

**IRONEDGE.**

# Multi Press

## 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

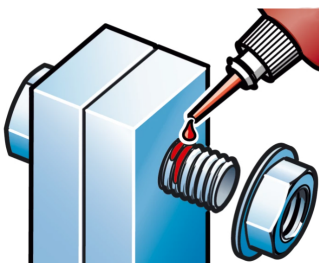
*The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.*

## How to use

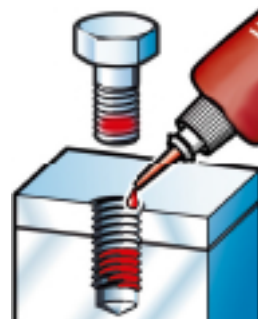
- 1. Degrease and clean surfaces prior to apply adhesive.**
- 2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).**
- 3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several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



Red Thread Locker

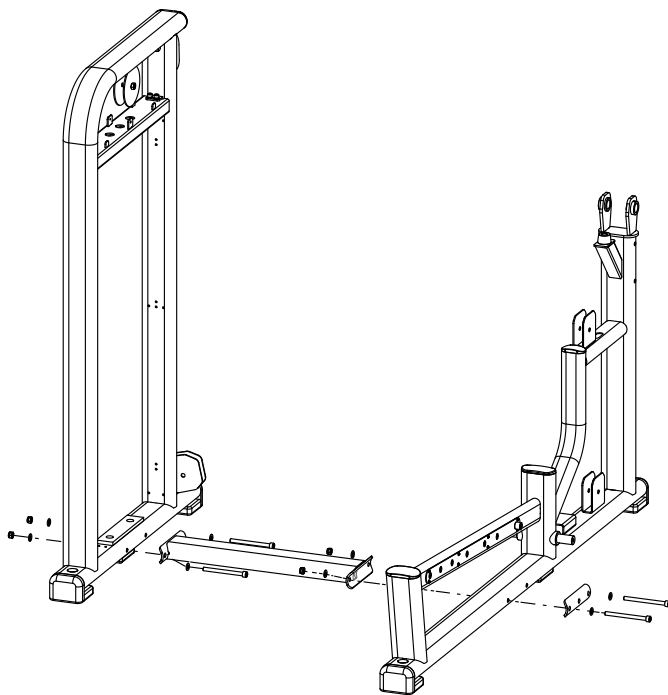


**FIG 1**



**FIG 2**

# STEP 1



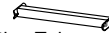
Assemble the Weight Frame (#1), the Bottom Connection Frame (#2) and the Main Frame(#3).

## Parts

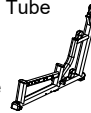
Part No: 1  
Name: Weight Frame  
Q'TY:1



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



Part No: 3  
Name: Main Frame  
Q'TY:1



Part No: 4  
Name: Backing Plate  
Q'TY:1

## Tools



17 mm



8 mm

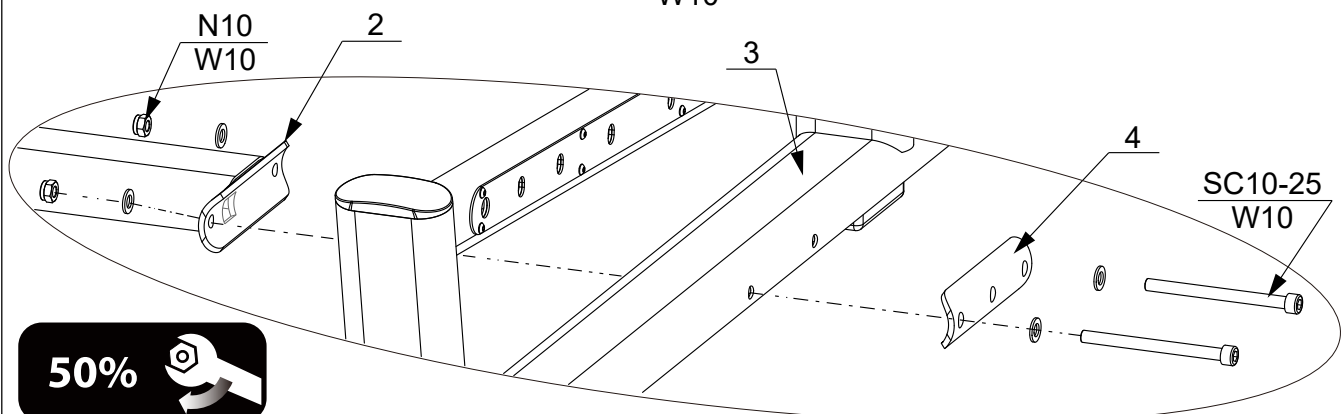
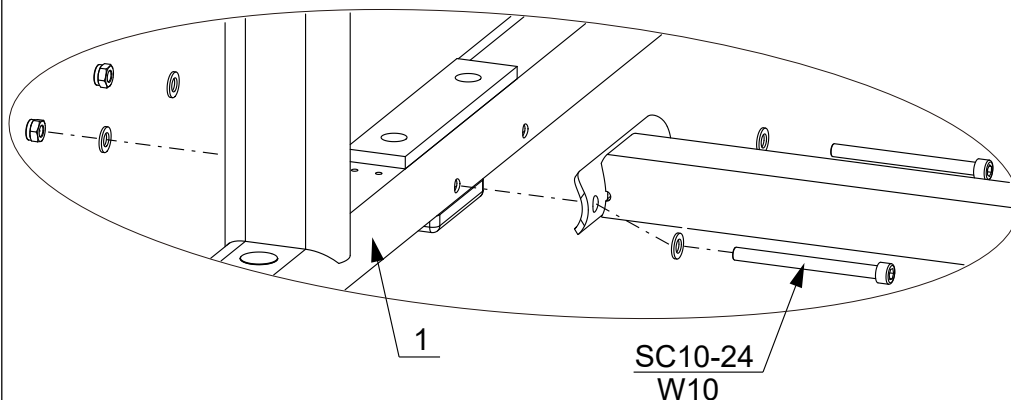
## Fixings

SC10 - 24 2 PCS

SC10 - 25 2 PCS

W10  
8 PCS

N10  
4 PCS



50%





## STEP 2

### Tools



8 mm



17 mm

### Parts

Part No:4  
Name: Backing Plate  
Q'TY:1



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



### Fixings

SC10-5 2 PCS

SC10-25 2 PCS

SW10  
2 PCS

N10  
2 PCS

W10  
6 PCS

Install the upper Connection Tube (#5).

