

Table of Contents

Introduction 2

Installation 2

Introduction

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

Rubber Stick

Level

Allen Wrench

Two People

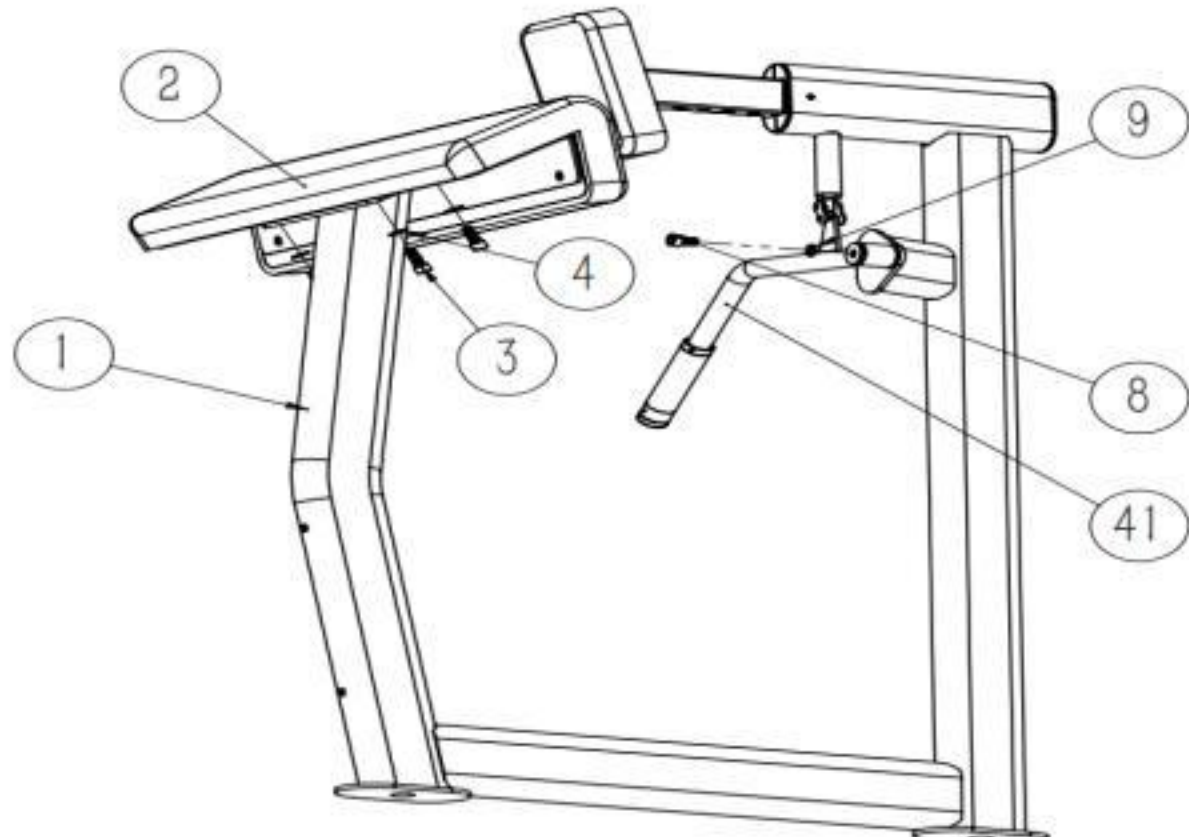
Circlip Plier

Adjustable Wrench

Installation

Step 1: Connect the triceps extension trainer side frame (1) to the triceps extension trainer elbow pad (2)using the following method.

And the appropriate amount of locking adjustment handle



-2-

Installation

Attach the guide bar fixing plate (31) to the guide bar (32).

counterweight frame (1) using the following method.

- 2×M8*20Hexagon socket cheese head screws (3)

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

Step 10: Attach the wire rope (23) to the frame (6) and attach the wire rope to the (#33) after passing it through the counterweight block pins (38) using the following method.

- 1×M10Flat washers (10)
- 1×Wire spool (16)
- 1×M12Flat washers (19)
- 1×Φ95Wire Wheel (20)
- 1×M10Self-locking nuts (21)

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

Step 11: Slide the two trim strips (39) into the two baffles (41) and attach them to the counterweight frame (6)using the baffle pressure plate.

