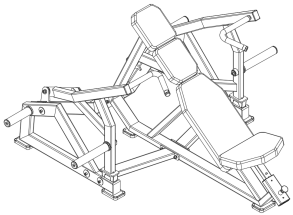


82001 • ISO-Lateral Incline Shoulder Press

INSTALLATION MANUAL



Before Installation

Before You Start

- 01 Read all instructions before installation. Check all parts and quantities against the parts list. Contact after-sales service immediately if any part is missing or damaged in transit.
- 02 Assemble the equipment according to the instructions. After assembly, understand all functions before use. Stop using the equipment immediately if a problem occurs. Check the instructions and contact after-sales service if the problem cannot be resolved.

Tools Required

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

Assembly

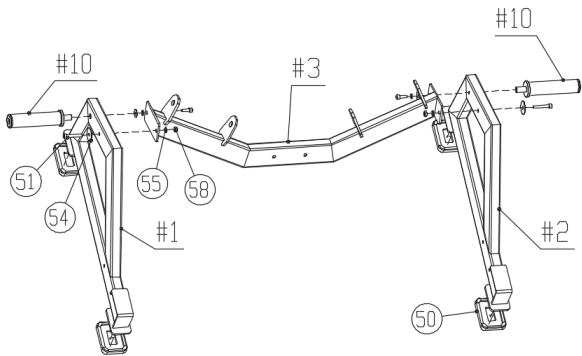
STEP 1 & 2

STEP 1
Connect #1, #2, #3, and #10 with the listed hardware to form #BCP1.

- HARDWARE**
- Socket Head Cap Screw M10×60 (#51) × 2
 - Flat Washer M10-D50 (#54) × 2
 - Flat Washer M10-D20 (#55) × 2
 - Locking Hex Nut M10 (#68) × 2

STEP 2
Install four rectangular foot pads (#50) on #BCP1.

- HARDWARE**
- Rectangular Foot Pad (#50) × 4



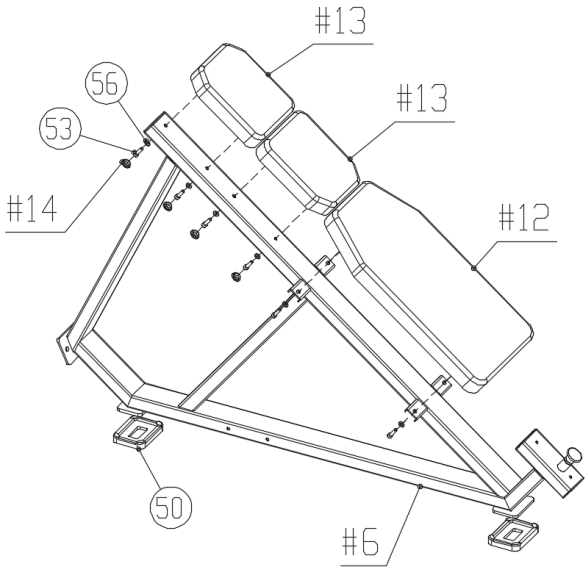
STEP 3 & 4

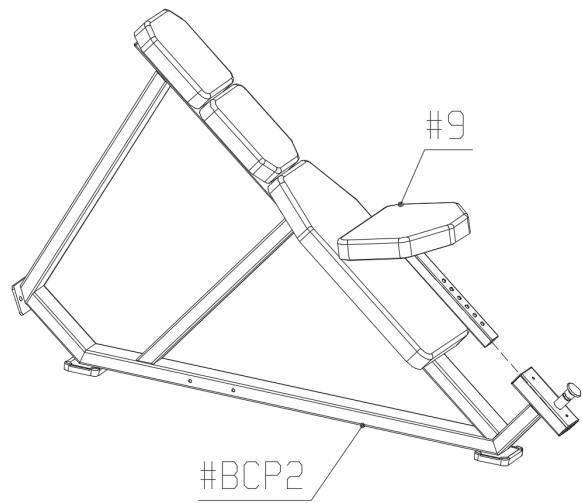
STEP 3
Connect #6, #12, #13, and #14 with the listed hardware to form #BCP2.

- HARDWARE**
- Socket Head Cap Screw M8×25 (#53) × 8
 - Flat Washer M8-D16 (#56) × 8

STEP 4
Install two rectangular foot pads (#50) on #BCP2.

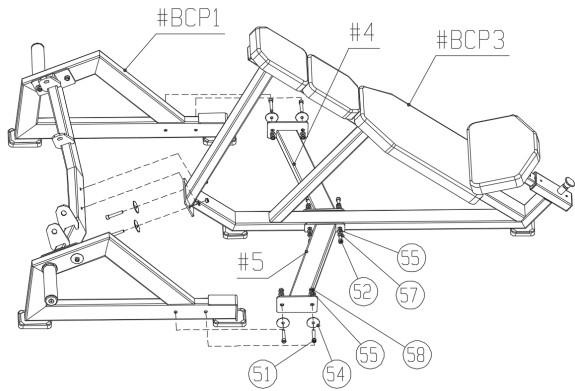
- HARDWARE**
- Rectangular Foot Pad (#50) × 2





STEP 5

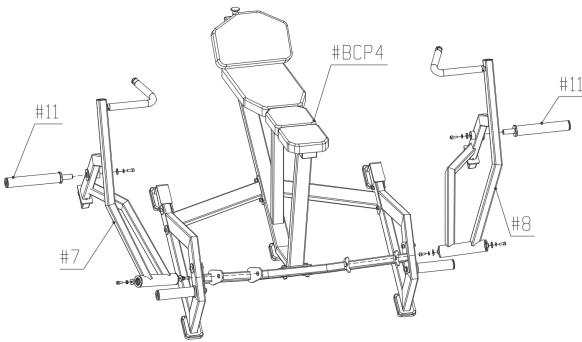
ACTION
Connect #BCP2 and #9 to form #BCP3.



STEP 6

ACTION
Connect #BCP1, #BCP3, #4, and #5 with the listed hardware to form #BCP4.

- HARDWARE**
- Socket Head Cap Screw M10×60 (#51) × 6
 - Flat Washer M10-D50 (#54) × 6
 - Flat Washer M10-D20 (#55) × 6
 - Locking Hex Nut M10 (#68) × 6
 - Socket Head Cap Screw M10×25 (#52) × 4
 - Spring Washer M10 (#57) × 4
 - Flat Washer M10-D20 (#55) × 4

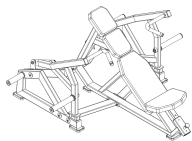


STEP 7

ACTION
Connect #7, #8, #11, and #BCP3.

FINAL CHECK

- 01** Check that the assembled machine is level and vertical.



Parts List

Preassembled parts are not listed in this table.

NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY	NO.	PART / SPECIFICATION	QTY
1	#1	1	9	#9	1	52	Socket Head Cap Screw M10×25	4
2	#2	1	10	#10	2	53	Hex Socket Countersunk Head Screw M8×25	8
3	#3	1	11	#11	2	54	Flat Washer M10-D50	8
4	#4	1	12	#12	1	55	Flat Washer M10-D20	12
5	#5	1	13	#13	2	56	Flat Washer M8-D16	8
6	#6	1	14	#14	4	57	Spring Washer M10	4
7	#7	1	50	Rectangular Foot Pad	6	58	Self-Locking Hex Nut M10	8
8	#8	1	51	Socket Head Cap Screw M10×60	8			