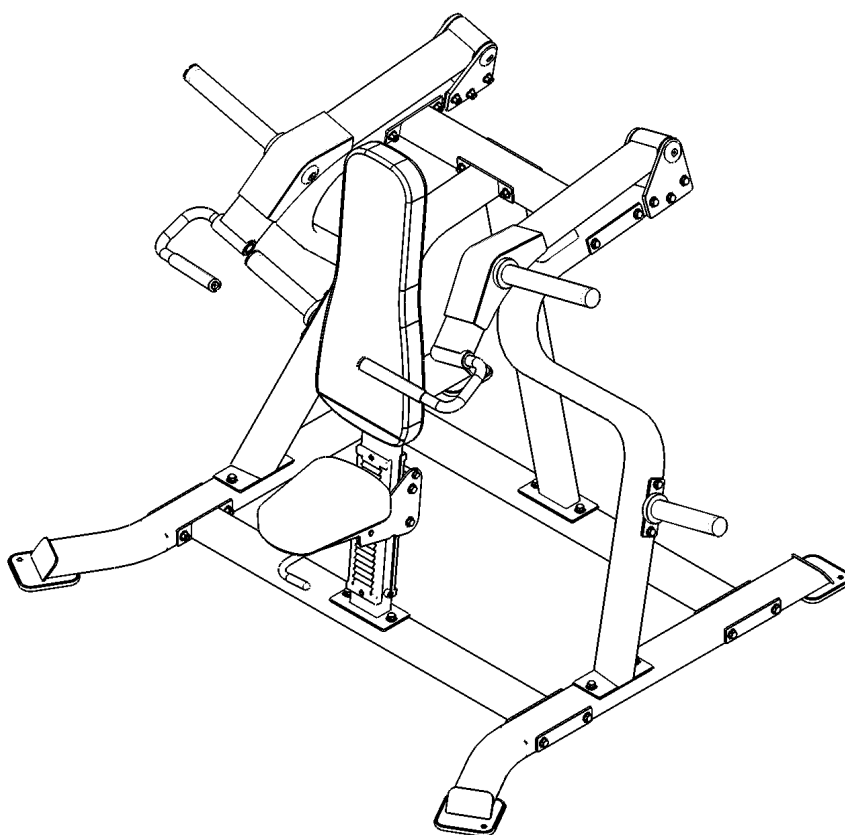


DH003

Shoulder 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:

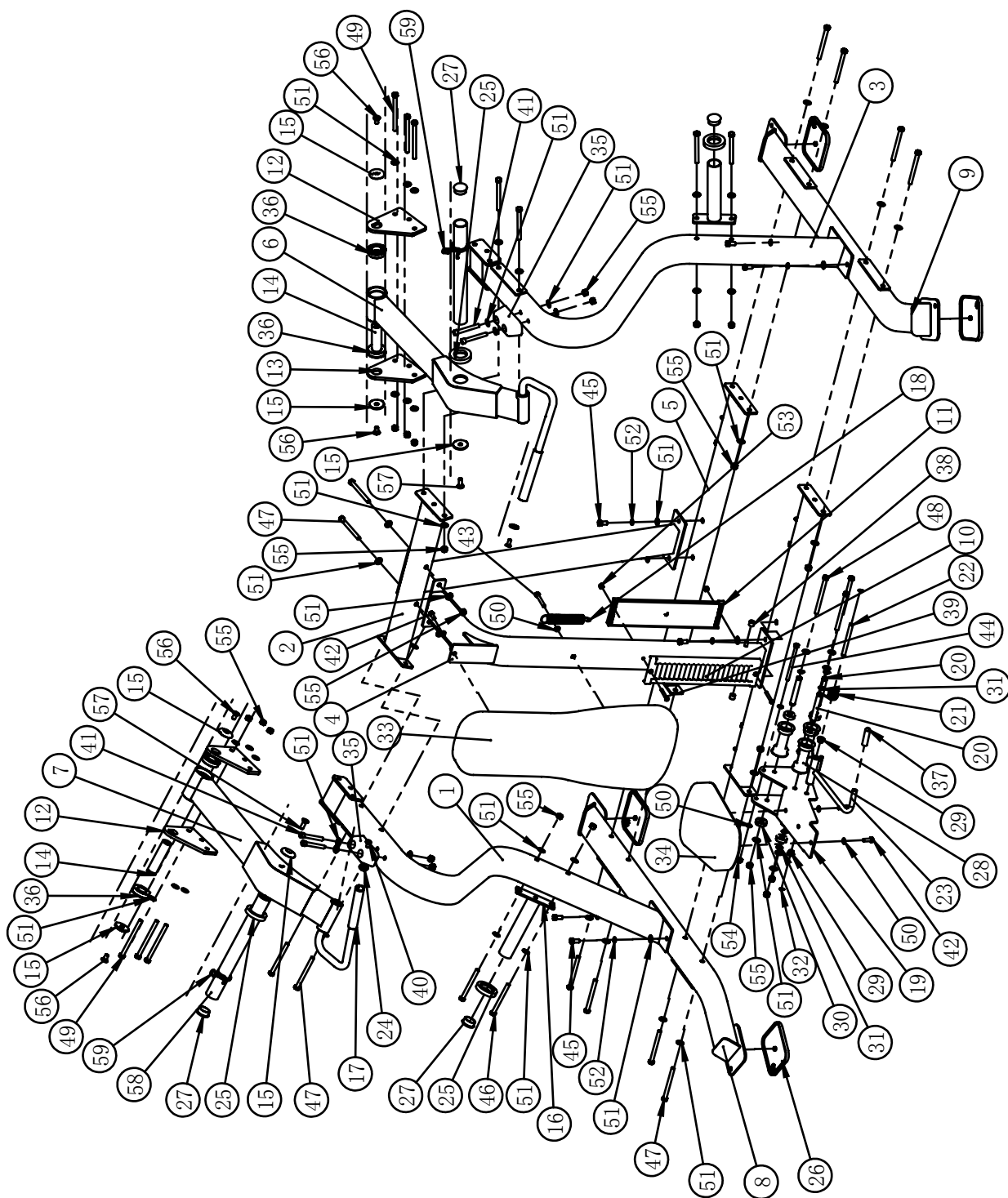
1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments 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 Upright Frame	1	31	ernal Retaining Ring Φ	6
2	Up Cross Frame	1	32	ernal Retaining Ring Φ	2
3	Right Upright Frame	1	33	Back Pad	1
4	Back Standing Frame	1	34	Seat Pad	1
5	Cross Frame	2	35	Large Rubber Bumper	2
6	Right Arm Frame	1	36	Flange Bearing	4
7	Left Arm Frame	1	37	Grip	1
8	Right Bottom Frame	1	38	Plastic Sleeve	2
9	Left Bottom Frame	1	39	on Head Cap Screw M	2
10	Front Plastic Plate	1	40	Flat Head Cap Screw M10*25	2
11	Rear Plastic Plate	1	41	Socket Head Cap Screw M12*90	4
12	Pivot Plate 1	2	42	Hex Head Bolt M10*30	3
13	Pivot Plate 2	2	43	Hex Head Bolt M10*75	1
14	Pivot Shaft	2	44	Hex Head Bolt M10*145	1
15	Aluminium Cap	6	45	Hex Head Bolt M12*30	8
16	Weight Plate Storage	2	46	Hex Head Bolt M12*125	14
17	Aluminium Grip	2	47	Hex Head Bolt M12*135	14
18	Pull Spring	1	48	Hex Head Bolt M12*150	3
19	Seat Frame	1	49	Hex Head Bolt M12*155	6
20	Wheel Shaft	3	50	Flat Washer $\phi 20 \times \phi 11 \times 2$	6
21	Torsion Spring	1	51	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	70
22	raft For Adjustable Hand	3	52	Spring Washer $\phi 12$	8
23	Adjustable Handle	1	53	Nylon lock Nut M8	2
24	Aluminium Cap	2	54	Nylon lock Nut M10	1
25	Bumper	4	55	Nylon lock Nut M12	31
26	Rubber Foot	4	56	Flat Head Cap Screw M10*25	4
27	End Plug	4	57	Flat Head Cap Screw M10*25	2
28	Idler Wheel	3	58	Weight Horn	2
29	Bushing	2	59	Snap Spring	2
30	Ball Bearing	6			

