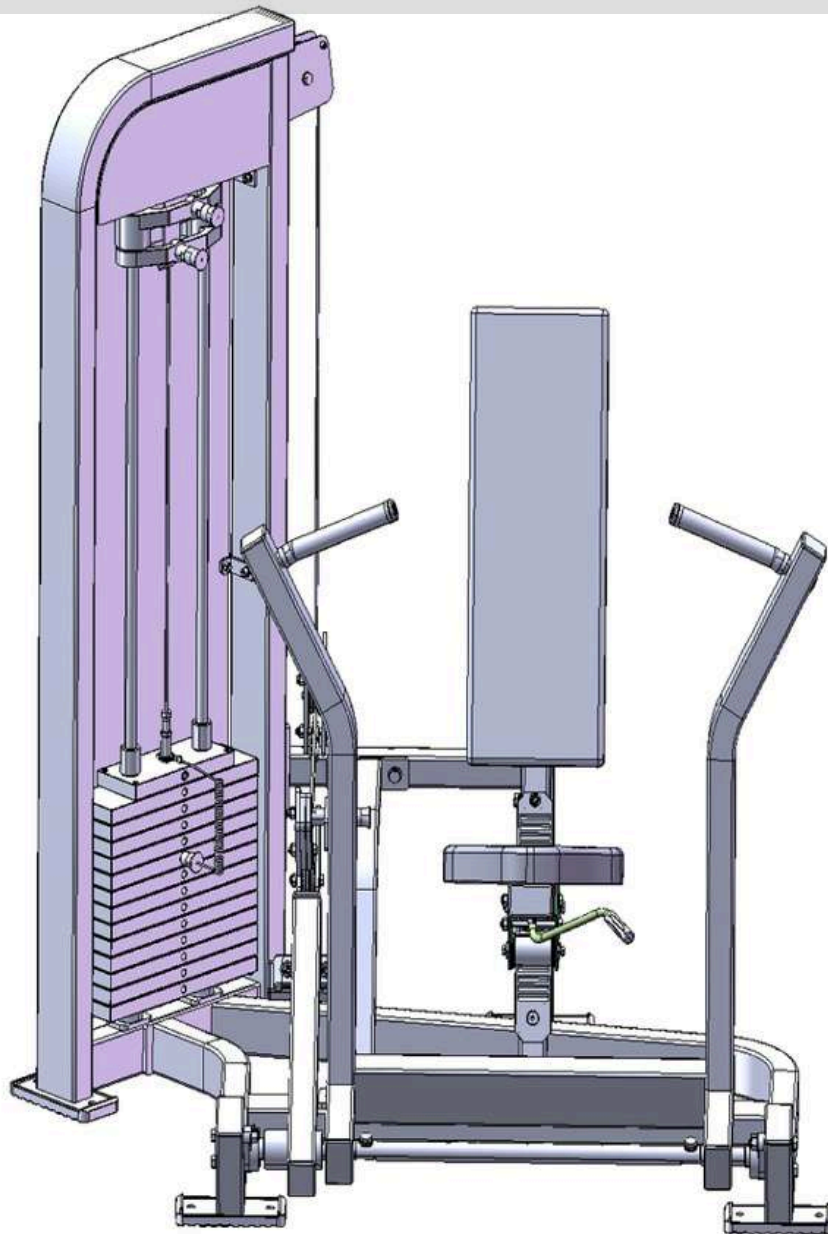


Muscle D

CLASSIC V₂

CHEST PRESS

S-CV2-CP



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.

