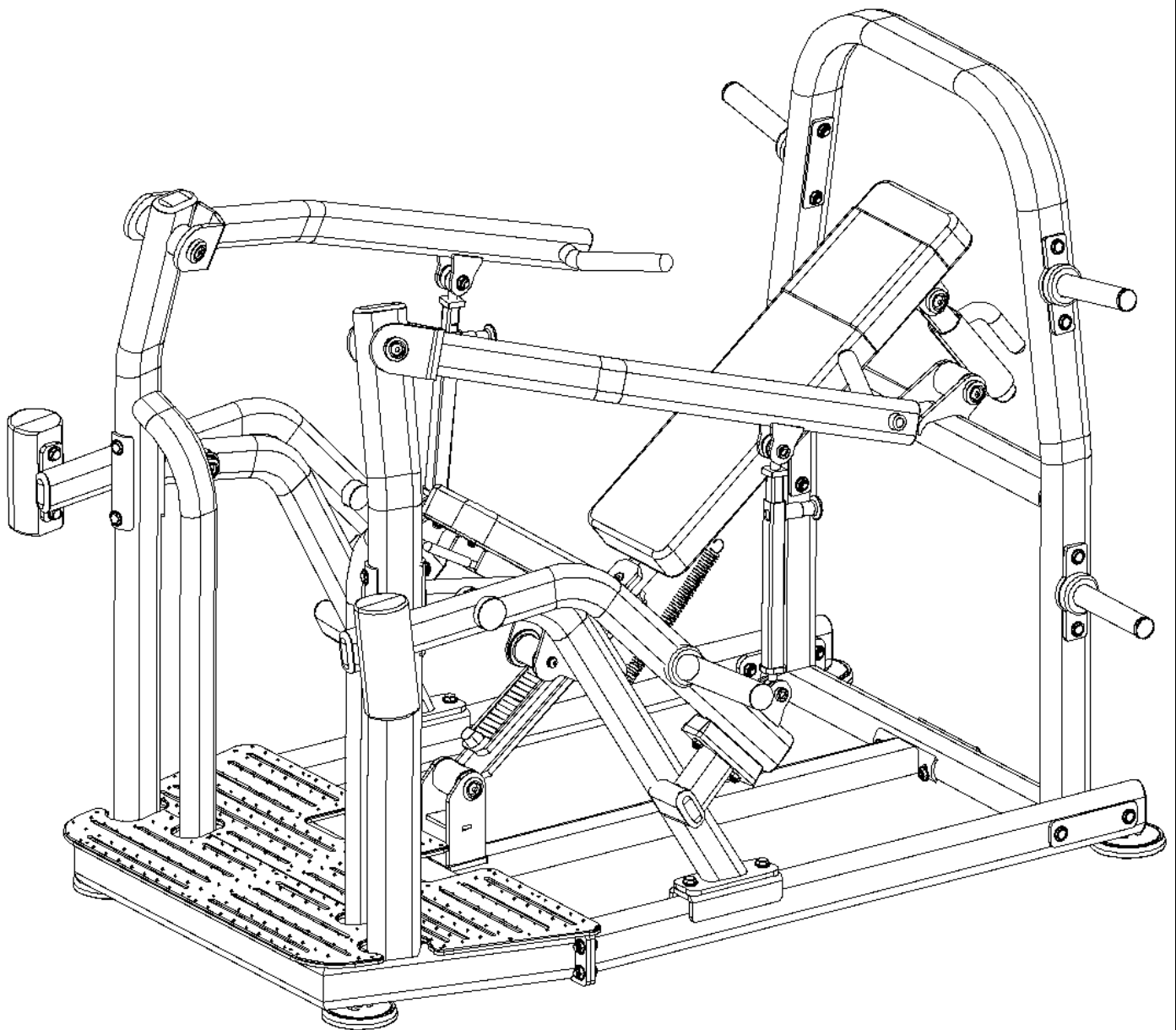


# Pro Strength Incline Chest Press / Shoulder Press



## PL-PS-ICP ASSEMBLY INSTRUCTION INCLINE CHEST PRESS

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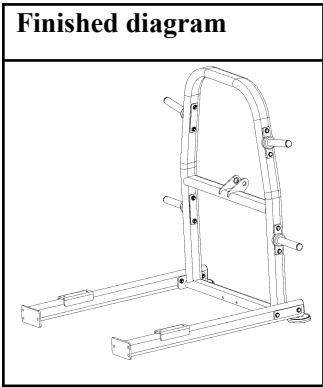
## **01/IMPORTANT NOTICE**

Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

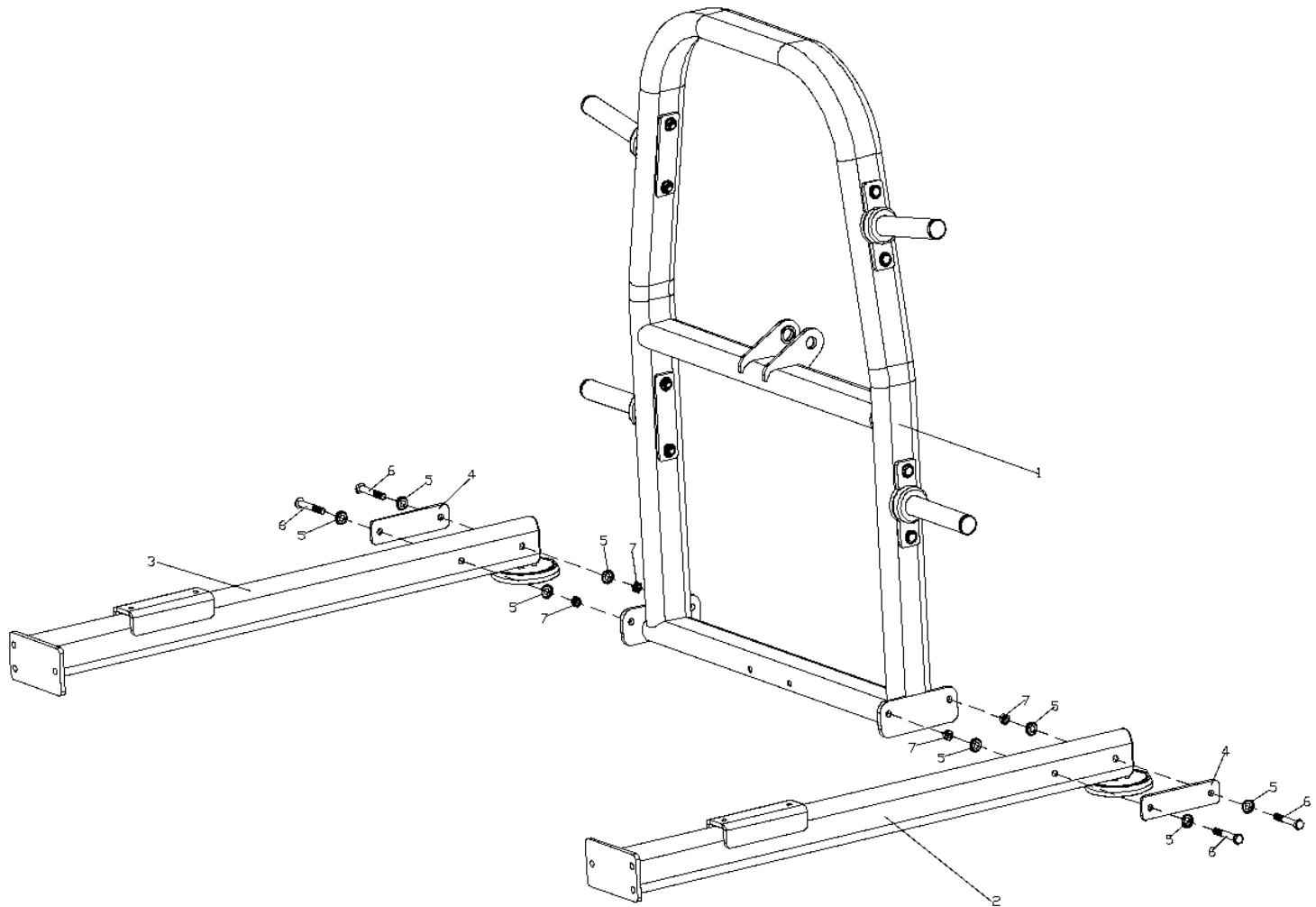
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. **DO NOT** operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, **DO NOT** wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. **WARNING:** Keep hands and feet away from moving parts.
11. **WARNING:** **DO NOT** beyond adjustable setting range.
12. **WARNING:** Keep children or pets away from the machine when operating it.
13. **WARNING:** Keep all control apparatus in proper position.
14. **WARNING:** Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

