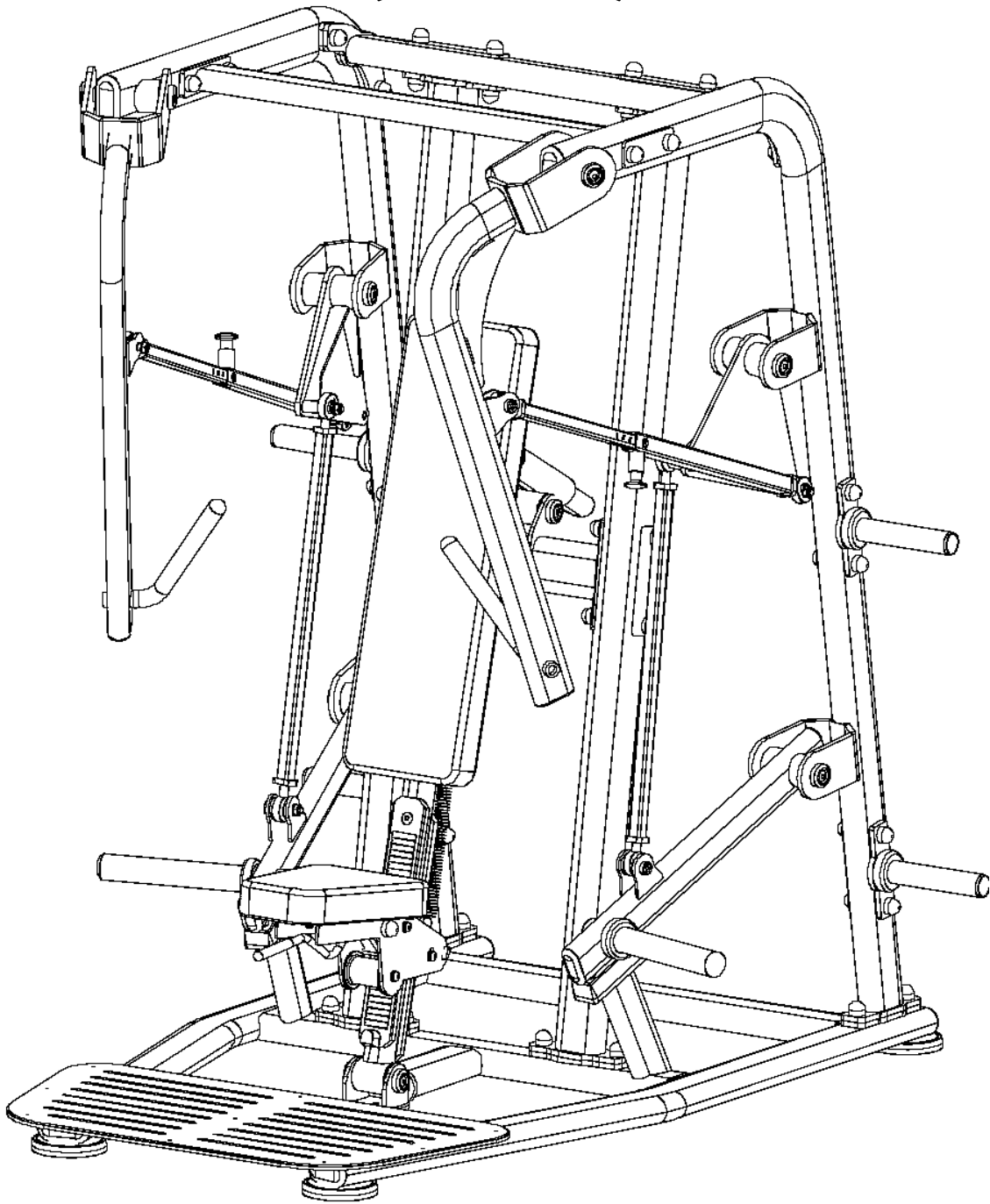


WIDE CHEST PRESS (PL-PS-CP)



Installation Manual

CONTENTS

- 01/IMPORTANT NOTICE
- 02/ ASSEMBLY PROCEDURE AND BILL OF MATERIALS
- 03/PRODUCT DESCRIPTION
- 04/PRODUCT PARAMETER
- 05/MAINTENANCE GUIDELINE

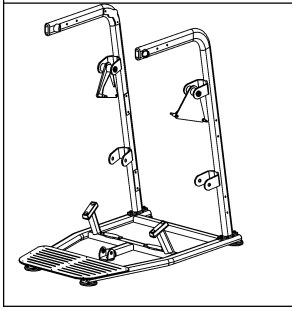
02/ASSEMBLY PROCEDURE

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:

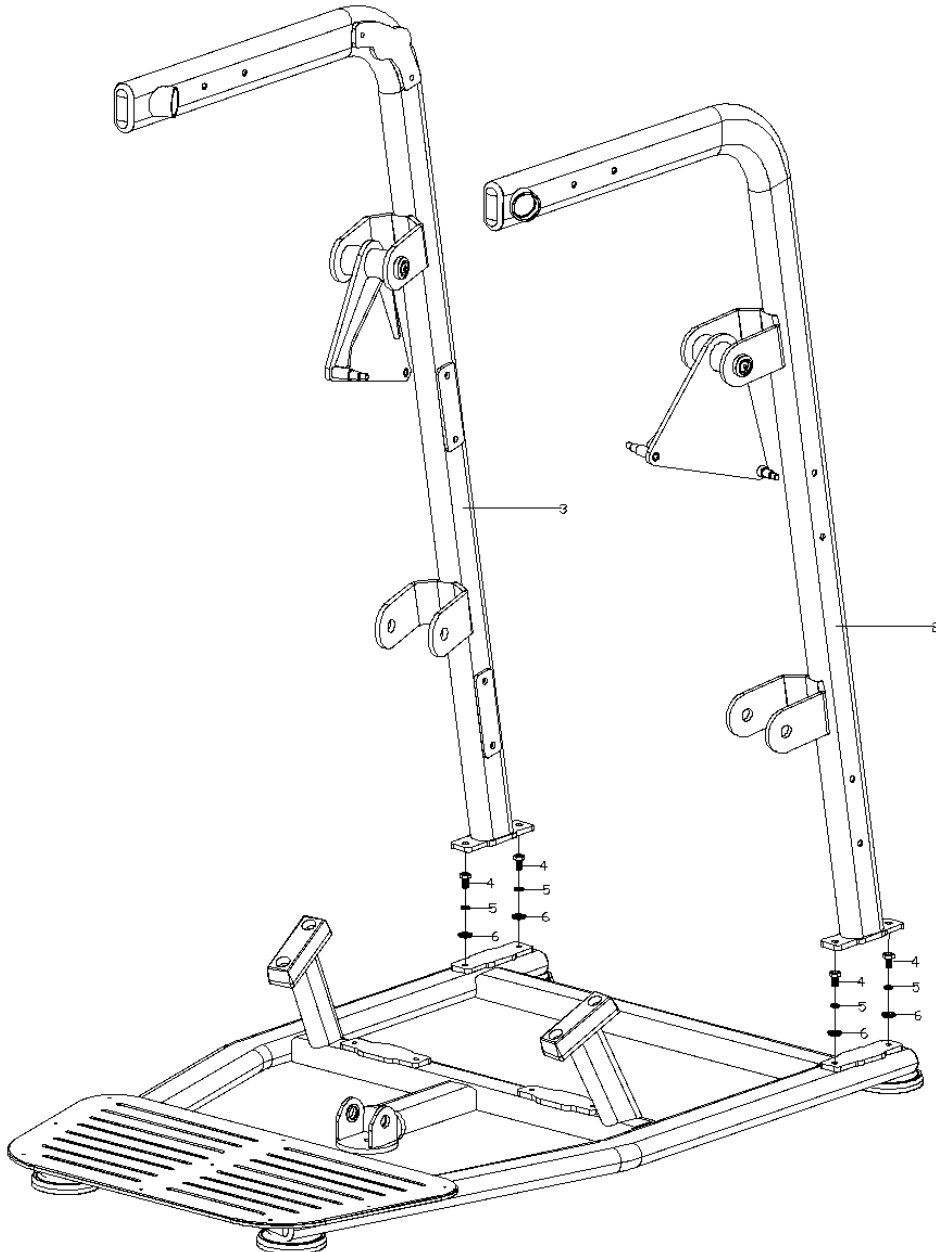
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the 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.

