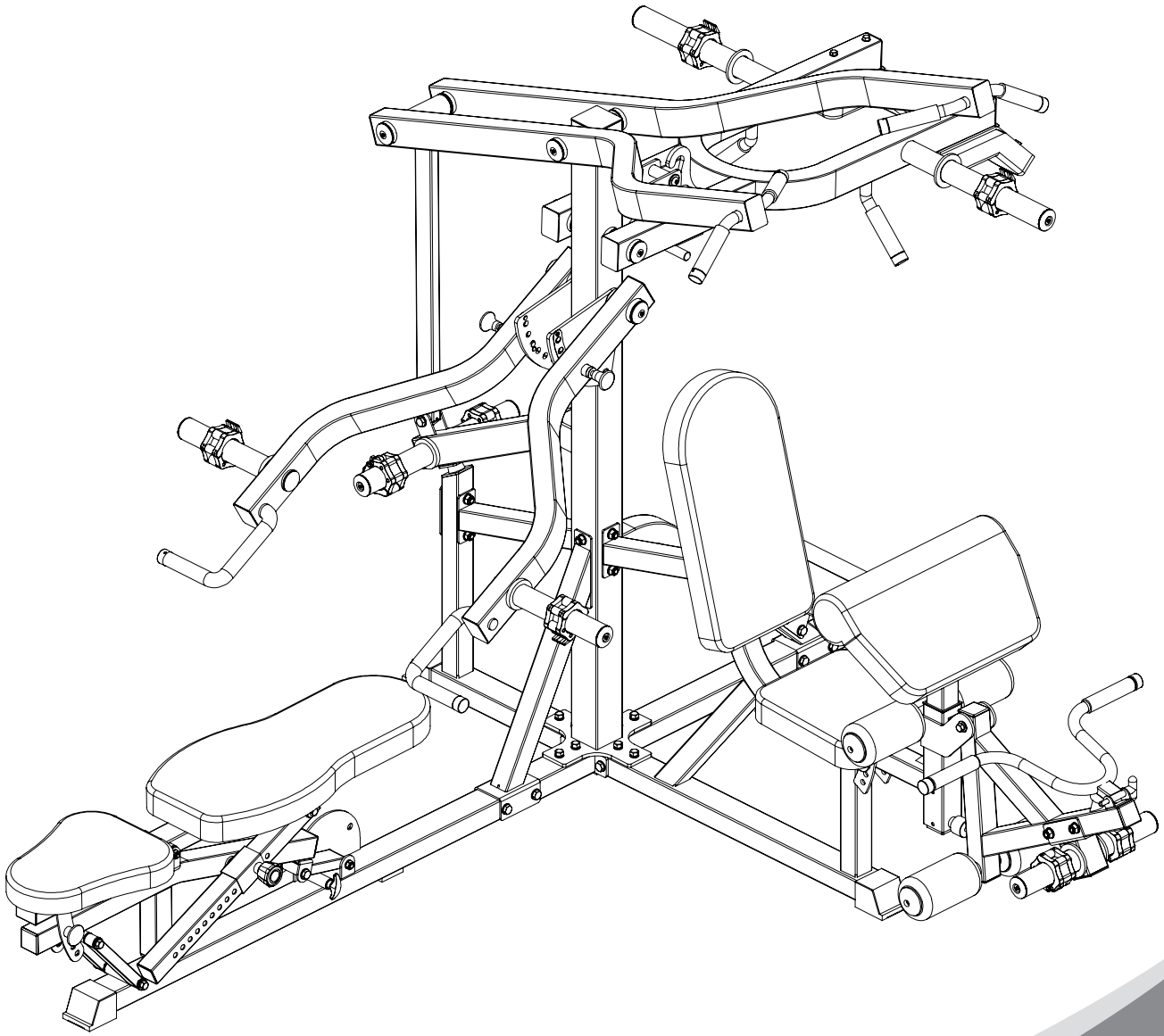
BODY POWER

BK-167

Multi-Station Leverage Gym

Installation Instructions



IMPORTANT: Please read the Safety Guidelines and Installation Instructions in this manual before assembly of this product.

Safety Guidelines When Using This Product

Personal Safety during Assembly. ***Assistance may be required during assembly of this product.***

• Before beginning assembly, please take the time to read the instructions thoroughly.

• Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

• Assemble and operate the product on a solid, level surface.

• Locate the unit a few feet from the walls or furniture to provide easy access.

• The product is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with your new product.

• After assembly, you should check all functions to ensure correct operation.

• If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call our product service team who will be able to assist.

Successful resistance training programmes have one prominent feature in common…safety. Resistance training has some inherent dangers, as do all physical activities. The chance of injury can be greatly reduced or completely removed by using correct lifting techniques, proper breathing, and maintaining equipment in good working condition, and by wearing the appropriate clothing.

• It is highly recommended that you consult your physician before beginning any exercise programme. This is especially important for individuals over the age of 35, or persons with pre-existing health problems.

• Always warm up before starting a workout. Try to do a total body warm up before you start. It is especially important to warm up the specific muscle groups you are going to be using. This can be as simple as performing a warm up set of high repetitions and light weight for each exercise.

• Use proper form. Focus on only working the muscle groups intended for the exercise you are doing. If there is strain elsewhere, you may need to re-evaluate the amount of weight that is involved with the lift. Keeping proper form also includes maintaining control through an entire range of motion.

• Breath properly. Inhale during the eccentric phase of the exercise, and exhale during the lifting, or concentric phase. Never hold your breath during any part of an exercise.

• Always wear the appropriate clothing and shoes when exercising. Wearing comfortable athletic shoes with good support and loose fitting, breathable clothing will reduce the risk of injury.

• Maintaining equipment in proper operating condition is of utmost importance for a safe resistance training program. Pulleys and cables should be checked for wear frequently and replaced as needed. Equipment should be lubricated as indicated by the manufacturer.

• Read and study all warning labels on this machine. It is absolutely necessary that you familiarize yourself and all others with the proper operation of this machine prior to use.

• Keep hands, limbs, loose clothing and long hair well out of the way of all moving parts.

• Do not attempt to lift more weight than you can control safely.

• Inspect the machine daily for loose or worn parts. If a problem is found do not allow the machine to be used until all parts are tightened or worn or defective parts are repaired or replaced.

Product Maintenance

CABLES:
When the machine is not in use carefully run your fingers along the cable to feel for thinning or bulging areas. Replace cables immediately at the first sign of damage or wear. Do not use equipment until damaged cable has been replaced.
Visually inspect the cables for fraying, cracking, peeling or discoloration.
Check slack in cables and re-adjust cable tension if needed.
Check that the jam nut on the selector rod top bolt is tight.

UPHOLSTERY:
Wipe down after every workout.
Periodically take the time to use a mild soap or a mild vinyl upholstery cleaner. Avoid using any abrasive cleaner not intended for use on vinyl.
Keep sharp or pointed objects out of your pockets and clear of all upholstery.

NUTS/BOLTS/FASTENERS:
Periodically inspect all nuts and bolts. Tighten if needed. If bolts seem to loosen periodically, use Loctite 242 for a long-term cure.
Go through a re-tightening sequence periodically to ensure that all hardware is properly tensioned.

GUIDE RODS:
Wipe clean with a dust free rag. Lubricate with a Silicon or Teflon based lubricant.

ADJUSTMENTS / LOCKING PINS / TIGHTENING KNOBS:
Check all pieces for signs of visible wear or damage.
Check springs in Snap Links and Pop Pins for proper tension and alignment.
If the spring sticks or has lost its rigidity, replace it immediately.

ANTI-SKID SURFACES:
Replace if they appear worn or become slippery.

WARNING INSTRUCTION LABELS:
Inspect and familiarize yourself with all safety warnings and other user information on decals.

Product Service Team;
Tel No.: 01604 673029
Email: service@bodypower.co.uk

Contents

Parts list

NO.	Serial NO.	Description	Note	Qty.
1	BK-167-1	base frame		1
2	BK-167-2	base frame left		1
3	BK-167-3	base frame right		1
4	BK-167-4	upright frame		1
5	BK-167-5	hexagon bolt	M12*100	2
6	BK-167-6	gasket	Φ12	37
7	BK-167-7	lock nut	M12	19
8	BK-167-8	hexagon bolt	M10*30	8
9	BK-167-9	spring gasket	Φ10	20
10	BK-167-10	gasket	Φ10	18
11	BK-167-11	hexagon bolt	M12*95	4
12	BK-167-12	hexagon bolt	M12*105	4
13	BK-167-13	bending tube left		1
14	BK-167-14	bending tube right		1
15	BK-167-15	hexagon bolt	M12*80	3
16	BK-167-16	footplate		1
17	BK-167-17	hexagon bolt	M12*75	4
18	BK-167-18	hexagon bolt	M10*75	1
19	BK-167-19	lock nut	M10	7
20	BK-167-20	connection tube right		1
21	BK-167-21	connection tube left		1
22	BK-167-22	reinforcing plate		1
23	BK-167-23	seat pad left		1
24	BK-167-24	back pad left		1
25	BK-167-25	seat pad frame		1
26	BK-167-26	back pad front		1
27	BK-167-27	gasket	Φ8	24
28	BK-167-28	hexagon bolt	M8*55	4
29	BK-167-29	hexagon bolt	M8*35	4
30	BK-167-30	hexagon bolt	M8*20	12
31	BK-167-31	arm curl pad		1
32	BK-167-32	arm curl pad adjuster tube		1
33	BK-167-33	hexagon bolt	M10*20	10
34	BK-167-34	big gasket	Φ25*10*2.0	8
35	BK-167-35	shaft		1
36	BK-167-36	leg curl tube		1
37	BK-167-37	barbell rod ring		8
38	BK-167-38	allen bolt	M8*25	4

Parts list

39	BK-167-39	foam inner cover		4
40	BK-167-40	foam outer cover		4
41	BK-167-41	foam		4
42	BK-167-42	foam rod		2
43	BK-167-43	bending handle		1
44	BK-167-44	T shape pin	Φ10*75	1
45	BK-167-45	hexagon bolt	M12*55	1
46	BK-167-46	allen bolt	M10*20	10
47	BK-167-47	end cap-50	Φ50*Φ11*9.5	10
48	BK-167-48	lat pull tube left		1
49	BK-167-49	lat pull tube right		1
50	BK-167-50	upright connection tube		1
51	BK-167-51	barbell plate holder tube		1
52	BK-167-52	shaft	Φ20*74	1
53	BK-167-53	hook		2
56	BK-167-56	shoulder pushing tube		1
57	BK-167-57	shaft	Φ25*254	1
58	BK-167-58	hexagon bolt	M10*65	2
59	BK-167-59	shaft	Φ25*256	3
60	BK-167-60	selector plate right		1
61	BK-167-61	selector plate left		1
62	BK-167-62	barbell plate holder		1
63	BK-167-63	frame		1
64	BK-167-64	tube plug		1
65	BK-167-65	locking spring knob		2
66	BK-167-66	rubber cushion		3
67	BK-167-67	tube plug	32-25	2
68	BK-167-68	powder metallurgy sleeve	Φ22*Φ18*Φ12*15	10
69	BK-167-69	rivet nut	M10	10
70	BK-167-70	magnetic pin		2
71	BK-167-71	double screw rod	M12*218	1
72	BK-167-72	selector frame		1
73	BK-167-73	rubber cushion	Φ40*Φ25*Φ11*29	1
74	BK-167-74	tube plug		8
75	BK-167-75	foot cover		4
76	BK-167-76	allen bolt	M8*16	3
77	BK-167-77	tube plug		6
78	BK-167-78	shaft	Φ12*92	1
79	BK-167-79	shaft	Φ12*125	2

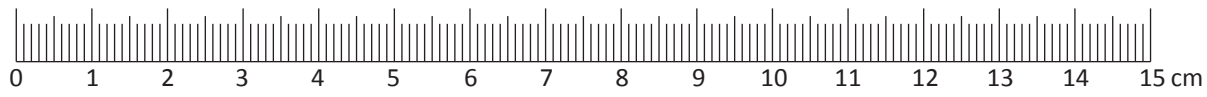
Parts list

80	BK-167-80	sleeve tube		1
81	BK-167-81	back pad frame 1		1
82	BK-167-82	bearing	6001	4
83	BK-167-83	tube plug	Φ40*60	2
84	BK-167-84	selector tube		1
85	BK-167-85	powder metallurgy sleeve	Φ32*Φ29*Φ20*18	8
86	BK-167-86	tube plug	Φ45*45*2.0	2
87	BK-167-87	support tube		1
88	BK-167-88	locking spring knob		1
89	BK-167-89	base frame		1
90	BK-167-90	seat pad adjuster frame		1
91	BK-167-91	support frame		2
92	BK-167-92	powder metallurgy sleeve	Φ26*Φ22*Φ16*12	8
93	BK-167-93	back pad frame 1		1
94	BK-167-94	big gasket	Φ30*Φ10.5*3.0	4
95	BK-167-95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	20
96	BK-167-96	shaft	Φ25*67-M10	1
97	BK-167-97	allen bolt	M10*20	3
98	BK-167-98	rubber sheet	t4.0*45*85	1
99	BK-167-99	screw	ST4.0*12	12
100	BK-167-100	tube plug	Φ40*Φ25*Φ11*29	1
101	BK-167-101	tube plug	32-25	2
102	BK-167-102	tube		2
103	BK-167-103	end cap	Φ50*Φ11*11	8
104	BK-167-104	allen bolt	M10*25	6
105	BK-167-105	tube plug		1
106	BK-167-106	handle cover	Φ25*130	2
107	BK-167-107	end cap	Φ25	10
108	BK-167-108	screw	M4*3	10
109	BK-167-109	plastic nut	M8	4
110	BK-167-110	tube plug	□50*70*2.0	14
111	BK-167-111	handle cover	Φ25*150	6
112	BK-167-112	tube	Φ50*200	2
113	BK-167-113	rubber ring	Φ70*Φ50*10	4
114	BK-167-114	bearing	6005	4
115	BK-167-115	tube	Φ50*260	2
116	BK-167-116	handle cover	Φ25*400	2
117	BK-167-117	tube plug	Φ48	4
118	BK-167-118	locking spring knob	75	2

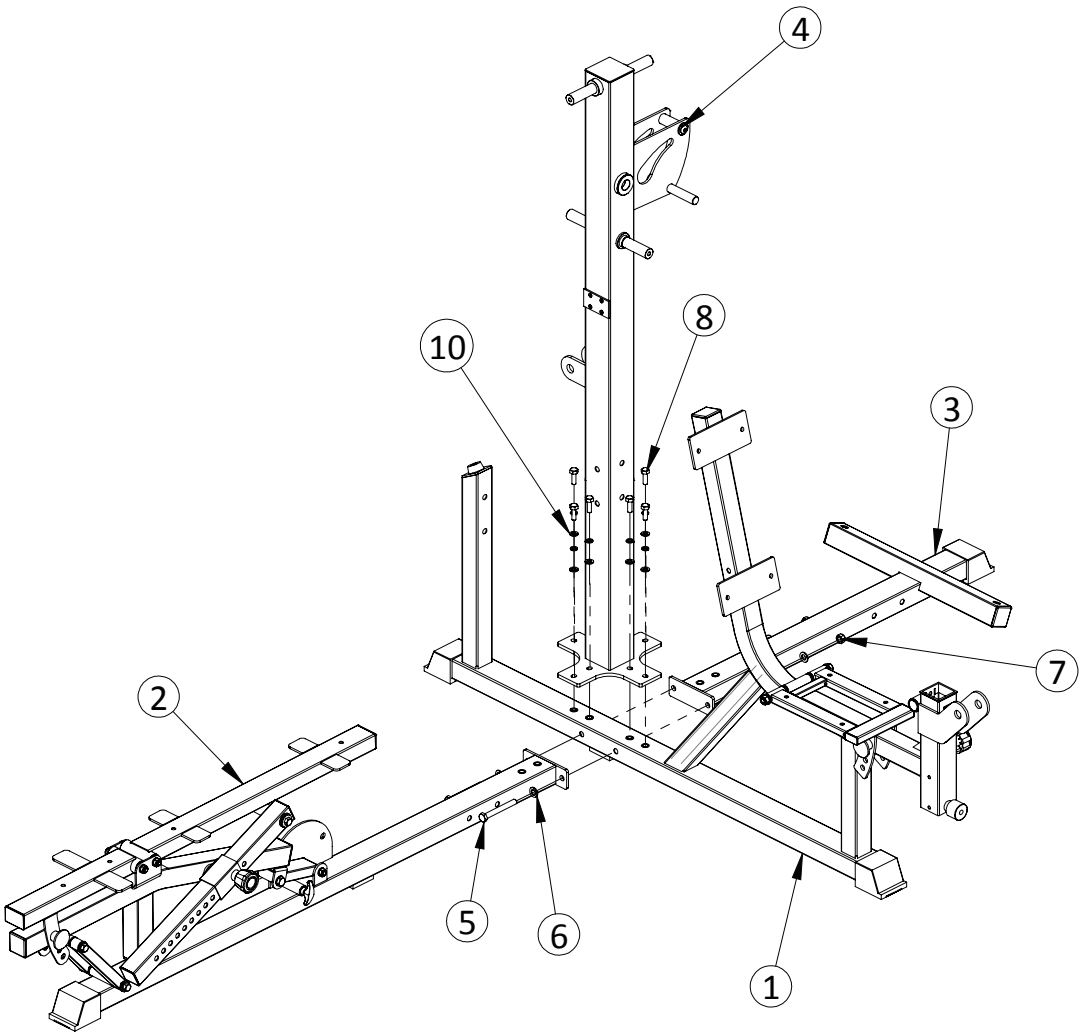
Parts list

119	BK-167-119	selector plate		2
120	BK-167-120	inner thread lock screw	M4*5	6
121	BK-167-121	outer thread lock screw	Φ5*8-M4	6
122	BK-167-122	tube	Φ50*300	2
123	BK-167-123	pad		2
124	BK-167-124	allen bolt	M10*30	2
125	BK-167-125	hexagon bolt	M8*100	4
126	BK-167-126	rubber sheet	t4.0*45*85	2
127	BK-167-127	handle cover	Φ12*70	1

