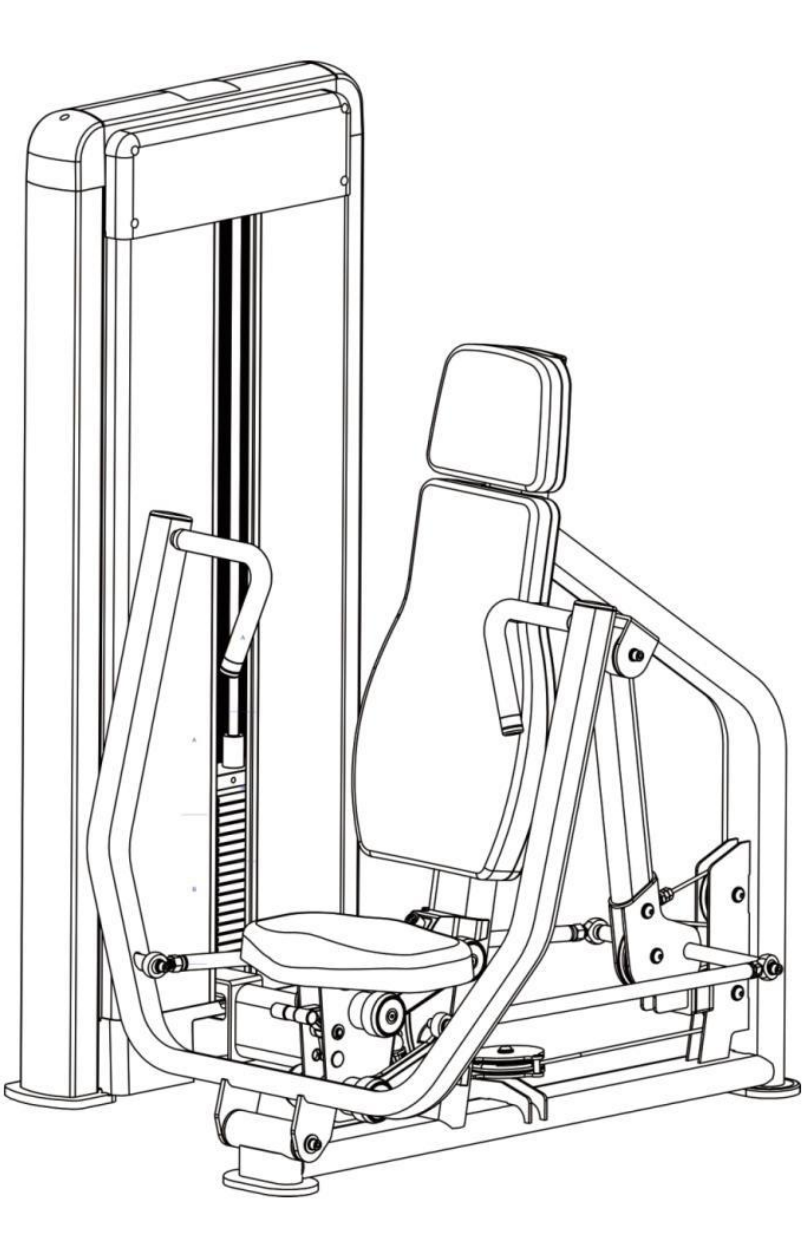
61A04 Installation Guide

Chest Press



Catalogue

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Brief

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

Tools

Rubber stick

Levelling instrument

Socket head screw wrench

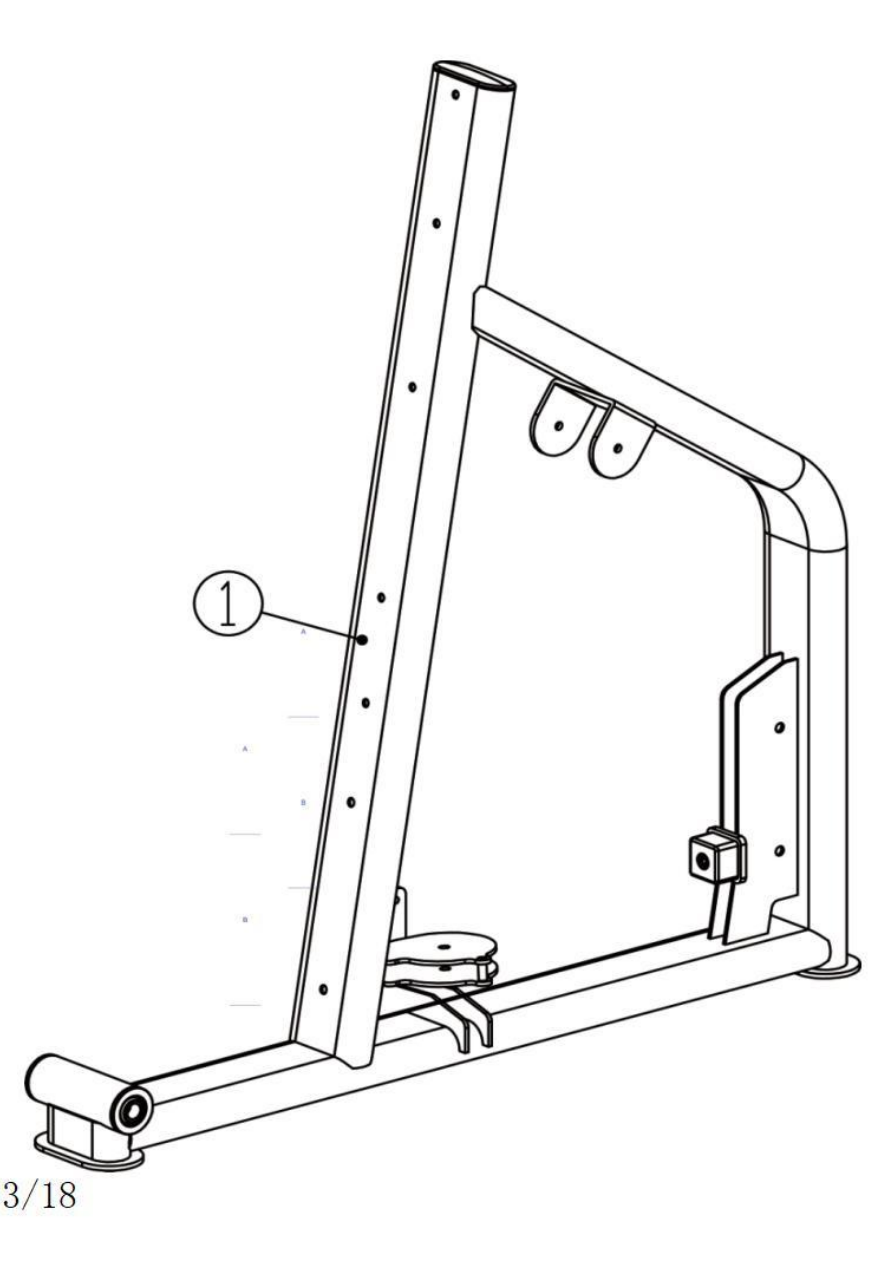
More than 2 person

Circlip pliers

The adjustable wrench

Installation

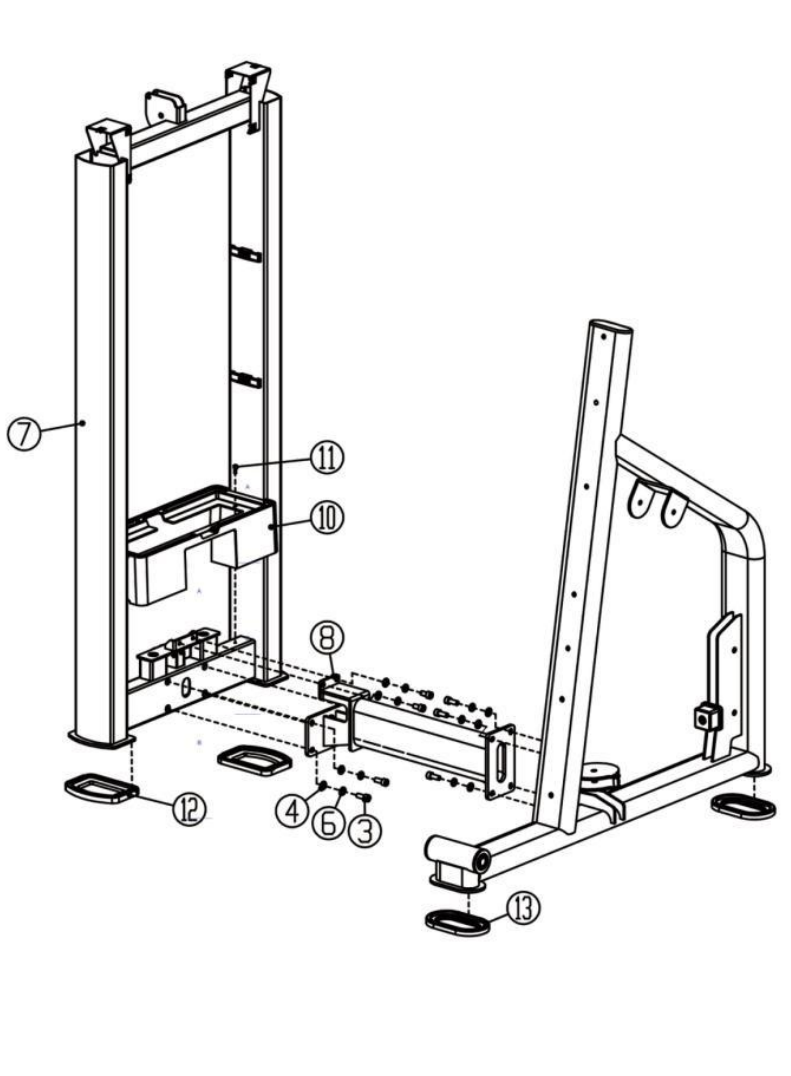
