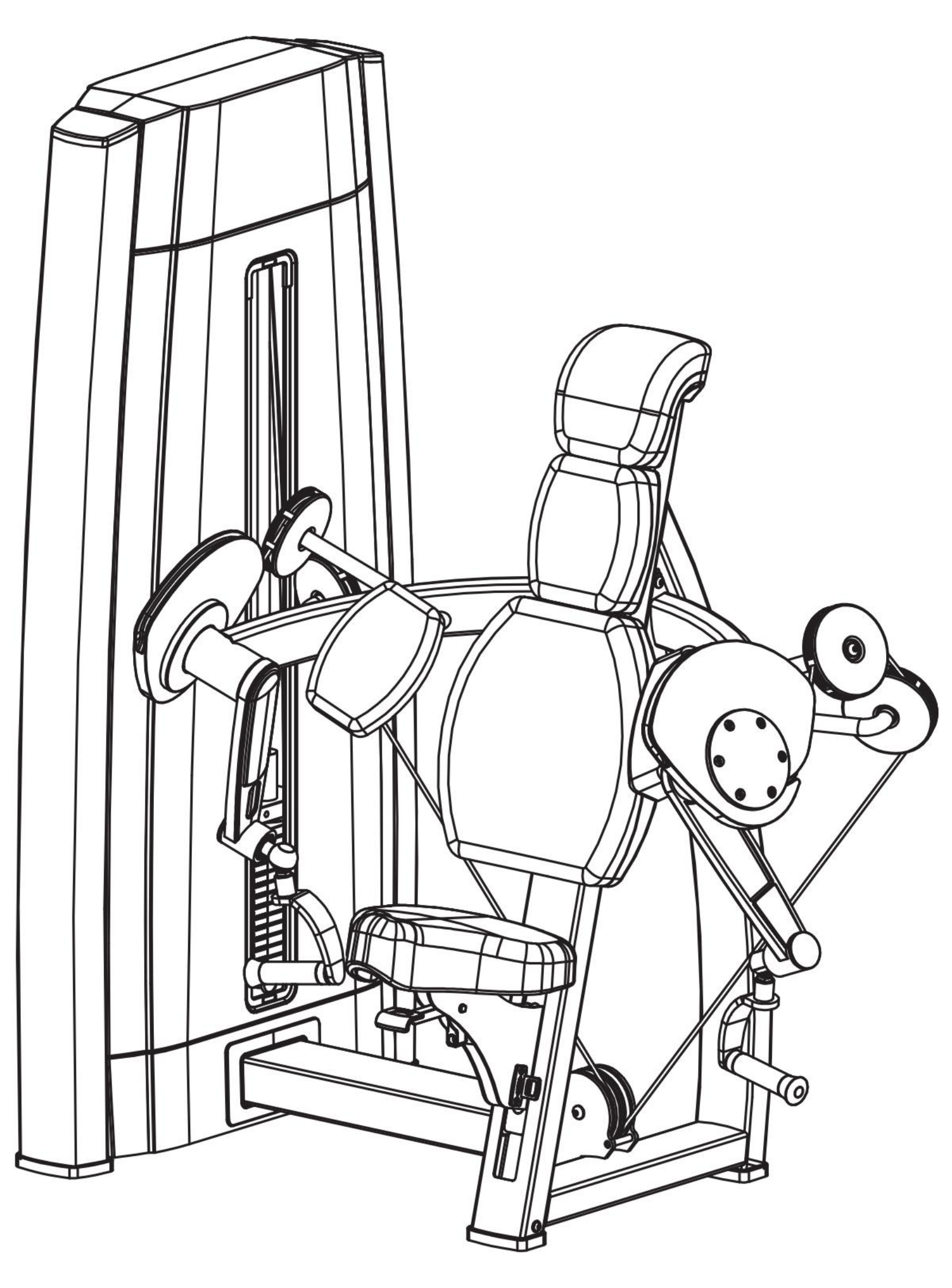
7310 Installation Guide
Biceps Curl



Briefs

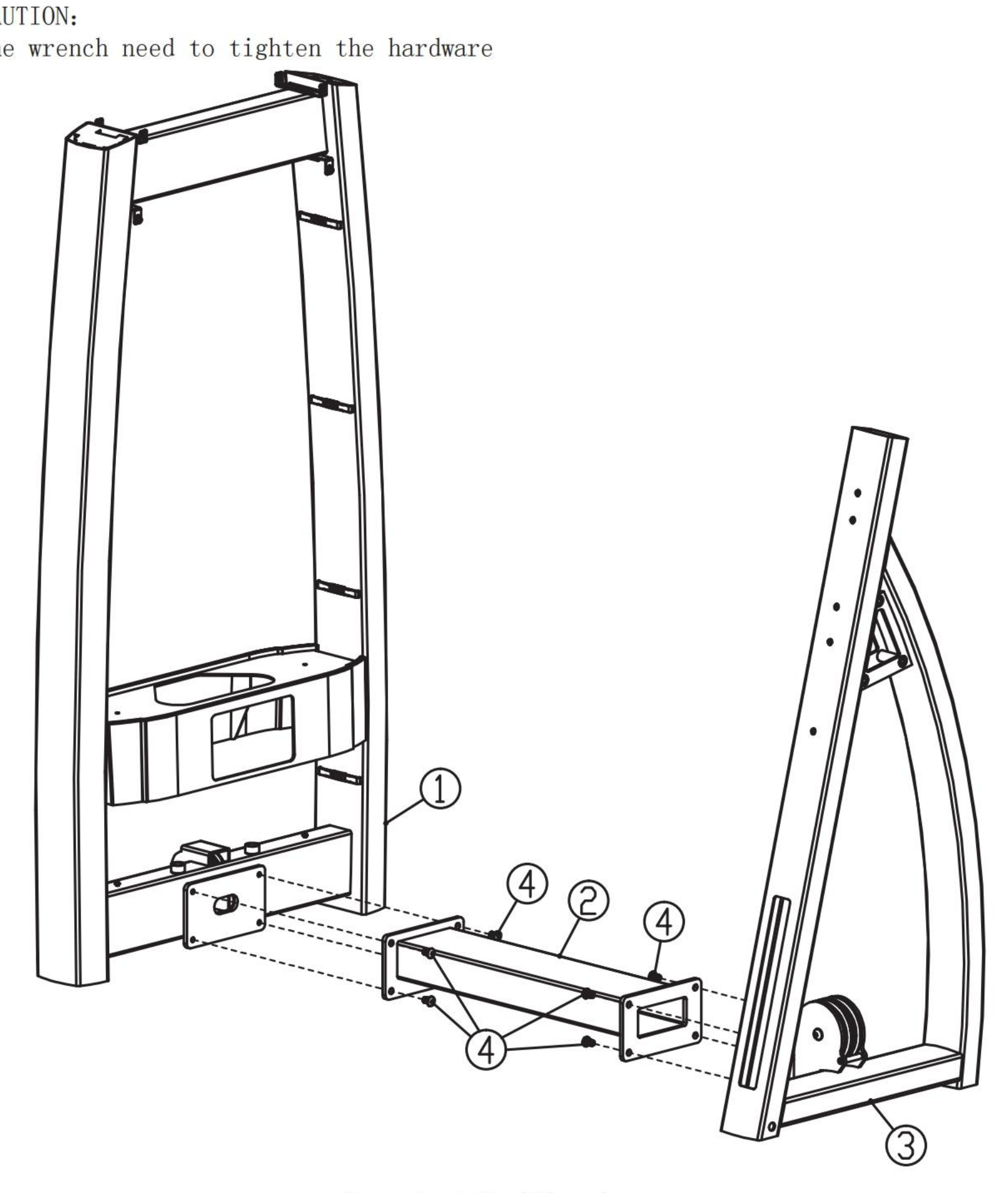
Please take the time to carefully read the instructions before installing .Please refer to the manual to determine the list of all components were packaged well. (If there have some parts missed or damaged please immediately call our customer service department) Please refer to the installation instruction 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 instruction and find out the wrong steps during the installing. If still not work, please contact the distributors authorized by original factory. The code and manual will be needed.

