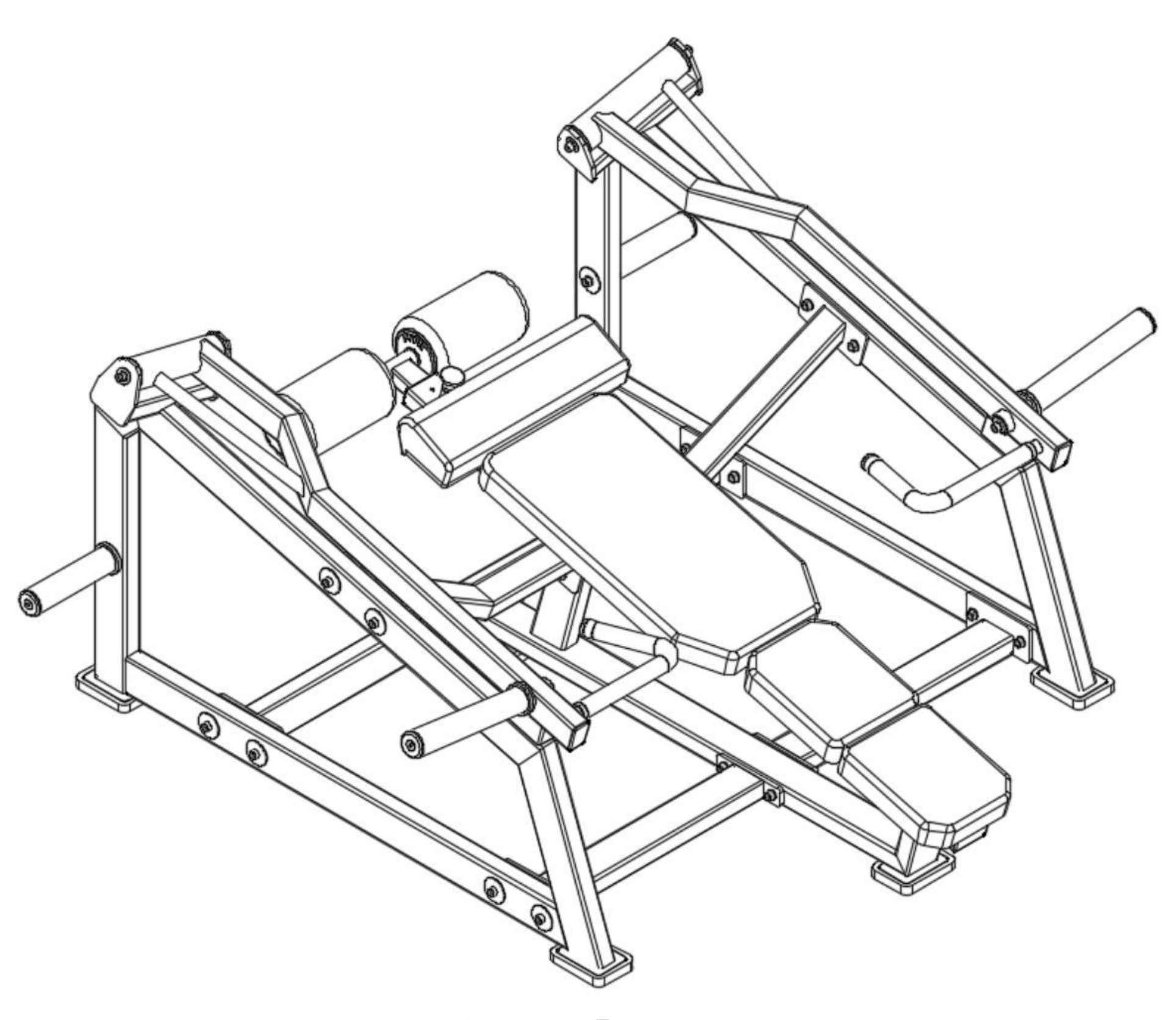
82013 Installation Guide

Iso Lateral Decline Bench Press



Catalogue

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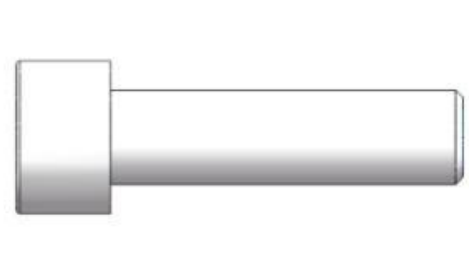
Brief

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.

