

C-95311W
SEATED ARM CURL UNIT
ASSEMBLY INSTRUCTIONS



**THIS EQUIPMENT
DESIGNED BY TDS IN USA
MANUFACTURED IN CHINA**

**T.D.S. FITNESS EQUIPMENT
P.O. BOX 4189
ELMIRA, NY 14904, USA
607-733-6789**

THIS UNIT REQUIRES (1) 9/16 WRENCH AND (1) 1/16 WRENCH FOR ASSEMBLY

1. PUSH (3) FEET ONTO CATCH AND FRAME. ATTACH CATCH TO FRAME WITH (3) 3/8x3 BOLT, (6) 3/8 FLAT WASHERS AND (3) 3/8 LOCKNUT. SET UNIT ON LEVEL SURFACE AND TIGHTEN HARDWARE.

2. ATTACH SEAT TO FRAME WITH (2) 3/8x2 1/2 BOLTS AND (2) 3/8 FLAT WASHERS FINGER TIGHT. CENTER SEAT ON FRAME AND TIGHTEN BOLTS. DO NOT OVER TIGHTEN.

3. ATTACH PAD TO PAD MOUNT WITH (2) 3/8x1 BOLTS AND (2) 3/8 FLAT WASHERS FINGER TIGHT. CENTER PAD ON PAD MOUNT AND TIGHTEN BOLTS. DO NOT OVER TIGHTEN. PUSH PAD MOUNT INTO FRAME AND SET HEIGHT WITH TURN POP PIN AND HAND KNOB.

HARDWARE LIST:

(2) 3/8 x 1 BOLT

(2) 3/8 x 2 1/2 BOLT

(3) 3/8 x 3 BOLT

(10) 3/8 FLAT WASHER

(3) 3/8 LOCKNUT

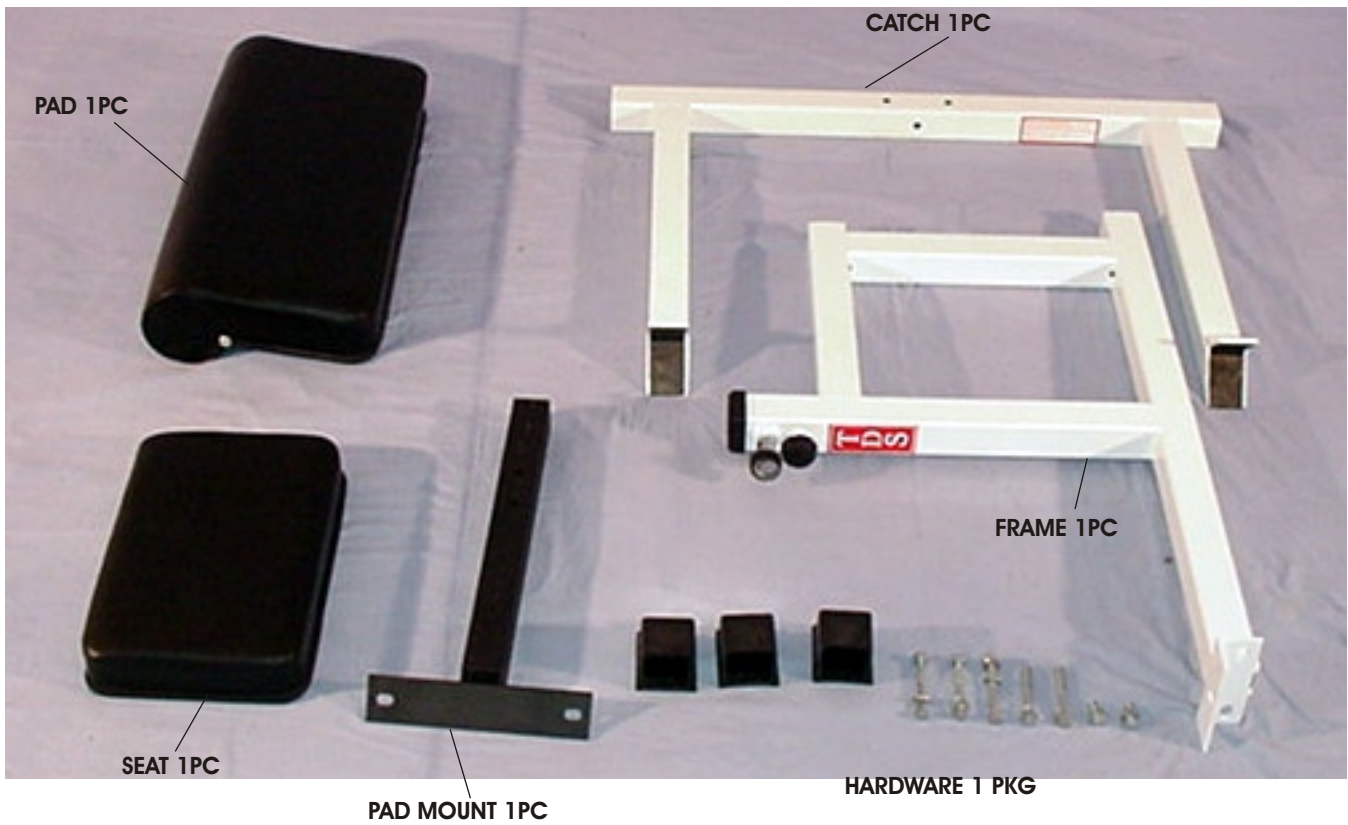
(1) TURN POP PIN

(1) HAND KNOB

(3) 2 FOOT

ALL SIZES ARE IN INCHES

C-95311W
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PACKING LIST



LITERATURE 1 PKG

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