



Converging Chest Press Selectorized ASSEMBLY INSTRUCTIONS



Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.

Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.

Tools Required for Installation:
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

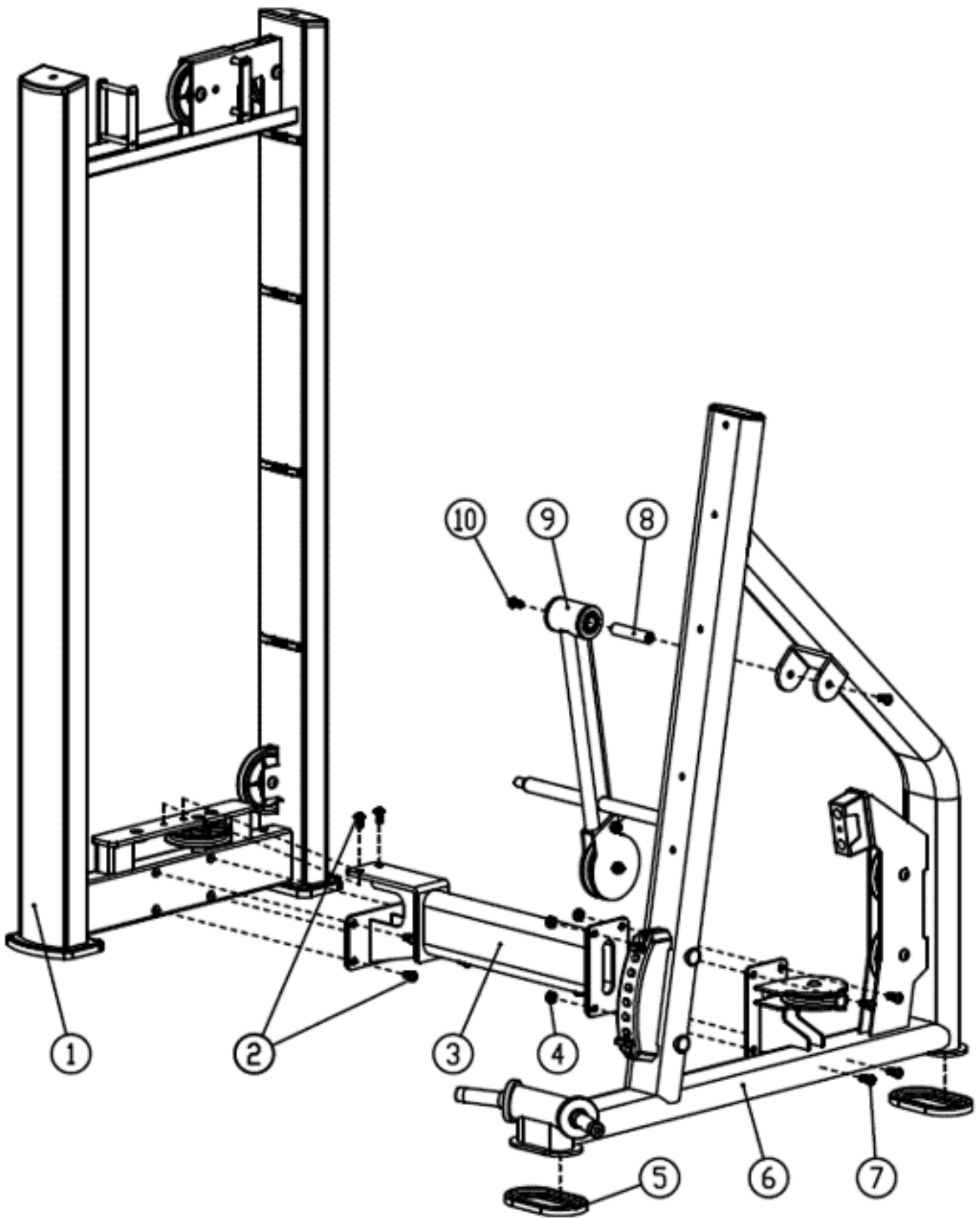
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Balance Weight Frame	1
2	Hexagon Socket Head Cap Screws M10x20	6
3	Universal Joints	1
4	M10 Locknut	4
5	Foot Pad	2
6	Side Frame	1
7	Hexagon Socket Button Head Screws M10x25	4
8	Linkage Shaft	1
9	Linkage	1
10	Hexagon Socket Button Head Screws M10x20	2
11	Head Pad Set	1
12	Back Cushion Set	1
13	Seat	1
14	Seat Shaft	4
15	Seat Lining	4
16	Seat Rocker Arm	4
17	Seat Rocker Arm Cover	8
18	Inner Hexagon Countersunk Head Screws M8x20	8
19	Universal Lining	4
20	Hexagon Socket Head Cap Screws M8x35	5

