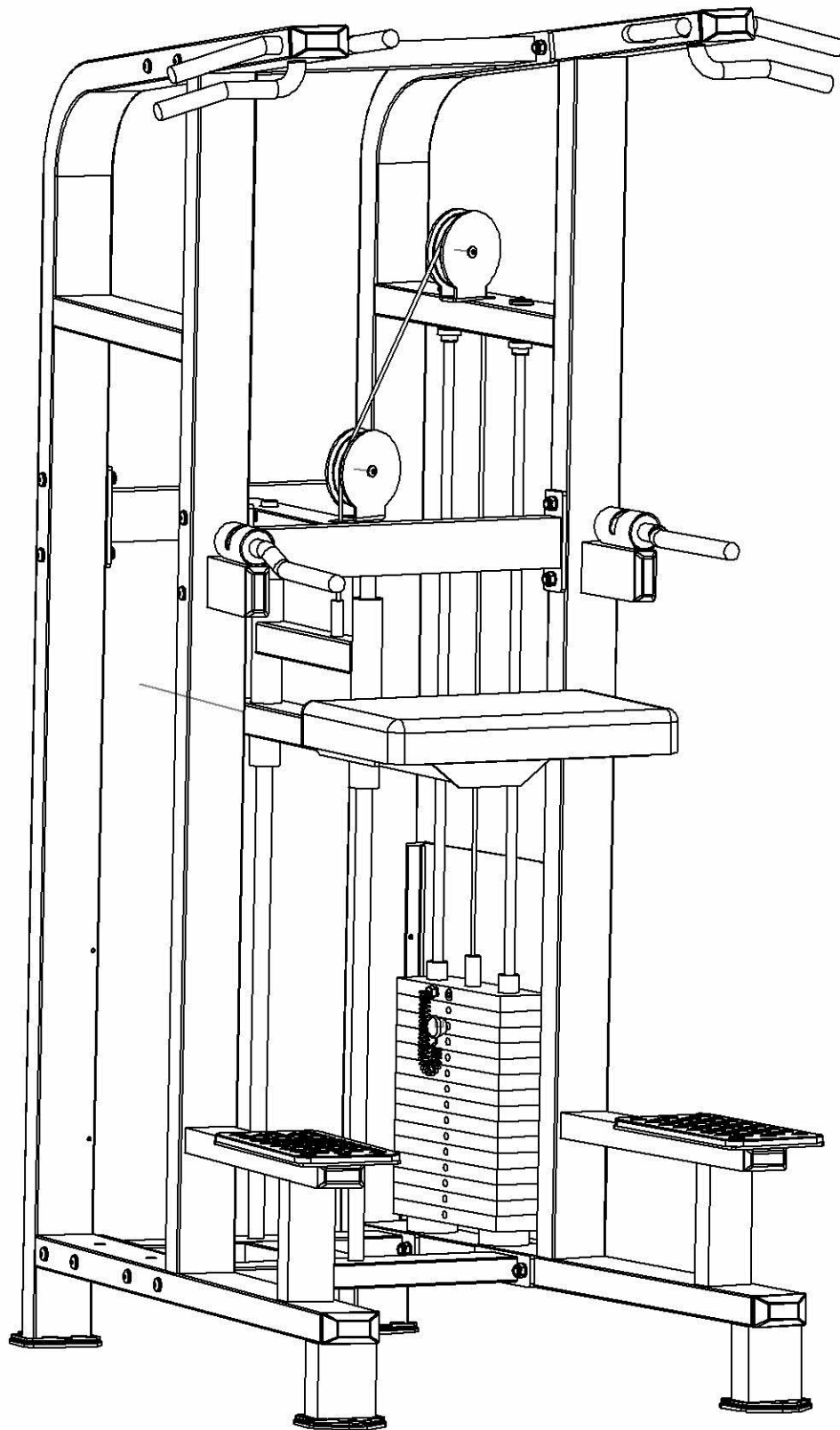


ASSEMBLY INSTRUCTION



PF-1008
Assistant Chin/Dip

Contents