Step 1:put the side frame (#1) vertical to ground level:



Step 2:with the following method install connected frame（#8）,weight stack frame（#7）and side frame（#44）:
- 8 x Hex socket head cap screw（#3）
- 2 x Hex socket head cap screw（#9）
- 10 x spring washer（#6） • 10 x flat washer（#4）

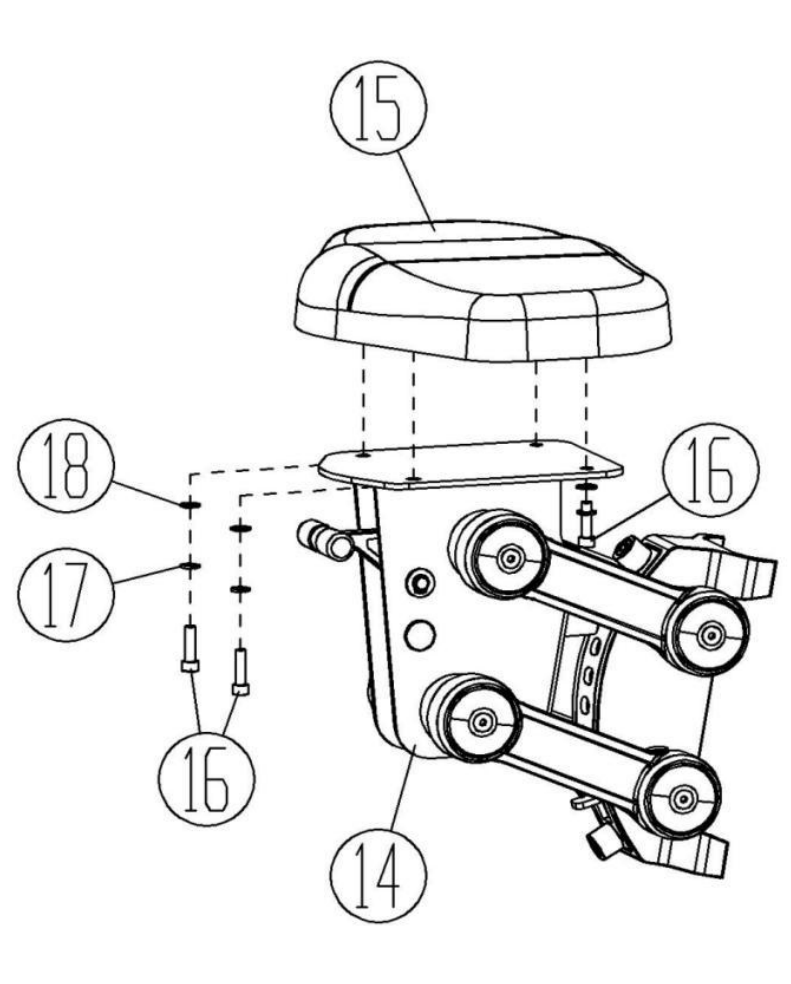
Step 3:with the following method install weight stack bottom frame（#10）weight stack frame（#7）:
- 2 x Hex socket head cap screw（#11）

