

IFP1501

BICEP CURL

OWNER'S MANUAL

23M

CAUTION! Read all precautions and instructions in this manual before using this equipment.

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CAUTION!

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Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

1. Read all instructions before using the equipment.
These instructions are written to ensure your safety and to protect the unit.
2. Use the equipment only for its intended purpose as described in this guide.
Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
3. The product should only be used on a level surface and is with 0.6 meters space around the product.
Do not use the equipment outdoors.
4. Do not allow children on or near the equipment. And children are not allowed to use this equipment.
Teenagers should use this equipment with adult supervision.
5. Do not overexert yourself or work to exhaustion.
Do not attempt to lift more weight than you can control safely.
If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
6. This equipment is not used as medical apparatus and instruments.
7. Never operate the unit when it has been dropped or damaged.
Never drop or insert anything into any opening in the equipment.
Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
8. Be careful when getting on or off the equipment.
9. Wear proper exercise clothing and shoes for your workout, no loose clothing.

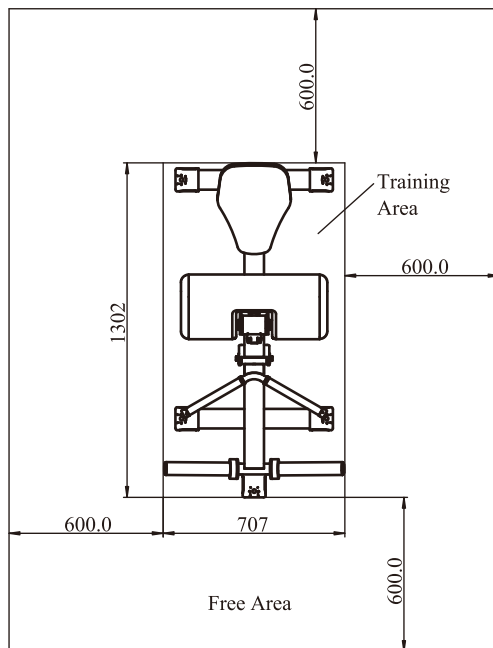
Important Safety Instructions

Personal Safety During Assembly

Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.

Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Training Area and Free Area



Specifications

Class: S

Maximum Wt. Capacity: 2*100kg/ 220lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1302*707*988mm

Product Total Surface: 1302*707mm

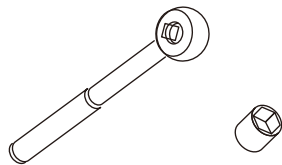
Product Total Mass:

Instructions

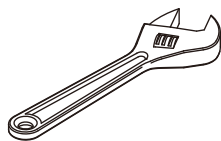
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

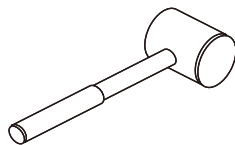
Tools Required



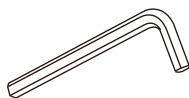
Ratchet Wrench and Socket



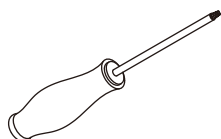
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

