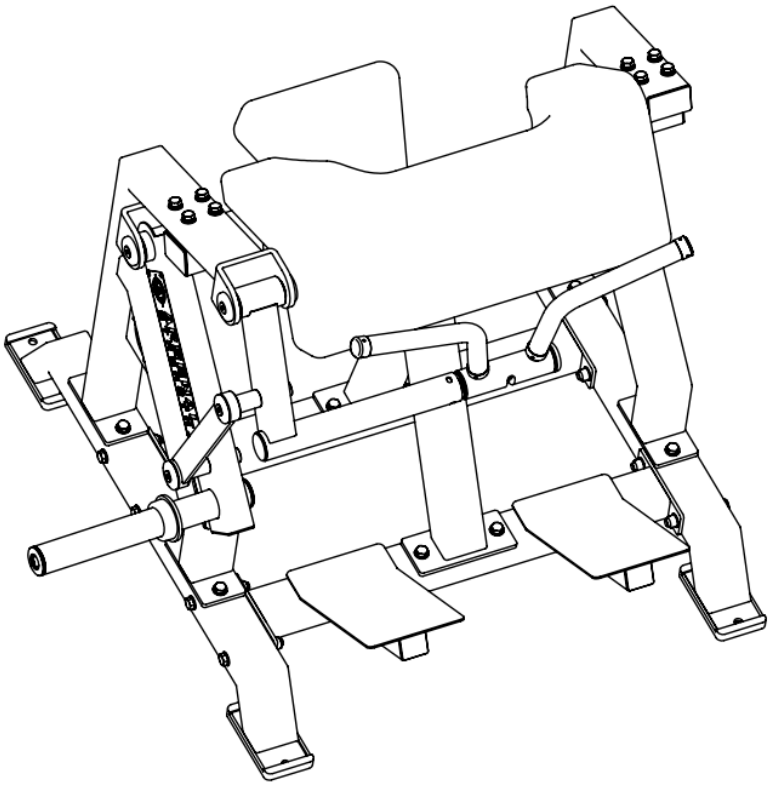
SA1628 Biceps Trainer

整机：



Due to the model upgrade, the product may be slightly different from the items shown in the picture

Before using this product, please read all the instructions carefully. Please keep this owner's manual for future reference.

Safety Precautions

Note: Please read this manual carefully before use and pay attention to the following safety precautions.

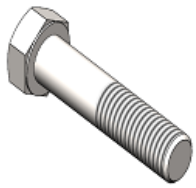
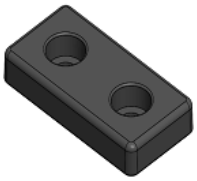
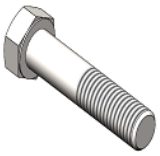
Warning

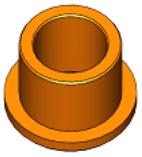
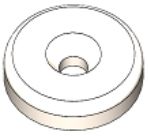
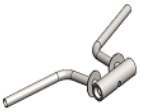
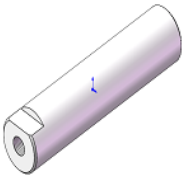
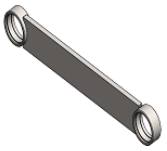
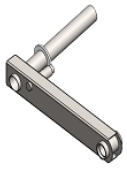
1. Before each use, please have a professional check whether all the transmission components are tight. If any are loose, tighten or replace them in time.
2. During the exercise, the movements should be uniform and slow to achieve the ideal fitness effect.
3. During the exercise, to avoid overstretching the muscles and getting injured, please gradually increase the resistance.

Attention 

1. The trainer should be placed indoors to avoid moisture.
2. The trainer should be placed on a spacious, unobstructed and flat ground to ensure the equipment is placed steadily
3. Before planning any exercise, it is recommended that you consult your doctor first.
4. Any vigorous exercise can only be started 40 minutes after a meal.
5. Please wear appropriate sports clothes and shoes before starting to exercise.
6. To prevent injuries, please do warm-up exercises before exercising.
7. This device must be used in a supervised area. Appropriate care, guidance and supervision should be given to the elderly, children and people with disabilities. It is prohibited for children under the age of 12 to use it.
8. If you experience any discomfort or abnormal conditions while using this machine, please stop exercising immediately and consult a doctor.
9. During the maintenance and repair of the equipment, there should be a clear "Out of Use" sign near the equipment.

