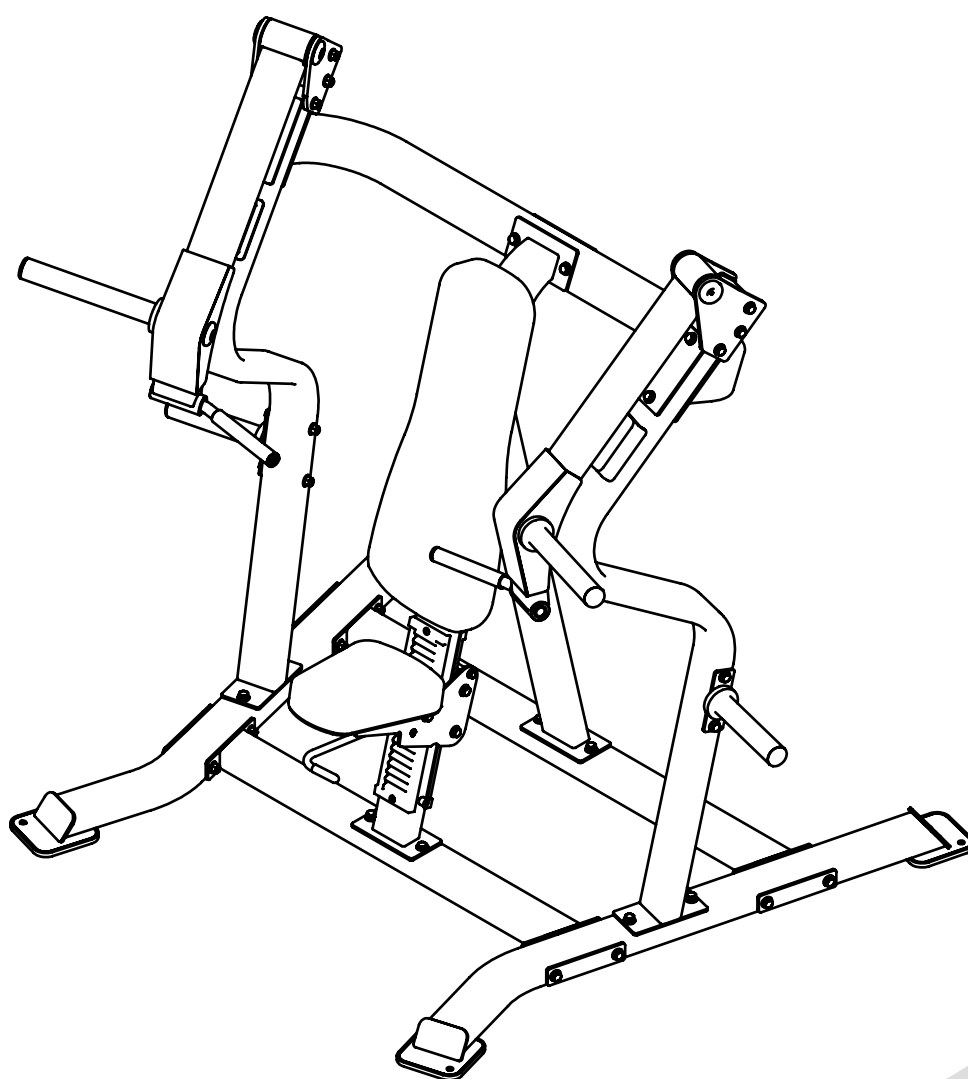


DH002

Incline Chest Press

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:

