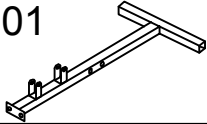
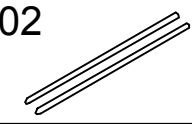
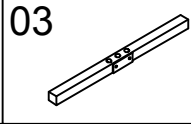
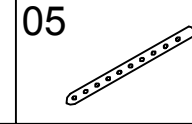
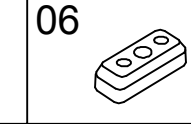
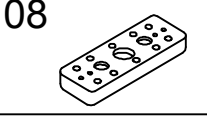
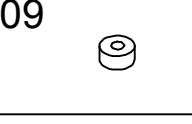
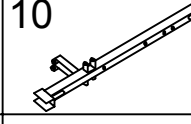
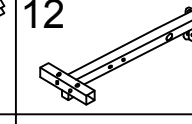
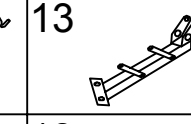
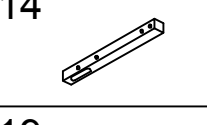
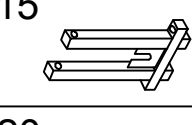
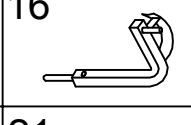
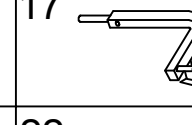
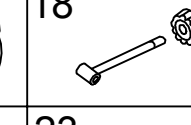
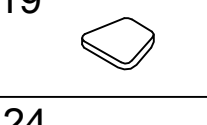
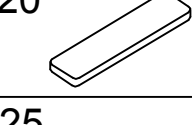
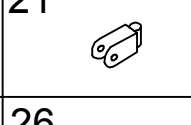
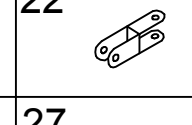
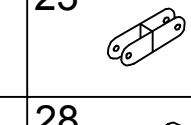


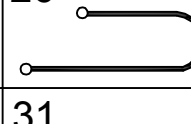
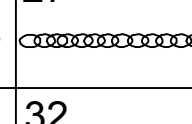
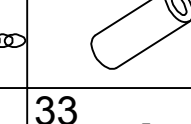
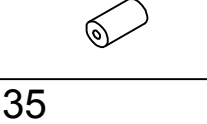

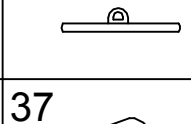
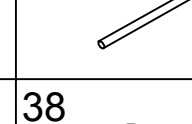
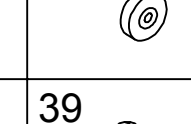
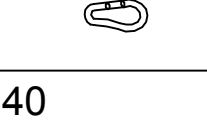
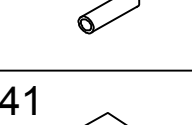
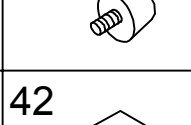


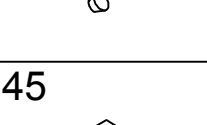

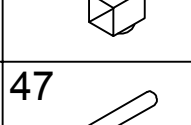
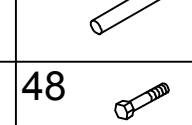

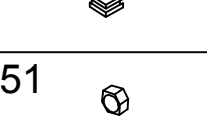
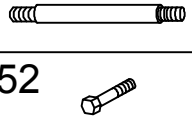
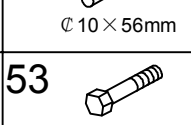
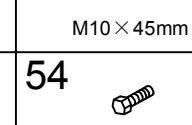
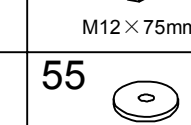
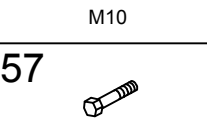
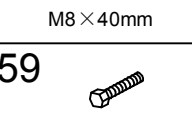
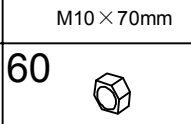
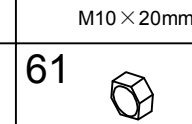
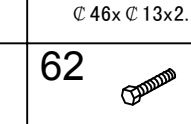
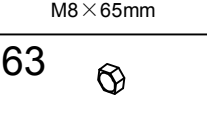
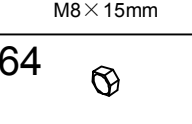
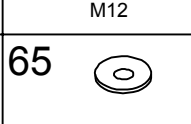
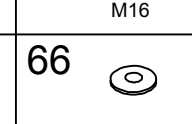
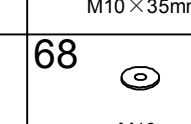
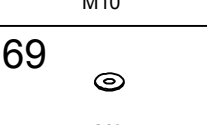