Tools
Rubber stick
Levelling instrument
Circlip pliers
Socket head screw wrench
The adjustable wrench
More than 2 person

Installation of Frame

CAUTION:
The wrench need to tighten the hardware

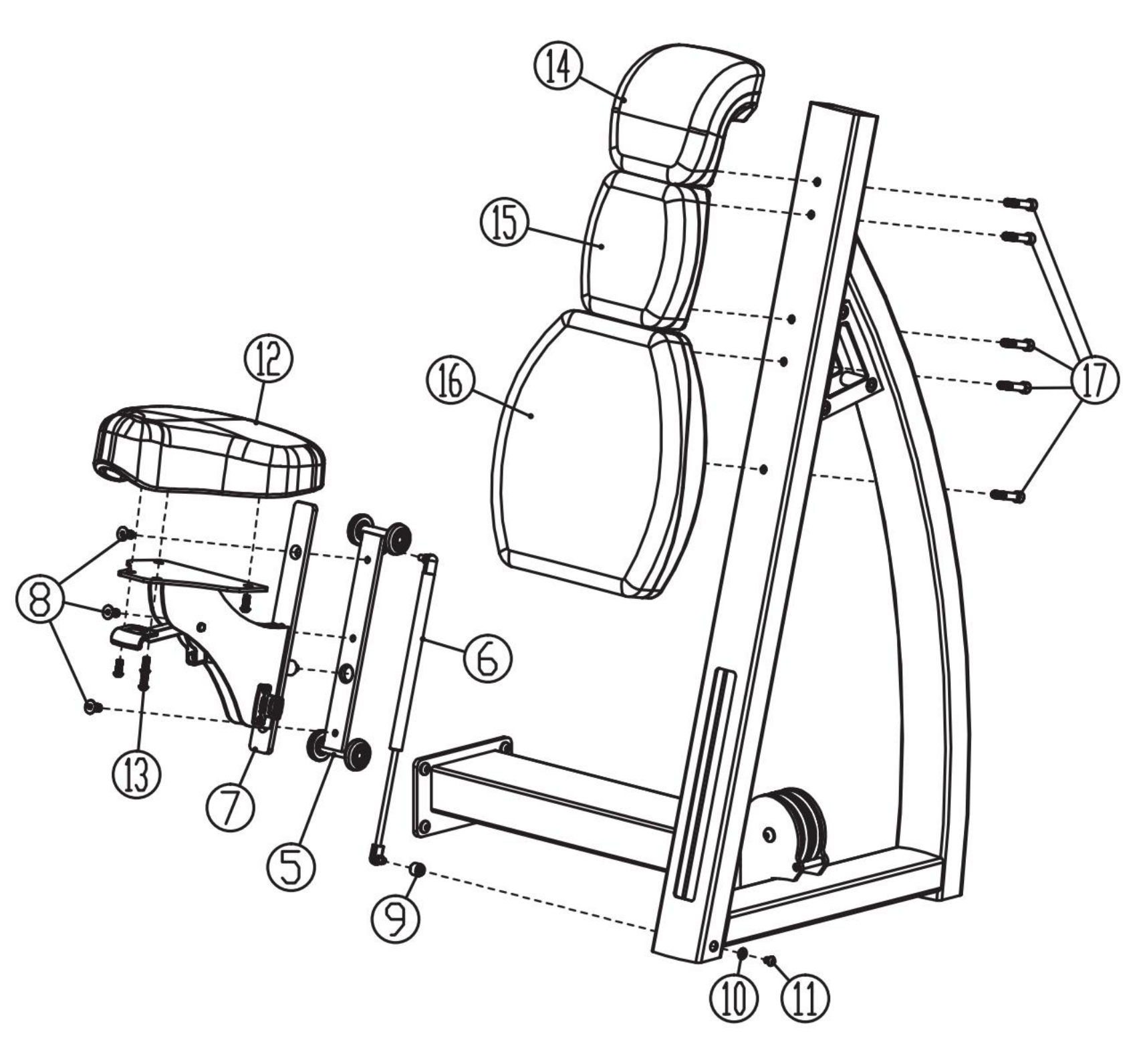


Important Notification:
All 73 Products with balance weight, please put the lower cover in the balance weight frame before installing the connecting rack 。

