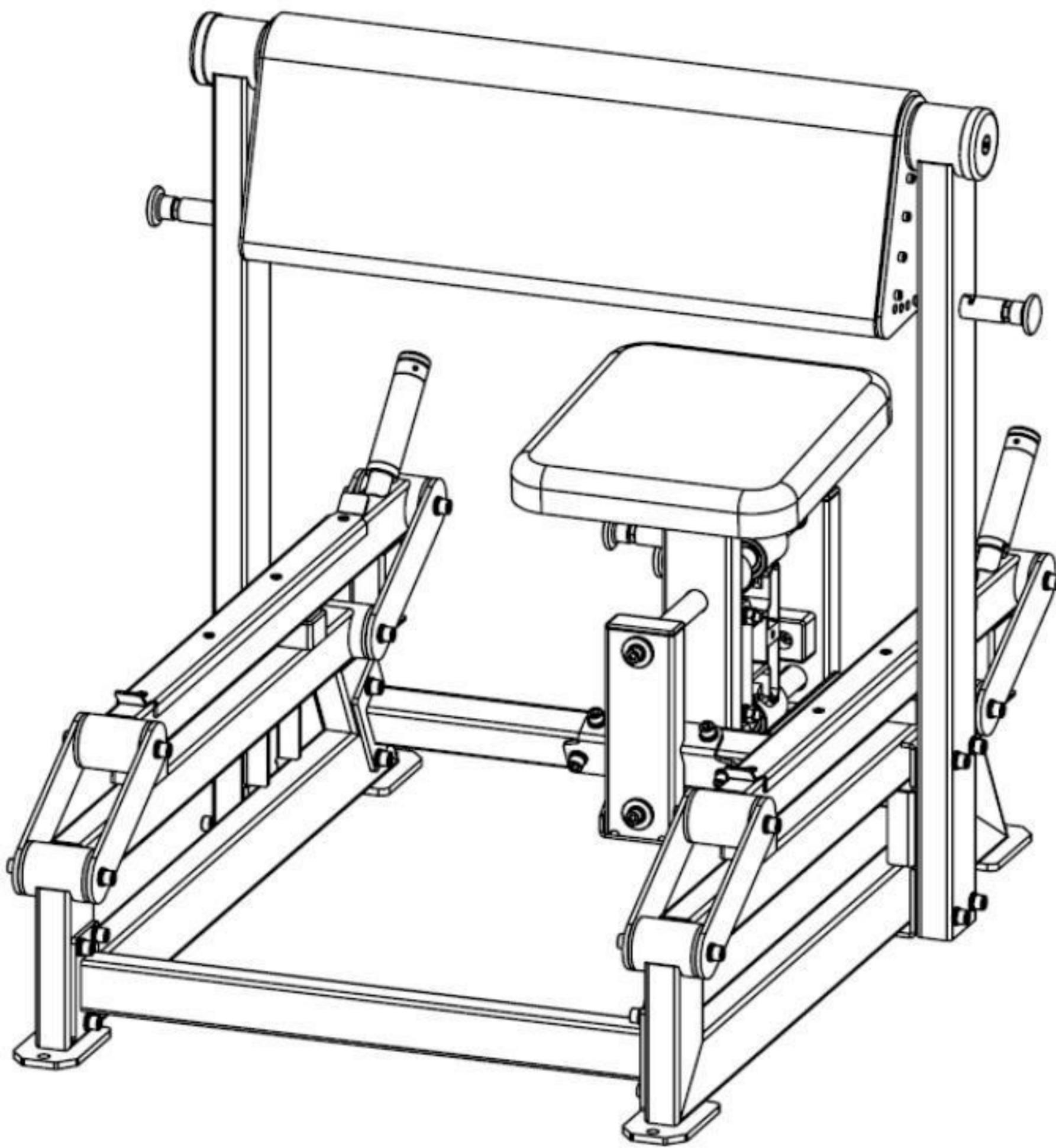


## Pro Biceps Curl



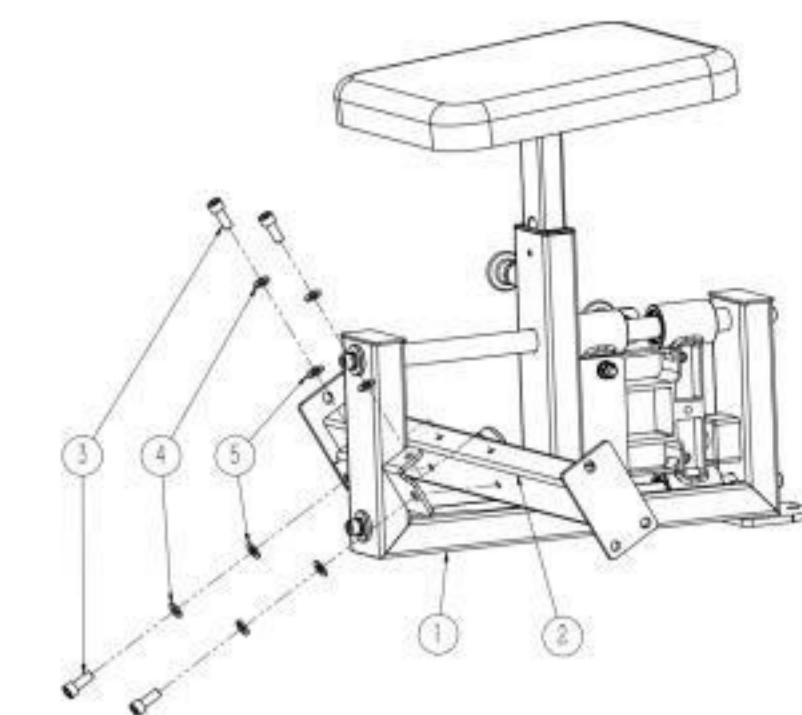
Please take the time to read these instructions carefully before installation. Please refer to the list in the manual to confirm the completeness and quantity of all parts (if any parts are missing or damaged in transit, please call our company immediately for