



Spider Leg 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	Force Arm	1
A2	Connecting Frame 1	1
A3	Connecting Frame 2	1
A4	Side Frame	2
A5	Connecting Frame 3	1
A6	Underframe	1
A7	Regulating Lever	1
A8	Stop Piece	1
A9	Adjusting Handle	1
A10	Linkage Piece	1
A11	Pedal Frame	1
A12	Draw Bar	2
A13	Linkage Piece	2
A14	Seat Frame	1
A15	Handrail	2
A16	Regulating Element 1	1
A17	Regulating Element 2	1
1	Deep Groove ball Bearing	8
2	Flat Pad	10
3	Spring Mat	10

PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
4	Hexagon Socket Head Screws M10x25	4
5	Dampening Pad	2
6	Hexagon Socket Head Screws M10x35	4
7	Half Circle Set Ball	2
8	Flat Pad	18
9	Hexagon Socket Flat Head Screws M12x70	18
10	Logo Board	2
11	Flat Pad	4
12	Hexagon Socket Flat Head Screws M5x6	4
13	Flat Pad	10
14	Arm Shaft	1
15	Gaskets	8
16	Footpads	8
17	Hexagon Socket Head Screws M10x15	16
18	Flat Pad	20
19	Self Locking Nut M12	16
20	Wild Card	2
21	Deep Groove ball Bearing	6
22	Rod End Bearing M12	2
