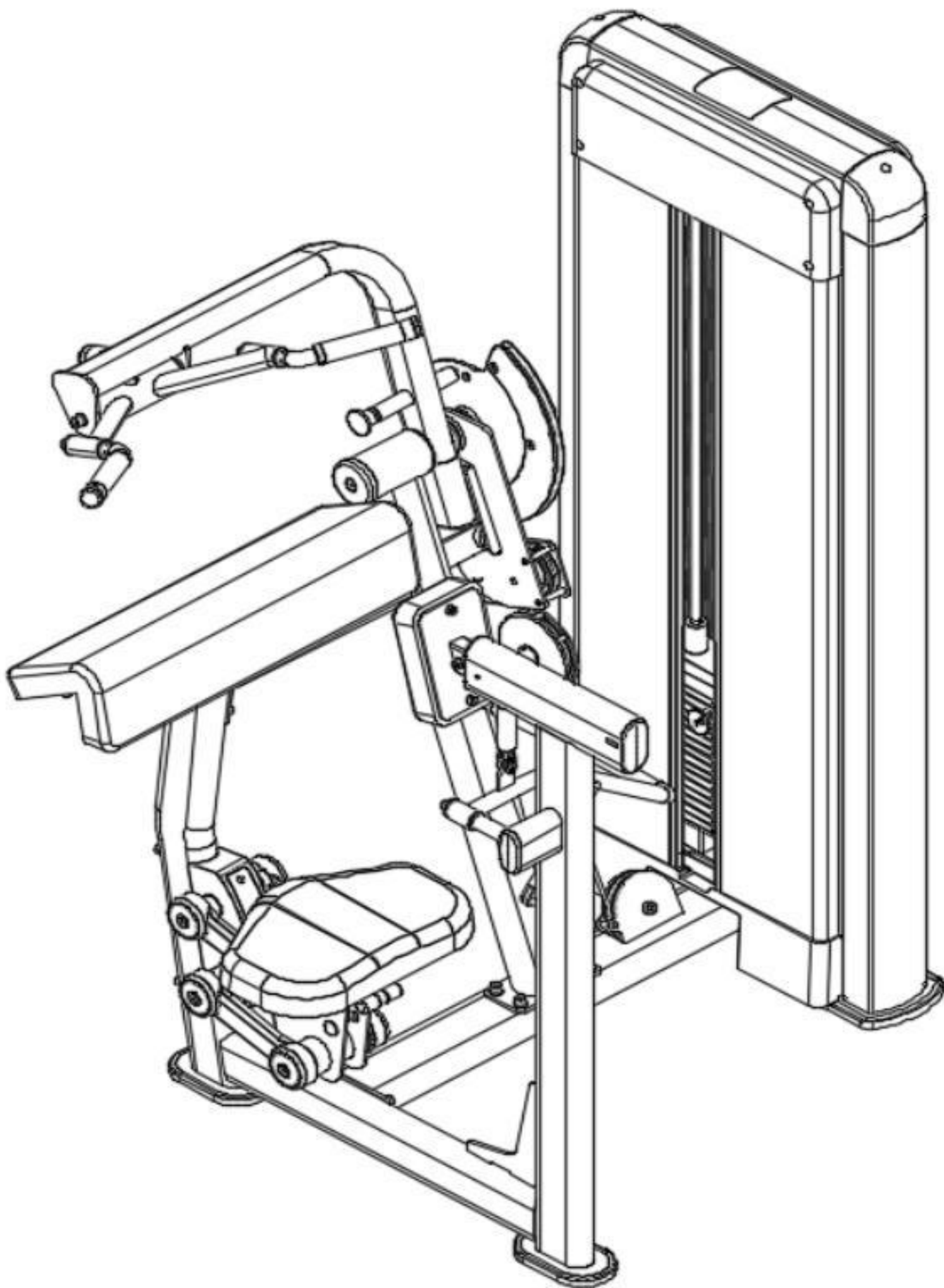


55A04 Installation Guide

Biceps / Triceps



Catalogue

Brief

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Installation

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Accessories List

.....