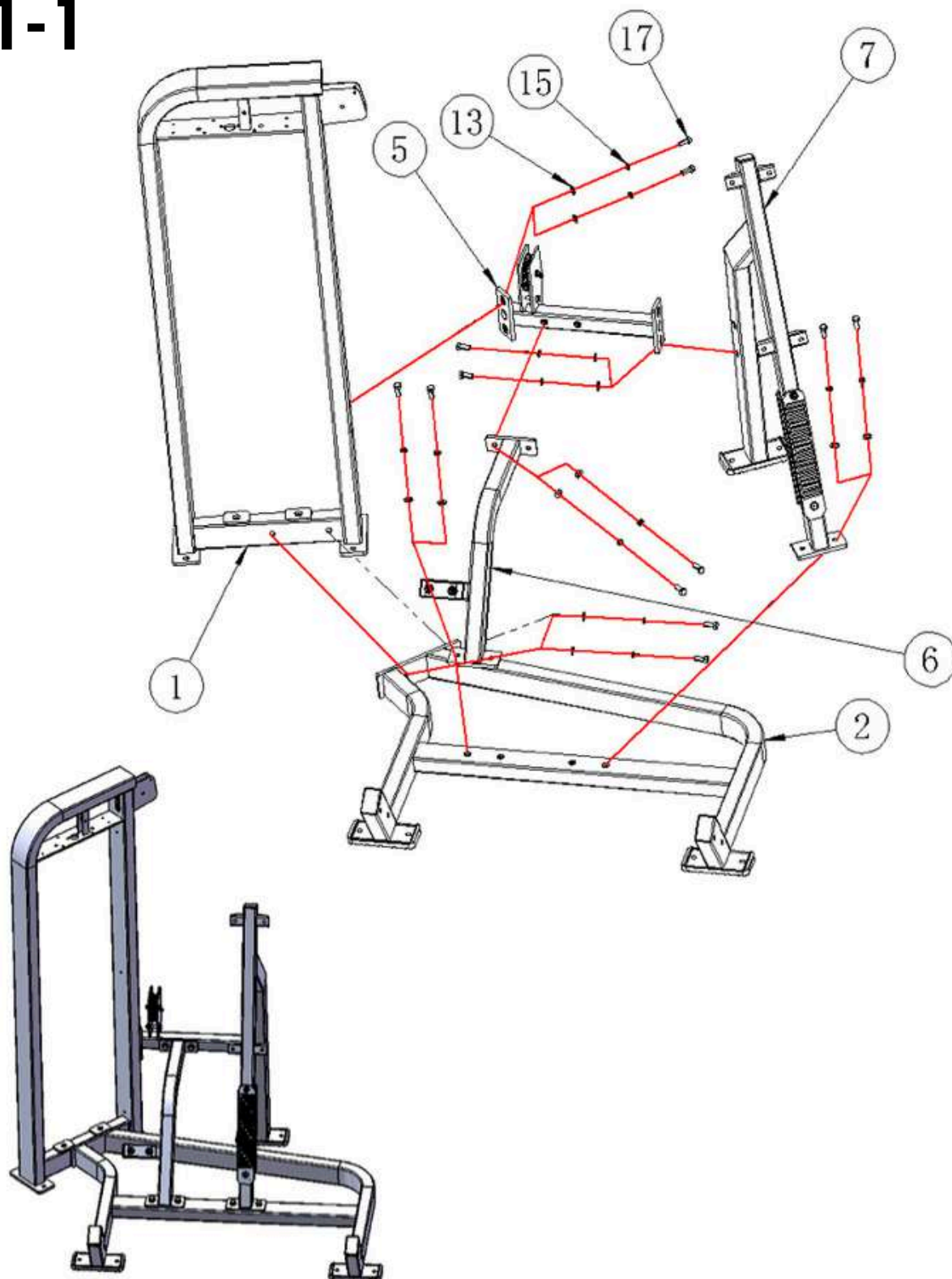
WARNING

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.

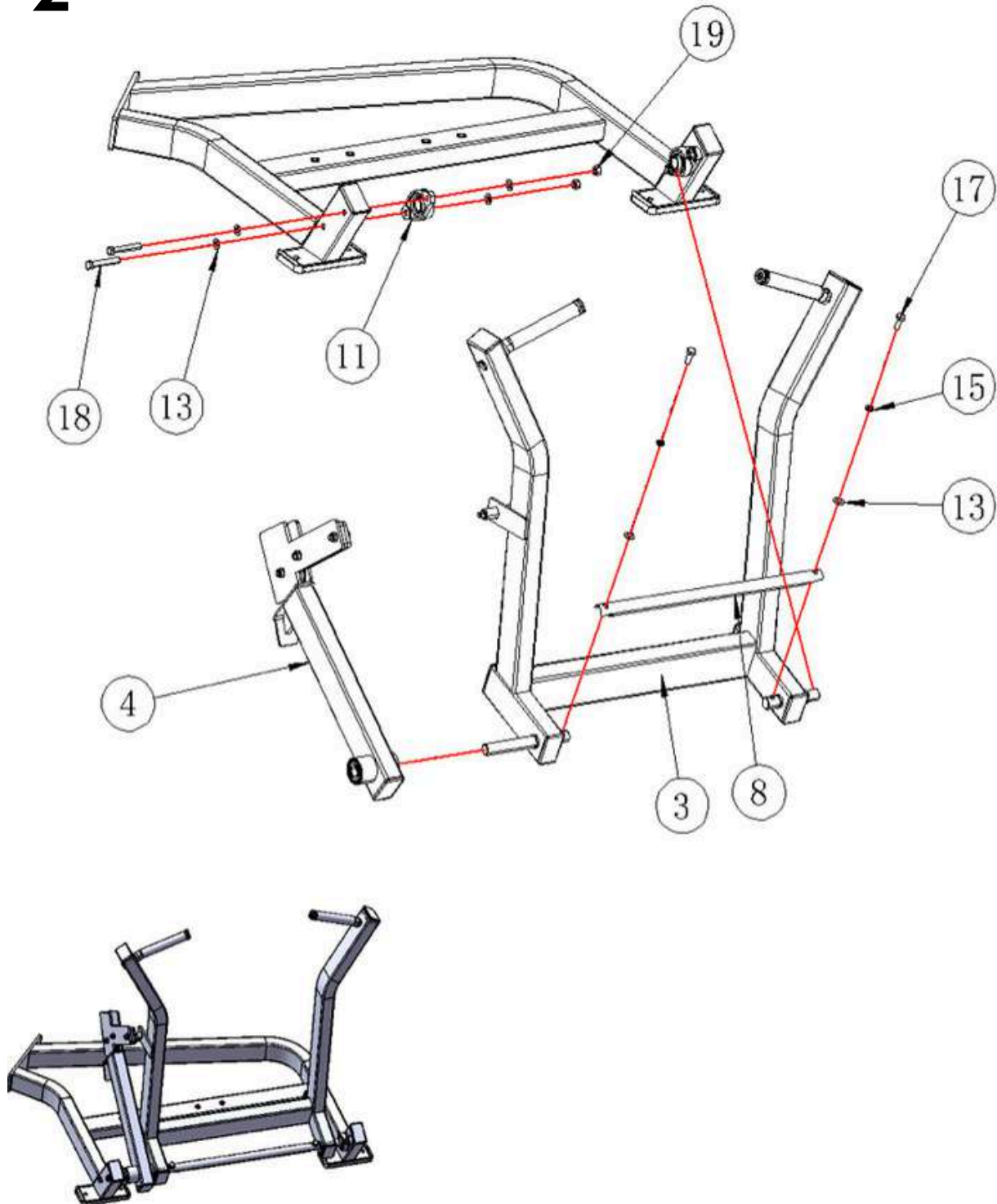
NOTE

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.

