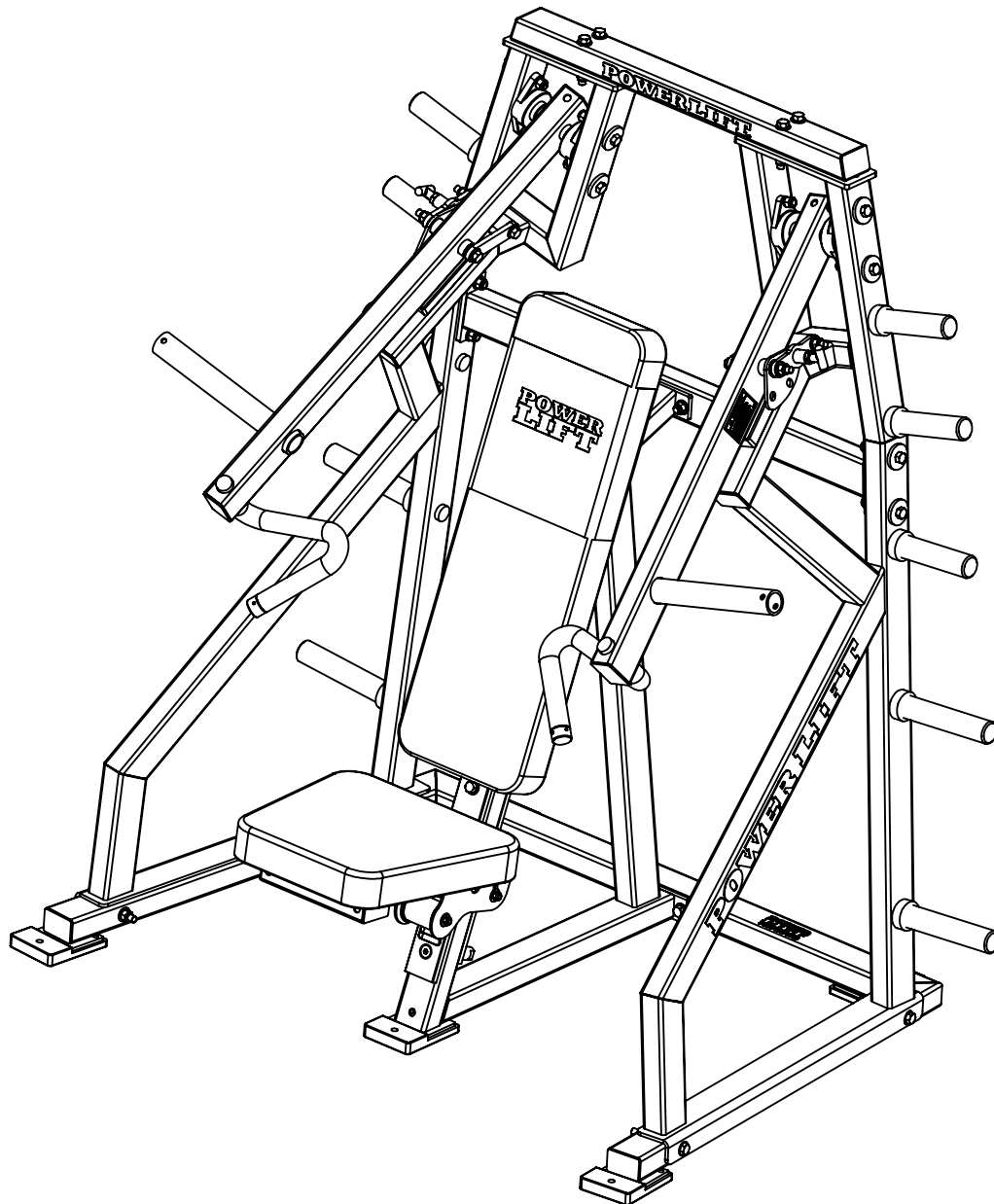


Plate Loaded ISO Incline Chest Press



Assembly notes:

Fasteners provided to assemble machine:

- (18) 1/2"X3 1/2" BOLTS
- (6) 1/2"X4 1/2" 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.

POWER LIFT®

PART NUMBER

82212B_assembly cover

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

5/30/19

Instructions

- 1.) Assemble item 1 and item 5 together using (2) 1/2"X4-1/2" bolts provided.
- 2.) Then assemble item 6 to item 1 using (2) 1/2"X4-1/2" bolts provided.
- 3.) Attach item 3 to both item 5, and 6 using (4) 1/2X3-1/2" bolts provided.

