

FITNESS360[®]

FT9040

PREACHER CURL

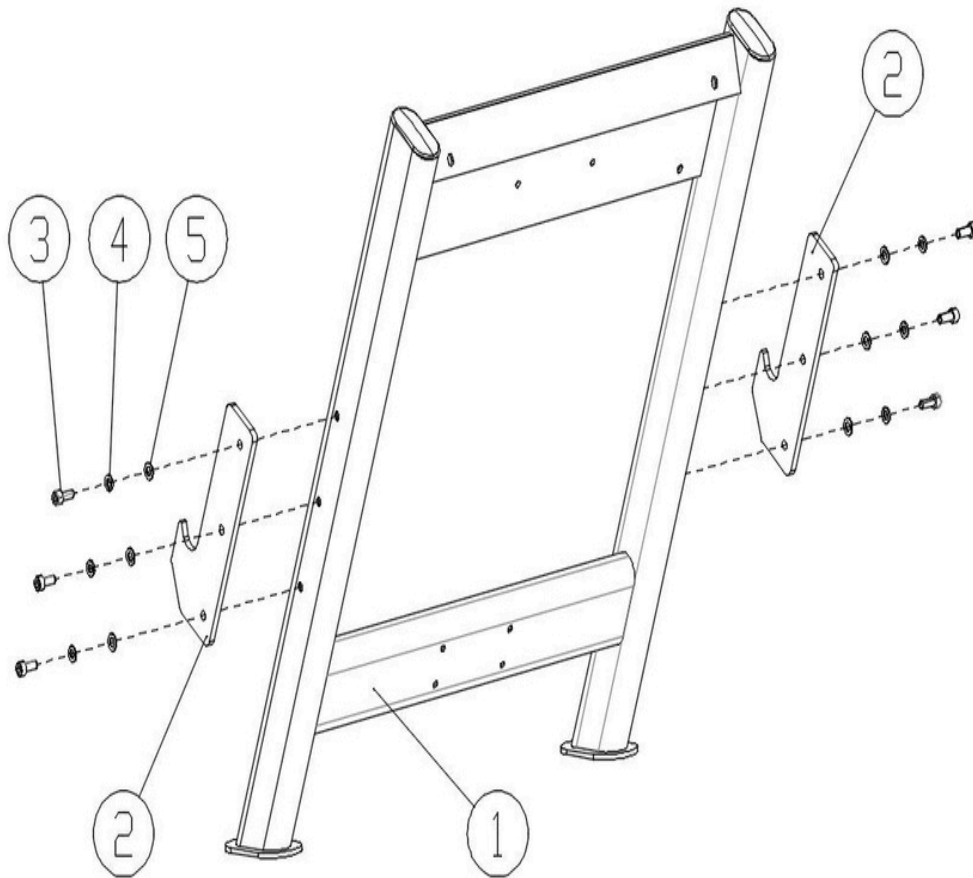


Installation

Step 1:

Attach the two Seated Biceps Curl Hook Plates (#2) to the Main Frame (#1) using the following components:

- 6 × Socket Head Cap Screws (#3)
- 6 × Spring Washers (#4)
- 6 × Flat Washers (#5)



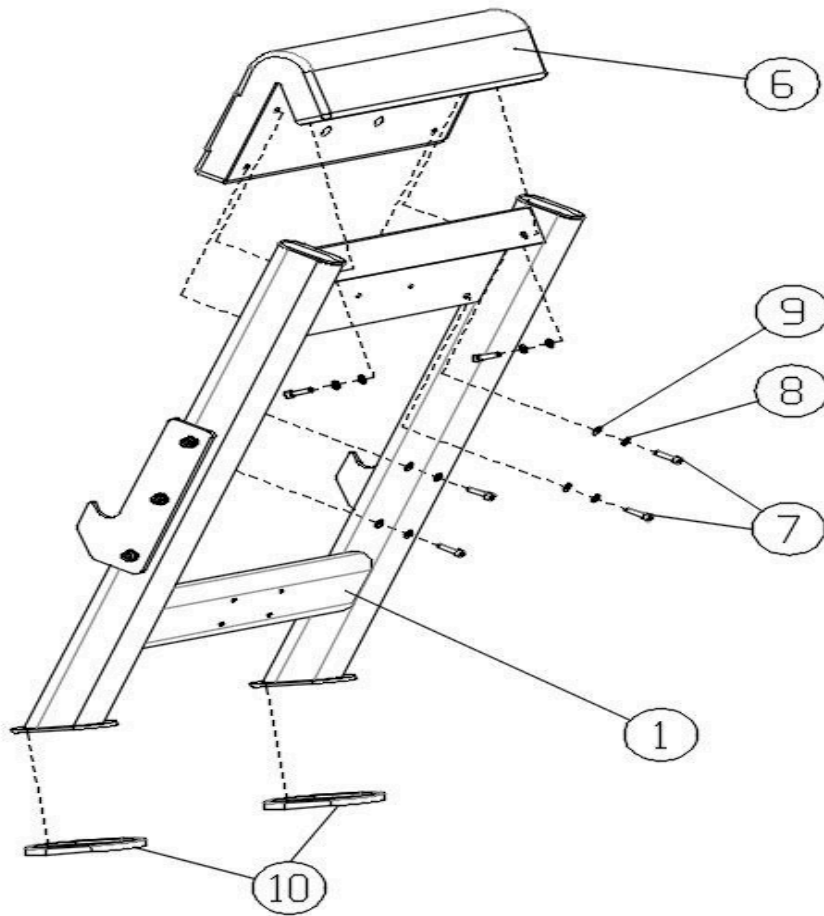
Step 2:

Attach the Seated Biceps Curl Pad (#6) to the Main Frame (#1) using the following components:

- 6 × Socket Head Cap Screws (#7)
- 6 × Spring Washers (#8)
- 6 × Flat Washers (#9)

Step 3:

Attach the two oval foot pads (#10) to the base of the seated frame.



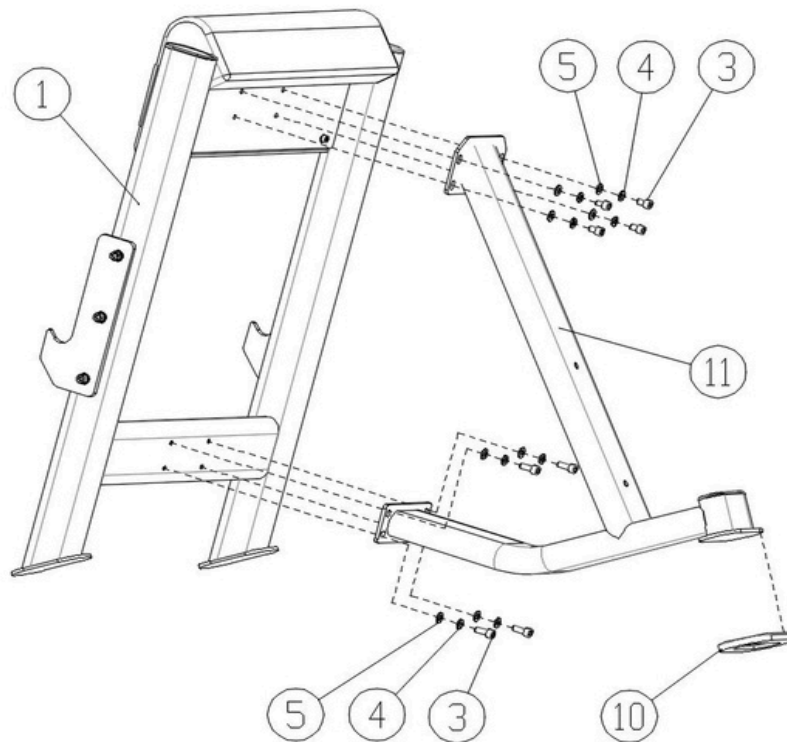
Step 4:

Attach the Side Frame (#11) to the Main Frame (#1) using the following components:

- 8 × Socket Head Cap Screws (#3)
- 8 × Spring Washers (#4)
- 8 × Flat Washers (#5)

Step 5:

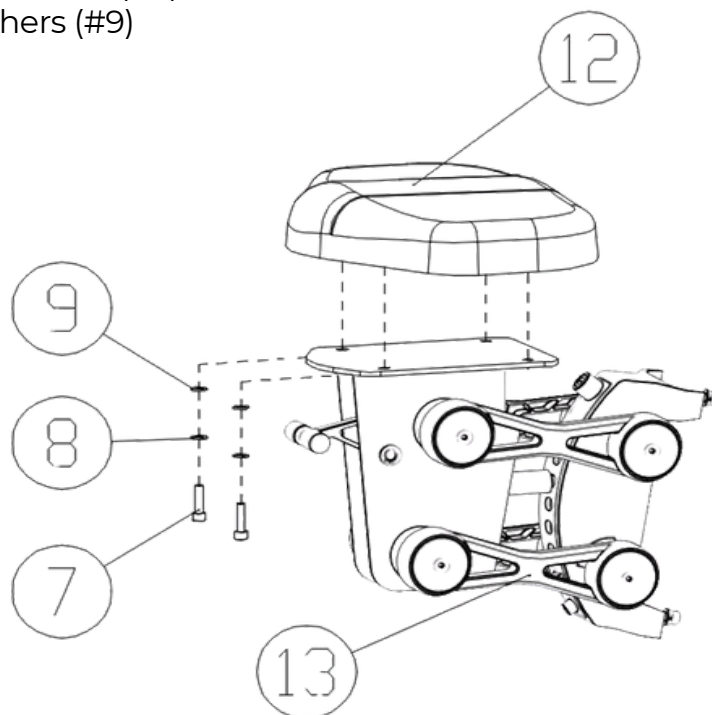
Attach one oval foot pad (#10) to the bottom of the Seated Biceps Curl Side Frame (#11).



