



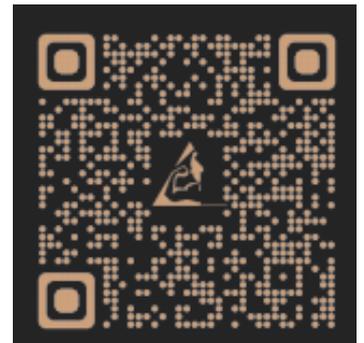
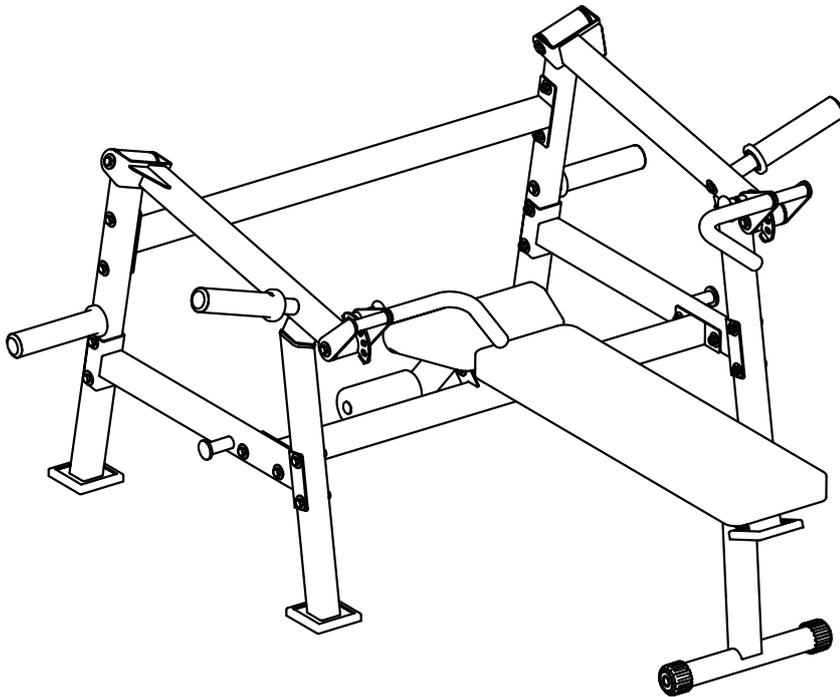
ASSEMBLY INSTRUCTIONS

V1S



2x NOT INCLUDED

NOTE: DO NOT FULLY
TIGHTEN HARDWARE
UNTIL FINAL STEP



ER KANG RECOMMENDS TWO PEOPLE
NEEDED TO ASSEMBLE THIS MACHINE IN
FLAT GROUND.

MEET ANY QUESTION ASSEMBLING OR PRODUCT?

EMAIL US FOR CUSTOMER SERVICE

E-mail: syedee@163.com

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

Assembly Caution	3
Part list I	4
Part list II	5
Step 1	6
Step 2	7
Step 3	8
Step 4	9
Step 5	10
Step 6	11
Step 7	12

ASSEMBLY CAUTION

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight system can be assembled successfully by anyone. However, it is important to realize that the versatile weight system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

