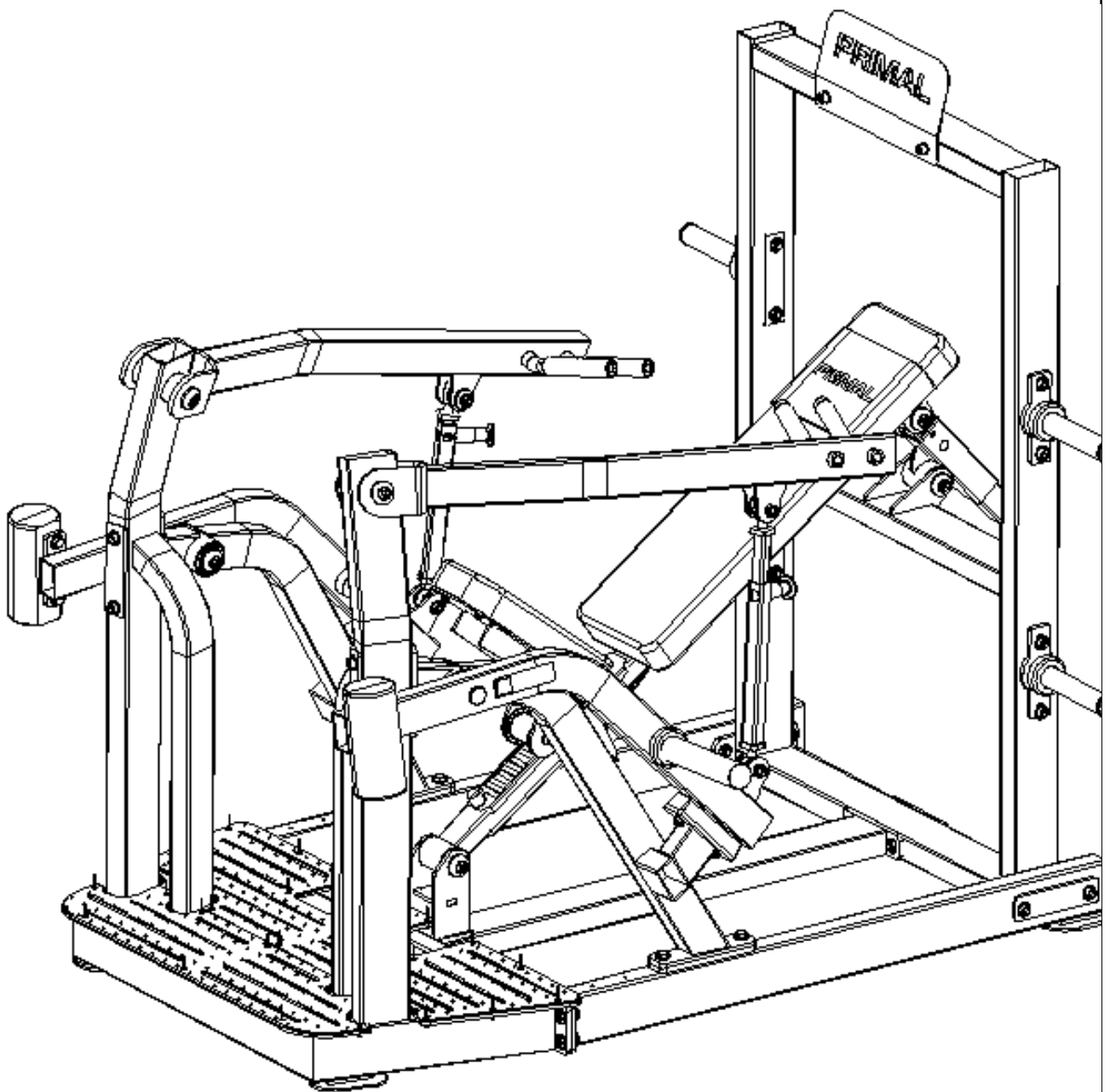


PRIMAL

Primal Performance Series Plate Loaded Adjustable Incline Chest Press PSSS0259



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01/IMPORTANT NOTICE

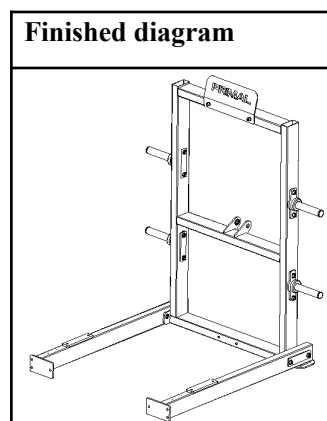
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the machine.
4. Keep the machine in good condition. Ensure all fixed parts are tightened without extra parts. Inspect the parts easy to wear out regularly.
5. Please contact the dealer or after-sales department to change wear-out or defective parts. DO NOT operate the machine when it out of use.
6. Please wear proper sports dress and gym shoes before operating it, DO NOT wear skirt, jewelry and tie up the hair to avoid any possible dangers.
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis,

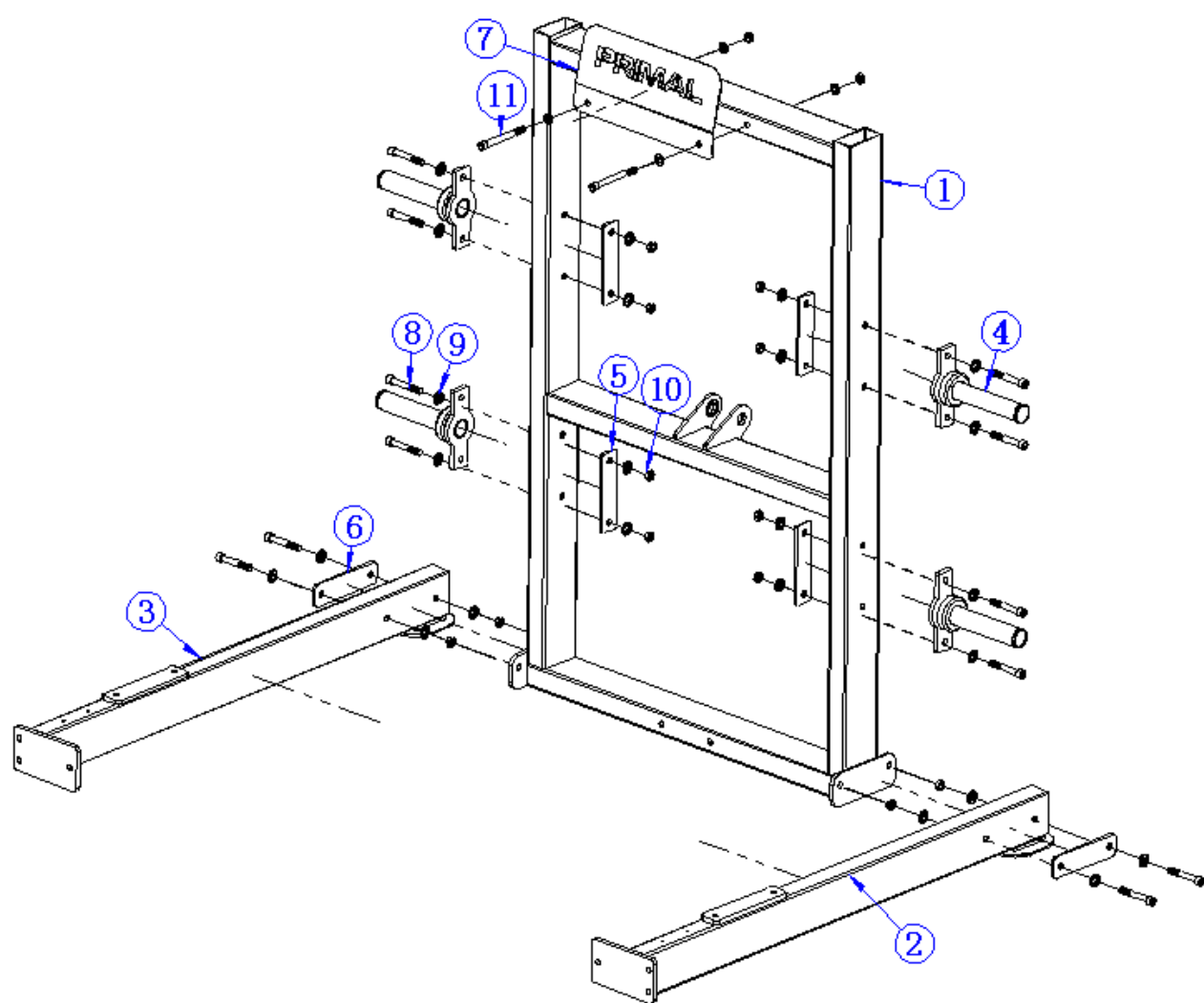
- etc.
9. Children must exercise under the supervision of adults.
 10. WARNING: Keep hands and feet away from moving parts.
 11. WARNING: DO NOT beyond adjustable setting range.
 12. WARNING: Keep children or pets away from the machine when operating it.
 13. WARNING: Keep all control apparatus in proper position.
 14. WARNING: Please operate the machine in proper way, improper operating may not achieve workout effect of the machine, and lead to damage to your health.
 15. Operating the machine in controlled area is recommended.

