

IRONEDGE

Seated Dip - Onyx Series

Setup Instructions

 **CAUTION:** Read all precautions and instructions before using this equipment. Save this manual for future reference.



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To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

- 1. Degrease and clean surfaces prior to apply adhesive.**
- 2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).**
- 3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).**



Red Thread Locker

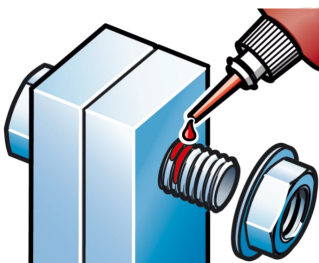


FIG 1

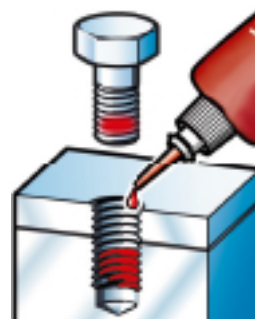
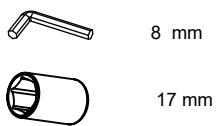


FIG 2

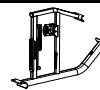
STEP 1

Tools



Parts

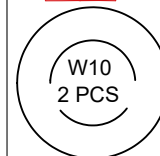
Part No:1
Name:
Main Frame
Q'TY:1



Part No:2
Name:
Bottom Lateral Tube
Q'TY:1

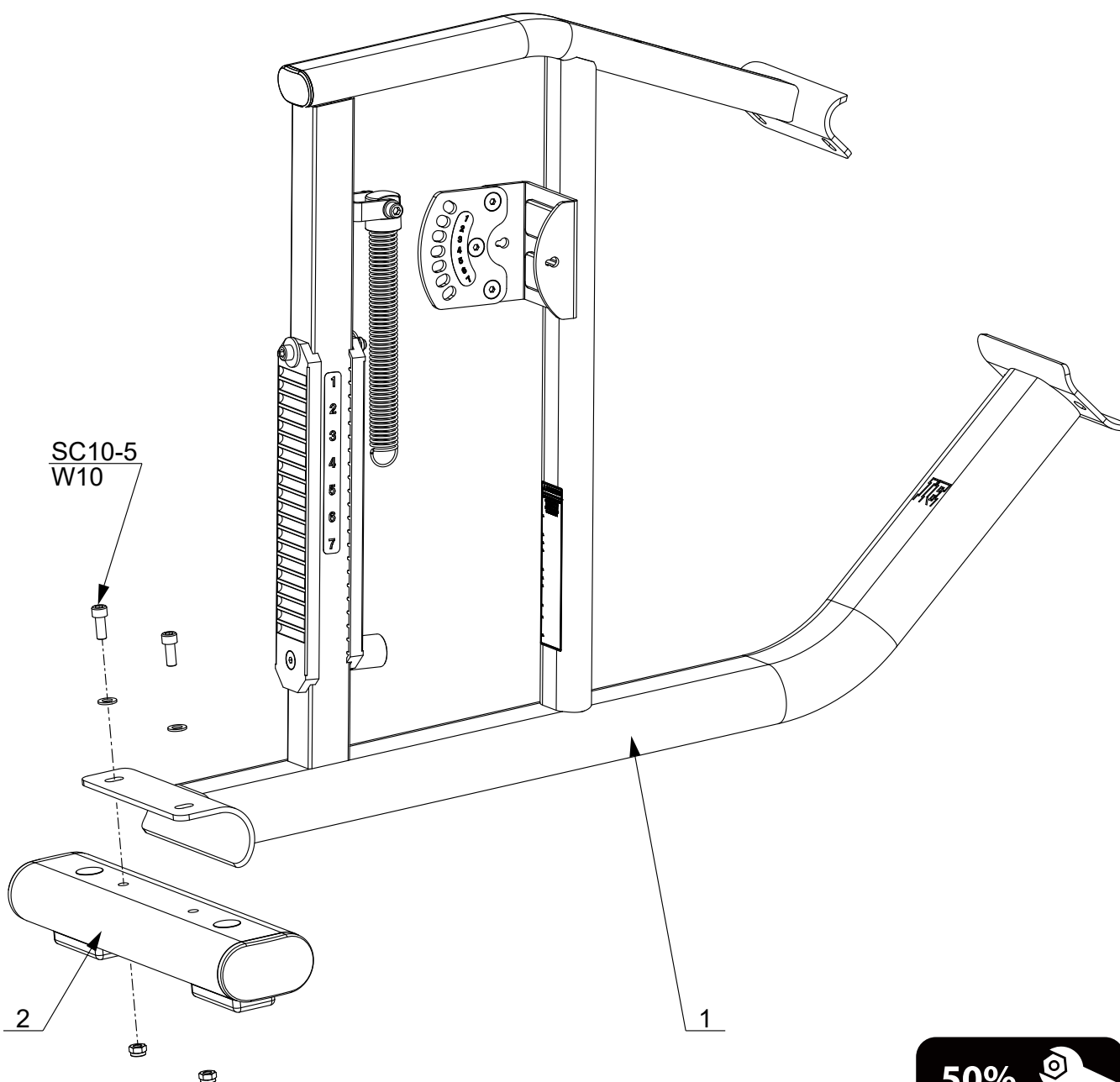


Fixings



SC10-5 2PCS

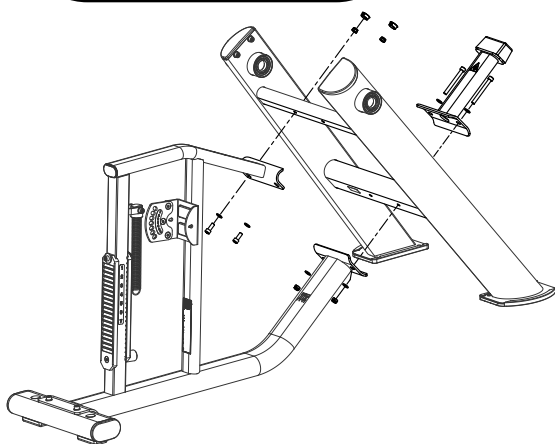
Assemble the Main Frame (#1)
and the Bottom Lateral Tube(#2)



