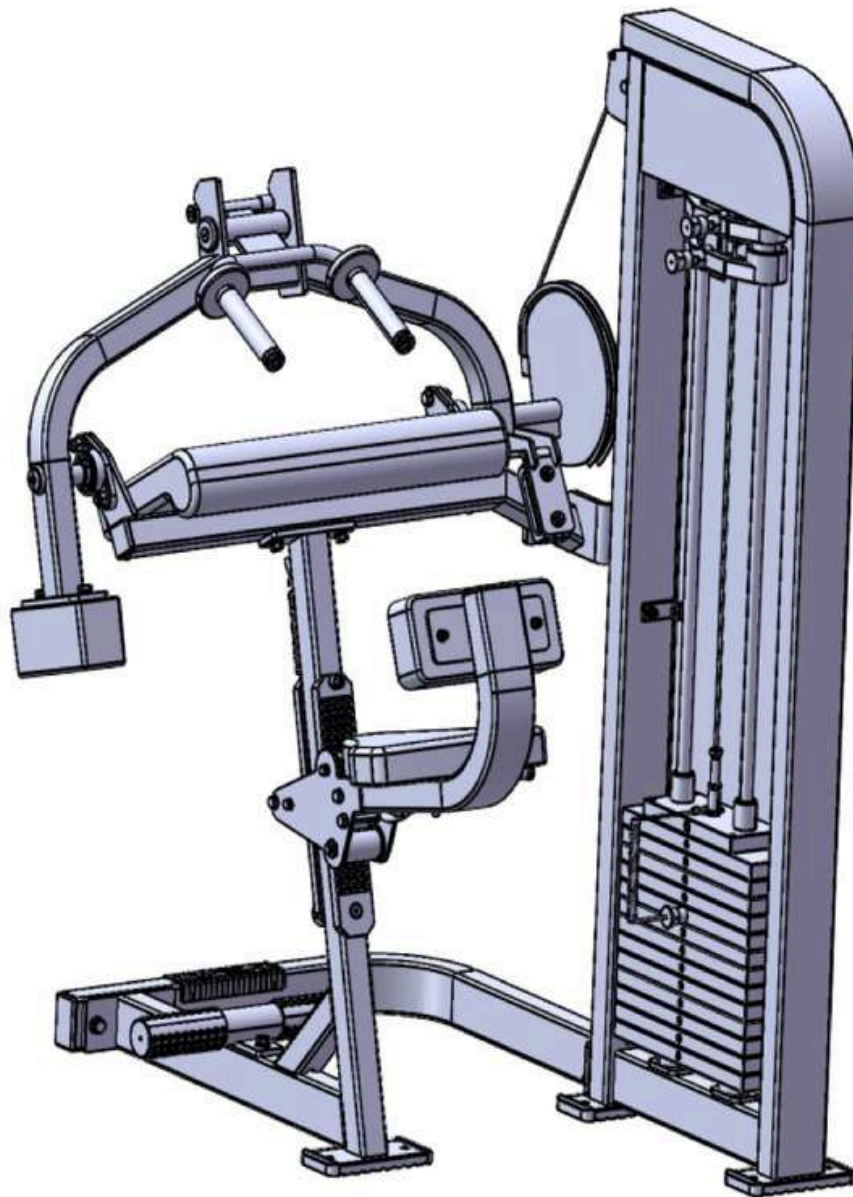


Muscle D

CLASSIC V₂

TRICEPS EXTENSION

S-CV2-T



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.

