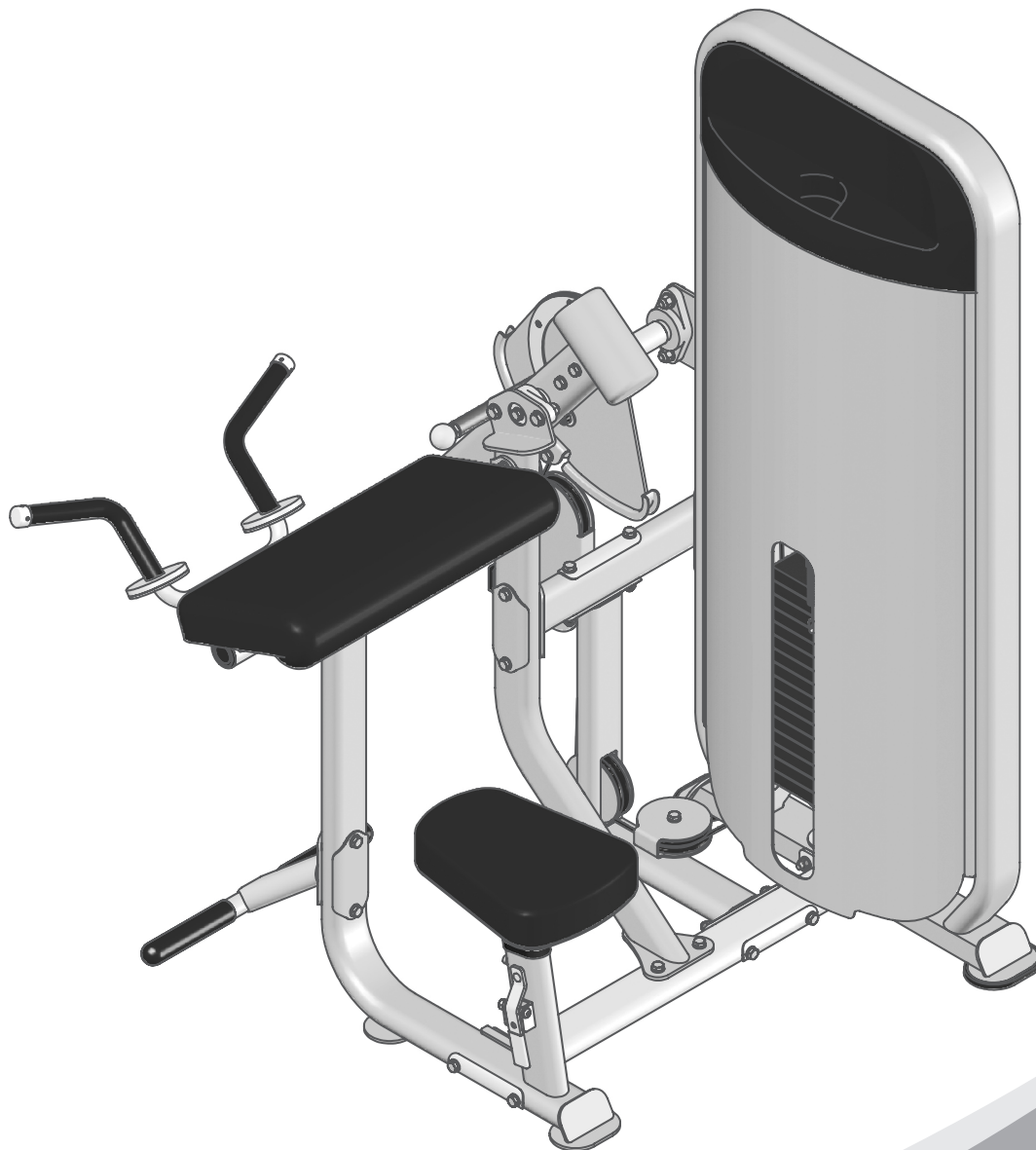


PL9023

Biceps/Triceps

OWNER'S MANUAL



! CAUTION

Read all precautions
and instructions in this manual
before using this equipment

11Q Rev B

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

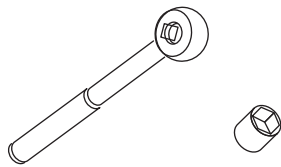
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

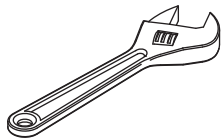
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

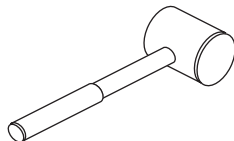
Tools Required



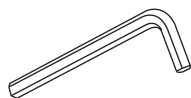
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set

