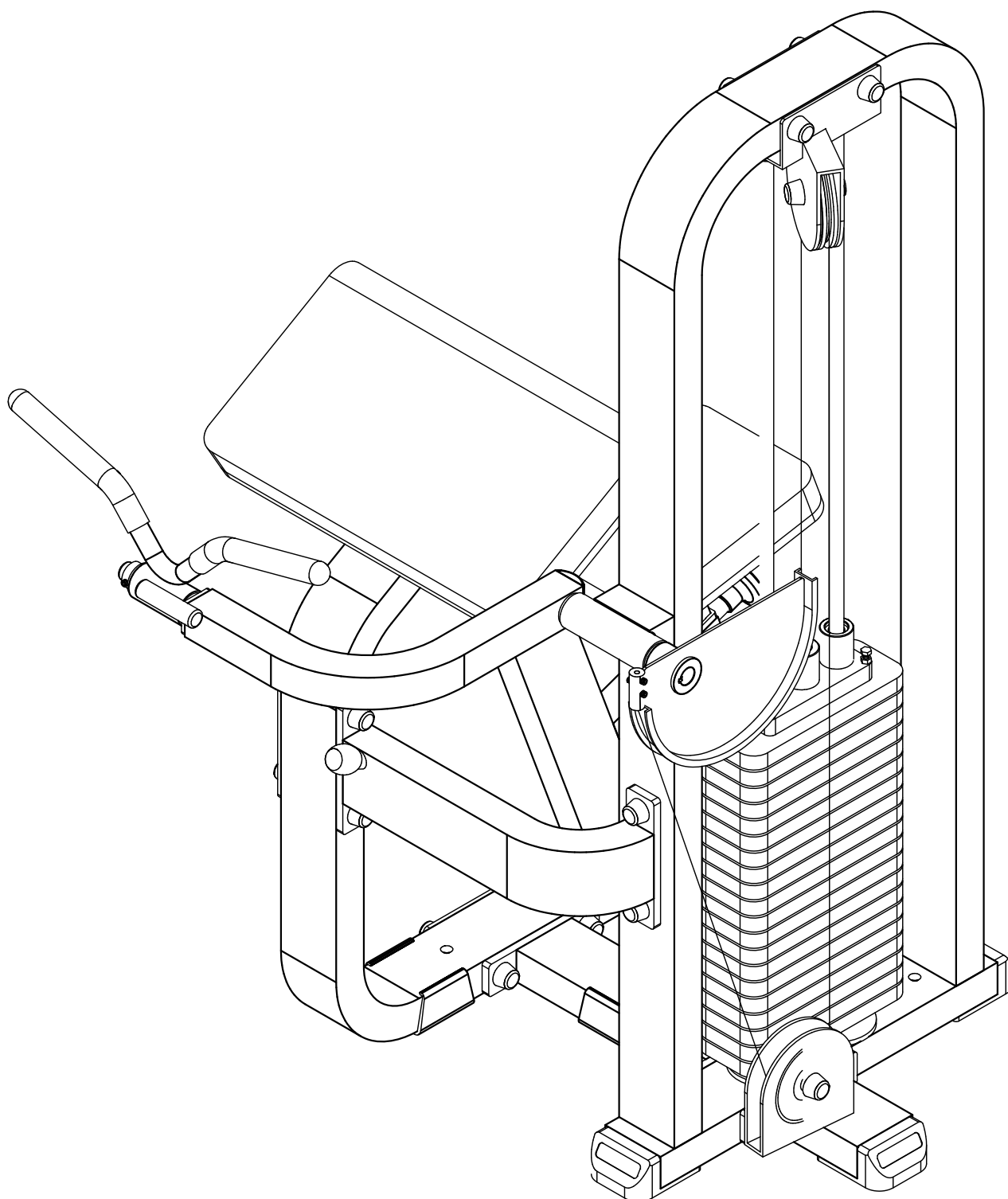


SBC-600G

BICEP CURL



Архангельск (8182)63-90-72
Астана (7172)727-132
Астрахань (8512)99-46-04
Барнаул (3852)73-04-60
Белгород (4722)40-23-64
Брянск (4832)59-03-52
Владивосток (423)249-28-31
Волгоград (844)278-03-48
Вологда (8172)26-41-59
Воронеж (473)204-51-73
Екатеринбург (343)384-55-89
Иваново (4932)77-34-06

