

Инструкция

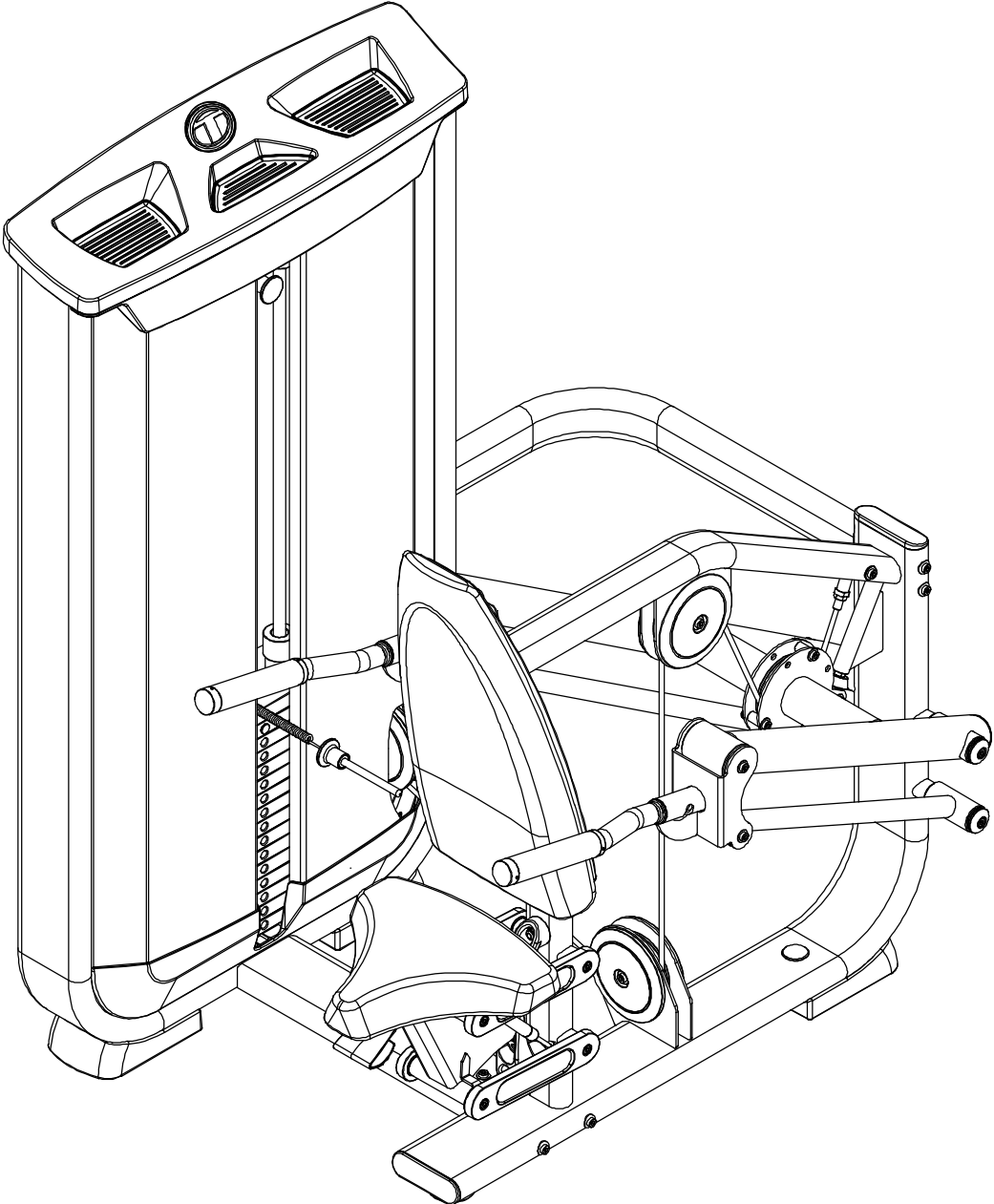
Трицепс сидя Inotec NL11

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TRICEPS PRESS



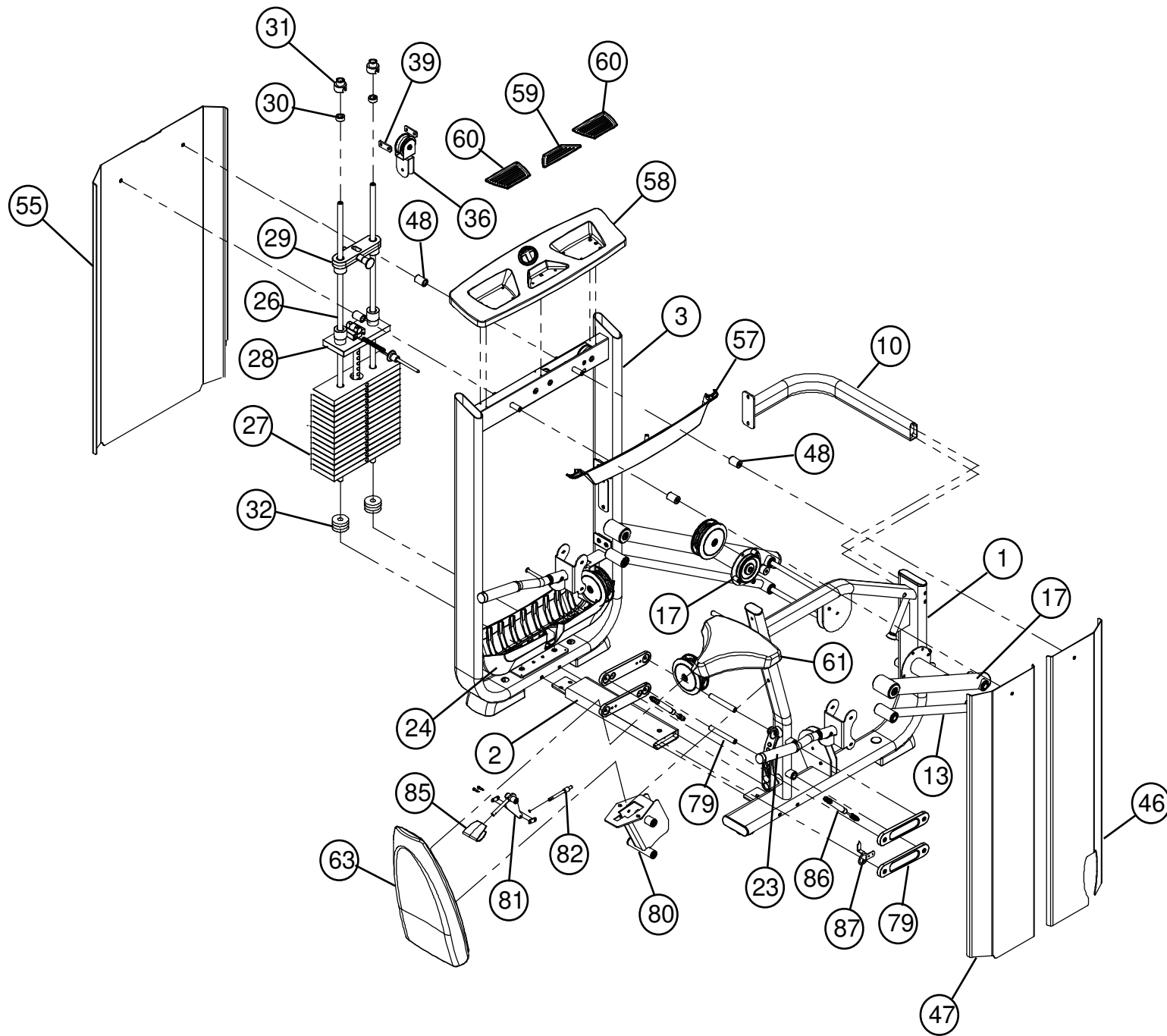
PARTS LIST

ITEM	QTY	PART NO	Paraong P/N	DESCRIPTION	Chinese Description
1	1	5299701-C	P20-3020	ASSY, TP FRAME	固定立管組
2	1	52282PA-A	P04-2865	PTD ASSY, TP-LP BASE CONNECTOR	連接管組
3	1	52278PA-B	P20-3000	PTD ASSY, TP TOWER	主架固定管組
4	6	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	40	2001101		WASHER, FLAT 3/8 SAE ST ZN	平面華司20X10.5X1.0T
7	7	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	14	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	5229301-A	P04-2864	WLDMT, TP UPPER CONNECTOR	連接管組
11	1	5221401-A	P02-4251	PLATE, 50 X 155 X 4MM	固定片
12	2	5229001-A	P03-1974	SHAFT, TP PIVOT ARM	鐵心
13	2	52305PA-A	P20-3003	PTD ASSY, TP SECONDARY PIVOT ARM	活動管組
14	4	5208901	P05-0981	CAP, AL END	鋁蓋
15	4	2003501		SET SCREW, 5/16-18 X 5/16"	內六角止付螺絲 點耐落
16	12	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
17	2	52295PA-A	P20-3002	PTD ASSY, PT PRIMARY PIVOT ARM	活動管組
18	4	5226701-A	P06-0961	PULLEY, 4-1/2 X 1 X 1/4" CABLE	大滑輪
19	1	5248301-A	P03-1975	SHAFT, STOP	套管
