

**A912**  
OWNER'S MANUAL  
ASSEMBLY INSTRUCTIONS

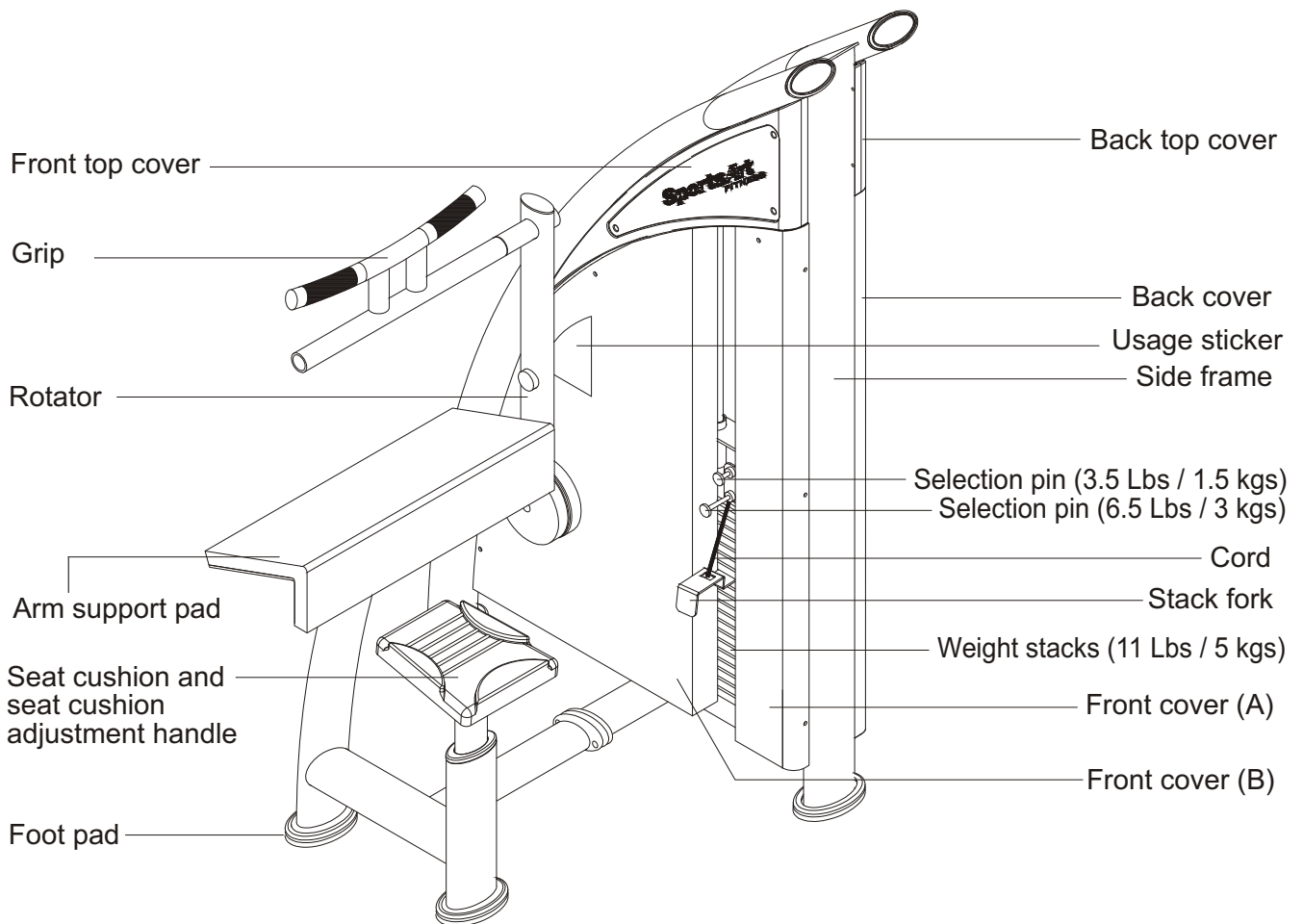


# **BICEPS CURL**

## **A. SAFETY INSTRUCTIONS**

- Read all cautions/warnings and obtain proper instruction on use of the machines prior to using. Use appropriate positioning and controlled movements.
- Assemble and operate the strength on a solid, level surface. Do not use outdoors or near water.
- Never allow children on or near the strength.
- Make sure all fasteners are properly tightened for safety. DO NOT use the strength if the unit is disassembled in any way.
- Keep head, limbs, and fingers clear of all moving parts.
- If at any time during exercise you feel faint, dizzy or experience pain, stop and consult you physician.
- DO NOT wear loose or dangling clothing while using the equipment. Keep away from all moving parts.
- Use care when mounting and dismounting the unit.
- DO NOT use any accessories that aren't specifically recommended by the manufacturer. These might cause injuries or cause the unit to fall.
- Close supervision is necessary when this strength is used by, on, or near adolescent, invalids, and disabled persons.
- Use this strength only for its intended use as described in this manual.
- Never operate this strength if it has been damaged in any way. If it is not working properly, been dropped or damaged, contact your dealer. DO NOT attempt to fix a broken or jammed machine. Notify floor staff.
- Never drop or insert any object into any opening.

## B. Introduction



### **C. List of Parts**

1. One double-end open wrench, 17mm x 23mm
2. One double-end open wrench, 8mm x 17mm
3. One hex key wrench, M6
4. One hex key wrench, M5
5. User's manual

## **D. BELT ADJUSTMENT:**

1. If the belt is too tight or too loose, first loosen nut A as shown then adjust nut B. If the belt length is too long, adjust downward; if the belt length is too short, adjust upward. Adjust the belt to the proper position, then tighten nut A.
2. The gap between nut A and B must be within 35mm(1.4"). If the gap still exceeds the 35mm limit after the first step, please loosen the screws on C and adjust the belt to the proper length. Tighten the screws and follow the 1st step again. (See Fig. 1)

