

IRONEDGE.

Incline Chest Press - 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).

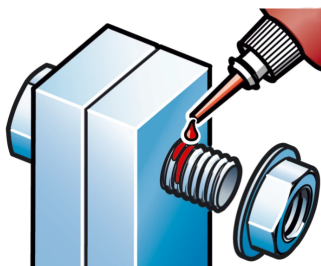


FIG 1

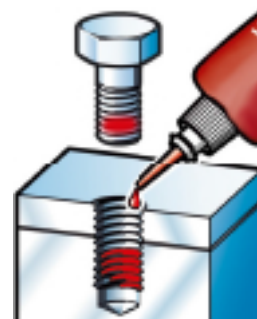


FIG 2

STEP 1

Tools



8 mm

Fixings



SC10-5 6 PCS

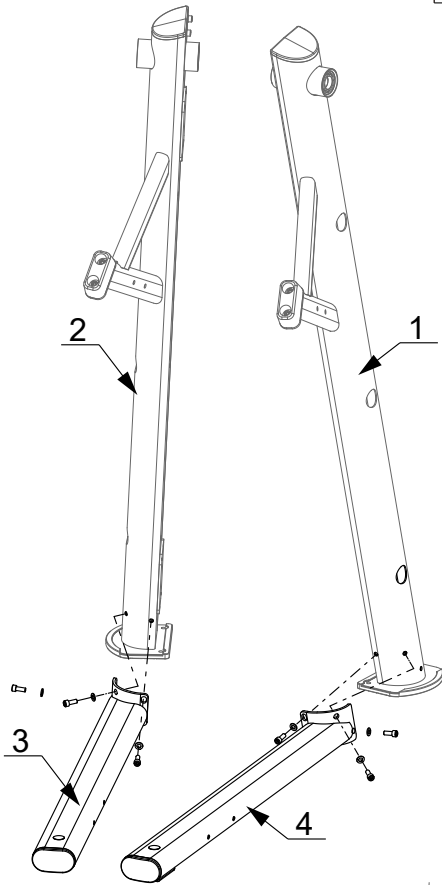
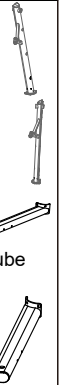
Parts

Part No:1
Name: Left Upright
Q'TY:1

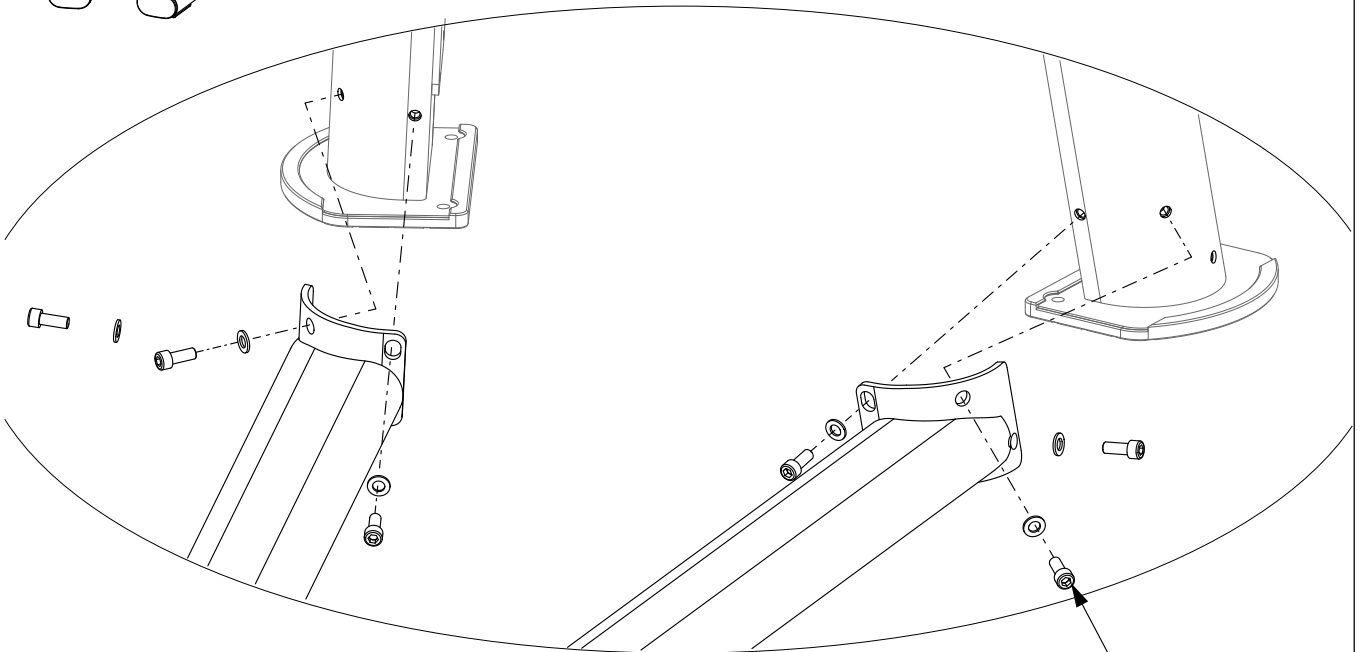
Part No:2
Name: Right Upright
Q'TY:1

Part No:3
Name:
Left Bottom Tube
Q'TY:1

Part No:4
Name: Right Bottom
Tube
Q'TY:1



Assemble the Left Upright (#1) and the Left Bottom Tube(#4), the Right Upright(#2) and the Right Bottom Tube(#3).



