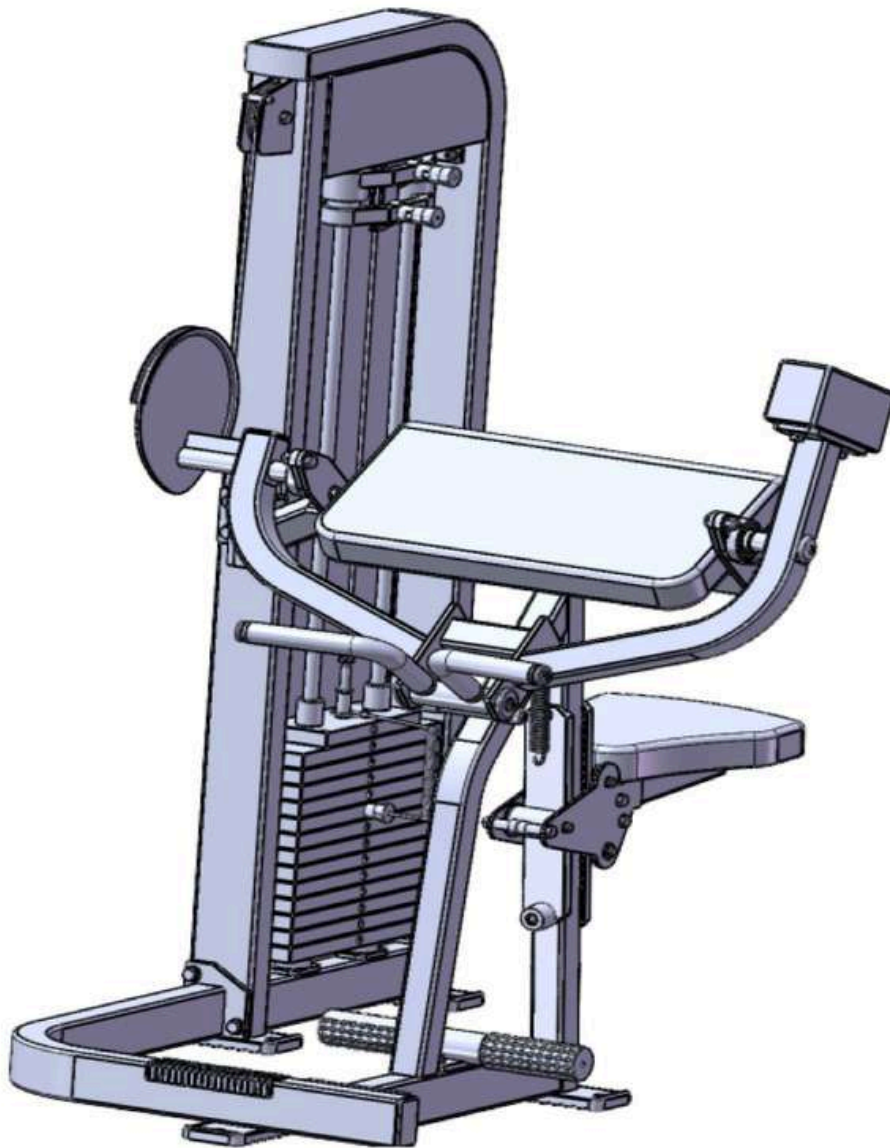


# **Muscle D**

## **CLASSIC V<sub>2</sub>**

# **BICEPS CURL**

**S-CV2-B**



**Assembly Manual**

**WWW.MUSCLEDFIT.COM**

Due to model upgrades, the product may differ slightly from the item shown in the figure. Please read all instructions carefully before using this product, and please keep this owner's manual for future reference.

