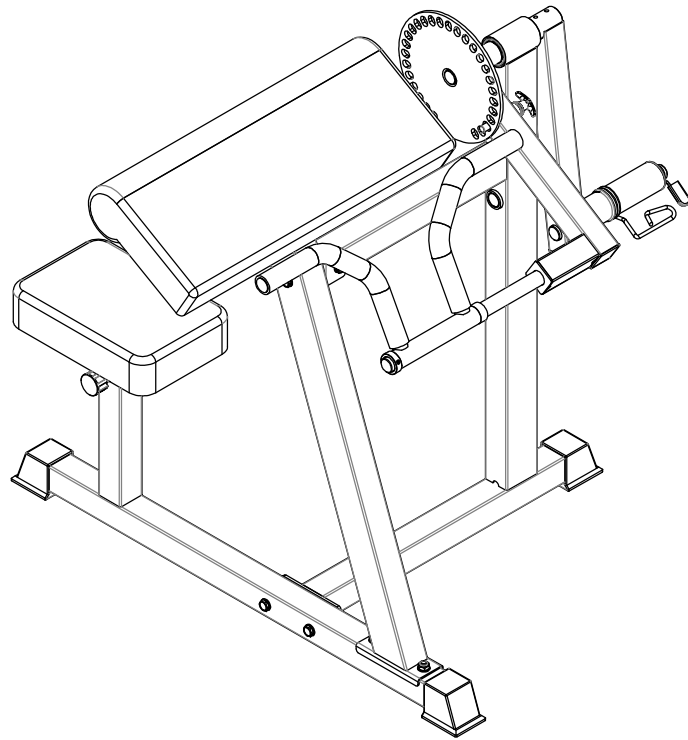


Bicep Tricep Curl Machine

INSTRUCTION MANUAL



PLEASE DO NOT RETURN TO STORE



**Please do not return this product to the retailer!!
We are able to assist you in ANY way**

If you find that you have any trouble with assembly or missing or damaged parts please contact the seller.

BEFORE ASSEMBLY

You must read and ensure you understand this manual before assembling this product. Do not attempt assembly without reading these instructions & warnings.

Keep this manual safe for the entire life of the product.

If any part of this product is missing or damaged please contact the retailer so that replacement parts can be sent to you. Do not attempt to use the item with parts missing or damaged.

Check the product before each use to ensure all parts are secure and fastened correctly. Remember, fixings can come loose over time so you must check the product thoroughly before every use.

It is the responsibility of the owner to ensure all users of this product are made aware of how to use the product safely.

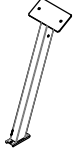
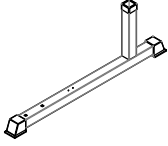
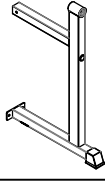

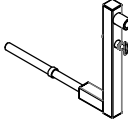
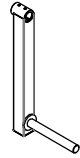
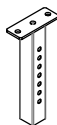
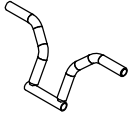


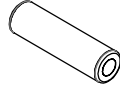





This product is designed for home use only. Do not use in a commercial, rental or institutional setting. Suitable for indoor use only.

WARNINGS


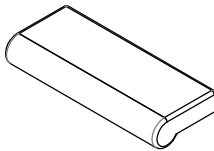
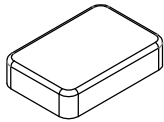
WARNING: YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY

- Always consult your doctor before undertaking any exercise program
- Injuries to health may result from excessive or incorrect training
- Have your doctor review your diet and training plans so they can advise you of a workout routine that is safe for you to adopt
- Always read and follow all warnings & instructions
- This equipment must be used on a flat level surface
- Remove jewellery, rings, chains, pins or anything else that may catch or snag before exercising
- Always wear suitable clothing and footwear when exercising. Do not wear loose or baggy clothing that could get caught
- Ensure any long hair is put up so that it does not get caught or in the way
- After eating wait 1 to 2 hours before exercising
- To prevent injury always ensure you warm up properly before exercising
- We recommend you never do strenuous exercise alone. There should always be someone available to assist you. Training with others can also help motivate you
- If you feel any pain or dizziness whilst exercising stop immediately, rest and seek medical attention
- Always use this product in adequate space, ensuring there is enough clearance either side and room to move around the product safely
- Use this product only in the intended way. Never hang upside down.
- **You must ensure that all parts and fixings are secure and safe before each use**
- Keep children and pets away from this product at all times

