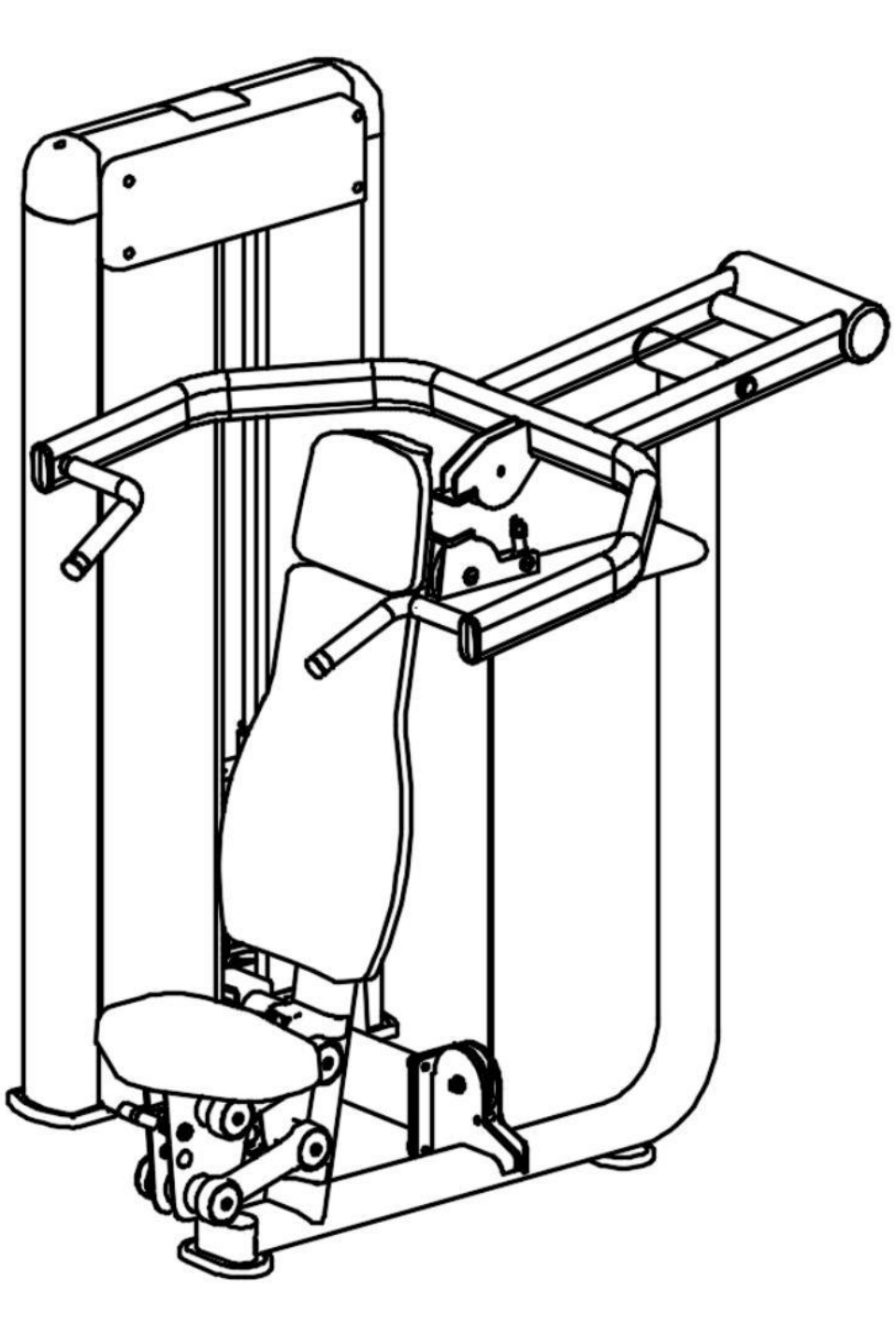
61A01 Installation Guide

Shoulder Press



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Introduction

Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction while installing.

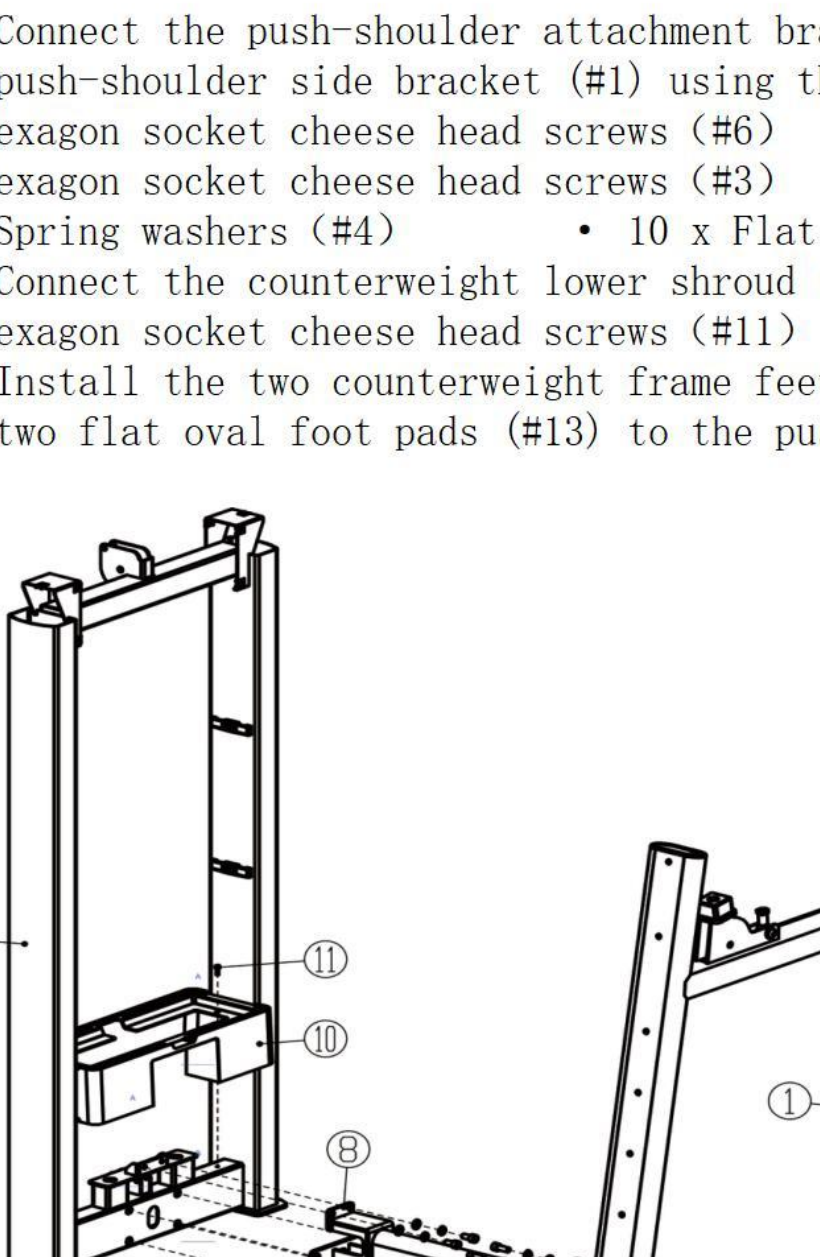
This device designed to provide the most effective and smoothest training movements. After installing, you can only know how to use the products after you know all the functions. If there is any question, please check the installation insturction and find out the wrong steps during the installing. If still not work, please contact the distributors authorised by original factory. The code and manual will be needed.