20	4	2004301		NUT, 3/8-16 LH LK ST ZN	尼龍螺帽3/8"-16x7.2T
21	5	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
22	2	5230701-A	P03-1972	SHAFT, TP HANDLE PIVOT	鐵心
23R	1	52308PA-A	P20-3004	ASSY, TP HANDLE RIGHT	連接片組右
23L	1		P20-3186	ASSY, TP HANDLE LEFT	連接片組左
24	1	5212601	P06-2151	COVER, TOWER BASE	塑膠底座
25	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
26	2	5209701	P01-3735	GUIDE ROD, 19 DIA X 1315	升降桿
27	15	52101PA	P10-0778	PTD ASSY, 15 LB WEIGHT PLATE	選擇片
28	1	5250201-C	P20-2989	ASSY, 15 PLATE HEAD PLATE	上片組
29	1	5218201-D	P20-2988	ASSY, 7.5LB INC. WEIGHT	配重塊組
30	2	5095301	A05-0212	SHAFT COLLAR, GUIDE ROD	固定軸套組
31	2	5209801	P06-2144	BUSHING, GUIDE ROD RETAINER	升降桿護套
32	2	5098201	P06-0034	CUSHION, WEIGHT STACK	橡膠墊
33	1	2002801		E-RING, EXTERNAL 8MM ID	E 型扣, ETW-9
34	1	5282301-A	P05-1003	PIN, WEIGHT PLATE LOCKING	插銷
35	1	5224601-A	P17-0009	BELT, TOWER	滑輪皮帶
36	1	52245PA-A	P20-2991	PTD ASSY, BELT - 4.5 PULLEYS 90 DEG	輪座片組
37	1	5248401-A	P03-2026	SPACER, 16 OD X 10.1 ID X 36	套管
38	2	5248501-A	P08-0121	SPACER, FLNG 16.2 X 10.1 X 6	T帽套管
39	2	5208201-A	P02-4266	PLATE, BELT CLAMP	固定片
40	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