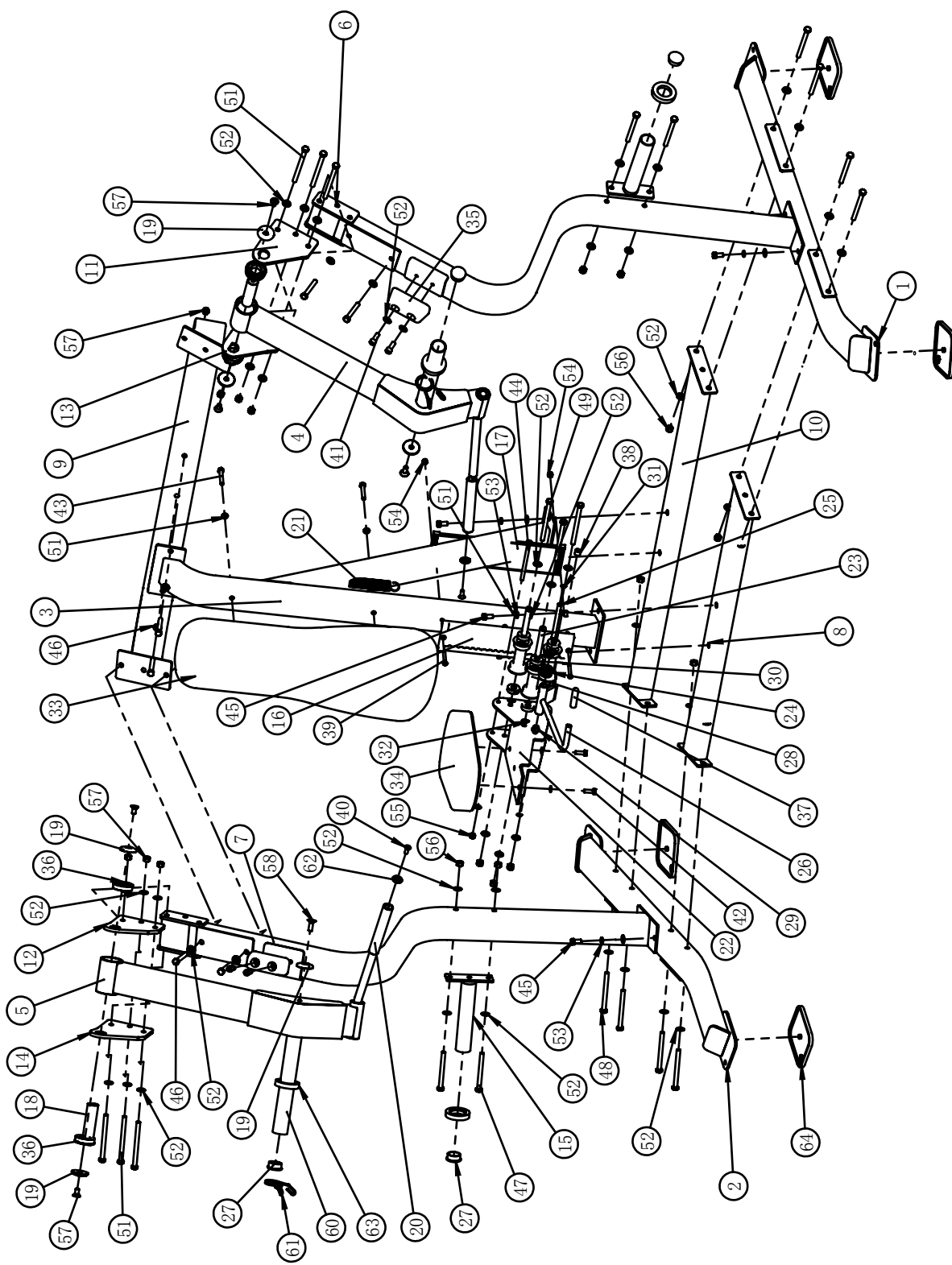
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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.

Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Bottom Frame	1	33	Back Pad	1
2	Right Bottom Frame	1	34	Seat Pad	1
3	Back Pad Frame	1	35	Large Rubber Bumper	2
4	Left Arm Frame	1	36	Flange Bearing	4
5	Right Arm Frame	1	37	Grip	1
6	Left Upright Frame	1	38	Plastic Sleeve	2
7	Right Upright Frame	1	39	Button Head Cap Screw M8*70	2
8	Front Cross Frame	1	40	Flat Head Cap Screw M10*25	2
9	Top Cross Frame	1	41	Socket Head Cap Screw M12*90	4
10	Rear Cross Frame	1	42	Hex Head Bolt M10*30	2
11	Outer Pivot Plate 1	1	43	Hex Head Bolt M10*75	2
12	Inner Pivot Plate 1	1	44	Hex Head Bolt M10*145	1
13	Inner Pivot Plate 2	1	45	Hex Head Bolt M12*30	8
14	Outer Pivot Plate 2	1	46	Hex Head Bolt M12*85	6
15	Weight Plate Storage	2	47	Hex Head Bolt M12*125	4
16	Front Plastic Plate	1	48	Hex Head Bolt M12*135	8
17	Rear Plastic Plate	1	49	Hex Head Bolt M12*150	3
18	Pivot Shaft	2	50	Hex Head Bolt M12*155	6
19	Aluminium Cap	6	51	Flat Washer $\phi 20 \times \phi 11 \times 2$	6
20	Aluminium Grip	2	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	64
21	Pull Spring	1	53	Spring Washer $\phi 12$	8
22	Seat Frame	1	54	Nylon lock Nut M8	2
23	Wheel Shaft	3	55	Nylon lock Nut M10	1
24	Torsion Spring	1	56	Nylon lock Nut M12	27
25	Shaft For Adjustable Handle	1	57	Flat Head Cap Screw M10*25	4
26	Adjustable Handle	1	58	Flat Head Cap Screw M10*25	2
27	End Plug	4	60	Weight Horn	2
28	Idler Wheel	3	61	Snap Spring	2
29	Bushing	2	62	Aluminium Cap	2
30	Ball Bearing	6	63	Bumper	4
31	External Retaining Ring $\phi 17$	6	64	Rubber Foot	4
32	External Retaining Ring $\phi 12$	2			

