55A02 Installation Guide

Shoulder / Chest Press

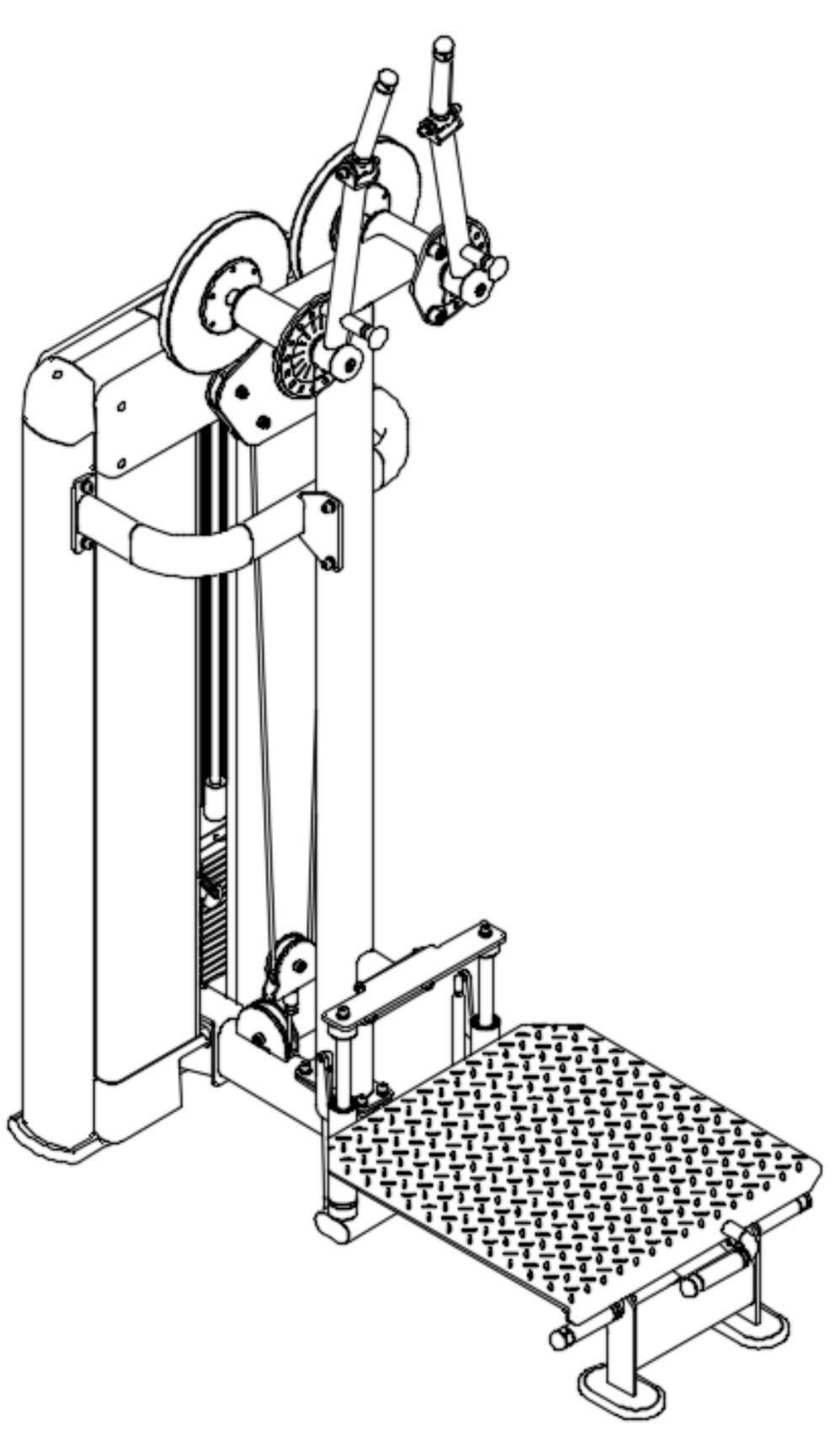


Table of Contents

Introduction ………………………………………………… 2

Assembly ………………………………………………… 3

Part list …………………………………………………

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 :