Tools

Rubber Rod
Level Ruler
Hexagonal wrench
More than 2 person
Spring Clamp
Adjustable wrench

Assembling

Step 1: Place the shoulder pushing frame (#1) shown below upright on the ground plane.

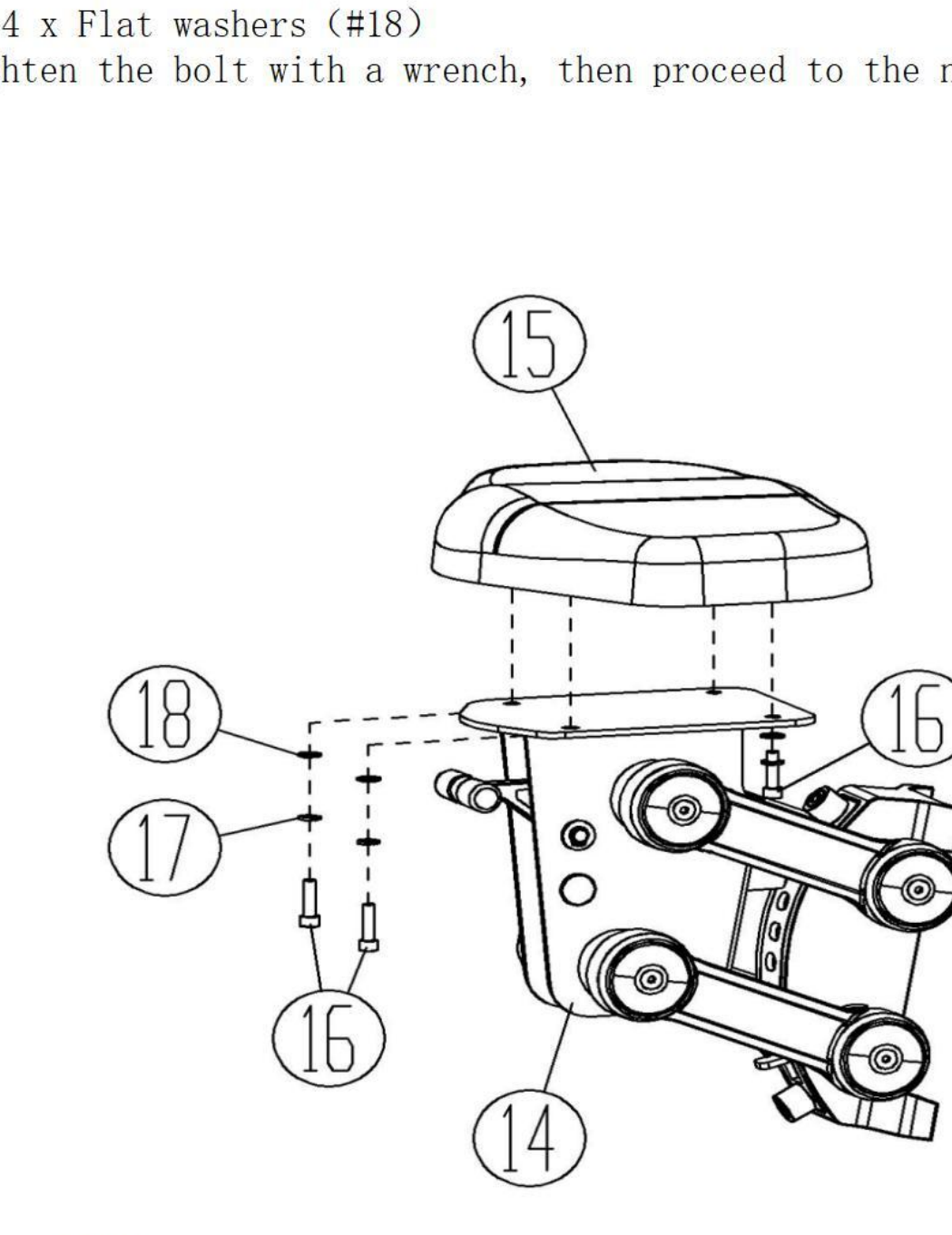


Assembling

Step 2: Connect the push-shoulder attachment bracket (#8) to the counterweight bracket (#7) and the push-shoulder side bracket (#1) using the following method.
- 8 x Hexagon socket cheese head screws (#6)
- 2 x Hexagon socket cheese head screws (#3)
- 10 x Spring washers (#4) • 10 x Flat washers (#5)

Step 3: Connect the counterweight lower shroud (#10) to the counterweight frame (#7) using the following method.
- 2 x Hexagon socket cheese head screws (#11)