50%



STEP 2



Parts

Part No:3
Name: Front Brace
Q'TY: 1

Part No:4
Name: Work Arm Holder
Q'TY: 1

Part No:5
Name: Hole Cap D25
Q'TY: 2

Tools



8 mm



17 mm

Fixings

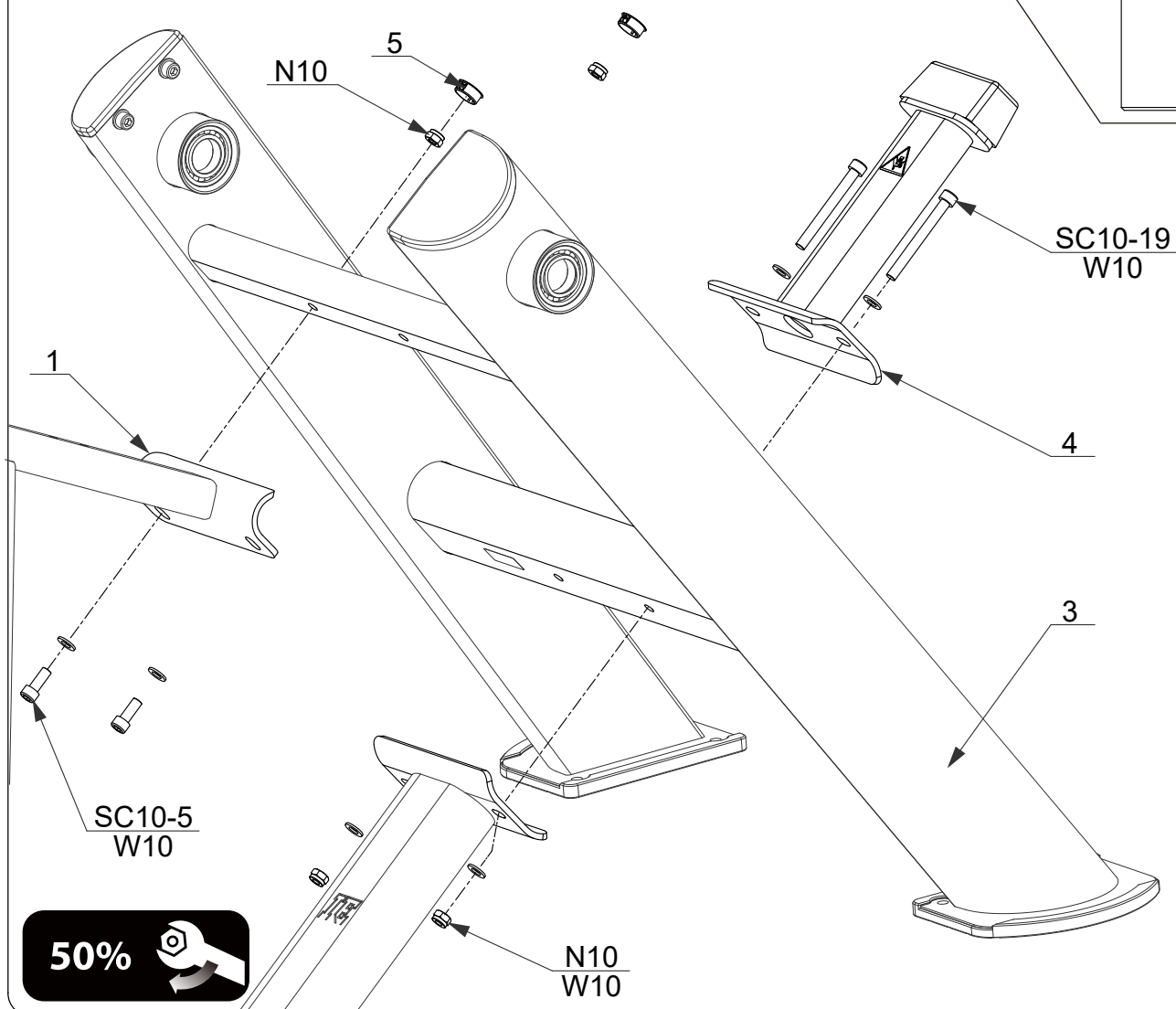
SC10-5 2 PCS

SC10-19 2 PCS

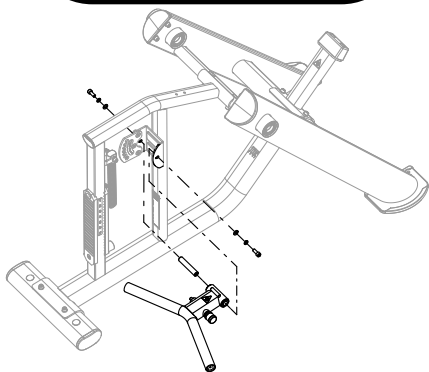
W10
6PCS

N10
4PCS

Assemble The Front Brace (#3) , the Work Arm Holder (#4) and the Main Frame (#1).