SC10-5
W10

50%



STEP 2

Connect The Left Upright (#1) and the Right Upright(#2) with the Upper Connection Tube (#5), Middle Connection Tube(#6) and the Lower Connection Tube (#7) .

Fixings

SC10-5 16 PCS

SC10-12 4 PCS

W10
24PCS

N10
4PCS

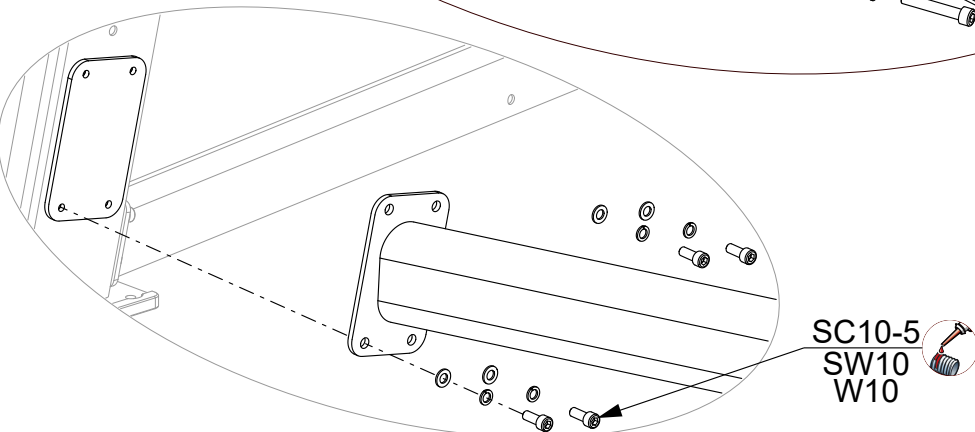
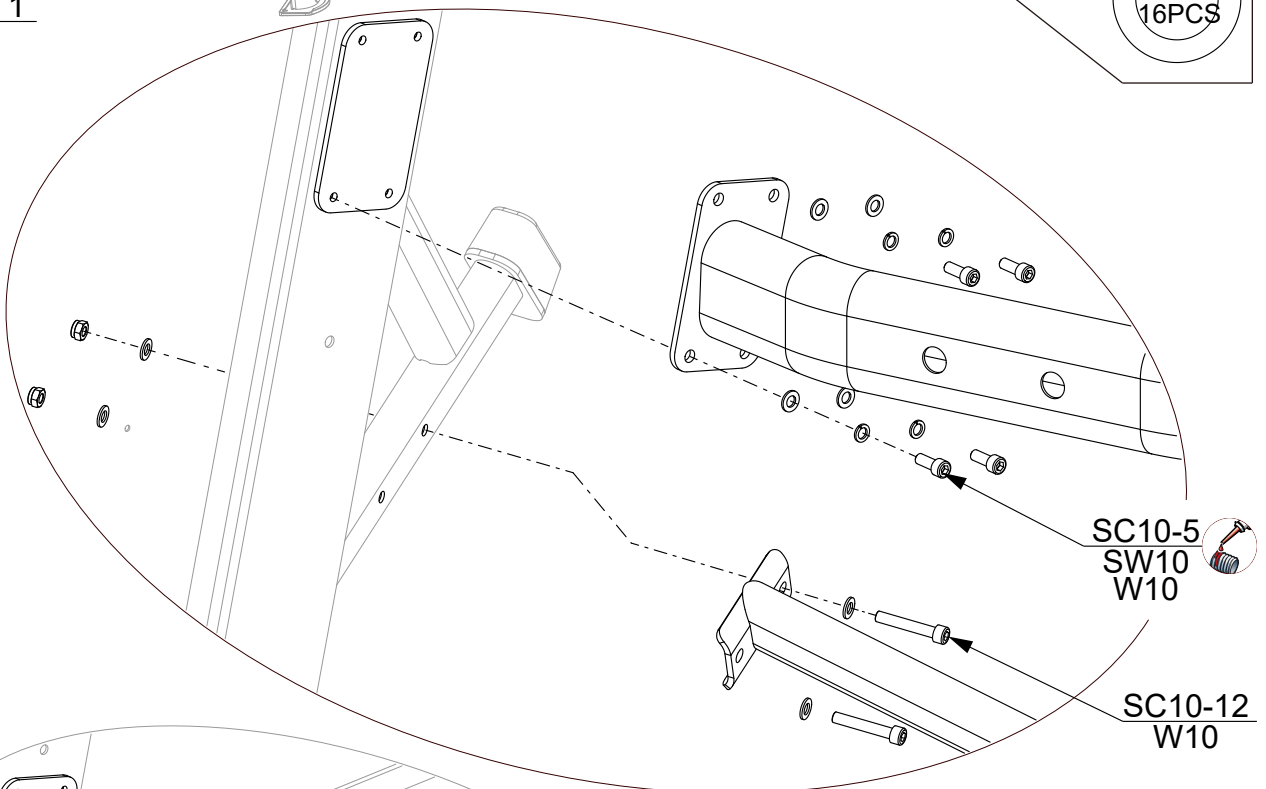
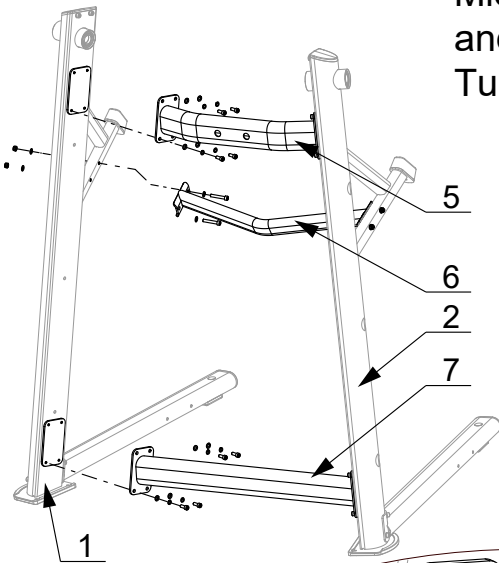
SW10
16PCS

