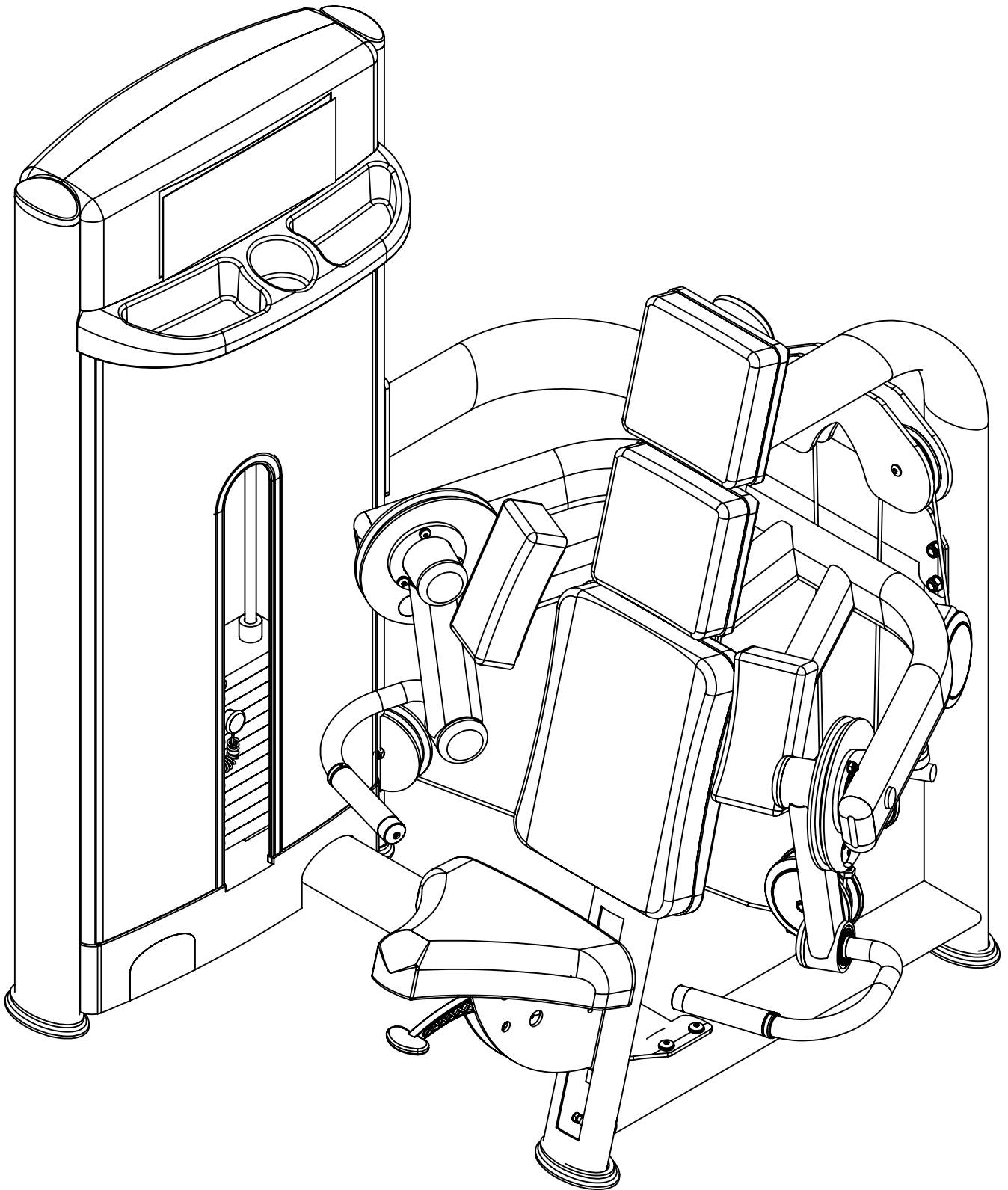


ASSEMBLY INSTRUCTION



Seated Biceps Curl

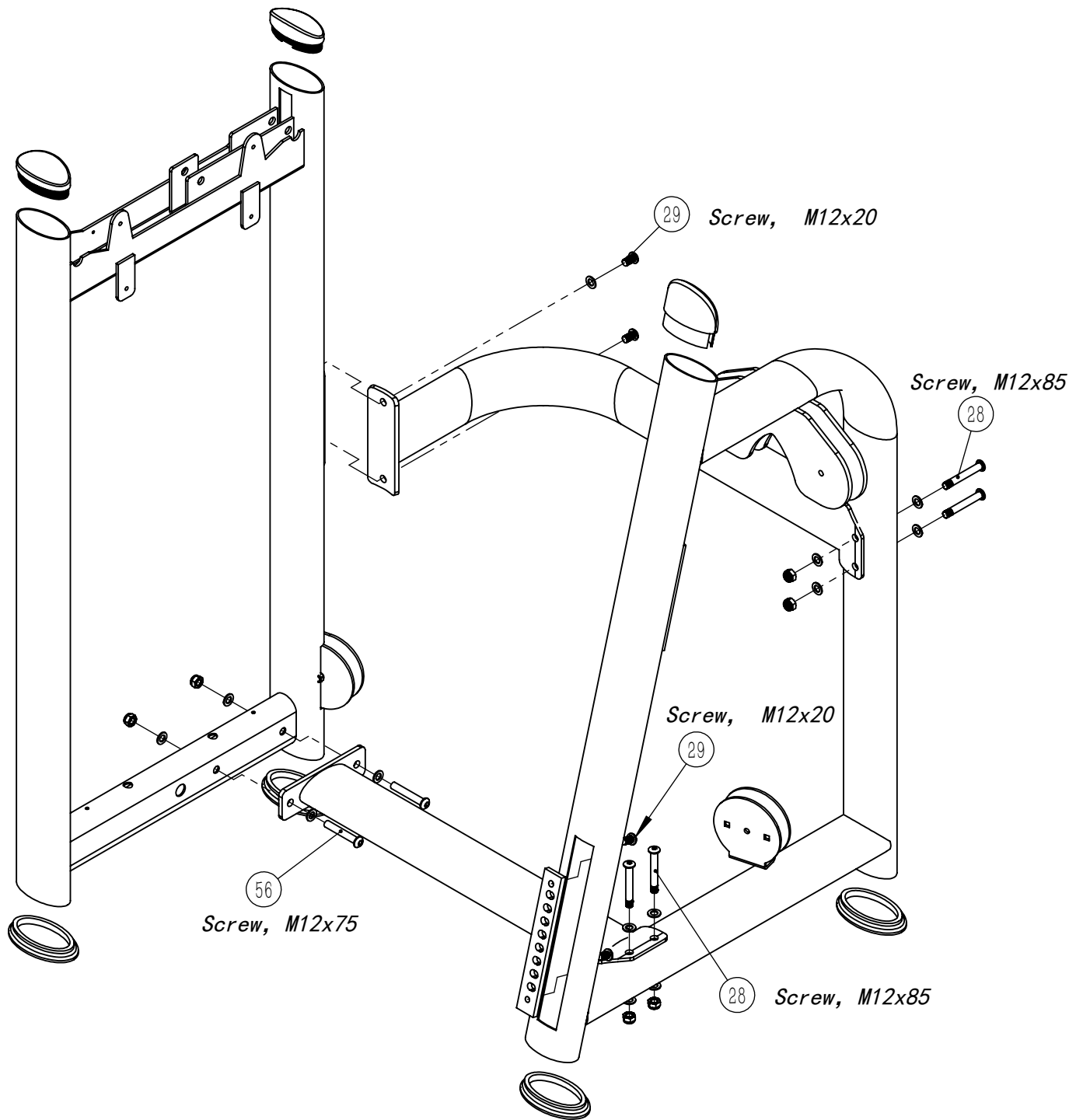
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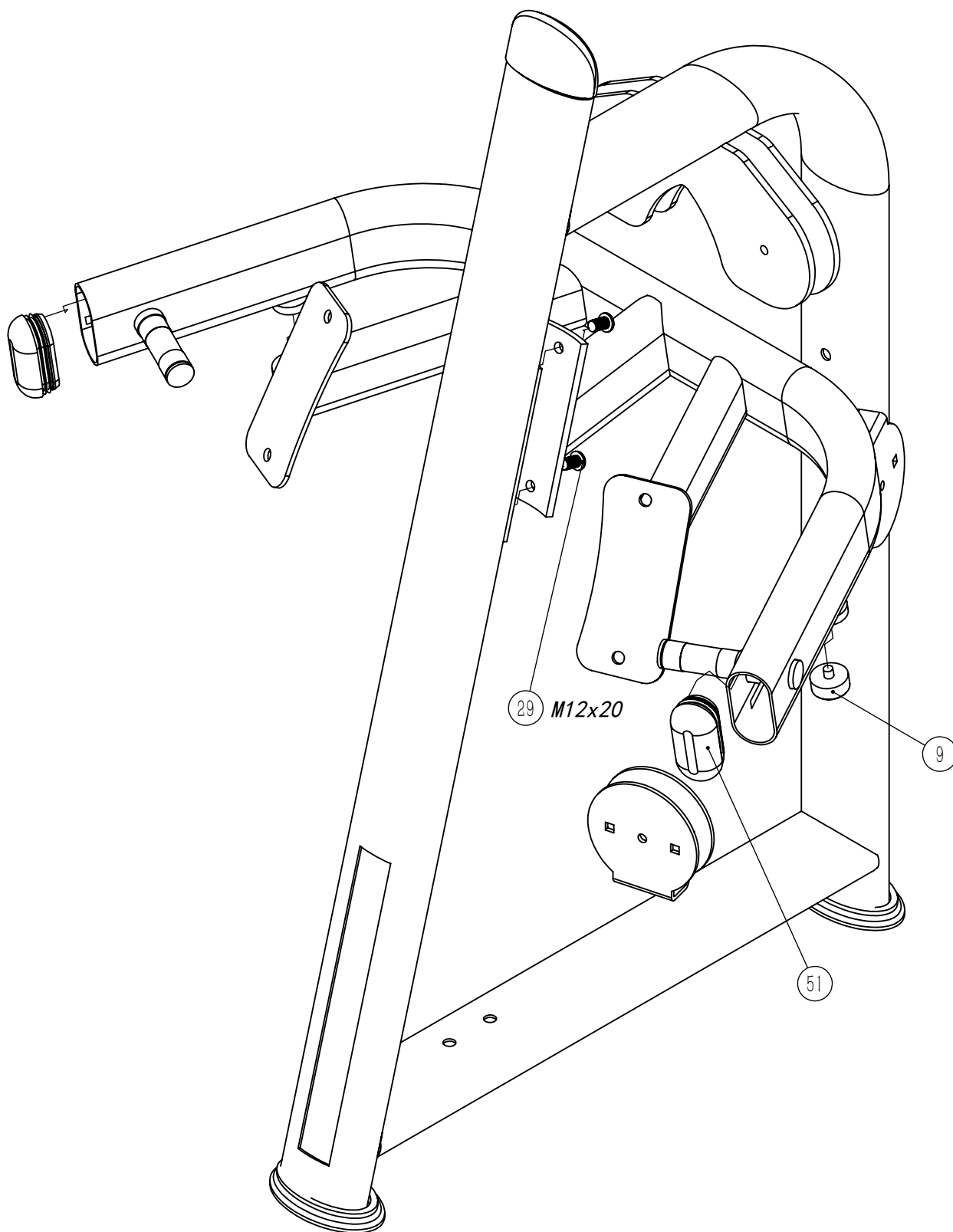
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The main frame assembly	1	29	11-6206-2rs1	Bearing 6206	8
2	副架1	The sub frame	1	30	30卡簧	φ 30 Shaft Clip	4
3	M5直撑	Support group	1	31	压线圆钢	Wire bar	2
4	弯管组	Bend group	1	32	M8x12顶丝	M8x12 Tightening Screw	4
5	力臂	The arm group	1	33	大线轮	φ 114MM Pulley	9
6	手把	Handle	2	34	M10防松帽	Nut, M10	8
7	支位组	Stop bits	2	35	半圆头M10X50	Screw, M10X50	8
8	二头圆盘	Circular plate	2	36	半圆头M10X55	Button Head Cap Screw M10*55	1
9	支位球	Rubber support	2	39	M10螺母	Nut, M10	1
10	轴垫	Elbow pad	2	40	钢丝绳2	Wire rope 2	1
11	坐架总装	the assembly seat frame	1	41	钢丝绳1	Wire rope 1	1
12	M5头垫	headrest M5	2	42	手把盖	Grip Cap	2
