

*STM1000 Maintenance



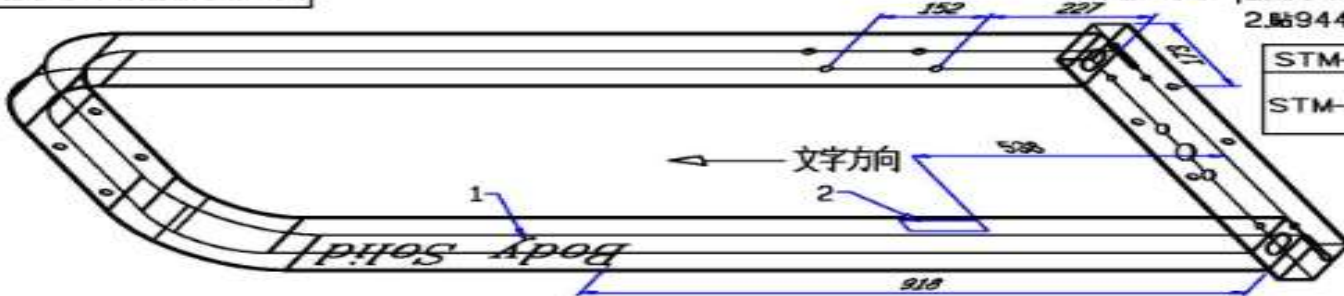
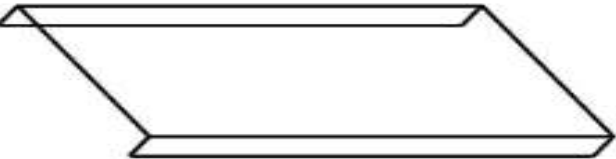
* Customers can put some grease on pivot points (red circle place), with brass or gunmetal bushings.

