

PLATE LOADED DELTOID AND SHOULDER PRESS MACHINE

SHRPRLRv1b

401868

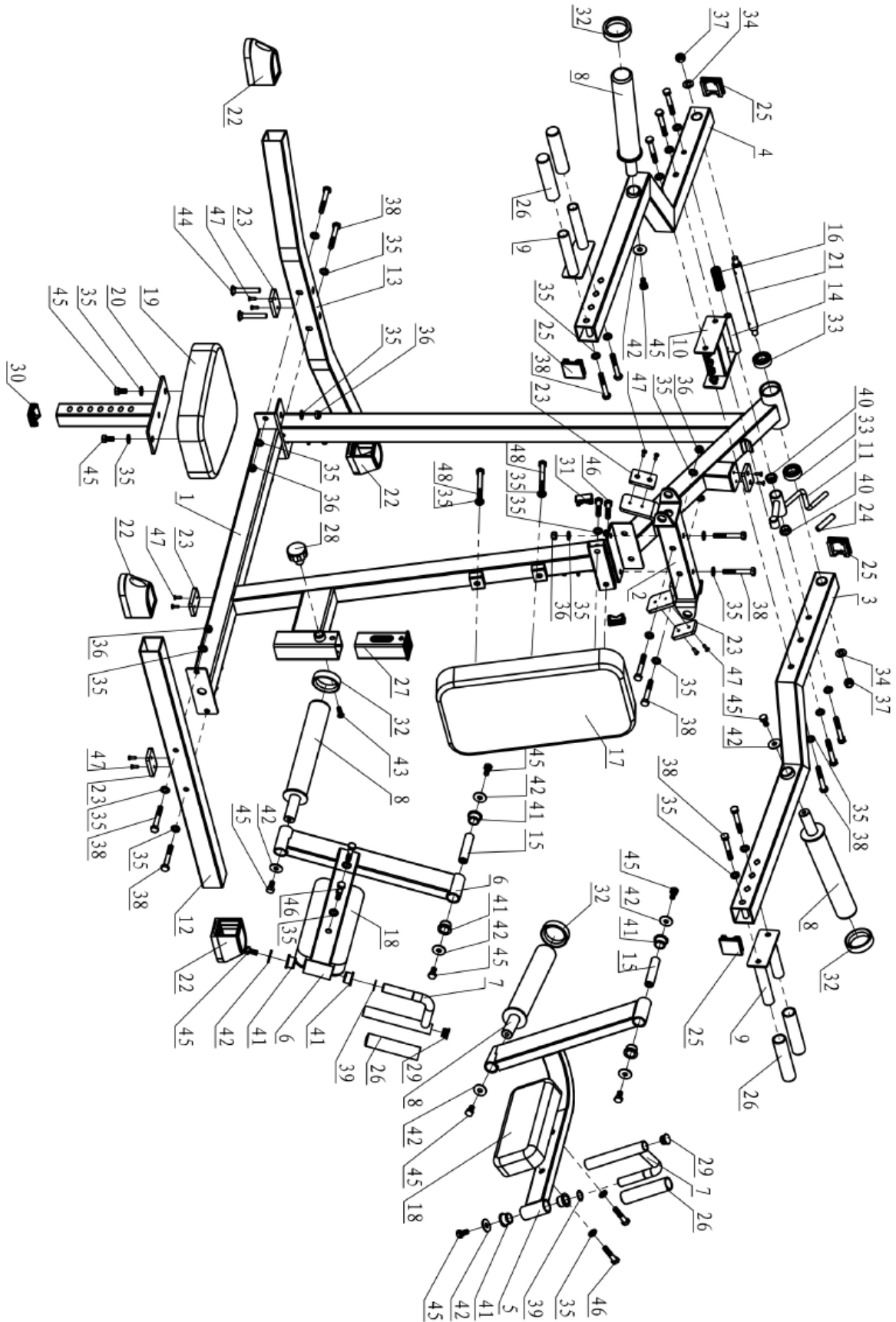


Operator's Manual



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!

