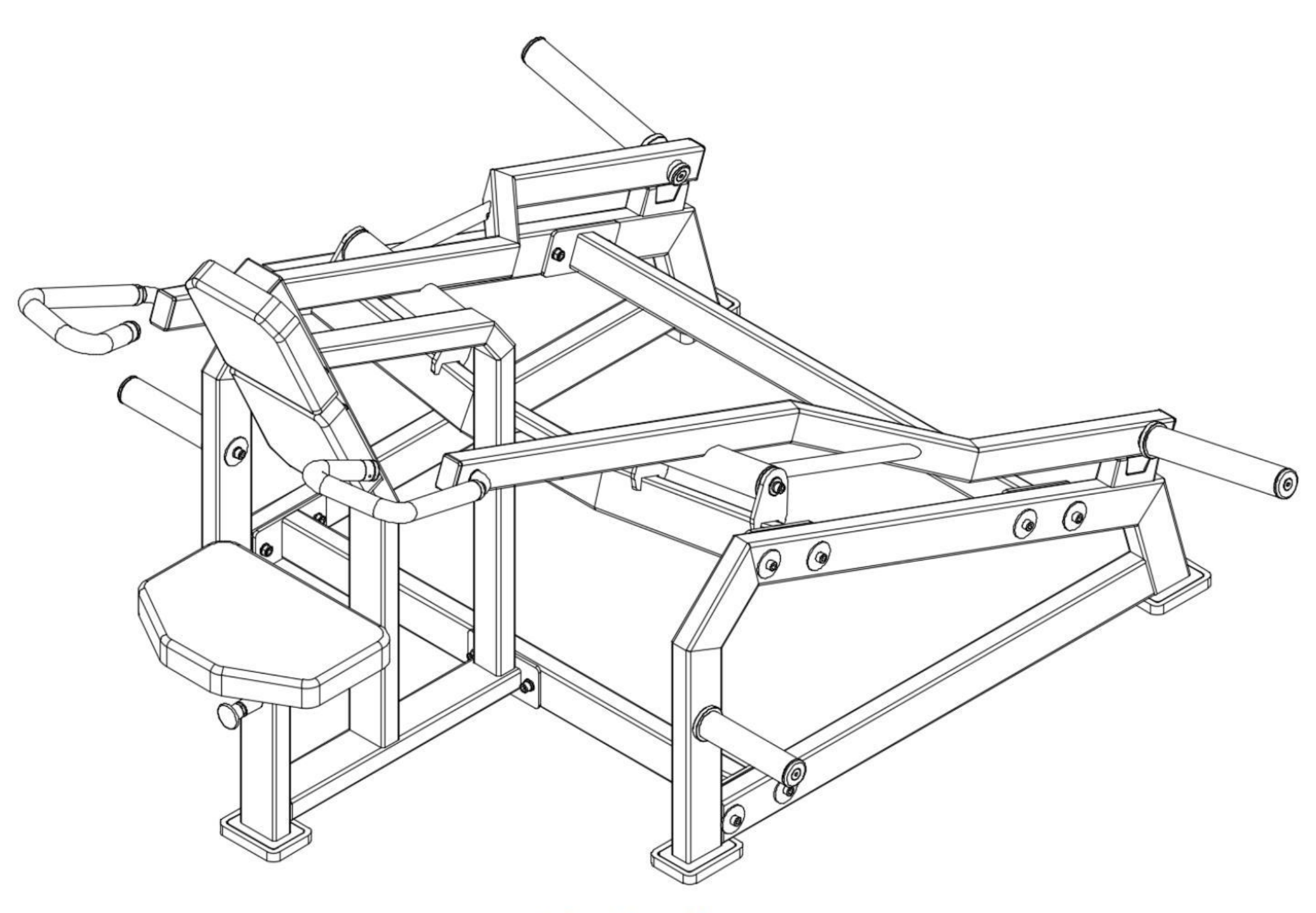
82039 Installation Guide
Triceps Machine



