

Инструкция

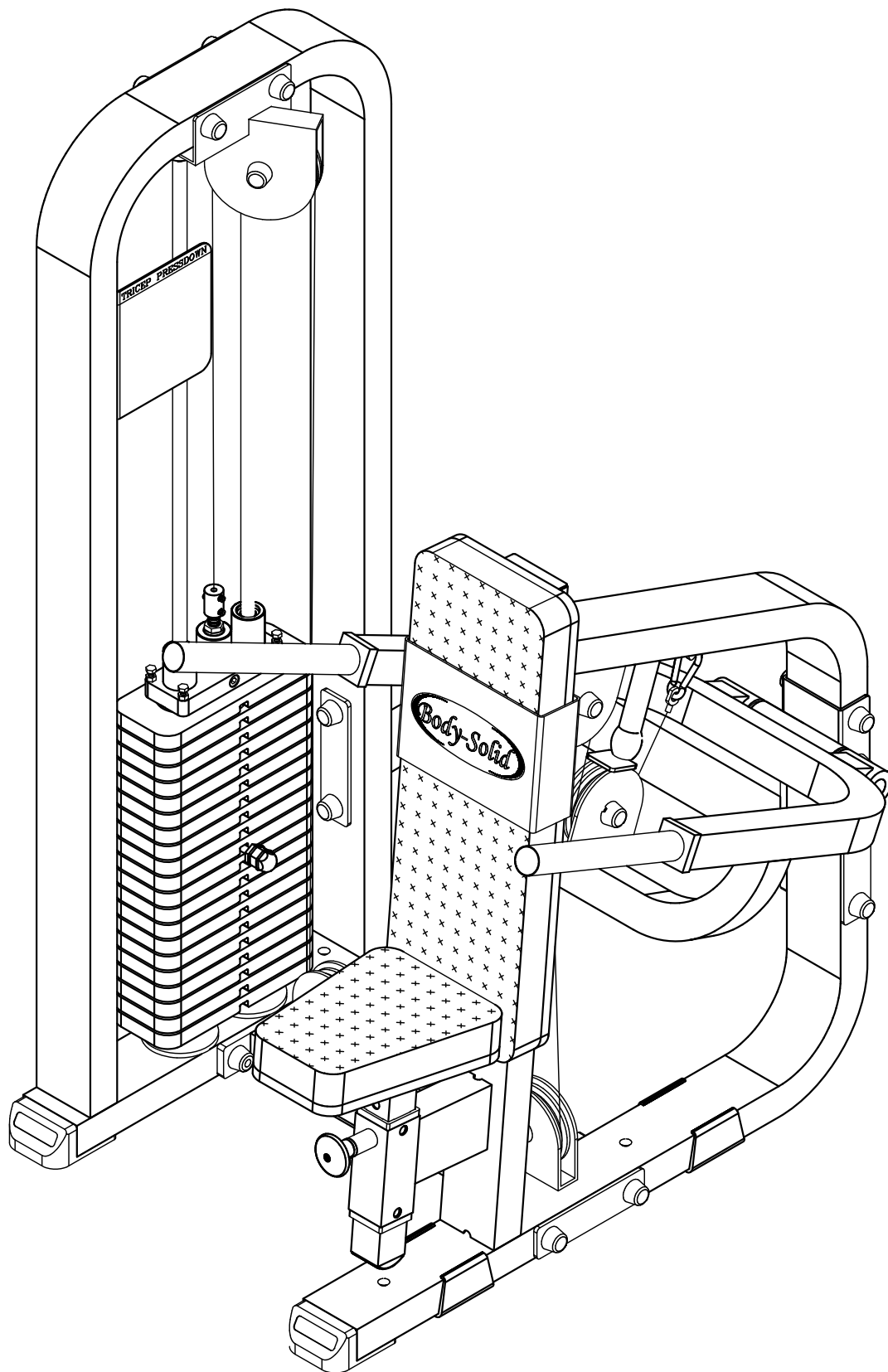
Трицепс-машина Body Solid ProClub STM-1000G

