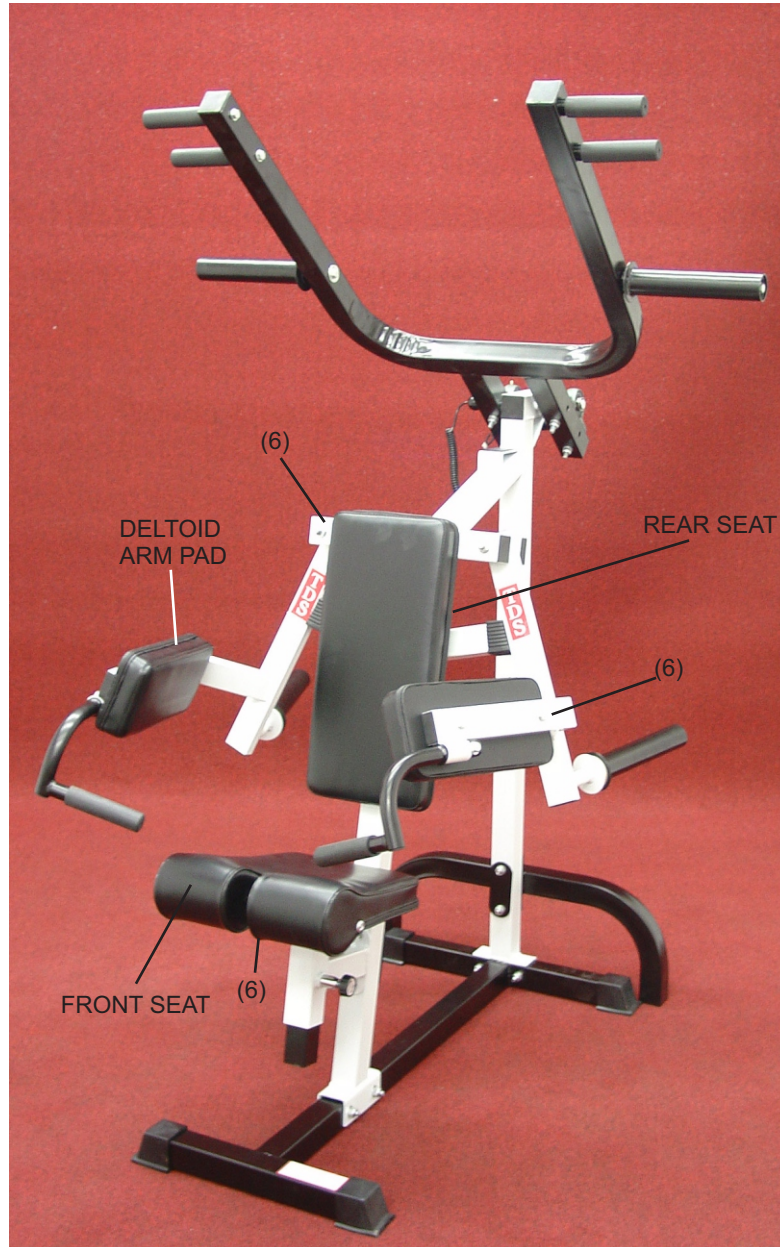


C-79101-DELTOID & SHOULDER MACHINE

DRAWING # 7



