

**IRONEDGE.**

# CHEST PRESS —ONYX SERIES

## Setup Instructions

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



# Table Of Contents

|                            |       |
|----------------------------|-------|
| Assembly Instructions..... | 02-12 |
| Part List.....             | 13    |

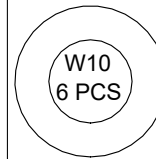
# STEP 1

## Tools



8 mm

## Fixings



## Parts

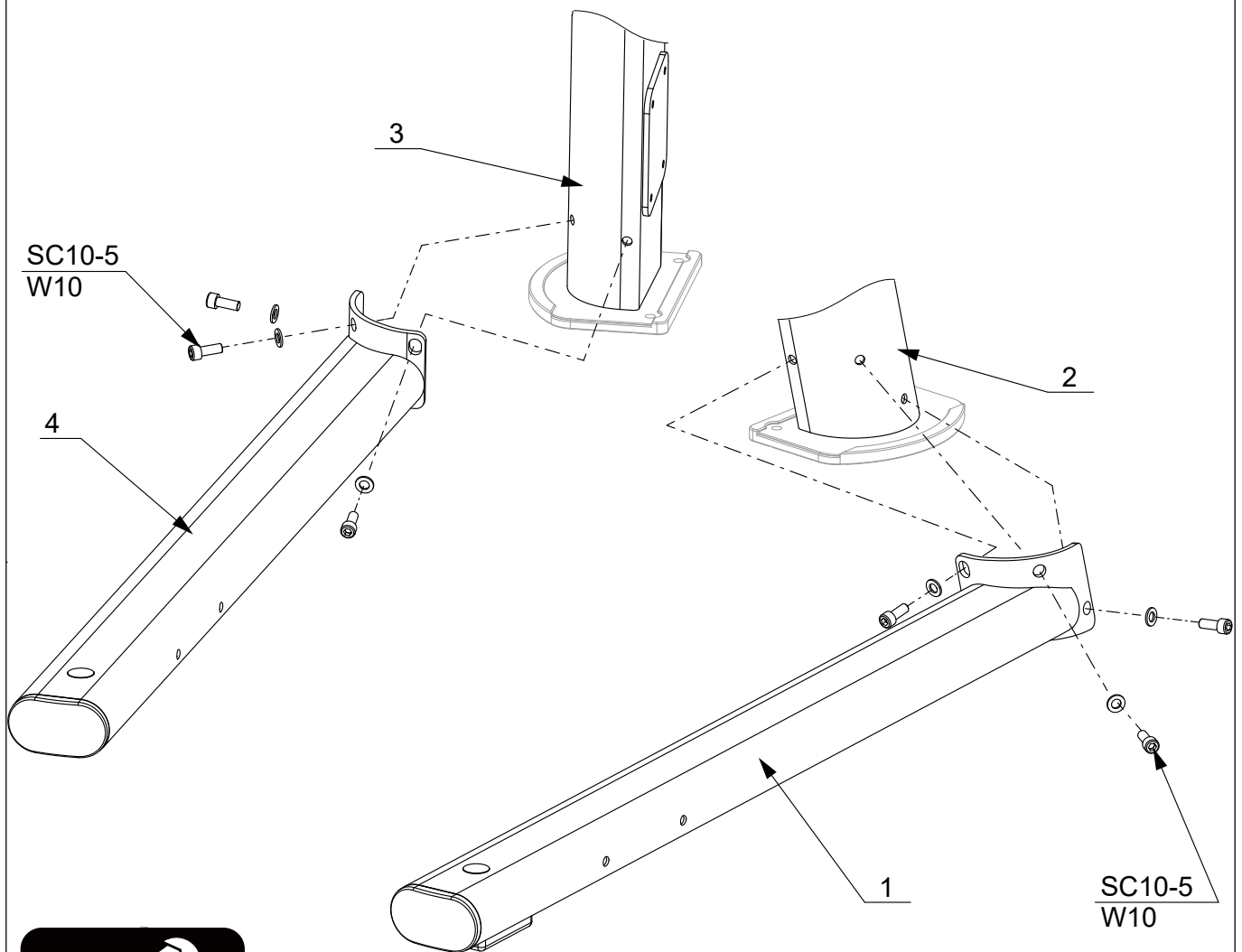
Part No: 1  
Name: Left Bottom Tube  
Q'TY:1