STEP 3



Tools



8 mm

Parts

Part No:6
Name:Thigh Limiter
Q'TY:1



Part No:7
Name:Shaft
Q'TY:1



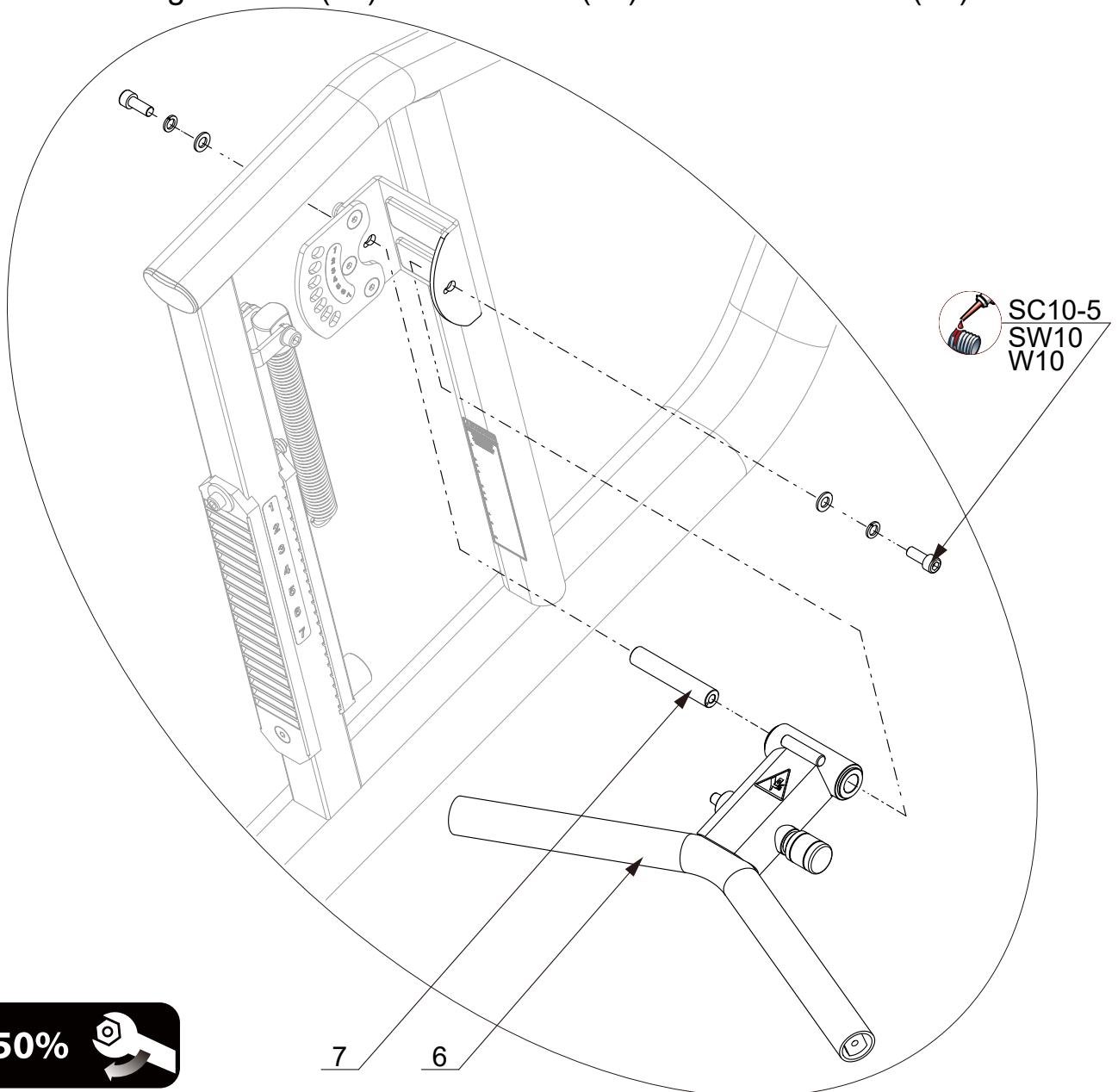
Fixings

SC10-5 2 PCS

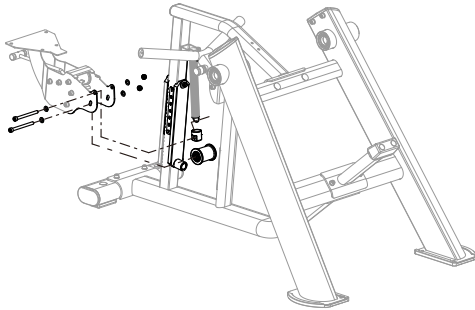
SW10
2 PCS

W 10
2 PCS

Install the Thigh Limiter (#6) and the Shaft(#7) to the Main Frame(#1).



