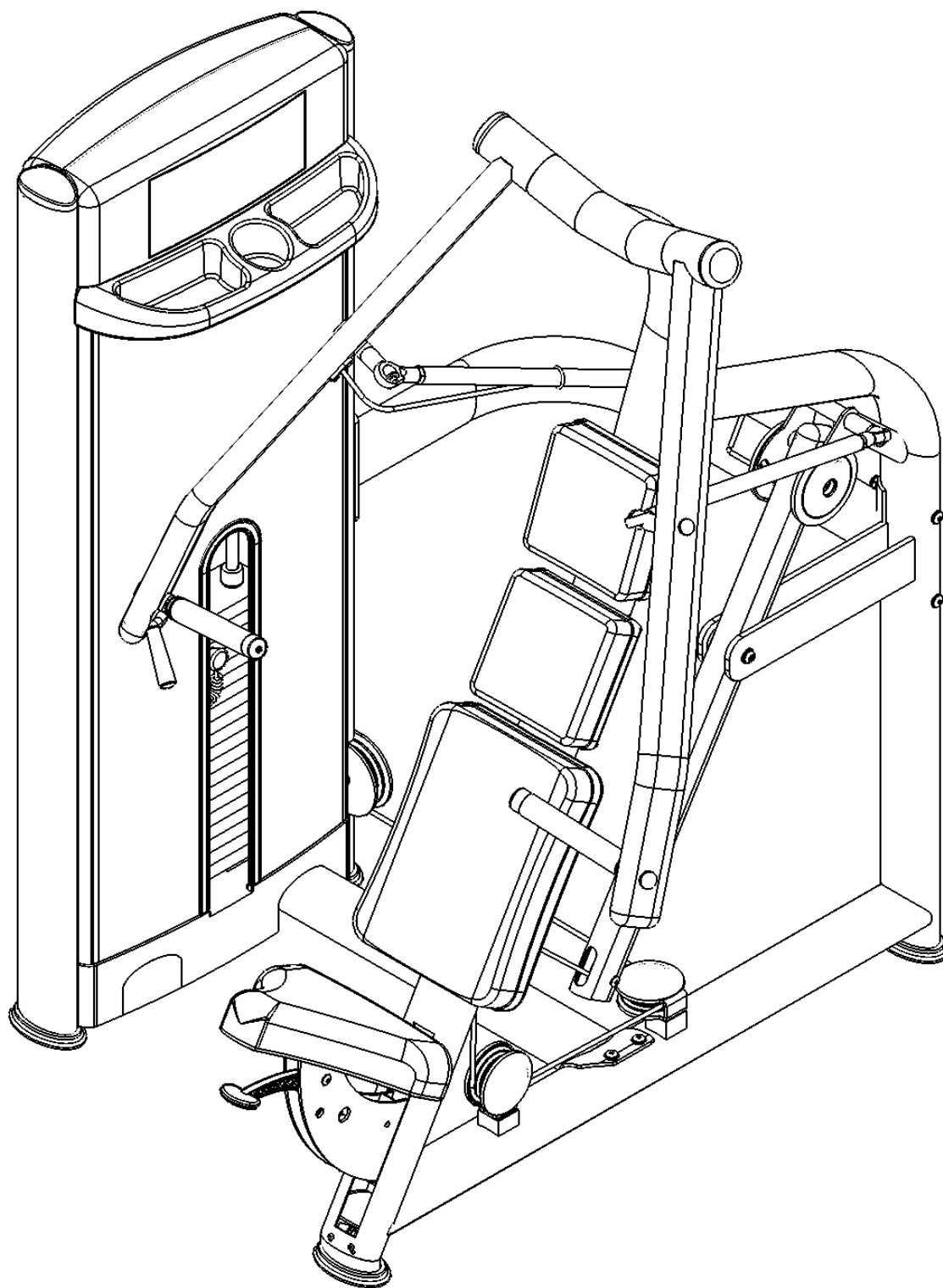


ASSEMBLY INSTRUCTION



Chest Press

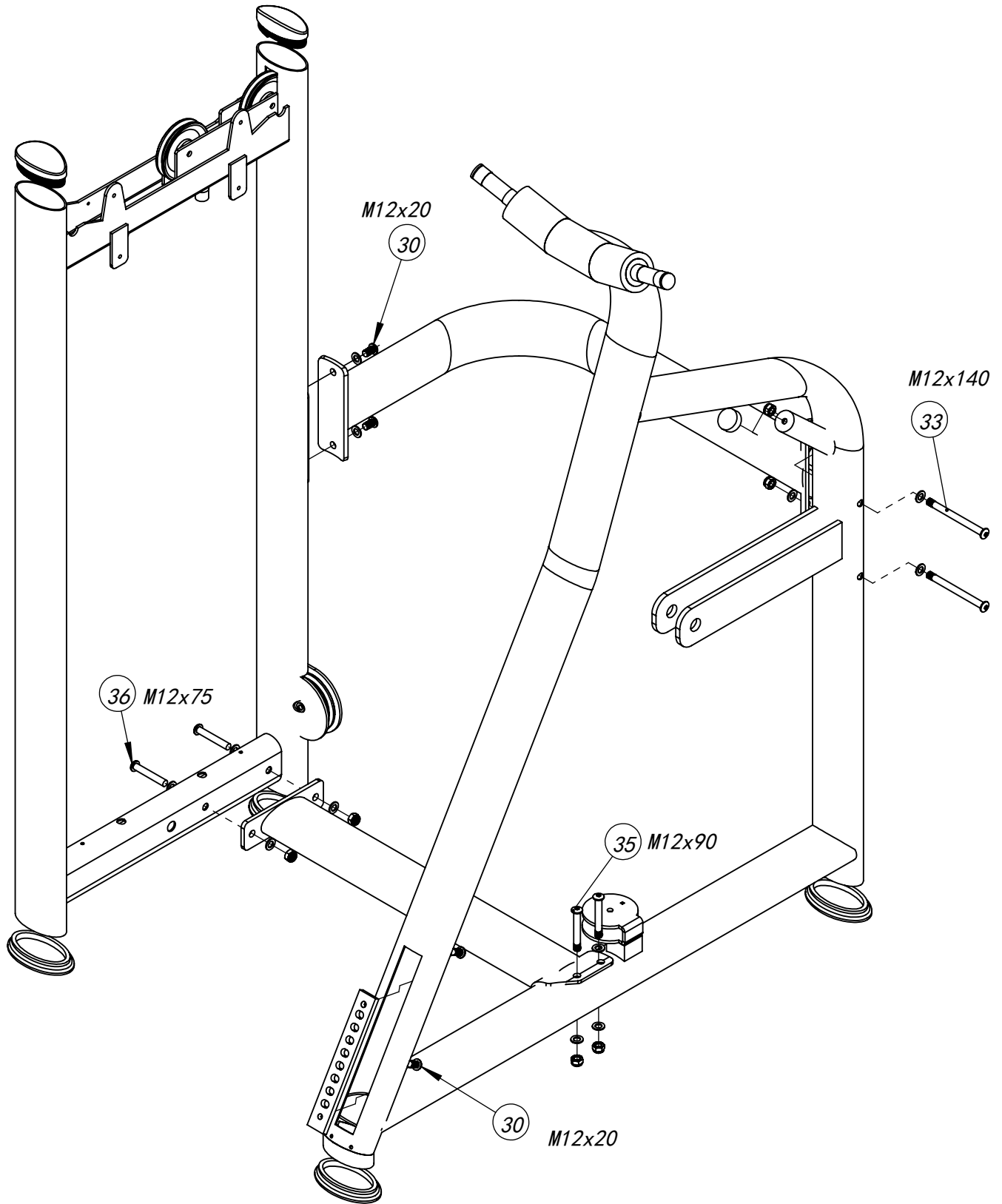
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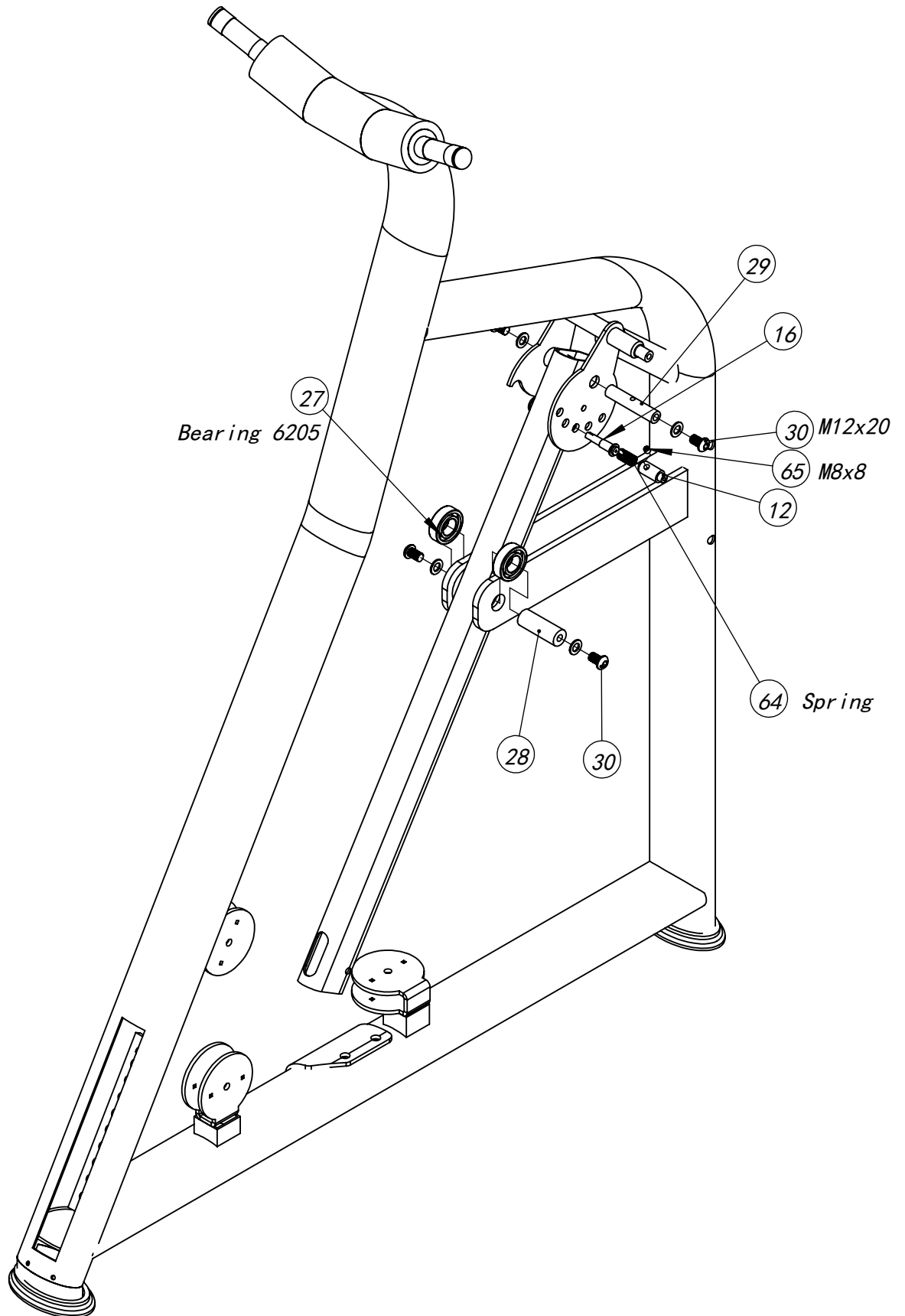
PARTS LIST

