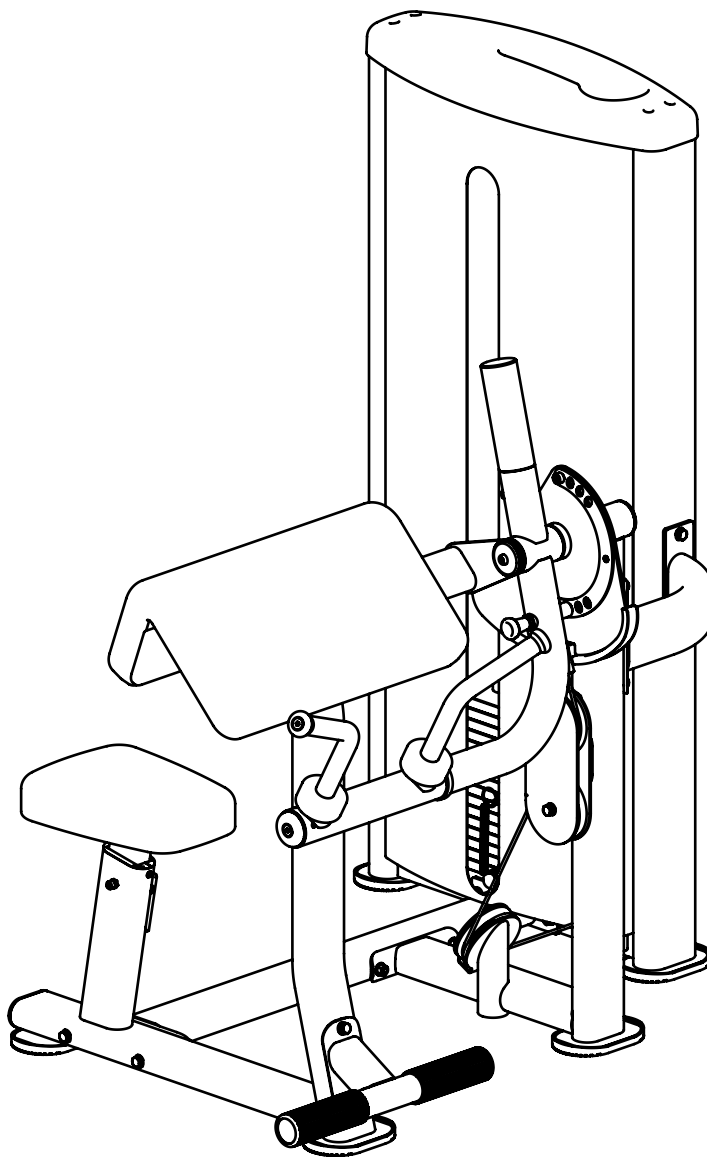


BS012

BICEPS/TRICEPS

# 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

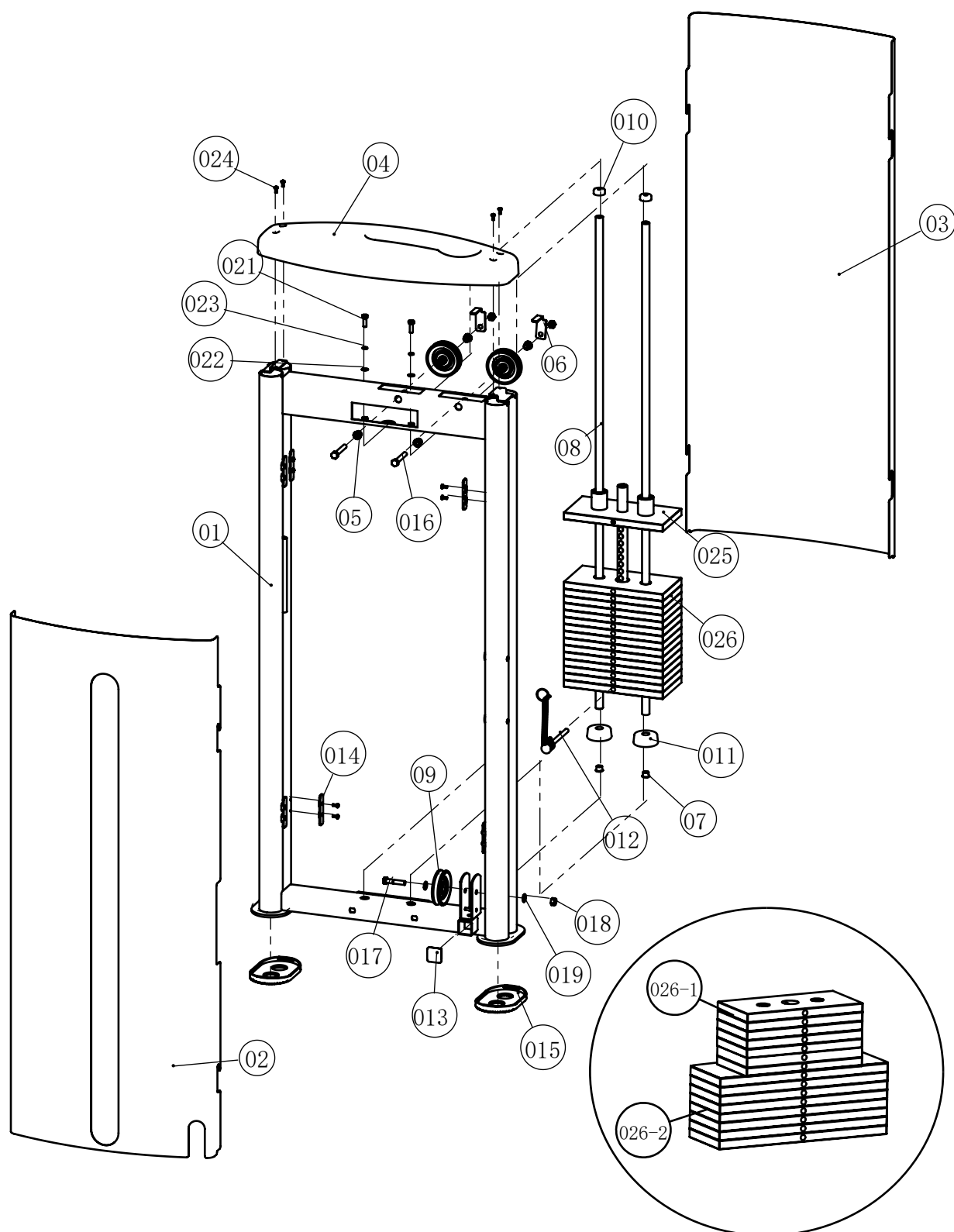
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

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 $272 \times 135 \times 19$ | 15  |
| 100KG/220LBS | 026-1    | Weight Plate $272 \times 135 \times 19$ | 7   |
|              | 026-2    | Weight Plate $395 \times 135 \times 19$ | 8   |
| 118KG/260LBS | 026-2    | Weight Plate $395 \times 135 \times 19$ | 15  |