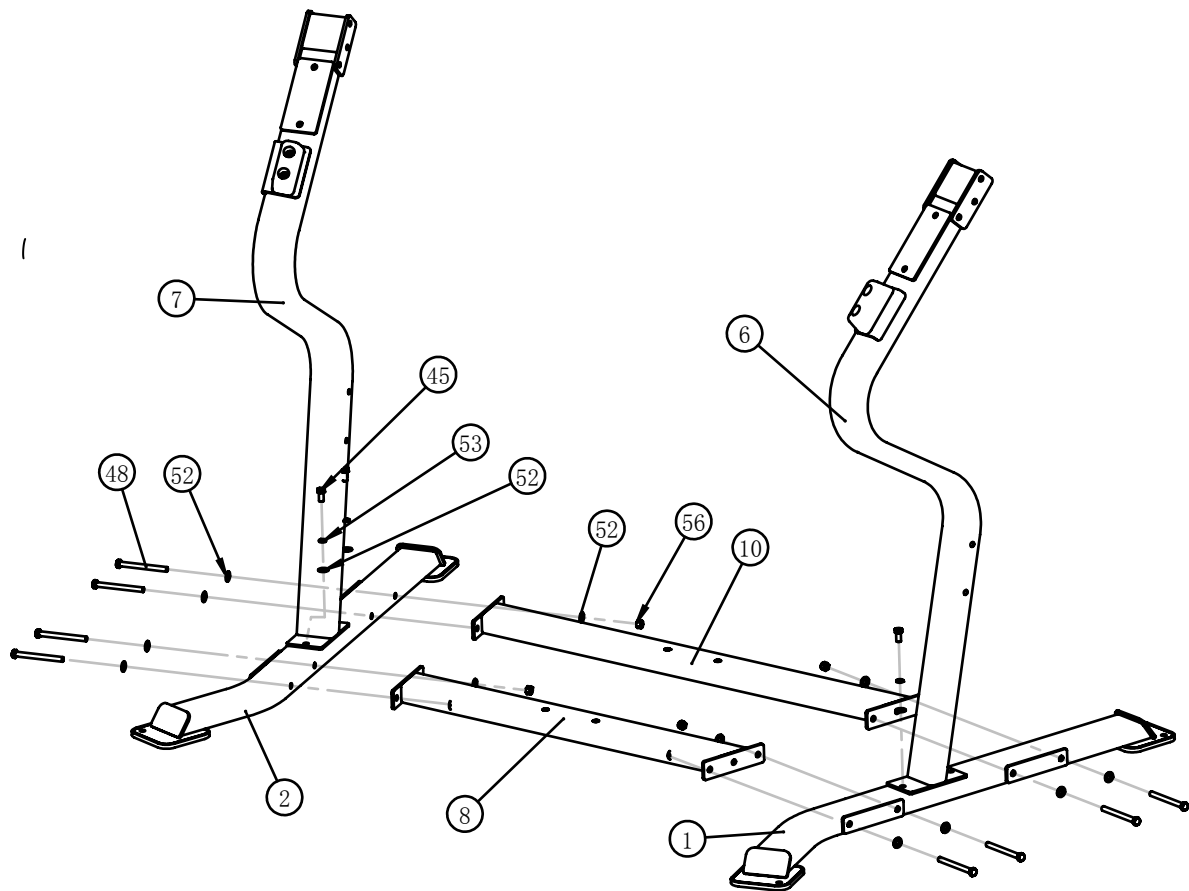
Exploded View



Assembly

STEP 1

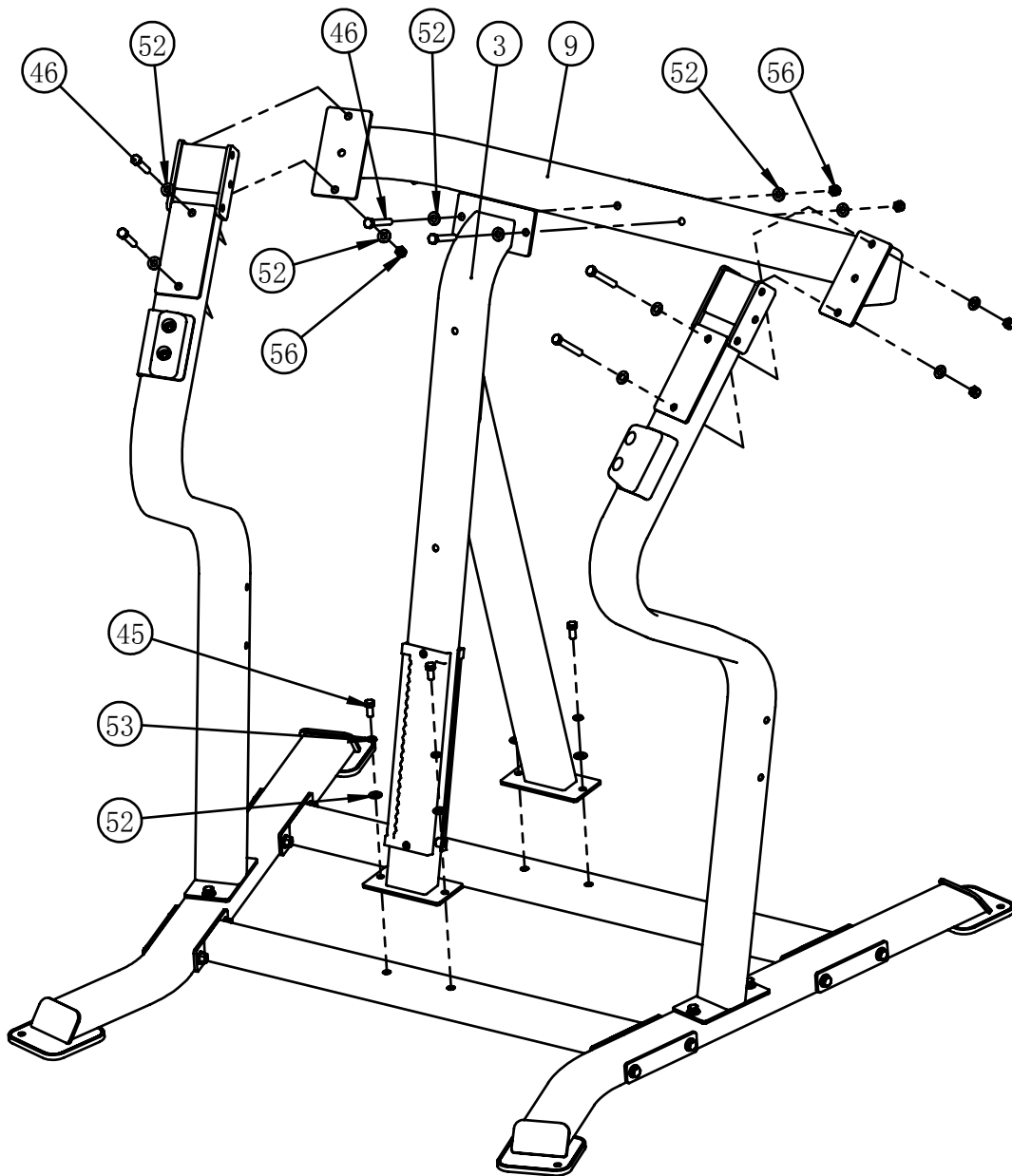
Item NO.	Description	Qty	Item NO.	Description	Qty
1	Left Bottom Frame	1	45	Hex Head Bolt M12*30	4
2	Right Bottom Frame	1	48	Hex Head Bolt M12*135	8
6	Left Upright Frame	1	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	20
7	Right Upright Frame	1	53	Spring Washer $\phi 12$	4
8	Front Cross Frame	1	56	Nylon lock Nut M12	8
10	Rear Cross Frame	1			