Step 1

Finished diagram

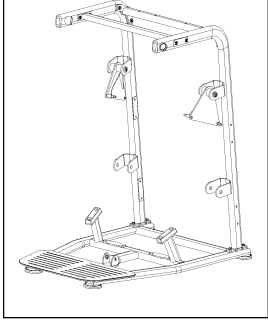


Bill of materials			
No.	Name	Spec	Qty
1	Base assembly		1
2	Left frame		1
3	Right frame		1
4	Hexagon socket cylinder head bolt	M12*20	4
5	Spring washer	Ø12	4
6	Flat washer	Φ12	4

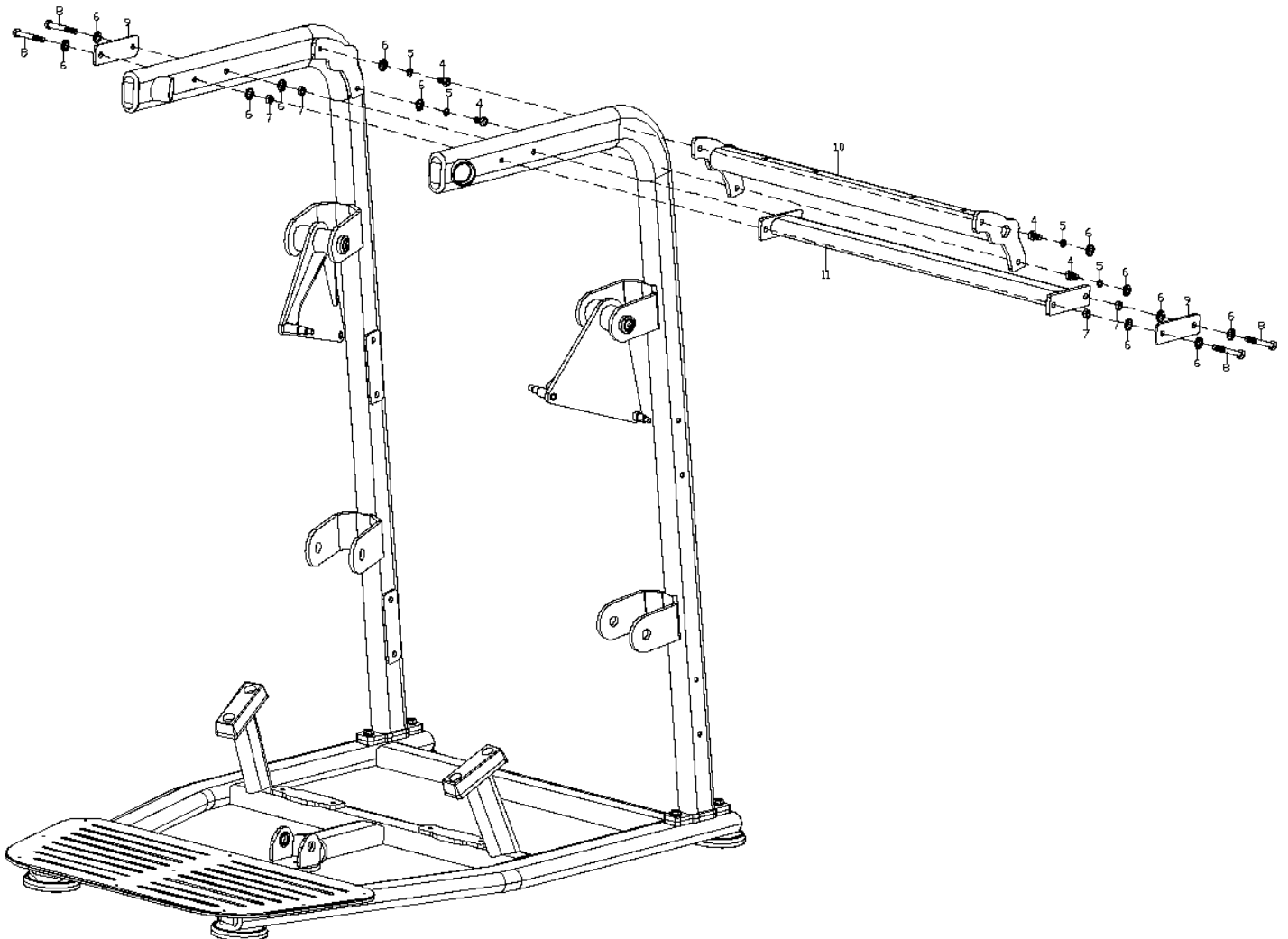


Step 2

Finished diagram

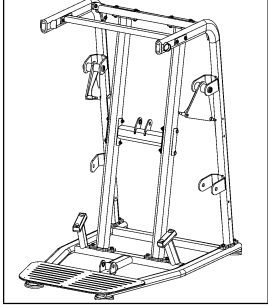


Bill of materials			
No.	Name	Spec	Qty
4	Hexagon socket cylinder head bolt	M12*20	4
5	Spring washer	∅12	4
6	Flat washer	∅12	12
7	Hexagon lock nut	M12	4
8	Hexagon socket cylinder head bolt	M12*80	4
9	Connecting plate	160*50*T6	2
10	Beam connecting assembly		1
11	Upper connecting support		1

