



Seated Dip

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

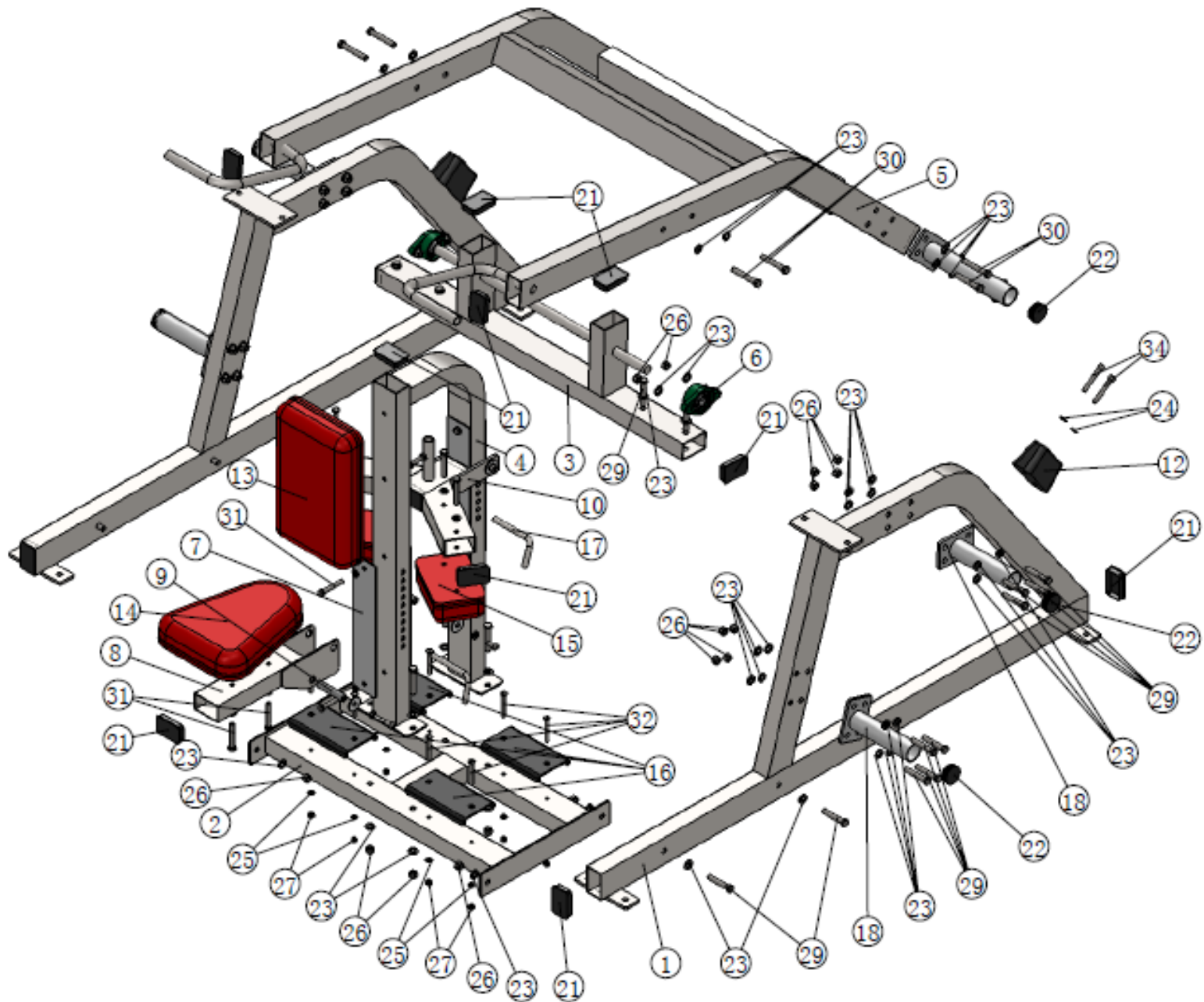
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
1	Main Upright	2
2	Cross Assembly	1
3	Arm Housing	1
4	Support	1
5	Arm Frame	1
6	FL205Bearing	2
7	Plate	4
8	Seat Support	1
9	Shaft	2
10	Leg Pad Frame	1
11	Shaft	1
12	Collision Block Pad	2
13	Back Pad Assembly	1
14	Seat Pad Assembly	1
15	Upholstery Knee Pad	2
16	Bent Foot Base	4
17	"L" Bar	2
18	200 Weight Holder	4