## SAFETY PRECAUTIONS

**Note: Please read this manual carefully before use and pay attention to the following safety precautions.**

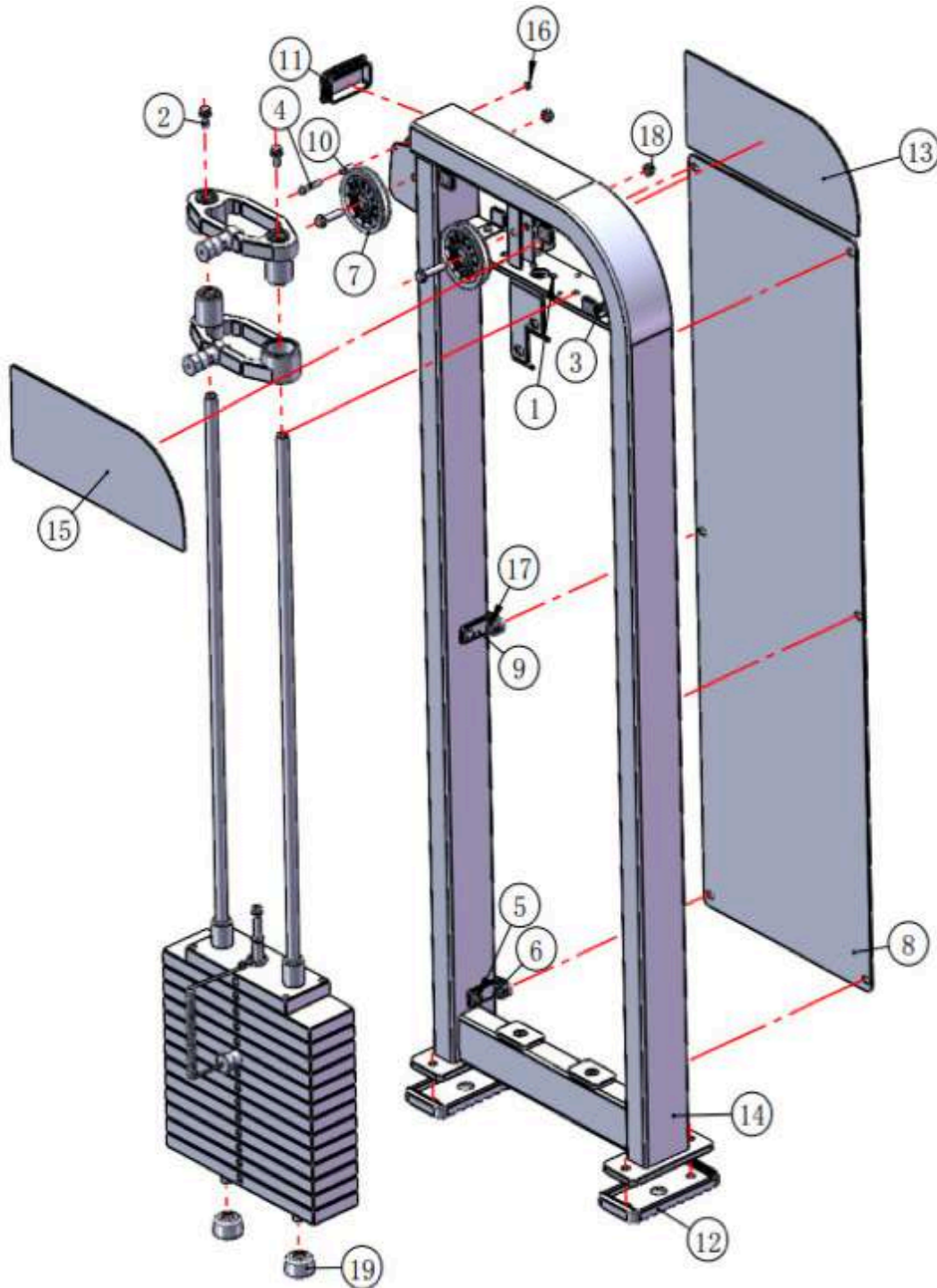
### WARNING

1. Before each use, please check whether each transmission part is tight, if there is any looseness, tighten or replace it in time;
2. the movements should be uniform and slow during the exercise to achieve the ideal fitness effect;
3. During the exercise, slowly increase the resistance to avoid injury from stretching the muscles decisively.





