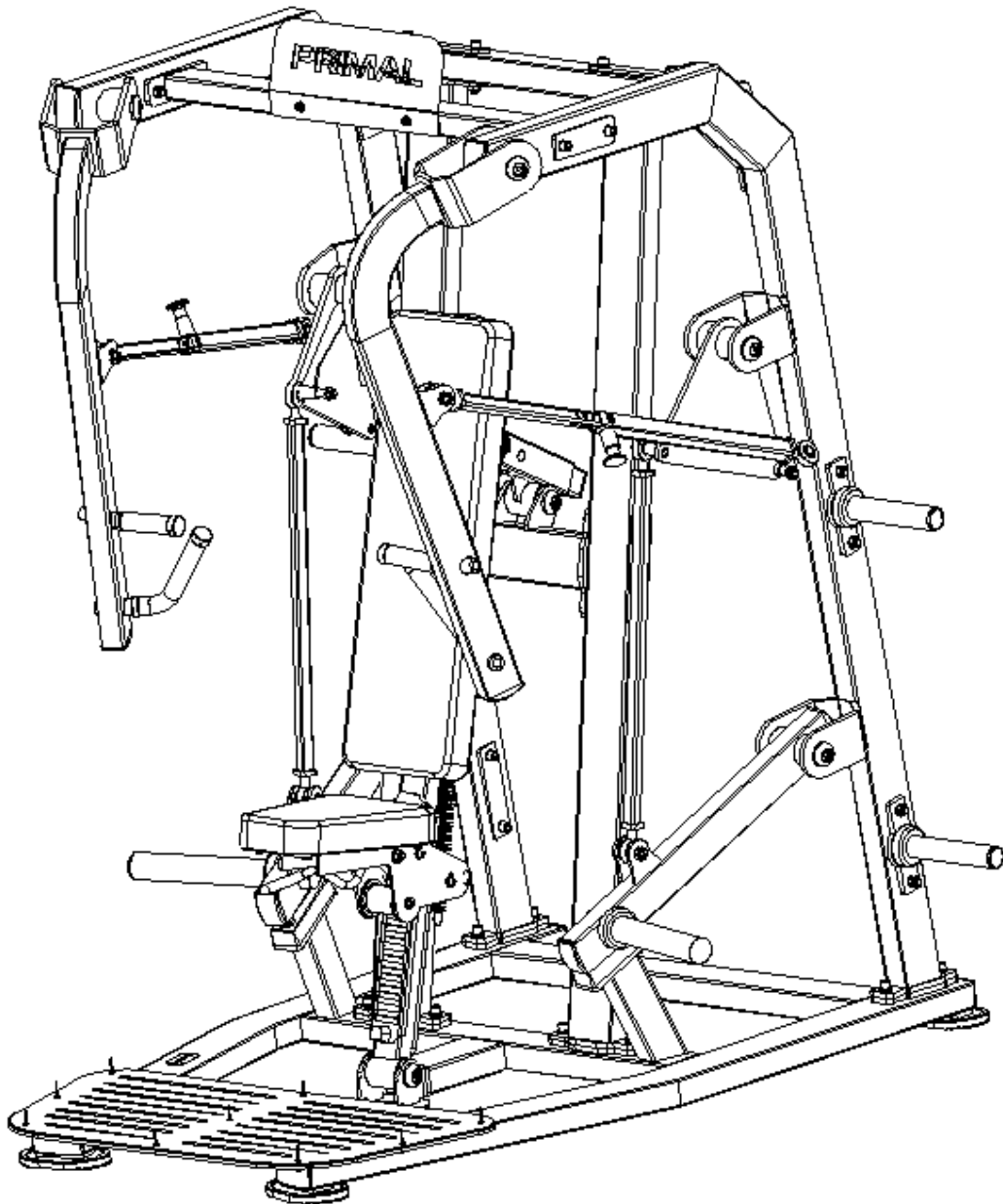


PRIMAL

Primal Performance Series Plate Loaded Adjustable Chest Press PSSS0260



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01/IMPORTANT NOTICE

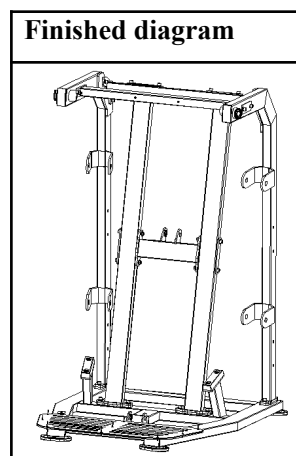
Thank you for choosing our machine, proper use of the machine is important to keep you convenient and away from danger. Please read the instruction before operating the machine:

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.

