

# IFP1101

## SEATED SHOULDER PRESS

### OWNER'S MANUAL

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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.

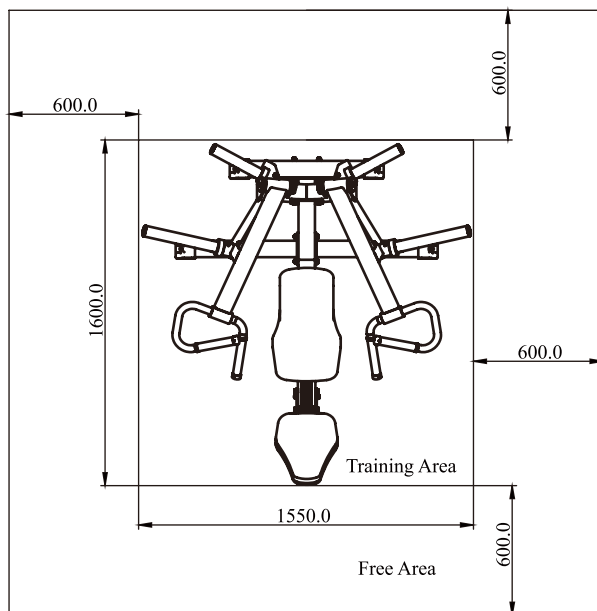
# Important Safety Instructions

## 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\*150kg/ 330lbs

Maximum User Weight: 150kg/ 330lbs

Product Dimension: 1520\*1579\*1069mm

Product Total Surface: 1550\*1600mm

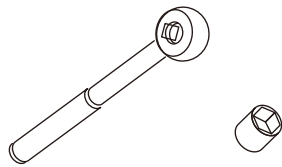
Product Total Mass:

# Instructions

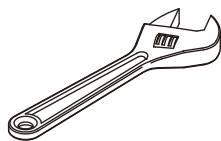
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure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

