

IRONEDGE.

Biceps Curl – 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

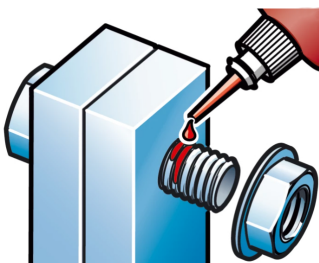


FIG 1

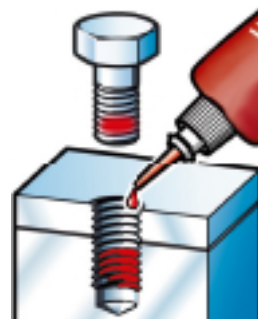


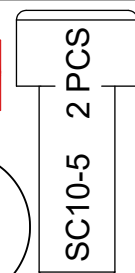
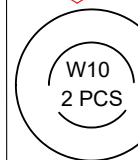
FIG 2

STEP 1

Parts

Part No: 1
Name: Bottom Lateral Tube
Q'TY: 1
Part No: 2
Name: Placard
Q'TY: 1
Part No: 3
Name: Hole Cap
Q'TY: 2

Fixings



Tools

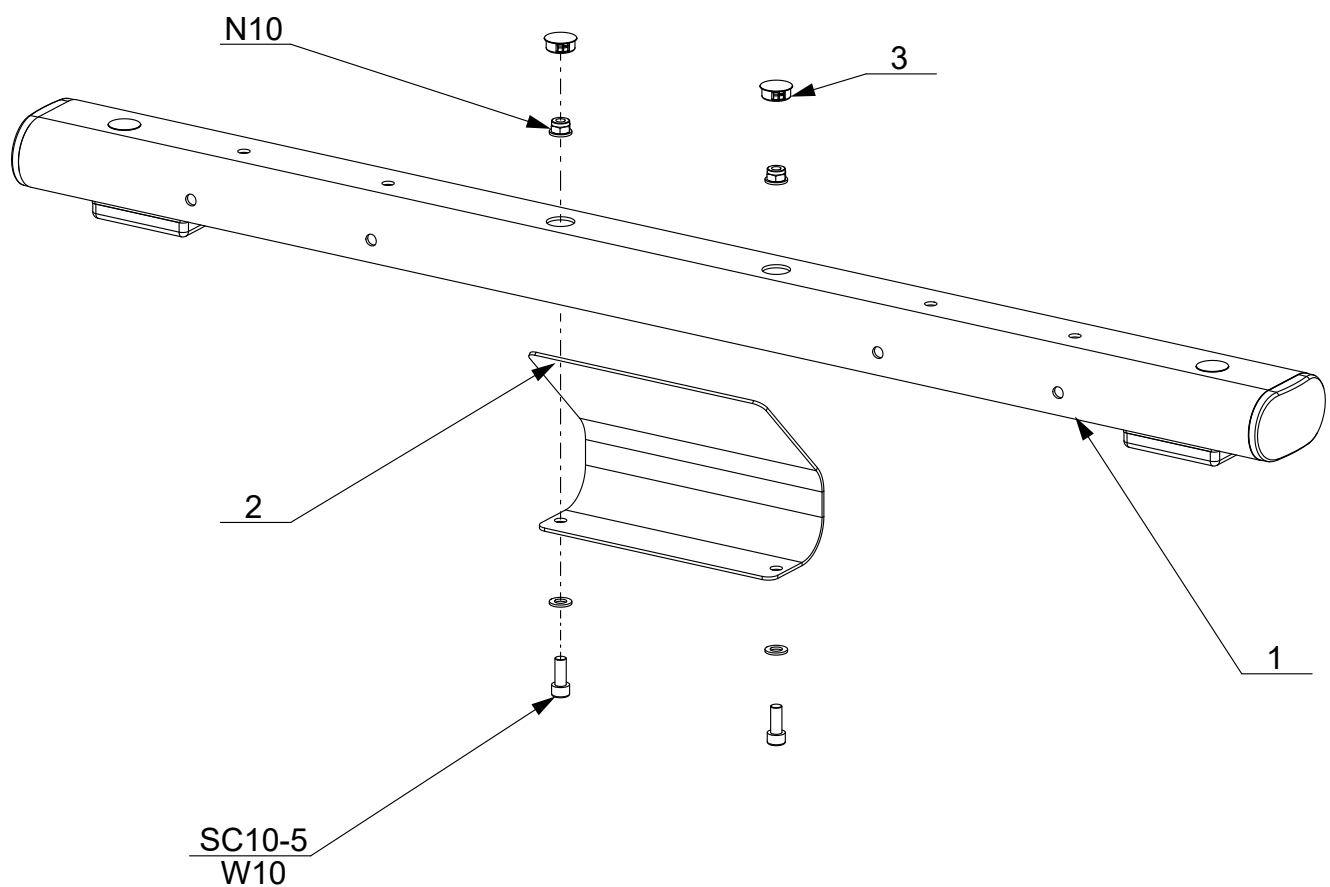


8 mm



17 mm

Assemble The Bottom Lateral Tube (#1) and the Placard (#2) .



