61A11 Installation Guide

Tricep Dip

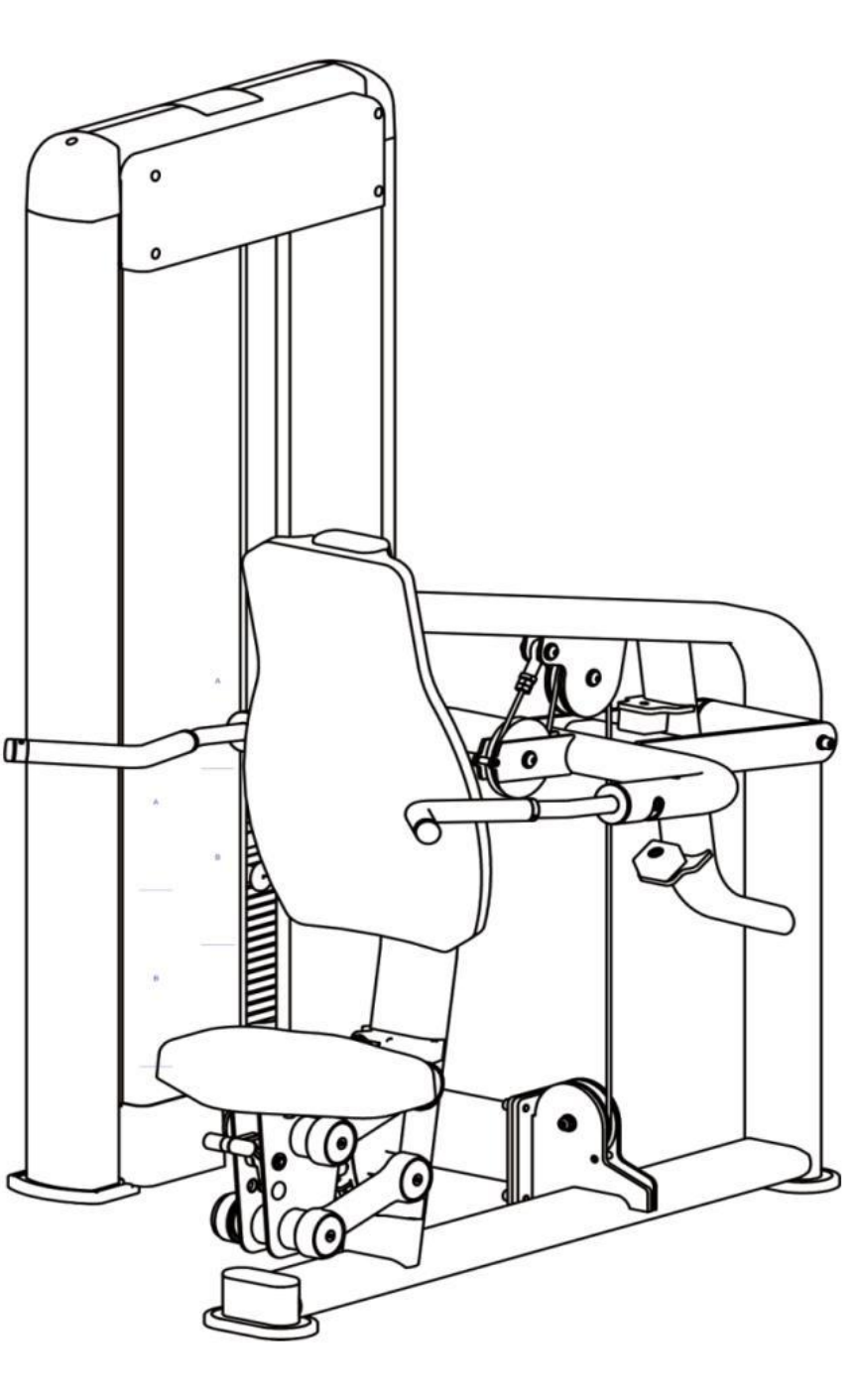


Table of Contents

Introduction ………………………………………… 2

Installation ………………………………………… 3

Accessories List ……………………………… 14

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

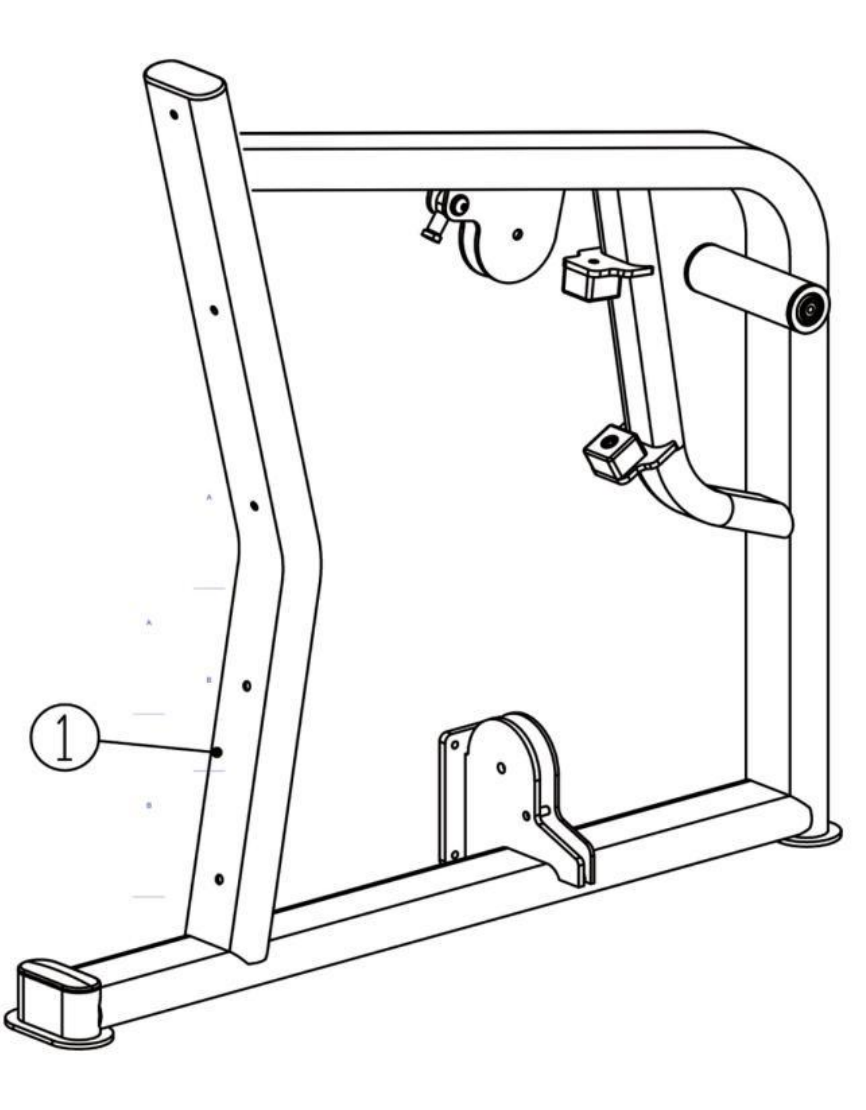
Two People

Circlip Plier

Adjustable Wrench

Installation

Step 1: The three-headed lower crimp frame (#1)