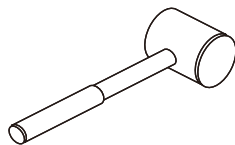
## Tools Required



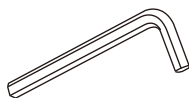
Ratchet Wrench and Socket



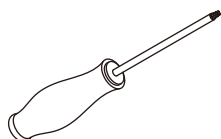
Adjustable Wrench



Rubber Mallet



Hex Key Wrench Set



Phillips Screwdriver

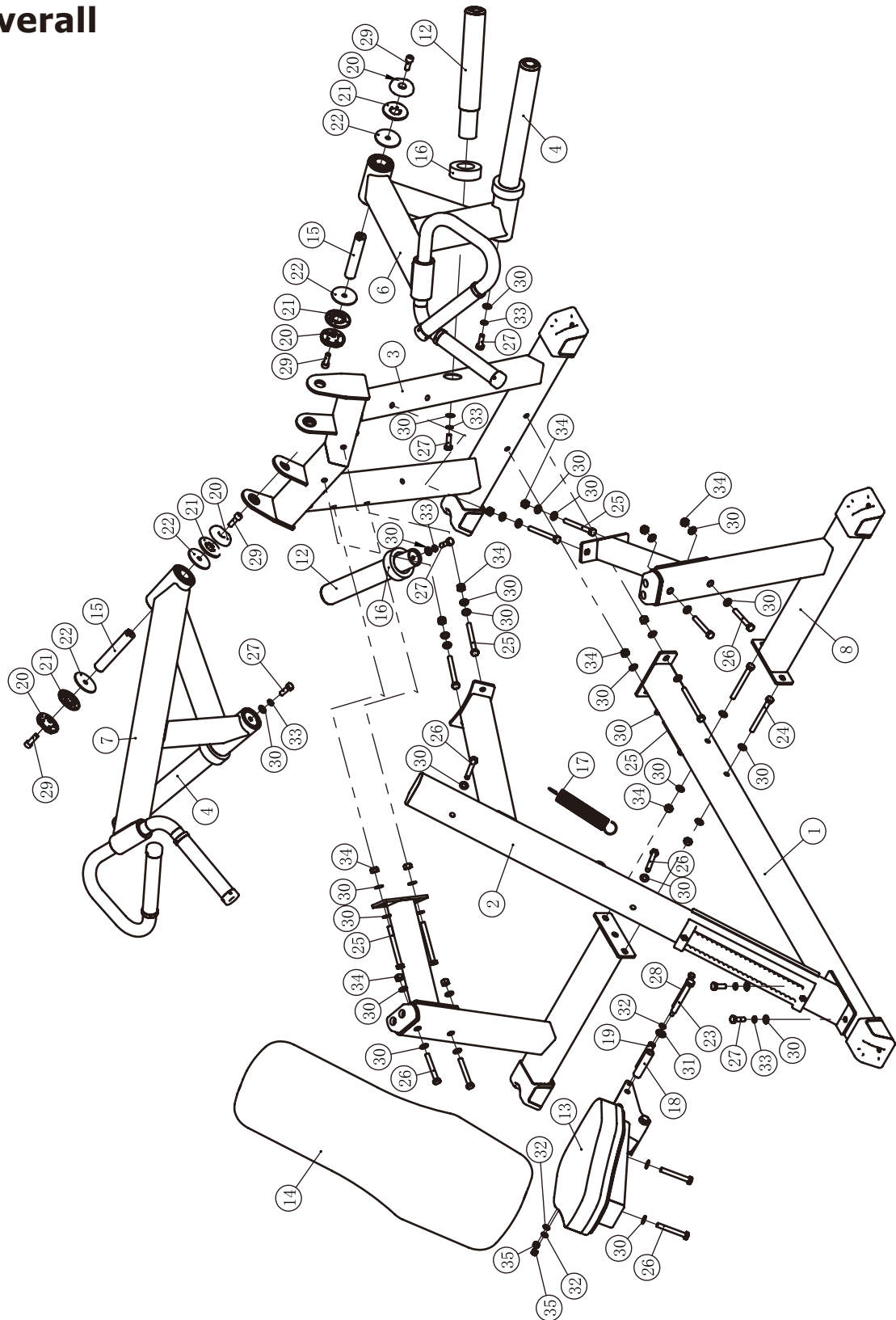
# Exploded View and Parts List

## Overall

Item No.	Part No.	Description	QTY
1	IFP110101ASSY	Bottom Frame ASSY	1
2	IFP110102ASSY	Back Frame ASSY	1
3	IFP110103ASSY	Rear Frame ASSY	1
4	IFP110104ASSY	Long Weight Horn ASSY	2
5	IFP110105ASSY	Seat Pad Frame ASSY	1
6	IFP110106ASSY	Right Arm Frame ASSY	1
7	IFP110107ASSY	Left Arm Frame ASSY	1
8	IFP110108ASSY	Right Surpport Frame ASSY	1
9	IFP110109ASSY	Left Surpport Frame ASSY	1
10	IFP11011000	Right Connect Frame	1
11	IFP11011100	Left Connect Frame	1
12	IFP161316ASSY	Weight Horn ASSY	2
13	IF93015200V2	Back Pad	1
14	IF93015100V1	Seat Pad	1
15	IF93012600	Axis $\Phi 25*133*M10$	2
16	HF985A1500	Rubber Buffer $\Phi 76*\Phi 42*25$	2
17	SL70012200	Extension spring $\Phi 31.5*\Phi 2.5*165$	1
18	KPSFID0700V2	Plastic sleeve $\Phi 19*\Phi 13*80$	1
19	IFP12010700	Support sleeve $\Phi 15*\Phi 9*82$	1
20	FE97211900	Cap $\Phi 60$	4
21	FE97212000	Circle Ring $\Phi 62.5*5$	4
22	IF93062200	Big Flat Washer $\Phi 62*\Phi 10.5*3$	4
23	IFP12012100	Shoulder Bolt $\Phi 12*96.5*M8$	1
24	GB5780M10*105DHS20	Hex Head Bolt M10*105	2
25	GB5780M10*100DHS20	Hex Head Bolt M10*100	8
26	GB5780M10*75DHS20	Hex Head Bolt M10*75	8
27	GB5781M10*30DHS20	Hex Head Bolt M10*30	6
28	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
29	GB70M10*30DHS20NL	Socket Head Cap Screw M10*30	4
30	GB9510DHS2	Flat Washer $\Phi 11*\Phi 20*2$	38
31	GB9512DHS2	Flat Washer $\Phi 13*\Phi 24*2.5$	1
32	GB958DHS2	Flat Washer $\Phi 9*\Phi 16*1.6$	3
33	GB9310DHS12	Spring Washer $\Phi 10$	6
34	NM10DHS2	Nylon Lock Nut M10	14
35	NM8DHS2	Nylon Lock Nut M8	2

