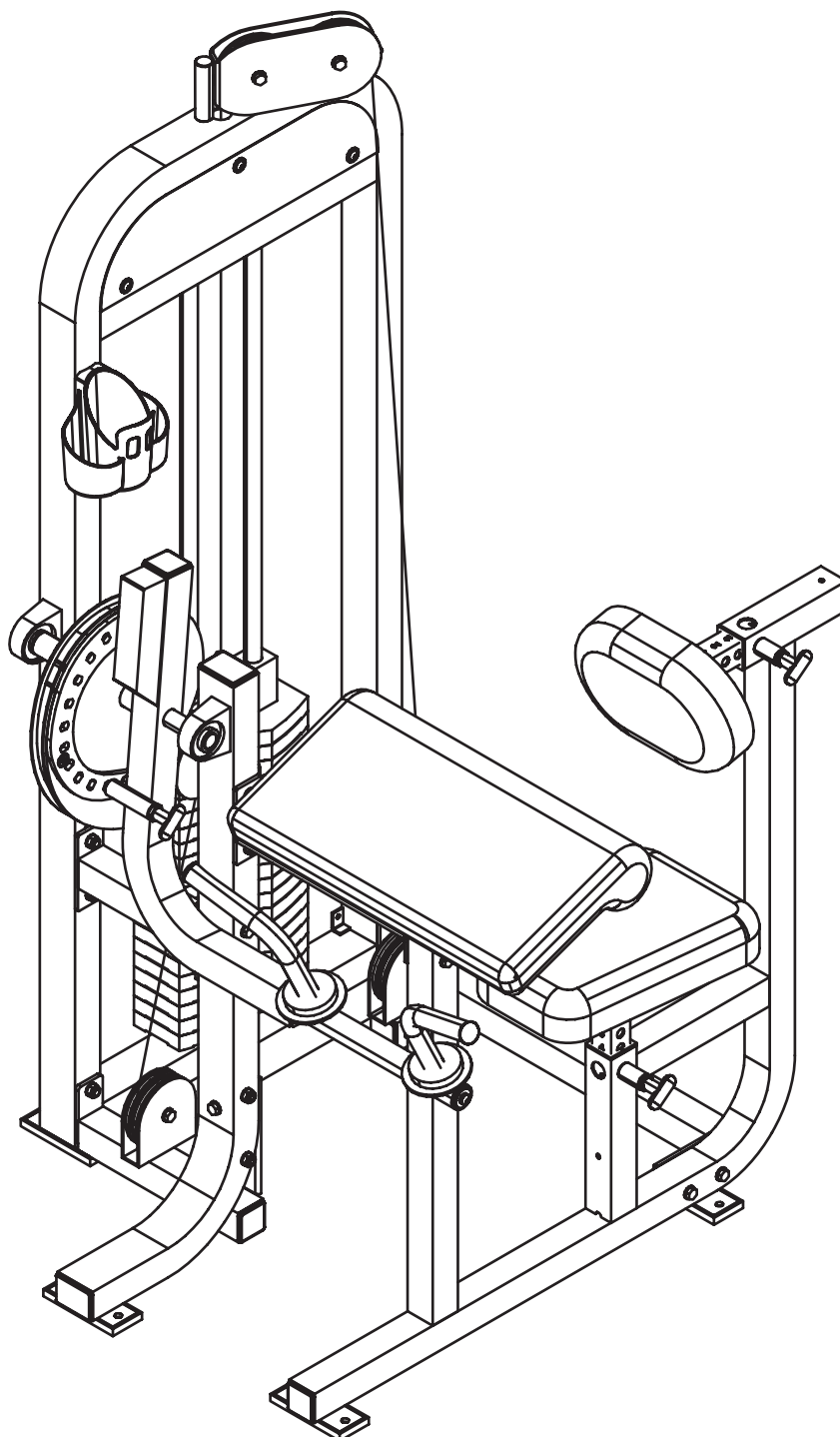


SUPER GYM



**SG8023MT Bicep/Tricep Combo
Assembly Instructions**

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Important Safety Instructions

