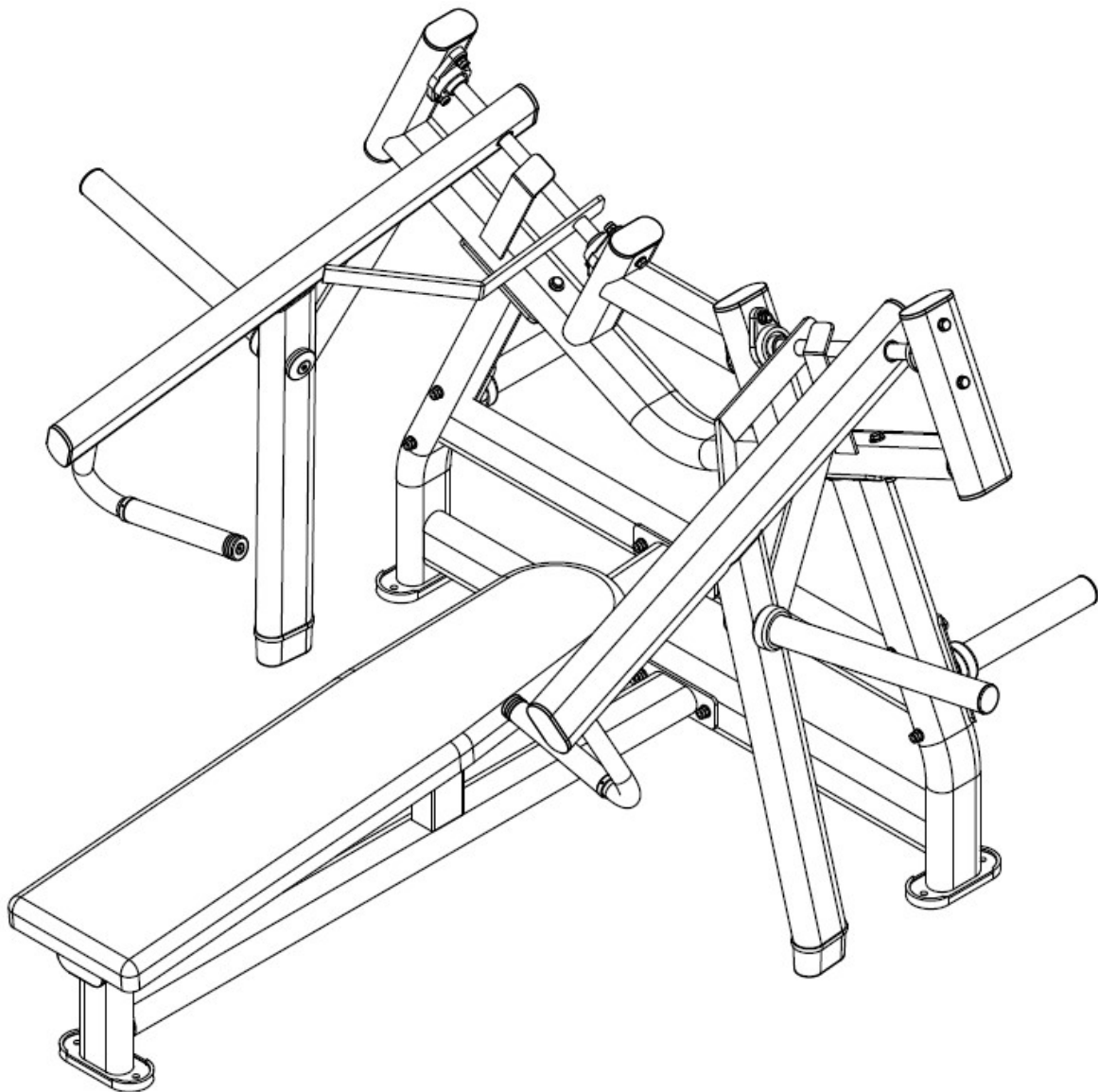


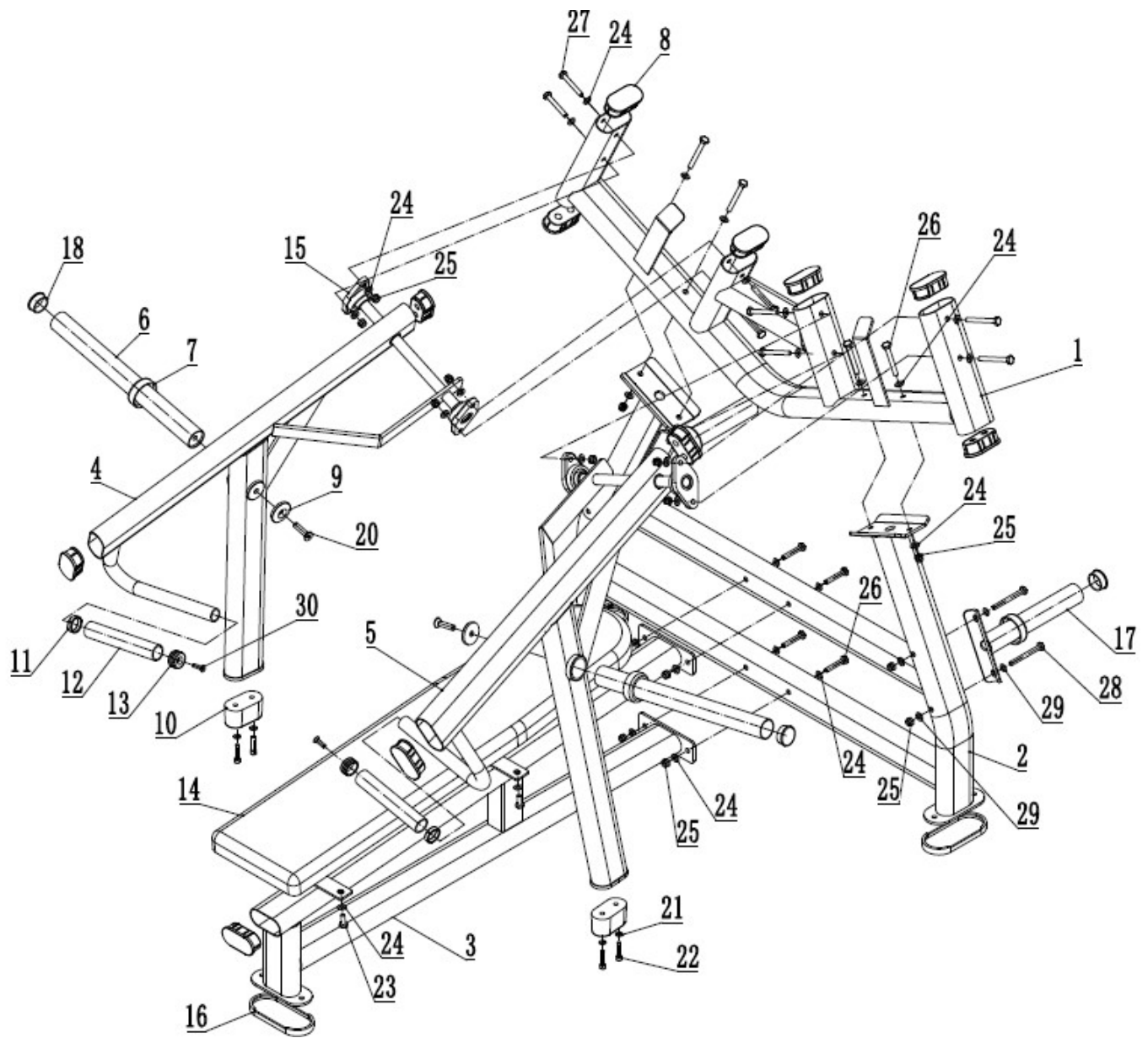


HIT FITNESS

**Hit Fitness Comm
Horizontal ISO Chest Press
HIT00915**



EXPLOSIVE VIEW



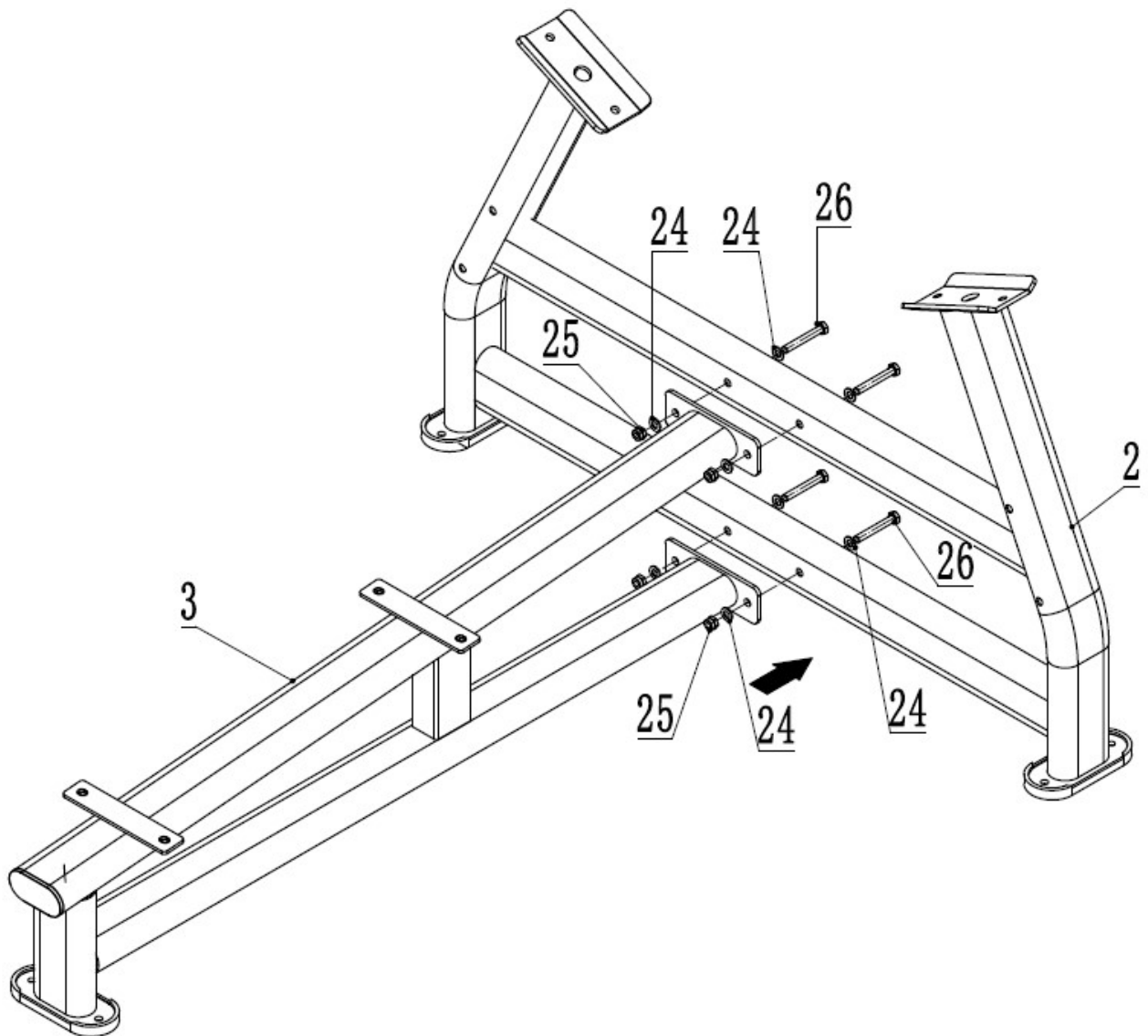
COMPONENT LIST

ITEM NO.	DESCRIPTION	QTY.
1	TOP SUPPORT FRAME	1
2	STAND SUPPORT FRAME	1
3	SEAT FRAME	1
4	RIGHT SWING ARM	1
5	LEFT SWING ARM	1
6	WEIGHT PLATE HOLDER	4
7	SHOCK-ABSORBING CUSHION	2
8	OVAL PIPE PLUG	11
9	ARC ALUMINUM END COVER	2
10	LIMIT RUBBER BLOCK	2
11	ALUMINUM GEAR SLEEVE	2
12	PLASTIC DIPPING HANDLE	2
13	ALUMINUM END COVER	2
14	FLAT BENCH SEAT	1
15	BEARING BASE	4
16	BASE FRAME SLEEVE	3
17	SHORT WEIGHT PLATE HOLDER	2
18	ROUND PIPE PLUG	4
19		
20	M10*50 COUNTERSUNK HEAD BOLT	2
21	M8*40 CYLINDRICAL HEAD BOLT	4
22	Φ 8 WASHER	4
23	M10*25 HEX BOLT	4
24	Φ 10 WASHER	36
25	M10 LOCK NUT	20
26	M10*70 HEX BOLT	8
27	M10*80 HEX BOLT	8
28	M10*120 HEX BOLT	4
29	Φ 10 ARC WASHER	8
30	M8*30 COUNTERSUNK HEAD BOLT	2