23	Hexagon Nut M12	2

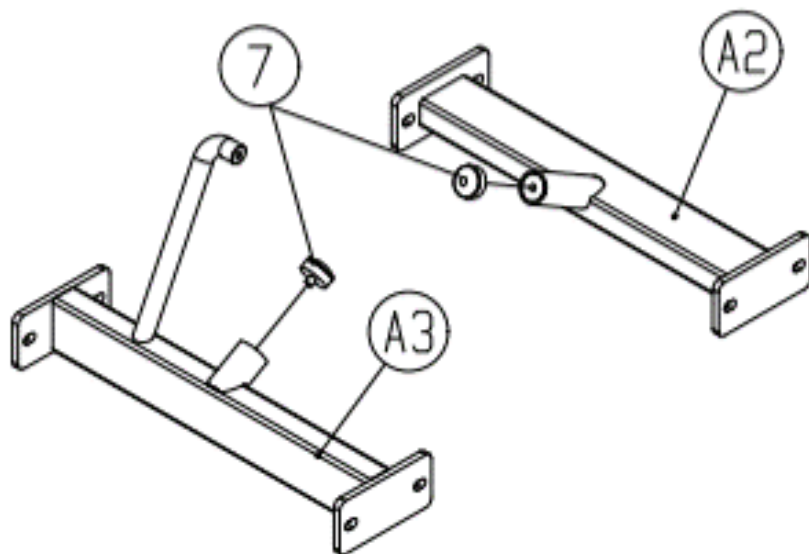
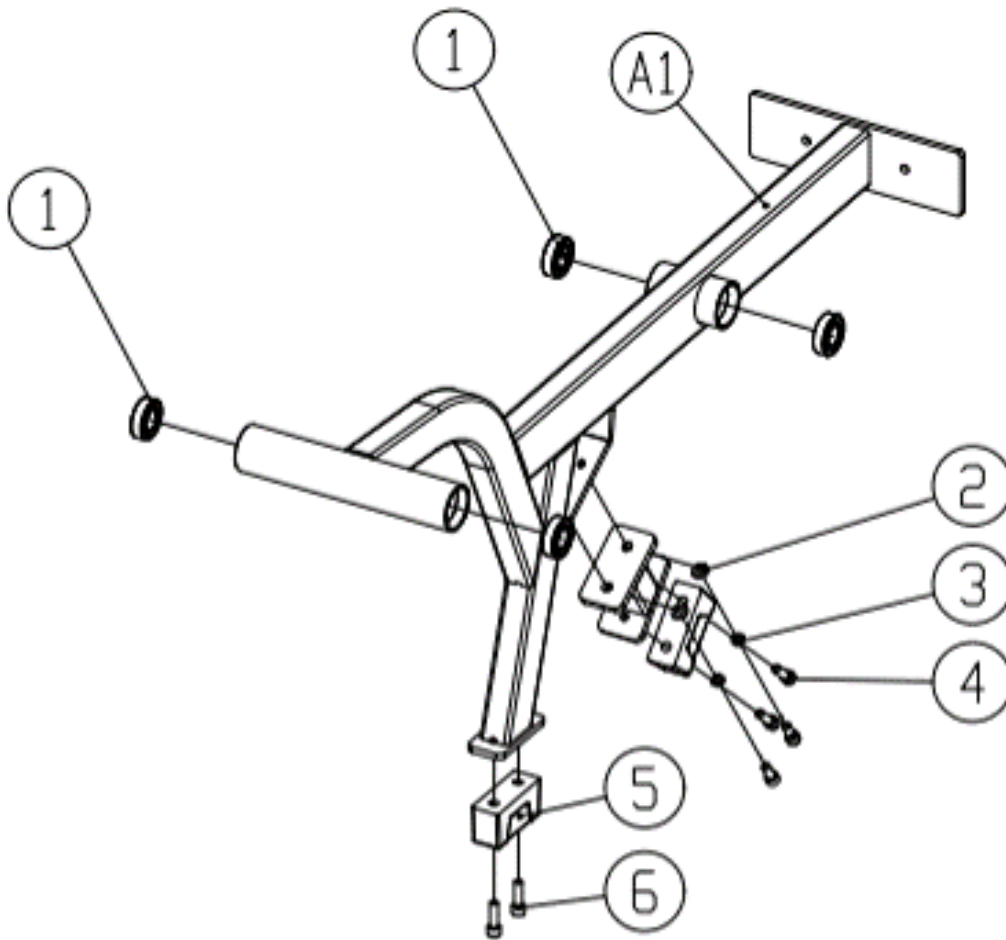
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
24	Spool Axle	2
25	Hexagon Socket Countersunk Head Screws M10x20	3
26	Block Shot	1
27	Universal Bushing	2
28	Filament	20
29	Handle End Cap	5
30	Handlebars	3
31	Handle bar Limit Ring	5