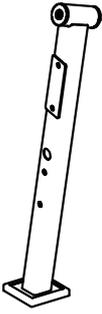
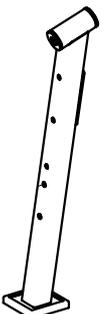
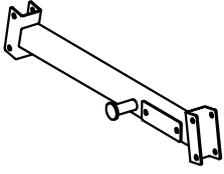
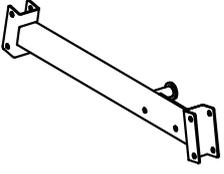
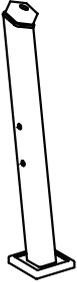
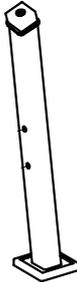
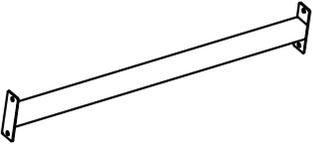
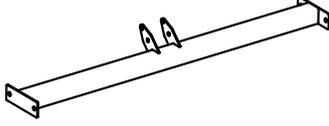
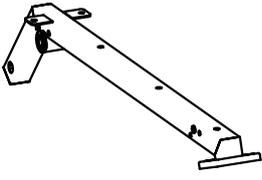
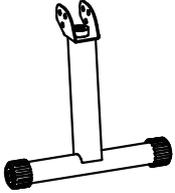
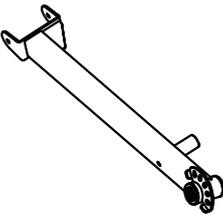
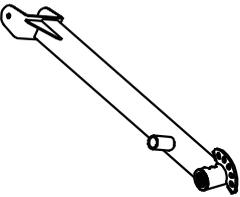
- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight system, make sure all parts are oriented as shown in the drawings.
- ***For help identifying small parts, refer to the PART IDENTIFICATION CHART on page 5.***

The following tools (not included) are required for assembly:

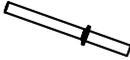
- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

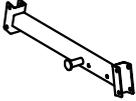
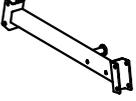
PARTS LIST

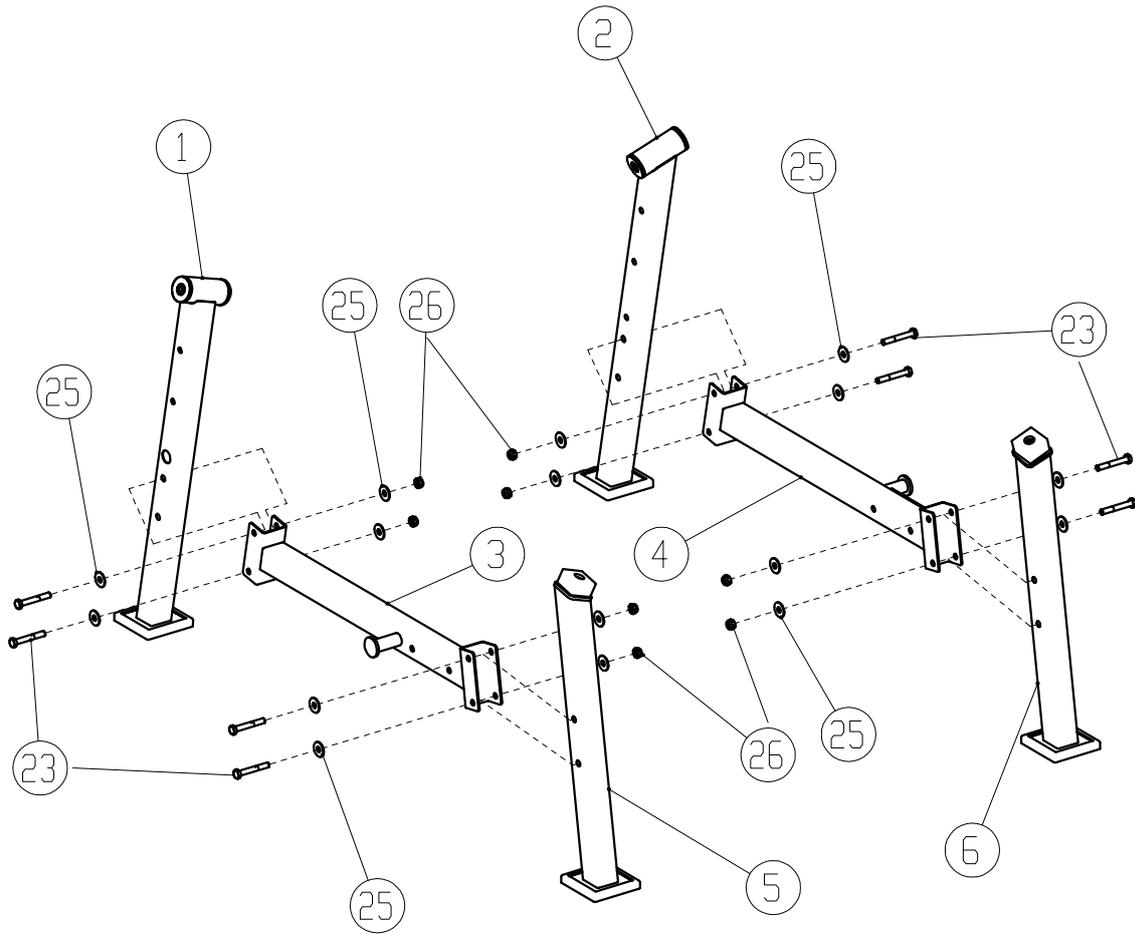
<p>1</p> <p>LEFT COLUMN</p>  <p>1 PCS</p>	<p>2</p> <p>RIGHT COLUMN</p>  <p>1 PCS</p>	<p>3</p> <p>LEFT BEAM</p>  <p>1 PCS</p>
<p>4</p> <p>RIGHT BEAM</p>  <p>1 PCS</p>	<p>5</p> <p>LEFT SUPPORT</p>  <p>1 PCS</p>	<p>6</p> <p>RIGHT SUPPORT</p>  <p>1 PCS</p>
<p>7</p> <p>CROSS MEMBER</p>  <p>1 PCS</p>	<p>8</p> <p>CROSS MEMBER</p>  <p>1 PCS</p>	<p>9</p> <p>BACK SUPPORT FRAME</p>  <p>1 PCS</p>
<p>10</p> <p>ADJUSTABLE COMPONENTS</p>  <p>1 PCS</p>	<p>11</p> <p>RIGHT FORCE ARM</p>  <p>1 PCS</p>	<p>12</p> <p>LEFT FORCE ARM</p>  <p>1 PCS</p>

