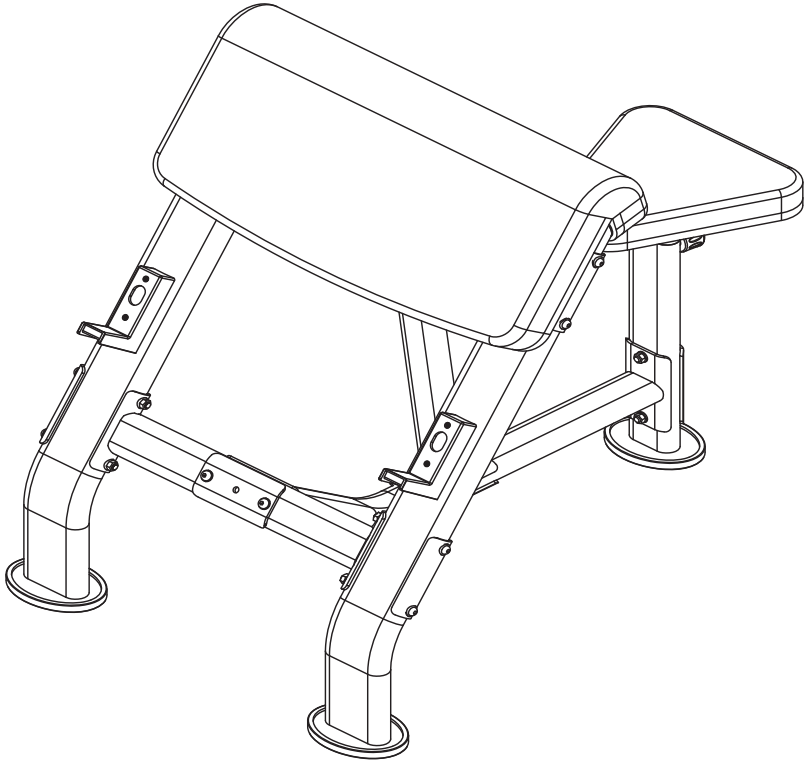


Operation instruction



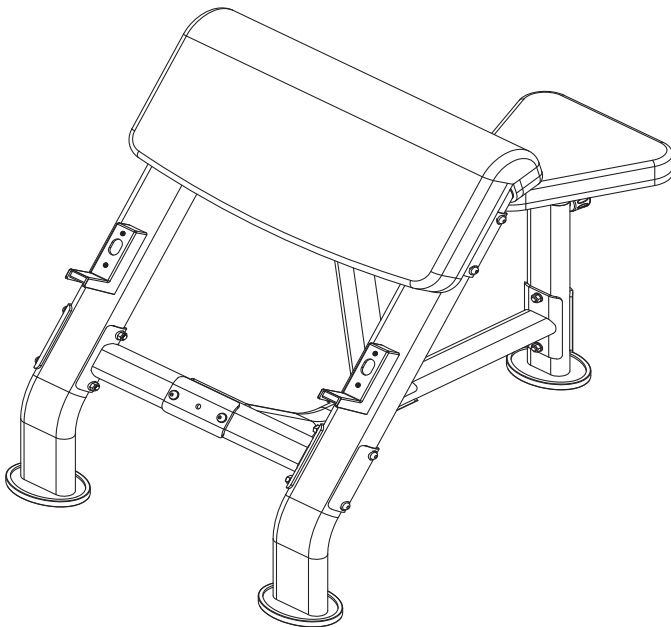
Biceps training rack

Attention!

Please read the instructions carefully before using this equipment.