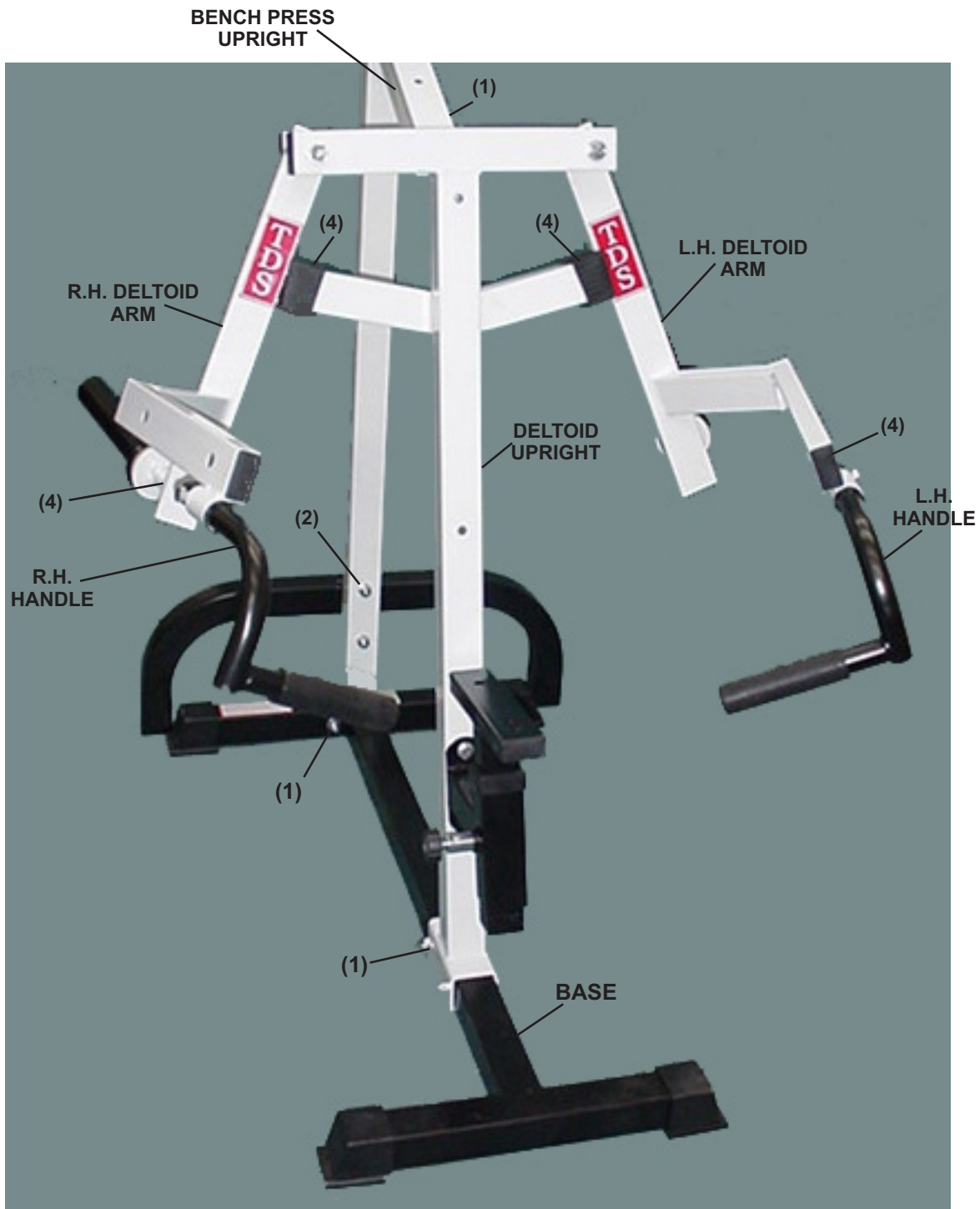
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C-79101W

