

IFP1706

Biceps / Trips OWNER'S MANUAL

23M

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:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. 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.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. 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.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

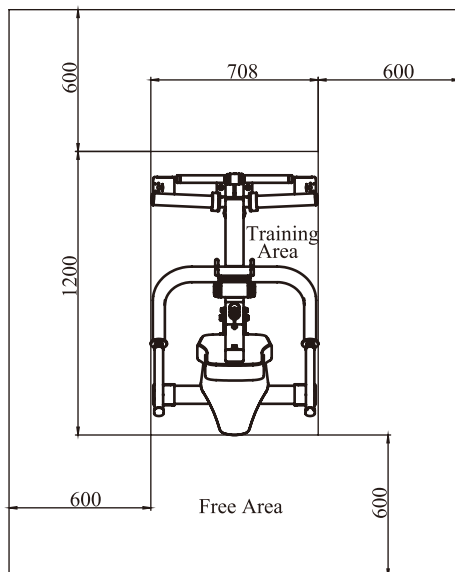
Important Safety Instructions

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.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1092*708*1287mm

Product Total Surface: 1200*708*mmmm

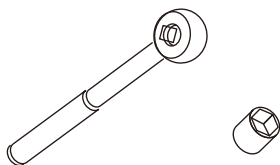
Product Total Mass: 47.3kg/ 104lbs

Instructions

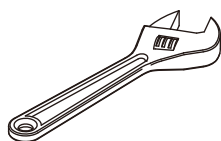
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

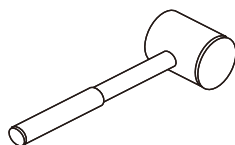
Tools Required



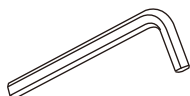
Ratchet Wrench and Socket



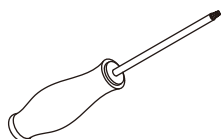
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

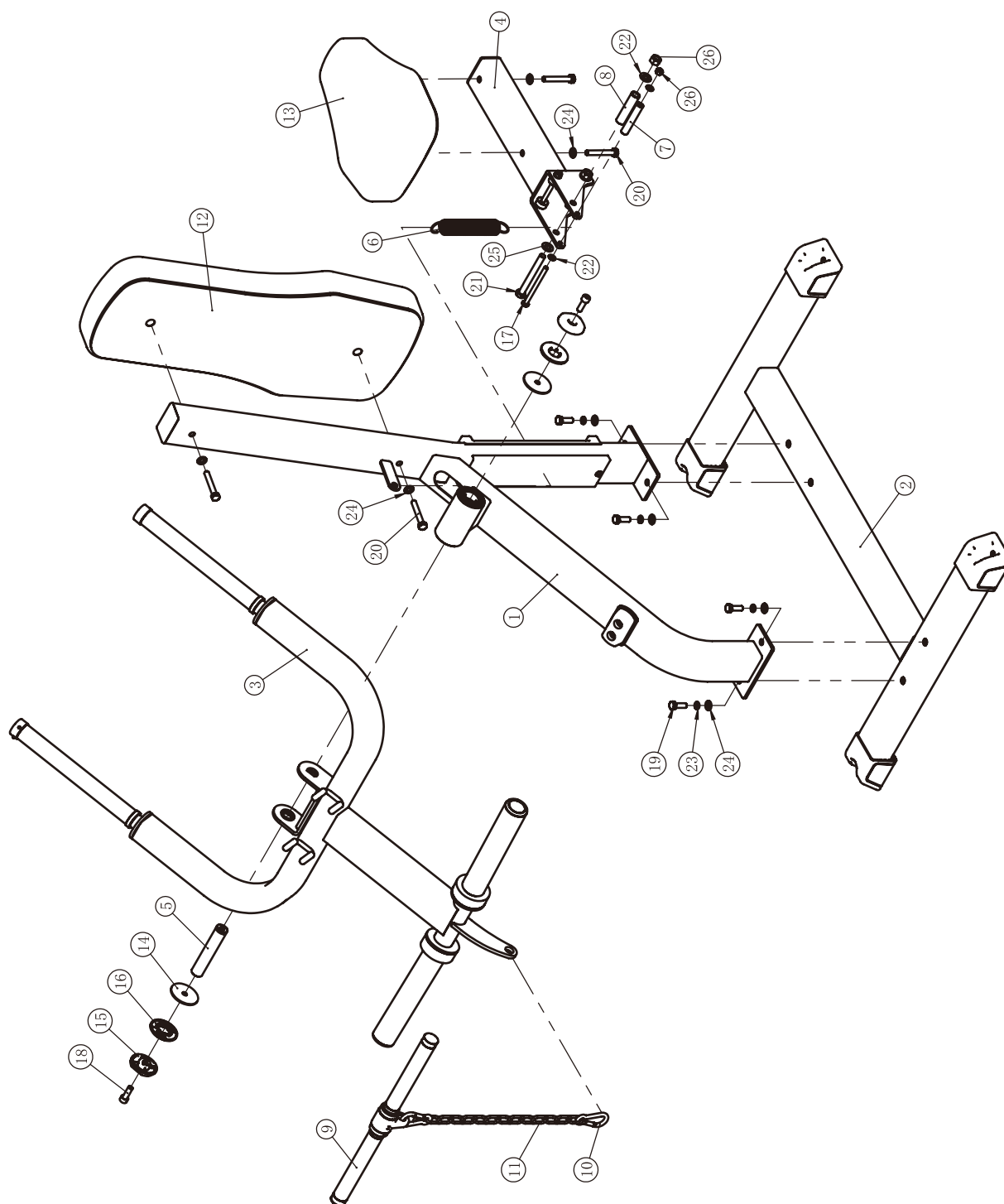
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP170601ASSY	Main Frame Assy	1
2	IFP170602ASSY	Bottom Frame Assy	1
3	IFP170603ASSY	Handle Frame Assy	1
4	IFP120105ASSY	Seat Pad Frame Assy	1
5	IF93012600	Axis $\Phi 25 \times 133 \times M10$	1
6	SL70012200	Extension spring $\Phi 31.5 \times \Phi 2.5 \times 165$	1
7	IFP12010700	Support sleeve $\Phi 15 \times \Phi 9 \times 82$	1
8	KPSFID0700V2	Nylon Tube	1
9	026-01X1118	Short Handle	1
10	HLG8DS2	Snap Hook $\Phi 8$	2
11	LH $\Phi 5 \times 14$ DS2	Link Chain $\Phi 5 \times 14$	1
12	IF93015100V1	Back Pad	1
13	IF93015200V2	Seat Pad	1
14	IF93062200	Washer $\Phi 62 \times \Phi 10.5 \times 3$	2
15	FE97211900	Cap $\Phi 60$	2
16	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
17	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
18	GB70M10*30DHS20NL	Socket Head Cap Screw M10*30	2
19	GB5780M10*30DHS20NL	Hex Head Bolt M10*30	4
20	GB5780M10*70DHS20	Hex Head Bolt M10*70	4
21	IFP12012100	Shoulder Bolt $\Phi 12 \times 96.5 \times M8$	1
22	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	3
23	GB9310DHS12	Spring Washer $\Phi 10$	4
24	GB9510DHS2	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	8
25	GB9512DHS2	Flat Washer $\Phi 13 \times \Phi 24 \times 2.5$	1
26	NM8DHS2	Nylon Lock Nut M8	2
28	NBS8DHS	Hex Key S=8	1
29	YHY	Lube	1

