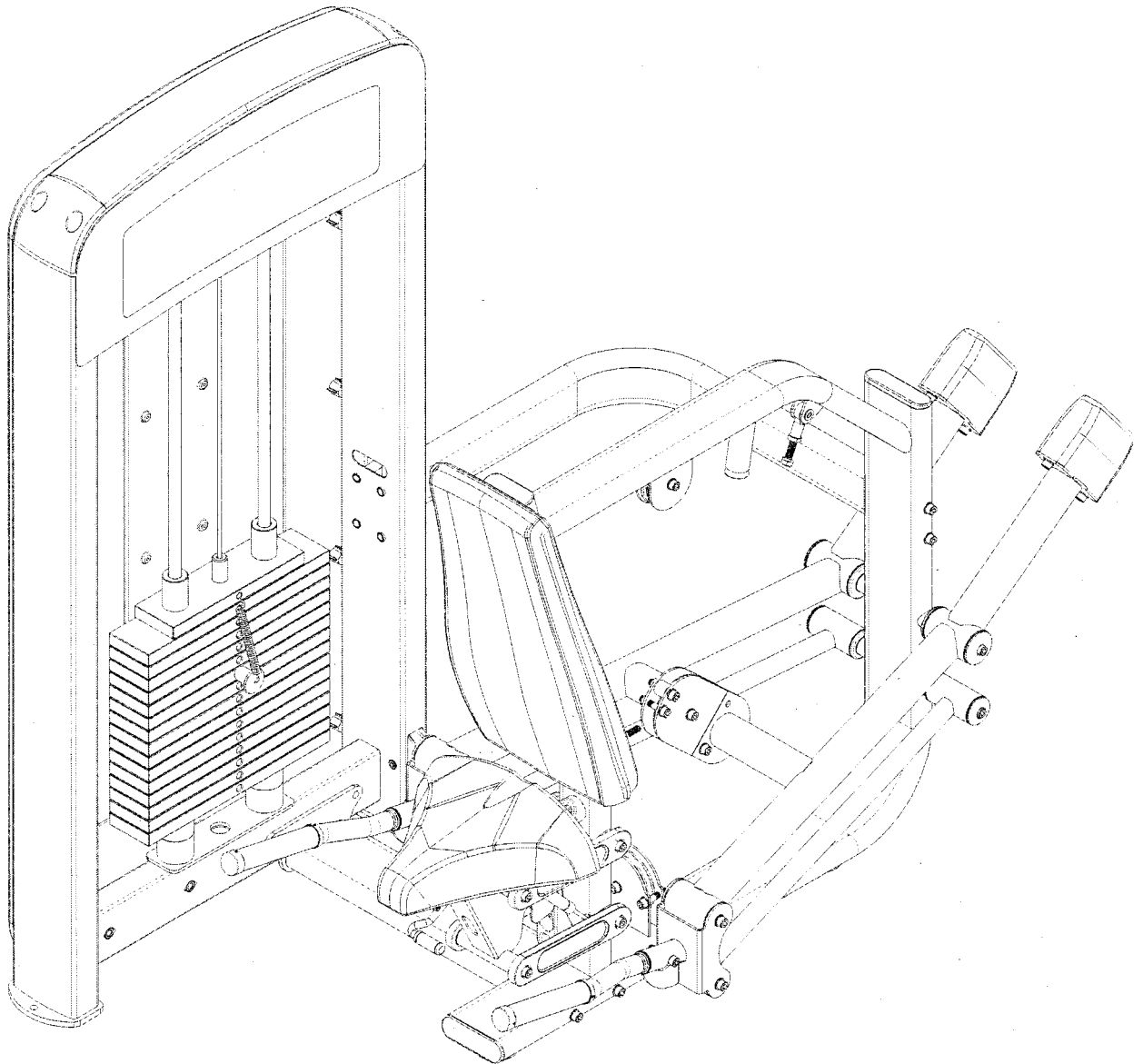


Triceps Press



MDE-06 Triceps Press

User Manual

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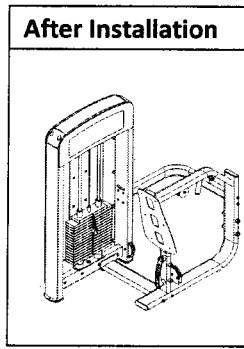
1/ Safety

