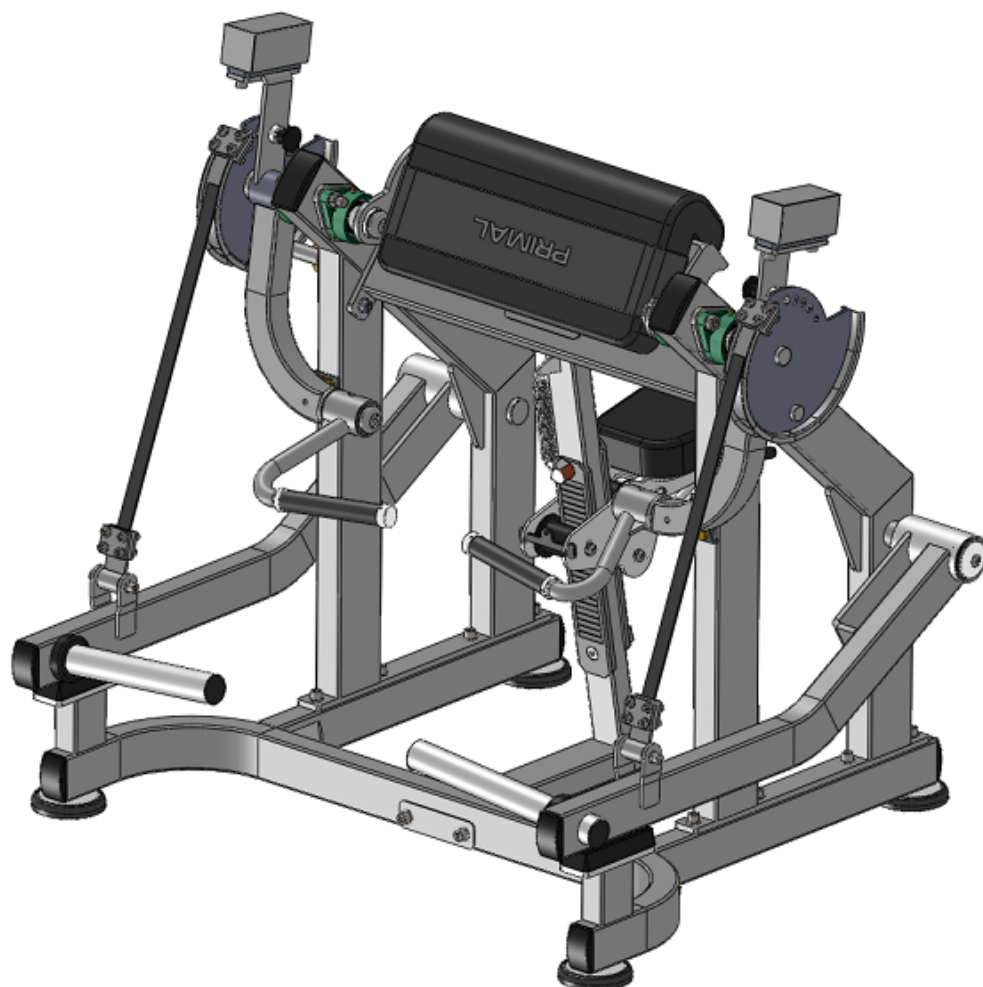


PRIMAL

Primal
Performance
Series ISO
Bicep Curl
PSSS0210



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01/IMPORTANT NOTICE

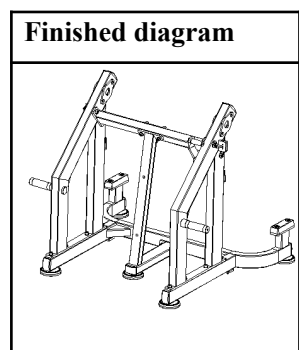
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

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.