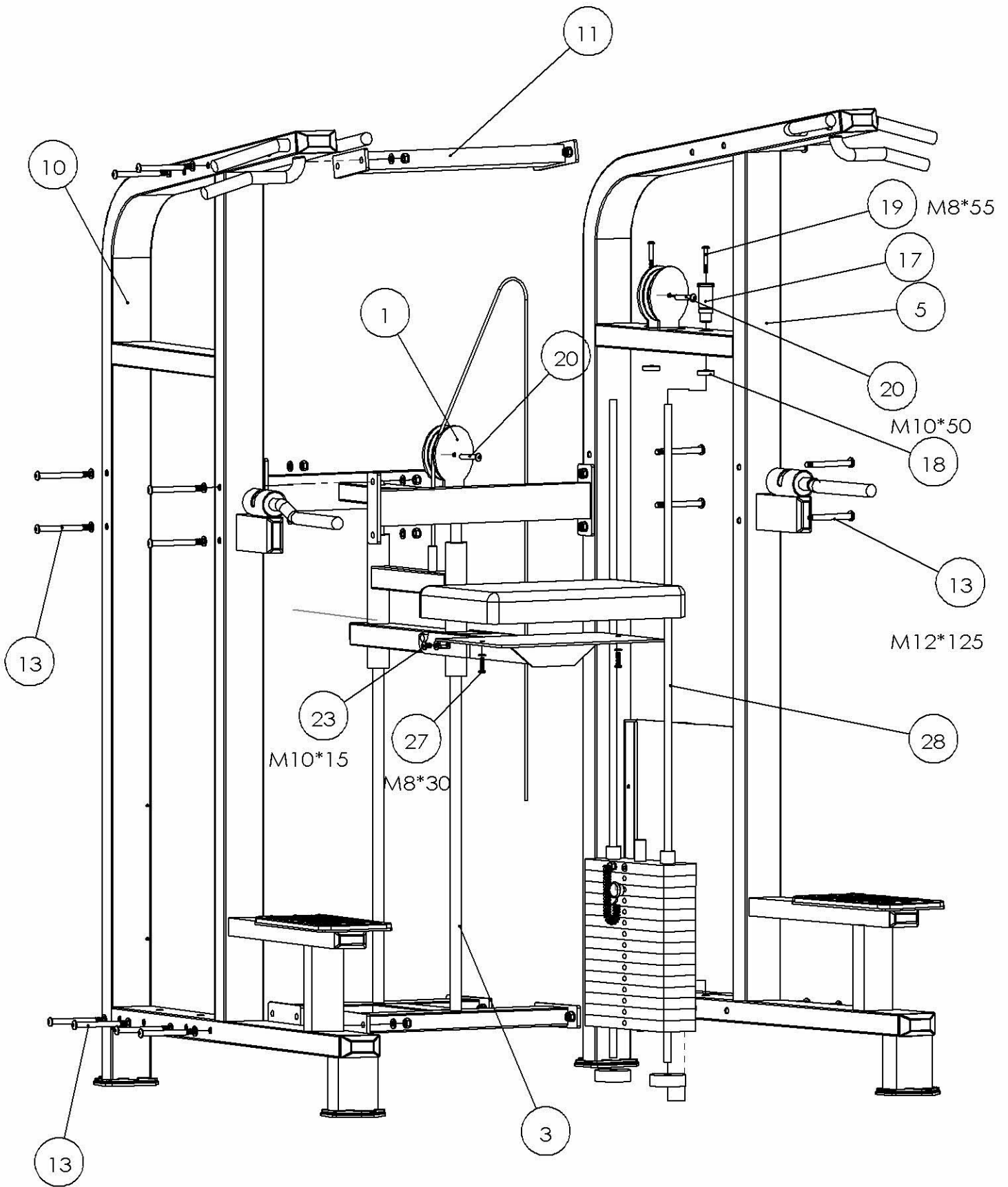
PARTS LIST	Page 3
Frame Assembly	Page4
Weight Stack Assembly	Page5
Image	Page6