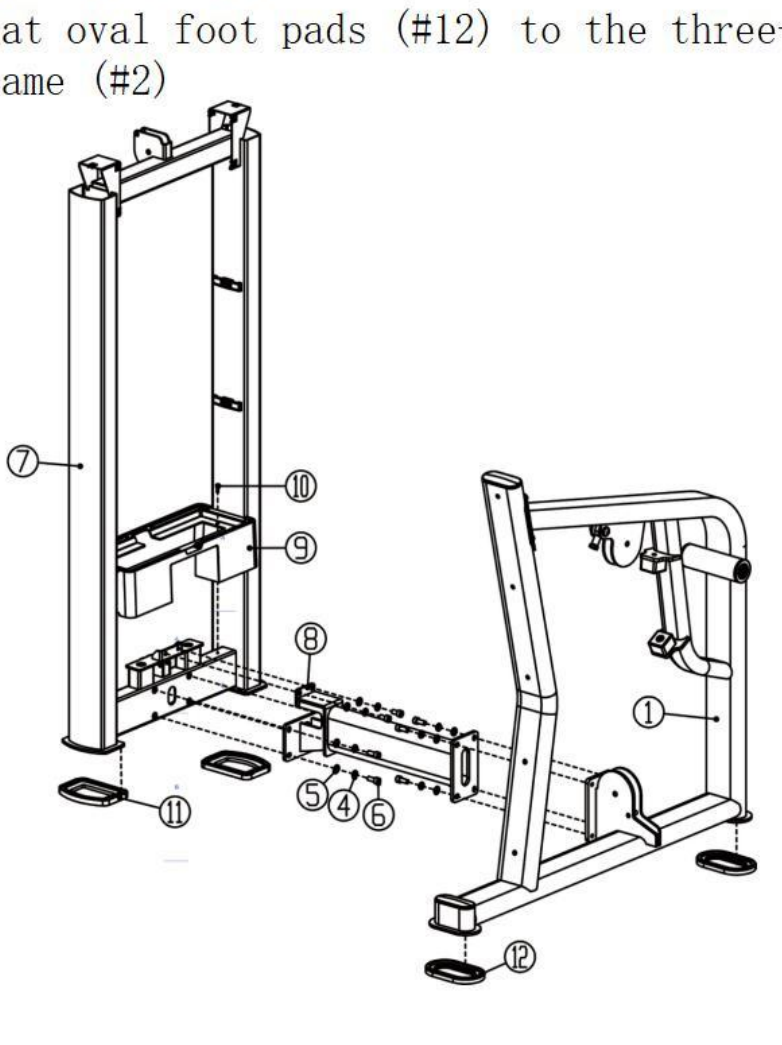


Installation

Step 2: Connect the three-headed lowering connection frame (#8) with the counterweight frame (#7) and the three-headed lowering side frame (#1) by 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 washer (#5)

Step 3: Connect the counterweight lower shroud (#9) to the counterweight frame (#7) using the following method:
- 2 x Hexagon socket cheese head screws (#10)