Part No: 2  
Name: Left Upright Tube  
Q'TY:1

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

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

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



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## STEP 2

### Parts

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

### Fixings

SC10-5 8PCS

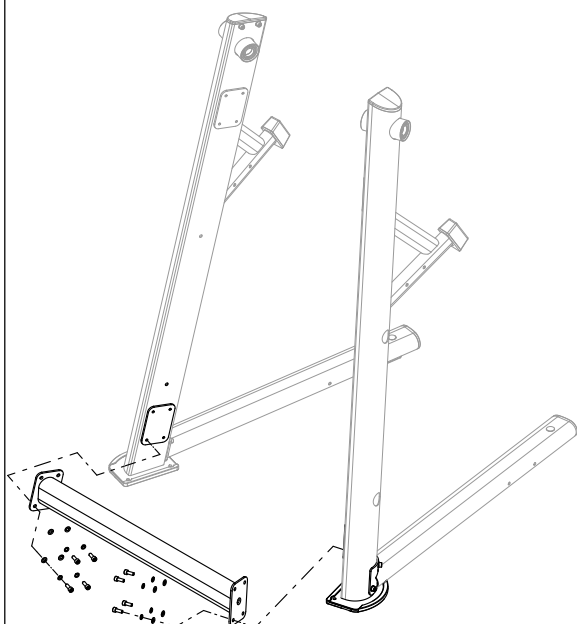
SW10  
8 PCS

W10  
8 PCS

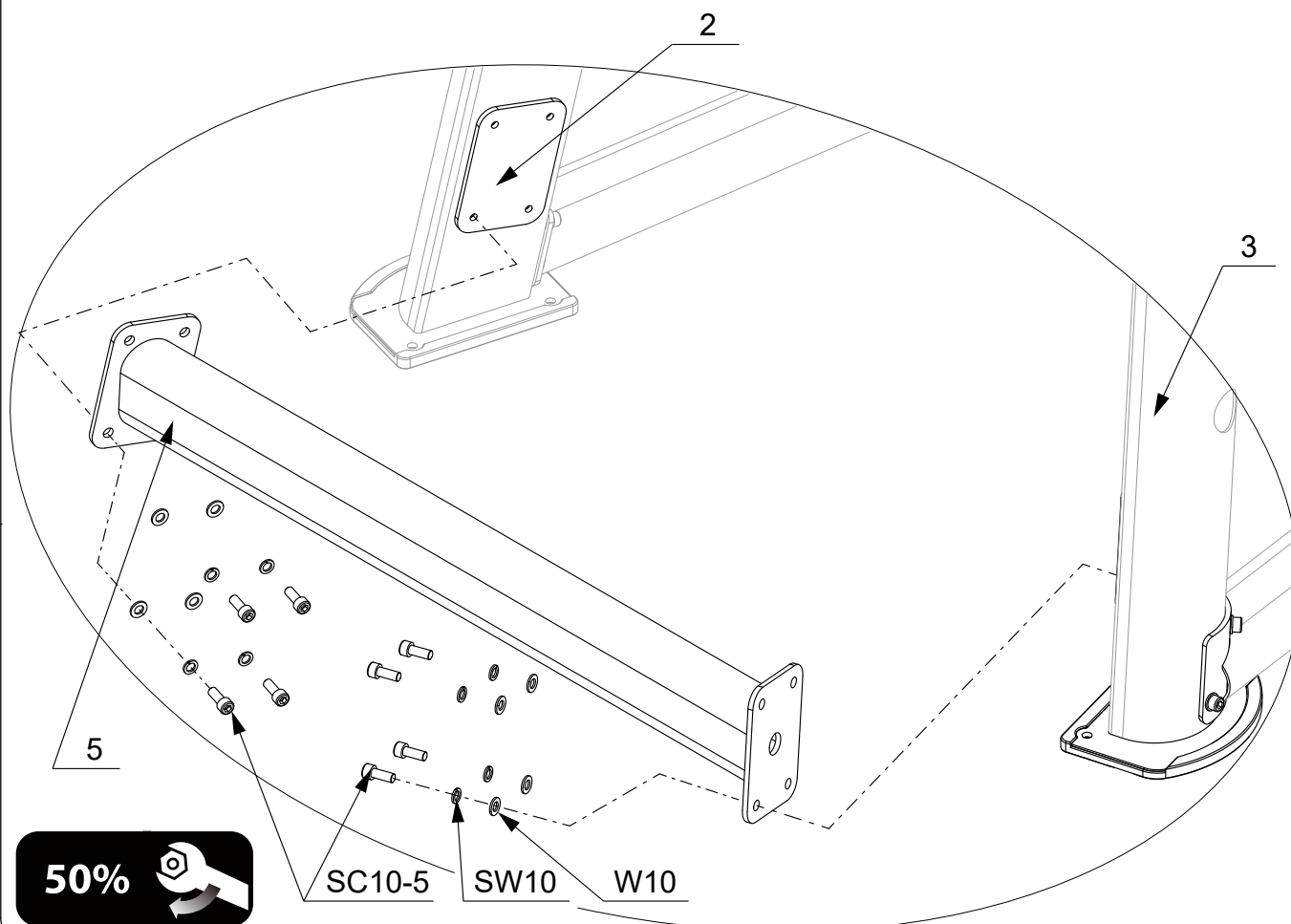
### Tools



8 mm

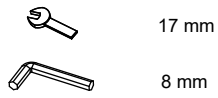


Join the part #2 and part #3 with the Rear Connection Tube(#5) ,



# STEP 3

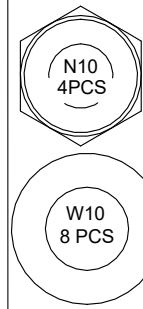
## Tools



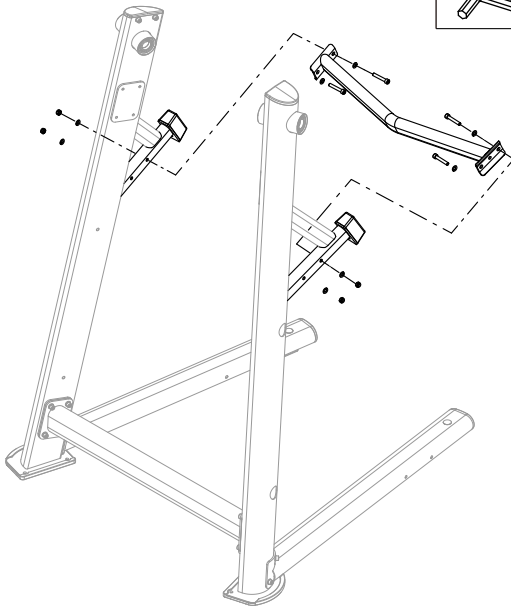
## Parts

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

