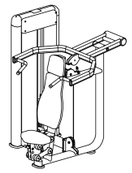
61A01 · Shoulder Press

INSTALLATION MANUAL



Before Installation

Before You Start

01 Read the instructions before assembly. Check that all parts are present and the quantities are correct. Report any missing or transit-damaged parts before installation.

02 Assemble the equipment correctly and follow all specified installation instructions.

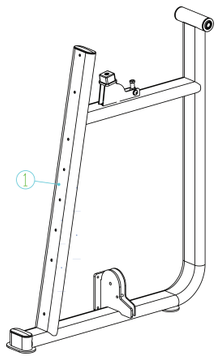
Tools Required

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

Assembly Notes

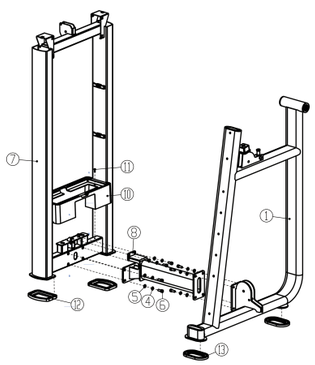
After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs to prevent injury or equipment damage. Resolve the problem before continuing and contact after-sales service if necessary.

Assembly



STEP 1

ACTION
Place the shoulder press side frame (#1) upright and perpendicular to the floor.



STEP 2, 3 & 4

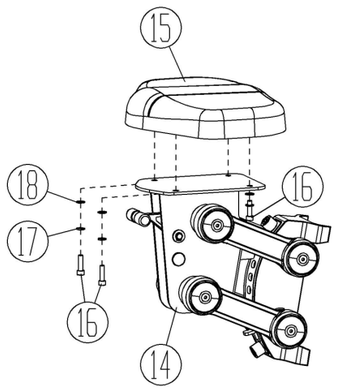
STEP 2
Connect the shoulder press connection frame (#8) to the weight stack frame (#7) and shoulder press side frame (#1).

HARDWARE
- Socket Head Cap Screw (M10×25) (#6) × 8
- Socket Head Cap Screw (M10×20) (#3) × 2
- Spring Washer (10) (#4) × 10
- Flat Washer (10) (#5) × 10

STEP 3
Attach the lower weight stack shroud (#10) to the weight stack frame (#7).

HARDWARE
- Socket Head Cap Screw (M5×16) (#11) × 2

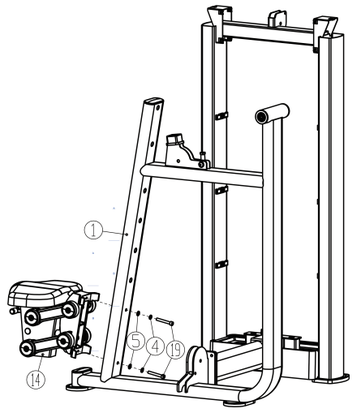
STEP 4
Install two weight stack frame foot pads (#12) on the weight stack frame (#7). Install two flat oval foot pads (#13) on the shoulder press side frame (#2).



STEP 5

ACTION
Attach the seat pad (#15) to the seat assembly (#14). Fully tighten the bolts before continuing.

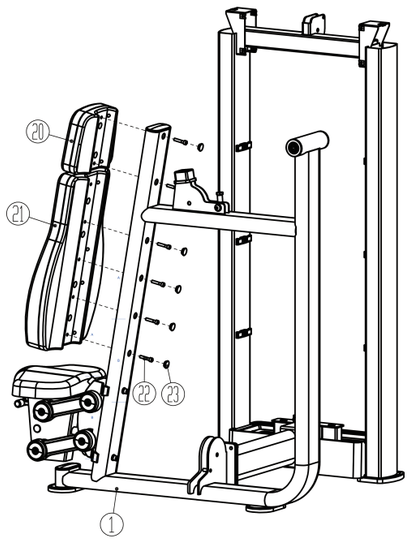
HARDWARE
- Socket Head Cap Screw (M8×30) (#16) × 4
- Spring Washer (8) (#17) × 4
- Flat Washer (8) (#18) × 4



STEP 6

ACTION
Attach the seat assembly (#14) to the shoulder press side frame (#1). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M10×70) (#19) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

