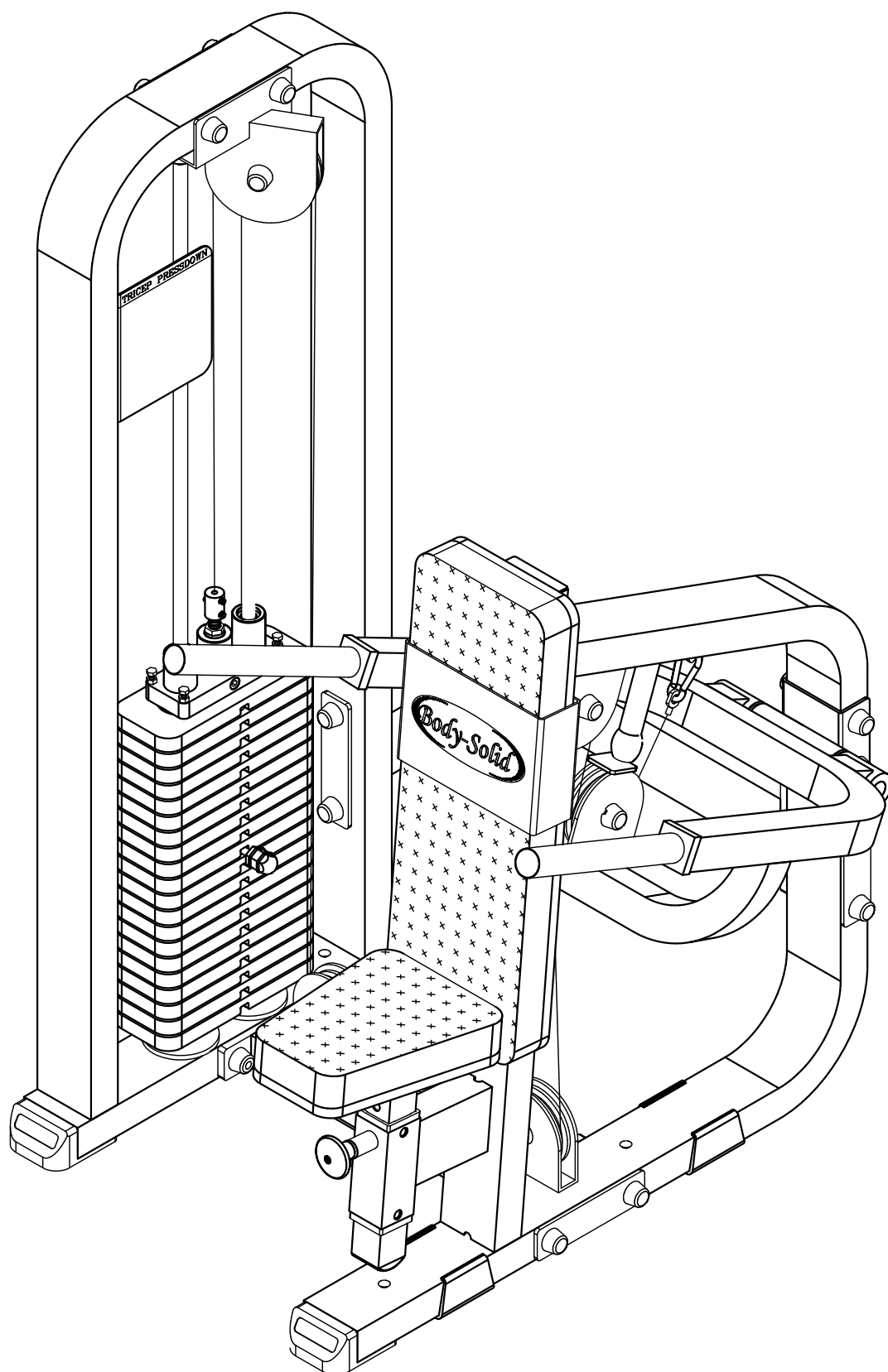
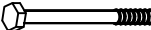
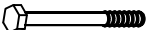
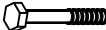
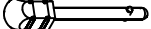
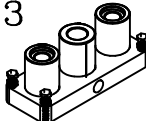
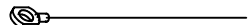
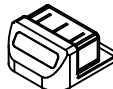
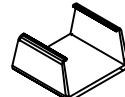
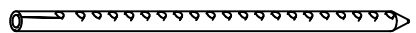


