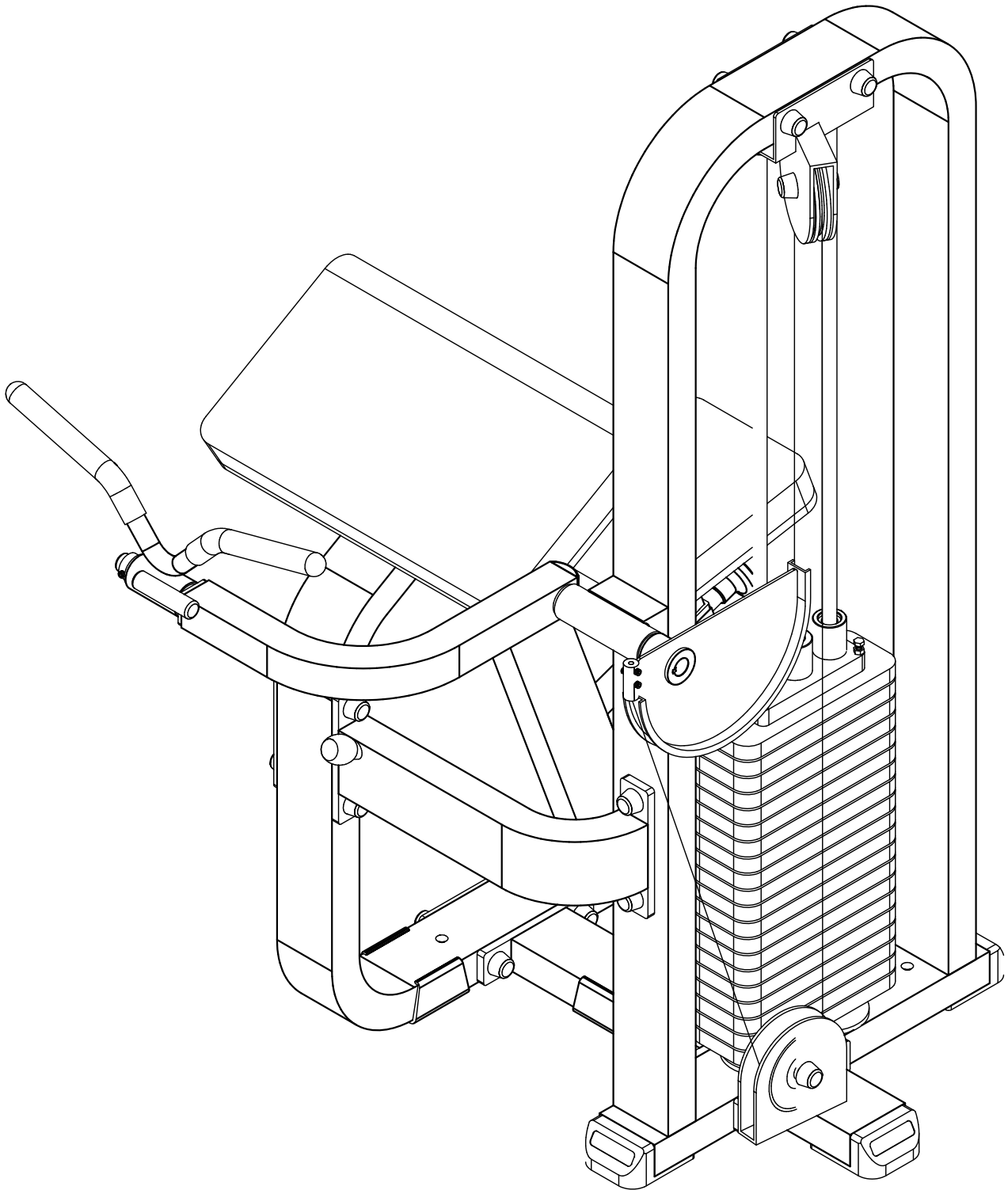
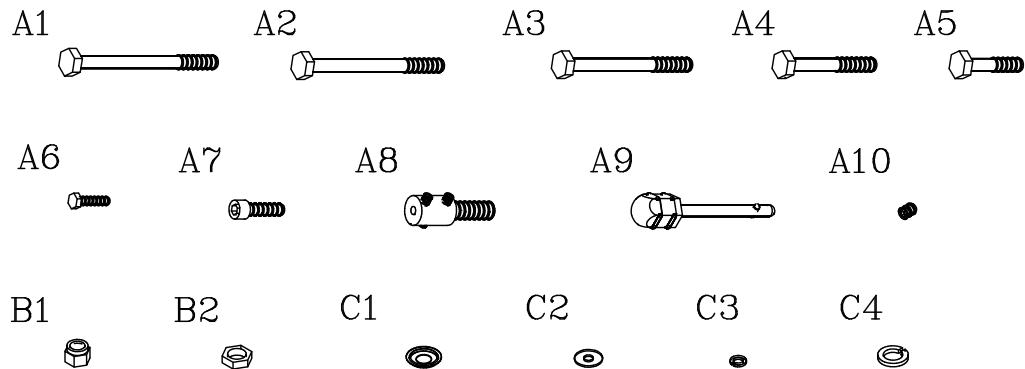


