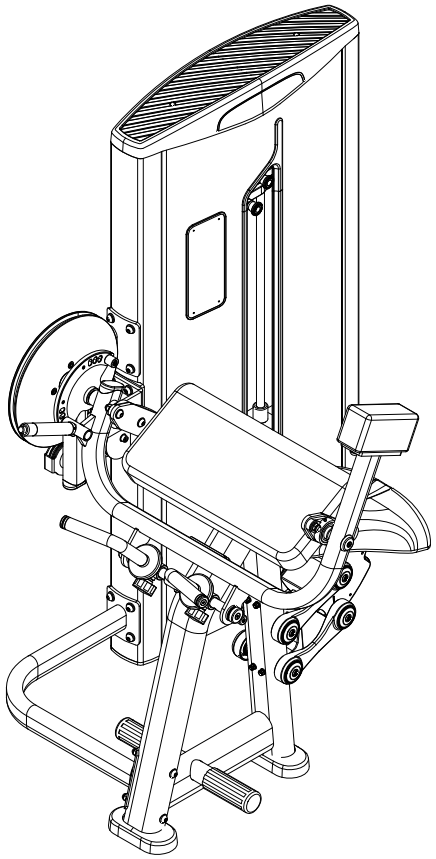
SWISS

STRENGTH MACHINES

SW31 BICEPS/TRICEPS

USER MANUAL



TO OBTAIN THE WARRANTY OF THIS PRODUCT, WE RECOMMEND THAT A QUALIFIED TECHNICIAN CARRIES OUT THE FULL ASSEMBLY.

CAUTION

BEFORE USING THIS EQUIPMENT. READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL KEEP THIS MANUAL FORFUTURE REFERENCE.

IMPORTANT SAFETY INSTRUCTIONS

Is the sole responsibility of the purchaser of products to read the owner’ s manual, warning labels and instruct all individuals, on proper usage of the equipment. Understanding each and every warning to the fullest is important. It is recommended that all users of be informed of the following information prior to use.

⚠ HEALTH WARNING

• Before starting any exercise or conditioning program you should consult with your personal physician to see if you require a complete physical exam. This is especially important if you are inactive, pregnant or suffer from any illness.

• If at any time during exercise you feel faint, dizzy or experience pain, stop exercising immediately and consult your physician.

• To avoid muscular pain and strain, begin each workout by stretching and warming up and end each session by cooling down and stretching.

⚠ INSTALLATION

Recommends that all equipment:

• Be secured to or set up on a solid, level surface to stabilise and eliminate rocking or tipping over during training.

• Be set up with sufficient ventilation to ensure proper operation.

• Be set up with sufficient space around the equipment so that all exercises can be completed safely. It is recommended

that there should be at least 1 metre of space around the equipment where access is required to exercise.

⚠ PROPER USAGE

Before you use this equipment, please read the following safety instruction and abide by it, thanks!

• Please assemble the equipment following the assembly instruction.

• Be careful and use matched wrench tools during the assemble. Ask for help if have problem.

• Don't use caustic cleanser to clean and wipe it.

• If there are damages of small parts, please stop use the equipment at once and contact the purchased company or agency for changing. Install the new small parts properly and make sure the connect joints and working parts are fastened, avoiding dangerous during use.

• Please wear cloth and shoes suitable for exercise to keep user from accident.

• Parents or other supervising adults must provide close supervision of children if the equipment is used in the presence of children.

IMPORTANT SAFETY INSTRUCTIONS

⚠ INSPECTION

• Do not use or permit use of any equipment that is damaged, or has worn or broken parts. For all equipment use only replacement parts supplied

• Always make sure that all nuts and bolts are tightened prior to each use.

• Maintain labels and nameplates – do not remove labels for any reason. They contain important information.

• Equipment maintenance – preventative maintenance is the key to smooth operating equipment. Please ensure that you follow our maintenance tips to ensure the continued correct function of your equip- ment.

• Before any use, examine all accessories approved for use with the equipment for damage or wear.

• Should your equipment appear damaged or worn, do not attempt to use or repair the equip- ment yourself.

⚠ OPERATING WARNINGS

• It is the purchaser’ s responsibility to instruct all users as to the proper operating procedures of all equipment.

• Keep children away from all moving parts. Parents must provide close supervision of children if the equipment is used in the presence of children.