Slide the trim plate (40) into the two attach to the counterweight frame (6) using the baffle pressure plate.

Attach the two upper shrouds (43) to the counterweight frame (6) using the following method.

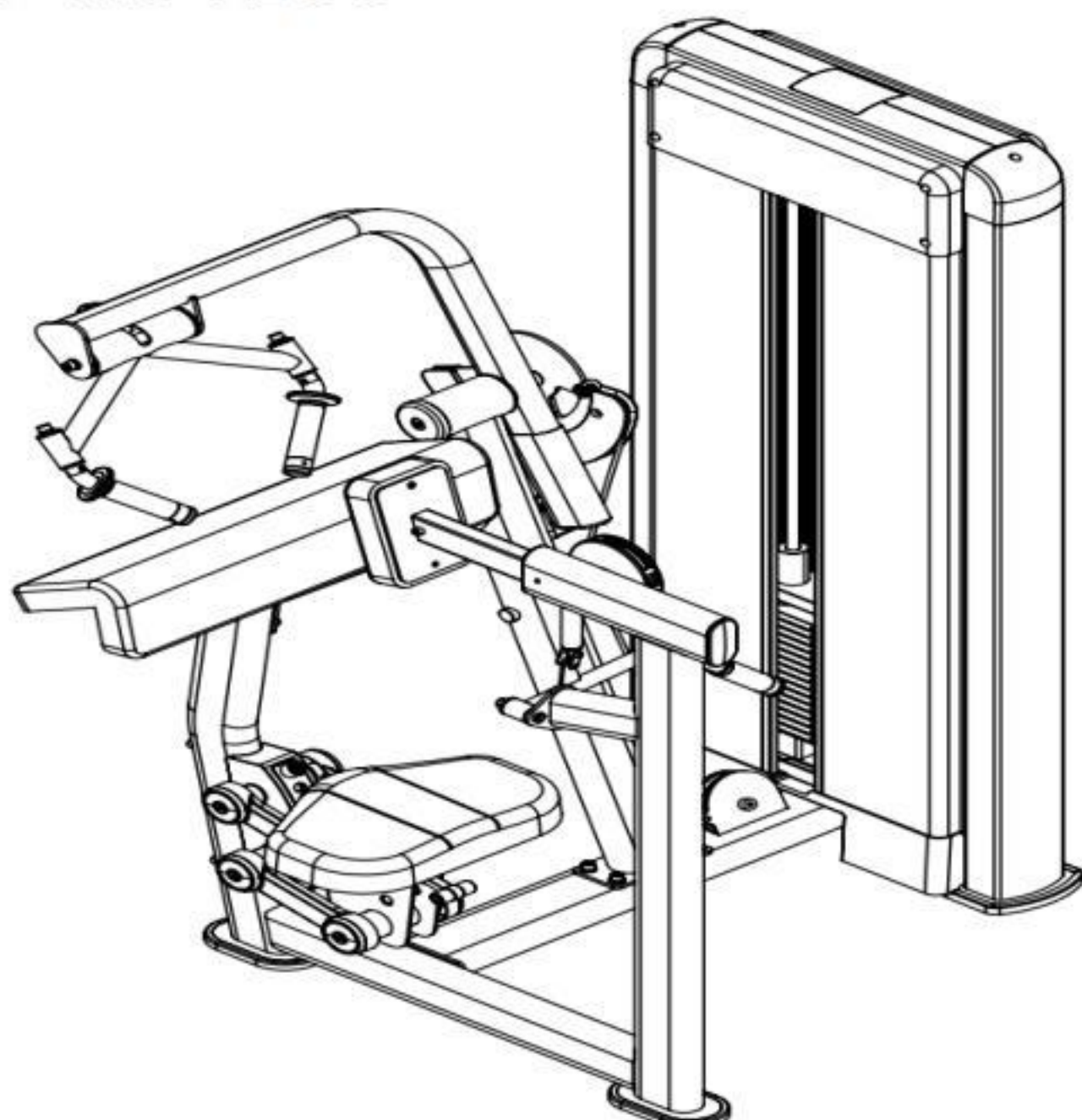
- 8×M5*16Hexagon socket cheese head screws (42)

Connect the two counterweight riser plug caps (44) to the counterweight frame (6) using the following method.

- 2×M5*16Hexagon socket cheese head screws (42)

Important notice

Now the Triceps Extension 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.



