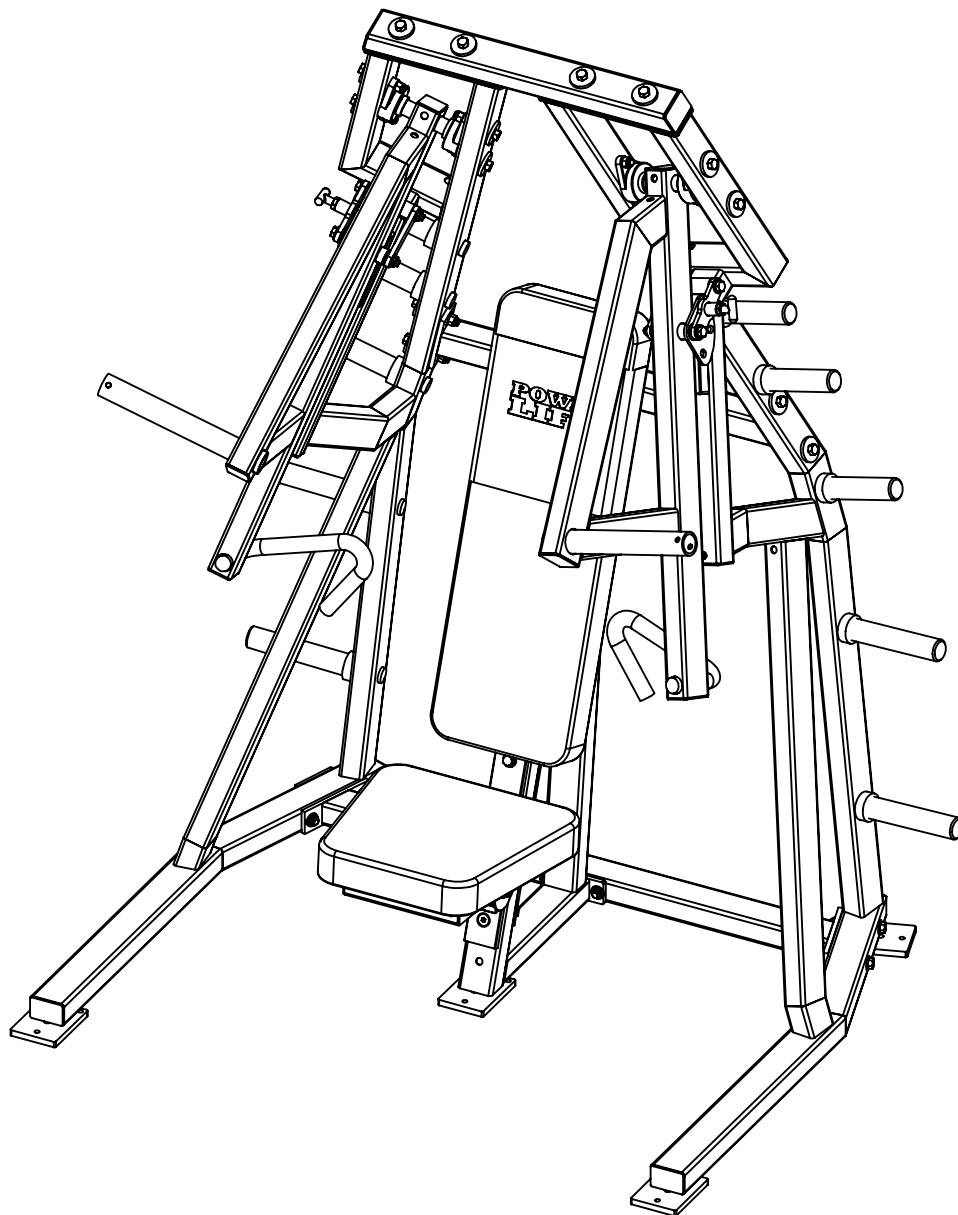


Plate Loaded Chest Press



Assembly notes:

Fasteners provided to assemble machine:

(16) 1/2"X3-1/4" BOLTS

(8) 1/2"X4" BOLTS

(2) 3/8"X3-3/4" BOLTS

(6) 3/8"X1-1/4" FLANGE BOLTS

Tools required (Not Included):

- 3/4" Open-End Wrench

- 3/4" Socket

- 9/16" Open-End Wrench

- 9/16" Socket

- 1/8" Allen Wrench

Note: When assembling unit DO NOT tighten any fasteners until specified.