32	Air Rod	1
33	Linkage Shaft	1
34	Pedal Axle	1
35	Bearing Housing	2
36	Balance Weight	1
37	Sleeve End Cap	2
38	Telescopic Rod	2
39	Sleeve Pipe	2
40	Sleeve End Cap	4
41	Spring Mat	2
42	Hexagon Socket Head Screws M12x20	2
43	Block Shot	2

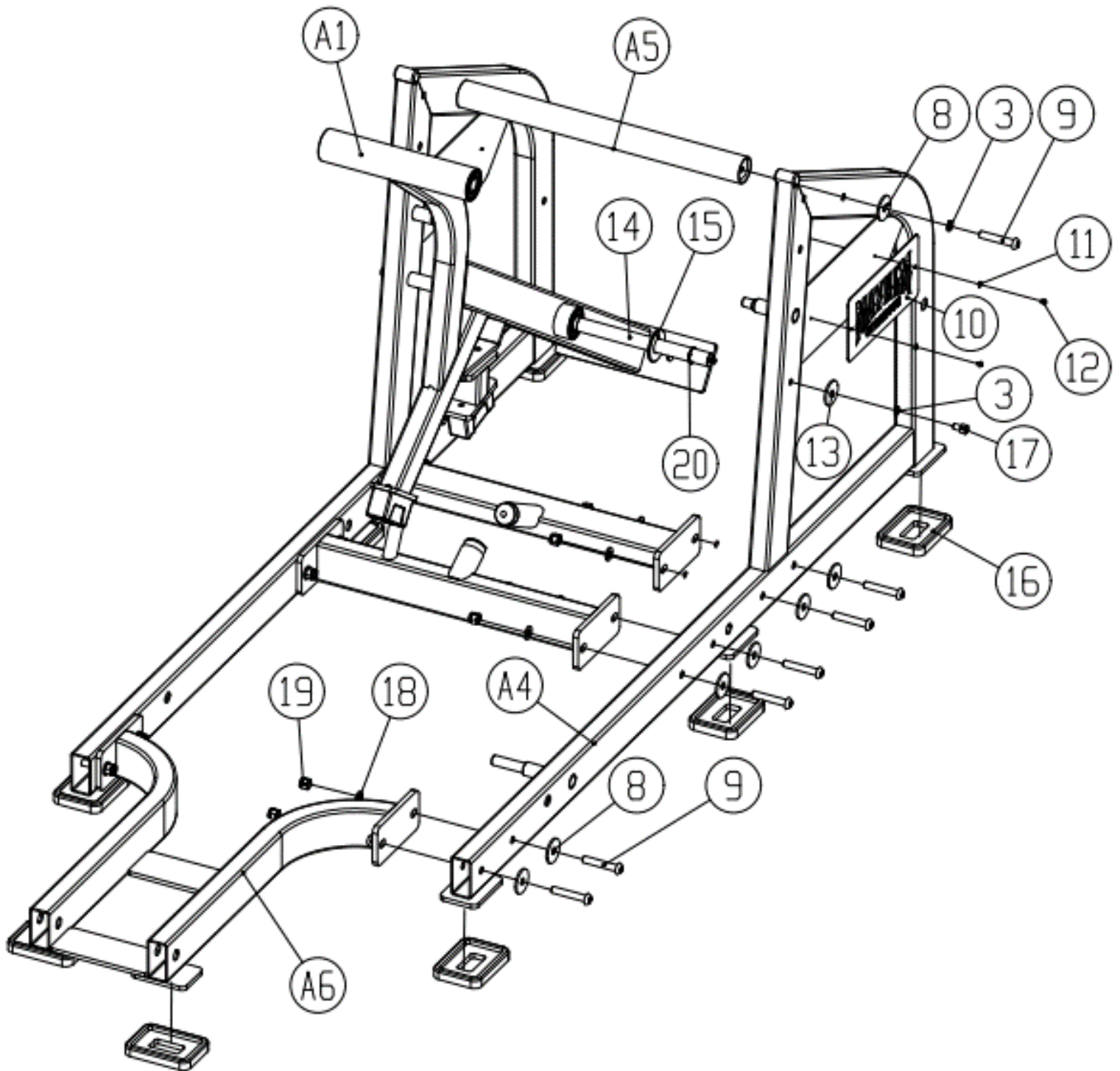
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
