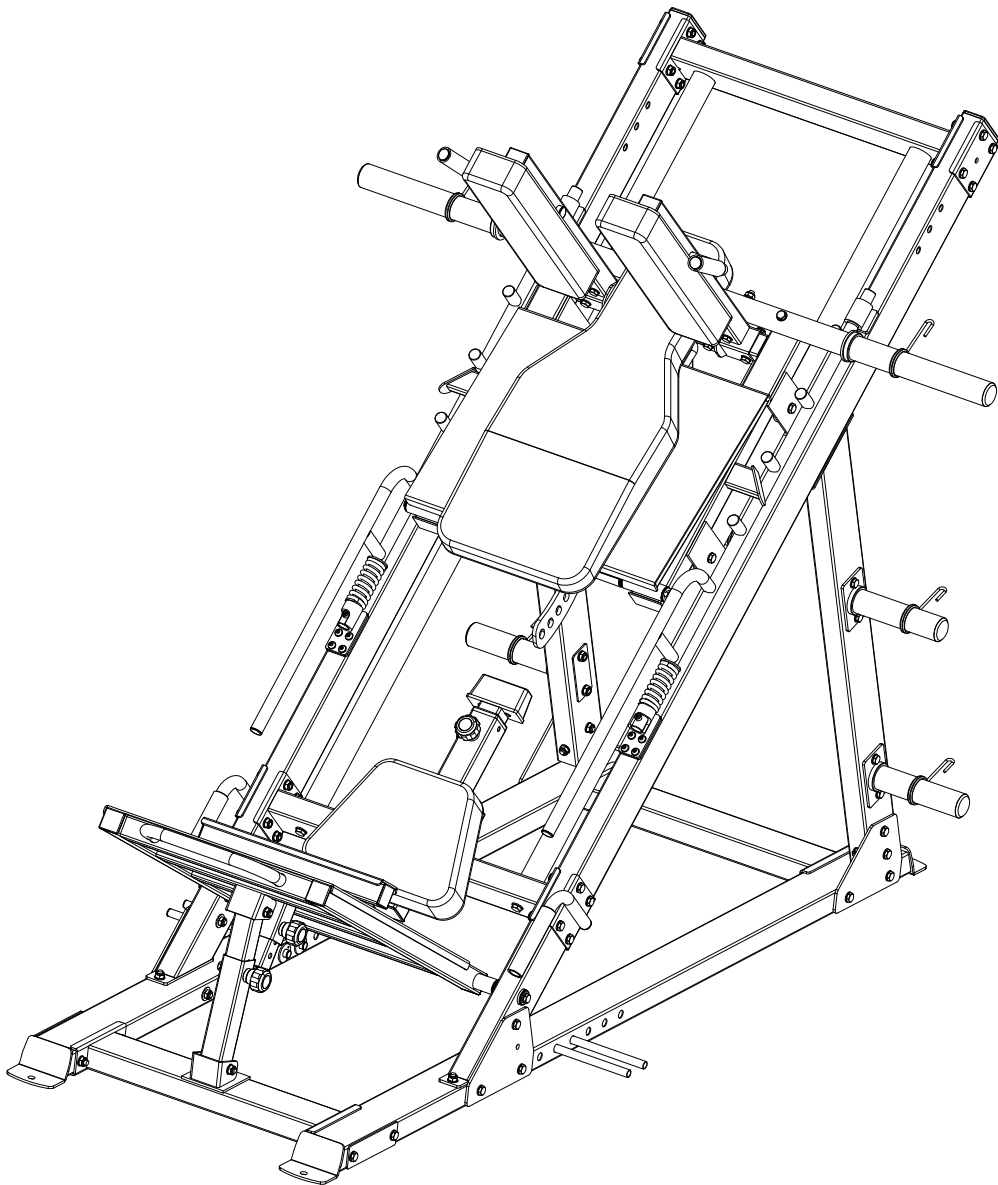


# OWNERS MANUAL





Bolt Length Gauge

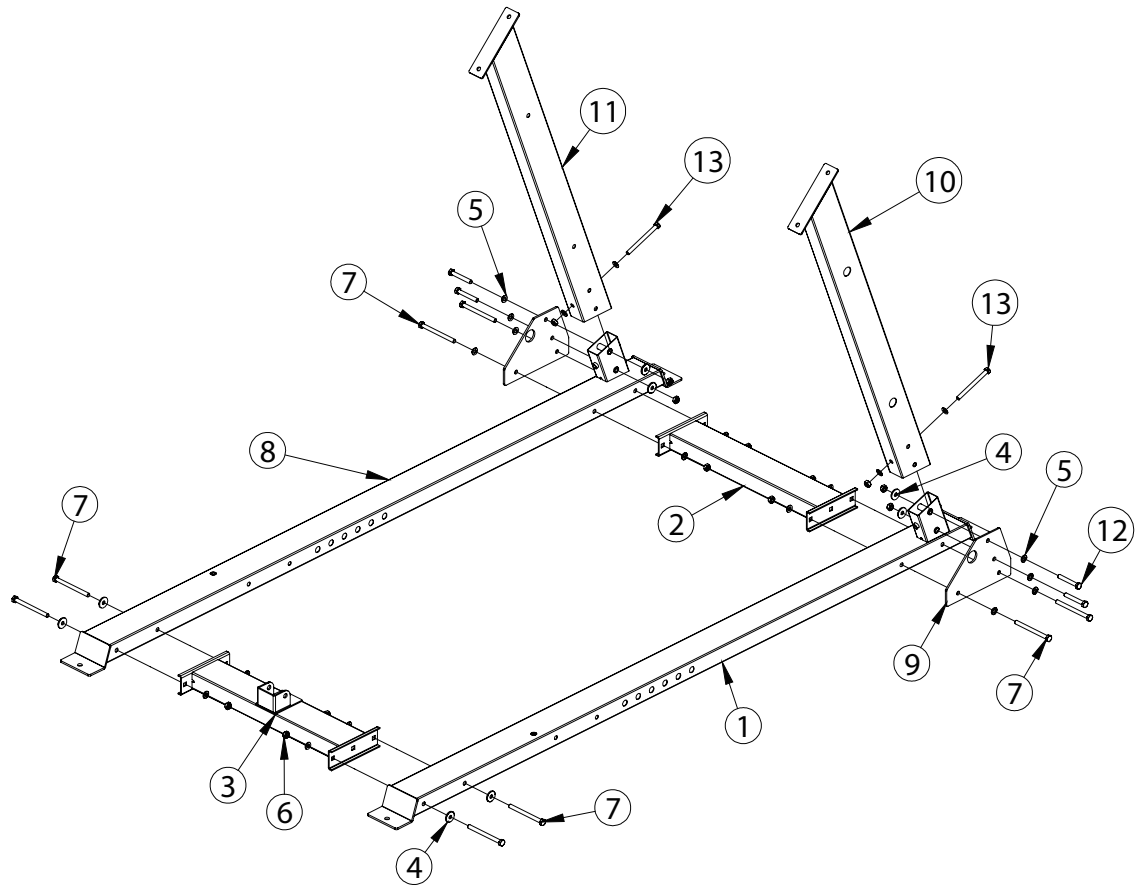


Bolt Length Gauge



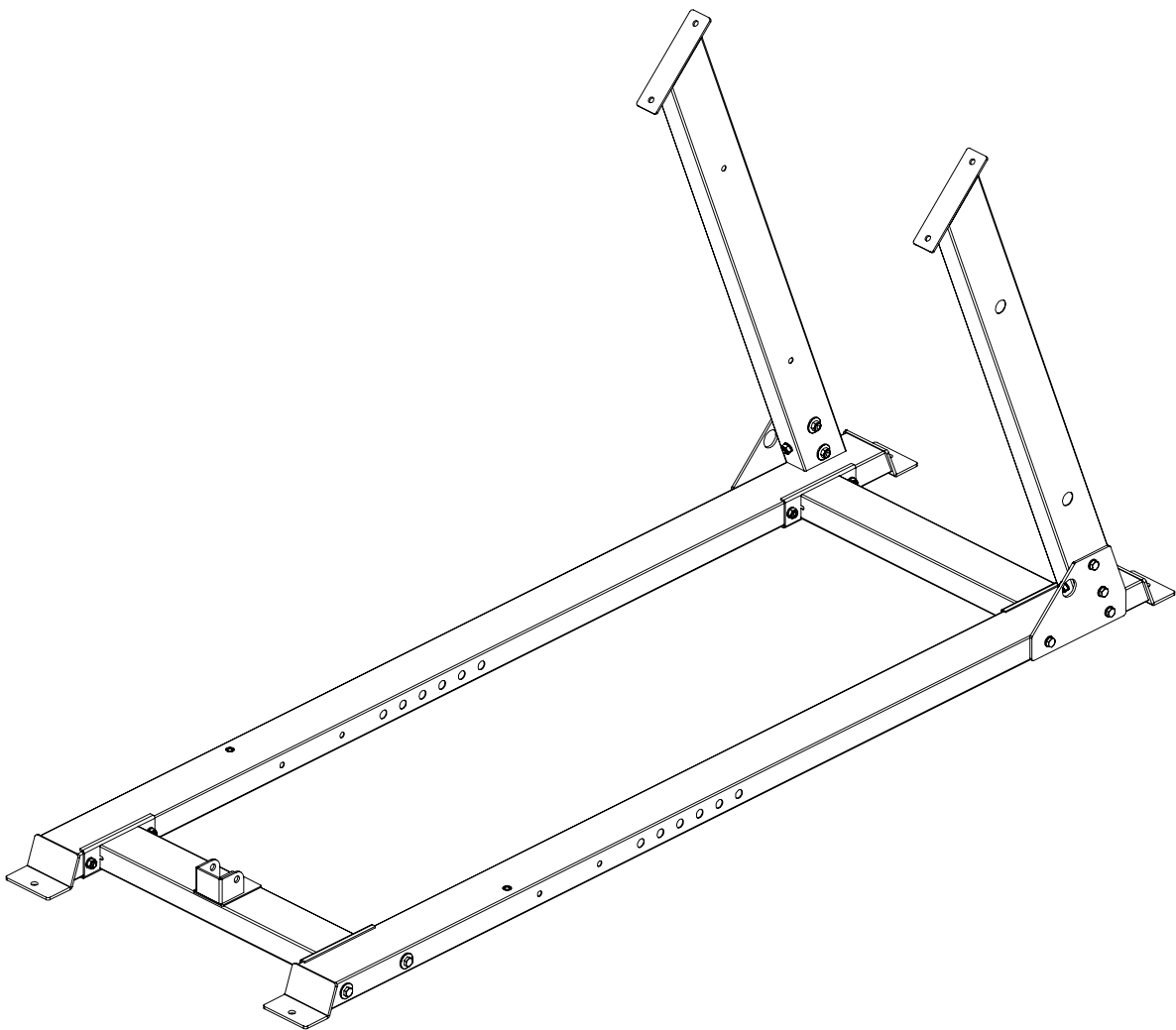
Bolt Length Gauge

# ASSEMBLY STEP 1

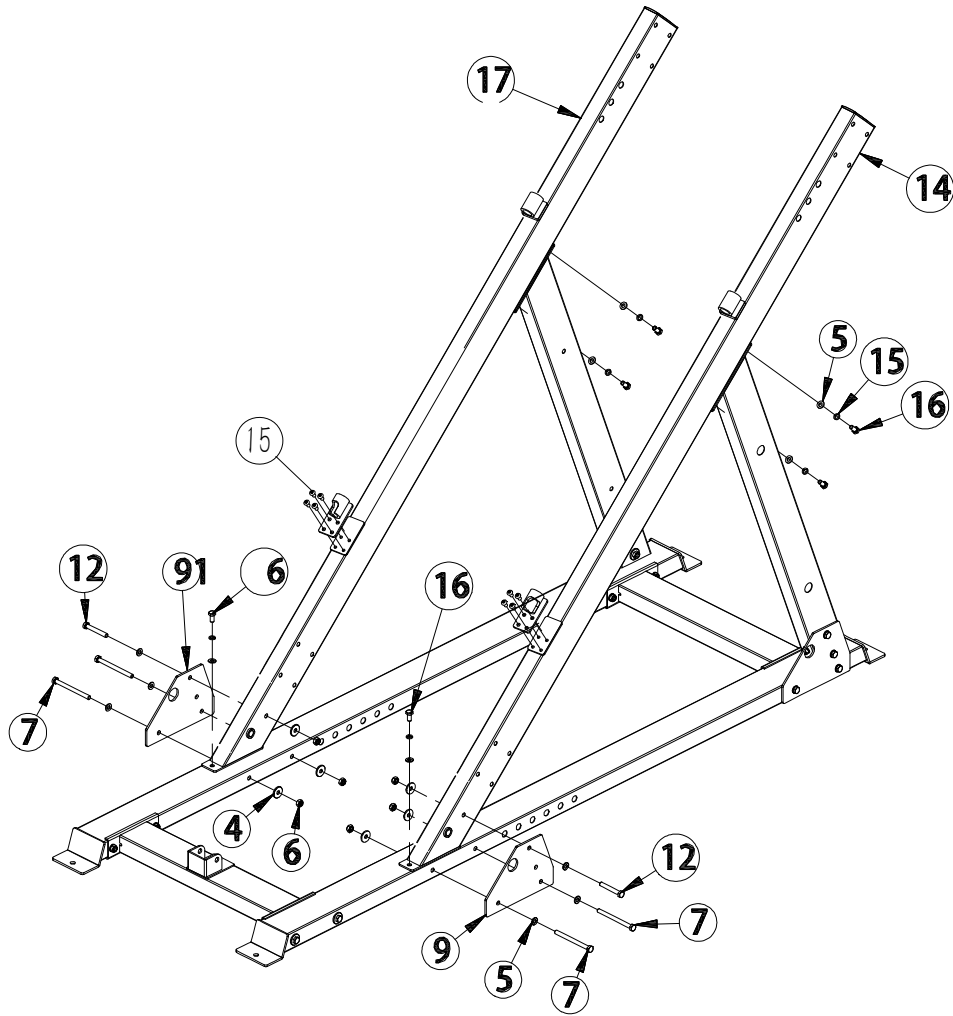


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
1	Ground Tube-Right	1
2	Ground Link Tube	1
3	Front Ground Tube	1
4	Flat Washer $\phi 10$	8
5	Flat Washer $\phi 10$	20
6	Lock Nut M10	14
7	Hexagon Bolt M10*125	8
8	Ground Tube-Left	1
9	Fixing Plate	2
10	Back Support Tube	1
11	Back Support Tube-Left	1
12	Hexagon Bolt M10*70	4
13	Hexagon Bolt M10*115	2

