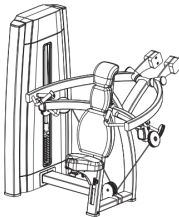


# 7301 • Seated Shoulder Press

INSTALLATION MANUAL



## Before Installation

### Before You Start

- 01 Read all instructions carefully before assembly.
- 02 Check that all parts are present and undamaged. If any part is missing or damaged, contact customer service before assembly.
- 03 Assemble the machine according to this manual.

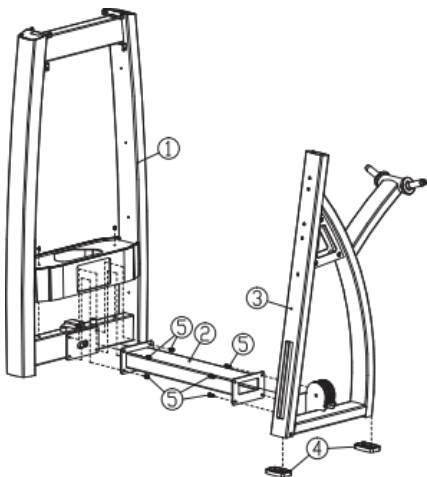
### Tools Required

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

### Assembly Notes

- 01 After assembly, understand all functions before using the machine.
- 02 If a problem occurs, check the installation instructions for an incorrect assembly step. If the problem remains, contact an authorized distributor and provide the product code and manual.

## Assembly

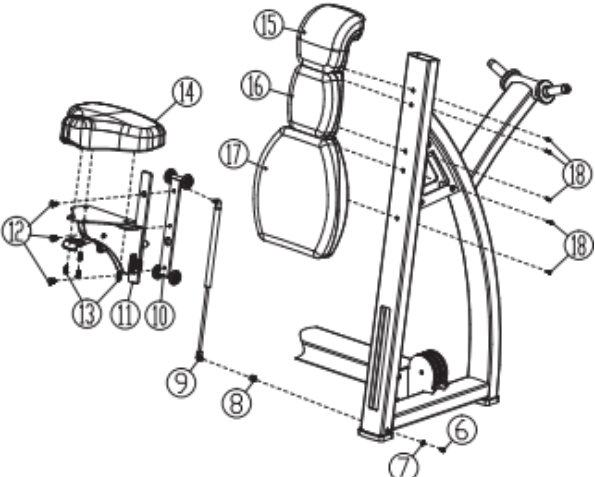


### STEP 1

**ACTION**  
Connect the weight-stack frame (#1), connector frame (#2), and main frame (#3) as shown. Install the two foot pads (#4).

- HARDWARE**
- Hex socket button head screw (M10×16) (#5)

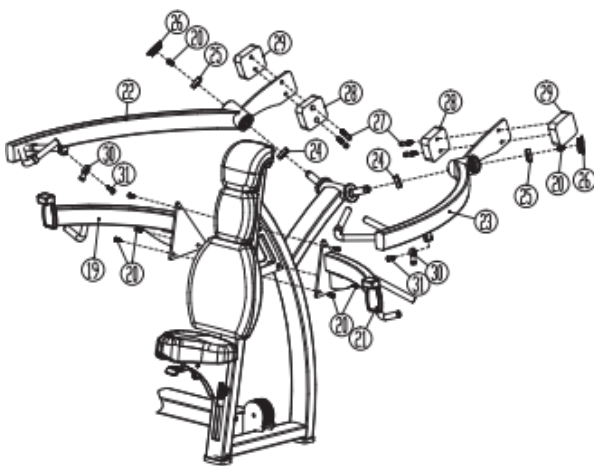
× 8



### STEP 2

**ACTION**  
Install the gas spring (#9), seat adjustment carriage (#10), seat frame (#11), seat pad (#14), head pad (#15), middle back pad (#16), and back pad (#17) on the main frame (#3) as shown.

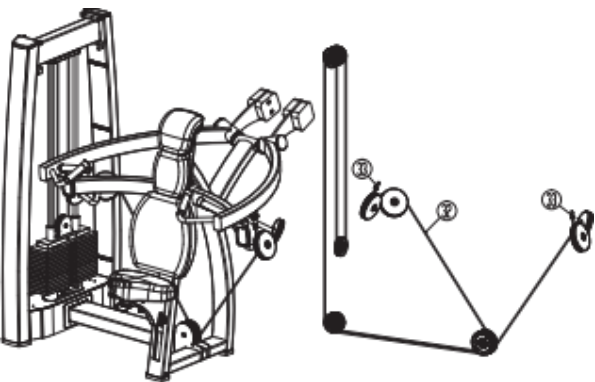
- HARDWARE**
- Hex socket button head screw (M8×10) (#6) × 1
  - M8 flat washer (#7) × 1
  - Gas spring end nut (#8) × 1
  - Hex socket countersunk head screw (M10×20) (#12) × 3
  - Hex socket button head screw (M8×20) (#13) × 4
  - Hex socket head cap screw (M10×50) (#18) × 5



### STEP 3

**ACTION**  
Install the right support frame (#19), left support frame (#21), right press arm (#22), left press arm (#23), bearings (#24/#25), aluminum caps (#26), shoulder press counterweights A/B (#28/#29), and rod-end bearings (#30) as shown.