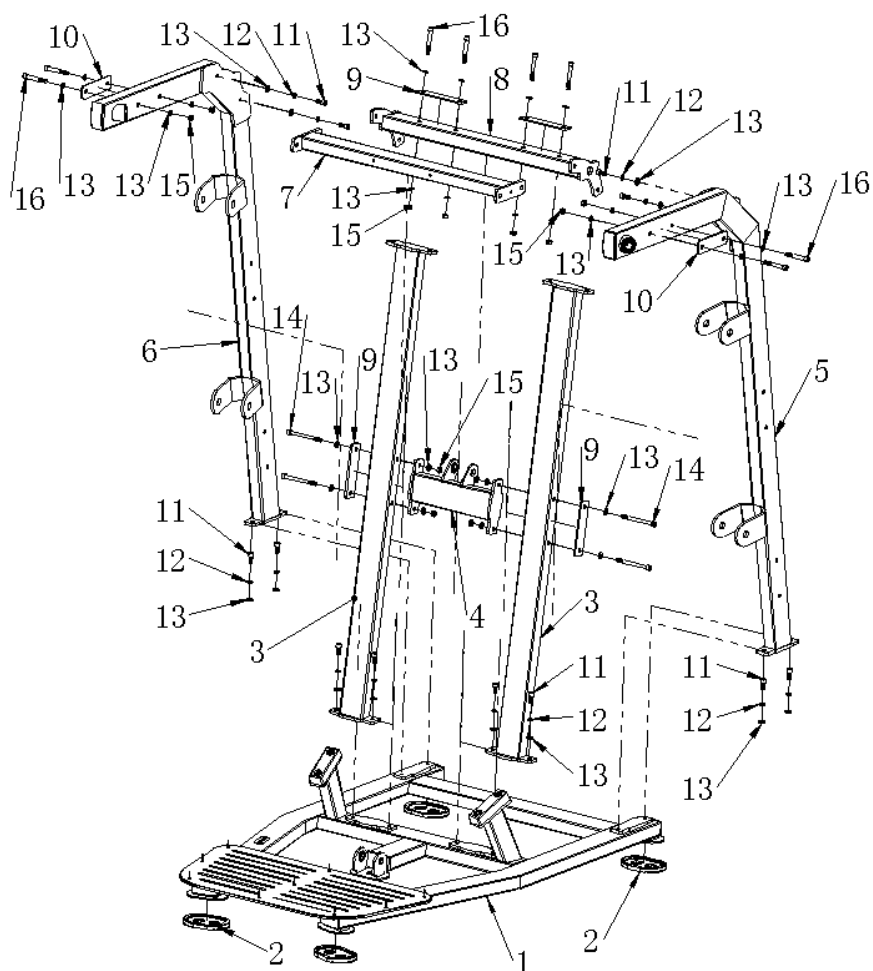
7. Do warm-up exercises before operating the machine.
8. Stop workout and ask your doctor when any abnormal symptoms occurs such as headache, pain or emesis, etc.
9. Children must exercise under the supervision of adults.
10. WARNING: Keep hands and feet away from moving parts.
11. WARNING: DO NOT beyond 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