STEP 4



Tools



8 mm
17 mm

Parts

Part No:8
Name: Seat
Q'TY:1



Part No:9
Name: Wheel
Q'TY:1



Part No:10
Name: Spring Cap
Q'TY:1



Part No:11
Name: Tension Spring
Q'TY:1



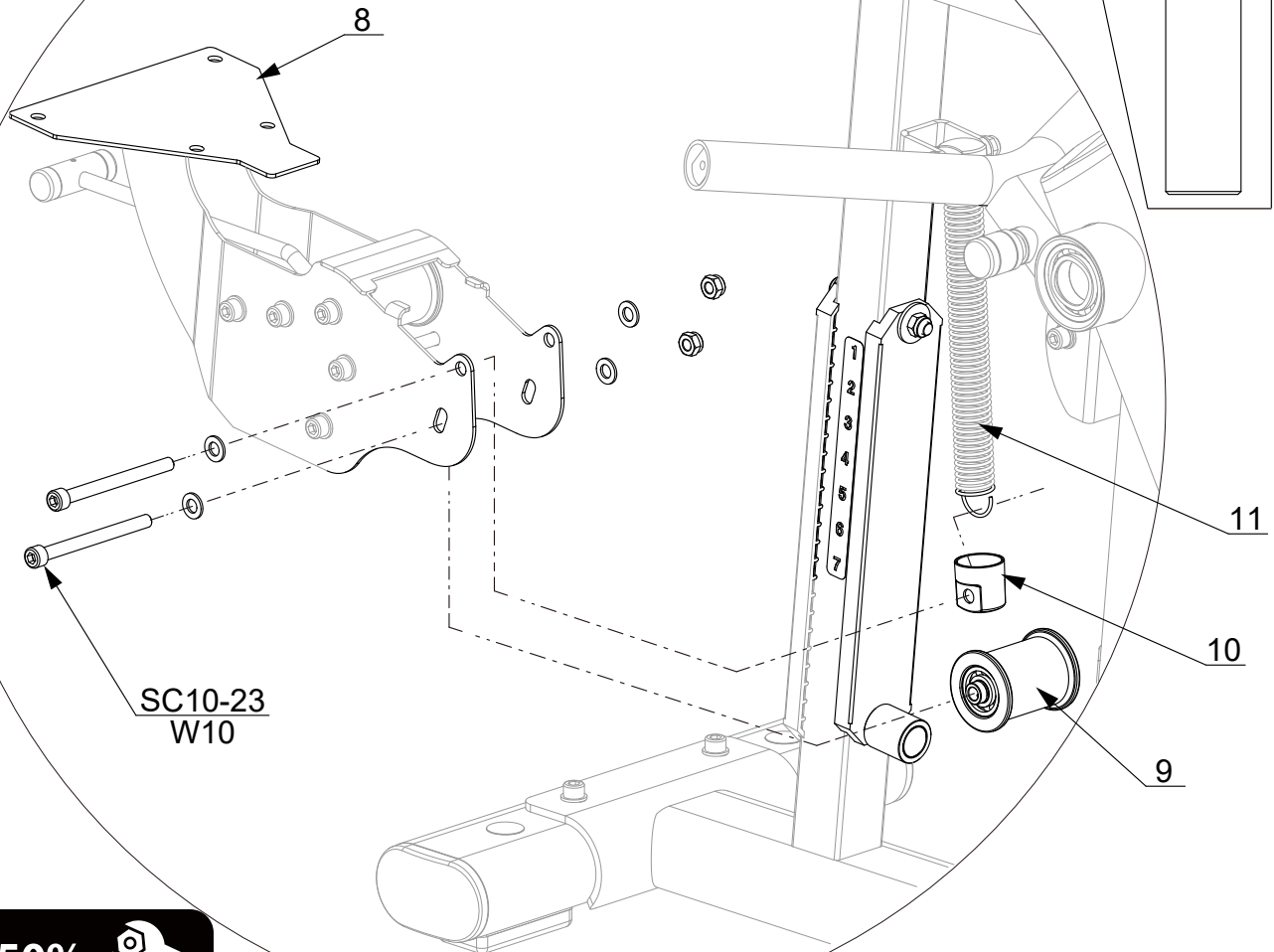
Fixings

N10
2PCS

W10
4PCS

SC10-23 2 PCS

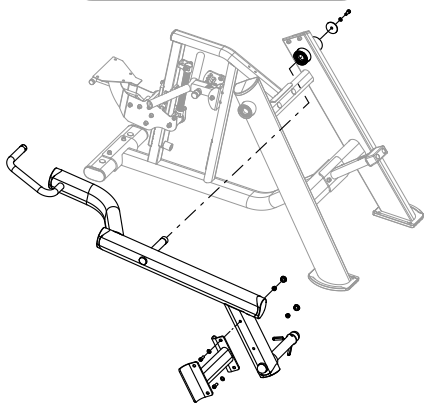
Install the Seat (#8).