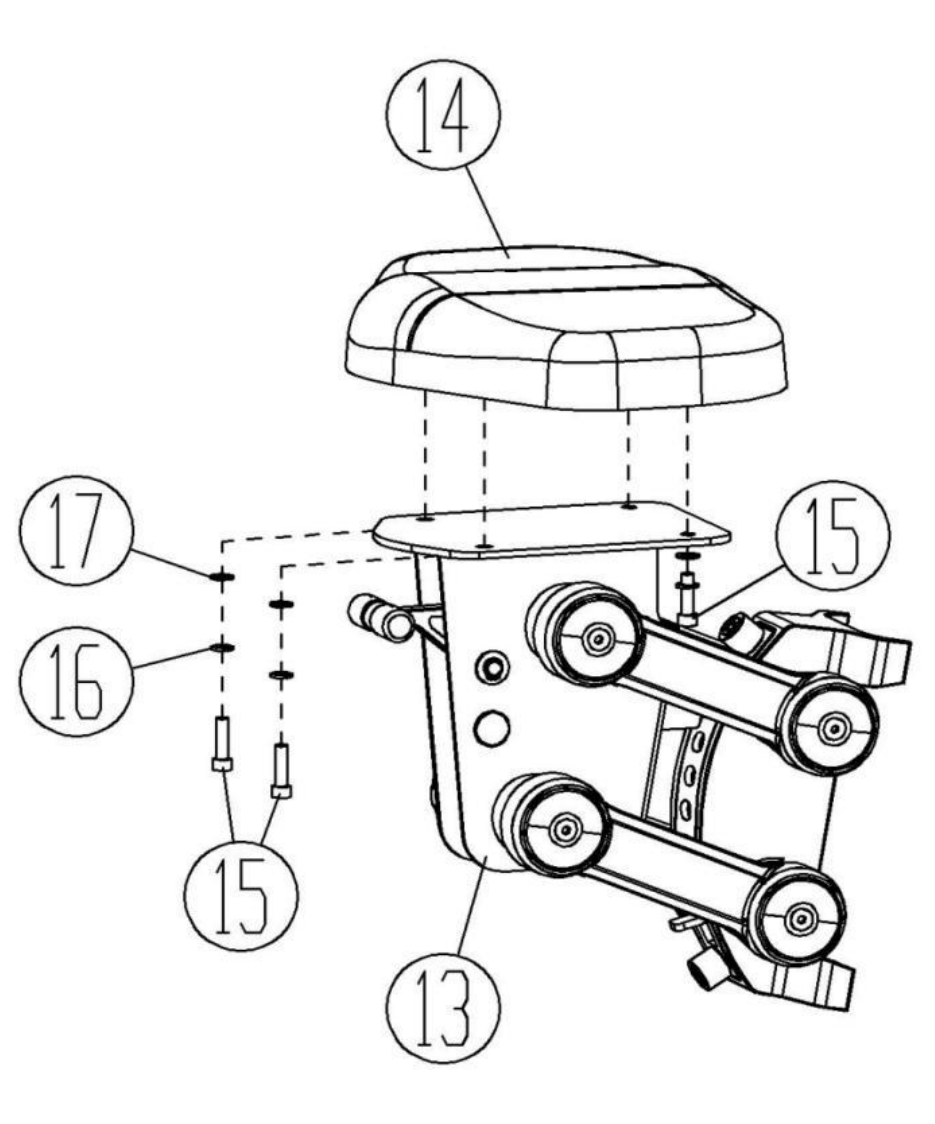
Step 4: Install the two counterweight frame feet (#11) to the counterweight frame (#7)
Install two flat oval foot pads (#12) to the three-head lower crimp frame (#2)



Installation

Step 5: Connect the cushion (#14) to the seat (#13) using the following method:
- 4 x Hexagon socket cheese head screws (#15)
- 4 x Spring washers (#16)
- 4 x Flat washer (#17)

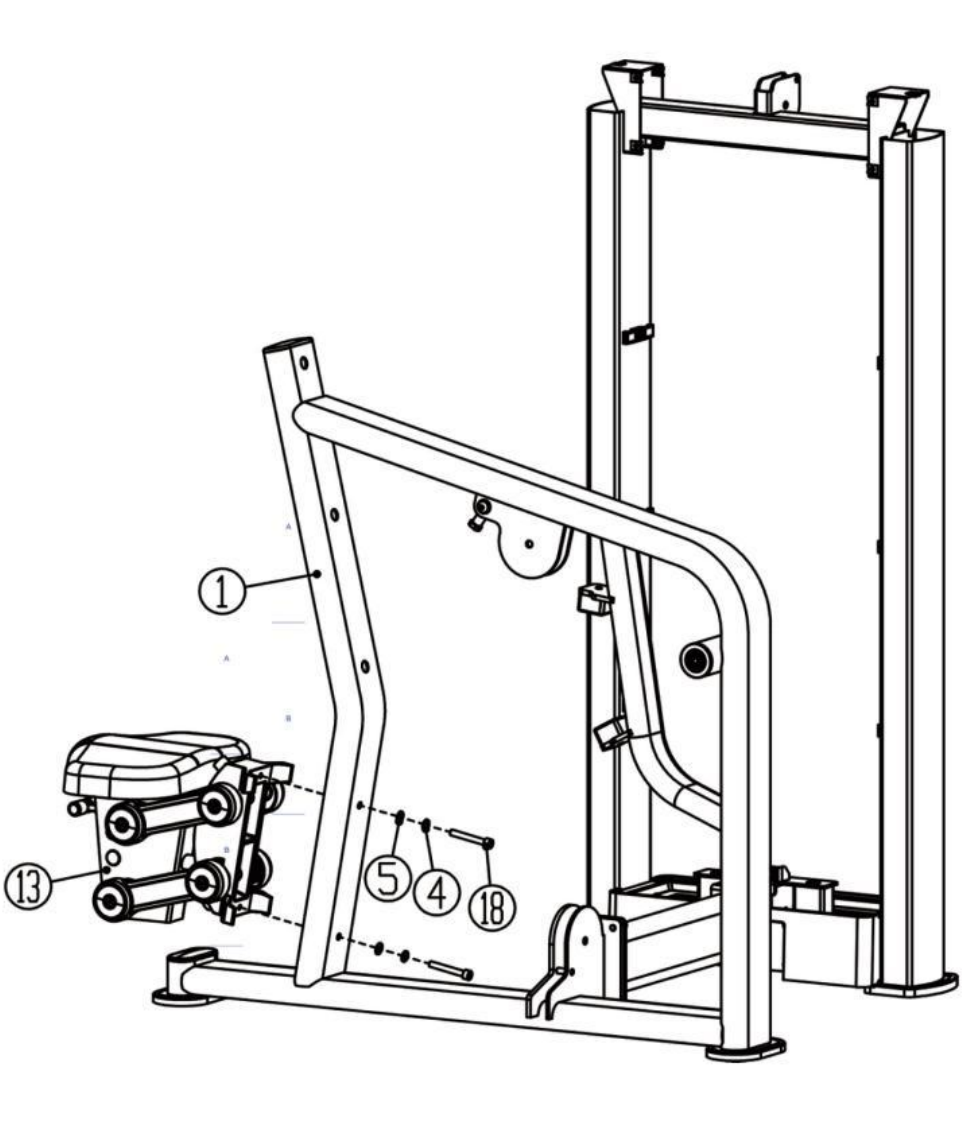
Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 6: Connect the seat (#13) to the three-headed lower crimp frame (#1) using the following method:
- 2 x Hexagon socket cheese head screws (#18)
- 2 x Spring washers (#4)
- 2 x Flat washer (#5)

