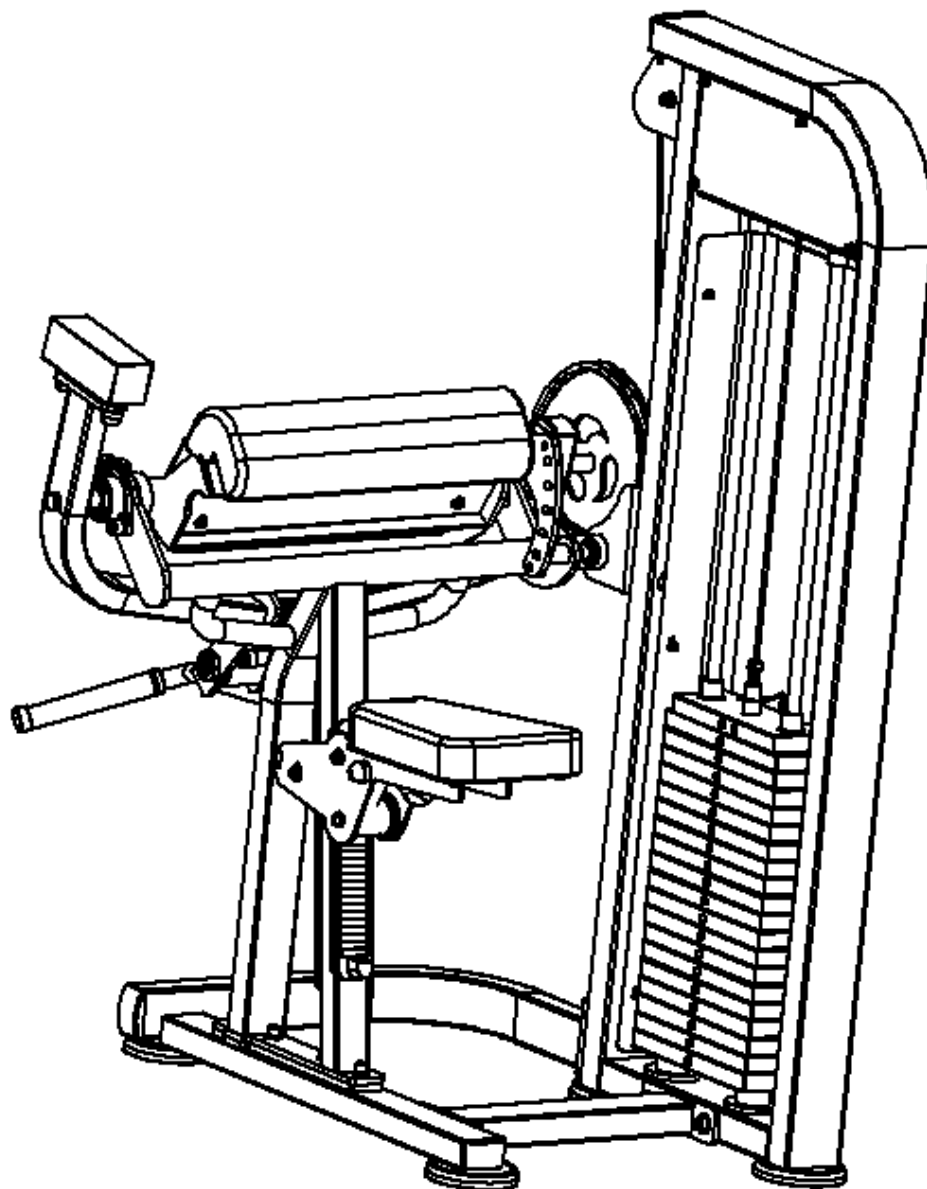


PRIMAL

Primal Strength Monster Series Bicep Curl with Adj. Pad

PSSS1112



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01/IMPORTANT NOTICE

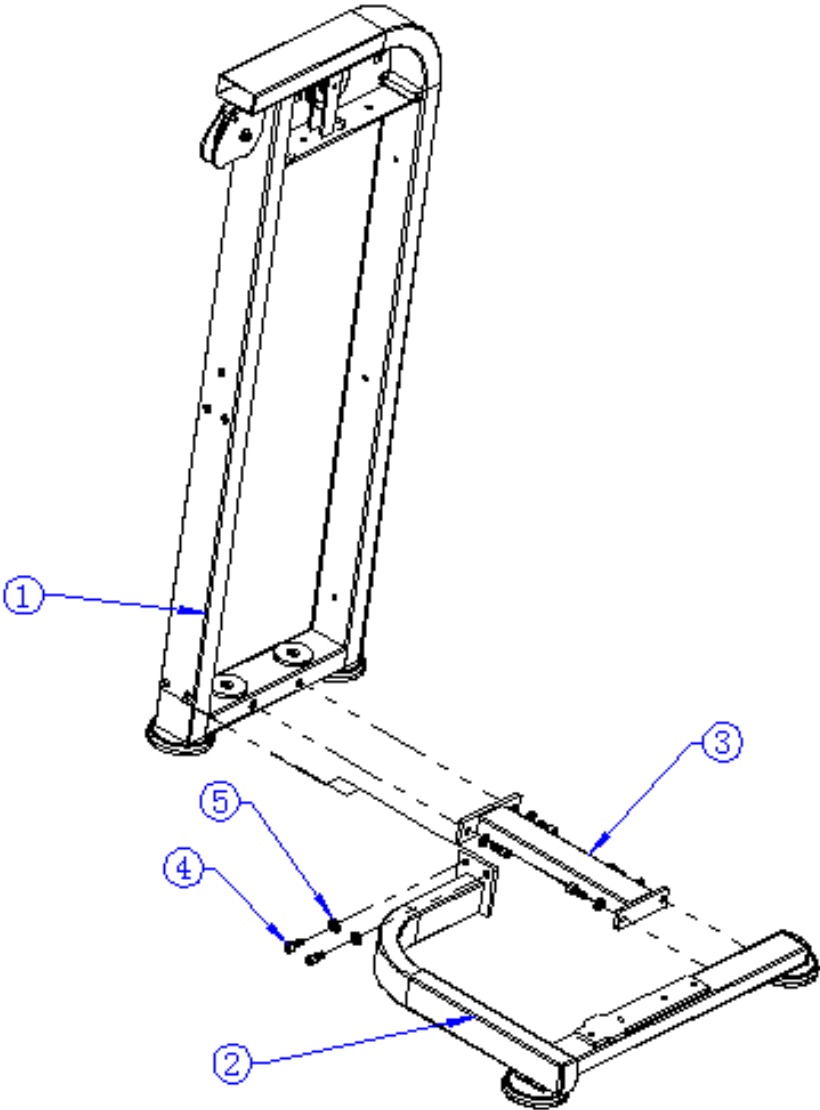
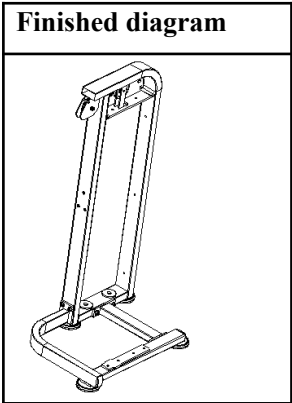
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

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 baby 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