SBC-600G
BICEP CURL

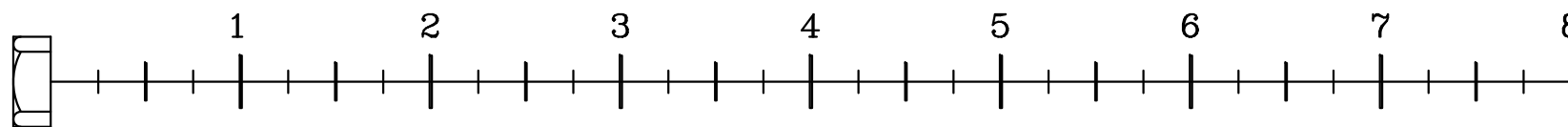
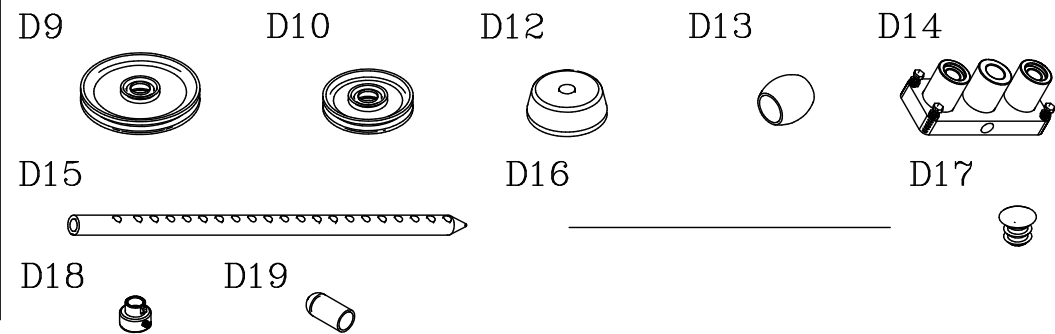


