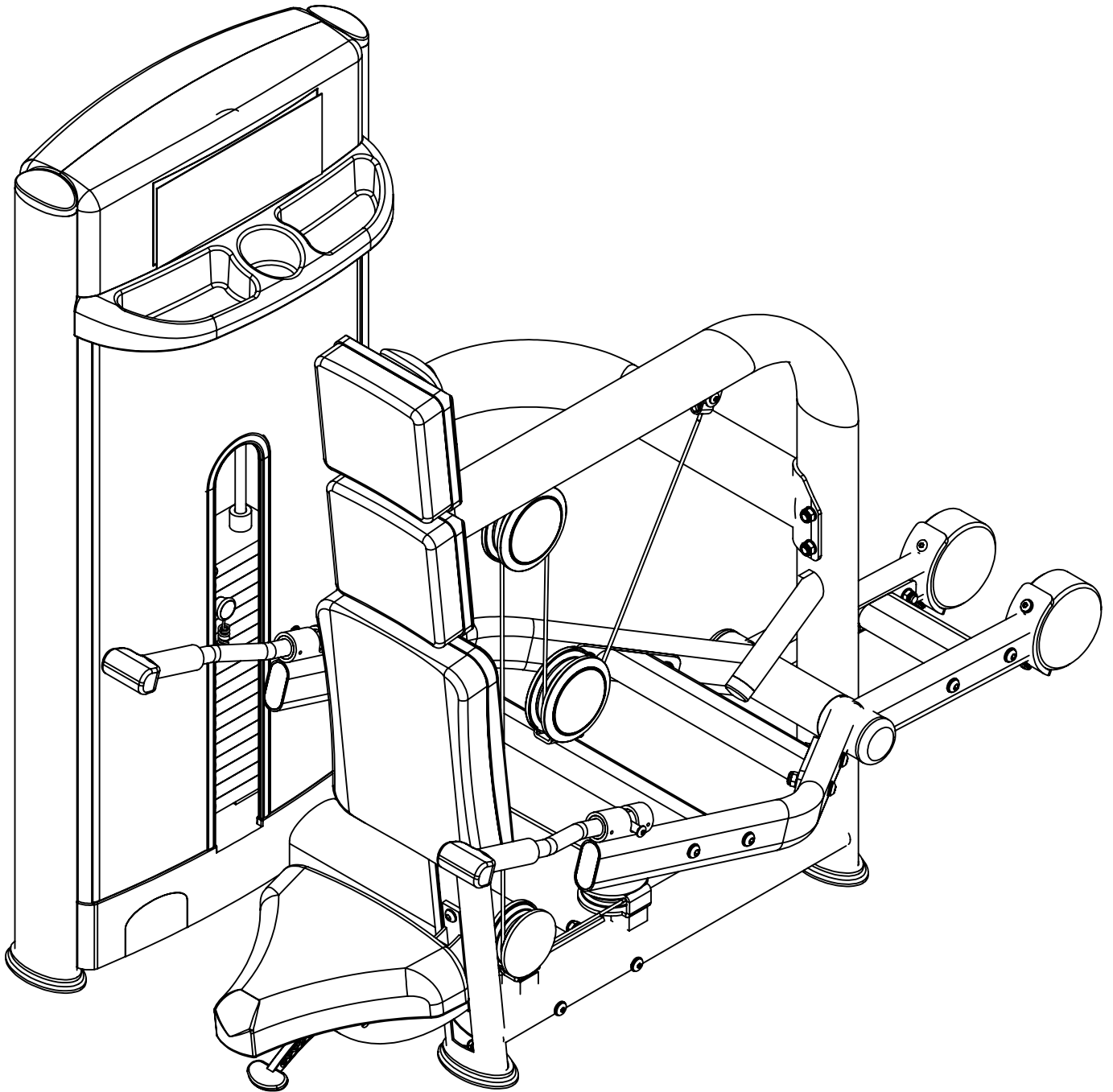


ASSEMBLY INSTRUCTION



Seated Triceps Extension

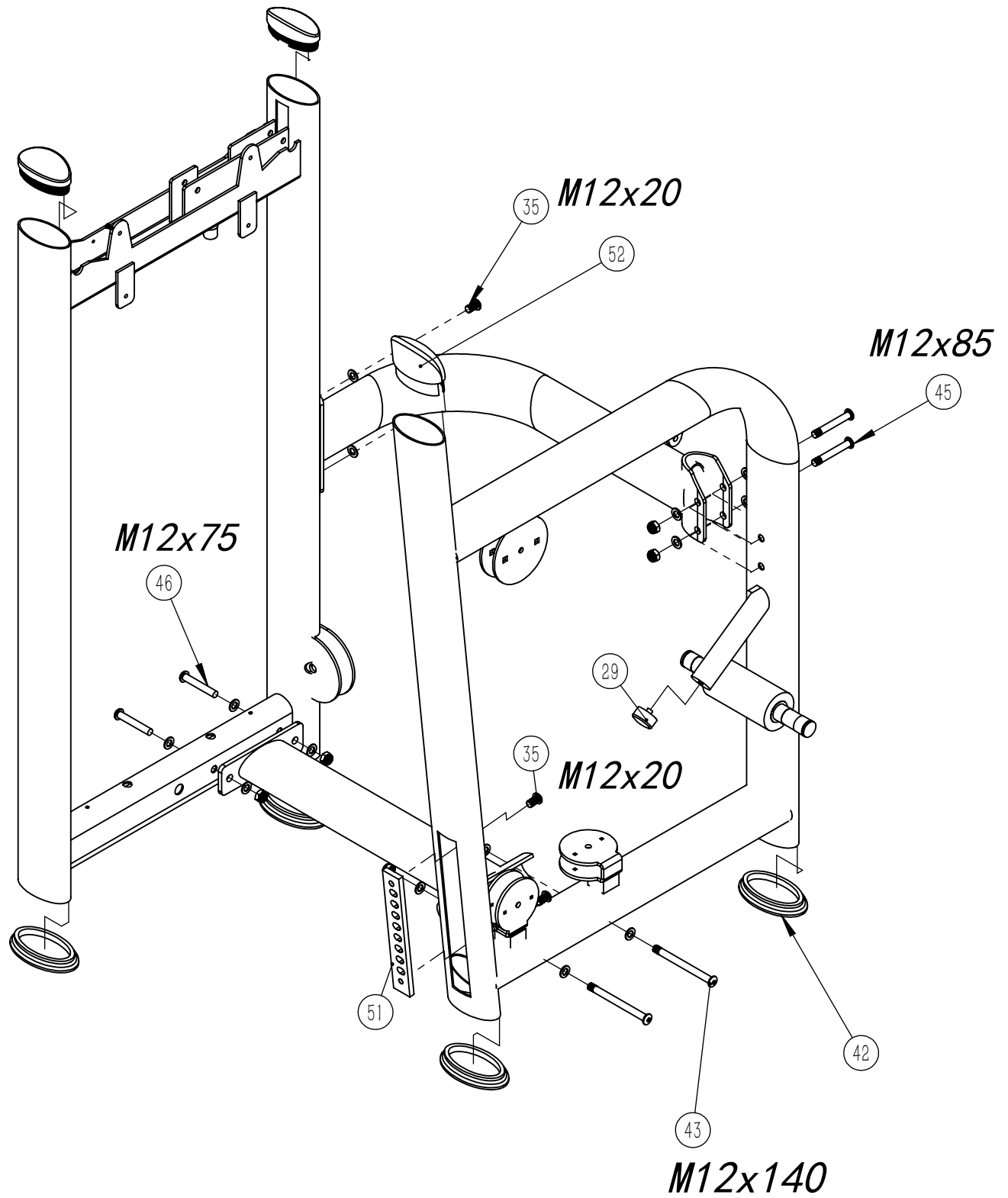
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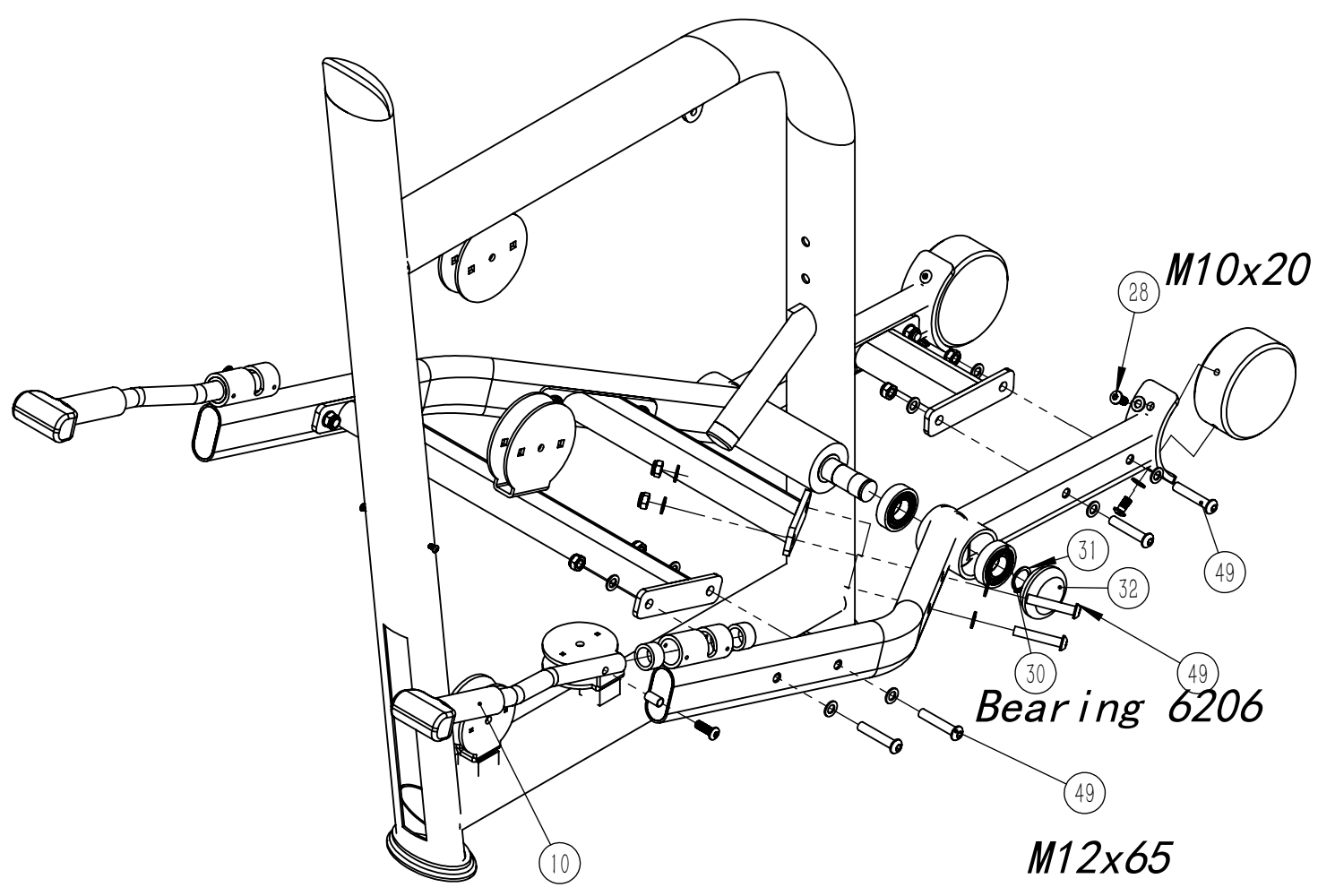
Parts list

