



Military Press

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.

| Tools Required for Installation: |
|---|
| Rubber Mallet |
| Level |
| Ratchet and Socket Set |
| Snap Ring Pliers |
| Adjustable Wrench |
| 2 People Required |

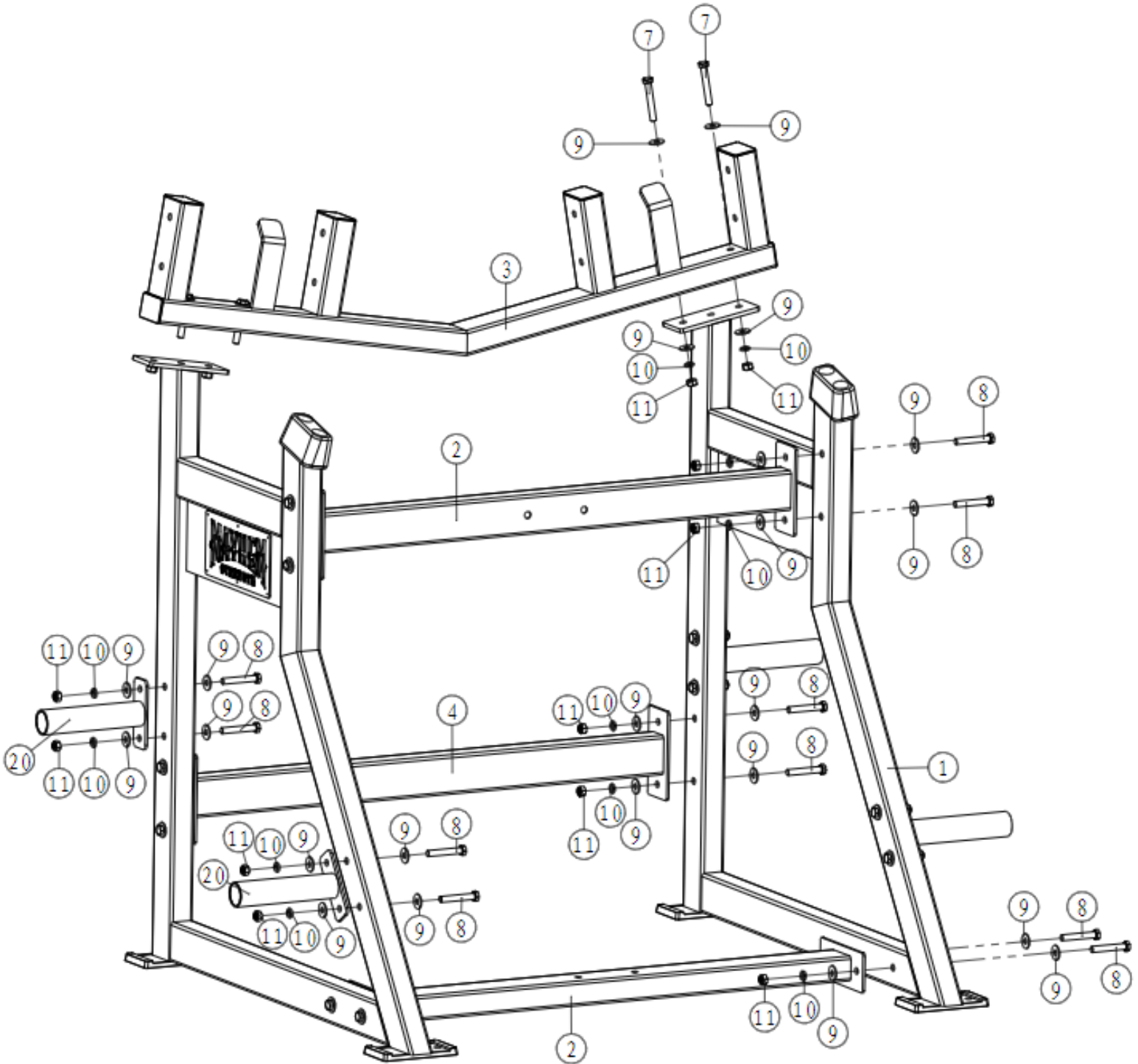
PARTS/HARDWARE LIST

| Part Number | Part Description | Quantity |
|--------------------|--|-----------------|
| 1 | Support Upright | 1 |
| 2 | Cross Assembly | 2 |
| 3 | Arm Housing | 1 |
| 4 | Rear Cross Assembly | 1 |
| 5 | Pivotal Pad Mount | 1 |
| 6 | Arm Assembly Right | 1 |
| 7 | Hexagon Head Bolts M12x80 | 4 |
| 8 | Hexagon Head Bolts M12x75 | 32 |
| 9 | Plain Washers | 88 |
| 10 | Spring Lock Washers | 82 |
| 11 | Hexagon Nuts M12 | 44 |