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:

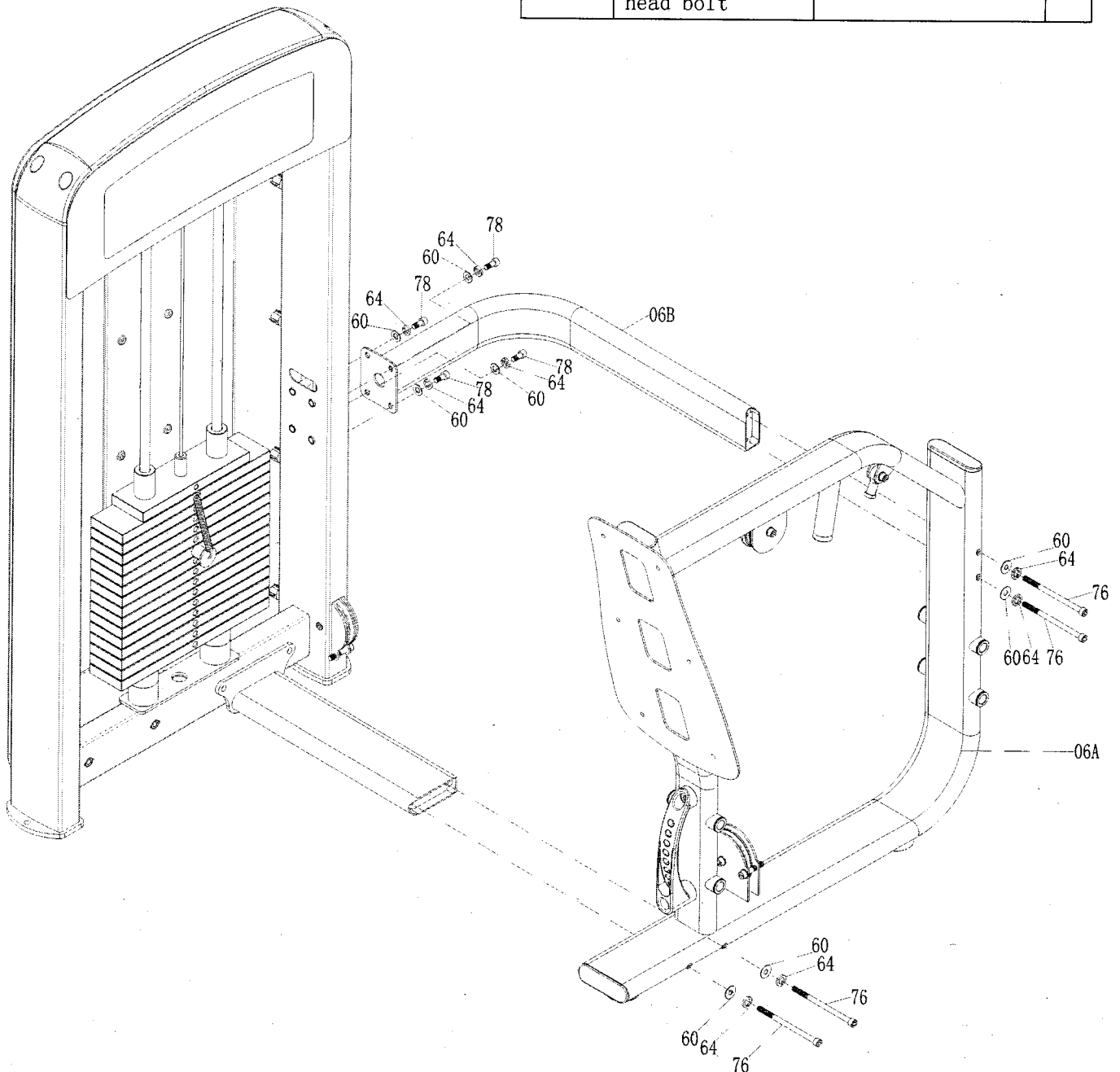
1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, 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