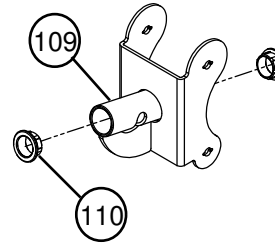
41	1	5231701-B	P13-0339	CABLE ASSY, TP	鋼索
42	1	5297701		LABEL, WEIGHT STACK 15LBS	磅數表
43	6	5214601-C	P06-2135	COVER, PULLEY 152MM DIA	護蓋
44	6	5217601-A	P06-2208	WASHER, RUBBER 19 ID X 25 OD X 3	墊片
45	6	5216301-A	P08-0165	SPACER, FLNG 16.2 X 10.2 X 7.5	T帽套管
46	1	5212801-C	P10-0784	SHROUD, TOWER FRONT - RH	右前護網
47	1	5212901-B	P10-0785	SHROUD, TOWER FRONT - LH	左前護網
48	4	5213201	P06-2146	MOUNT, 19MM ID STANDOFF	橡膠套
49	2	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
50	1	5216401-A	P05-0977	ROD END, M-12 FEMALE	關節軸承
51	1	2005701		NUT, M12 JAM ST ZN	螺帽
52	2	5231801-A	P08-0167	SPACER, FLANGE 16.2 OD X 10.1 ID X 29.5	T帽套管
53	1	2005414		BOLT, 3/8-16 X 3-3/4" (95mm) SOCKET HEAD	六角承窩螺絲 3/8"x 3-3/4"L
54	3	5230101-A	P03-1976	BUSHING, 16 OD X 10.1 ID X 25	套管
55	1	5297001	P10-0783	ASSY, REAR SHROUD	后護網
56	2	2005805		BOLT, 1/2-13 X 1-1/2" (38mm) SOCKET HEAD	六角承窩螺絲 1/2"x 1-1/2"L
57	1	5296401-A		ASSY, TP PLACARD	塑膠蓋含運動看板
58	1	5294601	P20-2990	ASSY, TOWER CAP	塑膠蓋組
59	1	5244101	P06-2156	TRAY, TOWER CAP - SMALL	橡膠墊
60	2	5244001	P06-2155	TRAY, TOWER CAP - LARGE	橡膠墊
61	1	5246201	P07-0434	PAD, SMALL SEAT	座墊
62	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
63	1	5223001-B	P20-3036	ASSY, BACK PAD W/PLASTIC COVER	背墊組
64	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
65	1		P20-3001	SUB ASSY, TP FRAME	固定立管組
66	1	5228401-A	P04-2863	TP FRAME WELDMENT	固定立管
67	2	5205401-A	P06-2129	END CAP, FLATOVAL	橢圓管塞
68	1	5294101-A	P06-2256	Main Frame Leveler	腳墊
69	1		A06-0529	FLATOVAL END CAP	橢圓管塞
70	1	5205601-A	P06-2255	BUMPER	緩衝墊
71	1	5205501-A	P05-0962	ADJUSTMENT, SEAT	調整塊
72	4			AVK INSERT	拉帽
73	1	5293901-B	P06-2254	FOOT, TOWER	腳墊
74	1		P06-0134	PLUG	扣塞
75	8		P08-0048	BUSHING, 25.55X19.05X16 FLANGE BRONZE	含油軸承
76	4			WASHER, FLAT 16 X 6.5 X 1.0T	平面華司16X6.5X1.0T
77	4	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
78	4	5205301-A	P03-1949	SHAFT, SEAT ADJUSTMENT	鐵心
79	4	5246301-D	P06-2154	PLATE, SEAT	連接片
80	1	52058PA-A	P20-2992	ASSY, SEAT HOUSING	座墊固定片組
81	1	52062PA-A	P20-2993	ASSEMBLY, SEAT HANDLE	連接片組
82	1	5206601-B	P05-0975	PIN	插鞘桿
83	2	5206701-A	P02-4250	PLATE, SEAT HANDLE	固定片

