

Инструкция

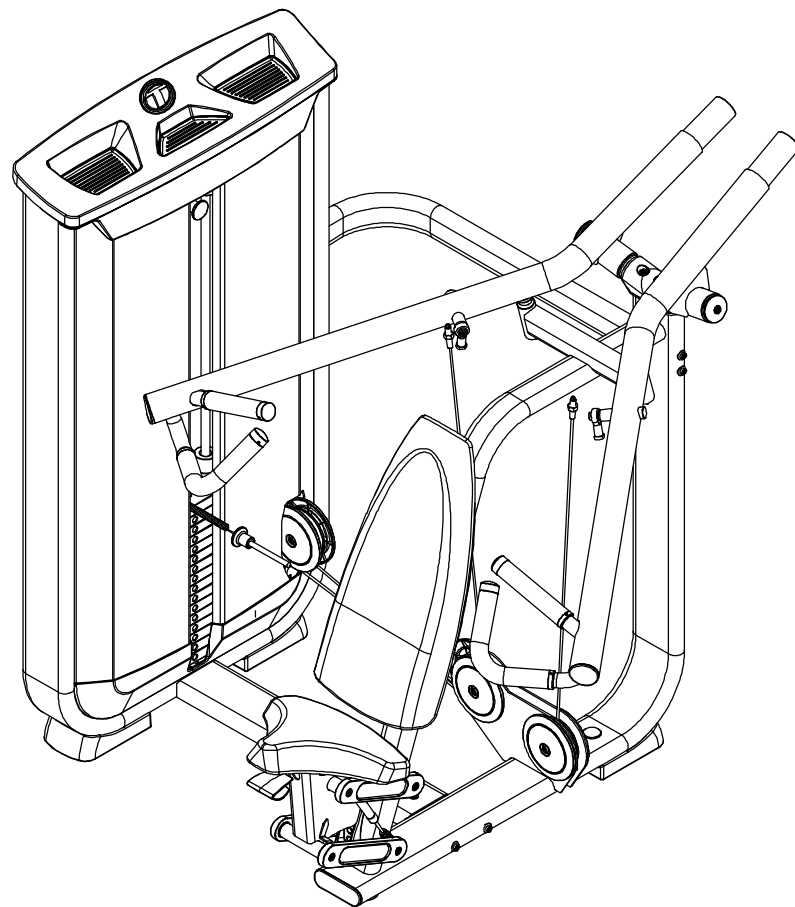
Плечевой жим Inotec NL1

Полезные ссылки:

[Плечевой жим Inotec NL1 - смотреть на сайте](#)

[Плечевой жим Inotec NL1 - читать отзывы](#)