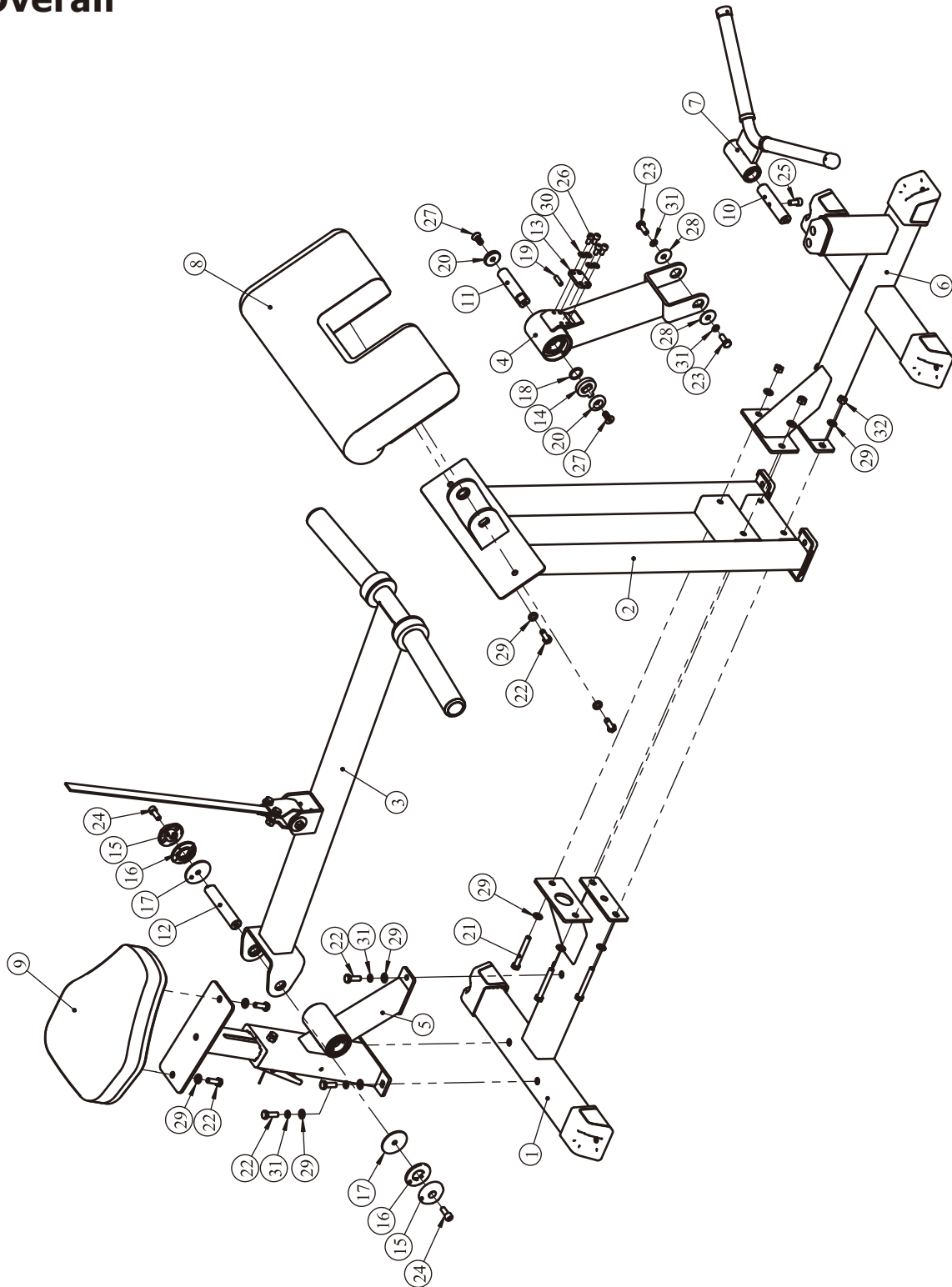
Exploded View and Parts List

Overall

Item No.	Part No.	Description	QTY
1	IFP150101ASSY	Rear Ground Sticking Frame ASSY	1
2	IFP150102ASSY	Stand Frame ASSY	1
3	IFP150103ASSY	Barbell Frame Second ASSY	1
4	IFP150104ASSY	Arm Frame ASSY	1
5	IFP150105ASSY	Support Frame ASSY	1
6	IFP150106ASSY	Front Ground Sticking Frame ASSY	1
7	IF930306ASSY	Hand Frame ASSY	1
8	IFP15015100	Arm Pad	1
9	IF93015200V2	Seat Pad	1
10	IFP15011500	Shaft $\Phi 25.4 \times 116$	1
11	RL81030600	Shaft $\Phi 25 \times 110$	1
12	IF93012600	Shaft $\Phi 25 \times 133 \times M10$	1
13	IFP15011700	Belt Retaining Plate	1
14	RL81052300	Locking Ring $\Phi 45 \times \Phi 26 \times R32.5$	1
15	FE97211900	Cap $\Phi 60$	2
16	FE97212000	Circle Ring $\Phi 62.5 \times 5$	2
17	IF93062200	Washer $\Phi 62 \times \Phi 10.5 \times 3$	2
18	IT80011800DS	Adjustable Ring $\Phi 30 \times 2 \times 3$	1
19	2.00105E+11	Pin $\Phi 8 \times 27$	1
20	IN-D21202000	Cap $\Phi 38 \times \Phi 10.5 \times 8$	2
21	GB5780M10*80DHS20	Hex Head Bolt M10*80	4
22	GB5781M10*30DHS20	Hex Head Bolt M10*30	7
23	GB5781M10*25DHS20	Hex Head Bolt M10*25	2
24	GB70M10*25DHS20NL	Socket Head Cap Screw M10*25	2
25	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	1
26	GB70M8*15DHS20NL	Socket Head Cap Screw M8*15	4
27	CNLM10*25DHS20	Flat Head Cap Screw M10*25	2
28	DQ10DHS2D	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	2
29	GB9510DHS2	Flat Washer $\Phi 10 \times \Phi 20 \times 2$	15
30	GB958DHS2	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	4
31	GB9310DHS12	Spring Washer $\Phi 10$	5
32	NM10DHS2	Nylon Lock Nut M10	4
33	NBS6DHS	Hex Key S=6	1
34	NBS8DHS	Hex Key S=8	1