| 12 | Hexagon Head Bolts M10x60 | 2 |
| 13 | Plain Washers | 10 |
| 14 | Hexagon Head Bolts M10x70 | 2 |
| 15 | Hexagon Socket Button Head Screws M10x25 | 2 |
| 16 | Plastic Washers | 2 |
| 17 | Asjusting Bolt | 1 |
| 18 | Hexagon Head Bolts M12x85 | 8 |
| 19 | Weight Holder (1) | 2 |
| 20 | Weight Holder (2) | 4 |

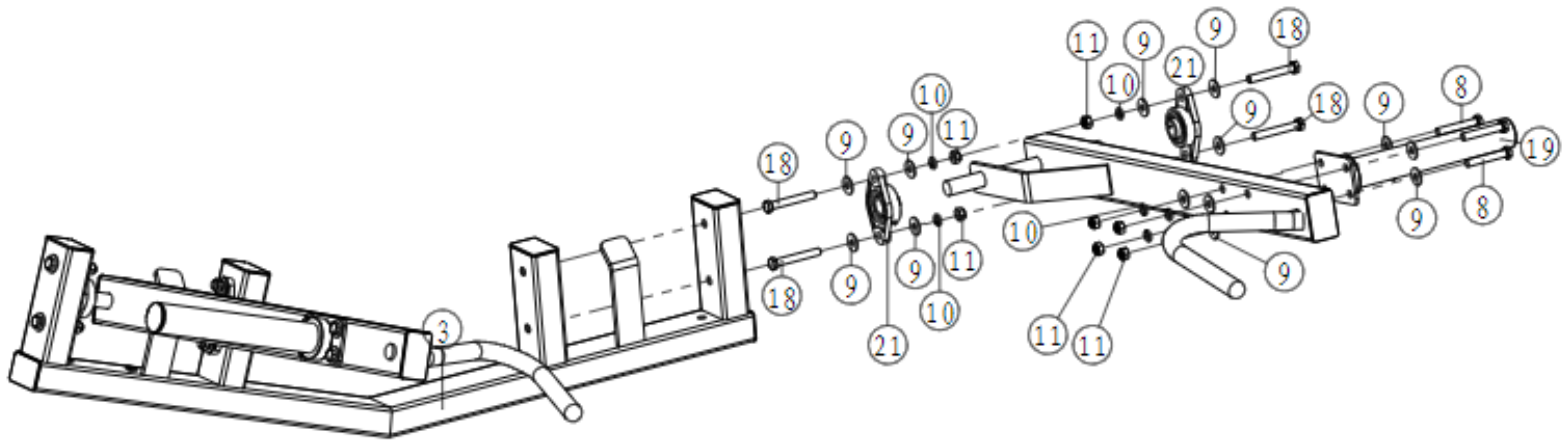
PARTS/HARDWARE LIST

| Part Number | Part Description | Quantity |
|--------------------|---------------------------------------|-----------------|
| 21 | Bearing | 4 |
| 22 | Plain Washers | 4 |
| 23 | Back Pad Assembly | 1 |
| 24 | Seat Pad Assembly | 1 |
| 25 | Hexagon Socket Head Cap Screws M8x110 | 2 |
| 26 | Spring Lock Washers | 2 |
| 27 | Hexagon Nuts M8 | 2 |

