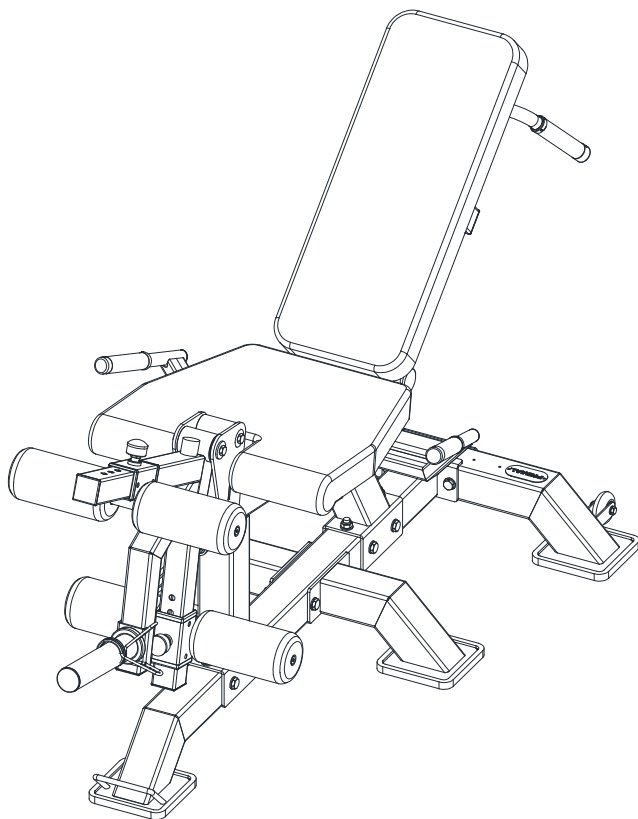


PRIMAL[®]

PRIMAL PRO SERIES
PLATE LOAD LEG EXT/LEG CURL BENCH
PSSS0360



ASSEMBLY INSTRUCTIONS

PART LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	REAR FOOT CONNECTION	1	31	BACLPLALE REGULATION	1
2	FRONT FOOT CONNECTION	1	32	SEAT CUSHION	1
3	BOLT M12*100	6	33	BACK CUSHION	1
4	WASHER M12	24	34	WASHER M8	8
5	SCREW M12	12	35	BOLT M8*25	4
6	SIDE FOOT CONNECTION	2	36	BOLT M8*55	4
7	BOLT M12*105	6			
8	MAIN FRAME CONNECTION	1			
9	LEG KICKING FRAME	1			
10	BOLT M10*20	4			
11	BIG WASHER M10	6			
12	PIVOT	2			
13	KICK CONNECTION	2			
14	BARBELL BUCKLE	1			
15	BUFFER RING	1			
16	PLATE ADAPTER	1			
17	BOLT M12*20	1			
18	BIG WASHER M12	1			
19	RIGHT ARMEST	1			
20	LEFT ARMEST	1			
21	SCREW M10	10			
22	BOLT M10*100	2			
23	WASHER M10	20			
24	BACKPLANE FRAME	1			
25	BOLT M10*25	2			
26	PIVOT(LONG)	1			
27	SEAT REST	1			
28	BOLT M10*45	8			
29	REAR ARMEST	2			
30	BACLPLALE SUPPORT	1			

