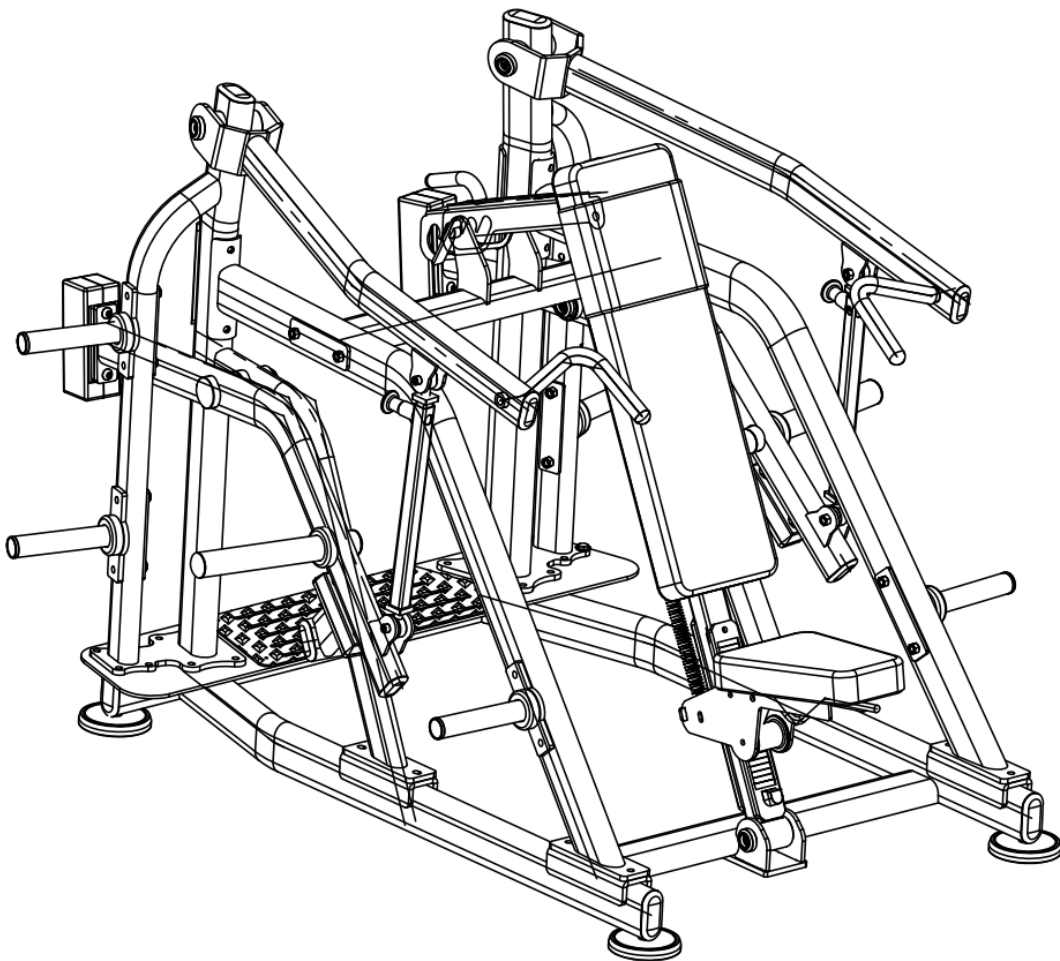


Pro Strength Shoulder Press (PL-PS-SP)



