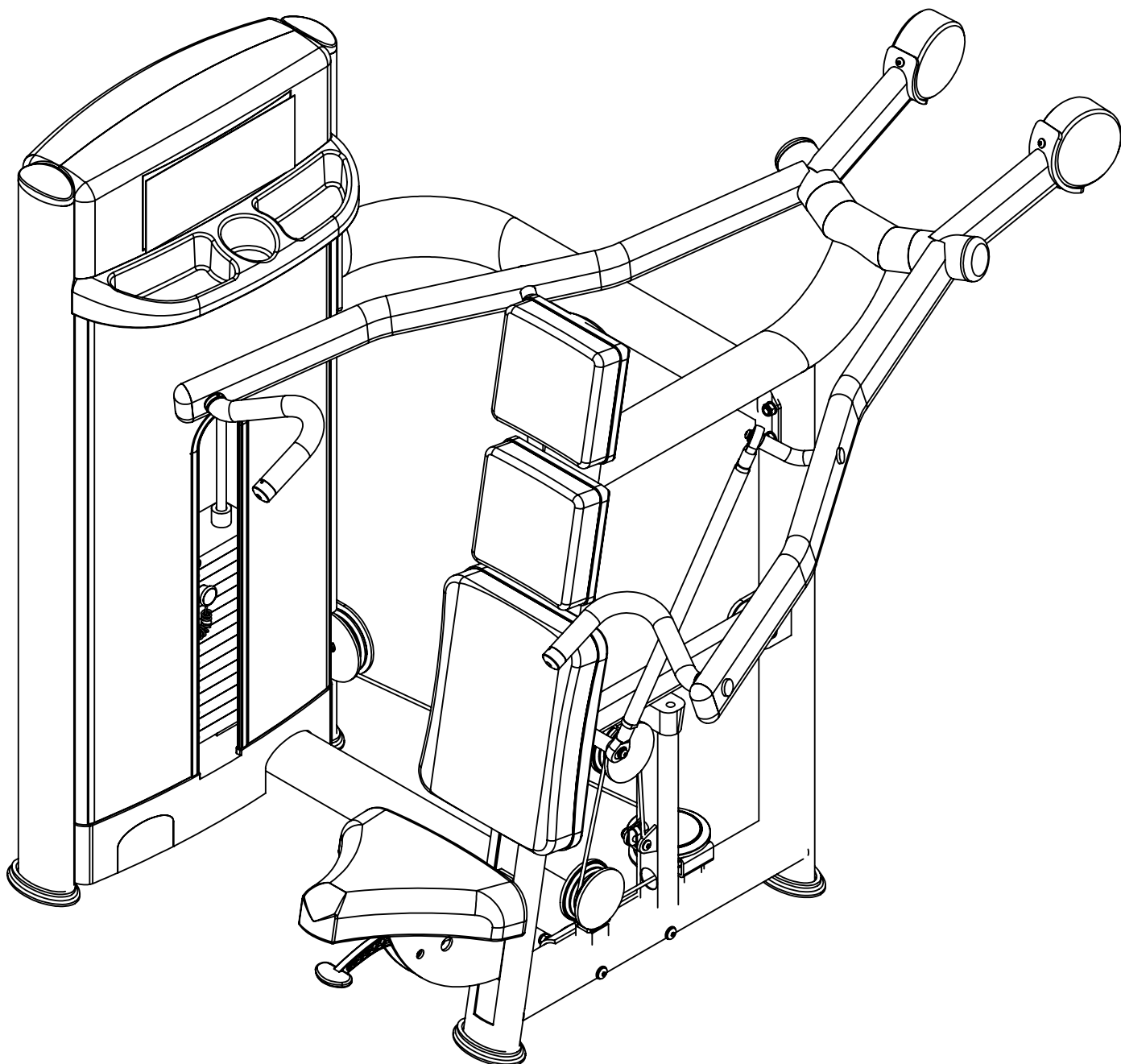


ASSEMBLY INSTRUCTION



Seated Shoulder Press

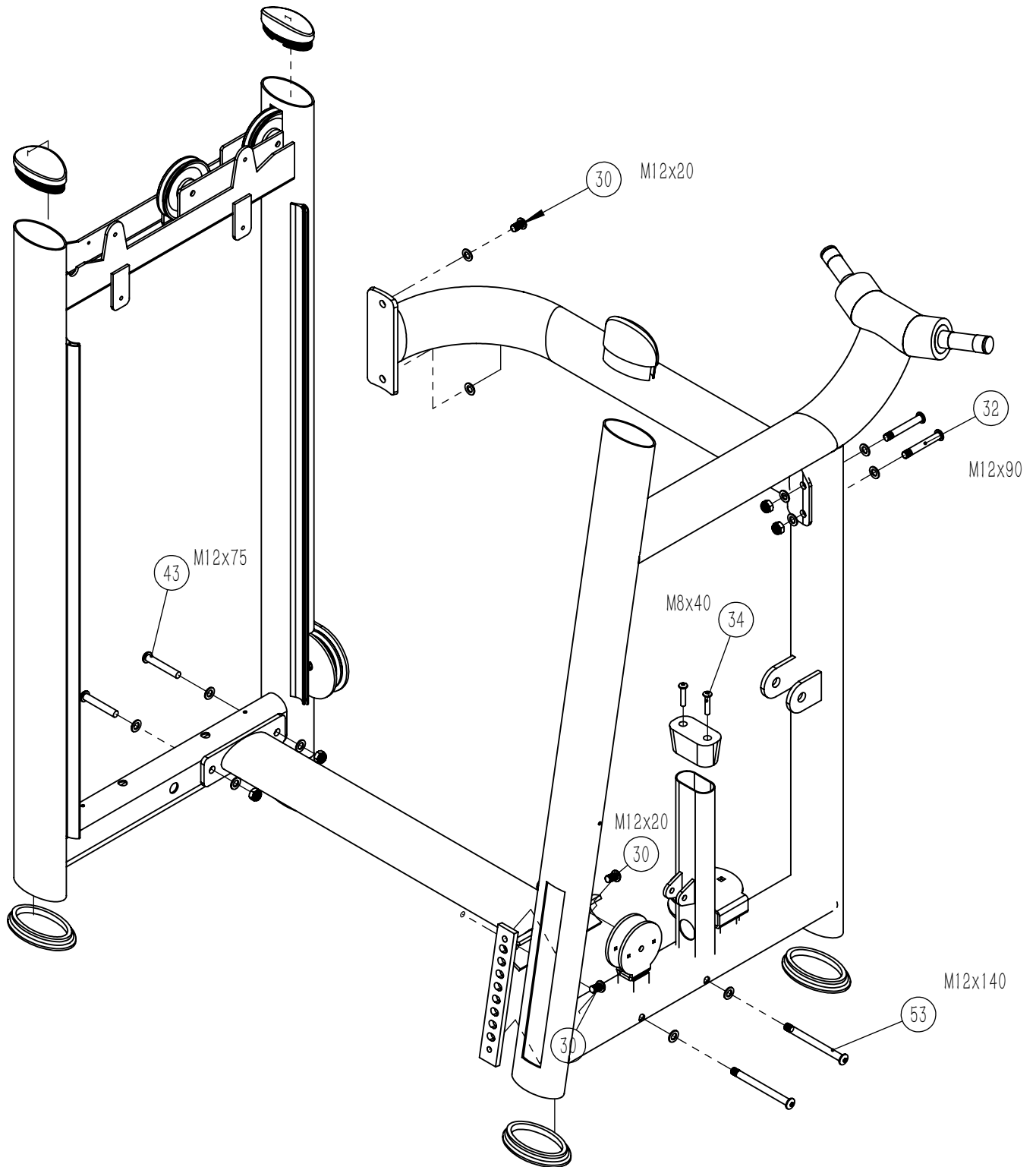
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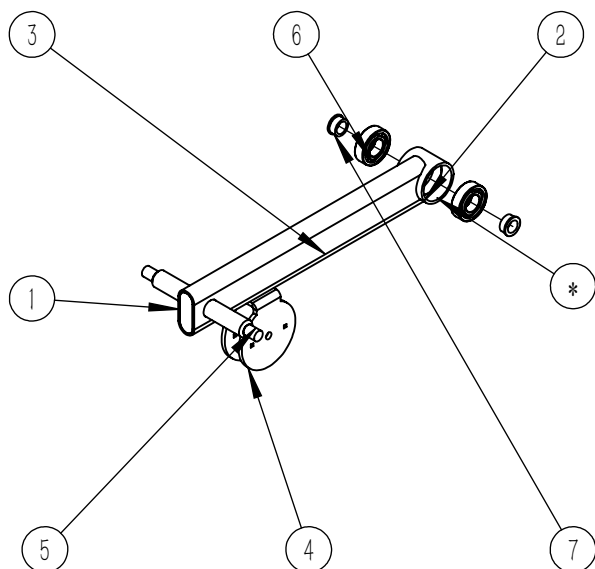
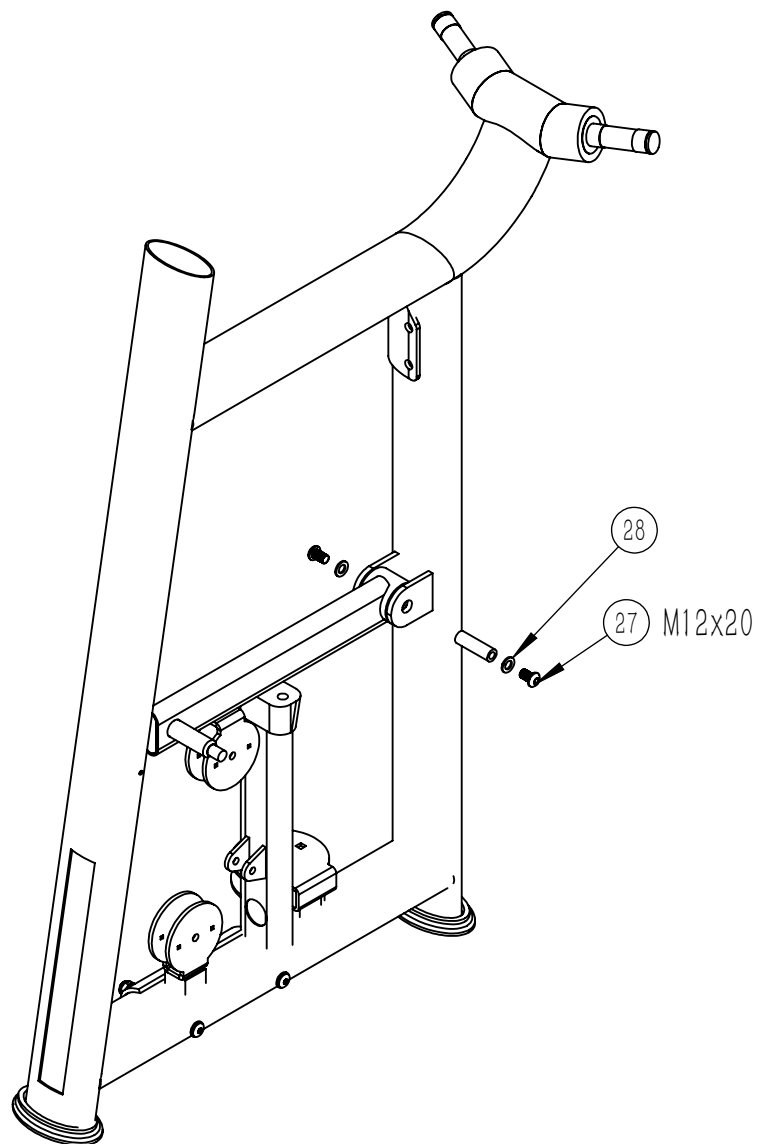
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	the main frame installation	1	34	半圆头M10X50	Screw,M10X50	5
2	副架	sub-frame	1	35	鞋	shoes	4
3	M5弯撑	Bend brace M5	1	36	M4小管堵	Elliptic tube plug 40*80	2
4	M5头垫	headrest M5	2	37	大线轮扣盖	Cover,Pulley Bolted Partial	1
5	M5大靠背	High backrest M5	1	38	半圆头M8X30	Screw,M8x30	5
6	坐架总装	the assembly seat frame	1	39	M5牛舌	beef tongue M5	1
7	镜向右力臂组	fromparent+	1	40	半圆头M6X20	Button Head Cap Screw M6*20	9
8	圆配重	counterweight	2	41	半圆头M6X16	Screw M6*16	1
9	椭圆支位块	Elliptic supporting block	1	42	半圆头M12X75	Screw, M12X75	2
10	540拉杆	pull rod 540	2	43	60X200圆弧板	the circular arc plate 60x200	1
11	16杆端螺丝活	Rod end screw diameter 16	4	44	小线轮扣盖	small wirewheel cover	4
12	16杆端螺丝内	rod end Screw 16	4	45	大压线U卡	Big "U"fastener	1
13	11-6206-2rs1	Bearing 6206	2	46	70穿心轴	wear a spindle 70	1