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

Hardware Detail

Item No.	Part Number	Part Name	Qty
19	80010	PLATE, SPACER	4
20	99520	1/2"X3-1/2" BOLT	4
21	99585	1/2" FLATWASHER	12
22	99620	1/2"-13 NUT	8
65	99539	1/2"X4-1/2" BOLT	4

STEP 3
Item # 20
1/2"X3-1/2"

STEP 1
Item # 65
1/2"X4-1/2"

STEP 3
Item # 20
1/2"X3-1/2"

STEP 2
Item # 65
1/2"X4-1/2"

Frame Detail

Item No.	Part Number	Part Name	Qty
1	82183	BOTTOM FRAME	1
3	82186	BACK BRACE	1
5	82190	RIGHT SIDE	1
6	82203	LEFT SIDE	1

POWER LIFT ®

PART NUMBER

82212B_page1

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

5/30/19

Instructions

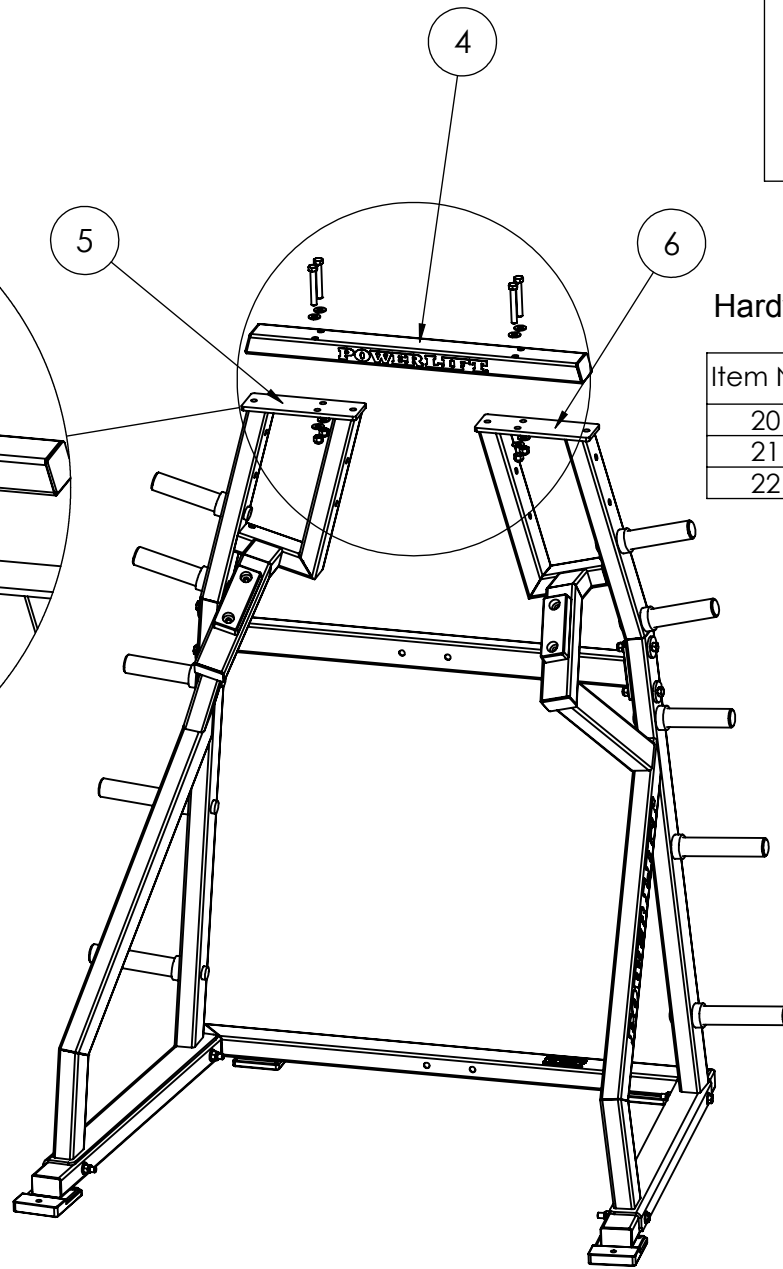
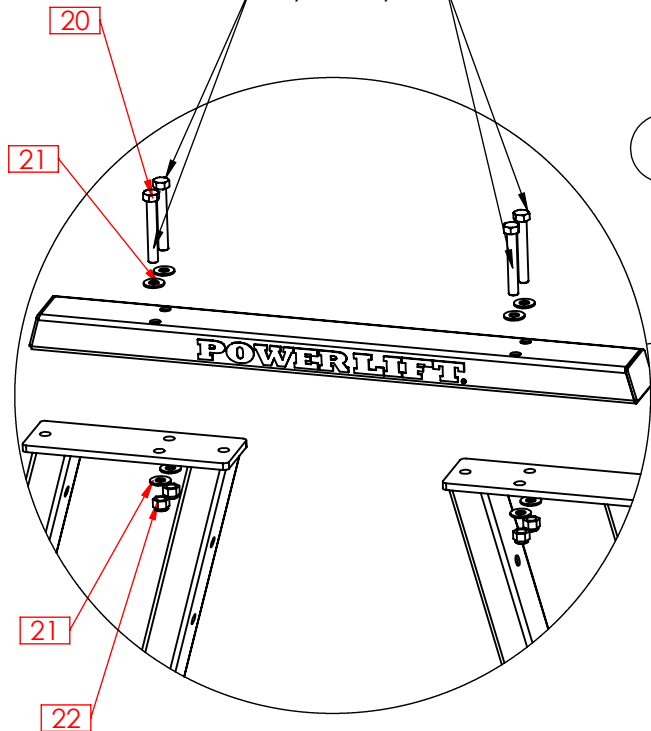
4.) Assemble item 4 to item 5, and 6 using (4) 1/2"X3-1/2" bolts provided.

