

Инструкция

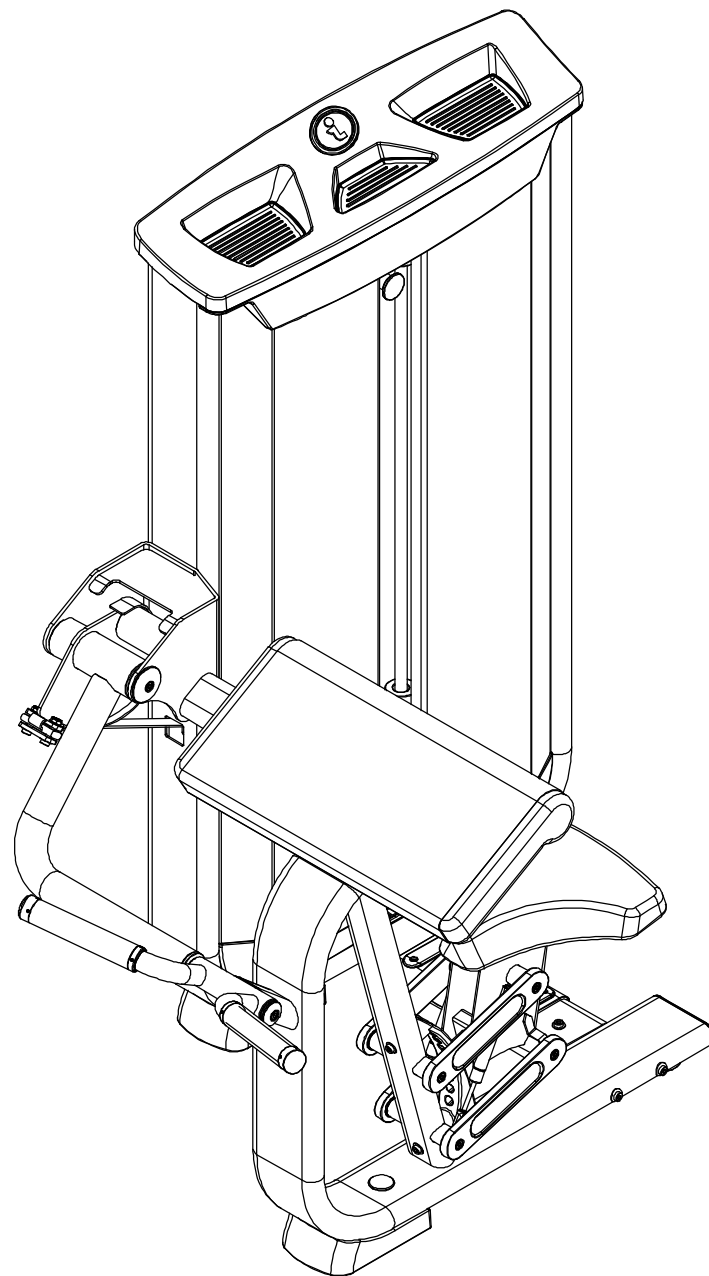
Бицепс сидя Inotec NL10

Полезные ссылки:

[Бицепс сидя Inotec NL10 - смотреть на сайте](#)

[Бицепс сидя Inotec NL10 - читать отзывы](#)

