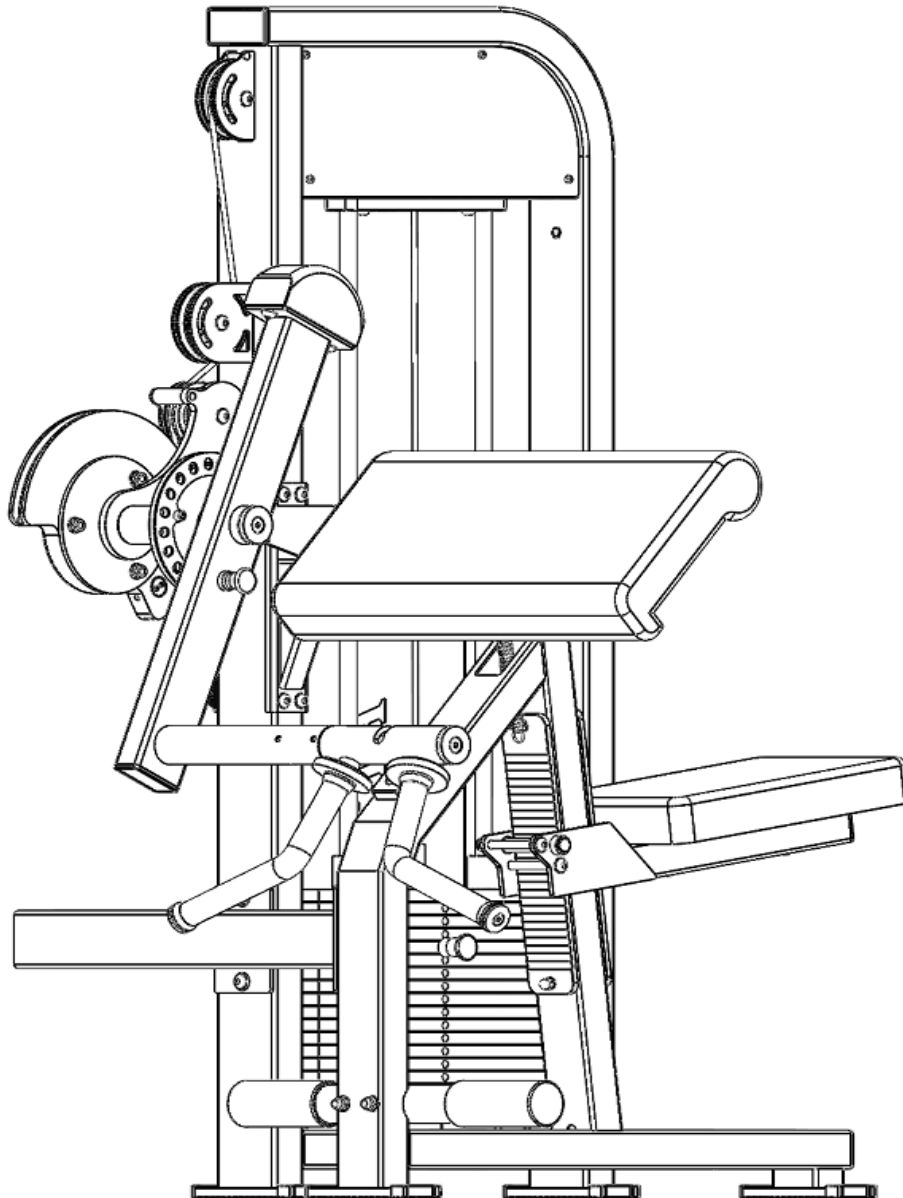


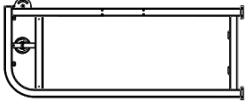
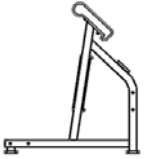

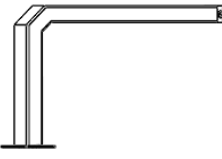

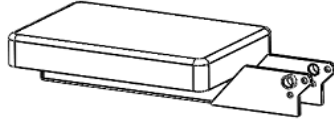

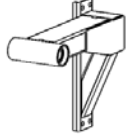

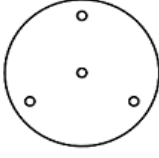
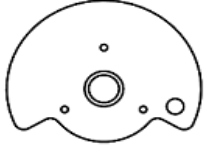
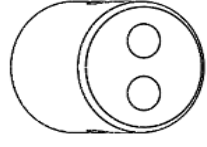
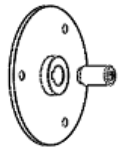
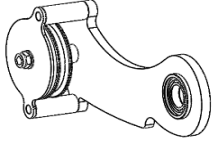
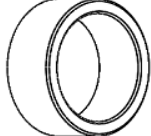

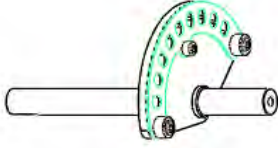

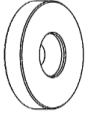

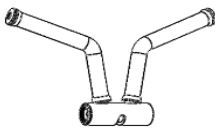



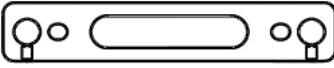
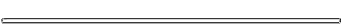
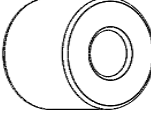


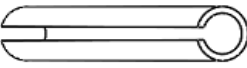
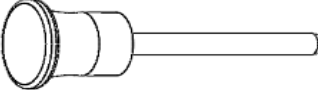


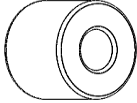

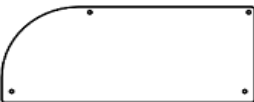


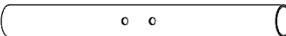


EXCEL BICEPS/TRICEPS COMBO (S-EX-BT)



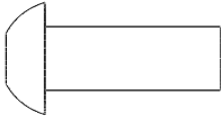
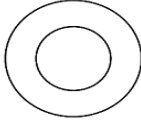
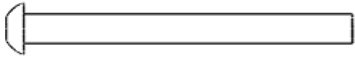

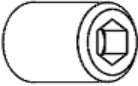
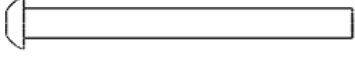
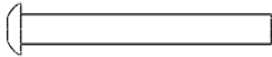
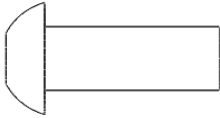
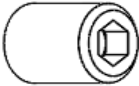
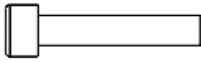
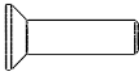
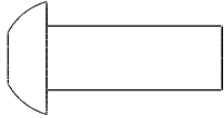
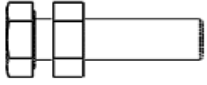
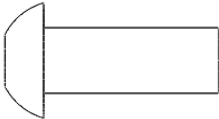
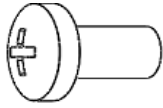
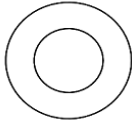
INSTALLATION MANUAL

Parts list (Individually packaged)

| | | | | | |
|---|------------------------------------|---|----------------------------------|---|---|
|  | |  | |  | |
| NO.1 | Small door assembly*1 pc | NO.2 | Main assembly*1 pc | NO.3 | Lower connection assembly*1 pc |
|  | |  | |  | |
| NO.4 | Upper connection assembly*1 pc | NO.5 | 0003 Assembly clamp shaft * 1 pc | NO.6 | Reverse seat set*1 pc |
|  | |  | |  | |
| NO.7 | 5005 extension spring * 1 pc | NO.8 | Bracket welding group*1 pc | NO.9 | Pair lock plate*1 pc |
|  | |  | |  | |
| NO.10 | 2003 Rope plate cover *1 pc | NO.11 | 2002 rope reel * 1 pc | NO.12 | 07-08 fixed steel cable cylinder * 1 pc |
|  | |  | |  | |
| NO.13 | Steering pulley welding group*1 pc | NO.14 | Pulley guide welding group*1 pc | NO.15 | GT004 spacer*1 pc |
|  | |  | |  | |
| NO.16 | 8*25 ordinary flat keys*1 pc | NO.17 | Large shaft welding group * 1 pc | NO.18 | Boom welding group*1 pc |
|  | |  | |  | |