Assembly

STEP 2

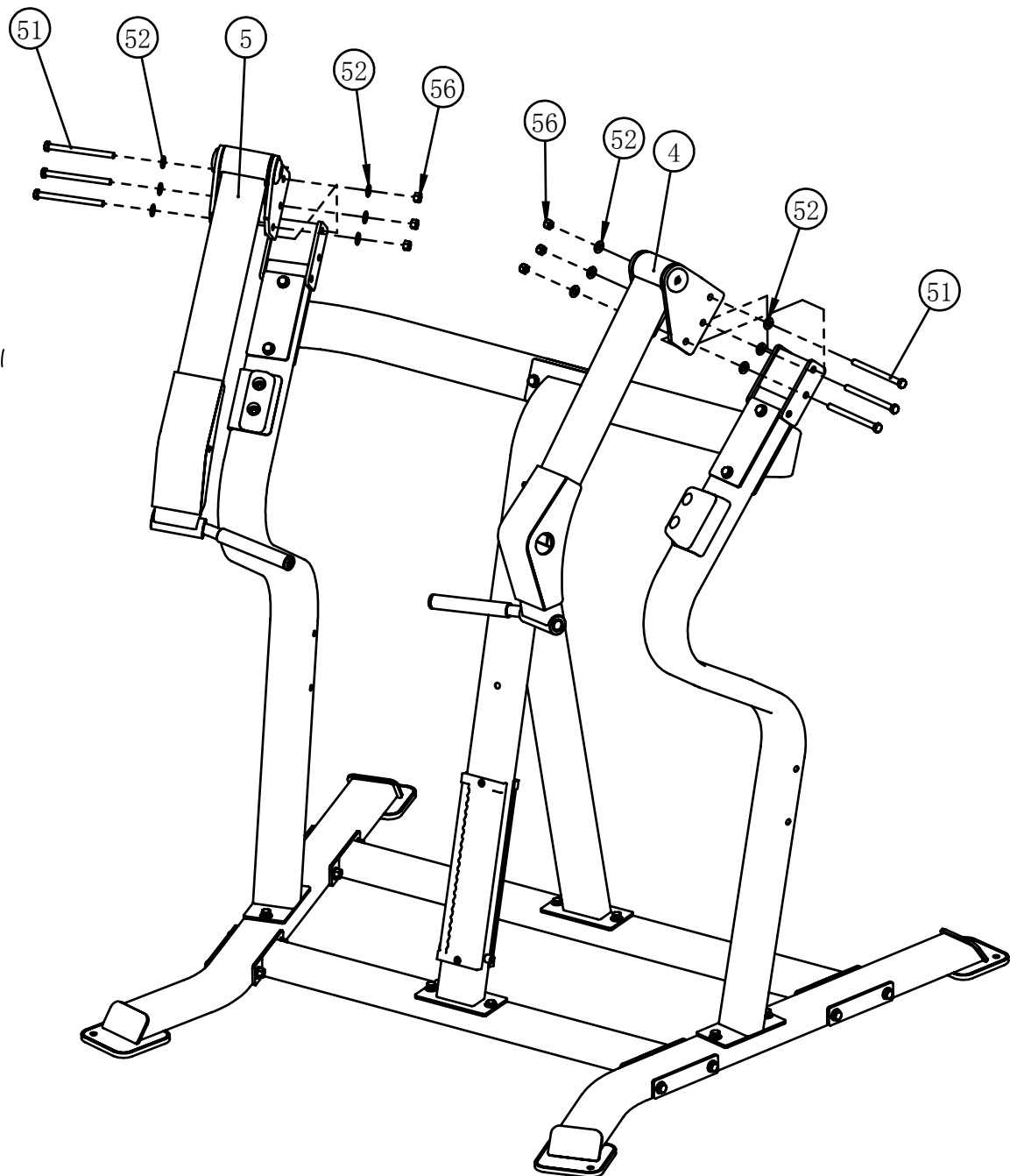
Item NO.	Description	Qty	Item NO.	Description	Qty
3	Back Pad Frame	1	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	12
9	Top Cross Frame	1	53	Spring Washer $\phi 12$	4
45	Hex Head Bolt M12*30	4	56	Nylon lock Nut M12	6
46	Hex Head Bolt M12*85	6			



