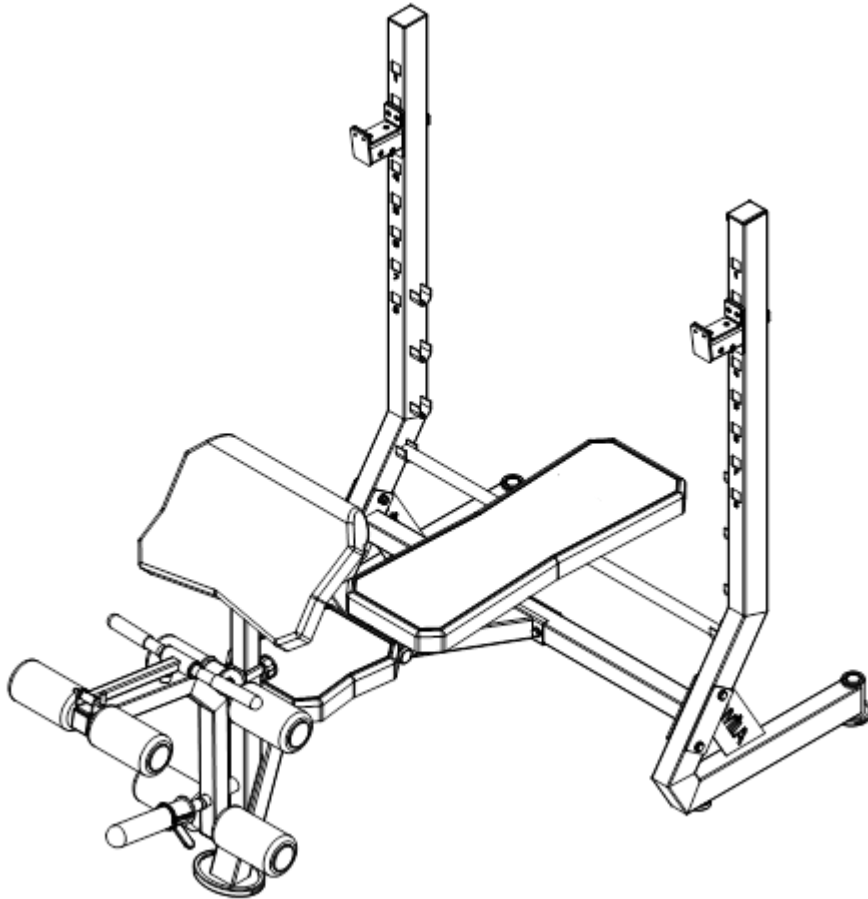


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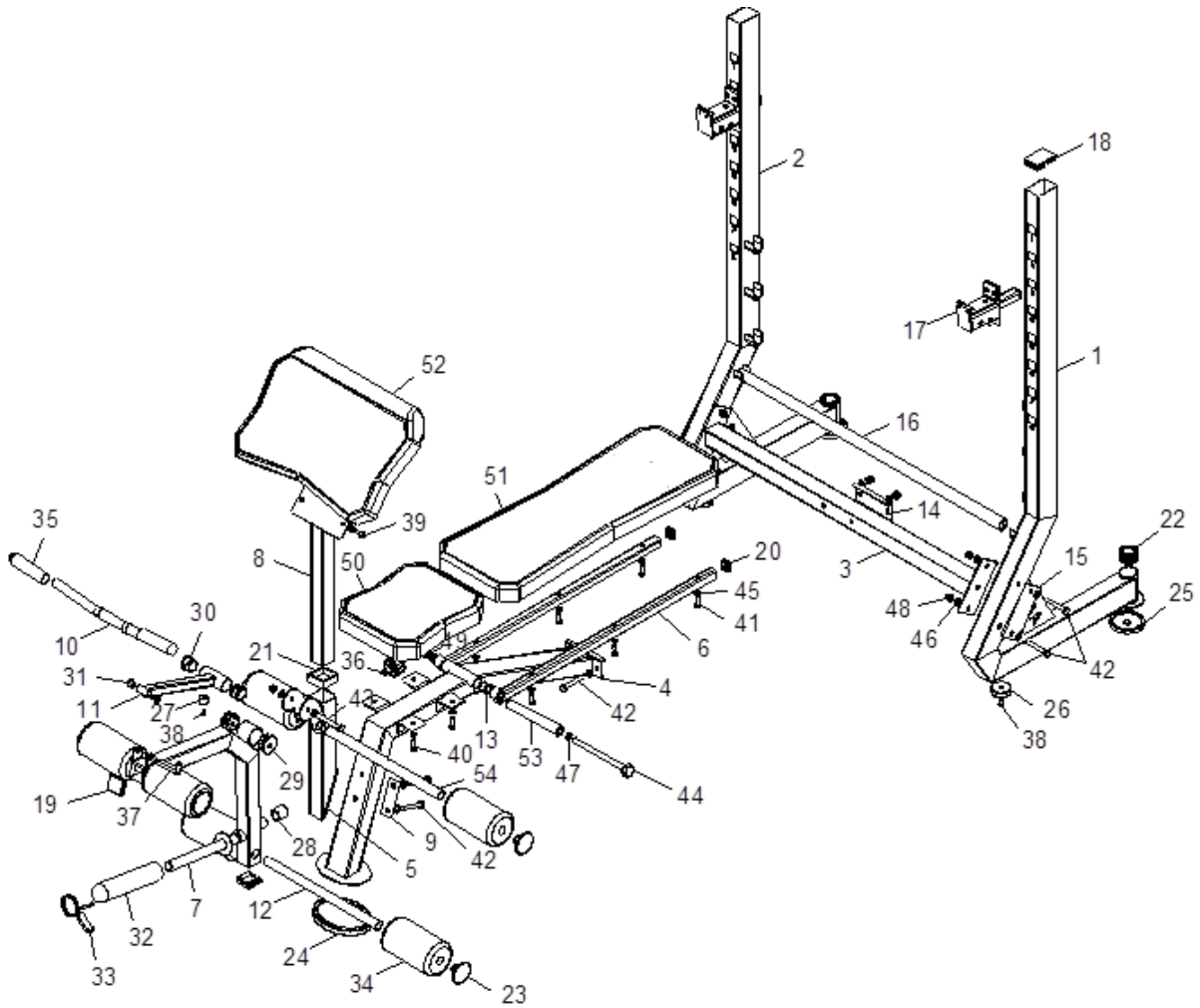
1 PARTS LIST / ONDERDELENLIJST

NUMBER	DESCRIPTION	Q'TY
1	Left Upright Beam	1
2	Right Upright Beam	1
3	Cross Brace	1
4	Main Frame	1
5	Leg Developer Holder	1
6	Backrest Support	2
7	Leg Developer	1
8	Arm Curl Stand	1
9	Splint 3*100*38	1
10	Curl Bar Handle	1
11	Curl Bar Handle Support	1
12	Foam Tube-390	2
13	Bushing	2
14	Splint 3*135*50	1
15	Splint 3*150*70	2
16	Backrest Adjustment Bar	1
17	J Hook	1 Set
18	Rectangle Plug	2
19	Square Plug 48	2
20	Square Plug	2
21	Hollow Sleeve	1
22	Round Plug	2
23	Foam Roll End Cap	6
24	End Cap	1
25	Round Cap	2
26	Rubber Pad	2
27	Buffer	1

NUMBER	DESCRIPTION	Q'TY
28	Round End Cap-Φ25	1
29	Nylon Bushing 50*10	2
30	Nylon Bushing 38*26	2
31	Bushing	2
32	Olympic Sleeve	1
33	Spring Clip	1
34	Foam	6
35	Handle	2
36	Fast Pin	1
37	L-pin	1
38	Allen Bolt M8*16	3
39	Bolt M8*16	2
40	Bolt M8*20	4
41	Bolt M8*40	6
42	Bolt M10*70	8
43	Bolt M10*80	1
44	Bolt M12*190	1
45	Washer 8	12
46	Washer 10	16
47	Washer 12	2
48	Lock Nut M10	7
49	Lock Nut M12	1
50	Seat Board	1
51	Backrest Board	1
52	Arm Curl Pad	1
53	Shaft	1
54	Foam Tube-405	1