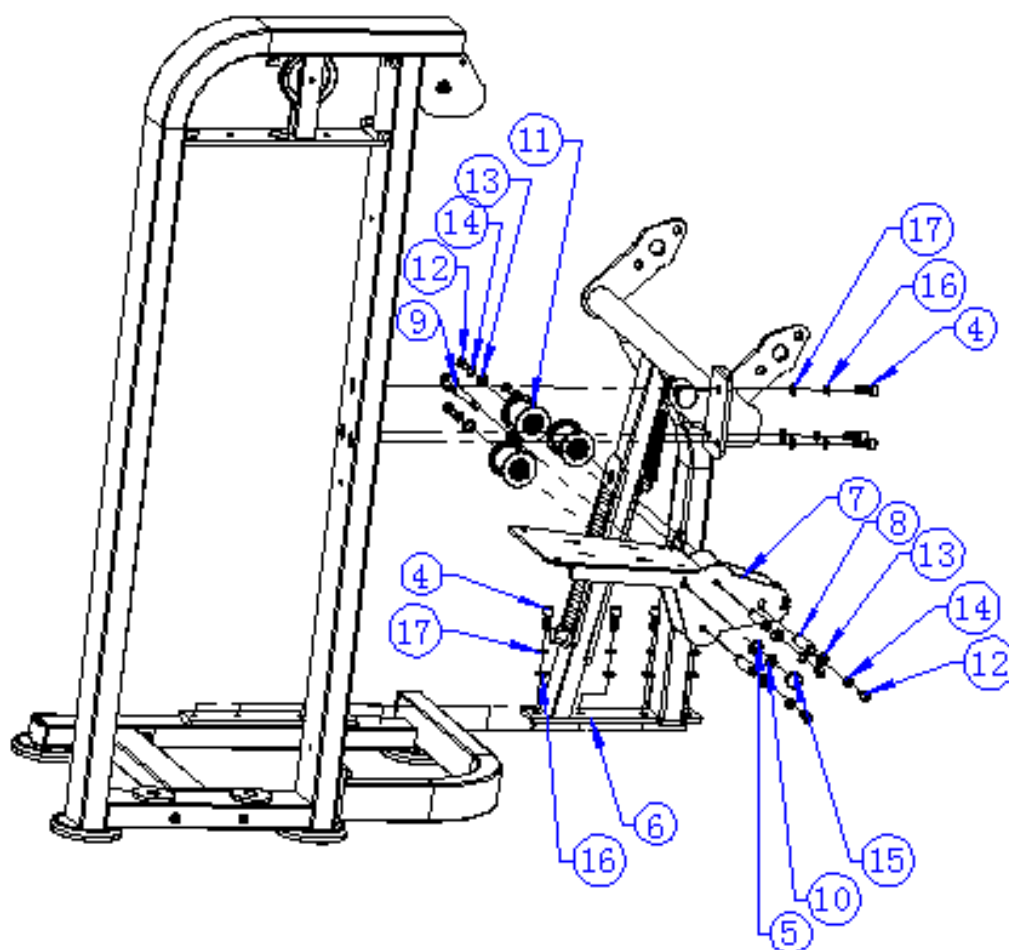
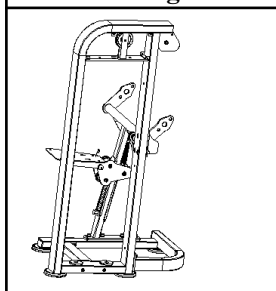


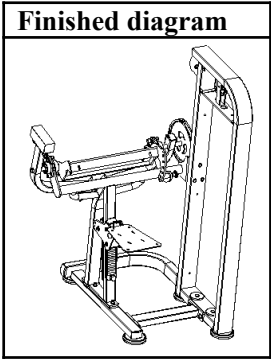
Spec	Qty
	1
	1
	1
M12X30	6
M12	6

Bill of materials			
No.	Name	Spec	Qty
6	Main frame		1
7	Seat pad		1
8	Idler wheel shaft		3
9	Hexagon socket flat head bolt	M12X110	1
5	Drum washer	M12	2
10	Hexagon lock nut	M12	1
11	Idler wheel	Φ70*78	3
12	Hexagon socket flat head bolt	M10X25	6
13	Flat washer	M10	6
14	Spring washer	M10	6
15	Screw cover	Φ31*20.3	2
4	Hexagon socket cylinder bolt	M12X30	7
16	Flat washer	M12	7
17	Spring washer	M12	7