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Important safety facts

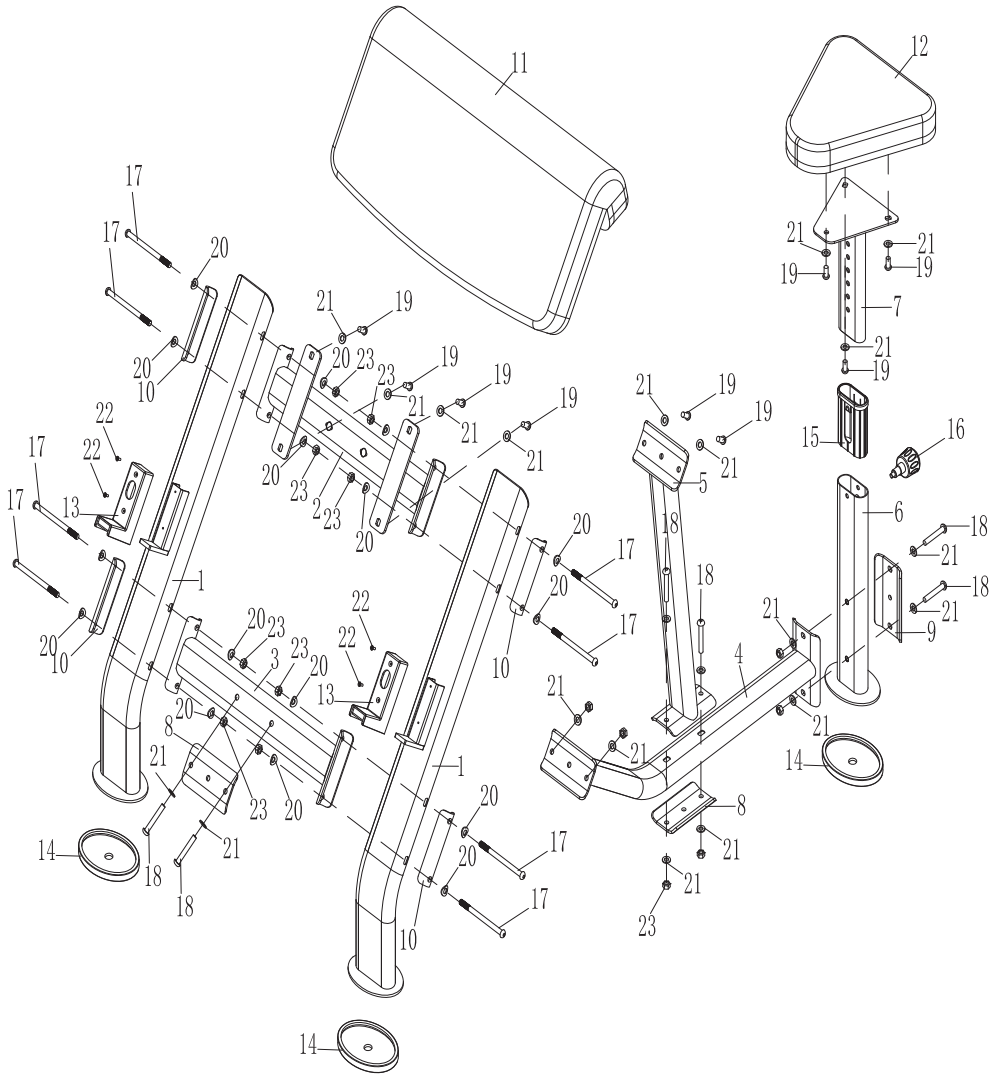
Please keep the instruction manual properly for future reference.

Precautions

Although the safety precautions have been taken into account as much as possible during the design and manufacture of the training equipment, there are still some safety precautions that you need to follow during the operation. Please read and use this manual carefully before assembling and using the training equipment, especially the following safety precautions:

1. Avoid letting children and pets near the training equipment. Children who are left unattended cannot be left alone in the room where the training equipment is placed.
2. Only one person is allowed to use the training equipment.
3. If the user feels dizzy, nausea, chest tightness or other discomfort, please stop using it immediately and see a doctor immediately.
4. The training equipment shall be placed on a clean and flat plane, and shall not be used near the water source or outdoors.
5. When using, hands should not be close to any transmission parts.
6. When using the training equipment for training, the clothes should be suitable for training, and do not wear loose clothes or other clothes that may get stuck during training. It is suggested to wear sports shoes or health care shoes as much as possible during training.
7. In the process of using the training equipment, the training can only be carried out in the manner described in the operation instruction manual, and it is forbidden to carry out the training in the manner not mentioned in the operation instruction.
8. Do not put any sharp objects around the training equipment.
9. Persons with disabilities are not allowed to use the training equipment without the supervision of sparring staff or nursing staff.
10. Before training, warm up by doing various stretching exercises.
11. If the training equipment has abnormal function, please stop using it.
12. In the process of training, make training records at any time.
13. The training equipment is not suitable for use as medical equipment.
14. The maximum user weight of this product is 150kg.