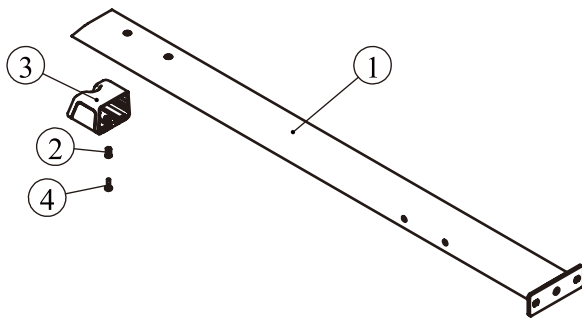
# Exploded View and Parts List

## Overall

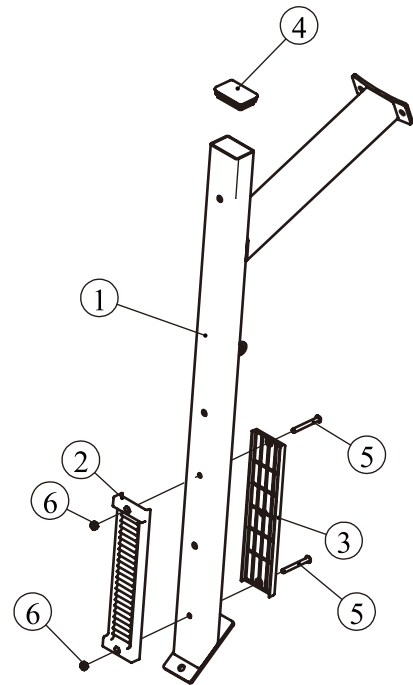


# Exploded View and Parts List

## Bottom Frame ASSY



## Back Frame ASSY



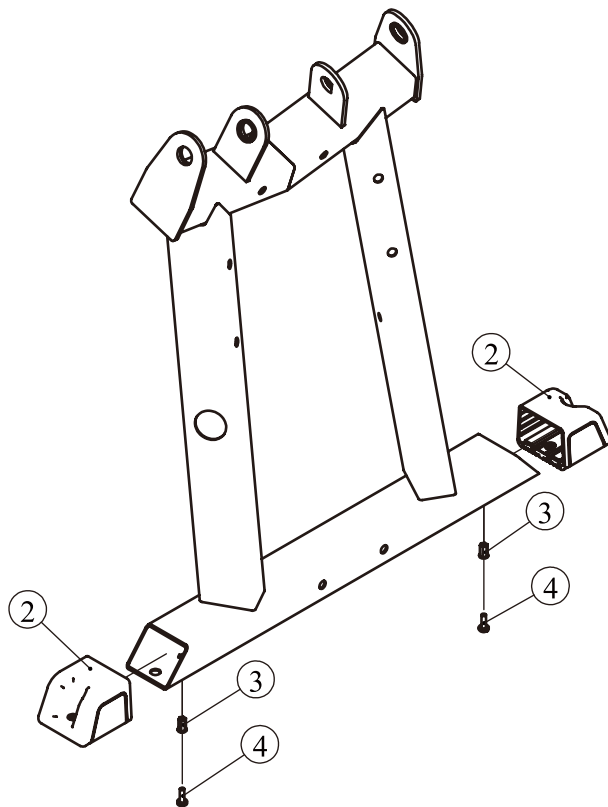
Grade No.	Part No.	Description	QTY
1.1	IFP11010100	Bottom Frame	1
1.2	GB17880.5M6*16.5DS17	Rivet Nut M6	1
1.3	IFP12013300	Ground Plug	1
1.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	1

Grade No.	Part No.	Description	QTY
2.1	IFP11010200	Back Frame	1
2.2	NM8DHS2	Nylon Lock Nut M8	2
2.3	IFP12013100	Gear Plate	1
2.4	IFP12013200	Back Plate	1
2.5	KPSFID2800	Plug □50.8*76.2	1
2.6	PNLM8*70DY20	Button Head Cap Screw M8*70	2

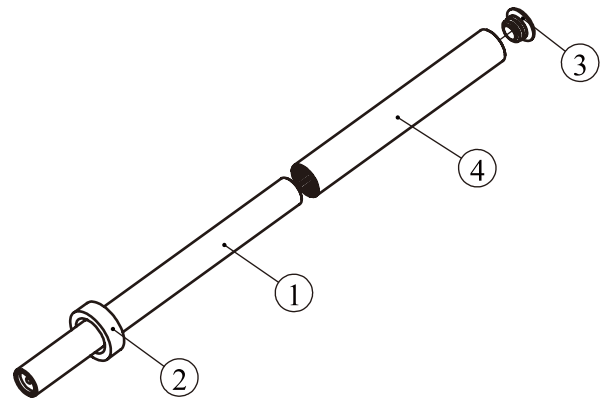


# Exploded View and Parts List

## Rear Frame ASSY



## Long Weight Horn ASSY

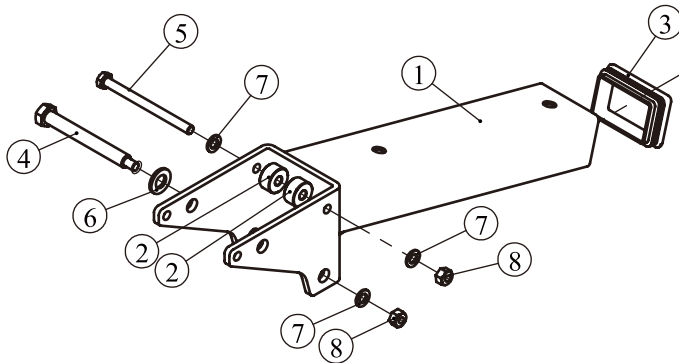


Grade No.	Part No.	Description	QTY
3.1	IFP11010300	Rear Frame	1
3.2	IFP12013300	Ground Plug	2
3.3	GB17880.5M6*16.5DS17	Rivet Nut M6	2
3.4	GB818M6*20DHS2	Cross Recessed Pan Head Screw M6*20	2

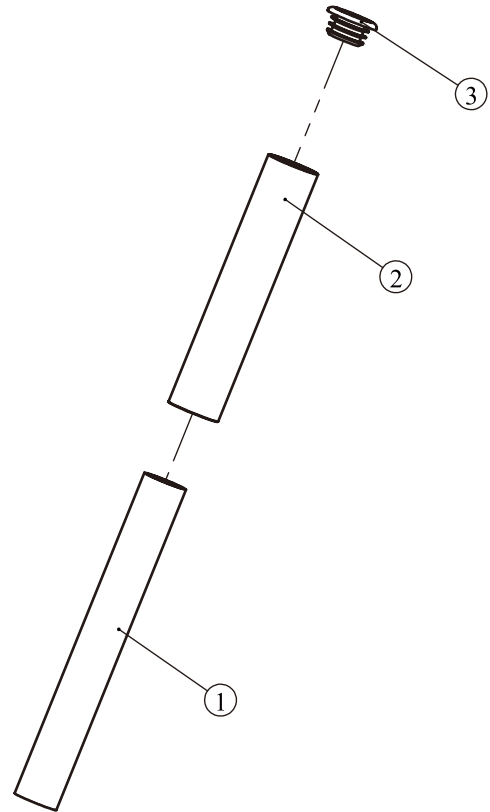
Grade No.	Part No.	Description	QTY
4.1	IFP11010400	Weight Horn	1
4.2	HF985A1500	Rubber Buffer $\Phi 76 * \Phi 42 * 25$	1
4.3	IFP16053100	Plug $\Phi 49 * \Phi 37 * 25$	1
4.4	IFP16053000	Sleeve $\Phi 50 * \Phi 42.1 * 350$	1