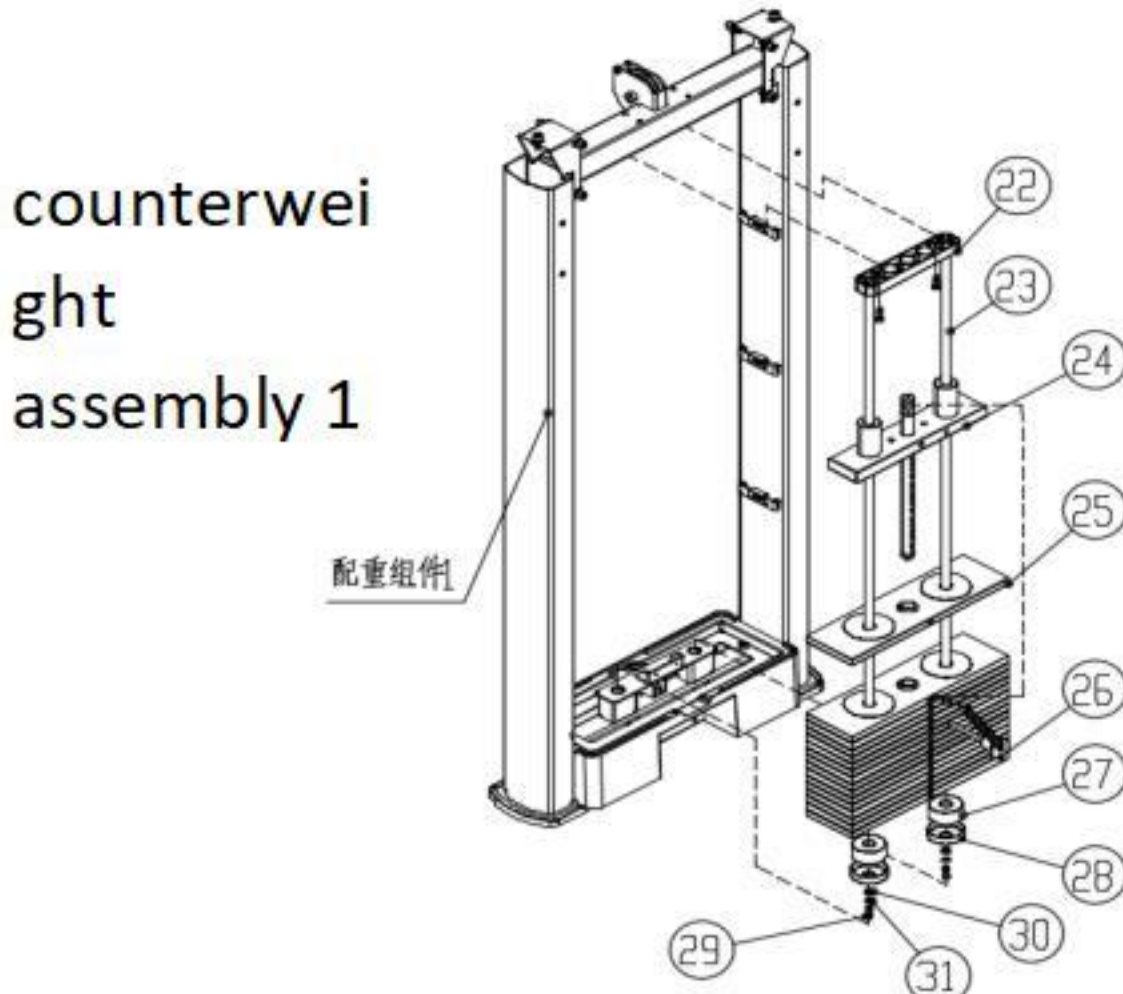
5

-1-

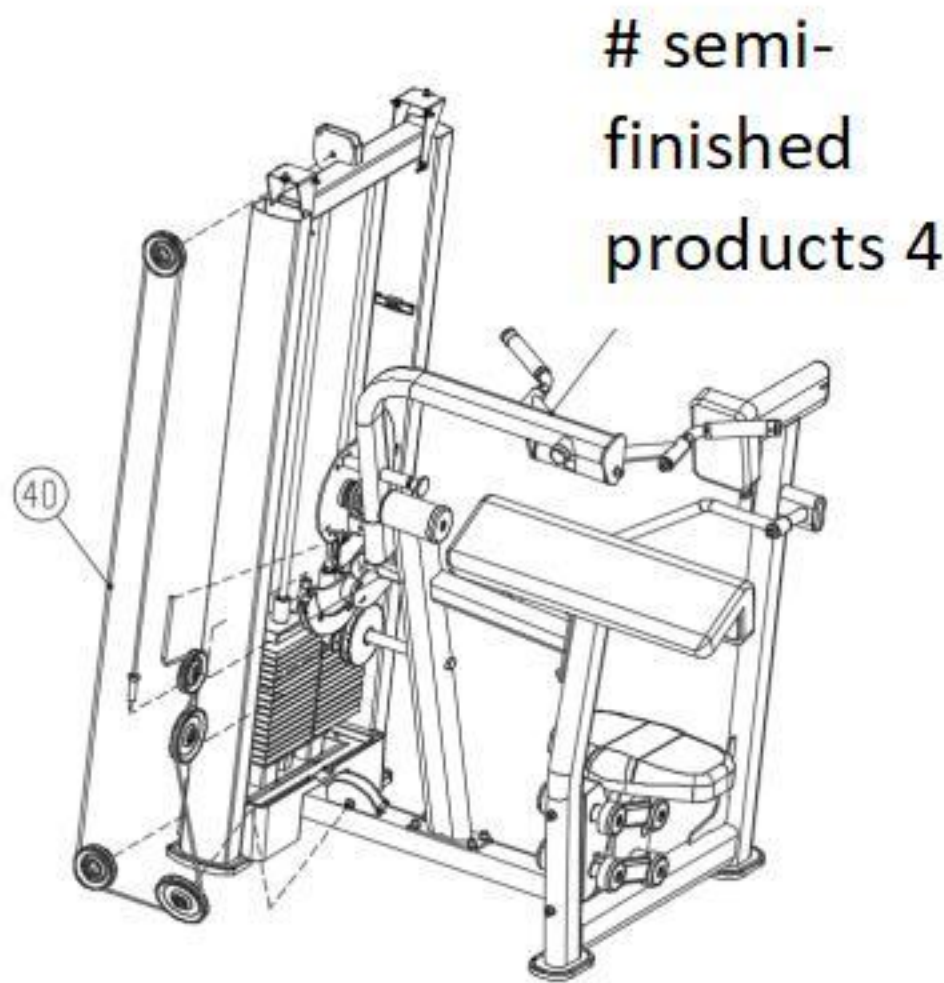
Installation

Step 7: The # 22 - # 28, and the counterweight assembly 1 are connected to form the counterweight assembly 2 using the following method;

- 4xHexagon socket cheese head screws M8\*20 (#29)
- 2xspring washer M8 (#30)
- 2xflat washer M8-D16 (#31)