Step 4:put two weight stack footpad（#12）on weight stack frame（#7）
install two flat oval footpad（#13）to side frame group（#44）



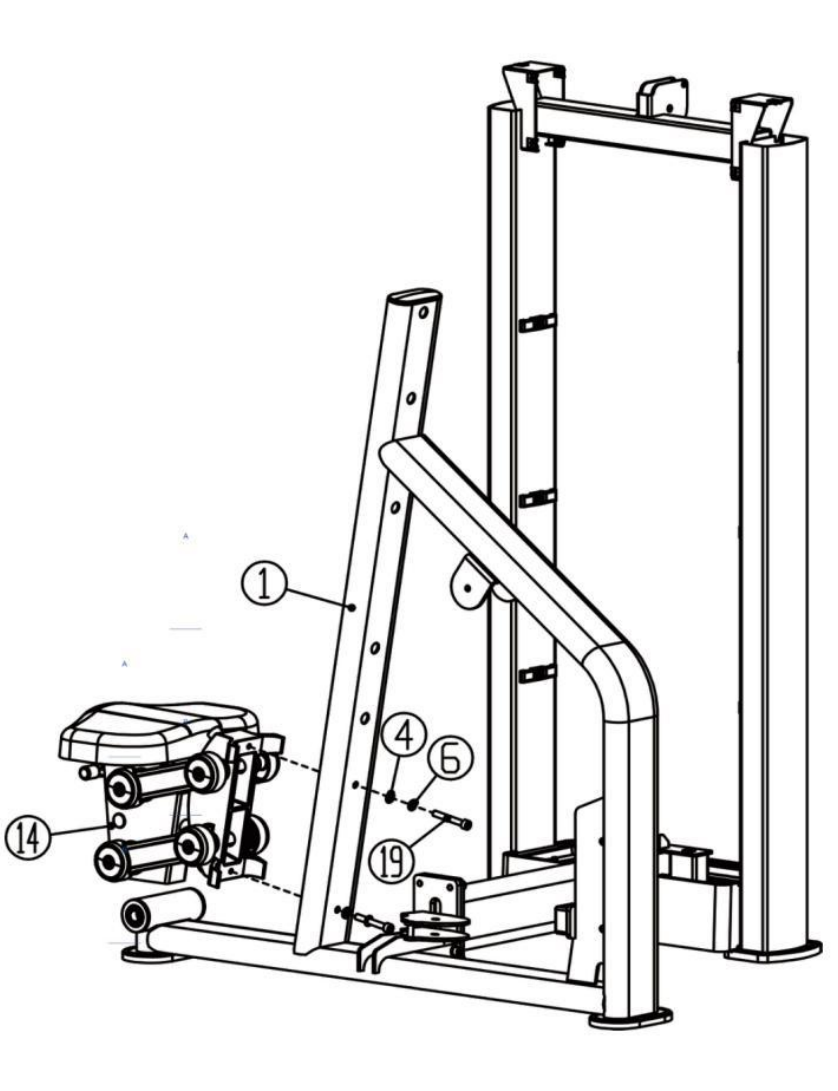
Step 5:with the following method install cushion（#15）and cushion frame（#14）:
- 4 x Hex socket head cap screw（#16）
- 4 x spring washer（#17）
- 4 x flat washer（#18）

Wrench to tighten the bolts before proceeding to the next step



Step 6:with the following method install cushion frame（#14）with side frame（#1）:
- 2 x Hex socket head cap screw（#19）
- 2 x spring washer（#6）
- 2 x flat washer（#4）

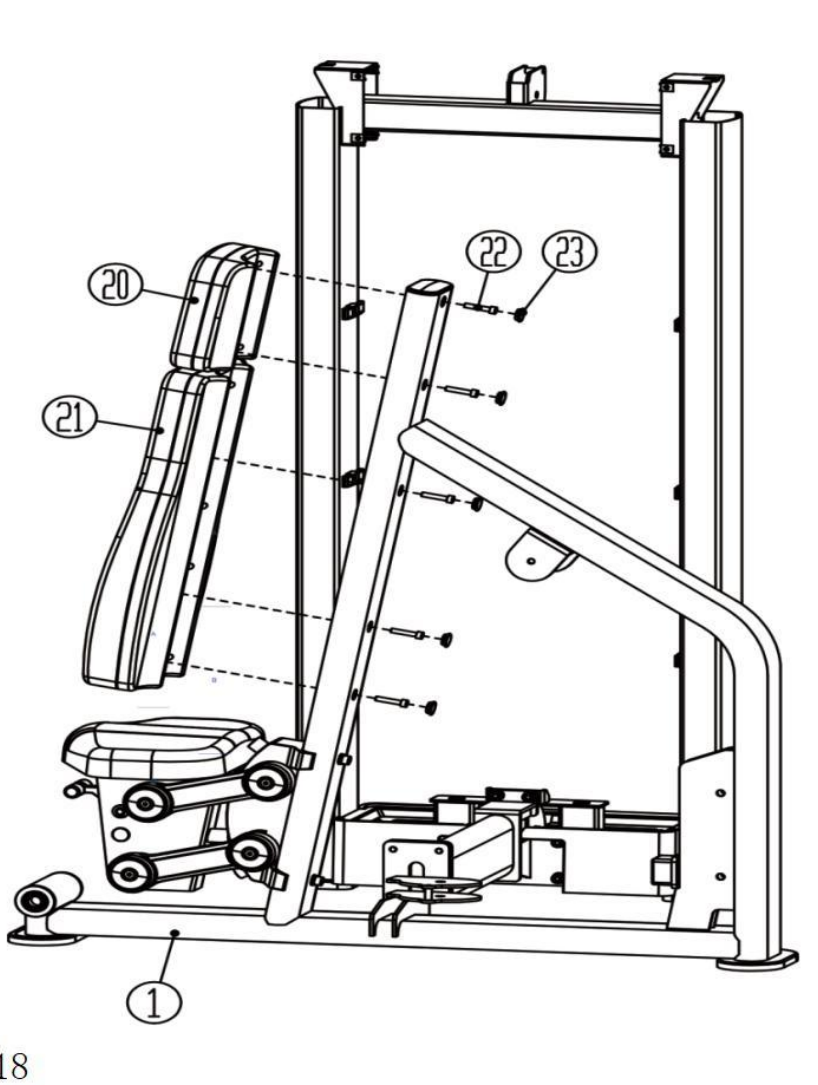
Wrench to tighten the bolts before proceeding to the next step



