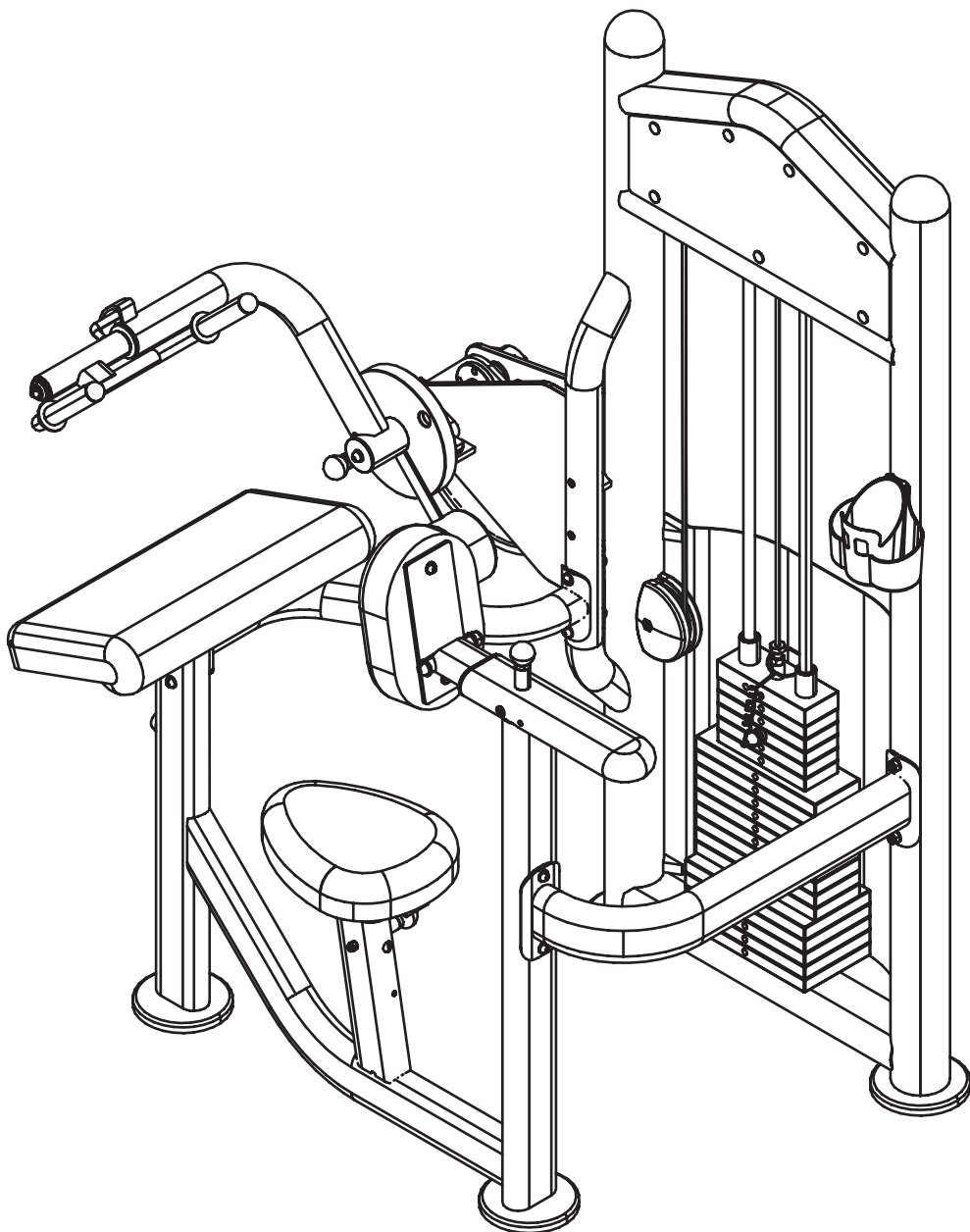


impulsa²



**IT8023 Arm Extension
Assembly Instructions**

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Important Safety Instructions

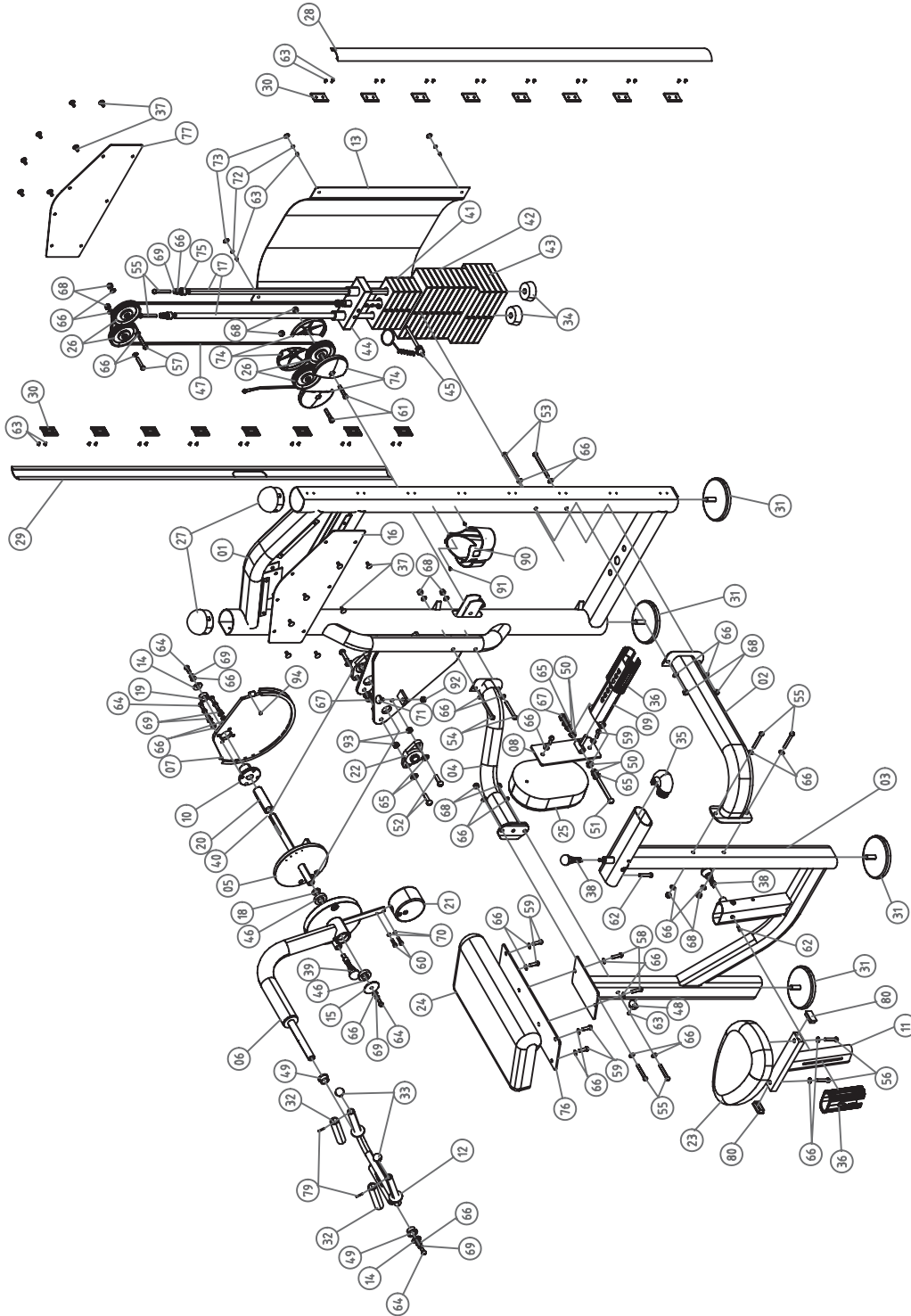
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the Arm Extension .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.