Accessories & Cushion Installation

CAUTION:
The wrench need to tighten the hardware

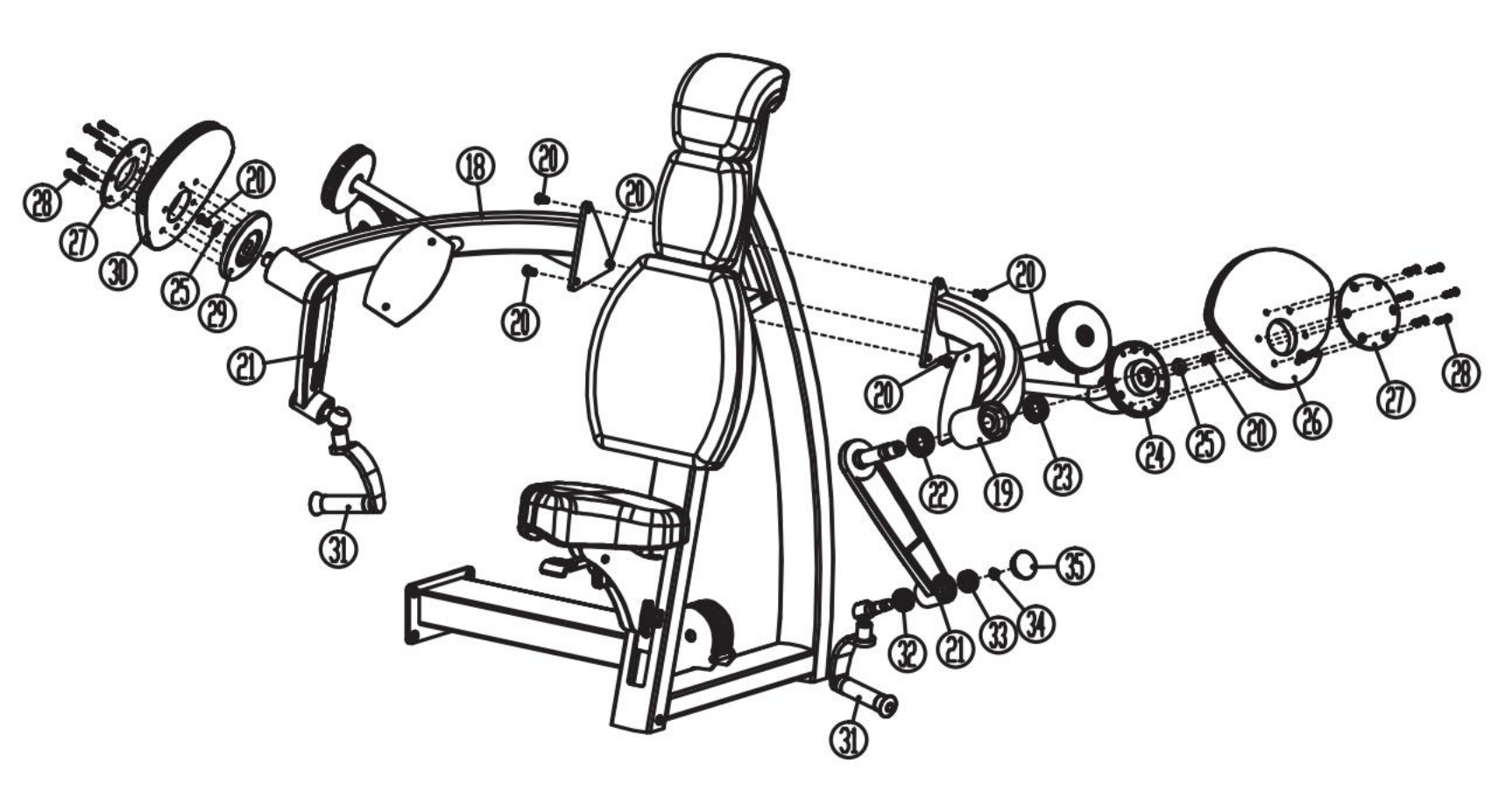
Some assembly have been omitted for clarity