Step 7:with the following method install head pad（#20）,back pad（#21）and side frame（#1）:
- 5 x Hex socket head cap screw（#22）

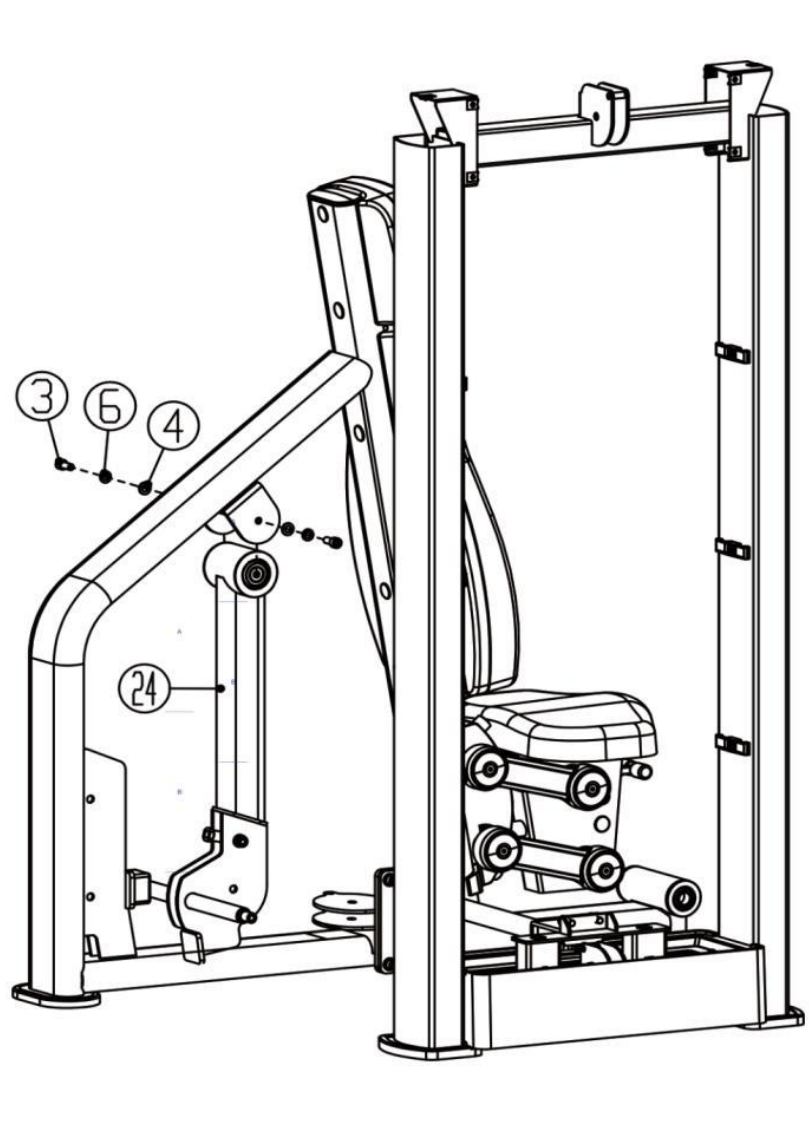
Wrench to tighten the bolts before proceeding to the next step

