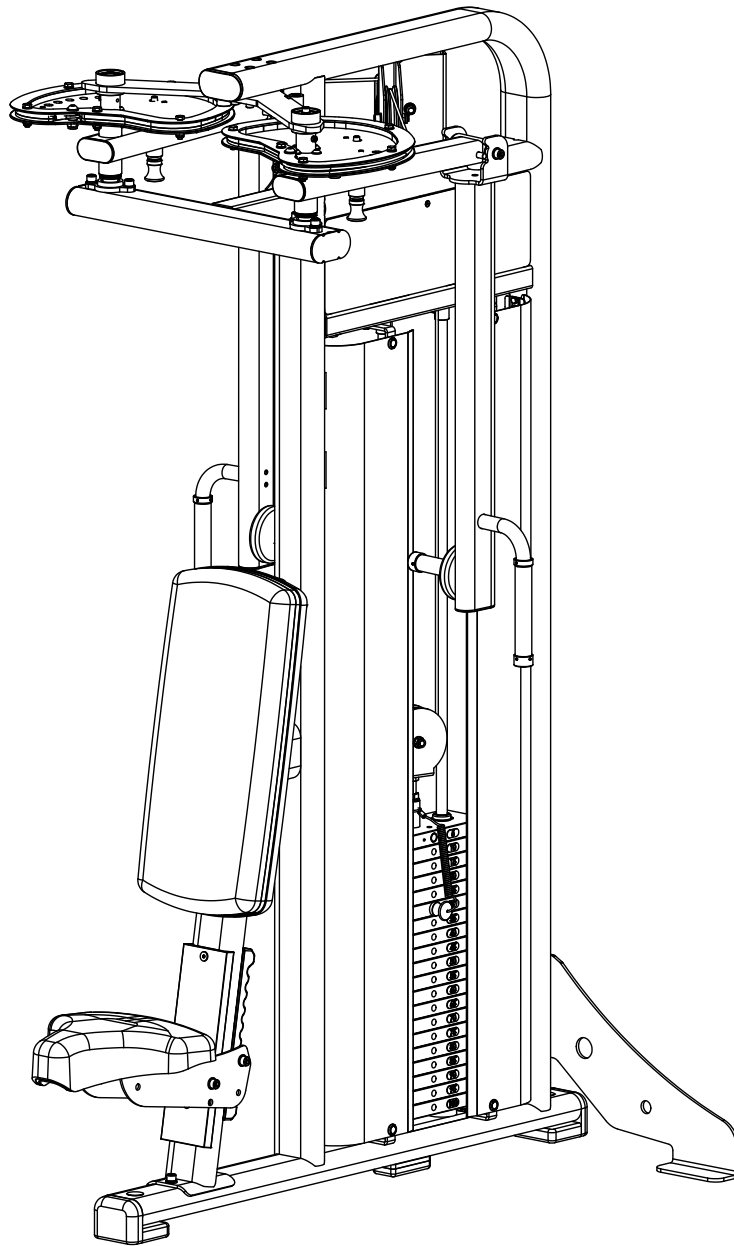

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

PEC FLY / REAR DELT MACHINE

SKU: CPL-PFR-1081



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

COMPOUND
FITNESS EQUIPMENT

CONTENTS

02 General warnings and maintenance advice

03-09 Assembly Instructions

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

- Pictures, descriptions and quantities of the parts required
- Notes
- Diagram showing how the parts fit together