Catalog

introductions................................ 3

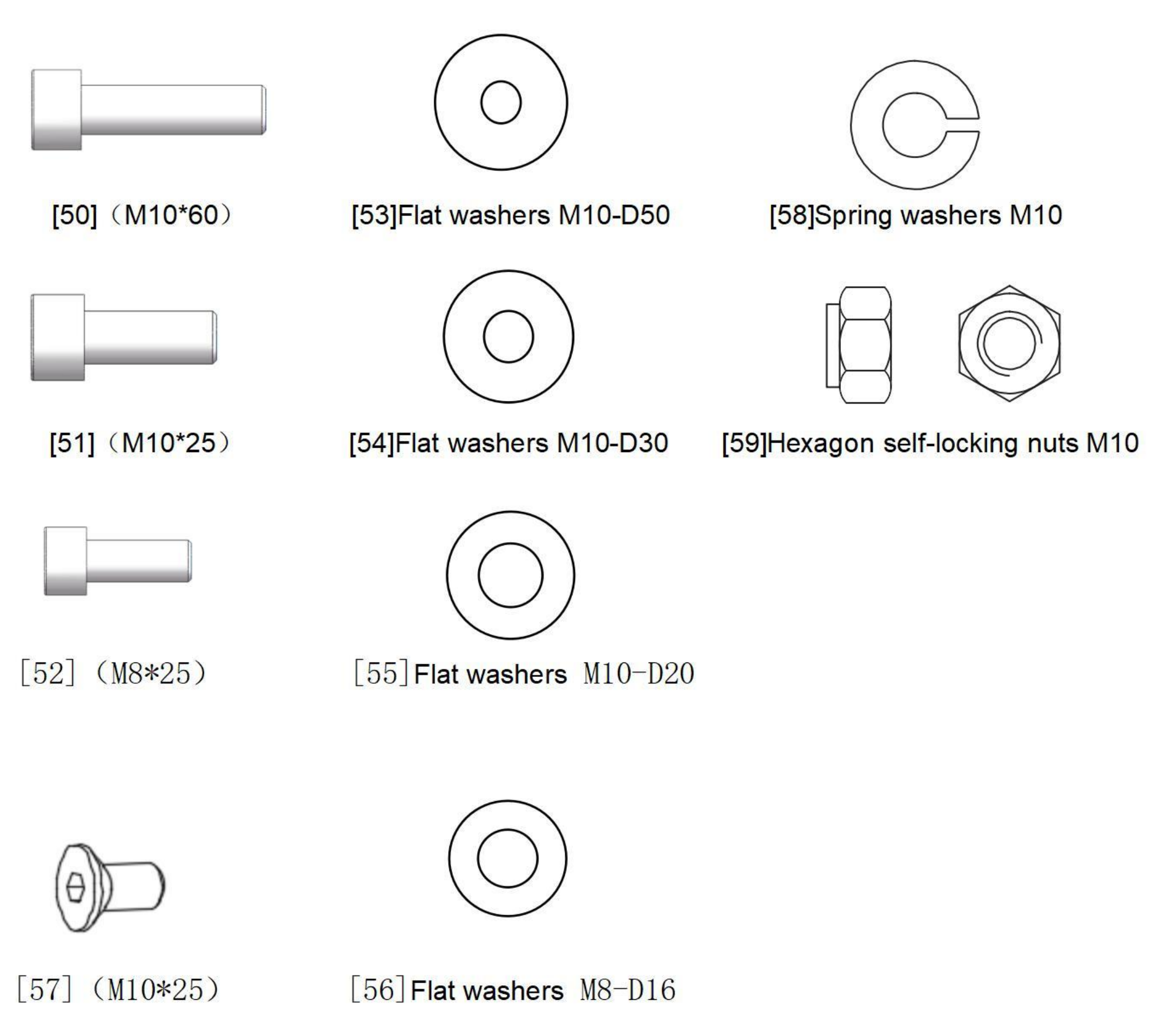
installation.............................. 4

introductions

Please read carefully before installing. Please refer to the various lists in the manual to confirm the integrity and quantity of all parts (if there are any parts missing or damaged during transportation, please call our after-sales service immediately for instructions). Please install the equipment correctly according to the relevant instructions.This equipment is designed to provide the smoothest and most effective exercise. 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 physical injury and equipment damage. And refer to the relevant instructions in time to inquire about the cause. If you cannot solve it, please call our after-sales service. After reading all the instructions carefully, please continue