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81274A_assembly cover

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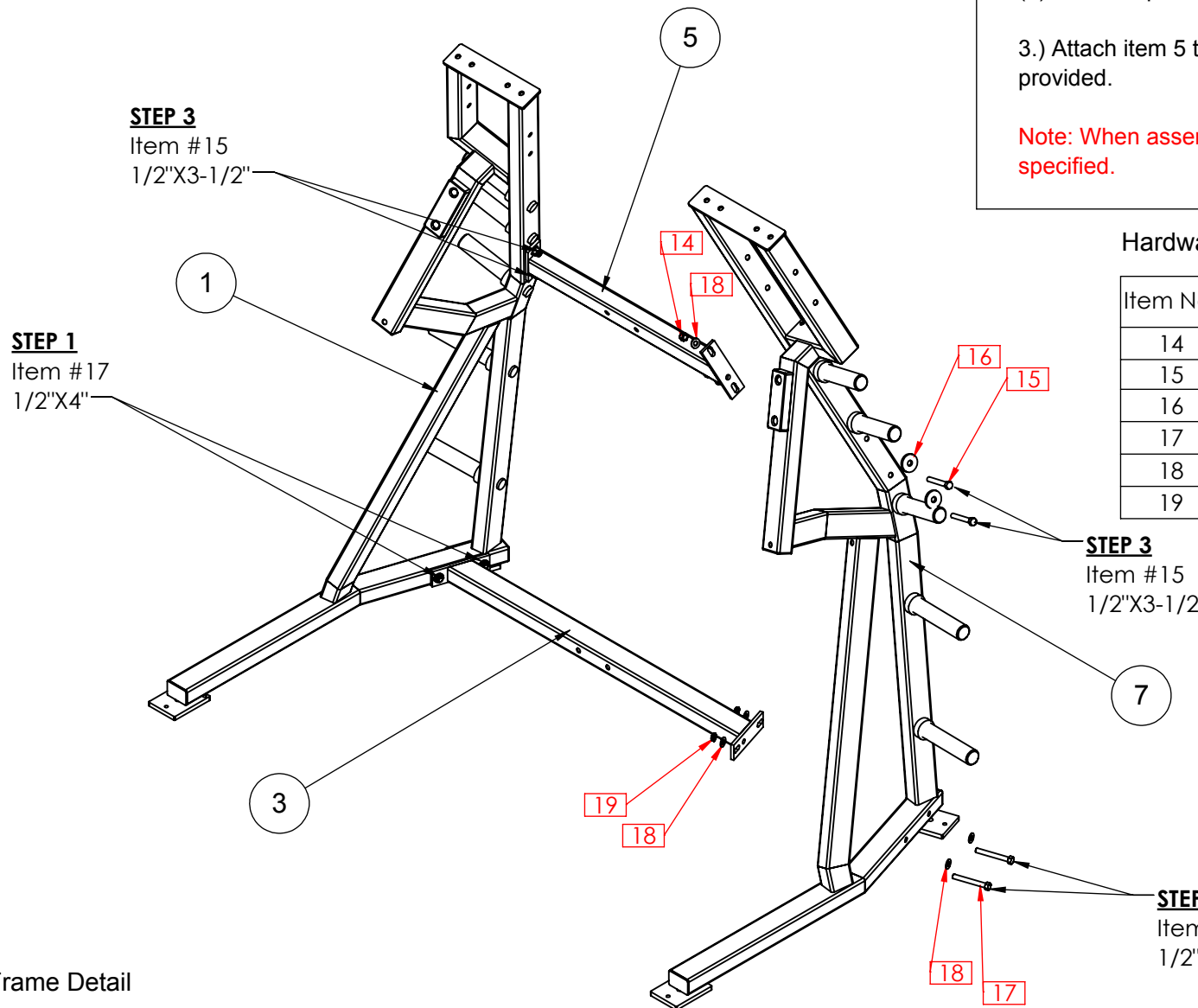
Date

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Instructions

- 1.) Assemble item 1 and item 3 together using (2) 1/2"X4" bolts and (2) thin lock nuts provided.
- 2.) Then assemble item 7 to item 3 using (2) 1/2"X4" bolts and (2) thin nuts provided.
- 3.) Attach item 5 to both item 1, and 7 using (4) 1/2"X3-1/2" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.



