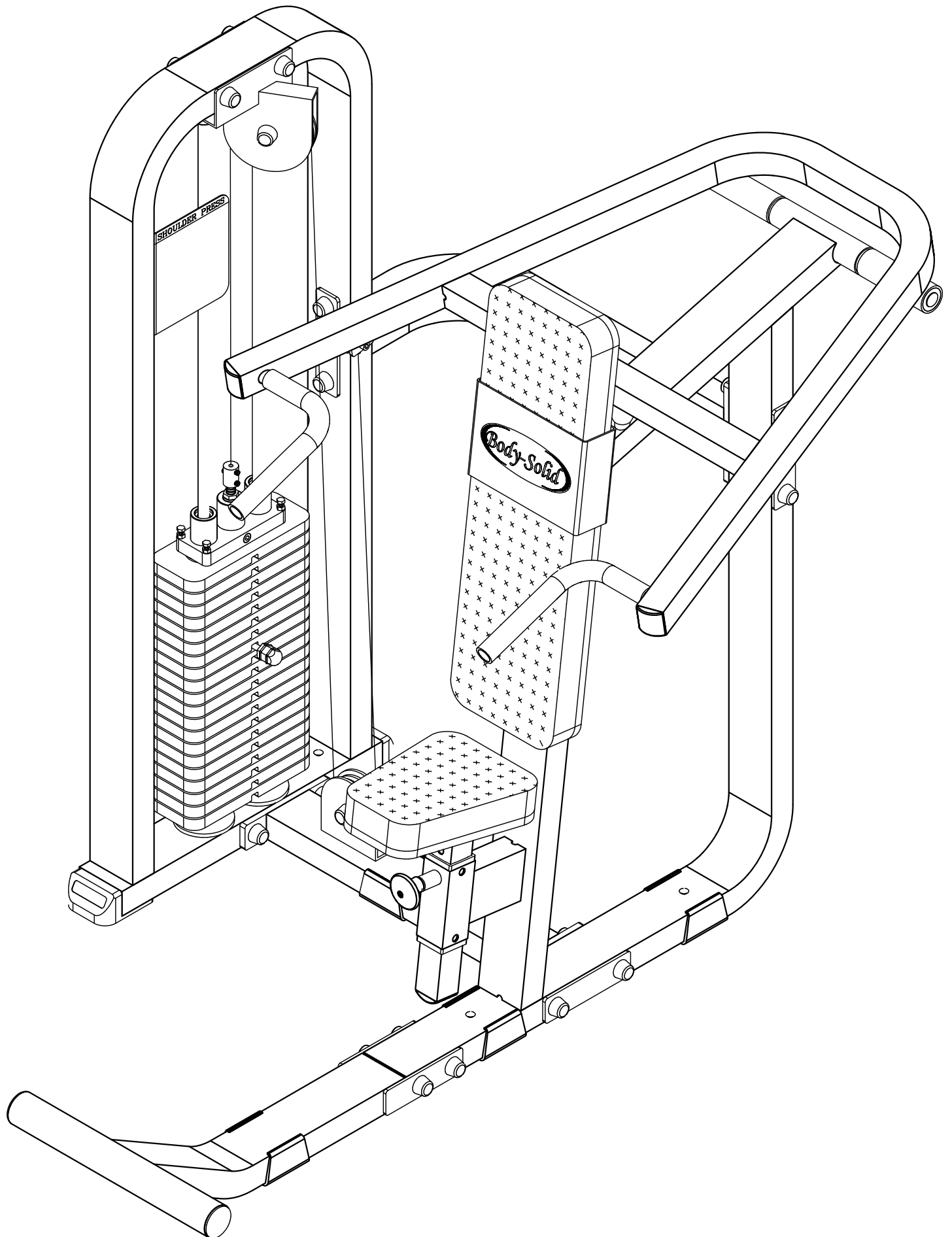
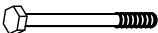
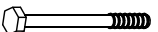
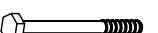