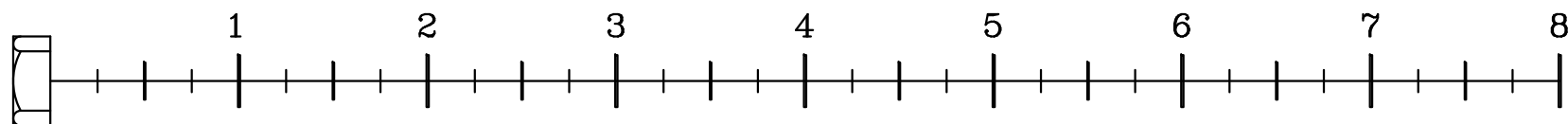
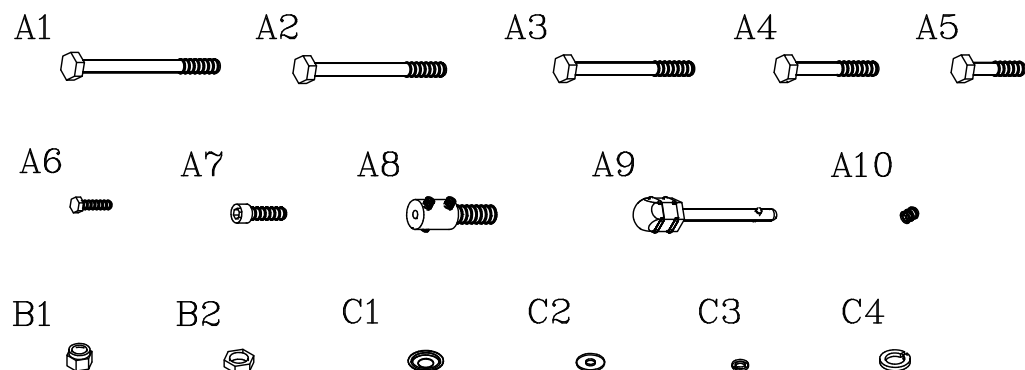
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Иркутск (395)279-98-46
Казань (843)206-01-48
Калининград (4012)72-03-81
Калуга (4842)92-23-67
Кемерово (3842)65-04-62
Киров (8332)68-02-04
Краснодар (861)203-40-90
Красноярск (391)204-63-61
Курск (4712)77-13-04
Липецк (4742)52-20-81
Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
Москва (495)268-04-70
Мурманск (8152)59-64-93
Набережные Челны (8552)20-53-41
Нижний Новгород (831)429-08-12
Новокузнецк (3843)20-46-81
Новосибирск (383)227-86-73
Омск (3812)21-46-40
Орел (4862)44-53-42
Оренбург (3532)37-68-04
Пенза (8412)22-31-16
Казахстан (772)734-952-31

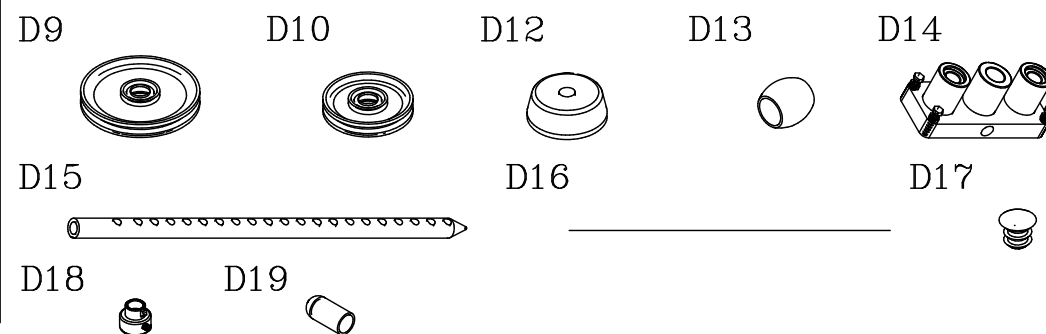
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Ростов-на-Дону (863)308-18-15
Рязань (4912)46-61-64
Самара (846)206-03-16
Санкт-Петербург (812)309-46-40
Саратов (845)249-38-78
Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13
Таджикистан (992)427-82-92-69