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	Main frame assembly	1	36	半圆头M12X75	Screw, M12X75	2
2	推胸副架	Sub-Frame	1	37	M8弹垫	the elastic washer M8	4
3	M5直撑	Straight brace M5	1	38	关节垫圈	joint washer	4
4	M5弯撑	bend brace M5	1	39	半圆头M8X15	Screw M8*15	5
5	杠杆臂组	the level arm group	1	40	62堵头	φ 62 Cover	2
6	线轮盒组	The line wheel box group	1	41	M4小管堵	Elliptic tube plug 40*80	3
7	右力臂组	the right arm of the group	1	42	89滑轮	φ 89MM Pulley	3
8	左力臂	the left arm of the group	1	43	大线轮	φ 114MM Pulley	3
9	16杆端螺丝活	Rod end screw diameter 16	4	44	半圆头M10X50	Screw, M10X50	7
10	16杆端螺丝内	rod end Screw 16	4	45	M10防松帽	Nut, M10	6
11	640拉杆	pull rod 640	2	46	小线轮扣盖	small wirewheel cover	5
12	销子内	the domestic sub	1	47	5MM端子	terminl 5mm	1
13	手把件组	handgrip group	1	48	大压线U卡	Big "U" fastener	1
14	舌头	tongue	1	49	方配重垫	counter weight cushion	2
15	拨片	picks	1	50	20片配重组	Assy, Weight Plate	1
16	轴3	shaft 3	1	51	M7导杆套	guide rod sleeve M7	2
17	坐架总装	the assembly seat frame	1	52	M7导杆套圈	gasket of barbell sleeve	2
18	M5头垫	headrest M5	2	53	1.39米导杆	guide rod 1.39m	2
19	M5大靠背	High backrest M5	1	54	半圆头M8X30	Screw, m8x30	5
20	M7座架调板	adjusting plate	1	55	塑料手把	Plastic handle	1
21	M7新坐垫	chest press/shoulder press group cushion	1	56	钢丝绳	wire rope	1
22	手把圈	Grip Ring	2	57	配重螺丝中空M12X60	the counterweight hollow screw M12x60	1
23	190手把套	grip 190	2	58	M12	Nut, M12	1
24	手把盖	Grip Cap	2	59	半圆头M6X20	Button Head Cap Screw M6*20	8
25	11-6206-2rs1	Bearing 6206	4	60	手刹钢丝绳	brake steel wire rope	1
26	30卡簧	φ 30 Shaft Clip	2	61	绳卡	the rope card	2
27	11-6205	Bearing 6205	2	62	支位球	stop the ball	1
28	25x70穿心轴	wear a spindle 70	1	63	鞋	shoes	4
29	90穿心轴	Axle 90L	1	64	40小弹簧 (压缩后)	Spring, 40MM	1
30	半圆头M12X20	Screw, M12x20	8	65	M8x8顶丝	M8*8 Tightening Screw	1
31	M12平垫圈	Washer, M12	18	66	M8平面垫圈	Washer, M8	3
32	半圆头M6X10	Screw, M6*10	6	67	扣盖	cover	1
33	半圆头M12X140	Button Head Cap Screw M12X140	2	68	半圆头M10X15	Screw M10*15	2
34	M12防松帽	Nut, M12	6	69	扣盖 - 2	cover	1
35	半圆头M12X85	Button Head Cap Screw, M12*90	2				

