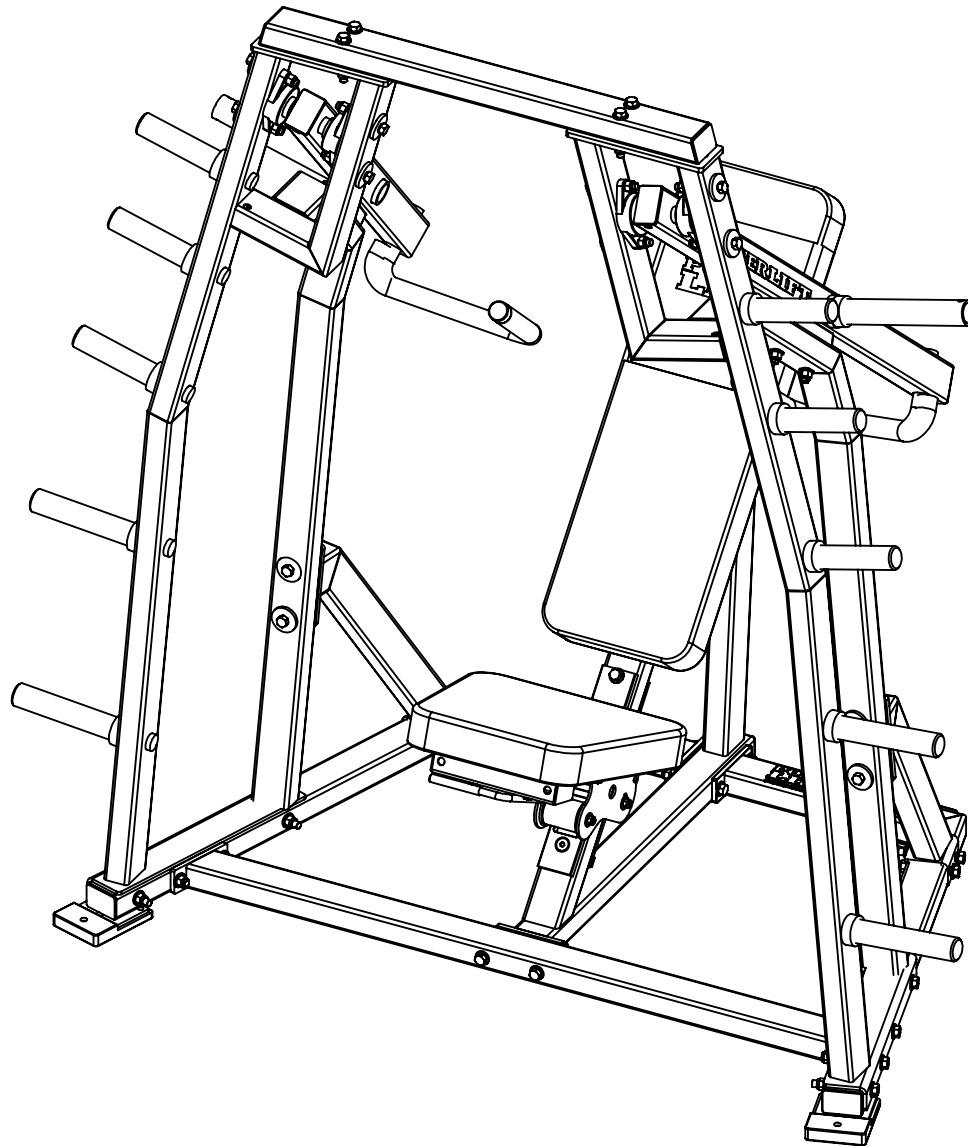


Plate Loaded ISO Shoulder Press



Assembly notes:

Fasteners provided to assemble machine:

- (14) 1/2"X4 1/2" BOLTS
- (2) 1/2"X4-3/4" BOLTS
- (8) 1/2"X3-1/2" BOLTS
- (8) 1/2"X3-3/4" BOLTS
- (2) 3/8"X3-3/4" BOLTS
- (6) 3/8"X1-1/4" FLANGE BOLTS

Tools required (Not Included):

- 3/4" Open-End Wrench
- 3/4" Socket
- 9/16" Open-End Wrench
- 9/16" Socket
- 1/8" Allen Wrench

Note: When assembling unit DO NOT tighten any fasteners until specified.

