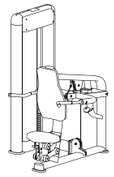
61A11 · Tricep Dip

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.

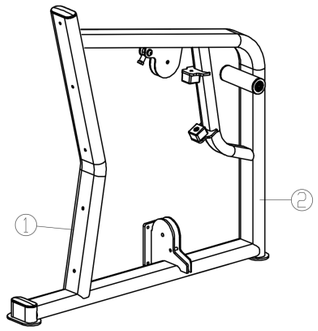
Tools Required

- 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.

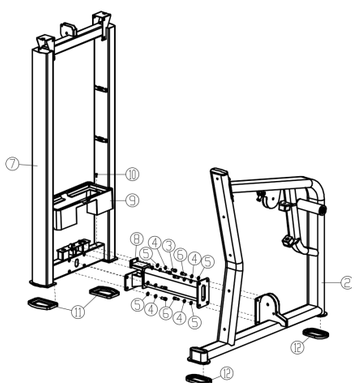
Assembly



STEP 1

ACTION
Position tricep dip side frames I (#1) and II (#2) perpendicular to the floor as shown. Prepare the listed hardware.

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



STEP 2, 3 & 4

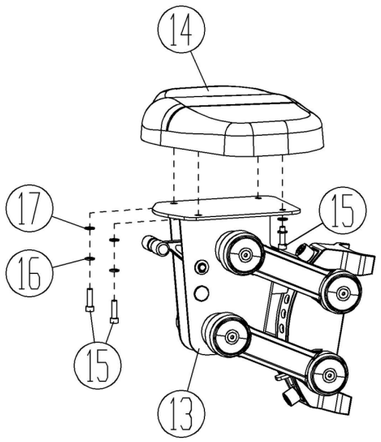
STEP 2
Connect the tricep dip connecting frame (#8) to the weight stack frame (#7) and side frames I and II (#1/#2).

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 (#9) to the weight stack frame (#7).

HARDWARE
- Socket Head Cap Screw (M5×16) (#10) × 2

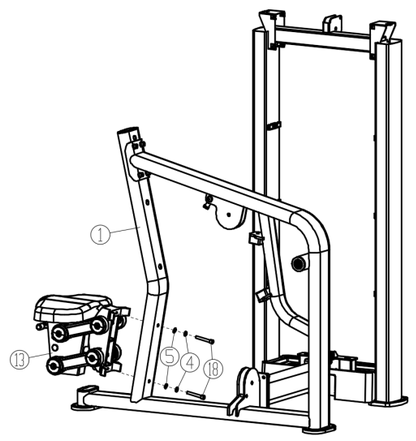
STEP 4
Install two weight stack frame foot pads (#11) on the weight stack frame (#7). Install two flat oval foot pads (#12) on tricep dip side frame II (#2).



STEP 5

ACTION
Attach the seat pad (#14) to the seat frame (#13). Fully tighten the bolts before continuing.

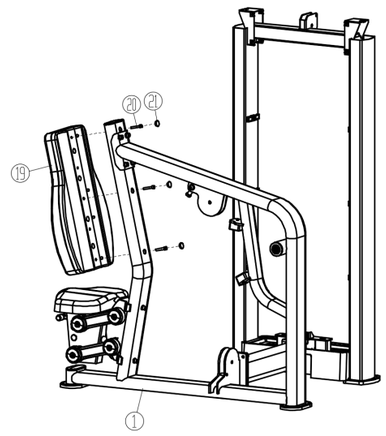
HARDWARE
- Socket Head Cap Screw (M8×30) (#15) × 4
- Spring Washer (8) (#16) × 4
- Flat Washer (8) (#17) × 4



STEP 6

ACTION
Attach the seat frame (#13) to tricep dip side frames I and II (#1/#2). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M10×70) (#18) × 2
- Spring Washer (10) (#4) × 2
- Flat Washer (10) (#5) × 2

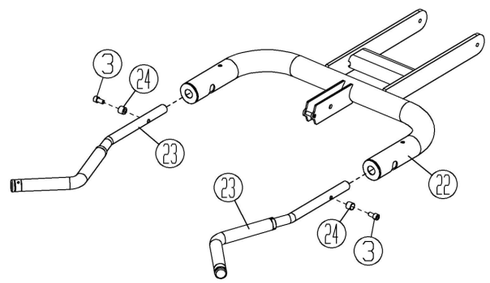


STEP 7 & 8

STEP 7
Attach the back pad (#19) to tricep dip side frame I (#1). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×40) (#20) × 3

STEP 8
Install three hole plugs (#21) in tricep dip side frame I (#1).