Step 8:install 5 bolt（#23）to side frame I（#1）。

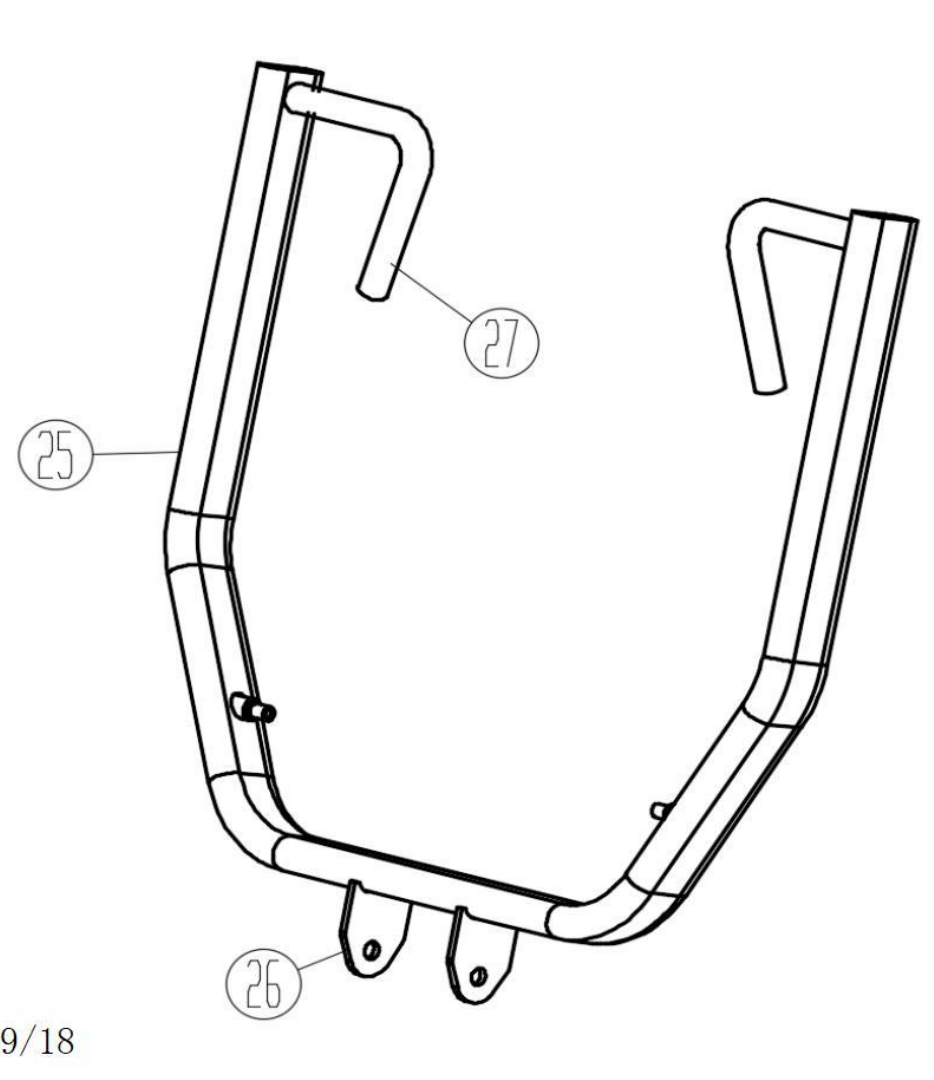


Step 9:with the following method install Chess press linkage frame（#24）and side frame（#1）:
- 2 x Hex socket head cap screw（#3）
- 2 x spring washer（#6）
- 2 x flat washer（#4）

Wrench to tighten the bolts before proceeding to the next step

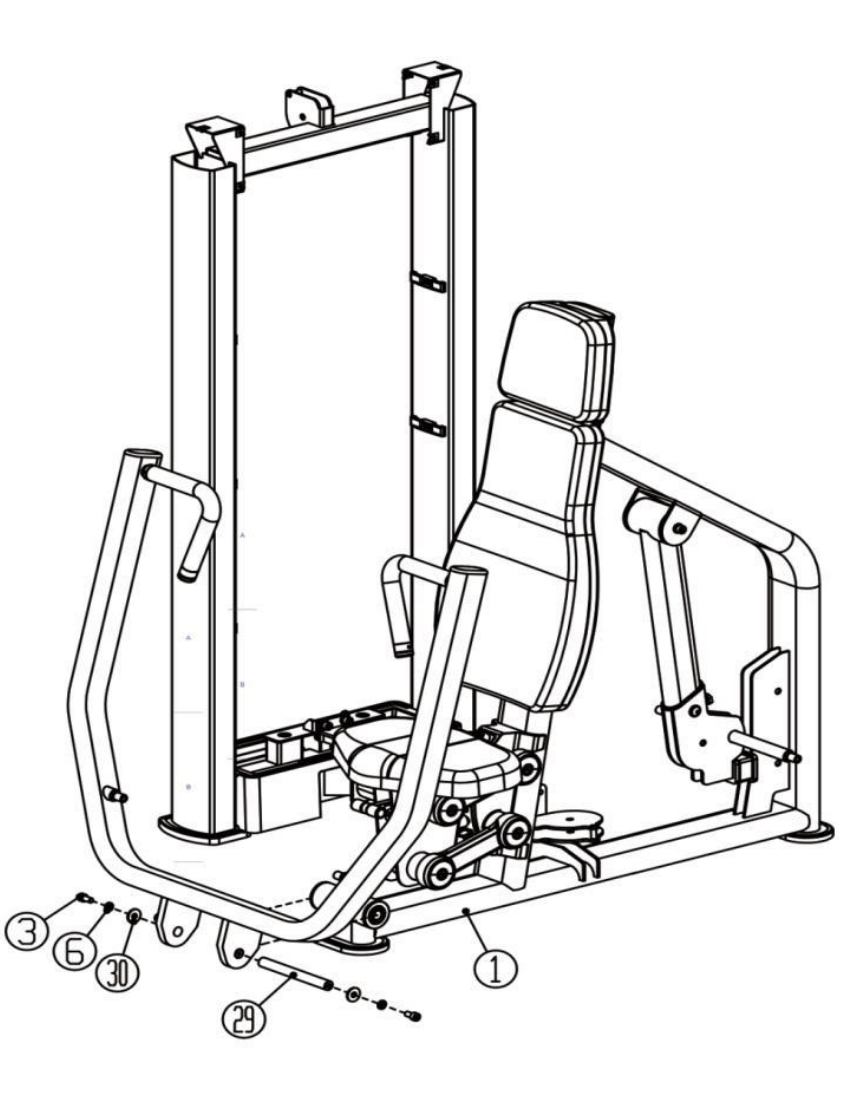


Step 10:find those arm movement（#25）（#26）（#27）and the following screw standard parts :
- 8 x Hex socket head cap screw（#9）
- 8 x spring washer（#6）
- 2 x big flat washer（#30）



