

BICEP TRICEP CURL MACHINE

BTMCN

400789

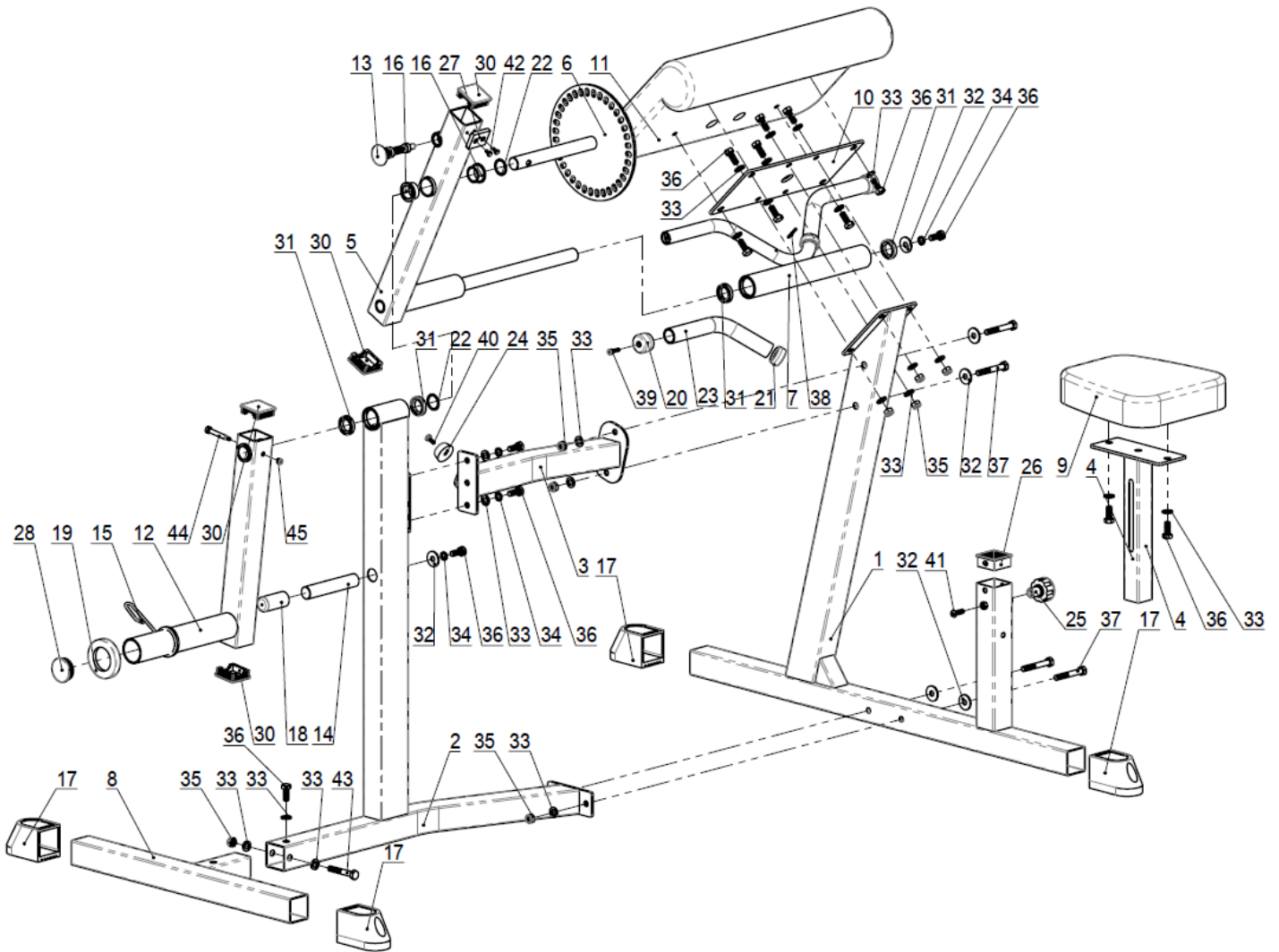


Operator's Manual



Read the Operator's Manual entirely. When you see this symbol, the subsequent instructions and warnings are serious follow without exception. Your life and the lives of others depend on it!