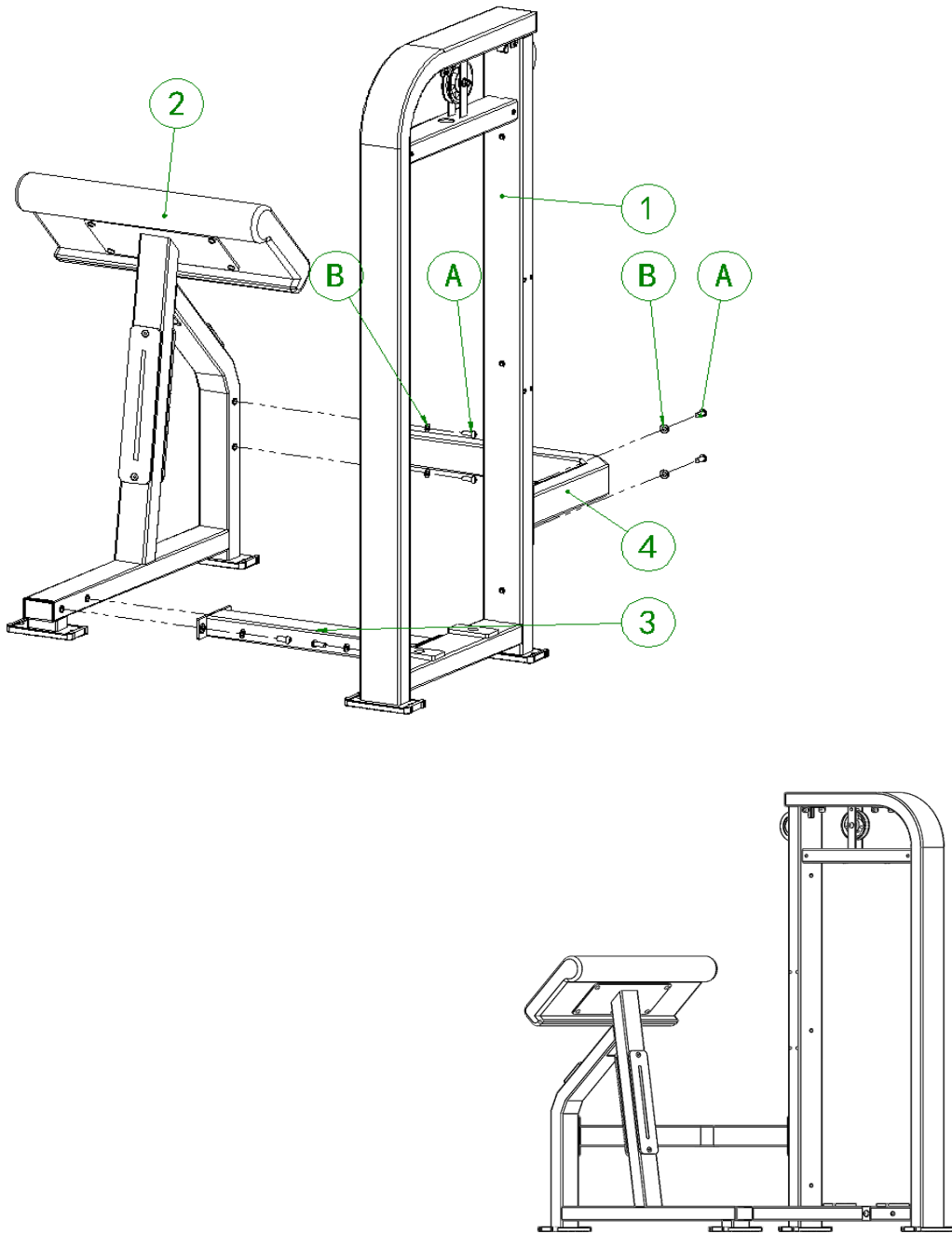
| | | | | | |
|---|------------------------------------|---|--|---|---------------------------------------|
| NO.19 | 3002 aluminum alloy end cap*2 pcs | NO.20 | 0608 thin counterweight spacer sleeve*1 pc | NO.21 | 07 handle set * 1 pc |
|  | |  | |  | |
| NO.22 | 6001 small mount * 4 pcs | NO.23 | 6011 optical axis fixing plate new * 1 pc | NO.24 | 2003 guide rod * 2 pcs |
|  | |  | |  | |
| NO.25 | 0316 lock rope column* 1 pc | NO.26 | 1006 latest 15-hole weight adjustment rod * 1 pc | NO.27 | 090 weight plate guide sleeve * 2 pcs |
|  | |  | |  | |
| NO.28 | 10*70C cotter pin*1 pc | NO.29 | No.41 new pull pin*1 pc | NO.30 | 1002 long counterweight head pc*1 pc |
|  | |  | |  | |
| NO.31 | Long counterweight lower pc*15 pcs | NO.32 | 0611 Counterweight rubber column*2 pcs | NO.33 | Wire rope*1 pc |
|  | |  | |  | |
| NO.34 | 2003 label board * 2 pcs | NO.35 | 2002 small door guard *1 pc | NO.36 | No.210 pedal * 2 pcs |
|  | |  | |  | |
| NO.37 | 2008 pedal tube *1 pc | | | | |

Blister Pack Screws List

| | | | | | |
|---|---------------------------------|---|--|---|--|
| Blister Pack Screws List | | | | | |
|  | |  | |  | |
| A | M10*25 flat head screw*8 pcs | B | Φ10 flat washer*41 pcs | C | M10*105 flat head screw*4 pcs |
|  | |  | |  | |
| D | M10 lock nut * 15 pcs | E | M6*5 fixed screw*2 pcs | F | M10*125 flat head screw*4 pcs |
|  | |  | |  | |
| G | M10*45 flat head screw*6 pcs | H | M10*16 flat head screw*7 pcs | I | M8*12 fixed screw*4 pcs |
|  | |  | |  | |
| J | M10*12 cylinder head screw*1 pc | K | M10*25 flat countersunk head screw*2 pcs | L | M8 * 25 half round head screw*4 pcs |
|  | |  | |  | |
| M | M12*45 hollow screw nut*1 pc | N | M10*30 flat head screw*2 pcs | O | M5*10 cross recessed pan head screw*12 pcs |
|  | | | | | |
| Q | Φ5 flat washer*12 pcs | | | | |
| | | | | | |

