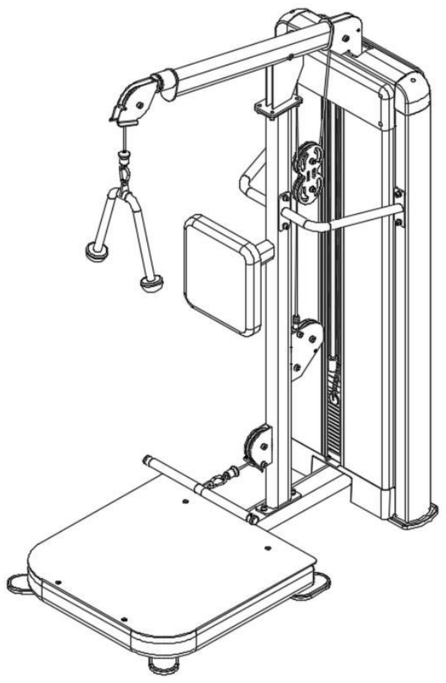
55A05 Installation Guide

Standing Biceps / Triceps



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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

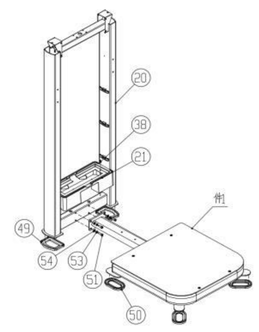
Installation

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

- 4xHexagon socket cheese head screws M10*25 (#51)
- 4xspring washer M10 (#53)
- 4xflat washer M10-D20 (#54)

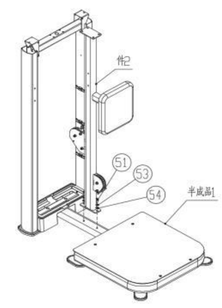
Step 2: Attach 2 Weighted Feet (#49) to #Semi-Finish 1

Step 3: Attach 4 Flat Oval Foot Pads (#50) to #Semi-Finish 1



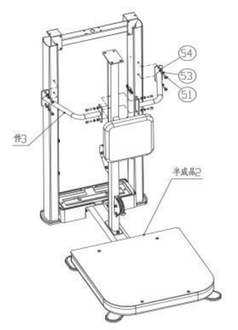
Step 4:Connect the # 2, # semi-finished products 1 to form the # semi-finished products 2 using the following method:

- 2xHexagon socket cheese head screws M10*25 (#51)
- 2xspring washer M10 (#53)
- 2xflat washer M10-D20 (#54)

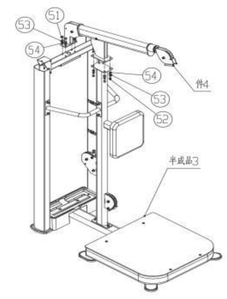


Step 5:Join # semis 2, # 3 to form # semis 3 by.

- 8xHexagon socket cheese head screws M10*25 (#51)
- 8xspring washer M10 (#53)
- 8xflat washer M10-D20 (#54)



Step 6:Join # 20, # 21, # semi-finished products 2, # semi-finished products 3 to form # semi-finished products 4 using the following method;



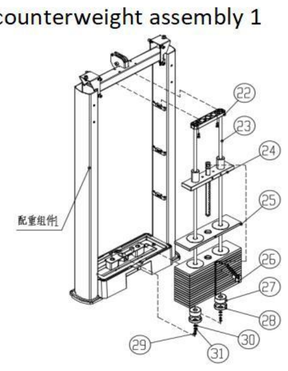
Installation

- 4xHexagon socket cheese head screws M10*25 (#51)
- 4xHexagon socket cheese head screws M10*20 (#52)
- 8xspring washer M10 (#53)
- 8xflat washer M10-D20 (#54)

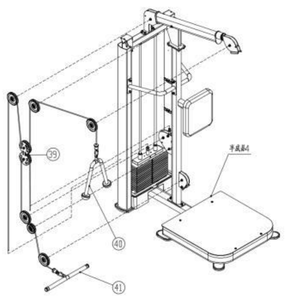
counterweight assembly 1

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)

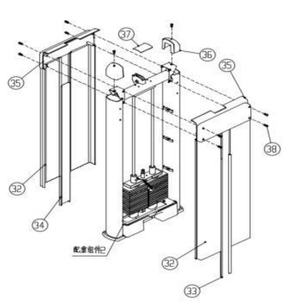


Step 8:Join #39, #40, #41, and #Semi-Finish 4 using the following method;



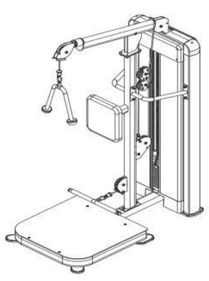
Step 9:Connect the # counterweight assembly 2, # 32 - # 37 using the following method;

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

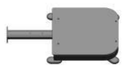


Important Tips

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



Accessory List

NO.	Name	Picture	QTY	NO.	Name	Picture	QTY
1	#1		1	3	#3		2
2	#2		1	4	#4		1

Accessories List

NO.	Name	QTY	NO.	Name	QTY
20	counterweight frame	1	34	decorative plate	1
21	counterweight lower shield	1	35	upper shroud	2
22	Guide bar fixing plate	1	36	Counterweight riser plug cover	2
23	Guide bar	2	37	Upper shroud plug cover	1
24	Guide block set	1	38	Hexagon socket cheese head screws M5*20	10
25	counterweights	18	39	Cable Sheave Assemblies	1
26	counterweights Pin	1	40	Triple Rope Assembly	1
27	Counterweight rubber pads	2	41	Low Pull Handle Assembly	1
28	counterweight base	2	42	counterweighted feet	2
29	Hexagon socket cheese head screws M8*20	4	43	Flat ellipse foot mats	4
30	spring washer M8	2	44	Hexagon socket cheese head screws M10*25	18
31	flat washer M8	2	45	Hexagon socket cheese head screws M10*20	4
32	baffle	4	46	spring washer M10	22
33	decorative strip	2	47	flat washer M10-D20	22

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