Force Arm & Support Frame Installation

CAUTION:
The wrench need to tighten the hardware

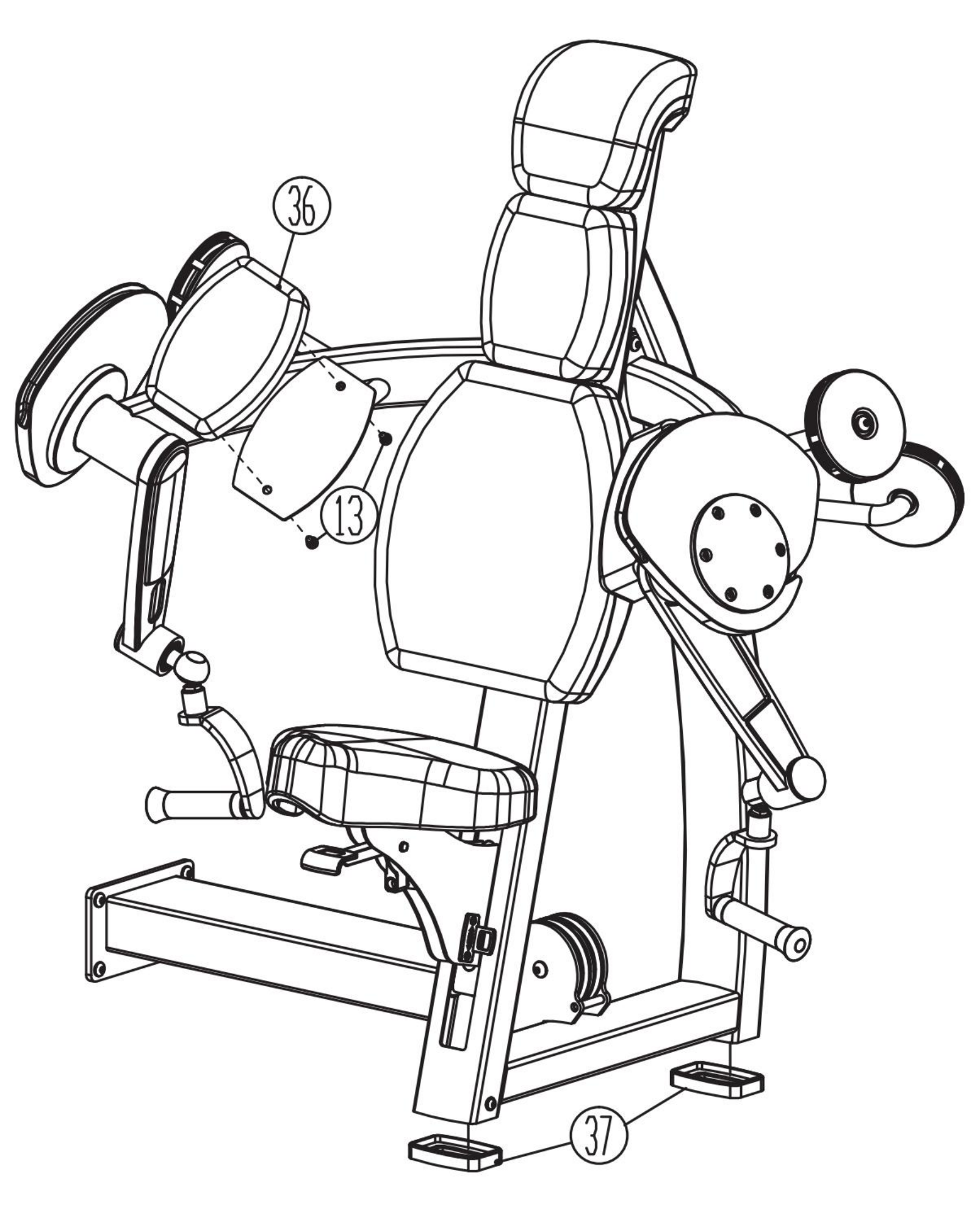
Some assembly have been omitted for clarity