Hardware Detail

Item No.	Part Number	Part Name	Qty
14	99620	1/2"-13 NUT	4
15	99520	1/2"X 3-1/2" BOLT	4
16	80010	PLATE, SPACER	4
17	99521	1/2"X4" BOLT	4
18	99585	1/2" FLATWASHER	12
19	99571	1/2"-13 THIN NUT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
1	82308	RIGHT SIDE FRAME	1
3	82310	BRACE	1
5	82312	TOP BRACE	1
7	82314	LEFT SIDE FRAME	1

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Instructions

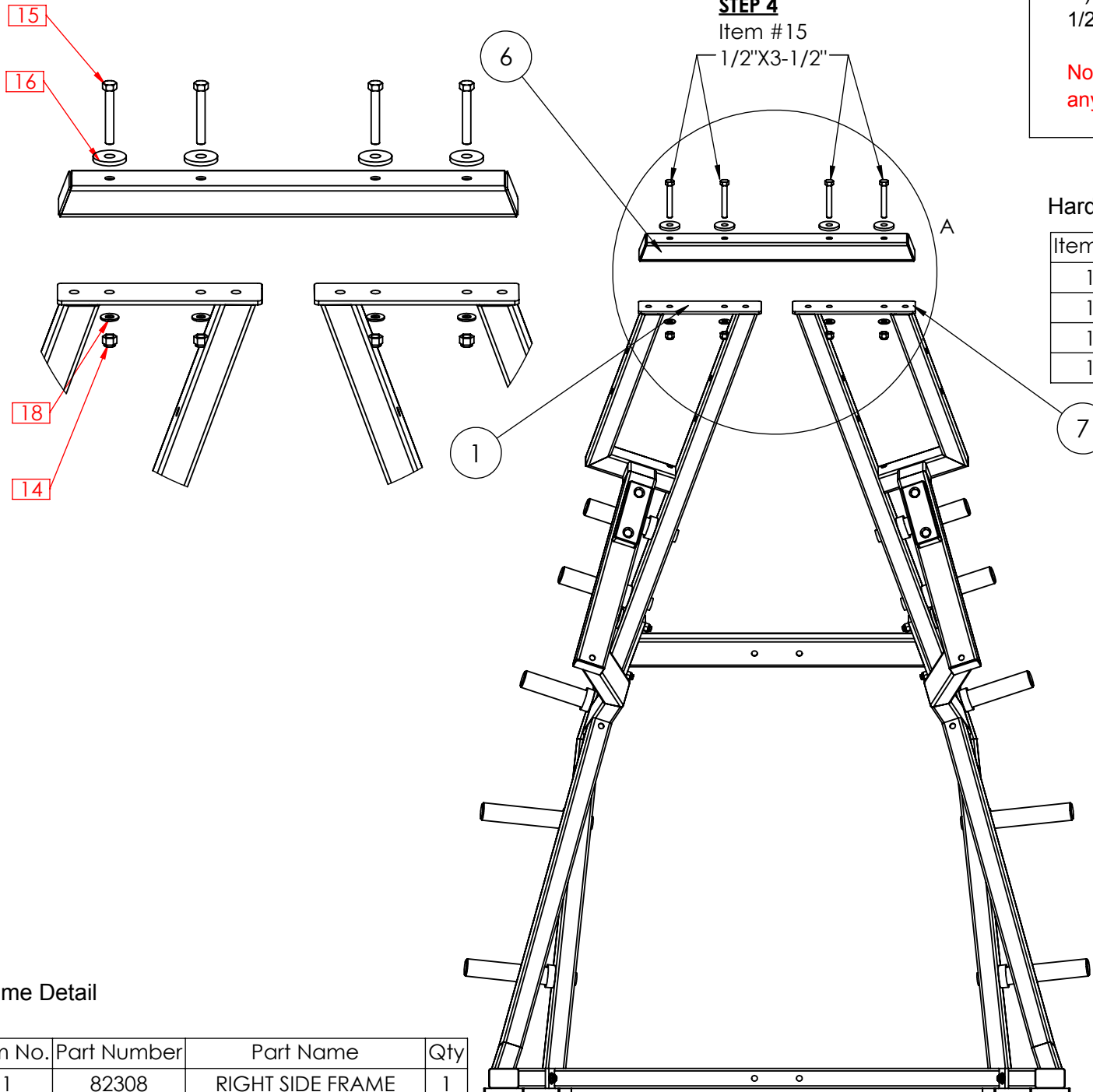
4.) Assemble item 6 to item 1, and 7 using (4) 1/2"X3-1/2" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.