13	M5大靠背	High backrest M5	1	43	手把圈	Grip Ring	2
14	镜向力臂	fromparent+	1	44	130手把套	Grip, 150MM	2
15	1.19米导杆	guide rod 1.19	2	45	半圆头M6X10	Screw, M6*10	2
16	M7导杆套	guide rod sleeve M7	2	46	62堵头	φ 62 Cover	4
17	M7导杆套圈	gasket of barbell sleeve	2	47	半圆头M8X55	Screw, M8X55	6
18	方配重垫	counter weight cushion	2	48	M8平面垫圈	Washer, M8	19
19	半圆头M8X30	Screw M8x30	9	49	M8防松帽	nut M8	6
20	12片配重组	Assy, Weight Plate	1	50	M4大管堵	Cap Of Tubing, 50*100	2
21	M12	Nut, M12	3	51	大线轮扣盖	Cover, Pulley Bolted Partial	8
22	配重螺丝中空M12X60	Turnbuckle Screw, M12x60	2	52	调板	Adjusting plate	1
23	M7新坐垫	Seat cushion	1	53	鞋	Shoes	4
24	M5弯撑	Bend group M5	1	54	M5牛舌	beef tongue M5	1
25	M12防松帽	Nut, M12	6	55	半圆头M6X20	Button Head Cap Screw M6*20	8
26	M12平垫圈	Washer, M12	12	56	吊盒	Stack Pulleys	1
27	半圆头M12X85	Button Head Cap Screw, M12*85	4	57	半圆头M12X75	Screw, M12X75	2
28	半圆头M12X20	Screw, M12x20	6				