ASSEMBLY INSTRUCTIONS

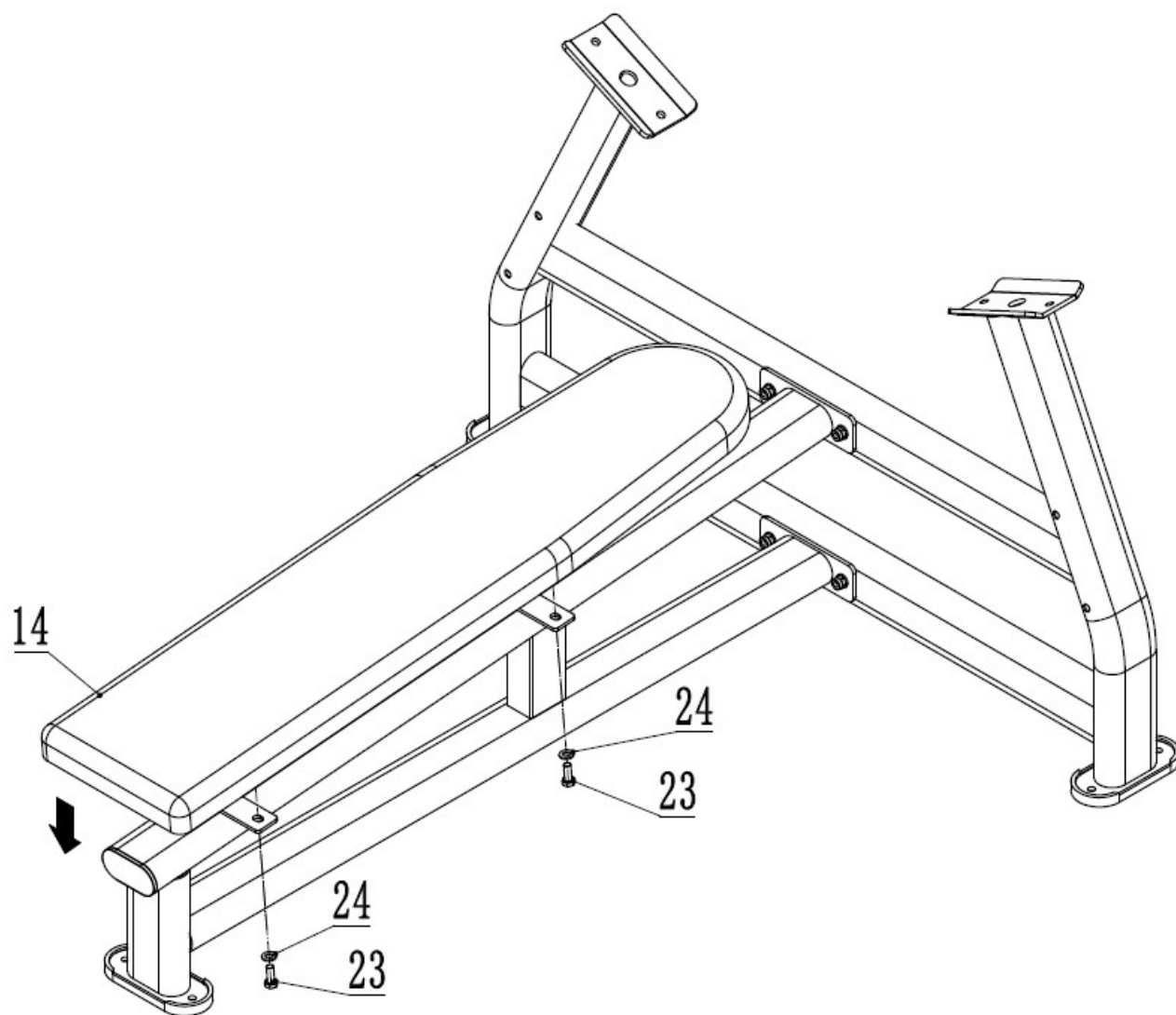
STEP 1

Fix SEAT FRAME 3 to STAND SUPPORT FRAME 2 with M10*70 HEX HEAD BOLT 26 and $\Phi 10$ WASHER 24, M10 LOCK NUT 25.