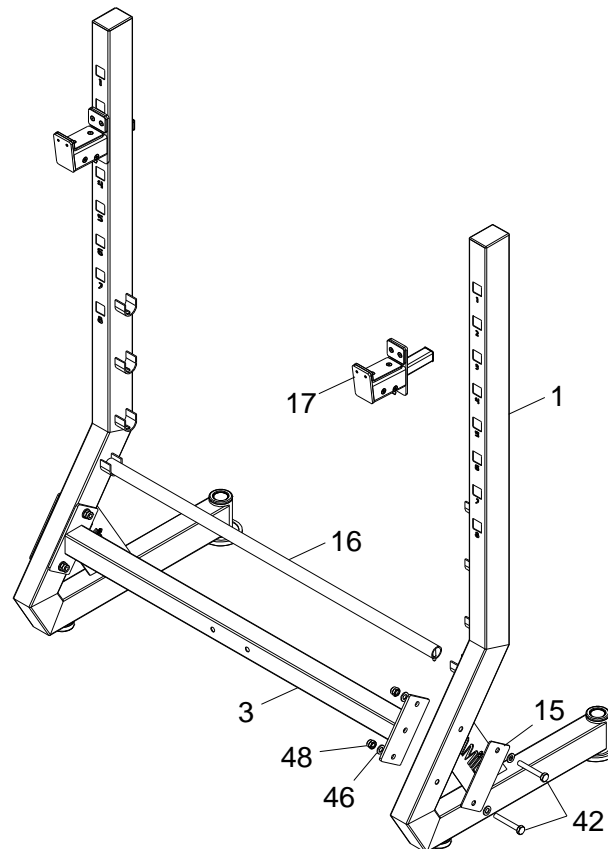
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2 OVERVIEW DRAWING / OVERZICHTSTEKENING