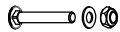
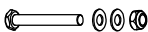
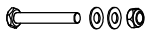

Component details

NO	Details drawing	count	NO	Details drawing	count
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3		1	4		1
5		1	6		1
7		1	8		1
9		1	10		1
11		1	12		1
13		1	14		1
15		1	16		1

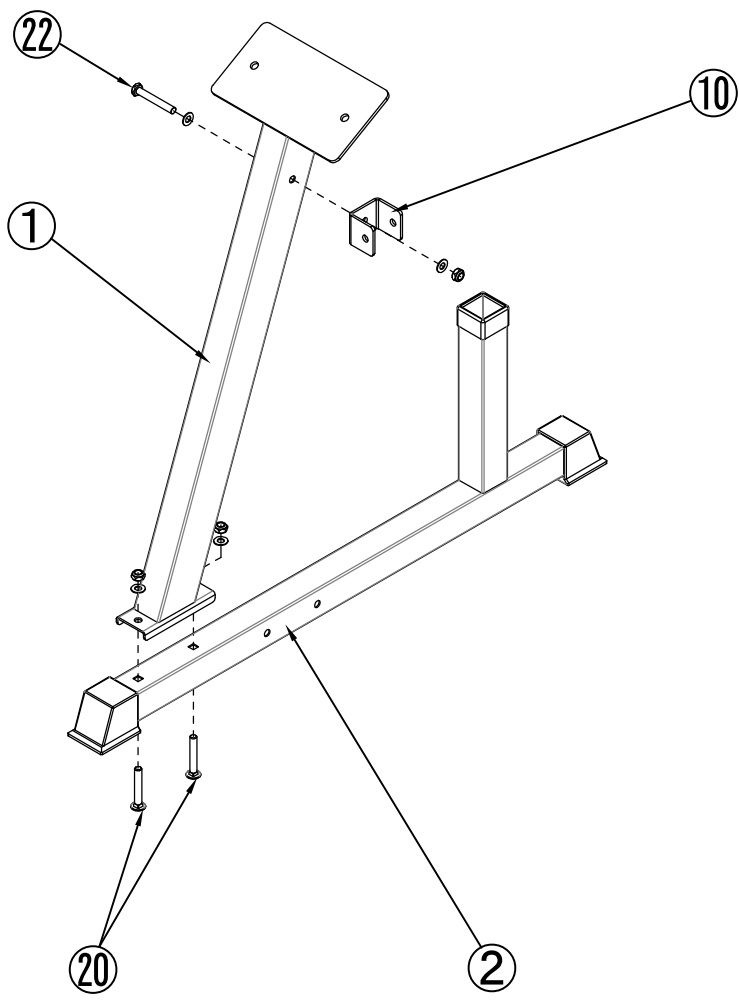
Component details

17		1	18		1
19		1			

Standard component

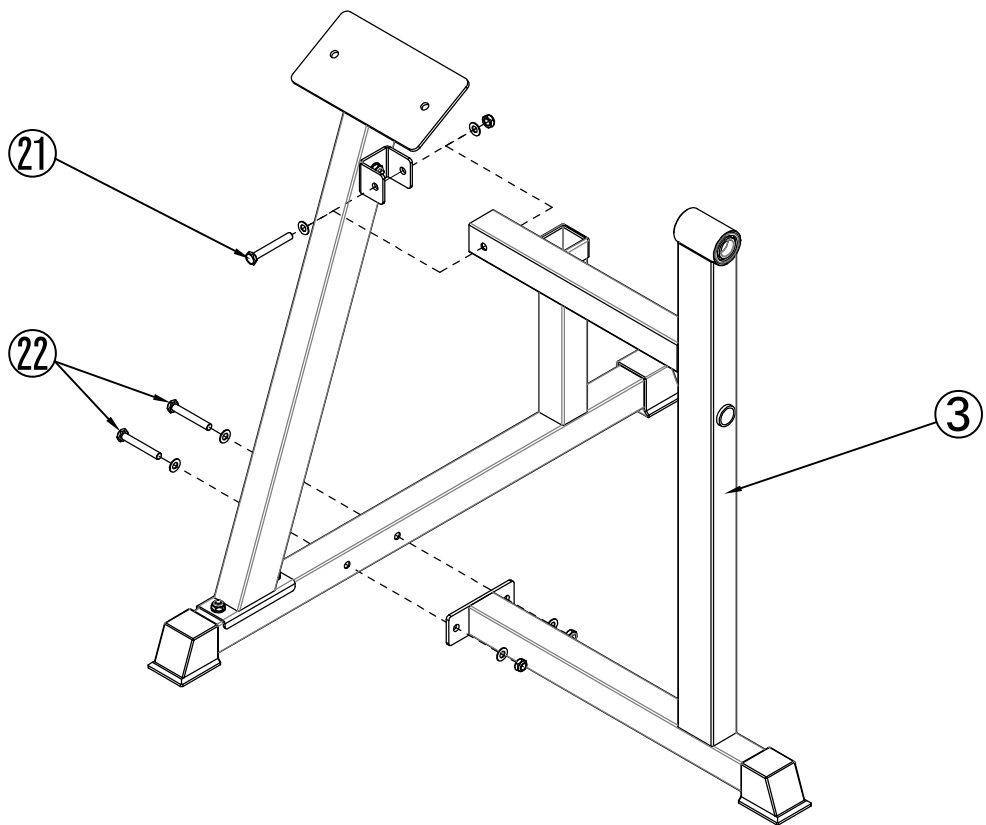
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20	M10 × 65 bolt,nut,washer 	2	21	M10 × 75 bolt,nut,washer 	1
22	M10 × 70 bolt,nut,washer 	3	23	M10 × 20 bolt,washer 	4