Assembly

STEP 3

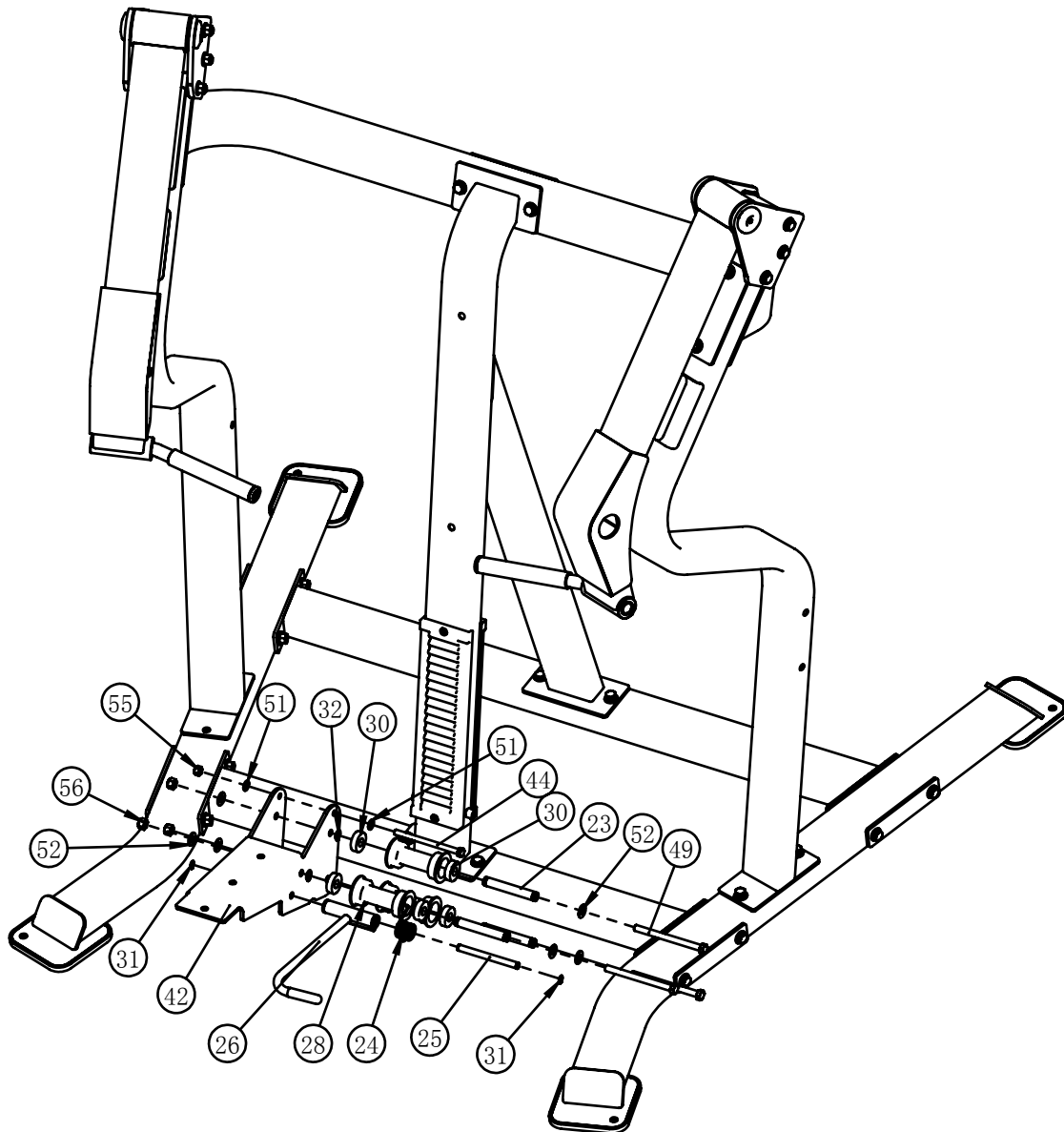
Item NO.	Description	Qty	Item NO.	Description	Qty
4	Left Arm Frame	1	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	12
5	Right Arm Frame	1	56	Nylon lock Nut M12	6
51	Flat Washer $\phi 20 \times \phi 11 \times 2$	6			