NO.	名称	Description	QTY	NO.	名称	Description	QTY
1	框架装配	The Main frame assembly	1	28	半圆头M10X20	screw M10*20	4
2	副架	The sub frame	1	29	支位球	Rubber Support	1
3	弯撑组	The bend group	1	30	11-6206-2rs1	Bearing 6206	4
4	直撑组	Supoport group	1	31	30卡簧	φ 30 Shaft Clip	1
5	力臂组左	The arm group	1	32	62堵头	φ 62 Cover	2
6	镜向力臂组左	fromparent+	1	33	套管	Sleeve	2
7	连接撑2	Straight brace 2	1	34	M8平面垫圈	Washer ,M8	3
8	连接撑3	Straight brace 3	1	35	半圆头M12X20	Screw ,M12x20	4
9	垫子	Rubber pad	4	36	M12平垫圈	Washer ,M12	40
10	三头手把	Handle	2	37	小线轮扣盖	small wirewheel cover	3
11	圆配重	counterweight	2	38	大线轮扣盖	Cover ,Pulley Bolted Partial	4
12	坐架总装	the assembly seat frame	1	39	大压线U卡	Big "U"fastener	1
13	M5头垫	headrest M5	2	40	5MM端子	terminl 5mm	1
14	M5大靠背	High backrest M5	1	41	半圆头M6X20	Button Head Cap Screw M6*20	8
15	M7新坐垫	Seat cushion	1	42	鞋	Shoes	2
16	M7导杆套	guide rod sleeve M7	2	43	半圆头M12X140	Button Head Cap Screw M12X140	2
17	大线轮	φ 114MM Pulley	5	44	M12防松帽	Nut ,M12	18
18	半圆头M8X30	Screw ,M8x30	5	45	半圆头M12X85	Button Head Cap Screw , M12*85	2
19	1.19米导杆	guide rod 1.19	2	46	半圆头M12X75	Screw , M12X75	2
20	方配重垫	counter weight cushion	2	47	钢丝绳	Wire rope	1
21	18片配重组	Assy ,Weight Plate	1	48	半圆头M10X30	Screw M10*30	2
22	配重螺丝中空M12X60	Turnbuckle Screw ,M12x60	1	49	半圆头M12X65	Screw M12*65	12
23	M12	Nut ,M12	1	50	连接撑4	Straight brace 4	1
24	M10防松帽	Nut ,M10	7	51	调板	Adjusting plate	1
25	半圆头M10X50	Screw ,M10X50	8	52	M5牛舌	beef tongue M5	1
26	89滑轮	φ 89MM Pulley	2				
27	M10平面垫圈	Washer ,M10	4				

