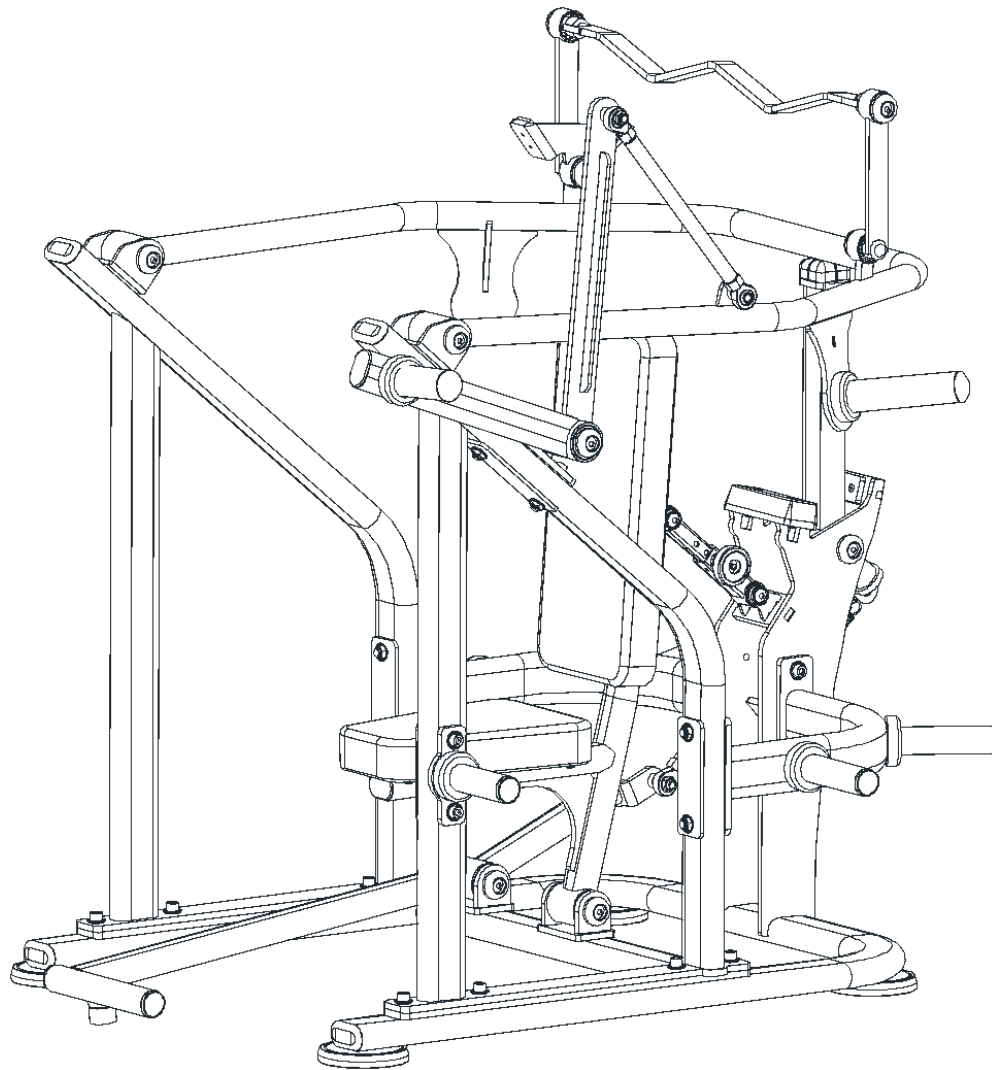


# Pro Strength Overhead Triceps Extension PL-PS-OTE



## Installation Manual

## **Table of Contents**

01/ Safety instructions

02/ Installation steps diagram and checklist

03/ Product description

04/ Product specifications

05/ Maintenance guide

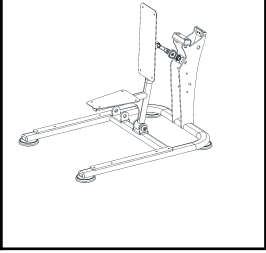
## **01/ Safety Instructions:**

**Thank you for choosing our company's product. Proper use of the trainer ensures your safety and convenience. Before using the trainer, please carefully read the following:**