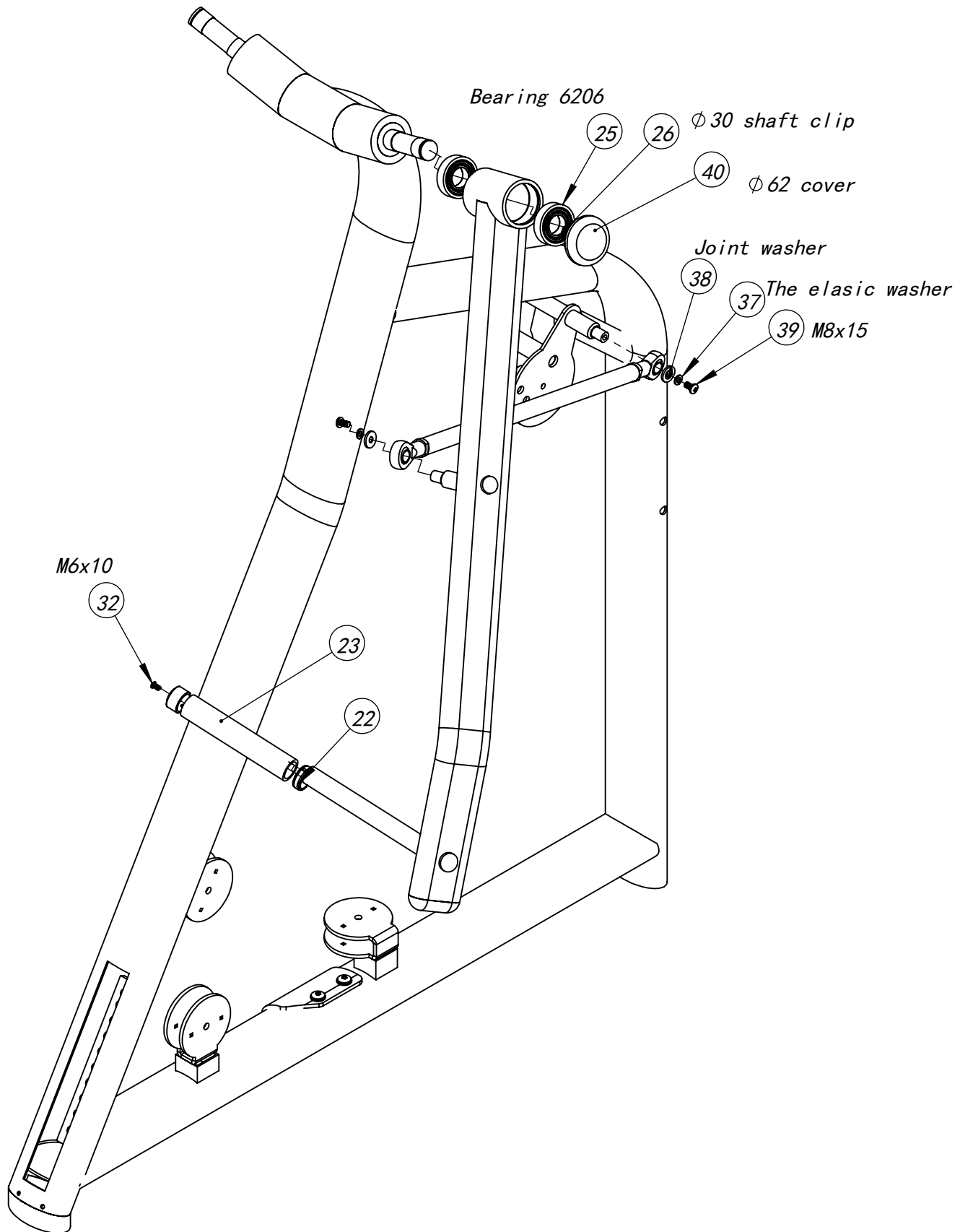
The main Frame & The Sub-Frame assembly



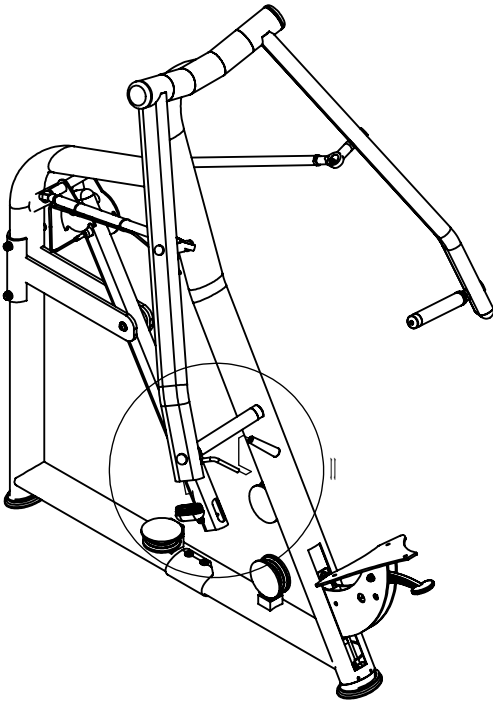
The lever arm assembly



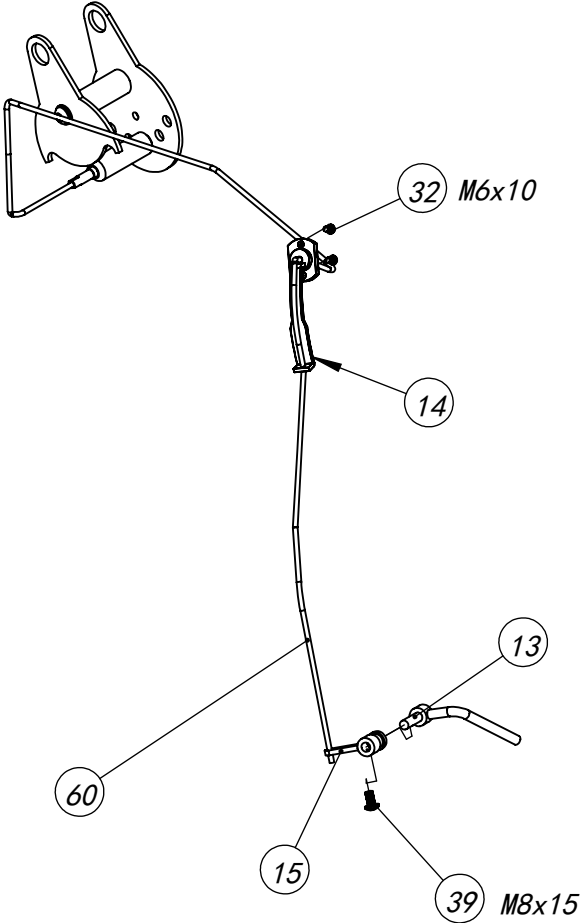
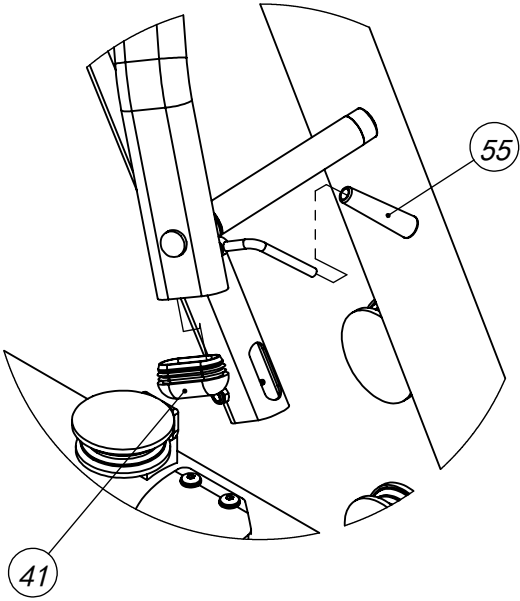
Arm assembly



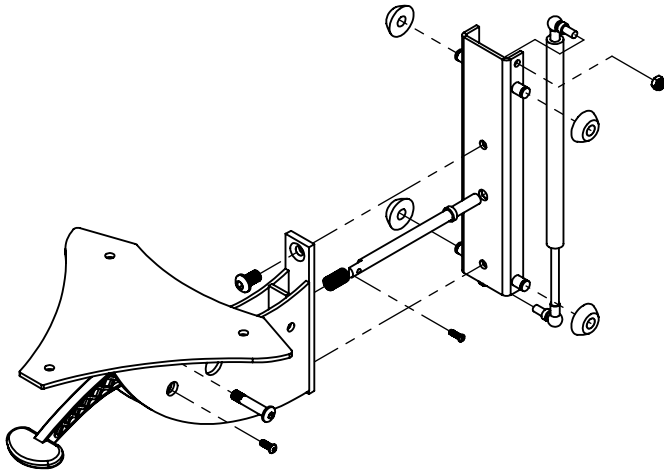
Brake steel wire rope assembly



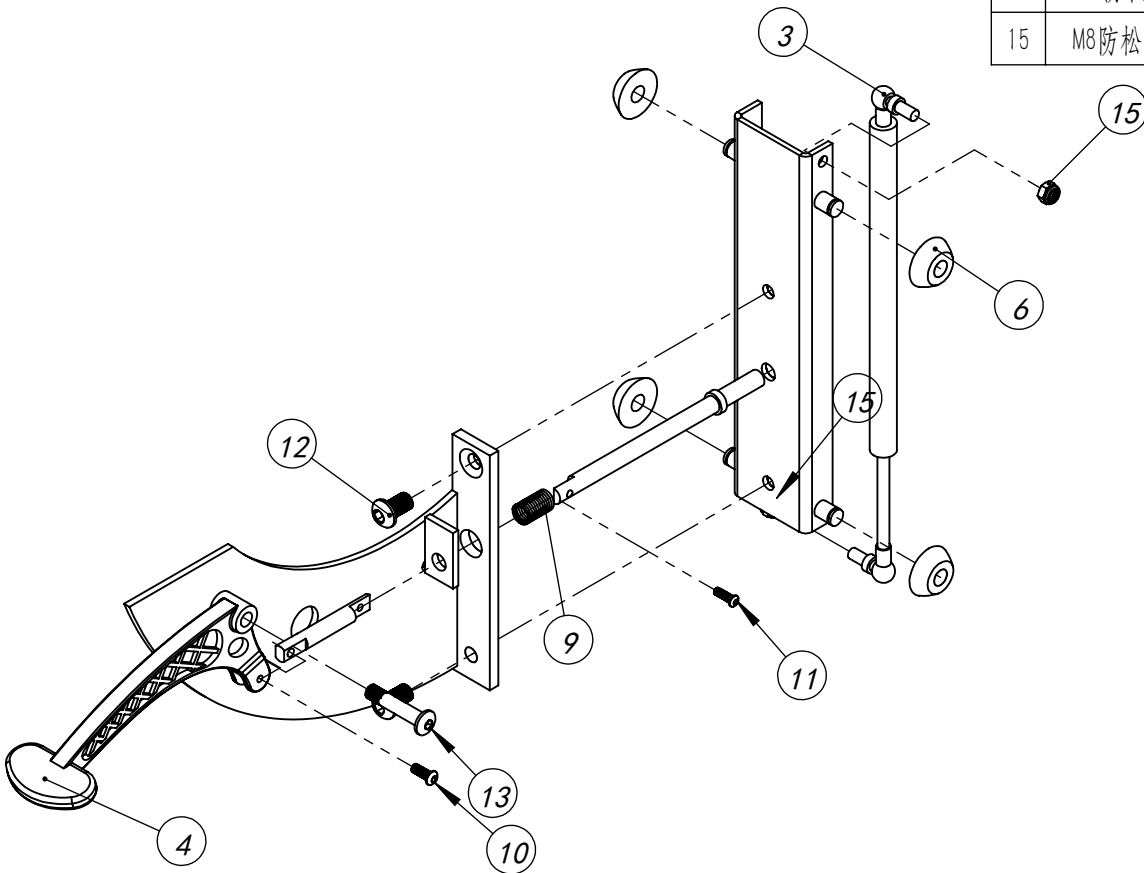
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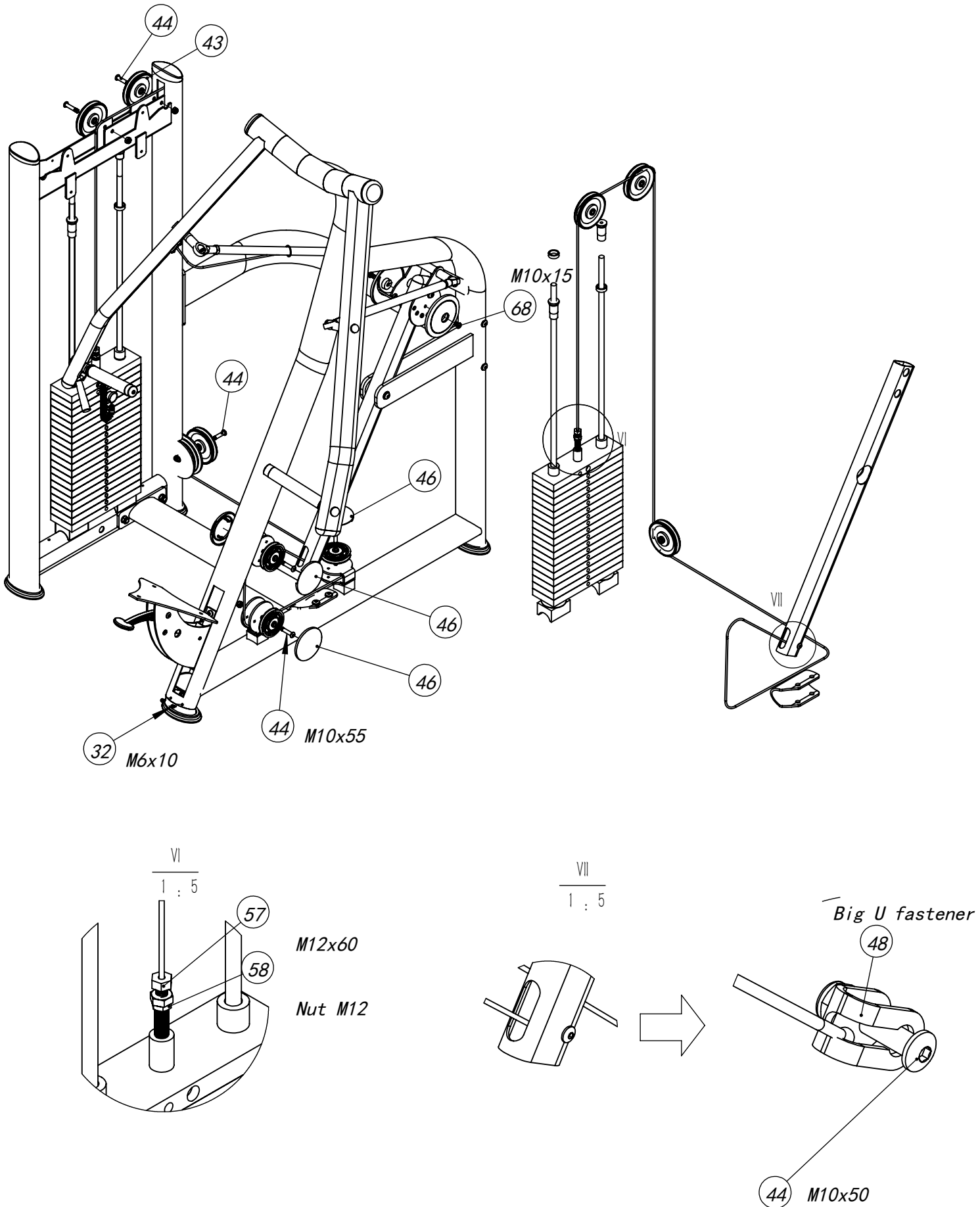
Seate assembly