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

STEP 4

Item #20

1/2"X3-1/2"



Hardware Detail

Item No.	Part Number	Part Name	Qty
20	99520	1/2"X3-1/2" BOLT	4
21	99585	1/2" FLATWASHER	8
22	99620	1/2"-13 NUT	4

Frame Detail

Item No.	Part Number	Part Name	Qty
4	82188	TOP BRACE	1
5	82190	RIGHT SIDE	1
6	82203	LEFT SIDE	1

POWER LIFT ®

PART NUMBER

82212B_page2

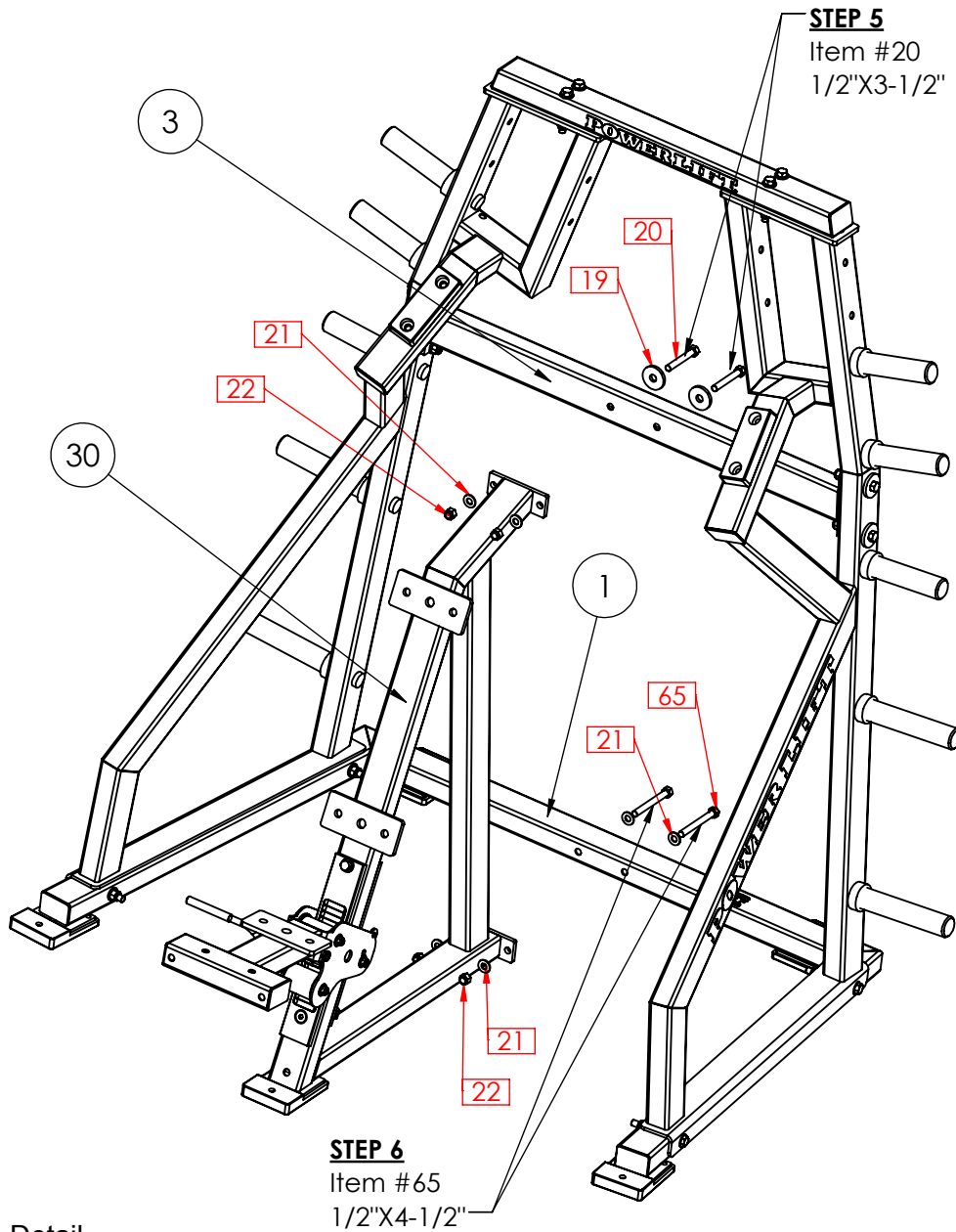
THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

