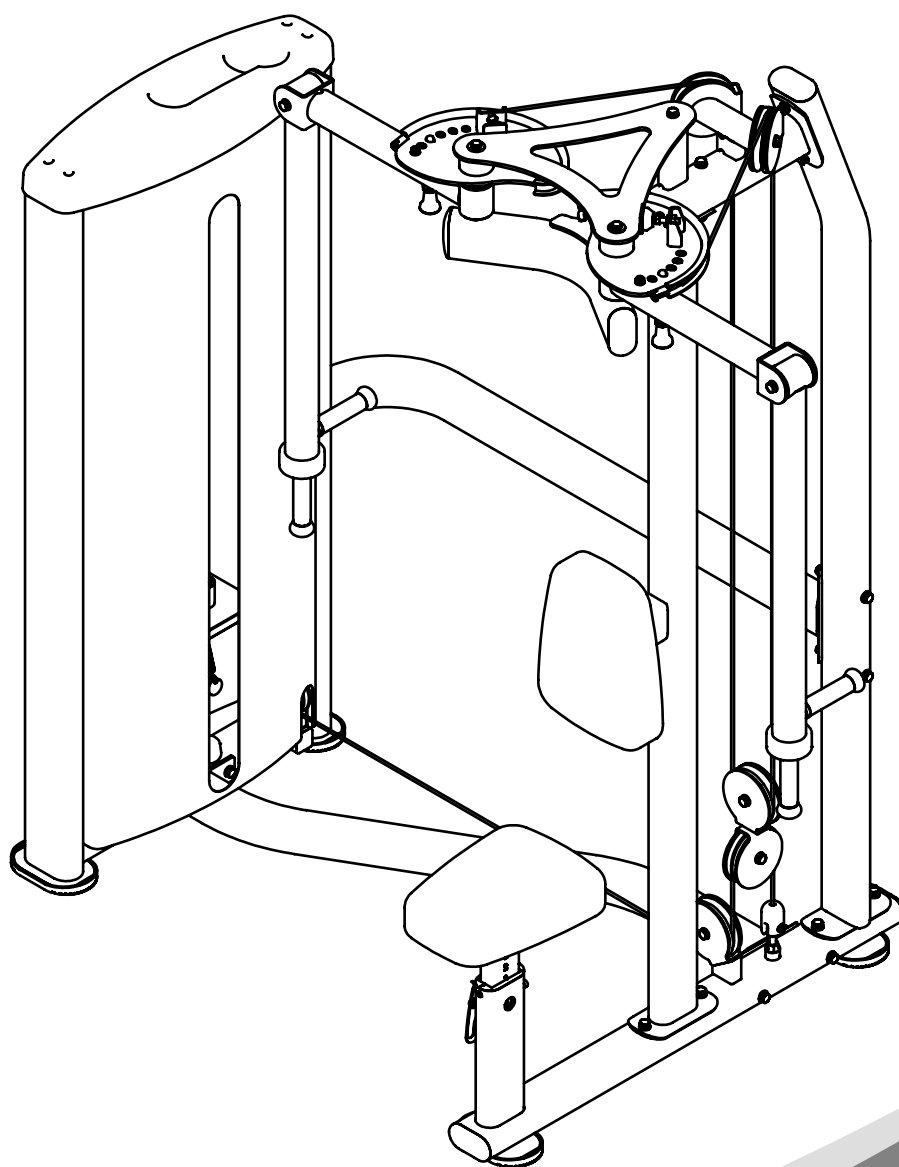


BS011

PEC FLY\REAR DELT

# OWNER'S MANUAL



**! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.  
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.  
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.5 meters space around the product.  
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.  
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.  
Do not attempt to lift more weight than you can control safely.  
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.  
Never drop or insert anything into any opening in the equipment.  
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.  
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.  
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