Tool	Rubber Stick
	Level
	Allen Wrench
	Circlip Plier
	Adjustable Wrench

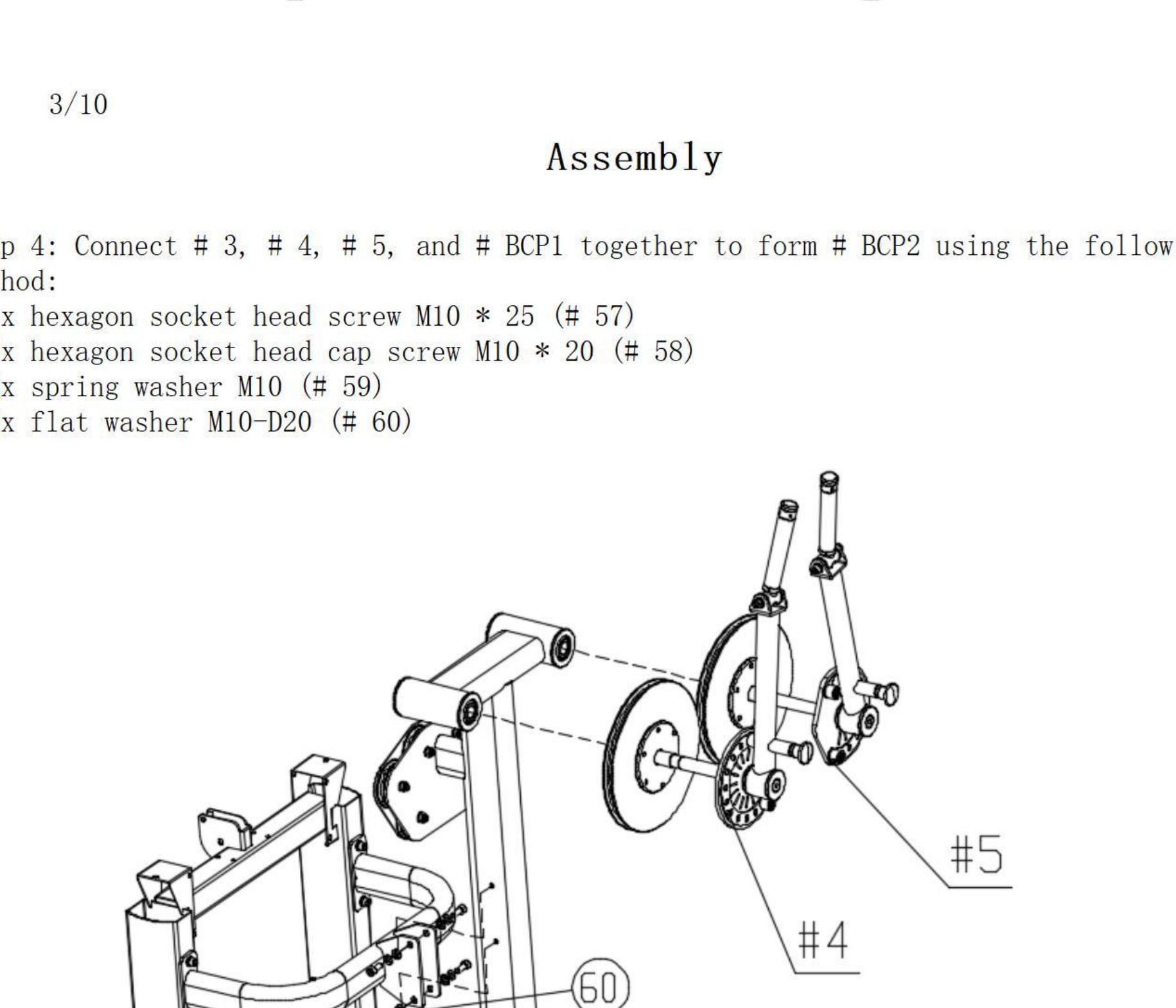
Attention: It is recommended that two or more personnel operate during assembly

Assembly

Step 1: Connect # 20 and # 21 together using the following method to form # PZ1:
- 2x hexagon socket head cap screws M5 * 20 (# 38)

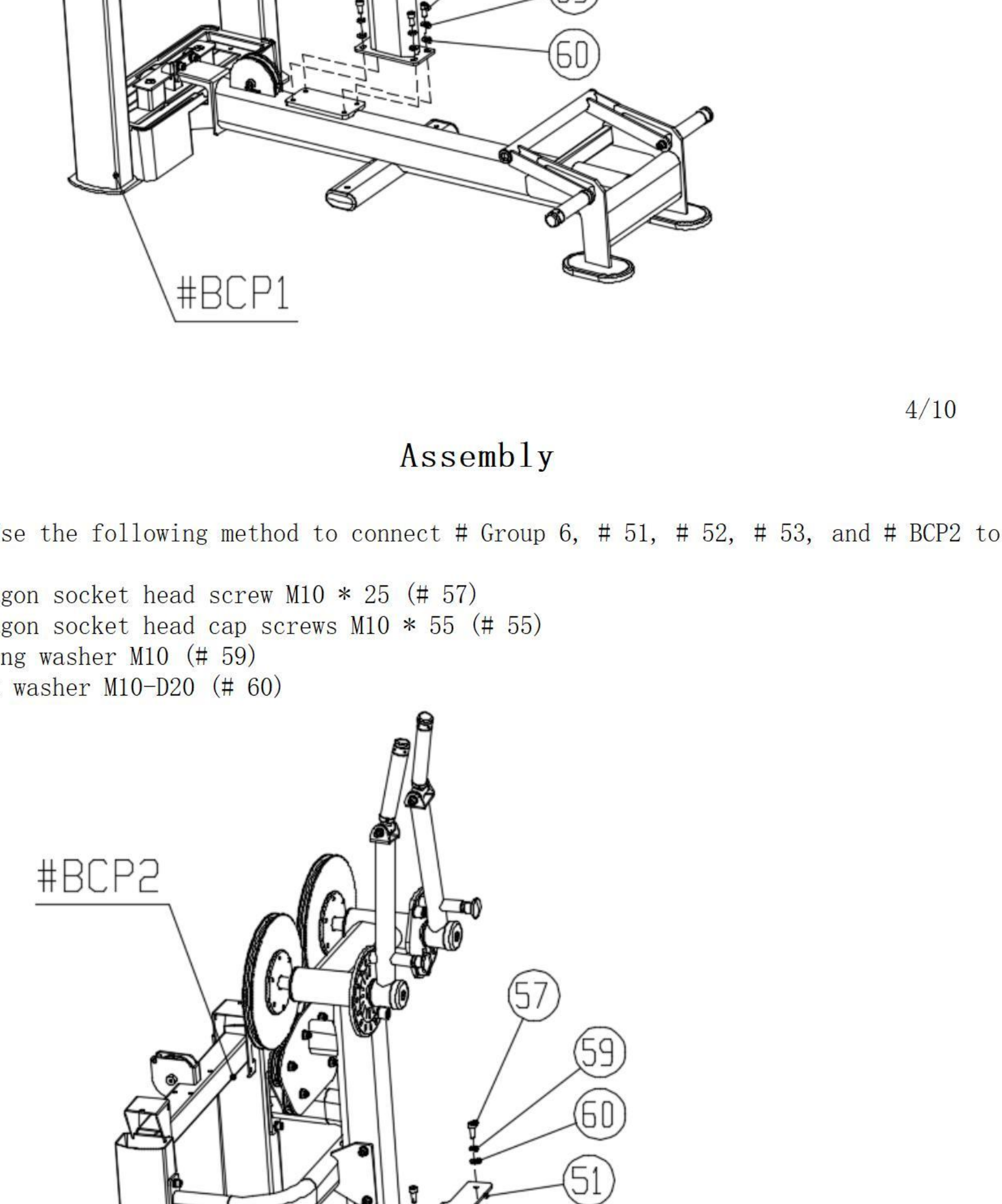
Step 2: Use the following method to connect # 1, # 2, and # 20 to form BCP1:
- 10x hexagon socket head cap screw M10 * 25 (# 57)
- 10x spring washer M10 (# 59)
- 10x flat washer M10-D20 (# 60)

