

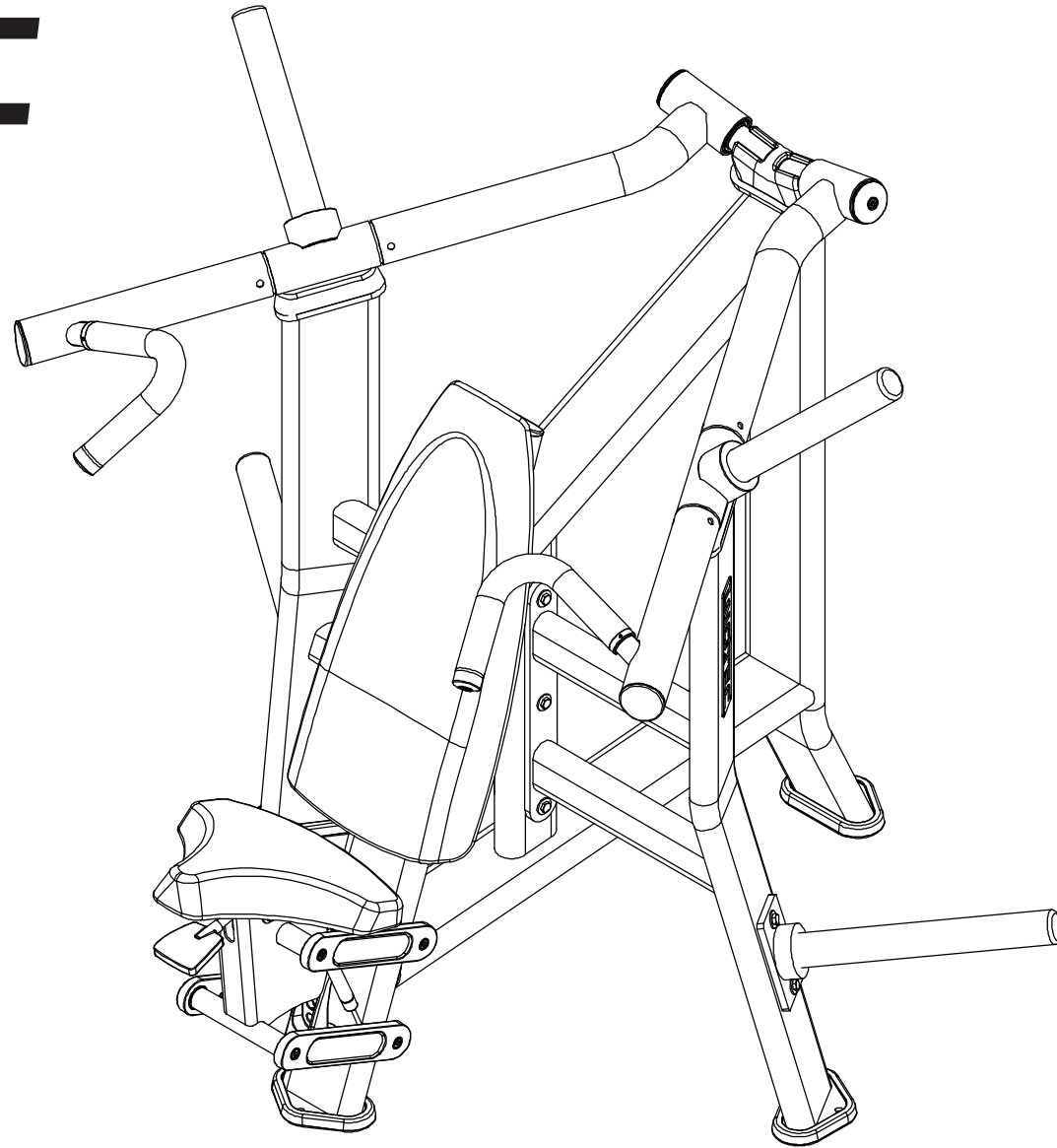
## **Инструкция**

### **Плечевой жим сидя на свободных весах Inotec A1**

Полезные ссылки:

[Плечевой жим сидя на свободных весах Inotec A1 - смотреть на сайте](#)

**iNOTECH**

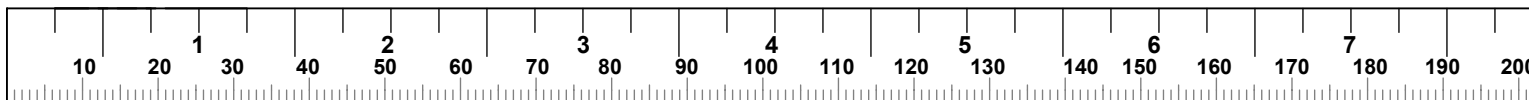


# ***ATHLETIC LINE-SHOULDER PRESS***

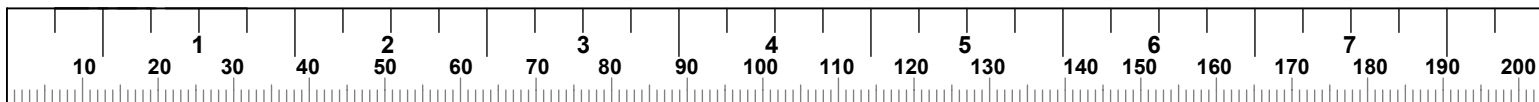
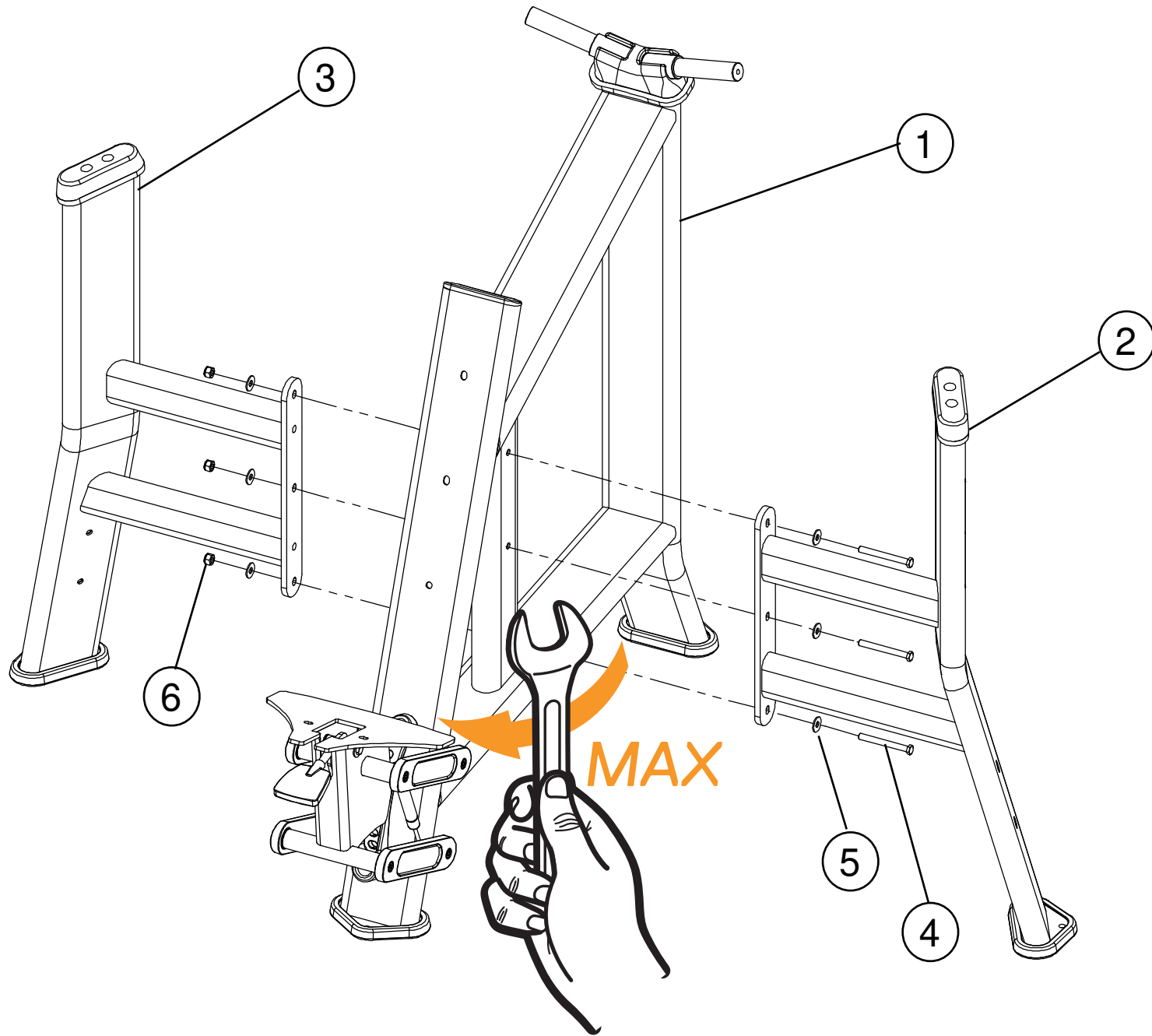
## ***Assembly Guide***

