

---

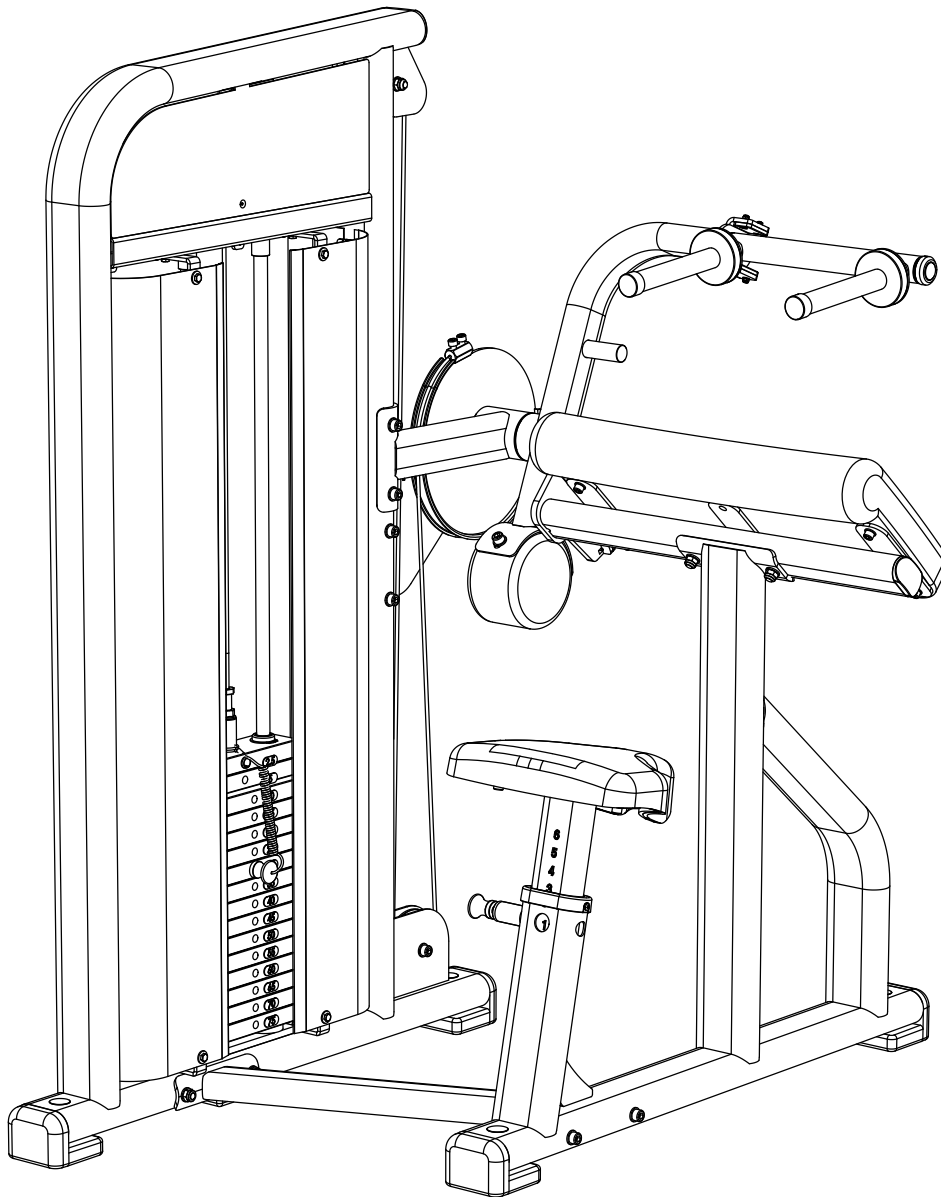
# ASSEMBLY INSTRUCTIONS

---

PLATINUM SERIES

## SEATED TRICEP EXTENSION

SKU: CPL-STE-1097



**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**

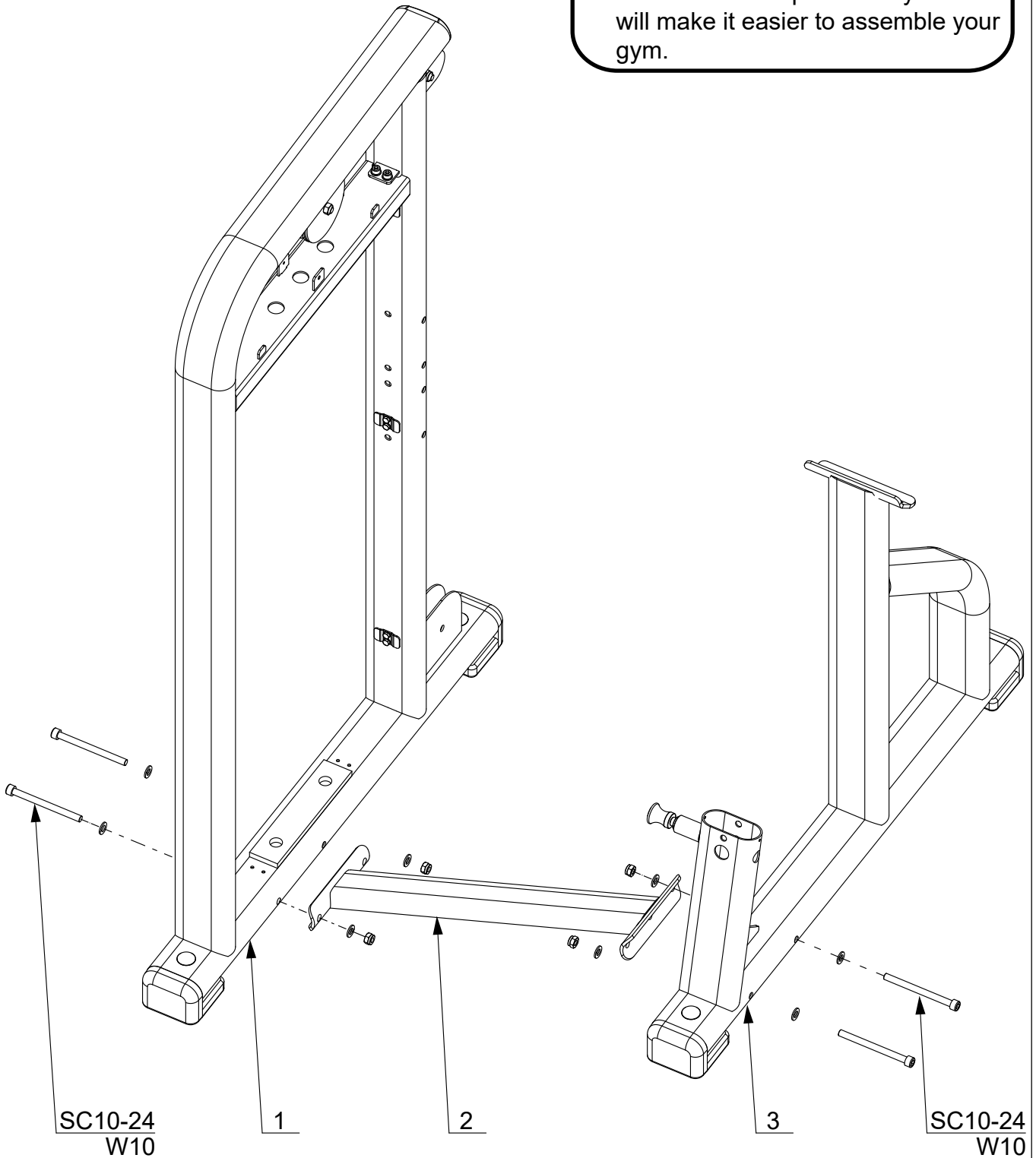
This exercise equipment is built for optimum safety. Be sure to read the entire manual before you assemble or operate your equipment. Please note the following safety precautions:

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

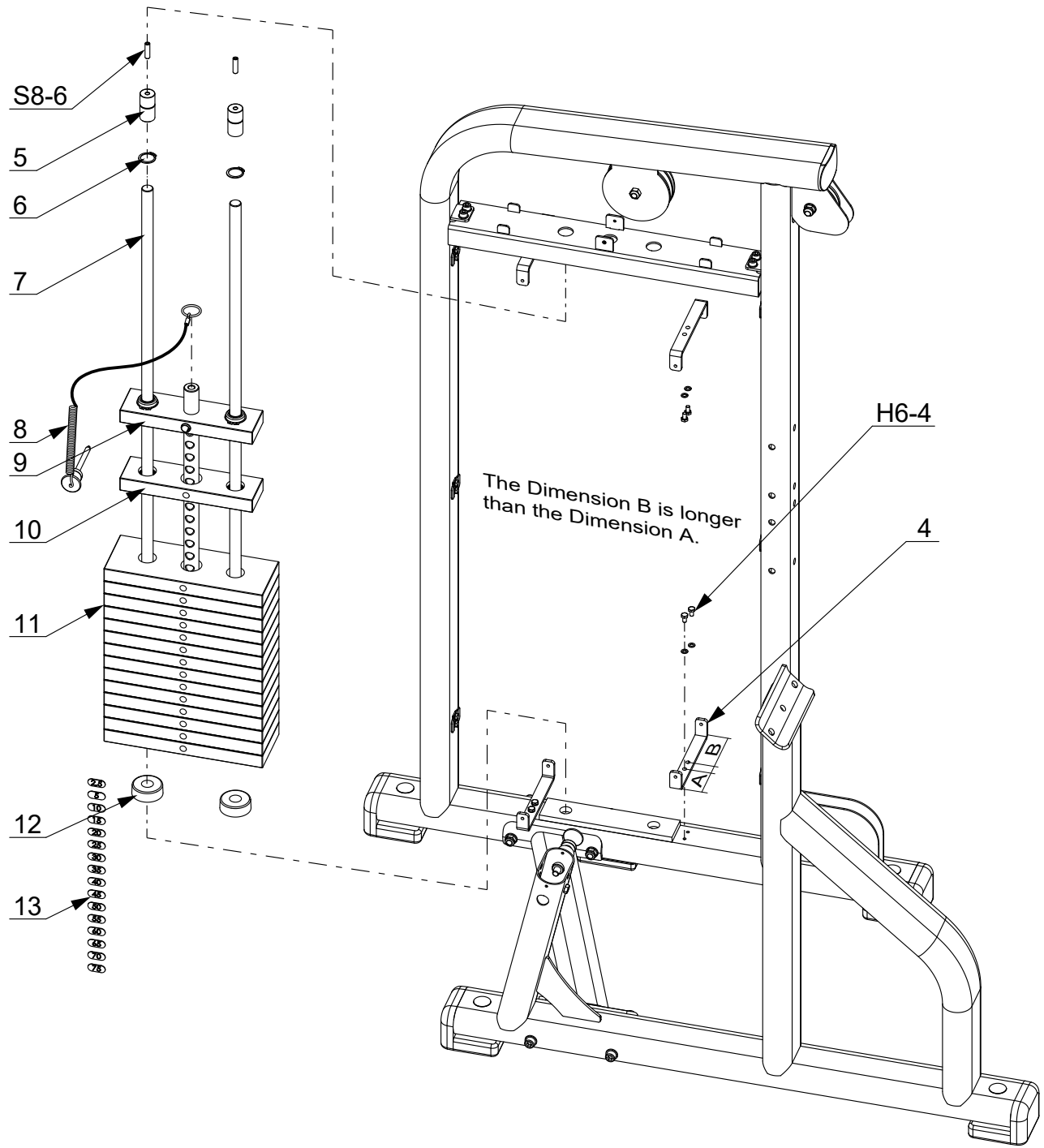
- We recommend you have someone assist you in lifting and assembling your gym.
- Follow these steps carefully and it will make it easier to assemble your gym.



