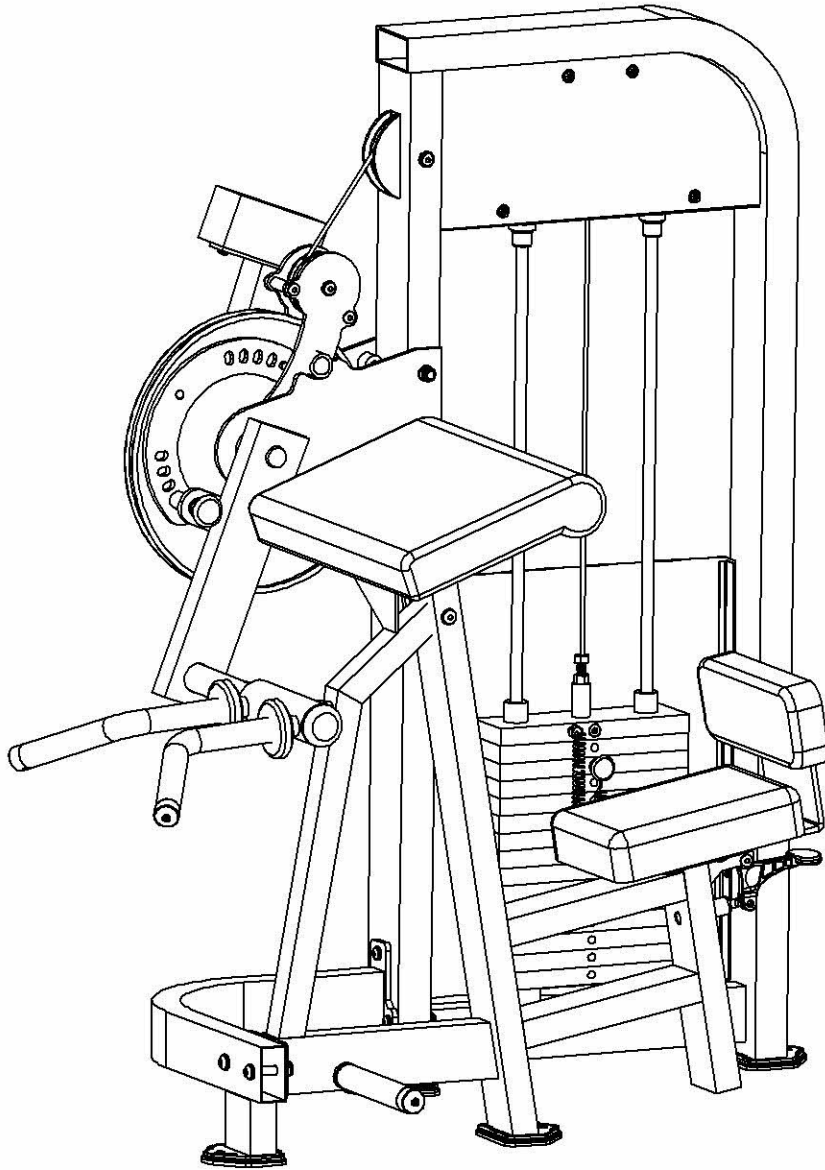


ASSEMBLY INSTRUCTION



PF-1002

BLCEPS/TRICEPS