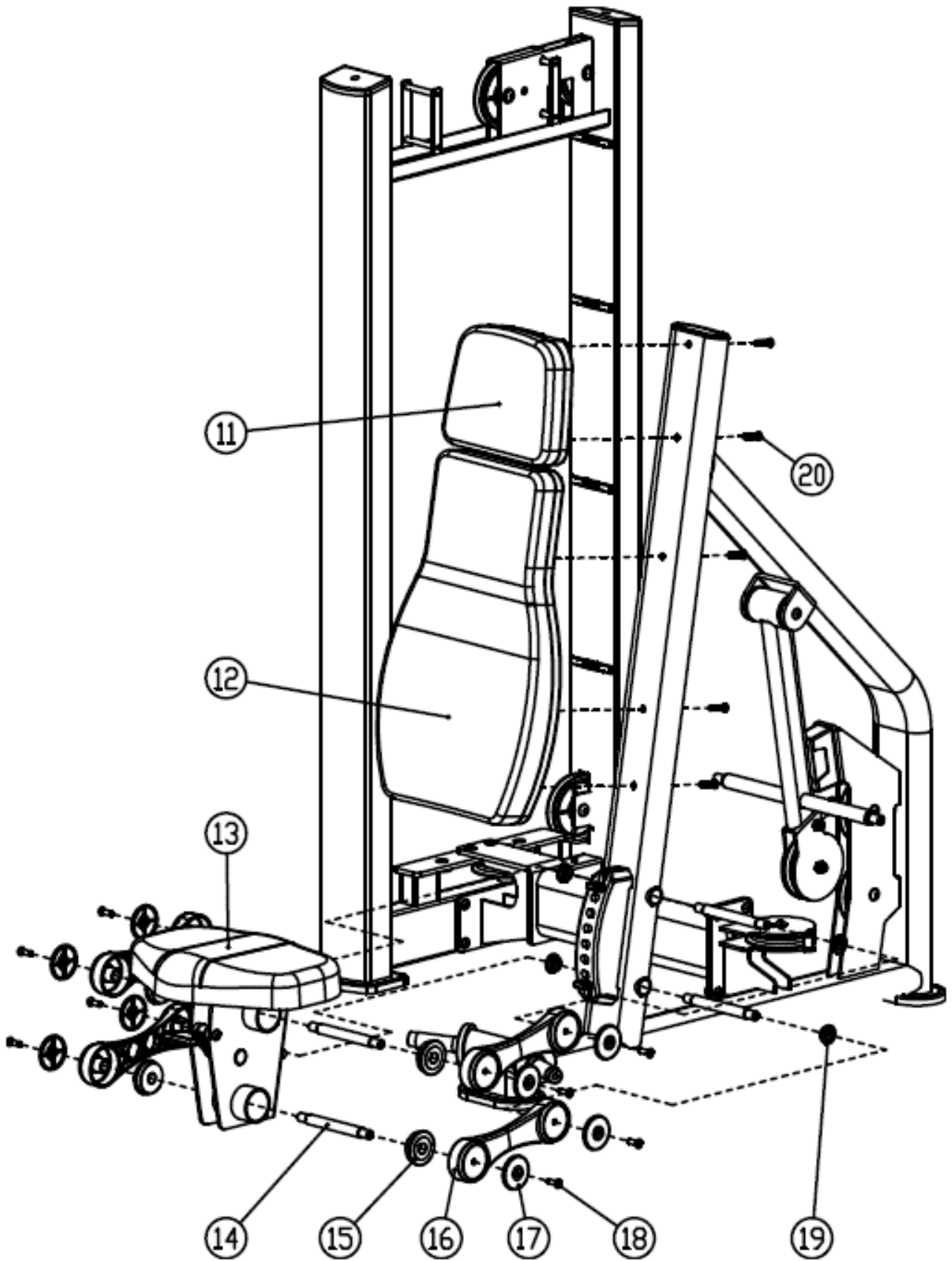
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Right Force Arm	1
22	Nut Cap	2
23	Hexagon Socket Head Cap Screws M10x15	2
24	Flat Mat	2
25	Left Force Arm	1
26	Pull Rod	2
27	Universal Flat Mat	4
28	Hexagon Socket Button Head Screws M10x15	4
29	Wire Rope	1