44	Sleeve Pipe	2
45	Hexagon Socket Head Screws M16x50	2
46	Spring Washer	2
47	Hexagon Nut M16	6
48	Rod End Bearing M16	4
49	Sleeve	1
50	Telescopic Rod	1
51	Plug	2
52	Hexagon Socket Head Screws M8x30	8
53	Spring Mat	6
54	Flat Pad	6
55	Headrest Set	1
56	Back Cushion Group	1
57	Cushion Pack	1
58	Handlebars	2
59	Stop Shaft	2
60	Linkage Shaft	1
61	Bushing	4
62	Plastic Spacer	1
63	Seat Pin	1
64	Base Axle	1

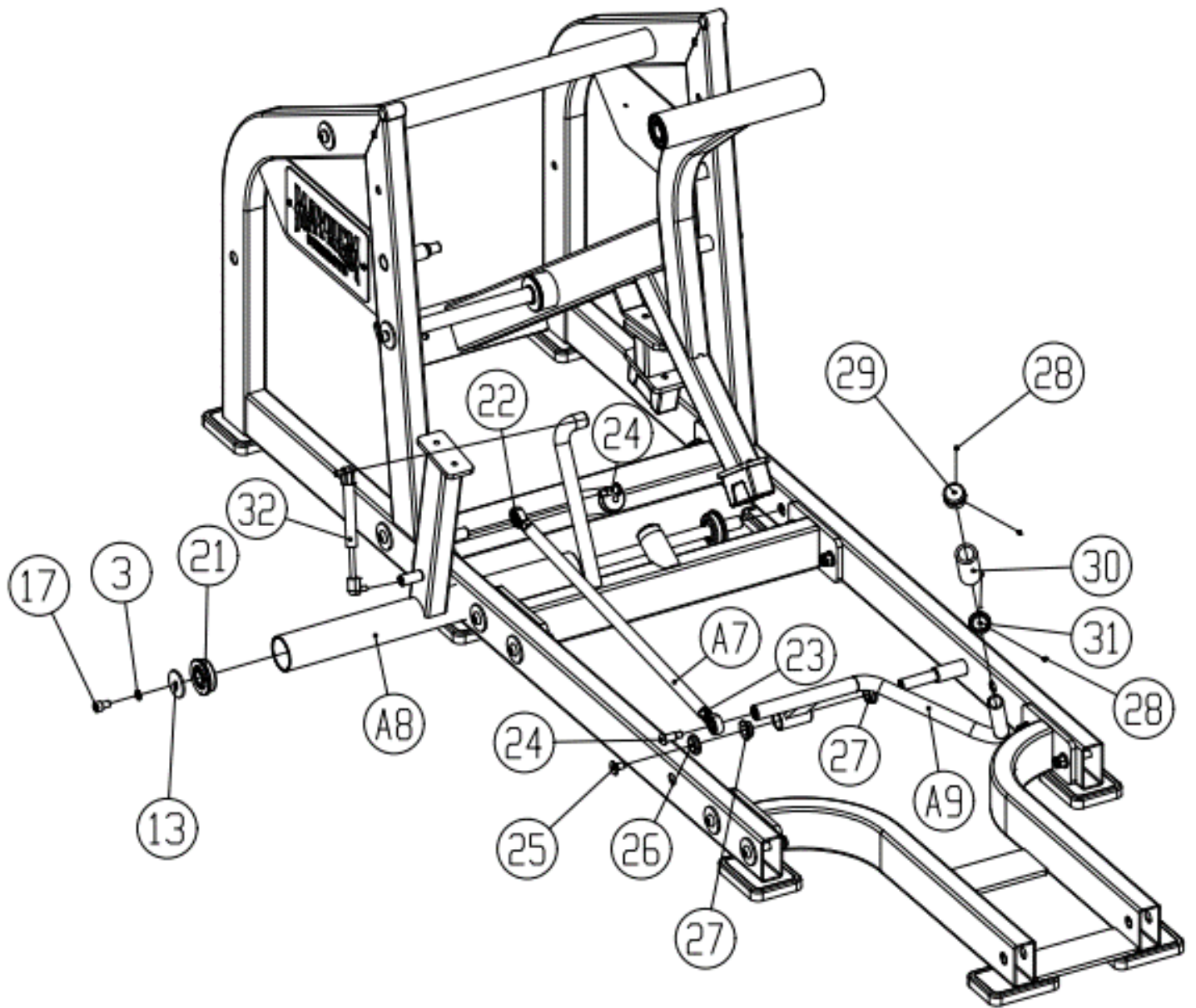
Force Arm Assembly



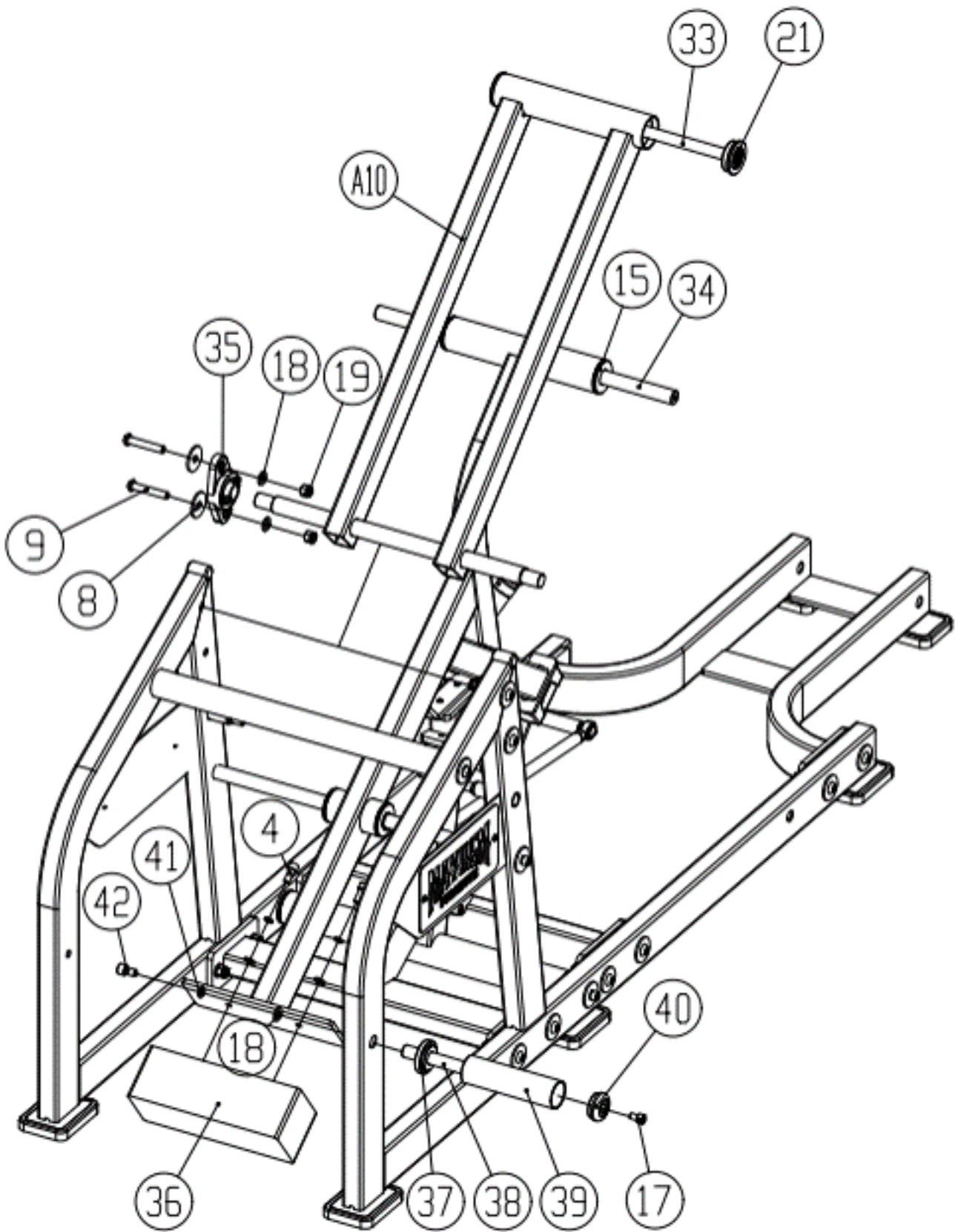
Frame Assembly



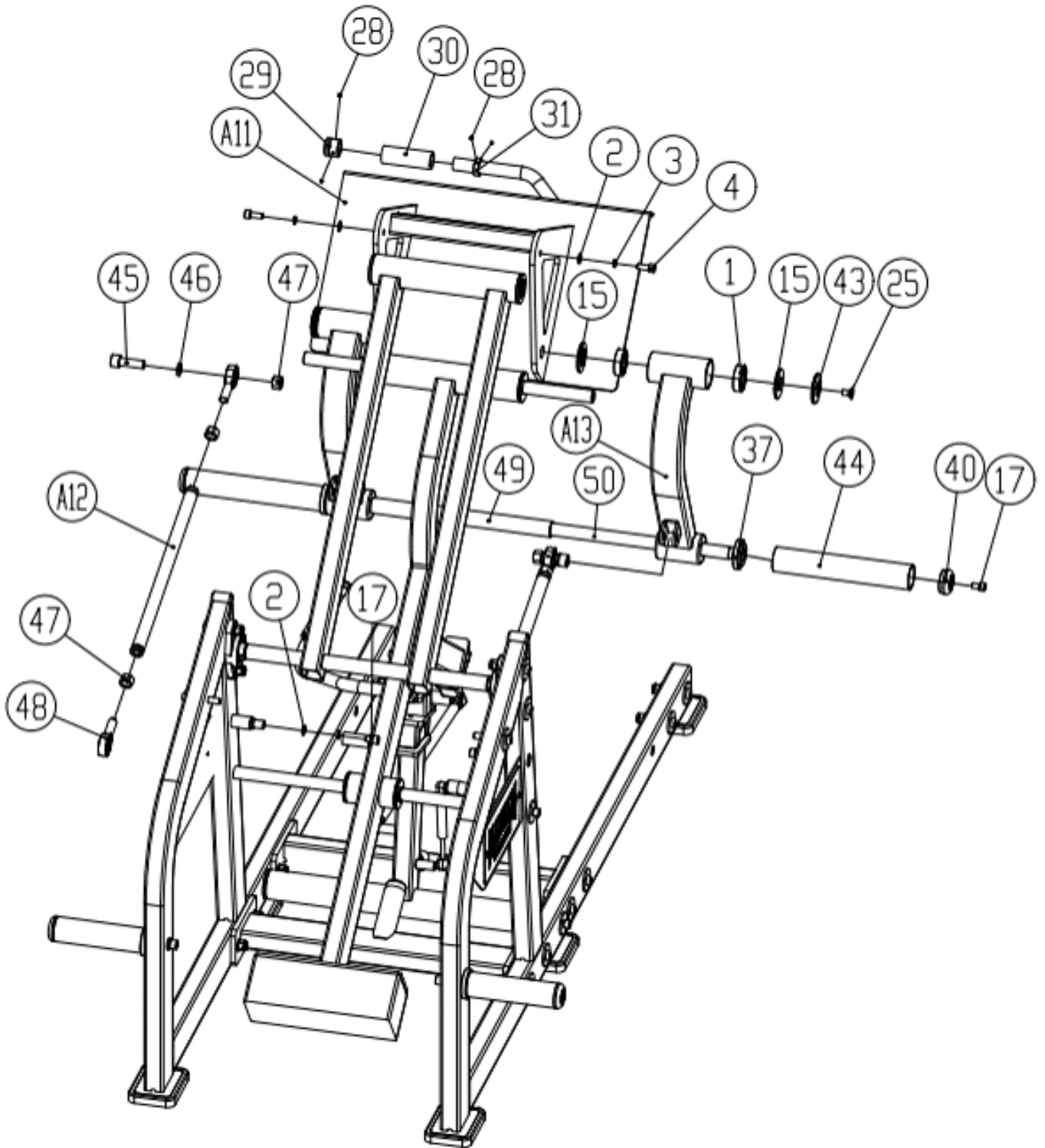
Adjuster Installation



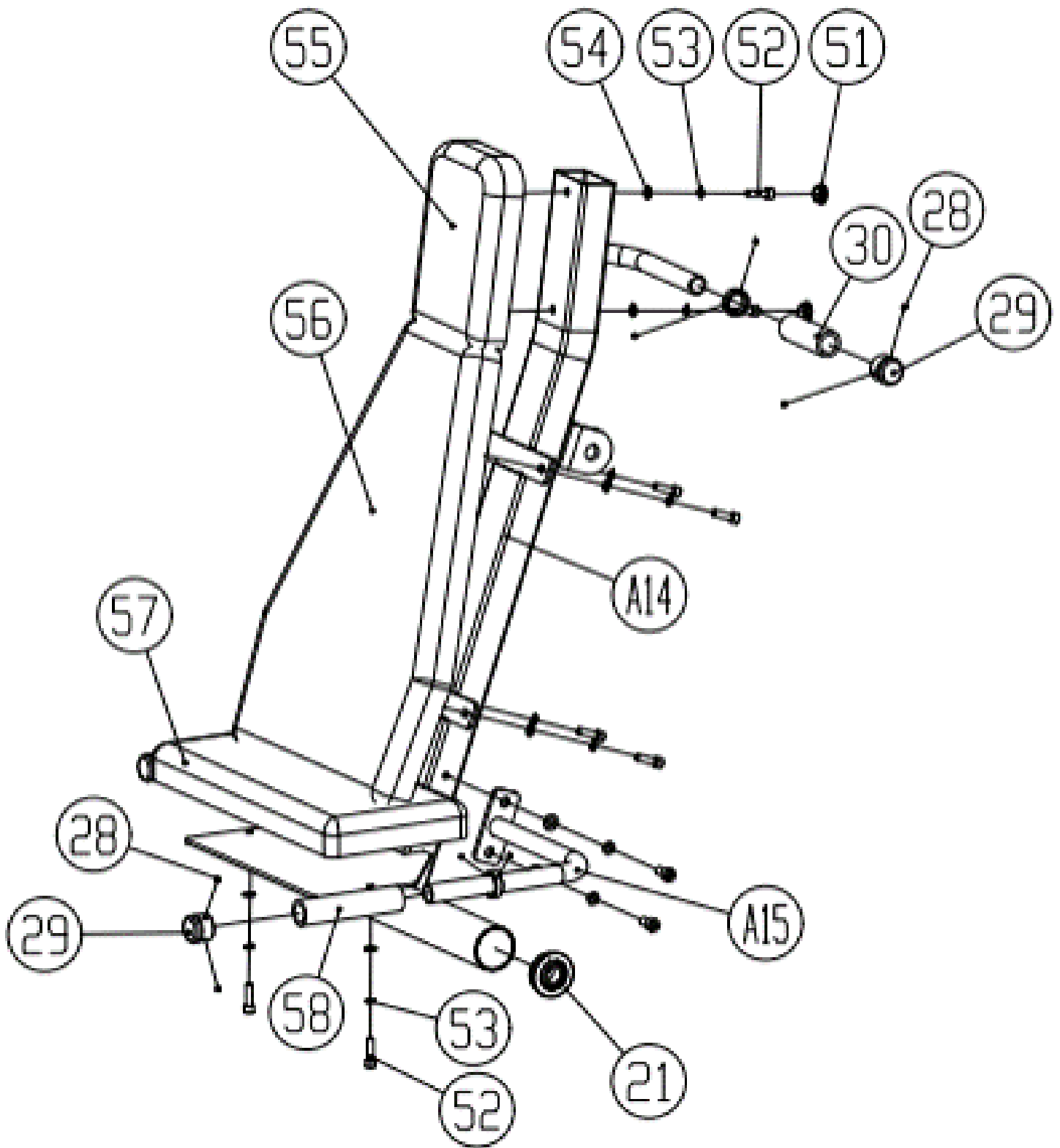