FULL ASSEMBLY/EXPLODED VIEW/ FULL PARTS LIST

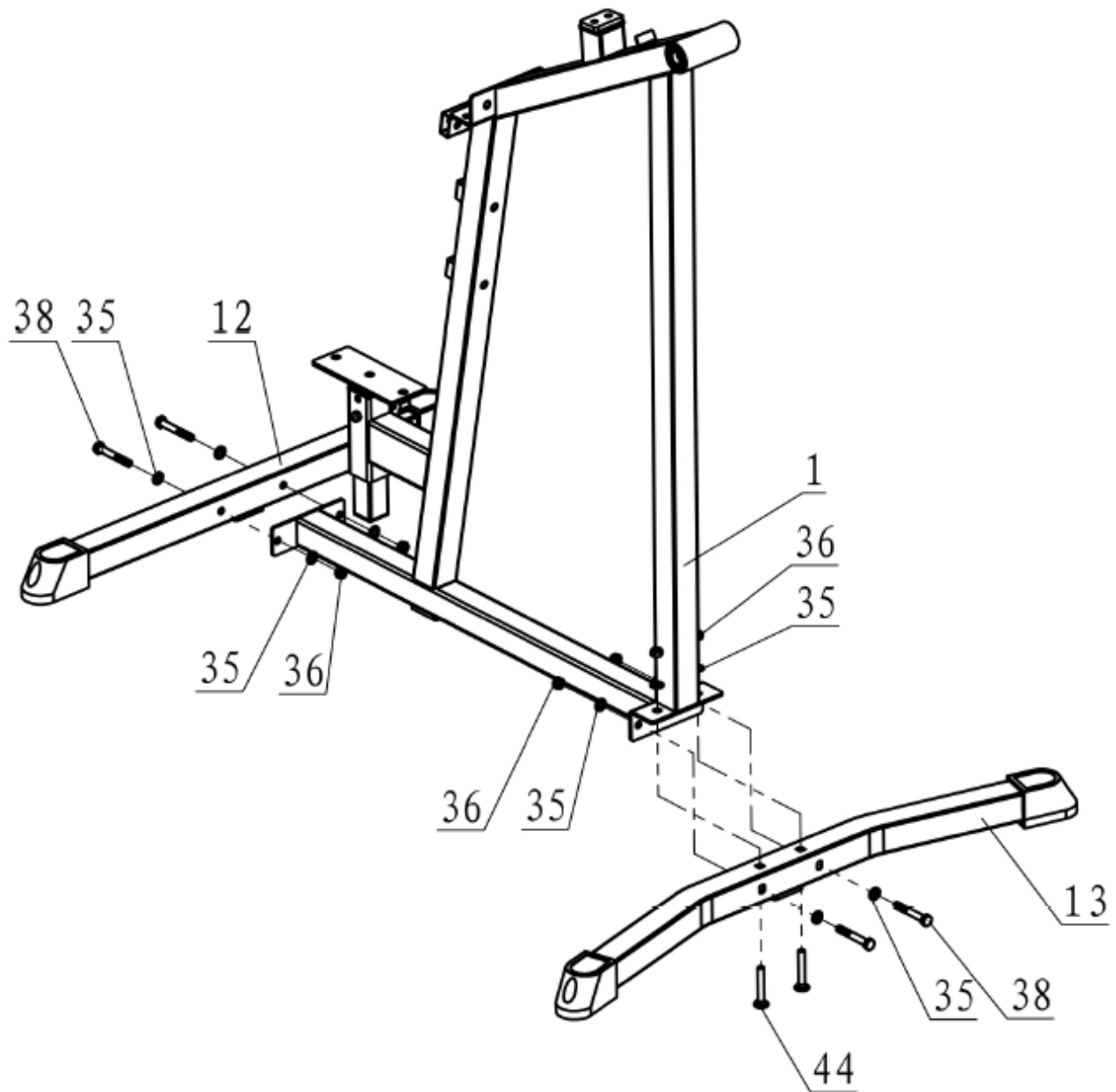


KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QTY
(1)	1	UPRIGHT FRAME	1	(25)	1	END CAP 50*50*3	4
(2)	1	SUPPORT FRAME	1	(26)	1	HANDLEBAR GRIP $\Phi 25 \times 130$	6
(3)	1	LEFT SHOULDER FRAME	1	(27)	1	HOLLOW SLEEVE	1
(4)	1	RIGHT SHOULDER FRAME	1	(28)	1	KNOB	1
(5)	1	LEFT SWING ARM	1	(29)	1	END CAP $\Phi 25 \times 2.5$	2
(6)	1	RIGHT SWING ARM	1	(30)	1	END CAP $40 \times 40 \times 2$	1
(7)	1	HANDLE BAR	2	(31)	1	END CAP $\Phi 48 \times 2$	4
(8)	1	WEIGHT PLATE HOLDER	4	(32)	1	RUBBER BAFFLE	4
(9)	1	HANDLEBAR FRAME	2	(33)	1	BEARING 6004ZZ	2
(10)	1	CONNECTION FRAME	1	(34)	1	FLAT WASHER $\Phi 13.5 \times \Phi 24 \times 2.5$	2
(11)	1	STOPPER	1	(35)	1	FLAT WASHER $\Phi 11 \times \Phi 20 \times 2$	42