50%



STEP 5



Tools



8 mm



17 mm

Parts

Part No: 12

Name: Left Work Arm

Q'TY: 1

Part No: 13

Name: Connection Tube

Q'TY: 1

Part No: 14

Name: Big Washer

Q'TY: 1

Part No: 23

Name: Wave Washer

Q'TY: 1

Part No: 5

Name: Hole Cap D25

Q'TY: 2

Fixings

W10

4 PCS

N10

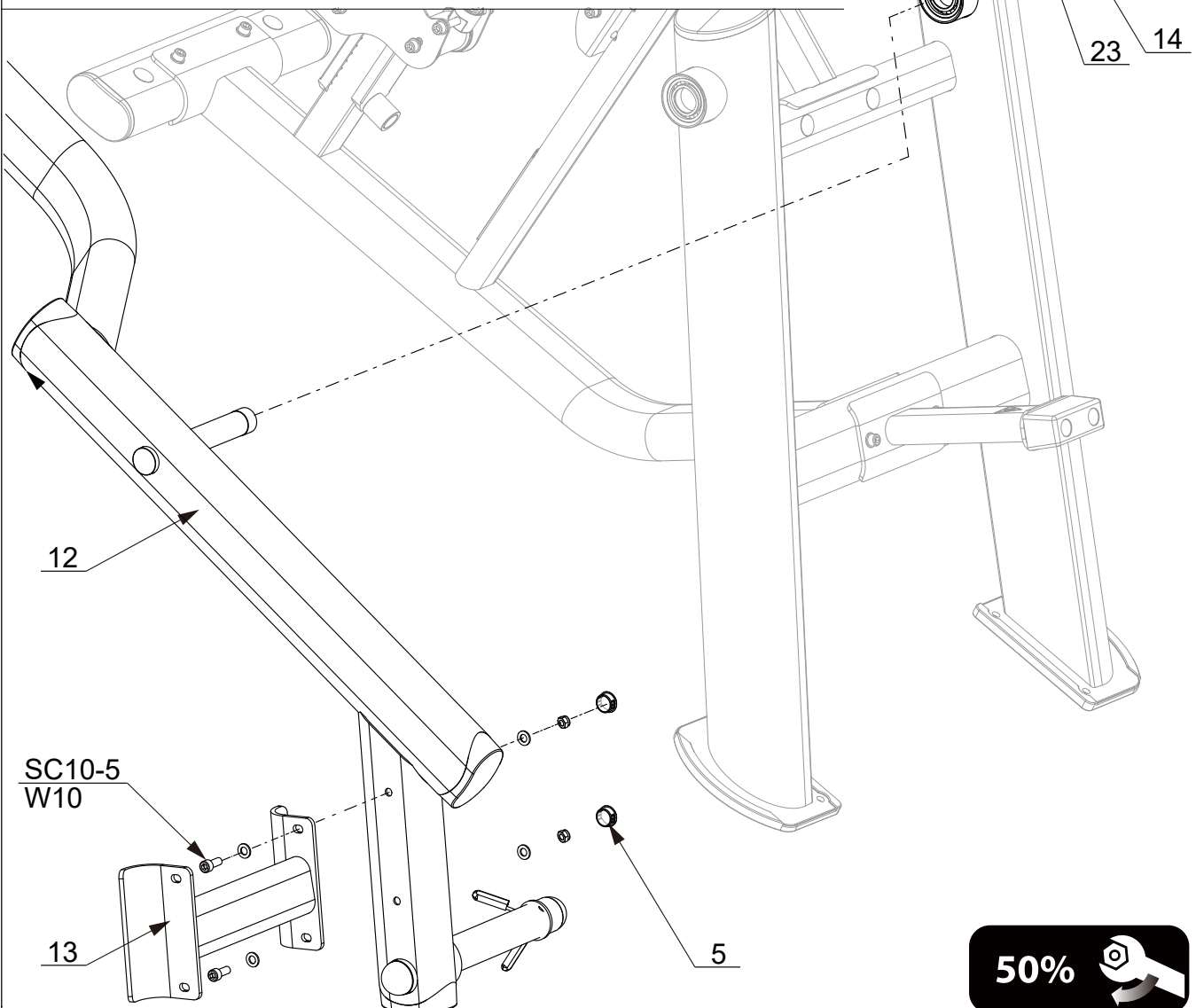
2 PCS

SC10-5 3 PCS

SW10 1 PC

SC10-5
SW10

Assemble The Left Work Arm(#12) ,
Connection Tube(#13) and the Front Brace(#3)



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STEP 6

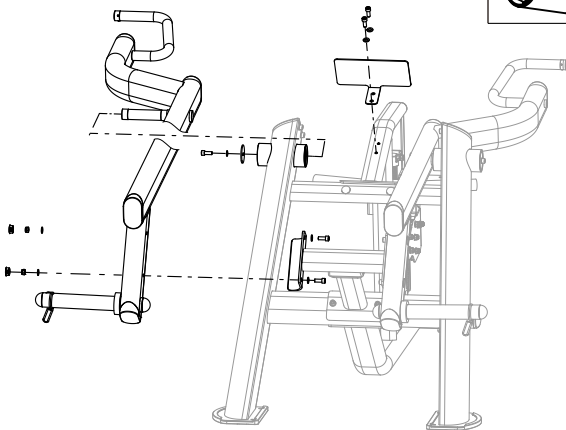
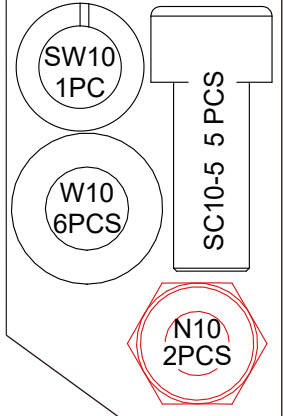
Tools



