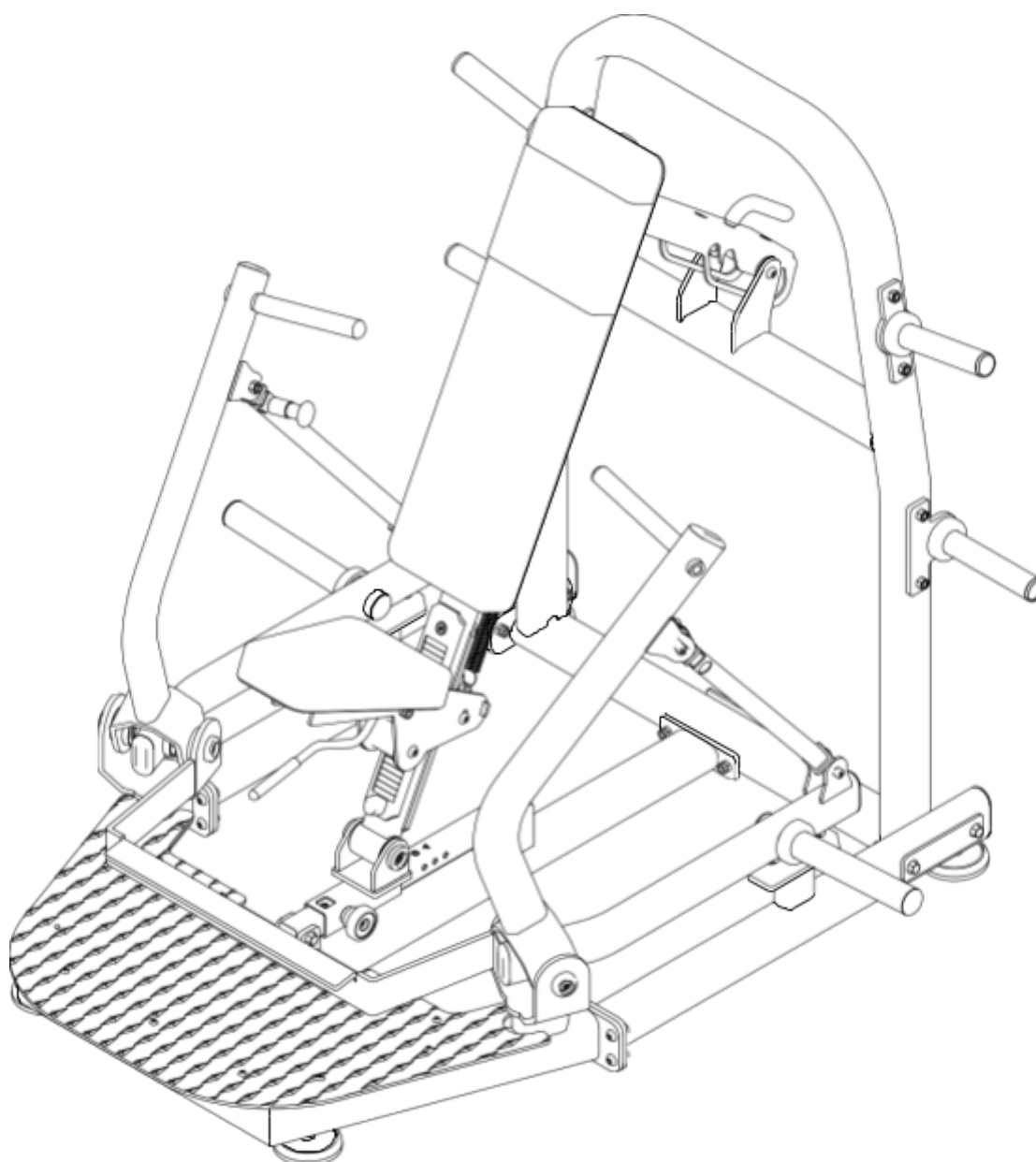


Pro Strength Decline Chest Press

PL-PS-DCP



Installation Manua

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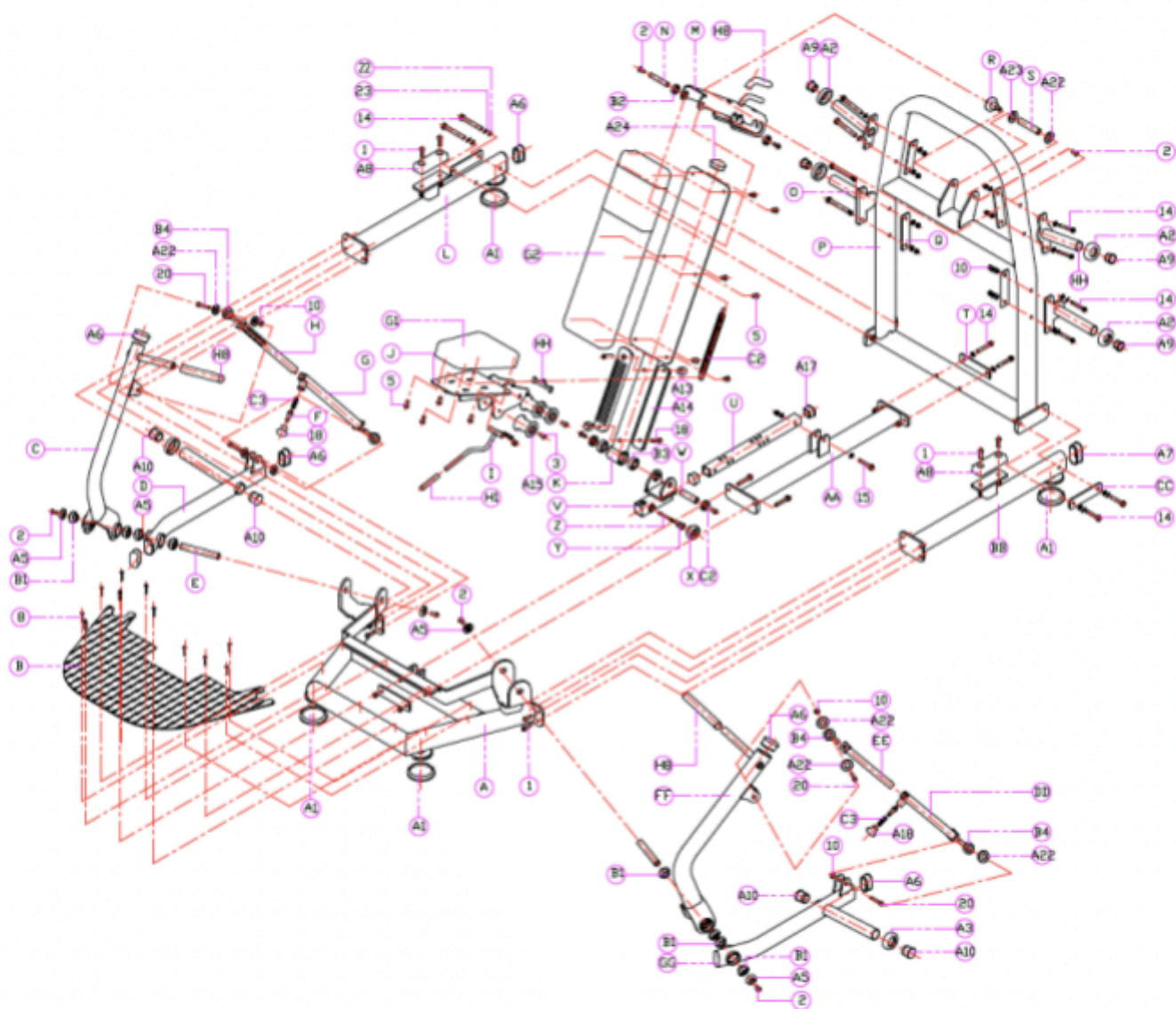
01/ Safety Instructions

Welcome to choose our product. It is a guarantee to your safety and convenience if you use our product properly. Please read the followings carefully before using our product:

1. Please read all the instructions carefully before using our product. Follow the rules strictly, and keep this manual within the lifetime of this product.
2. Product owner should ensure all the users of this product to know all the matters and attention.
3. Keep air flow and fresh during your workout, and be sure you have enough space.
4. Users are obliged for the good maintenance of the equipment. Before using, or install the equipment, check all the parts are fixed. Check all the parts regularly.
5. If the equipment broken, please contact the distributors or after-sales department. Do not use it before it repaired.
6. Before using the equipment, please wear properly and bundle up the hair for ladies
7. Please do warm up exercise before using the equipment.
8. If you feel dizzy, pain or some other abnormal symptom, please stop your exercise, and go to see doctors.
9. Children should use the equipment under adult's guardianship.
10. Warning! Keep hands and feet away from moving parts.
11. Warning! Do not do over adjustments.
12. Warning! Children or pets away from the equipment during your workout.
13. Warning! Any adjustable parts should be properly adjusted.
14. Warning! Please use this equipment correctly to avoid any injury.
15. We suggest you should use this equipment in supervision area.