# ASSEMBLY DRAWING

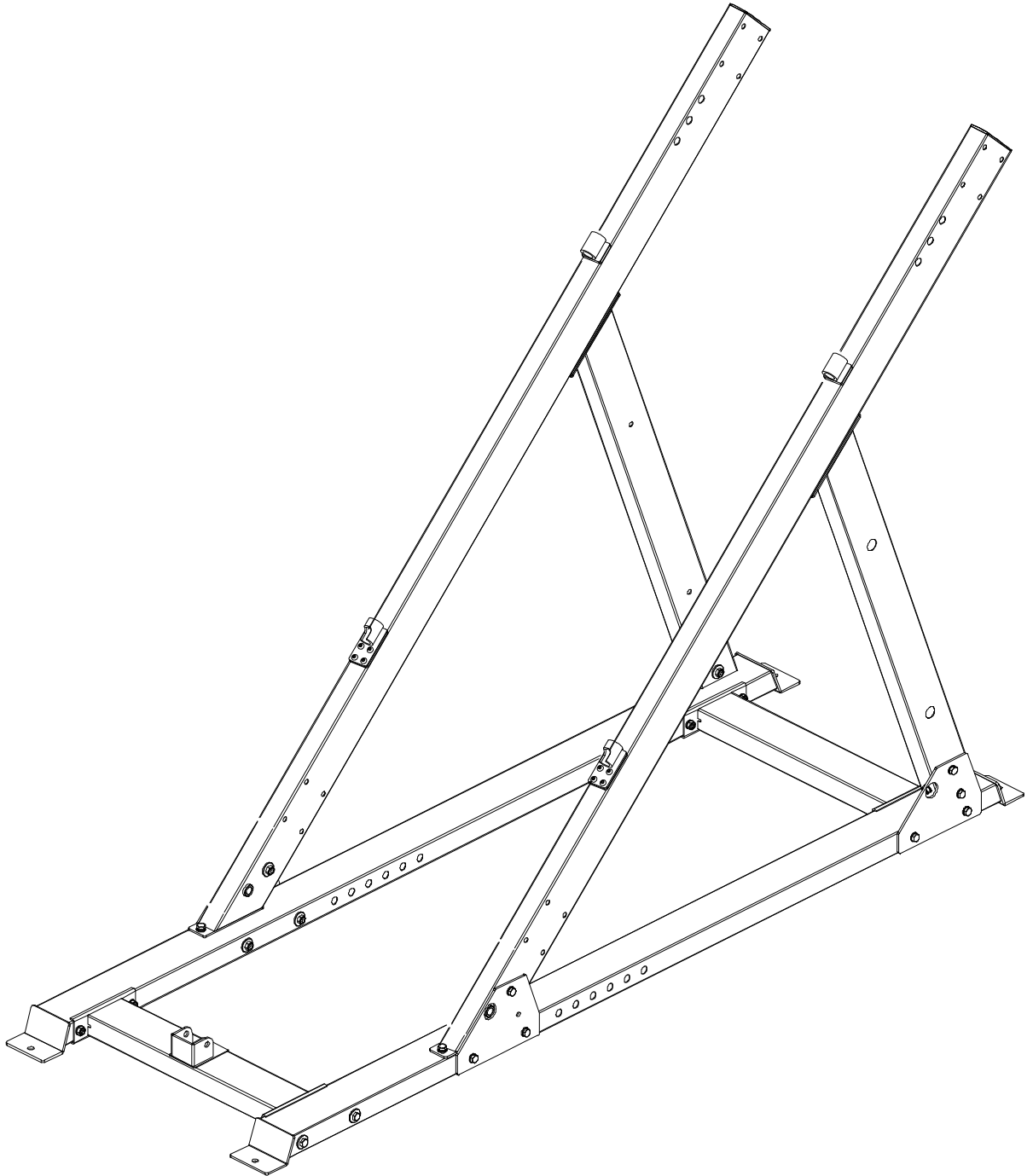


## ASSEMBLY STEP 2

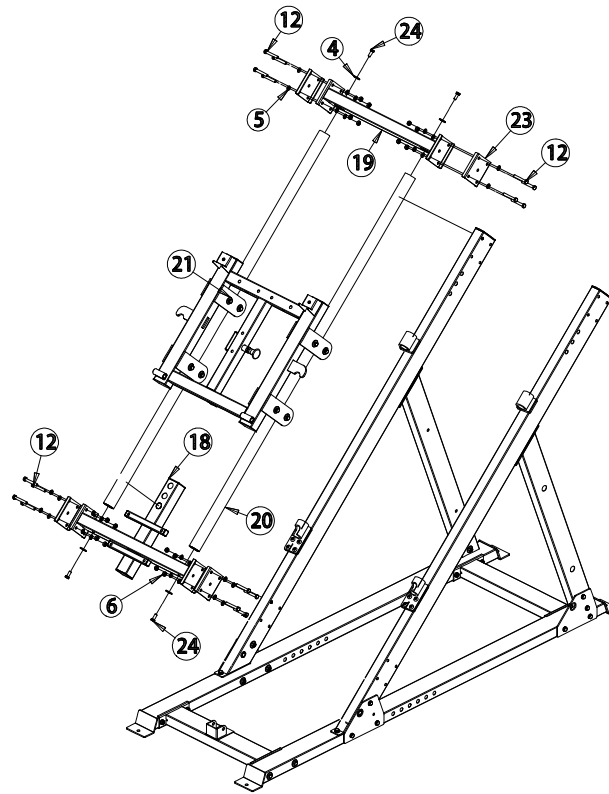


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
4	Big Flat Washer $\phi 30 * \phi 10 * 3$	6
5	Flat Washer $\phi 10$	12
6	Lock Nut M10	6
7	Hexagon Bolt M10*120	4
9	Fixing Plate	2
12	Hexagon Bolt M10*70	2
14	Inclined Tube Assembly Part	1
15	Hexagon socket pan head screw	8
16	Hexagon Bolt M10*20	6
17	Inclined Tube-Right Assembly Part	1