STEP 1

You need to follow the steps to install it



M6

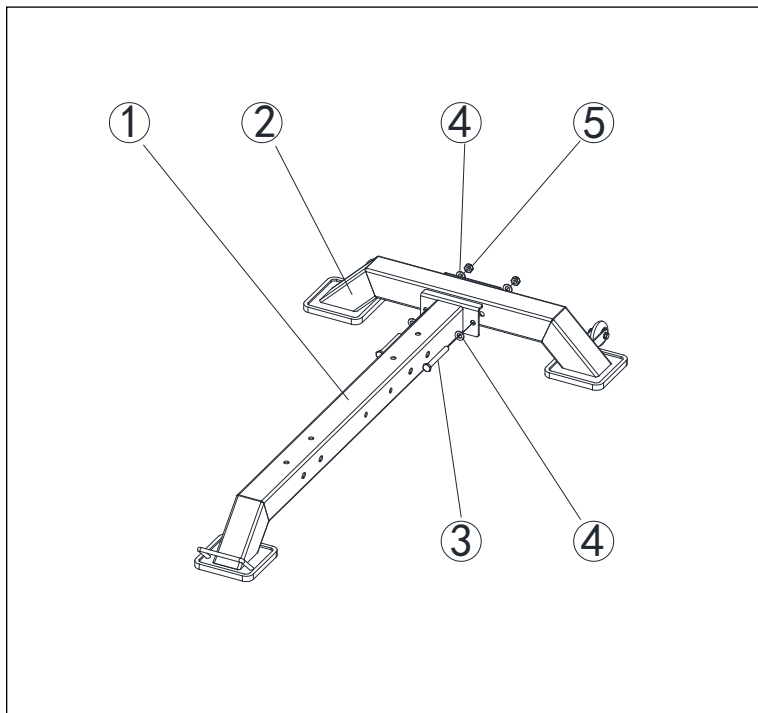


M8

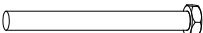


M10

SIZE
CHART



PART LIST

NUMBER	DESCRIPTION	QUANTITY
1		1
2		1
3	 M12X100	2
4	 M12	4
5	 $\phi 12$	2

M6



M8



M10



SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

40

30

20

10

0

► STEP 2

You need to follow the steps to install it



M6



M8



M10

SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

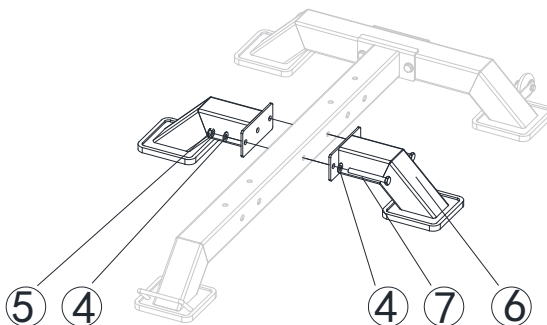
40

30

20

10

0



PART LIST

NUMBER	DESCRIPTION		QUANTITY
4		φ12	4
5		M12	2
6			2
7		M12X105	2

M6



M8



M10



SIZE
CHART

STEP 3

You need to follow the steps to install it



M6

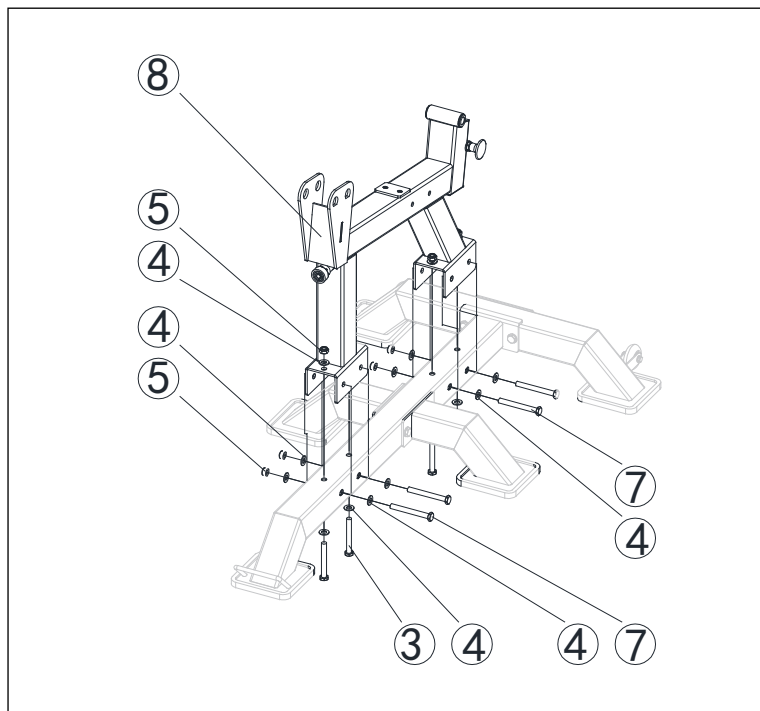


M8

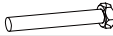


M10

SIZE
CHART



PART LIST

NUMBER	DESCRIPTION		QUANTITY
3		M12X100	4
4		φ12	16
5		M12	8
7		M12X105	4