Exploded view

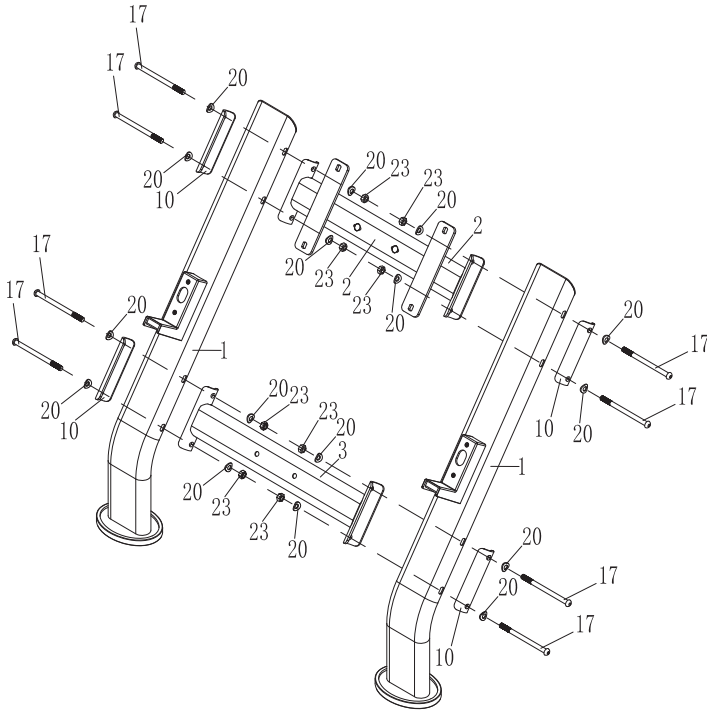


Parts list

Number	Name and Specification	quantity	Number	Name and Specification	quantity
1	column frame	2	15	Spacing set	1
2	Hand pad holder	1	16	Elastic knob	1
3	Lower connecting frame	1	17	Hexagon pan head bolt M10 x 145	8
4	Rear connecting frame	1	18	Hex head bolts M10 x 65	6
5	Support pipe welds	1	19	Hexagon head bolts M10 x 20	9
6	Seat pedestal	1	20	Φ10 arc gasket	16
7	Cushion adjustment rack	1	21	Φ10 Flat gasket	21
8	40*80 arc plate 1	2	22	Cross self-tapping self-drilling screws ST4.2*15	4
9	40*90 curved plate	1	23	M10 locknut	14
10	Arc plate 3	4			
11	Hand mat	1			
12	Cushion	1			
13	Barbell stop Plastic	2			
14	Oval foot cover	3			
TOOL					
	Allen wrench 6#	1		Wrench 14#, 17#	1

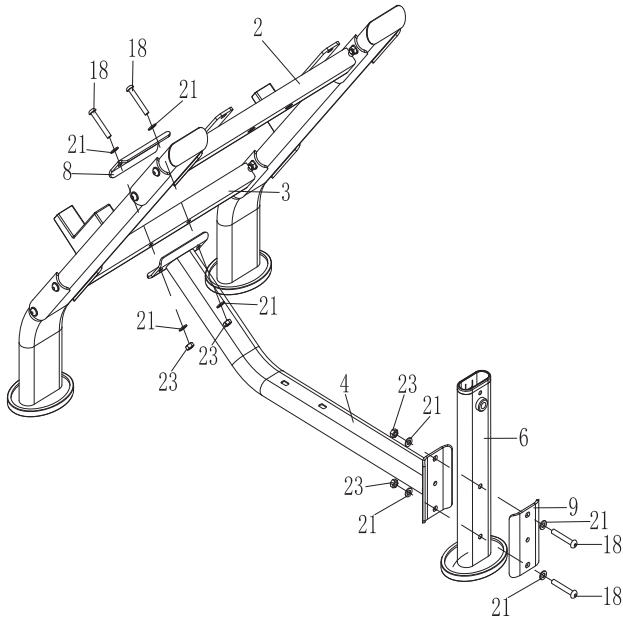
Assembly instruction

Step 1



1. Place the column frame (1) with the hand cushion frame (2) and the lower connecting frame (3) arc connecting plate (10) according to the diagram, and align it
For the corresponding hole position, use M10*145 pan head hexagon bolt (17), $\Phi 10$ arc gasket (20), M10 anti-loose screw The mother (23) locks it and does not lock it.