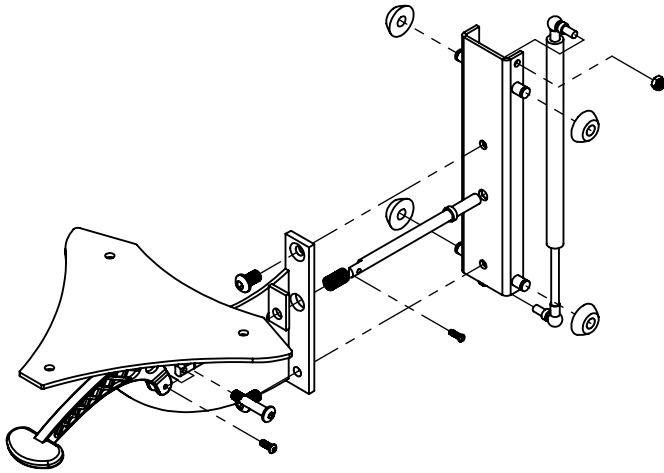
The main frame & The sub frame assembly



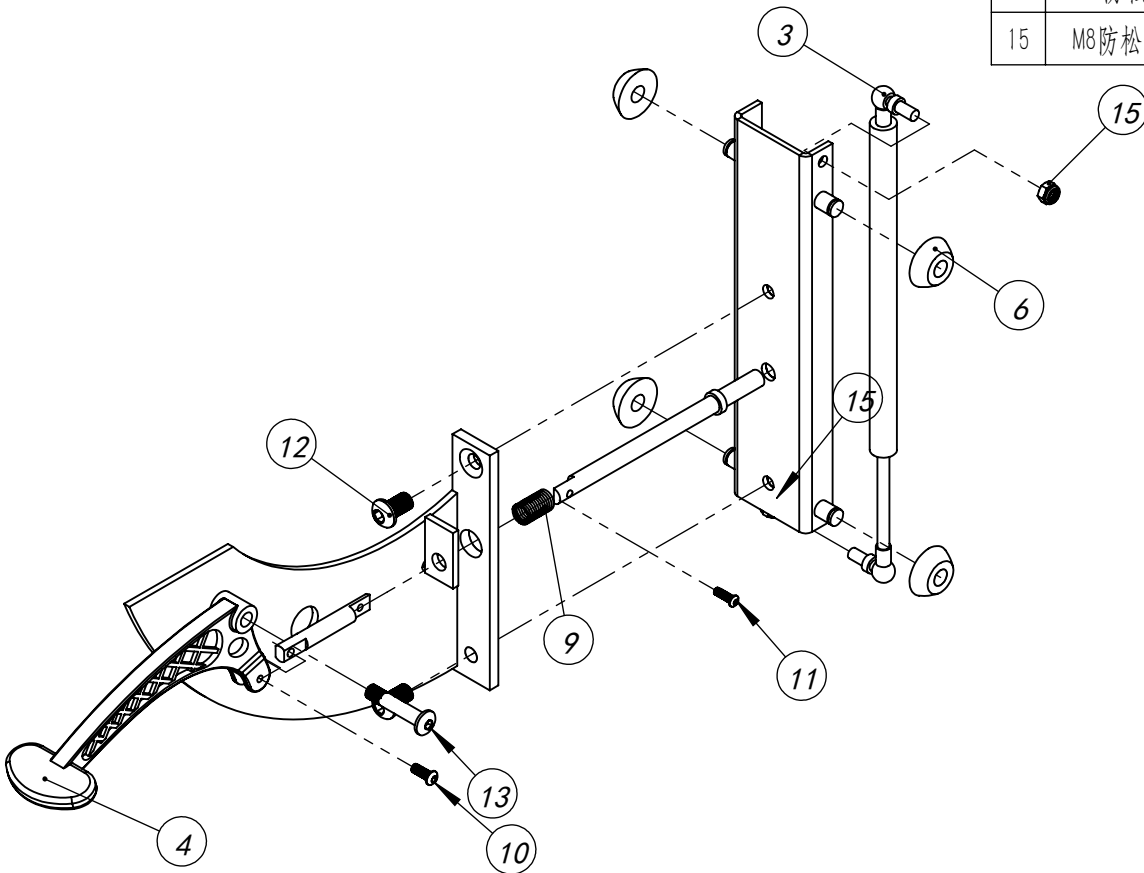
The arm group & The sub group assembly



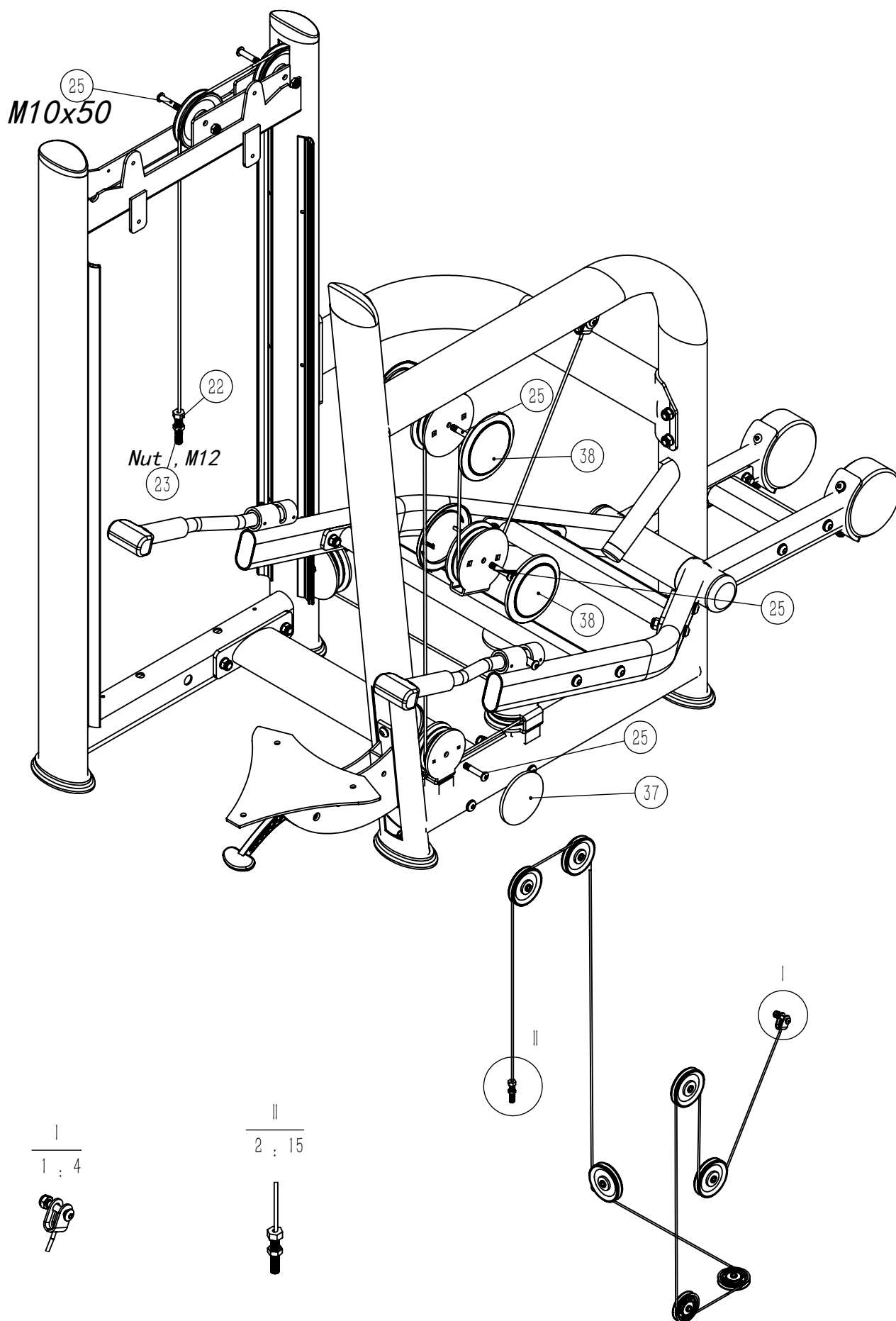
Seate assembly



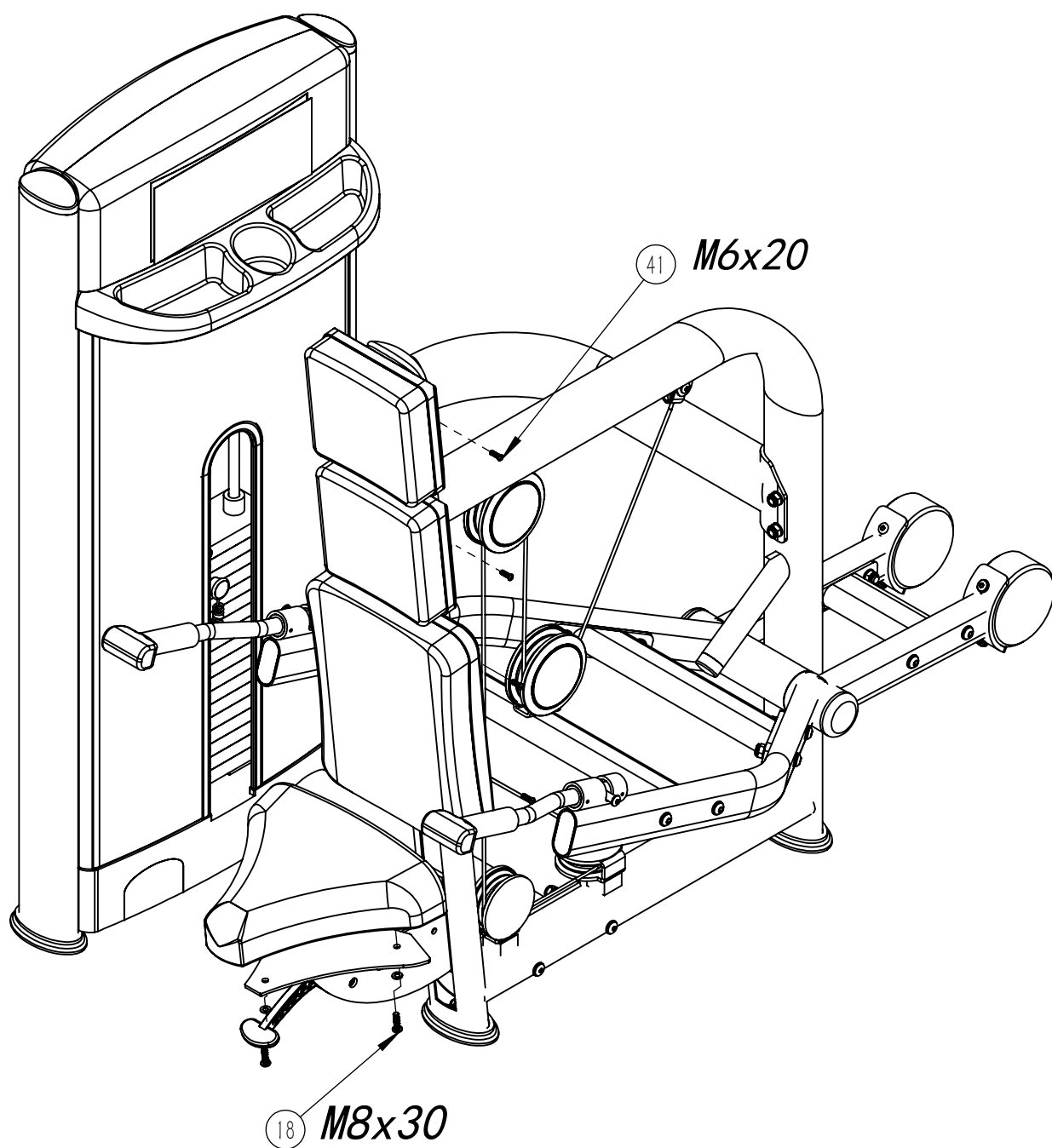
NO.	名称	Description	QTY
1	滑板焊接		1
2	座架		1
3	气簧	Gas Spring	1
4	长手把	long bar	1
6	轮子		4
7	销子1		1
8	销子2		1
9	40小弹簧 (压缩后)	Spring, 40MM	1
10	半圆头M6X16	Screw M6*16	1
11	半圆头M5X16		1
12	半圆头M12X20	Screw, M12x20	2
13	半圆头M10X50	Screw, M10X50	1
14	M10防松帽	Nut, M10	1
15	M8防松帽	nut M8	2



