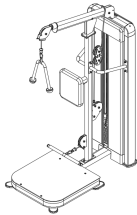


55A05 • Standing Biceps / Triceps

INSTALLATION MANUAL



Before Installation

Before You Start

- 01
- Read this manual before installation. Check all parts and quantities against the parts list. 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 immediately if a problem occurs to prevent injury or equipment damage. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

- Rubber Mallet

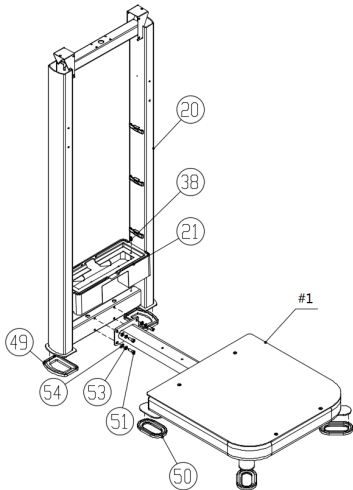
• Spirit Level

• Hex Keys
- Snap-Ring Pliers

• Adjustable Wrench

• 2 People

Assembly



STEP 1, 2 & 3

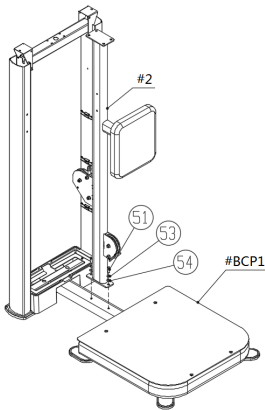
STEP 1
Connect part #1, the weight stack frame (#20), and the lower weight stack shroud (#21) to form BCP1.

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#51)
 - Spring Washer M10 (#53)
 - Flat Washer M10-D20 (#54)

STEP 2
Install two weight stack foot pads (#49) on BCP1.

STEP 3
Install four flat oval foot pads (#50) on BCP1.

× 4
× 4
× 4

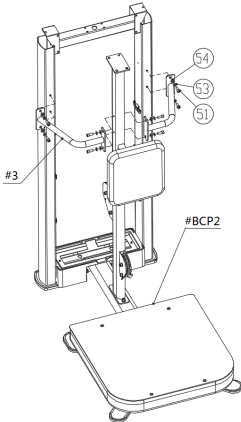


STEP 4

ACTION
Connect part #2 to BCP1 to form BCP2.

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#51)
 - Spring Washer M10 (#53)
 - Flat Washer M10-D20 (#54)

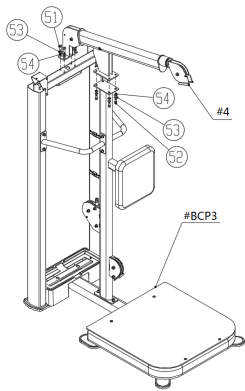
× 2
× 2
× 2



STEP 5

ACTION
Connect part #3 to BCP2 to form BCP3.

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#51)
 - Spring Washer M10 (#53)
 - Flat Washer M10-D20 (#54)

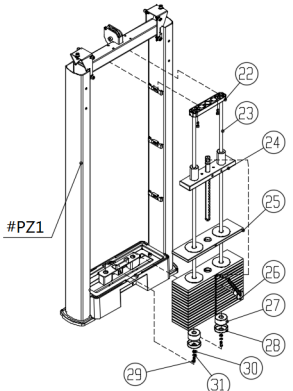


STEP 6

ACTION
Connect part #4 to BCP3 to form BCP4.

- HARDWARE**
- Hex Socket Head Cap Screw M10×25 (#51)
 - Hex Socket Head Cap Screw M10×20 (#52)
 - Spring Washer M10 (#53)
 - Flat Washer M10-D20 (#54)

× 4
× 4
× 8
× 8

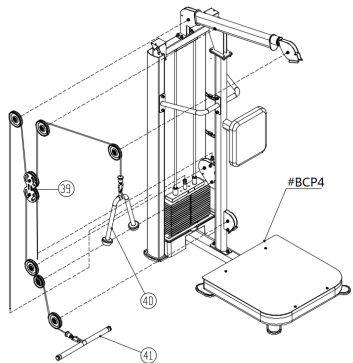


STEP 7

ACTION
Connect parts #22-#28 to PZ1 to form PZ2.

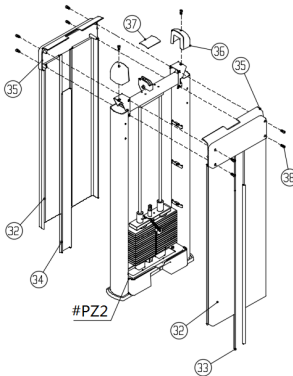
- HARDWARE**
- Hex Socket Head Cap Screw M8×20 (#29)
 - Spring Washer M8 (#30)
 - Flat Washer M8-D16 (#31)

× 4
× 2
× 2



STEP 8

ACTION
Connect the hanging pulley assembly (#39), triceps rope assembly (#40), and low-row handle assembly (#41) to BCP4.



STEP 9

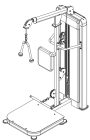
ACTION
Connect PZ2 with parts #32-#37.

- HARDWARE**
- Hex Socket Head Cap Screw M5×20 (#38)

× 10

FINAL CHECK

01 After assembly, check that the machine is level and plumb.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Part 1	1	22	Guide Rod Retaining Plate	1	26	Weight Stack Selector Pin	1	34	Decorative Panel	1
3	Part 3	2	51	Hex Socket Head Cap Screw M10×25	18	27	Weight Stack Rubber Pad	2	35	Upper Shroud	2
2	Part 2	1	23	Guide Rod	2	28	Weight Stack Base	2	36	Weight Stack Upright End Cap	2
4	Part 4	1	52	Hex Socket Head Cap Screw M10×20	4	29	Hex Socket Head Cap Screw M8×20	4	37	Upper Shroud End Cap	1
20	Weight Stack Frame	1	24	Guide Block Assembly	1	30	Spring Washer M8	2	38	Hex Socket Head Cap Screw M5×20	10
49	Weight Stack Foot Pad	2	53	Spring Washer M10	22	31	Flat Washer M8	2	39	Hanging Pulley Assembly	1
21	Lower Weight Stack Shroud	1	25	Weight Plate	18	32	Shroud Panel	4	40	Triceps Rope Assembly	1
50	Flat Oval Foot Pad	4	54	Flat Washer M10-D20	22	33	Decorative Strip	2	41	Low-Row Handle Assembly	1