# 02/ASSEMBLY PROCEDURE

## 1) Step 1

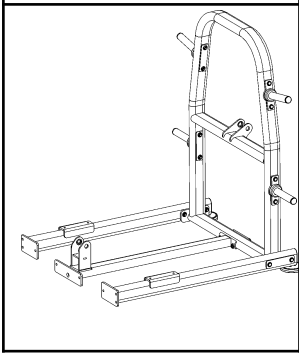


Bill of materials			
No.	Name	Spec	Qty
1	Rear supporting frame		1
2	Left connecting tube		1
3	Right connecting tube		1
4	Side frame subplate	190*50*T6	2
5	Flat washer	Φ12	8
6	Hexagon socket cylinder head bolt	M12*80	4
7	Hexagon lock nut	M12	4

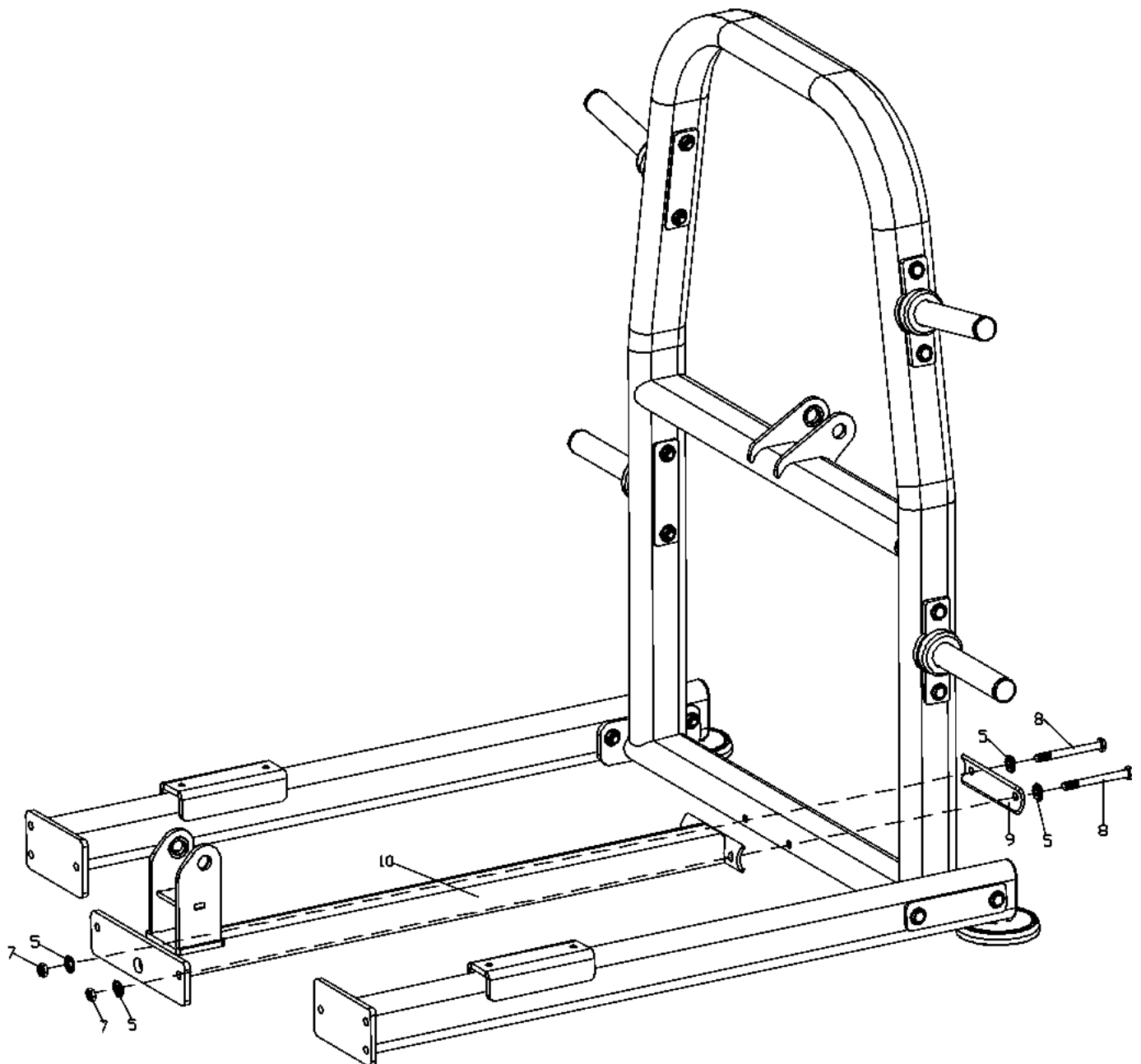


2) Step 2

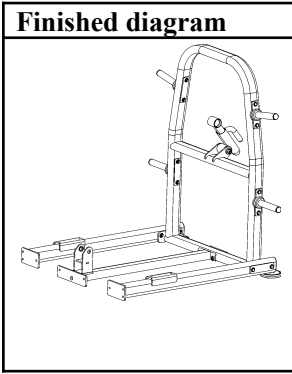
Finished diagram



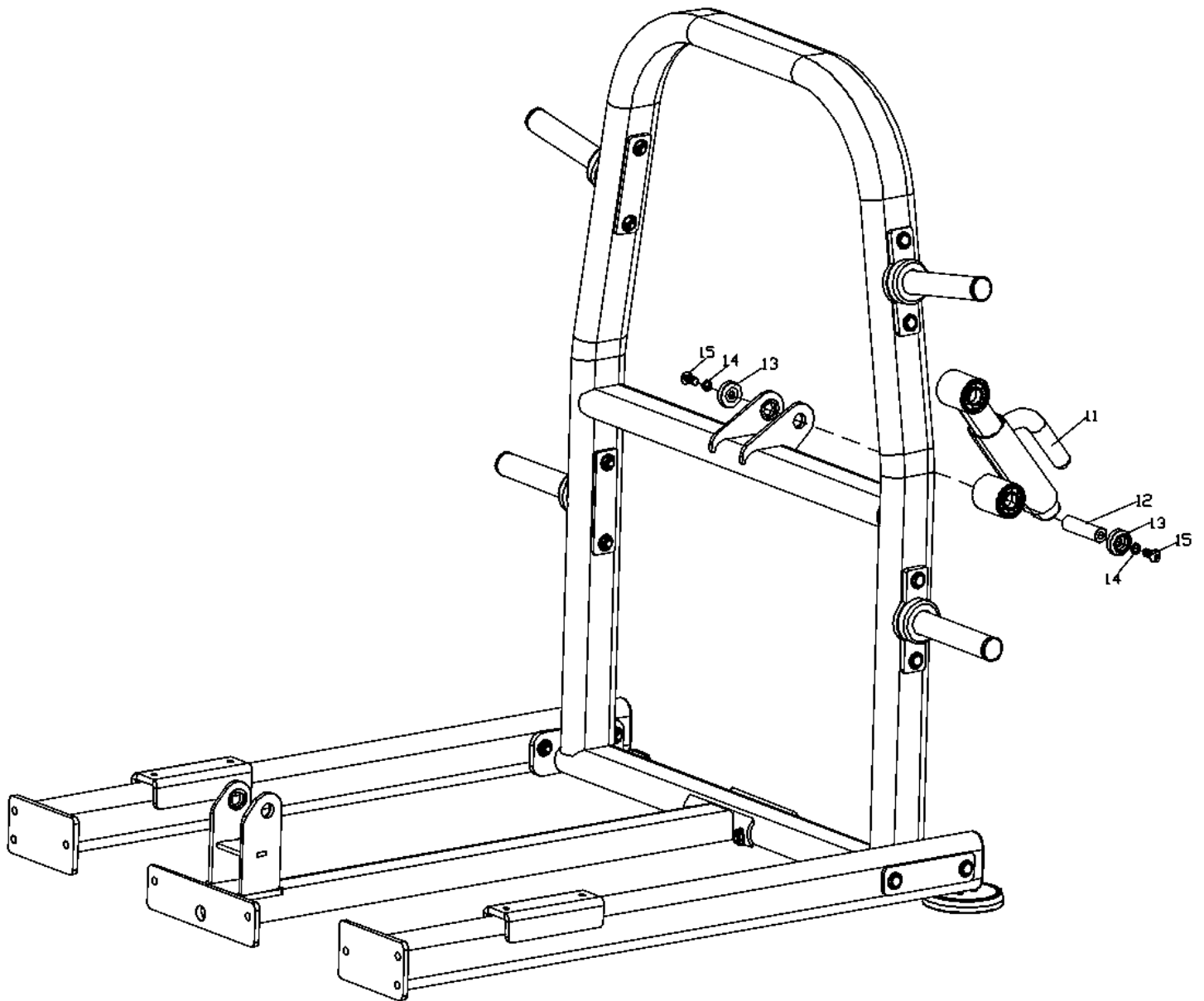
Bill of materials			
No.	Name	Spec	Qty
5	Flat washer	Φ12	4
7	Hexagon lock nut	M12	2
8	Hexagon socket cylinder head bolt	M12*125	2
9	Connecting plate	52.7*180*T6	1
10	Middle connecting tube		1



### 3) Step 3

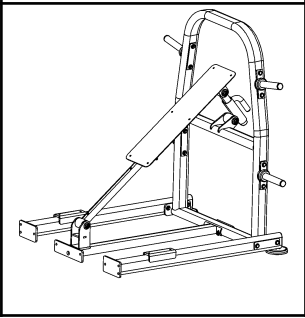


Bill of materials			
No.	Name	Spec	Qty
11	Seat adjusting tube assembly		1
12	Seat rotation axis	Φ25*93	1
13	Enc cover	Φ43.5*14.5	2
14	Spring washer	Φ 12	2
15	Hexagon socket flat head bolt	M12*25	2