2) Step 2

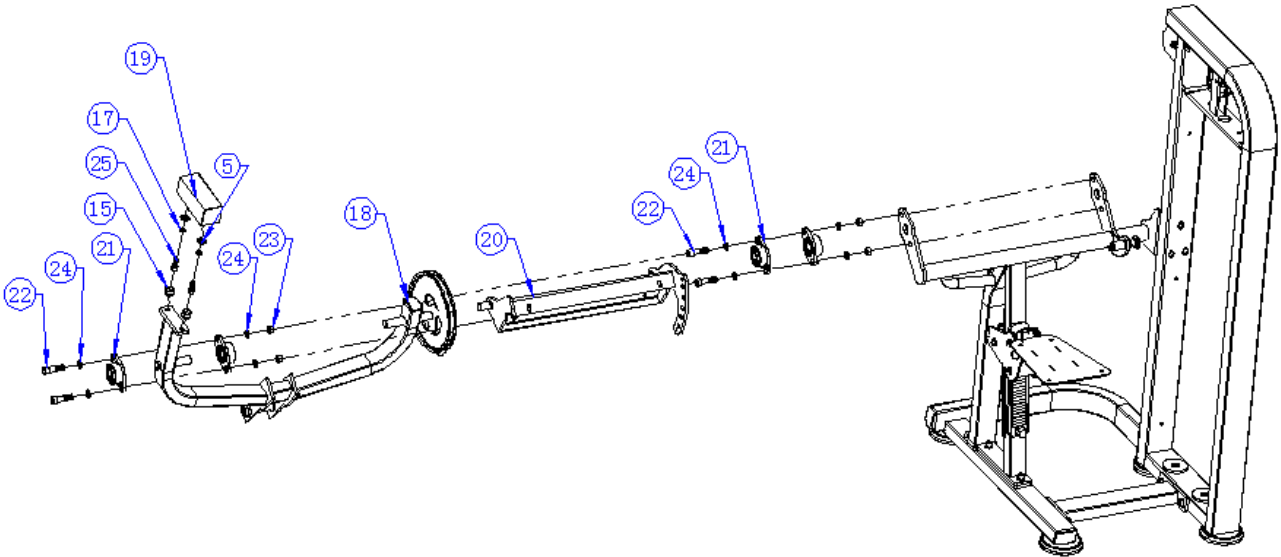
Finished diagram





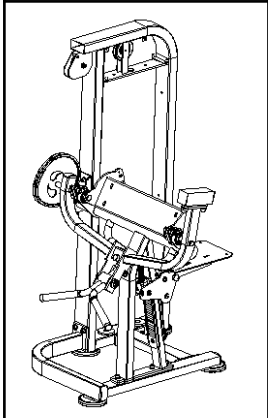
3) Step 3

Bill of materials			
No.	Name	Spec	Qty
18	Moving arm		1
19	Counter weight		1
17	Spring washer	M12	2
5	Drum washer	M12	2
25	Hexagon socket cylinder bolt	M12X25	2
15	Screw cover	Φ31*20.3	2
20	Elbow pad weldment		1
21	Bearing	UCFL205	4
22	Hexagon socket cylinder bolt	M16X55	4
23	Hexagon lock nut	M16	4
24	Flat washer	M16	8