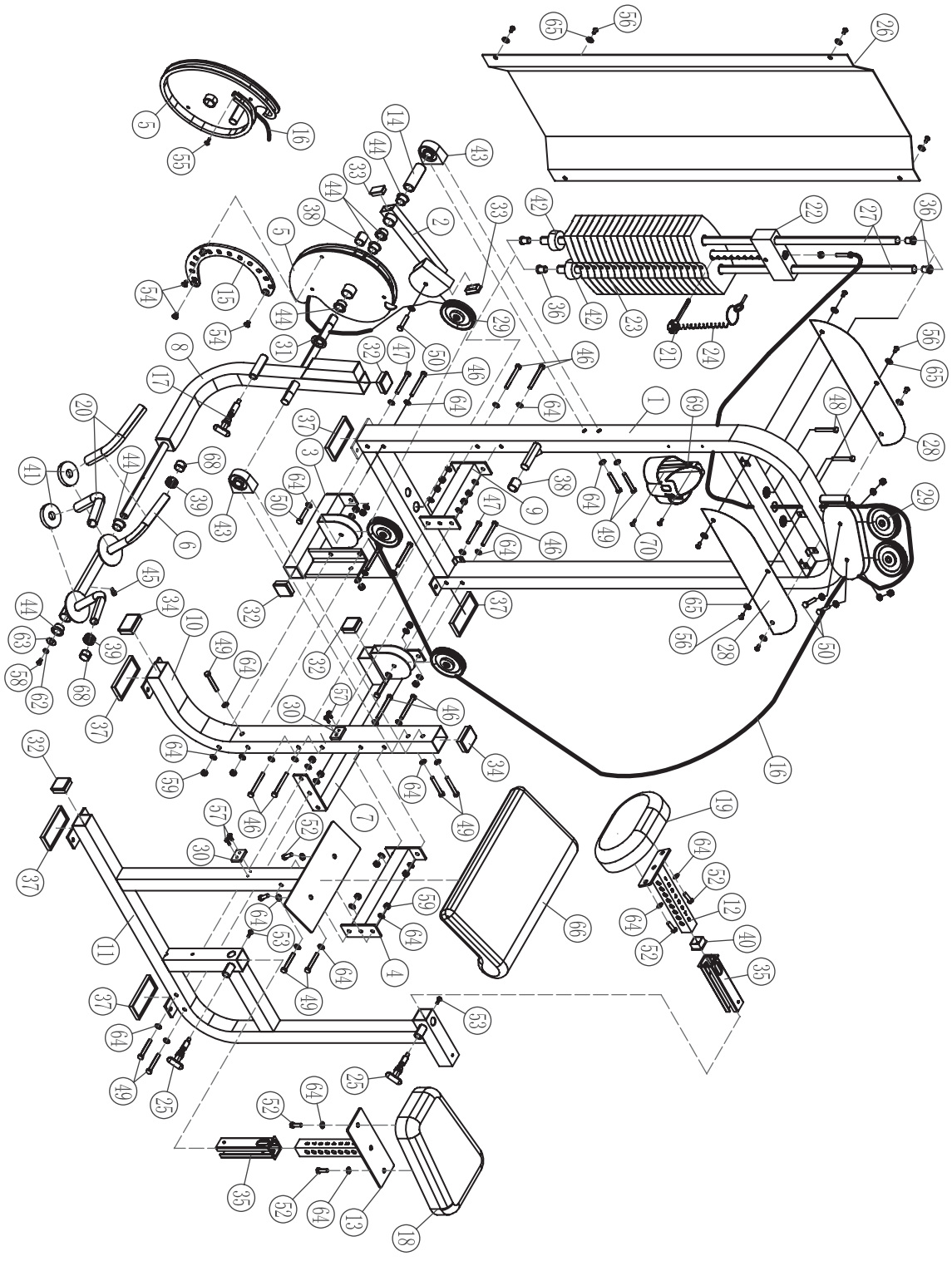
Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the Bicep/Tricep Combo. 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.