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PART NUMBER

82041B_assembly cover

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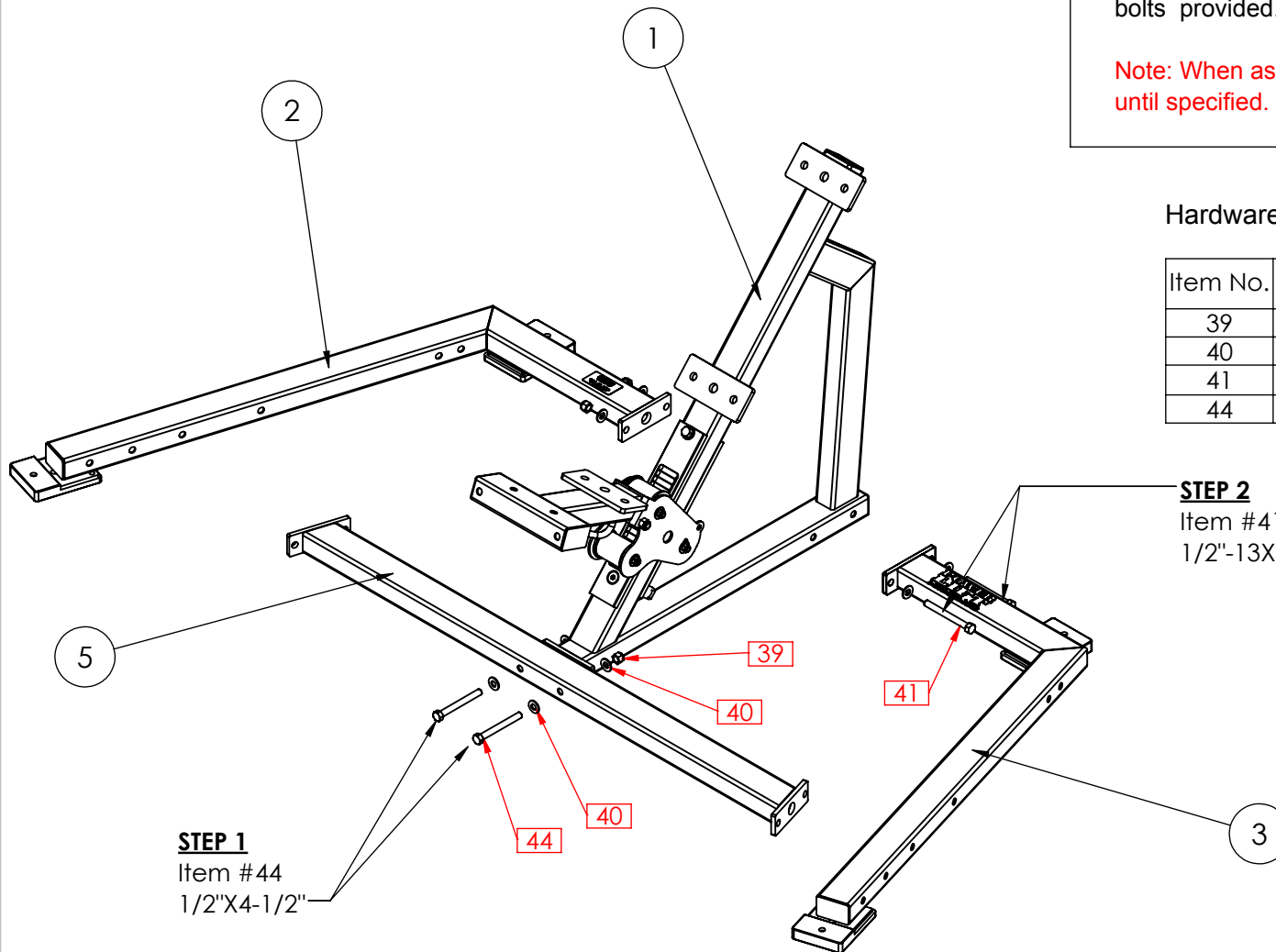
Date

6/5/19

Instructions

- 1.) Assemble item 1 and item 5 using (2) 1/2"X4-1/2" bolts provided.
- 2.) Then assemble item 3, and 2 to item 1 using (2) 1/2"X4-3/4" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.



Hardware Detail

Item No.	Part Number	Part Name	Qty
39	99620	1/2"-13 NUT	4
40	99585	1/2" FLATWASHER	8
41	99827	1/2"X4-3/4" BOLT	2
44	99539	1/2"X4-1/2" BOLT	2

STEP 2

Item #41
1/2"-13X4-3/4"

Frame Detail

Item No.	Part Number	Part Name	Qty
1	82042	SEAT FRAME	1
2	82047	RIGHT BASE	1
3	82050	LEFT BASE	1
5	82059	FRONT BRACE	1

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PART NUMBER

82041B_page1

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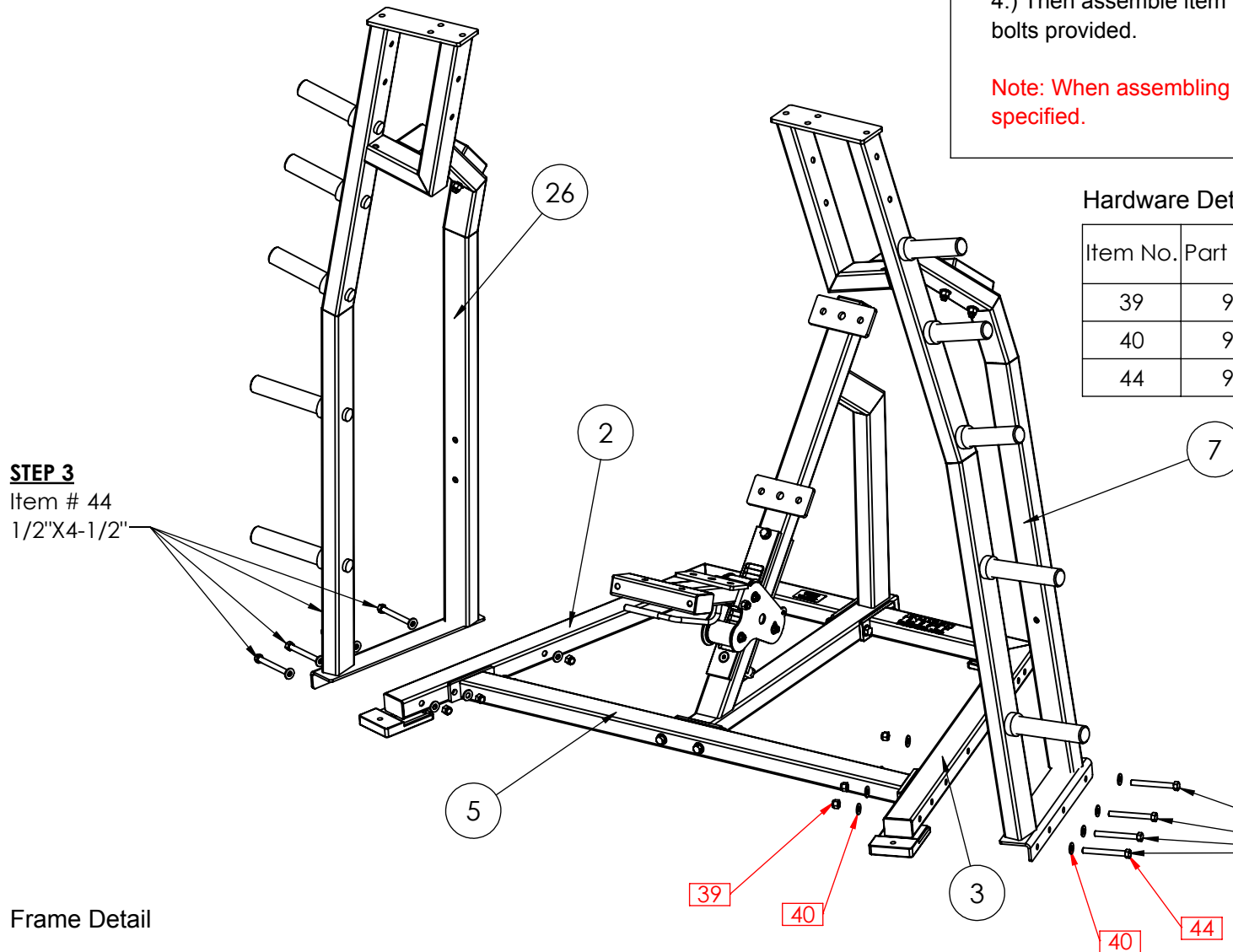
6/5/19