Rubber rod
Level
Hexagon wrench
Two person
Circlip pliers
Adjustable wrench

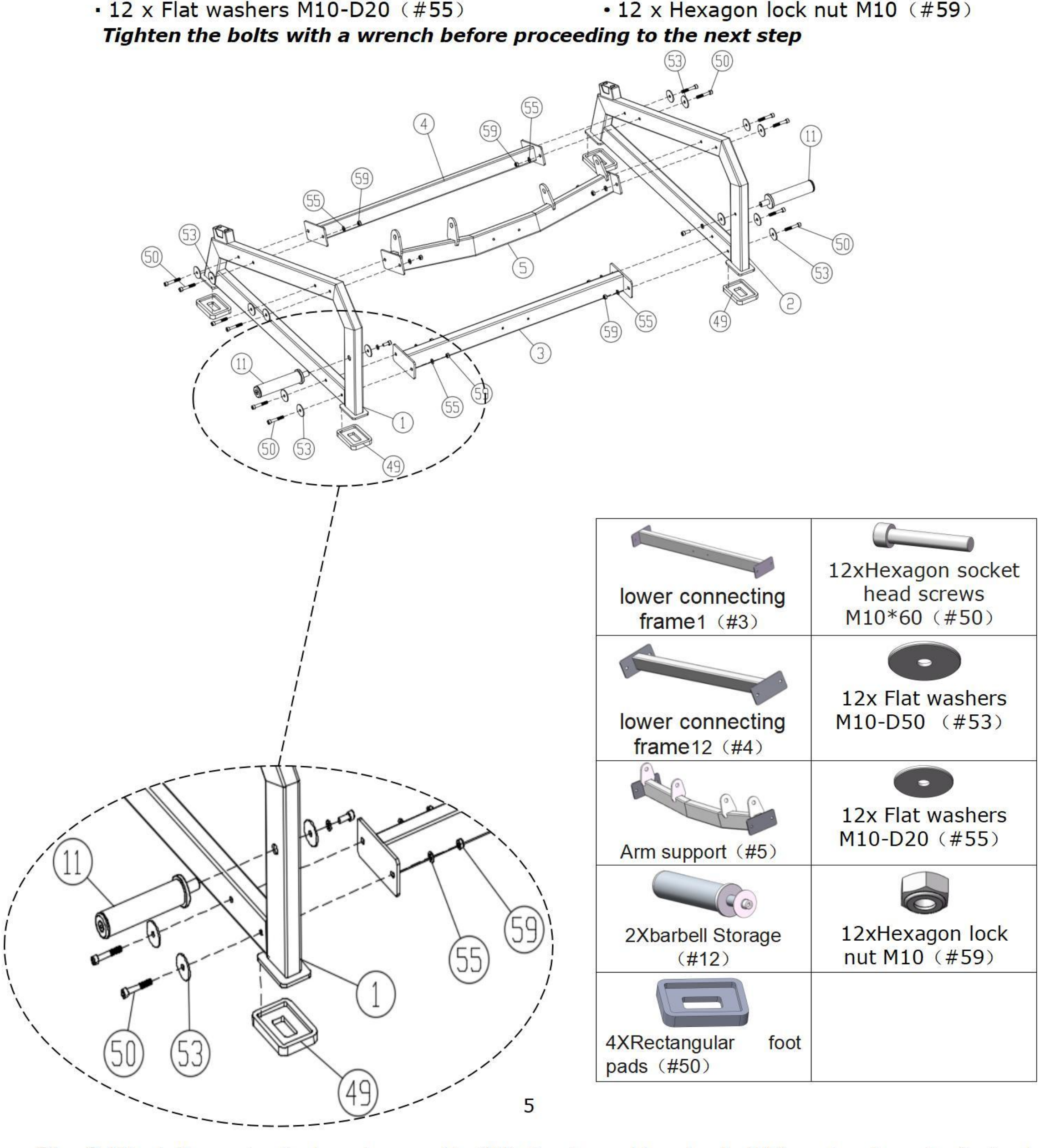
fastener



Step1: Connect the lower connecting frame 1 (#3), lower connecting frame 2 (#4), force arm support frame (#5), and 2 bell plate storage sleeves (#11) to the left frame (#1) and the right frame (#2) in the following way, and install the 4 rectangular foot pads (#50) on the left frame (#1) and the right frame (#2):：

- 12 xHexagon socket head screws M10*60（#50）
- 12 x Flat washers M10-D50 （#53）
- 12 x Flat washers M10-D20（#55）
- 12 x Hexagon lock nut M10（#59）