**A1**

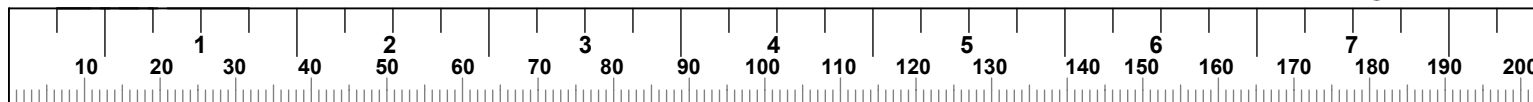
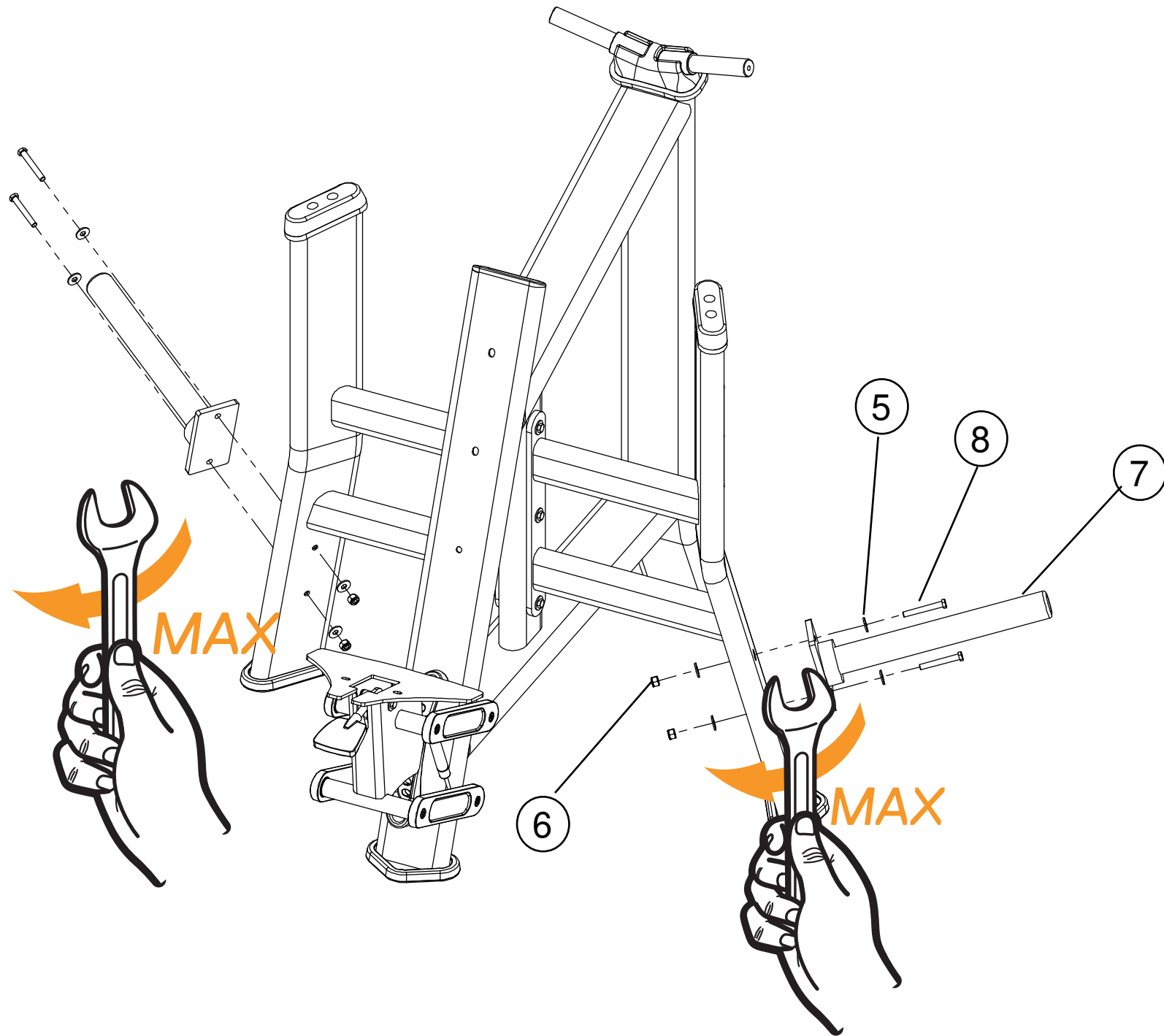
ITEM	QTY	PART NO	DESCRIPTION	ITEM	QTY	PART NO	DESCRIPTION
1	1	P20-4841	BASE	9	1	P20-4842	LEFT ARM ASSEMBLY
2	1	P20-4844	LEFT SUPPORT TUBE	10	1	P20-4843	RIGHT ARM ASSEMBLY
3	1	P20-4845	RIGHT SUPPORT TUBE	11	2	DABE03810016AYU	HEX SOCKET HEAD SCREW $\Phi$ 3/8"-16 x 1"L (25.4mm)
4	3	DA1E03831216NU	HEX SCREW $\Phi$ 3/8"-16 x 3-1/2"L(89mm)	12	2	P05-1350	ALUMINUM CAP
5	19	DC125010020U	FLAT WASHER	13	1	P07-0435	BACK PAD
6	7	DB2E03811000U	NYLON NUT	14	3	DA1E03823416YU	HEX SCREW $\Phi$ 3/8"-16x2-3/4"L(70mm) W/NP
7	2	P20-4814	WEIGHT PLATE HORN	15	1	P07-0434	SEAT PAD
8	4	DA1E03823416NU	HEX SCREW $\Phi$ 3/8"-16x 2-3/4"L (70mm)	16	2	DA1E03811416YU	HEX SCREW $\Phi$ 3/8"-16x1-1/4"L(31.8mm) W/NP



