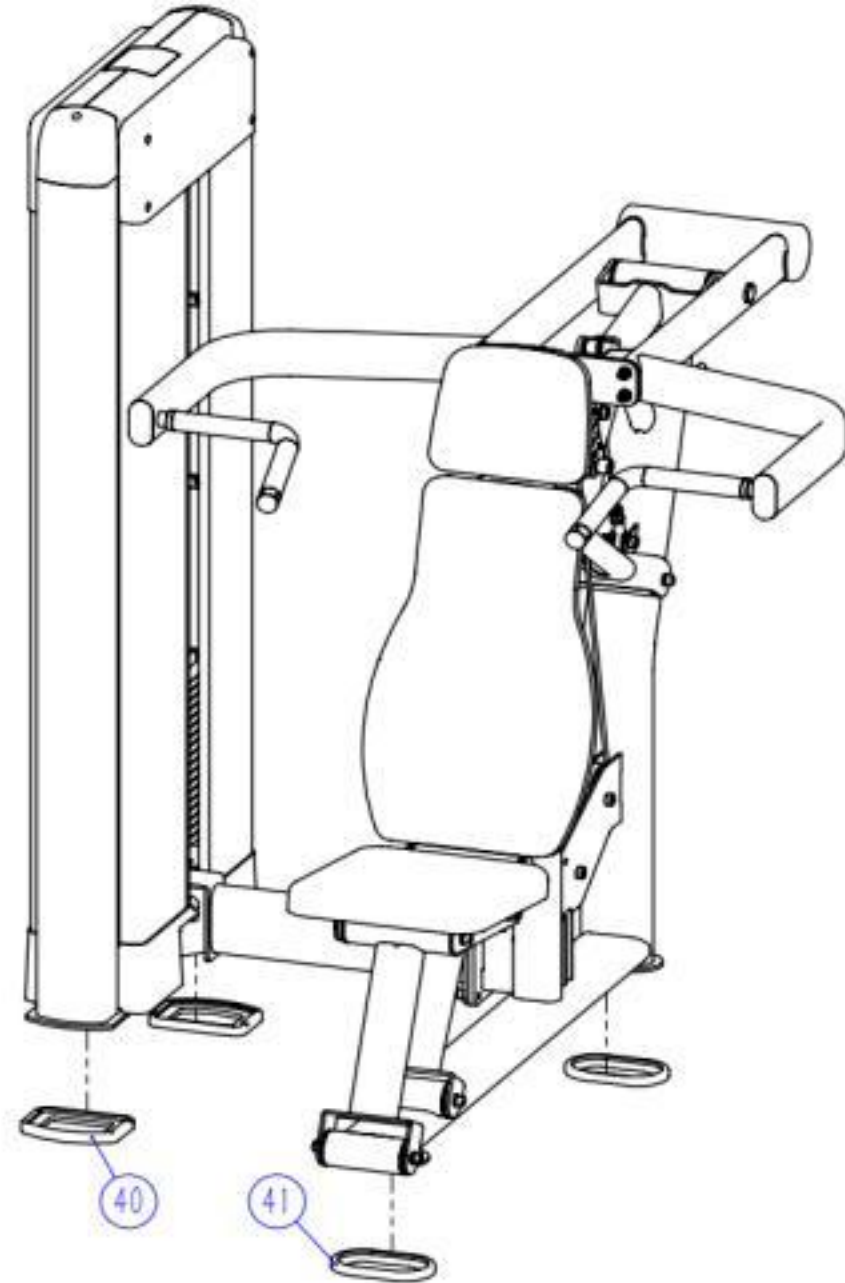
Step 13:Attach the two counterweight riser plugs (38) to the counterweight frame (1) and snap the upper guard cover (39) into the two upper guards (37) using the following method:
• 2×M5*16 Hexagon socket head screws (8)



Step 14:Place the assembled trainer in the appropriate location and install the corresponding four foot pads (40/41).

Important notice

Now that the Shoulder / Chest Press is assembled, you need to take a moment to make sure your unit is level and plumb. Use a level to check that the guide bars are plumb in both directions. If they are not plumb, you may have to loosen some of the frame hardware and reassemble and tighten the bolts.