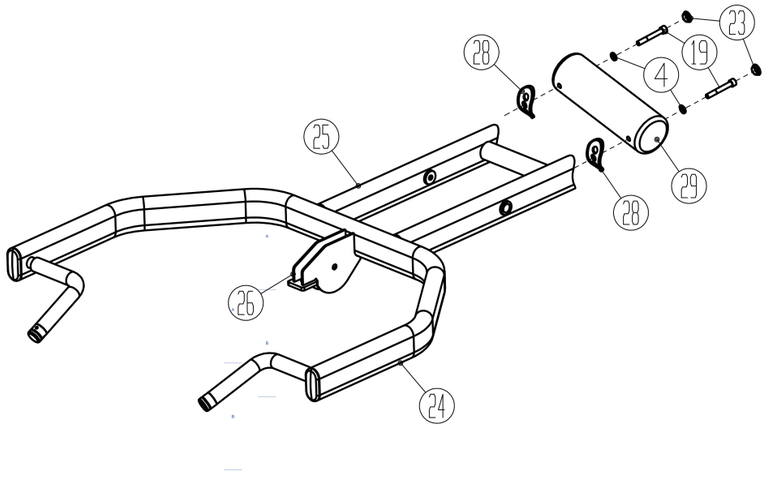


STEP 7 & 8

STEP 7
Attach the head pad (#20) and back pad (#21) to the shoulder press side frame (#1). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×40) (#22) × 6

STEP 8
Install six 20 mm hole plugs (#23) in the shoulder press side frame (#1).



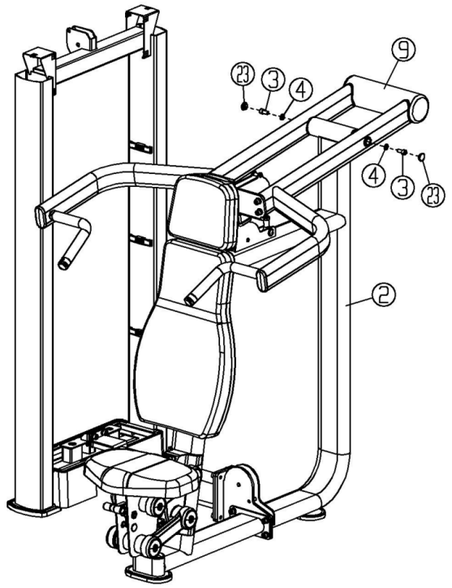
STEP 9, 10 & 11

STEP 9
Place the lower lever arm components (#24), (#25), and (#26) on a flat surface.

STEP 10
Attach two curved pads (#28) and the shoulder press counterweight (#29) to the lever arm (#25). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M10×70) (#19) × 2
- Spring Washer (10) (#4) × 2

STEP 11
Install two 20 mm hole plugs (#23) in the counterweight (#29).

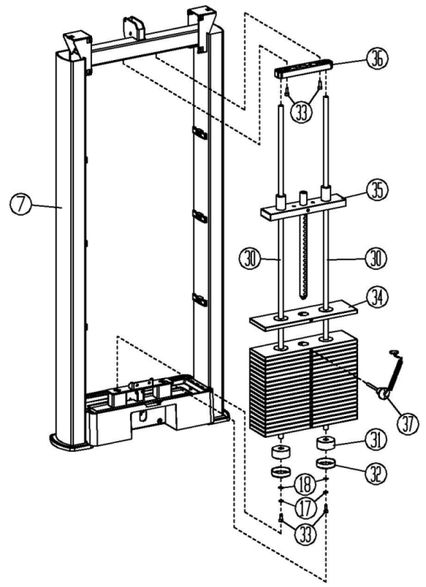


STEP 12 & 13

STEP 12
Attach the lever arm assembly (#9) to the shoulder press side frame (#2). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M10×20) (#3) × 2
- Spring Washer (10) (#4) × 2

STEP 13
Install two hole plugs (#23) in the lever arm assembly (#9).



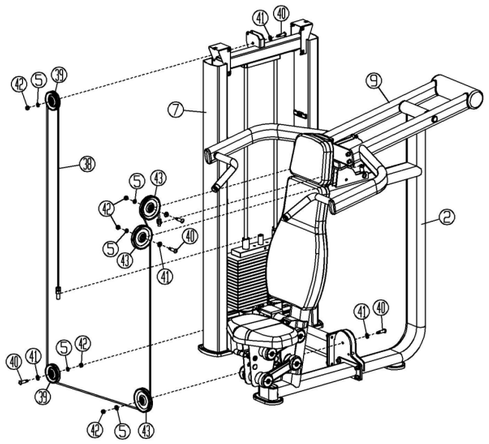
STEP 14 & 15

STEP 14
Slide two weight stack rubber cushions (#31) onto the two guide rods (#30). Attach two weight stack bases (#32) to the guide rods (#30), then place them into the weight stack frame (#7). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#33) × 2
- Spring Washer (8) (#17) × 2
- Flat Washer (8) (#18) × 2