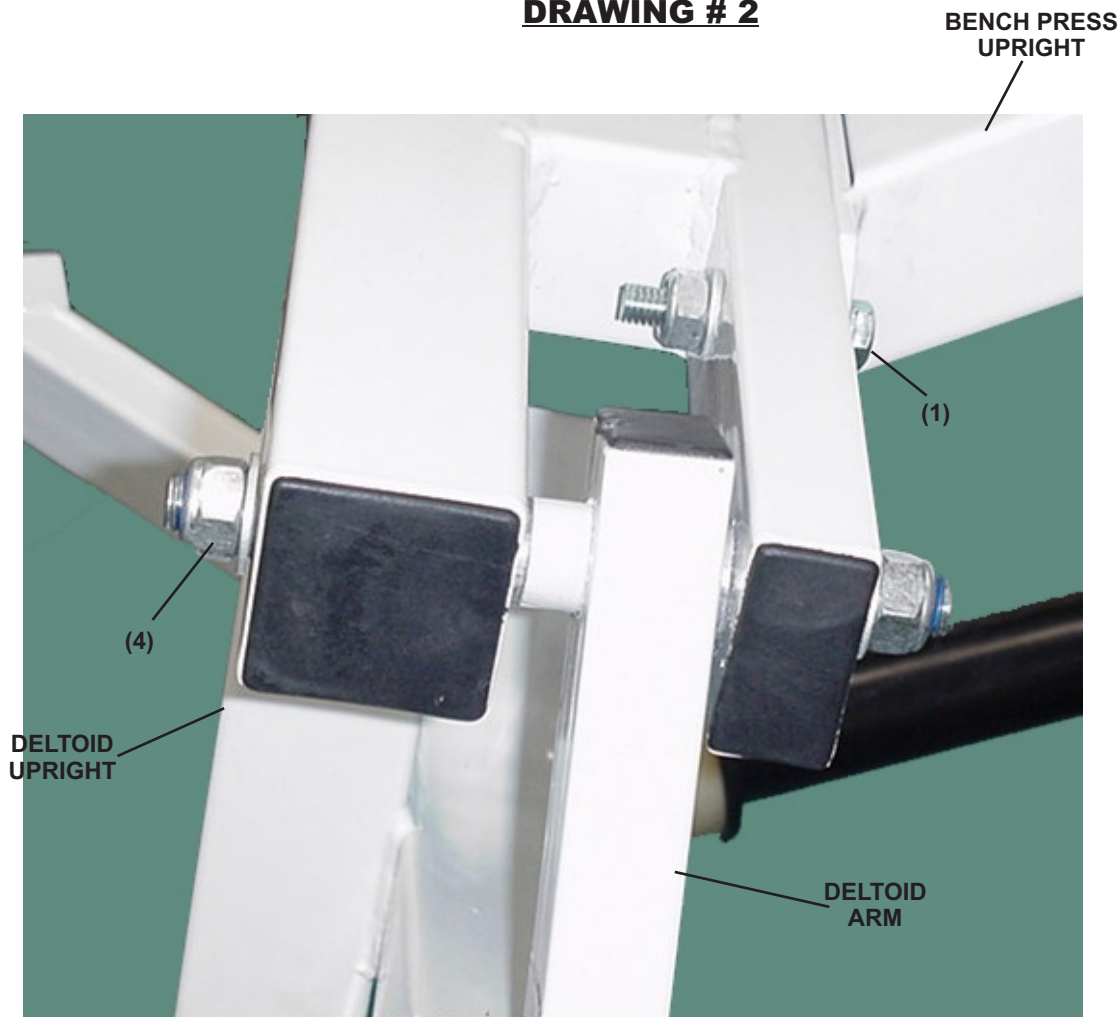
DELTOID & SHOULDER MACHINE

DRAWING # 1



C-79101W - DELTOID & SHOULDER MACHINE

DRAWING # 2

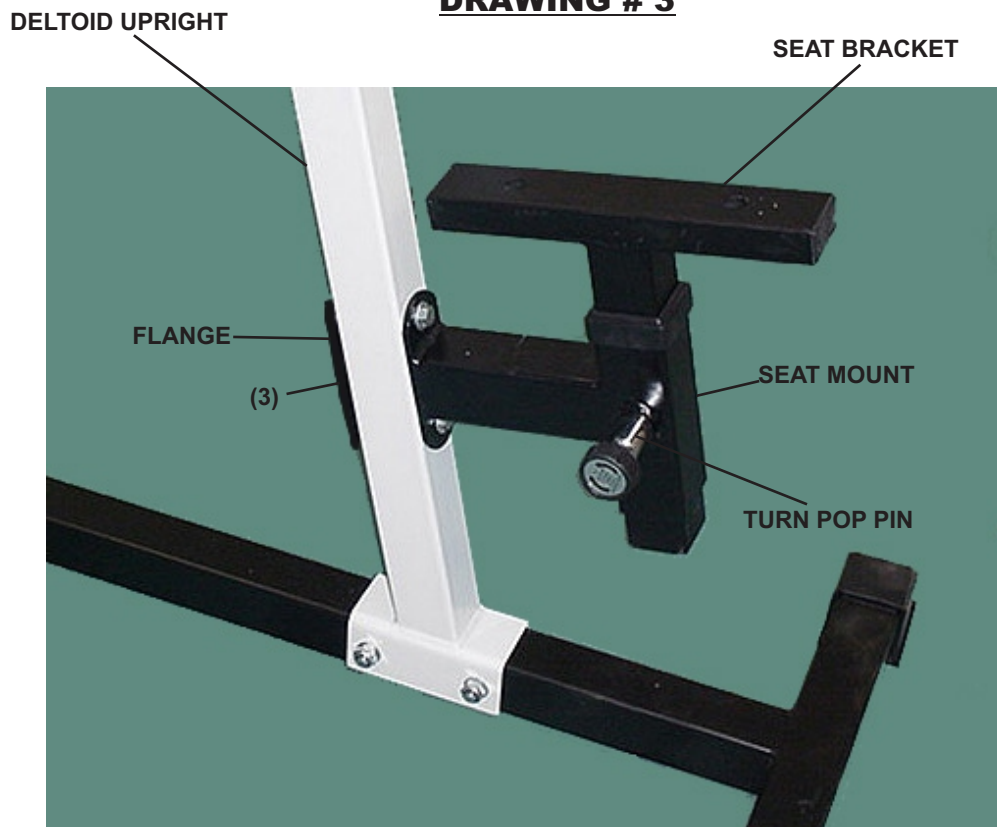