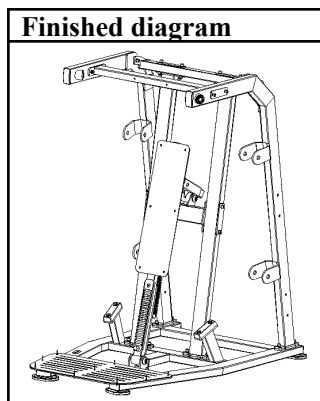
1) Step 1



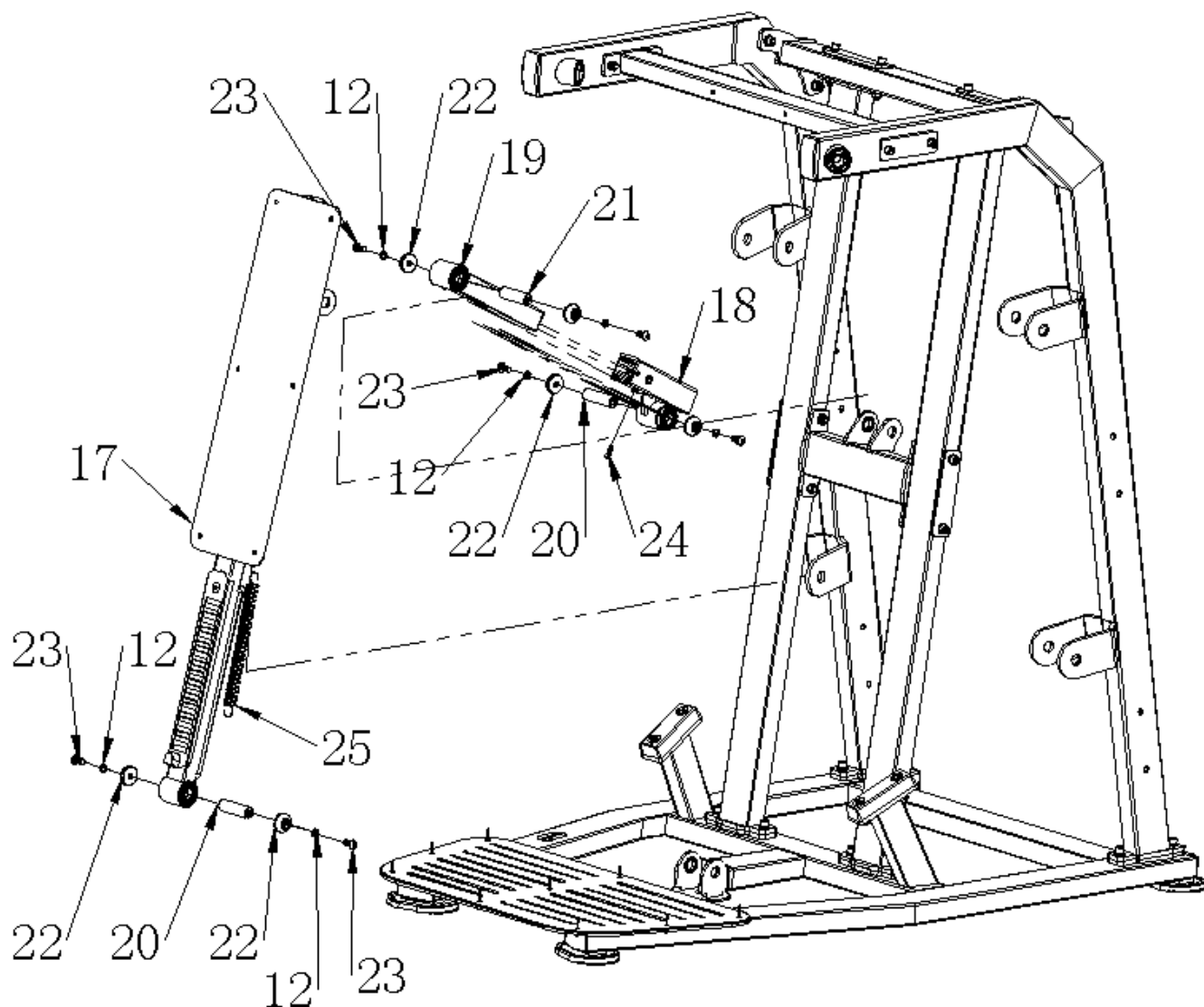
No.	Name	Specification	Qty
1	Base	Weldment	1
2	Rubber foot	170*120*T15	4
3	Upright	Weldment	2
4	Middle connecting assembly	Weldment	1
5	Left frame	Weldment	1
6	Right frame	Weldment	1
7	Top connecting assembly	Weldment	1
8	Horizontal connecting assembly	Weldment	1
9	Connecting plate 2	200*50*T6	4
10	Subplate	170*50*T6	2
11	Hexagon socket cylinder bolt	M12*25	12
12	Spring washer	Φ12(Ø19*t3.1)	12
13	Flat washer	Φ12(Ø 23.5*t2.5)	36
14	Hexagon socket cylinder bolt	M12*135	4
15	Hexagon lock nut	M12	8
16	Hexagon socket cylinder bolt	M12*85	8