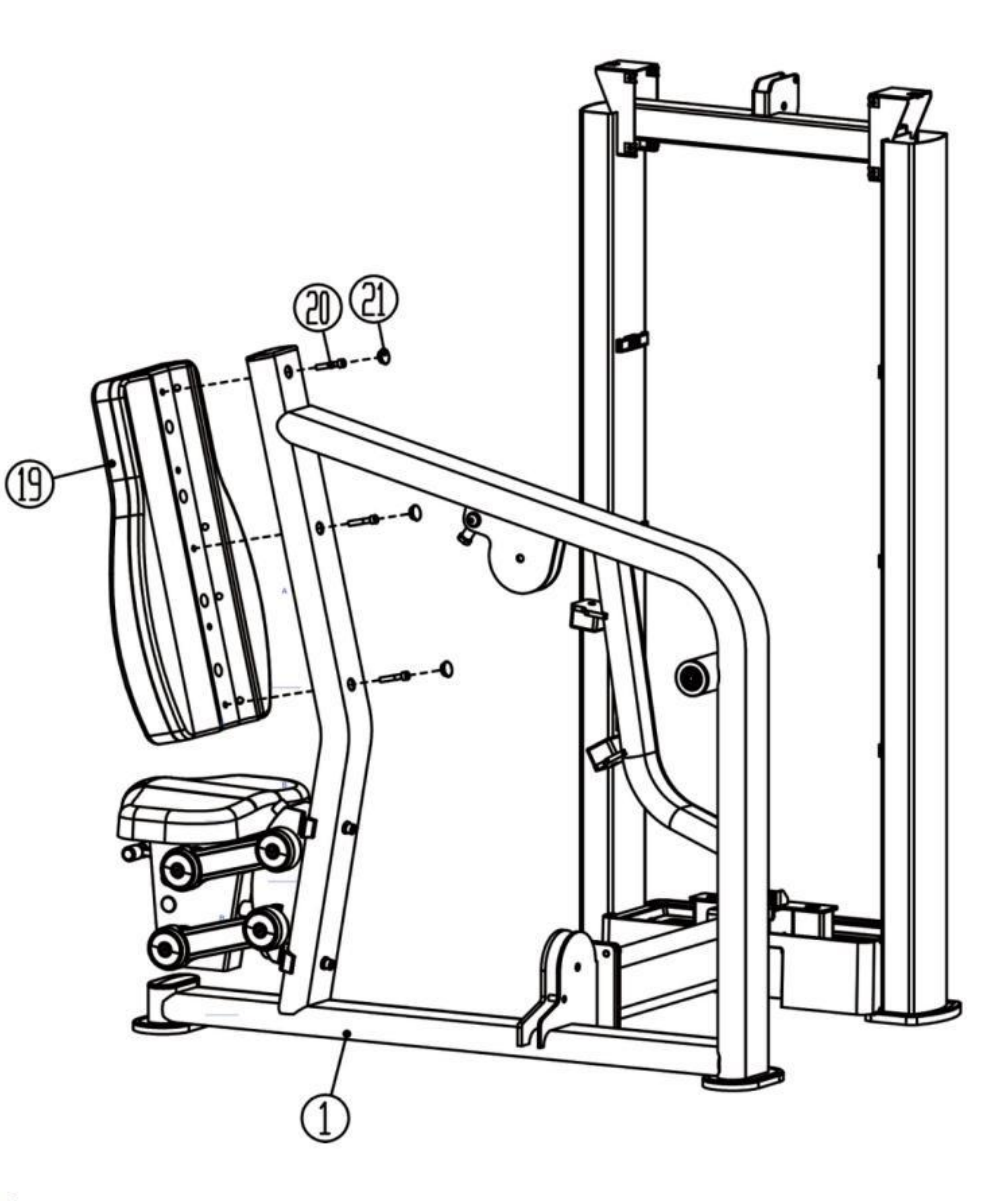
Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 7: Connect the back pad (#19) to the three-headed lower crimp frame (#1) using the following method:
- 3 x Hexagon socket cheese head screws (#20)