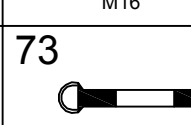
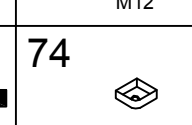

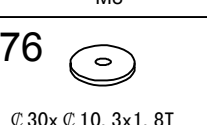
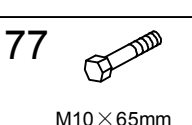
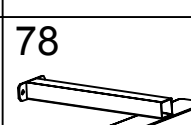
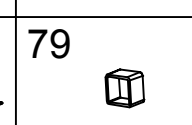
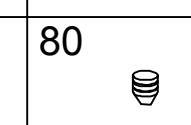
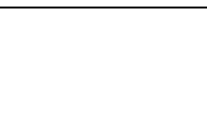
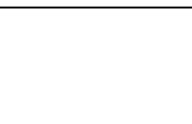
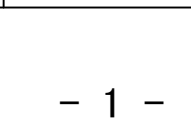
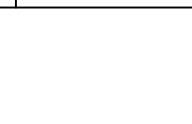
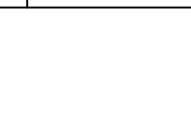


01 	02 	03 	05 	06 
08 	09 	10 	12 	13 
14 	15 	16 	17 	18 
19 	20 	21 	22 	23 
24 	25 	26 	27 	28 
29 	30 	31 	32 	33 
35 	36 	37 	38 	39 
40 	41 	42 	43 	44 
45 	46 	47  ∅ 10 × 56mm	48  M10 × 45mm	49  M12 × 75mm
51  M10	52  M8 × 40mm	53  M10 × 70mm	54  M10 × 20mm	55  ∅ 46 × ∅ 13 × 2.5T
57  M8 × 65mm	59  M8 × 15mm	60  M12	61  M16	62  M10 × 35mm
63  M10	64  M8	65  M16	66  M12	68  M10
69  M8	71 	73 	74 	75 
76  ∅ 30 × ∅ 10.3 × 1.8T	77  M10 × 65mm	78 	79 	80 

