

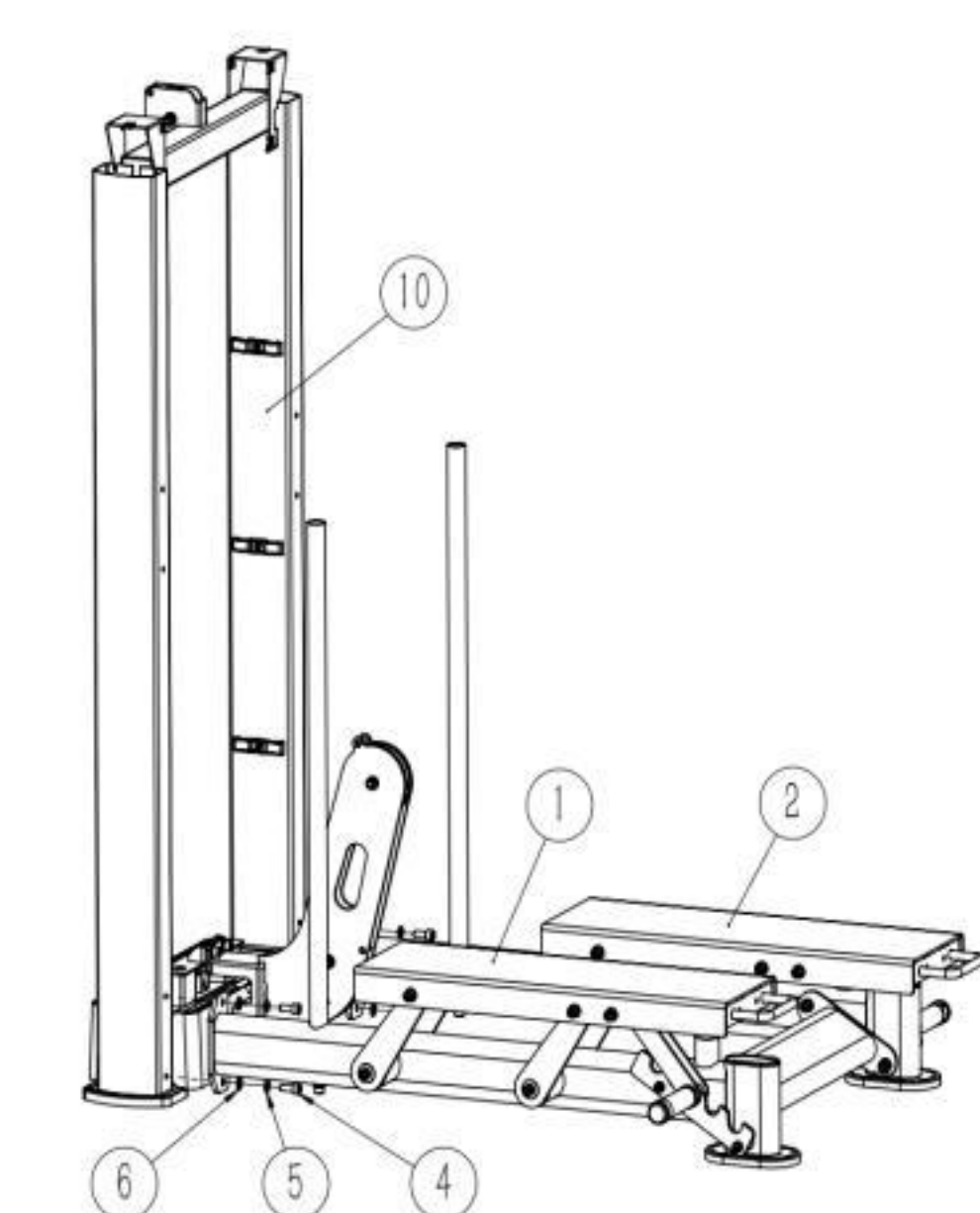
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Assembling