SHOULDER PRESS

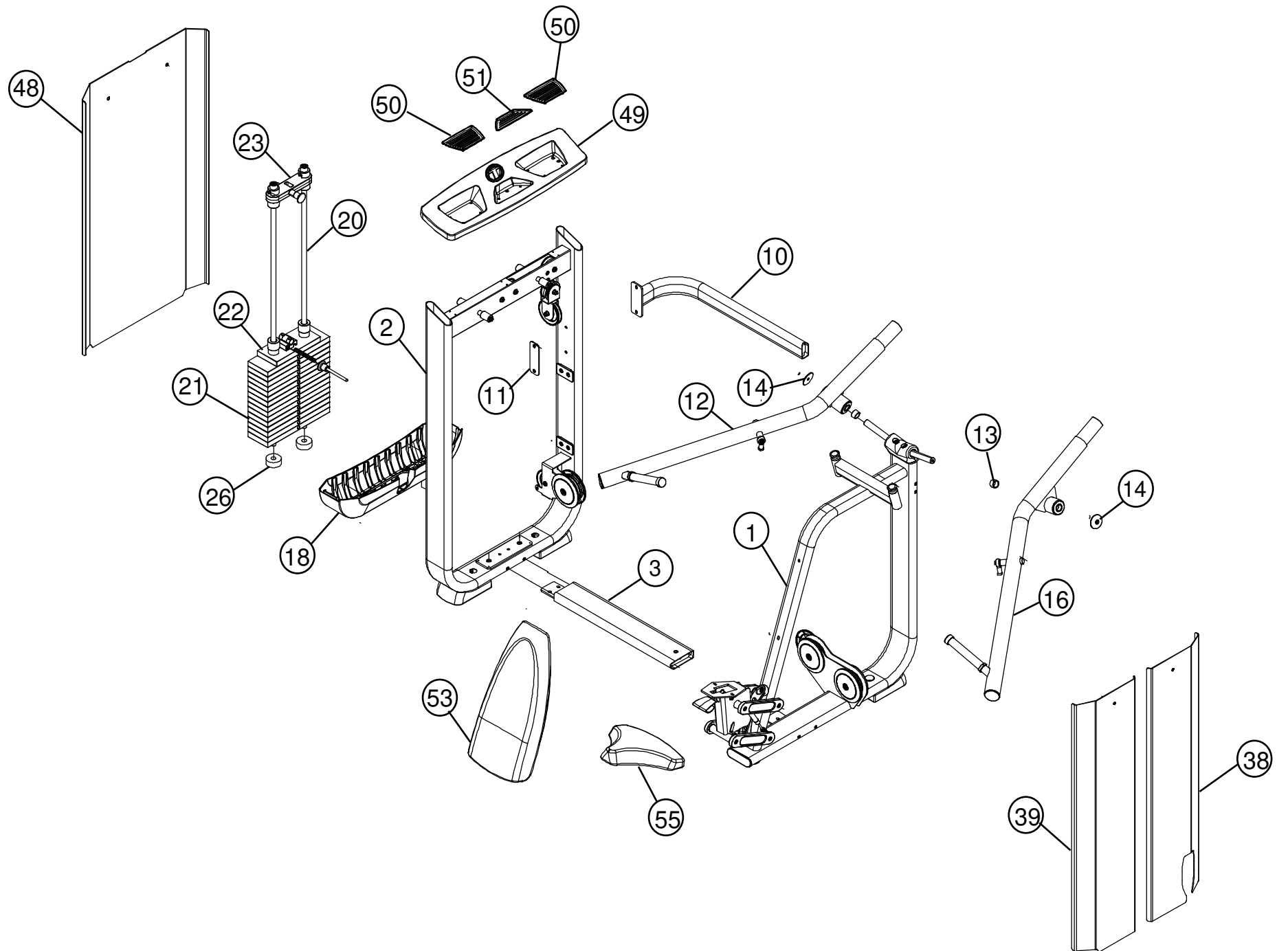


PARTS LIST

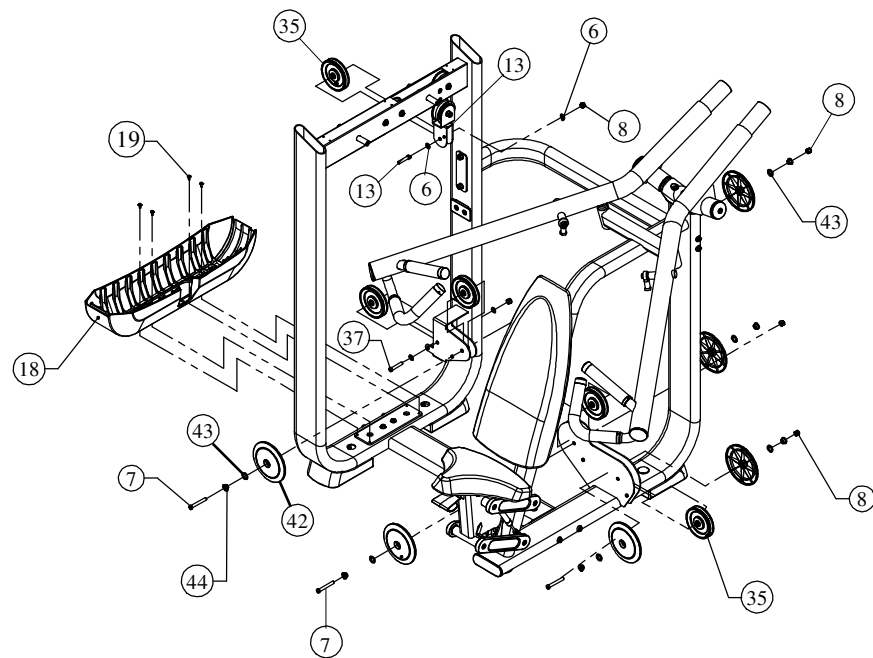
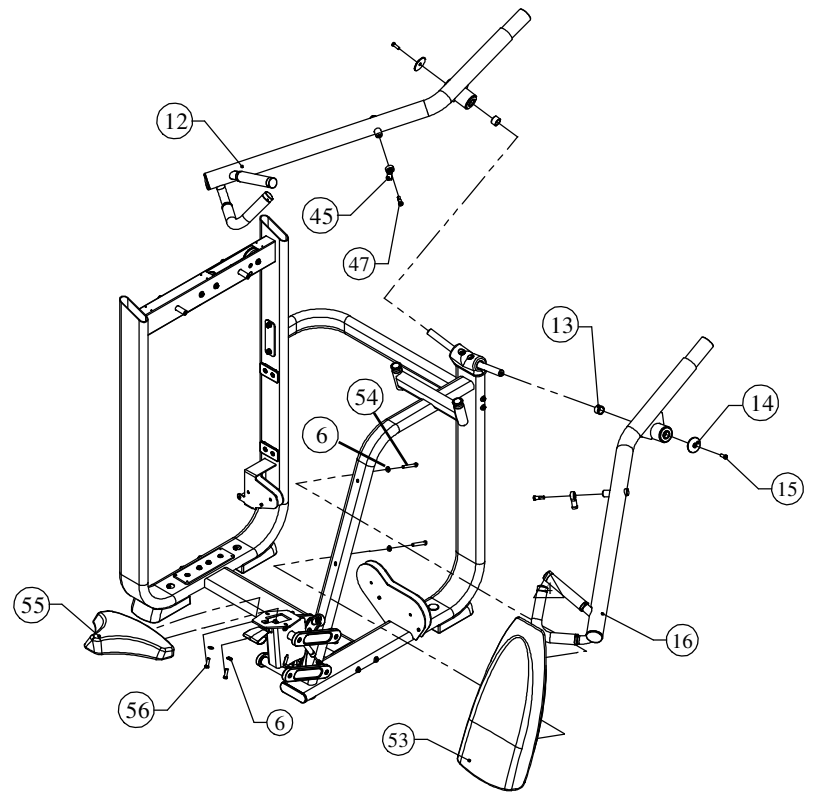
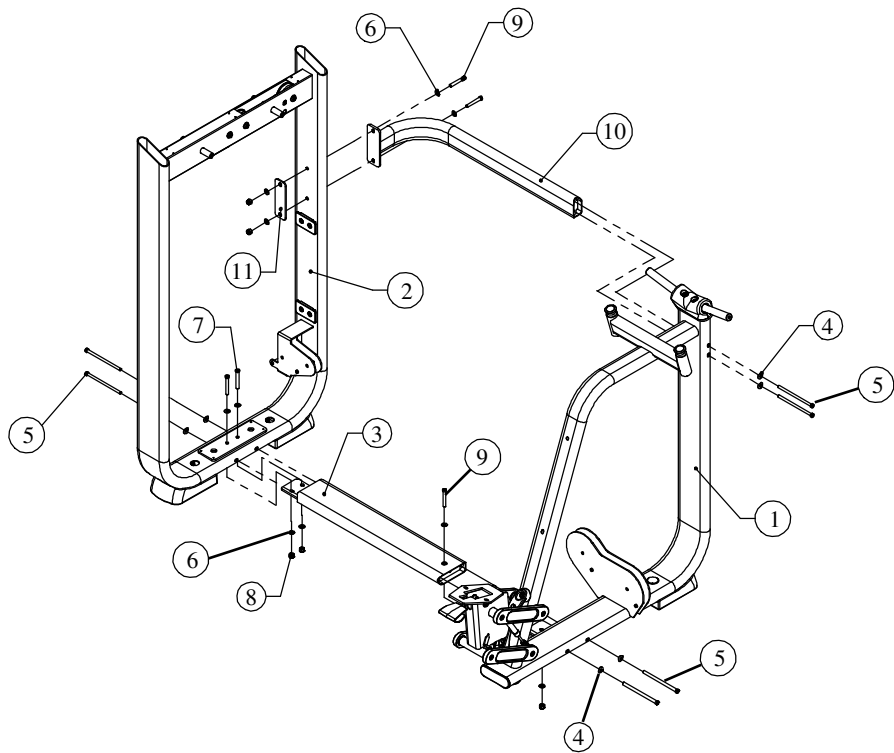
ITEM	QTY	PART NO	Paragon P/N	DESCRIPTION	CHINESE DESCRIPTION
1	1	5298401-C	P20-3041	ASSY, SP MAIN FRAME	固定立管組
2	1	52114PA-B	P20-2994	PTD ASSY, CP-SP TOWER	主架固定管組
3	1	52148PA-A	P04-2826	PTD ASSY, CP-SP LOWER FRAME SUPPORT	連接管組
4	8	2003001		WASHER, 3/8" SAE CURVED	弧形華司
5	6	2006424		BOLT, 3/8-16 X 6-1/4" (159mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 6-1/4"L 點耐落
6	26	2001101		WASHER, FLAT 3/8 SAE ST ZN	平面華司20X10.5X1.0T
7	6	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
8	13	2001201		NUT, 3/8-16 LK ST ZN	尼龍螺帽3/8"-16x11T
9	3	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
10	1	5216501-A	P04-2825	WLDMT, CP-SP UPPER CONNECTOR	連接管組
11	1	5221401-A	P02-4251	PLATE, 50 X 155 X 4MM	固定片
12	1	53936PA	P20-3039	PTD ASSY, SP PRESS ARM RHT	右挺舉管組
13	2	5215101-A	P03-1947	SPACER, 25.5 ID X 31.8 OD X 20	套管
14	2	5215901-B	P05-0979	CAP, AL END 6205Z BEARING HOUSING	鋁蓋
15	4	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
16	1	53940PA	P20-3040	PTD ASSY, SP PRESS ARM LFT	左挺舉管組
17	2	5222501-B	P03-1945	COUNTER WEIGHT, 325 LONG DIPPED	配重鐵心