# ASSEMBLY DRAWING

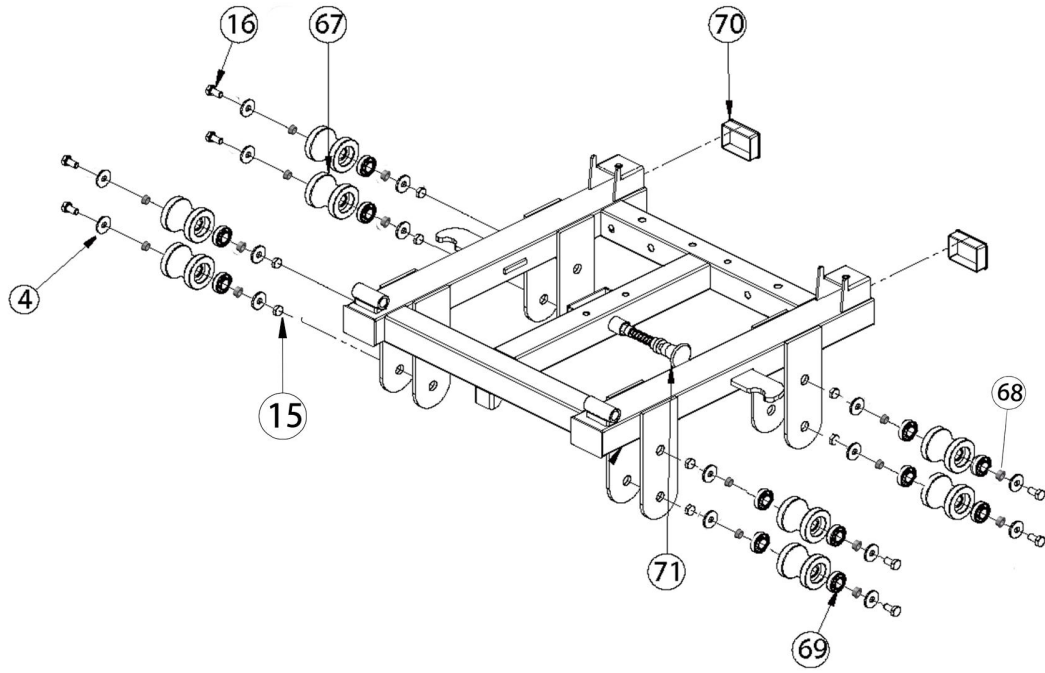


## ASSEMBLY STEP 3



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
4	Flat Washer $\phi 12$	4
5	Flat Washer $\phi 10$	32
6	Lock Nut M10	16
12	Hexagon Bolt M10*70	16
24	Hexagon Bolt M12*25	4
18	Guide Rod Down Fixed Tube Assembly Part	1
19	Guide Rod Fixed Tube Assembly Part	1
20	Slide Rod Assembly Part	2
21	Slide Frame Assembly Part	1
22	Limit Rod Assembly Part	1
23	100*130*4 Link Plate	4