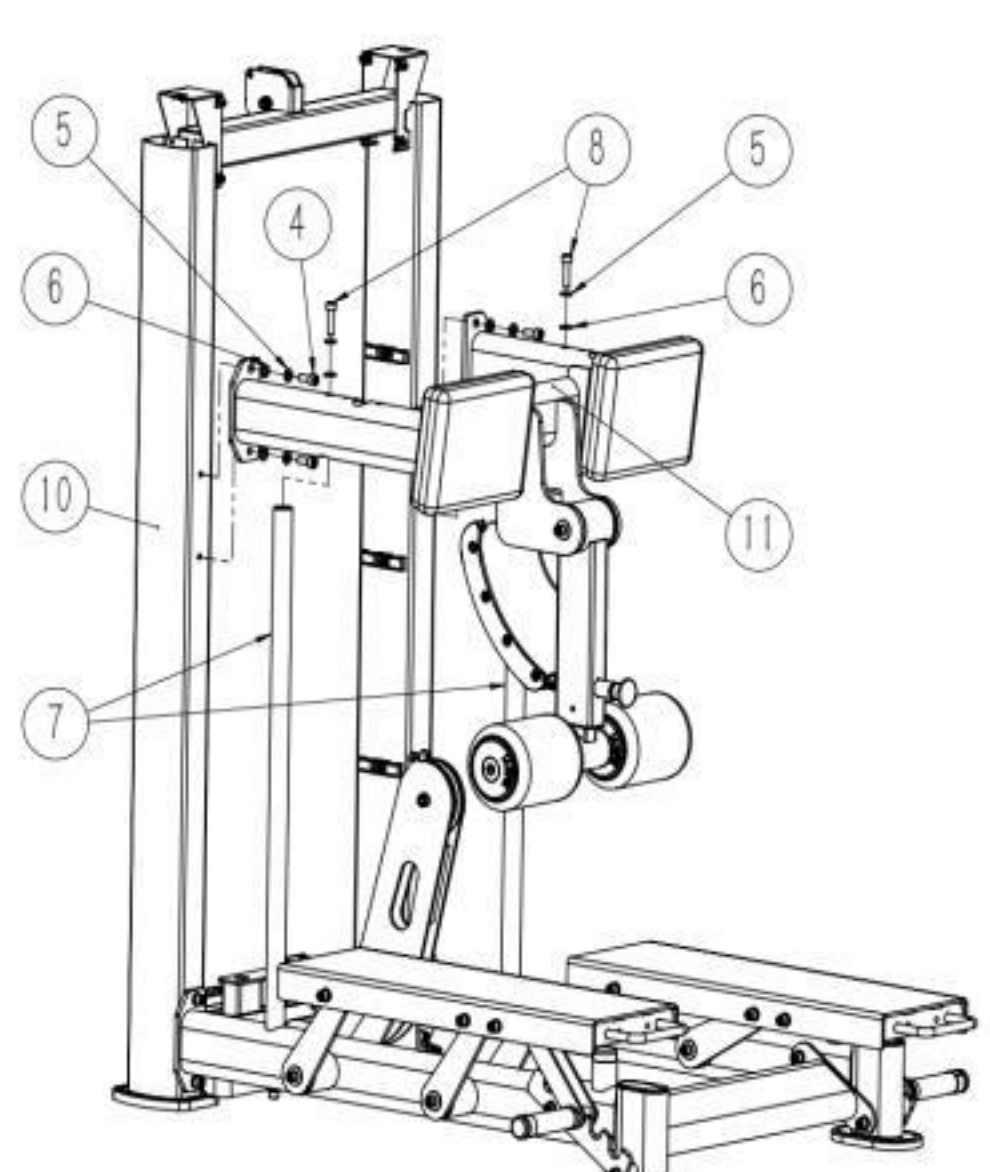
Step 5: Connect the counterweight frame assembly (10) to the left frame assembly (1) and the right frame assembly (2) with the following method.

