

**Lateral Raise / Chest Fly Combo  
Selectorized  
ASSEMBLY INSTRUCTIONS**



**Please take the time to carefully read the instruction manual before starting the process of assembling your machine. If you have any inquiries or complications, please call us at 662-GYM-BROS, or email us at info@gymbrofitness.com.**

**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned prior to frequent use, and that the machine that you are assembling is fully functional.**

<b>Tools Required for Installation:</b>
Rubber Mallet
Level
Ratchet and Socket Set
Snap Ring Pliers
Adjustable Wrench
2 People Required

## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
1	Matching Frame	1
2	Connection Frame	1
3	Main Shelf Function Area	1
4	Inner Hexagonal Cylindrical Head Screws M10x25, Spring Gasket, Washer	8
5	Inner Hexagonal Cylindrical Head Screws M10x20, Spring Gasket, Washer	24
6	Inner Hexagonal Cylindrical Head Screw M6x16	8
7	Rotary Pin	2
8	Front Shield	2
9	Washer	10
10	Round Gasket	2
11	Deep Groove Ball Bearings	4
12	Handle	2
13	Right Connection Disk	1
14	Right Turn Shaft	1
15	Flat Key	2
16	Deep Groove Ball Bearings 6205	2
17	Deep Groove Ball Bearings 6006	2
18	Rear Shield	2
19	Inner Hexagonal Pendant Screw M6x10	6
20	Roulette Wheel	2

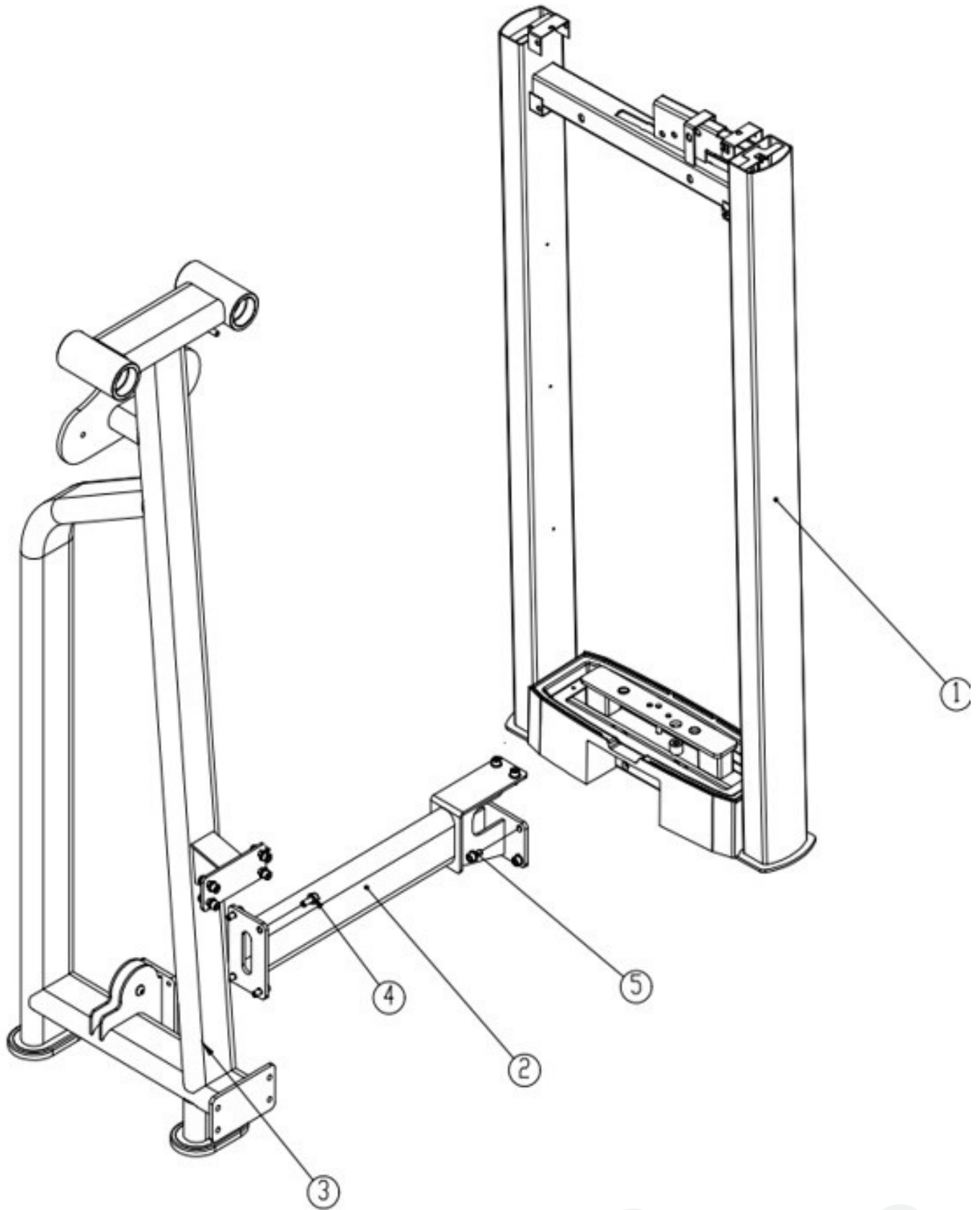
## PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
21	Rear Baffle	2
22	Inner Hexagonal Flat Round head Screw M8x25	12
23	Right Connection Disk	1
24	Right Turn Shaft	1
25	Inner Hexagonal Cylindrical Head Screw M6x6	8
26	Inner Hexagonal Flat Round head Screw M10x25	8
27	Pulley	3
28	Pulley	2
29	Pulley Support Tube	1
30	Back Decoration Board	1
31	Inner Hexagonal Cylindrical Head Screws M12x65, Spring Gasket, Flat Washer	2
32	Foot Pads	4
33	Buffer	2
34	Pedal Base	1
35	Adjustable Handle	1
36	Pedal Base	1
37	Cylinder	2
38	Inner Hexagonal Cylindrical Head Screws M10x35, Spring Gasket, Flat Washer	4
39	Guide Column	2
40	Pulley Block	1