STEP 4

Item #15

1/2"X3-1/2"



Hardware Detail

Item No.	Part Number	Part Name	Qty
14	99620	1/2"-13 NUT	4
15	99520	1/2"X3-1/2" BOLT	4
16	80010	PLATE, SPACER	4
18	99585	1/2" FLATWASHER	4

Frame Detail

Item No.	Part Number	Part Name	Qty
1	82308	RIGHT SIDE FRAME	1
6	82313	HIGH BRACE	1
7	82314	LEFT SIDE FRAME	1

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PART NUMBER

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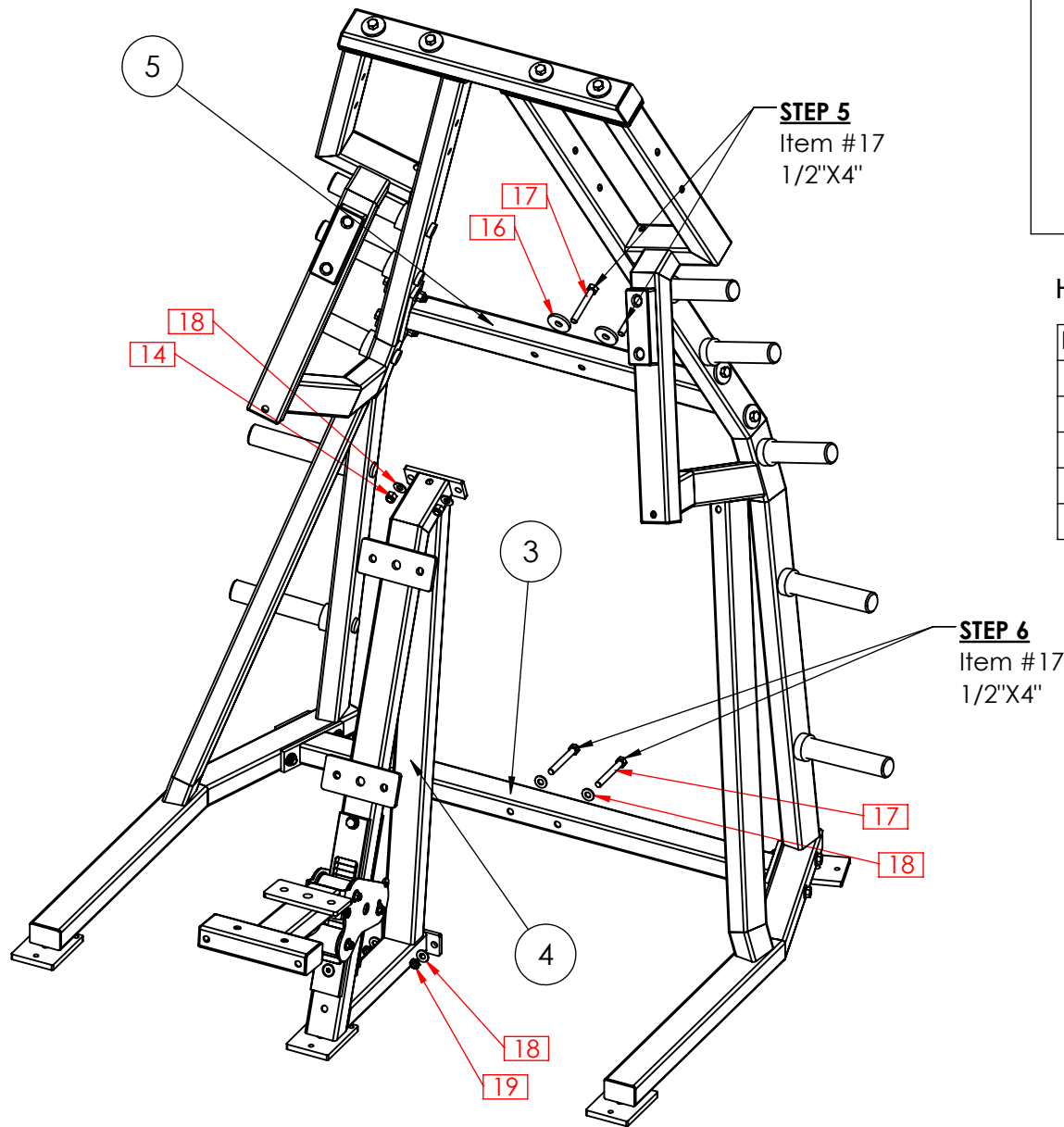
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Instructions

5.) Assemble item 4 to item 5 using (2) 1/2"X4" bolts provided with thicker lock nuts.

6.) Then attach item 4 to item 3 using (2) 1/2"X4" bolts provided with thin lock nuts.

7.) Now tighten all bolts starting from the bottom working toward the top.

