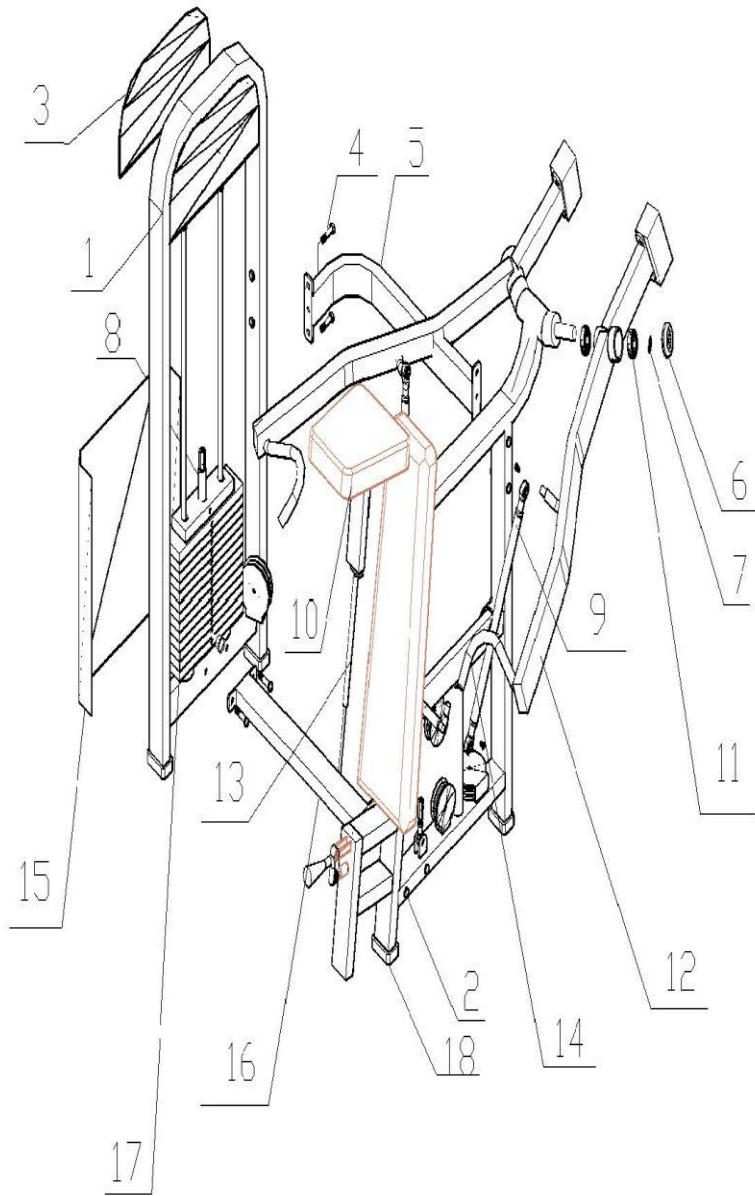


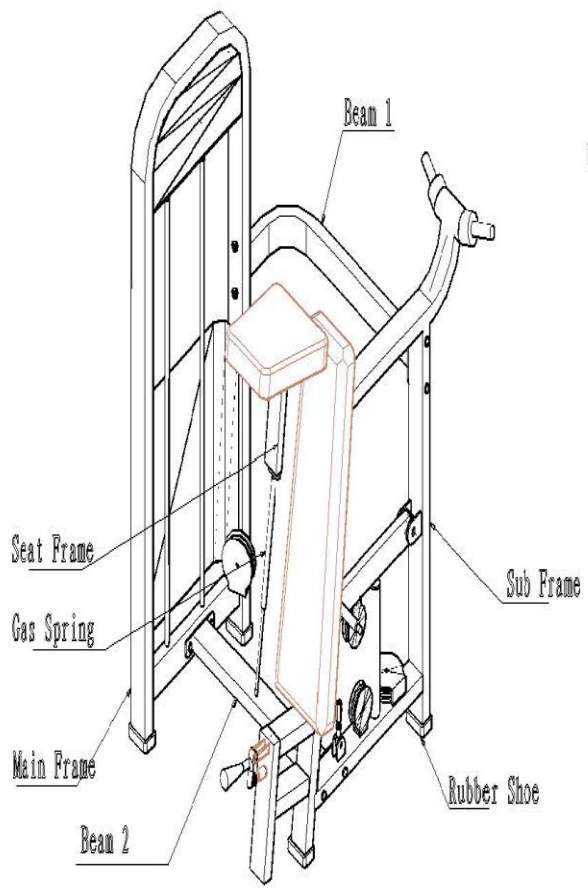
M2-1007

SEATED SHOULDER PRESS

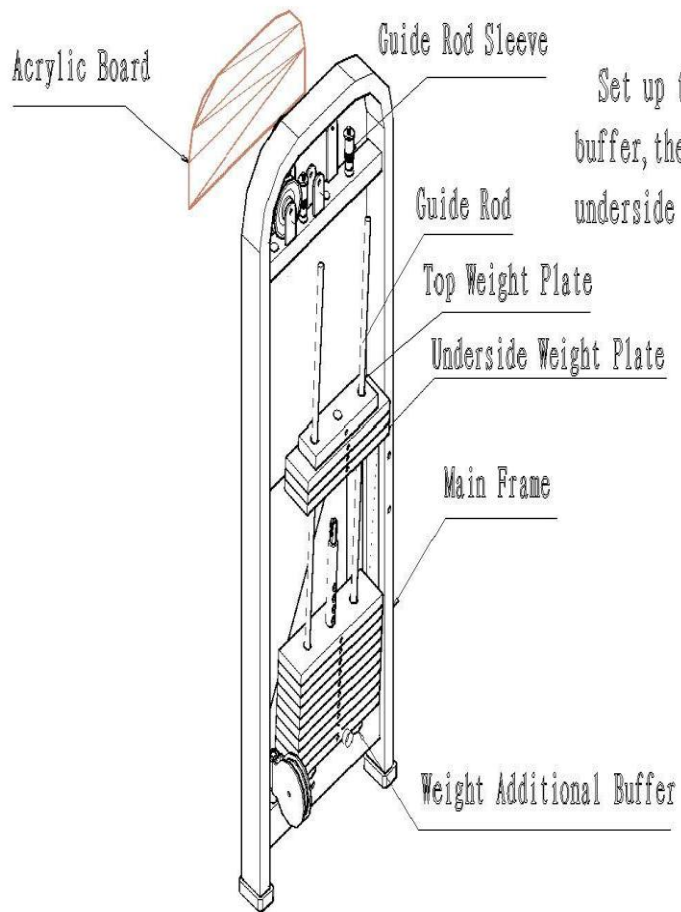




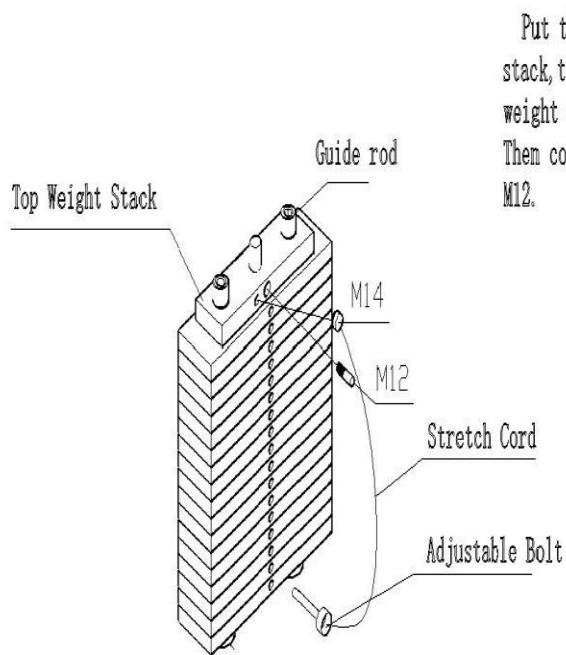
- 1 Main Frame
- 2 Sub Frame
- 3 Acrylic Board
- 4 Bolt
- 5 Beam 1
- 6 φ62 Choke Plug
- 7 Shaft Clip
- 8 Pole
- 9 Connecting-rod
- 10 Seat Frame
- 11 Bearing
- 12 Left Frame
- 13 Gas Spring
- 14 Lever Arm
- 15 Backboard
- 16 Beam 2
- 17 Weight Plate
- 18 Rubber Shoe