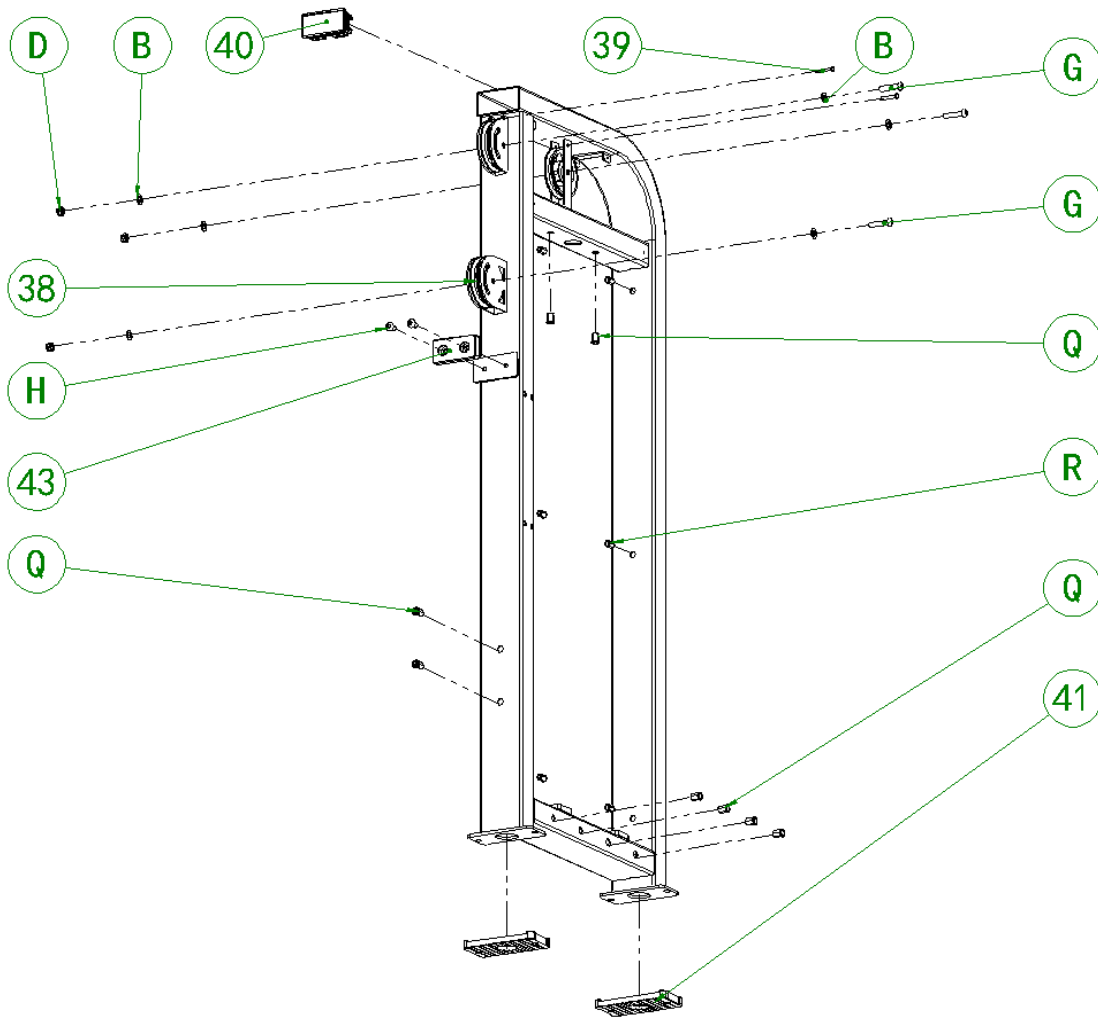
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|----------|---------|--------------------------------|----------|---------|------------------------|----------|
| 1 | NO.1 | Small door welding group | 1 | A | M10*25 flat head screw | 8 |
| | NO.2 | Main frame welding group | 1 | B | Φ10 flat washer | 8 |
| | NO.3 | Lower connection welding group | 1 | | | |
| | NO.4 | Upper connection welding group | 1 | | | |



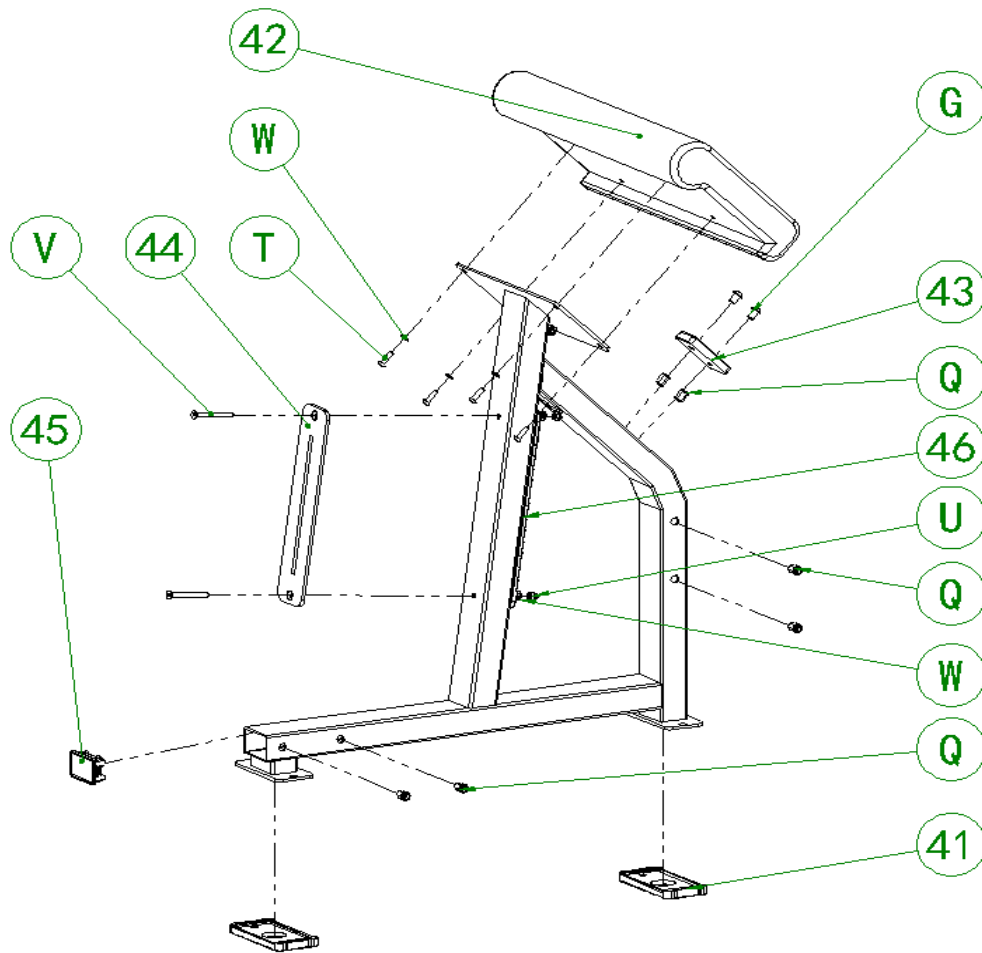
No.1 small door welding group*1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|------------------------------|----------|---------|-------------------------------|----------|
| | NO.38 | 105pulley | 3 | D | M10 lock nut | 3 |
| | NO.39 | Q1001-5080 Card rope pin | 2 | Q | M10 hex rivet nut | 8 |
| | NO.40 | 2006 square pipe plug 50*100 | 1 | R | M8 external hexagon rivet nut | 6 |
| | NO.41 | 6010 foot cover | 2 | G | M10*45 flat head screw | 3 |
| | B | Φ10 flat washer | 6 | H | M10*16 flat head screw | 2 |



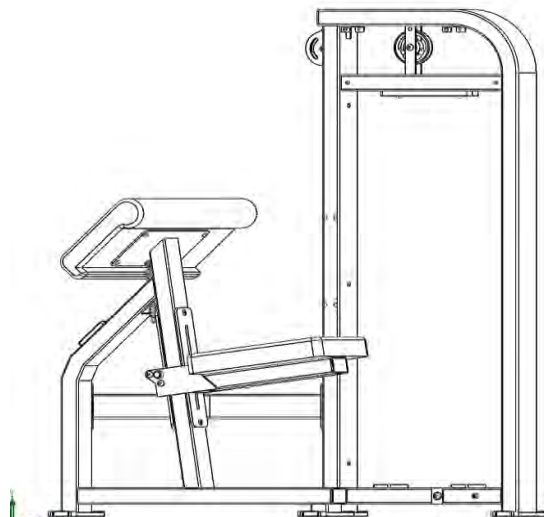
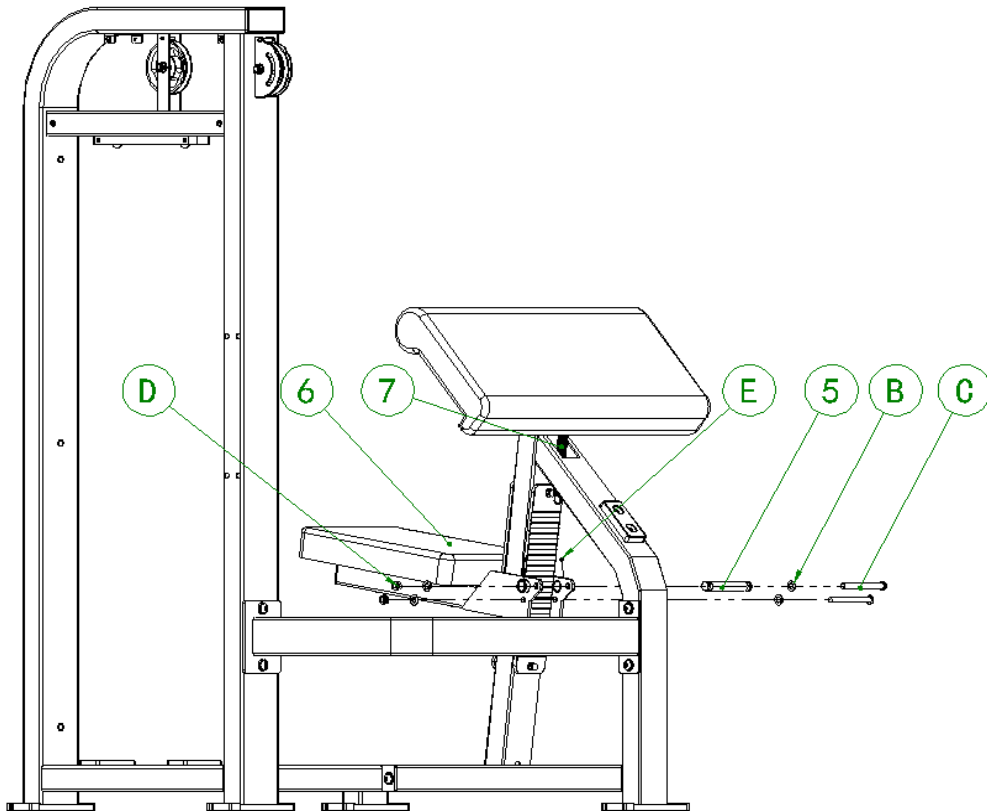
No.2 main frame welding group * 1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|--|----------|---------|-----------------------------------|----------|
| | NO.42 | 0003 elbow pad | 1 | G(H) | M10*16 flat head screw | 2 |
| | NO.43 | Q1020-2003 Thin shock absorbing pad 15mm | 1 | Q | M10 hex rivet nut | 6 |
| | NO.44 | 0002 seat card plate | 1 | T | M8*25 half round head screw | 4 |
| | NO.45 | Q1006-1009 square tube plug 50*75 | 1 | U | M8 cap nut | 2 |
| | NO.46 | 0001 seat gear plate | 1 | V | M8*75 flat countersunk head screw | 2 |
| | NO.41 | 6010 foot cover | 2 | W | Φ8 flat washer | 6 |