Parts List

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

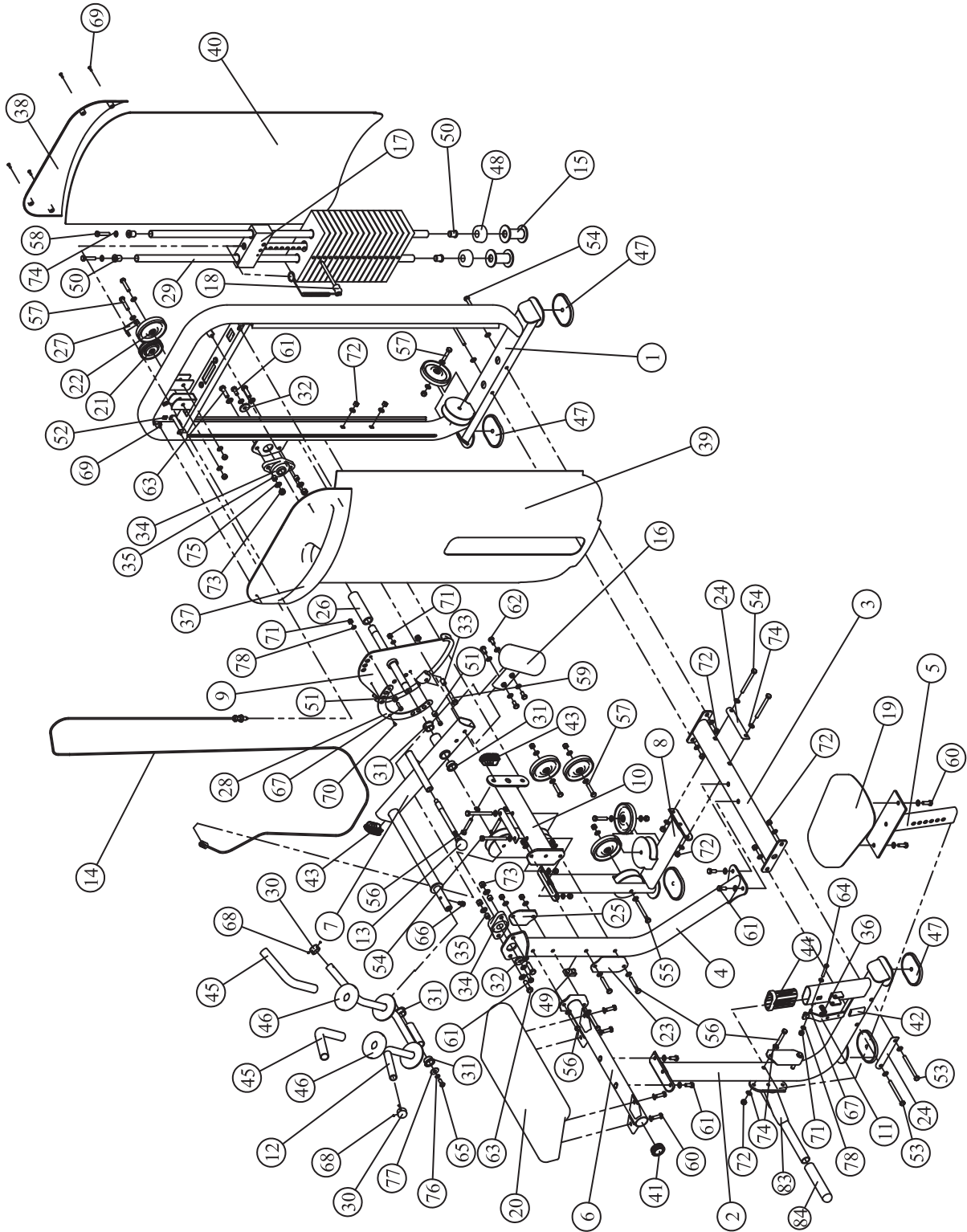
Item No.	Part Number	Description	Qty
1	PL90230100	Weight Stack Frame	1
2	PL9023B0200	Seat Pad Frame	1
3	PL90230300	Bottom Frame	1
4	PL90230400	Upright Frame	1
5	PL90230500	Seat Pad Support	1
6	PL90230600	Middle Frame	1
7	PL90230700	Arm Bracket	1
8	PL90230800	Stand Frame	1
9	PL90230900	Cam Wheel Brackets	1
10	PL90231000	Side Frame	1
11	PL90231100	Adjustable Support	1
12	PL90231200	Hand Bracket	1
13	PL90231300	Pop Pin	1
14	PL90231400	Cable	1
15	FS511900	Weight Stack Base	2
16	PL90241200	Weight Frame	1
17	PL90165400	Top Plate	1
18	IT90012000V1	Selector Pin W/Coil	1
19	PL90221200	Seat Pad	1
20	PL90231600	Arm Pad	1
21	M01004800	3.5" Pulley	1
22	SG500110400	4.5" Pulley	6
23	PL90021200	Oval Fixed Plate 130	2
24	PL90021400	Arc Fixed Plate	3
25	PL90162600	Oval Fixed Plate 90	1
26	PL90192900	Adjustment Cap	1
27	IT80191600	Pulley Prevent Tailgate	1
28	PL90231500	Scaleboard	1
29	PL90211600	Guide Rod	2
30	V39600	Aluminium Grip Cap	2
31	M02502000	Bushing $\Phi 38 \times \Phi 25.4 \times 18$	4
32	TLE-2824600	End Cover	2
33	H2-A070	Small Bush	1
34	UCFL205	Pillow Block Bearing	2
35	IT80038600	Separate Cap	4
36	HF1642303	Spring	1
37	PL90162400	Top Front Shroud	1
38	PL90162500	Top Rear Shroud	1
39	PL90212800	Bottom Front Shroud	1
40	PL90212900	Bottom Rear Shroud	1
41	PBF40013	Circular Plug	1
42	IN-B72011400Y	Adjustable Support Sleeve	1
43	AXTSCS1800	Plug RT40*80	2