- 4×M10\*25Hexagon socket cheese head screws (4)
  - 4×M10Spring washers (5)
  - 4×M10Flat washers (6)
- Tighten the bolt with a wrench, then proceed to the next step



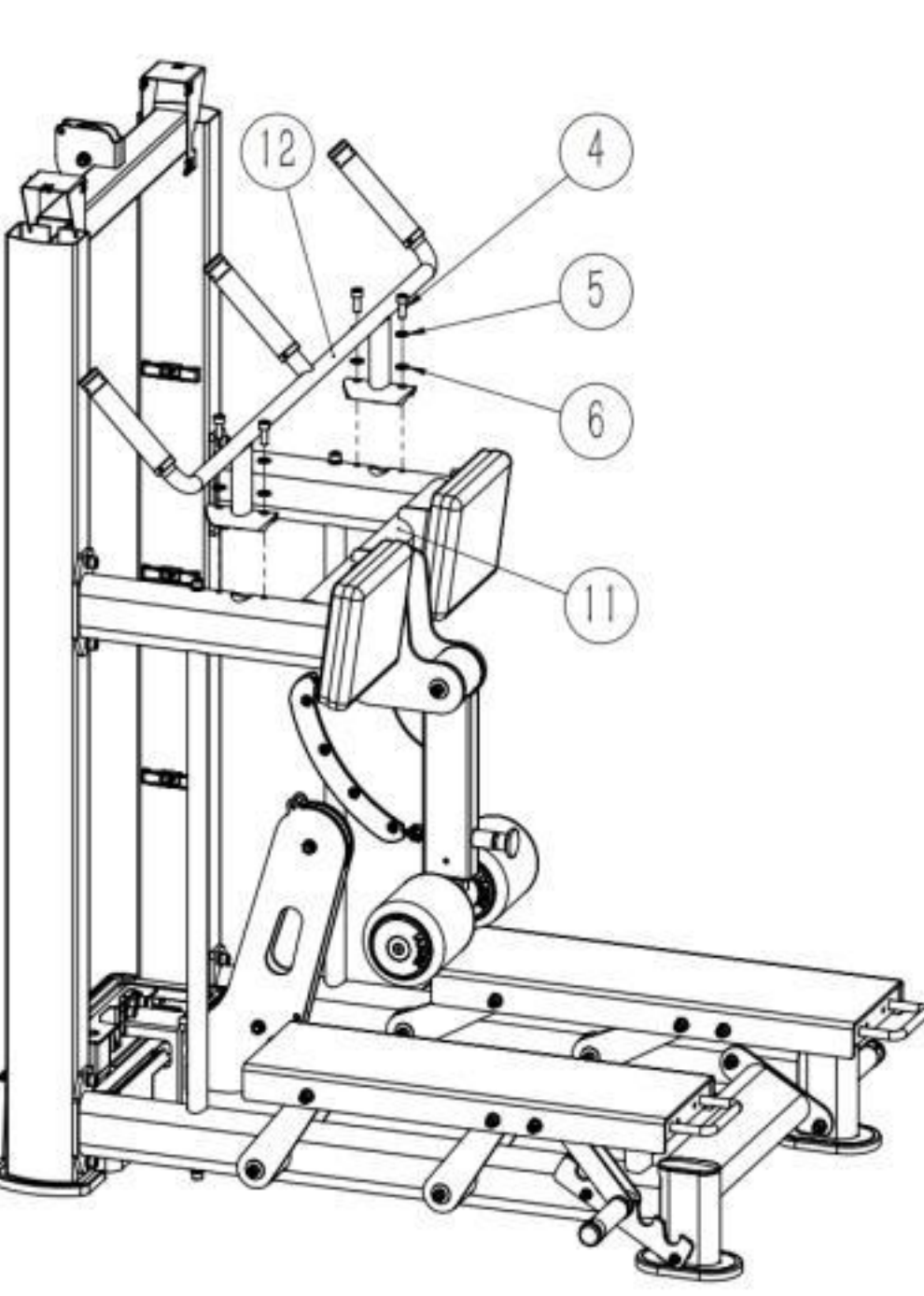
Step 6: Connect the counterweight frame assembly (10), the two side connection tubes (7) and the upper fixed frame assembly (11) with the following method.