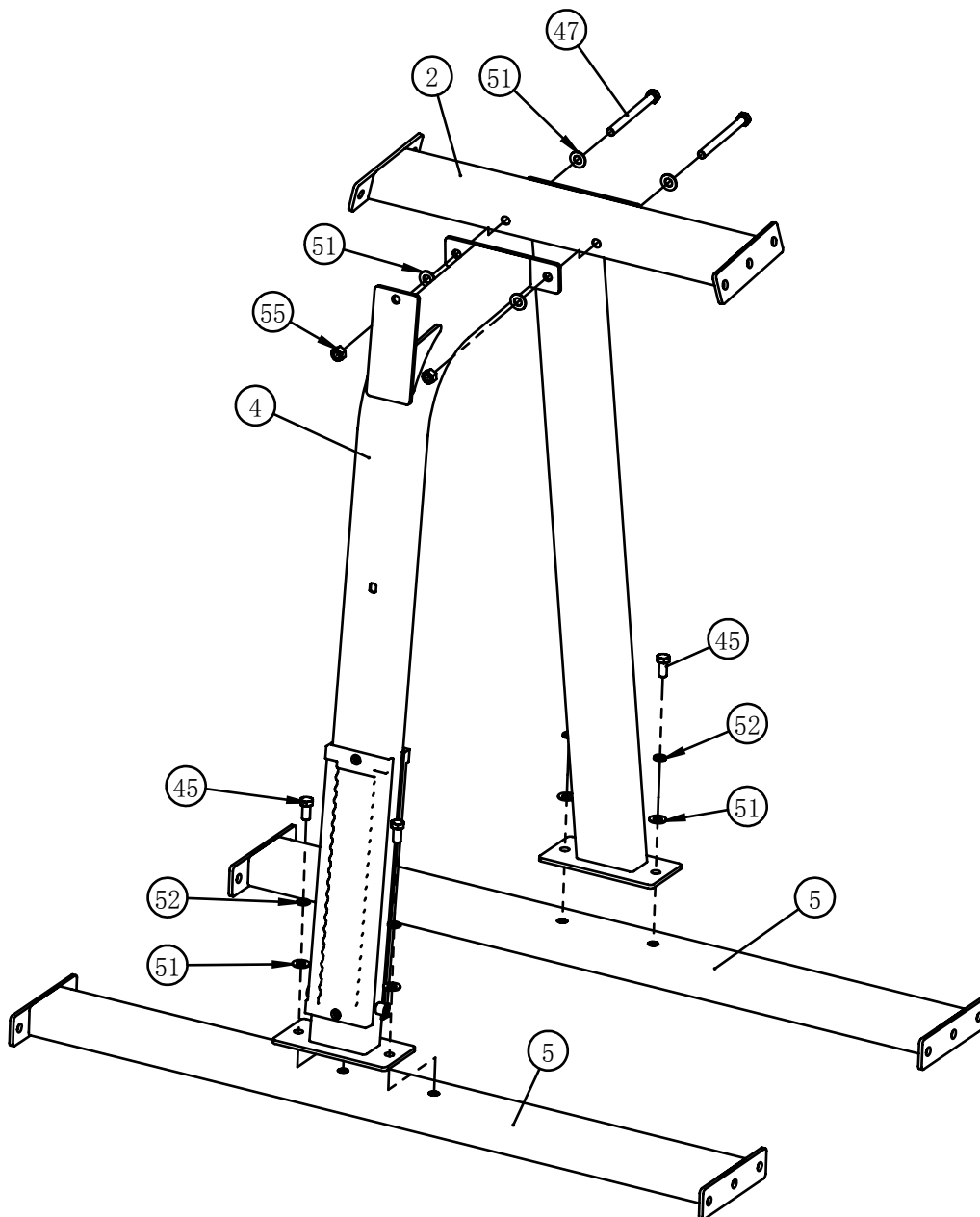
Exploded View



Assembly

STEP 1

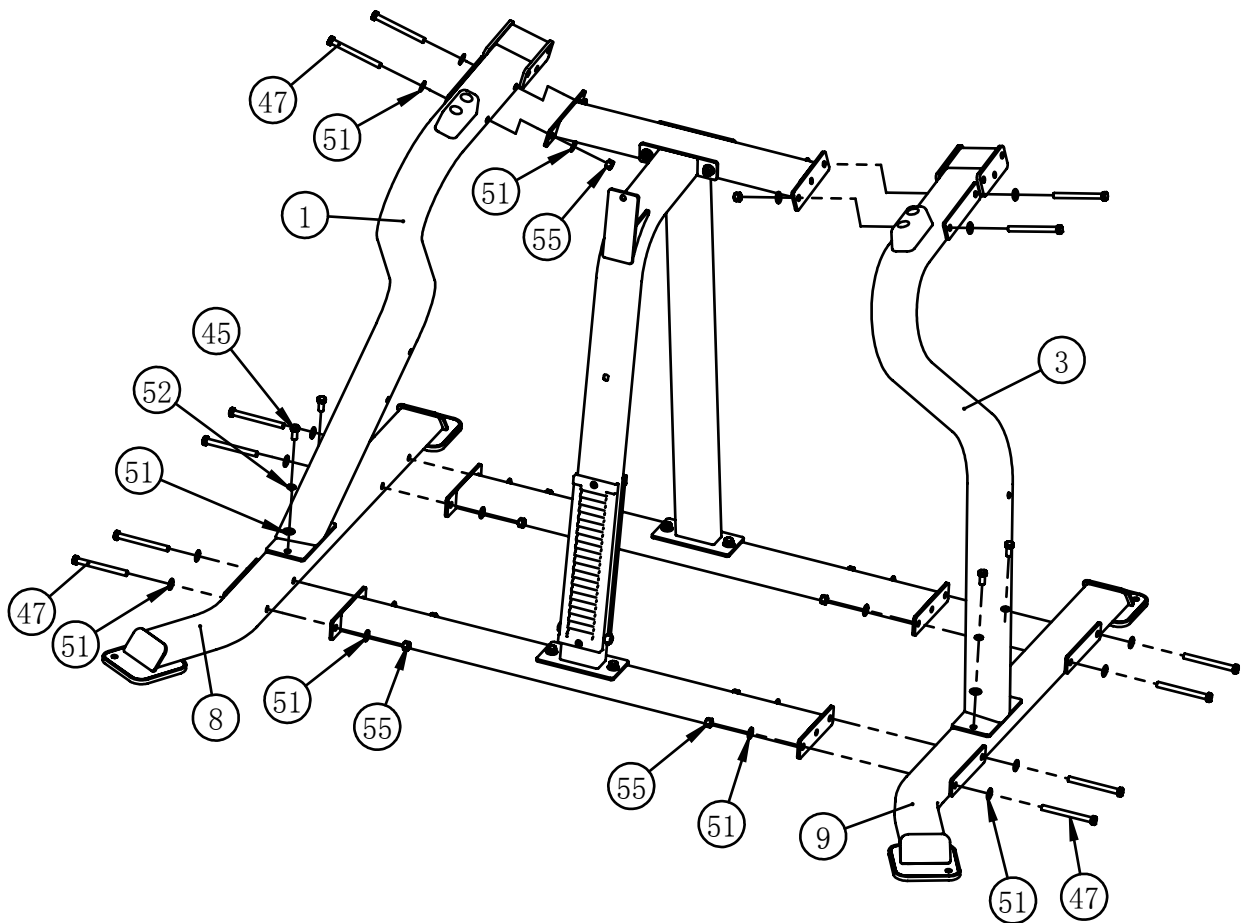
Item NO.	Description	Qty	Item NO.	Description	Qty
2	Up Cross Frame	1	47	Hex Head Bolt M12*135	2
4	Back Standing Frame	1	51	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	8
5	Cross Frame	2	52	Spring Washer $\phi 12$	4
45	Hex Head Bolt M12*30	4	55	Nylon lock Nut M12	2