# Exploded View and Parts List

## Seat Pad Frame ASSY



## Weight Horn ASSY

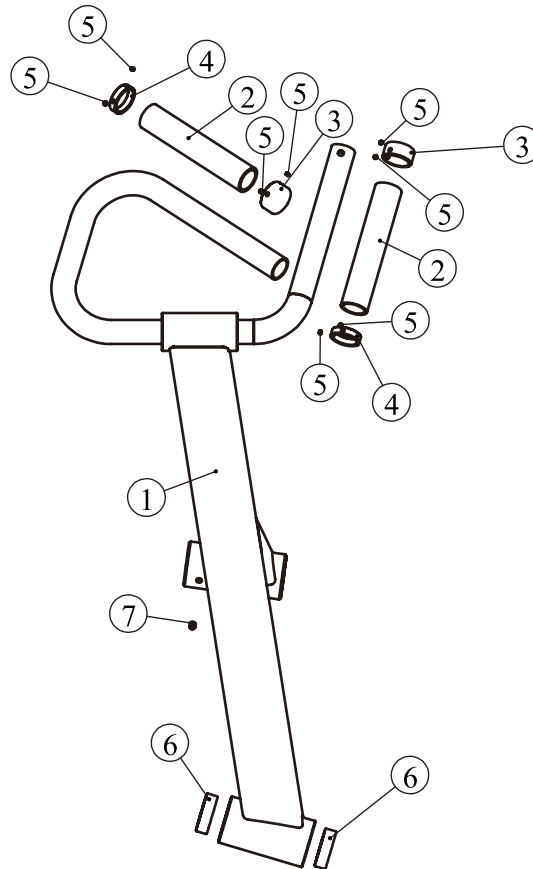


Grade No.	Part No.	Description	QTY
5.1	IFP11010500	Seat Pad Frame	1
5.2	IFP12013600	Guide Roller $\Phi 24 * \Phi 8.2 * 12$	2
5.3	KPSFID2800	Plug $\square 50.8 * 76.2$	1
5.4	IFP12012100	Shoulder Bolt $\Phi 12 * 96.5 * M8$	1
5.5	GB5780M8*105DHS20	Hex Head Bolt M8*105	1
5.6	GB9512DHS2	Flat Washer $\Phi 13 * \Phi 24 * 2.5$	1
5.7	GB958DHS2	Flat Washer $\Phi 9 * \Phi 16 * 1.6$	3
5.8	NM8DHS2	Nylon Lock Nut M8	2

Grade No.	Part No.	Description	QTY
12.1	IFP16131600	Weight Horn	1
12.2	IFP12013400	Sleeve $\Phi 50 * \Phi 42.1 * 250$	1
12.3	IFP12013500	Plug $\Phi 49 * \Phi 37 * 25$	1

# Exploded View and Parts List

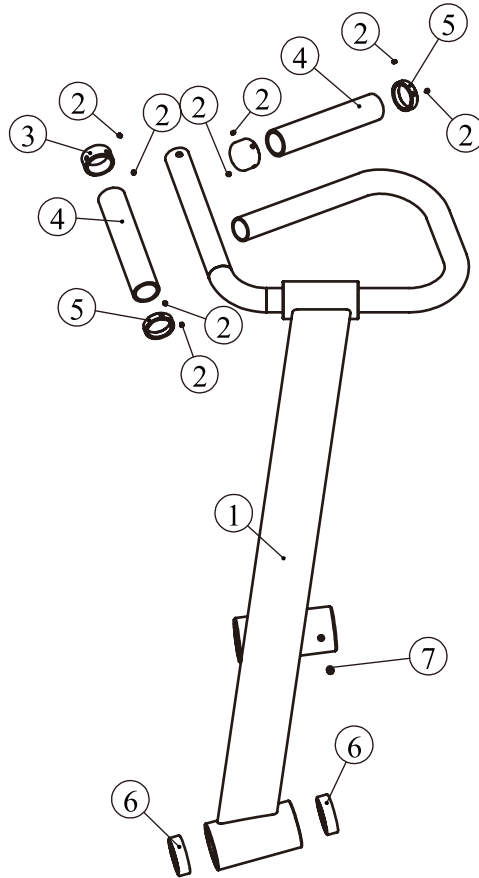
## Right Arm Frame ASSY



Grade No.	Part No.	Description	QTY
6.1	IFP11010600	Right Arm Frame	1
6.2	026-01PL0235-31	Grip ST $\Phi$ 36* $\Phi$ 29*177.8	2
6.3	V39000	Aluminum Grip Cap $\Phi$ 32	2
6.4	V38900	Aluminum Grip Ring $\Phi$ 32	2
6.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8
6.6	GB2766205-2ZC3	Bearing 6205	2
6.7	GB77M8*8DHS2	Socket Set Screw M8*8	1

