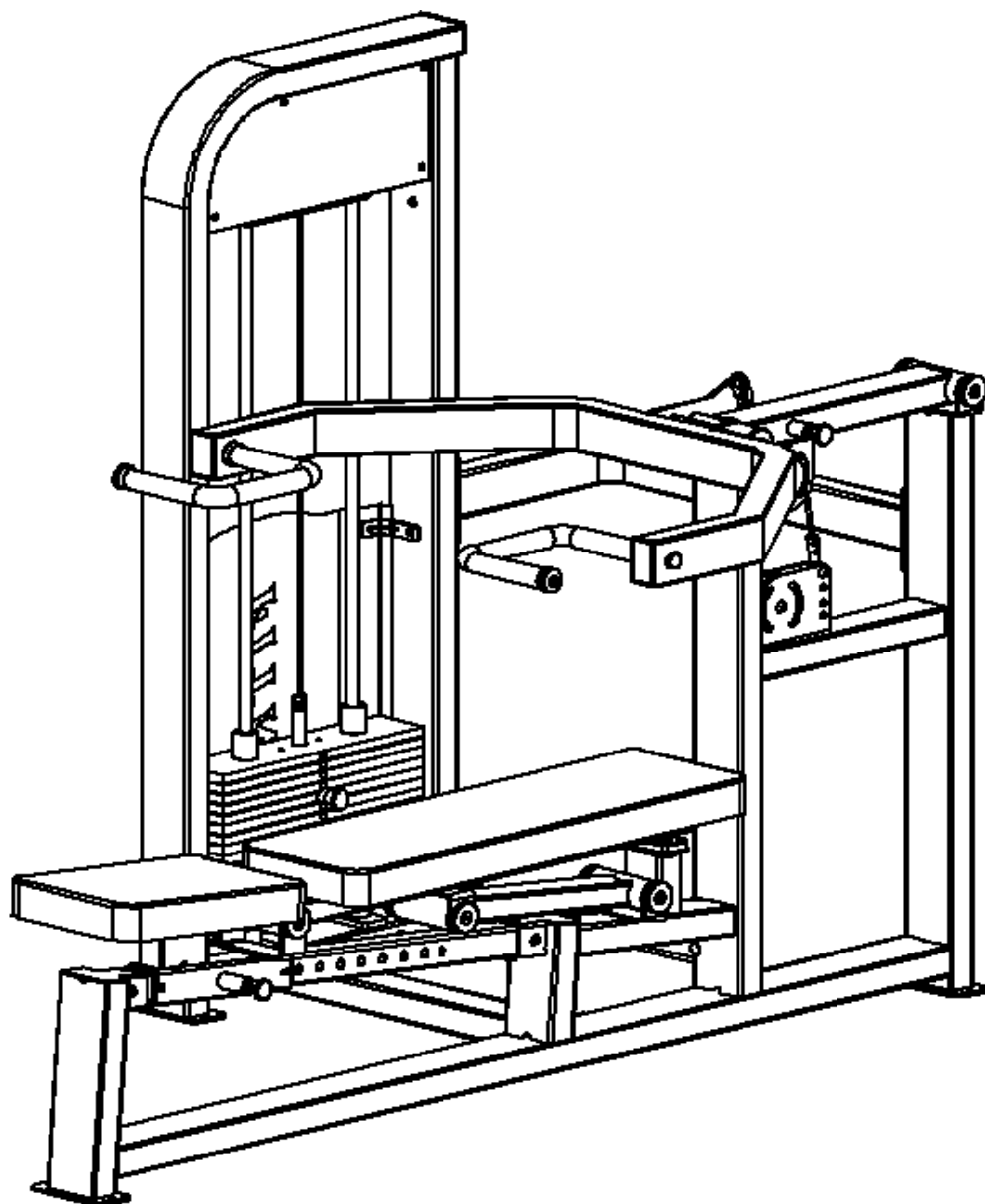
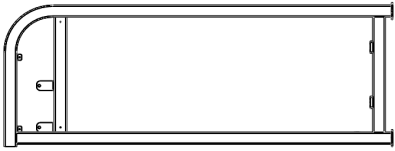
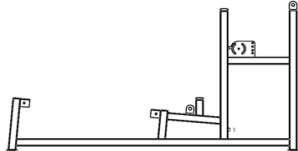
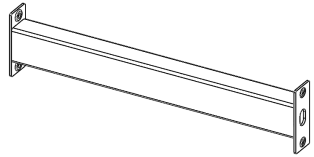
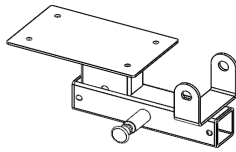
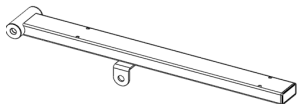
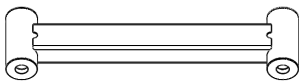
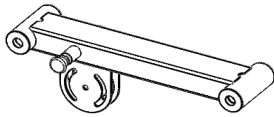
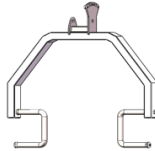
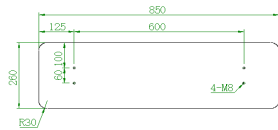
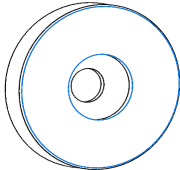
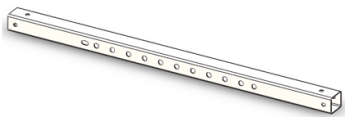
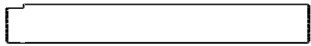
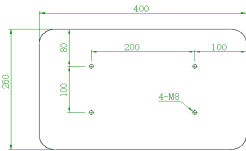