(12)	1	FRONT BASE FRAME	1	(36)	1	NUT M10	14
(13)	1	REAR BASE FRAME	1	(37)	1	NUT M12	2
(14)	1	SYNCHRONOUS SHAFT	1	(38)	1	HEX BOLT M10*70	18
(15)	1	ROTATION SHAFT $\Phi 20 \times 85 \times M10$	2	(39)	1	$\Phi 20$ CIRCLIP	2
(16)	1	SPRING	1	(40)	1	$\Phi 16$ BUSHING	2
(17)	1	BACK CUSHION	1	(41)	1	$\Phi 20$ BUSHING	8
(18)	1	ARM CUSHION	2	(42)	1	FLAT WASHER $\Phi 10.5 \times \Phi 30 \times 2.5$	10
(19)	1	SEAT CUSHION	1	(43)	1	PAN HEAD, HEX BOLT M8*25	1
(20)	1	SEAT CUSHION FRAME	1	(44)	1	CARRIAGE BOLT M10*65	2
(21)	1	ROTATION SHAFT $\Phi 20 \times 255 \times M12$	1	(45)	1	HEX BOLT M10*20	16
(22)	1	F50 HORSESHOE SLEEVE	4	(46)	1	HEX BOLT M10*45	4
(23)	1	RUBBER BUMPER $60 \times 40 \times 8$	6	(47)	1	COUNTERSUNK HEAD SCREW M5*15	12
(24)	1	SLEEVE $\Phi 12 \times 55$	1				