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STEP 2

Tools



8 mm



17 mm

Parts

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



Part No:4
Name: Main Frame
Q'TY:1



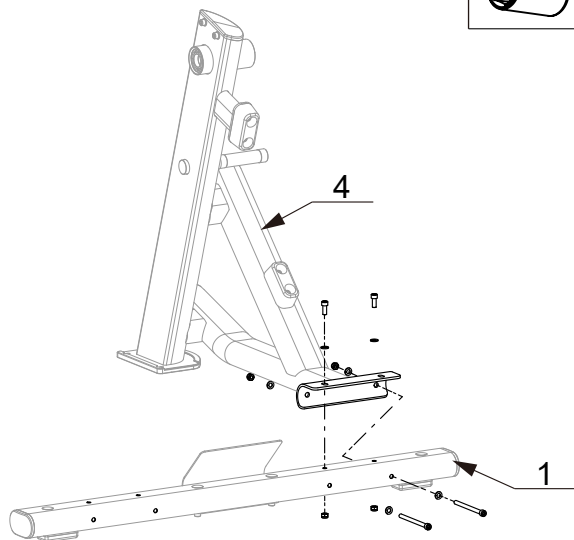
Fixings

SC10-5 2 PCS

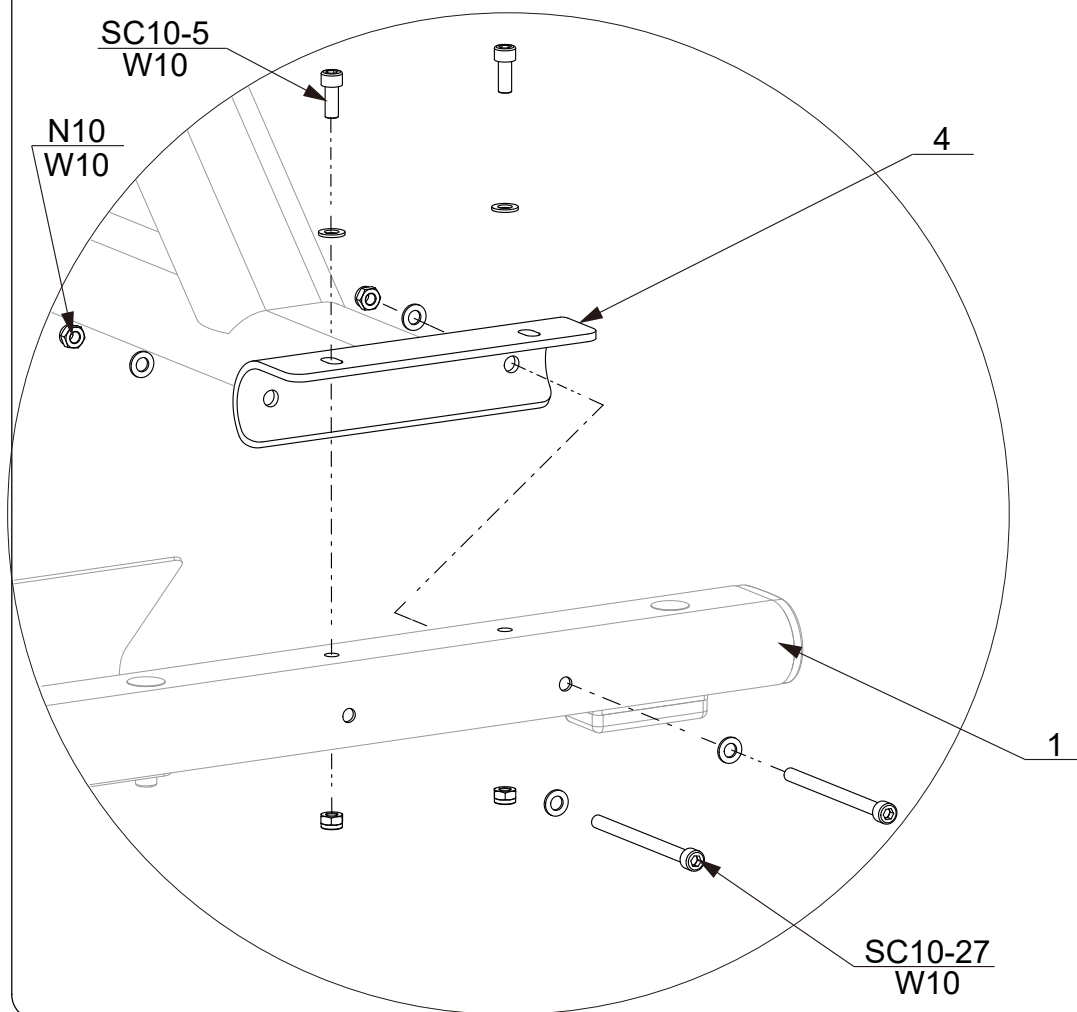
SC10-27 2 PCS

N10
4 PCS

W10
6 PCS



Assemble the Main Frame (#4)
On the Bottom Lateral Tube (#1).