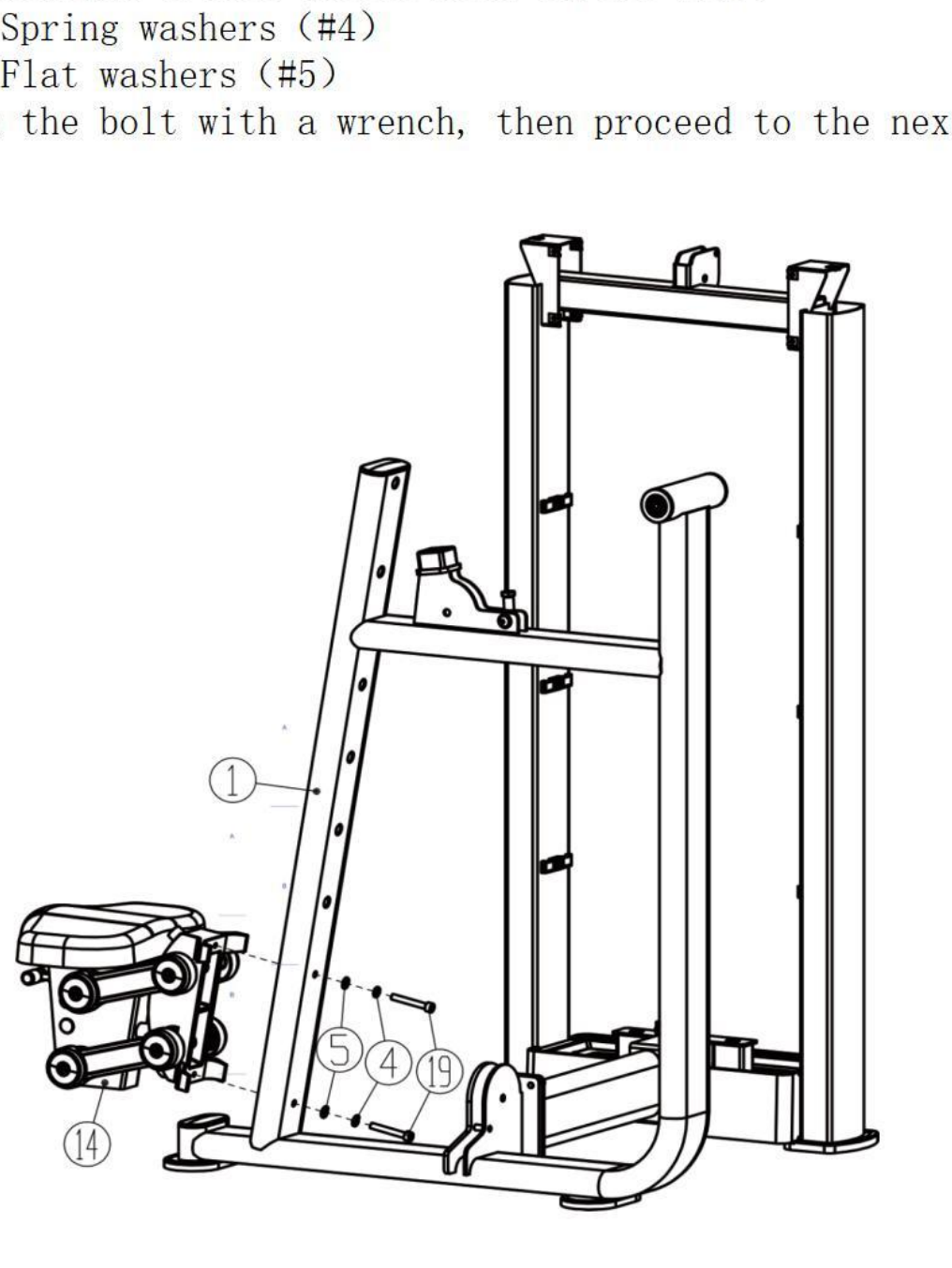
Step 4: Install the two counterweight frame feet (#12) to the counterweight frame (#7)
Install two flat oval foot pads (#13) to the push shoulder side frame (#2)



Assembling

Step 5: Connect the cushion (#15) to the seat (#14) using the following method.
- 4 x Hexagon socket cheese head screws (#16)
- 4 x Spring washers (#17)
- 4 x Flat washers (#18)

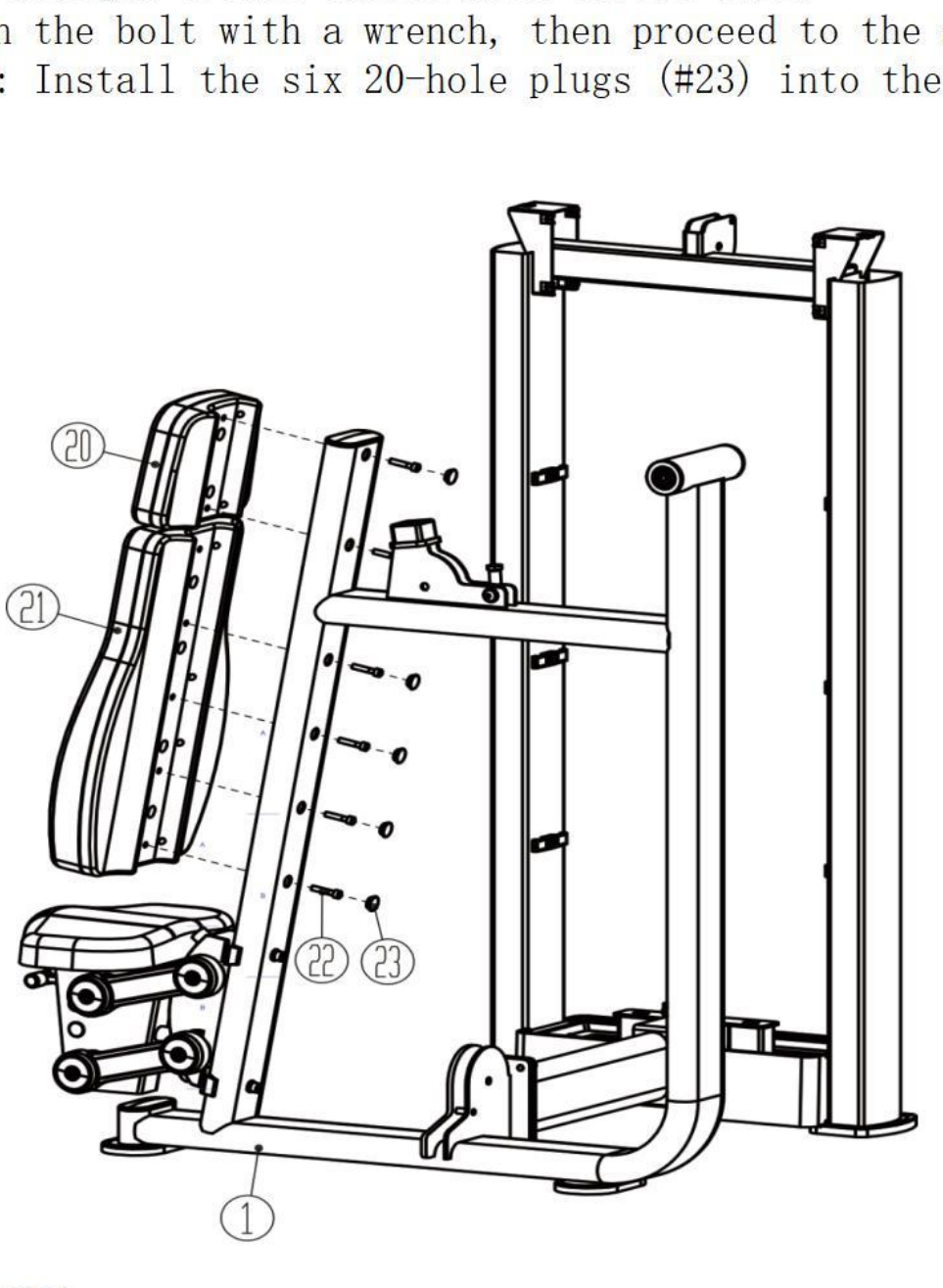
Tighten the bolt with a wrench, then proceed to the next step