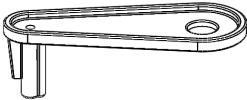
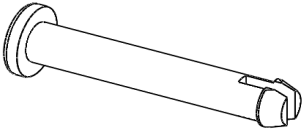
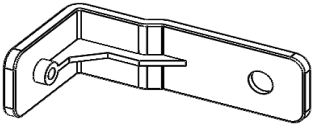
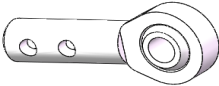
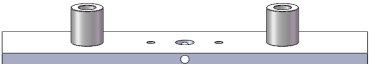
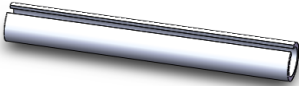
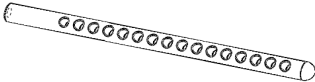
GC-5056 Adjustable Chest Press

Installation Standard Instructions

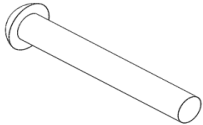
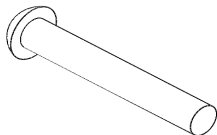
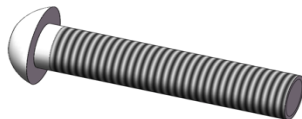
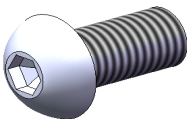
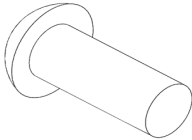
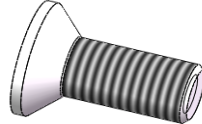
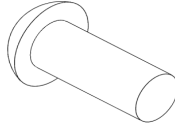
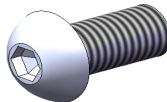
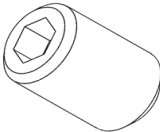
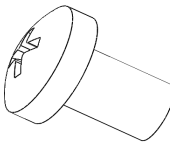
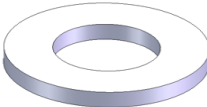
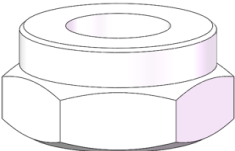


Parts list(individual packaging)

					
NO.1	Small door assembly*1pc	NO.2	Main assembly*1pc	NO.3	Lower connection assembly*1pc
					
NO.4	Upper connection assembly*1pc	NO.5	Cushion welding assembly*1pc	NO.6	Backrest welding assembly*1pc
					
NO.7	Connecting welding assembly*1pc	NO.8	Boom welding assembly*1pc	NO.9	Large movable arm welding assembly*1pc
					
NO.10	backrest*1pc	NO.11	Φ20*1217mm Guide Rod*2pcs	NO.12	Aluminum end caps for guide rods
					
NO.13	Stainless Steel Tubes*1pc	NO.14	Φ20*133mm Galvanized shaft*1pc	NO.15	Φ20*140mm Galvanized shaft*2pcs
					