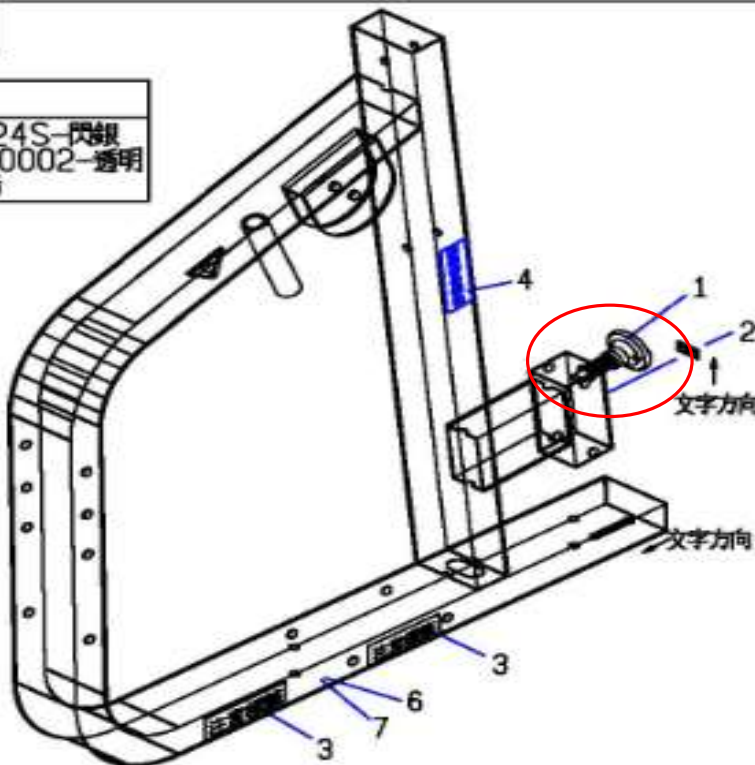


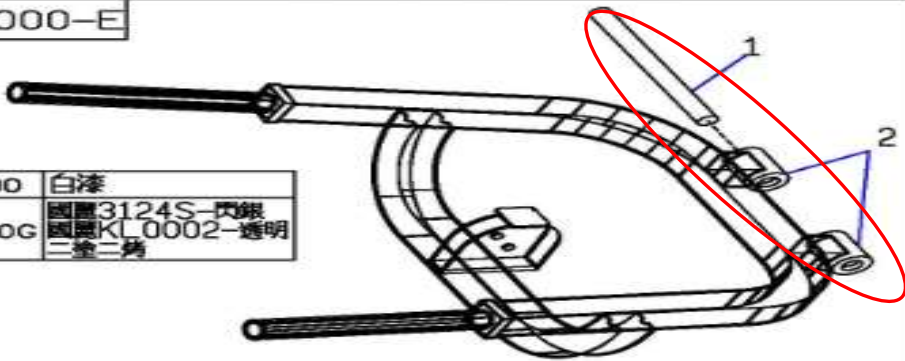
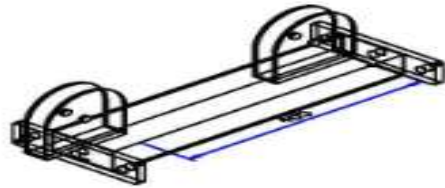
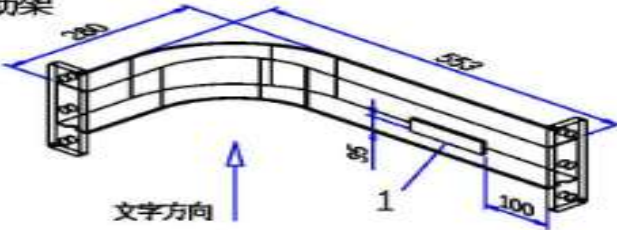
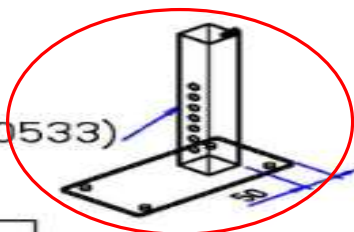
WD-40多种规格

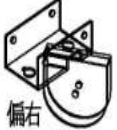
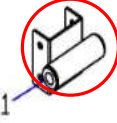


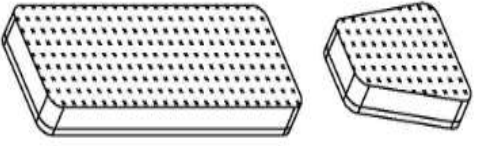
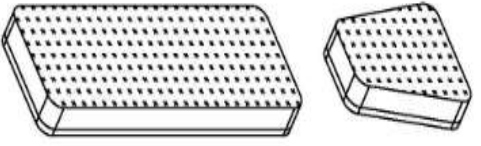
* Let's maintain your machine!

零件號碼	品 名 及 圖 案	用量	備 註
20STM1000-A		1PCS	1.貼9440-028貼紙=1PCS 2.貼9440-117夾手貼紙=1PCS STM-1000 白漆 STM-1000G 國產3124S-閃銀 國產KL0002-透明 二塗二烤
9220-009 護網(壓克力,茶色)		1PCS	1.貼9190-024子母帶 =1包(16PCS) <div style="border: 1px solid black; border-radius: 50%; padding: 5px; display: inline-block;"> 設變單號 2005120001 </div> 586X3TX800L
9111-017 座背墊	9121-027	1PCS 1PCS	適用於STM-1000
8220-060	電鍍 選擇桿 	1PCS	Ø1"X612LX20孔
8280-001	電鍍 	2PCS	Ø19.05X1510L
KSTM1000	說明書 KSTM1000G 說明書	1SET	9440-114與說明書包裝成一包
9119-001		1PCS	9180-025特固龍=2PCS 9180-026特固龍=2PCS 適用於STM-1000

零件號碼	品 名 及 圖 案		用量	備 註
20STM1000-C	<div><div><div>STM-1000</div><div>白漆</div></div><div><div>STM-1000G</div><div>國圖3124S-閃銀 國圖KL0002-透明 二塗二烤</div></div></div> 		1PCS	<div>STM-1000</div> <div>1.組立8250-003調整組=1PCS 2.貼9440-029貼紙=1PCS 3.貼9440-025貼紙=1PCS 4.貼9440-030貼紙=1PCS 5.貼9440-113鋼索警告貼紙=1PCS 6.貼9440-055座地貼紙=1PCS 7.貼「工單」貼紙=1PCS 8.貼9440-398警告貼紙=1PCS</div> <div>STM-1000G</div> <div>1.組立8250-065調整組=1PCS 2.貼9440-104貼紙=1PCS 3.貼9440-105貼紙=1PCS 4.貼9440-103貼紙=1PCS 5.貼9440-113鋼索警告貼紙=1PCS 6.貼9440-055座地貼紙=1PCS 7.貼「工單」貼紙=1PCS</div>
23STM1000	附件包	23STM1000G	附件包	1SET
GSTM1000	螺絲包			1SET
25STM1000	皮帶輪包	25STM1000G	皮帶輪包	1SET
FSTM1000	鋼索包			1SET