Assembly

STEP 4

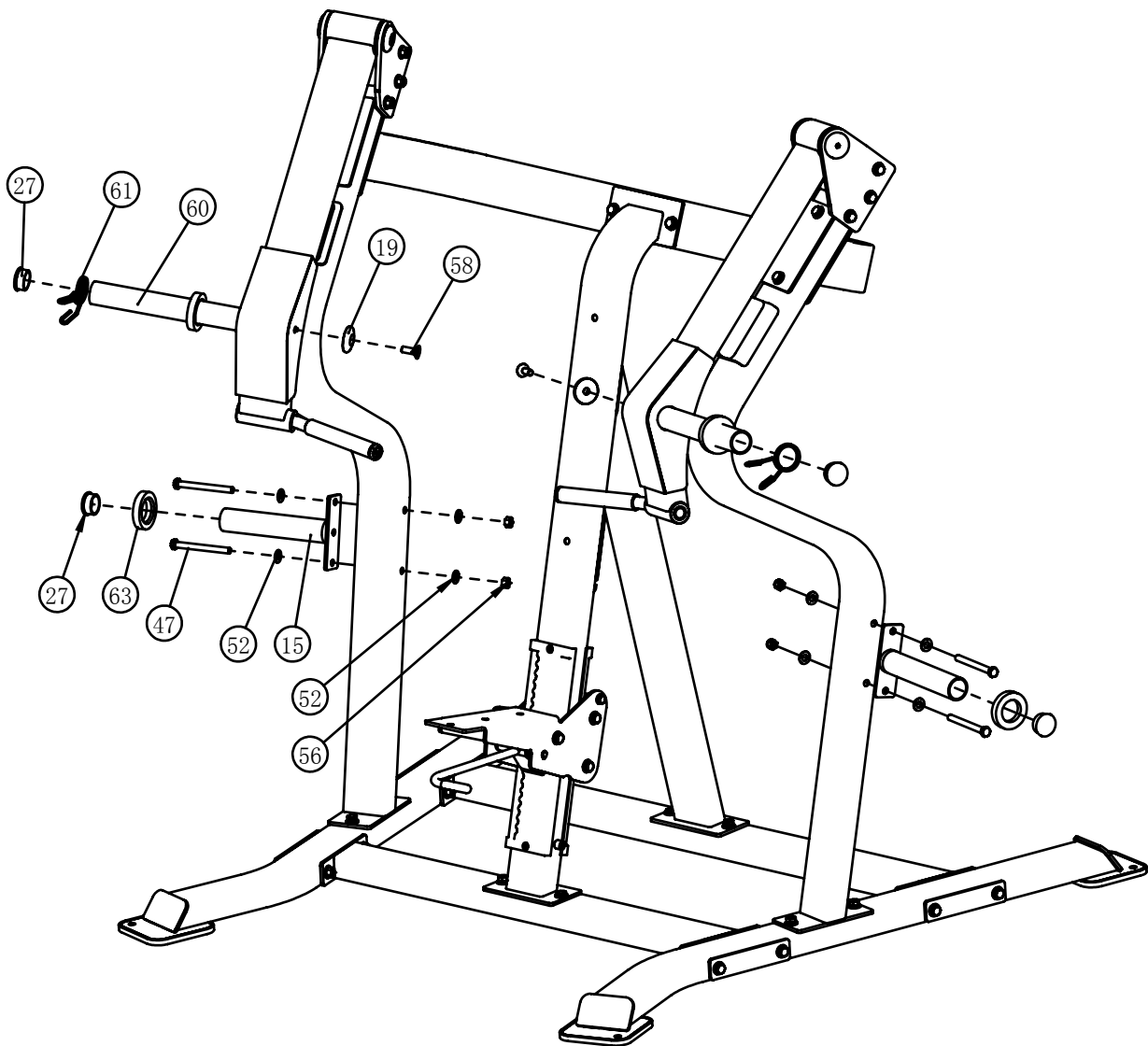
Item NO.	Description	Qty	Item NO.	Description	Qty
23	Wheel Shaft	3	42	Hex Head Bolt M10*30	1
24	Torsion Spring	1	44	Hex Head Bolt M10*145	1
25	Shaft For Adjustable Hand	1	49	Hex Head Bolt M12*150	3
26	Adjustable Handle	1	51	Flat Washer $\phi 20 \times \phi 11 \times 2$	2
28	Idle Wheel	3	52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	6
30	Ball Bearing	6	55	Nylon lock Nut M10	1
31	External Retaining Ring Φ	6	56	Nylon lock Nut M12	3
32	External Retaining Ring Φ	2			



Assembly

STEP 5

Item NO.	Description	Qty	Item NO.	Description	Qty
15	Weight Plate Storage	2	56	Nylon lock Nut M12	4
19	Aluminium Cap	2	58	Flat Head Cap Screw M10*25	2
27	End Plug	4	60	Weight Horn	2
47	Hex Head Bolt M12*125	4	61	Snap Spring	2
52	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	8	63	Bumper	4



Assembly

STEP 6

Item NO.	Description	Qty
33	Back Pad	1
34	Seat Pad	1
42	Hex Head Bolt M10*30	2
43	Hex Head Bolt M10*75	2
51	Flat Washer $\phi 20 \times \phi 11 \times 2$	4

