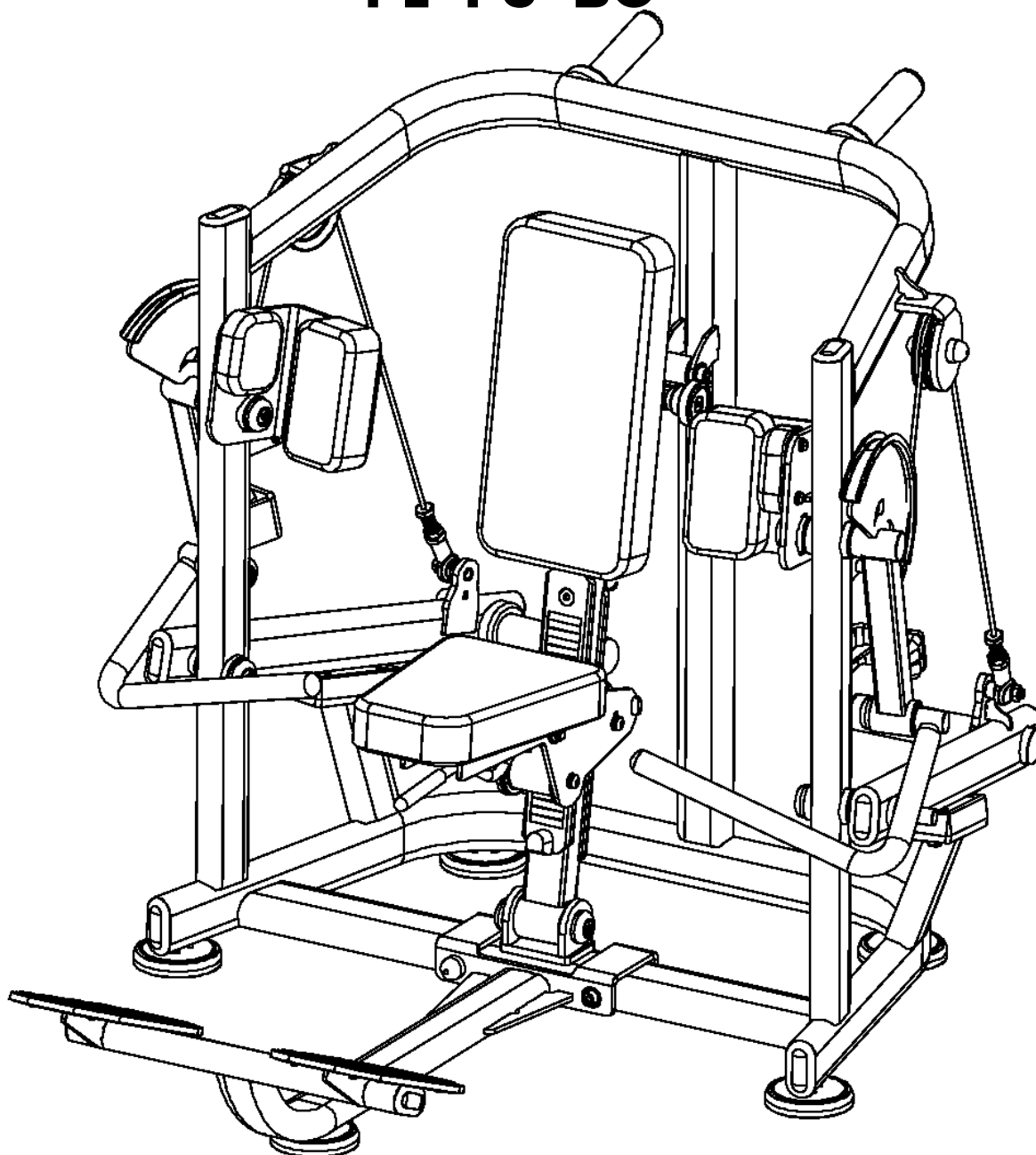


Pro Strength Biceps Curl

PL-PS-BC



Installation Manual

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01/Safety Instructions

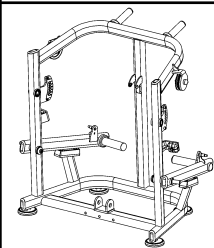
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond adjustable setting range.
12. WARNING: Keep children or pets away from the machine when operating it.
13. WARNING: Keep all control apparatus in proper position.
14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
15. Operating the machine in controlled area is recommended.