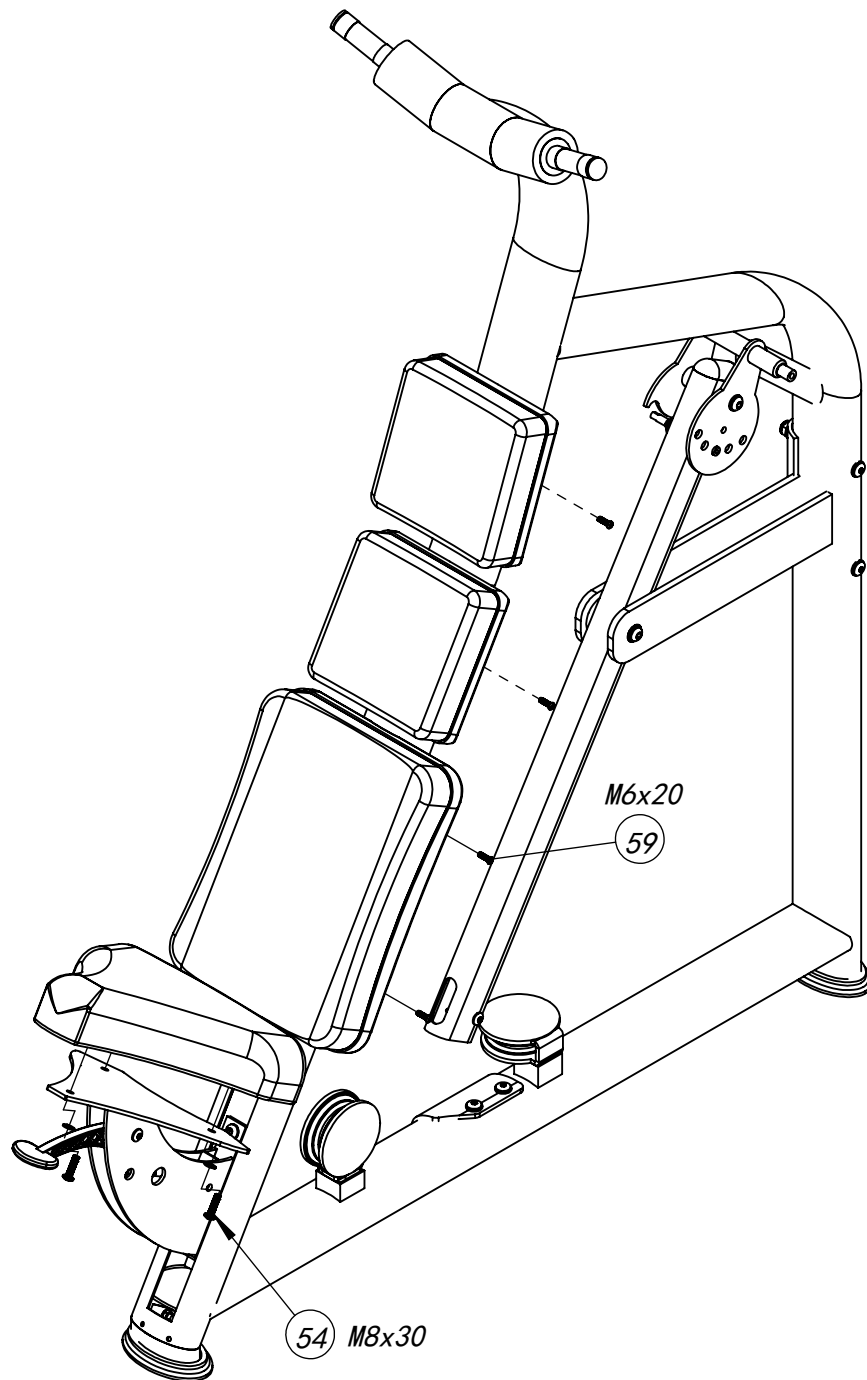
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