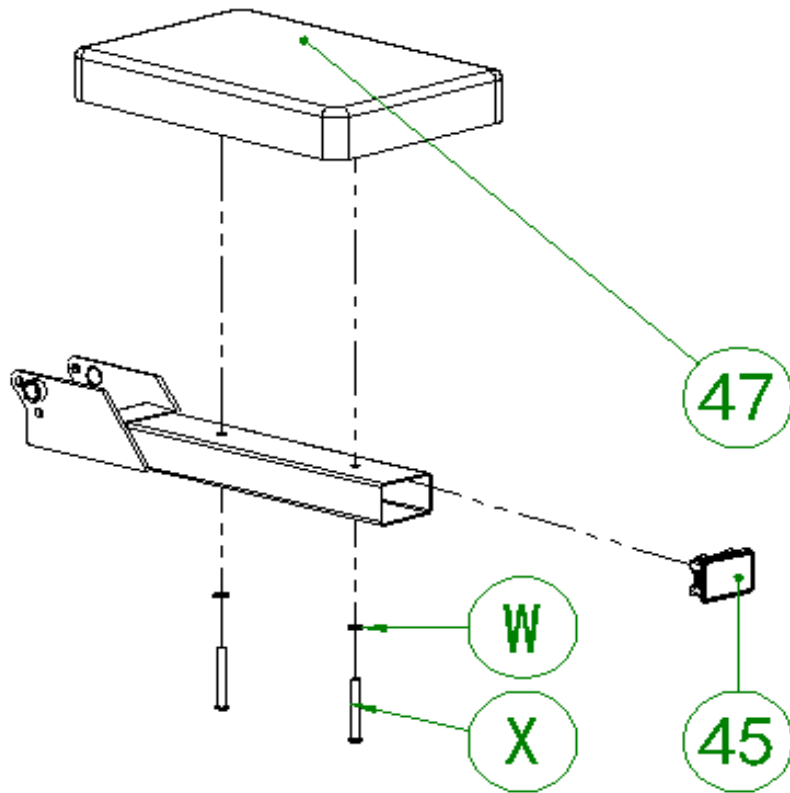
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|----------------------------------|----------|---------|-------------------------|----------|
| 2 | NO.5 | 0003 Assemble the clamping shaft | 1 | B | Φ10 flat washer | 4 |
| | NO.6 | reverse transposon group | 1 | C | M10*105 flat head screw | 2 |
| | NO.7 | 5005 extension spring | 1 | D | M10 lock nut | 2 |
| | | | | E | M6*5 fixed screw | 2 |



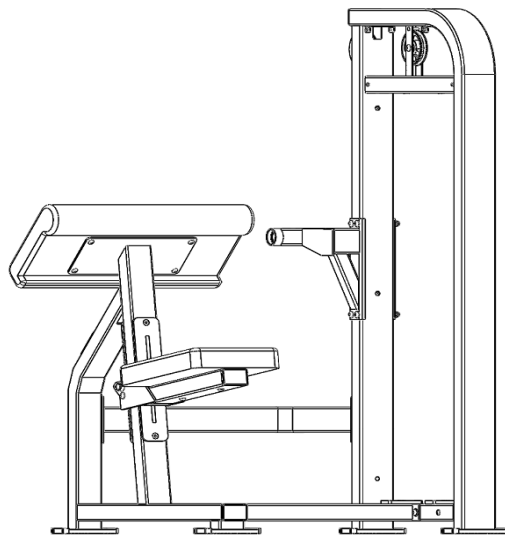
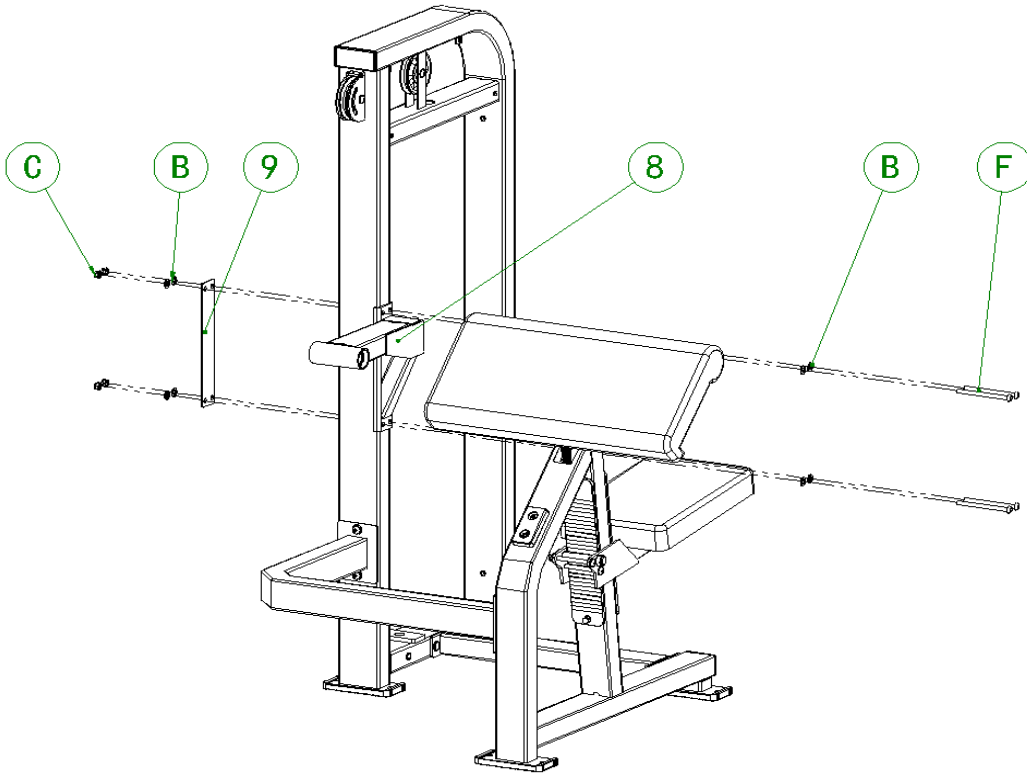
NO.6 Reverse seat set*1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|-----------------------------------|----------|---------|-------------------------------|----------|
| | NO.45 | Q1006-1009 square tube plug 50*75 | 1 | W | Φ8 flat washer | 2 |
| | NO.47 | 0005 cushion | 1 | X | M8 * 70 half round head screw | 2 |