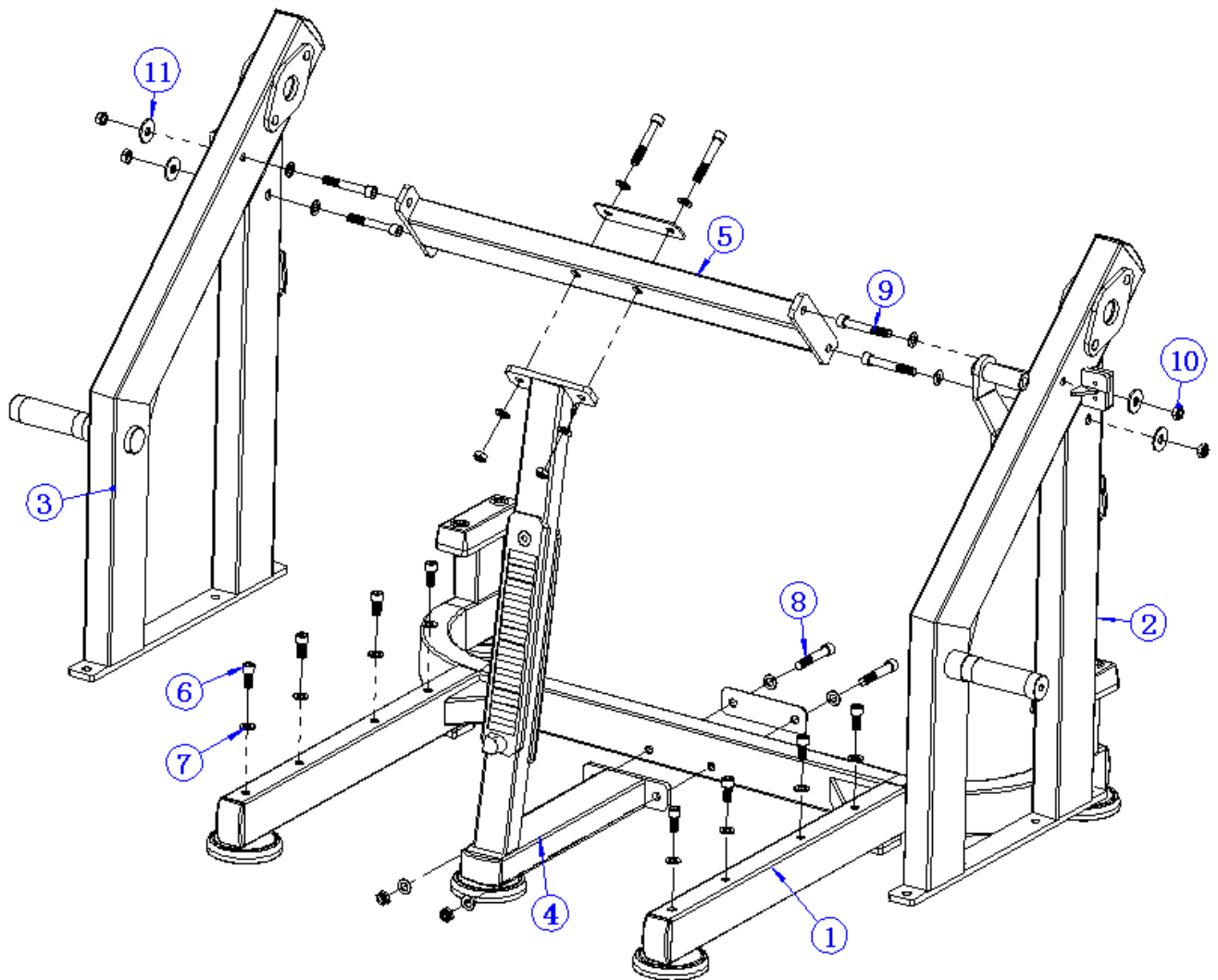
02/ASSEMBLY PROCEDURE

1) Step 1



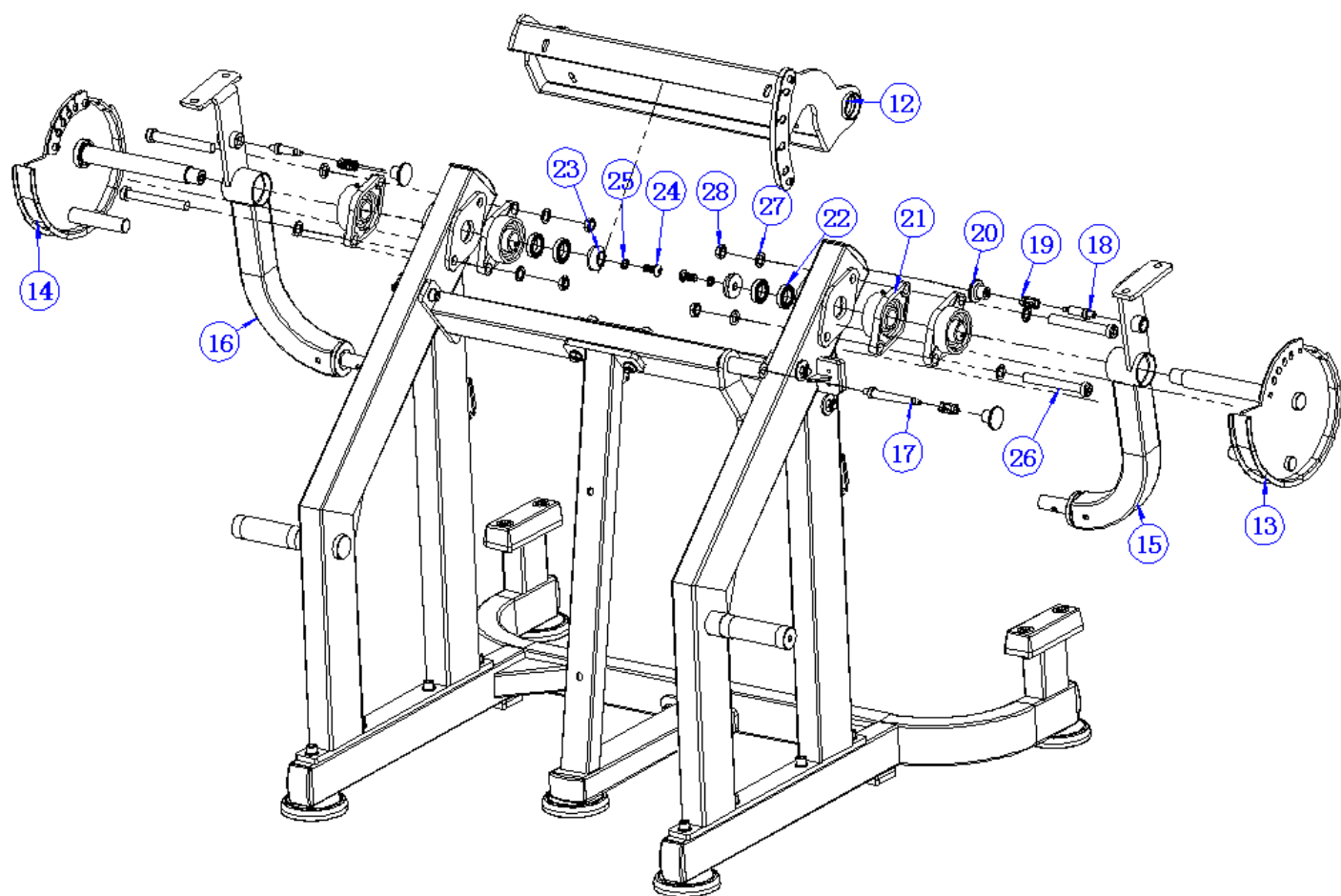
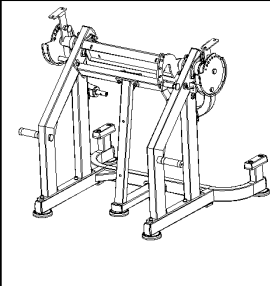
Bill of materials			
No.	Name	Specification	Qty
1	Base	Weldment	1
2	Right main frame	Weldment	1
3	Left main frame	Weldment	1
4	Middle frame	Weldment	1
5	Beam connecting assembly	Weldment	1
6	Hexagon socket cylinder bolt	M12*25	8
7	Flat washer	Φ12	20
8	Hexagon socket cylinder bolt	M12*75	4
9	Hexagon socket cylinder bolt	M12*80	4
10	Hexagon lock nut	M12	8
11	Large flat washer	Φ12	4