-5-

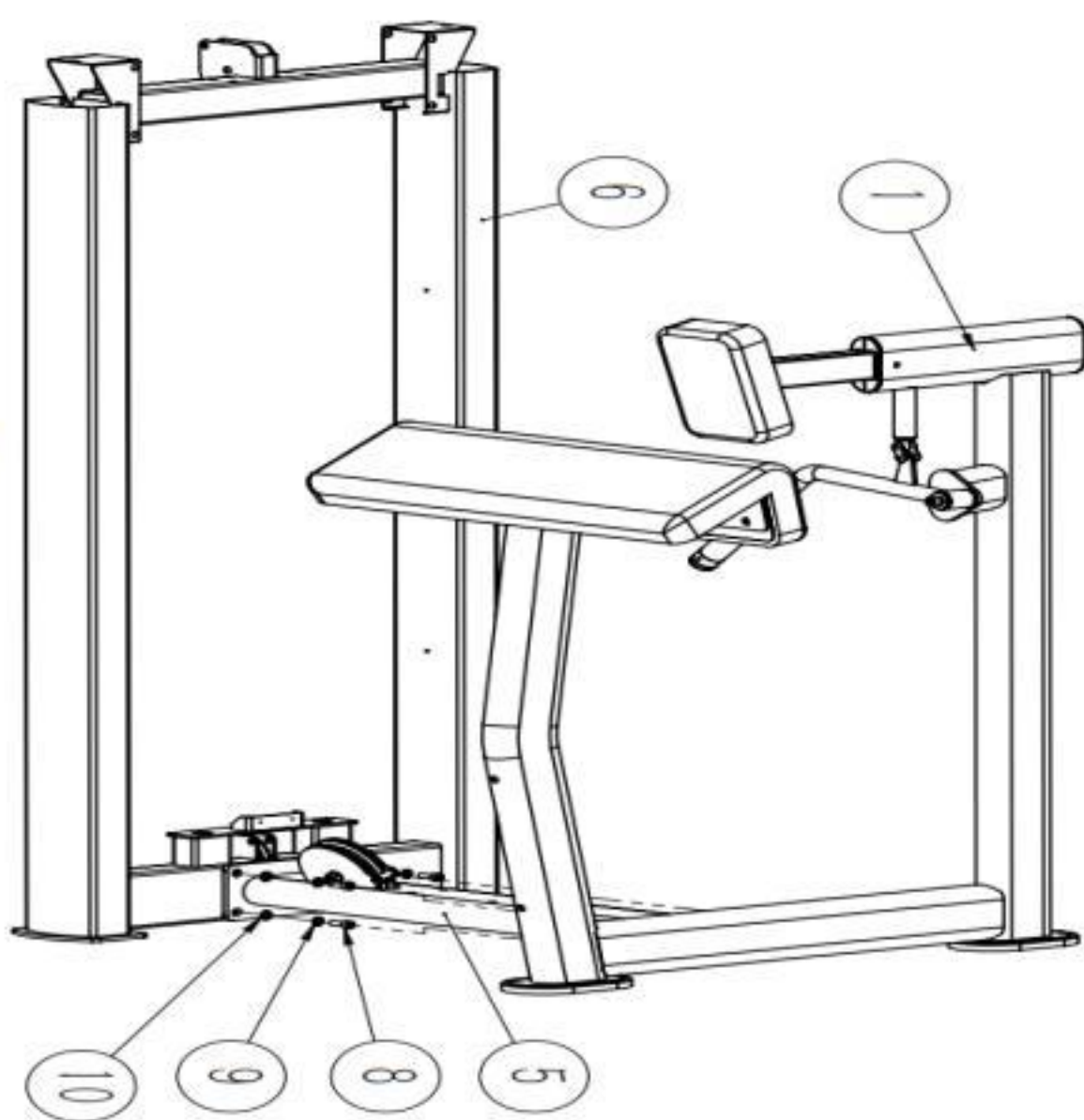
Installation

(41) at the screw

- 4×M8*20Hexagon socket cheese head screws (3)
- 4×M8Flat washers (4)

Step 2: Connect the triceps extension trainer side frame (1), attachment frame (5) and counterweight frame (6) in the following way.