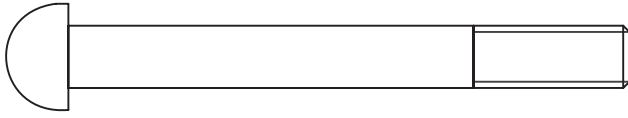
Personal Safety During Assembly

- * 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 compartments 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 Bicep/Tricep Combo 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.

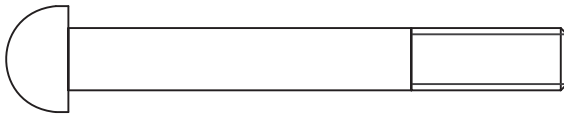
Bicep/Tricep Combo Exploded View Diagram



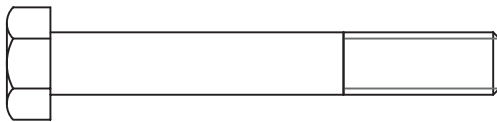
Hardware List



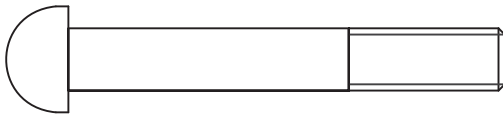
[#46] M10*90 10pcs



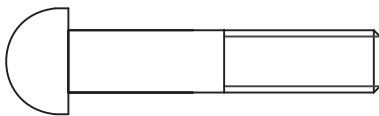
[#47] M10*80 2pcs



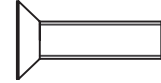
[#48] M10*72 2pcs



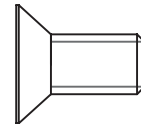
[#49] M10*70 9pcs



[#50] M10*50 5pcs



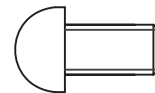
[#53] M6*20 2pcs



[#54] M10*15 3pcs



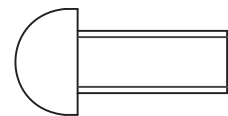
[#55] M4*20 1pc



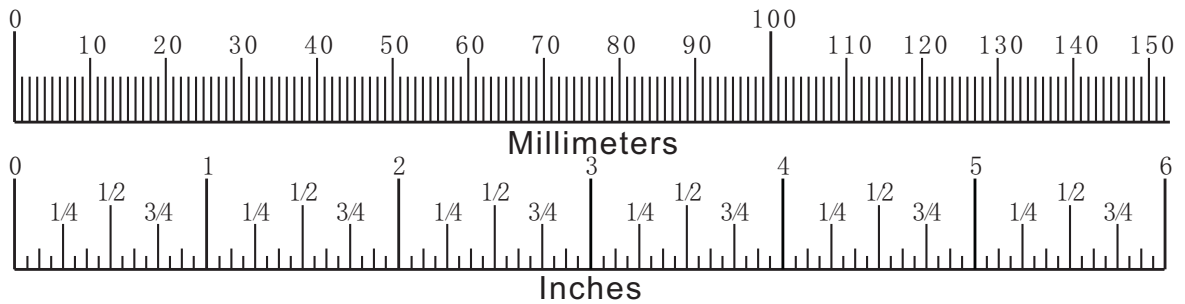
[56#] M8*15 10pcs



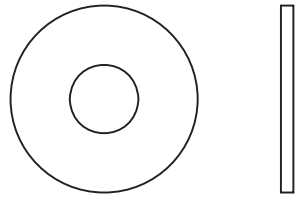
[57#] ST4.2*15 4pcs



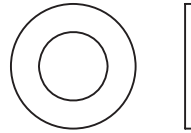
[58#] M10*25 1pc



Hardware List



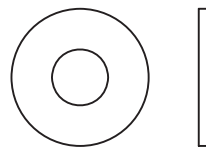
[#63] Ø30* Ø11*2 1pc



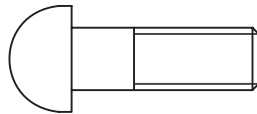
[64#] Ø10 51pcs



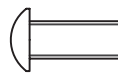
[62#] Ø10 1pc



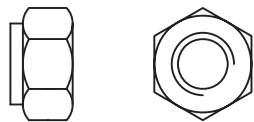
[65#] Ø8 10pcs



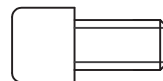
[#52] M10*30 6pcs



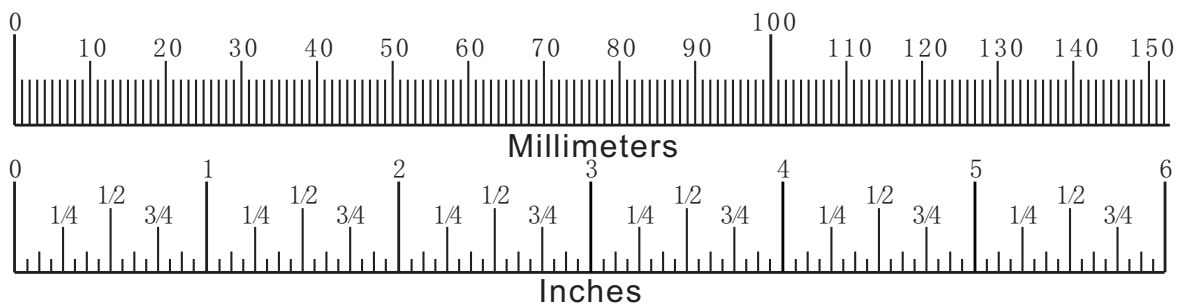
[70#] M6*15 2pcs



[59#] M10 19pcs



[45#] M8*15 1pc



Parts List

Item No.	Description	QTY	Item No.	Description	QTY