Parts

Part No:5
Name: Upper Connection Tube
Q'TY: 1

Part No:6
Name: Middle Connection Tube
Q'TY: 1

Part No:7
Name: Lower Connection Tube
Q'TY: 1



Tools

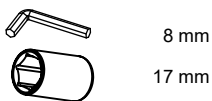
	8 mm
	17 mm

50%



STEP 3

Tools



8 mm
17 mm

Parts

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

Part No:9
Name: Bottom Connection
Tube
Q'TY:1

Part No:10
Name: Hole Cap
Q'TY:2

Fixings

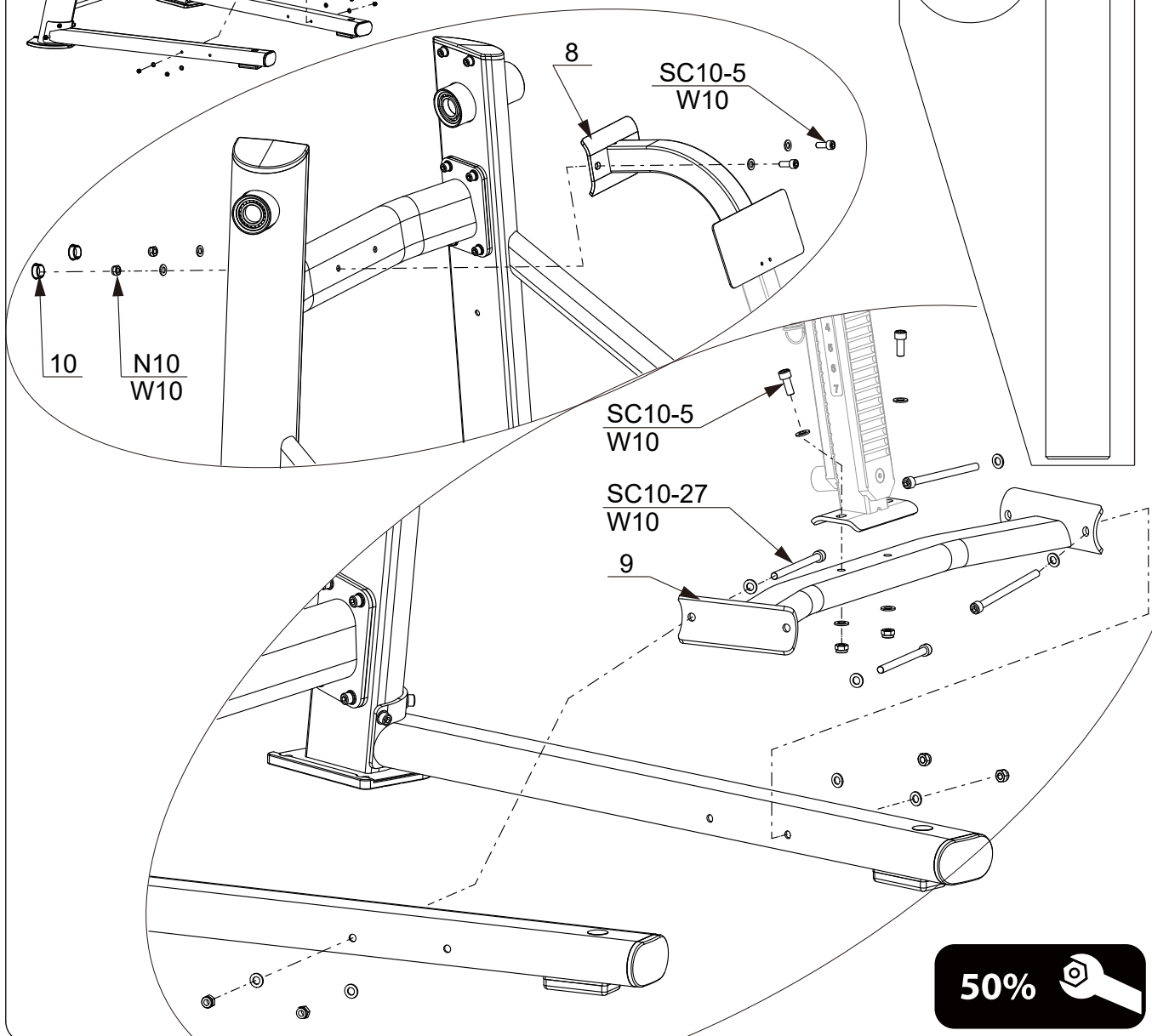
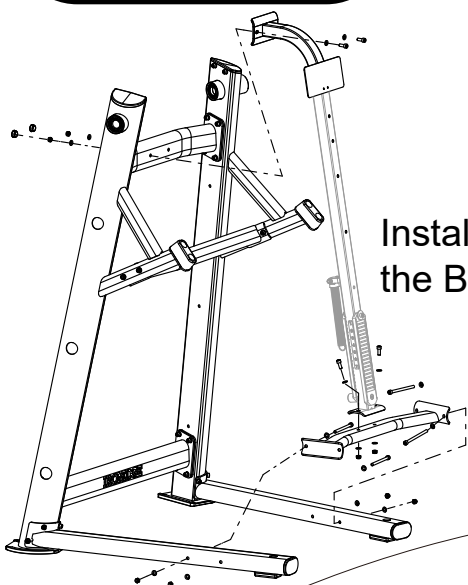
SC10-5 4 PCS

SC10-27 4 PCS

N 10
8 PCS

W 10
16 PCS

Install the the Seat Support (#8) and the Bottom Connection tube(#9) .



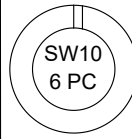
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STEP 4

Install The Storage Tube(#11).