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STEP 3

Tools



8 mm



17 mm

Parts

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

Part No:5
Name: Seat Support
Q'TY:1



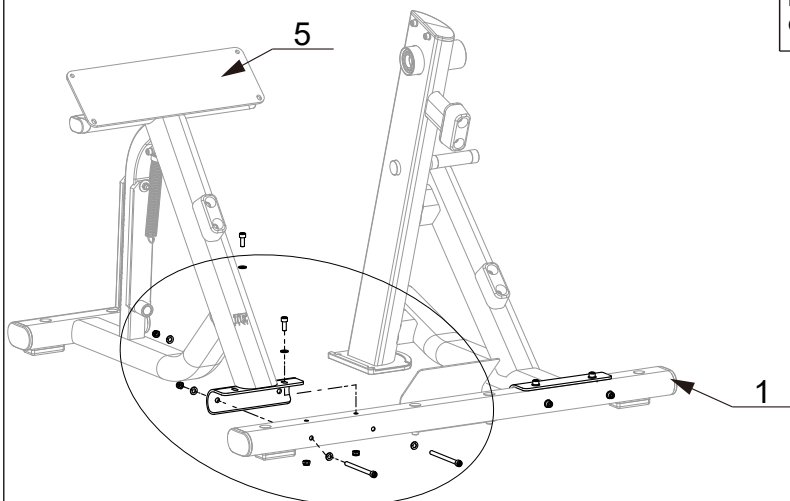
Fixings

SC10-5 2 PCS

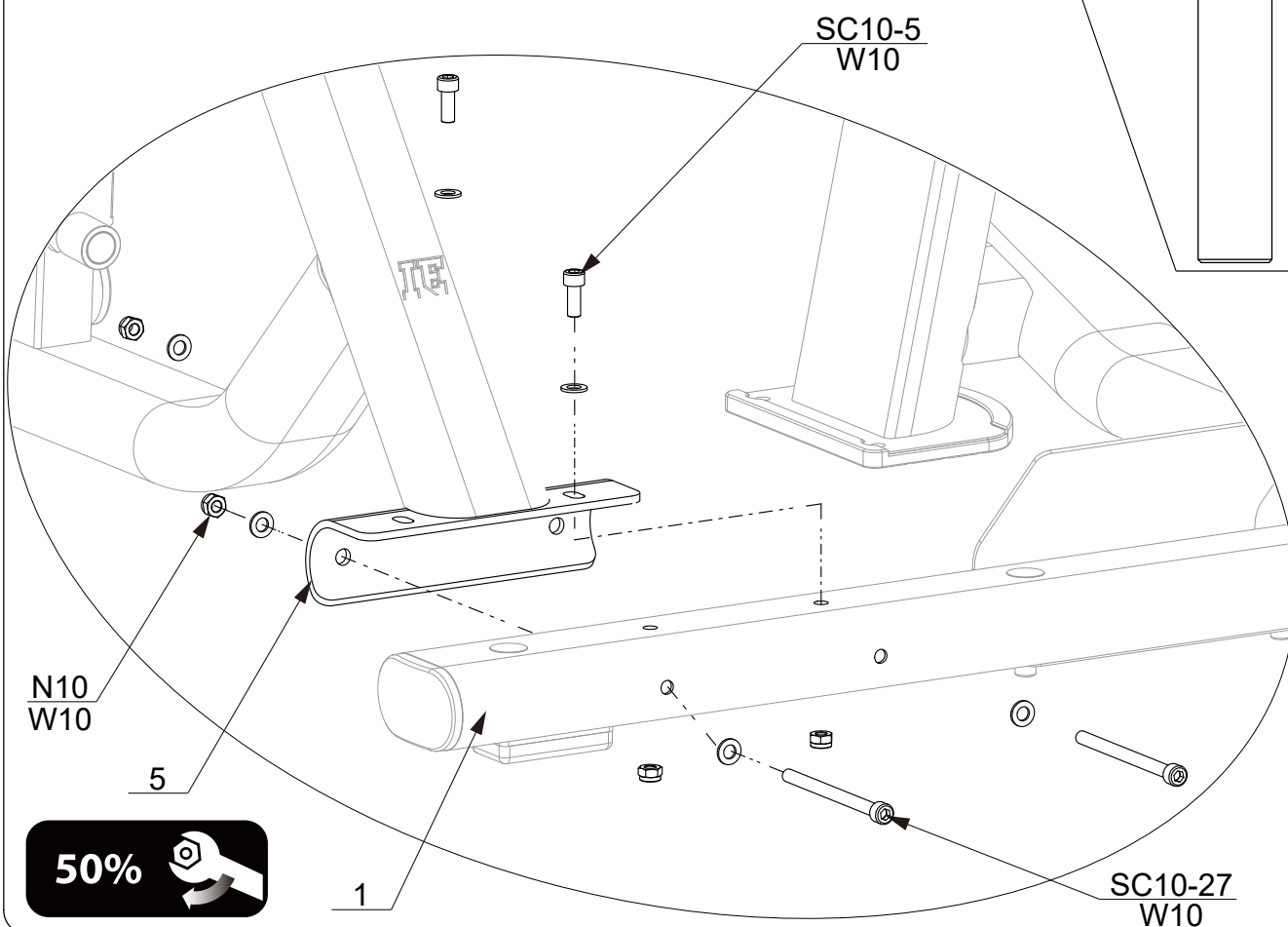
SC10-27 2 PCS

N10
4 PCS

W10
6 PCS



Assemble the Seat Support (#5)
On the Bottom Lateral Tube (#1).



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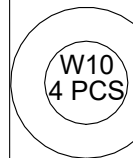
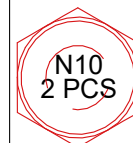


