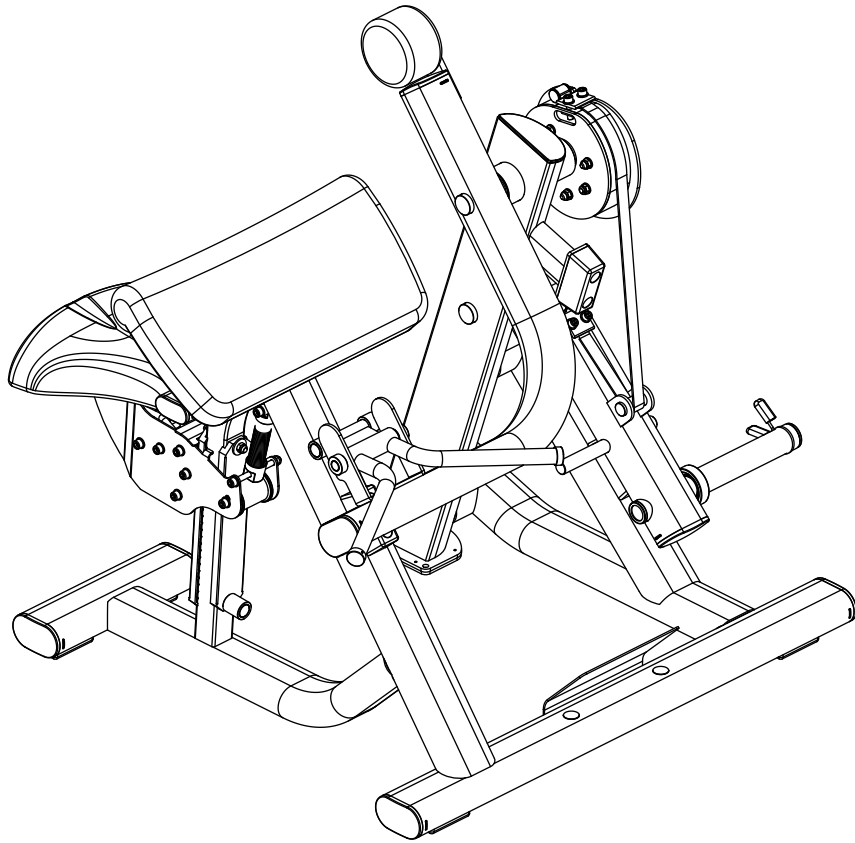


# OWNER'S MANUAL

PL-3102

## BICEPS CURL



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

# CONTENTS

02 General warnings and maintenance advice

03-06 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

07 Part List

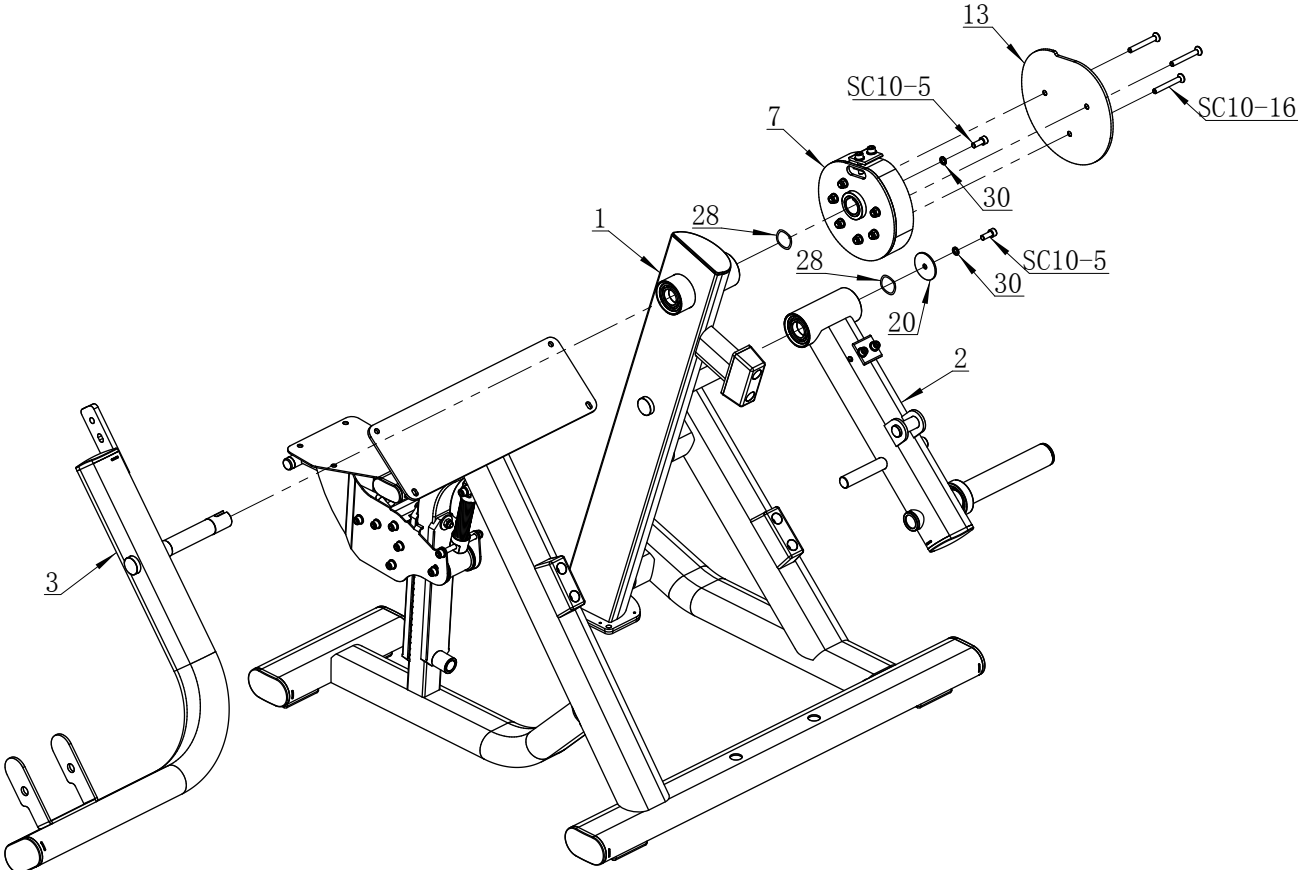