Parts List

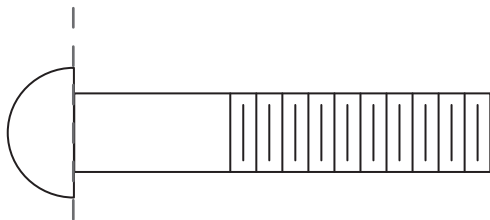
Item No.	Part Number	Description	Qty
44	B3302600	Plastic Tube Guide	1
45	V511100	Grip Sheath	2
46	DX28018C4100	Rubber Plate	2
47	PL90161900	Foot Pad	5
48	PBG10003	Weight Rubber Bumper	2
49	83004700	Rubber Bumper	1
50	L1-4800	Guide Rubber Bumper	4
51	IN-S10111200	Little Bumper	2
52	STDP5500	U-Style Tapped Hole Nut	4
53	GB5780M10*110DS2	Hex Head Bolt M10*110	2
54	GB5780M10*105DS2	Hex Head Bolt M10*105	6
55	GB5780M10*95DS2	Hex Head Bolt M10*95	1
56	GB5780M10*65DS2	Hex Head Bolt M10*65	8
57	GB5780M10*50DS2	Hex Head Bolt M10*50	6
58	GB5781M10*50DS2	Hex Head Bolt M10*50	2
59	GB5780M10*45DS2	Hex Head Bolt M10*45	1
60	GB5781M10*30DS2	Hex Head Bolt M10*30	6
61	GB5781M10*25DS2NL	Hex Head Bolt M10*25	6
62	GB5781M10*20DS2NL	Hex Head Bolt M10*20	4
63	GB5780M12*40DS2	Hex Head Bolt M12*40	4
64	PNLM8*55DS2	Button Head Cap Screw M8*55	1
65	PNLM10*25DS2	Button Head Cap Screw M10*25	1
66	GB70M10*15DS2NL	Socket Head Cap Screw M10*15	1
67	GB70M8*25*25DS2	Socket Head Cap Screw M8*25	3
68	YZGB7710-32*3.2DS2	Socket Set Screw 10-32*3.2	4
69	GB818M5*15DS2	Pan Head Phillips Screw M5*15	8
70	GB819M5*10DS2	Flat Philips Screw M5*10	1
71	NM8DS2	Nylon lock Nut M8	3
72	NM10DS2	Nylon lock Nut M10	25
73	NM12DS2	Nylon lock Nut M12	4
74	GB9510DS2	Washer $\Phi 11*\Phi 20*2$	68
75	GB9512DS2	Washer $\Phi 11*\Phi 20*2$	8
76	GB9310DS12	Spring Washer	1
77	DQ10DS2C	Washer $\Phi 11*\Phi 30*2$	1
78	GB958DS2	Washer $\Phi 9*\Phi 16*1.6$	4
79	NBS6DHS	Hex key S=6	1
80	NBS8DHS	Hex key S=8	1
81	YHY	Lube	1
83	PL9023B8300	Assistant Frame	1
84	HF49622900	Grip	2
85	GB5780M10*190DS2	Hex Head Bolt M10*190	1
86	GB5780M10*135DS2	Hex Head Bolt M10*135	1

! There are two configuration of weights: 250LBS(sixteen 15LBS Weight Plate) and 170LBS(sixteen 10LBS Weight Plate), please see following form for details.

