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## Installation

Step 8: Connect the biaxial seated shoulder thrust right force arm (2) and biaxial seated shoulder thrust left force arm (9) to the biaxial seated shoulder thrust side frame set (1) using the following method:

- 4 x  $\Phi 76$  Deep groove ball bearings (50)
- 2 x  $\Phi 80 \times 16$  Aluminum cover (51)
- 2 x M8\*25 Hexagon socket flat countersunk head screws (25)

Note the symmetrical installation on both sides  
Tighten the bolt with a wrench, then proceed to the next step

Step 9: Connect the dual-axis seated push-shoulder side frame set (1) to the dual-axis seated push-shoulder right force arm and the dual-axis seated push-shoulder left force arm with the dual-axis seated push-shoulder linkage connecting rod (53) using the following method:

- 4 x M10\*25 Hexagon socket cheese head screws (6)
- 4 x M10 Spring washers (4)
- 4 x M10 Flat washers (5)

Note the symmetrical installation on both sides  
Tighten the bolt with a wrench, then proceed to the next step

Step 10: 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 washer (18)

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

Step 11: Install the 14 counterweights (34) onto the guide bar (30) with the isolation tabs facing up.

## 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

## Installation

Install the guide block set (35) to the guide bar (30). Insert the counterweight pin (37) into the unterweight coblock (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

Step 12: Connect the 95-wire reel set (39), wire rope (38) to the counterweight frame (7) with:

- 2 x 32 Wire spool (40)
- 2 x M10 Flat Gasket (5)
- 2 x M10 Hexagonal self-locking nuts (42)

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

Step 13: Connect the 120-wire reel set (43), the wire rope (38) and the two-axle seated push-shoulder side frame set (1) with the following method

- 3 x 120 Wire spool (40)
- 3 x M12 Flat Gasket (41)
- 3 x M10 Hexagonal self-locking nuts (42)
- 3 x M10 Flat Gasket (5)

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

Step 14: Slide the two trim strips (45) into the two baffles (44) and attach to the counterweight frame (7) using the 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 counterweight frame (7) using the following method:

- 2 x Hexagon socket cheese head screws (11)

## Installation

Step 1: Placement of dual-axis seated push-shoulder side frame assembly (1)

Step 2: Connect the dual-axis seated push-shoulder side frame assembly (1), connecting frame (8) counterweight frame (7) with:

- 10 x M10\*25 Hexagon socket cheese head screws (3)
- 10 x M10 Spring washers (6)
- 10 x M10 Flat Gasket (4)

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). Assemble the foot plate (13) with the dual axis seated shoulder push trainer side frame (1).

Step 5: Connect the dual-axis seated push-shoulder side frame assembly (1) to the seat group frame (14) using:

- 2 x M10\*70 Hexagon socket cheese head screws (19)
- 2 x M10 Spring washers (6)
- 2 x M10 Flat Gasket (4)

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

Step 6: Connect the head cushion (20), back cushion (21) to the dual-axis seated push-shoulder side frame assembly (1) using:

- 5 x M8\*40 Hexagon socket cheese head screws (22)

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

Step 7: Attach the hole plug (23) to the corresponding hole in the side frame (1) of the dual axis seated chest press trainer.

## Important notice

Now the Shoulder press converging is assembled, you need to make sure your setup is level and vertical. Use a level to check that the guide rods are vertical in both directions. Some frame hardware must be loosened to reassemble and bolts tightened if not plumb.

Accessories List			
No.	Name	Picture	Qty
1	Dual axis seated push shoulder frame component		1
2	Double axis seated push shoulder right arm		1
8	Connection frame		5
9	Double axis sitting shoulder push left arm		1
13	Foot pad		2
14	Seat assembly frame		1
20	Head pad		1
21	Back cushion		1
23	Hole plug head		5
38	Cable		1
51	Aluminum cover with a diameter of 80 * 16		2
53	Double axis seated push shoulder linkage connecting rod		2
No.	Name		Qty
4	Spring washer M10		16
5	Flat washer M10		16
6	Hexagonal socket head screw M10 * 25		14
19	Hexagonal socket head screw M10 * 70		2
22	Hexagonal socket head screw M8 * 40		5
52	Internal hexagon countersunk head screw M8 * 25		2