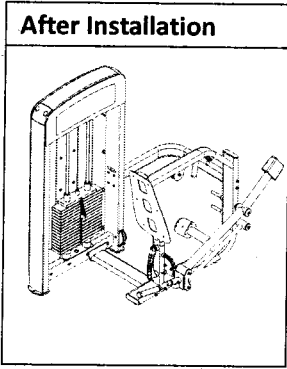


List for this step			
Model	Name	Spec	Qty
06A	Body frame fixed set		1
06B	Top connecting tube set		1
60	Flat gasket	φ10	8
64	Spring gasket	φ10	8
76	Hex cylinder head bolt	M10*160	4
78	Hex cylinder head bolt	M10*25	8



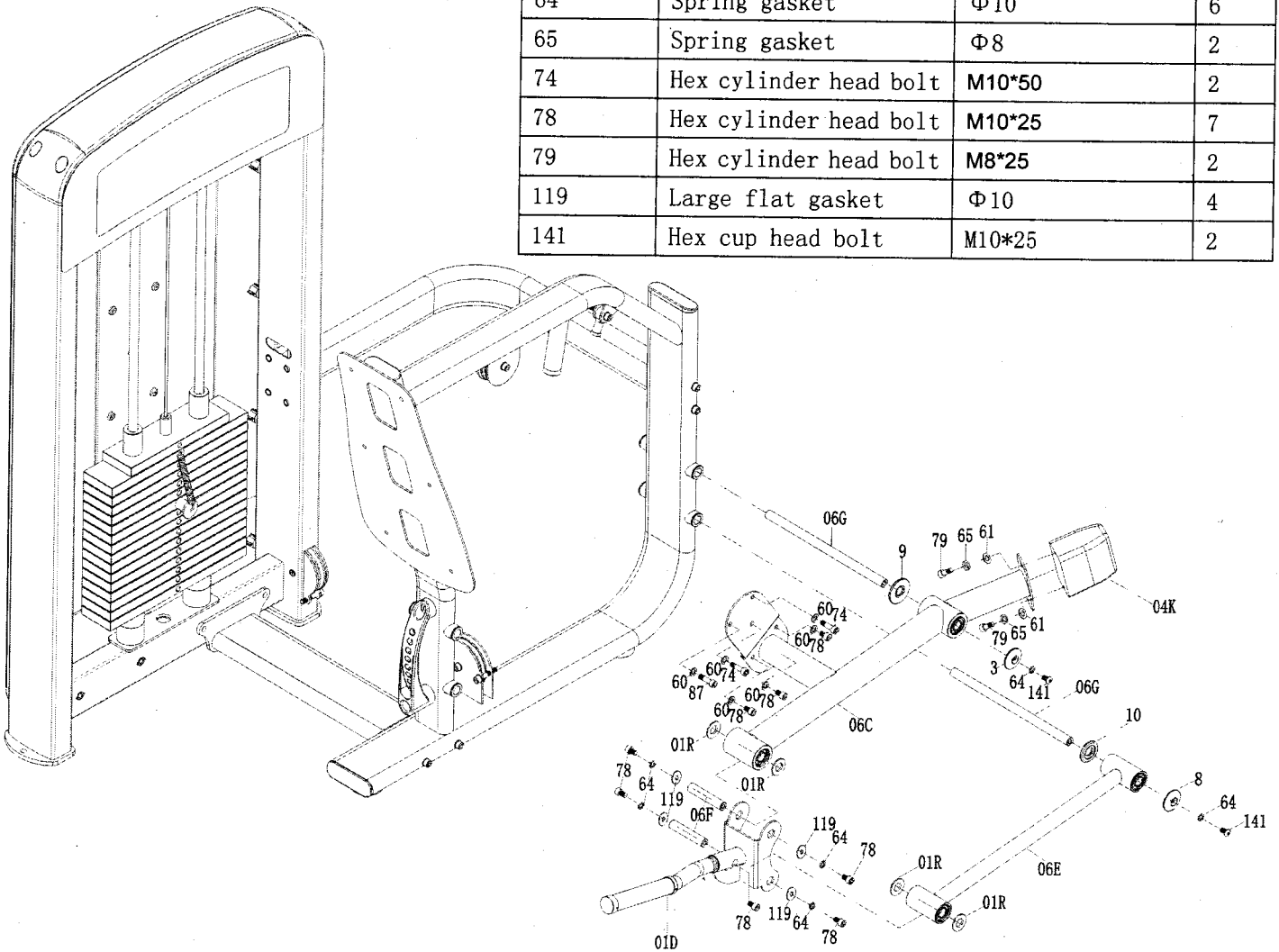
Step 2

After Installation

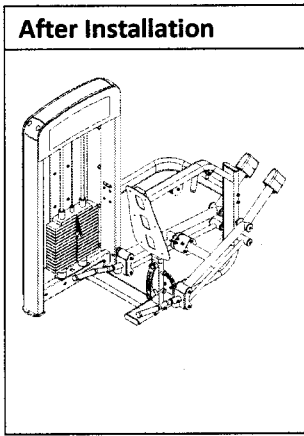


List for this step

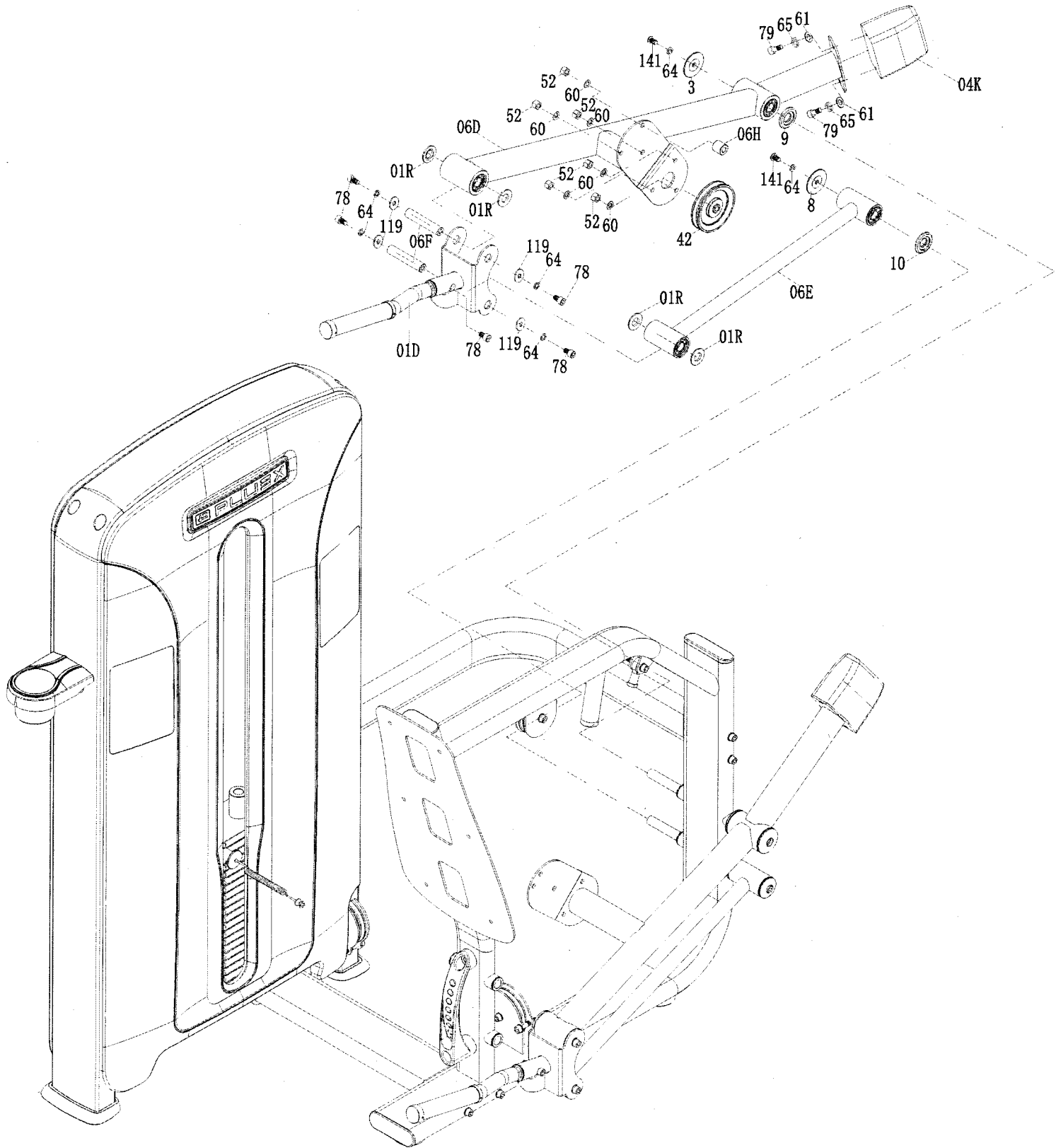
Model	Name	Spec	Qty
06C	Left driving frame set		1
06E	Flexible tube set		1
06F	Axis of rotation	$\phi 20 \times 101.5 \times M10$	2
01D	Handrail tube set		1
01R	Interval cover	$\phi 20.5 \times \phi 26 \times 40 \times t4$	4
04K	Clump weight	$120 \times 142 \times 60 \times 2 - M8$	1
3	Aluminum cover	$\phi 60 \times \phi 10.5 \times 8.84$	1
8	Aluminum cover	$\phi 50 \times \phi 10.51 \times 9.25$	1
9	Aluminum sleeve	$\phi 60 \times \phi 20.3 \times 7$	1
10	Aluminum cover	$\phi 45 \times \phi 11 \times 10.5$	1
60	Flat gasket	$\Phi 10$	6
61	Flat gasket	$\Phi 8$	2
64	Spring gasket	$\Phi 10$	6
65	Spring gasket	$\Phi 8$	2
74	Hex cylinder head bolt	M10*50	2
78	Hex cylinder head bolt	M10*25	7
79	Hex cylinder head bolt	M8*25	2
119	Large flat gasket	$\Phi 10$	4
141	Hex cup head bolt	M10*25	2