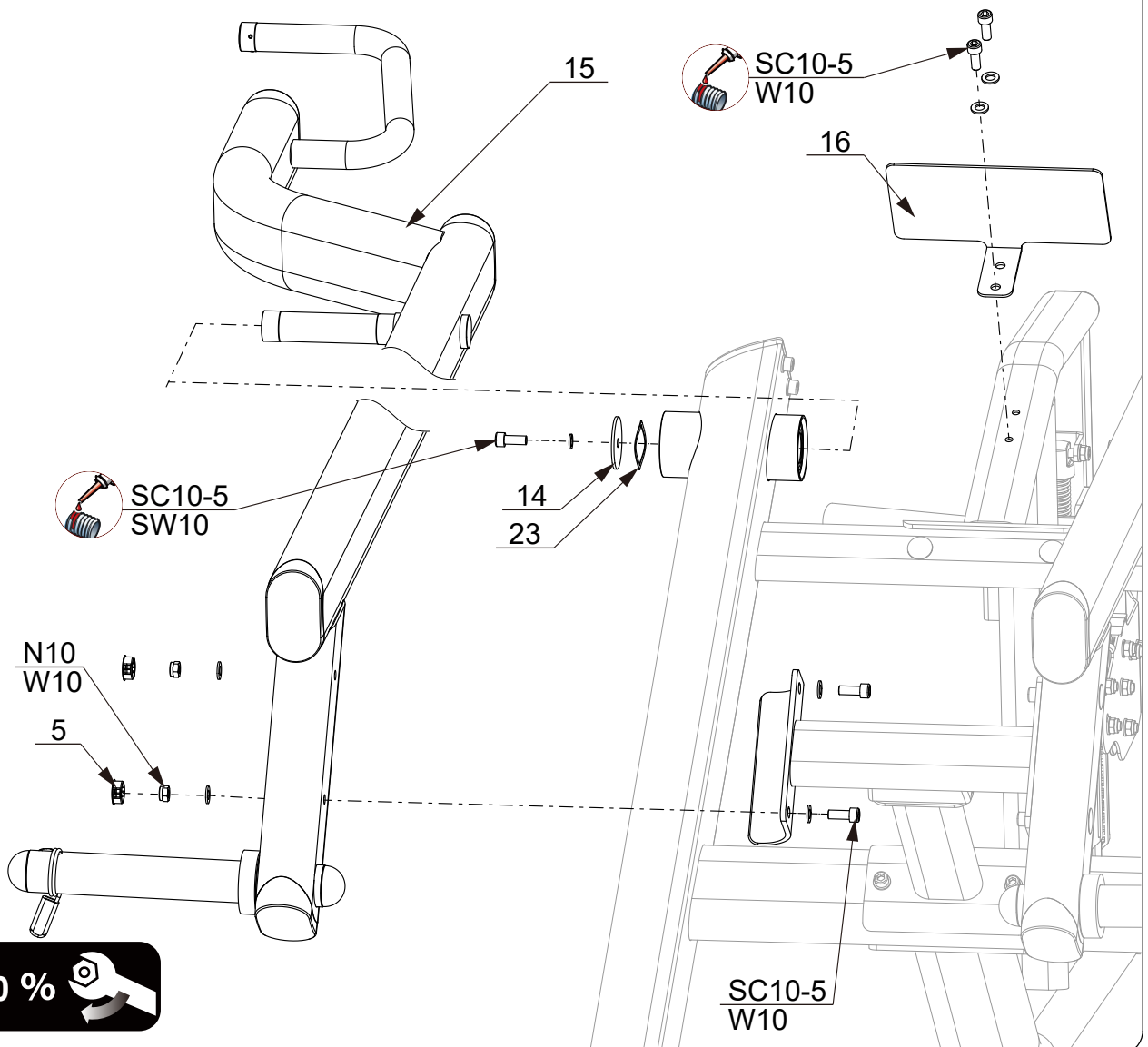
Parts

Part No:14
Name: Big Washer
Q'TY:1
Part No:15
Name: Right Work Arm
Q'TY:1
Part No:16
Name: Post Plate
Q'TY:1
Part No:23
Name: Wave Washer
Q'TY:1

