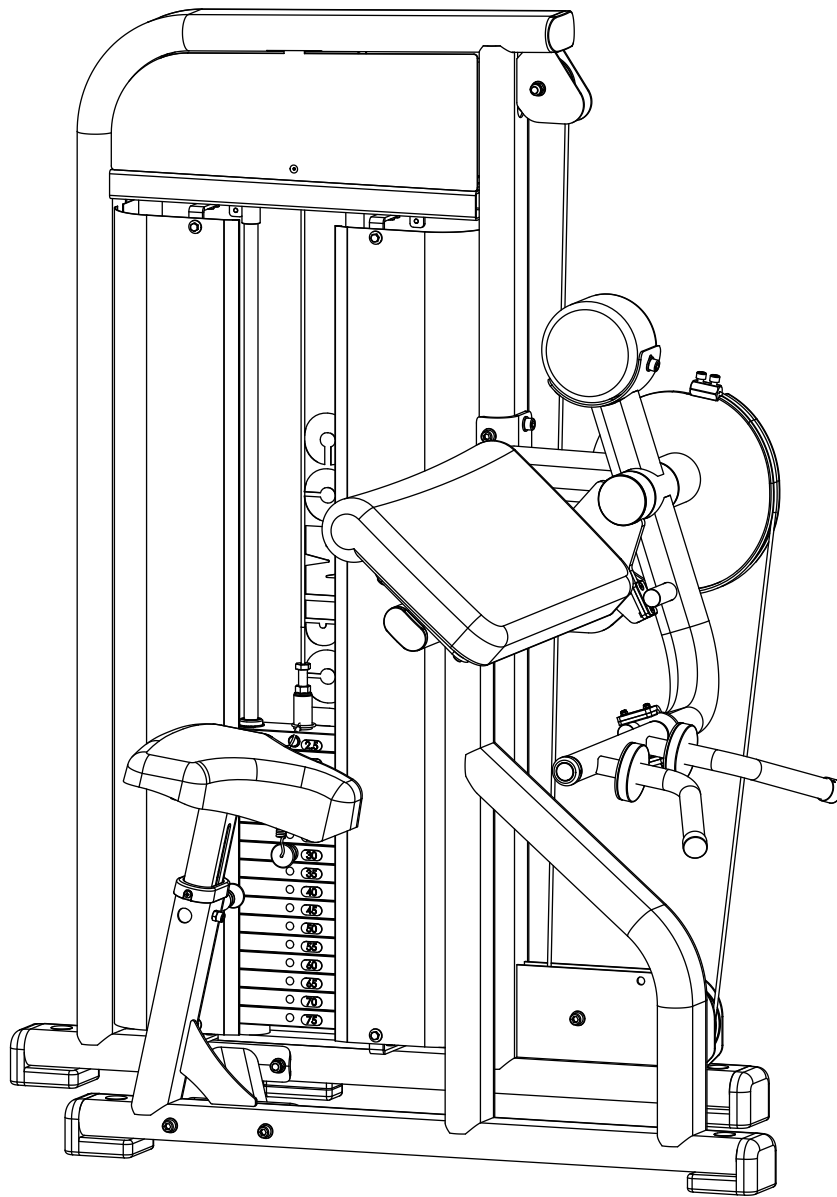

ASSEMBLY INSTRUCTIONS

PLATINUM SERIES

SEATED BICEP CURL

SKU: CPL-SBC-1096



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

03-10 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

11 Part List

Assembly Instructions

Before Your Begin