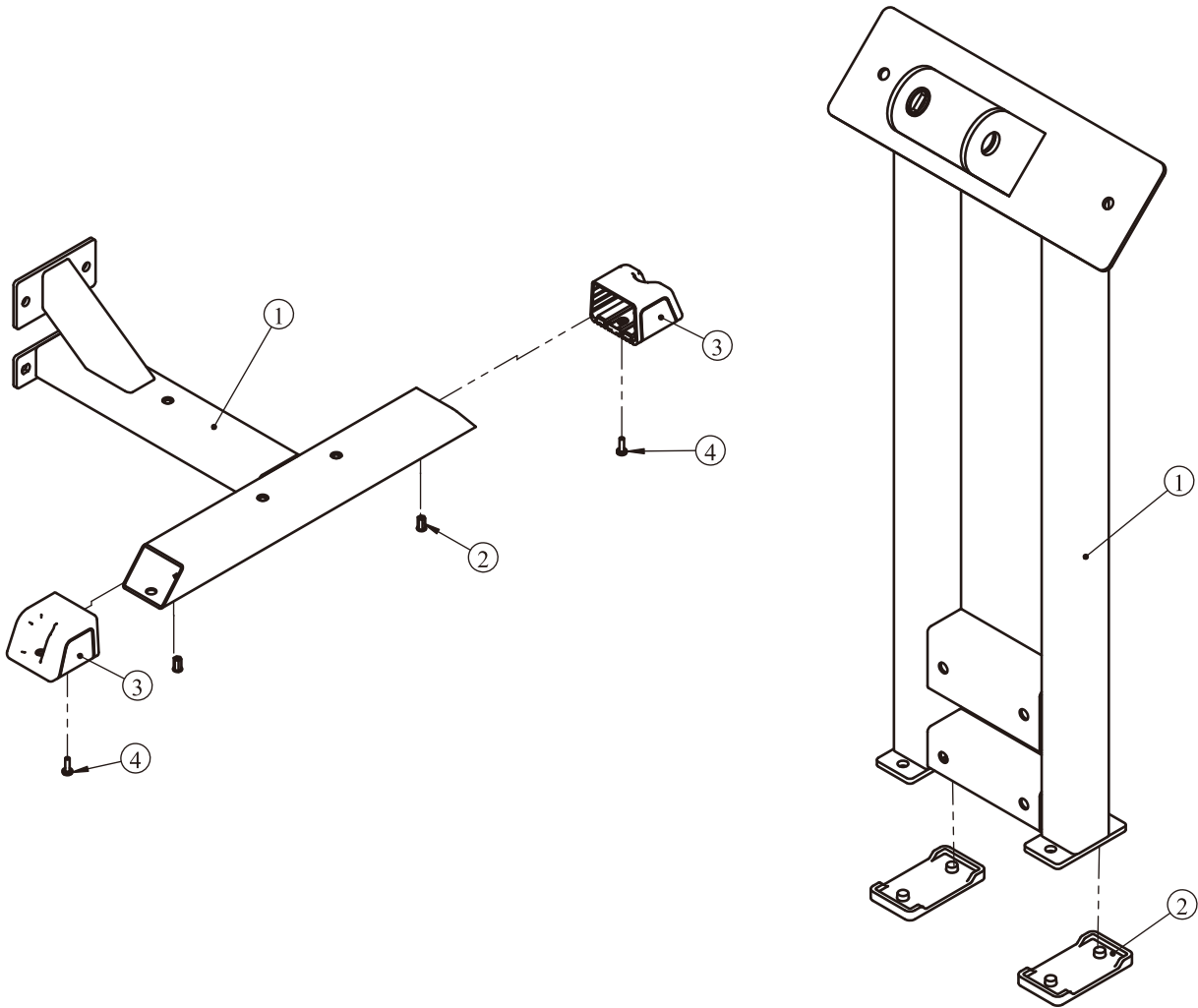
Exploded View and Parts List

Overall



Exploded View and Parts List

Rear Ground Sticking Frame ASSY Stand Frame ASSY

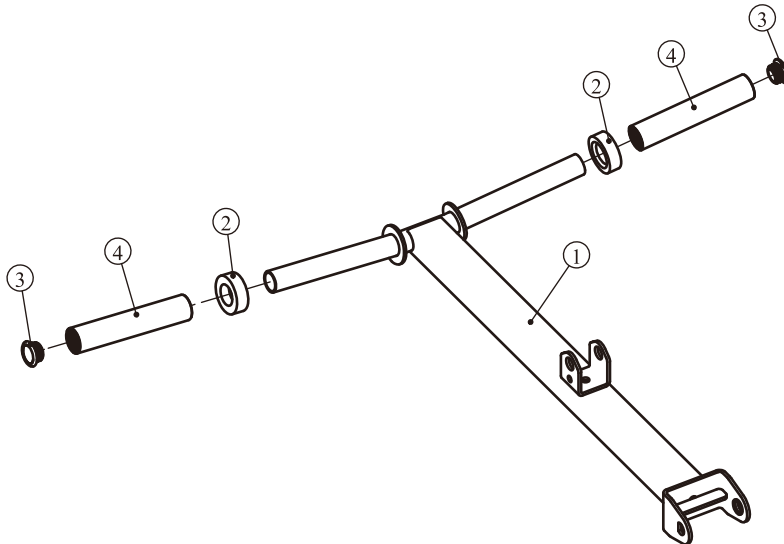


Grade No.	Part No.	Description	QTY
1.1	IFP15010100	Rear Ground Sticking Frame	1
1.2	GB17880.5M6*16.5DS17	Rivet Nut M6*15	2
1.3	IFP12013300	Ground Plug	2
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

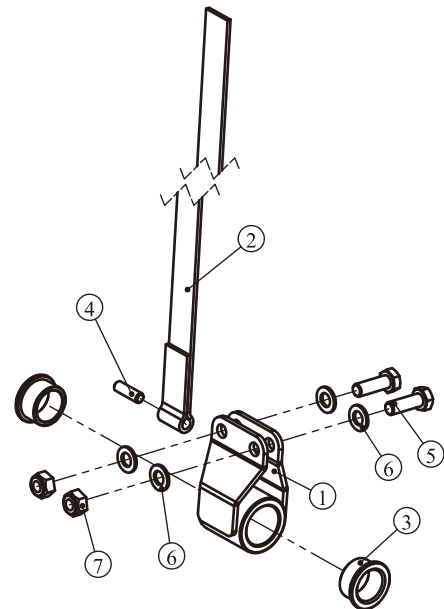
Grade No.	Part No.	Description	QTY
2.1	IFP15010200	Stand Frame	1
2.2	CG60007700	Foot Plate	2

Exploded View and Parts List

Barbell Frame First ASSY



Belt Fixing Frame ASSY

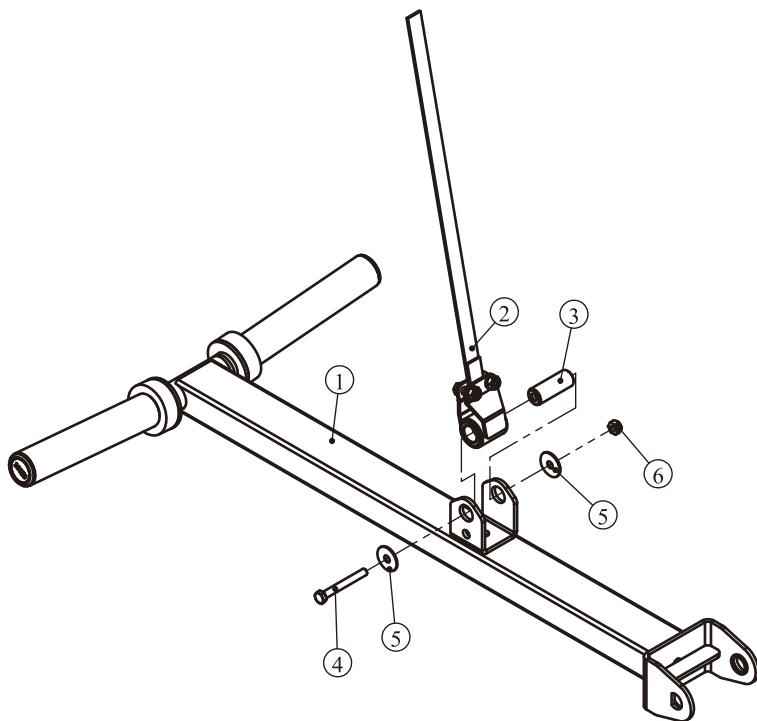


Grade No.	Part No.	Description	QTY
3.1.1	IFP15010300	Barbell Frame	1
3.1.2	HF985A1500	Rubber Bumper $\Phi 76 * \Phi 42 * 25$	2
3.1.3	IFP12013500	Plug $\Phi 49 * \Phi 37 * 25$	2
3.1.4	IFP12013400	Weight Horn Sleeve $\Phi 50 * \Phi 42.1 * 250$	2

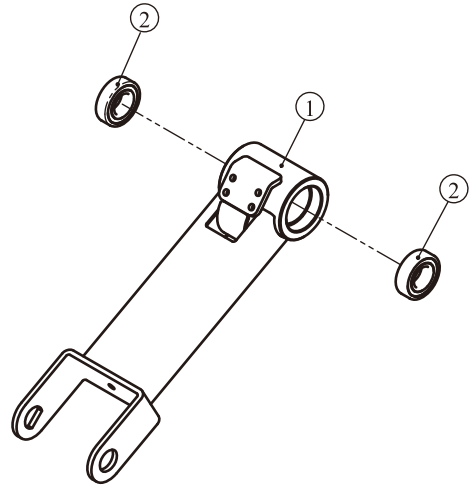
Grade No.	Part No.	Description	QTY
3.2.1	IFP15010700	Belt Fixing Frame	1
3.2.2	IFP15012000	Belt	1
3.2.3	M02502000	Bushing $\Phi 38 * \Phi 32 * \Phi 25.4 * 18$	2
3.2.4	2.00105E+11	Pin $\Phi 8 * 27$	1
3.2.5	GB5780M10*30DHS2	Hex Head Bolt M10*30	2
3.2.6	GB9510DHS2	Flat Washer $\Phi 10 * \Phi 20 * 2$	4
3.2.7	NM10DHS2	Nylon Lock Nut M10	2