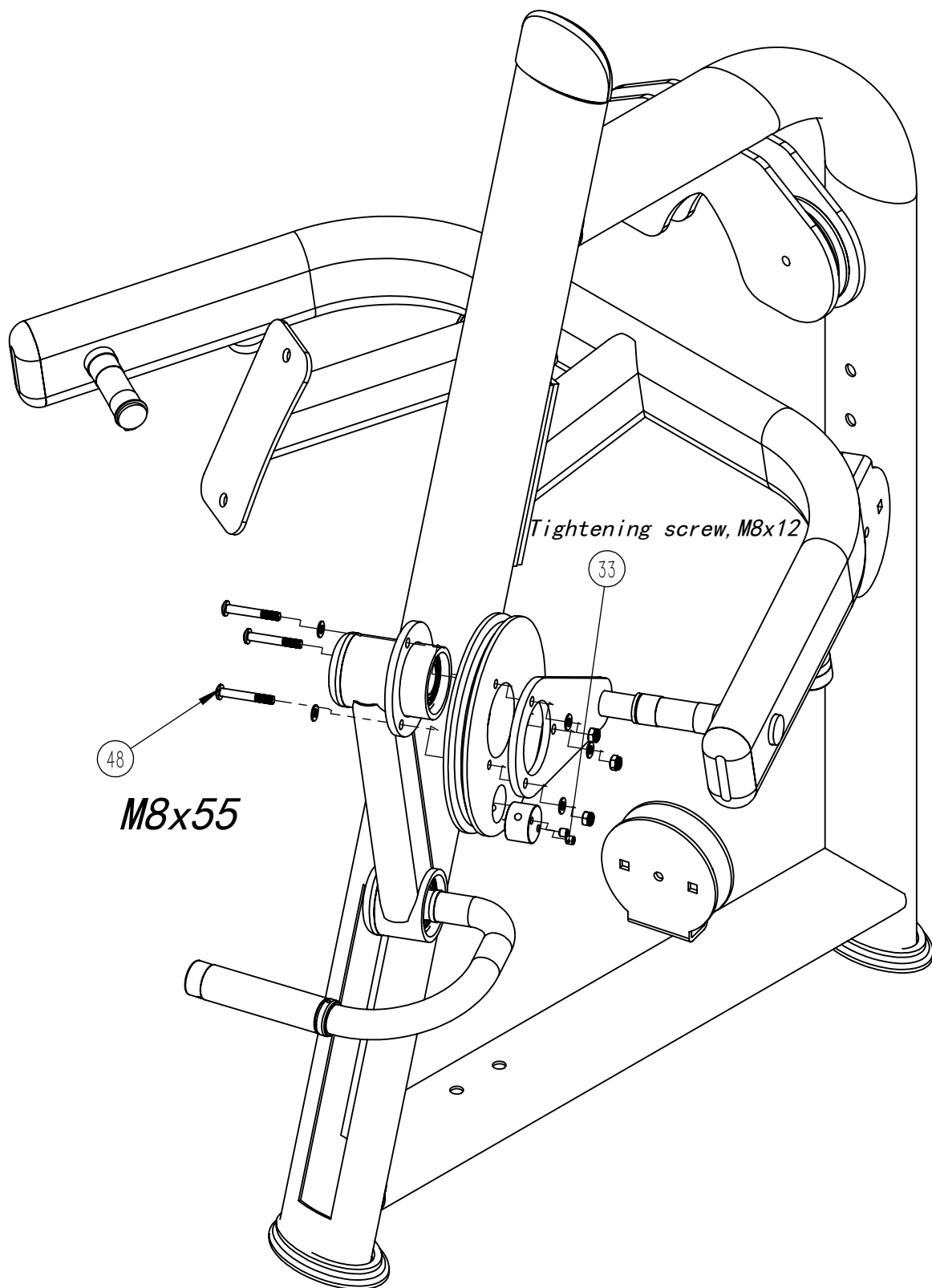
The Main frame & The sub frame assembly



The sub frame & The bend group assembly

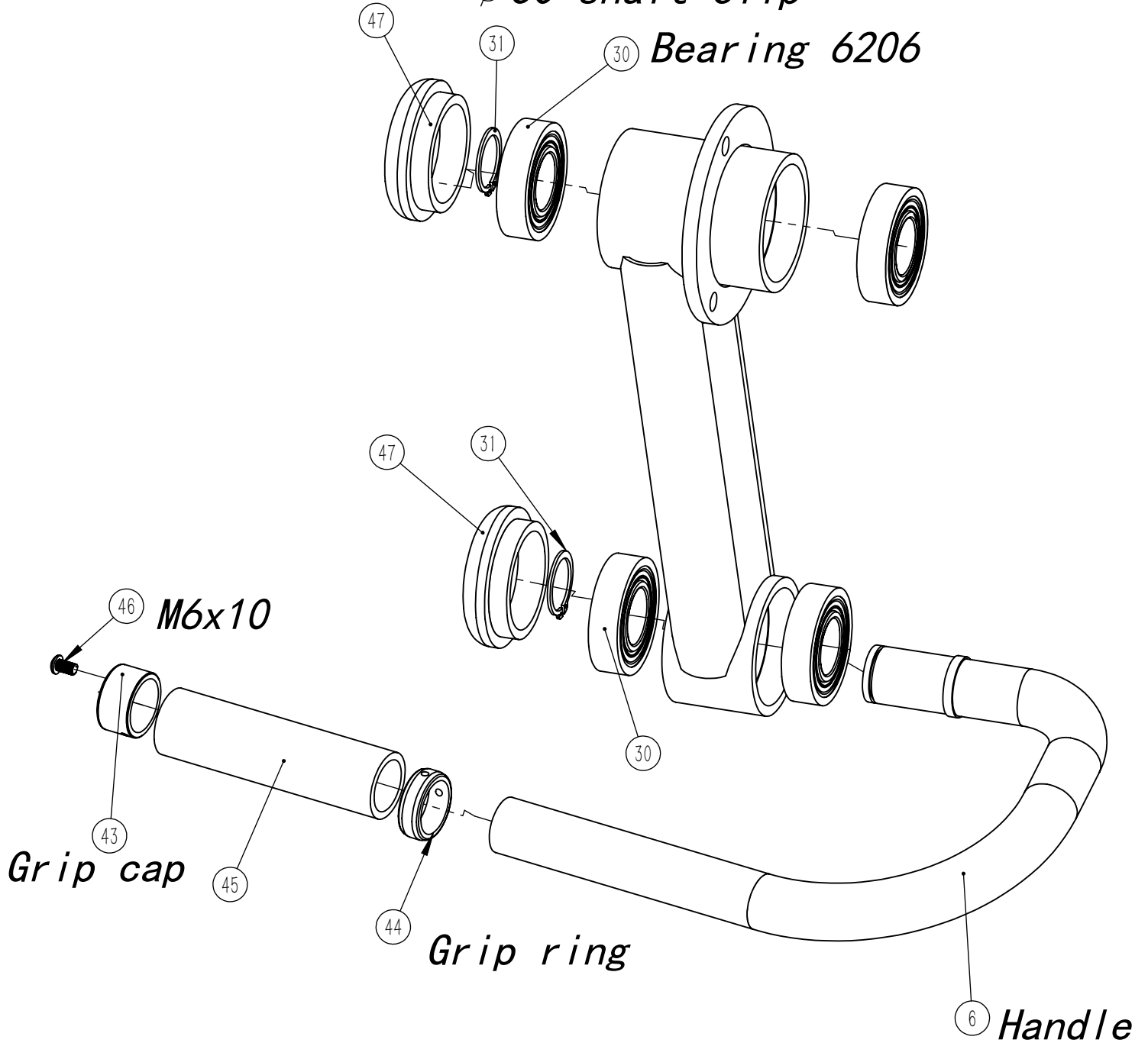


The bend group & The arm group assembly

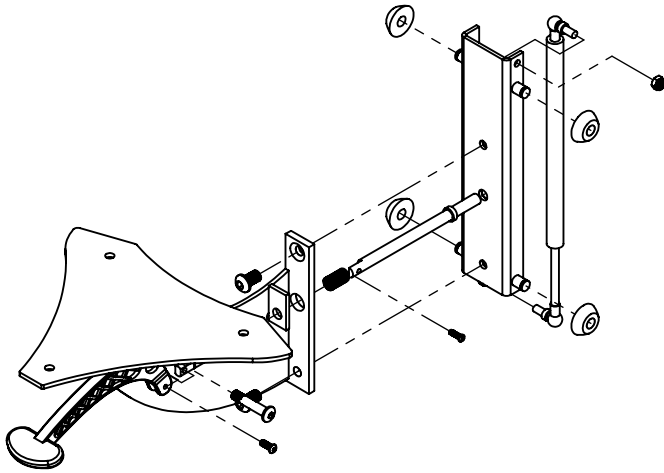


