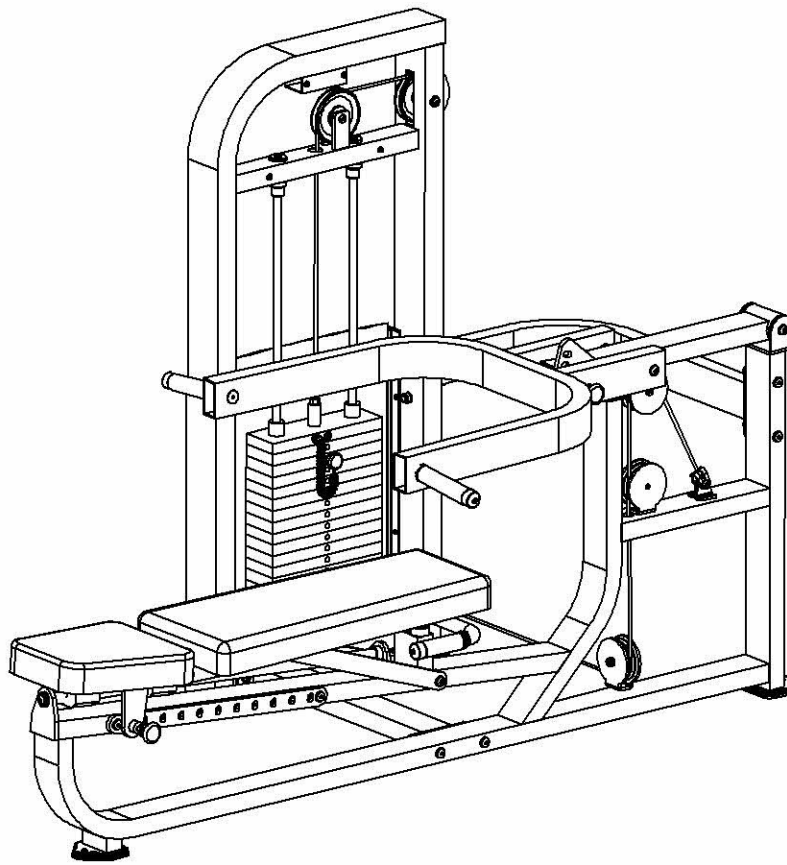


ASSEMBLY INSTRUCTION



PF-1001

Chest Press/Shoulder Press

Contents