50%



# STEP 2

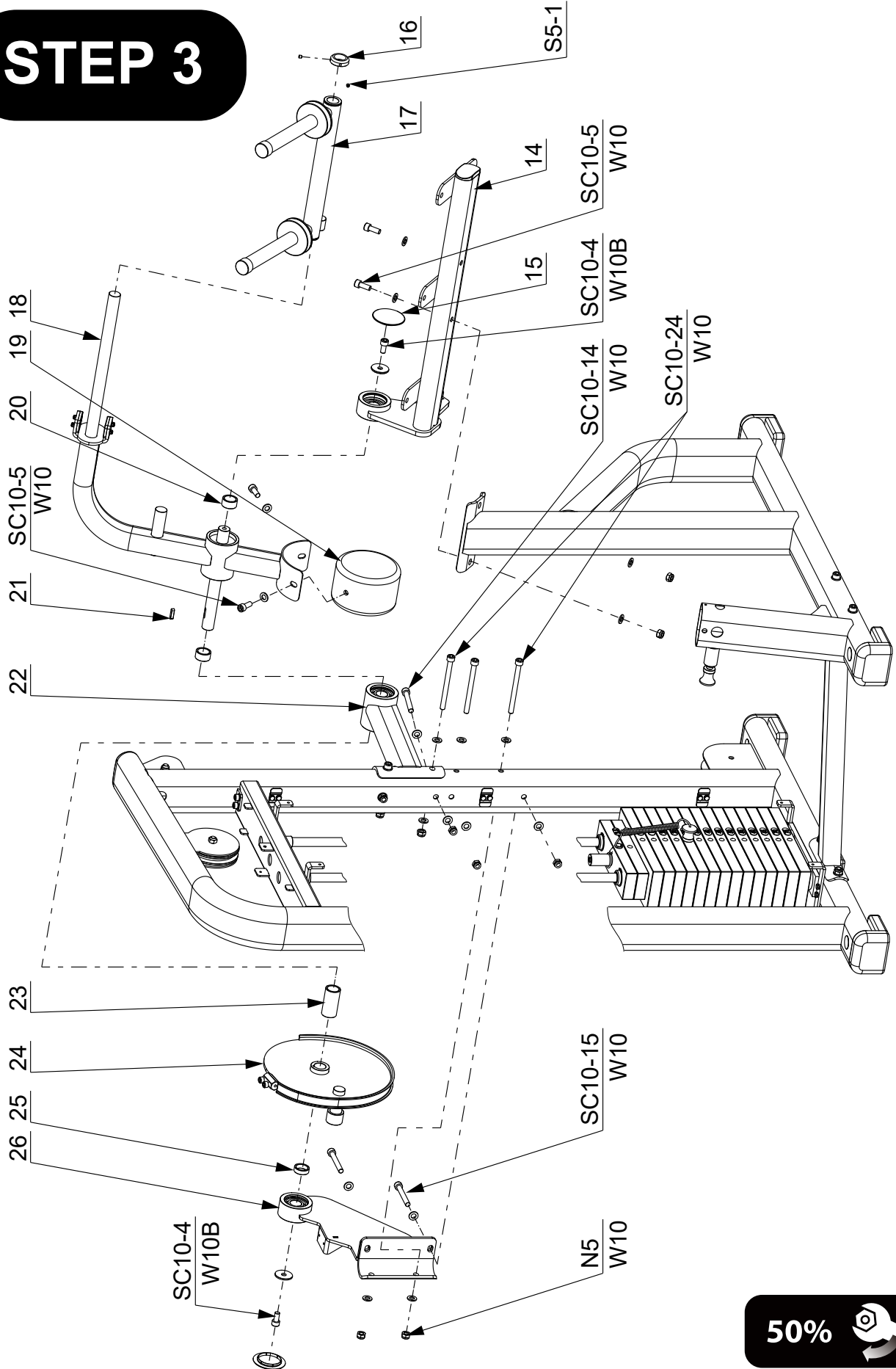


**NOTE 1:** please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

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



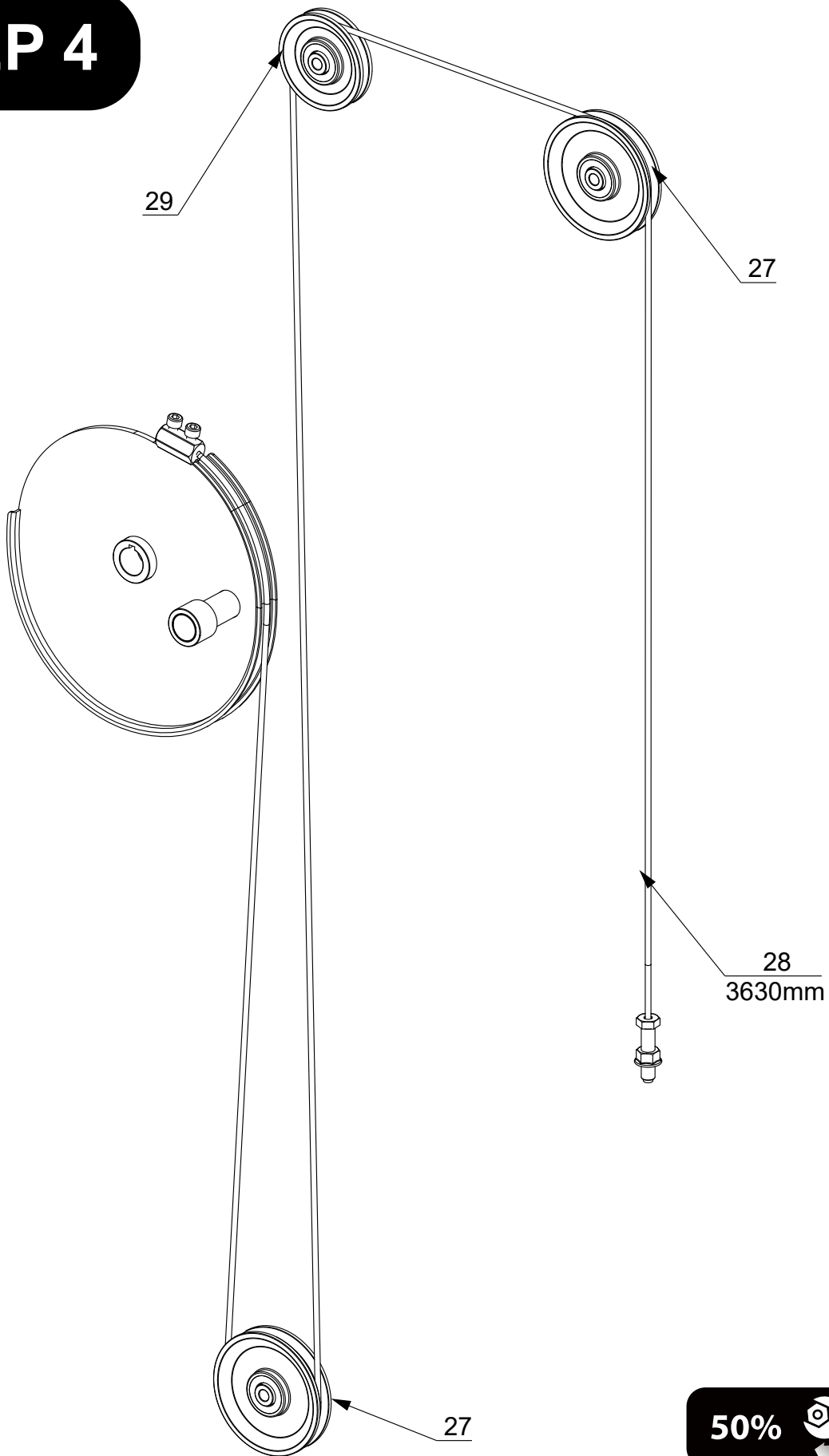
# STEP 3



50%



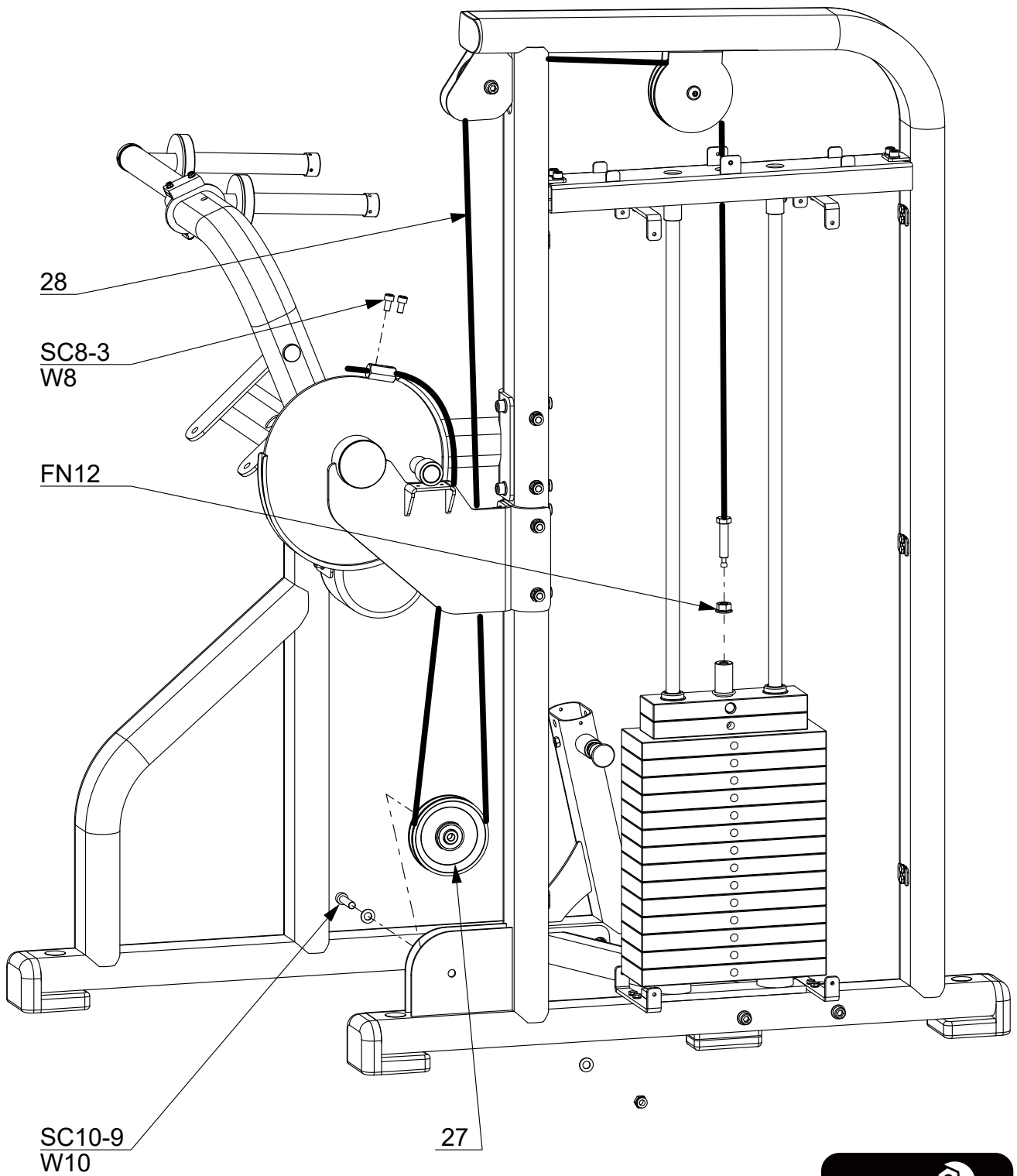
# STEP 4



50%

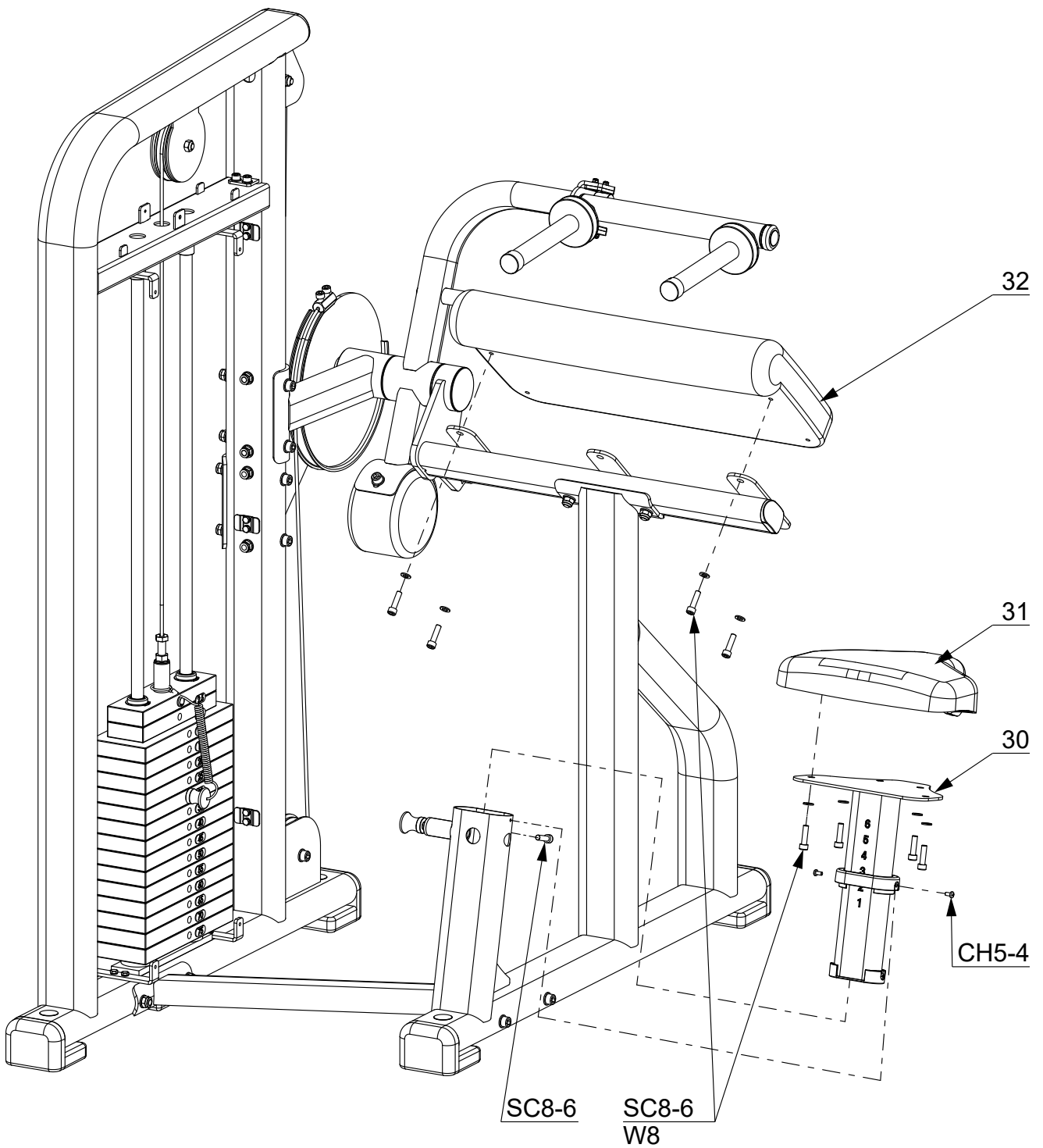


# STEP 5





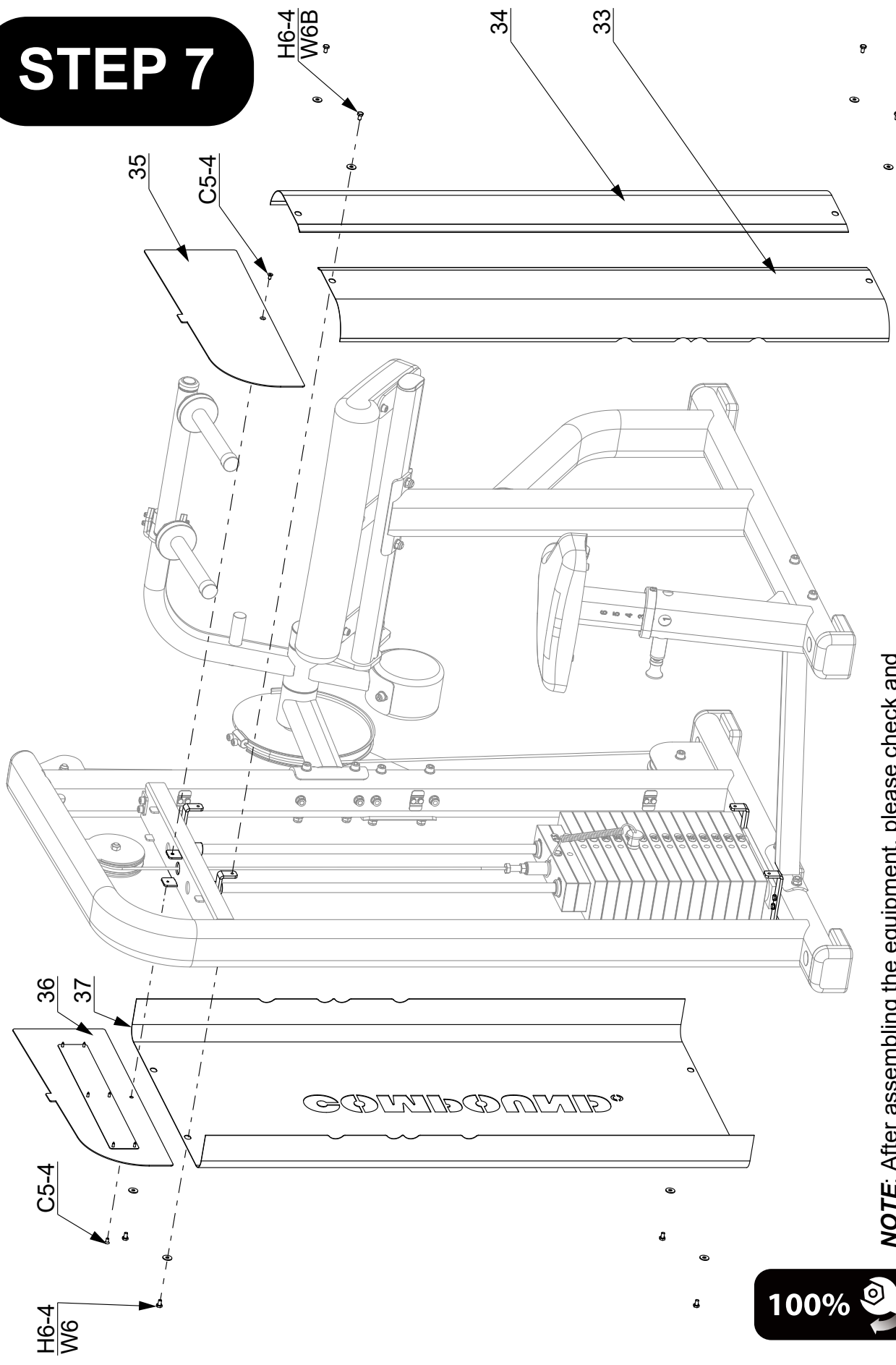