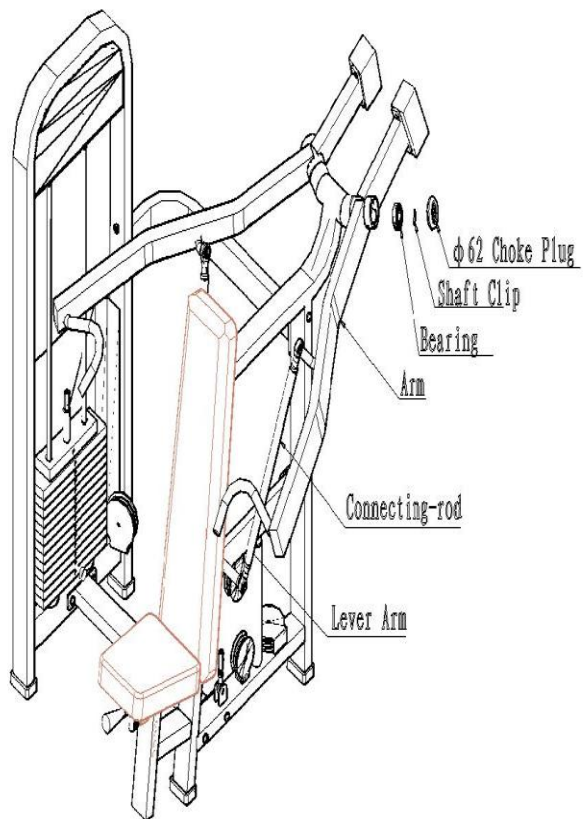
Connect the main frame and the sub frame with beam 1 and beam 2, and put on rubber shoes.



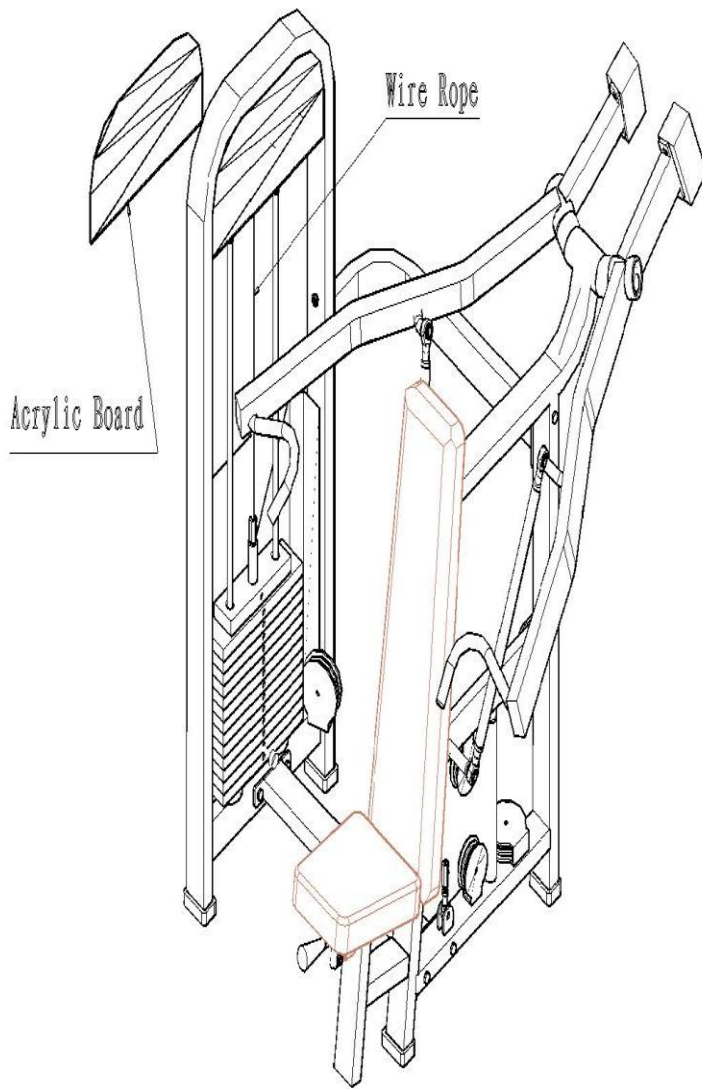
Set up the guide rod, the weight additional buffer, the top weight plate(1 pcs) and the underside weight plates(14pcs).



Put the adjust bolt into the bottom weight stack, then connect the adjust bolt and the top weight stack with stretch cord by M14 . Then connect the rod and the top weight stack with M12.



Install arms to the sub frame, and connect arms and lever arm with connecting-rod.



Put on the wire rope, and then install the acrylic board.