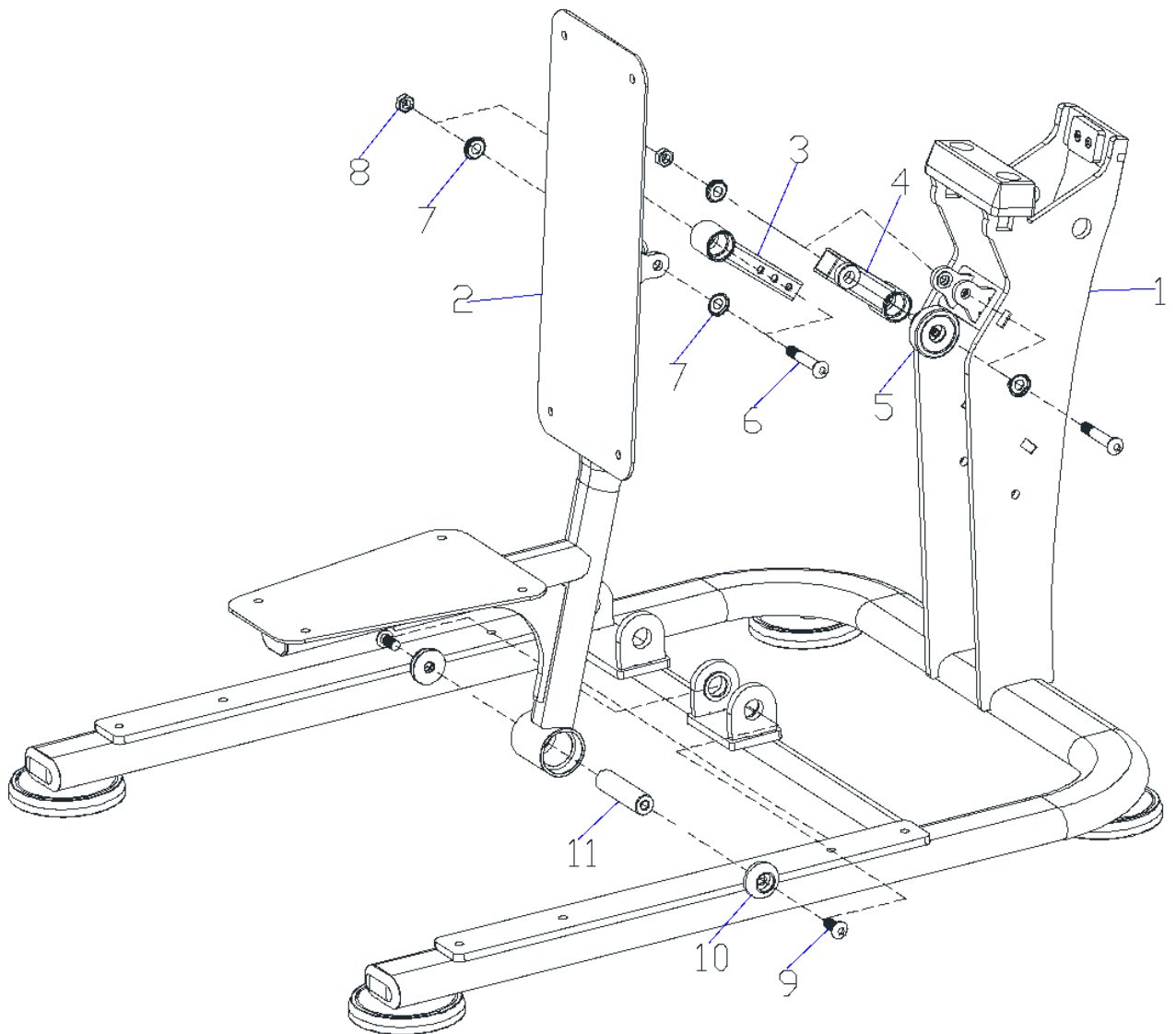
1. Before using this product, carefully read all user manuals and strictly follow the instructions provided. Keep this manual for the entire lifespan of the product.
2. The product owner should ensure that all users are aware of all safety precautions.
3. Maintain fresh and circulating indoor air while using the machine and ensure sufficient space for movement.
4. Users are responsible for maintaining the equipment. After installation and before each use, check that all fasteners are securely tightened and inspect worn parts regularly.
5. In case of damage to your equipment, contact the dealer and the company's after-sales service department immediately to replace all worn or defective parts. Do not use the equipment until it is completely repaired.
6. Wear appropriate sportswear and shoes before use. Do not wear skirts or jewelry, and tie up hair to avoid interference during exercise.
7. Perform warm-up exercises before using the machine for workouts.
8. If you experience dizziness, pain, vomiting, or any other abnormal symptoms, stop exercising immediately and consult a doctor.
9. Children should use the machine for selective training under adult supervision.
10. Warning! Keep hands and feet away from moving parts during operation.
11. Warning! Do not exceed the adjustment settings.
12. Warning! Keep children and pets away from the machine during exercise.
13. Warning! Ensure all adjustment devices are properly set during use.
14. Warning! Incorrect use or using the machine for purposes it is not intended for may cause injury to your health.
15. It is recommended to use this equipment only within supervised areas.