5/30/19



STEP 5
Item #20
1/2"X3-1/2"

STEP 6
Item #65
1/2"X4-1/2"

Frame Detail

Item No.	Part Number	Part Name	Qty
1	82126	BOTTOM FRAME	1
3	82186	BACK BRACE	1
30	82217	SEAT FRAME	1

Instructions

- 5.) Assemble item 30 to item 3 using (2) 1/2"X3-1/2" bolts provided.
- 6.) Then attach item 30 to item 1 using (2) 1/2"X4-1/2" bolts provided .
- 7.) Now tighten all bolts starting from the bottom working toward the top.

Hardware Detail

Item No.	Part Number	Part Name	Qty
19	80010	PLATE, SPACER	2
20	99520	1/2"X3-1/2" BOLT	2
21	99585	1/2" FLATWASHER	6
22	99620	1/2"-13 NUT	4
65	99539	1/2"X4-1/2" BOLT	2

POWER LIFT ®

PART NUMBER

82212B_page3

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

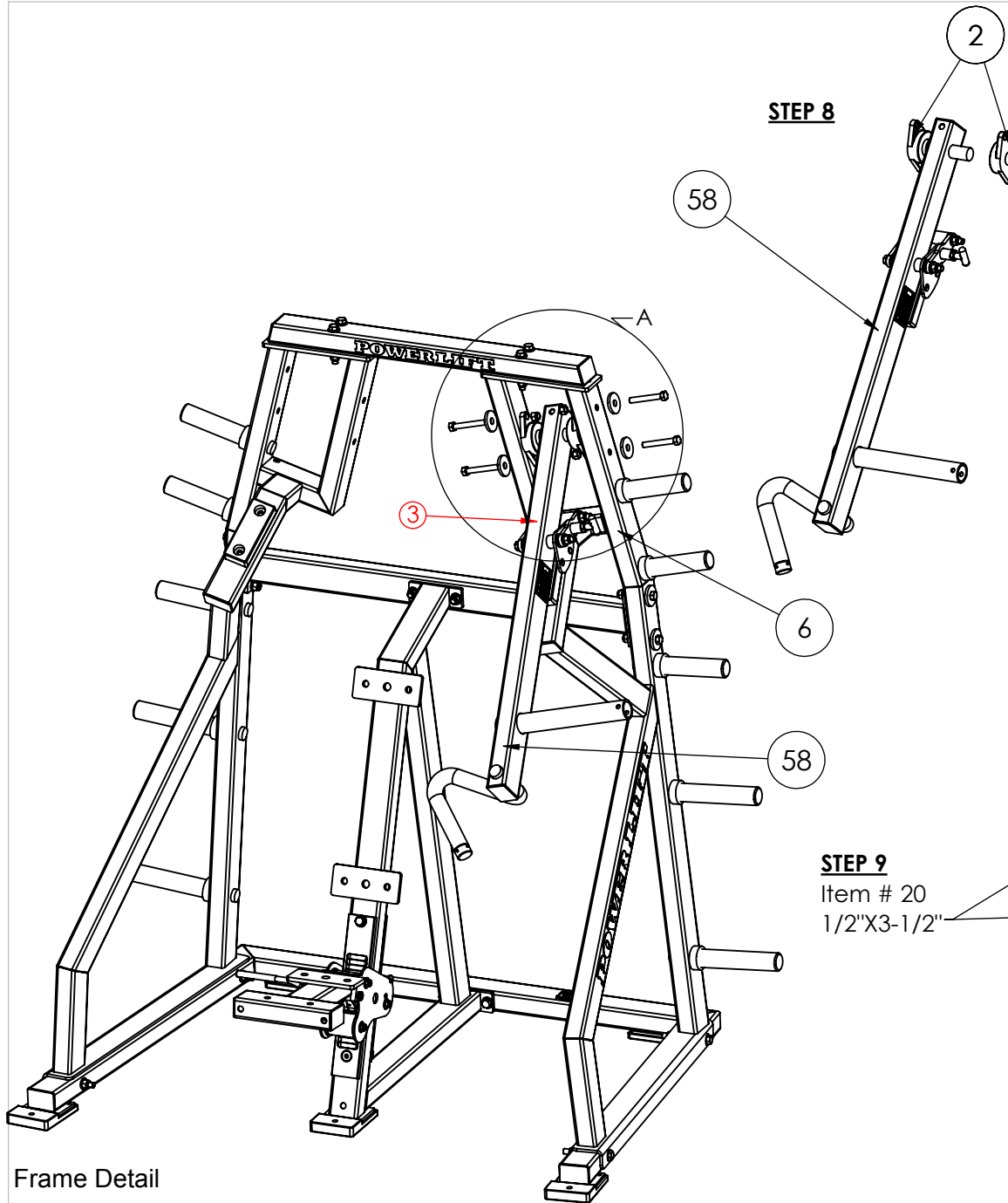
5/30/19

Instructions

8.) Make sure items 2 is on each end of item 58.

9.) Attach item 58 to item 6 using (4) 1/2"X3-1/2" bolts provided.

STEP 8



Hardware Detail

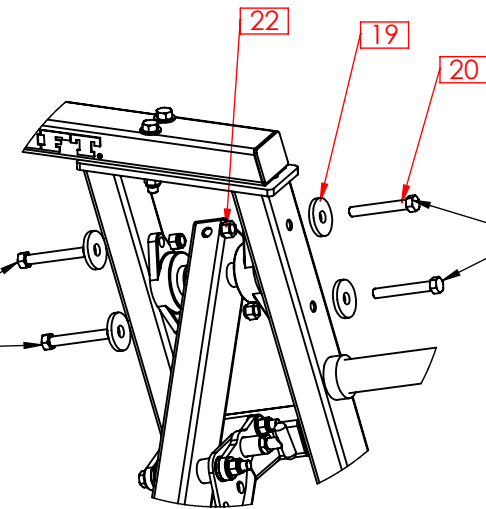
Item No.	Part Number	Part Name	Qty
19	80010	PLATE, SPACER	4
20	99520	1/2"X3-1/2" BOLT	4
22	99620	1/2"-13 NUT	4

STEP 9

Item # 20
1/2"X3-1/2"

STEP 9

Item #20
1/2"X3-1/2"



Frame Detail

Item No.	Part Number	Part Name	Qty
2	99773	BEARING, FOR 1 1/4" SHAFT	2
6	82203	LEFT SIDE	1
58	82208B	LEFT PRESS ARM	1

