

# SHOUDER PRESS

MA-003

<http://bronze-gym.ru/bronze-gym-03-zhim-ot-plech>

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**USER MANUAL**

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## **1. INTRODUCTION**

Thank you for purchasing this unit.

For your health and safety, please make a reasonable training program with suitable weight stack and correct postures under the coach's guidance before starting the workout. Kindly please read this manual carefully before using the unit.

Please fill out the maintenance form carefully and keep it with receipt for after-sale service.

## **2. FEATURE**

- (1)The main frame adopts the high-quality steel tube of for use, durable and safe.
- (2)Adopt high strength steel cable as transmitting wire and you will feel safe and durable.
- (3)The weight stack adopts casting iron and has protective cover.
- (4)Rotating part adopts the high-quality bearing, durable in use and there is no noise while using.
- (5)The high quality leader makes it smoother while using.

## **3. WARNING**

- (1)This training equipment is only intended for use in training areas of organizations such as sport associations, educational establishment, hotels, clubs and studios, where access and control are specifically regulated by professionals.
- (2)The unit can only be used by qualified members which are accepted strictly according to certain rules on items such as ages, occupations, health condition, etc.. Operations against the regulation are prohibited!
- (3)T The unit must be used under the supervisions of a coach in case of any accident.
- (4)Children must be kept away from the unit in case of any serious injury which may cause permanent disability.
- (5)Injury to health may result from incorrect or excessive training, please consult the coach to select proper exercise method and suitable burden.
- (6)Please adjust load and position (e.g. seat adjustment) before using.
- (7)Please check if the bolt and handrail are out of work before starting to use it.
- (8)For any fault in weight stacks, guiding rod or any other mechanical part, please contact the professional to fix it immediately in case of accident when the weight stacks fall off.
- (9)Adjust the steel cables to proper length for smooth connection without any twist. Regular inspection must be held to avoid any error. For any problem, must be solved by professionals instantly.
- (10)Do not return to the starting position too quickly in case of any damage to the weight stacks, instead, you must slow down when getting near.
- (11)No touching the steel cables or moving parts in use in case of jamming the hands!

- (12)Cardiacs and children below 12 must not use the unit.
- (13)The training equipment is in compliance with EN 957-2 class S(S=studio);
- (14)The max training weight is 150kg (330pound). The max user weight is 150kg (330pound).
- (15)The machine should be located stably with a space of 2000mm\*2000mm kept around.
- (16)The unit is firstly used in trainings for professionals and secondarily for fitness in residential community and companies.
- (17)Please stop immediately and go to the doctor if you have any discomfort such as dizziness, sicchasia, etc..
- (18)The unit must be assembled and fixed stably on flat ground to avoid any movement of the machine in use.
- (19)The machine shall only be used indoor and kept away from moisture.
- (20)Please wear suitable dresses and shoes in exercise.
- (21)A warm exercise of 5~10min must be had before using the unit.
- (22)mproper movements are not allowed to have on the unit.
- (23)Please exercise under instruction of professional coach.
- (24)Please check if the unit is well fastened before starting your workout.
- (25)Any adjustment to the unit which may interfere with the users' exercise is not allowed.

#### **4. GUIDANCE**



##### **MA-003 SHOUDER PRESS**

Exercise position: Trapeziums, Levanter Scapulae Deltoid muscle

Dimension: 1395mm (L)\*1200mm (W)\*1475 mm (H) weight: 140kg

Use Instruction:

- 1 Read all caution Warning Labels before using this equipment.
- 2 Adjust seat pad and sit with your back firmly against back pad.
- 3 Insert pin into weight stack at desired resistance level.
- 4 Hold the lever firmly, securely positions both hands in an overhand grip or with palms facing each other.
- 5 Keeping your arms close to your sides, slowly push forward while maintaining a smooth, comfortable exercise movement.
- 6 Parse for a moment, then slowly return to the start position and repeat the movement.

#### **5.NOTICE**

(1) Warm exercise

Please have a warm exercise for 5~10 min. Mark the time when having free movements which help to activate the joint muscles and avoid injury in exercise.

(2) Diet

Please take food which contains much protein, such as vegetables and fruits. Start the workout 40min after the meal. The next meal should be had 30min after stopping the workout while a small amount of water can be taken in exercise.

(3) Breath

Breathe in when move with strength; exhale when relax. Adjust the breath according to the movements.