Bolt length meter

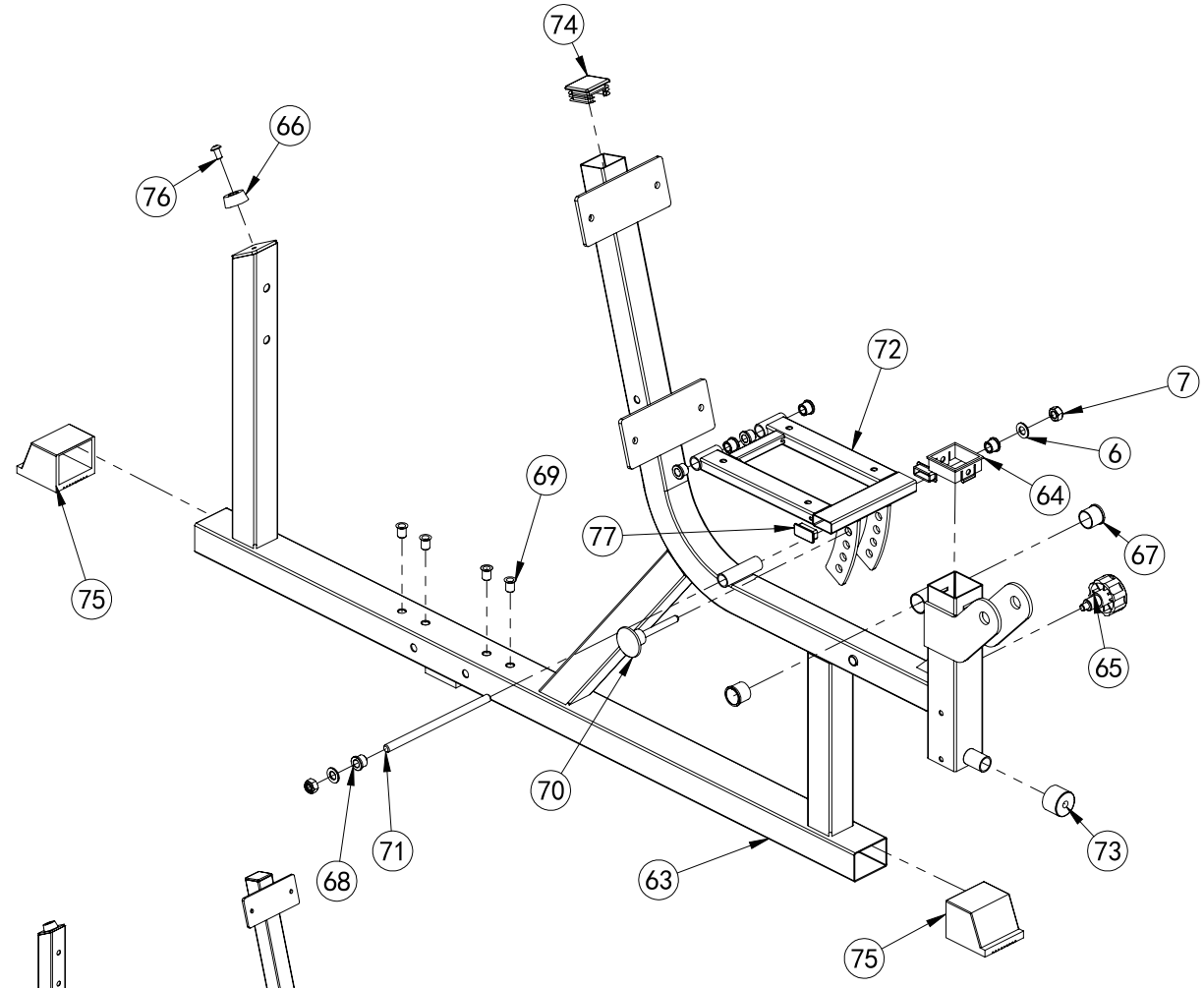


Assembly step-1 explosion drawing



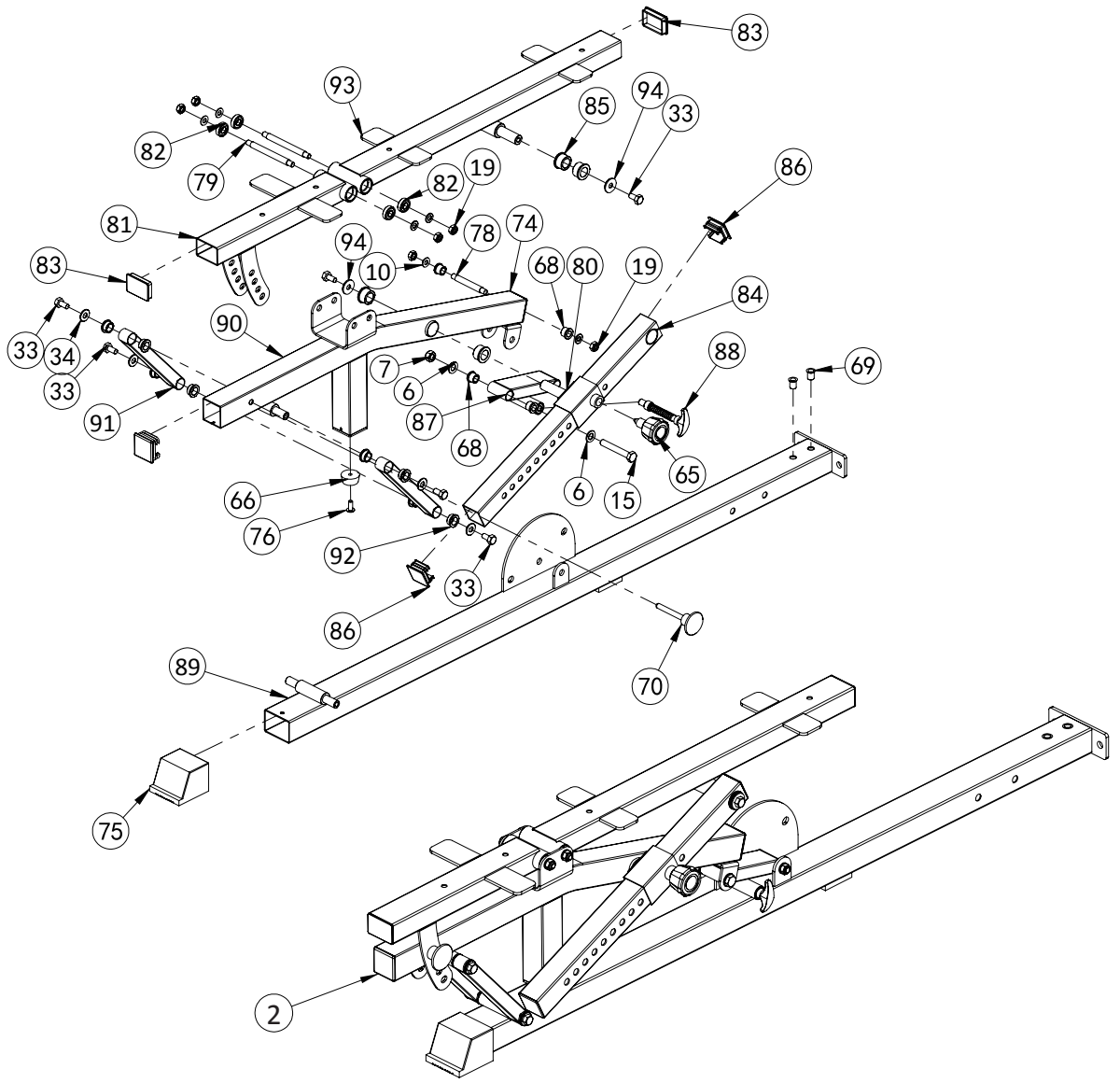
No.	Description	Note	Qty.
1	base frame		1
2	base frame left		1
3	base frame right		1
4	upright frame		1
5	hexagon bolt	M12*100	2
6	gasket	Φ12	4
7	lock nut	M12	2
8	hexagon bolt	M10*30	8
9	spring gasket	Φ10	8
10	gasket	Φ10	8

Factory assembly explosion drawing



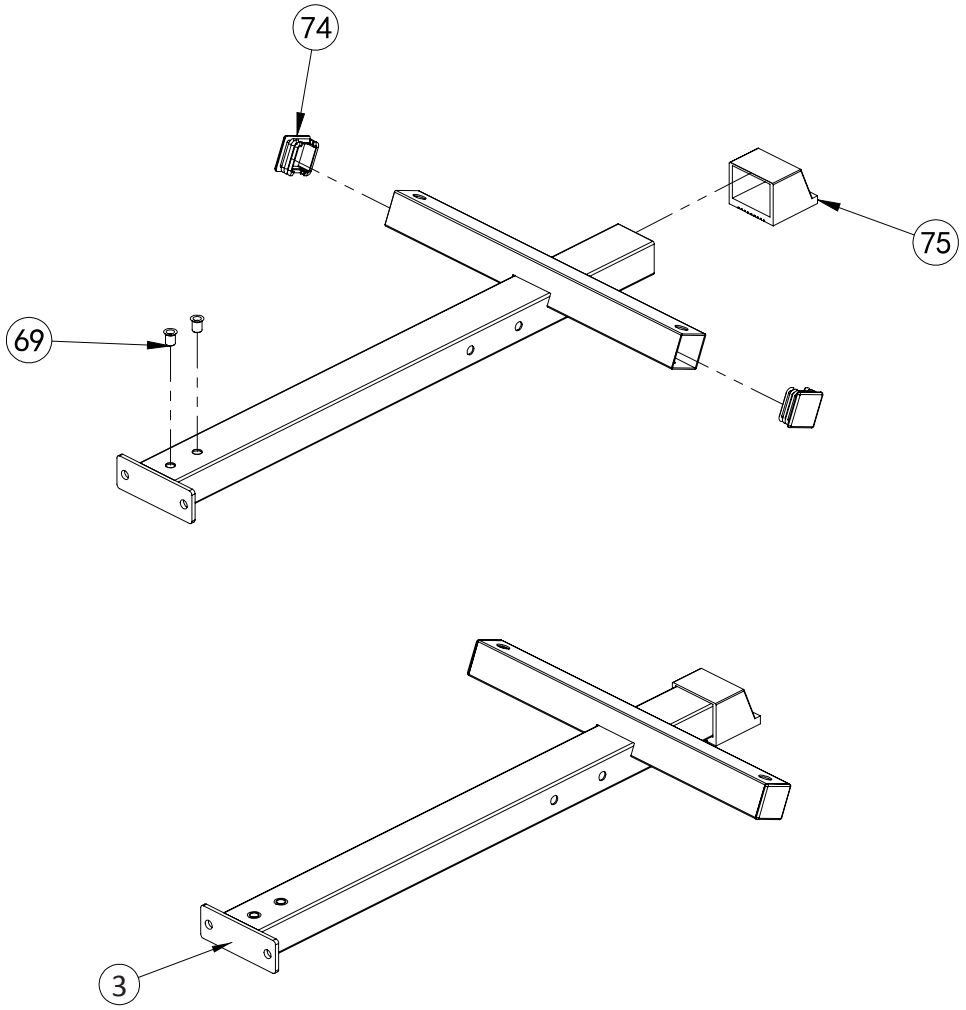
No.	Description	Note	Qty.
6	gasket	Φ12	2
7	lock nut	M12	2
63	frame		1
64	tube plug		1
65	locking spring knob		1
66	rubber cushion		1
67	tube plug	32-25	2
68	powder metallurgy	Φ22*Φ18*Φ12*15	6
69	rivet nut	M10	4
70	magnetic pin		1
71	double screw rod	M12*218	1
72	selector frame		1
73	rubber cushion	Φ40*Φ25*Φ11*29	1
74	tube plug		1
75	foot cover		2
76	allen bolt	M8*16	1
77	tube plug		2

Factory assembly explosion drawing



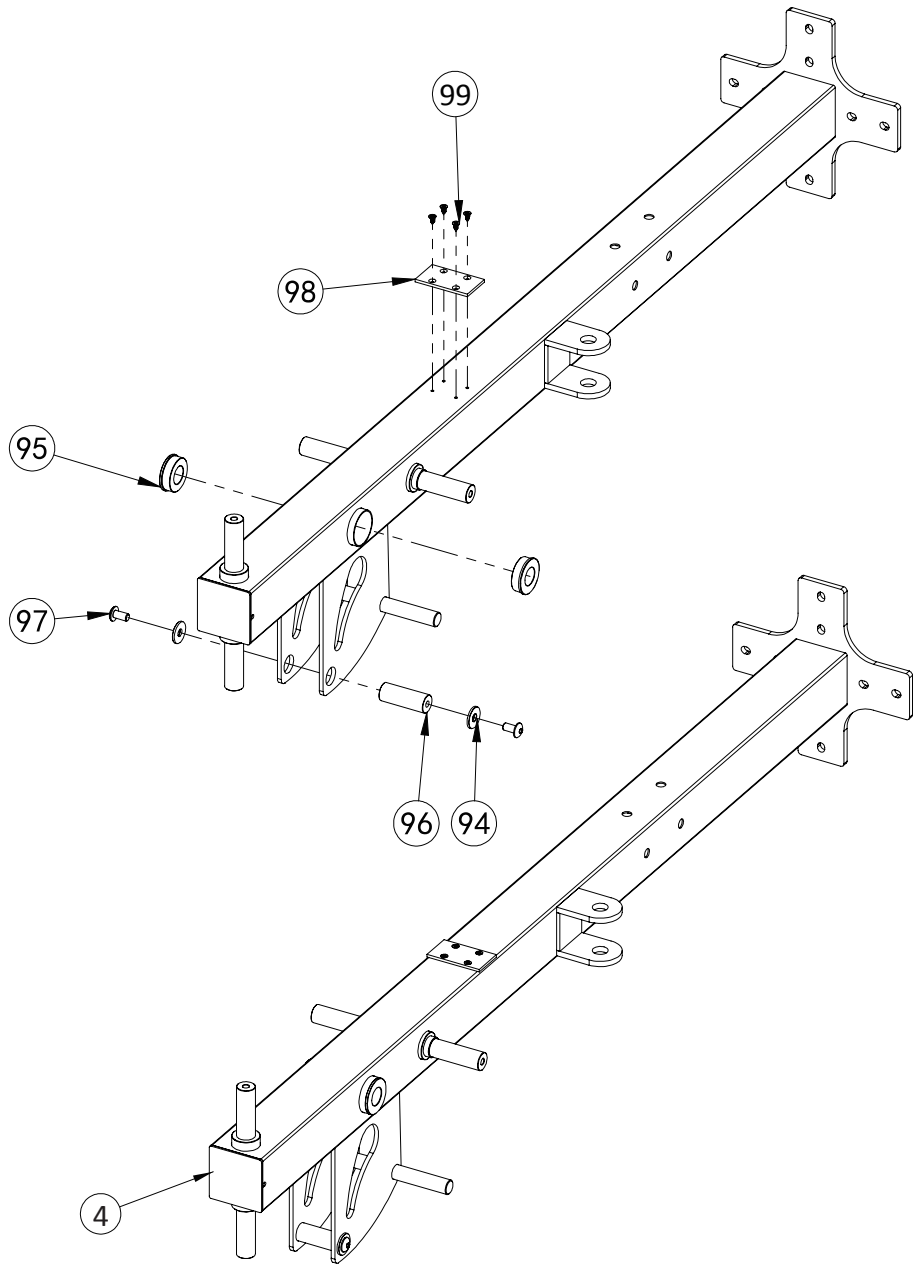
No.	Description	Note	Qty.	No.	Description	Note	Qty.
6	gasket	Φ12	2	79	shaft	Φ12*125	2
7	lock nut	M12	1	80	sleeve tube		1
10	gasket	Φ10	6	81	back pad frame 1		1
15	hexagon bolt	M12*80	1	82	bearing	6001	4
19	lock nut	M10	6	83	tube plug	Φ40*60	2
33	hexagon bolt	M10*20	6	84	selector tube		1
34	big gasket	Φ25*Φ10*2.0	4	85	powder metallurgy sleeve	Φ32*Φ29*Φ20*18	4
65	locking spring knob		1	86	tube plug	Φ45*45*2.0	2
66	rubber cushion		1	87	support tube		1
68	powder metallurgy sleeve	Φ22*Φ18*Φ12*15	4	88	locking spring knob		1
69	rivet nut	M10	2	89	base frame		1
70	magnetic pin		1	90	seat pad adjuster frame		1
74	tube plug		2	91	support frame		2
75	foot cover		1	92	powder metallurgy sleeve	Φ26*Φ22*Φ16*12	8
76	allen bolt	M8*16	1	93	back pad frame 1		1
78	shaft	Φ12*92	1	94	big gasket	Φ30*Φ10.5*3.0	2