POWER LIFT®

PART NUMBER

82212B_page4

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

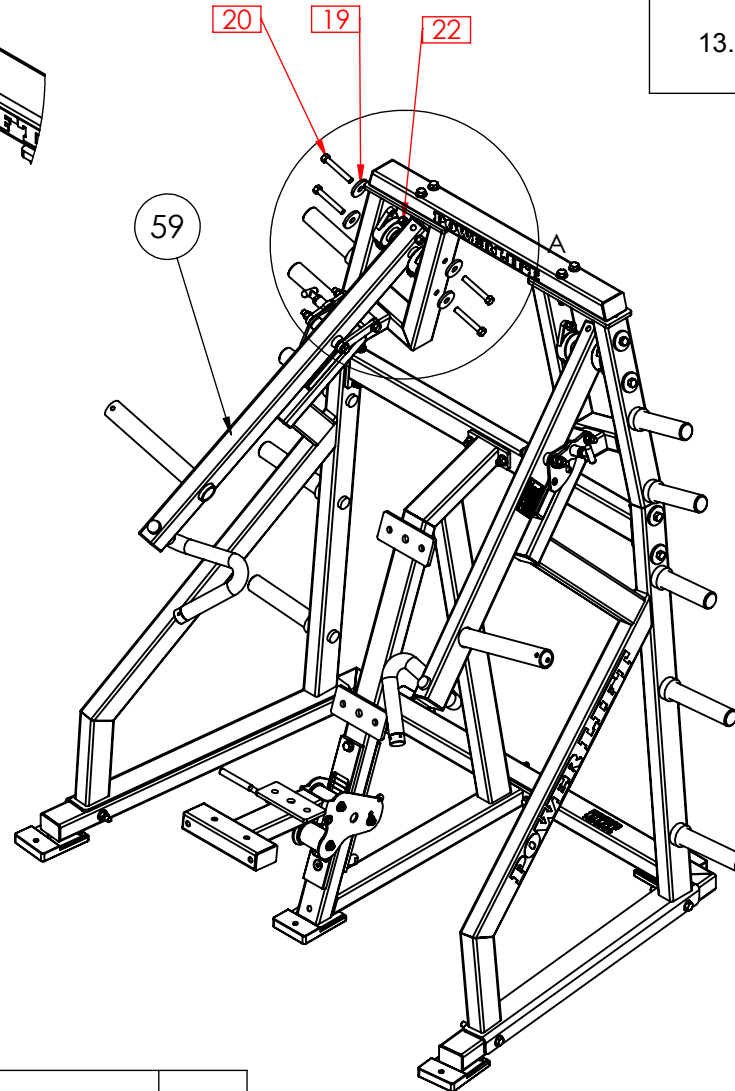
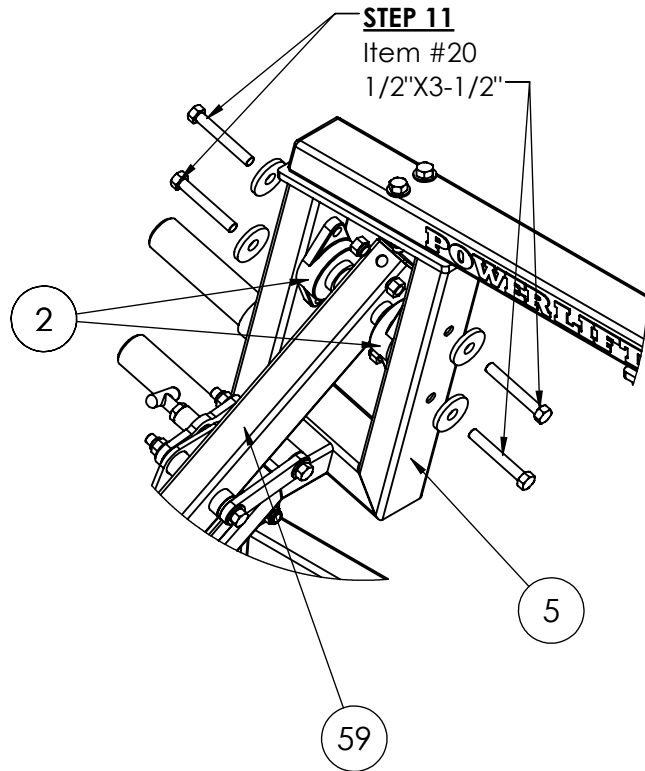
A

Date

5/30/19

Instructions

- 10.) Make sure items 2 is on each end of item 59.
- 11.) Attach item 59 to item 5 using the (4) 1/2"X3-1/2" bolts provided.
- 12.) Tighten bolts on each arm while making sure both arms are aligned and move symmetrically.
- 13.) Make sure set screws on items 2 are tightened.



Hardware Detail

Item No.	Part Number	Part Name	Qty
19	80010	PLATE SPACER	4
20	99520	1/2"X3-1/2" BOLT	4
22	99620	1/2"-13 NUT	4

Frame Detail

Item NO.	Part Number	Part Name	Qty
2	99773	BEARING, FOR 1 1/4" SHAFT	2
5	82190	RIGHT SIDE	1
59	82211B	RIGHT PRESS ARM	1