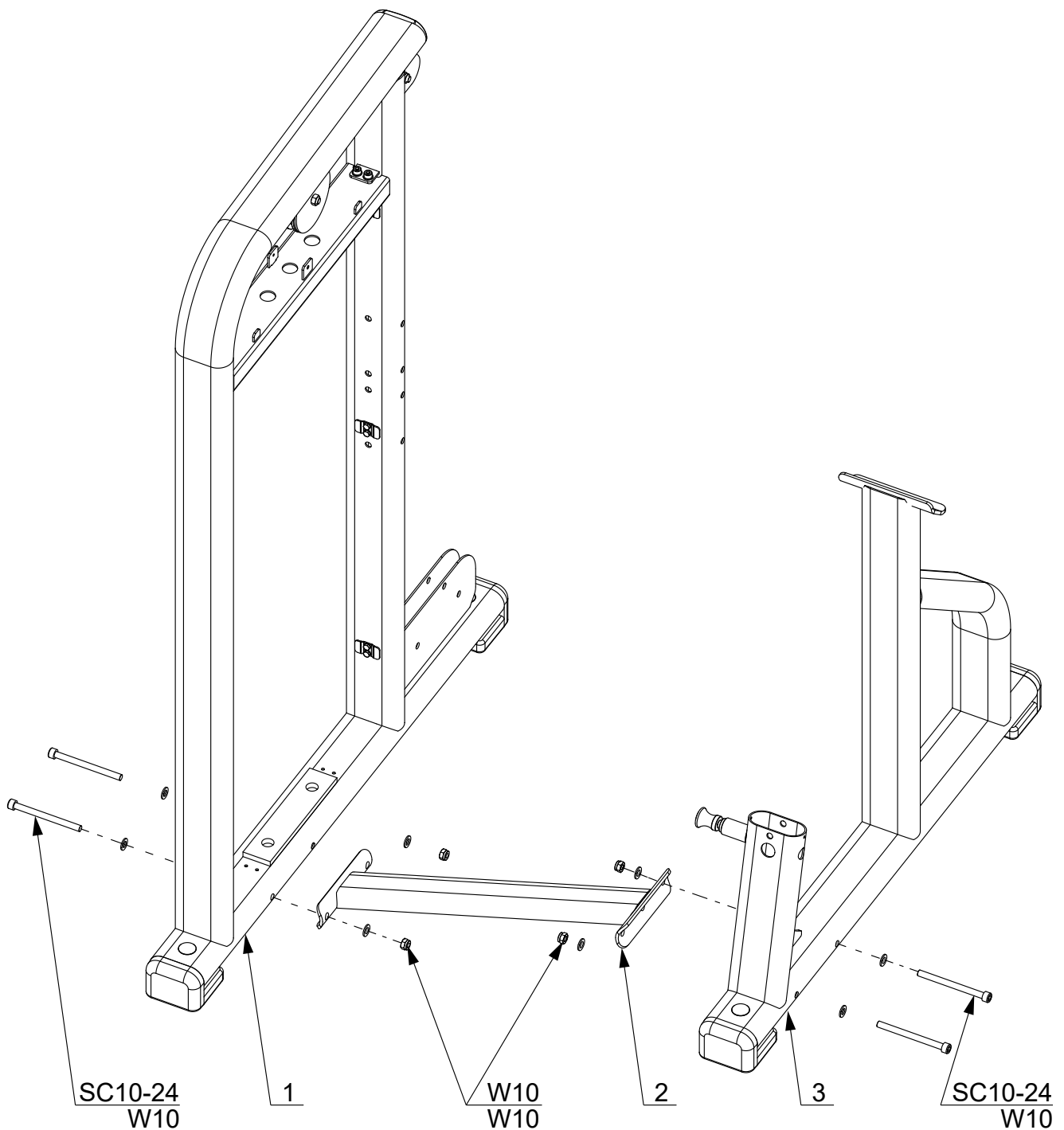
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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.

STEP 1

INFORMATION

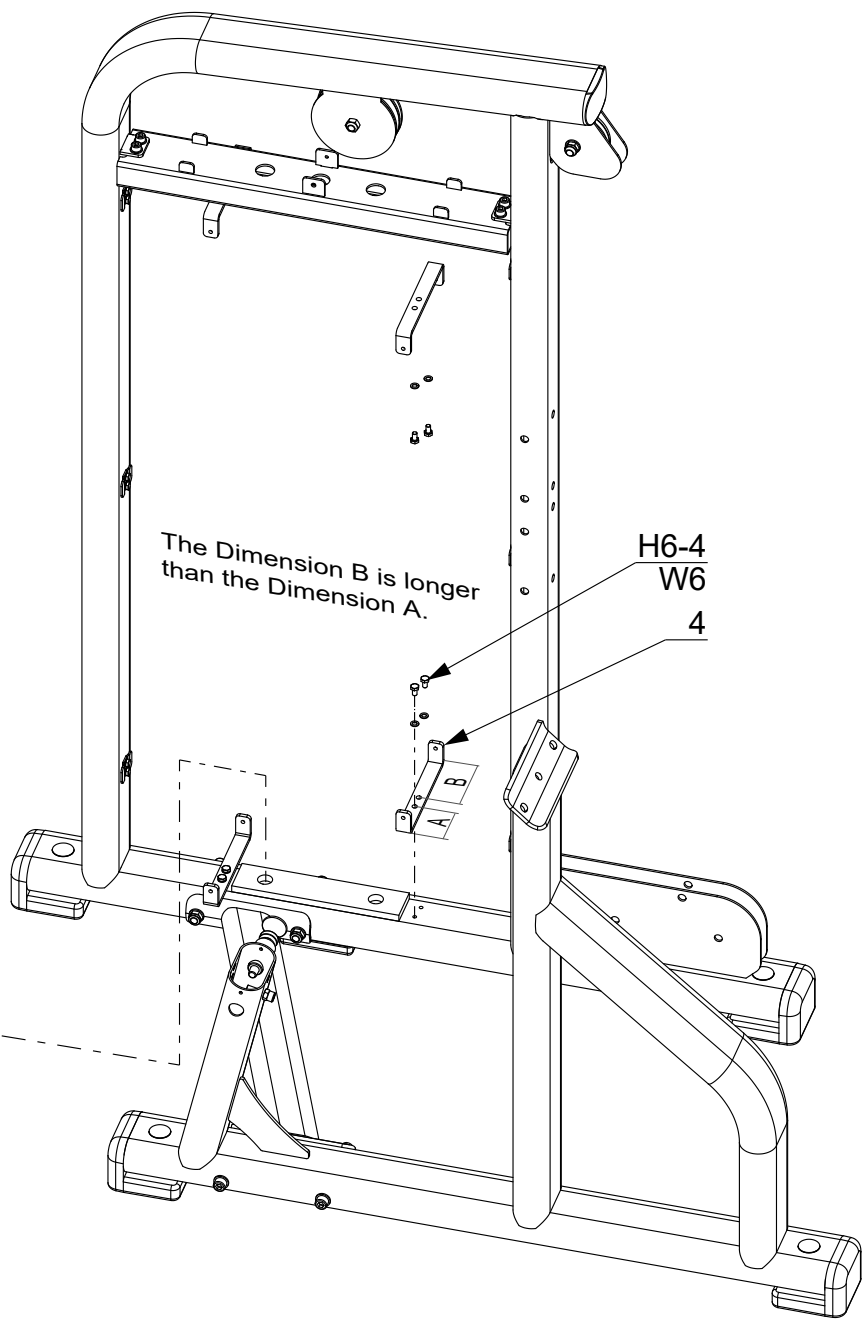
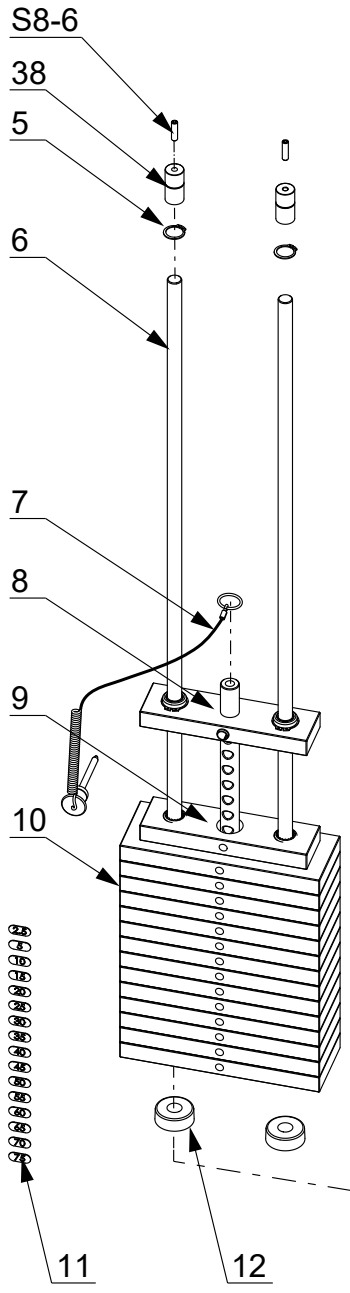
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.