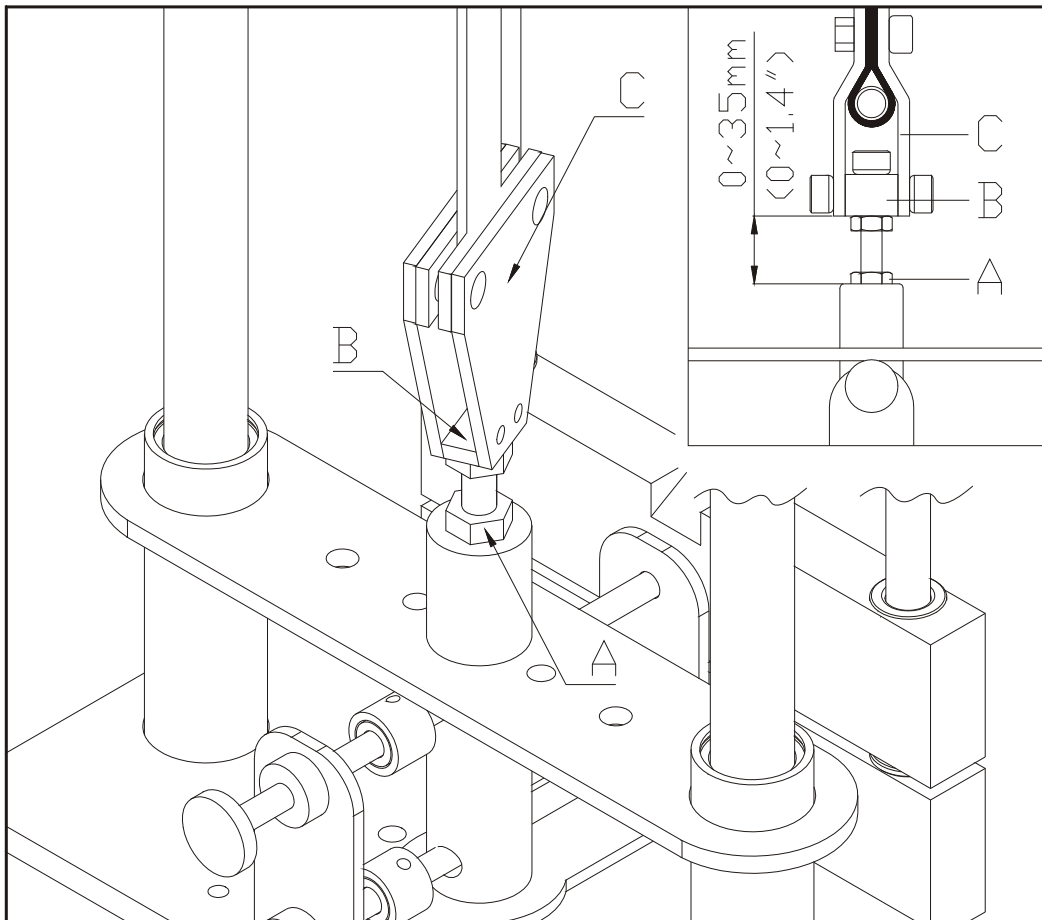


Fig.1

## **E. HOW TO USE THE MINOR WEIGHT STACK**

1. To adjust the minor weight stack, insert the upper pin to add 3.5Lbs/1.5kgs or the lower pin to add 6.5Lbs/3kgs.
2. Pull the pin to release the weight. (See Fig. 2)

