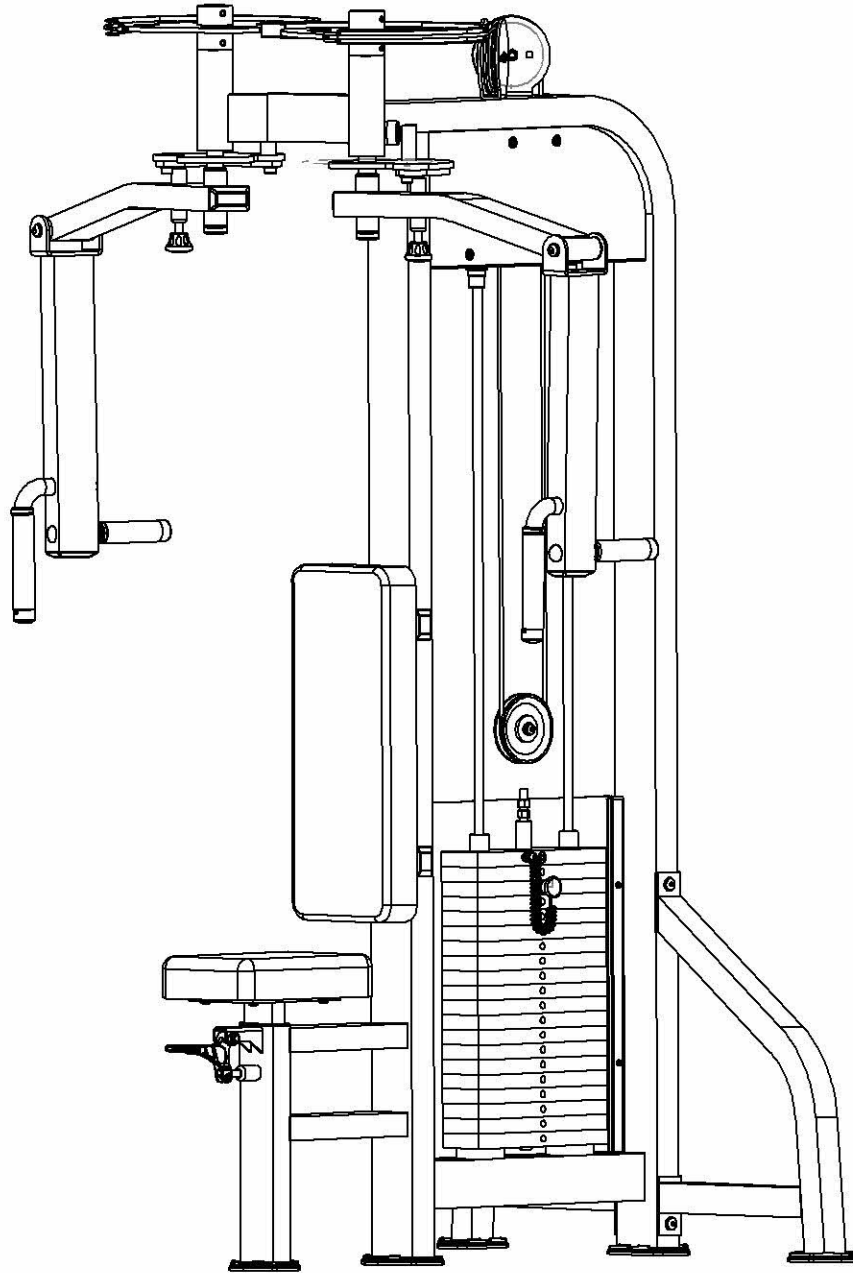


ASSEMBLY INSTRUCTION



PF-1003
Pec Fly/Rear Deltoid

Contents