8			1

M6



M8



M10



SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

40

30

20

10

0

STEP 4

You need to follow the steps to install it



M6

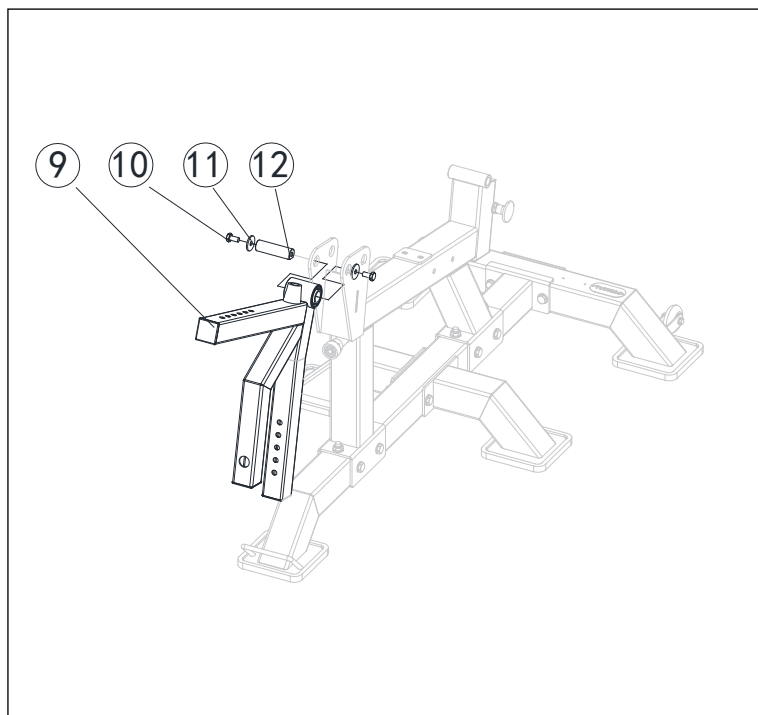


M8



M10

SIZE
CHART



PART LIST

NUMBER	DESCRIPTION	QUANTITY
9		1
10	 M10X20	2
11	 $\phi 10$	2
12		1

M6



M8



M10



SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

40

30

20

10

0

STEP 5

You need to follow the steps to install it



M6

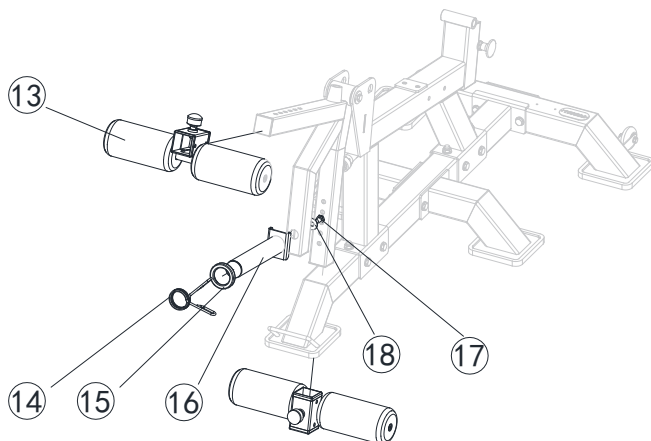


M8



M10

SIZE
CHART



PART LIST

NUMBER	DESCRIPTION	QUANTITY
13		2
14		1
15		1
16		1
17	M12X20	1
18	$\phi 12$	1

M6



M8



M10



SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

40

30

20

10

0

► STEP 6

You need to follow the steps to install it



M6



M8



M10

SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

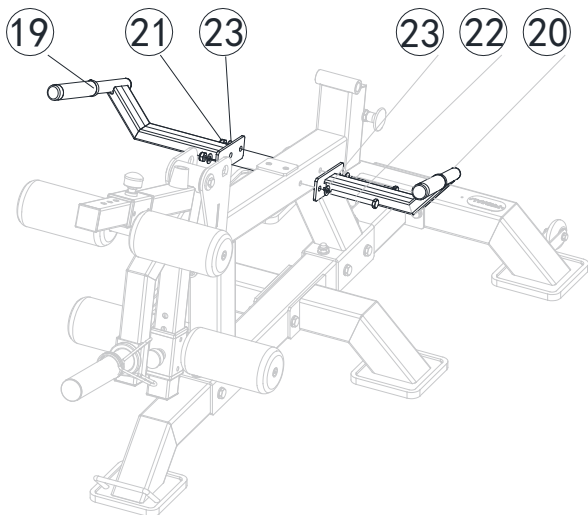
40

30