02/Installation Steps

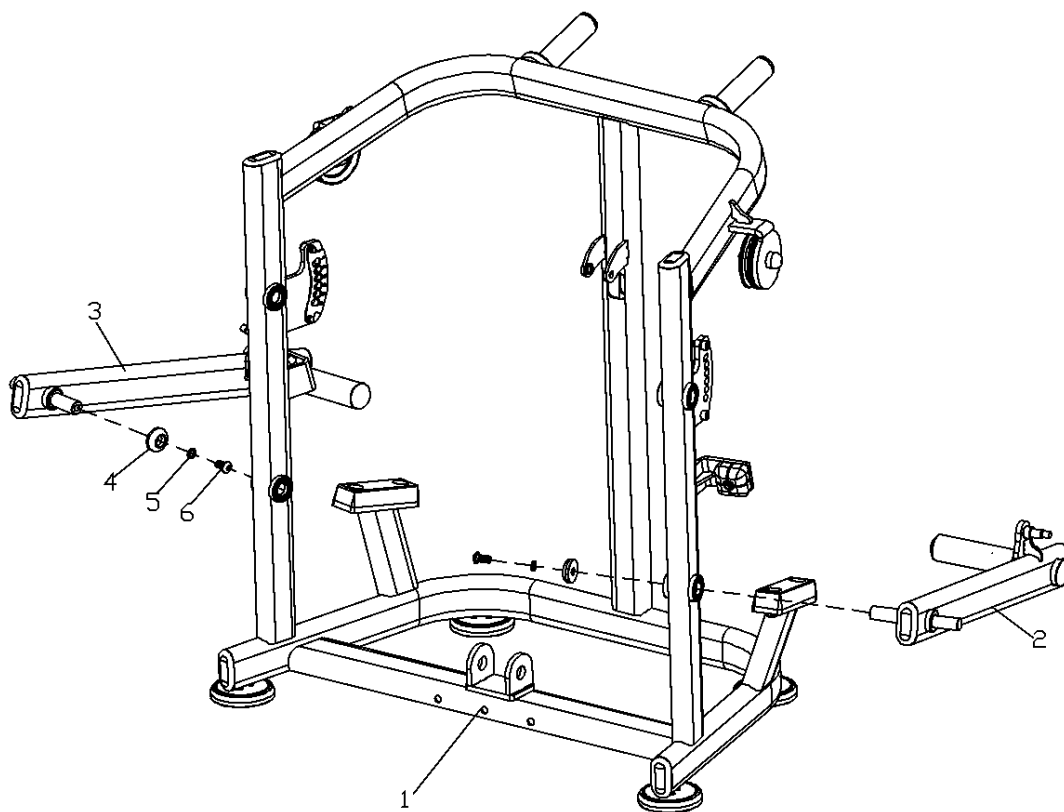
1) Installation Step One

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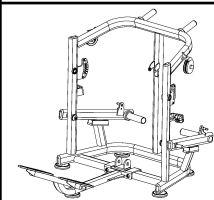
Installation Checklist

No	Name	Specs	Qty.
1	Main frame group		1
2	Left swing arm		1
3	Right swing arm		1
4	End cover	Φ43.5*14.5	2
5	Hex socket head bolt	M12X25	2
6	Spring washer	Ø12	2