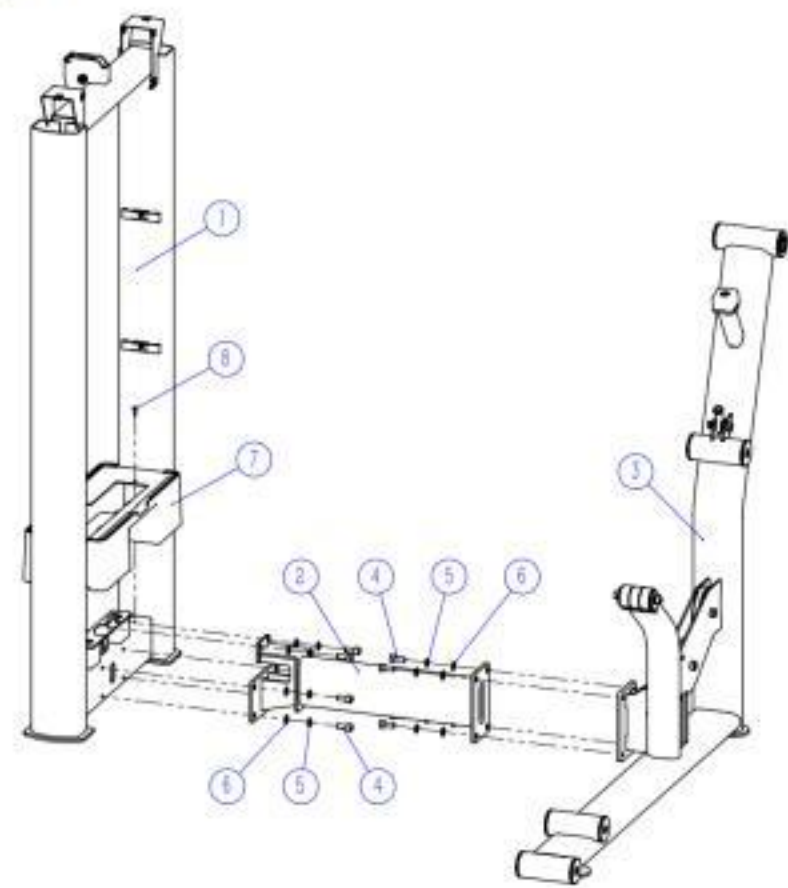
Accessories List

No	Names and Specifications	Quantity
1	Frame	1
2	Shoulder and chest press connection	1
3	Shoulder and chest press rack	1
4	Hexagon socket head screws M10*25	28
5	Spring washers M10	30
6	Flat washers M10-D20	28
7	Lower guard	1
8	Hexagon socket head screws M5*16	12
9	Linkage I	1
10	Linkage II	1
11	cushion	1
12	Seat frame	1
13	Hexagon socket head screws M8*25	6
14	Flat washers M8-D16	4
15	Shoulder and chest press back rack	1
16	Head pad	1

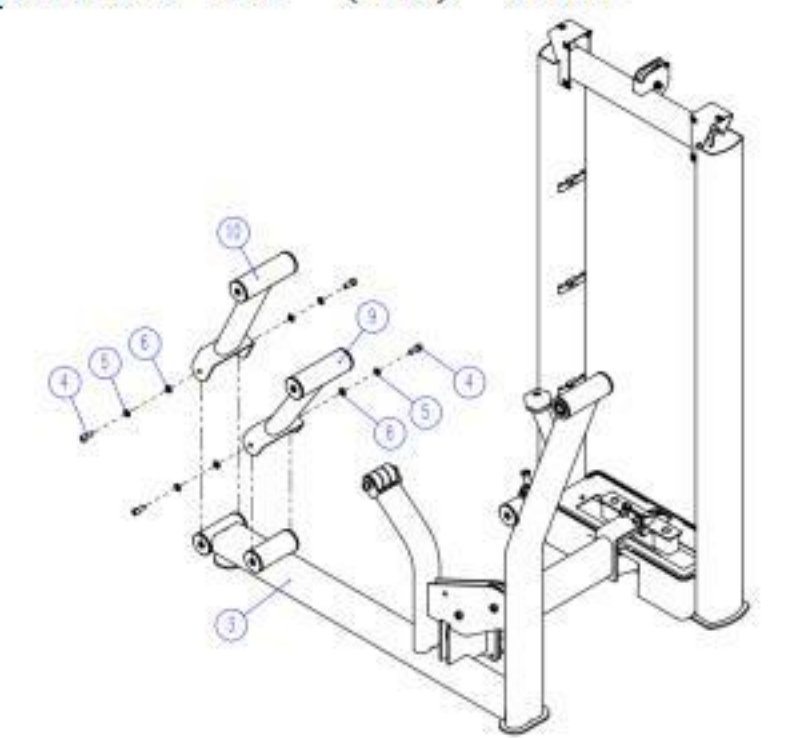
Installation

Step 1:Use the following method to connect the weight rack (1), the shoulder and chest press connecting rack (2) and the shoulder and chest press side rack (3):
• 10×M10*25 Hexagon socket head screws (4)
• 10×M10Spring washers (5)
• 10×M10-D20Flat washers (6)
Tighten the bolts with a wrench before proceeding to the next step