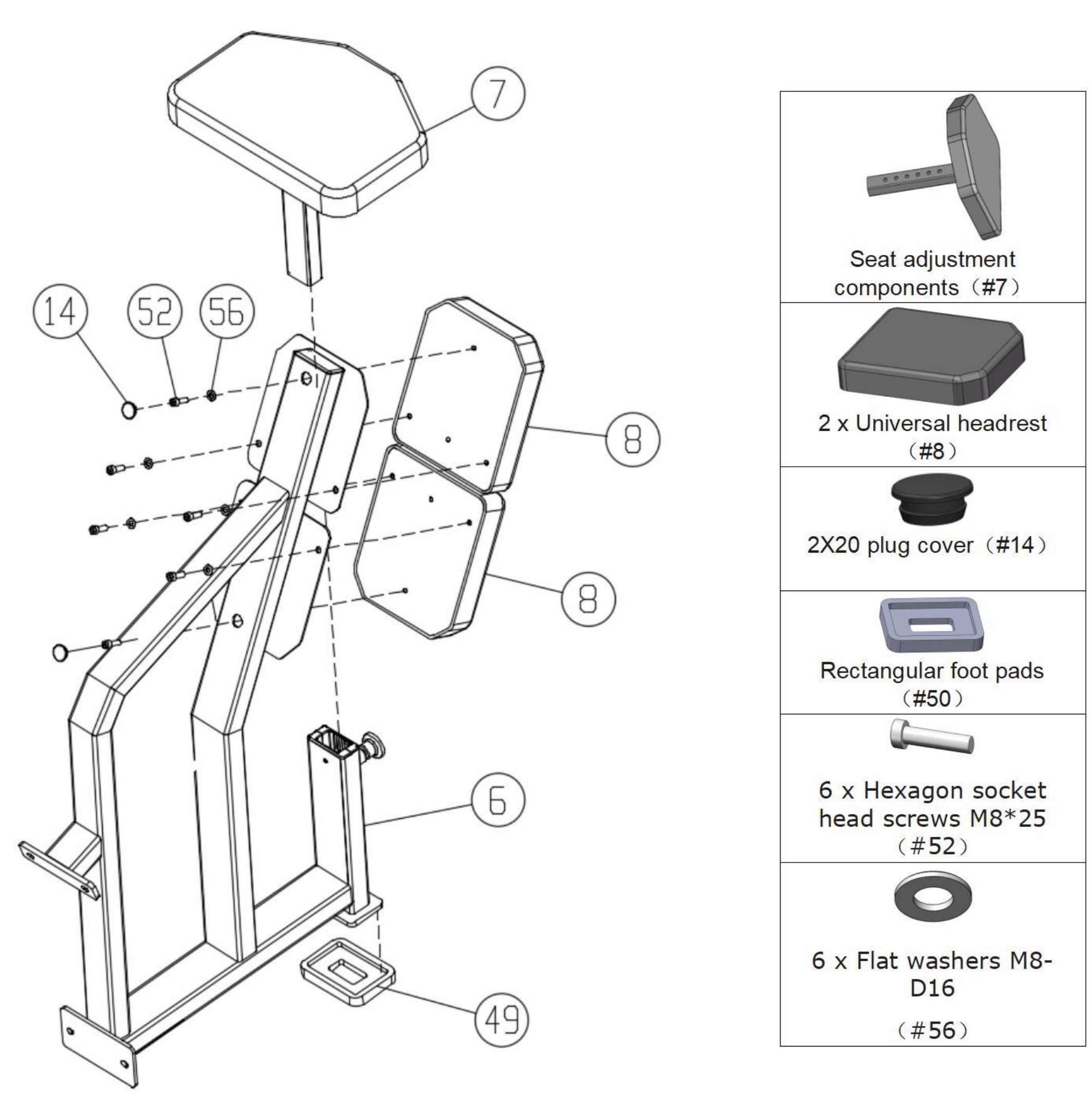
Tighten the bolts with a wrench before proceeding to the next step



lower connecting frame1（#3）	12xHexagon socket head screws M10*60（#50）
lower connecting frame12（#4）	12x Flat washers M10-D50 （#53）
Arm support（#5）	12x Flat washers M10-D20（#55）
2Xbarbell Storage （#12）	12xHexagon lock nut M10（#59）
4XRectangular foot pads（#50）	

Step2: Attach the seat adjustment assembly (#7), 2 universal headrests (#8), and rectangular footrests (#49) to the main frame assembly (#6) using the following method:；