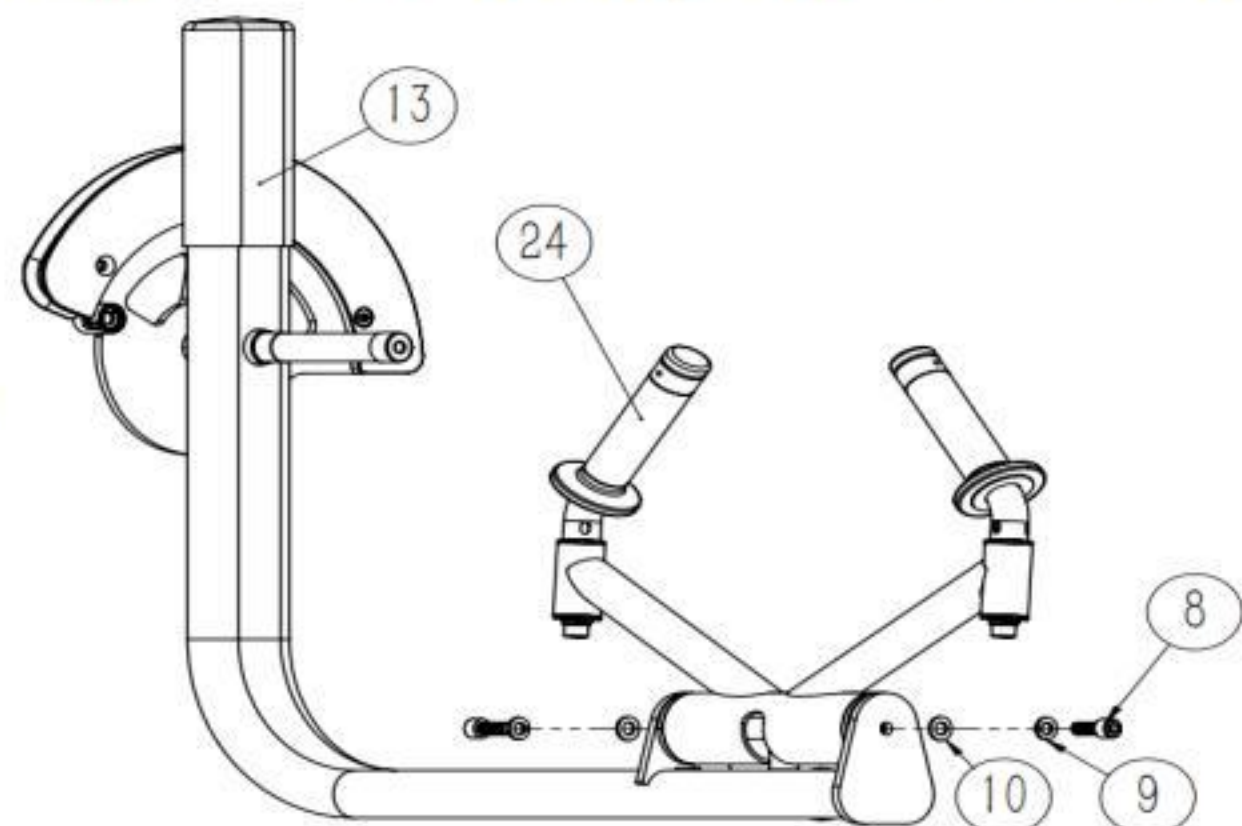
- 8×M10*25Hexagon socket cheese head screws (8)
- 8×M10Spring washers (9)
- 8×M10Flat washers (10)



Step 3: Connect the triceps extension force arm (13) to triceps extension handle assembly (24) using the following method.

- 2×M10*25Hexagon socket cheese head screws (8)
- 2×M10Spring washers (9)
- 2×M10Flat washers (10)