3 ASSEMBLY / MONTAGE

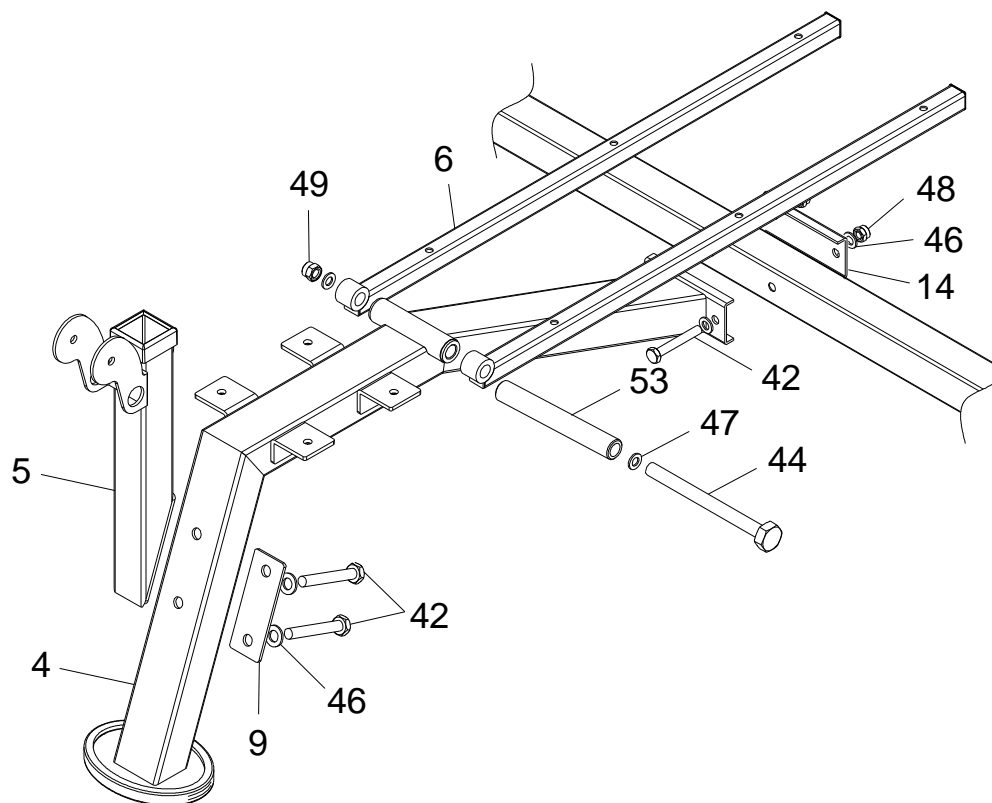
STEP 1 / STAP 1



1. Attach Left Upright Beam (1) and Right Upright Beam (2) to Cross Brace (3) with Splint (15), Bolt M10*70 (42), Washer 10 (46) and Lock Nut M10 (48).
2. Insert Backrest Adjustment Bar (16) into Left Upright Beam (1) and Right Upright Beam (2).
3. Insert J Hook (17) into Left Upright Beam (1) and Right Upright Beam (2).

1. Bevestig de Linker Upright Beam (1) en de Rechter Upright Beam (2) aan de Cross Brace (3) met Splint (15), Bolt M10*70 (42), Washer 10 (46) en Lock Nut M10 (48).
2. Plaats de afstelstang voor de rugleuning (16) in de linker verticale balk (1) en de rechter verticale balk (2).
3. 3. Steek de J-haak (17) in de linker bovenbalk (1) en de rechter bovenbalk (2).