Step 3: Install 2 counterweight foot pads (# 49) onto # 20
Install 2 flat oval foot pads (# 50) onto # 1



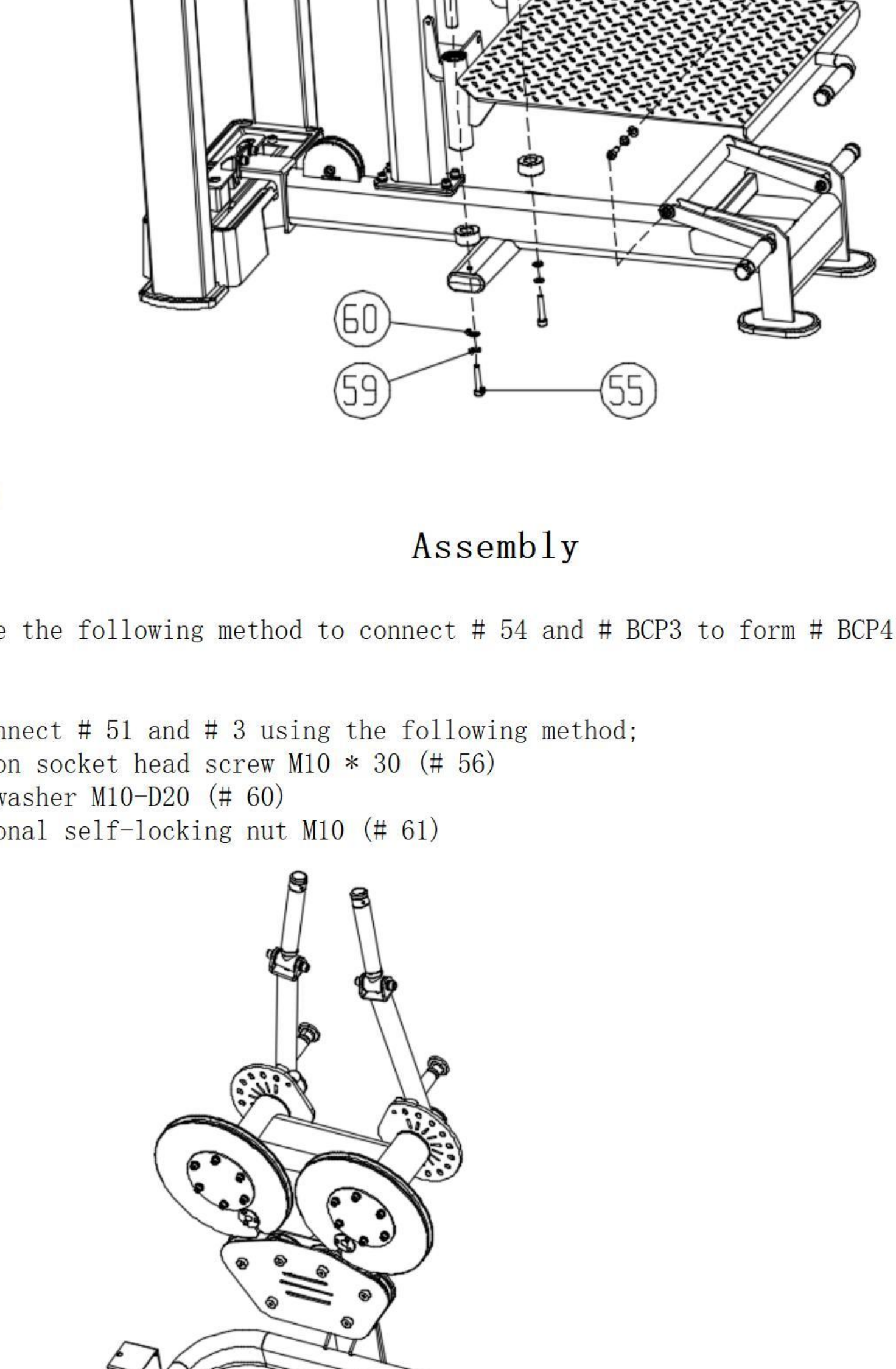
Assembly

Step 4: Connect # 3, # 4, # 5, and # BCP1 together to form # BCP2 using the following method:
- 4x hexagon socket head screw M10 * 25 (# 57)
- 4x hexagon socket head cap screw M10 * 20 (# 58)
- 8x spring washer M10 (# 59)
- 8x flat washer M10-D20 (# 60)