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DRAWING # 3

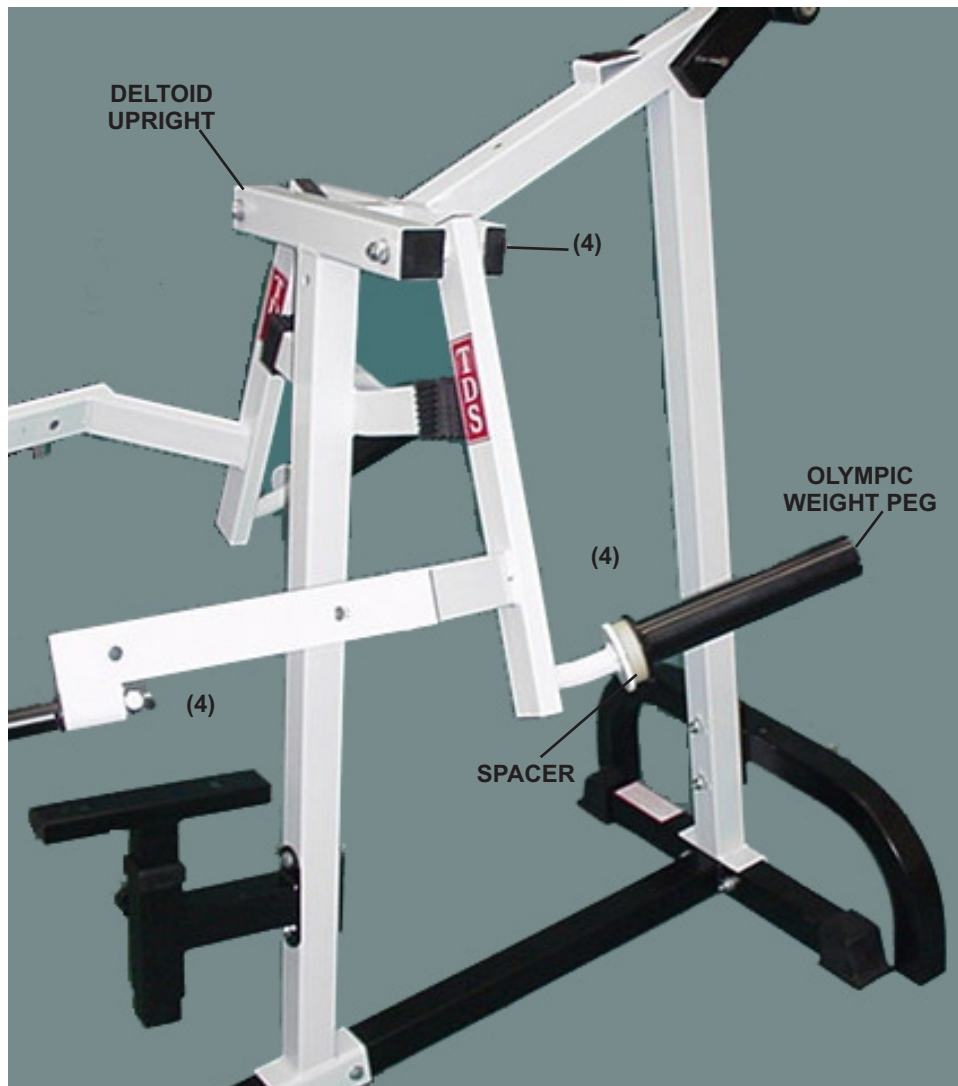


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DRAWING # 4



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