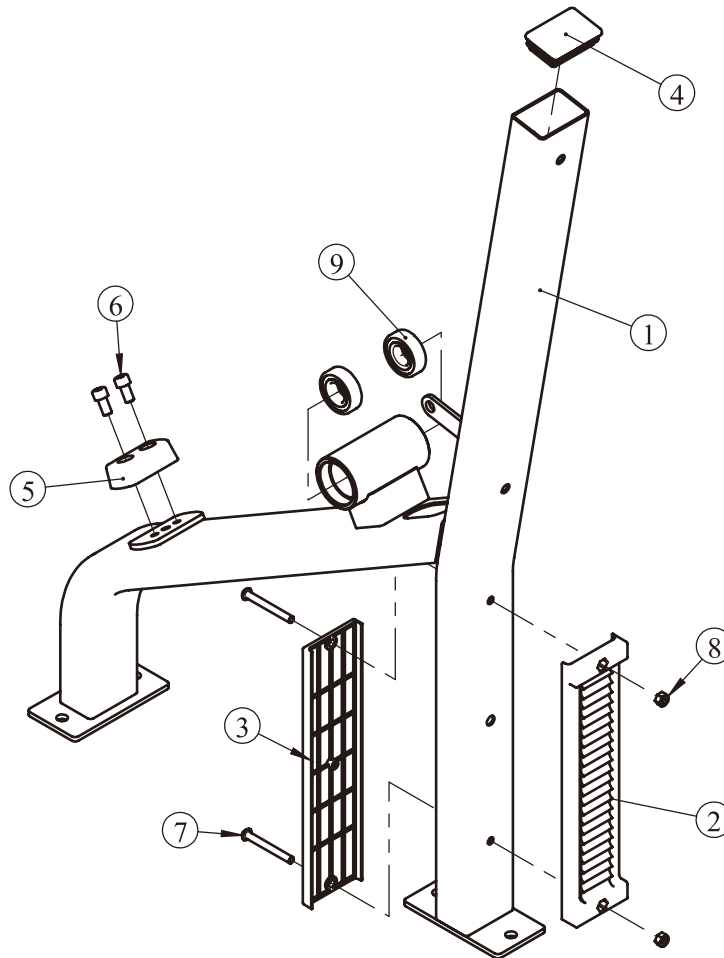
Exploded View and Parts List

Overall



Exploded View and Parts List

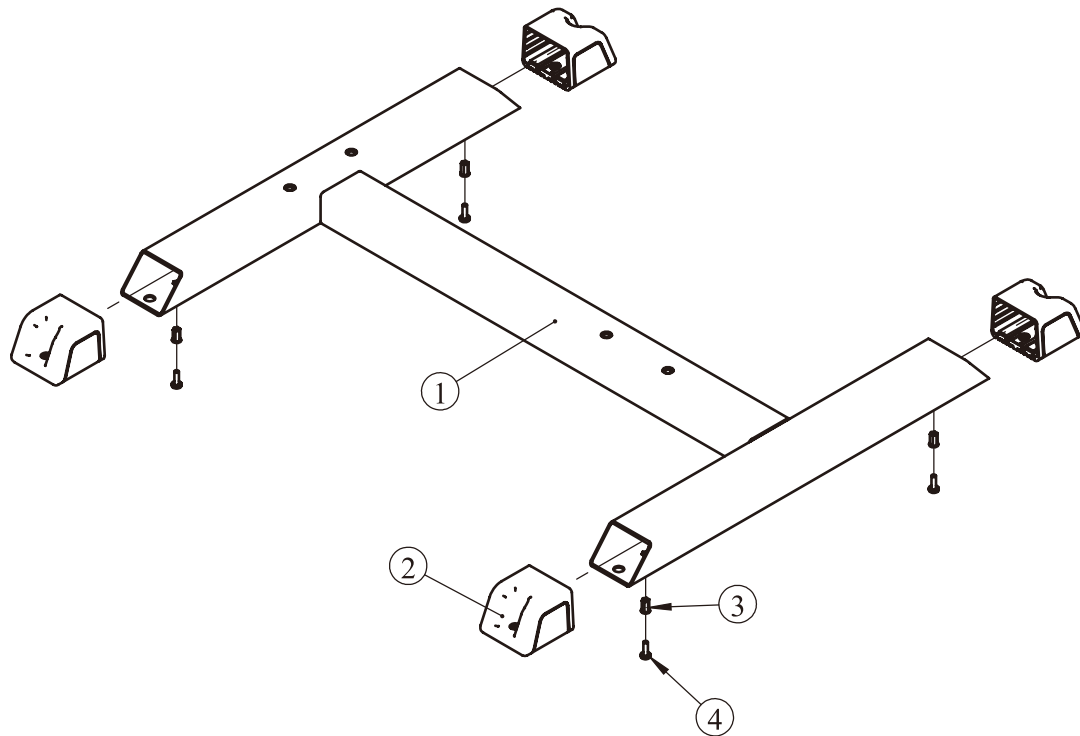
Main Frame Assy



Grade No.	Part No.	Description	QTY
1.1	IFP17060100	Main Frame	1
1.2	IFP12013100	Cushion Adjustment Plate-F	1
1.3	IFP12013200	Cushion Adjustment Plate-R	1
1.4	KPSFID2800	Plug □50.8*76.2	1
1.5	RS17000400	Urethane Bumper	1
1.6	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2
