

IRONEDGE.

Multi - Press

Setup Instructions


 CAUTION: Read all precautions and instructions before using this equipment. Save this manual for future reference.



Table Of Contents

Assembly Instructions.....	2-14
Part List.....	15

To Apply Thread Locker

The Fasteners marked by the sign  in the following assembling steps need to be bonded to prevent loosening, or the fasteners are a type of thread locking screws.

How to use

1. Degrease and clean surfaces prior to apply adhesive.
2. For through hole , insert bolt and apply adhesive to the exposed thread. Assemble nut and tighten to the correct torque (FIG 1).
3. Apply several drops of adhesive down the sides of the blind hole filling the lower third. Apply several drops to the bolt, Assemble and tighten (FIG 2).

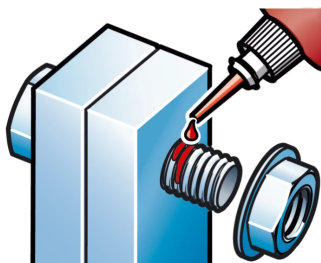


FIG 1

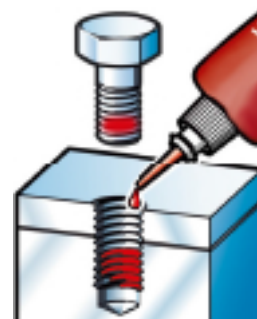
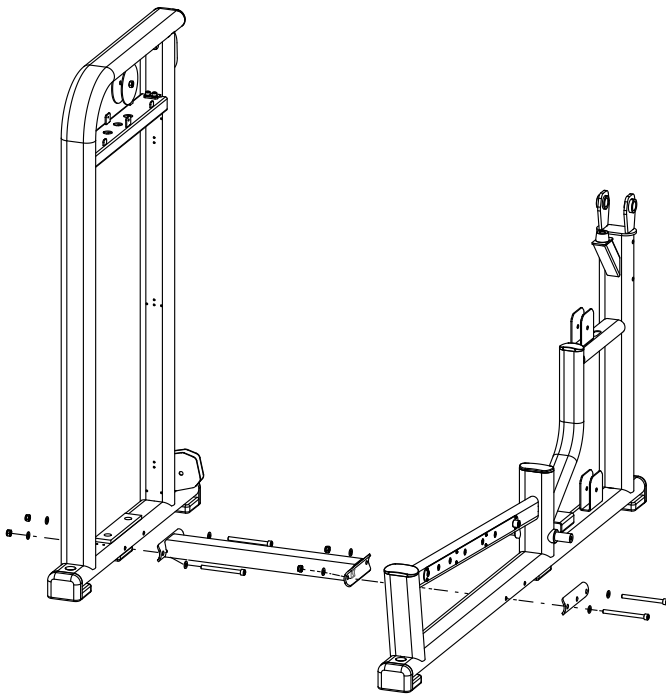


FIG 2

STEP 1

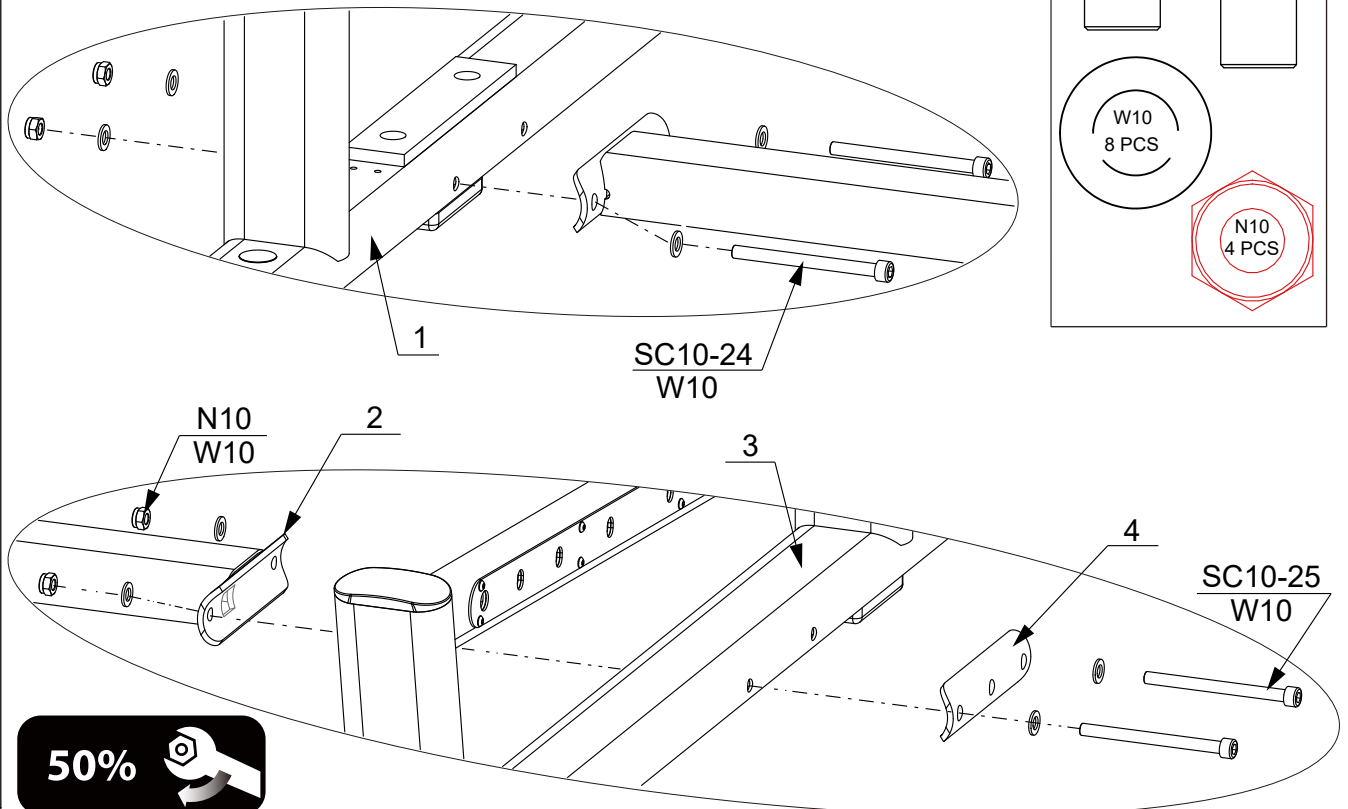


Parts	
Part No: 1 Name: Weight Frame Q'TY:1	
Part No: 2 Name: Bottom Connection Tube Q'TY:1	
Part No: 3 Name: Main Frame Q'TY:1	
Part No: 4 Name: Backing Plate Q'TY:1	

Tools	
	17 mm
	8 mm

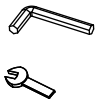
Fixings	
SC10 - 24 2 PCS	SC10 - 25 2 PCS

Assemble the Weight Frame (#1), the Bottom Connection Frame (#2) and the Main Frame (#3).



STEP 2

Tools



8 mm
17 mm

Parts

Part No:4
Name: Backing Plate
Q'TY:1



Part No:5
Name:
Upper Connection Tube
Q'TY:1



Fixings

SC10-5 2 PCS

SC10-25 2 PCS

SW10
2 PCS

N10
2 PCS

W10
6 PCS

Install the upper Connection Tube (#5).