Note the symmetrical installation on both sides

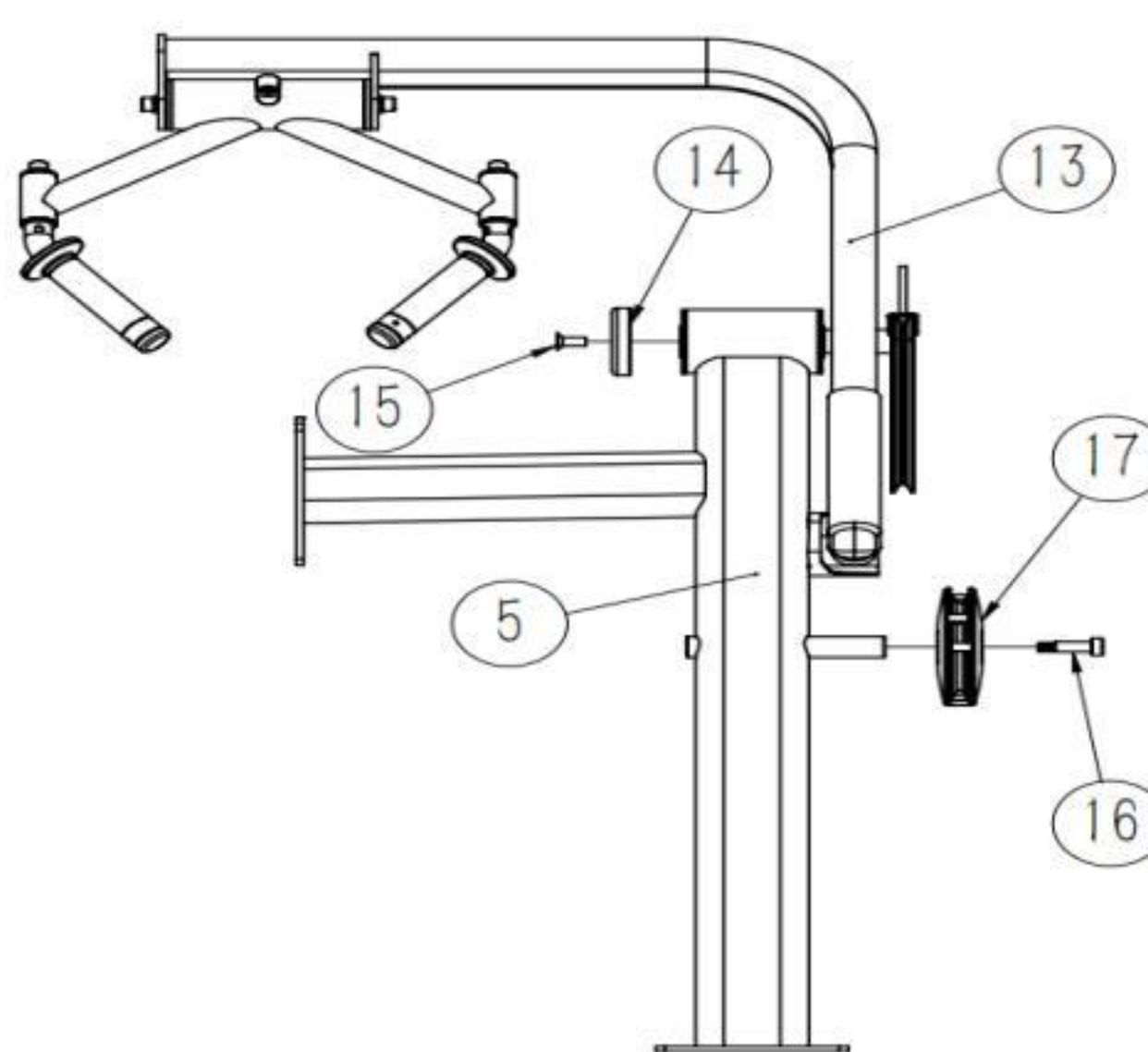


Step 4: Connect the triceps extension trainer force arm (13), Φ120 wire wheel set (17) and the force arm fixing frame (5) with the following method.

- 1×Bearing end caps (14)
- 1×M10*25Hexagon socket flat countersunk head screws (15)

- 1×Wire spool (16)
- 1×Φ120Wire Wheel (17)

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



Step 5: Connect the three-headed extension trainer side frame (1), the connecting frame (18) and the force arm mount (5) in the following way.

