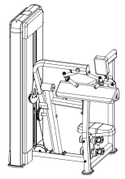
61A12 · Tricep Extension

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.

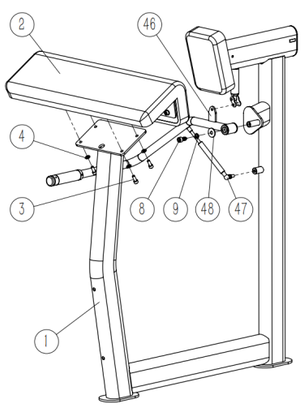
Tools Required

- 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, 2 & 3

STEP 1

Attach the tricep extension elbow pad (#2) to the tricep extension side frame (#1).

HARDWARE

- Socket Head Cap Screw (M8×20) (#3) × 4
- Flat Washer (M8) (#4) × 4

STEP 2

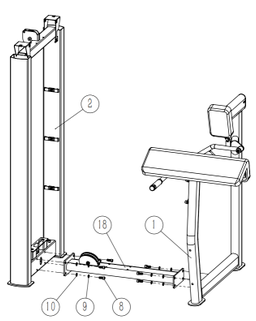
Attach the adjustment handle (#46) to the tricep extension side frame (#1).

HARDWARE

- Socket Head Cap Screw (M10×25) (#8) × 1
- Spring Washer (M10) (#9) × 1
- Flat Washer (M10-D30) (#48) × 1

STEP 3

Attach the gas spring (#47) to the tricep extension side frame (#1).



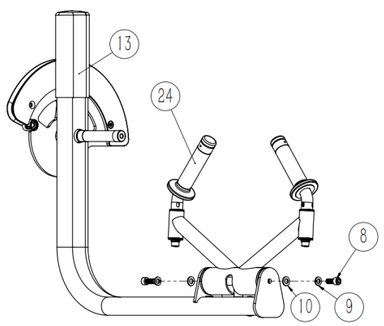
STEP 4

ACTION

Connect the tricep extension side frame (#1), connecting frame (#18), and weight stack frame (#6).

HARDWARE

- Socket Head Cap Screw (M10×25) (#8) × 8
- Spring Washer (M10) (#9) × 8
- Flat Washer (M10) (#10) × 8



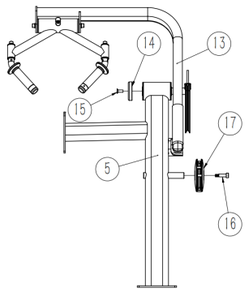
STEP 5

ACTION

Attach the handle assembly (#24) to the tricep extension lever arm (#13).

HARDWARE

- Socket Head Cap Screw (M10×25) (#8) × 2
- Spring Washer (M10) (#9) × 2
- Flat Washer (M10) (#10) × 2



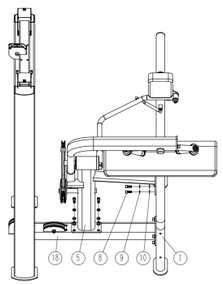
STEP 6

ACTION

Connect the tricep extension lever arm (#13), 120 pulley assembly (#17), and lever arm mounting bracket (#5). Fully tighten the bolt before continuing.

HARDWARE

- Bearing End Cap (#14) × 1
- Hex Socket Flat Countersunk Screw (M10×25) (#15) × 1
- Pulley Axle (#16) × 1



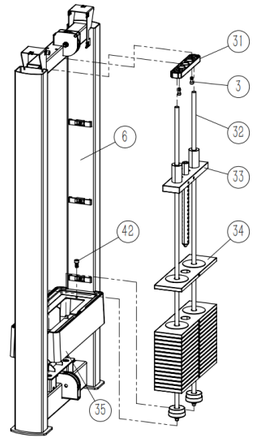
STEP 7

ACTION

Connect the tricep extension side frame (#1), connecting frame (#18), and lever arm mounting bracket (#5).