Exploded View and Parts List

Barbell Frame Second ASSY



Arm Frame ASSY

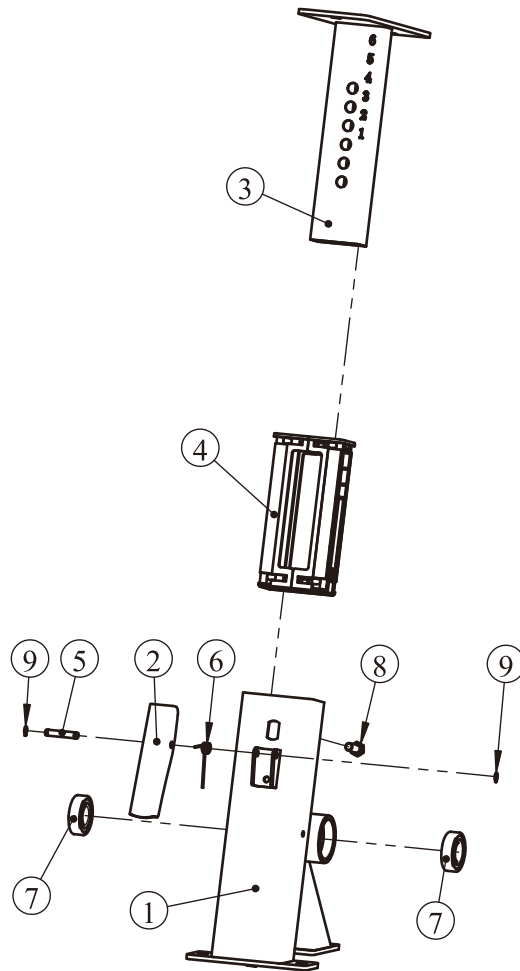


Grade No.	Part No.	Description	QTY
3.1	IFP15010300ASSY	Barbell Frame First ASSY	1
3.2	IFP150107ASSY	Belt Fixing Frame ASSY	1
3.3	IN-D21103500	Shaft $\Phi 25.4 \times 69$	1
3.4	GB5780M10*85DHS20	Hex Head Bolt M10*85	1
3.5	DQ10DHS2D	Flat Washer $\Phi 11 \times \Phi 38 \times 2$	2
3.6	NM10DHS2	Nylon Lock Nut M10	1

Grade No.	Part No.	Description	QTY
4.1	IFP15010400	Arm Frame	1
4.2	GB2766205-2ZC3	Bearing 6205	2

Exploded View and Parts List

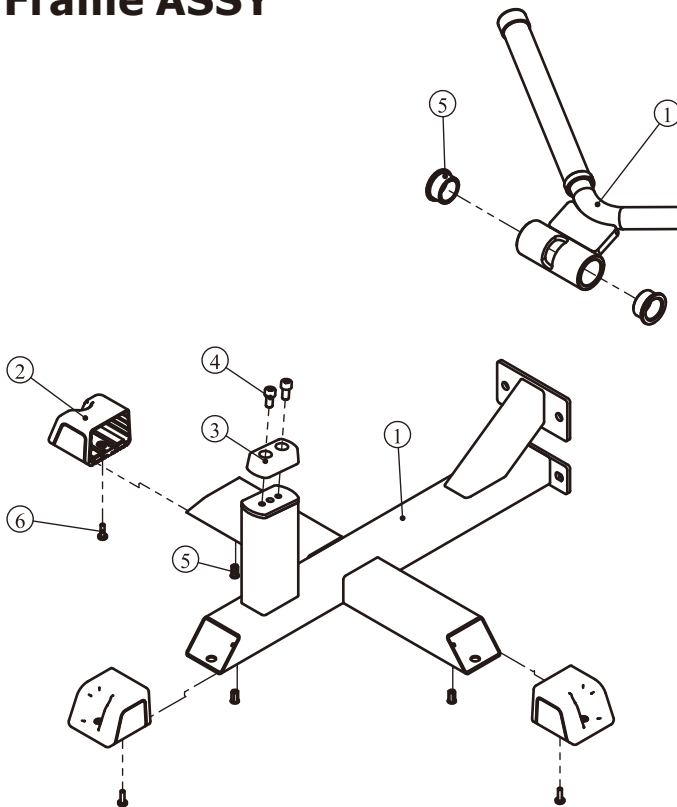
Support Frame ASSY



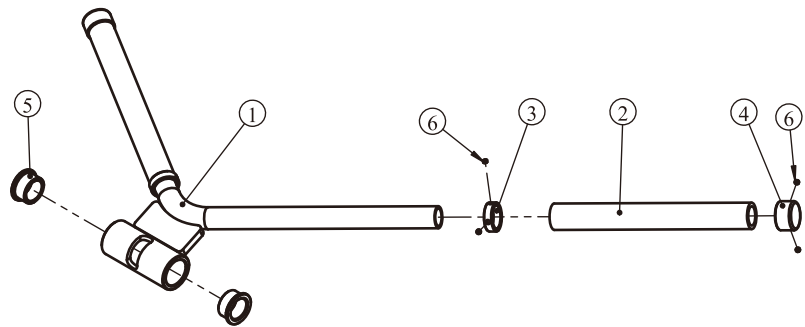
Grade No.	Part No.	Description	QTY
5.1	IFP15010500	Support Frame	1
5.2	IT95014500	Adjustable Support	1
5.3	IT95120900	Seat Adjustment Rack	1
5.4	IF93035000	Inner Wear Sleeve	2
5.5	CWRVL0012200	Roll Pin $\Phi 8 \times 45$	1
5.6	AXT3S5500	Torsional Spring	1
5.7	GB2766205-2ZC3	Bearing 6205	2
5.8	GB5780M10*30DHS2	Hex Head Bolt M10*30	1
5.9	GB894.18FH12	Circlips For Shaft $\Phi 8$	2