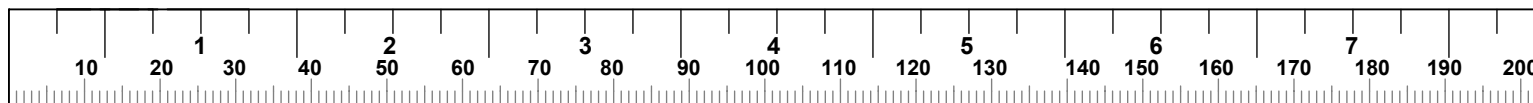
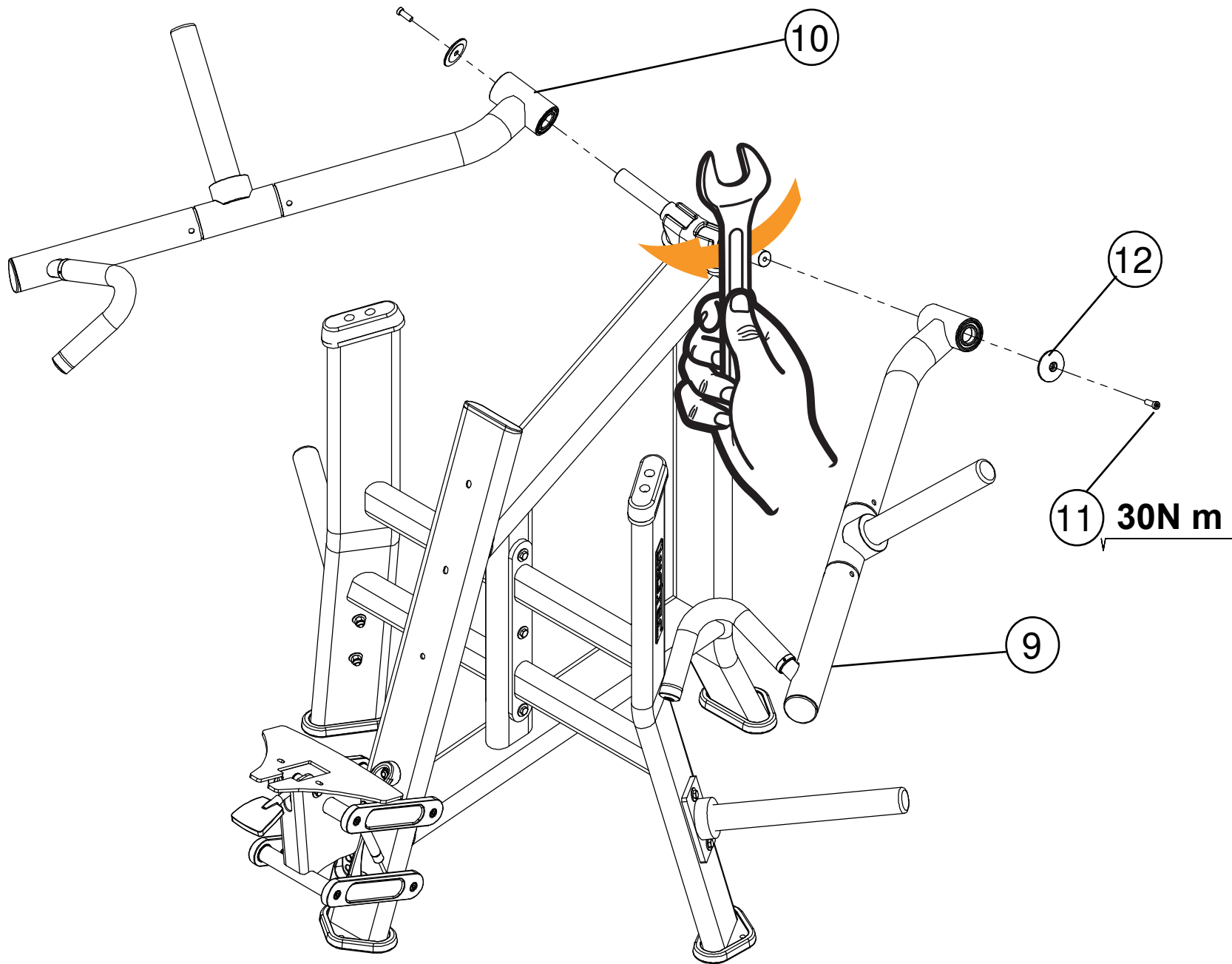
**STEP 1**