PARTS LIST

<p>13 Left Handle</p>  <p>1 PCS</p>	<p>14 Right Handle</p>  <p>1 PCS</p>	<p>15 Short Cushion</p>  <p>1 PCS</p>
<p>16 Long Cushion</p>  <p>1 PCS</p>	<p>17 Weight Storage PIN (300mm)</p>  <p>2 PCS</p>	<p>18 Weight Storage PIN (250mm)</p>  <p>2 PCS</p>
<p>19 Bearing(370mm)</p>  <p>1 PCS</p>	<p>20 FOAM(D80*160)</p>  <p>2 PCS</p>	<p>21 Bushings(205mm)</p>  <p>4 PCS</p>
<p>22 PIN</p>  <p>2 PCS</p>	<p>23 Bolt M10*70</p>  <p>17 PCS</p>	<p>24 Bolt M10*20</p>  <p>16 PCS</p>
<p>25 M10Washers(D30*d11)</p>  <p>53 PCS</p>	<p>26 M10 Locknut</p>  <p>17 PCS</p>	<p>27 Bolt M10*80</p>  <p>1 PCS</p>

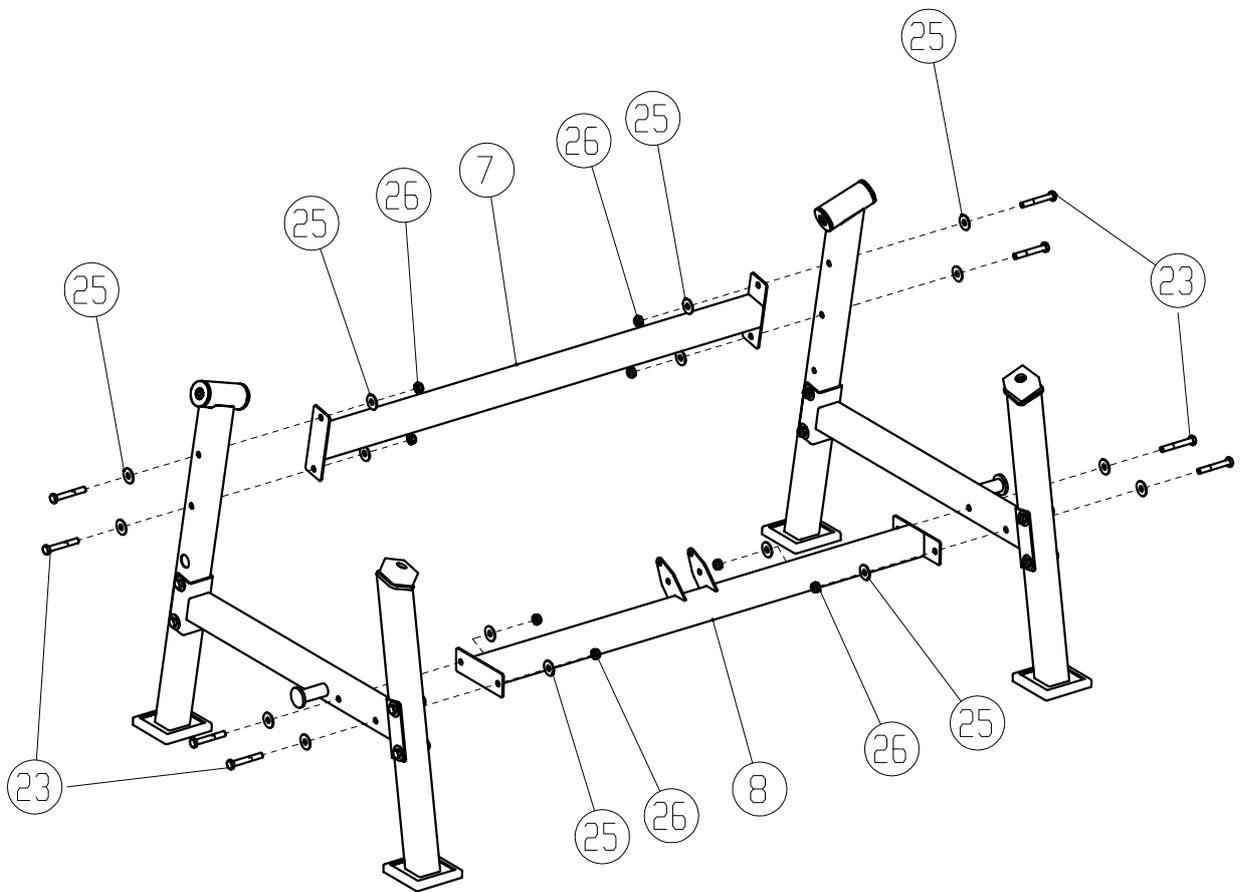
STEP: 1

1 Rear Left Column  1 PCS	2 Rear Right Column  1 PCS	3 Left Connecting Tube  1 PCS	4 Right Connecting Tube  1 PCS
5 Front Left Column  1 PCS	6 Front Right Column  1 PCS	23 Bolt M10*70  8 PCS	26 M10 Locknut  8 PCS 25 M10 Washers(D30*d11)  16 PCS

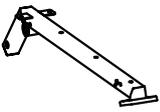
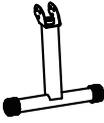