Hardware Detail

Item No.	Part Number	Part Name	Qty
14	99620	1/2"-13 NUT	2
16	80010	PLATE, SPACER	2
17	99521	1/2"X4"BOLT	4
18	99585	1/2" FLATWASHER	6
19	99571	1/2"-13, THIN NUT	2

Frame Detail

Item No.	Part Number	Part Name	Qty
3	82310	BRACE	1
4	82311	SEAT FRAME	1
5	82312	TOP BRACE	1

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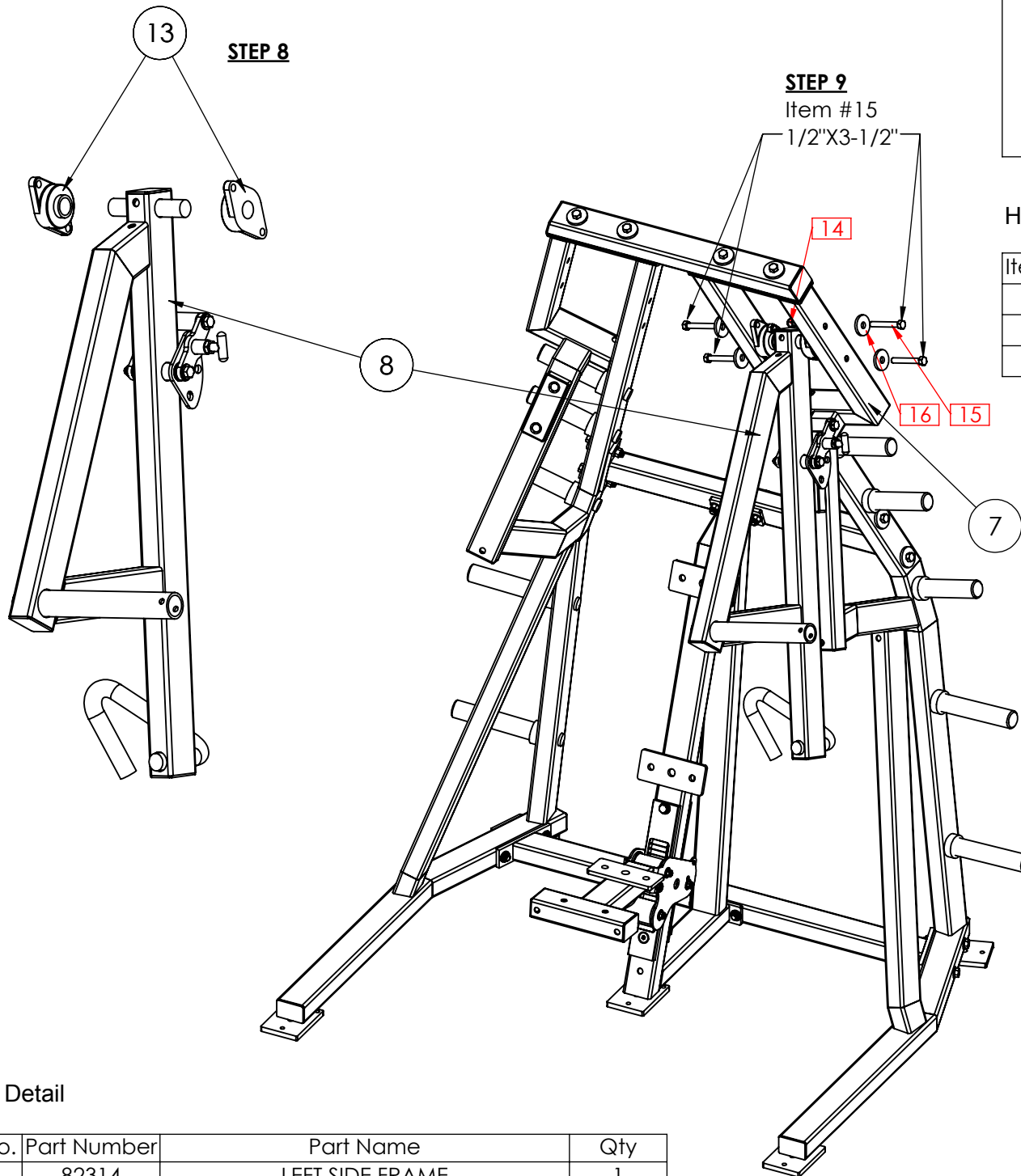
Instructions

8.) Make sure items 13 is on each end of item 8.

9.) Attach item 8 to item 7 using (4) 1/2"X3-1/2" bolts provided.