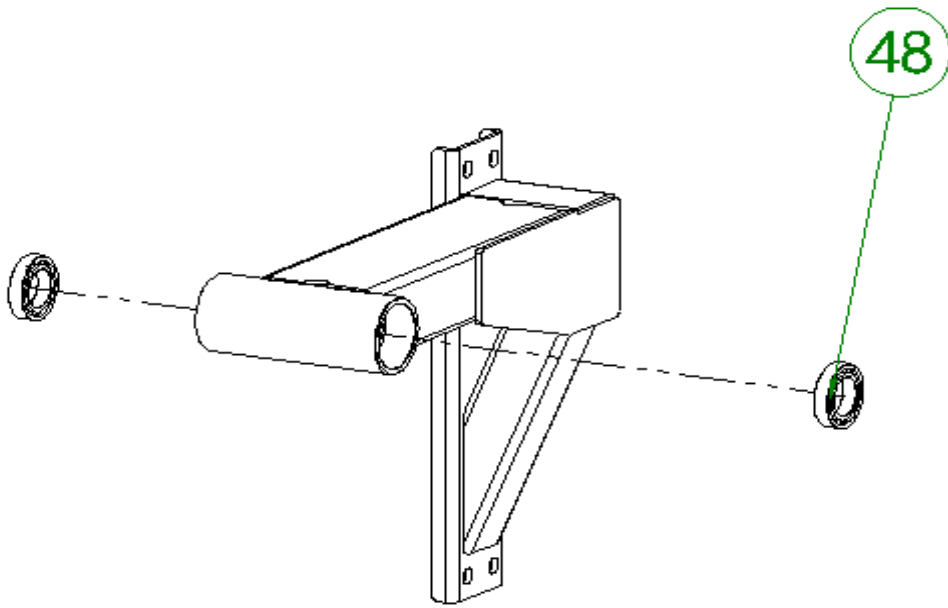
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|----------|---------|-----------------------|----------|---------|-------------------------|----------|
| 3 | NO.8 | Bracket welding group | 1 | B | Φ10 flat washer | 8 |
| | NO.9 | lock plate | 1 | C(D) | M10 lock nut | 4 |
| | | | | F | M10*125 flat head screw | 4 |



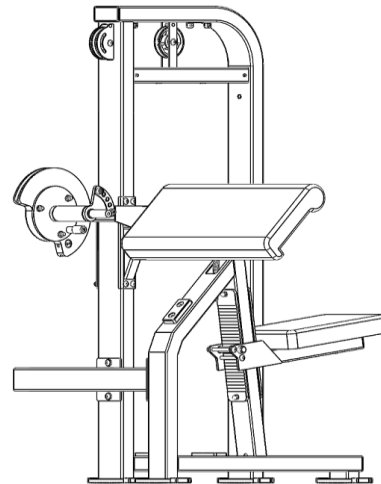
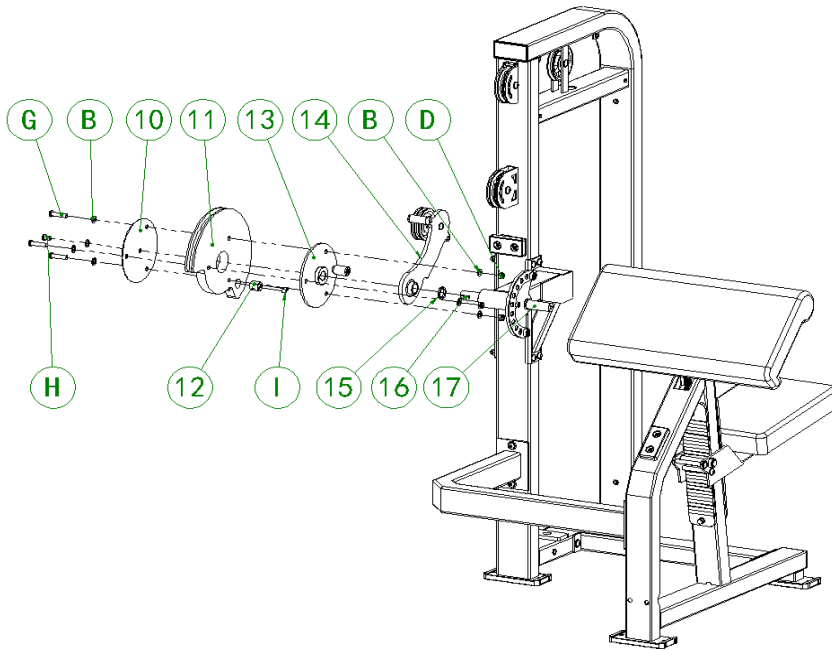
NO.8 Bracket welding group*1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|--------------------------------|----------|---------|------|----------|
| | NO.48 | 61905 deep groove ball bearing | 2 | | | |



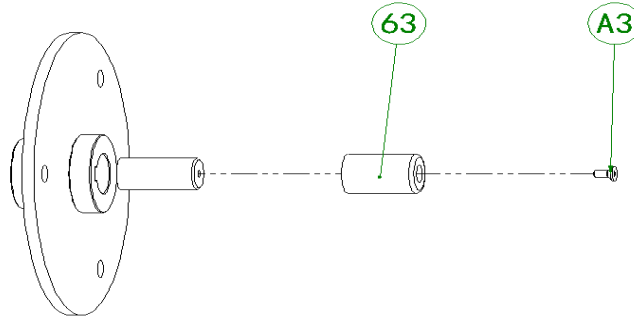
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|----------|---------|----------------------------------|----------|---------|---------------------------|---------------------|
| 4 | NO.10 | 2003 rope reel cover | 1 | NO.16 | 8*25 ordinary flat keys | 1 |
| | NO.11 | 2002 rope reel | 1 | NO.17 | Large shaft welding group | 1 |
| | NO.12 | 07-08 fixed steel cable cylinder | 1 | B | Φ10 flat washer | 7 |
| | NO.13 | Steering pulley welding group | 1 | D | M10 lock nut | 3 |
| | NO.14 | Pulley guide welding group | 1 | G | M10*45 flat head screw | 3 |
| | NO.15 | GT004 spacer | 1 | H | M10*16 flat head screw | 1 |
| | | | | | I | M8 * 12 fixed screw |



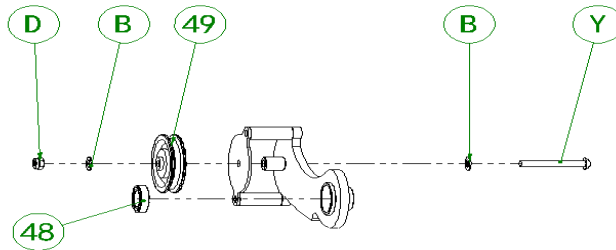
NO.13 Steering pulley welding group*1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|-------------------|----------|---------|-----------------------|----------|
| | NO.63 | 0004 Smith Sheath | 1 | A3 | M5*10 flat head screw | 1 |



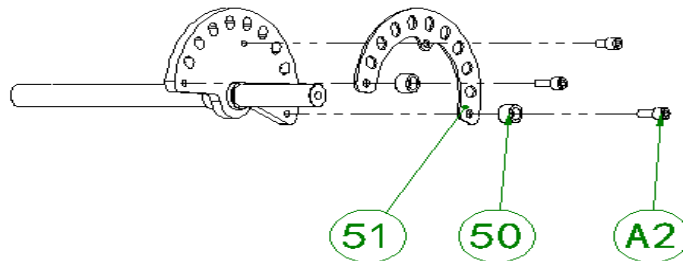
NO.14 Pulley guide welding group*1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|--------------------------------|----------|---------|------------------------|----------|
| | NO.48 | 61905 deep groove ball bearing | 1 | B | Φ10 flat washer | 2 |
| | NO.49 | 90 pulley | 1 | D | M10 lock nut | 1 |
| | | | | Y | M10*75 flat head screw | 1 |