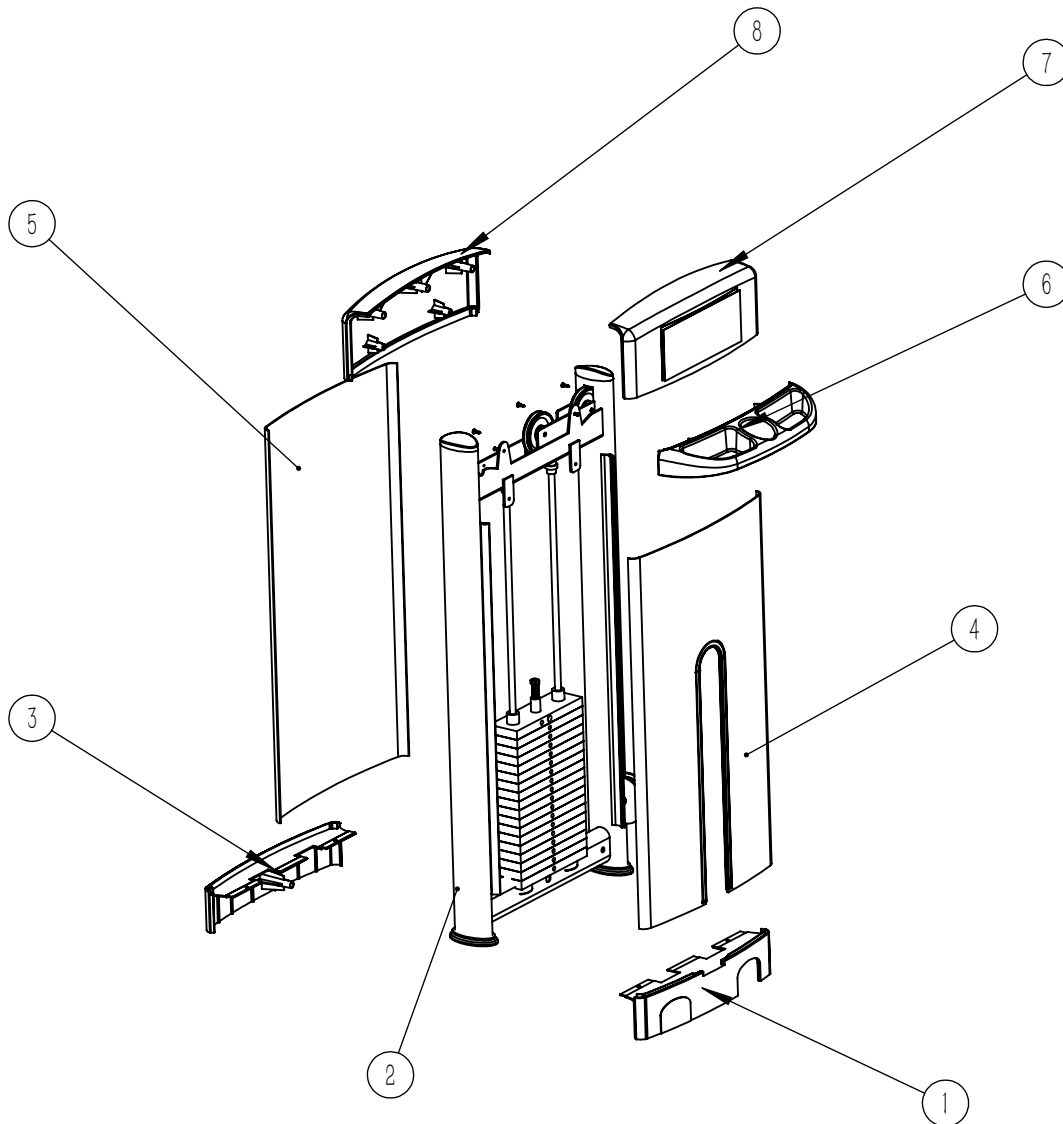
Wire rope & Wire wheel assembly



Seat cushion & back cushion assembly



Main frame assembly



1.Header bottom support

2.Main frame

3.Back bottom support

4.Header board

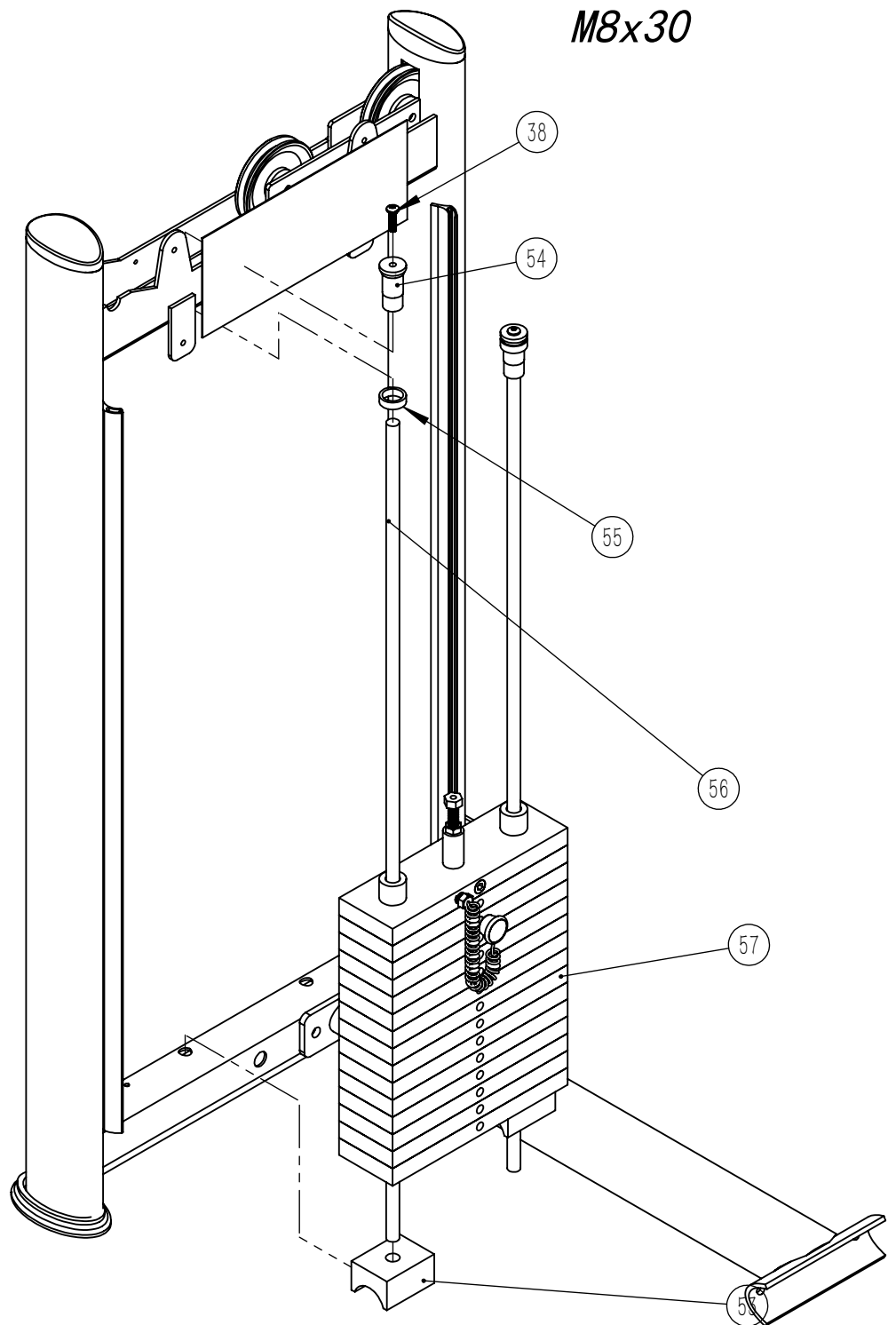
5.Backboard

6.Support

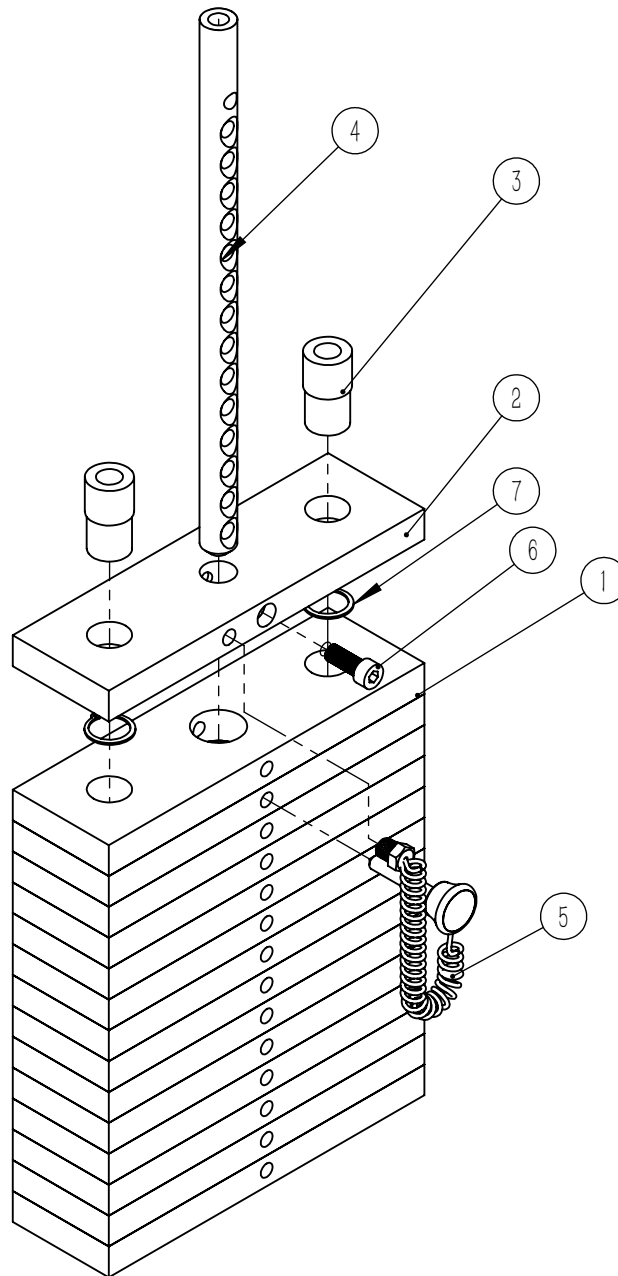