14	30卡簧	φ 30 Shaft Clip	1	47	5MM端子	terminl 5mm	1
15	62堵头	φ 62 Cover	2	48	M8防松帽	nut M8	2
16	钢丝绳组	Wire rope group	1	49	28X25X18X2衬套	bushing,28*25*18*2	2
17	大线轮	φ 114MM Pulley	4	50	半圆头M12X140	Button Head Cap Screw M12X140	2
18	89滑轮	φ 89MM Pulley	2	51	半圆头M10X55	Button Head Cap Screw M10*55	2
19	手把圈	Grip Ring	2	52	方配重垫	counter weight cushion	2
20	手把盖	Grip Cap	2	53	M7导杆套	guide rod sleeve M7	2
21	半圆头M6X10	Screw, M6*10	2	54	M7导杆套圈	gasket of barbell sleeve	2
22	M7推肩右手把套	the right hand set	1	55	1.19米导杆	guide rod 1.19	2
23	M7推肩左手把套	the left hand set	1	56	15片配重组	Assy,Weight Plate	1
24	M8平面垫圈	Washer,M8	7	57	M12	Nut,M12	1
25	M8弹垫	the elastic washer M8	4	58	配重螺丝中空M12X60	the counterweight hollow screw M12x60	1
26	半圆头M8X15	Screw M8*15	8	59	坐垫	seat cushion	1
27	11-6205	Bearing 6205	2	60	右力臂组	the right arm of the group	1
28	半圆头M12X20	Screw,M12x20	8	61	杠杆臂组	the level arm group	1
29	M12平垫圈	Washer,M12	17				
30	半圆头M12X90	Button Head Cap Screw, M12*90	2				
31	M12防松帽	Nut,M12	7				
32	半圆头M8X40	Screw,M8X40	2				
33	M10防松帽	Nut,M10	6				