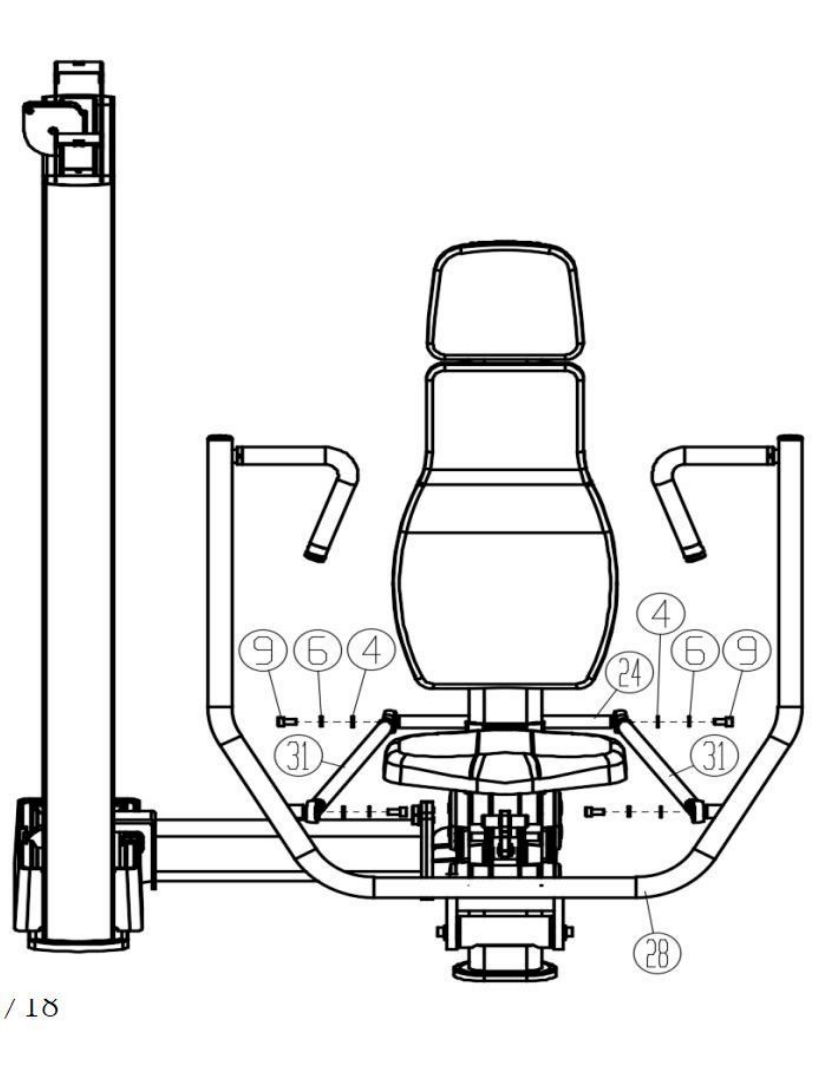
Step 11:with the following method install arm movement（#25）,arm movement axis（#29）and side frame（#1）:
- 2 x Hex socket head cap screw（#9）
- 2 x spring washer（#6）
- 2 x big washer（#30）

Wrench to tighten the bolts before proceeding to the next step



Step 12:with the following method install two Chest push bar（#31）,arm movement group and Chess press linkage frame（#24）:
- 2 x Hex socket head cap screw（#9）
- 2 x spring washer（#6）
- 2 x flat washer（#4）

Wrench to tighten the bolts before proceeding to the next step

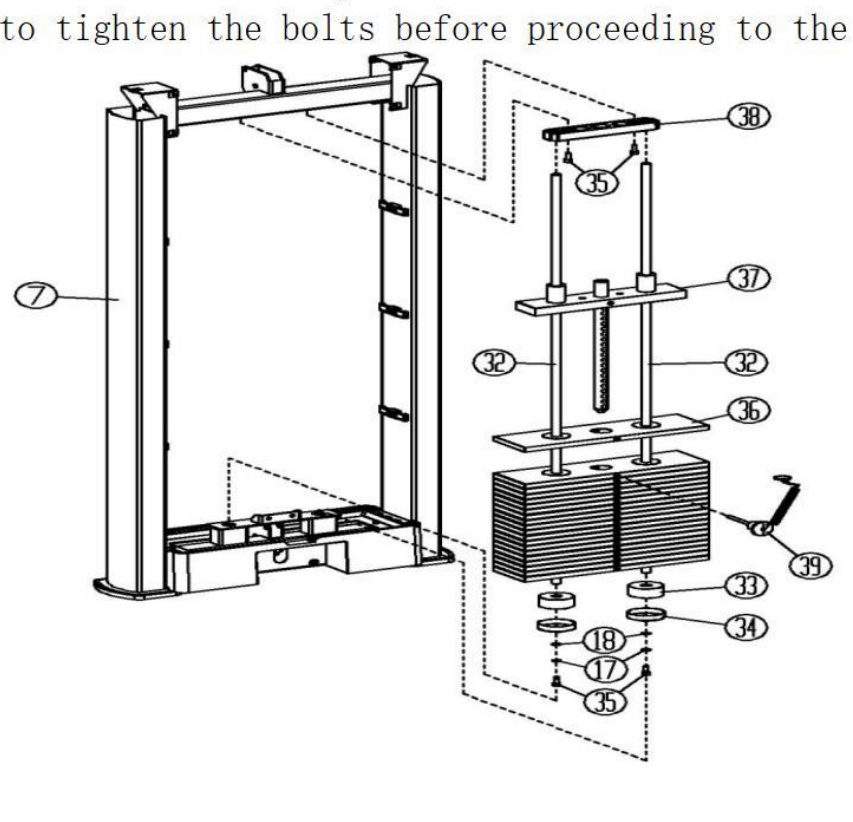


Step 13:install two weight stack footpad（#33）to guide rod（#32）上。
with the following method install Two weight stack frame bases（#34）with two guide rod（#32）and then put intp weight stack frame（#7）:
- 2 x Hex socket head cap screw（#35）
- 2 x spring washer（#17） • 2 x flat washer（#18）

Wrench to tighten the bolts before proceeding to the next step

Step 14:install 16 weight stacks（#36）to guide rod（#32）, and then make Spacer face up。
install guide weight stack group （#37）on guide rod（#32）。
Insert weight stack pin（#39）in weight stack（#36）
install fixed guide rod frame（#38）on guide rod （#32）
install fixed guide rod frame（#38）on weight stack frame（#7）::
- 2 x Hex socket head cap screw（#35）