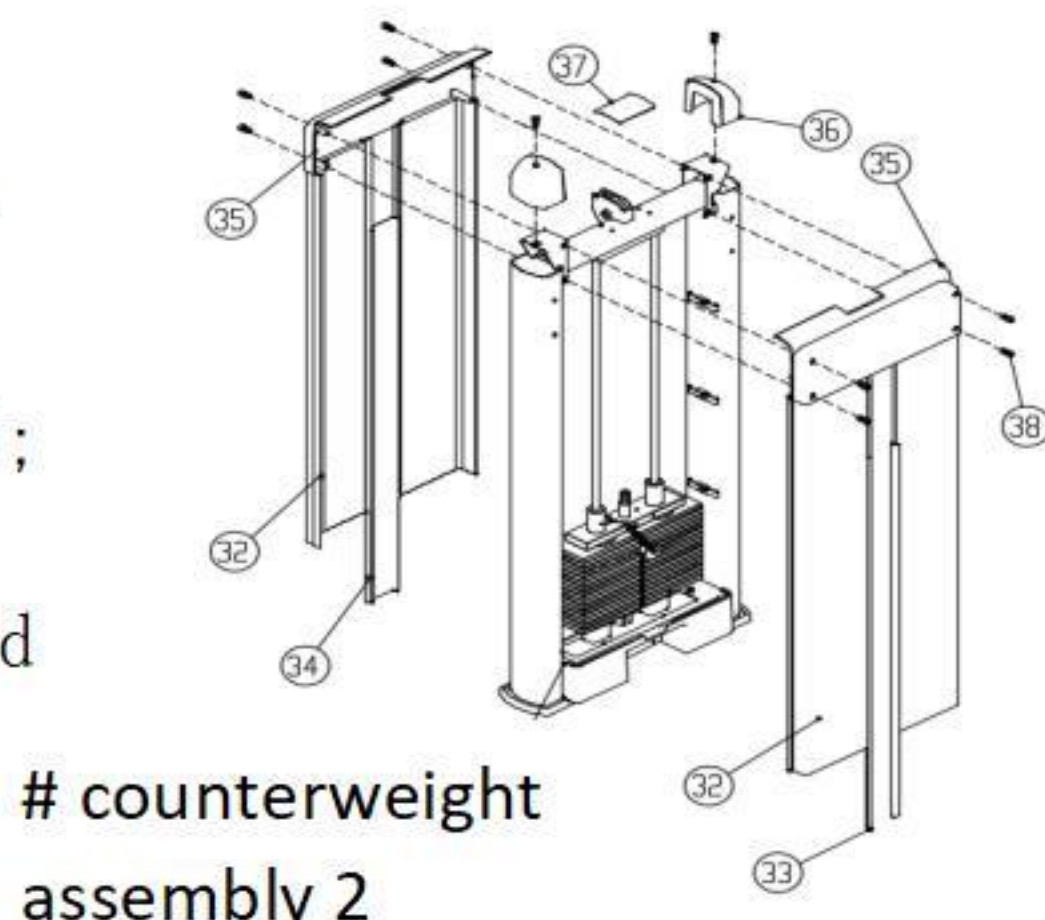


Step 8: Connect the # 40, # semi-finished products 4 to form the # semi-finished products 5 using the following method;

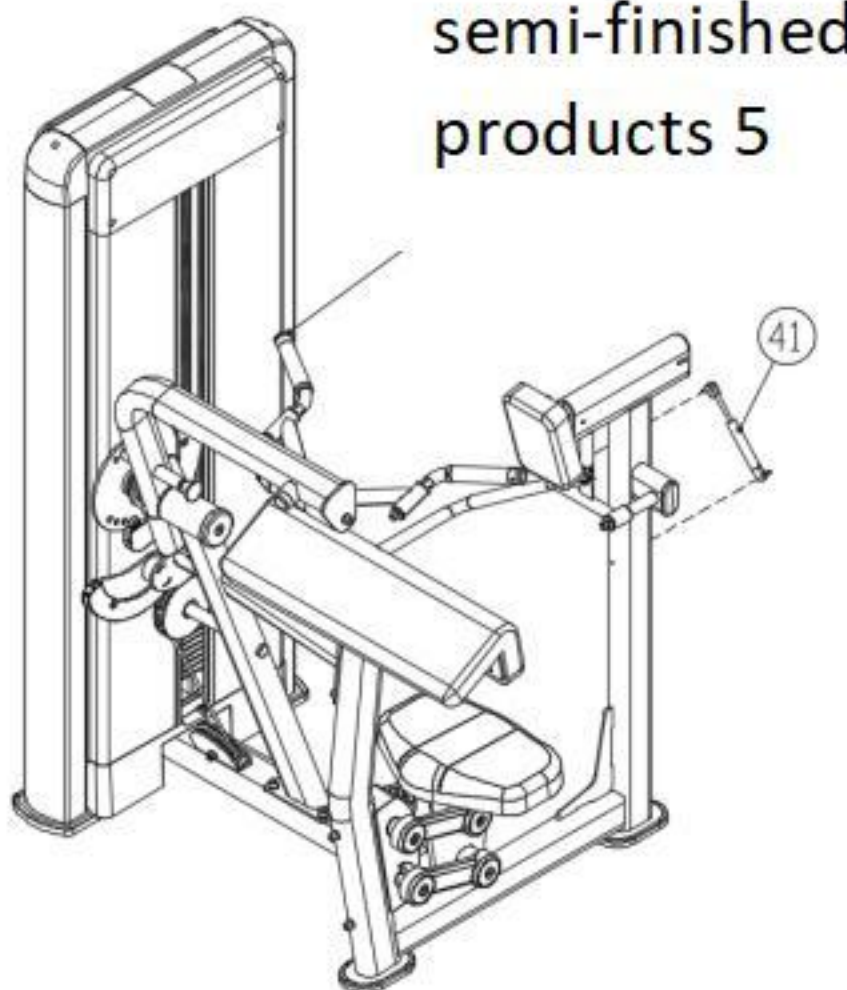


Step 9:Connect the # counterweight assembly 2,# 32 - # 37 using the following method;

- 10xHexagon socket cheese head screws M5\*20 (#38)



Step 10:Compose the # 41, # semi-finished products 5 by joining them in the following way;



Brief

Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing the equipment, please follow the instructions for proper installation.