10-11 Part List

Assembly Instructions

Before Your Begin

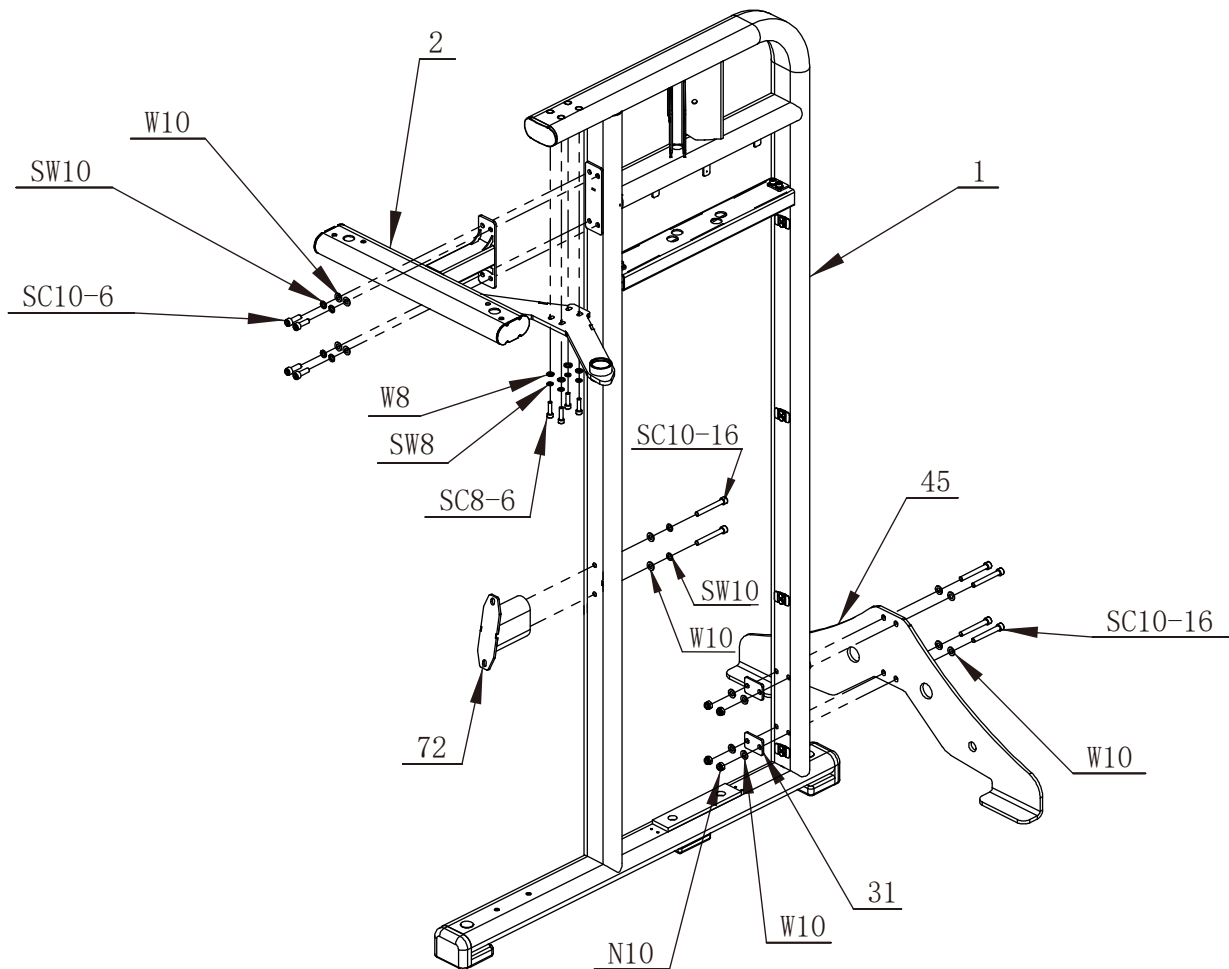
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

1. Keep children and pets away from the equipment at all times. Do not leave children 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 abnormal symptoms STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
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.

INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 1



50%

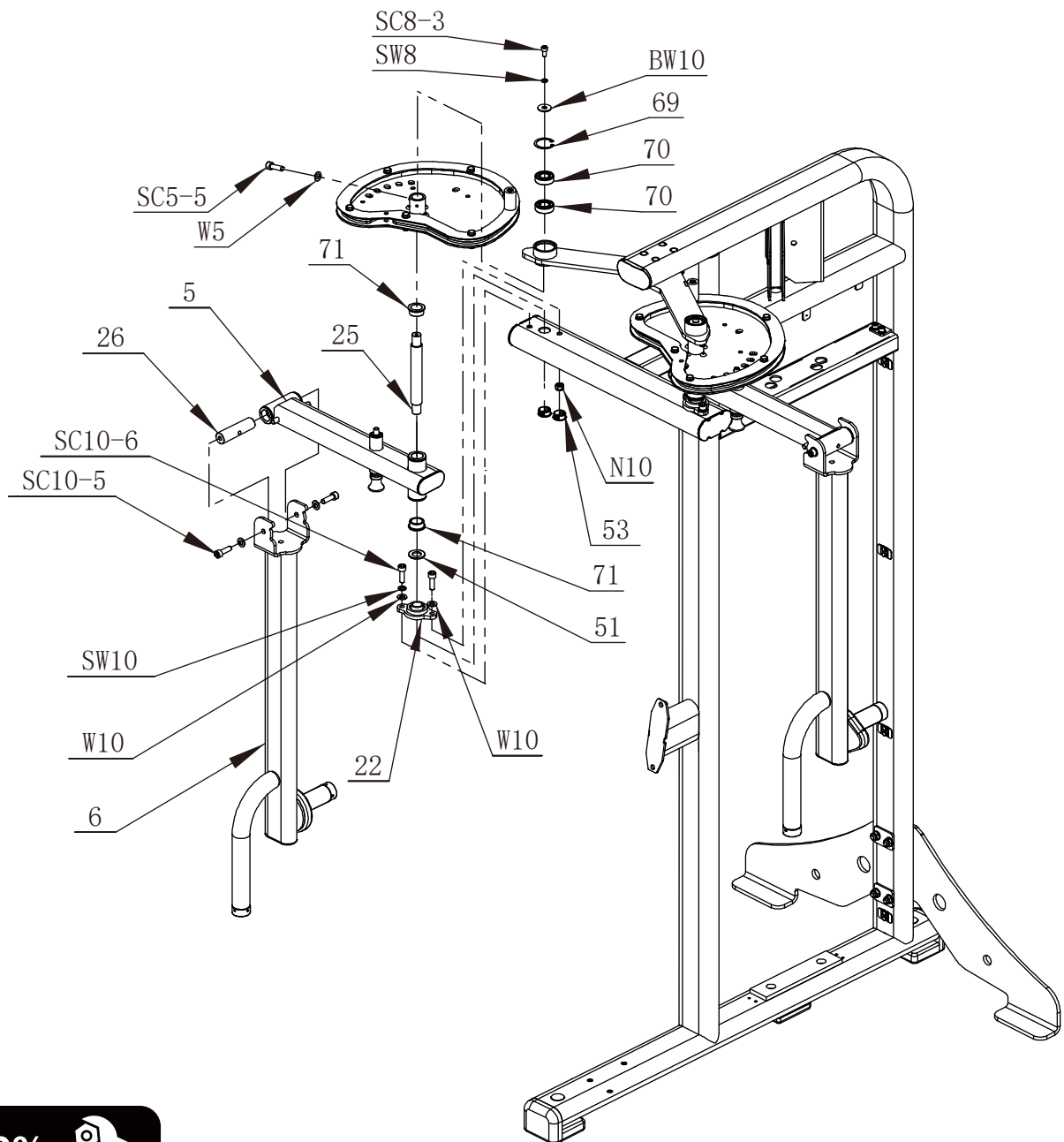


INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 2

NOTE: In this step, all the washers and nuts which are not marked are W10 and N10.