# Exploded View

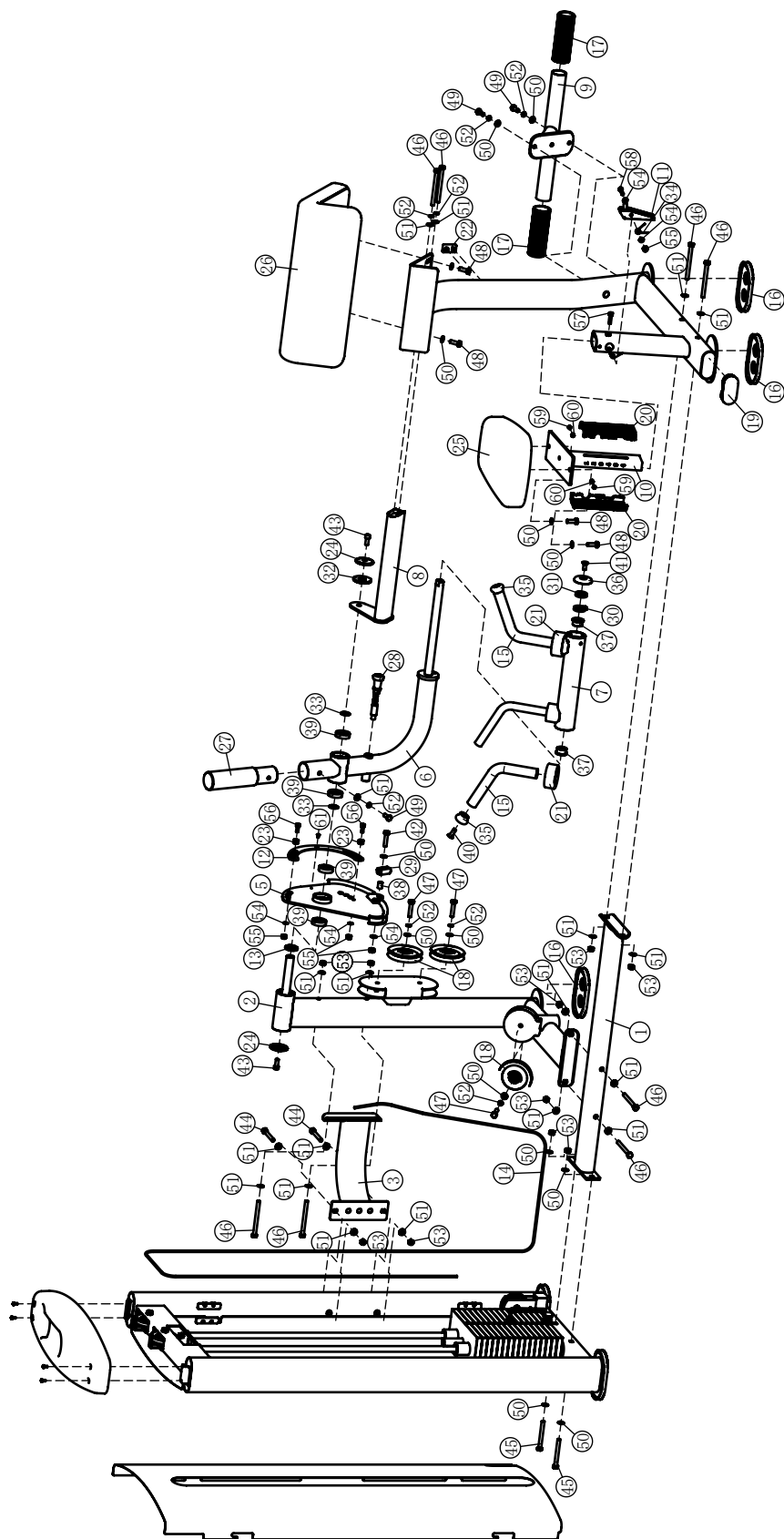


## Parts List

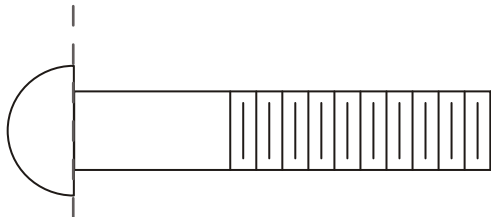
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED.**