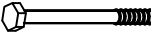
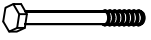
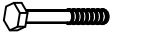






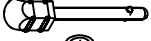






Полезные ссылки:



















[Трицепс-машина Body Solid ProClub STM-1000G - смотреть на сайте](#)

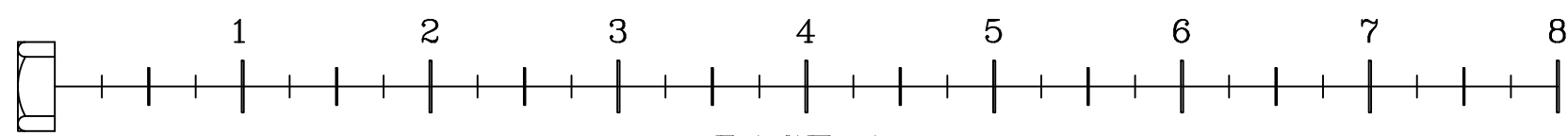
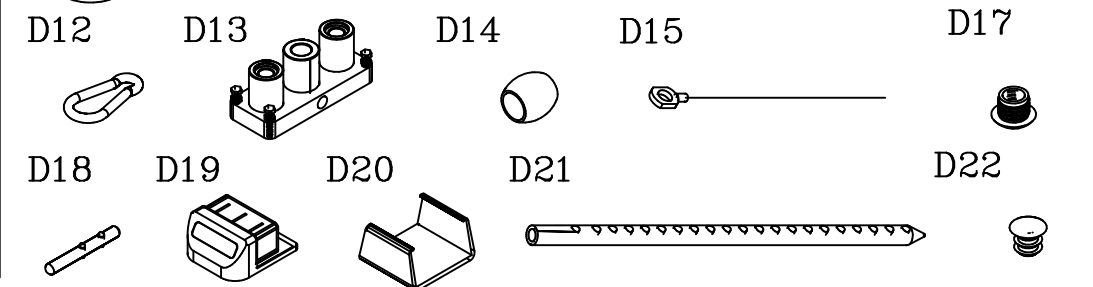
[Трицепс-машина Body Solid ProClub STM-1000G - читать отзывы](#)

STM-1000G TRICEP PRESSDOWN



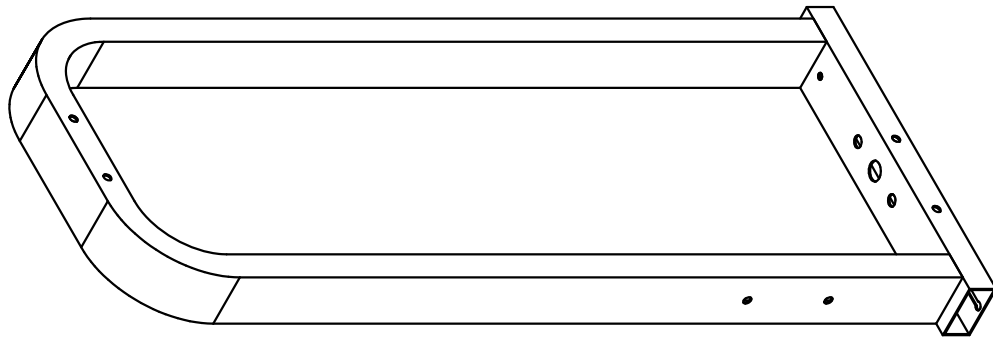
		Qty.
	A1. 1/2"X5 1/2" HEX HEAD BOLT	[6PCS]
	A2. 1/2"X5" HEX HEAD BOLT	[4PCS]
	A3. 1/2"X3 1/2" HEX HEAD BOLT	[2PCS]
	A4. 1/2"X2 1/4" HEX HEAD BOLT	[5PCS]
	A5. 5/16"X3" HEX HEAD BOLT	[2PCS]
	A6. 5/16"X1 1/4" HEX HEAD BOLT	[4PCS]
	A7. 7/16"X1 1/2" ROUND BOLT	[1PCS]
	A8. 5/16"X3/8" SET SCREW	[3PCS]
	A9. 5/8" ROUND BOLT	[1PCS]
	A10. 10LB BALL PIN	[1PCS]
	B1. 1/2" NYLON LOCK NUT	[17PCS]
	B2. 5/8" LOCK NUT	[1PCS]
	C1. 1/2" ROUND END CAP WASHER	[34PCS]
	C2. 5/16" (I.D) WASHER	[6PCS]
	C3. 5/16" SPRING WASHER	[6PCS]
	C4. 5/8" SPRING WASHER	[1PCS]