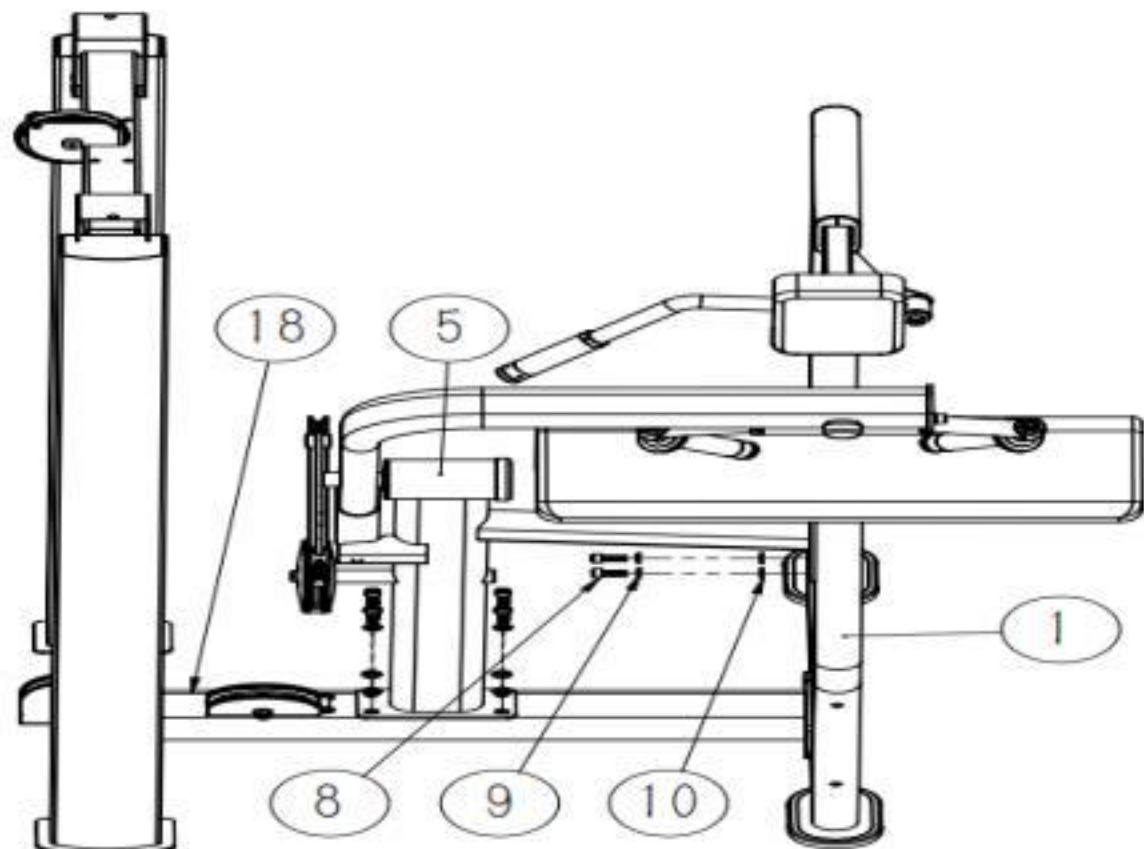
-3-

-1-

Installation

- 8×M10*25Hexagon socket cheese head screws (8)

- 8×M10Spring washers (9)
- 8×M10Flat washers (10)