### NOTE

1. The trainer should be properly placed indoors to avoid moisture;
2. The trainer should be placed on a spacious and unobstructed flat ground to allow the equipment to be placed smoothly.
3. Before planning any exercise, it is recommended that you should consult your doctor first;
4. Any strenuous exercise should only be started 40 minutes after eating;
5. Please wear appropriate sportswear and sneakers before starting exercise;
6. To prevent injury, do warm-up exercises before your workout;
7. This device must be used in a supervised area, and appropriate care, guidance, and supervision should be given to the elderly, children, and disabled people, and children under 12 years old are prohibited from using it.
8. If you feel any inapplicable or abnormal conditions during the use of this machine, please stop the exercise immediately and consult a doctor;
9. During the maintenance and repair of the instrument, there should be a clear suspension sign near the device.








### STEP 1-1



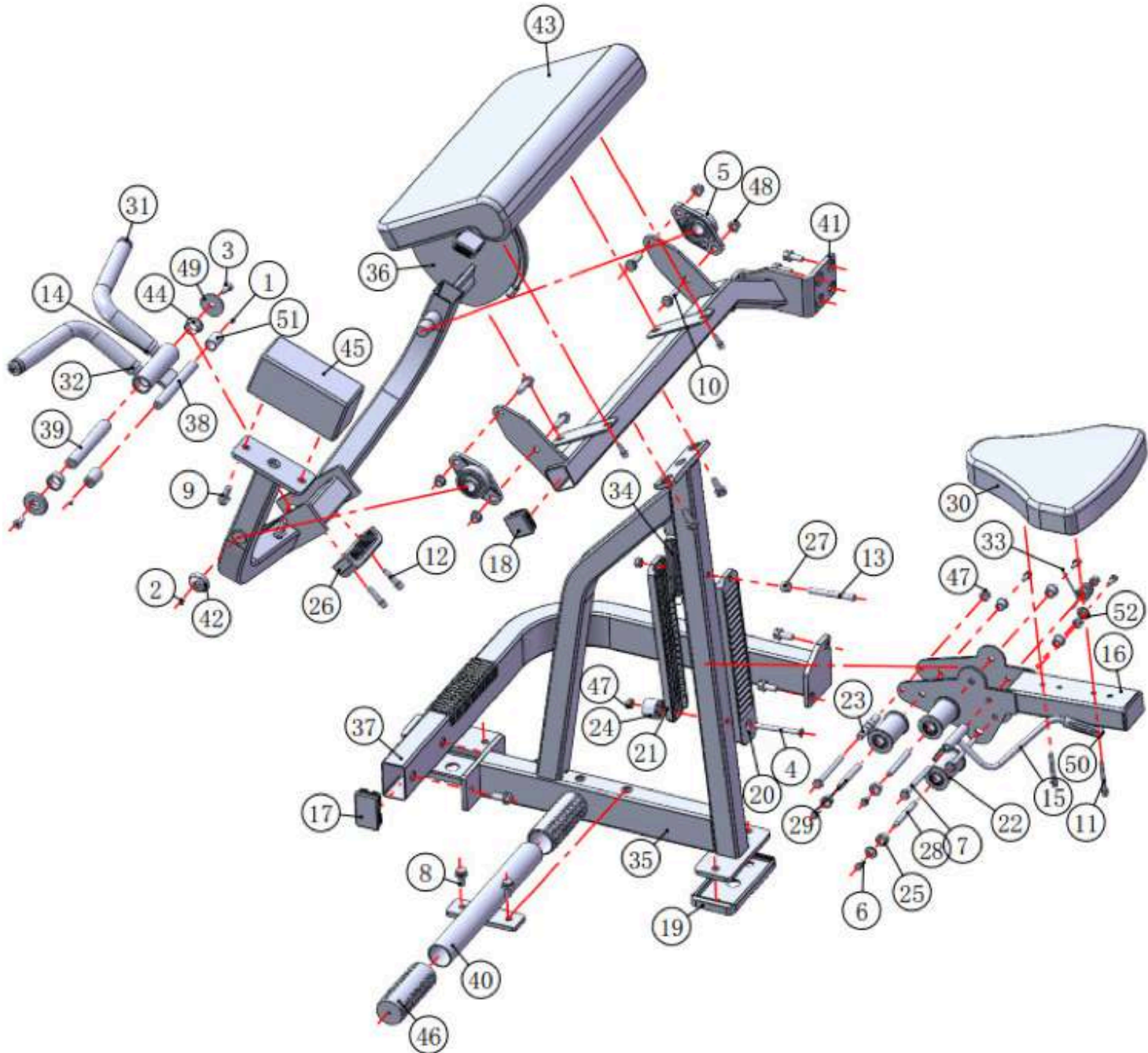
## STEP 1 PARTS

Hexagon head bolt M10*20			Hexagon head bolt M10*25			Hex socket cylindrical head screw M6*15			Hex socket cylindrical head screw M6*40		
											
