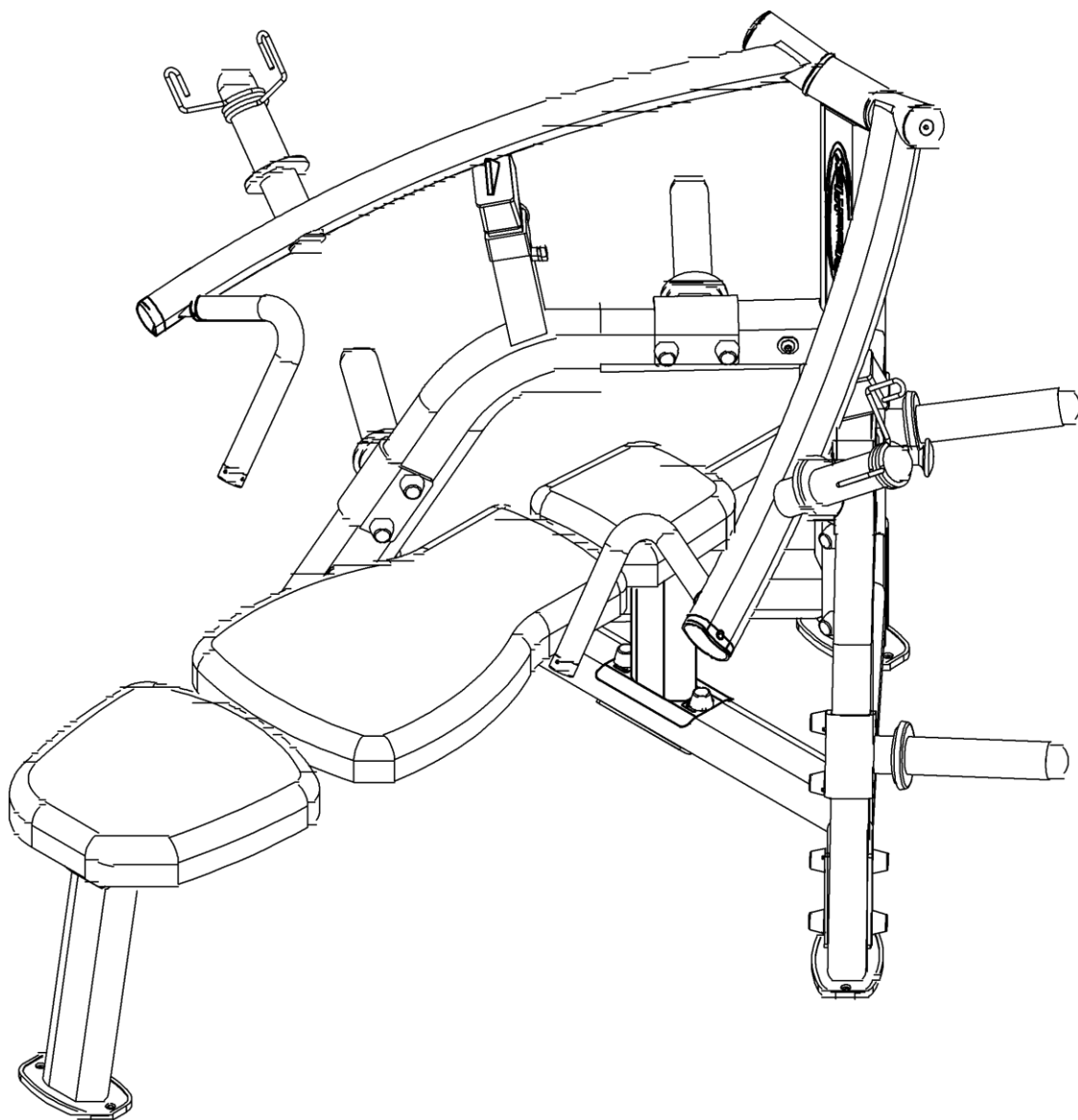


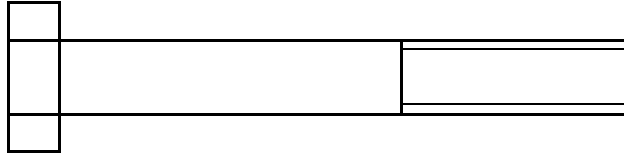
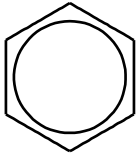


**User manual - EN**  
**IN 5091 Steelflex PLBP – chest press**

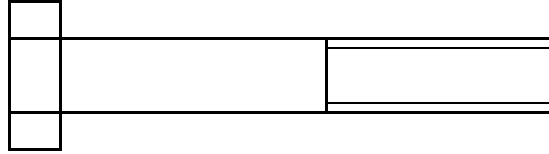
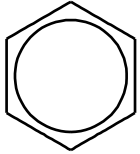