## Installation Step One

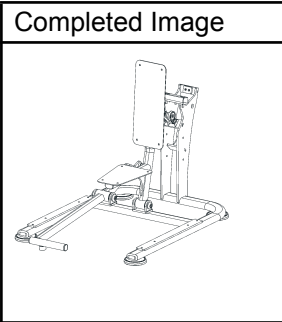
### Completed Image



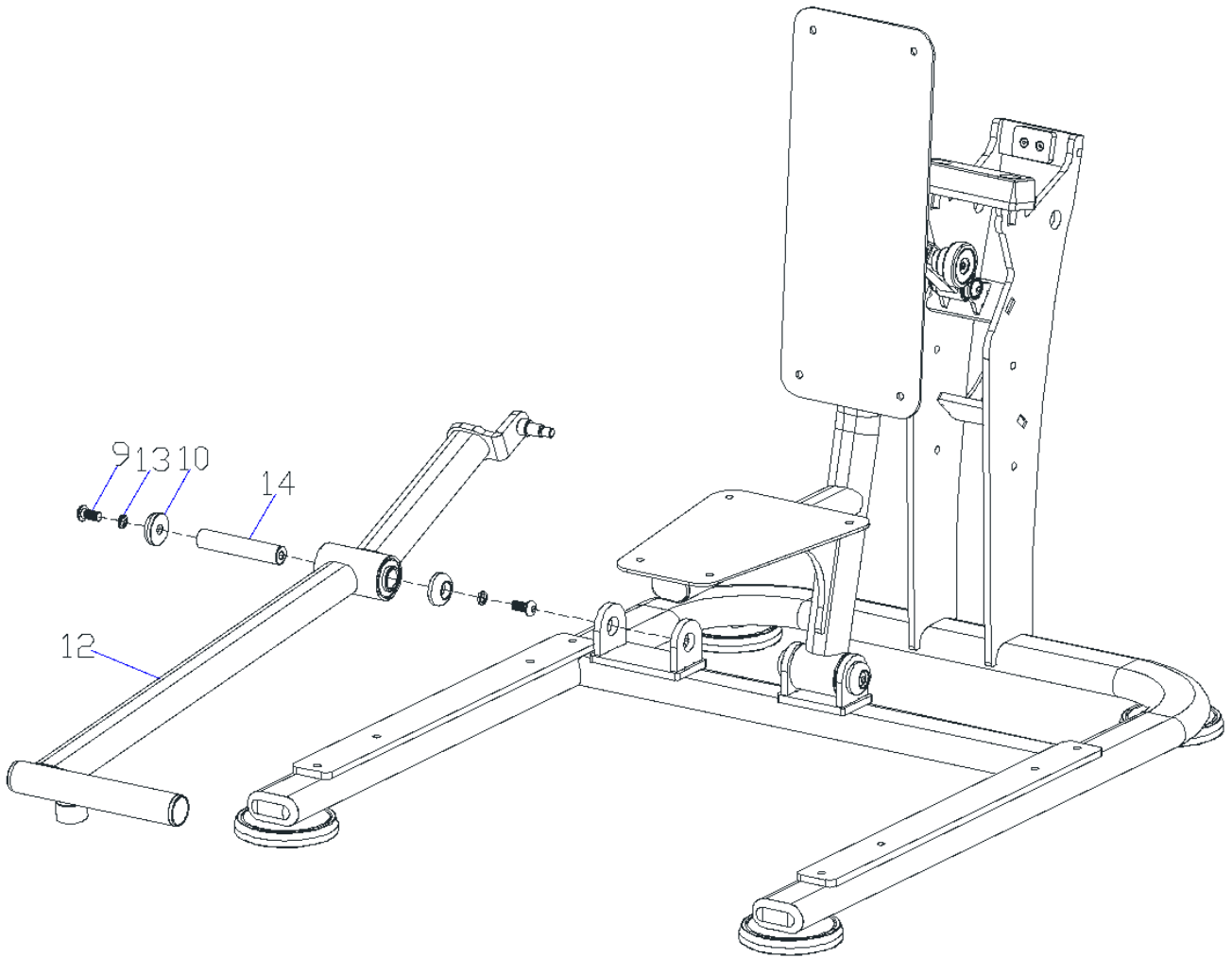
Installation Checklist			
1	Main support frame assembly	Welded component	1
2	Seat backrest assembly	Welded component	1
3	Internal adjustment tube assembly	Welded component	1
4	External adjustment tube assembly	Welded component	1
5	Knob handle	φ60*35	1
6	Hexagon socket flat head bolt	M12*70	2
7	Washer	Ø12	4
8	Hexagon lock nut	M12	2
9	Hexagon socket flat head bolt	M12*25	2
10	End cap	φ43.5*14.5	2
11	Rotating shaft	φ25*95	1



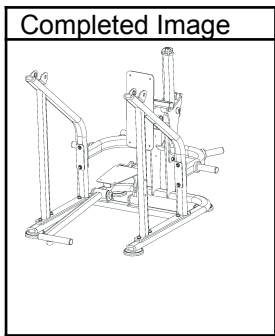
## Installation Step Two



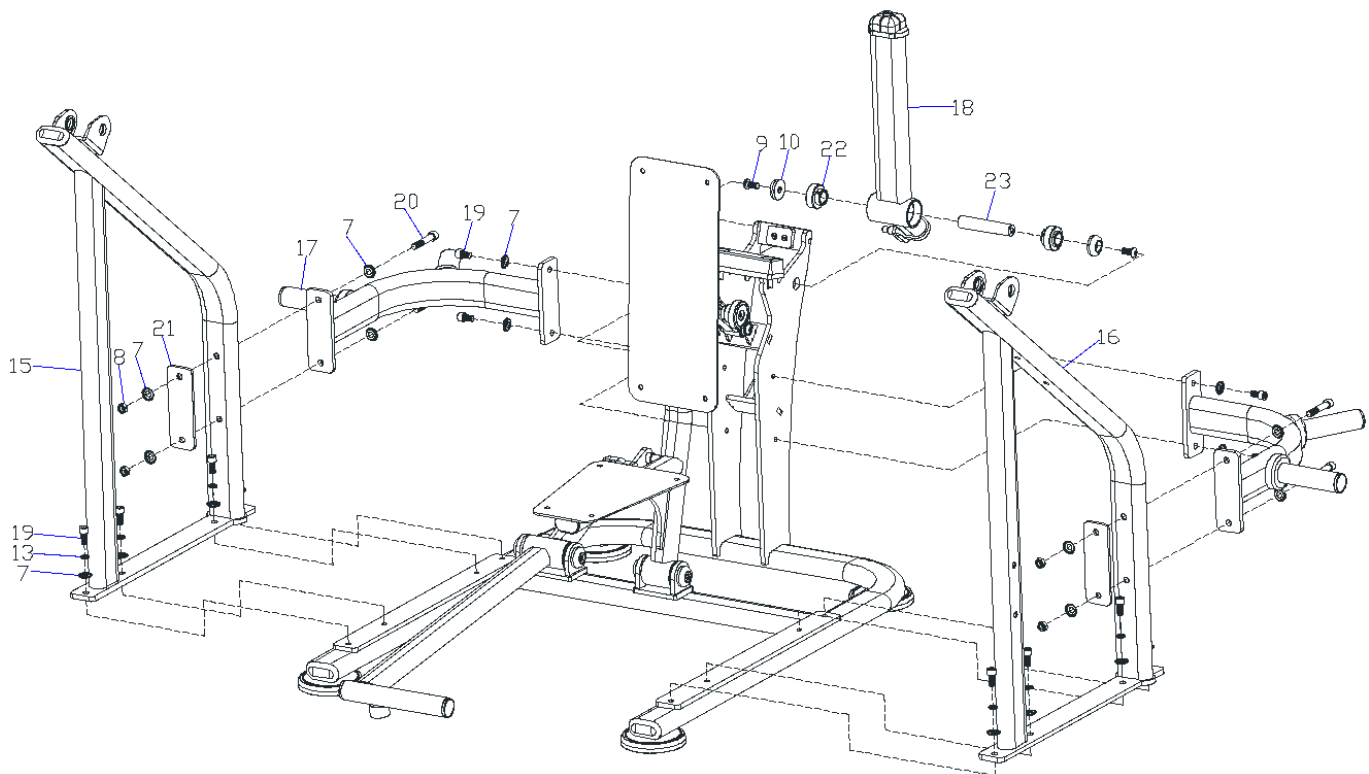
Installation Checklist			
9	Hexagon socket flat head bolt	M12*25	2
10	End cap	φ43.5*14.5	2
12	Linkage adjustment assembly	Welded component	1
13	Spring washer	φ12	2
14	Rotating shaft	φ25*127	1