Fixings



SC10-5 6 PCS

Parts

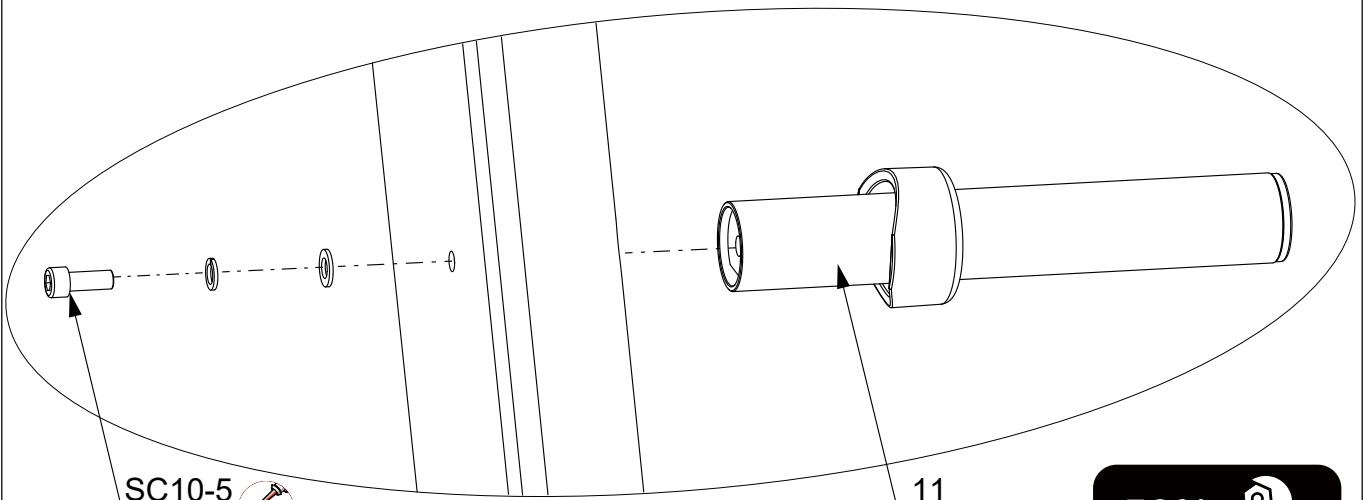
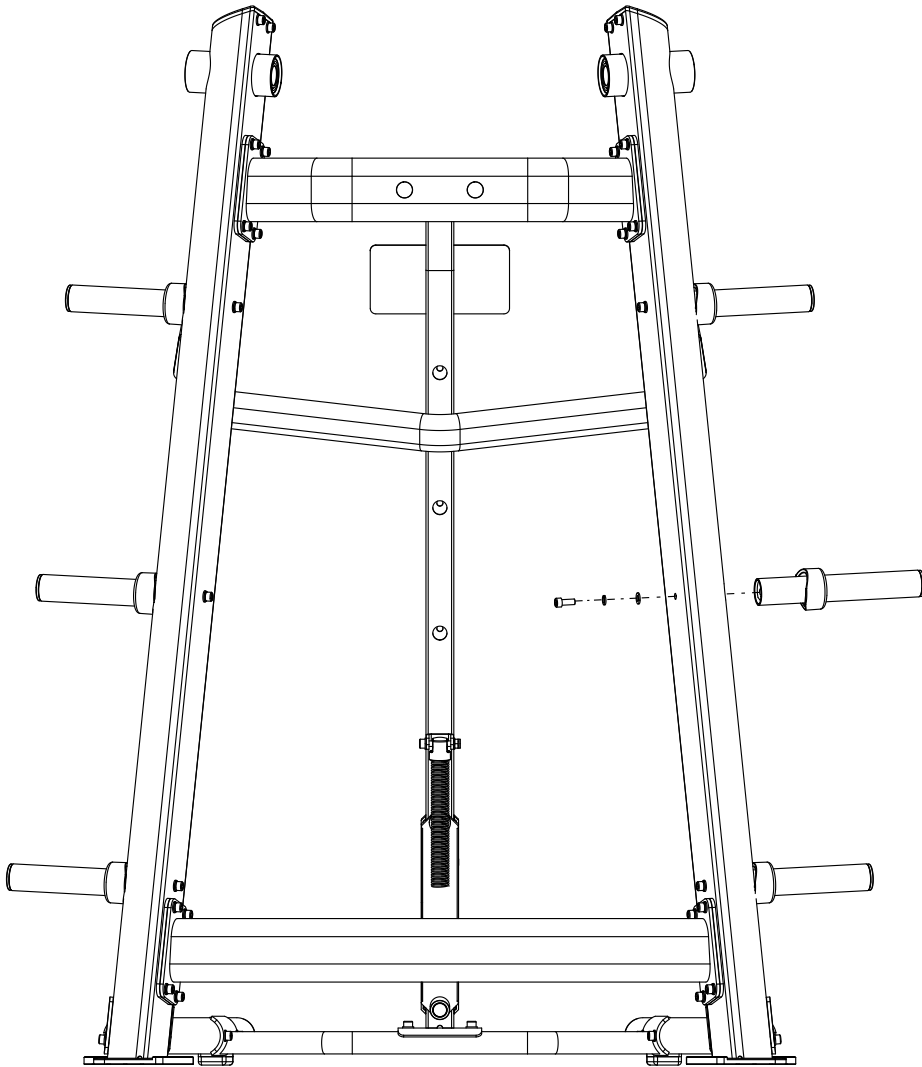
Part No: 11
Name: Storage Tube
Q'TY: 6