SC10-5  
SW10  
W10

5

4

SC10-25  
W10

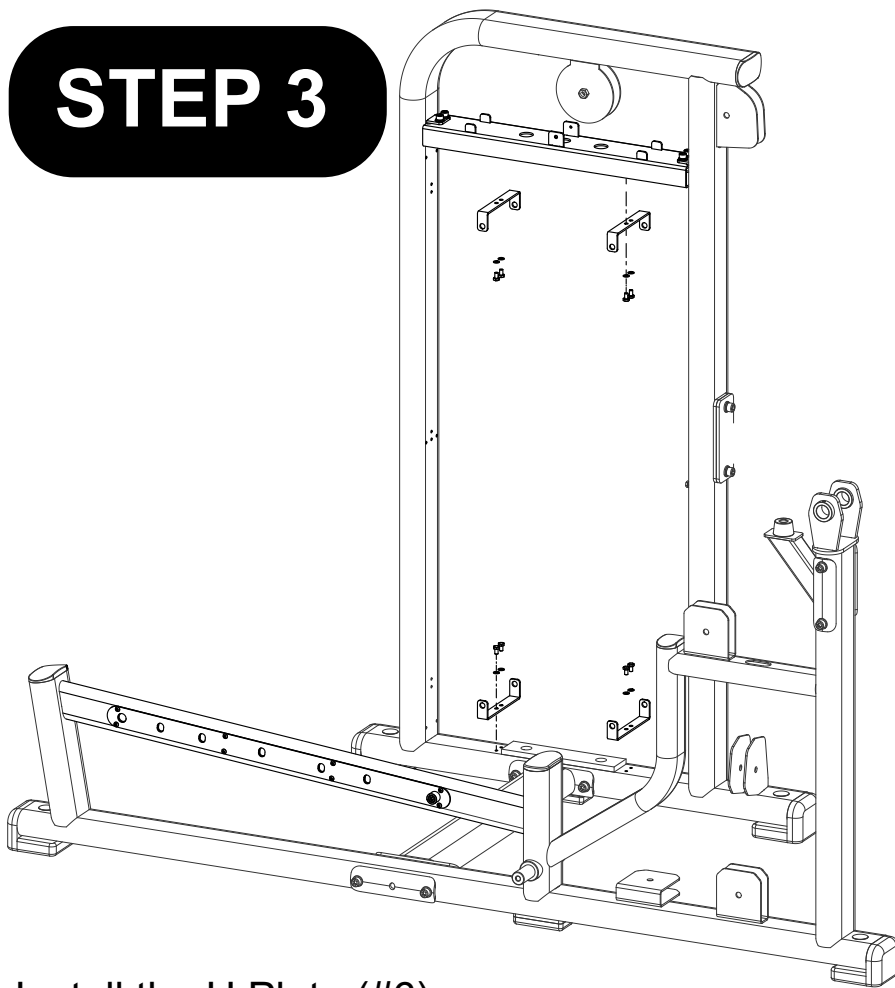
50%



# STEP 3

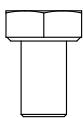
## Parts

Part No:6  
Name: U Plate  
Q'TY:4



Install the U Plate (#6).