Factory assembly explosion drawing



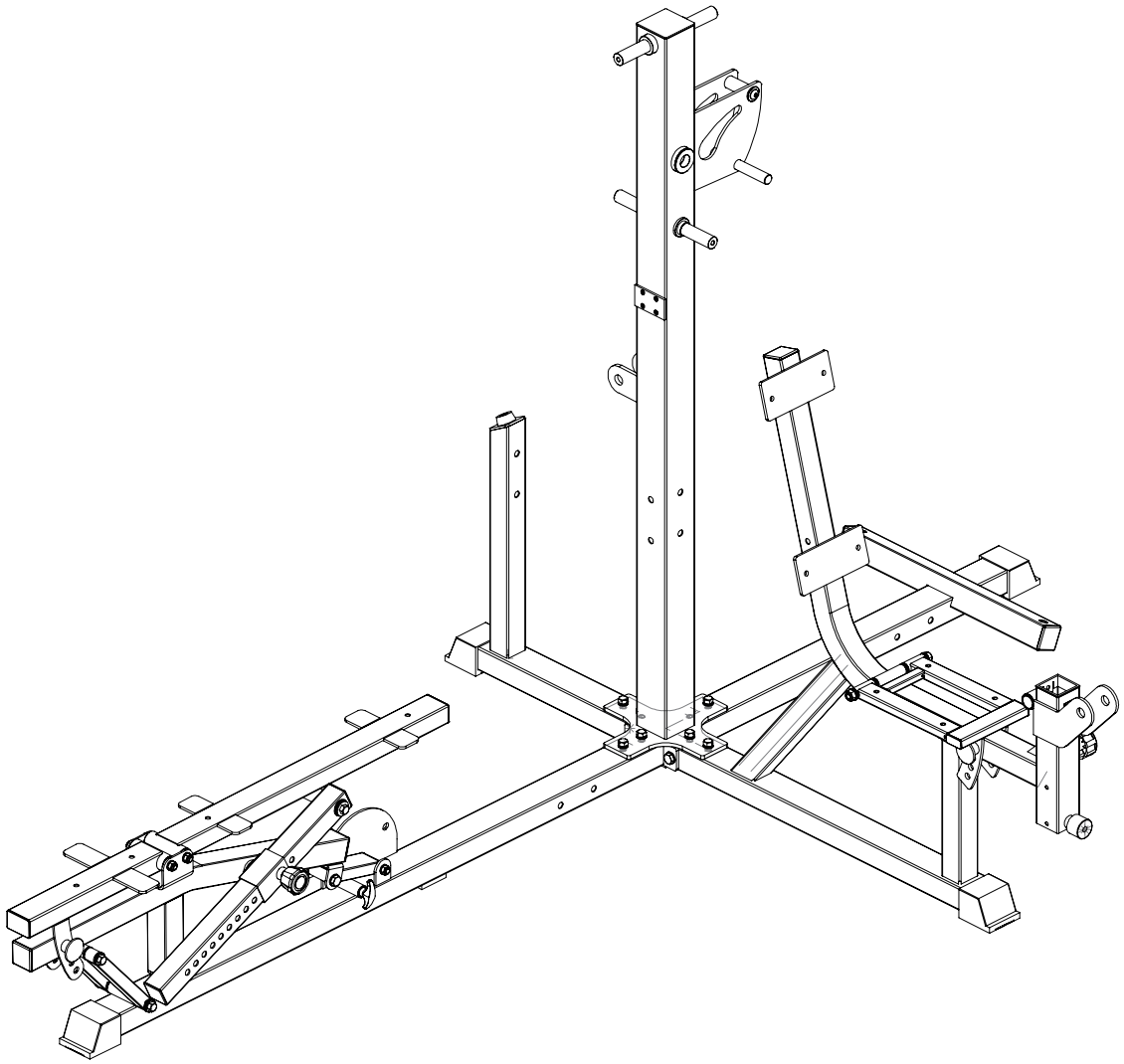
No.	Description	Note	Qty.
69	rivet nut	M10	2
74	tube plug		2
75	foot cover		1

Factory assembly explosion drawing



No.	Description	Note	Qty.
94	big gasket	Φ30*Φ10.5*3.0	2
95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	2
96	shaft	Φ25*67-M10	1
97	allen bolt	M10*20	2
98	rubber sheet	t4.0*45*85	1
99	screw	ST4.0*12	4

Assembly step-1 drawing

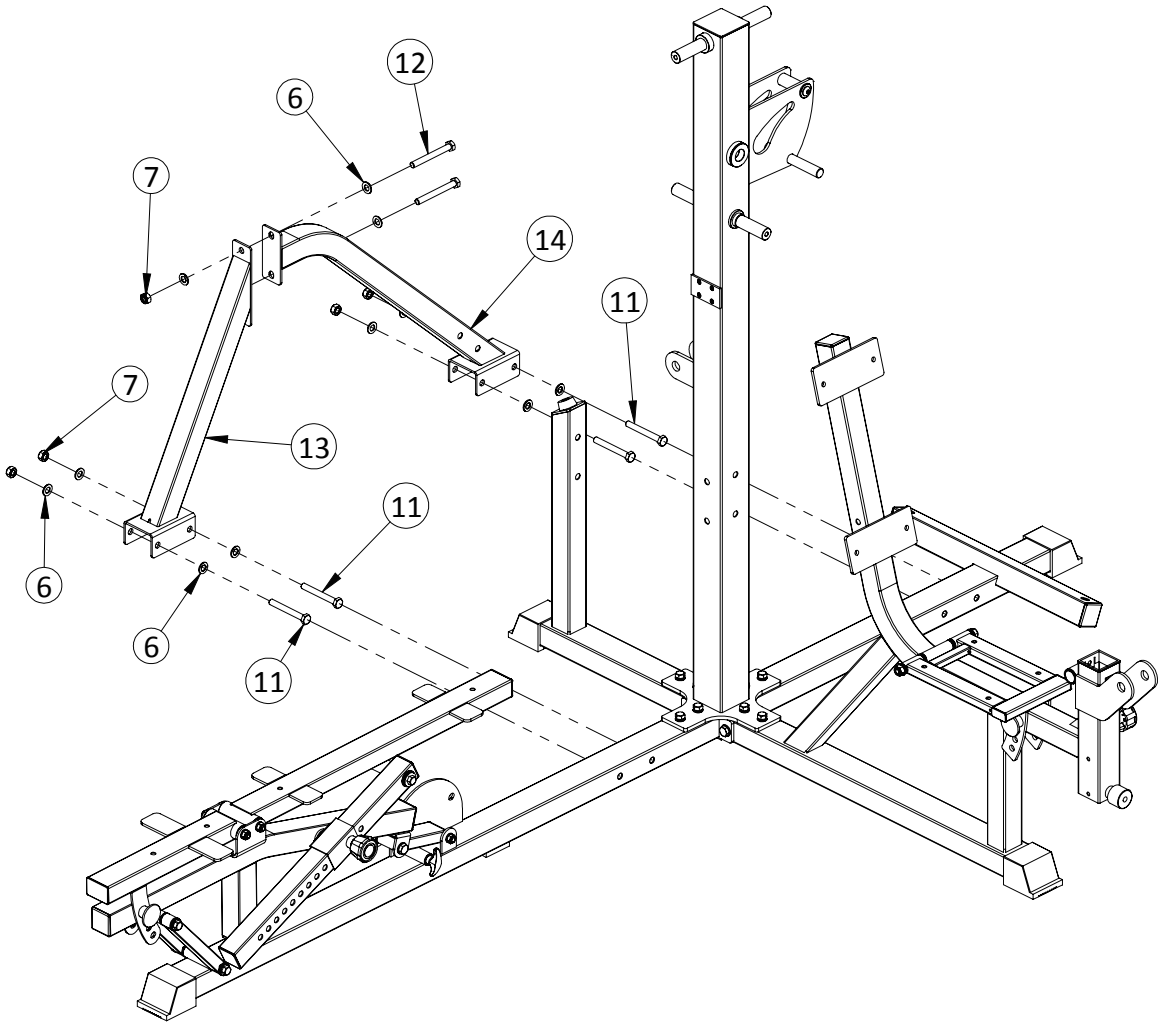


Assembly step-1 installation instruction

1 Fix base frame left-2 and base frame right-3 fastening with base frame-1 using M12*100 hexagon bolt-5, Φ12 gasket-6 and M12 lock nut-7.

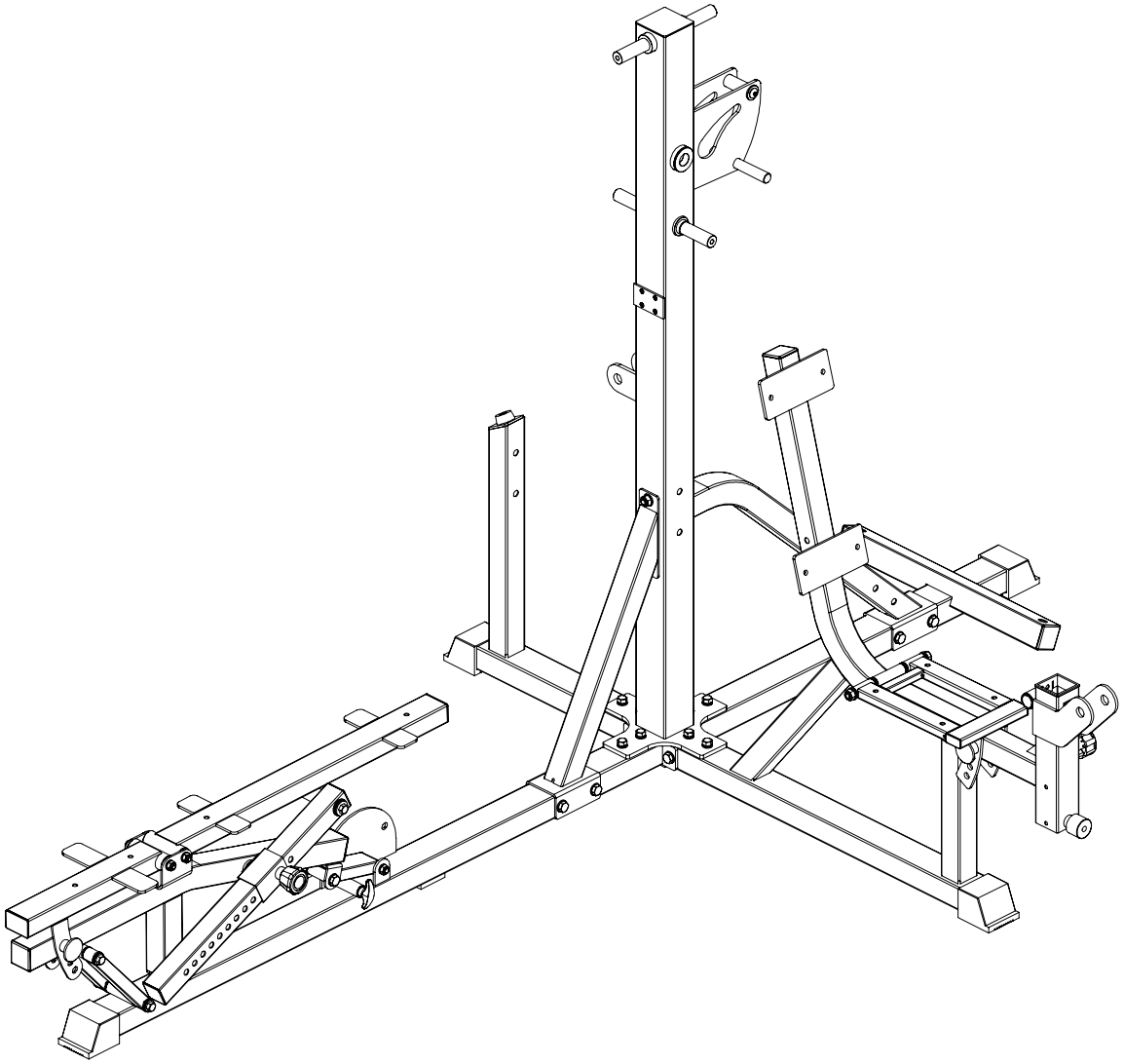
2 Fix upright frame-4 fastening with base frame left-2,base frame right-3 and base frame-1 using M10*30 hexagon bolt-8, Φ10 spring gasket-9 and Φ10 gasket-10.

Assembly step-2 explosion drawing



No.	Description	Note	Qty.
6	gasket	Φ12	11
7	lock nut	M12	5
11	hexagon bolt	M12*95	4
12	hexagon bolt	M12*105	2
13	bending tube left		1
14	bending tube right		1

Assembly step-2 drawing



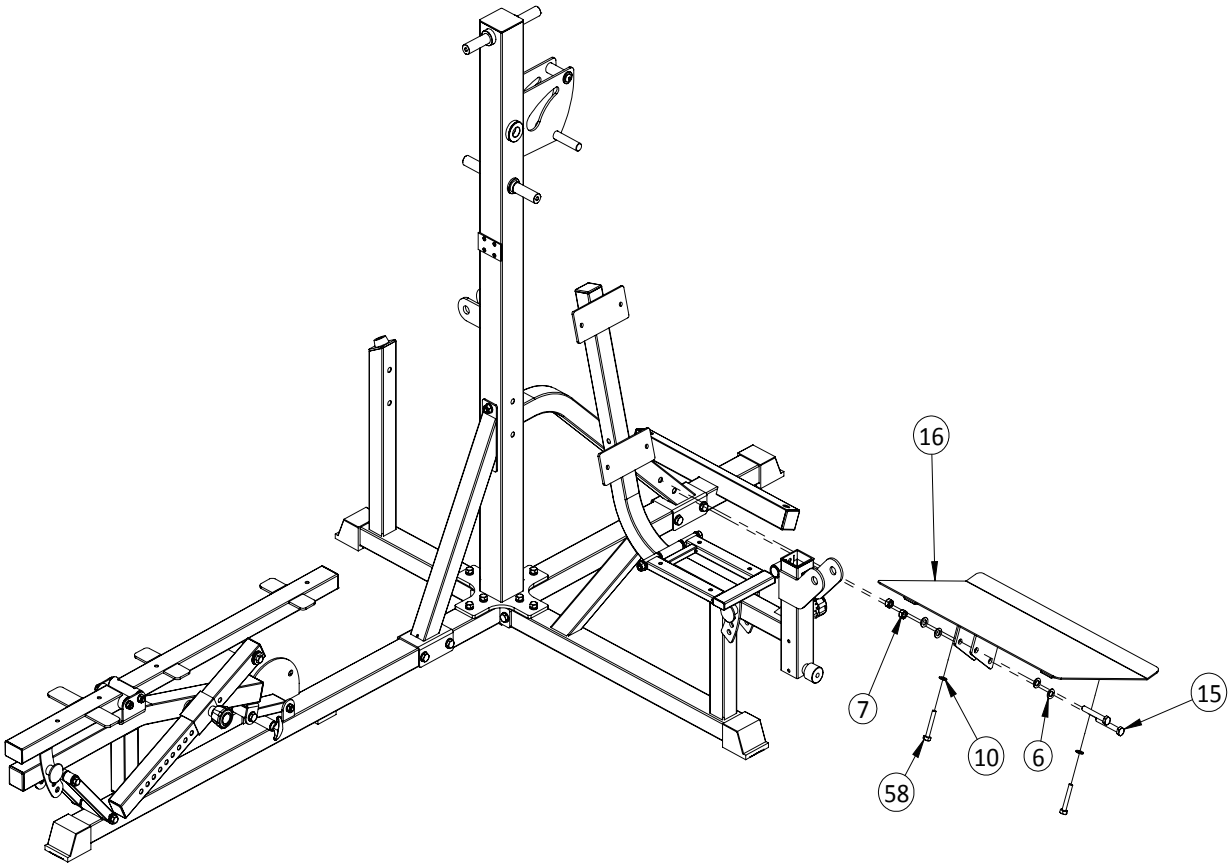
Assembly step-2 installation instruction

1 Fix bending tube left-13 fastening on base frame left-2 using M12*95 hexagon bolt-11, Φ12 gasket-6 and M12 lock nut-7

2 Fix bending tube right-14 fastening on base frame right-3 using M12*95 hexagon bolt-11, Φ12 gasket-6 and M12 lock nut-7.

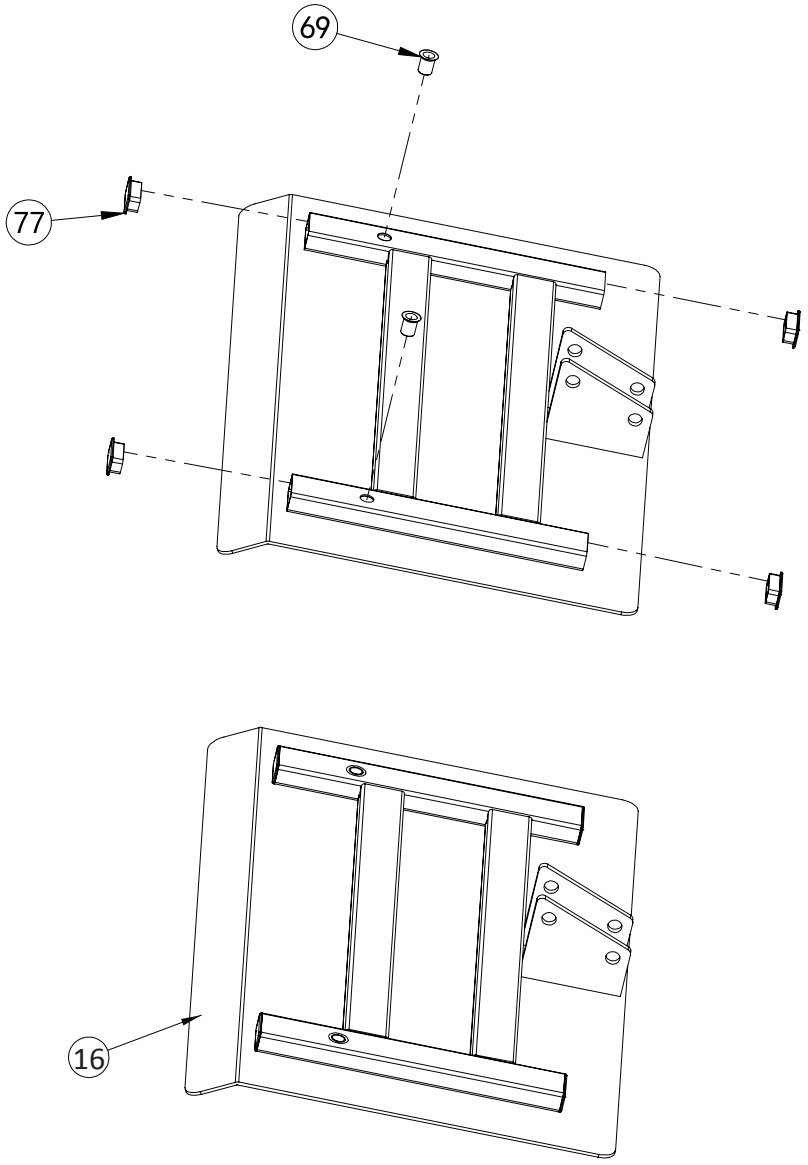
3 Fix bending tube left-13 and bending tube right-14 fastening on main frame using M12*105 hexagon bolt-12, Φ12 gasket-6 and M12 lock nut-7.