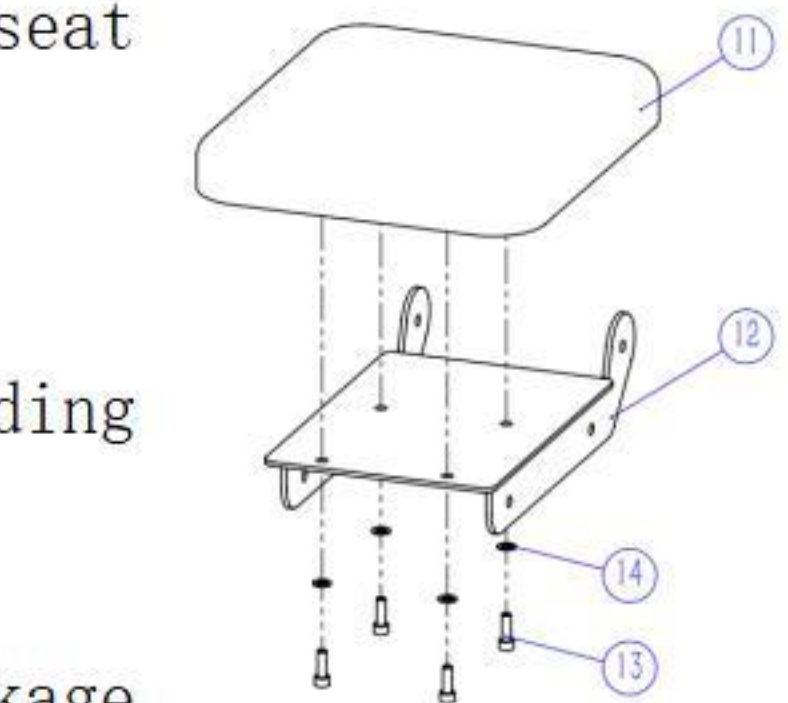
step 2:Connect the counterweight frame (1) and the lower guard (7) in the following manner:
• 2×M5*16 Hexagon socket head screws (8)
Tighten the bolts with a wrench before proceeding to the next step



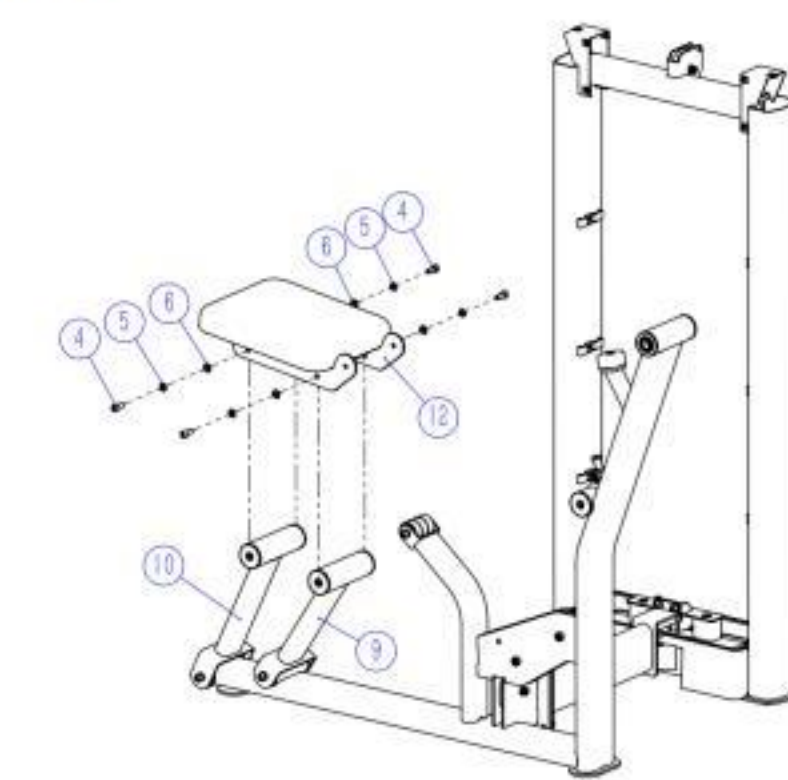
Step 3: Connect linkage parts I (9), linkage parts II (10) and shoulder and chest press side frame (3) in the following way:
• 4×M10*25Hexagon socket head screws (4)
• 4×M10Spring washers (5)
• 4×M10-D20 Flat washers (6)
Tighten the bolts with a wrench before proceeding to the next step