Instructions

3.) Assemble item 26 to both 2, and 5 using (4) 1/2"X4-1/2" bolts provided.

4.) Then assemble item 7 to both 3, and 5 using (4) 1/2"X4-1/2" bolts provided.

Note: When assembling unit DO NOT tighten any fasteners until specified.



Hardware Detail

Item No.	Part Number	Part Name	Qty
39	99620	1/2"-13 NUT	8
40	99585	1/2" FLATWASHER	16
44	99539	1/2"X4-1/2" BOLT	8

STEP 3

Item # 44
1/2"X4-1/2"

STEP 4

Item #44
1/2"X4-1/2"

Frame Detail

Item No.	Part Number	Part Name	Qty
2	82047	RIGHT BASE	1
3	82050	LEFT BASE	1
5	82059	FRONT BRACE	1
7	82076	LEFT SIDE	1
26	82062	RIGHT SIDE	1

POWER LIFT ®

PART NUMBER

82041B_page2

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Instructions

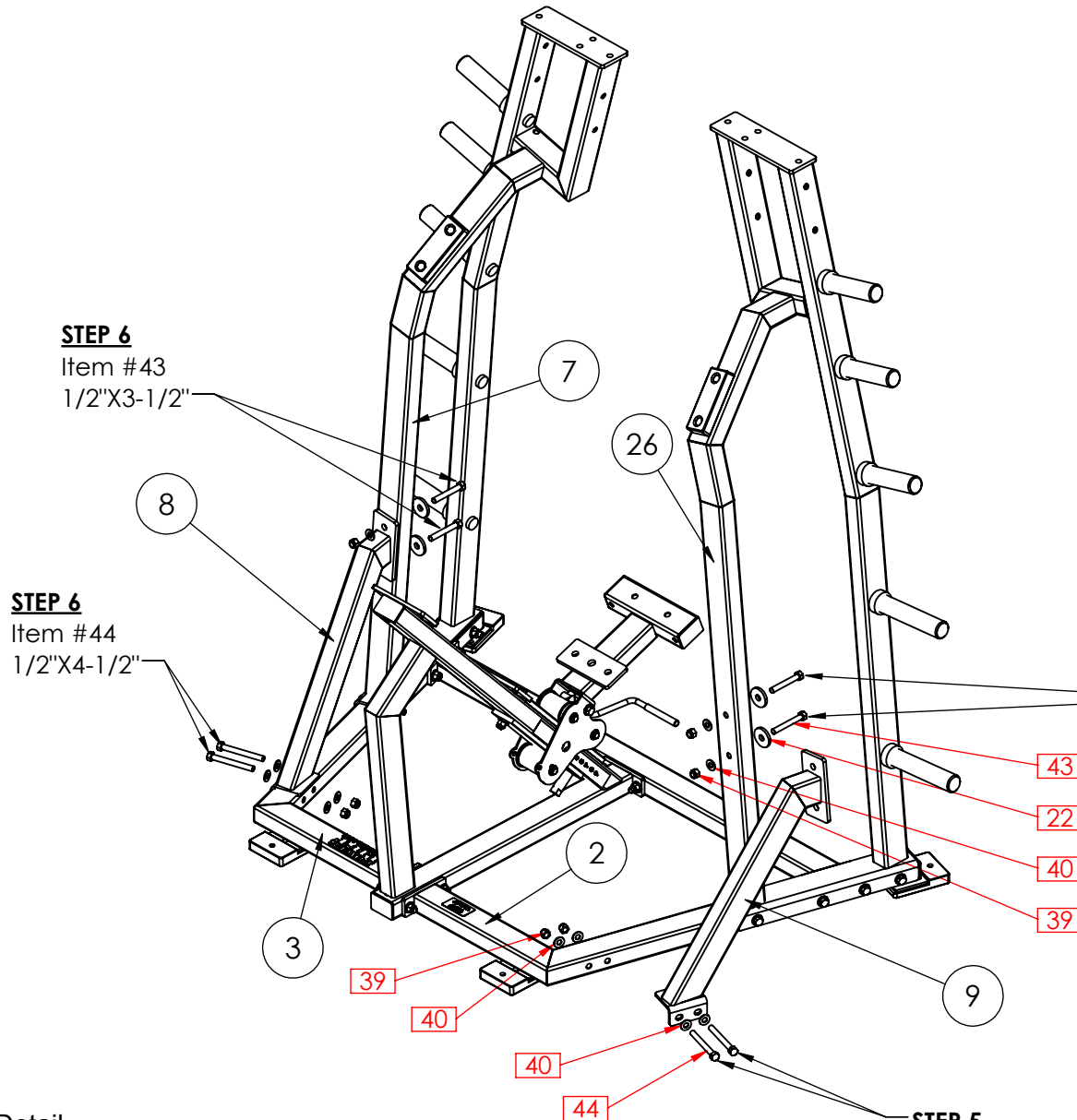
5.) Assemble item 9 to both 2, and 26 using (2) 1/2"X3-1/2" and (2) 1/2"X4-1/2" bolts provided.