# PLBP HARDWARE

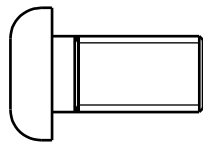
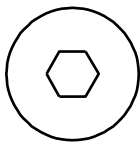
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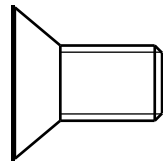
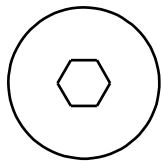
A1. M10x75 HEX HEAD SCREW...10PCS



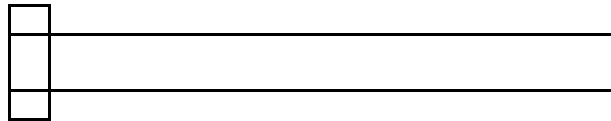
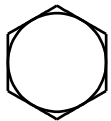
A2. M10x65 HEX HEAD SCREW...8PCS



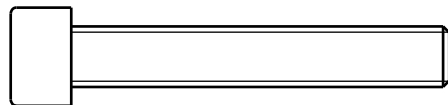
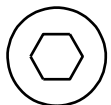
A3. M10x20 ALLEN SCREW(FULL THREAD)...4PCS



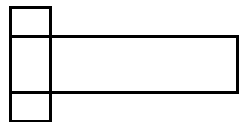
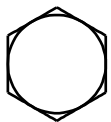
A4. M10x20 TAPER SCREW(FULL THREAD)...2PCS



A5. M8x75 HEX HEAD SCREW...1PCS



A6. M8x50 SOCKET SCREW(FULL THREAD)...4PCS



A7. M8x25 HEX HEAD SCREW...8PCS

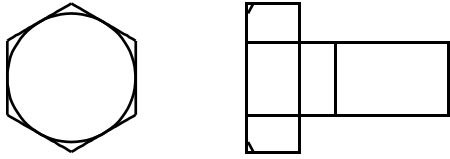
mm

0 10 20 30 40 50 60 70 80 90 100 110 120 130 140 150

inch

0 1" 2" 3" 4" 5" 6"

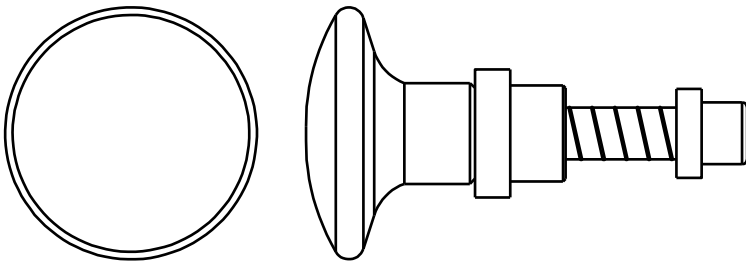
(shown in actual size)



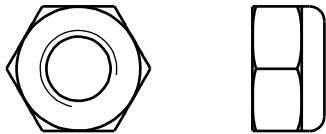
A8. M10x20 HEX HEAD SCREW...2PCS (Pre-installed)



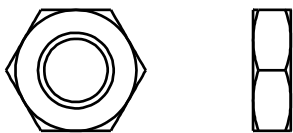
A9. M5x5 GRUB SCREW...8PCS (Pre-installed)



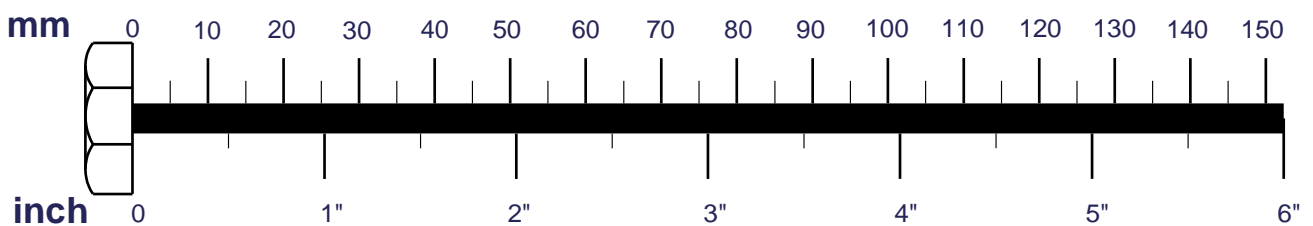
A10. 1/2"x87.5L POP PIN (8250-124G)...2PCS (Pre-installed)



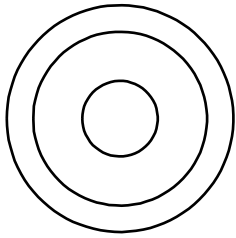
B1. M10 NYLON LOCK NUT...10PCS



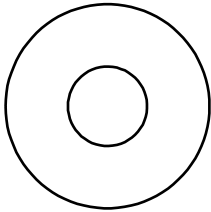
B2. M10 LOCK NUT(5t)...2PCS (Pre-installed)