Assembly step-3 explosion drawing



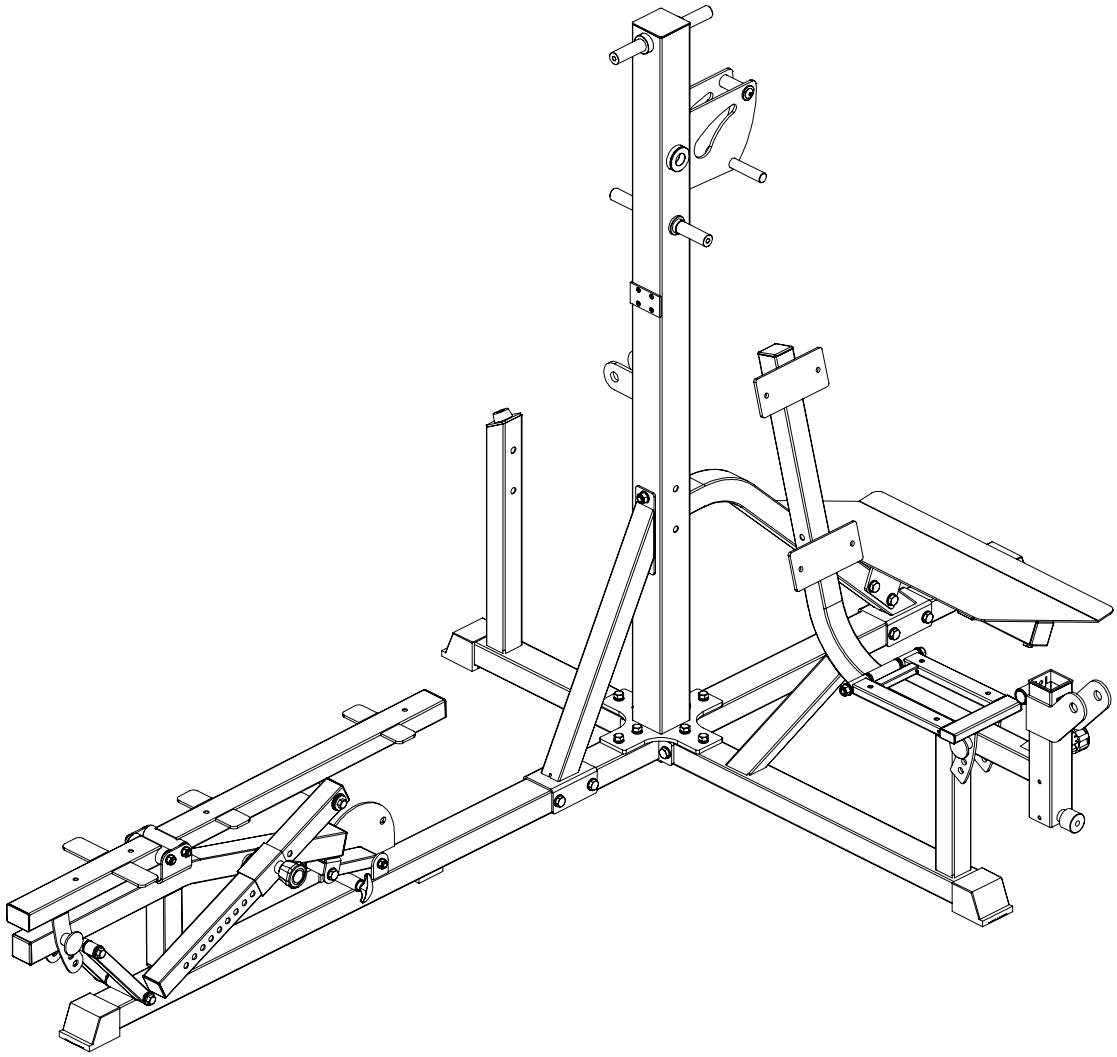
No.	Description	Note	Qty.
6	gasket	Φ12	4
7	lock nut	M12	2
10	gasket	Φ10	2
15	hexagon bolt	M12*80	2
16	footplate		1
58	hexagon bolt	M10*65	2

Factory assembly explosion drawing



No.	Description	Note	Qty.
69	rivet nut	M10	2
77	tube plug		4

Assembly step-3 drawing

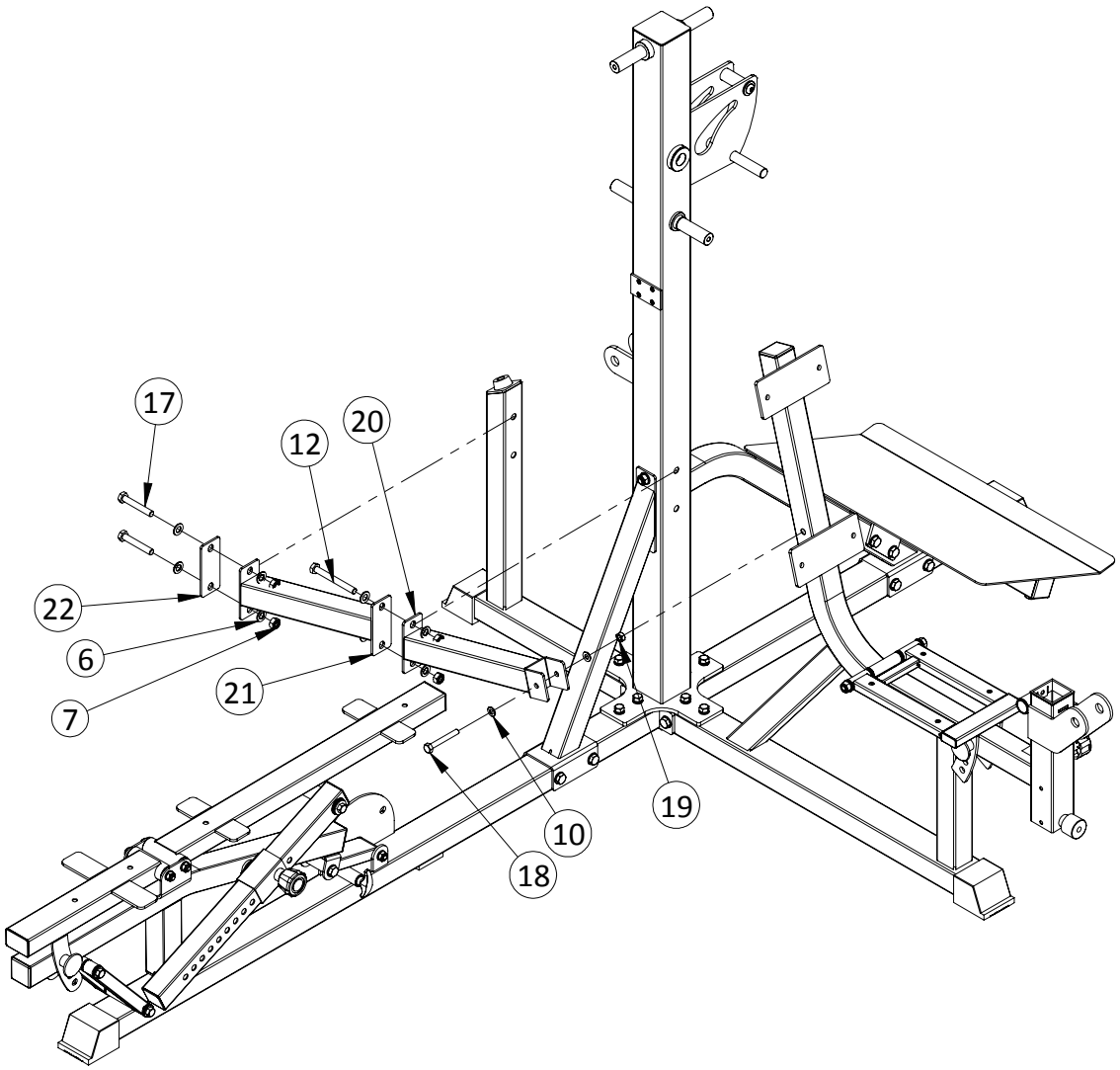


Assembly step-3 installation instruction

1 Fix footplate-16 fastening on bending tube right-14 using M12*80 hexagon bolt-15, Φ 12 gasket-6 and M12 lock nut-7.

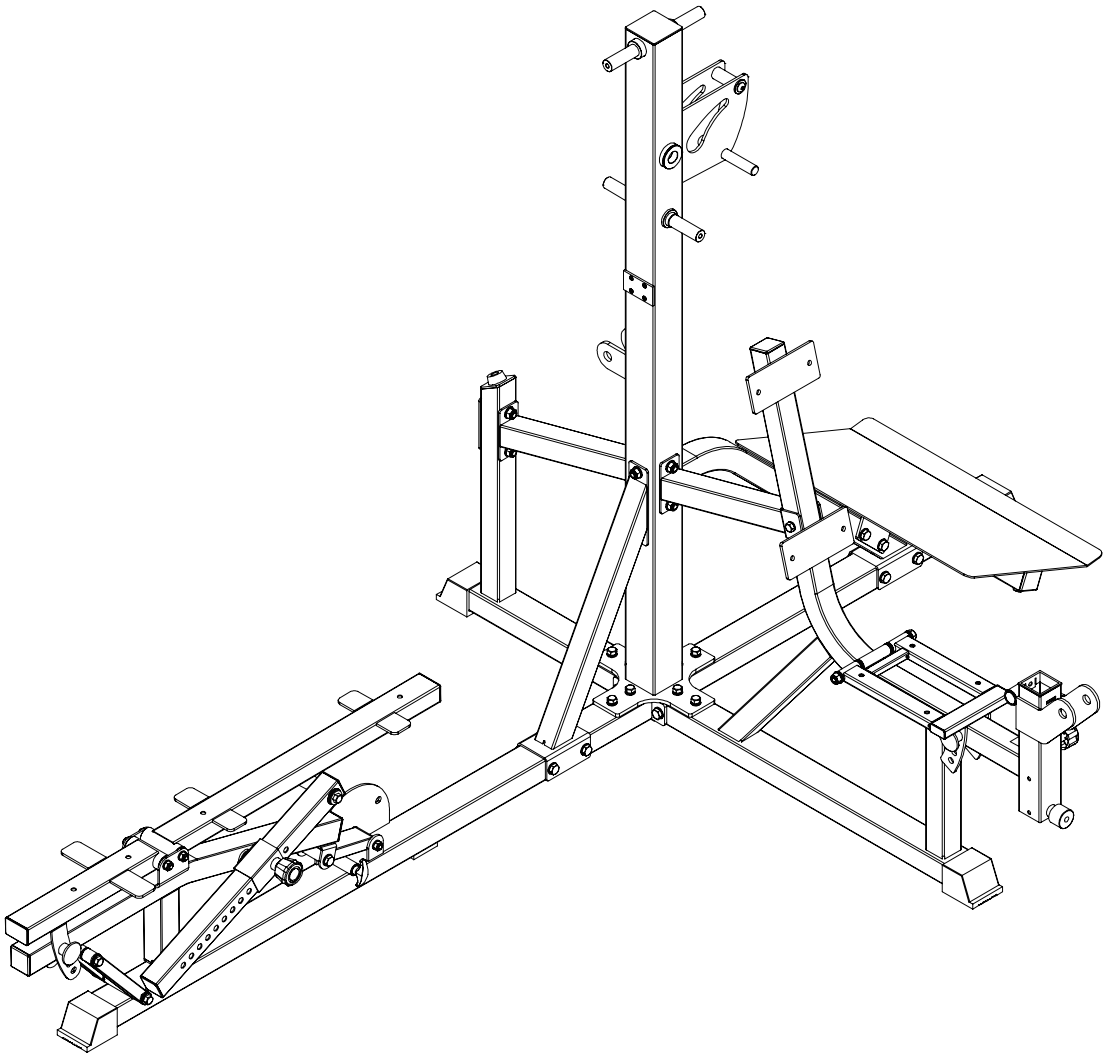
2 Fix footplate-16 fastening on base frame right-3 using M10*65 hexagon bolt-58 and Φ 10 gasket-10.

Assembly step-4 explosion drawing



No.	Description	Note	Qty.
6	gasket	Φ12	8
7	lock nut	M12	4
10	gasket	Φ10	2
12	hexagon bolt	M12*105	2
17	hexagon bolt	M12*75	2
18	hexagon bolt	M10*75	1
19	lock nut	M10	1
20	connection tube right		1
21	connection tube left		1
22	reinforcing plate		1

Assembly step-4 drawing



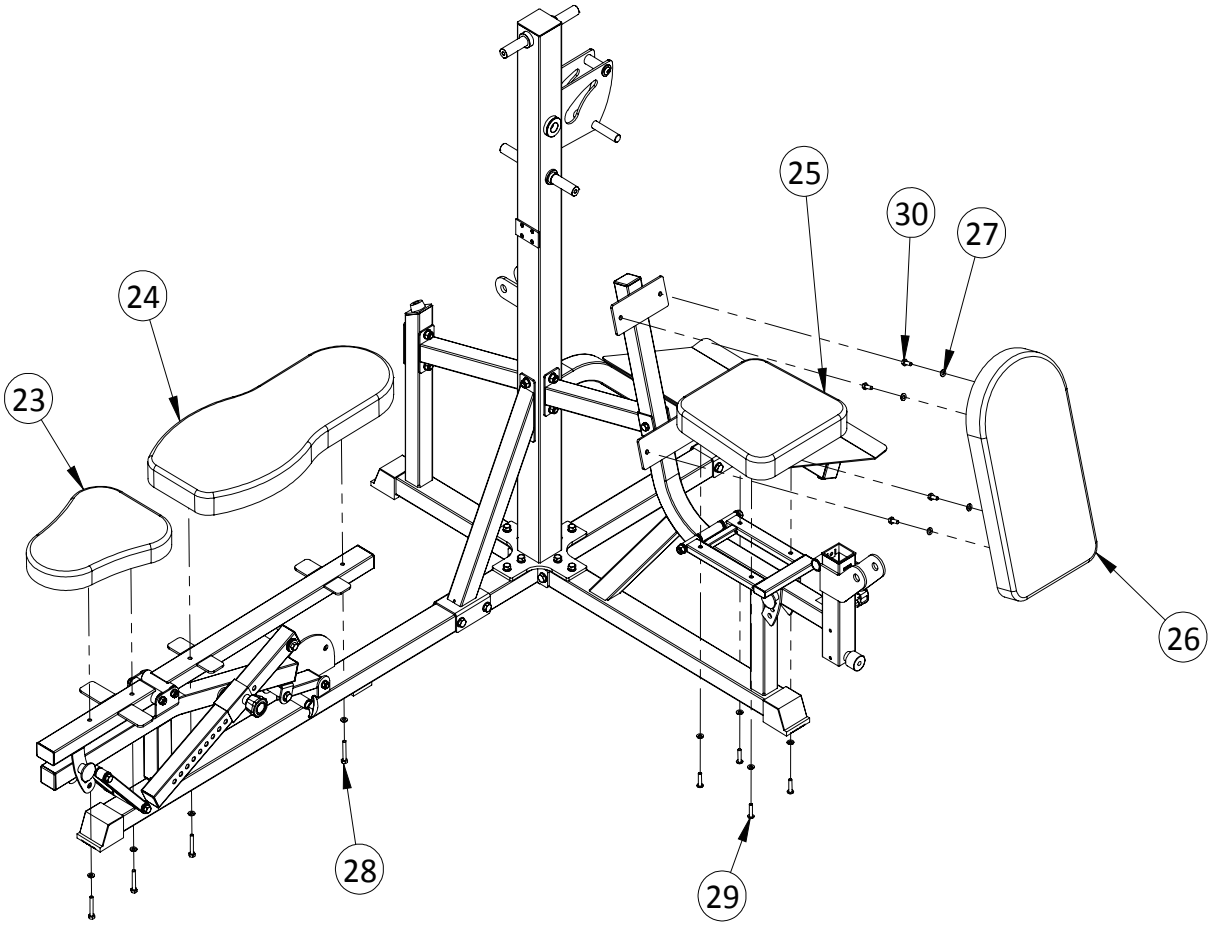
Assembly step-4 installation instruction

1 Fix connection tube right-20 fastening on main frame using M10*75 hexagon bolt-18, Φ10 gasket-10, M10 lock nut-19.

2 Fix connection tube right-20 and connection tube left-21 fastening on main frame using M12*105 hexagon bolt-12, Φ12 gasket-6, M12 lock nut-7 and reinforcing plate-22.

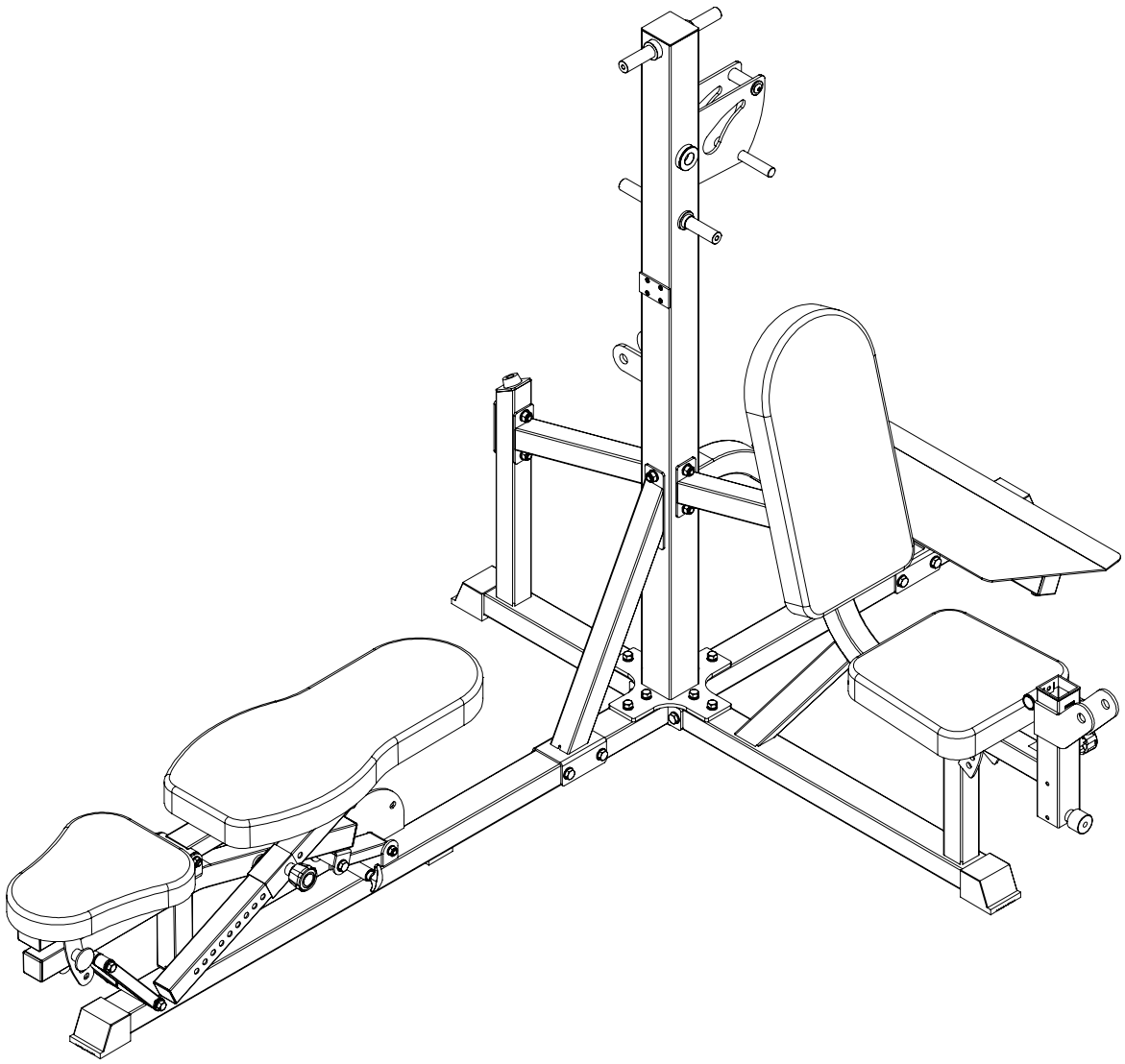
3 Fix connection tube left-21 fastening on main frame using M12*75 hexagon bolt-17, Φ12 gasket-6, M12 lock nut-7 and reinforcing plate-22.