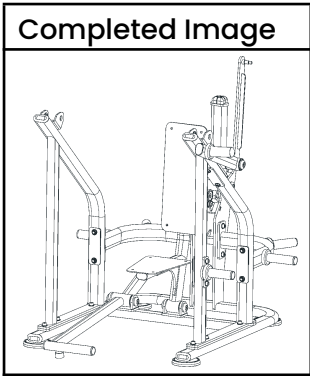
### Installation Step Three



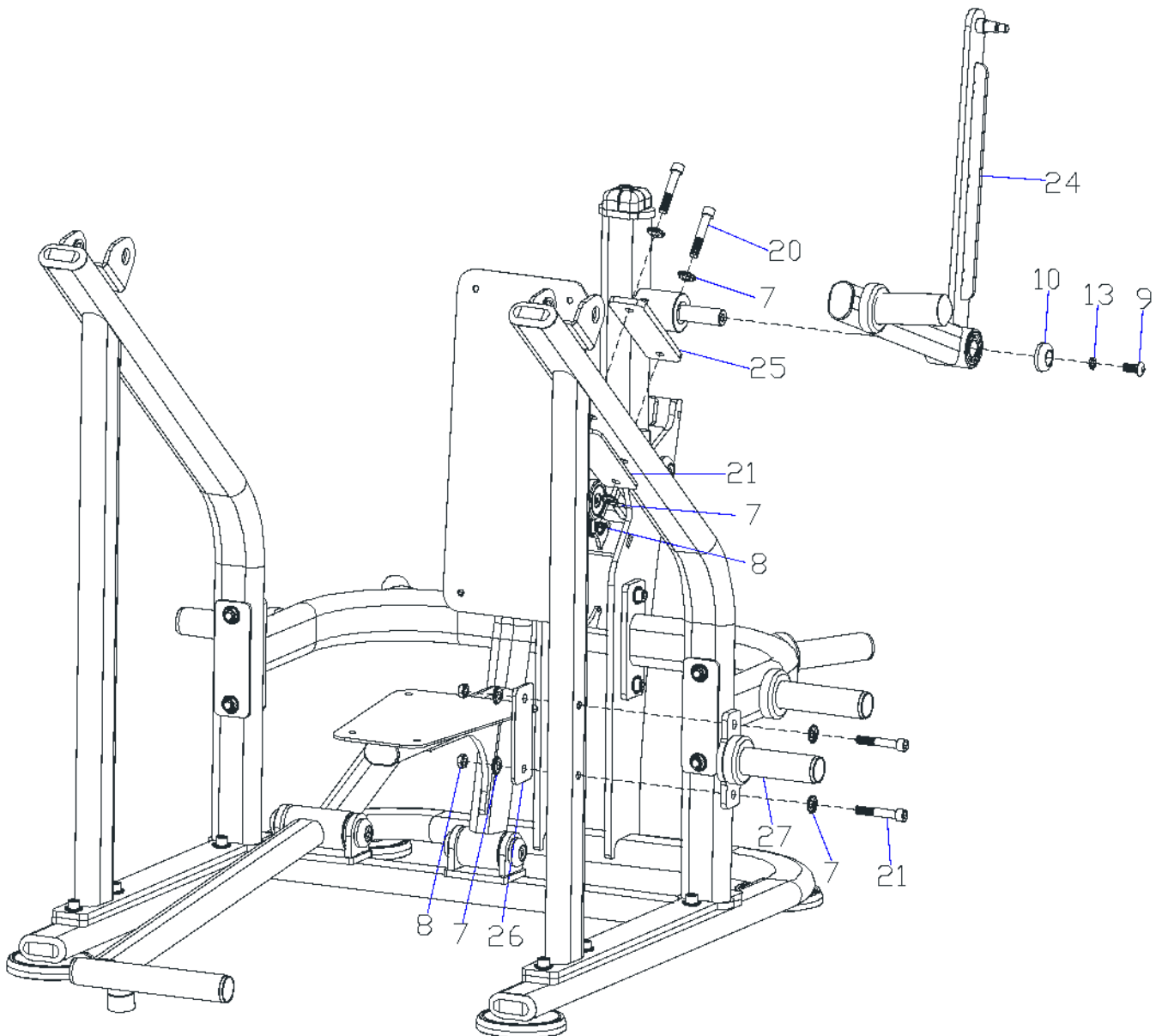
Installation Checklist			
7	Washer	Ø12	20
8	Hexagon lock nut	M12	4
9	Hexagon socket flat head bolt	M12*25	2
10	End cap	φ43.5*14.5	2
13	Spring washer	φ12	8
16	Right frame component	Welded component	1
17	Right frame component	Welded component	4
18	Limit assembly	Welded component	1
19	Hexagon socket cylindrical head bolt	M12*25	12
20	Hexagon socket cylindrical head bolt	M12*70	8
21	Rectangular connecting plate	180*60*T6	2
22	Deep groove ball bearing	UC205/GB/T3882-1995	2
23	Rotating shaft	φ25*127	1