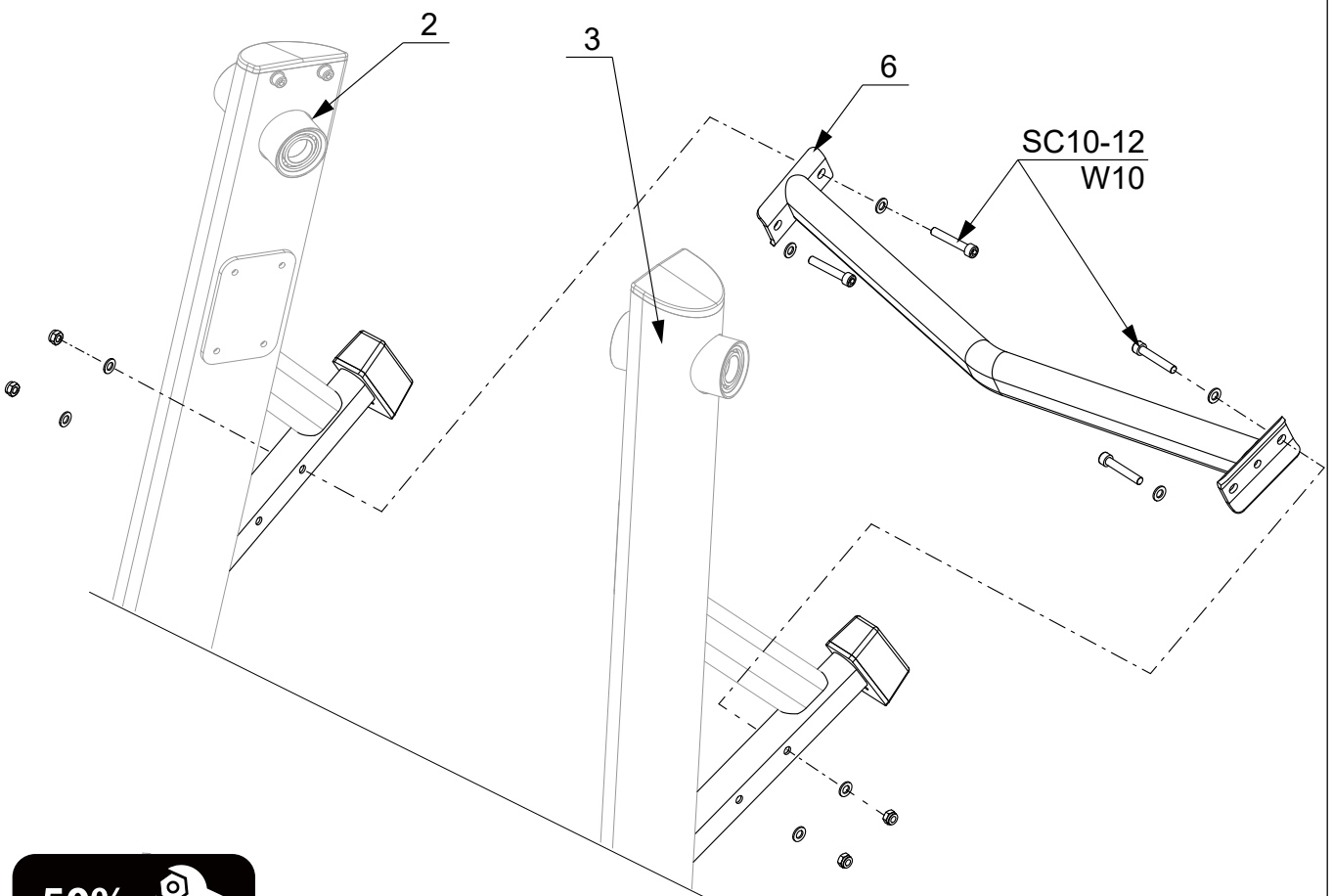
## Fixings



SC10-12 4PCS



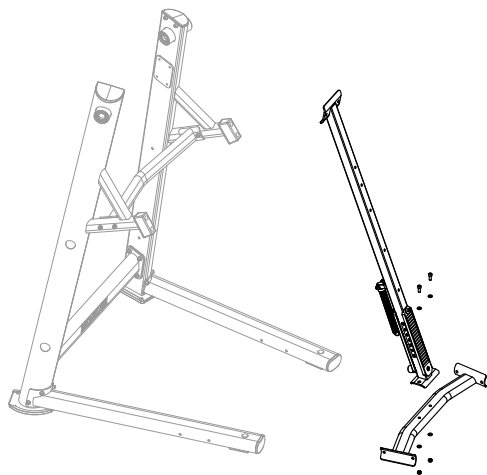
Install The Upper Connection Tube(#6),



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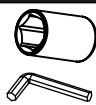


# STEP 4



Assemble The Seat Mounting Tube(#7) and the Bottom Lateral Tube(#8).

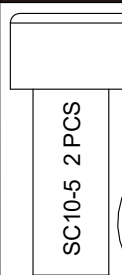
## Tools



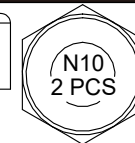
17 mm

8 mm

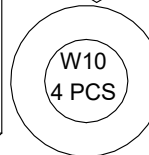
## Fixings



SC10-5 2 PCS



N10  
2 PCS

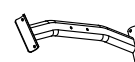


W10  
4 PCS

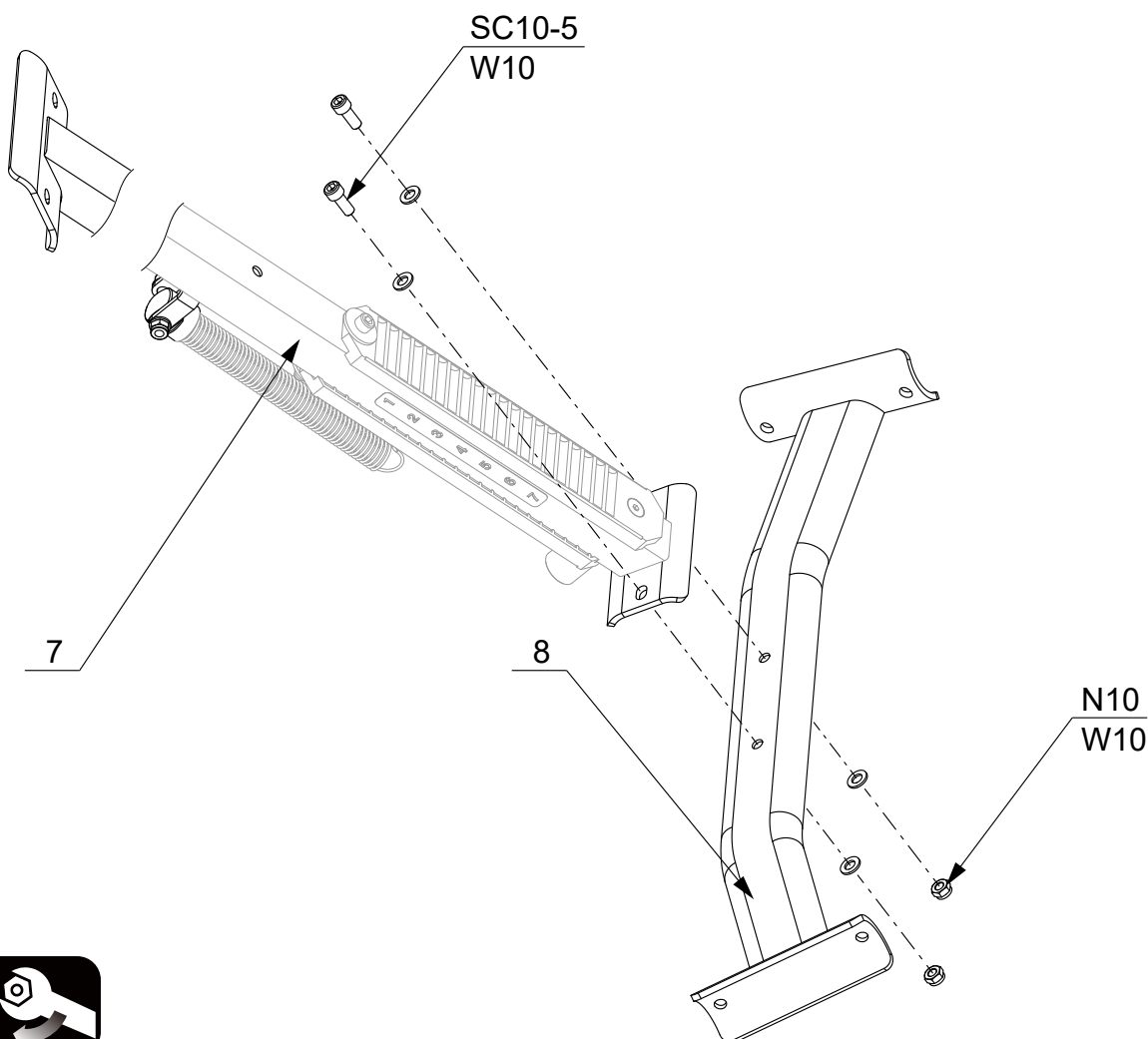
## Parts



Part No: 7  
Name: Seat Mounting Tube  
Q'TY:1



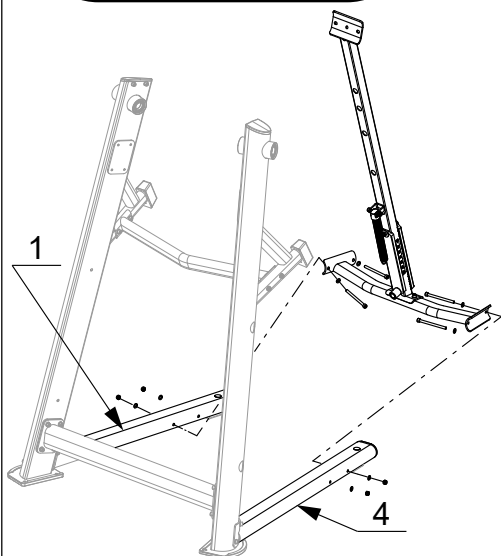
Part No: 8  
Name: Bottom Lateral Tube  
Q'TY:1