STEP 15
Install 14 weight plates (#34) on the guide rods (#30) with the spacer side facing up. Install the guide block assembly (#35), insert the weight stack selector pin (#37) into the weight plates (#34), and slide the guide rod fixing plate (#36) onto the guide rods. Attach the fixing plate (#36) to the weight stack frame (#7). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#33) × 2

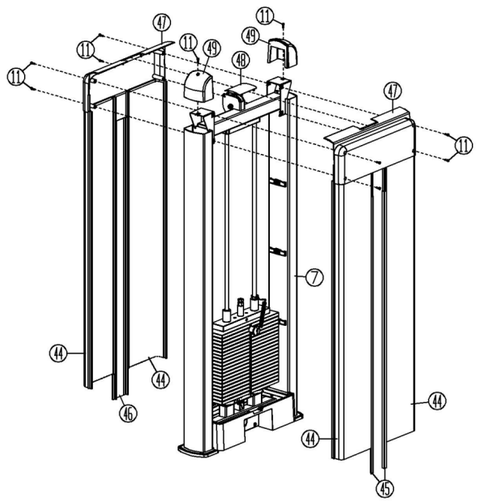


STEP 16 & 17

STEP 16
Attach two 95 pulleys (#39) to the weight stack frame (#7). Attach three 120 pulleys (#43) to the shoulder press side frame (#2) and lever arm assembly (#9). Install these pulleys together with the cable (#38).

HARDWARE
- Pulley Axle-32 (#40) × 2
- Hex Lock Nut (M10) (#42) × 2
- Flat Washer (12) (#41) × 2
- Flat Washer (10) (#5) × 2
- Pulley Axle-32 (#40) × 3
- Hex Lock Nut (M10) (#42) × 3
- Flat Washer (12) (#41) × 3
- Flat Washer (10) (#5) × 3

STEP 17
Connect the M14 bolt end of the cable (#38) to the weight stack frame (#7). Connect the M12 bolt end to the shoulder press side frame (#2).



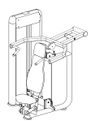
STEP 18

ACTION
Slide two decorative strips (#45) into two shroud panels (#44), then secure them to the weight stack frame (#7) with the shroud retaining plates. Slide the decorative panel (#46) into the shroud panels (#44) and secure it to the weight stack frame (#7). Attach two upper shrouds (#47), install the upper shroud top cover (#48), and attach two weight stack upright end caps (#49).

HARDWARE
- Socket Head Cap Screw (M5×16) (#11) × 8
- Socket Head Cap Screw (M5×16) (#11) × 2

FINAL CHECK

01 Important Note: After assembly, make sure the machine is level and vertical. Use a spirit level to check that the guide rods are vertical in both directions. If they are not vertical, loosen the necessary frame hardware, realign the frame, and retighten the bolts.



Parts List

Pre-assembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY
1	Shoulder Press Side Frame	1
2	Shoulder Press Side Frame	
3	Socket Head Cap Screw (M10×20)	2
4	Spring Washer (10)	12
5	Flat Washer (10)	15
6	Socket Head Cap Screw (M10×25)	8
7	Weight Stack Frame	1
8	Shoulder Press Connection Frame	1
9	Lever Arm Assembly	1
10	Lower Weight Stack Shroud	1
11	Socket Head Cap Screw (M5×16)	12
12	Weight Stack Frame Foot Pad	2
13	Flat Oval Foot Pad	2
14	Seat Assembly	1
15	Seat Pad	1
16	Socket Head Cap Screw (M8×30)	4
17	Spring Washer (8)	6
18	Flat Washer (8)	6
19	Socket Head Cap Screw (M10×70)	4
20	Head Pad	1
21	Back Pad	1
22	Socket Head Cap Screw (M8×40)	6
23	20 mm Hole Plug	6
24	Lever Arm Assembly	1
25	Lower Lever Arm	
26	Lower Lever Arm	
28	Curved Pad	2
29	Shoulder Press Counterweight	1
30	Universal Weight Stack Guide Rod	2
31	Weight Stack Rubber Cushion	2
32	Weight Stack Base	2
33	Socket Head Cap Screw (M8×20)	4
34	Weight Plate	14
35	Guide Block Assembly	1
36	Guide Rod Fixing Plate	1
37	Weight Stack Selector Pin	1
38	Shoulder Press Cable	1
39	95 Pulley	2
40	Pulley Axle-32	5
41	Flat Washer (12)	5
42	Hex Lock Nut (M10)	5
43	120 Pulley	3
44	Shroud Panel	4
45	Weight Stack Decorative Strip	2
46	Weight Stack Decorative Panel	1
47	Upper Weight Stack Shroud	2
48	Upper Shroud Top Cover	1
49	Weight Stack Upright End Cap	2