Step2



1. Align the rear connecting frame (4) and arc plate 1 (8) with the hole of the lower connecting frame (3)

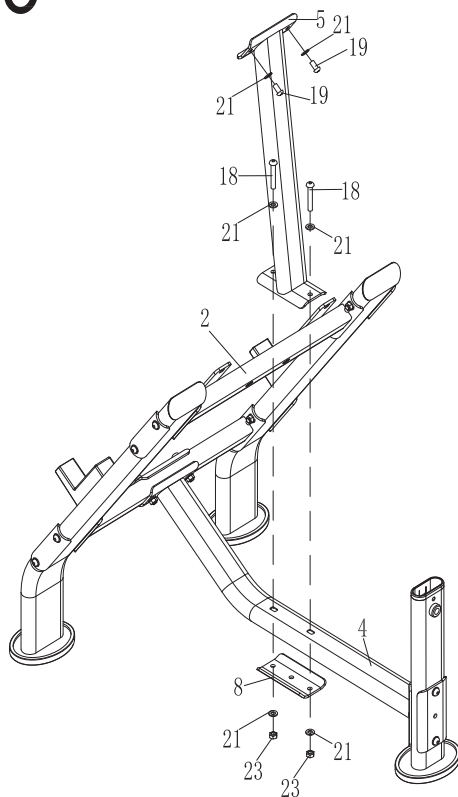
according to the figure M10*65 Pan head hexagon bolt (18), Φ 10 flat gasket (21), M10 lock nut (23)

Lock it up. Leave it open.

2. Align the seat pedestal (6) and arc plate 2 (9) holes according to the figure, and use M10*65 pan head hex

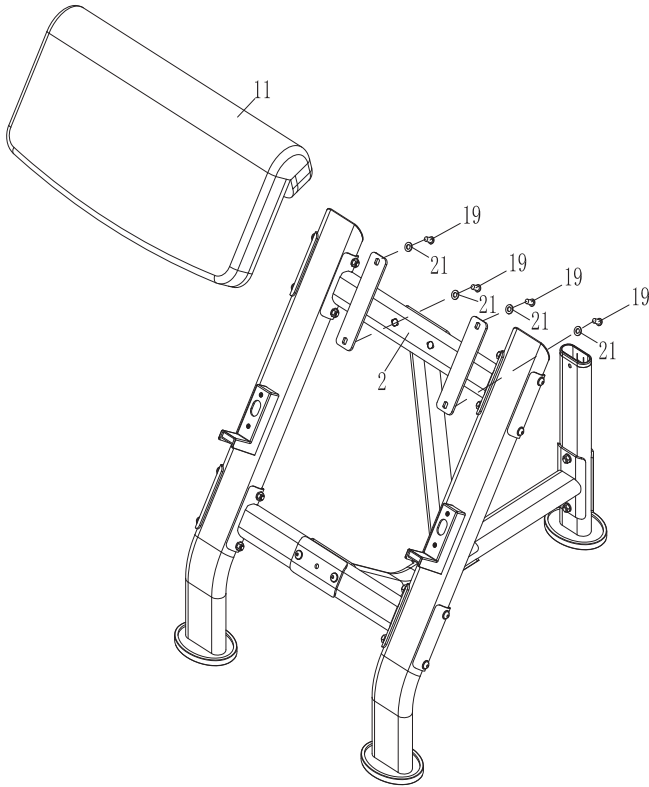
Bolt (18), Φ 10 flat gasket (21), M10 locknut (23) to lock it, do not lock..

Step3



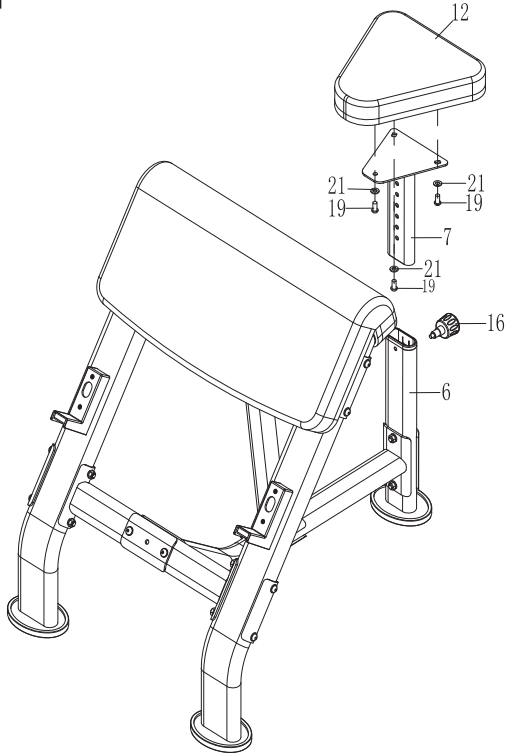
1. Align the support pipe weldment (5), arc plate 1 (8) and rear connecting frame (4) with the hole according to the figure M10*65 pan head hexagon bolt (18), Φ10 flat gasket (21), M10 locknut (23) to lock it stay, do not lock.
2. Align the support pipe welded fittings (5) with the hole of the hand cushion frame (2) according to the figure, and use M10*20 pan head hexagon bolts (19), Φ10 flat gasket (21)) to lock it fixed, not locked.
3. Check the machine Adjust the machine to the horizontal state, and lock the bolts and nuts in turn.