ASSEMBLY INSTRUCTIONS

Step 1

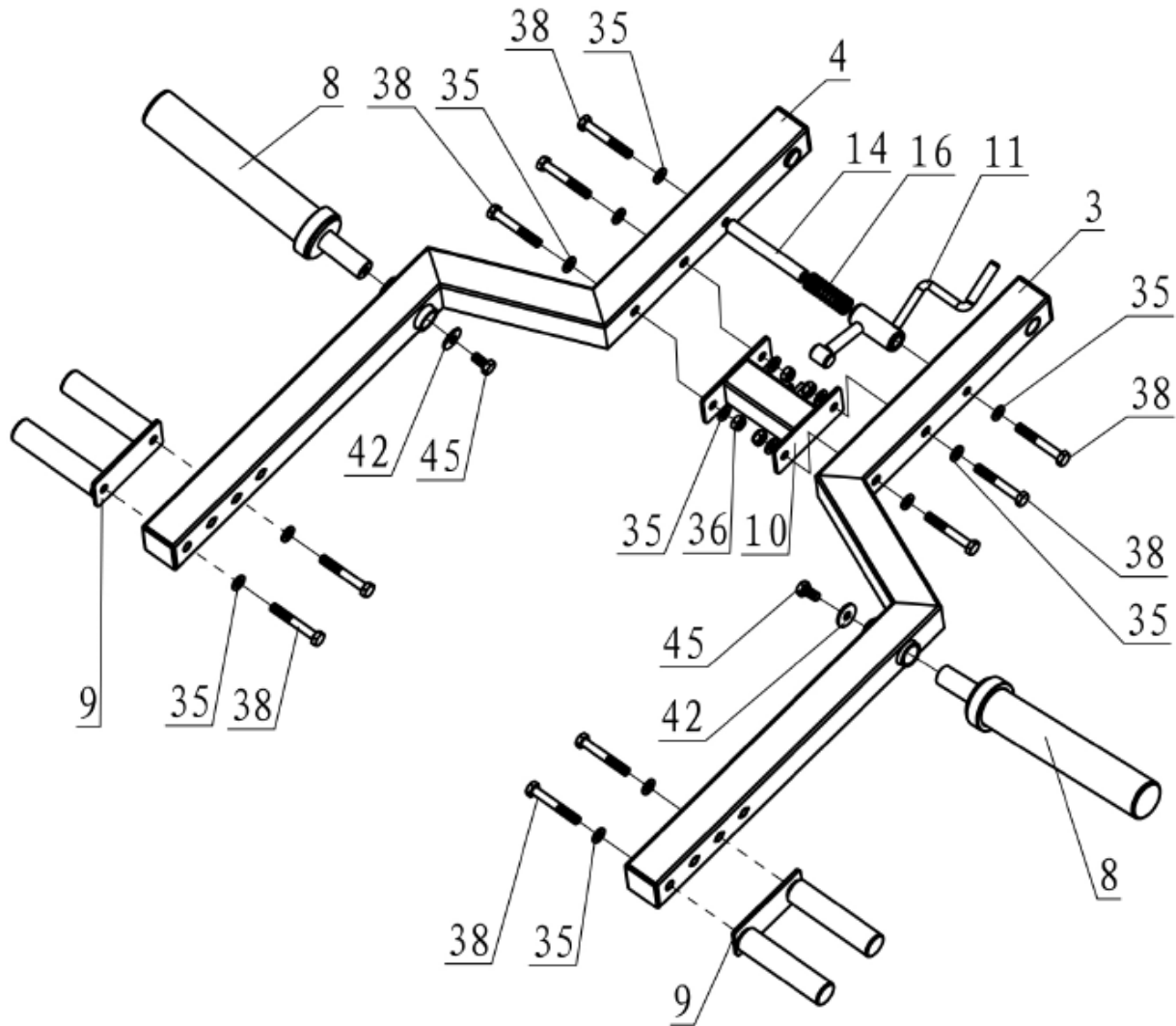
Connect Upright Frame (1), Front Base Frame (12) and Rear Base Frame (13), using Flat Washer $\Phi 11 * \Phi 20 * 2$ (35), Nut M10 (36), Hex Bolt M10*70 (38) and Carriage Bolt M10*65 (44).