VERSION 0705

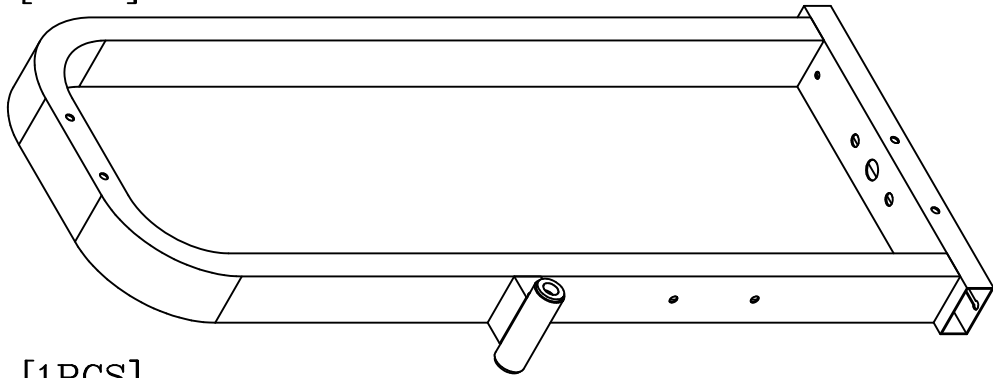
	Qty.
A1. 1/2"X5 3/4" HEX HEAD BOLT -----	[2PCS]
A2. 1/2"X5 1/2" HEX HEAD BOLT -----	[4PCS]
A3. 1/2"X5" HEX HEAD BOLT -----	[4PCS]
A4. 1/2"X3 1/2" HEX HEAD BOLT -----	[2PCS]
A5. 1/2"X2 1/4" HEX HEAD BOLT -----	[2PCS]
A6. 5/16"X1 1/4" HEX HEAD BOLT -----	[8PCS]
A7. 7/16"X1 1/2" ROUND BOLT -----	[1PCS]
A8. 5/8"X1 3/4" ROUND BOLT -----	[1PCS]
A9. 10LB BALL PIN -----	[1PCS]
A10. 5/16"X3/8" SET SCREW -----	[3PCS]
B1. 1/2" NYLON LOCK NUT -----	[14PCS]
B2. 5/8" LOCK NUT -----	[1PCS]
C1. 1/2" ROUND END CAP WASHER -----	[28PCS]
C2. 5/16" (I.D)WASHER -----	[8PCS]
C3. 5/16" SPRING WASHER -----	[8PCS]
C4. 5/8" SPRING WASHER -----	[1PCS]



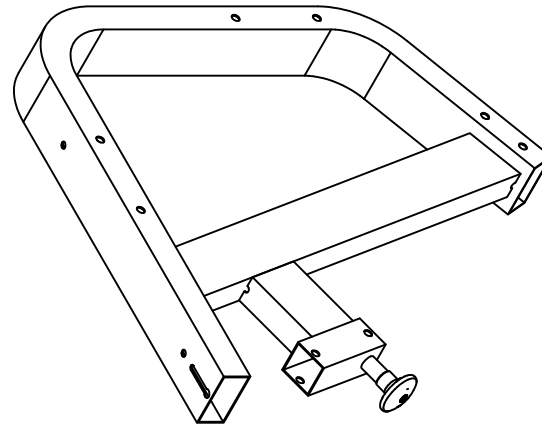
	Qty.
D1. 1/2" BOLT CAP -----	[28PCS]
D2. 2"X4" FOOT CAP (9211-028) -----	[4PCS]
D3. 50X50X1.8t END CAP (9211-087) -----	[1PCS]
D5. 2"X4" END CAP (9211-014) -----	[1PCS]
D6. ø1" SHAFT COLLAR (8130-024) -----	[1PCS]
D7. 2"X4" RUBBER DOUNT (9212-009) --	[2PCS]
D8. 60X50 NYLON BUSHING (9211-033) --	[2PCS]
D9. ø6" PULLEY (9213-009) -----	[1PCS]
D10. ø4 1/2" PULLEY (9213-010) -----	[1PCS]
D12. ø4" RUBBER DONUT (9310-017) ---	[2PCS]
D13. ø1" RUBBER DONUT (9212-019) ---	[1PCS]
D14. CHROME TOP PLATE (8400-002) ---	[1PCS]
D15. WEIGHT SELECTOR BAR (8220-060) --	[1PCS]
D16. STEEL CABLE -----	[1PCS]
D17. ø5/8" ROUND END CAP (9211-015) --	[4PCS]
D18. ø3/4" SHAFT COLLAR (9211-046) --	[2PCS]
D19. ø1" ROUND END CAP (9212-004) ---	[1PCS]