after-sales instructions) When installing 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

Step 1: use follow method combine seat slide assembly ① with connected frame ②:

- 4×M10\*25 Hex socket head cap screw ③
- 4×M10 spring washer ④
- 4×M10 flat washer ⑤

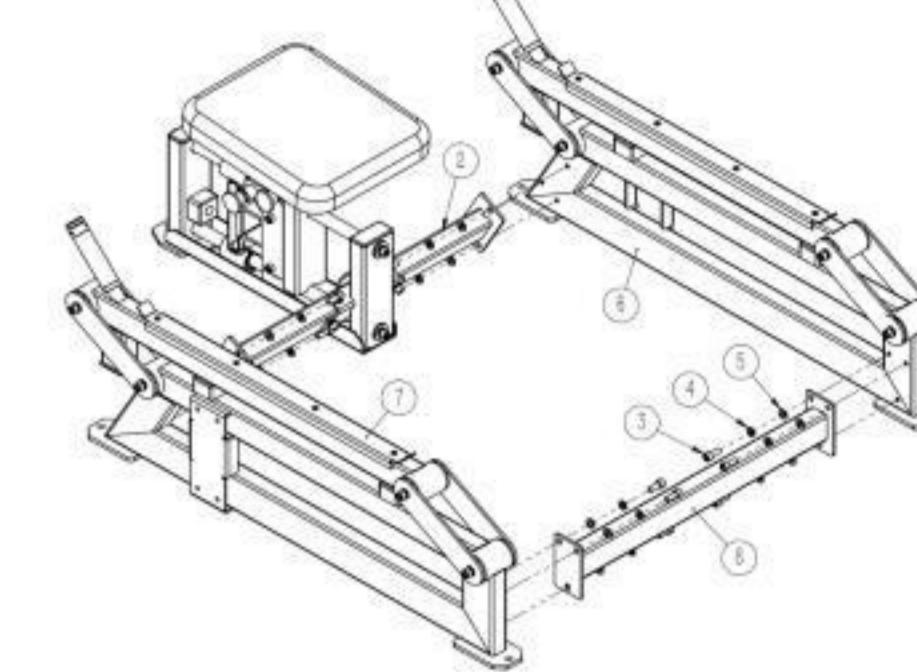
use wrench to tighten the bolts before proceeding to the next step