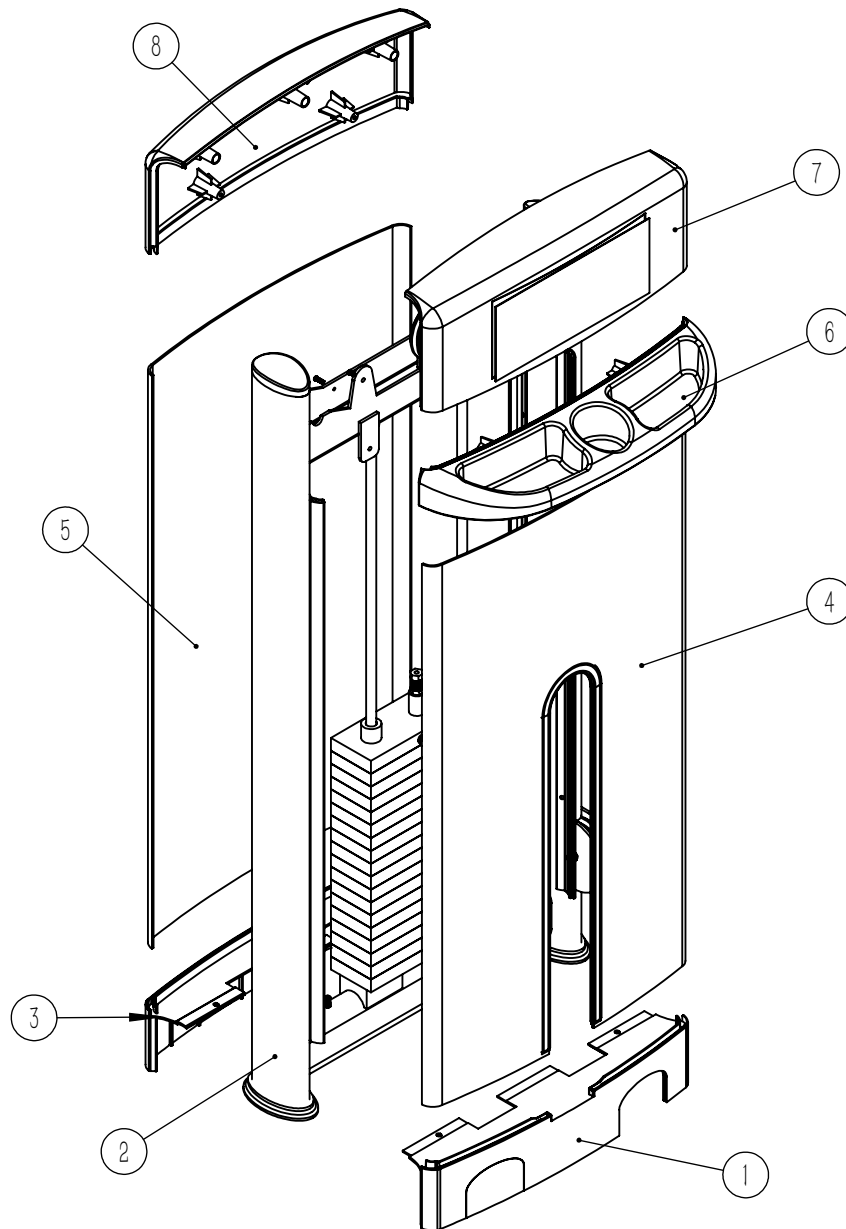
Wire rope & Wire wheel assembly



The cushion assembly

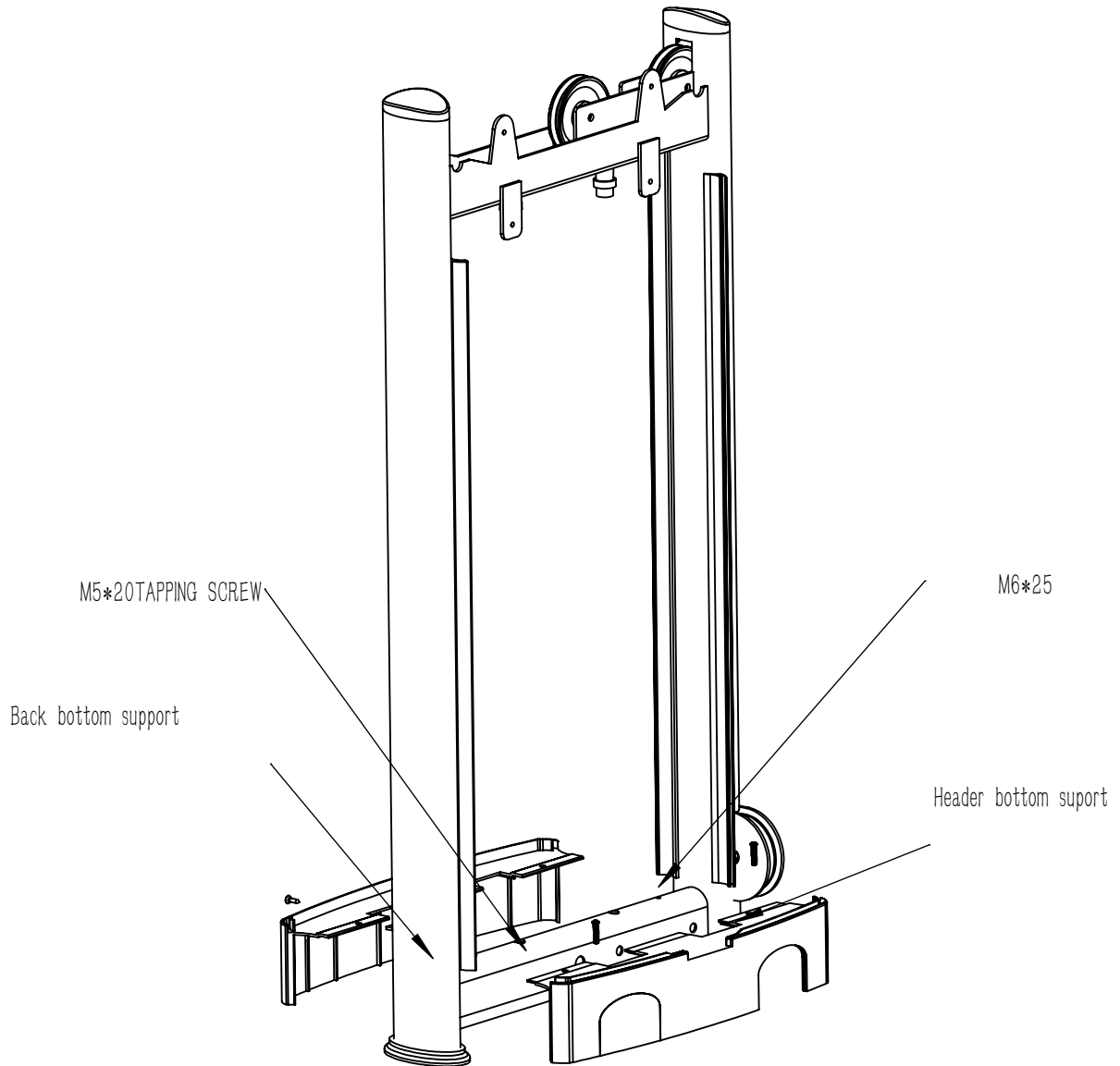


The main frame assembly

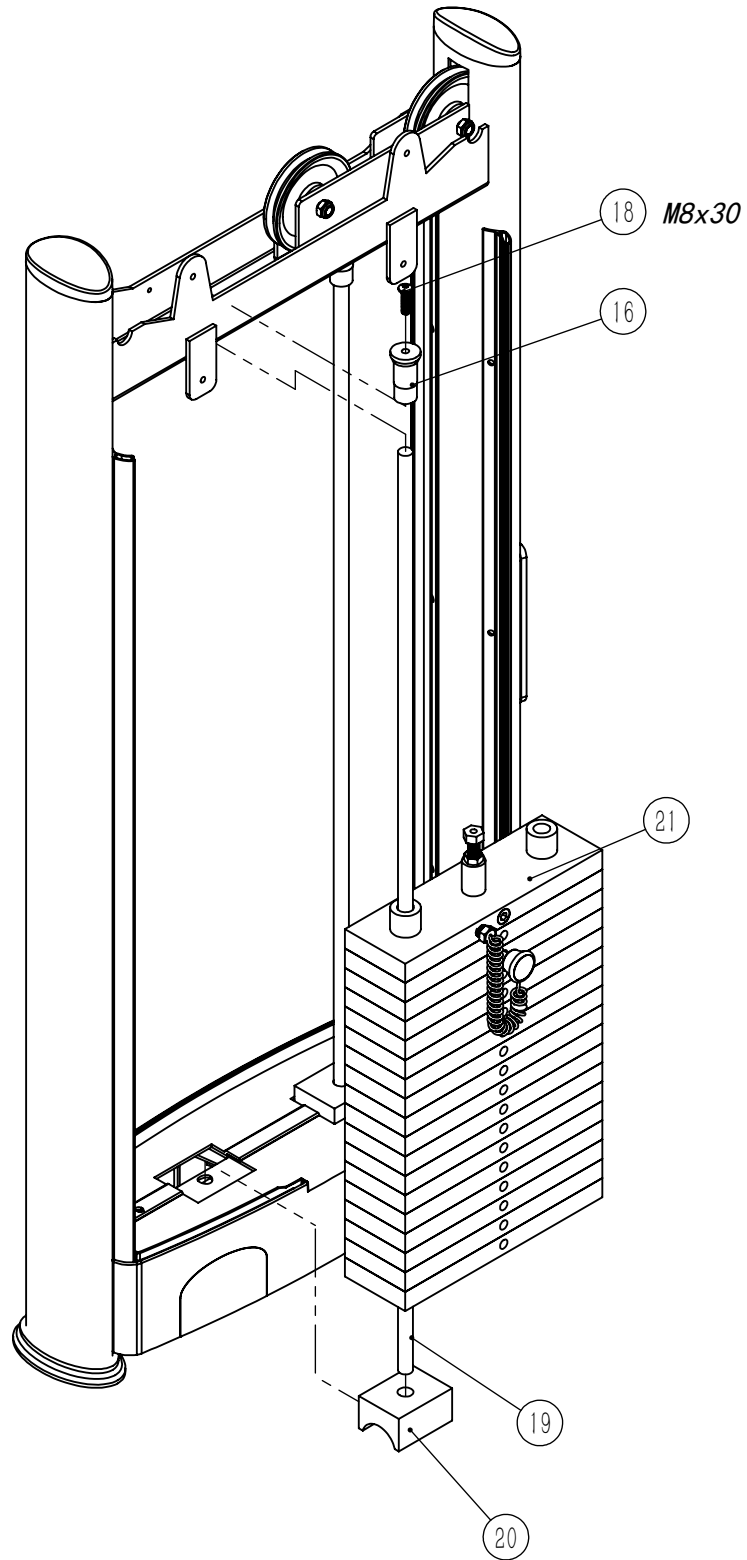


- 1、 Head bottom support*
- 2、 Main frame*