BICEPS CURL

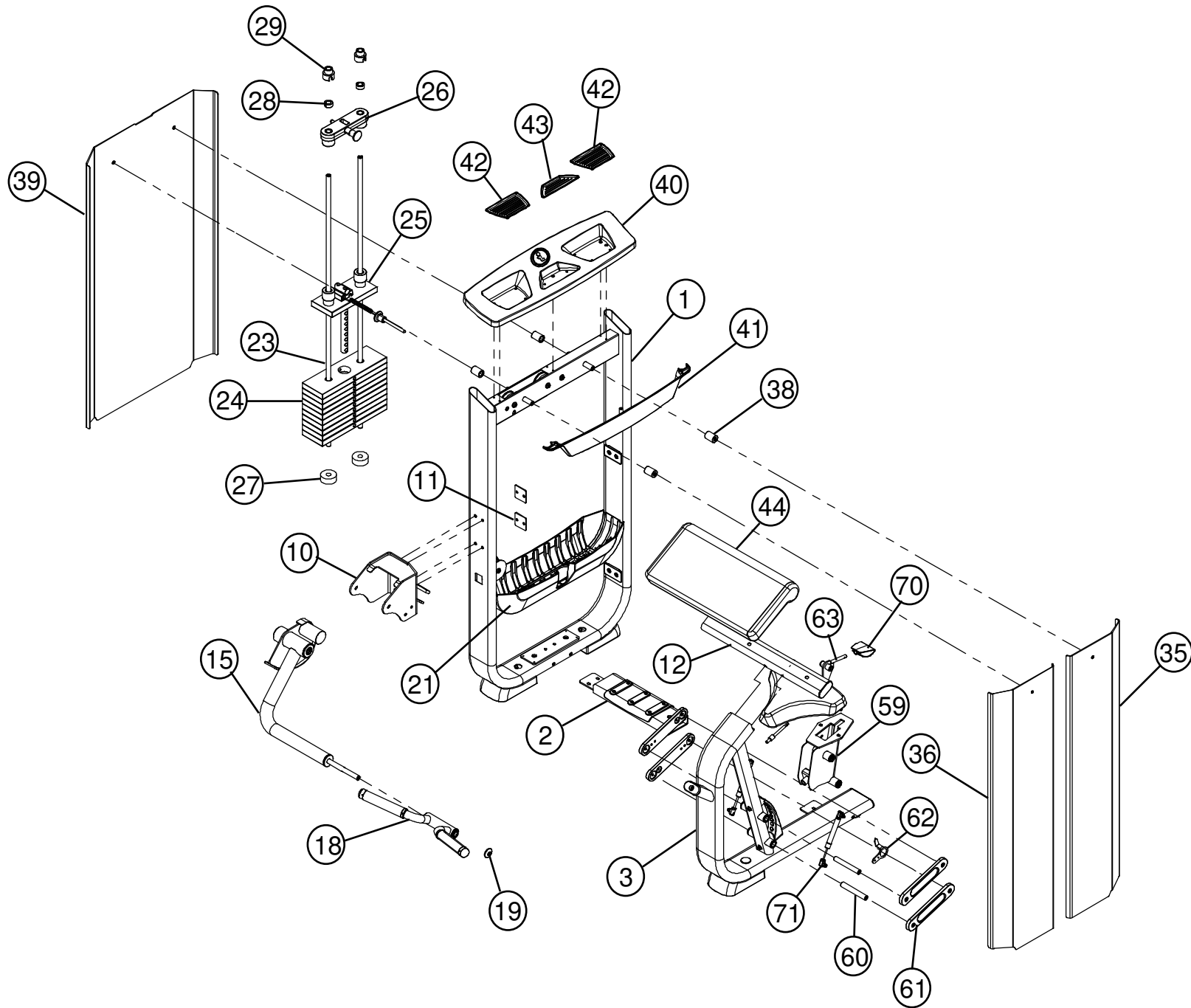


PARTS LIST

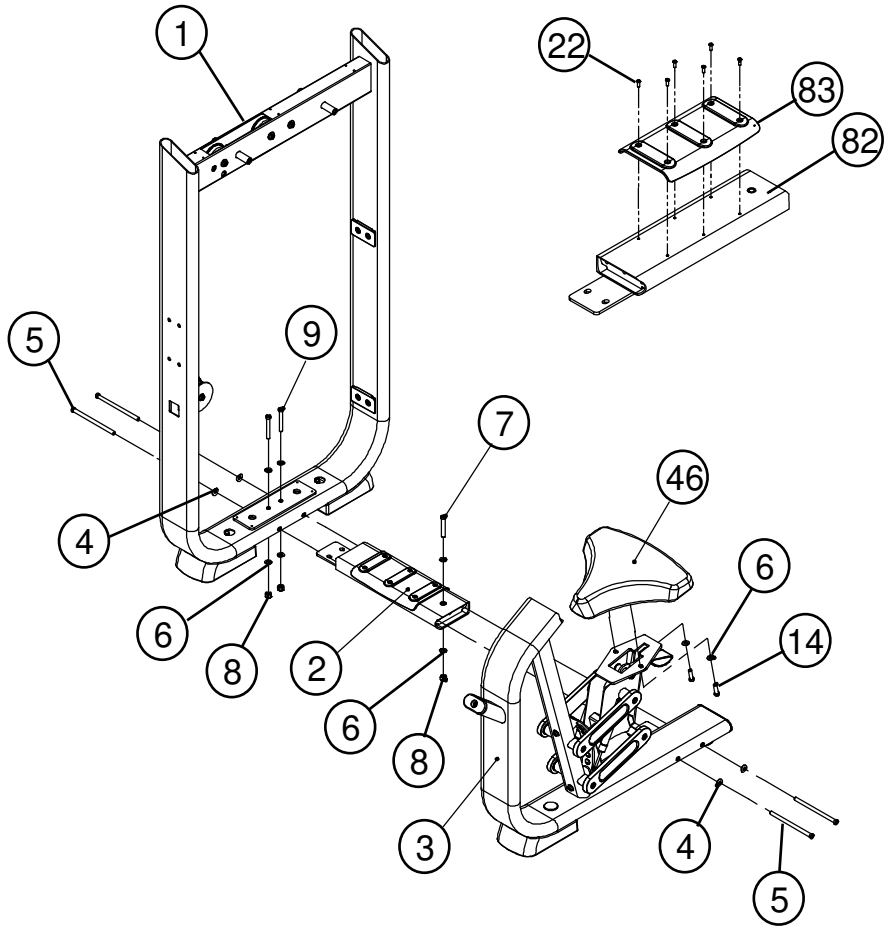
ITEM	QTY	PART NO	Paraong P/N	DESCRIPTION	Chinese Description
1	1	52039PA-B	P20-3005	PTD ASSY, BC TOWER	主架固定管組
2	1	52042PA-A	P20-3008	PTD ASSY, BC FRAME CONNECTOR	連接管組
3	1	5298601-C	P20-3021	ASSY, BC FRAME	固定立管組
4	6	2003001		WASHER, 3/8" SAE CURVED	弧形華司
5	4	2006424		BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 6-1/4"L 點耐落
6	29	2001101		WASHER, FLAT 3/8 SAE ST ZN	平面華司20X10.5X1.0T
7	5	2005409		BOLT, 3/8-16 X 2-1/2" (64mm) SOCKET HEAD	六角承窩螺絲 3/8"x 2-1/2"L
8	7	2001201		NUT, 3/8-16 LK ST ZN	尼龍螺帽3/8"-16x11T
9	2	2005410		BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD	六角承窩螺絲 3/8"x 2-3/4"L
10	1	5206801-A	P04-2851	WLDMT, BC PIVOT ARM SUPPORT	護片組
11	2	5207101-A	P02-4281	PLATE, BACKING	連接片
12	1	52072PA-A	P20-3010	PTD ASSY, BC PAD SUPPORT	連接管組
13	2	2006415		BOLT, 3/8-16 X 4" (102mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 4"L 點耐落
14	5	2006404		BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 1-1/4"L 點耐落
15	1	52075PA-A	P20-3006	PTD ASSY, BC PIVOT ARM	擺臂管組
16	1	5298001-A	P05-1208	CAP, AL END PIVOT POINT	鋁蓋
17	3	2006403		BOLT, 3/8-16 X 1" (25mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 1"L 點耐落