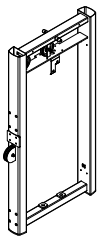
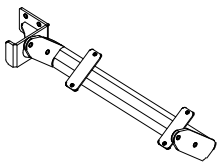
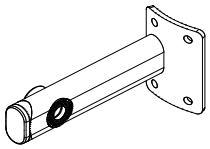
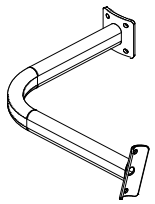
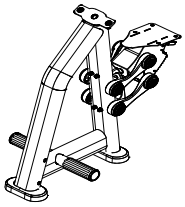
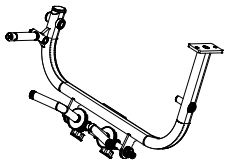
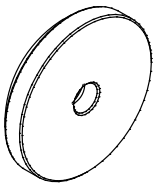
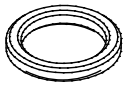
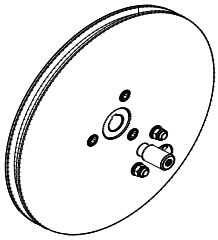
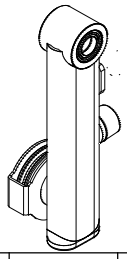
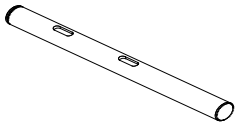
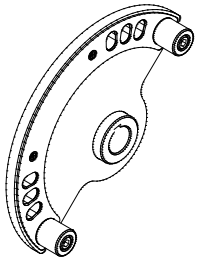
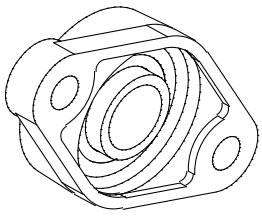
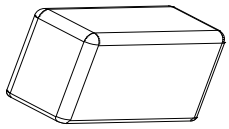
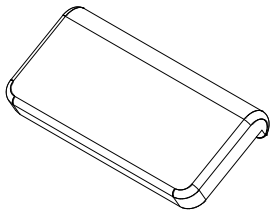
• Do not wear loose fitting clothing or jewellery when using the equipment. It is also recommended that users tie up long hair to avoid contact with moving parts.

• Ensure that anyone not using the equipment stays clear of the user, accessories and moving parts while the machine is in operation.

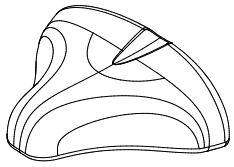
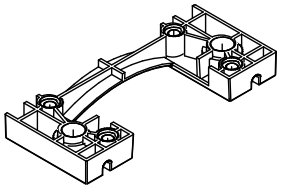
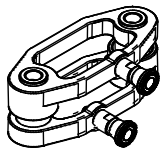
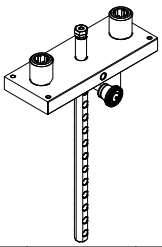
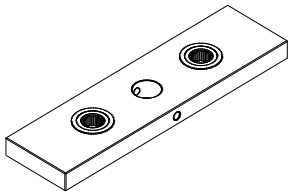
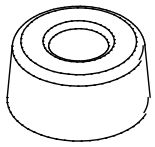
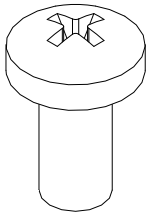
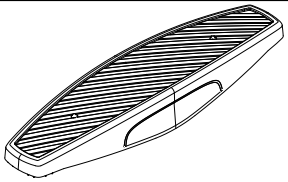
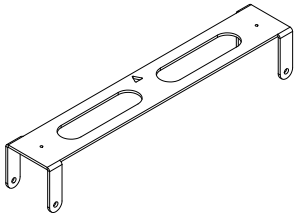
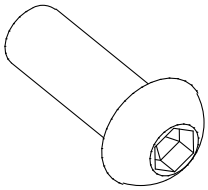
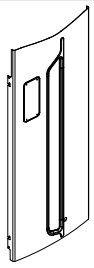
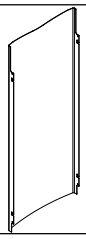
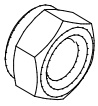
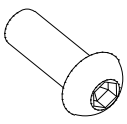
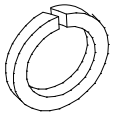
⚠ USER WEIGHT LIMITATIONS

SAVE THIS INSTRUCTION MANUAL FOR FUTURE USE AND REFERENCE.