## Installation Step Four

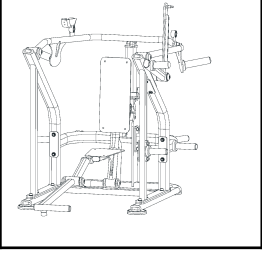


Installation Checklist			
7	Washer	Ø12	8
8	Hexagon lock nut	M12	4
9	Hexagon socket flat head bolt	M12*25	1
10	End cap	φ43.5*14.5	1
13	Spring washer	φ12	1
20	Hexagon socket cylindrical head bolt	M12*70	2
21	Rectangular connecting plate	180*60*T6	1
24	Arm linkage assembly	Welded Component	1
25	Fixed connecting seat assembly	Welded Component	1
26	Rectangular connecting plate	150*60*T6	1
27	Barbell assembly		1

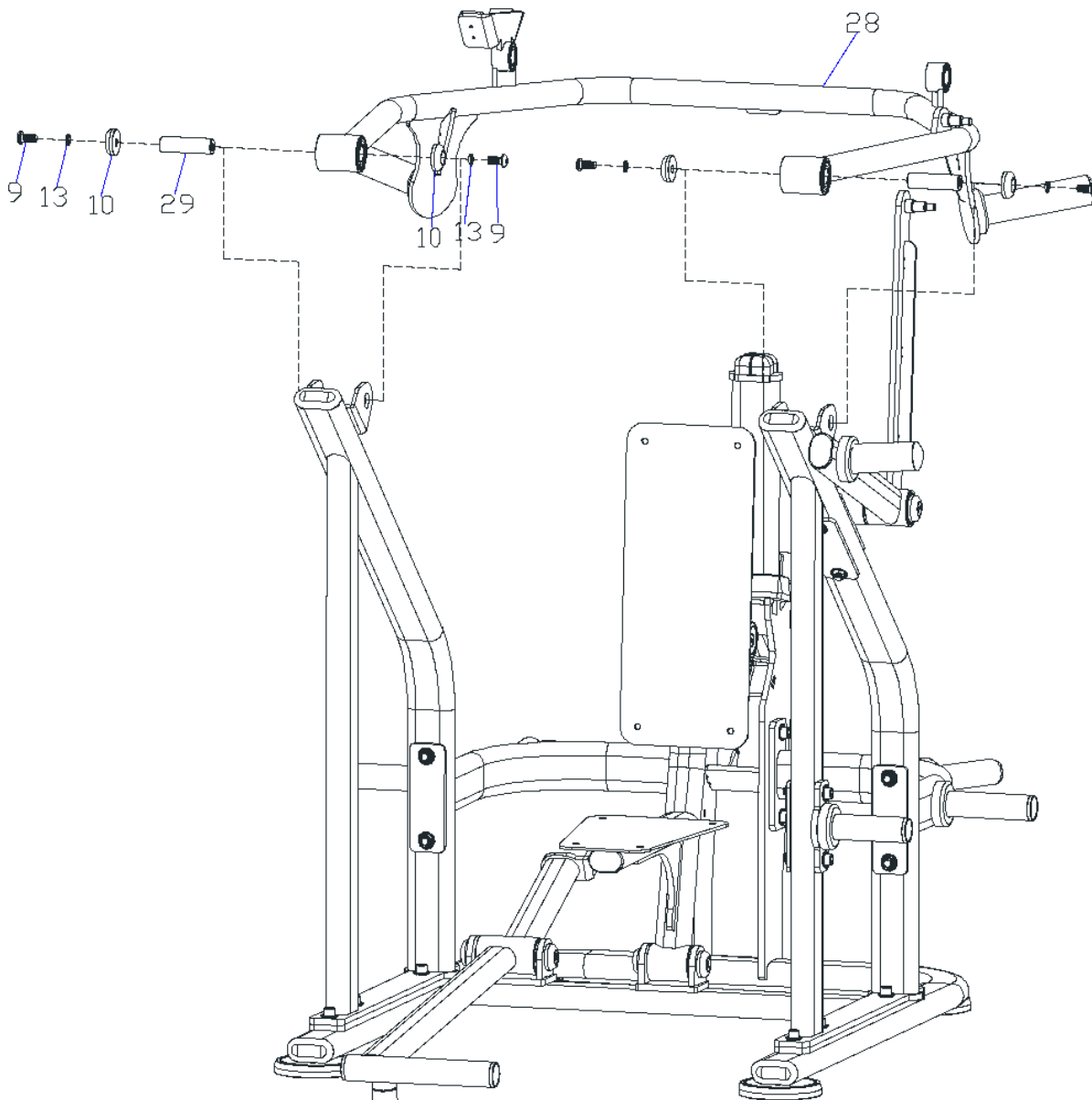


## Installation Step Five

Completed  
Image



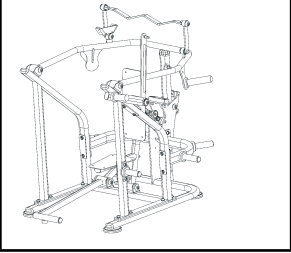
Installation Checklist			
9	Hexagon socket flat head bolt	M12*25	4
10	End cap	φ43.5*14.5	4
13	Spring washer	φ12	4
28	Curved pipe handle assembly	Welded Component	1
29	Rotating shaft	φ25*88	2