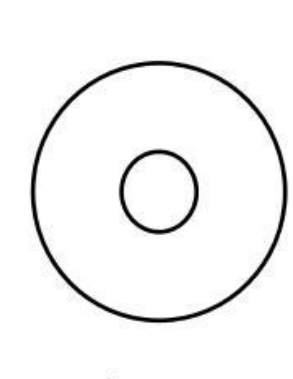
This equipment is designed to provide the most fluid and effective exercise training. After installation, you need to understand all the functions in order to use correctly, the use of the process found in the problem should immediately stop using to avoid physical injury and equipment damage. And timely reference to the relevant instructions to inquire about the cause, if you can not solve please call the company after-sales. please continue After carefully reading all the instructions.

Rubber Rod
spirit level
Hexagonal wrench
circlip pliers
Adjustable wrench

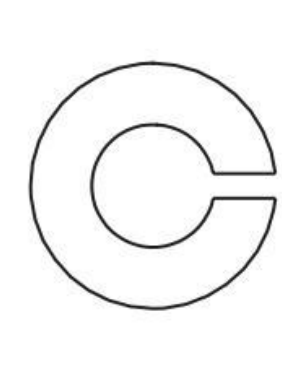
Hardware



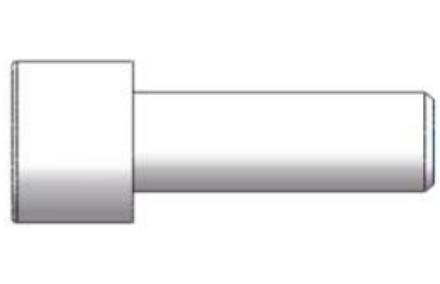
[51]（M10*110）



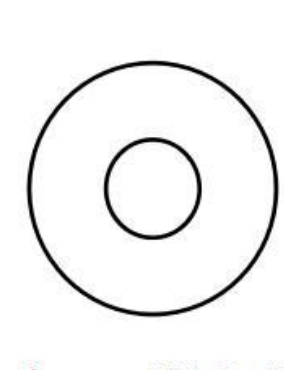
[56]flat washer M10-D50