Assembling

Step 6: Connect the seat (#14) to the push-shoulder side frame (#1) using the following method.
- 2 x Hexagon socket cheese head screws (#19)
- 2 x Spring washers (#4)
- 2 x Flat washers (#5)

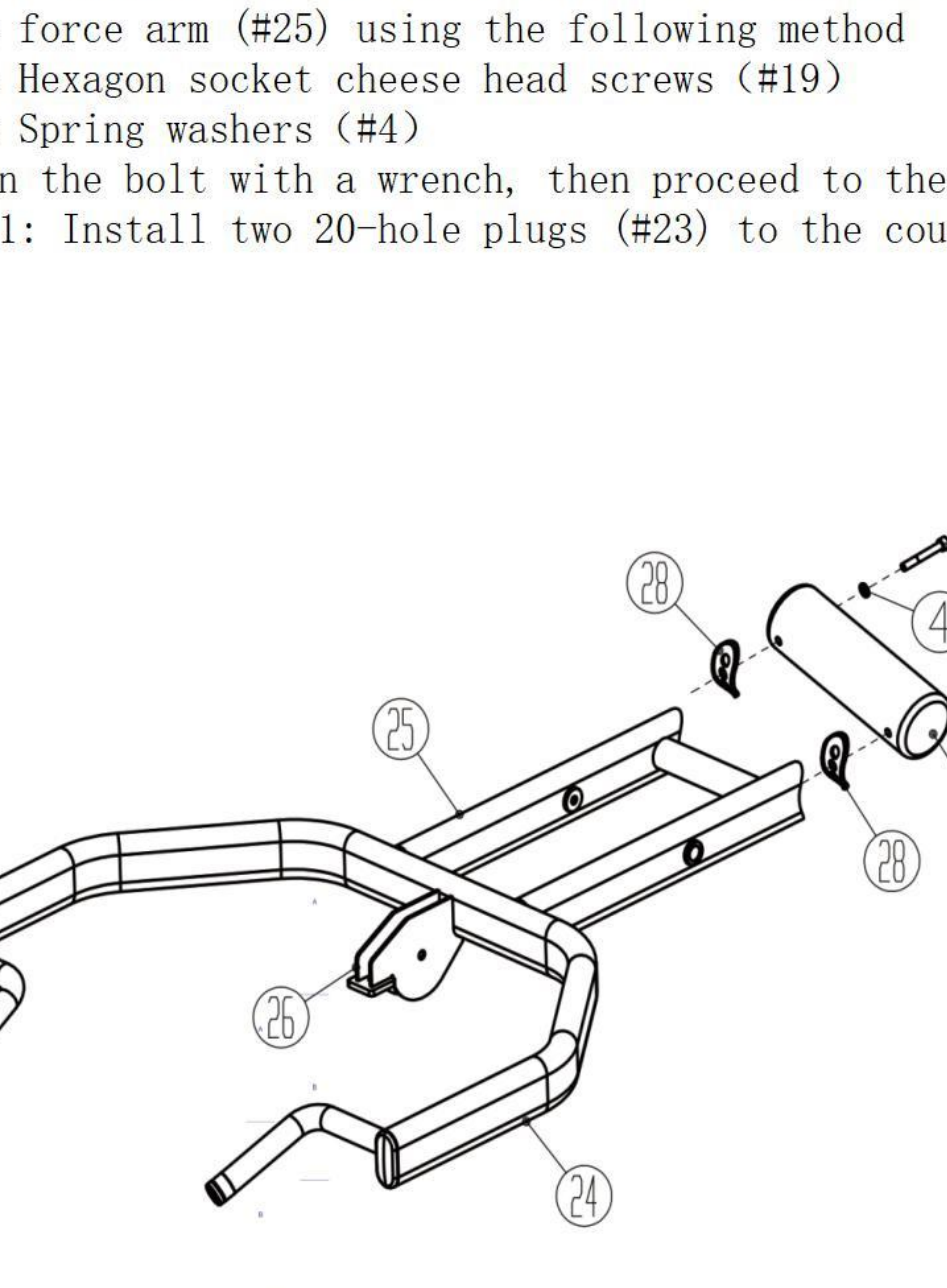
Tighten the bolt with a wrench, then proceed to the next step



Assembling

Step 7: Connect the head pad (#20) and back pad (#21) with the push shoulder side frame (#1) using the following method.
- 6 x Hexagon socket cheese head screws (#22)