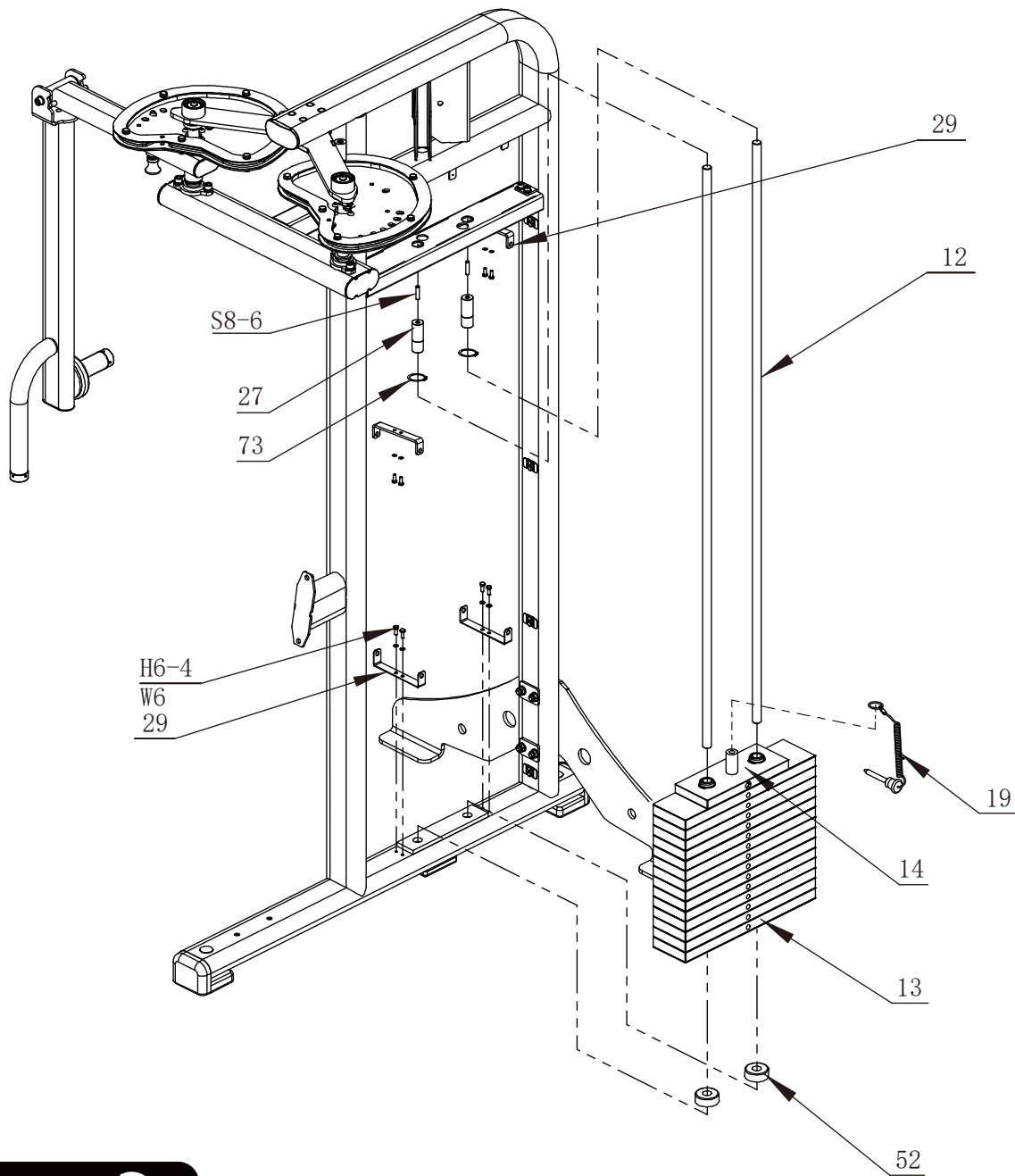
50%



INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 3



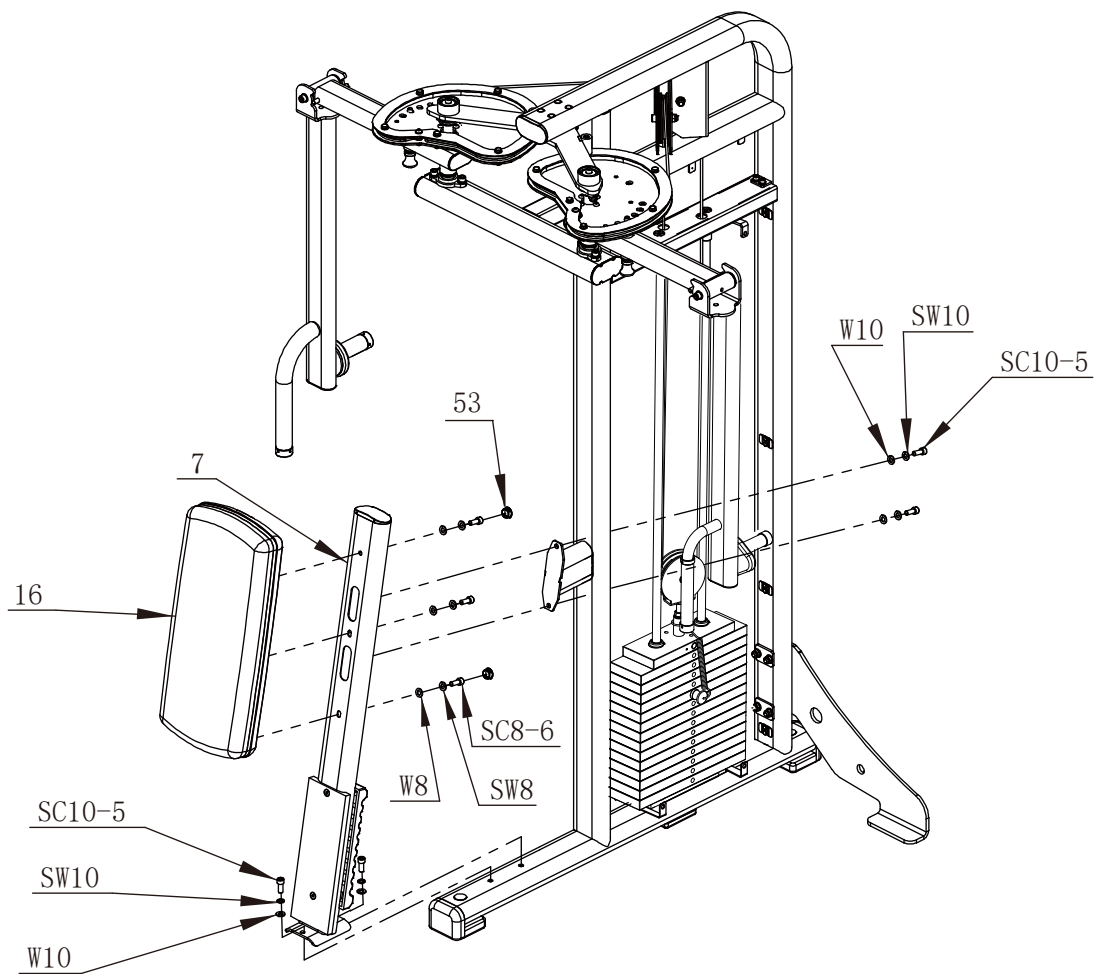
50%



INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.
- First install #16 on #7, then install the rest.