# Parts List

**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

## CAGE Detail List

ITEM NO.	DESCRIPTION	QTY
01	Weight Stack Frame	1
02	Front Shroud	1
03	Rear Shroud	1
04	Upper Shroud	1
05	Sleeve $\phi 20 \times 14.2$	4
06	Baffle $62 \times 45 \times 25 \times 3$	2
07	Rubber Plug $\phi 18.5 \times \phi 15 \times 7$	2
08	Guide Rod	2
09	Small Pulley 3.5"	3
010	Mount Sleeve	2
011	Rubber Mat	2
012	Selector Pin W/Coil	1
013	Plug F38	1
014	Shield Fixed Seat	8
015	Rubber Foot	2
016	Hex Head Bolt M10*70	2
017	Hex Head Bolt M10*50	1
018	Nylon Lock Nut M10	3
019	Flat Washer $\phi 11 \times \phi 20 \times 2$	2
021	Hex Head Bolt M8*25	2
022	Flat Washer $\phi 16 \times \phi 9 \times 1$	2
023	Spring Washer $\phi 8$	2
024	Button Head Cap Screw M5*12	20
025	Top Plate	1
026	Weight Plate	15

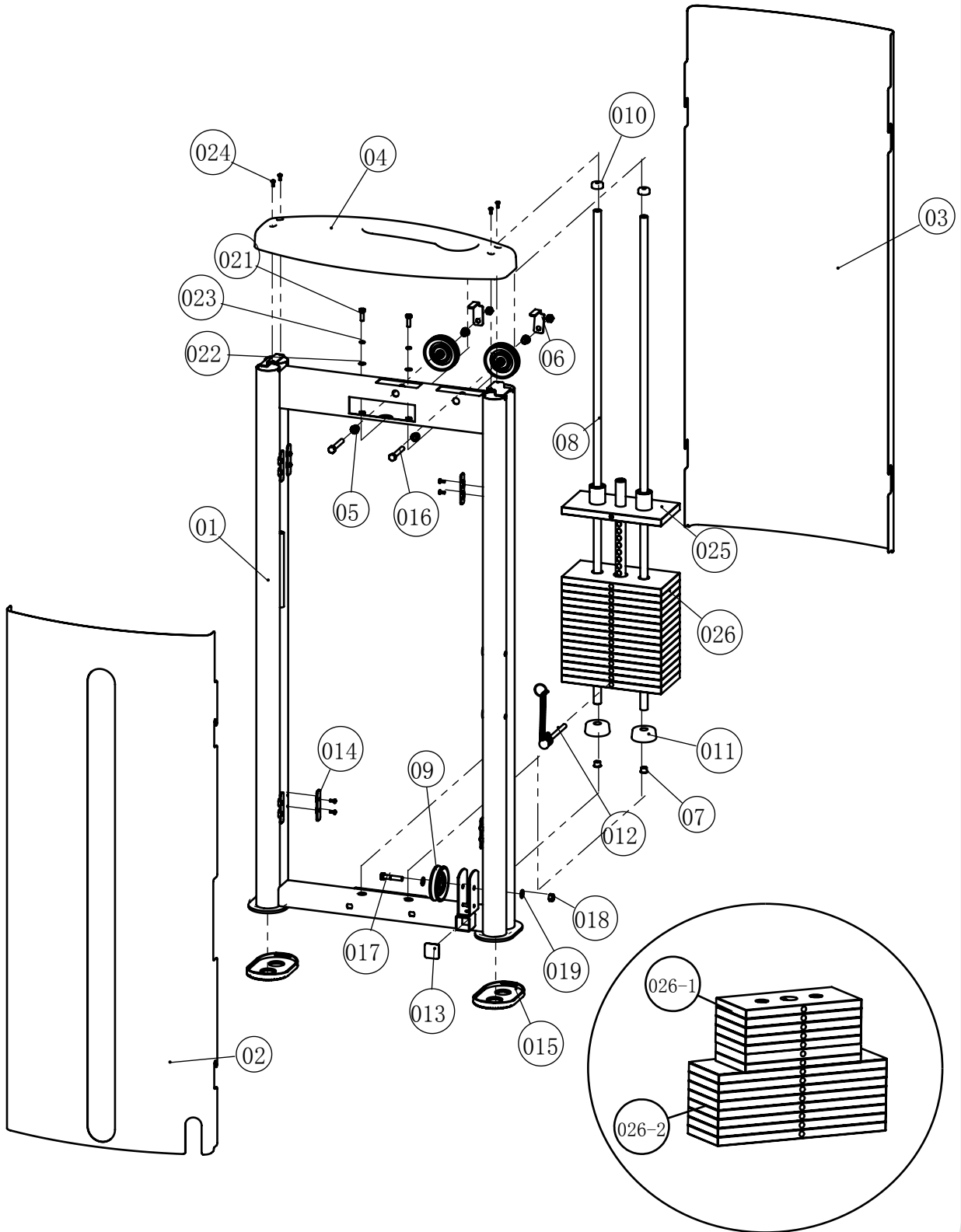
WEIGHTS	ITEM NO.	DESCRIPTION	QTY
80KG/176LBS	026-1	Weight Plate 272*135*19	15
100KG/220LBS	026-1	Weight Plate 272*135*19	7
	026-2	Weight Plate 395*135*19	8
118KG/260LBS	026-2	Weight Plate 395*135*19	15