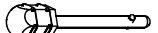




























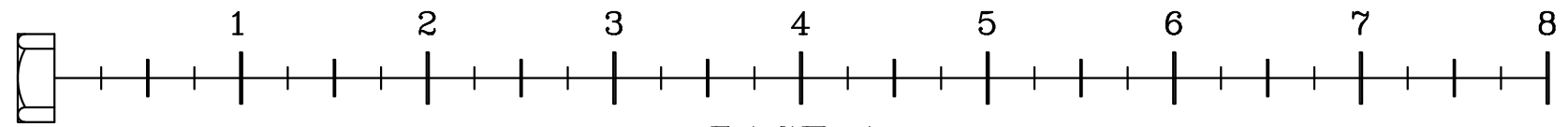
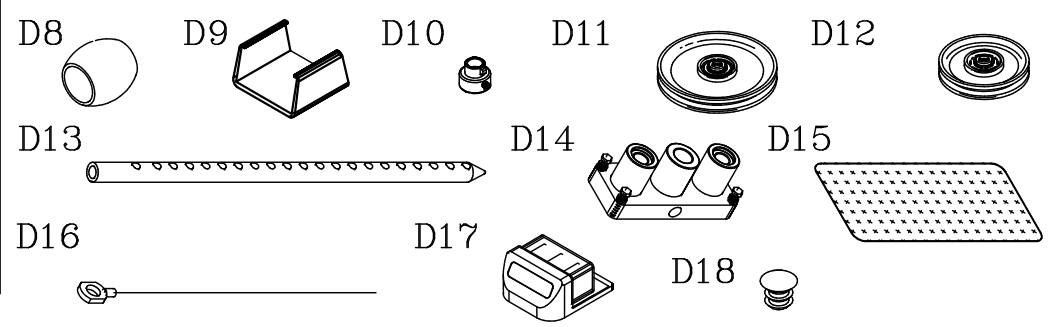
SSP-800G  
SHOULDER PRESS



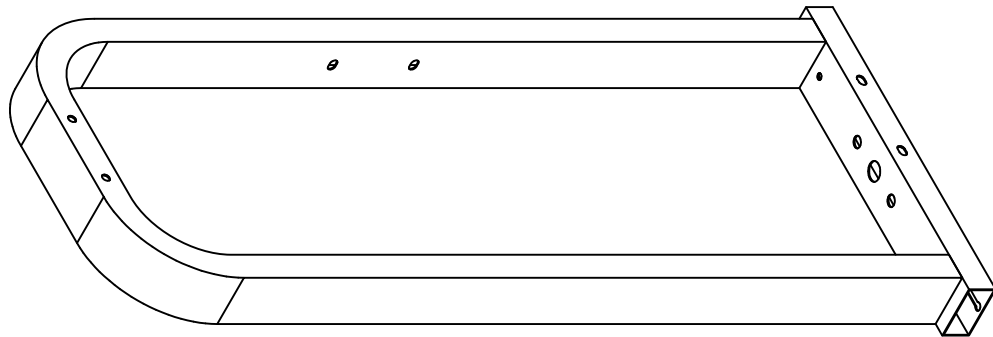
VERSION 0705

		Qty.
	A1. 1/2"X5 1/2" HEX HEAD BOLT	[6PCS]
	A2. 1/2"X5 1/4" HEX HEAD BOLT	[2PCS]
	A3. 1/2"X5" HEX HEAD BOLT	[2PCS]
	A4. 1/2"X3 1/2" HEX HEAD BOLT	[2PCS]
	A5. 1/2"X2 1/4" HEX HEAD BOLT	[2PCS]
	A6. 5/16"X3" HEX HEAD BOLT	[2PCS]
	A7. 5/16"X1 1/4" HEX HEAD BOLT	[4PCS]
	A8. 5/16"X3/8" SET SCREW	[3PCS]
	A9. 7/16"X1 1/2" ROUND BOLT	[1PCS]
	A10. 5/8"X1 3/4" ROUND BOLT	[1PCS]
	A11. 10LB BALL PIN	[1PCS]
	A12. 3/8"X1 1/2" ROUND BOLT	[1PCS]
	B1. 1/2" NYLON LOCK NUT	[14PCS]
	B2. 5/8" LOCK NUT	[1PCS]
	B3. 5/8" NYLON LOCK NUT	[1PCS]
	C1. 1/2" ROUND END CAP WASHER	[28PCS]
	C2. 5/16" (I.D) WASHER	[6PCS]
	C3. 5/16" SPRING WASHER	[6PCS]
	C4. 5/8" SPRING WASHER	[1PCS]
	C5. 1/2" (I.D) WASHER	[12PCS]