02/ASSEMBLY PROCEDURE

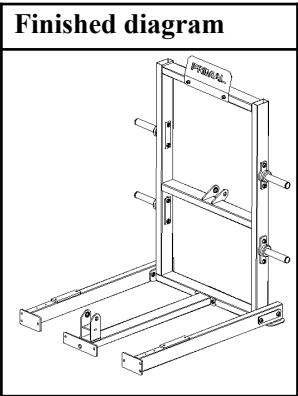
1) Step 1



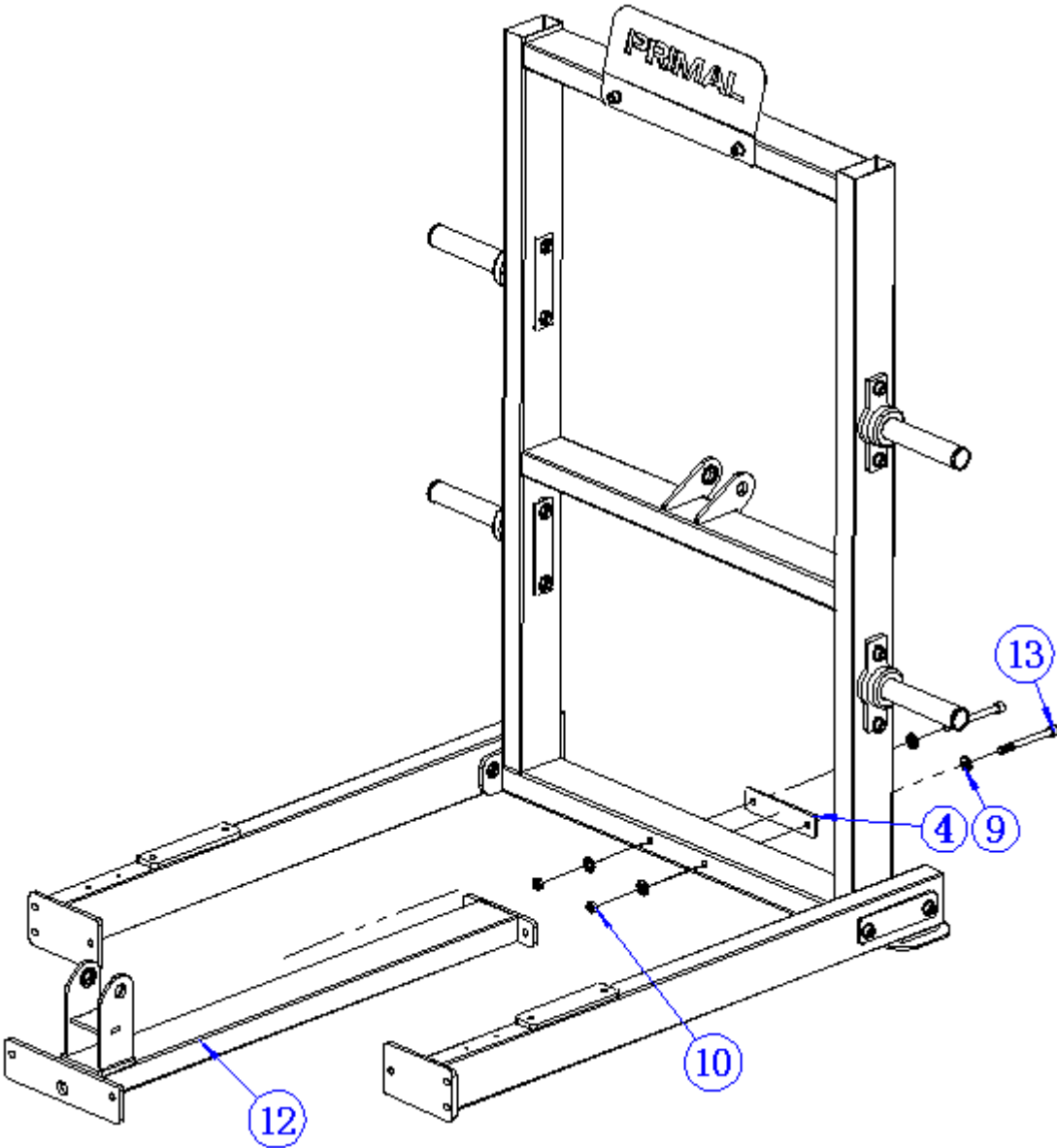
Bill of materials			
No.	Name	Specification	Qty
1	Rear support frame	Weldment	1
2	Left connecting tube	Weldment	1
3	Right connecting tube	Weldment	1
4	Bull horn	Weldment	4
5	Bull horn subplate	180*45*T6	4
6	Side frame subplate	190*50*T6	2
7	LOGO	195*395*T2	1
8	Hexagon socket cylinder bolt	M12*85	12
9	Flat washer	Φ12	28
10	Hexagon lock nut	M12	14
11	Hexagon socket cylinder bolt	M12*120	2



