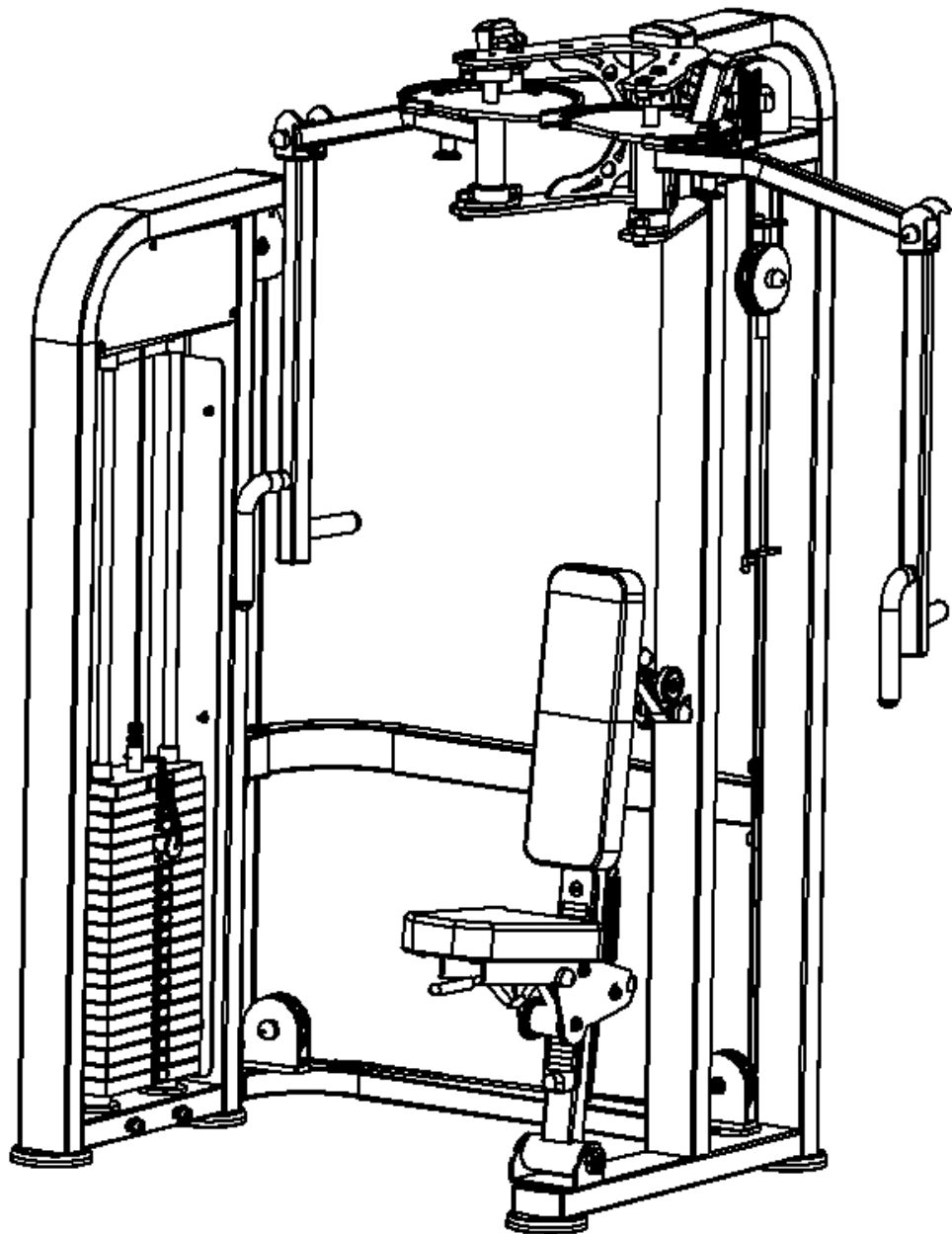


PRIMAL

Primal Performance Series Pec Dec & Rear Fly
PSSS2108



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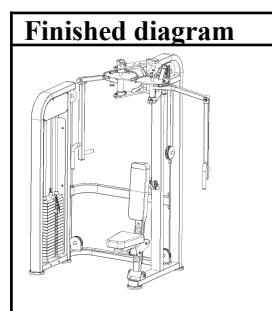
01/IMPORTANT NOTICE