# Exploded View and Parts List

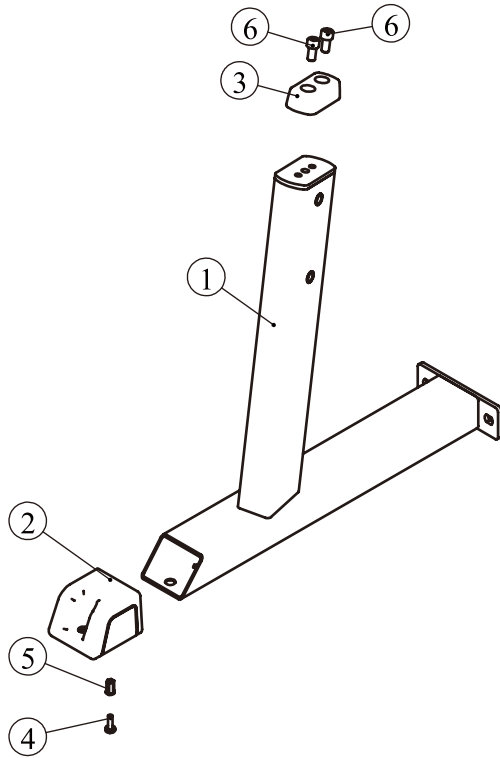
## Left Arm Frame ASSY



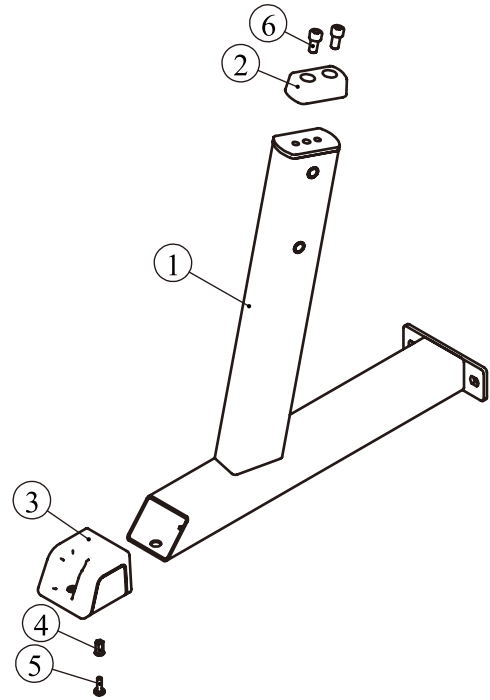
Grade No.	Part No.	Description	QTY
7.1	IFP11010700	Left Arm Frame	1
7.2	026-01PL0235-31	Grip ST $\Phi$ 36* $\Phi$ 29*177.8	2
7.3	V39000	Aluminum Grip Cap $\Phi$ 32	2
7.4	V38900	Aluminum Grip Ring $\Phi$ 32	2
7.5	YZGB7710-32*3.2N19	Socket Set Screw 10-32UNF*3.2	8
7.6	GB2766205-2ZC3	Bearing 6205	2
7.7	GB77M8*8DHS2	Socket Set Screw M8*6	1

# Exploded View and Parts List

## Right Surpport Frame ASSY



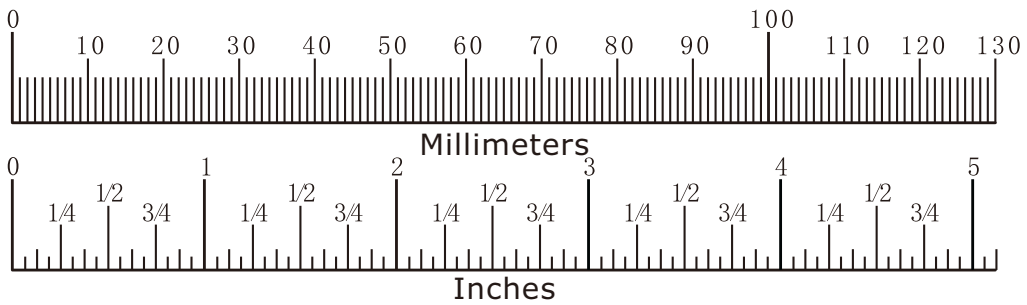
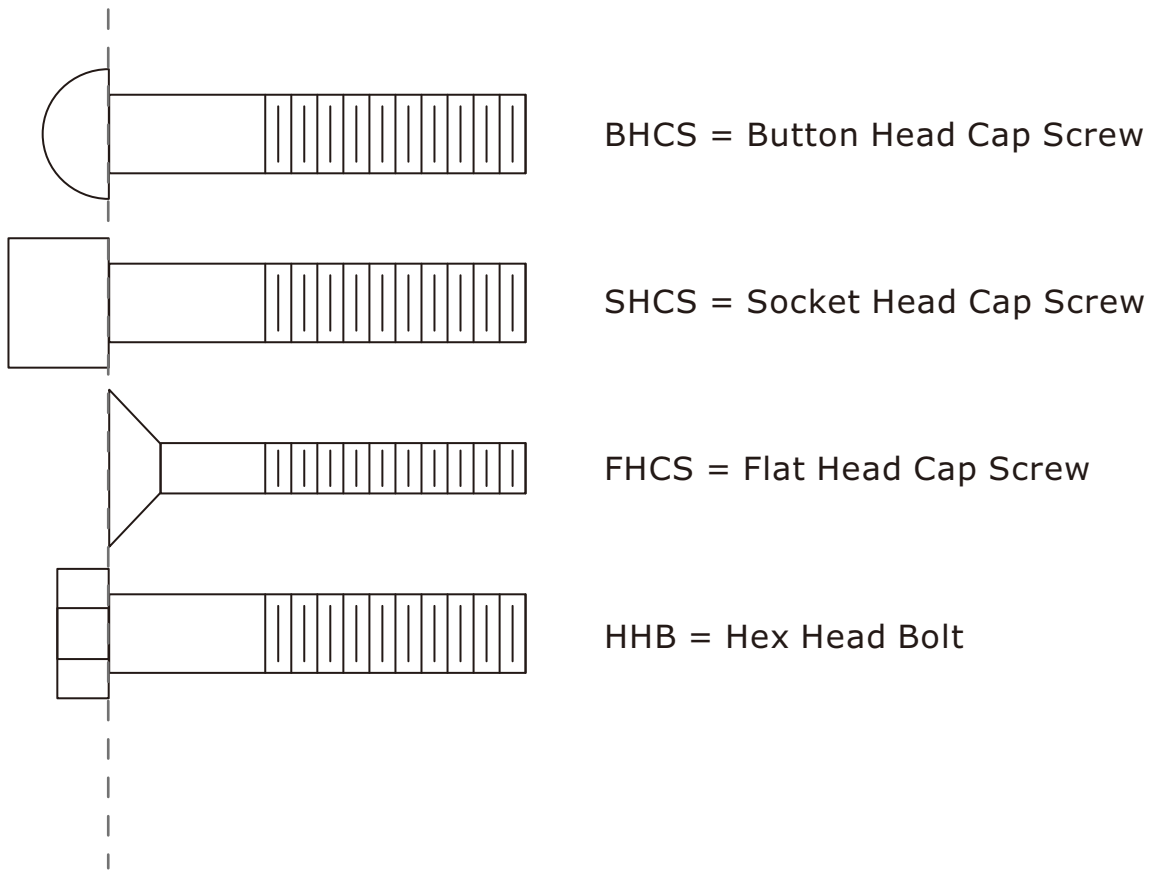
## Left Surpport Frame ASSY