1.7	PNLM8*70DY20	Hexagon Socket Pan Head Screws M8*70	2
1.8	NM8DHS2	Nylon Lock Nut M8	2
1.9	GB2766205-2ZC3	Ball Bearing	2

Exploded View and Parts List

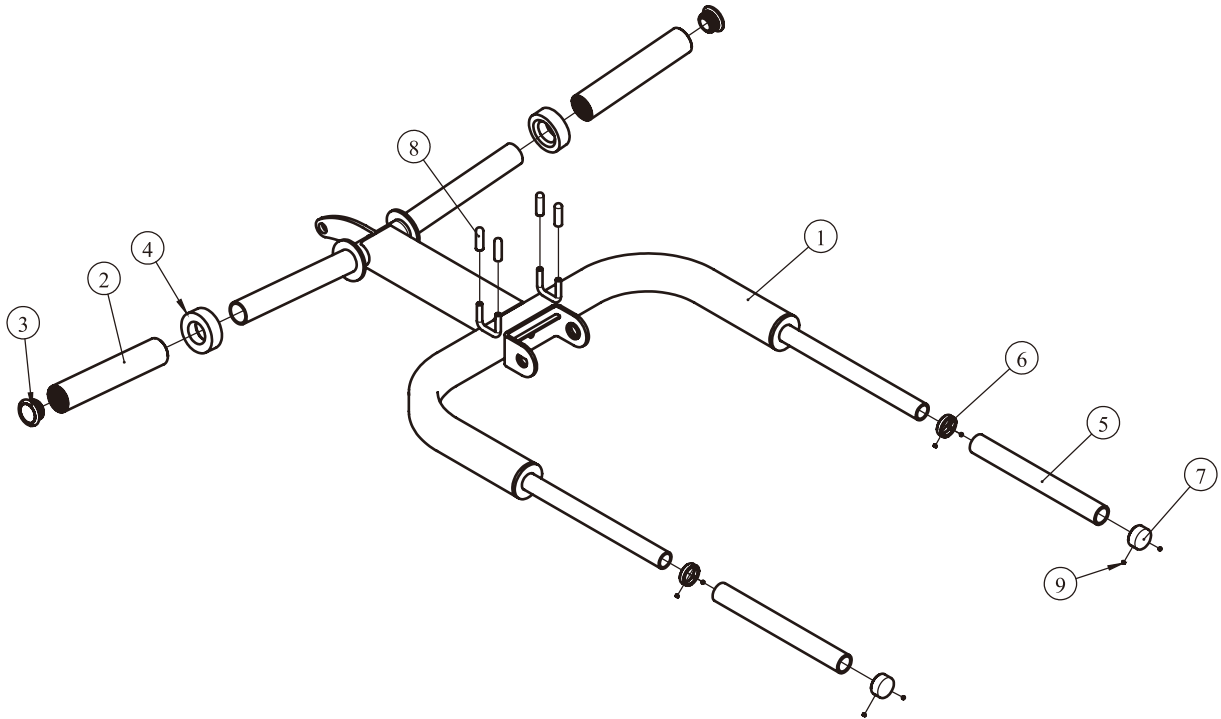
Bottom Frame Assy



Grade No.	Part No.	Description	QTY
2.1	IFP17060200	Bottom Frame	1
2.2	IFP12013300	Bottom Plug	4
2.3	GB17880.5M6*16.5DS17	Rivet Nut M6	4
2.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	4