2) Step 2



Bill of materials			
No.	Name	Specification	Qty
12	Middle connecting tube	Weldment	1
13	Hexagon socket cylinder bolt	M12*135	2
4	Bull horn assembly	Weldment	1
9	Flat washer	Φ12	4
10	Hexagon lock nut	M12	2

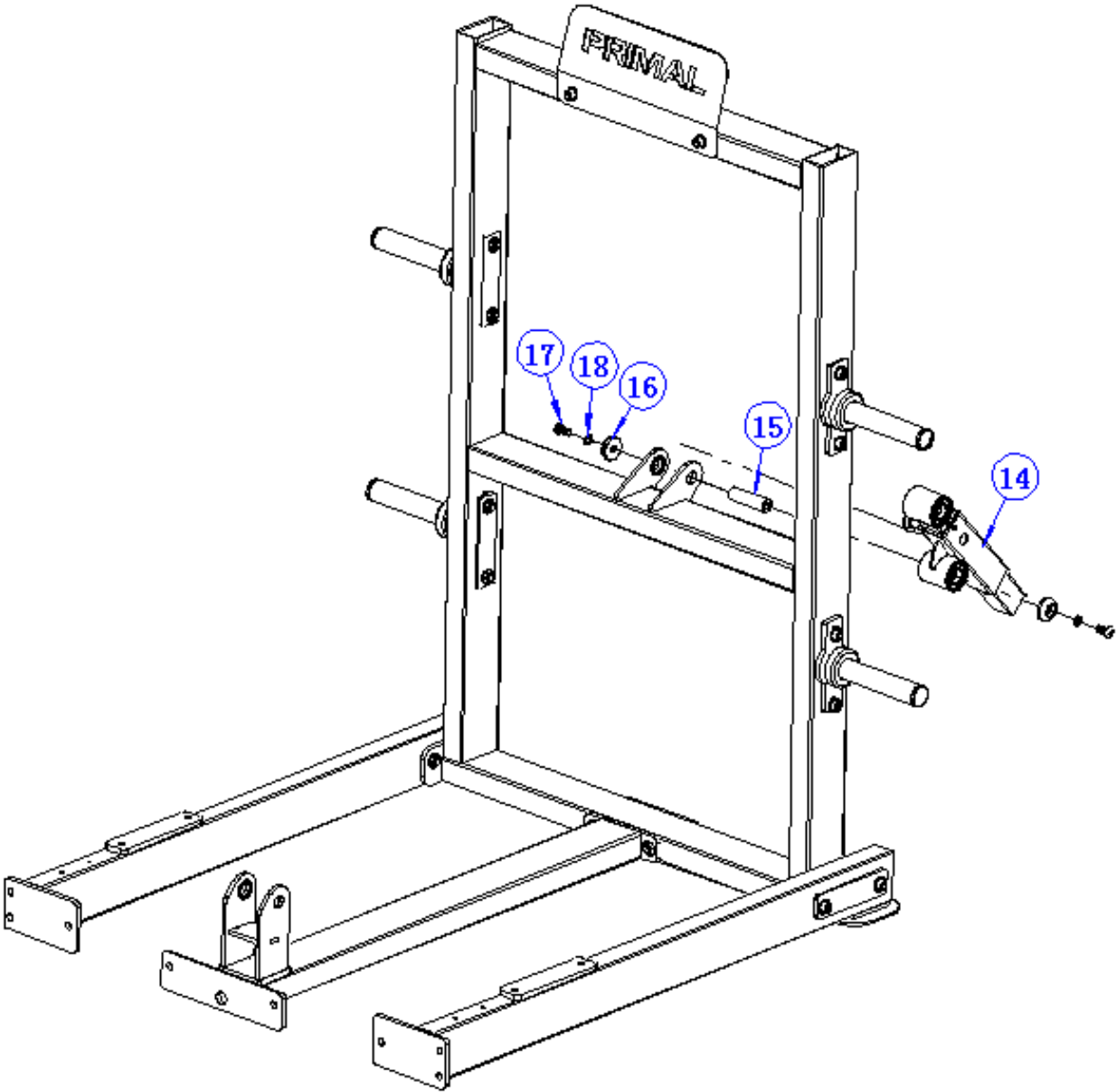
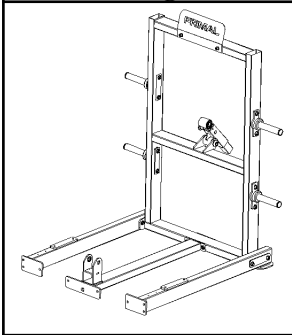


3) Step 3

		cation	Qty
		nent	1
15	Seat pad shaft	Φ25*93	1
16	End cover	Φ43.5*14.5	2

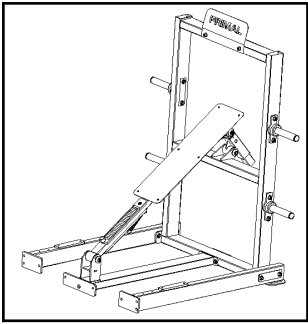
17	Hexagon socket flat head bolt	M12*25	2
18	Spring washer	φ 12	2