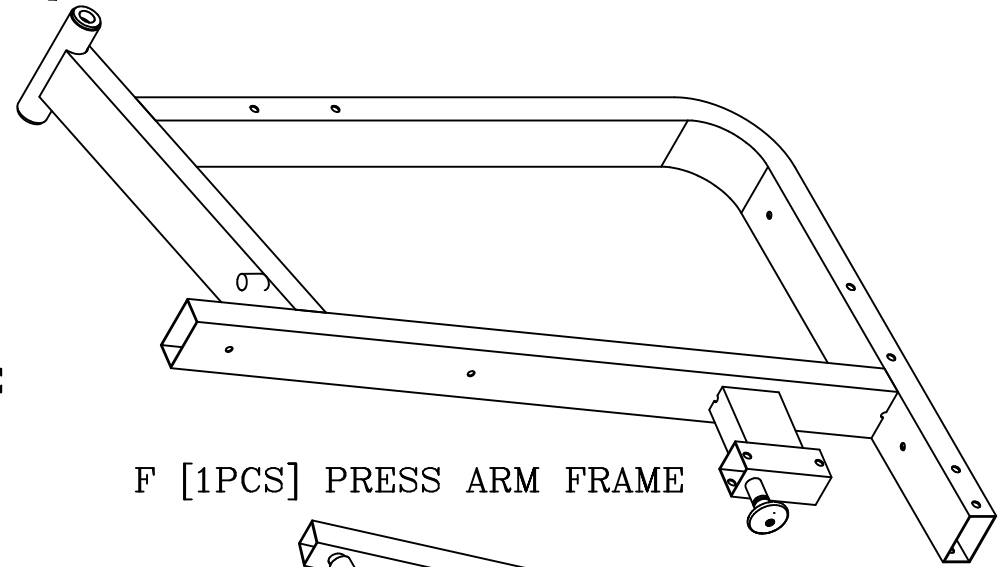
		Qty.
	D1. 1/2" BOLT CAP	[28PCS]
	D2. 2"X4" END CAP (9211-014)	[1PCS]
	D3. 50X50X1.8t END CAP (9211-087)	[3PCS]
	D5. 60X50 NYLON BUSHING (9211-033)	[2PCS]
	D6. 95X140 NO-SLIP TAPE (9630-003)	[2PCS]
	D7. ø4" RUBBER DONUT (9310-017)	[2PCS]
	D8. ø1" RUBBER DONUT (9212-019)	[1PCS]
	D9. 2"X4" RUBBER DOUNT (9212-009)	[4PCS]
	D10. ø3/4" SHAFT COLLAR (9211-046)	[2PCS]
	D11. ø6" PULLEY (9213-009)	[1PCS]
	D12. ø4 1/2" PULLEY (9213-010)	[1PCS]
	D13. WEIGHT SELECTOR BAR (8220-060)	[1PCS]
	D14. CHROME TOP PLATE (8400-002)	[1PCS]
	D15. 140X295 NO-SLIP TAPE (9630-004)	[2PCS]
	D16. STEEL CABLE	[1PCS]
	D17. 2"X4" FOOT END CAP (9211-028)	[2PCS]
	D18. ø5/8" ROUND END CAP (9211-015)	[5PCS]