Hardware Detail

Item No.	Part Number	Part Name	Qty
14	99620	1/2"-13 NUT	4
15	99520	1/2"X3-1/2" BOLT	4
16	80010	PLATE, SPACER	4



Frame Detail

Item No.	Part Number	Part Name	Qty
7	82314	LEFT SIDE FRAME	1
8	82315	LEFT PUSH ARM	1
13	99773	BEARING, FOR 1 1/4" SHAFT	2

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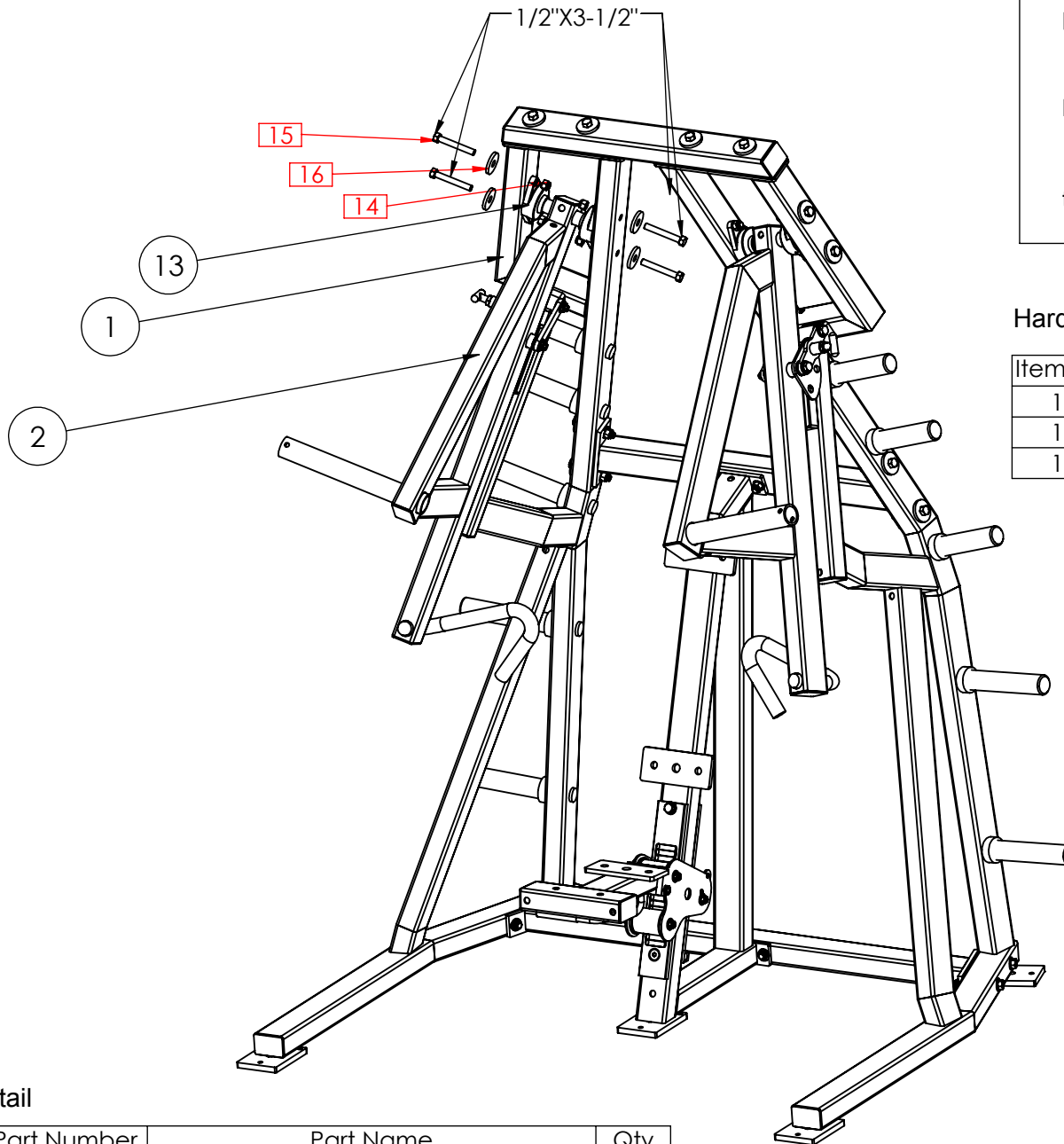
Instructions

- 10.) Make sure items 13 is on each end of item 2.
- 11.) Attach item 2 to item 1 using (4) 1/2"X3-1/2" bolts provided.
- 12.) Tighten bolts on each arm while making sure both arms are aligned and move symmetrically.
- 13.) Check that set screws on bearings (Item #13) are tightened.