Assembly

STEP 2

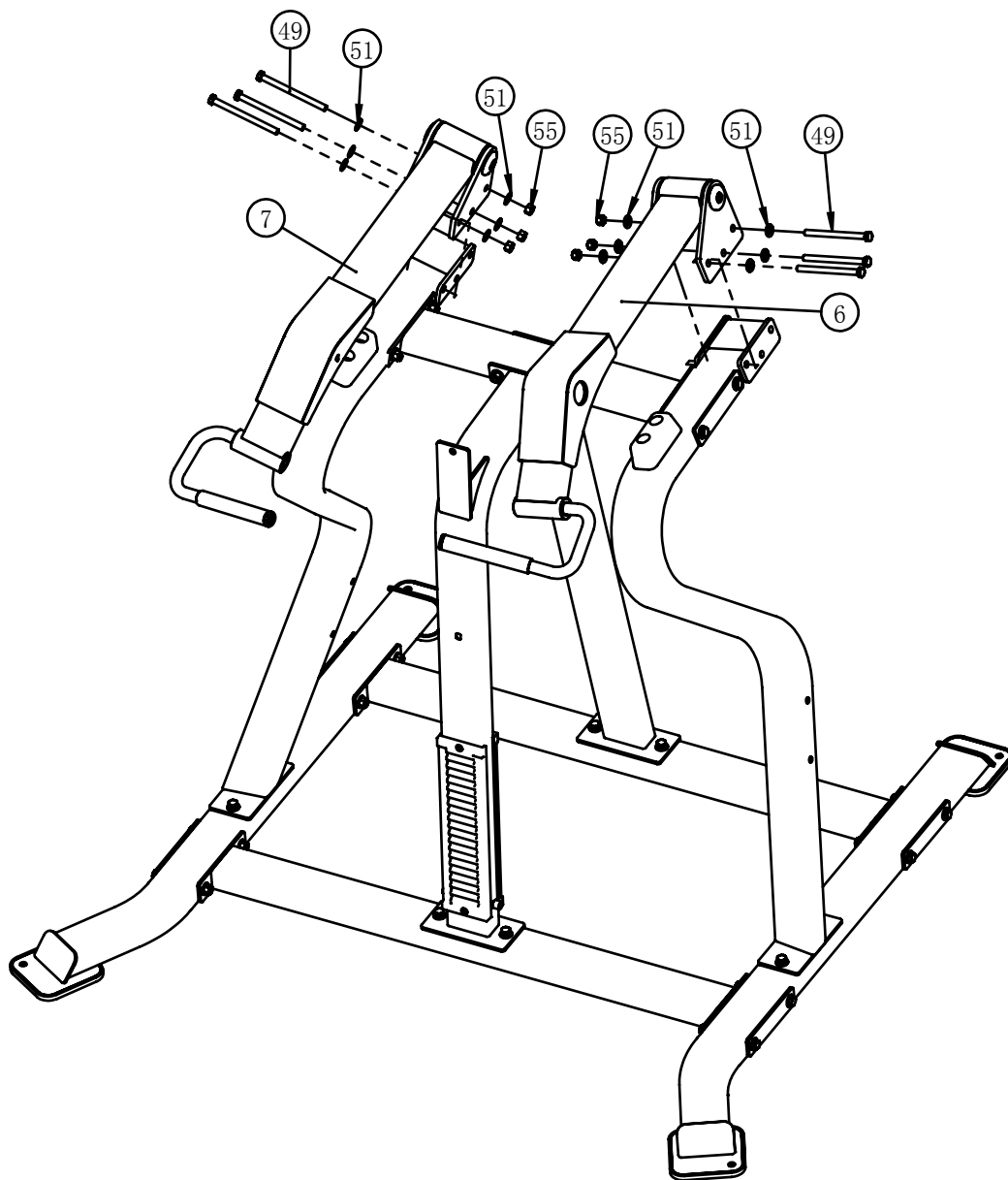
Item NO.	Description	Qty	Item NO.	Description	Qty
1	left Upright Frame	1	47	Hex Head Bolt M12*135	12
3	Right Upright Frame	1	51	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	28
8	Right Bottom Frame	1	52	Spring Washer $\phi 12$	4
9	Left Bottom Frame	1	55	Nylon lock Nut M12	12
45	Hex Head Bolt M12*30	4			