6.) Then assemble item 8 to both 3, and 7 using (2) 1/2"X3-1/2" and (2) 1/2"X4-1/2" bolts provided.

Note: When assembling unit **DO NOT** tighten any fasteners until specified.

Hardware Detail

Item No.	Part Number	Part Name	Qty
22	80010	PLATE, SPACER	4
39	99620	1/2" -13 NUT	8
40	99585	1/2" FLATWASHER	12
43	99520	1/2"X3-1/2" BOLT	4
44	99539	1/2"X4-1/2" BOLT	4



STEP 5
Item #43
1/2"X3-1/2"

STEP 5
Item #44
1/2"X4-1/2"

Frame Detail

Item No.	Part Number	Part Name	Qty
2	82047	RIGHT BASE	1
3	82050	LEFT BASE	1
7	82076	LEFT SIDE	1
8	82077	LEFT SIDE SUPPORT	1
9	82081	RIGHT SIDE SUPPORT	1
26	82062	RIGHT SIDE	1

POWER LIFT ®

PART NUMBER
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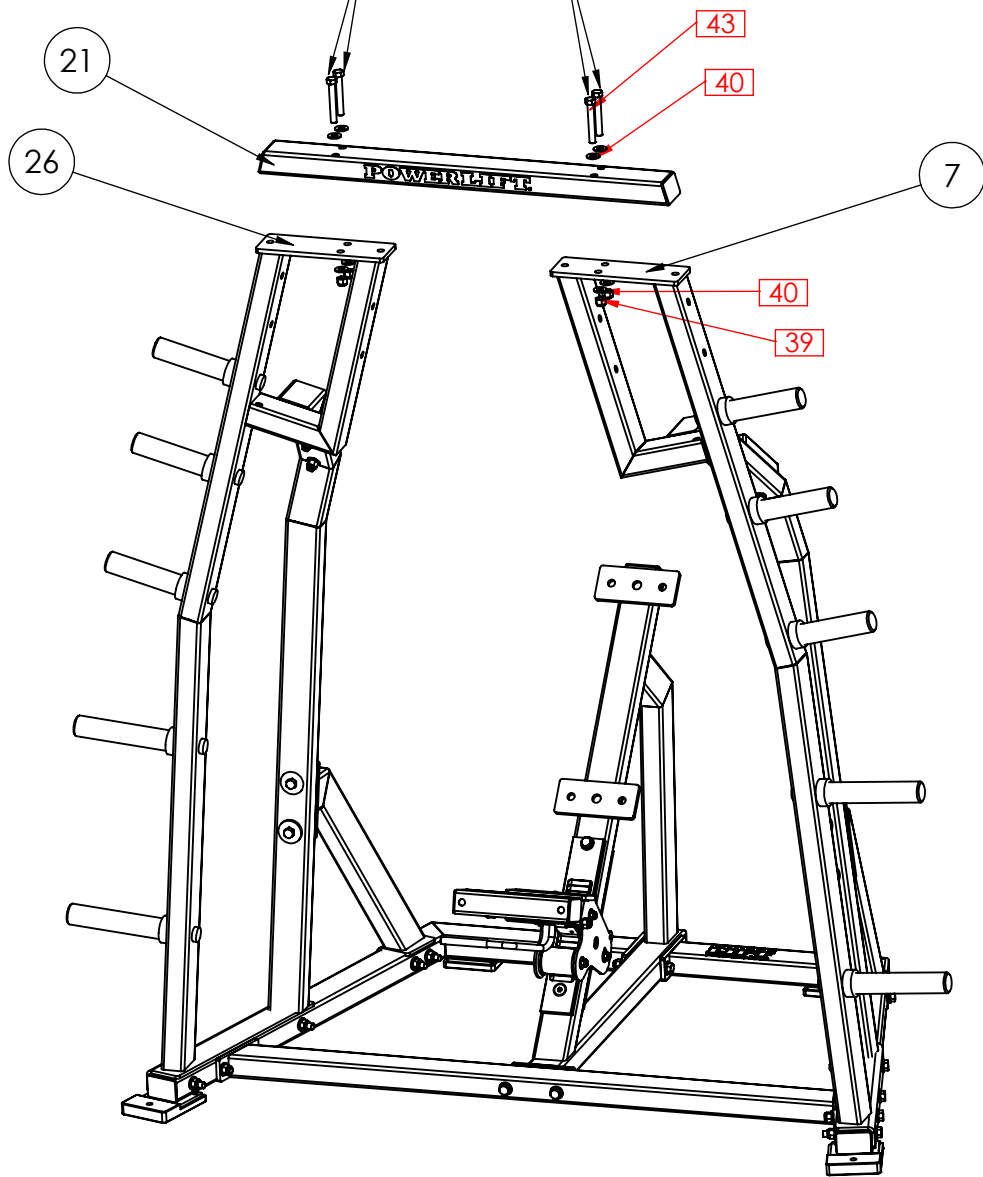
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STEP 7

Item #43

1/2"X3-1/2"



Instructions

7.) Assemble item 21 to both 7, and 26 using (4) 1/2"X3-1/2" bolts provided.