STEP 4

Tools



Fixings



SC10-6 2 PCS

Parts

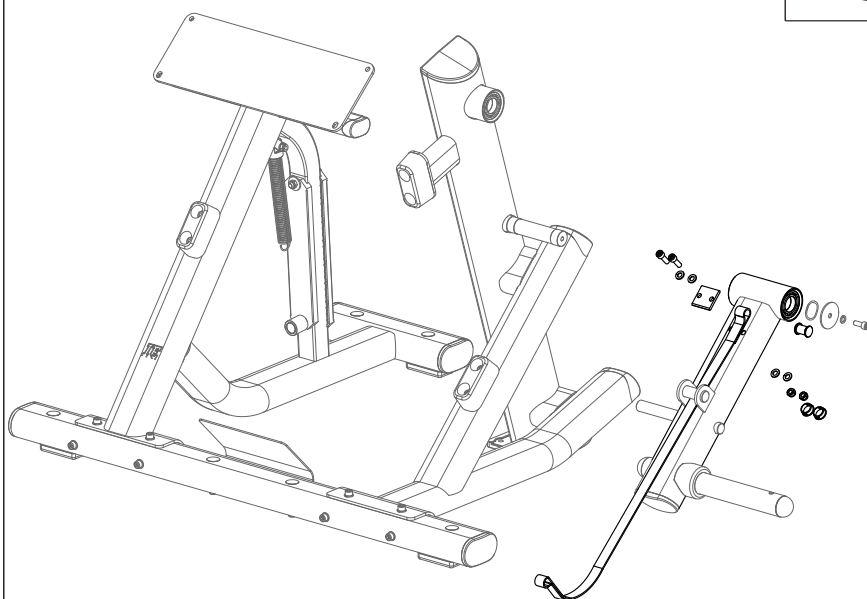
Part No:3
Name: Hole Cap
Q'TY:2

Part No:6
Name: Weight Arm
Q'TY:1

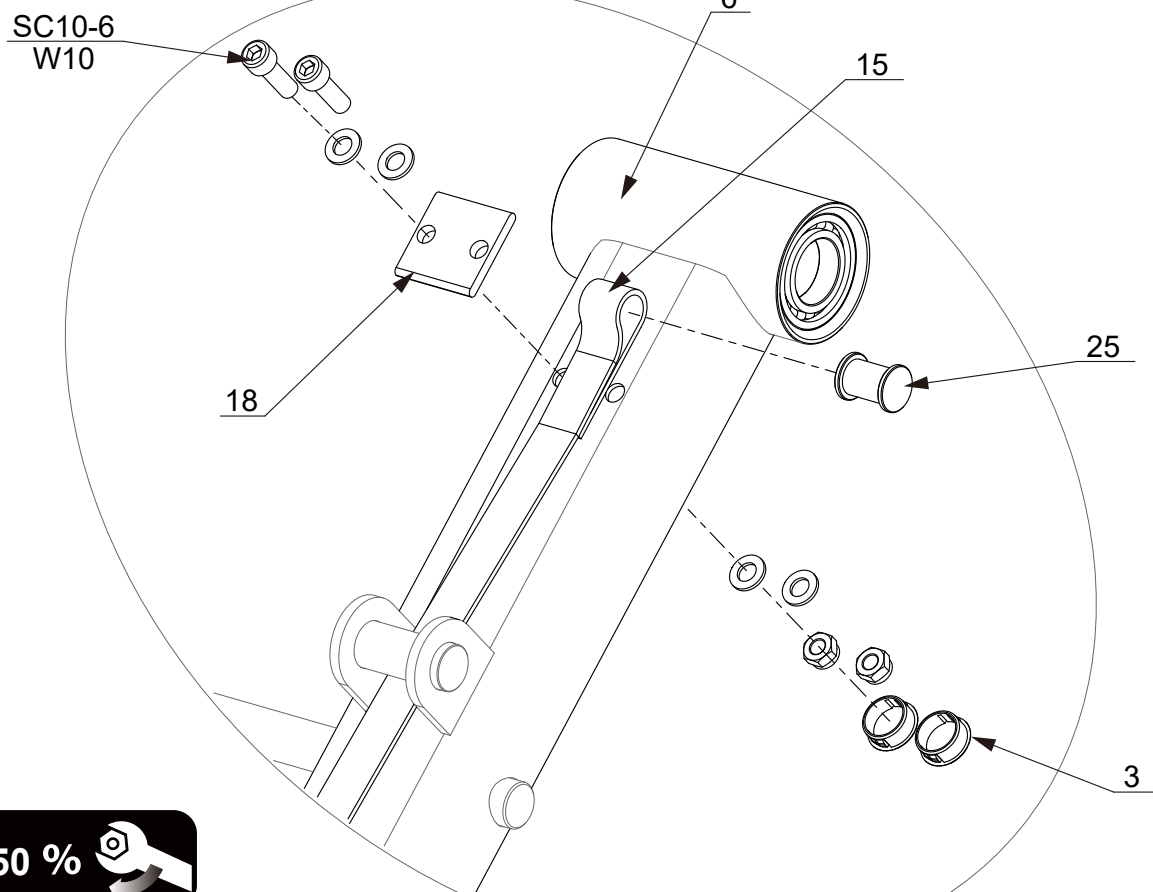
Part No:15
Name: Transmission Belt
Q'TY:1

Part No:18
Name: Clamp Plate
Q'TY:1

Part No:25
Name: Block Pin
Q'TY:1



Assemble the Weight Arm (#6) and the Transmission Belt(#15).



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STEP 5

Tools



8 mm

Fixings



SW10
1 PC

SC10-5 1 PC

Parts



Part No:6
Name: Weight Arm
Q'TY: 1

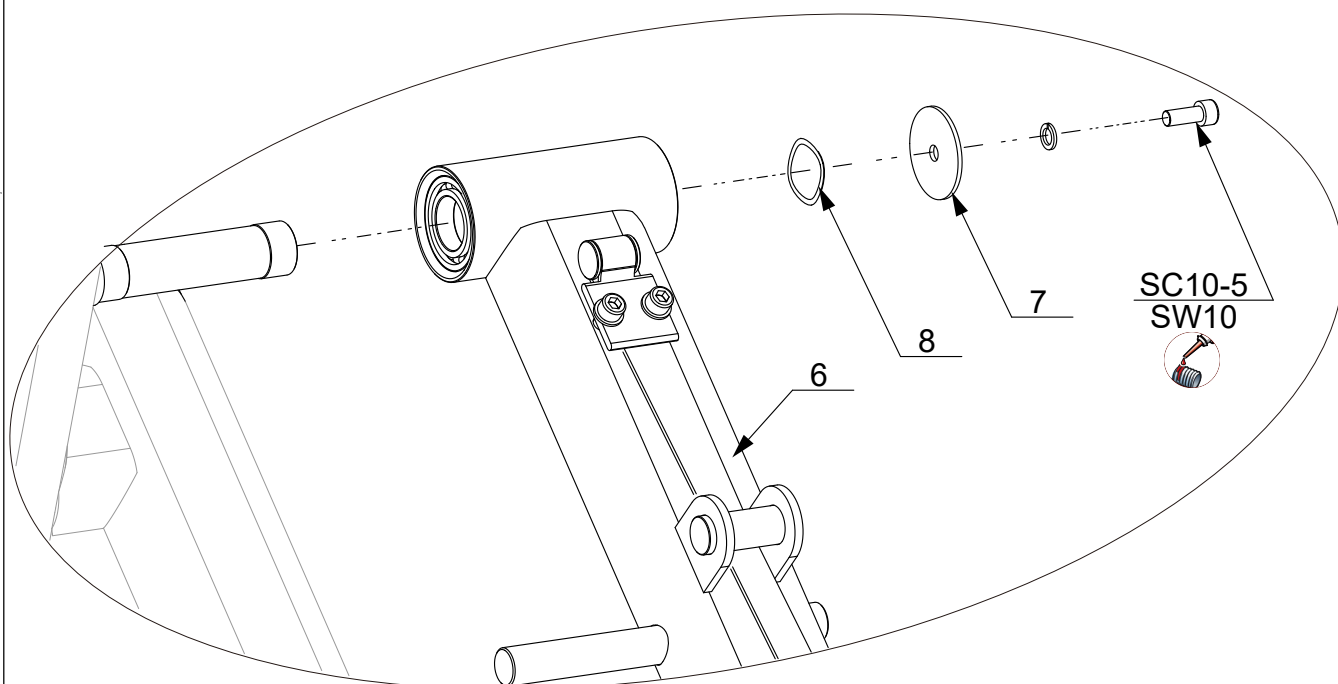


Part No:7
Name: Big Washer
Q'TY: 1



Part No:8
Name: Wave Washer
Q'TY: 1

Install the Weight Arm (#6).