Bill of materials			
No.	Name	Specification	Qty
12	Elbow pad Weldment	Weldment	1
13	Right disc assembly	Weldment	1
14	Left disc assembly	Weldment	1
15	Right swing arm	Weldment	1
16	Left swing arm	Weldment	1
17	Latch	Φ19*116	1
18	Latch	Φ19*62	2
19	Pressure spring	Φ17*31	3
20	Pop pin head	Φ40.9*30	3
21	Bearing	UCFL206	4
22	Deep groove ball bearing	61905ZZ	4
23	Aluminum end cover	Ø43.5*14.5	2
24	Hexagon socket flat head bolt	M12*25	2
25	Spring washer	Φ12	2
26	Hexagon socket cylinder bolt	M16*125	4
27	Flat washer	Φ16	8
28	Hexagon lock nut	M16	4

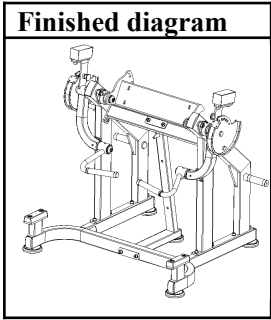


2) Step 2

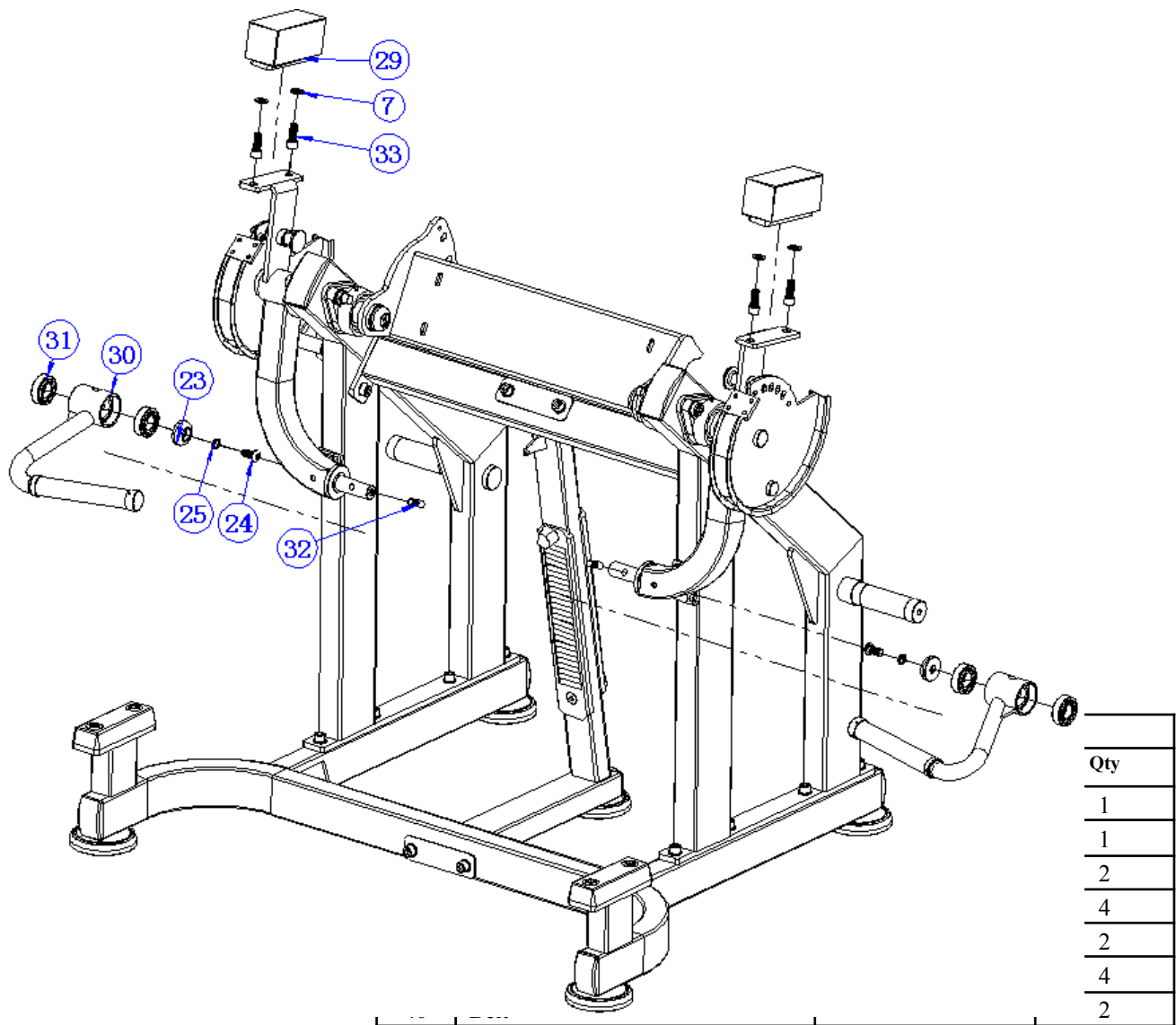
Finished diagram



3) Step 3

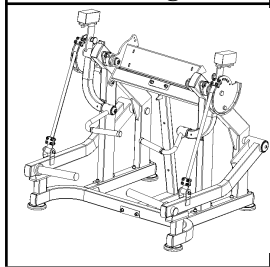


Bill of materials			
No.	Name	Specification	Qty
29	Balance assembly	Weldment	2
30	Handle assembly	Weldment	2
31	Deep groove ball bearing	6205ZZ	4
32	Limit post	Φ12*36*M12	2
33	Hexagon socket cylinder bolt	M12*30	4
7	Flat washer	Φ12	4
23	Aluminum end cover	Ø43.5*14.5	2
24	Hexagon socket flat head bolt	M12*25	2
25	Spring washer	Φ12	2