50%



STEP 2

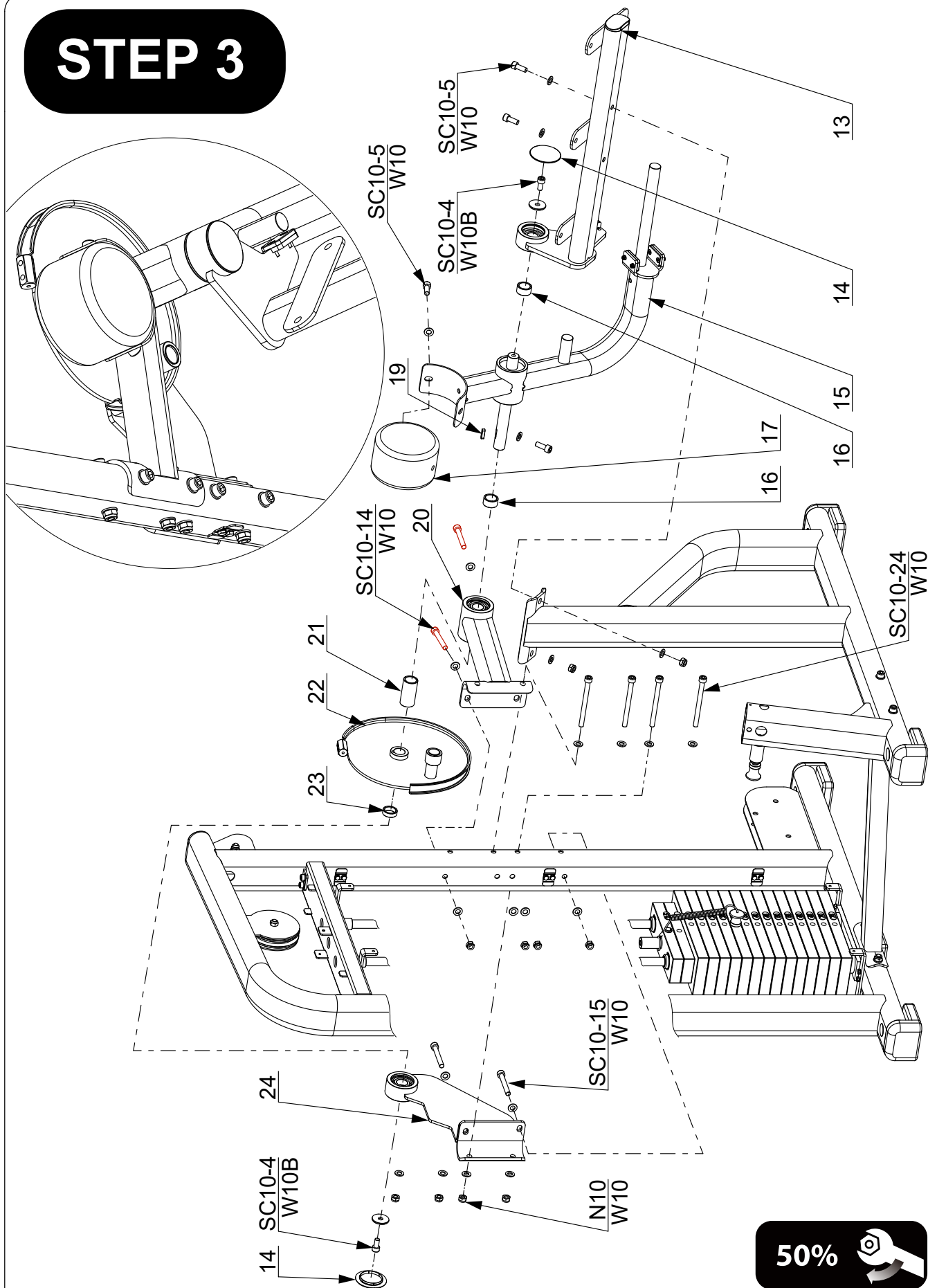


NOTE 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