Exploded View and Parts List

Front Ground Sticking Frame ASSY



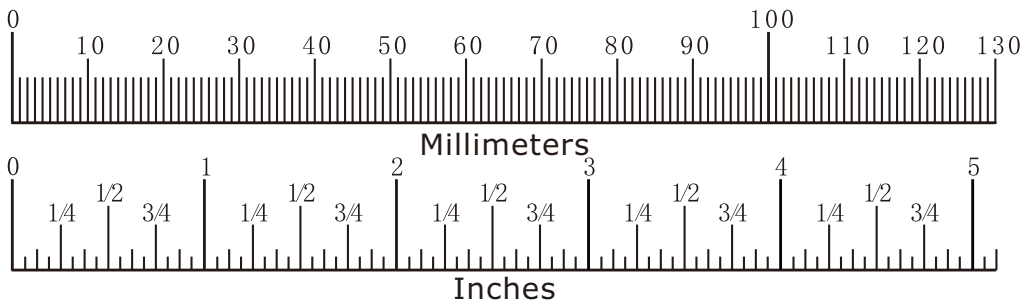
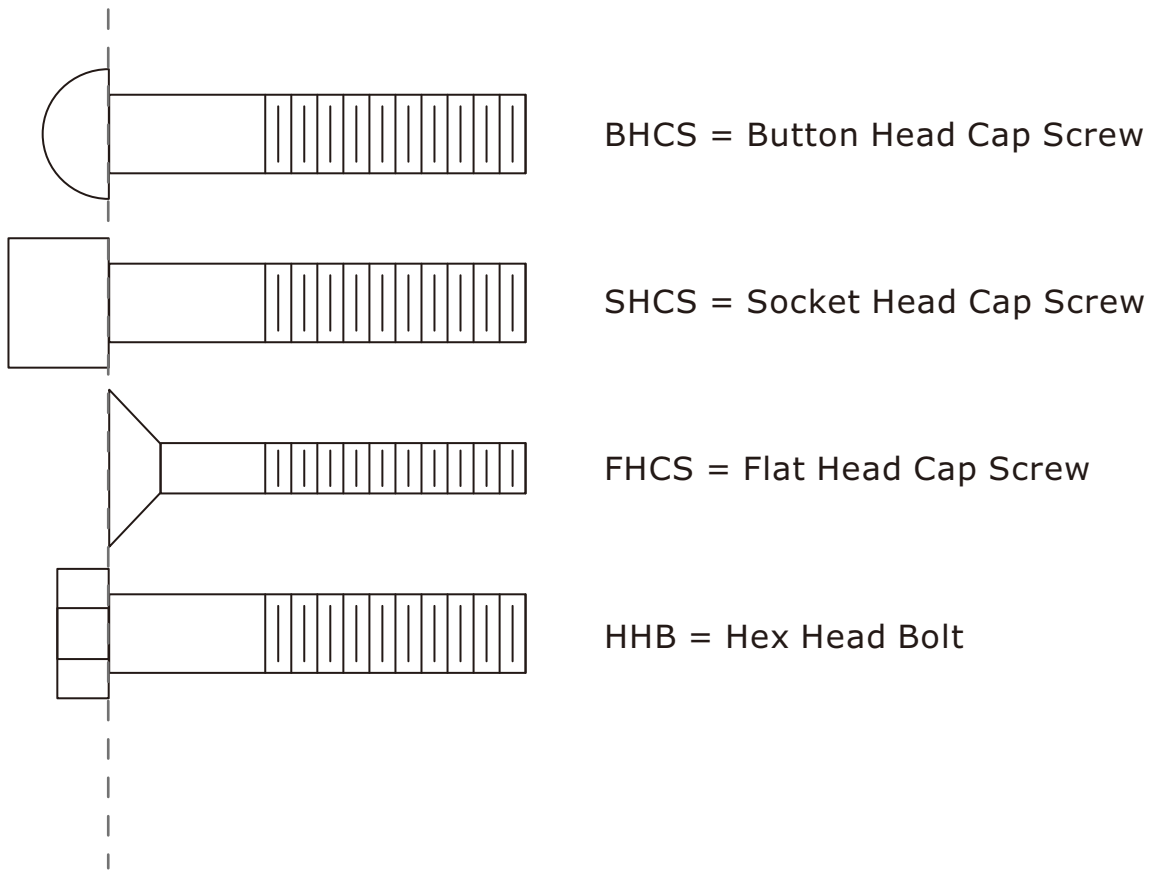
Hand Frame ASSY



Grade No.	Part No.	Description	QTY
6.1	IFP15010600	Front Ground Sticking Frame	1
6.2	IFP12013300	Ground Plug	3
6.3	RS17000400	Bumper	1
6.4	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2
6.5	GB17880.5M6*16.5DS17	Rivet Nut M6*15	3
6.6	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	3

Grade No.	Part No.	Description	QTY
7.1	IF93030600	Hand Frame	1
7.2	IT95251700	Grip STΦ30*Φ22*240	2
7.3	V39500	Aluminum Grip Ring	2
7.4	V39600	Aluminum Grip Cap	2
7.5	M02502000	Bushing Φ38*Φ25.4*18	2
7.6	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8

Measurement Guide



Diameter of bolt (mm/inch)	M6(1/4")	M8(5/16")	M10(3/8")	M12(1/2")	M16(5/8")
Tightening torque (N.m)	9~12	22~30	45~59	78~104	193~257
Operational methods for adult men	The strength of the wrist	The strength of the wrist and forearm	The strength of the entire arm	The strength of the arm and upper body	with all strength

Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

NOTE

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

STEP 1

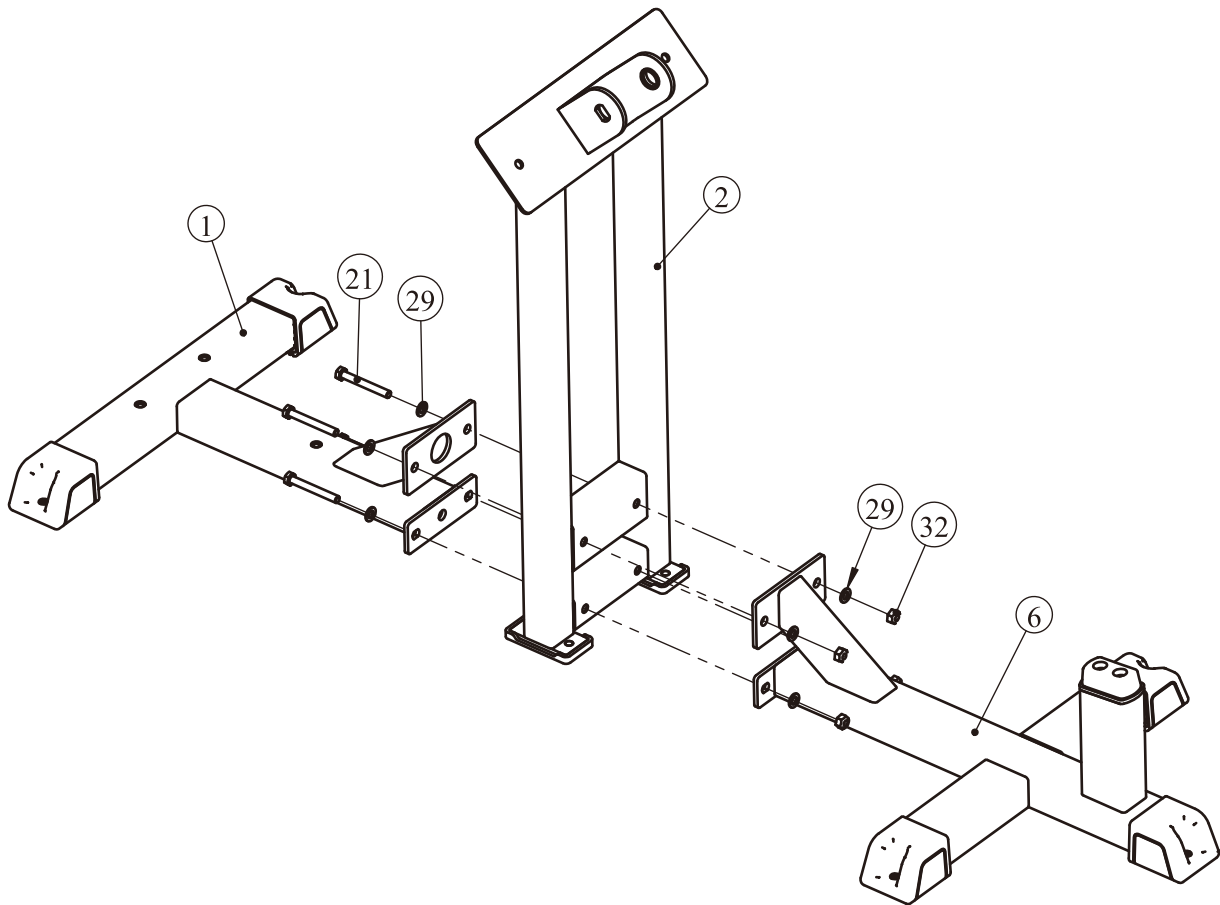
Attach the Rear Ground Sticking Frame ASSY (#1) and the Front Ground Sticking Frame ASSY (#6) to the Stand Frame ASSY (#2) using:

four M10*80 HHB (#21)

eight $\Phi 11*\Phi 20*2$ Flat Washer (#29)

four M10 Nylon Lock Nut (#32)

Note: Wrench Tighten Bolts and Nylon Lock Nuts.