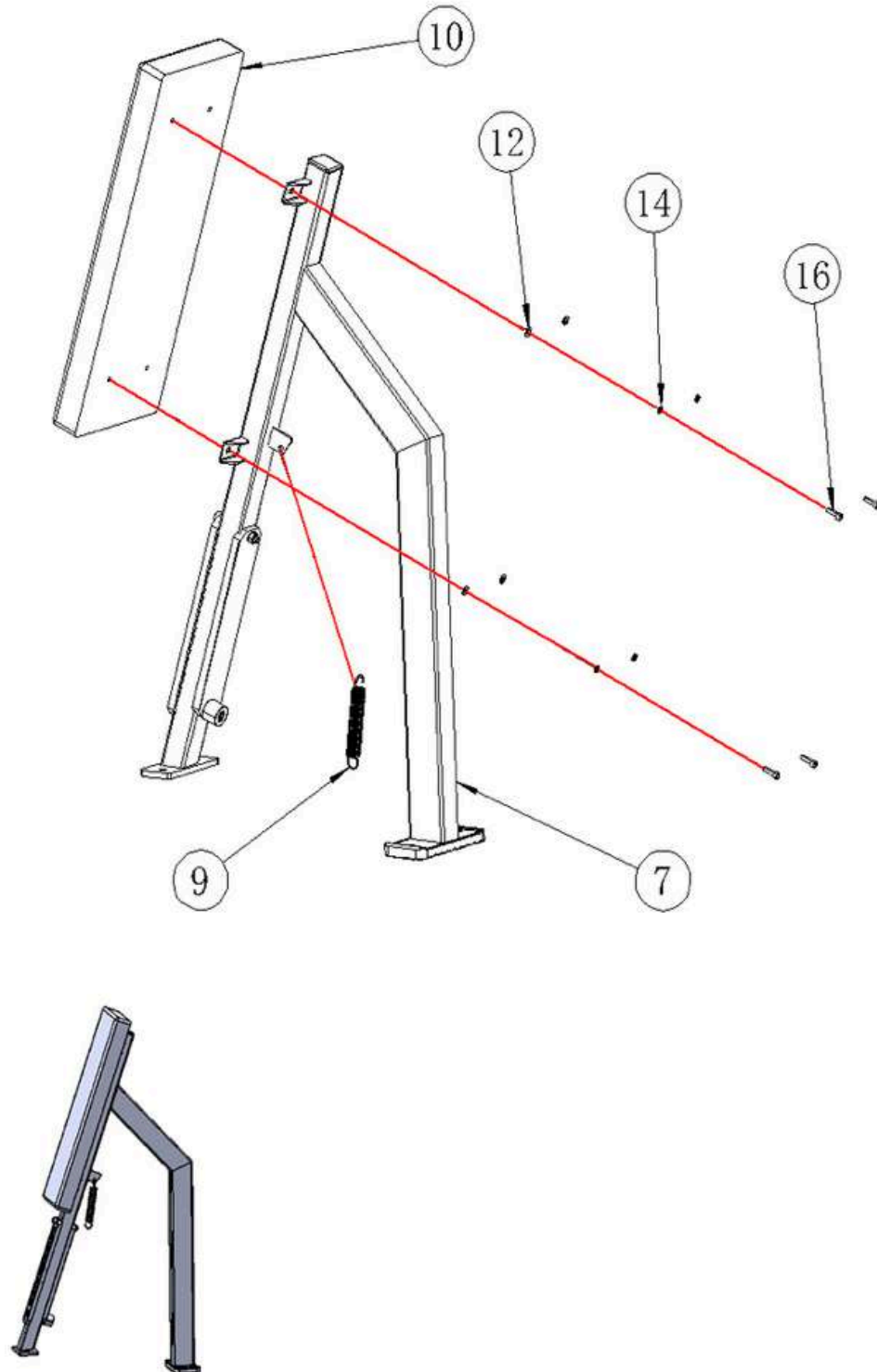
STEP 1-1









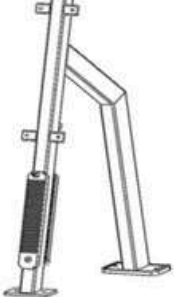





STEP 1-2



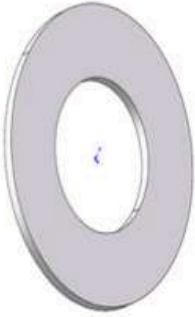
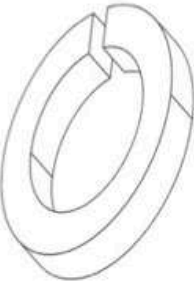
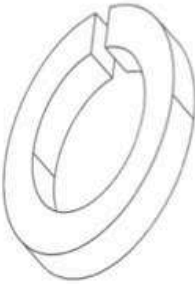



