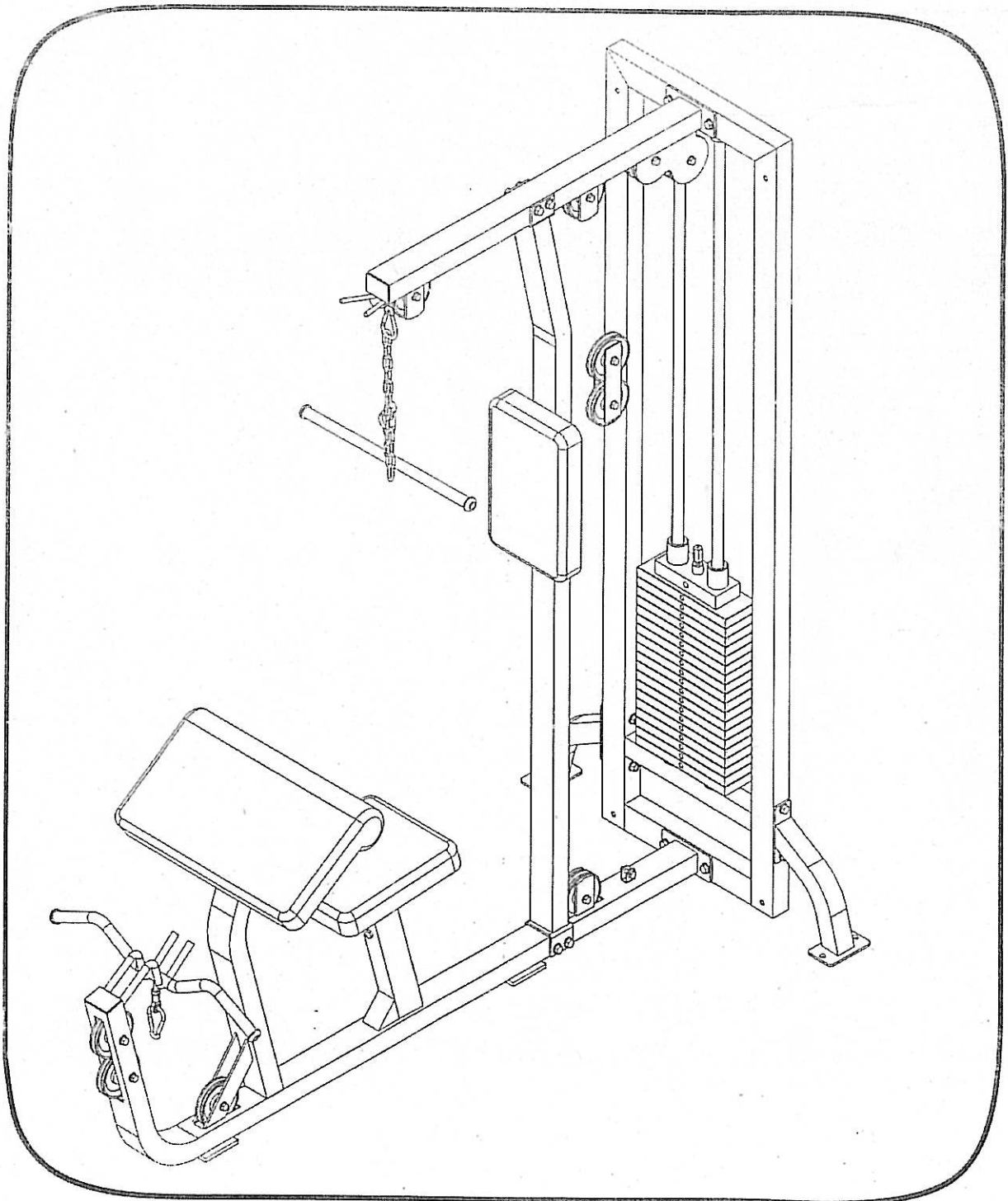


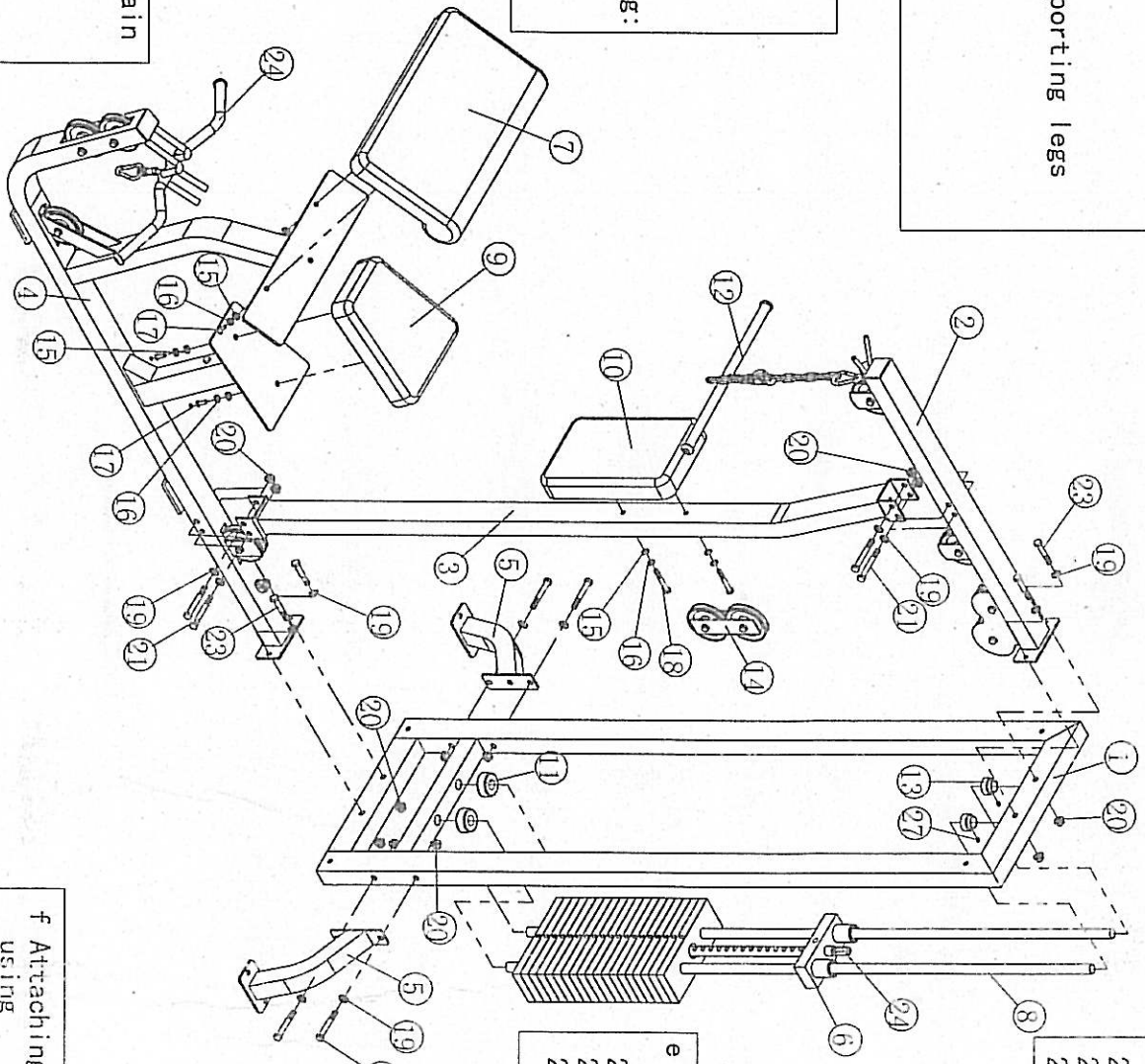
Bicep/Tricep



- a Attach base frame onto weight stack frame, using
- 2 x M12x70 bolts
 - 2 x M12 flat washers
 - 2 x M12 frange nuts
- Followed by attaching 2 supporting legs onto main frame, using
- 4 x M12x90 bolts
 - 4 x M12 flat washers
 - 4 x M12 frange nuts

- b Attach top beam onto main frame, using:
- 2 x M12x70 bolts
 - 2 x M12 flat washers
 - 2 x M12 frange nuts
- Followed by placing main upright onto main frame, using:
- 4 x M12x100 bolts
 - 4 x M12 flat washers
 - 4 x M12 frange nuts

- c Placing weight stack onto main frame, using
- 2 x guide rods
 - 1 x weight stack w/top plate
 - 2 x rubber cushions
 - 2 x guide rods securing sleeve

