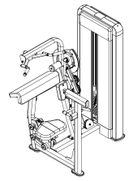
55A04 · Biceps / Triceps

INSTALLATION MANUAL



Before Installation

Before You Start

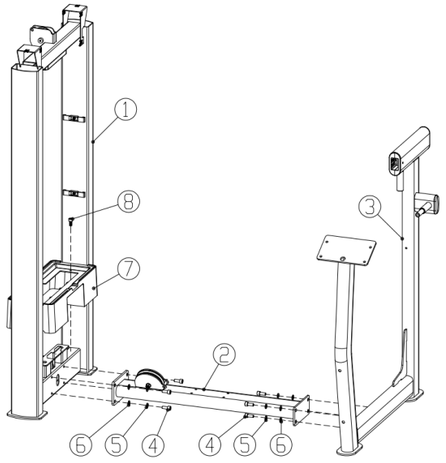
01 Read this manual before installation. Check all parts and quantities against the parts lists. If any part is missing or damaged in transit, contact after-sales service before assembly.

02 Assemble the equipment according to these instructions. After installation, learn all functions before use. Stop using the machine if a problem occurs. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet
- Snap-Ring Pliers
- Spirit Level
- Adjustable Wrench
- Hex Keys
- 2 People

Assembly



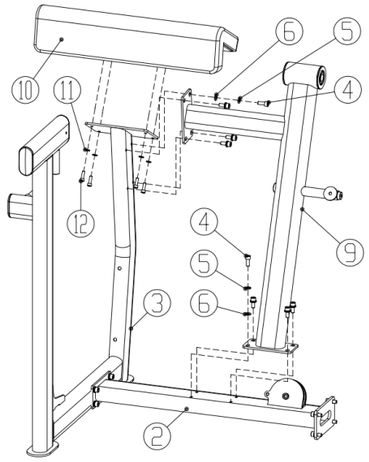
STEP 1 & 2

STEP 1
Connect the weight stack frame (#1), connecting frame (#2), and main frame 1 (#3).

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#4) × 8
- Spring Washer M10 (#5) × 8
- Flat Washer M10-D20 (#6) × 8

STEP 2
Attach the lower shroud (#7) to the weight stack frame (#1).

HARDWARE
- Hex Socket Head Cap Screw M5×16 (#8) × 2



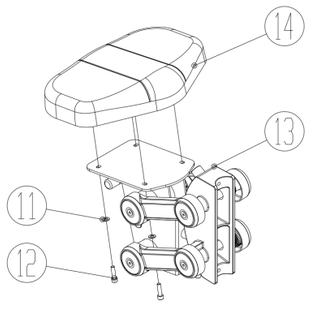
STEP 3 & 4

STEP 3
Connect main frame 2 (#9) to the connecting frame (#2) and main frame 1 (#3).

HARDWARE
- Hex Socket Head Cap Screw M10×25 (#4) × 8
- Spring Washer M10 (#5) × 8
- Flat Washer M10-D20 (#6) × 8

STEP 4
Attach the elbow pad (#10) to main frame 1 (#3).

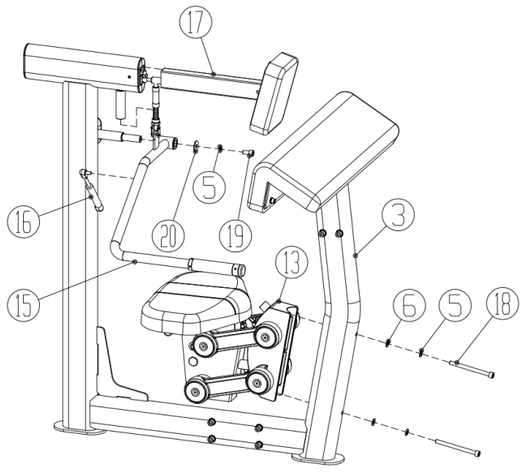
HARDWARE
- Hex Socket Head Cap Screw M8×25 (#12) × 4
- Flat Washer M8-D16 (#11) × 4



STEP 5

ACTION
Attach the seat pad (#14) to the seat frame (#13).