- 2×M10\*40Hexagon socket cheese head screws (8)
  - 4×M10\*25Hexagon socket cheese head screws (4)
  - 6×M10Spring washers (5)
  - 6×M10Flat washers (6)
- Tighten the bolt with a wrench, then proceed to the next step



Step 7: Connect the vertical biceps trainer armrest frame assembly (12) to the upper fixation frame assembly (11) using the following method:

- 4×M10\*25Hexagon socket cheese head screws (4)
  - 4×M10Spring washers (5)
  - 4×M10Flat washers (6)
- Tighten the bolt with a wrench, then proceed to the next step



Brief

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

Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench
Note: When assembling, it is recommended that two or more people operate	

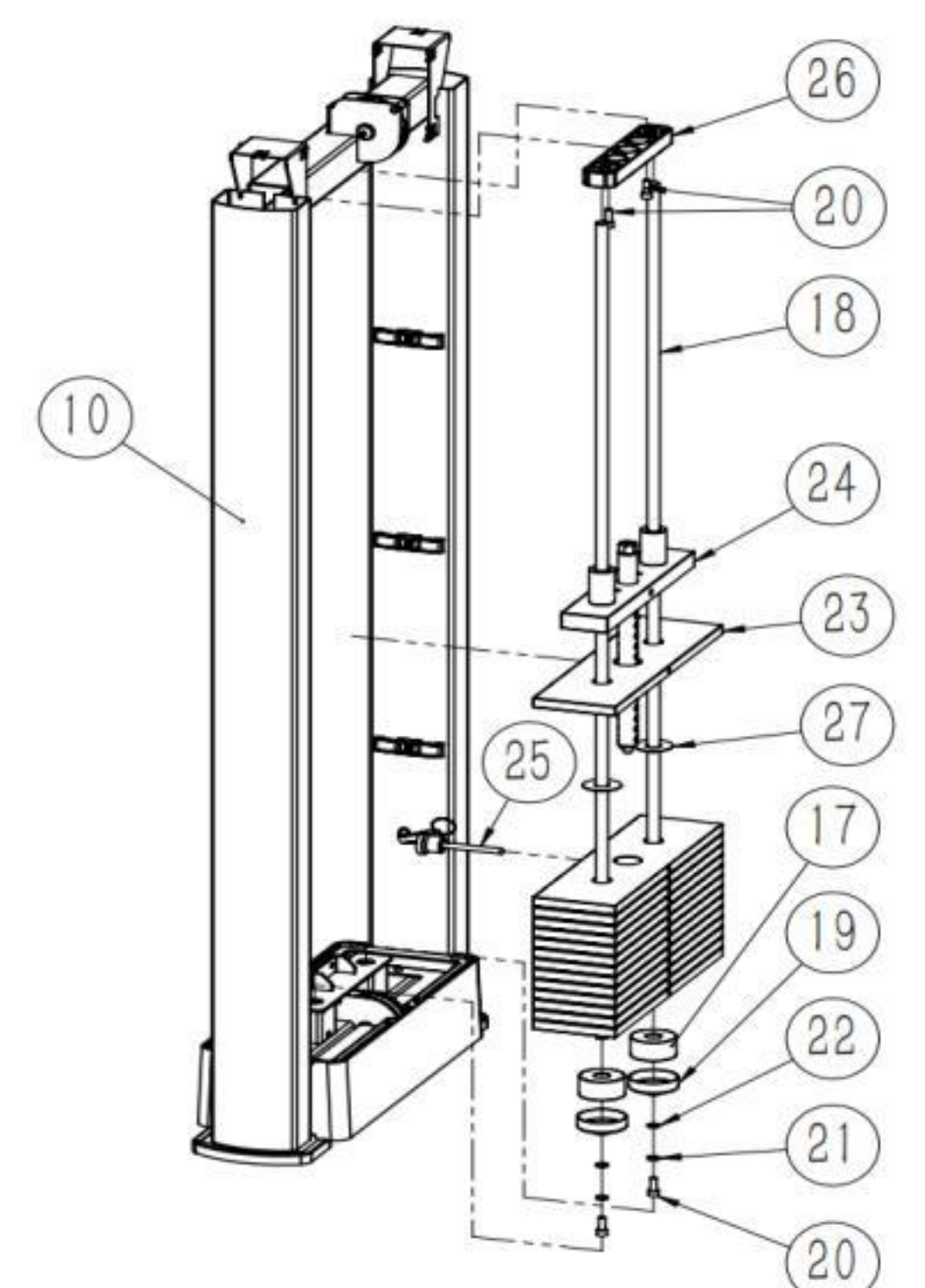
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Assembling

Step 8: Slide the two counterweight rubber pads (17) onto the two guide bars (18)

Connect the two counterweight bases (19) to the two guide bars (18) and place them in the counterweight frame (10) using the following method.