(4) Frequency

A rest must be taken in 48hours after exercise for one muscle before having another one for the same muscle.

(5) Burden

Select suitable weight according to personal condition. Excessive weight must not be taken in case of injury to the muscles. The training must be proceeded in an orderly way and step by step. It is normal to feel slight pain in the muscles in the first workout.

**6.MAINTENANCE**

- (1).For safety use of machines, regularly maintenance must be implemented. Especially for the attrition parts, such as cable, pulley block and connection parts.
- (2)Special attention should be paid to easy worn parts.
- (3) Replace the damaged components immediately and stop using the machine until it is fixed.
- (4)Maintenance should be made as following instruction.

MAINTENANCE	DAILY	WEEKLY	QUATERLY
Check: connecting, bolt, Weight stack bolt	√		
Clearance: cushion and cover	√		
Lubrication: place of sliding			√
Check: bolt if tighten		√	
Lubrication: Bracket of bearing			√

**7. ASSEMBLY INSTRUCTION**

All the content of user’s manual is to assured the strength training machine can be

installed more easily

Reading the details and instructions before installing:

1. Because the size and weight of equipment is so large, Please choose the installed place near the desired station and assured there is enough space to exercise
2. All parts can be put on the clear area, then backout the wrapper. And the wrapper can't be through away before installation finished.
3. Screw the bolt tightly except the additional instruction
4. All parts must be installed according the illustration indication.
5. Installation work can be finished by two men
6. Identify all parts by part identify chart