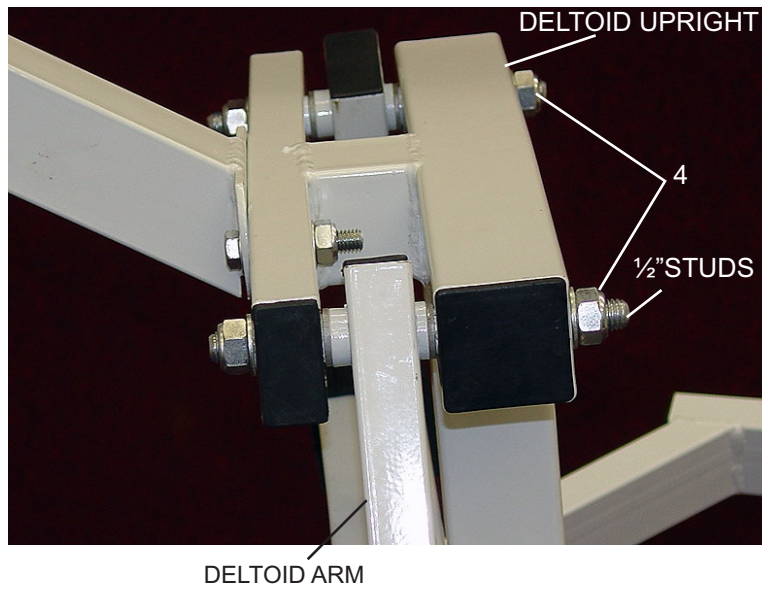
C-79101-DELTOID & SHOULDER MACHINE

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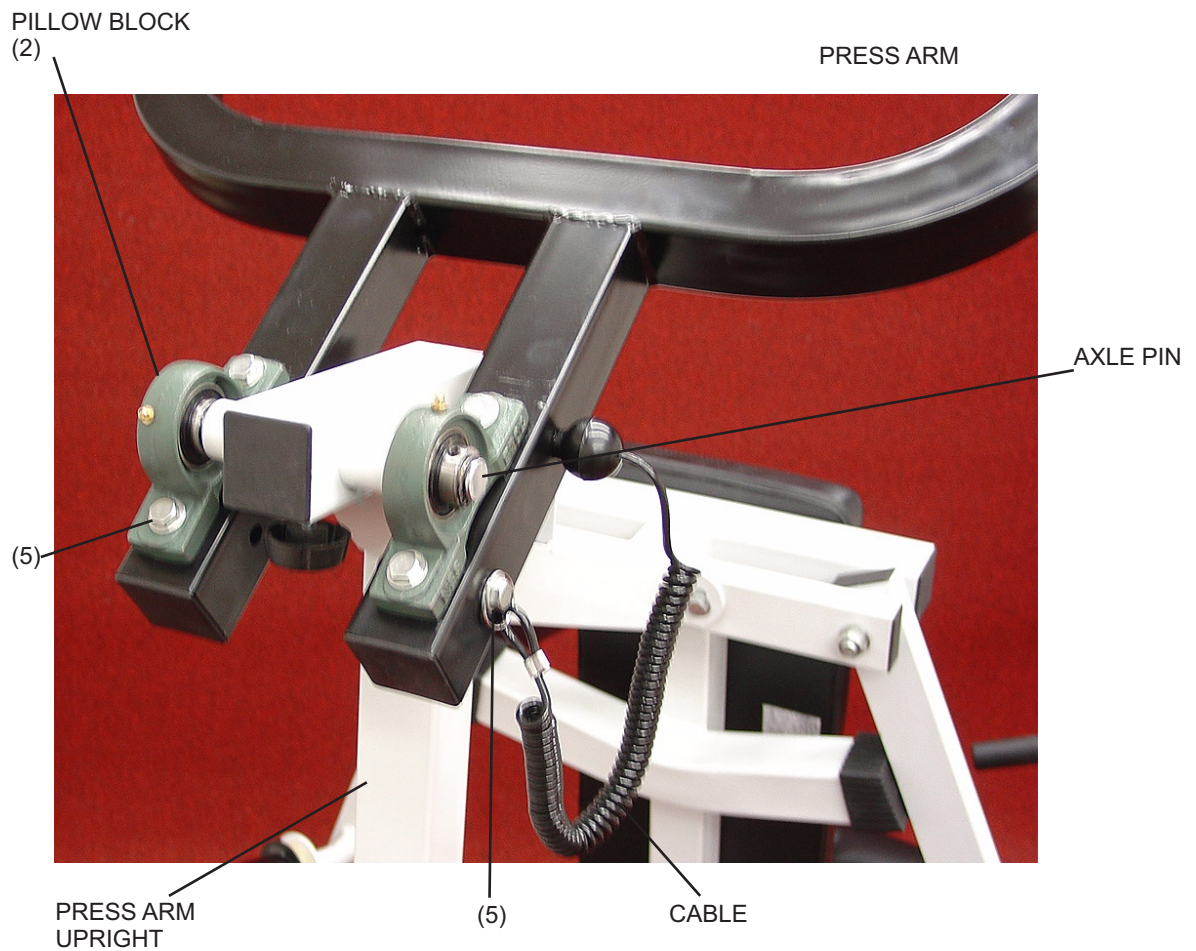