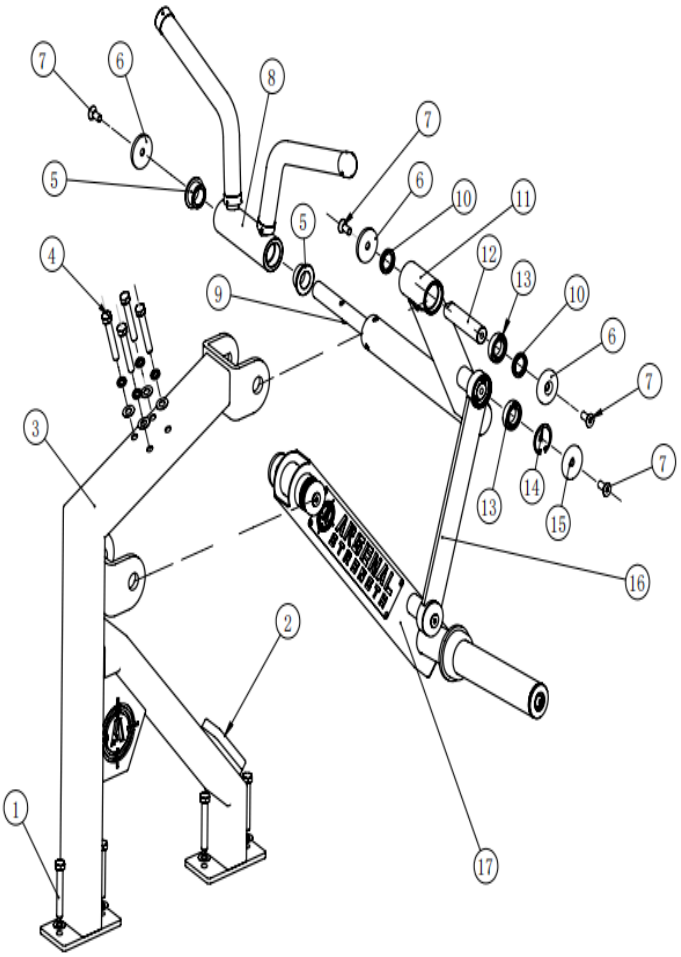
Step（1）Parts Catalogue

Hexagonal bolt M12*75			Buffer pad			Side frame welding2			Hexagonal boltM12*70		
											
1		12pcs	2		1pcs	3		1pcs	4		8pcs
Final metallurgical sleeve 、φ35*φ25*18			Aluminum end cover			Hex socket countersunk screwsM10*25			Weld the handle together		

											
5		2pcs	6		5pcs	7		7pcs	8		1pcs
Hex socket cylindrical head screwM10*2			Powder spacer sleeve 、φ35*φ25.5*T5			Welding of the boom			Rotating shaft、φ25*110		
											
9		1pcs	10		4pcs	11		1pcs	12		2pcs
Deep groove ball bearings			Elastic retaining rings are used for the holes			φ50It has an aluminum end cover			Linked welding		
											
13		6pcs	14		2pcs	15		2pcs	16		1pcs
Welding of the linkage arm											
											
17		1pcs									

Step（1）Installation Instructions

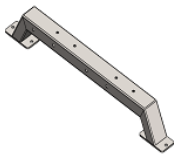
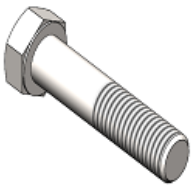
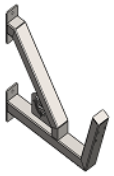
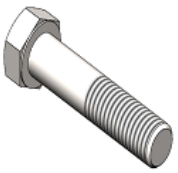
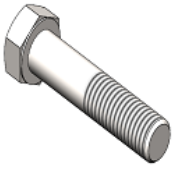
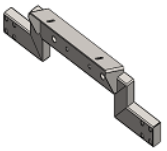
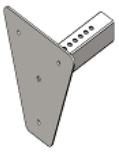
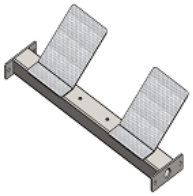
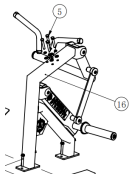
GUWOW谷舞	文件名称：	SA1628二头肌训练器爆炸图	页　码：	第2页/共3页
	编制部门：	工程部	编制日期：	2025/6/16



序号	零件号	型号规格	数量
1	M12_75■■19	六角螺栓M12*75	12
2	SN2122-BB0200	缓冲垫、100*50	1
3	SA1628-AC0400	侧架焊合2	1
4	M12_70■■19	六角螺栓M12*70	8
5	SA1613-FF0100	粉末冶金套、ϕ35*ϕ25*18、	2
6	SA1602-CC0200	ϕ50铝端盖	5
7	M10_25■■19	内六角沉头螺钉、M10*25	7
8	SN0506-AF0100	手把焊合	1
9	M10_20■■19	内六角圆柱头螺钉、M10*20	1
10	SN016-FF0200	粉末隔套、ϕ35*ϕ25.5*T5	4
11	SA1628-AD0100	动臂焊合	1
12	SA1608-CC0100	转轴、ϕ25*110	2
13	GB27661905-2Z	深沟球轴承	6
14	GB893.142■■12	孔用弹性挡圈	2
15	SA1618-CC0200	ϕ50带台铝端盖	2
16	SA1628-AD0300	联动焊合	1
17	SA1628-AD0200	联动臂焊合	1