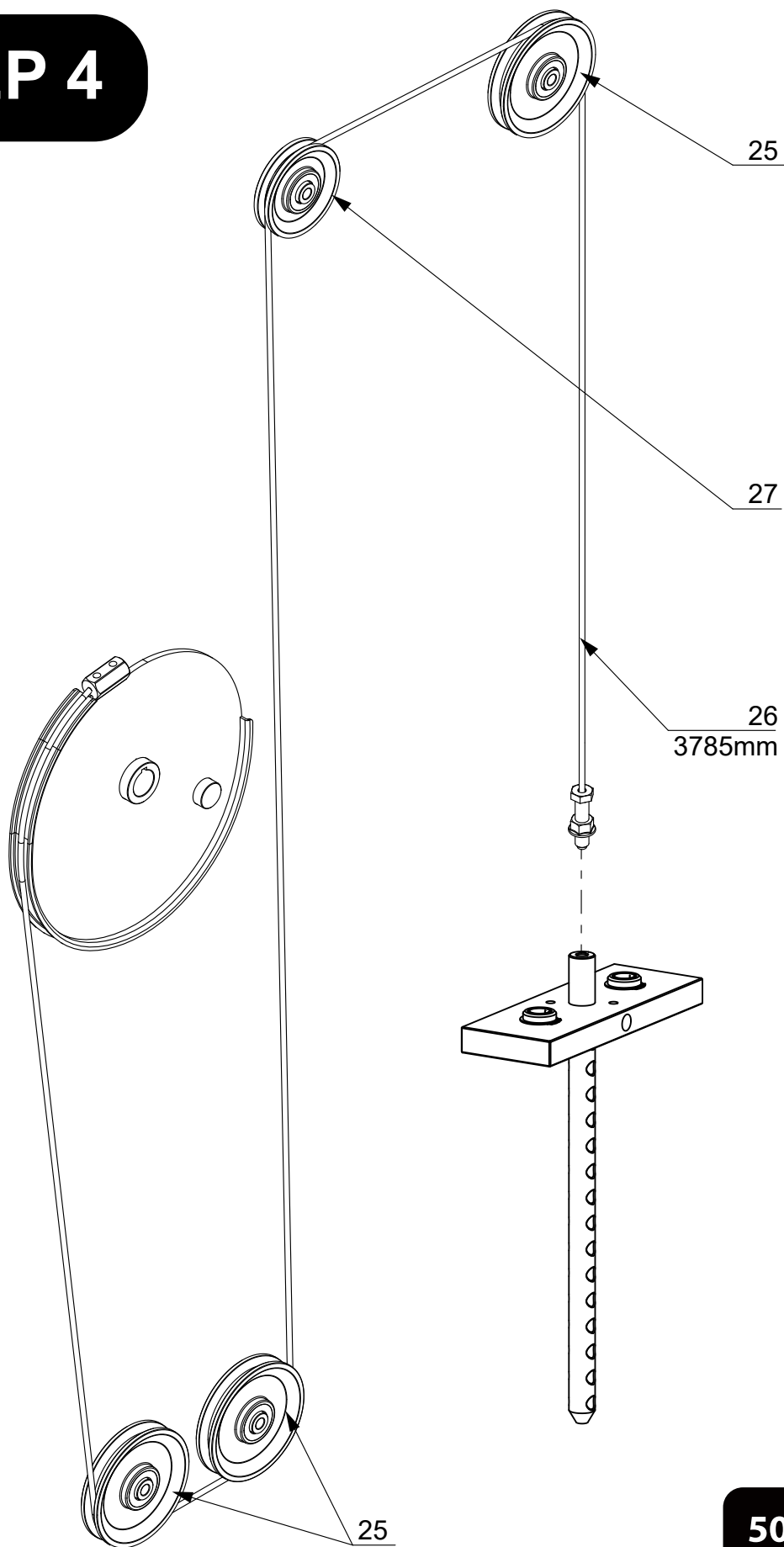
NOTE 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.



