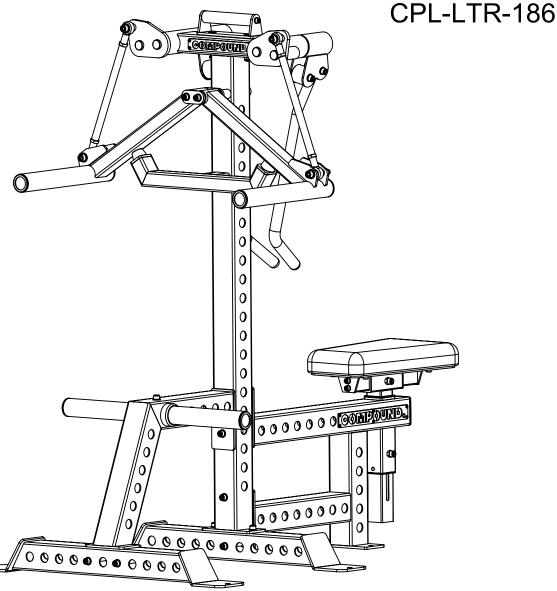
## PARTS MANUAL

## LATERAL RAISE



CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.

## CONTENTS

O2 General warnings and maintenance advice

03-05 Assembly Instructions

Explained as a series of steps, with each step containing:

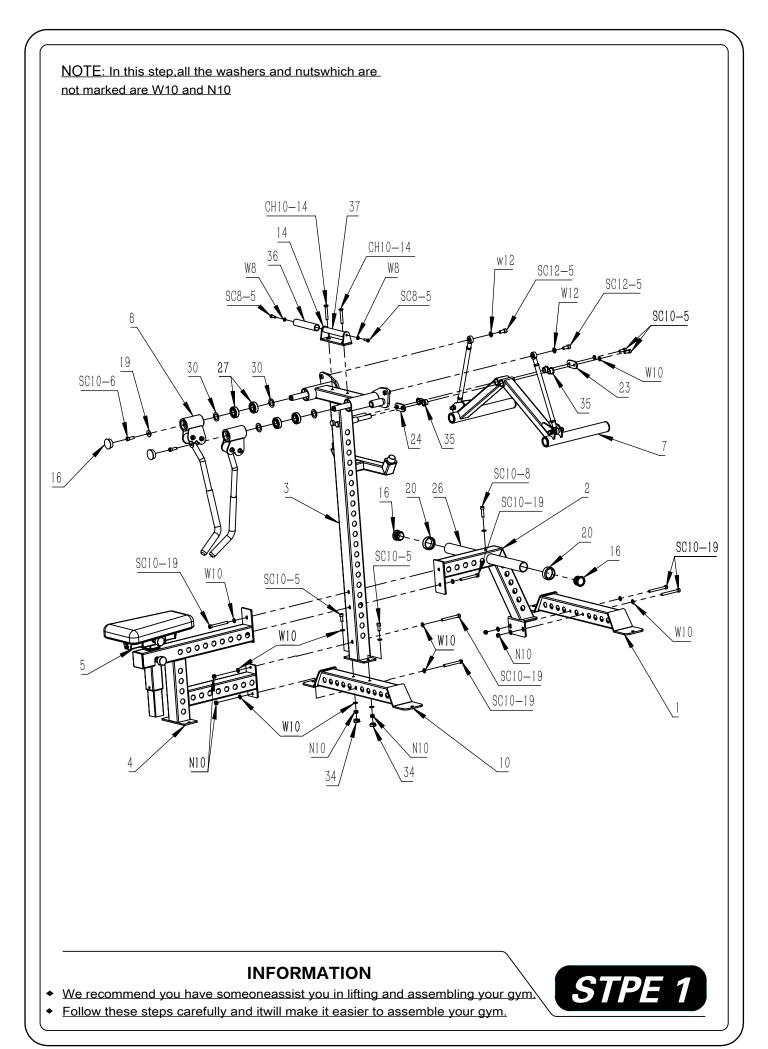
- ♦ Pictures, descriptions and quantities of the parts required
- **♦** Notes