POWER LIFT ®

PART NUMBER

82212B_page5

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

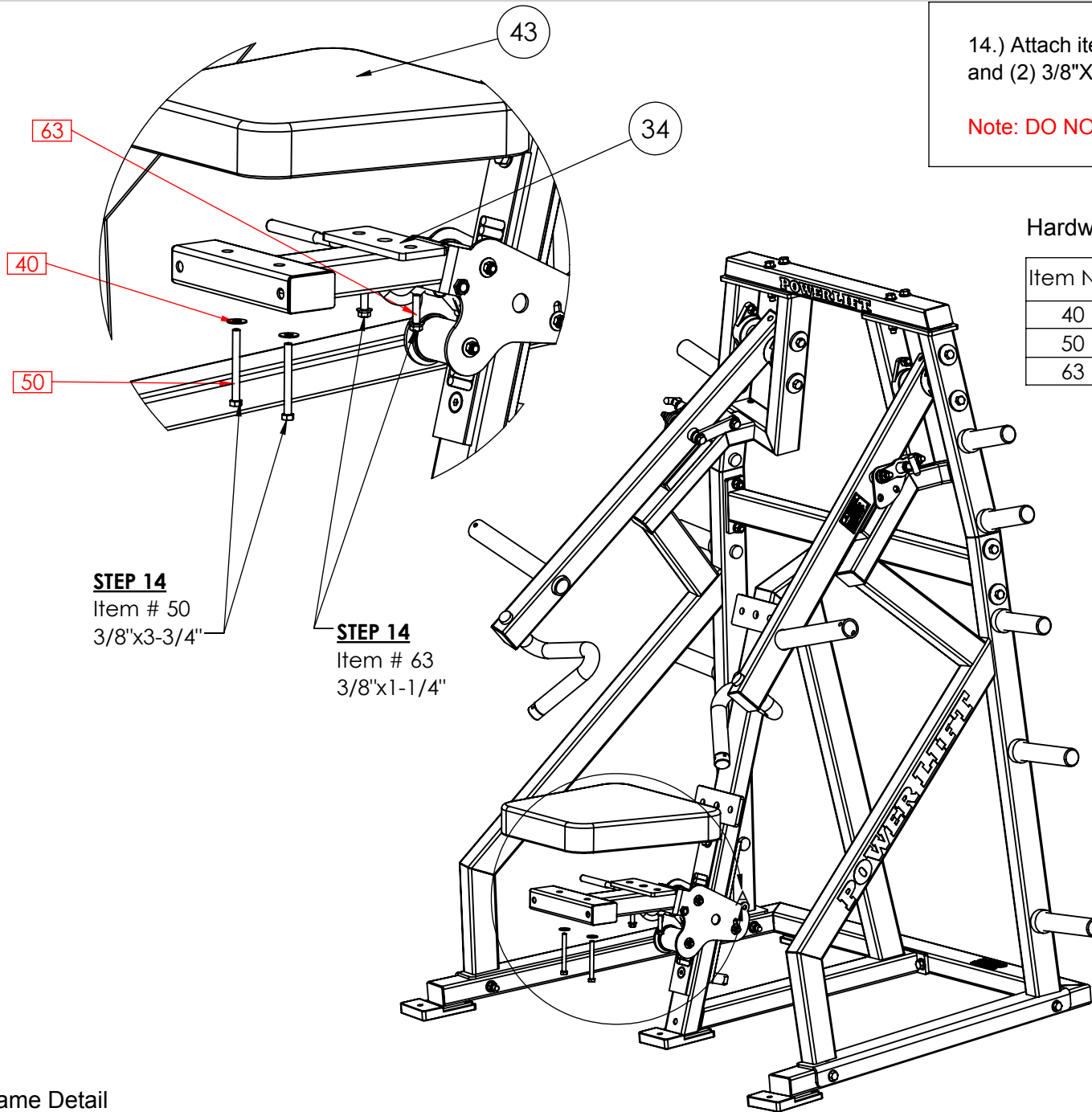
Date

5/30/19

Instructions

14.) Attach item 43 to item 34 using the (2) 3/8"X3-3/4" bolts, 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
40	99531	3/8" FLATWASHER	2
50	99664	3/8"X3-3/4" BOLT	2
63	99954	3/8"X1-1/4" FLANGE BOLT	2

STEP 14

Item # 50
3/8"x3-3/4"

STEP 14

Item # 63
3/8"x1-1/4"

