



ISO Lateral Decline Chest Press

Plate Loaded

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
A1	Main Frame	1
A2	Connection Frame (1)	1 pair
A3	Connection Frame (2)	1
A4	Connection Frame (3)	1 pair
A5	Side Frame	1 pair
A6	Arm	1 pair
A7	Cushion Frame	1
A8	Leg Press Frame	1
1	Footpads	6
2	Hexagon Socket Flat Head Screws M12x70	14
3	Flat Pad (1)	14
4	Flat Pad(2)	24
5	Self Locking Nut M12	18
6	Hexagon Socket Flat Head Screws M12x80	2
7	Hexagon Socket Flat Head Screws M12x120	2
8	Square End Cap	6
9	Sleeve Pad	4
10	Sleeve End Cap	4
11	Sleeve Tube	4
12	Sleeve End Cap	6

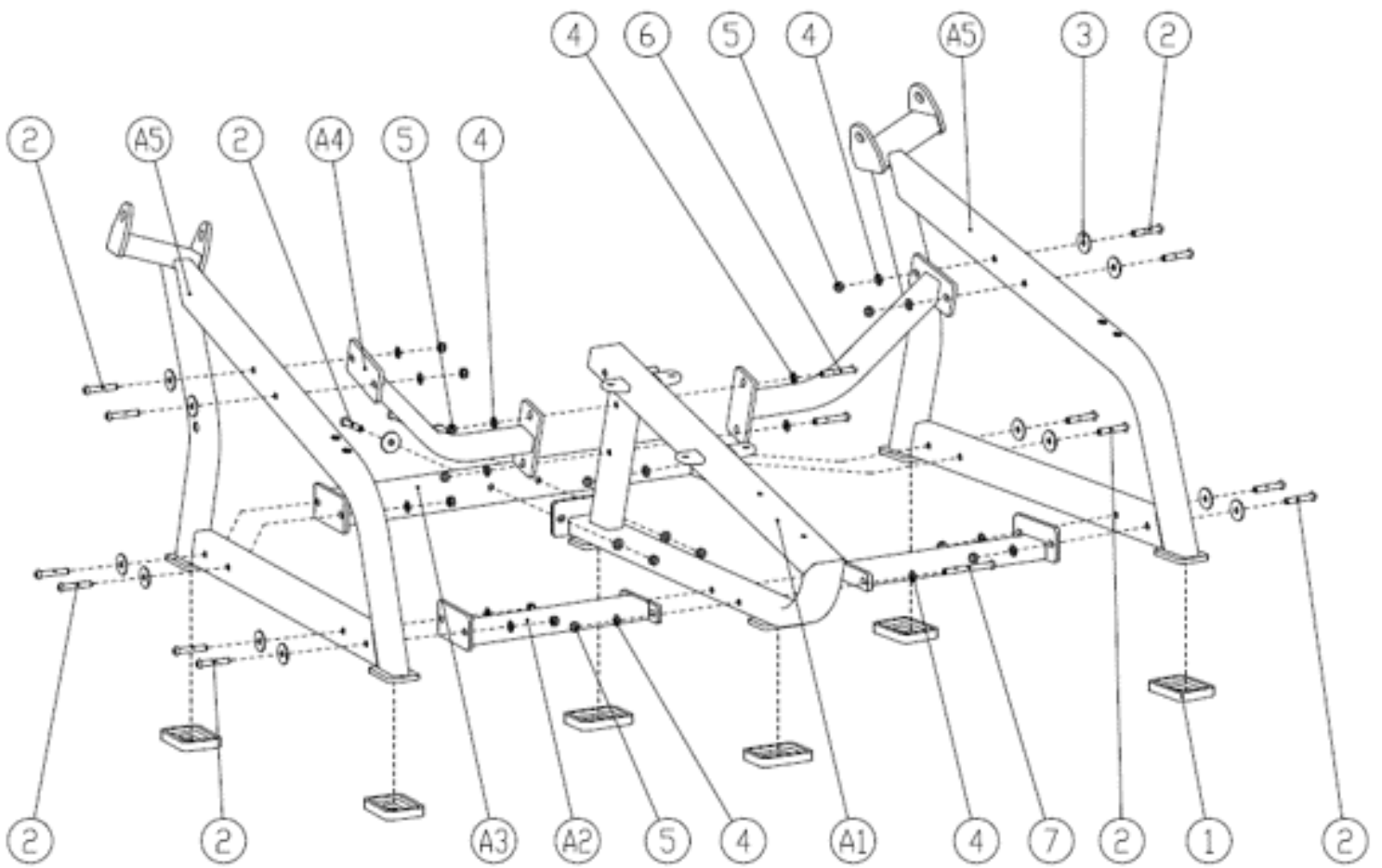
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
13	Hexagon Socket Head Screws M10x15	10
14	Deep Groove Ball Bearings	4
15	Handle End Cap	2
16	Handle Cover	2
17	Handle Limit Ring	2
18	Flat Pad	4
19	Arm Axis	2
20	hexagon Socket Head Screws M12x35	4
21	Dampening Piece	2
22	Hexagon Socket Head Screws M12x20	2
23	Sleeve End Cap	2
24	Sleeve Rod	2
25	Sleeve Tube	2
26	Back Pad Group	1
27	Cushion Pin	2
28	Back Pad Group	1
29	Hexagon Socket Head Screws M8x30	12
30	Flat Pad	6
31	Middle Pass Cover	2
32	Cushion Group	1