Step 2: use follow method combine left side frame assembly ⑥, right frame assembly ⑦ connected frame ⑧, connected frame ②

- 12×M10\*25 Hex socket head cap screw ③
- 12×M10 spring washer ④
- 12×M10 flat washer ⑤

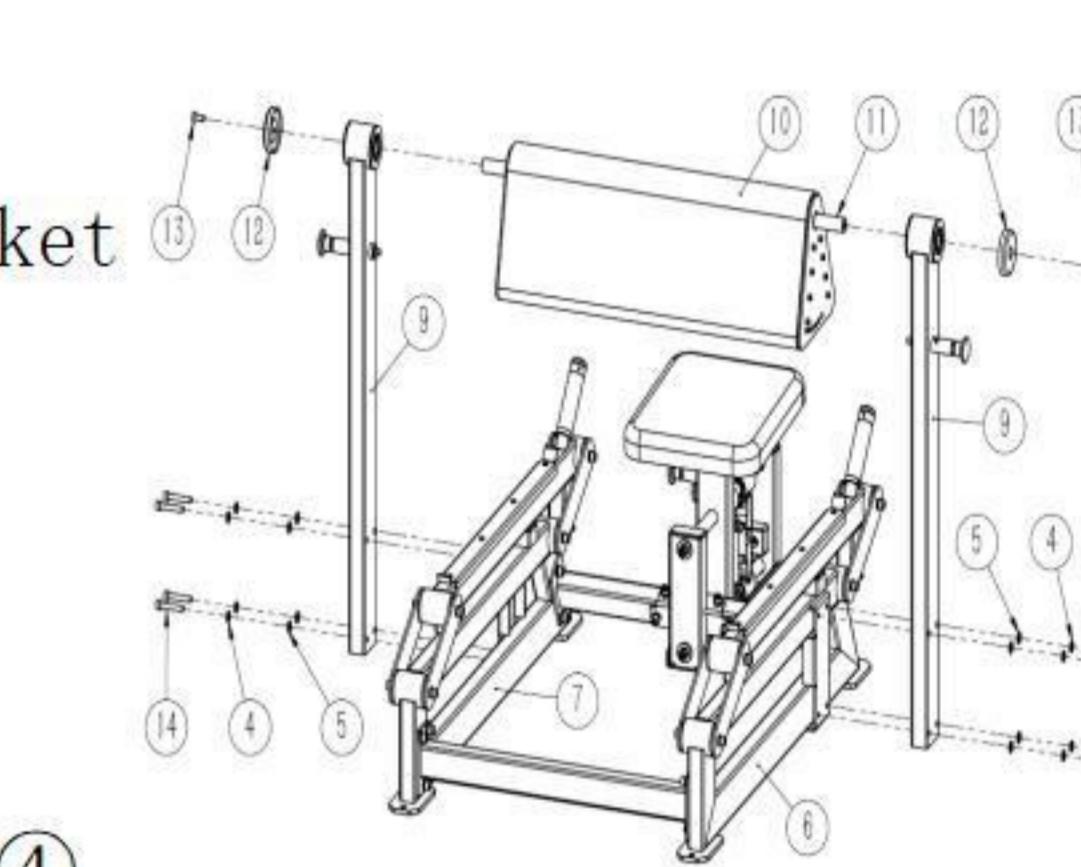
use wrench to tighten the bolts before proceeding to the next step



Step 3: use follow method combine left side frame assembly ⑥, right frame assembly ⑦ connected frame ⑨, cushion assembly ⑩, Spindle ⑪