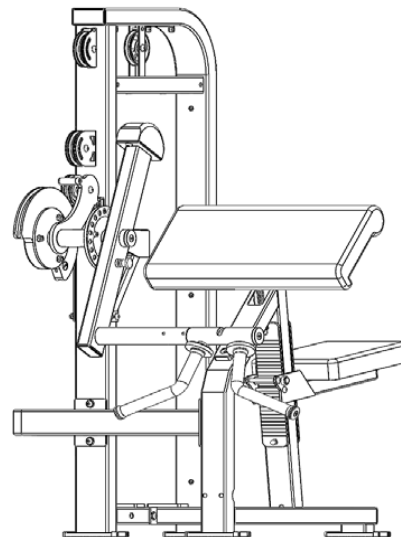
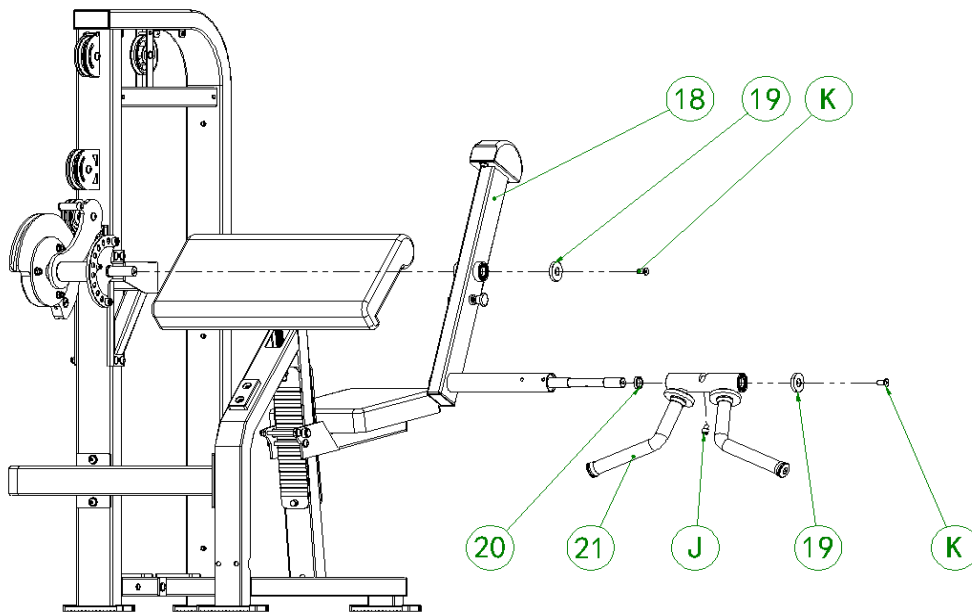
NO.17 Large shaft welding group * 1 pc

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|---------------------------------------|----------|---------|---------------------------|----------|
| | NO.50 | Q1010-5016 limit sleeve | 2 | Z | M8*15 cylinder head screw | 2 |
| | NO.51 | 0002 stainless steel adjustment plate | 1 | A2 | M8*10 cylinder head screw | 1 |



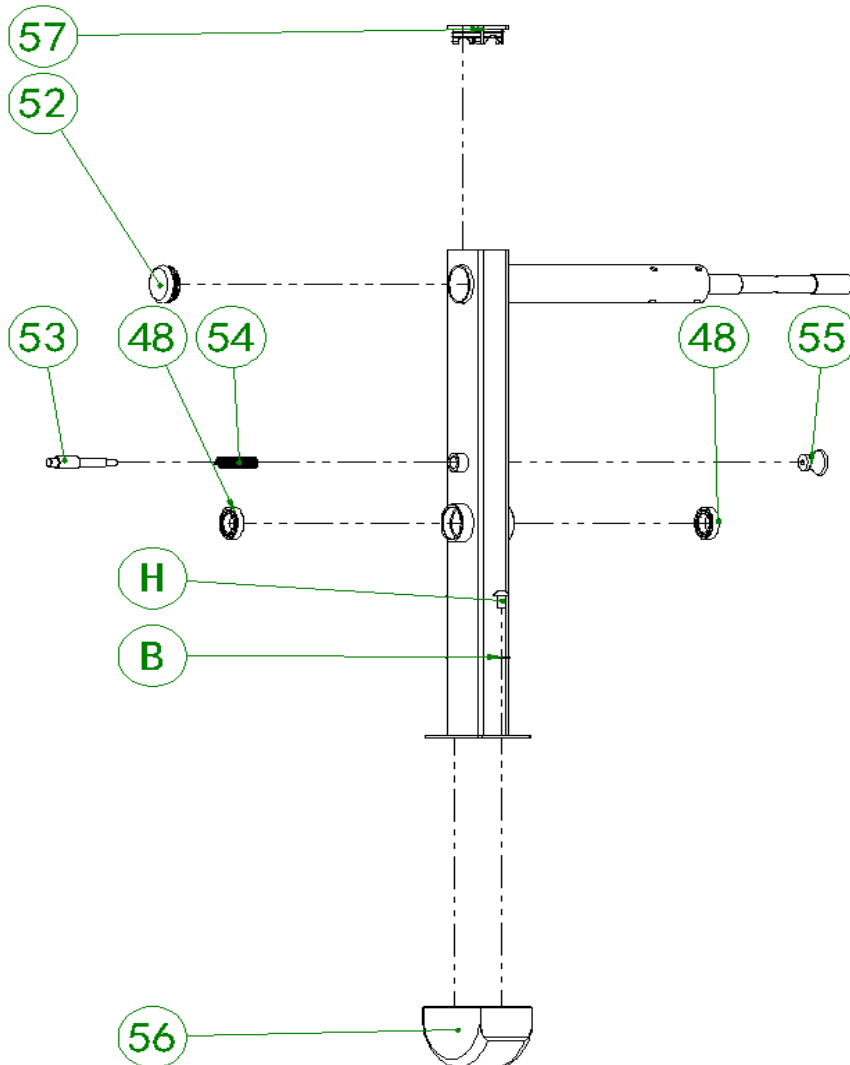
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|---------------------------------------|----------|---------|----------------------------|----------|
| 5 | NO.18 | moving part welding group | 1 | J | M10*12 cylinder head screw | 1 |
| | NO.19 | 3002 aluminum alloy end cap | 2 | K | M10*25 flat head screw | 2 |
| | NO.20 | 0608 thin counterweight spacer sleeve | 1 | | | |
| | NO.21 | handle set | 1 | | | |



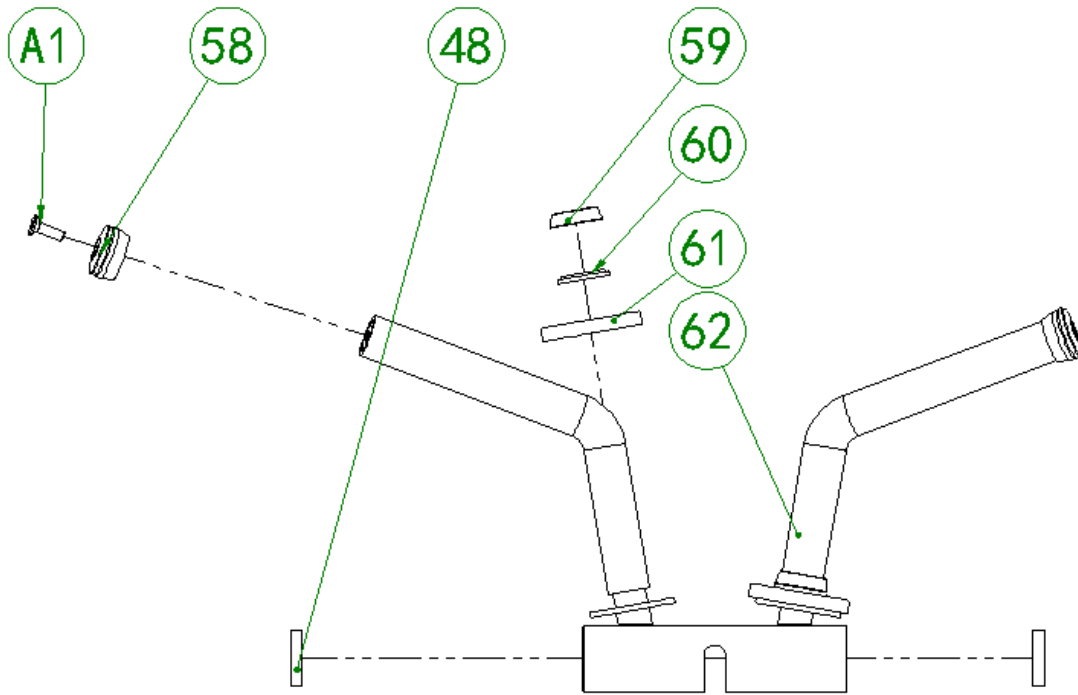
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|----------|---------|--------------------------------------|----------|---------|------------------------|----------|
| 6 | NO.52 | No.70 plastic part Φ 50 | 1 | B | Φ 10 flat washer | 2 |
| | NO.53 | Q1021-2012 Pin (galvanized) | 1 | H | M10*16 flat head screw | 2 |
| | NO.54 | Q1001-5090 spring | 1 | | | |
| | NO.55 | Q1018-5029 aluminum alloy spring pin | 1 | | | |
| | NO.56 | (customized) counterweight | 1 | | | |
| | NO.57 | Square tube plug 40*80 | 1 | | | |