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
Хабаровск (4212)92-98-04
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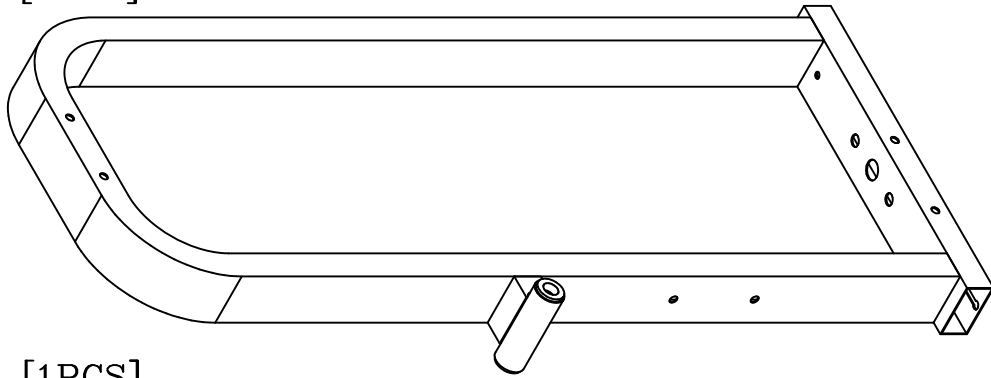
	Qty.
A1. 1/2"X5 3/4" HEX HEAD BOLT -----	[2PCS]
A2. 1/2"X5 1/2" HEX HEAD BOLT -----	[4PCS]
A3. 1/2"X5" HEX HEAD BOLT -----	[4PCS]
A4. 1/2"X3 1/2" HEX HEAD BOLT -----	[2PCS]
A5. 1/2"X2 1/4" HEX HEAD BOLT -----	[2PCS]
A6. 5/16"X1 1/4" HEX HEAD BOLT -----	[8PCS]
A7. 7/16"X1 1/2" ROUND BOLT -----	[1PCS]
A8. 5/8"X1 3/4" ROUND BOLT -----	[1PCS]
A9. 10LB BALL PIN -----	[1PCS]
A10. 5/16"X3/8" SET SCREW -----	[3PCS]
B1. 1/2" NYLON LOCK NUT -----	[14PCS]
B2. 5/8" LOCK NUT -----	[1PCS]
C1. 1/2" ROUND END CAP WASHER -----	[28PCS]
C2. 5/16" (I.D)WASHER -----	[8PCS]
C3. 5/16" SPRING WASHER -----	[8PCS]
C4. 5/8" SPRING WASHER -----	[1PCS]



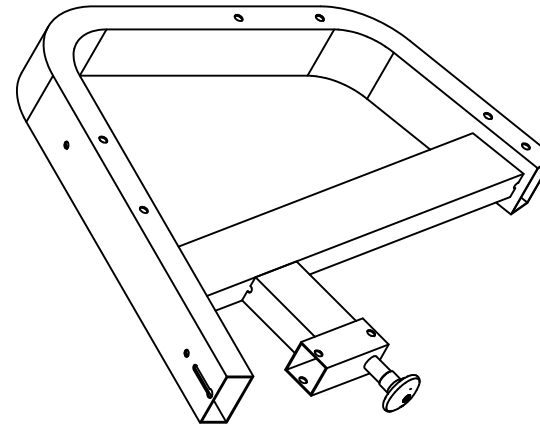
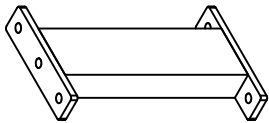
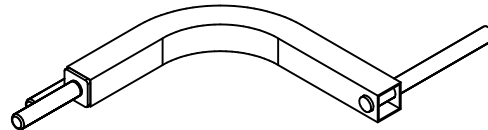
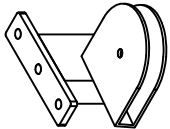
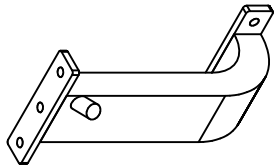
	Qty.
D1. 1/2" BOLT CAP -----	[28PCS]
D2. 2"X4" FOOT CAP (9211-028) -----	[4PCS]
D3. 50X50X1.8t END CAP (9211-087) -----	[1PCS]
D5. 2"X4" END CAP (9211-014) -----	[1PCS]
D6. ø1" SHAFT COLLAR (8130-024) -----	[1PCS]
D7. 2"X4" RUBBER DOUNT (9212-009) --	[2PCS]
D8. 60X50 NYLON BUSHING (9211-033) --	[2PCS]
D9. ø6" PULLEY (9213-009) -----	[1PCS]
D10. ø4 1/2" PULLEY (9213-010) -----	[1PCS]
D12. ø4" RUBBER DONUT (9310-017) ---	[2PCS]
D13. ø1" RUBBER DONUT (9212-019) ---	[1PCS]
D14. CHROME TOP PLATE (8400-002) ---	[1PCS]
D15. WEIGHT SELECTOR BAR (8220-060) --	[1PCS]
D16. STEEL CABLE -----	[1PCS]
D17. ø5/8" ROUND END CAP (9211-015) --	[4PCS]
D18. ø3/4" SHAFT COLLAR (9211-046) --	[2PCS]
D19. ø1" ROUND END CAP (9212-004) ---	[1PCS]