Finished diagram

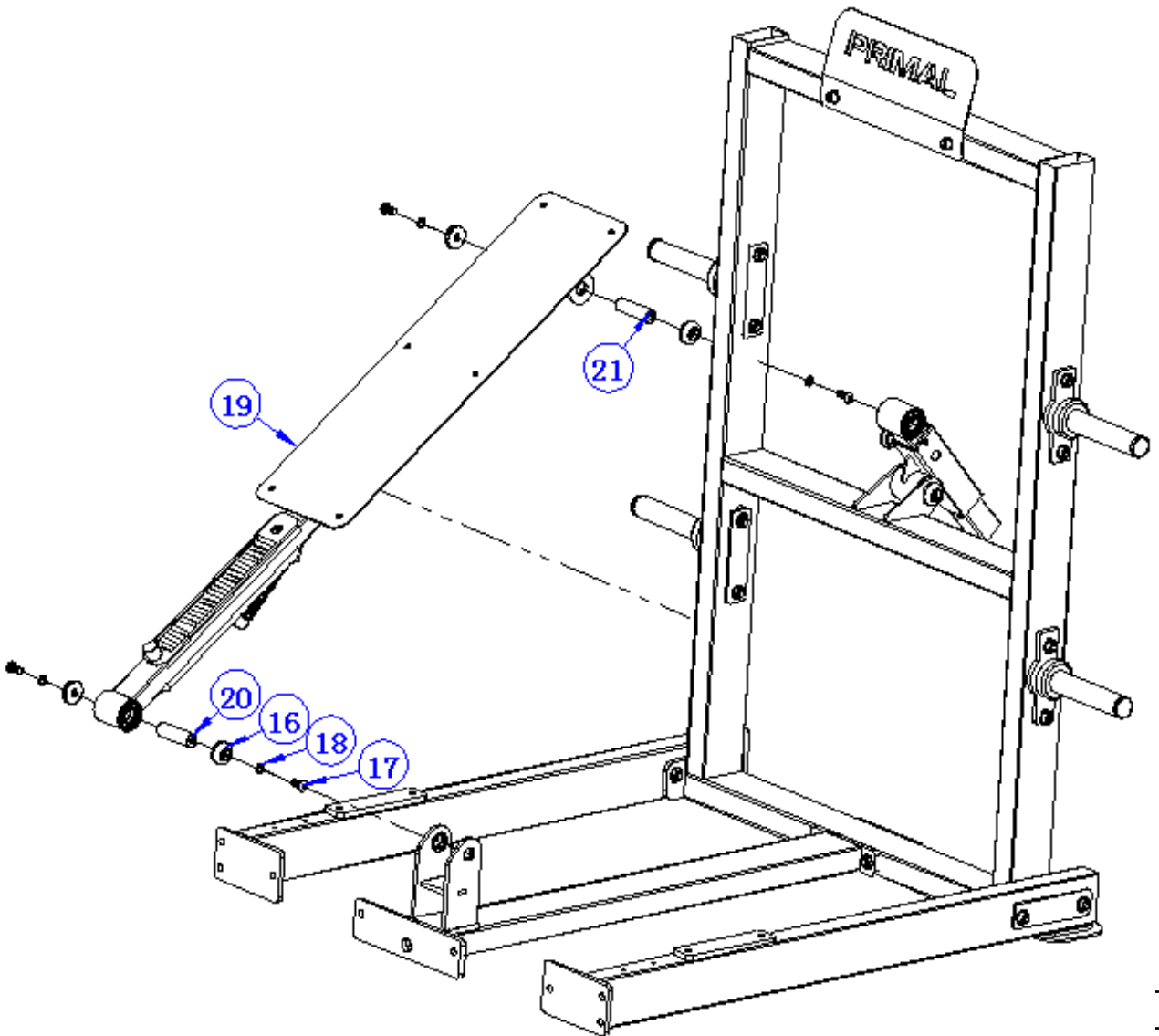


4)
Step
4

Finished d

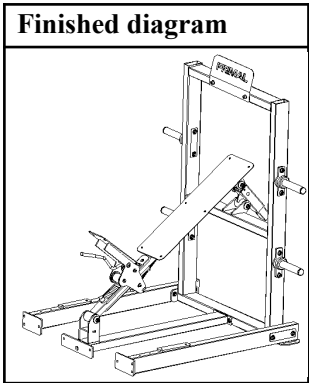


Bill of materials			
No.	Name	Specification	Qty
19	Bad pad assembly	Weldment	1
20	Seat pad shaft	Φ25*93	1
21	Rotation shaft	Ø25*86	1
16	End cover	Φ43.5*14.5	4
17	Hexagon socket flat head bolt	M12*25	4
18	Spring washer	¢ 12	4

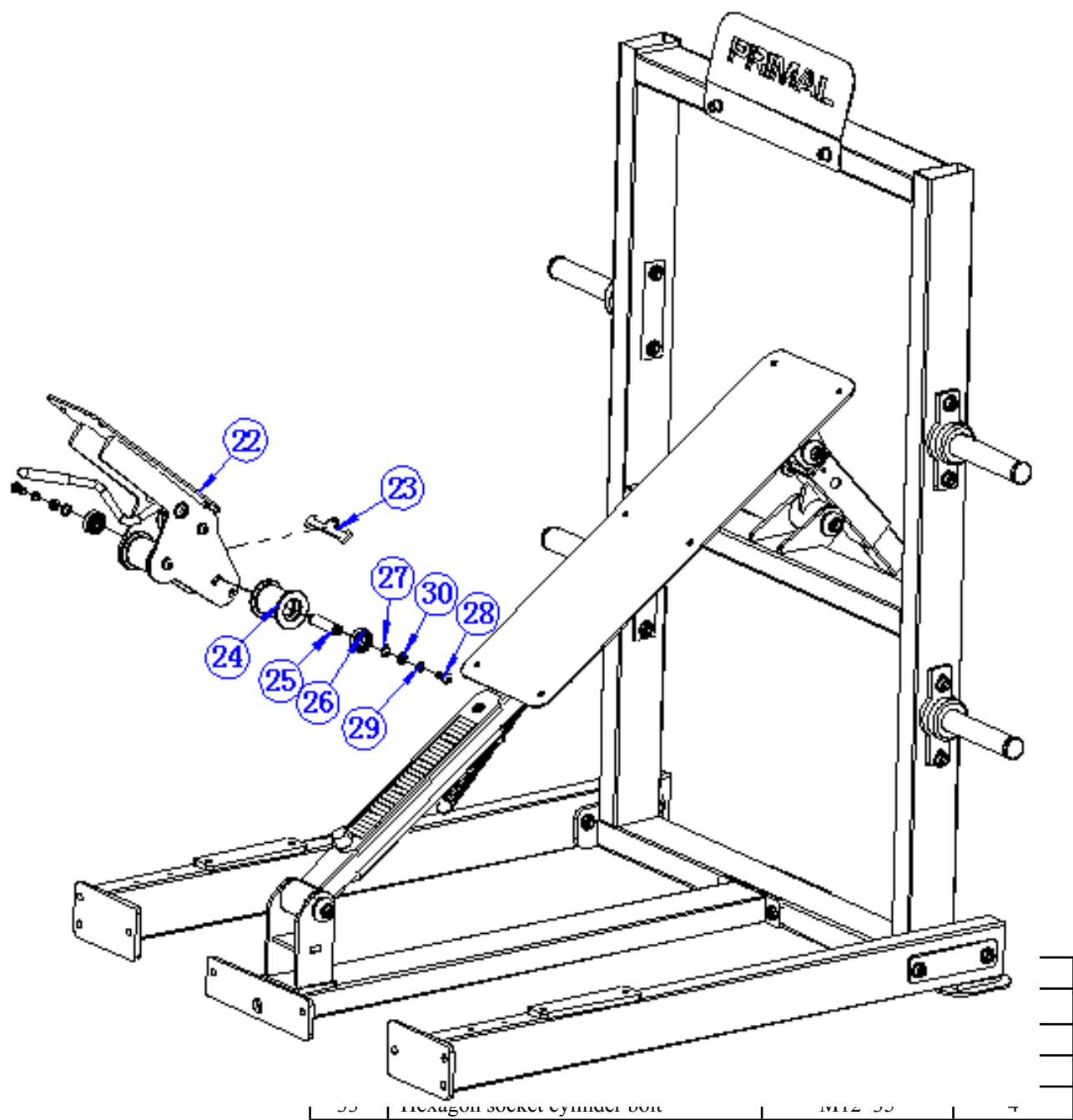


No.	Name	Specification	Qty
22	Seat assembly	Weldment	
23	Spring hanger	113*36*T6	
24	Idler wheel	Φ70*78	
25	Idler wheel shaft	Φ17*80	