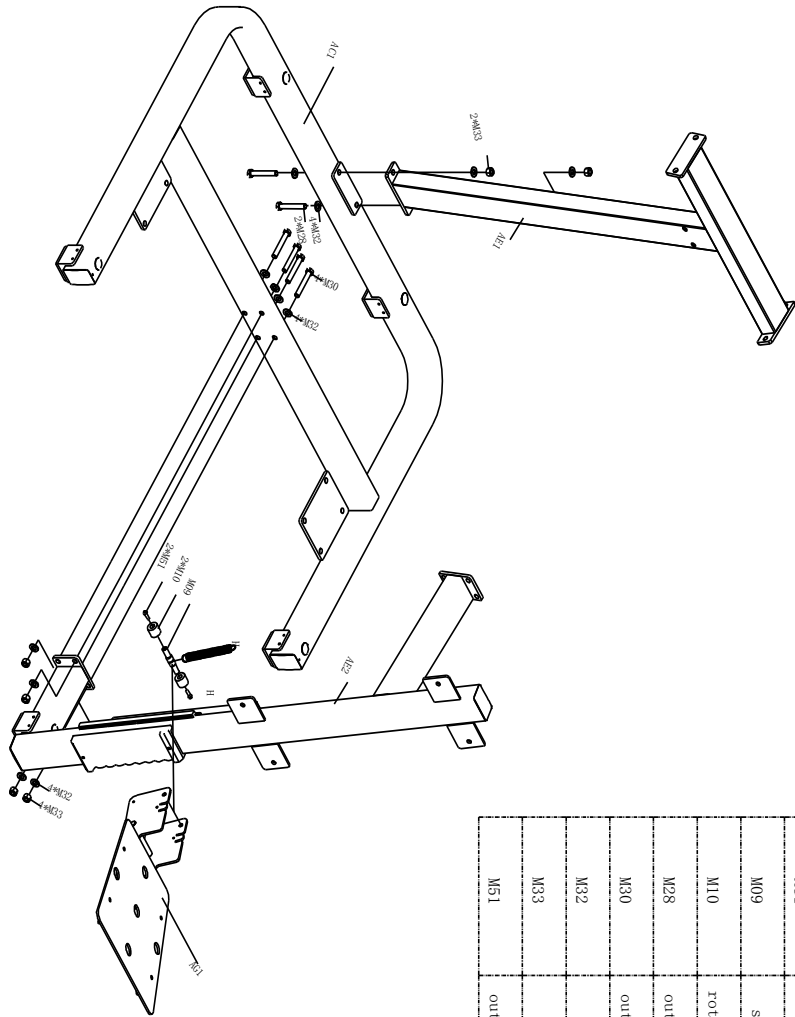
## **8. TOOLS**

1. M6 Hex spanner
2. M8 Hex spanner
3. Two 13-16 spanner
4. Two 17-19 spanner

## **9. EXPLODED VIEW**



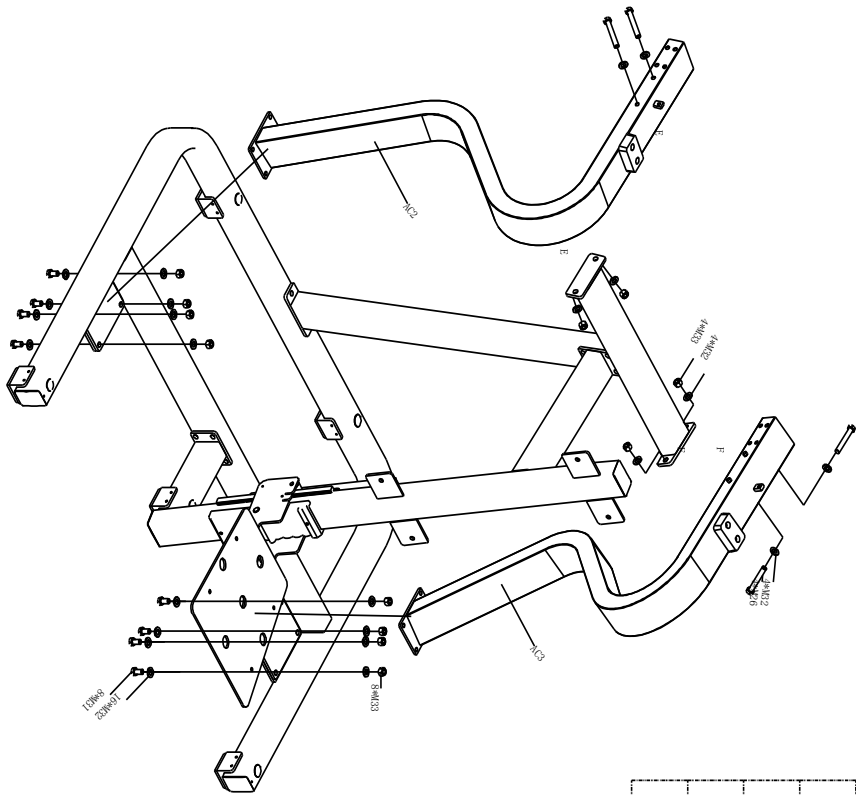
# Step 1



No.	Name	Size	quantity
AC1	bottom frame welding group		1
AE1	middle connection support welding group		1
AE2	backing support welding group		1
AG1	seat board welding group		1
M09	spring fixed axis		1
M10	rotatory shaft sleeve		2
M28	outer hexagon screw	M12*110L	2
M30	outer hexagon screw	M12*75L	4
M32	spacer	M12	12
M33	lock nut	M12	6
M51	outer hexagon screw	M8*20L	2