- 3、 Back bottom support*
- 4、 Header board*
- 5、 Back board*
- 6、 Support*
- 7、 Header gusset plate*
- 8、 Back gusset plate*

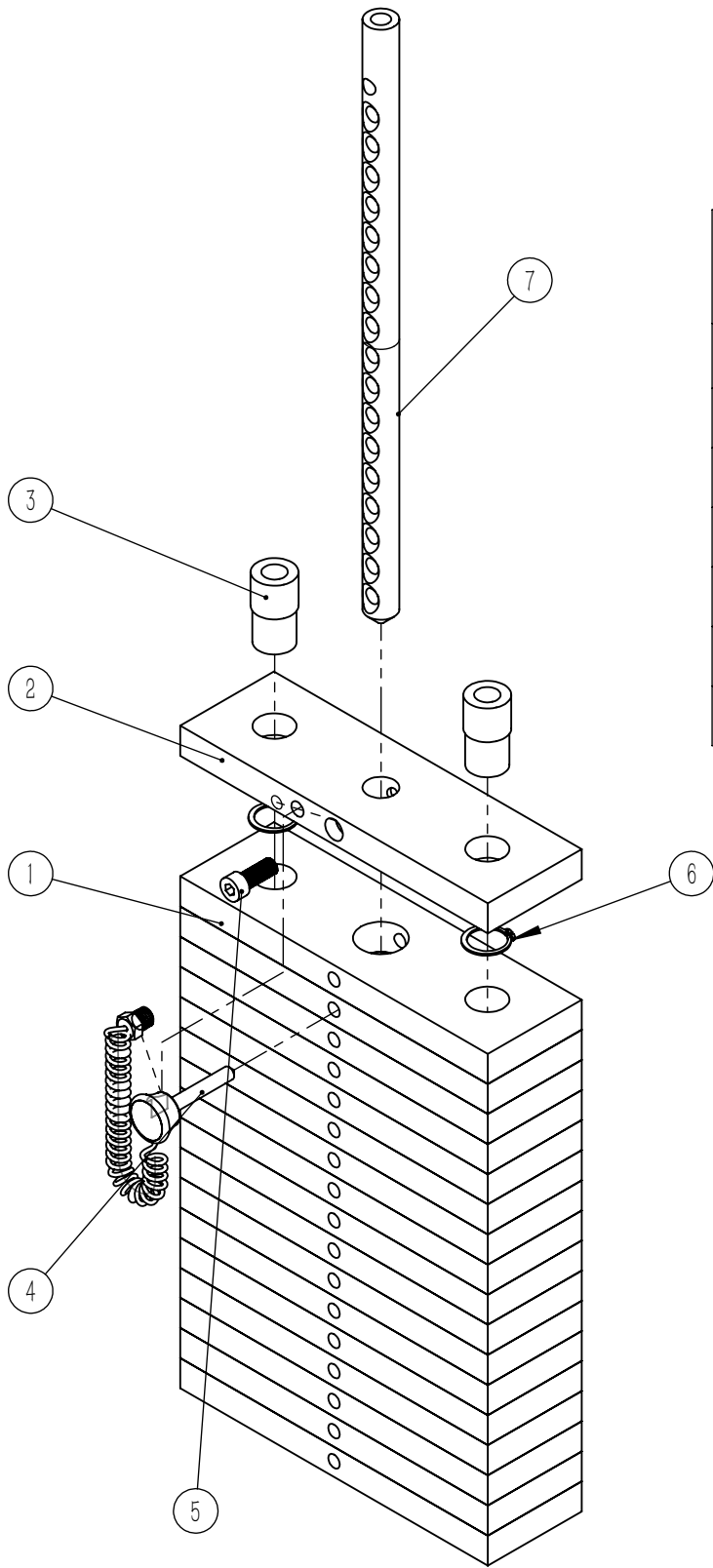
Install bottom supports to the main frame with 2 screws for M6 series and one tapping screw.