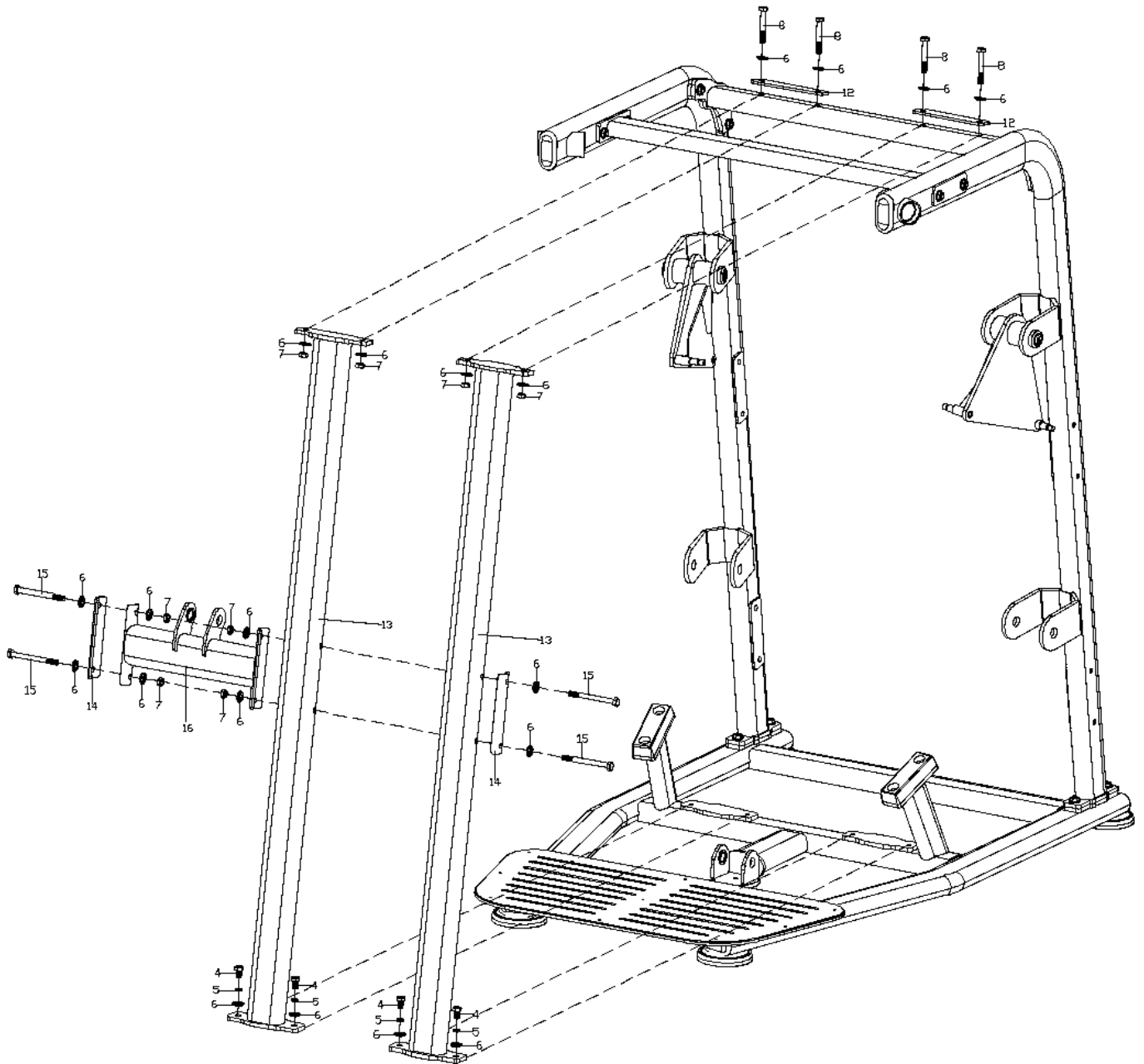


Step 3

Finished diagram

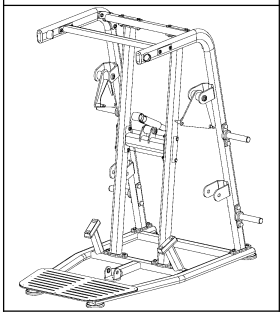


Bill of materials			
No.	Name	Spec	Qty
4	Hexagon socket cylinder head bolt	M12*20	4
5	Spring washer	∅12	4
6	Flat washer	Φ12	12
7	Hexagon lock nut	M12	8
8	Hexagon socket cylinder head bolt	M12*80	4
12	Connecting plate 2	200*50*T6	2
13	Upright assembly		2
14	Connecting plate	200*73.7*T6	2
15	Hexagon socket cylinder head bolt	M12*125	4
16	Middle connecting assembly		1