## Fixings



H6-4  
8 PCS



W6  
8 PCS

## Tools



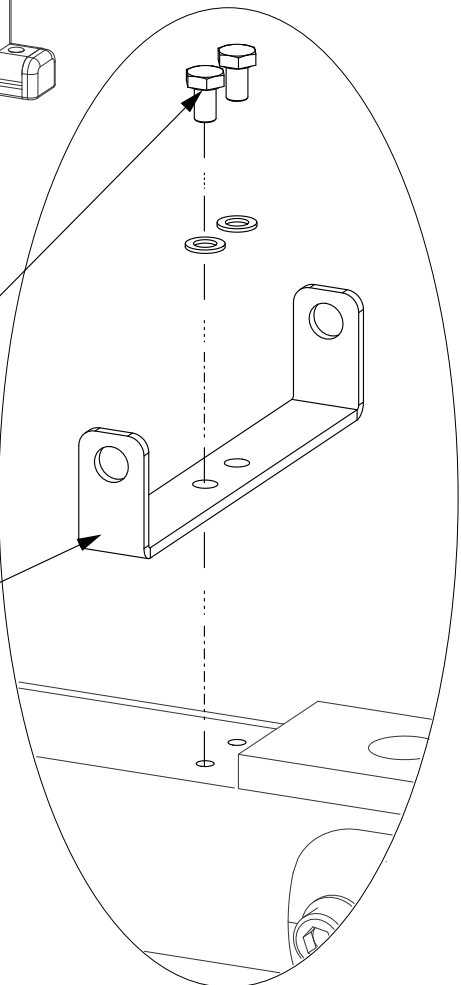
10 mm

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H6-4  
W6

6





# STEP 4

## Tools



17 mm  
8 mm

## Parts

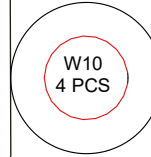
Part No: #7  
Name: Seat  
Q'TY:1



## Fixings



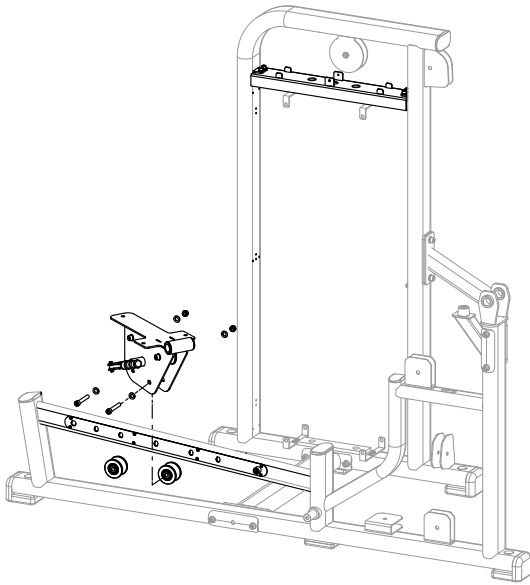
N10  
2 PCS



W10  
4 PCS

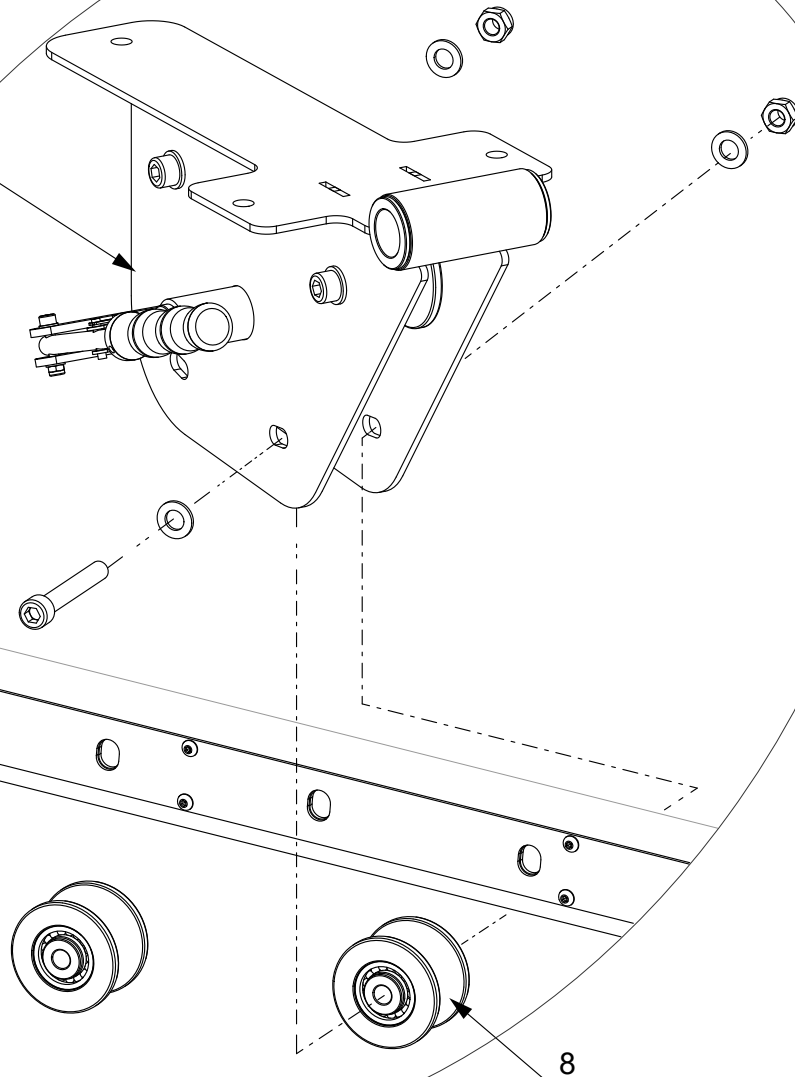
SC10-14 4PCS

Install the Seat (#7)



SC10-14  
W10

7



8

50%



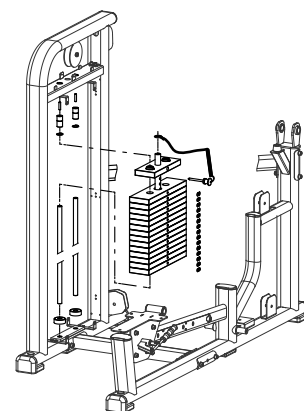
# STEP 5

## Fixings

S8-7 2 PCS

## Tools

4 mm



Install the Weight Stack.

S8-7

16

17

9

10

15

14

12

11

## Parts

Part No: 9  
Name: Guide Rod  
Q'TY: 2

Part No: 10  
Name: Rubber Buffer  
Q'TY: 2

Part No: 11  
Name: Weight Plate 9 Kg  
Q'TY: 14

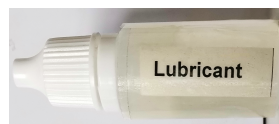
Part No: 12  
Name: Weight Label  
Q'TY: 1

Part No: 14  
Name: Weight Pin  
Q'TY: 1

Part No: 15  
Name: Top Weight Plate  
Q'TY: 1

Part No: 16  
Name: Rod Retainer  
Q'TY: 2

Part No: 17  
Name: External Retaining Ring  
Q'TY: 2



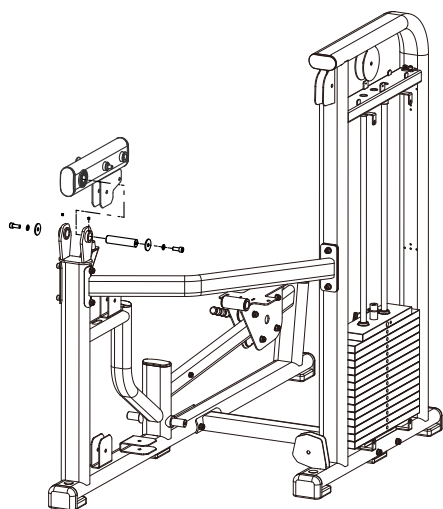
Note 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

Note 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.

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# STEP 6



## Tools



3/8 mm

## Parts

Part No:13  
Name: Big Washer  
Q'TY:2



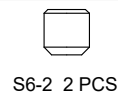
Part No:18  
Name: Adjusting Arm  
Q'TY:2



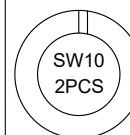
Part No:19  
Name: Shaft D25 x 106  
Q'TY:2



## Fixings



S6-2 2 PCS

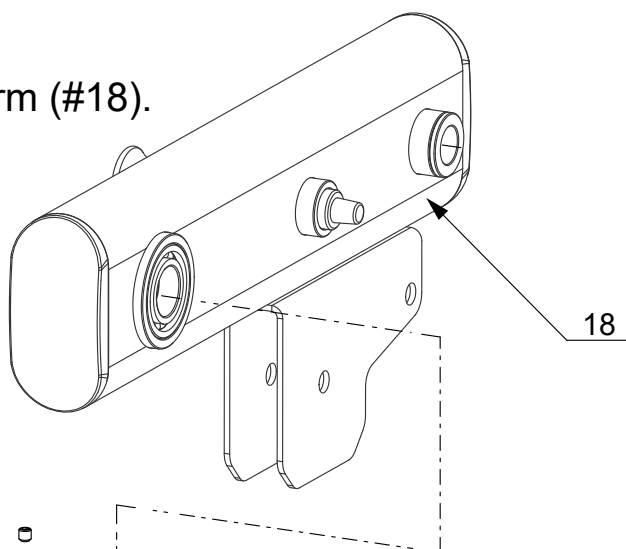


SW10  
2PCS

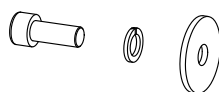


SC10-5 2PCS

Install the Adjusting Arm (#18).