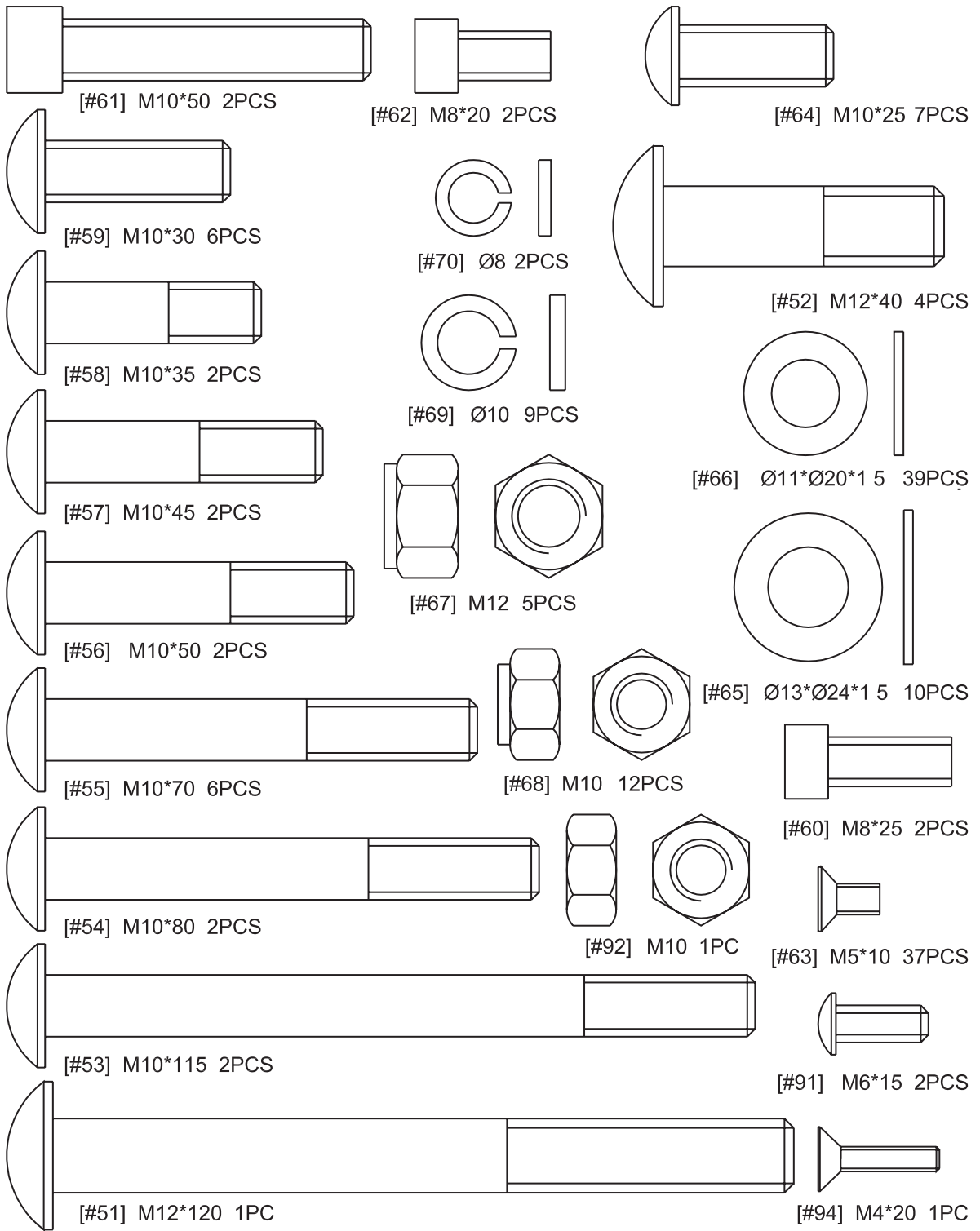
Personal Safety During Assembly

- * 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 Arm Extension 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.