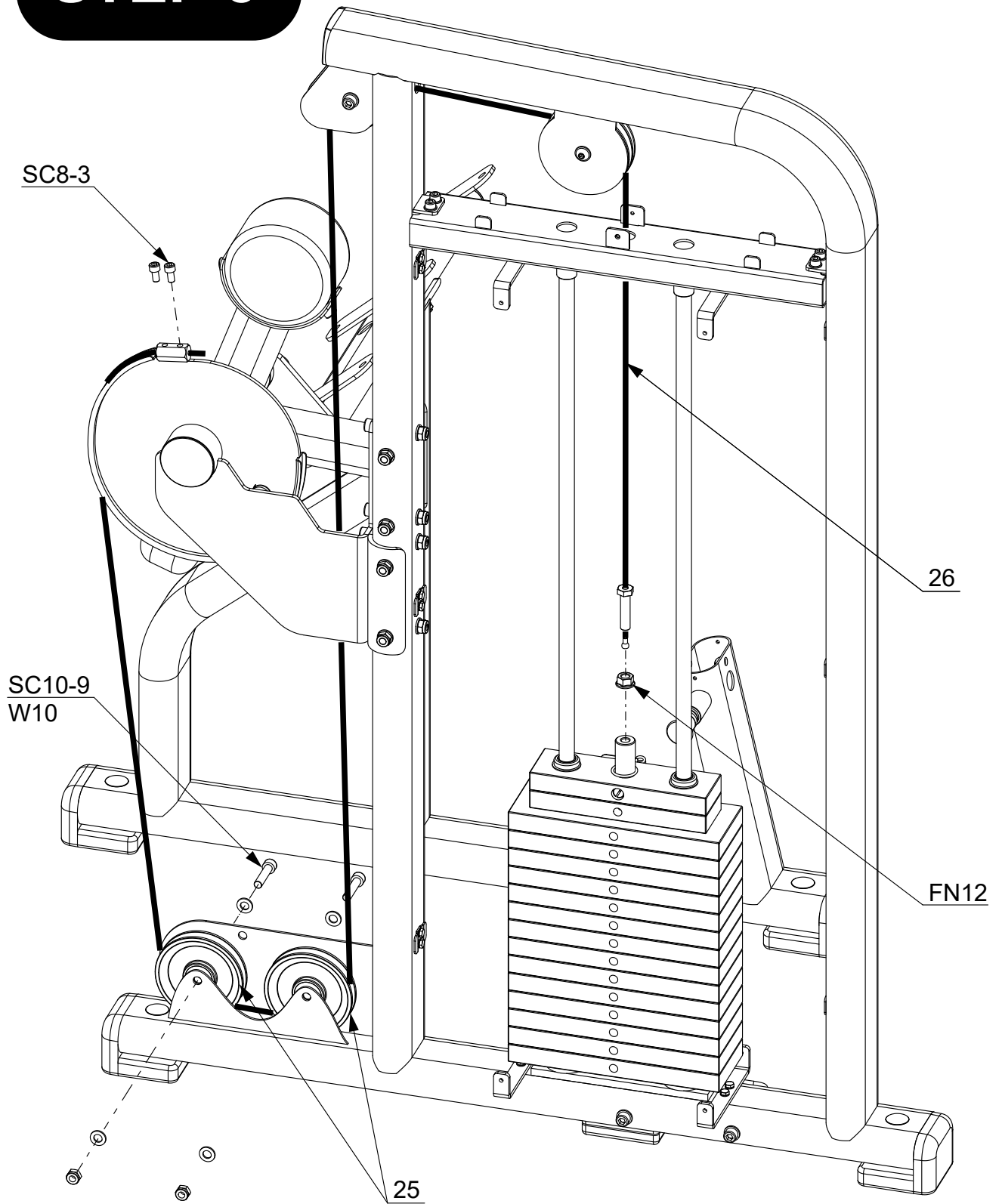
STEP 3



STEP 4



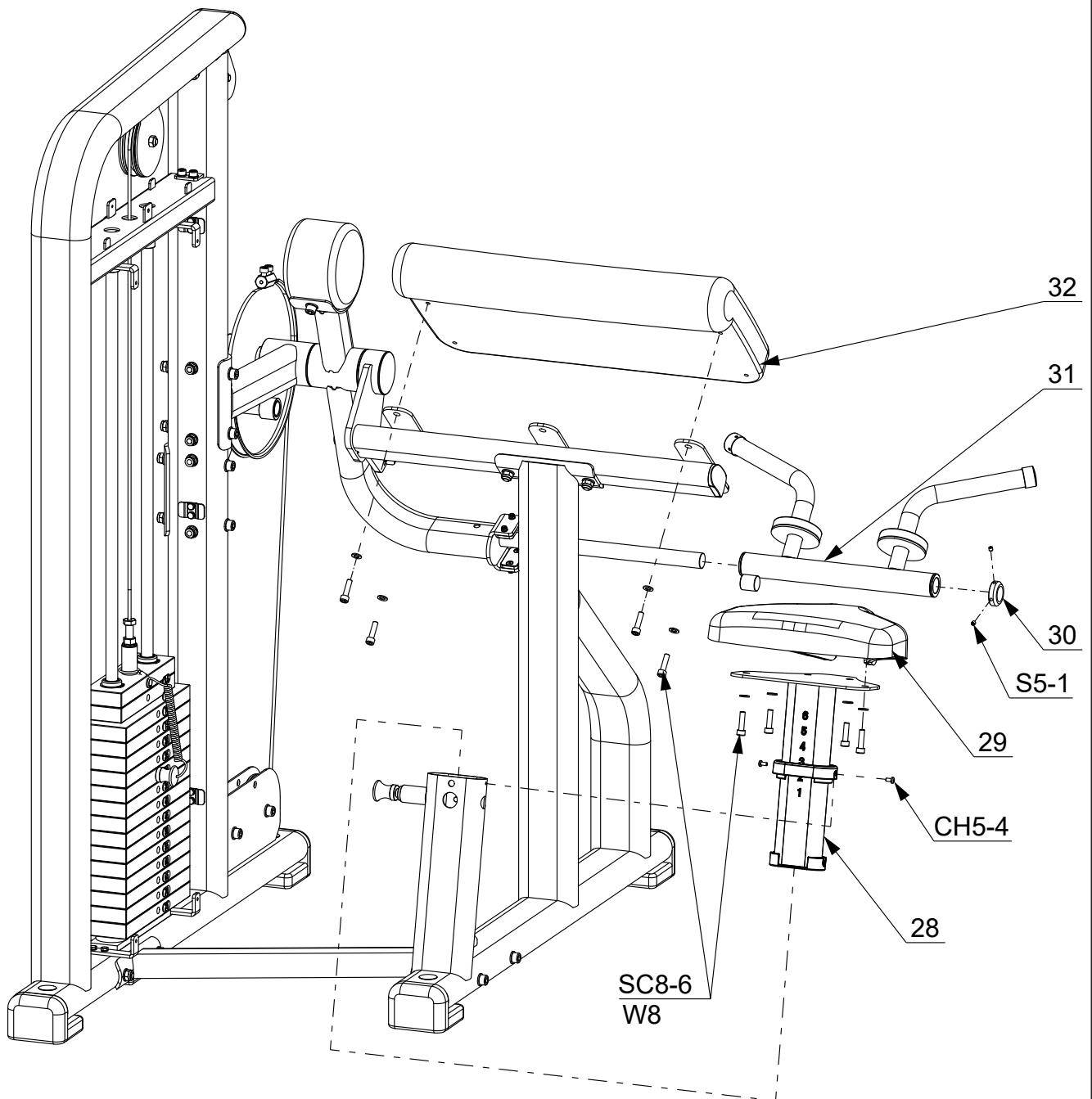
STEP 5