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:

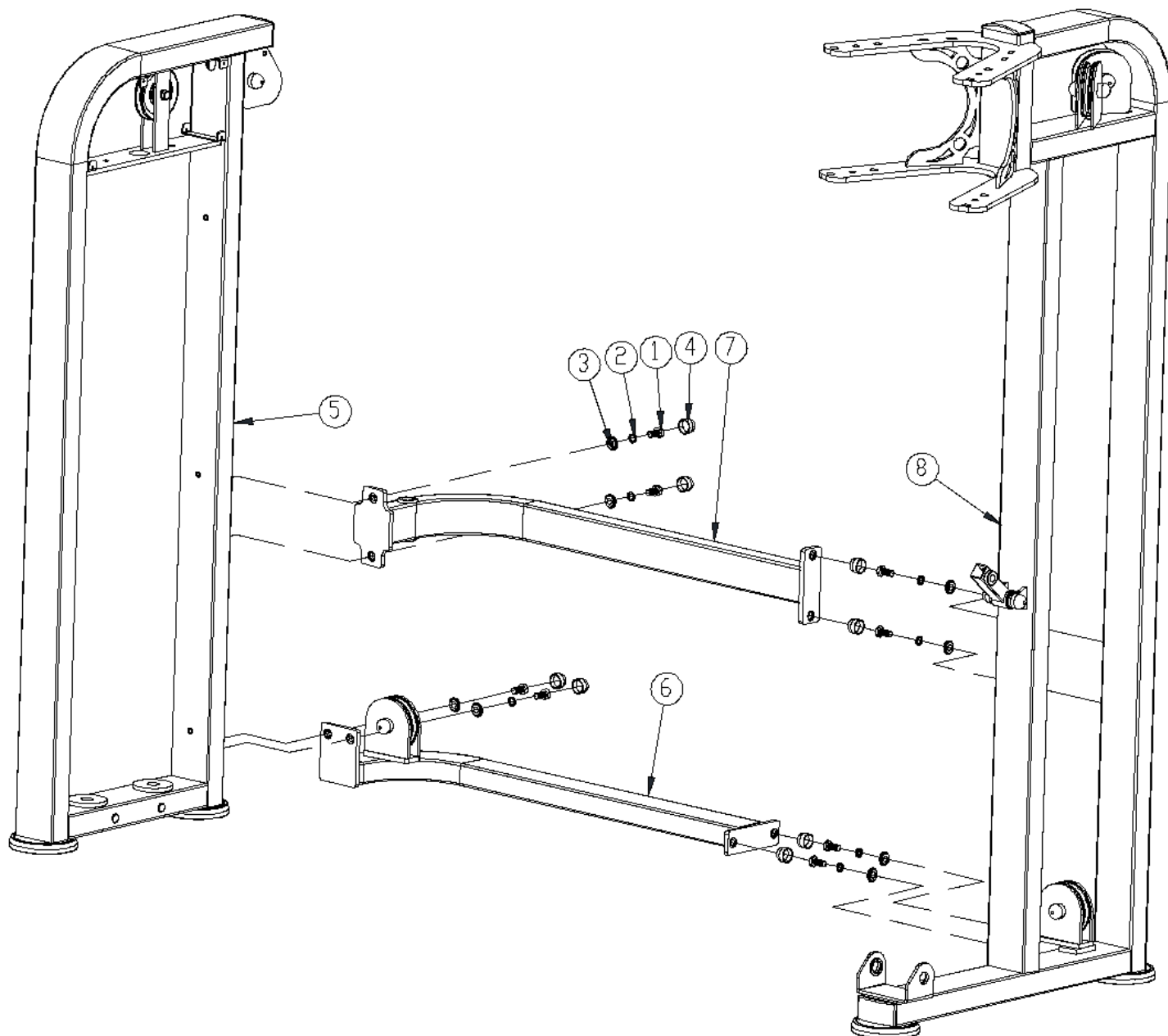
1. Please read all user manuals before operating the machine, and operate the machine according to the instructions. Please keep the user manual until the machine is scrapped.
2. Keep users read and understand all cautions
3. Keep air fresh, flowing and enough motion space for users when operating the 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.