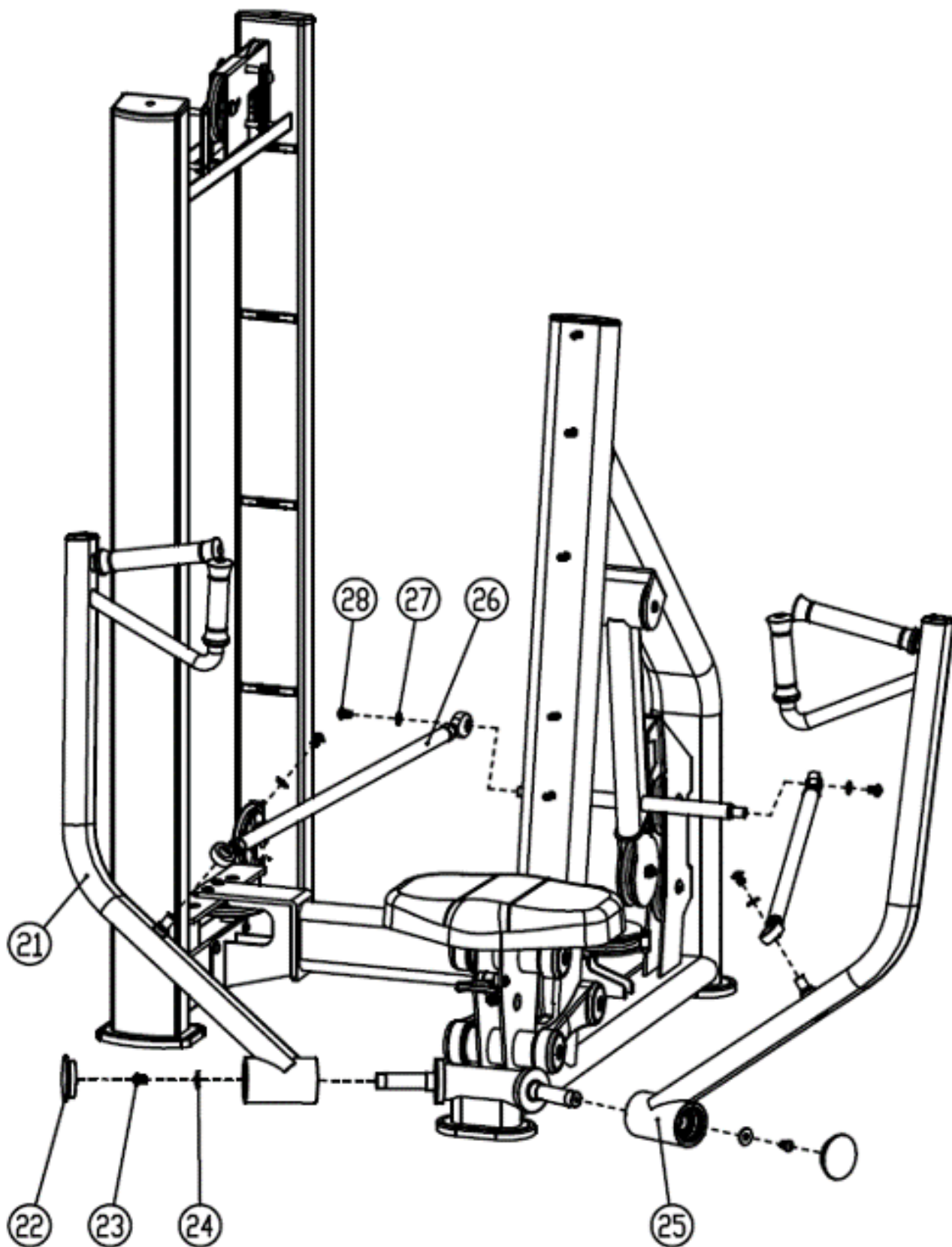
Frame Assembly



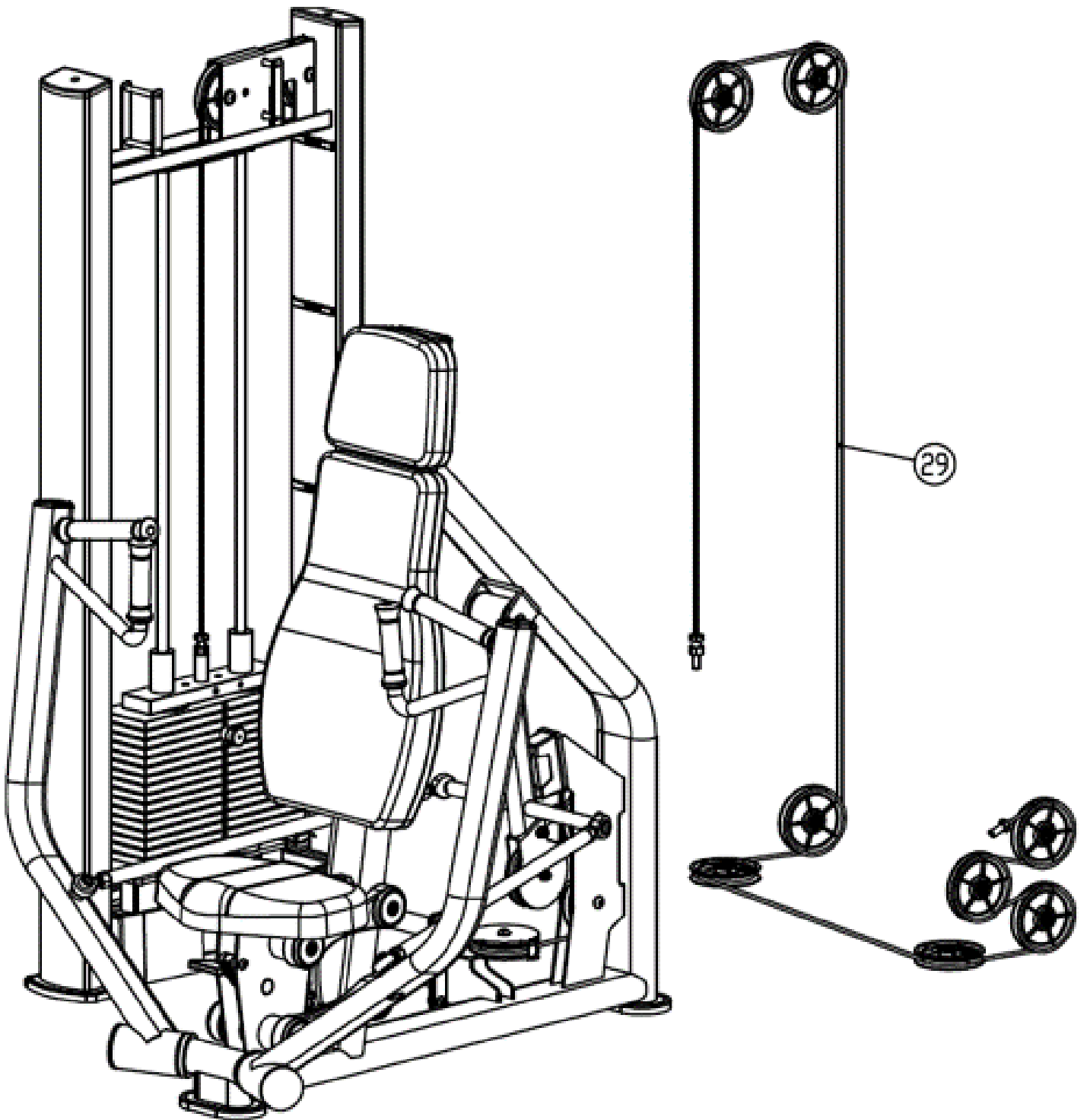
Accessory and Cushion Installation



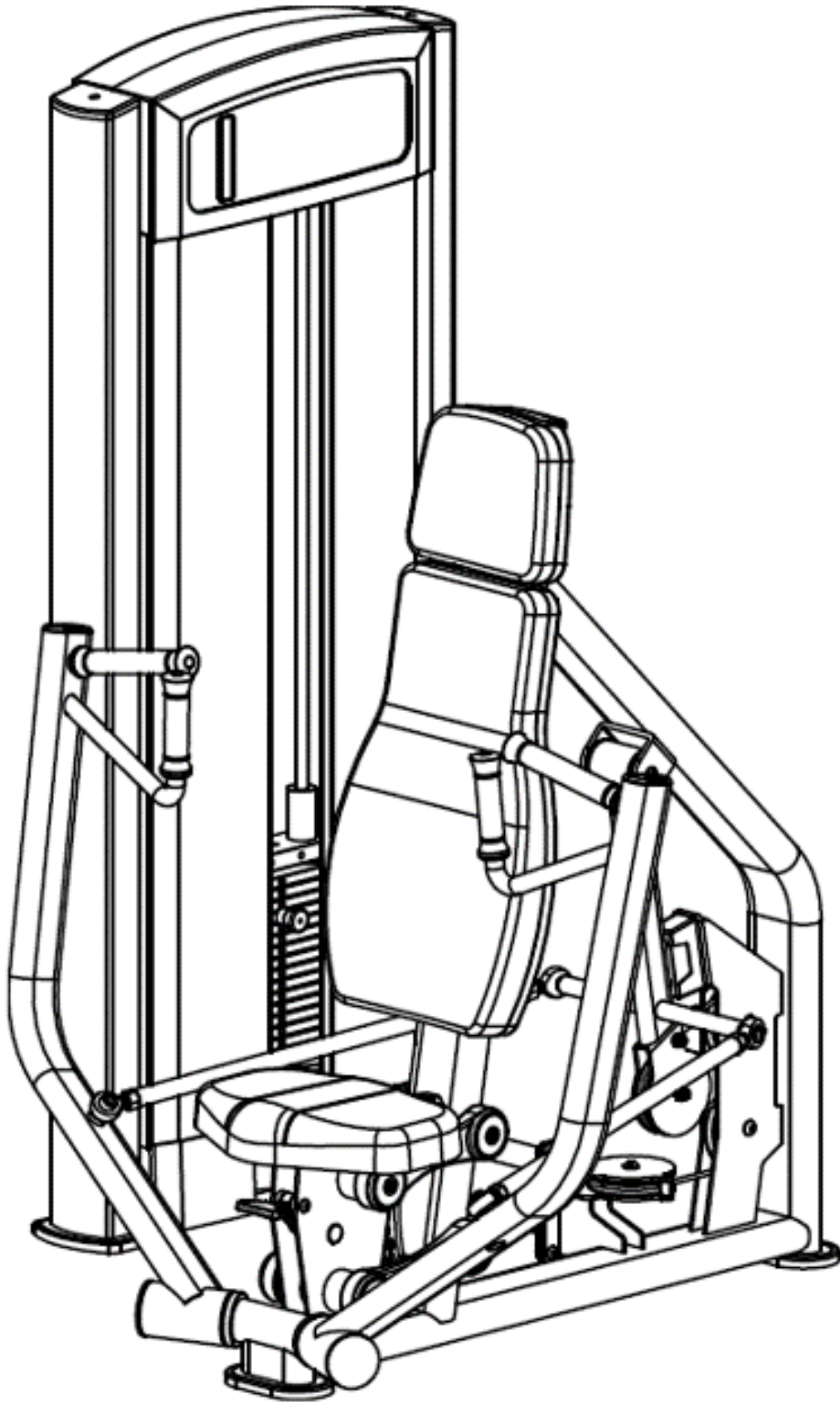
Force Arm Installation



Cable Installation



Cover Installation



Have a question about assembly?



Please contact a Gym Bro Fitness Team Member!

Hours of Operation:

Monday-Friday 9:00am - 5:00pm (PST)

Saturday 9:00am - 3:00pm (PST)

Sunday CLOSED

Phone: (662)GYM-BROS

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com