84	2	20039-A	P05-0986	SHOULDER BOLT	限位螺絲
85	1	5218501-C	P06-2138	KNOB, PLASTIC, SEAT	手柄
86	2	5246401-A	P05-0976	GAS CYLINDER	氣壓缸
87	1	5280301-A	P02-4253	INDICATOR, SEAT ADJUSTMENT	標示片
88	1		P05-0011	SPRING	彈簧
89	1		P05-0438	NUT, JAM	調整螺帽
90	2			NUT, 1/4-20 X 8.0T, LK ST ZN	尼龍螺帽 1/4"-20x8.0T
91	1	5205801-A	P04-2819	SEAT HOUSING WELDMENT	座墊固定片焊接件
92	1	5206201-A	P04-2827	SEAT HANDLE WELDMENT	連接片焊接件
93	2		P08-0156	BUSHING	含油軸承
94	1	5223801-B	P04-2813	PLATE, LIMIT	限位片組
95	4	5213001-A	P06-2143	CUSHION, SHROUD HOLDER	緩衝墊
96	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
97	8			WASHER, FLAT 12 X 5.2 X1.0T	平面華司12X5.2X1.0T
98	1	5227801-A	P04-2862	TP TOWER WELDMENT	主架固定管
99	2	5203801-A	A06-0231	BELT PULLEY	平皮帶滑輪
100	2	5230501-A	P04-2867	SECONDARY PIVOT ARM	活動管
101	12	5096701-A	P05-0115	BEARING	培林
102	2	5229501-A	P04-2866	PRIMARY PIVOT ARM	活動管
103	4		P05-0204	FLANGE BEARING	法蘭培林
104	2	5230301-A	P03-1973	SHAFT	鐵心
105	2	5226801-A	P06-2130	ROUND END CAP	圓管內塞
106	2		P20-3058	HANDLE HOLDER	連接片組
107	2		P20-3059	HANDLE ASSEMBLY	把手管組
108	2			FLAT WASHER 1-3/16 X 3/8 X 2.5t	平面華司 30 x 10.5 x 2.5t
109	2	5230801-A	P04-2868	HANDLE HOLDER WELDMENT	連接片
110	4		P08-0037	BUSHING	含油軸承
111	2	5231201-A	P04-2869	HANDLE	把手管
112	2	5096301-B	P05-0997	COLLAR	鋁環
113	2	5208801-A	P06-2216	HAND GRIP	把手套
114	2	5096601-B	P05-0996	ALUMINUM CAP	鋁蓋
115	8			SET SCREW M4x3mmL	止付螺絲
116	1	52102PA-B	P10-0777	15LB HEAD PLATE	上片組
117	1	5210901-A	P10-0781	SELECTOR STEM	選擇桿
118	1	5303701-A	P02-4395	LANYARD CLIP	卡片
119	1	5211301-A	P03-1946	BELT CLAMP	鐵心
120	1		P05-0187	CLEVIS PIN	彈簧鞘
121	1	5211201-B	P06-2134	BELT CLAMP HOUSING	塑膠塊
122	2	5218401-B	P06-2145	BUMPER	橡膠墊
123	1	5245301	P11-0183	WEIGHT STACK SELECTOR PIN	選擇桿插鞘組
124	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
125	1	52180PA-C	P10-0780	7.5LB INC. WEIGHT	配重塊
126	1	5218101-A	P05-0991	PIN, 7.5LB INC. WEIGHT	插鞘桿

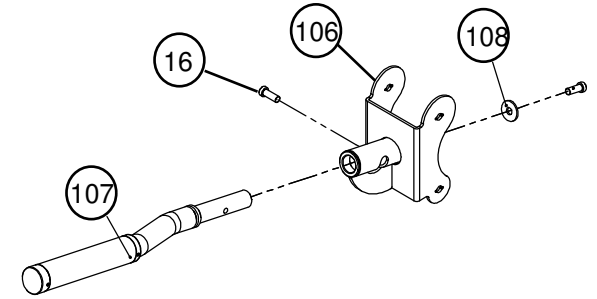
127	1	P46609-101	A05-1079	SPRING	壓縮彈簧
128	1	5244901-C	P06-2132	KNOB, 7.5LB INC. WEIGHT	插銷頭
129	1	5224501-A	P04-2814	BRACKET, PULLEY	輪座片焊接件
130	1	5243801-C	P06-2152	TOWER CAP	塑膠蓋
131	1		P10-0098	BADGE	銘牌
132	1	5223101-A	P07-0429	BACK PAD	背墊
133	1	5223201-B	P06-2159	COVER, BACK PAD	背墊護蓋
134	4			SCREW, ROUND HEAD PHILLIP SELF TAPPING M4X20L	圓頭十字自攻螺絲