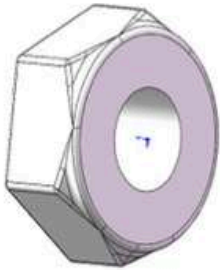
STEP 1-3



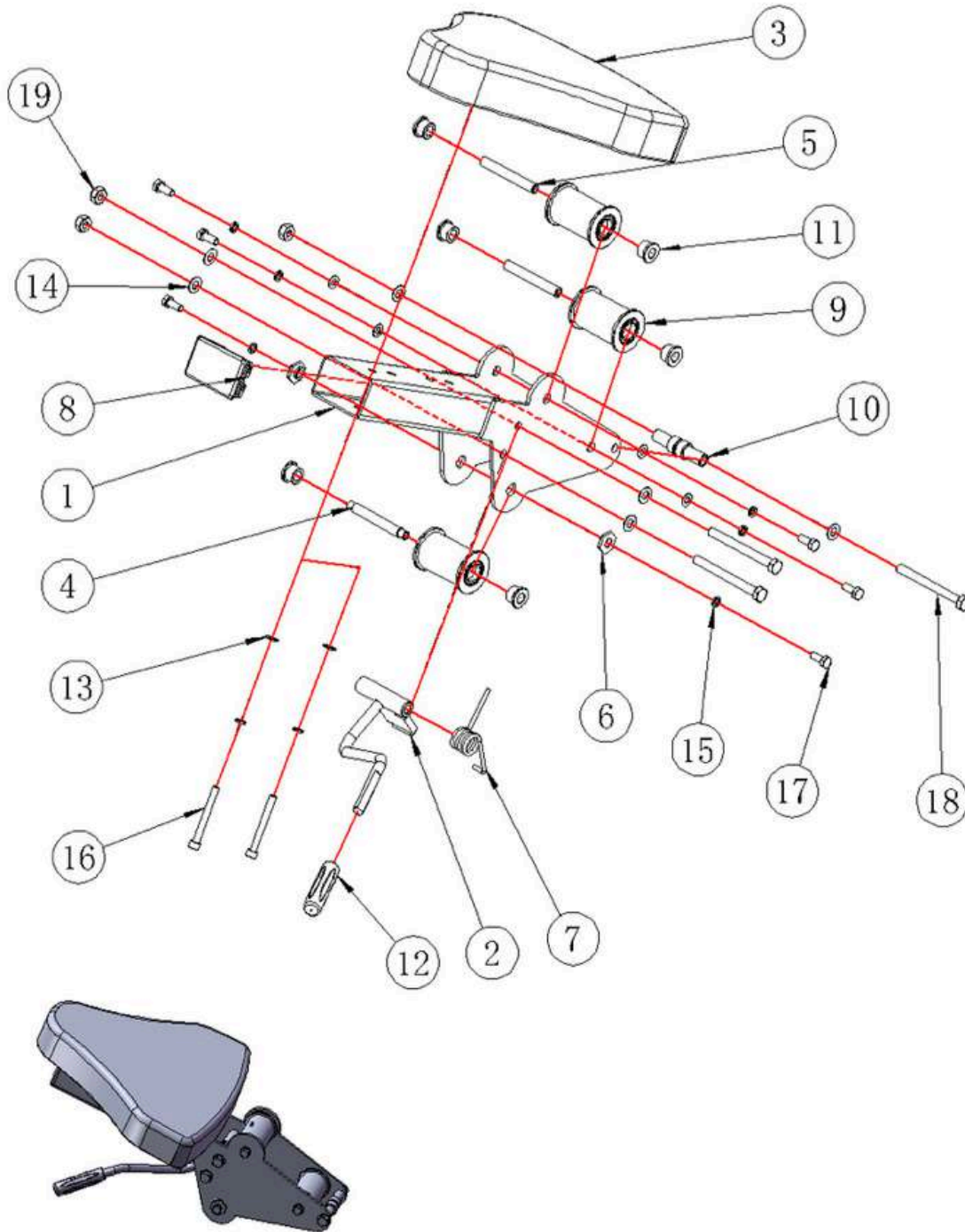
STEP 1 PARTS

Door			Main frame			Boom			Adjust the weld		
											
1		1 piece	2		1 piece	3		1 piece	4		1 piece
The rear cross brace is welded			Bend and brace welding			Backrest welded			Footrail		
											
5		1 piece	6		1 piece	7		1 piece	8		1 piece
Hummer seat pull spring			Back pad			φ 25 bearing housing			washer φ 8. 3x φ 16x1		
											
9		1 piece	10		1 piece	11		2 pieces	12		4 pieces





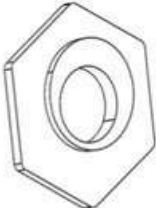



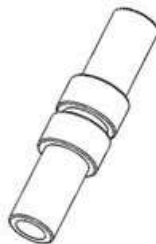


STEP 1 PARTS

washer $\phi 12.2 \times \phi 24 \times 1.2$			Spring washer $\phi 8$			Spring washer $\phi 12$			Hexagon cylindrical head screw M8x25		
											
13		22 pieces	14		4 pieces	15		14 pieces	16		4 pieces
Hex head bolts M12x30			Hex head bolts M12x80			Ni hat M12					
											
17		14 pieces	18		4 pieces	19		4 pieces			


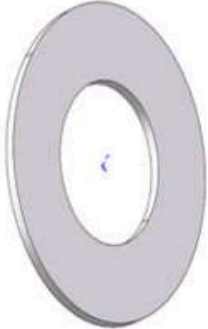
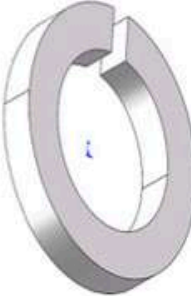

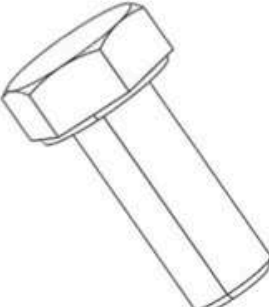
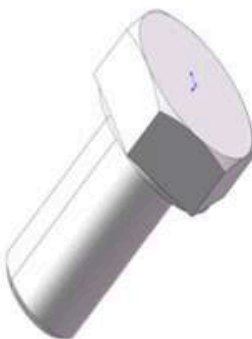
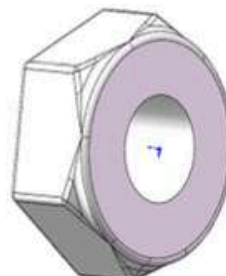
STEP 2-1