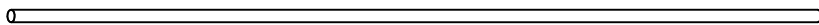
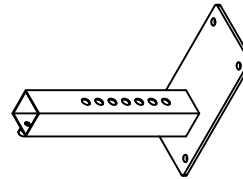
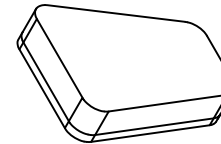
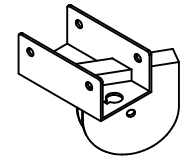
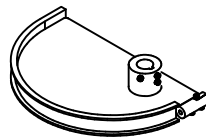
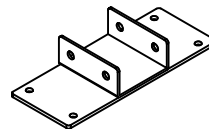
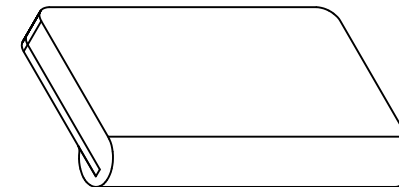
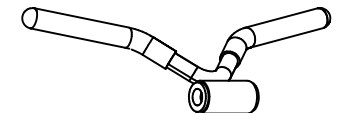
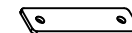
A [1PCS] WEIGHT STACK FRAME



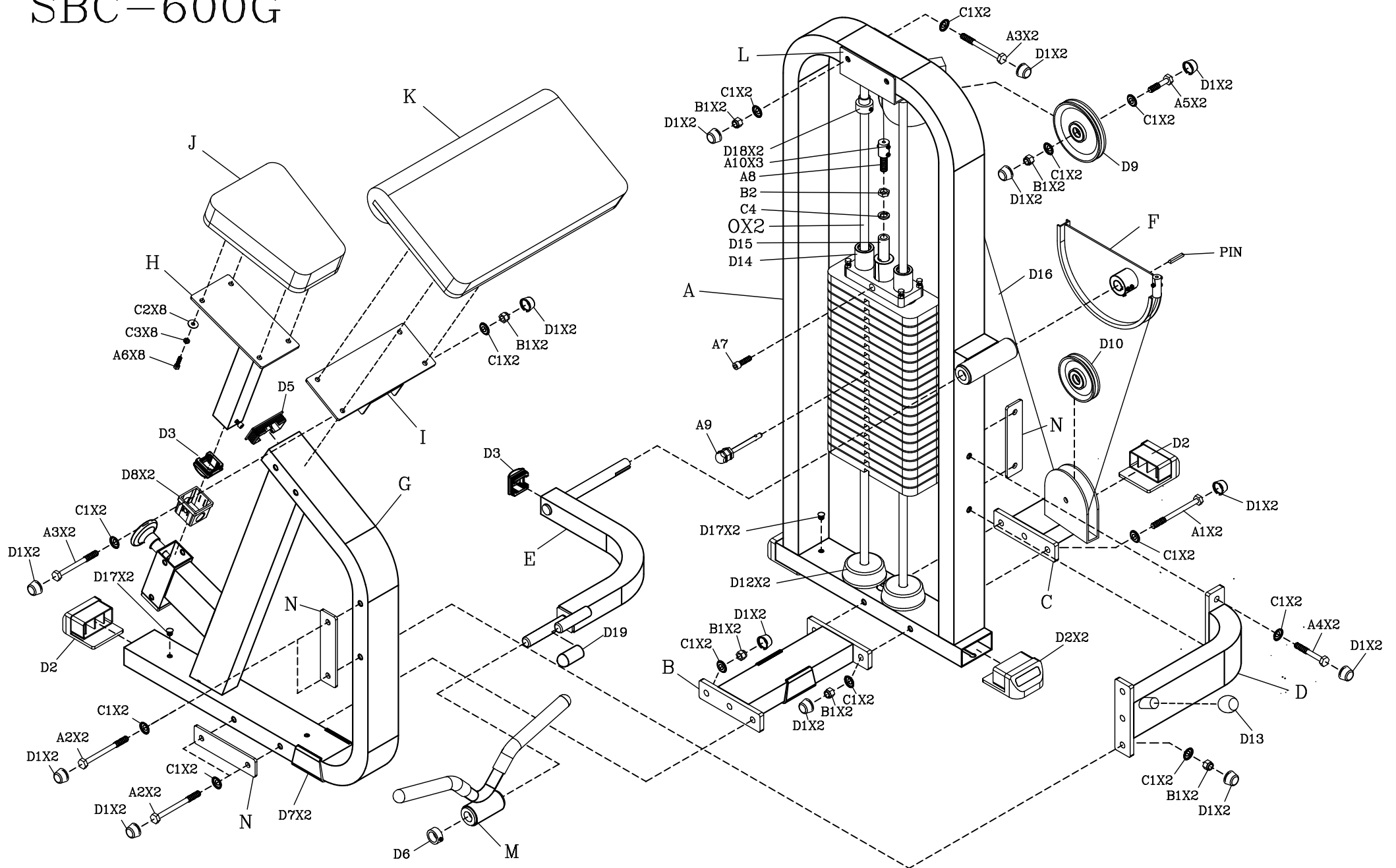
G [1PCS] MAIN BODY FRAME

B [1PCS]
BOTTOM BASE FRAMEE [1PCS]
PIVOT ARMC [1PCS]
BOTTOM PULLEY FRAMED [1PCS]
MIDDLE SUPPORT FRAME

O [2PCS] CHROME GUIDE ROD

H [1PCS]
SEAT PAD FRAMEJ [1PCS]
SEAT PADL [1PCS]
TOP PULLEY FRAMEF [1PCS]
CAM WHEELI [1PCS]
PREACHER FRAMEK [1PCS]
PREACHER PADM [1PCS]
CURL BARN [3PCS]
2"X8" PLATE

SBC-600G



SBC-600G BICEP CURL ASSEMBLY STEPS

STEP-1

NOTE: DO NOT TIGHTEN NUTS AND BOLTS SECURLY UNTIL
YOU HAVE COMPLETED ALL ASSEMBLY STEPS.

- ☐ Attach C Bottom Pulley Frame and B Bottom Base Frame to A Weight Stack Frame.
- ☐ Attach G Main Body Frame to B Bottom Base Frame.
- ☐ Attach D Middle Support Frame to A Weight Stack Frame and G Main Body Frame.
- ☐ Attach I Preacher Frame to G Main Body Frame.

STEP-2

- ☐ Slide E Pivot Arm into A Weight Stack Frame.
- ☐ Slide F Cam Wheel onto E Pivot Arm using Cam Pin.