[60]spring washer M10

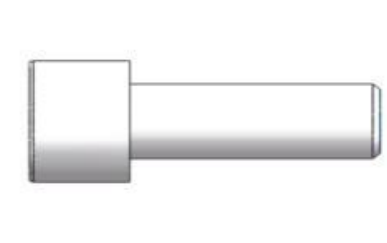


[52]（M10*70）

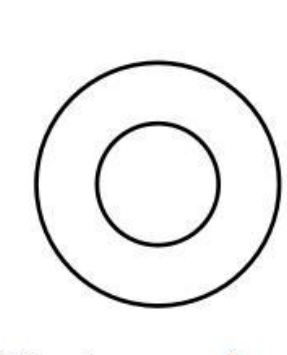


[57]flat washer M10-D30

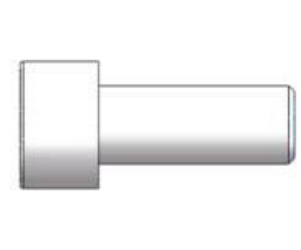
[61]Hexagonal self-locking nut M10



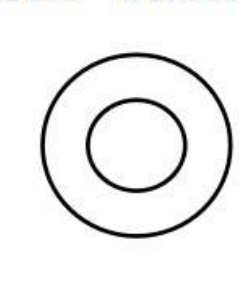
[53]（M10*60）



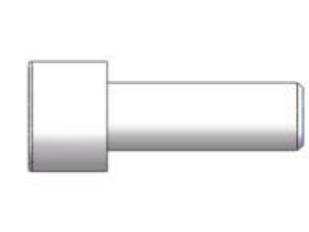
[58]flat washer M10-D20



[54]（M10*20）



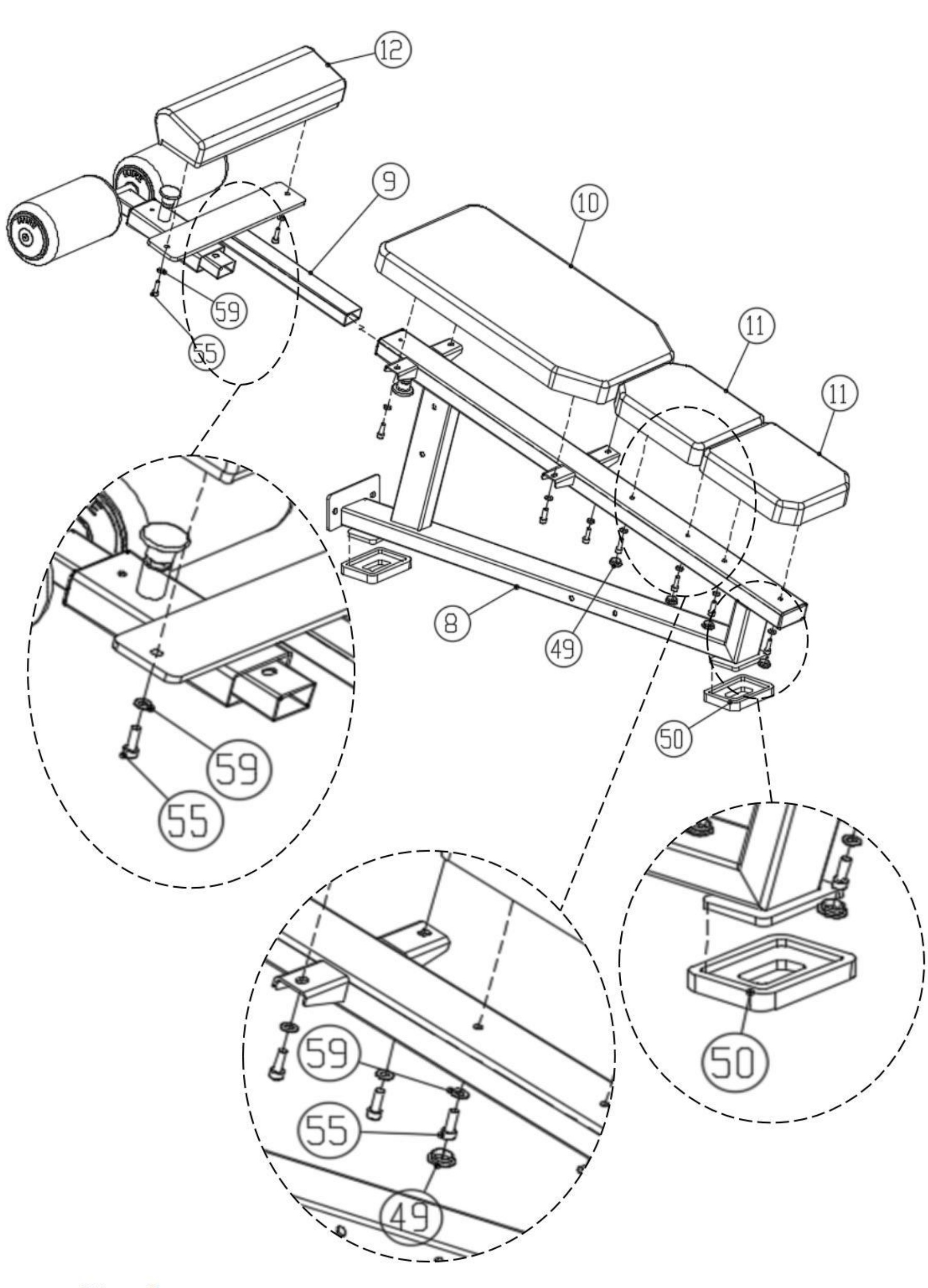
[59]flat washer M8-D16

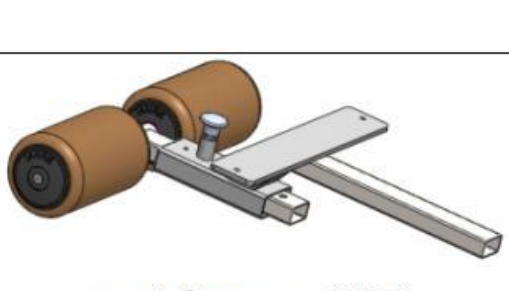
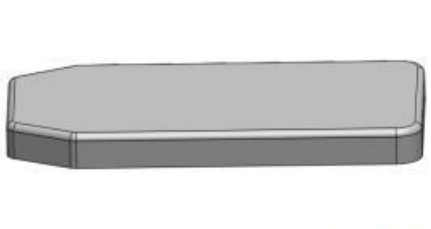
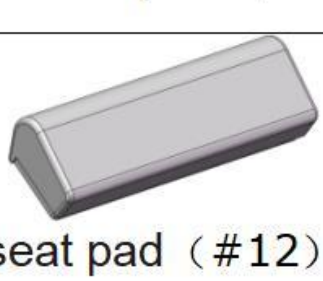


[55]（M8*25）

Step 1: Use following method install seat pad（#12）to seat frame（#9）,combine seat frame（#9）、main cushion pad（#10）、two head pad（#11）main frame（#8）；intall footpad（#50）；install plug（#49）to main frame（#8）；