18	1	5212601-C	P06-2151	COVER, TOWER BASE	塑膠底座
19	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
20	2	5209701-A	P01-3735	GUIDE ROD, 19 DIA X 1315	升降桿
21	15	52101PA-B	P10-0778	PTD ASSY, 15 LB WEIGHT PLATE	選擇片
22	1	5250201-C	P20-2989	ASSY, 15 PLATE HEAD PLATE	上片組
23	1	5218201-D	P20-2988	ASSY, 7.5LB INC. WEIGHT	配重塊組
24	2	5095301		SHAFT COLLAR, GUIDE ROD	固定軸套組
25	2	5209801	P06-2144	BUSHING, GUIDE ROD RETAINER	升降桿護套
26	2	5098201	P06-0034	CUSHION, WEIGHT STACK	橡膠墊
27	1	5224601-A	P17-0009	BELT, TOWER	滑輪皮帶
28	1	52245PA-A	P20-2991	PTD ASSY, BELT - 4.5 PULLEYS 90 DEG	輪座片組
29	1	5297701-A		LABEL, WEIGHT STACK 15LBS	磅數表
30	2	5248501-A	P08-0121	SPACER, FLNG 16.2 X 10.1 X 6	T帽套管
31	1	5248401-A	P03-2026	SPACER, 16 OD X 10.1 ID X 36	套管
32	2	5208201-A	P02-4266	PLATE, BELT CLAMP	固定片
33	2	2005404		BOLT, 3/8-16 X 1-1/4" (32mm) SOCKET HEAD	六角承窩螺絲 3/8"x 1 1/4"L
34	1	5279601-A	P13-0338	CABLE ASSY, SP	連接鋼索
35	5	5094501-B	P06-0961	PULLEY, 4-1/2 OD X 25	大滑輪
36	1	2005406		BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD	六角承窩螺絲 3/8"x 1 3/4"L
37	1	2005407		BOLT, 3/8-16 X 2" (51mm) SOCKET HEAD	六角承窩螺絲 3/8"x 2"L
38	1	5212801-C	P10-0784	SHROUD, TOWER FRONT - RH	右前護網
39	1	5212901-B	P10-0785	SHROUD, TOWER FRONT - LH	左前護網
40	4	5213201-B	P06-2146	MOUNT, 19MM ID STANDOFF	橡膠套