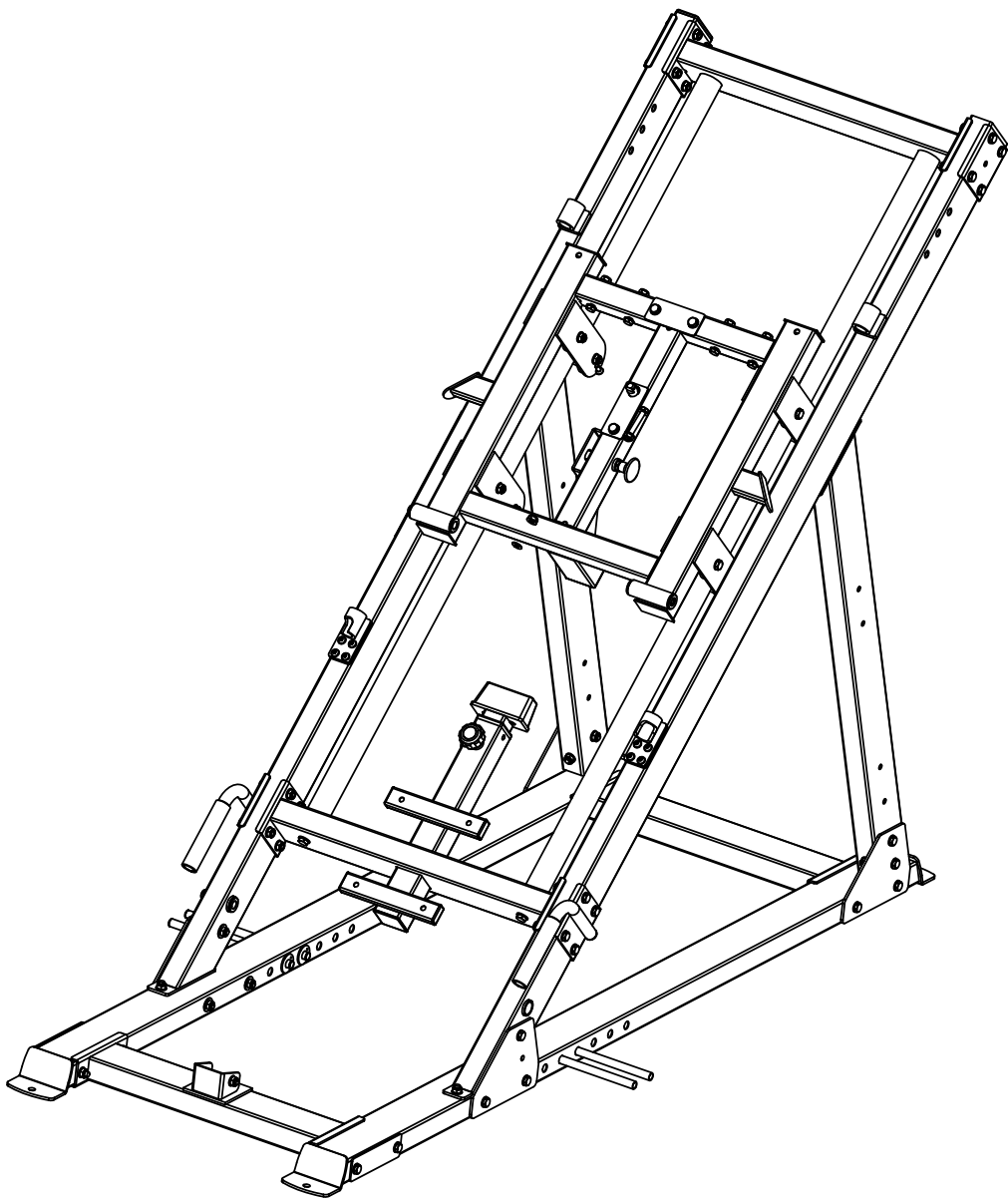
# ASSEMBLY DRAWING



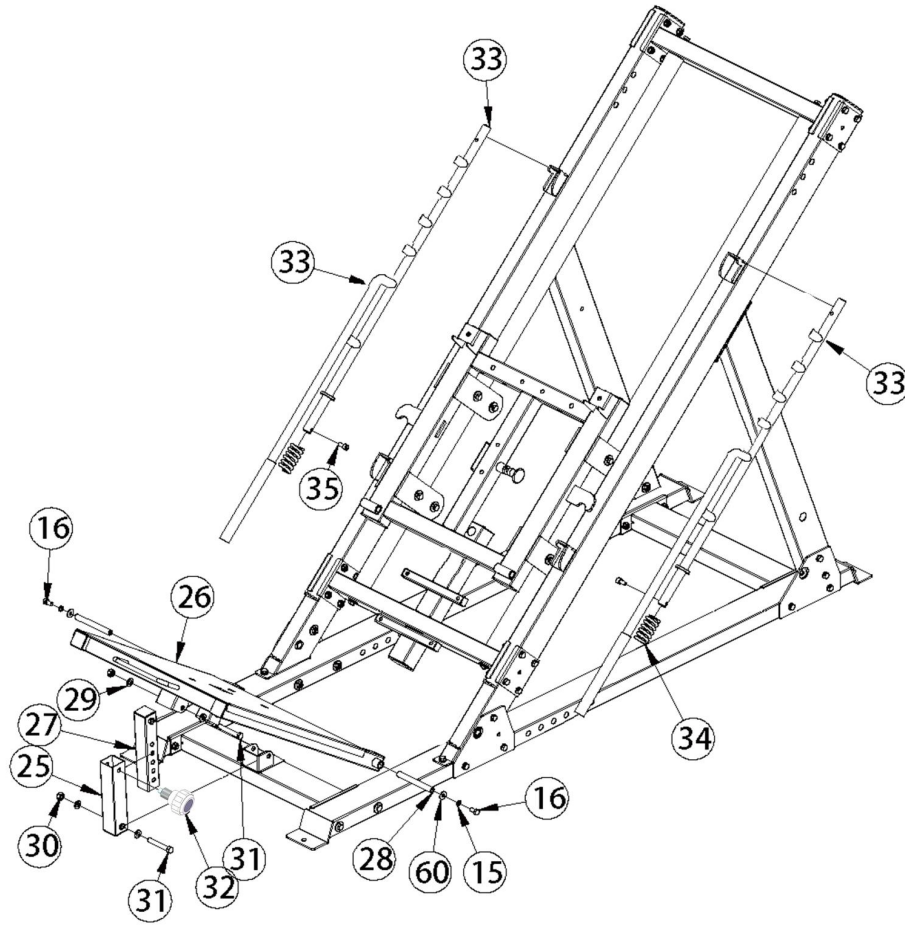
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
4	Flat Washer $\phi 10$	16
15	Lock Nut M10	8
16	Hexagon Bolt M10*95	8
67	Roller $\phi 59$	8
68	shaft sleeve	16
69	Bearing	16
70	Plug 50*70*2	2
71	Pull Pin	1