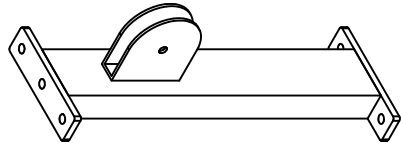
A [1PCS] WEIGHT STACK FRAME



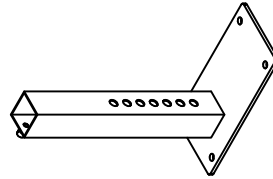
D [1PCS] MAIN BODY FRAME



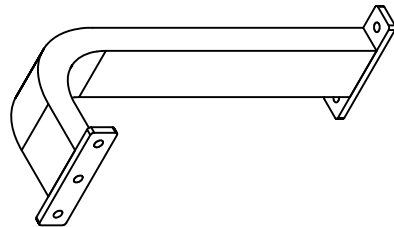
B [1PCS] BOTTOM PULLEY FRAME



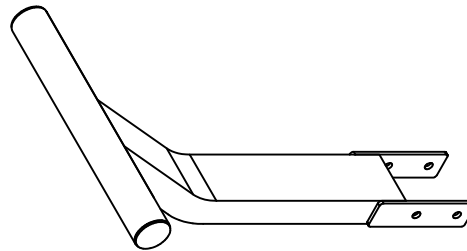
E [1PCS] SEAT FRAME



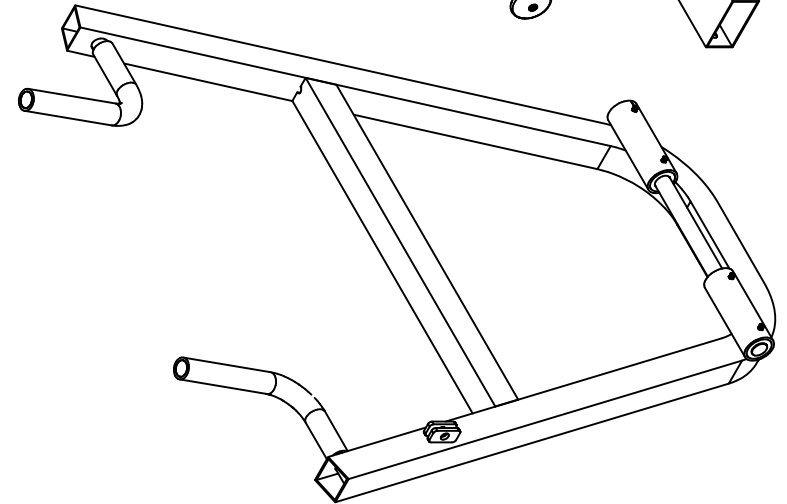
C [1PCS] MIDDLE SUPPORT FRAME



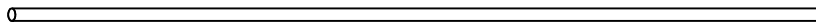
G [1PCS] FOOT SUPPORT FRAME



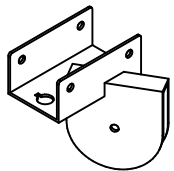
F [1PCS] PRESS ARM FRAME



I [2PCS] CHROME GUIDE ROD



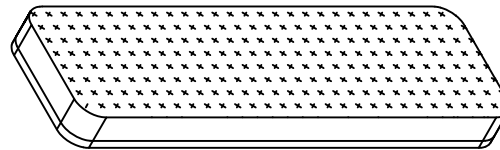
H [1PCS]  
TOP PULLEY FRAME



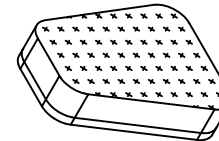
K [4PCS]  
2"X8" PLATE  
8312-077



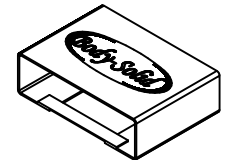
L [1PCS] BACK PAD  
9111-019



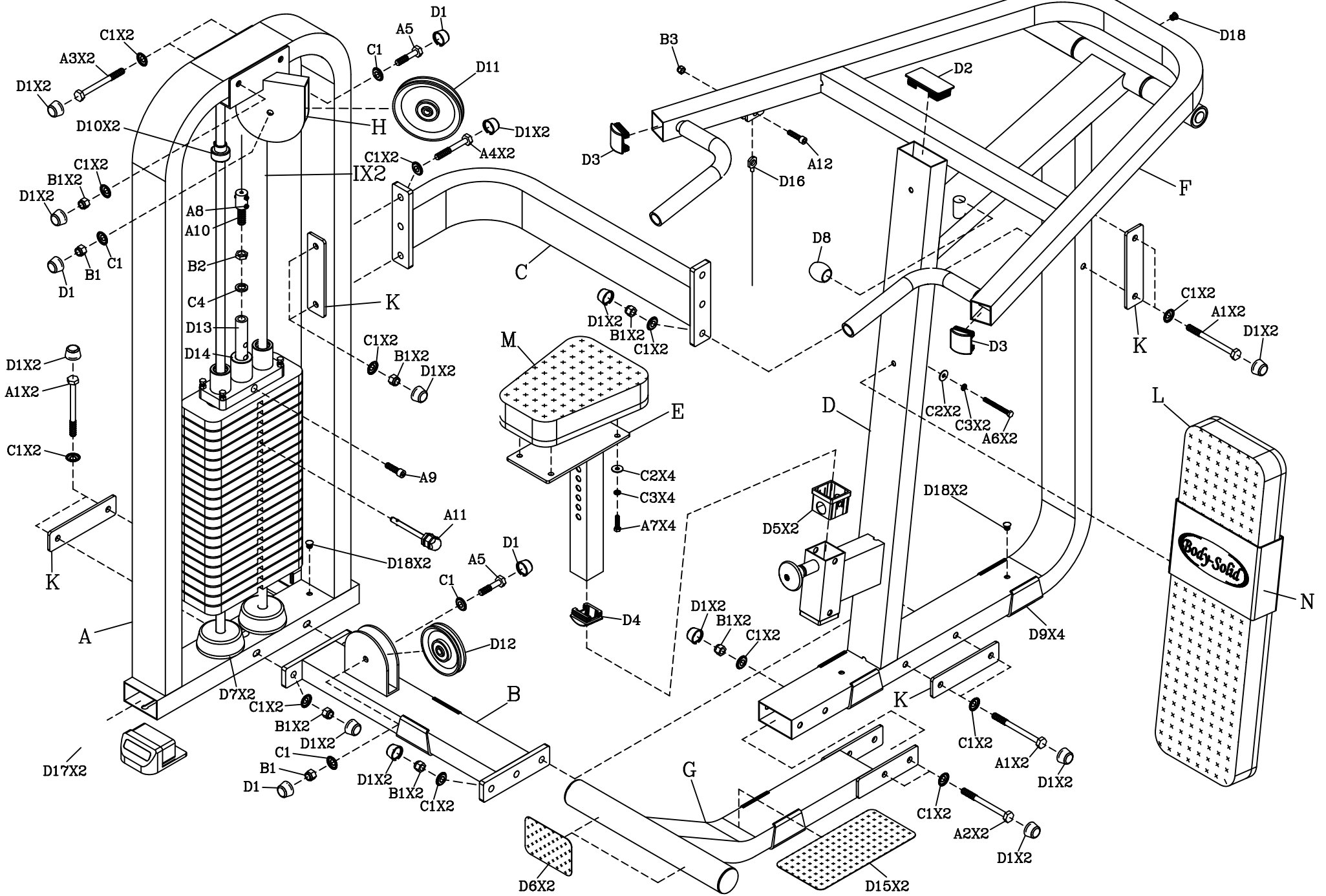
M [1PCS] SEAT PAD  
9121-027



N [1PCS] 9119-001  
BACK PAD RUBBER



# SSP-800G



# SSP-800G SHOULDER PRESS

## ASSEMBLY STEP

### STEP-1

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

- Attach A Weight Stack Frame and D Main Body Frame to B Bottom Pulley Frame.
- Attach G Foot Support Frame to D Main Body Frame.
- Attach C Middle Support Frame to A Weight Stack Frame and D Main Body Frame.
- Attach F Press Arm Frame to D Main Body Frame.

### STEP-2

- Attach I Chrome Guide Rods and D7 Rubber Donuts to A Weight Stack Frame.
- Slide Weight Stack and D14 Chrome Top Plate onto I Chrome Guide Rods.
- Attach H Top Pulley Frame to A Weight Stack Frame and attach Top Caps.

### STEP-3

- Attach L Back Pad to D Main Body Frame.
- Attach M Seat Pad to E Seat Frame.
- Slide E Seat Frame into D Main Body Frame.

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

### STEP-4

- Attach Pulleys and Cable 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 SHOULDER PRESS 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 partner.
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.

# SSP-800G SHOULDER PRESS