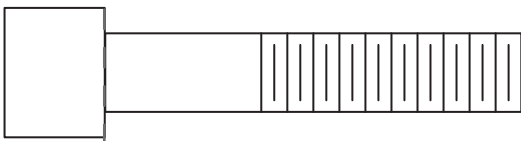
Exploded View



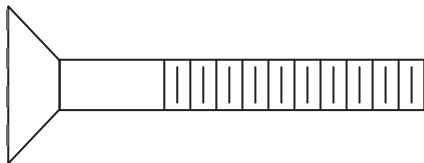
Measurement Guide



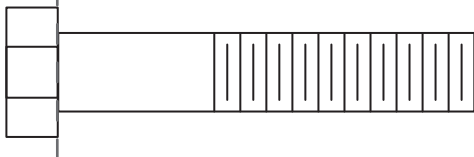
BHCS = Button Head Cap Screw



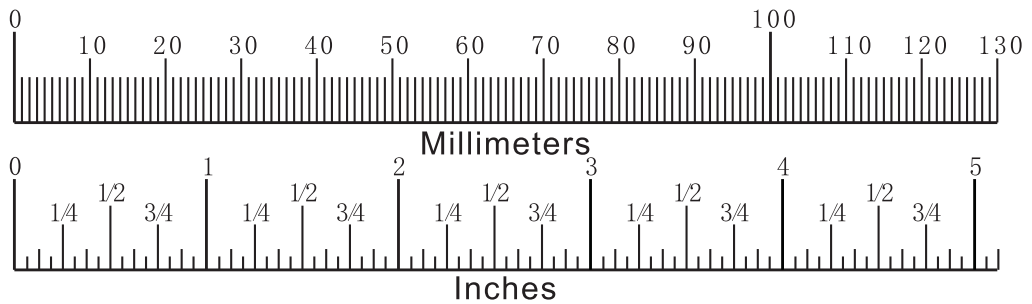
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Attach the Seat Pad Frame (#2), Upright Frame (#4) & Stand Frame (#8) to the Bottom Frame (#3) using:

two M10*110 HHB (#53)

two M10*105 HHB (#54)

two M10*25 HHB (#61)

ten $\Phi 11*\Phi 20*2$ Flat Washer (#74)

four M10 Nylon lock Nut (#72)

2. Attach the Middle Frame (#6) to the Upright Frame (#4) & Seat Pad Frame (#2) using:

one Oval Fixed Plate 90 (#25)

two M10*65 HHB (#56)

two M10*25 HHB (#61)

six $\Phi 11*\Phi 20*2$ Flat Washer (#74)

two M10 Nylon lock Nut (#72)

3. Attach the Side Frame (#10) to the Upright Frame (#4) & Stand Frame (#8) using:

one Arc Fixed Plate (#24)

one Oval Fixed Plate 130 (#23)

two M10*105 HHB (#54)

two M10*65 HHB (#56)

eight $\Phi 11*\Phi 20*2$ Flat Washer (#74)

four M10 Nylon lock Nut (#72)

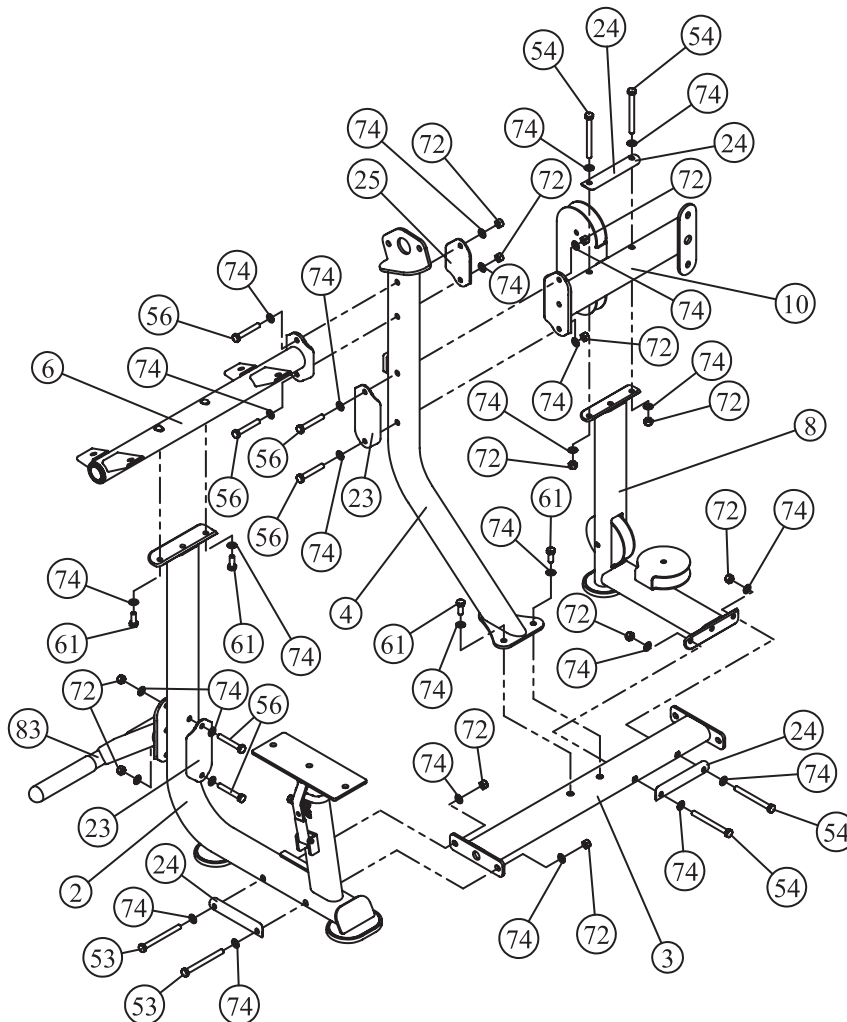
4. Attach the Assistant Frame (#83) to the Seat Pad Frame (#2) using:

one Oval Fixed Plate 130 (#23)

two M10*65 HHB (#56)

four $\Phi 11*\Phi 20*2$ Flat Washer (#74)

two M10 Nylon lock Nut (#72)