Assembly

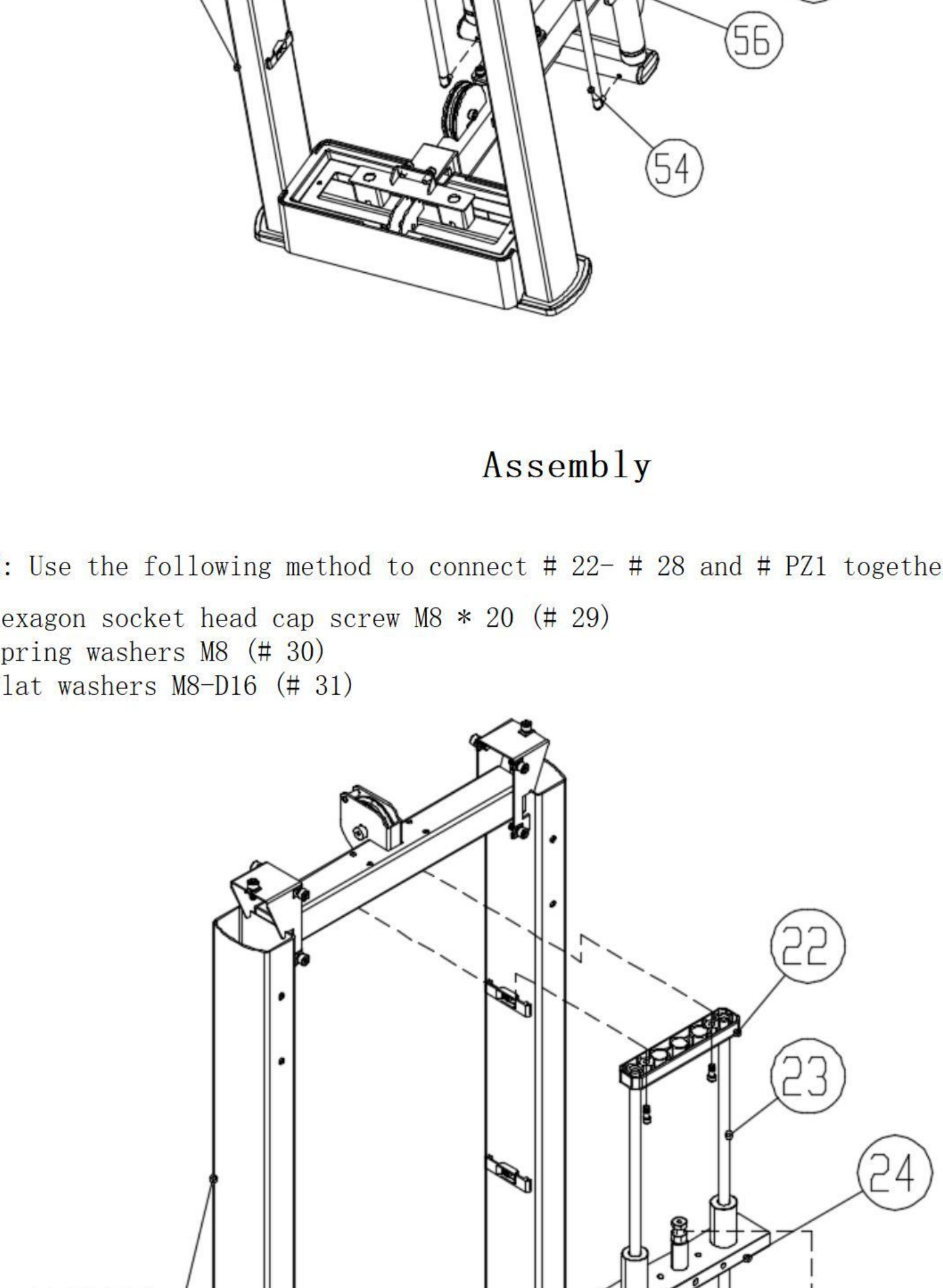
Step 5: Use the following method to connect # Group 6, # 51, # 52, # 53, and # BCP2 to form # BCP3:
- 4x hexagon socket head screw M10 * 25 (# 57)
- 2x hexagon socket head cap screws M10 * 55 (# 55)
- 6x spring washer M10 (# 59)
- 6x flat washer M10-D20 (# 60)