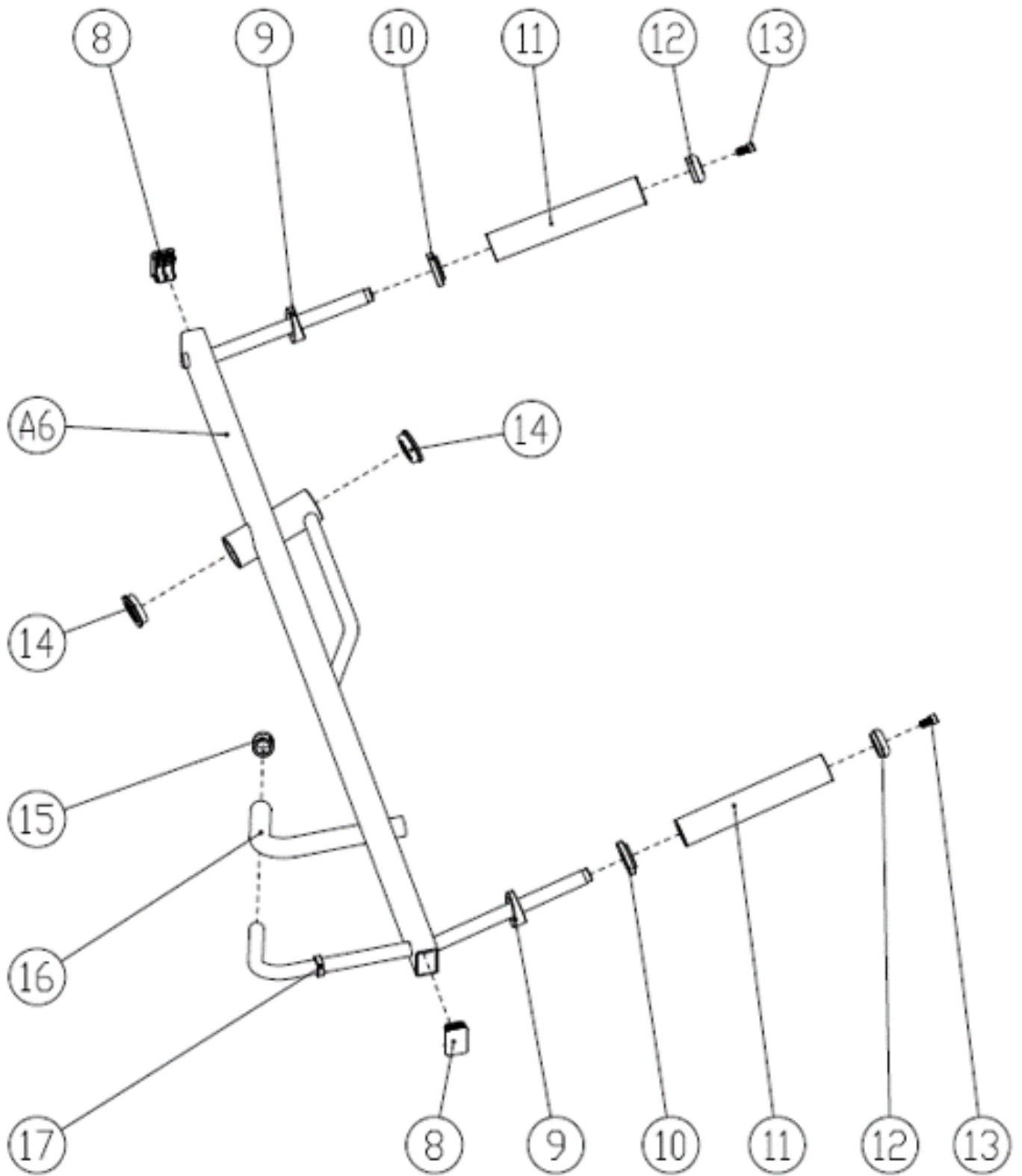
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
33	Leg Pads Group	2
34	Bolt	4

