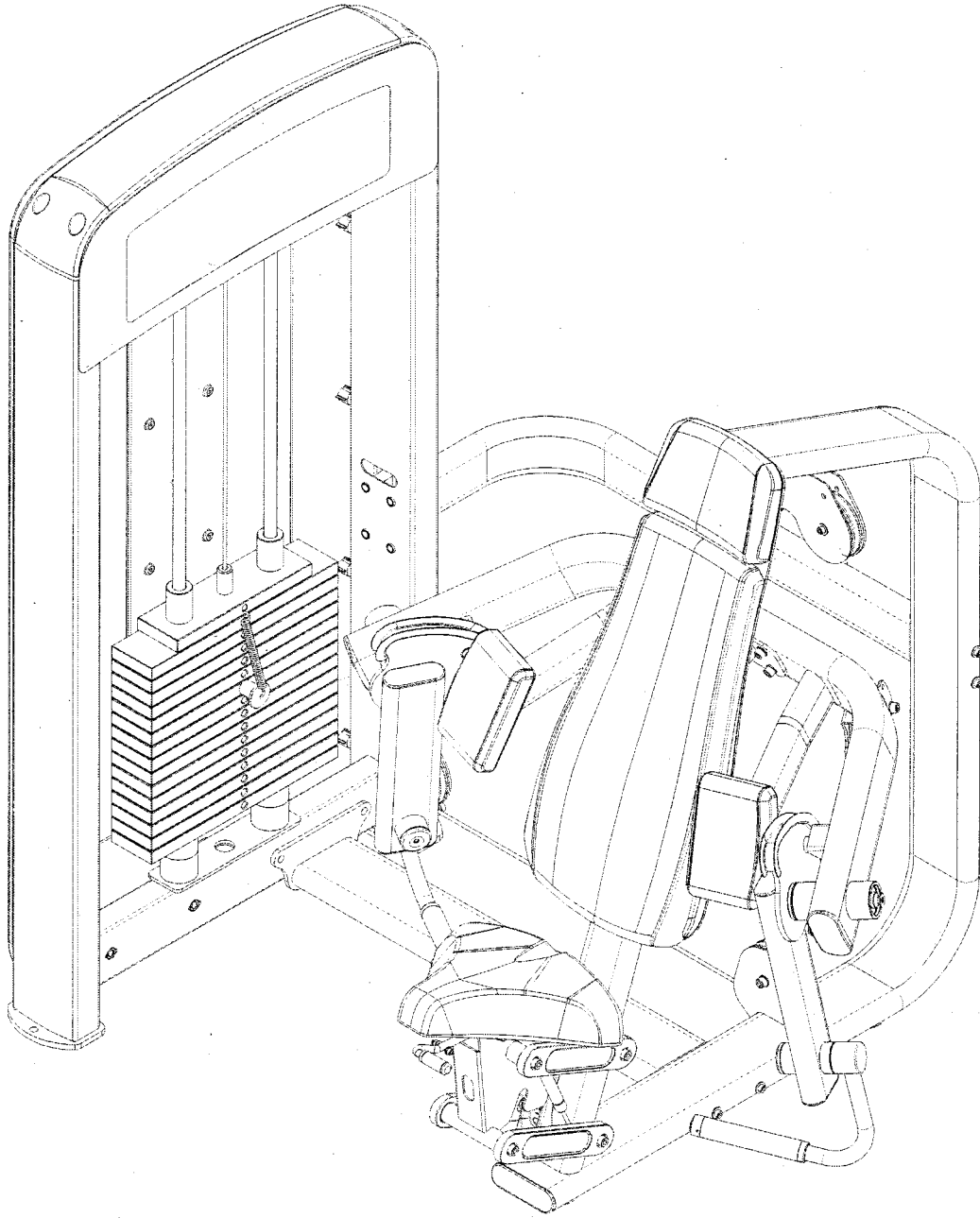


# Independent Biceps Curl



**MDE-12A Independent Biceps Curl**

**User Manual**

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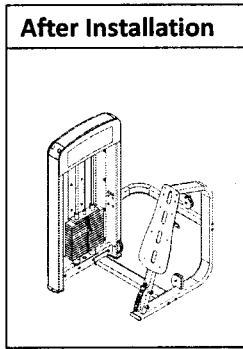
## 1 Safety

Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

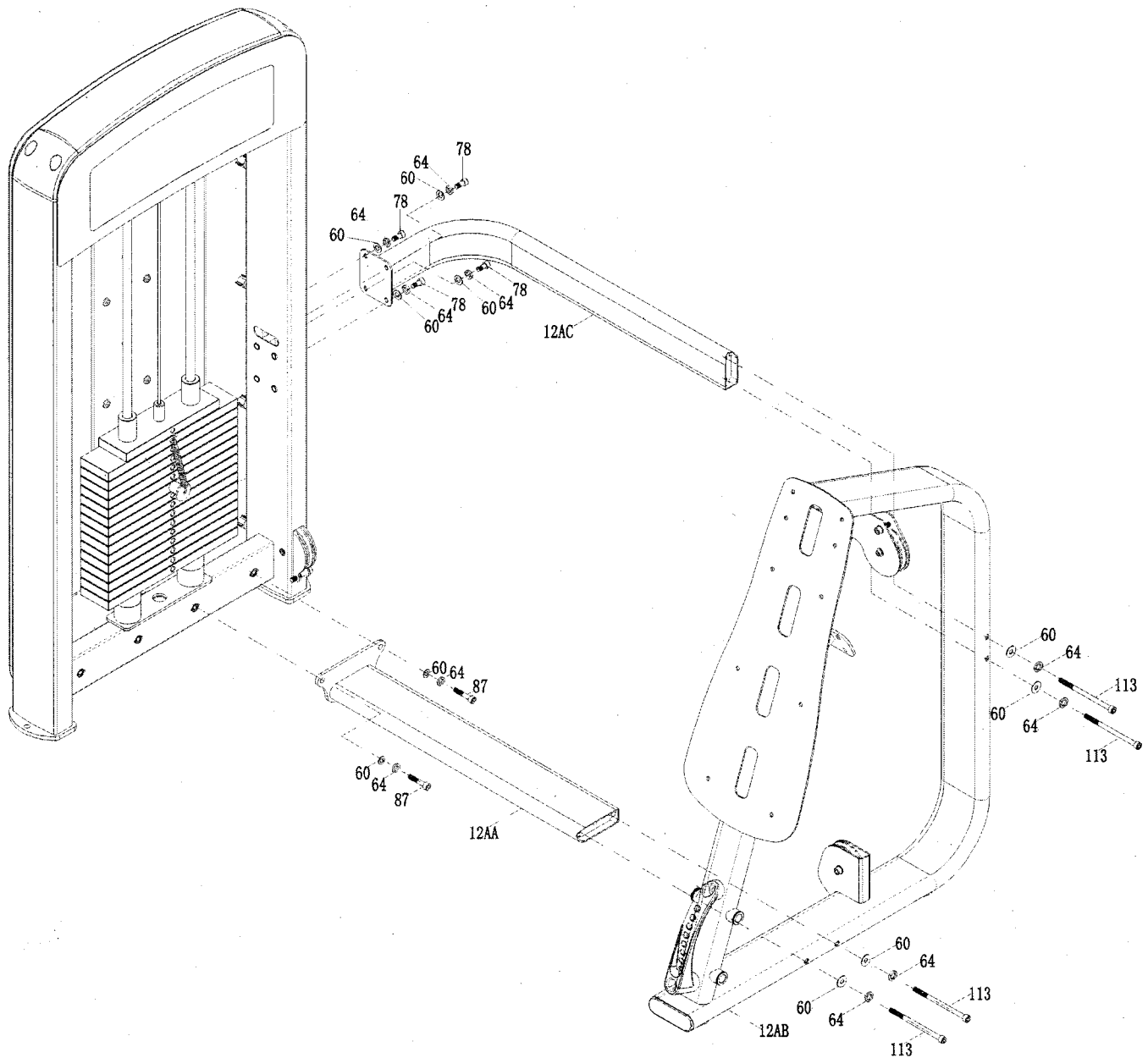
1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult' s guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