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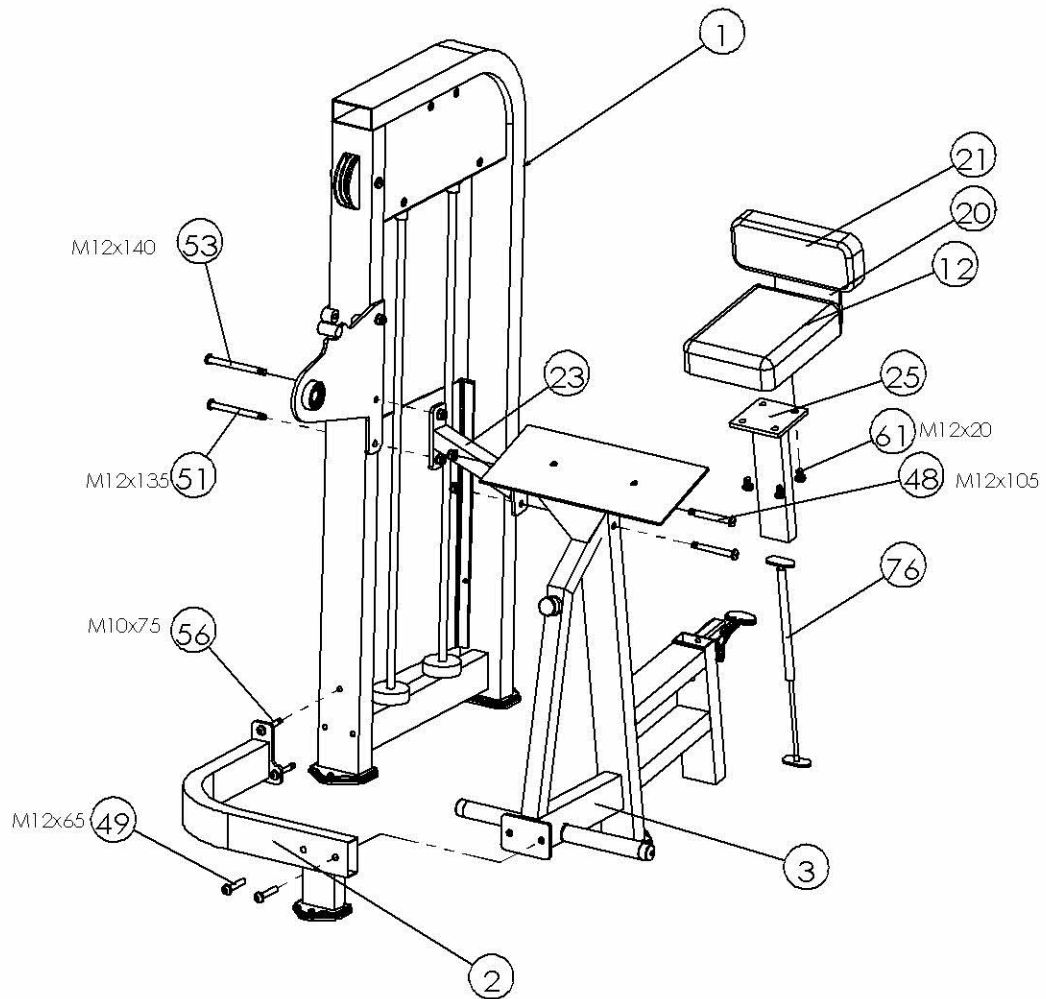
Weight Stack Assembly Page 8