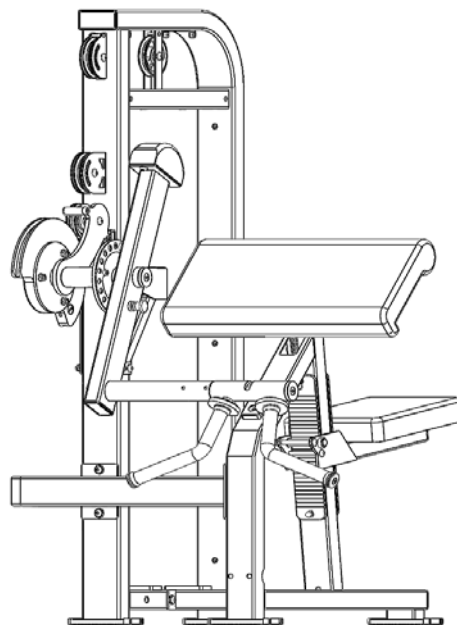
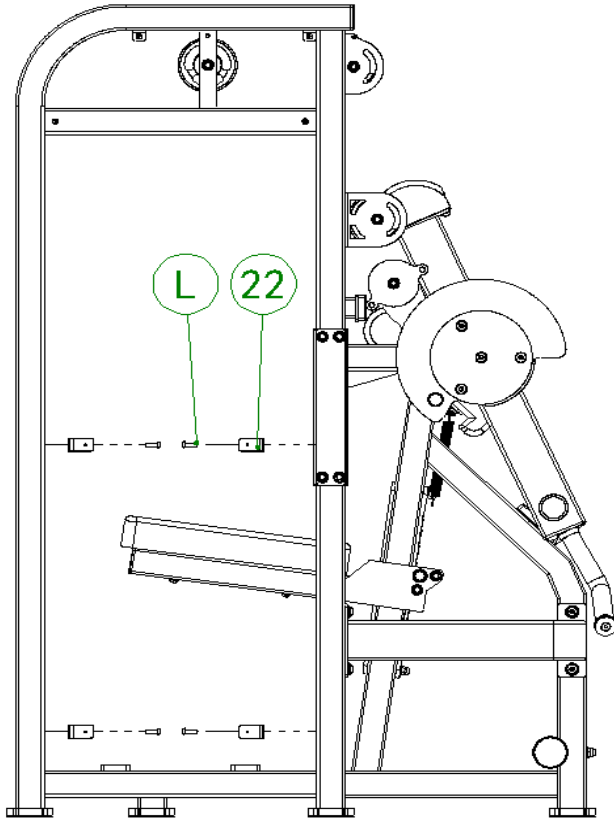
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|---------------------------------------|----------|---------|-----------------------------------|----------|
| 7 | NO.48 | 61905 deep groove ball bearing | 2 | A1 | M8*25 flat countersunk head screw | 2 |
| | NO.58 | 2010 Aluminum End Caps | 2 | | | |
| | NO.59 | 25-5 aluminum ring handle set of five | 2 | | | |
| | NO.60 | 25-2 rhubarb circle | 2 | | | |
| | NO.61 | Shock Pads | 2 | | | |
| | NO.62 | 5086 Handle cover | 2 | | | |



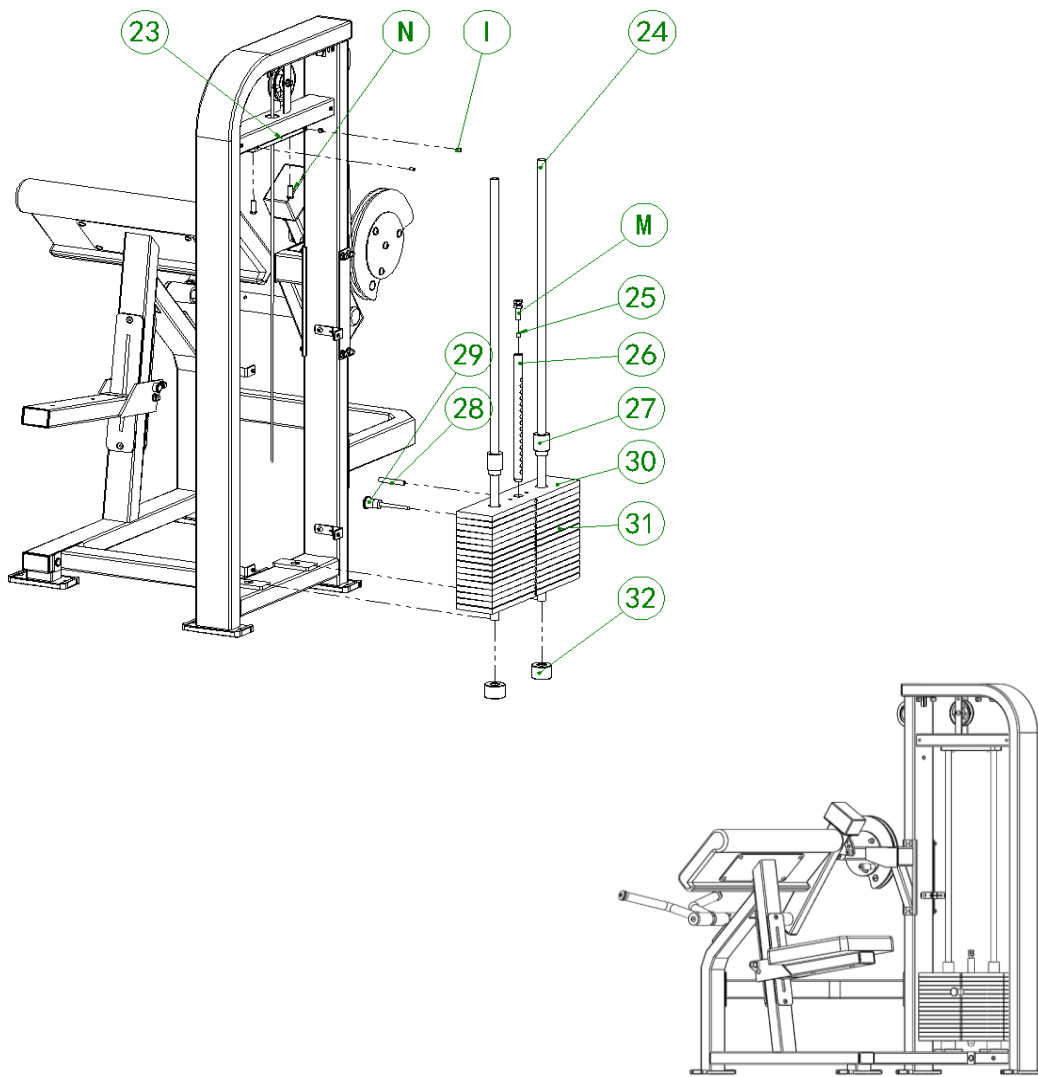
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|------------------|----------|---------|-------------------------------|----------|
| 8 | NO.22 | 6001 small mount | 4 | L | M8 * 20 half round head screw | 4 |
| | | | | | | |
| | | | | | | |
| | | | | | | |