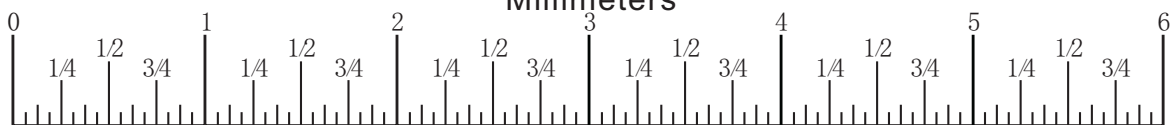
IT8023 Arm Extension Exploded View Diagram



Hardware List



Millimeters



Inches

Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	47	Cable	1
2	Low Cross Frame	1	48	Bumper	1
3	Seat Support	1	49	Bronze Bushing ID25.4	2
4	Upper Cross Frame	1	50	Bronze Bushing ID12.2	4
5	Adj. Shaft	1	51	Allen Bolt M12×120	1
6	Arm	1	52	Allen Bolt M12×40	4
7	Cam	1	53	Allen Bolt M10×115	2
8	Back Pad Plate	1	54	Allen Bolt M10×80	2
9	Back Pad Tube	1	55	Allen Bolt M10×70	6
10	Flange	1	56	Allen Bolt M10×50	2
11	Seat Pad Support	1	57	Allen Bolt M10×45	2
12	Handle	1	58	Allen Bolt M10×35	2
13	Weight Shroud	1	59	Allen Bolt M10×30	6
14	Small Bearing Cover	2	60	Shoulder Bolt M8×25	2
15	Big Bearing Cover	1	61	Shoulder Bolt M10×50	2
16	Front Decal Plate	1	62	Shoulder Bolt M8×20	2
17	Guide Rod	2	63	Screw M5×10	37
18	Spacer Washer	1	64	Allen Screw M10×25	7
19	Spacer	1	65	Washer $\phi 13 \times \phi 24 \times 1.5$	10
20	Long Spacer	1	66	Washer $\phi 11 \times \phi 20 \times 1.5$	39
21	Counter Poise Block	1	67	Nylon Locknut M12	5
22	Pillow Block	2	68	Nylon Locknut M10	12
23	Seat Pad	1	69	Spring Washer $\phi 10$	9
24	Preacher Curl Pad	1	70	Spring Washer $\phi 8$	2
25	Back Pad	1	71	Adj. Stopper	1
26	4.5" Pulley	4	72	Plastic Washer	4
27	"D" End Cap	2	73	Bolt Cover	4
28	Rear Side Cover	1	74	Half-pulley Cover	4
29	Front Side Cover	1	75	Rubber Cap	2
30	Plastic Block	16	76	Pad Plate	1
31	Adj. Foot Plate	4	77	Rear Decal Plate	1
32	Grip	2	79	Split Pin	2
33	Aluminium Plug	2	80	Plug 50x25	2
34	Weight Rubber Bumper	2	82	Decal Weight Numbers	1
35	Plug RT 50x100	1	83	Decal Warning	1
36	Slide Sleeve 50x100/40x80	2	84	Decal Maintenance Routine	1
37	Button	14	85	Decal Pinch Points	1
38	Pop Pin	2	86	Decal Tightening	1
39	Long Pop Pin	1	87	Allen Wrench S=6	1
40	Key	1	88	Allen Wrench S=3	1
41	5lbs Weight	5	89	Allen Wrench S=8	1
42	10lbs Weight	9	90	Plastic Cap	1
43	15lbs Weight	5	91	Allen Bolt M6×15	2
44	Allen Bolt M10×55	1	92	Nut M10	1
45	Allen Bolt M10×50	1	93	Spacer	4
46	Bearing Id25	2	94	Screw M4×20	1
			95	Rubber Bumper	1

Assembly instructions

Assembly of the Arm Extension 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.

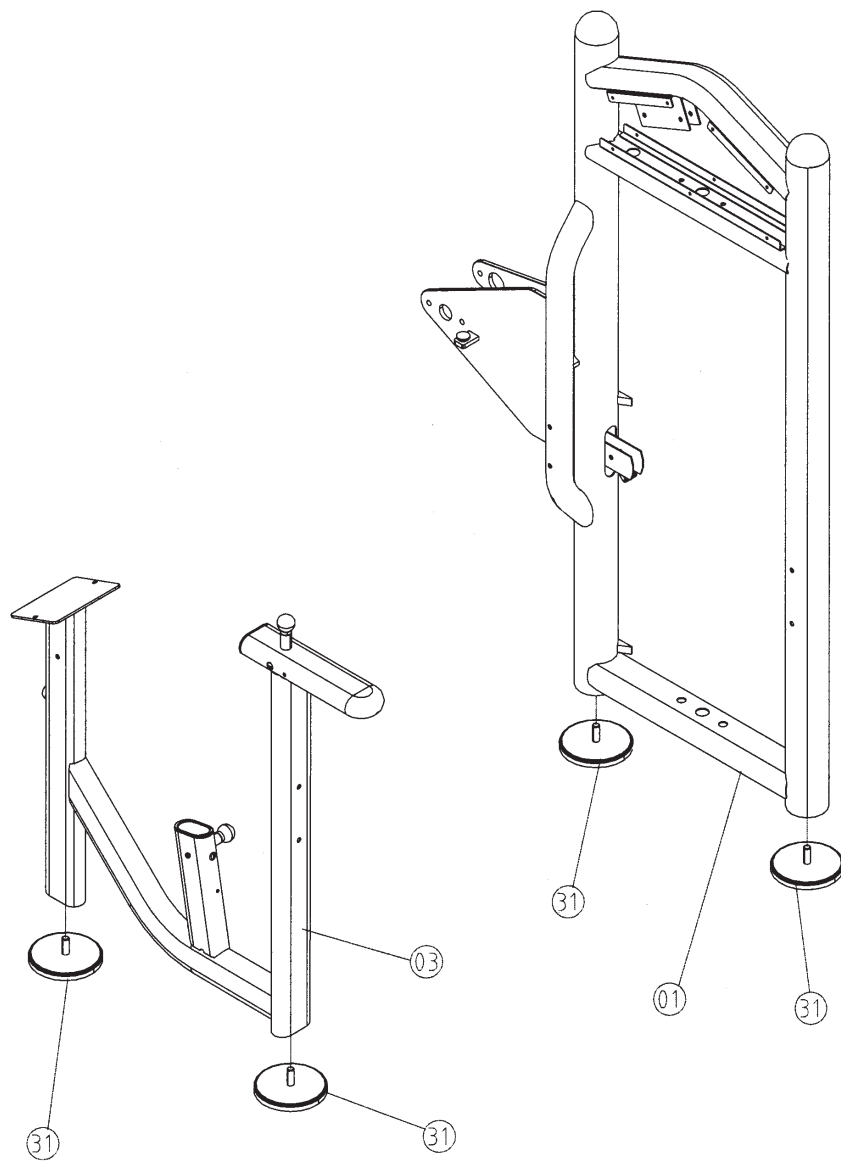


Note

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.