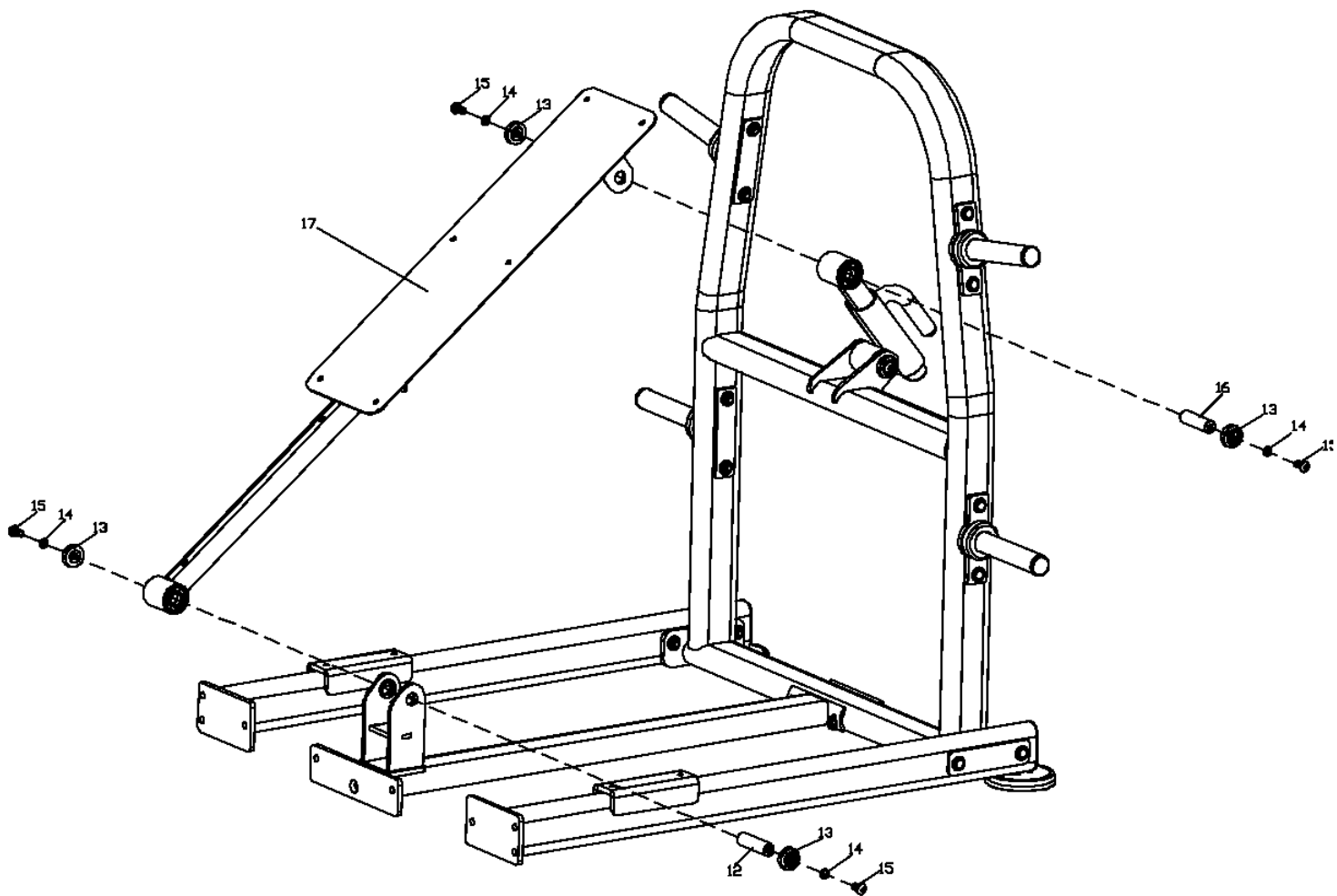


#### 4) Step 4

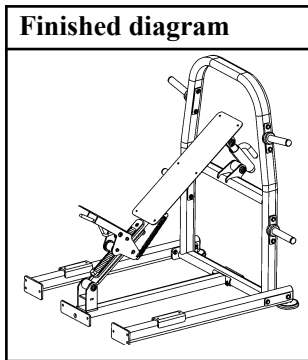
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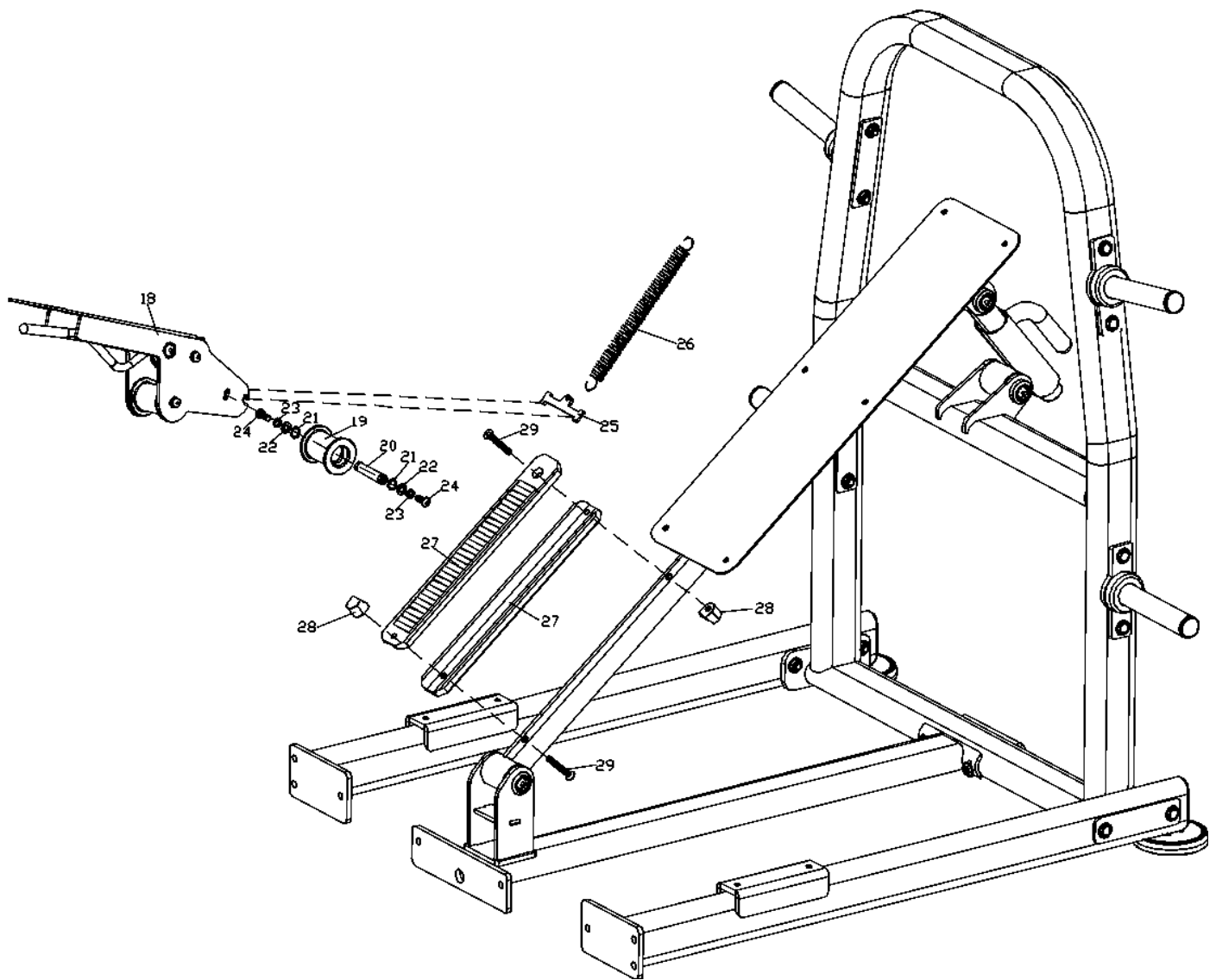
Bill of materials			
No.	Name	Spec	Qty
12	Seat rotation axis	Φ25*93	1
13	End cover	Φ43.5*14.5	4
14	Spring washer	Φ 12	4
15	Hexagon socket flat head bolt	M12*25	4
16	Rotation axis	Ø25*86	1
17	Back cushion supporting assembly		1



## 5) Step 5



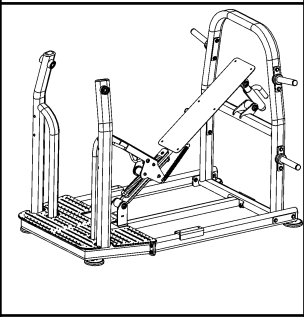
Bill of materials			
No.	Name	Spec	Qty
18	Seat assembly		1
19	Idler wheel	Φ70*78	1
20	Idler wheel axis	Φ17*80	1
21	Elastic collar	Φ17-GB/T894.1-1986	2
22	Flat washer	Φ10	2
23	Spring washer	¢ 10	2
24	Hexagon socket flat head bolt	M10*25	2
25	Spring hanger	113*36*T6	1
26	Tension spring	Φ25*183*Φ2.2	1
27	Adjusting plate	70*455*15	2
28	Stop block	26*39*25.5	2
29	Hexagon socket countersunk bolt	M10*65	2