1) Step 1

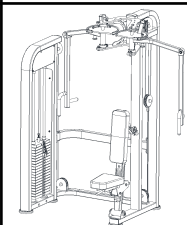


Bill of materials			
1	Outer hexagon bolt	M12X25	8
2	Spring washer	Ø12	7
3	Drum washer	Ø12.5	8
4	Screw cap	Φ31*20.3	8
5	Weight stack box		1
6	Connecting tube 2		1
7	Connecting tube		1
8	Main frame assembly		1

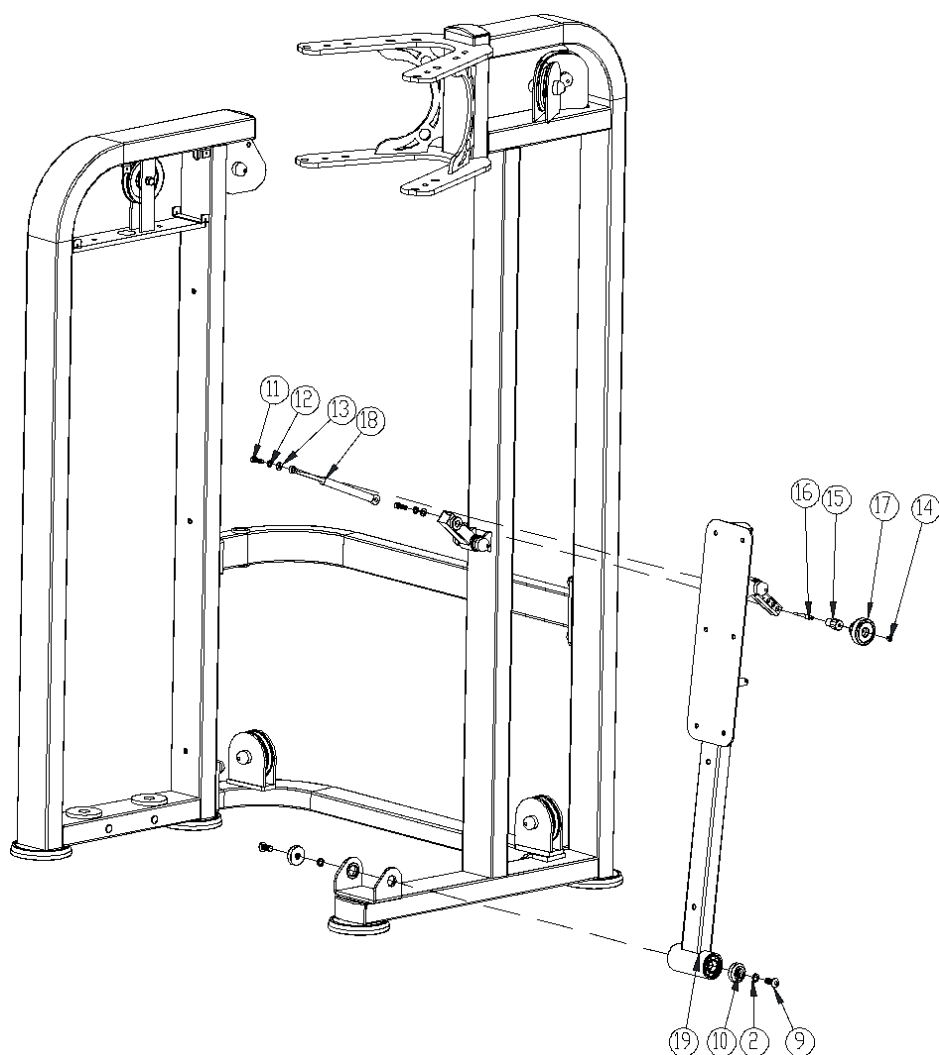
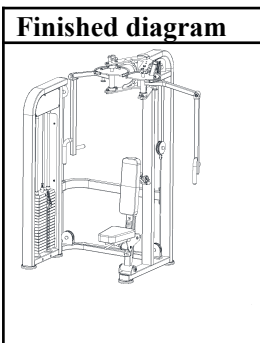