Step 1 Install the Adj. Foot Plates

Align the Adj. Foot Plates (#31) to the Main Upright (#1), and the Seat Support (#3) then secure them by hands.



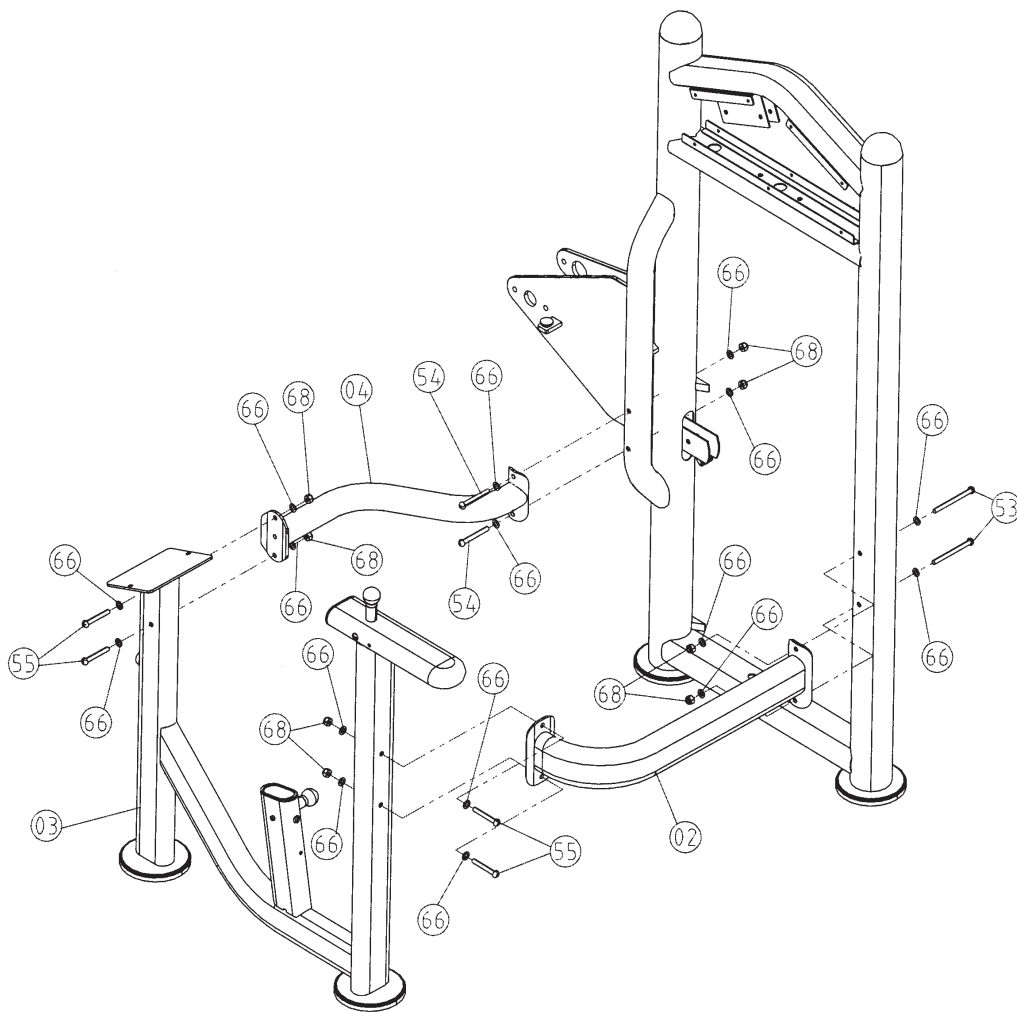
Step2 Assemble The Frame

1) Attach the Low Cross Frame (#2) and the Upper Cross Frame (#4) to the Main Upright (#1) using:

two Allen Bolts (#53) M10×115
two Allen Bolts (#54) M10×80
four Nylon Locknuts (#68) M10
eight Washers (#66) $\Phi 11 \times \Phi 20 \times 1.5$

2) Attach the Seat Support (#3) to the Low Cross Frame (#2) and the Upper Cross Frame (#4) using:

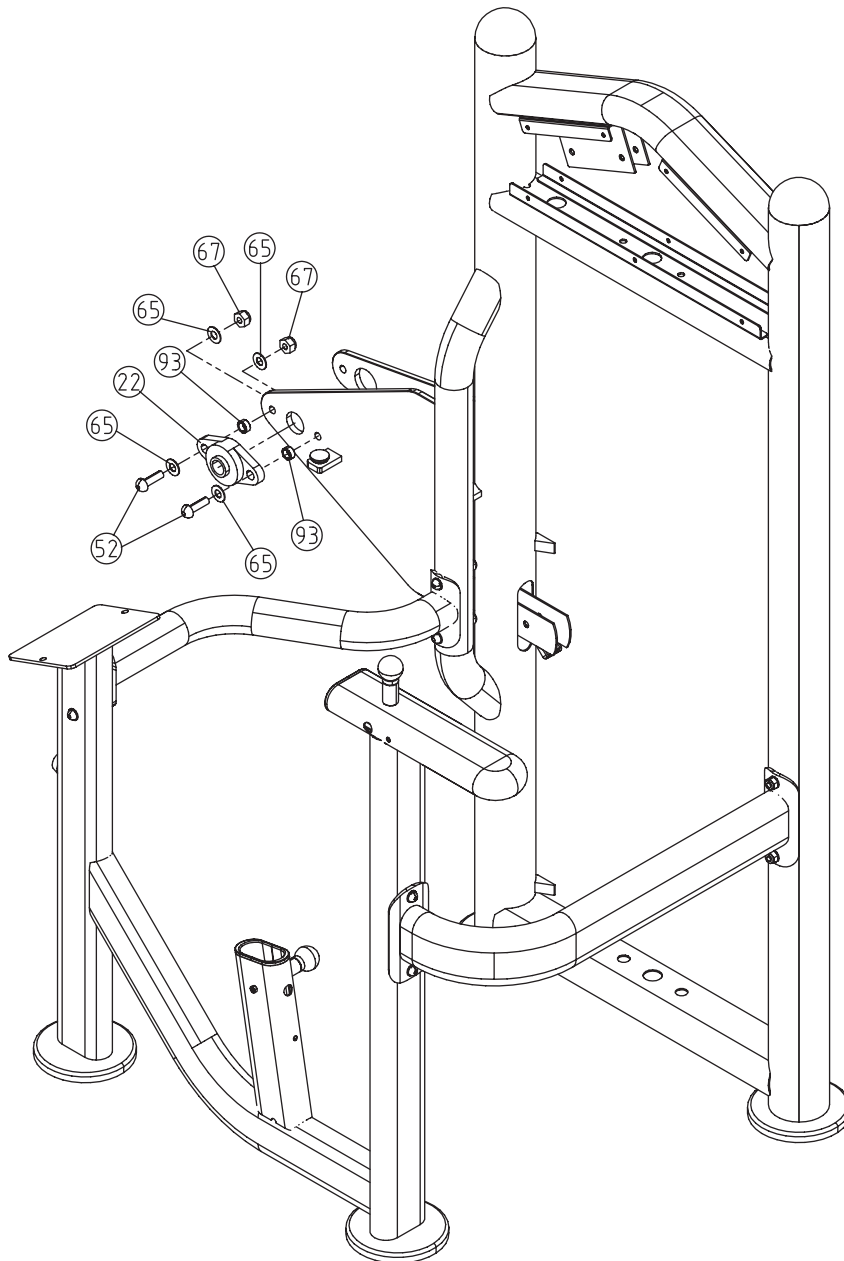
four Allen Bolts (#55) M10×70
four Nylon Locknuts (#68) M10
eight Washers (#66) $\Phi 11 \times \Phi 20 \times 1.5$



Step3 Assemble The Pillow Block

**Attach the Pillow Block(#22) to the Main Upright(#1)
using:**

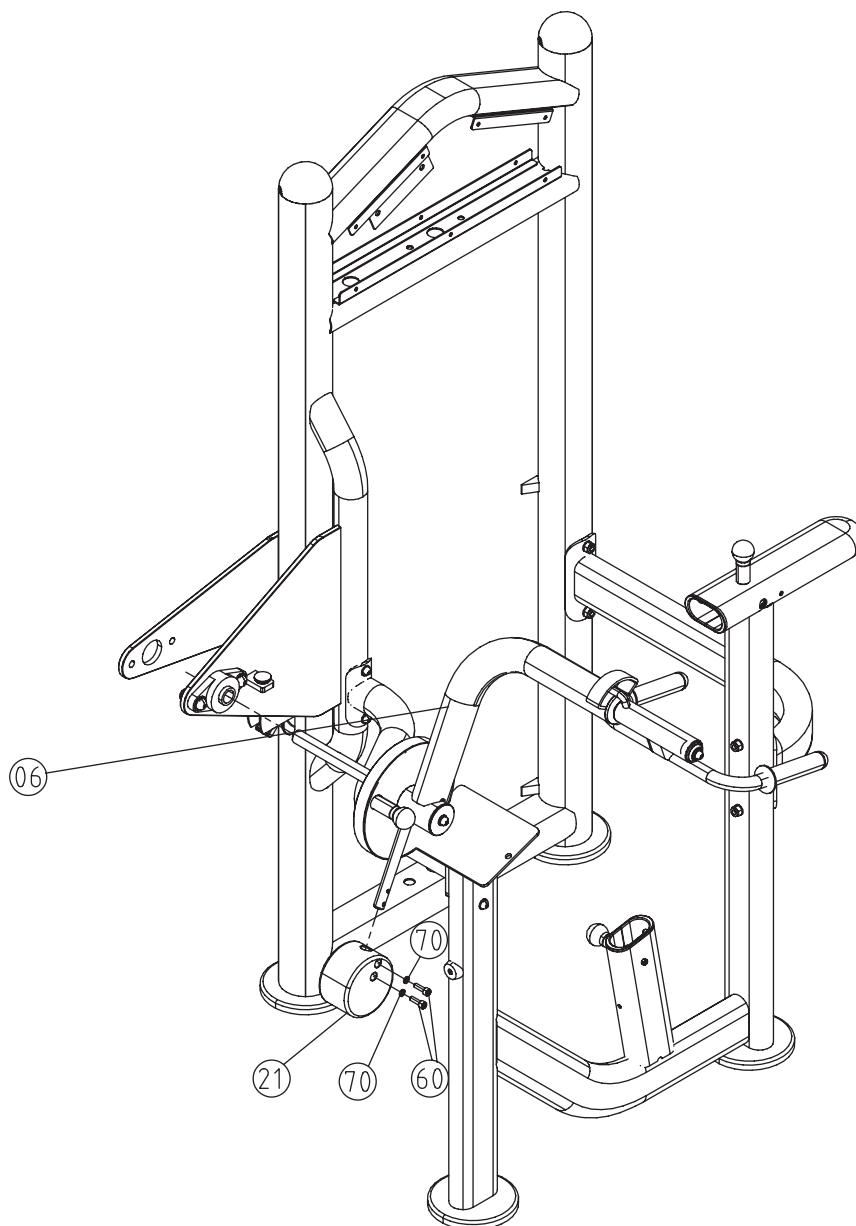
**two Allen Bolts(#52) M12×40
four Washers(#65) $\Phi 13 \times \Phi 24 \times 1.5$
two Nylon Locknuts(#67) M12
two Spacers(#93)**



