Assembling 11

Step 17: Slide the two rubber weight pads (#40) onto the two guide rods (#39).
Connect the two counterweight frame bases (#41) and the two guide rods (#39) and place them into the counterweight frame (#8) in the following manner:

- 2 x Hexagon socket head screws (#42)
- 2 x Spring washers (#21)
- 2 x Flat Washers (#22)

Tighten the bolts with a wrench before proceeding to the next step.

Step 18: Install the 16 counterweights (#43) onto the guide rods (#39) with the spacers facing up.
Install the guide block assembly (#44) onto the guide rod (#39).
Insert the counterweight pin (#46) into the counterweight (#43).
Slide the guide bar retaining plate (#45) onto the guide bar (#39).
Install the guide rod retaining plate (#45) to the counterweight frame (#8) as follows:

- 2 x Hexagon socket head screws (#42)

Tighten the bolts with a wrench before proceeding to the next step.

Assembling 12

Step 19: Attach the two 95 wire reels (#48) to the counterweight frame (#8) using the following method:

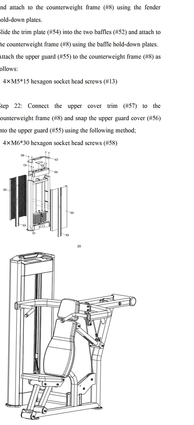
- 2 x spool axles (#49)
- 2 x hexagonal self-locking nuts (#11)
- 2 x flat washers (#50)
- 2 x flat washers (#3)

Attach the four 120 wire reels (#51) to the Shoulder and Chest Press Side Frame (#1) and the Adjustment Frame (#29) using the following method:

- 4 x spool axles (#49)
- 4 x hexagonal self-locking nuts (#11)
- 4 x flat washers (#50)
- 4 x flat washers (#3)

Note that these reels are installed synchronously with the wire rope (#47).

Step 20: Attach the M14 bolt end of the wire rope (#47) to the counterweight frame (#8).
Attach the M12 bolt end of the wire rope (#47) to the shoulder and chest push side frame (#1).



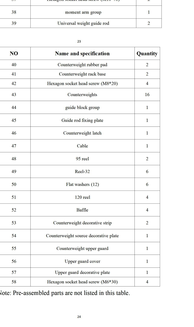
Assembling 13

Step 21: Slide the two trim strips (#53) into the two fenders (#52) and attach to the counterweight frame (#8) using the fender hold-down plates.
Slide the trim plate (#54) into the two baffles (#52) and attach to the counterweight frame (#8) using the baffle hold-down plates.
Attach the upper guard (#55) to the counterweight frame (#8) as follows:

- 4×M5*15 hexagon socket head screws (#13)

Step 22: Connect the upper cover trim (#57) to the counterweight frame (#8) and snap the upper guard cover (#56) into the upper guard (#55) using the following method;

- 4×M6*30 hexagon socket head screws (#58)



Important Notification

Now that shoulder& chest press is assembled, you need to take a moment to make sure your unit is horizontal and vertical. Use a level to check that the guide bar is plumb in both directions. If they are not vertical some of the frame hardware must be loosened and the bolts reassembled and tightened.

Accessories List

NO	Name and specification	Quantity
1	Shoulder and chest press side rack I	1
2	Shoulder and chest press II	1
3	Flat washer (10)	34
4	Spring washer (10)	32
5	Hexagon socket head screw (M10*20)	6
6	Hexagon socket head screw (M10*55)	2
7	Shoulder and chest press connection rack	1
8	Counterweight rack	1
9	Hexagon socket head screw (M10*25)	18
10	Hexagon socket head screw (M10*30)	4
11	Hexagonal self-locking nut (M10)	6
12	Counterweight lower guard	1
13	Hexagon socket head screw (M5*16)	6
14	Weight rack foot pads	2
15	Flat oval foot pad	2
16	Linkage I	1
17	Linkage II	1
18	seat	1

NO	Name and specification	Quantity
19	cushion	1
20	Hexagon socket head screw (M5*30)	4
21	Spring washers (8)	2
22	Flat washers (8)	6
23	Backrest	1
24	head gasket	1
25	back pad	1
26	Hexagon socket head screw (M8*40)	6
27	hole plug	10
28	Linkage III	1
29	Adjustment stand	1
30	Spindle	1
31	Arm pads	2
32	left monoset arm	1
33	right monoset arm	1
34	Arm connecting plate	1
35	curved pad	2
36	counterweight	1
37	Hexagon socket head screw (M10*70)	2
38	monoset arm group	1
39	Universal weight guide rod	2

NO	Name and specification	Quantity
40	Counterweight rubber pad	2
41	Counterweight rack base	2
42	Hexagon socket head screw (M8*20)	4
43	Counterweights	16
44	guide block group	1
45	Guide rod fixing plate	1
46	Counterweight latch	1
47	Cable	1
48	95 reel	2
49	Rod-32	6
50	Flat washers (12)	6
51	120 reel	4
52	Baffle	4
53	Counterweight decorative strip	2
54	Counterweight source decorative plate	1
55	Counterweight upper guard	1
56	Upper guard cover	1
57	Upper guard decorative plate	1
58	Hexagon socket head screw (M6*30)	4

Note: Pre-assembled parts are not listed in this table.