2) Step 2

Finished diagram

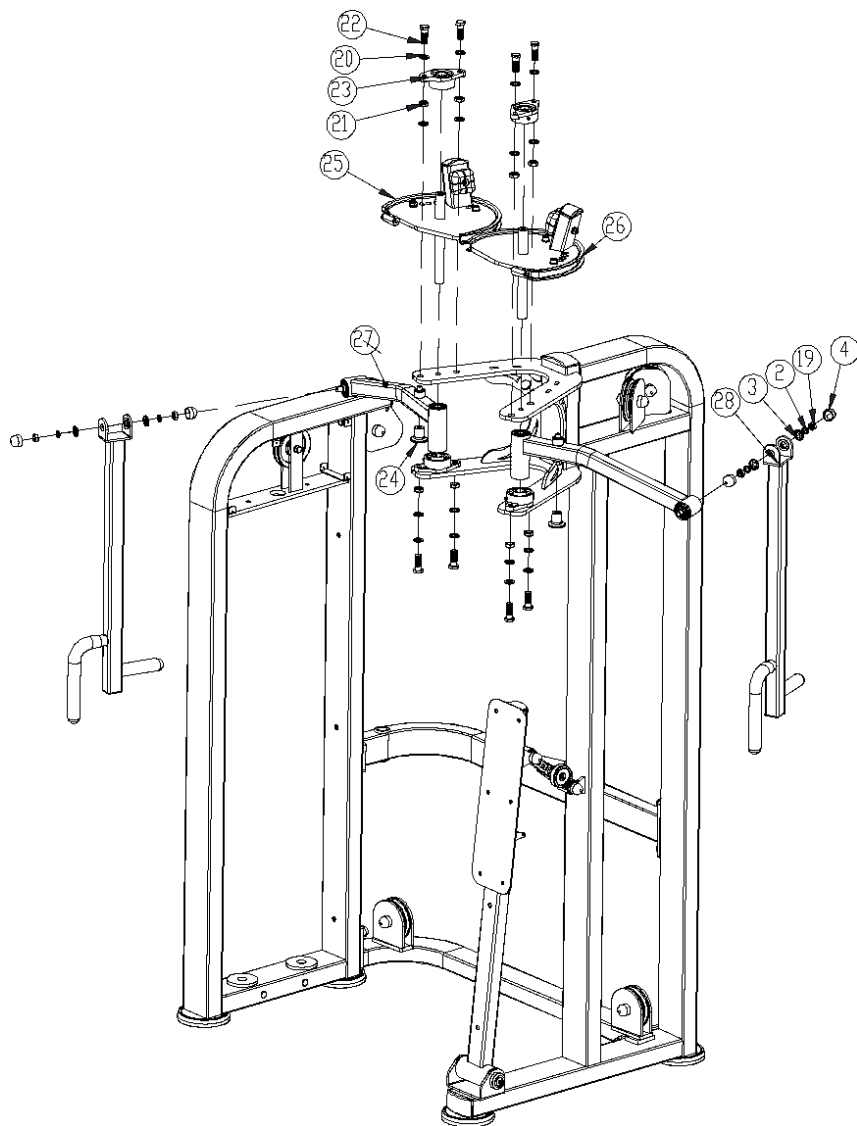


Bill of materials			
2	Spring washer	Ø12	2
9	Hexagon socket grub bolt	M12*25	2
10	End cap	Φ43.5*14.5	2
11	Hexagon socket cylinder bolt	M8X25	2
12	Spring washer	Ø8	2
13	Flat washer	Ø8	2
14	Hexagon lock nut	M6	1
15	Pop pin thimble	Φ23.7*38.3	1
16	Pop pin latch	Φ9*56.75	1
17	Pop pin handle	Φ60*35	1
18	Gas spring		1
19	Back pad assembly		1