Assembly

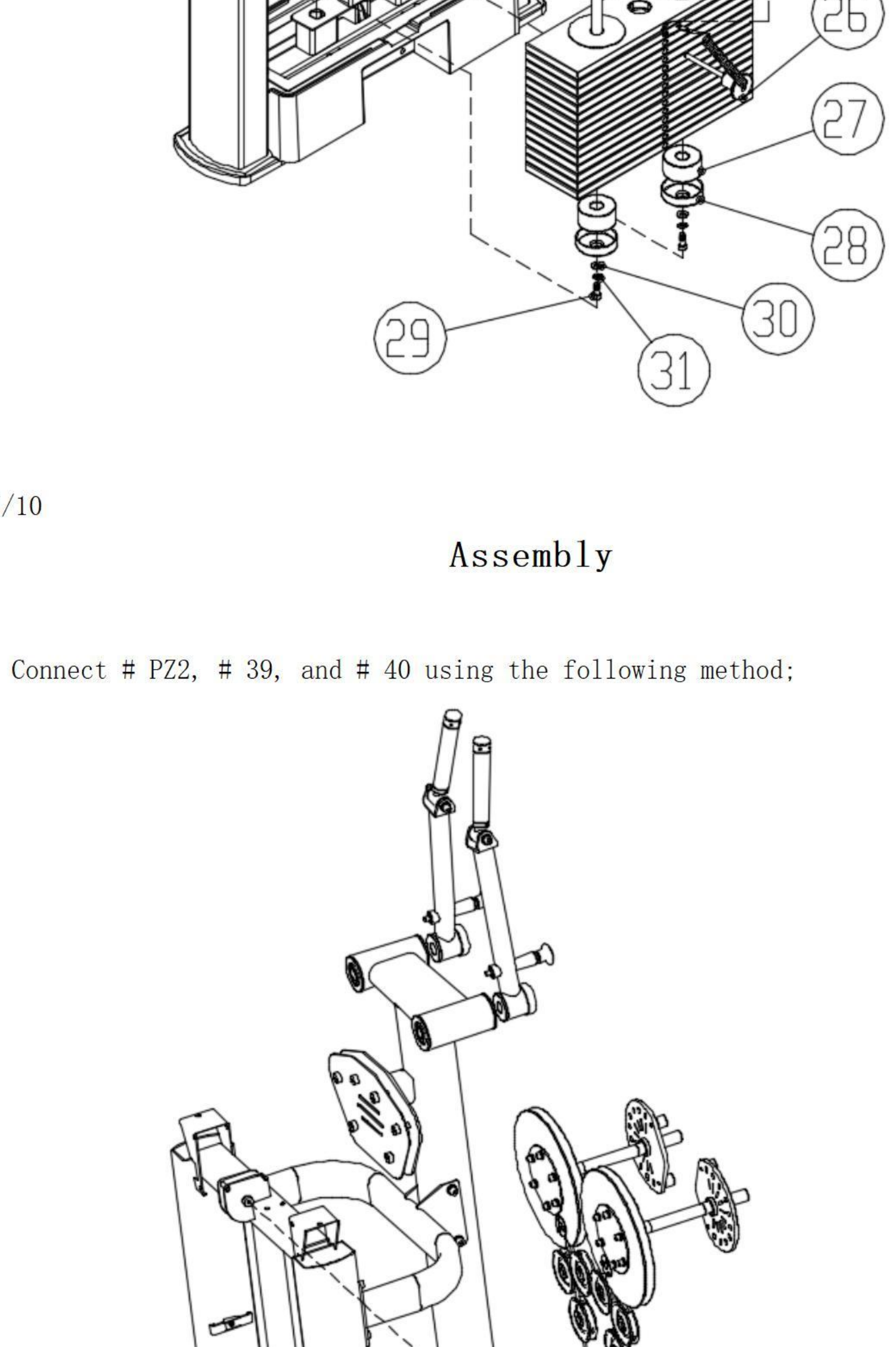
Step 6: Use the following method to connect # 54 and # BCP3 to form # BCP4;

Step 7: Connect # 51 and # 3 using the following method:
- 4x hexagon socket head screw M10 * 30 (# 56)
- 8x flat washer M10-D20 (# 60)
- 4x hexagonal self-locking nut M10 (# 61)