20

10

0



PART LIST

NUMBER	DESCRIPTION	QUANTITY
19		1
20		1
21	 M10	2
22	 M10X100	2
23	 $\phi 10$	4

M6



M8



M10



SIZE
CHART

STEP 7

You need to follow the steps to install it



M6

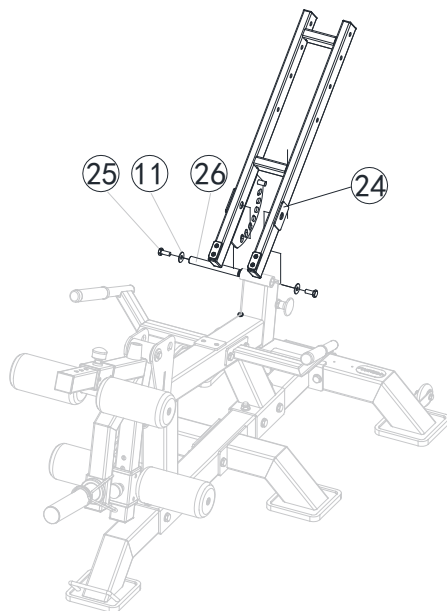


M8



M10

SIZE
CHART
180



PART LIST

NUMBER	DESCRIPTION		QUANTITY
24			1
11		$\phi 10$	2
25		M10X25	2
26			1

M6

M8

M10



SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

40

30

20

10

0

► STEP 8

You need to follow the steps to install it



M6

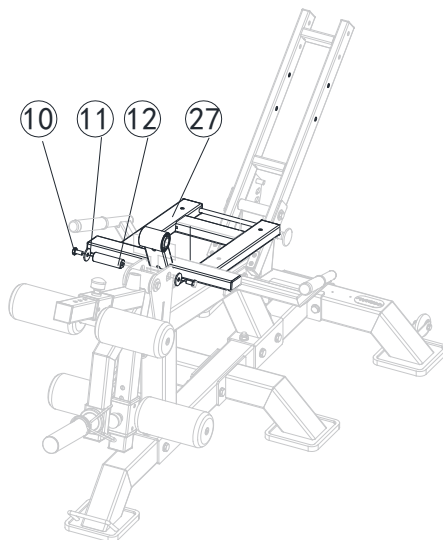


M8



M10

SIZE
CHART



PART LIST

NUMBER	DESCRIPTION		QUANTITY
10		M10X20	2
11		φ10	2
12			1
27			1

M6



M8



M10



SIZE
CHART

► STEP 9

You need to follow the steps to install it



M6



M8



M10

SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

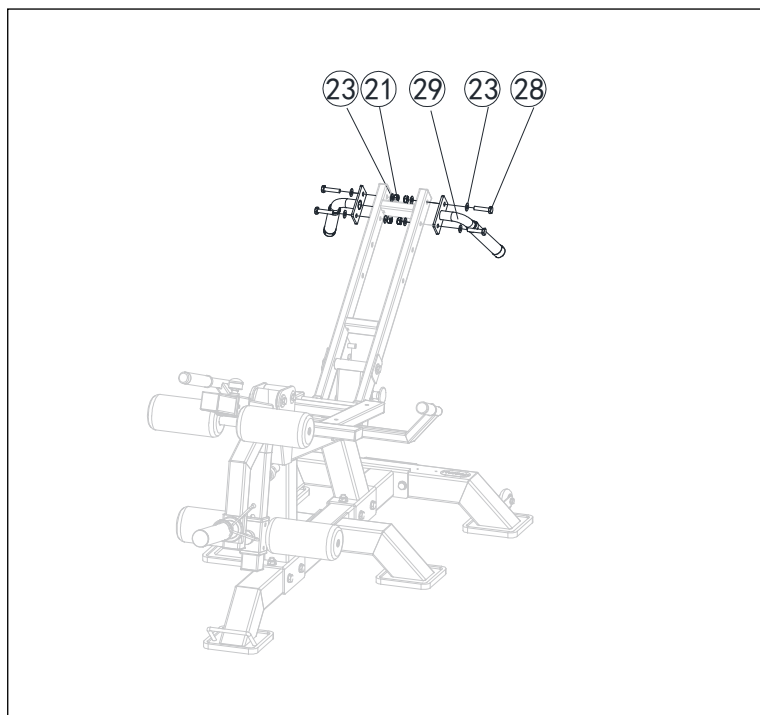
40

30

20

10

0



PART LIST

NUMBER	DESCRIPTION		QUANTITY