		Qty.
	D1. 1/2" BOLT CAP	[34PCS]
	D2. 2"X2"X1.8t END CAP (9211-087)	[1PCS]
	D3. ø3/4" SHAFT COLLAR (9211-046)	[2PCS]
	D5. 60X50 NYLON BUSHING (9211-033)	[2PCS]
	D6. ø4 1/2" PULLEY (9213-010)	[4PCS]
	D7. ø6" PULLEY (9213-009)	[1PCS]
	D9. 2"X4" END CAP (9211-014)	[1PCS]
	D10. RUBBER DOUNT (9310-017)	[2PCS]
	D12. ø8 SPRING SNAP LINK (8810-001)	[1PCS]
	D13. CHROME TOP PLATE (8400-002)	[1PCS]
	D14. ø1" RUBBER CANE TIP (9212-019)	[1PCS]
	D15. 4110mm STEEL CABLE	[1PCS]
	D17. ø1 1/4" ROUND END CAP(9211-063)	[2PCS]
	D18. ø10 PIN	[1PCS]
	D19. 2"X4" FOOT END CAP (9211-028)	[3PCS]
	D20. 2"X4" RUBBER DOUNT (9212-009)	[3PCS]
	D21. WEIGHT SELECTOR BAR (8220-060)	[1PCS]
	D22. ø5/8" ROUND END CAP (9211-015)	[4PCS]