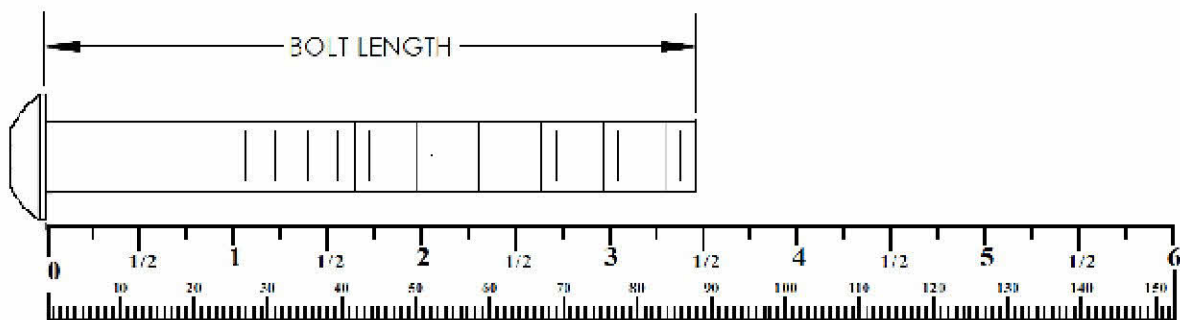
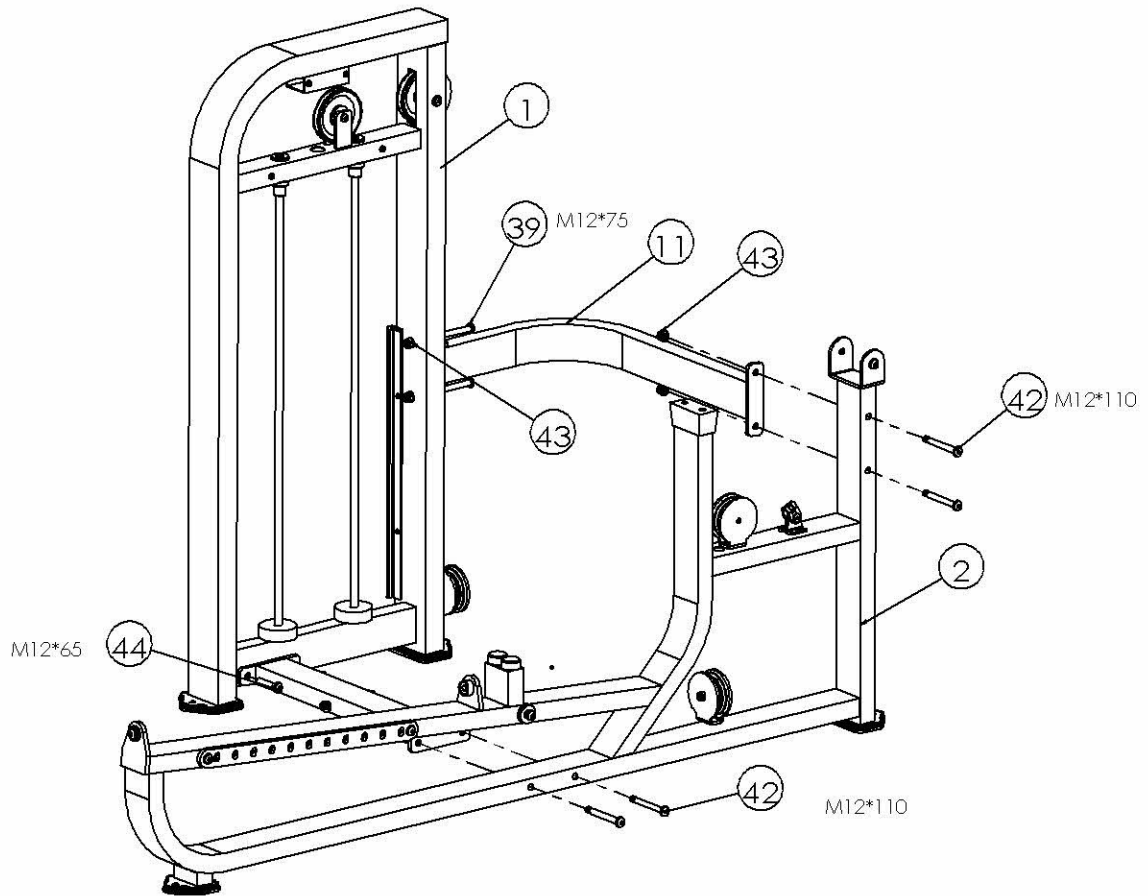
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PARTS LIST