NO.16	cushion*1pc	NO.17	Label Board*2pcs	NO.18	Small door guards*1pc

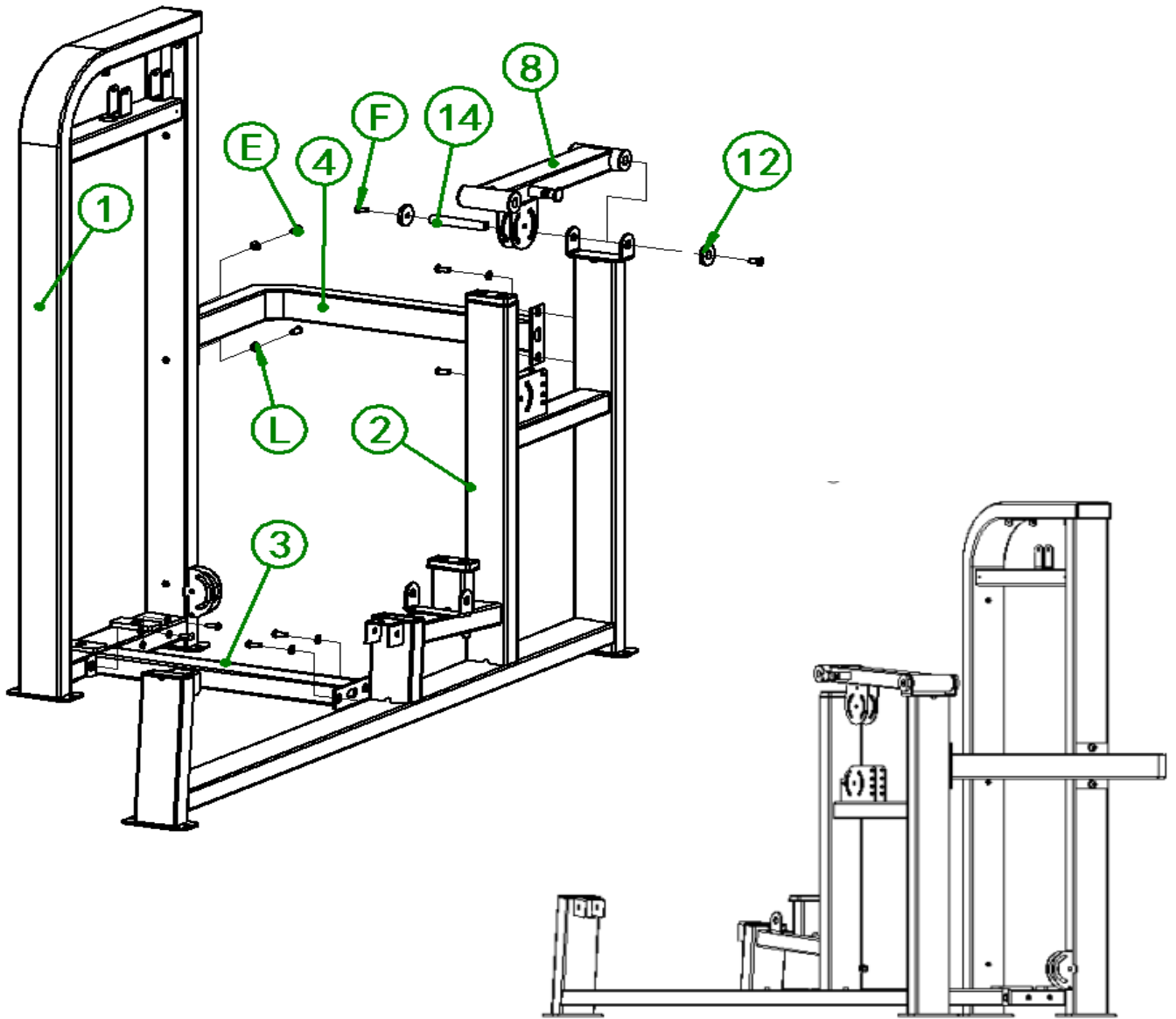
					
NO.19	Pulley*3pcs	NO.20	Pulley ferrule*2pcs	NO.21	Card rope pin*2pcs
					
NO.22	Small mounting bracket*4pcs	NO.23	Optical axis fixing plate*1pc	NO.24	Joint bearings*1pc
					
NO.25	stackw eight assembly*1pc	NO.26	weight stack *15pcs	NO.27	Counterweight pins*1pc
					
NO.28	10*70Cotter pin*1pc	NO.29	Round Rubber Column*2pcs	NO.30	15-hole center rod*1pc

Blister Pack Screws List

					
A	M10*70 Half round head screws*2pcs	B	M10*65 Half round head screws*2pcs	C	M10*45 Half round head screws*7pcs
					
D	M10*30 Half round head screws*2pcs	E	M10*25 Half round head screws*8pcs	F	M10*25 Flat countersunk head screws*10pcs
					
G	M8*70 Half round head screws*4pcs	H	M8*25 Half round head screws*4pcs	I	M8*20 Half round head screws*4pcs
					
J	8*12 Top wire*2pcs	K	M5*8 Cross Plate Round Head*12pcs	L	Φ10 Gasket*18pcs
					
M	M10 Anti-loosening nuts*10pcs				

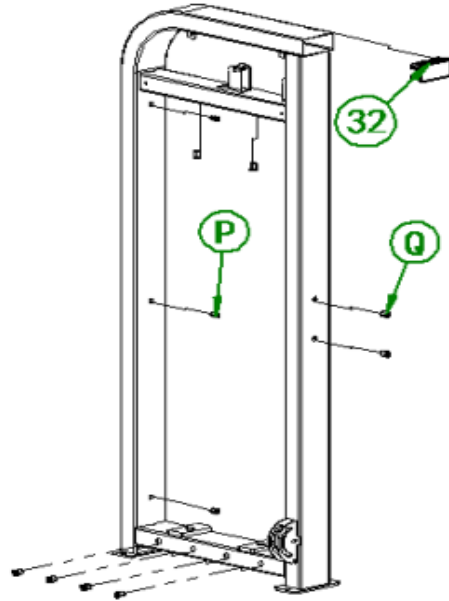
Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
1	NO.1	Small door assembly	1	NO.8	Boom welding assembly	1
	NO.2	Large frame assembly	1	NO.14	Galvanized shaft1	1
	NO.3	Lower connection assembly	1	NO.12	Aluminum alloy end caps	2
	NO.4	Upper connection assembly	1	F	M10*25Flat countersunk head screws	2
	L	Φ10Gasket	8	E	M10*25Half round head screws	8



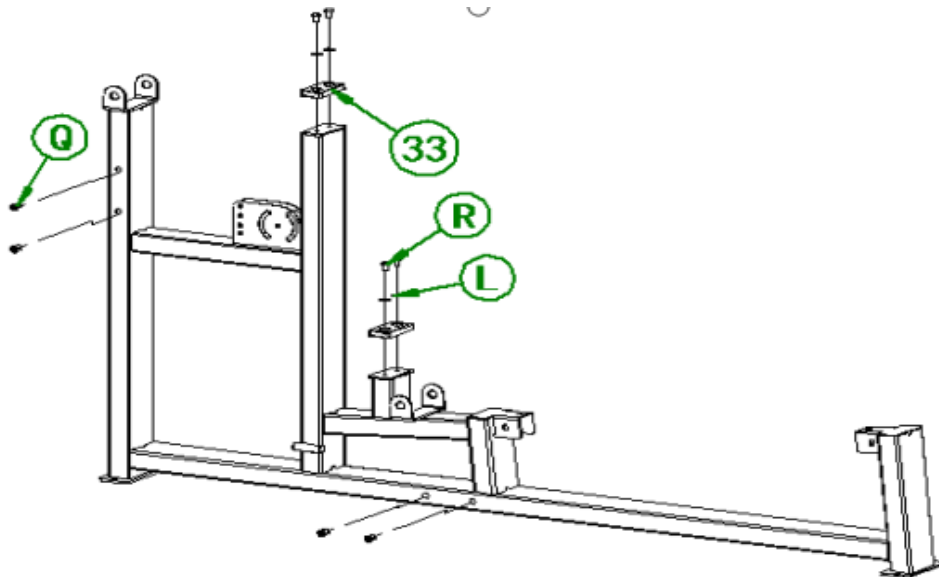
NO.1 Small door assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	Q	M10Pull Rivet Nuts	8			
	P	M8Pull Rivet Nuts	6			
	NO.32	50*100 Square tube plugs	1			