2) Step 2



Bill of materials			
No.	Name	Specification	Qty
12	Spring washer	Φ12(Ø19*t3.1)	6
17	Back pad fixed assembly	Weldment	1
18	Back pad adjusting tube assembly	Weldment	1
19	Back pad adjusting assembly	Weldment	1
20	Seat rotation shaft	Φ25*93	2
21	Rotation shaft	Φ25*86	1
22	End cover	Φ43.5*14.5	6
23	Hexagon socket flat head bolt	M12*25	6
24	Hexagon socket cylinder bolt	M8*20	1
25	Tension spring	Φ25*183*Φ2.2	1

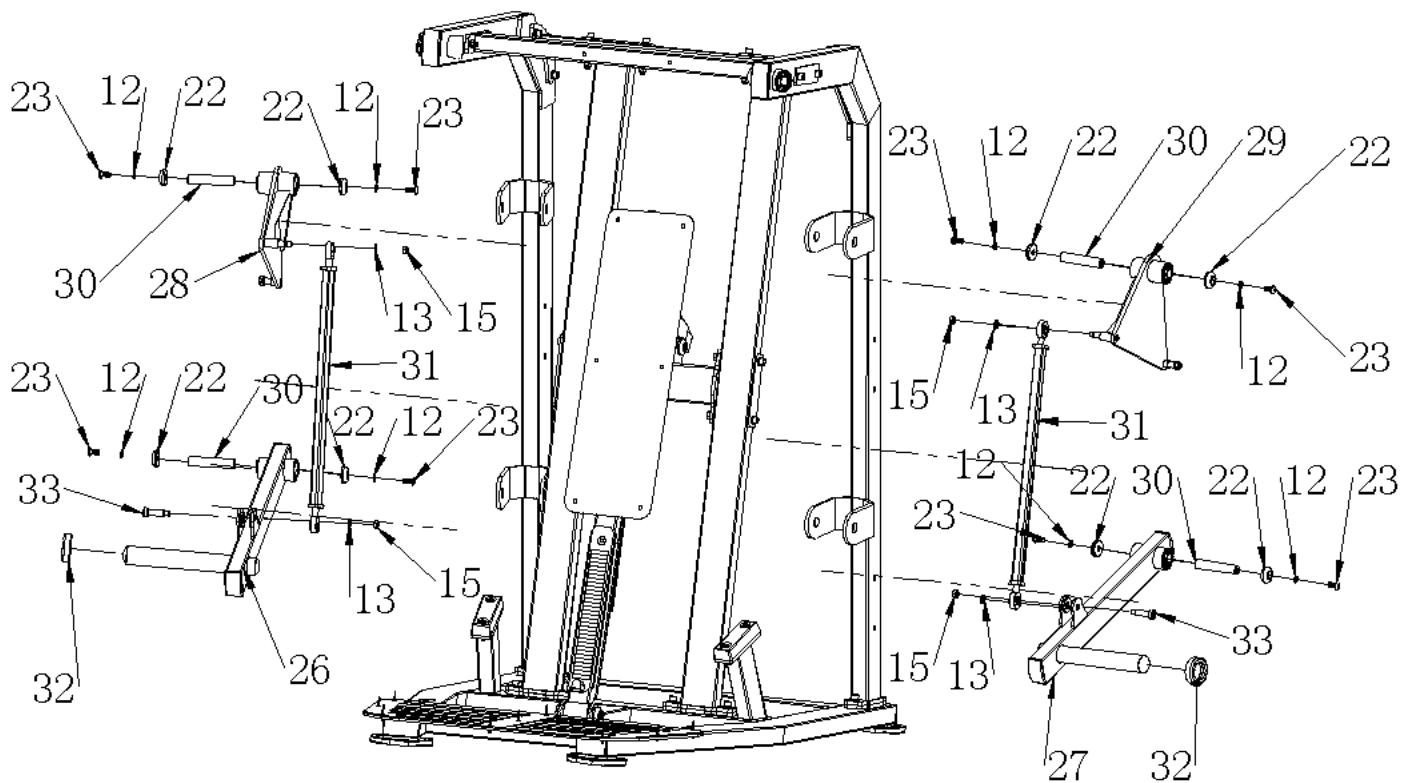
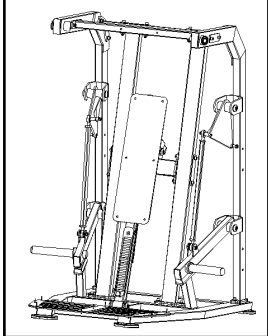