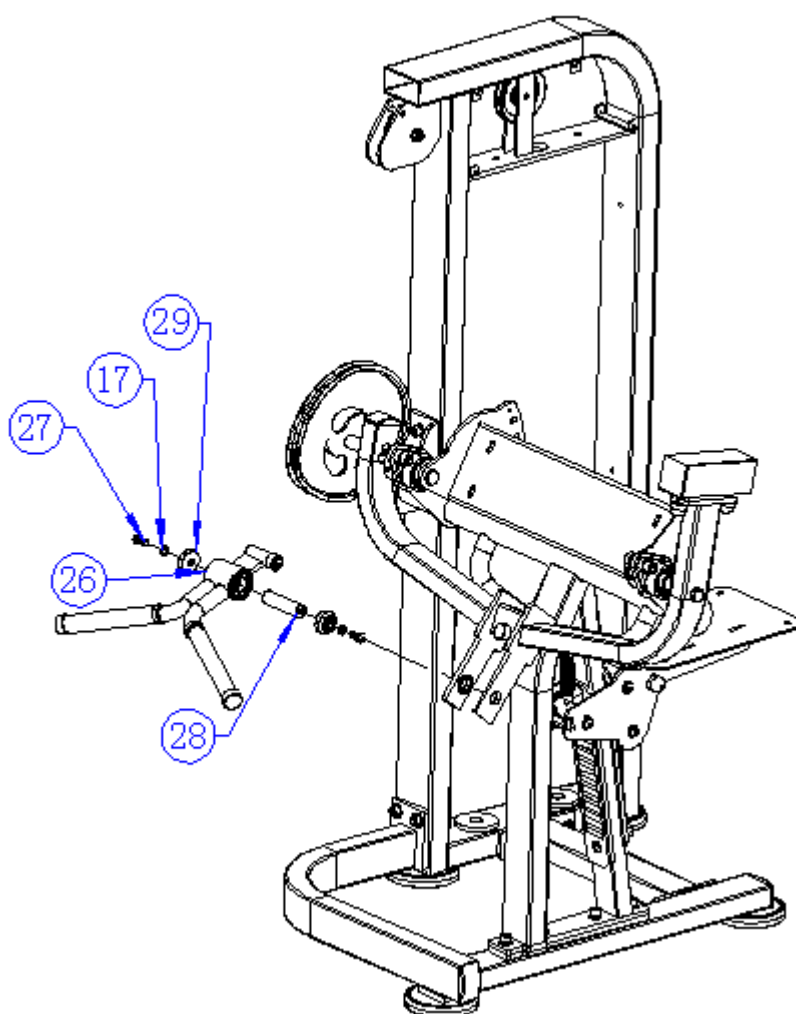


4) Step 4

Finished diagram



Bill of materials			
No.	Name	Spec	Qty
26	Handle		1
27	Hexagon socket cylinder bolt	M12X25	2
28	Handle shaft	Φ25*95	1
17	Spring washer	M12	2
29	End cover	Φ43.5*14.5	2

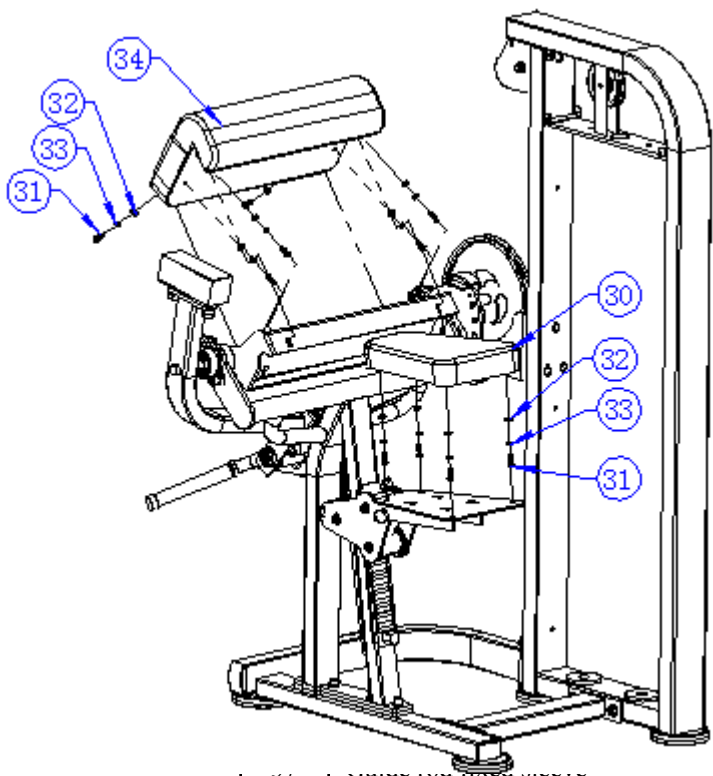
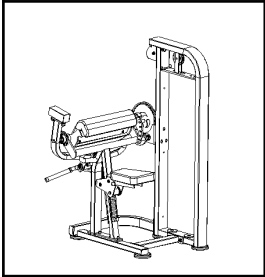