Grade No.	Part No.	Description	QTY
8.1	IFP11010800	Right Surpport Frame	1
8.2	RS17000400	Bumper	1
8.3	IFP12013300	BottomPlug	1
8.4	GB818M6*20DHS2	U-nut M6*20	1
8.5	GB17880.5M6*16.5DS17	Rivet Nut M6	1
8.6	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2

Grade No.	Part No.	Description	QTY
9.1	IFP11010900	Left Surpport Frame	1
9.2	RS17000400	Bumper	1
9.3	IFP12013300	BottomPlug	1
9.4	GB818M6*20DHS2	U-nut M6*20	1
9.5	GB17880.5M6*16.5DS17	Rivet Nut M6	1
9.6	GB70M10*20DHS20NL	Socket Head Cap Screw M10*20	2

# 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.

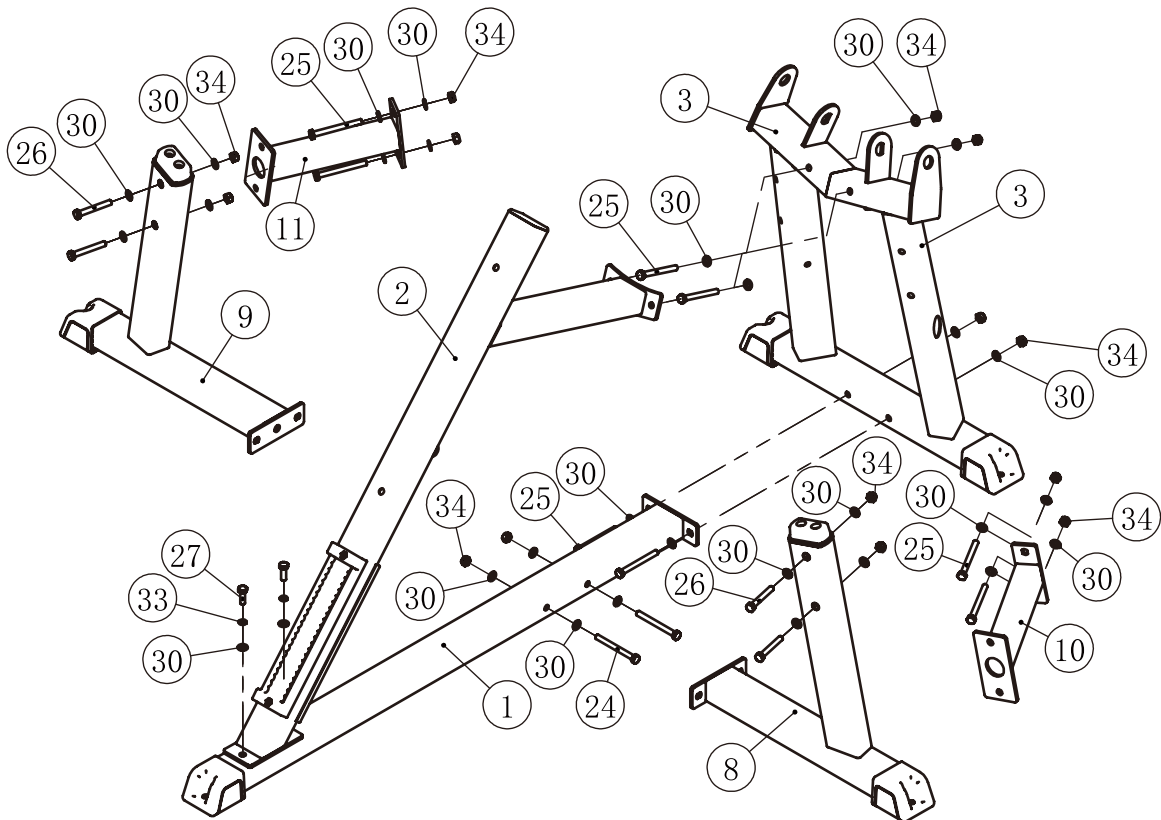
# Assembly

## STEP 1

Attach the Back Frame ASSY (#2), the Rear Frame ASSY (#3), the Right Support Frame ASSY (#8), the Left Support Frame ASSY (#9), the Right Connect Frame (#10), the Left Connect Frame (#11) to the Bottom Frame ASSY (#1) using:

- two M10\*105 HHB (#24)
- eight M10\*100 HHB (#25)
- four M10\*75 HHB (#26)
- two M10\*30 HHB (#27)
- two  $\Phi 10$  Spring Washer (#33)
- thirty  $\Phi 11*\Phi 20*2$  Flat Washer (#30)
- fourteen M10 Nylon Lock Nut (#34)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**