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STEP 6

Tools



4 mm

Fixings



S8-2 2 PCS

Parts

Part No:9
Name:Work Arm
Q'TY:1



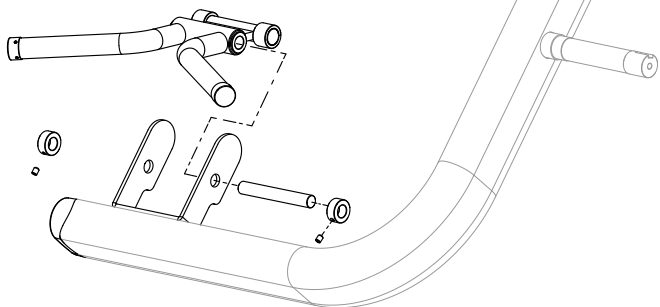
Part No:10
Name:Handle
Q'TY:1



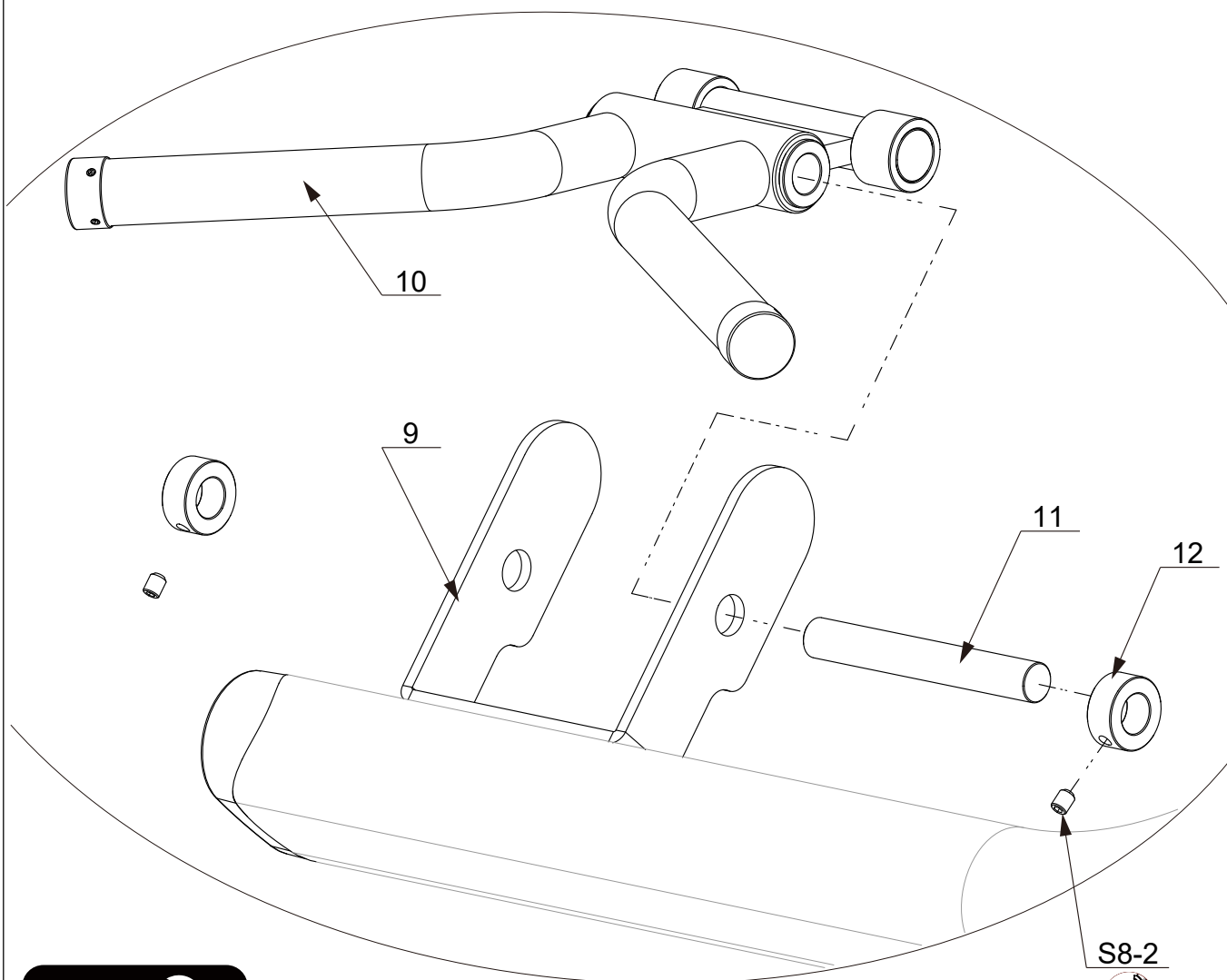
Part No:11
Name:Shaft
Q'TY:1



Part No:12
Name:Retaining Ring
Q'TY:2



Assemble the Work Arm (#9) And the Handle (#10) .