The arm group assembly

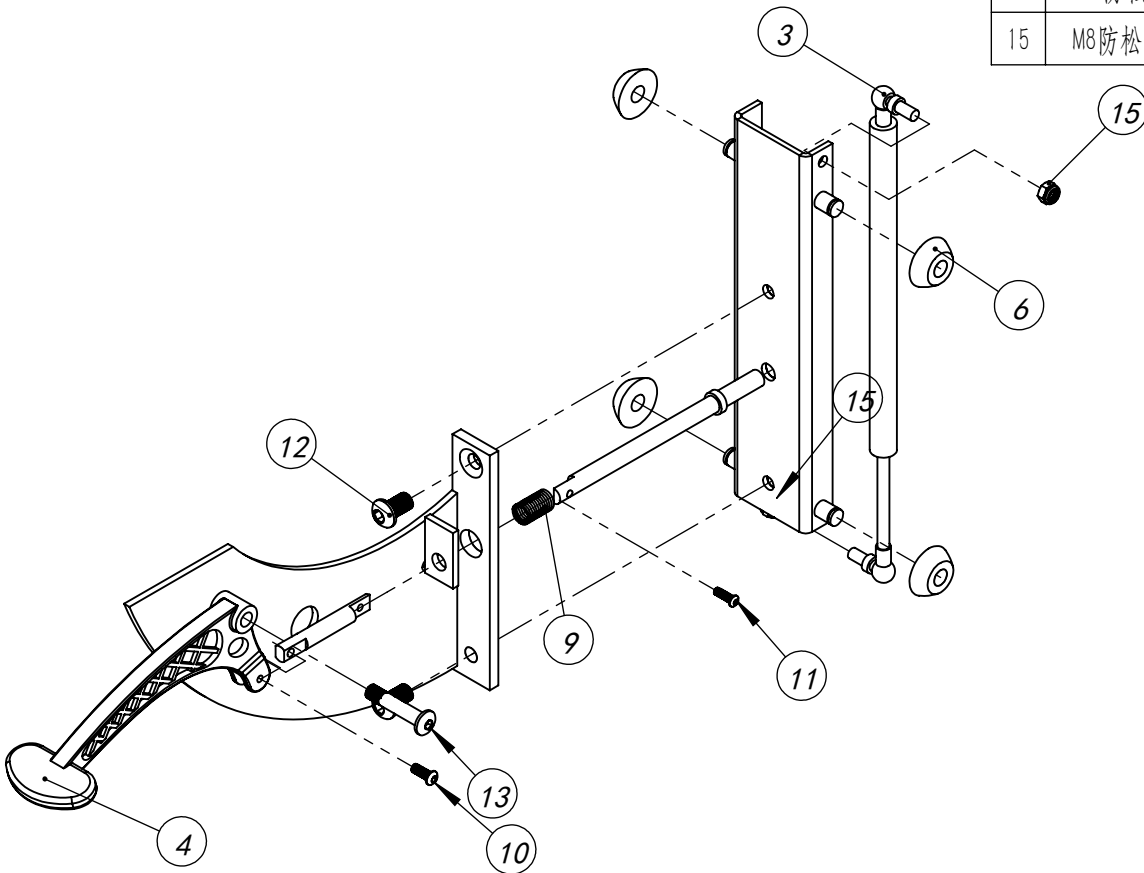
Ø 62 cover Ø 30 shaft clip
Bearing 6206



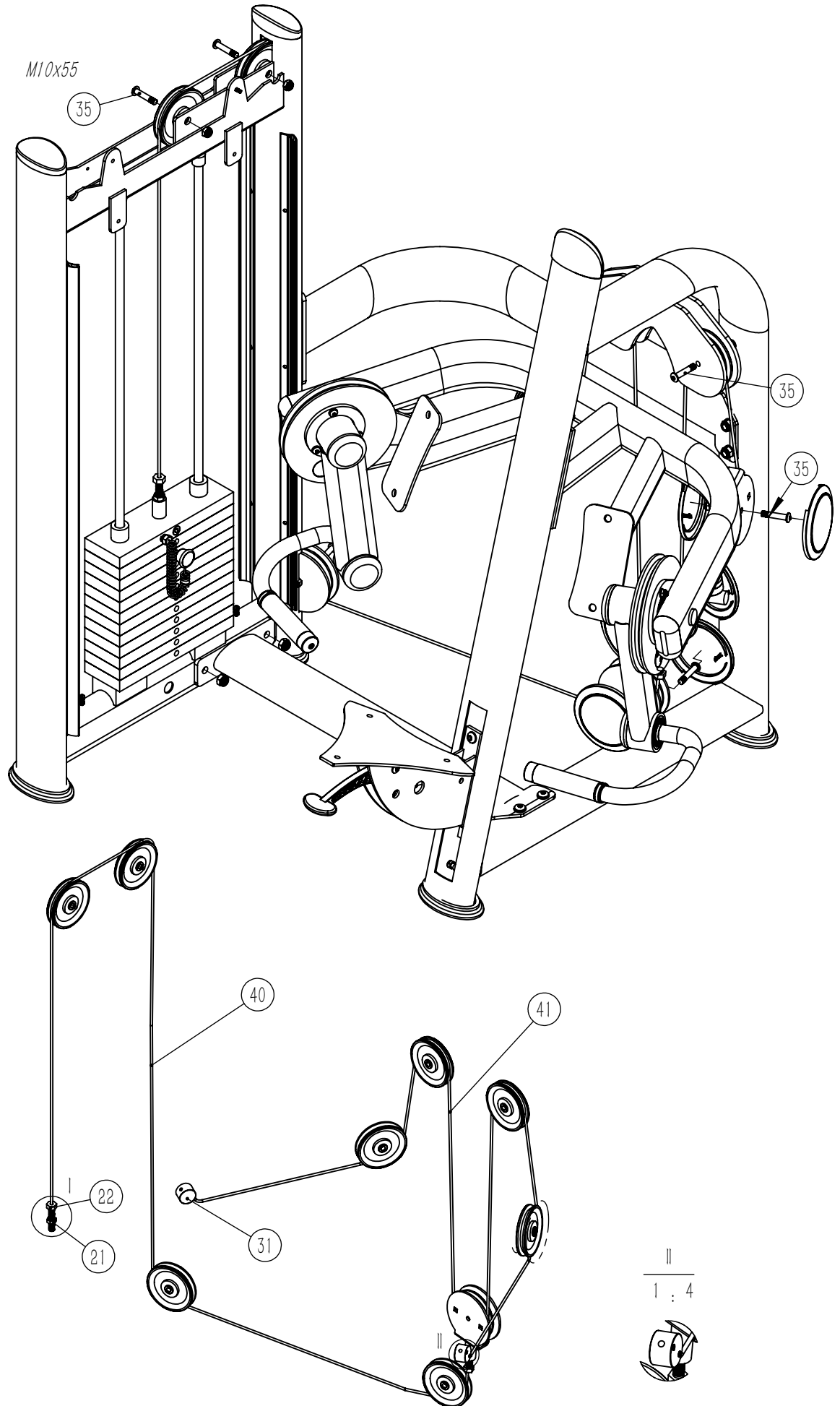
Seate assembly



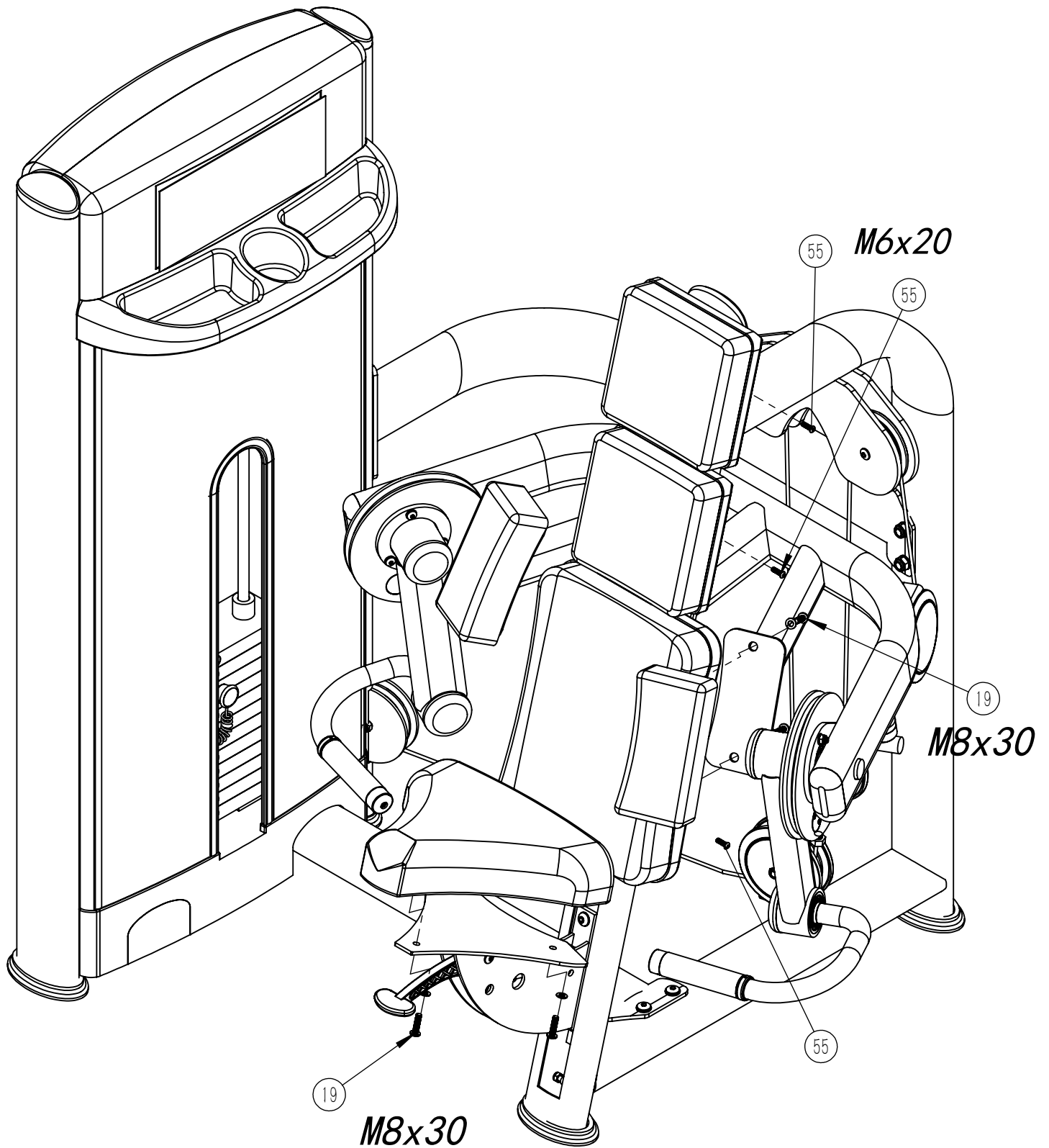
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