21		M10	4
23		φ10	8
28		M10X45	4
29			2

M6



M8



M10



SIZE
CHART

STEP 10

You need to follow the steps to install it



M6

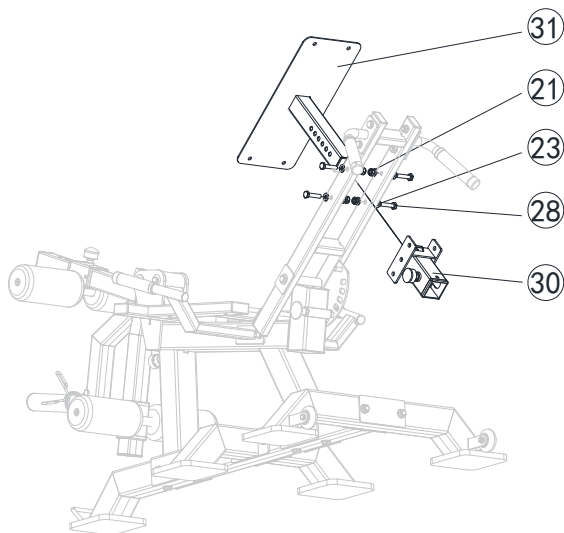


M8



M10

SIZE
CHART



PART LIST

NUMBER	DESCRIPTION		QUANTITY
21		M10	4
23		φ10	8
28		M10X45	4
30			1
31			1

M6



M8



M10



SIZE
CHART



STEP 11

You need to follow the steps to install it



M6



M8



M10

SIZE
CHART

190

180

170

160

150

140

130

120

110

100

90

80

70

60

50

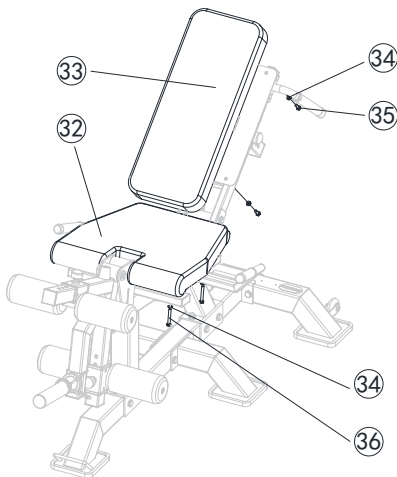
40

30

20

10

0



PART LIST

NUMBER	DESCRIPTION	QUANTITY
32		1
33		1
34	$\phi 8$	8
35	M8X25	4
36	M8X55	4

M6



M8



M10



SIZE
CHART

BLISTER PAPER

You need to follow the steps to install it



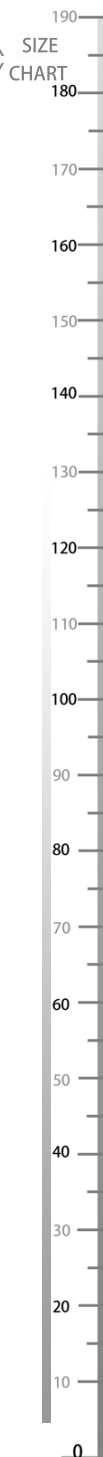
M6



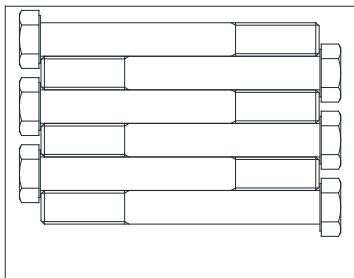
M8



M10



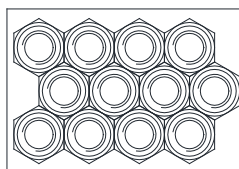
#3 M12*100 × 6PCS