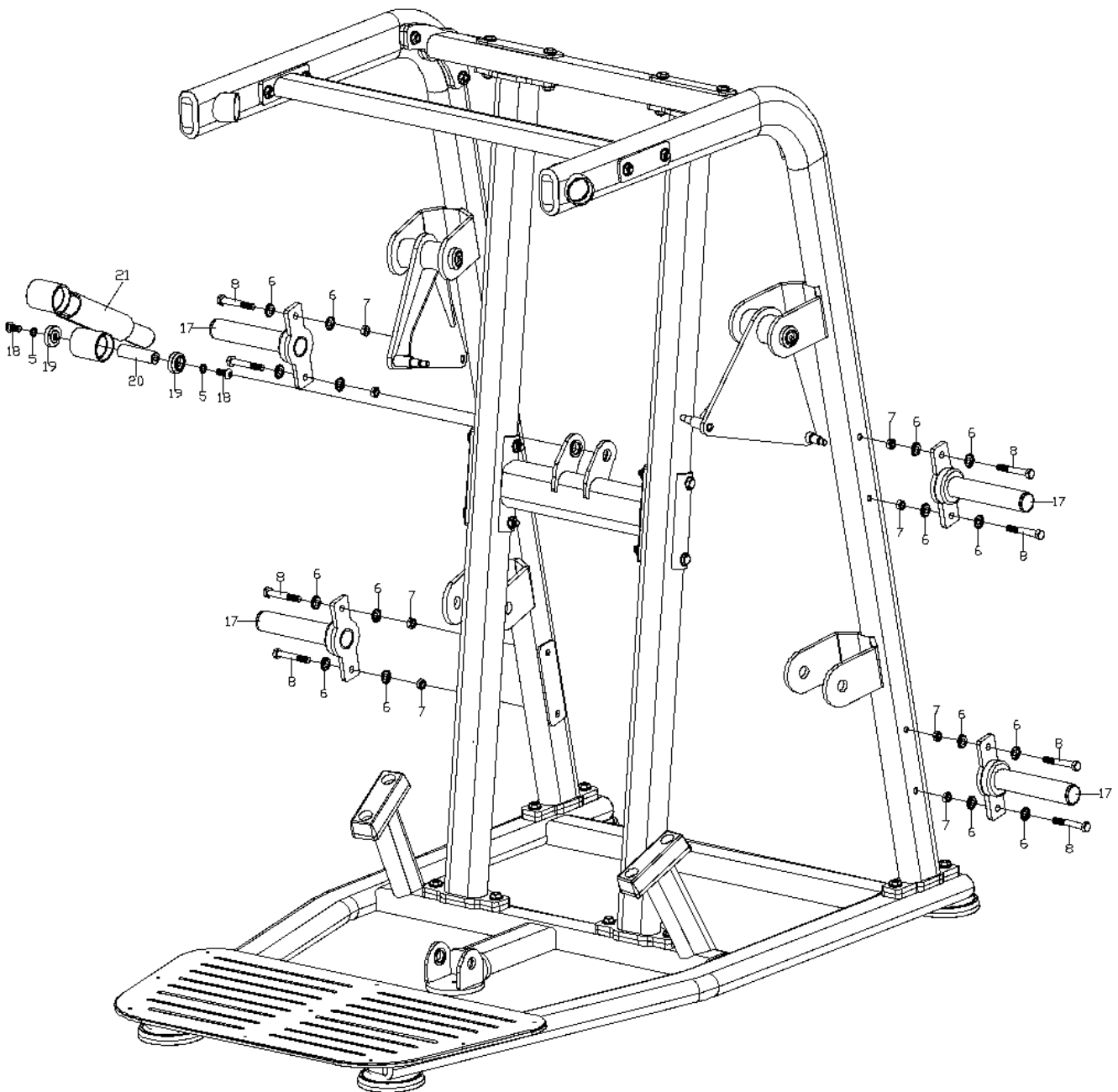


Step 4

Finished diagram

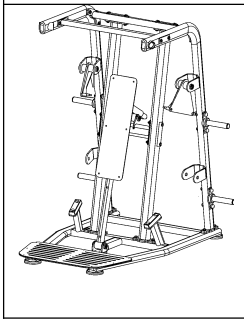


Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	Ø12	2
6	Flat washer	Φ12	16
7	Hexagon lock nut	M12	8
8	Hexagon socket cylinder head bolt	M12*80	8
17	Plate bracket		4
18	Hexagon socket flat head bolt	M12*25	2
19	End cover	Φ43.5*14.5	2
20	Seat rotation axis	Φ25*93	1
21	Back cushion adjusting assembly		1

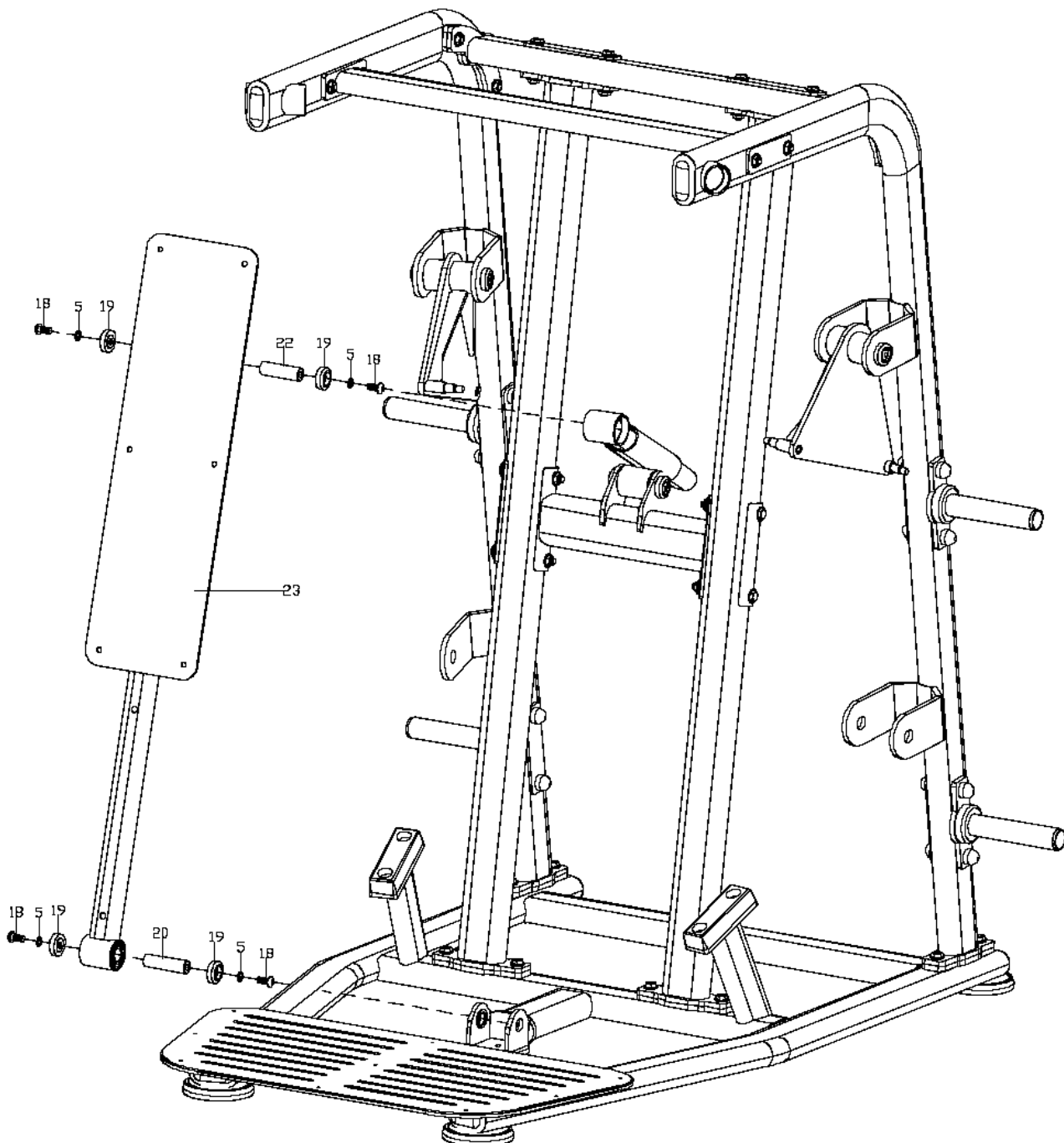


Step 5

Finished diagram

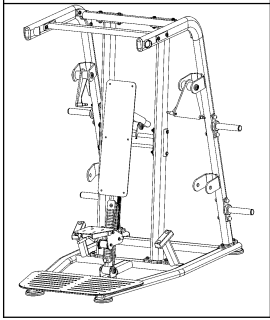


Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	Ø12	4
18	Hexagon socket flat head bolt	M12*25	4
19	End cover	Φ43.5*14.5	4
20	Seat rotation axis	Φ25*93	1
22	Rotation axis	Ø25*86	1
23	Back chion fixed assembly		1