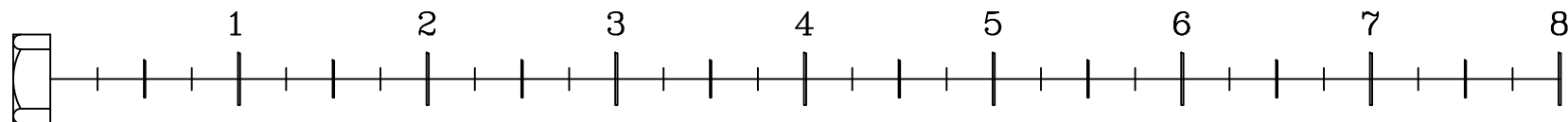
STM-1000G

TRICEP PRESSDOWN



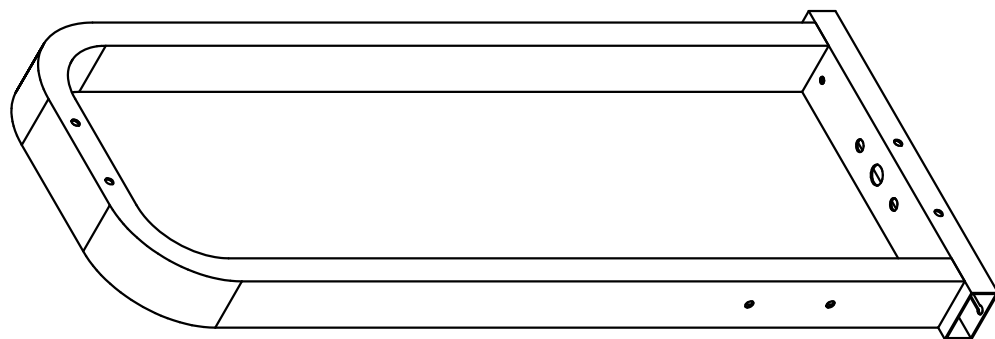
STM-1000G HARDWARE ILLUSTRATION SHEET

	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]
		 D12	
		 D18	
		 D13	
		 D14	
		 D15	
		 D17	
		 D19	
		 D20	
		 D21	
		 D22	