HARDWARE
- Hex Socket Head Cap Screw M8×25 (#12) × 4
- Flat Washer M8-D16 (#11) × 4



STEP 6, 7 & 8

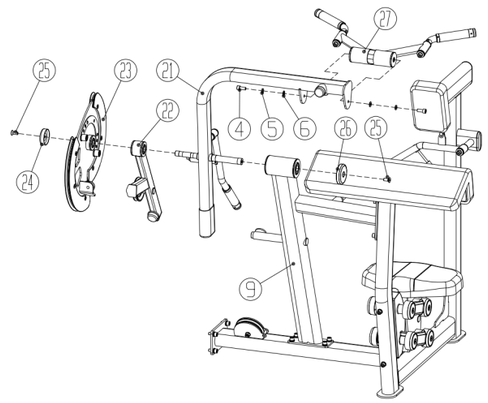
STEP 6
Attach the seat frame (#13) to main frame 1 (#3).

HARDWARE
- Hex Socket Head Cap Screw M10×120 (#18) × 2
- Spring Washer M10 (#5) × 2
- Flat Washer M10-D20 (#6) × 2

STEP 7
Connect the adjustment handle (#15), main frame 1 (#3), and gas spring (#16).

HARDWARE
- Hex Socket Head Cap Screw M10×20 (#19) × 1
- Spring Washer M10 (#5) × 1
- Flat Washer M10-D30 (#20) × 1

STEP 8
Connect the back pad adjuster (#17) to main frame 1 (#3).



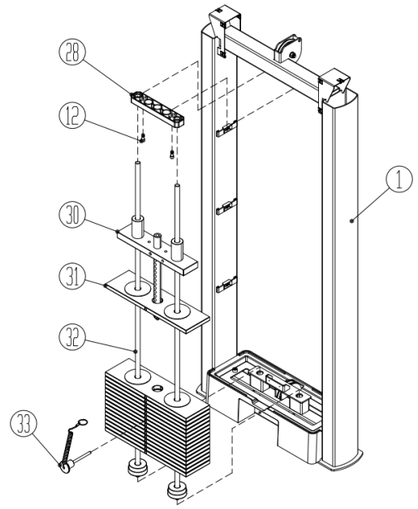
STEP 9 & 10

STEP 9
Connect main frame 2 (#9), the lever arm (#21), swing arm (#22), and cable cam (#23). Fit the aluminum caps (#24 and #26).

HARDWARE
- Aluminum Cap-60 (#24) × 1
- Aluminum Cap-76 (#26) × 1
- Hex Socket Countersunk Head Screw M10×25 (#25) × 2

STEP 10
Attach the handle linkage (#27) to the lever arm (#21).

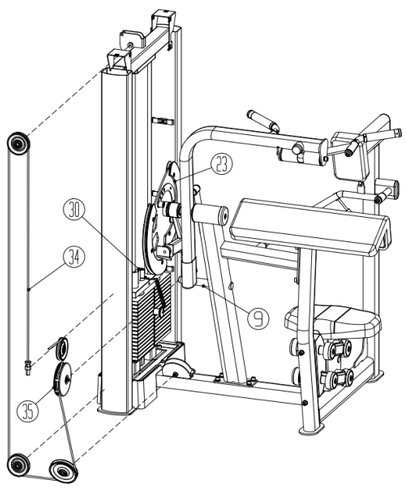
HARDWARE
- Hex Socket Head Cap Screw M10×25 (#4) × 2
- Spring Washer M10 (#5) × 2
- Flat Washer M10-D20 (#6) × 2



STEP 11

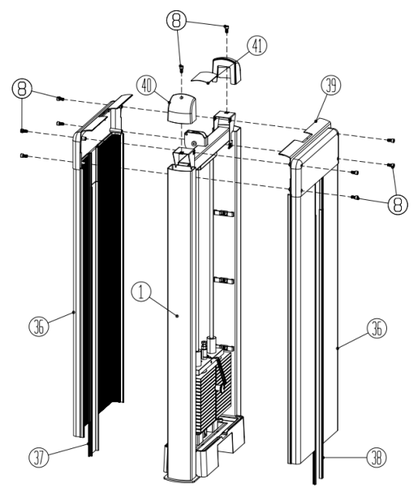
ACTION
Place the preassembled guide rod assemblies (#32) into the weight stack frame (#1). Install the weight plates (#31) on the guide rods with the spacer plates facing up. Install the guide block assembly (#30), then the guide rod retaining plate (#28). Secure the retaining plate to the weight stack frame, then insert the weight stack selector pin (#33) into the weight plates.