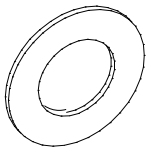
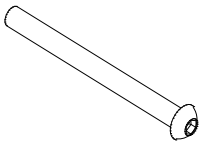
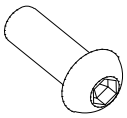
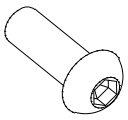
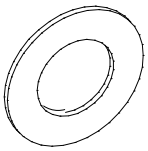
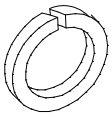
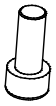
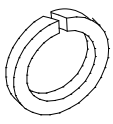
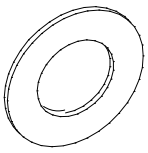
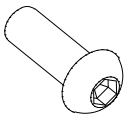
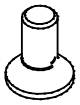
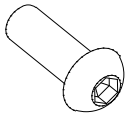
ASSEMBLY LIST

Guard cover frame			Moving arm fixing group			Nylon plate support group			Bent connection		
											
1		1PCS	2		1PCS	3		1PCS	4		1PCS
Main Frame Group			Moving arm assemble			End Cap			Spacer		
											
5		1PCS	6		1PCS	7		1PCS	8		3PCS
Nylon plate set			Follower arm			Flat key			Rotating shaft		
											
9		1PCS	10		1PCS	11		2PCS	12		1PCS
selection wheel			Bearing housing			Counterweight block			Elbow Cushion		
											