Wrench to tighten the bolts before proceeding to the next step

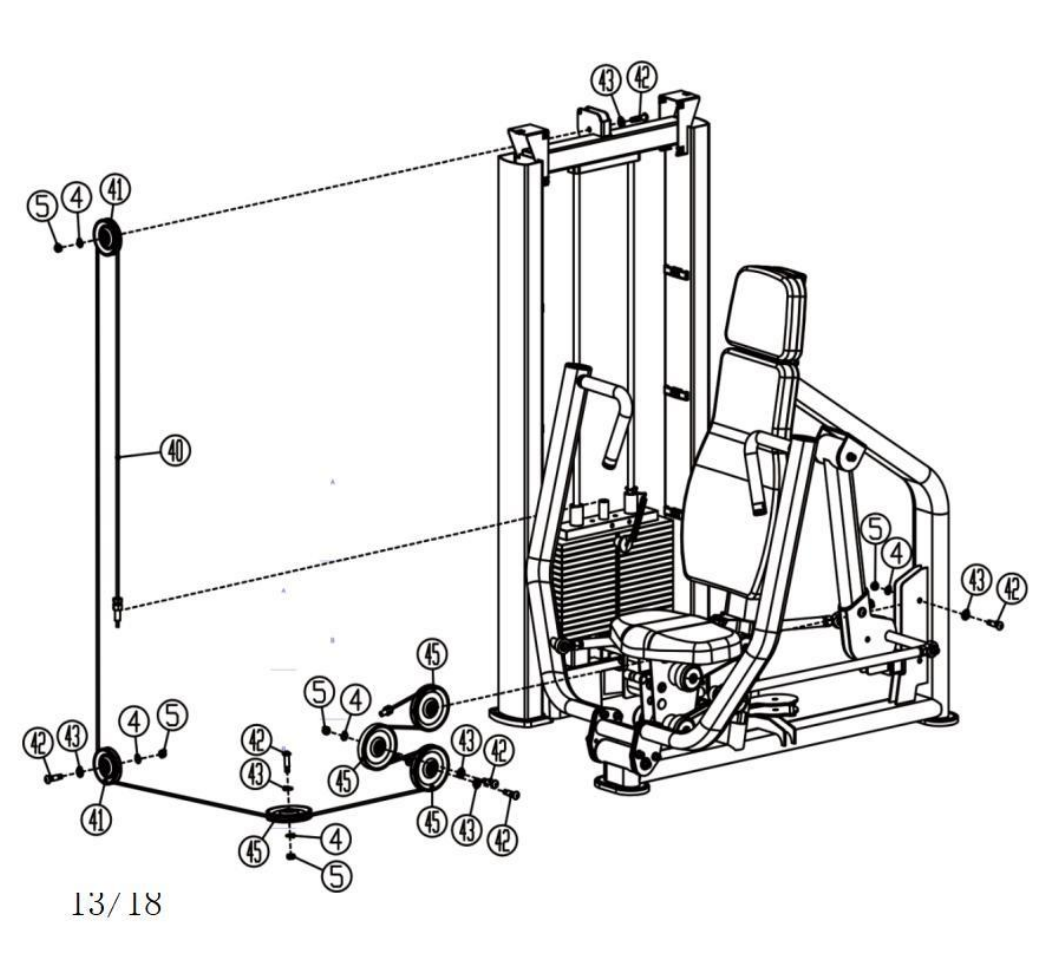


Step 15:with the following method install two 95pulley（#41）to weight stack frame（#7）:
- 2 x pulley axis（#42） • 2 x Hexagon self-locking nut（#5）
- 2 x flat washer（#43） • 2 x flat washer（#4）

with the following method install four 120 pulley（#45）to side frame group（#44）and Chess press linkage frame（#24）:
- 4 x pulley axis（#42） • 4 x Hexagon self-locking nut（#5）
- 4 x flat washer（#43） • 4 x flat washer（#4）

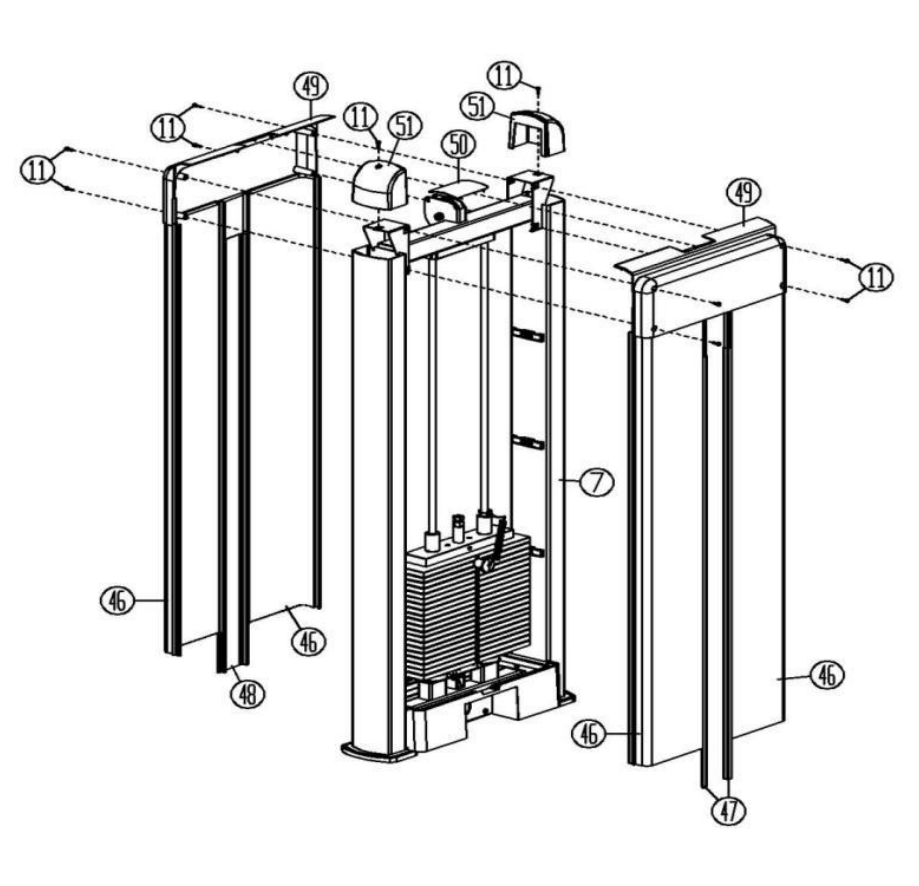
Note that these pulley are installed synchronously with cable I（#40）

