



Standing Calf Raise Plate Loaded 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

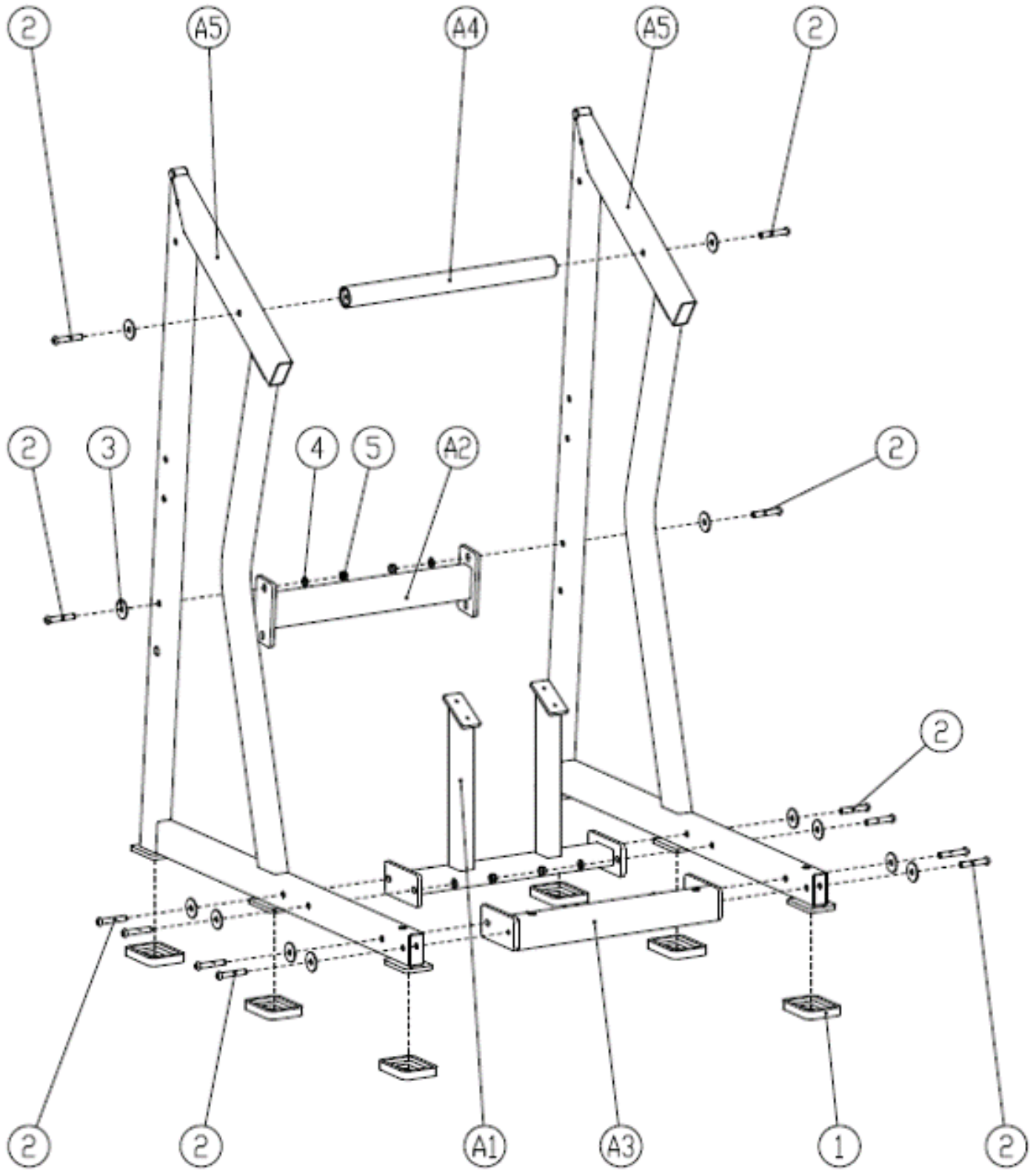
PARTS/HARDWARE LIST

Part Number	Part Description	Quantity
A1	Connection Frame (1)	1
A2	Connection Frame (2)	1