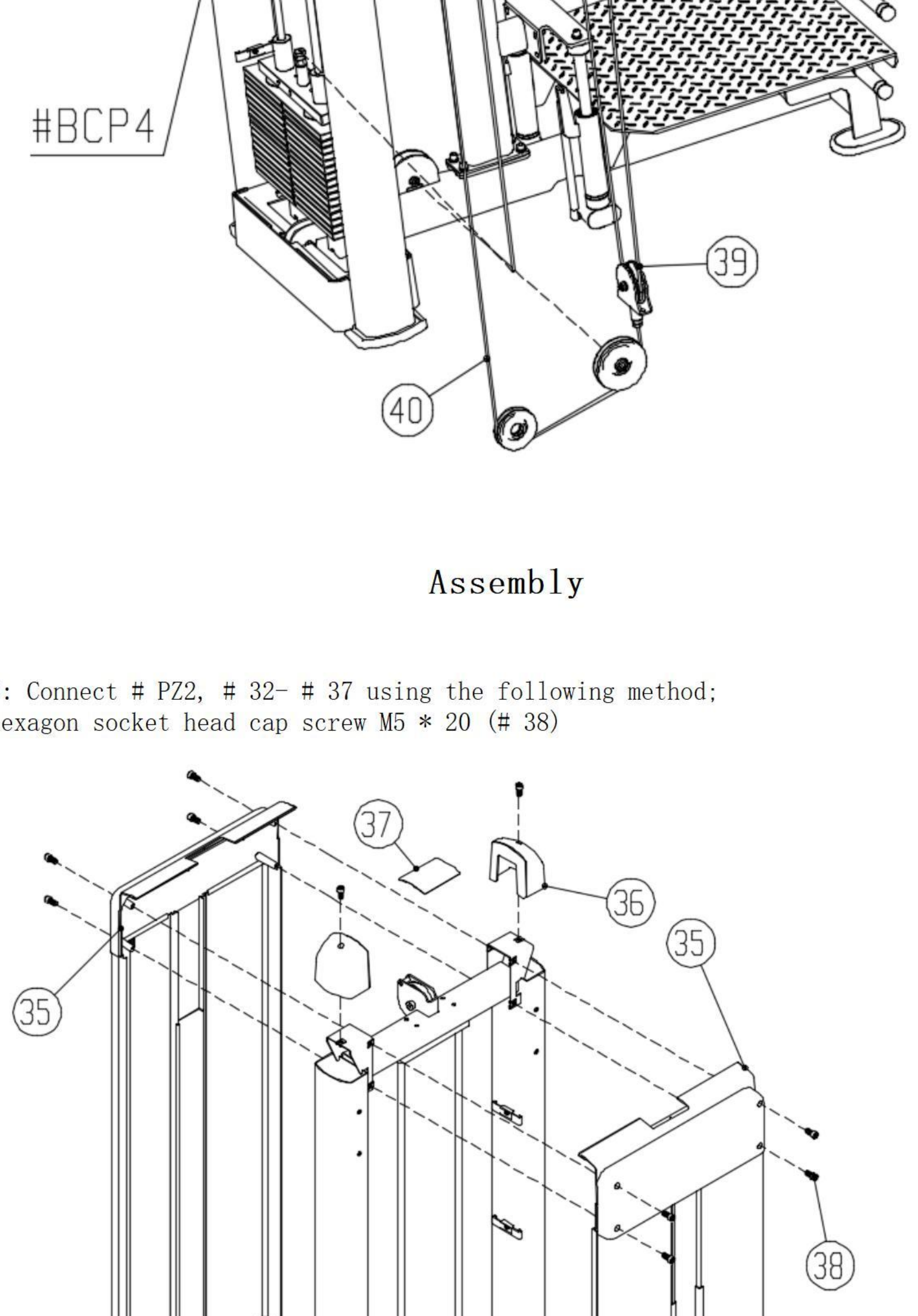
Assembly

Step 8: Use the following method to connect # 22- # 28 and # PZ1 together to form # PZ2;
- 4x hexagon socket head cap screw M8 * 20 (# 29)
- 2x spring washers M8 (# 30)
- 2x flat washers M8-D16 (# 31)