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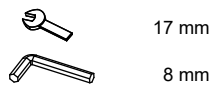


# STEP 5



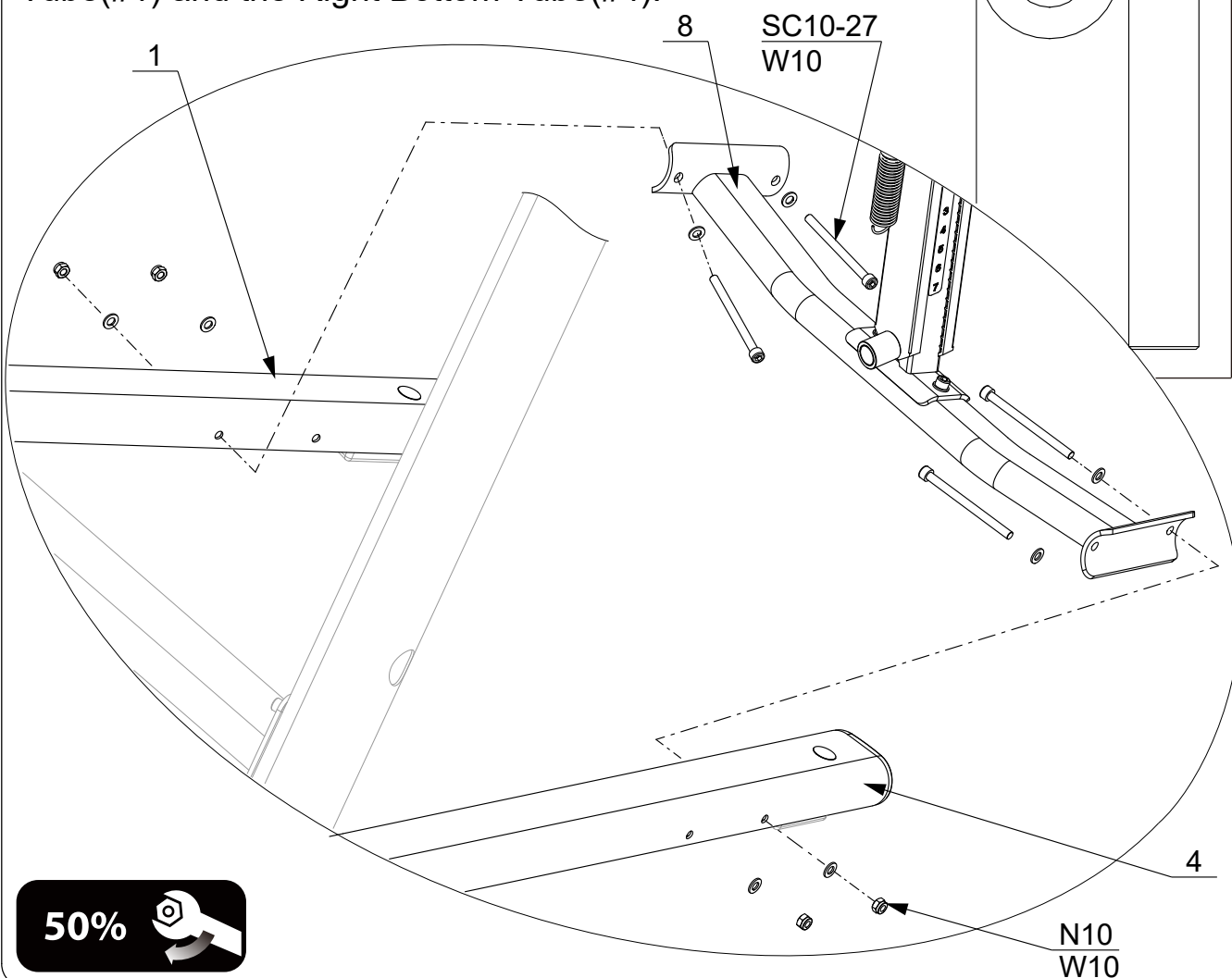
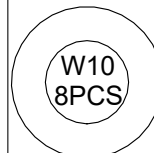
Assemble The Bottom Latetal Tube(#8) on the Left Bottom Tube(#1) and the Right Bottom Tube(#4).

## Tools



## Fixings

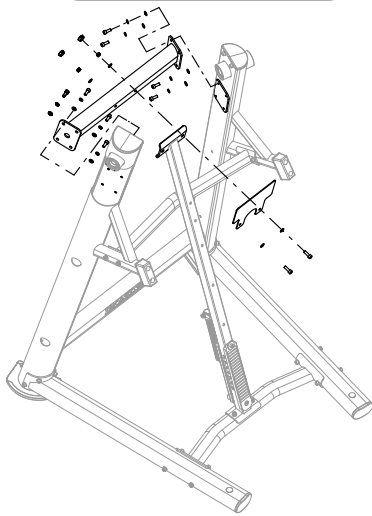
SC10-27 4 PCS



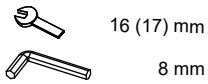
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# STEP 6