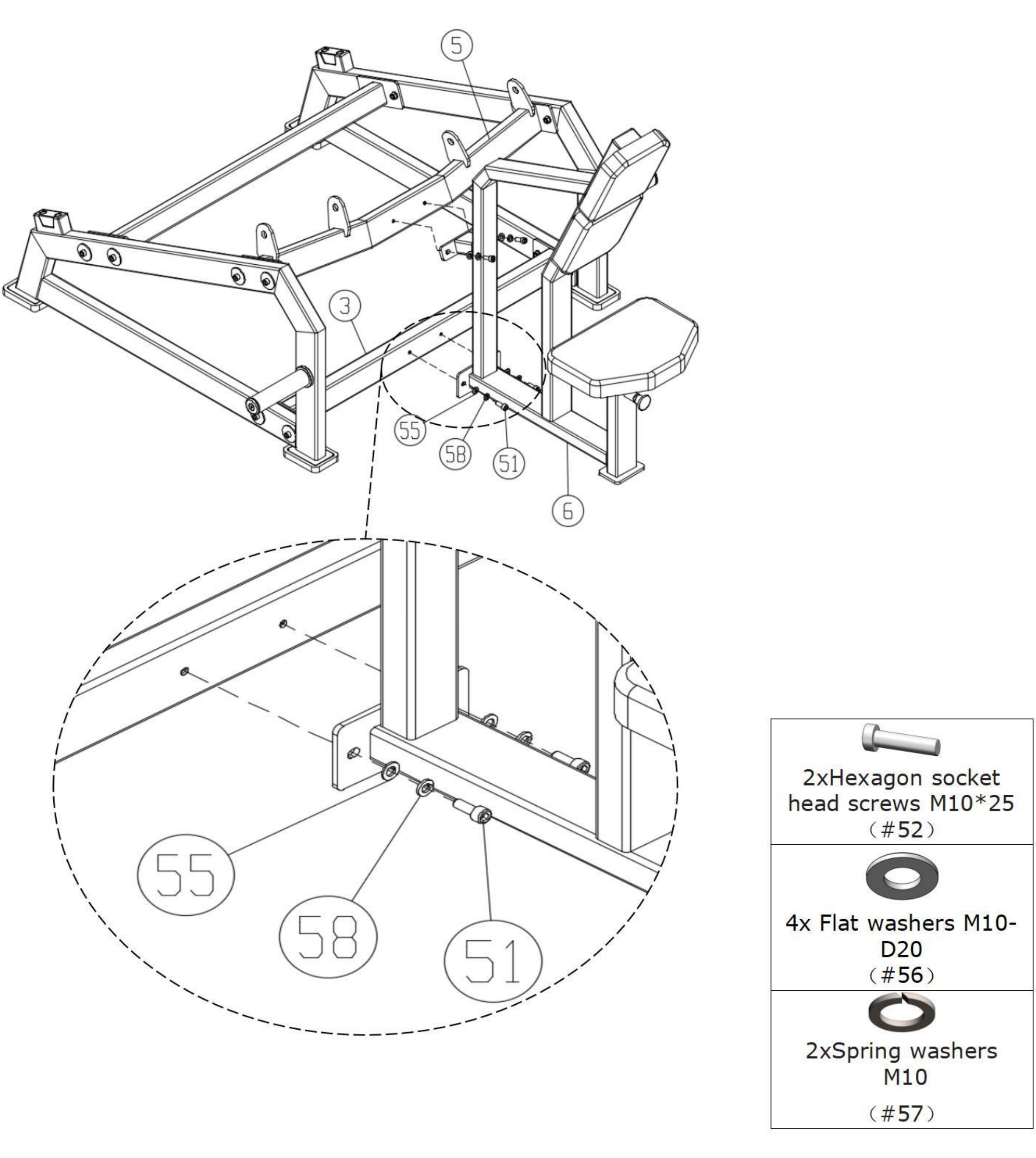
- 6 x Hexagon socket head screws M10*25（#52）
- 6 x Flat washers M10-D20 （#56）
- 2 x 20 plug cover （#14）



Seat adjustment components（#7）
2 x Universal headrest （#8）
2X20 plug cover（#14）
Rectangular foot pads （#50）
6 x Hexagon socket head screws M8*25 （#52）
6 x Flat washers M8-D16 （#56）

Step3: Connect the component completed in step 2 to the component completed in step 1 as follows:

- 2 x Hexagon socket head screws M10*25（#52）
- 4 x Flat washers M10-D20（#56）
- 2 x Spring washers M10 （#57）