SC10-5
SW10
W10

5

4

SC10-25
W10

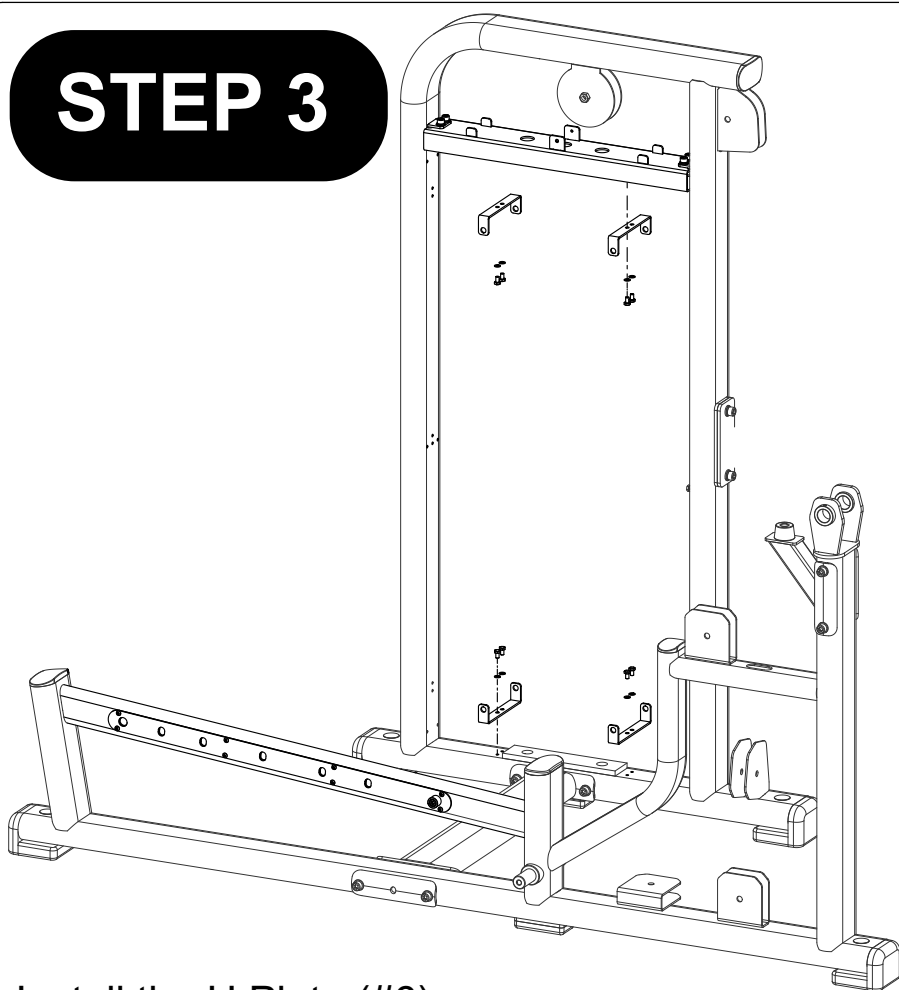
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STEP 3

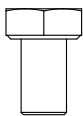
Parts

Part No:6
Name: U Plate
Q'TY:4



Install the U Plate (#6).

Fixings



H6-4
8 PCS



W6
8 PCS

Tools



10 mm

50%



H6-4
W6

6

STEP 4

Tools



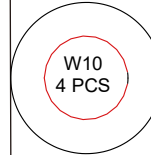
17 mm
8 mm

Parts

Part No: #7
Name: Seat
Q'TY:1

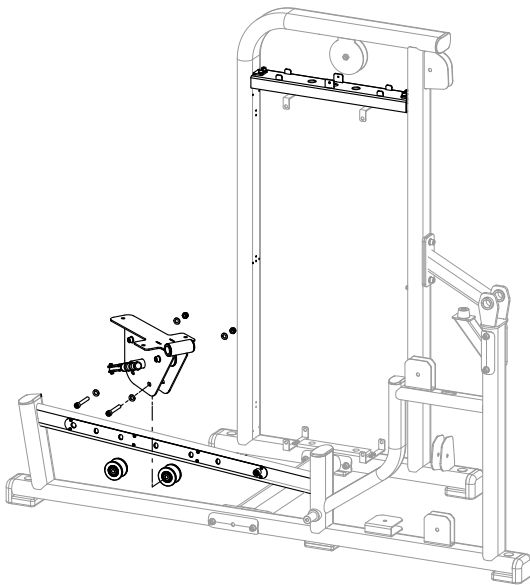


Fixings



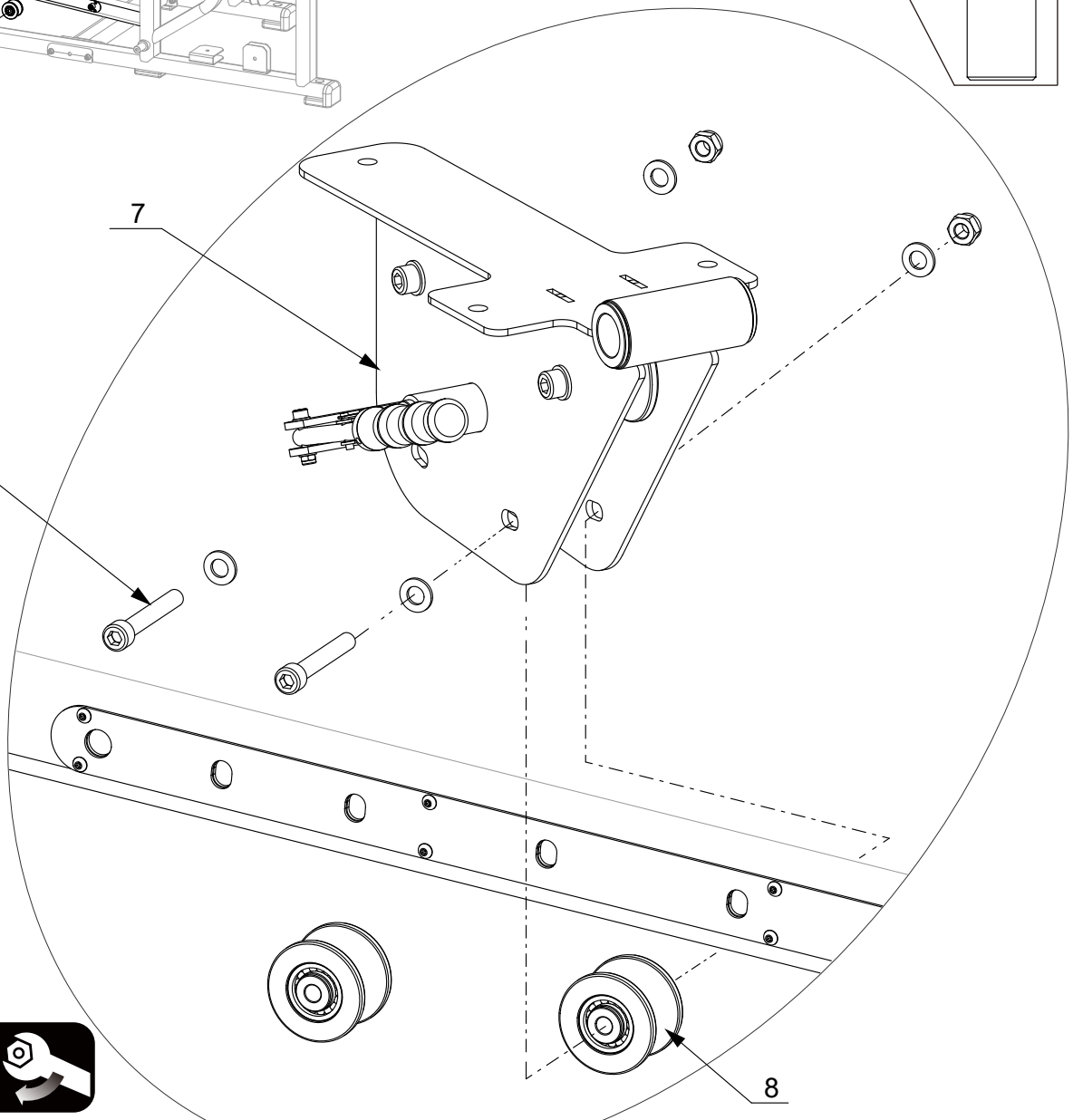
SC10-14 4PCS

Install the Seat (#7)