The main frame & The weight stack assembly

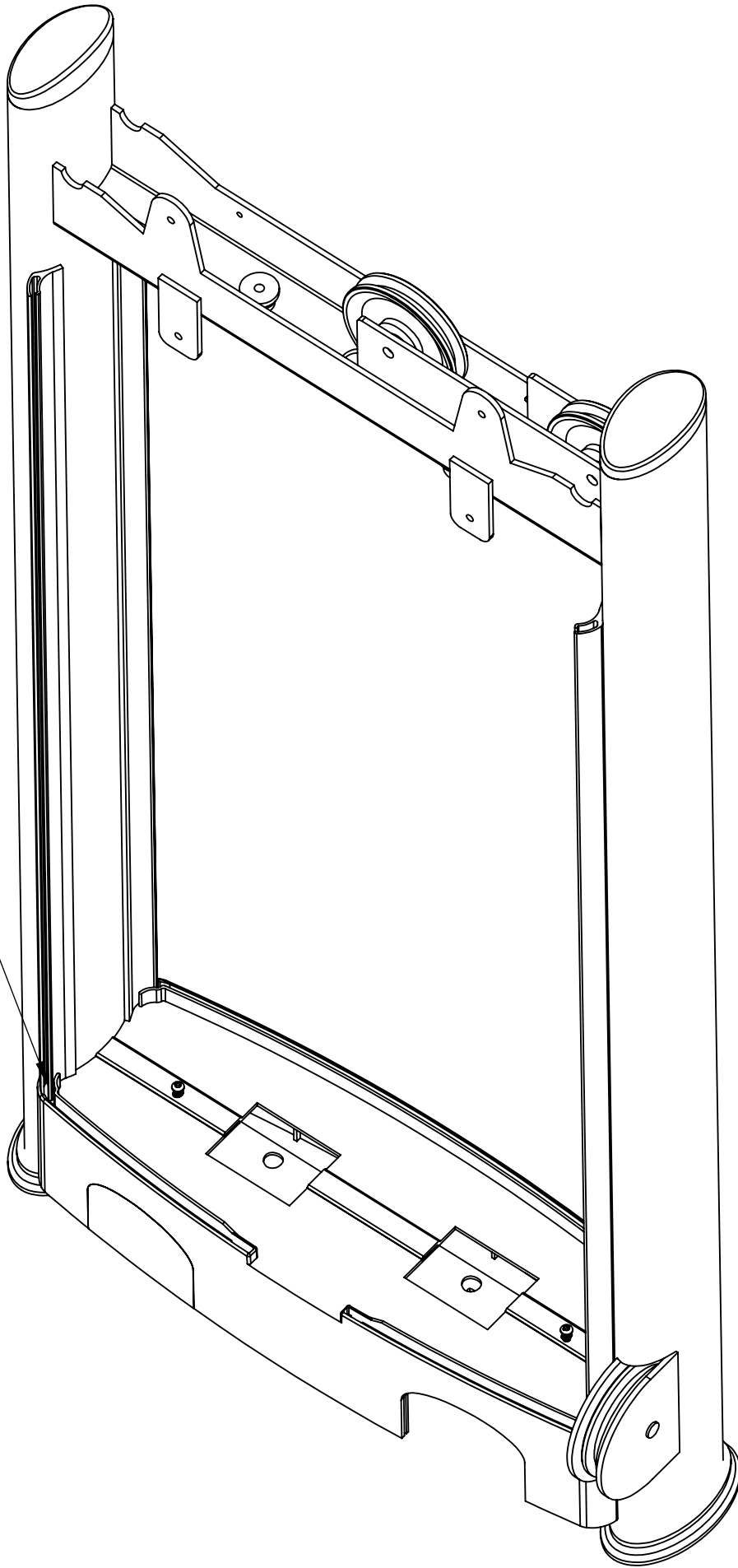


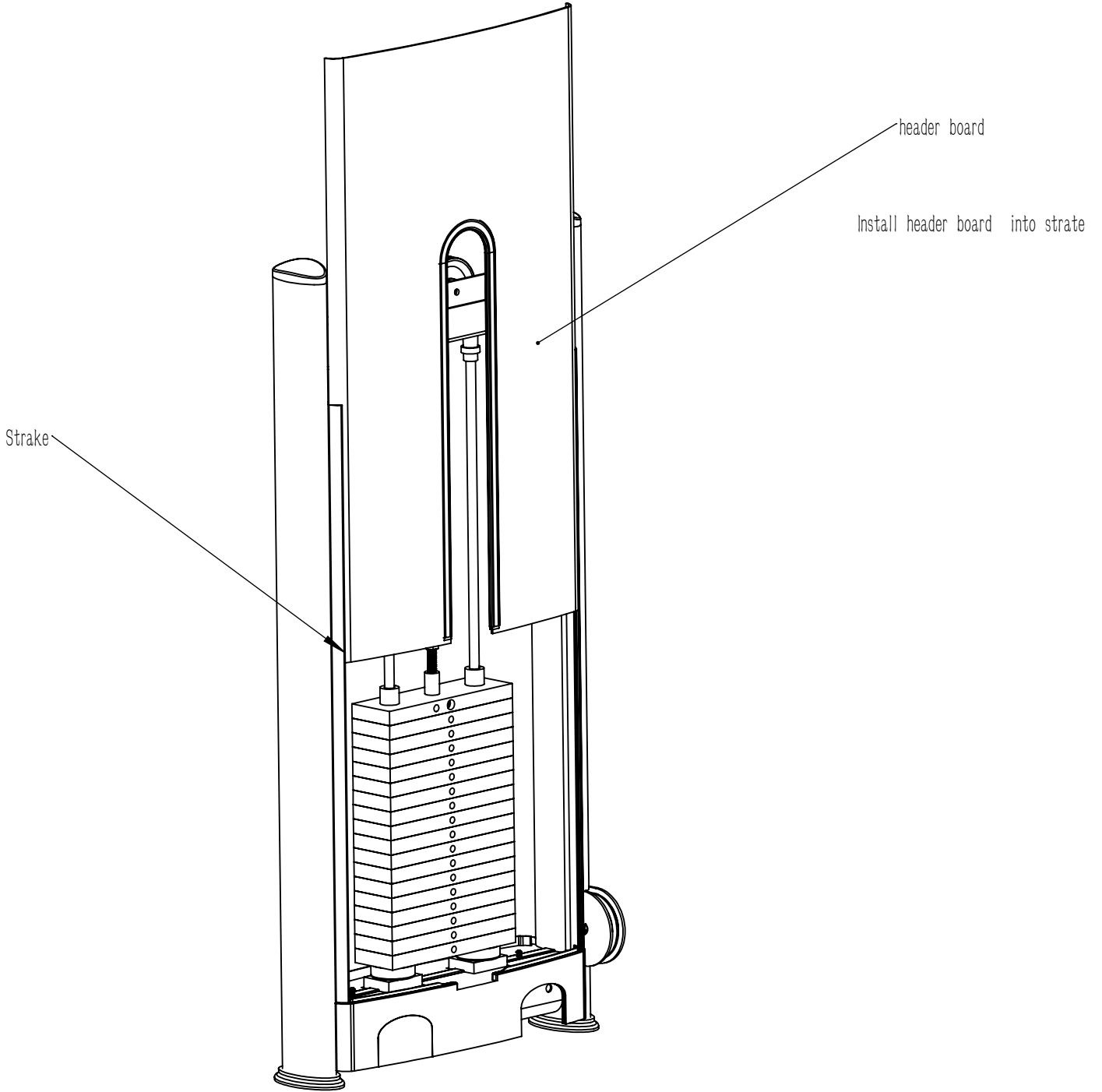
The weight stack assembly

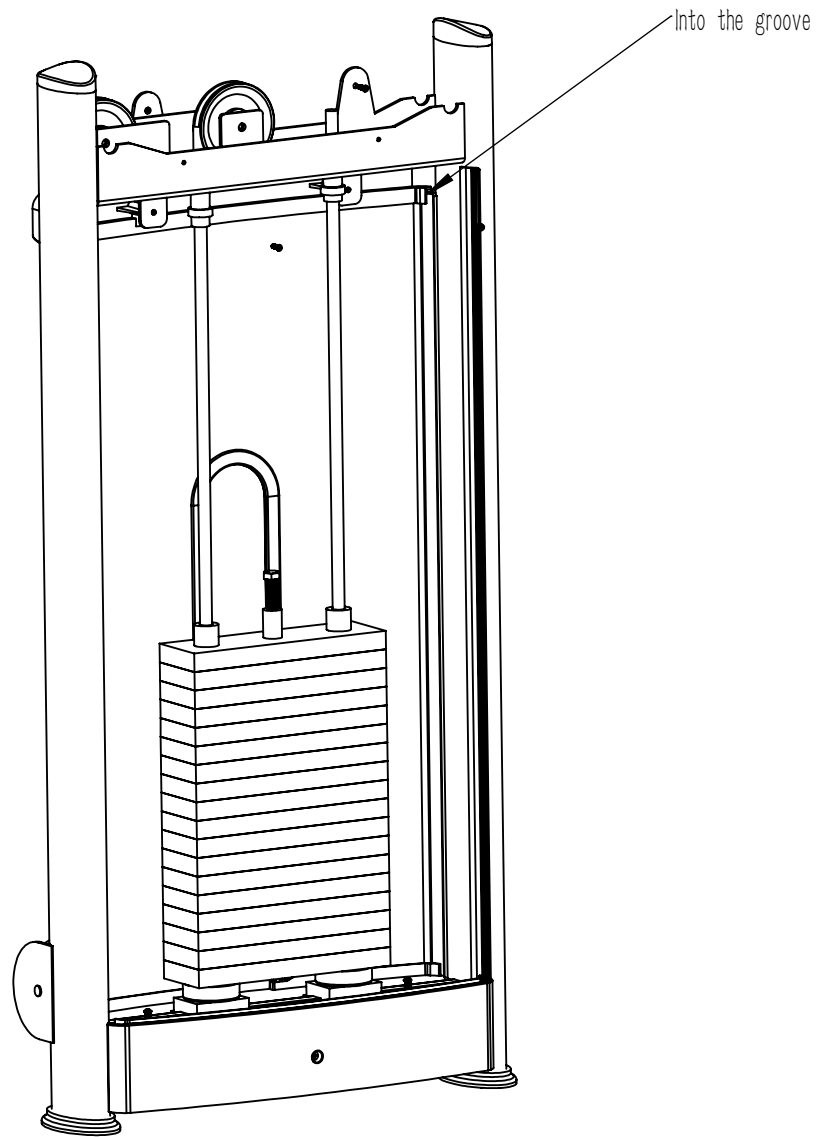


NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	17
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	配重插销	Adjustable Bolt	1
5	上片螺丝	Bolt M12x30	1
6	30卡簧	φ 30 Shaft Clip	2
7	18孔插杆		1

FYA
In the groove.