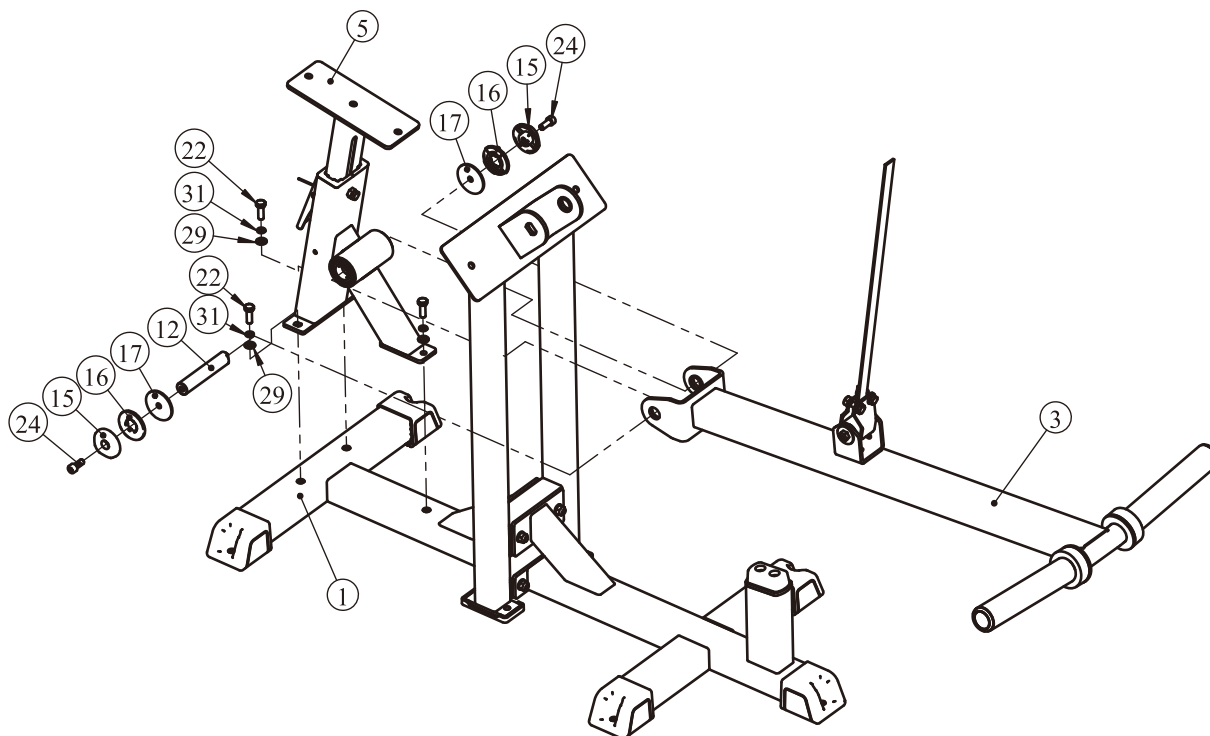


Assembly

STEP 2

1. Attach the Support Frame ASSY (#5) to the Rear Ground Sticking Frame ASSY (#1) using:
 - three M10*30 HHB (#22)
 - three Spring Washer $\Phi 10$ (#31)
 - three $\Phi 11*\Phi 20*2$ Flat Washer (#29)
2. Attach the Barbell Frame Second ASSY (#3) to the Support Frame ASSY (#5) using:
 - two M10*25 SHCS (#24)
 - two Cap $\Phi 60$ (#15)
 - two Circle Ring $\Phi 62.5*5$ (#16)
 - two Washer $\Phi 62*\Phi 10.5*3$ (#17)
 - one Shaft $\Phi 25*133*M10$ (#12)

Note: Wrench Tighten Bolts.