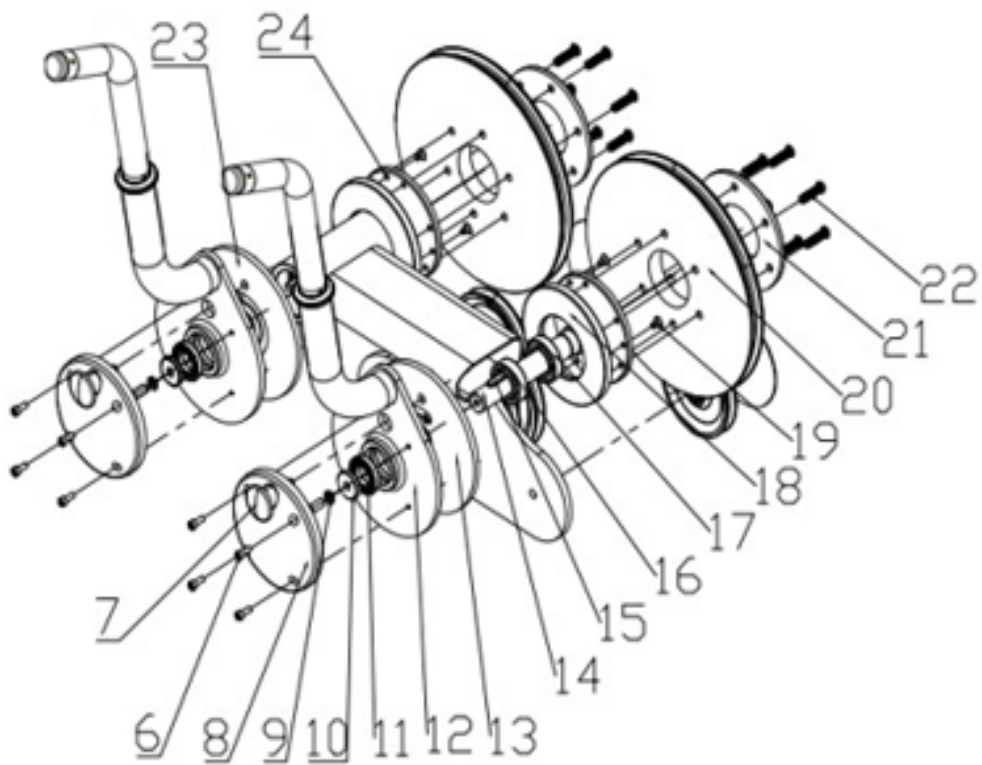
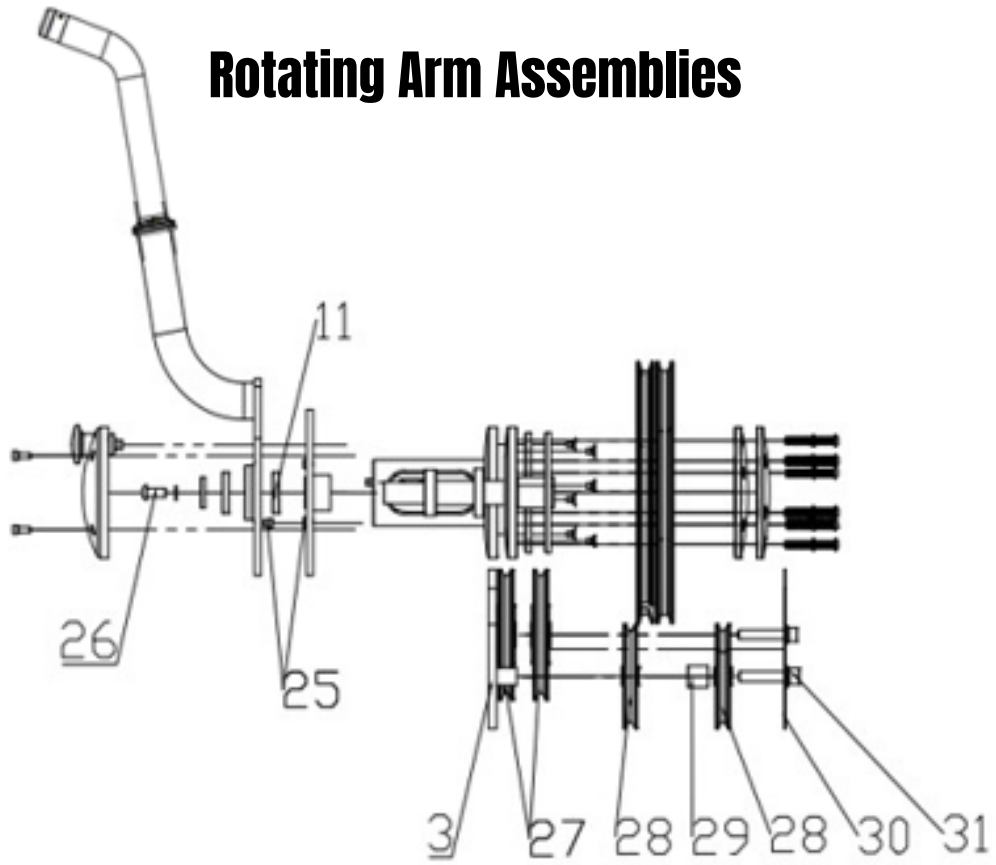
## **PARTS/HARDWARE LIST Continued**