13		1PCS	14		2PCS	15		1PCS	16		1PCS

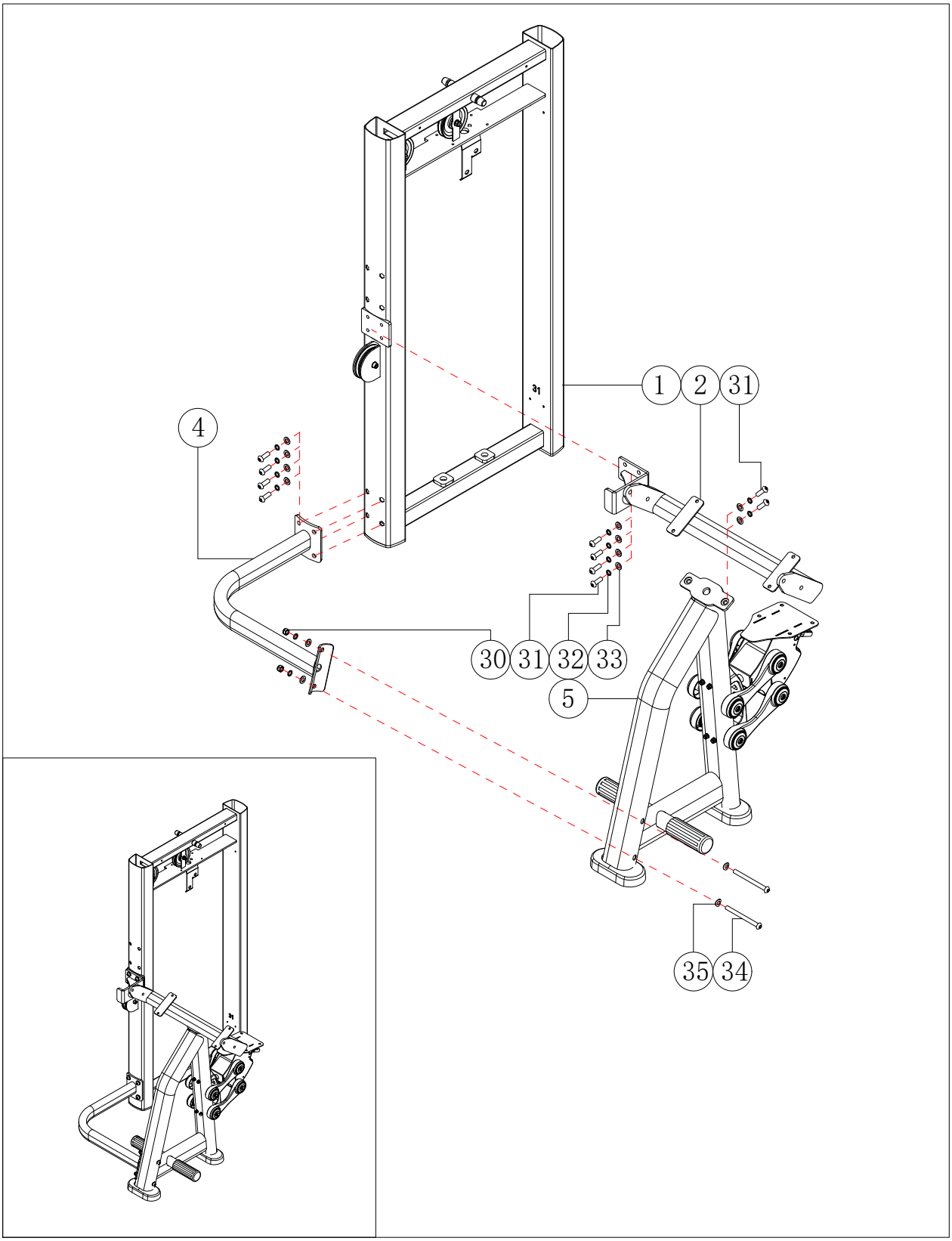
ASSEMBLY LIST

Cushion			guide rod fixing parts			Micro-heavy components			Weight plate guide rod		
											
17		1PCS	18		1PCS	19		1PCS	20		2PCS
Top stack			Weight Stack			Rubber bump stop			Button Head Socket Cap Screw M5*10		
											
21		1PCS	22		13PCS	23		2PCS	24		2PCS
Top shell			Support plate			M8*16 Button Head Socket Cap Screw			Front guard panel		
											
25		1PCS	26		1PCS	27		1PCS	28		1PCS
Rear guard panel			Anti-slip nut			M12*35 Button Head Socket Cap Screw			Φ12Spring Washer		
											