SC10-14
W10

7



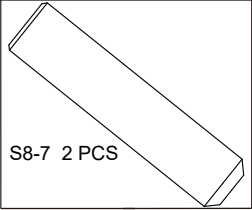
8

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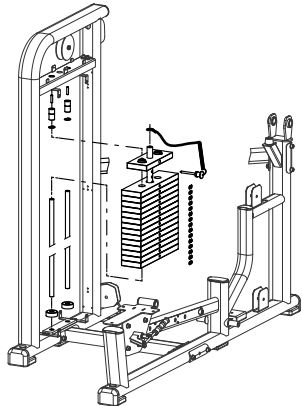


STEP 5

Fixings



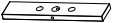
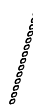






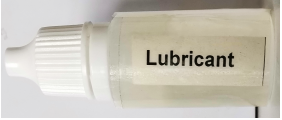
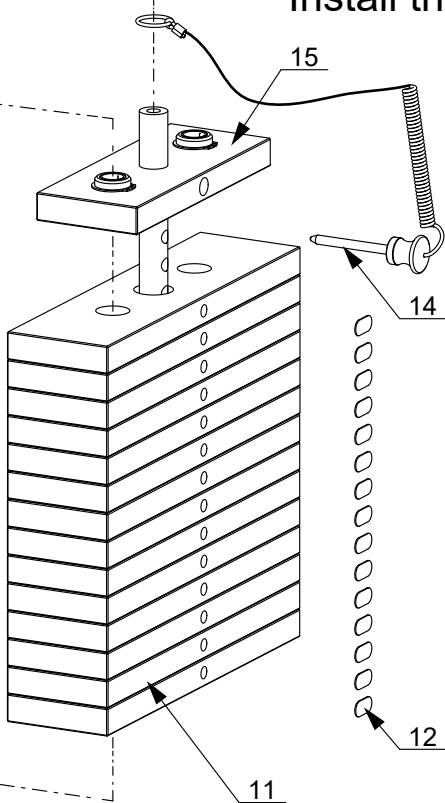
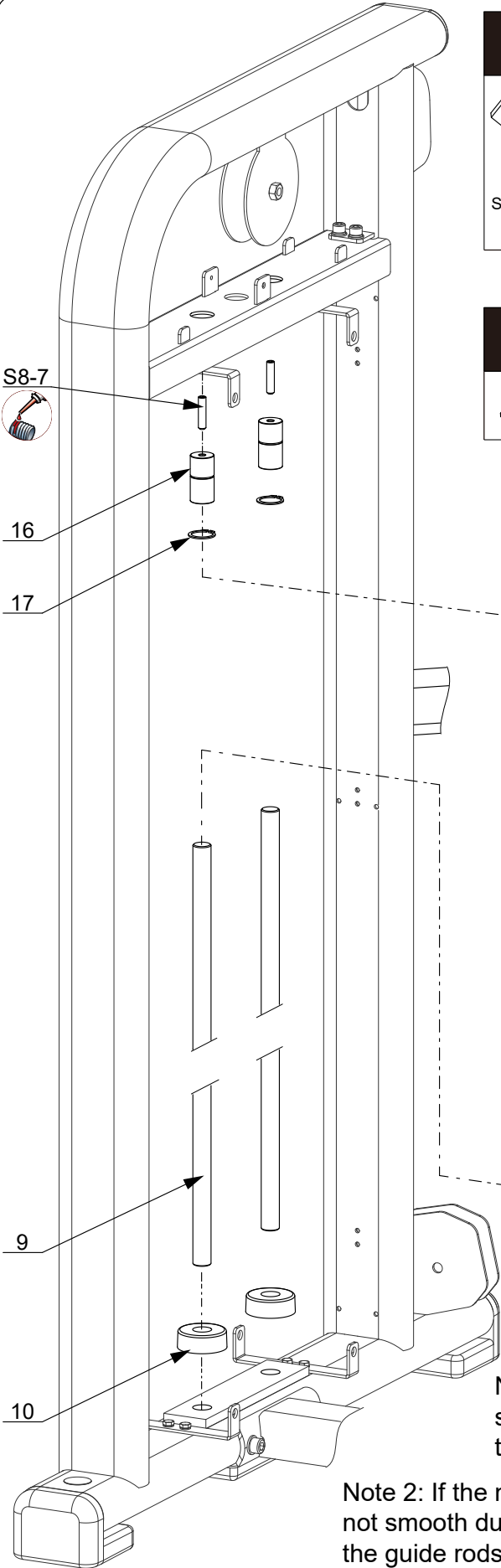
Tools



Install the Weight Stack.

Parts

- Part No: 9  Name: Guide Rod Q'TY: 2
- Part No: 10  Name: Rubber Buffer Q'TY: 2
- Part No: 11  Name: Weight Plate 9 Kg Q'TY: 14
- Part No: 12  Name: Weight Label Q'TY: 1
- Part No: 14  Name: Weight Pin Q'TY: 1
- Part No: 15  Name: Top Weight Plate Q'TY: 1
- Part No: 16  Name: Rod Retainer Q'TY: 2
- Part No: 17  Name: External Retaining Ring Q'TY: 2



Note 1: please clean the weight plates Before sticking the weight labels , and avoid touching the adhesive of the sticker.

Note 2: If the movement of the weight stack is not smooth during exercising, please lubricate the guide rods.