## Tools



## Parts

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

Part No: 10  
Name: Placard Holding Plate  
Q'TY:1

Part No: 11  
Name: Hole Cap D25  
Q'TY:2

## Fixings

SC10-5 8 PCS

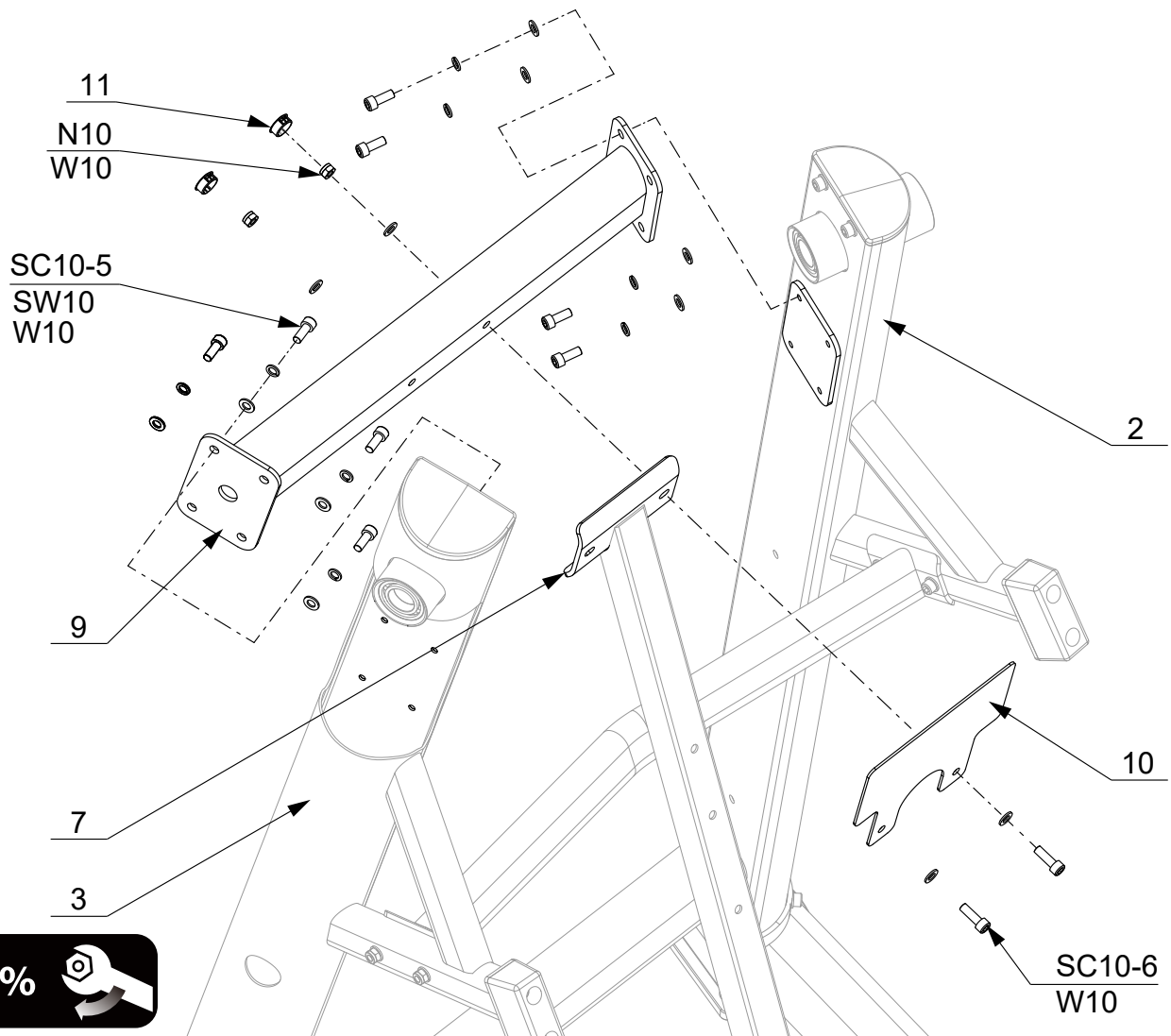
SC10-6 2 PCS

W10  
12PCS

N10  
2PCS

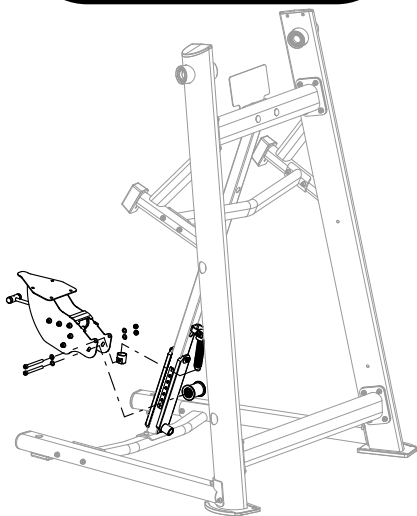
SW10  
8 PCS

Assemble The Top Connection Tube(#9) On The Main Frame (#2)(#3),Then Assemble Part #9 With The Middle Frame by Part #10.





# STEP 7



## Tools



17 mm

8 mm

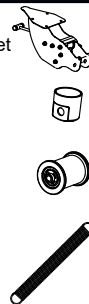
## Parts

Part No: 12  
Name: Seat Bracket  
Q'TY:1

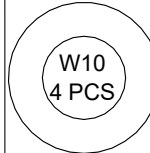
Part No: 13  
Name: Spring Cap  
Q'TY:1

Part No: 14  
Name: Wheel  
Q'TY:1

Part No: 15  
Name: Spring  
Q'TY:1

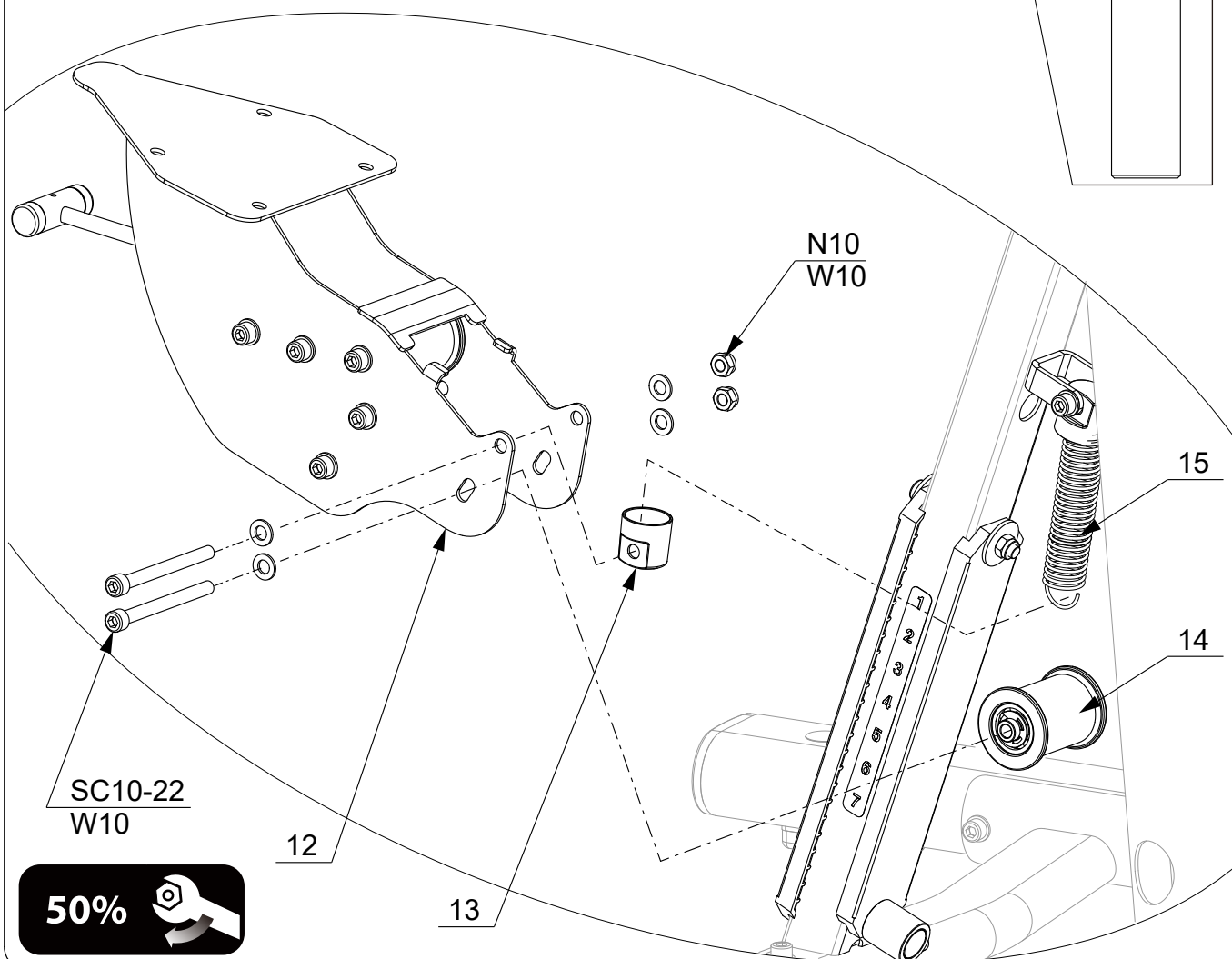


## Fixings



SC10-22 2 PCS

Install the Seat Bracket (#12).