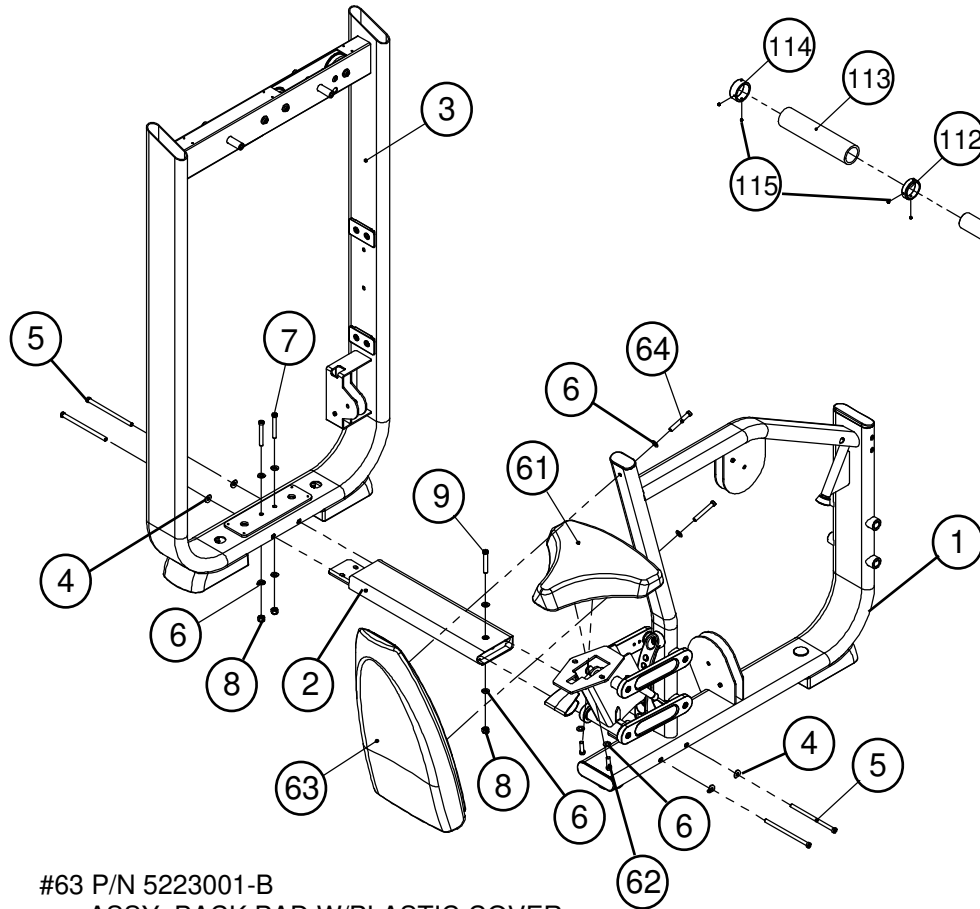
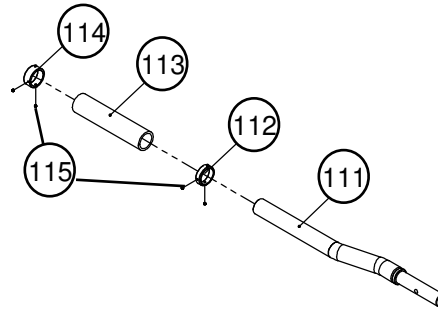
#106 P/N P20-3058
ASSY, HANDLE HOLDER