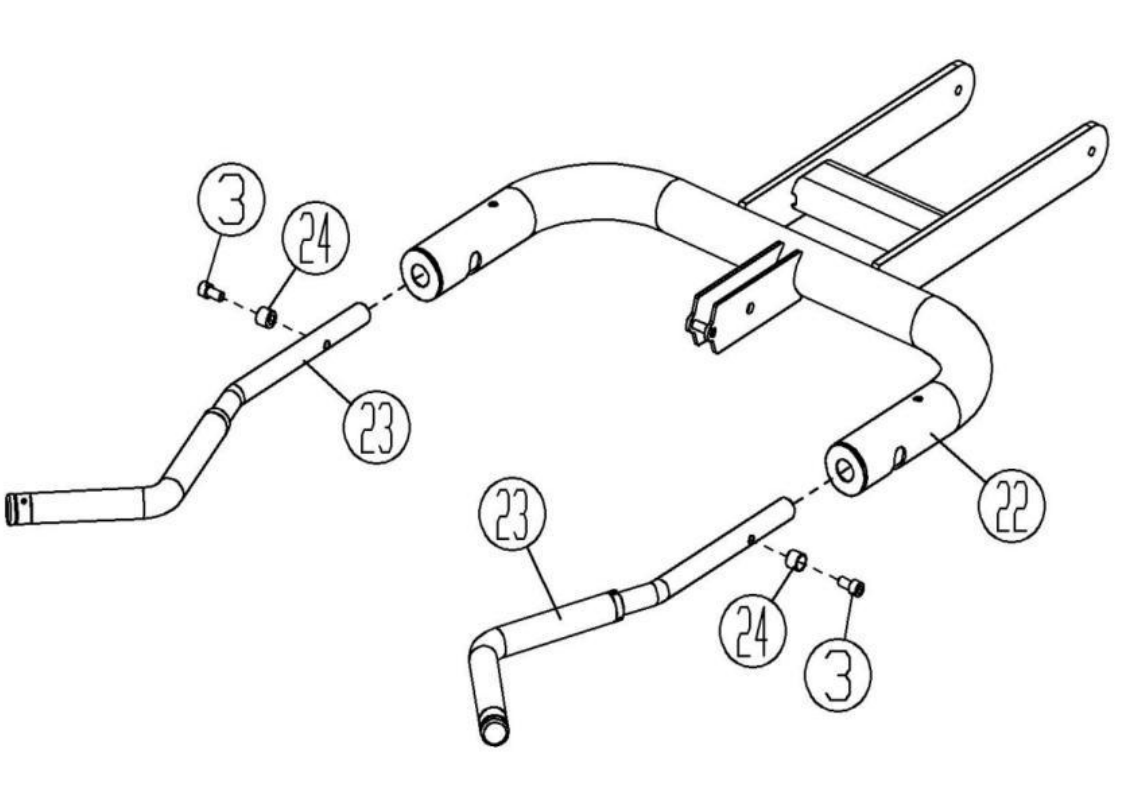
Tighten the bolt with a wrench, then proceed to the next step
Step 8: Install the three hole plugs (#21) to the Triceps frame I (#1).



Installation

Step 9: Attach two three-headed lower pressure handles (#23) to the three-headed lower pressure arm (#22)
Step 10: Connect the two limit sleeves (#24) with the two three-headed lowering handles (#23) in the following way:
- 2 x Hexagon socket cheese head screws (#3)

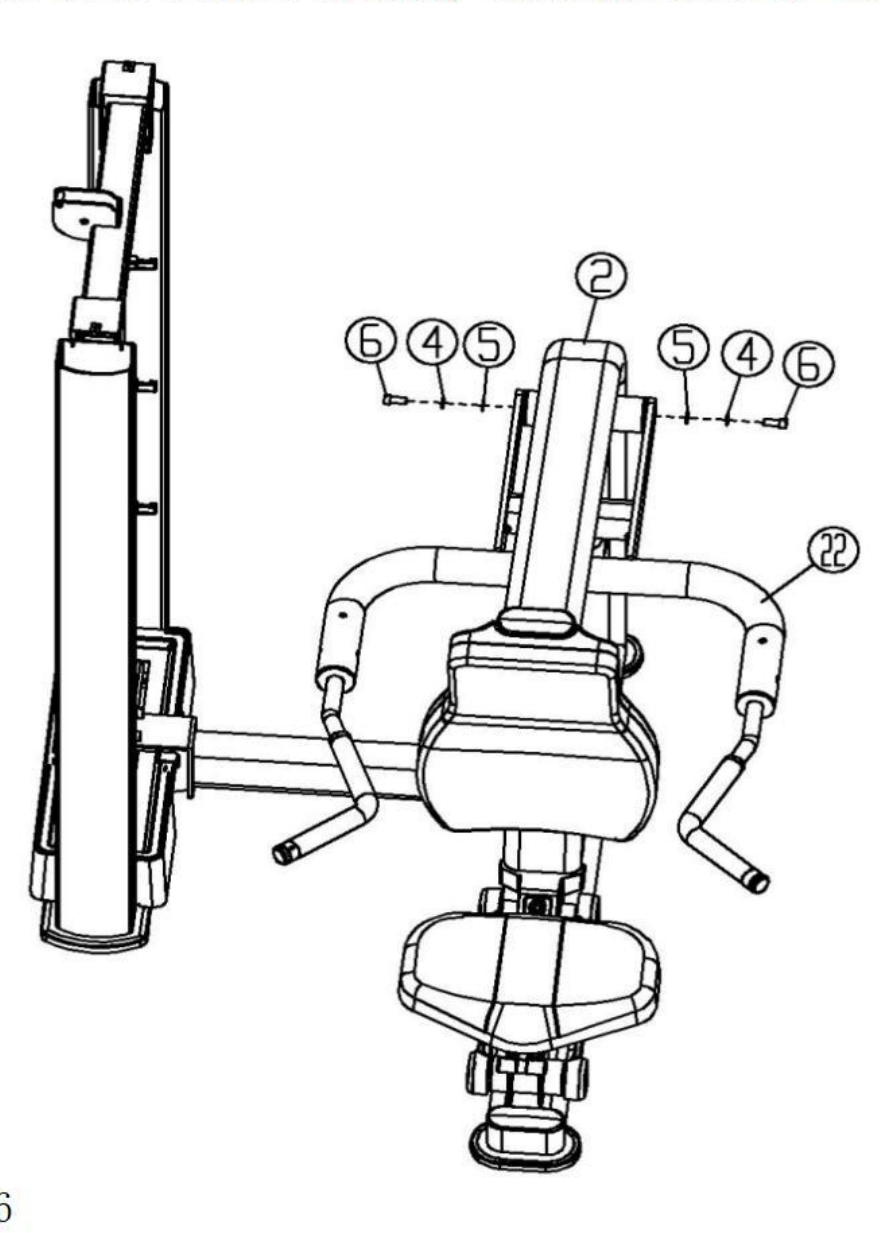
Tighten the bolt with a wrench, then proceed to the next step