1	Main Upright	1	36	Rubber Plug	4
2	Extension	1	37	Foot Pad	5
3	Front Main Cross	1	38	Stopper Cover	2
4	Upper Cross Brace	1	39	Φ25 Cap ring	2
5	Cam	1	40	Plug38*38	1
6	Handle	1	41	Rubber Tray	2
7	Rear Main Cross	1	42	Weight Stack Bumper	2
8	Swing Arm	1	43	Pillow Block Bearing	2
9	Lower Cross Brace	1	44	Bronze bushing	6
10	Front Upright	1	45	Socket cap bolt M8*15	1
11	Seated Frame	1	46	Allen bolt M10*90	10
12	Back Pad Support	1	47	Allen bolt M10*80	2
13	Seat Pad Support	1	48	Bolt M10*72	2
14	Adjust Tube	1	49	Allen bolt M10*70	9
15	Range Adjuster Plate	1	50	Allen bolt M10*50	5
16	Cable	1	51	Weight Plate Number	1
17	Long Pop Pin	1	52	Allen bolt M10*30	6
18	Seat Pad	1	53	Philip screw M6*20	2
19	Back Pad	1	54	Chamfer screw M10*15	3
20	Grip	2	55	Philip Screw M4*20	1
21	Weight Pin	1	56	Allen Bolt M8*15	10
22	Top Plate	1	57	Screw ST4.2*15	4
23	Weight Plate	19	58	Allen Bolt M10*25	1
24	Weight Pin Leash	1	59	Nylon Locknut M10	19
25	Pop Pin	2	60	Allen Wrench S=6	1
26	Weight Shroud	1	61	Allen Wrench S=3	1
27	Guide Rod	2	62	Spring Washer φ10	1
28	Upper Shroud	2	63	Washer φ11*φ30*2	1
29	Pulley4.5"	5	64	Washer φ11*φ20*1.5	51
30	Bumper Stopper	2	65	Washer φ9*φ22*2	10
31	Nylon Washer	1	66	Preachcurl Pad	1
32	Plug50*50	4	67	Grease	1
33	Plug50*25	2	68	Φ25 Cap	2
34	Plug50*70	2	69	bottle holder	1
35	EZ Glide Sleeve	4	70	Philip screw M6*15	2

Assembly Instructions

Assembly of the Bicep/Tricep Combo 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 Sub-support Components