| Item No. | Description                                       | Qty | Item No. | Description                                   | Qty |
|----------|---------------------------------------------------|-----|----------|-----------------------------------------------|-----|
| 1        | Bottom Frame                                      | 1   | 32       | End Cap Washer                                | 1   |
| 2        | Main Frame                                        | 1   | 33       | Spacer Bush                                   | 2   |
| 3        | Top Frame                                         | 1   | 34       | Torsional Spring                              | 1   |
| 4        | Seat Frame                                        | 1   | 35       | Aluminium Cap                                 | 2   |
| 5        | Cam Frame                                         | 1   | 36       | Aluminium End Cap                             | 1   |
| 6        | Arm Frame                                         | 1   | 37       | Bushing $\phi 38 \times \phi 25.4 \times 18$  | 2   |
| 7        | Handle Frame                                      | 1   | 38       | Bushing $\phi 14 \times \phi 10 \times 20$    | 1   |
| 8        | Connect Frame                                     | 1   | 39       | Bearing 6005-2Z                               | 4   |
| 9        | Foot Frame                                        | 1   | 40       | Flat Head Cap Screw M6*16                     | 2   |
| 10       | ADJ Seat Frame                                    | 1   | 41       | Flat Head Cap Screw M10*25                    | 1   |
| 11       | ADJ Support                                       | 1   | 42       | Shoulder bolt 110*30                          | 1   |
| 12       | Scaleboard                                        | 1   | 43       | Socket Head Cap Screw M10*25                  | 2   |
| 13       | Spacer Sleeve $\phi 42 \times \phi 26 \times 7.5$ | 1   | 44       | Hex Head Bolt M10*85                          | 2   |
| 14       | Cable                                             | 1   | 45       | Hex Head Bolt M10*95                          | 2   |
| 15       | Grip ST $\phi 30 \times \phi 22 \times 300$       | 2   | 46       | Hex Head Bolt M10*120                         | 8   |
| 16       | Foot Cover                                        | 3   | 47       | Hex Head Bolt M10*50                          | 3   |
| 17       | Rubber Sleeve                                     | 2   | 48       | Hex Head Bolt M10*30                          | 4   |
| 18       | 4.5" Pulley                                       | 3   | 49       | Hex Head Bolt M10*25                          | 3   |
| 19       | Plug RT50*100                                     | 1   | 50       | Flat Washer $\phi 20 \times \phi 11 \times 2$ | 18  |
| 20       | Plastic Tube Guide                                | 2   | 51       | Arc Washer $\phi 10$                          | 15  |
| 21       | Bumper $\phi 80 \times 35$                        | 2   | 52       | Spring Washer $\phi 10$                       | 8   |
| 22       | Bumper 45*25*10                                   | 1   | 53       | Nylon Lock Nut M10                            | 10  |
| 23       | Spacer Sleeve $\phi 17 \times 10.5$               | 2   | 54       | Flat Washer $\phi 16 \times \phi 9 \times 1$  | 5   |
| 24       | Small Cap                                         | 2   | 55       | Nylon Lock Nut M8                             | 4   |
| 25       | Seat Pad                                          | 1   | 56       | Socket Head Cap Screw M8*20                   | 2   |
| 26       | Arm Pad                                           | 1   | 57       | Socket Head Cap Screw M8*30                   | 1   |
| 27       | Counter Poise Block $\phi 60 \times 260$          | 1   | 58       | Button Head Cap Screw M8*45                   | 1   |
| 28       | Pop Pin                                           | 1   | 59       | Button Head Cap Screw M6*12                   | 2   |
| 29       | Cable End                                         | 1   | 60       | Hex Nut M6                                    | 2   |
| 30       | Spacer Ring                                       | 1   | 61       | Flat Phillips M5*10                           | 1   |
| 31       | Stopper Ring                                      | 1   |          |                                               |     |

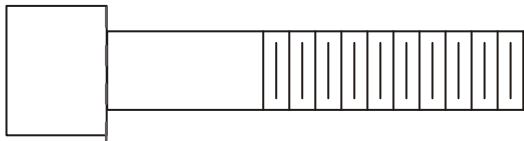
## Exploded View and Parts List



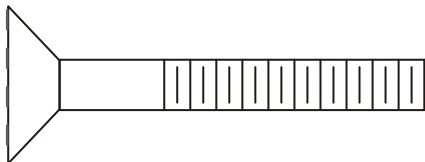
## Measurement Guide



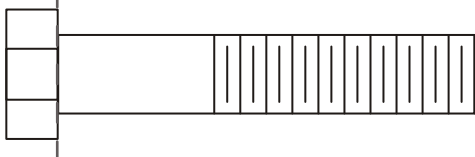
BHCS = Button Head Cap Screw



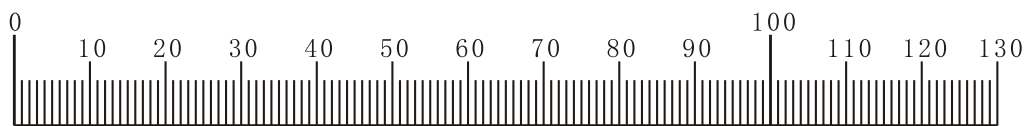
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