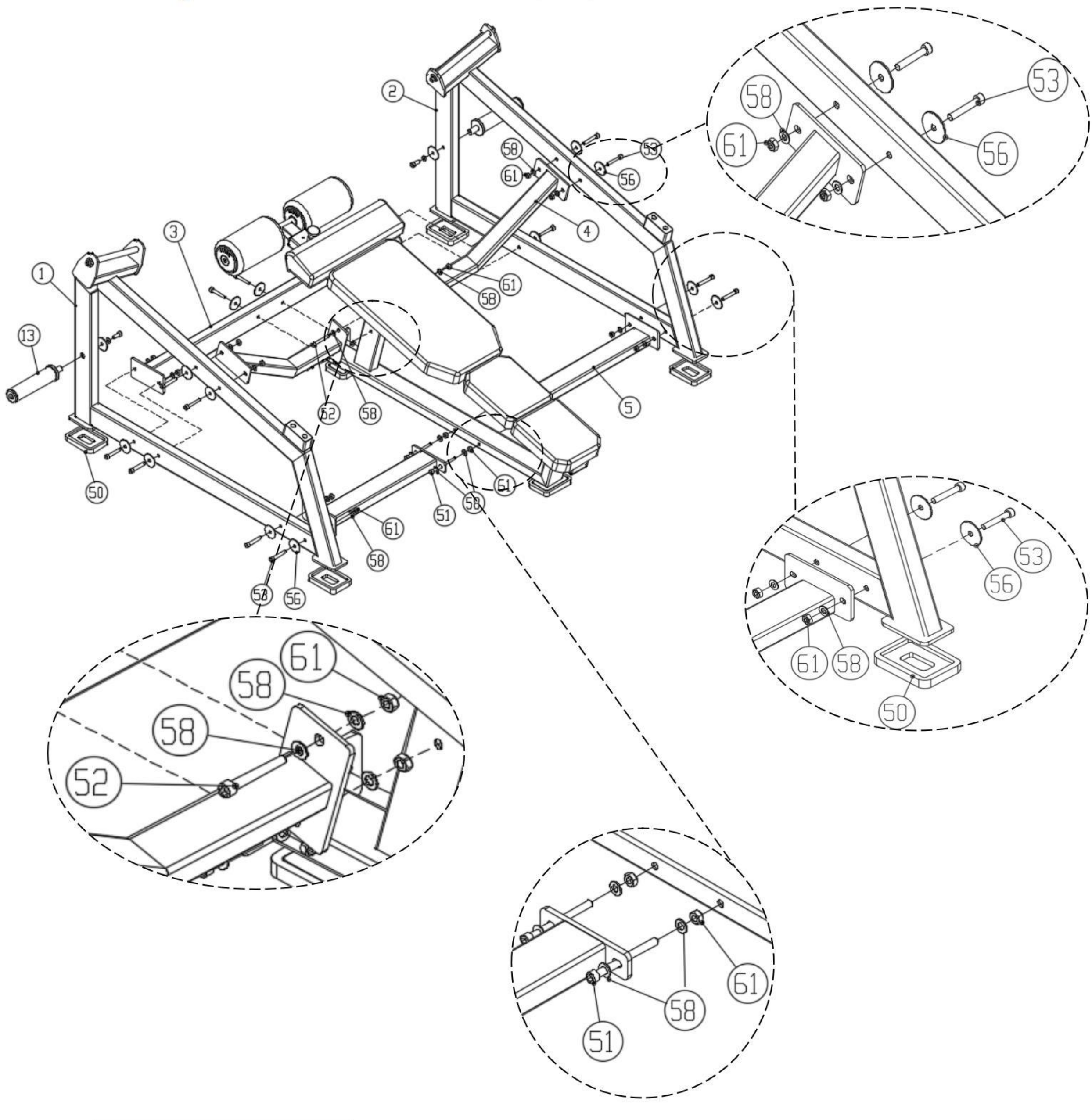
- 10xHexagon socket head screws M8*25（#55）
- 10x flat washer M8-D25 （#59）