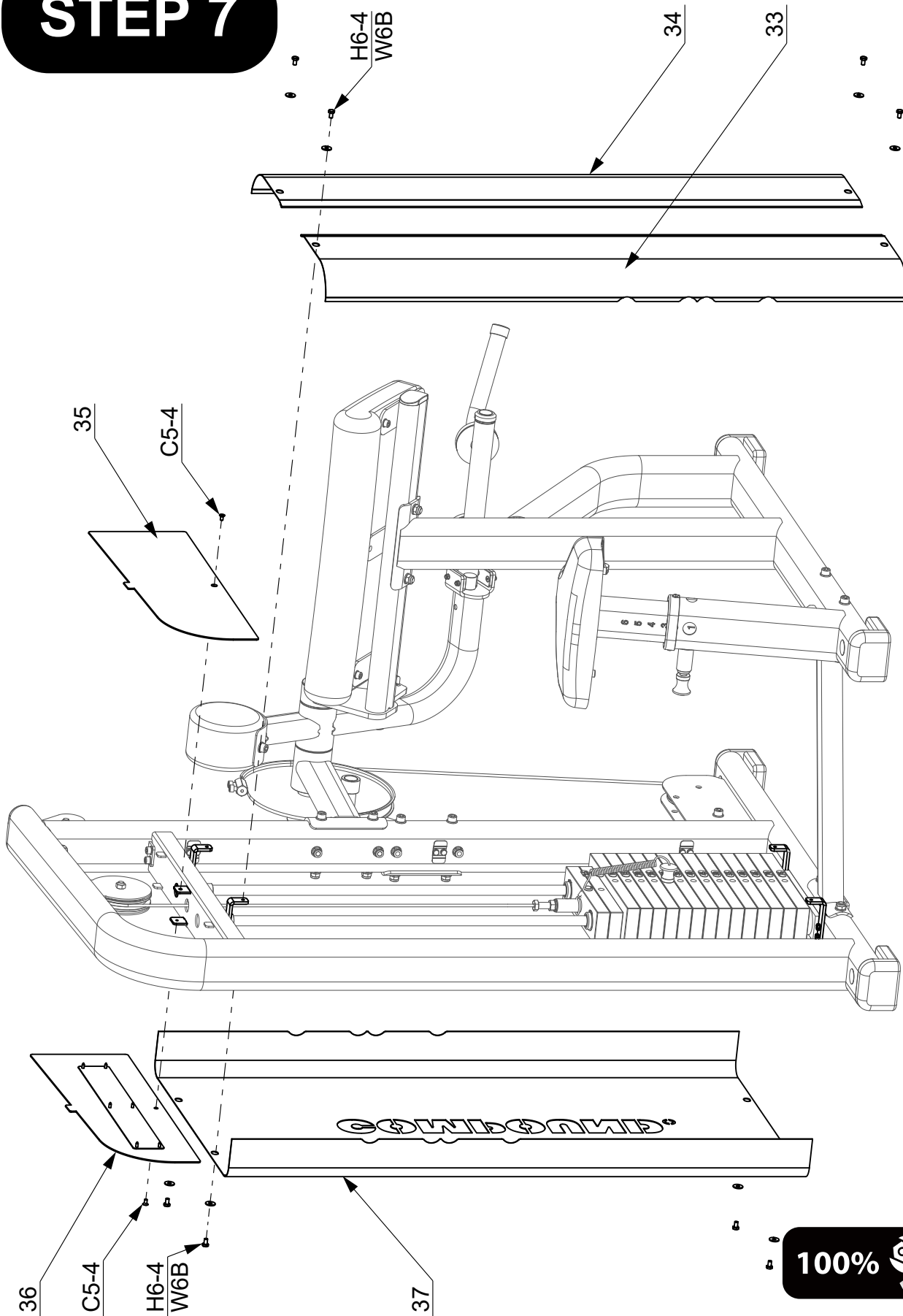
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STEP 6