5) Step 5

		Spec	Qty
		8*60	1
31	Elbow pad	540*298.8*70	1
32	Hexagon socket flat head bolt	M8X25	10
33	Flat washer	M8	10

34	Spring washer	M8	10
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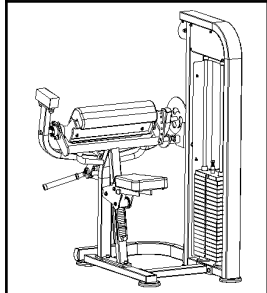
Finished diagram



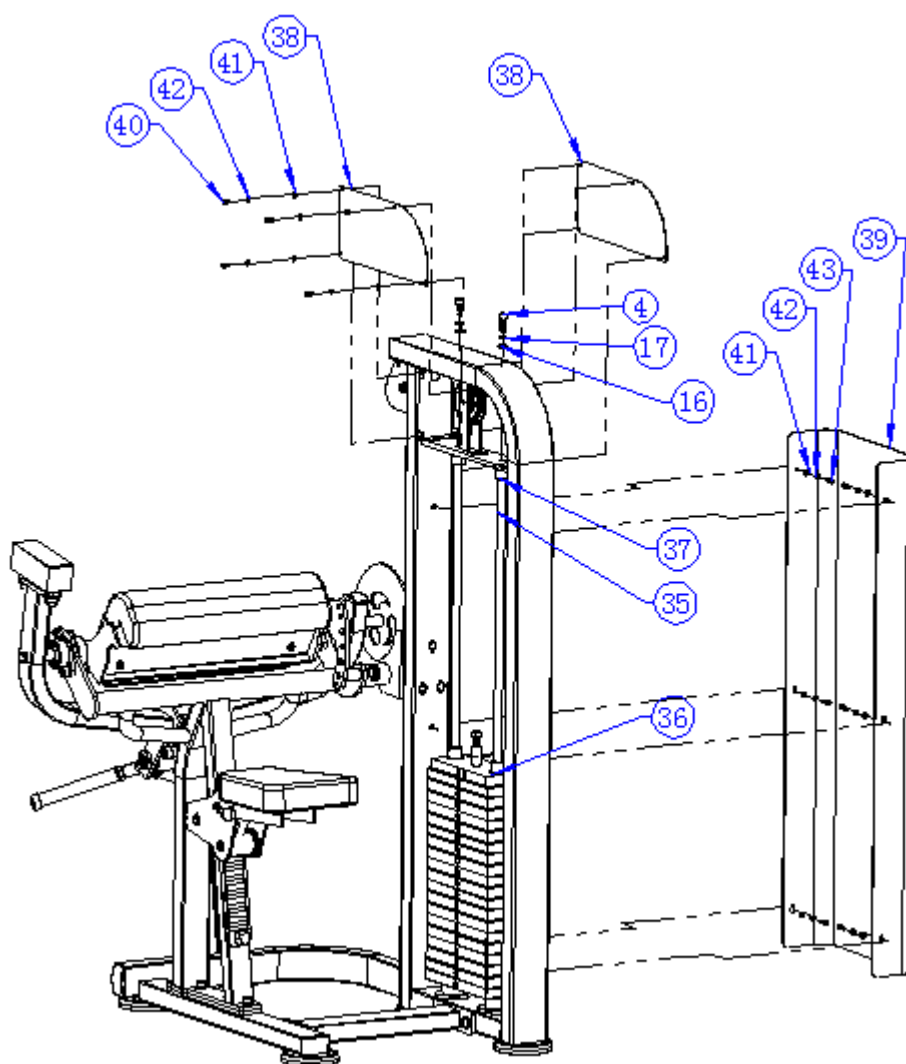
6) Step 6

		100KG	1
		Φ30*33	2
38	Training sticker plate	420*177*T1.2	2
39	Shroud	1240*621.4*T2	1

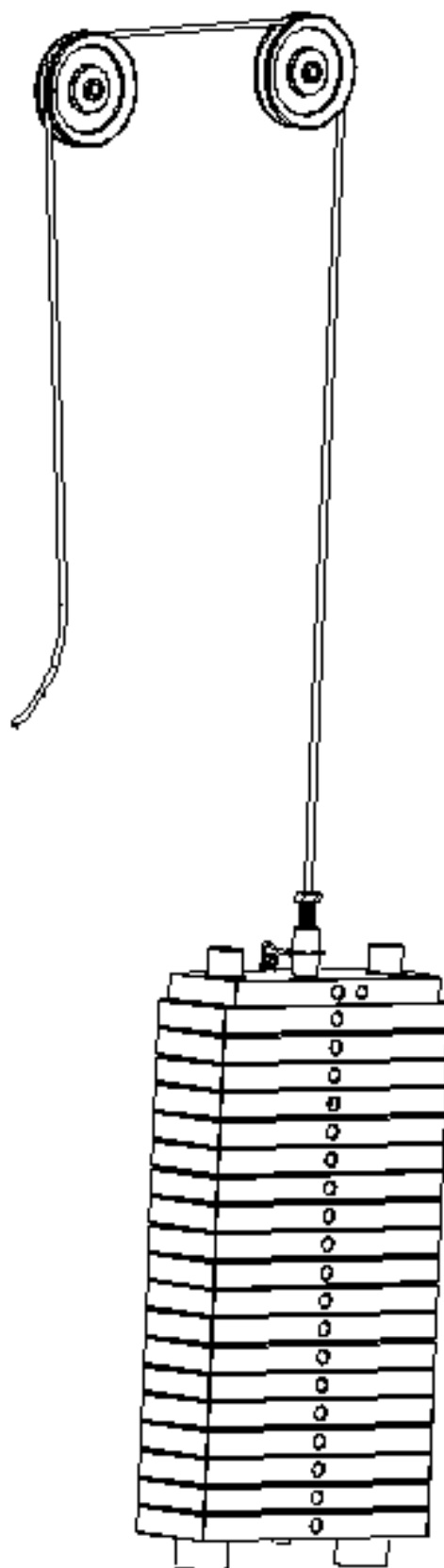
Finished diagram



40	Hexagon socket cylinder bolt	M6X10	4
41	Flat washer	M6	10
42	Spring washer	M6	10
4	Hexagon socket cylinder bolt	M12X30	2
16	Flat washer	M12	2
43	Hexagon socket cylinder bolt	M6X20	6
17	Spring washer	M12	2



7) **Pulley installation instruction**



03/ PRODUCT

The machine is indoor suitable for aerobic strength and train the muscles with the machine can be built up, achieve and fitness.

The machine explains and build up muscles by learn.

DESCRIPTION

fitness equipment, is exercise, mainly used to cardio-pulmonary function, supplemented. By workout pectorals and other muscles the purpose of bodybuilding

how to operate it properly functional diagram, easy to

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	Bicep Curl with Adj. Pad	Model	PSSS1112
Floor space	1090*1170*1620	Weight stack	125KG
Net weight	128.5KG	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.