- 2×M8\*20Hexagon socket cheese head screws (20)
  - 2×M8Spring washers (21)
  - 2×M8Flat washers (22)
- Tighten the bolt with a wrench, then proceed to the next step



Step 9: Attach the counterweight block (23) to the guide bar (18) with the isolation piece (27) facing upward

Attach the guide block set (24) to the guide bar (18). Insert the counterweight pin (25) into the counterweight block (23).

Attach the guide bar fixing plate (26) to the guide bar (18).

Attach the guide bar fixing plate (26) to the counterweight frame (10) using the following method.

- 2×M8\*20Hexagon socket cheese head screws (20)
- Tighten the bolt with a wrench, then proceed to the next step

Step 10: Wrap the wire rope (13) around two 95 wire reels (16) and two 120 wire reels (15) in the following way,

One end is connected to the wire rope fixing sleeve (14), the other end is connected to the wire rope fixing bolt (27), pay attention to the installation of the wire

Assembling

Step 1: Connect the left frame assembly (1) and the right frame assembly(2) of the trainer with the connecting frame (3) using the following method:

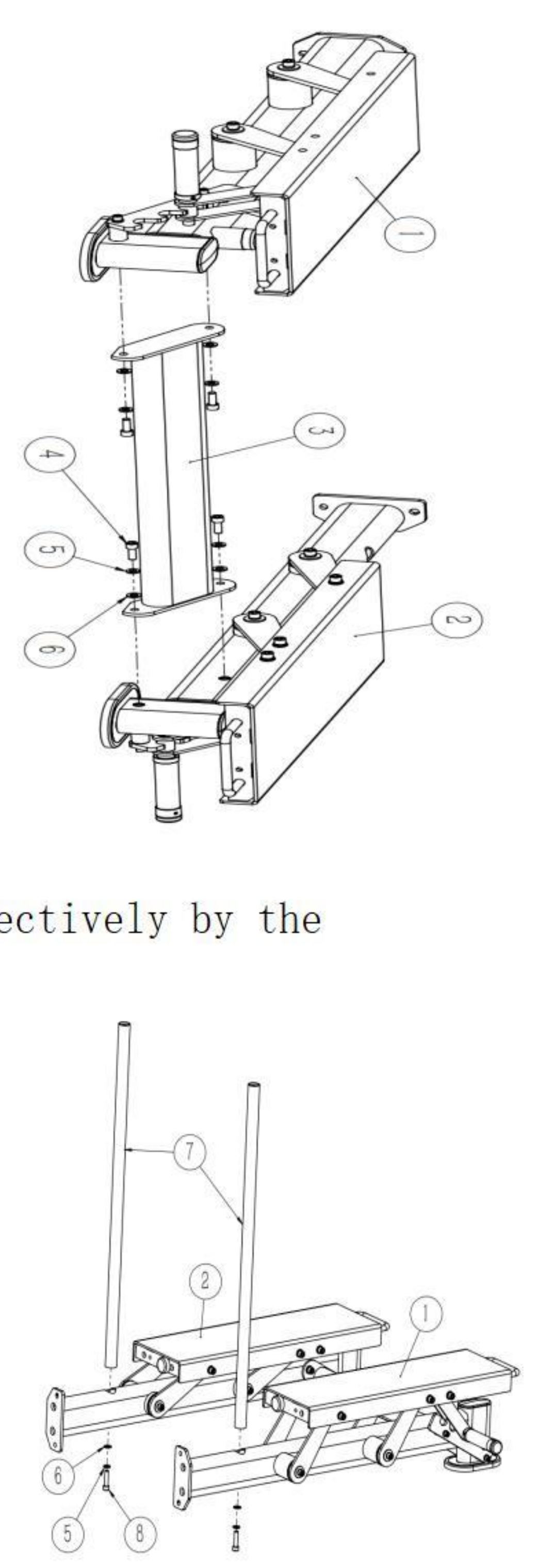
- 4×M10\*25Hexagon socket cheese head screws (4)
- 4×M10Spring washers (5)
- 4×M10Flat washers (6)

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

Step 2: Connect the two side connection tubes (7) to the left shelf assembly (1) and the right shelf assembly (2) respectively by the following method.