Assembly

Step 3

1. Attach:

two Guide Rod (#29)
two Weight Stack Base (#15)
one Top Plate (#17)

two Weight Rubber Bumper (#48)
sixteen Weight Plate

to the Weight Stack Frame (#1) using:

two M10*50 HHB (#59)

two $\Phi 11*\Phi 20*2$ Flat Washer (#74)

2. Attach the Selector Pin W/Coil (#18) to the Top Plate (#17).

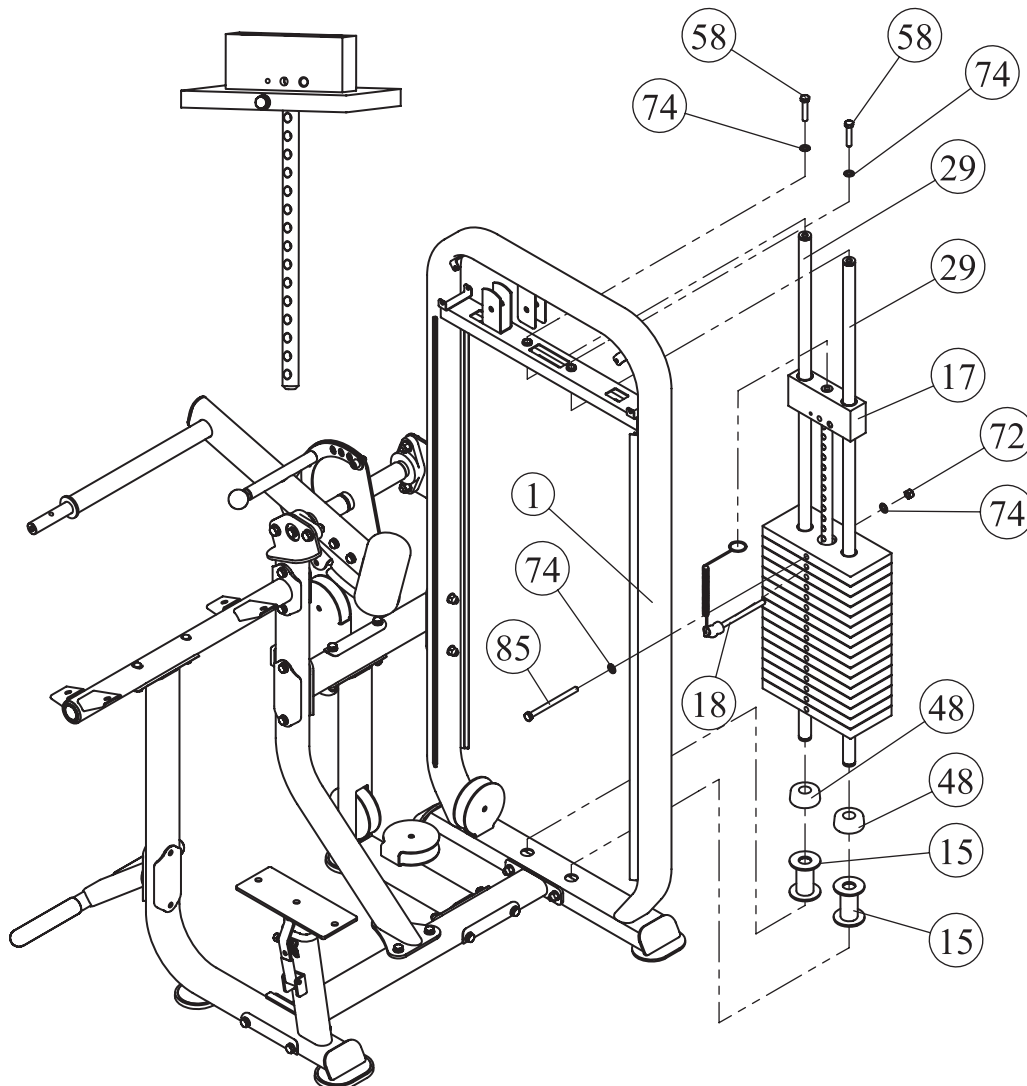
3. Attach the first weight stack to the top plate (#17) using:

one M10*190 HHB (#85)

two $\Phi 11*\Phi 20*2$ Flat Washer (#74)

one M10 Nylon lock Nut (#72)

*Here is the assembly instruction for 250LBS weights.
Please assemble according to the actual weights you buy.*



Assembly

Step 3

1. Attach:

two Guide Rod (#29)
two Weight Stack Base (#15)
one Top Plate (#17)

two Weight Rubber Bumper (#48)
sixteen Weight Plate

to the Weight Stack Frame (#1) using:

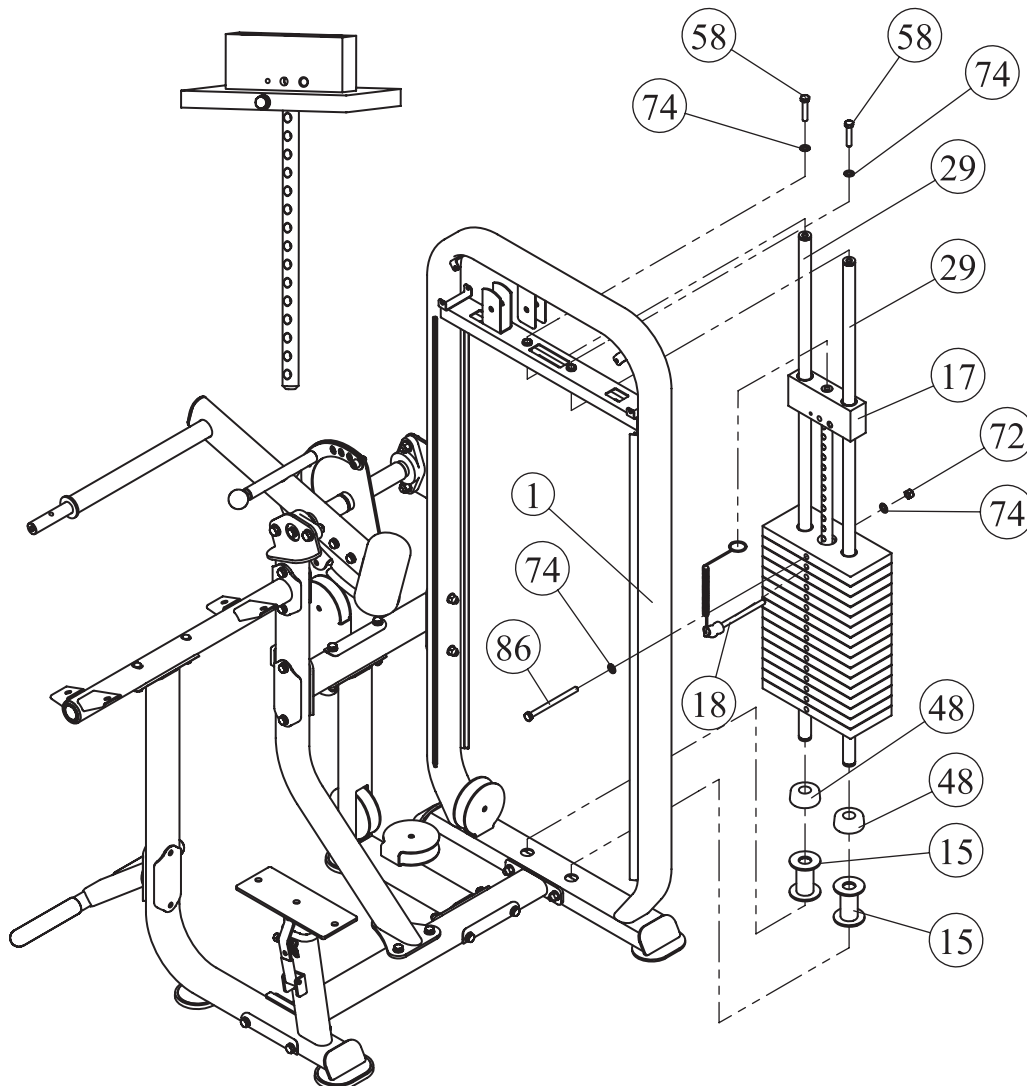
two M10*50 HHB (#59) two $\Phi 11*\Phi 20*2$ Flat Washer (#74)

2. Attach the Selector Pin W/Coil (#18) to the Top Plate (#17).

3. Attach the first weight stack to the top plate (#17) using:

one M10*135 HHB (#86) two $\Phi 11*\Phi 20*2$ Flat Washer (#74)
one M10 Nylon lock Nut (#72)

*Here is the assembly instruction for 170LBS weights.
Please assemble according to the actual weights you buy.*



Assembly

Step 4

1. Attach the Cable (#14) to the Top Plate (#17) & Cam Wheel Brackets (#9)

using:

one Small Bush (#33)

two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#74)

one M10*45 HHB (#59)

one M10 Nylon lock Nut (#72)

2. Attach one 3.5" Pulley (#21) & two 4.5" (#22) to the Weight Stack Frame (#1)

using:

one Pulley Prevent Tailgate (#27)

six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#74)

three M10*50 HHB (#57)

three M10 Nylon lock Nut (#72)

3. Attach two 4.5" (#22) to the Stand Frame (#8) using:

one M10*95 HHB (#55)

one M10*50 HHB (#57)

four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#74)