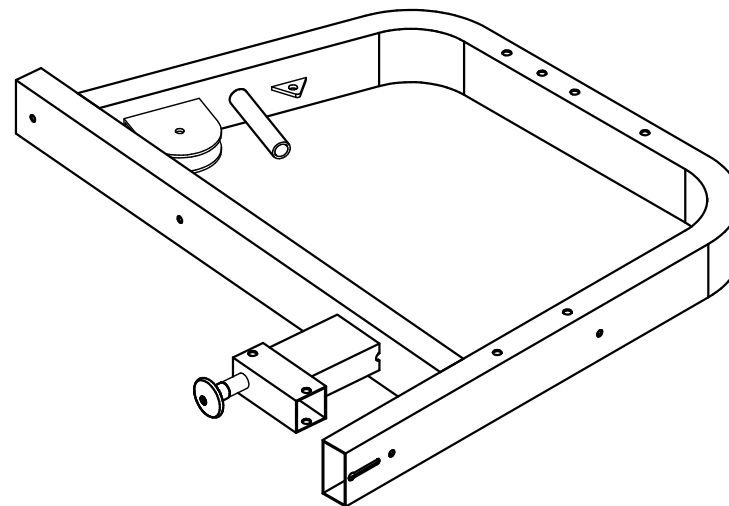


STM-1000G PARTS ILLUSTRATION SHEET

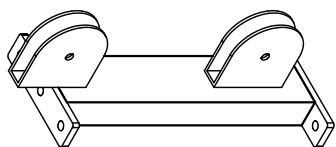
A [1PCS] WEIGHT STACK FRAME



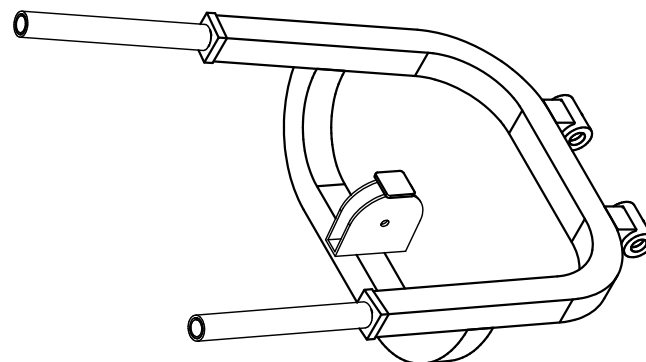
C [1PCS] MAIN BODY FRAME



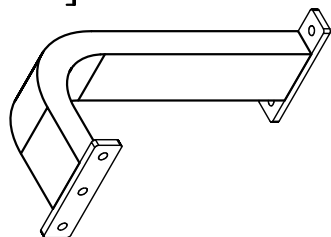
B [1PCS] BOTTOM PULLEY FRAME



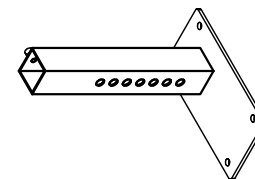
E [1PCS] PRESS ARM FRAME



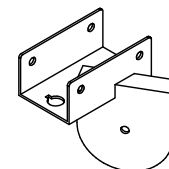
D [1PCS] MIDDLE SUPPORT FRAME



F [1PCS] SEAT FRAME



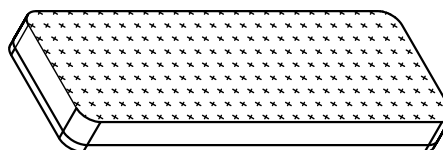
I [1PCS]
TOP PULLEY FRAME



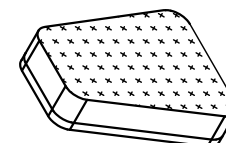
J [2PCS] CHROME GUIDE ROD 8280-001