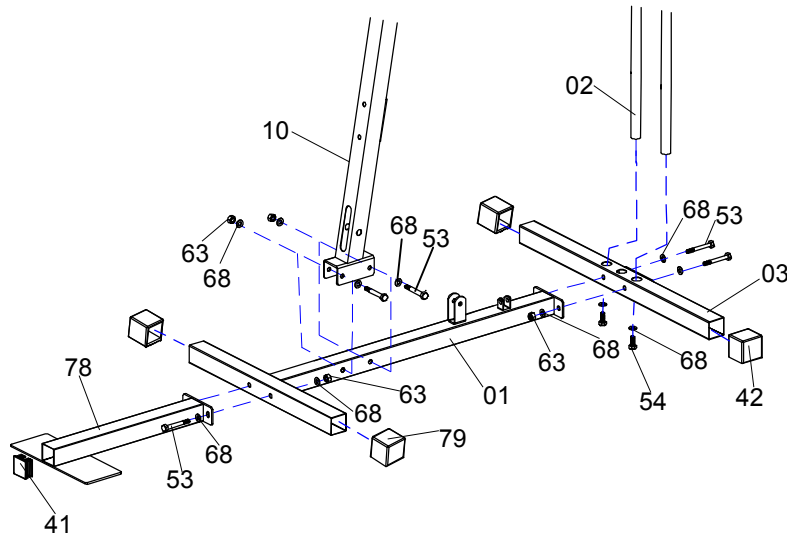
## PART LIST

PART NO:	DESCTIPTION	Q' TY
01	MAIN BASE	1
02	GUIDE ROD	2
03	BACK BASE	1
05	SELECTOR SHAFT	1
06	TOP PLATE	1
08	WEIGHT STACK	9
09	RUBBER DOUNT	2
10	VERTICAL BEAM	1
12	TOP CROSS BEAM	1
13	SEAT ASSEMBLY UNIT	1
14	LEG EXTENSION/ARM CURL BAR	1
15	PRESS BAR	1
16	LEFT PEC DECK ARM	1
17	RIGHT PEC DECK ARM	1
18	PRESS PIN	1
19	SEAT	1
20	BACK SEAT	1
21	PULLEY BLOCK	2
22	FLOATING PULLEY BLOCK ( A )	1
23	FLOATING PULLEY BLOCK ( B )	1
24	CABLE 2370mm	1
25	CABLE 4030mm	1
26	CABLE 2720mm	1
27	CHAIN	2
28	PEC DECK PAD	2
29	LEG EXTENSION/CURL PAD	4
30	LAT BAR	1
31	CURL BAR	1
32	PAD HOLDER	2
33	PULLEY	12
35	CHAIN HOOK	4
36	HAND GRIP 127mm	8
37	RUBBER BUMPER	1
38	1"ROUND BUSHING	1
39	PLASTIC BUSHING	6
40	1"ROUND END CAP	4
41	50MM SQUARE END CAP	11
42	RUBBER END CAP	2
43	HANDLE PIPE	2
44	PIN FOR WEIGHT SATCK	1
45	38MM SQUARE END CAP	2
46	PRESS BAR SHAFT	1

## PART LIST

PART NO:	DESCTIPTION	Q' TY
47	QUICK PIN	1
48	M10*45mm HEX BOLT	9
49	M12*75mm HEX BOLT	1
51	M10 NUT	2
52	M8*40mm HEX BOLT	2
53	M10*70mm HEX BOLT	13
54	M10*20mm HEX BOLT	6
55	OD48mm*ID13mm WASHER	1
57	M8*65mm HEX BOLT	2
59	M8*15mm HEX BOLT	4
60	M12 NYLON NUT	1
61	M16 NYLON NUT	4
62	M10*35mm HEX BOLT	2
63	M10 NYLON NUT	26
64	M8 NYLON NUT	2
65	M16 WASHER	4
66	M12 WASHER	2
68	M10 WASHER	58
69	M8 WASHER	10
71	OIL BUSHING	4
73	ANKLE STRAPE	1
74	SQUARE CAP $\varnothing 26 \times \square 38 \text{mm}$	2
75	BUFFER 40x40mm	2
76	OD30mm*ID10.3mm*1.8T WASHER	1
77	M10*65MM HEX BOLT	2
78	FRONT BASE	1
79	50MM SQUARE OUT END CAP	2
80	SELSCTOR SHAFT END CAP	1

## STEP 01

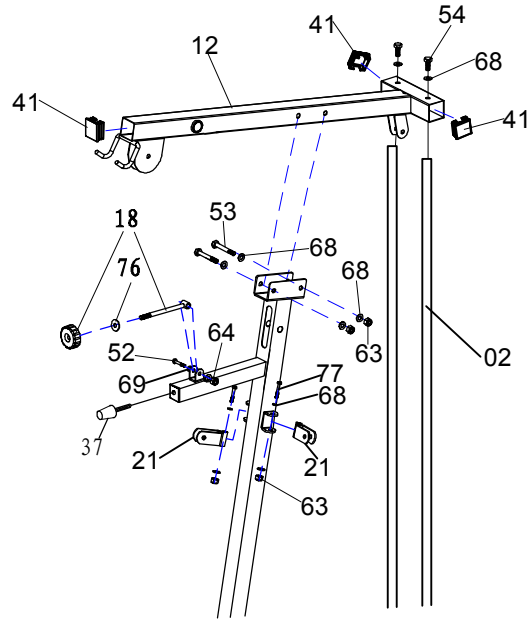


### STEP 01

1. Connect the Guide Rod (02) to the Back Base (03) using 2xM10x20 Hex Bolts (54) and 2xM10 Washer (68).
2. Connect the Back Base (03) to the Main Base (01) using 2xM10x70 Hex Bolts (53), 4xM10 Washer (68) and 2xM10 Nylon Nuts (63).
3. Connect the Front Base (78) to the Main Base (01) Using 2xM10x70 Hex Bolts (53), 4xM10 Washer (68) and 2xM10 Nylon Nuts (63).
4. Connect the Vertical Beam (10) to the Main Base (01) Using 2xM10 x70 Hex Bolts (53), 4xM10 Washer (68) and 2xM10 Nylon Nuts (63).