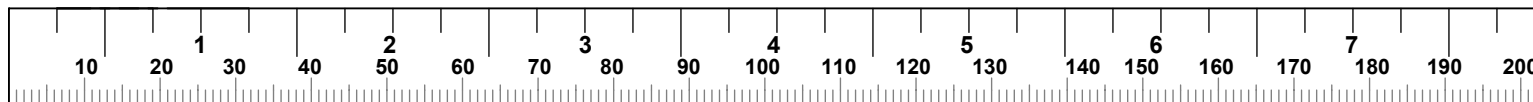
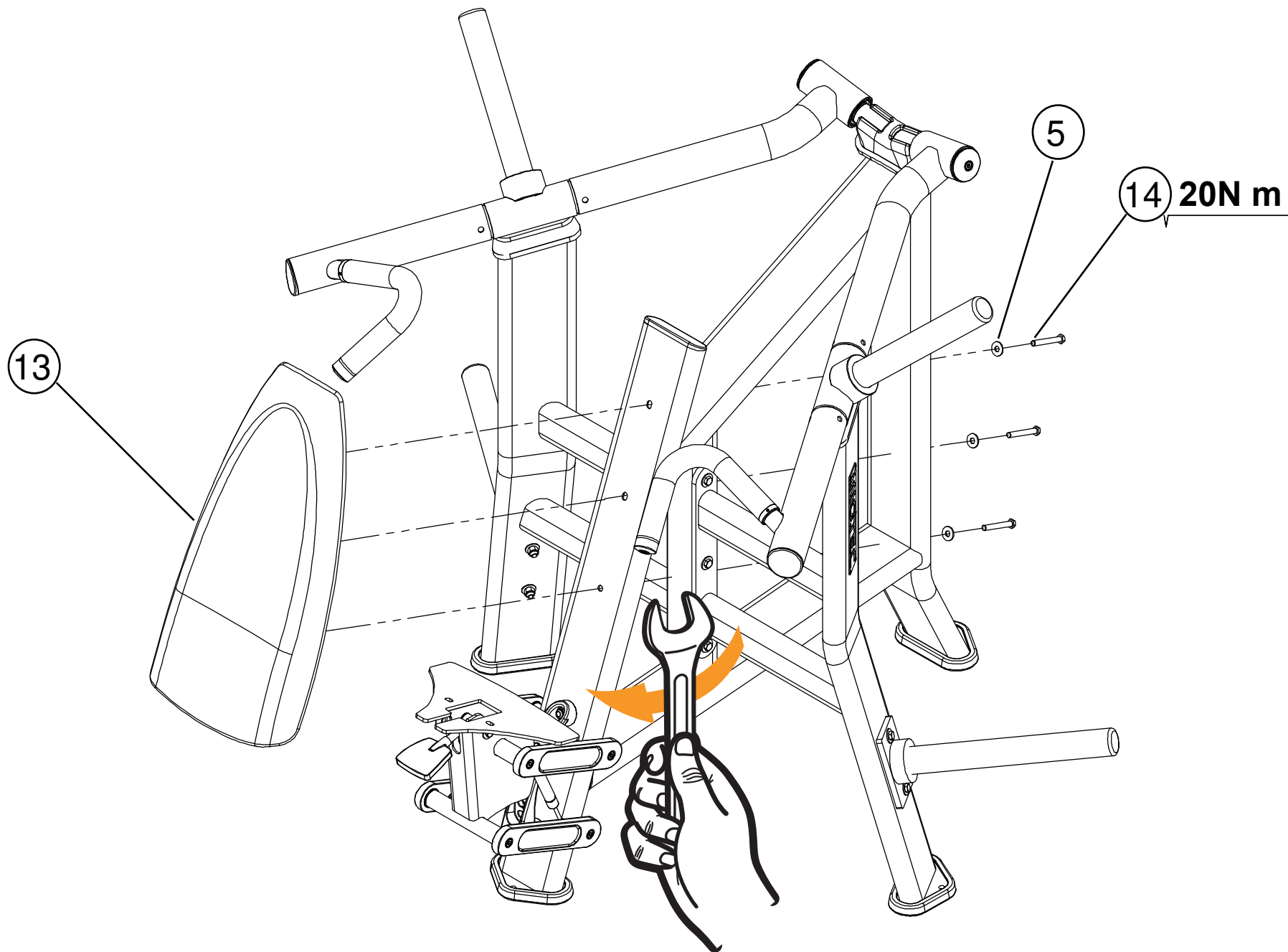
**STEP 2**



**STEP 3**



**STEP 4**



**STEP 5**