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S8-2



STEP 7

Tools



8 mm

Fixings

SW10
1 PC

SC10-5 1 PC

Parts

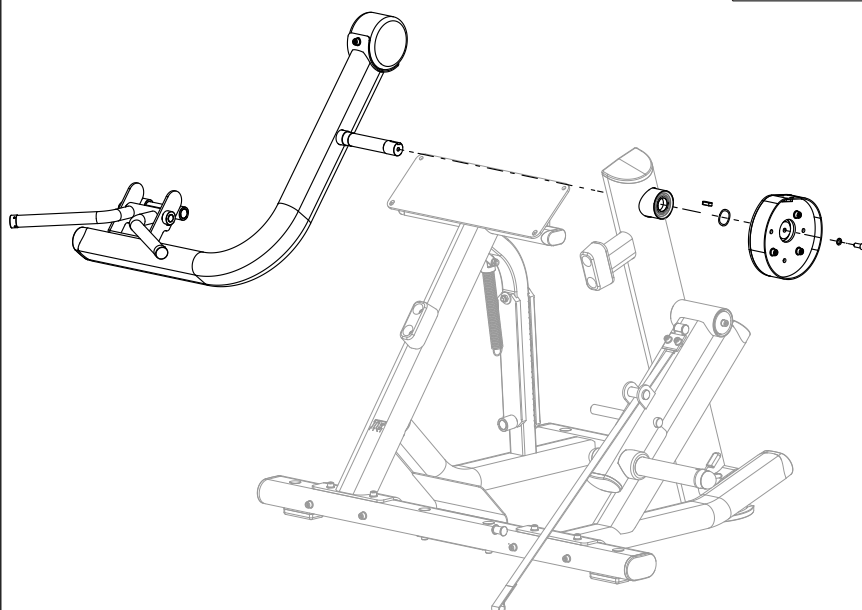
Part No: 13
Name: Cam
Q'TY: 1



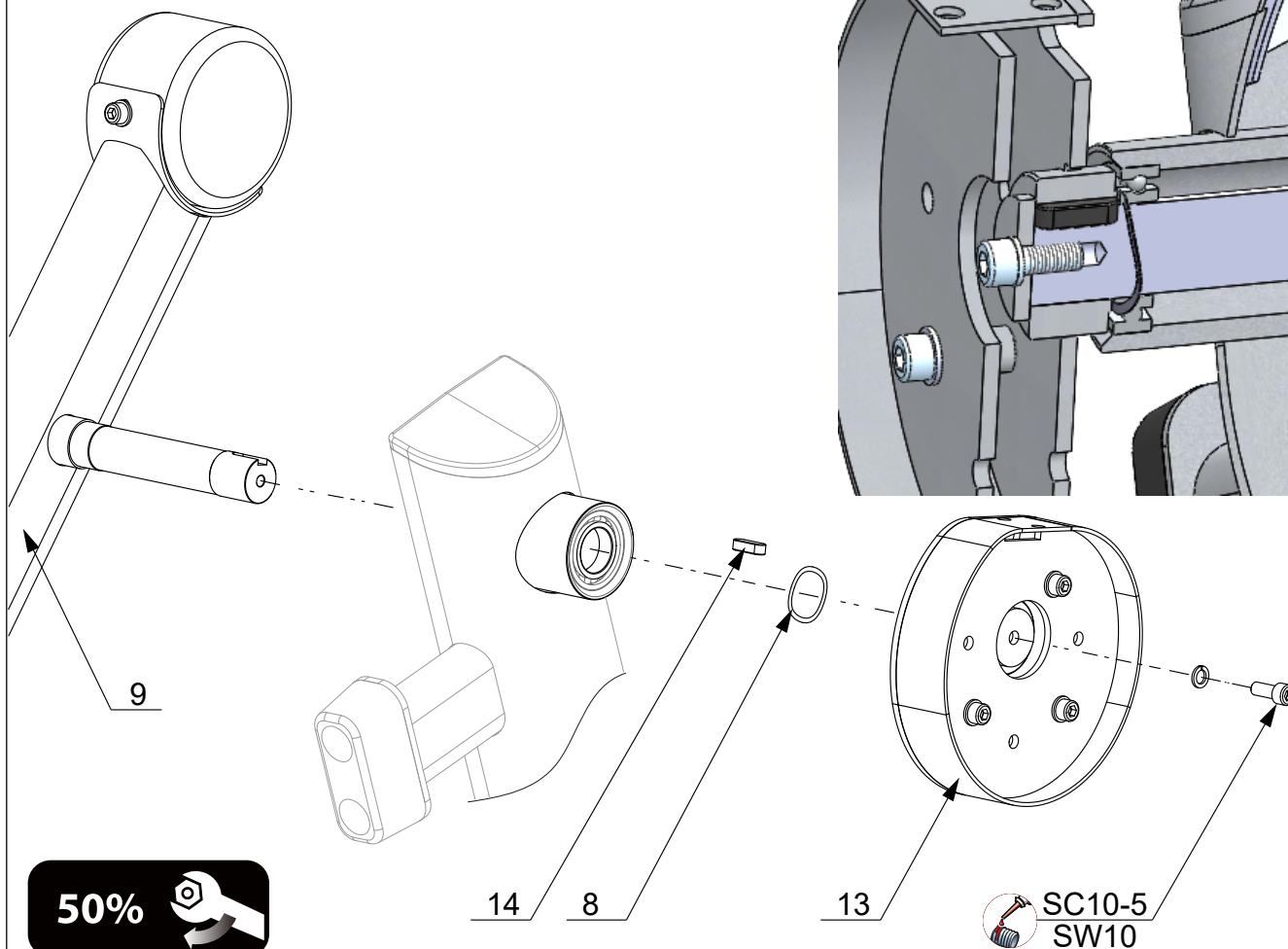
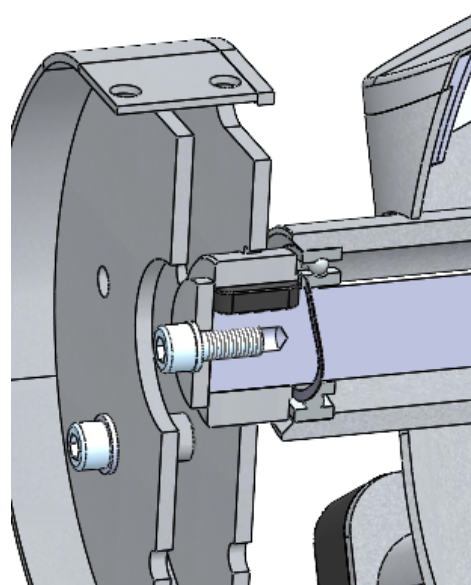
Part No: 14
Name: Flat Key
Q'TY: 1



Part No: 8
Name: Wave Washer
Q'TY: 1



Install The Work Arm (#9).



STEP 8

Fix the End of the Transmission Belt (#15) and Install the Cam Cover (#16).

Tools



8 mm

17 mm

Fixings

SC10-6 2 PCS

C10-25 3 PCS

W10
5 PCS

N10
3 PCS

Parts

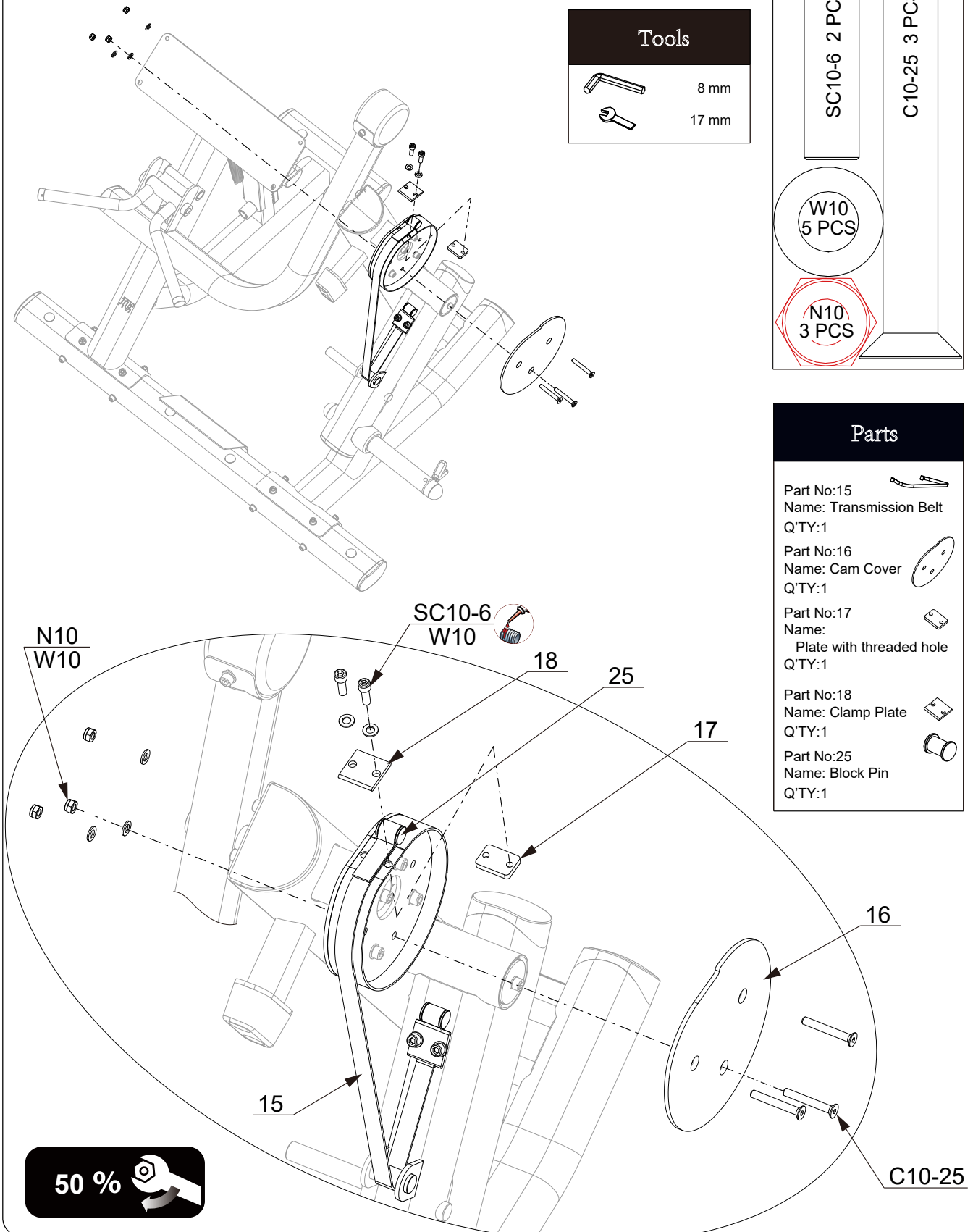
Part No:15
Name: Transmission Belt
Q'TY:1