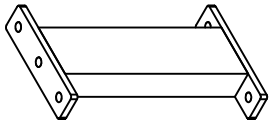
A [1PCS] WEIGHT STACK FRAME



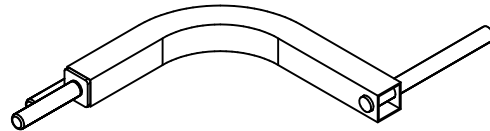
G [1PCS] MAIN BODY FRAME



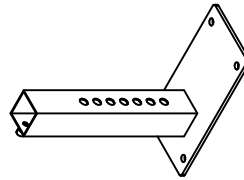
B [1PCS]
BOTTOM BASE FRAME



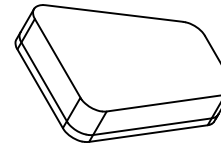
E [1PCS]
PIVOT ARM



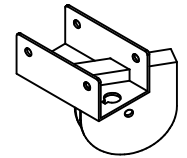
H [1PCS]
SEAT PAD FRAME



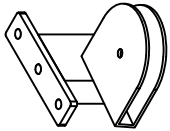
J [1PCS]
SEAT PAD



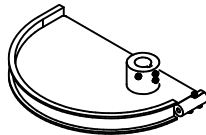
L [1PCS]
TOP PULLEY FRAME



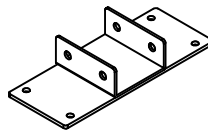
C [1PCS]
BOTTOM PULLEY FRAME



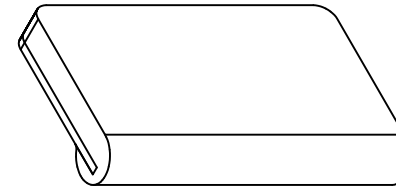
F [1PCS]
CAM WHEEL



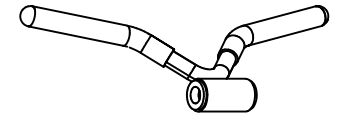
I [1PCS]
PREACHER FRAME



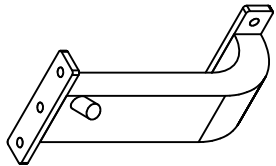
K [1PCS]
PREACHER PAD



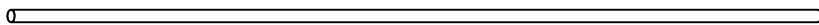
M [1PCS]
CURL BAR



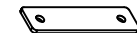
D [1PCS]
MIDDLE SUPPORT FRAME



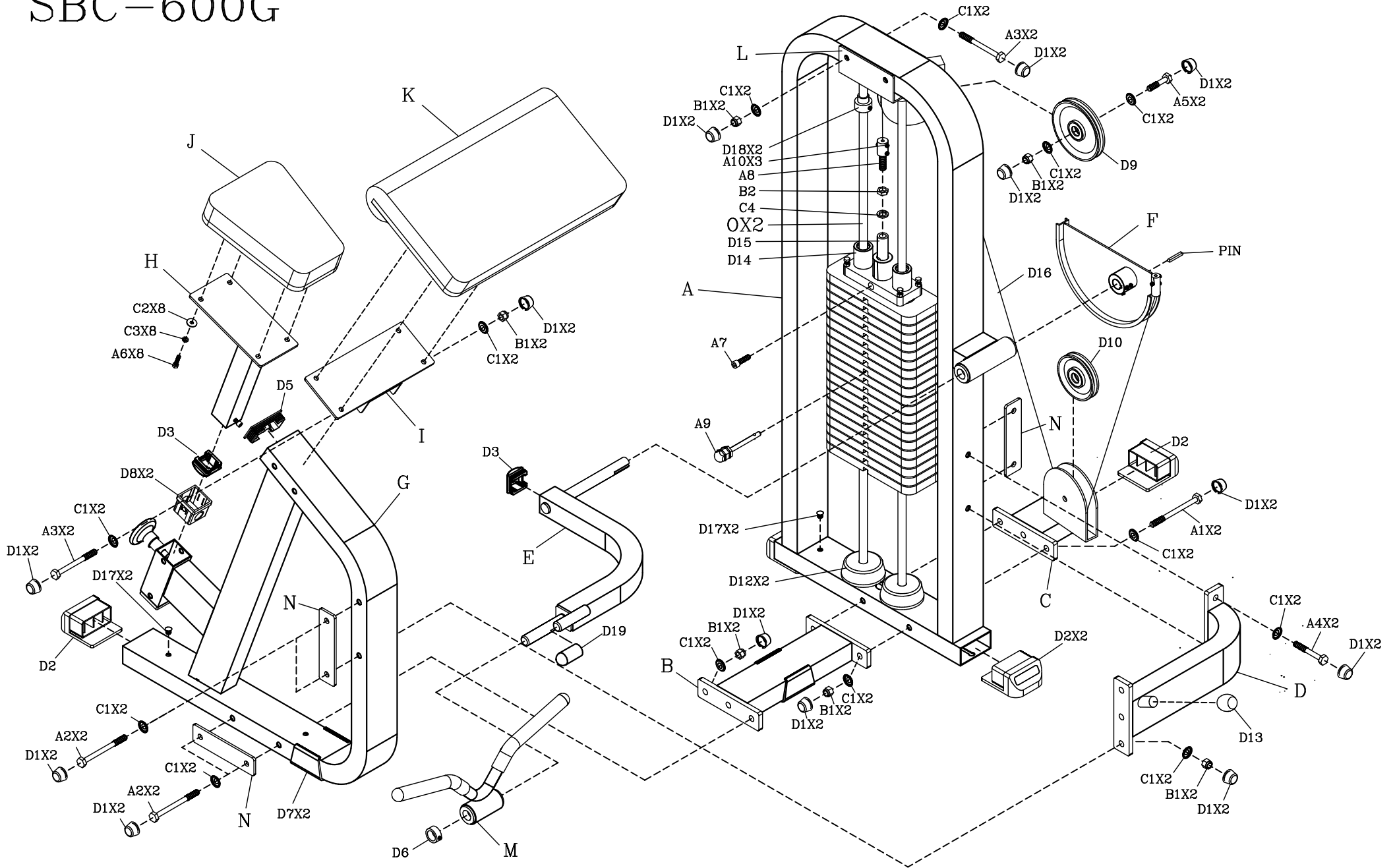
O [2PCS] CHROME GUIDE ROD



N [3PCS]
2"X8" PLATE



SBC-600G



SBC-600G BICEP CURL ASSEMBLY STEPS

STEP-1

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

- Attach C Bottom Pulley Frame and B Bottom Base Frame to A Weight Stack Frame.
- Attach G Main Body Frame to B Bottom Base Frame.
- Attach D Middle Support Frame to A Weight Stack Frame and G Main Body Frame.
- Attach I Preacher Frame to G Main Body Frame.

STEP-2

- Slide E Pivot Arm into A Weight Stack Frame.
- Slide F Cam Wheel onto E Pivot Arm using Cam Pin.
- Slide M Curl Bar onto E Pivot Arm.
- Attach K Preacher Pad to I Preacher Frame.
- Attach J Seat Pad to H Seat Pad Frame.

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

STEP-3

- Slide H Seat Pad Frame into G Main Body Frame.
- Attach O Chrome Guide Rods and D12 Rubber Dounts to A Weight Stack Frame.
- Slide Weight Stack and D14 Chrome Top Plate onto O Chrome Guide Rods.
- Attach L Top Pulley Frame to A Weight Stack Frame and attach D18 Shaft Collar.

STEP-4

- Attach Pulleys and Cables as shown.
- Attach End Caps,Grips and No-Slip Tape.
- 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 AB 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 parther.
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.

SBC-600G
BICEP CURL