This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. After carefully reading all the instructions, please continue

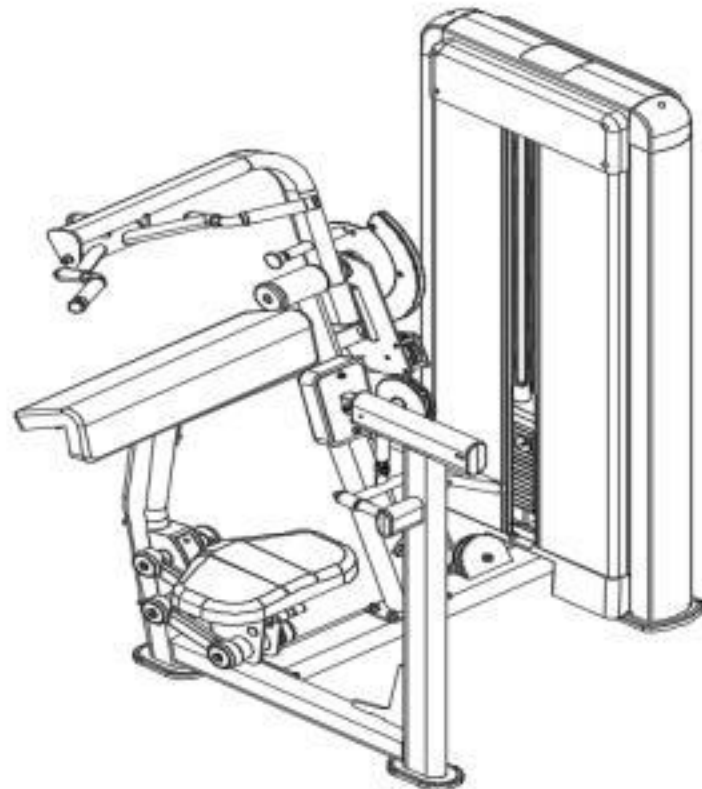
Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

Note: When assembling, it is recommended that two or more people operate

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Important Notes

Now that the Standing Biceps/Triceps is assembled, you need to take some time to make sure your unit is horizontal and vertical.



NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	1#		1	6	6#		1
2	2#		1	7	7#		1
3	3#		1	8	8#		1
4	4#		1	9	9#		1
5	5#		1	10	10#		1

NO.	Name	QTY	NO.	Name	QTY
20	counterweight	1	37	Upper shroud plug cover	1
21	counterweight under guard	1	38	Hexagon socket cheese head screws M5*20	10
22	Guide bar mounting plate	1	39	60 Aluminum Caps	2
23	guide bar	2	40	wire rope	1
24	Guide block set	1	41	spring-loaded lever	1
25	counterweights	18	48	Universal Seat Module	1
26	Counterweight block pins	1	49	counterweighted feet	2
27	Counterweight rubber pads	2	50	Flat ellipse foot mats	2
28	counterweight base	2	51	Hexagon socket cheese head screws M10*120	2
29	Hexagon socket cheese head screws M8*20	4	52	Hexagon socket cheese head screws M10*25	16
30	spring washer M8	2	53	Hexagon socket cheese head screws M10*20	1
31	flat washer M8	2	54	Hexagon socket cheese head screws M8*25	4
32	baffle	4	55	flat washer M10-D30	1
33	decorative strip	2	56	flat washer M10-D20	18
34	decorative plate	1	57	flat washer M8-D16	4
35	upper shroud	2	58	spring washer M10	19
36	Counterweight riser plug cover	2	59	Hexagon socket countersunk head screws M10*25	2

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

Installation

Step 1:Join # 1, # 2, # 20, #21, # 38 to form semi-finished product 1 by.

- 8xHexagon socket cheese head screws M10\*25 (#52)
- 8xspring washer M10 (#58)
- 8xflat washer M10-D20 (#56)

Step 2: Attach 2 Weighted Feet (#49) to #Semi-Finish 1

Step 3: Attach 2 Flat Oval Feet (#50) to #Semi-Finish 1

Step 4:Connect # 3, # semi-finished products 1 to form # semi-finished products 2 using the following method:

- 8xspring washer M10 (#58)
- 8xflat washer M10-D20 (#56)
- 8xHexagon socket cheese head screws M10\*25 (#52)

Step 5:Join # 2, # 4, # 5, # 6, # 48 to form # semis 3 by.

- 2xHexagon socket cheese head screws M10\*120 (#51)
- 1xHexagon socket cheese head screws M10\*20 (#53)
- 4xHexagon socket cheese head screws M8\*25 (#54)
- 3xspring washer M10 (#58)
- 1xflat washer M10-D30 (#55)
- 2xflat washer M10-D20 (#56)
- 4xflat washer M8-D16 (#57)

Step 6:Join #7, #8, # 9, #10, # 39, and # semi-finished products 3 to form # semi-finished products 4 using the following method;

- 2xHexagon socket countersunk head screws M10\*25 (#59)