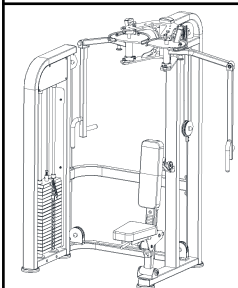
3) Step 3

Bill of materials			
2	Spring washer	Ø12	4
3	Drum washer	Ø12.5	4
4	Screw cap	Φ31*20.3	4
19	Hexagon lock nut	M12	4
20	Flat washer	Ø16	16
21	Hexagon lock nut	M16	8
22	Outer hexagon bolt	M16*40	8
23	Bearing	UCFLU205	4
24	Pop pin head	Φ43*34*M8	2
25	Left disc		1
26	Right disc		1
27	Drive frame		2
28	Swing arm assembly		2



4) Step 4

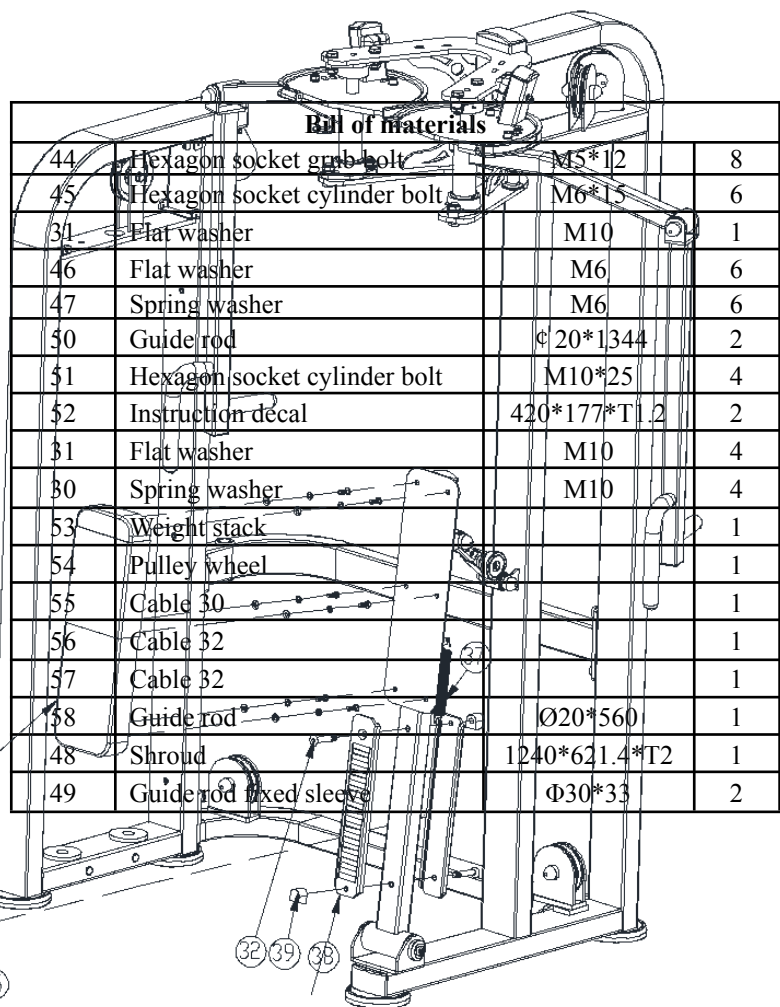
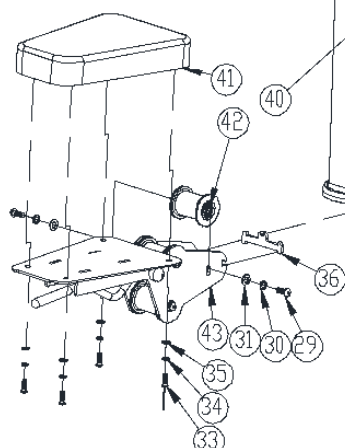
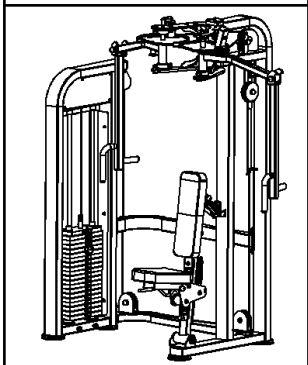
Finished diagram