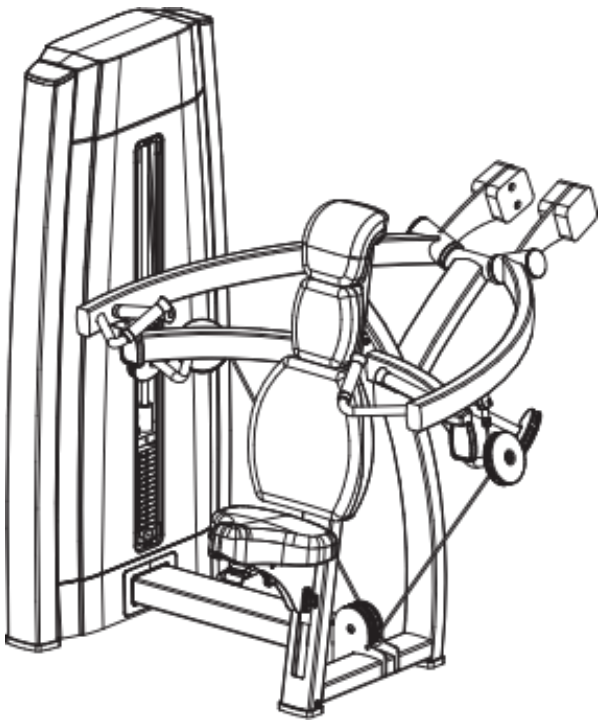
- HARDWARE**
- Hex socket button head screw (M10×20) (#20) × 8
  - Deep-groove ball bearing 6006 (#24) × 2
  - Deep-groove ball bearing 6205 (#25) × 2
  - 76 aluminum cap (#26) × 2
  - Hex socket head cap screw (M12×50) (#27) × 4
  - Rod-end bearing (M12) (#30) × 2



### STEP 4

**ACTION**  
Install the two pulley shafts (#31) and route the cable (#32) as shown. Secure the cable with the two cable fixing bolts (#33).

- HARDWARE**
- Pulley shaft-22 (#31) × 2
  - Cable fixing bolt (M12×20) (#33) × 2



STEP 5

ACTION  
Install the covers as shown.

FINAL CHECK

- 01 Important Notice: Assembly is complete. Make sure the machine is square, level, and vertical. Use a spirit level to check that the guide rods are vertical in both directions. If not, loosen the affected frame hardware, realign the frame, and retighten the bolts.



Parts List

Some preassembled parts are not listed in this table.

| NO. | PART / SPECIFICATION                  | QTY | NO. | PART / SPECIFICATION                       | QTY | NO. | PART / SPECIFICATION               | QTY |
|-----|---------------------------------------|-----|-----|--------------------------------------------|-----|-----|------------------------------------|-----|
| 1   | Weight-stack frame                    | 1   | 12  | Hex socket countersunk head screw (M10×20) | 3   | 23  | Left press arm                     | 1   |
| 2   | Connector frame                       | 1   | 13  | Hex socket button head screw (M8×20)       | 4   | 24  | Deep-groove ball bearing 6006      | 2   |
| 3   | Main frame                            | 1   | 14  | Seat pad                                   | 1   | 25  | Deep-groove ball bearing 6205      | 2   |
| 4   | 58×10 1 foot pad                      | 2   | 15  | Head pad                                   | 1   | 26  | 76 aluminum cap                    | 2   |
| 5   | Hex socket button head screw (M10×16) | 8   | 16  | Middle back pad                            | 1   | 27  | Hex socket head cap screw (M12×50) | 4   |
| 6   | Hex socket button head screw (M8×10)  | 1   | 17  | Back pad                                   | 1   | 28  | Shoulder press counterweight A     | 2   |
| 7   | M8 flat washer                        | 1   | 18  | Hex socket head cap screw (M10×50)         | 5   | 29  | Shoulder press counterweight B     | 2   |
| 8   | Gas spring end nut                    | 1   | 19  | Right support frame                        | 1   | 30  | Rod-end bearing (M12)              | 2   |
| 9   | Gas spring-220                        | 1   | 20  | Hex socket button head screw (M10×20)      | 8   | 31  | Pulley shaft-22                    | 2   |
| 10  | Seat adjustment carriage              | 1   | 21  | Left support frame                         | 1   | 32  | Cable                              | 1   |
| 11  | Seat frame                            | 1   | 22  | Right press arm                            | 1   | 33  | Cable fixing bolt (M12×20)         | 2   |