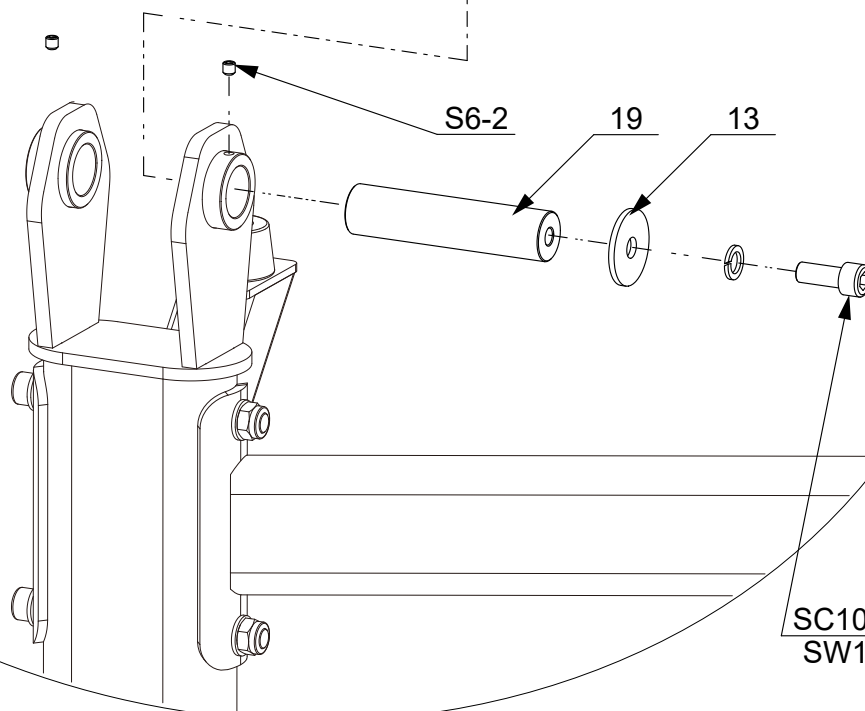
18



S6-2

19

13



SC10-5  
SW10



50%





## Fixings

SW10  
2 PCS

W 10  
2 PCS

SC10-5 2 PCS

## Parts

Part No: 20

Name: Work Arm

Q'TY: 1

Part No: 39

Name: Shaft D19 ×78.5

Q'TY: 1

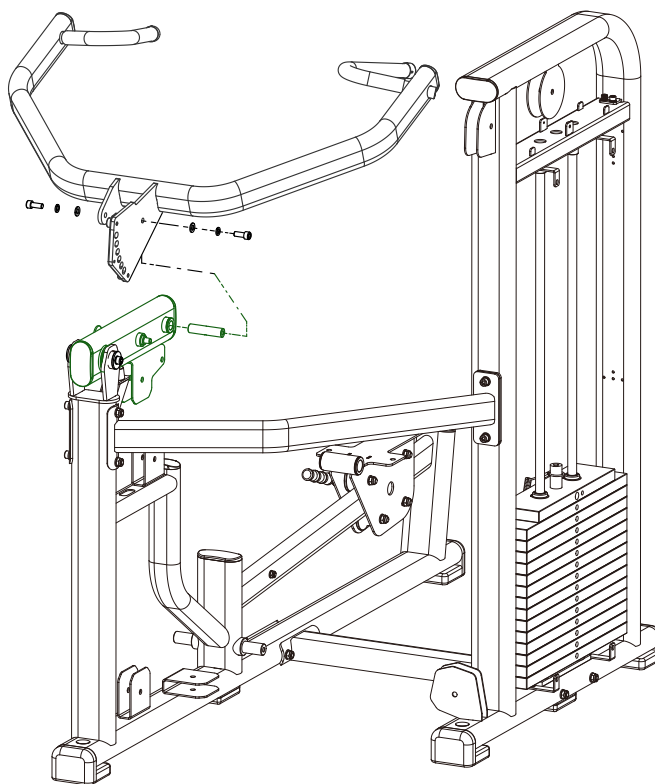
# STEP 7

## Tools

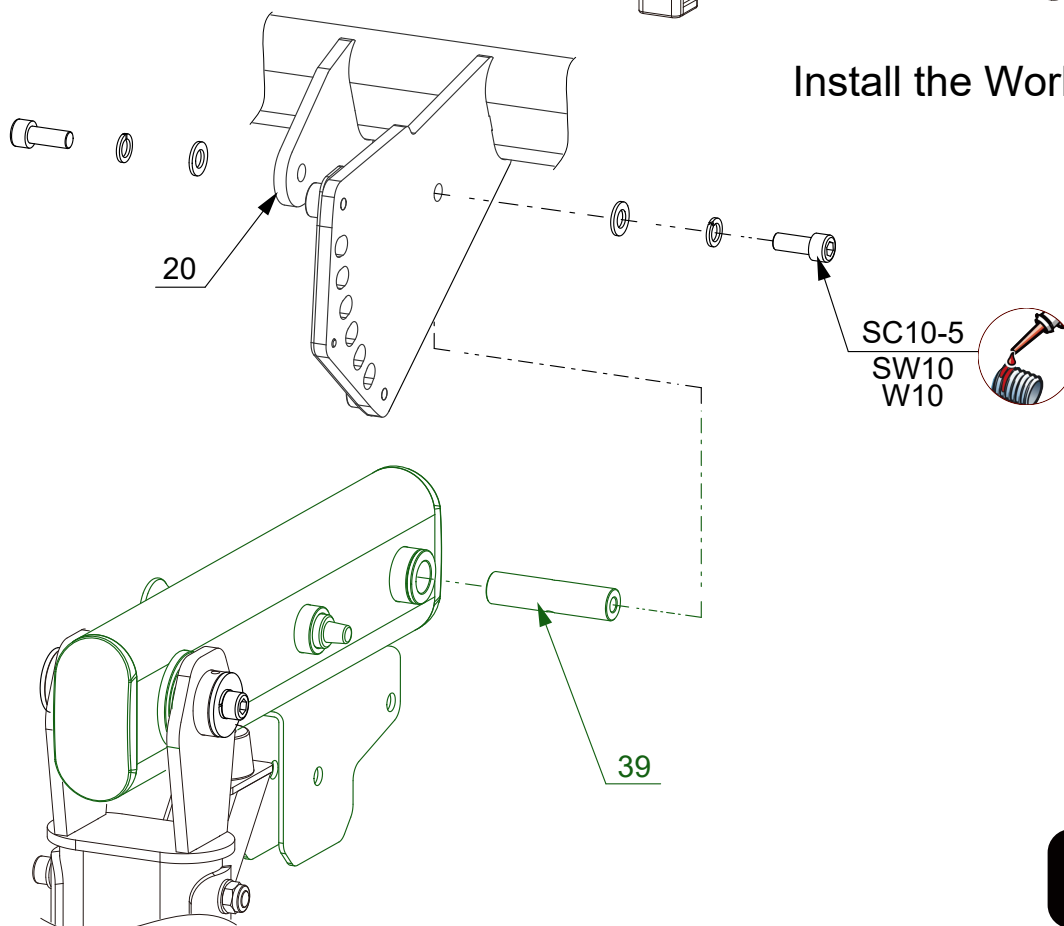


8 mm

17 mm



Install the Work Arm(#20).



