

Инструкция

Трицепс-машина Bronze Gym LD-9028

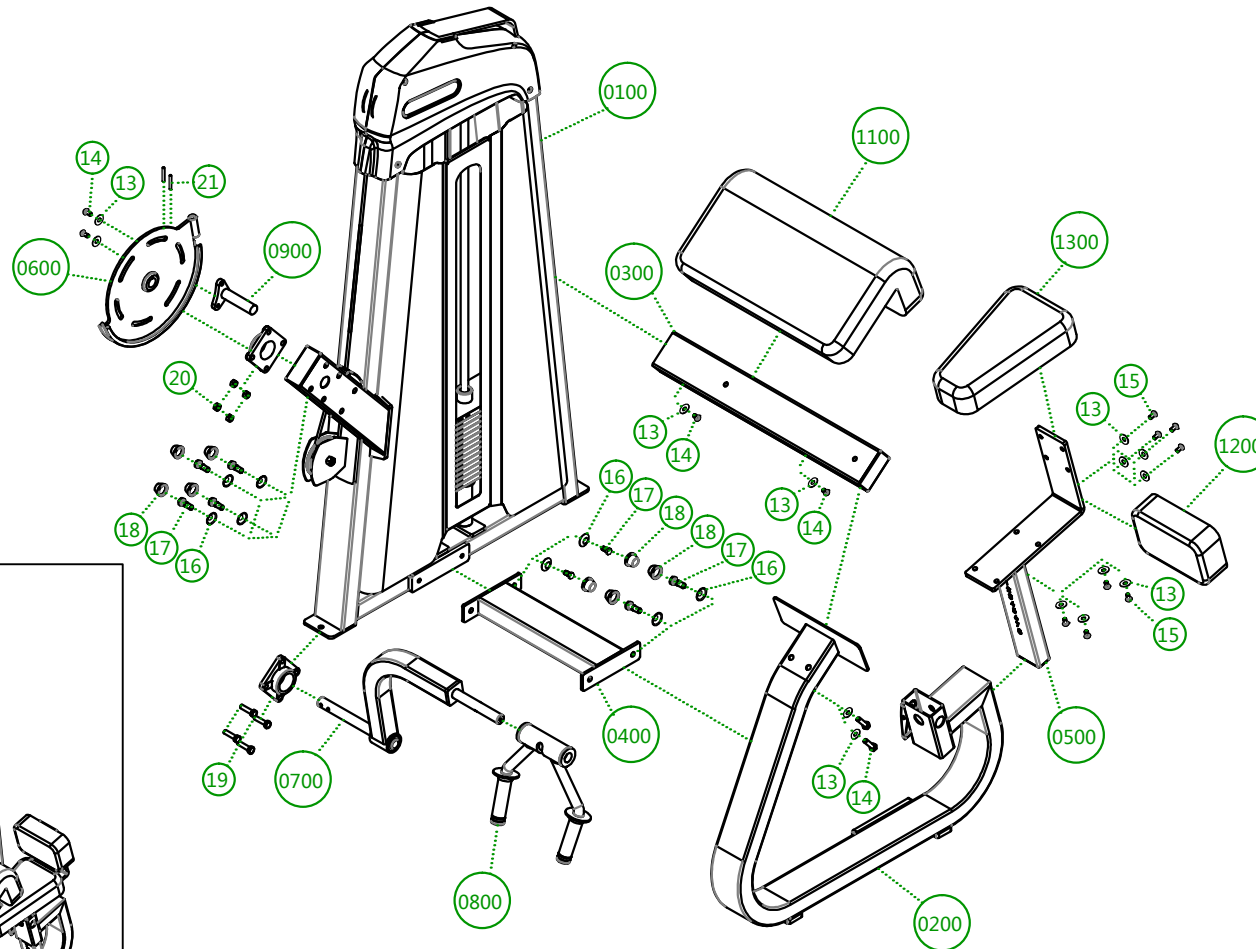
Полезные ссылки:

[Трицепс-машина Bronze Gym LD-9028 - смотреть на сайте](#)

[Трицепс-машина Bronze Gym LD-9028 - читать отзывы](#)

LD-9028 45° Triceps extension

<https://bronze-gym.ru/bronze-gym-ld-9028-triceps-mashina>



LD9028 Seated 45 Tricep Extension

Installation steps:

1. Install 0100 door group and 0400 bottom connection components
2. Install the 0200 main frame assembly and the 0400 lower connection assembly
3. Install the 0200 main frame assembly and the 0300 upper connection assembly
4. Install 0100 door group and 0700 movement arm part group
5. Install 0600 tray and 0700 movement arm part
6. Install 0700 movement arm part and 0800 handle assembly
7. Install 0600 tray and 0900 limit
8. Install 0200 main frame assembly and 0500 seat cushion fixing group
9. Install the mat

No	Draw No	QTY
21	8*50 Straightslotpin	2
20	M12hexagonnut	4
19	M12*75hexagorbolt	4
18	30Screwcap	8
17	M12*20hexagorbolt	8
16	12 Washer	8
15	M8*30semicirclehead screw hexagon	10
14	M8*75semicirclehead screw hexagon	4
13	8 Washer	14
12	1300 Seat cushion	1
11	1200 Back cushion	1
10	1100 Elbowpad	1
9	0900 Limit	1
8	0800 Handleassembly	1
7	0700 movementarm part	1
6	0600 Tray	1
5	0500 Seat cushionfixing group	1
4	0400 Lowerconnectioncomponent	1
3	0300 Upperconnectioncomponent	1
2	0200 Main frame assembly	1
1	0100 Door group	1

LD9028 Seated 45°Tricep Extension

No	Name	QTY	Installation steps:
21	∅8*50 Straight slot pin	2	1. Install 0100 door group and 0400 bottom connection components
20	M12hexagon nut	4	2. Install the 0200 main frame assembly and the 0400 lower connection assembly
19	M12*75hexagon bolt	4	3. Install the 0200 main frame assembly and the 0300 upper connection assembly
18	∅30Screw cap	8	4. Install 0100 door group and 0700 movement arm part group
17	M12*20hexagon bolt	8	5. Install 0600 tray and 0700 movement arm part
16	∅12 Washer	8	6. Install 0700 movement arm part and 0800 handle assembly
15	M8*30semicircle head screw hexagon	10	7. Install 0600 tray and 0900 limit
14	M8*75semicircle head screw hexagon	4	8. Install 0200 main frame assembly and 0500 seat cushion fixing group
13	∅8 Washer	14	9. Install the mat
12	1300 Seat cushion	1	
11	1200 Back cushion	1	
10	1100 Elbow pad	1	
9	0900 Limit	1	

8	0800 Handle assembly	1	
7	0700 movement arm part	1	
6	0600 Tray	1	
5	0500 Seat cushion fixing group	1	
4	0400 Lower connection component	1	
3	0300 Upper connection component	1	
2	0200 Main frame assembly	1	
1	0100 Door group	1	