Step4



1. Align the pad (11) with the pad holder (2) hole according to the figure, using M10*20 disks Head hexagon bolt (19), Φ10 flat gasket (21) to lock it.

Step5



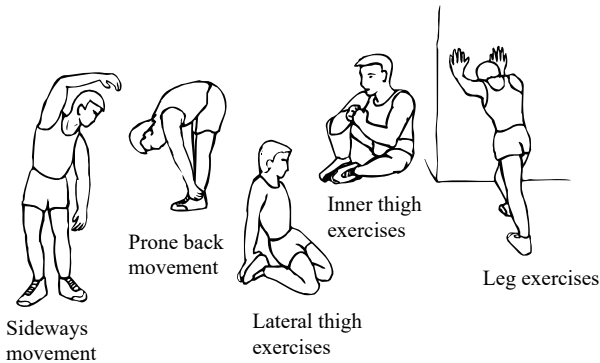
1.Align the seat cushion (12) with the seat cushion adjustment rack (7) hole, using M10*20 The pan head hexagon bolt (19) and $\Phi 10$ flat gasket (21) lock it tightly. To be assembled The good cushion adjustment frame (7) is installed in the cushion foot frame (6) spacer sleeve, with elastic rotation Button (16) adjusted to fit position lock.

Training Instruction

Using this product can not only strengthen physique and exercise muscles, but also play a role in losing weight through reasonable diet.

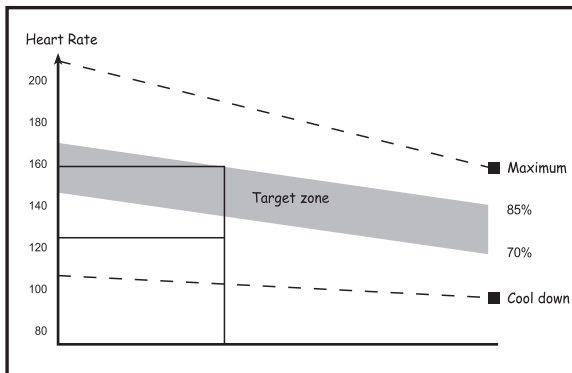
Warm up before training.

The warm-up exercise at this stage can enhance the blood circulation of the trainer's body, make the muscles reach a good training state, and at the same time reduce the risk of cramping or muscle strain during training. Before each training, please do warm-up exercises according to the following suggested training methods. Each stretching exercise must be held for about 30 seconds. When doing exercises, you should not do strenuous stretching exercise to avoid muscle damage. Please stop practicing once your muscles are damaged.



Training stage

This stage is a formal training stage. After long-term regular practice, users can improve the flexibility of leg muscles. The key in the training process is to practice at a stable training intensity according to your own training situation. During practice, the user should choose reasonable training intensity and keep the heart rate within the target range listed in the following table.



In order to keep the heart rate within the corresponding target range, users should continue to train for at least 12 minutes, and most users should continue to train for 15-20 minutes at the beginning of training.

Recovery stage after training.

In the recovery stage, users need to repeat the activities in the preparation stage. In this process, the user can appropriately reduce the range and speed of the movement, which lasts about 5 minutes. Exercise adjusts the body heat and relaxes the muscles. It should be noted that you should not do strenuous stretching activities during exercise, so as not to injure muscles.

Under the condition of adapting to training, the user can gradually increase the training time and intensity. It is recommended to train at least 3 times a week. If possible, record the average level of weekly practice.



Training record

Use this blank paper to record the results of your training.



Training record

Use this blank paper to record the results of your training.



Training record

Use this blank paper to record the results of your training.