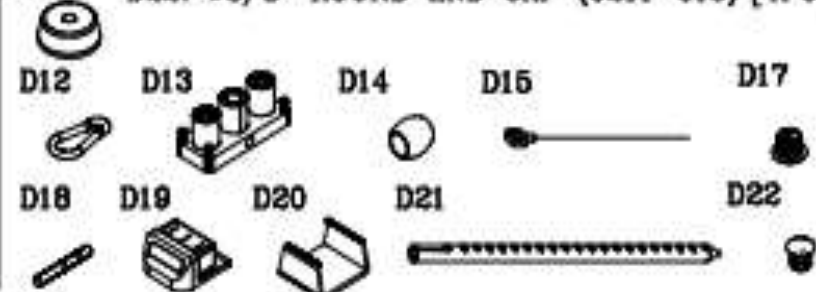
零件號碼	品 名 及 圖 案	用量	備 註
20STM1000-E	<div><div><div>STM-1000</div><div>白漆</div></div><div><div>STM-1000G</div><div>國標3124S-閃銀 國標KL 0002-透明 三塗二角</div></div></div> 	1PCS	1.組立8220-030轉軸心=1PCS Ø1"X300L 2.組立5/16"X1/2"圓頭螺絲=4PCS 3.組立9211-040管塞=2PCS 4.組立9162-017=2PCS 高密度把手Ø32X4tX330L
20STM1000-B	雙輪固定橫管 <div><div><div>STM-1000</div><div>白漆</div></div><div><div>STM-1000G</div><div>國標3124S-閃銀 國標KL 0002-透明 三塗二角</div></div></div> 	1PCS	包裝前先裝一盒內箱 HL STM1000
20STM1000-D	L型補助架 <div><div><div>STM-1000</div><div>白漆</div></div><div><div>STM-1000G</div><div>國標3124S-閃銀 國標KL 0002-透明 三塗二角</div></div></div> <div>1.貼9440-199通訊標籤=1PCS</div> 	1PCS	設變車號 2007080005
20STM1000-F	座墊調整架 <div><div><div>STM-1000</div><div>黑漆(全部)</div></div><div><div>STM-1000G</div><div>國標790-49153F1HT-深灰</div></div></div> <div>電鍍管(260533)</div>  <div>□ 50X1.8TX315L</div>	1PCS	20STM1000-F 組立5/16"X1/2"圓頭內六角 螺絲=1PCS

零件號碼	品名及圖案	用量	備註
20STM1000-I 導桿固定座 [1PCS]	20STM1000-L 轉軸固定座 [1PCS]	20STM1000-L 1.組立8520-004銅套 =2PCS	
			
STM-1000 白漆 STM-1000G 國標3124S-閃銀 國標KL0002-透明 二塗二角			
8312-077 50X6tX200L [4PCS]	8400-002 選擇上片 電鍍 [1PCS]		
			
STM-1000 白漆 STM-1000G 國標3124S-閃銀 國標KL0002-透明 二塗二角			
	設變單號 2005120001	9180-001保麗龍=5PCS 9180-009保麗龍=2PCS 9630-009束帶=2PCS 9630-028石棉=2PCS	

零件號碼	品名及圖案	用量	備註
9111-017 背墊=1PCS	9121-027 座墊=1PCS		南亞黑色耐寒乳膠皮
			
9119-001		1PCS	南亞黑色耐寒乳膠皮
34STM-1000GA包裝明細 (4-4)			
9111-017A 背墊=1PCS	9121-027A 座墊=1PCS		泰紅色耐寒乳膠皮
			