# STEP 6



50%



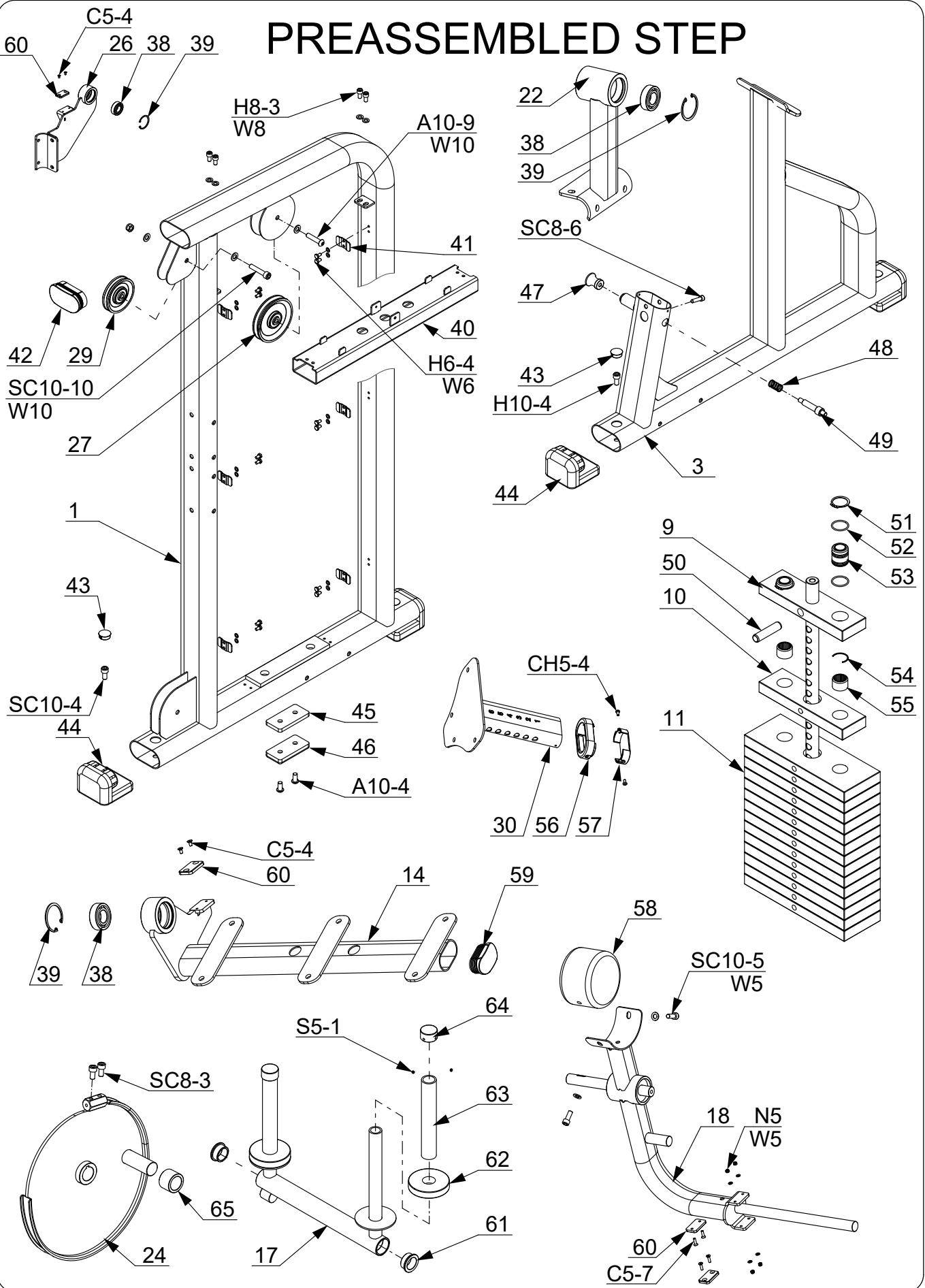
# STEP 7



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



# PREASSEMBLED STEP



# PARTS LIST

PART	DESCRIPTION	QTY
1	Weight Stack Frame	1
2	Connection Tube	1
3	Seat Frame	1
4	U Plate	4
5	Rod Retainer	2
6	Retaining Ring D25	2
7	Guide Rod	2
8	Weight Pin	1
9	Top Weight Plate	1