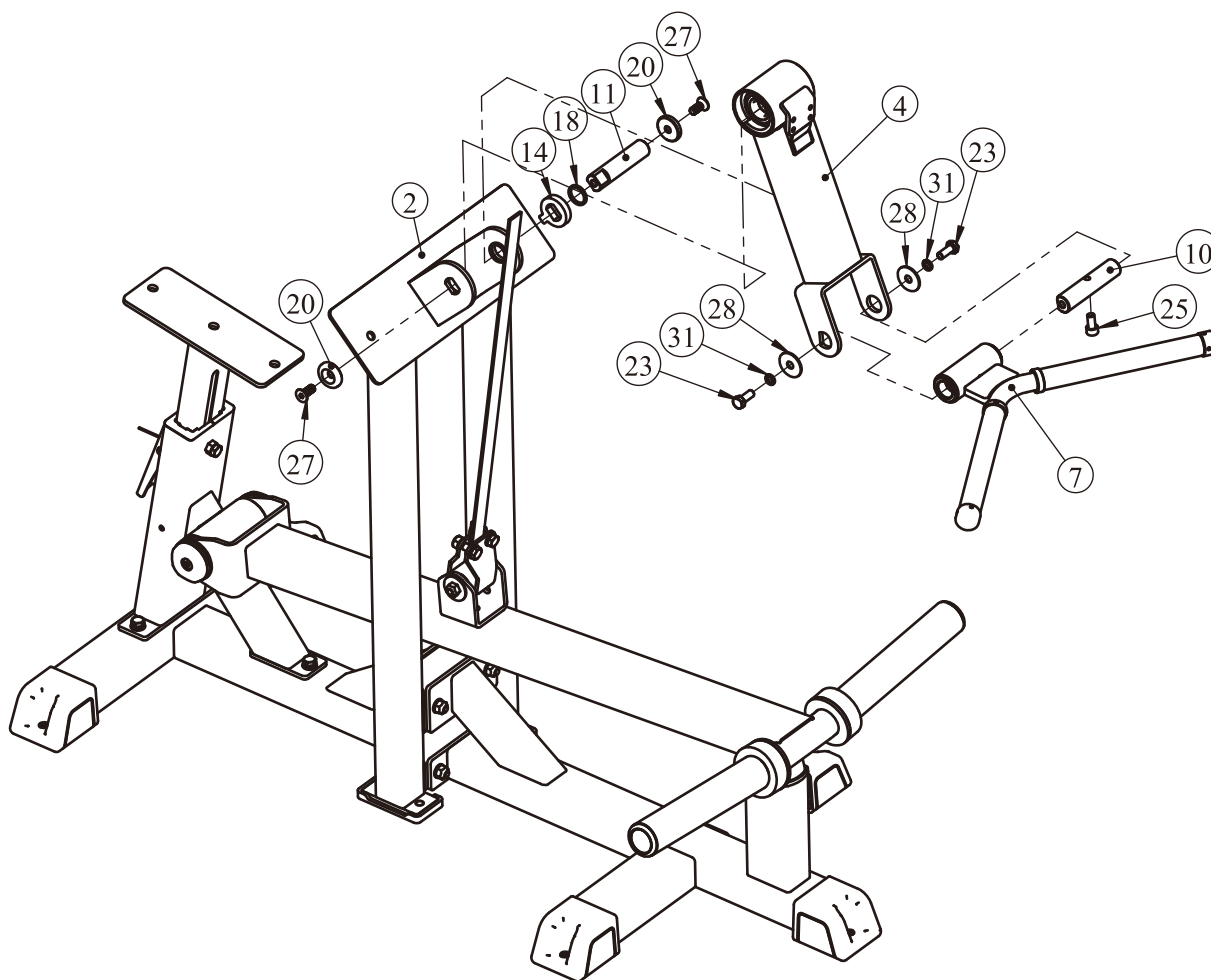


Assembly

STEP 3

1. Attach the Arm Frame ASSY (#4) to the Stand Frame ASSY (#2) using:
 - two M10*25 FHCS (#27)
 - two Cap $\Phi 38*\Phi 10.5*8$ (#20)
 - one Locking Ring $\Phi 45*\Phi 26*R32.5$ (#14)
 - one Adjustable Ring $\Phi 30*2*3$ (#18)
 - one shaft $\Phi 25*110$ (#11)
2. Attach the Hand Frame ASSY (#7) to the Arm Frame ASSY (#4) using:
 - two M10*25 HHB (#23)
 - two Spring Washer $\Phi 10$ (#31)
 - two Flat Washer $\Phi 11*\Phi 38*2$ (#28)
 - one shaft $\Phi 25.4*116$ (#10)
 - one M10*20 SHCS (#25)

Note: Wrench Tighten Bolts.



Assembly

STEP 4

Attach Belt of the Barbell Frame Second ASSY (#3) to the Arm Frame ASSY (#4) using:

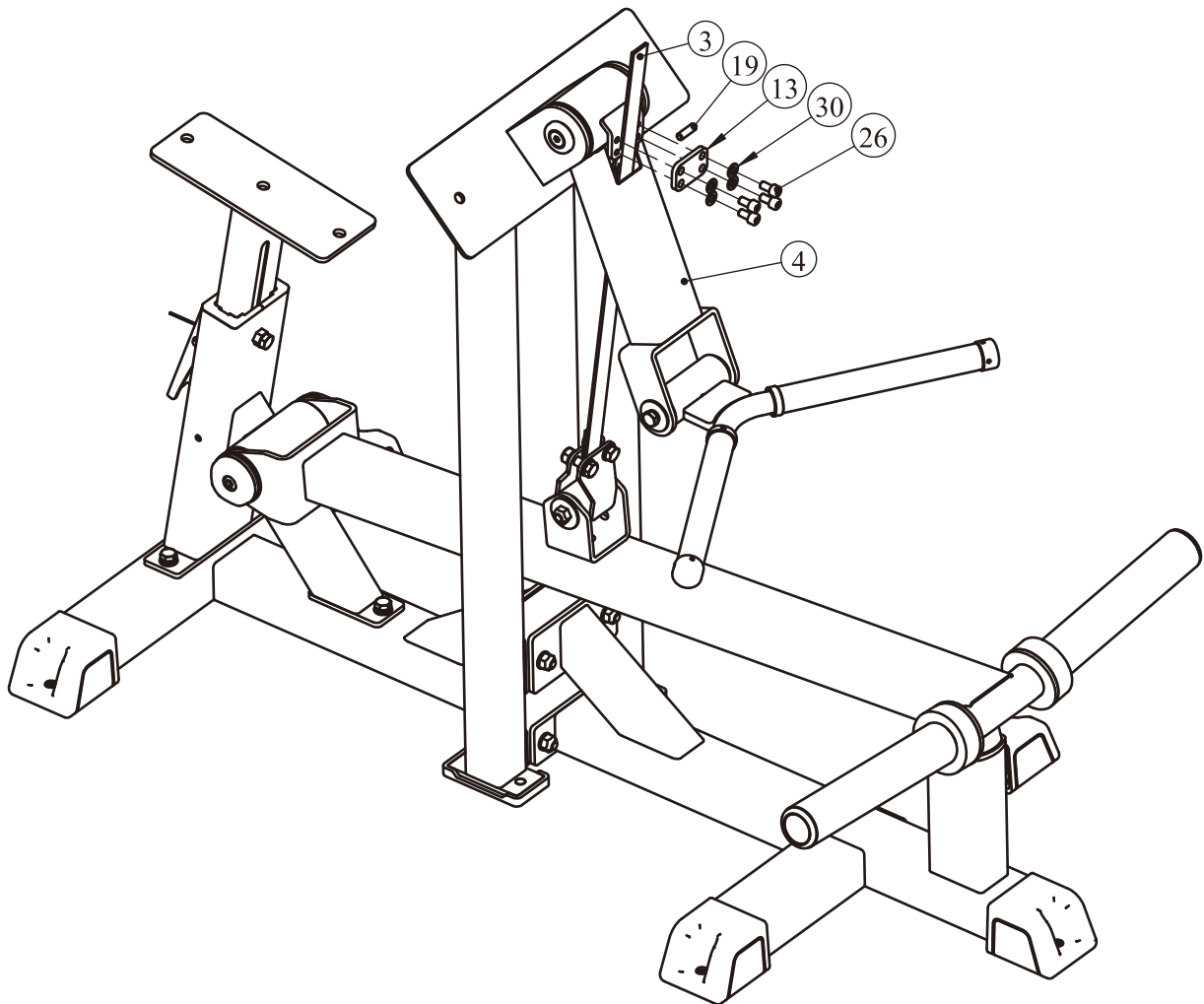
four M8*15 SHCS (#26)

four $\Phi 9 \times \Phi 16 \times 1.6$ Flat Washer (#30)

one Belt Retaining Plate (#13)

one Pin $\Phi 8 \times 27$ (#19)

Note: Wrench Tighten Bolts.