Frame Detail

Item No.	Part Number	Part Name	Qty
34	80096	SEAT FRAME	1
43	80030	PAD, SEAT	1

POWER LIFT ®

PART NUMBER

82212B_page6

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

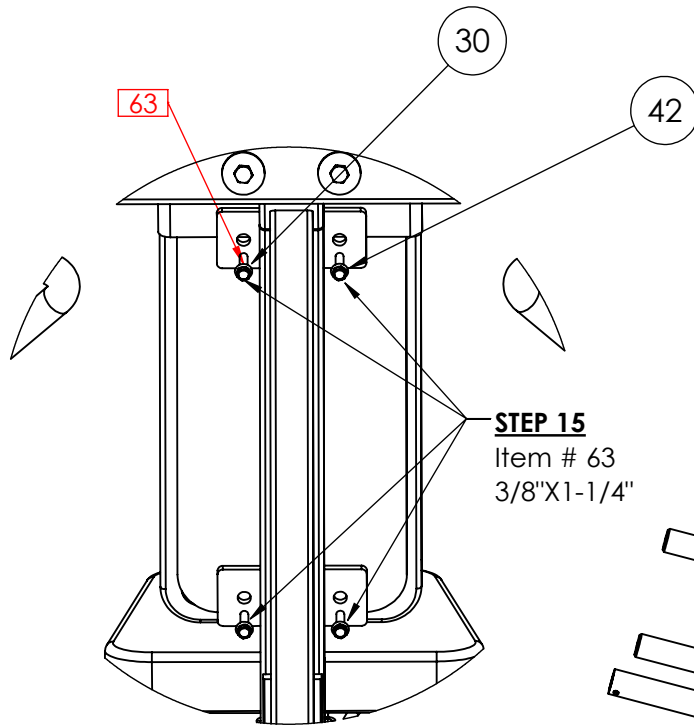
Date

5/30/19

Instructions

15.) Attach item 42 to item 30 using the (4) 3/8"X1-1/4" flange bolts provided.

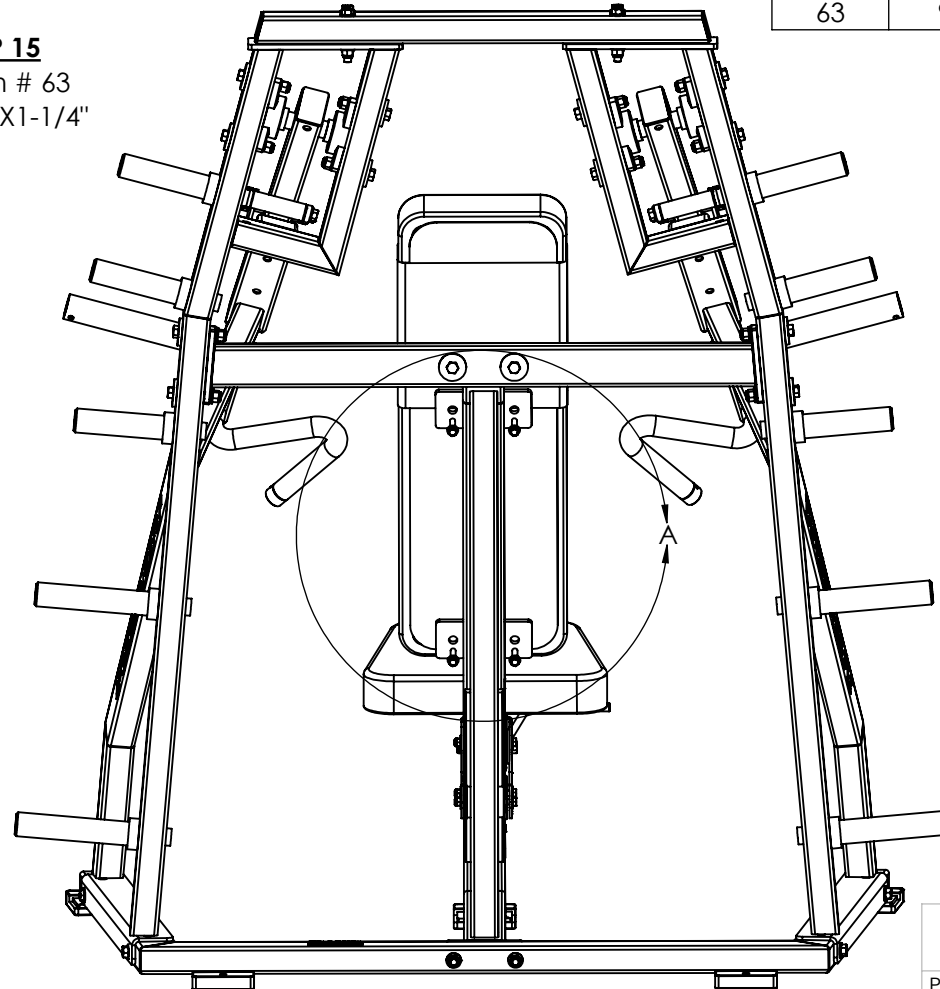
Note: DO NOT over tighten bolts into back cushion.



STEP 15
Item # 63
3/8"X1-1/4"

Hardware Detail

Item No.	Part Number	Part Name	Qty
63	99954	3/8"X1-1/4" FLANGE BOLT	4



Frame Detail

Item No.	Part Number	Part Name	Qty
30	82217	SEAT FRAME	1
42	16587B	BACK CUSHION	1

POWER LIFT ®

PART NUMBER

82212B_page7

THE INFORMATION CONTAINED IN THIS DRAWING IS THE SOLE PROPERTY OF POWER LIFT ANY REPRODUCTION IN PART OR WHOLE WITHOUT THE WRITTEN PERMISSION OF POWER LIFT IS PROHIBITED

REV.

A

Date

5/30/19