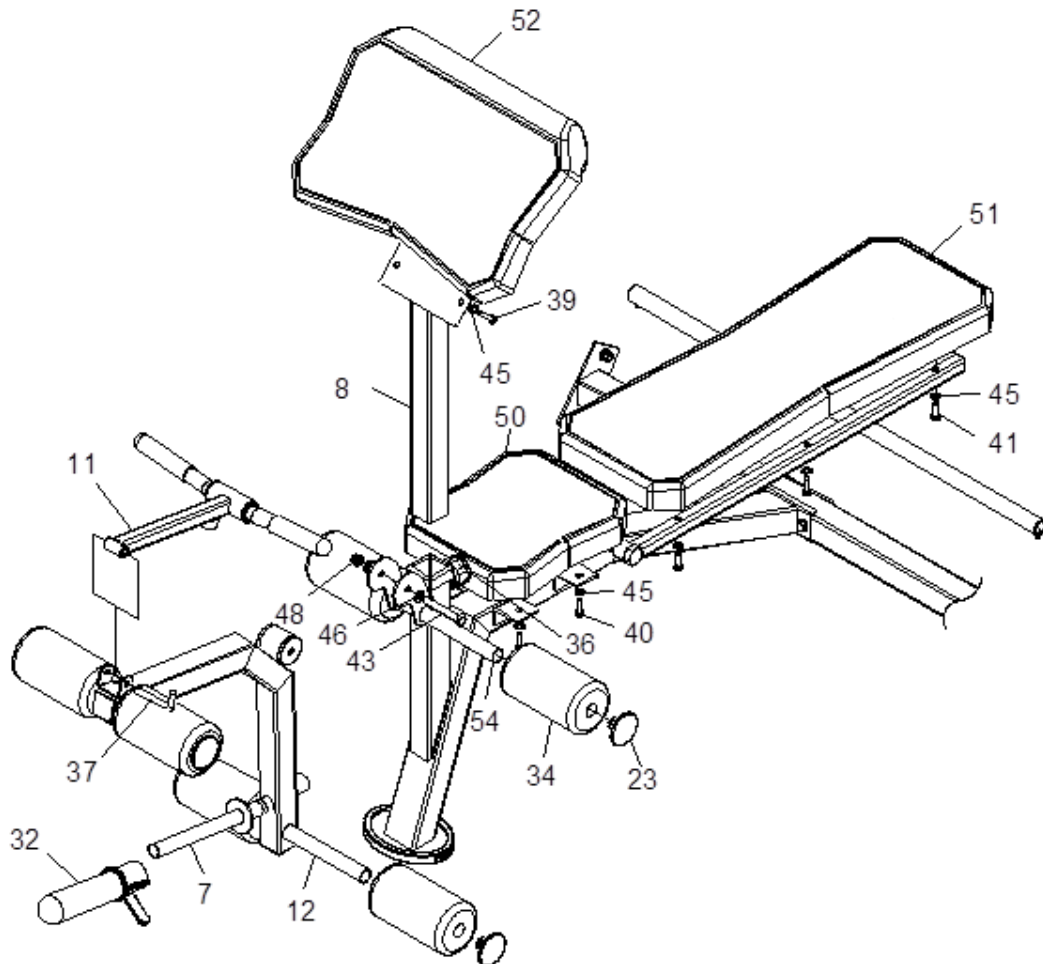
STEP 2 / STAP 2



1. Attach Main Frame (4) to Cross Brace (3) with Bolt M10*70 (42), Washer 10 (46) and Lock Nut M10 (48).
2. Attach Leg Developer Holder (5) to Main Frame (4) with (9) Bolt M10*70 (42) and Washer 10 (46).
3. Attach Backrest Support (6) to Main Frame (4) with Shaft (53) with Bolt M12*190 (44), Washer 12 (46) and Lock Nut M12 (49).

1. Bevestig het hoofdframe (4) aan de dwarsbalk (3) met bout M10*70 (42), sluitring 10 (46) en borgmoer M10 (48).
2. Bevestig de beugelhouder (5) aan het hoofdframe (4) met (9) bout M10*70 (42) en sluitring 10 (46).
3. Bevestig de rugsteun (6) aan het hoofdframe (4) met de as (53) met bout M12*190 (44), sluitring 12 (46) en borgmoer M12 (49).

STEP 3 / STAP 3



1. Attach Leg Developer (7) to Leg Developer Holder (5) with Bolt M10*80 (43), Washer 10 (46) and Lock Nut M10 (48).
2. Attach Curl Bar Handle Support (11) to Leg Developer (7) with L-pin (37).
3. Insert Foam Tube (12&54) into Leg Developer (7) and Leg Developer Holder (5). And insert Foam (43) into Foam Tube (12) with Foam Roll End Cap (23).
4. Insert Arm Curl Stand (8) into Leg Developer Holder (5) with Fast Pin (36).
5. Attach Arm Curl Pad (52) to Arm Curl Stand (8) with Bolt M8*16 (39) and Washer 8 (45).
6. Attach Seat Board (50) to Main Frame (4) with Bolt M8*20 (40) and Washer 8 (45).
7. Attach Backrest Board (51) to Backrest Support (6) with M8*40 (41) and Washer 8 (45).

1. Bevestig de been ontwikkelaar (7) aan de been ontwikkelaar houder (5) met de bout M10*80 (43), sluitring 10 (46) en borgmoer M10 (48).

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2. Bevestig de Curl Bar handgreepsteun (11) aan de Been Ontwikkelaar (7) met de L-pin (37).
 3. Steek de Foam Tube (12&54) in de Leg Developer (7) en Leg Developer Holder (5). En steek de Foam (43) in de Foam Tube (12) met Foam Roll End Cap (23).
 4. Plaats de Arm Curl Stand (8) in de Been Ontwikkelaar Houder (5) met de Fast Pin (36).
 5. Bevestig de Arm Curl Pad (52) aan de Arm Curl Stand (8) met de bout M8*16 (39) en sluitring 8 (45).
 6. Bevestig de zitplank (50) aan het hoofdframe (4) met bout M8*20 (40) en sluitring 8 (45).
 7. Bevestig de rugleuningplaat (51) aan de rugleuningsteun (6) met M8*40 (41) en onderlegging 8 (45).