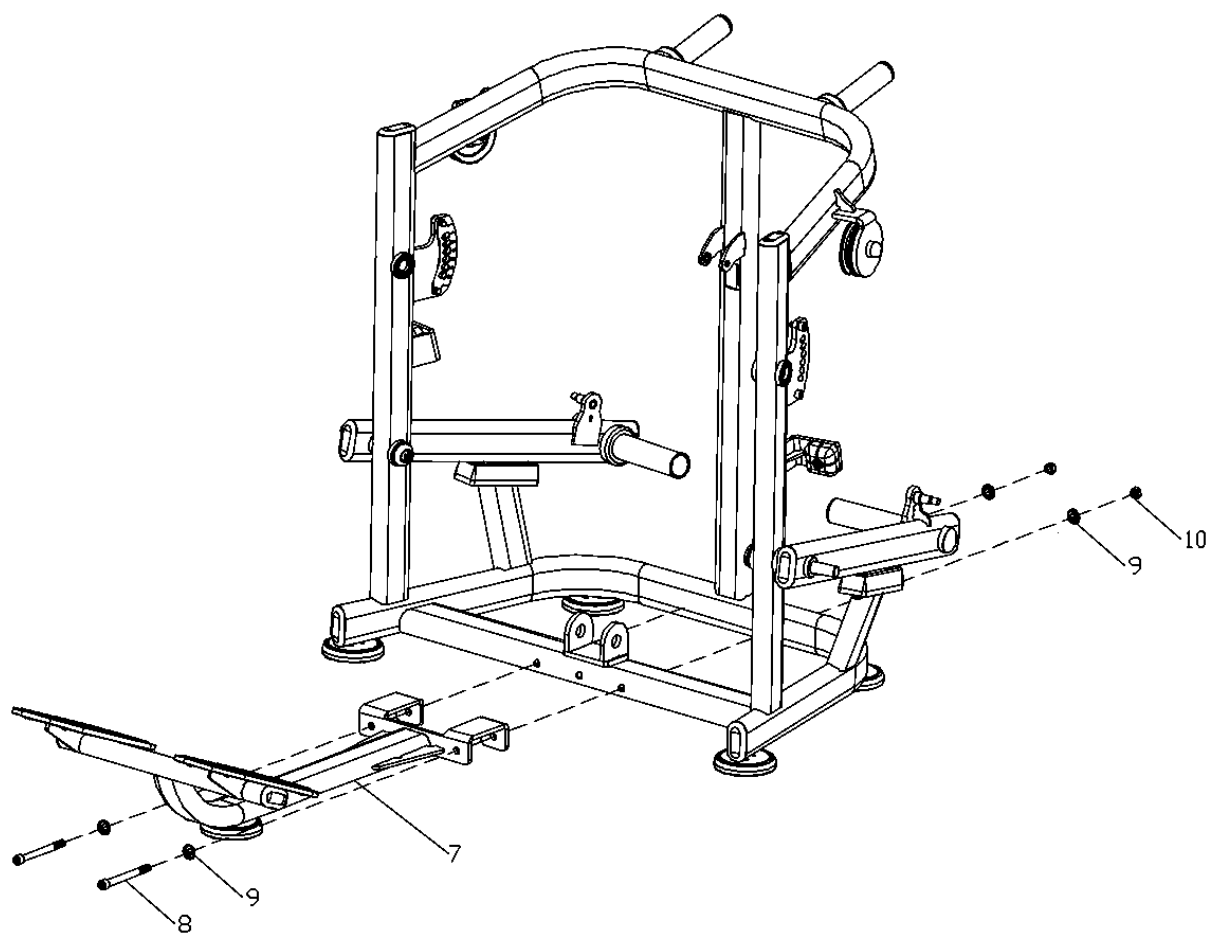
2) Installation Step Two

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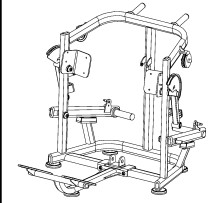
Installation Checklist

No	Name	Specs	Qty
7	Pedal assembly		1
8	Hex socket cylindrical bolt	M12X125	2
9	Washer	Φ12	4
10	M12 hexagon lock bolt	M12	2