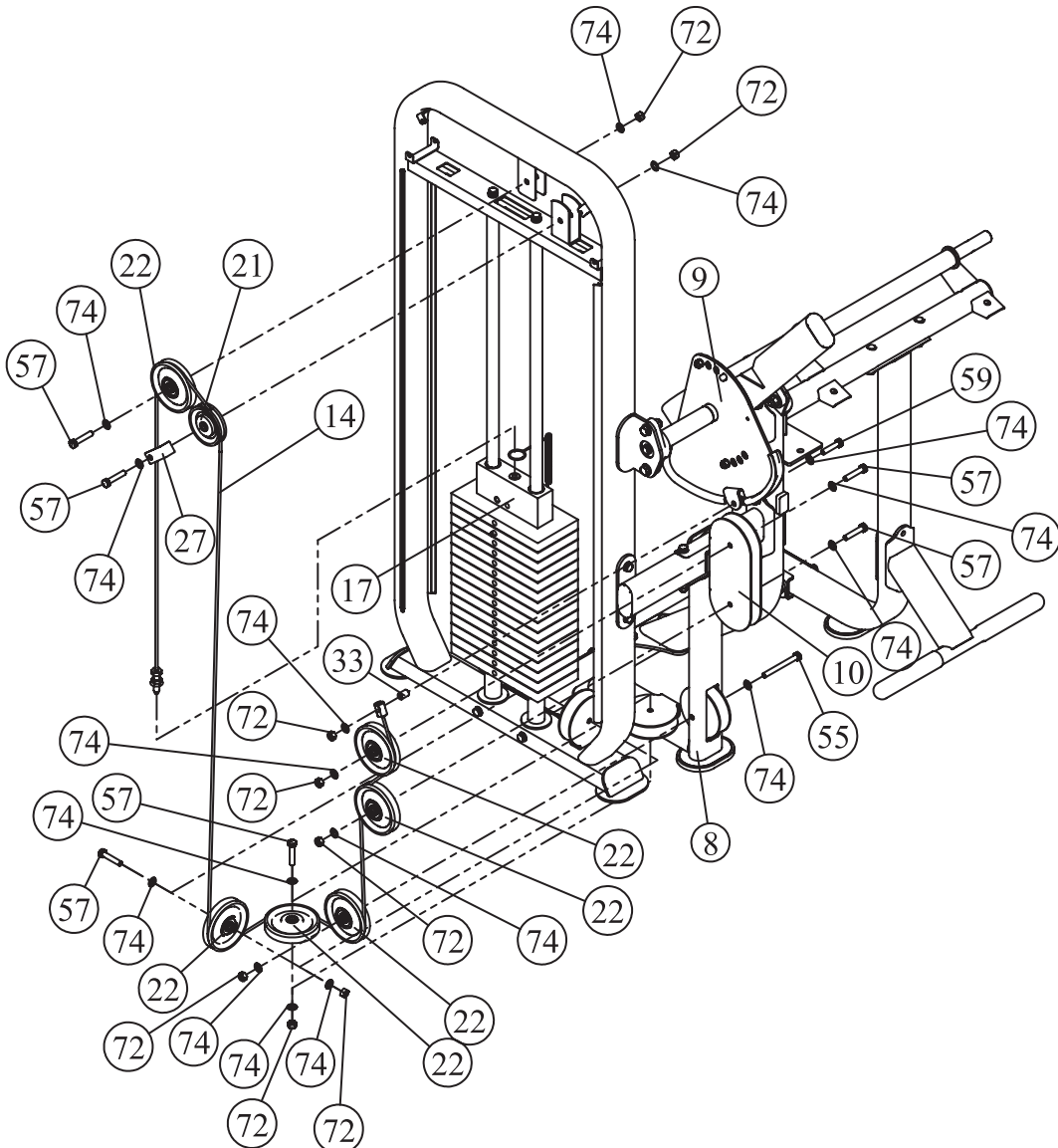
two M10 Nylon lock Nut (#72)

4. Attach two 4.5" (#22) to the Side Frame (#10) using:

two M10*50 HHB (#57)

two M10 Nylon lock Nut (#72)