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DRAWING # 5



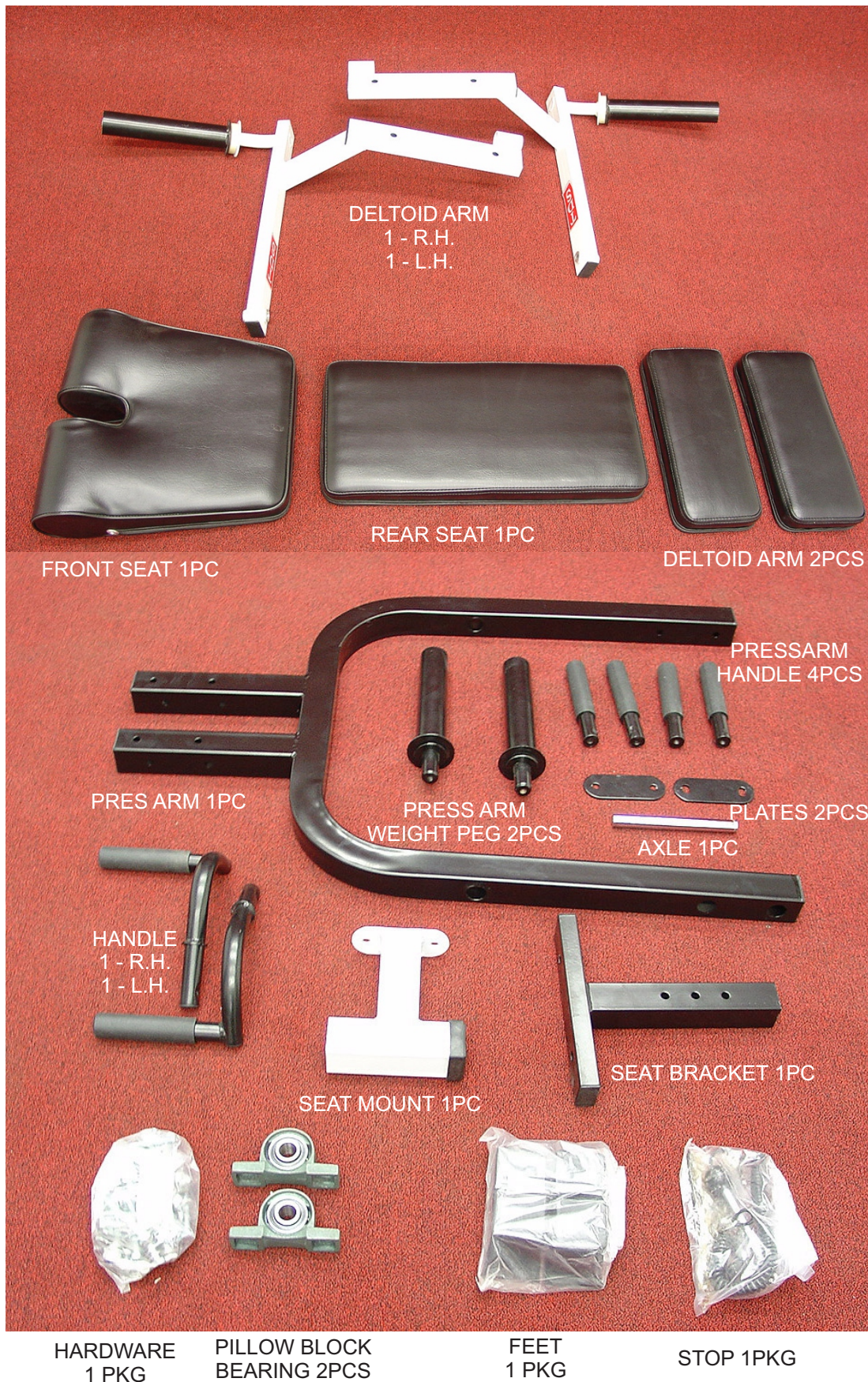