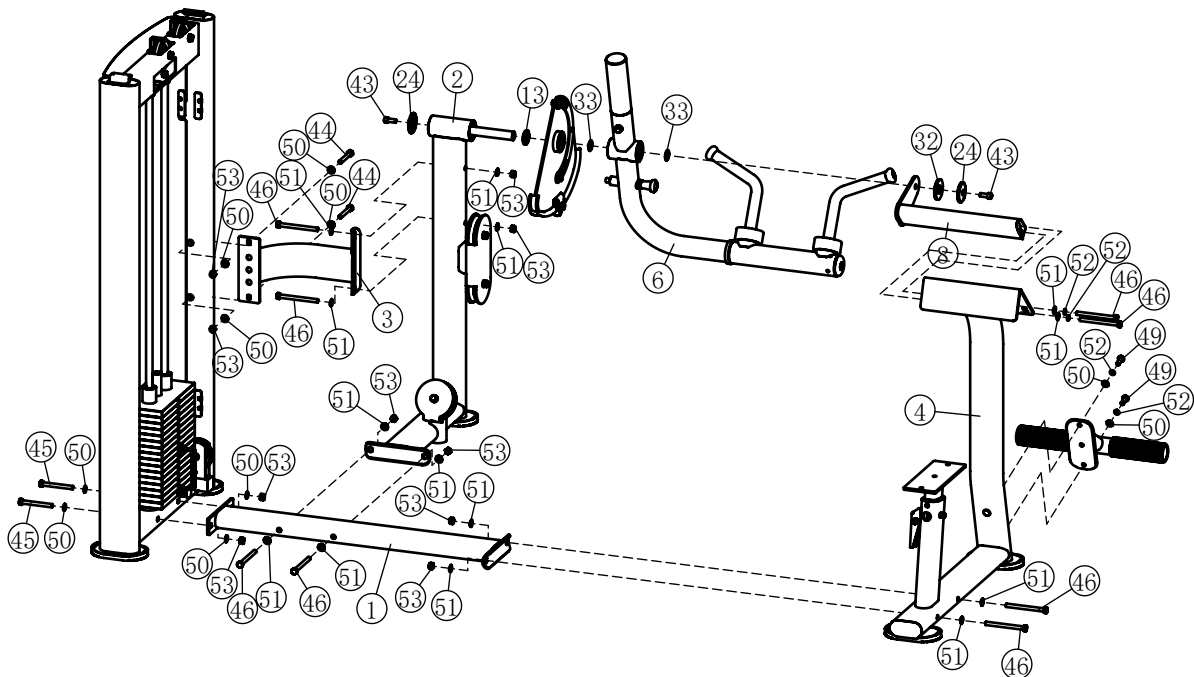
Inches

# Assembly

## STEP 1

| Item No. | Description                                       | Qty | Item No. | Description                                   | Qty |
|----------|---------------------------------------------------|-----|----------|-----------------------------------------------|-----|
| 1        | Bottom Frame                                      | 1   | 33       | Spacer Bush                                   | 2   |
| 2        | Main Frame                                        | 1   | 43       | Socket Head Cap Screw M10*25                  | 2   |
| 3        | Top Frame                                         | 1   | 44       | Hex Head Bolt M10*85                          | 2   |
| 4        | Seat Frame                                        | 1   | 45       | Hex Head Bolt M10*95                          | 2   |
| 5        | Cam Frame                                         | 1   | 46       | Hex Head Bolt M10*120                         | 8   |
| 6        | Arm Frame                                         | 1   | 49       | Hex Head Bolt M10*25                          | 2   |
| 8        | Connect Frame                                     | 1   | 50       | Flat Washer $\phi 20 \times \phi 11 \times 2$ | 10  |
| 13       | Spacer Sleeve $\phi 42 \times \phi 26 \times 7.5$ | 1   | 51       | Arc Washer $\phi 10$                          | 14  |
| 24       | Small Cap                                         | 2   | 52       | Spring Washer $\phi 10$                       | 4   |
| 32       | End Cap Washer                                    | 1   | 53       | Nylon Lock Nut M10                            | 10  |