Installation Manual

V20180720

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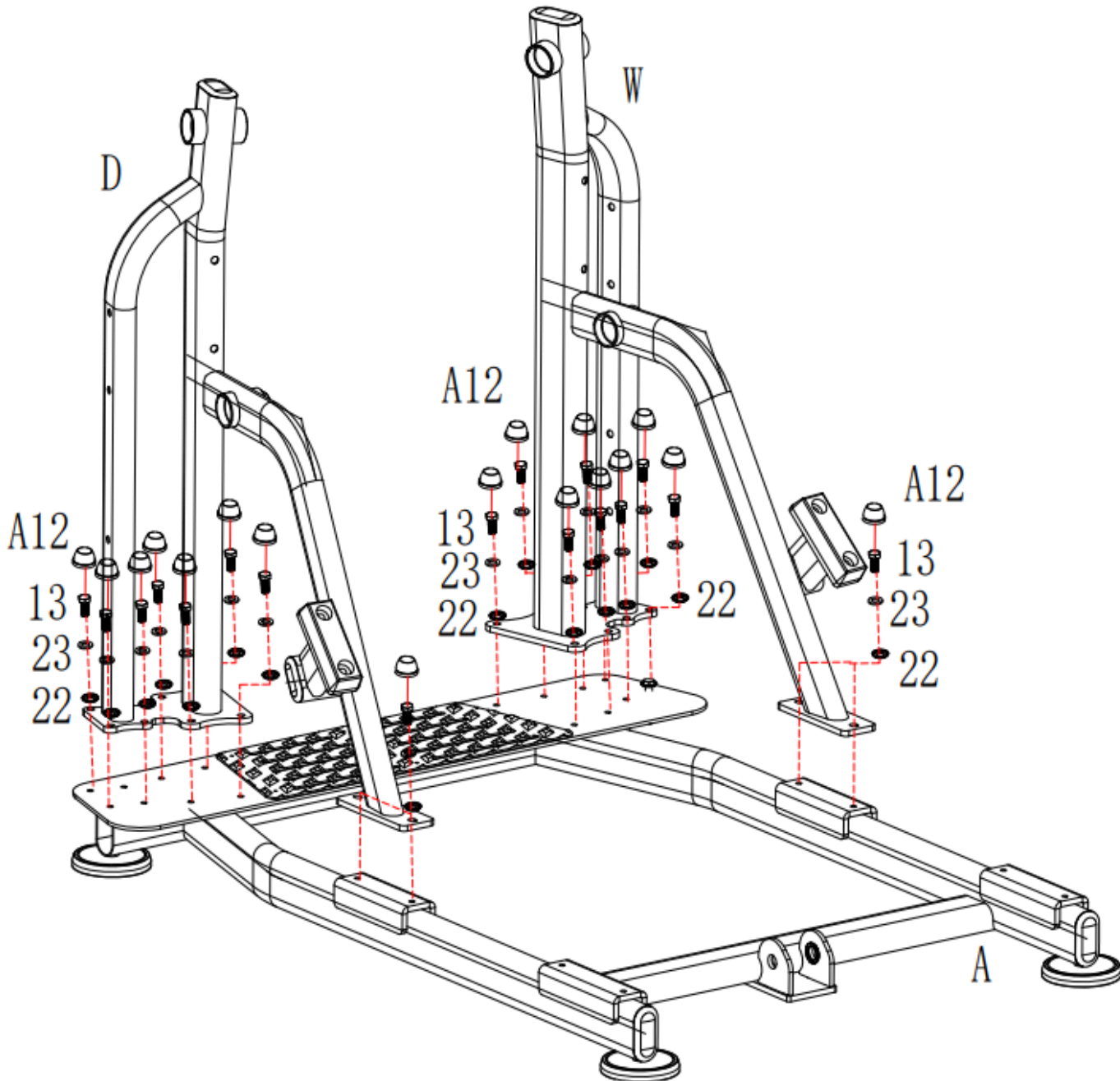
05/ Maintenance

01/ Safety Instruction

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:

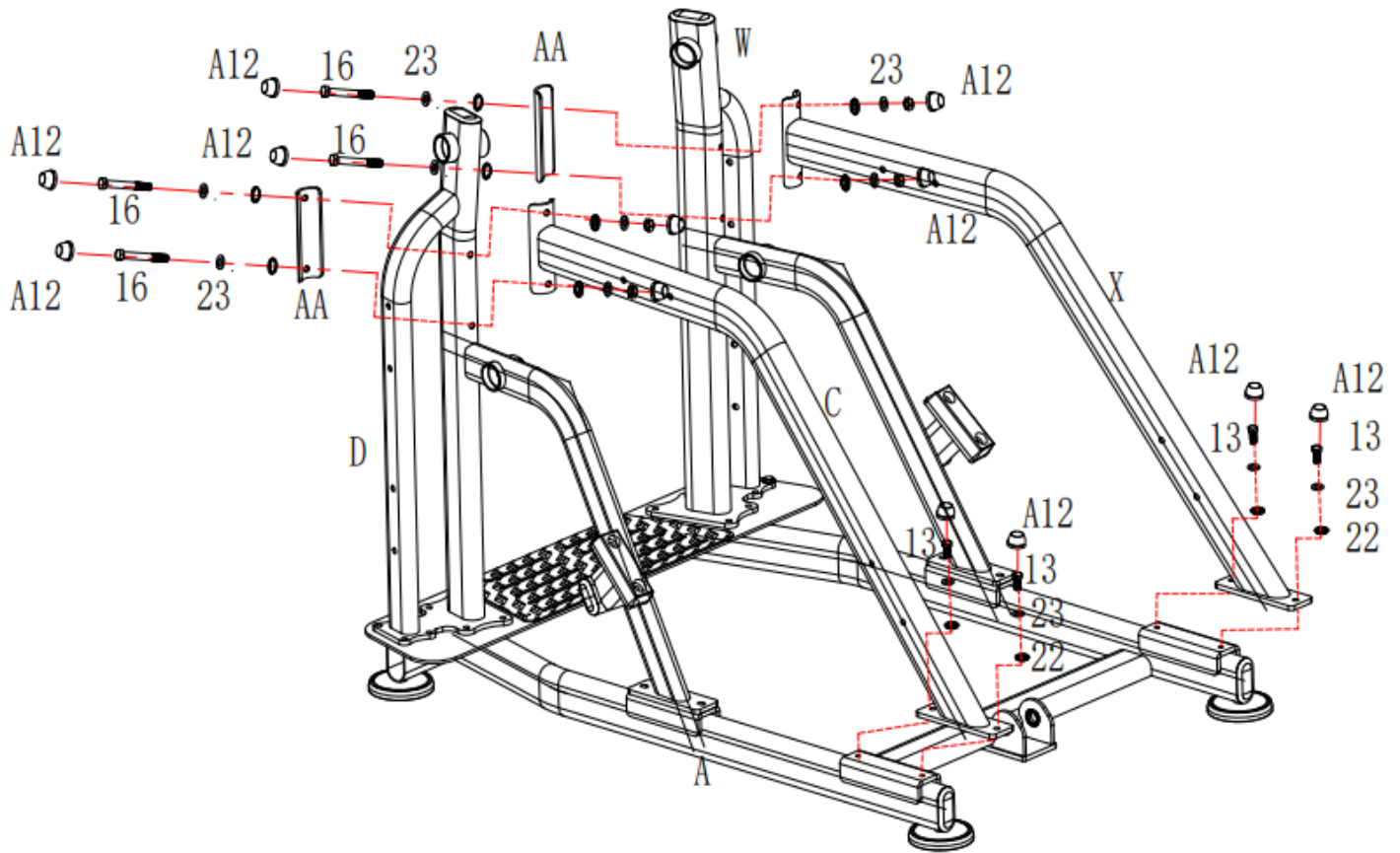
1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owners should ensure all the users of this product know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or installing the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment is broken, please contact the distributors or after-sales department. Do not use it before it is repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercises 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 over-adjust.
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 the supervision area.

02/Assembly Step one



Attach the Right body supporting component (D#) and left body supporting frame (W#) onto the Base frame (A#) and secure them with 20 pcs M12×25hex bolt (13#), 20pcs Φ12 washer(23#), 20pcs Φ12washer(22#), and then attach the Screw cap (A12#) to cover the M12×25hex bolt (13#).