STEP 6

Tools



Parts

Part No:13
Name: Big Washer
Q'TY:2



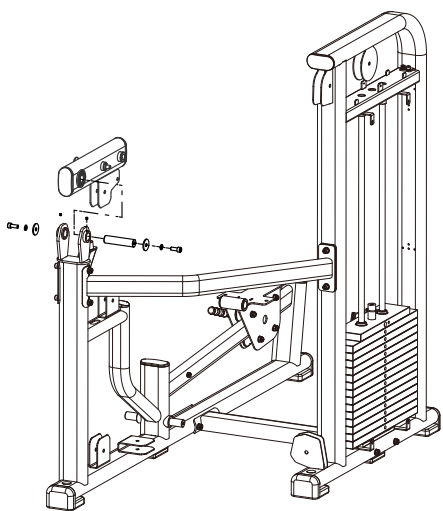
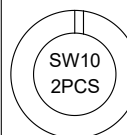
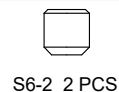
Part No:18
Name: Adjusting Arm
Q'TY:2



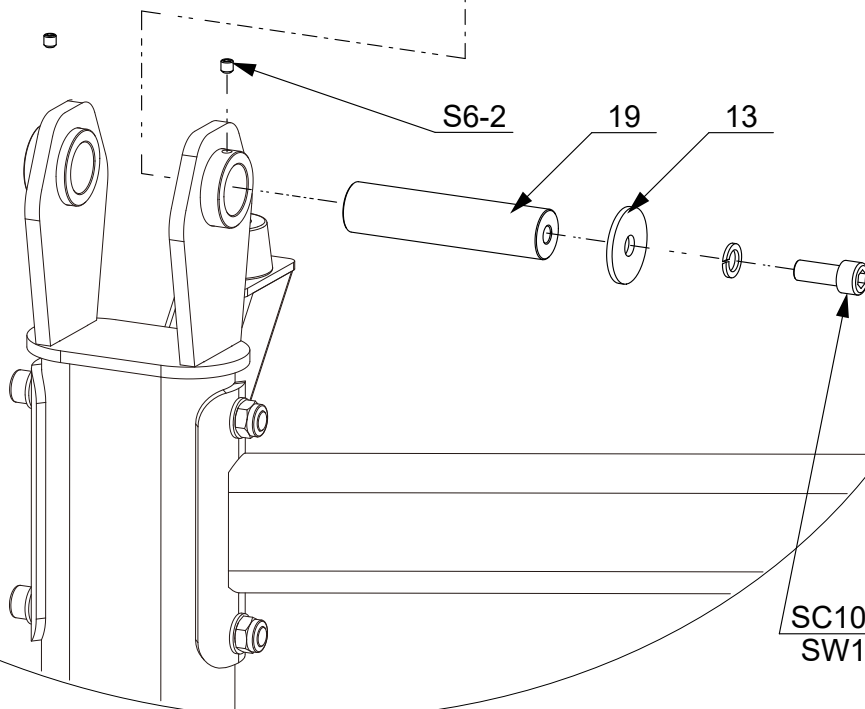
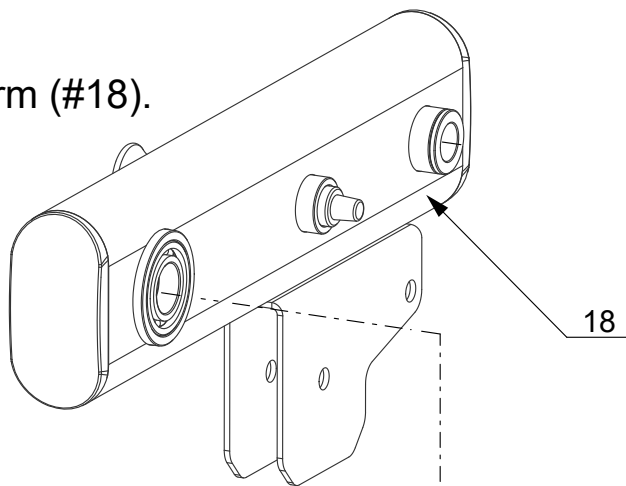
Part No:19
Name: Shaft D25 x 106
Q'TY:2



Fixings




Install the Adjusting Arm (#18).



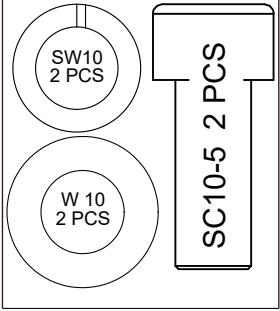
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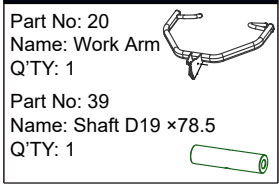
SC10-5
SW10 

STEP 7

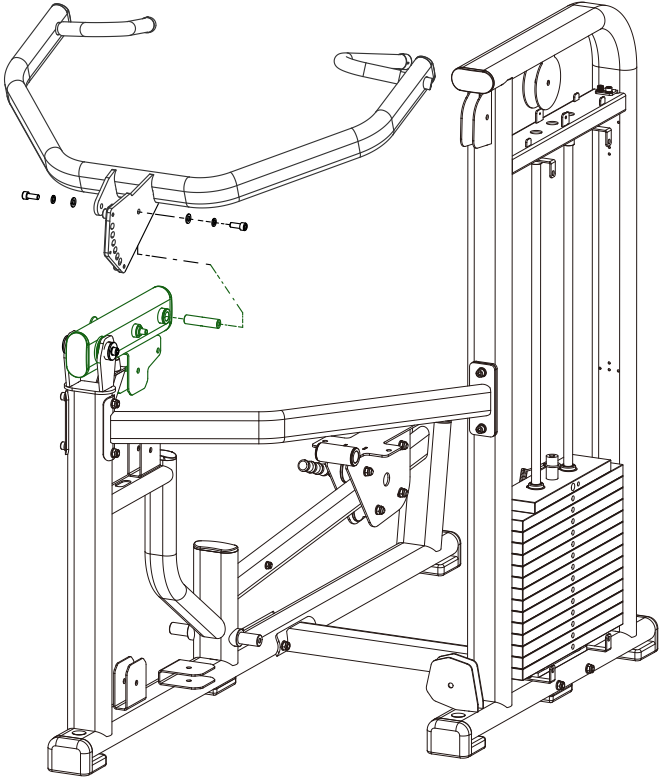
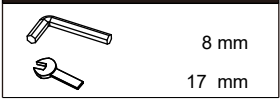
Fixings