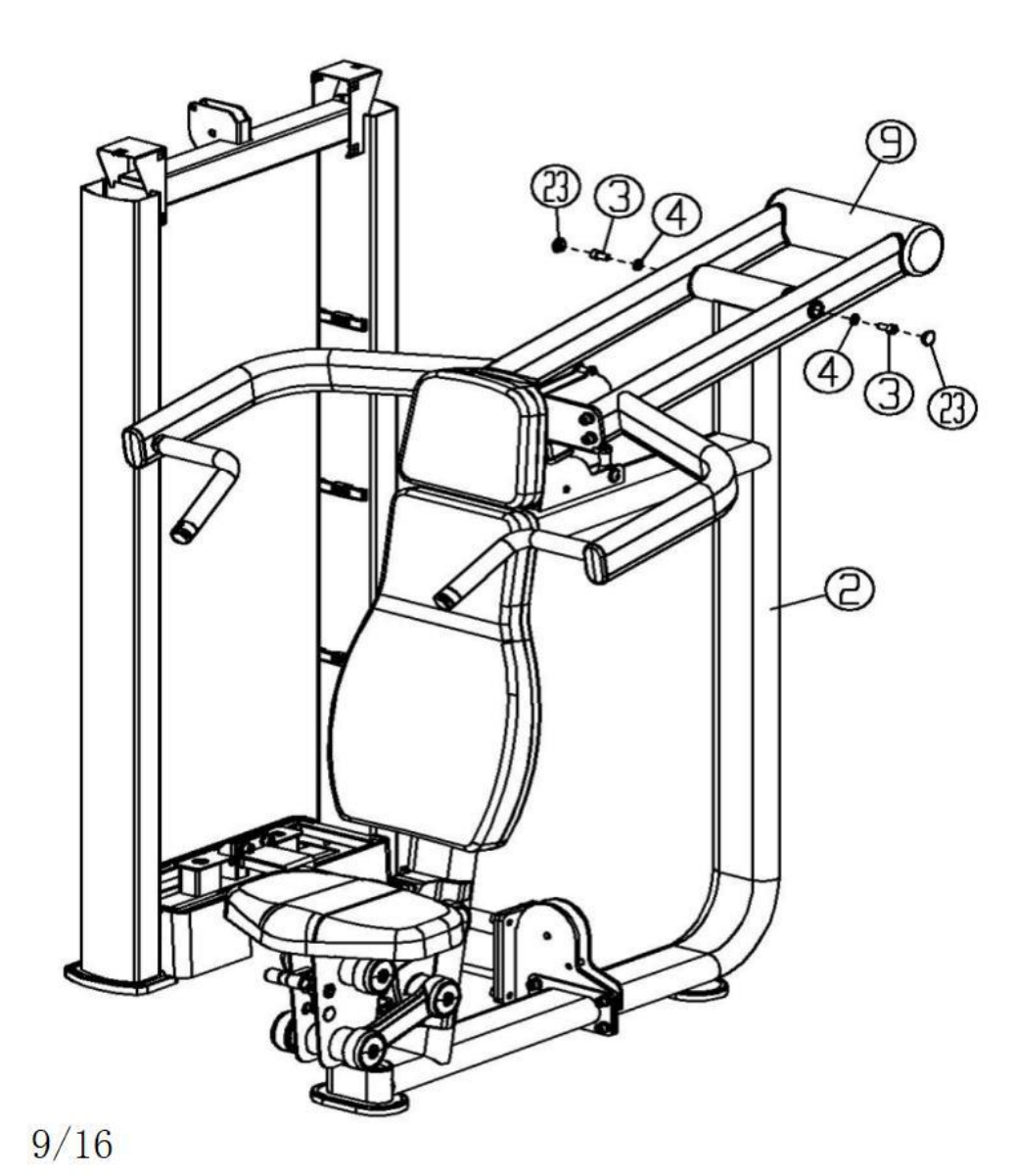
Tighten the bolt with a wrench, then proceed to the next step
Step 8: Install the six 20-hole plugs (#23) into the push-shoulder side frame (#1).



Assembling

Step 9: Find the lower force arm (#24) (#25) (#26) to place on the platform surface.
Step 10: Connect the two curved pads (#28) and the pushing shoulder balance weight (#29) .
to the force arm (#25) using the following method
- 2 x Hexagon socket cheese head screws (#19)
- 2 x Spring washers (#4)

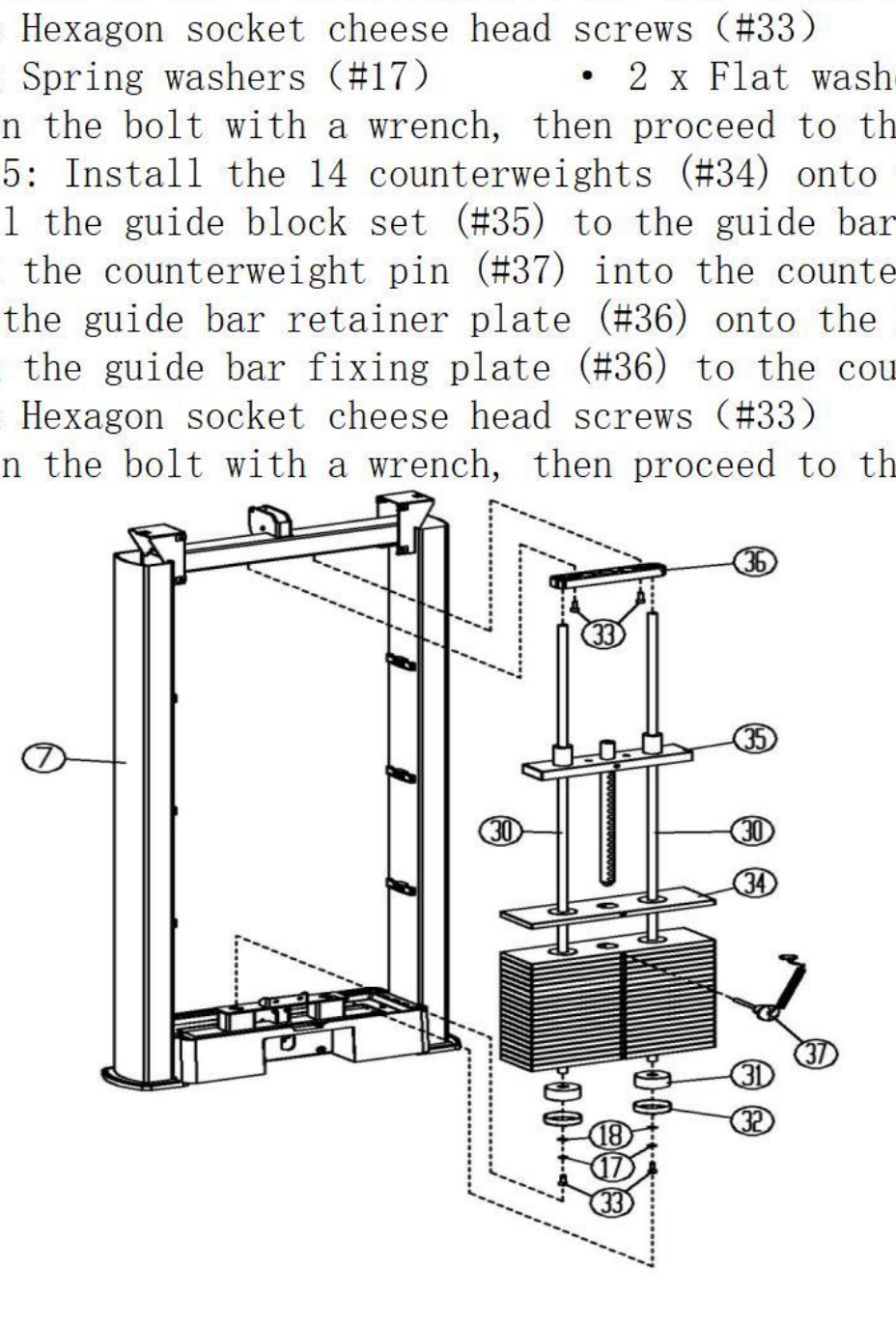
Tighten the bolt with a wrench, then proceed to the next step
Step 11: Install two 20-hole plugs (#23) to the counterweight (#29).