Exploded View and Parts List

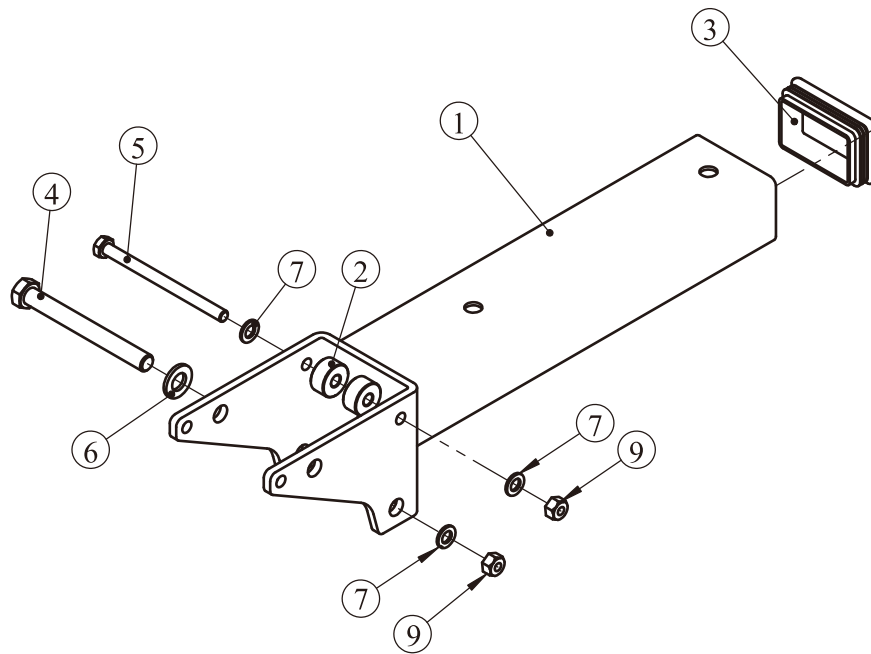
Handle Frame Assy



Grade No.	Part No.	Description	QTY
3.1	IFP17060300	Handle Frame	1
3.2	IFP12013400	Barbell tube	2
3.3	IFP12013500	Plug $\Phi 42$	2
3.4	HF985A1500	Rubber Bumper	2
3.5	026-01PL0235-40	Grip	2
3.6	V38900	Aluminium Ring $\Phi 32$	2
3.7	V39000	Aluminium Cap $\Phi 32$	2
3.8	V311400	Protective Sleeve	4
3.9	YZGB7710-32*3.2N19	Set Screw 10-32*3.2	8

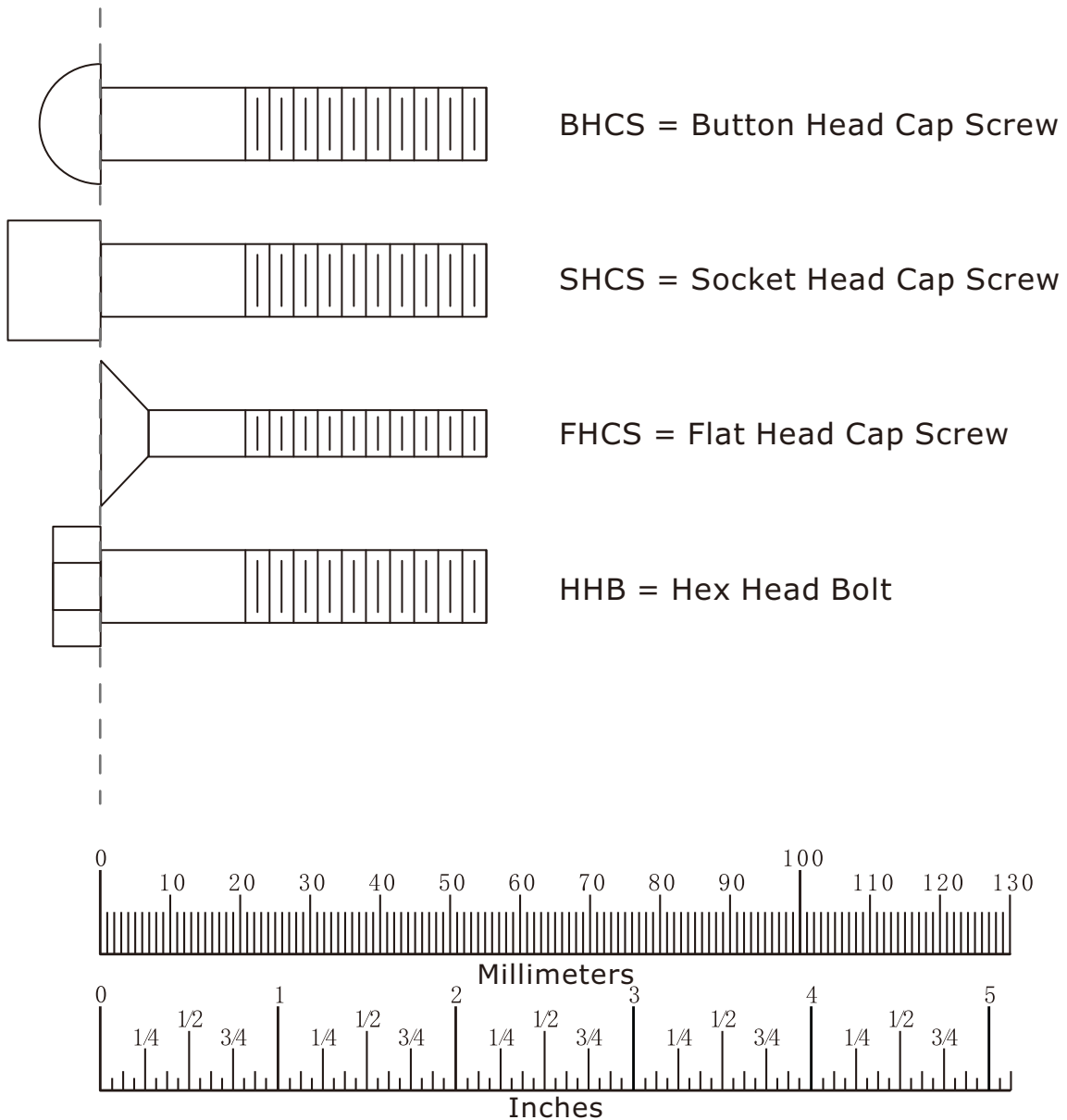
Exploded View and Parts List

Seat Pad Frame Assy



Grade No.	Part No.	Description	QTY
4.1	IFP12010500	Seat Pad Frame	1
4.2	IFP12013600	Guide Roller	2
4.3	KPSFID2800	Plug □50.8*76.2	1
4.4	IFP12012100	Shoulder Bolt Φ12*96.5*M8	1
4.5	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
4.6	GB9512DHS2	Flat Washer Φ13*Φ24*2.5	1
4.7	GB958DHS2	Flat Washer Φ9*Φ16*1.6	3
4.9	NM8DHS2	Nylon Lock Nut M8	2