Step 2

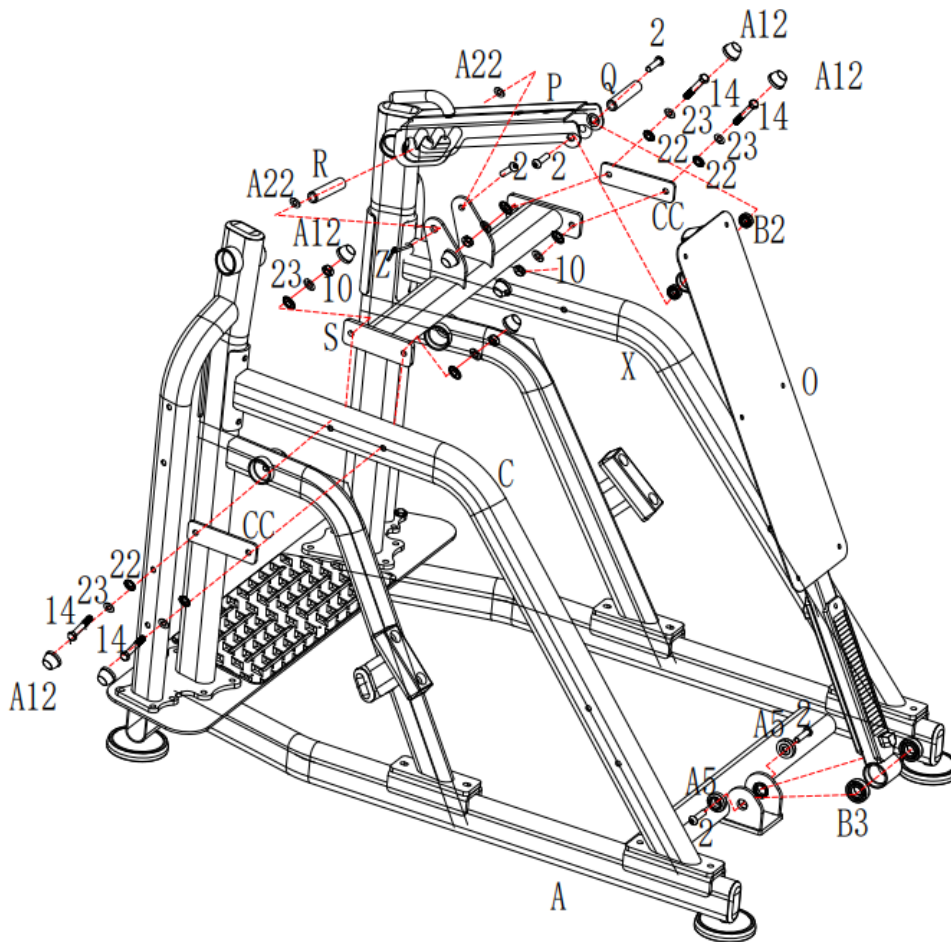


Attach the one end of the Right bend supporting component(C#) to the the Right body supporting frame (D#) as the diagram shows, secure them with 2pcs M12×135 hex bolt(16#), 2pcs Φ12washer(23#), 2pcs Φ12washer(22#), and then Screw cap (A12#) to cover the M12×135hex bolt (16#).

Attach another end of the Right bend supporting component(C#) to the Base frame (A#),Secure them with 2pcs M12×25 hex bolt(13#), 2pcsΦ12washer(23#), 2pcs Φ12washer(22#), and then attach the Screw cap(A12#) to cover the M12×25 hex bolt (13#).