Part No:16
Name: Cam Cover
Q'TY:1

Part No:17
Name:
Plate with threaded hole
Q'TY:1

Part No:18
Name: Clamp Plate
Q'TY:1

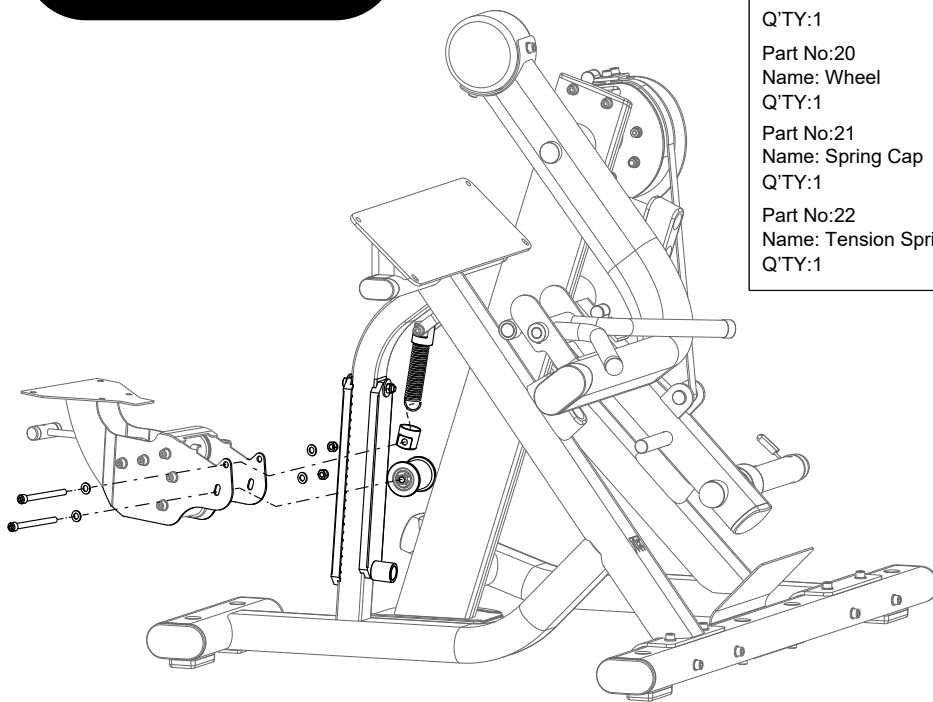
Part No:25
Name: Block Pin
Q'TY:1



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STEP 9



Parts

Part No:19
Name: Seat Frame
Q'TY:1



Part No:20
Name: Wheel
Q'TY:1



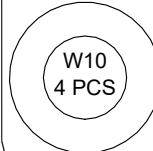
Part No:21
Name: Spring Cap
Q'TY:1



Part No:22
Name: Tension Spring
Q'TY:1



Fixings



SC10-23 2 PCS

Tools

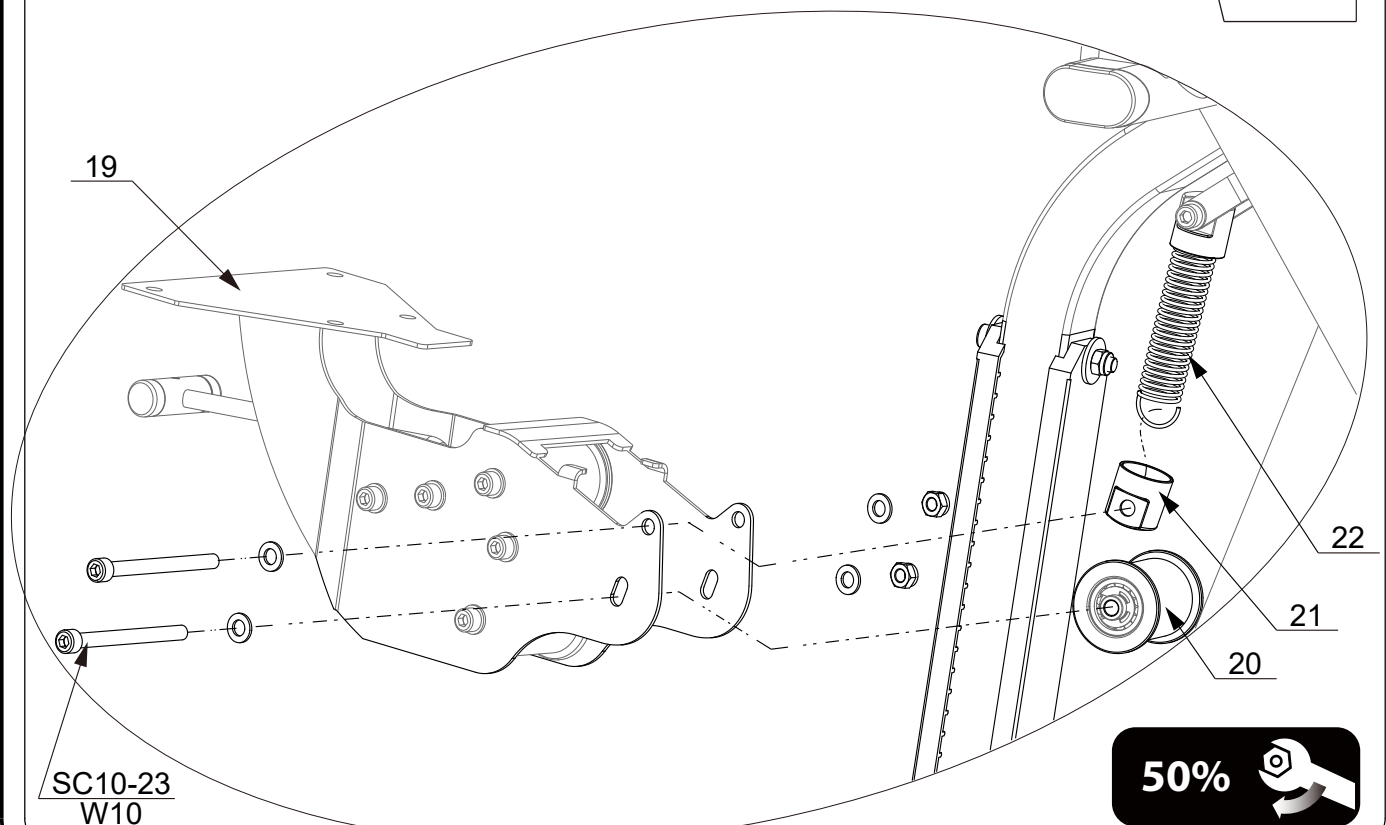


8 mm



17 mm

Install The Seat Frame (#19).

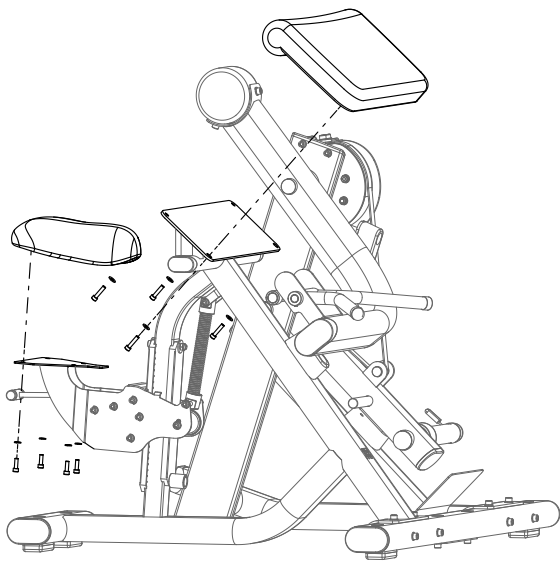


SC10-23
W10

50%



STEP 10



Install the Seat Pad (#23)
and the Elbow Pad (#24).

Tools



6 mm

Parts

Part No:23
Name: Seat Pad
Q'TY:1



Part No:24
Name: Elbow Pad
Q'TY:1

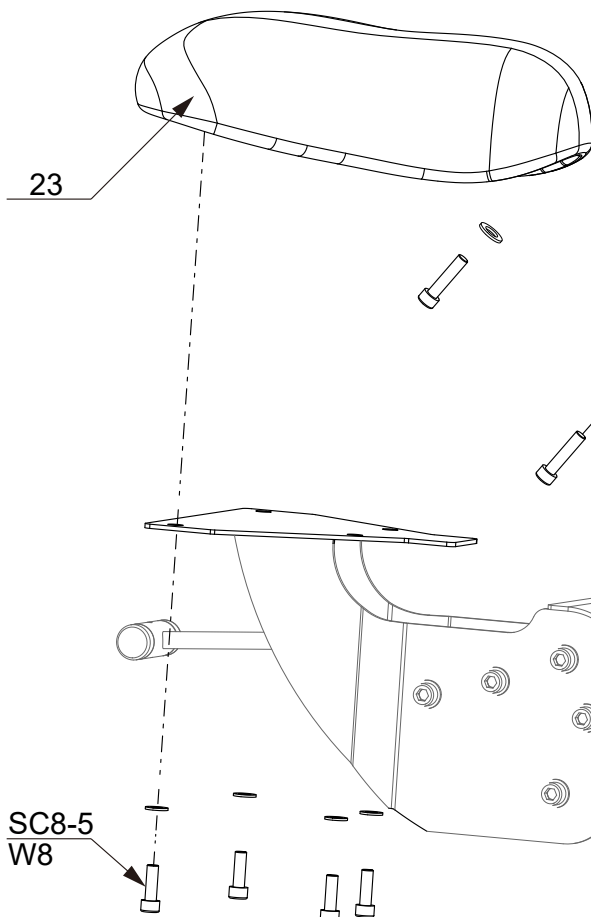