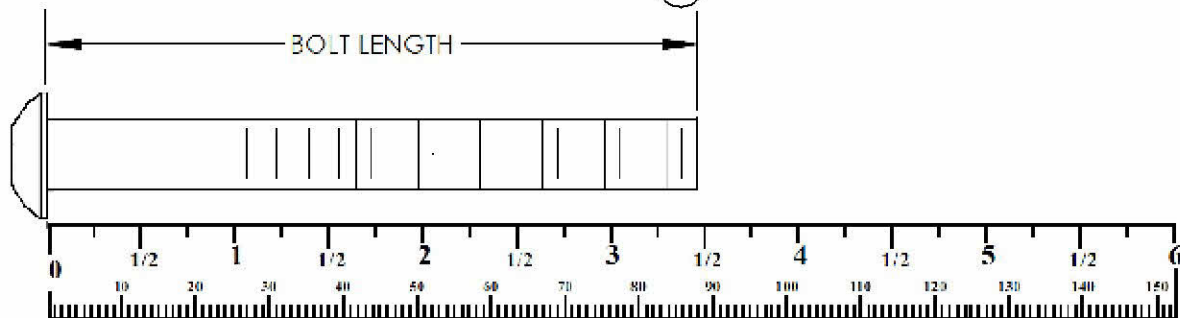
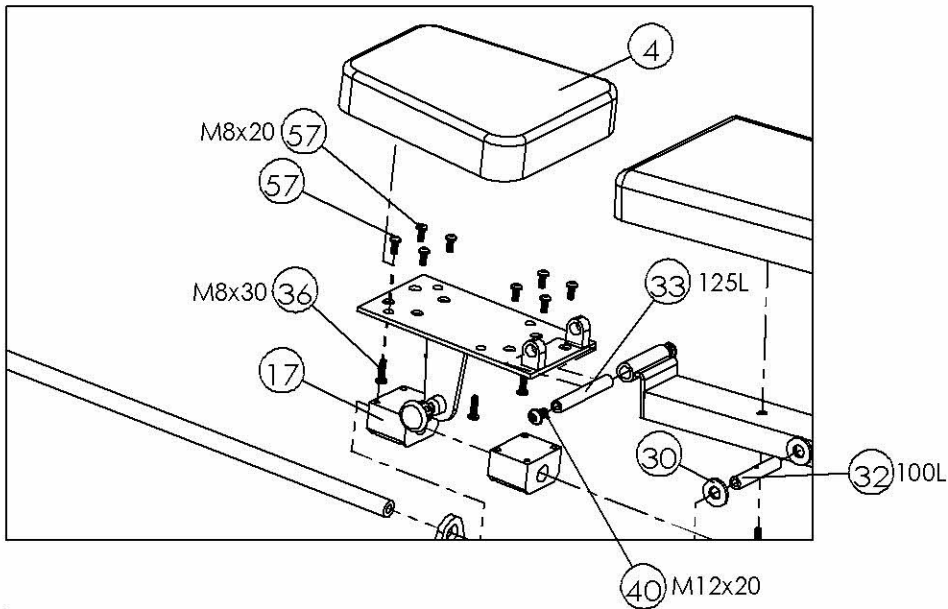
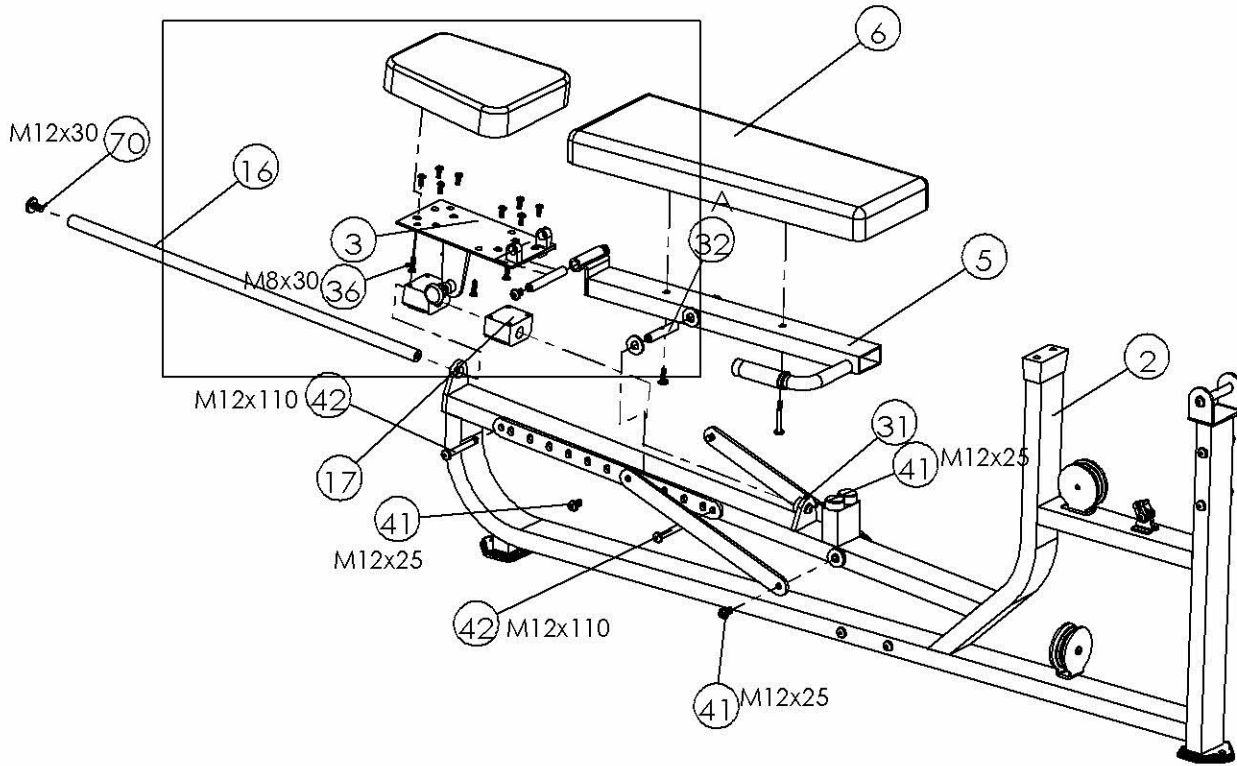
NO.	Description	QTY
1	Assy, Main Frame	1
2	Assy, Side Frame	1
3	Assy, Seat Frame	1
4	Seat Cushion	1
5	Assy, Back Cushion Frame	1
6	Back Cushion	1
7	Under Support	1
8	Lever Frame	1
9	Assy, Arm	1
10	Φ89MM Pulley	4
11	Curved Support	1
12	Φ114MM Pulley	2
13	Bearing 6205	2
14	bushing, 28*25*18*2	2
15	Adjustable Bolt, 65MM	1
16	Principal Axis Φ25*900L	1
17	Bearing Block	2
18	Plating	1
19		2
20	Rubber Support	2
21	Plating	1
22	Counter Weight Cushion	2
23	Assy, Weight Plate	1
24	Left Edgings	1
25	Right Edgings	1
26	Acrylic Board	1
27	Guide Rod Sleeve	2
28	Guide Rod, 1.095M	2
29	Guide Rod Sleeve Nut	2
30	Φ40 Nylon Washer	4
31	connecting plate	2
32	Axle, 100L	3
33	Axle, 125L	1
34	Axle, 210L	1
35	Screw, M10X50	1
36	Screw, M8x30	5
37	Screw, M8x70	1
38	Button Head Cap Screw M10*45	4
39	Washer, M12	37
40	Screw, M12x20	4