# 02/Installation chart & list

## 1) Step 1

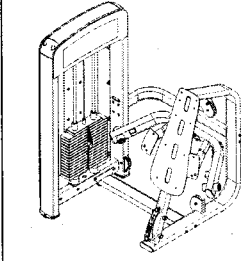


List for this step			
Model	Name	Spec	Qty
12AA	The connecting pipe group		1
12AB	Lower connect tube set		1
12AC	Upper connection group		1
60	Flat spacer	φ 10	10
64	Spring spacer	φ 10	10
78	Hexagon socket cap screws	M10*25	4
87	Hexagon socket cap screws	M10*45	2
113	Hexagon socket cap screws	M10*160	4



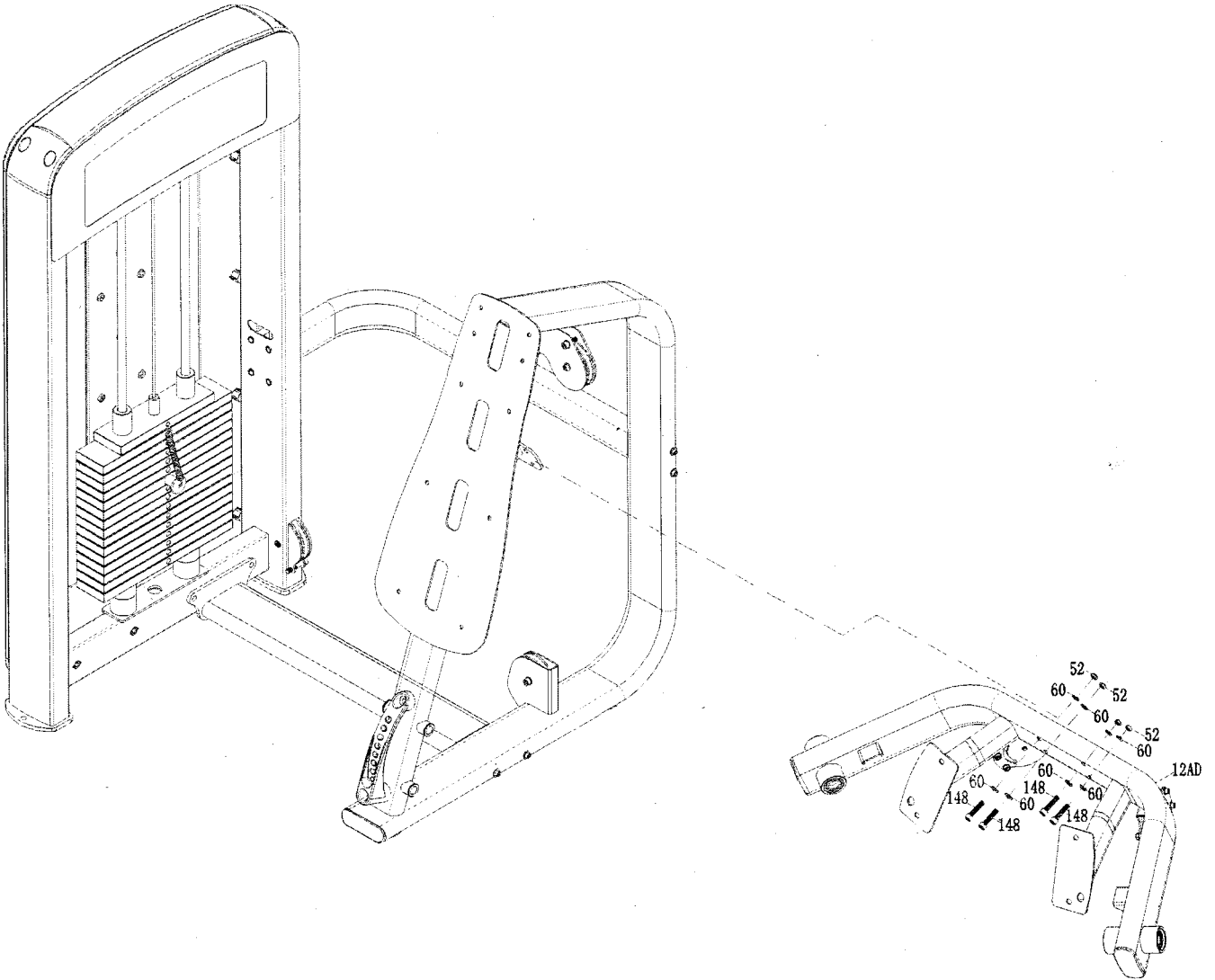
## Step 2

### After Installation

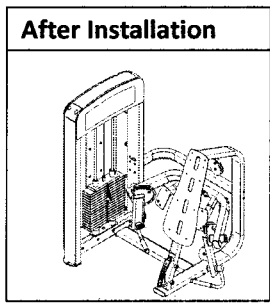


### List for this step

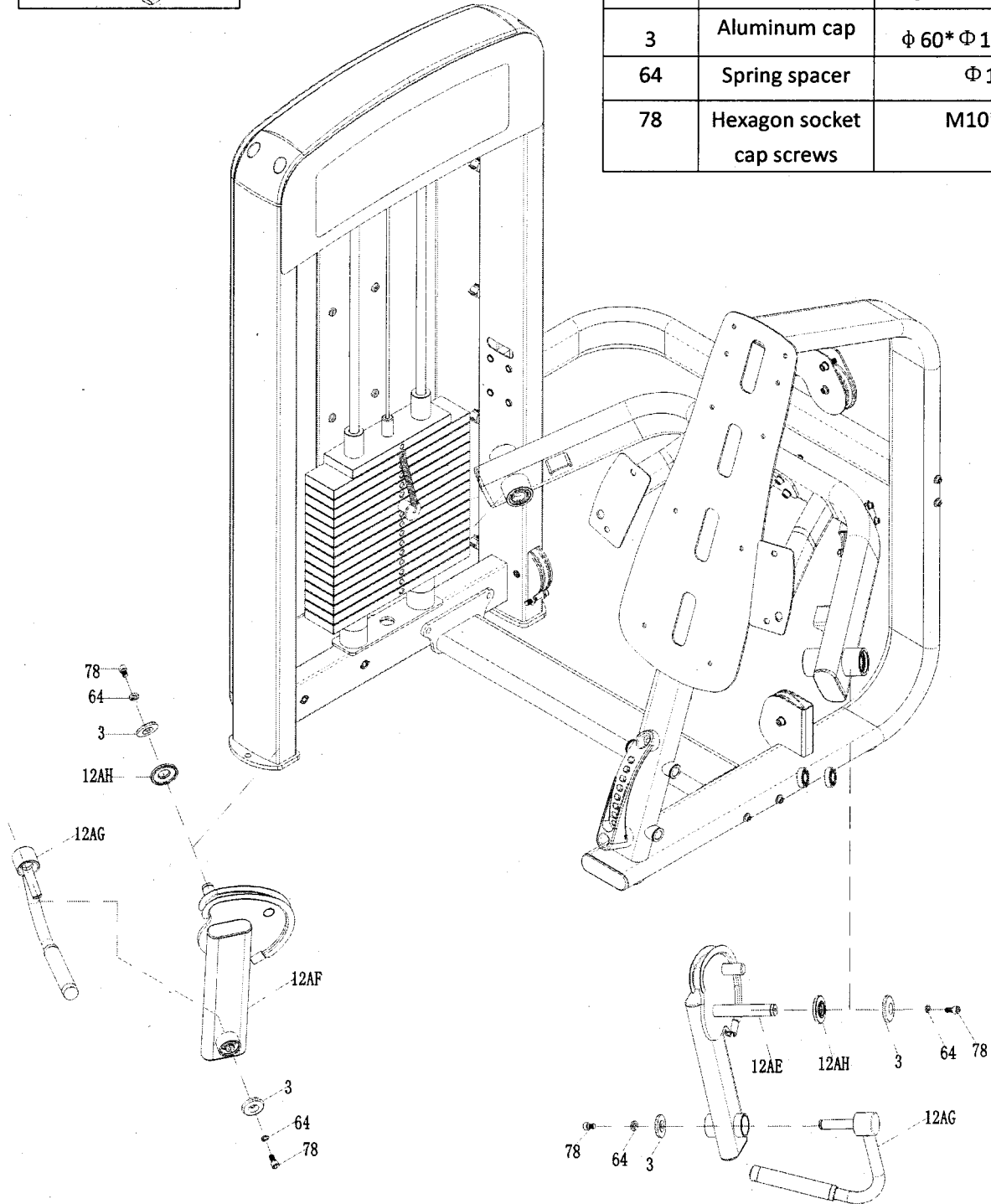
Model	Name	Spec	Qty
12AD	Main frame		1
52	Locknut	M10	4
60	Flat spacer	Φ 10	8
148	Hexagon socket cap screws	M10*75	4