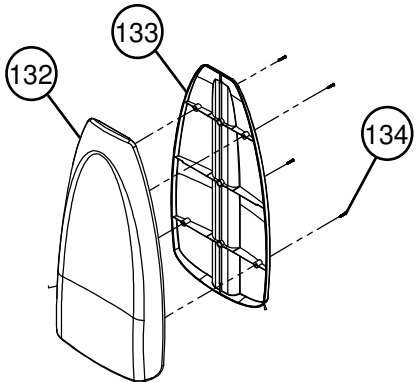
#23R P/N P20-3004 ASSY, TP HANDLE RIGHT



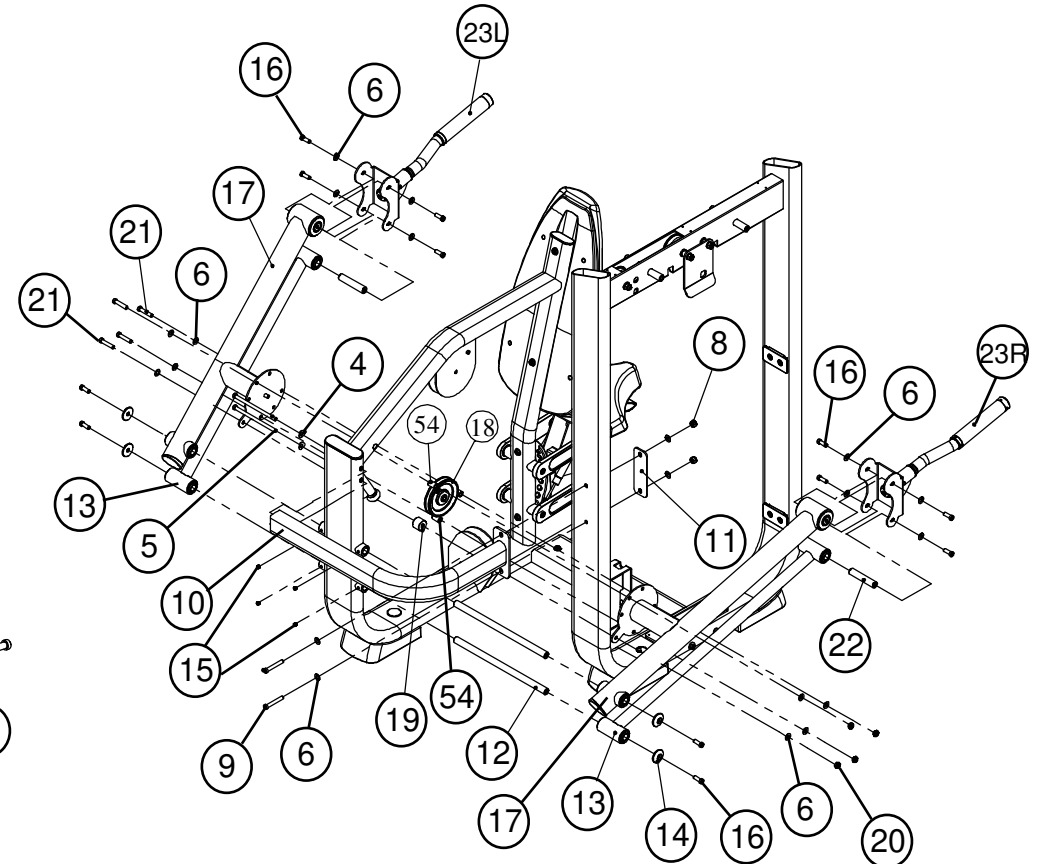
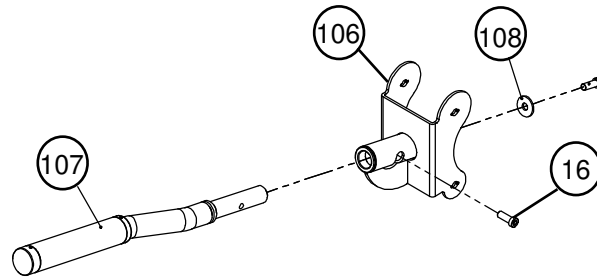
#107 P/N P20-3059 ASSY, HANDLE