8.) Now all bolts can be tightened starting from the bottom working toward the top.

Hardware Detail

Item No.	Part Number	Part Name	Qty
39	99620	1/2"-13 NUT	4
40	99585	1/2" FLATWASHER	8
43	99520	1/2"X3-1/2" BOLT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
7	82076	LEFT SIDE	1
21	82083	TOP BRACE	1
26	82062	RIGHT SIDE	1

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PART NUMBER

82041B_page4

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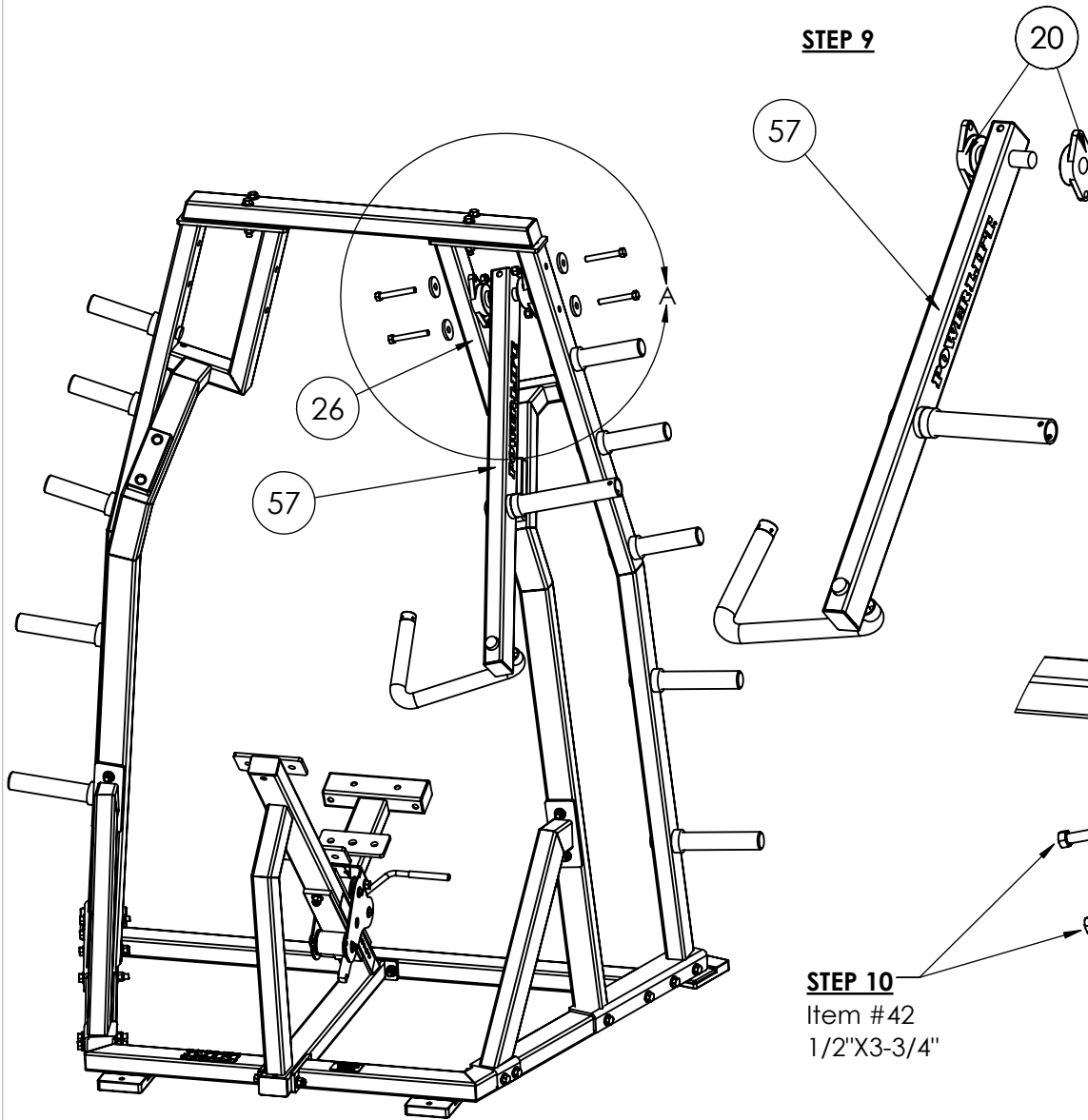
Instructions

9.) Make sure items 20 is on each end of item 57.