main frame & sub-frame assembly

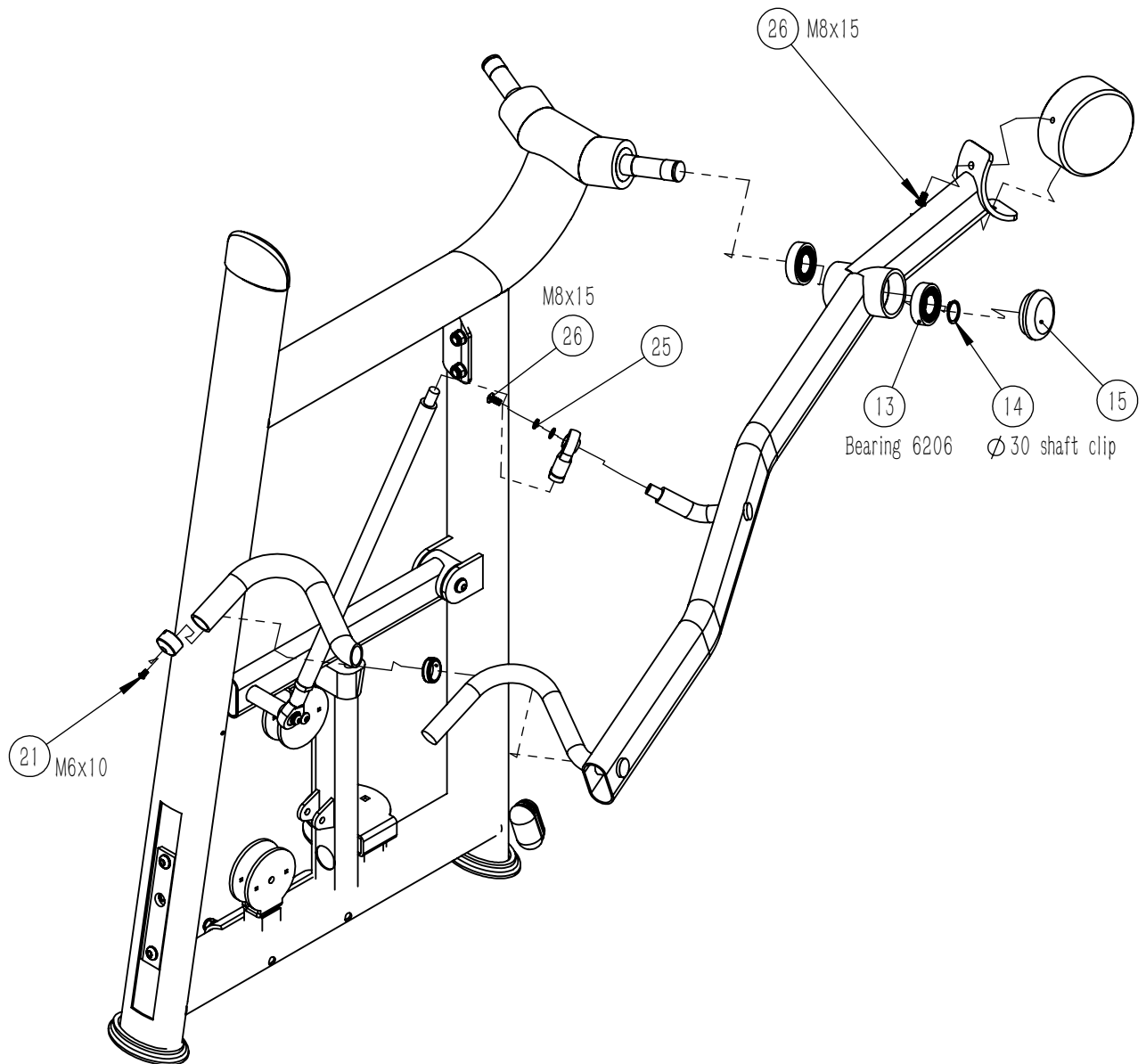


The lever arm assembly

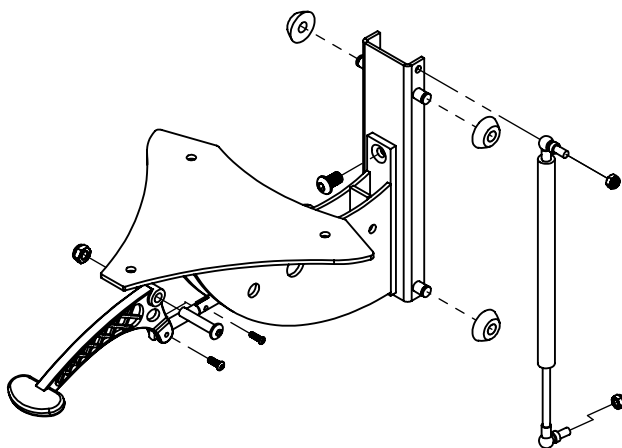


NO.	名称	Description	QTY
1	堵板	the blocking plate	1
2	轴承套	the bearing sleeve	1
3	杠杆臂管	the level arm tube	1
4	小线轮盒		1
5	1轴	shaft 1	1
6	11-6205	Bearing 6205	2
7	28X25X18X2衬套	bushing, 28*25*18*2	2