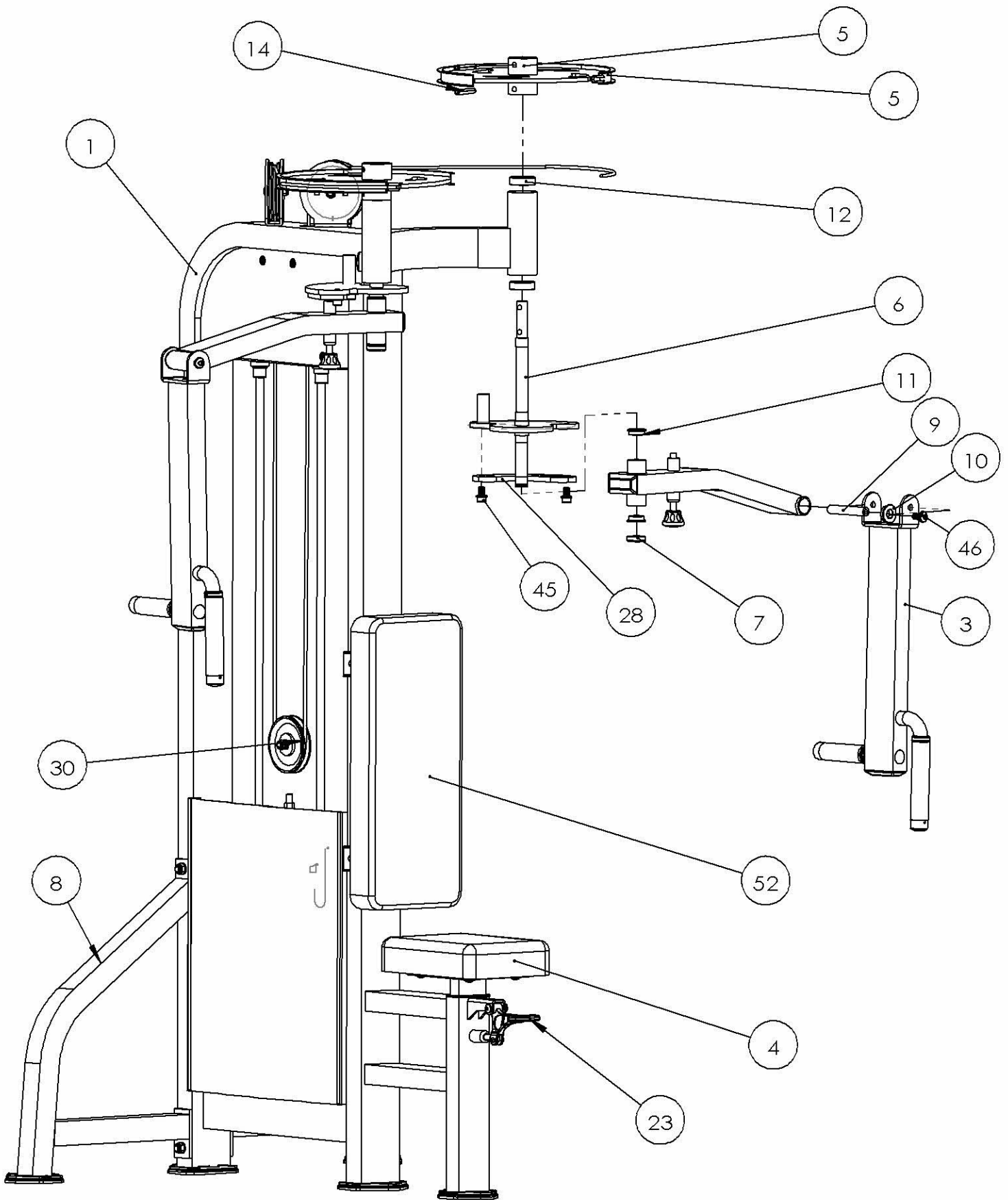
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PARTS LIST