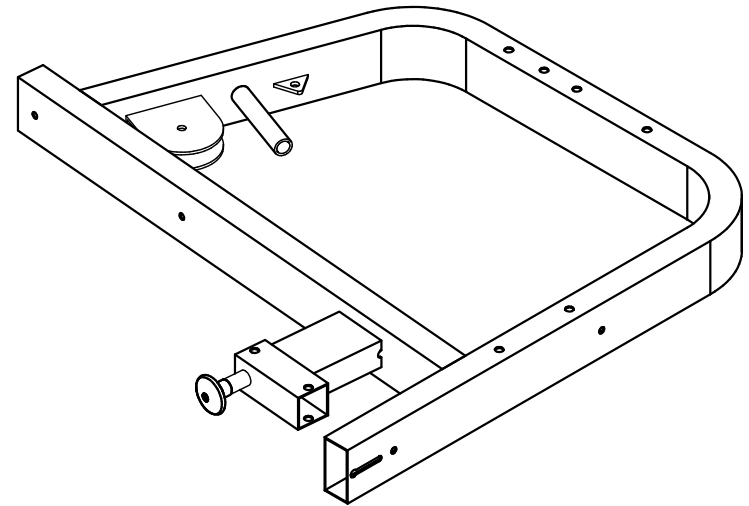


STM-1000G PARTS ILLUSTRATION SHEET

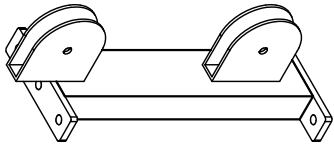
A [1PCS] WEIGHT STACK FRAME



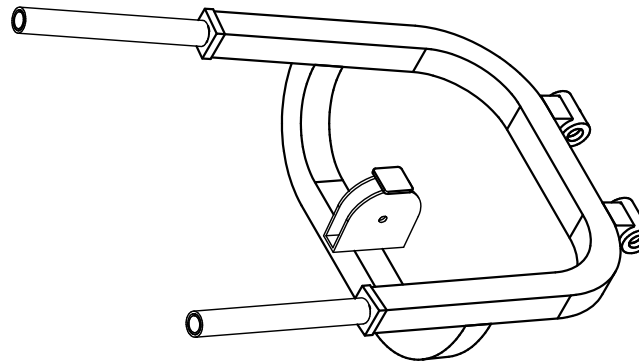
C [1PCS] MAIN BODY FRAME



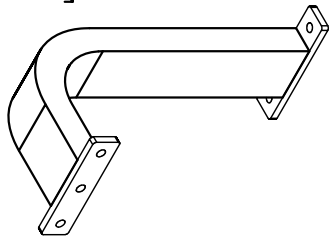
B [1PCS] BOTTOM PULLEY FRAME



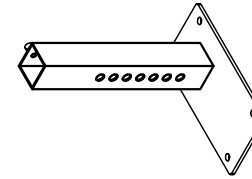
E [1PCS] PRESS ARM FRAME



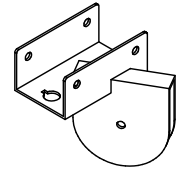
D [1PCS] MIDDLE SUPPORT FRAME



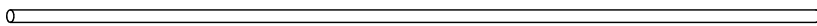
F [1PCS] SEAT FRAME



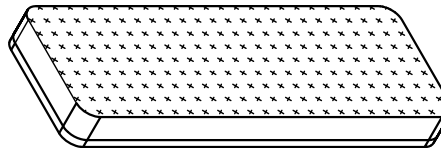
I [1PCS] TOP PULLEY FRAME



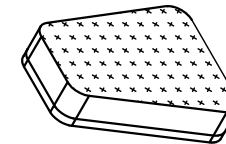
J [2PCS] CHROME GUIDE ROD 8280-001



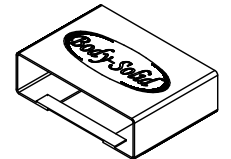
H [1PCS] BACK PAD 9111-017