HARDWARE
- Hex Socket Head Cap Screw M8×25 (#12) × 2



STEP 12

ACTION
Remove the preinstalled pulleys. Route the cable (#34) around the pulleys as shown, then reinstall the pulleys. Install the pulley housing (#35) on main frame 2 (#9) with the cable routed through it. Connect one end of the cable to the guide block assembly (#30) and the other end to the cable cam (#23).



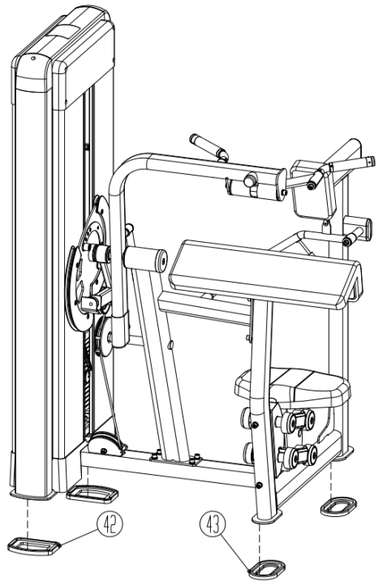
STEP 13 & 14

STEP 13
Slide the two decorative strips (#38) into the two shroud rails (#36) and attach them to the weight stack frame (#1). Slide the decorative panel (#37) into the two shroud rails (#36). Attach the two upper shrouds (#39) to the weight stack frame (#1).

HARDWARE
- Hex Socket Head Cap Screw M5×16 (#8) × 8

STEP 14
Attach the two weight stack upright end caps (#40) to the weight stack frame (#1), then snap the upper shroud top covers (#41) into the two upper shrouds (#39).

HARDWARE
- Hex Socket Head Cap Screw M5×16 (#8) × 2



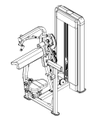
STEP 15

ACTION

Move the assembled machine to a suitable location and install the four matching foot pads (#42 / #43).

FINAL CHECK

01 After assembly, verify that the machine is level and plumb. Use a spirit level to check that the guide rods are vertical in both directions. If not, loosen the required frame hardware, realign the frame, and retighten the bolts.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Weight Stack Frame	1	15	Adjustment Handle	1	30	Guide Block Assembly	1
2	Connecting Frame	1	16	Gas Spring	1	31	Weight Plate	12
3	Main Frame 1	1	17	Back Pad Adjuster	1	32	Guide Rod Assembly	2
4	Hex Socket Head Cap Screw M10×25	18	18	Hex Socket Head Cap Screw M10×120	2	33	Weight Stack Selector Pin	1
5	Spring Washer M10	21	19	Hex Socket Head Cap Screw M10×20	1	34	Cable	1
6	Flat Washer M10-D20	20	20	Flat Washer M10-D30	1	35	Pulley Housing	1
7	Lower Shroud	1	21	Lever Arm	1	36	Shroud Rail	4
8	Hex Socket Head Cap Screw M5×16	12	22	Swing Arm	1	37	Decorative Panel	1
9	Main Frame 2	1	23	Cable Cam	1	38	Decorative Strip	2
10	Elbow Pad	1	24	Aluminum Cap-60	1	39	Upper Shroud	1
11	Flat Washer M8-D16	8	25	Hex Socket Countersunk Head Screw M10×25	2	40	Weight Stack Upright End Cap	2
12	Hex Socket Head Cap Screw M8×25	10	26	Aluminum Cap-76	1	41	Upper Shroud Top Cover	2
13	Seat Frame	1	27	Handle Linkage	1	42	Weight Stack Frame Foot Pad	2
14	Seat Pad	1	28	Guide Rod Retaining Plate	1	43	Flat Oval Foot Pad	2