18	1	52084PA-B	P20-3007	PTD ASSY, BC HANDLE	把手管組
19	1	5208901-A	P05-0981	CAP, AL END	鋁蓋
20	1	5234801-A	P03-2019	BUSHING, STOP	套管
21	1	5212601-C	P06-2151	COVER, TOWER BASE	塑膠底座
22	12	2004802		SCREW, 10-32 X 1/2" (12MM) PAN HEAD W/NP	大扁頭十字螺絲#10-32x1/2"L 點耐落
23	2	5209701-A	P01-3735	GUIDE ROD, 19 DIA X 1315	升降桿
24	10	52101PA-B	P10-0778	PTD ASSY, 15 LB WEIGHT PLATE	選擇片
25	1	5250101-C	P20-2999	ASSY, 10 PLATE HEAD PLATE	上片組
26	1	5218201-D	P20-2988	ASSY, 7.5LB INC. WEIGHT	配重塊組
27	2	5098201-A	P06-0034	CUSHION, WEIGHT STACK	緩衝墊
28	2	5095301-A	A05-0212	SHAFT COLLAR, GUIDE ROD	固定軸套組
29	2	5209801-A	P06-2144	BUSHING, GUIDE ROD RETAINER	升降桿護套
30	1	5224701-B	P17-0012	BELT, ESAC TOWER	滑輪皮帶
31	1	5209501-A	P02-4387	PLATE, BELT WRAP	固定片
32	1	5208201-A	P02-4266	PLATE, BELT CLAMP	固定片
33	2	2001201		NUT, 3/8-16 LH LK ST ZN	尼龍螺帽3/8"-16x7.2T
34	6	2005405		BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD	六角承窩螺絲 3/8"x 1-1/2"L
35	1	5248901-A	P10-0807	SHROUD, TOWER FRONT N/O	右前護網
36	1	5212901-B	P10-0785	SHROUD, TOWER FRONT - LH	左前護網
37	1	5297701-A		LABEL, WEIGHT STACK 15LBS	磅數表
38	4	5213201-B	P06-2146	MOUNT, 19MM ID STANDOFF	橡膠套
39	1	5297001-A	P10-0783	ASSY, REAR SHROUD	后護網
40	1	5294601-A	P20-2990	ASSY, TOWER CAP	塑膠蓋組
41	1	5295001-A		ASSY, BC PLACARD	塑膠蓋含運動看板