# ASSEMBLY DRAWING

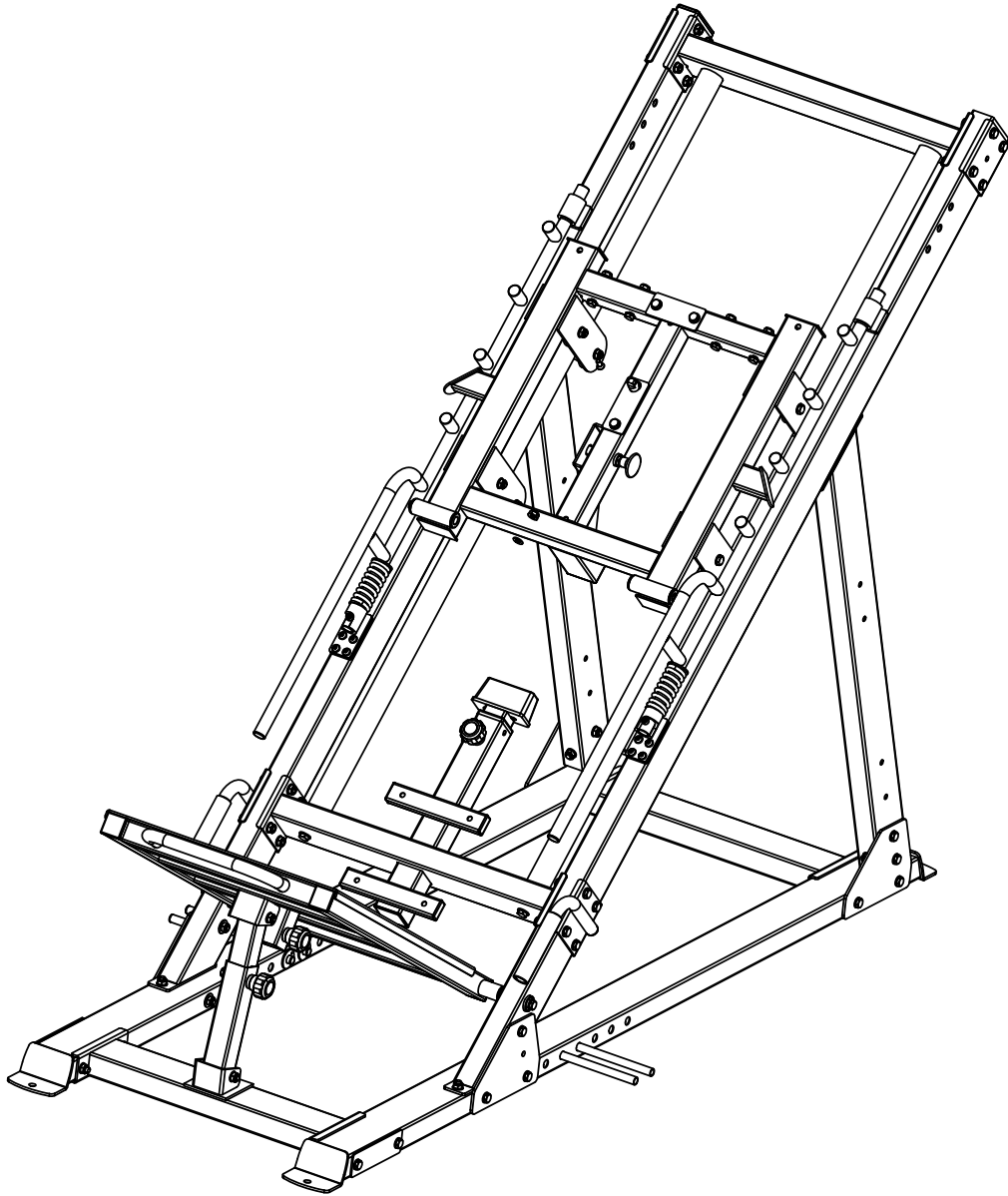


# ASSEMBLY STEP 4

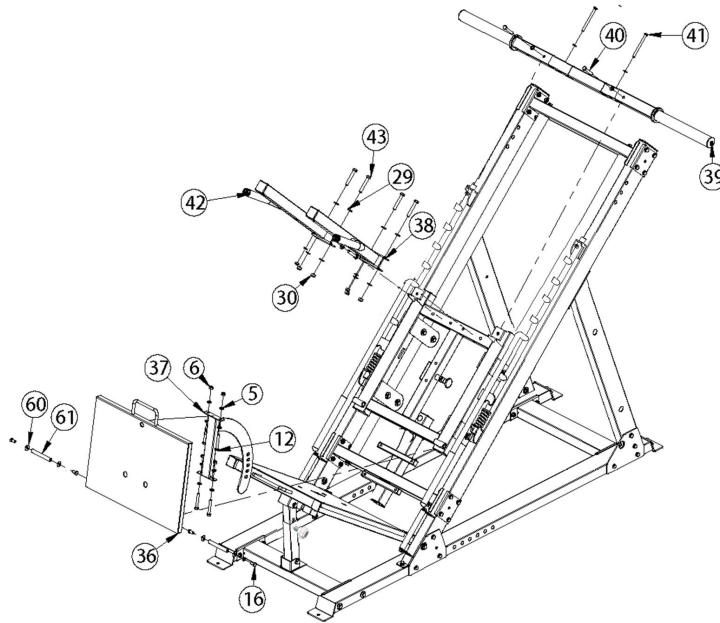


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
15	Flat Washer $\phi 10$	4
16	Hexagon Bolt M10*20	4
25	Leg Press Adjust Outer Tube Assembly Part	1
26	Feet Plate	1
27	Leg Press Adjust Tube Assembly Part	1
28	Internal Thread Axle $\phi 15.9 \times 164$	2
29	Flat Washer $\phi 10$	4
30	Lock Nut M10	2
31	Hexagon Bolt M10*85	2
32	Spring pull pin	1
33	Limit Frame Assembly Part	2
34	Spring	2
35	Hexagon Socket Button Head Screws M8*25	4
60	Flat Washer $\phi 10$	4

# ASSEMBLY DRAWING

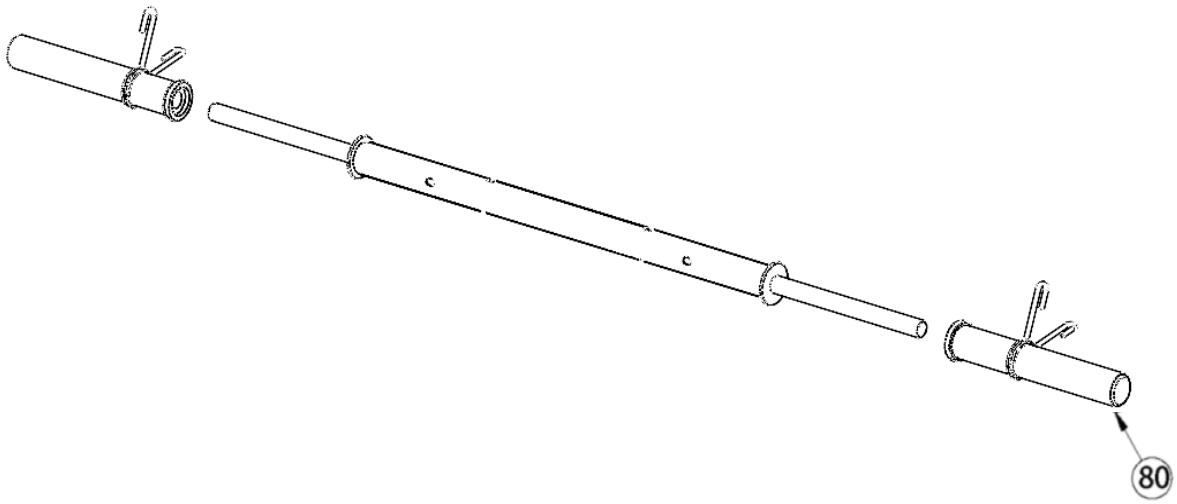


# ASSEMBLY STEP 5



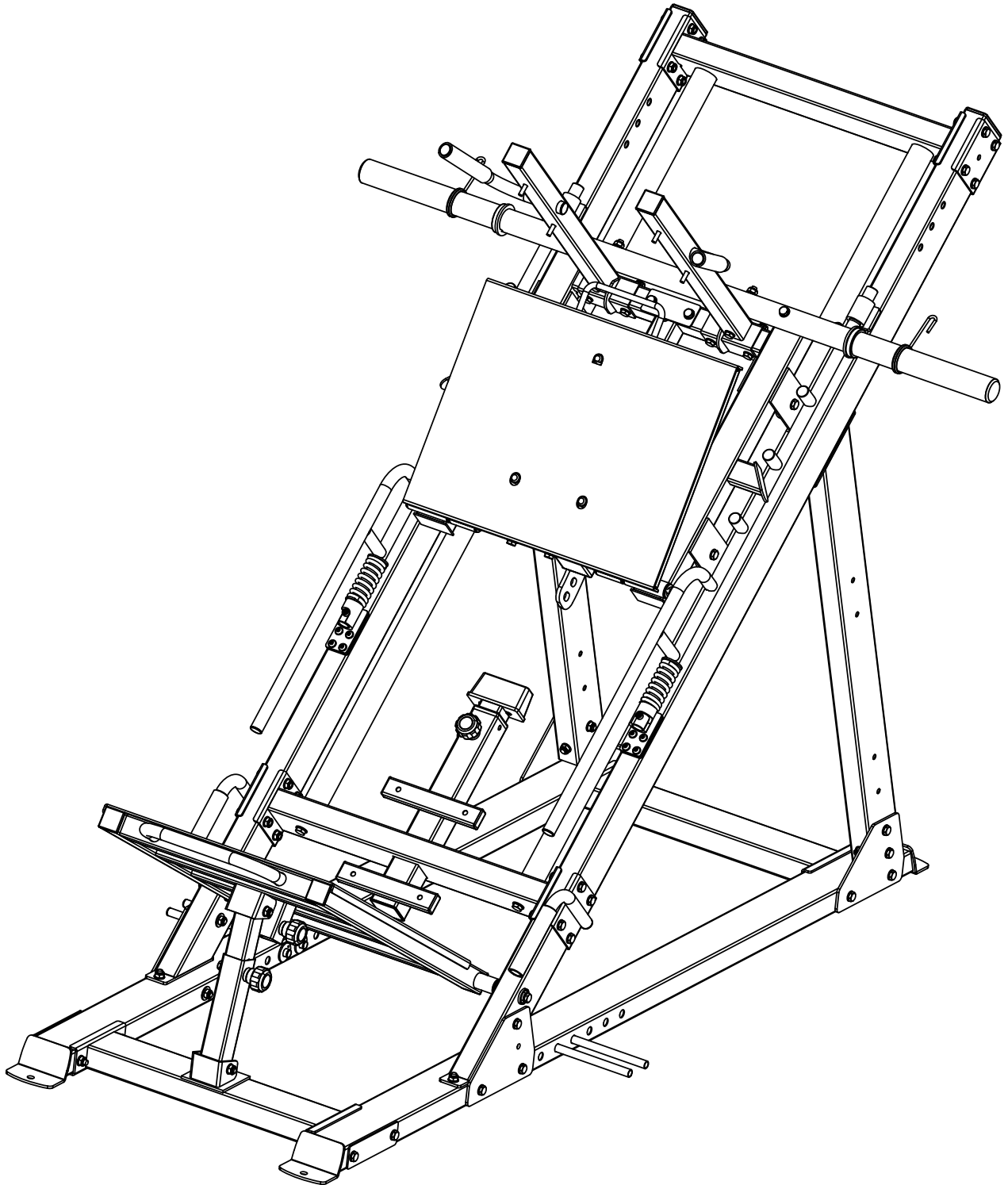
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
5	Flat Washer $\phi 10$	14
6	Lock Nut M10	6
12	Hexagon Bolt M10*75	4
16	Hexagon Bolt M10*20	4
29	Flat Washer $\phi 10$	10
30	Lock Nut M10	4
36	Up Feet Plate Assembly Part	1
37	Regulating Fixing Tube Assembly Part	1
38	Shoulder Pads Frame-Right Assembly Part	1
39	Barbell Plate Holder Frame	1
40	Hexagon Bolt M10*115	2
41	Hexagon Bolt M10*110	2
42	Shoulder Pads Frame-Left Assembly Part	1
43	Hexagon Bolt M10*70	4
60	Flat Washer $\phi 10$	4
61	Internal Thread Axle $\phi 15.9*164$	2

