



# Lateral Rear Delt Raise Combo 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.**

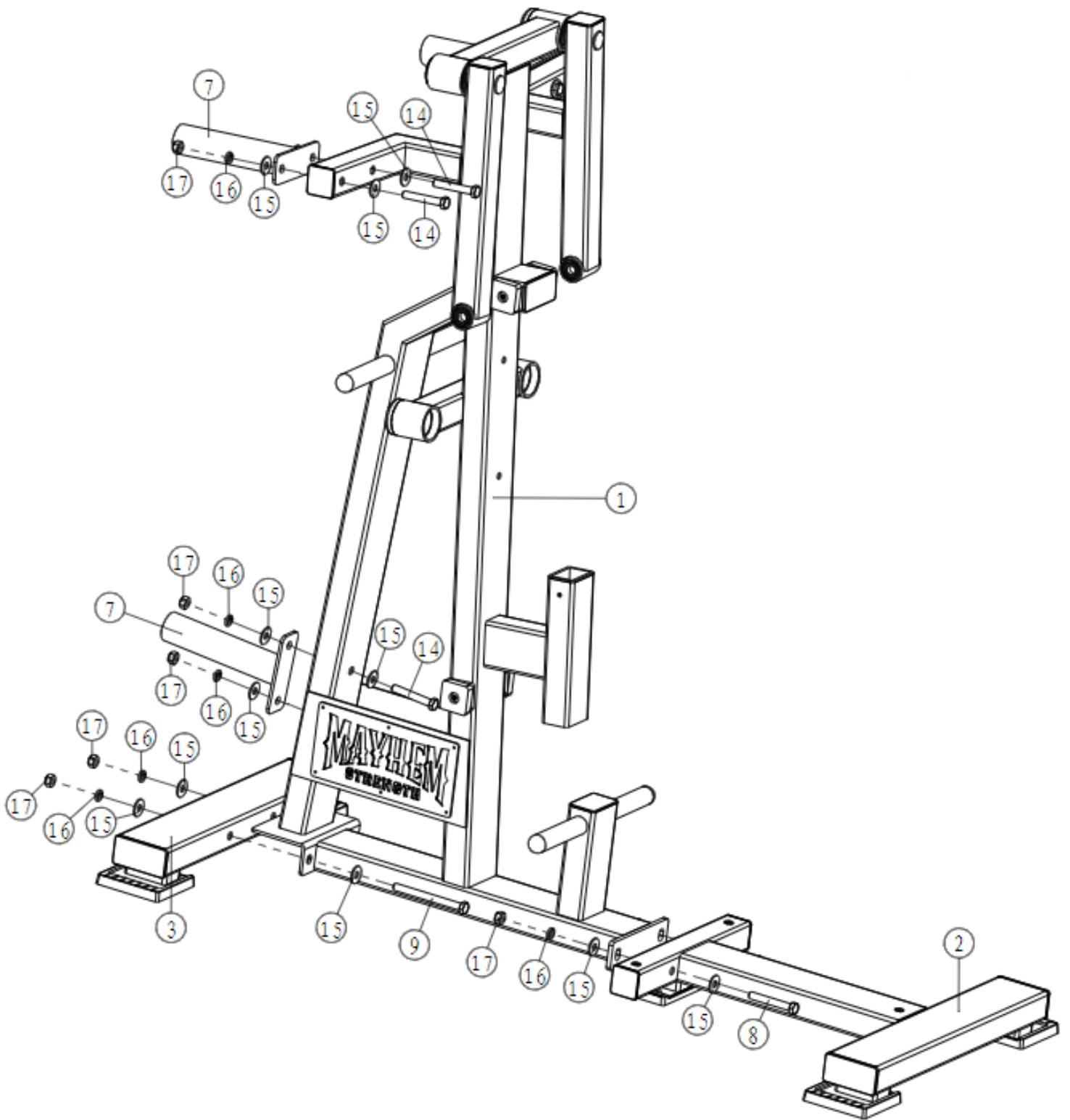
**Ensure to tighten all nuts and bolts, lubricate any sliding parts, bearings, and moving mechanisms. We also suggest applying Loctite or any kind of thread locking adhesive to anything that does not thread into a Teflon nut. It is also important to ensure that every movement arm is properly aligned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