# ***Assembly Instructions***

## **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:

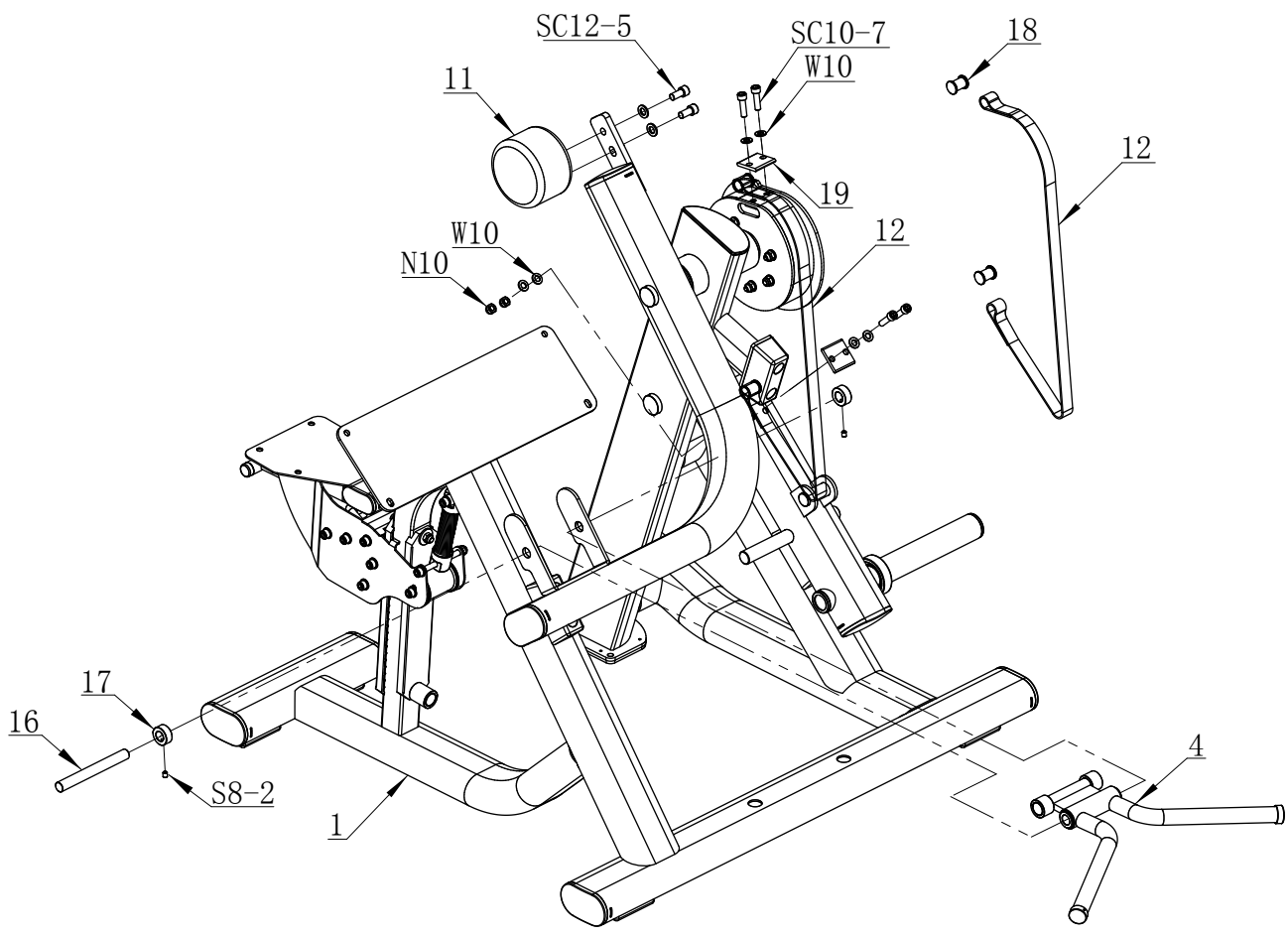
1. Keep children and pets away from the equipment at all times. Do not leave children unattended in the same room with the equipment.
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms STOP the workout at once. 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