Assembling

Step 12: Connect the force arm set (#9) to the shoulder push side brace (#2) using the following method.
- 2 x Hexagon socket cheese head screws (#3)
- 2 x Spring washers (#4)

Tighten the bolt with a wrench, then proceed to the next step
Step 13:Install two hole plugs (#23) to the force arm set (#9).

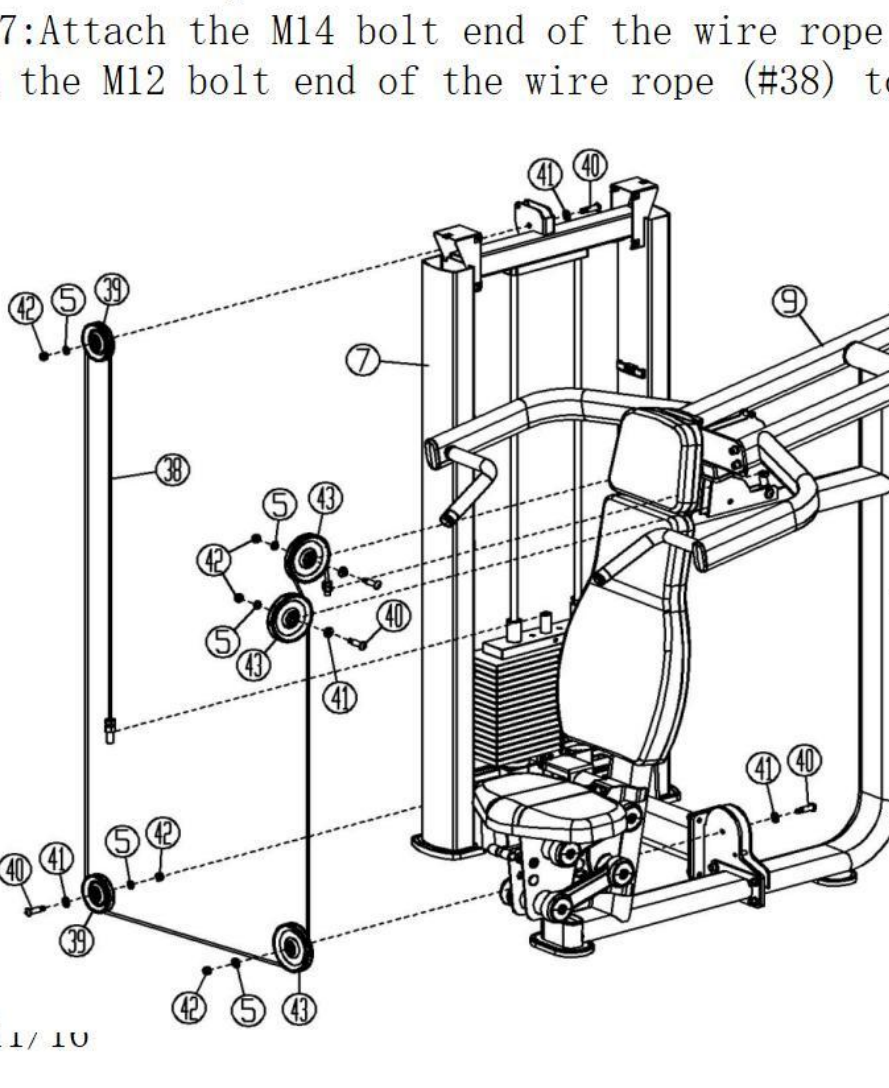


Assembling

Step 14: Slide the two counterweight rubber pads (#31) onto the two guide bars (#30).
Connect the two counterweight bases (#32) to the two guide bars (#30) and place them in the counterweight frame (#7) using the following method.
- 2 x Hexagon socket cheese head screws (#33)
- 2 x Spring washers (#17) • 2 x Flat washers (#18)

Tighten the bolt with a wrench, then proceed to the next step
Step 15: Install the 14 counterweights (#34) onto the guide bar (#30) with the isolation tabs facing up.
Install the guide block set (#35) to the guide bar (#30).
Insert the counterweight pin (#37) into the counterweight block (#34).
Slide the guide bar retainer plate (#36) onto the guide bar (#30).
Attach the guide bar fixing plate (#36) to the counterweight frame (#7) using the following method.
- 2 x Hexagon socket cheese head screws (#33)