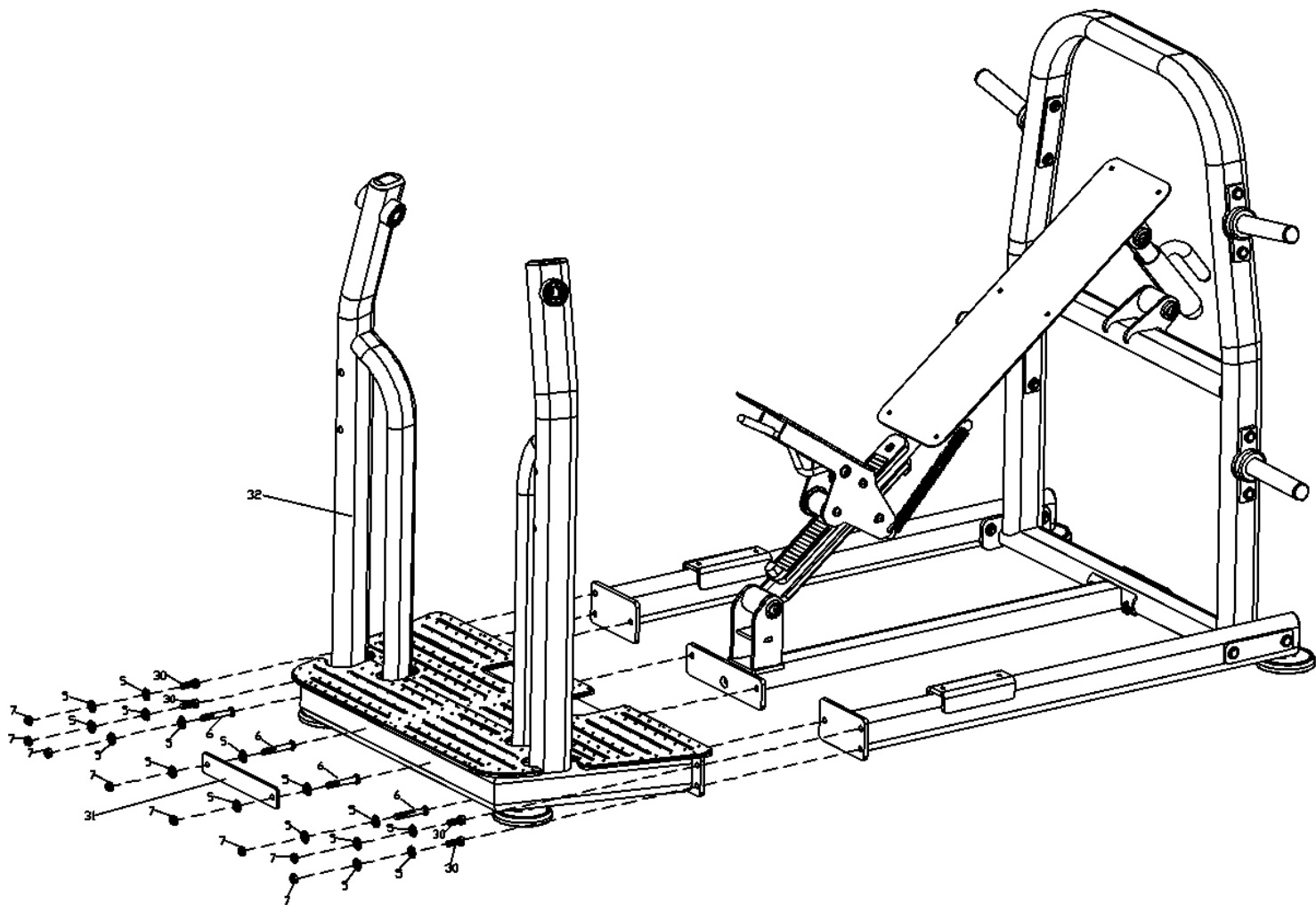


## 6) Step 6

**Finished diagram**

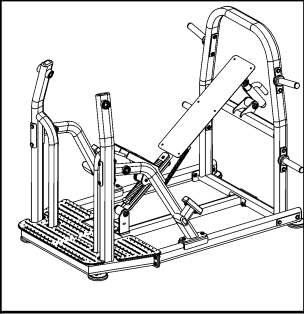


Bill of materials			
No.	Name	Spec	Qty
5	Flat washer	Φ12	16
6	Hexagon socket cylinder head bolt	M12*80	4
7	Hexagon lock nut	M12	8
30	Hexagon socket cylinder head bolt	M12*35	4
31	Front plate	50*300*T6	1
32	Base assembly		1