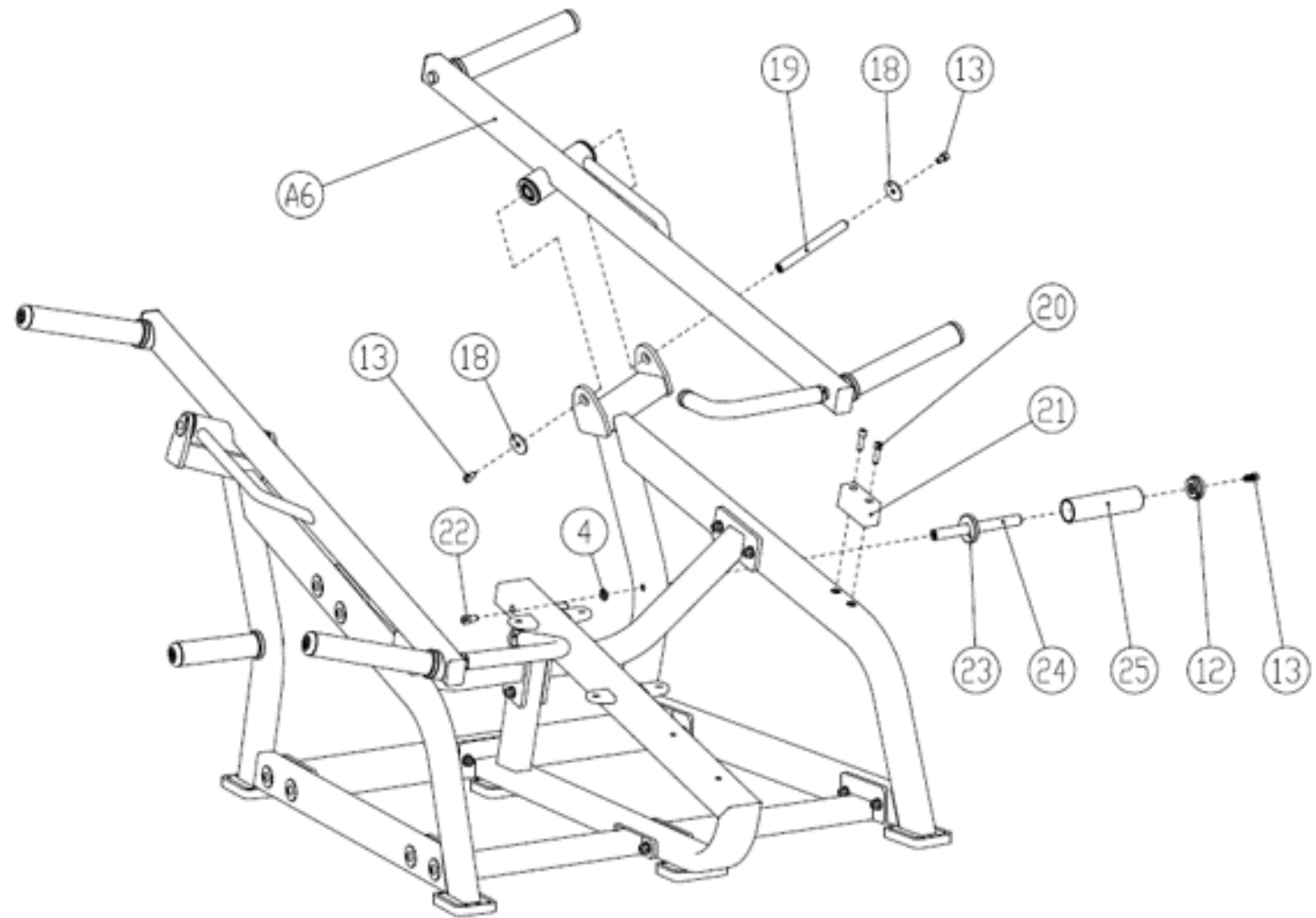
Frame Assembly



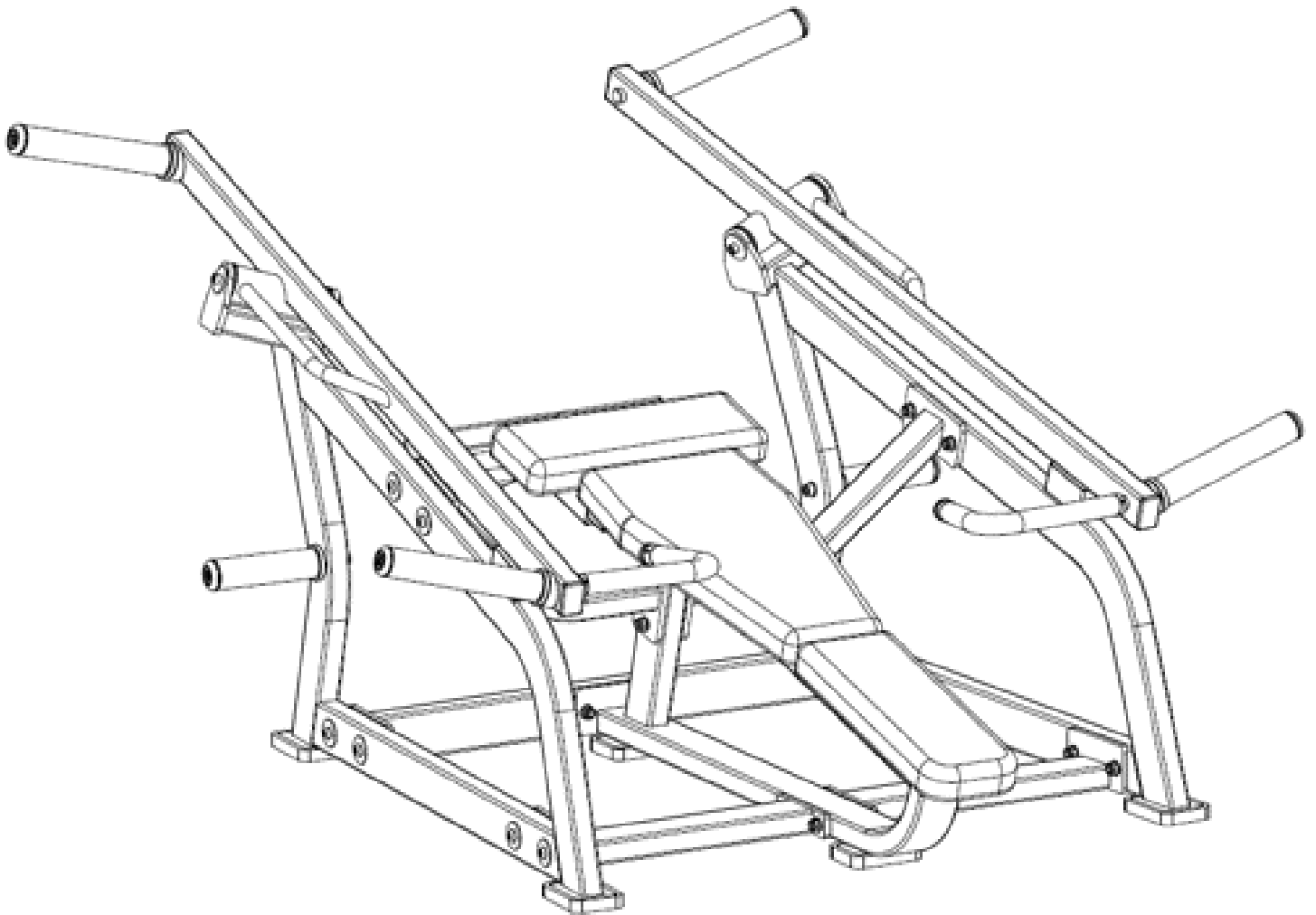
Force Arm Assembly



Force Arm Installation



Final Product



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

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Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com