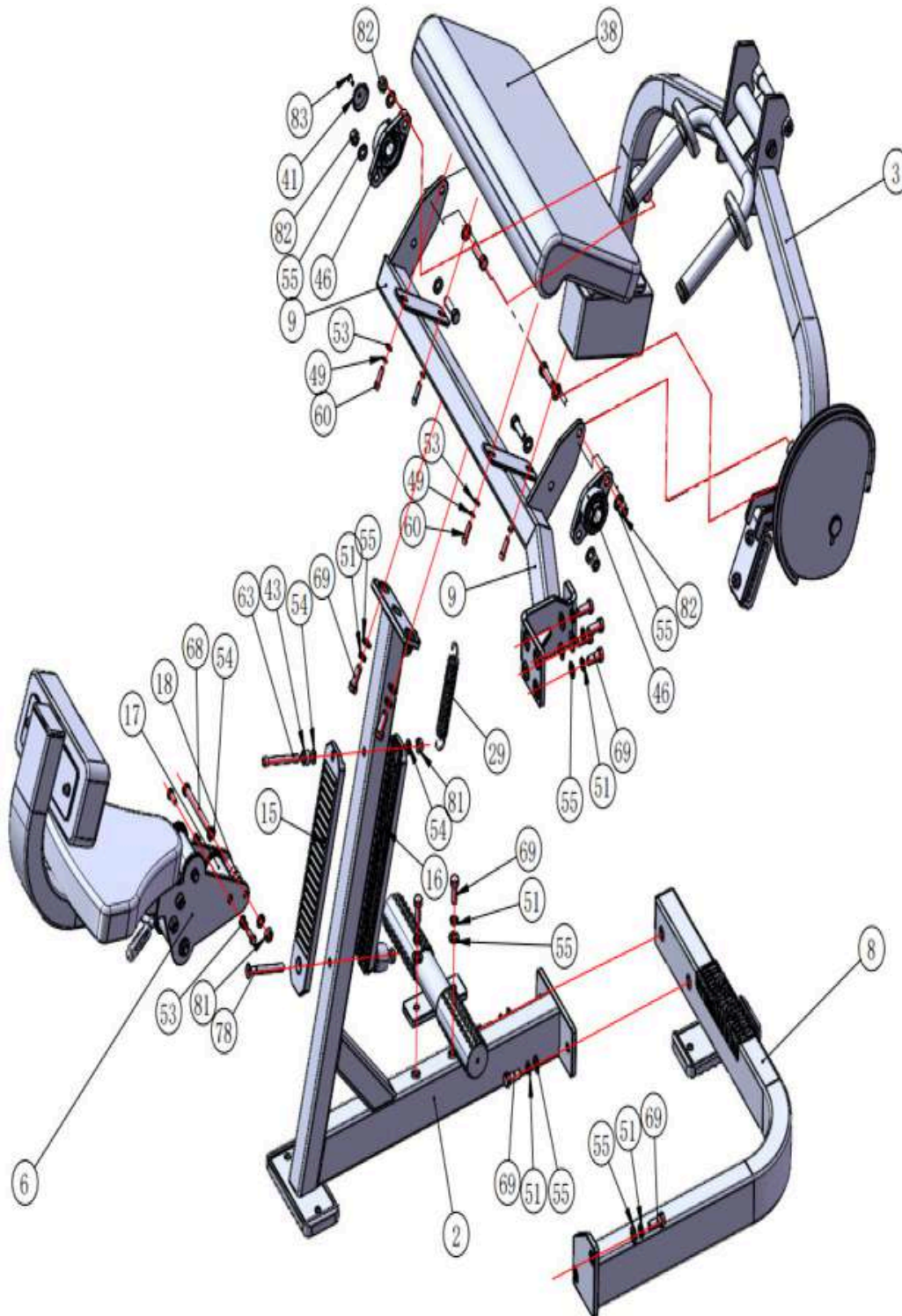
WARNING

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



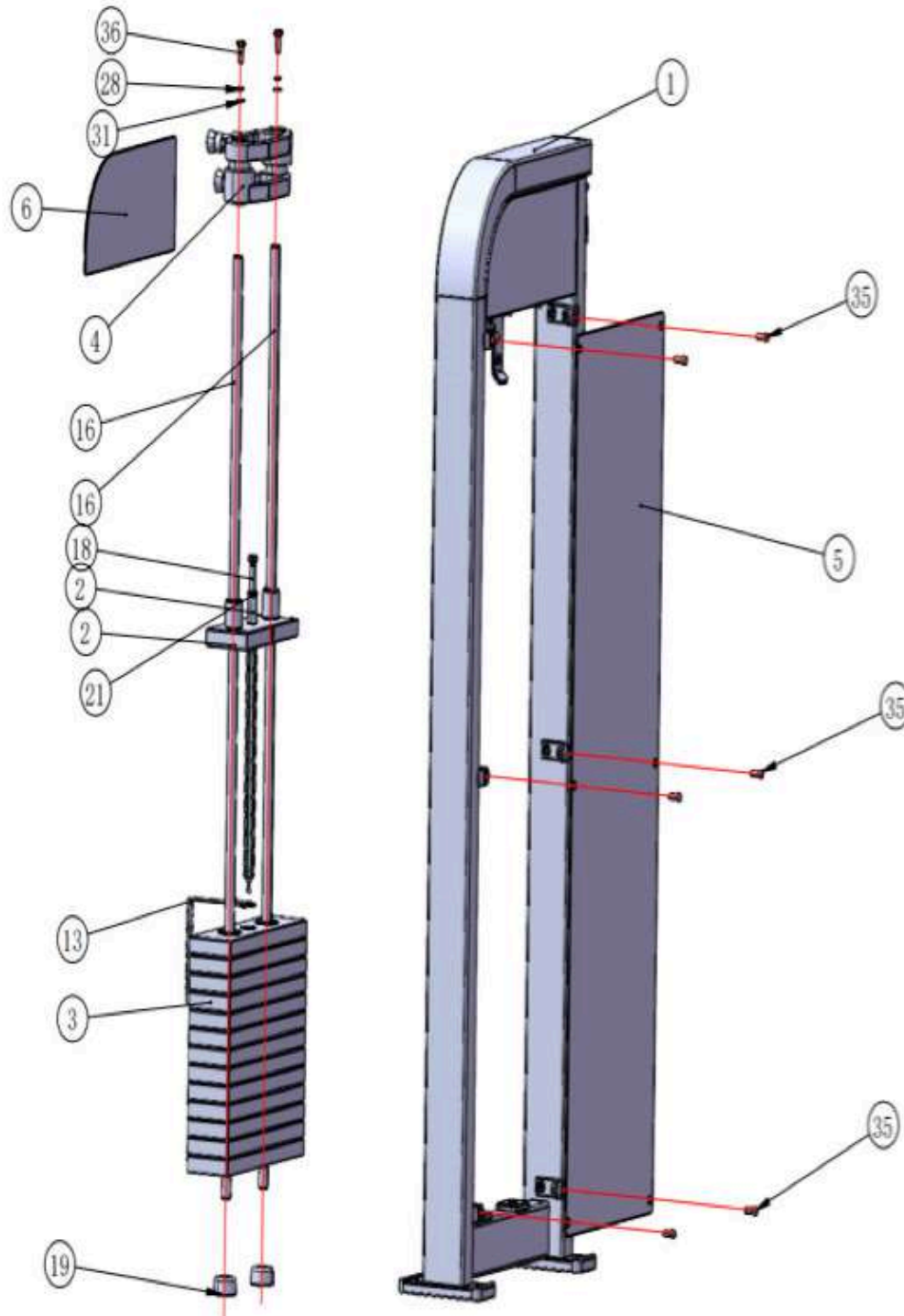
STEP 1 PARTS

Main frame welding	Arm welding	Seat frame welding	Bending support welding
			
2 1PCS	3 1PCS	6 1PCS	8 1PCS
Bracket welding	Hummer adjustment board 1	Hummer adjustment board 2	Seat nylon wheels
			
9 1PCS	15 1PCS	16 1PCS	17 3PCS
Hanging spring clamp tube	Seat tension spring	elbow pad	Plastic cover
			
18 1PCS	29 1PCS	38 1PCS	41 1PCS
Limit spacer sleeve	bearing housing	Inner circle 8 spring washer	Internal circular 12 spring washer
			
43 1PCS	46 2PCS	49 20PCS	51 14PCS
Inner circle 8 washer	Inner circle 10 washer	Inner circle 12 washer	M8 * 25 hexagon socket head