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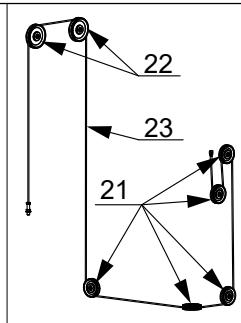


A10-9  
W10

SC10-9  
W10

SC10-9  
W10

N10  
W10



Route The Cable (#23).

# STEP 8

## Tools



17 mm

6 x 8 mm

## Parts

Part No: 21  
Name: Small Pulley  
Q'TY:5

Part No: 22  
Name: Big Pulley  
Q'TY:2

Part No: 23  
Name: Cable  
Q'TY:1

Part No: 24  
Name: Spacer  
Q'TY:2

## Fixings

A10-9 2 PCS

SC10-9 6 PCS

W10  
14 PCS

N10  
6 PCS

Start here

SC10-9  
W10

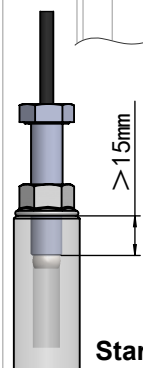
SC10-9  
W10

SC10-9  
W10

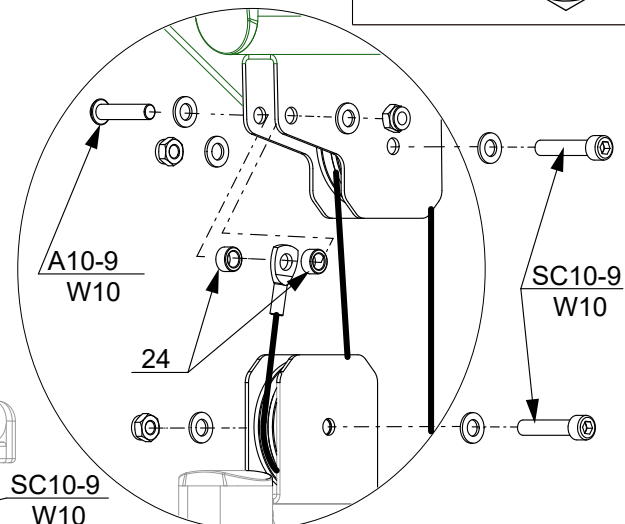
A10-9  
W10

SC10-9  
W10

24



> 15mm



# STEP 9

## Parts

Part No:13  
Name: Big Washer  