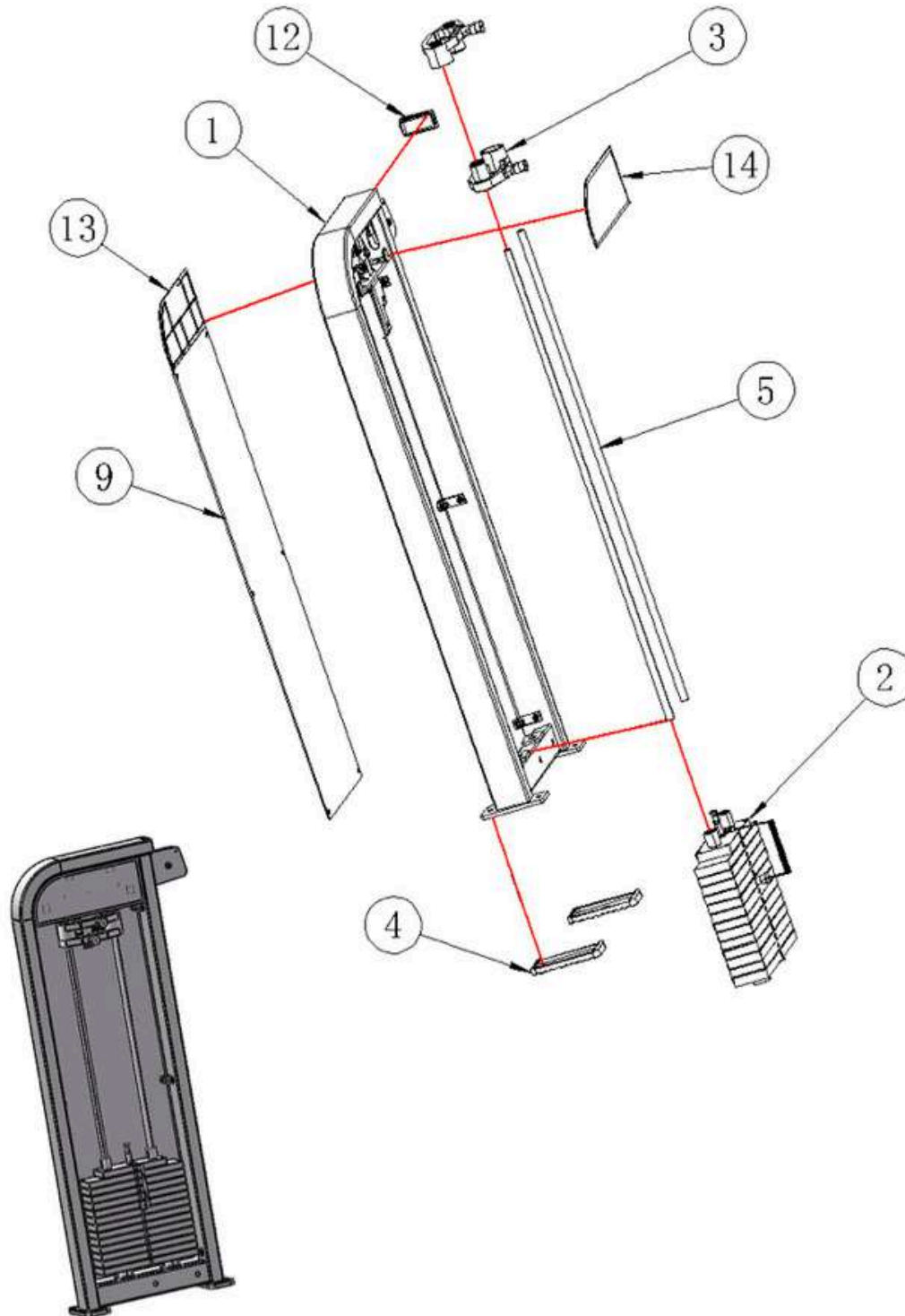
STEP 2 PARTS

Backrest welded			Adjust the handle welding			Cushion			Tension shaft φ 12x90		
											
1		1 piece	2		1 piece	3		1 piece	4		1 piece
Seat adjustment shaft φ 12x87			Eccentric nut			Large torsion spring			50x80 Rectangular pipe		
											
5		2 pieces	6		2 pieces	7		1 piece	8		1 piece
Hummer seat nylon wheels			Hanging spring jam			Hummer seat spacer			handle		
											