NO.	Description	QTY
41	Screw, M12X25	7
42	Button Head Cap Screw M12*115	8
43	Nut, M12	14
44	Button Head Cap Screw M12*70	2
45	Button Head Cap Screw M12*70	2
46	Adjustable Bolt, 105L	1
47	Screw, M12X20	1
48	Nut, M10	5
49	Screw, M10x120	1
50	Placard	1
51	Screw, M6X10	8
52	Grip, 150MM	2
53	Grip Cap	3
54	Grip, 100L	1
55	Grip Ring	3
56	Washer, M8	8
57	Screw M8*20	8
58	Washer, M10	6
60	Rubber Support	1
61	Button Head Cap Screw, M6*10	7
62	Screw, M8X40	2
63	Turnbuckle Screw, M12x60	1
64	Nut, M12	1
65	Big "U" fastener	1
66	Screw, M10X35	1
67	Screw, M8X55	2
68	Rectangle Rubber Shoe, 40x80	2
69	Rectangle Rubber Shoe, 50x100	2
70	Aluminum Washer	1
71	Screw, M12x30	1
72	Tightening Screw, M5*4	1
73	Placard	1
73	Wire Rope	2

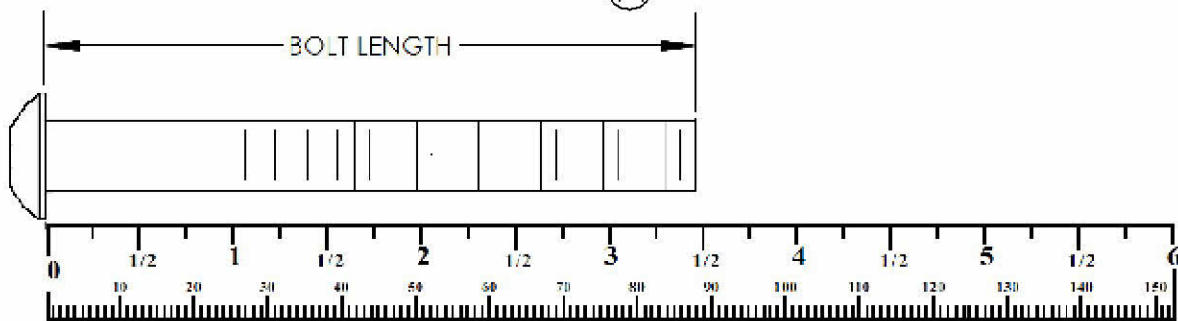
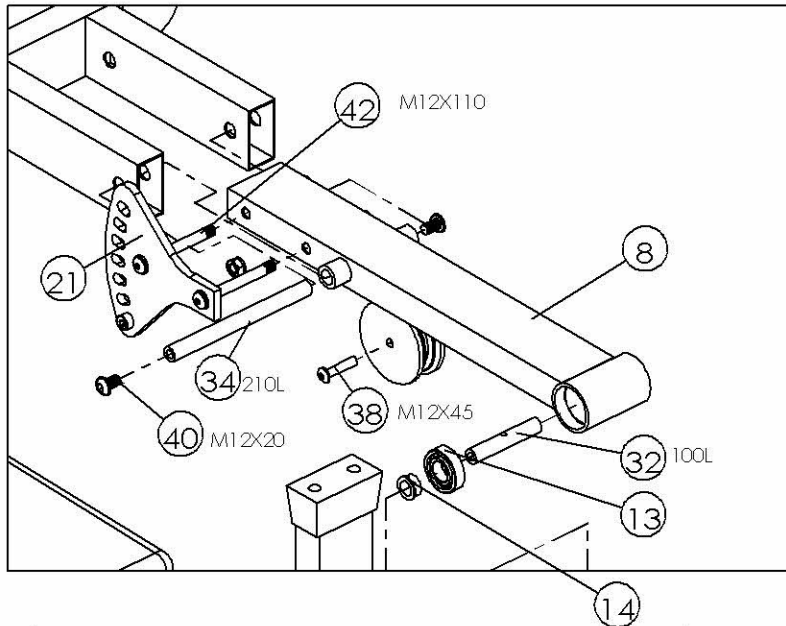
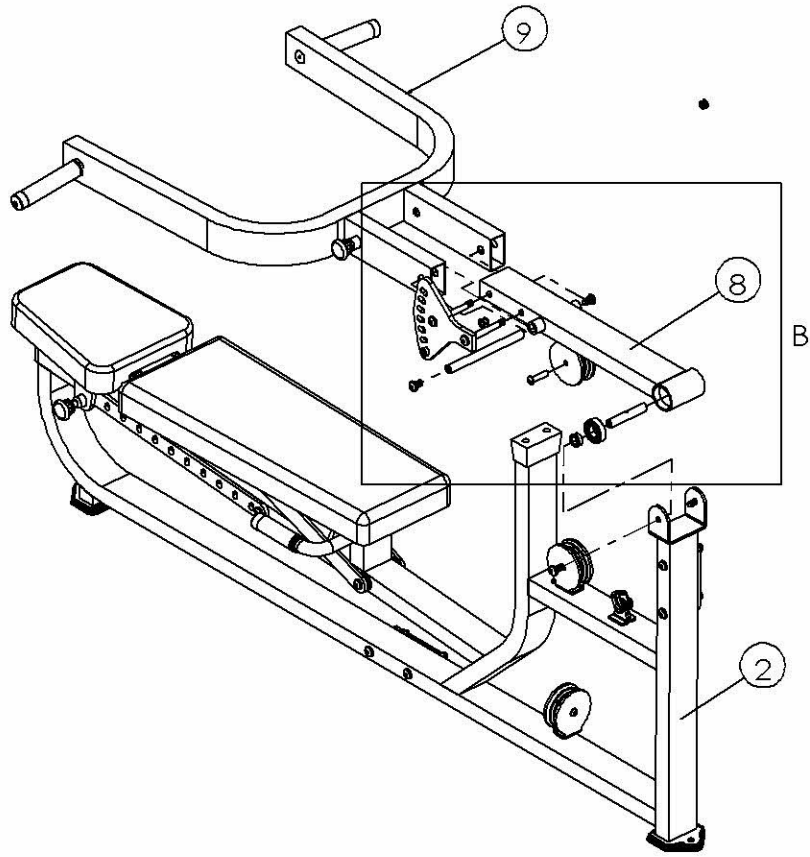
Main Frame And Side Frame Assembly