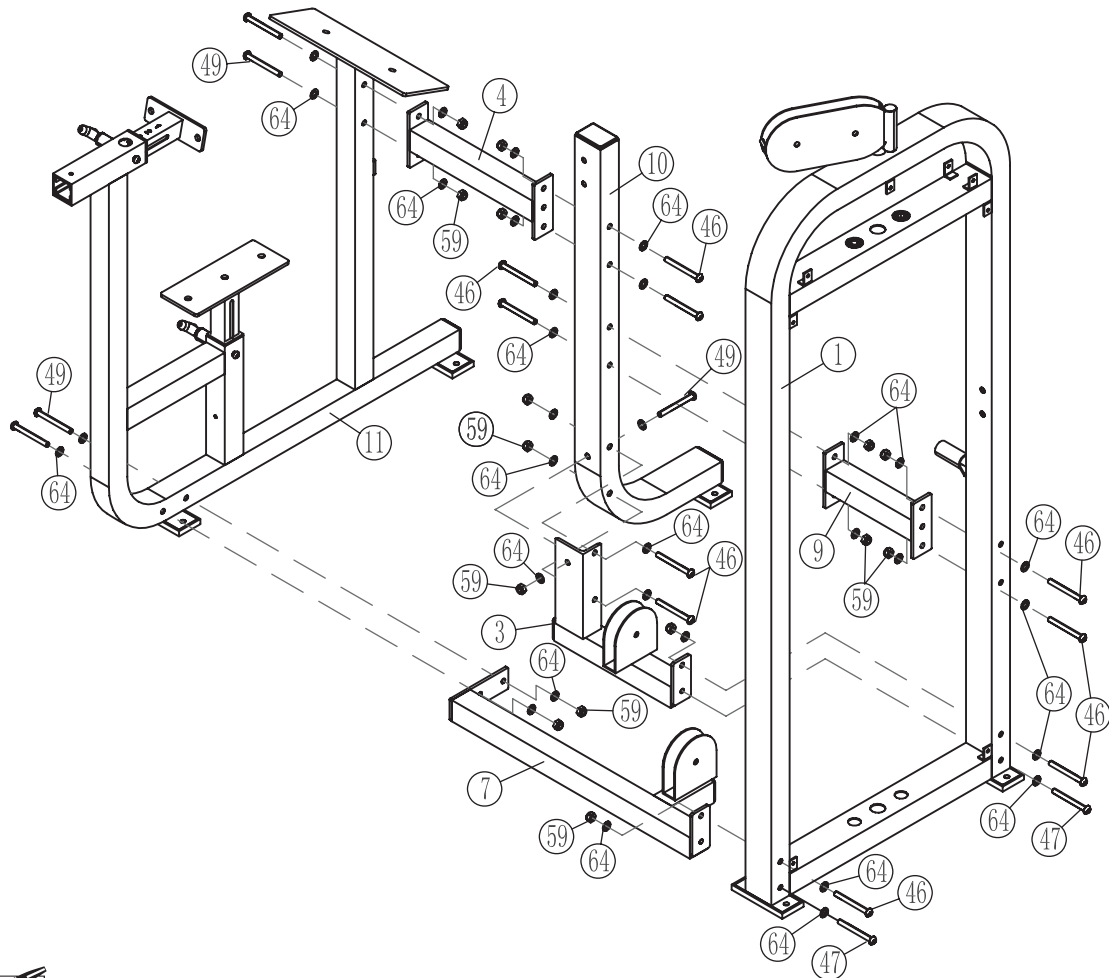
1. Attach Front Main Cross(#03), Rear Main Cross(#07) and Lower Cross Brace (#09) to Main Upright (#01), using:

two Allen Bolts M10*80 (#47)	four Allen Bolts M10*90 (#46)
ten Washers $\phi 11*\phi 20*1.5$ (#64)	four Nylon Locknuts M10 (#59)
2. Attach Front Upright (#10) to Front Main Cross(#03) and Lower Cross Brace (#09), using:

one Allen Bolt M10*70 (#49)	four Allen Bolts M10*90 (#46)
ten Washers $\phi 11*\phi 20*1.5$ (#64)	five Nylon Locknuts M10 (#59)
3. Attach Upper Cross Brace (#04) to Front Upright (#10), using:

two Allen Bolts M10*90 (#46)	four Washers $\phi 11*\phi 20*1.5$ (#64)
two Nylon Locknuts M10 (#59)	
4. Attach Seated Frame (#11) to Upper Cross Brace (#04) and Rear Main Cross(#07), using:

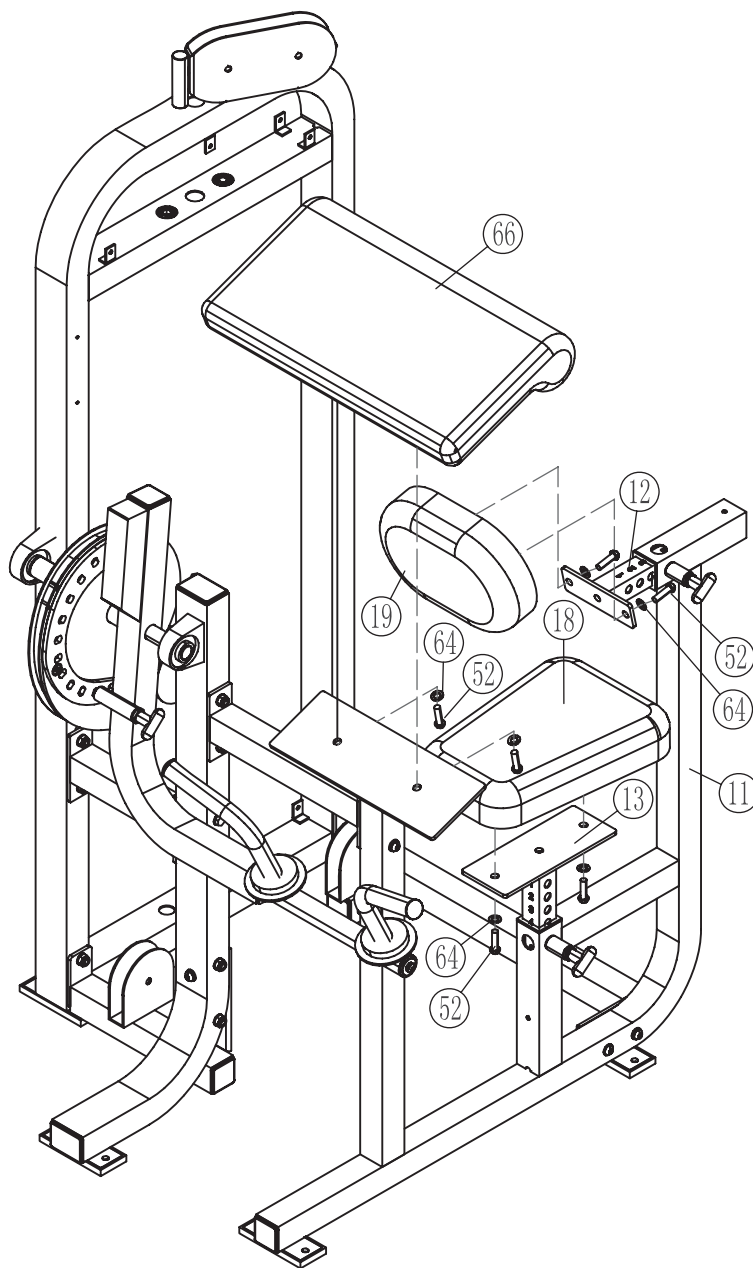
four Allen Bolts M10*70 (#49)	eight Washers $\phi 11*\phi 20*1.5$ (#64)
four Nylon Locknuts M10 (#59)	