9119-001A		1PCS	泰紅色耐寒乳膠皮

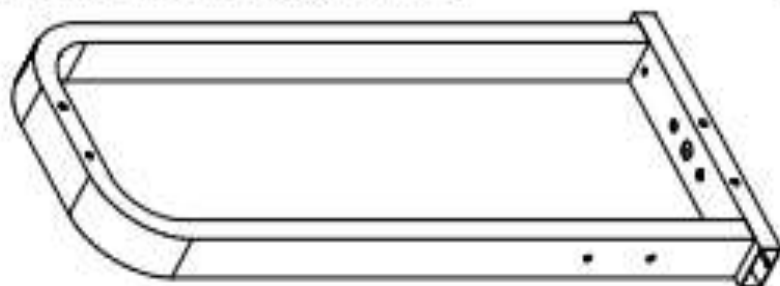
STM-1000G HARDWARE ILLUSTRATION SHEET

	Qty.		Qty.
 A1. 1/2"x5 1/2" HEX HEAD BOLT	[6PCS]	 D1. 1/2" BOLT CAP	[34PCS]
 A2. 1/2"x5" HEX HEAD BOLT	[4PCS]	 D2. 2"x2"x1.8t END CAP (9211-087)	[1PCS]
 A3. 1/2"x3 1/2" HEX HEAD BOLT	[2PCS]	 D3. ø3/4" SHAFT COLLAR (9211-046)	[2PCS]
 A4. 1/2"x2 1/4" HEX HEAD BOLT	[5PCS]	 D5. 60X50 NYLON BUSHING (9211-033)	[2PCS]
 A5. 5/16"x3" HEX HEAD BOLT	[2PCS]	 D6. ø4 1/2" PULLEY (9213-010)	[4PCS]
 A6. 5/16"x1 1/4" HEX HEAD BOLT	[4PCS]	 D7. ø6" PULLEY (9213-009)	[1PCS]
 A7. 7/16"x1 1/2" ROUND BOLT	[1PCS]	 D9. 2"x4" END CAP (9211-014)	[1PCS]
 A8. 5/16"x3/8" SET SCREW	[3PCS]	 D10. RUBBER DOUNT (9310-017)	[2PCS]
 A9. 5/8" ROUND BOLT	[1PCS]	 D12. ø8 SPRING SNAP LINK (8810-001)	[1PCS]
 A10. 10LB BALL PIN	[1PCS]	 D13. CHROME TOP PLATE (8400-002)	[1PCS]
 B1. 1/2" NYLON LOCK NUT	[17PCS]	 D14. ø1" RUBBER CANE TIP (9212-019)	[1PCS]
 B2. 5/8" LOCK NUT	[1PCS]	 D15. 4110mm STEEL CABLE	[1PCS]
 C1. 1/2" ROUND END CAP WASHER	[34PCS]	 D17. ø1 1/4" ROUND END CAP (9211-063)	[2PCS]
 C2. 5/16" (I.D) WASHER	[6PCS]	 D18. ø10 PIN	[1PCS]
 C3. 5/16" SPRING WASHER	[6PCS]	 D19. 2"x4" FOOT END CAP (9211-028)	[3PCS]
 C4. 5/8" SPRING WASHER	[1PCS]	 D20. 2"x4" RUBBER DOUNT (9212-009)	[3PCS]
		 D21. WEIGHT SELECTOR BAR (8220-060)	[1PCS]
		 D22. ø5/8" ROUND END CAP (9211-015)	[4PCS]