3) Step 3

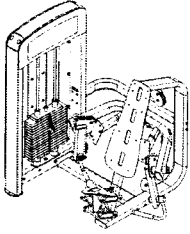


List for this step			
Model	Name	Spec	Qty
12AE	drive frame(L)		1
12AF	drive frame (R)		1
12AG	Handrail group		2
12AH	Interval cover	$\phi 25.5 * \phi 60 * 10$	2
3	Aluminum cap	$\phi 60 * \phi 10.5 * 8.84$	4
64	Spring spacer	$\Phi 10$	4
78	Hexagon socket cap screws	M10*25	4

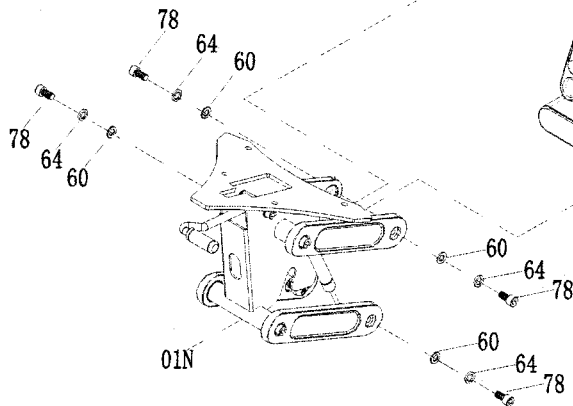
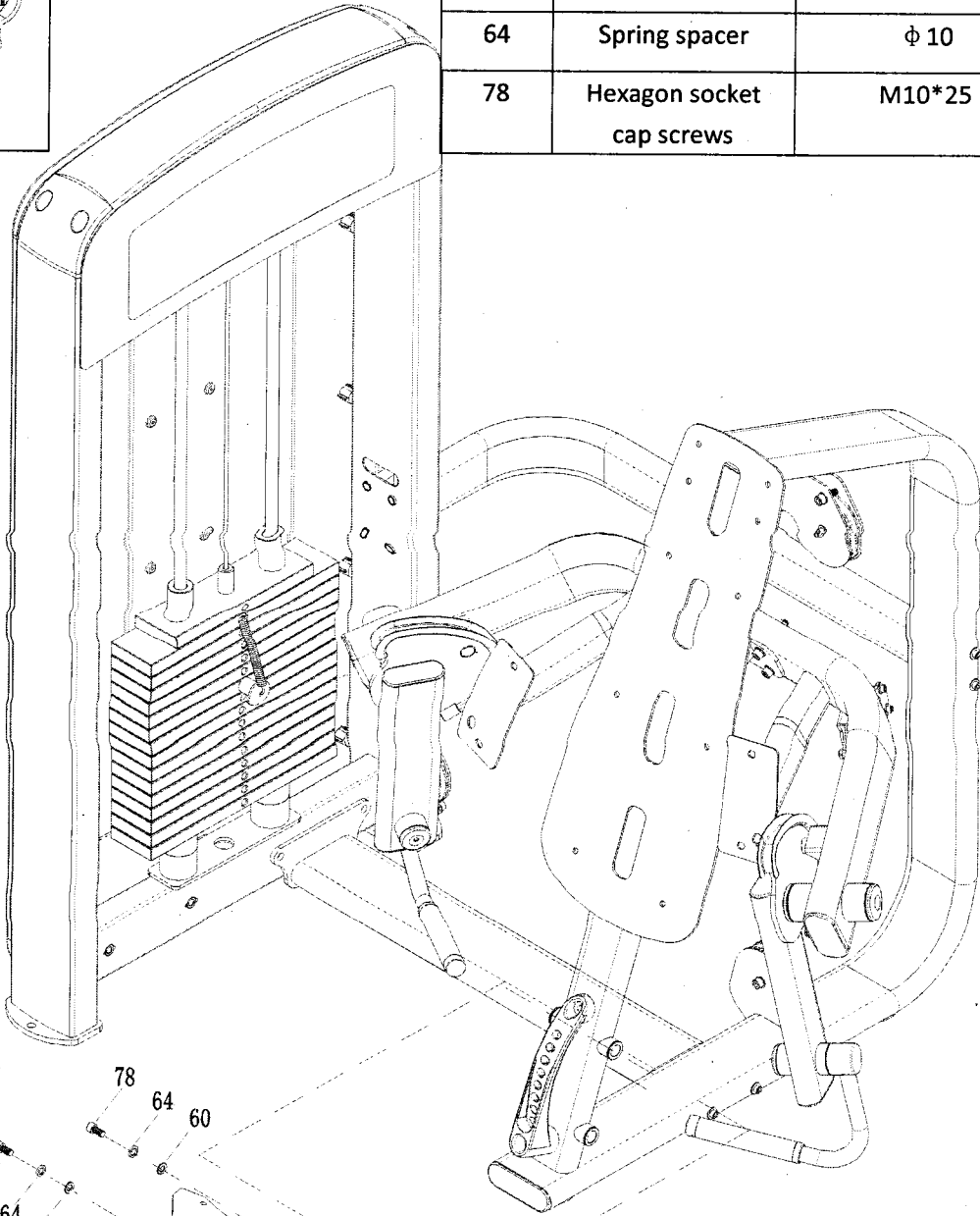