**Note: Hand Tighten Bolts and Nylon Lock nuts.**

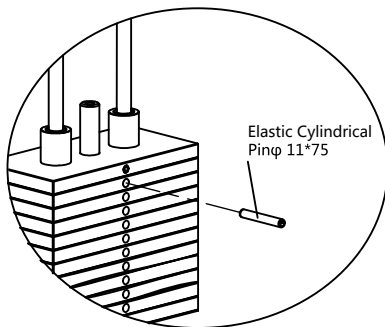
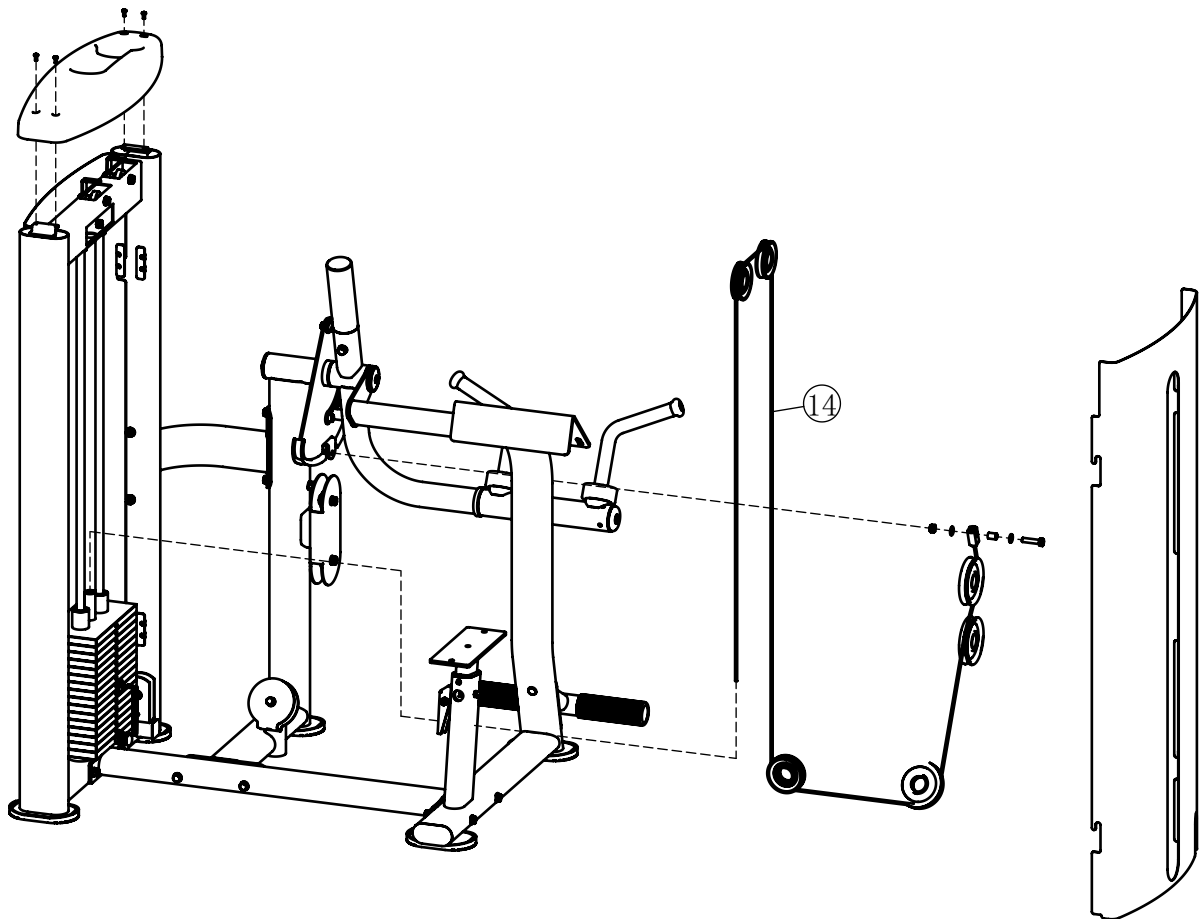


## Assembly

### STEP 2

| Item No. | Description | Qty |
|----------|-------------|-----|
| 14       | Cable       | 1   |

**Note: Hand Tighten Bolts and Nylon Lock nuts.**



## Assembly

### STEP 3

| Item No. | Description | Qty | Item No. | Description                         | Qty |
|----------|-------------|-----|----------|-------------------------------------|-----|
| 25       | Seat Pad    | 1   | 48       | Hex Head Bolt M10*30                | 4   |
| 26       | Arm Pad     | 1   | 50       | Flat Washer $\phi 20 * \phi 11 * 2$ | 4   |

**Note: Wrench Tighten Screws.**