42	2	5244001-A	P06-2155	TRAY, TOWER CAP - LARGE	橡膠墊
43	1	5244101-A	P06-2156	TRAY, TOWER CAP - SMALL	橡膠墊
44	1	5209001-B	P07-0432	PAD, ARM	肘墊
45	2	2006410		BOLT, 3/8-16 X 2-3/4" (70mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 2-3/4"L 點耐落
46	1	5246201-B	P07-0434	PAD, SMALL SEAT	座墊
47	1		P20-3009	SUB ASSY, BC FRAME	固定立管組
48	1	5204701-A	P04-2848	BC FRAME WELDMENT	固定立管
49	1	5205401-A	P06-2129	END CAP, FLATOVAL	橢圓管塞
50	1	5205501-A	P05-0962	ADJUSTMENT, SEAT	調整塊
51	1	5294101-A	P06-2256	Main Frame Leveler	腳墊
52	1	5205201-A	P06-2188	BUMPER	緩衝墊
53	1		P06-0134	PLUG	扣塞
54	1	5293901-B	P06-2254	FOOT, TOWER	腳墊
55	2	2006503		BOLT, 1/4-20 X 3/4" (19mm) SOCKET HEAD W/NP	六角承窩螺絲 1/4"x 3/4"L 點耐落
56	4			AVK INSERT	拉帽
57	5			WASHER, FLAT 16 X 6.5 X 1.0T	平面華司16X6.5X1.0T
58	4		P08-0048	BUSHING, 25.55X19.05X16 FLANGE BRONZE	含油軸承
59	1	52058PA-A	P20-2992	ASSY, SEAT HOUSING	座墊固定片組
60	2	5205301-A	P03-1949	SHAFT, SEAT ADJUSTMENT	鐵心
61	4	5246301-D	P06-2154	PLATE, SEAT	連接片
62	1	5280301-A	P02-4253	INDICATOR, SEAT ADJUSTMENT	標示片
63	1	52062PA-A	P20-2993	ASSEMBLY, SEAT HANDLE	連接片組
64	1	5206601-B	P05-0975	PIN	插軸桿
65	1		P05-0011	SPRING	彈簧
66	1		P05-0438	NUT, JAM	調整螺帽
67	2	5206701-A	P02-4250	PLATE, SEAT HANDLE	固定片
68	2	20039-A	P05-0986	SHOULDER BOLT	限位螺絲
69	2			NUT, 1/4-20 X 8.0T, LK ST ZN	尼龍螺帽 1/4"-20x8.0T
70	1	5218501-C	P06-2138	KNOB, PLASTIC, SEAT	手柄
71	2	5246401-A	P05-0976	GAS CYLINDER	氣壓缸
72	1	5205801-A	P04-2819	SEAT HOUSING WELDMENT	座墊固定片焊接件
73	1	5206201-A	P04-2827	SEAT HANDLE WELDMENT	連接片焊接件
74	2		P08-0156	BUSHING	含油軸承
75	1	5223801-B	P04-2813	PLATE, LIMIT	限位片組
76	1	5223801-B	P04-2847	BC TOWER WELDMENT	主架固定管
77	3	5203801-A	A06-0231	BELT PULLEY	平皮帶滑輪
78	8			WASHER, FLAT 12 X 5.2 X1.0T	平面華司12X5.2X1.0T
79	2			BOLT, 3/8-16 X 3-1/2" (89mm) SOCKET HEAD	六角承窩螺絲 3/8"x 3-1/2"L
80	4	5213001-A	P06-2143	CUSHION, SHROUD HOLDER	緩衝墊
81	6	5248501-A	P08-0121	SPACER, FLNG 16.2 X 10.1 X 6	T帽套管
82	1	5204201-A	P04-2849	BC FRAME CONNECTOR	連接管
83	1	5226901-A	P06-2136	TREAD COVER	腳墊
84	1	5207201-A	P04-2850	BC PAD SUPPORT	連接管