1

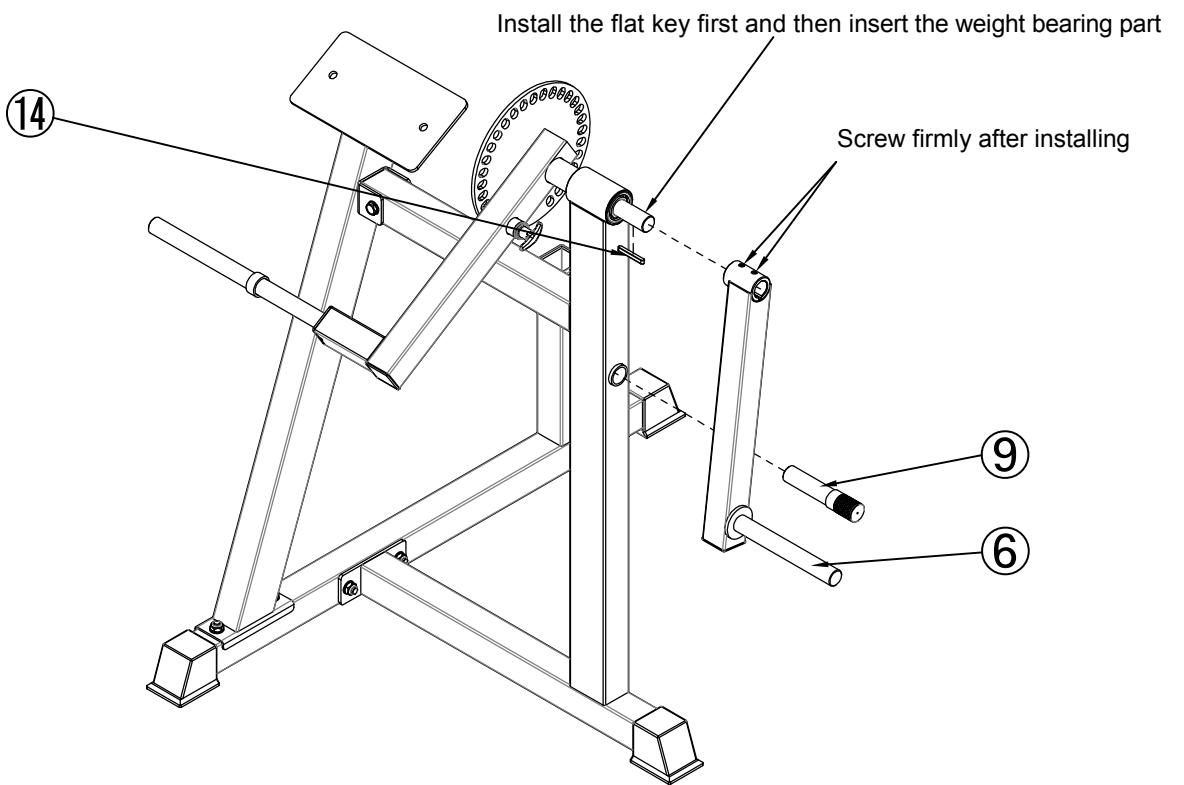