**Step 4**

**After Installation**

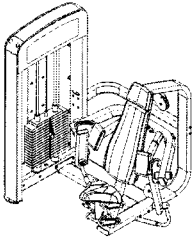


List for this step			
Model	Name	Spec	Qty
01N	Fixed piece welding		1
60	Flat spacer	φ 10	4
64	Spring spacer	φ 10	4
78	Hexagon socket cap screws	M10*25	4



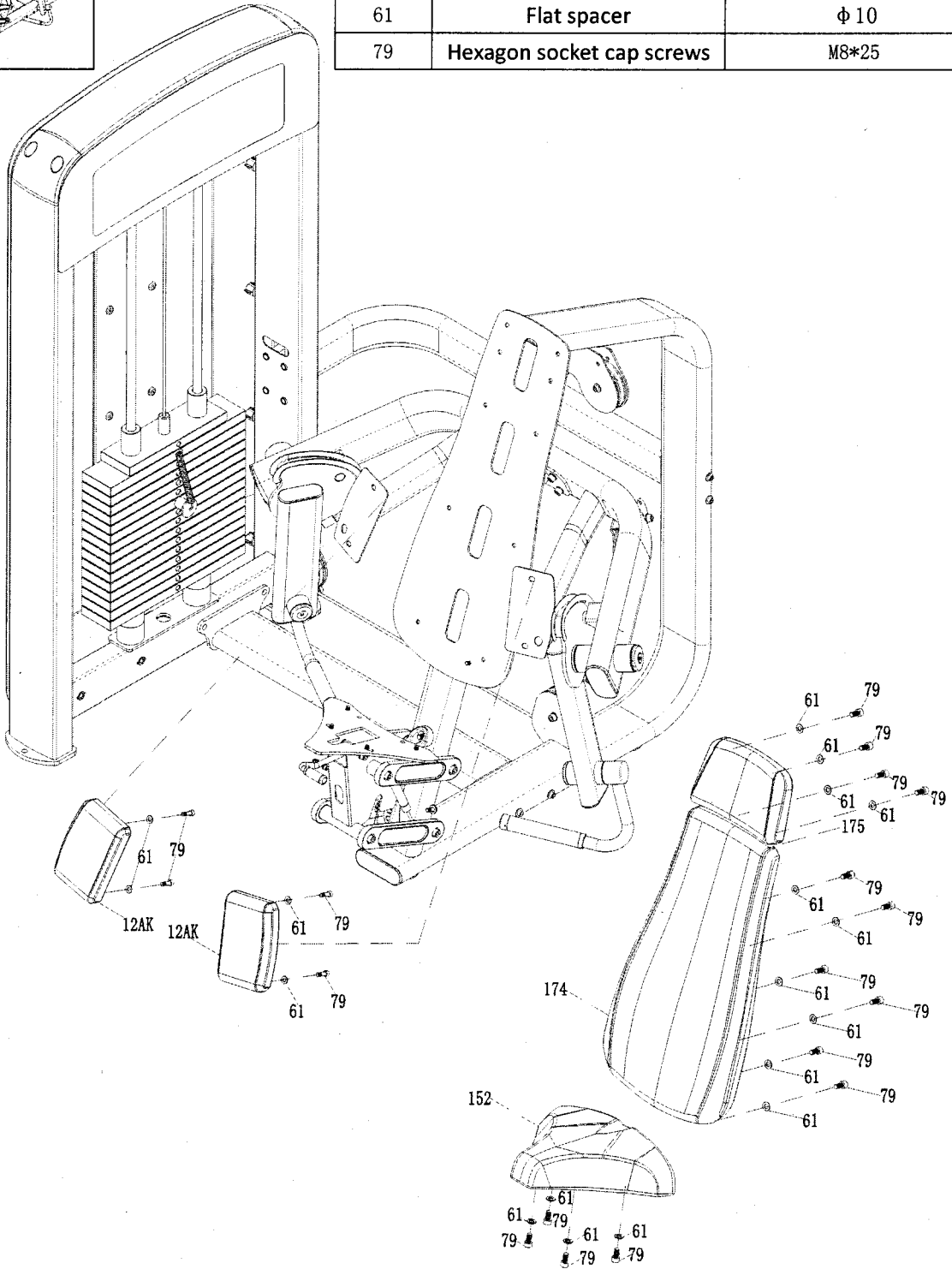
5) Step 5

After Installation



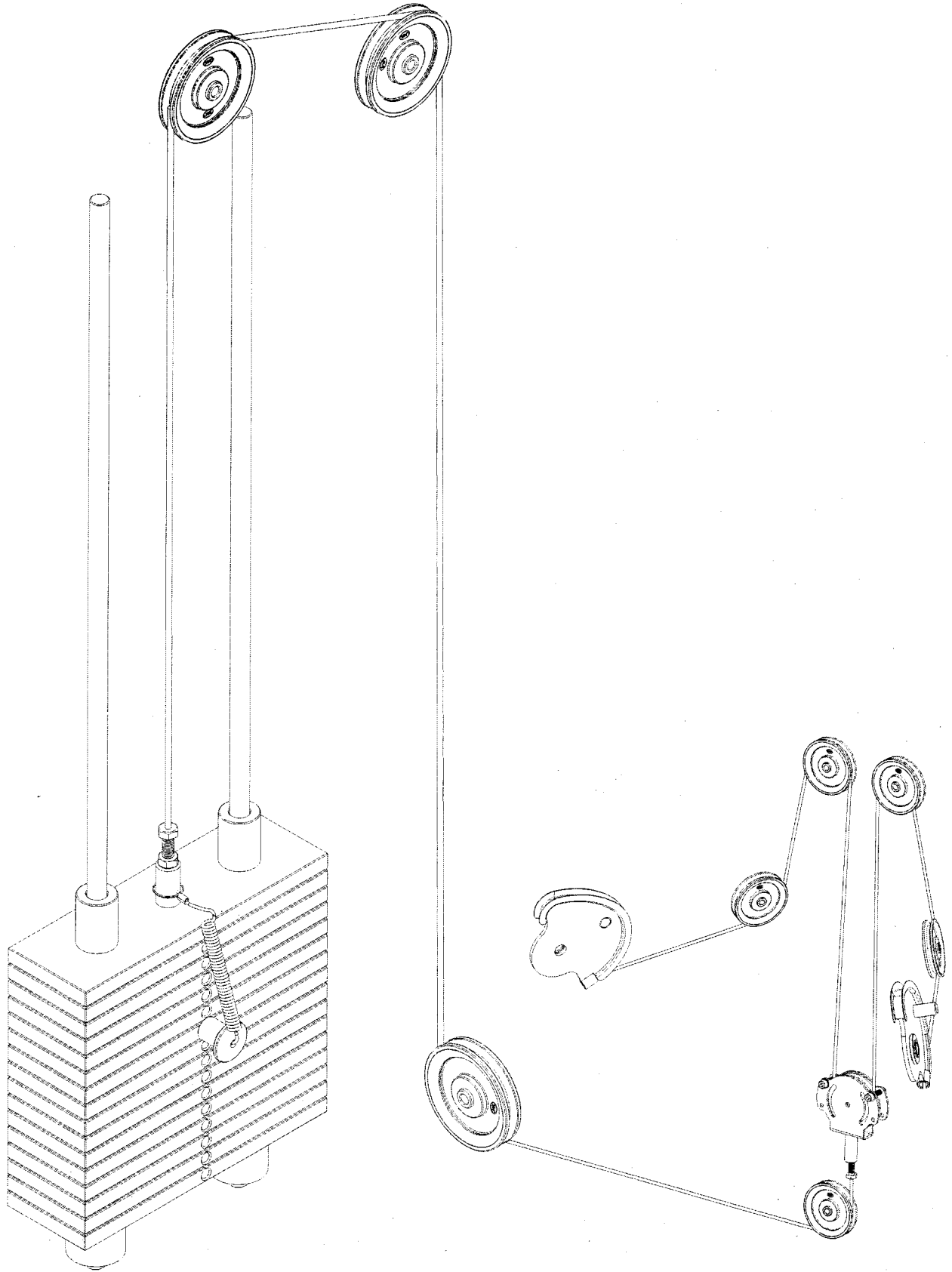
List for this step

Model	Name	Spec	Qty
12AK	cushion	200*140. 9*40	2
152	cushion	383. 48*324. 19*83. 57	1
174	cushion	674. 9*368. 6*63. 9	1
175	cushion	257. 5*172. 4*57. 4	1
61	Flat spacer	φ 10	18
79	Hexagon socket cap screws	M8*25	18





Step 6  
Pulley assembly chart:



### 03/Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others.

You can choose the stack weight in order to get the weights or resistance you need.

You can read the placards in order to use the equipment properly.

The equipment is designed and produced according to human engineering, which can assure the safety and durability.

The equipment is designed and produced according to human engineering, strictly under GB17498.1-2008 GB17498.2-2008 standard.

The equipment is made of steel and of powder coating process, which assure the safety and durability

### 04/Product specification

Name	Independent Biceps Curl	Model	MDE-12A
Assembly area	1330*1600*1625	Weight stack	150 pounds
NW	KG	Grade	S
Category: type S ; professional/commercial use type H; home use			

### 05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent.

If weighted spare parts abrasion or broken, please change it at once.

### 06/Troubleshooting guides

### 07/Warranty

1. Warranty scope

It adopts to the situation that users use the equipment properly. Non-negotiable.

2. Warranty 1 year starts from the equipment leaving our factory

The followings are inapplicable for the warranty

- (1) Misuse the equipment, accidents or modify without notification
- (2) Breakdown of those who improperly adjust the weight stack pin.
- (3) Breakdown of those who improperly maintain.

Breakdown of other improper operations.