Q'TY:4

Part No:25  
Name: Linkage Tube  
Q'TY:2

Part No:26  
Name: Shaft OD25 × 88  
Q'TY:1

Part No:27  
Name: Backrest Tube  
Q'TY:1

## Fixings

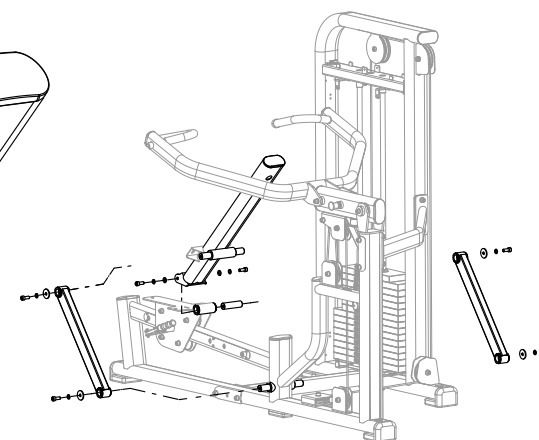
SW10  
6 PCS

W10  
4 PCS

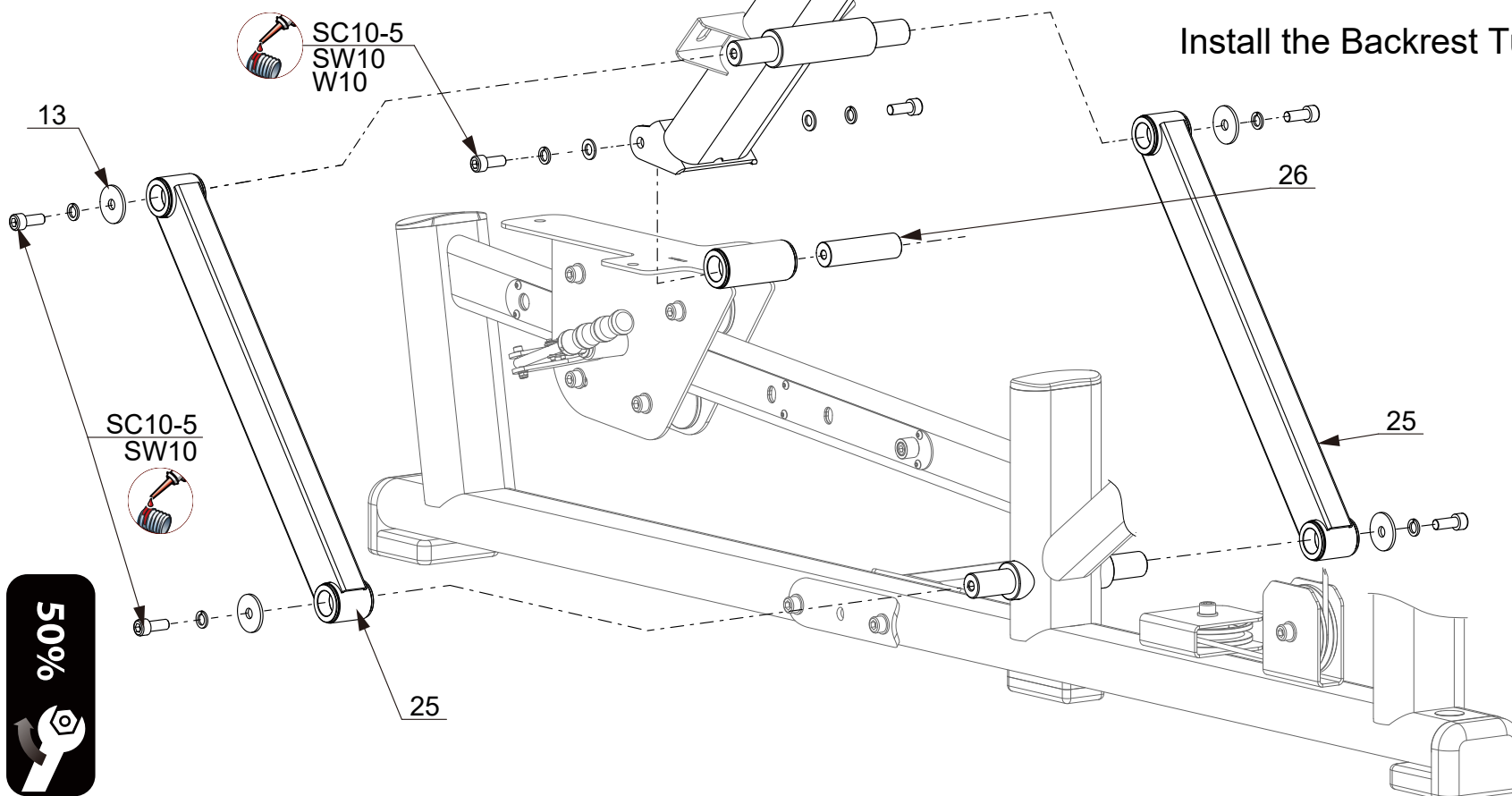
SC10-5 6 PCS

## Tools

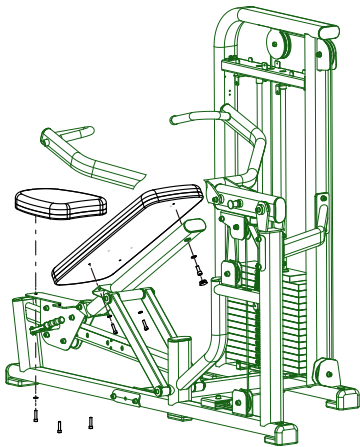
8 mm



Install the Backrest Tube (#27).



# STEP 10



## Parts

Part No: 28  
Name: Backrest Pad  
Q'TY:1

Part No: 29  
Name: Seat Pad  
Q'TY:1

Part No: 30  
Name: Hole Cap  
Q'TY:1

## Fixings

W10  
6 PCS

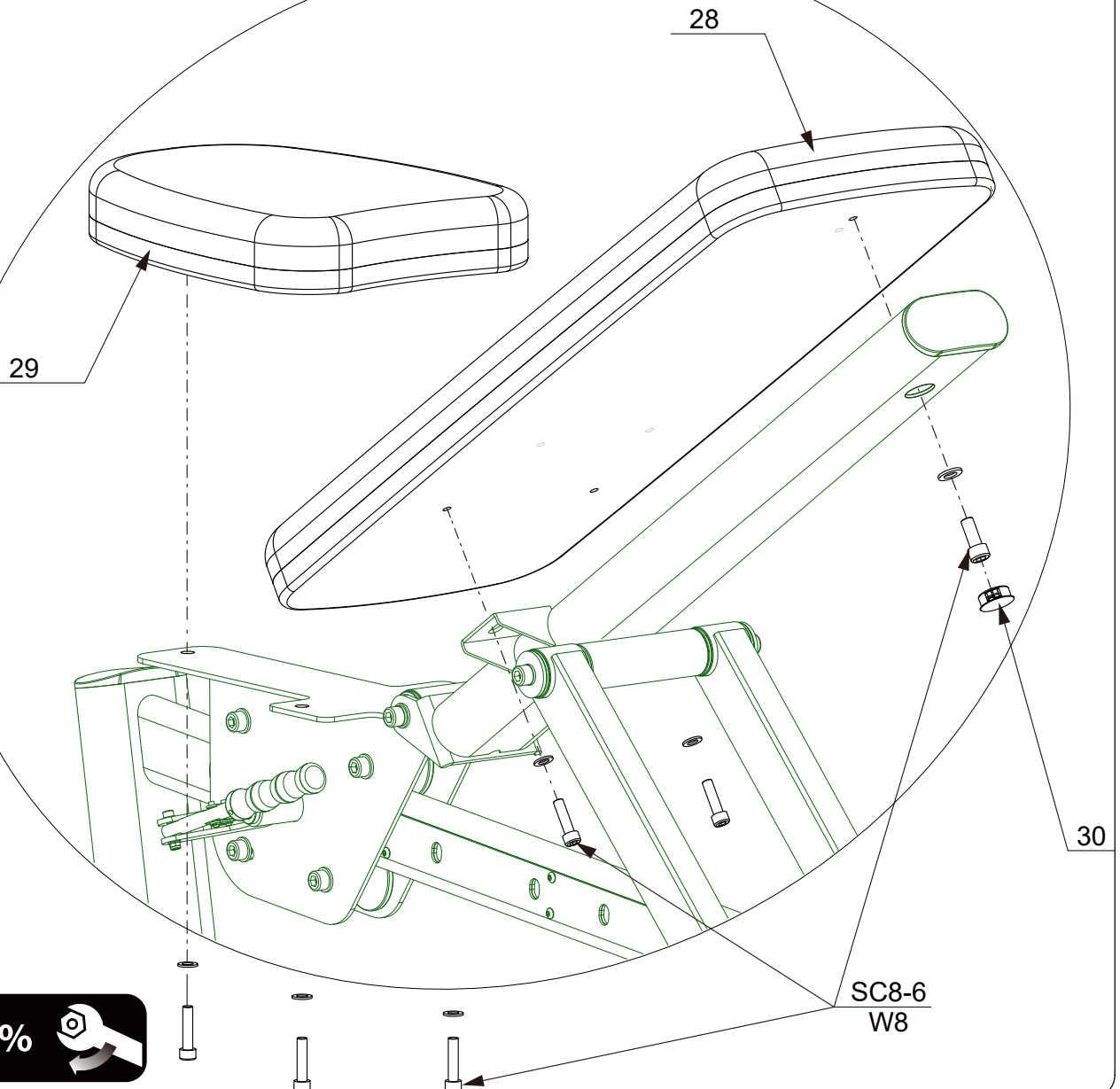
SC8-6 4 PCS

## Tools



6 mm

Fix the Backrest Pad (#28)  
and the Seat Pad (#29).