7.Header gusset plate

8.Back gusset plate

The main frame & weight stack assembly

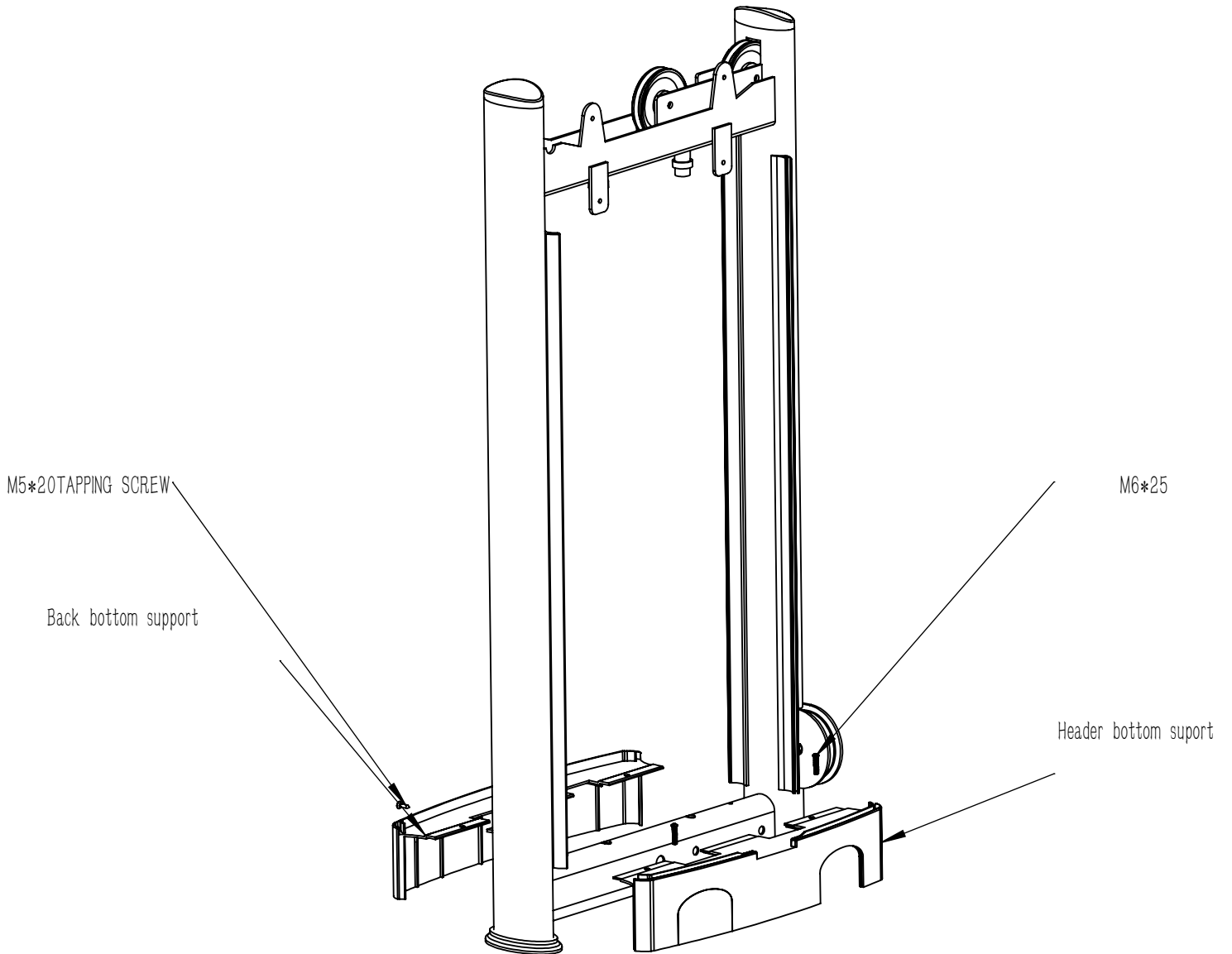


Weight stack assembly

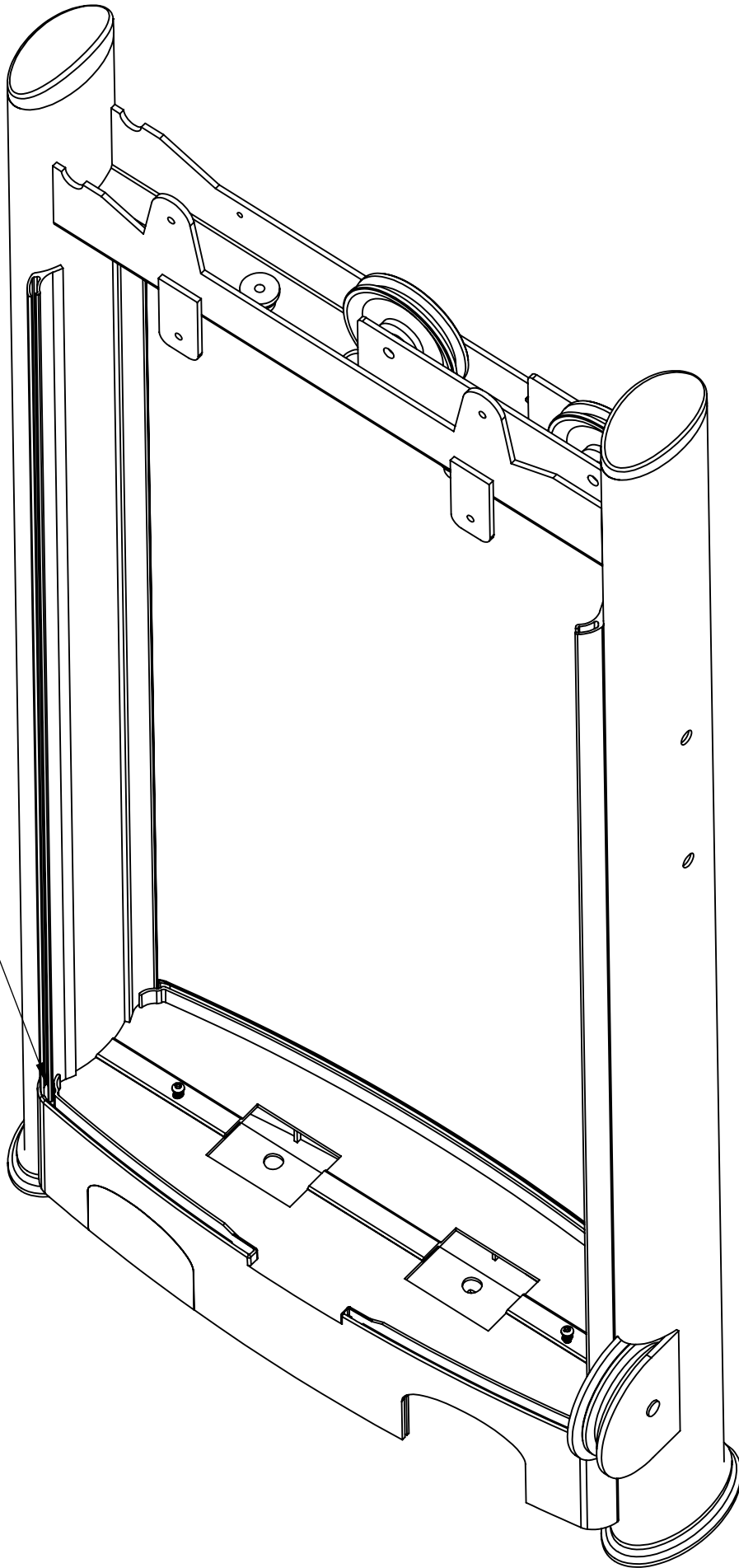


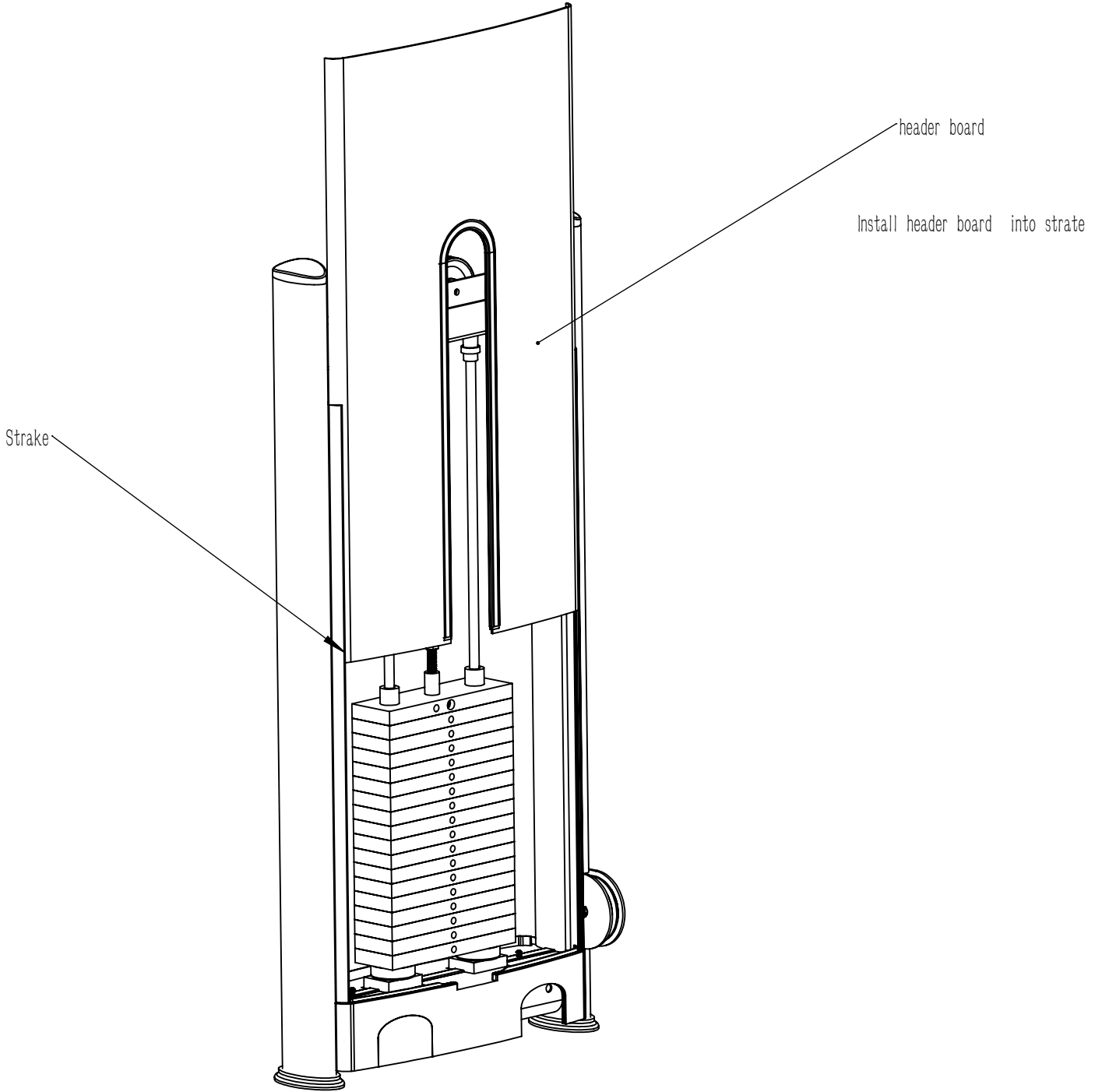
NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	14