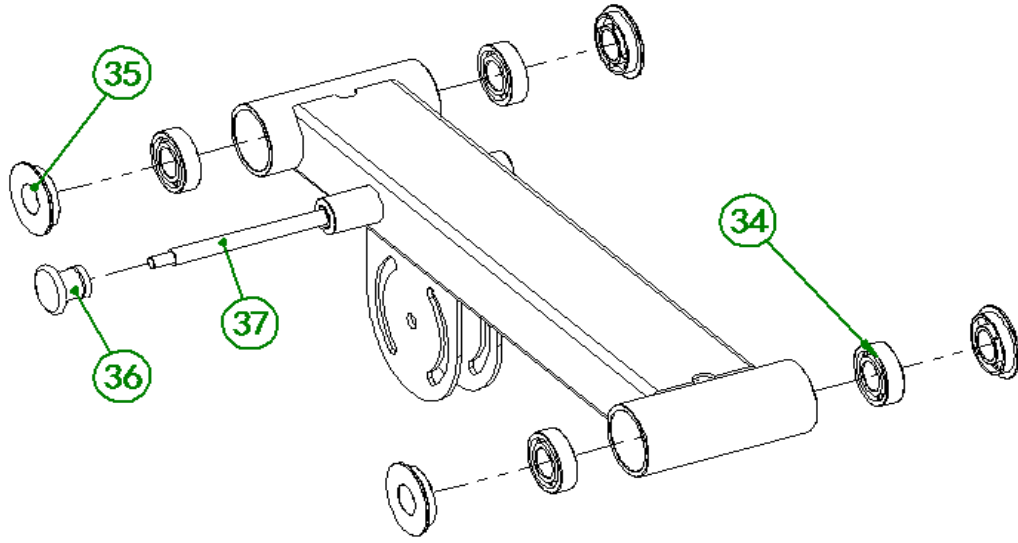
NO.2 Large frame assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.33	Vibration damping pads	2	R	M10*16 Half round head screws	4
	Q	M10Pull Rivet Nuts	4	L	Φ10Gasket	4



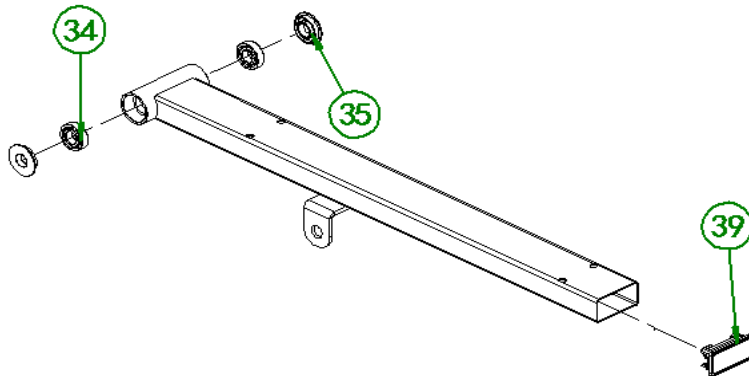
NO.8 Pulley assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.34	6004Bearings	4	NO.37	Pin	1
	NO.35	Partitions	4	NO.38	Spring	1
	NO.36	Aluminum alloy pop pin	1			



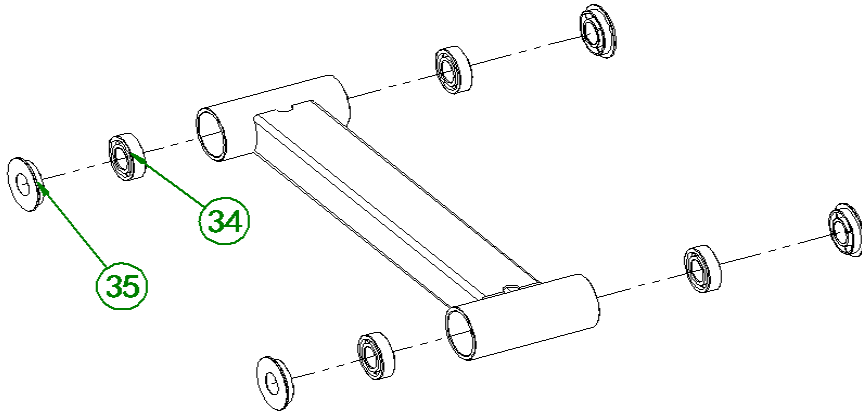
NO.6 Backrest welding assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.34	6004Bearings	2	NO.39	40*80 Square tube plugs	1
	NO.35	Partitions	2			