HARDWARE

- Socket Head Cap Screw (M10×25) (#8) × 8
- Spring Washer (M10) (#9) × 8
- Flat Washer (M10) (#10) × 8



STEP 8 & 9

STEP 8

Attach the lower weight stack shroud (#17) to the weight stack frame (#16).

HARDWARE

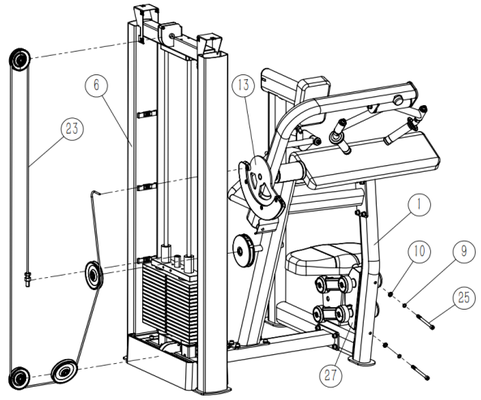
- Socket Head Cap Screw (M5×16) (#59) × 2

STEP 9

Place the pre-installed guide rod assembly (#32) inside the weight stack frame (#6). Install the weight plates (#34) on the guide rods (#32) with the spacer side facing up. Install the pre-installed guide block assembly (#33) on the guide rod (#23). Install the guide rod fixing plate (#31) on the guide rods (#32), then attach it to the weight stack frame (#6).

HARDWARE

- Socket Head Cap Screw (M8×20) (#3) × 2



STEP 10 & 11

STEP 10

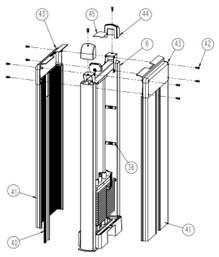
Attach the seat assembly (#27) to the tricep extension side frame (#1).

HARDWARE

- Socket Head Cap Screw (M10×120) (#25) × 2
- Spring Washer (M10) (#9) × 2
- Flat Washer (M10) (#10) × 2

STEP 11

Route the cable (#23) around the pre-installed pulleys as shown, then connect it to the lever arm (#13) and weight stack frame (#6).



STEP 12 & 13

STEP 12

Use the shroud retaining plates (#36) to attach two shroud panels (#41) to the weight stack frame (#6). Slide the decorative panel (#40) into the two shroud panels and secure it with the retaining plates. Attach two upper shrouds (#31) to the weight stack frame (#6).

HARDWARE

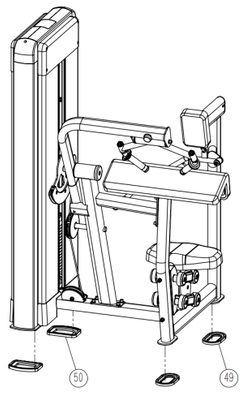
- Socket Head Cap Screw (M5×16) (#42) × 8

STEP 13

Attach two weight stack upright end caps (#44) to the weight stack frame (#6), then snap the upper shroud top cover (#45) into the two upper shrouds (#43).

HARDWARE

- Socket Head Cap Screw (M5×16) (#42) × 2



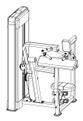
STEP 14

ACTION

Move the tricep extension machine to the required position and install the four corresponding foot pads (#49/#50).

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 Extension Side Frame	1
2	Tricep Extension Elbow Pad	1
5	Lever Arm Mounting Bracket	1
13	Tricep Extension Lever Arm	1
14	Bearing End Cap	1
17	120 Pulley Assembly	1
18	Connecting Frame	1

NO.	PART / SPECIFICATION	QTY
23	Cable	1
24	Handle Assembly	1
46	Adjustment Handle	1
47	Gas Spring	1
49	Foot Pad	2
3	Socket Head Cap Screw (M8×20)	4
4	Spring Washer (M8)	4

NO.	PART / SPECIFICATION	QTY
8	Socket Head Cap Screw (M10×25)	19
9	Spring Washer (M10)	21
10	Flat Washer (M10)	20
15	Hex Socket Flat Countersunk Screw (M10×25)	1
25	Socket Head Cap Screw (M10×120)	2
48	Flat Washer (M10-D30)	2