STEP 5



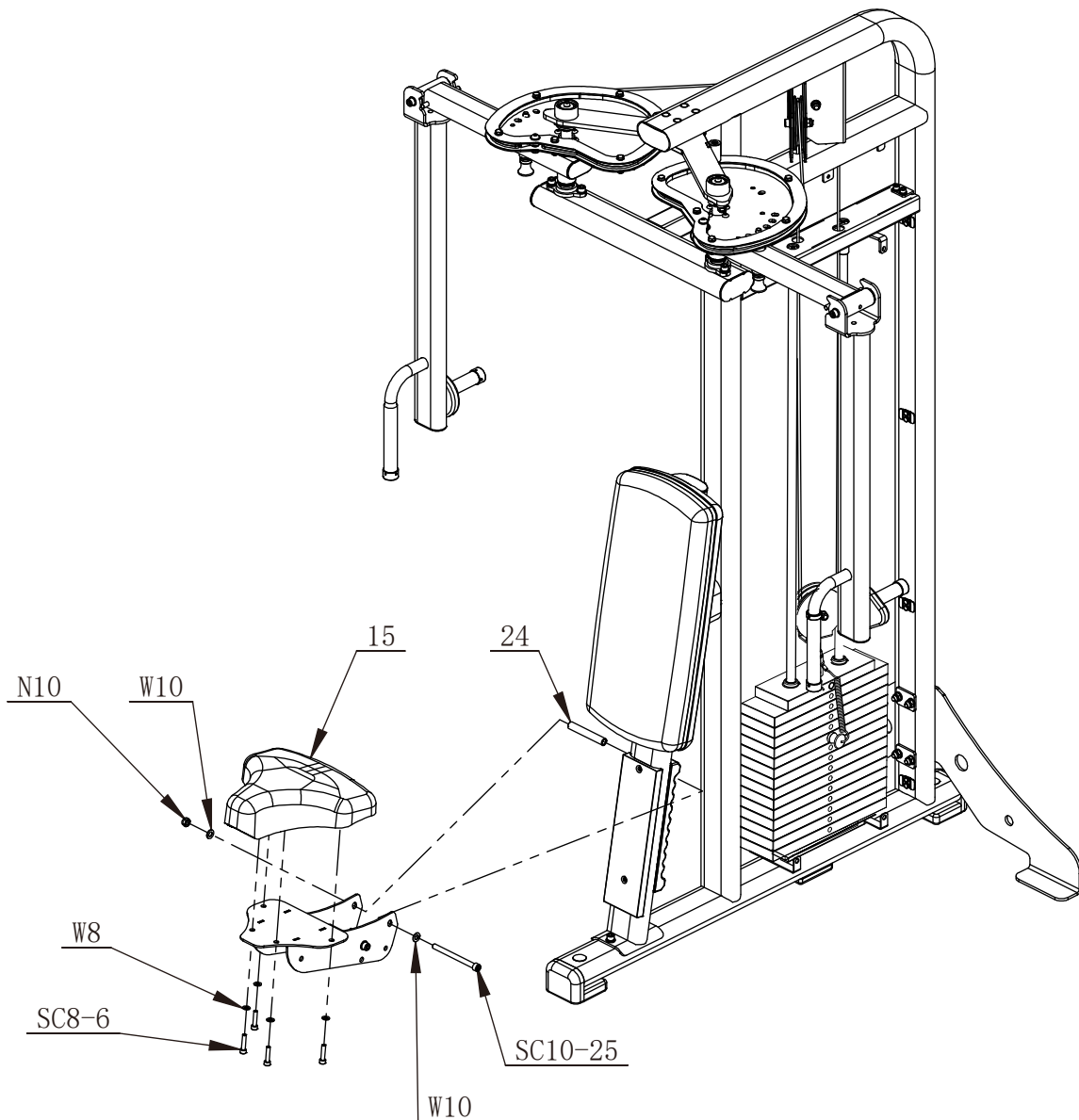
50%



INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

STEP 6

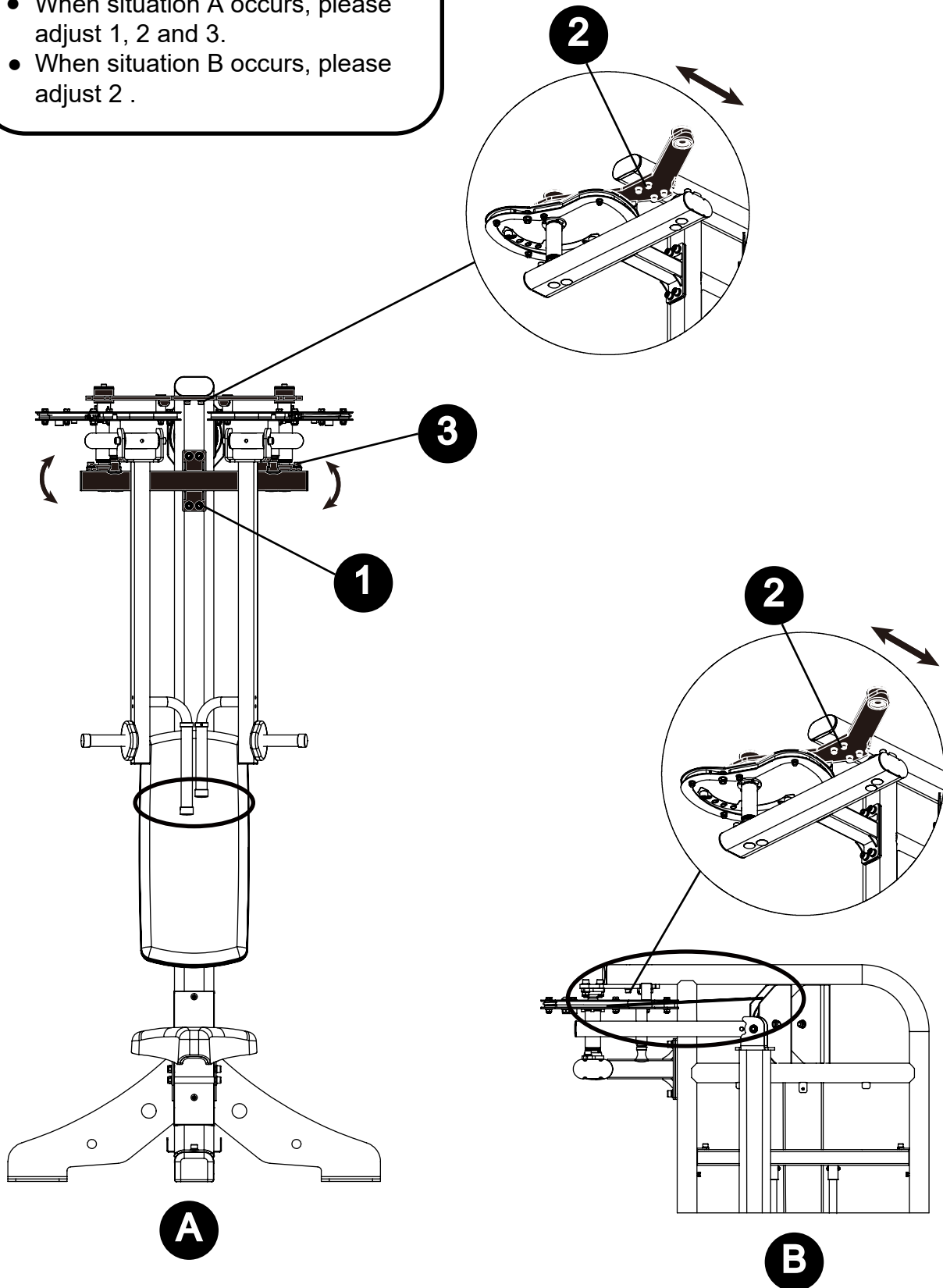