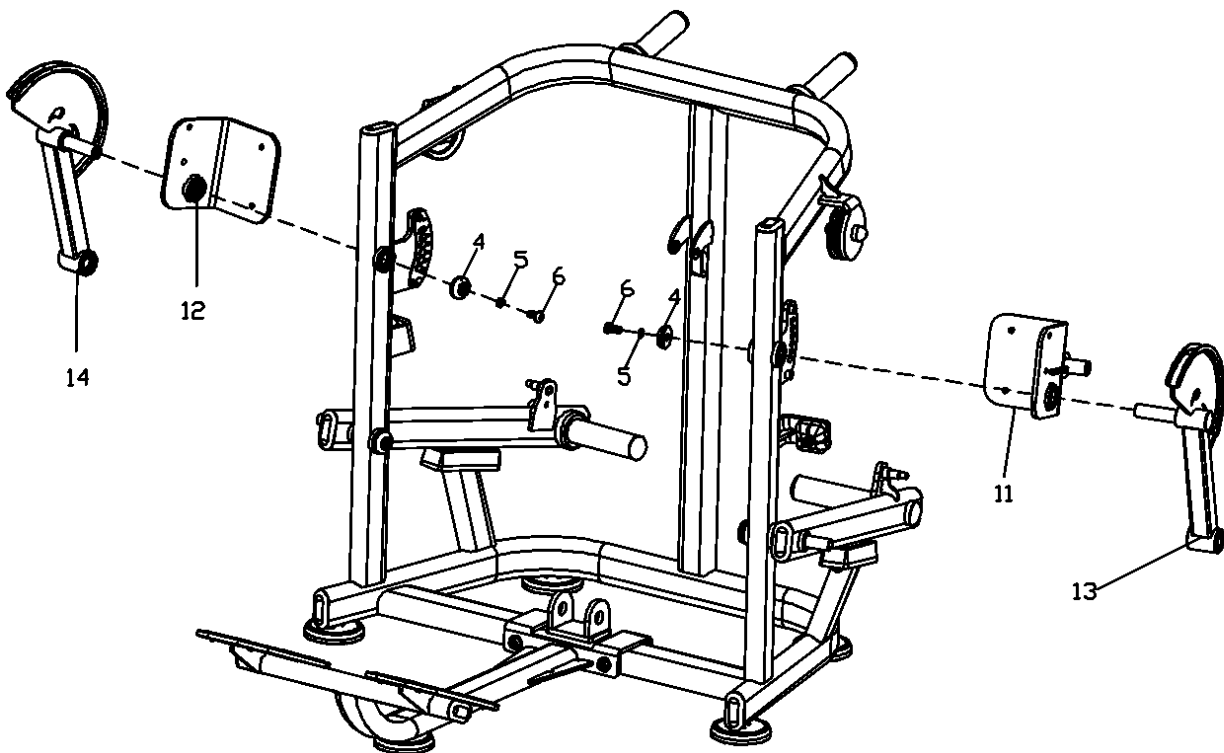


3) Installation Step Three

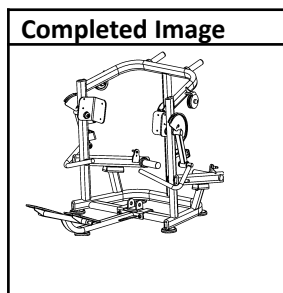
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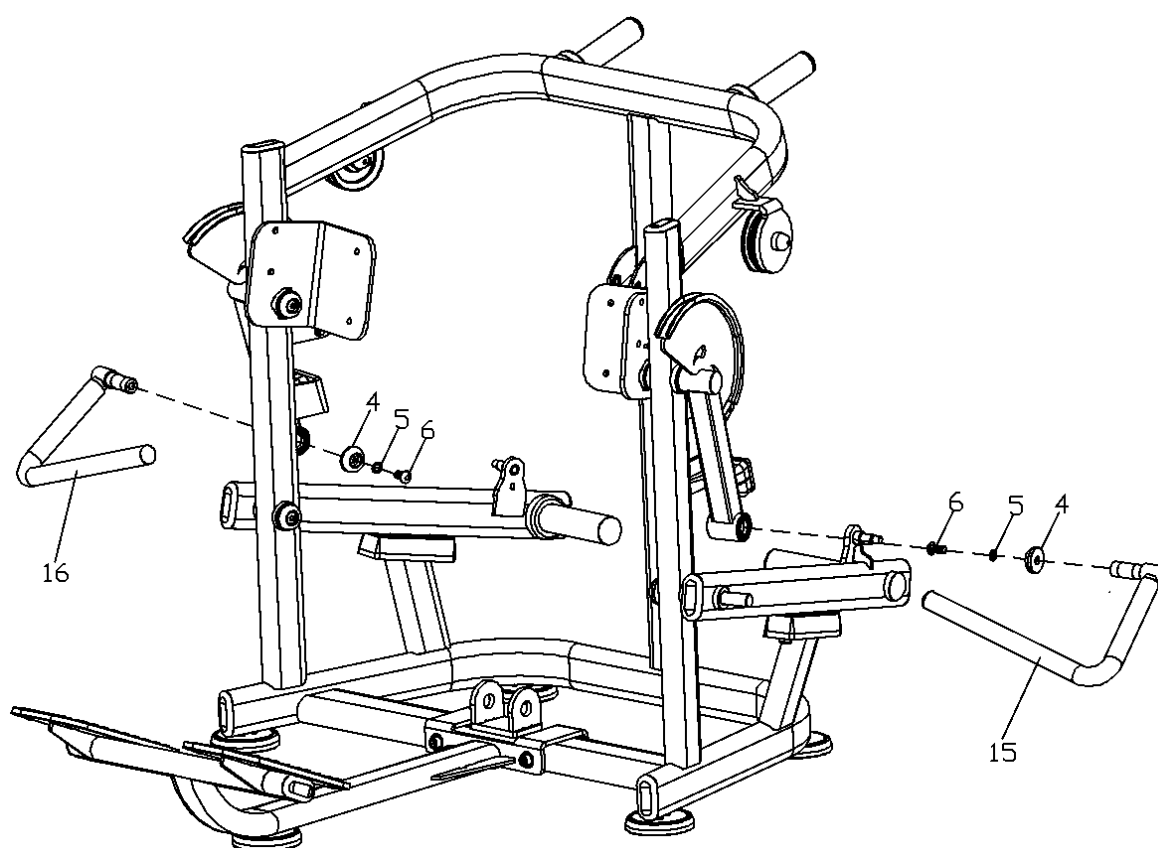
Installation Checklist			
No	Name	Sepcs	Qty
4	End cover	Φ43.5*14 .5	2
5	Hex socket flat bolt	M12X25	2
6	Spring washer	Ø12	2
11	Left Shoulder pad fixing		1
12	Right Shoulder pad fixing		1
13	Left upper swing arm		1
14	Right upper swing arm		1