STEP 11

Item #15

1/2"X3-1/2"



Hardware Detail

Item No.	Part Number	Part Name	Qty
14	99620	1/2"-13 NUT	4
15	99520	1/2"X3-1/2" BOLT	4
16	80010	PLATE, SPACER	4

Frame Detail

Item No.	Part Number	Part Name	Qty
1	82308	RIGHT SIDE FRAME	1
2	82309	RIGHT PRESS ARM	1
13	99773	BEARING, FOR 1 1/4" SHAFT	2

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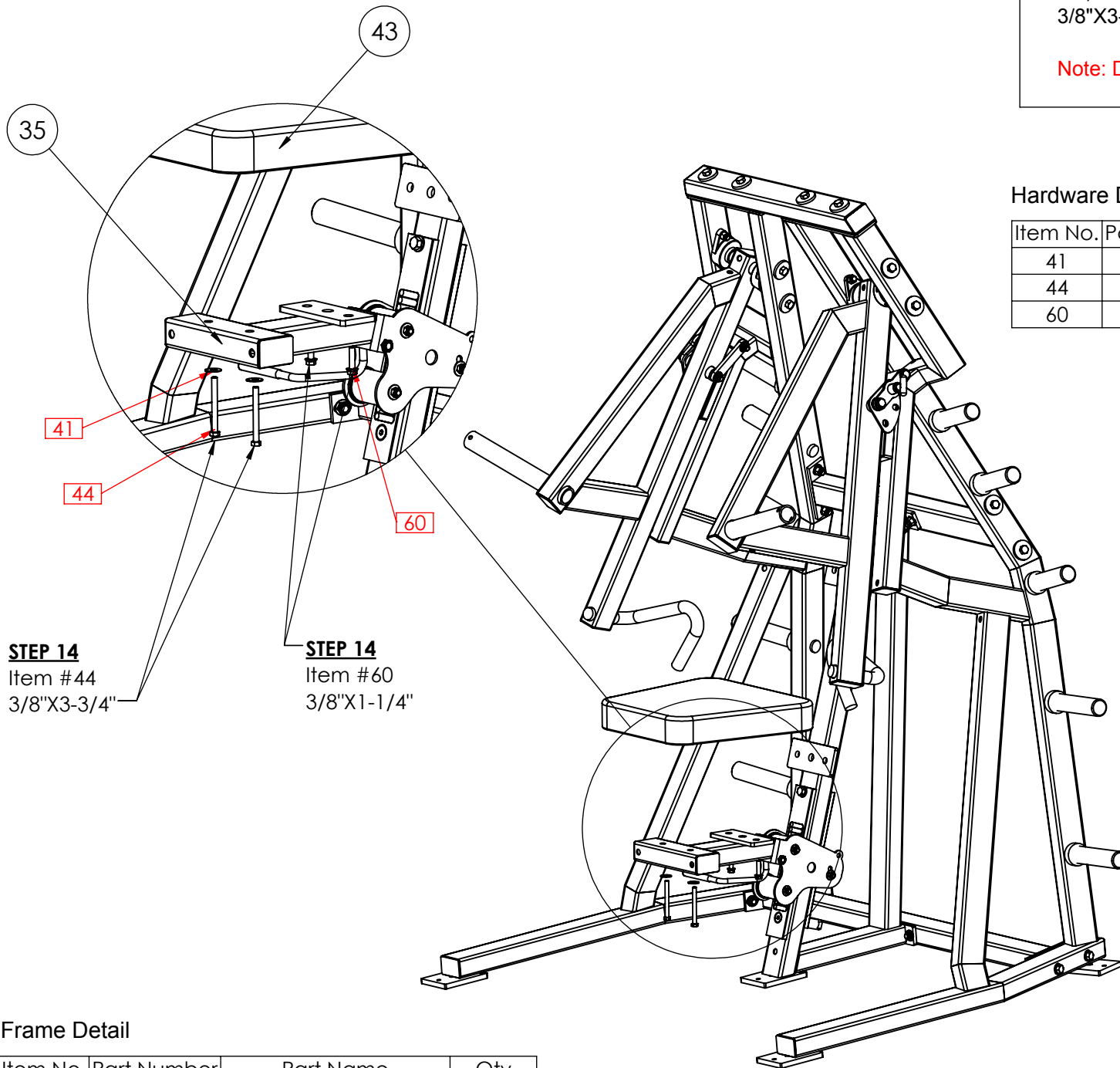
Date

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Instructions

14.) Attach item 43 to item 35 using the (2) 3/8"X3-3/4" and (2) 3/8"X1-1/4" bolts provided.

Note: DO NOT over tighten fasteners into seat.