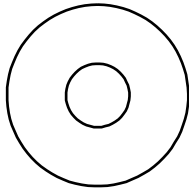
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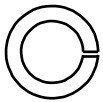
C1. M10 PLATE WASHER(Ø30)...28PCS



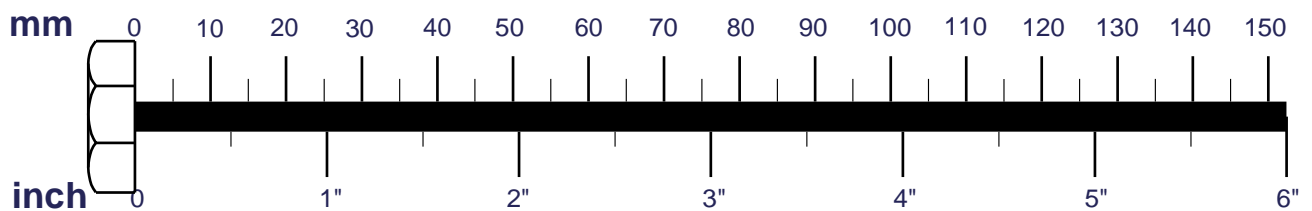
C2. M10 WASHER(Ø27)...4PCS



C3. M8 WASHER(Ø24)...9PCS

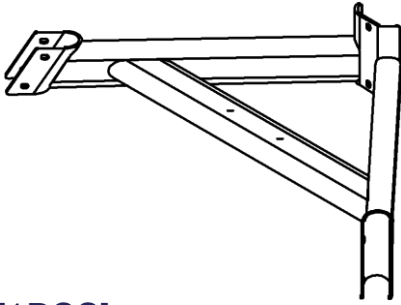


C4. M8 SPRING WASHER...9PCS

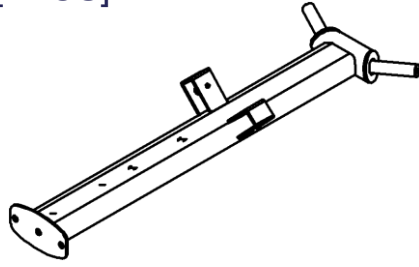


# PLBP PARTS

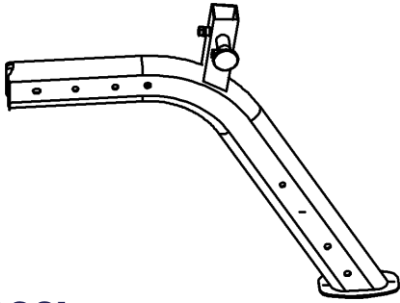
A [1PCS]



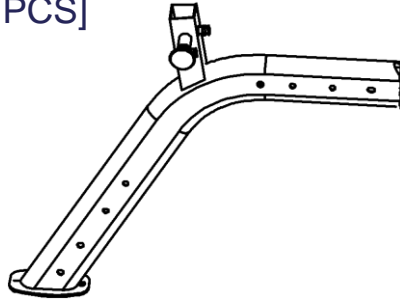
B [1PCS]



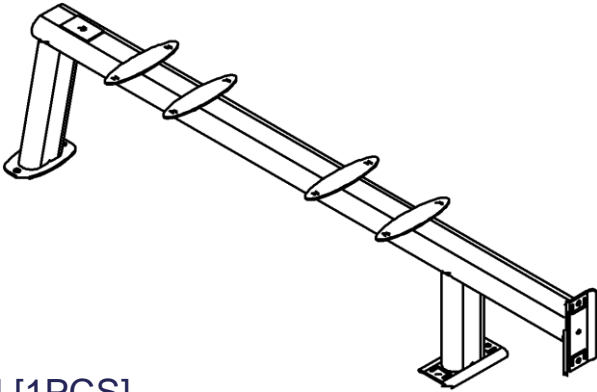
C [1PCS]



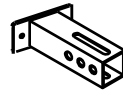
D [1PCS]



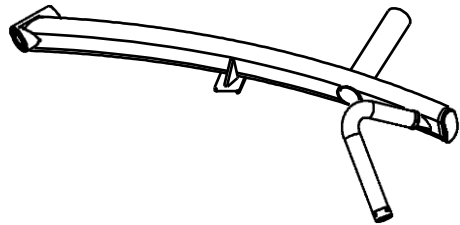
E [1PCS]