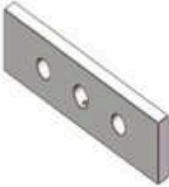


STEP 1 PARTS

											
53		18PCS	54		20PCS	55		22PCS	60		6PCS
M10* 90 hexagon socket head bolt			M10 * 105 hex head bolt			M12 * 30 hex head bolt			M10 * 100 hexagonal countersunk bolt		
											
63		1PCS	68		3PCS	69		12PCS	78		1PCS
M10 nut			M12 nut			M6 * 15 hexagon countersunk head bolt					
											
81		9PCS	82		4PCS	83		1PCS			

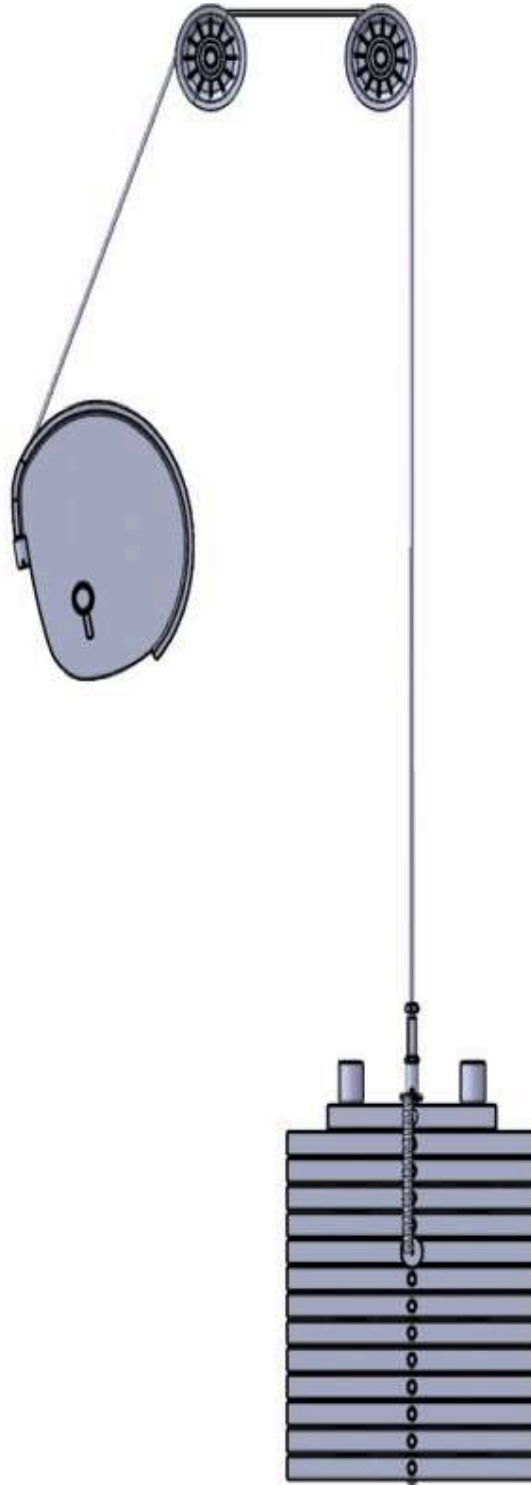
STEP 2-1



STEP 2 PARTS

Small door welding			Heavy Head Piece			Weighted film			Secondary counterweight		
											
1		1PCS	1		1PCS	3		12PCS	4		2PCS
High door rear guard			Small door guard 2			Balance pin			Counterweight guide rod		
											
5		1PCS	6		1PCS	13		1PCS	16		2PCS
Hollow screw			Weighted buffer pad			hexagon thin nut			Inner circle 10 spring washer		
											
18		1PCS	19		2PCS	21		1PCS	28		4PCS
Inner circle 10 washer			M8 * 20 hexagon socket head bolt			M10 * 25 hex head bolt					
											
31		8PCS	35		6PCS	36		2PCS			




STEP 3-1





TRICEPS EXTENSION S-CV2-T

STEP 3 PARTS

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

STEP 4-1