50%



INFORMATION

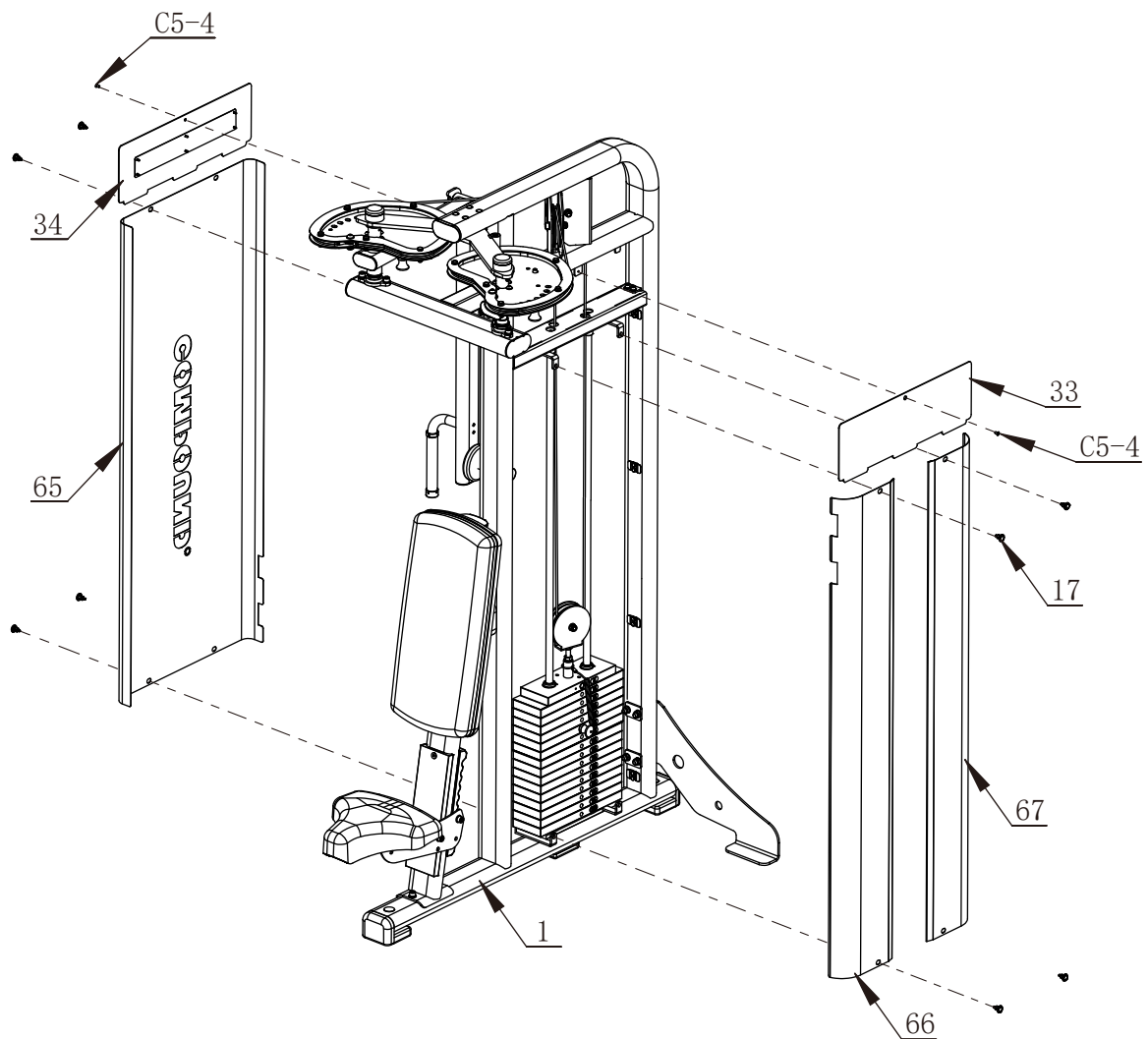
- When situation A occurs, please adjust 1, 2 and 3.
- When situation B occurs, please adjust 2 .