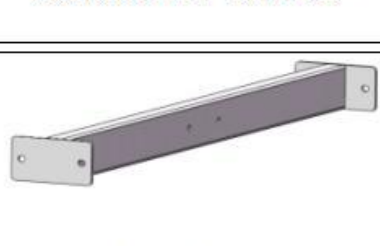
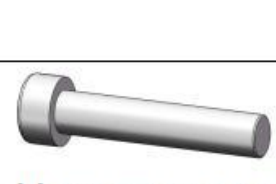
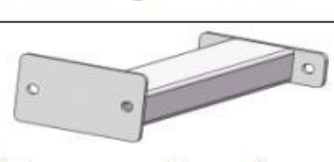
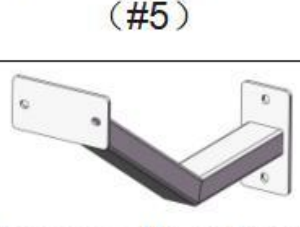
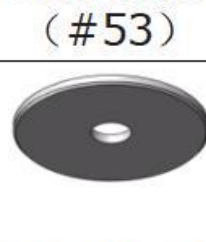
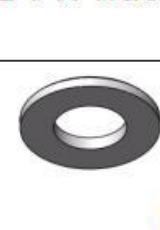


	seat frame（#9）
	main cushion pad（#10）
	2 X head pad（#11）
	seat pad（#12）
	2 X footpad（#50）
	4 X 20plug（#49）
	10 x Hexagon socket head screws M8*25（#55）
	10 x flat washer M8-D16（#59）

Step 2: Use following method combine Connecting frame1（#3）、Connecting frame2（#5）、Connecting frame3（#4）left frame（#1）、right frame（#2）main frame（#8）；Use following method combine sleeve （#13）to left frame（#1）、right frame（#2）；