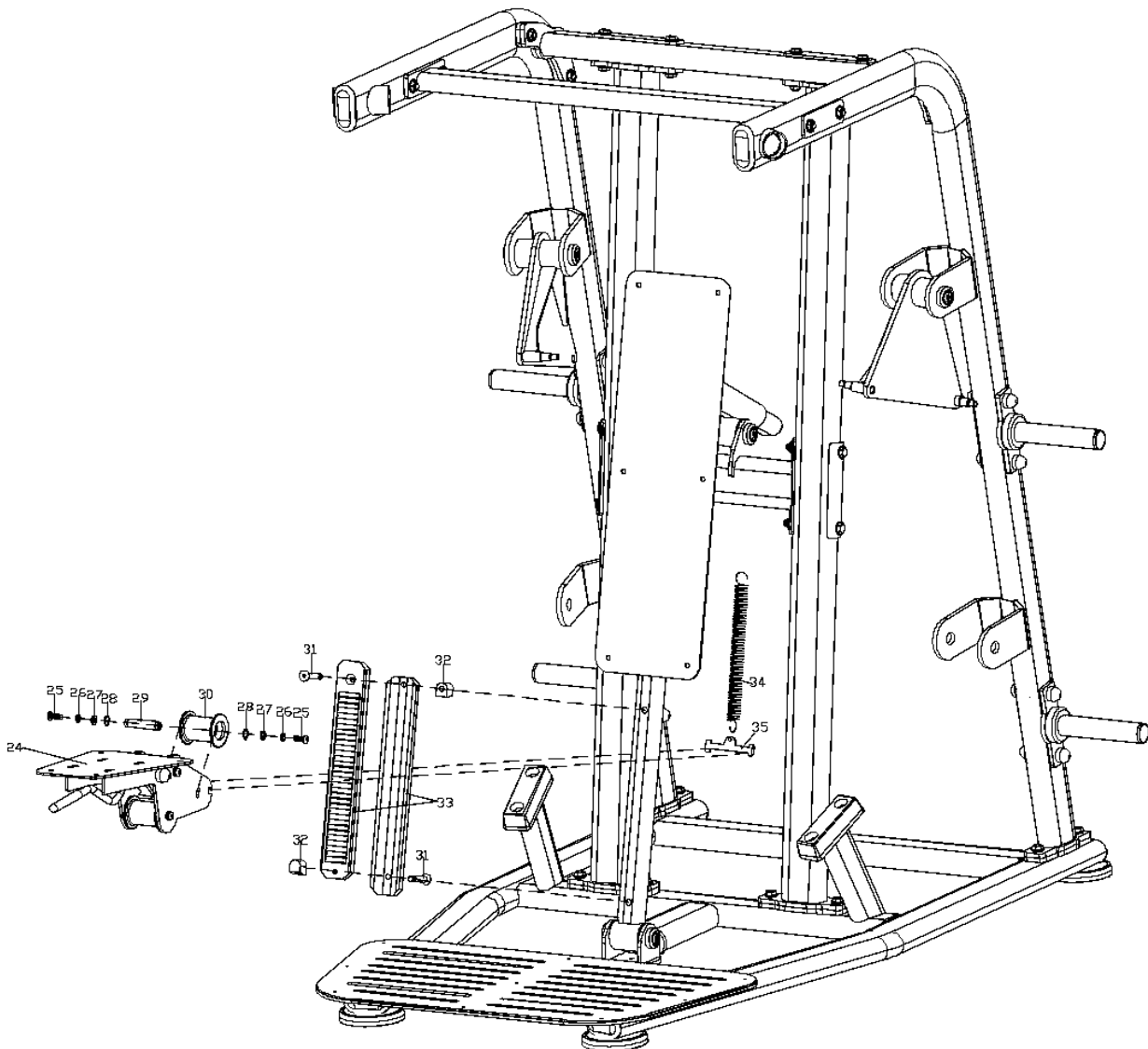


Step 6

Finished diagram

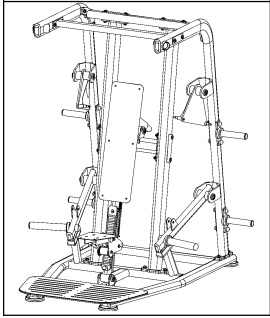


Bill of materials			
No.	Name	Spec	Qty
24	Back cushion adjusting assembly		1
25	Hexagon socket flat head bolt	M10*25	2
26	Spring washer	∅10	2
27	Flat washer	∅10	2
28	Elastic collar	∅17-GB/T894.1-1986	2
29	Idler wheel axis	∅17*80	1
30	Idler wheel	∅70*78	1
31	Hexagon socket countersunk bolt	M10*65	2
32	Stop block	26*39*25.5	2
33	Adjusting plate	70*455*15	2
34	Tension spring	∅25*183*∅2.2	1
35	Spring hanger	113*36*6	1