Tighten the bolt with a wrench, then proceed to the next step

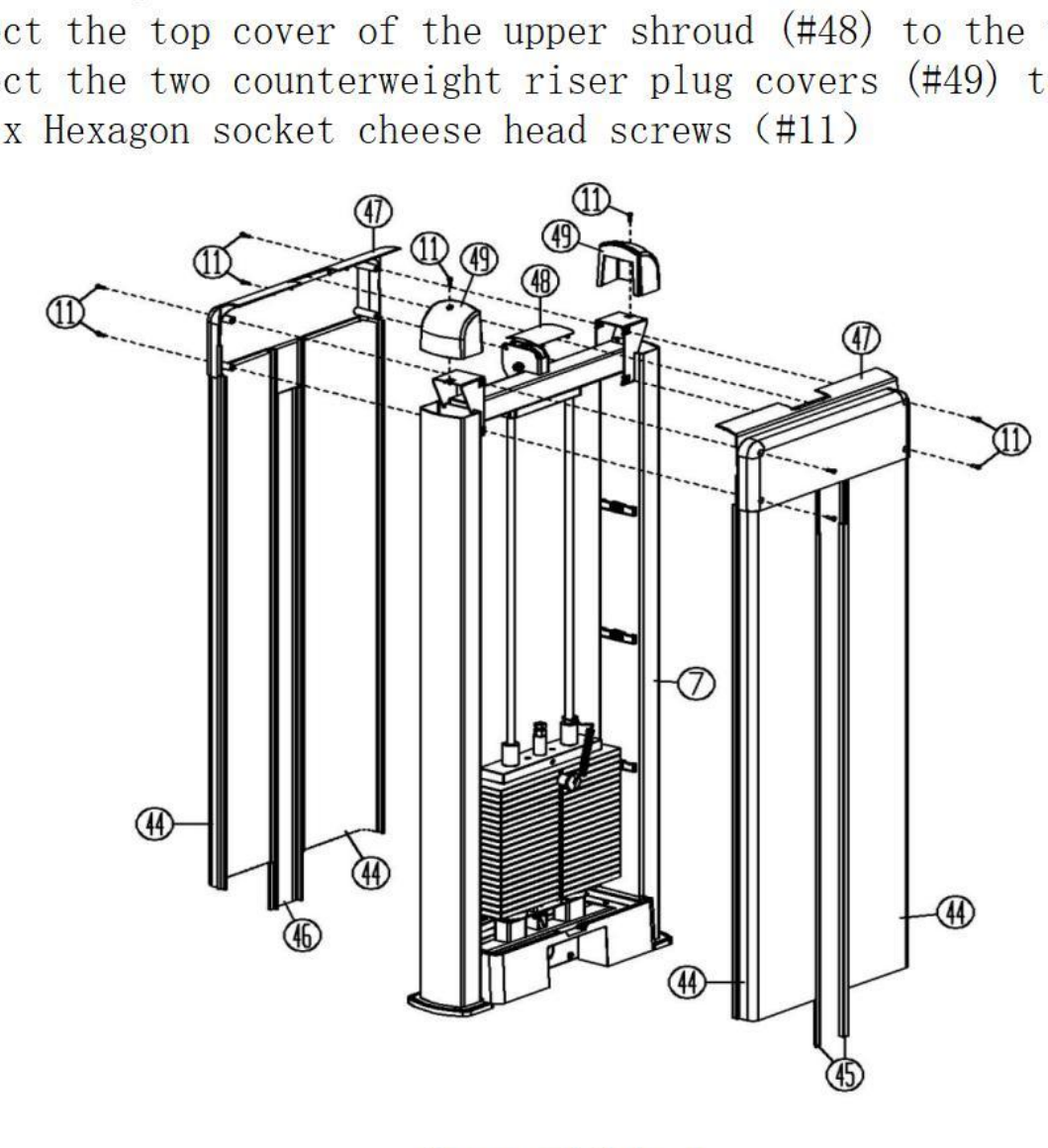


Assembling

Step 16: Connect the two 95 wire wheels (#39) to the counterweight frame (#7) using the following method.
- 2 x Wire spool (#40) • 2 x Hexagonal self-locking nuts (#42)
- 2 x Flat washers (#41) • 2 x Flat washers (#5)

Connect the three 120 wire wheels (#43) to the push shoulder side frame (#2) and the force arm set (#9) using the following method.
- 3 x Wire spool (#40) • 3 x Hexagonal self-locking nuts (#42)
- 3 x Flat washers (#41) • 3 x Flat washers (#5)

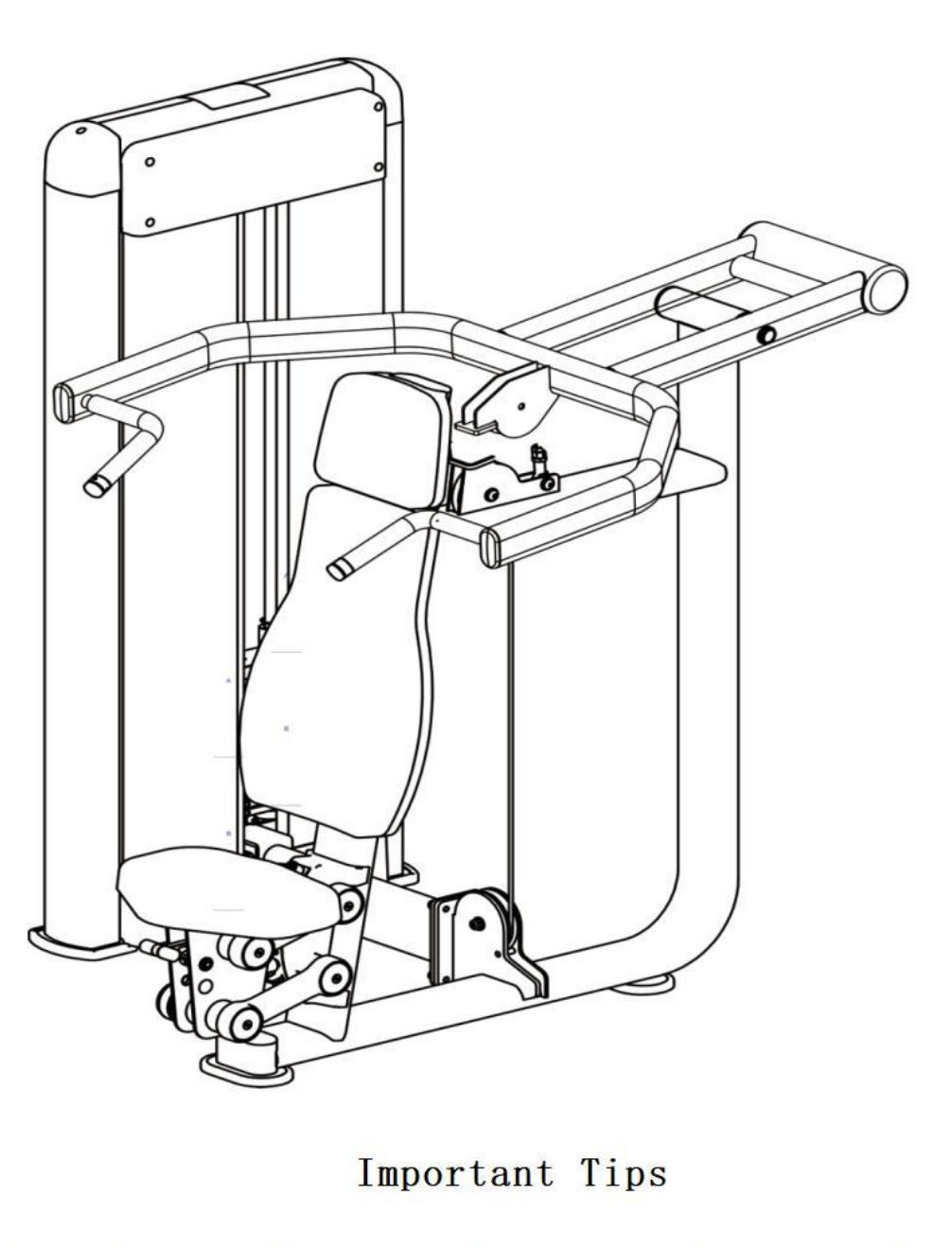
Note that these spools are installed in tandem with the wire rope (#38).
Step 17:Attach the M14 bolt end of the wire rope (#38) to the counterweight frame (#7).
Attach the M12 bolt end of the wire rope (#38) to the push shoulder side frame (#2).