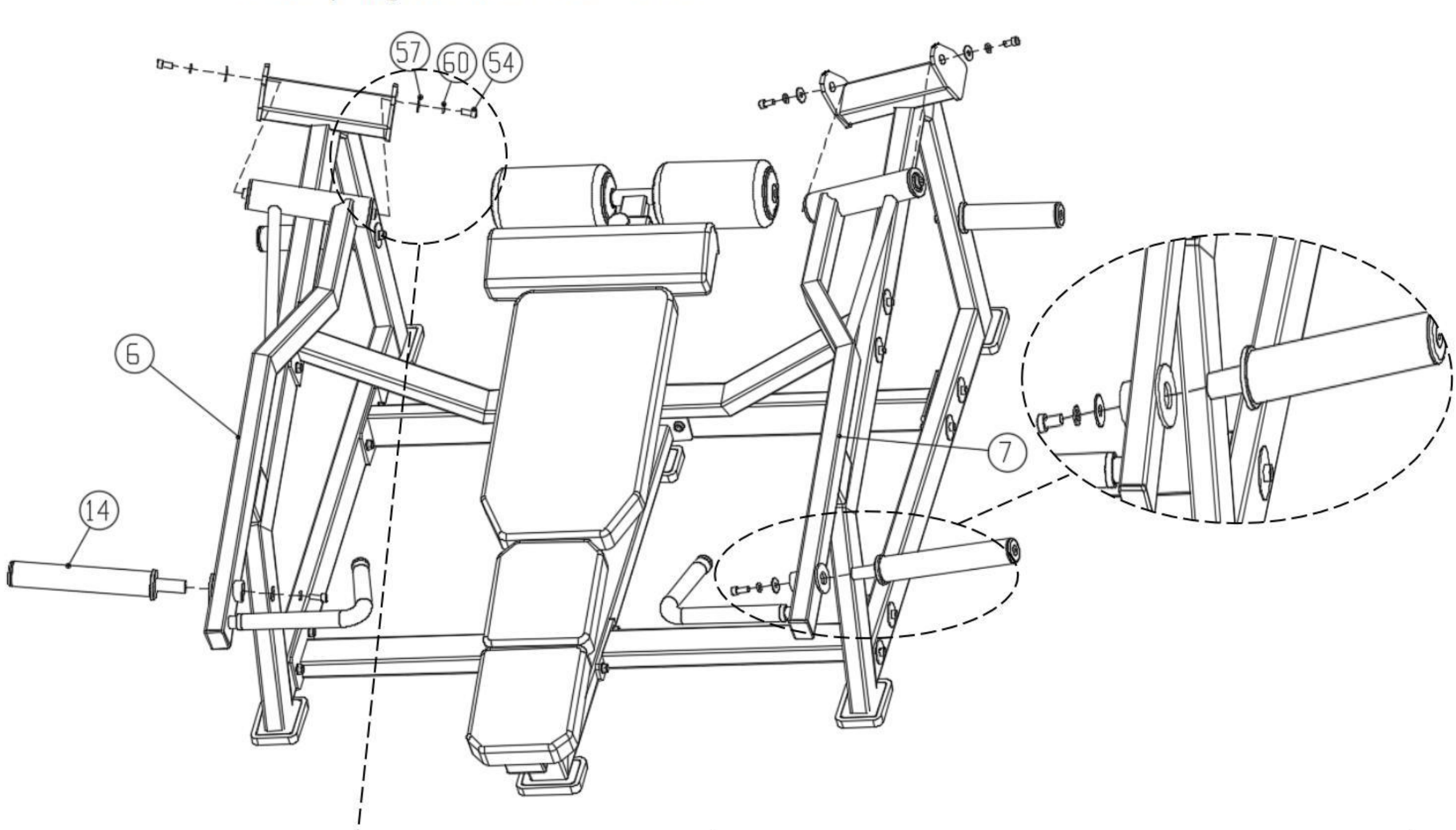
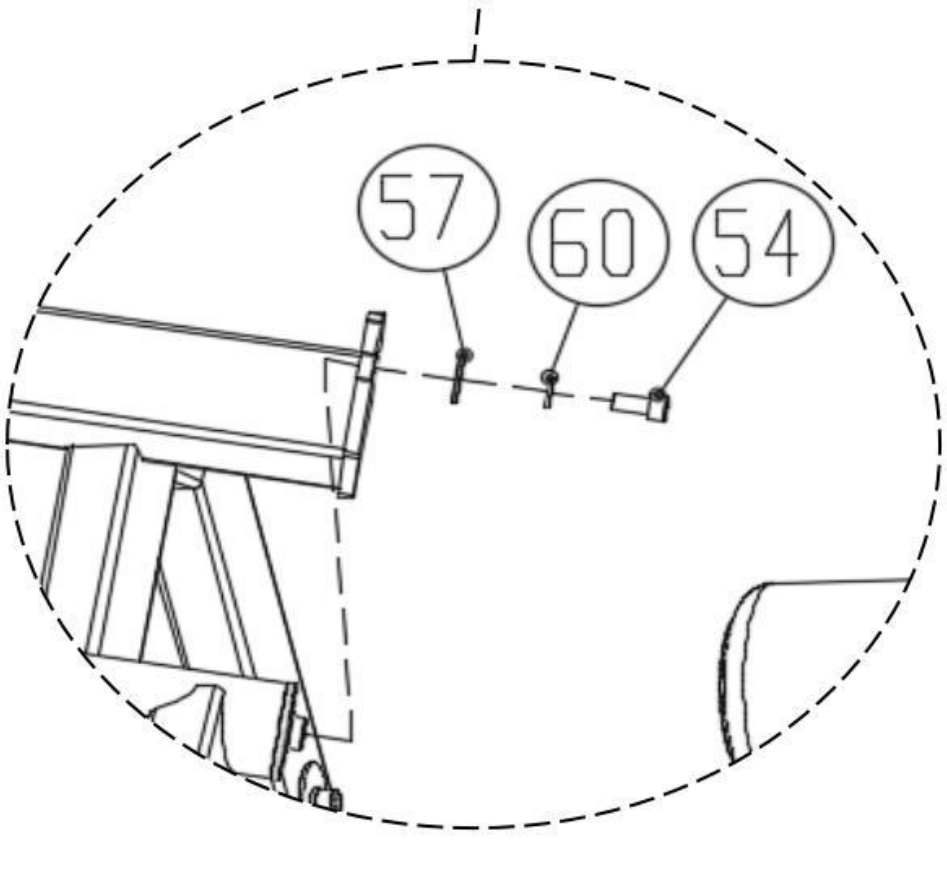
.2xHexagon socket head screws M10*110（#51） .14xflat washer M10-D50（#56）
.2xflat washer M10-D20（#58）
.2xHexagon socket head screws M10*70（#52） .18xHexagonal locking nut M10（#61）
.14xHexagon socket head screws M10*60（#53）