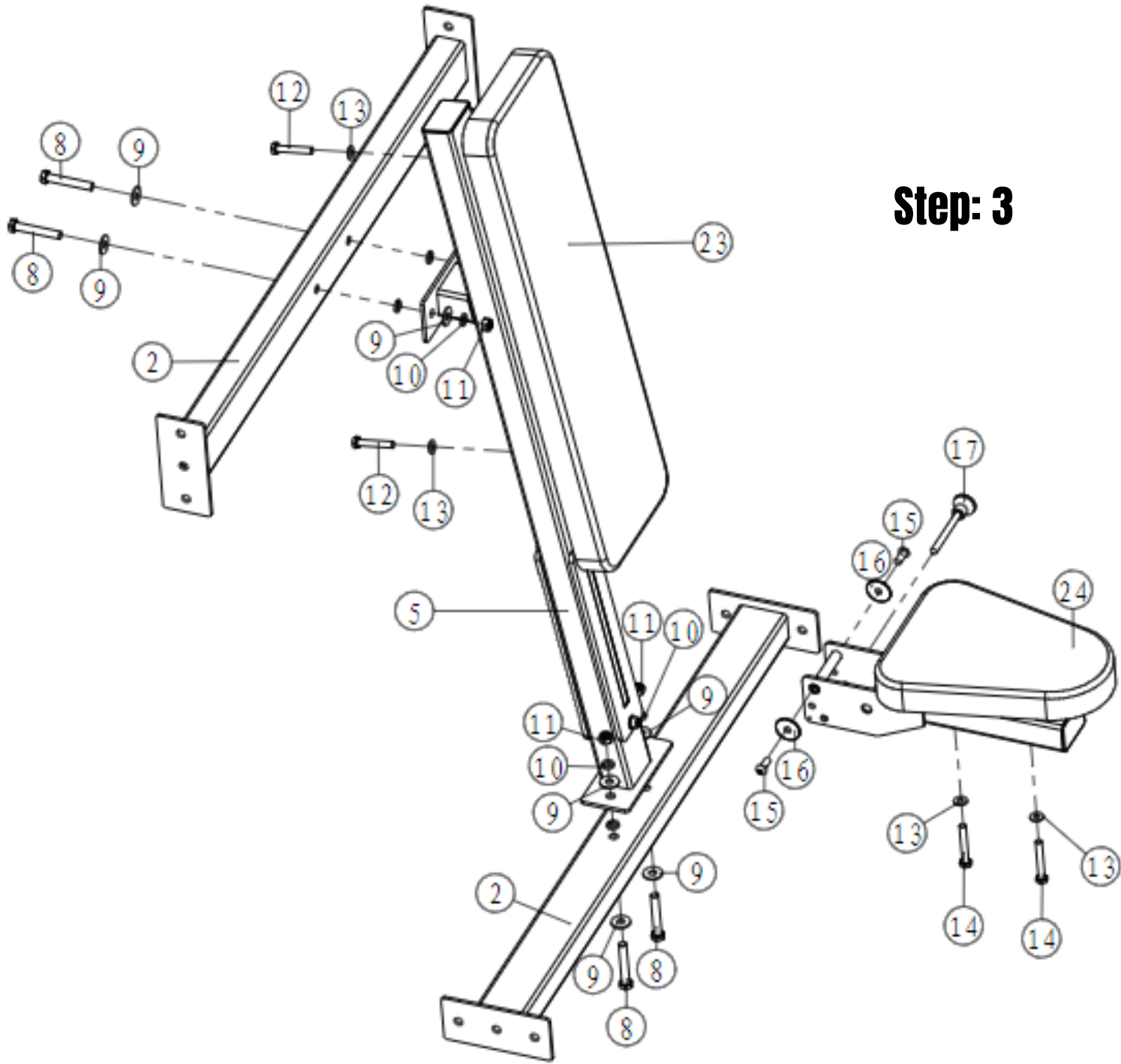
Frame Assembly



Force Arm Assembly



Cushion Installation



Step: 3

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

Visit Our Website: www.gymbrofitness.com