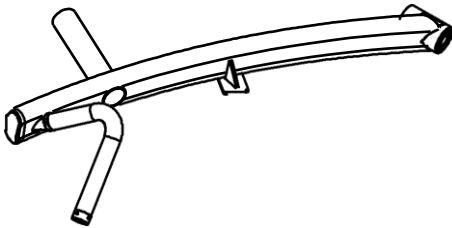
F [2PCS]  
6730003



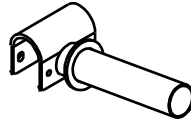
I [1PCS]



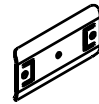
H [1PCS]



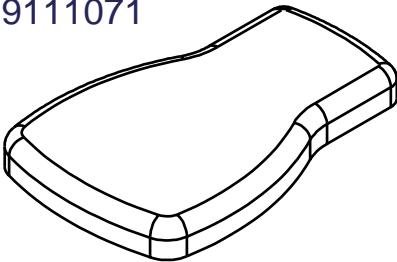
J [4PCS]  
6730001



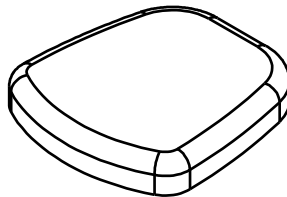
K [3PCS]  
8323188



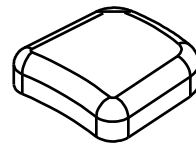
L [1PCS]  
9111071



M [1PCS]  
9121075



N [1PCS]  
9131025



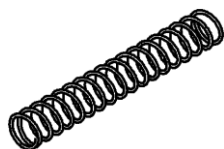
# PLBP PARTS

D1. End Closure (8130-248) .....	[2PCS]
D2. Compression Spring (8840-050) .....	[2PCS]
D3. Ø50 End Cap (9211-020) .....	[2PCS]
D4. Nylon Bushing (9211-030) .....	[2PCS]
D5. Ø50 End Cap (9211-074) .....	[6PCS]
D6. 40x80 End Cap (9211-113) pre-installed.....	[2PCS]
D7. 50x100 END CAP (9211-114) .....	[1PCS]
D8. Rubber Dount (9310-016) .....	[6PCS]
D9. Rubber Insert (9310-076) .....	[4PCS]
D10. Block Rubber (9310-077) .....	[2PCS]
D11. Pinch Cock (OC-06) .....	[2PCS]
D12. Cap Sleeve (9212-026) .....	[28PCS]
D13. Co er Washer (8520-008) .....	[2PCS]
D14. Chrome Collar (8890-061) pre-installed .....	[2PCS]
D15. Bearing (8510-037) pre-installed .....	[4PCS]
D16. Foam Grip (9162-102) pre-installed .....	[2PCS]
D17. End Closure (8130-254)pre-installed.....	[2PCS]