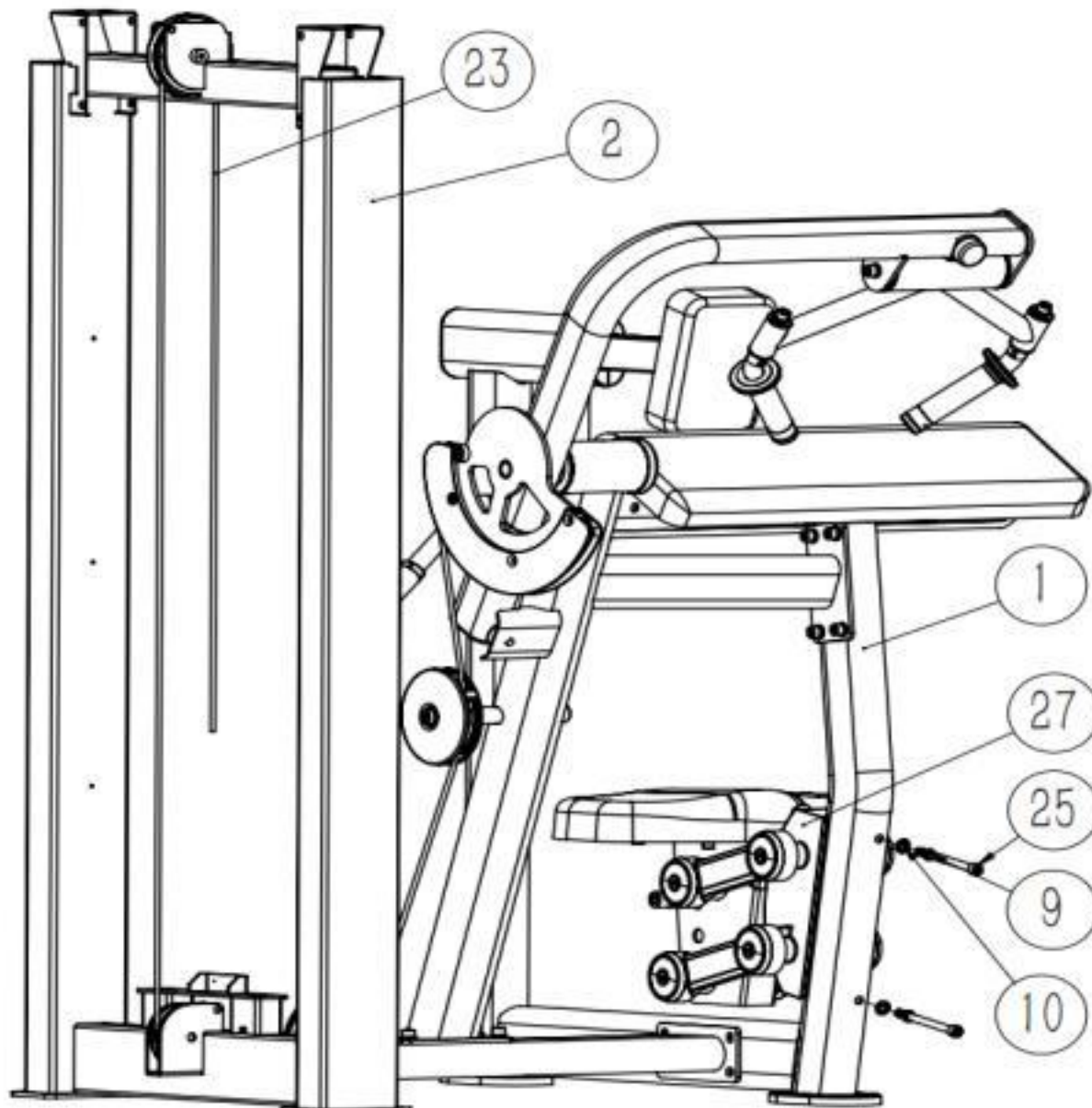


Step 6: Connect the triceps extension trainer side frame to the seat assembly (27) using the following method

- 2×M10*120Hexagon socket cheese head screws (25)
- 2×M10Spring washers (9)
- 2×M10Flat washers (10)

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

Step 7: Install the wire rope (23) winding reel set on the connecting frame and counterweight frame (2) Tighten the bolt with a wrench, then proceed to the next step