Tools



8 mm



SC10-5
SW10
W10

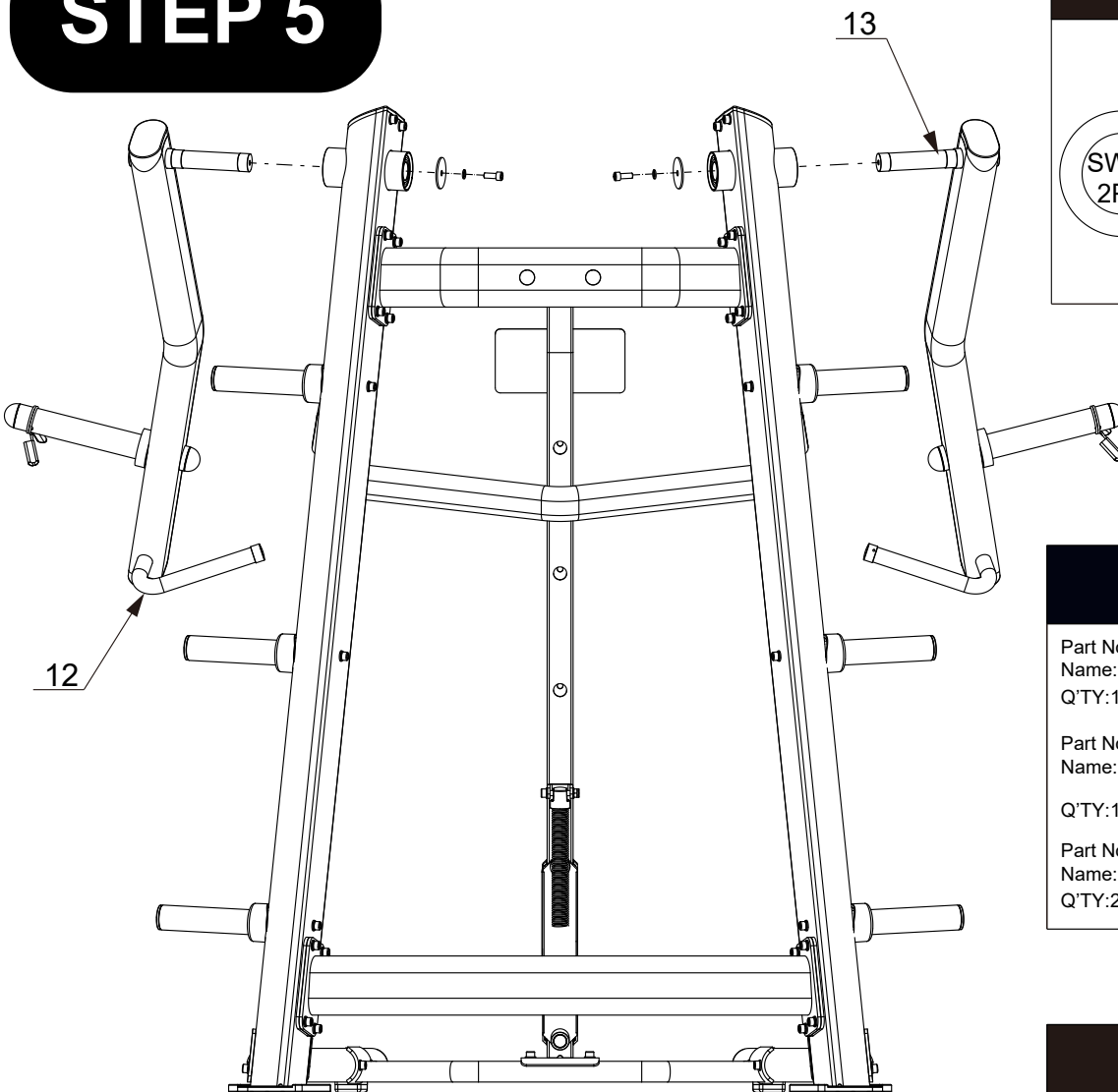


11

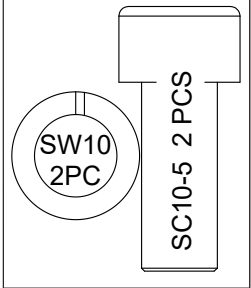
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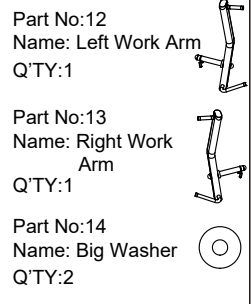
STEP 5



Fixings



Parts



Tools

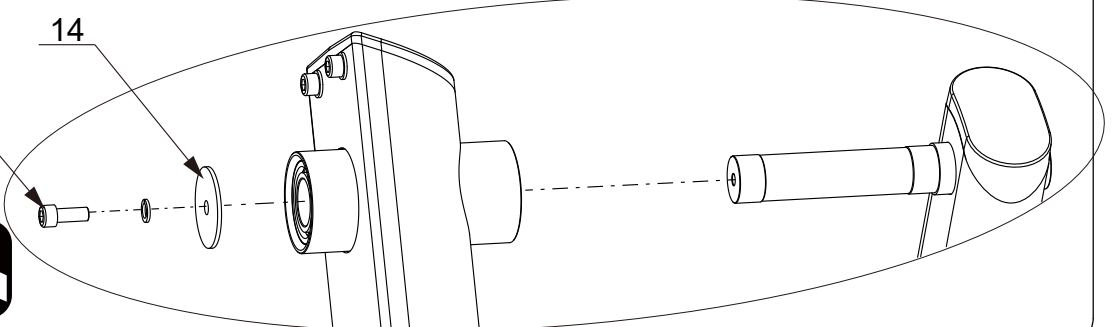


Install the Left Work Arm (#12) and the Right Work Arm (#13).