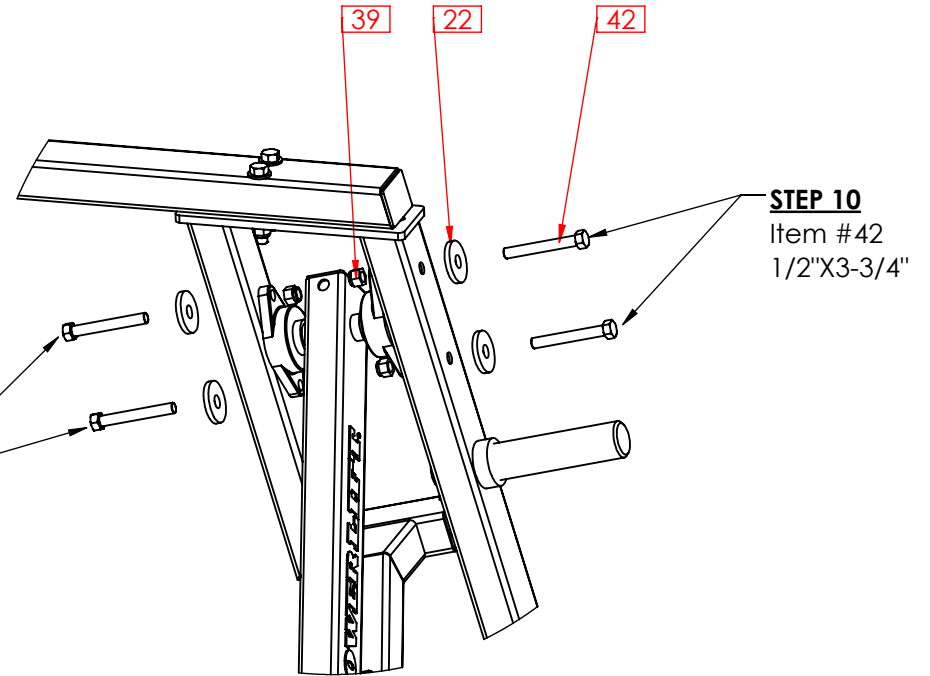
10.) Attach item 57 to item 26 using (4) 1/2"X3-3/4" bolts provided.

Hardware Detail

Item No.	Part Number	Part Name	Qty
22	80010	PLATE, SPACER	4
39	99620	1/2"-13 NUT	4
42	99434	1/2"X3-3/4" BOLT	4



STEP 10
Item #42
1/2"X3-3/4"



Frame Detail

Item No.	Part Number	Part Name	Qty
20	99773	BEARING, FOR 1 1/4" SHAFT	2
26	82062	RIGHT SIDE	1
57	82055B	RIGHT PRESS ARM	1

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PART NUMBER

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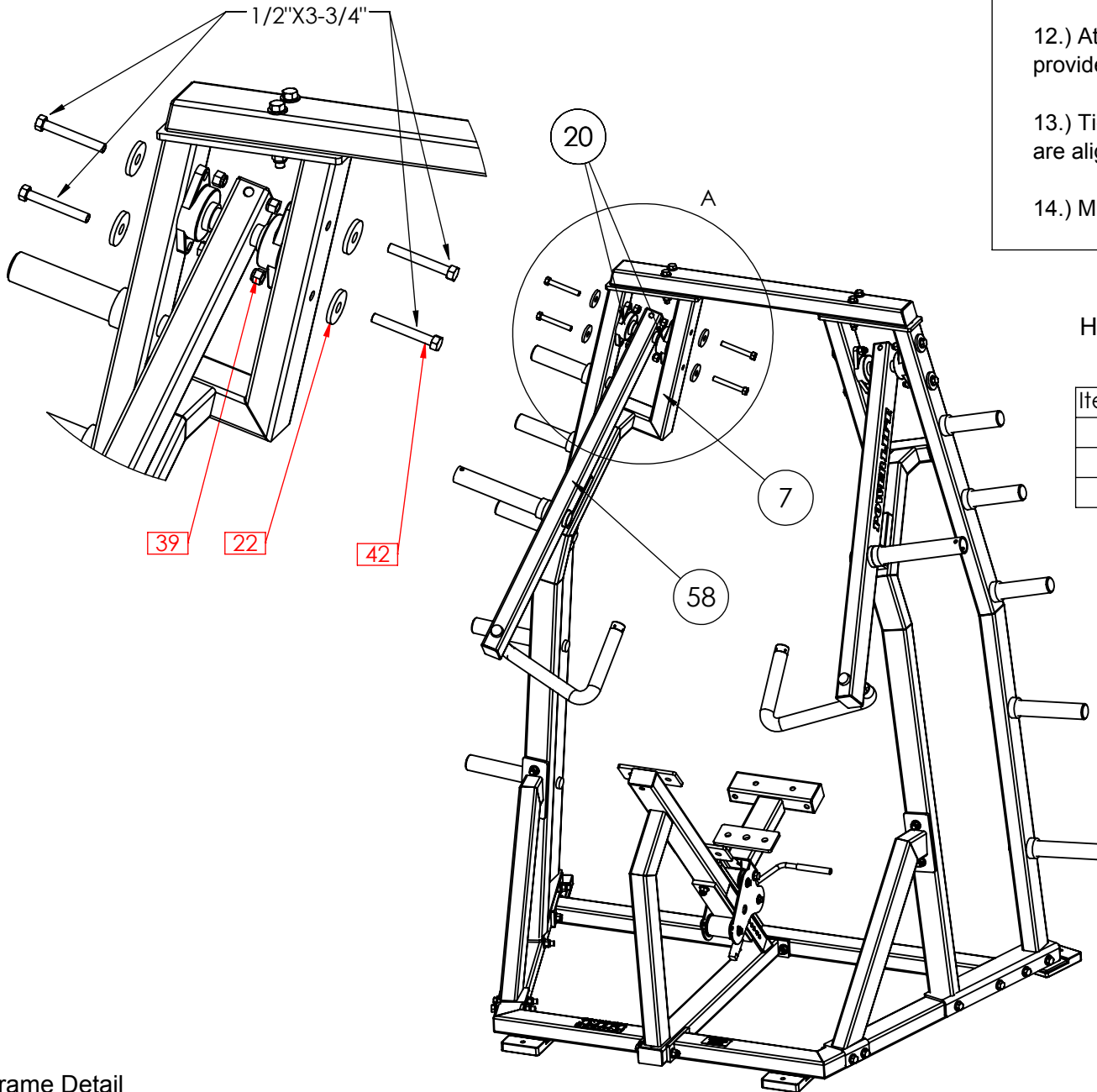
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STEP 12

Item #42

1/2"X3-3/4"



Instructions

- 11.) Make sure items 20 is on each end of item 58.
- 12.) Attach item 58 to item 7 using the (4) 1/2"X3-3/4" bolts provided.
- 13.) Tighten bolts on each arm while making sure both arms are aligned and move symmetrically.
- 14.) Make sure to tighten set screws on items 20.