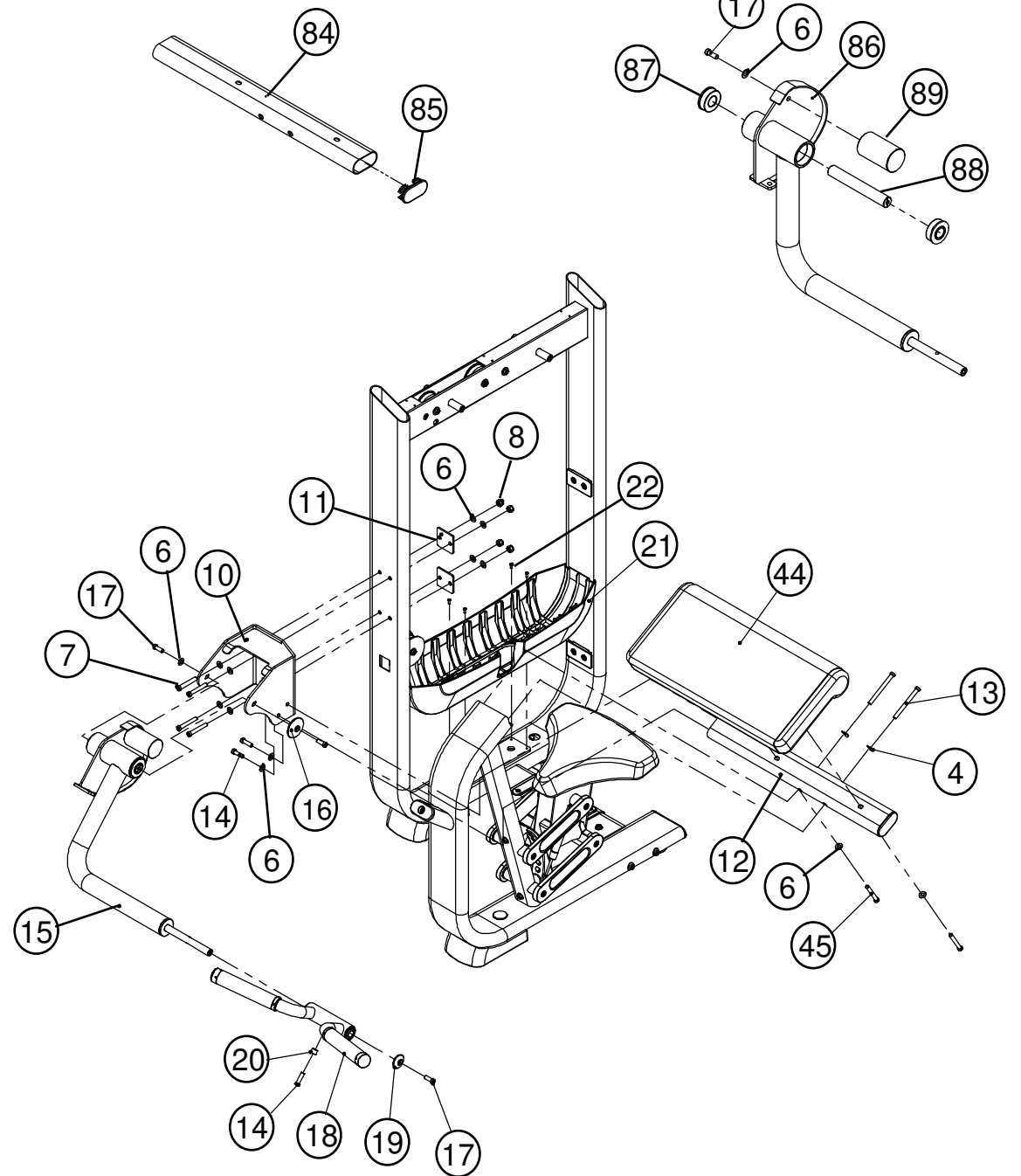
85	1		A06-0529	FLATOVAL END CAP	橢圓管塞
86	1	5207501-B	P04-2852	BC PIVOT ARM	擺臂管
87	2		P05-0204	FLANGE BEARING	法蘭培林
88	2	5208301-A	P03-1961	SHAFT	鐵心
89	1	5227501-A	P10-0808	COUNTER WEIGHT	配重塊
90	1	5208401-B	P04-2853	BC HANDLE WELDMENT	把手管
91	2	5096301-B	P05-0997	COLLAR	鋁環
92	2	5208801-A	P06-2216	HAND GRIP	把手套
93	2	5096601-B	P05-0996	ALUMINUM CAP	鋁蓋
94	2	5096701-A	P05-0115	BEARING	培林
95	8			SET SCREW M4x3mmL	止付螺絲
96	1	52102PA-B	P10-0777	15LB HEAD PLATE	上片組
97	1	5210901-A	P10-0781	SELECTOR STEM	選擇桿
98	1	5303701-A	P02-4395	LANYARD CLIP	卡片
99	1	5211301-A	P03-1946	BELT CLAMP	鐵心
100	1		P05-0187	CLEVIS PIN	彈簧鞘
101	1	5211201-B	P06-2134	BELT CLAMP HOUSING	塑膠塊
102	2	5218401-B	P06-2145	BUMPER	橡膠墊
103	1	5245301	P11-0183	WEIGHT STACK SELECTOR PIN	選擇桿插鞘組
104	2			BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x1 3/4"L 點耐落
105	1	52180PA-C	P10-0780	7.5LB INC. WEIGHT	配重塊
106	1	5218101-A	P05-0991	PIN, 7.5LB INC. WEIGHT	插鞘桿
107	1	P46609-101	A05-1079	SPRING	壓縮彈簧
108	1	5244901-C	P06-2132	KNOB, 7.5LB INC. WEIGHT	插銷頭
109	1	5243801-C	P06-2152	TOWER CAP	塑膠蓋
110	1		P10-0098	BADGE	銘牌