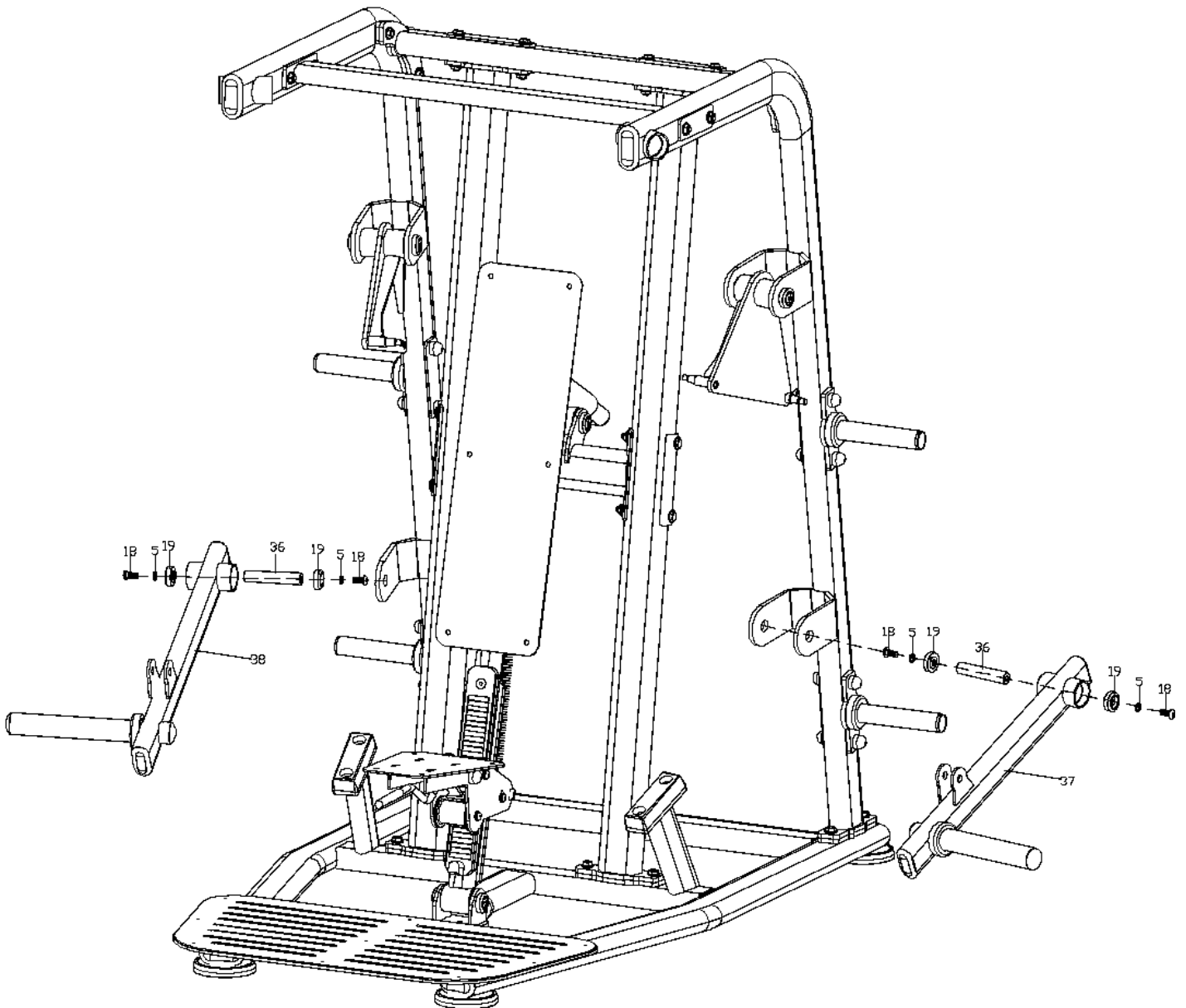


Step 7

Finished diagram

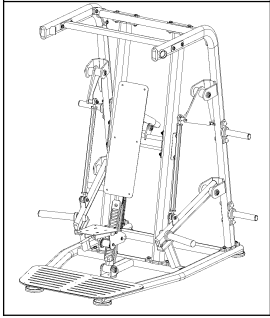


Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	Ø12	4
18	Hexagon socket flat head bolt	M12*25	4
19	End cover	Φ43.5*14.5	4
36	Swing arm rotation axis	Φ25*127	2
37	Left swing arm		1
38	Right swing arm		1

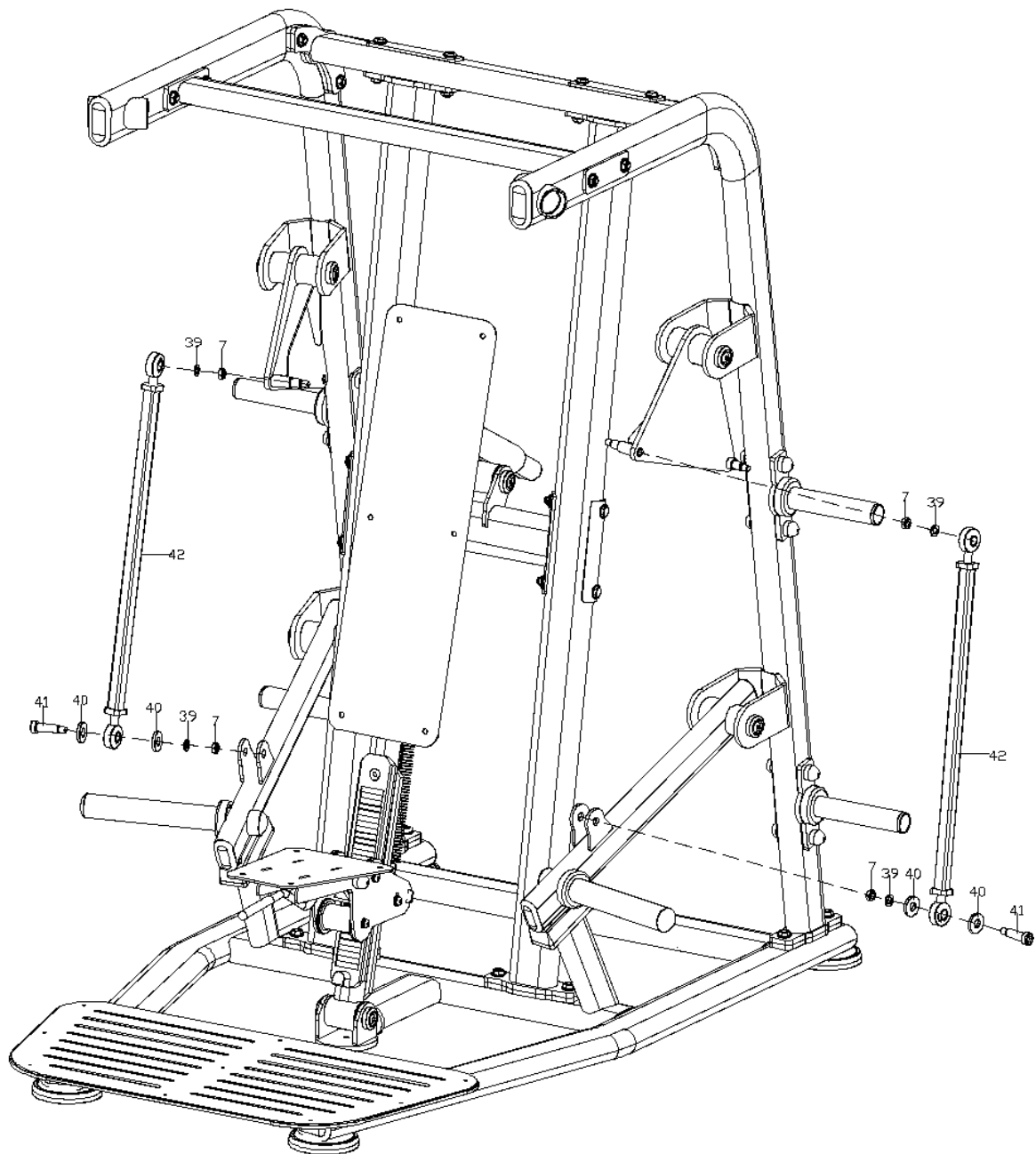


Step 8

Finished diagram

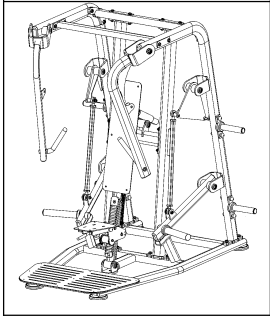


Bill of materials			
No.	Name	Spec	Qty
7	Hexagon lock nut	M12	4
39	Flat washer	Φ12	4
40	Rotation axis retainer	Φ40*16.5*T6	4
41	Hexagon socket cylinder head shoulder bolt	Φ16*45*M12	2
42	Connecting rod		2