PARTS LIST

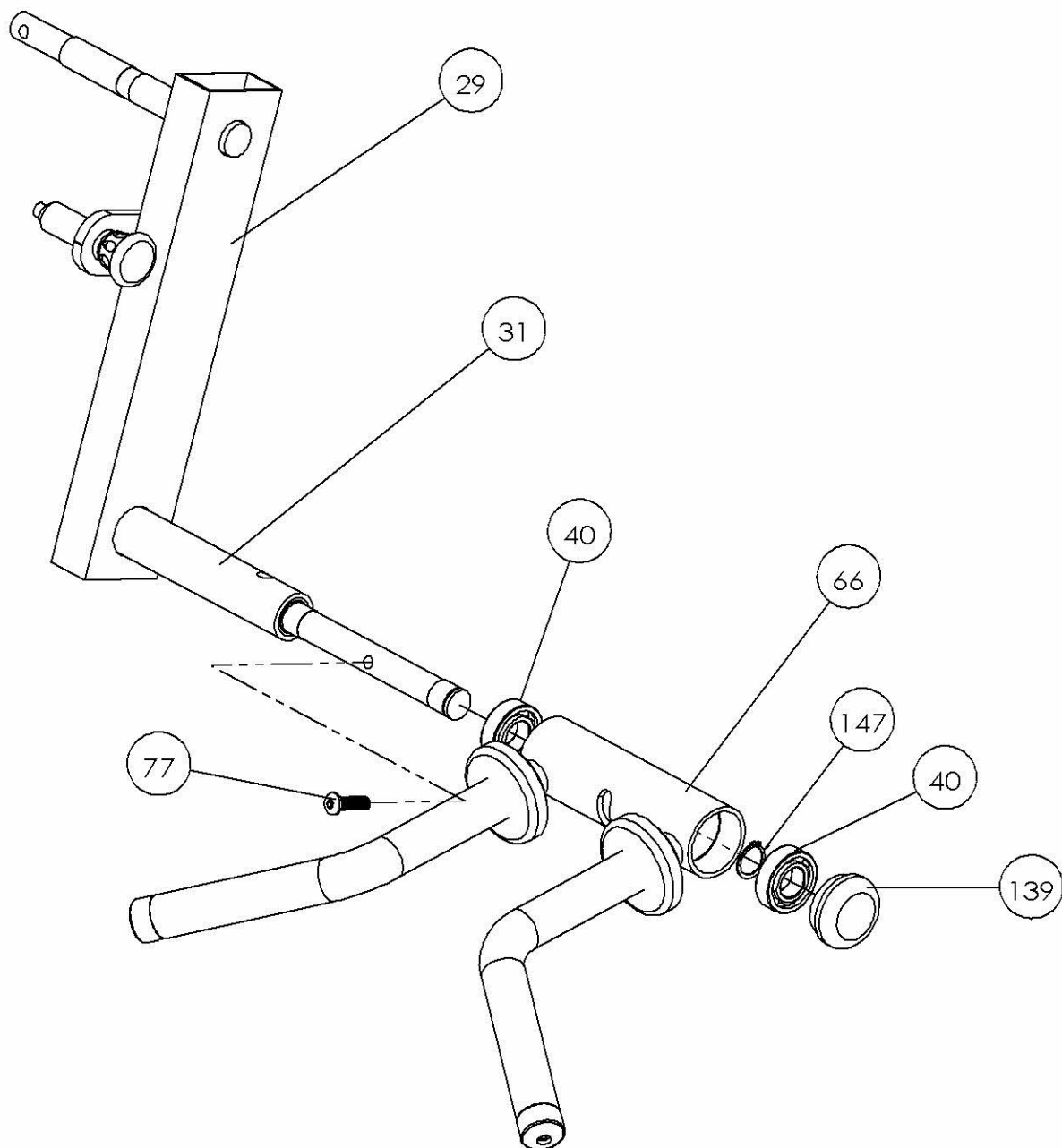
ITME NO.	Description	QTY
1	Assy, Main Frame	1
2	Curved Support	1
3	Assy, Side Frame	1
4	Elbow Cushion	1
5	Arm	1
6	Bearing 6205	4
7	Bushing	2
8	Torque Dish	1
9	Bushing, 40x30X25x5	4
10	Plating	1
12	seat cushion	1
13	Connecting Rod	1
14	Rectangle Bob-Weight	1
15	Revolve Plate	1
16	Φ 89MM Pulley	1
17	Φ 114MM Pulley	2
18	Nylon Sheath	4
19	Assy, Handle	1
20	Seat Plate	1
21	Back Cushion	1
22	Bearing Plate	1
23	Top Support	1
24	Screw, M10X35	1
25	Adjustable Tube	1
26	Adjustable Bolt, 100L	1
27	Adjustable Handle	1
28	Counter Weight Cushion	2
29	Assy, Weight Plate	1
30	Guide Rod Sleeve	2
31	Right Edgings	1
32	Left Edgings	1
33	Acrylic Board	1
34	Placard	1
35	Screw, M6X10	8
36	Screw, M10X50	1
37	Screw, M10x120	1
38	Screw, M8X55	2
39	Guide Rod Sleeve Nut	2
40	Placard	1

ITME NO.	Description	QTY
41	Screw, M6*10	6
42	Short Handle	1
43	Spring, 40MM	1
44	Adjustable Bolt, 90L Flat	1
45	Screw, M6X25	1
46	Screw, M10*45	1
47	Washer, M12	29
48	Button Head Cap Screw M12*115	2
49	Screw M12*65	2
50	Washer, M10	8
51	Button Head Cap Screw M12X125	2
52	Nut, M12	7
53	Button Head Cap Screw M12X125	1
54	Screw, M10*85	1
55	Nut, M10	9
56	Screw, M10x75	5
57	Screw, M12X25	2
58	Washer, M8	2
59	Screw, M8*25	2
60	Screw, M8x30	8
61	Screw, M12x20	6
62	Nut, M6	1
63	Screw, M12X20	1
64	Rubber Support	1
65	Grip, 190L	2
66	Grip Cap	4
67	Grip Ring	2
68	Rectangle Rubber Shoe, 40x80	2
69	Rectangle Rubber Shoe, 50x100	2
72	Φ52 Cap	1
73	Turnbuckle Screw, M12x60	1
74	Nut, M12	1
76	Gas Spring 200L	1
77	Guide Rod , 1.19M	2
78	Φ52 Shaft Clip	2
79	Elastic Pin 10*40	1
80	Φ25 Shaft Clip	1