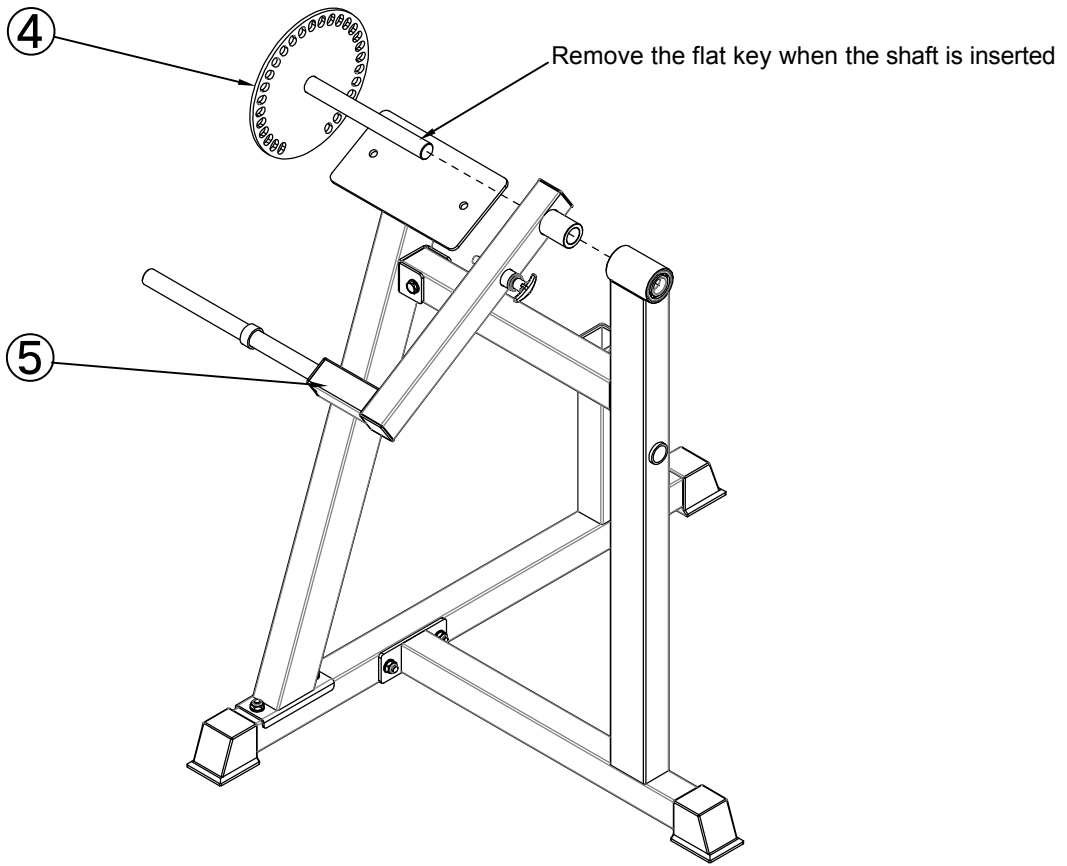