- ☐ Slide M Curl Bar onto E Pivot Arm.
- ☐ Attach K Preacher Pad to I Preacher Frame.
- ☐ Attach J Seat Pad to H Seat Pad Frame.

CAUTION: DO NOT OVERTIGHTEN PAD BOLTS.
OVERTIGHTENING WILL STRIP
T-NUTS IN THE WOOD.

STEP-3

- ☐ Slide H Seat Pad Frame into G Main Body Frame.
- ☐ Attach O Chrome Guide Rods and D12 Rubber Dounts to A Weight Stack Frame.
- ☐ Slide Weight Stack and D14 Chrome Top Plate onto O Chrome Guide Rods.
- ☐ Attach L Top Pulley Frame to A Weight Stack Frame and attach D18 Shaft Collar.

STEP-4

- ☐ Attach Pulleys and Cables as shown.
- ☐ Attach End Caps,Grips and No-Slip Tape.
- ☐ TIGHTEN ALL NUTS AND BOLTS SECURELY.
- ☐ Attach Bolt Caps.

SAFETY RULES

1. Periodically check that all nuts, bolts and screws are fully tightened on your AB MACHINE.
2. Exercise with care.Perform your exercises at a smooth moderate pace; never perform jerky or uncoordinated movements that may cause injury.
3. It is recommended that you should workout with a training parther.
4. Warning: CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM.IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BEFORE YOU ENTER ANY EXERCISE PROGRAM. FOR YOUR OWN SAFETY,DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

SBC-600G
BICEP CURL