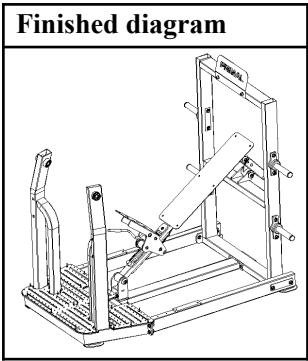
5) Step 5



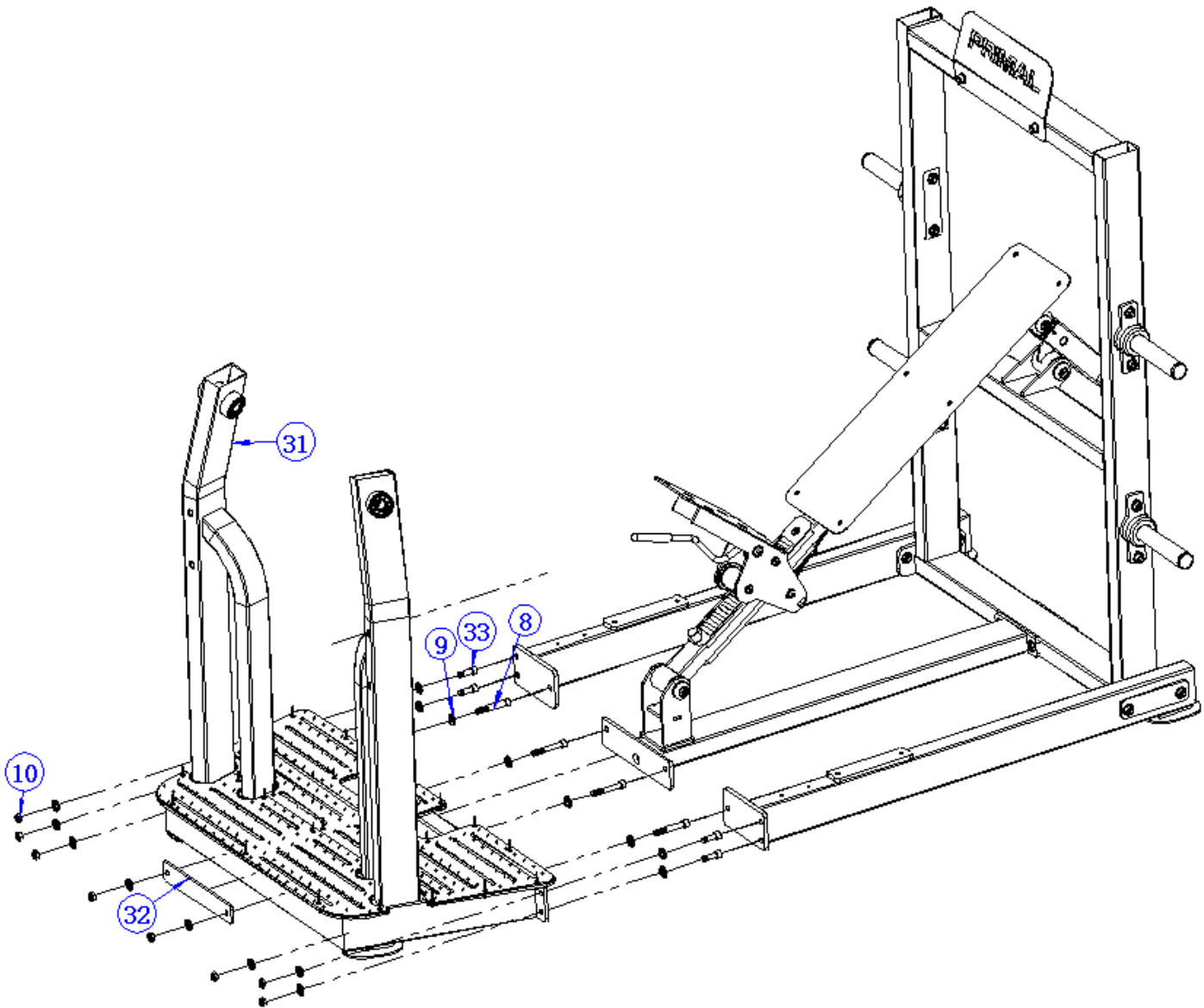
26	Deep groove ball bearing	6203ZZ-GB	
27	Elastic collar	Φ17-GB/T894.1-1986	
28	Hexagon socket flat head bolt	M10*25	
29	Spring washer	φ 10	
30	Flat washer	Φ10	