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

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

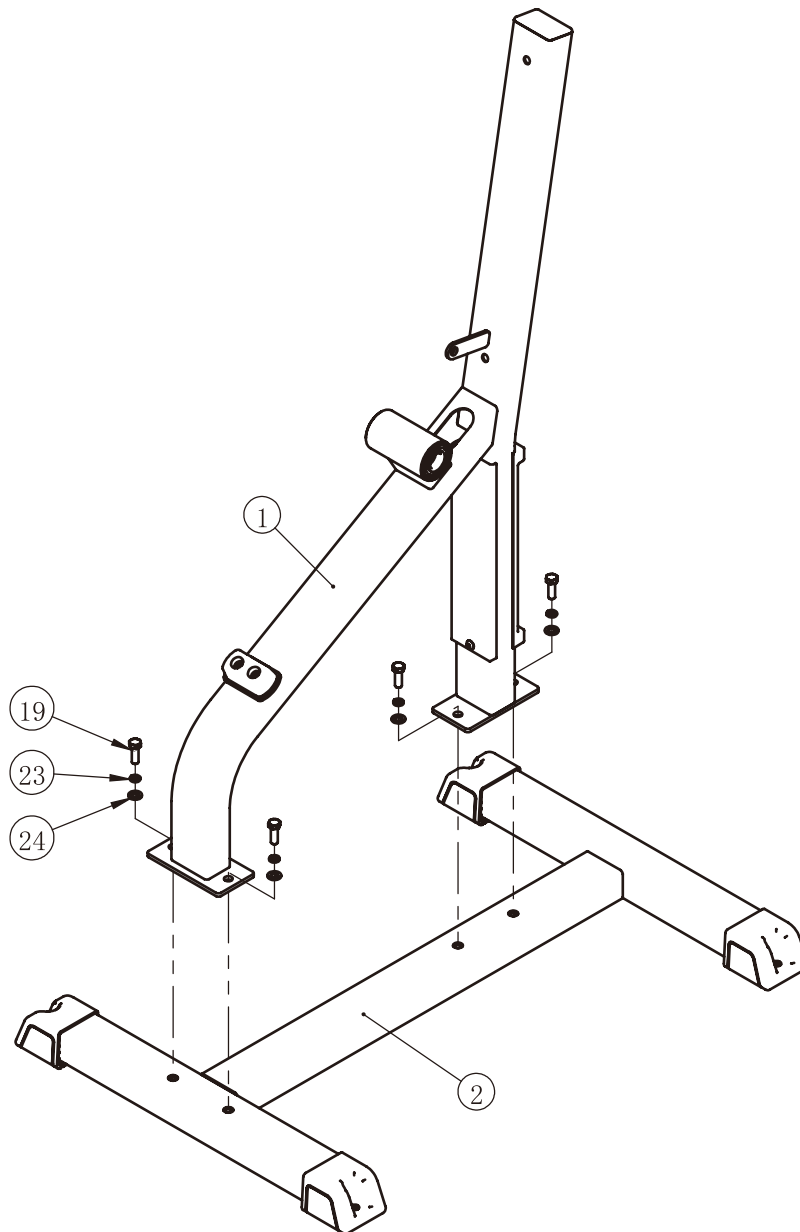
Attach the Main Frame ASSY (#1) to the Bottom Frame ASSY (#2) using:

four M10*30 HHB (#19)

four $\Phi 10$ Spring Washer (#23)

four $\Phi 11*\Phi 20*2$ Flat Washer (#24)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