Hardware Detail

Item No.	Part Number	Part Name	Qty
22	80010	PLATE, SPACER	4
39	99620	1/2"-13 NUT	4
42	99434	1/2"X3-3/4" BOLT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
7	82076	LEFT SIDE	1
20	99773	BEARING, FOR 1-1/4" SHAFT	2
58	82057B	LEFT PRESS ARM	1

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PART NUMBER

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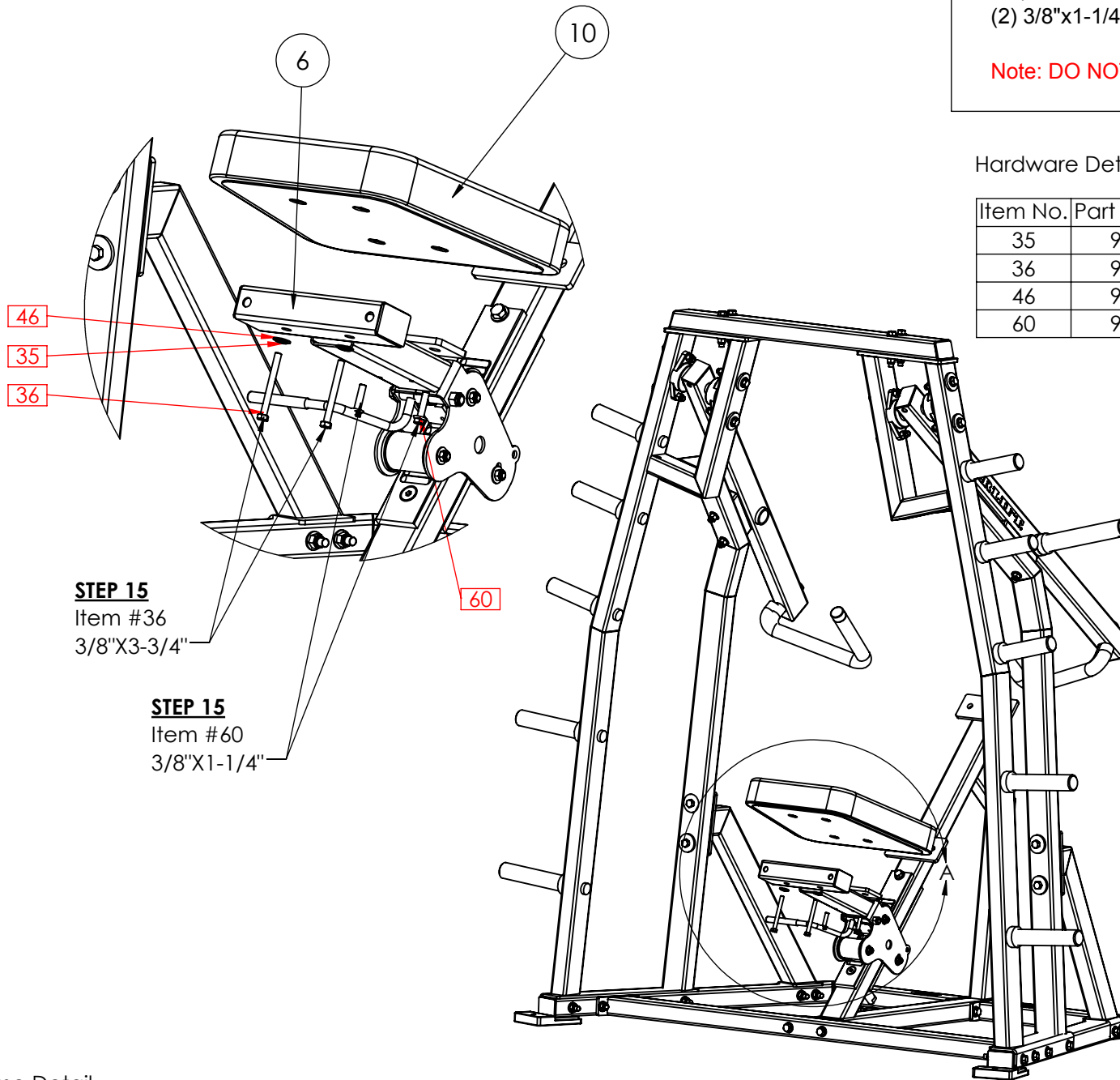
Instructions

15.) Attach item 10 to item 6 using the (2) 3/8"X3-3/4" and (2) 3/8"x1-1/4" bolts provided.

Note: DO NOT over tighten bolts into seat.