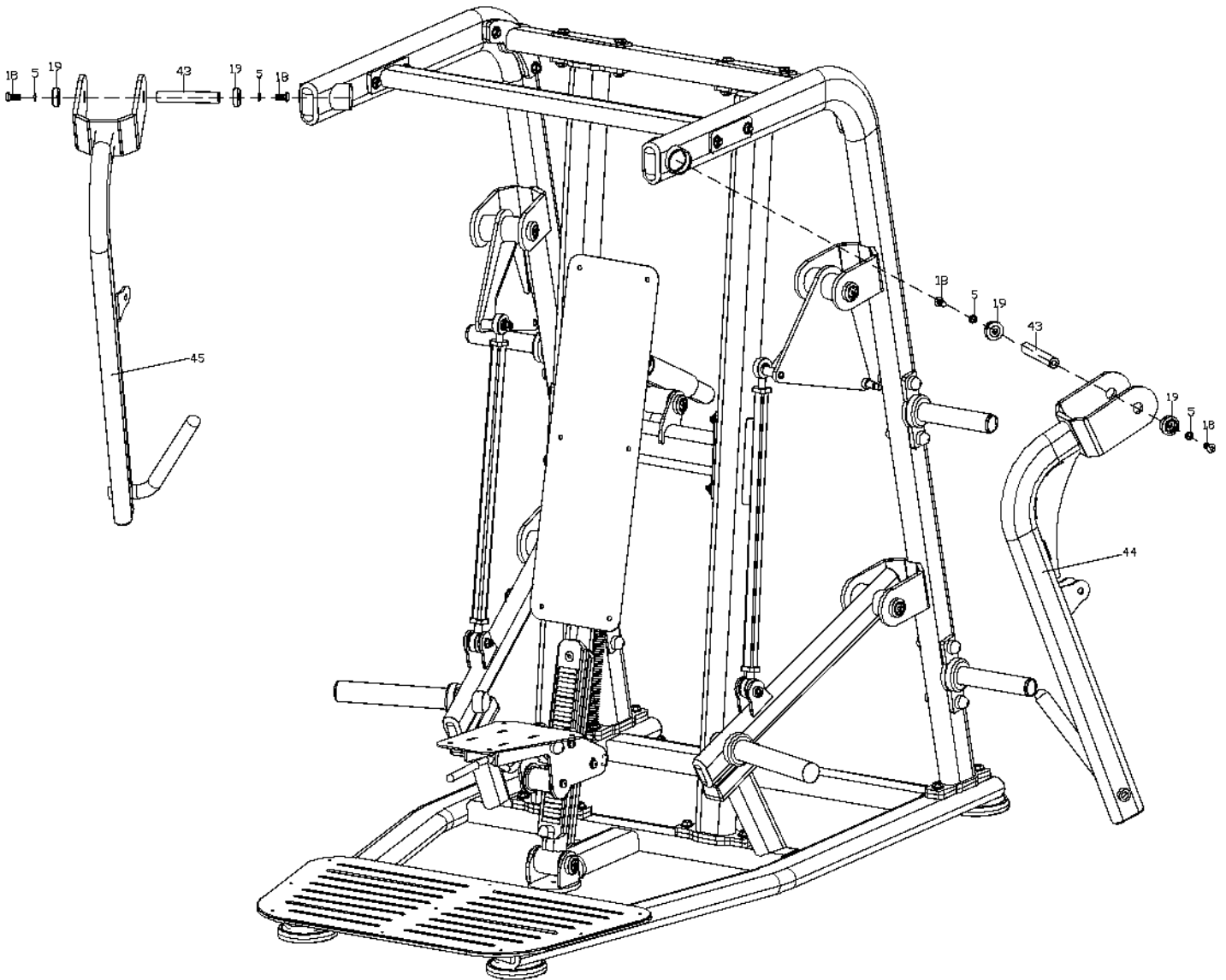


Step 9

Finished diagram

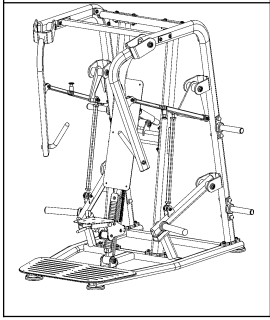


Bill of materials			
No.	Name	Spec	Qty
5	Spring washer	Ø 12	4
18	Hexagon socket flat head bolt	M12*25	4
19	End cover	Φ43.5*14.5	4
43	Rotation axis	Φ25*143	2
44	Left swing arm		1
45	Right swing arm		1