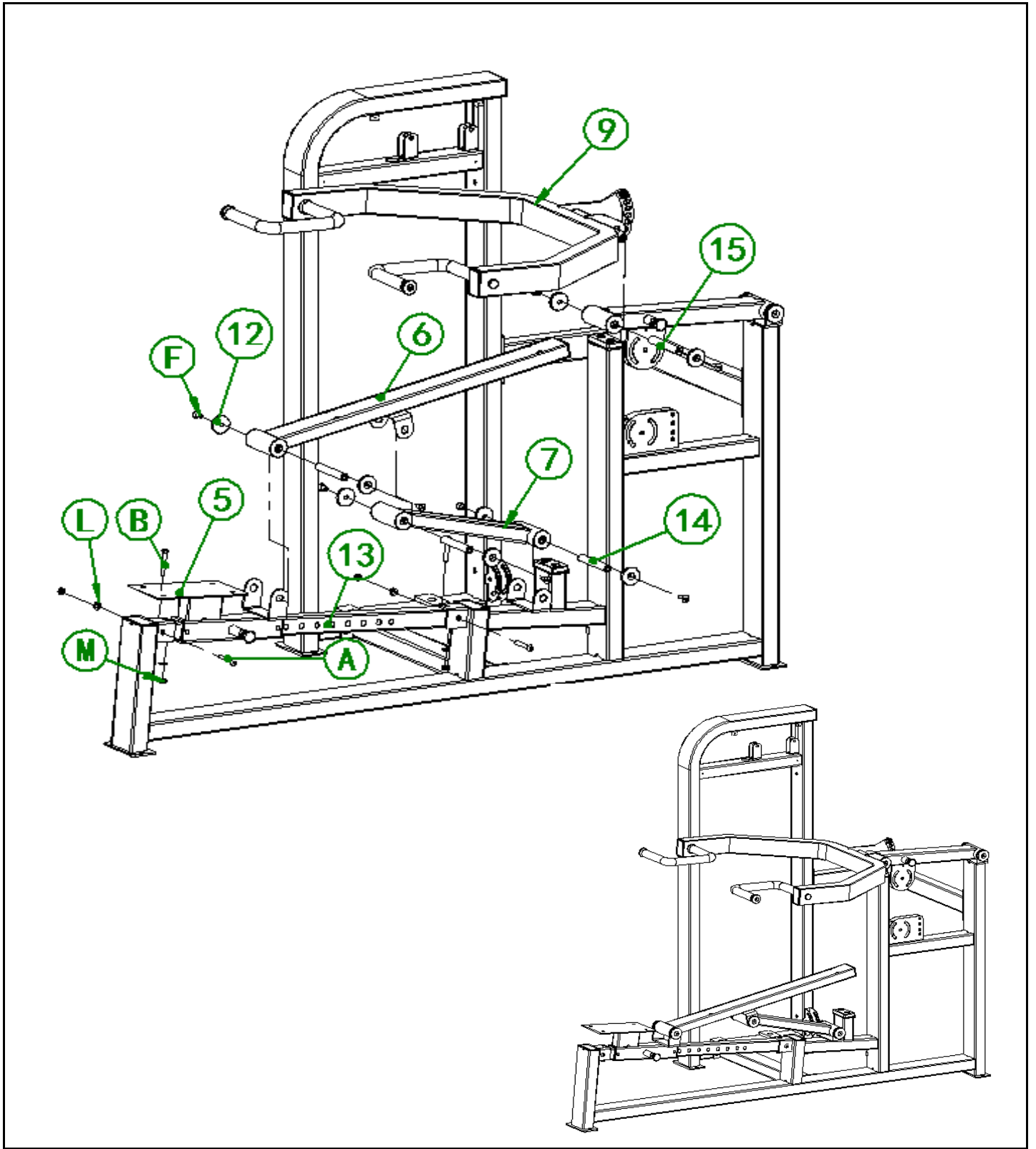
NO.7 Connecting welding components*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.34	6004Bearings	4			
	NO.35	Partitions	4			



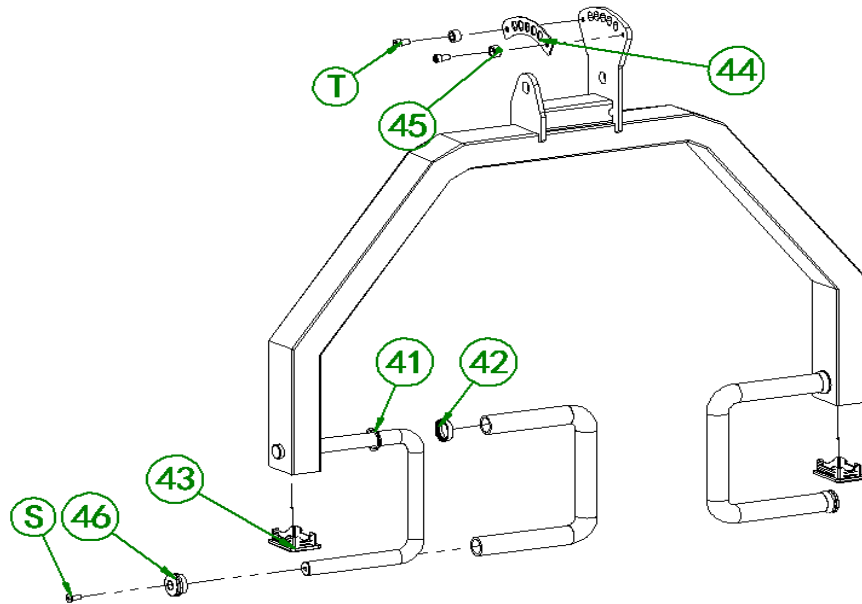
Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
2	NO.5	Cushion assembly	1	NO.13	Stainless Steel Tubes	1
	NO.6	Backrest assembly	1	NO.14	Galvanized shaft1	3
	NO.7	Connection Components	1	NO.15	Galvanized shaft2	1
	NO.9	Large movable arm welding assembly	1	A	M10*70Half round head screws	2
	NO.12	Aluminum alloy end caps	8	B	M10*65Half round head screws	2
	F	M10*25Flat countersunk	8	L	Φ10Gasket	4
				M	M10Anti-loosening nuts	4