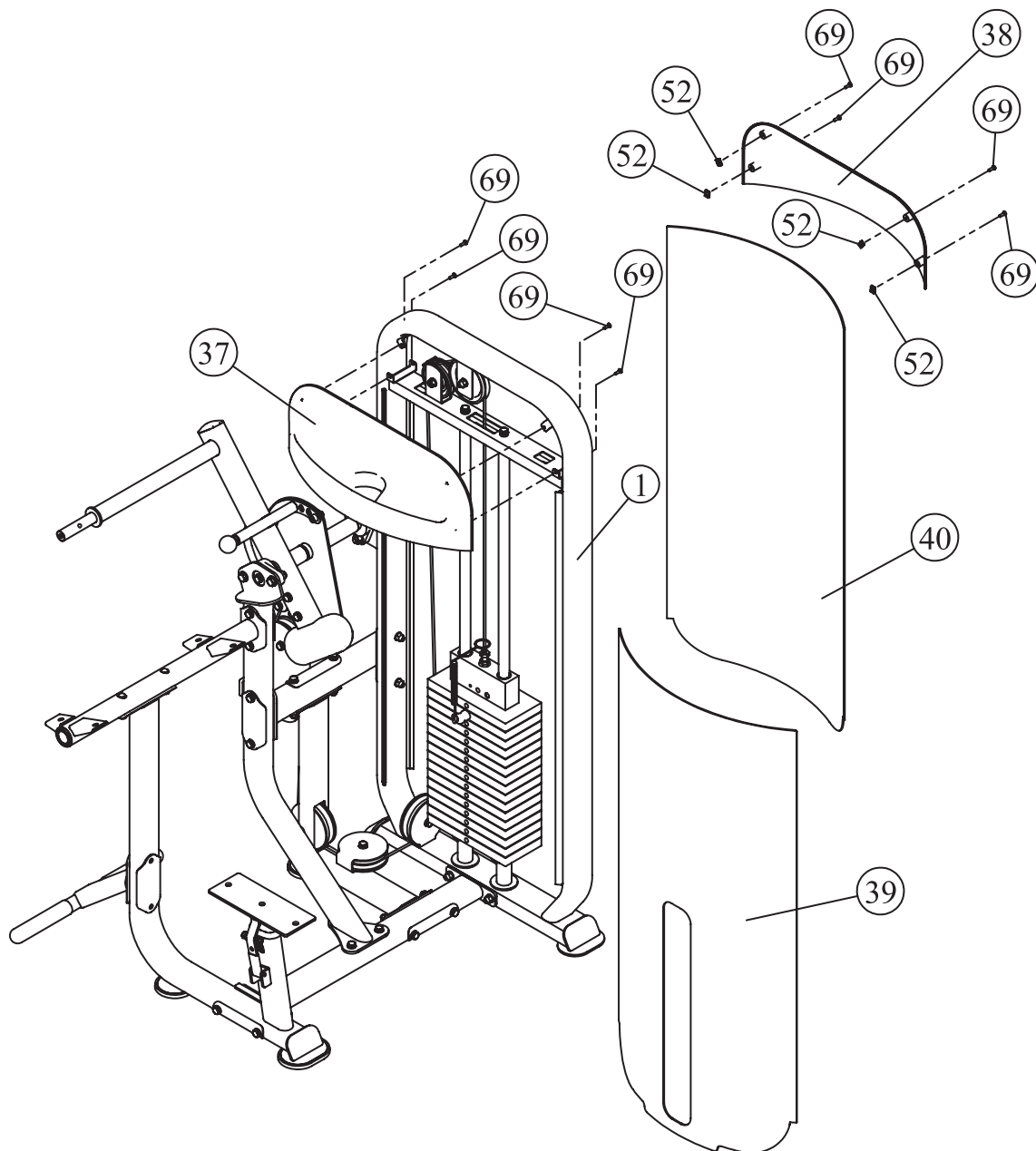
four $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#74)



Assembly

Step 5

1. Attach the Bottom Front Shroud (#39) and Bottom Rear shroud (#40) to the Weight Stack Frame (#1).
2. Attach the Top Front Shroud (#37) to the Weight Stack Frame (#1) using:
four M5*15 Pan Head Phillips Screw (#69)
3. Attach the Top Rear Shroud (#38) to the Weight Stack Frame (#1) using:
four M5 U-Style Tapped Hole Nut (#52) four M5*15 Pan Head Phillips Screw (#69)



Exercise Instructions

BICEPS / TRICEPS

PL9023

Exercise Instructions:


SET UP

- 1 Select an appropriate weight.
- 2 Adjust seat pad to the desired position.


EXERCISE

- **Biceps:**
Adjust handles to desired lower position , place arm on pad , grasp handles to curl toward chest slowly
- **Triceps:**
Adjust handles to desired higher position , place arm on pad , grasp handles to pull away from chest slowly

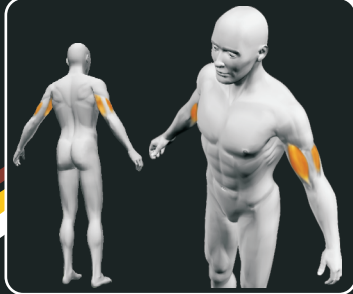
• Pause slightly then slowly return to the starting position.



Biceps



Triceps



SET UP

- 1 Select an appropriate weight.
- 2 Adjust seat pad to the desired position.

EXERCISE

● **Biceps:**

Adjust handles to desired lower position , place arm on pad , grasp handles to curl toward chest slowly

● **Triceps:**

Adjust handles to desired higher position , place arm on pad , grasp handles to pull away from chest slowly

- **Pause slightly then slowly return to the starting position.**

(Adjust weight according to the select pin)

Specifications

Class: S

Maximum Wt. Capacity: 113Kg/ 250lbs.

Maximum Load of Trainer: 150Kg/ 330lbs.

Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *We use only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolt attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