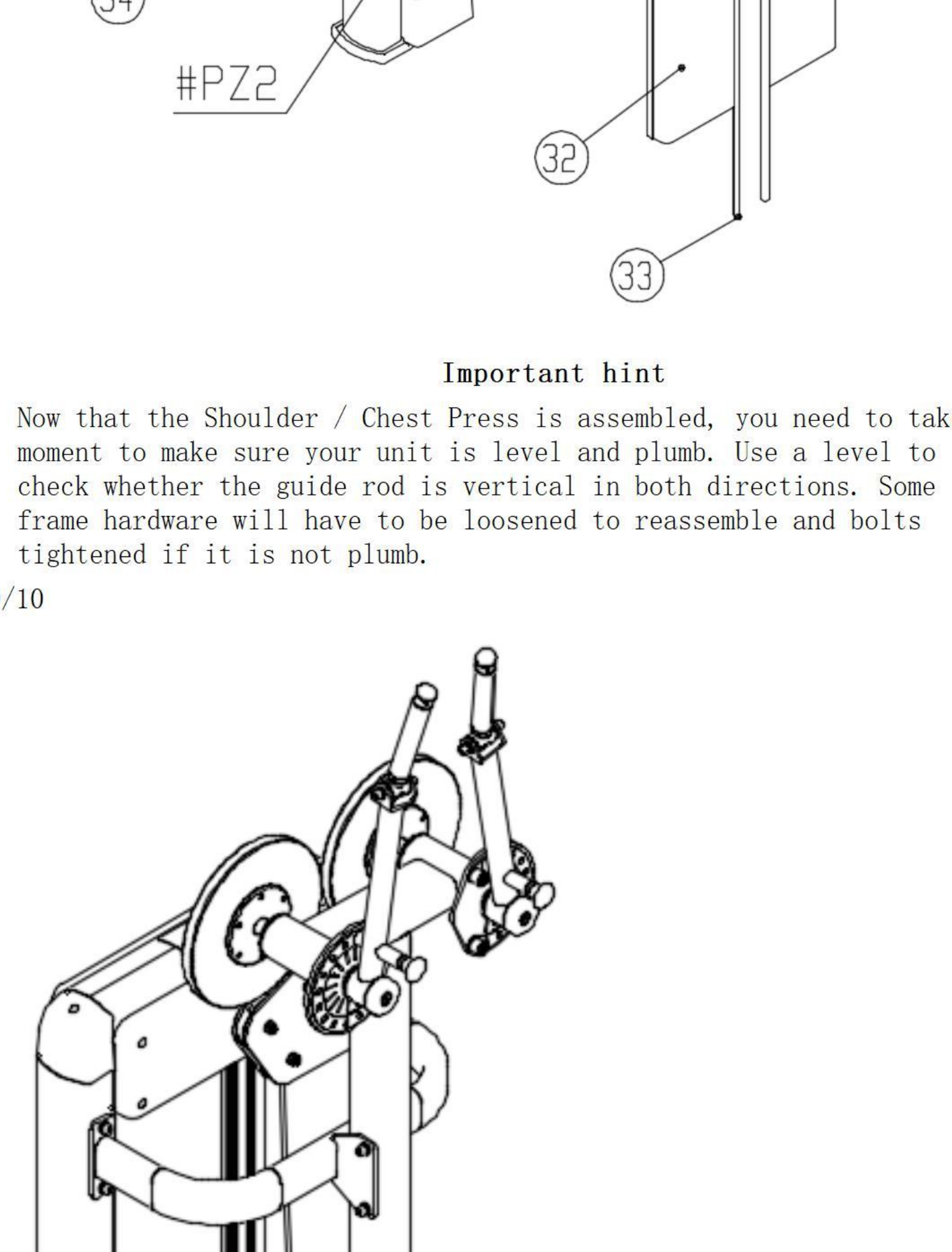
Assembly

Step 9: Connect # PZ2, # 39, and # 40 using the following method;



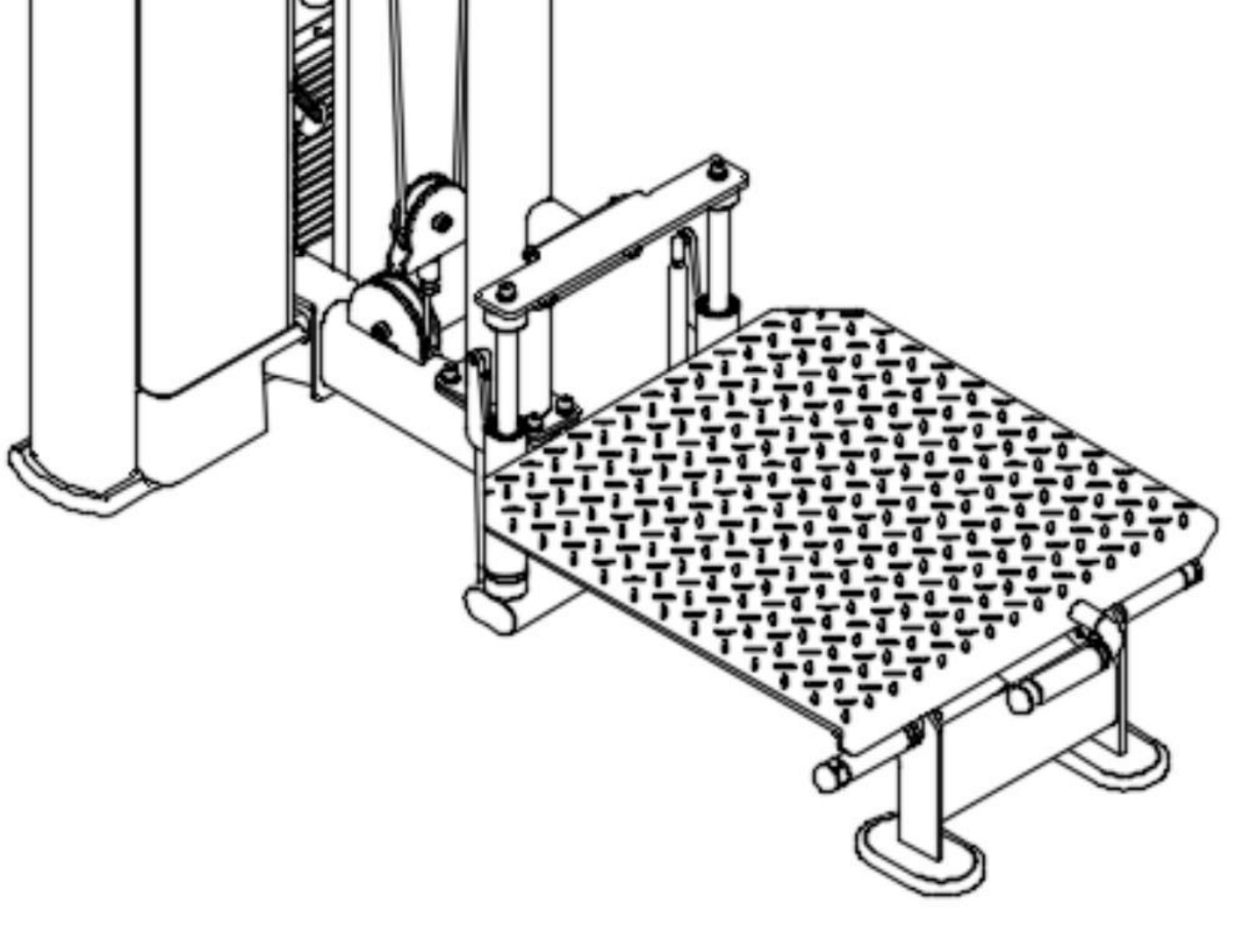
Assembly

Step 10: Connect # PZ2, # 32- # 37 using the following method;
- 10x hexagon socket head cap screw M5 * 20 (# 38)