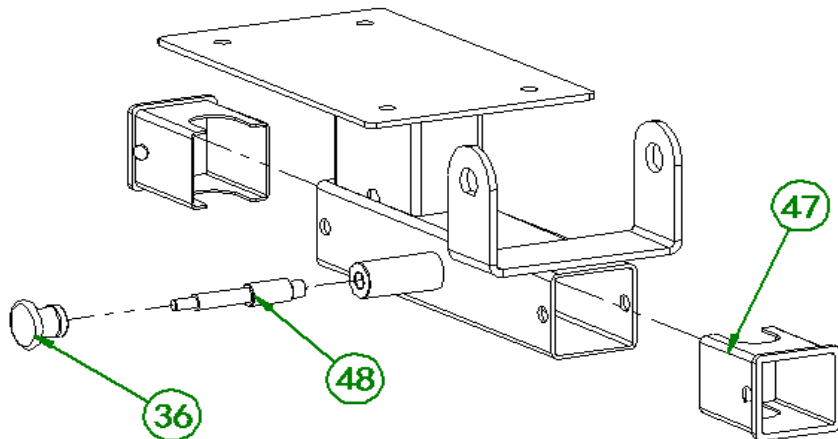
NO.9 Large movable arm welding assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.41	Small yellow set	2	NO.46	Aluminum end caps	2
	NO.43	50*75 Pipe Plug	2	T	M8*16Cylindrical head screws	2
	NO.44	Stainless steel adjustment plate	1	NO.42	Five-piece back cover	2
	NO.45	Limit sleeve post	2	S	M8*20 Flat countersunk head screws	2



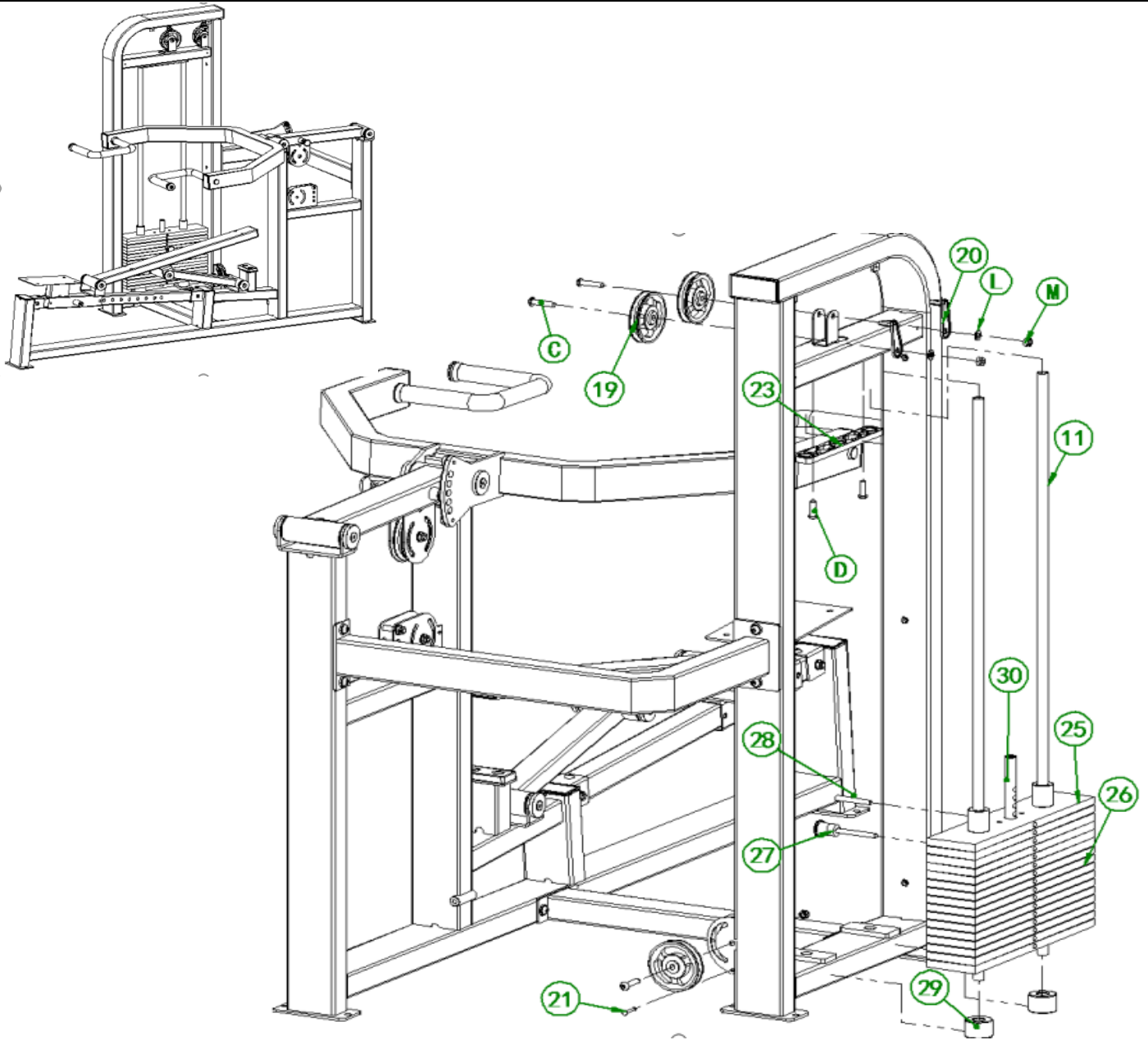
NO.5 Cushion welding assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.47	Reducing sleeve	2	NO.38	Spring	1
	NO.48	Pin	1			
	NO.36	Aluminum alloy pop pin	1			