Assembly step-5 explosion drawing



No.	Description	Note	Qty.
23	seat pad left		1
24	back pad left		1
25	seat pad frame		1
26	back pad front		1
27	gasket	Φ8	12
28	hexagon bolt	M8*55	4
29	hexagon bolt	M8*35	4
30	hexagon bolt	M8*20	4

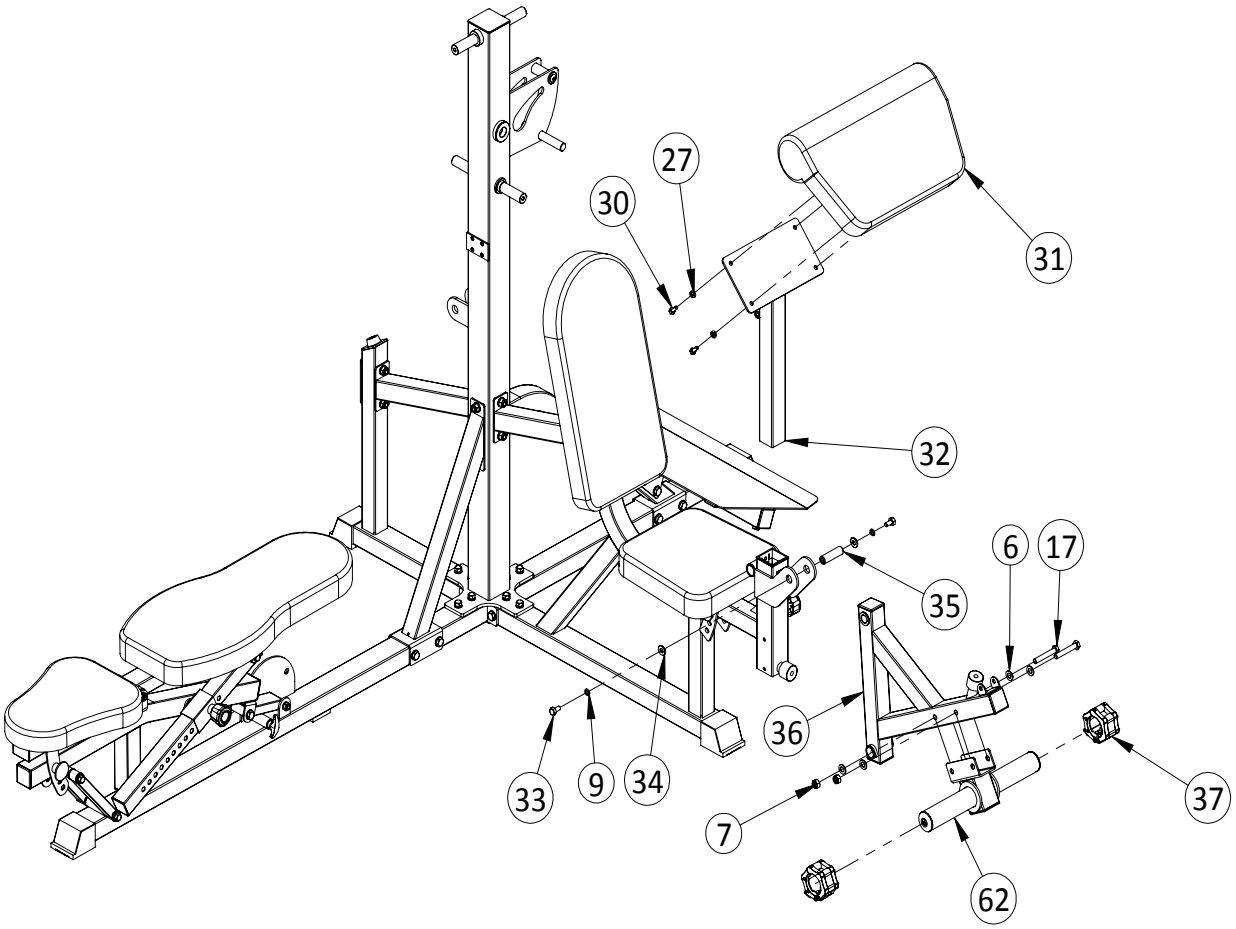
Assembly step-5 drawing



Assembly step-5 installation instruction

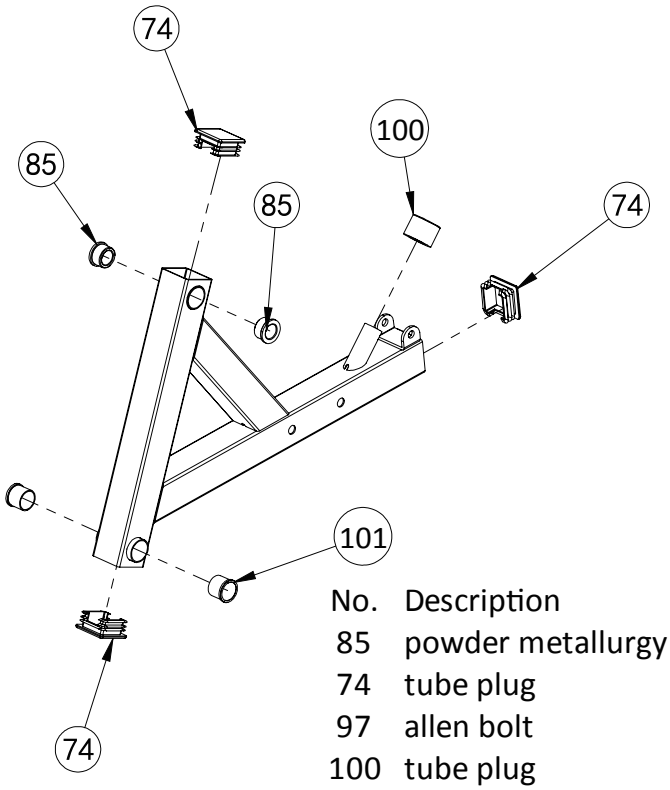
1 Fix seat pad left-23 and back pad-24 fastening on the main frame using M8*55 hexagon bolt-28, Φ8 gasket-27.
2 Fix seat pad front-25 fastening on main frame using M8*35 hexagon bolt-29, Φ8 gasket-27.
3 Fix back pad front-26 fastening on main frame using M8*20 hexagon bolt-30, Φ8 gasket-28.

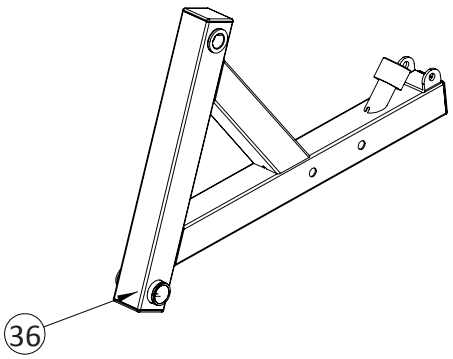
Assembly step-6 explosion drawing



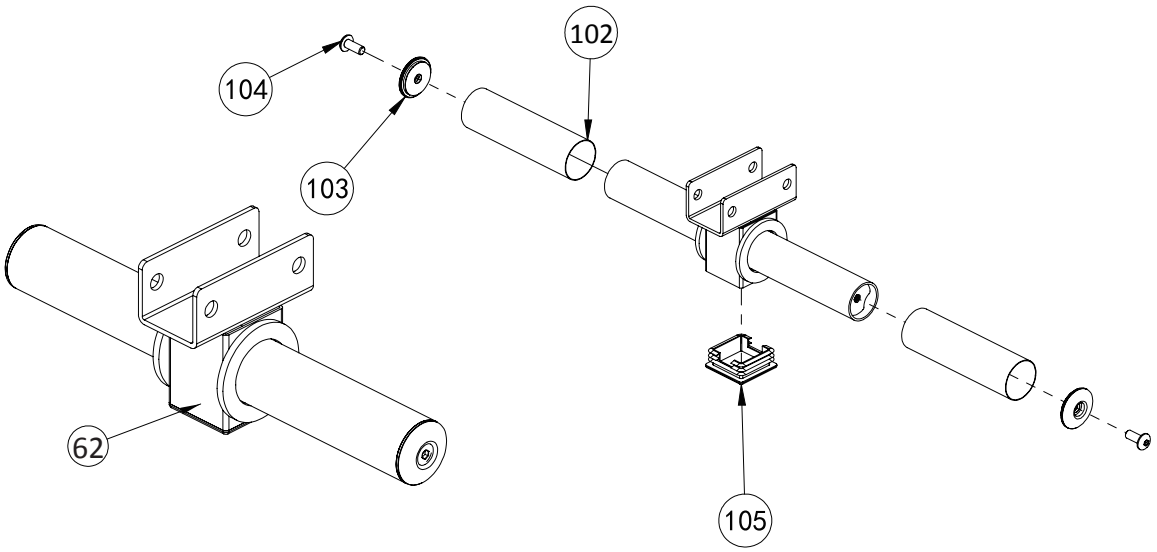
No.	Description	Note	Qty.
6	gasket	Φ12	4
7	lock nut	M12	2
9	spring gasket	Φ10	2
17	hexagon bolt	M12*75	2
27	gasket	Φ8	4
30	hexagon bolt	M8*20	4
31	arm curl pad		1
32	arm curl pad adjuster tube		1
33	hexagon bolt	M10*20	2
34	big gasket	Φ25*10*2.0	2
35	shaft		1
36	leg curl tube		1
37	barbell rod ring		2
62	barbell plate holder		1

Factory assembly explosion drawing



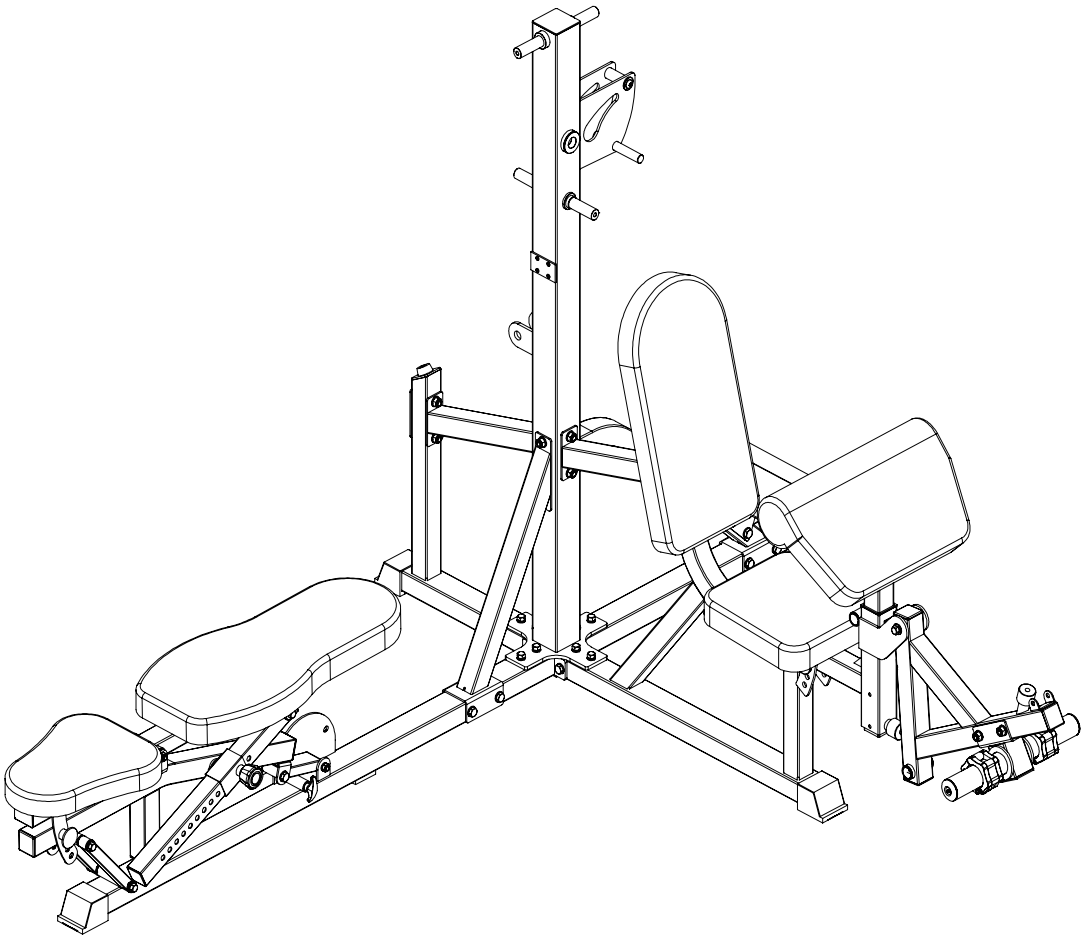


No.	Description	Note	Qty.
85	powder metallurgy sleeve	Φ32*Φ29*Φ20*18	2
74	tube plug		3
97	allen bolt	M10*20	1
100	tube plug	Φ40*Φ25*Φ11*29	1
101	tube plug	32-25	2



No.	Description	Note	Qty.
102	tube		2
103	end cap	Φ50*Φ11*11	2
104	allen bolt	M10*25	2
105	tube plug		1

Assembly step-6 drawing



Assembly step-6 installation instruction

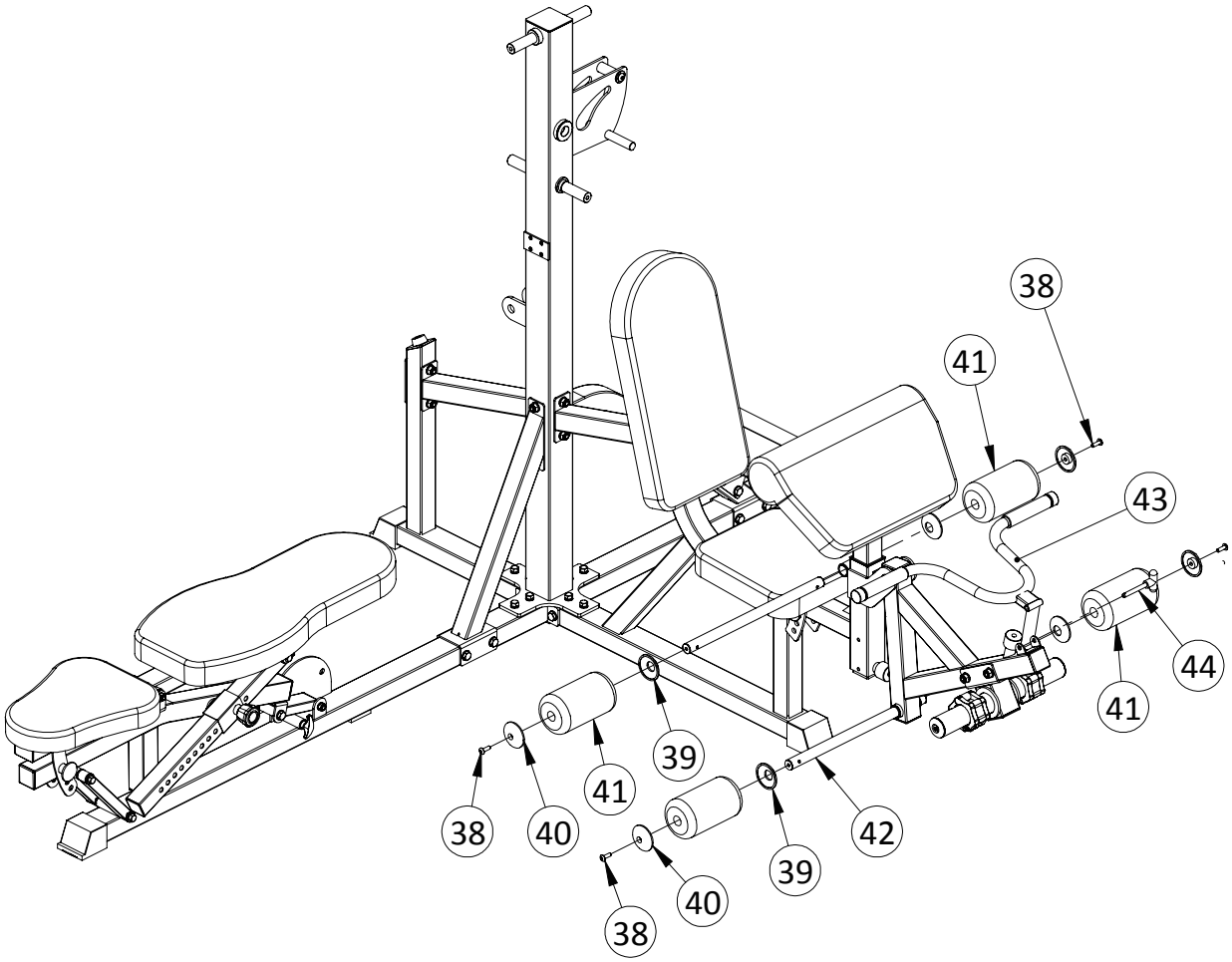
1 Fix leg curl tube-36 fastening on main frame using M10*20 hexagon bolt-33, Φ10 spring gasket-9, Φ10 big gasket-34 and shaft-35.