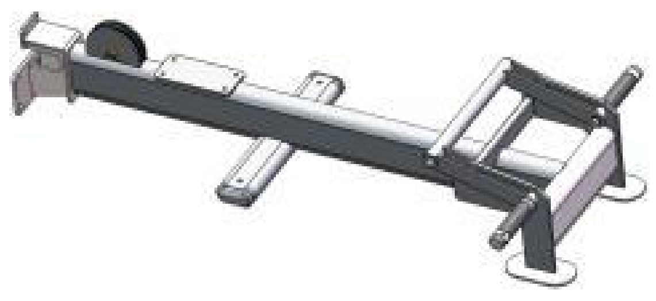
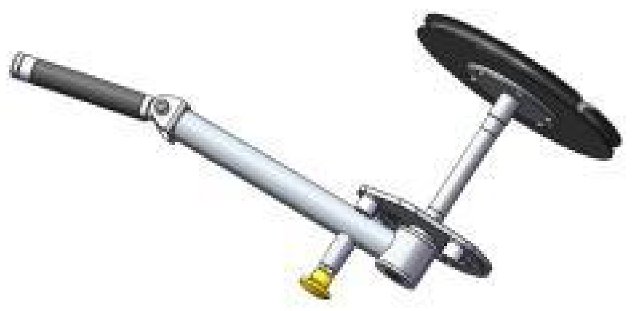
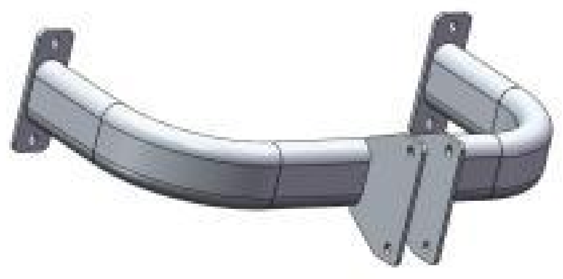
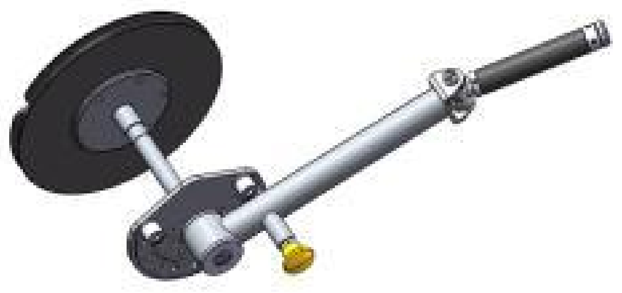
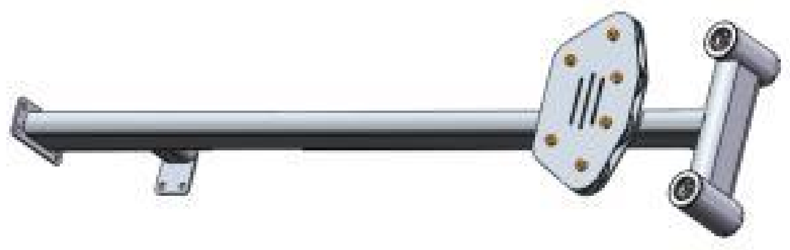
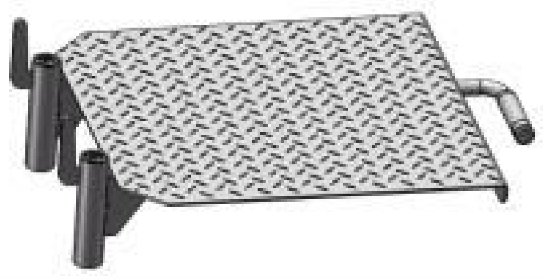


Important hint

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 whether the guide rod is vertical in both directions. Some frame hardware will have to be loosened to reassemble and bolts tightened if it is not plumb.



Part List

No.		Picture	Qty	No.		Picture	Qty
1	#1		1	4	#4		1
2	#2		1	5	#5		1
3	#3		1	6	#6		1

20	Counterweight frame	1	49	Balance frame foot pad	2
21	Weighted lower shield	1	50	Flat oval foot pad	2
22	Guide rod fixing plate	1	51	Slide bar fixing plate	1
23	Guiding rod	2	52	Slide bar	2
24	Guiding block group	1	53	Rubber pad for slide bar	4
25	Weight stack	16	54	Air rod	2
26	Weight stack pin	1	55	Hexagonal socket head screw M10 * 55	2
27	Rubber pad for counterweight block	2	56	Hexagonal socket head screw M10 * 30	4
28	Counterweight frame base	2	57	Hexagonal socket head screw M10*25	18
29	Hexagonal socket head screw M8*20	4	58	Hexagonal socket head screw M10*20	4
30	Spring washer M8	2	59	Spring washer M10	24
31	Flat washer M8	2	60	Flat washer M10-D20	32
32	Baffle	4	61	Hexagonal self-locking nut M10	4
33	Decorative strips	2			
34	Decorative board	1			
35	Upper protective cover	2			
36	Counter weight riser cover	2			
37	Cover the upper protective cover	1			
38	Hexagonal socket head screw M5*20	10			
39	Cable A	1			
40	Cable B	1			

Explanation: Pre assembled parts are not listed in this table.