Use the same way to install the Left bend supporting component(X#)

Step 3



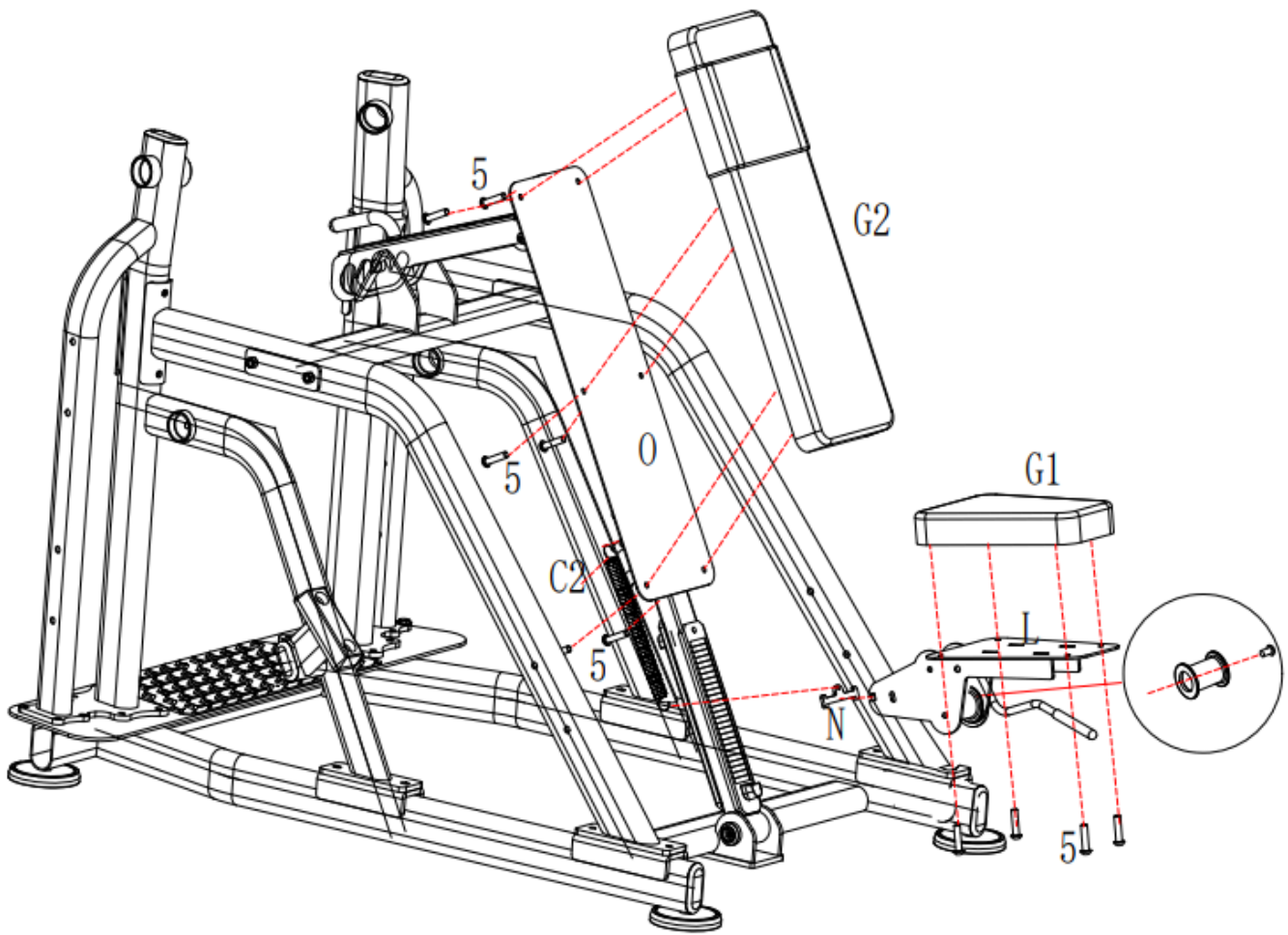
Attach the Back pad supporting frame (S#) between the Right bend supporting component (C#) and Left bend supporting component (X#) and then secure them together with 4pcs M12×85 hex bolt (14#), 8pcs Φ12washer (23#), 8pcsΦ12washer (22#), 2pcs washer (CC#), 4pcs hex bolt M12 (10#) Attach the screw cap (A12#) to cover the M12×135 hex bolt (16#).