9		3 pieces	10		1 piece	11		6 pieces	12		1 piece

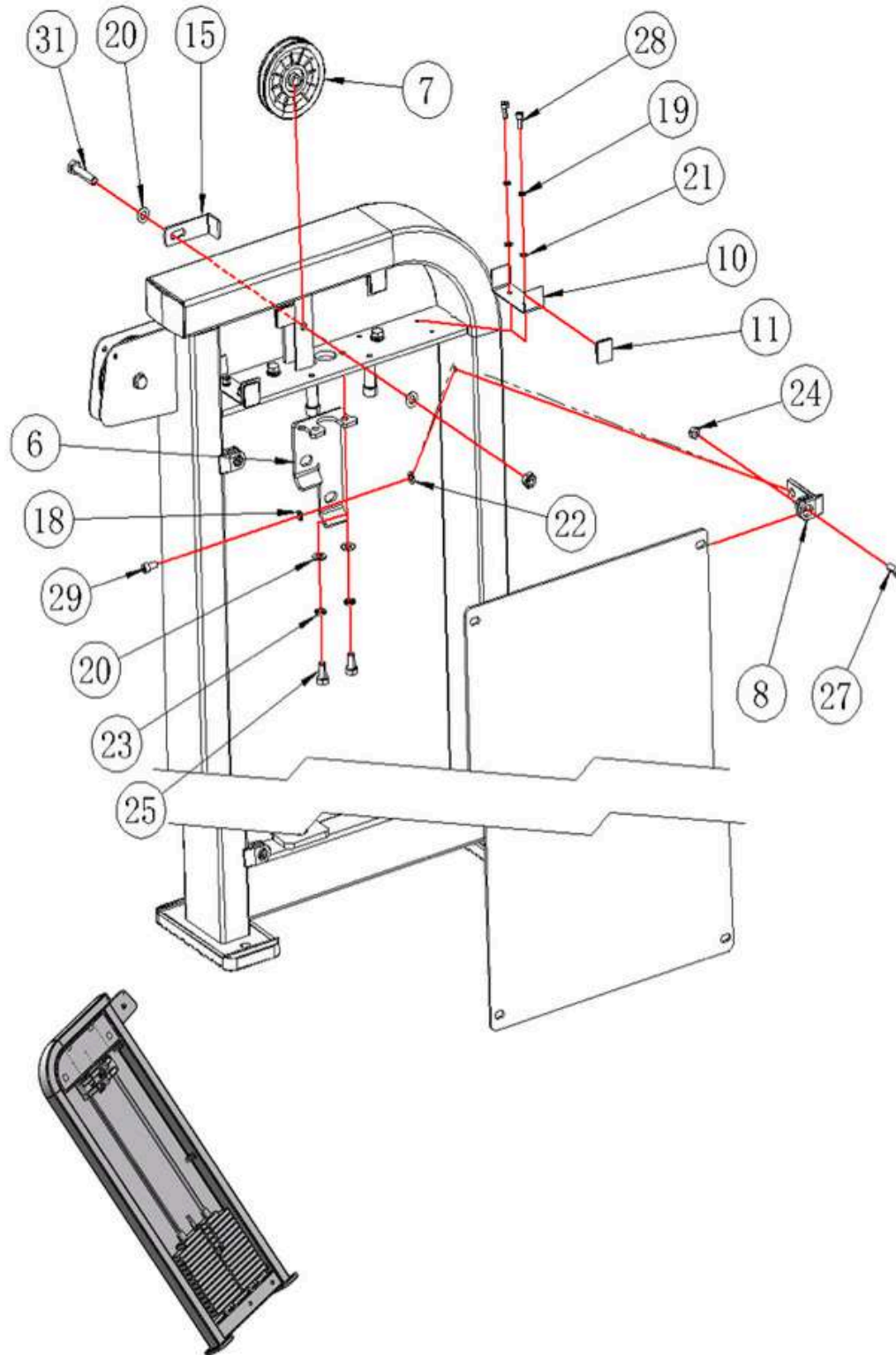
STEP 2 PARTS

washer ϕ 8. 3x ϕ 16x1			washer ϕ 10. 3x ϕ 20x1. 2			Spring washer ϕ 8			Hexagon cylindrical head screw M8x70		
											
13		6 pieces	14		6 pieces	15		8 pieces	16		2 pieces
Hex head bolts M8x20			Hex head bolt M10x105			Ni hat M10					
											