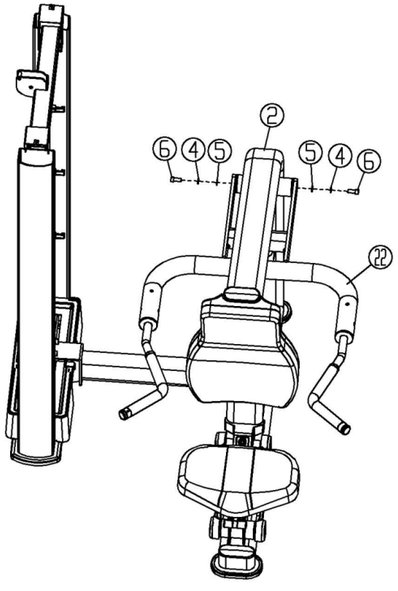


STEP 9 & 10

STEP 9
Install two tricep dip handles (#23) on the tricep dip lever arm (#22).

STEP 10
Attach two stop sleeves (#24) to the two tricep dip handles (#23). Fully tighten the bolts before continuing.

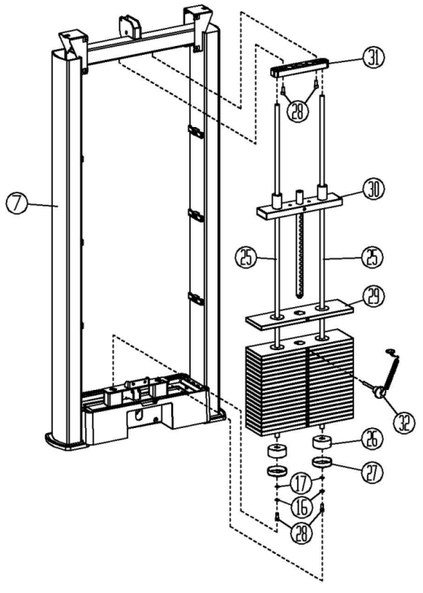
HARDWARE
- Socket Head Cap Screw (M10×20) (#3) × 2



STEP 11

ACTION
Attach the tricep dip lever arm (#22) to tricep dip side frame II (#2). Fully tighten the bolts before continuing.

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



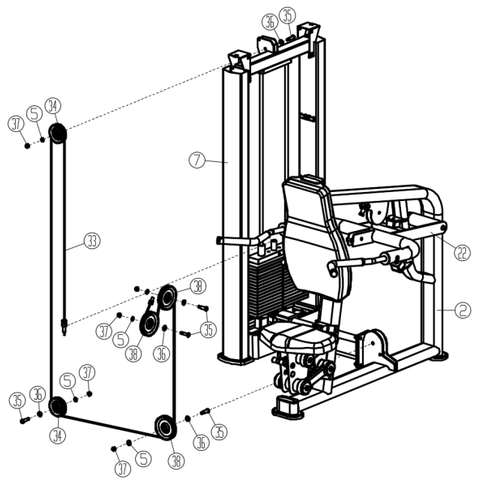
STEP 12 & 13

STEP 12
Slide two weight stack rubber cushions (#26) onto the two guide rods (#25). Attach two weight stack bases (#27) to the guide rods, then place them into the weight stack frame (#7). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#28) × 2
- Spring Washer (8) (#16) × 2
- Flat Washer (8) (#17) × 2

STEP 13
Install 16 weight plates (#29) on the guide rods (#25) with the spacer side facing up. Install the guide block assembly (#30), insert the weight stack selector pin (#32) into the weight plates, and slide the guide rod fixing plate (#31) onto the guide rods. Attach the fixing plate (#31) to the weight stack frame (#7). Fully tighten the bolts before continuing.