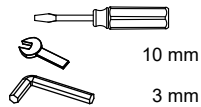
50%





# STEP 16

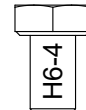
## Tools



## Fixings



6 PCS



6 PCS

C5-4  
1 PC



## Parts

Part No:31  
Name:  
Back Upper Shield  
Q'TY:1

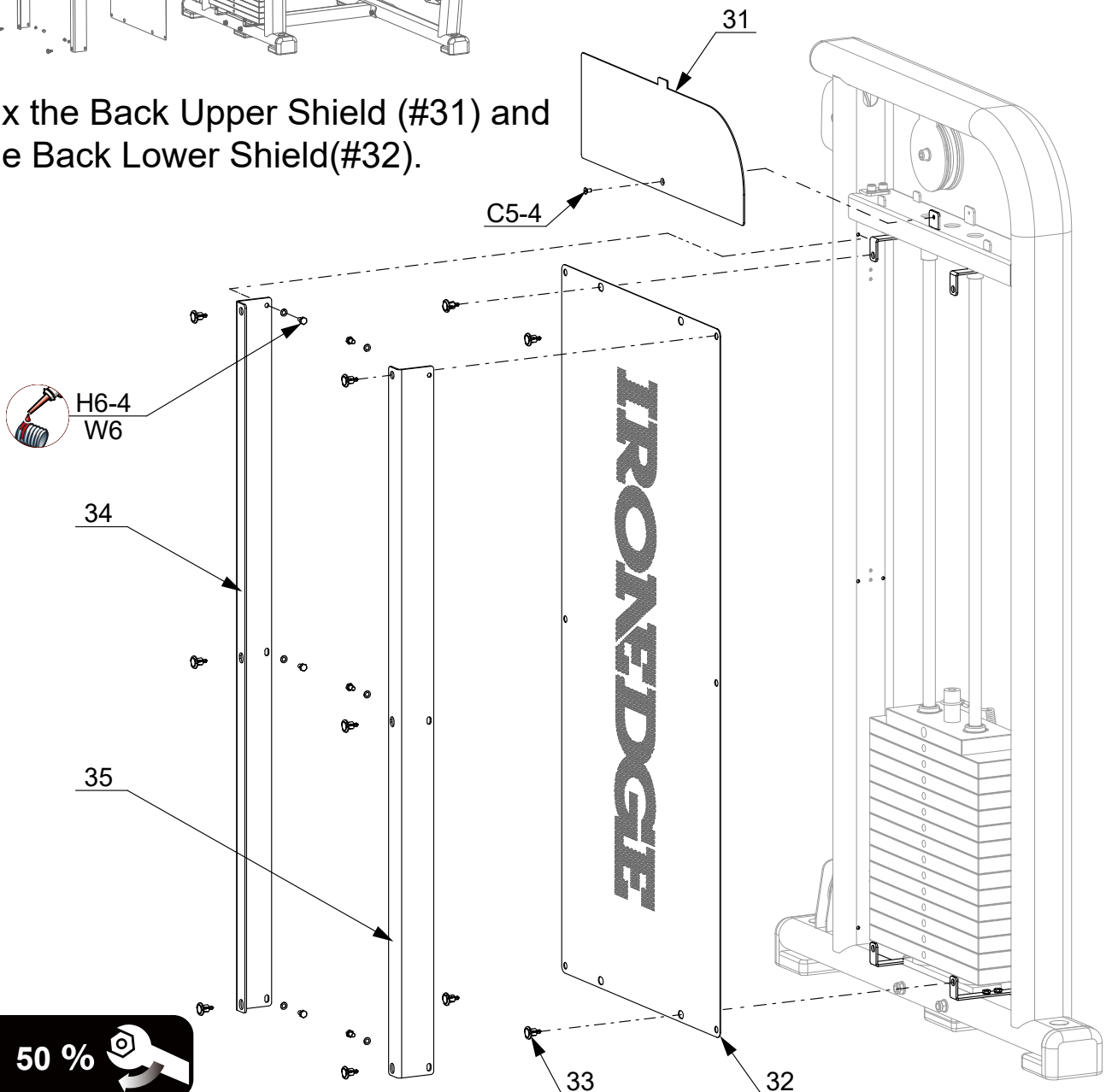
Part No:32  
Name:  
Back Lower Shield  
Q'TY:1

Part No:33  
Name: Panel Clip  
Q'TY:10

Part No:34  
Name: Shield Support  
Q'TY:1

Part No:35  
Name: Shield Support  
Q'TY:1

Fix the Back Upper Shield (#31) and the Back Lower Shield(#32).