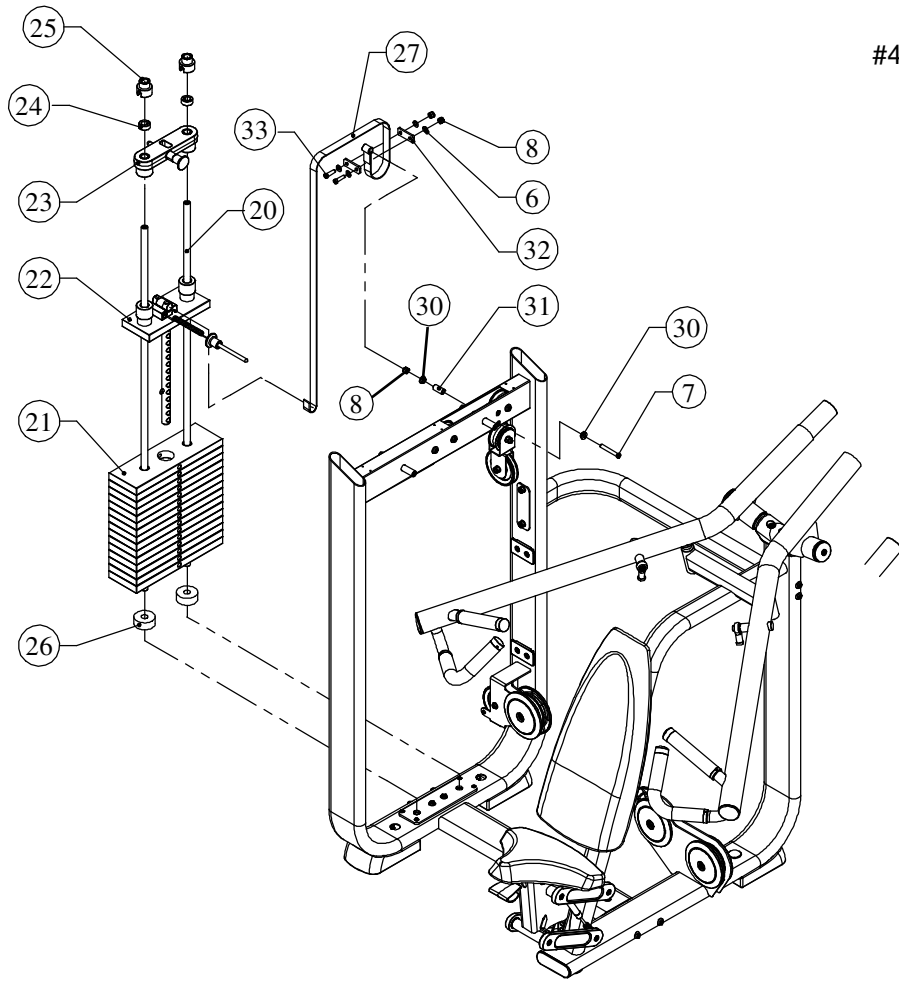
41	4	2005405		BOLT, 3/8-16 X 1-1/2" (38mm) SOCKET HEAD	六角承窩螺絲 3/8"x 1 1/2"L
42	6	5214601-C	P06-2135	COVER, PULLEY 152MM DIA	護蓋
43	6	5217601-A	P06-2208	WASHER, RUBBER 19 ID X 25 OD X 3	墊片
44	6	5216301-A	P08-0165	SPACER, FLNG 16.2 X 10.2 X 7.5	T帽套管
45	2	5216401-A	P05-0977	ROD END, M-12 FEMALE	關節軸承
46	2	2005701		NUT, M12 JAM ST ZN	M12 螺帽
47	2	2007001	P05-1045	BOLT, 11.9 DIA X 16.5MM SHOULDER W/NP	限位螺絲
48	1	5297001-A	P10-0783	ASSY, REAR SHROUD	后護網
49	1	5294601-A	P20-2990	ASSY, TOWER CAP	塑膠蓋組
50	2	5244001-A	P06-2155	TRAY, TOWER CAP - LARGE	橡膠墊
51	1	5244101-A	P06-2156	TRAY, TOWER CAP - SMALL	橡膠墊
52	1	5296801-A		ASSY, SP PLACARD	塑膠蓋含運動看板
53	1	5223001-B	P20-3036	ASSY, BACK PAD W/VINLY & COVER	背墊組
54	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
55	1	5246201	P07-0434	PAD, SMALL SEAT	座墊
56	2	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
57	8			BUTTON HEAD PHILLIP SCREW #10-32 X 1/2"L	大扁頭十字螺絲#10-32x1/2"L 點耐落
58	8			BOLT, 1/4"-20X 3/4"L SOCKET HEAD	六角承窩螺絲 1/4"x 3/4"L
59	8			WASHER, FLAT 12 X 5.2 X1.0T	平面華司12X5.2X1.0T
60	8			WASHER, FLAT 16 X 6.5 X 1.0T	平面華司16X6.5X1.0T
61	2			BOLT, 3/8"-16 X 3 1/2"L	六角承窩螺絲 3/8"x 3-1/2"L
62	2	5203801-A	A06-0231	BELT, PULLEY	平皮帶滑輪
63	1	5223801-B	P04-2813	PLATE, LIMIT	限位片組
64	4	5213001-A	P06-2143	CUSHION, SHROUD HOLDER	緩衝墊
65	2	5293901-B	P06-2254	FOOT, TOWER	腳墊
66	2			NUT, 3/8-16 X 7.2T, LK ST ZN	尼龍螺帽3/8"-16x7.2T
67	1	5205501-A	P05-0962	ADJUSTMENT, SEAT	調整塊
68	1		P06-0134	PLUG	打塞
69	1	5205401-A	P06-2129	END CAP, FLATOVAL	橢圓管塞
70	1	5214501-A	P06-2141	COVER, PIVOT	固定座
71	2	5205601-A	P06-2255	ADJUSTER, SP PRESS ARM	
72	1	5294101-A	P06-2256	LEVELER	緩衝墊
73	4		P08-0048	BUSHING, 25.55X19.05X16 FLANGE BRONZE	含油軸承
74	2			NUT, 1/4"-20X8.0T	尼龍螺帽
75	2	5206701-A	P02-4250	PLATE, SEAT HANDLE	固定片
76	1	5280301-A	P02-4253	INDICATOR, SEAT ADJUSTMENT	標示片
77	2	5205301-A	P03-1949	SHAFT, SEAT ADJUSTMENT	鐵心
78	1		P05-0011	SPRING	彈簧
79	1		P05-0438	NUT, JAM	調整螺帽
80	1	5206601-B	P05-0975	PIN	插鞘桿
81	2	5246401-A	P05-0976	GAS CYLINDER	氣壓缸
82	2	20039-A	P05-0986	SHOULDER BOLT	限位螺絲