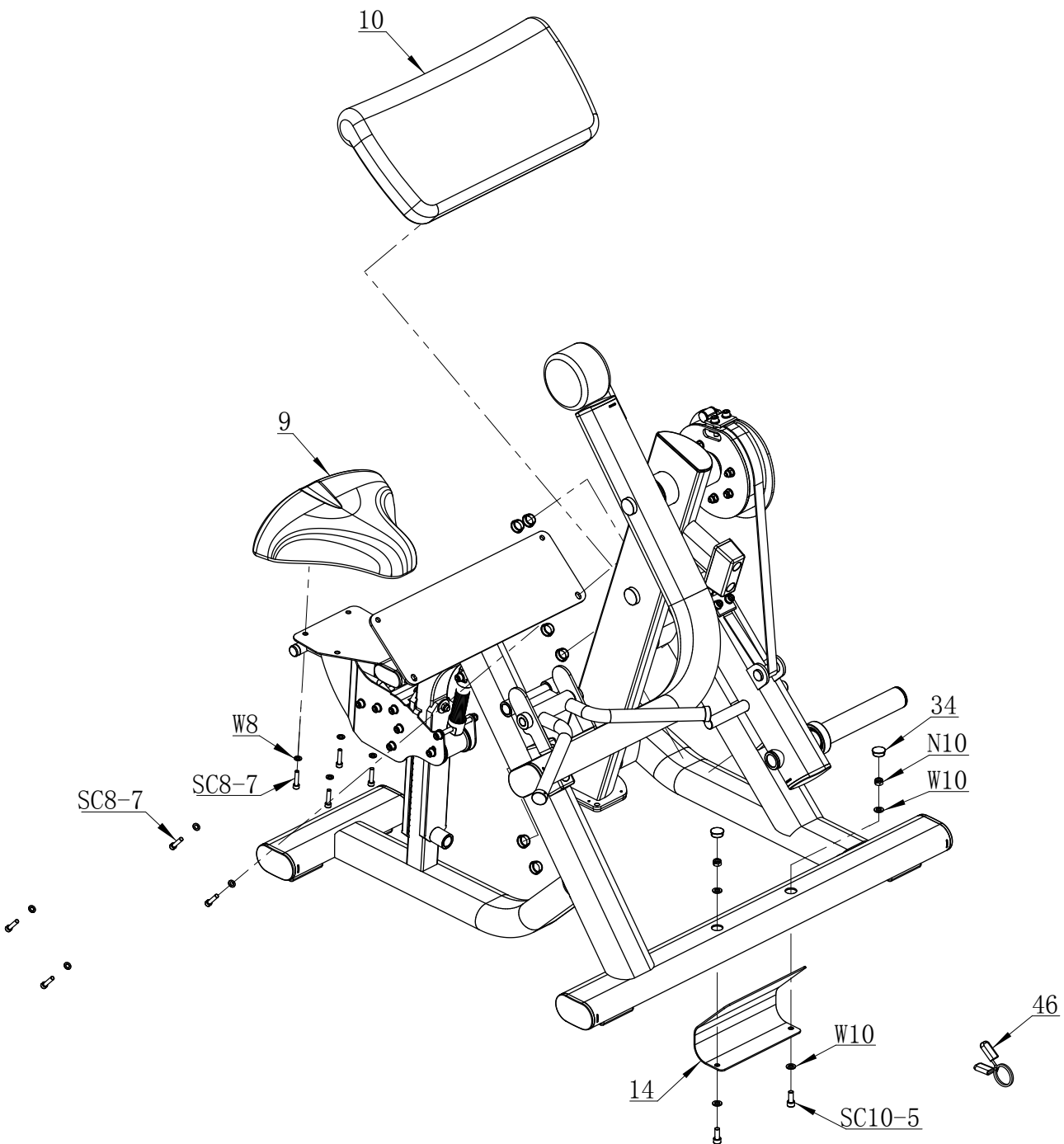
50% 

# STEP 2

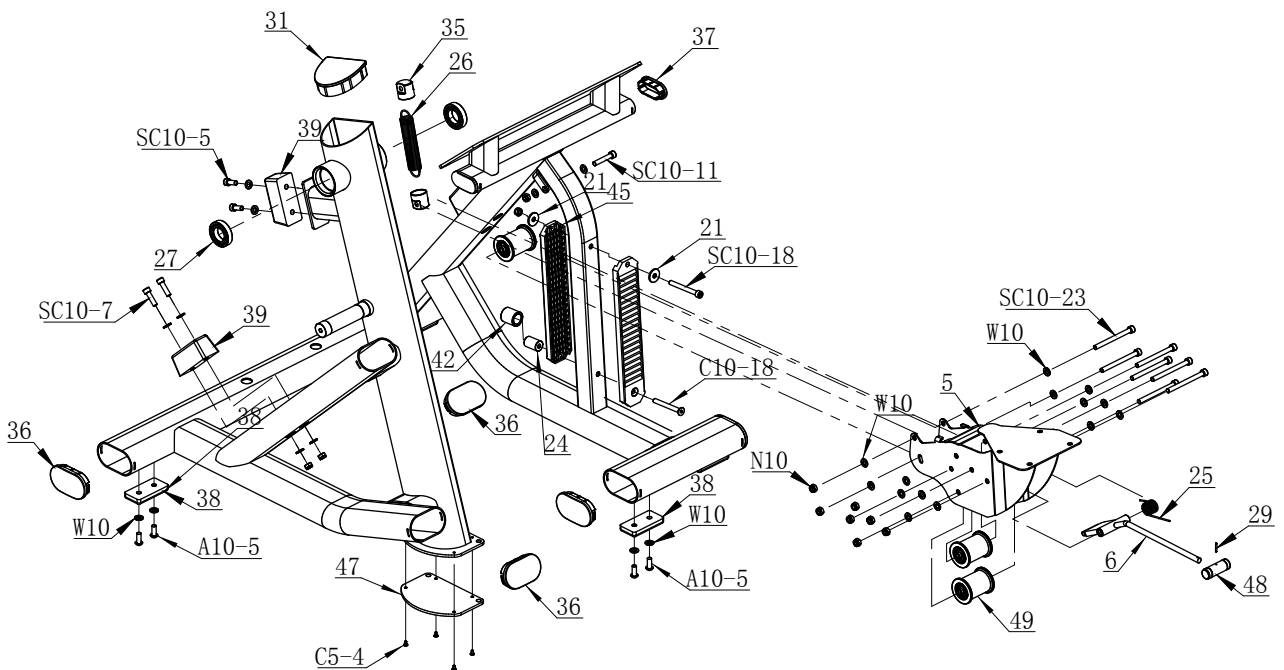