4) Installation Step Four

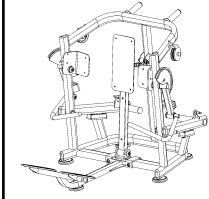


Installation Checklist			
No	Name	Specs	Qty
4	End cover	$\Phi 43.5 \times 14.5$	2
5	Hex socket flat head bolt	M12X25	2
6	Spring washer	$\varnothing 12$	2
15	Left handle assembly		1
16	Right handle assembly		1



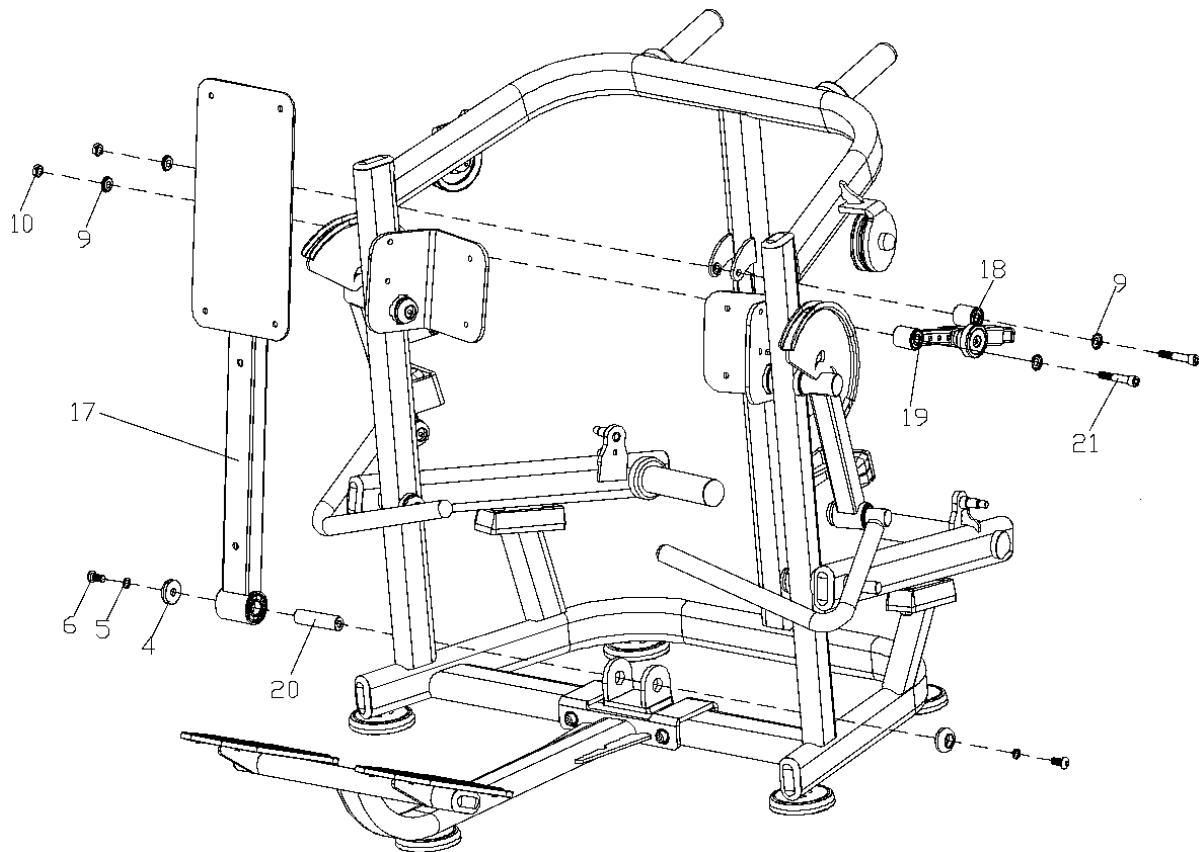
5) Installation Step Five

Completed Image



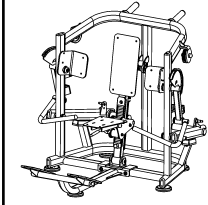
Installation Checklist

No	Name	Specs	Qty
4	End cover	Φ43.5*14.5	2
5	Hex socket flat bolt	M12X25	2
6	Spring washer	Ø12	2
9	Washer	Φ12	4
10	M12 hex lock bolt	M12	2
17	Backrest assembly		1
18	Sleeve assembly		1
19	Inner adjustment tube assembly		1
20	Armrest pivot	Φ25*95	1
21	Hex socket cylindrical bolt	M12X70	2