INFORMATION

- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.

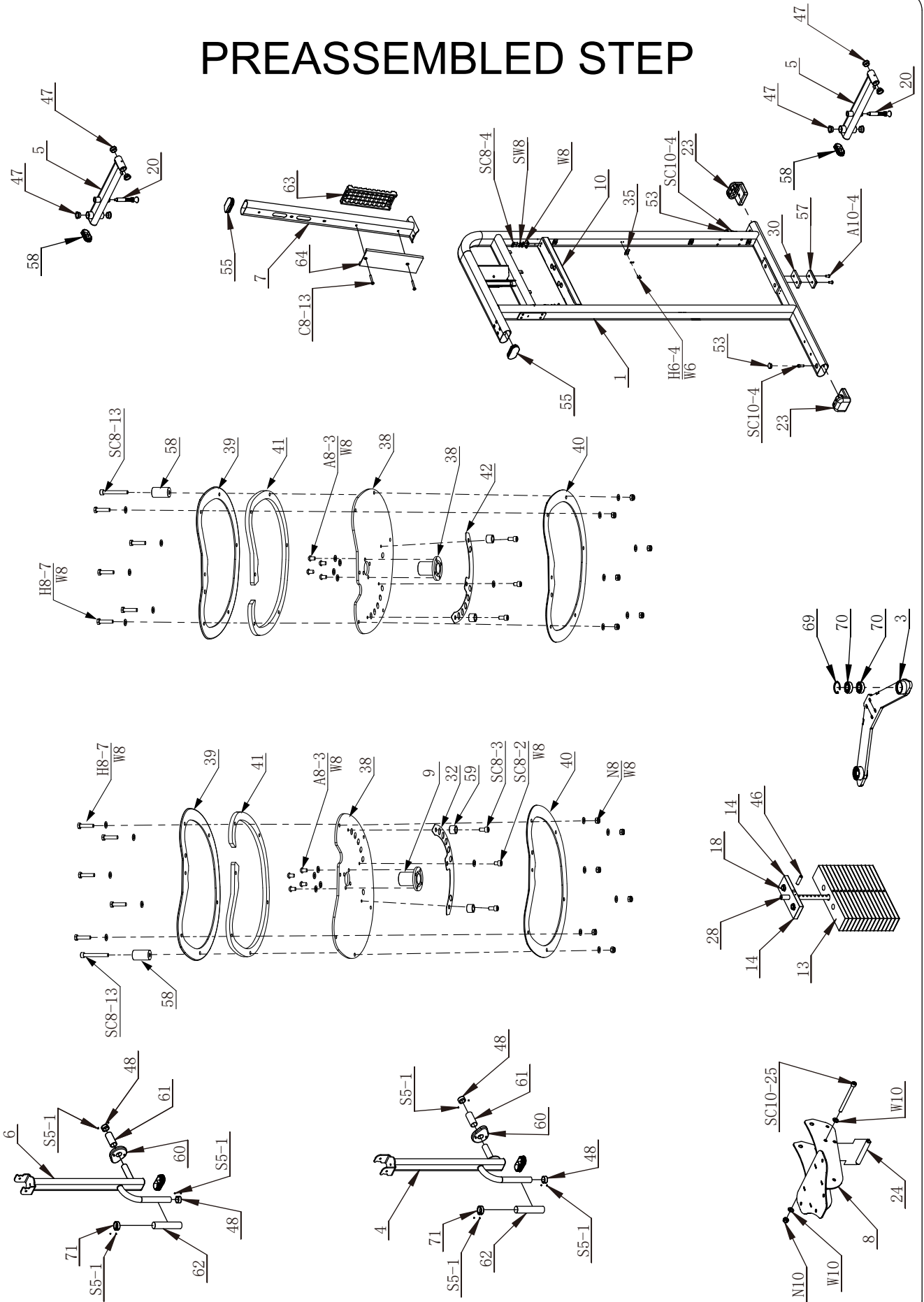
STEP 7



100%



PREASSEMBLED STEP



PARTS LIST

PART#	DESCRIPTION	QTY
1	Weight Stack Frame	1
2	Arm Support Frame	1
3	Top Arm Support Frame	1
4	Left Handle	1
5	Swing Tube	2
6	Right Handle	1
7	Back Pad Support	1
8	Seat Pad Support	1
9	Camshaft Assembly	2
10	Top Frame	1
11	Pulley Mount Assembly	1
12	Guide Rod	2
13	15 lbs Weight Plate	14
14	10lbs Weight Stack Head	1
15	Seat Pad	1
16	Back Pad	1
17	Panel Clip	8
18	Weight Stack Head Bushing	2
19	Weight Stack Pin	1
20	Pull Pin	2
21	Big Pulley	3
22	Bearing KFL004	2
23	Rubber Foot	2
24	Bushing 1	2
25	Shaft	2
26	Shaft D25*134.5	2
27	Guide Rod Bushing	2
28	Selector	1
29	Cover Connecting Plate	4
30	Mat Plate	1
31	Connecting Plate	2
32	Stainless Shield Plate	1
33	Shield Plate	1
34	LOGO Plate	1
35	Clamp Plate	8
*		
*		
38	Cam Plate	2
39	Top Cam Plate 1	2
40	Bottom Cam Plate 1	2
41	Cam Interval Plate 1	2
42	Stainless Shield Plate	1
*		
*		
45	Support Plate	1
46	Spring Pin	1
47	Bushing D38	8
48	Handle Cap	4
49	Flange Nut M12	1
50	Cable	1
51	Washer D37xD21	2
52	Buffer	2

PART#	DESCRIPTION	QTY
53	D25 Cap	8