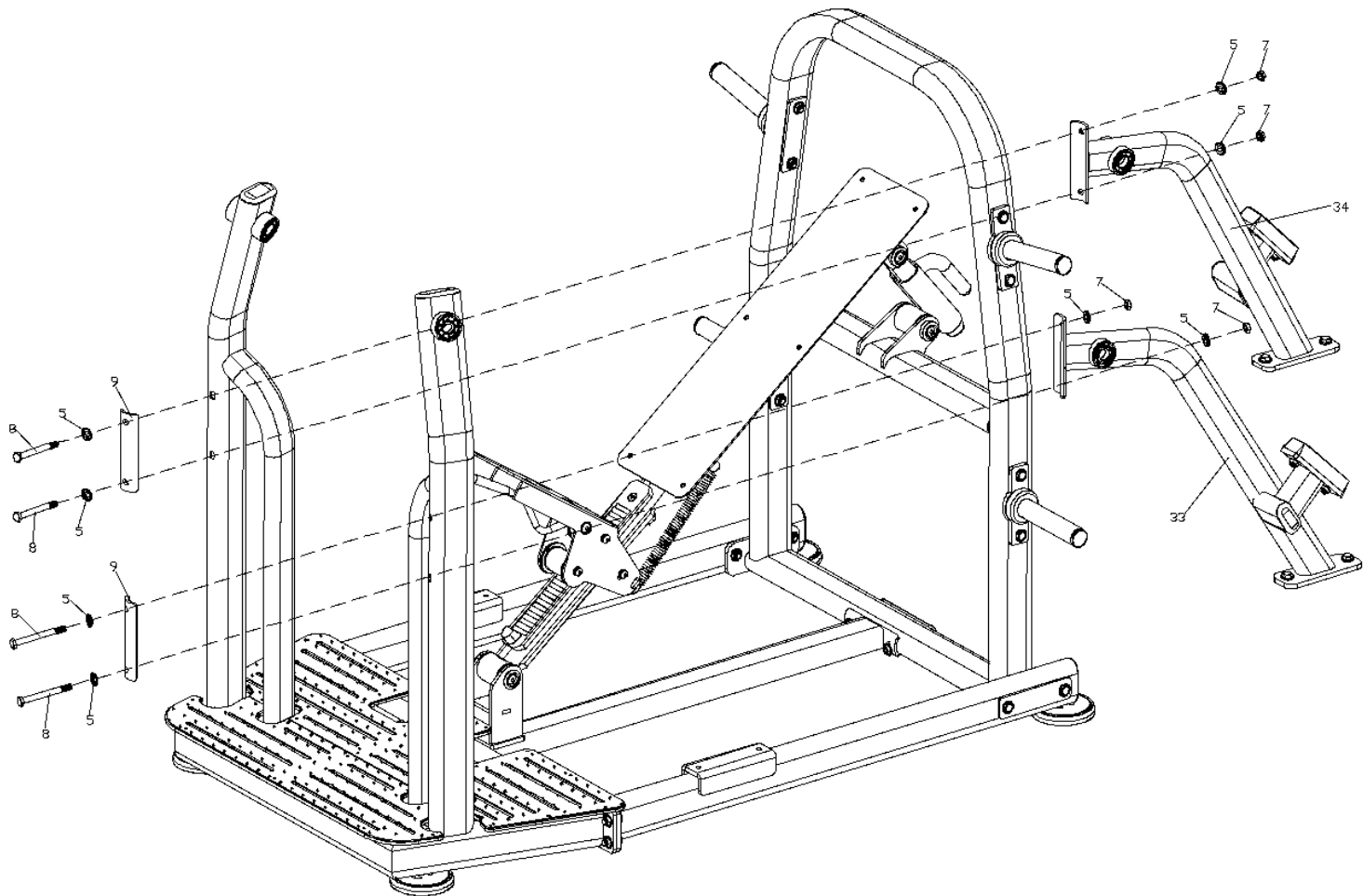


7) Step 7

Finished diagram

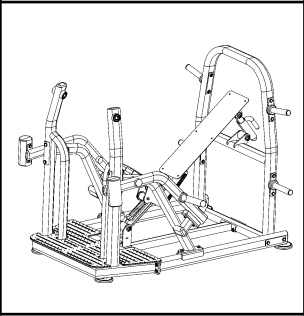


Bill of materials			
No.	Name	Spec	Qty
5	Flat washer	Φ12	8
7	Hexagon lock nut	M12	4
8	Hexagon socket flat head bolt	M12*125	4
9	Connecting plate	52.7*180*T6	2
33	Left supporting frame		1
34	Right supporting frame		1

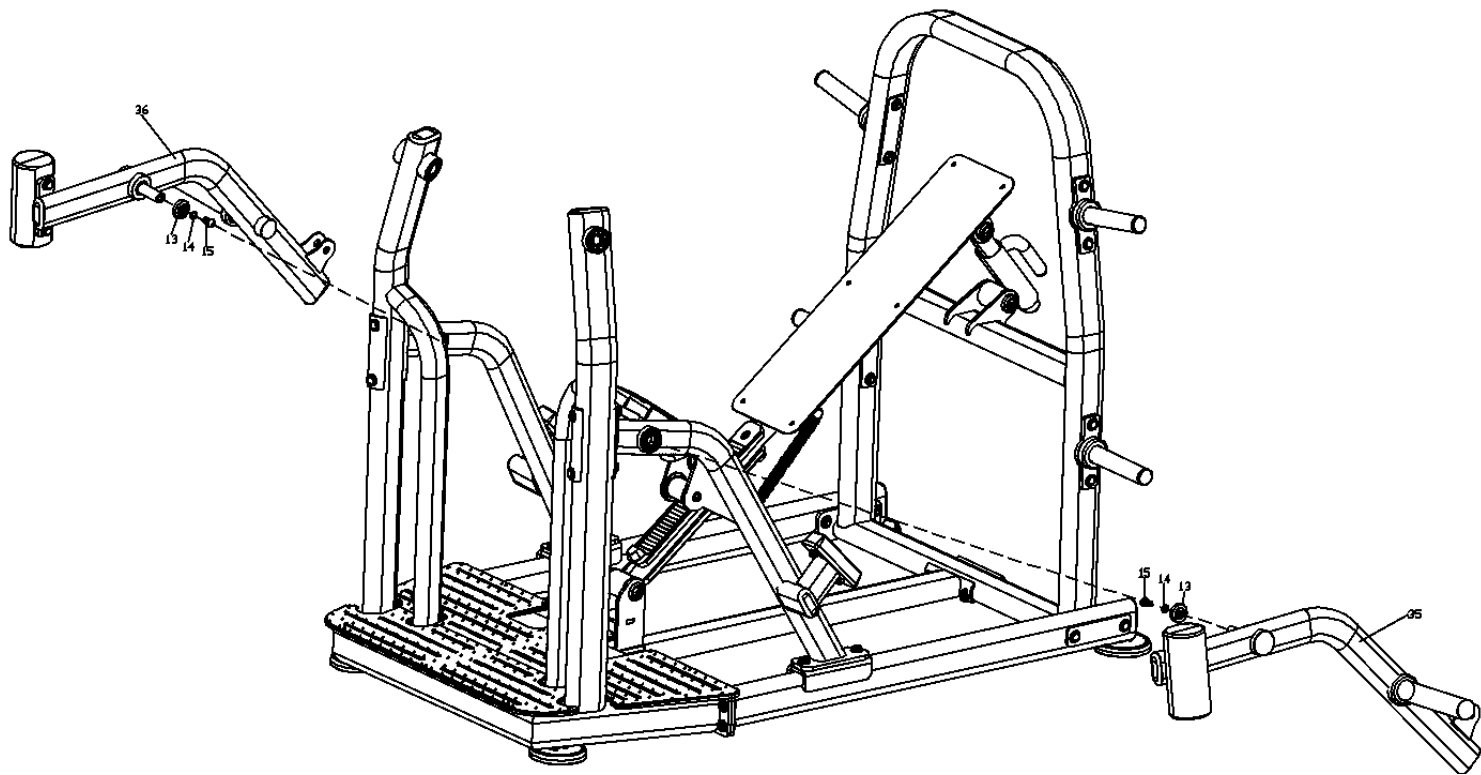


## 8) Step 8

### Finished diagram

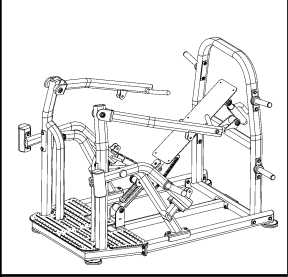


Bill of materials			
No.	Name	Spec	Qty
13	End cover	$\Phi 43.5 \times 14.5$	2
14	Spring washer	$\Phi 12$	2
15	Hexagon socket flat head bolt	M12*25	2
35	Left low swing arm assembly		1
36	Right low swing arm assembly		1