# ASSEMBLY DRAWING

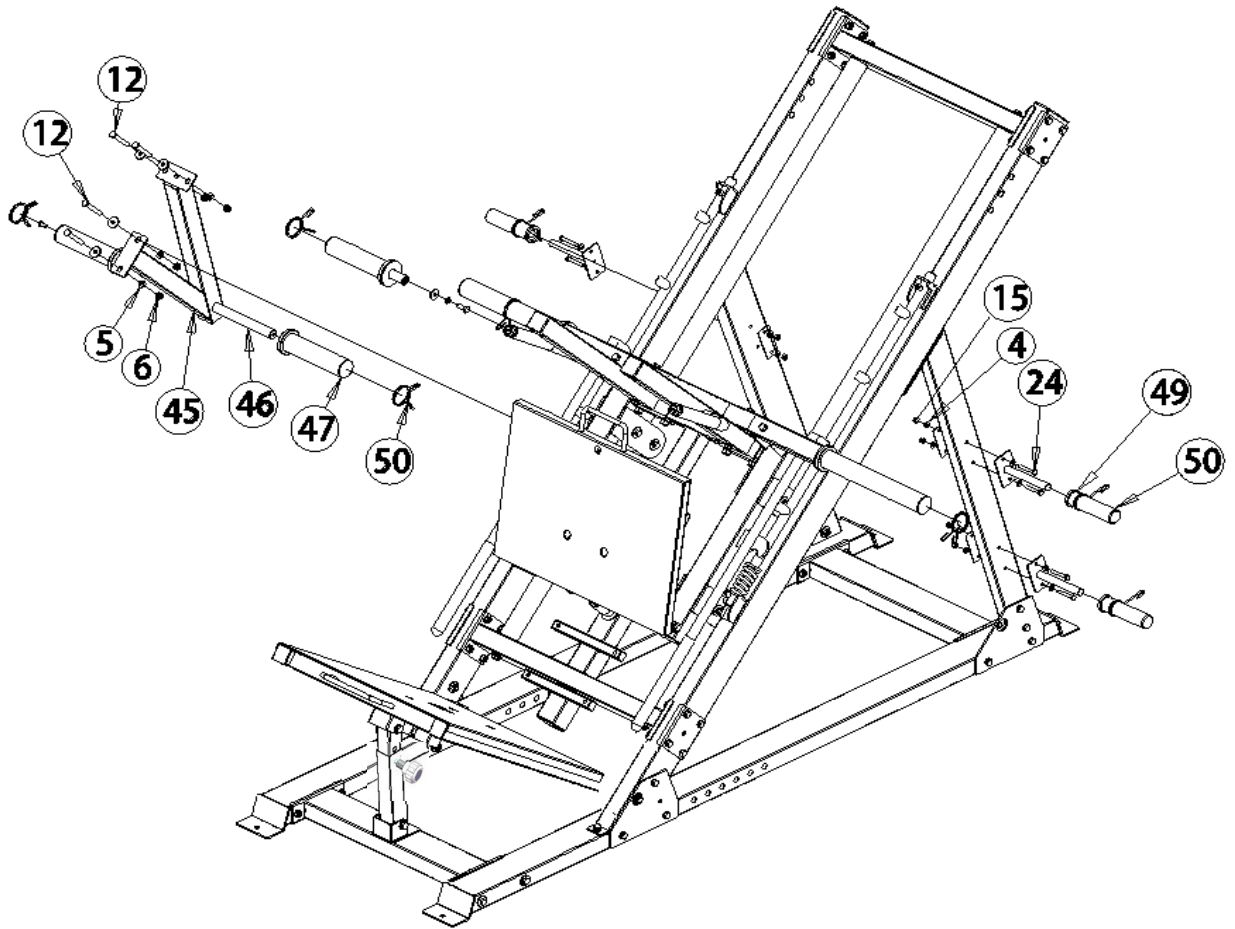


KEY NUMBER	DESCRIPTION OF PART	QUANTITY
80	Barbell Plate Holder	2

# ASSEMBLY DRAWING

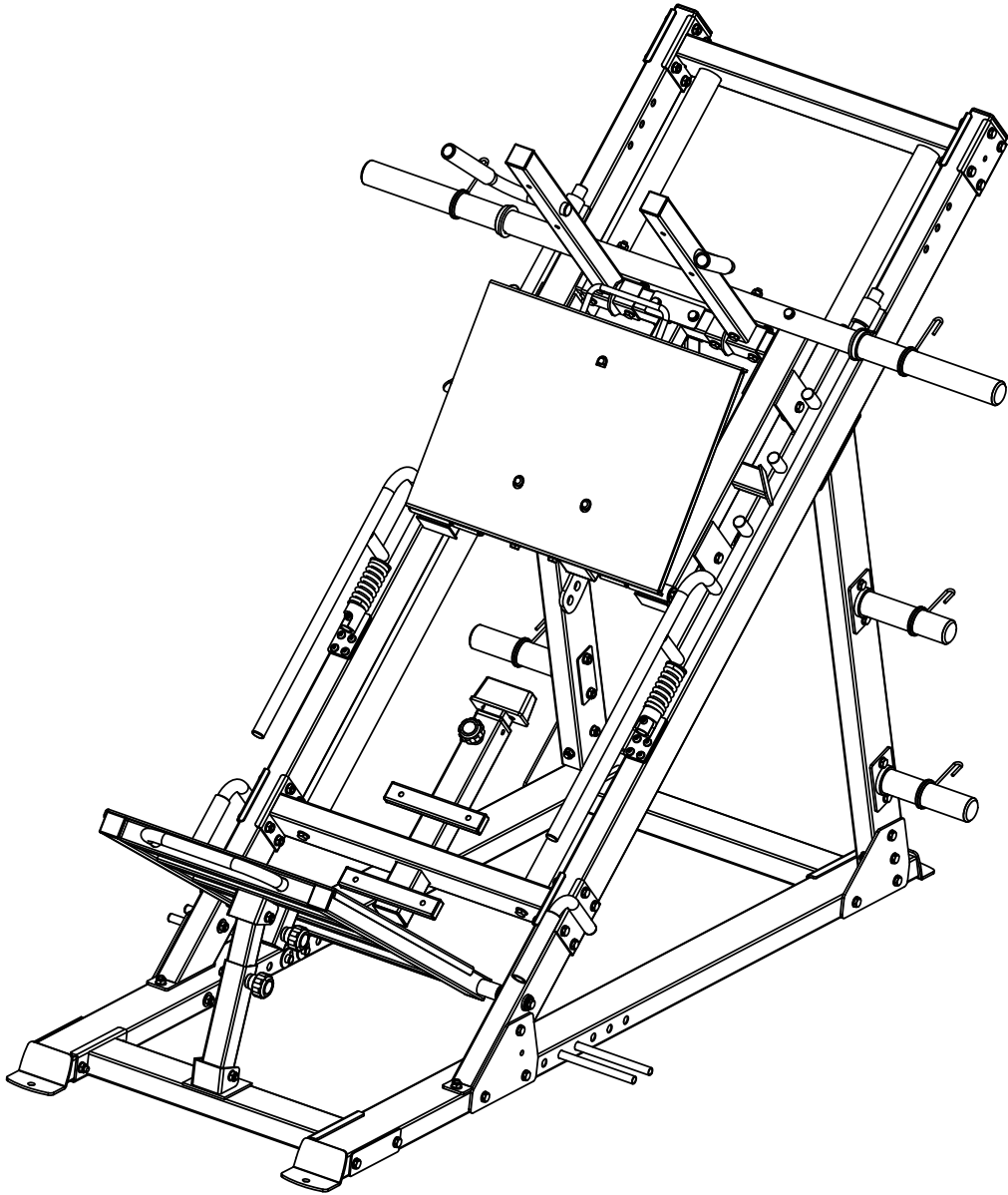


## ASSEMBLY STEP 6



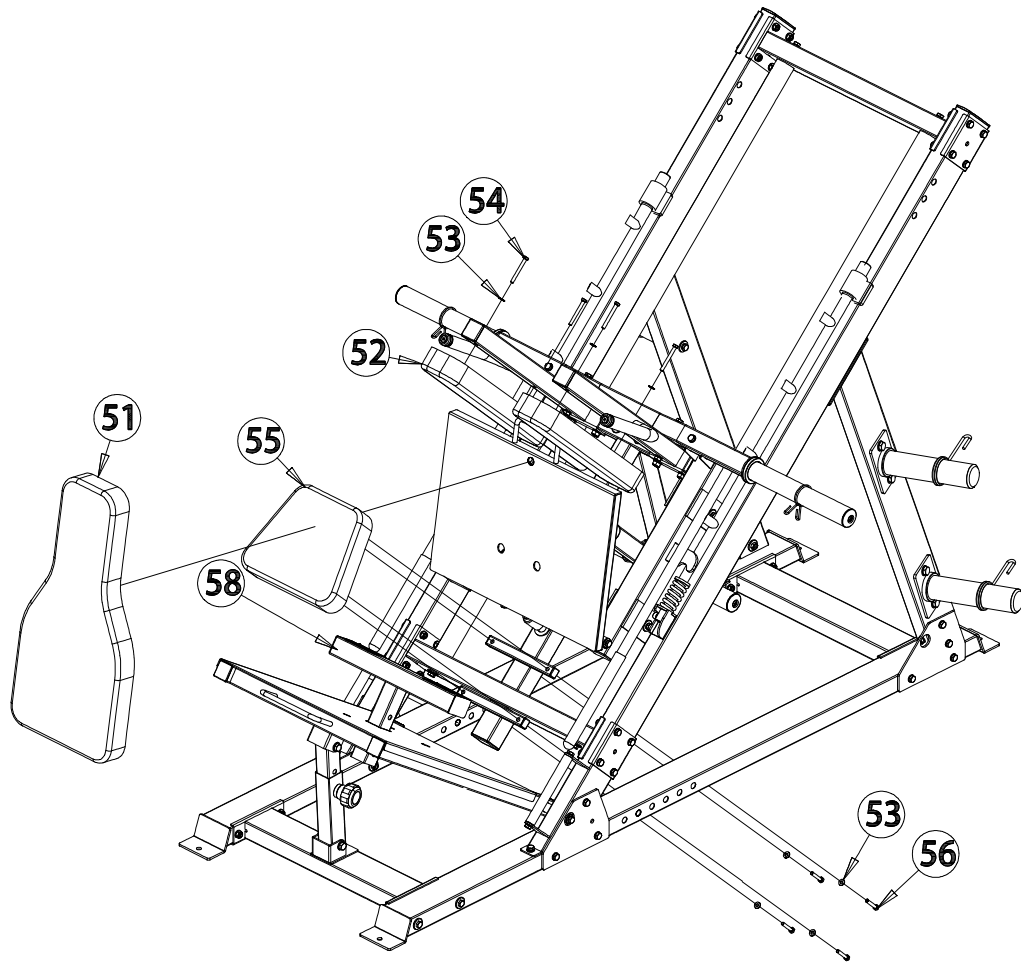
KEY NUMBER	DESCRIPTION OF PART	QUANTITY
4	Flat Washer 10	16
5	Flat Washer $\phi 10$	4
6	Lock Nut M10	4
12	Hexagon Bolt M10*70	4
15	Lock Nut M10	8
24	Hexagon Bolt M10*70	8
45	Lifting Frame Assembly Part	1
46	Barbell Inner Rod	1