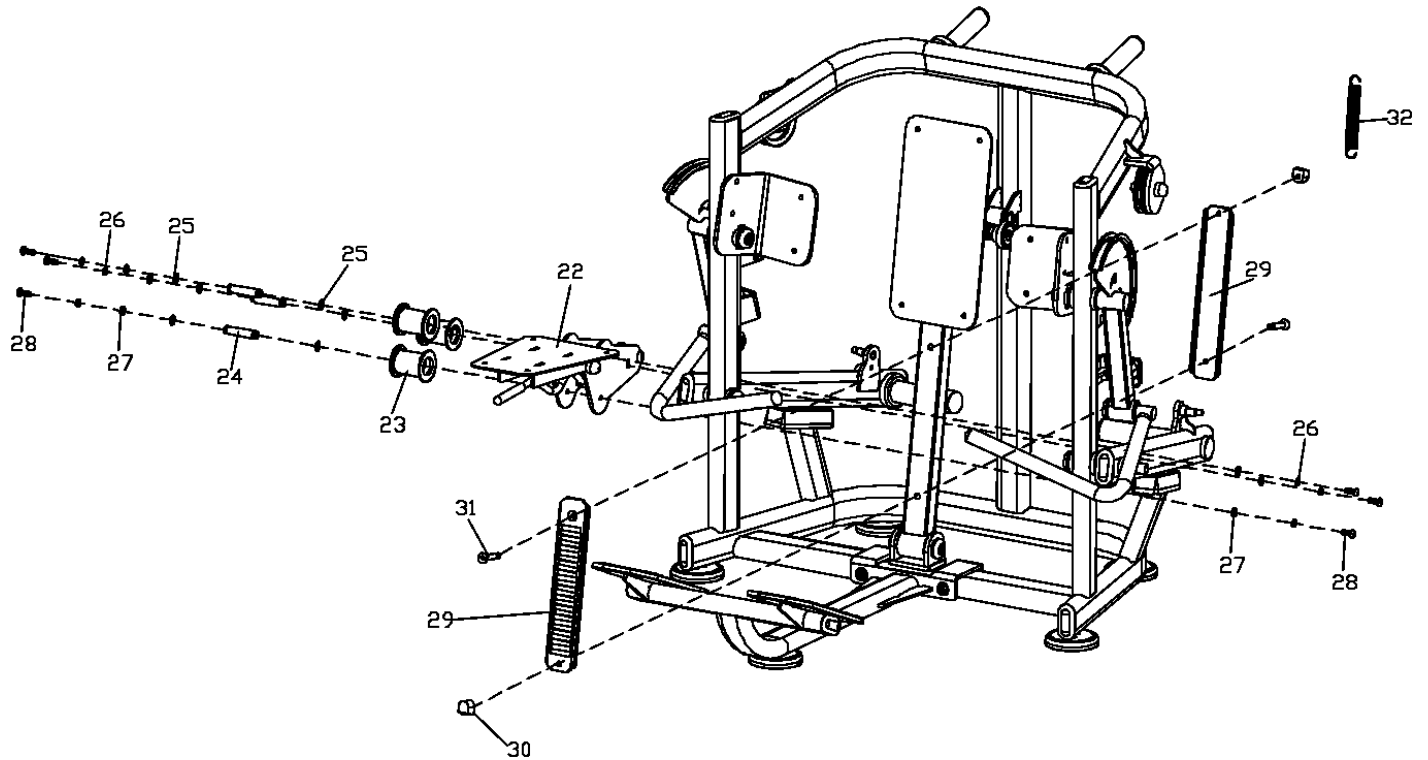


6) Installation Step Six

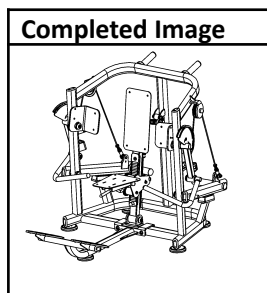
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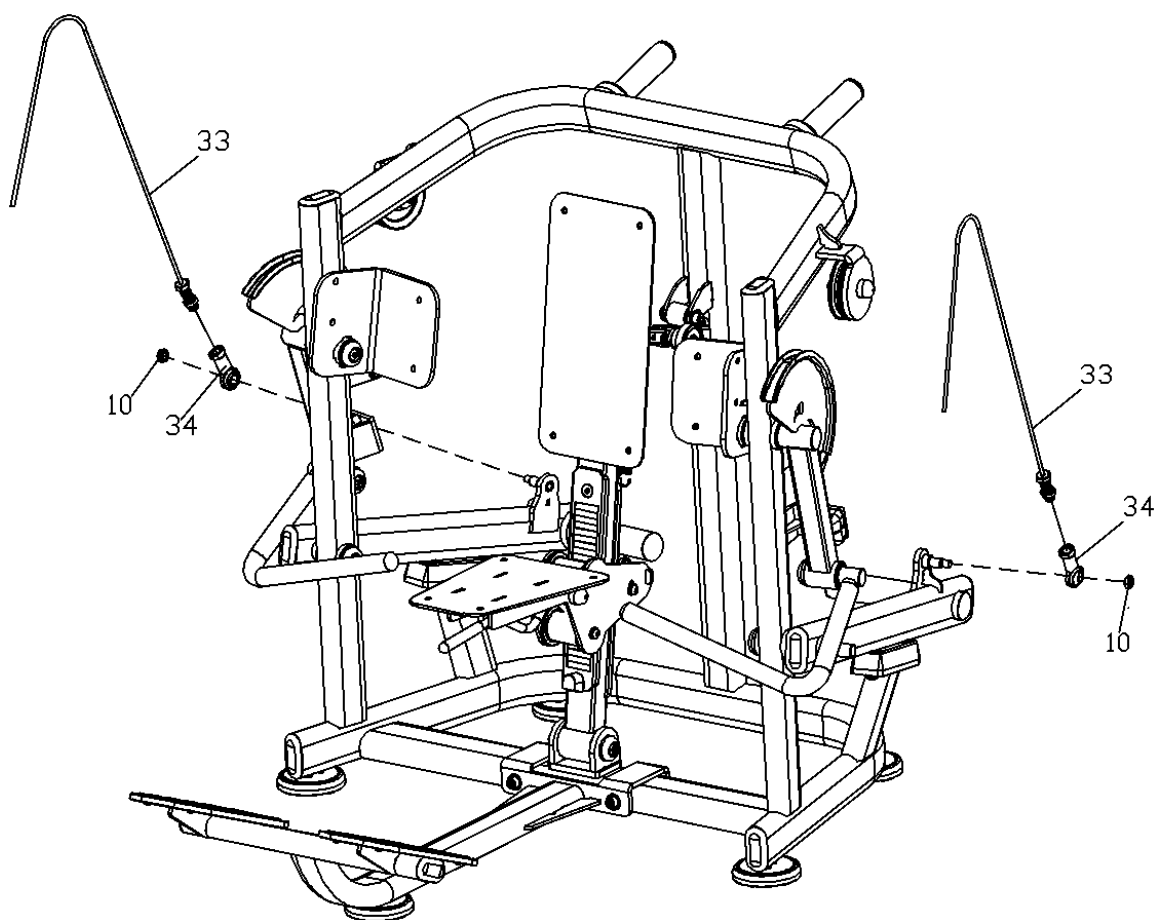
Installation Checklist			
No	Name	Specs	Qty
22	Seat adjustment component		1
23	Roller	Φ70*78	3
24	Roller shaft	Φ17*80	3
25	Axial elastic retaining ring (Type A)	Φ17	6
26	Spring washer	Φ10	6
27	Flat washer	Φ10	6
28	Hex socket flat bolt	M10*25	6
29	Adjustment plate	70*455*15	2
30	Limit block	26*39*25.5	2
31	Hex socket countersunk screw	M10*65	2
32	Tension spring	Φ25*183*Φ2.2	1



7) Installation Step Seven

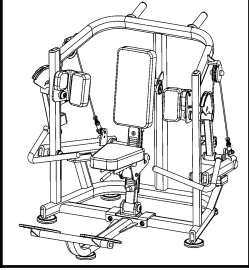


Installation Checklist			
No	Name	Spec	Qty
10	M12 hex lock bolt	M12	2
33	Steel wire rope	Φ6*1150	2
34	Rod end joint shaft internal thread	SI-16-GB	2