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# STEP 8

## Tools



6 mm

## Parts

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



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



Part No: 18  
Name: Seat Pad  
Q'TY: 1



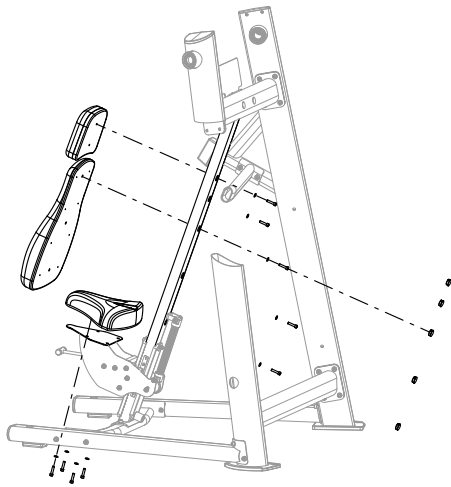
Part No: 11  
Name: Hole Cap D5  
Q'TY: 5



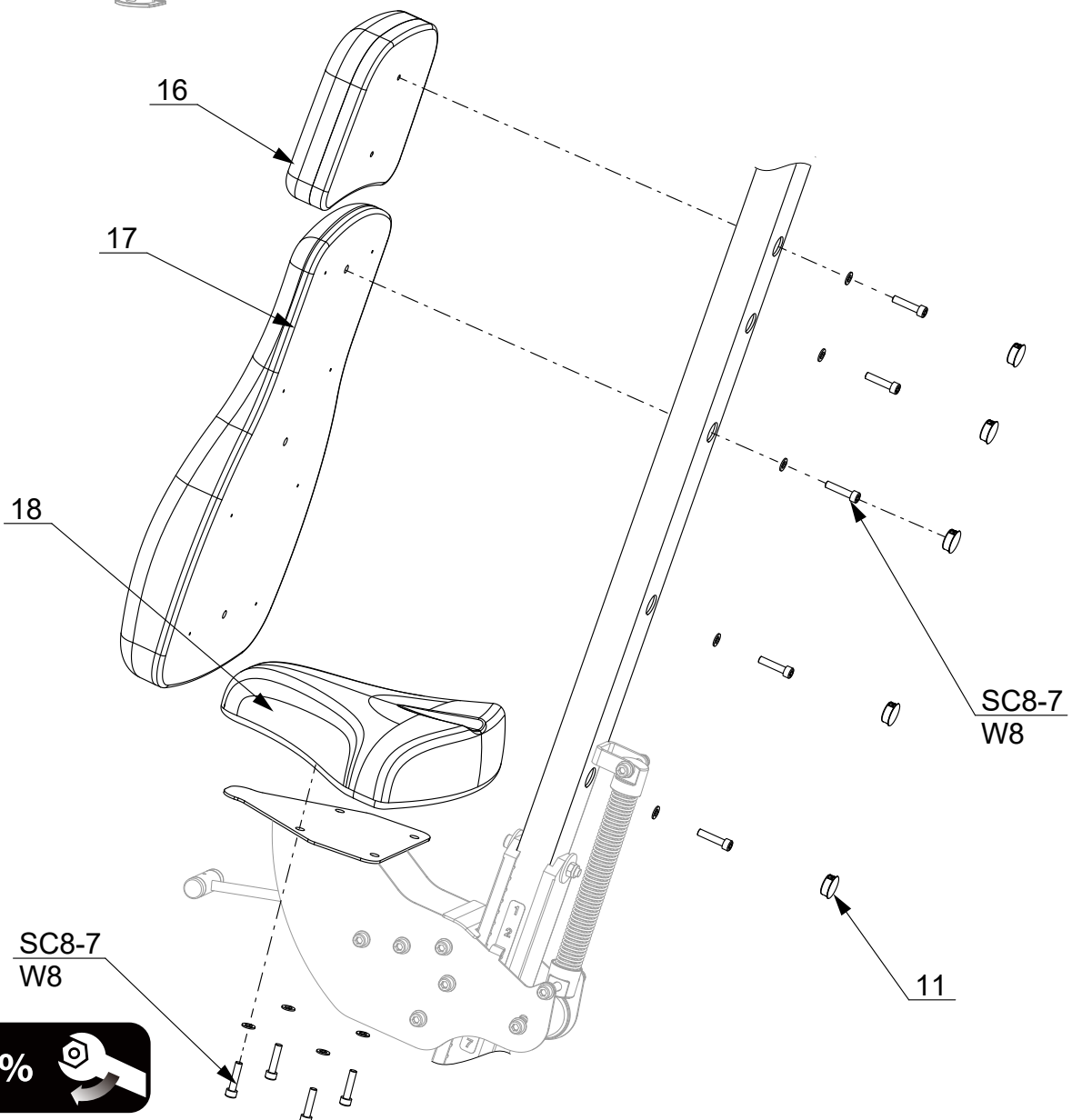
## Fixings

W8  
9 PCS

SC8-7 9 PCS



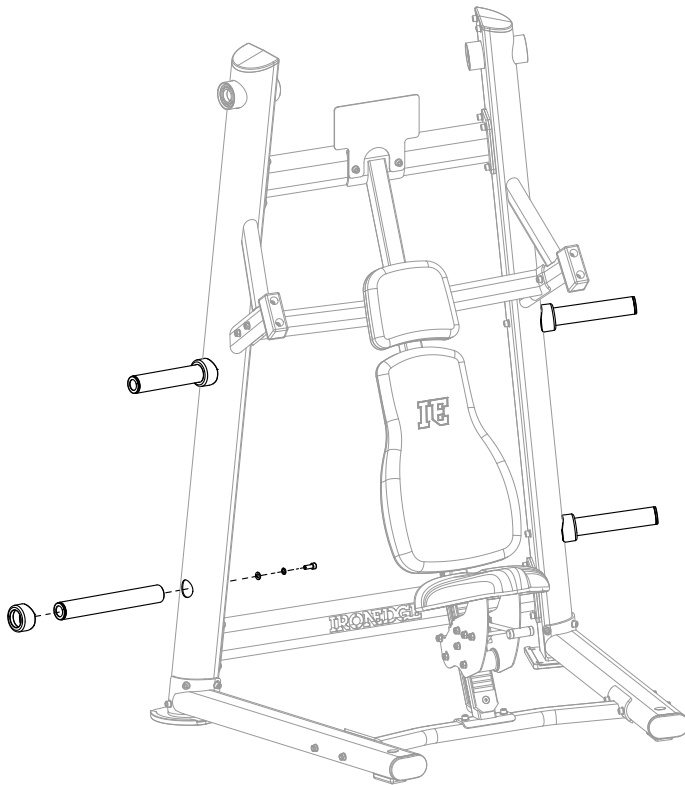
Fix the Head Pad(#16) , Backrest Pad(#17) and the Seat Pad(#18).