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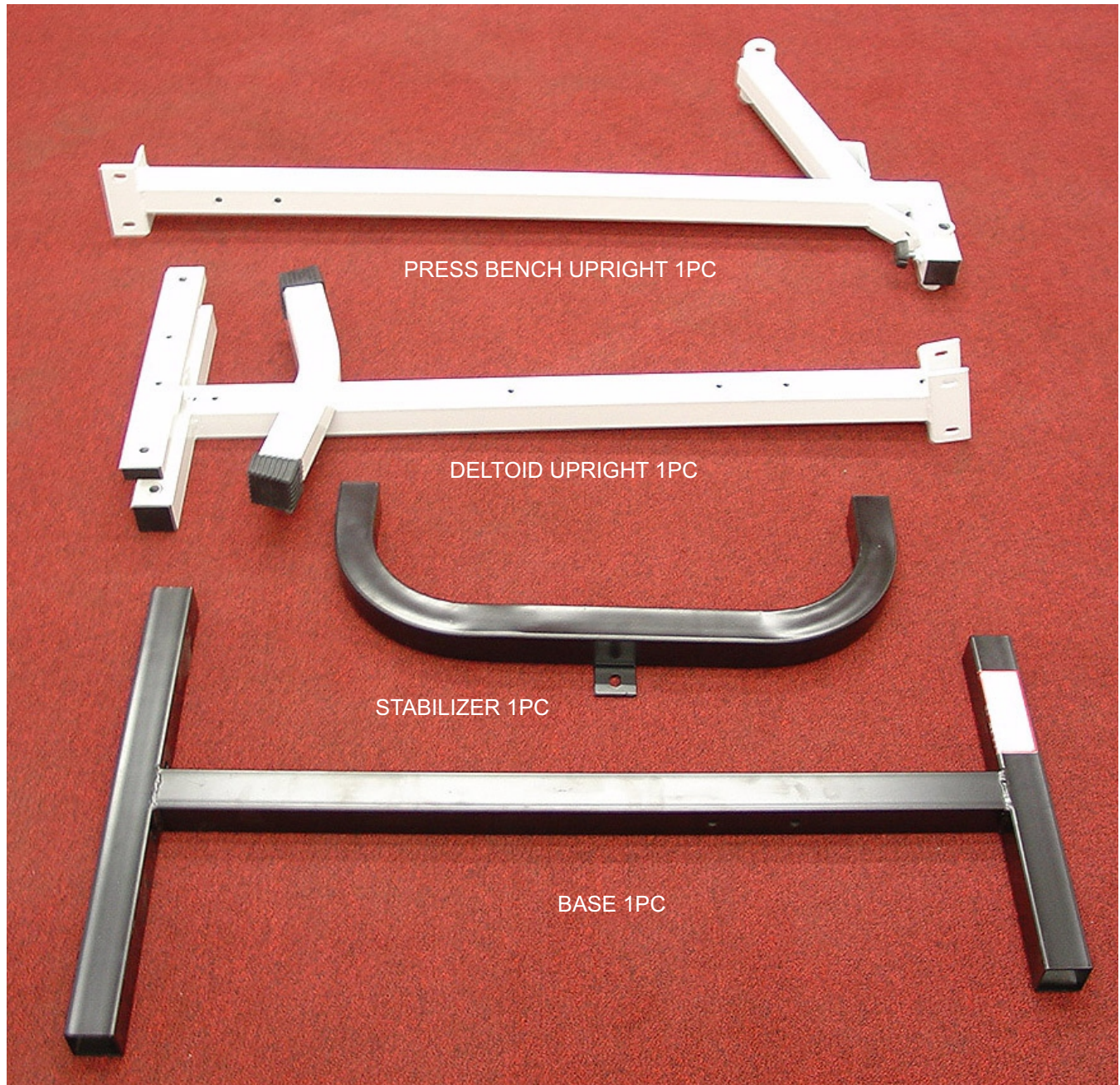
C-79101-DELTOID & SHOULDER MACHINE