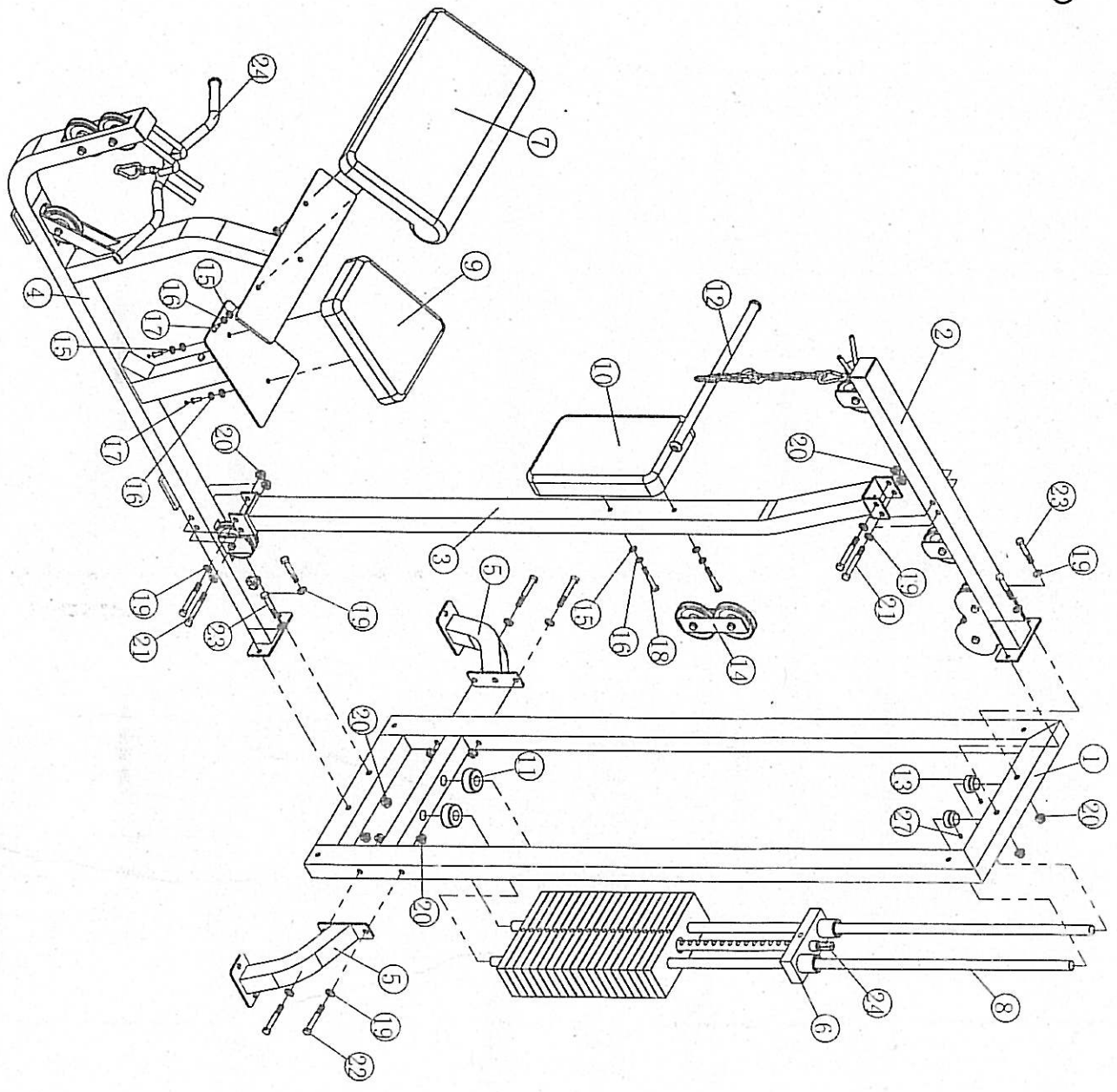


- d Attaching arm pad onto base frame, using
- 2 x M10x30 dome type hex bolts
 - 2 x M10 spring washers
 - 2 x M10 flat washers

- e Attaching seat pad onto base frame, using
- 2 x M10x30 dome type hex bolts
 - 2 x M10 spring washers
 - 2 x M10 flat washers

- f Attaching back pad onto main upright, using
- 2 x M10x70 dome type hex bolts
 - 2 x M10 spring washers
 - 2 x M10 flat washers

Bicep/Tricep



g cable routing