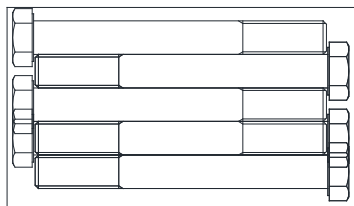
#4 ϕ 12×24PCS



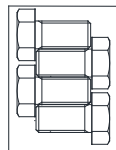
#5 M12 × 12PCS



#7 M12*105 × 6PCS



#10 M10*20 × 4PCS



#11 ϕ 10×6PCS



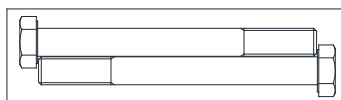
#17 M12*20 × 1PCS



#18 ϕ 12×1PCS



#22 M10*100 × 2PCS



M6



M8



M10



SIZE
CHART

BLISTER PAPER

You need to follow the steps to install it



M6



M8



M10

SIZE
CHART

190

170

160

150

140

130

120

110

100

90

80

70

60

50

40

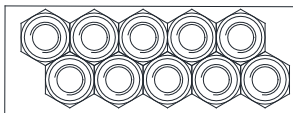
30

20

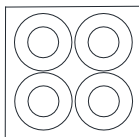
10

0

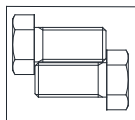
#21 M10 × 10PCS



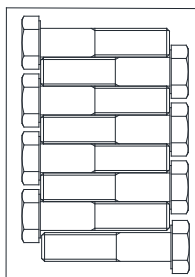
#23 ϕ 10 × 20PCS



#25 M10*25 × 2PCS



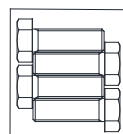
#28 M10*45 × 8PCS



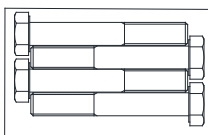
#34 ϕ 8 × 8PCS



#35 M8 × 25 4PCS



#36 M8 × 55 4PCS



M6



M8



M10



SIZE
CHART