SC10-5
SW10



14

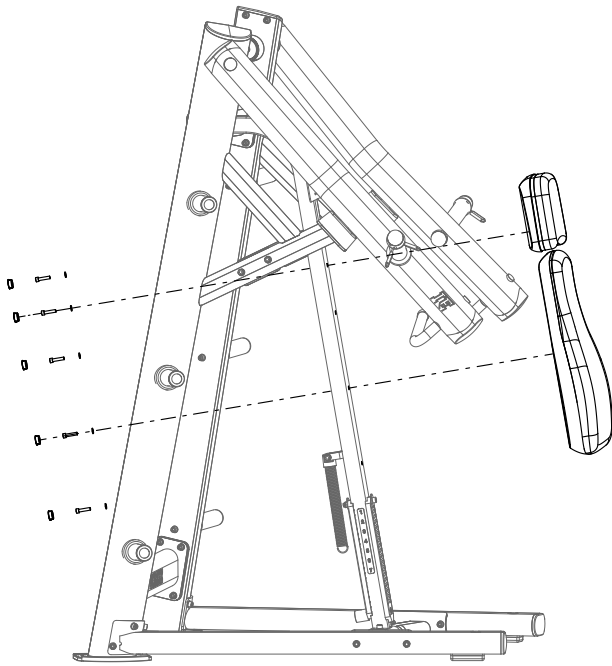


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STEP 6

Fix the Backrest Pad (#15) and the Head Pad (#16).



Parts

Part No:15
Name: Backrest Pad
Q'TY:1



Part No:16
Name: Head Pad
Q'TY:1



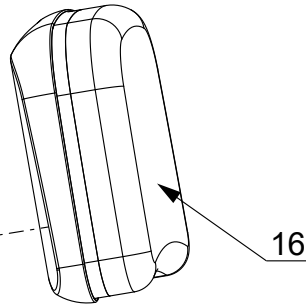
Part No:10
Name: Hole Cap
Q'TY:5



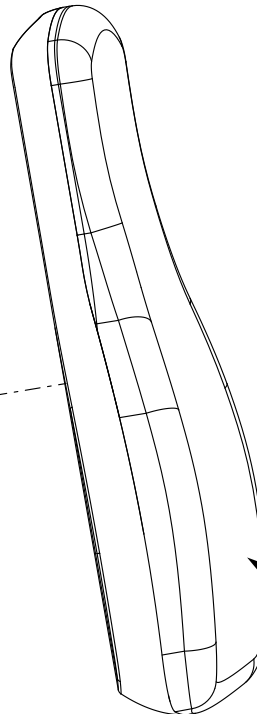
SC8-7
W8



10

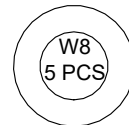


16



15

Fixings



SC8-7 5PCS

Tools



6 mm

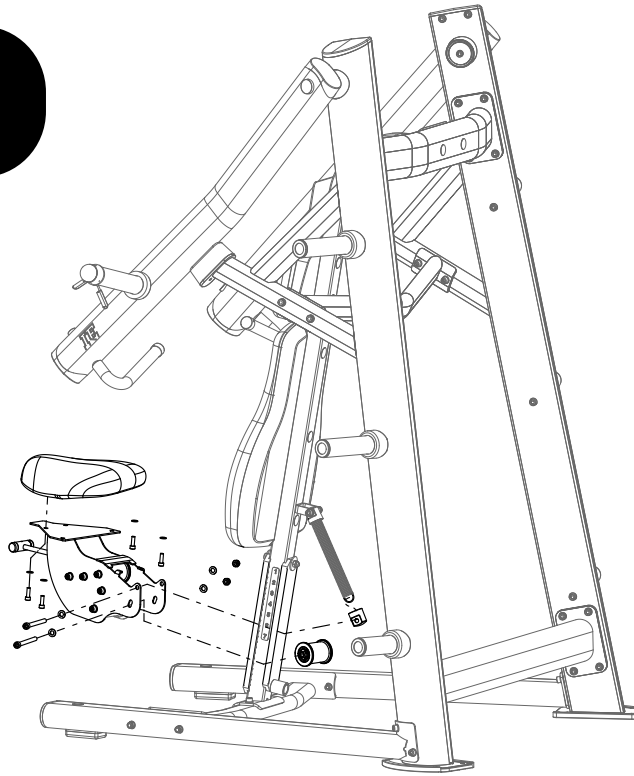
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STEP 7

Parts

- Part No:17
Name: Seat
Q'TY:1
- Part No:18
Name: Seat Pad
Q'TY:1
- Part No:19
Name: Spring Cap
Q'TY:1
- Part No:20
Name: Wheel
Q'TY:1
- Part No:21
Name: Tension Spring
Q'TY:1