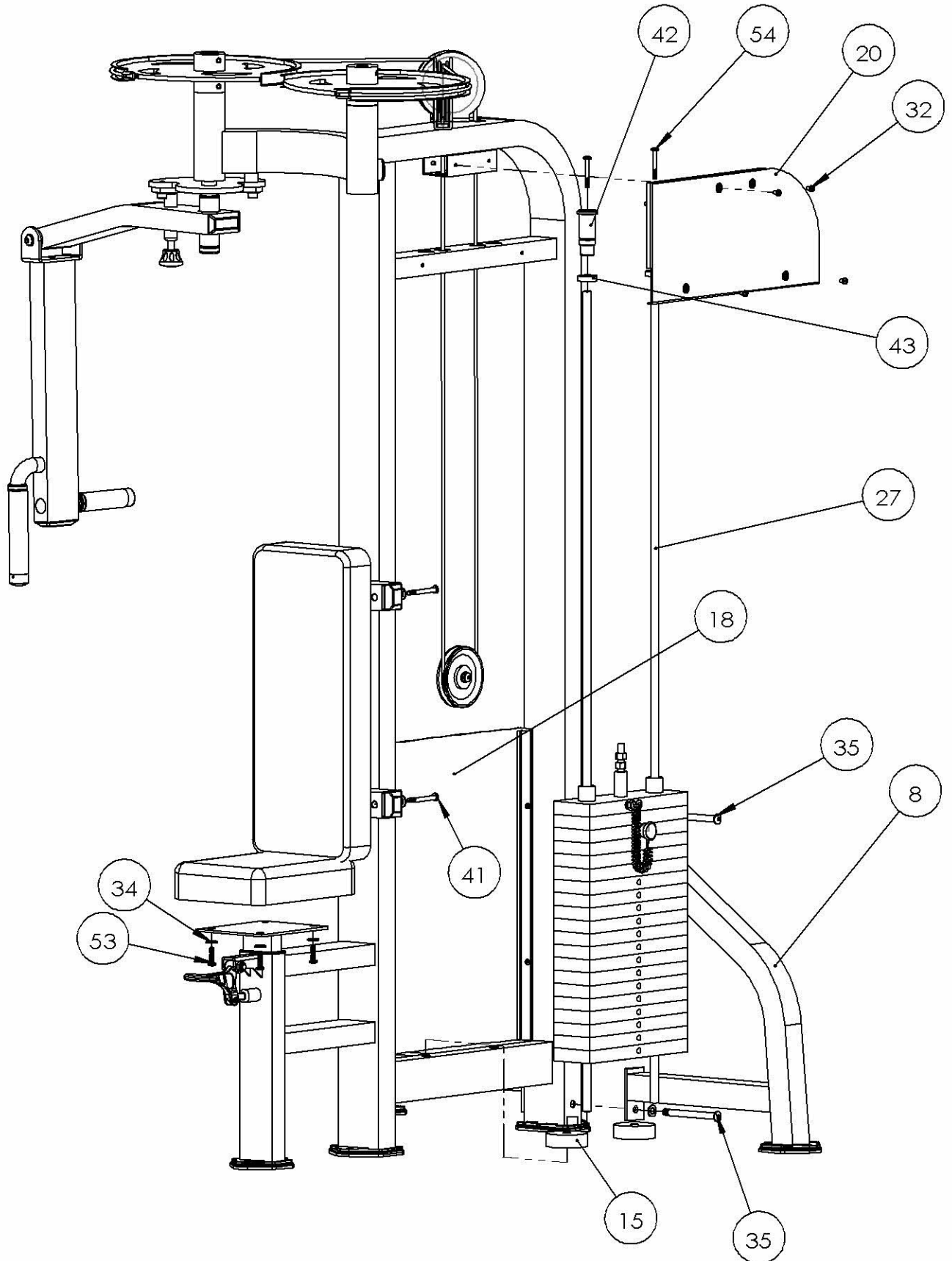
ITEM NO.	Description	QTY
1	Main Farme	1
2	Arm	2
3	Arm	1
4	Seat Cushion	1
5	Assy, The adjusting disc	2
6	The adjusting disc	1
7	Cushion	2
8	Support	2
9	Axle, 100L	2
10	Bushing 38*32*18*3	4
11	Bushing 38*32*25*3	4
12	Bearing 6205	4
13	Adjustable bolt, 120MM	2
14	Elastic Pin 10*40	4
15	Counter Weight Cushion	2
16	Right Edgings	1
17	Left Edgings	1
18	Acrylic Board	1
19	Placard	1
20	Placard	2
21	fromparent+	1
22	fromparent+	1
23	Short Handle	1
24	Adjustable Bolt, 90L Flat	1
25	Screw, M6X25	1
26	Screw, M10*45	4
27	Guide Rod, 1.58M	2
28	5 hole regulation board	2
29	Rectangle Seat pads	1
30	φ 114MM Pulley	3