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	15孔插杆	15 Holes Pole	1
5	配重插销	Adjustable Bolt	1
6	上片螺丝	Bolt M12x30	1
7	30卡簧	φ 30 Shaft Clip	2

Install bottom supports to the main frame with 2 screws for M6 series and one tapping screw.



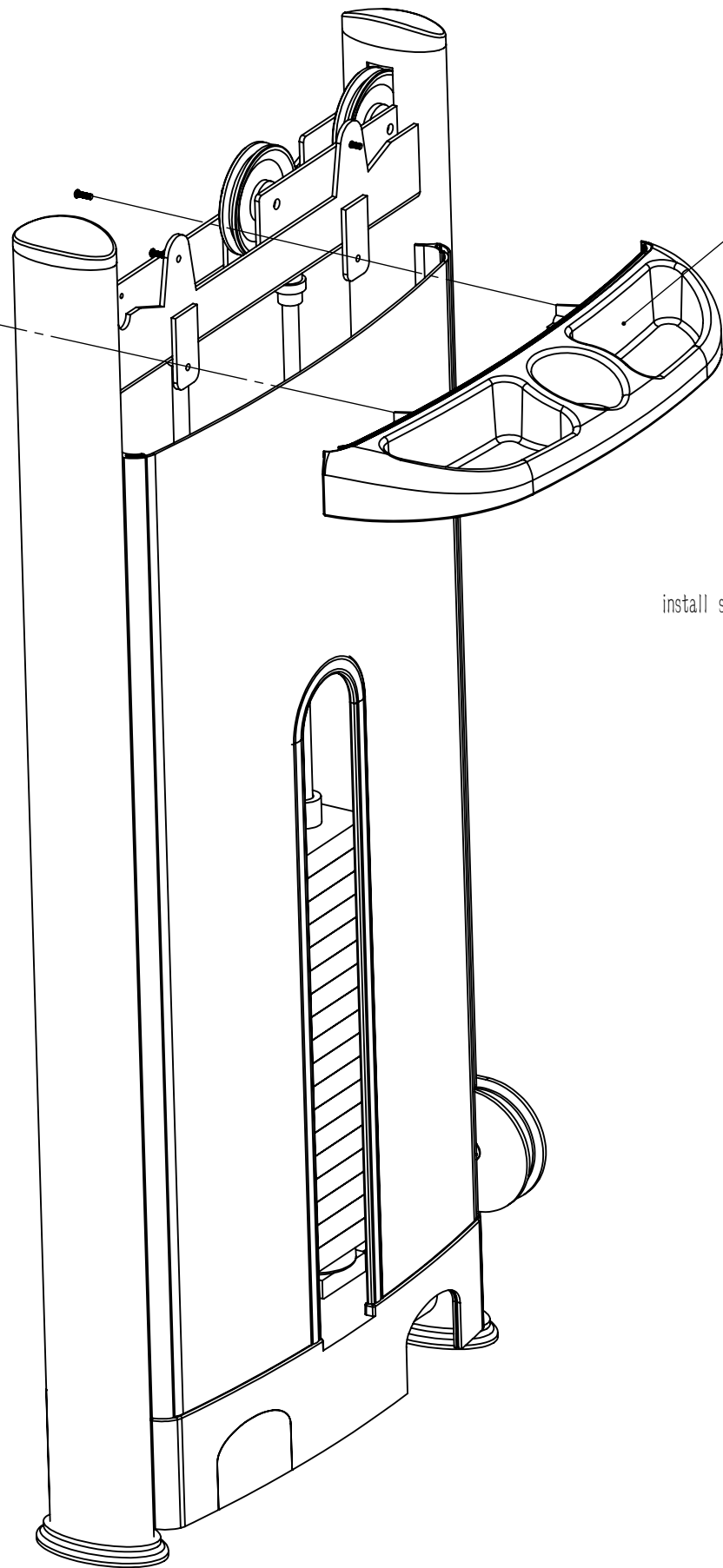
FYA
In the groove.