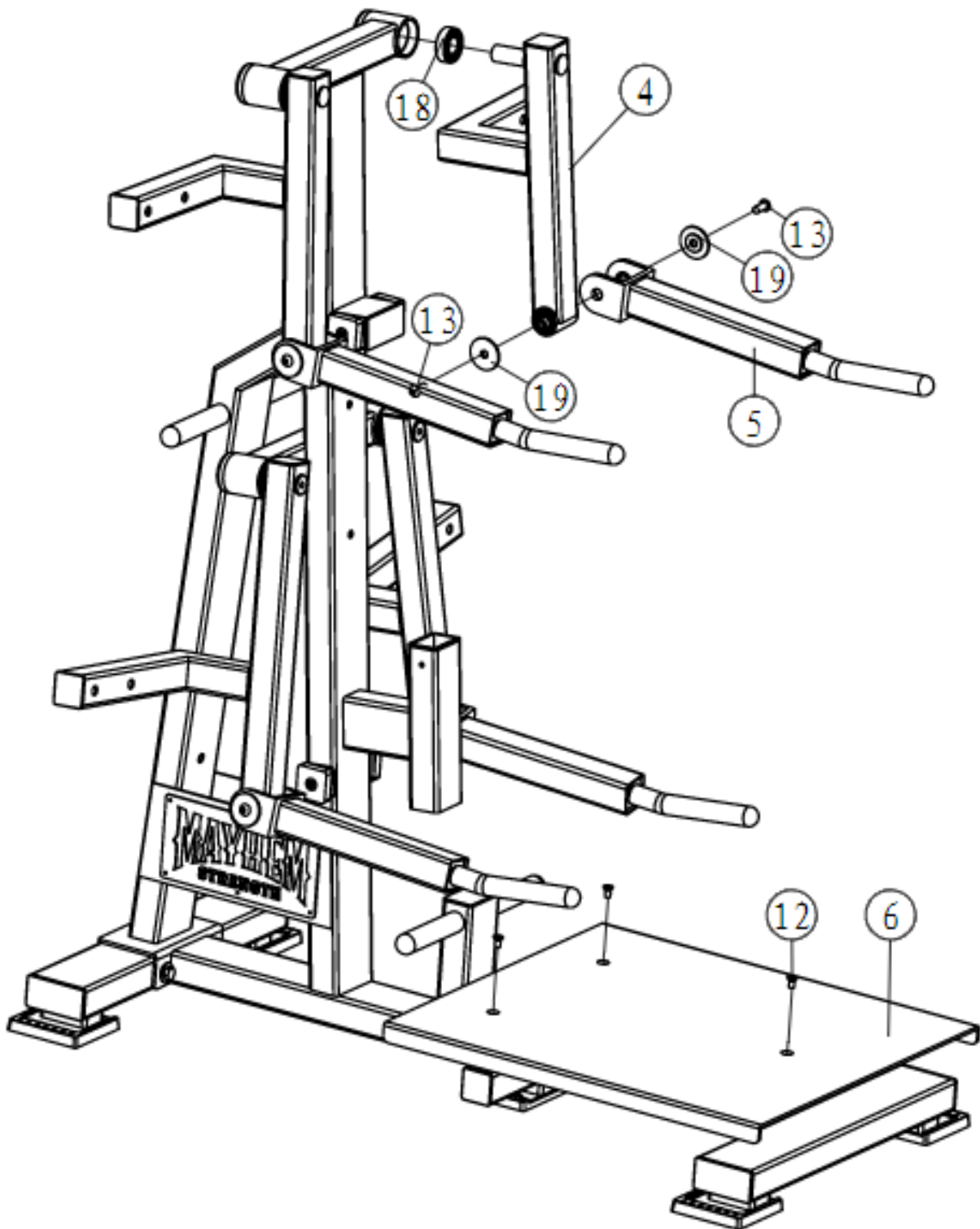
## PARTS/HARDWARE LIST

<b>Part Number</b>	<b>Part Description</b>	<b>Quantity</b>
1	Support Upright	1
2	Cross Assembly	1
3	Cross Assembly	1
4	Arm Assembly (1)	1
5	Arm Assembly (2)	4
6	Foot Plate	1
7	Weight Holder	5
8	Hexagon Head Bolts M12x80	2
9	Hexagon Head Bolts M12x125	2
10	Hexagon Head Bolts M10x70	2
11	Hexagon Head Bolts M10x35	2
12	Hexagon Socket Countersunk Head Screws M8x16	3
13	Hexagon Socket Button Head Screws M10x25	11
14	Hexagon Head Bolts M12x75	10
15	Plain Washers	28
16	Spring Lock Washers	26
17	Hexagon Nuts M12	14
18	Bearing	8
19	Bearing Washer	11
20	Plain Washers	4
21	Upper Pad Assembly	1
22	Lower Pad Assembly	1