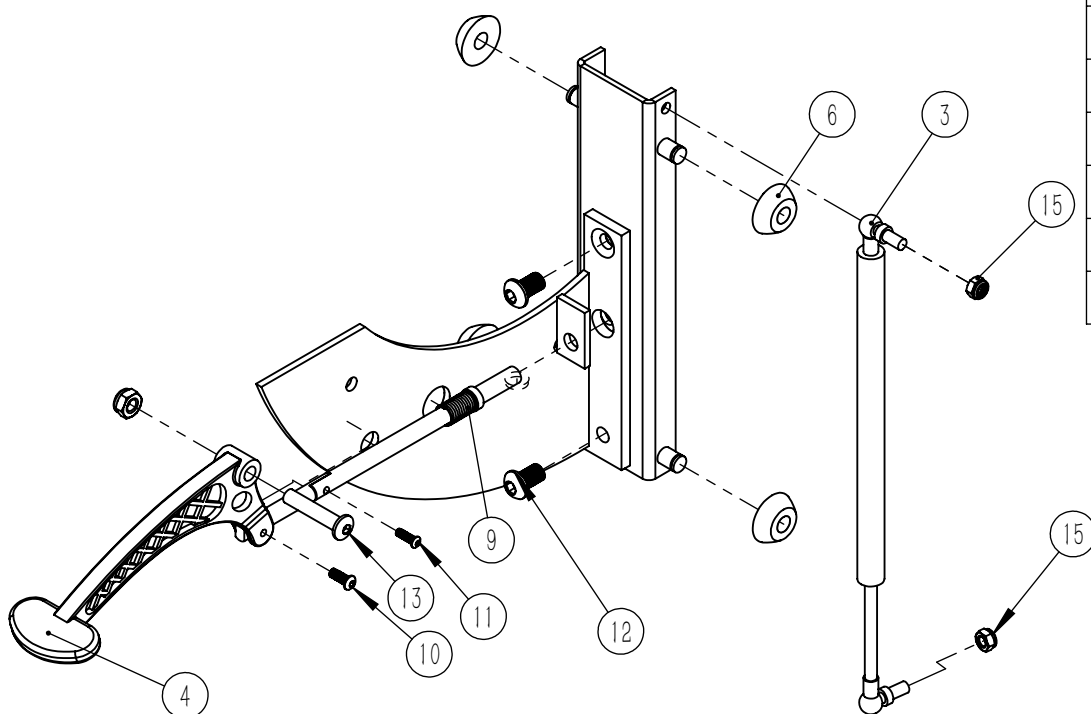
ARM assembly



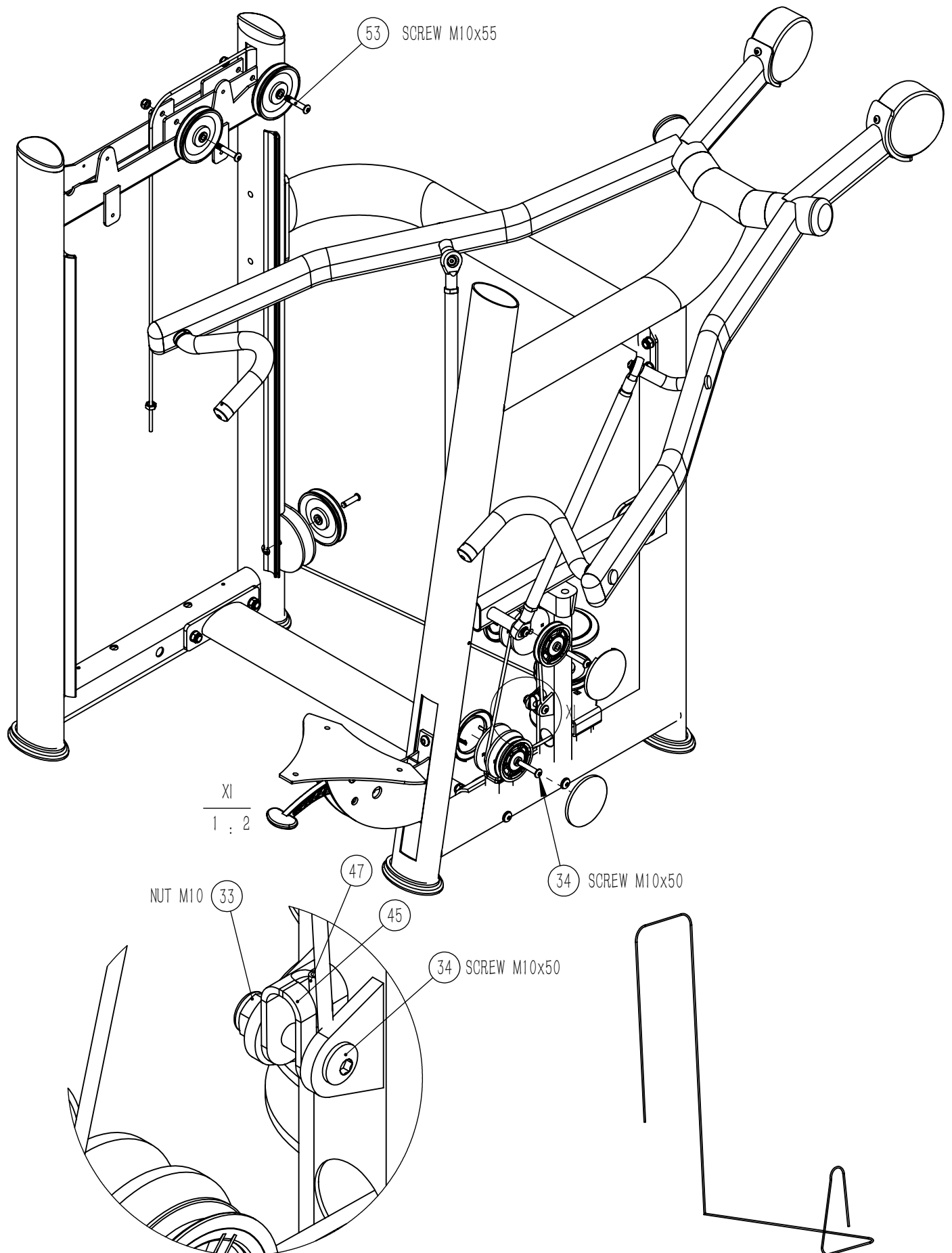
seate assembly



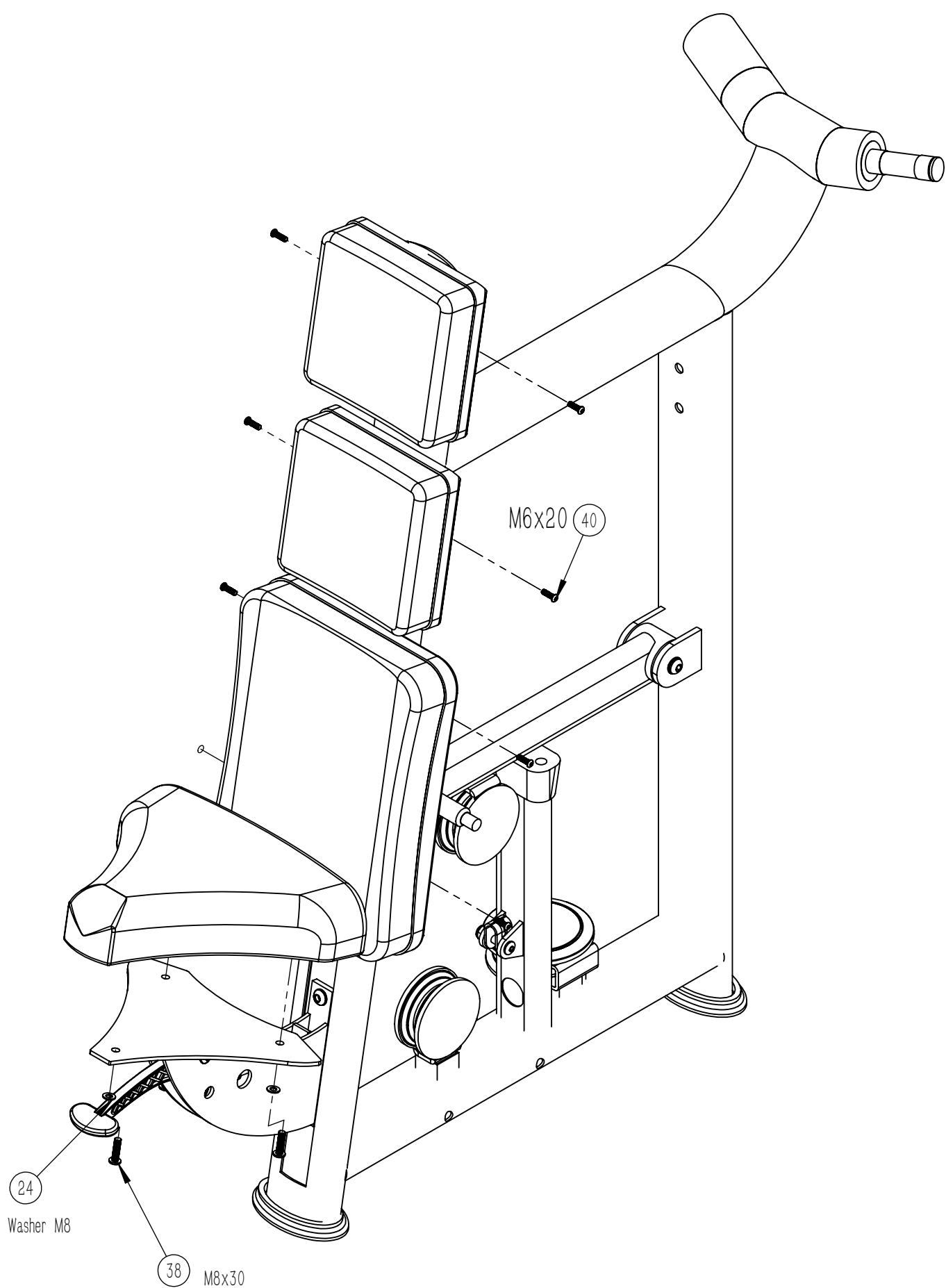
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16	screw M5x16	1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