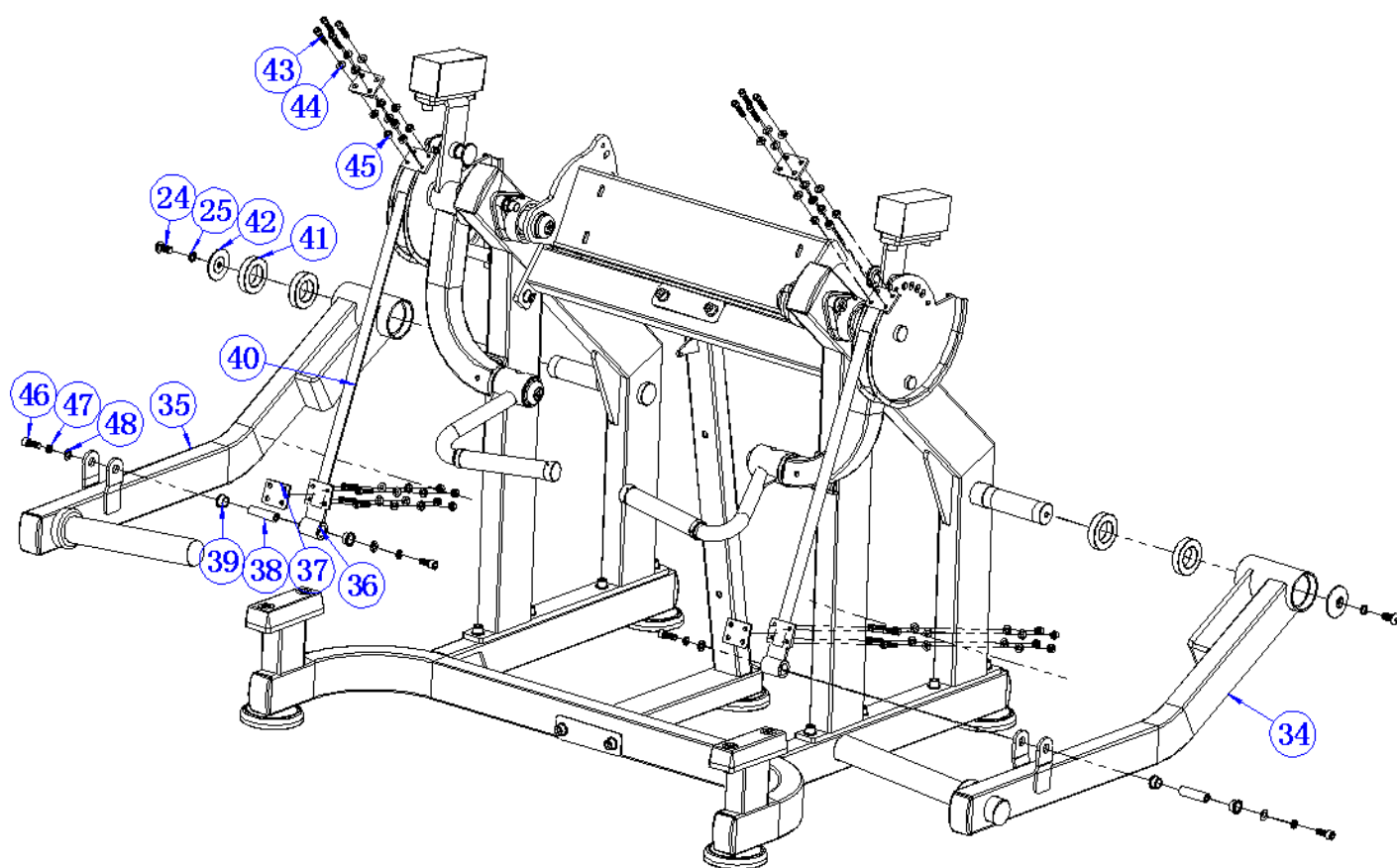


4) Step 4

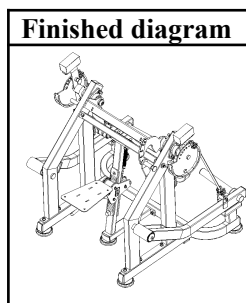
Finished diagram



41	Deep groove ball bearing	6008RS-GB	4
42	Aluminum cover	Φ60*Φ10.5*8.84	2
43	Hexagon socket cylinder bolt	M8*35	16
44	Flat washer	Φ8	32
45	Hexagon lock nut	M8	16
46	Hexagon socket cylinder bolt	M10*25	4
47	Spring washer	Φ10	4
48	Flat washer	Φ10	4
24	Hexagon socket flat head bolt	M12*25	2
25	Spring washer	Φ12	2