83	1	5218501-C	P06-2138	KNOB, PLASTIC, SEAT	手柄
84	4	5246301-D	P06-2154	PLATE, SEAT	連接片
85	1	52058PA-A	P20-2992	ASSY, SEAT HOUSING	座墊固定片組
86	1	52062PA-A	P20-2993	ASSEMBLY, SEAT HANDLE	連接片組
87	8			SET SCREW, M4X0.7X3L	止付螺絲
88	2		P05-0204	FLANGE BEARING	法蘭培林
89	2	5096601-B	P05-0996	ALUMINUM CAP	鋁蓋
90	2	5096301-B	P05-0997	ALUMINUM COLLAR	鋁環
91	1	5226801-A	P06-2130	CAP, END ROUND	圓管內塞
92	1	5208801-A	P06-2216	HAND GRIP	把手套
93	1	5394301-A	P06-2799	LOWER HAND GRIP	把手套
94	1	5223101-A	P07-0429	BACK PAD	背墊
95	1	5223201-B	P06-2159	COVER, BACK PAD	背墊護蓋
96	4			SCREW, ROUND HEAD PHILLIP SELF TAPPING M4X20L	圓頭十字自攻螺絲
97	1	5224501-A	P04-2814	BRACKET, PULLEY	輪座片焊接件
98	1	52180PA-C	P10-0780	7.5LB INC. WEIGHT	配重塊
99	1	5218101-A	P05-0991	PIN, 7.5LB INC. WEIGHT	插鞘桿
100	1	P46609-101	A05-1079	SPRING	壓縮彈簧
101	1	5244901-C	P06-2132	KNOB, 7.5LB INC. WEIGHT	插銷頭
102	1	52102PA-B	P10-0777	15LB HEAD PLATE	上片組
103	1	5210901-A	P10-0781	SELECTOR STEM	選擇桿
104	1	5303701-A	P02-4395	LANYARD CLIP	卡片
105	1	5211301-A	P03-1946	BELT CLAMP	鐵心
106	1		P05-0187	CLEVIS PIN	彈簧鞘
107	1	5211201-B	P06-2134	BELT CLAMP HOUSING	塑膠塊
108	2	5218401-B	P06-2145	BUMPER	橡膠墊
109	1	5245301	P11-0183	WEIGHT STACK SELECTOR PIN	選擇桿插鞘組
110	1	5243801-C	P06-2152	TOWER CAP	塑膠蓋
111	1		P10-0098	BADGE	銘牌
112	1	5205801-A	P04-2819	SEAT HOUSING WELDMENT	座墊固定片焊接件
113	1	5206201-A	P04-2827	SEAT HANDLE WELDMENT	連接片焊接件
114	2		P08-0156	BUSHING	含油軸承
115	2			BOLT, 3/8-16 X 1-3/4" (45mm) SOCKET HEAD W/NP	六角承窩螺絲 3/8"x 1 3/4"L 點耐落