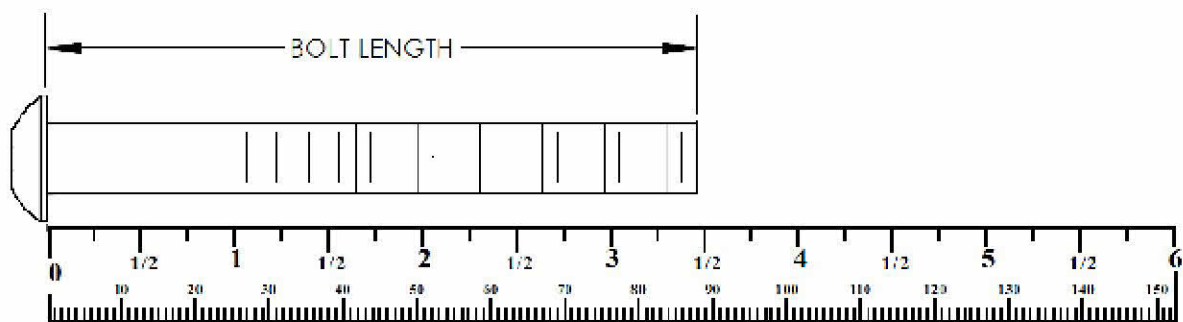
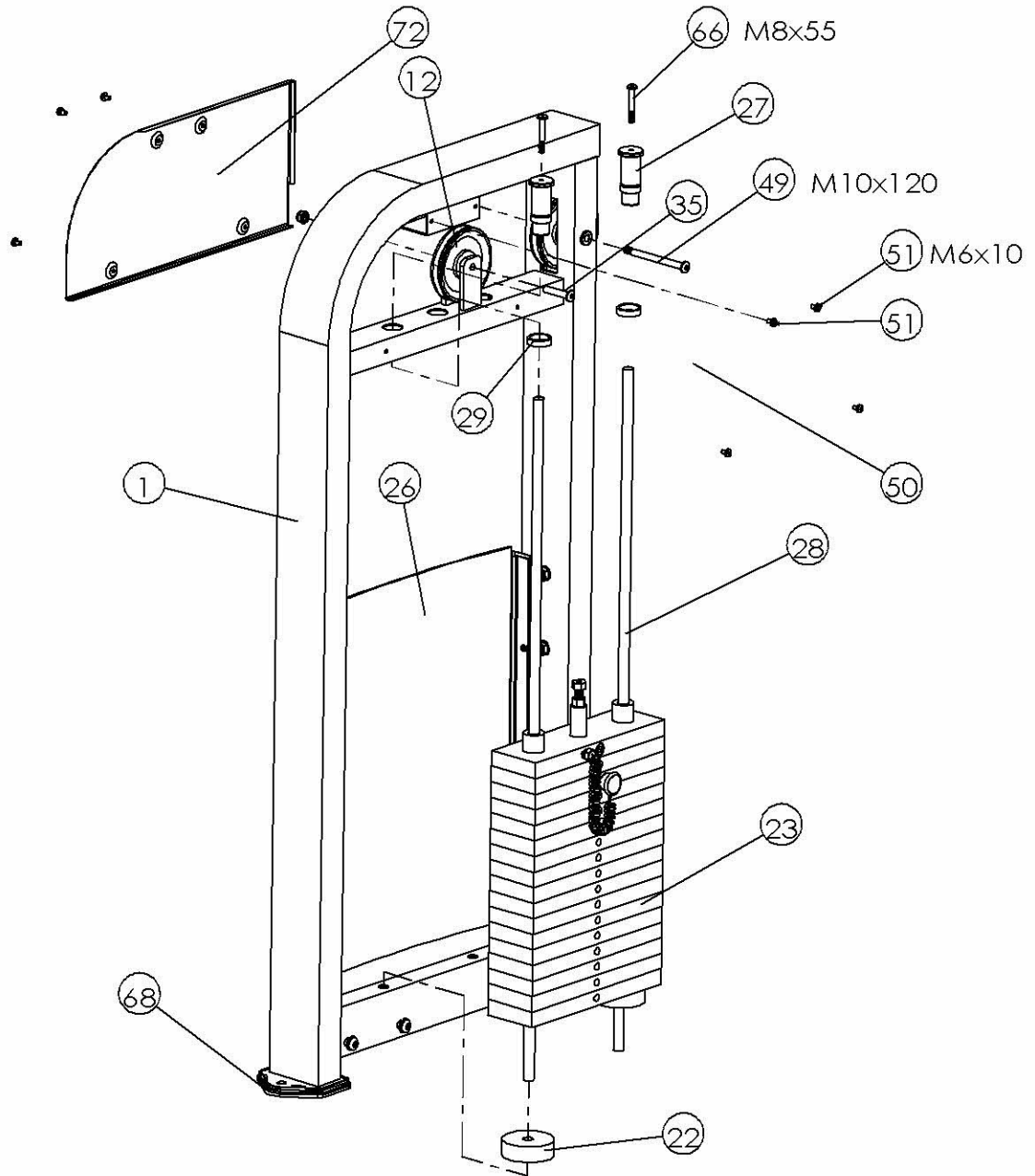
Seat Frame Assembly