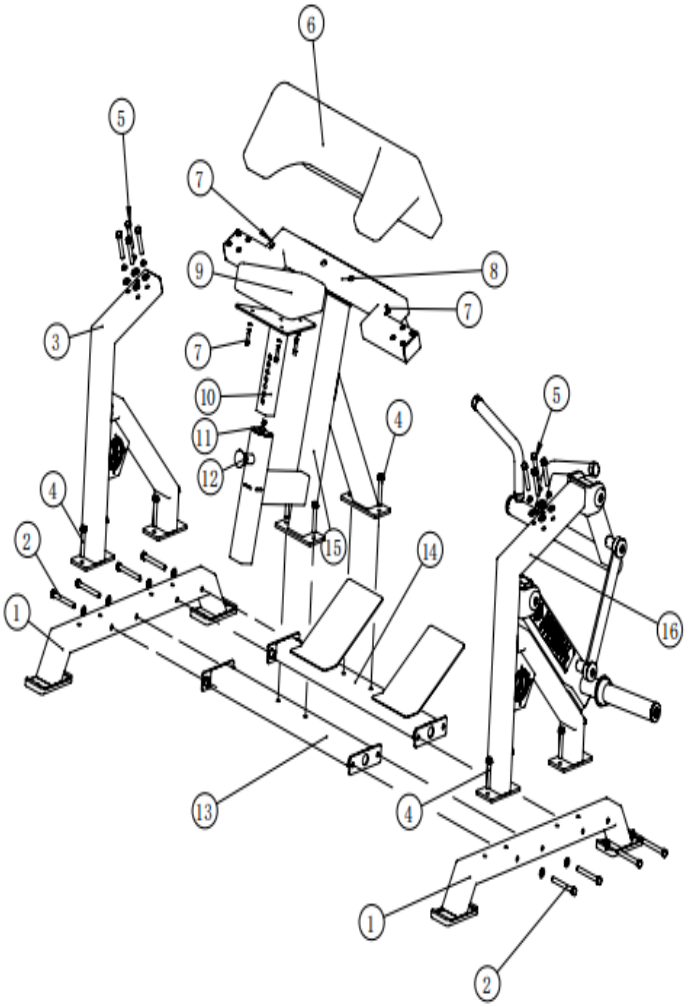
Step（2）Parts Catalogue

Floor bonding	Hexagonal boltM12*105	Side frame welding	Hexagonal boltM12*75

											
1		2pcs	2		8pcs	3		1pcs	4		12pcs
Hexagonal boltM12*70			Elbow pad			Hex socket cylindrical head screw			Elbow pads welded together		
											
5		8pcs	6		1pcs	7		7pcs	8		1pcs
Universal triangular cushion			The seat is welded together			Gas spring			Pull pin combination		
											
9		1pcs	10		1pcs	11		1pcs	12		1pcs
The bottom cross braces are welded together			The front support is welded together			Welding of the vertical frame			Side frame assembly		
											
13		1pcs	14		1pcs	15		1pcs	16		1pcs

Step（2）Installation Instructions

GUWOW谷舞	文件名称：	SA1628二头肌训练器爆炸图	页　　码：	第3页/共3页
	编制部门：	工程部	编制日期：	2025/6/17



序号	零件号	型号规格	数量
1	SA1628-AC0200	贴地焊合	2
2	M12_105■■19	六角螺栓M12*105	8
3	SA1628-AC0300	侧架焊合	1
4	M12_75■■19	六角螺栓M12*75	12
5	M12_70■■19	六角螺栓M12*70	8
6	SA1628-DD0100	肘垫	1
7	M8_25■■19	内六角圆柱头螺钉	7
8	SA1628-AG0200	肘垫焊合	1
9	SA1603-DD0200	通用三角坐垫	1
10	SA1628-AG0100	座子焊合	1
11	300-490-100N	气弹簧	1
12	SNX051-FF0800	拉销组合	1
13	SA1628-AE0100	底横撑焊合	1
14	SA1628-AE0200	前撑焊合	1
15	SA1628-AC0100	立架焊合	1
16	SA1628-AC0400	侧架组合	1