Step 2

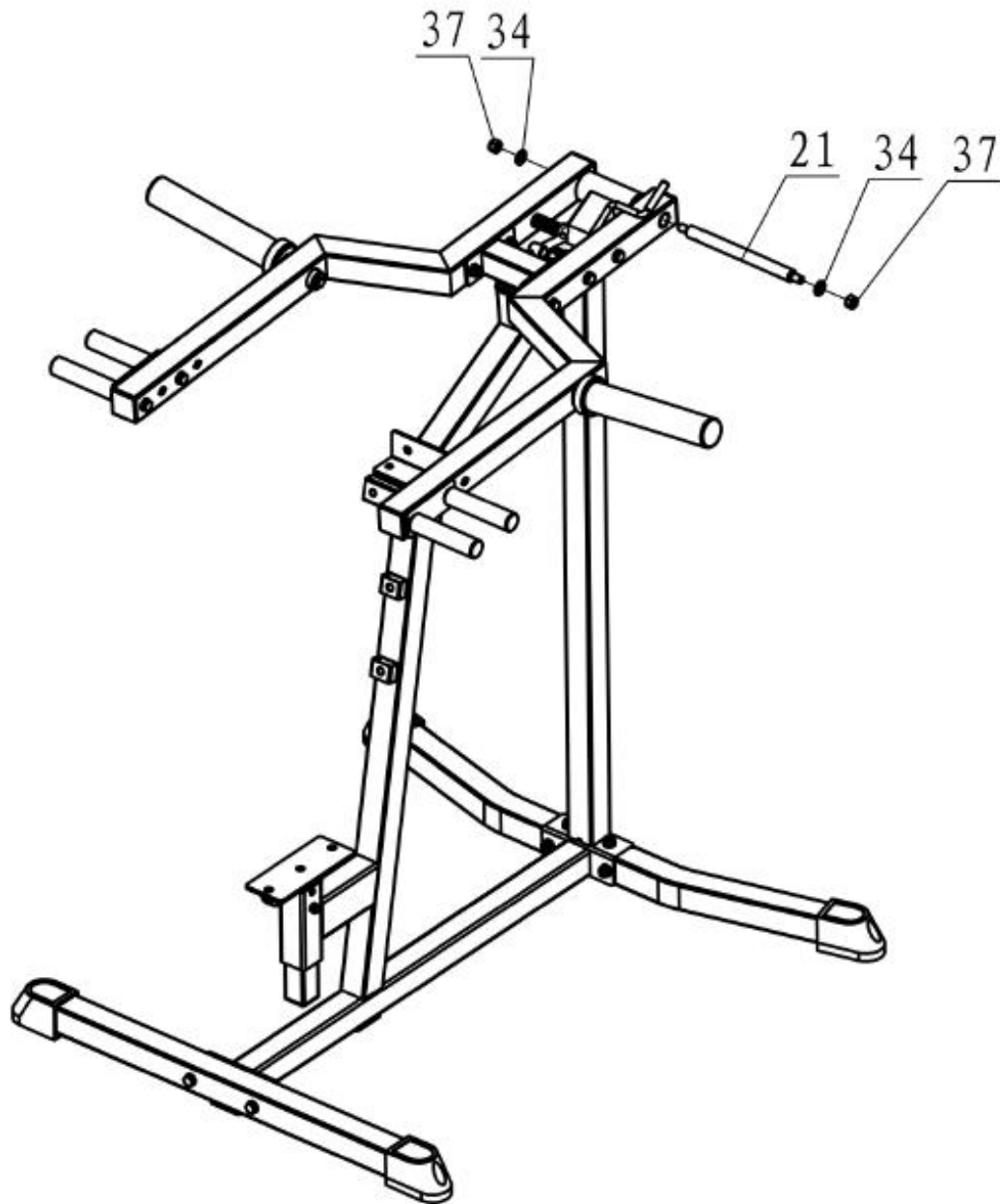
Connect Left Shoulder Frame (3), Right Shoulder Frame (4), Connection Frame (10) and Stopper (11), using Synchronous Shaft (14), Spring (16), Flat Washer $\Phi 11*\Phi 20*2$ (35) and Hex Bolt M10*70 (38).

Install the Handlebar Frame (9) and Weight Plate Holder (8) on the Left & Right Shoulder frame (3&4), using Flat Washer $\Phi 10.5*\Phi 30*2.5$ (42), Flat Washer $\Phi 11*\Phi 20*2$ (35), Hex Bolt M10*70 (38) and Hex Bolt M10*20 (45).