Hardware Detail

Item No.	Part Number	Part Name	Qty
41	99531	3/8" FLATWASHER	2
44	99664	3/8"X3-3/4" BOLT	2
60	99954	3/8"X1-1/4" FLANGE BOLT	2

STEP 14

Item #44
3/8"X3-3/4"

STEP 14

Item #60
3/8"X1-1/4"

Frame Detail

Item No.	Part Number	Part Name	Qty
35	80096	SEAT FRAME	1
43	80030	SEAT PAD	1

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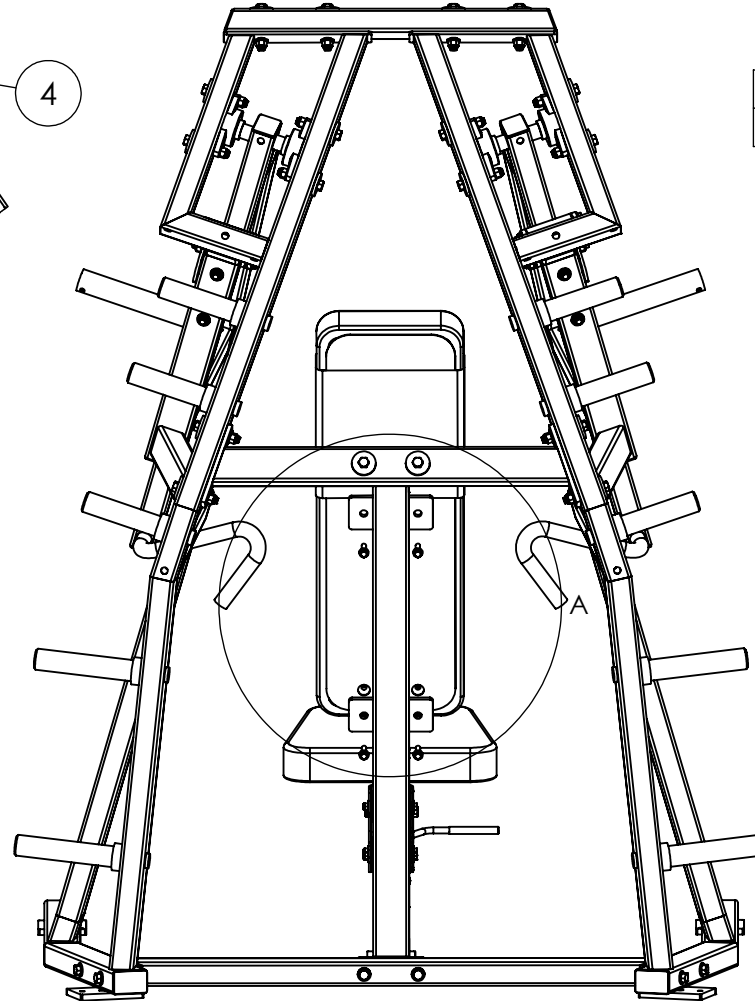
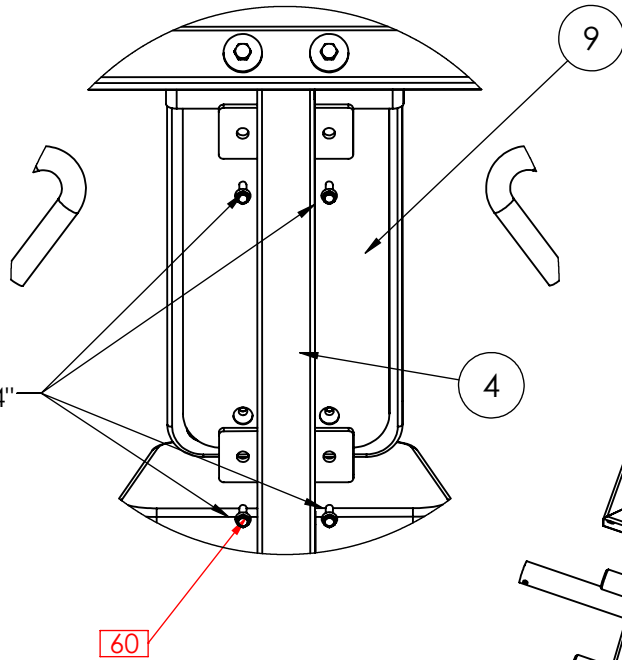
Instructions

15.) Attach item 9 to item 4 using the (4) 3/8"X1-1/4" bolts provided.

Note: DO NOT over tighten fasteners into Back Cushion.

STEP 15

Item #60
3/8"X1-1/4"



Hardware Detail

Item No.	Part Number	Part Name	Qty
60	99954	3/8"X1-1/4" BOLT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
4	82311	SEAT FRAME	1
9	16587B	BACK CUSHION	1

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