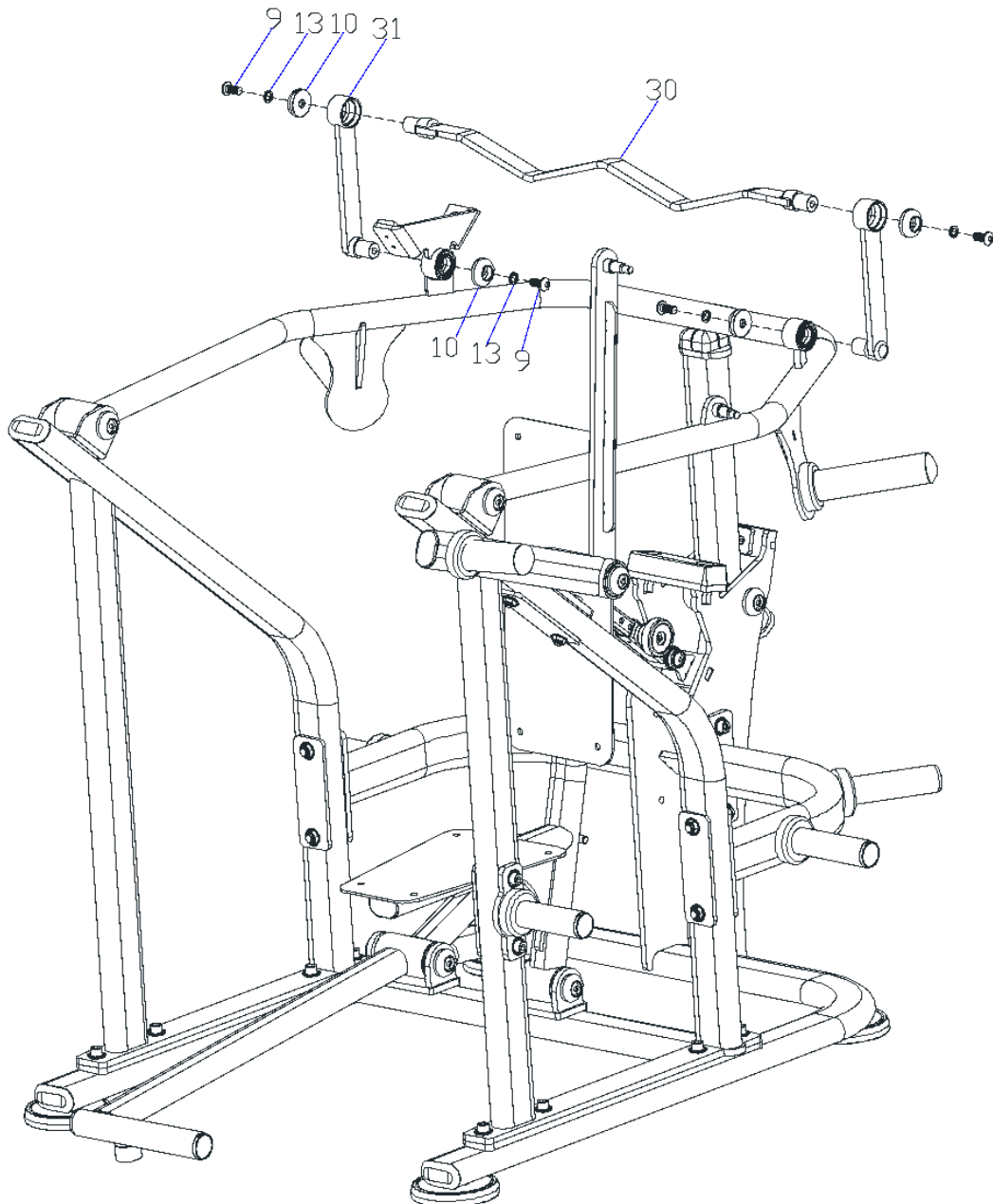


## Installation Step Six

### Completed Image

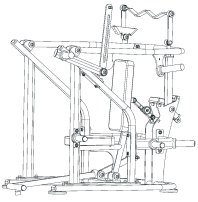


Installation Checklist			
9	Hexagon socket flat head bolt	M12*25	4
10	End cap	φ43.5*14.5	4
13	Spring washer	φ12	4
30	Handle assembly	Welded Component	1
31	Linkage assembly	Welded Component	2