Elbow Pad & Foot Pad Installation

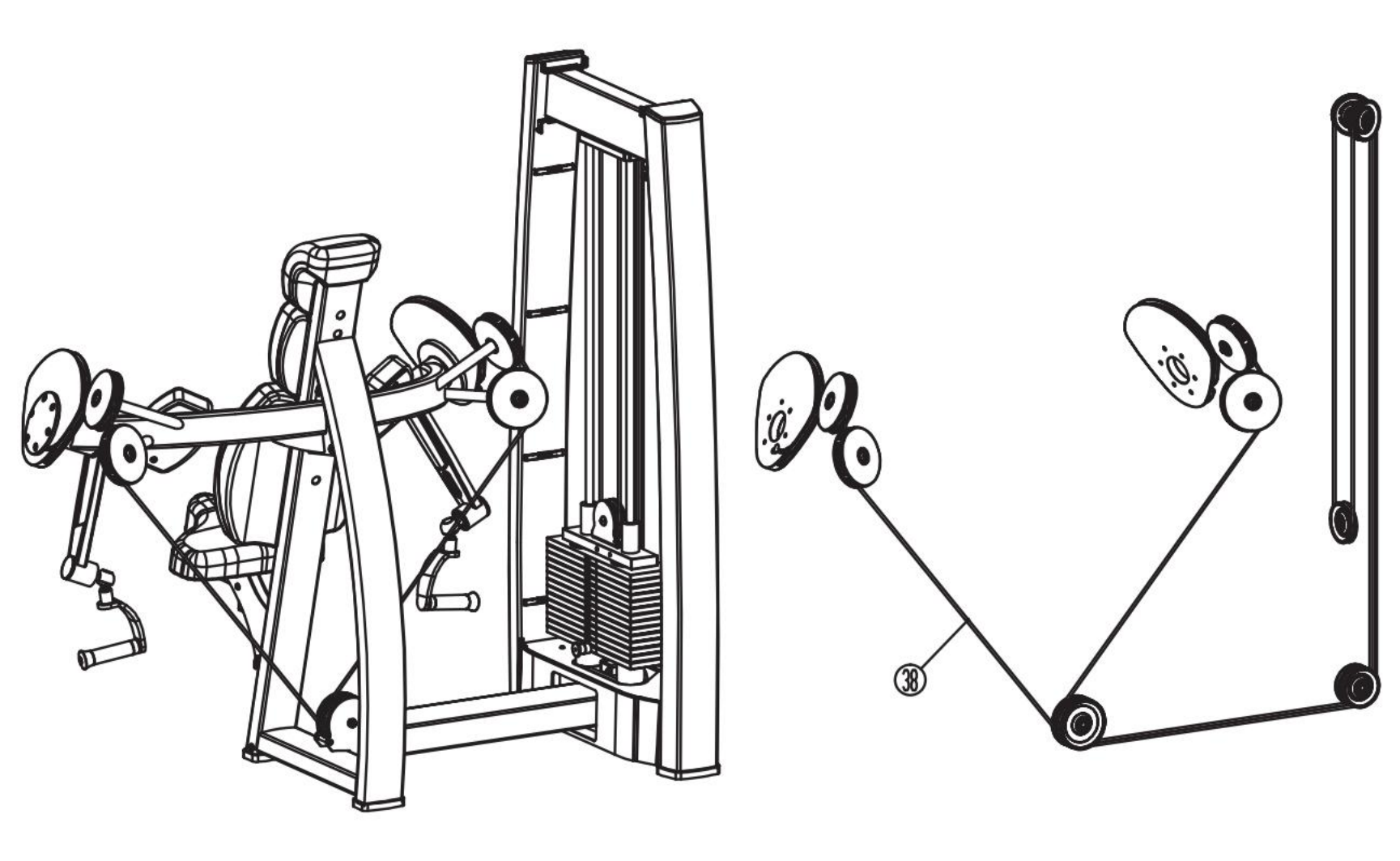
CAUTION:
The wrench need to tighten the hardware