#2 P/N 52042PA-A
PTD ASSY, BC FRAME CONNECTOR

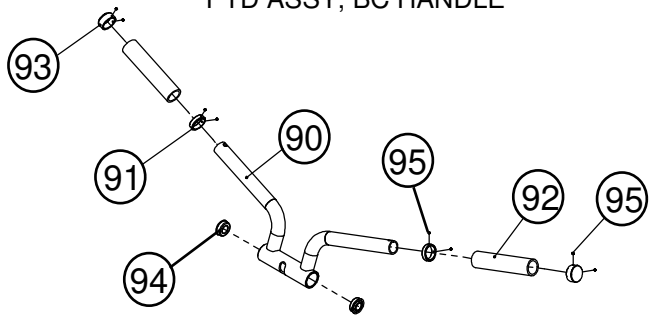


#12 P/N 52072PA-A
PTD ASSY, BC PAD SUPPORT

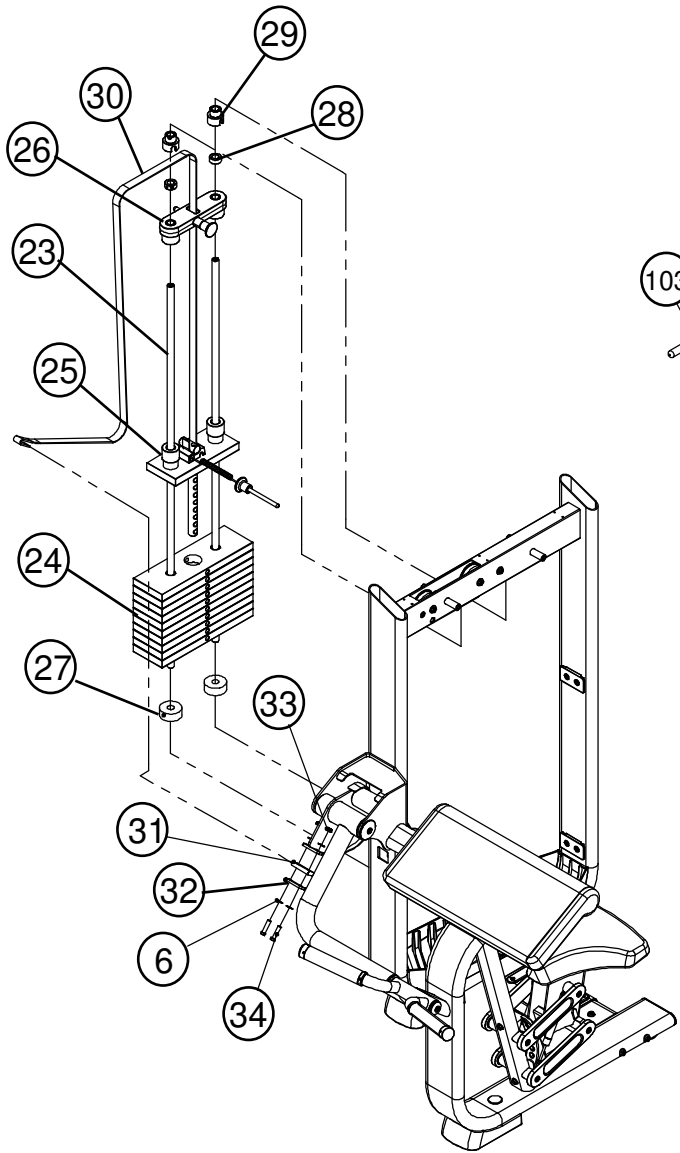


#15 P/N 52075PA-A