17		6 pieces	6		3 pieces	19		3 pieces			

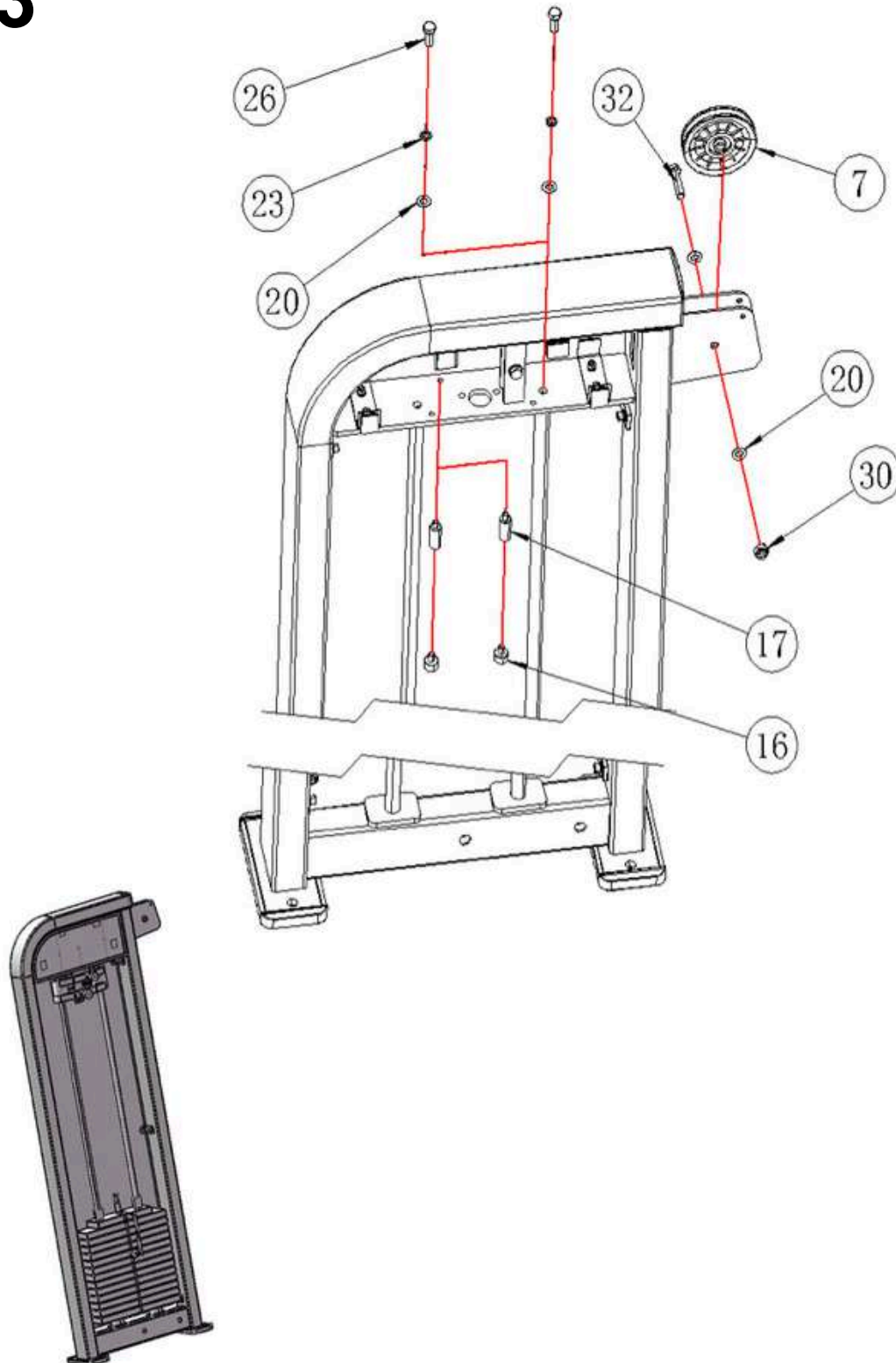
STEP 3-1






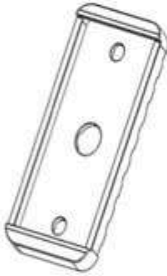

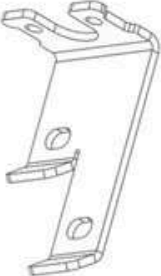

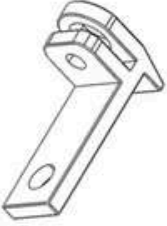




STEP 3-2





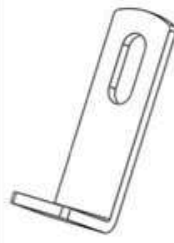






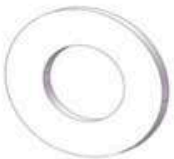

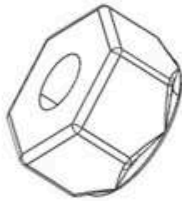
STEP 3-3



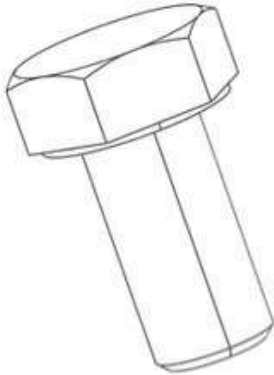
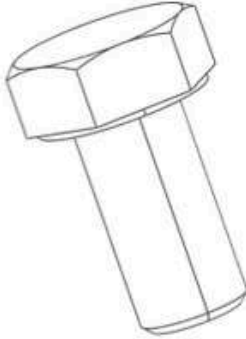



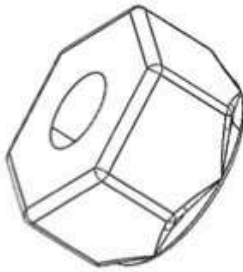
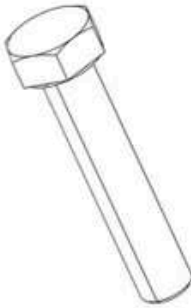
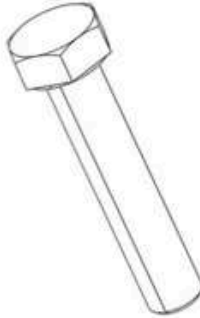
STEP 3 PARTS

The small door is welded			Hummer is restructured			Hummer auxiliary restructuring			Humvee ground		
											
1		1 piece	2		1 piece	3		2 pieces	4		2 pieces
Hummer high gate guide rod			Sub-weight adjustment plate			φ105 pulley			Rear guard mounting buckle		
											
5		2 pieces	6		1 piece	7		3 pieces	8		6 pieces
High door rear guard			Guard plate fixing card			Velcro			50x100 Rectangular pipe plug		
											