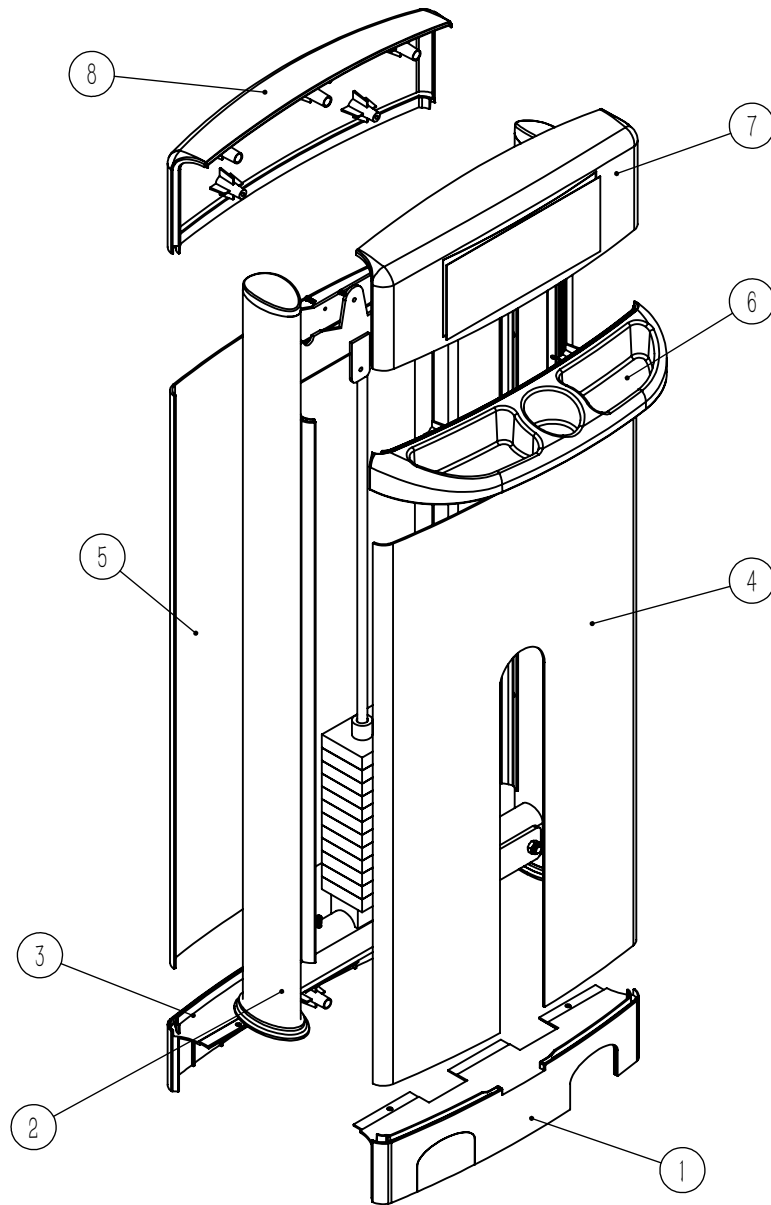
Wire rope & wire wheel assembly



The cushion assembly

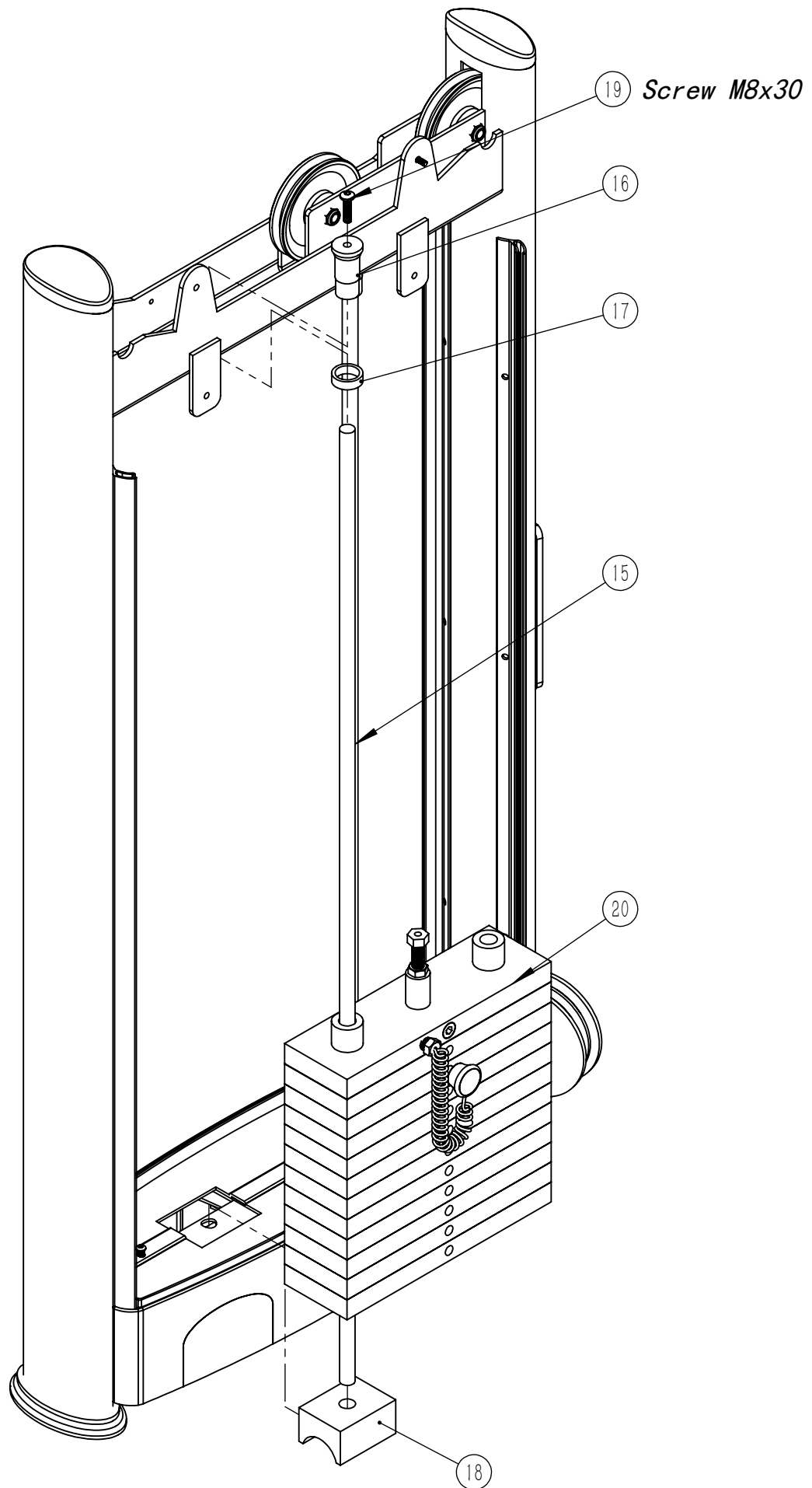


The Main frame assembly

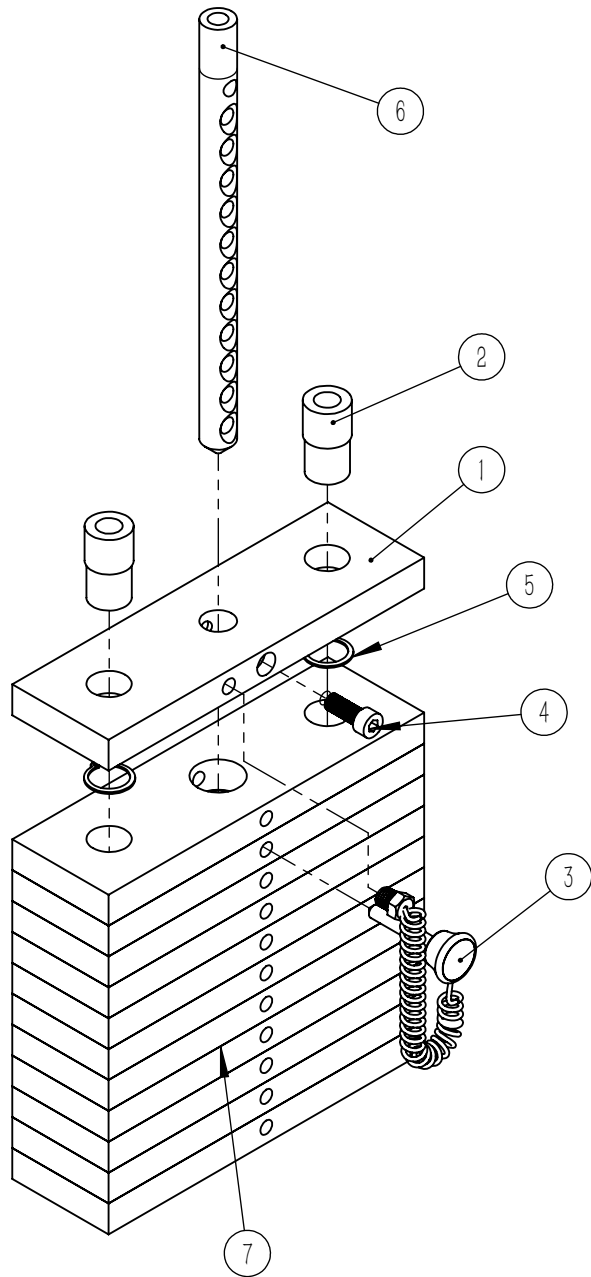


- 1、 Head bottom support*
- 2、 Main frame*
- 3、 Back bottom support*
- 4、 Header board*
- 5、 Back board*
- 6、 Support*
- 7、 Header gusset plate*
- 8、 Back gusset plate*