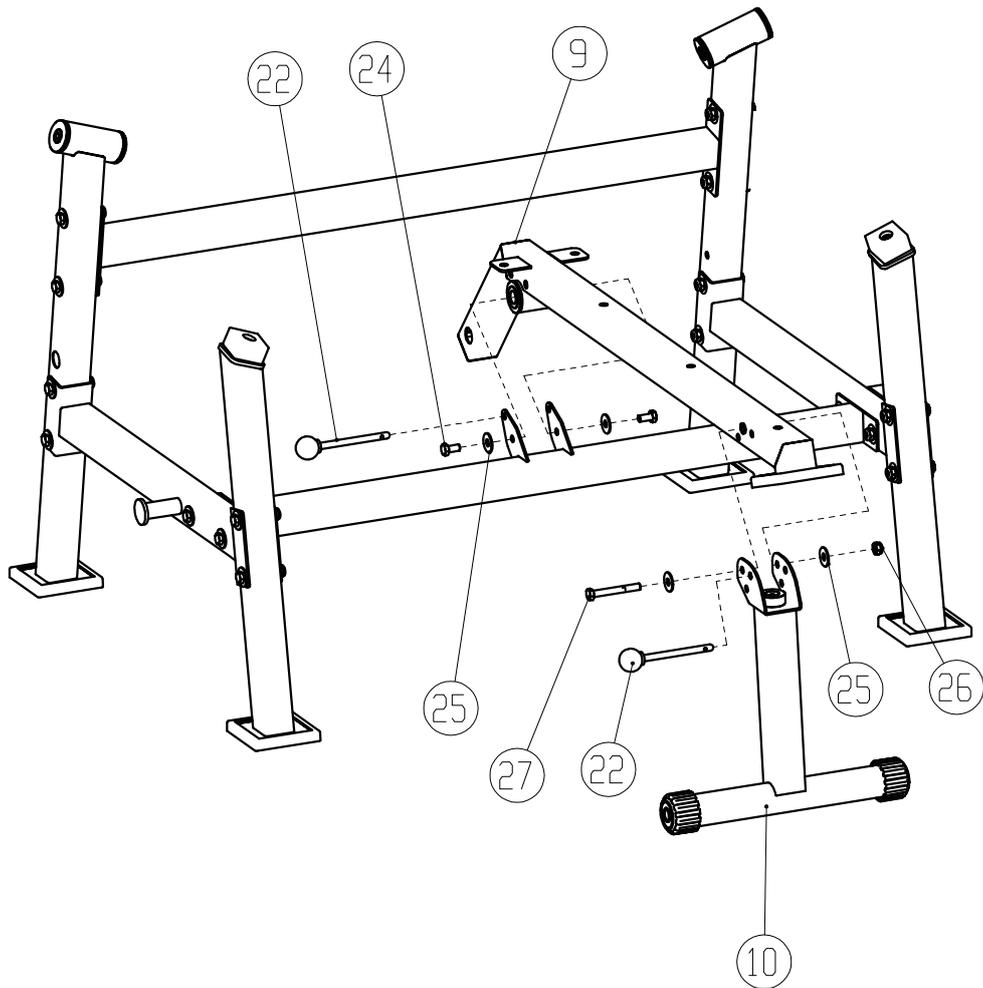
STEP: 2

<p>7 Rear Cross Tube</p>  <p>1 PCS</p>	<p>8 Front Cross Tube</p>  <p>1 PCS</p>	<p>23 Bolt M10*70</p>  <p>8 PCS</p>	<p>26 M10 Locknut</p>  <p>8 PCS</p> <hr/> <p>25 M10 Washers(D30*d11)</p>  <p>16 PCS</p>
--	---	--	---