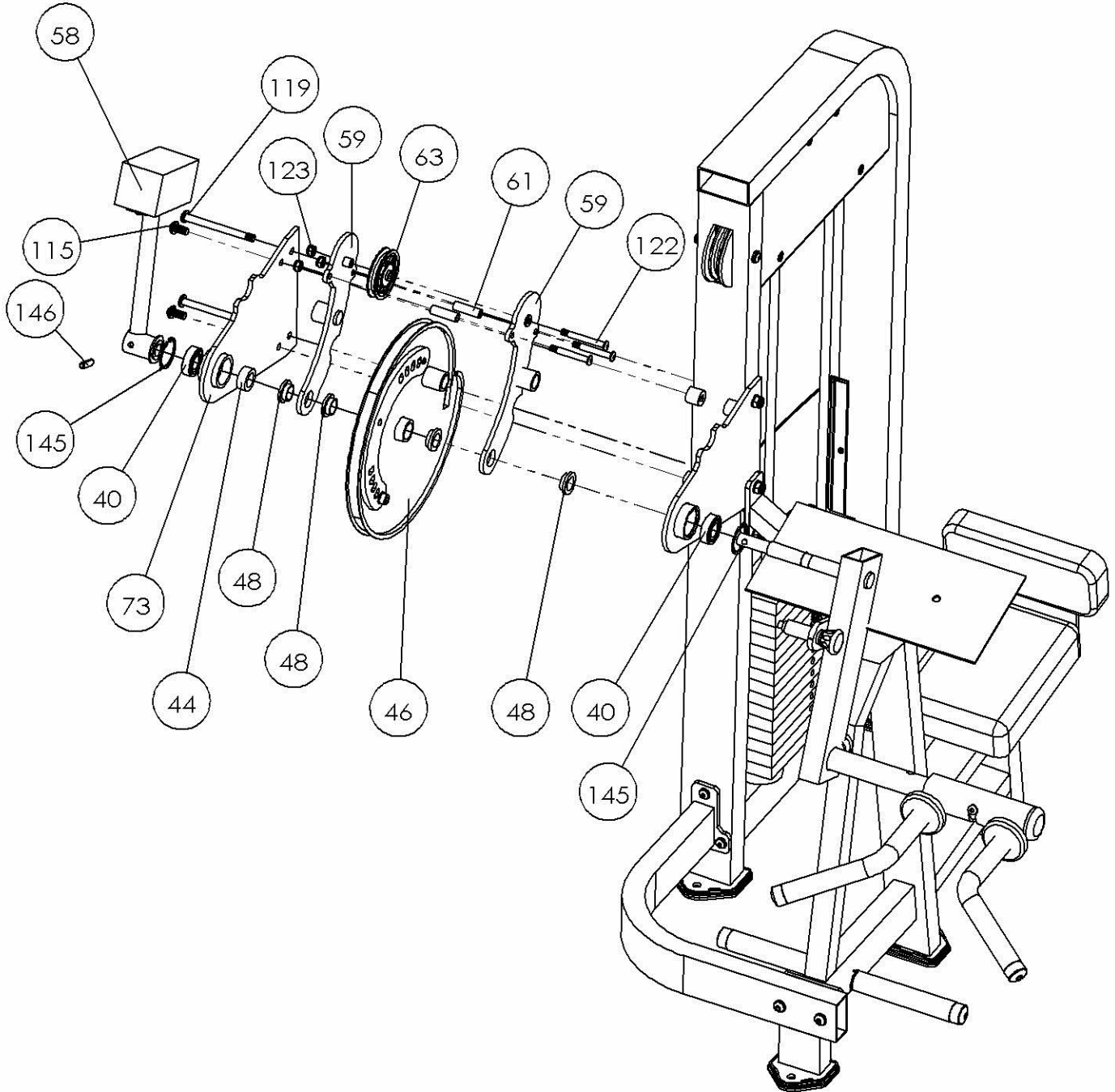
Main Frame and Side Frame Assembly



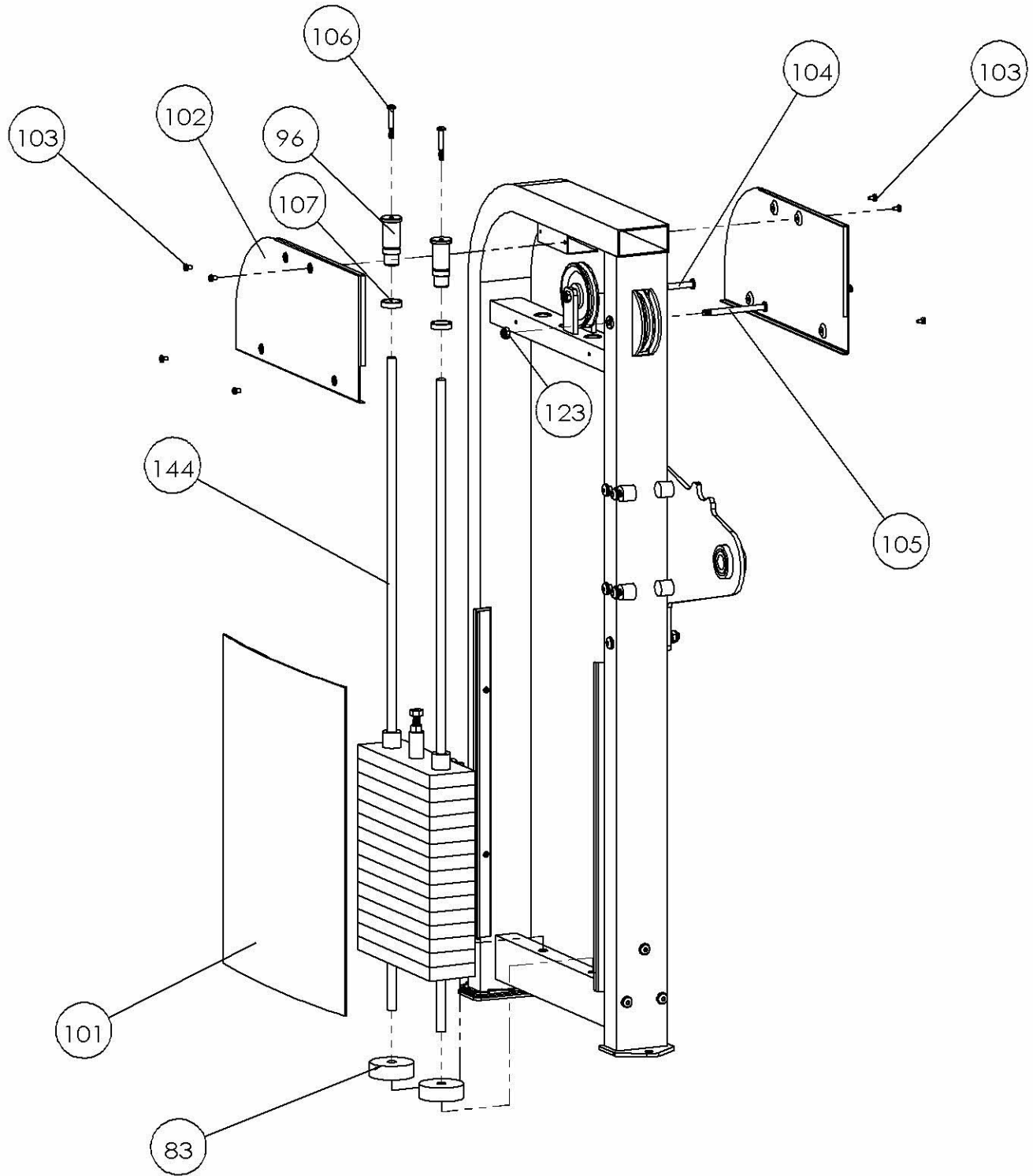
Grip Assembly