The Mainframe & weight stack assembly

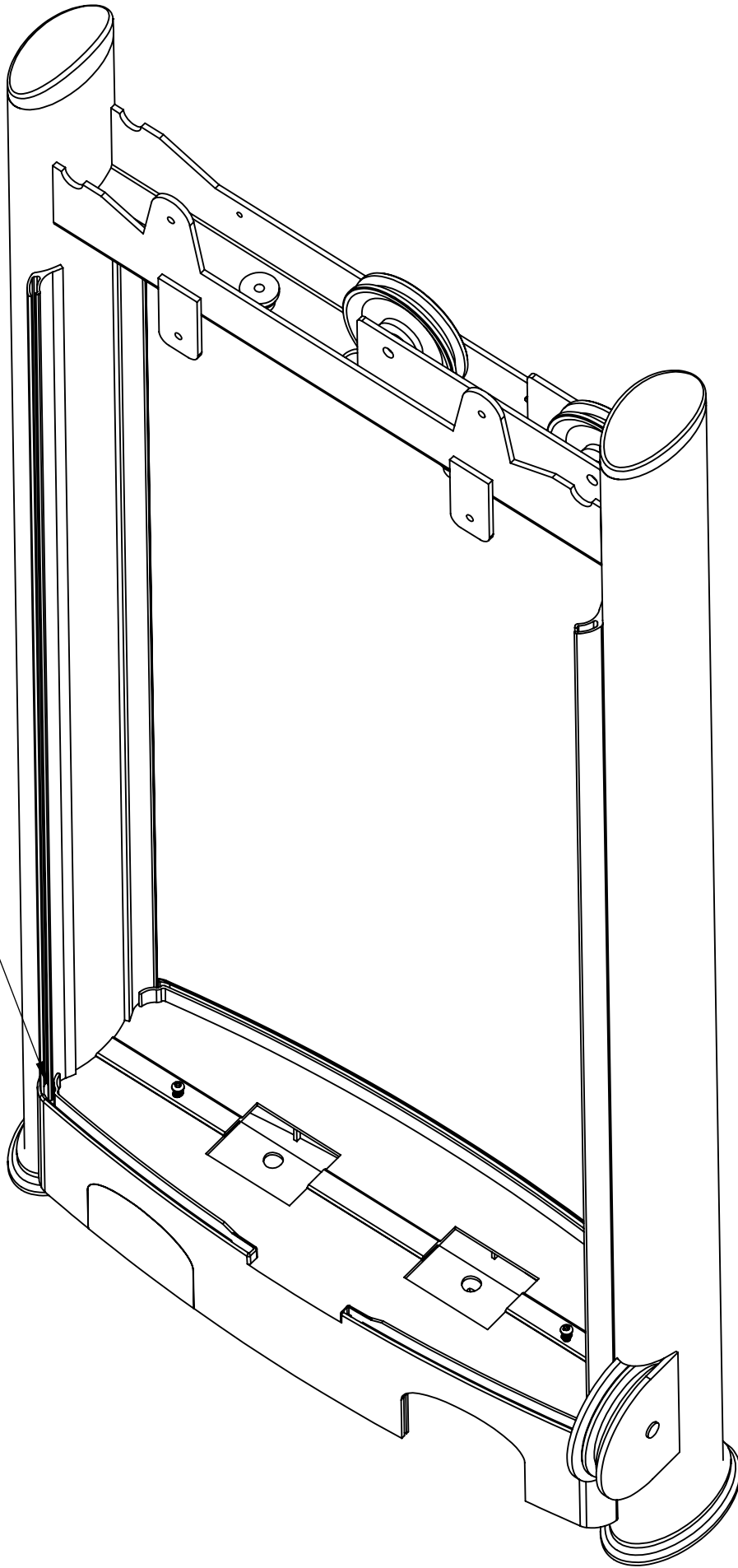


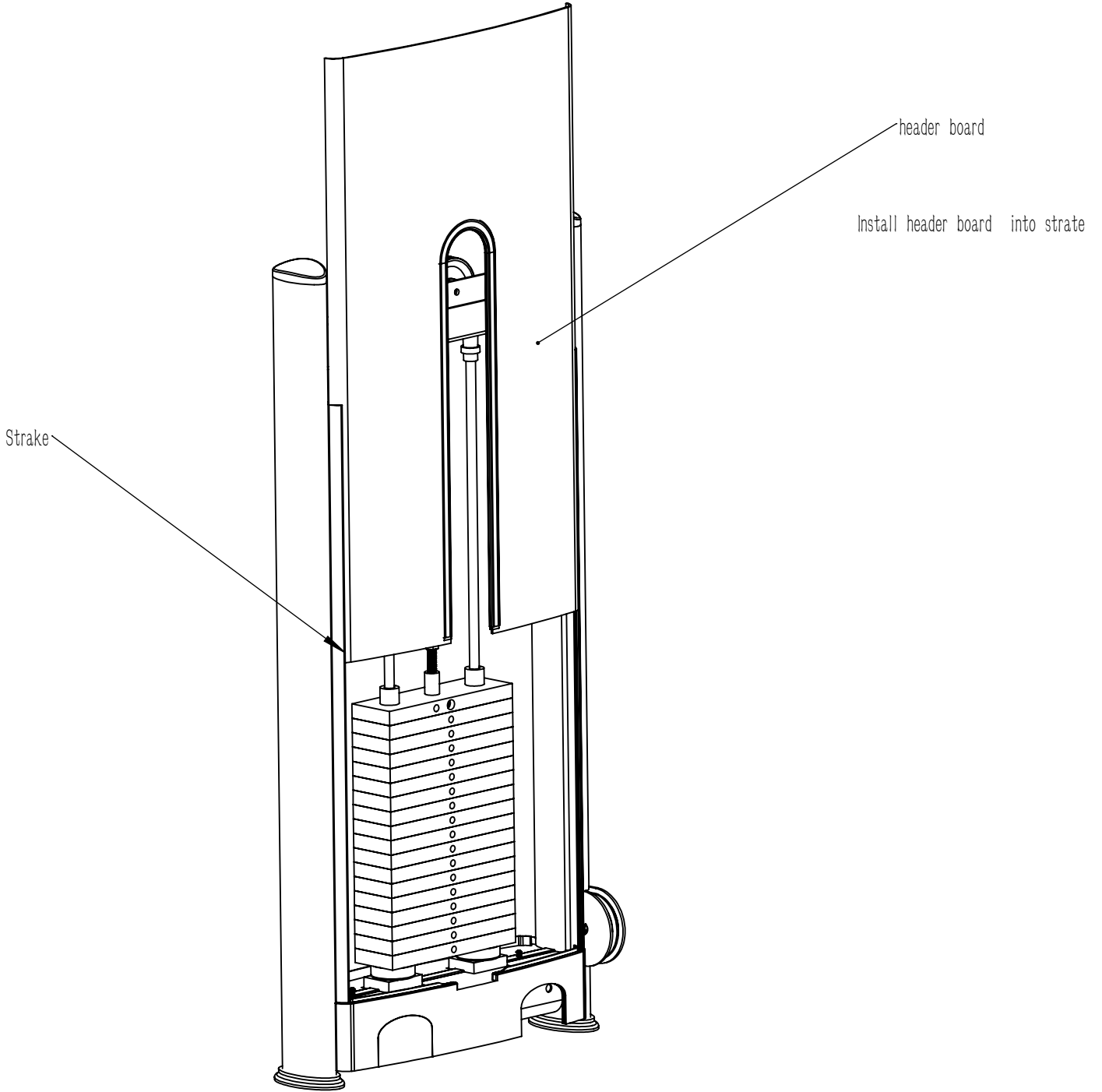
The weight stack assembly

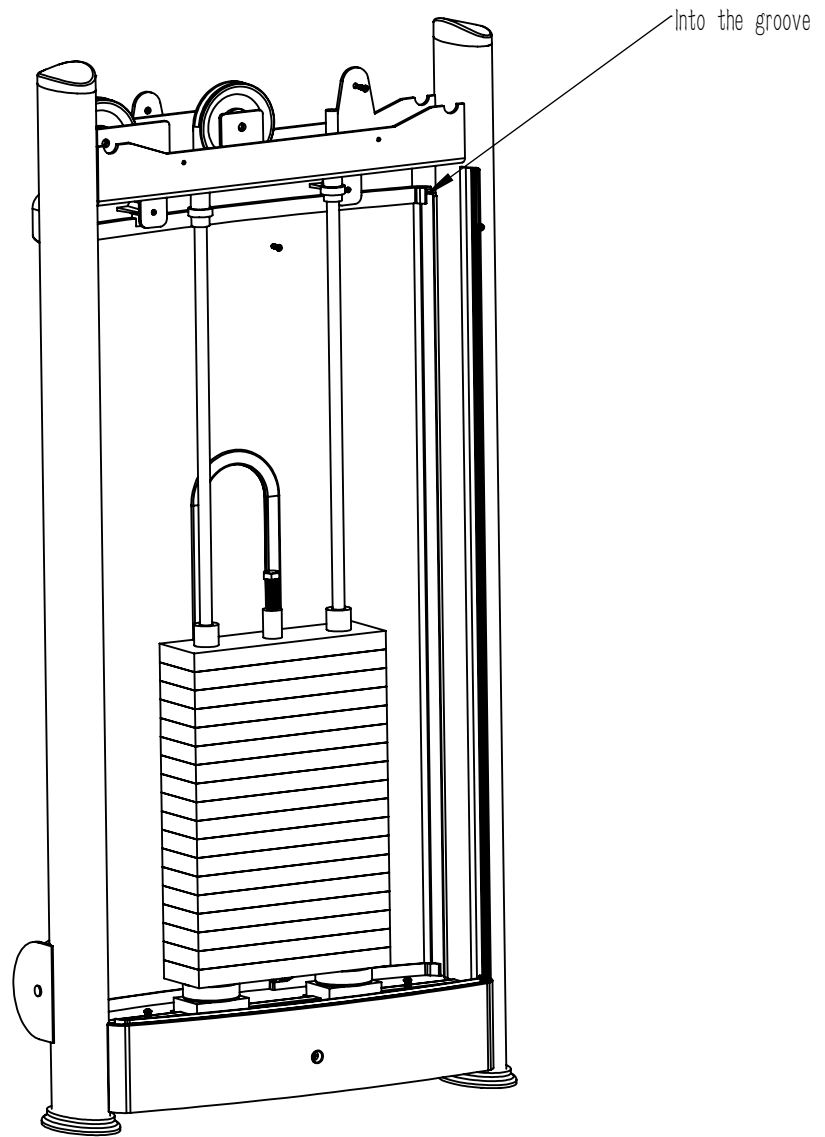


NO.	名称	Description	QTY
1	上片	Top Weight Plate	1
2	导杆套1	Guide Rod Sleeve	2
3	配重插销	Adjustable Bolt	1
4	上片螺丝	Bolt M12x30	1
5	30卡簧	φ 30 Shaft Clip	2
6	12孔插杆		1
7	配重片	Underside Weight Plate	11

FYA
In the groove.

