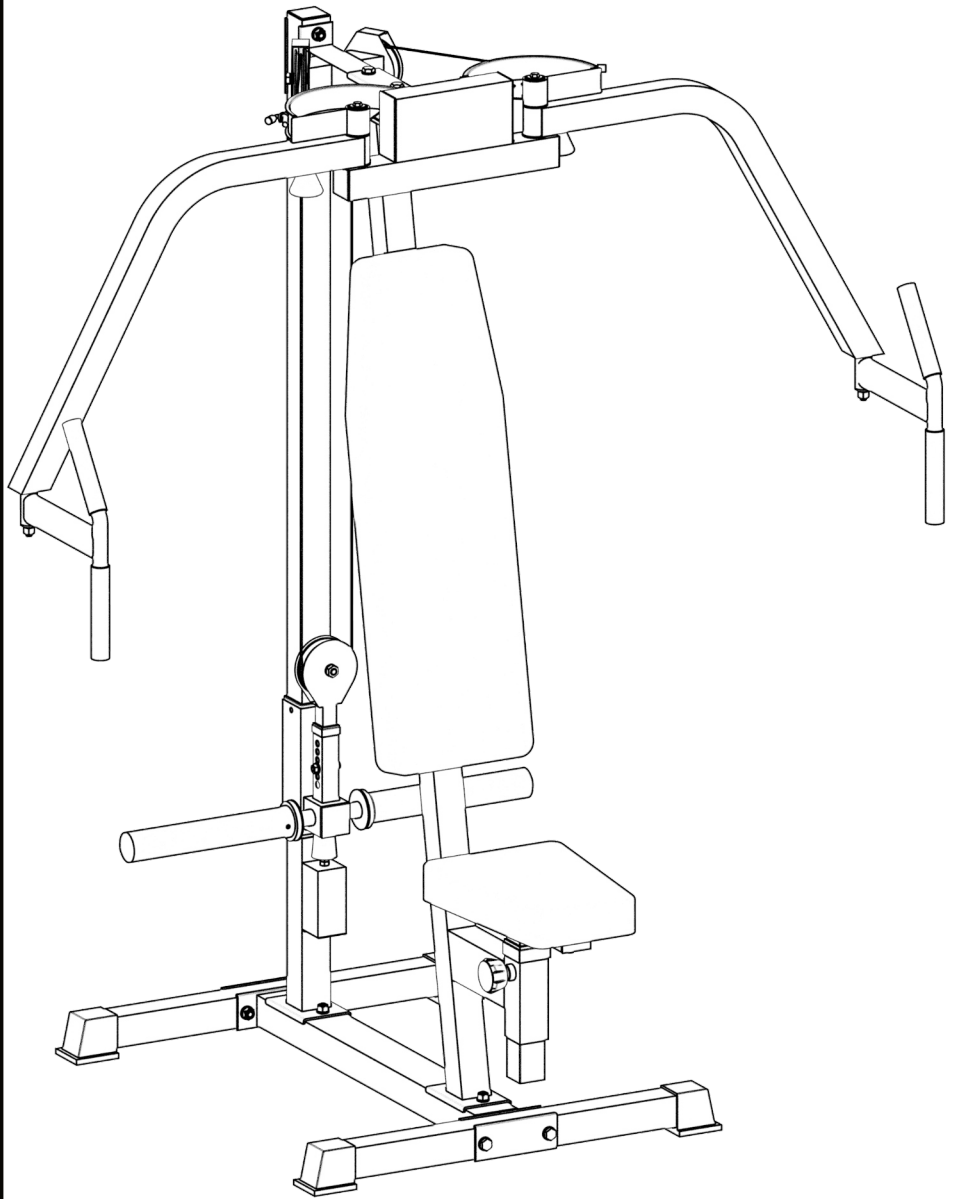


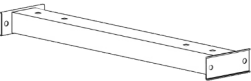
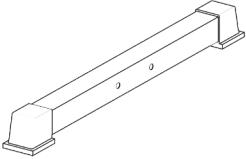
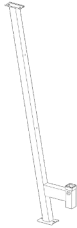
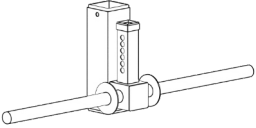
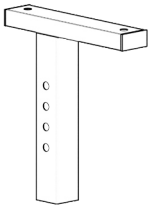
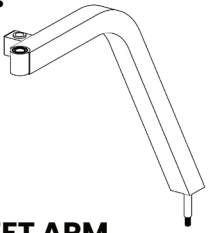
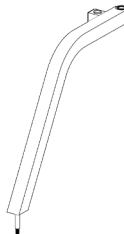
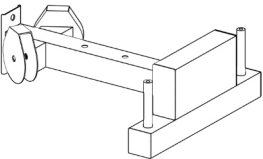
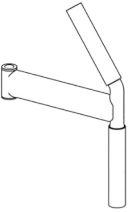
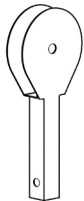
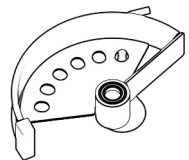
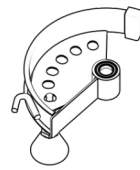
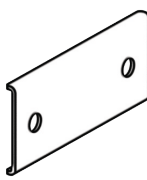
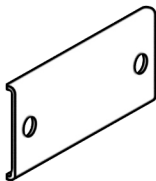
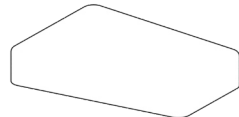
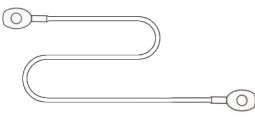
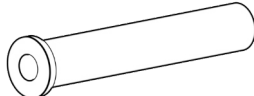
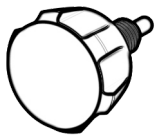
 **SYNERGEE[®]**