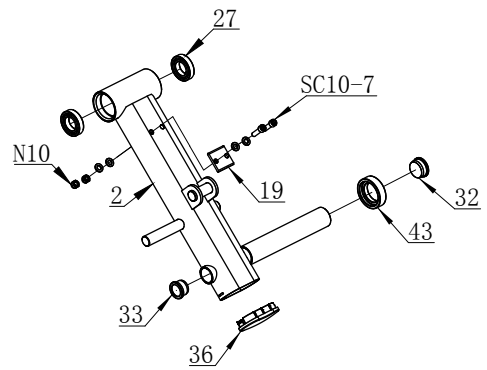
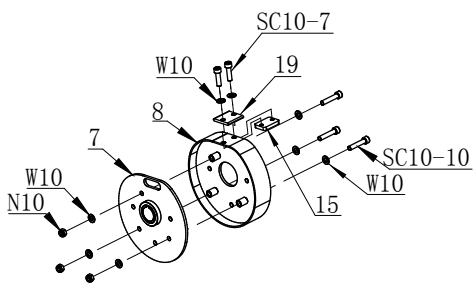
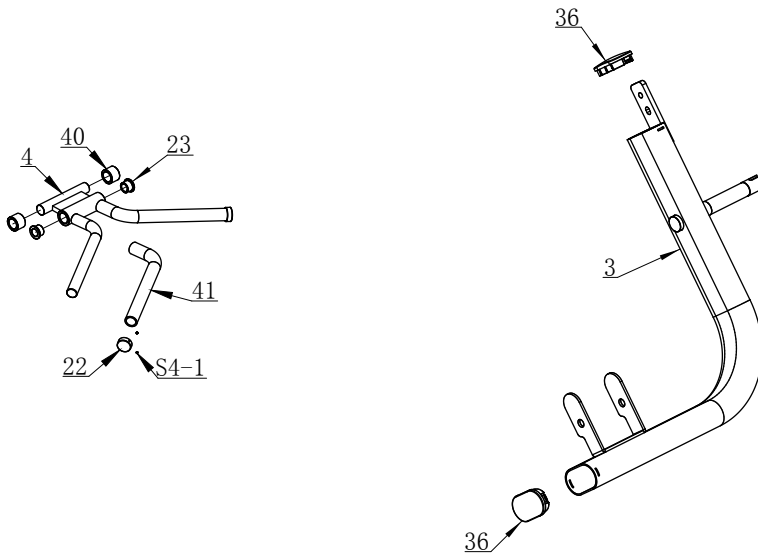