6) Step 6

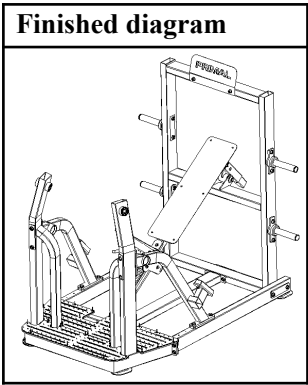


8	Hexagon socket cylinder bolt	M12*85	4
9	Flat washer	Φ12	16
10	Hexagon lock nut	M12	8

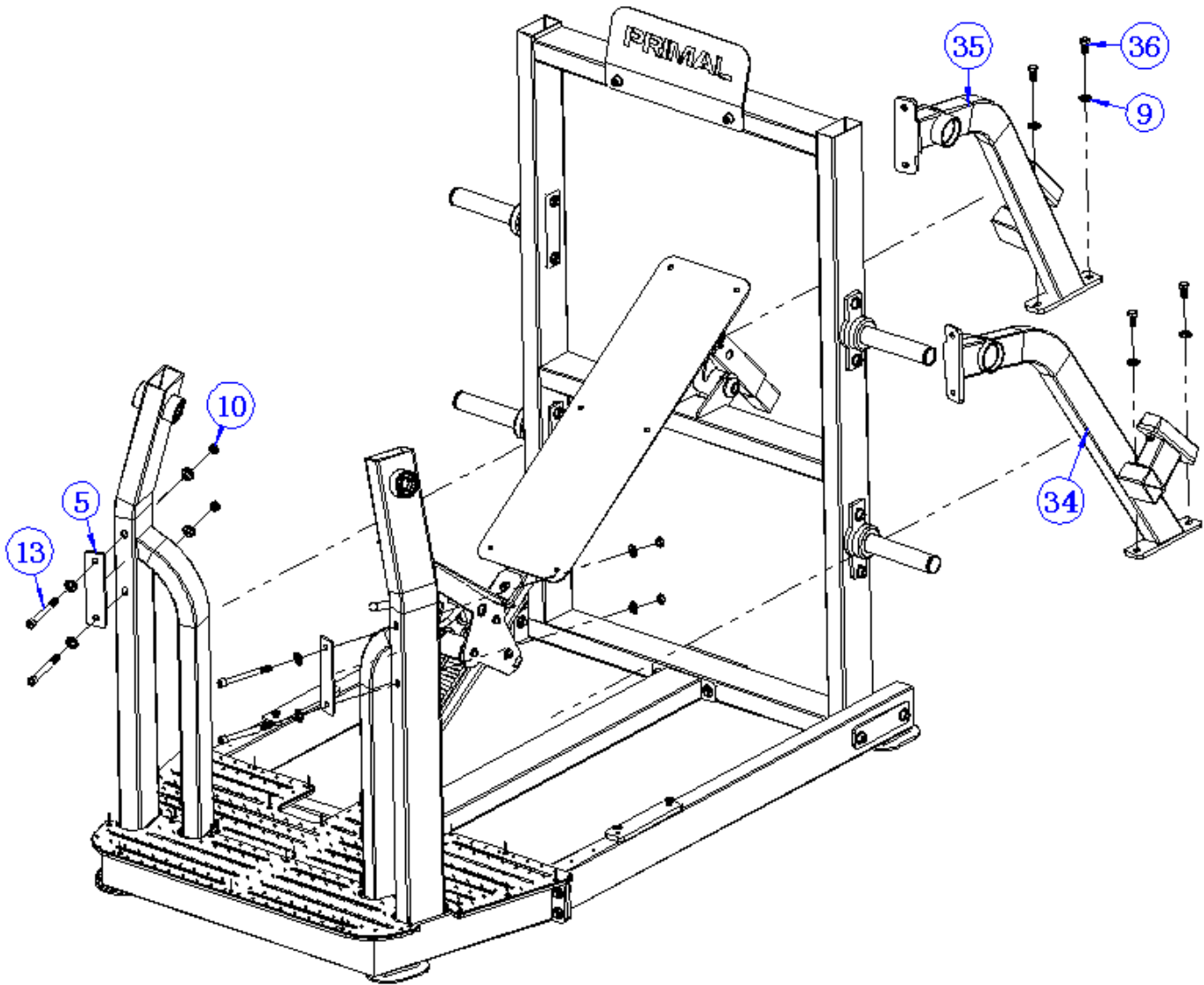


34	Left support frame	Weldment	1
35	Right support frame	Weldment	1
36	Hexagon socket cylinder bolt	M12*25	4

7) Step 7



5	Bull horn subplate	180*45*T6	2
9	Flat washer	Φ12	12
10	Hexagon lock nut	M12	4
13	Hexagon socket cylinder bolt	M12*135	4

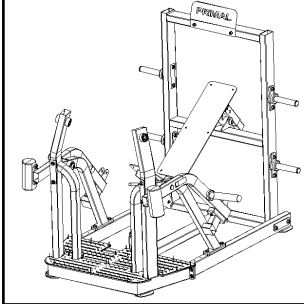


8)

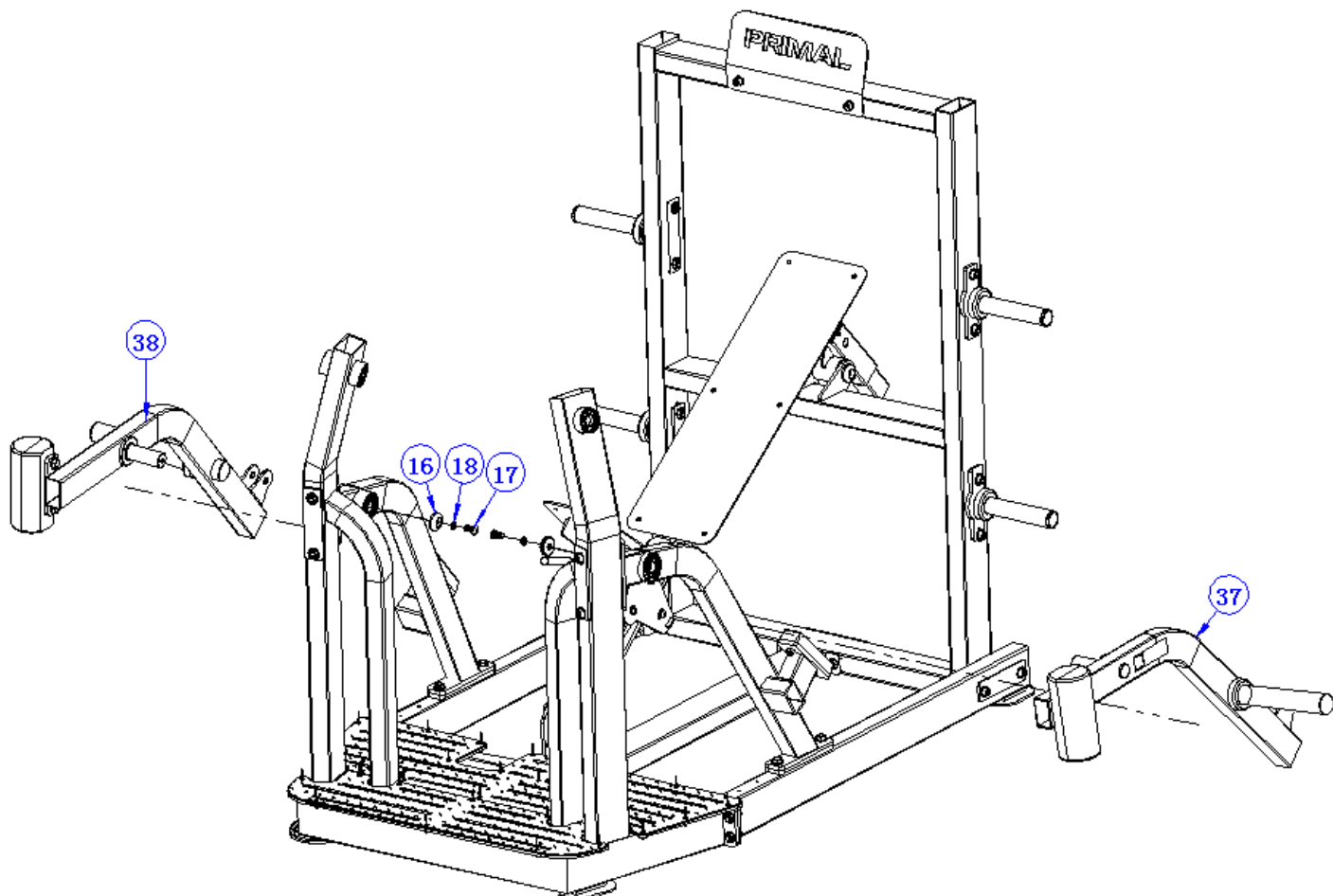
Step 8

Bill of materials			
No.	Name	Specification	Qty

Finished diagram



37	Lower left movable arm assembly	Weldment	1
38	Lower right movable arm assembly	Weldment	1
16	End cover	Φ43.5*14.5	2
17	Hexagon socket flat head bolt	M12*25	2
18	Spring washer	Φ 12	2