Bill of materials			
No.	Name	Specification	Qty
12	Spring washer	$\Phi 12(\text{Ø}19 \times t3.1)$	8
13	Flat washer	$\Phi 12(\text{Ø} 23.5 \times t2.5)$	4
15	Hexagon lock nut	M12	4
22	End cover	$\Phi 43.5 \times 14.5$	8
23	Hexagon socket flat head bolt	M12*25	8
26	Lower right movable arm	Weldment	1
27	Lower left movable arm	Weldment	1
28	Right movable arm connecting assembly	Weldment	1
29	Left movable arm connecting assembly	Weldment	1
30	Movable arm rotation shaft	$\Phi 25 \times 127$	4
31	Connecting rod	Weldment	2

3) Step 3

32	Round crash pad	$\Phi 75 * \Phi 48.5 * 20$	2
33	Hexagon socket cylinder shoulder bolt	$\Phi 16 * 45 * M12$	2

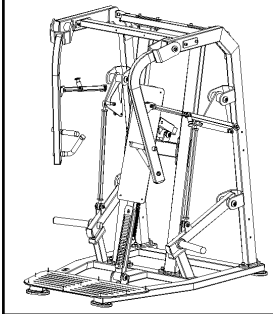
Finished diagram



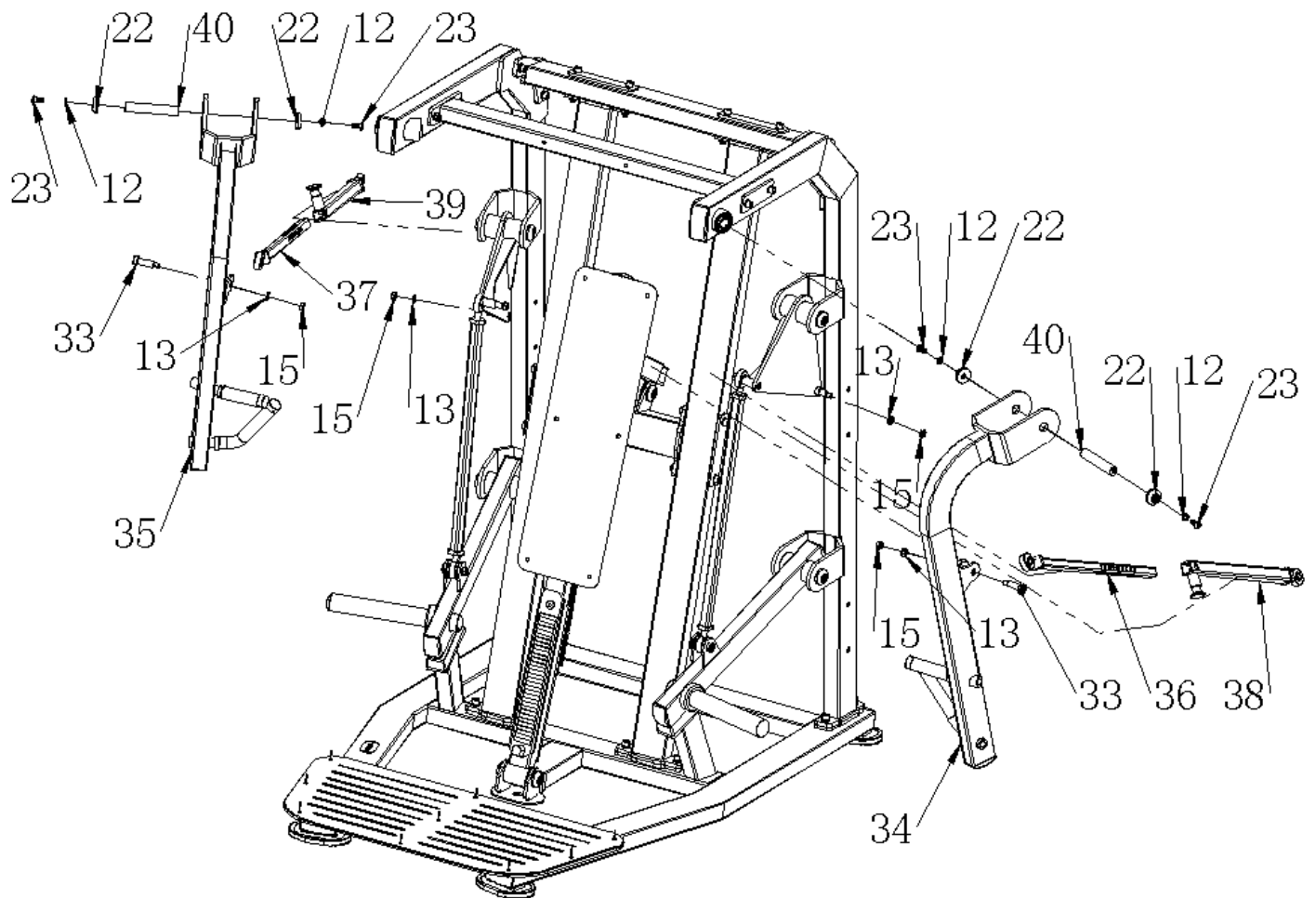
Bill of materials			
No.	Name	Specification	Qty
12	Spring washer	$\Phi 12 (\text{Ø} 19 * t 3.1)$	4
13	Flat washer	$\Phi 12 (\text{Ø} 23.5 * t 2.5)$	4

4) Step 4

Finished diagram



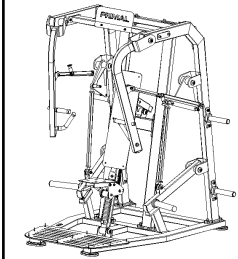
15	Hexagon lock nut	M12	4
22	End cover	Φ43.5*14.5	4
23	Hexagon socket flat head bolt	M12*25	4
33	Hexagon socket cylinder shoulder bolt	Φ16*45*M12	2
34	Left movable arm	Weldment	1
35	Right movable arm	Weldment	1
36	Left internal adjusting assembly	Weldment	1
37	Right internal adjusting assembly	Weldment	1
38	Left external adjusting assembly	Weldment	1
39	Right external adjusting assembly	Weldment	1
40	Rotation shaft	Φ25*143	2