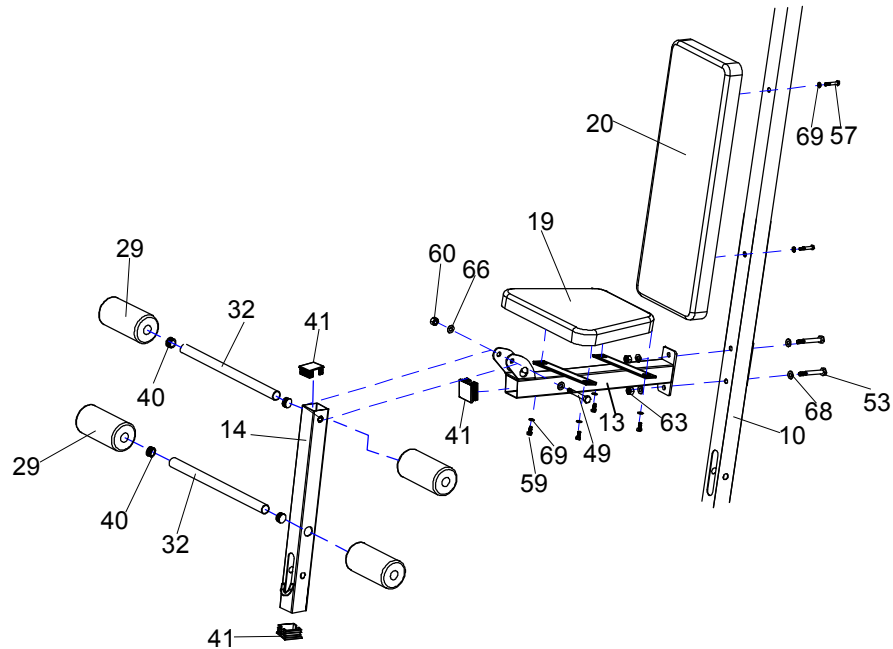
## STEP 03



### STEP 03

1. Place 50mm Square Cap (41) into both ends of Top Cross Beam(12).
2. Attach Top Cross Beam(12) onto the Vertical Beam(10) from top side and connect the Guide Rods (02) to the Top Cross Beam(12) using 2xM10\*20mm Hex Bolts(54), 2xM10x70 Hex Bolts(53), 6xM10 Washer (68) and 2xM10 Nylon Nuts(63).
3. Attach Rubber Bumper (37) to the Vertical Beam(10).
4. Attach Pulley Block(21) to the Vertical Beam(10), use 2xM10x65mm Hex Bolts(77), 4xM10 Washers(68) and 2xM10 Nylon Nuts(63).
5. Install Press Pin(18), OD30mm\*ID10.3mm\*1.8T Washer (76) to the Vertical Beam(10) with M8\*40mm Hex Bolts(52), 2xM8 Washer (69) and M8 Nylon Nut(64).