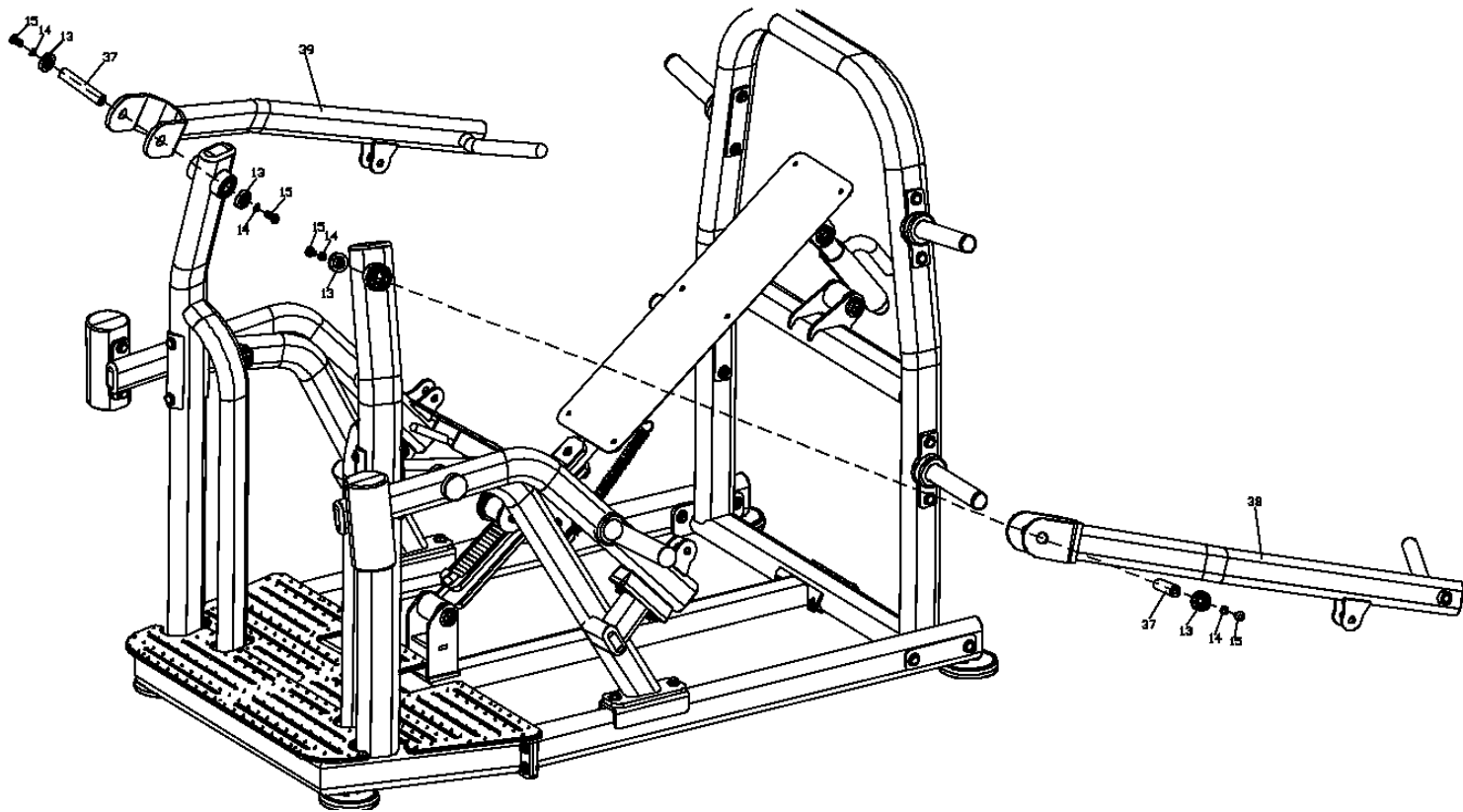


## 9) Step 9

### Finished diagram

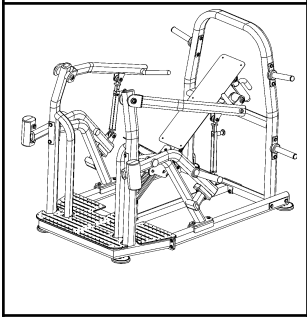


Bill of materials			
No.	Name	Spec	Qty
13	End cover	Φ43.5*14.5	4
14	Spring washer	φ 12	4
15	Hexagon socket flat head bolt	M12*25	4
37	Swing arm rotation axis	Φ25*127	2
38	Left upper swing arm assembly		1
39	Right upper swing arm assembly		1