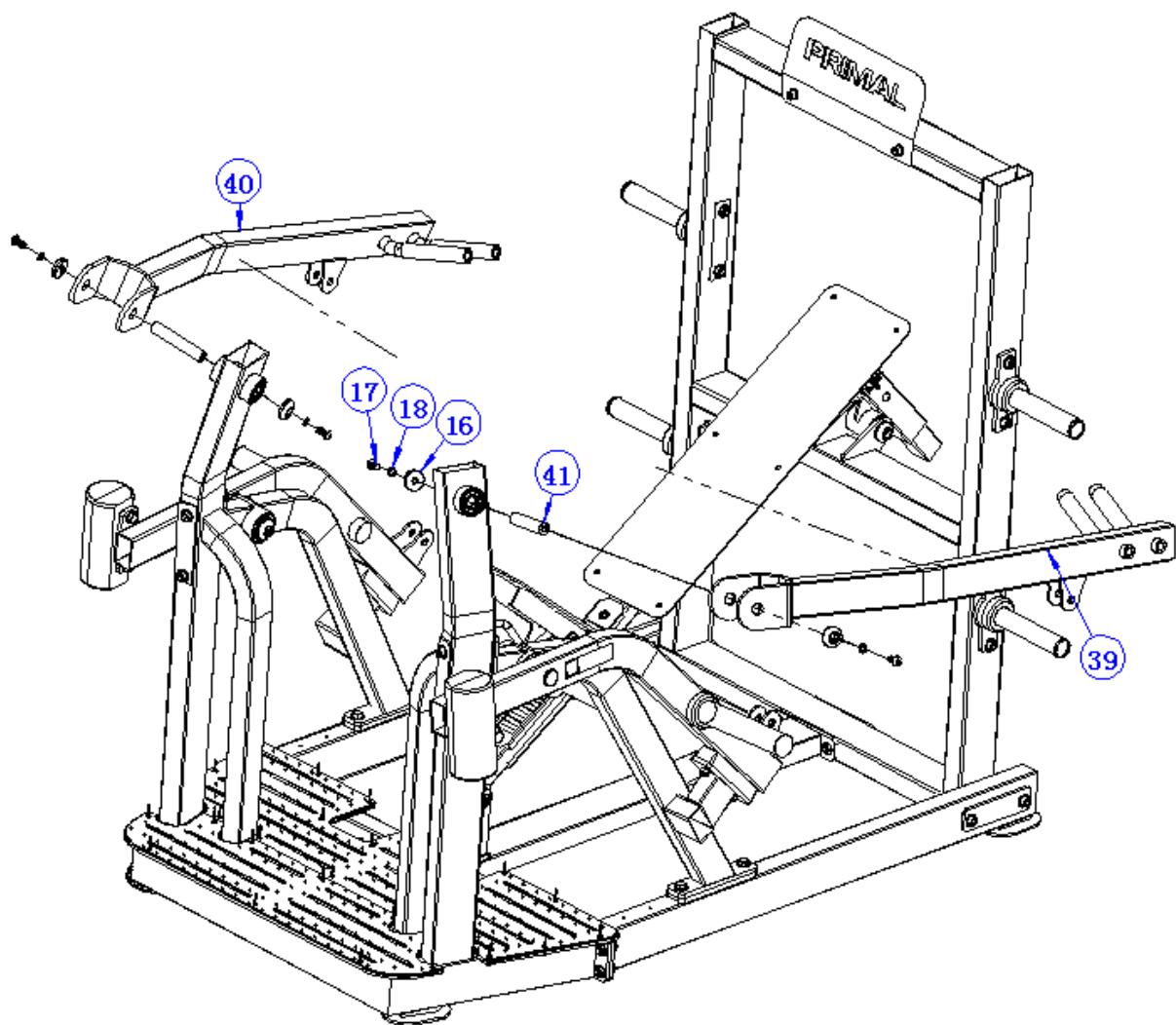
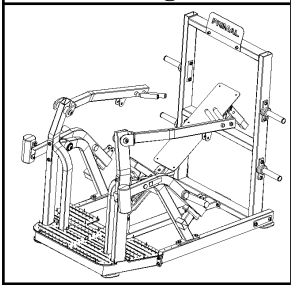


39	Upper left movable arm assembly	Weldment	1
40	Upper right movable arm assembly	Weldment	1
41	Movable arm shaft	Φ25*127	2
16	End cover	Φ43.5*14.5	4

9) Step 9

17	Hexagon socket flat head bolt	M12*25	4
18	Spring washer	¢ 12	4

Finished diagram

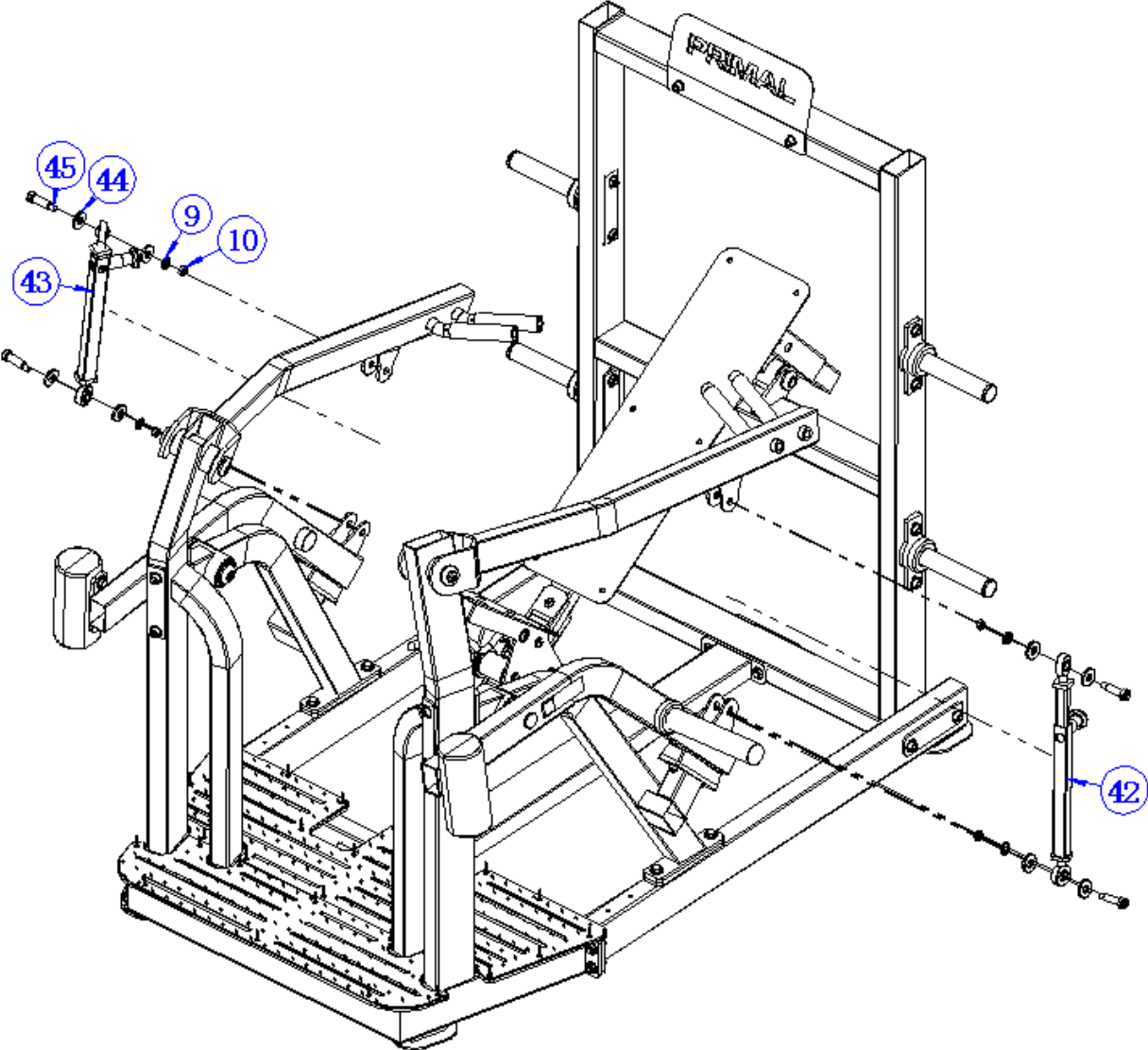
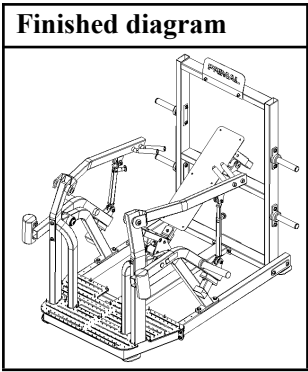