#63 P/N 5223001-B
ASSY, BACK PAD W/PLASTIC COVER

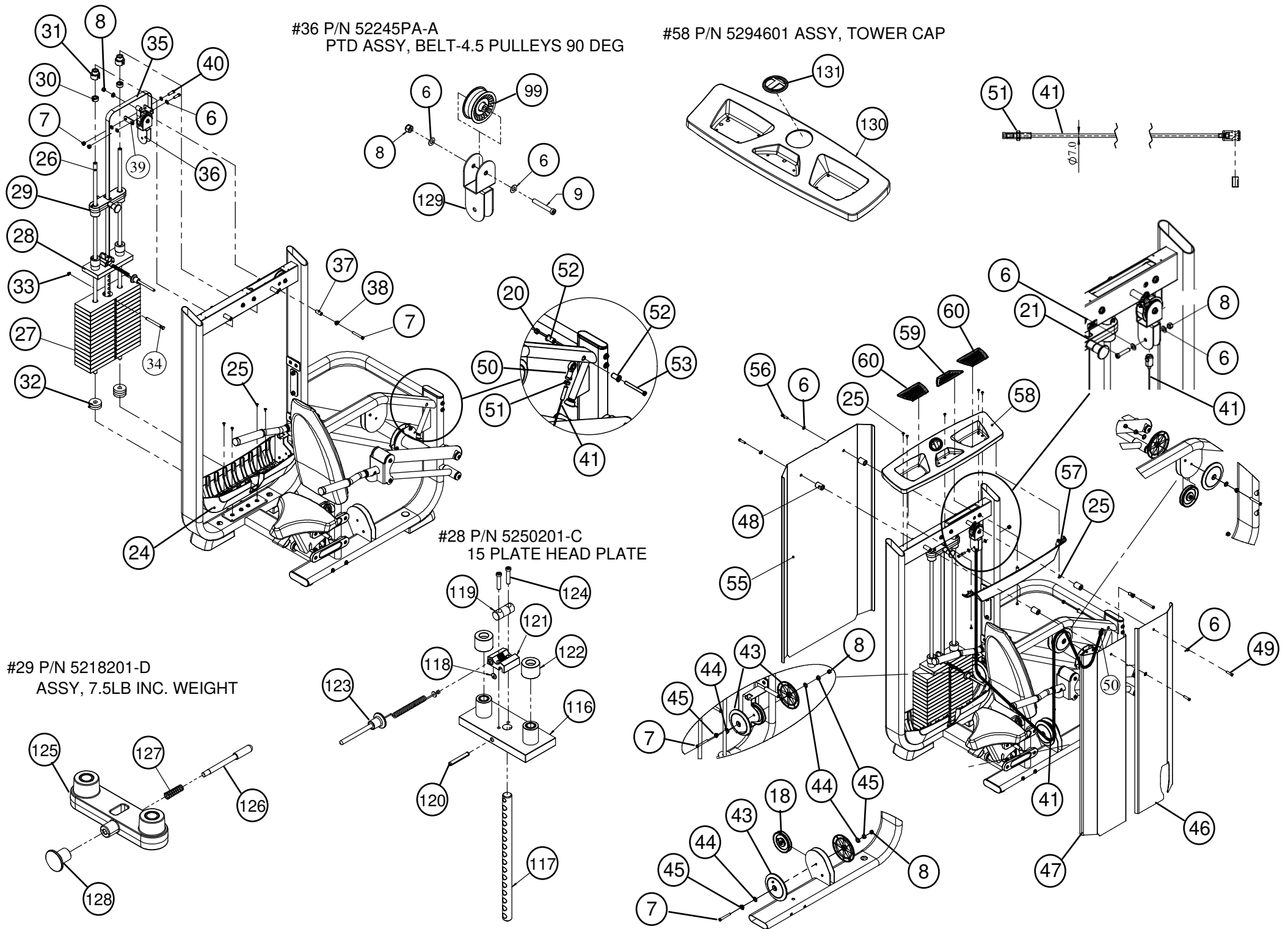


#23L P/N P20-3186 ASSY, TP HANDLE LEFT

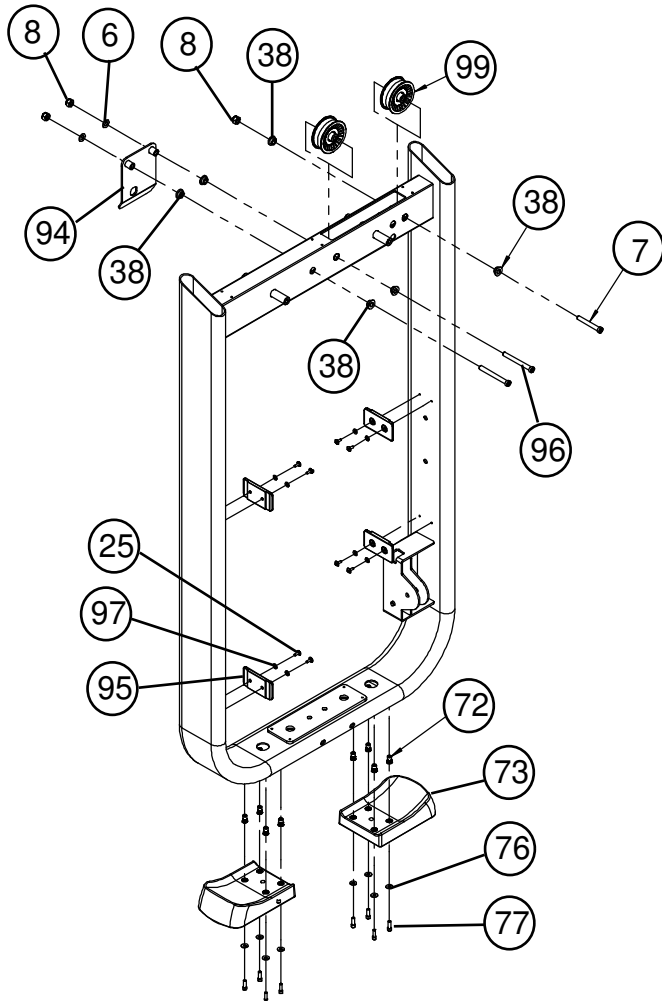


#36 P/N 52245PA-A
PTD ASSY, BELT-4.5 PULLEYS 90 DEG

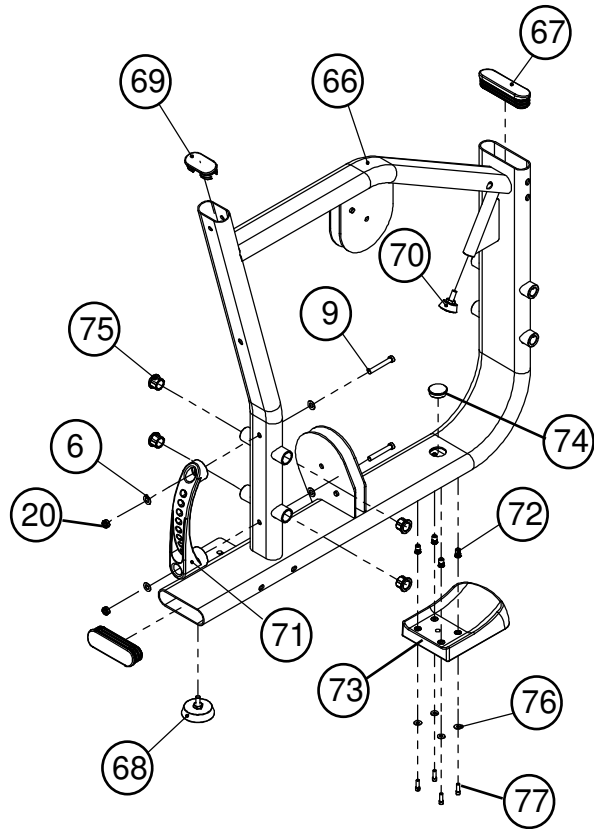
#58 P/N 5294601 ASSY, TOWER CAP



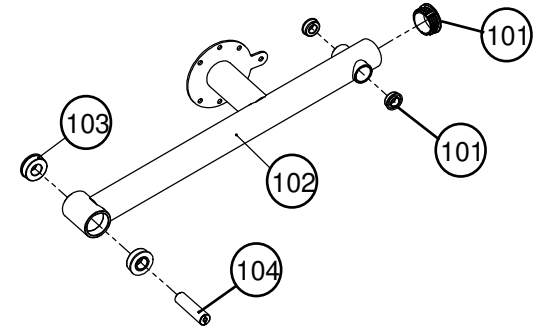
#3 P/N 52278PA-B PTD ASSY, TP TOWER