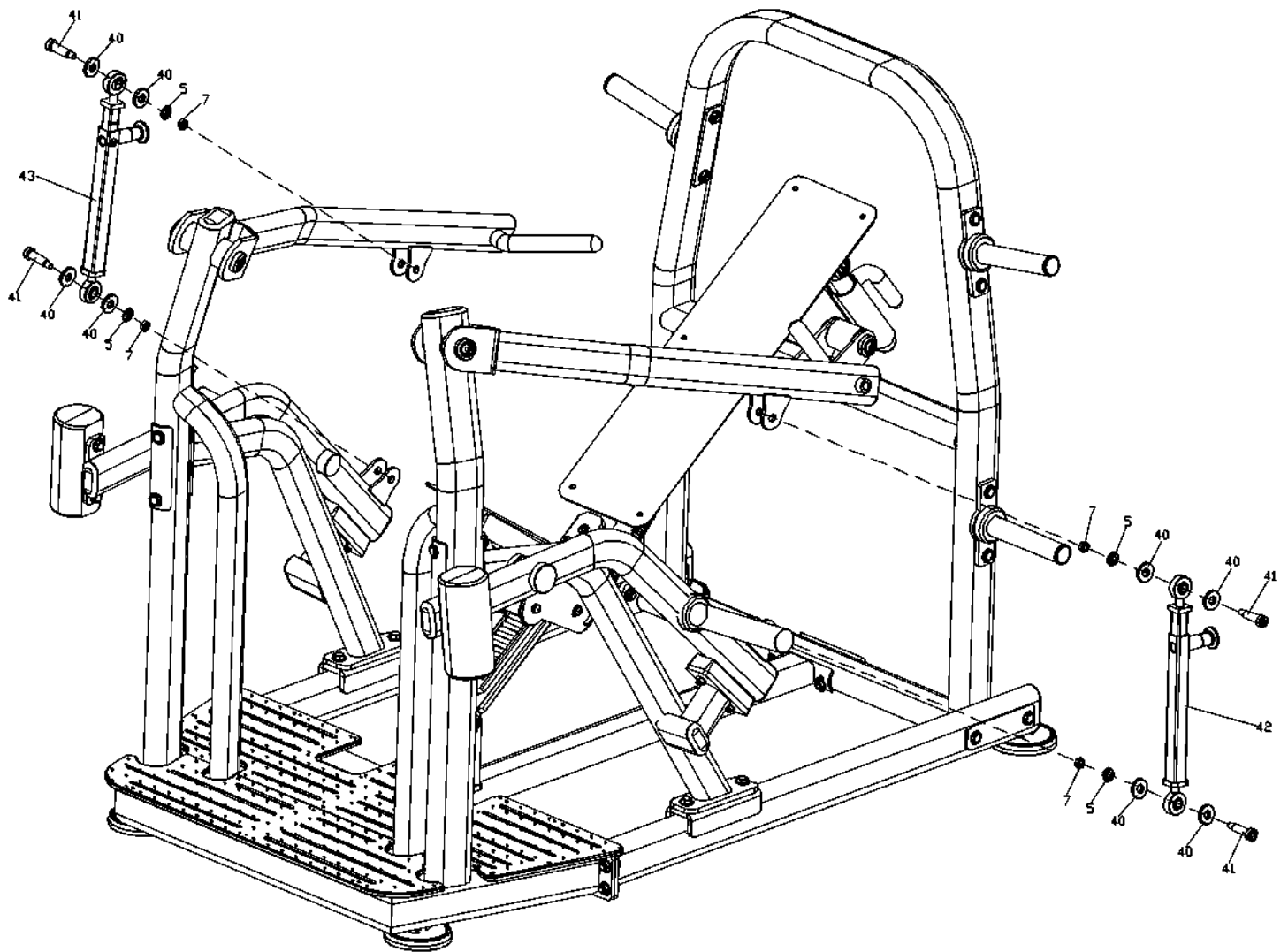


## 10) Step 10

### Finished diagram

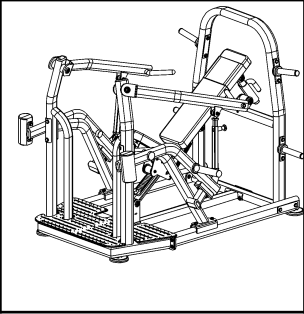


Bill of materials			
No.	Name	Spec	Qty
5	Flat washer	Φ12	4
7	Hexagon lock nut	M12	4
40	Rotation axis retainer	Φ40*16.5*T6	8
41	Hexagon socket half round head bolt	Φ16*45*M12	4
42	Left adjusting assembly		1
43	Right adjusting assembly		1



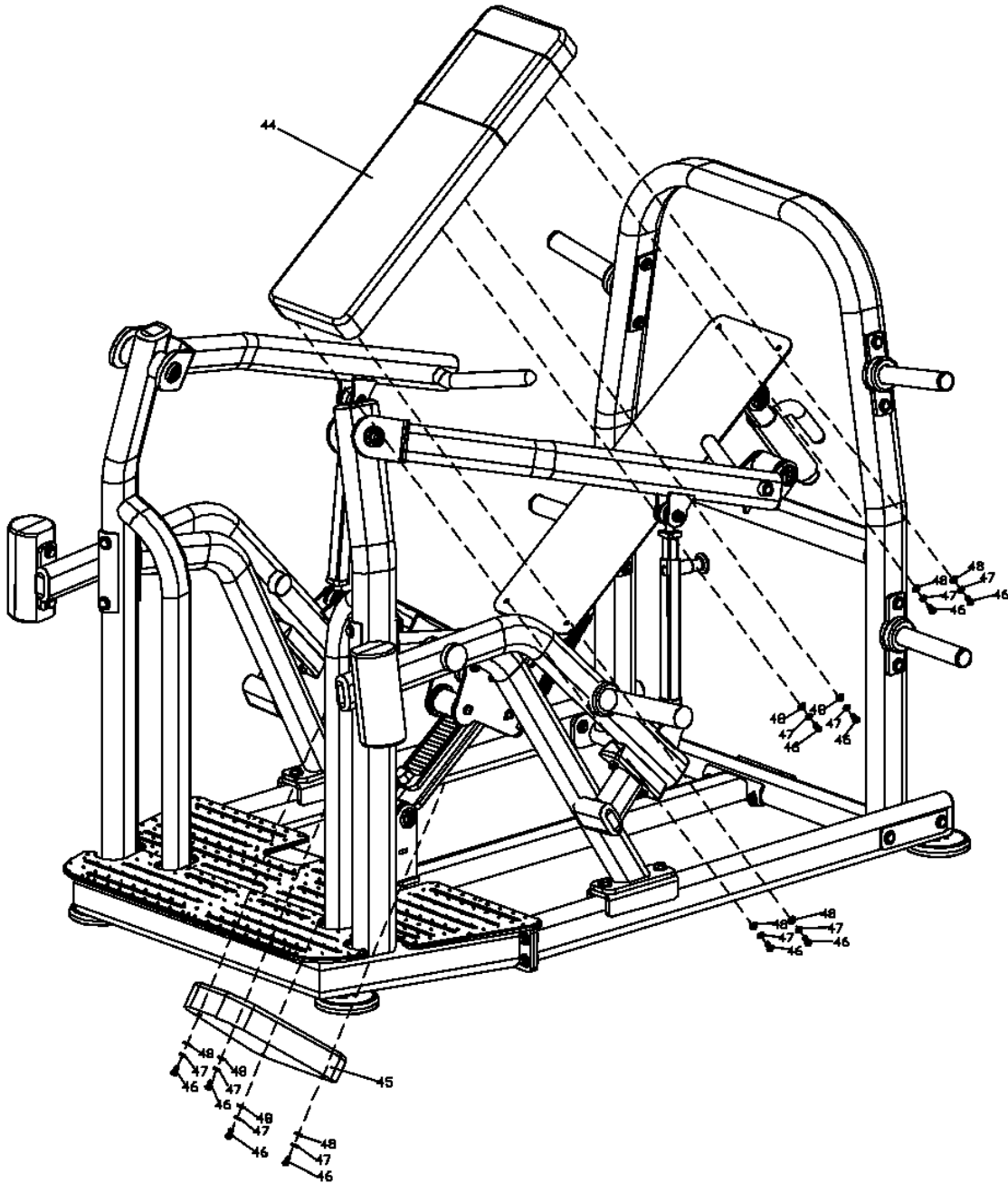
## 11) Step 11

Finished diagram



Bill of materials

No.	Name	Spec	Qty
44	Back cushion	838*250*60	1
45	Seta cushion	348*248*60	1
46	Hexagon socket flat head bolt	M8*25	10
47	Spring washer	φ 8	10
48	Flat washer	Φ8	10



### 03/ PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

### 04/ PRODUCT PARAMETER

Name	Incline Chest Press	SKU	PL-PS-ICP
Dimensions	72" x 68" x 57"		
Net Weight	560 lb		

### 05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.

2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.

3. Any worn or damaged stress parts should be repaired or changed immediately.