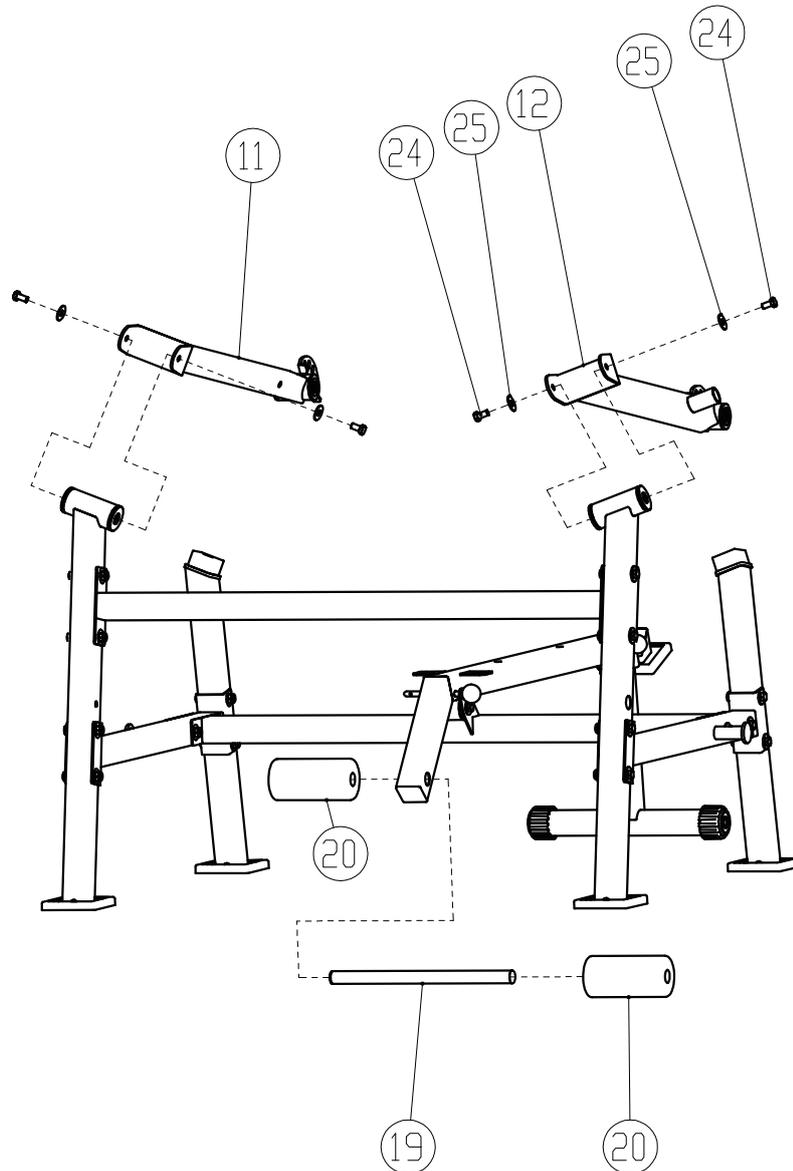
STEP: 3

<p>9 Back Support Frame</p>  <p>1 PCS</p>	<p>10 Adjustable Supporting Frame</p>  <p>1 PCS</p>	<p>22 PIN</p>  <p>2 PCS</p>	<p>24 Bolt M10*20</p>  <p>2 PCS</p>
<p>25 M10 Washers(D30*d11)</p>  <p>4 PCS</p>	<p>26 M10 Locknut</p>  <p>1 PCS</p>	<p>27 Bolt M10*80</p>  <p>1 PCS</p>	