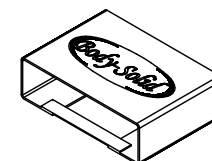
H [1PCS] BACK PAD
9111-017



G [1PCS] SEAT PAD
9121-027



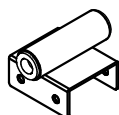
O [1PCS]
BACK PAD RUBBER
9119-001



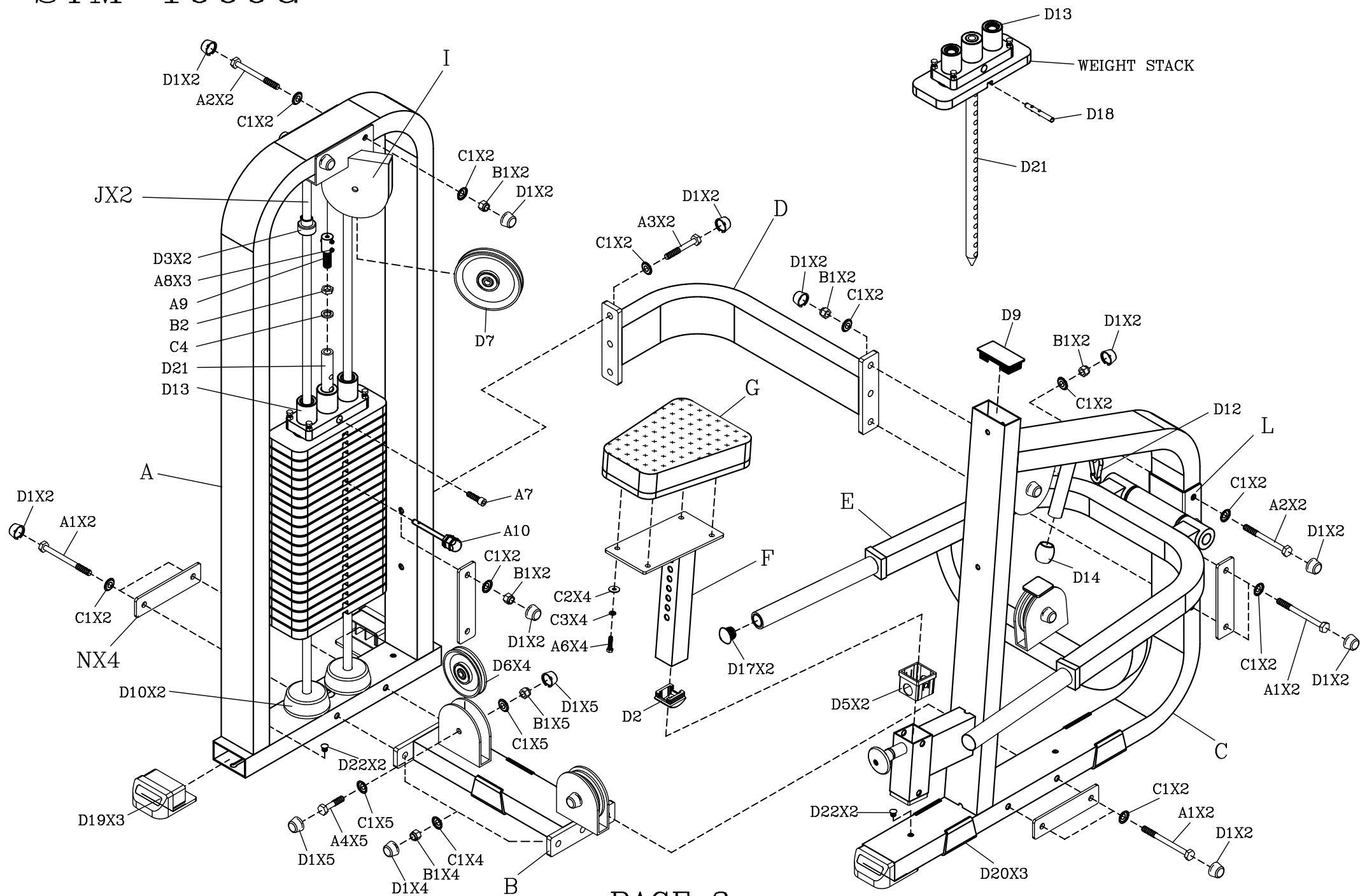
N [4PCS]
2"X8" PLATE
8312-077

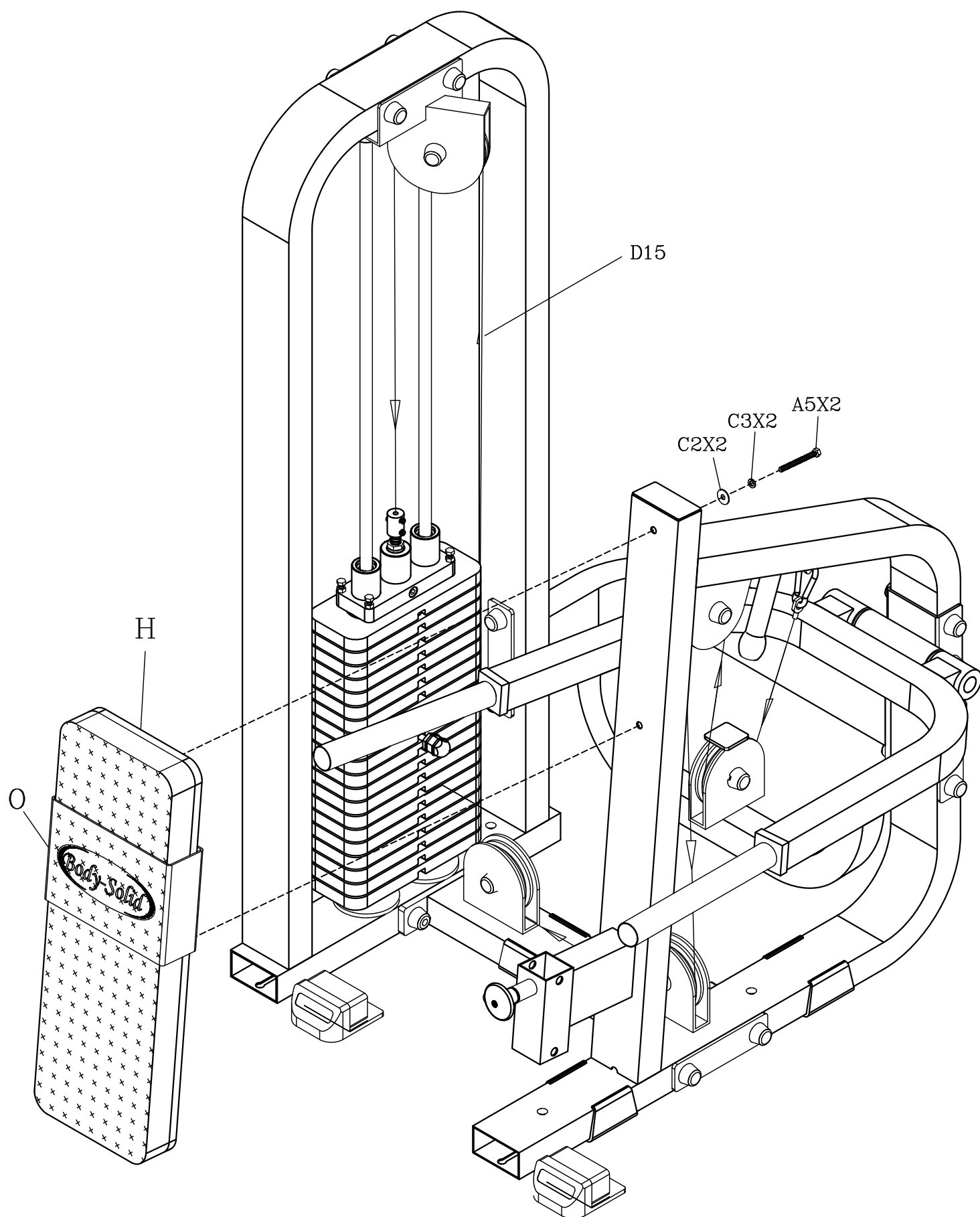


L [1PCS]
PIVOT BRACKET



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STM-1000G TRICEP PRESSDOWN

ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURLY 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.

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TRICEP PRESSDOWN