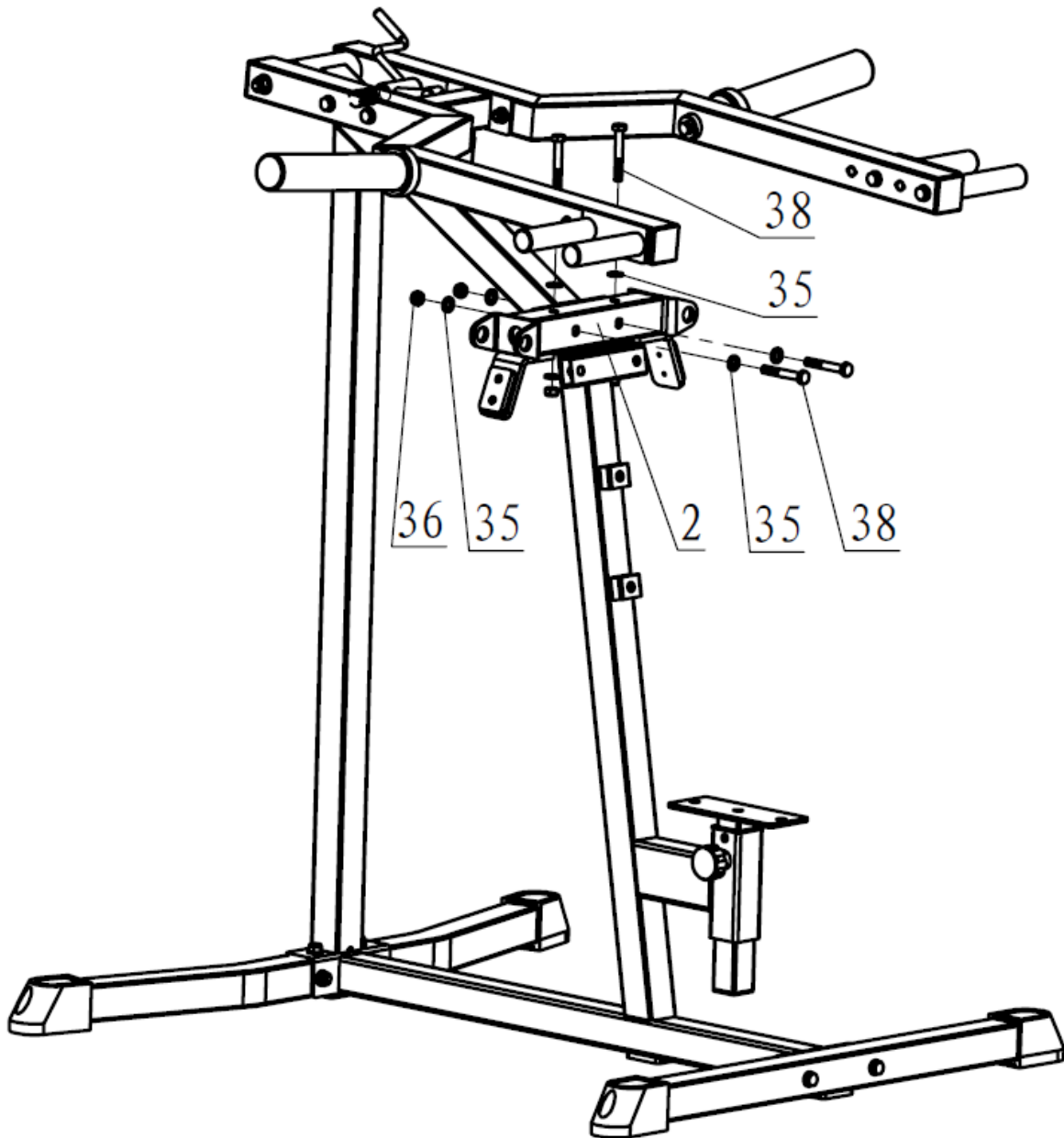
Step 3

Install the Left & Right Shoulder frame (3&4) on the Upright Frame (1), using Rotation Shaft (21), Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (34) and Nut M12 (37).