06 Part List

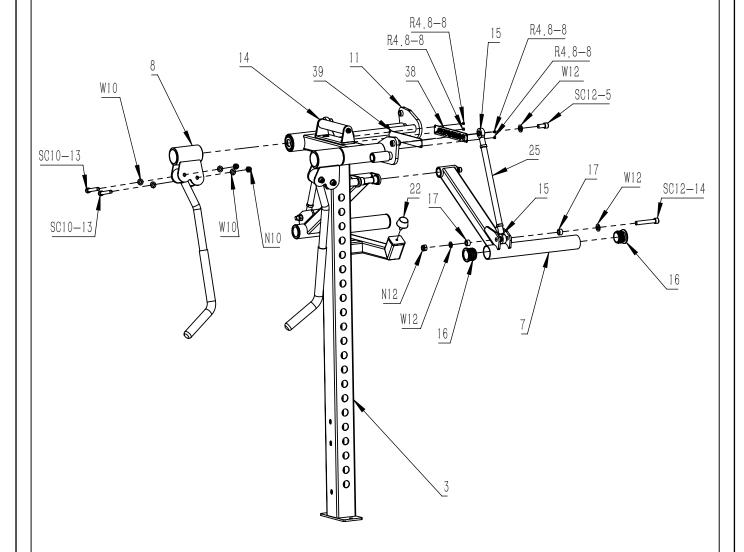
# Assembly Instructions Before Your Begin

This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note thefollowing safety precautions:

- 1. Keep children and pets away from the equipment at all times. Do not leavechildren unattended in the same room with the equipment.
- 2. Only one person at a time should use the equipment.
- 3. If the user experiences dizziness, nausea, chest pain, or any other abnorma symptoms stop the workout at once.
- 4. Position the equipment on a clear, level surface. Do not use the equipment near water or outdoors.
- 5. Keep hands away from all moving parts.
- 6. Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the equipment.
- 7. Use the equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 8. Before using the equipment, always do stretching exercises to properly warm up.
- 9. Never operate the equipment if the equipment is not functioning properly.



NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10



### **INFORMATION**

We recommend you have someoneassist you in lifting and assembling your gym.

◆ Follow these steps carefully and itwill make it easier to assemble your gym.

STPE 2

NOTE: In this step,all the washers and nutswhich are not marked are W10 and N10 W8 W8 SC8 - 5SC8-5W8 SC8 - 68W 33 SC8-6 SC10-6 5 32 31 21 13 12 000000000 0 0 R4.8-8 0000000 0 R4.8-8 SC10-6

### **INFORMATION**

We recommend you have someoneassist you in lifting and assembling your gym.

Follow these steps carefully and itwill make it easier to assemble your gym.

STPE 3

### PARTS LIST

DTDT#	DESCRIPTION	OTV
PTRT#	DESCRIPTION	QTY
1	Ground pipe	1
2	Ground support pipe	1
3	Main frame riser	1
4	Connecting pipe	1
5	Regulating tube 1	1
6	Seat plate	1
7	Swing arm	2
8	Swing handle	2
9	Regulating tube 2	1
10	Ground pipe 1	1
11	Fixed shaft group	2
12	Label	1
13	signboard	1
14	handlebars	1
15	ت-Fisheye rod end joint bearing D12	4
16	Circular Pipe Plug D48	8
17	swivel D19*10.5	4
18	Label 1	1
19	Extension gasket D30*3	2
20	sheath D48	2
21	Zipper pin	2
22	Damping pad D38	2
23	Connecting plate 1	1
24	Connecting plate 2	1
25	Connecting shaft	2
26	Hanging post	1
27	bearing 6205	4
28	signboard 1	1
29	Seat cushion	1
30	gasket D38*d25.5*2	4
31	Square plug F75*75	1
32	Reducer sleeve 60-50	2
33	Reducer sleeve 50-40	2
34	Circular Pipe Plug D25	2
35	Metallurgical bushing D32*d25	4
36	Handlebar gloves	1
<u>37</u>	Handle tube	1
R4.8-8	Rivet M4.8*16	10
SC8-5	Socket Cap Screw M8*25	6
CH10-14	Countersunk head hexagon M10*70	2
J J		-

PTRT	DESCRIPTION	QTY
SC8-6	Socket Cap Screw M8*30	4
CH10-5	Socket Cap Screw M10*25	4
SC10-6	Socket Cap Screw M10*30	4
SC10-8	Socket Cap Screw M10*40	1
SC10-13	Socket Cap Screw M10*65	4
SC10-13	Socket Cap Screw M10*95	6
SC10-19 SC12-5	Socket Cap Screw M10 93	2
SC12-3		2
	Socket Cap Screw M12*70	
W8	Washer φ8	10
W10	Washer ф10	27
W12	Washer ф12	6
N10	Nut M10	12
N12	Nut M12	2