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# STEP 9



## Parts

Part No:19  
Name:  
Barbell Storage Tube  
Q'TY:4

Part No:20  
Name: Spacer Ring  
Q'TY:4

## Fixings

SW10  
4PCS

W10  
4PCS

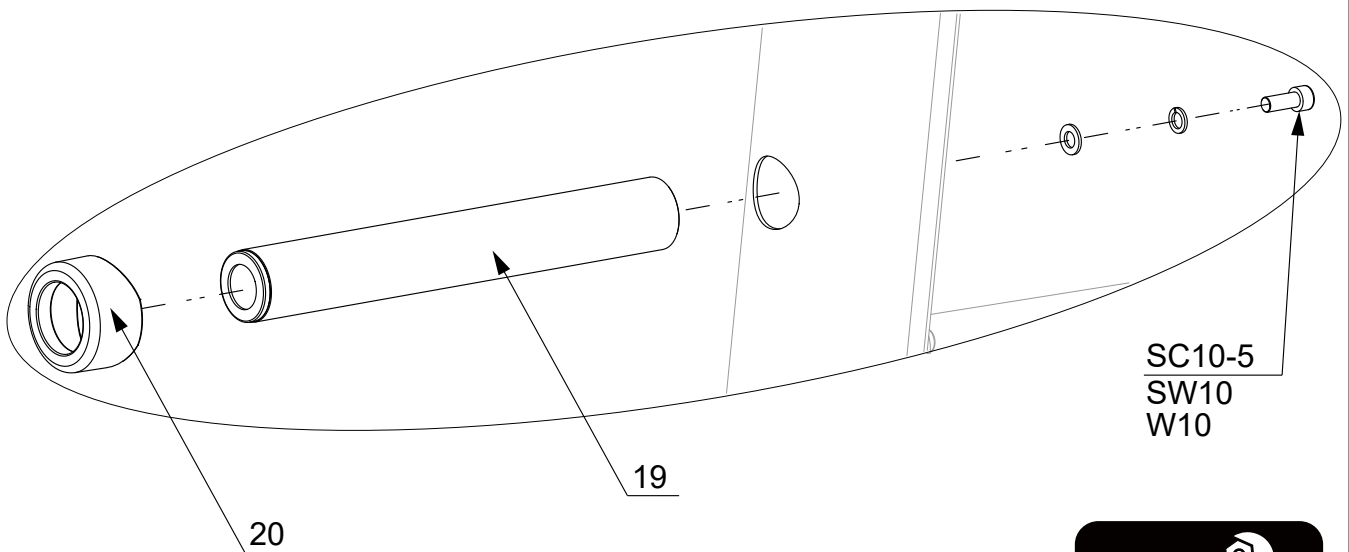
SC10-5 4 PCS

## Tools



8 mm

Install the Barbell Storage Tube(#19)

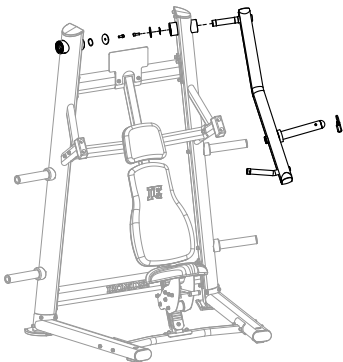


SC10-5  
SW10  
W10

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# STEP 10



## Parts

Part No:21  
Name: Left Work Arm  
Q'TY:1

Part No:22  
Name: Wave Washer  
Q'TY:1

Part No:23  
Name: Washer OD 60  
Q'TY:1

Part No:24  
Name: Barbell Clip  
Q'TY:1

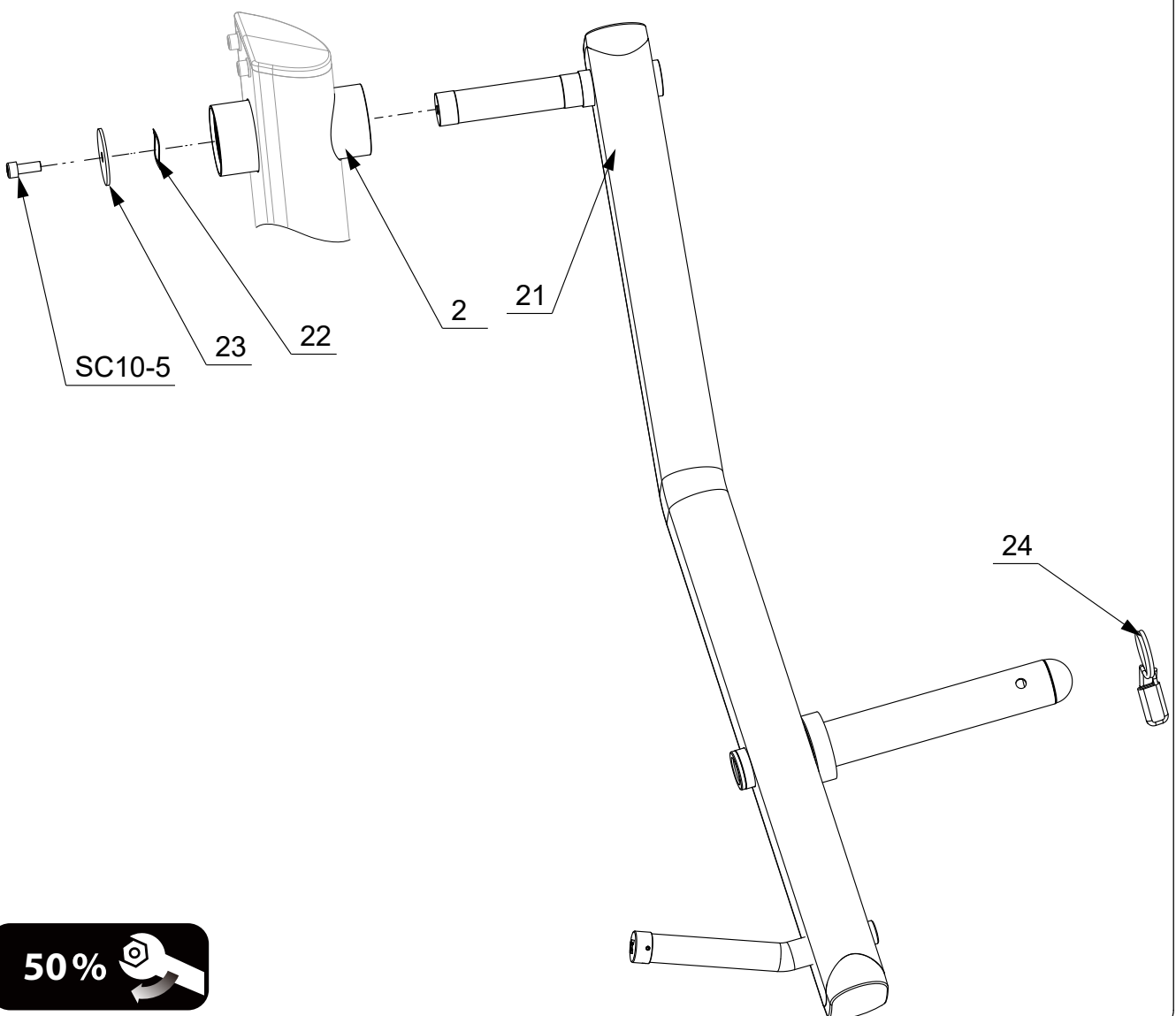
## Fixings

SC10-5 1PC

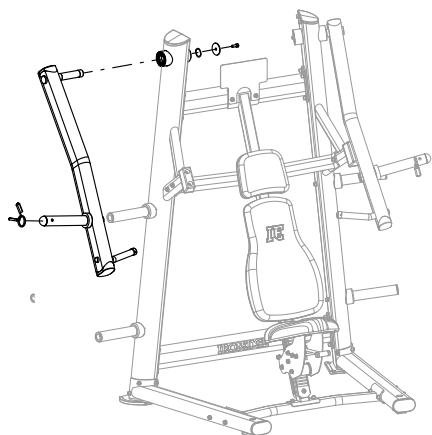
## Tools

8 mm

Assemble The Left Work Arm(#21) With part #2.