PARTS DIAGRAM / EXPLODED VIEW

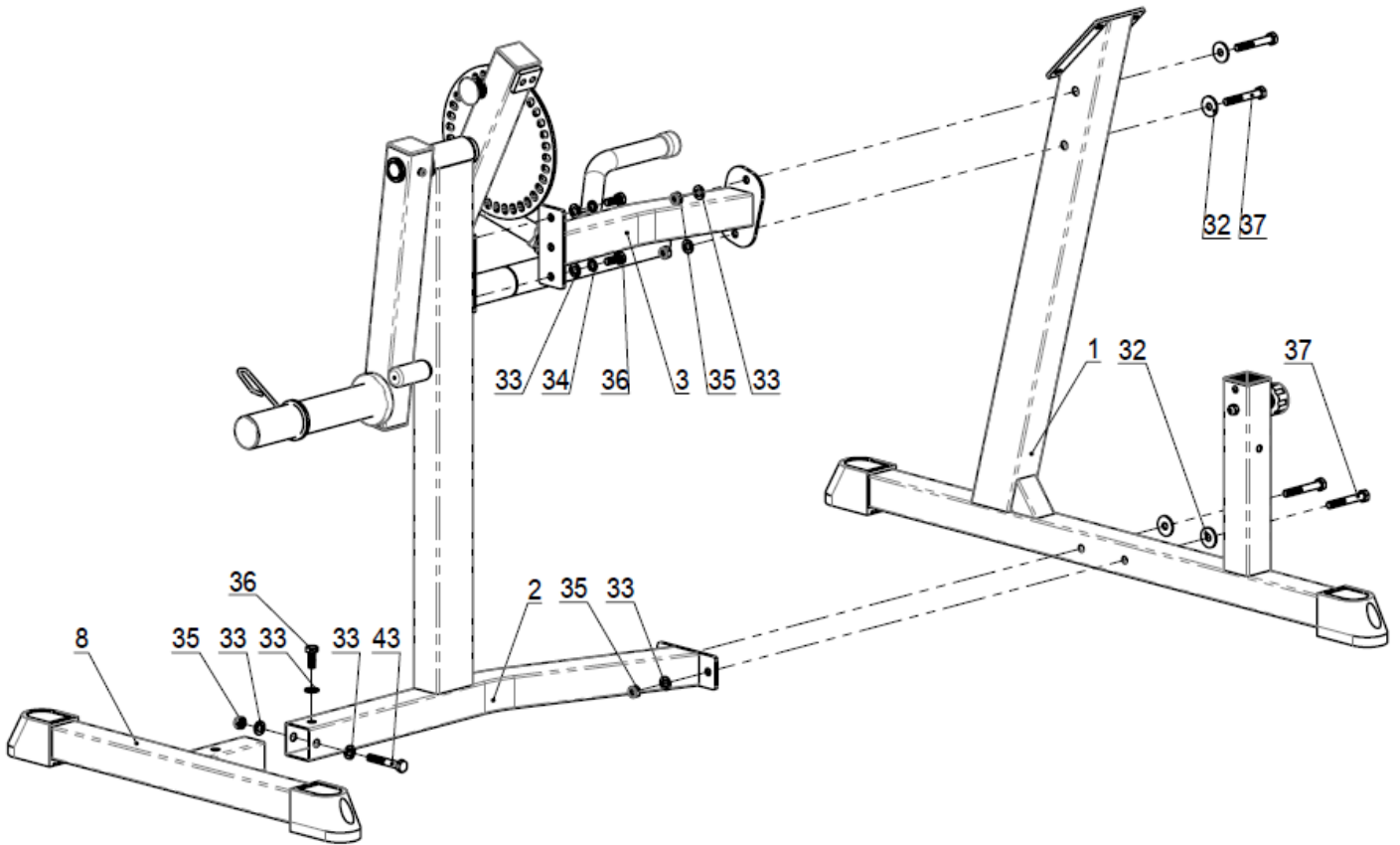


KEY	DESCRIPTION	QTY	KEY	DESCRIPTION	QTY
(1)	MAIN FRAME	1	(24)	RUBBER CUSHION	1
(2)	UPRIGHT FRAME	1	(25)	KNOB	1
(3)	CONNECT FRAME	1	(26)	HOLLOW SLEEVE	1
(4)	SEAT CUSHION FRAME	1	(27)	FOOT MAT	1
(5)	SWING FRAME	1	(28)	END CAP Φ 48*2	1
(6)	CAM FRAME	1	(29)	END CAP \square 40*2	1
(7)	ROTARY HANDLE FRAME	1	(30)	END CAP \square 50*3	4
(8)	BASE FRAME	1	(31)	BEARING 61805ZZ	4
(9)	SEAT CUSHION	1	(32)	FLAT WASHER	6
(10)	FIXING PLATE	1	(33)	FLAT WASHER Φ 11* Φ 20*2	23
(11)	ARM CUSHION	1	(34)	SPRING WASHER Φ 10	4
(12)	WEIGHT PLATE HOLDER	1	(35)	NUT M10	9
(13)	PULL PIN ASSEMBLY	1	(36)	HEX BOLT M10*25	15
(14)	STOPPER	1	(37)	HEX BOLT M10*70	4
(15)	CLIP Φ 50* Φ 5	1	(38)	ELASTIC CYLINDRICAL PIN	2
(16)	38-25 COPPER SLEEVE	2	(39)	HEX BOLT M6*20	2
(17)	\square 50 HORSESHOE SLEEVE	4	(40)	PAN HEAD SCREW M6*15	1
(18)	LIMIT STOP COLLAR	1	(41)	PAN HEAD, HEX BOLT	1
(19)	RUBBER CUSHION	1	(42)	PAN HEAD SCREW M5*10	2
(20)	KNOB	2	(43)	HEX BOLT M10*65	1
(21)	HANDLE RING	2	(44)	SCREW Φ 8*45*M6	1
(22)	BEARING WASHER	2	(45)	NUT M6	1
(23)	HANDLE SLEEVE	2			