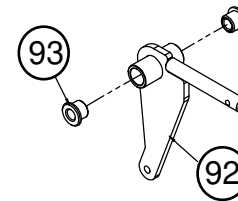
#65 P/N P20-3001 SUB ASSY, TP FRAME



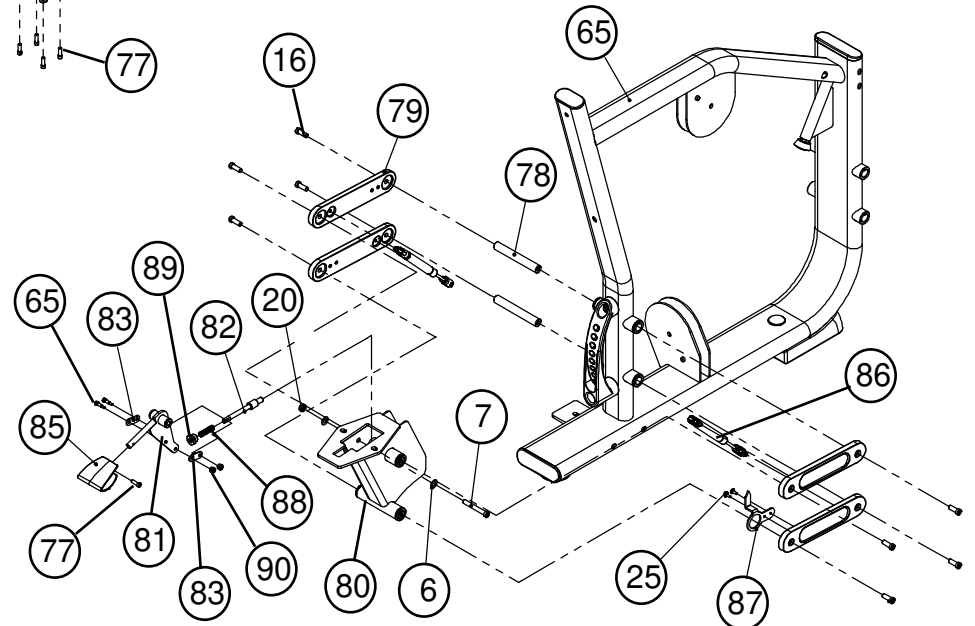
#17 P/N 52295PA-A
PTD ASSY, PT PRIMARY PIVOT ARM



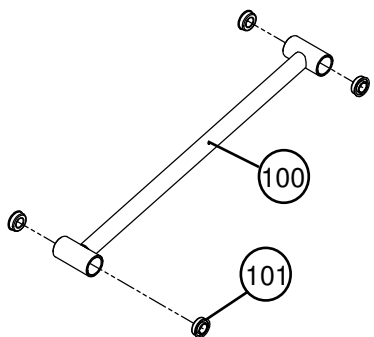
#81 P/N 52062PA-A ASSY, SEAT HANDLE



#1 P/N 5299702-C ASSY, TP FRAME



#13 P/N 52305PA-A
PTD ASSY, TP SECONDARY PIVOT ARM



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