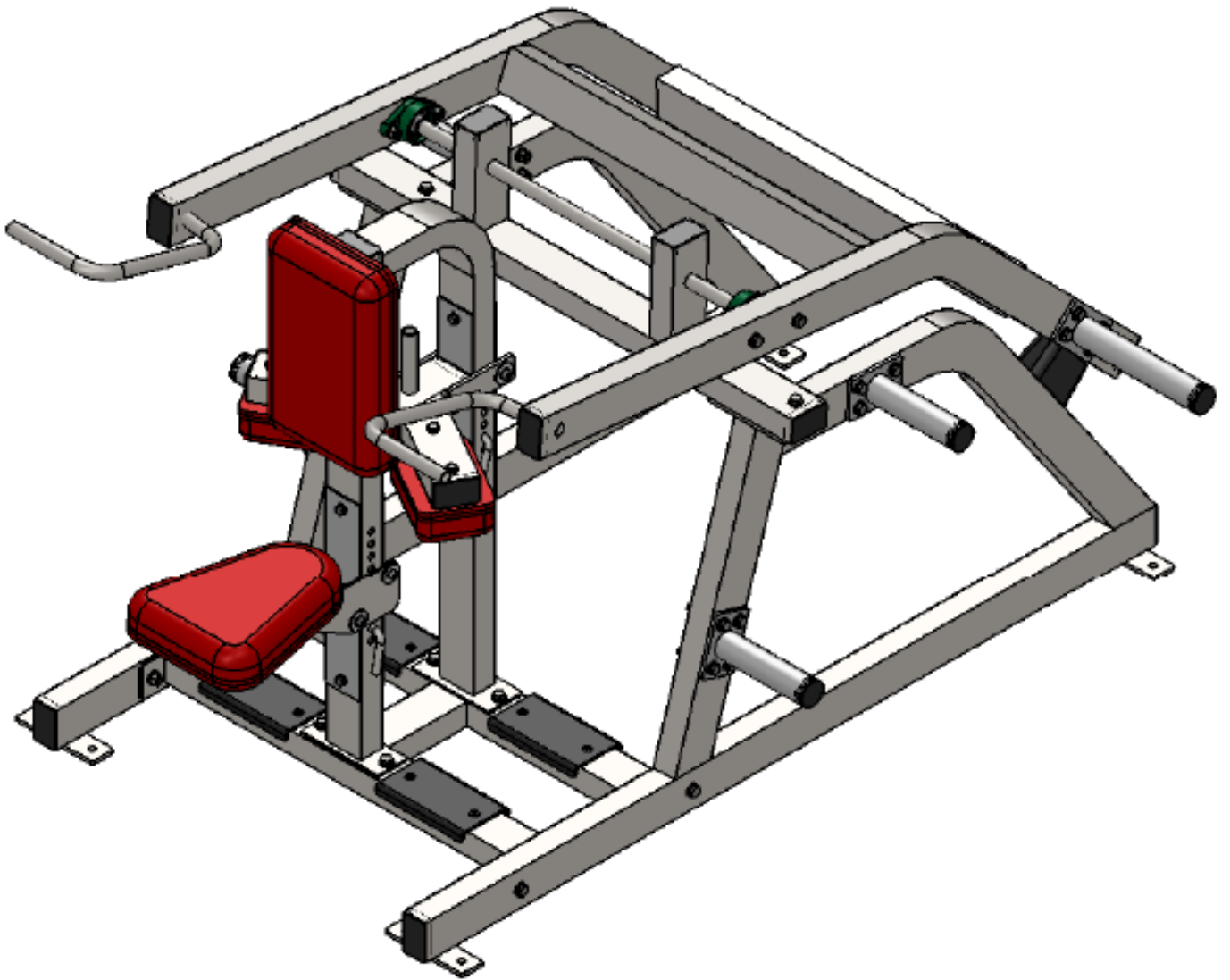
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
19	280 Weight Holder	4
20	40 11 Washers	6
21	50 80 End Cap	18
22	50 End Cap	8
23	Gb Fastener Washer SMWC 12	80
24	Gb Fastener Washer SMWC 10	26
25	Gb Fastener Washer SMWC 8	8
26	Gb Fastener Nut Snc1 M12-N	40
27	Gb Fastener Nut Snc1 M8	8
28	Gb Fastener Nut Snc1 M10	4
29	Gb Fastener Bolt Hhbc M12x70-N	28
30	Gb Fastener Bolt Hhbc M12x80-N	12
31	Gb Fastener Bolt Hhbc M10x70-N	12
32	Gb Mc screw Type12 M8x70 38 N	8
33	Gb Socket Type7 M10x25 N	6
34	Gb Fastener Screws Hshcs M10x70 N	4

Assembly



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

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Visit Our Website: www.gymbrofitness.com