2 Fix barbell plate holder-62 fastening on leg curl tube-36 using M12*75 hexagon bolt-17, Φ12 gasket-6 and M12 lock nut-7.

3 Put barbell rod ring-37 on barbell plate holder-62.

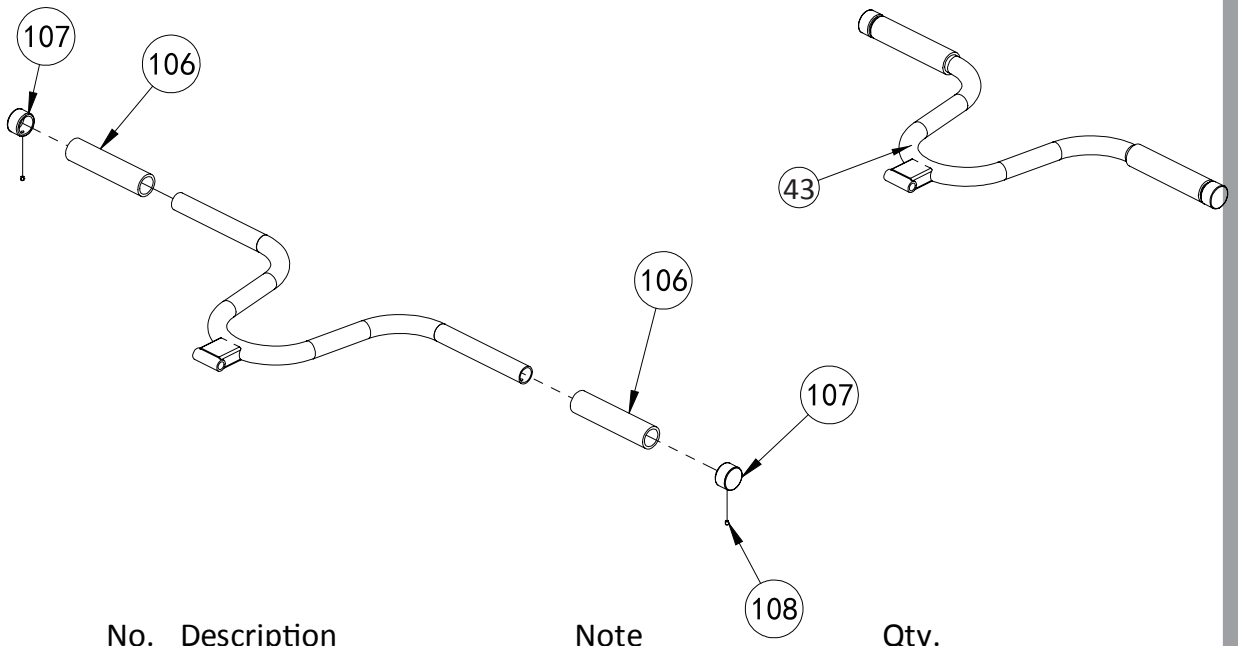
4 Fix arm curl pad-31 fastening on arm curl pad adjuster tube-32 using M8*20 hexagon bolt-30, Φ8 gasket-27.
Then put the part into the main frame.

Assembly step-7 explosion drawing

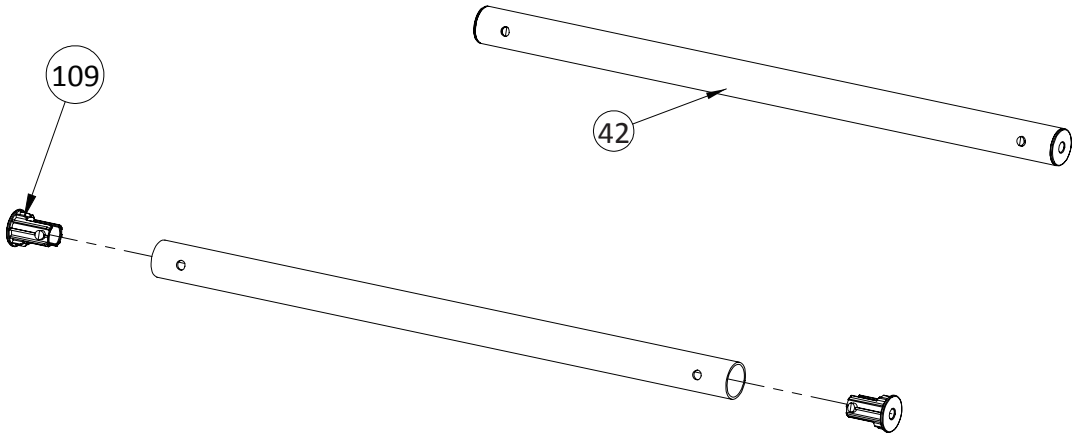


No.	Description	Note	Qty.
38	allen bolt	M8*25	4
39	foam inner cover		4
40	foam outer cover		4
41	foam		4
42	foam rod		2
43	bending handle		1
44	T shape pin	Φ10*75	1

Factory assembly explosion drawing

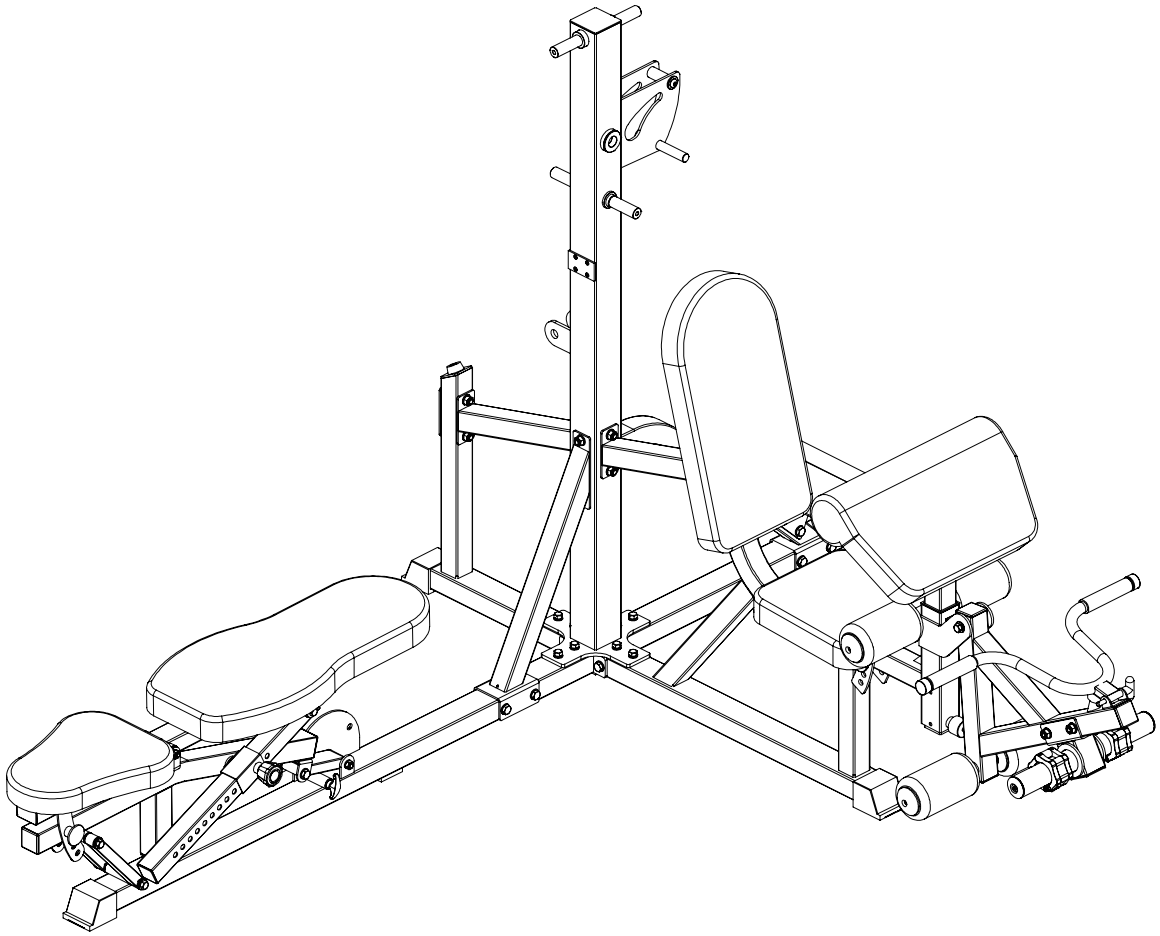


No.	Description	Note	Qty.
106	handle cover	Φ25*130	2
107	end cap	Φ25	2
108	screw	M4*3	2



No.	Description	Note	Qty.
109	plastic nut	M8	2

Assembly step-7 drawing

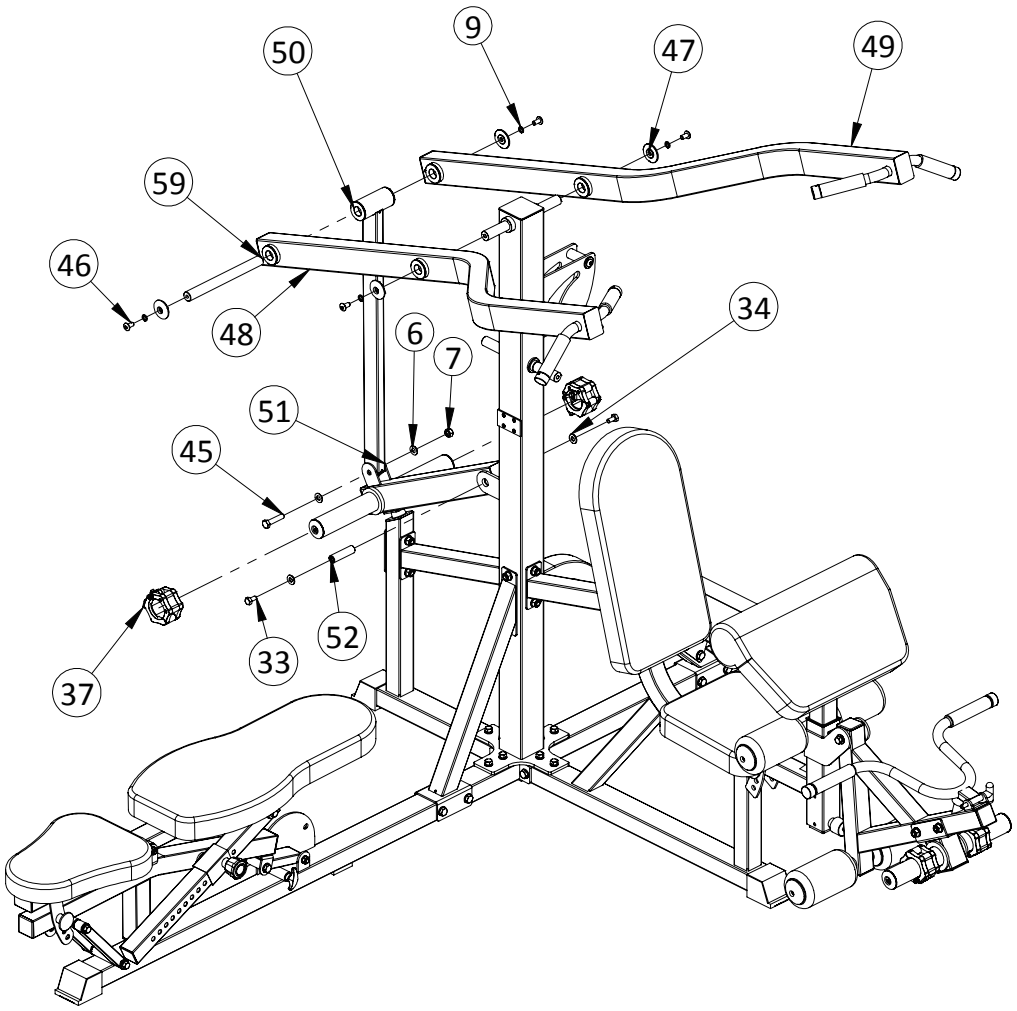


Assembly step-7 installation instruction

1 Fix foam-41 and foam rod-42 on the main frame using M8*25 allen bolt-38, foam inner cover-39 and foam outer cover-40.

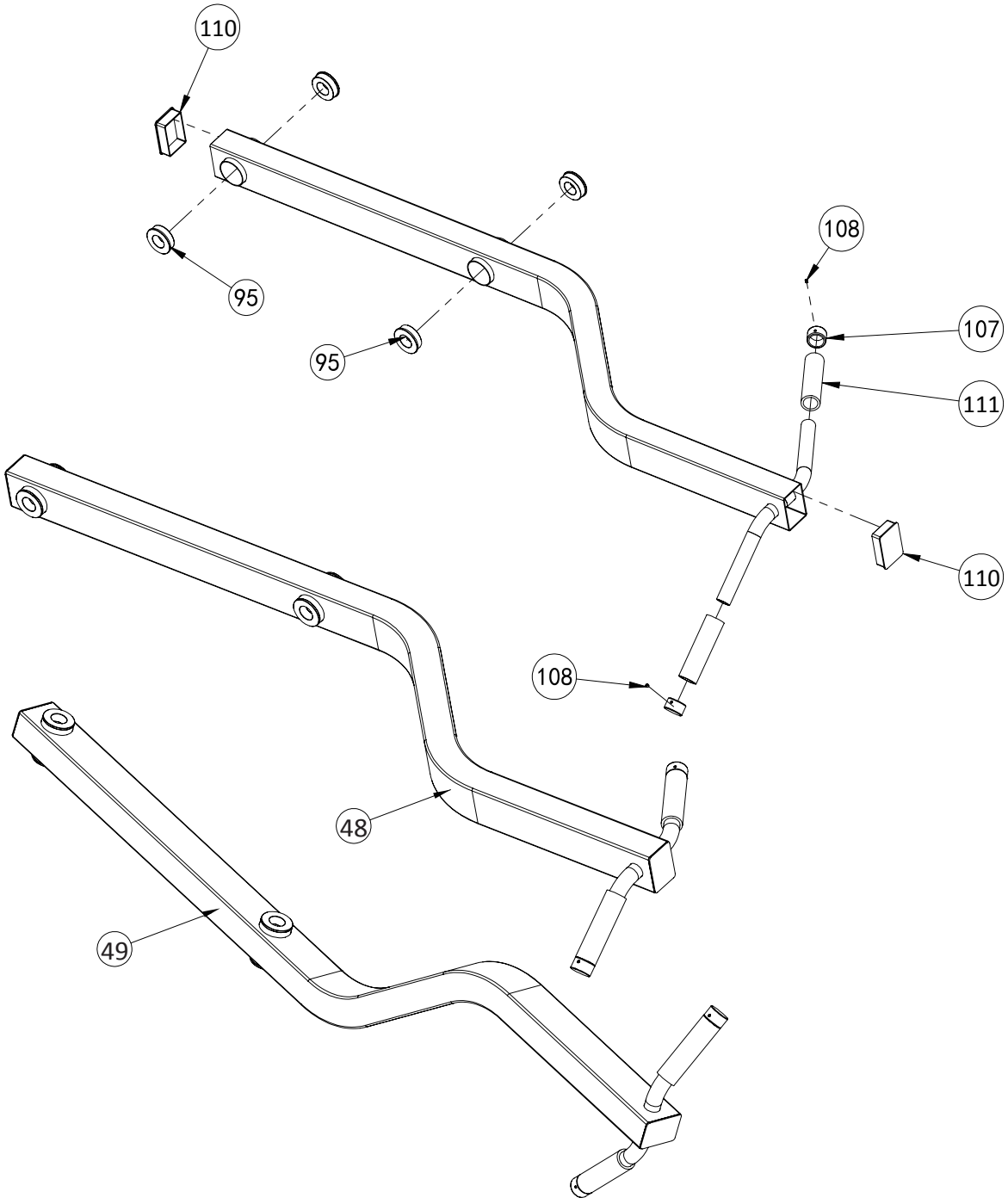
2 Fix bending handle-43 fastening on main frame using T shape pin-44.