Installation

Step 11: Connect the three-headed lower pressure arm (#22) to the three-headed lower crimp frame (#1) by the following method:
- 2 x Hexagon socket cheese head screws (#6)
- 2 x Spring washers (#4)
- 2 x Flat washer (#5)

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

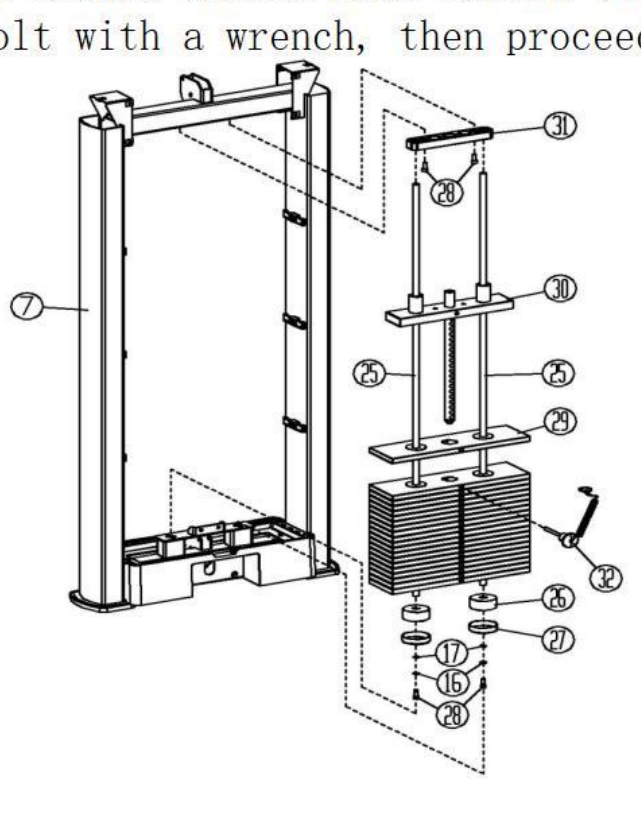


Installation

Step 12: Slide the two counterweight rubber pads (#26) onto the two guide bars (#25). Connect the two counterweight bases (#27) to the two guide bars (#25) and place them in the counterweight frame (#7) using the following method:
- 2 x Hexagon socket cheese head screws (#28)
- 2 x Spring washers (#16)
- 2 x Flat washers (#17)

Tighten the bolt with a wrench, then proceed to the next step
Step 13: Install the 18 counterweights (#29) onto the guide bar (#25) with the isolation tabs facing up.
Install the guide block set (#30) to the guide bar (#25).
Insert the counterweight pin (#32) into the counterweight block (#29).
Slide the guide bar retainer plate (#31) onto the guide bar (#25).Attach the guide bar fixing plate (#31) to the counterweight frame (#7) using the following method:
- 2 x Hexagon socket cheese head screws (#28)