ASSEMBLY INSTRUCTIONS

STEP 1

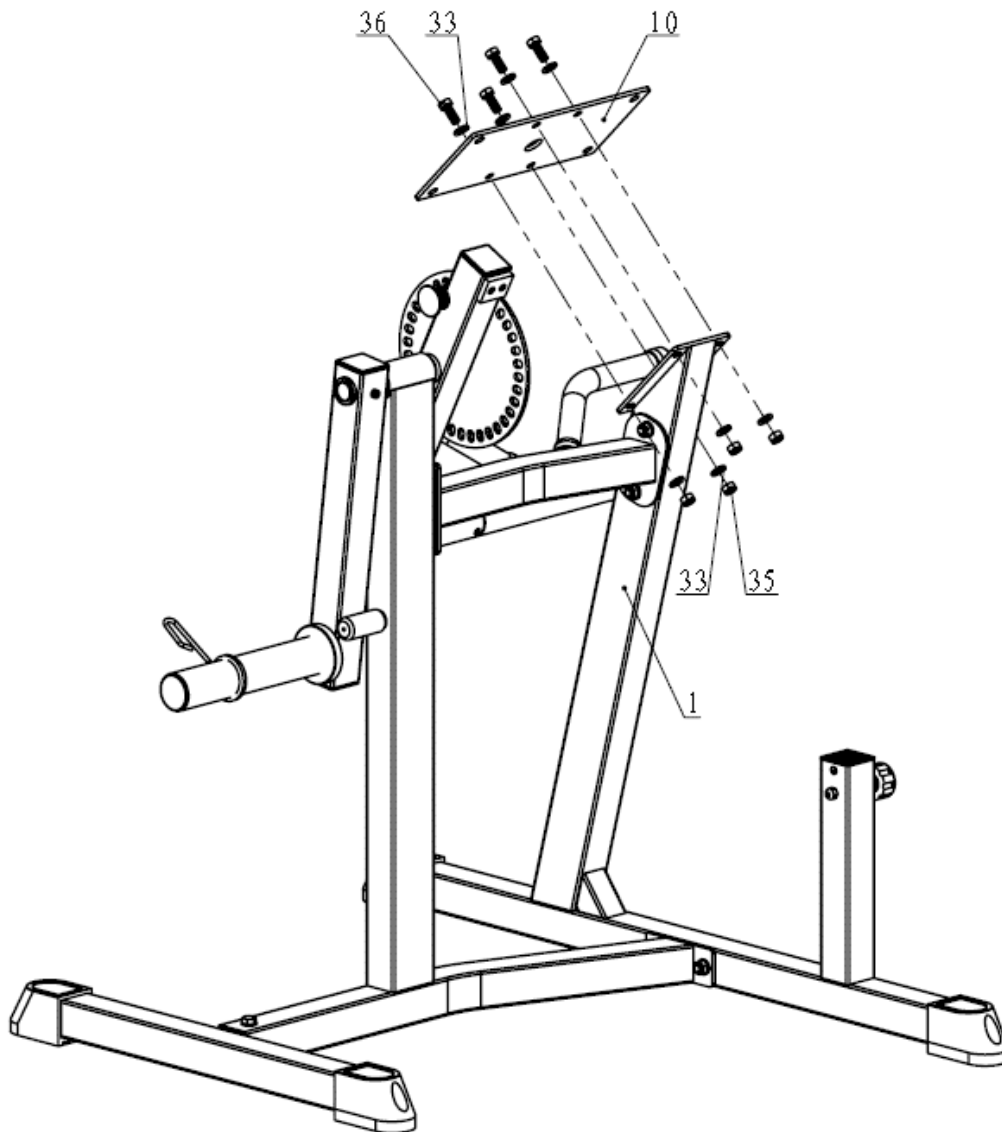
Connect Main Frame (1), Upright Frame (2), Connect Frame (3) and Base Frame (8), using Flat Washer (32, 33), Spring Washer (34), Nut M10 (35), and Hex Bolt (36, 37, 43).



ASSEMBLY INSTRUCTIONS

STEP 2

Assemble the Fixing Plate (10) on Main Frame (1), using Flat Washer (33), Nut M10 (35), and Hex Bolt M10*25 (36).