A3	Connection Frame (3)	1
A4	Connection Frame (4)	1
A5	Side Frame	1 pair
A6	Arm	1
A7	Plates Frame	1
A8	Linkage PC	1
A9	Adjustable PC	1
1	Footpads	6
2	Hexagon Socket Head Screws M12x70	20
3	Flat Pad (1)	20
4	Flat Pad (2)	18
5	Self Locking Nut M12	16
6	Square End Cap	4
7	Hexagon Socket Head Screws M10x35	4
8	Dampening Piece	2
9	Hexagon Socket Countersunk Head Screws M8x15	4
10	Foot Plate	1
11	Hexagon Socket Head Screws M12x30	2

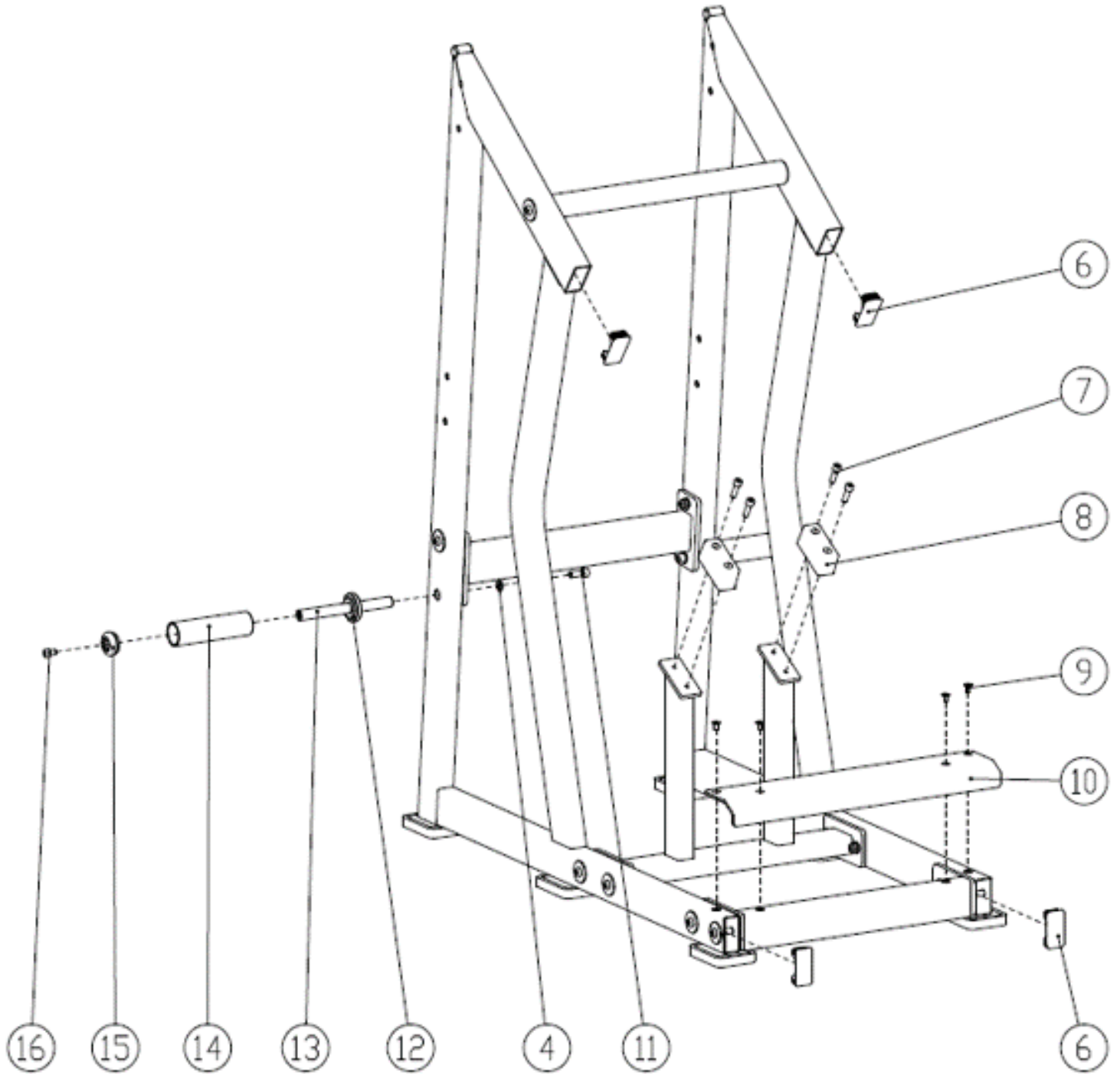