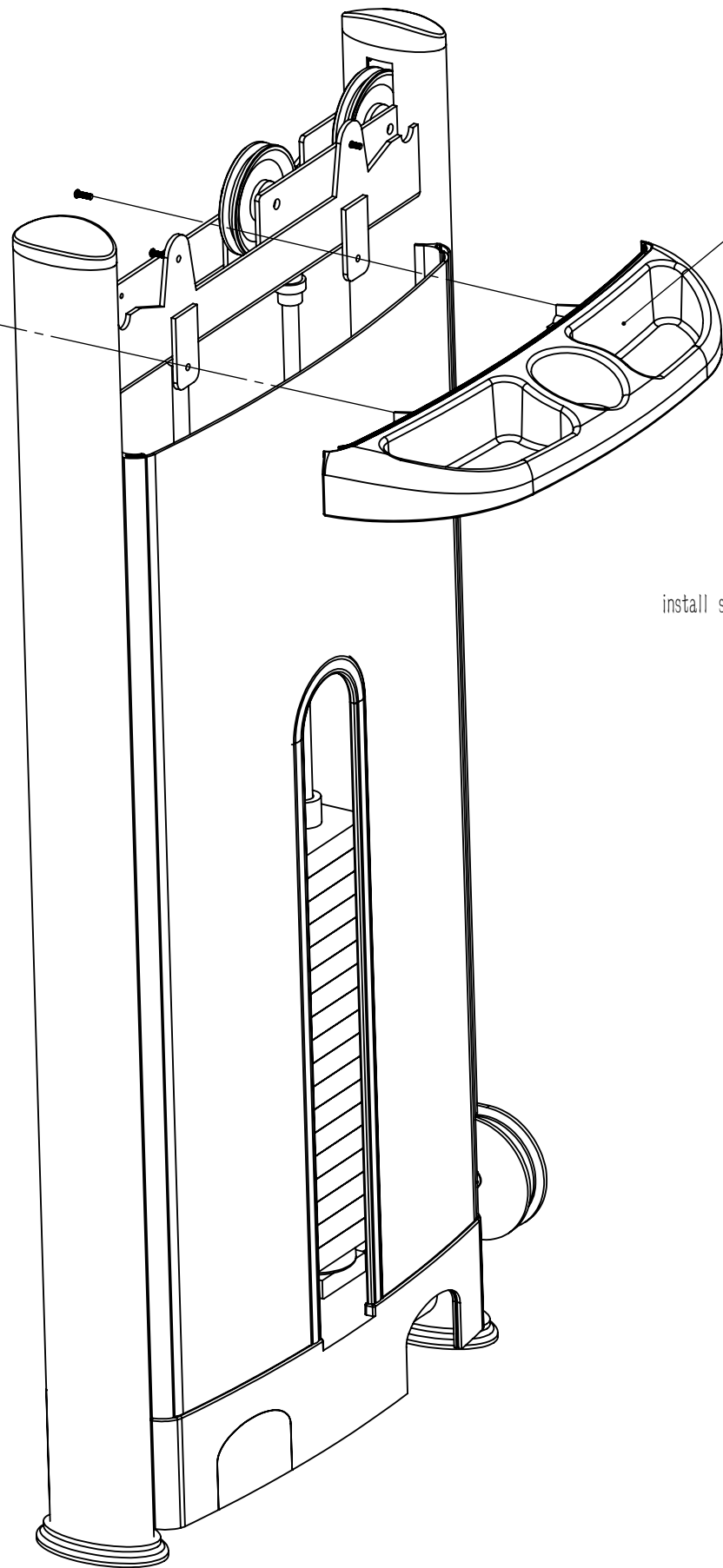






M5*16

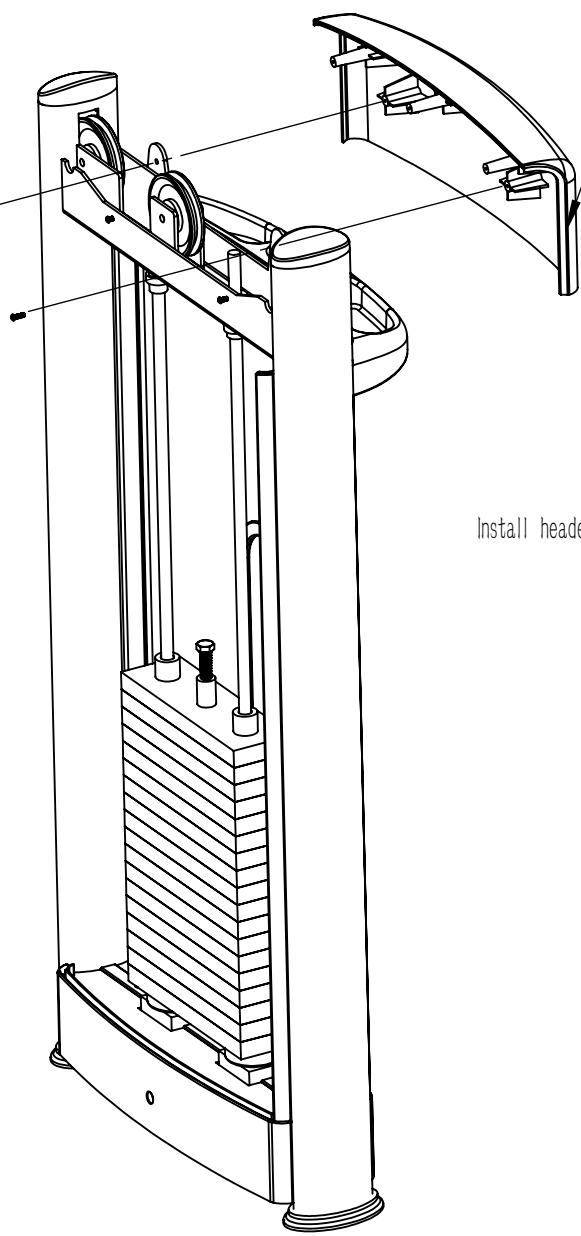
support



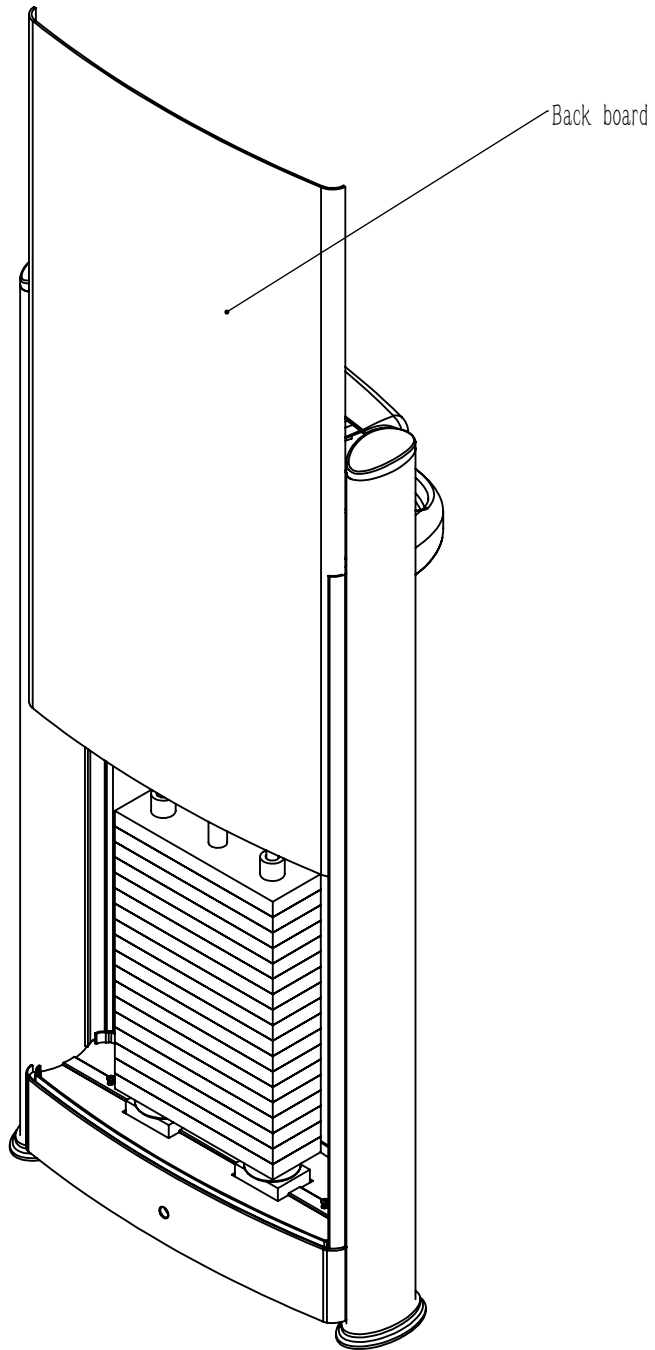
install support with M5*16