## Parts List

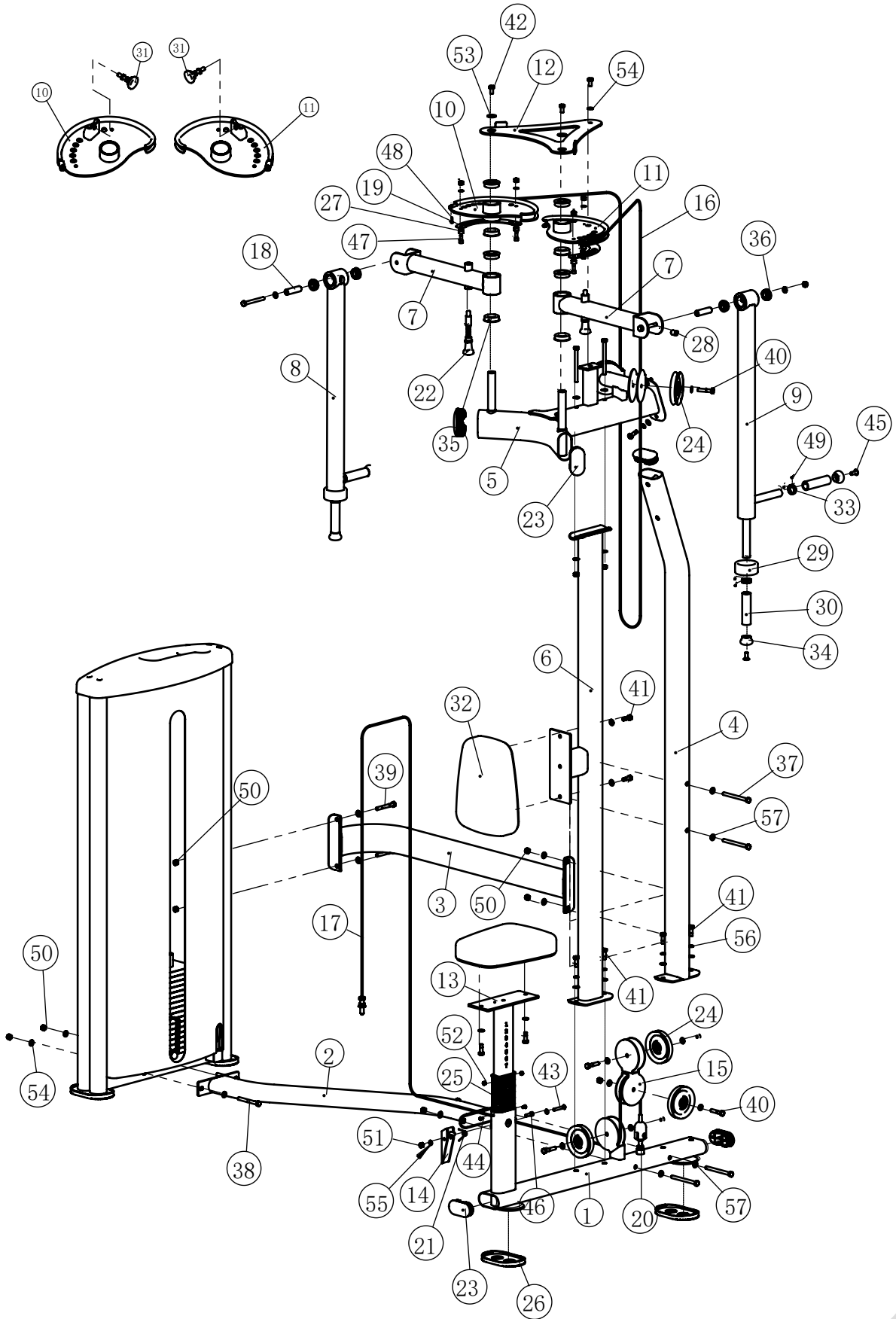
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