STEP 7

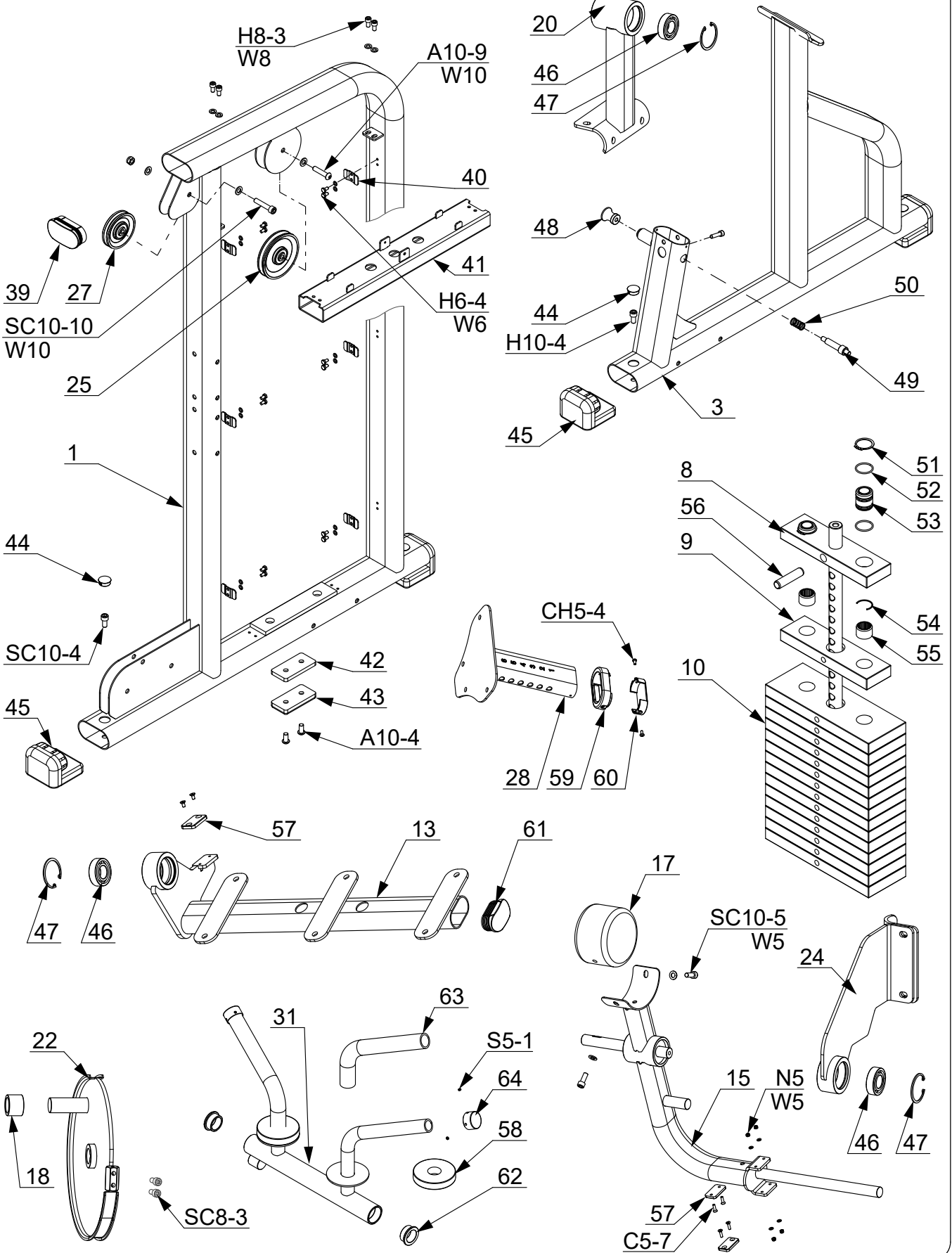


NOTE: After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

100%



PREASSEMBLED STEP



PARTS LIST

| PART | DESCRIPTION | QTY |
|------|--------------------------|-----|
| 1 | Weight Stack Frame | 1 |
| 2 | Connection Plate | 1 |
| 3 | Seat Frame | 1 |
| 4 | U Plate | 4 |
| 5 | Retaining Ring D25 | 2 |
| 6 | Guide Rod | 2 |
| 7 | Weight Pin | 1 |
| 8 | Top Weight Plate | 1 |
| 9 | Weight Plate 2.5 Kg | 1 |
| 10 | Weight Plate 5 Kg | 14 |
| 11 | Weight Label | 1 |
| 12 | Buffer Ring | 2 |
| 13 | Elbow Support Frame | 1 |
| 14 | Tube Cap D70 | 2 |
| 15 | Swinging Arm | 1 |
| 16 | Spacer L16.5 | 2 |
| 17 | Bob Weight | 1 |
| 18 | Plastic Sleeve | 1 |
| 19 | Flat Key | 1 |
| 20 | Support Arm 1 | 1 |
| 21 | Spacer L 63.25 | 1 |
| 22 | Cam | 1 |
| 23 | Spacer L10 | 1 |
| 24 | Support Arm 2 | 1 |
| 25 | Pulley D114 | 2 |
| 26 | Cable | 1 |
| 27 | Pulley D89 | 1 |
| 28 | Seat | 1 |
| 29 | Pad | 1 |
| 30 | Retaining Ring D25 -sm | 1 |
| 31 | Handle | 1 |
| 32 | Elbow Pad | 1 |
| 33 | Front Lower Shield 1 | 1 |
| 34 | Front Lower Shield 2 | 1 |
| 35 | Front Upper Shield | 1 |
| 36 | Back Upper Shield | 1 |
| 37 | Back Lower Shield | 1 |
| 38 | Rod Retainer | 2 |
| 39 | FE Tube Cap 50×100 | 1 |
| 40 | Clamp Plate | 6 |
| 41 | Upper Lateral Tube | 1 |
| 42 | Plate 8×50×100 | 1 |
| 43 | Rubber Pad 50×100 | 1 |
| 44 | Hole Cap D25 | 4 |
| 45 | L Rubber Foot | 4 |
| 46 | Bearing 6205 | 3 |
| 47 | Inner Retaining Ring D52 | 3 |