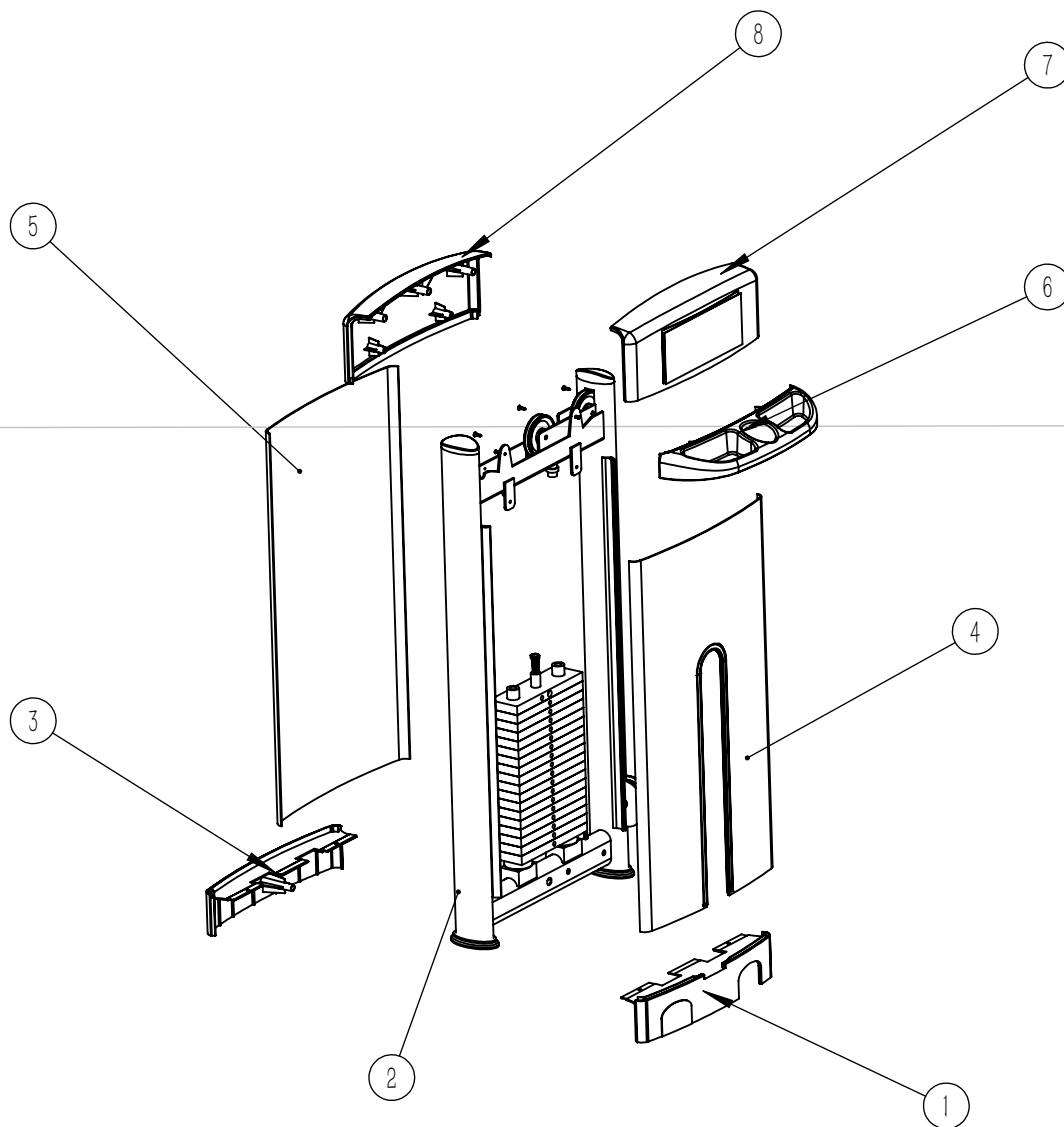
Wire rope and wire wheel assembly



seat cushion & back cunshion assembly



main frame assembly



1.header bottom suport

2.Main Frame

3.Back bottom Support

4.Header board

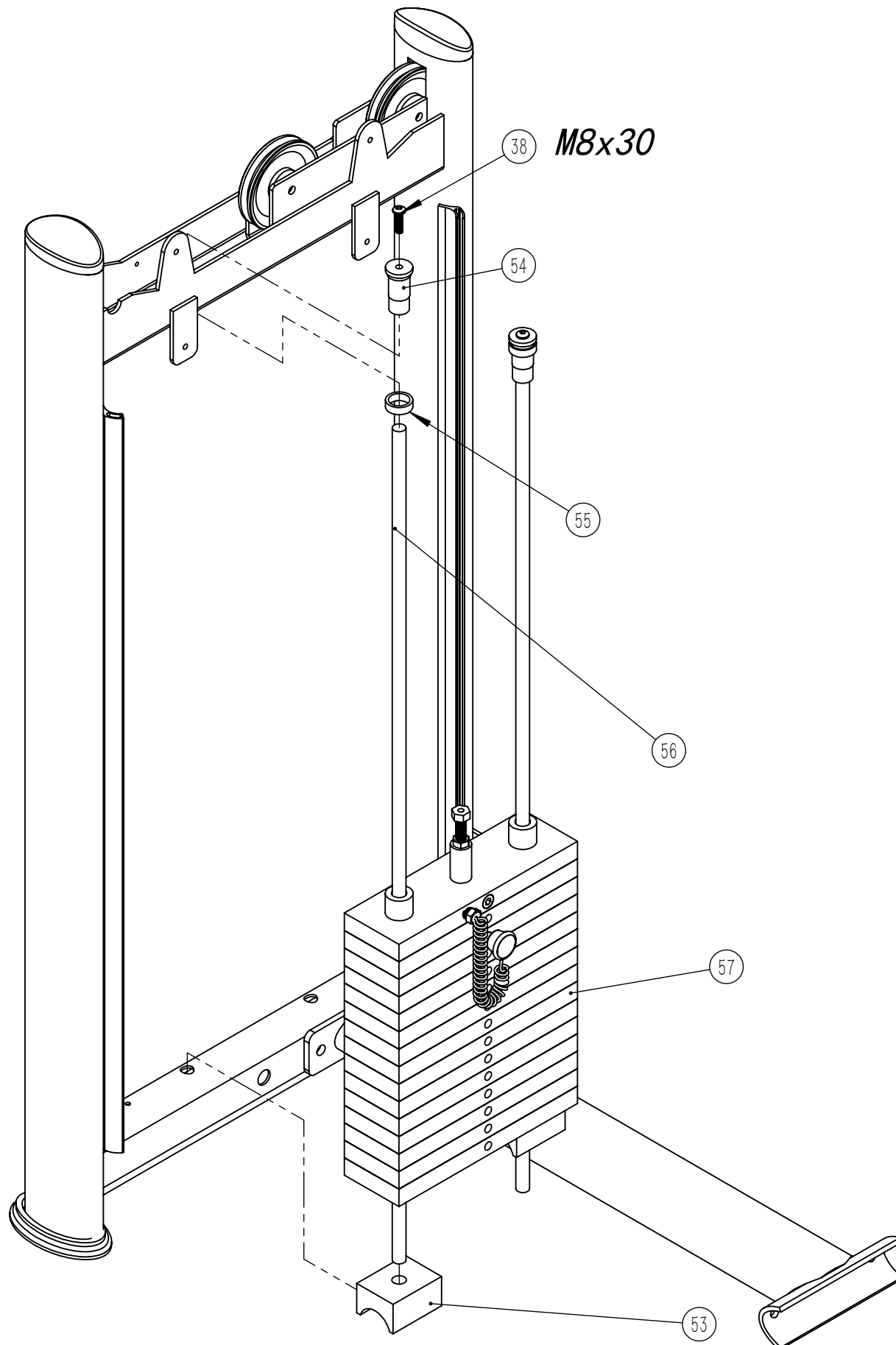
5.backboard

6.Support

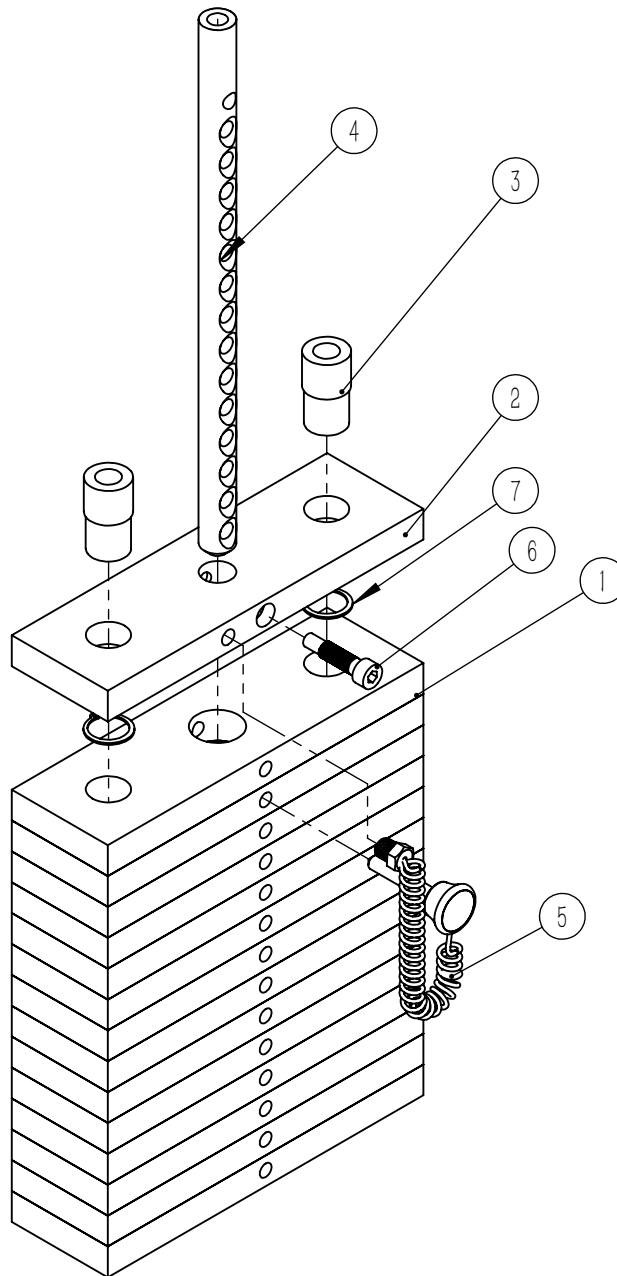