Parts List

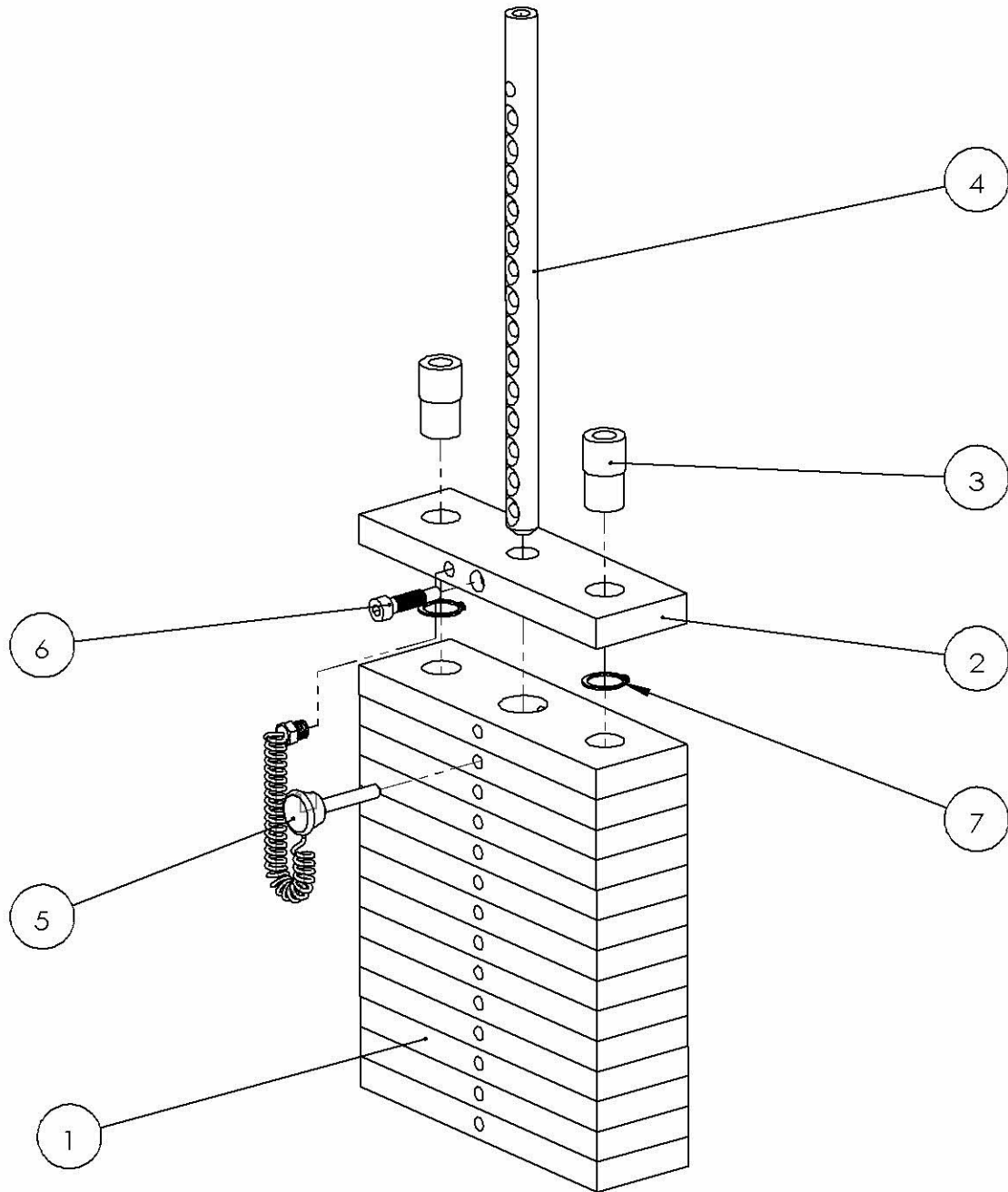
ITEM NO.	Description	QTY
3	Guide Rod	2
5	Right Frame	1
7	Seat Cushion	1
8	Handle Cap	4
9	Handle	2
10	Left Frame	1
11	Assy, Support	1
12	Washer, M12	40
13	Button Head Cap Screw M12X125	20
14	Nut, M12	20
15	Rectangle Cap 40*80	5
16	Rectangle Cap 50*100	4
17	Guide Rod Sleeve	2
18	Guide Rod Sleeve Nut	2
19	Screw, M8X55	2
20	Screw, M10X50	2
21	Nut, M10	2
22	Washer, M10	2

ITEM NO.	Description	QTY
23	Screw, M12*25	2
24	Plastic Pedal	2
25	Wire Rope	1
26	Washer, M8	2
27	Screw, M8x30	2
28	Guide Rod, 1.48M	2
29	Counter Weight Cushion	2
30	Assy, Weight Plate	1
31	Left Edgings	1
32	Right Edgings	1
33	Acrylic Board	1
34	Rectangle Shoe, 40x80	4
35	Rectangle Rubber Shoe, 50x100	4
36	Ø25 Linear Bearing	4

Frame Assembly



Weight Assembly



ITEM 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