1		2pcs	2		2pcs	3		8pcs	4		1pcs
Hex socket cylindrical head screw M8*15			Hex socket cylindrical head screw M8*20			φ105 pulley			Rear guard plate of the high door		
											
5		6pcs	6		6pcs	7		2pcs	8		1pcs
Rear guard plate installation buckle			Baffle sleeve			50*100 rectangular tube plug			Hummer underfoot plug		
											
9		6pcs	10		1pcs	11		2pcs	12		4pcs

## STEP 1 PARTS

Small guard plate 1			The small door is welded together			Small guard plate 2			Nehat M6		
											
13		1pcs	14		1pcs	15		1pcs	16		1pcs
Nehat M8			Nehat M10			Counterweight buffer pad					
											
17		6pcs	18		7pcs	19		2pcs			

### STEP 2-1




## STEP 2 PARTS

Hex socket countersunk screw M5*10			Hex socket countersunk screw M6*15			Hex socket countersunk screw M10*25			Hex socket countersunk screw M10*100		
											
1		2pcs	2		1pcs	3		2pcs	4		13pcs
Bearing housing			Hexagon head bolt M8*20			Hexagon head bolt M10*105			Hexagon head bolt M12*30		
											
5		2pcs	6		6pcs	7		3pcs	8		12pcs
Hexagon head bolt M12*35			Hexagon head bolt M12*40			Hex socket cylindrical head screw M8*70			Hex socket cylindrical head screw M10*40		
											
9		2pcs	10		4pcs	11		2pcs	12		2pcs
Hex socket cylindrical head screw M10*90			Hexagon socket flat-end set screws M5*4			Adjust the welding of the handle			The seat is welded together		

### STEP 2 PARTS

											
13		1pcs	14		4pcs	15		1pcs	16		1pcs
50*80 rectangular tube plug			50*50 square tube plug			Hummer underfoot			Hummer adjustment plate 1		
											
17		2pcs	18		2pcs	19		2pcs	20		1pcs
Hummer adjustment plate 2			Hummer seat nylon wheels			Spring hanging clamp tube			Hummer seat limit post		
											
21		1pcs	22		3pcs	23		1pcs	24		1pcs

## STEP 2 PARTS

Hummer seat cover			Hummer buffer pad			Limit spacer sleeve			Tensioning shaft		
											
25		6pcs	26		1pcs	27		1pcs	28		1pcs
Seat adjustment shaft			Cushion			φ 25 handle cap			φ25 aluminum handle ring		
											
29		2pcs	30		1pcs	31		2pcs	32		2pcs
Large torsion spring			Hummer seat tension spring			The main frame is welded			Welding of the boom		
											
33		1pcs	34		1pcs	35		1pcs	36		1pcs

## STEP 2 PARTS





The bent braces are welded together			Weld the handle together			Fixed shaft			Foot pedal welding		
											
37		1pcs	38		1pcs	39		1pcs	40		1pcs
Bracket welding			Plastic protective cover			Elbow pad			Galvanized sleeve		
											
41		1pcs	42		1pcs	43		1pcs	44		2pcs
Rubber-coated counterweight			Foot covers			Nehat M10			Nehat M12		
											
