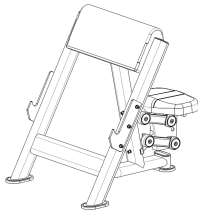


61A37 • Biceps Curl Rack

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read this manual before installation. Check all parts and quantities before assembly.
- 02 Stop using the equipment if any problem occurs during use.
- 03 Important Notes: After assembly, check that the equipment is level and vertical.

Tools Required

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

Assembly Notes

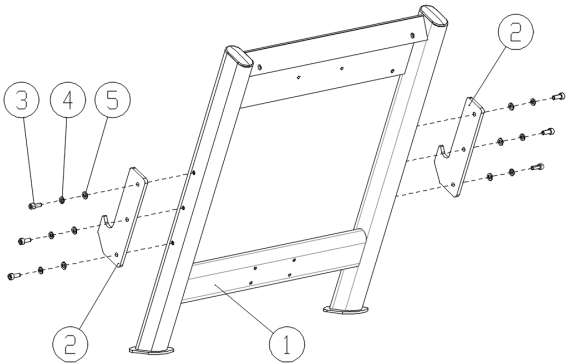
Follow the instructions carefully to install the equipment correctly.

Assembly

STEP 1

ACTION
Connect two hook plates (#2) to the main frame (#1).

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



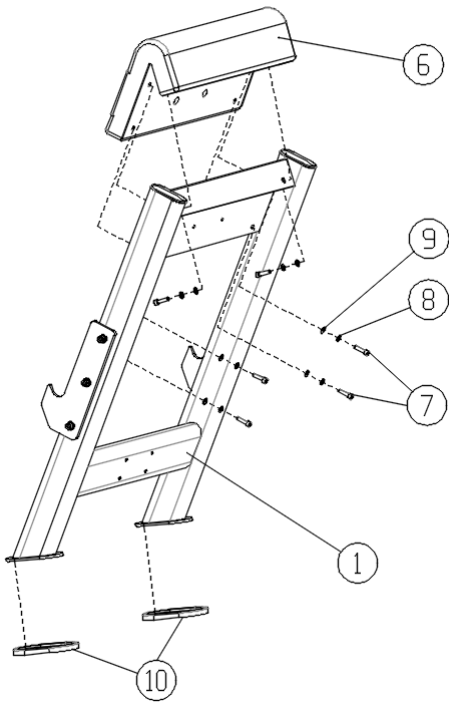
STEP 2 & 3

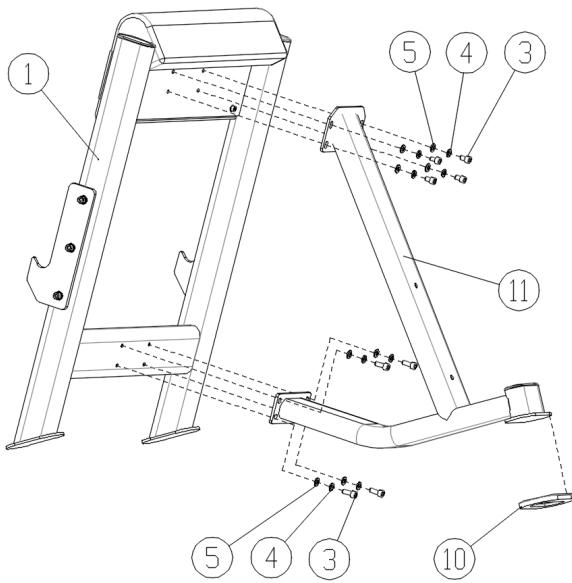
STEP 2
Attach the biceps curl pad (#6) to the main frame (#1).

- HARDWARE**
- Socket Head Cap Screw (M8×30) (#7) × 6
 - Spring Washer (8) (#8) × 6
 - Flat Washer (8) (#9) × 6

STEP 3
Install two flat oval foot pads (#10) on the main frame (#1).

- HARDWARE**
- Flat Oval Foot Pad (#10) × 2





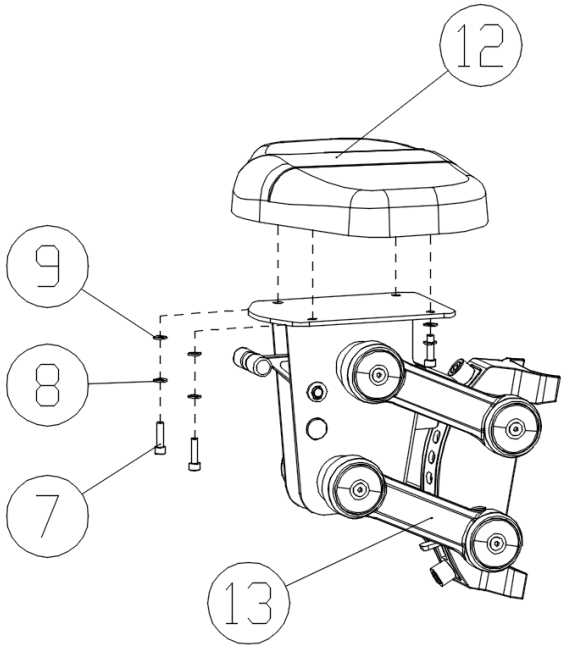
STEP 4 & 5

STEP 4
Connect the side frame (#11) to the main frame (#1).

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

STEP 5
Install one flat oval foot pad (#10) on the side frame (#11).

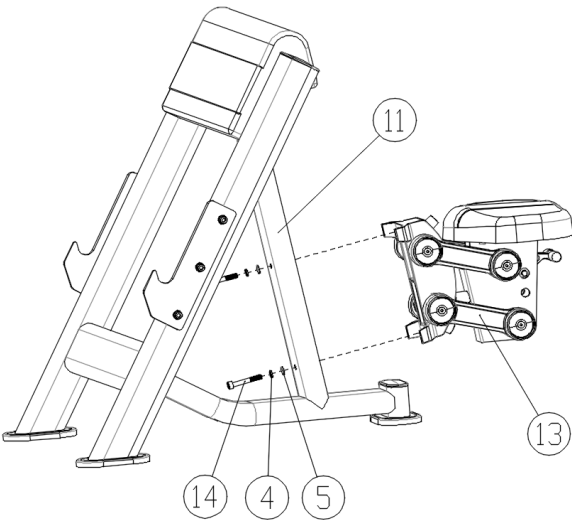
- HARDWARE**
- Flat Oval Foot Pad (#10) × 1



STEP 6

ACTION
Connect the seat pad (#12) to the seat frame (#13).

- HARDWARE**
- Socket Head Cap Screw (M8×30) (#7) × 4
 - Spring Washer (8) (#8) × 4
 - Flat Washer (8) (#9) × 4



STEP 7

ACTION
Connect the seat frame (#13) to the side frame (#11).

- HARDWARE**
- Socket Head Cap Screw (M10×70) (#14) × 2
 - Spring Washer (10) (#4) × 2
 - Flat Washer (10) (#5) × 2

FINAL CHECK

- 01** Use a spirit level to check alignment. If adjustment is needed, loosen frame hardware, reinstall and tighten bolts.



Parts List

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	Main Frame	1	6	Biceps Curl Pad	1	11	Side Frame	1
2	Hook Plate	2	7	Socket Head Cap Screw (M8×30)	10	12	Seat Pad	1
3	Socket Head Cap Screw (M10×25)	14	8	Spring Washer (8)	10	13	Seat Frame	1
4	Spring Washer (10)	16	9	Flat Washer (8)	10	14	Socket Head Cap Screw (M10×70)	2
5	Flat Washer (10)	16	10	Flat Oval Foot Pad	3			