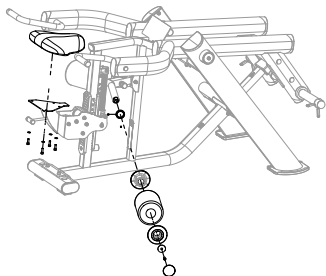
Fixings



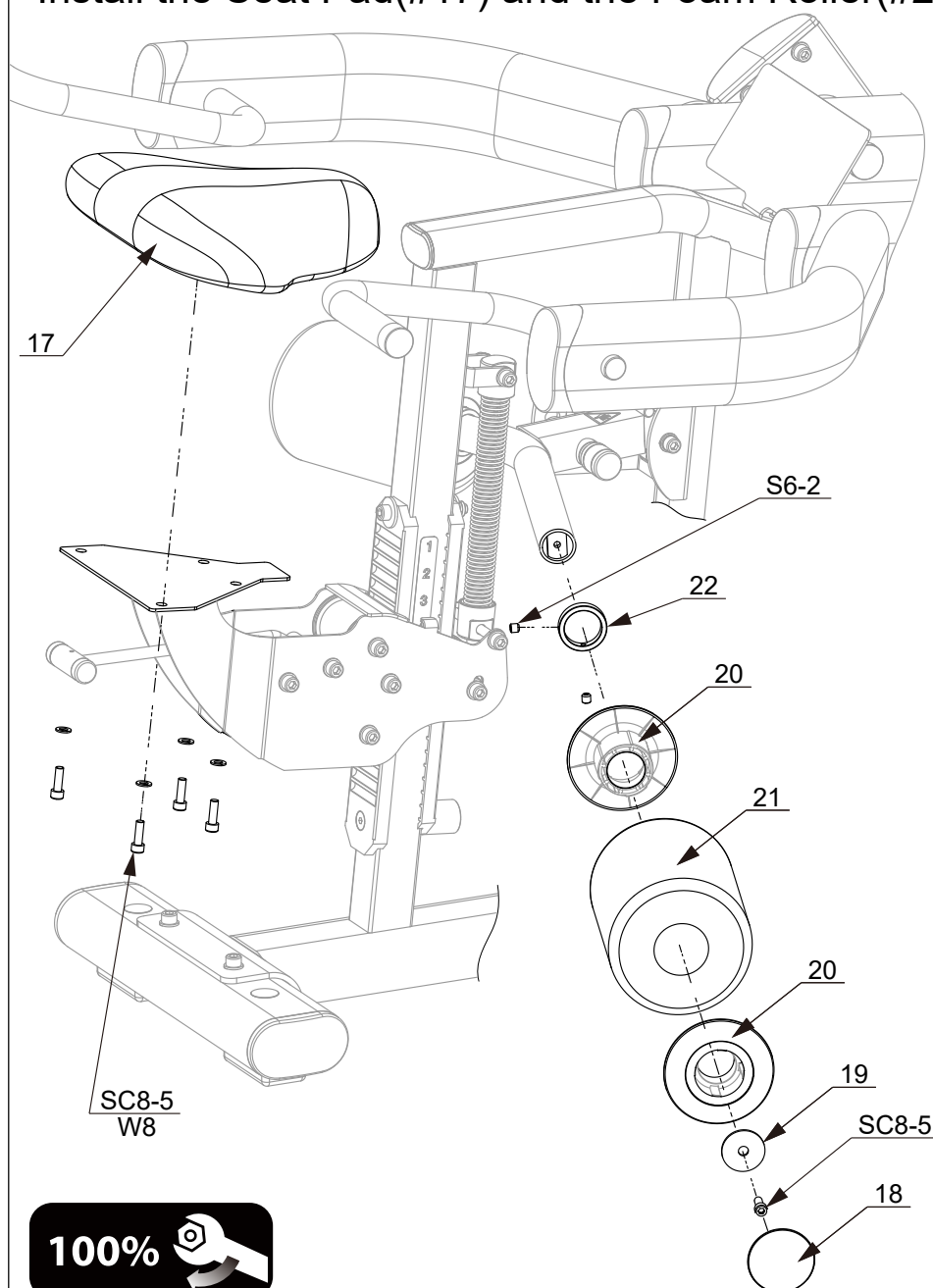
Install the Right Work Arm (#15) and the Post Plate(#16).



STEP 7



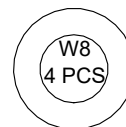
Install the Seat Pad(#17) and the Foam Roller(#21).



Fixings



S6-2
4 PCS



SC8-5 6PCS

Parts

Part No:17
Name: Seat Pad
Q'TY:1



Part No:18
Name: Foam Roller Cap
Q'TY:2



Part No:19
Name: Big Washer OD45
Q'TY:2



Part No:20
Name: Foam Roller Bushing
Q'TY:4



Part No:21
Name: Foam Roller
Q'TY:2



Part No:22
Name: Retaining Ring
Q'TY:2



Tools



3 \ 6 mm

100%



PARTS LIST

PART #	DESCRIPTION	QTY
1	Main Frame	1
2	Bottom Lateral Tube	1
3	Front Brace	1
4	Work Arm Holder	1
5	Hole Cap D25	6
6	Thigh Limiter	1
7	Shaft	1
8	Seat	1
9	Wheel	1
10	Spring Cap	1
11	Tension Spring	1
12	Left Work Arm	1
13	Connection Tube	1
14	Big Washer	2
15	Right Work Arm	1
16	Post Plate	1
17	Seat Pad	1
18	Foam Roller Cap	2
19	Big Washer OD45	2
20	Foam Roller Bushing	4
21	Foam Roller	2
22	Retaining Ring	2
23	Wave Washer	2
N10	Lock Nut M10	12
S6-2	Socket Set Screw M6 × 6	4
SC8-5	Socket Head Cap Screw M8 x 25	6
SC10-5	Socket Head Cap Screw M10 x 25	14
SC10-19	Socket Head Cap Screw M10 x 95	2
SC10-23	Socket Head Cap Screw M10 x 115	2
SW10	Spring Washer 10	4
W8	Washer 8	4
W10	Washer 10	24