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

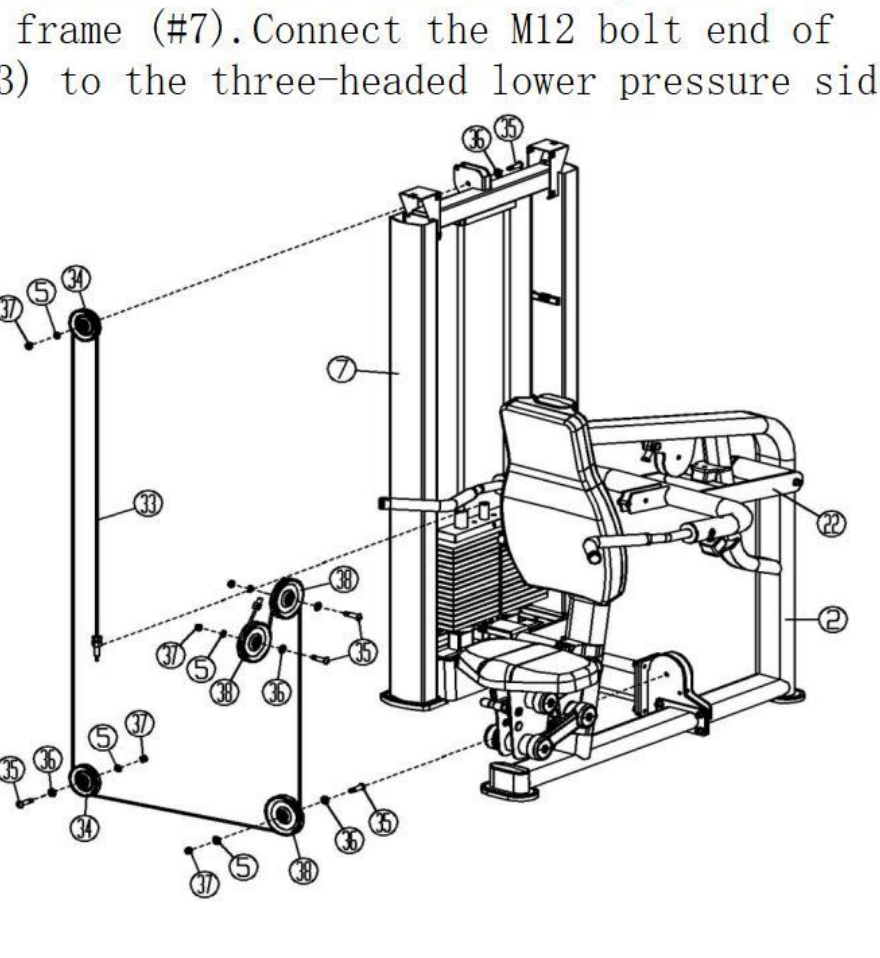


Installation

Step 14: Connect the two 95 wire wheels (#34) to the counterweight frame (#7) using the following method:
- 2 x Wire spool (#35)
- 2 x Hexagonal self-locking nuts (#37)
- 2 x Flat washers (#36)
- 2 x Flat washers (#5)

Connect the three 120-wire reels (#38) to the three-headed lower crimp frame II (#2) and the three-headed lower pressure arm (#22) using the following method:
- 3 x Wire spool (#35)
- 3 x Hexagonal self-locking nuts (#37)
- 3 x Flat washers (#36)
- 3 x Flat washers (#5)

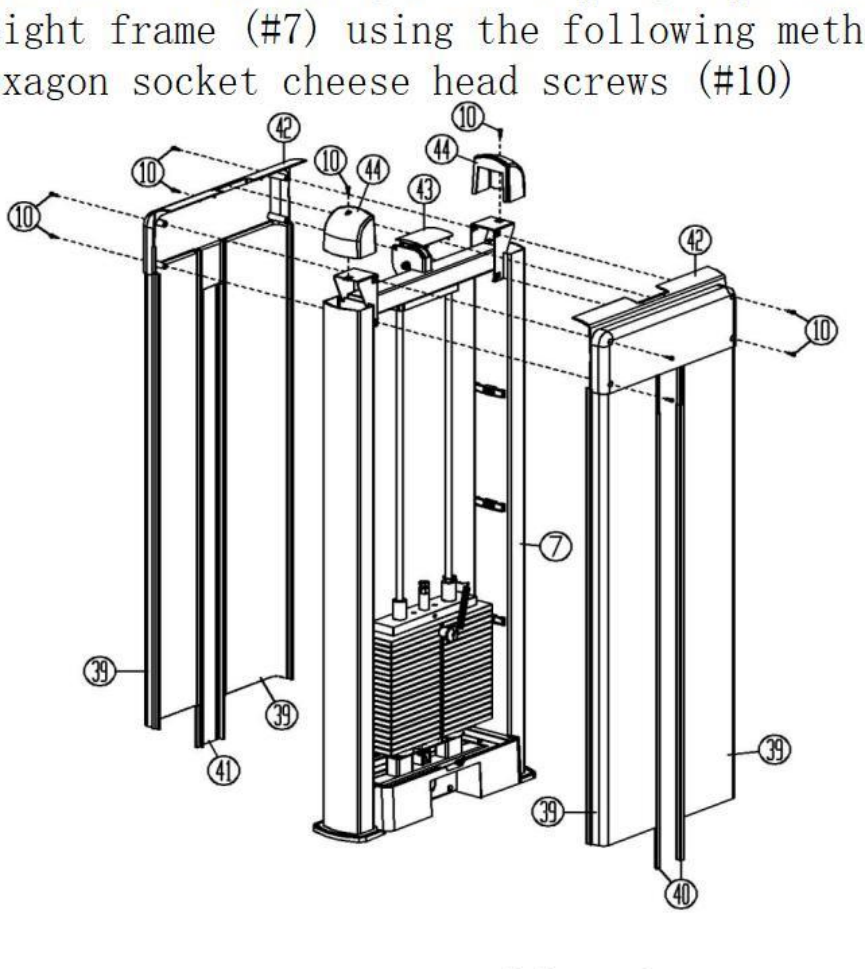
Note that these spools are installed in tandem with the wire rope (#33).
Step 15:Attach the M14 bolt end of the wire rope (#33) to the counterweight frame (#7).Connect the M12 bolt end of the wire rope (#33) to the three-headed lower pressure side frame II (#2).