PARTS/HARDWARE LIST Continued

Part Number	Part Description	Quantity
12	Sleeve End Cap	2
13	Sleeve Rod	2
14	Sleeve Tube	2
15	Sleeve End Cap	4
16	Hexagon Socket Head Screws M10x15	9
17	Square End Cap	8
18	Hexagon Socket Head Screws M8x30	4
19	Flat Pad	4
20	Shoulder Pads group	2
21	Handle Limit Ring	2
22	Handle Cover	2
23	Handle End Cap	2
24	Sleeve Pad	2
25	Sleeve End Cap	2
26	Sleeve Tube	2
27	Bearing Housing	4
28	Flat Pad	4
29	Arm Axis	2
30	Deep Groove Ball Bearings	4
31	Middle Pass Cover	1
32	Cushion Pin	1

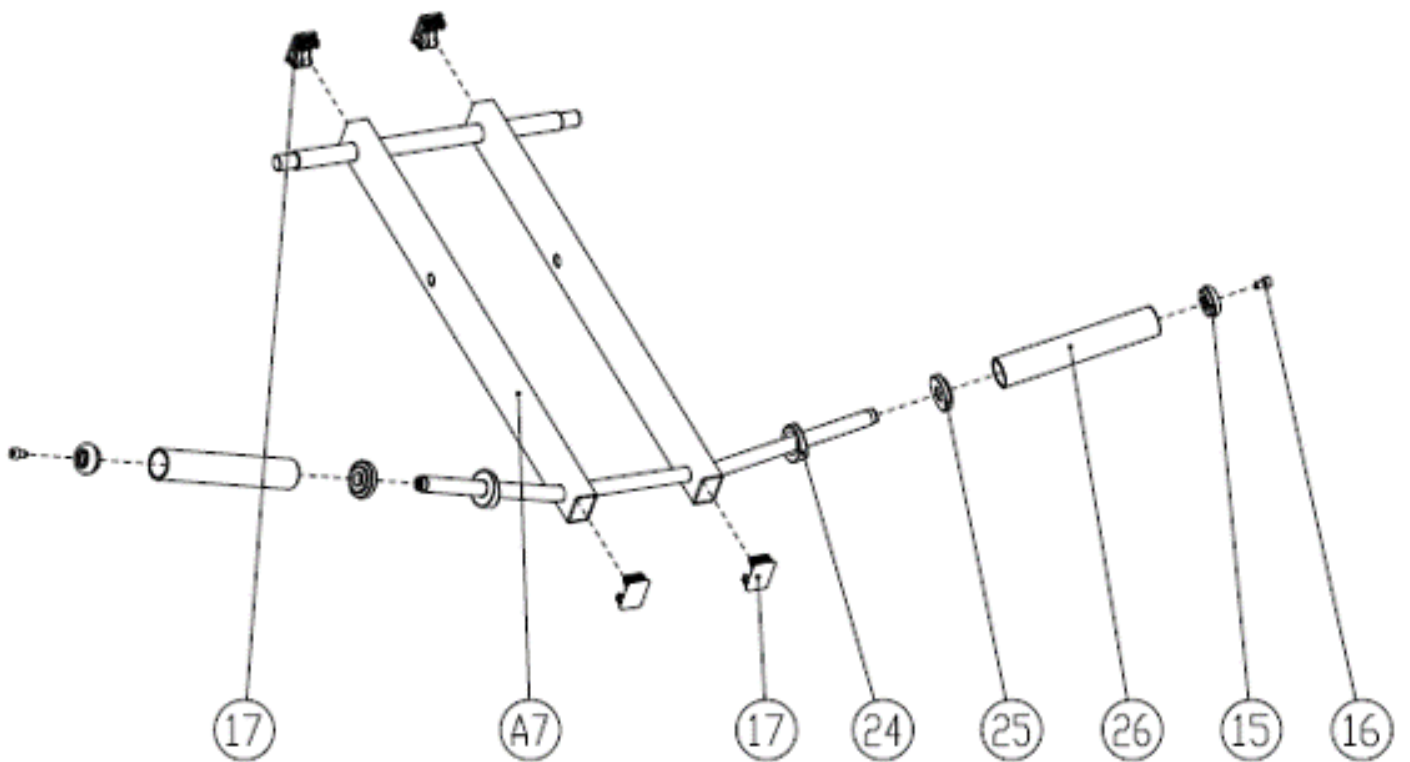
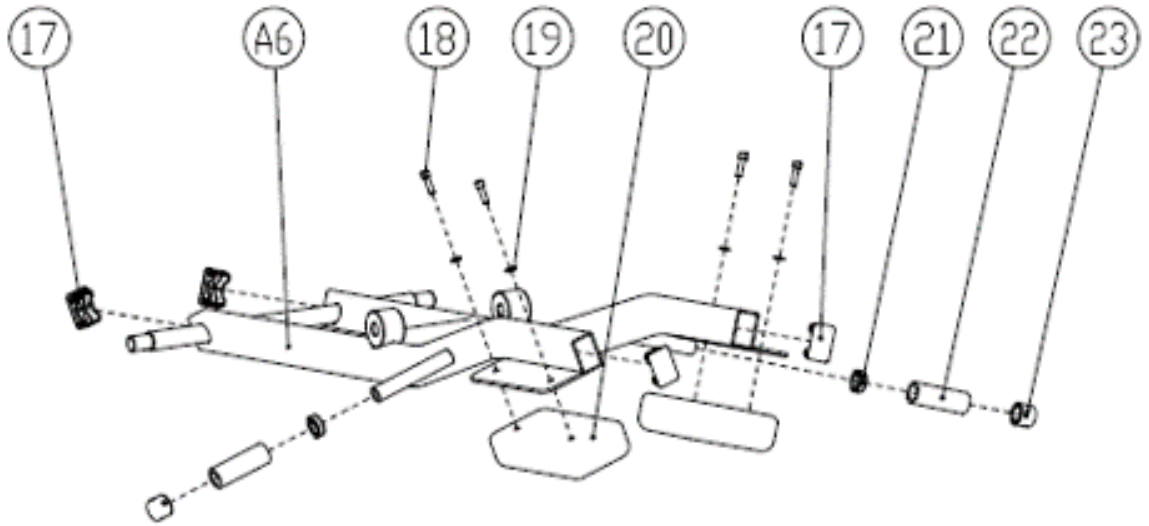
Frame Assembly



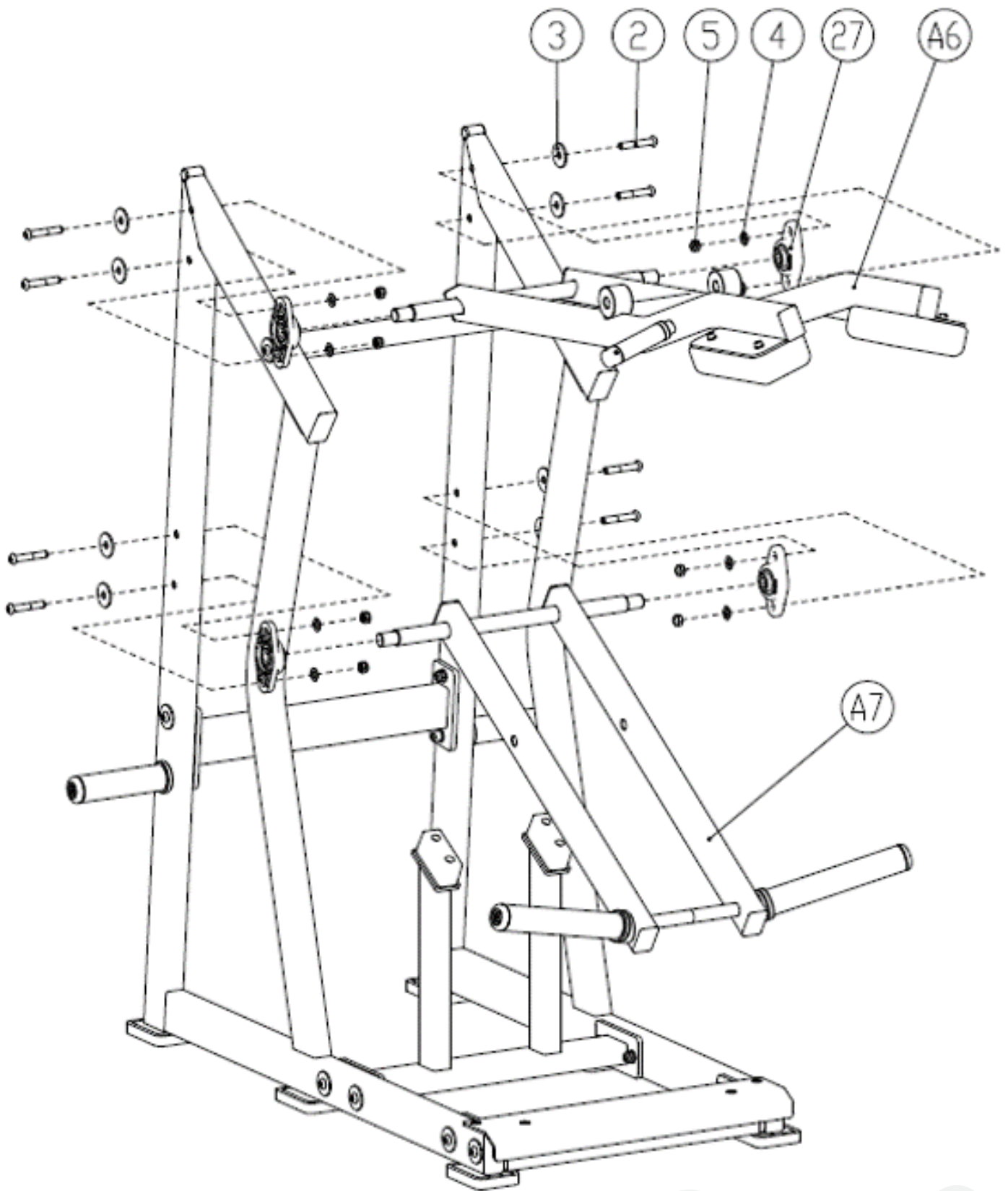
Accessory Installation



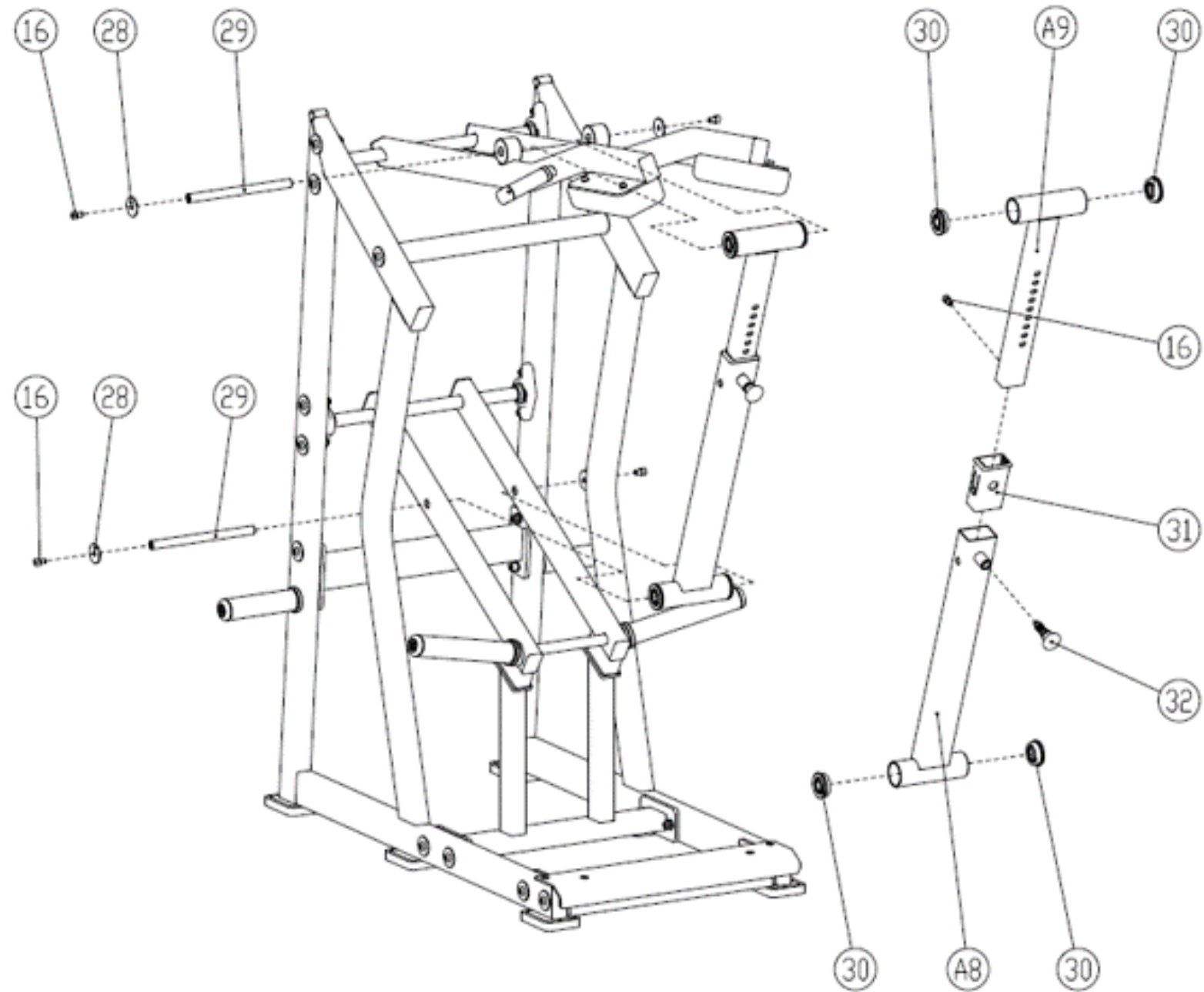