Step4 Assemble the Arm

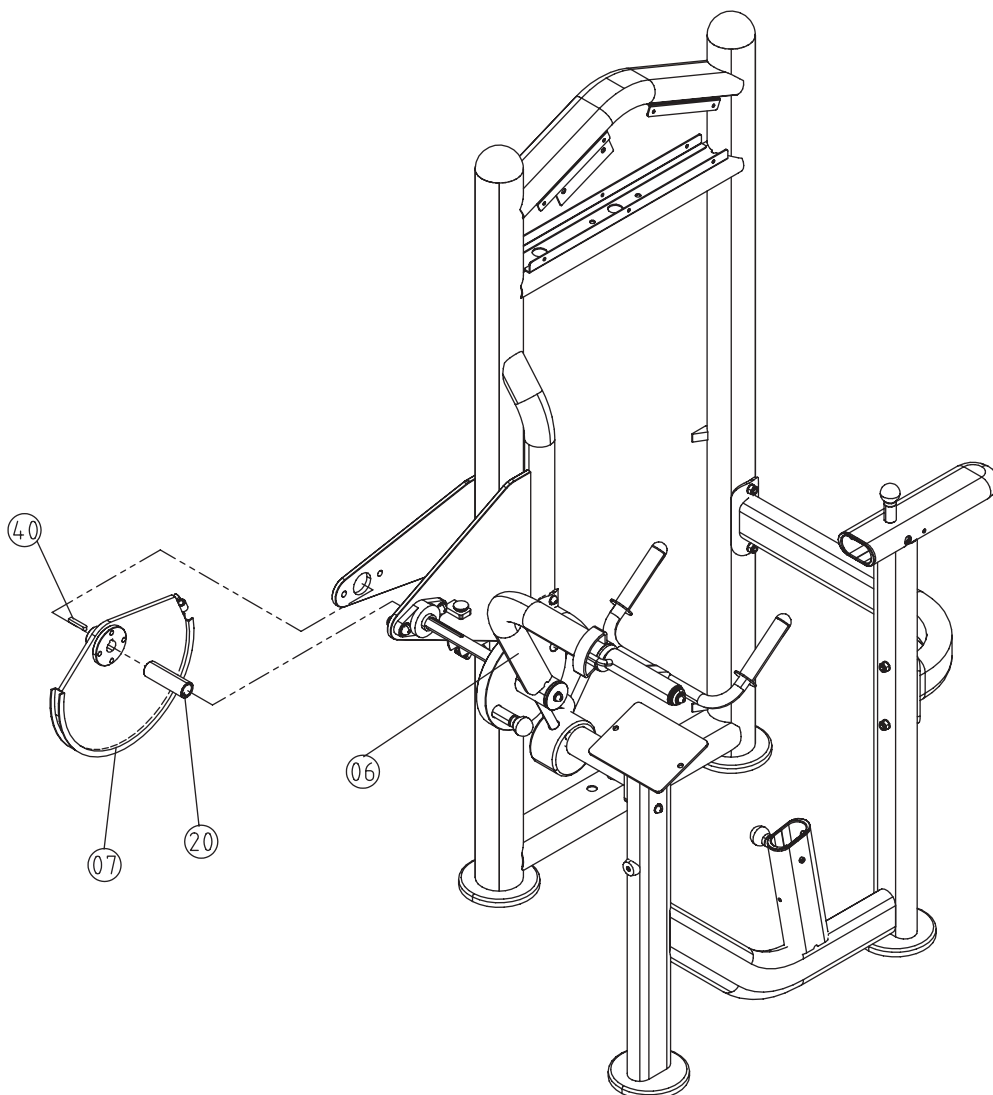
- 1) Insert the Arm (#6) into the Main Upright (#1) and through the Pillow Block (#22).
- 2) Attach the Counter Poise Block (#21) to the Arm (#6) using:

two Shoulder Bolts (#60) M8×25
two Spring Washers (#70) Φ 8



Step5 Assemble The Cam

Insert the Arm (#6) through the Main Upright (#1), the Spacer (#20) and the Cam (#7), next secure the Cam (#7) to the Arm (#6) using the Key (#40).