47	Barbell Plate Holder	2
49	Barbell Plate Holder	4
50	Spring Collar	8

# ASSEMBLY DRAWING



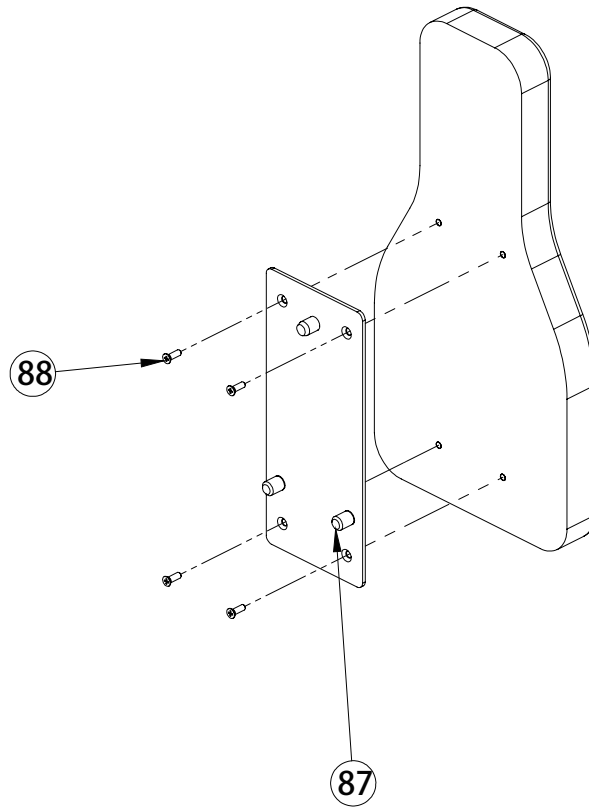


# ASSEMBLY STEP 7



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
51	Back Pad	1
52	Shoulder Pad	2
53	Flat Washer $\varphi 8$	8
54	Hexagon Bolt M8*70	4
55	Seat Pad	1
56	Hexagon Bolt M8*45	4
58	Feet Brick Frame	1

# ASSEMBLY DRAWING



KEY NUMBER	DESCRIPTION OF PART	QUANTITY
87	Back Pad Fixing Plate	1
88	Cross Recessed Countersunk Head Screw M8*20	4