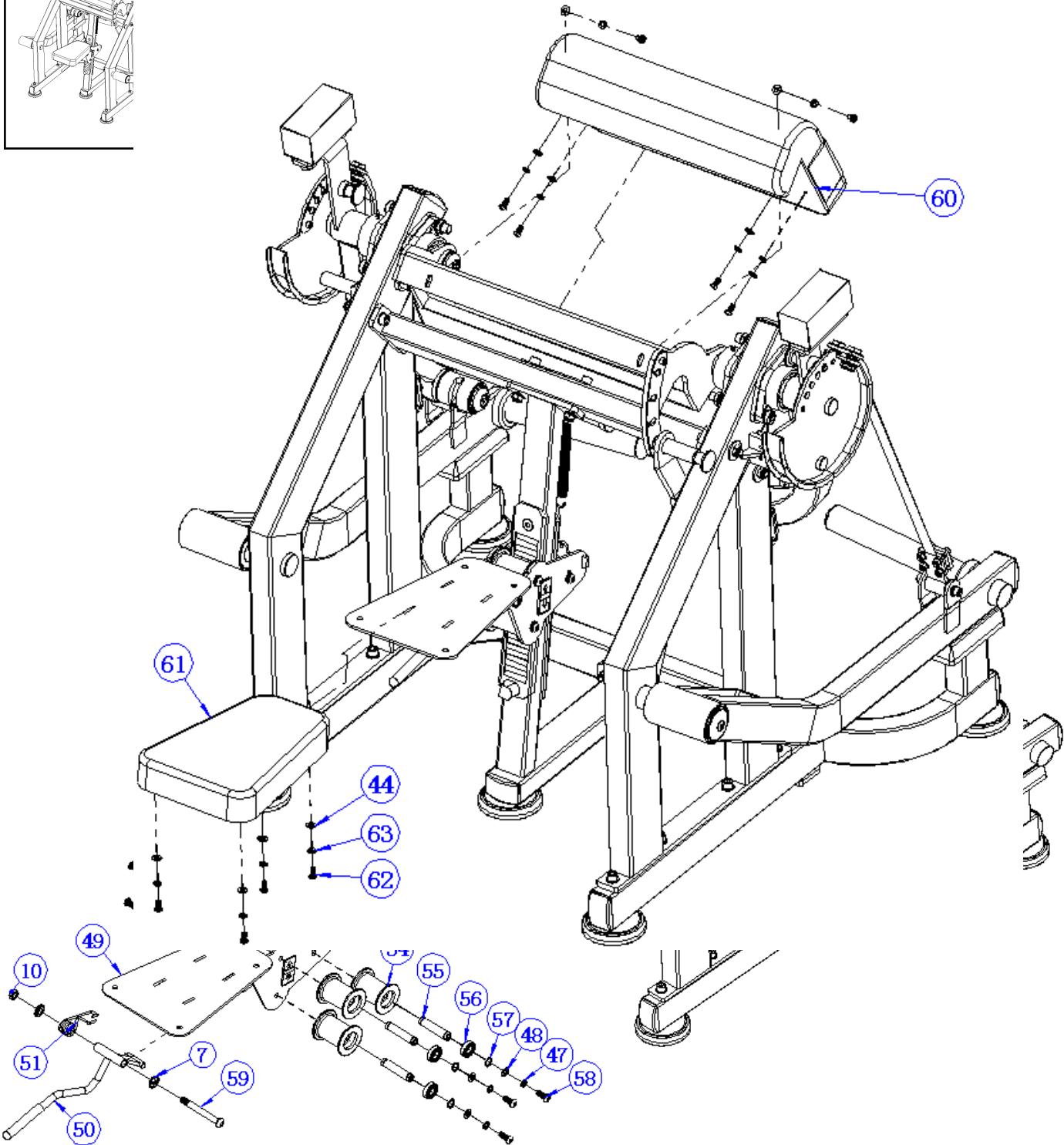
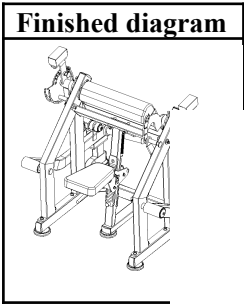
5) Step 5



Bill of materials			
No.	Name	Specification	Qty
49	Seat pad assembly	Weldment	1
50	Seat adjust assembly	Weldment	1
51	Torsional spring	$\Phi 28.5 \times 27 \times \Phi 4$	1
52	Tension spring	$\Phi 25 \times 183 \times \Phi 2.2$	1
53	Spring hanger	113*36*T6	1
54	Idler wheel	$\Phi 70 \times 78$	3
55	Idler wheel shaft	$\Phi 17 \times 80$	3
56	Deep groove ball bearing	6203ZZ-GB	6
57	Elastic collar	$\Phi 17$ -GB/T894.1-1986	6
58	Hexagon socket flat head bolt	M10*25	6
59	Hexagon socket flat head bolt	M12*110	1
7	Flat washer	$\Phi 12$	2
10	Hexagon lock nut	M12	1
47	Spring washer	$\Phi 10$	6
48	Flat washer	$\Phi 10$	6

Bill of materials			
No.	Name	Specification	Qty
60	Elbow pad	540*298.8*70	1
61	Seat pad	348*250*60	1
62	Hexagon socket flat head bolt	M8*25	10
63	Spring washer	φ 8	10
44	Flat washer	Φ8	10

6) Step 6



03/ 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	Bicep Curl	Model	PSSS0210
Floor space	1650*2093*1475		
Net weight	288Kg	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.