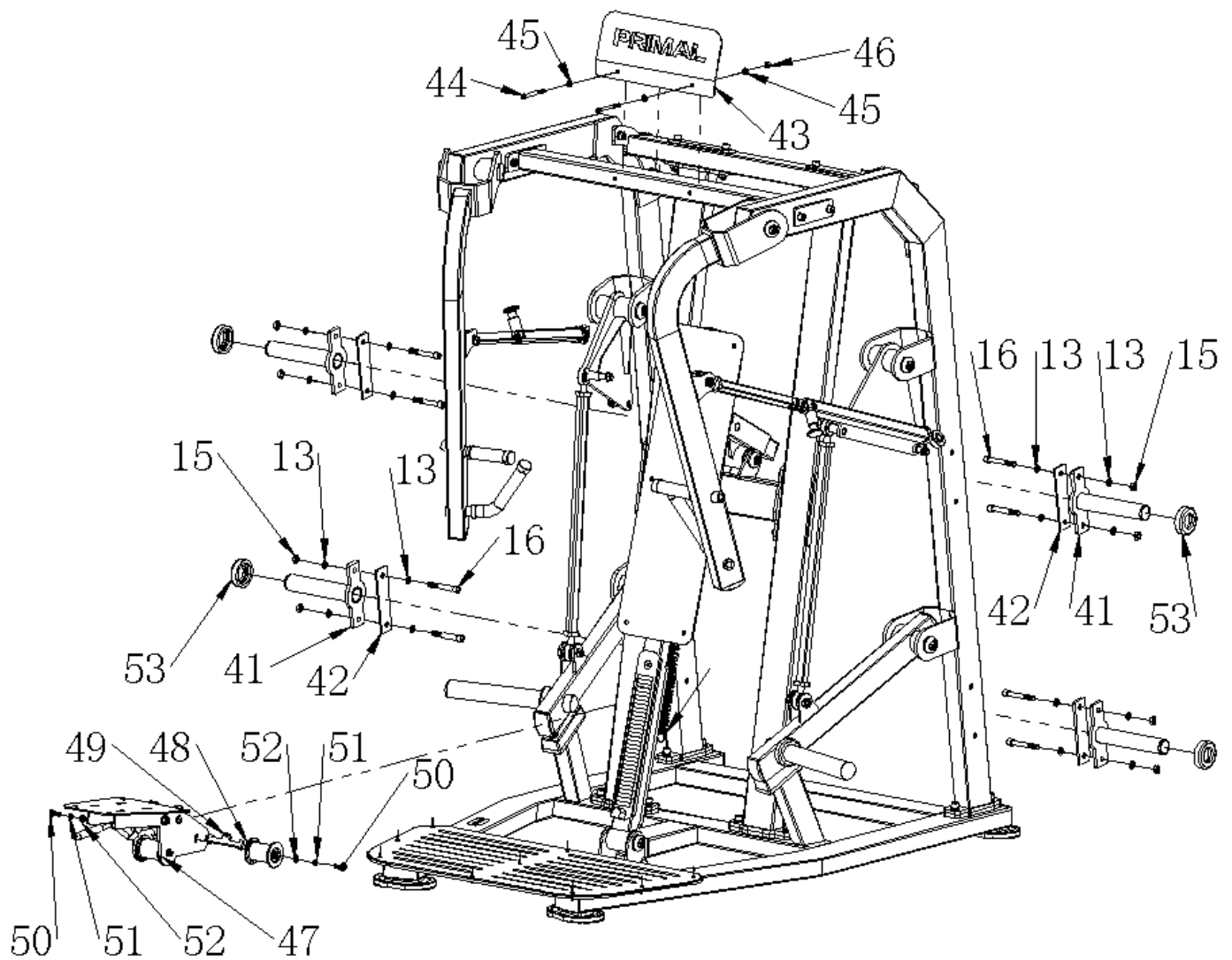
Bill of materials			
No.	Name	Specification	Qty
13	Flat washer	Φ12(Ø 23.5*t2.5)	16

5) Step 5

Finished diagram



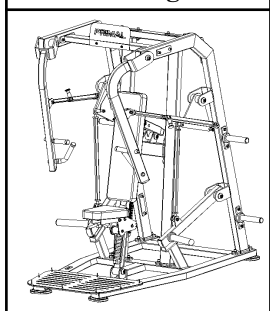
15	Hexagon lock nut	M12	8
16	Hexagon socket cylinder bolt	M12*85	8
41	Bull horn	Weldment	4
42	Bull born subplate	180*45*T6	4
43	LOGO	180*395*T2	1
44	Hexagon socket cylinder bolt	M8*90	2
45	Flat washer	Φ8(Ø15.5*t1.6)	4
46	Hexagon lock nut	M8	2
47	Seat assembly	Weldment	1
48	Idler wheel		1
49	Spring hanger	113*36*T6	1
50	Hexagon socket flat head bolt	M10*25	2
51	Spring washer	Φ10(Ø16*t2.6)	2
52	Flat washer	Φ10(Ø19.5*t2)	2
53	Round crash pad	Φ75*Φ42.5*20	4