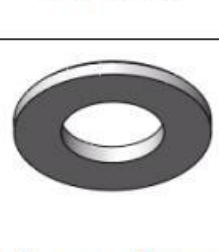


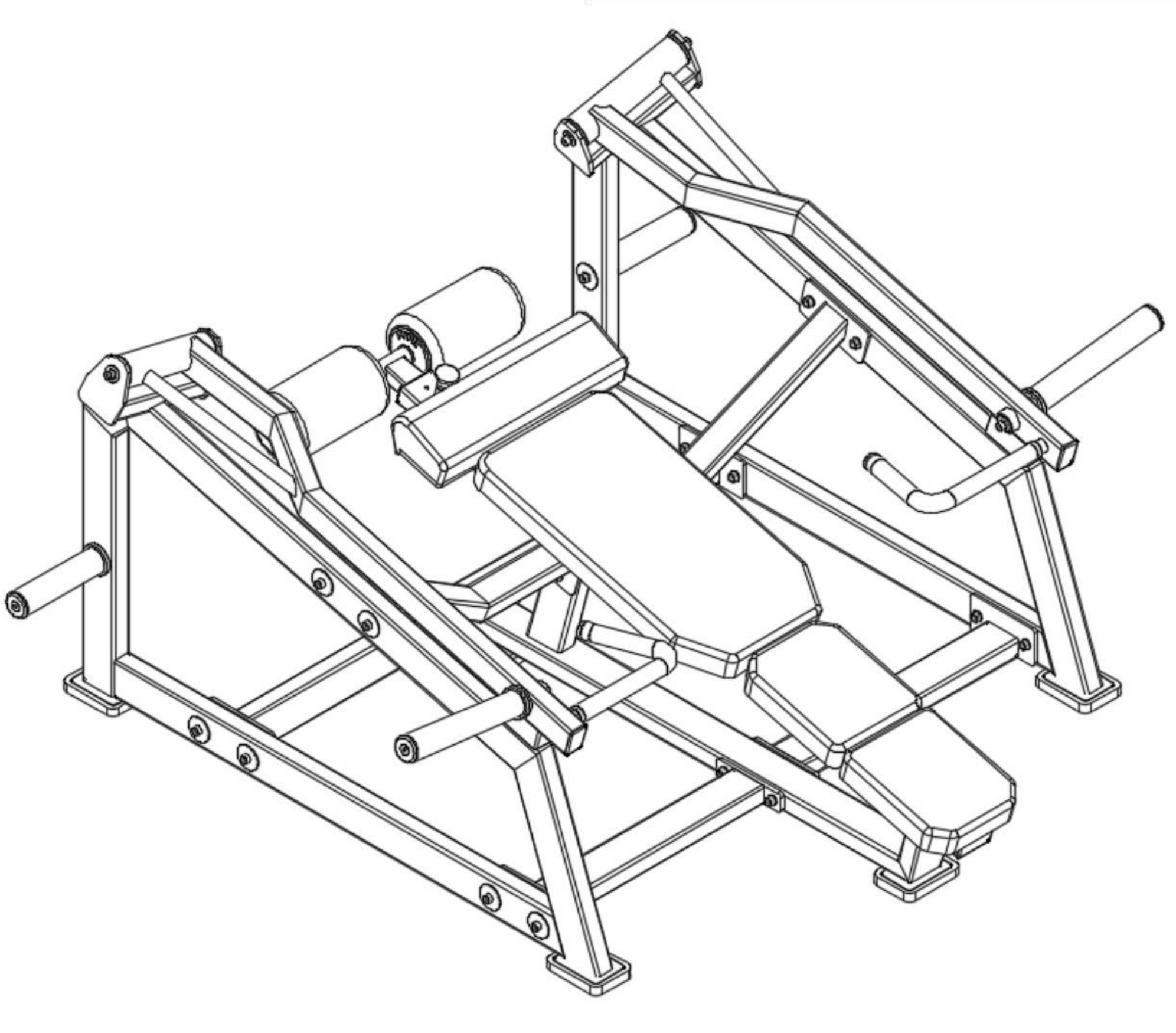
 2Xsleeve（#13）	
 Connecting frame1（#3）	 2 x Hexagon socket head screwsM10*70（#52）
 2XConnecting frame2（#5）	 14 x Hexagon socket head screwsM10*60（#53）
 2XConnecting frame3（#4）	 14 x flat washer M10-D50（#56）
 4Xfootpad（#50）	 22 x flat washer M10-D20（#58）
 2 x Hexagon socket head screws M10*110（#51）	 18 x Hexagonal locking nut M10（#60）

Step 3: Use following method combine left arm movement（#6）and left frame（#1）；combine right arm movement（#7）to right frame（#2）；Put sleeve to （#14）left arm movement（#6）、right arm movement（#7）

- 4x Hexagon socket head screws M10*20（#54）
- 4x flat washer M10-D30 （#57）
- 4x spring washer M10 （#60）

 Left arm movement（#6）	 4x Hexagon socket head screws M10*20（#54）
 Right arm movement（#7）	 4 x flat washer M10-D30（#57）
 2Xsleeve（#14）	 4xspring washer M10（#60）