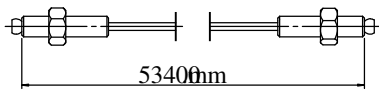


SHOULDER PRESS

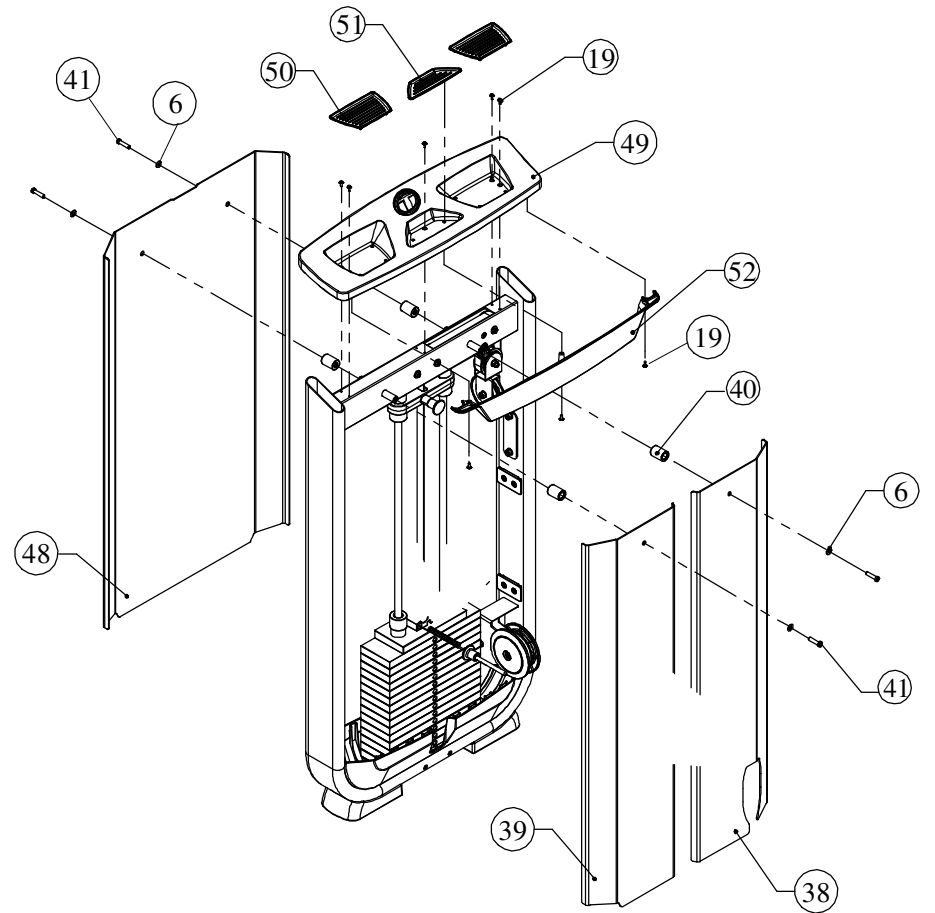
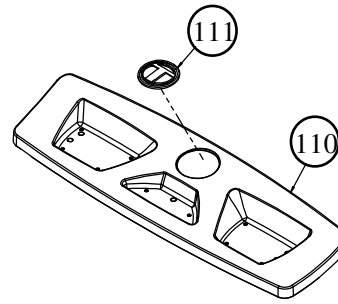