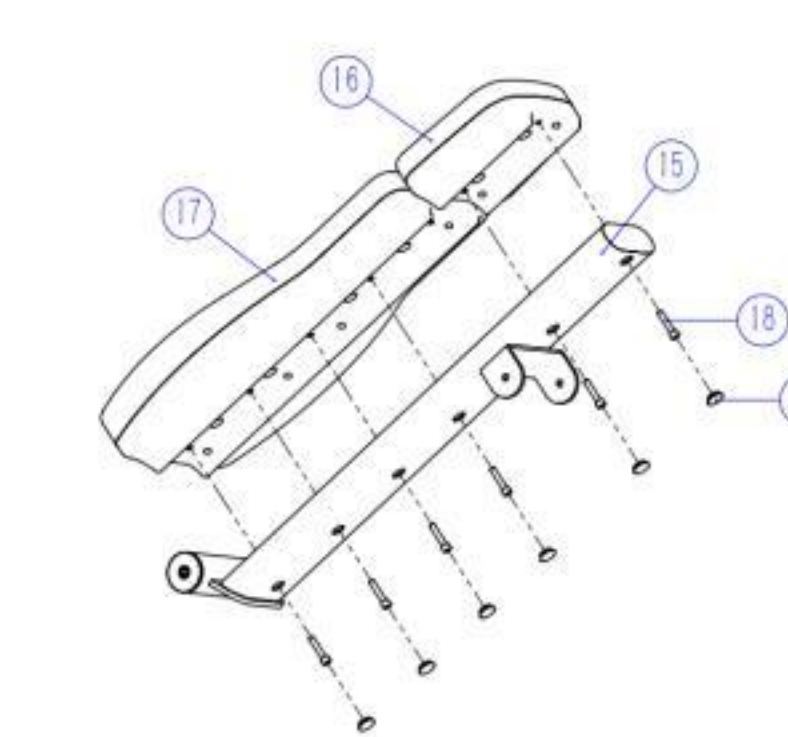
step 4:Connect the seat cushion (11) and the seat frame (12) in the following manner:
• 4×M8*25 Hexagon socket head screws (13)
• 4×M8 Flat washers (14)
Tighten the bolts with a wrench before proceeding to the next step



step 5:Install the seat frame (12) on the linkage member I (9) and the linkage member II
• 4×M10*25 Hexagon socket head screws (4)
• 4×M10 Spring washers (5)
• 4×M10-D20 Flat washers (6)
Tighten the bolts with a wrench before proceeding to the next step



Step 6:Connect the head pad (16) and back pad (17) to the shoulder and chest push back support frame (15) in the following way:
• 5×M10*40Hexagon socket head screws (18)
• 5×20Hole plug (19)
Tighten the bolts with a wrench before proceeding to the next step



Step7:The shoulder and chest push back frame (15) and the linkage III (20) are connected with the shoulder and chest push side frame (3) and the seat frame (12) by the following method:
• 4×M10*25 Hexagon socket head screws (4)

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Accessories List

No	Names and Specifications	Quantity
17	Back pad	1
18	Hexagon socket head screws M8*40	5
19	20-hole plug	9
20	Linkage III	1
21	Adjustment rack	1
22	Spindle	1
23	Arm pads	2
24	Left lever arm assembly	1
25	Curved pad	2
26	Counterweight	1
27	Hexagon socket head screws M10*70	2
28	Guide rod fixing plate	1
29	Guide rod assembly	2
30	Guide block assembly	1
31	weight stack	18
32	weight stack pin	1
33	cable	1
34	Decorative Strips	2
35	shroud	4
36	Decorative panels	1
37	Upper guard	2
38	Counterweight riser plug cover	2
39	Upper guard cover	1
40	Counterweight frame foot pad	2
41	Flat elliptical foot pad	2
42	Right lever assembly	1
43	Lever connecting plate	1

NOTE: Pre-assembled parts are not listed in this table.