ITEM NO	DESCRIPTION	QTY	ITEM NO	DESCRIPTION	QTY
1	Bottom Frame	1	30	Grip $\phi 30 \times \phi 22 \times 120$	4
2	Ground Connection Frame	1	31	Adjust The Height Pad	2
3	Rear Connection Frame	1	32	Seat Pad	2
4	Rear Stand Frame	1	33	Aluminum Ring $\phi 25$	4
5	On The Beam	1	34	Aluminum Cap $\phi 25$	4
6	Vertical Frame	1	35	Flanged Shaft Bushings 1"	8
7	Cross Arm Frame	2	36	Flanged Shaft Bushings 0.75"	4
8	Right Vertical Arm Frame	1	37	Hex Head Bolt M10*120	6
9	Left Vertical Arm Frame	1	38	Hex Head Bolt M10*65	4
10	Right Adjustment Disk	1	39	Hex Head Bolt M10*80	2
11	Left Adjusting Disk	1	40	Hex Head Bolt M10*50	5
12	Press Frame	1	41	Hex Head Bolt M10*30	10
13	Cushion Frame	1	42	Hex Head Bolt M10*20	3
14	Plug Rack	1	43	Button Head Cap Screw M8*50	1
15	Movable Pulley Frame	1	44	Button Head Cap Screw M6*12	2
16	Cable I	1	45	Flat Head Cap Screw M6*16	4
17	Cable II	1	46	Socket Head Cap Screw M8*25	1
18	Shaft $\phi 19 \times \phi 10 \times 67$	2	47	Socket Head Cap Screw M8*20	4
19	Liner	2	48	Socket Head Cap Screw M4*15	2
20	Cable Connection Shaft	1	49	Socket Set Screw M5*3	8
21	Torsion Spring	1	50	Nylon Lock Nut M10	15
22	Elastic Bolt	2	51	Nylon Lock Nut M8	5
23	Plug RT50*100	5	52	Hex Thin Nut M6	2
24	Pulley 4.5"	5	53	Flat Washer $\phi 11 \times \phi 30 \times 2$	2
25	Hollow Socket	2	54	Flat Washer $\phi 11 \times \phi 20 \times 2$	27
26	Rubber Foot	2	55	Flat Washer $\phi 9 \times \phi 16 \times 1.6$	6
27	Limit Set $\phi 17 \times 10.5$	4	56	Spring Washer $\phi 10$	6
28	Bushing Bushing	2	57	Arc Washer $\phi 10$	16
29	Buffer Sleeve	2			