Assembly step-8 explosion drawing



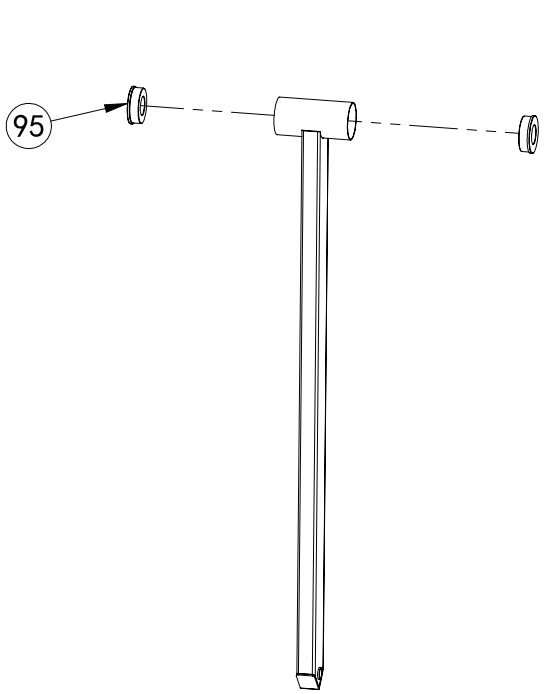
No.	Description	Note	Qty.
6	gasket	Φ12	2
7	lock nut	M12	1
9	spring gasket	Φ10	4
33	hexagon bolt	M10*20	2
34	big gasket	Φ25*Φ10.5*2.0	2
37	barbell rod ring	Φ50	2
45	hexagon bolt	M12*55	1
46	allen bolt	M10*20	4
47	end cap-50	Φ50*Φ11*9.5	4
48	lat pull tube left		1
49	lat pull tube right		1
50	upright connection tube		1
51	barbell plate holder tube		1
52	shaft	Φ20*74	1
59	shaft	Φ25*256	1

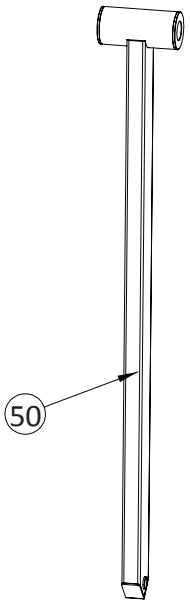
Factory assembly explosion drawing



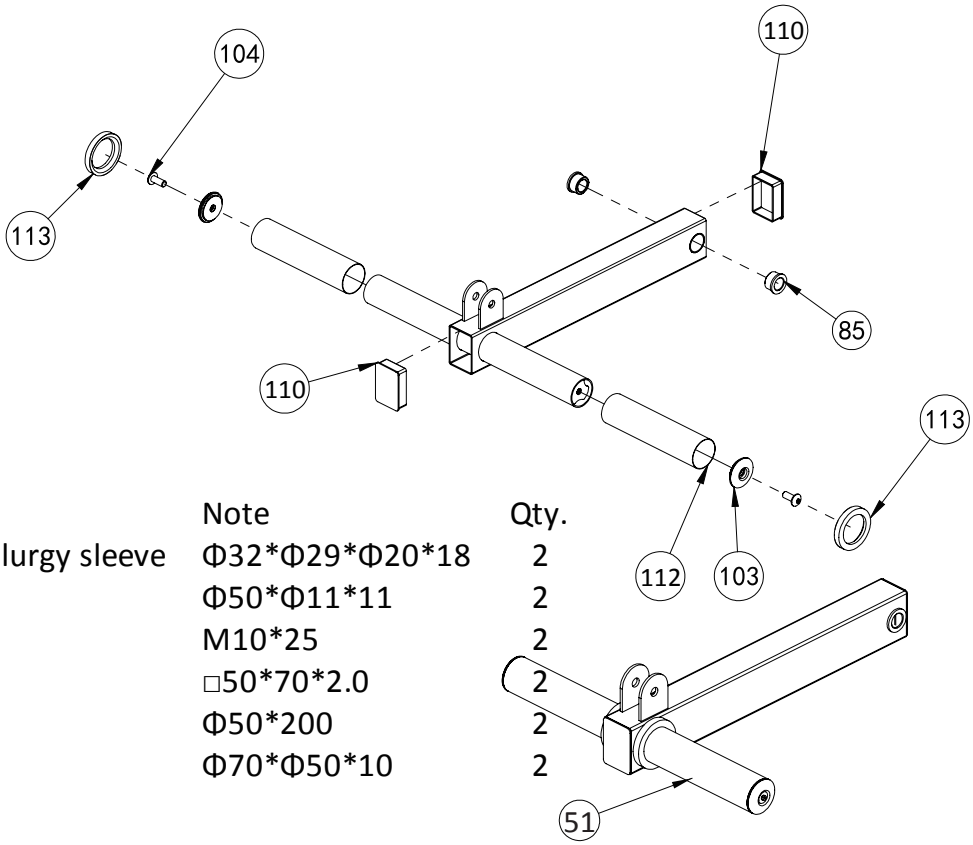
No.	Description	Note	Qty.
95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	8
110	tube plug	□50*70*2.0	4
108	screw	M4*3	4
111	handle cover	Φ25*150	4
107	end cap	Φ25	4

Factory assembly explosion drawing



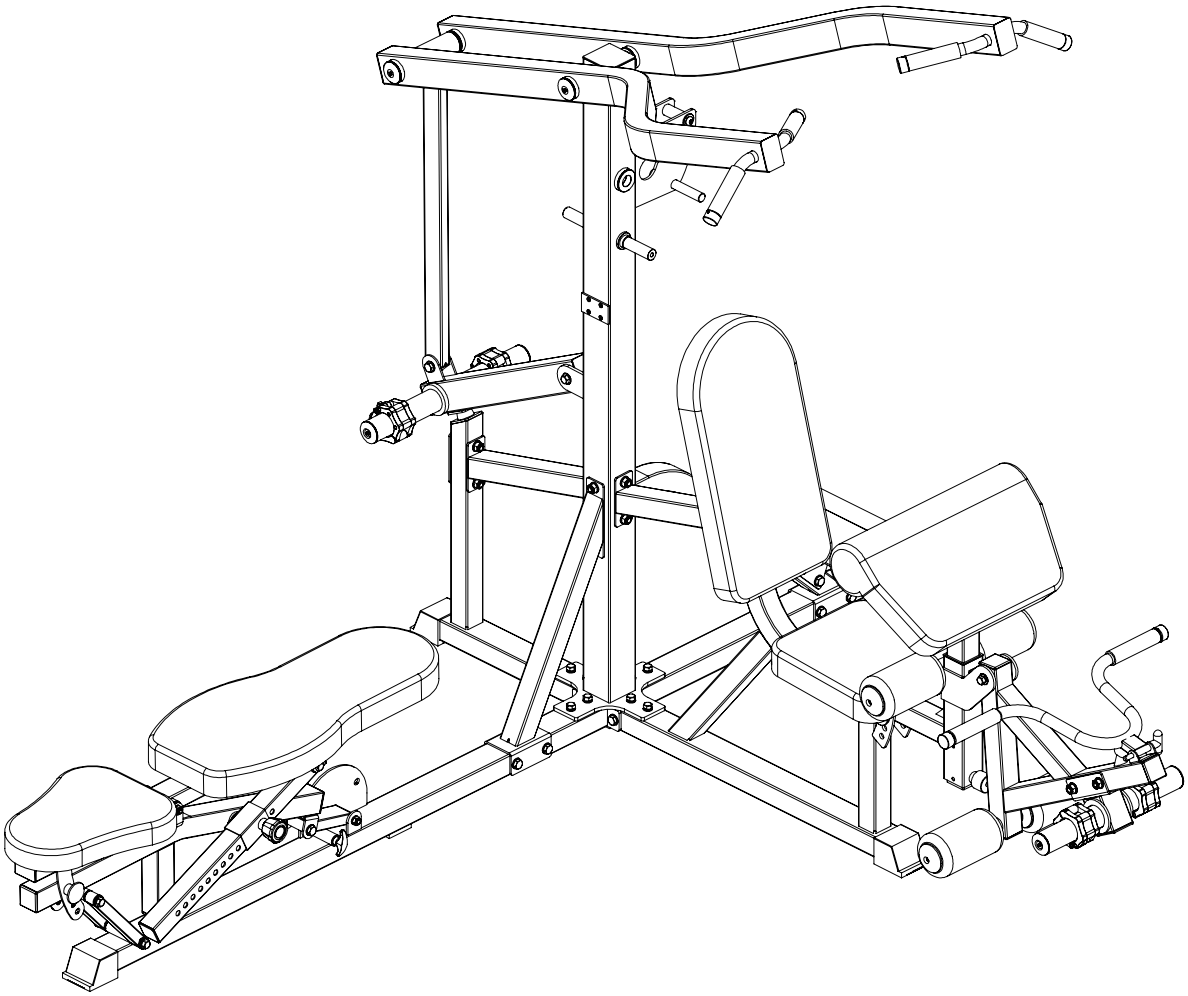


No.	Description	Note	Qty.
95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	2



No.	Description	Note	Qty.
85	powder metallurgy sleeve	Φ32*Φ29*Φ20*18	2
103	end cap	Φ50*Φ11*11	2
104	allen bolt	M10*25	2
110	tube plug	□50*70*2.0	2
112	tube	Φ50*200	2
113	rubber ring	Φ70*Φ50*10	2

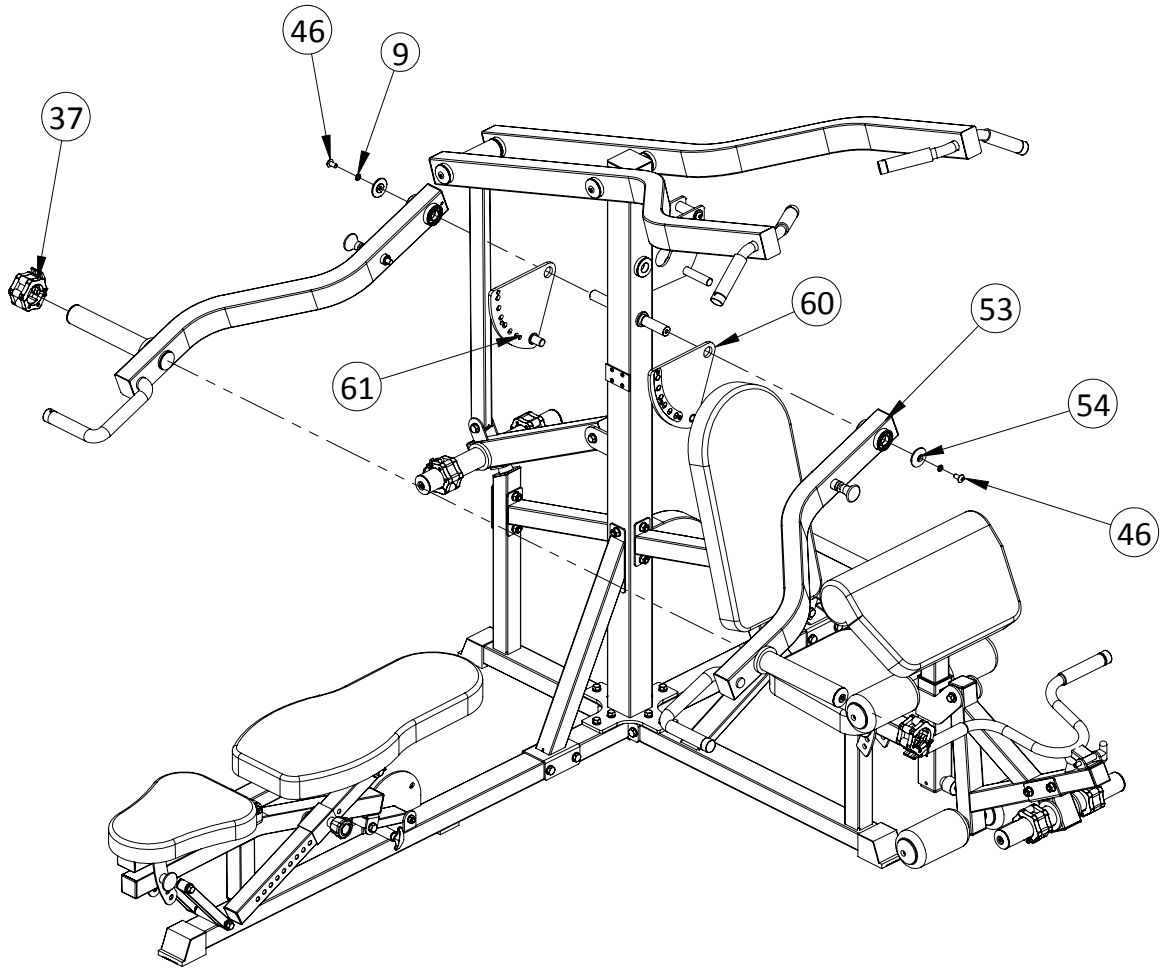
Assembly step-8 drawing



Assembly step-8 installation instruction

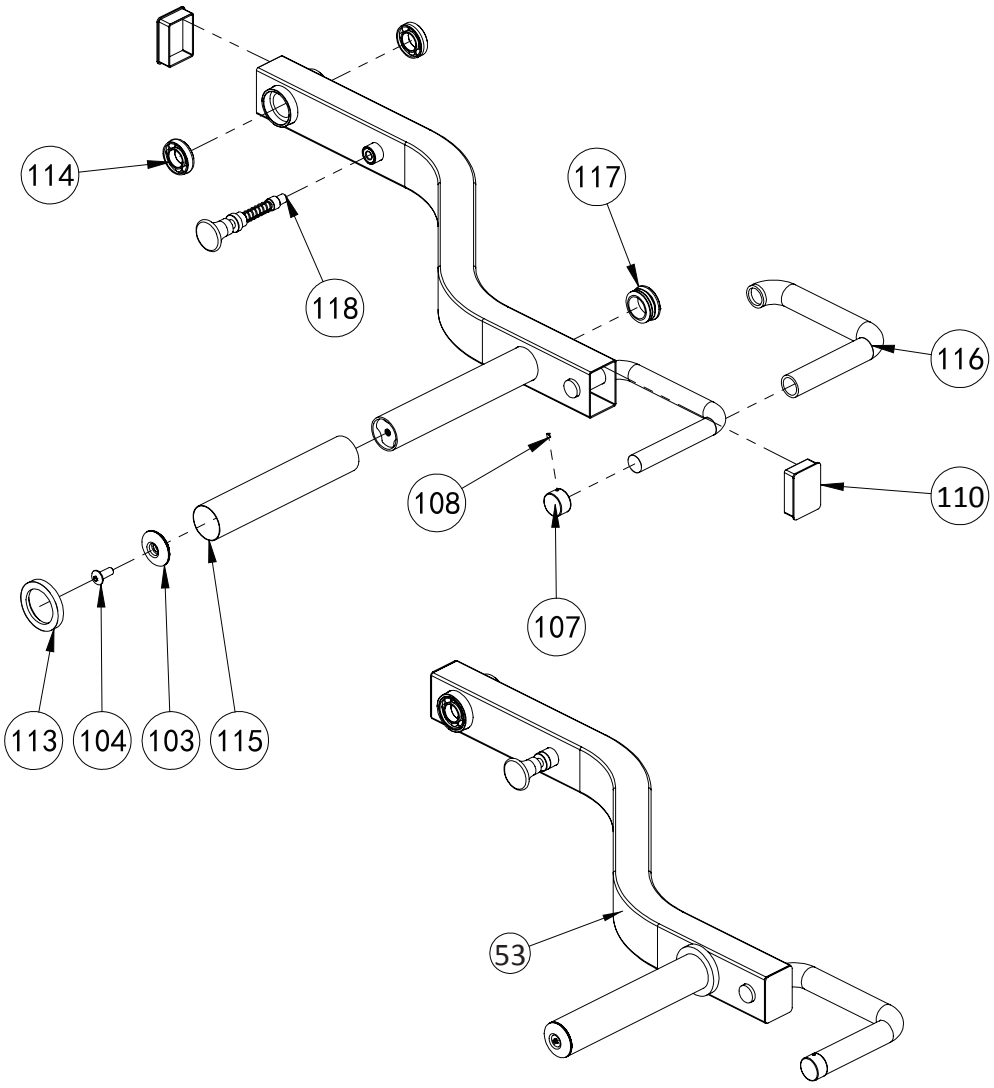
1 Fix barbell plate holder tube-51 fastening on main frame using M10*20 hexagon bolt-33, Φ10 big gasket-34, shaft-52.
2 Fix lat pull tube left-48 and lat pull tube right-49 fastening on main frame using M10*20 allen bolt-46 and end cap-47.
3 Fix upright connection tube-50 fastening on lat pull tube left-48 and lat pull tube right-49 using M12*55 hexagon bolt-45, Φ12 gasket-6, M12 lock nut-7 and shaft-59.
4 Fix upright connection tube-50 fastening on main frame using M12*55 hexagon bolt-45, Φ12 gasket-6, M12 lock nut-7.

Assembly step-9 explosion drawing



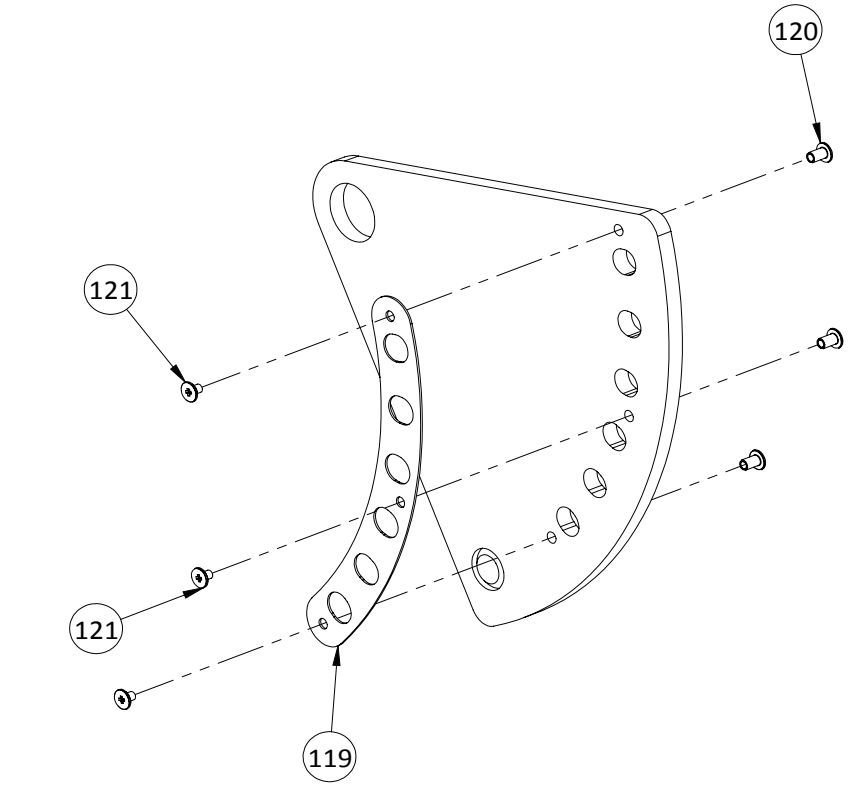
No.	Description	Note	Qty.
9	spring gasket	Φ10	2
37	barbell rod ring	Φ50	2
46	allen bolt	M10*20	2
53	arm pushing tube		2
47	end cap-50	Φ50*Φ11*9.5	2
60	selector plate right		1
61	selector plate left		1

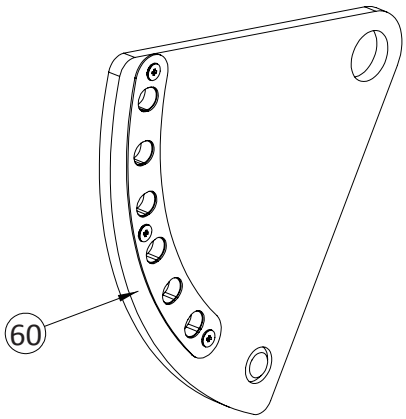
Factory assembly explosion drawing

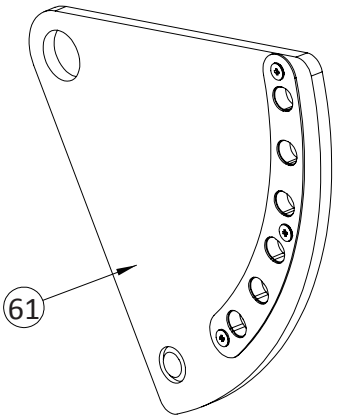


No.	Description	Note	Qty.
103	end cap	Φ50*Φ11*11	1
104	allen bolt	M10*25	1
107	end cap	Φ25	1
108	screw	M4*3	1
110	tube plug	□50*70*2.0	2
113	rubber ring	Φ70*Φ50*10	1
114	bearing	6005	2
115	tube	Φ50*260	1
116	handle cover	Φ25*400	1
117	tube plug	Φ48	1
118	locking spring knob	75	1