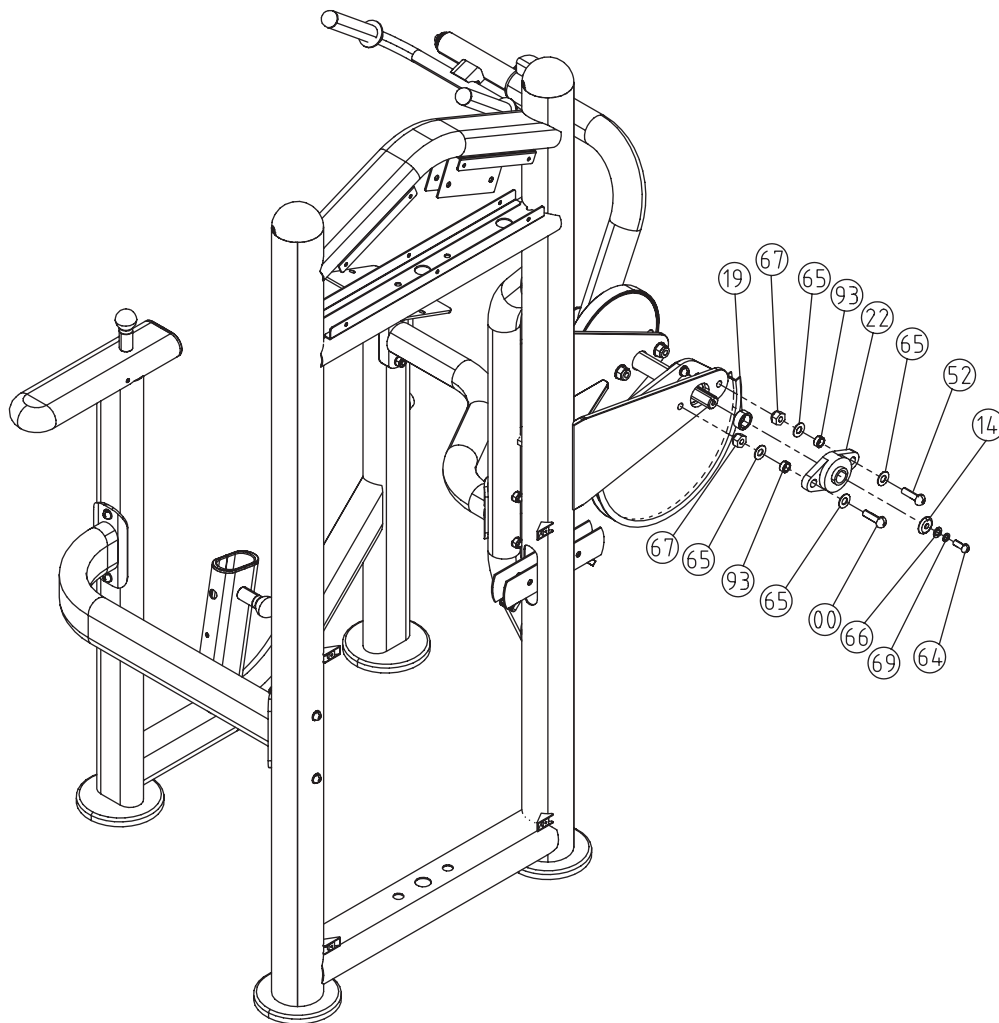


Step6 Assemble The Pillow Block

- 1) Insert the Spacer(#19) onto the Arm(#6) as shown below.
- 2) Attach the Pillow Block(#22) to the Main Upright(#1) using:

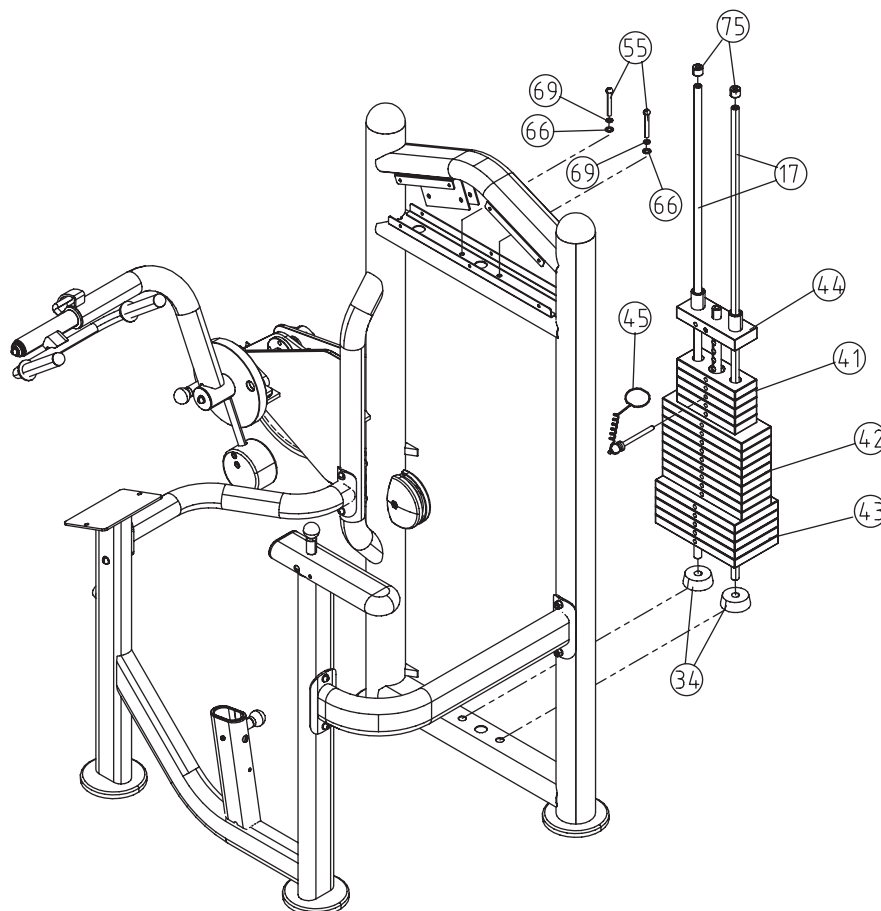
two Allen Bolt(#52) M12×40
two Nylon Locknuts(#67) M12
four Washers(#65) $\Phi 13 \times \Phi 24 \times 1.5$

- 3) Secure the Arm(#6) to the Pillow Block(#22) using:
one Allen Screw(#64) M10×25
one Spring Washer(#69) $\Phi 10$
one Washer(#66) $\Phi 11 \times \Phi 20 \times 1.5$
one Small Bearing Cover(#14)
two Spacers(#93)



Step 7 Assemble The Weight Plates

- 1) Insert both the Guide Rods (#17) into the Main Upright (#1).
- 2) Slide the Weight Rubber Bumper (#34) down onto each Guide Rod (#17). as shown below.
- 3) Carefully begin sliding the Weight Plate one by one in sequence: #43, #42, #41, #44.
- 4) Align both ends of the two Guide Rods (#17) to the Main Upright (#1) and secure them using:
 - two Allen Bolts (#55) M10×70
 - two Washers (#66) $\Phi 11 \times \Phi 20 \times 1.5$
 - two Spring Washers (#69) $\Phi 10$
 - two Rubber Caps (#75)



Note Make sure that Washers (#66) and Spring Washers (#69) are on the top side.