29		1PCS	30		6PCS	31		14PCS	32		22PCS

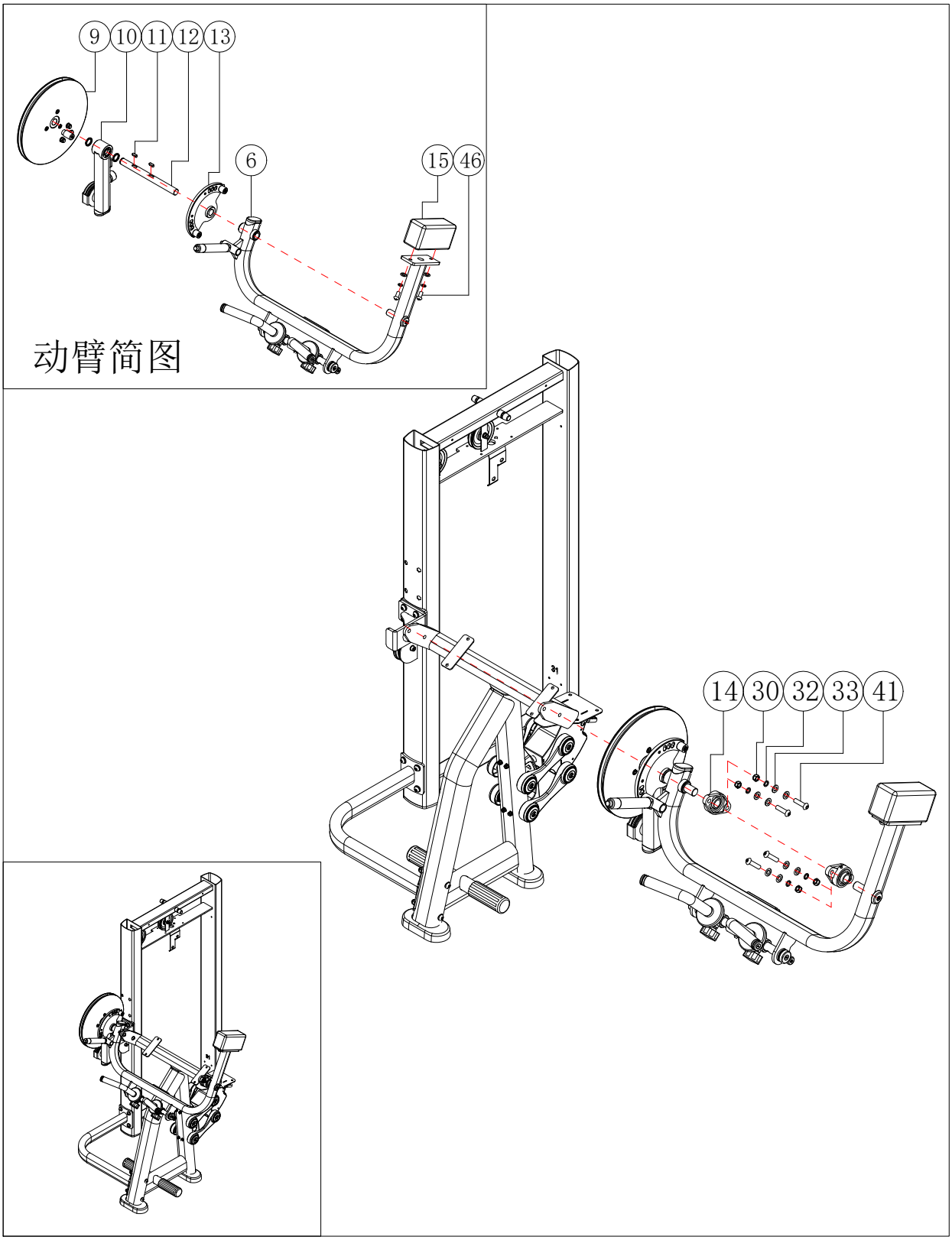
ASSEMBLY LIST

Φ12 Flat Washer			M12*140 Button Head Socket Cap Screw			Φ12 Wave spring washers			M12*45 Button Head Socket Cap Screw		
											
33		26PCS	34		2PCS	35		2PCS	36		4PCS
M8*25 Button Head Socket Cap Screw			Φ8 Flat Washer			Φ8 Spring Washer			M10*25 Socket Head Cap Screw		
											
37		4PCS	38		16PCS	39		16PCS	40		4PCS
Φ10 Spring Washer			Φ10 Flat Washer			M8*40 Button Head Socket Cap Screw			M8*16 Flat Head Socket Cap Screw		
											
41		4PCS	42		4PCS	43		4PCS	44		1PCS
Circlip			M12*30 Button Head Socket Cap Screw								
											