- 2×76Aluminum cap ⑫
  - 2×M10\*25 Hexagon socket flat head screw ⑬
  - 8×M10\*55 Hex socket head cap screw ⑭
  - 8×M10 spring washer ④
  - 8×M10 flat washer ⑤

use wrench to tighten the bolts before proceeding to the next step



## Catalogue

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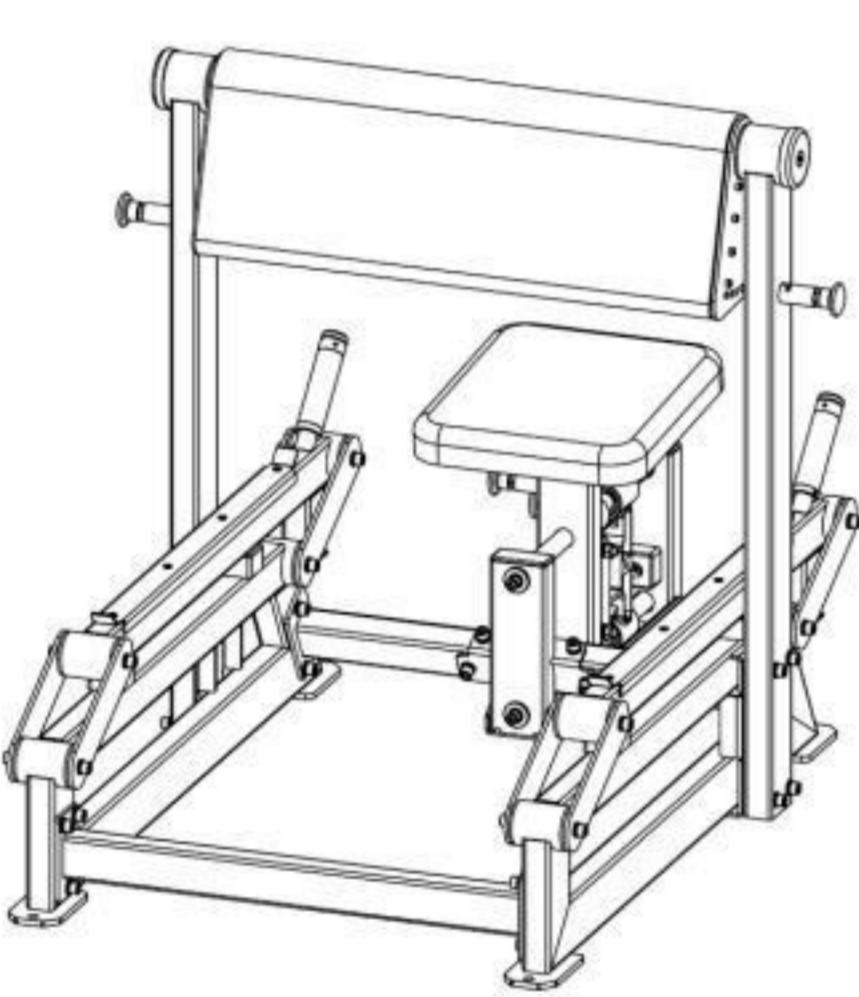
Tools	Rubber Rod
	Level Ruler
	Hexagonal wrench
	Spring Clamp
	Adjustable wrench

Note: When assembling, it is recommended that two or more people operate

-1-

## Important Notice

Now the Biceps curl rack 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.



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## Accessory List

No.	Name	Picture	QTY
①	seat slide assembly		1
②	connected frame		1
⑥	left frame assembly		1
⑦	right frame assembly		1
⑧	connected frame		1
⑨	connected frame		2
⑩	cushion assembly		1
⑪	Spindle		1
⑫	76 Aluminum cap		2
⑬	Hex socket head cap screw M10*25		16
⑭	spring washer M10		24
⑮	flat washer M10		24
⑯	Hexagon socket flat head screw M10*25		2
⑰	Hex socket head cap screw M10*55		8

Note: Pre-assembled parts are not listed in this table.