10	Weight Plate 2.5Kg	1
11	Weight Plate 5Kg	14
12	Buffer Ring	2
13	Weight Label	1
14	Elbow Support Frame	1
15	Tube Cap D70	2
16	Retaining Ring - ID25 sm	1
17	Handle	1
18	Swinging Arm	1
19	Bob Weight	1
20	Spacer L16.5	2
21	Flate Key	1
22	Support Arm 1	1
23	Spacer L63.25	1
24	Cam	1
25	Spacer L 10	1
26	Support Arm 2	1
27	Pulley D114	2
28	Cable	1
29	Pulley D89	1
30	Seat	1
31	Pad	1
32	Elbow Pad	1
33	Shiled 1	1
34	Shiled 2	1
35	Front Upper Shiled	1
36	Back Upper Shiled	1
37	Back Lower Shiled	1
38	Bearing 6205	3
39	Retaining Ring D52	3
40	Upper Lateral Tube	1
41	Clamp Plate	6
42	Tube Cap 50×100	1
43	Hole Cap D25	4
44	L Rubber Foot	4
45	Plate 8×50×100	1
46	Rectangle Pad	1
47	Knob	1

PART	DESCRIPTION	QTY
48	Spring	1
49	Pull Pin	1
50	Elastic Pin	1
51	Retaining Ring D32	2
52	Rubber Ring D32	4
53	Aluminium Bushing	2
54	C Ring	2
55	Weight Plate Bushing	30
56	Outer Bushing FE	1
57	Inner Bushing FE	1
58	Bob Weight	1
59	FE Tube Cap	1
60	Plastic Pad	4
61	Bushing ID25	2
62	Round Pad	2
63	Hand Grip	2
64	Handle Cap	2
65	Plastic Sleeve	1
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	6
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