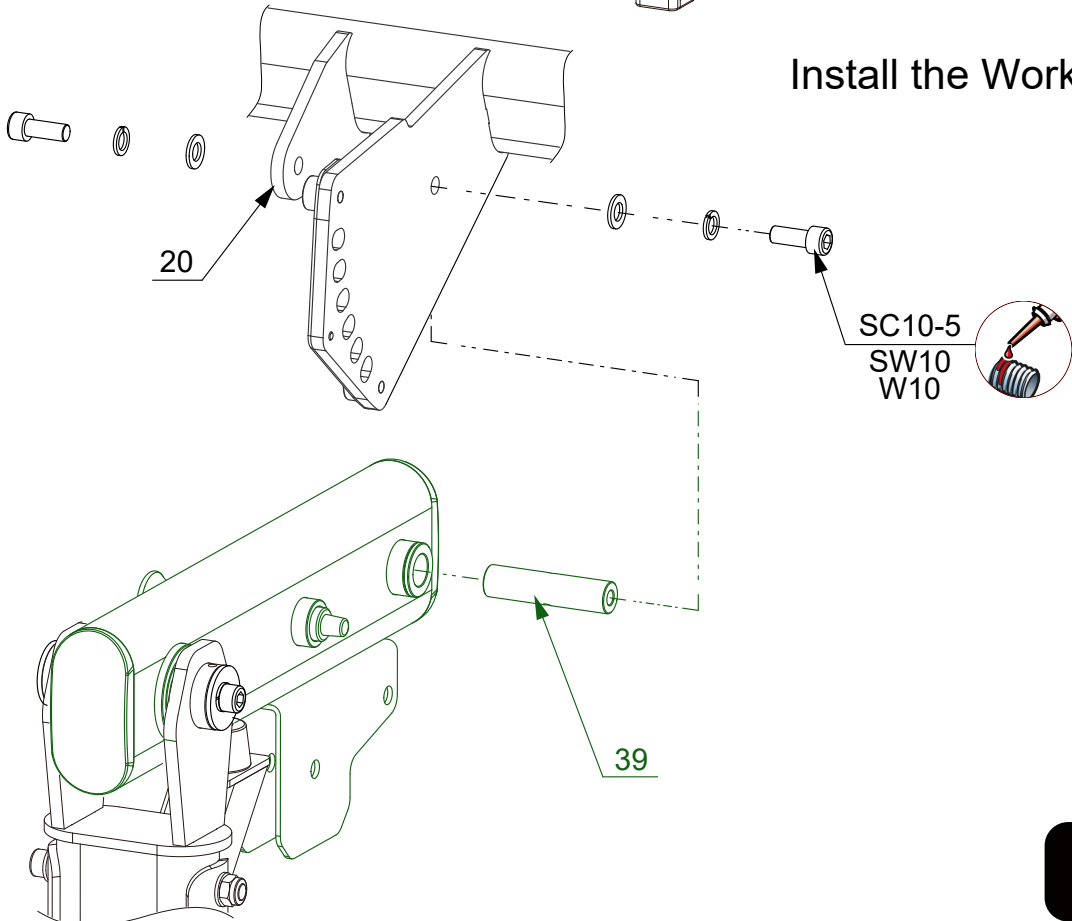
Parts



Tools

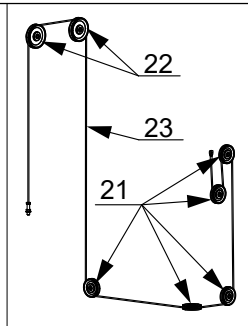
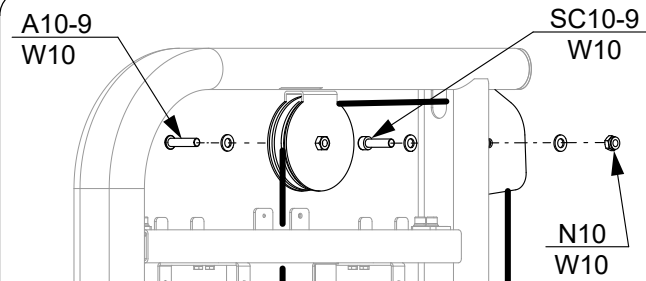


Install the Work Arm(#20).



STEP 8

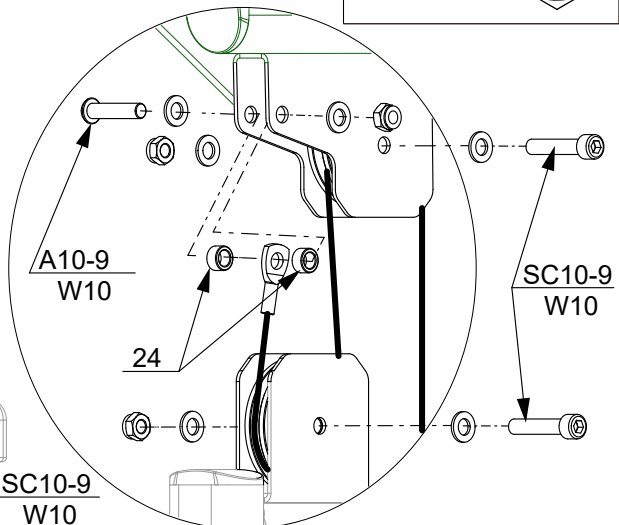
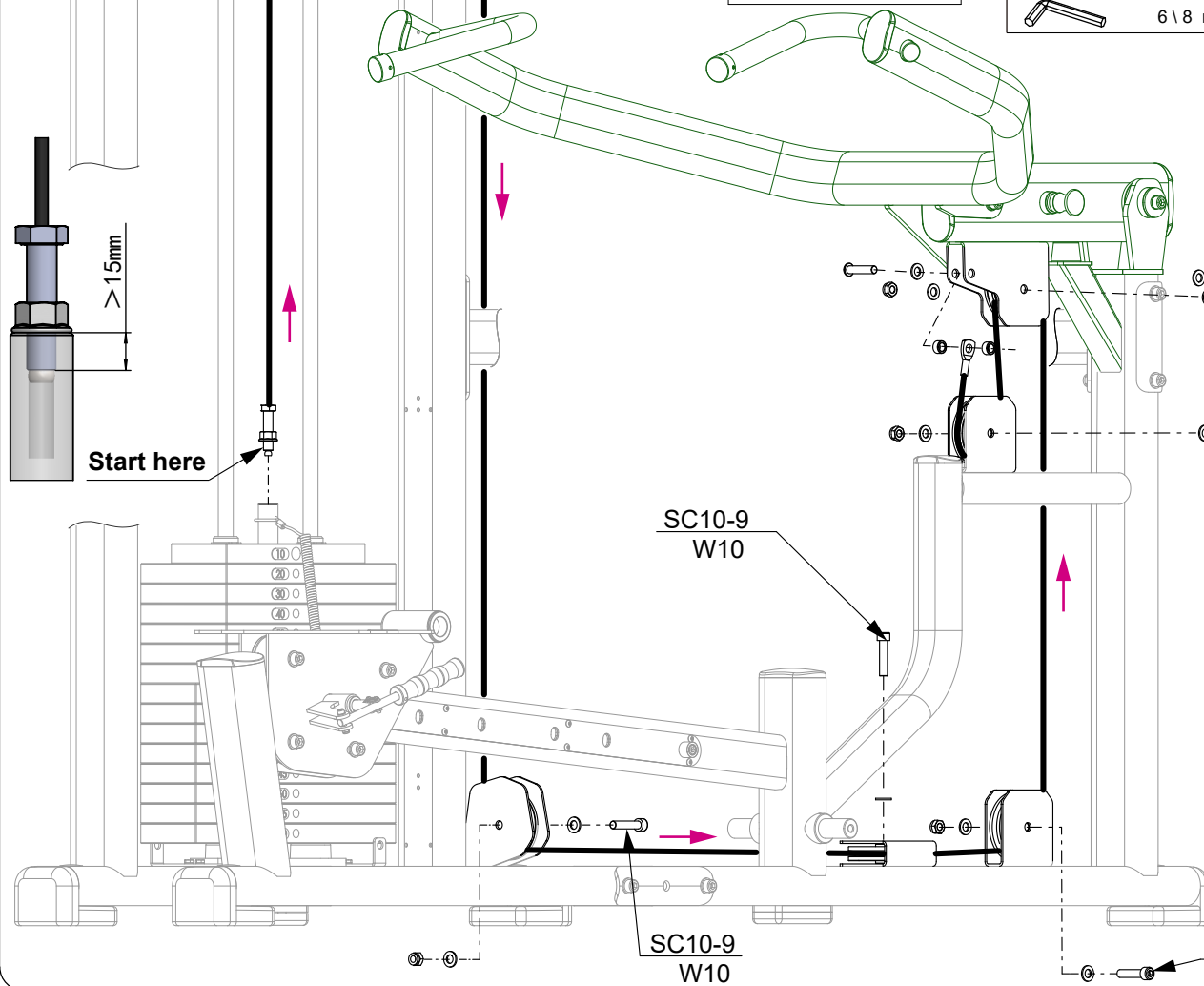
Route The Cable (#23).