45		1pcs	46		2pcs	47		7pcs	48		4pcs



# BICEPS CURL

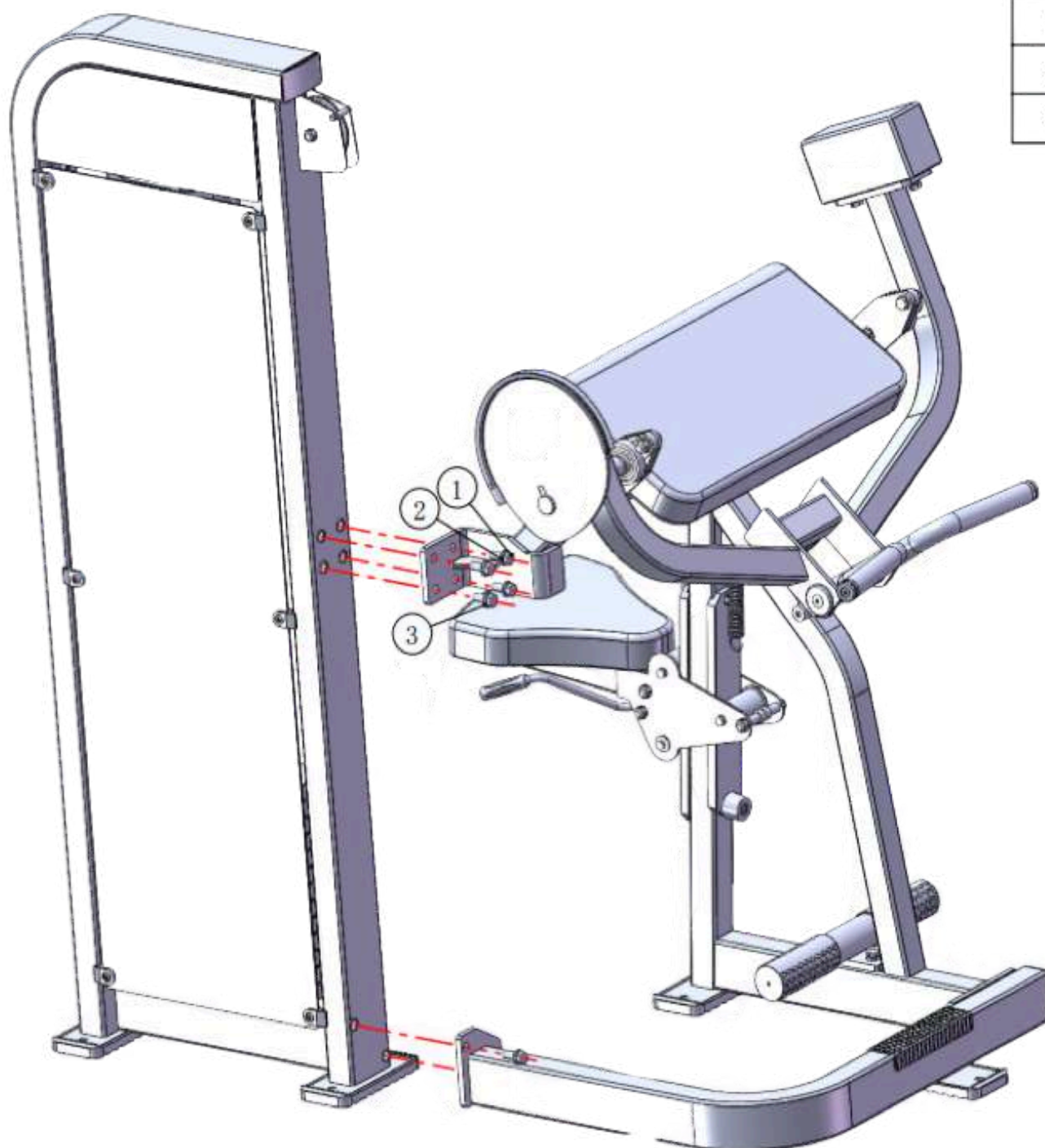
## S-CV2-B

### STEP 2 PARTS

φ 50 aluminum end cover			Handle			Limit sleeve			Eccentric nut		
											
49		2pcs	50		1pcs	51		2pcs	52		2pcs

## STEP 3-1

序号	
1	(
2	(
3	(








# BICEPS CURL

## S-CV2-B

### STEP 3 PARTS

Hexagon head bolt M12*30			Spring washer			Gasket					
											
1		12pcs	2		14pcs	3		22pcs			

**STEP 4-1**