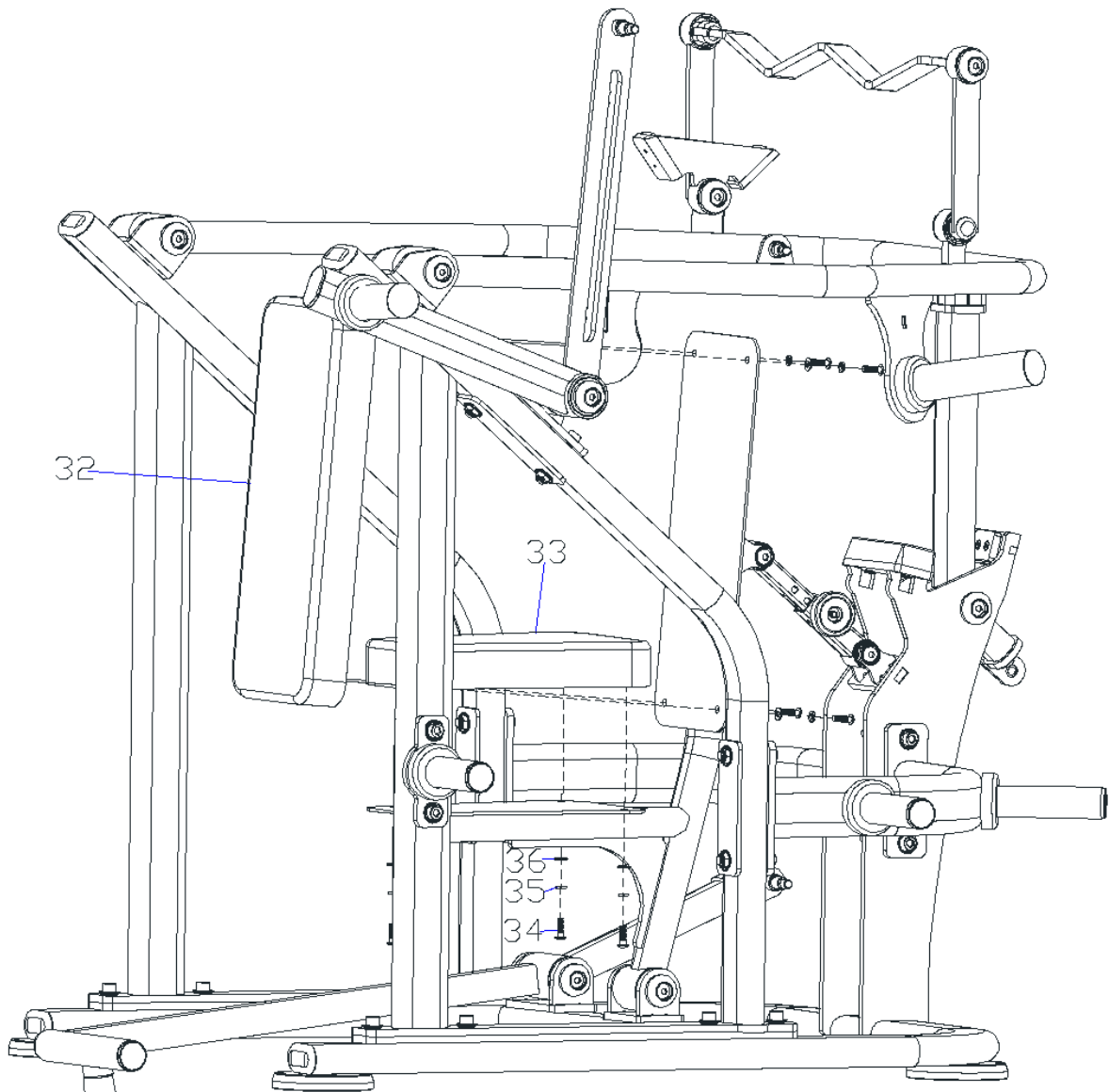


## Installation Step Seven

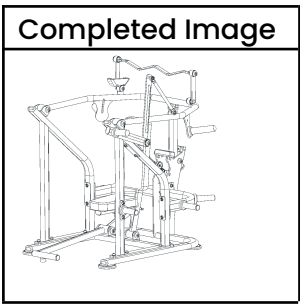
### Completed Image



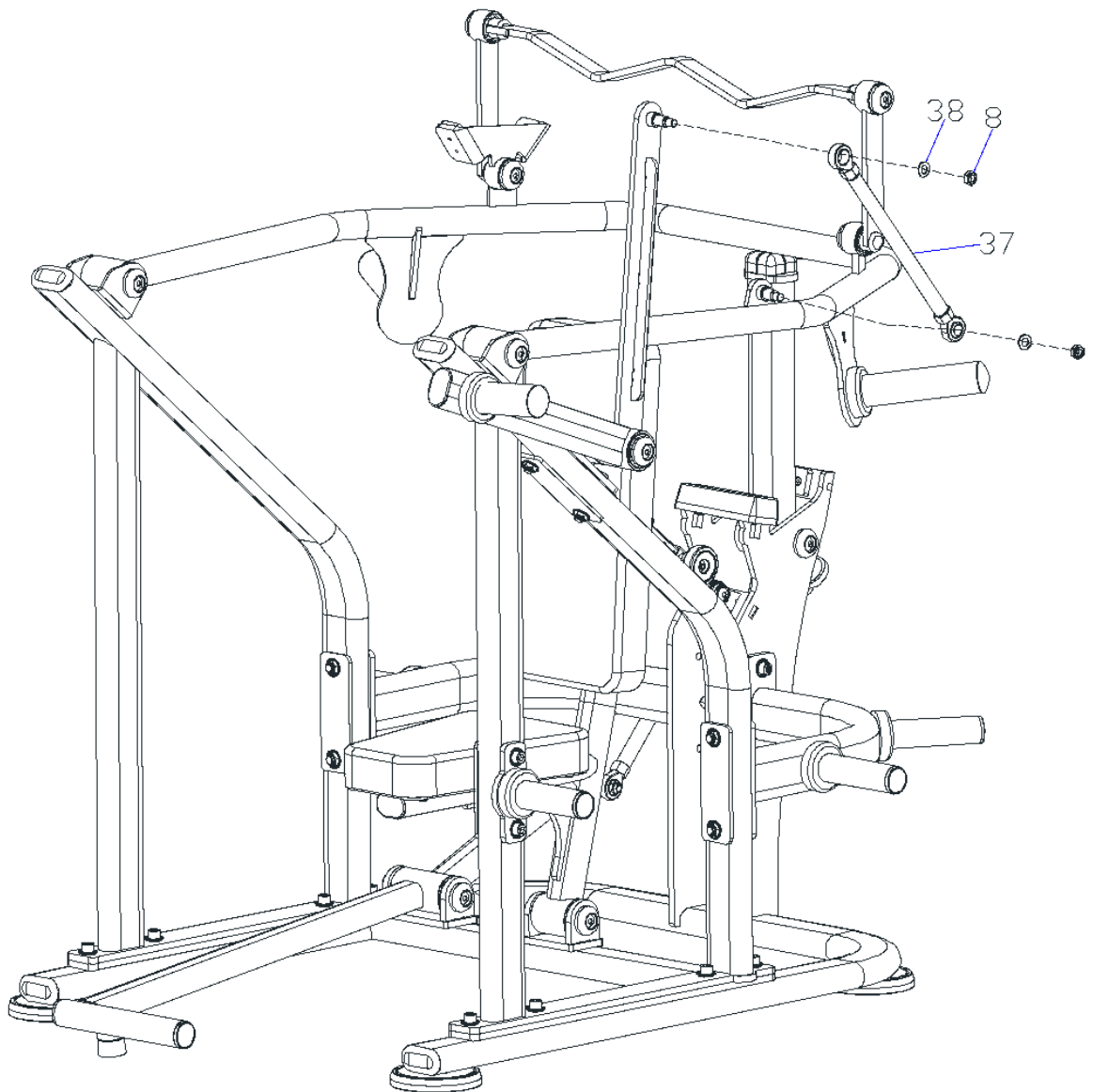
Installation Checklist			
32	Backrest	540*230*60	1
33	Seat cushion	348*248*60	1
34	Hexagon socket flat head bolt	M8*25	8
35	Spring washer	φ8	8
36	Flat washer	φ8	8