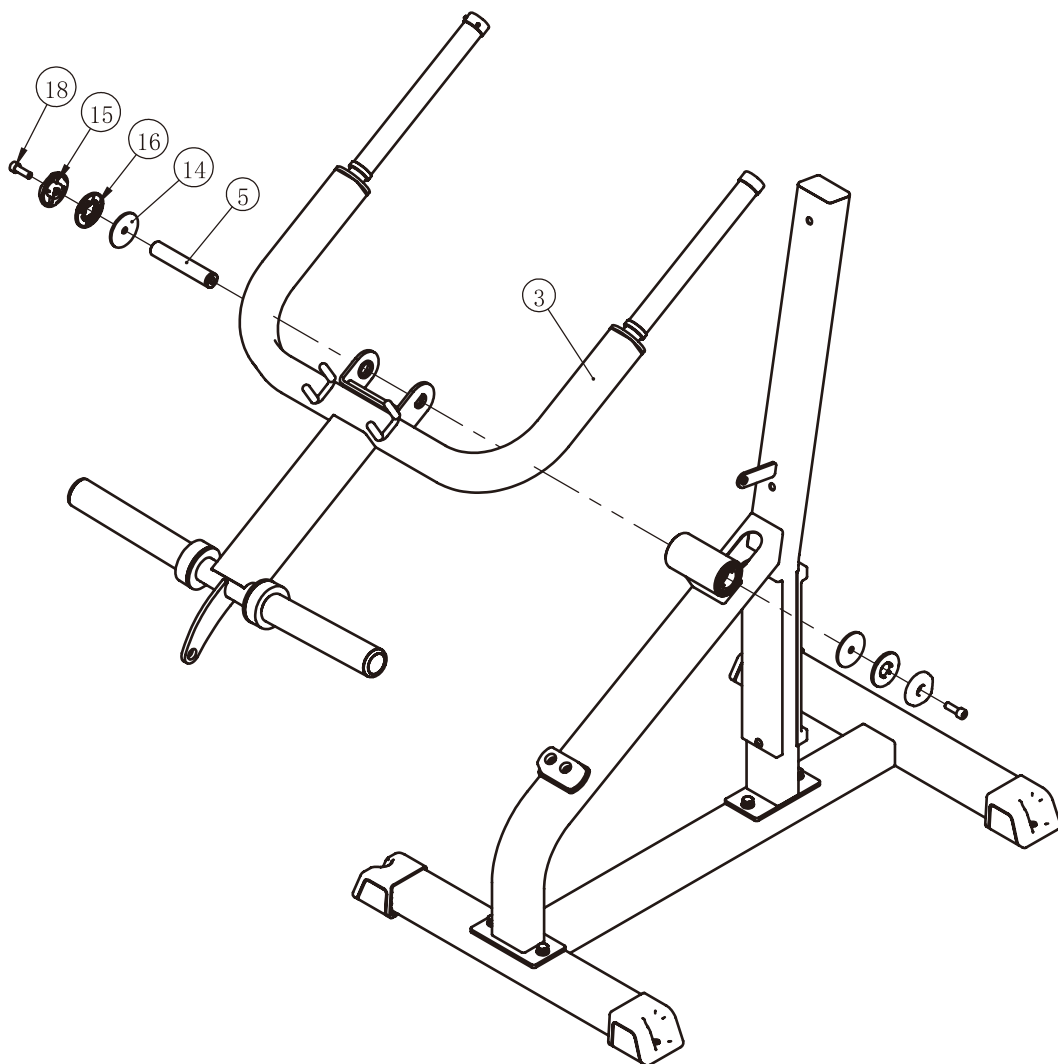
Assembly

STEP 2

Attach the Handle Frame ASSY (#3) to the Main Frame ASSY (#1) using:

- one $\Phi 25 \times 133 \times M10$ Axis (#5)
- two $\Phi 62 \times \Phi 10.5 \times 3$ Big Flat Washer (#14)
- two $\Phi 62.5 \times 5$ Circle Ring (#16)
- two $\Phi 60$ Cap (#15)
- two M10*30 SHCS (#18)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.



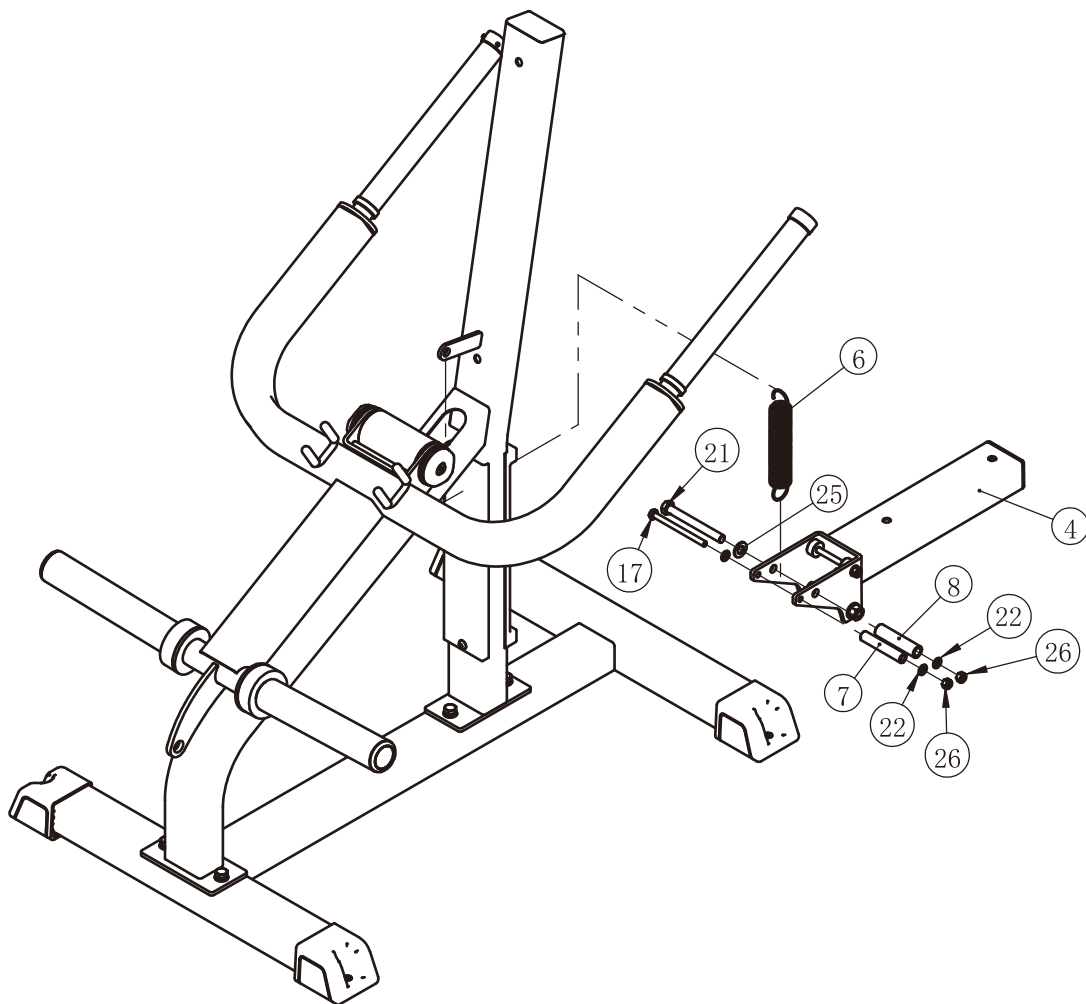
Assembly

STEP 3

Attach the Seat Pad Frame ASSY (#4) to the Main Frame ASSY (#1) using:

- one $\Phi 31.5 \times \Phi 2.5 \times 165$ Extension spring (#6)
- one $\Phi 15 \times \Phi 9 \times 82$ Support sleeve (#7)
- one $\Phi 19 \times \Phi 13 \times 80$ Nylon Tube (#8)
- one M8*105 HHB (#17)
- one $\Phi 12 \times 96.5 \times \text{M8}$ Shoulder Bolt (#21)
- three $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#22)
- one $\Phi 13 \times \Phi 24 \times 2.5$ Flat Washer (#25)
- two M8 Nylon Lock Nut (#26)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