D1



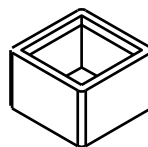
D2



D3



D4



D5



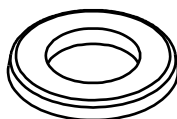
D6



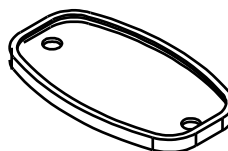
D7



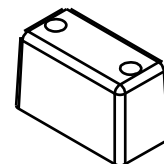
D8



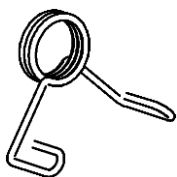
D9



D10



D11



D12



D13



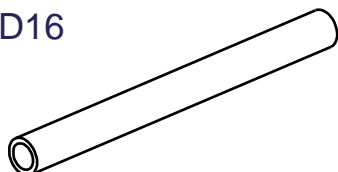
D14



D15

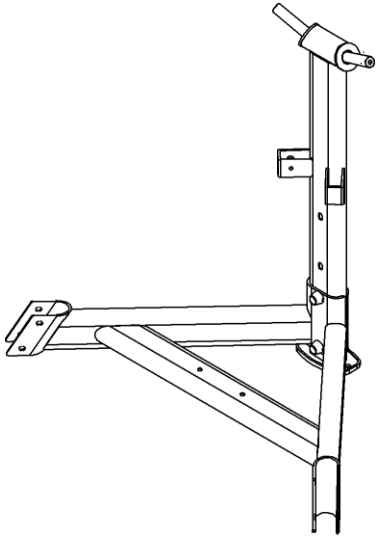


D16

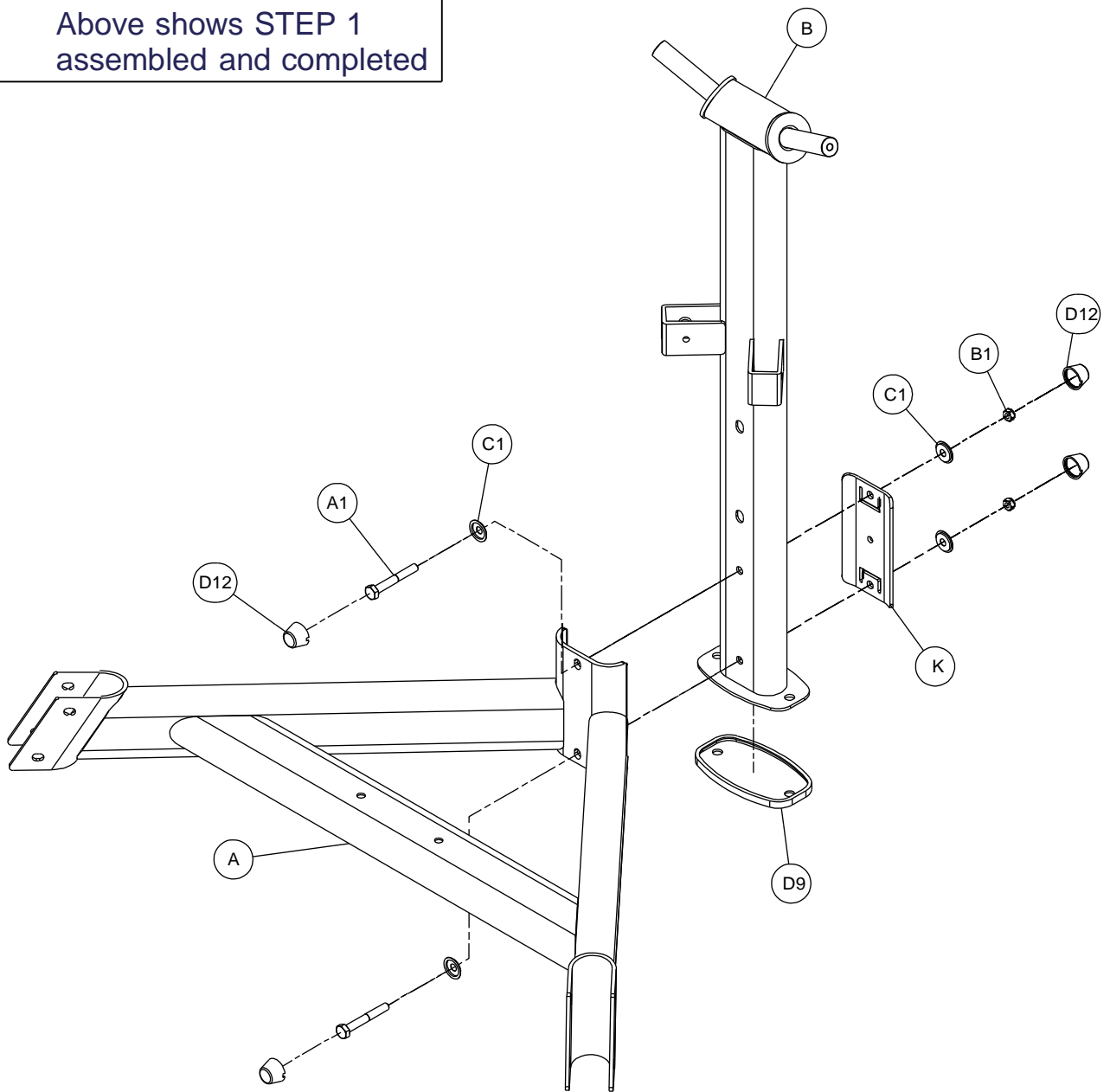


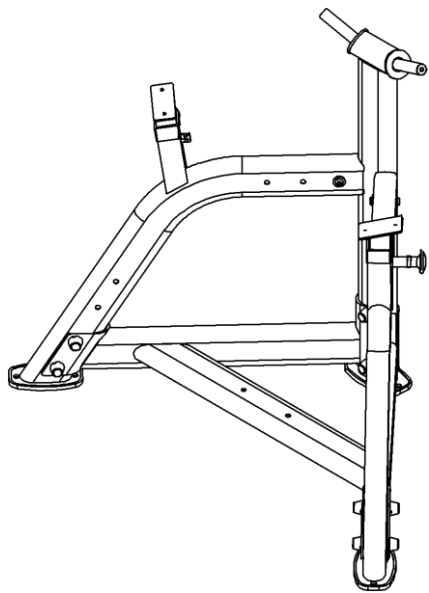