M5*16

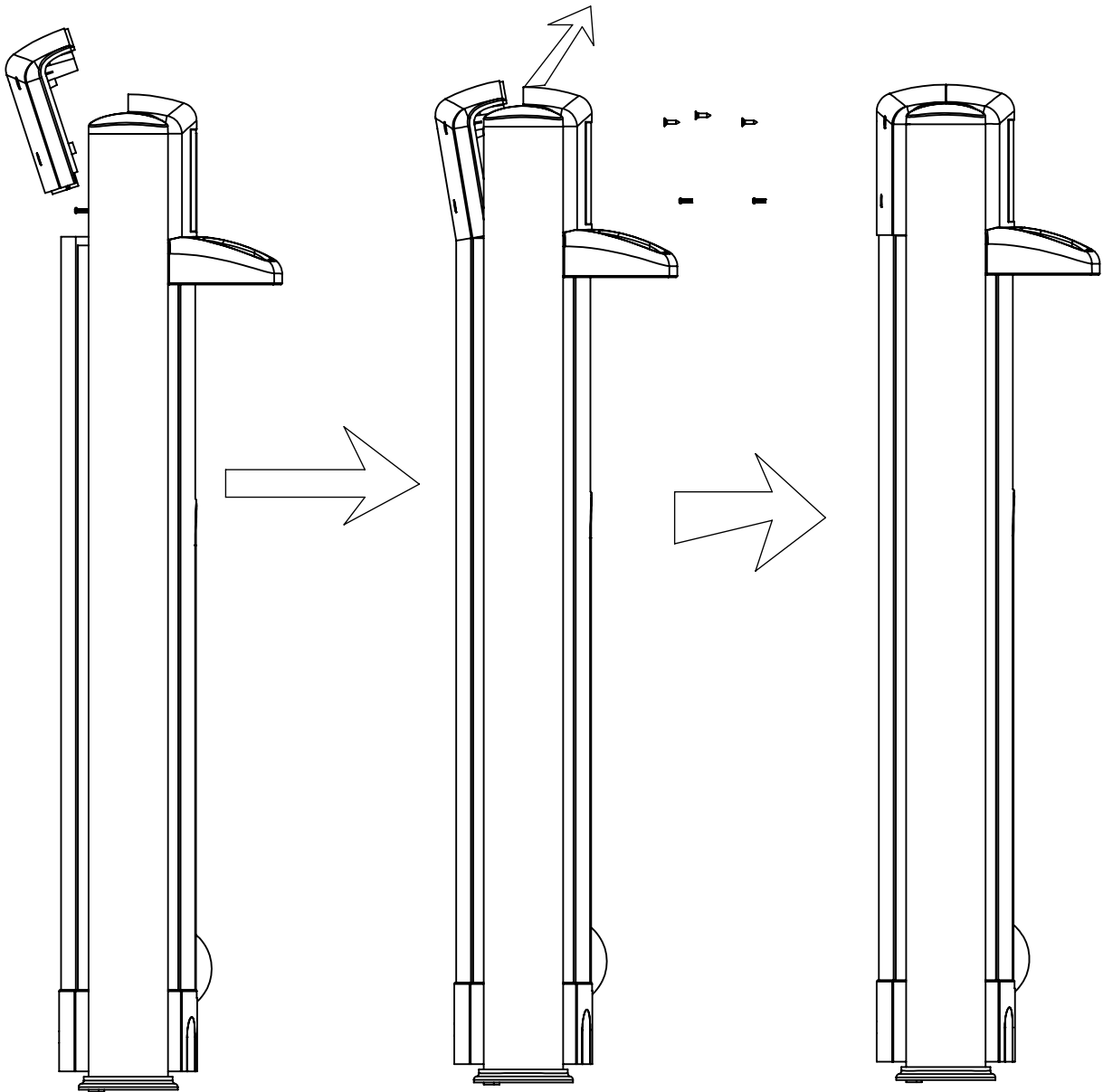
header bottom suport



Insta.ll header bottom suport witrn M5*16



Install back board



M5*20 Tapping screw

M5*16

M5*16