PACKING LIST

BOX - 2 OF 2



C-79101-DELTOID & SHOULDER MACHINE
PACKING LIST
BOX - 1 OF 2



C-79101 Deltoid & Shoulder Machine Assembly Instructions

This unit requires (1) 9/16, (2) 11/16, (2) $\frac{3}{4}$ wrench and (2) flat blade screw drivers for assembly. *Do not tighten hardware until instructed to.*

See Drawing #1, #2, and #5

(1) Push (4) 2 Foot onto base. Attach deltoid upright to base with (2) $\frac{3}{8}$ x 3 bolts, (4) $\frac{3}{8}$ flat washers and (2) $\frac{3}{8}$ locknuts. Attach bench press upright to base with (2) $\frac{3}{8}$ x 3 bolts, (4) $\frac{3}{8}$ flat washers and (2) $\frac{3}{8}$ locknuts. *See Drawing #2.* Attach bench press upright to top of deltoid up right with (2) $\frac{3}{8}$ x 2 $\frac{1}{2}$ bolts, (4) $\frac{3}{8}$ flat washers and (2) $\frac{3}{8}$ locknuts.

See Drawing #1 and #5

(2) Attach stabilizer and plate to bench press upright with (2) $\frac{3}{8}$ x 3 bolts, (4) $\frac{3}{8}$ flat washers and (2) $\frac{3}{8}$ locknuts. Set unit on level surface and tighten hardware.

See Drawing #3

(3) Attach seat mount and flange to deltoid upright with (2) $\frac{3}{8}$ x 3 bolts, (4) $\frac{3}{8}$ flat washers and (2) $\frac{3}{8}$ locknuts. Center mount on deltoid upright and tighten hardware. Install turn pop pin.

See Drawing #2, #4, and #5

(4) Lube bushings on deltoid arms and deltoid upright with Vaseline. Attach right hand and left hand deltoid arms to deltoid upright with (2) $\frac{1}{2}$ studs, (4) $\frac{1}{2}$ flat washers and (2) $\frac{1}{2}$ locknuts. Tighten nuts till deltoid arms bind them back off nuts till arms move freely. Lube right hand and left hand deltoid arm handle bushings with Vaseline. Install (2) $\frac{3}{8}$ x 1 bolts and (2) $\frac{3}{8}$ flat washers. Tighten bolts.

See Drawing #6

(5) Attach (2) pillow blocks to press arm with (4) $\frac{3}{8}$ x 3 $\frac{1}{2}$ bolts, (8) $\frac{3}{8}$ flat washers and (4) $\frac{3}{8}$ locknuts. Attach bench press arm as shown to press arm upright with axle by sliding it thru the pillow block from one side. Tighten (2) Allen screws on each pillow block to retain axle. Center arm and tighten bolts. Attach cable ring to press arm with (1) $\frac{3}{8}$ x 2 $\frac{1}{2}$ bolt, (2) $\frac{3}{8}$ flat washers and (1) $\frac{3}{8}$ locknut. Install (2) weight pegs and (4) handles onto bench press arm with (6) $\frac{3}{8}$ x 1 bolts and (6) $\frac{3}{8}$ flat washers. Tighten hardware.

See Drawing #7

(1) Attach from seat to seat bracket with (2) 3/8 x 1 ½ bolts and (2) 3/8 flat washers. Center seat on bracket and tighten hardware. **Do not over tighten.** Insert seat bracket into seat mount and set height with turn pop pin.

Attach rear seat to deltoid upright with (2) 3/8 x 2 ½ bolts and (2) 3/8 flat washers. Center seat on upright and tighten bolts. **Do not over tighten.** Attach (2) deltoid arm pads to right hand and left hand deltoid arms with (4) 3/8 x 1 ½ bolts and (4) 3/8 flat washers. Center pad on arms and tighten hardware. **Do not over tighten.**

Hardware List

- (8) 3/8 x 1 bolts
- (8) 3/8 x 1 ½ bolts
- (5) 3/8 x 2 ½ bolts
- (8) 3/8 x 3 bolts
- (4) 3/8 x 3 ½ bolts
- (38) 3/8 flat washers
- (15) 3/8 locknuts
- (2) ½ studs
- (4) ½ flat washers
- (4) ½ locknuts
- (1) Knob pin
- (1) Pin
- (4) 2 foot
- (2) 2 caps
- (1) Turn pop pin