# STEP 04

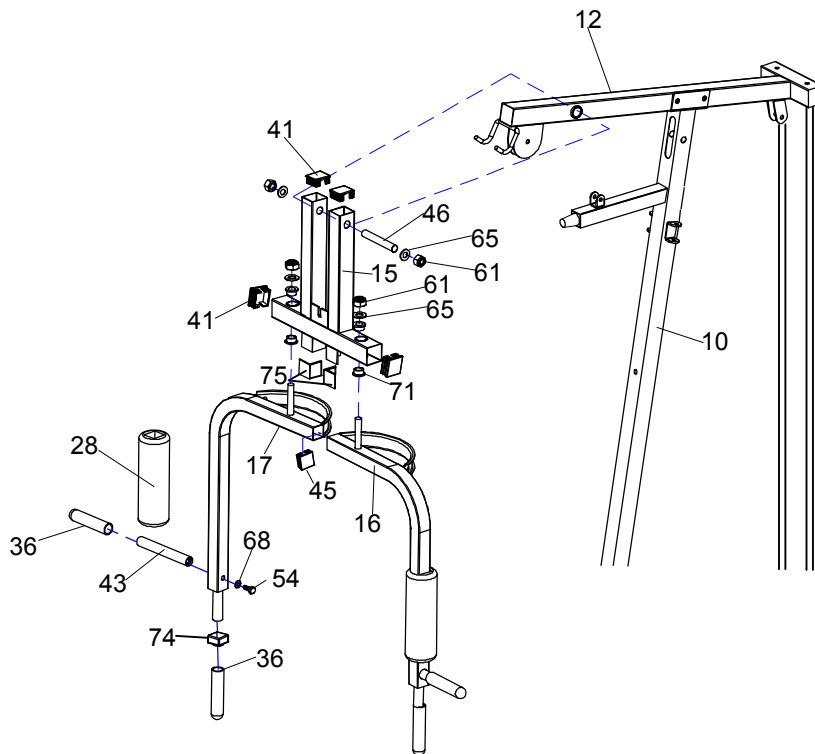


## STEP 04

1. Place 50mm Square Cap (41) into both ends of Leg Extension/Arm Curl Bar (14).
2. Attach Seat Assembly (13) to Vertical Beam (10), with Bolts (53), Nuts (63), and Washers (68) as shown.
3. Attach Leg Extension/Arm Curl Bar (14) to Seat Assembly (13).
4. Attach Back Seat (20) to Vertical Beam (10) as shown.
5. Attach Seat (19) to Seat Assembly (13) as shown.
6. Slide Pad Holders (32) into the Hole Provided.
7. Slide Leg Extension/Curl Pads (29) onto Pad Holders (32).
8. Place 1" Round Cap (40) into Pad Holders (32).



# STEP 05



## STEP 05

1. Attach Press Bar (15) to Top Cross Beam (12) with Press Bar Shaft (46), Washers (65) and Bolt (61) as shown.
2. Attach Pec Dec Pads (28) and Hand Grip (36) slide onto Pec Deck Arm (16 & 17).
3. Attach Handle Pipe (43) and Hand Grip (36) to Pec Deck Arm (16 & 17) with bolts (54), washers (68) as shown.
4. Install Pec Deck Arm (16 & 17) to Press Bar (15) with Washers (65) and Nylon Nuts (61) as shown.

# STEP 06

## \_\_\_\_\_CABLE ASSEMBLY \_\_\_\_\_

### 1. START WITH THE TOP LONG CABLE 2370mm (24)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL OVER PULLEY NO. 1, OVER PULLEY NO. 2, DOWN AND AROUND PULLEY NO. 3 IN FLOATING PULLEY LOCK, UP AND OVER PULLEY NO. 4 AND DOWN AND ATTACH TO WEIGHT STACK WITH M12 BOLT & WASHER (55) AS SHOWN

### 2. START THE BOTTOM MEDIUM SIZE CABLE 4030mm (25)

START BY THREADING THE END OF THE CABLE WITHOUT THE BALL UNDER PULLEY NO. 5, UNDER PULLEY NO. 6, UP AND AROUND PULLEY NO. 7, IN FLOATING PULLEY BLOCK, DOWN AND UNDER PULLEY NO. 8, UP AND AROUND PULLEY NO. 9 IN FLOATING PULLEY LOCK, DOWN AND WITH HOOK, CHAIN TO END OF CABLE

### 3. CONNECT THE PEC DECK CABLE 2720mm (26)

TAKE PEC DECK CABLE AND BOLT ONE END TO PEC DEC ARM AS PICTURED IN PEC DECK ASSEMBLY, USING M10\*35mm HEX BOLT (62), M10 NUT (51), M10 WASHER (68) & M10 NYLON NUT (63) TO SECURE CABLE TO ASSEMBLY, THEN THREAD THE OTHER END OF CABLE OVER PULLEY NO. 10 DOWN AND AROUND PULLEY NO. 11 IN PEC DECK PULLEY BLOCK (22) UP & OVER PULLEY NO. 12 & BOLT, CABLE TO PEC DECK ARM AS PICTURED IN PEC DECK ASSEMBLY, USE M8\*40mm HEX BOLT (52), M8 WASHER (69) & M8 NYLON NUT (64) TO SECURE CABLE

※NOTE: IF YOU FIND THAT THE CABLES ARE NOT LONG ENOUGH, USE THE SHORT EXERCISE CHAIN AS AN EXTENSION WITH PEAR SHAPED HOOK AS CONNECTORS

ATTACH HAND GRIP 127mm (36) TO LAT BAR (30) AND CURL BAR(31)