Bill of materials			
29	Hexagon socket grub bolt	M1*25	2
30	Spring washer	Ø10	2
31	Flat washer	Ø10	2
32	Hexagon socket countersunk bolt	M10*65	2
33	Hexagon socket grub bolt	M8*25	10
34	Spring washer	Ø8	10
35	Flat washer	Ø8	10
36	Spring hanger	113*36*T6	1
37	Tension spring	Φ25*183*Φ2.2	1
38	Adjustment plate	70*382*13	2
39	Limit block	26*39*25.5	2
40	Back pad	510*162*60	1
41	Seat pad	348*248*60	1
42	Idler wheel		1
43	Seat assembly		1

5) Step 5

Finished diagram

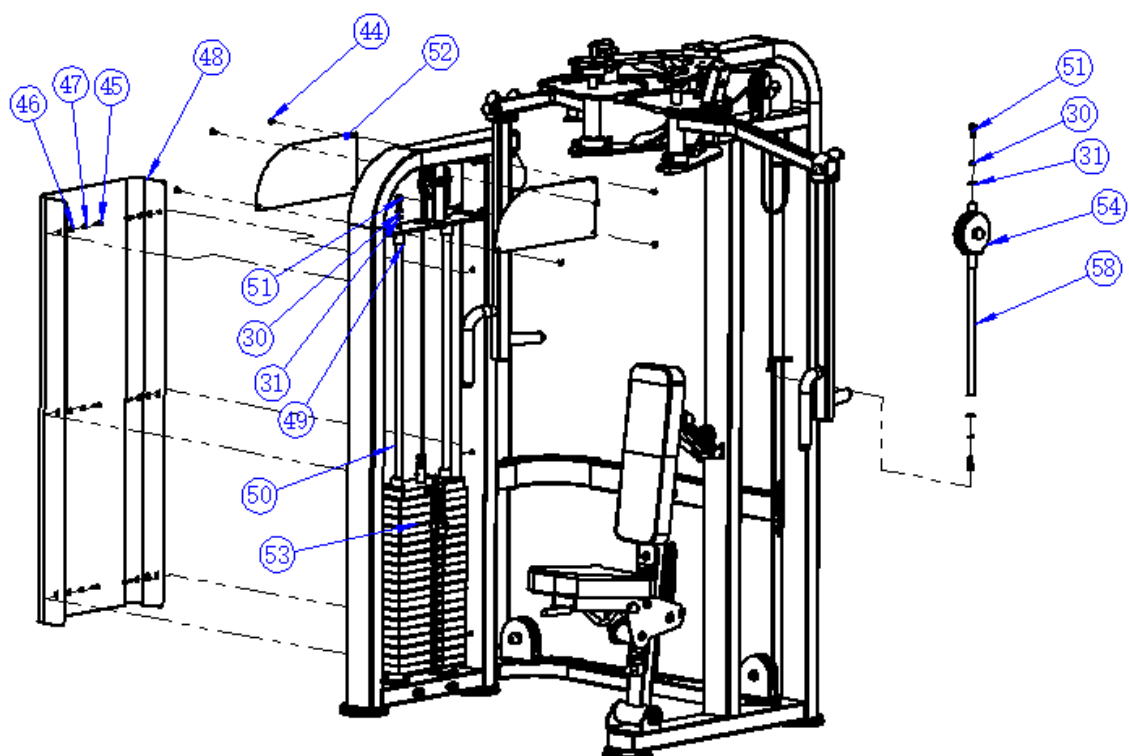


Bill of materials

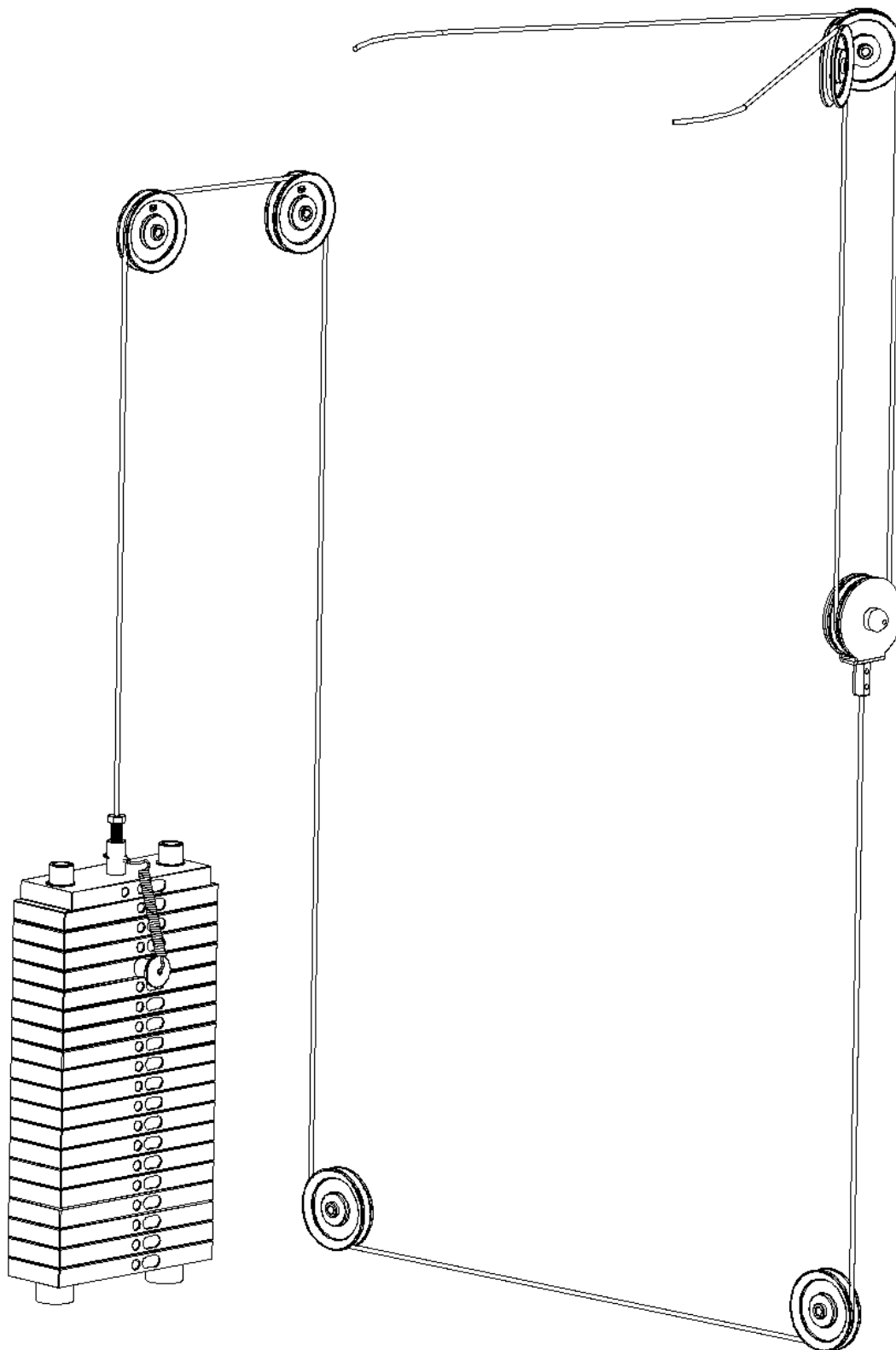
44	Hexagon socket grab bolt	M5*12	8
45	Hexagon socket cylinder bolt	M6*15	6
31	Flat washer	M10	1
46	Flat washer	M6	6
47	Spring washer	M6	6
50	Guide rod	Φ 20*1344	2
51	Hexagon socket cylinder bolt	M10*25	4
52	Instruction decal	420*177*T1.2	2
31	Flat washer	M10	4
30	Spring washer	M10	4
53	Weight stack		1
54	Pulley wheel		1
55	Cable 30		1
56	Cable 32		1
57	Cable 32		1
58	Guide rod	Ø20*560	1
48	Shroud	1240*621.4*T2	1
49	Guide rod fixed sleeve	Φ30*33	2

6) Step 6

Pulley



installation instruction:



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	Pec Dec & Rear Fly	Model	PSSS2108
Floor space	850*1320*2015	Weight stack	125 Kg
Net Weight	247 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.