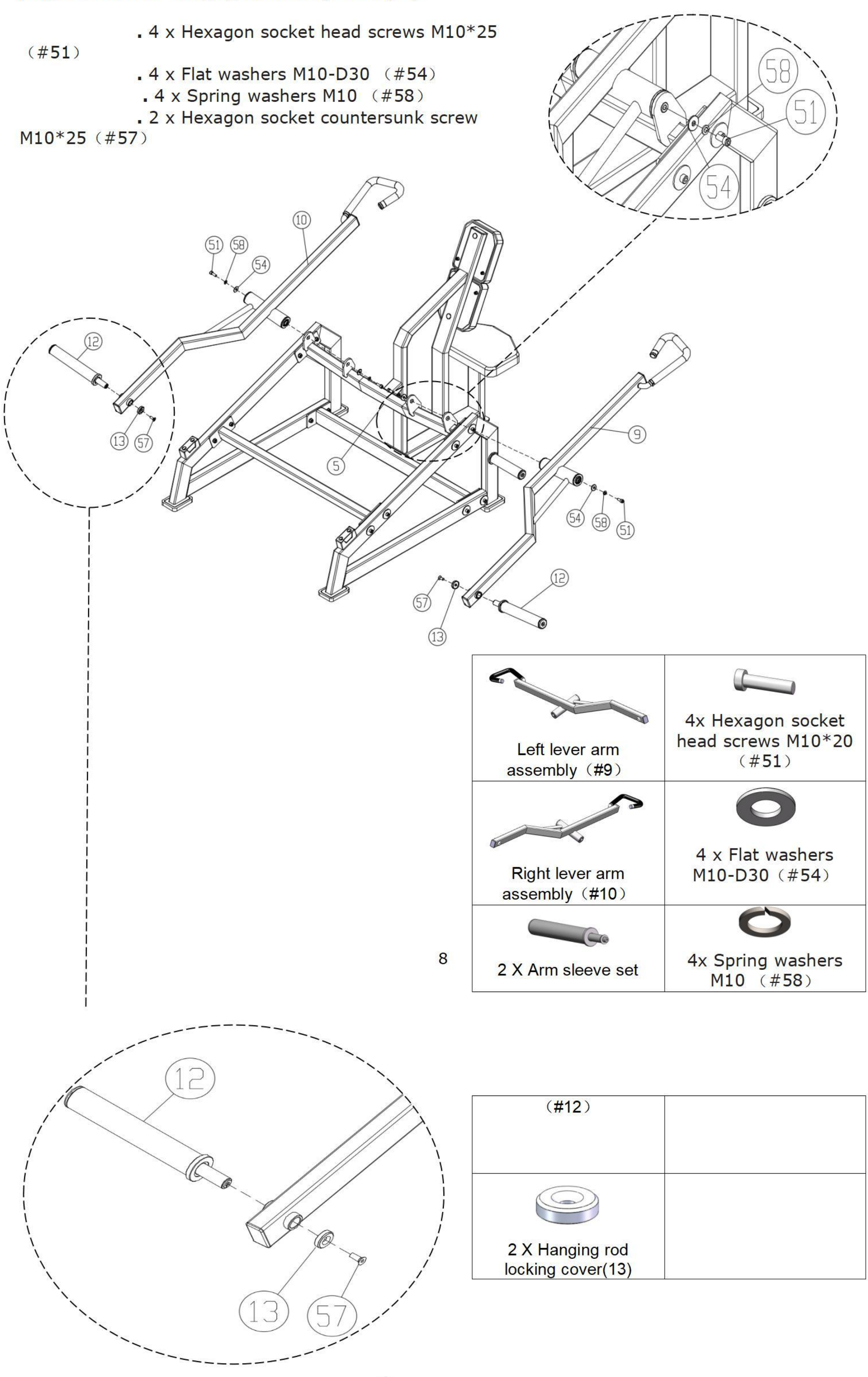


2xHexagon socket head screws M10*25 （#52）
4x Flat washers M10-D20 （#56）
2xSpring washers M10 （#57）