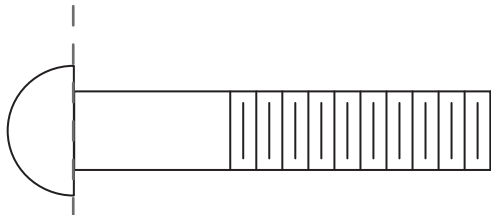
# Exploded View



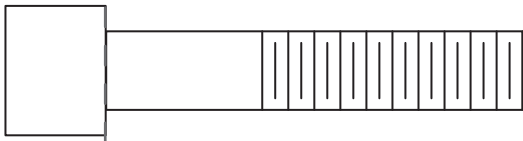
# Exploded View



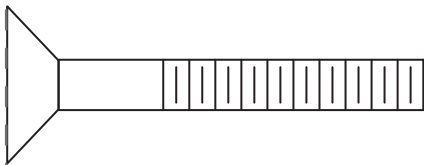
# Measurement Guide



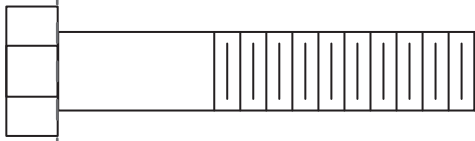
BHCS = Button Head Cap Screw



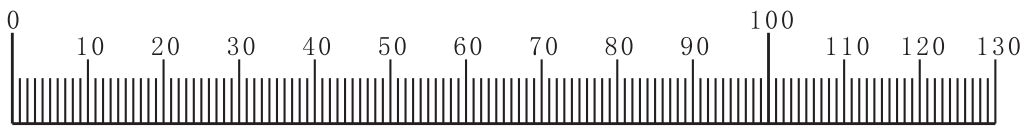
SHCS = Socket Head Cap Screw



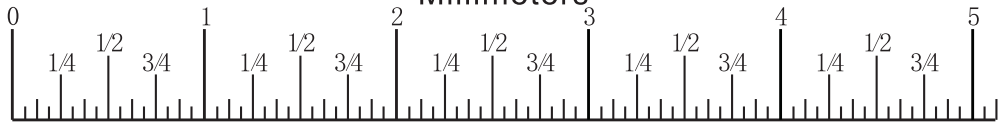
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters

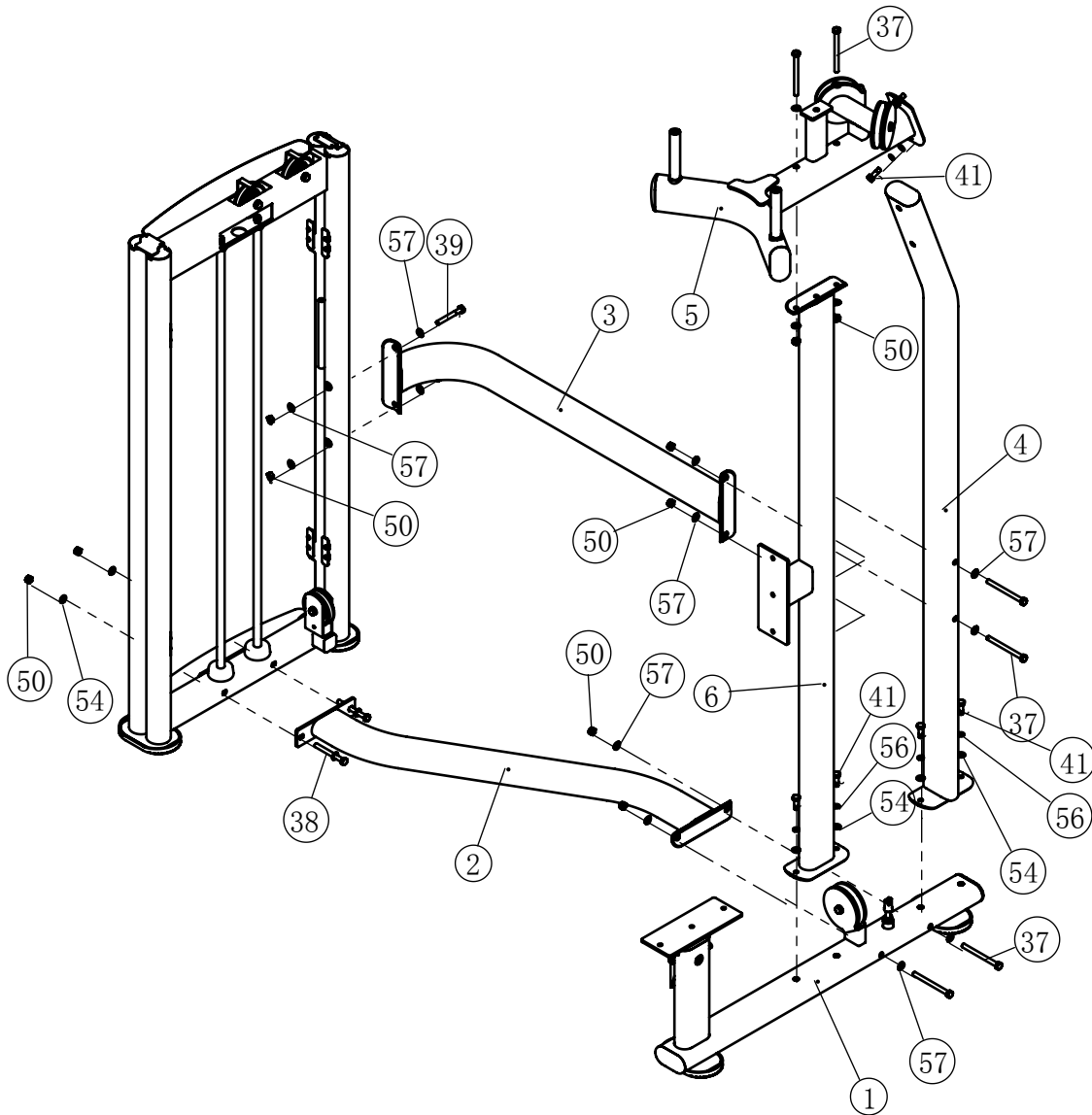


Inches

# Assembly

## STEP 1

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
1	Bottom Frame	1	38	Hex Head Bolt M10*65	2
2	Ground Connection Frame	1	39	Hex Head Bolt M10*80	2
3	Rear Connection Frame	1	41	Hex Head Bolt M10*30	6
4	Rear Stand frame	1	50	Nylon Lock Nut M10	10
5	On The Beam	1	54	Flat Washer $\phi 11*\phi 20*2$	10
6	Vertical Frame	1	56	Spring Washer $\phi 10$	6
37	Hex Head Bolt M10*120	6	57	Arc Washer $\phi 10$	16