Attach the Back pad adjust component (P#) to the Back pad supporting component (S#) with the 1pc Back pad adjust shaft (R#), 2 pcs Axis distance ring (A22#), 1pc M12*25 Allen bolt (2#), 1pc Back pad adjust rotary knob component (Z#)

Attach the Back pad fixed component (O#) to the Base frame (A#) and secure them together with 2pcs M12*25 Allen bolt (2#), 2pcs shaft end washer (A5#).

Attach the Back pad adjust rotating shaft (Q) to the Back pad adjust component (P#) and then secure them with 2pc M12*25 Allen bolt (2#), 1pc Back pad adjust rotating shaft (Q#)

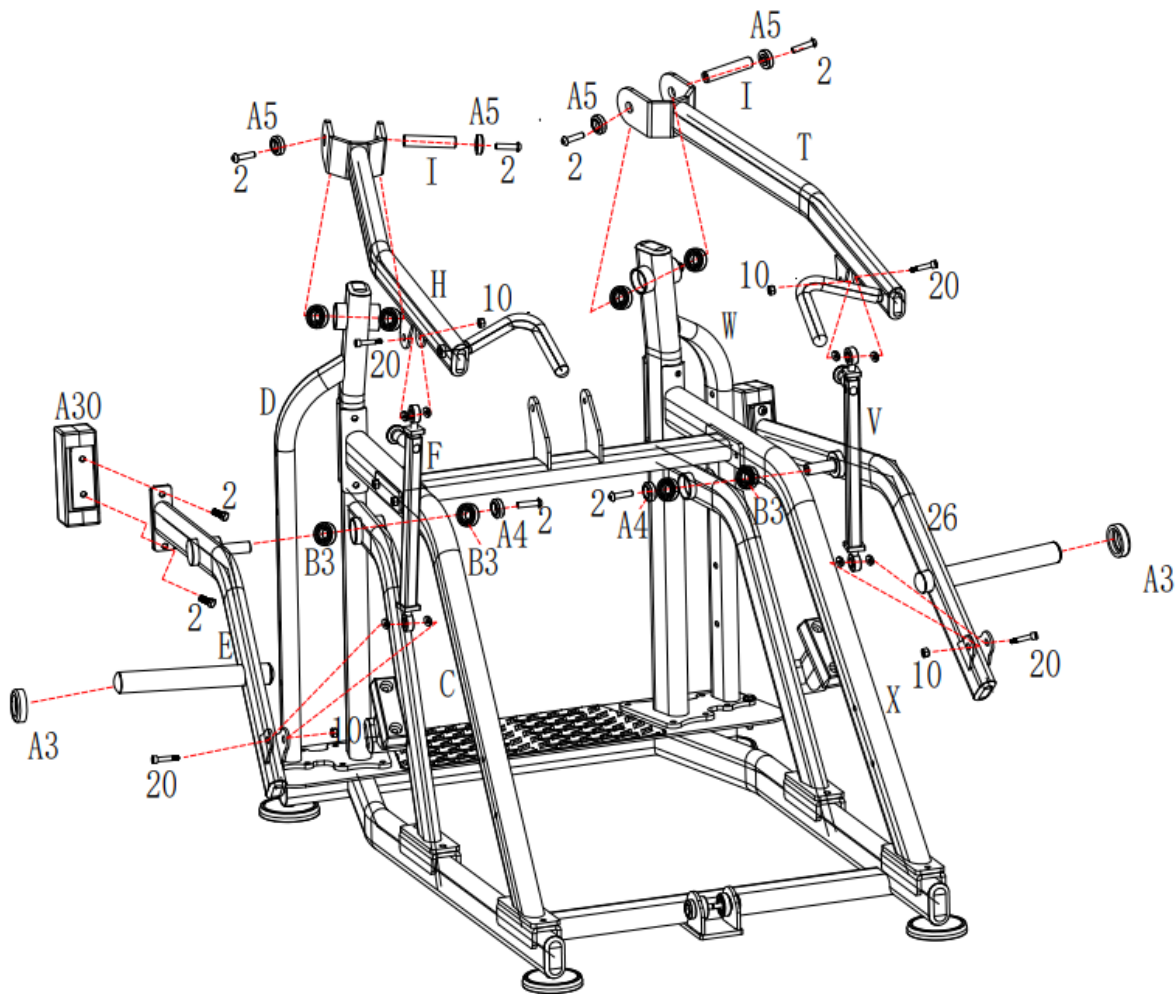
Step 4



Attach the Cushion(G1#) onto the Seat fixed component(L#) secure them with 4 pcs M8*40 Allen bolt(5#). Fix the Tension spring hang-parcel (N#) to the Seat fixed component (L#). Attach the spring (C2#) to the Tension spring hang-parcel(N#) and Back pad fixed component(O#).