# STEP 11



## Parts

Part No:25  
Name: Right Work Arm  
Q'TY:1

Part No:22  
Name: Wave Washer  
Q'TY:1

Part No:23  
Name: Washer OD 60  
Q'TY:1

Part No:24  
Name: Barbell Clip  
Q'TY:1



## Fixings

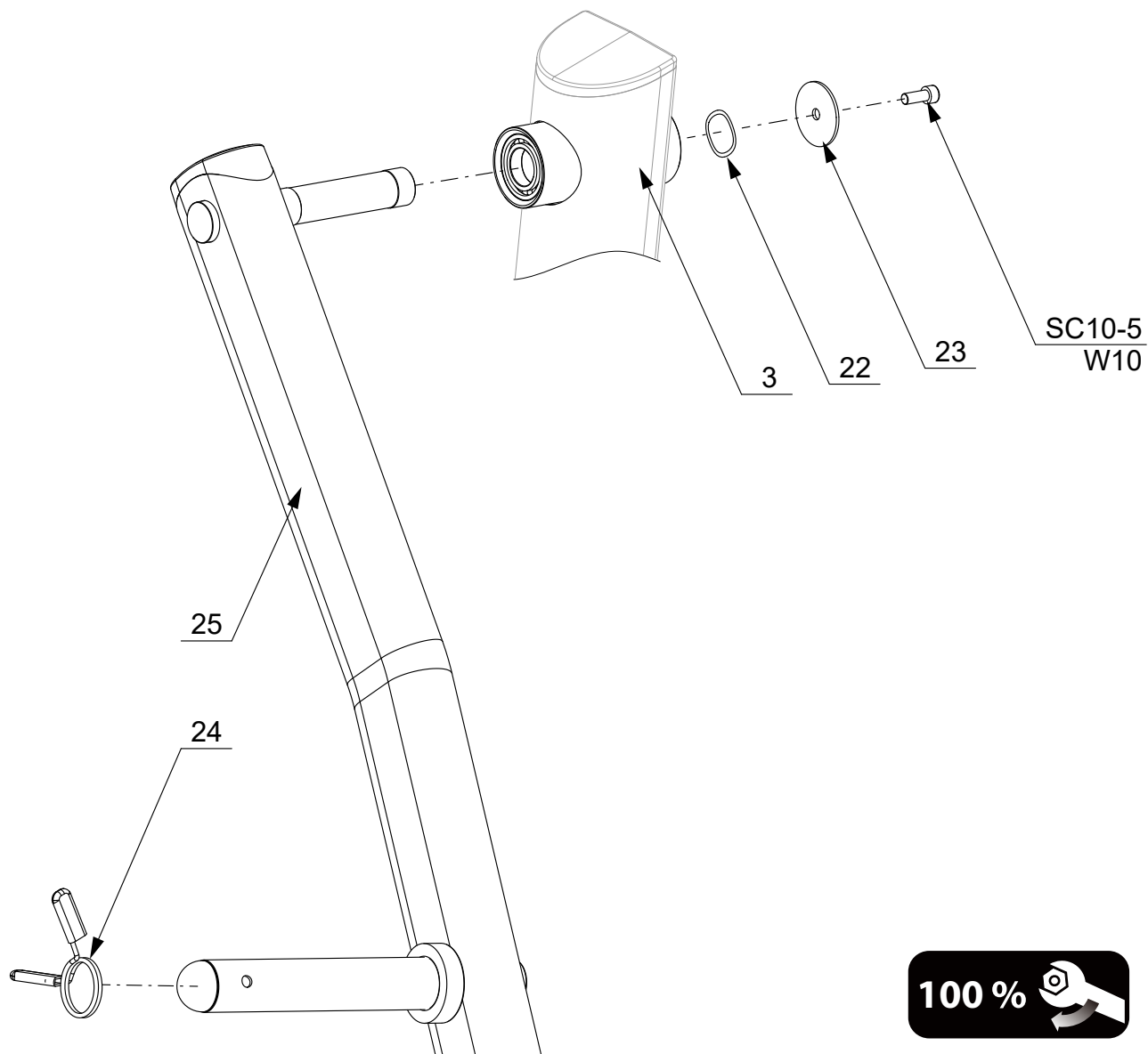
SC10-5 1PC

## Tools



8 mm

Assemble The Left Work Arm(#25) With part #3.



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# PARTS LIST

| PART #  | DESCRIPTION                     | QTY |
|---------|---------------------------------|-----|
| 1       | Left Bottom Tube                | 1   |
| 2       | Left Upright Tube               | 1   |
| 3       | Right Bottom Tube               | 1   |
| 4       | Right Upright Tube              | 1   |
| 5       | Rear Connection Tube            | 1   |
| 6       | Upper Connection Tube           | 1   |
| 7       | Seat Mounting Tube              | 1   |
| 8       | Bottom Lateral Tube             | 1   |
| 9       | Top Connection Tube             | 1   |
| 10      | Placard Holding Plate           | 1   |
| 11      | Hole Cap D25                    | 7   |
| 12      | Seat Bracket                    | 1   |
| 13      | Spring Cap                      | 1   |
| 14      | Wheel                           | 1   |
| 15      | Spring                          | 1   |
| 16      | Head Pad                        | 1   |
| 17      | Backrest Pad                    | 1   |
| 18      | Seat Pad                        | 1   |
| 19      | Barbell Storage Tube            | 4   |
| 20      | Spacer Ring                     | 4   |
| 21      | Left Work Arm                   | 1   |
| 22      | Wave Washer                     | 2   |
| 23      | Washer OD 60                    | 2   |
| 24      | Barbell Clip                    | 2   |
| 25      | Right Work Arm                  | 1   |
| W8      | Washer 8                        | 9   |
| W10     | Washer 10                       | 54  |
| SW10    | Spring Washer 10                | 20  |
| N10     | Lock Nut M10                    | 14  |
| SC8-7   | Socket Head Cap Screw M8 x 35   | 9   |
| SC10-5  | Socket Head Cap Screw M10 x 25  | 30  |
| SC10-6  | Socket Head Cap Screw M10 x 30  | 2   |
| 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   |