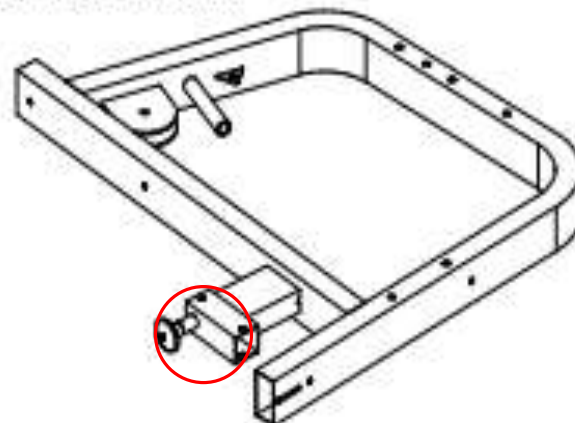


STM-1000G PARTS ILLUSTRATION SHEET

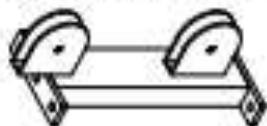
A [1PCS] WEIGHT STACK FRAME



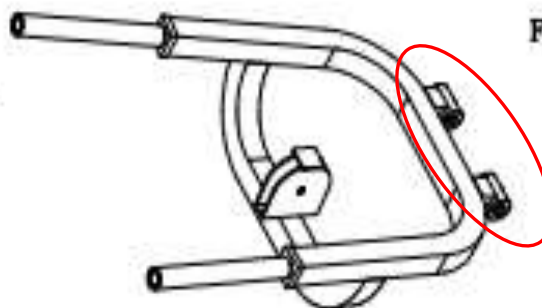
C [1PCS] MAIN BODY FRAME



B [1PCS] BOTTOM PULLEY FRAME



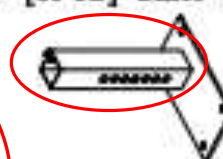
E [1PCS] PRESS ARM FRAME



D [1PCS] MIDDLE SUPPORT FRAME



F [1PCS] SEAT FRAME



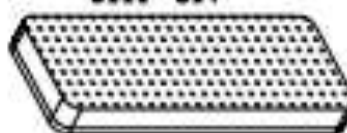
I [1PCS] TOP PULLEY FRAME



J [2PCS] CHROME GUIDE ROD 8280-001



H [1PCS] BACK PAD 9111-017



G [1PCS] SEAT PAD 9121-027



O [1PCS] BACK PAD RUBBER 9119-001



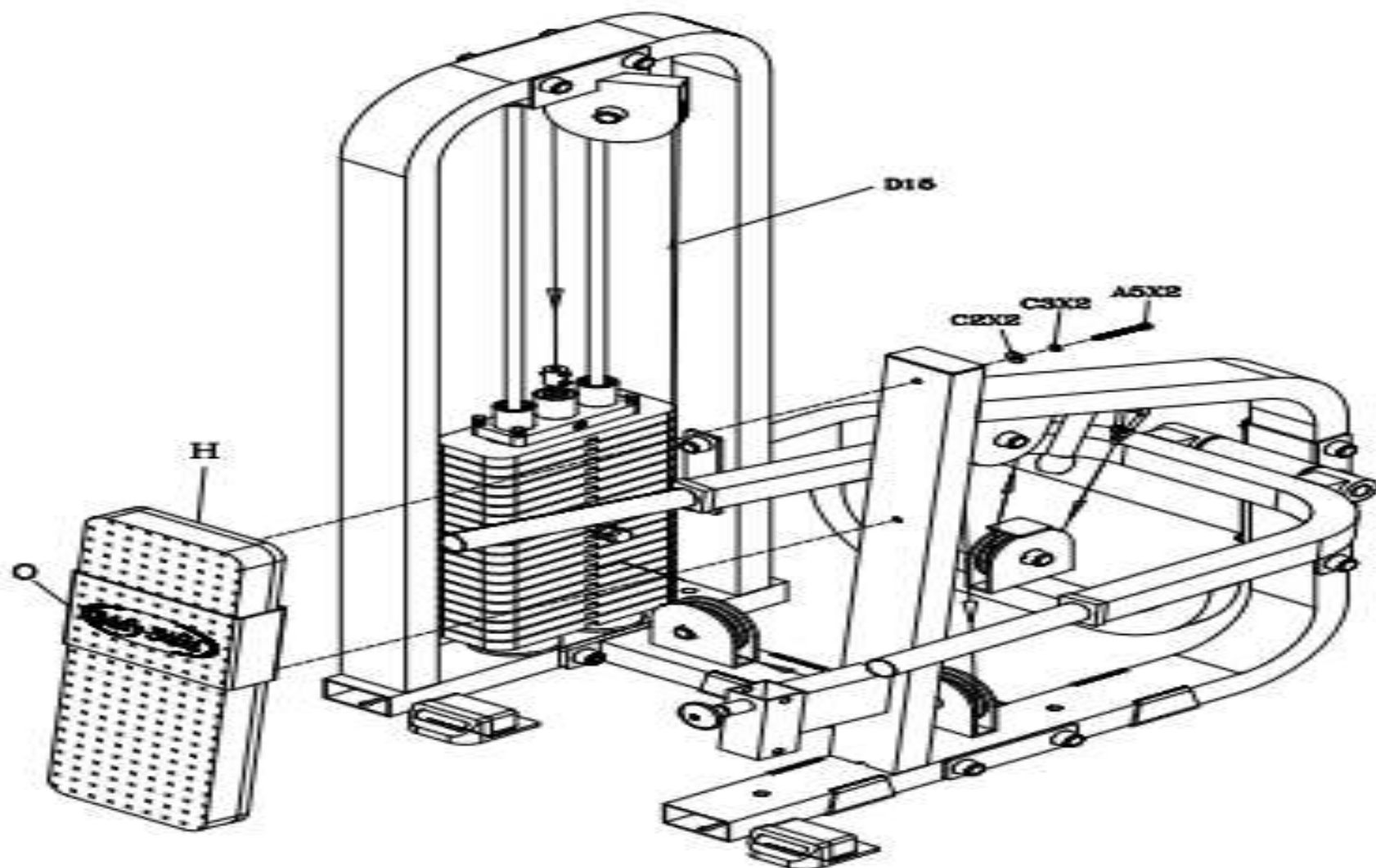
N [4PCS] 2"X8" PLATE 8312-077



L [1PCS] PIVOT BRACKET



STM-1000G



STM-1000G TRICEP PRESSDOWN ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURELY UNTIL
YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- Attach A Weight Stack Frame and C Main Body Frame to B Bottom Pulley Frame.
- Attach D Middle Support Frame to A Weight Stack Frame and C Main Body Frame.