34 5279601-A CABLE ASSEMBLY, SP

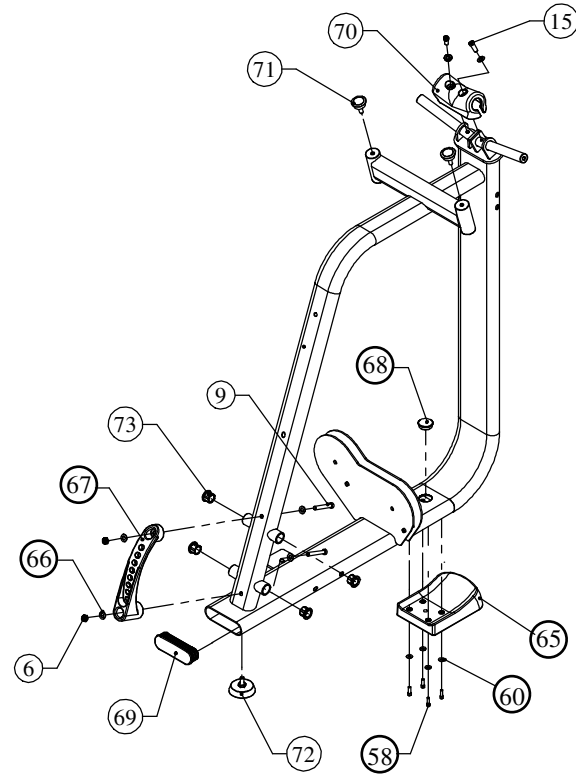
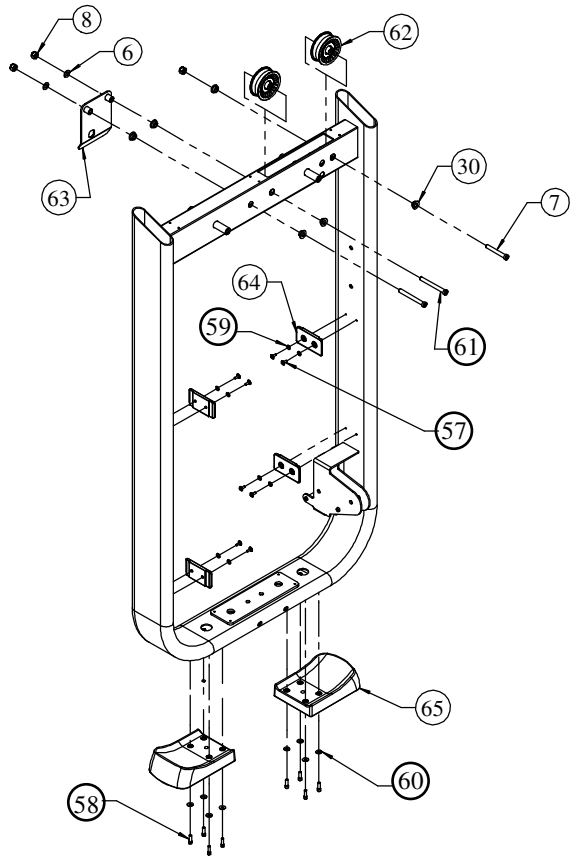


#49 P/N 5294601-A ASSY, TOWER CAP

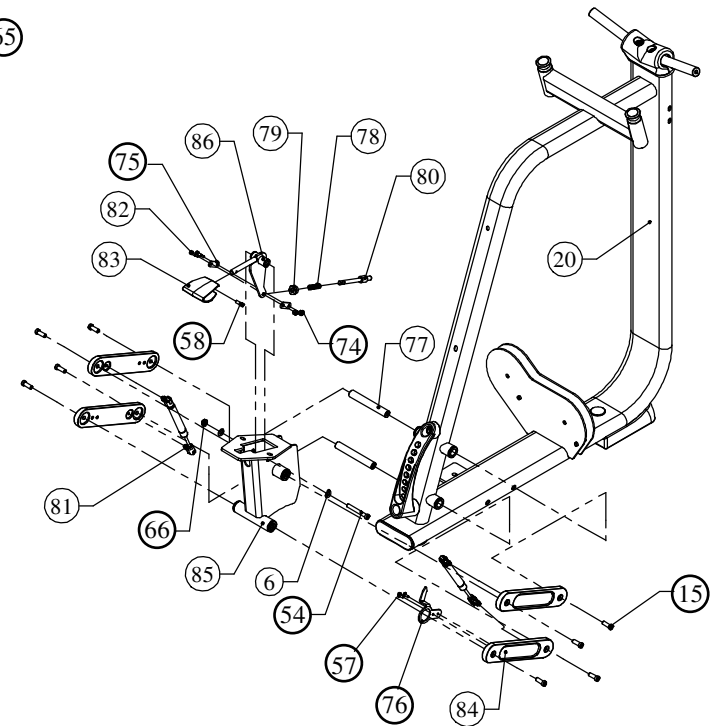


#1 P/N: 5298401-C, ASSEMBLY, SP MAIN FRAME-1

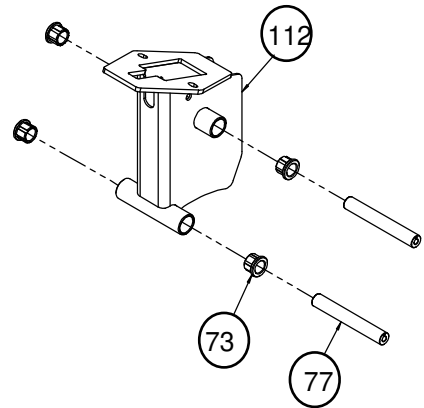
#2 P/N: 52114PA-B, PTD ASSEMBLY, CP-SP TOWER