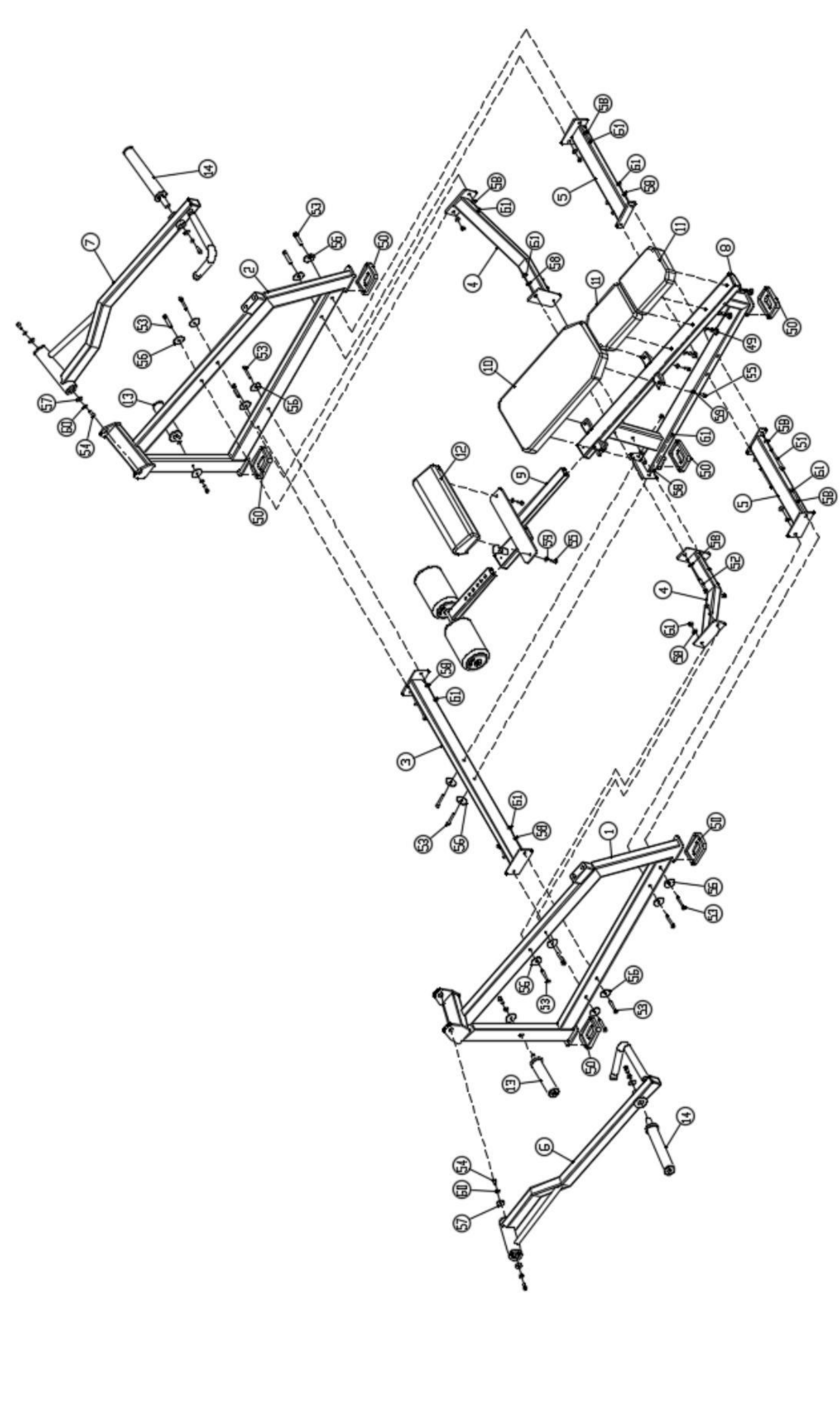


Important Tips

Now that the Decline Chest Press is assembled, you'll need to take a moment to make sure your equipment is level and vertical.If not,please loose some hardware to reassemble.

Parts List

NO	Name	QTY
1	Left frame	1
2	Right frame	1
3	Connecting frame 1	1
4	Connecting frame 3	2
5	Connecting frame 2	2
6	Left arm movement	1
7	Right arm movement	1
8	Main frame	1
9	Seat frame	1
10	Main cushion	1
11	Head pad	2
12	Seat cushion	1
13	sleeve	4
14	sleeve	2
49	20plug	4
50	footpad	6
51	Hexagon socket head screws M10*110	2
52	Hexagon socket head screws M10*70	2
53	Hexagon socket head screws M10*60	14
54	Hexagon socket head screws M10*20	4
55	Hexagon socket head screws M8*25	10
56	Flat washer M10-D50	14
57	Flat washer M10-D30	4
58	Flat washer M10-D20	22
59	Flat washer M8-D25	10
60	Spring washer M10	4
61	Hexagonal locking nut M10	18

exploded view