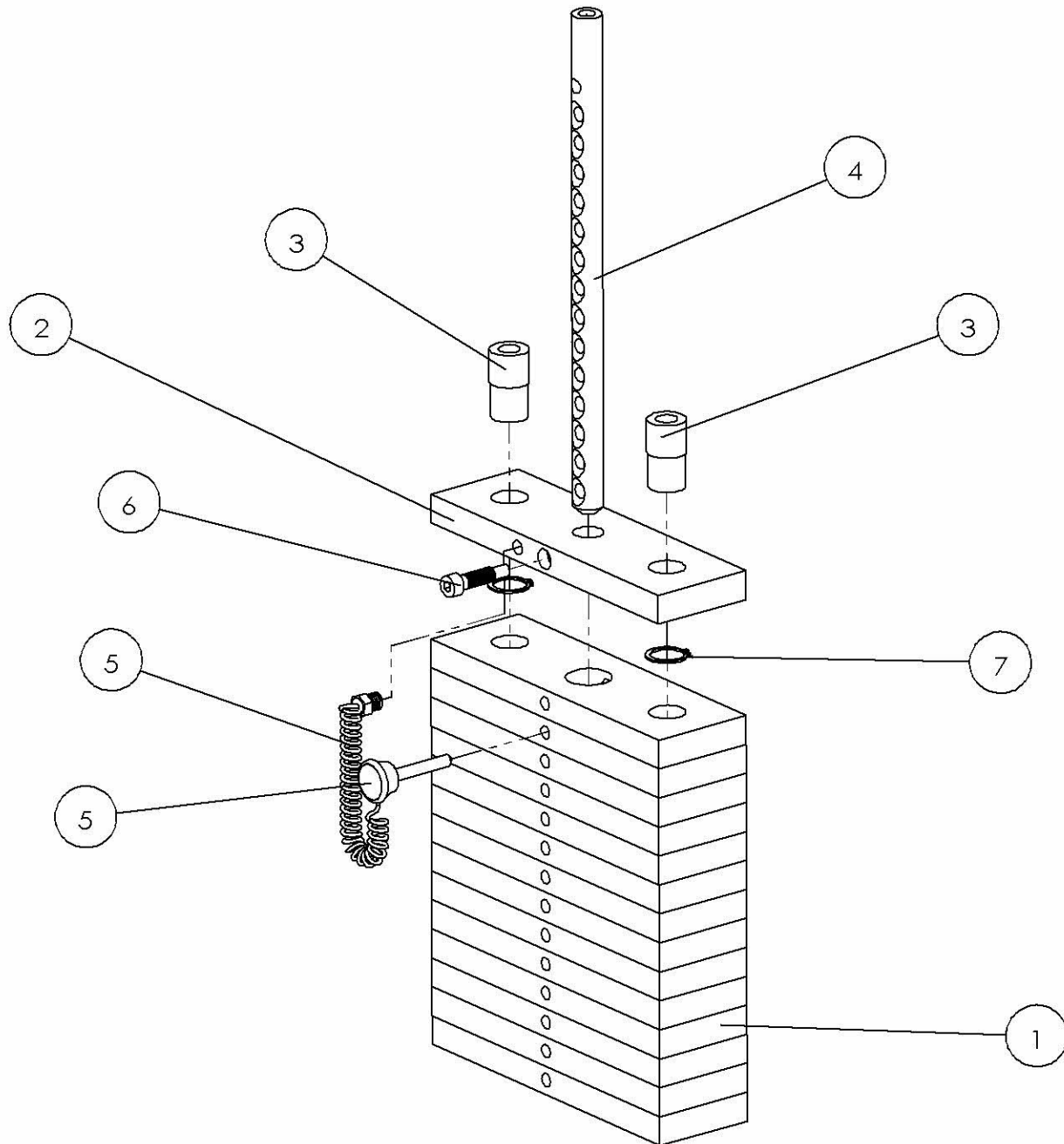
Arm Assembly



Main Frame



Weight Stack Assembly



NO.	Description	QTY
1	Underside Weight Plate	14
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	15 Holes Pole	1
5	Adjustable Bolt	1
6	Standing Bolt for The Top Weight Plate	1
7	φ 30 Shaft Clip	2