Tools	
	17 mm
	6 \ 8 mm

Parts	
Part No: 21 Name: Small Pulley Q'TY:5	
Part No: 22 Name: Big Pulley Q'TY:2	
Part No: 23 Name: Cable Q'TY:1	
Part No: 24 Name: Spacer Q'TY:2	

Fixings	
A10-9 2 PCS	SC10-9 6 PCS
W10 14 PCS	N10 6 PCS

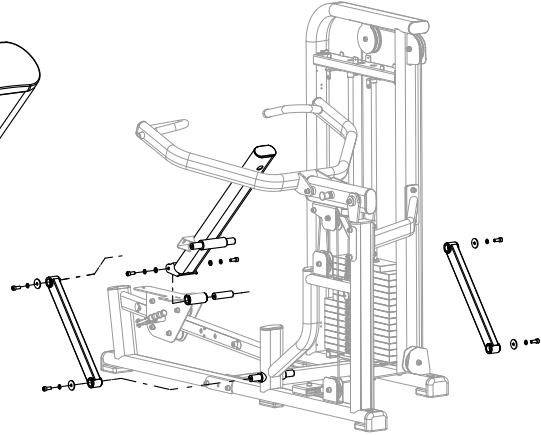


STEP 9

Parts
Part No:13 Name: Big Washer Q'TY:4
Part No:25 Name: Linkage Tube Q'TY:2
Part No:26 Name: Shaft OD25 x 88 Q'TY:1
Part No:27 Name: Backrest Tube Q'TY:1

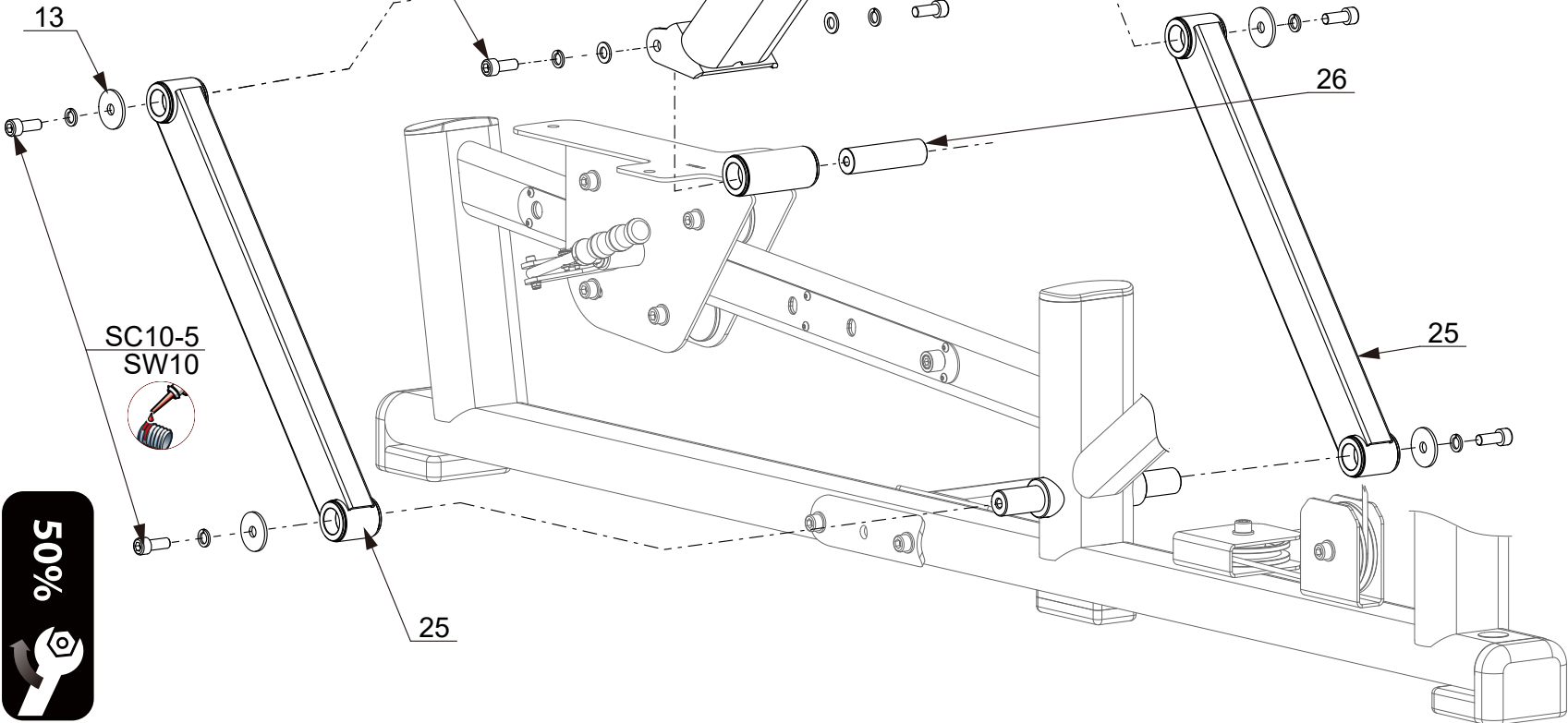
Fixings
SW10 6 PCS
W10 4 PCS
SC10-5 6 PCS

Tools
8 mm

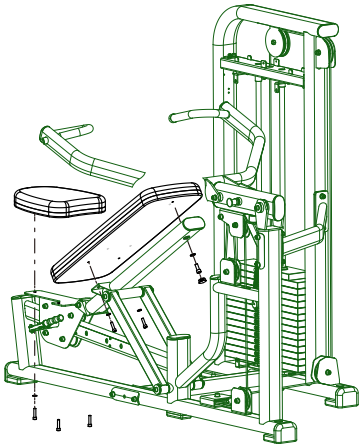


Install the Backrest Tube (#27).