D17



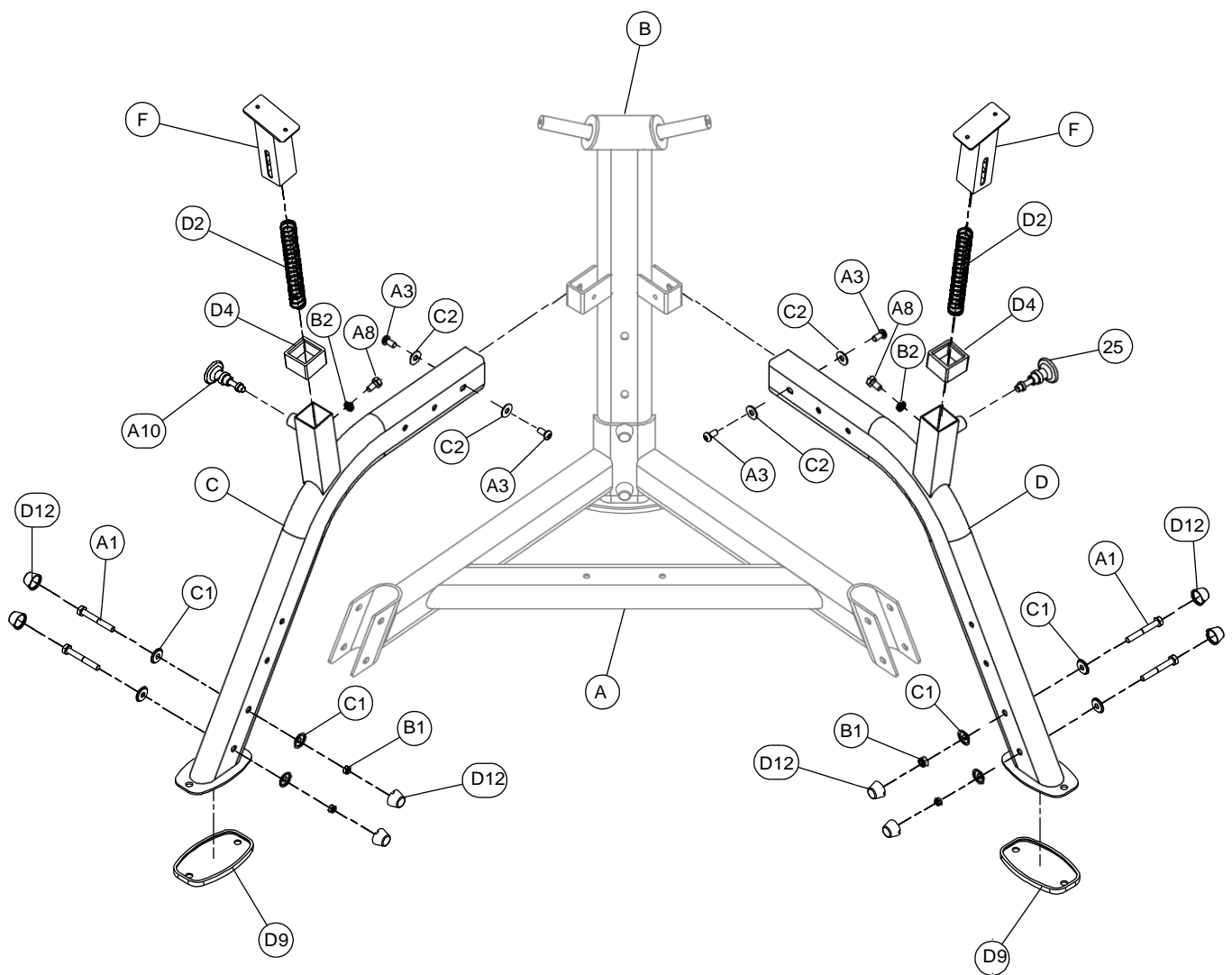


Above shows STEP 1 assembled and completed

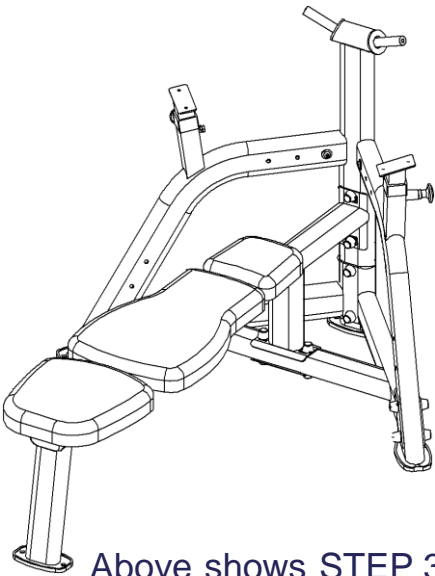




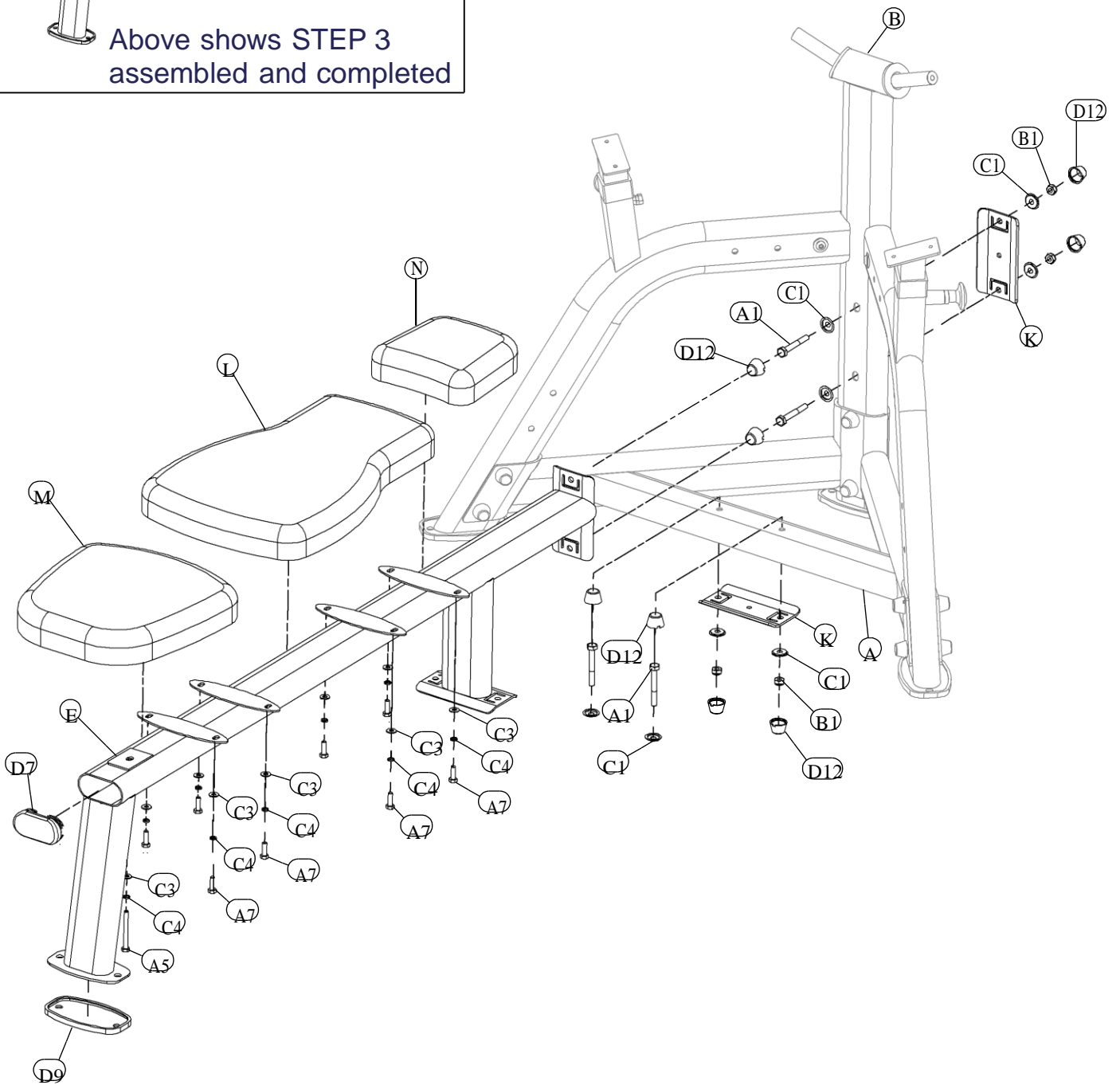
Above shows STEP 2  
assembled and completed