Step9 Assemble The Decal Plates

1) Attach the two Decal Plates (#16, #77) to the Main Upright (#1) using:

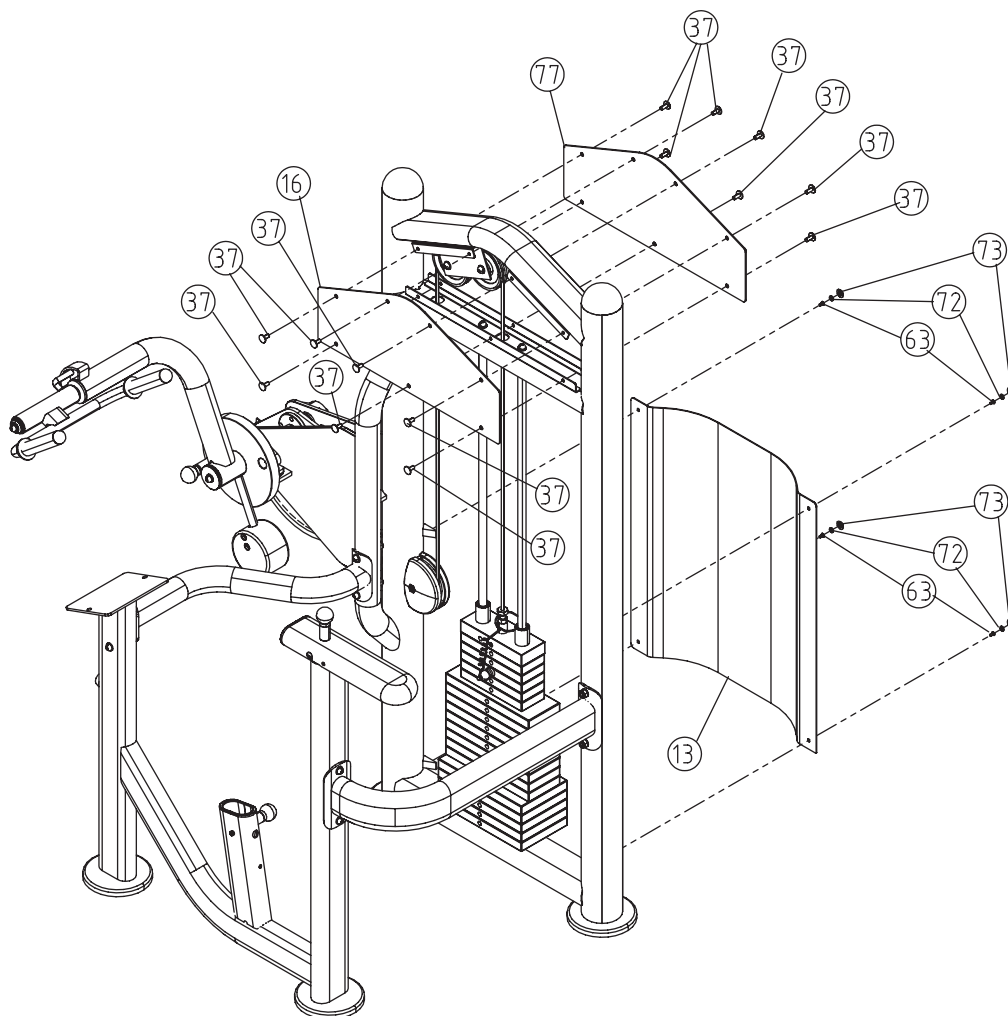
fourteen Buttons (#37)

2) Attach the Weight Shroud (#13) to the Main Upright (#1) using:

four Bolt Covers (#73)

four Plastic Washers (#63)

four Chamfer Bolts (#72)



The Front Decal Plate (#16) with the exercise instructions printed on it should be attached in the front of the Main Upright (#1).

Step 10 Assemble The Pads

1) Attach the Seat Pad (#23) to the seat Pad Support (#11) using:

**two Washers(#66) $\Phi 11 \times \Phi 20 \times 1.5$
two Allen Bolts(#56) M10 \times 50**

2) Insert the Seat Pad Support (#11) into the Seat Support (#3) and secure it into place using the Pop Pin(#38) and the Screw(#62).

3) Attach the Back Pad(#81) to the Back Pad Tube(#9) using:

**two Washers(#66) $\Phi 11 \times \Phi 20 \times 1.5$
two Allen Bolts(#59) M10 \times 30**

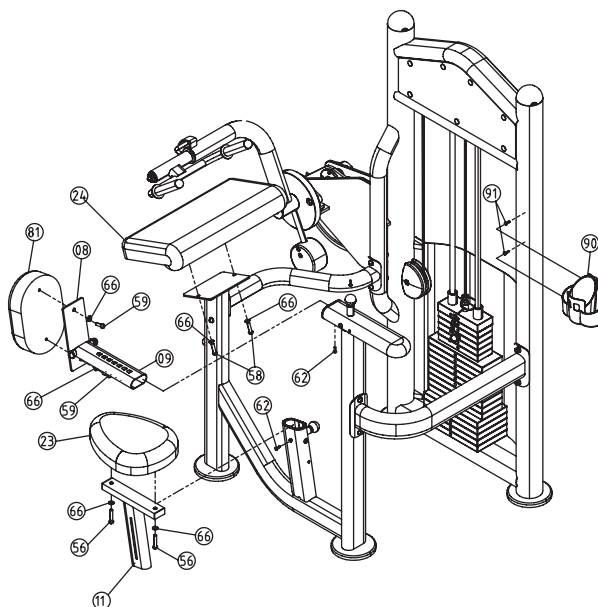
4) Insert the back Pad Tube(#9) into the Seat Support (#3) and secure it into place with the Pop Pin(#38) and the Screw(#62).

5) Attach the Preacher Curl Pad(#24) to the Seat Support(#3) using:

**two Allen Bolts(#58) M10 \times 35
two Washers(#66) $\Phi 11 \times \Phi 20 \times 1.5$**

6) Attach the Plastic Cap(#90) to the Main Upright(#1) using:

two Allen Bolts(#91) M6 \times 15



For a safe exercise, you need make the unit steady by adjusting the Adj.foot plates.