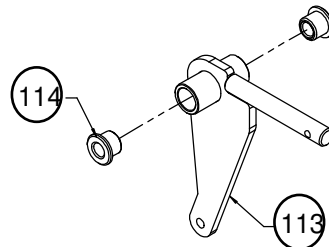
#1 P/N: 5298401-C, ASSEMBLY, SP MAIN FRAME-2



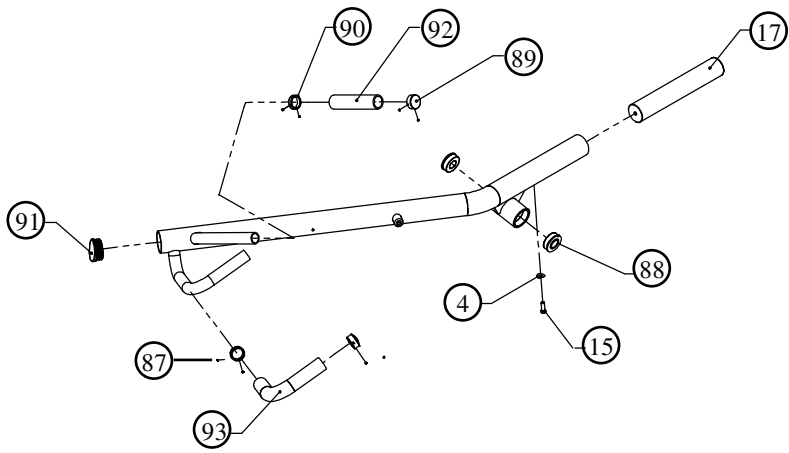
#85 P/N 52058PA-A SEAT HOUSING ASSY



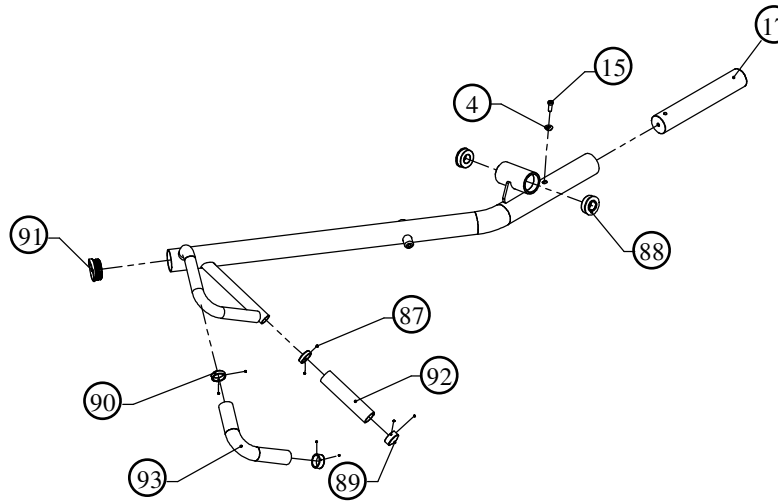
#86 P/N 52062PA-A SEAT HANDLE ASSY



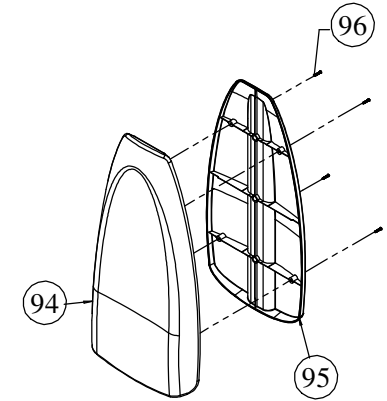
#12 P/N 53936PA PTD ASSY, SP PRESS ARM RHT



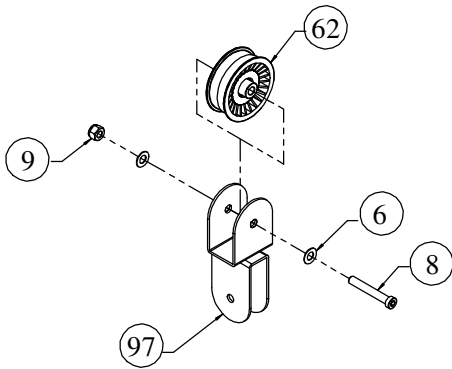
#16 P/N 53940PA PTD ASSY, SP PRESS ARM LFT



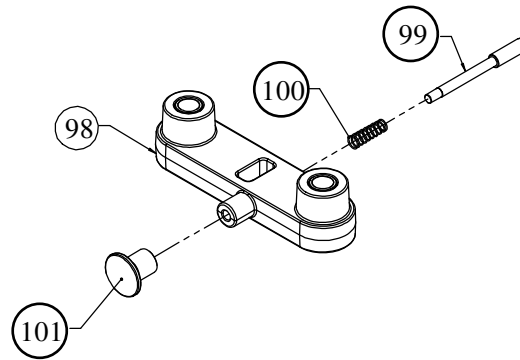
#53 P/N 223001-B
ASSY, BACK PAD W/VINYL & COVER



#28 P/N 52245PA PTD ASSY, BELT-4.5 PULLEY



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



#22 P/N 5250201-C ASSY, 15LB HEAD PLATE