7.Header gusset plate

8.Back Gusset Plate

the main frame & weight stack assembly

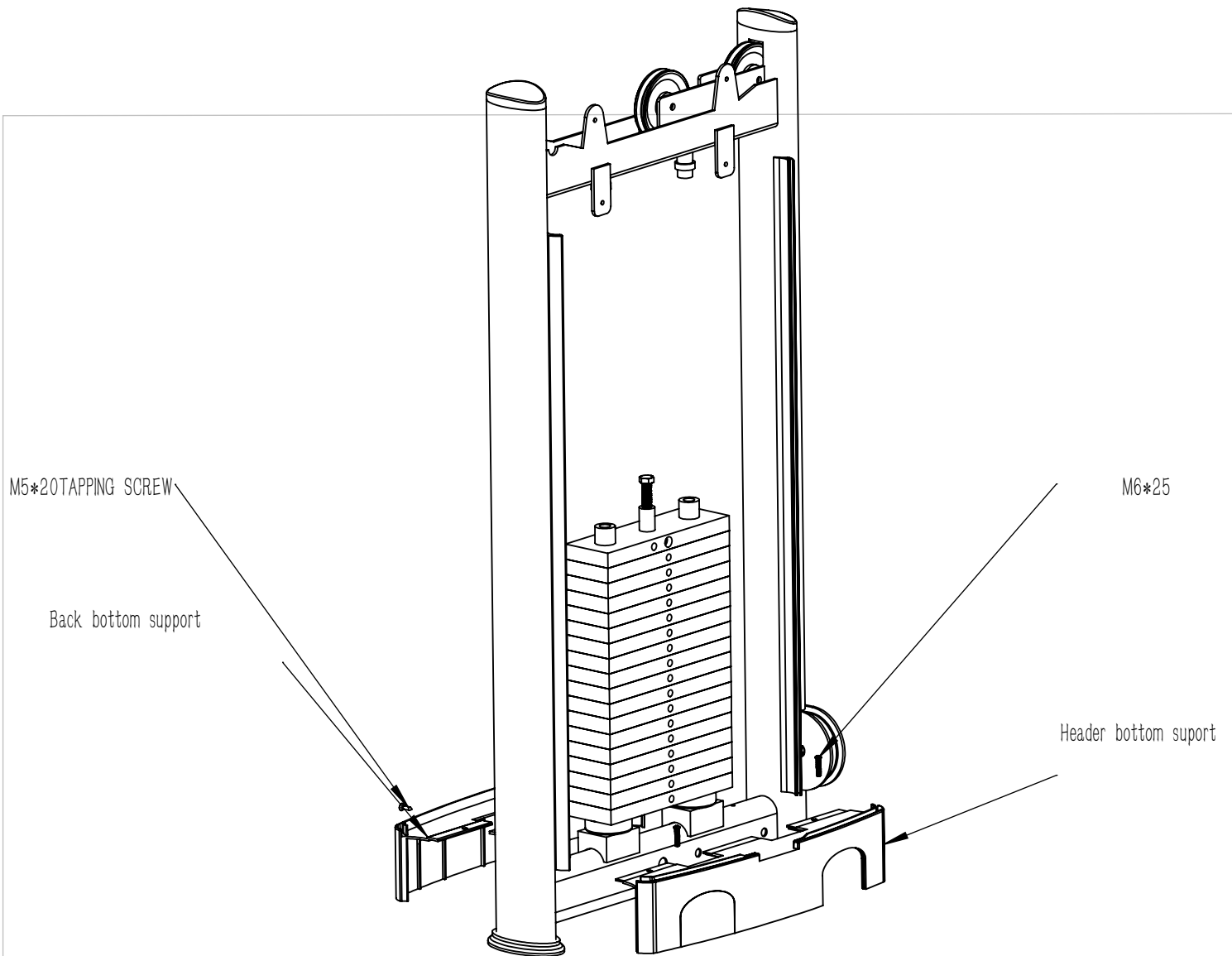


Weight stack assembly



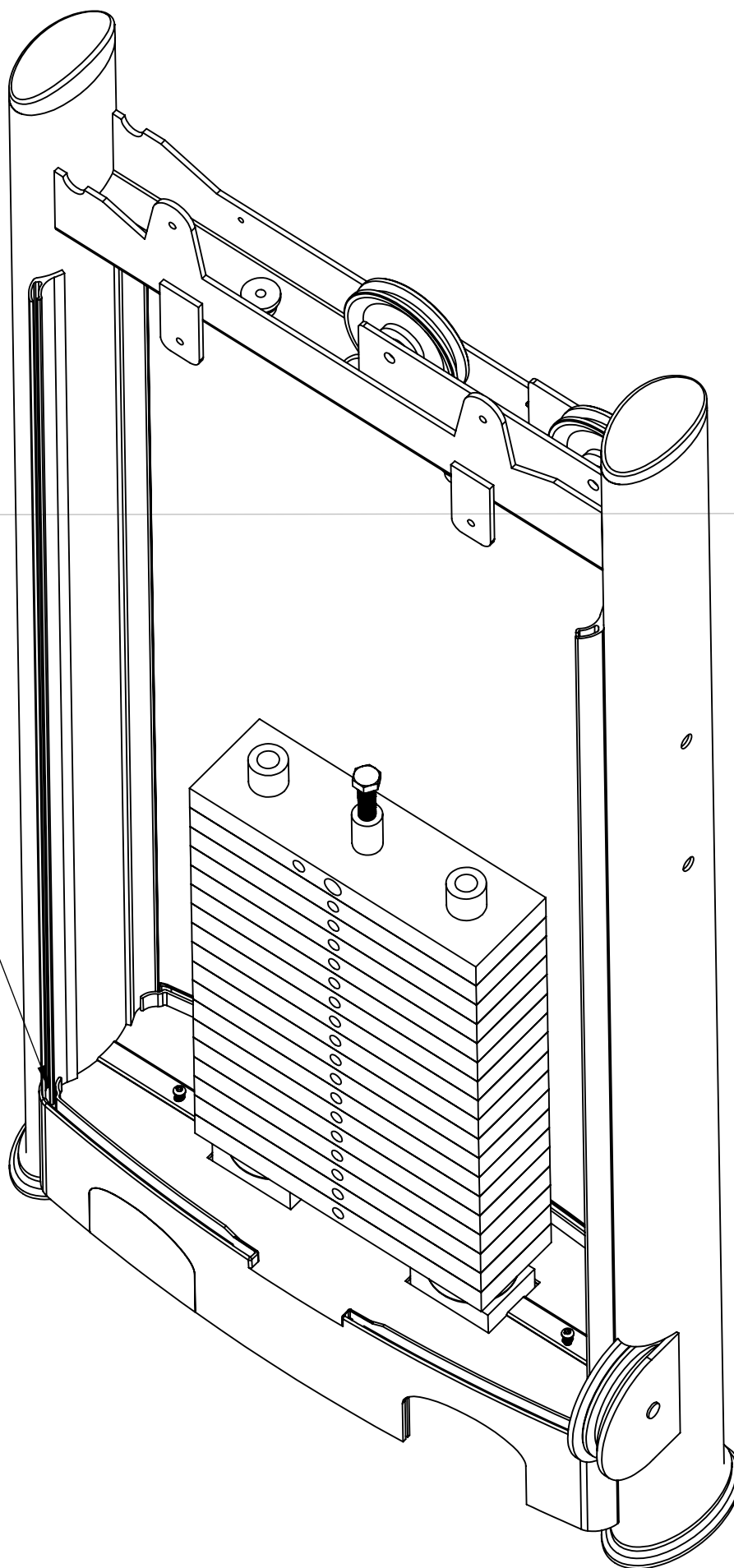
NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	14
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	15孔插杆	15 Holes Pole	1