(1)

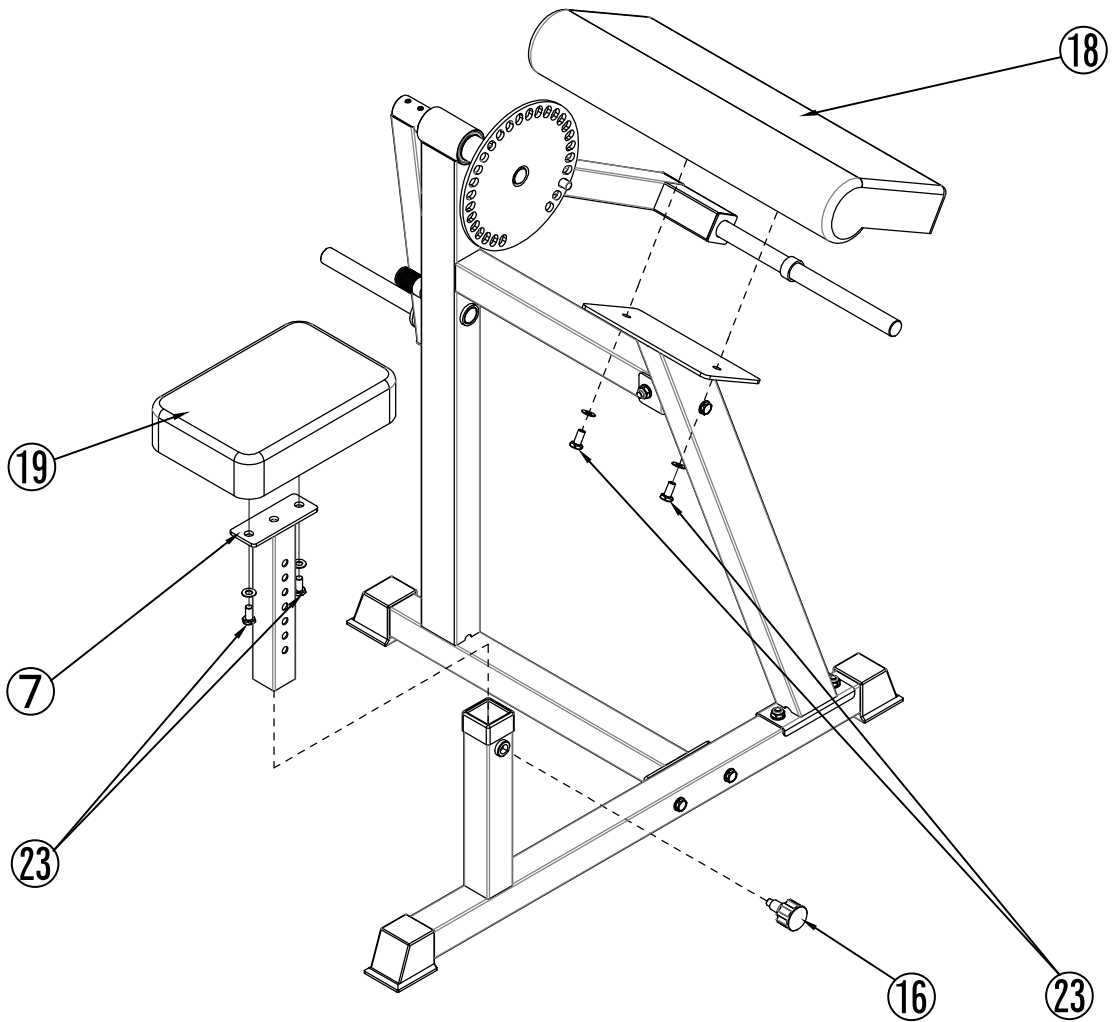
2



3



4



5