Step 6:

Attach the seat cushion (#12) to the seat frame (#13) using the following components:

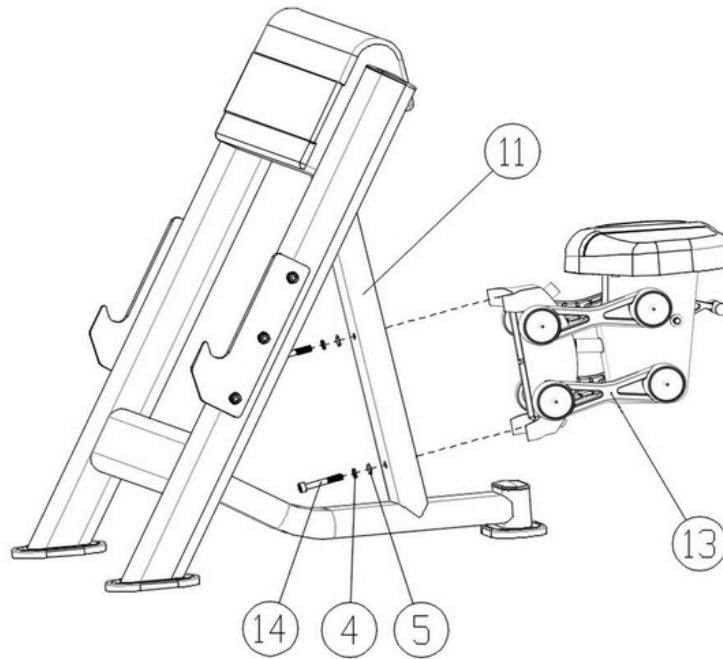
- 4 × Socket Head Cap Screws (#7)
- 4 × Spring Washers (#8)
- 4 × Flat Washers (#9)



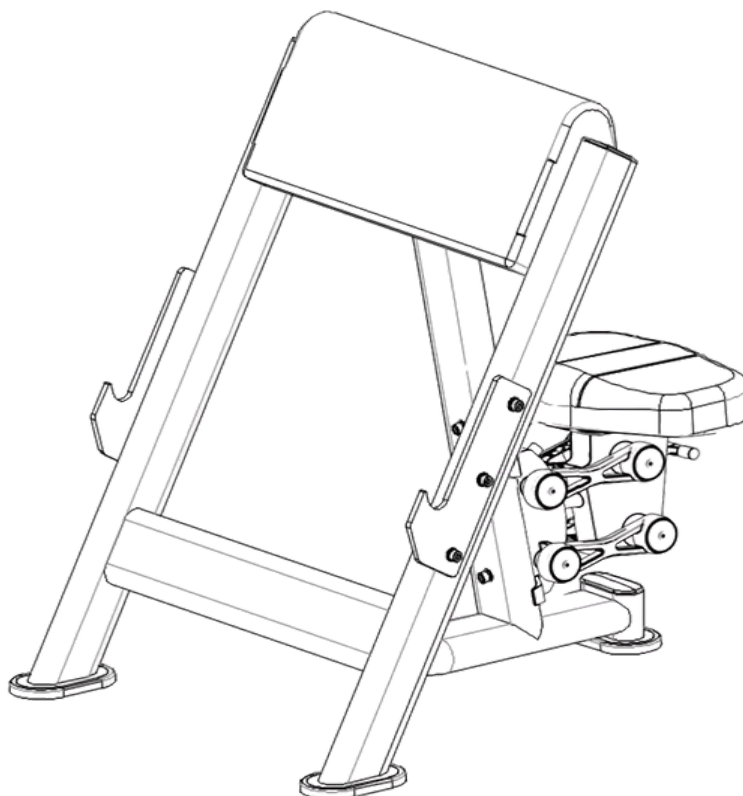
Step 7:

Attach the Seat Frame (#13) to the Seated Biceps Curl Side Frame (#11) using the following components:

- 2 × Socket Head Cap Screws (#14)
- 2 × Spring Washers (#4)
- 2 × Flat Washers (#5)



Fully Installation



Important Tips

Now that your Bicep Curl Rack is assembled, take a moment to make sure it is straight and level.

Use a spirit level to check that the bars are standing up correctly on all sides. If something looks off, loosen the bolts a little, adjust the parts, and tighten them again.

Accessories List

No.	Name and specification	qty
1	Bicep Curl Rack Main Frame	1
2	Bicep Curl Rack Hook Board	2
3	Hexagon socket head screw (M10*25)	14
4	Spring washers (10)	16
5	Flat washers (10)	16
6	Bicep Curl Rack Leather Pad	1
7	Hexagon socket head screw (M8*30)	10
8	Spring washers (8)	10
9	Flat washers (8)	10
10	flat oval pad	3
11	Bicep Curl Rack Side Rack	1
12	cushion	1
13	seat part frame	1
14	Hexagon socket head screw (M10*70)	2

Note: Parts pre-installed are not listed in this table.