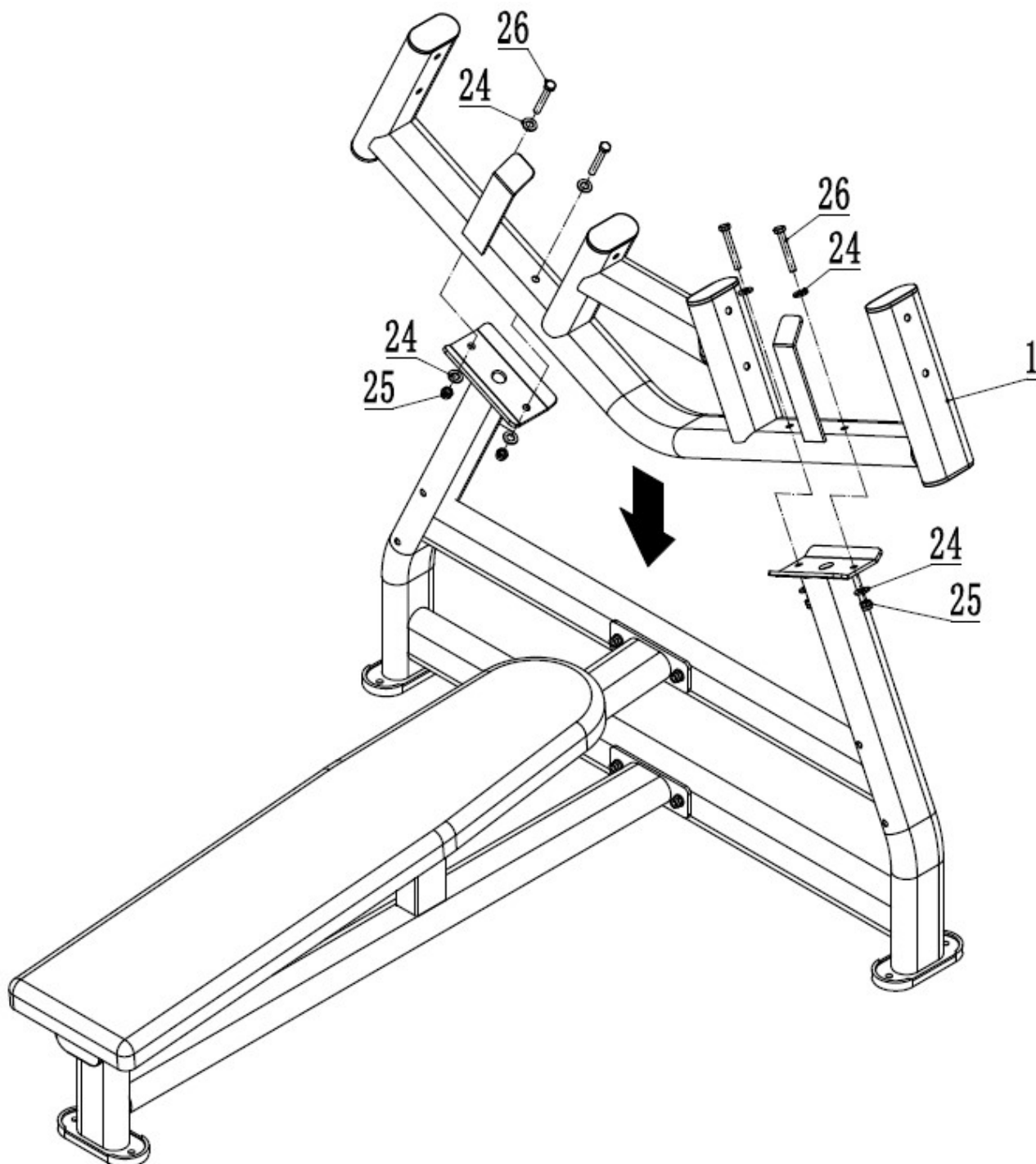
STEP 2

Fixed FLAT BENCH SEAT 14 to SEAT FRAME 3 with M10*25 HEX HEAD BOLT 23 and Φ 10 WASHER 24.