ITEM NO.	Description	QTY
31	Wire Rope	1
32	Screw, M6X10	8
33	Nut, M10	4
34	Washer, M12	20
35	Button Head Cap Screw M12X125	2
36	Nut, M12	2
37	Square Bushing	1
38	Nut, M6	1
39	Rectangle Rubber Shoe, 40x80	3
40	Rectangle Rubber Shoe, 50x100	2
41	Screw, M8*80	4
42	Guide Rod Sleeve	2
43	Guide Rod Sleeve Nut	2
44	Rubber Support	2
45	Screw, M12X20	4
46	Screw, M12X25	4
47	Adjustable Handle	2
48	Grip, 160L	2
49	Grip Cap	4
50	Grip Ring	4
51	Grip, 150MM	2
52	Back Cushion	1
53	Screw, M8x30	4
54	Screw, M8X55	2
55	Nut, M12	1
56	Nut, M12	2
57	Screw, M6*10	4
58	Rectangle Cap 40*80	4
59	Rectangle Cap 50*50	2
60	Assy, Weight Plate	1

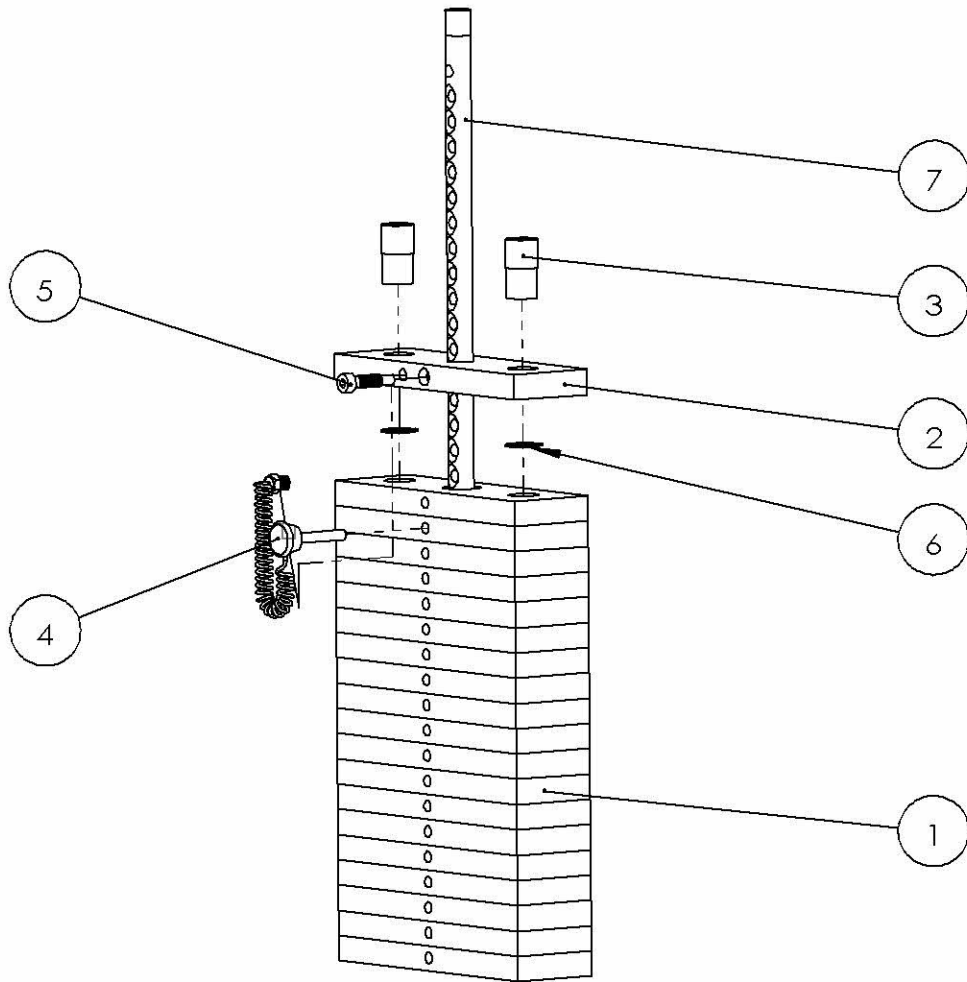
Arm Assembly



Frame Assembly



Weight Stack Assembly



ITME NO.	Description	QTY
1	Underside Weight Plate	19
2	Top Weight Plate	1
3	Guide Rod Sleeve	2
4	Adjustable Bolt	1
5	Standing Bolt for The Top Weight Plate	1
6	φ 30 Shaft Clip	2
7	Pole,20Hole	1