Attach the Back pad(G2#) to the Back pad fixed component(O#) and secure them with 6pcs M8*40 Allen bolt(5#).

Step 5



Attach the Left top movable arm component (T#) and Right top movable arm component (H#) to the Left body supporting component (W#) and Right body supporting component (D#) with 4 pcs M12×25 allen bolt (2#), 2 pcs Movable arm rotating shaft (I#), 4 pcs Shaft end washer (A5#) .

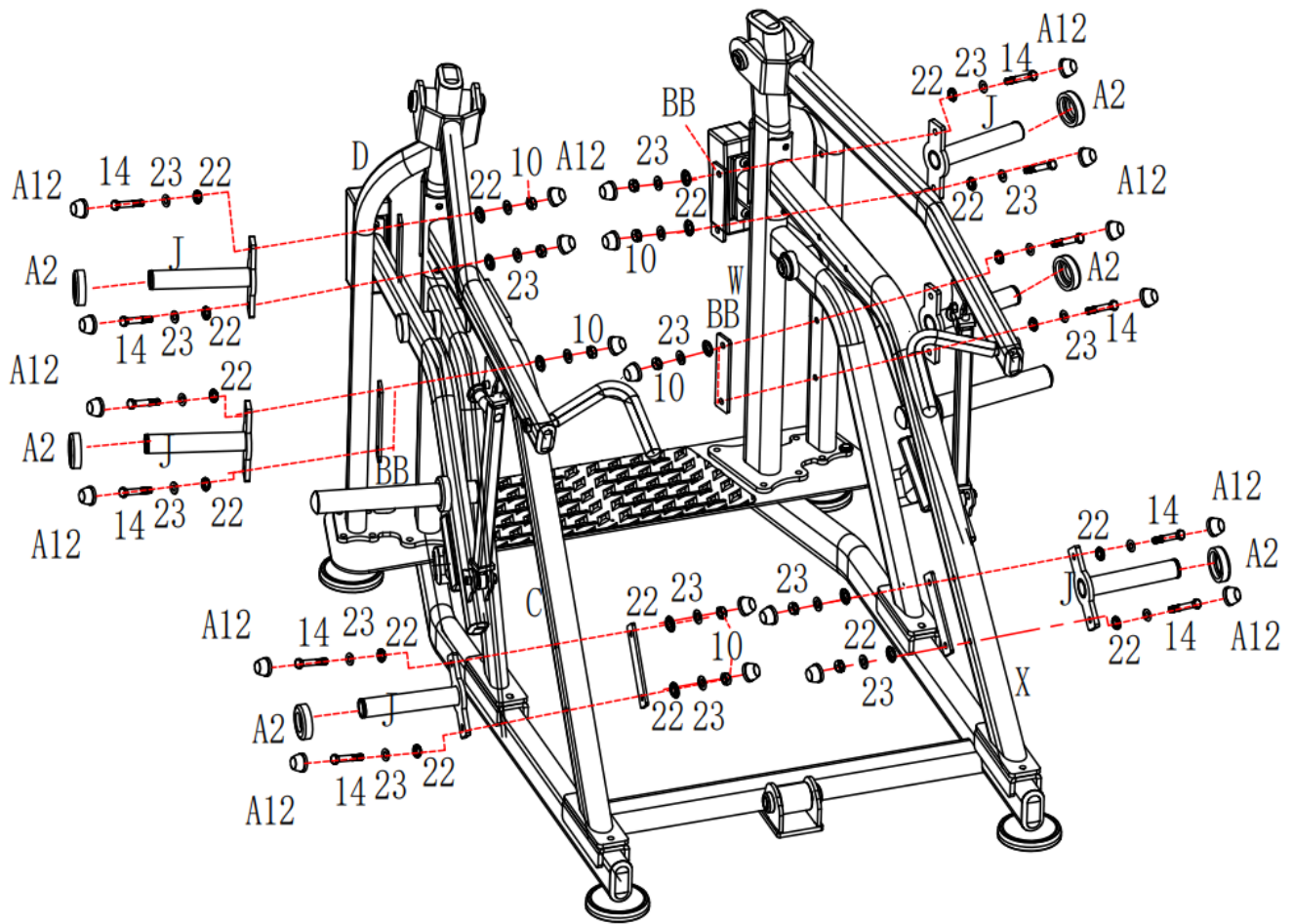
Attach the left bottom movable arm component (26#) to the Left bend supporting component (X#) . Attach the Right bottom movable arm component (E#) to Right bend supporting component (C#). with 2 pcs M12×25 Allen bolt (2#), 2 pcs Shaft end washer (A4#)