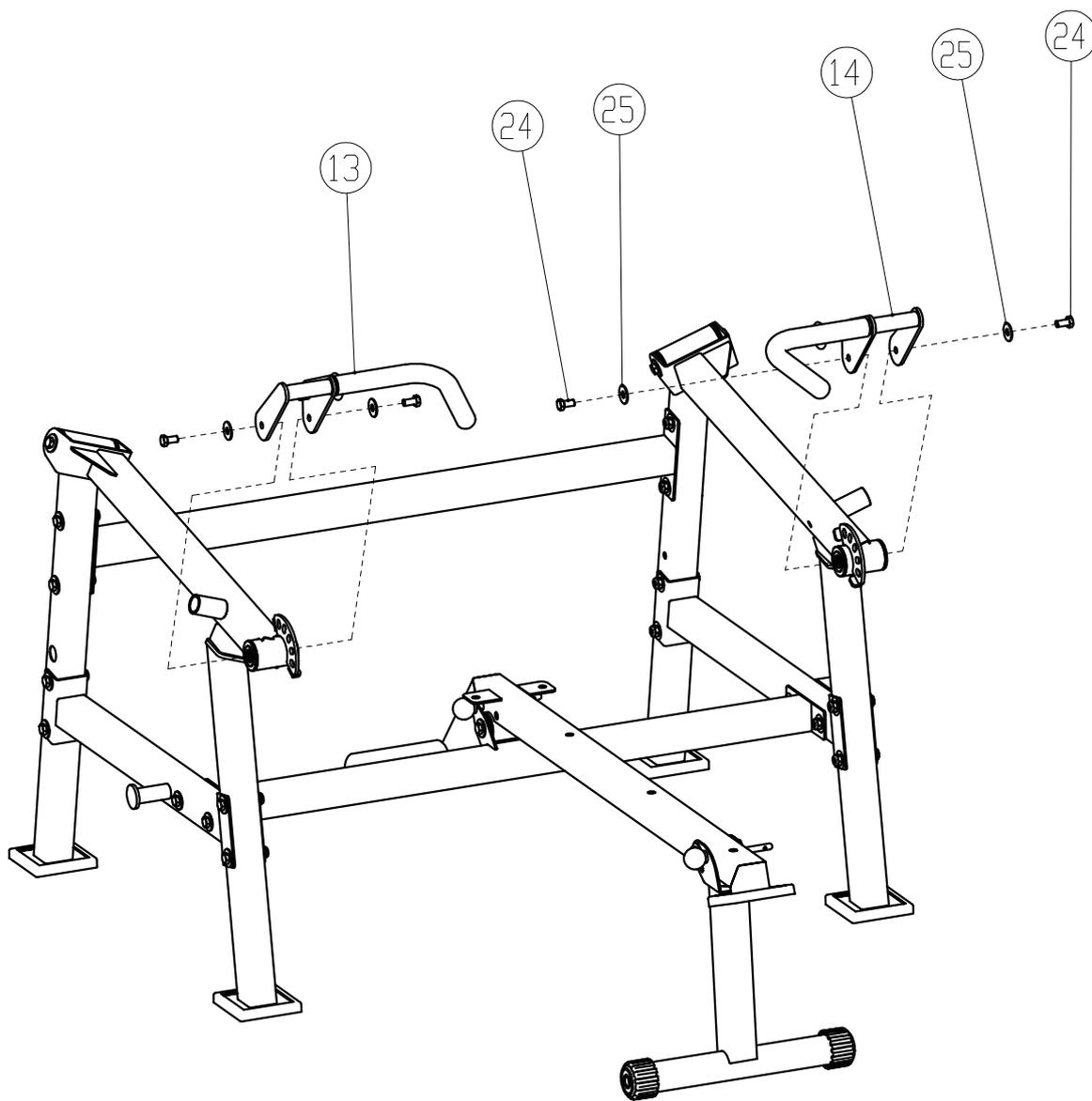
STEP: 4

11 Right Arm  1 PCS	12 Left Arm  1 PCS	19 AXIS-1(D25*370mm)  1 PCS	20 FOAM(D80*160)  2 PCS
24 Bolt M10*20  4 PCS	25 M10 Washers(D30*d11)  4 PCS		