| PART | DESCRIPTION | QTY |
|---------|------------------------------|-----|
| 48 | Knob | 1 |
| 49 | Pull Pin | 1 |
| 50 | Spring | 1 |
| 51 | Retaining Ring D32 | 2 |
| 52 | Rubber Ring | 4 |
| 53 | Aluminium Bushing | 2 |
| 54 | C Ring | 2 |
| 55 | Weight Plate Bushing | 30 |
| 56 | Elastic Pin | 1 |
| 57 | Plastic Pad | 3 |
| 58 | Round Pad | 2 |
| 59 | Outer FE Bushing | 1 |
| 60 | Inner FE Bushing | 1 |
| 61 | FE Tube Cap 40×80 | 1 |
| 62 | Bushing ID25 | 2 |
| 63 | Hand Grip | 2 |
| 64 | Handle Cap | 2 |
| W5 | Washer 5 | 4 |
| W6 | Washer Φ6 | 20 |
| W6B | Big Washer 6 | 9 |
| W8 | Washer 8 | 12 |
| W10 | Washer 10 | 36 |
| N5 | Nut M5 | 4 |
| N10 | Nut M 10 | 17 |
| A10-4 | Button Head Screw M10X20 | 2 |
| A10-9 | Allen Bolt M10X45 | 1 |
| C5-4 | Countersunk Head Screw M5X10 | 4 |
| C5-7 | Countersunk Head Screw M5X18 | 4 |
| CH5-4 | Cross Recessed Screw M5X10 | 4 |
| S5-1 | Socket Set Screw M5X3 | 4 |
| S6-2 | Socket Set Screw M6X6 | 2 |
| S8-6 | Socket Set Screw M8X30 | 4 |
| H6-4 | Hex Head Bolt M6X10 | 28 |
| SC8-3 | Socket Cap Screw M8X15 | 6 |
| SC8-6 | Socket Cap Screw M8X30 | 9 |
| SC10-4 | Socket Cap Screw M10X20 | 6 |
| SC10-5 | Socket Cap Screw M10X25 | 4 |
| SC10-9 | Socket Cap Screw M10X45 | 1 |
| SC10-10 | Socket Cap Screw M10X50 | 1 |
| SC10-14 | Socket Cap Screw M10X70 | 2 |
| SC10-15 | Socket Cap Screw M10X75 | 2 |
| SC10-24 | Socket Cap Screw M10X120 | 8 |
| FN12 | Flange Nut M12 | 1 |
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