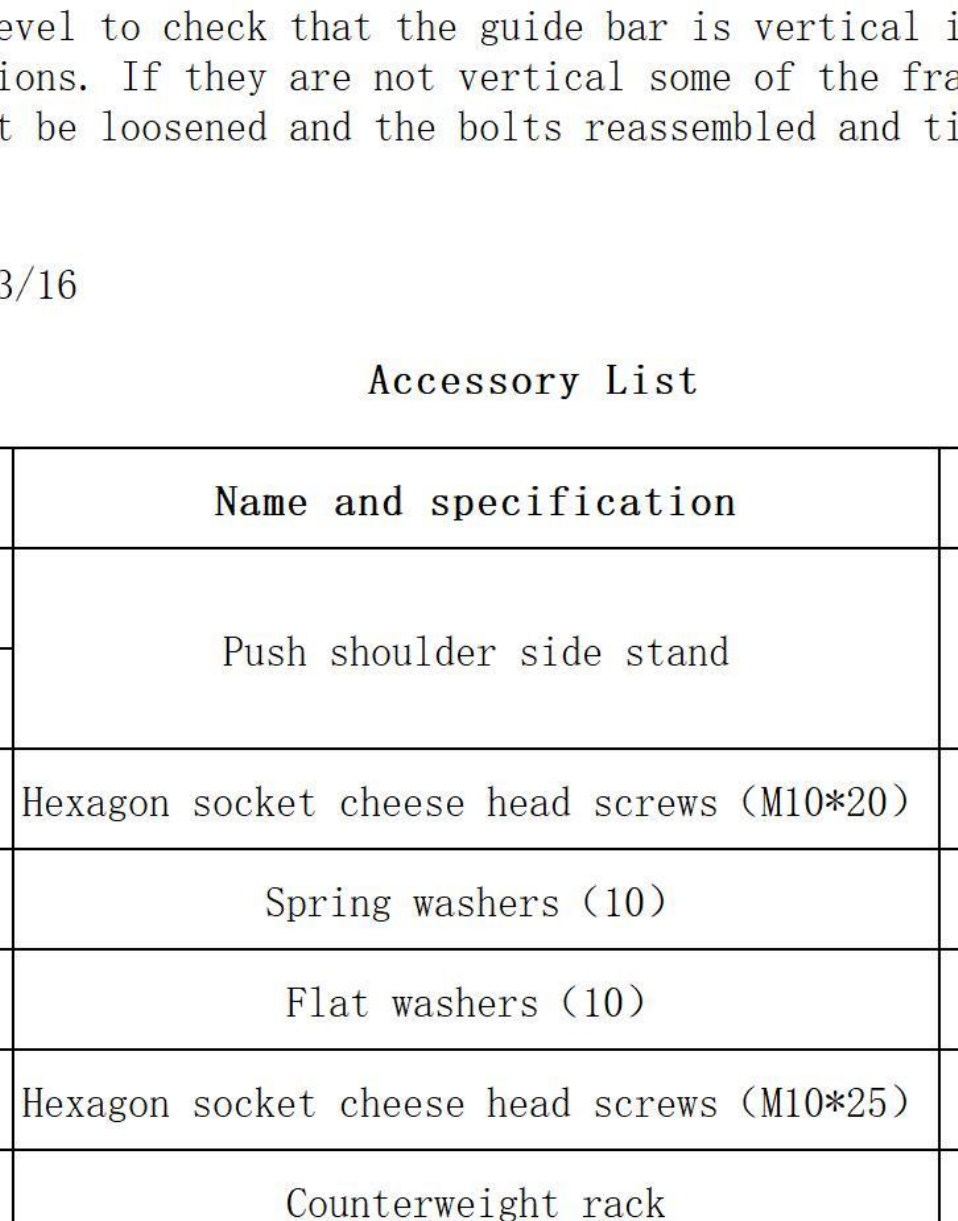
Assembling

Step 18:Slide the two trim strips (#45) into the two baffles (#44) and attach to the counterweight frame (#7) using the baffle pressure plate.
Slide the trim plate (#46) into the two baffles (#44) and attach to the counterweight frame (#7) using the baffle pressure plate.
Attach the two upper shrouds (#47) to the counterweight frame (#7) using the following method.
- 8 x Hexagon socket cheese head screws (#11)

Connect the top cover of the upper shroud (#48) to the two upper shrouds (#47).
Connect the two counterweight riser plug covers (#49) to the counterweight frame (#7) using the following method.
- 2 x Hexagon socket cheese head screws (#11)



Assembling



Important Tips

Now that the shoulder press is assembled, you need to take a moment to make sure your unit is horizontal and vertical. Use a level to check that the guide bar is vertical in both directions. If they are not vertical some of the frame hardware must be loosened and the bolts reassembled and tightened.

Accessory List

NO	Name and specification	Quantity
1	Push shoulder side stand	1
2		
3	Hexagon socket cheese head screws (M10*20)	2
4	Spring washers (10)	12
5	Flat washers (10)	15
6	Hexagon socket cheese head screws (M10*25)	8
7	Counterweight rack	1
8	shoulder press connection frame	1
9	Power arm set	1
10	Counterweight lower shroud	1
11	Hexagon socket cheese head screws (M5*16)	12
12	Counterweight frame foot pads	2
13	Flat Oval Footbed	2
14	Seats	1
15	Cushion	1
16	Hexagon socket cheese head screws (M8*30)	4
17	Spring washers (8)	6
18	Flat washers (8)	6
19	Hexagon socket cheese head screws (M10*70)	4
20	Head Cushion	1
21	Back Pad	1
22	Hexagon socket cheese head screws (M8*40)	6
23	20-hole plug	6
24	Power arm set	1
25		
26		
28	Curved Mat	2
29	Push shoulder balance weight	1
30	Universal counterweight guide rod	2
31	Counterweight rubber pad	2
32	Counterweight stand base	2
33	Hexagon socket cheese head screws (M8*20)	4
34	Counterweight blocks	14
35	Guide block set	1
36	Guide rod fixing plate	1
37	Counterweight block pins	1
38	shoulder press cable	1
39	95 Wire Wheel	2
40	Wire spool-32	5
41	Flat washers (12)	5
42	Hexagonal self-locking nuts (M10)	5
43	120 wire wheels	3
44	Baffle	4
45	Counterweight source decorative strips	2
46	Counterweight source decorative plate	1
47	Counterweight upper shield	2
48	Upper shroud top cover	1
49	Counterweight riser plug cover	2

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