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
41	Steel Cables (Short)	1
42	Steel Cables (Long)	1

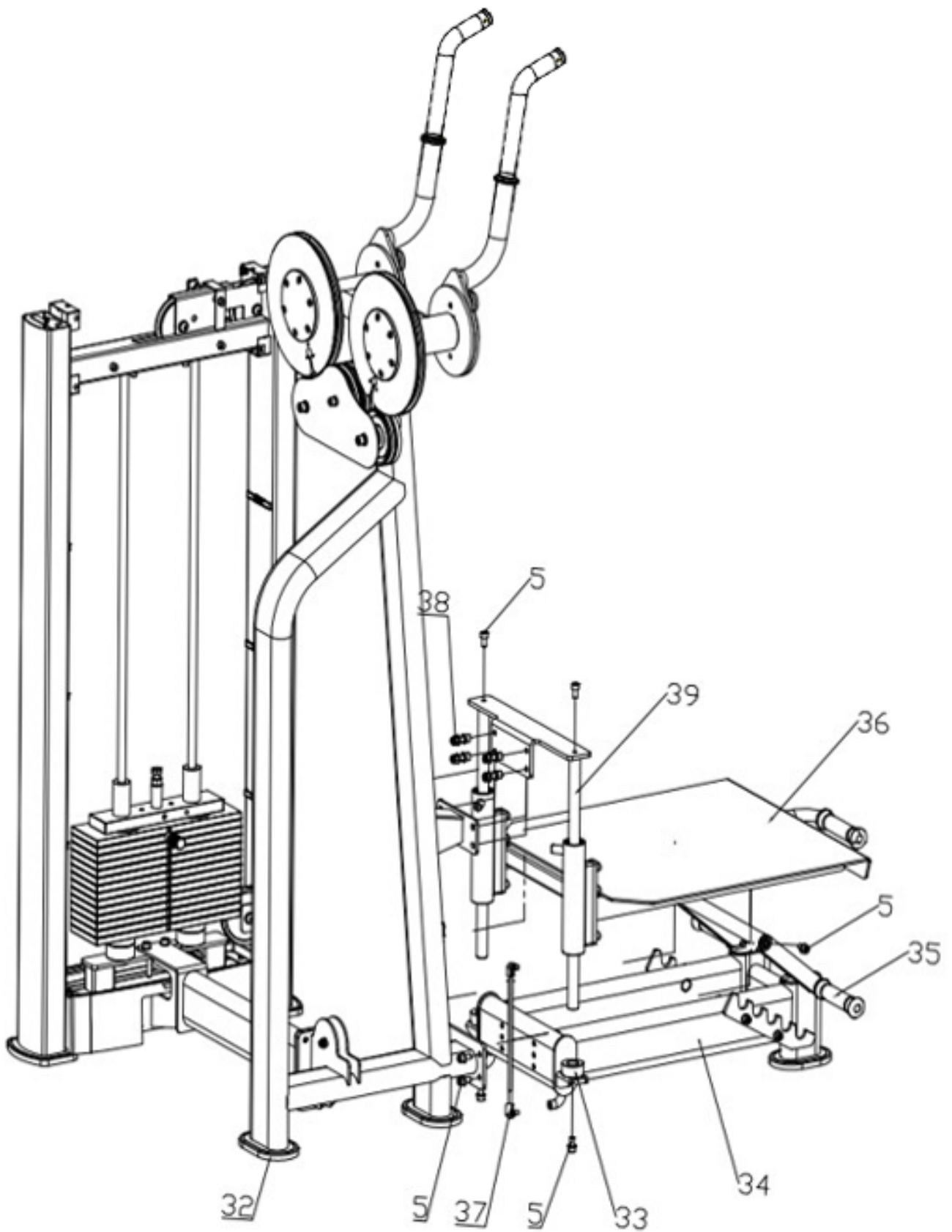
# Frame Assembly



# Rotating Arm Assemblies