02/ Installation chart & list

1) Step 1



List for this step

Model	Name	Spec	Qty
A	Base component	Weld component	1
B	Antiskid pedal	Component	1
C	Right top movable arm component	Weld component	1
D	Right bottom movable arm component	Weld component	1
E	Spindle	Component	2
F	Pin	Component	2
G	Right bottom adjustment rod	Weld component	1
H	Right top adjustment rod	Weld component	1
I	Seat adjustment handrail component	Weld component	1
J	Seat fixed component	Weld component	1
K	Back pad fixed component	Weld component	1
L	Right bottom pipe component	Weld component	1
M	Back pad adjustment plate component	Weld component	1
N	Adjustment plate spindle	Component	1
O	Eccentric bell plate hanger rod component	Weld component	2
P	Frame component	Weld component	1
Q	Bell plate hanger rod base plate	Component	4
R	Fixed knob	Component	1
S	Back pad adjustment KSSB	Component	1
T	Back frame connection pad	Component	1
U	Back pad set skid pipe	Component	1
V	Back pad fixed skid set	Weld component	1
W	Back pad adjustment axis	Component	1
X	Activity knob	Component	1
Y	Activity knob middle pull pin	Component	1
Z	Activity knob pull pin	Component	1
AA	Middle connection component	Weld component	1
BB	Left connection component	Weld component	1
CC	Side frame connection pad	Component	2
DD	Left bottom connection component	Weld component	1
EE	Left top connection component	Weld component	1
FF	Left top movable arm component	Weld component	1

GG	Left bottom movable arm component	Weld component	1
HH	Barbell plate hanger rod component	焊接组件	2
A2	Round cushion	Φ75*Φ42.5*20	4
A3	Round cushion	Φ75*Φ48.5*20	4

A10	Round pipe close	Φ48*50	4
A6	Oval pipe close	40*80*35	6
A7	Oval pipe close	50*100*35	2
A5	Shaft end washer	Φ43.5*14.5	6
B1	Shaft end washer	UR205	8
A1	Shaft end washer	Φ116.5*20	4
2	Hex cup head bolt	M12*25	6
A8	Cushion	166*58*30	2
1	Hex cup head bolt	M12*40	4
B2	Deep groove ball bearing	6203	8
10	Hex locknut	M12	32
14	Outer hex bolt	M12*85	16
A12	Screw cap	M12	38
22	Fixed plate	Φ12	20
23	Flat gasket	Φ12	34
A18	Mushroom head bolt cap	Φ42*34*M8	2
B3	Deep groove ball bearing	6205	2
C3	Compressed spring	Φ17*31	2
A9	Flat pipe close	Φ40*30	4
18	Hex flat head bolt	M12*70	2
A14	Adjustment plate	70*382*13	2
A13	Limited block	26*39*25.5	2
A15	Idler wheel	Φ70*78	3
3	Hex cup head bolt	M10*25	6
H1	The seal won't tear	Φ18*Φ14*150	1
C2	Tension spring	Φ25*183*Φ4	1
4	Hex cup head bolt	M10*110	1
G1	Cushion	348*248*60	1
G2	Back pad	838*250*60	1
A24	Square pipe pad		1
H8	The seal won't tear	Φ28*Φ32*230	2

A17	Square pipe pad	40*40*25	2
B4	Joint bearing	SA16	4
A22	Axis distance ring	Φ40*16.5*6	8
A23	KSSB distance ring	Φ50*20.5*6	1
5	Hex cup head bolt	M8*40	8

03/ Product description

This equipment is for indoor use, in order to improve your cardio and muscles. It trains your chest muscles and others. You can choose the stack weight in order to get the weights or resistance you need. You can read the placards in order to use the equipment properly. The equipment is designed and produced according to human engineering, which can assure safety and durability.

The equipment is made of steel and of powder coating process, which assure the safety and durability.

04/Product specification

Name	Decline Chest Press	SKU	PL-PS-DCP
Dimension	63" x 63" x 58"		
Weight	410 lb		

05/Maintenance

1. Please check all the screws regularly.
2. Keep the equipment clean. Do not use strong solvent. If weighted spare parts abrasion or broken, please change it at once.