Assembly

STEP 3

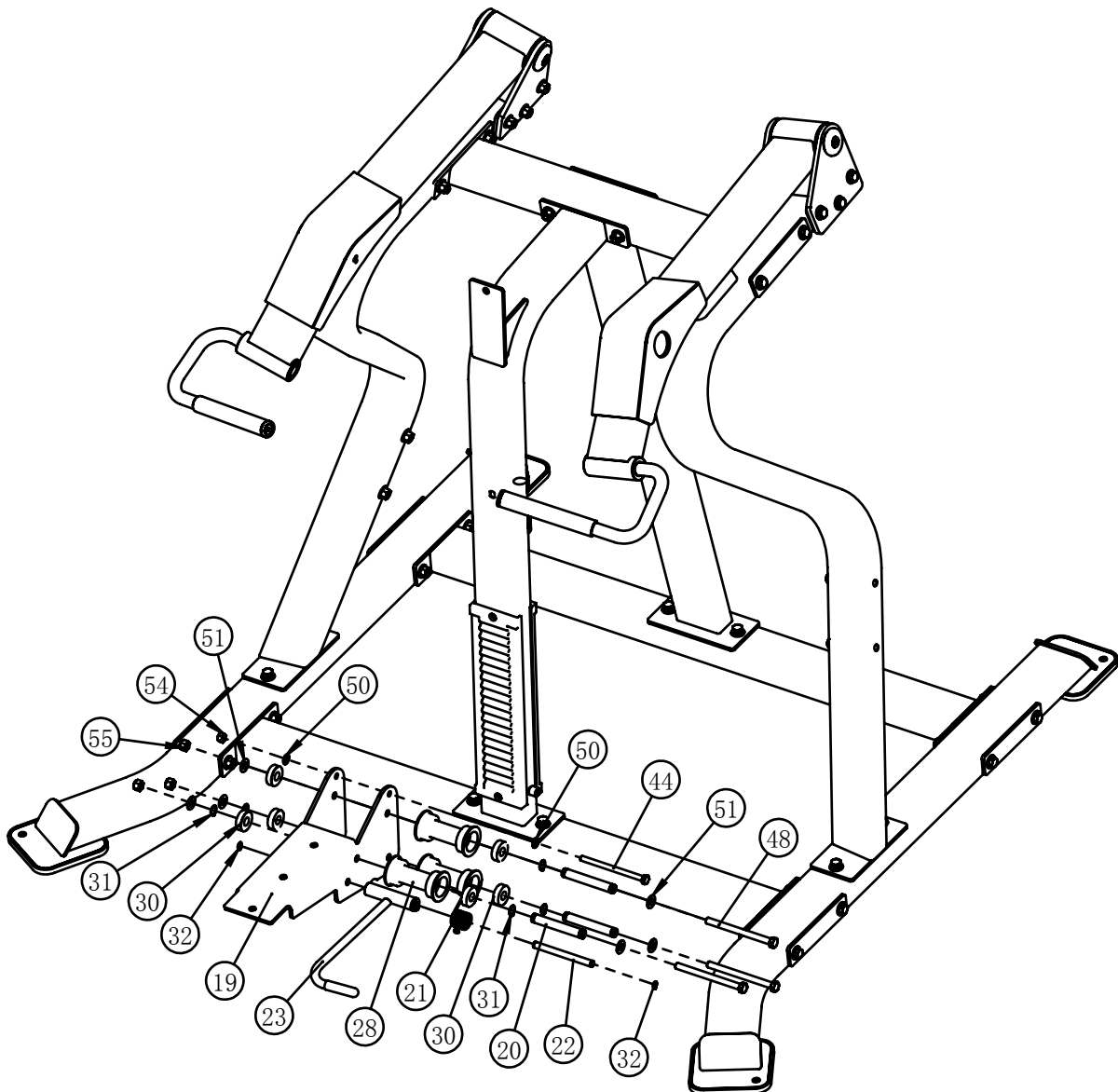
Item NO.	Description	Qty	Item NO.	Description	Qty
6	Right Arm Frame	1	51	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	12
7	Left Arm Frame	1	55	Nylon lock Nut M12	6
49	Hex Head Bolt M12*155	6			