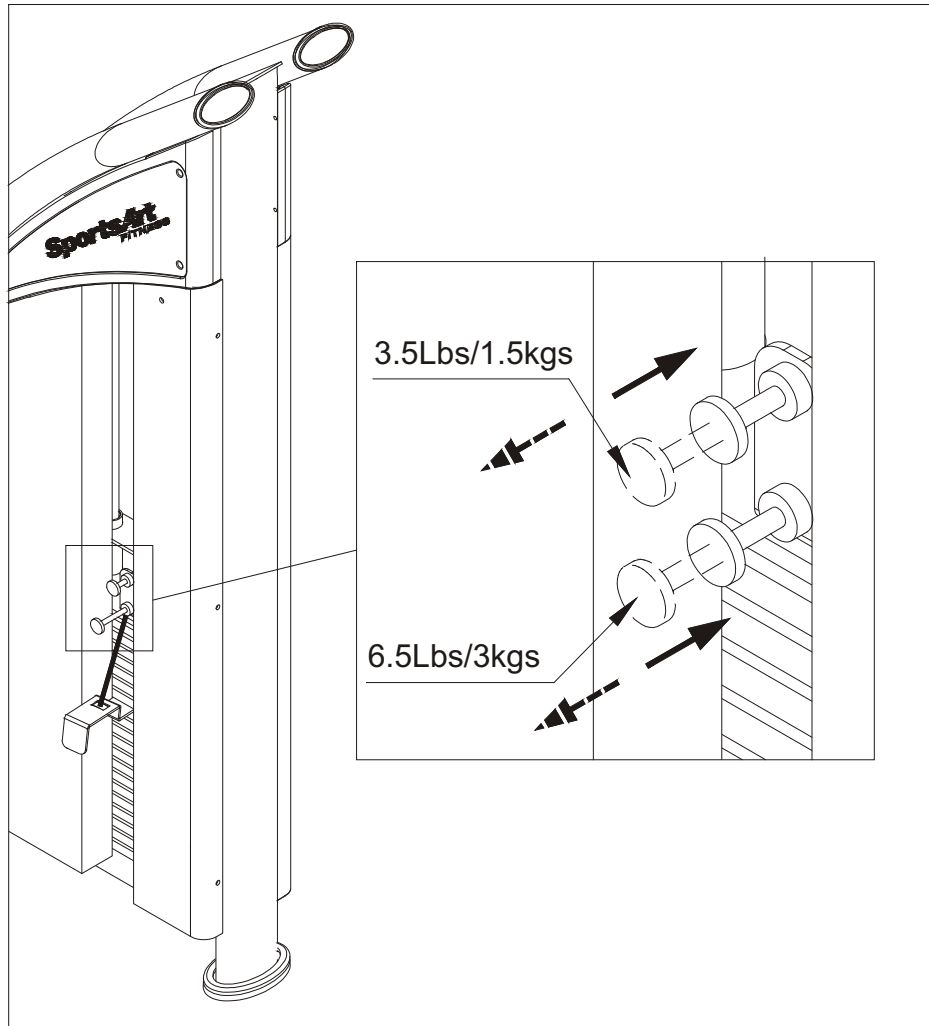
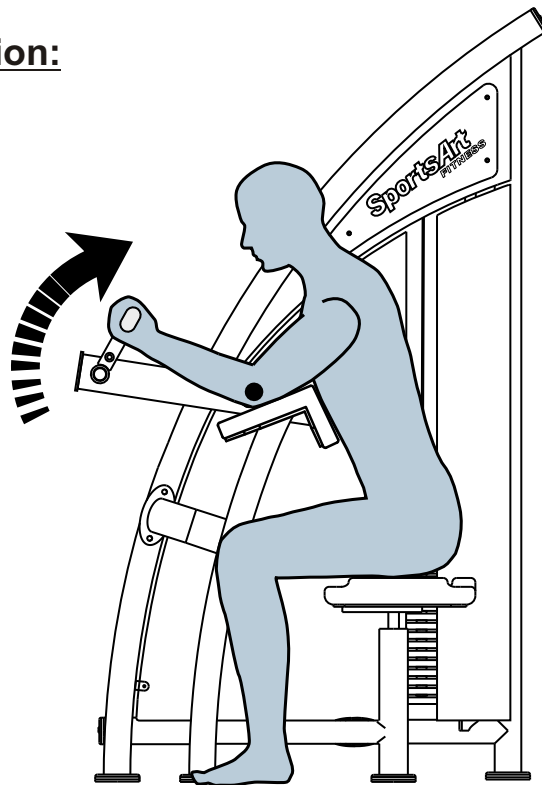
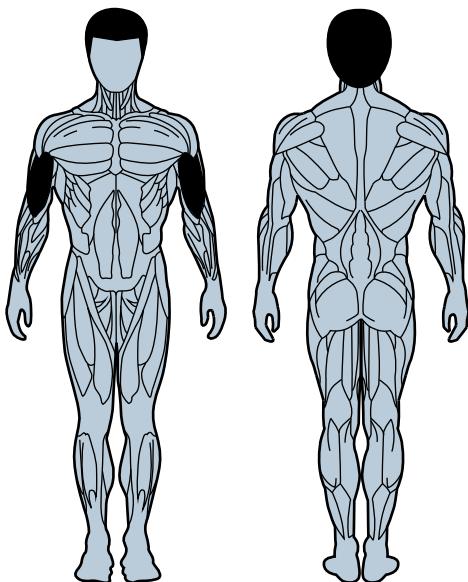


Fig.2

Usage Instruction:



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## CAUTION

Do not allow people near the machine when in use. Do not use the machine if you are unfamiliar or do not know how to operate this equipment.

- ① Select a resistance level that enables you to perform the movement correctly.
- ② Adjust seat height and back so that elbows are positioned at pivot point height.
- ③ Place upper arms parallel, nearly extended.
- ④ Place an underhand grip on the handles and pull upward.
- ⑤ Maintain upper arms on the support, do not overstretch the elbows.
- ⑥ Perform the exercise in a controlled manner. Exhale when pushing against resistance.