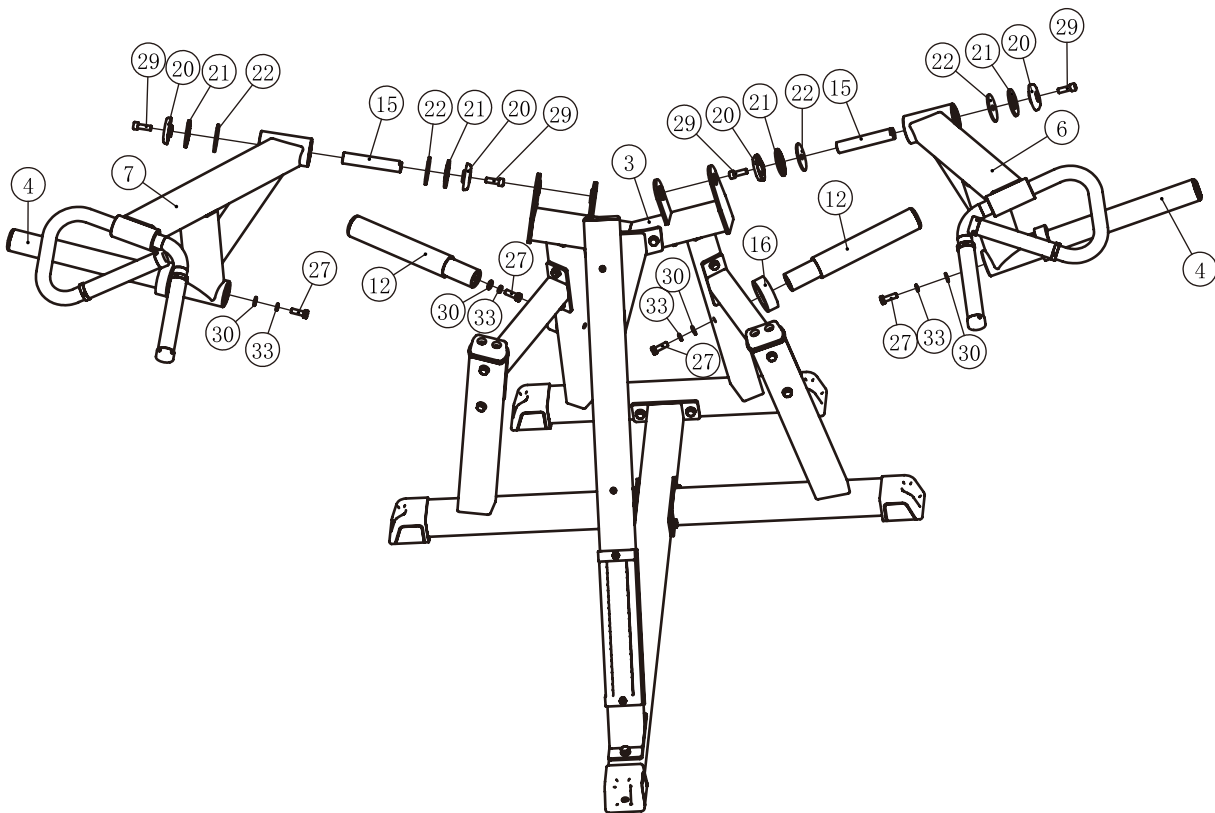




# Assembly

## STEP 2

1. Attach the Right Arm Frame ASSY (#6) and the Left Arm Frame ASSY (#7) to the Rear Frame ASSY (#3) using:
  - two  $\Phi 25 \times 133 \times M10$  Axis (#15)
  - four  $\Phi 62 \times \Phi 10.5 \times 3$  Big Flat Washer (#22)
  - four  $\Phi 62.5 \times 5$  Circle Ring (#21)
  - four  $\Phi 60$  Cap (#20)
  - four M10\*25 SHCS (#29)
2. Loosen the M8\*6 screw and attach two Long Weight Horn ASSY (#4) and two Weight Horn ASSY (#10) to the Right Arm Frame ASSY (#6), the Left Arm Frame ASSY (#7) and the Rear Frame ASSY (#3) using:
  - four M10\*30 HHB (#27)
  - four  $\Phi 11 \times \Phi 20 \times 2$  Flat Washer (#30)
  - four  $\Phi 10$  Spring Washer (#33)