Step 4

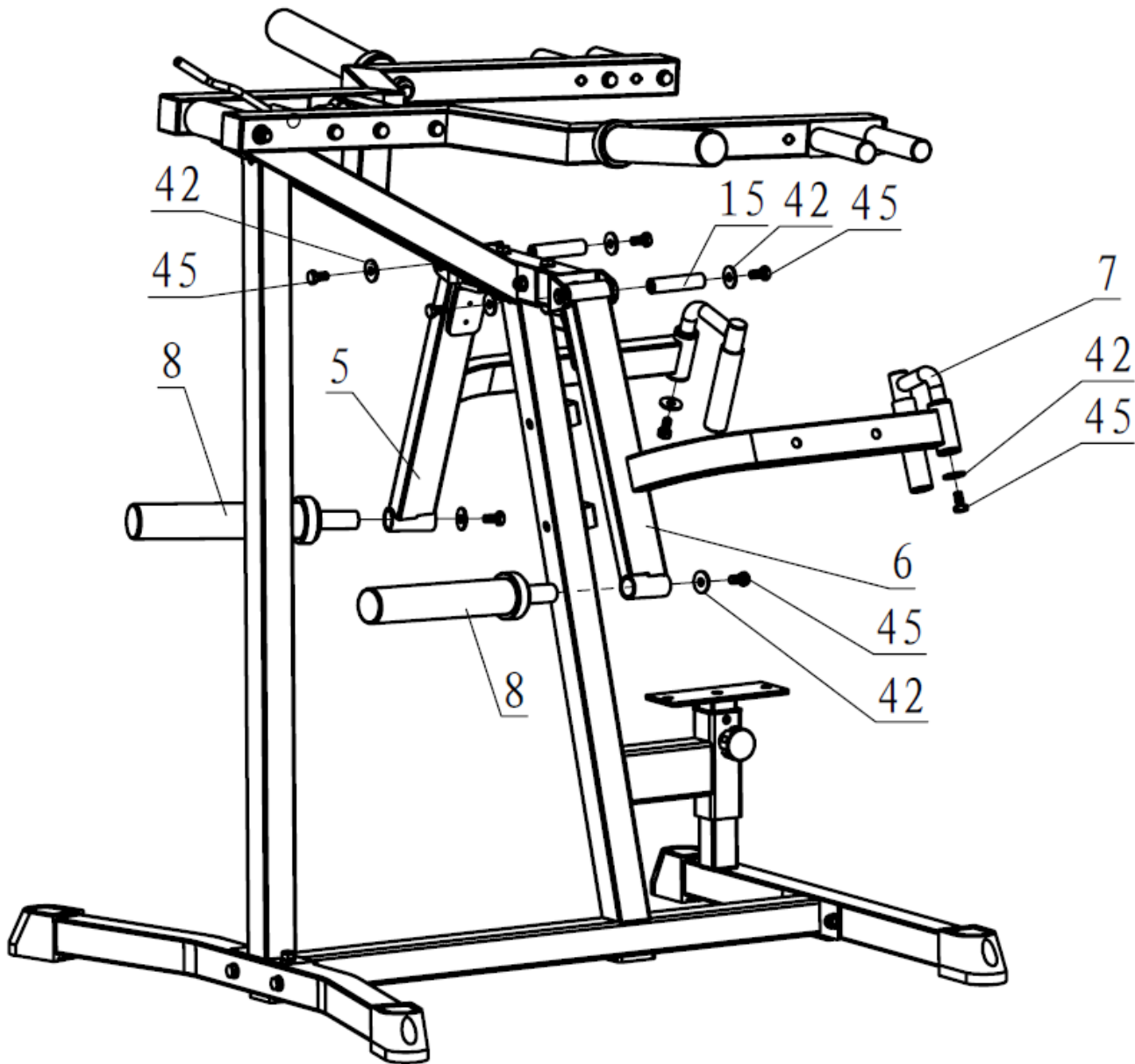
Install the Support frame (2) on the Upright Frame (1), using Flat Washer $\Phi 11 * \Phi 20 * 2$ (35), Nut M10(36) and Hex Bolt M10*70 (38).



Step 5

Install the Left & Right Swing frame (5&6) on Support frame (2), using Rotation Shaft (15), Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (42) and Hex Bolt M10*20 (45).