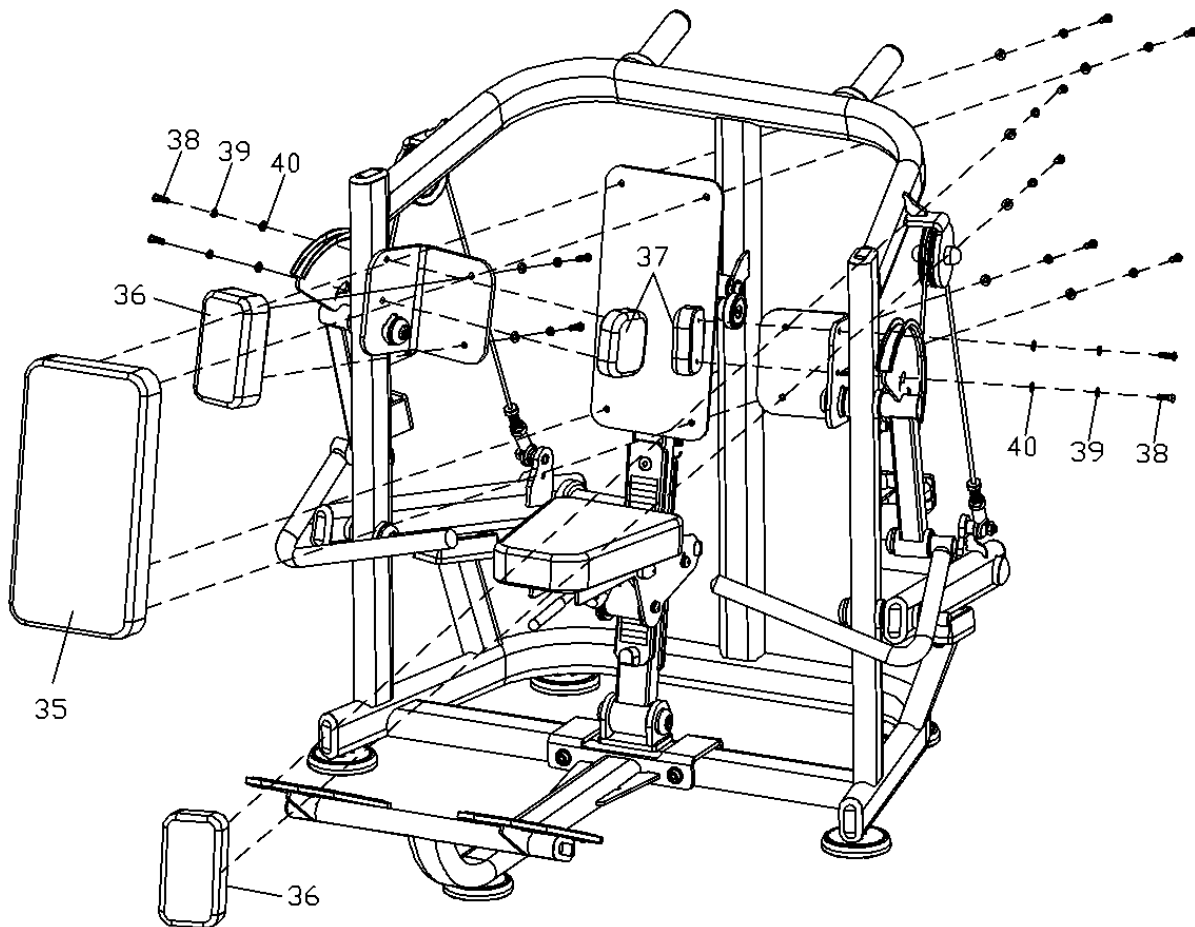


8) Installation Step Eight

Completed Image



Installation Checklist			
No	Name	Specs	Qty
35	Seat cushion	460*230*60	1
36	Shoulder pad	192*102*60	2
37	Lumbar support cushion	112*92*35	2
38	Hex socket flat bolt	M8*25	12
39	Spring washer	Φ8	12
40	Flat washer	Φ8	12



Note: After installation, tighten all bolts, and use screw caps for all positions where washers are used.

03/Product Description

This machine is indoor fitness equipment designed for aerobic cardiovascular exercise. Its primary purpose is to enhance cardiovascular function, with muscle training as a secondary objective. It targets various muscle groups such as the chest muscles to achieve strength and aesthetic goals. The machine provides graphical instructions for proper equipment use and muscle training methods, making it easy to understand with clear illustrations. Weight selection is facilitated through the weight stack assembly, allowing convenient adjustment of resistance levels to suit individual needs. The design and manufacturing of this machine adhere to human body movement trajectories, ensuring safety and durability in use.

- Utilizing large-diameter steel tubes and electrostatic spraying treatment ensures the safety, reliability, and durability of the machine.

03/Product Specification

Name	Biceps Curl	SKU	PL-PS-BC
Dimension	64" x 54" x 50"		
Weight	496 lb		

03/Maintenance Guide

1. Bolts in various parts of the machine should be regularly inspected and kept securely tightened, while rotating parts should move smoothly without any abnormal noises.
2. The machine should be kept clean, but strong cleaning solvents should not be used for wiping.
3. If any stressed components show signs of wear or damage, they should be replaced immediately. The machine should only be used again after repair.