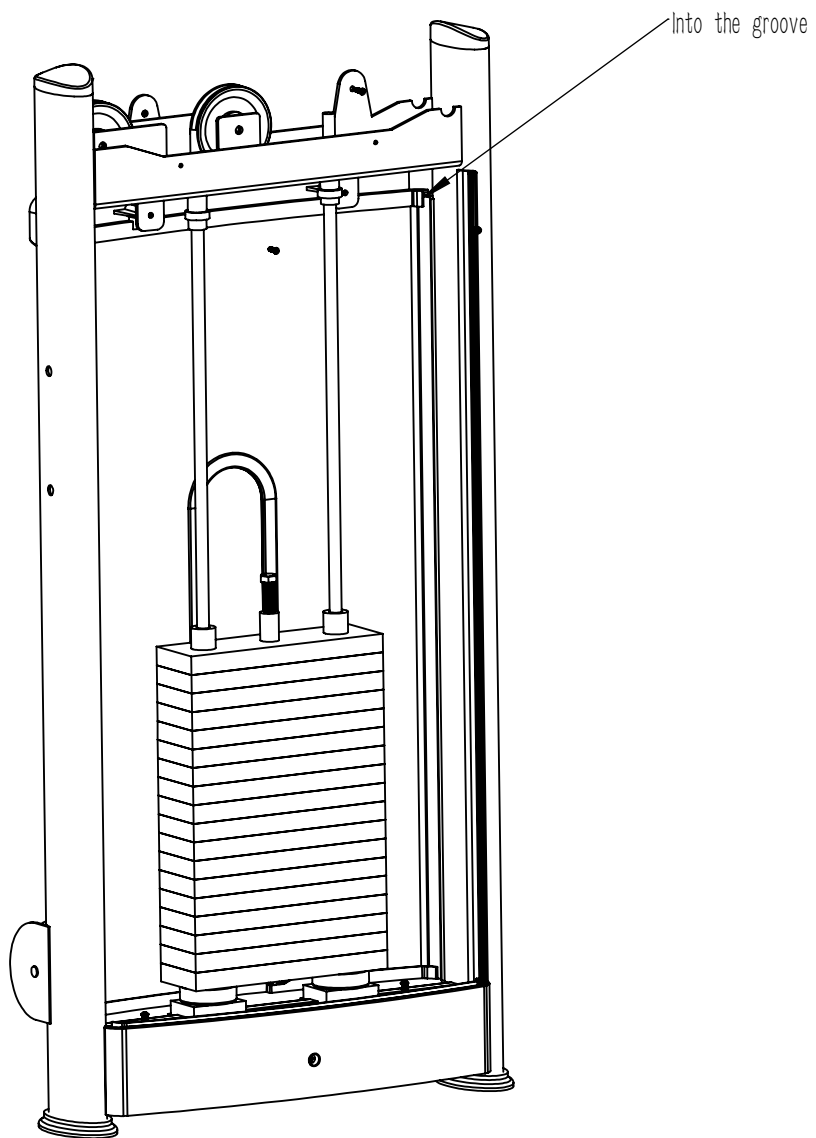


M5*16

support

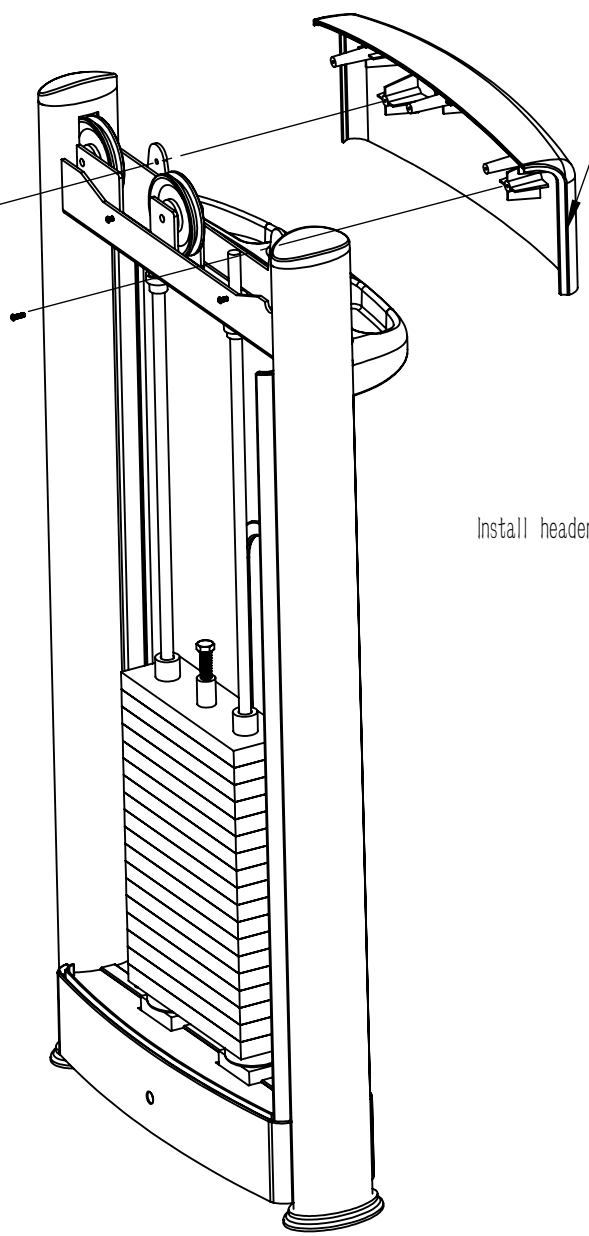


install support with M5*16

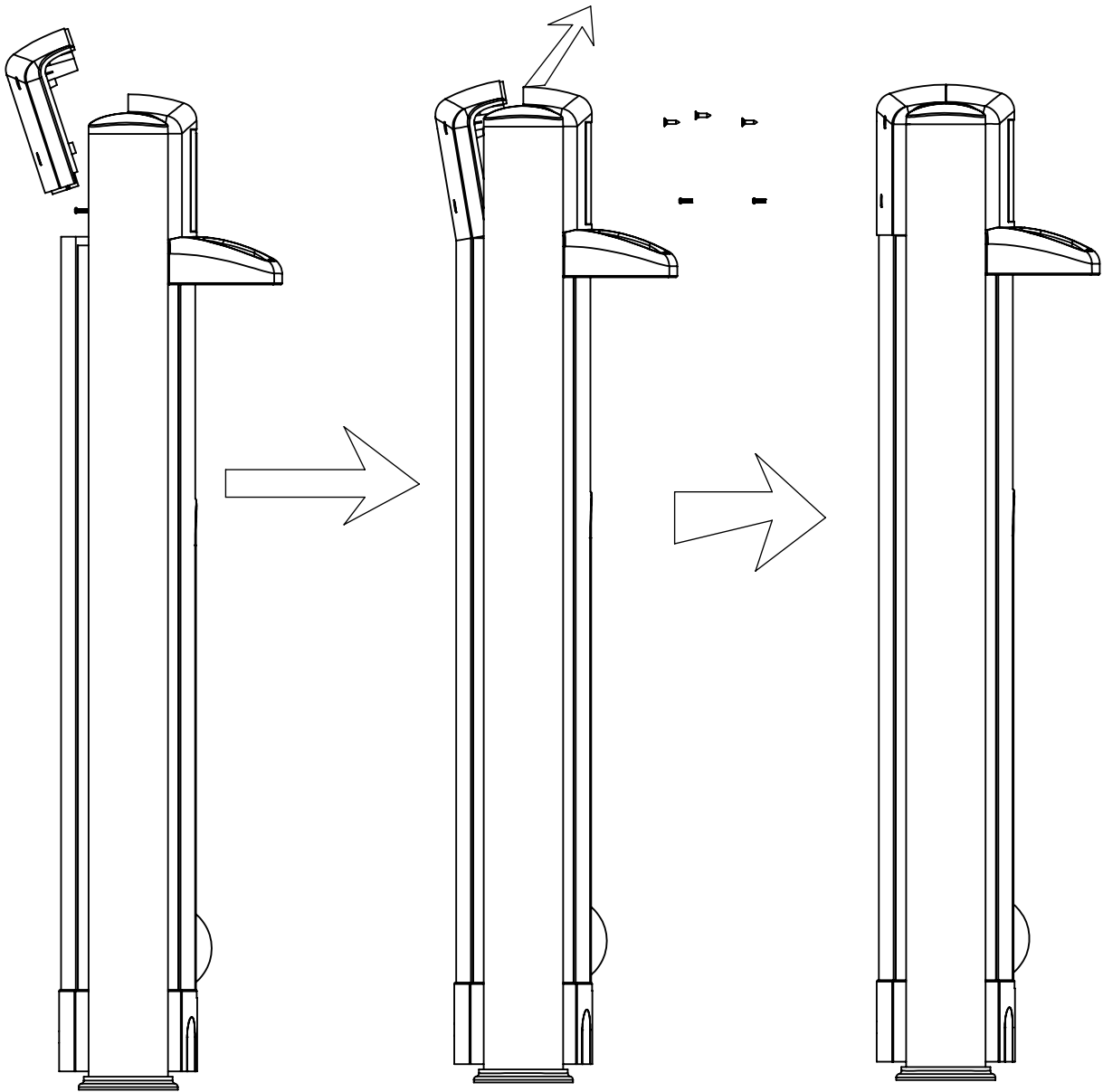


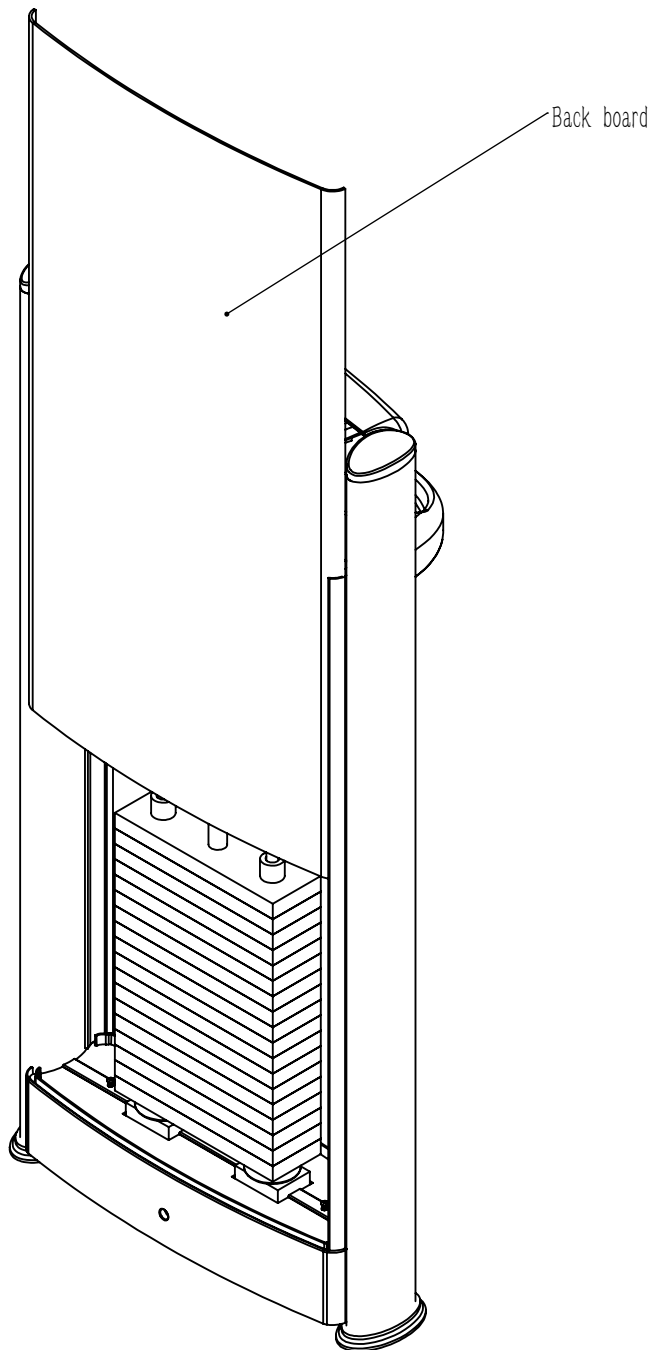
M5*16

header bottom suport



Insta.ll header bottom suport withn M5*16





Install back board

M5*20 Tapping screw

M5*16

M5*16