PTD ASSY, BC PIVOT ARM

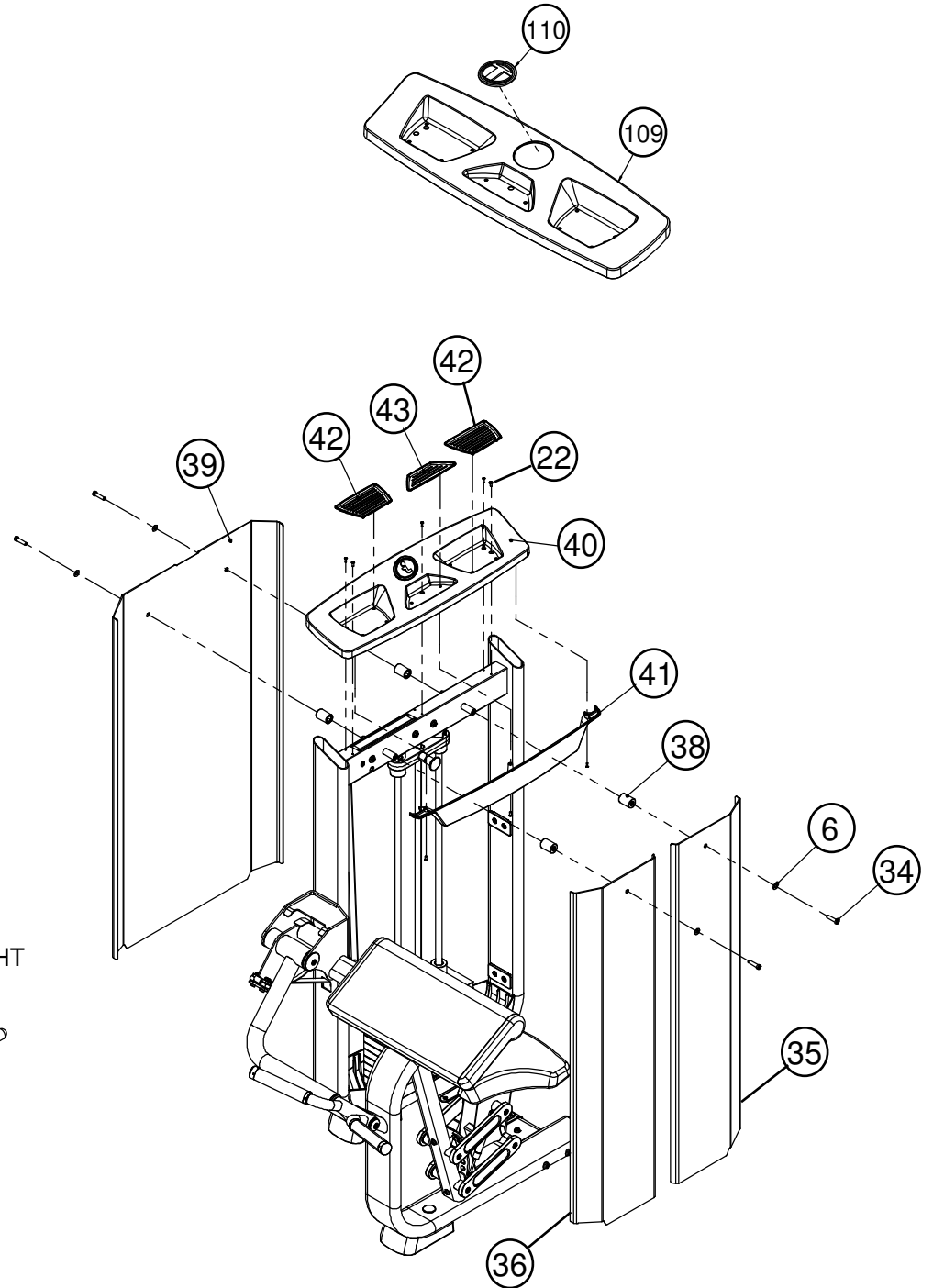
#18 P/N 52084PA-A
PTD ASSY, BC HANDLE



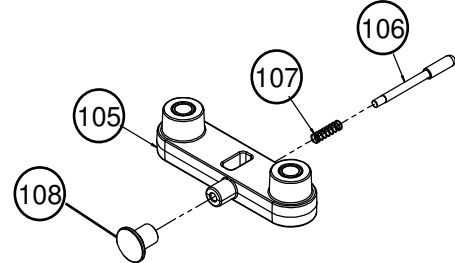
#25 P/N 5250101-C
ASSY, 10 PLATE HEAD PLATE