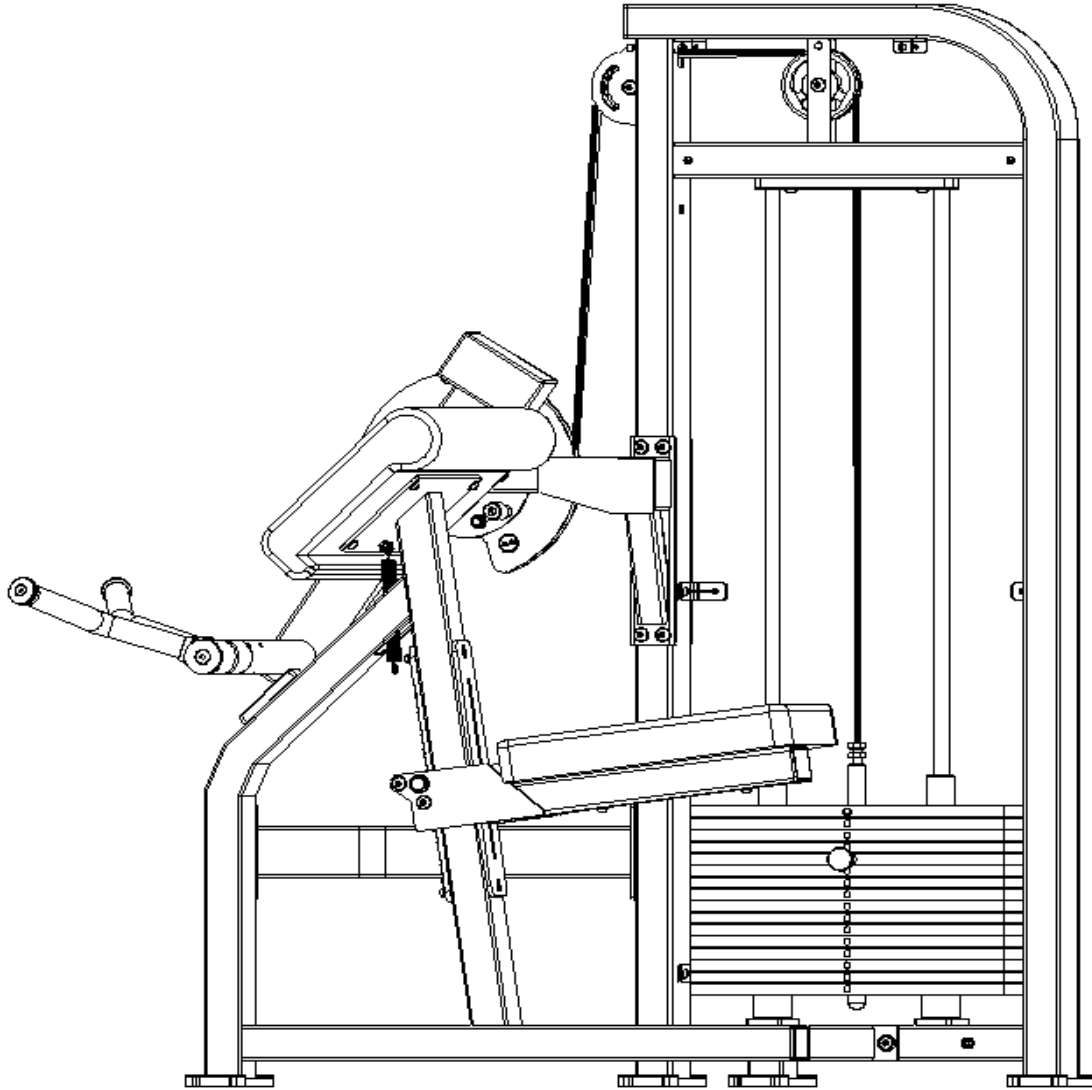
Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|----------|---------|---|----------|---------|----------------------------------|-------------------------|
| 9 | NO.23 | 6011 optical axis fixing plate new | 1 | NO.29 | No.41 New Pull Pin | 1 |
| | NO.24 | 2003 guide rod | 2 | NO.30 | 1002 long counterweight head pc | 1 |
| | NO.25 | 0316 Lock Rope Column | 1 | NO.31 | Long counterweight lower pc | 15 |
| | NO.26 | 1006 latest 15 hole weight adjustment rod | 1 | NO.32 | 0611 Counterweight rubber column | 2 |
| | NO.27 | 090 weight plate guide sleeve | 2 | I | M8*12 fixed screw | 2 |
| | NO.28 | 10*70 C cotter pin | 1 | N | M10*30 flat head screw | 2 |
| | | | | | M | M12*45 hollow screw nut |



Assembly Steps

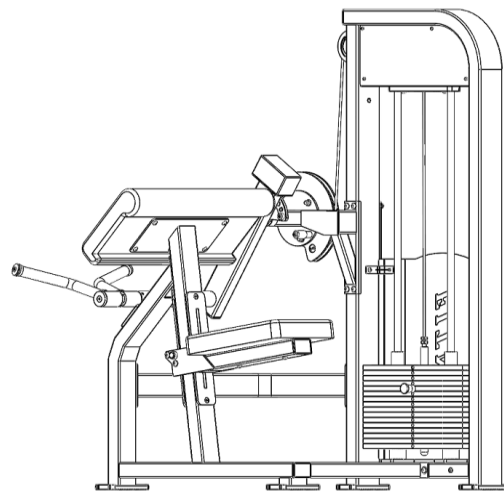
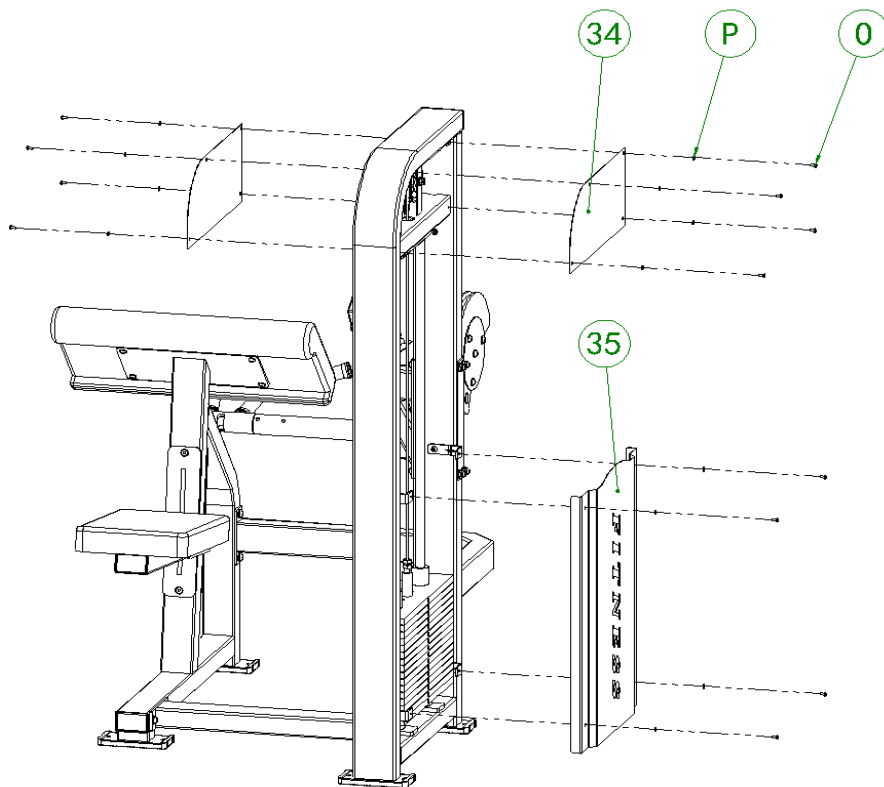
| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|-----------|----------|---------|------|----------|
| 10 | NO.33 | wire rope | 1 | | | |



Wire rope alignment diagram

Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|-----------|---------|-----------------------|----------|---------|-------------------------------------|----------|
| 11 | NO.34 | 2003 label board | 2 | O | M5*10 cross recessed pan head screw | 12 |
| | NO.35 | 2002 small door guard | 1 | P | Φ5 flat washer | 12 |
| | | | | | | |
| | | | | | | |



Assembly Steps

| Step NO | Item NO | Name | Quantity | Item NO | Name | Quantity |
|---------|---------|-----------------|----------|---------|-------------------------|----------|
| 12 | NO.36 | No.210 pedal | 2 | B | Φ10 flat washer | 4 |
| | NO.37 | 2008 pedal tube | 1 | C | M10*105 flat head screw | 2 |
| | | | | D | M10 lock nut | 2 |
| | | | | | | |