54	Limit Interval Bushing	4
55	PT50X100 Cap	2
56	PT40X80 Cap	4
57	Limiting Pad	1
58	Limit Pillars	2
59	Limit Bushing	4
60	Rubber Pad	2
61	Straight Grip	2
62	Bending Grip	2
63	Adjust Plate 1	1
64	Adjust Plate 2	1
65	Rear Shield	1
66	Front Shield 2	1
67	Front Shield 1	1
*	*	*
69	D42 Hole Ring	2
70	Bearing	4
71	Handle Ring	2
72	Link Tube	1
73	Retainer Ring	2
BW10	Big Washer Φ10	2
W5	Washer Φ5	2
W6	Washer Φ6	24
W8	Washer Φ8	45
W10	Washer Φ10	40
SW8	Spring Washer Φ8	15
SW10	Spring Washer Φ10	12
N8	Nut M8	12
N10	Nut M10	13
H6-4	Hex Head Bolt M6X10	24
H8-7	Hex Head Bolt M8X35	10
S5-1	Socket Set Screw M5X4	12
S8-6	Socket Set Screw M8X30	2
C8-13	Countersunk Head Screw M8X65	2
C5-4	Countersunk Head Screw M5X10	2
A10-7	Allen Bolt M10X35	2
A8-3	Allen Bolt M8X12	8
A10-4	Allen Bolt M10X20	2
SC8-2	Socket Cap Screw M8X10	2
SC8-3	Socket Cap Screw M8X15	6
SC8-4	Socket Cap Screw M8X20	4
SC8-6	Socket Cap Screw M8X30	11
SC8-13	Socket Cap Screw M8X65	2
SC10-4	Socket Cap Screw M10X20	2
SC10-5	Socket Cap Screw M10X25	8
SC10-6	Socket Cap Screw M10X30	8
SC5-5	Socket Cap Screw M5X12	2
SC10-10	Socket Cap Screw M10X50	3
SC10-16	Socket Cap Screw M10X80	6
SC10-25	Socket Cap Screw M10X125	2