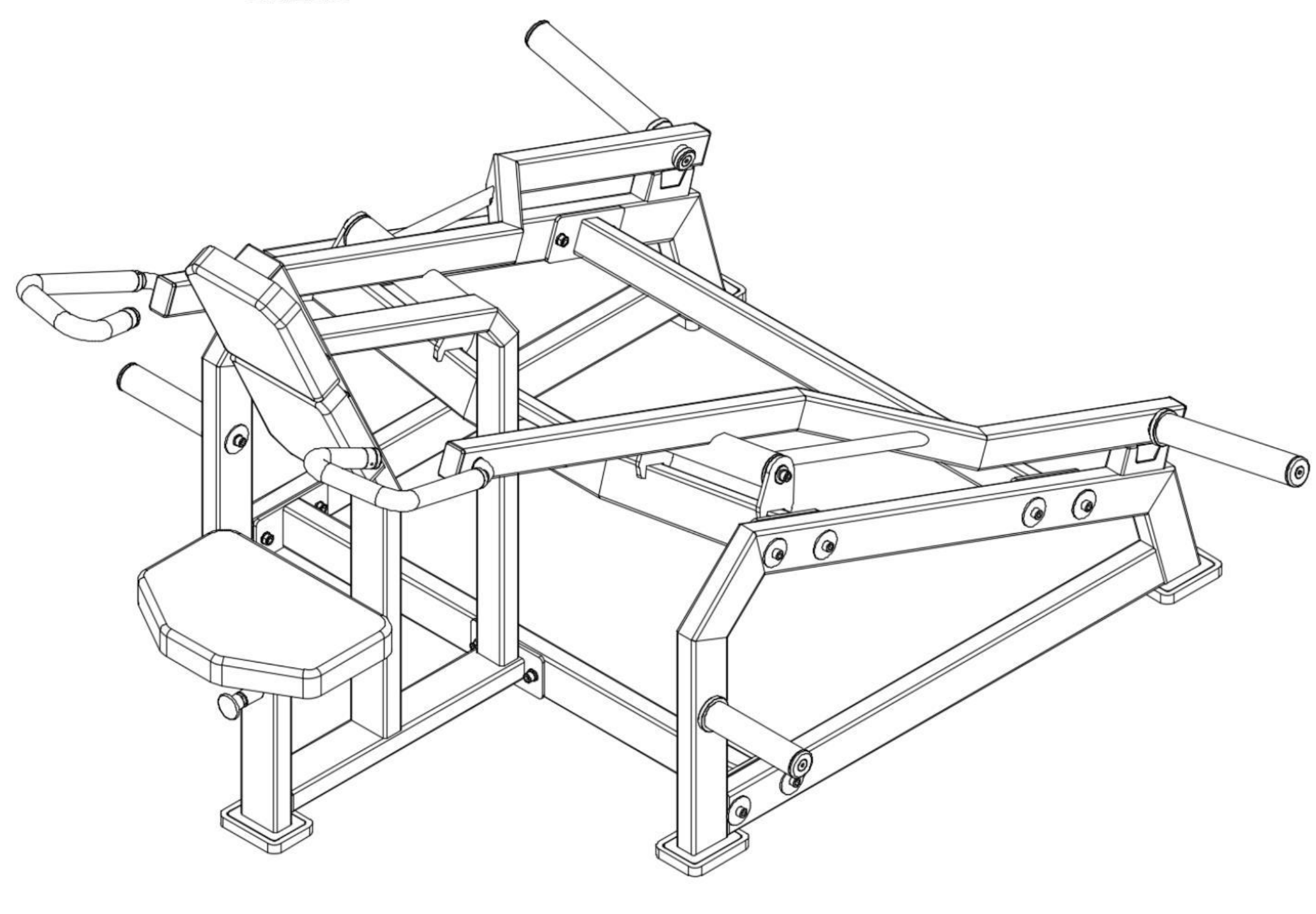
Step 4: Connect the left arm assembly (#9) to the left frame (#1) in the following way; connect the right arm assembly (#10) to the right frame (#2);

Connect the two arm sleeves (#12) to the left arm assembly (#8) and the right arm assembly (#9) and plug them with the hanging rod locking cover (13).

- 4 x Hexagon socket head screws M10*25 （#51）
- 4 x Flat washers M10-D30 （#54）
- 4 x Spring washers M10 （#58）
- 2 x Hexagon socket countersunk screw M10*25（#57）



Left lever arm assembly（#9）	4x Hexagon socket head screws M10*20 （#51）
Right lever arm assembly（#10）	4 x Flat washers M10-D30（#54）
2 X Arm sleeve set （#12）	4x Spring washers M10 （#58）
2 X Hanging rod locking cover(13)	