Fixings

SC8-5 4 PCS

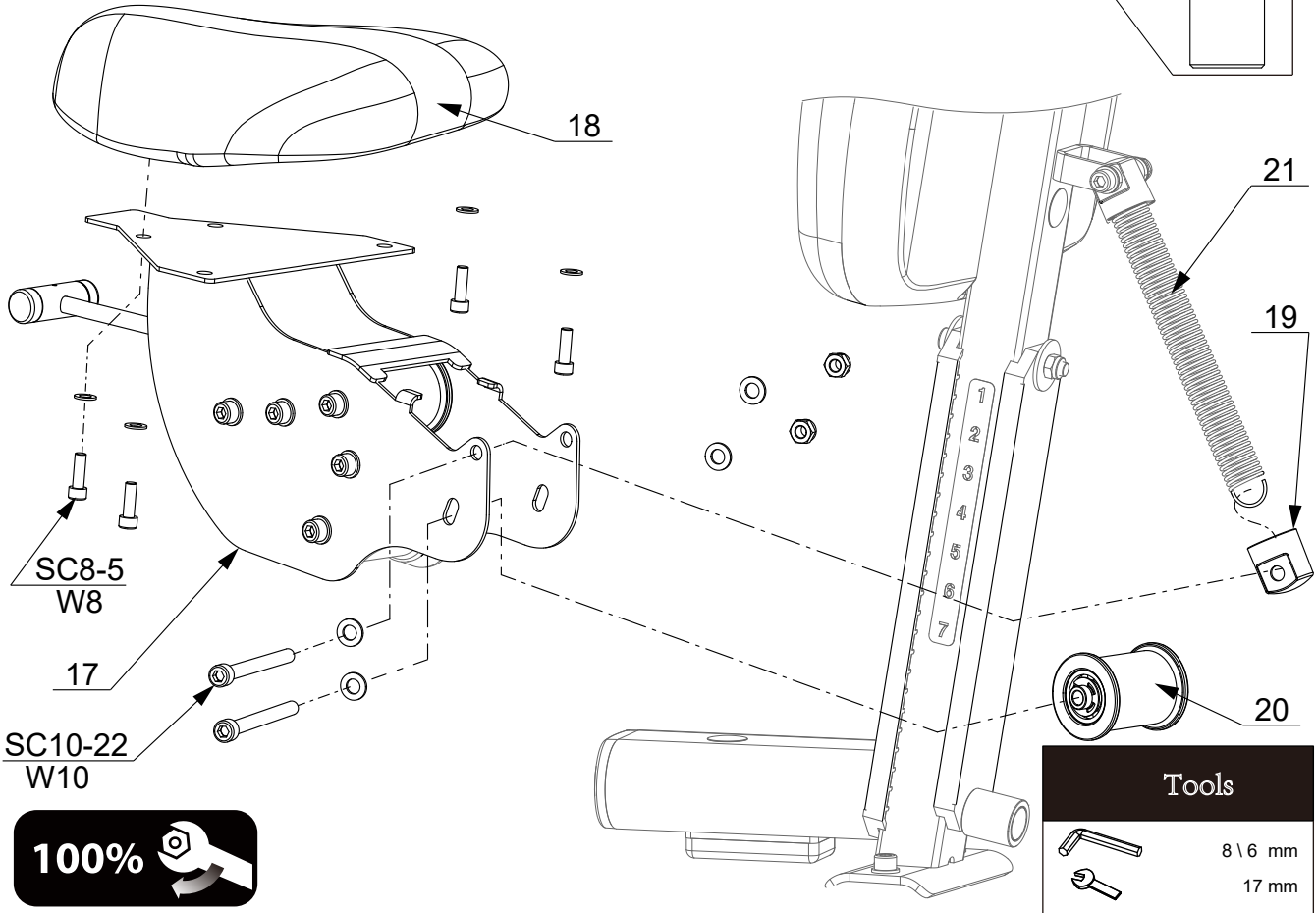
W8
4 PCS

W10
4 PCS

N10
2 PCS

SC10-22 2 PCS

Install the Seat (#17) and the Seat Pad (#18).



Tools



8 \ 6 mm
17 mm

100%



PARTS LIST

PART #	DESCRIPTION	QTY
1	Left Upright	1
2	Right Upright	1
3	Left Bottom Tube	1
4	Right Bottom Tube	1
5	Upper Connection Tube	1
6	Middle Connection Tube	1
7	Lower Connection Tube	1
8	Seat Support	1
9	Bottom Connection Tube	1
10	Hole Cap	7
11	Storage Tube	6
12	Left Work Arm	1
13	Right Work Arm	1
14	Big Washer	2
15	Backrest Pad	1
16	Head Pad	1
17	Seat	1
18	Seat Pad	1
19	Spring Cap	1
20	Wheel	1
21	Tension Spring	1
N10	Lock Nut M10	14
SC8-5	Socket Head Cap Screw M8 x 25	4
SC8-7	Socket Head Cap Screw M8 x 35	5
SC10-5	Socket Head Cap Screw M10 x 25	34
SC10-12	Socket Head Cap Screw M10 x 60	4
SC10-22	Socket Head Cap Screw M10 x 110	2
SC10-27	Socket Head Cap Screw M10 x 135	4
SW10	Spring Washer 10	24
W8	Washer 8	9
W10	Washer 10	56