HARDWARE
- Socket Head Cap Screw (M8×20) (#28) × 2



STEP 14 & 15

STEP 14

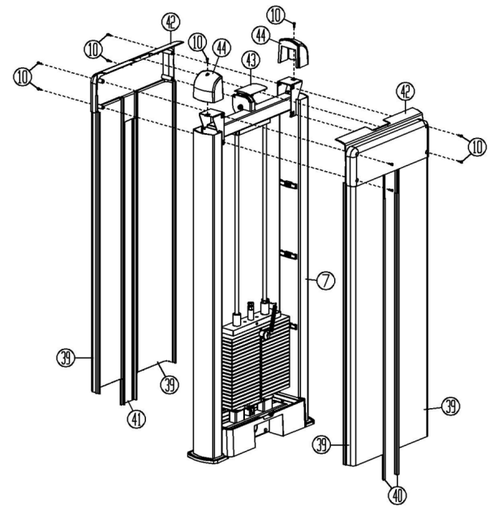
Attach two 95 pulleys (#34) to the weight stack frame (#7). Attach three 120 pulleys (#38) to tricep dip side frame II (#2) and the tricep dip lever arm (#22). Install these pulleys together with the tricep dip cable (#33).

HARDWARE

- Pulley Axle-32 (#35) × 2
- Hex Lock Nut (M10) (#37) × 2
- Flat Washer (12) (#36) × 2
- Flat Washer (10) (#5) × 2
- Pulley Axle-32 (#35) × 3
- Hex Lock Nut (M10) (#37) × 3
- Flat Washer (12) (#36) × 3
- Flat Washer (10) (#5) × 3

STEP 15

Connect the M14 bolt end of the tricep dip cable (#33) to the weight stack frame (#7). Connect the M12 bolt end to tricep dip side frame II (#2).



STEP 16

ACTION

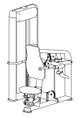
Slide two decorative strips (#40) into two shroud panels (#39), then secure them to the weight stack frame (#7) with the shroud retaining plates. Slide the decorative panel (#41) into the shroud panels and secure it to the weight stack frame. Attach two upper weight stack shrouds (#42) and the upper shroud top cover (#43). Attach two weight stack upright end caps (#44) to the weight stack frame (#7).

HARDWARE

- Socket Head Cap Screw (M5×16) (#10) × 8
- Socket Head Cap Screw (M5×16) (#10) × 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	Tricep Dip Side Frame I	1
2	Tricep Dip Side Frame II	1
3	Socket Head Cap Screw (M10×20)	2
4	Spring Washer (10)	14
5	Flat Washer (10)	19
6	Socket Head Cap Screw (M10×25)	10
7	Weight Stack Frame	1
8	Tricep Dip Connecting Frame	1
9	Lower Weight Stack Shroud	1
10	Socket Head Cap Screw (M5×16)	12
11	Weight Stack Frame Foot Pad	2
12	Flat Oval Foot Pad	2
13	Seat Frame	1
14	Seat Pad	1
15	Socket Head Cap Screw (M8×30)	4
16	Spring Washer (8)	6
17	Flat Washer (8)	6
18	Socket Head Cap Screw (M10×70)	2
19	Back Pad	1
20	Socket Head Cap Screw (M8×40)	4
21	Hole Plug-20	3
22	Tricep Dip Lever Arm	1
23	Tricep Dip Handle	2
24	Stop Sleeve	2
25	Universal Weight Stack Guide Rod	2
26	Weight Stack Rubber Cushion	2
27	Weight Stack Base	2
28	Socket Head Cap Screw (M8×20)	4
29	Weight Plate	16
30	Guide Block Assembly	1
31	Guide Rod Fixing Plate	1
32	Weight Stack Selector Pin	1
33	Tricep Dip Cable	1
34	95 Pulley	2
35	Pulley Axle-32	5
36	Flat Washer (12)	5
37	Hex Lock Nut (M10)	5
38	120 Pulley	3
39	Shroud Panel	4
40	Weight Stack Decorative Strip	2
41	Weight Stack Decorative Panel	1
42	Upper Weight Stack Shroud	2
43	Upper Shroud Top Cover	1
44	Weight Stack Upright End Cap	2