- 2×M10\*40Hexagon socket cheese head screws (8)
- 2×M10Spring washers (5)
- 2×M10Flat washers (6)

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

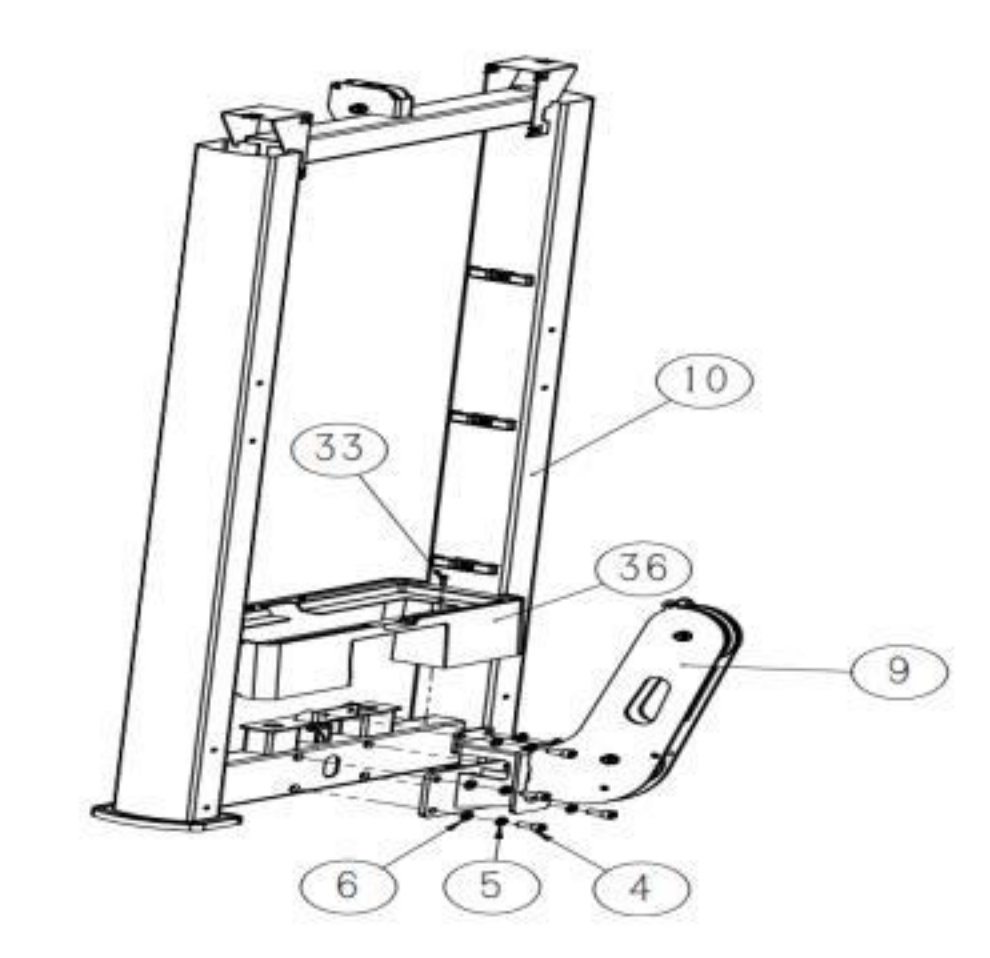


Step 3: Connect the counterweight lower shroud (36) to the counterweight frame (10) using the following method.

- 2×M5\*15Hexagon socket cheese head screws (33)

Step 4: Connect the vertical strand two-head trainer wire wheel holder (9) to the counterweight holder (10) using the following method.

- 6×M10\*25Hexagon socket cheese head screws (4)
- 6×M10Spring washers (5)
- 6×M10Flat washers (6)



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Assembling

rope through the counterweight pin.