50% 

# STEP 3



# PREASSEMBLED STEP



## PARTS LIST

PART #	DESCRIPTION	QTY
1	Main Frame	1
2	Swing Tube 1	1
3	Swing Tube 2	1
4	Handle	1
5	Seat Support Frame	1
6	Seat ADJ Handle	1
7	Turning Plate 1	1
8	Turning Plate 2	1
9	Seat Pad	1
10	Chest Pad	1
11	Weight Stack	1
12	Cable	1
13	Round Plate	1
14	Poster Board	1
15	Fixed Plate 1	1
16	Shaft	1
17	Spacer	2
18	Shaft 2	2
19	Fixed Plate 2	2
20	D60 Washer	1
21	D32 Washer	2
22	D33 Ring	2
23	D32 Bushing	2
24	Limit Round Iron	1
25	Spring 1	1
26	Spring 2	1
27	Bearing 6700	4
28	D36 Washer	2
29	Spring Pin	1
30	Spring Washer D10	2
31	D Cap	1
32	D48 Cap	1
33	D42 Cap	1
34	D25 Cap	8
35	Spring Cover	2
36	PT Cap 65X114	9
37	PT Cap 40X80	2
38	Rubber Cover	4
39	Limit Pad	3
40	Plastic Pip	2
41	Grip	2
42	Crash pad	1
43	D48 Rubber Block	1
44	ADJ Plate 1	1
45	ADJ Plate 2	1
46	D48 Spring card	1
47	Foot Cover	1
48	ADJ Handle	1
49	Wheel	3

PART #	DESCRIPTION	QTY
S4-1	Socket Set Screw M4X3	4
S8-2	Socket Set Screw M8X10	2
C5-4	Cross Pan Head Screw M5X10	4
C10-18	Cross Pan Head Screw M10X90	1
A10-5	Allen Bolt M10X25	8
SC8-7	Socket Cap Screw M8X35	8
SC10-5	Socket Cap Screw M10X25	6
SC10-7	Socket Cap Screw M10X35	8
SC10-10	Socket Cap Screw M10X50	3
SC10-11	Socket Cap Screw M10X55	1
SC10-16	Socket Cap Screw M10X80	3
SC10-18	Socket Cap Screw M10X90	1
SC10-23	Socket Cap Screw M10X115	7
SC12-5	Socket Cap Screw M12X25	2
W8	Washer $\Phi$ 8	8
W10	Washer $\Phi$ 10	53
W12	Washer $\Phi$ 12	2
N10	Nut M10	23