Assembly

STEP 4

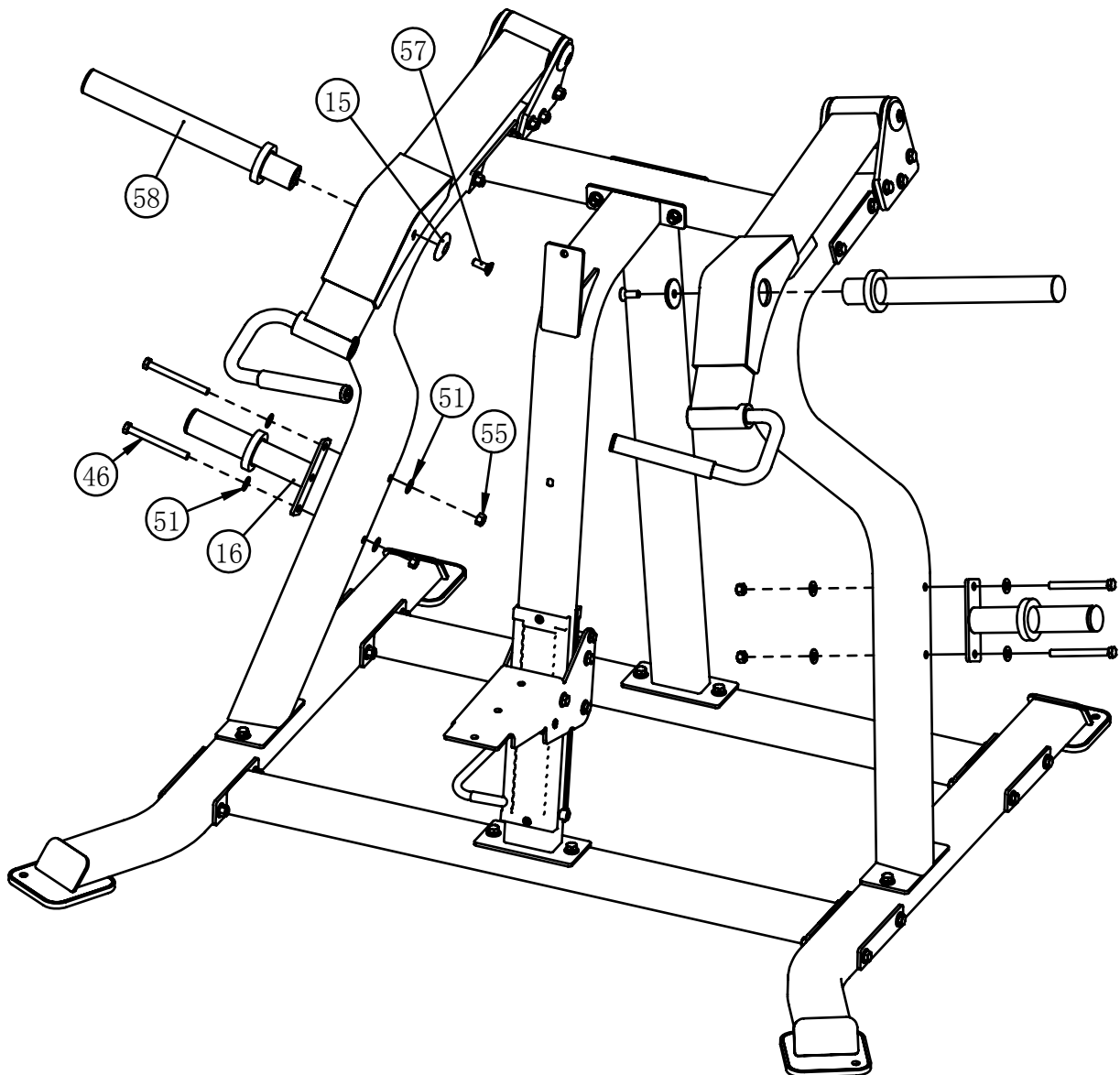
Item NO.	Description	Qty	Item NO.	Description	Qty
19	Seat Frame	1	32	External Retaining Ring $\Phi 1$	2
20	Wheel Shaft	3	44	Hex Head Bolt M10*145	1
21	Torsion Spring	1	48	Hex Head Bolt M12*150	3
22	Shaft For Adjustable Handle	1	50	Flat Washer $\phi 20 \times \phi 11 \times 2$	2
23	Adjustable Handle	1	51	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	6
28	Idler Wheel	3	54	Nylon lock Nut M10	1
30	Ball Bearing	6	55	Nylon lock Nut M12	3
31	External Retaining Ring $\Phi 17$	6			



Assembly

STEP 5

Item NO.	Description	Qty	Item NO.	Description	Qty
15	Aluminium Cap	2	55	Nylon lock Nut M12	4
16	Weight Plate Storage	2	57	Flat Head Cap Screw M10*	2
46	Hex Head Bolt M12*125	4	58	Weight Horn	2
51	Flat Washer $\phi 24 \times \phi 13 \times 1.5$	8			



Assembly

STEP 6

Item NO.	Description	Qty	Item NO.	Description	Qty
33	Back Pad	1	43	Hex Head Bolt M10*75	1
34	Seat Pad	1	50	Flat Washer $\phi 20 \times \phi 11 \times 2$	4
42	Hex Head Bolt M10*30	3			