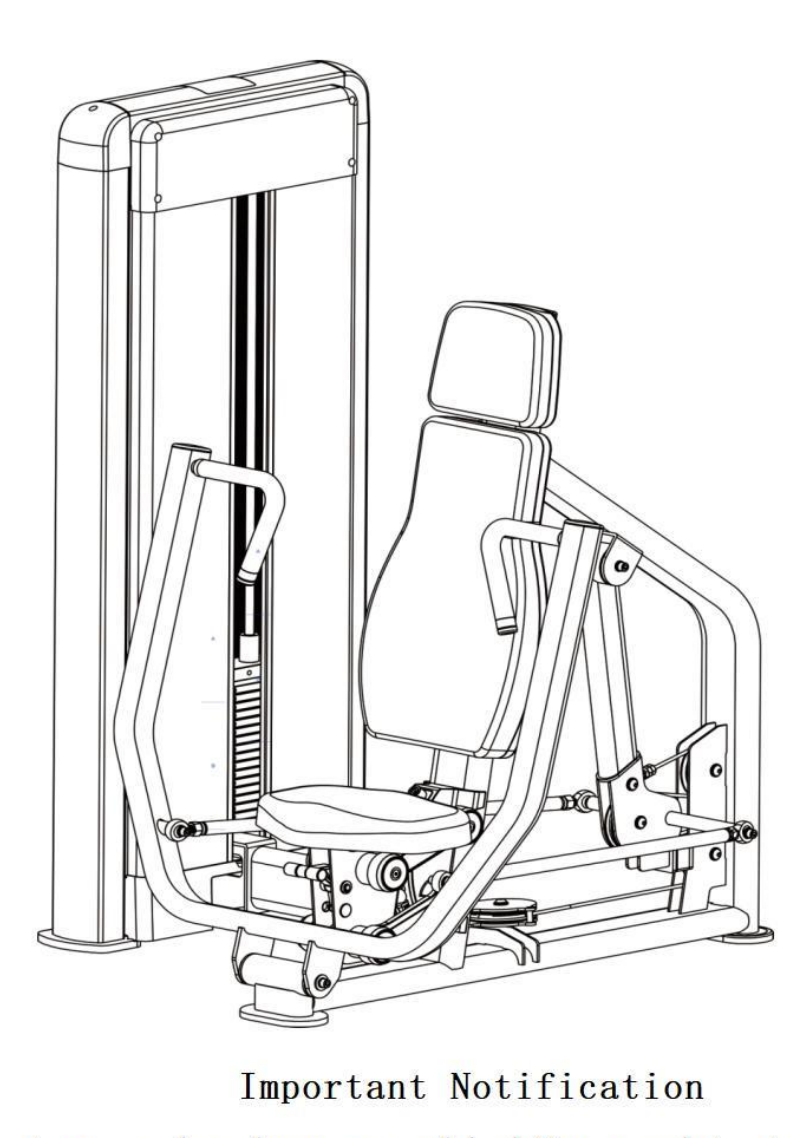
Step 16:put cable（#40）M14 bolt end to weight stack frame（#7）。
put cable（#40）M12 bolt end to Chess press linkage frame（#24）。



Step 17:the two decorative strips（#47）slides into both bezels（#46）, and then connect to weight stack frame（#7）。
the decorative strips（#48）slides into both bezels（#46）, and then connect to weight stack frame（#7）。
with the following method install two shroud head（#49）to weight stack frame（#7）:
- 8 x Hex socket head cap screw（#11）

put top cover of shroud head(#50) to shroud head（#49）。
with the following method install two bolt（#51） to weight stack frame （#7）:
- 2 x Hex socket head cap screw（#11）





Important Notification

Now Chest press has been assembled.You need to take the time to make sure your device is square and vertical.With a spirit level to check whether the guide bar perpendicular in the two directions.If not, then you have to loosen some of the vertical frame reassembly hardware and tighten the bolts.

Accessories List

NO.	Name & Specification	QTY
1	side frame	1
2		
3	Hex socket head cap screw（M10*25）	10
4	flat washer（10）	22
5	Hexagon self-locking nut（M10）	6
6	spring washer（10）	18
7	weight stack frame	1
8	connected frame	1
9	Hex socket head cap screw（M10*20）	8
10	weight stack bottom frame	1
11	Hex socket head cap screw（M5*16）	12
12	weight stack frame footpad	2
13	flat oval footpad	2
14	cushion frame	1
15	cushion	1
16	Hex socket head cap screw（M8*30）	4
17	spring washer（8）	6
18	flat washer（8）	6
19	Hex socket head cap screw（M10*70）	2
20	head pad	1
21	back pad	1

Accessories List

NO.	Name & Specification	QTY
22	Hex socket head cap screw（M8*40）	5
23	20bolt	5
24	Chess press linkage frame	1
25	are movement group	1
26		
27		
28		
29	arm movement axis（φ20*192）	1
30	big washer（10）	2
31	Chest push bar	2
32	weight stack guide rod	2
33	weight stack rubber pad	2
34	weight stack frame base	2
35	Hex socket head cap screw（M8*20）	4
36	weight stack	16
37	guide weight stack group	1
38	guide rod fixed frame	1
39	weight stack pin	1
40	cable	1
41	95pulley	2
42	pulley axis-32	6

Accessories List

NO.	Name & Specification	QTY
43	flat washer（12）	6
44	side frame group	1
45	120pulley	4
46	bezels	4
47	weight stack decorative strip	2
48	weight stack decorative piece	1
49	weight stack shroud head	2
50	weight stack shroud head top cover	1
51	weight stack bolt	2

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