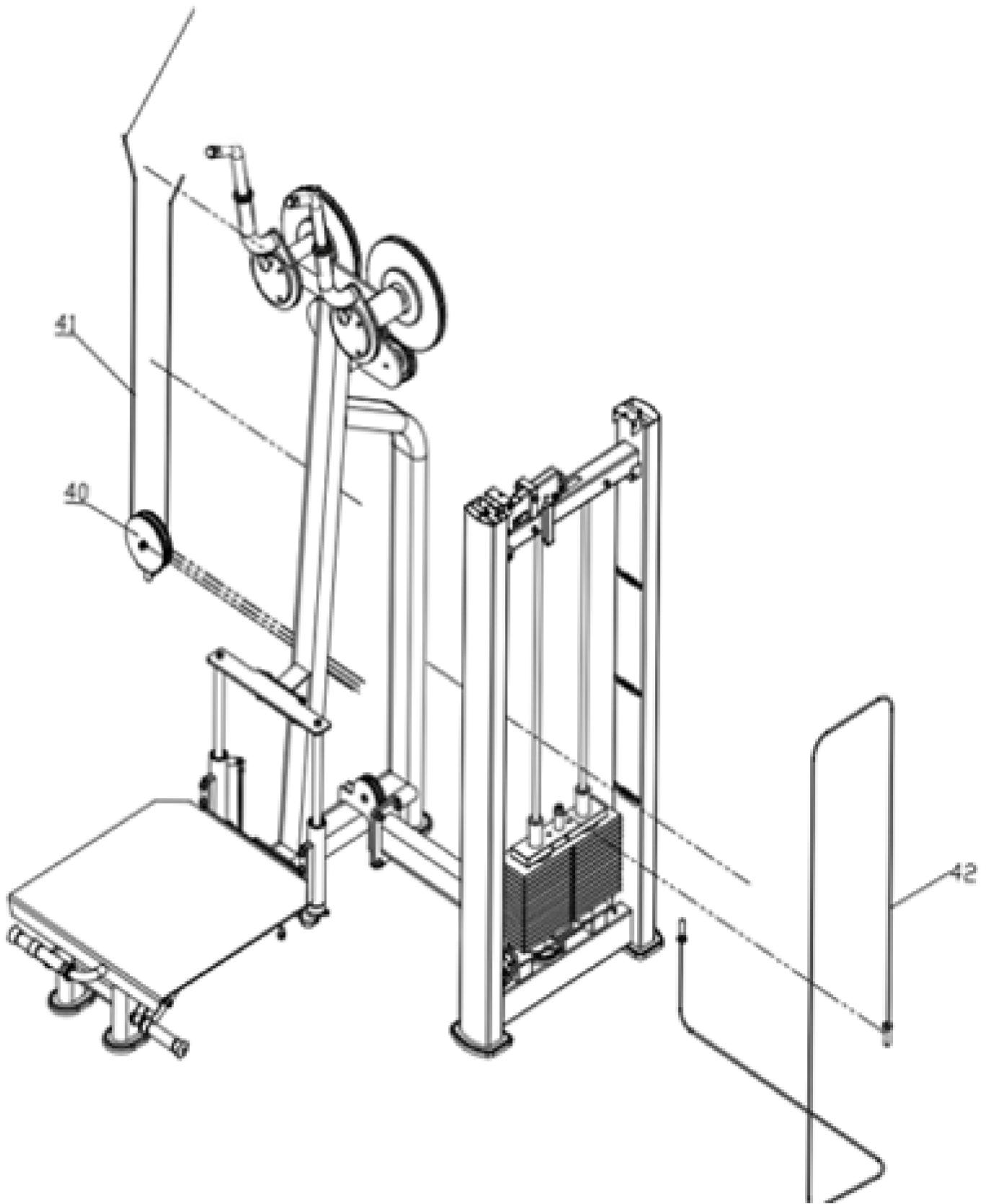


# Platform Installation

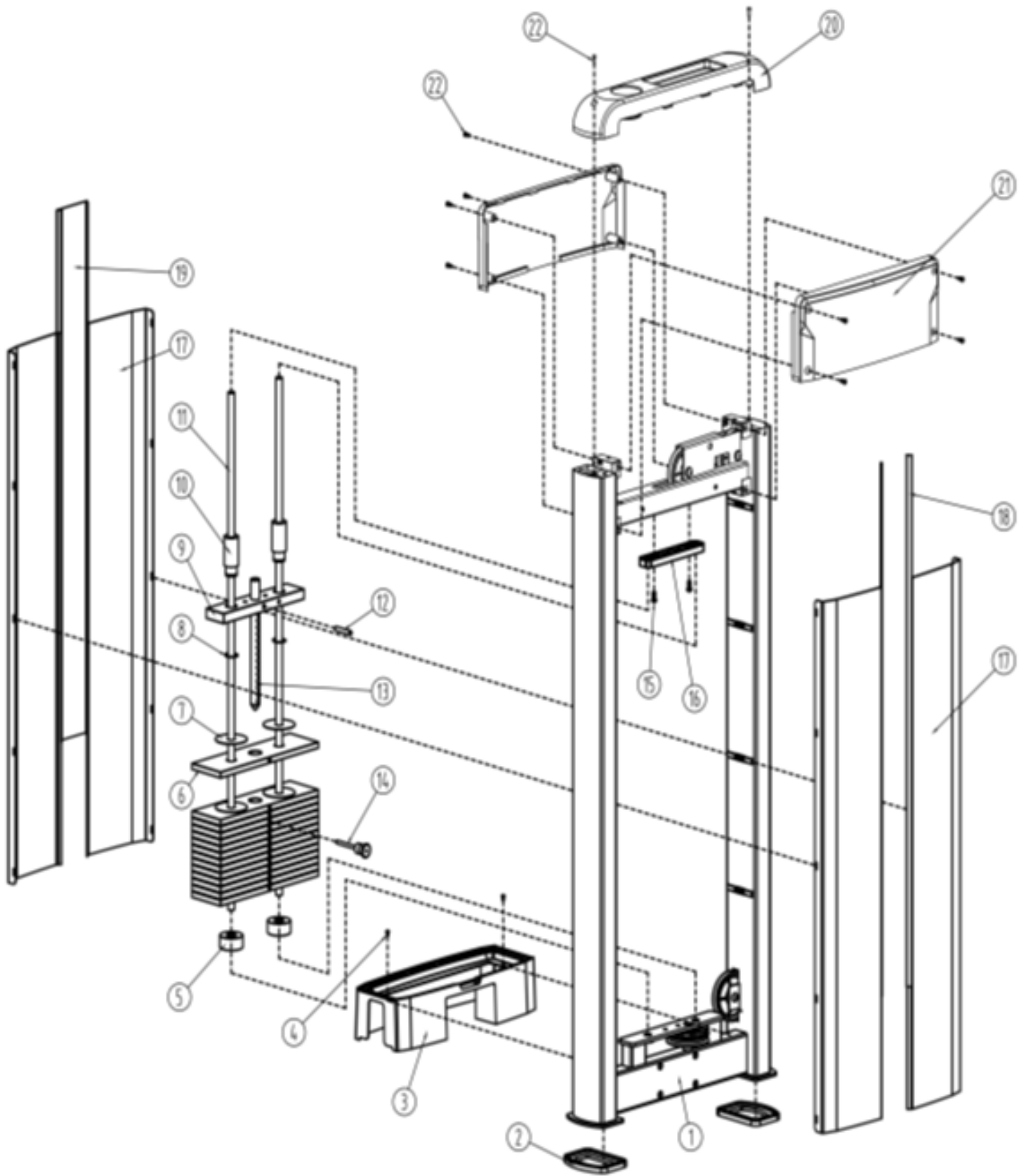




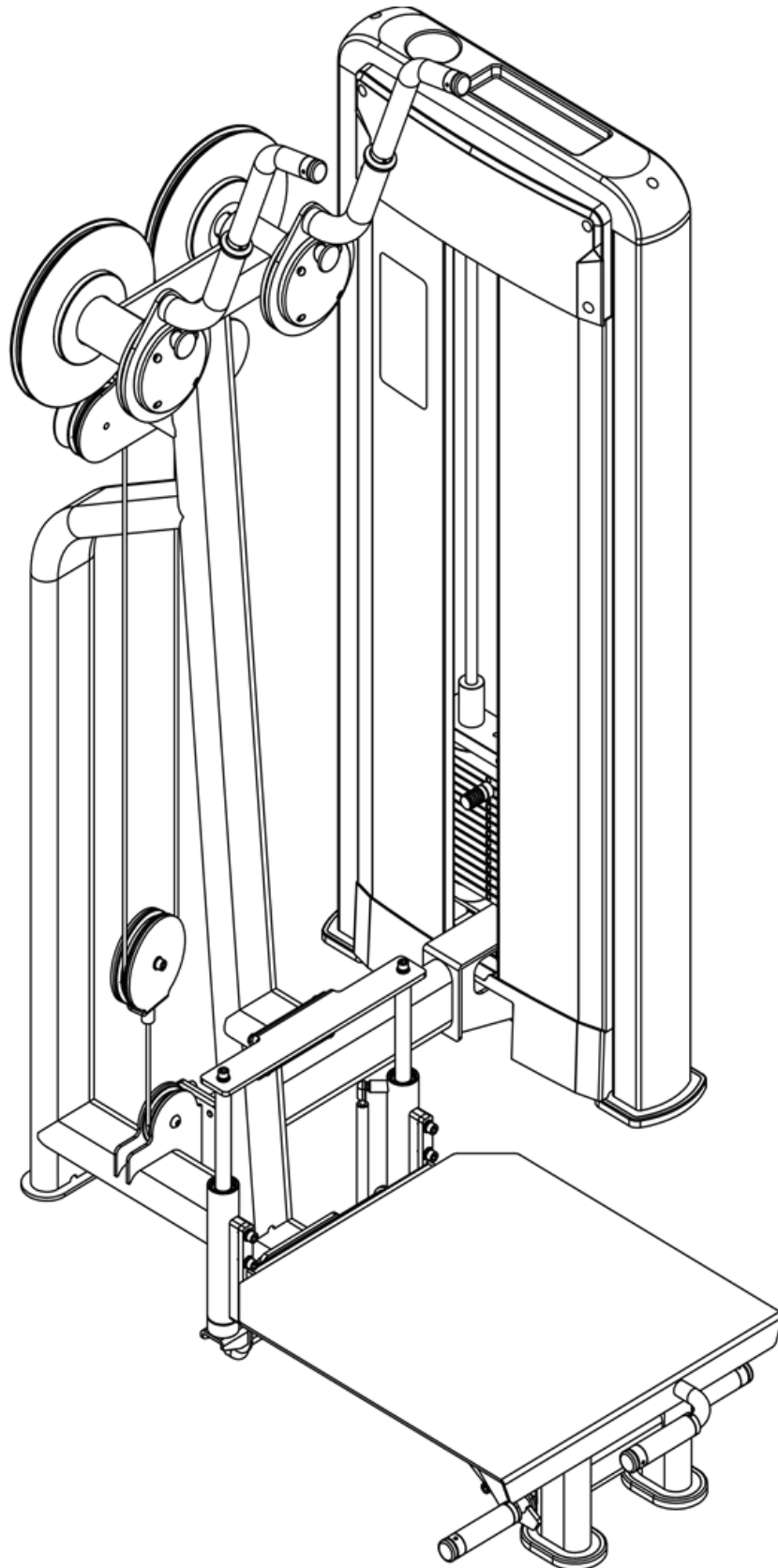
## Weight Stack and Cable Installation



# Cover Installation



## Final Product



**Have a question about assembly?**



**Please contact a Gym Bro Fitness Team Member!**

**Hours of Operation:**

**Monday-Friday 9:00am - 5:00pm (PST)**

**Saturday 9:00am - 3:00pm (PST)**

**Sunday CLOSED**

**Phone: (662)GYM-BROS**

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**Visit Our Website: [www.gymbrofitness.com](http://www.gymbrofitness.com)**