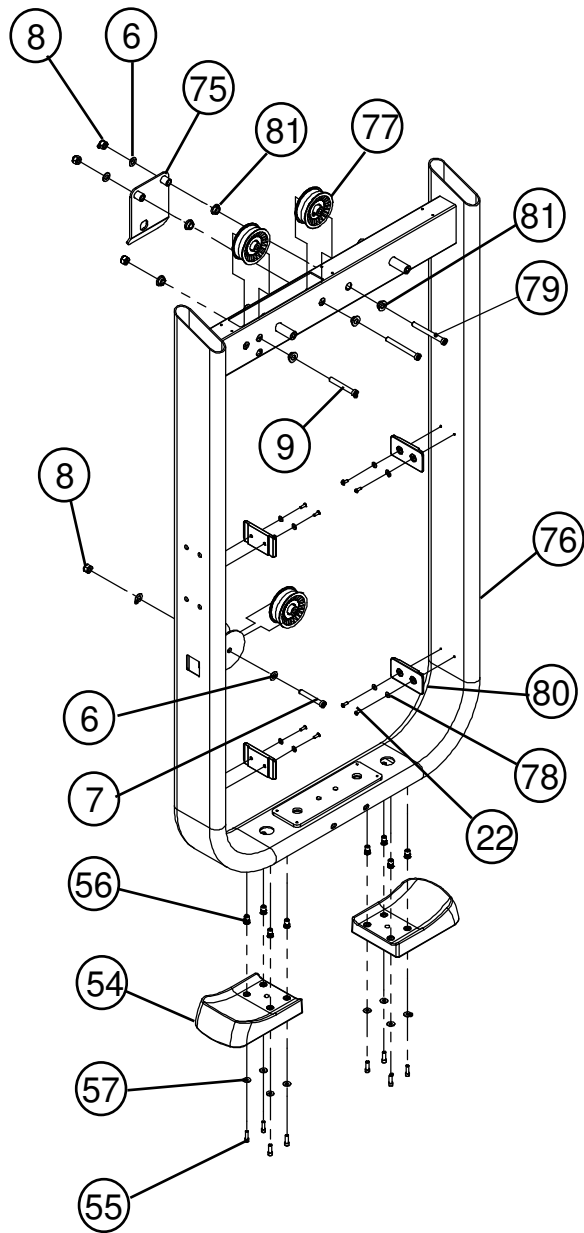
#40 P/N 5294601-A ASSY, TOWER CAP



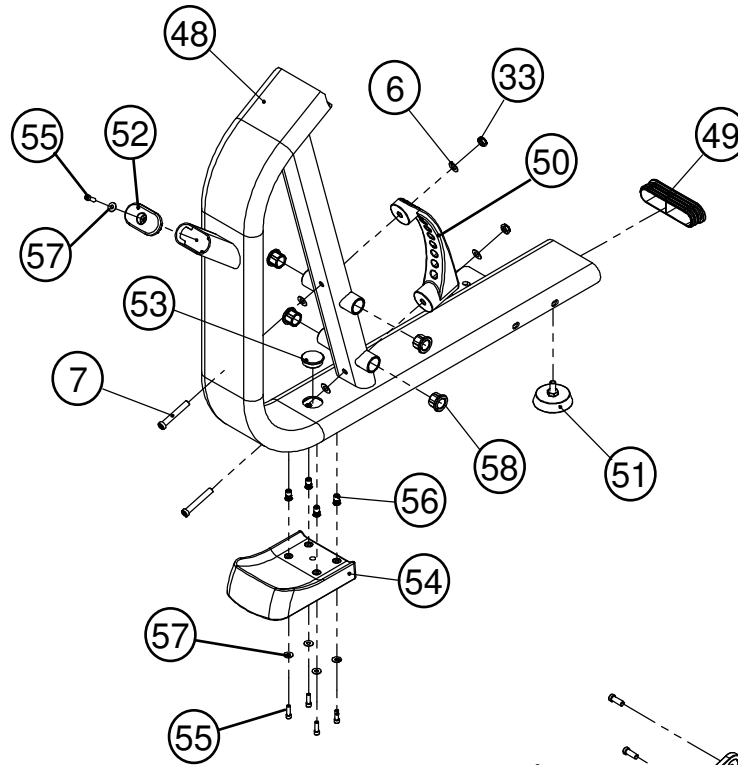
#26 P/N 5218201-D
ASSY, 7.5LB INC. WEIGHT



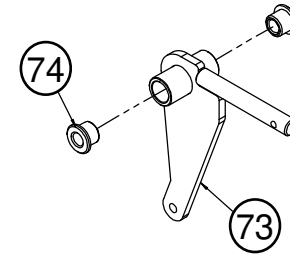
#1 P/N 52039PA-B PTD ASSY, BC TOWER



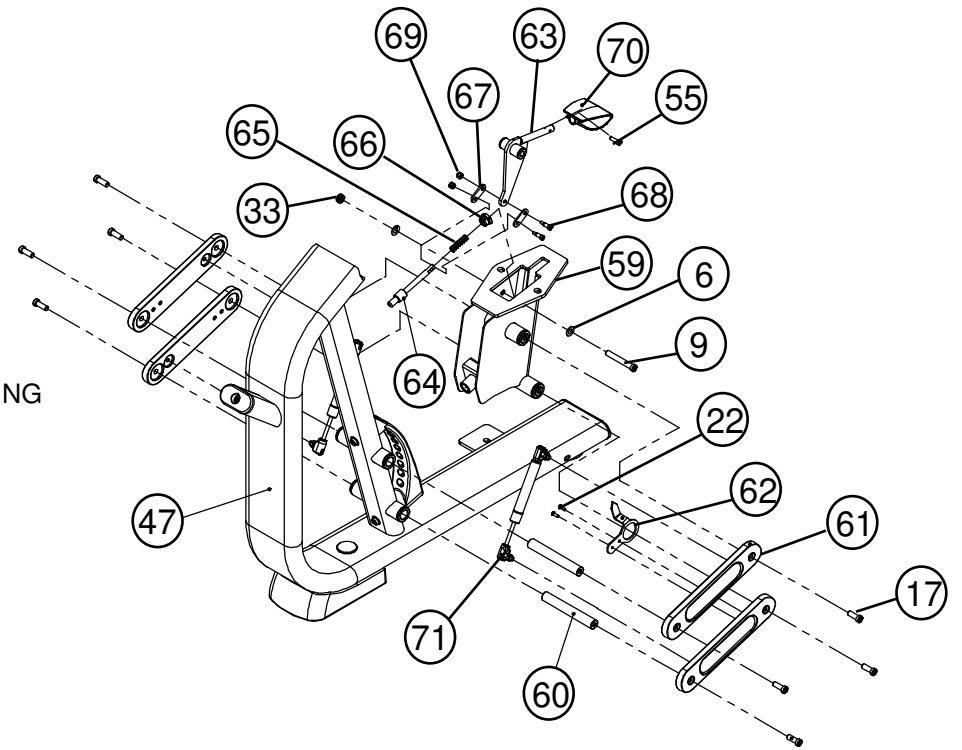
#47 P/N P20-3009 SUB ASSY, BC FRAME



#63 P/N 52062PA-A ASSEMBLY, SEAT HANDLE



#3 P/N 5298601-C ASSY, BC FRAME



#59 P/N 52058PA-A ASSY, SEAT HOUSING