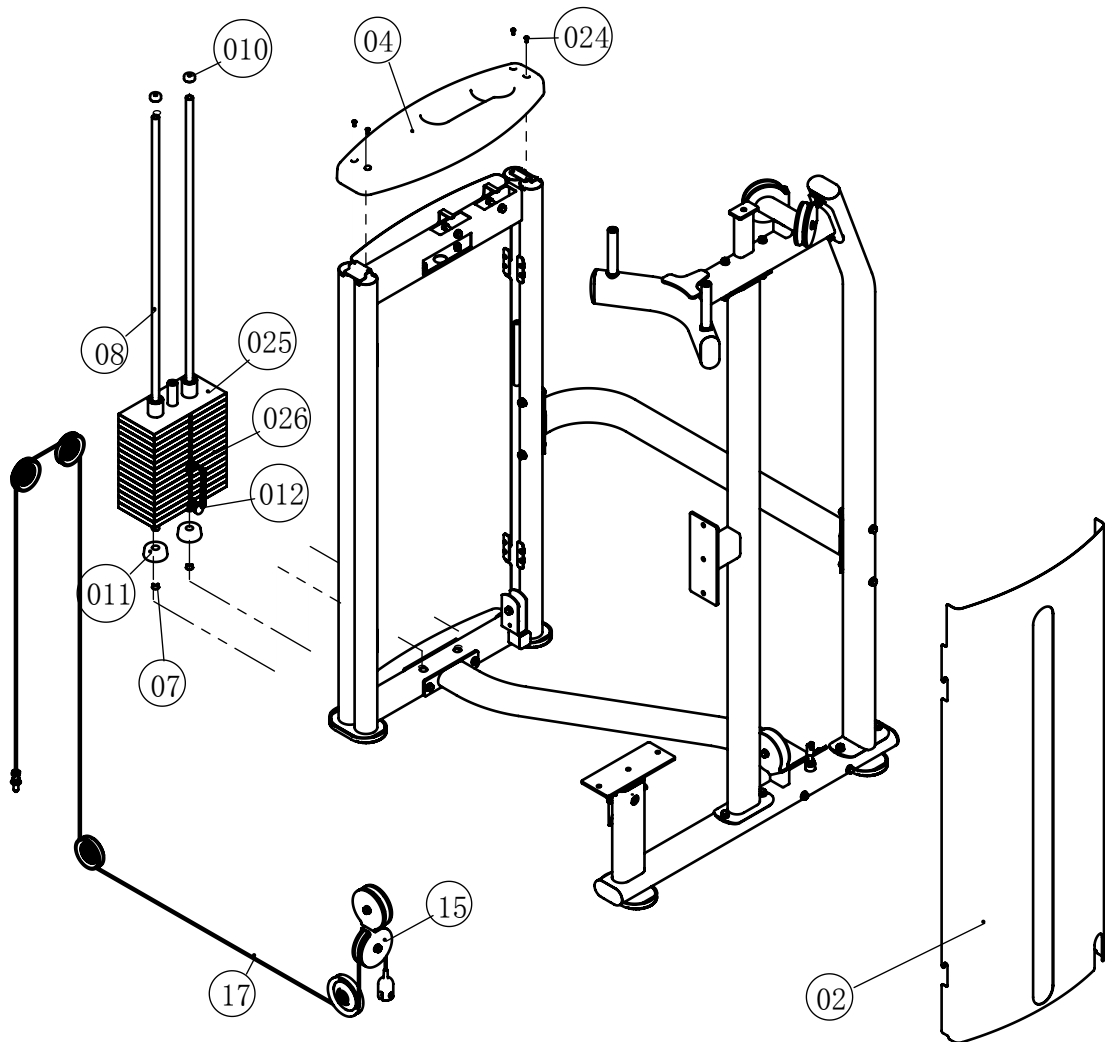




# Assembly

## STEP 2

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
02	Front Shroud	1	012	Selector Pin W/Coil	1
04	Upper Shroud	1	024	Button Head Cap Screw M5*12	4
07	Rubber Plug $\phi 18.5 * \phi 15 * 7$	2	025	Top Plate	1
08	Guide Rod	2	026	Weight Plate	15
010	Mount Sleeve	2	15	Movable Pulley Frame	1
011	Rubber Mat	2	17	Cable II	1



# Assembly

## STEP 3

ITEM NO.	DESCRIPTION	QTY	ITEM NO.	DESCRIPTION	QTY
7	Cross Arm Frame	2	32	Seat Pad	2
8	Right Vertical Arm Frame	1	38	Hex Head Bolt M10*65	2
9	Left Vertical Arm Frame	1	41	Hex Head Bolt M10*30	4
10	Right Adjustment Disk	1	42	Hex Head Bolt M10*20	2
11	Left Adjusting Disk	1	50	Nylon Lock Nut M10	2
12	Press Frame	1	53	Flat Washer $\varphi 11*\varphi 30*2$	2
16	Cable I	1	54	Flat Washer $\varphi 11*\varphi 20*2$	9