G [1PCS] SEAT PAD 9121-027



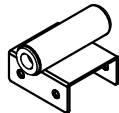
O [1PCS] BACK PAD RUBBER 9119-001



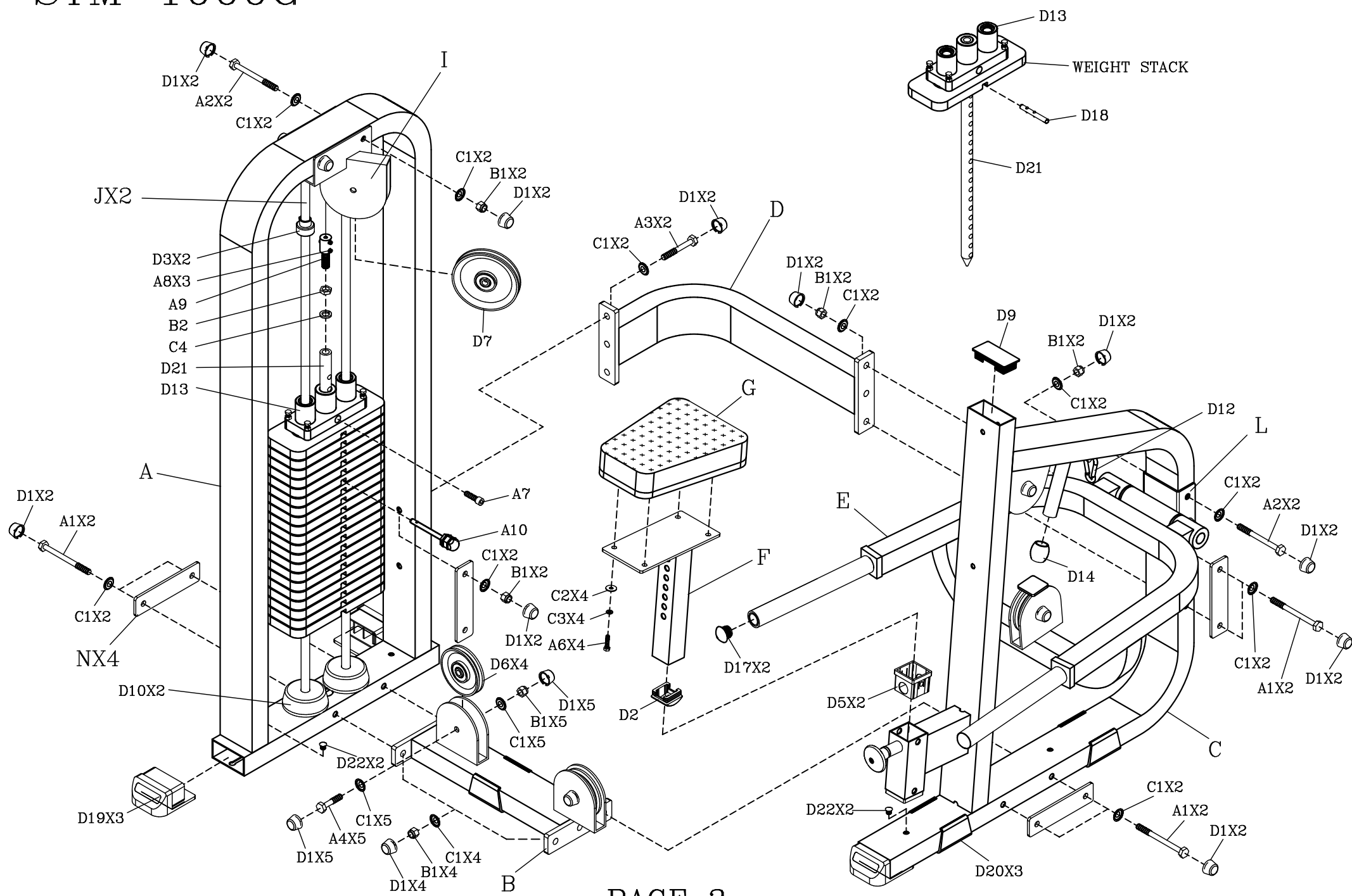
N [4PCS] 2"X8" PLATE 8312-077



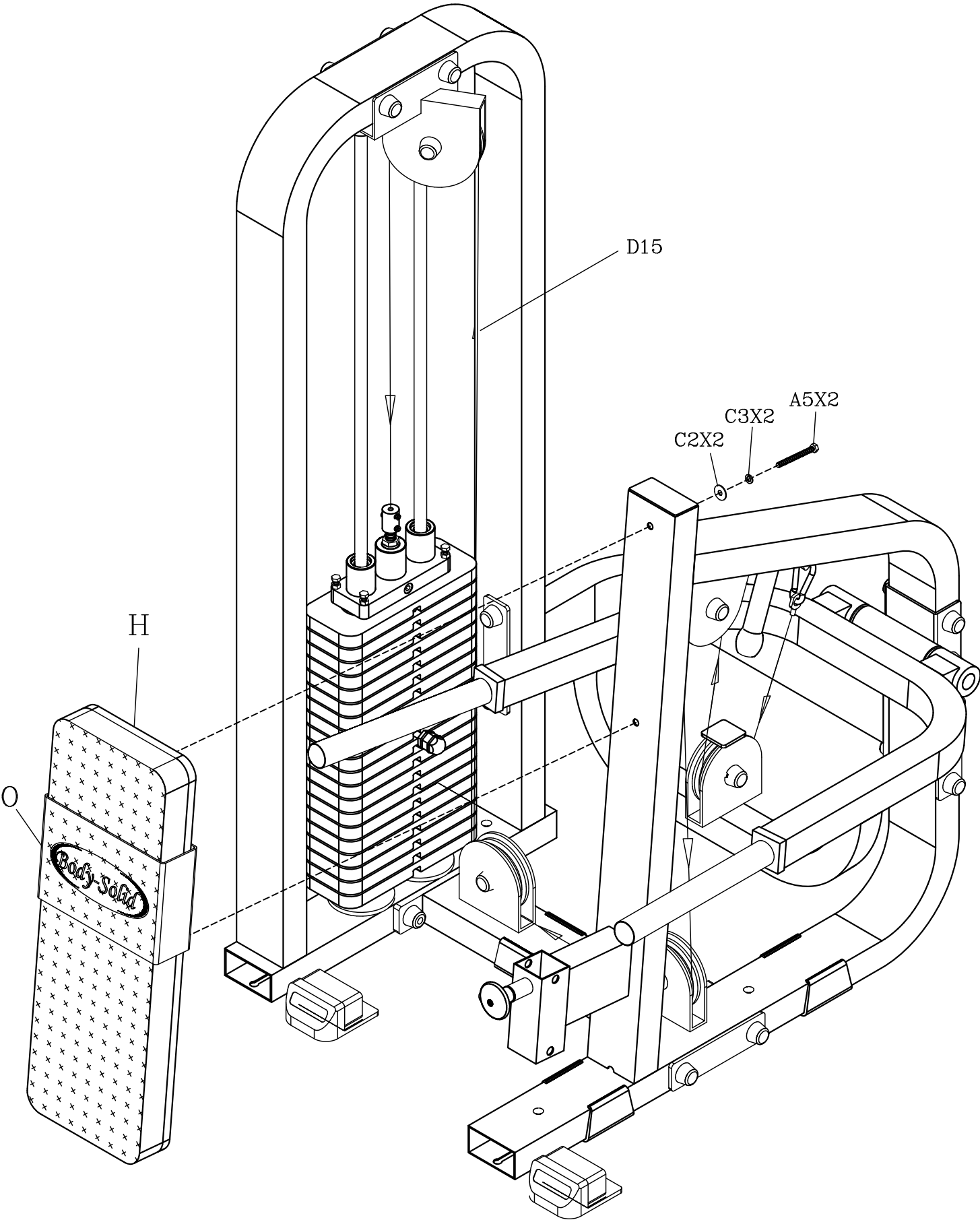
L [1PCS] PIVOT BRACKET



STM-1000G



STM-1000G



STM-1000G TRICEP PRESSDOWN

ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURLY UNTIL YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- Attach A Weight Stack Frame and C Main Body Frame to B Bottom Pulley Frame.
- Attach D Middle Support Frame to A Weight Stack Frame and C Main Body Frame.
- Attach L Pivot Bracket to C Main Body Frame.
- Attach E Press Arm Frame to L Pivot Bracket.

STEP-2

- Attach J Chrome Guide Rods and D10 Rubber Donuts to A Weight Stack Frame.
- Slide on Weight Stack and D13 Chrome Top Plate.
- Attach I Top Pulley Frame to A Weight Stack Frame and attach D3 Shaft Collar.
- Attach G Seat Pad to F Seat Frame and H Back Pad to C Main Body Frame.

CAUTION: DO NOT OVERTIGHTEN PAD BOLTS.
OVERTIGHTENING WILL STRIP
T-NUTS IN THE WOOD.

STEP-3

- Slide F Seat Frame into C Main Body Frame.
- Attach Pulleys and Cables as shown.
- Attach End Caps and Grips.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.
- Attach Bolt Caps.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your TRICEP PRESSDOWN MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

STM-1000G TRICEP PRESSDOWN