9		1 piece	10		4 pieces	11		8 pieces	12		1 piece

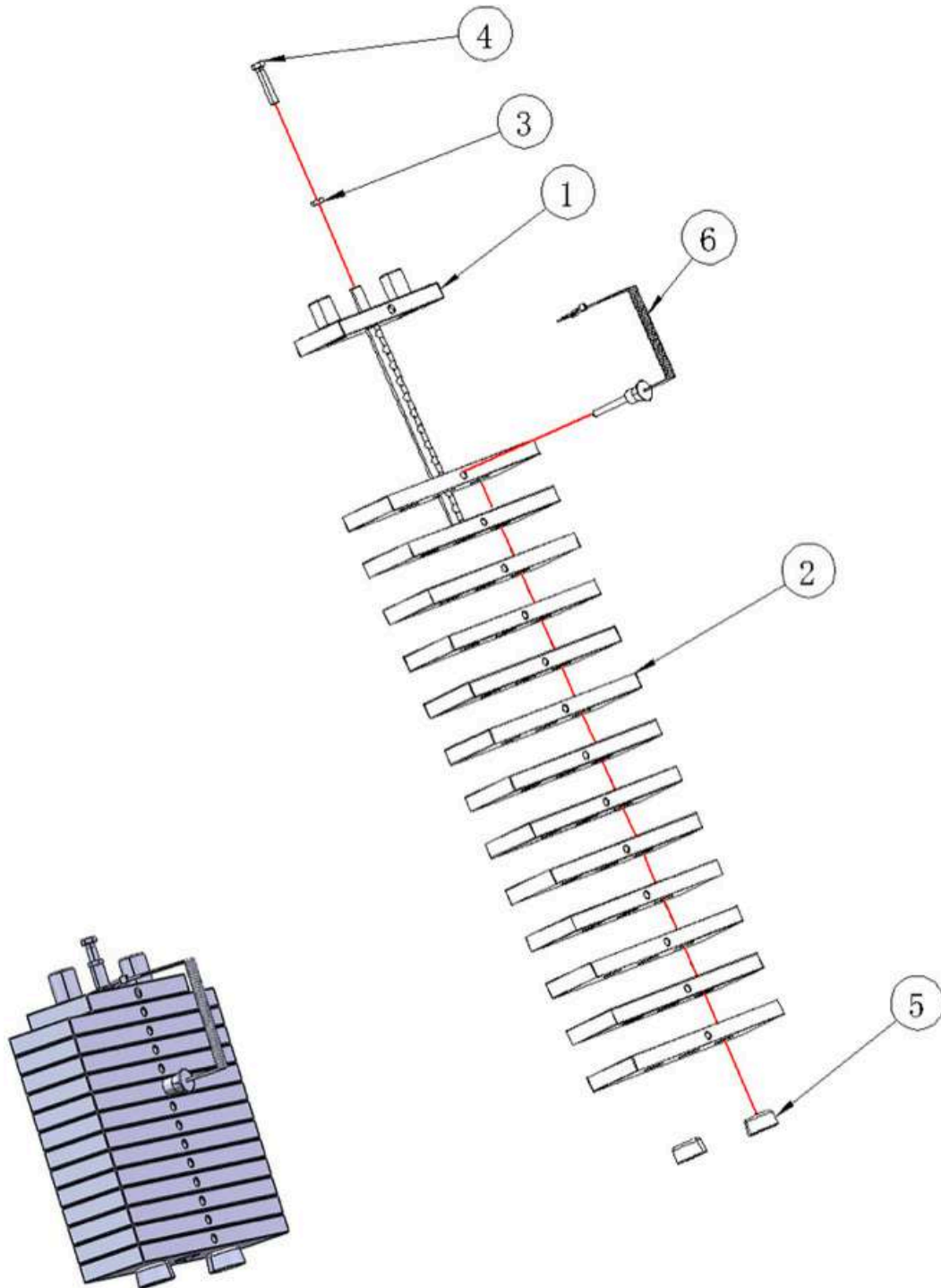
STEP 3 PARTS

Small guard 1			Small guard 2			Baffles			Small cushioning		
											
13		1 piece	14		1 piece	15		1 piece	16		2 pieces
Limit threaded column			Spring washer $\phi 8$			Spring washer $\phi 6$			washer $\phi 10.3 \times \phi 20 \times 1.2$		
											
17		2 pieces	18		6 pieces	19		8 pieces	20		10 pieces
washer $\phi 6.3 \times \phi 12 \times 0.5$			washer $\phi 8.3 \times \phi 16 \times 1$			Spring washer $\phi 10$			Ni hat M8		
											
21		8 pieces	22		6 pieces	23		4 pieces	24		6 pieces

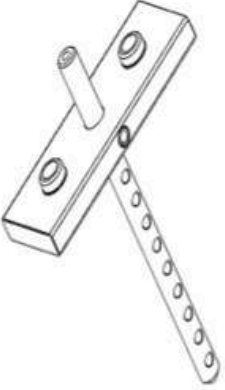

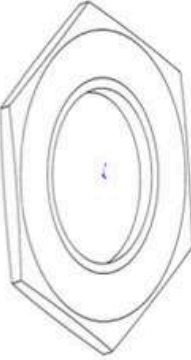

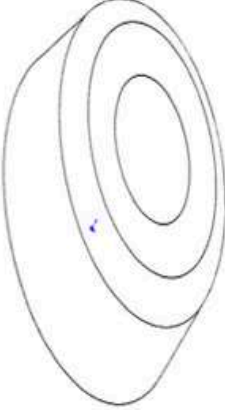

STEP 3 PARTS

Hex head bolts M10x20			Hex head bolts M10x25			Hexagon cylindrical head screw M8x20			Hexagonal cylindrical head screws M8x15		
											
25		2 pieces	26		2 pieces	27		6 pieces	28		8 pieces
Hexagon cylindrical head screw M8x15			Ni hat M10			Hex head bolts M10x50			Hex head bolts M10x45		
											
29		6 pieces	30		3 pieces	31		1 piece	32		2 pieces

STEP 4-1



STEP 4 PARTS

Hummer weighted head film group			Hummer counterweight lower film group			Hex thin nut M12x1.5			Hollow screw M12x60		
											
1		12 pieces	2		13 pieces	3		1 piece	4		1 piece
Counterweight cushioning			Hummer counterweight latch								
											
5		2 pieces	6		1 piece						

STEP 4 PARTS