5	配重插销	Adjustable Bolt	1
6	上片螺丝	Standing Bolt for The Top Weight Plate	1
7	30卡簧	ϕ 30 Shaft Clip	2

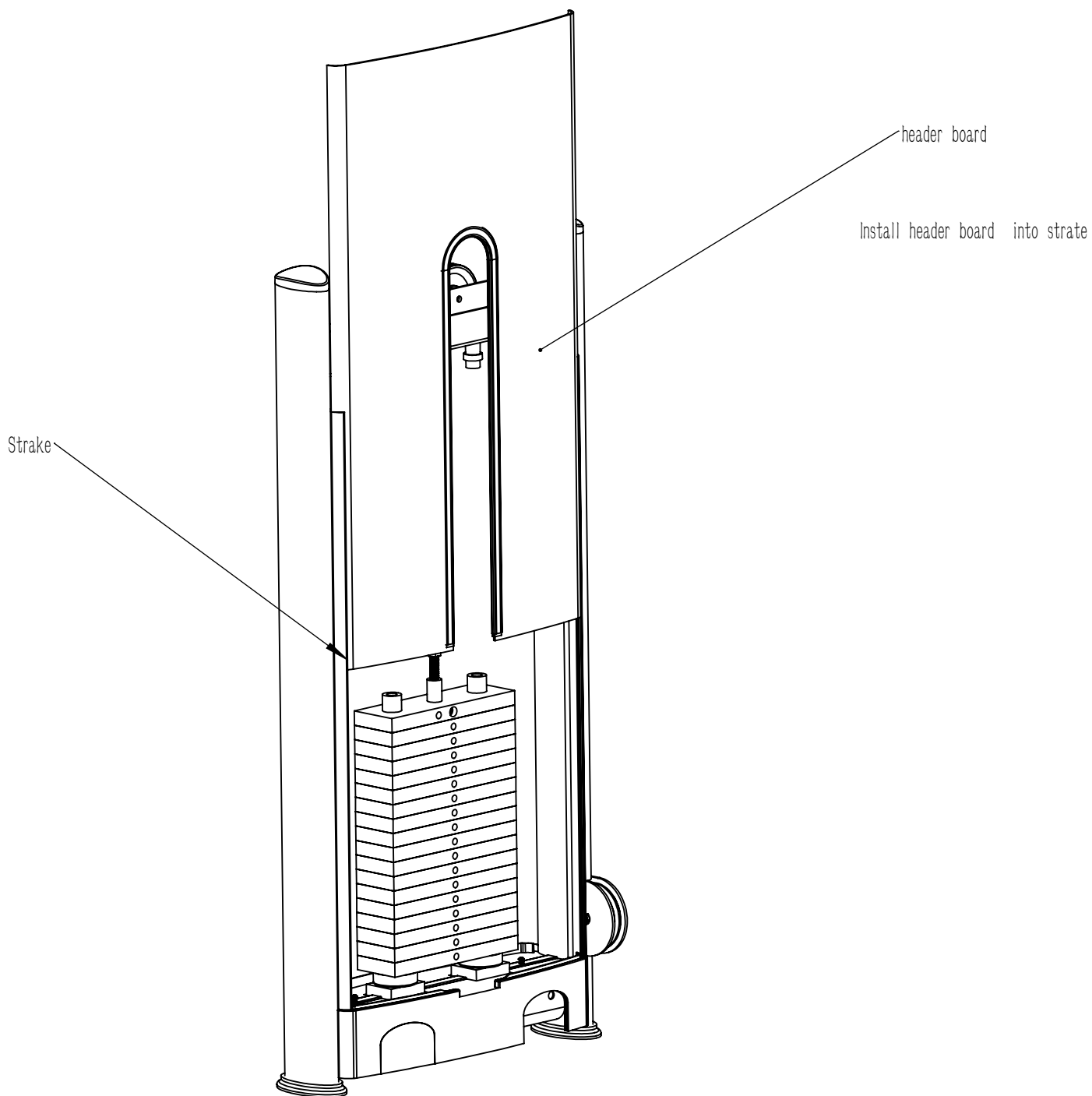
Install bottom supports to the main frame with 2 screws for M6 series and one tapping screw.



FYA

In the groove.





M5*16

support

install support with M5*16