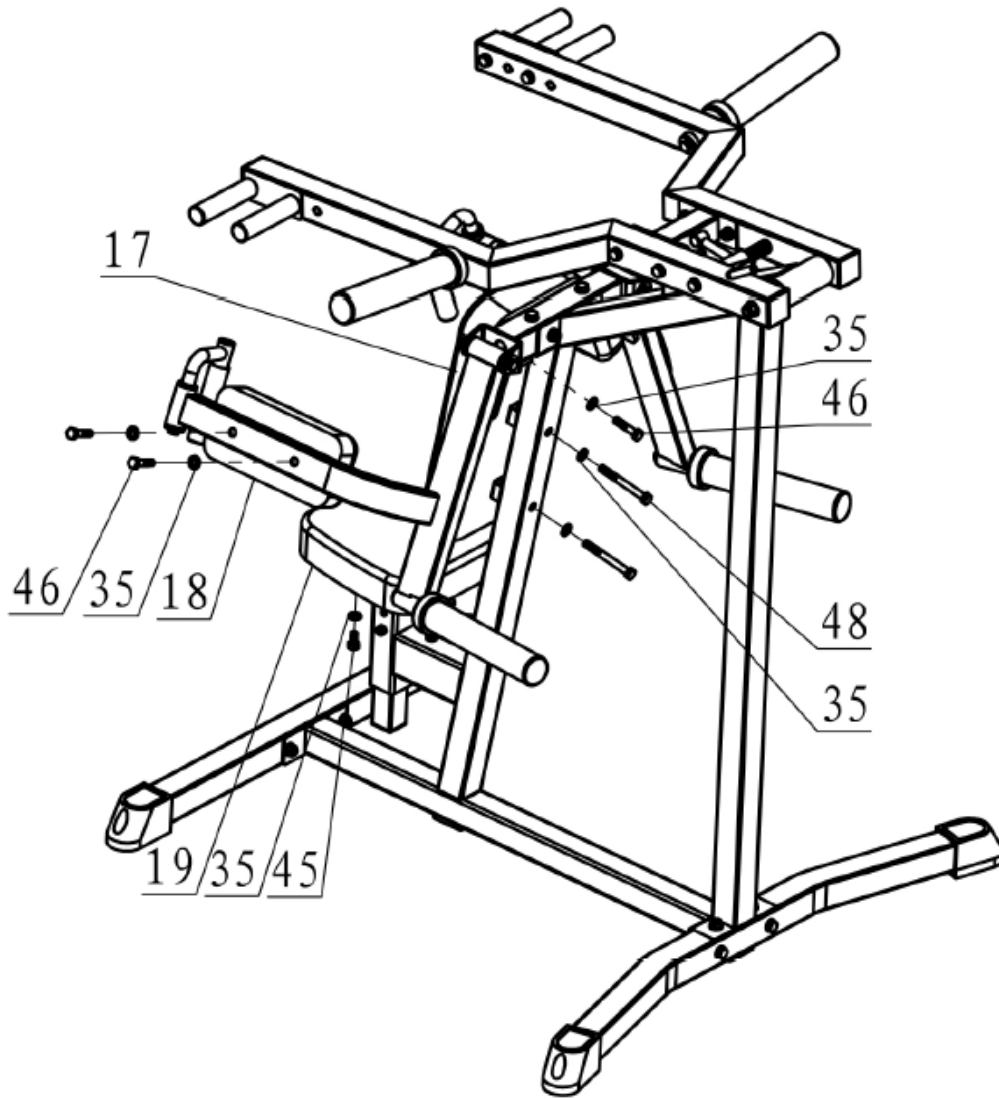
Fix the Handle Bar (7) and Weight Plate Holder (8) on the Left & Right Swing frame (5&6), using Flat Washer $\Phi 10.5 \times \Phi 30 \times 2.5$ (42) and Hex Bolt M10*20 (45).



Step 6

Fix the Back Cushion (17) and Seat Cushion (19) on the Upright frame (1), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (35) and Hex Bolt M10*20 (45).

Install the Arm Cushion (18) on the Left & Right Swing frame (5&6), using Flat Washer $\Phi 13.5 \times \Phi 24 \times 2.5$ (35) and Hex Bolt M10*45 (46).



ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY

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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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