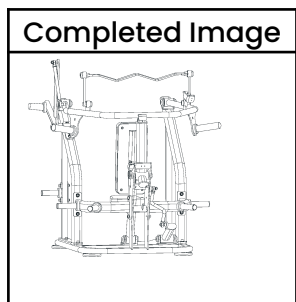
## Installation Step Eight



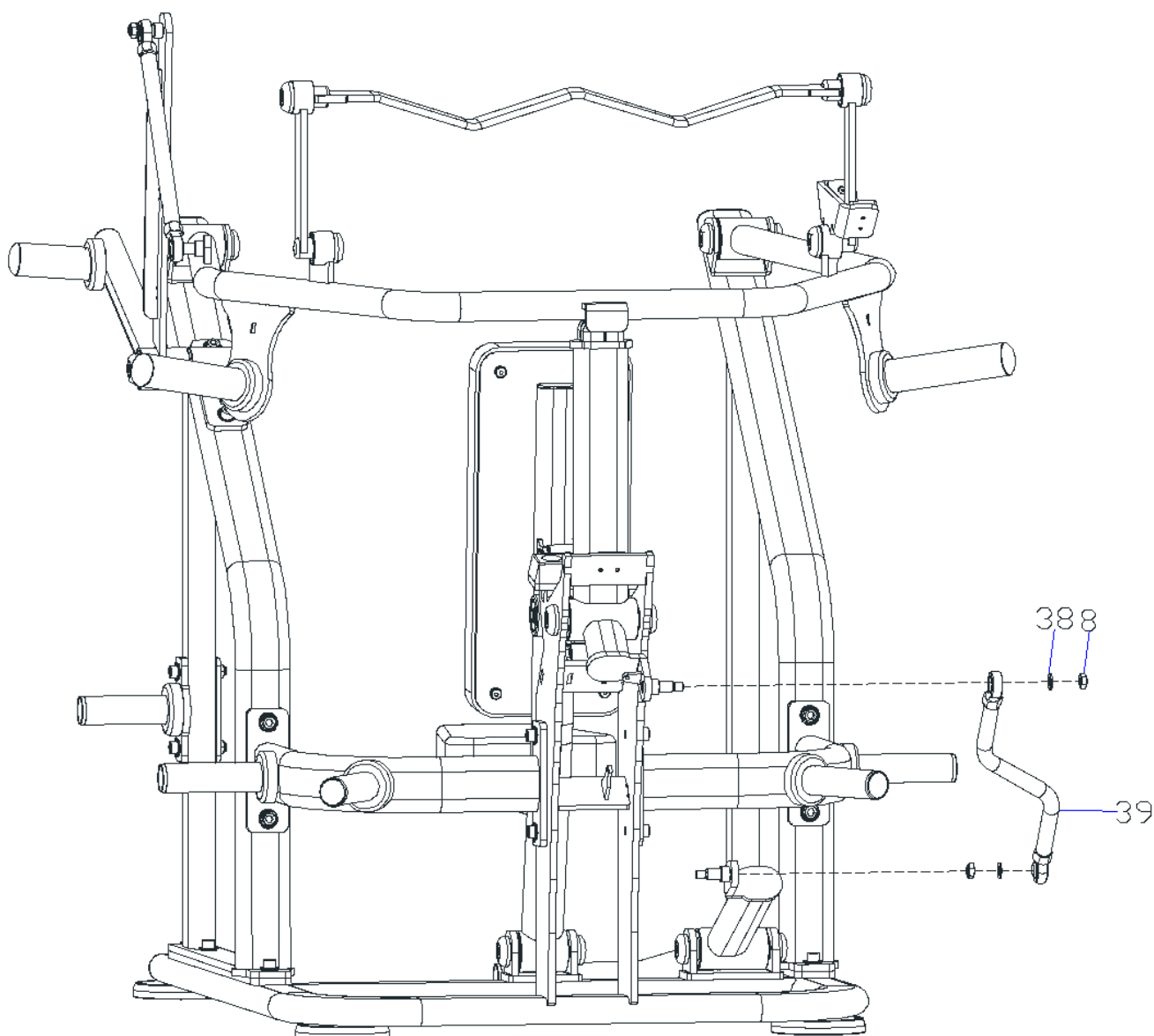
Installation Checklist			
8	Hexagon lock nut	M12	2
37	Straight pull rod	$\phi 22*300$	1
38	Flat washer	$\phi 12$	2



## Installation Step Nine



Installation Checklist			
8	Hexagon lock nut	M12	2
38	Flat washer	φ12	2
39	Curved pull rod	φ22*361.4	1



### 03/Product Description:

This machine is indoor fitness equipment designed for aerobic cardiovascular exercise, primarily focusing on improving cardiovascular function while also assisting in muscle training. It targets various muscle groups such as the thighs and calves, aiming to enhance strength and aesthetics. Illustrated with functional diagrams, it provides clear instructions on how to correctly use the equipment and exercise different muscles, making it easy to grasp. The machine features a weight stack system for convenient selection of resistance levels, allowing users to adjust intensity according to their needs. Its design and manufacturing adhere to the natural movement trajectory of the human body, ensuring both safety and durability.

The machine is manufactured using large-scale steel tubing and undergoes electrostatic spraying treatment, ensuring its safety, reliability, and durability.

### 04/Product Specification:

<b>Name</b>	Overhead Triceps Extension	<b>SKU</b>	PL-PS-OTE
<b>Dimension</b>	52" x 54" x 58"		
<b>Weight</b>	340 lb		

### 05/Maintenance Guide:

1. Regularly inspect and tighten all bolts on the machine to ensure they are securely fastened.

Moving parts should be flexible and free of any unusual noises.

2. Keep the machine clean, but avoid using strong detergents or solvents for cleaning.

3. If any load-bearing parts show signs of wear or damage, they should be replaced immediately. Do not use the machine until repairs have been completed.