Hand tighten bolts and nylon nuts until STEP 2

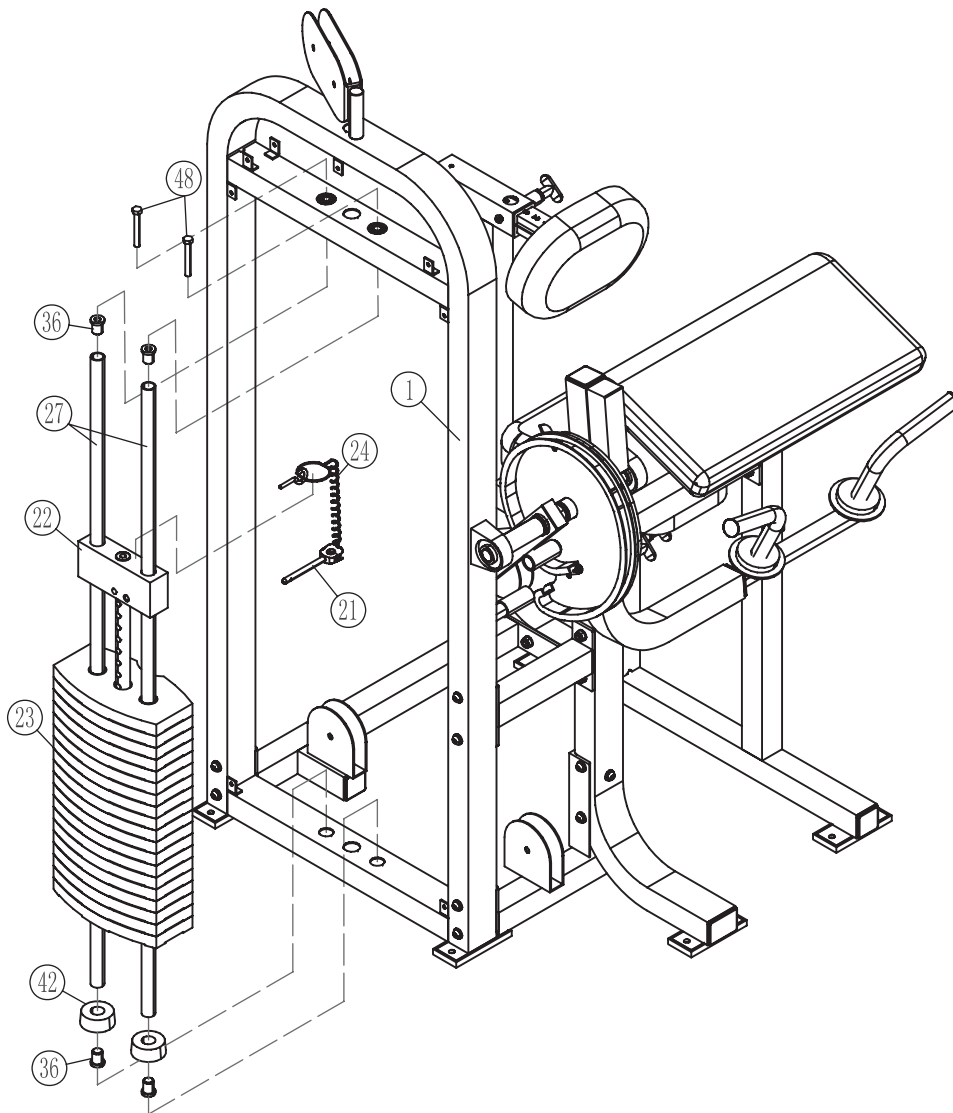
Step 3 Assemble Pads

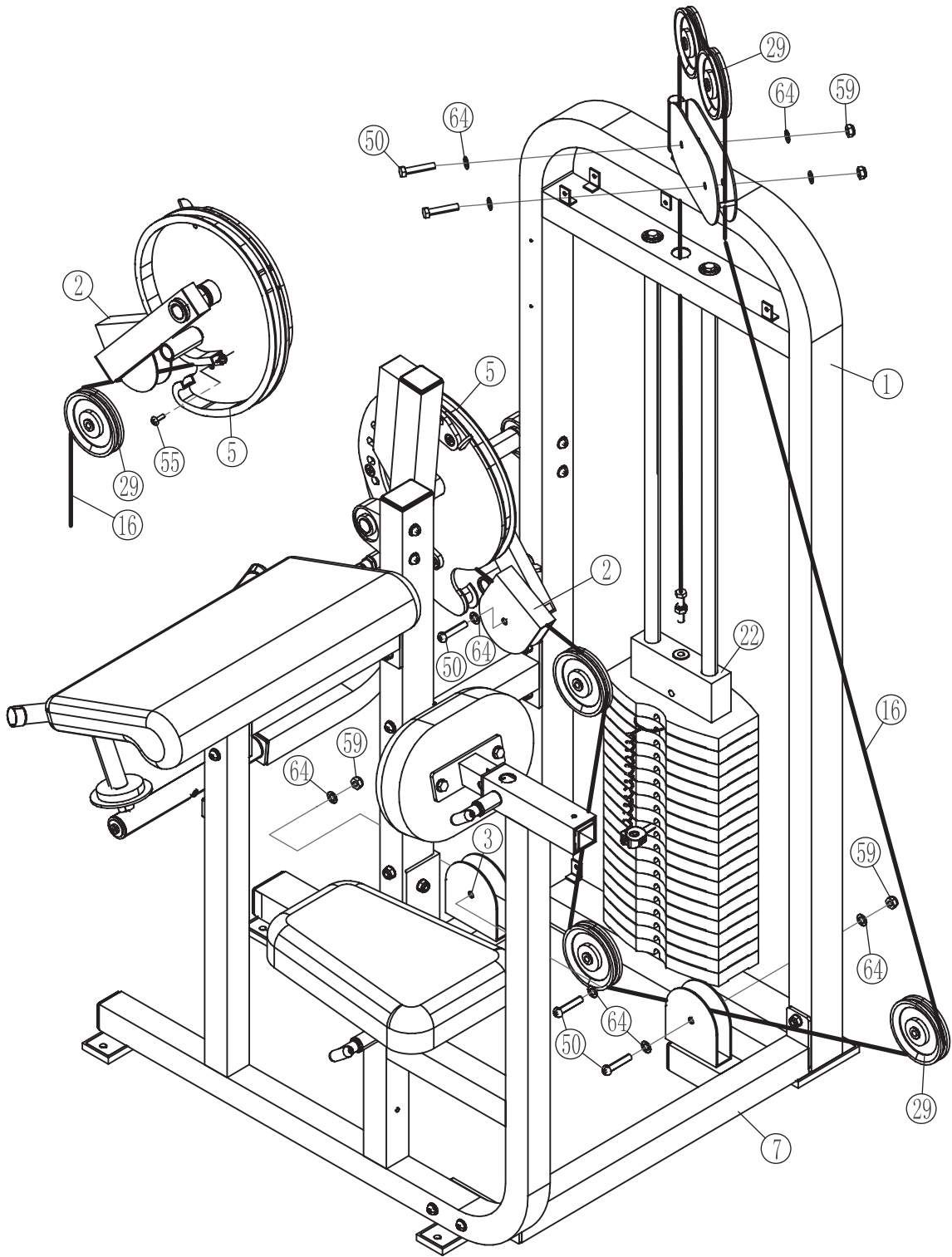
1. Attach Seat Pad (#18) to Seat Pad Support (#13) ,using:
two Allen Bolts M10*30 (#52) two Washers $\phi 11*\phi 20*1.5$ (#64)
2. Attach Back Pad (#19) to Back Pad Support (#12) ,using:
two Allen Bolts M10*30 (#52) two Washers $\phi 11*\phi 20*1.5$ (#64)
3. Attach Preach curl Pad (#66) to Seated Frame (#11) ,using:
two Allen Bolts M10*30 (#52) two Washers $\phi 11*\phi 20*1.5$ (#64)



Step 4 Assemble Stack

1. Put Rubber Plug (#36) in each end of the Guide Rod (#27). Insert both the Guide Rod (#27) into the Main Upright (#01).
2. Slide Weight Stack Bumper (#42) down onto each the Guide Rod (#27).
3. Carefully begin sliding the Weight Plate one by one in sequence: (#23), (#22).
4. Insert the Weight Pin (#21) in the hole of Weight Plate (#23) and attach the ring of Weight Pin (#24) on the Selector pin pre-assembled with Top Plate (#22).
5. Align the ends of Guide Rod (#27) to the Main Upright (#01) and secure them using:
two Bolt M10*72 (#48)





For Step 5