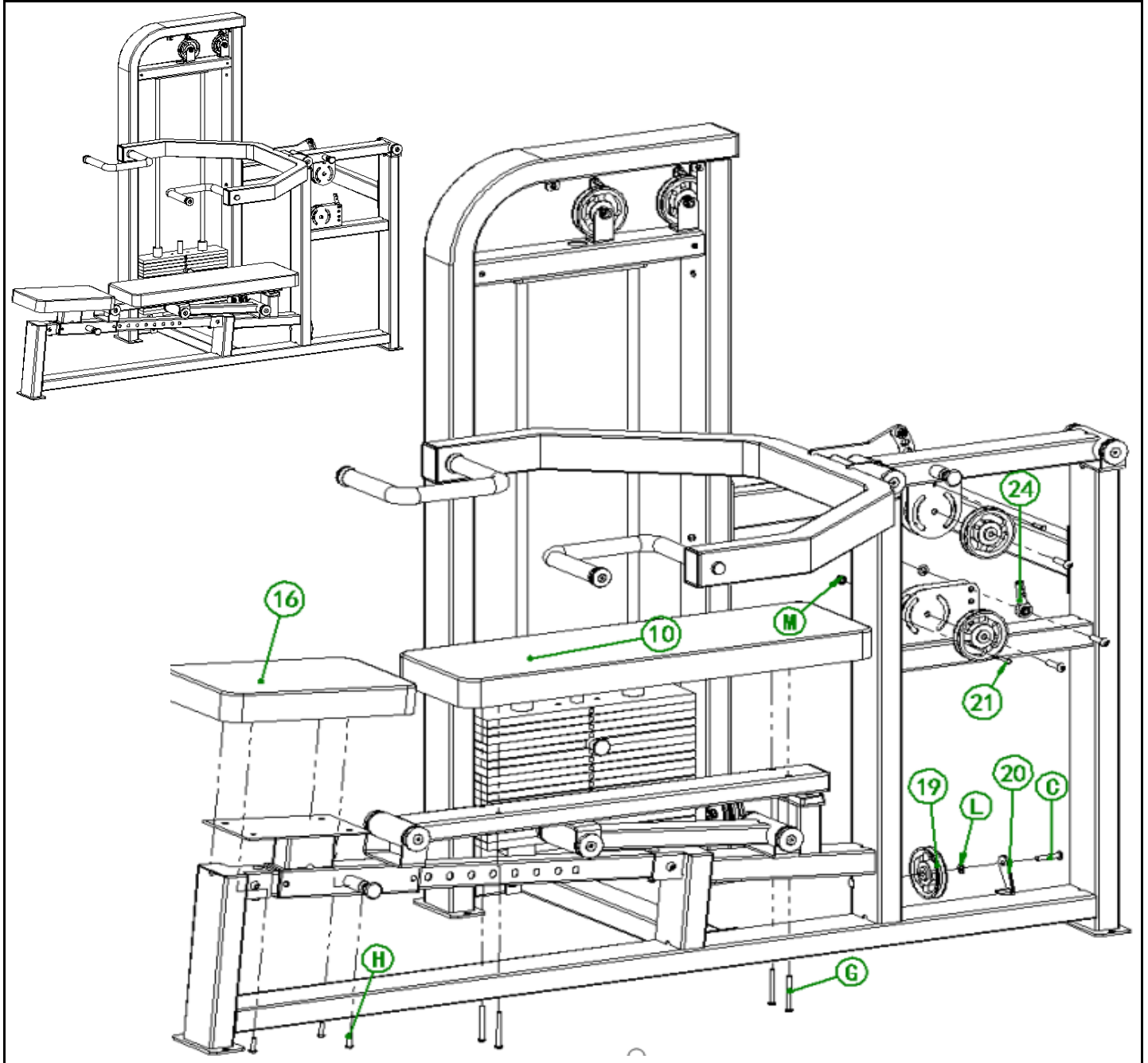
Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
3	NO.19	Pully	3	NO.30	Center Pole	1
	NO.23	Optical axis fixing plate	1	NO.11	guide rod	2
	NO.21	Card rope pin	1	NO.25	Counterweight assembly	1
	NO.27	Counterweight pins	1	NO.26	weight stack	15
	NO.28	10*70Cotter pin	1	NO.20	Pulley catch pin	2
	NO.29	Round Rubber Column	2	D	M10*30Half round head screws	2
	L	Φ10Gasket	3	C	M10*45 Half round head screws	3
	M	M10Anti-loosening nuts	3			