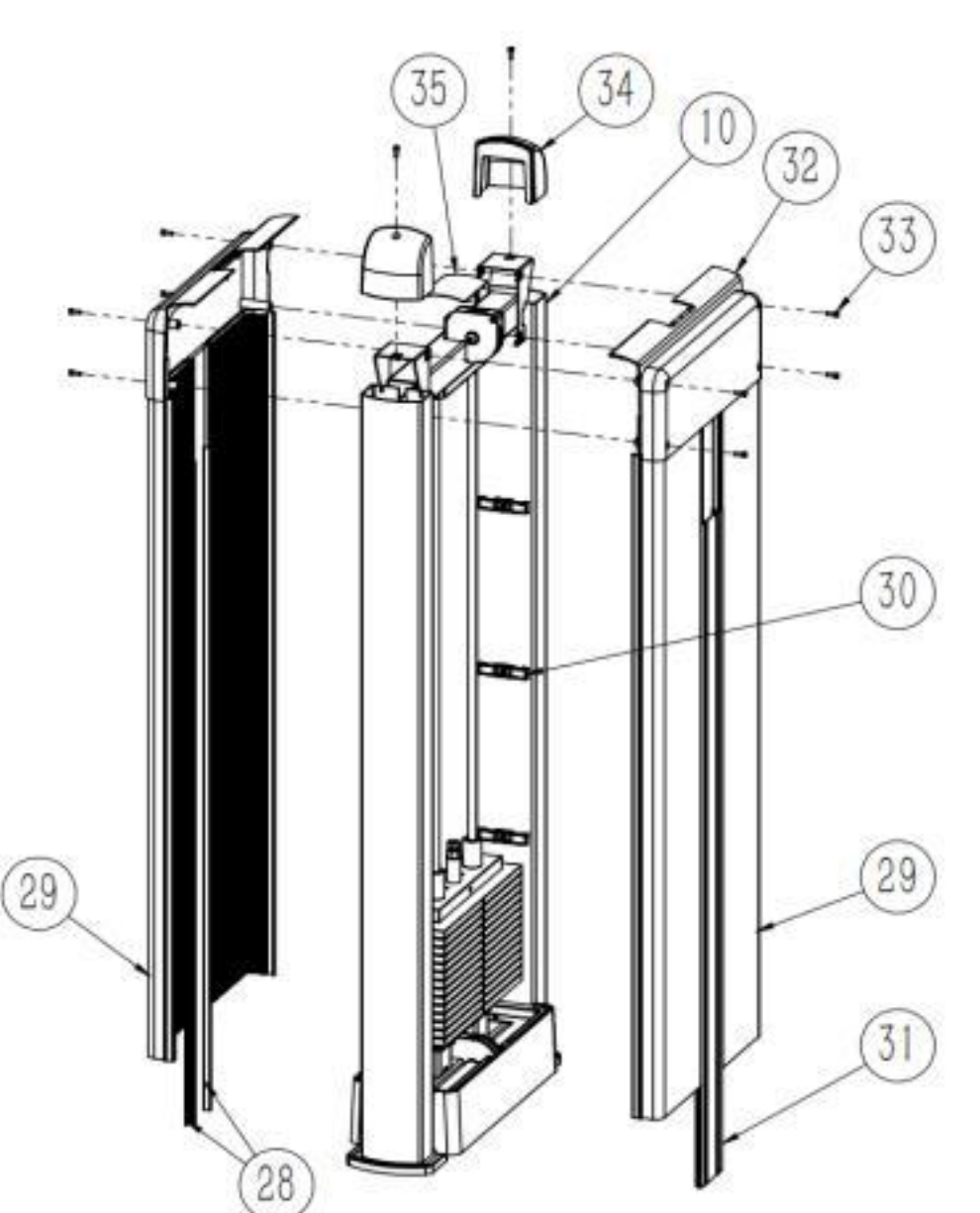
Tighten the bolt with a wrench, then proceed to the next step

Step 11:Slide the two trim strips (28) into the two baffles (29) and attach to the counterweight frame (10) using the baffle pressure plate (30).

Slide the trim plate (31) into the two baffles (29) and use the baffle pressure plate (30) to attach to the counterweight frame (10).

Attach the two upper shrouds (32) to the counterweight frame (10) using the following method.

- 8×M5\*15Hexagon socket cheese head screws (33)
- Connect the two counterweight riser plug covers (34) to the counterweight frame (10) with the upper shroud top cover (35) using Snap into the two upper shrouds (32):
- 2×M5\*15Hexagon socket cheese head screws (33)



Important Tips

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