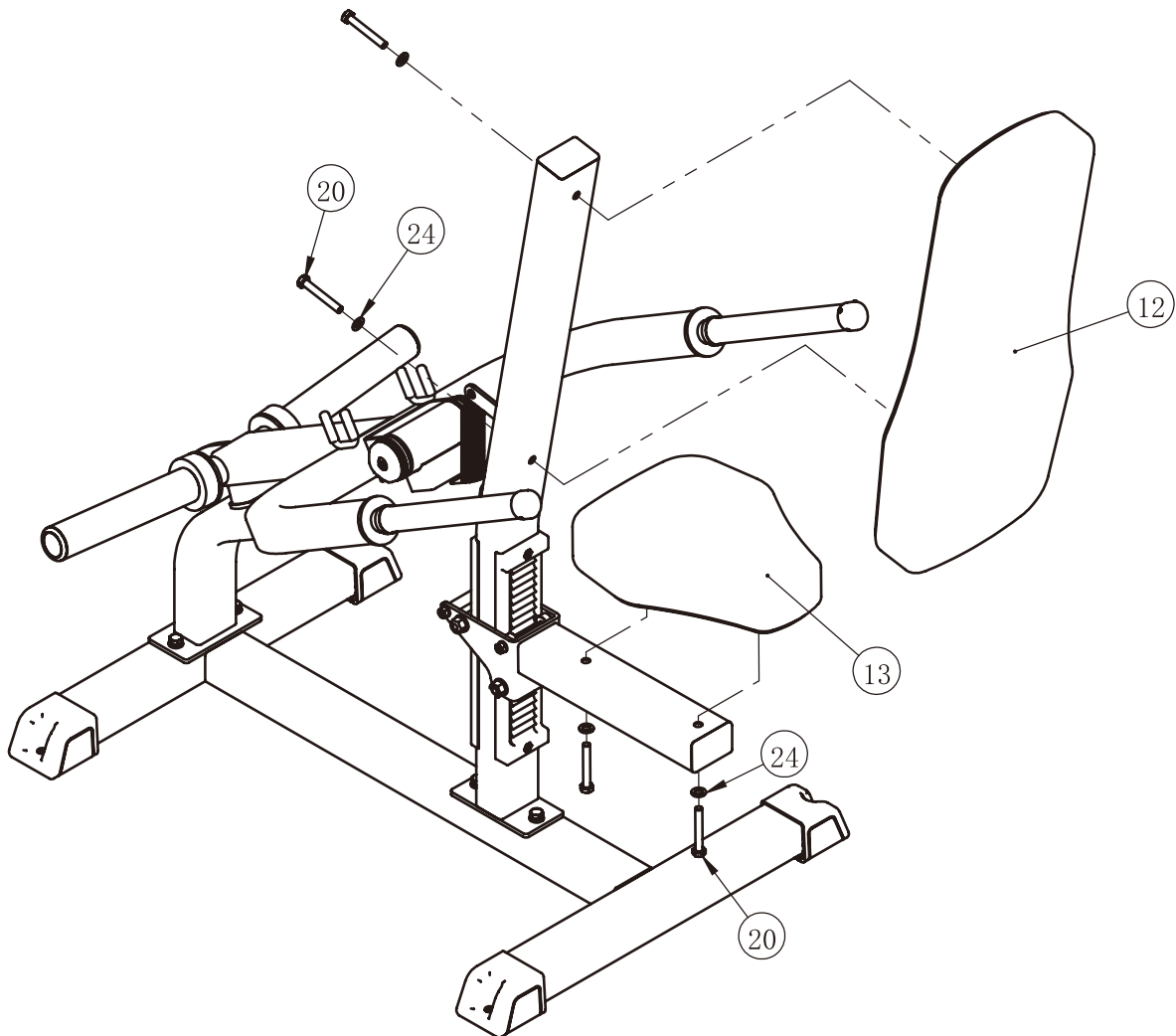


Assembly

STEP 4

1. Attach the Seat Pad (#13) to the Seat Pad Frame ASSY (#4) using:
two M10*70 HHB (#20)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#24)
2. Attach the Back Pad (#12) to the Main Frame ASSY (#1) using:
two M10*70 HHB (#20)
two $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#24)

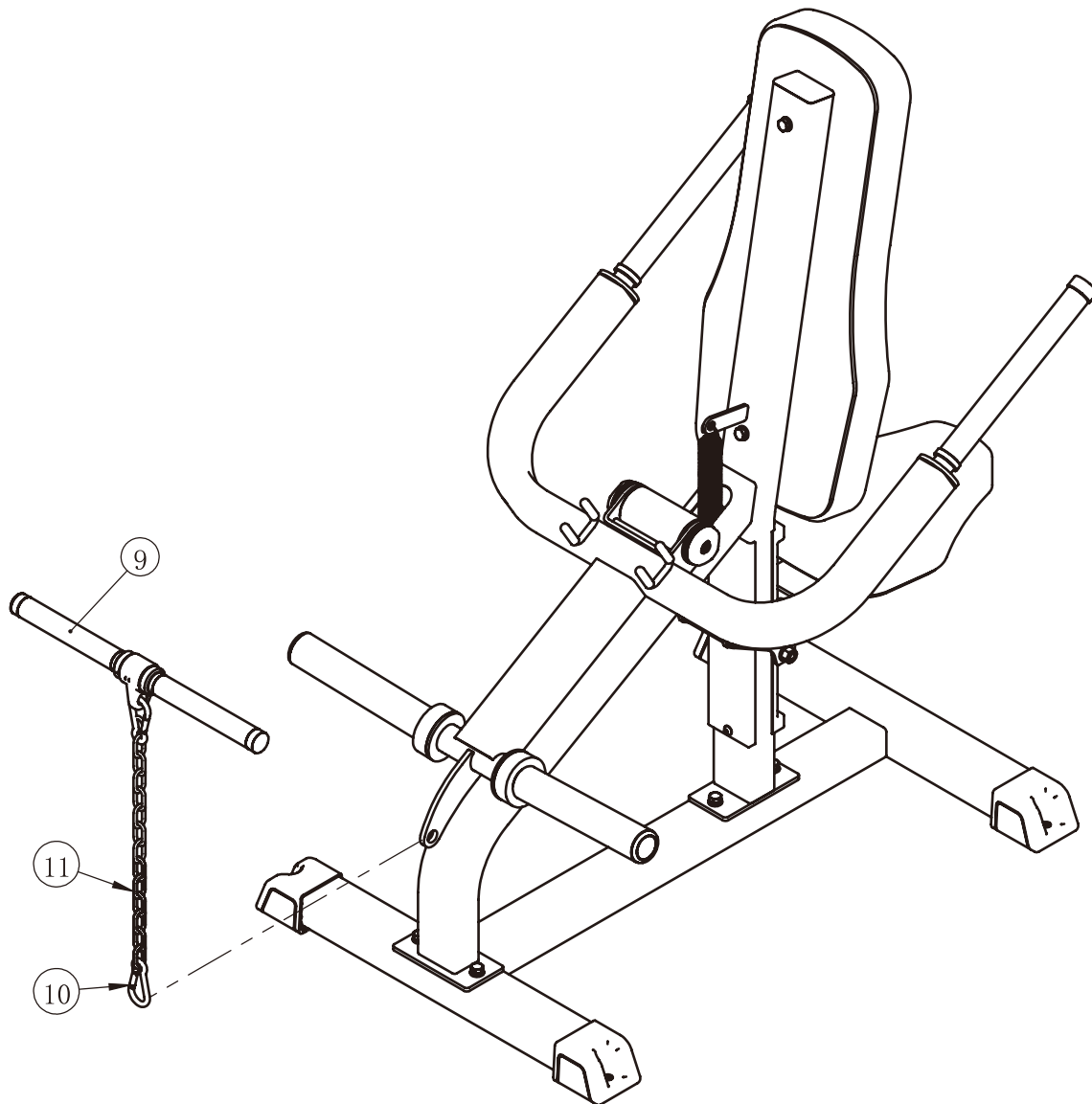
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