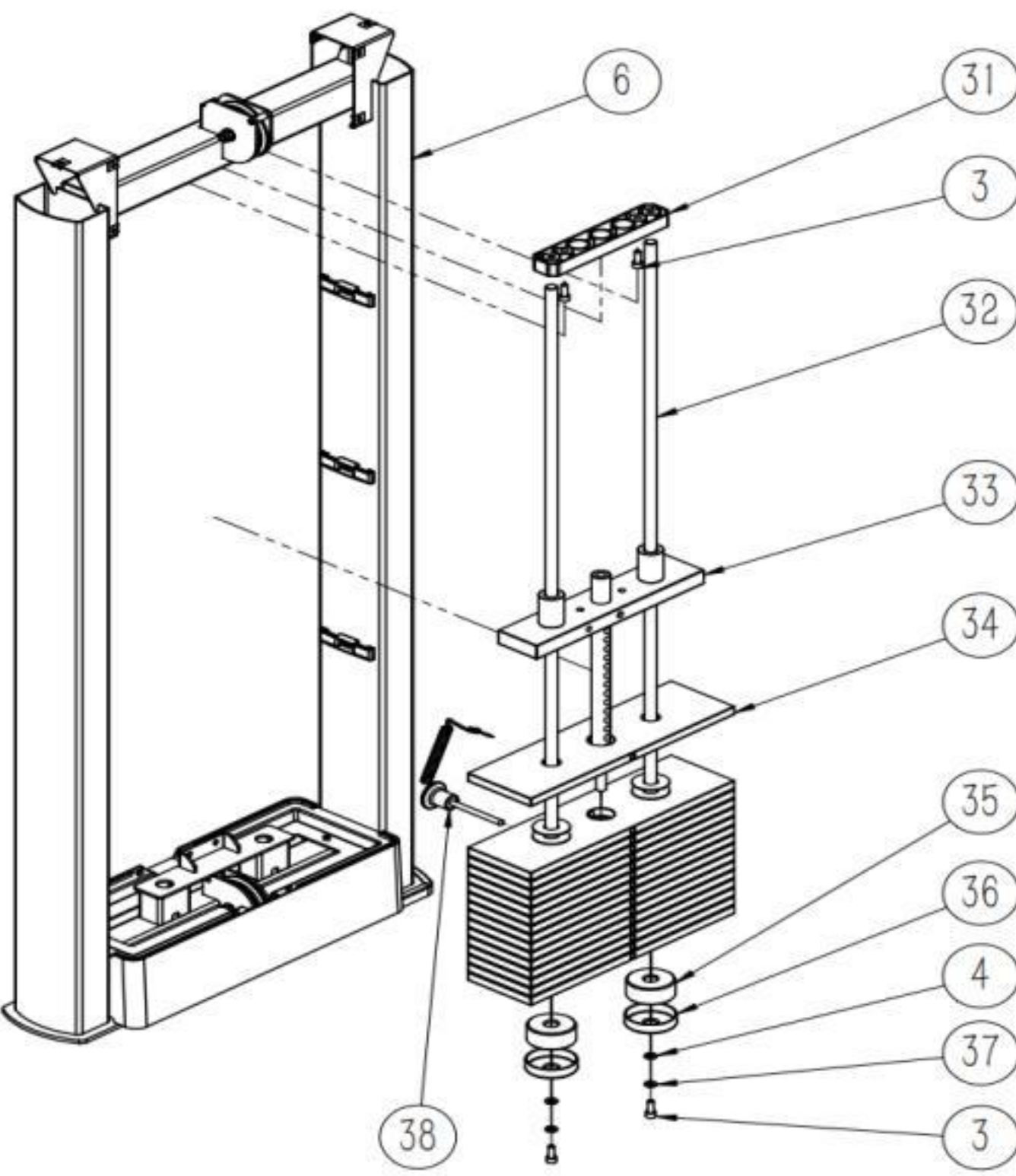
Step 8: Slide the two counterweight rubber pads (35) onto the two guide bars (32)

Connect the two counterweight bases (36) to the two guide bars (32) and place them in the counterweight frame (6) using the following method.

- 2×M8*20Hexagon socket cheese head screws (3)

- 2×M8Spring washers (37)
- 2×M8Flat washers (4)

Tighten the bolt with a wrench, then proceed to the next step Step 9: Attach the counterweight block (34) to the guide bar (32) with the isolation piece facing upward Install the guide block set (33) to the guide bar (32). Insert the counterweight pin (38) into the counterweight block (34).



-4-

Accessories List

No	Names and Specifications	Quantity
12	Hexagon Socket Head Cap Screws (M10*120)	1
13	Hip Trainer Spindle Bracket	1
14	Glute Trainer Arm	1
15	76 Aluminum Cap	1
16	Hexagon Socket Flat Head Screws (M10*20)	1
17	Universal Weight Stack Guide Rod	2
18	Weight Stack Rubber Pad	2
19	Housing Frame Base	2
20	Hexagon Socket Head Cap Screws (M8*20)	4
21	Spring Washers (M10)	2
22	Flat Washers (M10)	2
23	Weight Stacks	16
24	Guide Rod	1
25	Guide Rod Fixed Plate	1
26	Weight Stacks Pin	1
27	Cable	1
28	120 Pulley	1
29	Pulley Box	2
30	Pulley Box Bushing	2
31	Pulley Shaft	1
32	Housings	4
33	Weight Stack Housing Stripe	2
34	Weight Stack Trim Plate	1
35	Top Cover	2
36	Weight Stack Frame Upper Cap	2
37	Upper Shield Top Cover	1

Pre-assembled parts are not listed in this table.