Force Arm Assembly



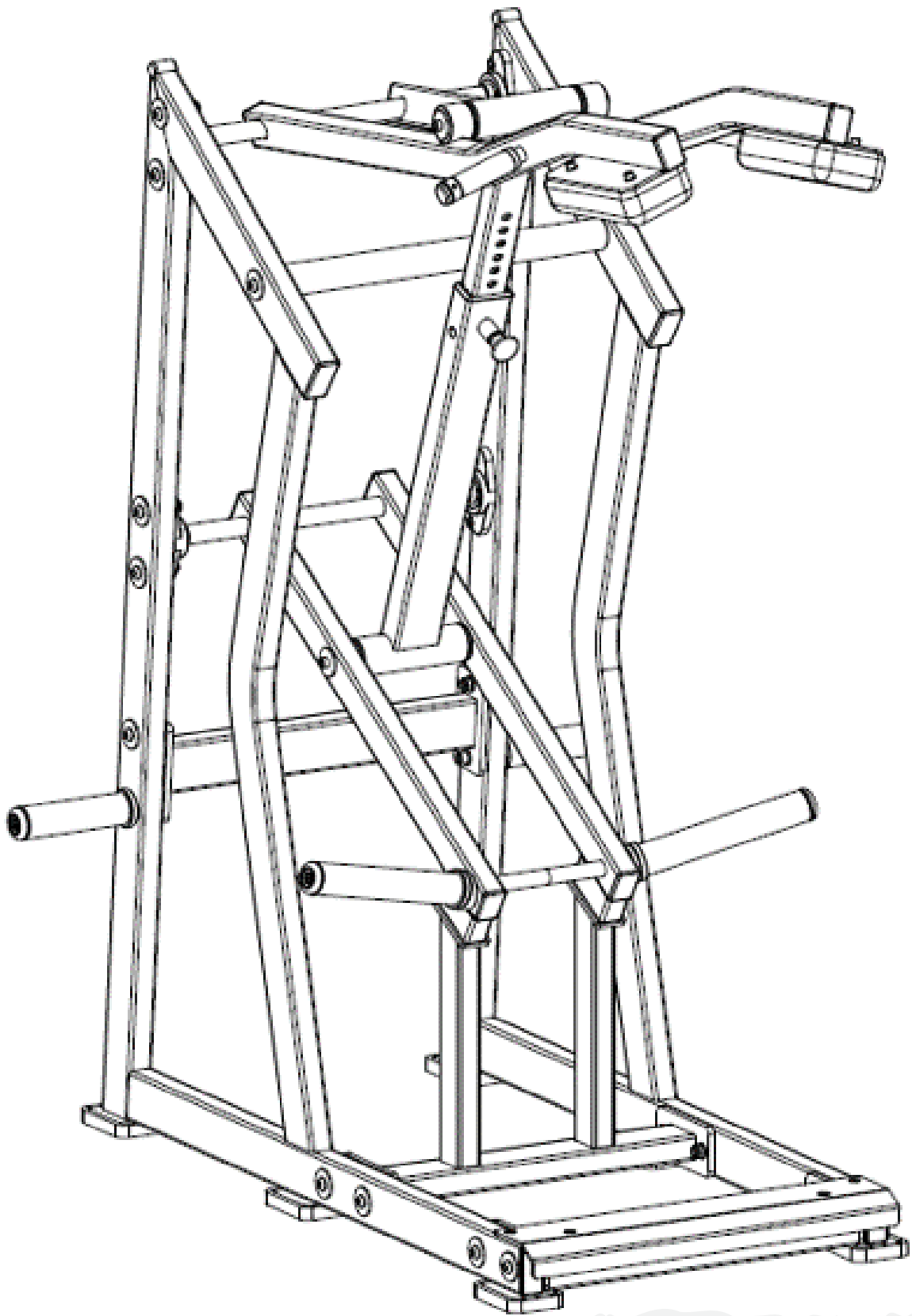
Side Rack Installation



Regulating Parts 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

Email: info@gymbrofitness.com

Visit Our Website: www.gymbrofitness.com