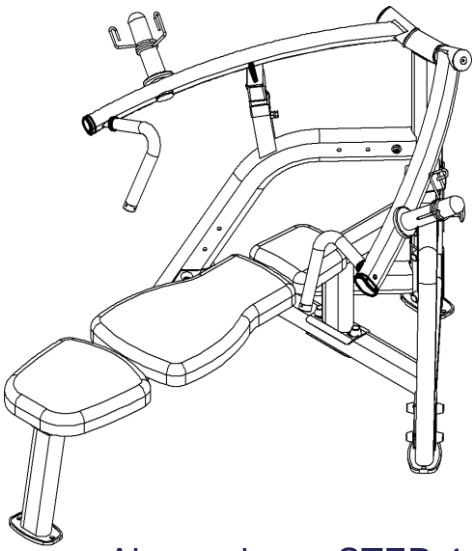




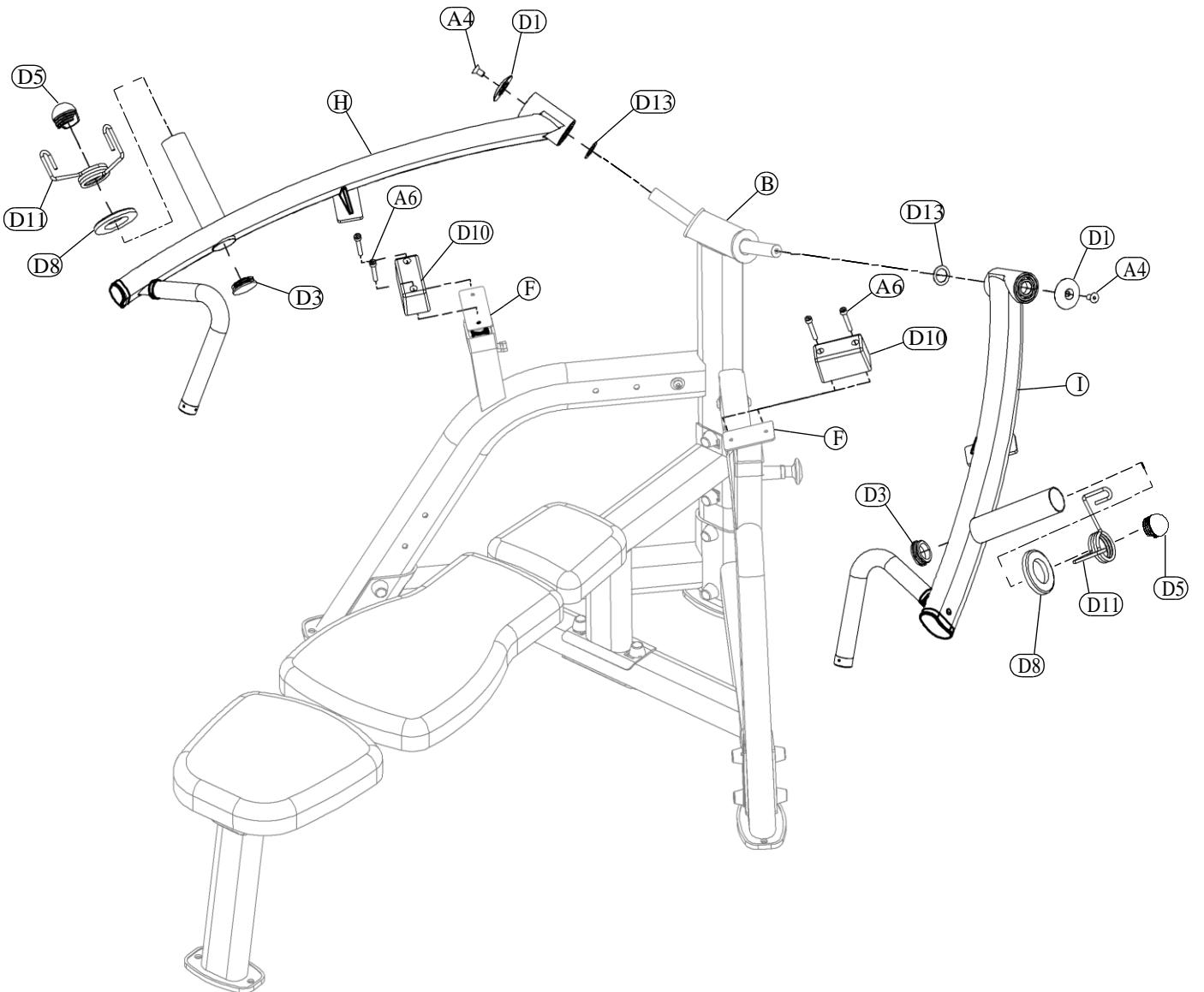


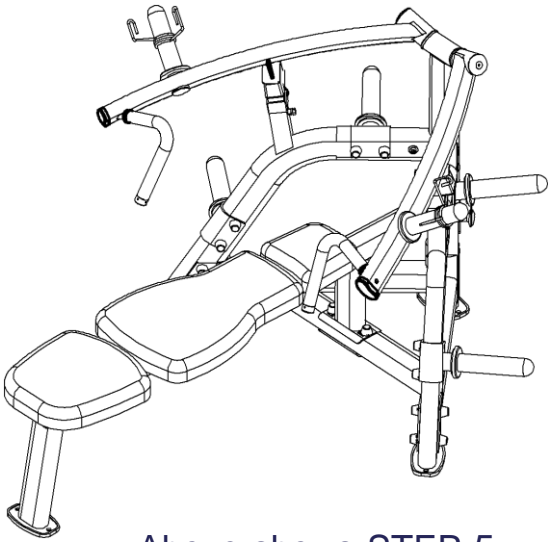
Above shows STEP 3 assembled and completed





Above shows STEP 4 assembled and completed





Above shows STEP 5 assembled and completed