Bill of materials

No.	Name	Specification	Qty
42	Left adjusting assembly	Weldment	1
43	Right adjusting assembly	Weldment	1
44	Shaft spacer ring	Φ40*16.5*T6	8
45	Hexagon socket cylinder shoulder bolt	Φ16*45*M12	4

10) Step 10

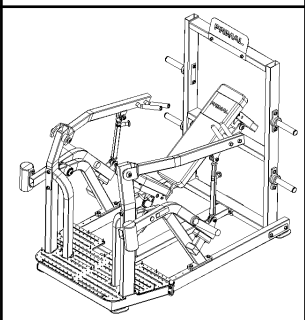
9	Flat washer	Φ12	4
10	Hexagon lock nut	M12	4



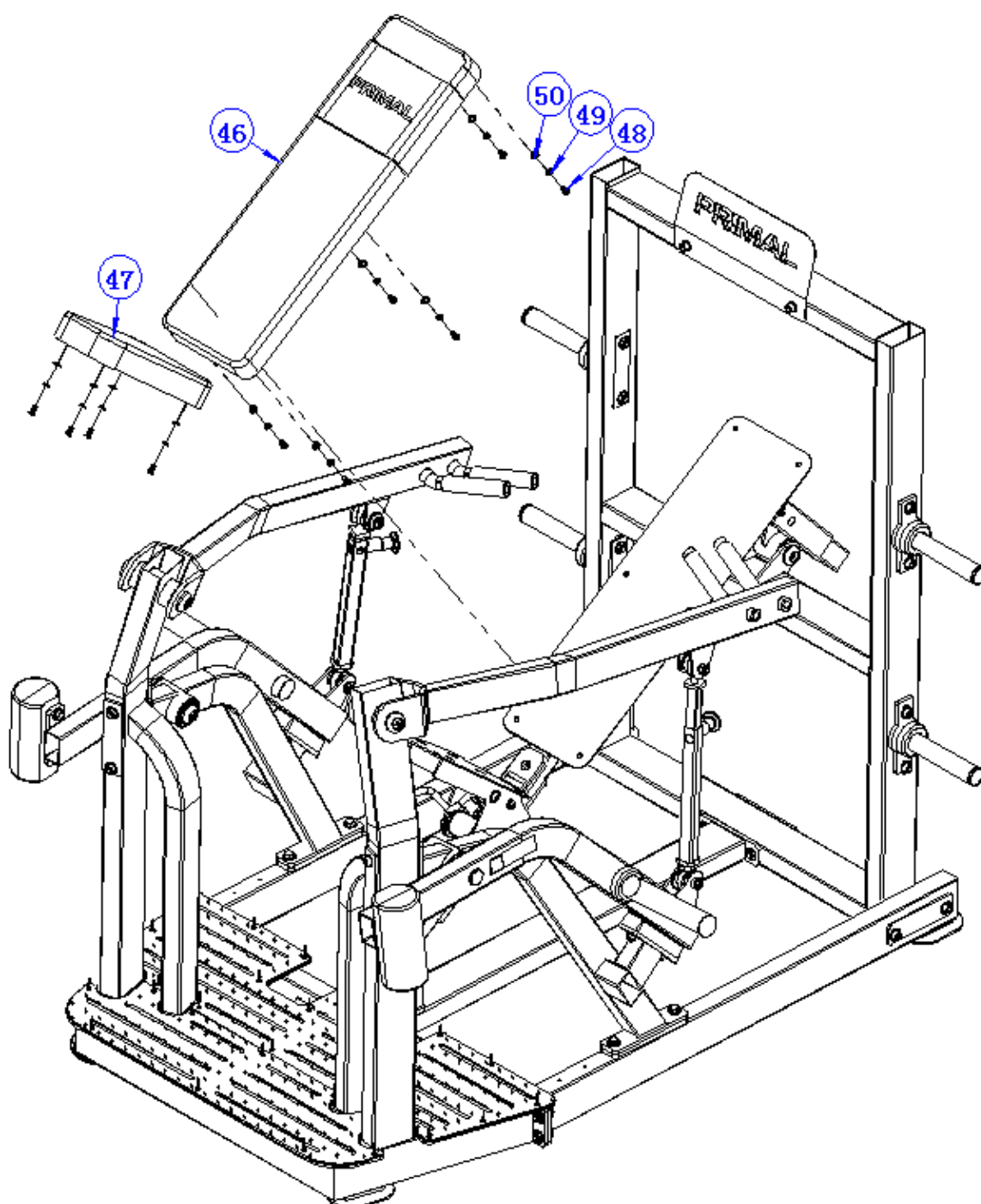
11)
Step 11

Bill of materials			
No.	Name	Specification	Qty
46	Back pad	838*250*60	1

Finished diagram



47	Seat pad	348*248*60	1
48	Hexagon socket flat head bolt	M8*25	10
49	Spring washer	¢ 8	10
50	Flat washer	Φ8	10



PRODUCT DESCRIPTION

The machine is indoor fitness equipment, is suitable for aerobic exercise, mainly used to strength cardio-pulmonary function, and train the muscles supplemented. By workout with the machine pectorals and other muscles can be built up, achieve the purpose of bodybuilding and fitness.

The machine explains how to operate it properly and build up muscles by functional diagram, easy to learn.

User can adjust the resistance by weight stack easily.

The design and manufacture of the machine meets the human motion curve, the safety and durability are guaranteed.

The design and manufacture of the machine meets the human motion curve, and meets the standard of GB17498.1-2008 and GB17498.2-2008, the safety and durability are guaranteed.

·Large size steel tube and electrostatic spraying guarantee the safety and durability.

04/ PRODUCT PARAMETER

Name	Plate Loaded Adjustable Incline Chest Press	Model	PSSS0259
Floor space	1860*1700*1420	Weight stack	
Net Weight	182 Kg	Level	S
Category: S: Professional and Commercial; H: household			

05/ MAINTENANCE GUIDELINE

1. All the bolts and screws should be inspected regularly and keep tightened, rotating parts should be flexible without abnormal sound.
2. The machine should be keep clean. Please DO NOT clean the machine with strong cleaning solvent.
3. Any worn or damaged stress parts should be repaired or changed immediately.

06/ TROUBLESHOOTING

07/ WARRANTY INSTRUCTION

1. Warranty scope

The machine is damaged by any non-impersonal factors under proper maintenance. The warranty card is valid only when the user is original buyer.

2. The warranty period is one year since buying the machine.

3. The below-listed damages are out of warranty:

- 1). the damages caused by abuse, carelessness, accident or unauthorized modify.
- 2). the damages caused by improper adjusting weight stack pin.
- 3). the damages caused by improper maintenance.
- 4). the damages caused by other violation operating.