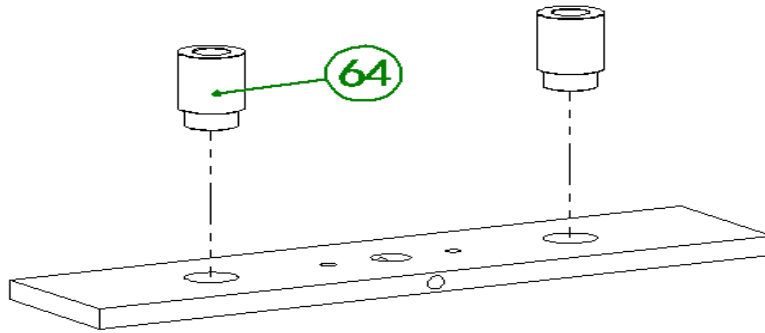
Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
4	NO.16	cushion	1	NO.20	Snap Cord Cover	1
	NO.10	Backrest cushion	1	L	Φ10Gasket	4
	NO.24	Joint bearings	1	C	M10*45 Flat round head screws	4
	NO.19	Pulley	3	H	M8*25 Flat round head screws	4
	M	M10Anti-loosening nuts	3	G	M8*70 Flat round head screws	4
	NO.21	Card rope pin	2			



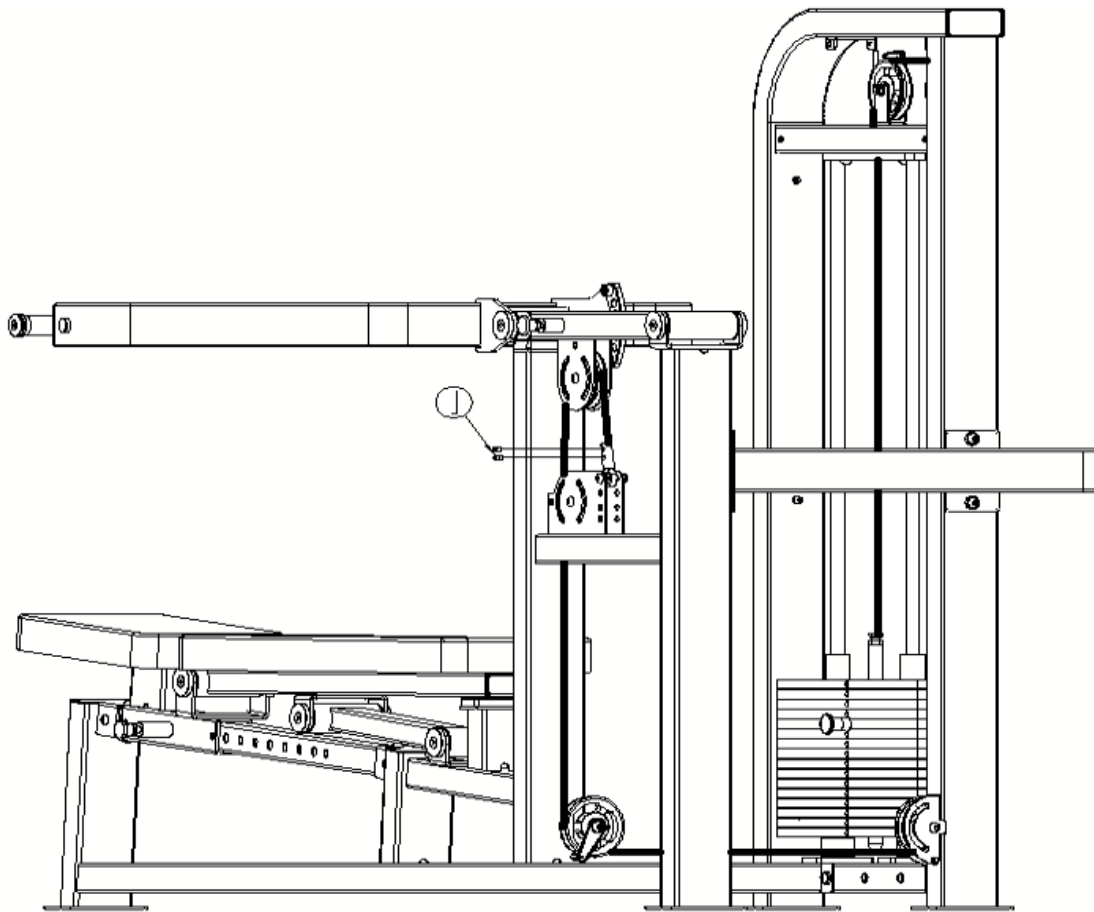
NO.25 Counterweight assembly*1pc

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
	NO.64	Counterweight guide	2			



Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
5	J	8*12Top wire	2			



Wire rope alignment diagram

Assembly Steps

Step NO	Item NO	Name	Quantity	Item NO	Name	Quantity
6	NO.17	Label Board	2	K	5*8 Cross Plate Round Head	12
	NO.18	COVER	1	I	M8*20 Half round head screws	4
	NO.22	Small mounting bracket	4			