STEP 5

Attach the Short Handle (#9) to the Handle Frame ASSY (#3) using:
one $\Phi 5 \times 14$ Link Chain (#11)
two $\Phi 8$ Snap Hook (#10)



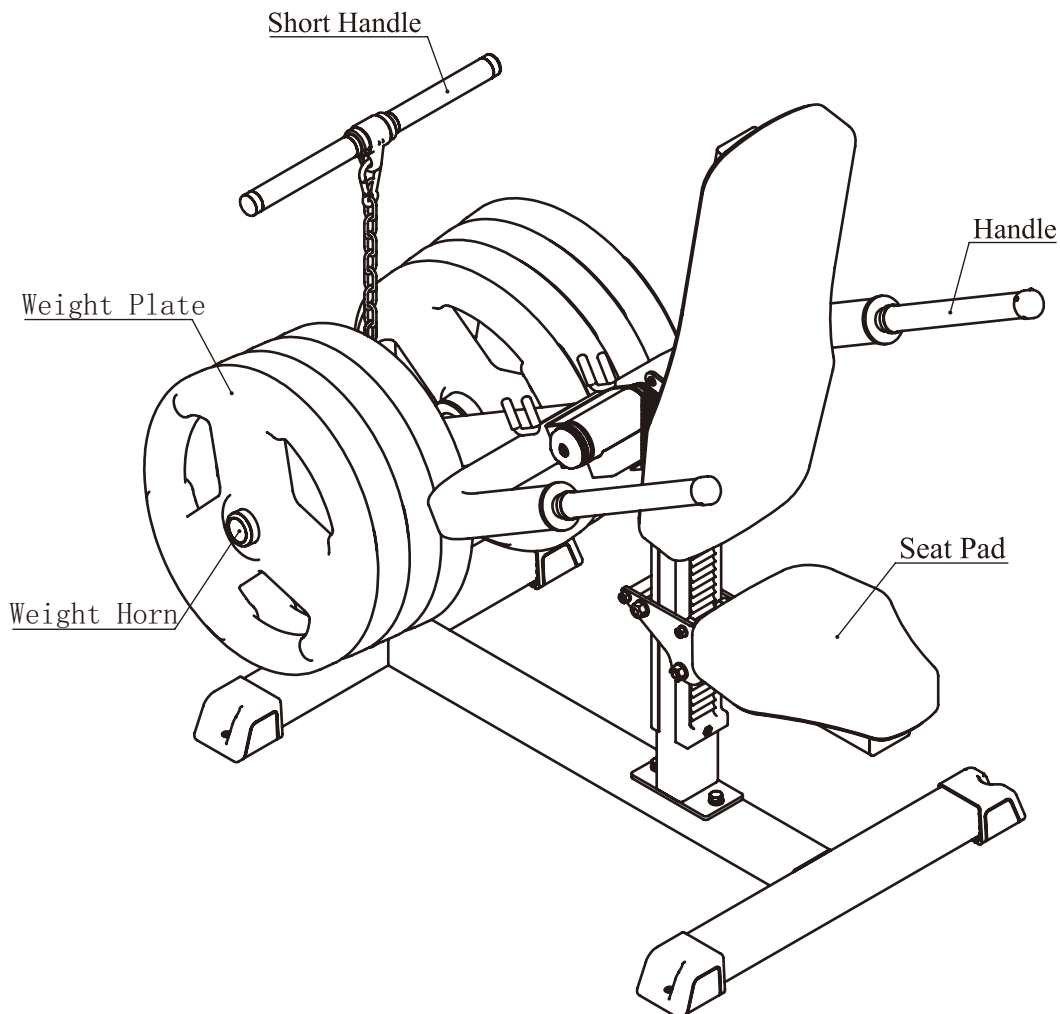
Adjust and Exercise Instruction

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side can not be greater than 100kg.
3. This equipment does not contains Weight Plates.

Adjust & Exercise Instruction

1. Select an appropriate weight on both weight horns.
2. Adjust the Seat Pad to the desired position and make sure the Seat Pad firmly stucked.
3. Press handles straight down, Pause slightly then slowly return to the starting position.
4. Stand directly behind the device.
5. Hold the Short Handle with both hands and pull it up, Pause slightly then slowly return to the starting position.



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 bolts 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.