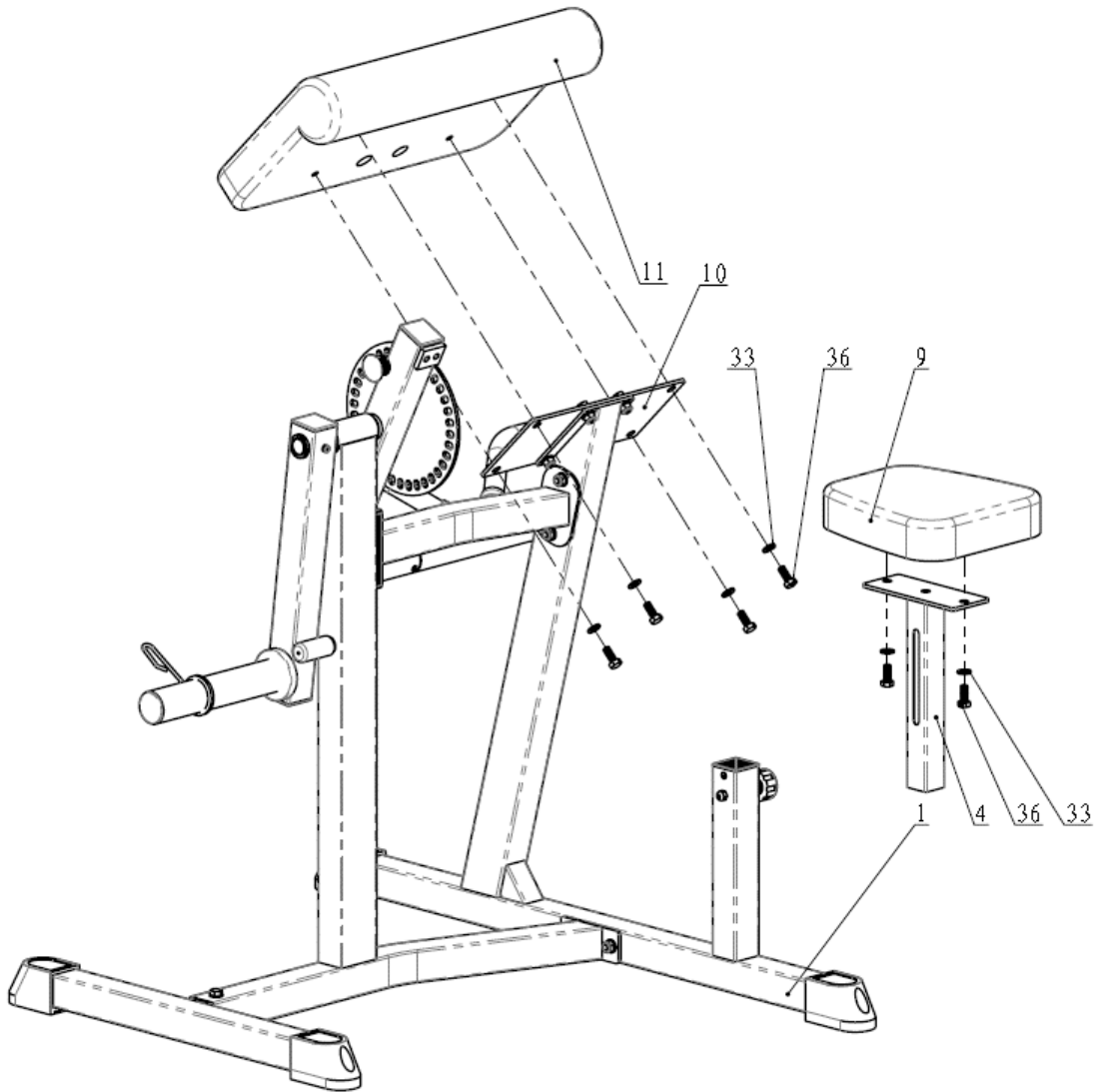


ASSEMBLY INSTRUCTIONS

STEP 3

Fix Seat Cushion (9) on Seat Cushion Frame (4), using Flat Washer (33) and Hex Bolt M10*25 (36), then insert the Seat Cushion Frame (4) into the Main Frame (1).

Fix Arm Cushion (11) on the Fixing plate (10), using Flat Washer (33) and Hex Bolt (36).



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

The use of any equipment, including this one, involves the potential risk of injury. Apart from any warranty claim that might be presented for a claimed defect in material or workmanship of the product, you accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

This equipment must be used with care by capable and competent individuals under supervision,

WARNING



Heavy object. Use lifting aids and proper lifting techniques when moving.



Choking hazard. Small parts – Please exercise caution if small children or pets are present.



Sharp objects may be involved. Use precaution and protection.

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