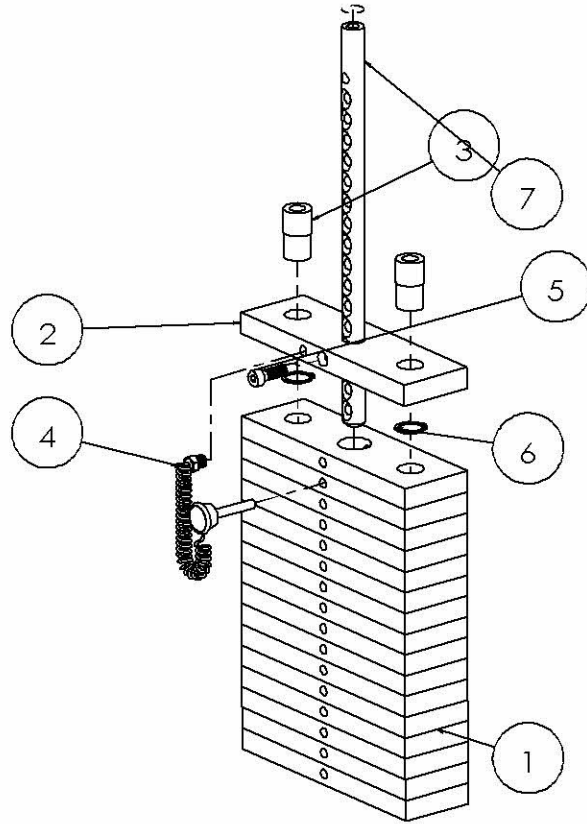
Arm Assembly



Main Frame Assembly

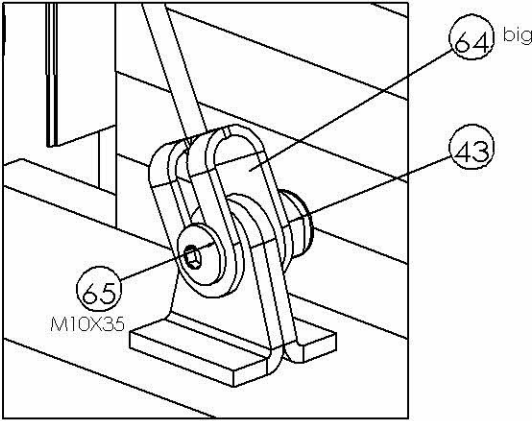
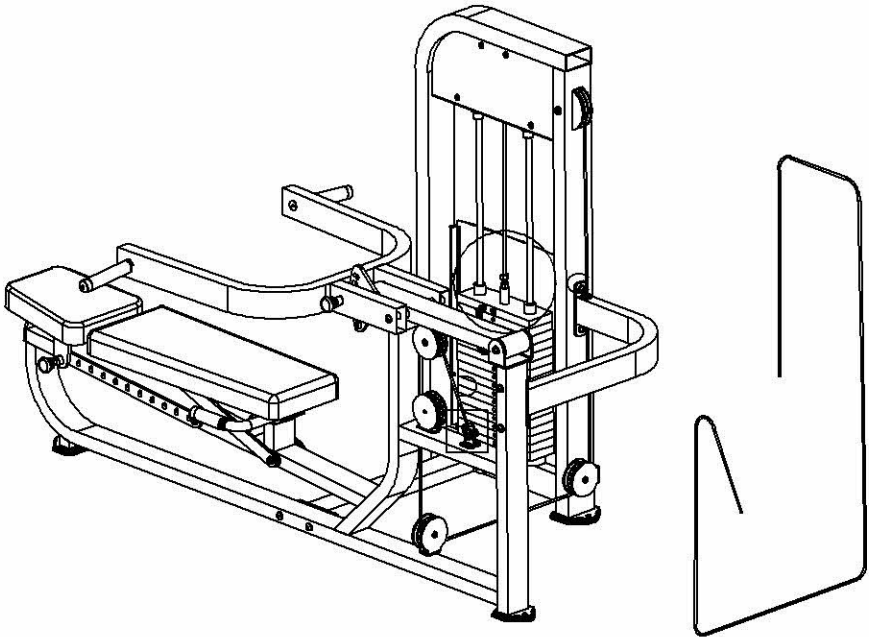


Weight Stack Assembly

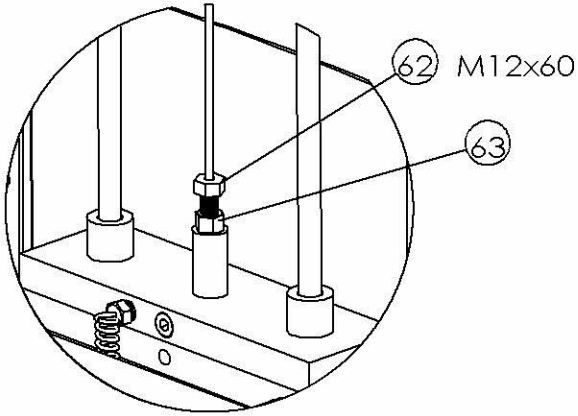


NO.	名称	Description	QTY
1	配重片	Underside Weight Plate	16
2	上片	Top Weight Plate	1
3	导杆套1	Guide Rod Sleeve	2
4	配重插销	Adjustable Bolt	1
5	上片螺丝	Standing Bolt for The Top Weight Plate	1
6	30卡簧	Φ 30 Shaft Clip	2
7	17孔插杆	Pole, 17Hole	1

Wire Rope Assembly



partial view D
scale 1:2



partial view C
scale 1:2