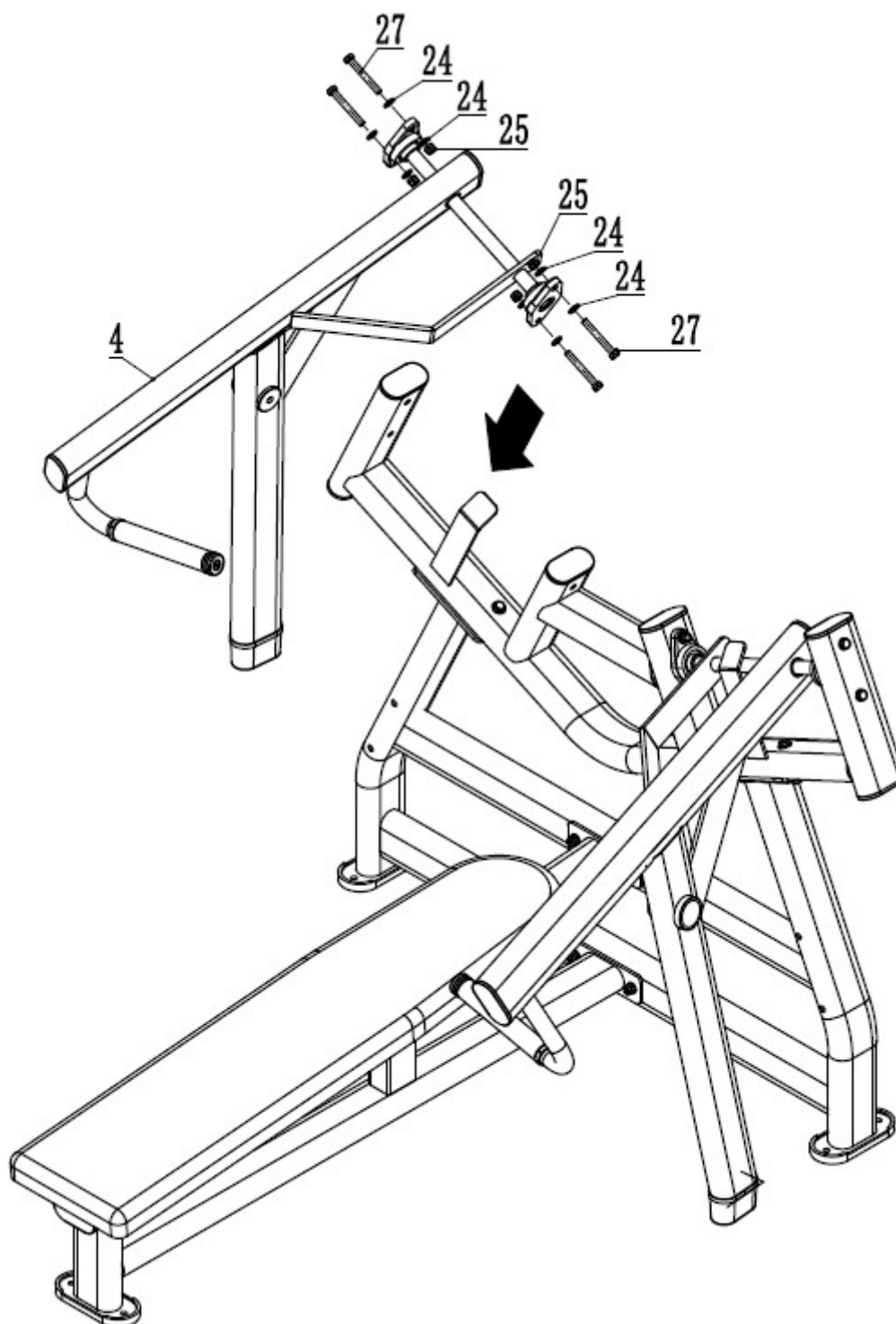
STEP 3

Fix TOP SUPPORT FRAME 1 to STAND SUPPORT FRAME 2 with M10*70 HEX HEAD BOLT 26 and $\Phi 10$ WASHER 24, M10 LOCK NUT 25.



STEP 4

Fix SWING ARM 4&5 to TOP SUPPORT FRAME 1 with M10*80 HEX HEAD BOLT 27 and $\Phi 10$ WASHER 24, M10 LOCK NUT 25.



STEP 5

1. Fix WEIGHT PLATE HOLDER 6 to SWING ARM 4&5 with ARC ALUMINUM END COVER 9 and M10*50 COUNTERSUNK HEAD BOLT 20.
2. Fix SHORT WEIGHT PLATE HOLDER 17 to STAND SUPPORT FRAME 2 with M10 LOCK NUT 25, $\Phi 10$ ARC WASHER 29 and M10*120 COUNTERSUNK HEAD BOLT 28.