11



STEP 10



Parts

Part No: 28
Name: Backrest Pad
Q'TY:1



Part No: 29
Name: Seat Pad
Q'TY:1



Part No: 30
Name: Hole Cap
Q'TY:1



Fixings



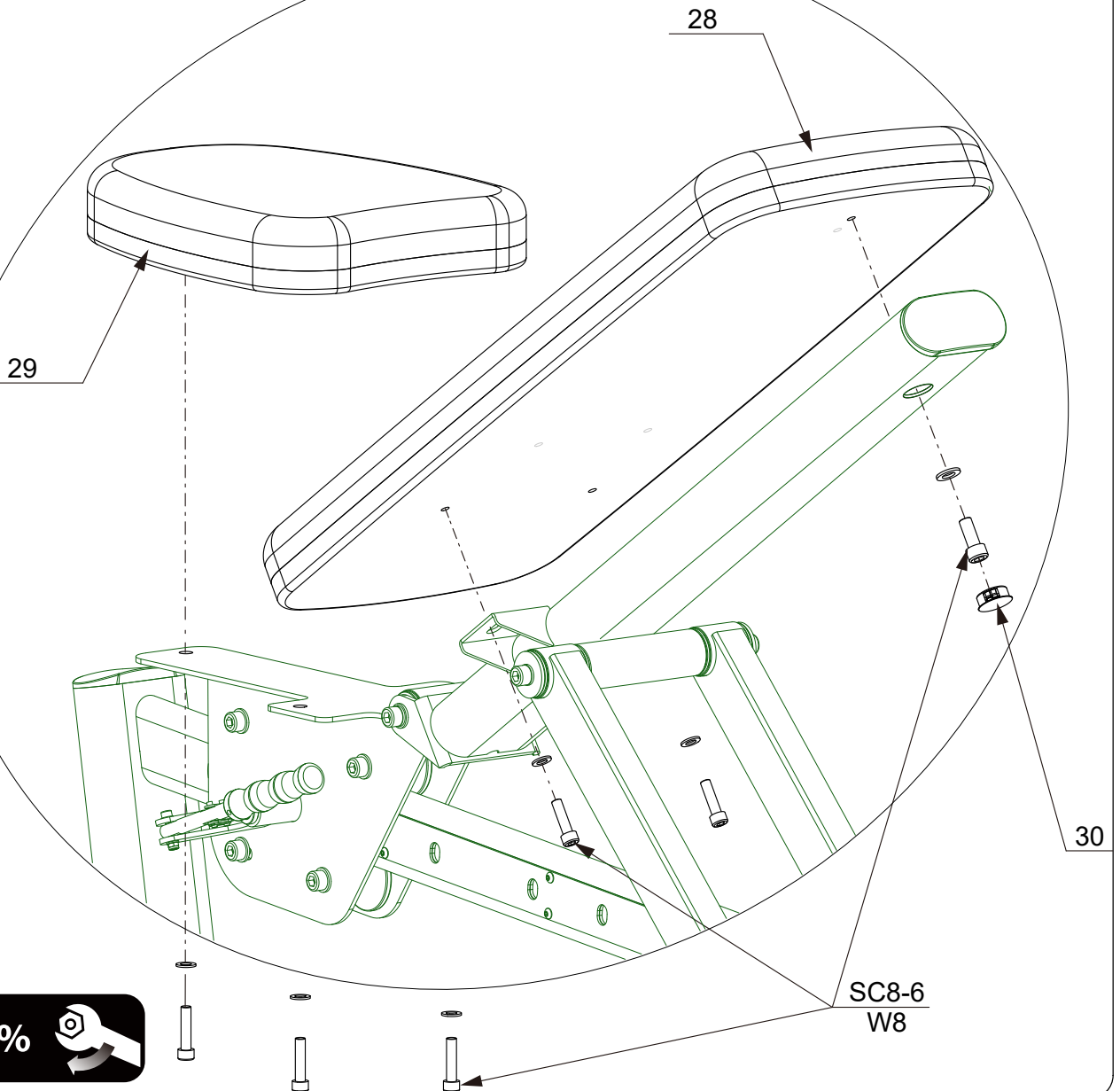
SC8-6 4 PCS

Tools



6 mm

Fix the Backrest Pad (#28) and the Seat Pad (#29).



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STEP 16

Tools

10 mm
3 mm

Fixings

W6
6 PCS
H6-4
6 PCS
C5-4
1 PC

Parts

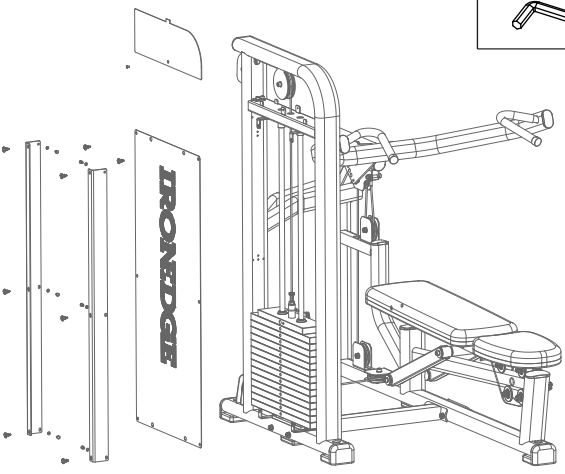
Part No:31
Name: Back Upper Shield
Q'TY:1

Part No:32
Name: Back Lower Shield
Q'TY:1

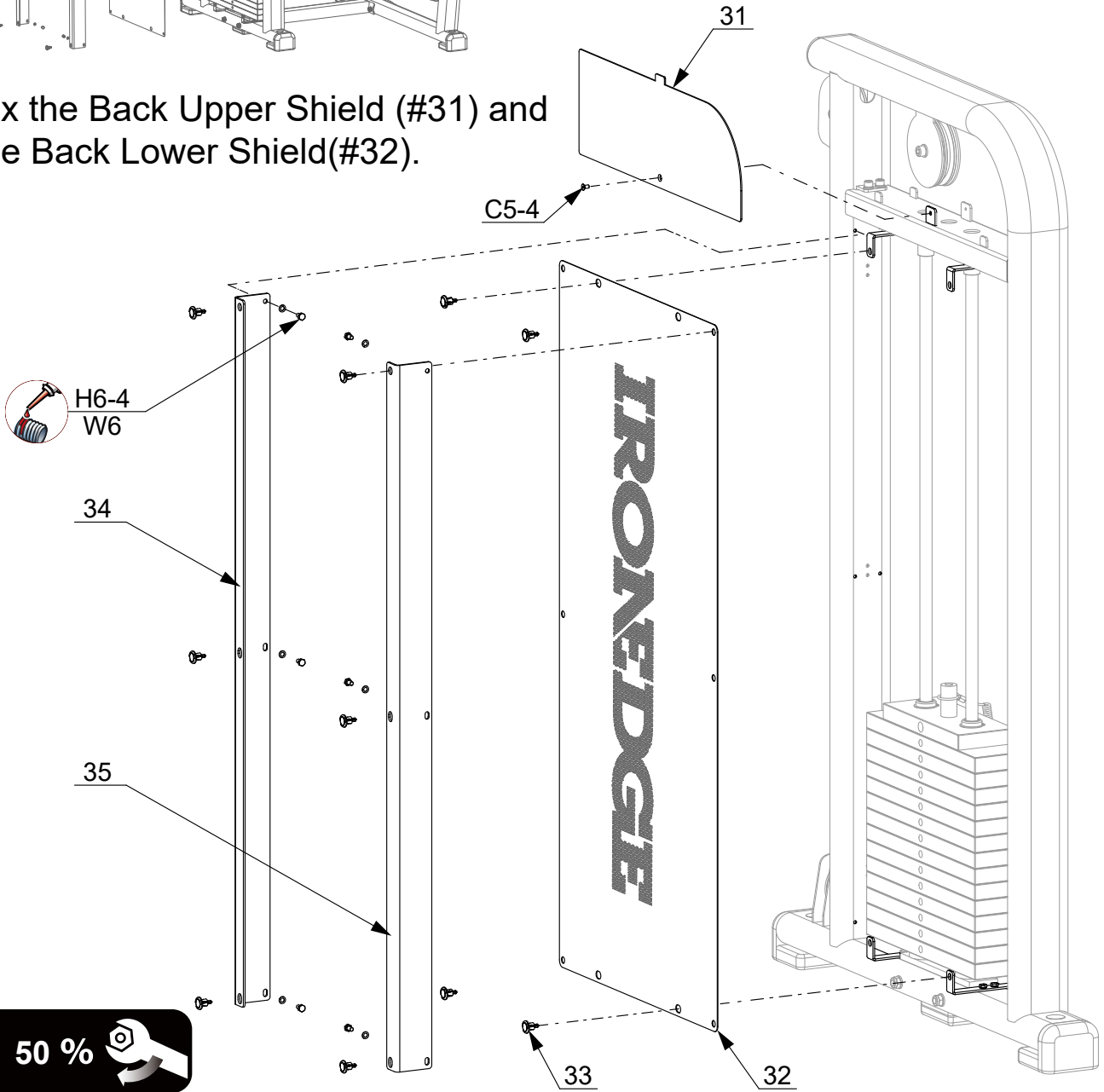
Part No:33
Name: Panel Clip
Q'TY:10

Part No:34
Name: Shield Support
Q'TY:1

Part No:35
Name: Shield Support
Q'TY:1



Fix the Back Upper Shield (#31) and the Back Lower Shield(#32).