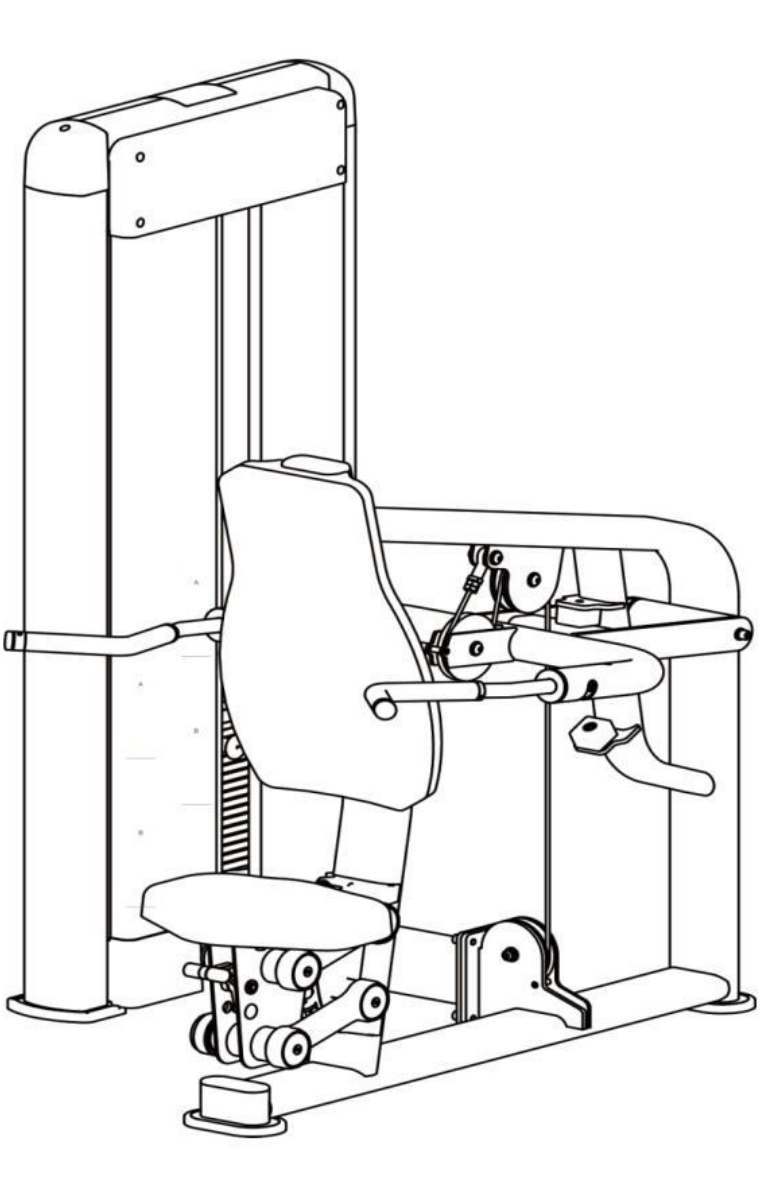
Installation

Step 16:Slide the two trim strips (#40) into the two baffles (#39) and attach to the counterweight frame (#7) using the baffle pressure plate.
Slide the trim plate (#41) into the two baffles (#39) and attach to the counterweight frame (#7) using the baffle pressure plate.
Attach the two upper shrouds (#42) to the counterweight frame (#7) using the following method:
- 8 x Hexagon socket cheese head screws (#10)

Connect the upper shroud top cover (#43) to the two upper shrouds (#42).
Connect the two counterweight riser plug caps (#44) to the counterweight frame (#7) using the following method:
- 2 x Hexagon socket cheese head screws (#10)



Installation



Important notice

Now the C1012 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

Accessories List

No	Names and Specifications	Quantity
1	Three-headed lower crimp frame	1
3	Hexagon socket cheese head screws (M10*20)	6
4	Spring washers (10)	22
5	Flat washers (10)	27
6	Hexagon socket cheese head screws (M10*25)	14
7	Counterweight rack	1
8	Three head downward pressure connecting frame	1
9	Counterweight lower shroud	1
10	Hexagon socket cheese head screws (M5*16)	12
11	Counterweight frame foot pads	2
12	Flat Oval Foot Pad	2
13	Seats	1
14	Cushion	1
15	Hexagon socket cheese head screws (M8*30)	4
16	Spring washers (8)	6
17	Flat washers (8)	6
18	Hexagon socket cheese head screws (M10*70)	2
19	Back Pad	1
20	Hexagon socket cheese head screws (M8*40)	4
21	20-hole plug	3
22	Three-head lower pressure arm	1

Accessories List

No	Names and Specifications	Quantity
23	Three downward pressure handle	2
24	Limit sleeve	2
25	Universal counterweight guide bar	2
26	Counterweight rubber pad	2
27	Counterweight stand base	2
28	Hexagon socket cheese head screws (M8*20)	4
29	Counterweight block	18
30	Guide block set	1
31	Guide bar fixed plate	1
32	Counterweight pins	1
33	wire rope	1
34	95 Wire Wheel	2
35	Wire spool-32	5
36	Flat washers (12)	5
37	Hexagonal self-locking nuts (M10)	5
38	120 wire wheels	3
39	Baffle	4
40	Counterweight source decorative strip	2
41	Counterweight source decorative plate	1
42	Counterweight upper shroud	2
43	Top cover of upper shroud	1

Accessories List

No	Names and Specifications	Quantity
44	Counterweight riser plug cap	2

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