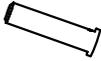


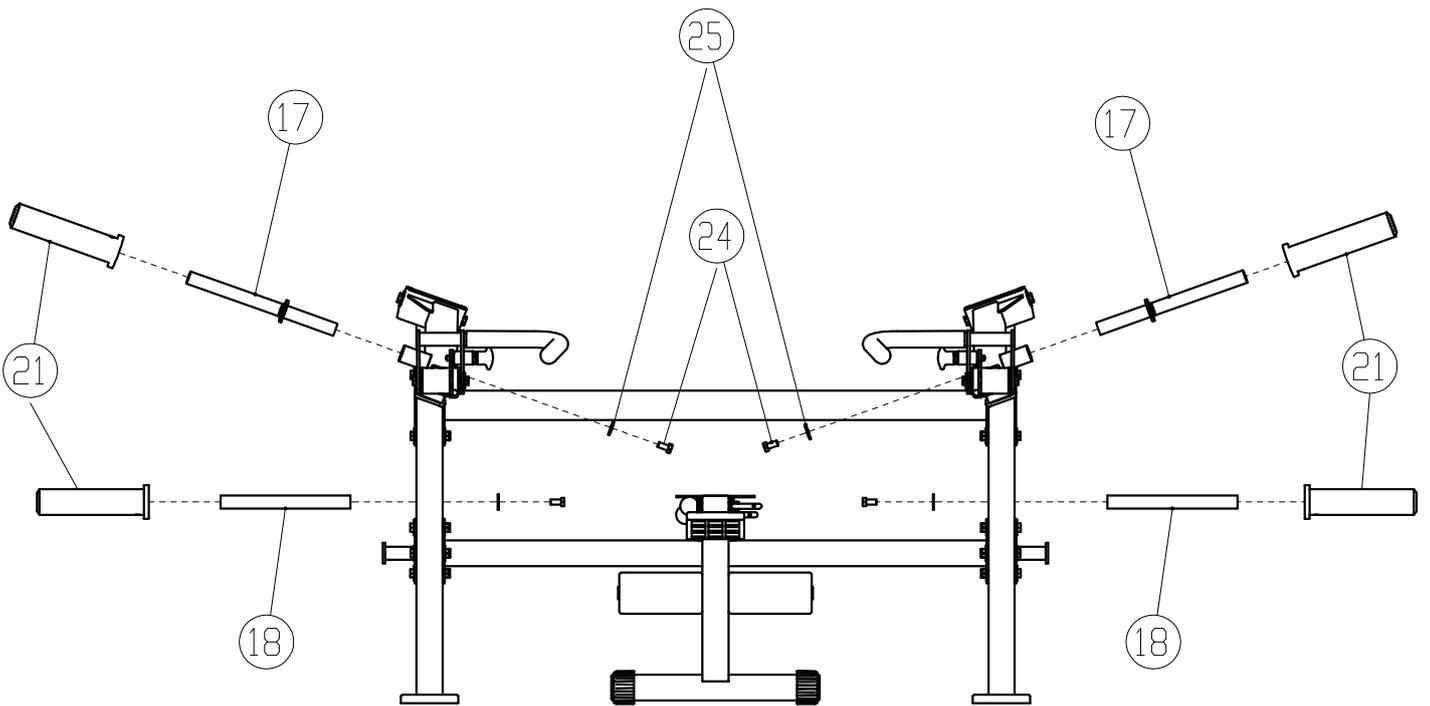
STEP: 5

13 Left Handle  1 PCS	14 Right Handle  1 PCS	24 Bolt M10*20  4 PCS	25 M10 Washers(D30*d11)  4 PCS
---	--	--	--



STEP: 6

17 Weight Storage PIN (300mm)  2 PCS	18 Weight Storage PIN (250mm)  2 PCS	21 Bushings(205mm)  4 PCS	24 Bolt M10*20  4 PCS 25 M10 Washers(D30*d11)  4 PCS
--	--	--	---



STEP: 7

15 Short Cushion  1 PCS	16 Long Cushion  1 PCS	23 Bolt M10*70  3 PCS	24 Bolt M10*20  2 PCS 25 M10 Washers(D30*d11)  5 PCS
---	--	--	---