Attach the Right outside connecting rod component (F#) and Right inside connecting rod component (V#) as the diagram shows with the $\Phi 16 \times 45 \times M12$ bolt (20#) and 2 pcs M2 nut (10#).

Attach the Square weight iron sleeve (A30#) to the left bottom movable arm component (26#) and Right bottom movable arm component (E#) with 4 pcs M12×25 allen bolt (2#).

Attach the Round cushion (A3#) to the below of the left bottom movable arm component (26#) and Right bottom movable arm component (E#) .

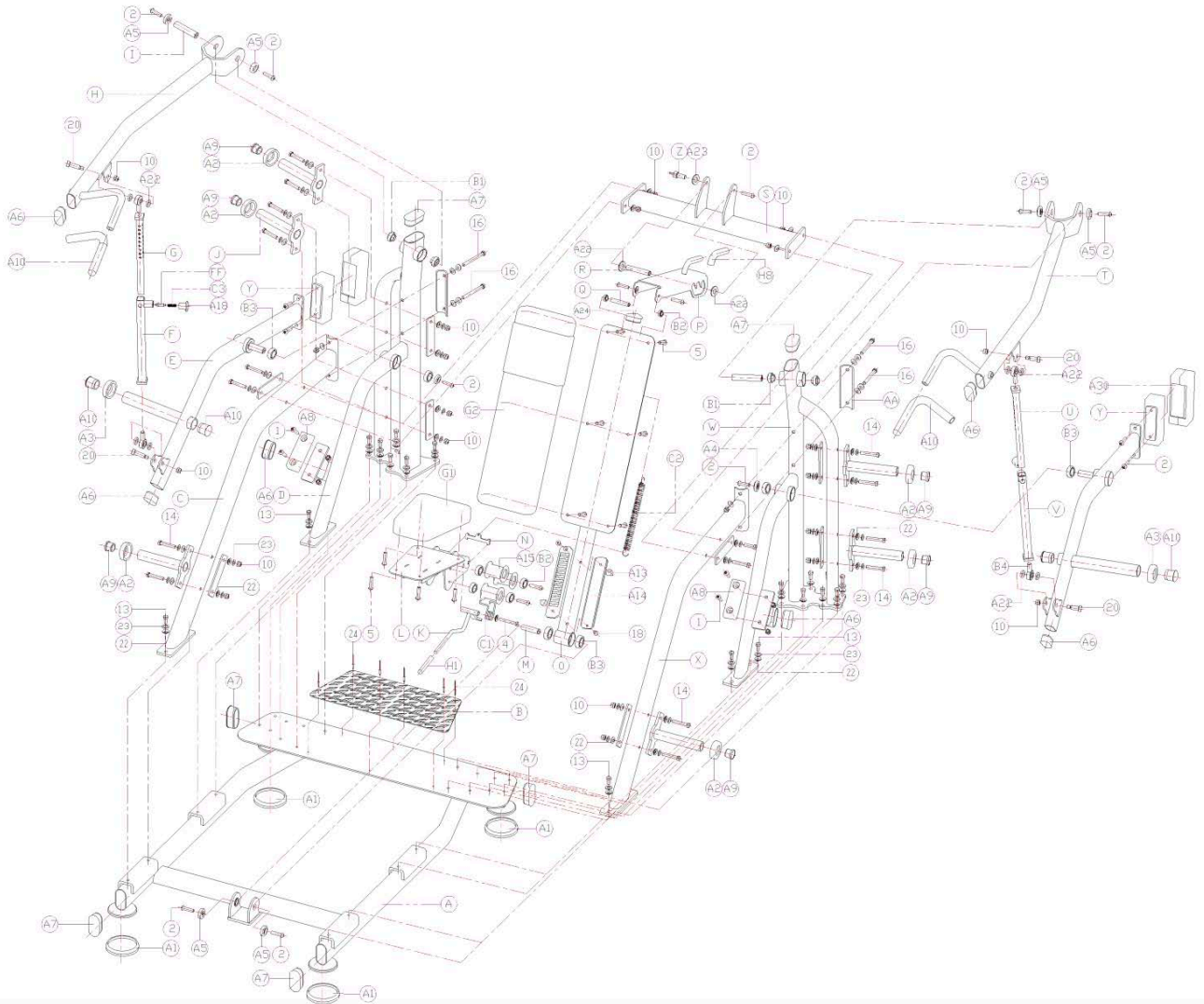
Step 6



Attach the 4pcs Barbell plate hanger rod component(J#) to the Right body supporting component(D#) and Left body supporting component(W#) separately and then secure them with 8pcs M12×85 hex bolt(14#), 16pcs Φ12washers(23#), 16pcs Φ1washers(22#). and then add the Round cushion(123) to cover the M12*25 hex bolt (13#).4pcs Barbell plate hanger rod base plate (BB#).

Attach the 6 pcs Round cushion (A2#) to the Barbell plate hanger rod component(J#) .

Exploded Diagram



List for this step			
Model	Name	Spec	Qty
A	Base component	Weld assembly	1
B	Antiskid pedal	Component	1
C	Right bend supporting component	Weld assembly	1
D	Right body supporting component	Weld assembly	1
E	Right bottom movable arm component	Weld assembly	1
F	Right outside connecting rod component	Weld assembly	1
G	Right inside connecting rod component	Weld assembly	1
H	Right top movable arm component	Weld assembly	1

I	Movable arm rotating shaft	Component	2
J	Barbell plate hanger rod component	Weld assembly	6
K	Seat adjust component	Weld assembly	1
L	Seat fixed component	Weld assembly	1
M	Back pad supporting rotating shaft	Component	1
N	Tension spring hang-parcel	Component	1
O	Back pad fixed component	Weld assembly	1
P	Back pad adjust component	Weld assembly	1
Q	Back pad adjust rotating shaft	Component	1
R	Back pad adjust shaft	Component	1
S	Back pad supporting component	Weld assembly	1
T	Left top movable arm component	Weld assembly	1
U	Left inside connecting rod component	Weld assembly	1
V	Right inside connecting rod component	Weld assembly	1
W	Left body supporting component	Weld assembly	1
X	Left bend supporting component	Weld assembly	1
Y	Weight iron component	Weld assembly	2
Z	Back pad adjust rotary knob component	Weld assembly	1
AA	C style base plate	Component	2
BB	Barbell plate hanger rod base plate	Component	6
A2	Round cushion	Φ75*Φ42.5*20	4
A3	Round cushion	Φ75*Φ48.5*20	6
A10	Round pipe close	Φ48*50	4
A6	Oval pipe close	40*80*35	6
A7	Oval pipe close	50*100*35	6
A5	Shaft end washer	Φ43.5*14.5	6
B1	Insert bearing	UR205	4
A1	Floor foot pad	Φ136.5*20	4
H10	The seal won't tear	Φ28*T3*350	2
2	Hex cup head bolt	M12*25	15
A8	Cushion	166*58*30	2
1	Hex cup head bolt	M12*40	4
B3	Deep groove ball bearing	6205	6
10	Hex locknut	M12	28
14	Outer hex bolt	M12*85	8
A12	Screw cap	M12	66

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 safety and durability.

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

04/Product specification

Name	Shoulder Press	SKU	PL-PS-SP
Dimension	74" x 67" x 50"		
Weight	550 lb		

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.