3) Step 3

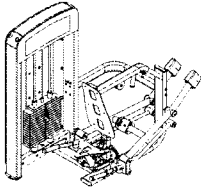


List for this step			
Model	Name	Spec	Qty
06D	Left driving frame set		1
06E	Flexible tube set		1
06F	Axis of rotation	$\phi 20 \times 101.5 \times M10$	2
01D	Handrail tube set		1
01R	Interval cover	$\phi 20.5 \times \phi 26 \times 40 \times t4$	4
04K	Clump weight	$120 \times 142 \times 60 \times 2 - M8$	1
06H	Interval cover	$\phi 25 \times 25$	1
3	Aluminum cover	$\phi 60 \times \phi 10.5 \times 8.84$	1
8	Aluminum cover	$\phi 50 \times \phi 10.51 \times 9.25$	1
9	Aluminum cover	$\phi 60 \times \phi 20.3 \times 7$	1
10	Aluminum cover	$\phi 45 \times \phi 11 \times 10.5$	1
42	115 pulley	$\phi 115.5 \times \phi 10.5 \times 25$	1
60	Flat gasket	$\Phi 10$	6
61	Flat gasket	$\Phi 8$	2
64	Spring gasket	$\Phi 10$	6
65	Spring gasket	$\Phi 8$	2
74	Hex cylinder head bolt	M10*50	2
78	Hex cylinder head bolt	M10*25	7
79	Hex cylinder head bolt	M8*25	2
119	Large flat gasket	$\Phi 10$	4
141	Hex cup head bolt	M10*25	2