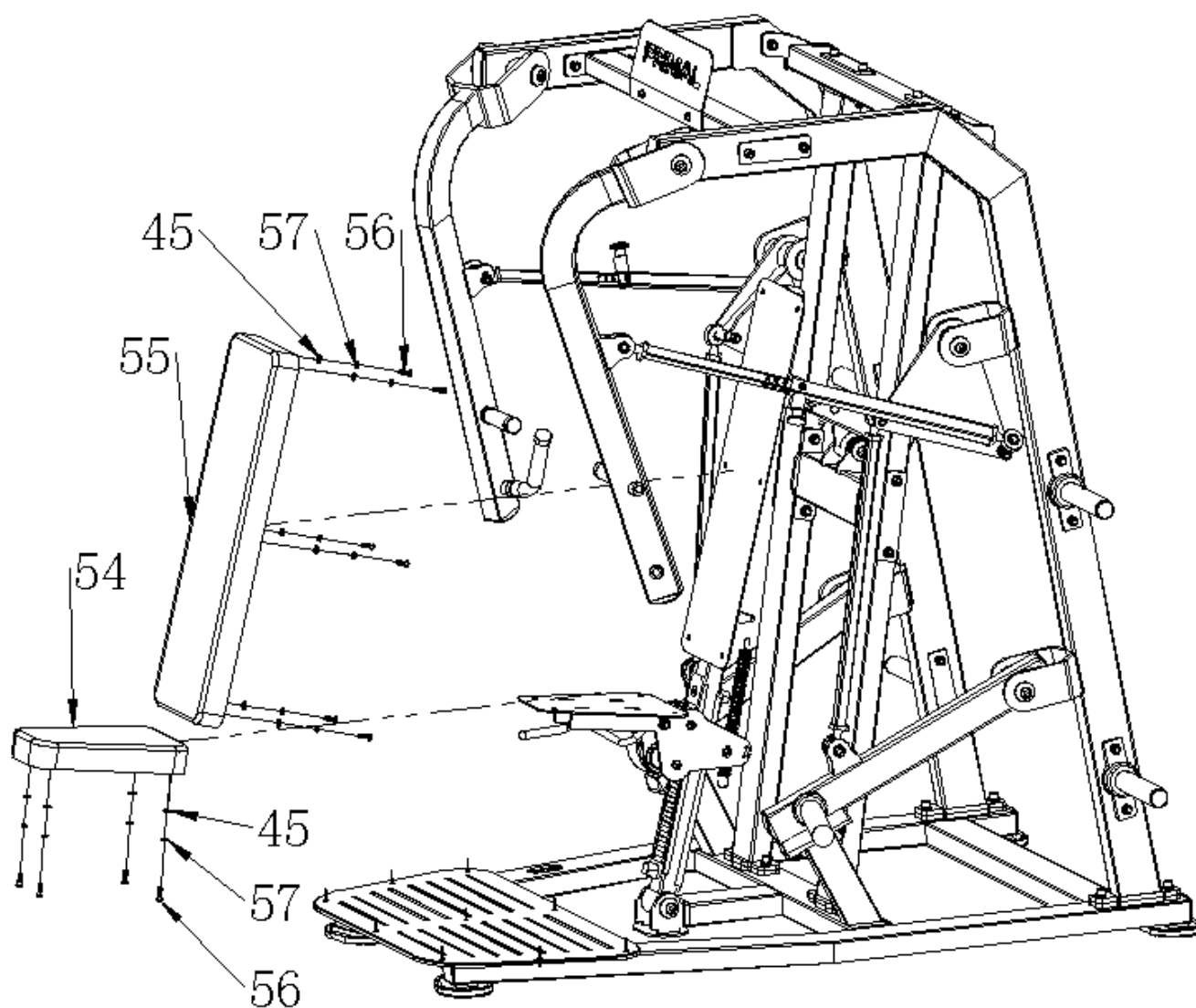
6) Step 6

Bill of materials

Finished diagram



No.	Name	Specification	Qty
45	Flat washer	$\Phi 8(\Phi 15.5 * t 1.6)$	10
54	Seat pad	348*248*60	1
55	Back pad	838*250*60	1
56	Hexagon socket flat head bolt	M8*25	10
57	Spring washer	$\Phi 8(\Phi 12.5 * t 2.1)$	10



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	Plate Loaded Adjustable Chest Press	Model	PSSS0260
Floor space	1780*1480*2000	Weight stack	
Net Weight	244 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.