Fixings

SC8-5 4 PCS

SC8-7 4 PCS

W8
8 PCS



24

SC8-7
W8

SC8-5
W8

100%



PARTS LIST

PART #	DESCRIPTION	QTY
1	Bottom Lateral Tube	1
2	Placard	1
3	Hole Cap	4
4	Main Frame	1
5	Seat Support	1
6	Weight Arm	1
7	Big Washer	1
8	Wave Washer	2
9	Work Arm	1
10	Handle	1
11	Shaft	1
12	Retaining Ring	2
13	Cam	1
14	Flat Key	1
15	Transmission Belt	1
16	Cam Cover	1
17	Plate with threaded hole	1
18	Clamp Plate	2
19	Seat Frame	1
20	Wheel	1
21	Spring Cap	1
22	Tension Spring	1
23	Seat Pad	1
24	Elbow Pad	1
25	Block Pin	2
C10-15	Countersunk Head Screw M10x75	3
N10	Lock Nut M10	17
S8-2	Socket Set Screw M8 x 10	2
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	8
SC10-6	Socket Head Cap Screw M10 x 30	4
SC10-23	Socket Head Cap Screw M10 x 115	2
SC10-27	Socket Head Cap Screw M10 x 135	4
SW10	Spring Washer 10	2
W8	Washer 8	8
W10	Washer 10	27