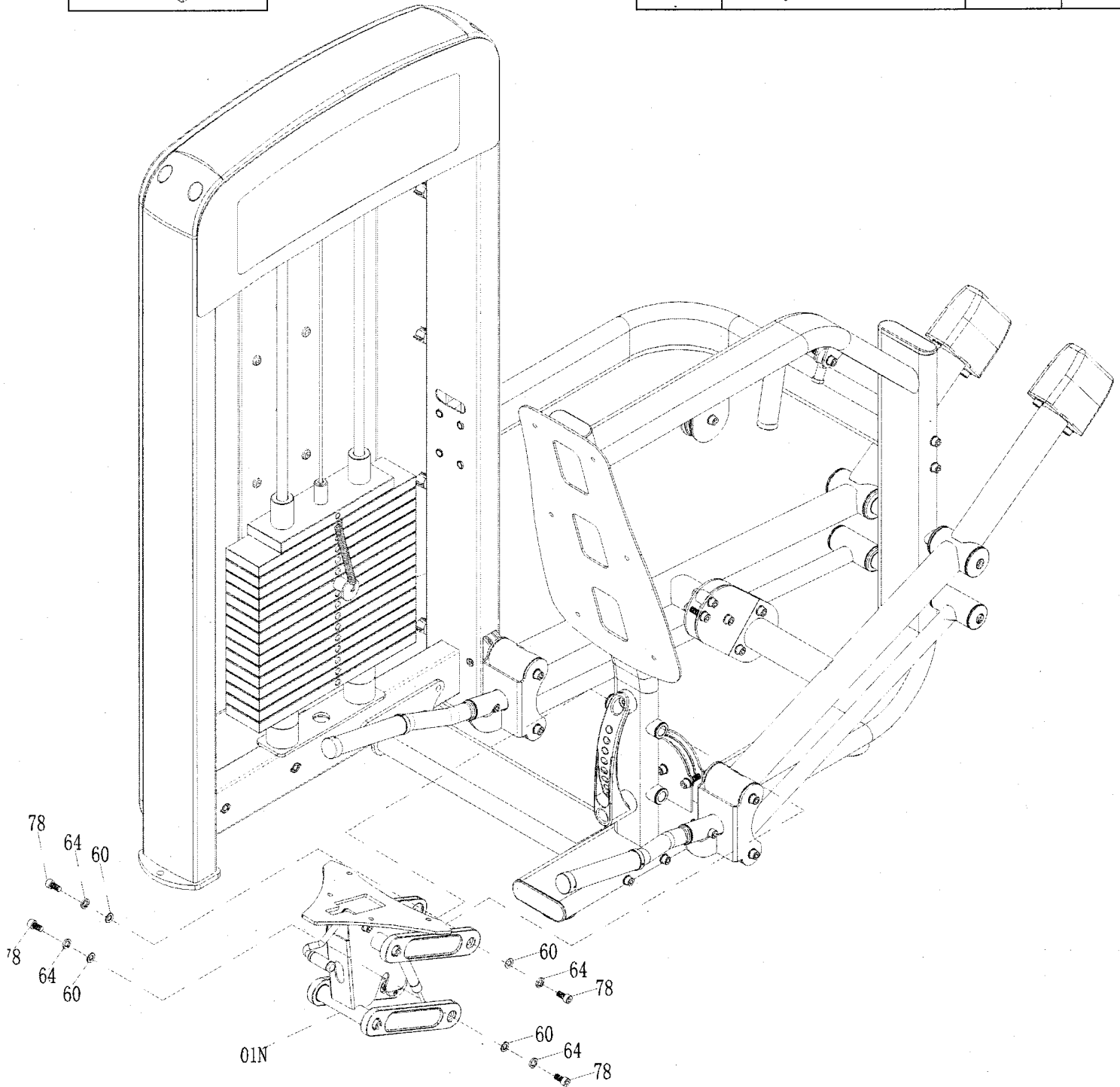
4) Step 4

After Installation



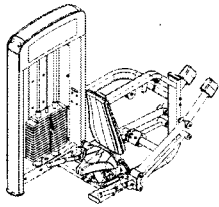
List for this step

Model	Name	Spec	Qty
01N	Cushion weld set		1
60	Flat gasket	Φ10	4
64	Spring gasket	Φ10	4
78	Hex cylinder head bolt	M10*25	4