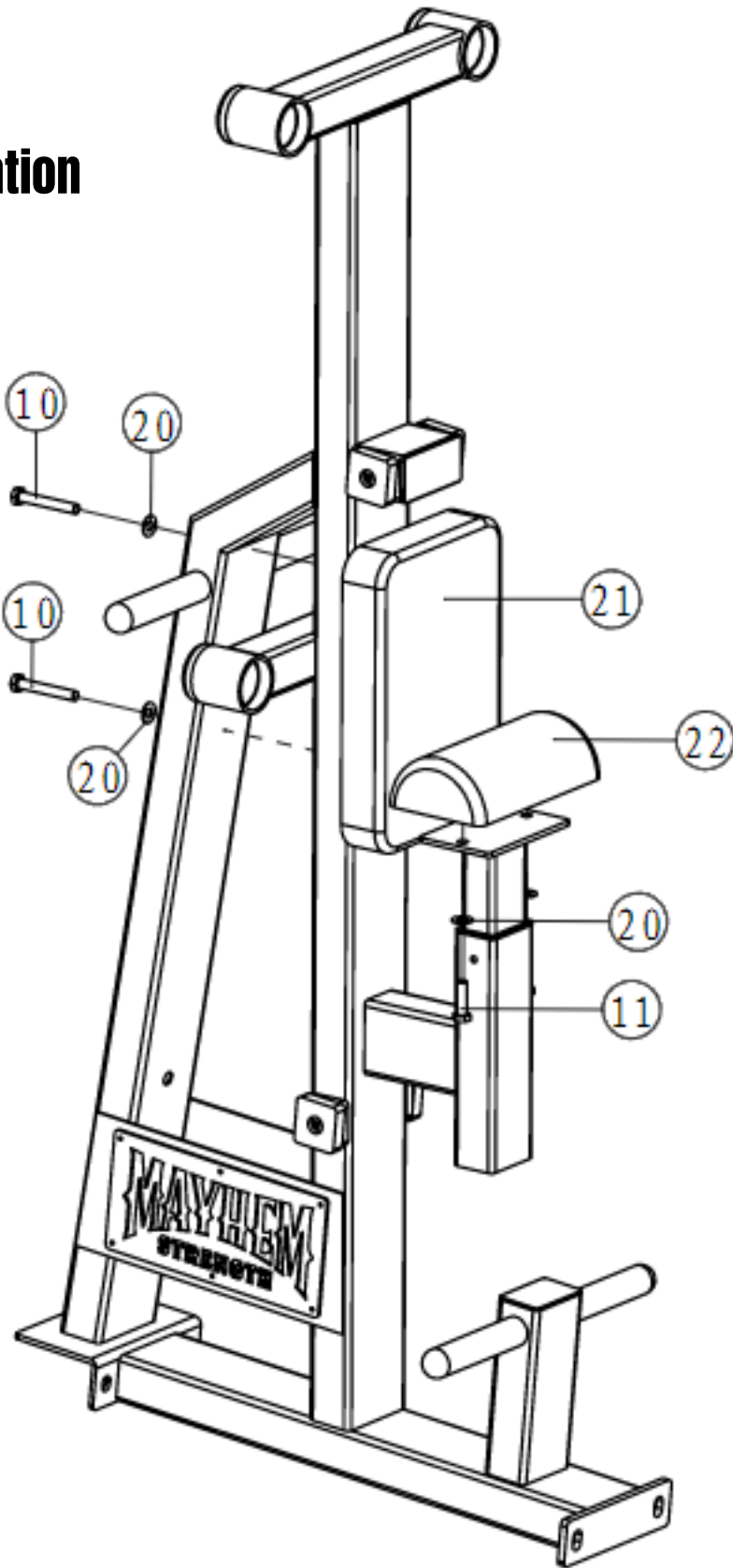
# Frame Assembly



## Foot Plate and Force Arm Installation



# Cushion Installation



**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**

**Email: [info@gymbrofitness.com](mailto:info@gymbrofitness.com)**

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