Hardware Detail

Item No.	Part Number	Part Name	Qty
35	99530	3/8" LOCK WASHER	2
36	99664	3/8"X3-3/4" BOLT	2
46	99531	3/8" FLATWASHER	2
60	99954	3/8"X1-1/4" FLANGE BOLT	2



STEP 15

Item #36
3/8"X3-3/4"

STEP 15

Item #60
3/8"X1-1/4"

Frame Detail

Item No.	Part Number	Part Name	Qty
6	82060	SEAT FRAME	1
10	80030	PAD, SEAT	1

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PART NUMBER

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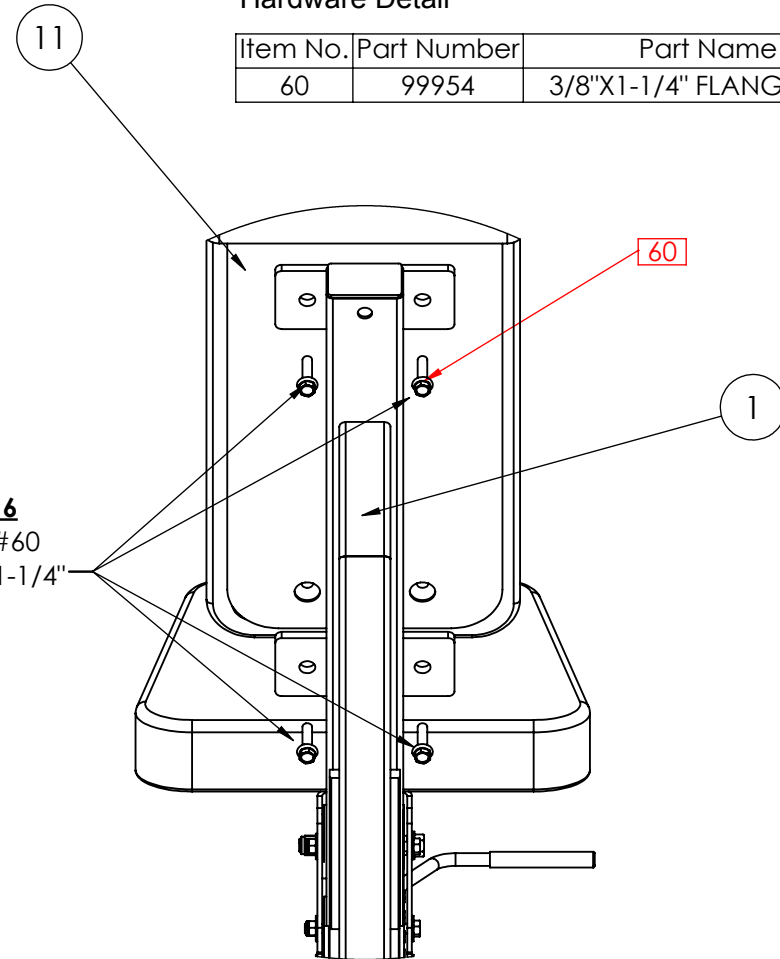
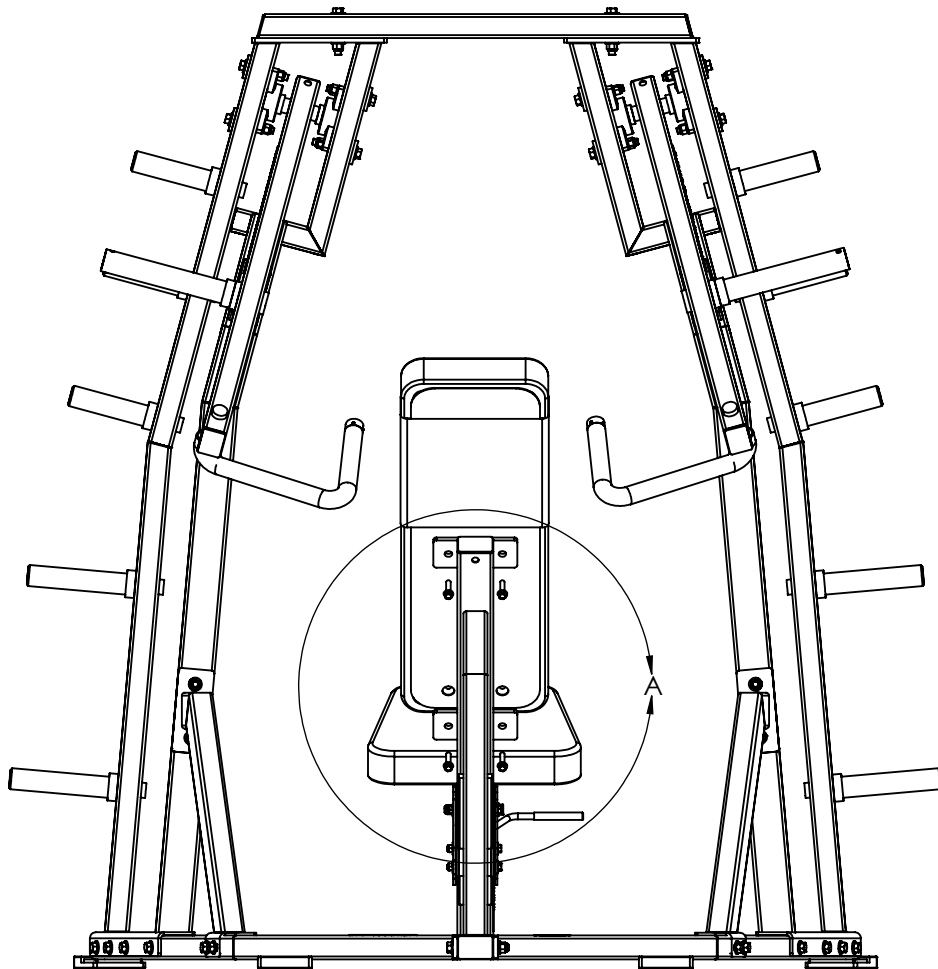
Instructions

16.) Attach item 11 to item 1 using the (4) 3/8"X1-1/4" bolts provided.

Note: DO NOT over tighten bolts into Back Cushion.

Hardware Detail

Item No.	Part Number	Part Name	Qty
60	99954	3/8"X1-1/4" FLANGE BOLT	4



Frame Detail

Item No.	Part Number	Part Name	Qty
1	82042	SEAT FRAME	1
11	16587b	BACK CUSHION	1

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PART NUMBER

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