45		1PCS	46		2PCS						

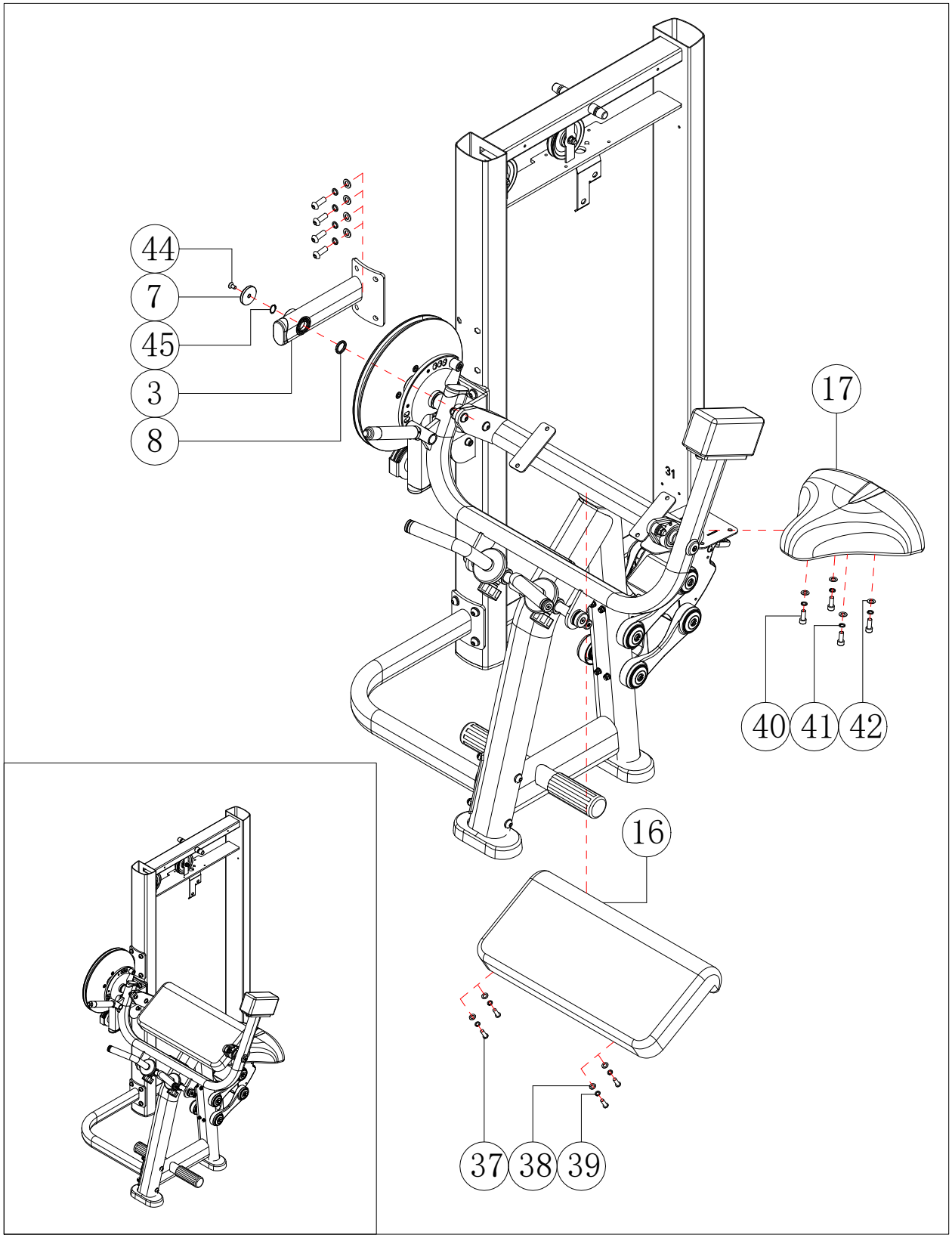
ASSEMBLY STEPS



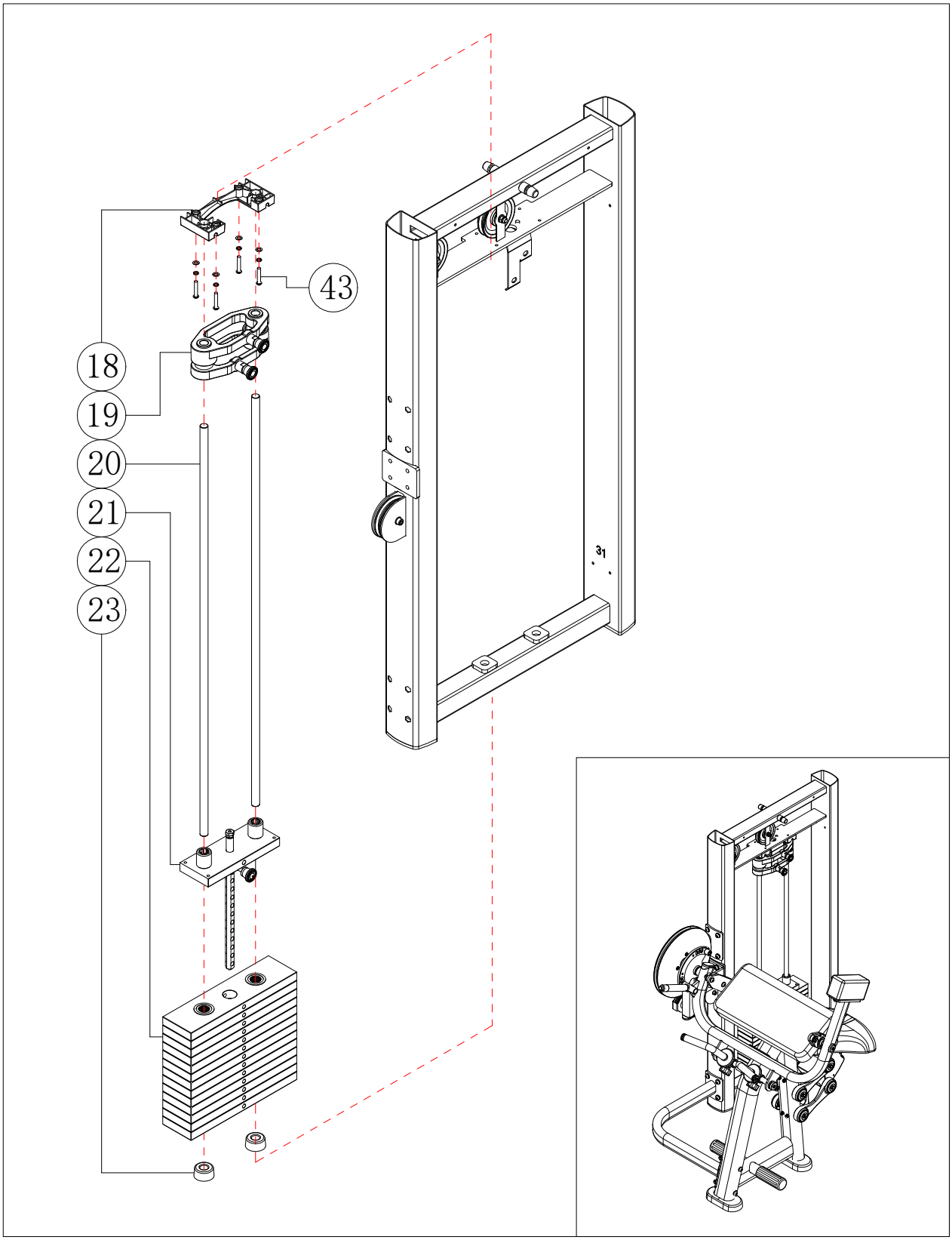
ASSEMBLY STEPS



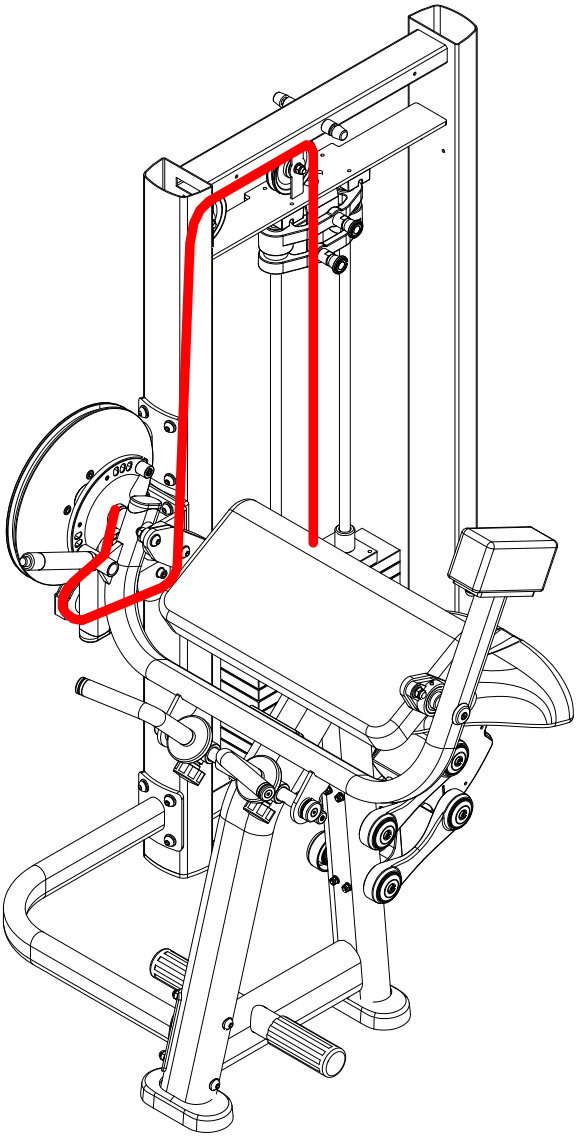
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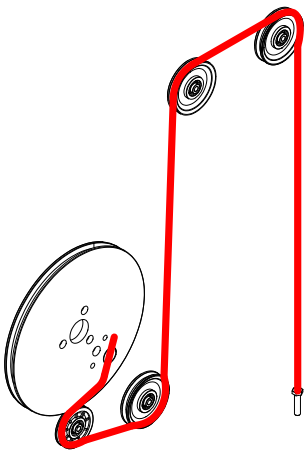


ASSEMBLY STEPS



ASSEMBLY STEPS





ASSEMBLY STEPS