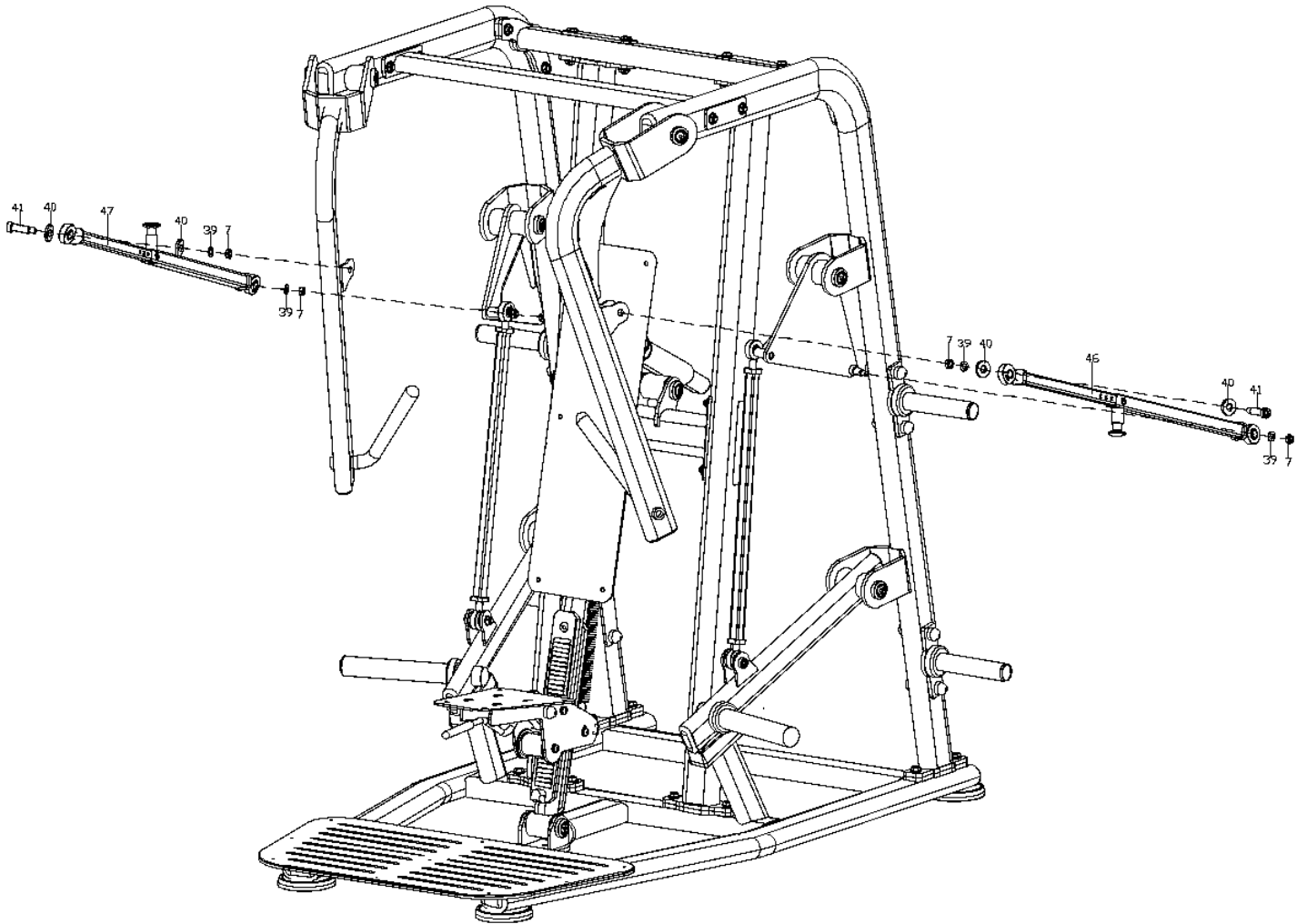


Step 10

Finished diagram

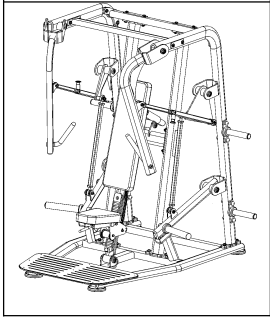


Bill of materials			
No.	Name	Spec	Qty
7	Hexagon lock nut	M12	4
39	Flat washer	Φ12	4
40	Rotation axis retainer	Φ40*16.5*T6	4
41	Hexagon socket cylinder head shoulder bolt	Φ16*45*M12	2
46	Left adjusting assembly		1
47	Right adjusting assembly		1

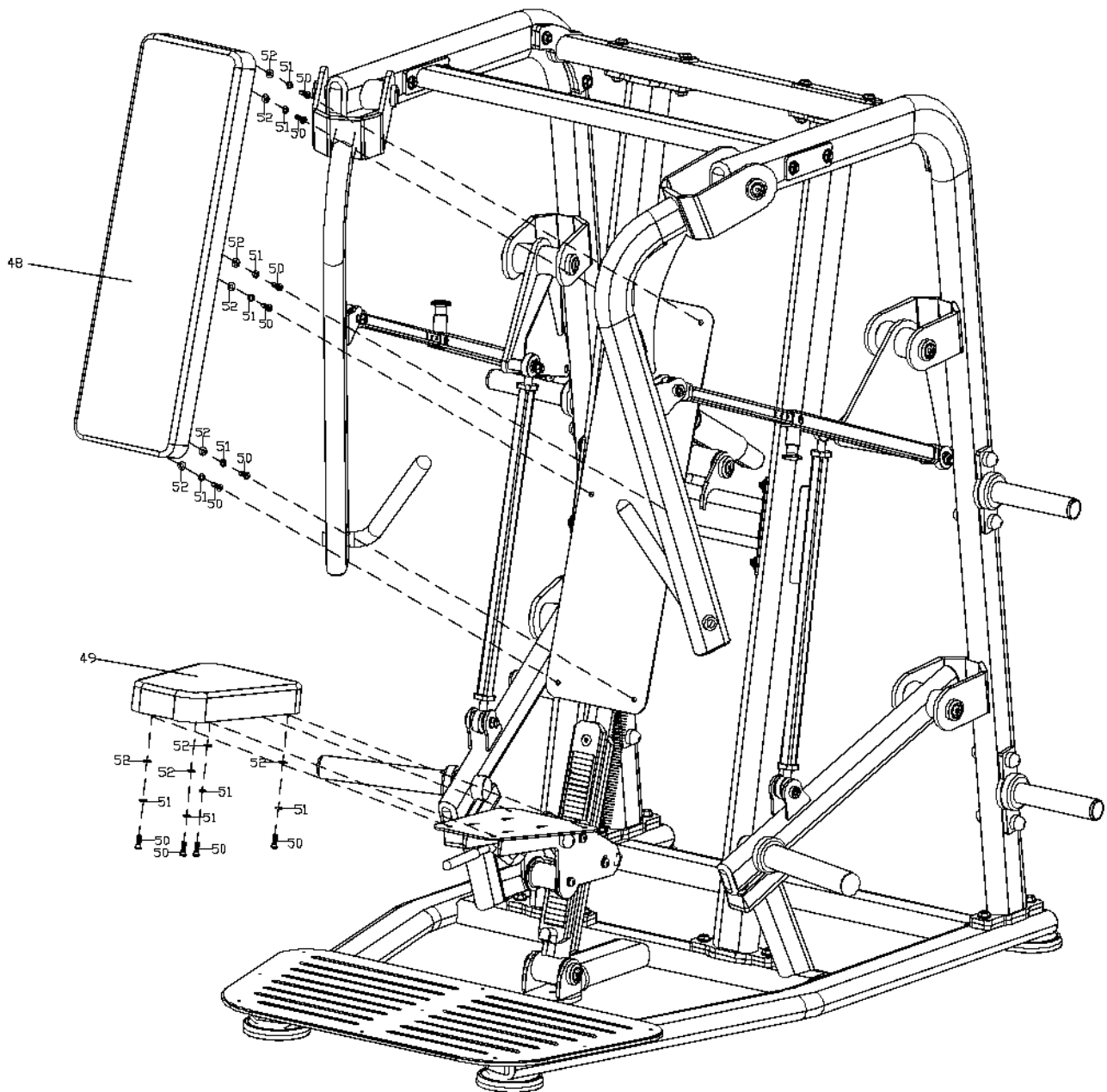


Step 11

Finished diagram



Bill of materials			
No.	Name	Spec	Qty
48	Back cushion	838*250*60	1
49	Seat cushion	348*248*60	1
50	Hexagon socket flat head bolt	M8*25	10
51	Spring washer	Ø8	10
52	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.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

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

04/ PRODUCT PARAMETER

Name	Wide Chest Press	Model	PL-PS-CP
Dimension	70" X 58" X 74"		
Net Weight	550 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.