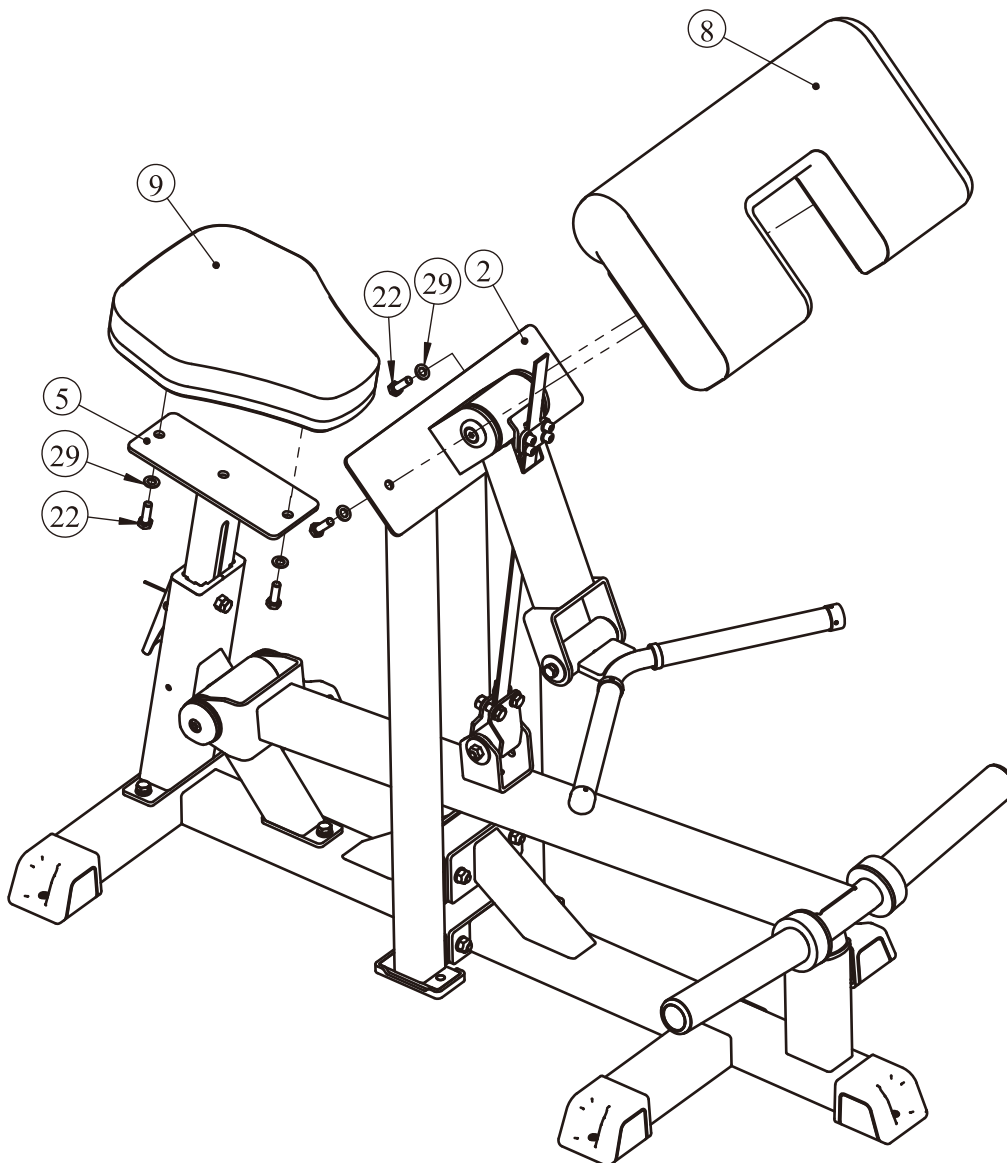


Assembly

STEP 5

1. Attach the Seat Pad (#9) to the Support Frame ASSY (#5) using:
two M10*30 HHB (#22)
two $\Phi 11*\Phi 20*2$ Flat Washer (#29)
2. Attach the Arm Pad (#8) to the Stand Frame ASSY (#2) using:
two M10*30 HHB (#22)
two $\Phi 11*\Phi 20*2$ Flat Washer (#29)

Note: Wrench Tighten Bolts.



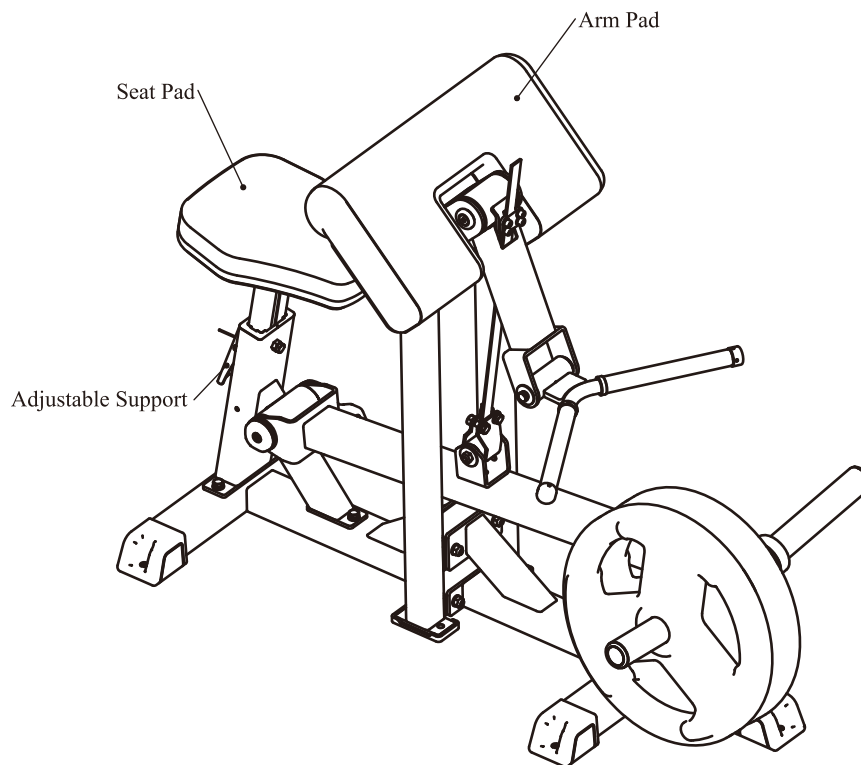
Adjust and Exercise Instruction

Weight Plate Installation Requirements

1. Please use Olympic Weight Plate which hole is greater than $\Phi 50\text{mm}$ and external diameter is less than $\Phi 450\text{mm}$.
2. The total weight of one side cannot be greater than 100kg.
3. This equipment does not contain Weight Plate.

The Seat Pad adjustment

1. Pull the Adjustable Support and adjust the Seat Pad to the desired position.
2. Make sure the pin gets into the hole completely.



Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY					
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY						
Clean; Upholstery	DAILY	WEEKLY						
Inspect; Cables or Belts and their tension	DAILY	WEEKLY						
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS						
Inspect; All Decals	WEEKLY	3 MONTHS						
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS						
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS						
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS						
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS						
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY						
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY						
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS						

Your equipment comes with a commercial maintenance decal. For personal, in home use, please follow the home maintenance schedule listed above.

General Maintenance Information

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Decals:

- * Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- * These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- * We use only high quality belt, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- * Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- * Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- * Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

Weight Training Tips

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