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## Parts

Part No:33

Name: Panel Clip

Q'TY:10

Part No:34

Name: Shield Support

Q'TY:1

Part No:35

Name: Shield Support

Q'TY:1

Part No:36

Name: Front Upper Shield

Q'TY:1

Part No:37

Name: Front Lower Shield

Q'TY:1

Part No:38

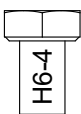
Name: Front Lower Shield

Q'TY:1

## Fixings



6 PCS

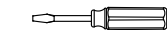


6 PCS



C5-4  
1 PC

## Tools

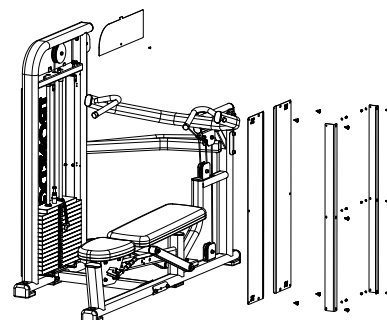


10 mm



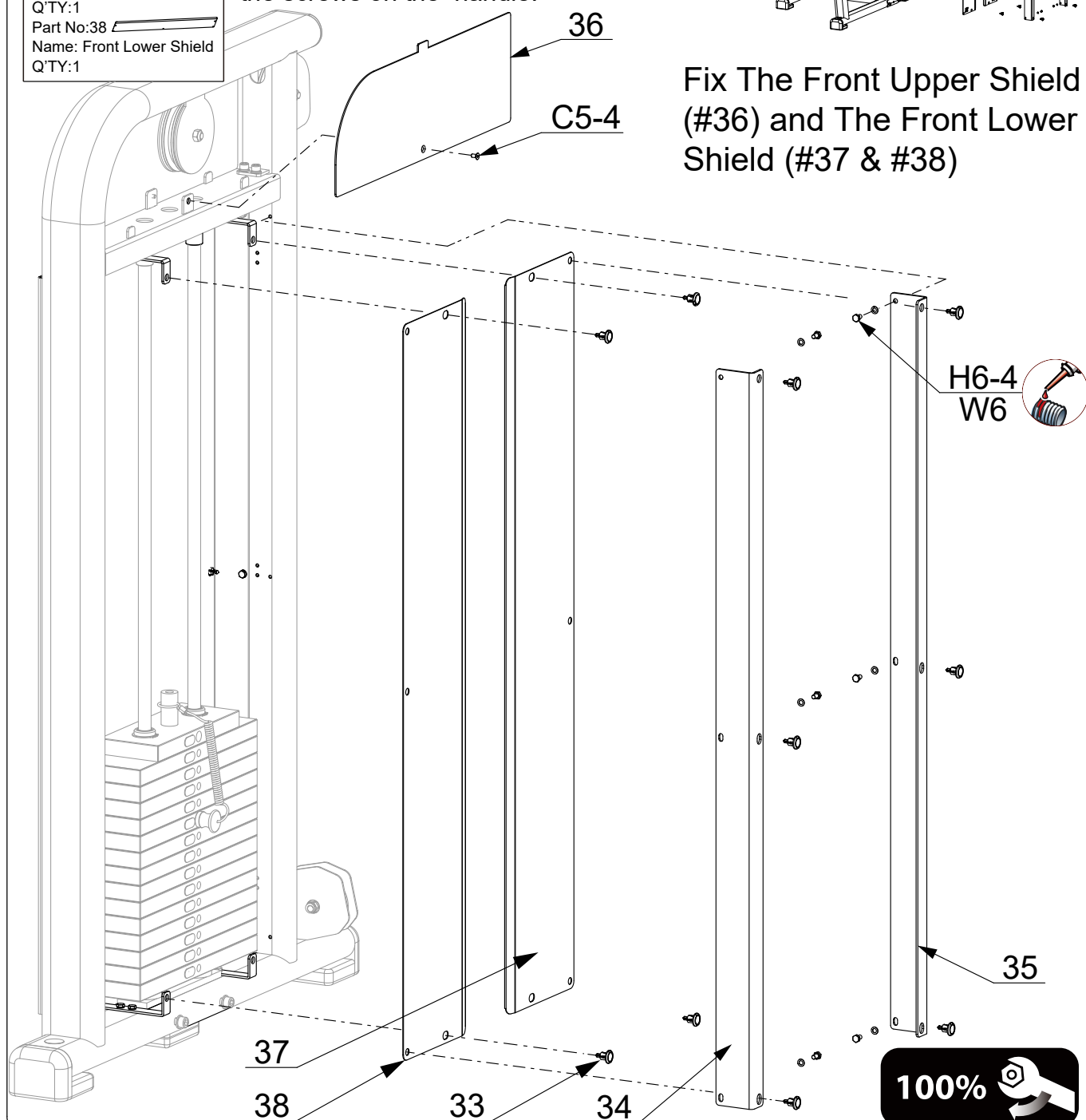
3 mm

# STEP 12



**Note:**After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

Fix The Front Upper Shield (#36) and The Front Lower Shield (#37 & #38)



## PARTS LIST

| PART   | DESCRIPTION                   | QTY |
|--------|-------------------------------|-----|
| 1      | Weight Frame                  | 1   |
| 2      | Bottom Connection Tube        | 1   |
| 3      | Main Frame                    | 1   |
| 4      | Backing Plate                 | 2   |
| 5      | Upper Connection Tube         | 2   |
| 6      | U Plate                       | 4   |
| 7      | Seat                          | 1   |
| 8      | Wheel                         | 2   |
| 9      | Guide Rod                     | 2   |
| 10     | Rubber Buffer                 | 2   |
| 11     | Weight Plate 9 Kg             | 14  |
| 12     | Weight Label                  | 1   |
| *      |                               |     |
| 14     | Weight Pin                    | 1   |
| 15     | Top Weight Plate              | 1   |
| 16     | Rod Retainer                  | 2   |
| 17     | External Retaining Ring       | 2   |
| 18     | Adjusting Arm                 | 1   |
| 19     | Shaft D25 × 106               | 1   |
| 20     | Work Arm                      | 1   |
| 21     | Pulley (small)                | 5   |
| 22     | Pulley (big)                  | 2   |
| 23     | Cable 4835mm                  | 1   |
| 24     | Spacer                        | 2   |
| 25     | Linkage Tube                  | 2   |
| 26     | Shaft(short)                  | 1   |
| 27     | Backrest Tube                 | 1   |
| 28     | Backrest Pad                  | 1   |
| 29     | Seat Pad                      | 1   |
| 30     | Hole Cap                      | 1   |
| 31     | Back Upper Shield             | 1   |
| 32     | Back Lower Shield             | 1   |
| 33     | Panel Clip                    | 20  |
| 34     | Shield Support                | 2   |
| 35     | Shield Support                | 2   |
| 36     | Front Upper Shield            | 1   |
| 37     | Front Lower Shield            | 1   |
| 38     | Front Lower Shield            | 1   |
| 39     | Shaft D19 × 78.5              | 1   |
| A10-9  | Button Head Screw M10×45      | 2   |
| C5-4   | Countersunk Head Screw M5×10  | 2   |
| H6-4   | Hex Head Bolt M6×10           | 20  |
| N10    | Lock Nut M10                  | 13  |
| S8-7   | Socket Set Screw M8 ×35       | 2   |
| SC8-6  | Socket Head Cap Screw M8 ×30  | 6   |
| SC10-5 | Socket Head Cap Screw M10 ×25 | 12  |
| SC10-9 | Socket Head Cap Screw M10 ×45 | 6   |

| PART    | DESCRIPTION                    | QTY |
|---------|--------------------------------|-----|
| SC10-14 | Socket Head Cap Screw M10 ×70  | 2   |
| SC10-24 | Socket Head Cap Screw M10 ×120 | 2   |
| SC10-25 | Socket Head Cap Screw M10 ×125 | 4   |
| SW10    | Spring Washer 10               | 12  |
| W6      | Washer 6                       | 20  |
| W8      | Washer 8                       | 6   |
| W10     | Washer 10                      | 33  |
| W10B    | Big Washer 10                  | 8   |
|         |                                |     |