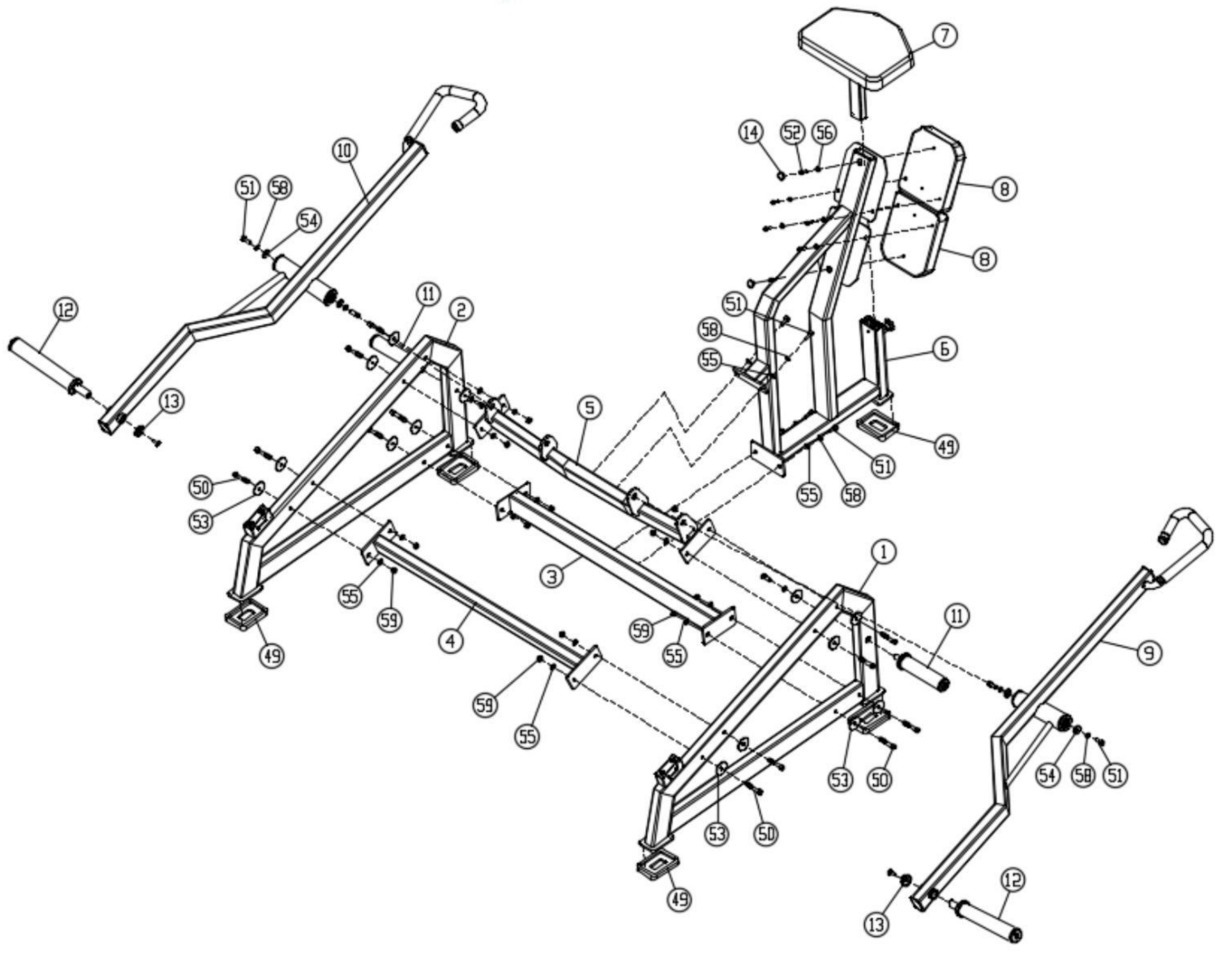


Tips

Now that the Triceps Pressdown is assembled, you will want to take a moment to make sure your unit is level and vertical.

list

No	Name	pcs
1	Left side frame	1
2	Right side frame	1
3	Lower connecting frame 1	1
4	Lower connecting frame 2	1
5	Arm support	1
6	Main frame components	1
7	Seat adjustment components	1
8	Universal headrest	2
9	Left lever arm assembly	1
10	Right lever arm assembly	1
11	Bell Plate Storage Sleeve Set	2
12	Lever sleeve set	2
13	Locking cover for hanging rod	2
14	20 plug cover	2
49	Rectangular foot pads	5
50	Hexagon socket head screws M10*60	12
51	Hexagon socket head screws M10*25	8
52	Hexagon socket head screws M8*25	6
53	Flat washers M10-D50	12
54	Flat washers M10-D30	4
55	Flat washers M10-D20	20
56	Flat washers M8-D16	6
57	Hexagon socket countersunk screw M10*25	2
58	Spring washers M10	8
59	Hexagon lock nut M10	12

Exploded view