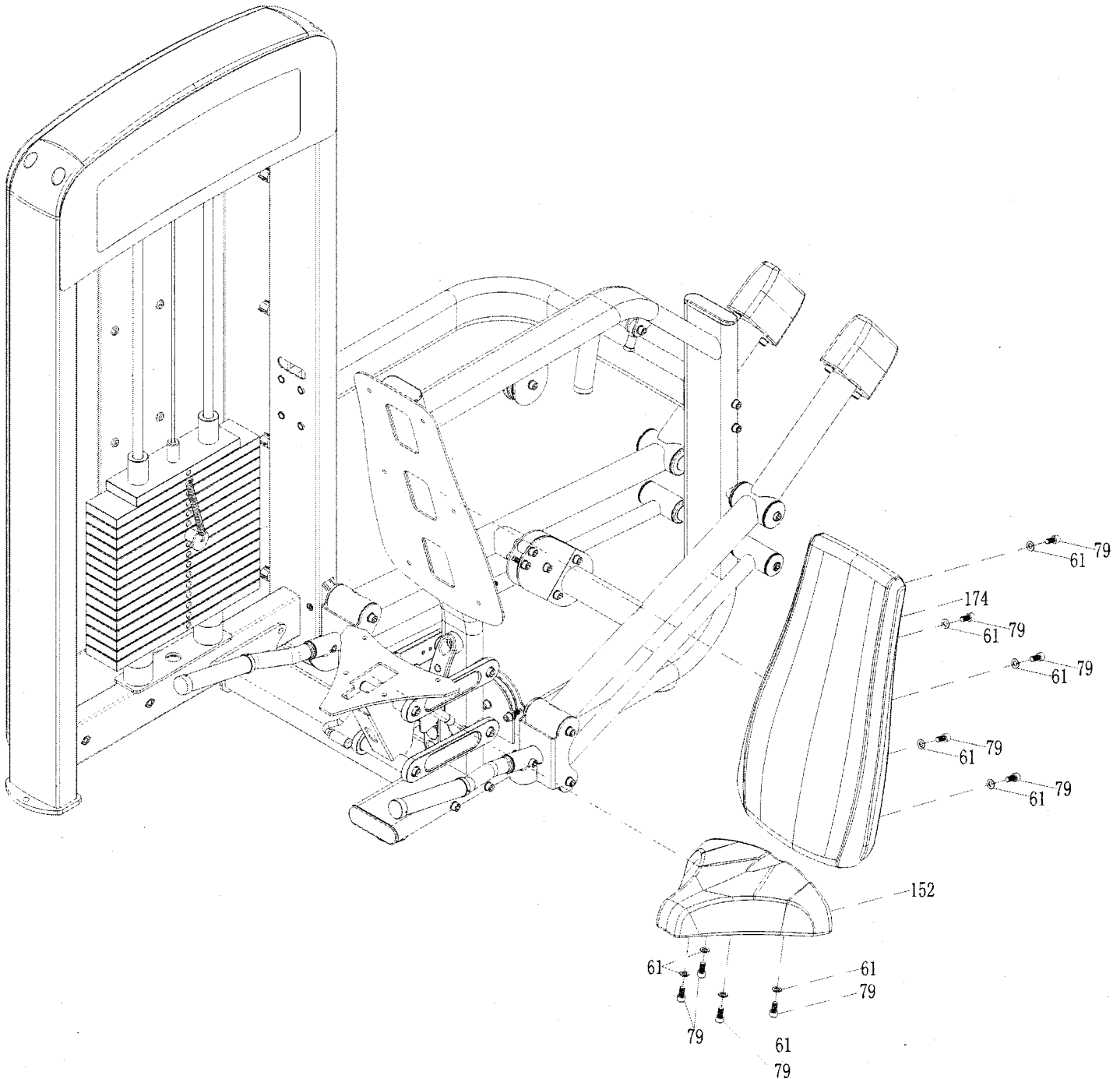
Step 5

After Installation



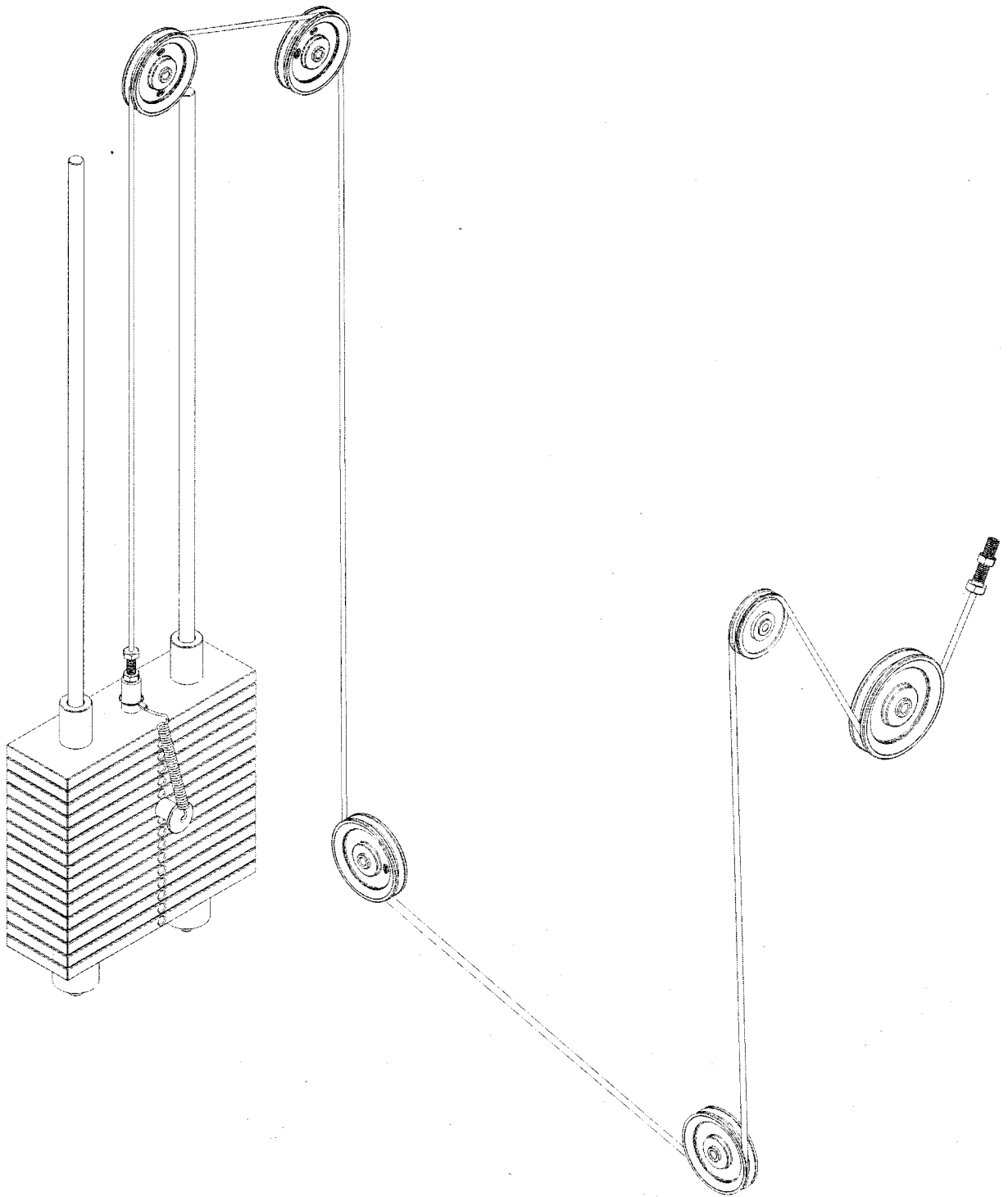
List for this step

Model	Name	Spec	Qty
61	Flat gasket	Φ 8	10
79	Hex cylinder head bolt	M8*25	10
152	Cushion	383.48*324.19*83.57	1
174	Back pad	674.9*368.6*63.9	1



6) Step 8

Pulley installation diagram:



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	Triceps press	Model	MDE-06
Assembly area	1980*1080*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.
3. 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.
- (4) Breakdown of other improper operations.