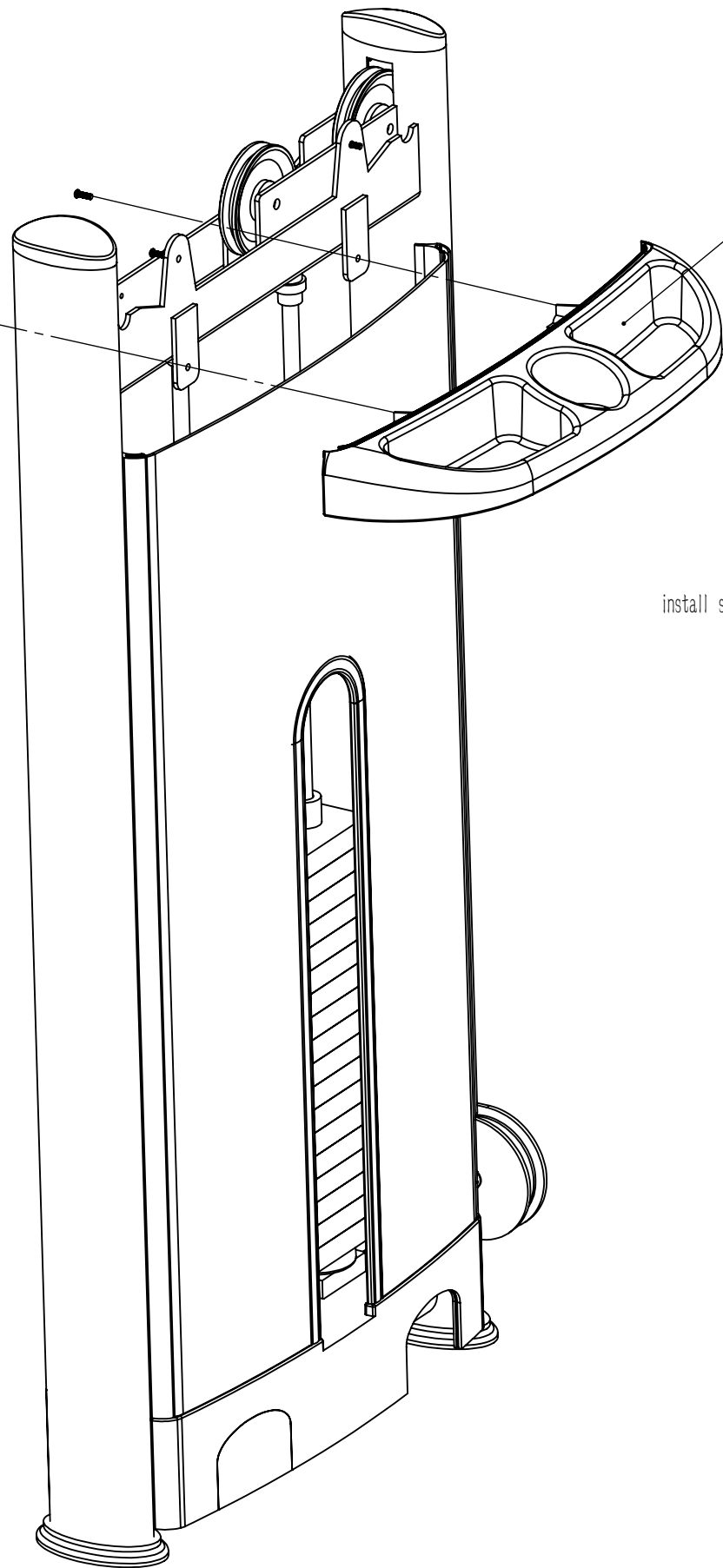






M5*16

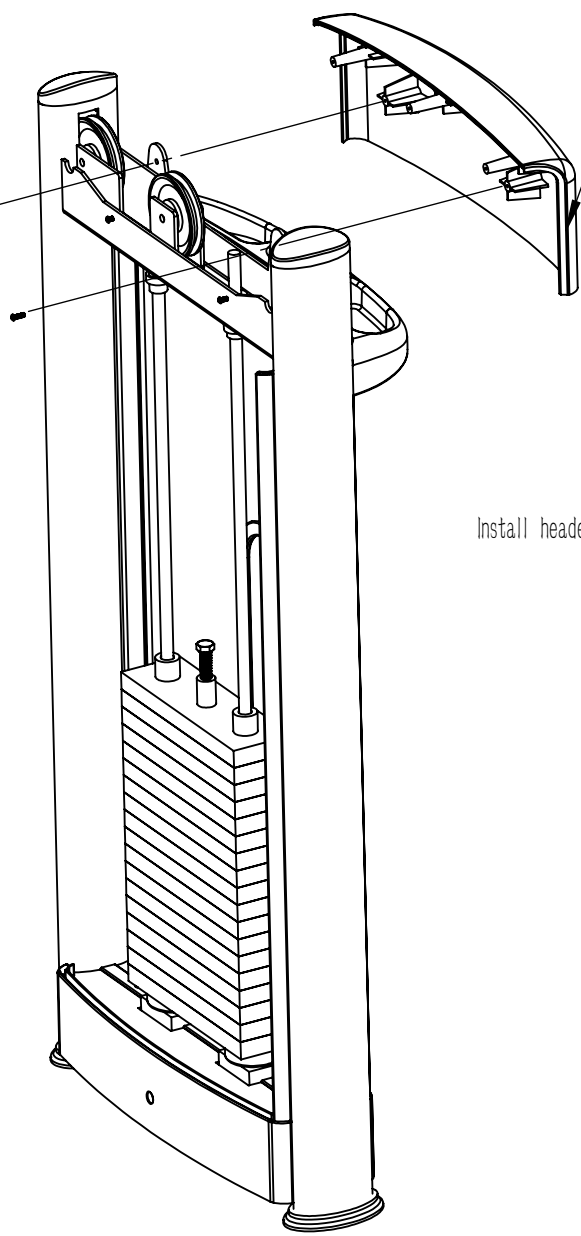
support



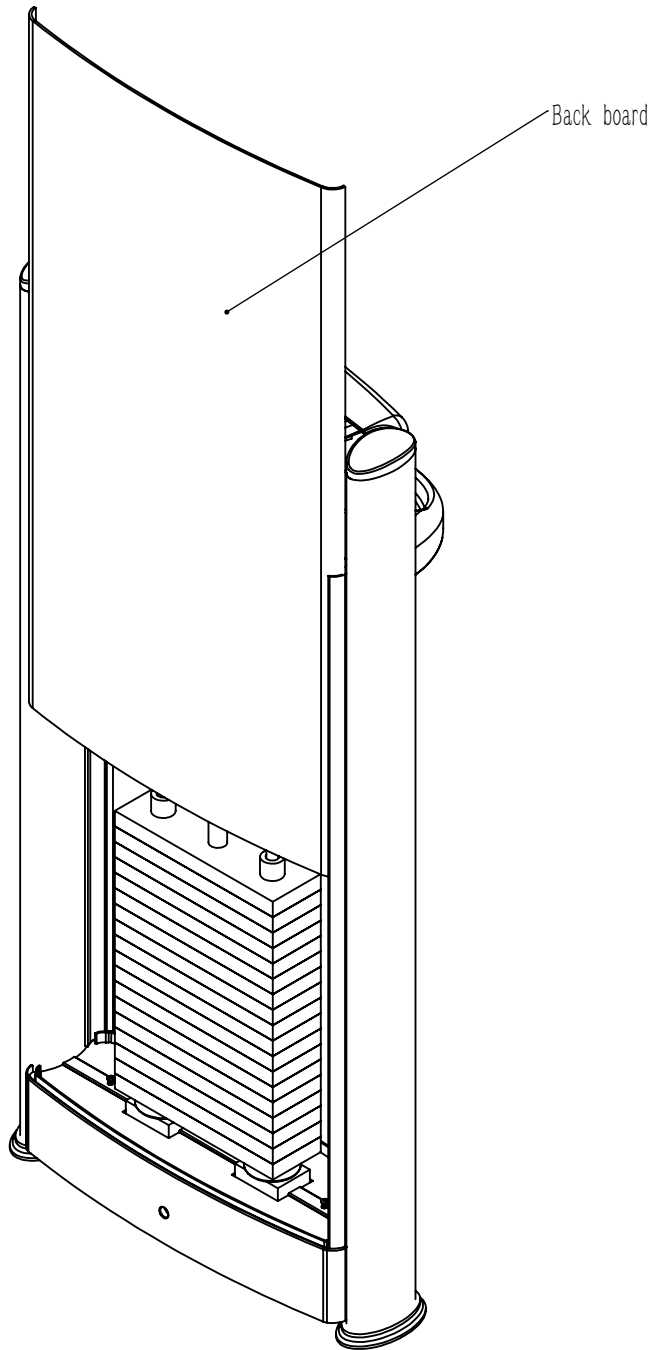
install support with M5*16