Some assembly have been omitted for clarity



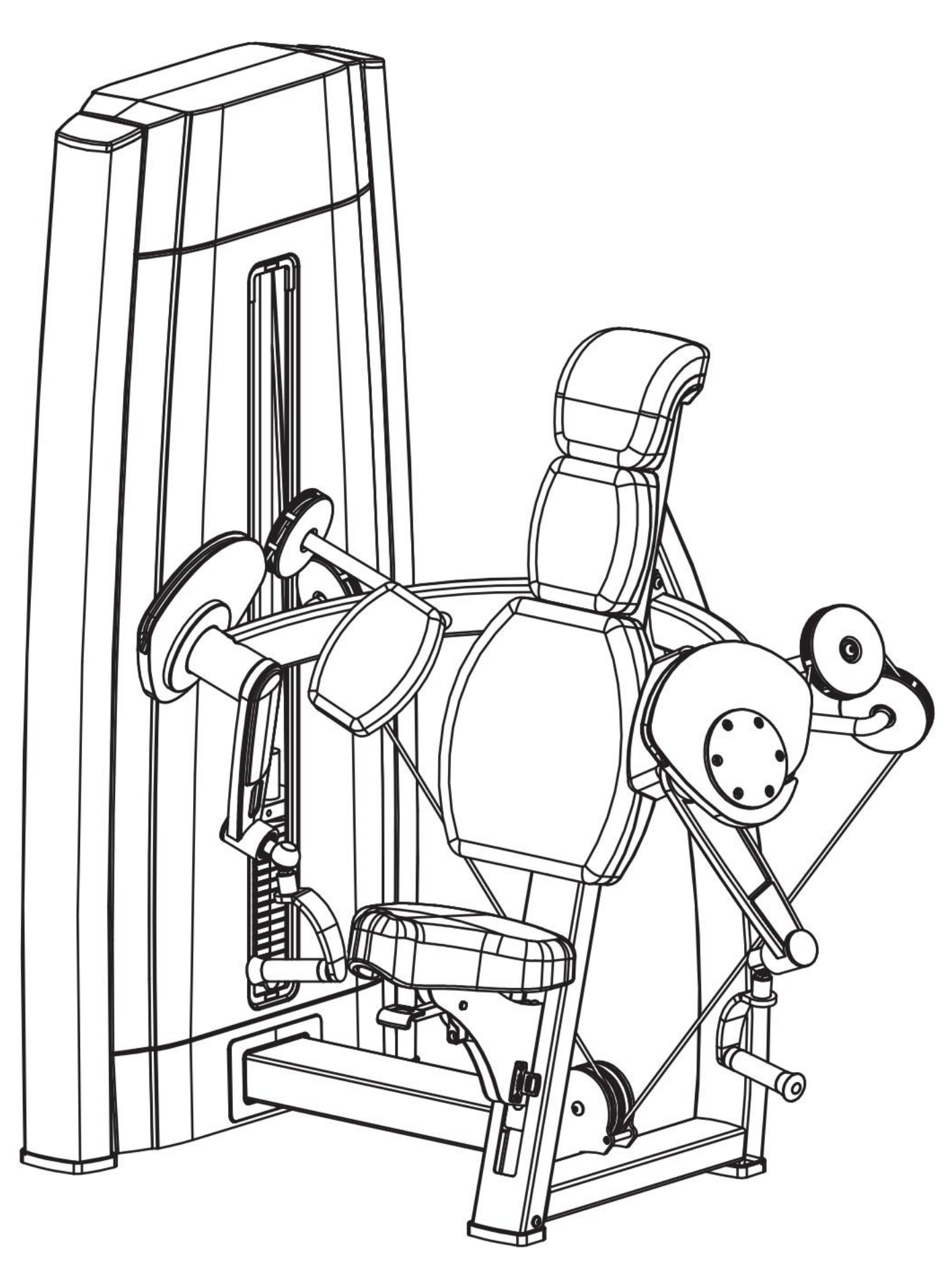
Weight Stack & Cable Installation

Fine tuning:
loosen the safety nut and whole grain bolt to the proper tension on cable



Important Notification:
Please read the 7300-1Installation Instruction as the reference to install the balance weight frame and required accessories

Cover Installation



Important Notification:
Now 7310 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

Caution:Some spare parts which have been assembled are not in the list

NO.	Name & Specification	Material	Qty
1	Balance Weight Frame	Element	1
2	Joints	Weldment	1
3	Body Frame	Element	1
4	Hexagon socket button head screws(M10*16)	45	8
5	Seat rise and fall car	Element	1
6	Gas Bar-220	Element	1
7	Seat Frame	Element	1
8	Inner hexagon countersunk head screws(M10*20)	45	3
9	Gas rod end nut	45	1
10	M8Flat Pad	45	1
11	Hexagon socket button head screws(M8*10)	45	1
12	Cushion	Element	1
13	Hexagon socket button head screws(M8*20)	45	8
14	Headrest	Element	1
15	Postmedian Pad	Element	1
16	Back Pad	Element	1
17	Hexagon socket head cap screws(M10*50)	45	5
18	Right support frame	Element	1
19	Left support frame	Element	1
20	Hexagon socket button head screws(M8*20)	45	8
21	Force Arm	Element	2
22	Deep Groove Ball Bearing6006	Bearing steel	2
23	Deep Groove Ball Bearing6028	Bearing steel	2
24	Left flange	Element	1
25	M10 Big gasket	45	2
26	Left wire spool	POM	1
27	Turntable cap	Aluminium alloy	2
28	Hexagon socket button head screws(M8*35)	45	12
29	Right flange	Element	1
30	Right wire spool	POM	1

Accessories List

Caution:Some spare parts which have been assembled are not in the list

NO.	Name & Specification	Material	Qty
31	Handlebar	Element	2
32	Deep Groove Ball Bearing 6004	Bearing steel	2
33	Deep Groove Ball Bearing 6203	Bearing steel	2
34	Outer circlipØ17	45	2
35	55Aluminum cover	Aluminium alloy	2
36	Elbow Pad	Element	2
37	58*101Foot Pad	Rubber	2
38	Wire Rope	Element	1