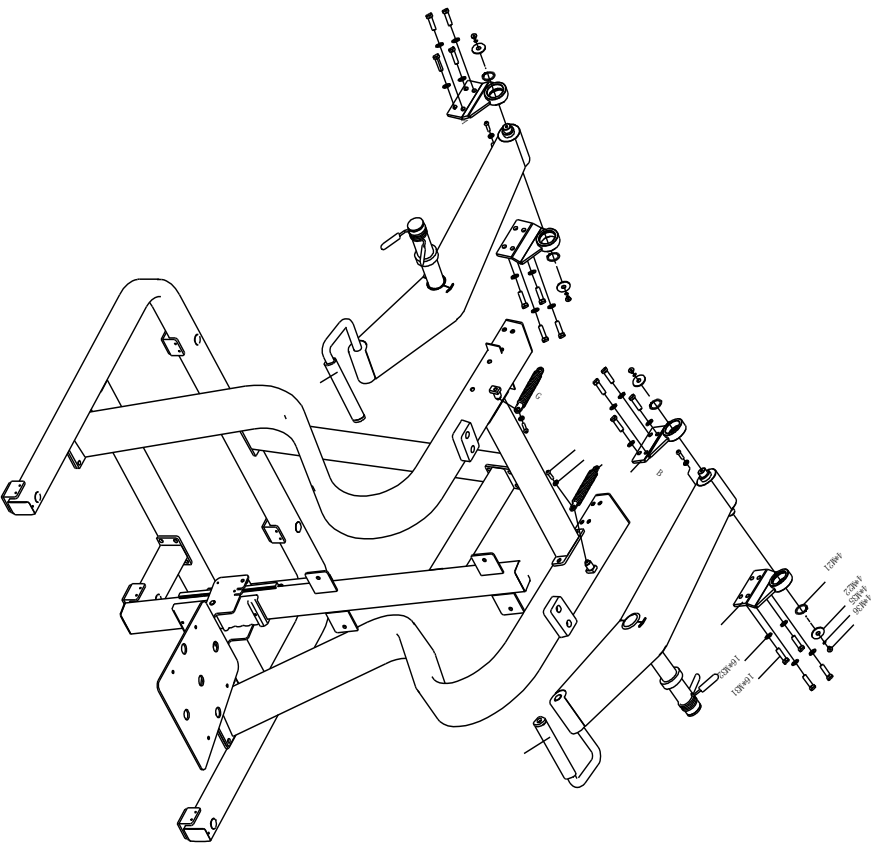


# Step 2



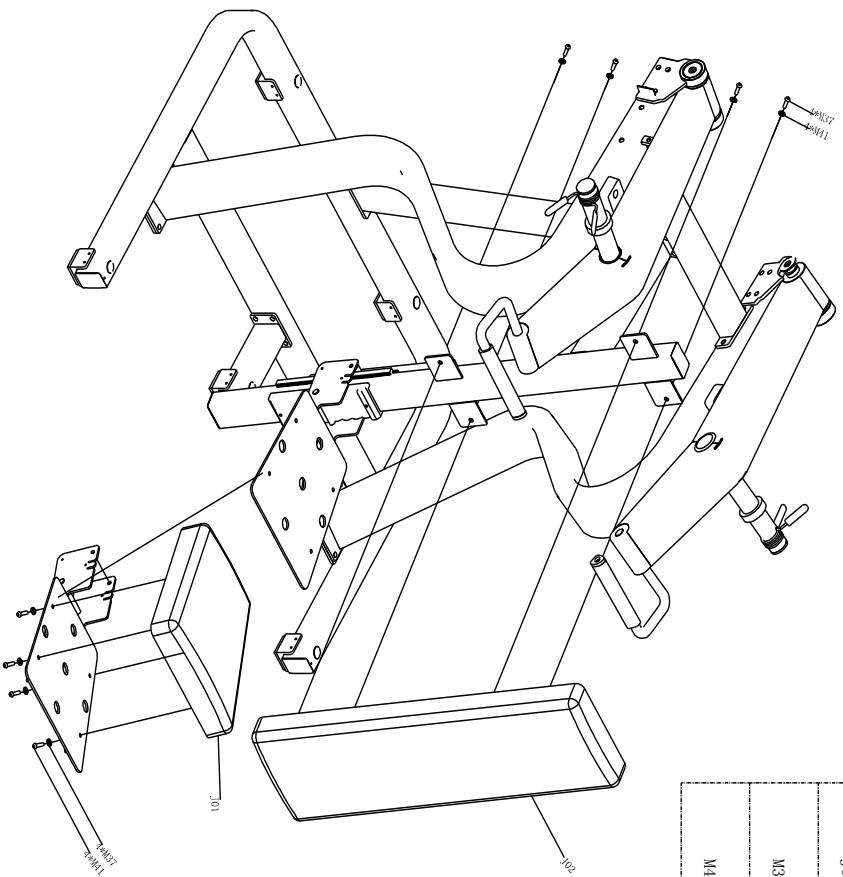
No.	Name	Size	quantity
AC2	curved beam welding group (left)		1
AC3	curved beam welding group (right)		1
M26	outer hexagon screw	M12*150L	4
M31	outer hexagon screw	M12*25L	8
M32	spacer	M12	24
M33	lock nut	M12	12

# Step 3



No.	Name	Size	quantity
AD1	the right rotating arm welding group		1
AD2	the left rotating arm welding group		1
AH1	bearing structure welding group left		2
AH2	bearing structure welding group right		2
M21	fix spring		4
M22	end cap		4
M24	Spring		2
M31	outer hexagon screw	M12*25L	16
M32	Pad	M12	16
M35	Pad	M10	6
M36	flat countersunk head inner hexagon screws	M10*15L	4
M42	semi-circle inner hexagon screw	M8*16L	4
M37	Pad	M8	4

# Step 4



No.	Name	Size	quantity
J01	cushion	430*390*80	1
J02	back cushion	1000*300*80	1
M37	spacer	M8	8
M41	semi-circle inner hexagon screw	M8*25L	8