M5*16

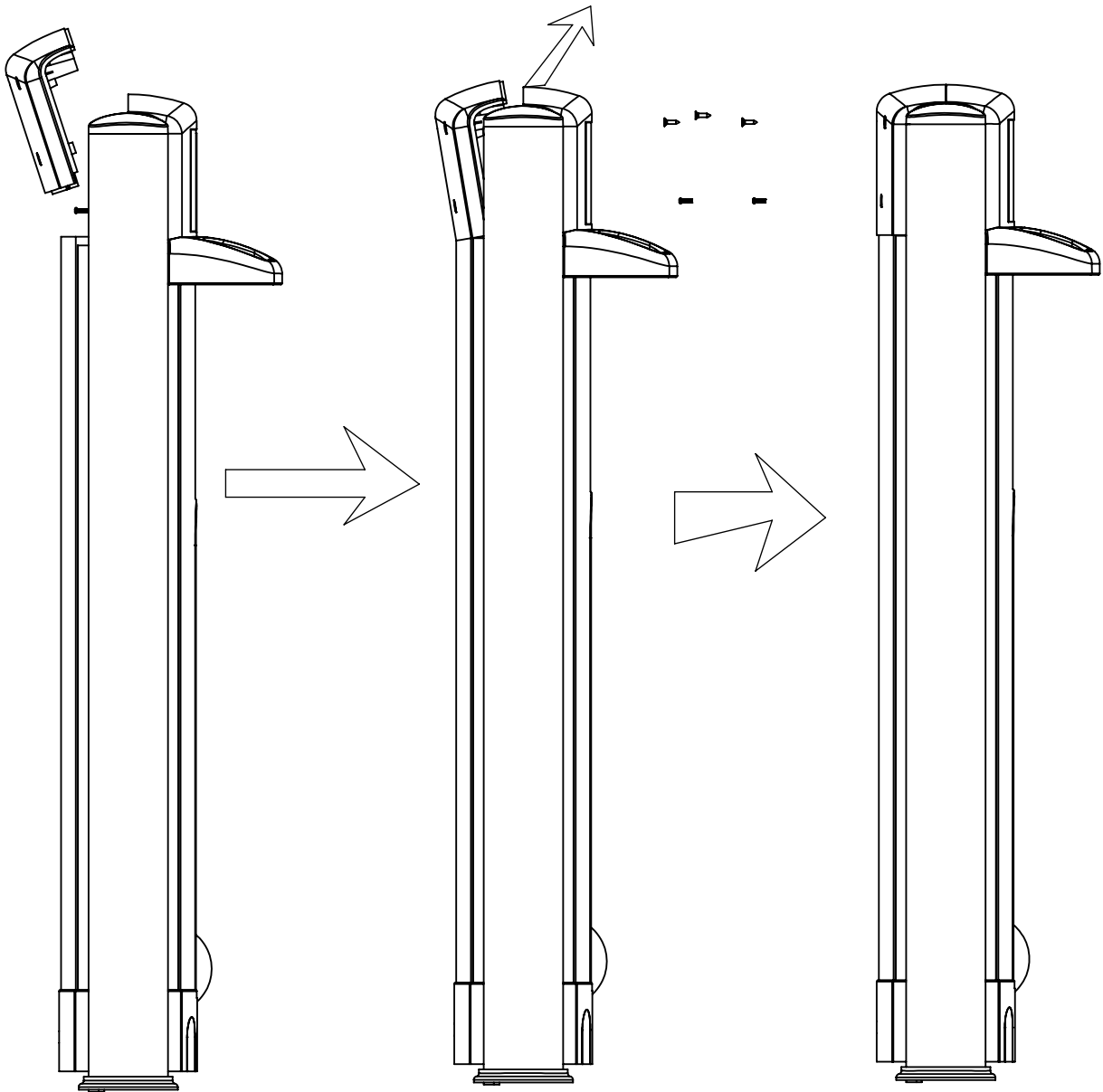
header bottom suport



Insta.ll header bottom suport withn M5*16



Install back board



M5*20 Tapping screw

M5*16

M5*16