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Parts

- Part No:33
Name: Panel Clip
Q'TY:10
- Part No:34
Name: Shield Support
Q'TY:1
- Part No:35
Name: Shield Support
Q'TY:1
- Part No:36
Name: Front Upper Shield
Q'TY:1
- Part No:37
Name: Front Lower Shield
Q'TY:1
- Part No:38
Name: Front Lower Shield
Q'TY:1

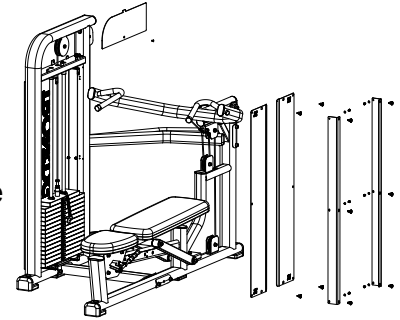
Fixings

- W6
6 PCS
- H6-4
6 PCS
- C5-4
1 PC

Tools

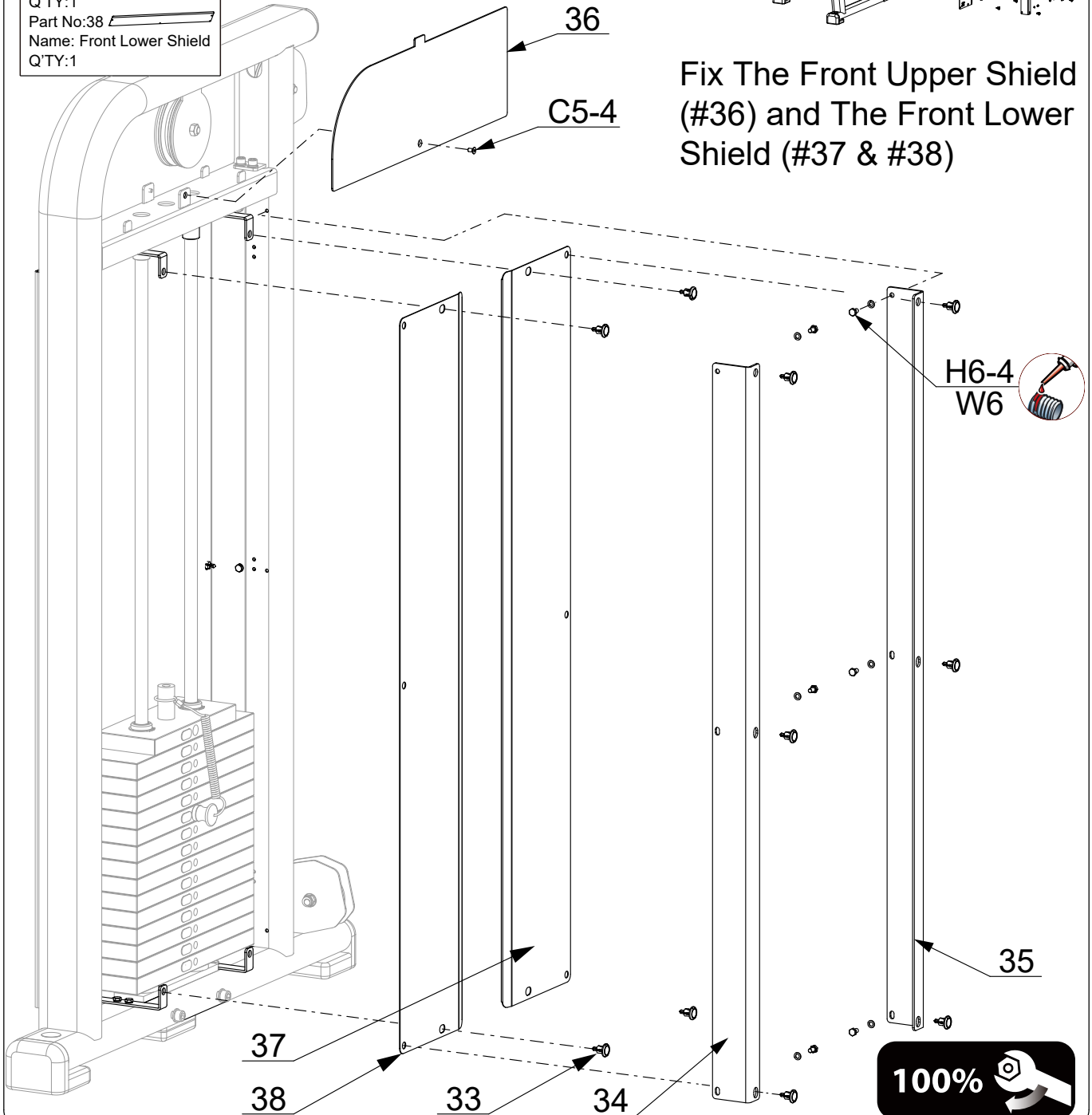
- 10 mm
- 3 mm

STEP 12



Note:After assembling the equipment, please check and tighten all the fasteners including the screws on the handle.

Fix The Front Upper Shield (#36) and The Front Lower Shield (#37 & #38)



PARTS LIST

PART	DESCRIPTION	QTY
1	Weight Frame	1
2	Bottom Connection Tube	1
3	Main Frame	1
4	Backing Plate	2
5	Upper Connection Tube	2
6	U Plate	4
7	Seat	1
8	Wheel	2
9	Guide Rod	2
10	Rubber Buffer	2
11	Weight Plate 9 Kg	14
12	Weight Label	1
*		
14	Weight Pin	1
15	Top Weight Plate	1
16	Rod Retainer	2
17	External Retaining Ring	2
18	Adjusting Arm	1
19	Shaft D25 × 106	1
20	Work Arm	1
21	Pulley (small)	5
22	Pulley (big)	2
23	Cable 4835mm	1
24	Spacer	2
25	Linkage Tube	2
26	Shaft(short)	1
27	Backrest Tube	1
28	Backrest Pad	1
29	Seat Pad	1
30	Hole Cap	1
31	Back Upper Shield	1
32	Back Lower Shield	1
33	Panel Clip	20
34	Shield Support	2
35	Shield Support	2
36	Front Upper Shield	1
37	Front Lower Shield	1
38	Front Lower Shield	1
39	Shaft D19 × 78.5	1
A10-9	Button Head Screw M10×45	2
C5-4	Countersunk Head Screw M5×10	2
H6-4	Hex Head Bolt M6×10	20
N10	Lock Nut M10	13
S8-7	Socket Set Screw M8 ×35	2
SC8-6	Socket Head Cap Screw M8 ×30	6
SC10-5	Socket Head Cap Screw M10 ×25	12
SC10-9	Socket Head Cap Screw M10 ×45	6

PART	DESCRIPTION	QTY
SC10-14	Socket Head Cap Screw M10 ×70	2
SC10-24	Socket Head Cap Screw M10 ×120	2
SC10-25	Socket Head Cap Screw M10 ×125	4
SW10	Spring Washer 10	12
W6	Washer 6	20
W8	Washer 8	6
W10	Washer 10	33
W10B	Big Washer 10	8