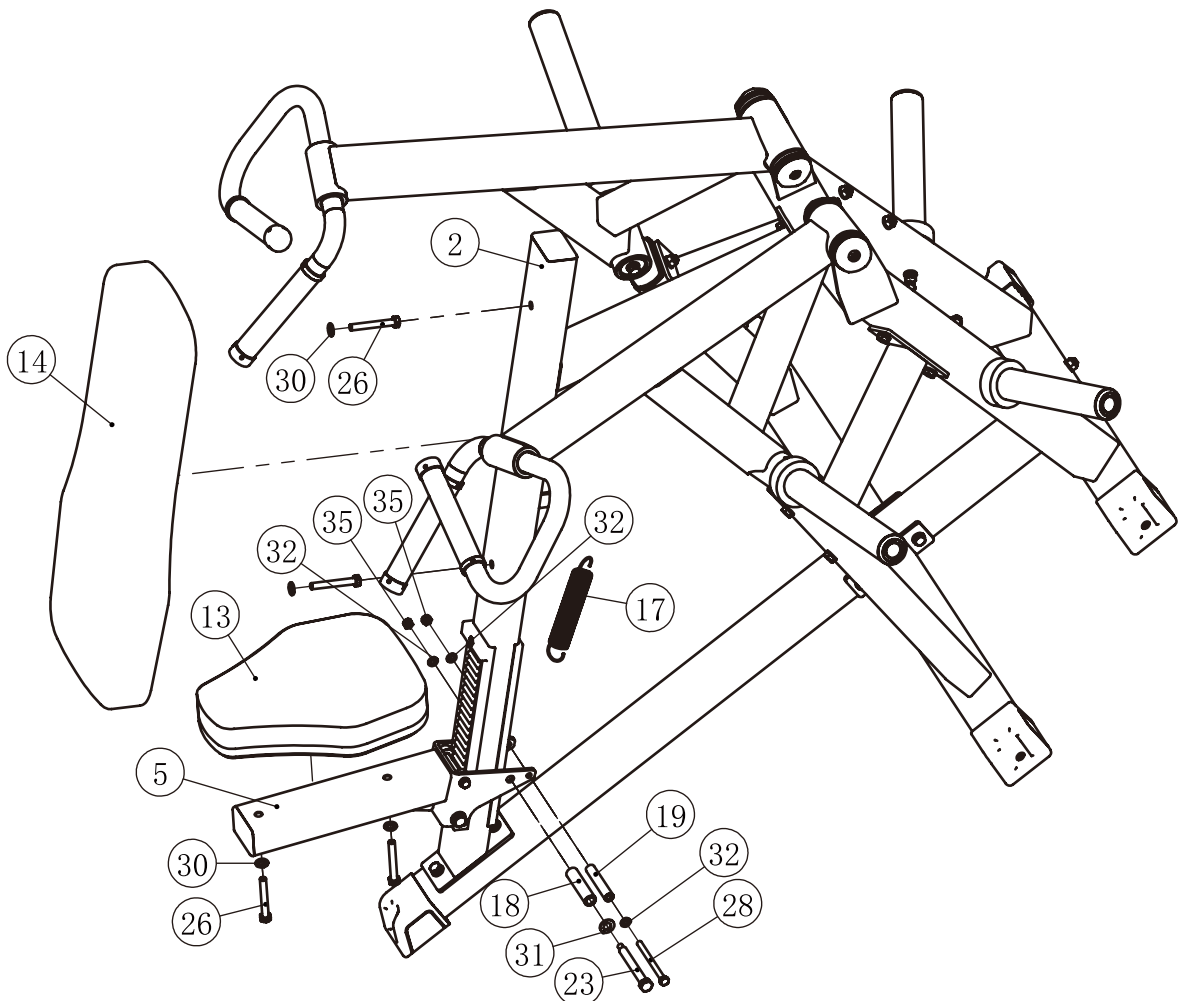


# Assembly

## STEP 3

1. Attach the Seat Pad Frame ASSY (#5) to the Main Frame ASSY (#2) using:
  - one  $\Phi 15*\Phi 9*82$  Support sleeve (#19)
  - one  $\Phi 19*\Phi 13*80$  Plastic sleeve (#18)
  - one Shoulder Bolt  $\Phi 12*96.5*M8$  (#23)
  - one M8\*105 HHB (#28)
  - one  $\Phi 13*\Phi 24*2.5$  Flat Washer (#31)
  - three  $\Phi 9*\Phi 16*1.6$  Flat Washer (#32)
  - two M8 Nylon Lock Nut (#35)
  - one Extension spring  $\Phi 31.5*\Phi 2.5*165$ (#17)
2. Attach the Seat Pad (#11) and the Back Pad (#12) to the Main Frame ASSY (#2) using:
  - four M10\*75 HHB (#26)
  - four  $\Phi 11*\Phi 20*2$  Flat Washer (#30)

**Note: Wrench Tighten Bolts and Nylon Lock Nuts.**



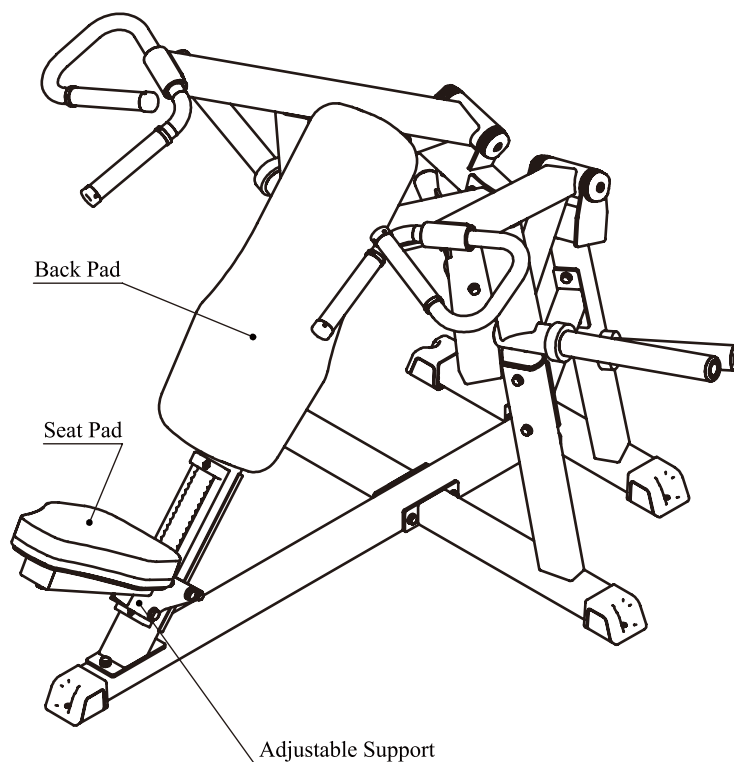
# Adjust and Exercise Instruction

## 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 can not be greater than 150kg.
3. This equipment does not contains Weight Plates.

## Adjust & Exercise Instruction

1. Select an appropriate weight or hang a pair of resistance bands on both weight horns.
2. Adjust the Seat Pad to the desired position and make sure the Seat Pad firmly stucked.
3. Press handles straight out.
4. Pause slightly then slowly return to the starting position.



# 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.