- Attach L Pivot Bracket to C Main Body Frame.
- Attach E Press Arm Frame to L Pivot Bracket.

STEP-2

- Attach J Chrome Guide Rods and D10 Rubber Donuts to A Weight Stack Frame.
- Slide on Weight Stack and D13 Chrome Top Plate.
- Attach I Top Pulley Frame to A Weight Stack Frame and attach D3 Shaft Collar.
- Attach G Seat Pad to F Seat Frame and H Back Pad to C Main Body Frame.

CAUTION: DO NOT OVERTIGHTEN PAD BOLTS.
OVERTIGHTENING WILL STRIP
T-NUTS IN THE WOOD.

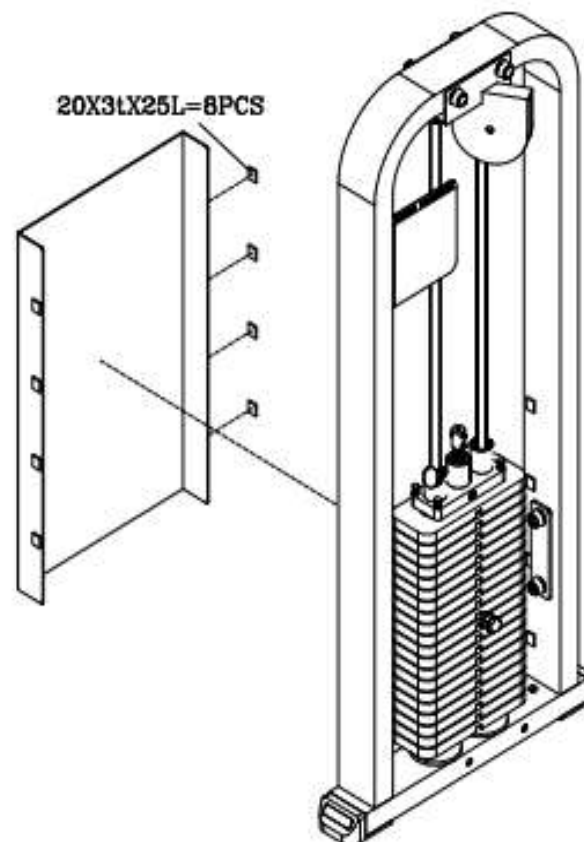
STEP-3

- Slide F Seat Frame into C Main Body Frame.
- Attach Pulleys and Cables as shown.
- Attach End Caps and Grips.
- TIGHTEN ALL NUTS AND BOLTS SECURELY.
- Attach Bolt Caps.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your TRICEP PRESSDOWN MACHINE.
2. Exercise with care. Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training partner.
4. Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

STM-1000G TRICEP PRESSDOWN



*Well done!