Factory assembly explosion drawing

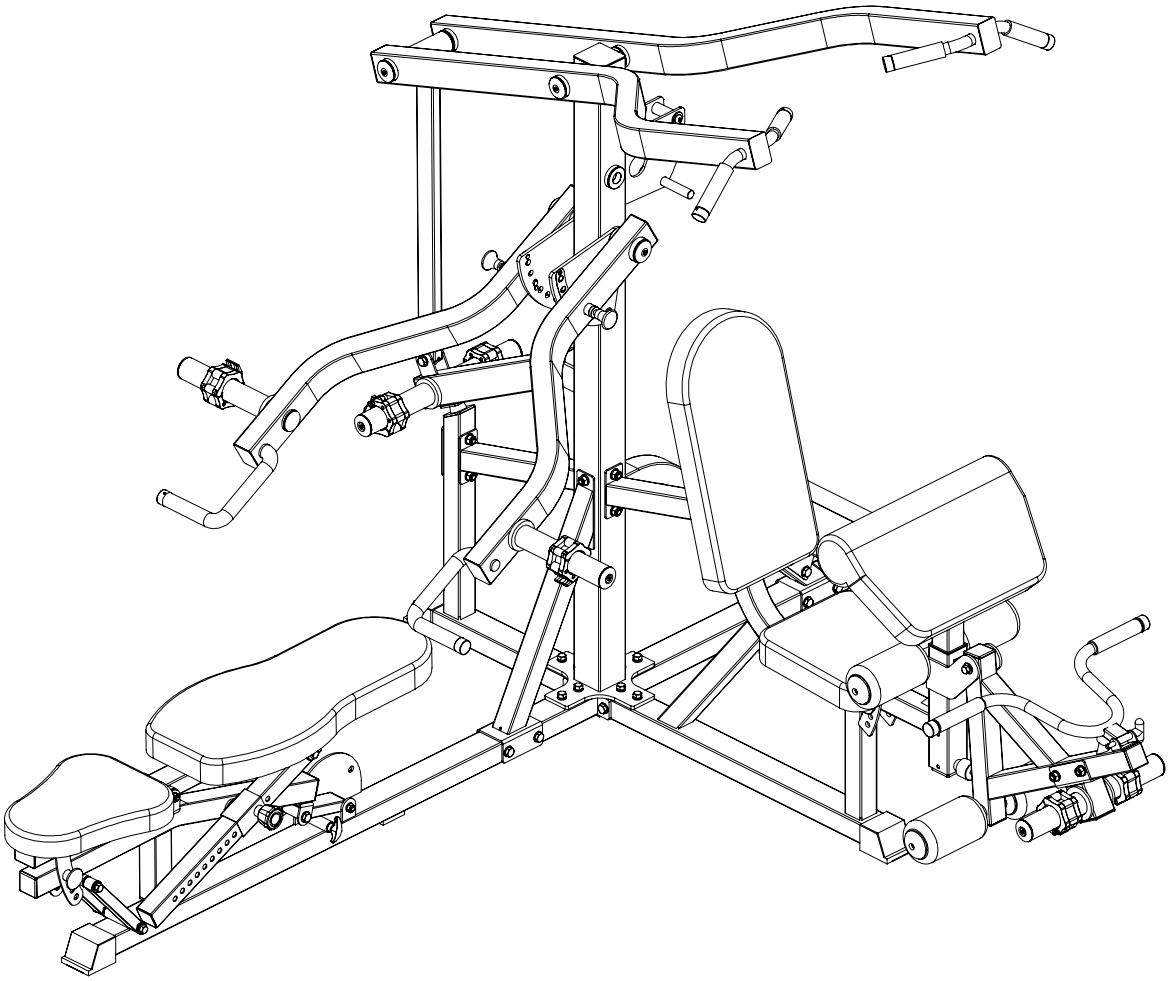






No.	Description	Note	Qty.
119	selector plate		1
120	inner thread lock screw	M4*5	3
121	outer thread lock screw	Φ5*8-M4	3

Assembly step-9 drawing

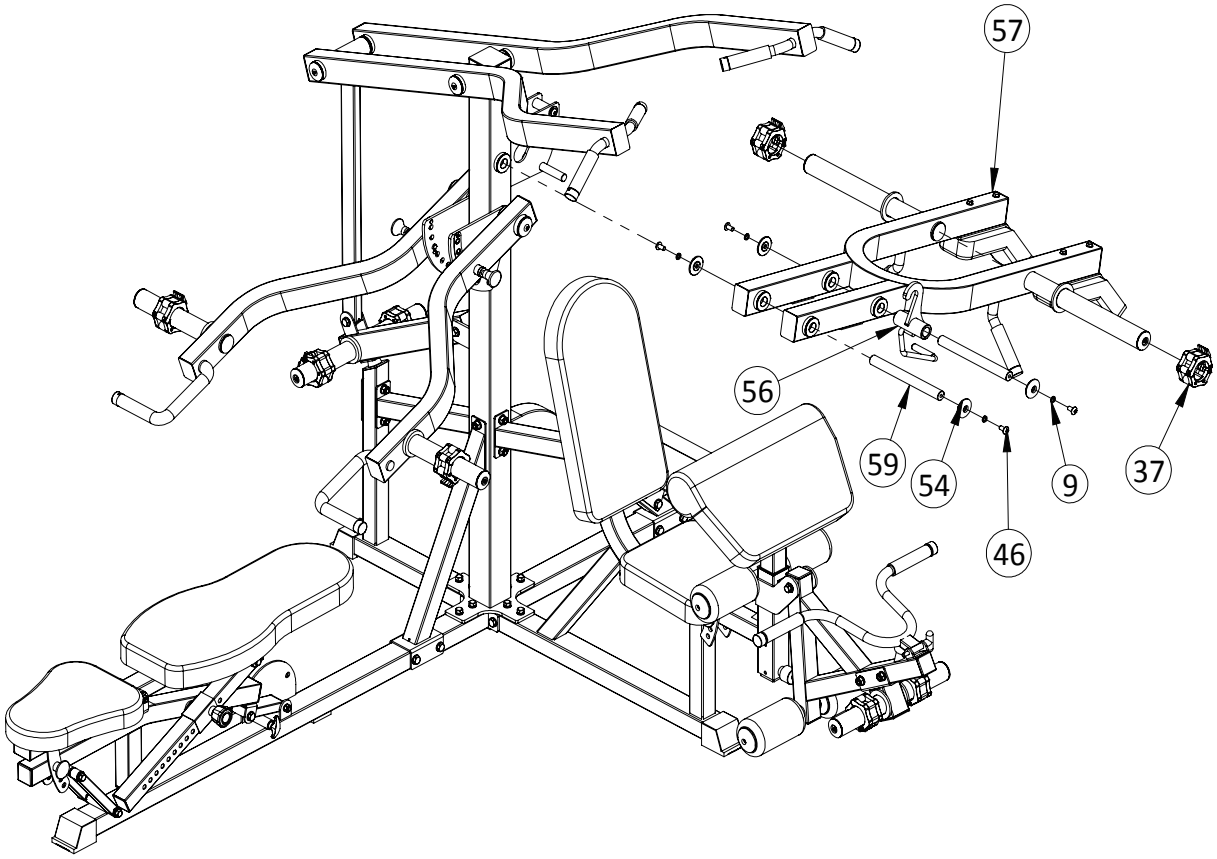


Assembly step-9 installation instruction

1 Fix arm pushing tube-53, selector plate right-60 and selector plate left-61 fastening on main frame using M10*20 allen bolt-46, end cap-47 and Φ10 spring washer-9.

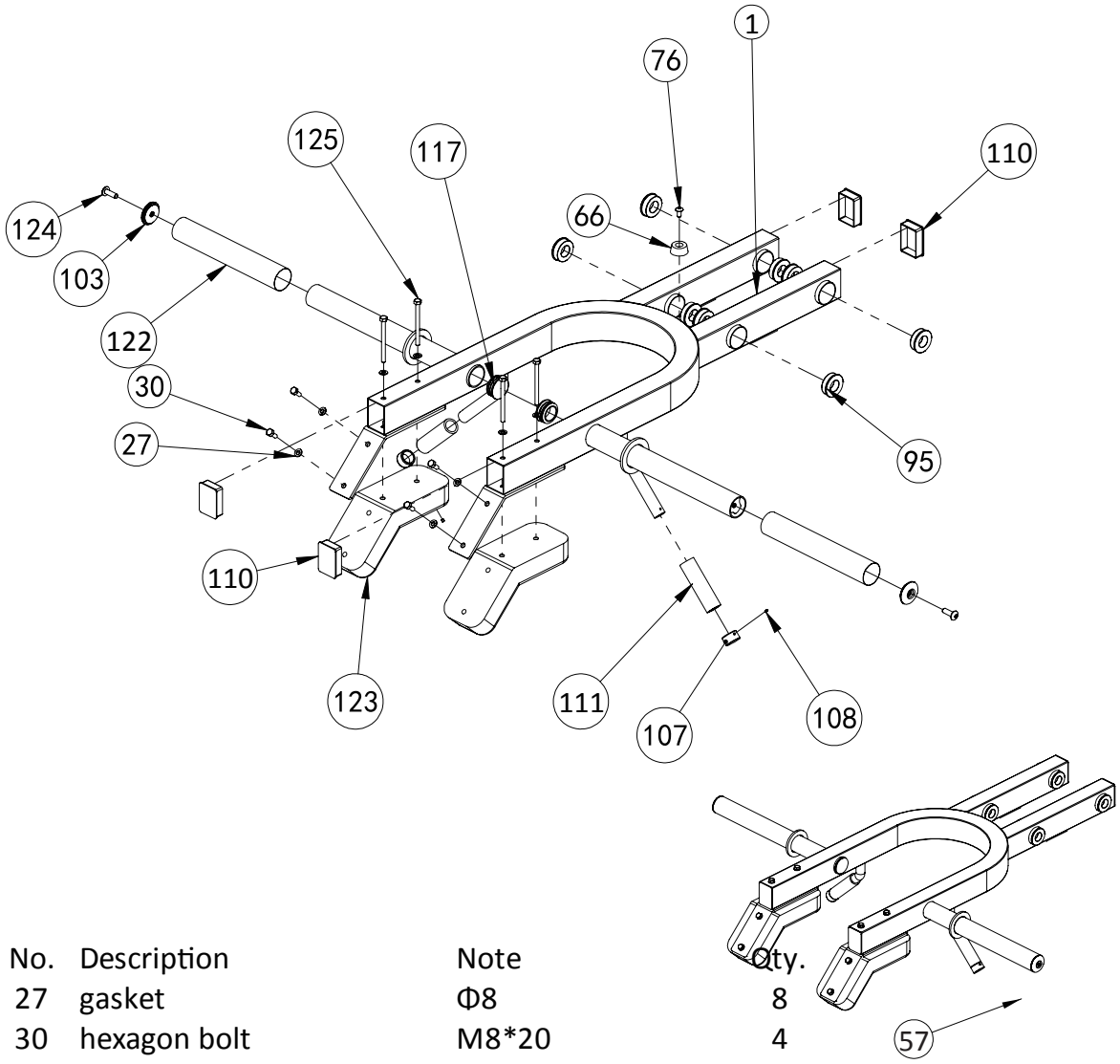
2 Put 2pcs. barbell rod ring-37 on arm pushing tube-53.

Assembly step-10 explosion drawing



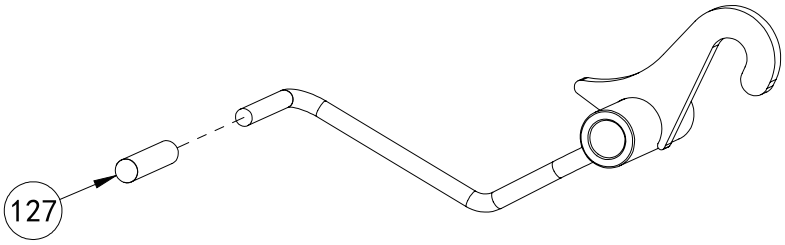
No.	Description	Note	Qty.
9	spring gasket	Φ10	4
37	barbell rod ring	Φ50	2
46	allen bolt	M10*20	4
47	end cap-50	Φ50*Φ11*9.5	4
56	hook		1
57	shoulder pushing tube		1
59	shaft	Φ25*254	2

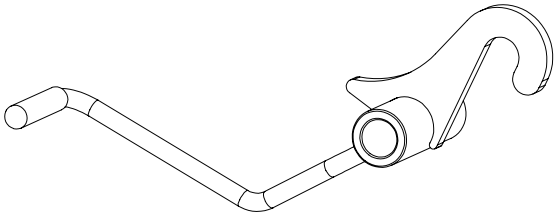
Factory assembly explosion drawing



No.	Description	Note	Qty.
27	gasket	Φ8	8
30	hexagon bolt	M8*20	4
66	rubber cushion		1
76	allen bolt	M8*16	1
95	powder metallurgy sleeve	Φ50*Φ47*Φ25*15	8
99	screw	ST4.0*12	8
103	end cap	Φ50*Φ11*11	2
107	end cap	Φ25	2
108	screw	M4*3	2
110	tube plug	□50*70*2.0	4
111	handle cover	Φ25*150	2
117	tube plug	Φ48	2
122	tube	Φ50*300	2
123	pad		2
124	allen bolt	M10*30	2
125	hexagon bolt	M8*100	4
126	rubber sheet	t4.0*45*85	2

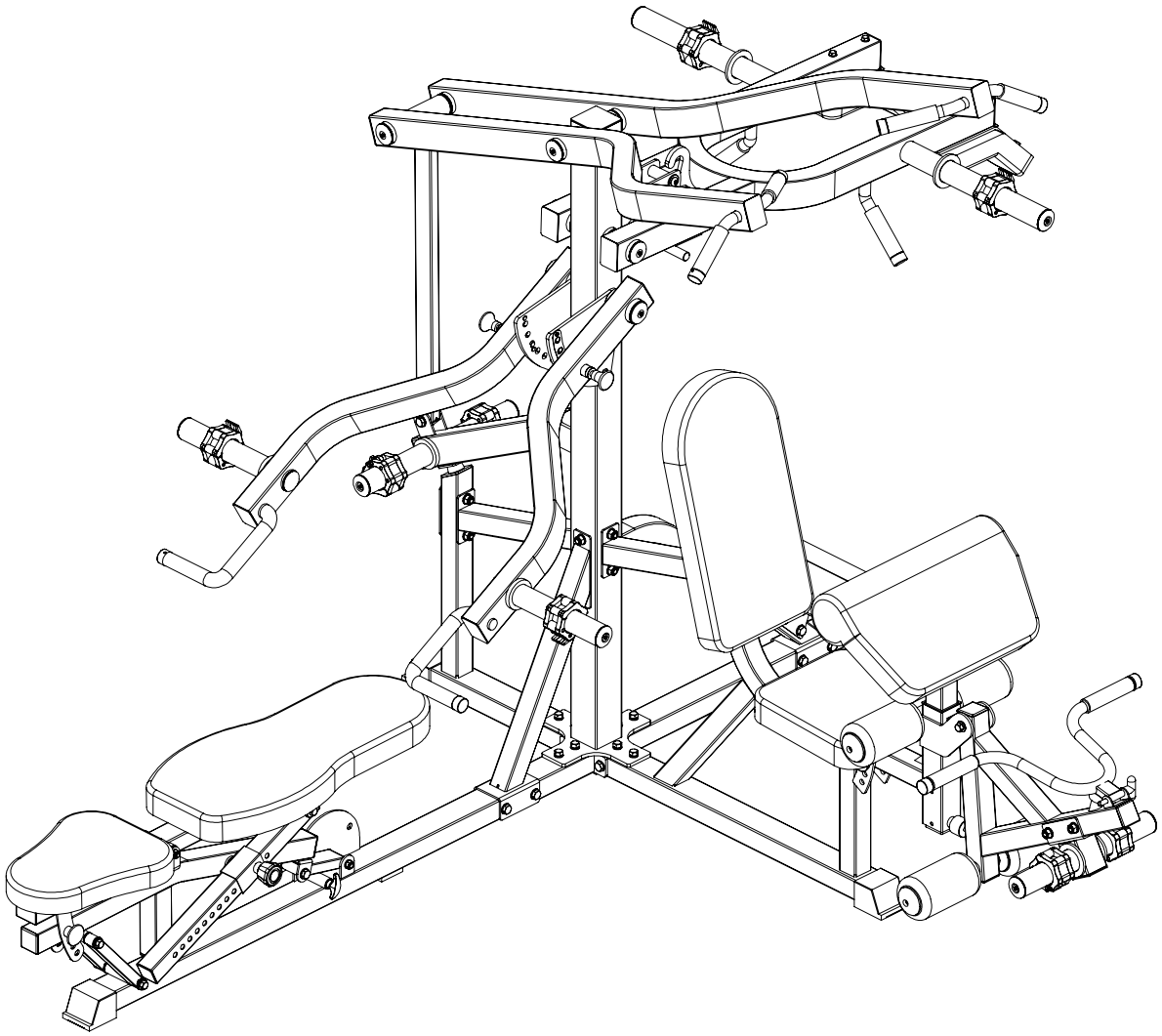
Factory assembly explosion drawing





No.	Description	Note	Qty.
127	handle cover	Φ12*70	1

Assembly step-10 drawing



Assembly step-10 installation instruction

1 Fix shoulder pushing tube-57 fastening on main frame using M10*20 allen bolt-46, end cap-47, shaft-59 and Φ10 spring washer-9.

2 Fix hook-56 fastening on shoulder pushing tube-57 using M10*20 allen bolt-46, end cap-47, shaft-59 and Φ10 spring washer-9.

3 Put 2pcs. barbell rod ring-37 on shoulder pushing tube-57.