Linkage Installation



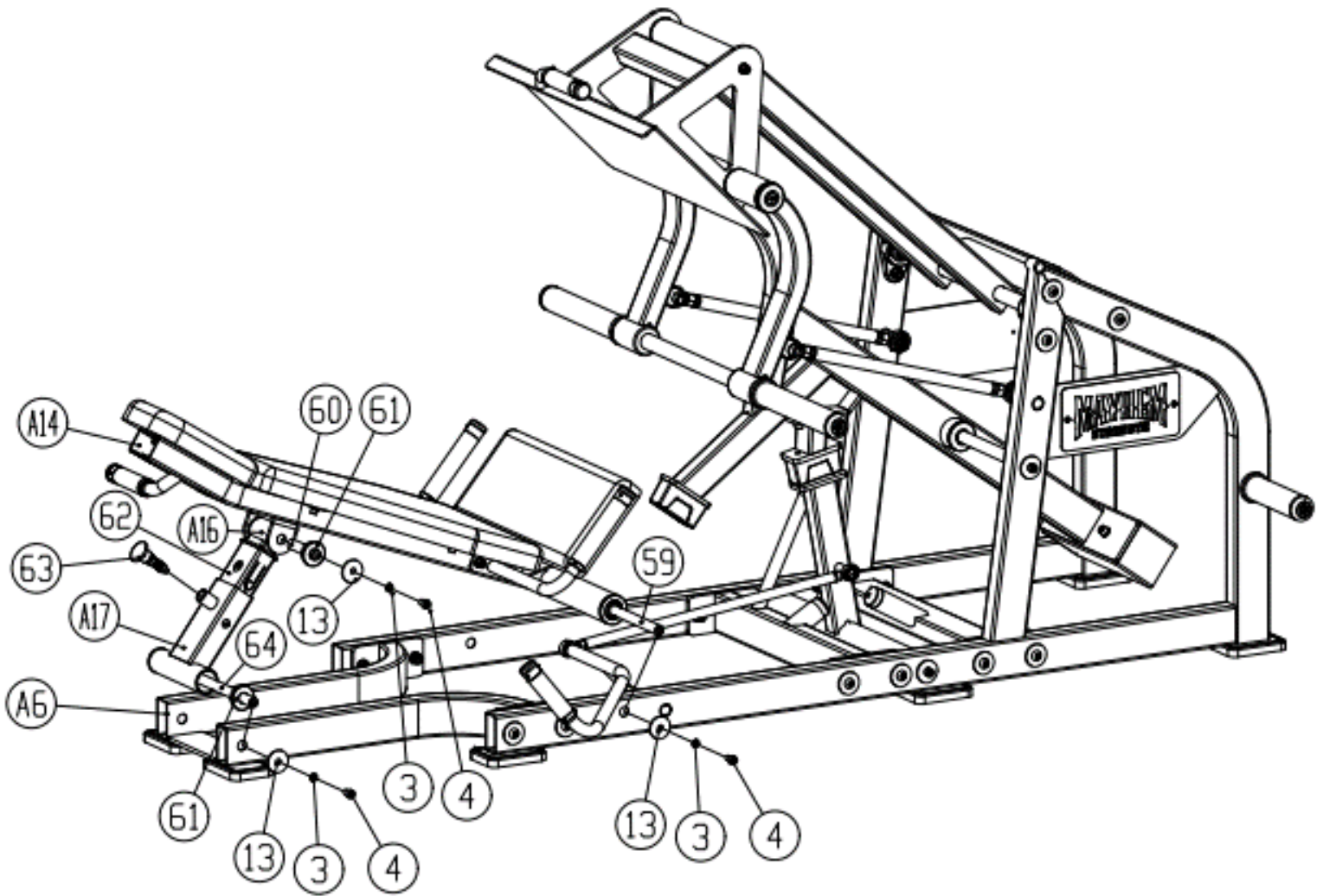
Foot Plate Installtion



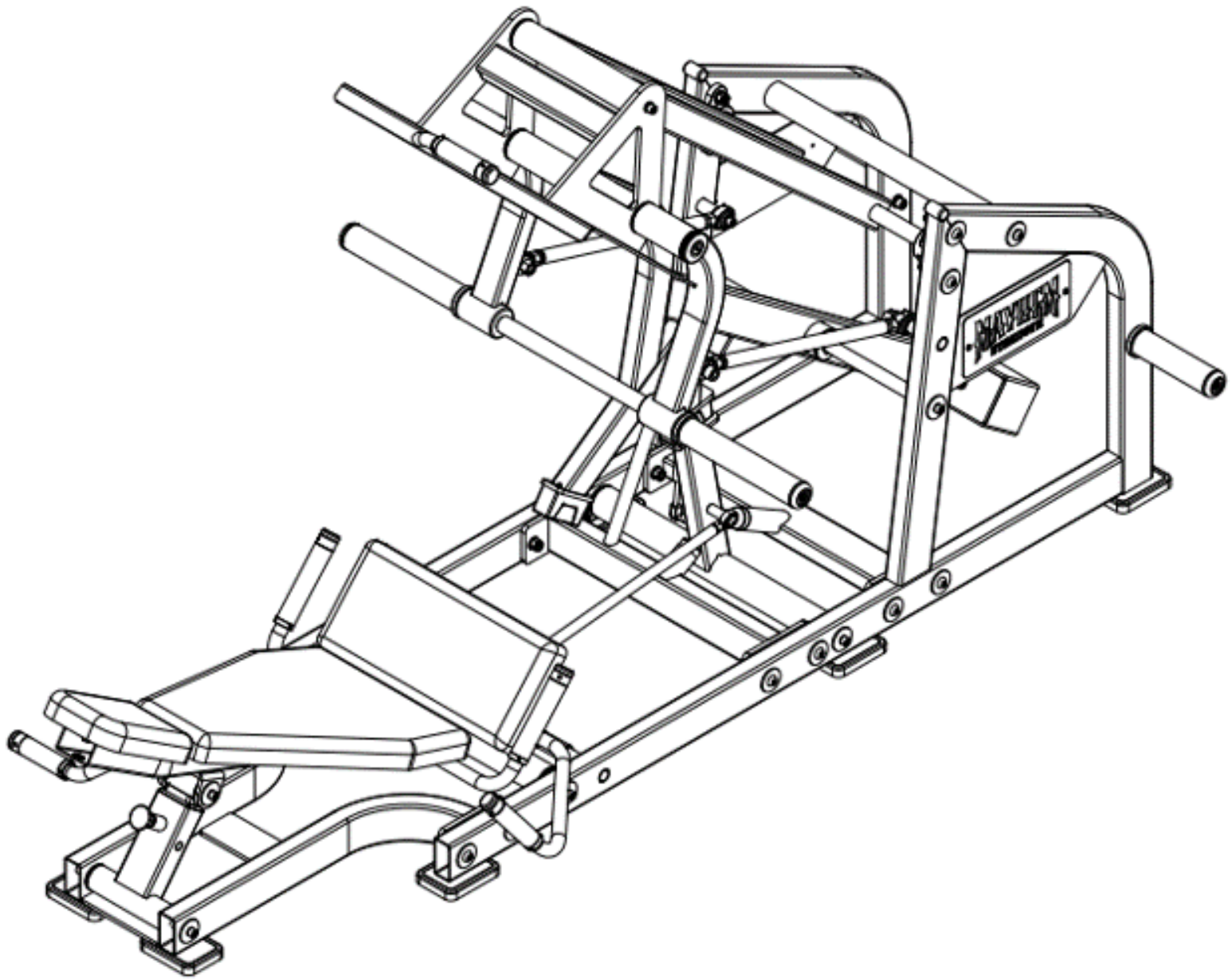
Seat and Back Cushion Installation



Seat Frame 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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Visit Our Website: www.gymbrofitness.com