CHEST FLY MACHINE



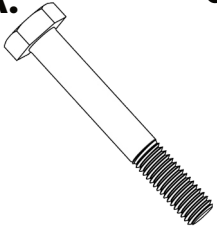
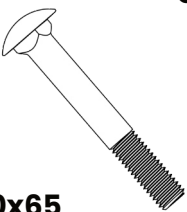
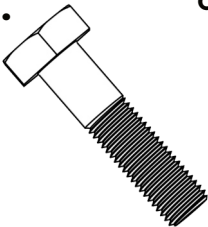
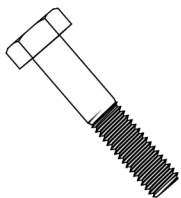
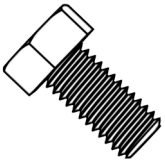
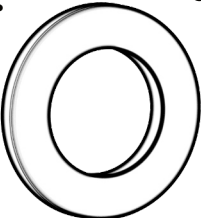
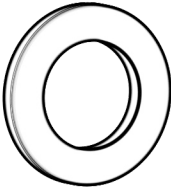
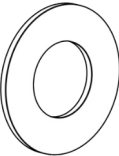
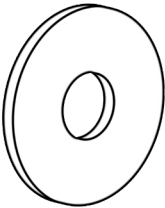
PARTS LIST

IF ANY PIECES ARE MISSING, PLEASE CONTACT US IMMEDIATELY:
HELLO@SYNERGEEFITNESS.COM OR 1.855.217.7136

1. QTY x1  BASE FRAME	2. QTY x2  BASE FEET	3. QTY x1  REAR UPRIGHT	4. QTY x1  FRONT UPRIGHT	5. QTY x1  PLATE LOADER
6. QTY x1  SEAT FRAME	7. QTY x1  LEFT ARM	8. QTY x1  RIGHT ARM	9. QTY x1  TOP FRAME	10. QTY x2  ARM HANDLE
11. QTY x1  WHEEL SLIDER	12. QTY x1  LEFT ADJUSTMENT PLATE	13. QTY x1  RIGHT ADJUSTMENT PLATE	14. QTY x2  SMALL CONNECTION PLATE	15. QTY x2  LARGE CONNECTION PLATE
16. QTY x1  BACK SEAT	17. QTY x1  BASE SEAT	18. QTY x3  PULLEY WHEELS	19. QTY x1  286cm CABLE	20. QTY x2  2" PLATE SLEEVE
21. QTY x1  SEAT KNOB				

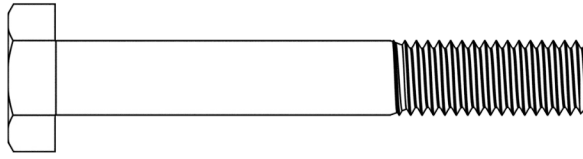
PARTS LIST

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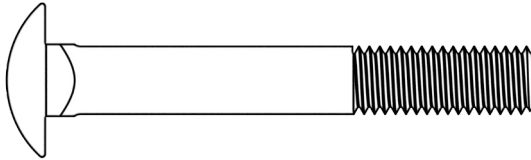
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F.  M8x15 BOLT QTY x2	G.  M12 WASHER QTY x2	H.  M10 WASHER QTY x24	I.  M10 FLAT WASHER QTY x4	J.  M8 WASHER QTY x6
K.  M8 FLAT WASHER QTY x2	L.  M12 NUT QTY x2	M.  M10 NUT QTY x13	N.  M8 NUT QTY x1	

HARDWARE SIZING CHART

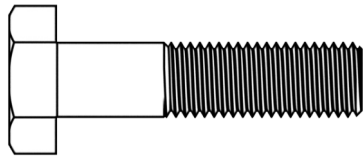
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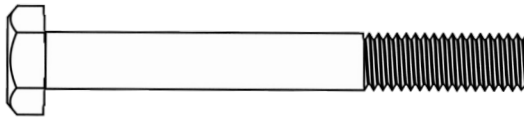
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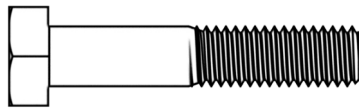
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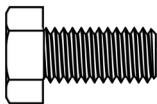
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BOLT**



**M8x40
BOLT**



**M8x15
BOLT**

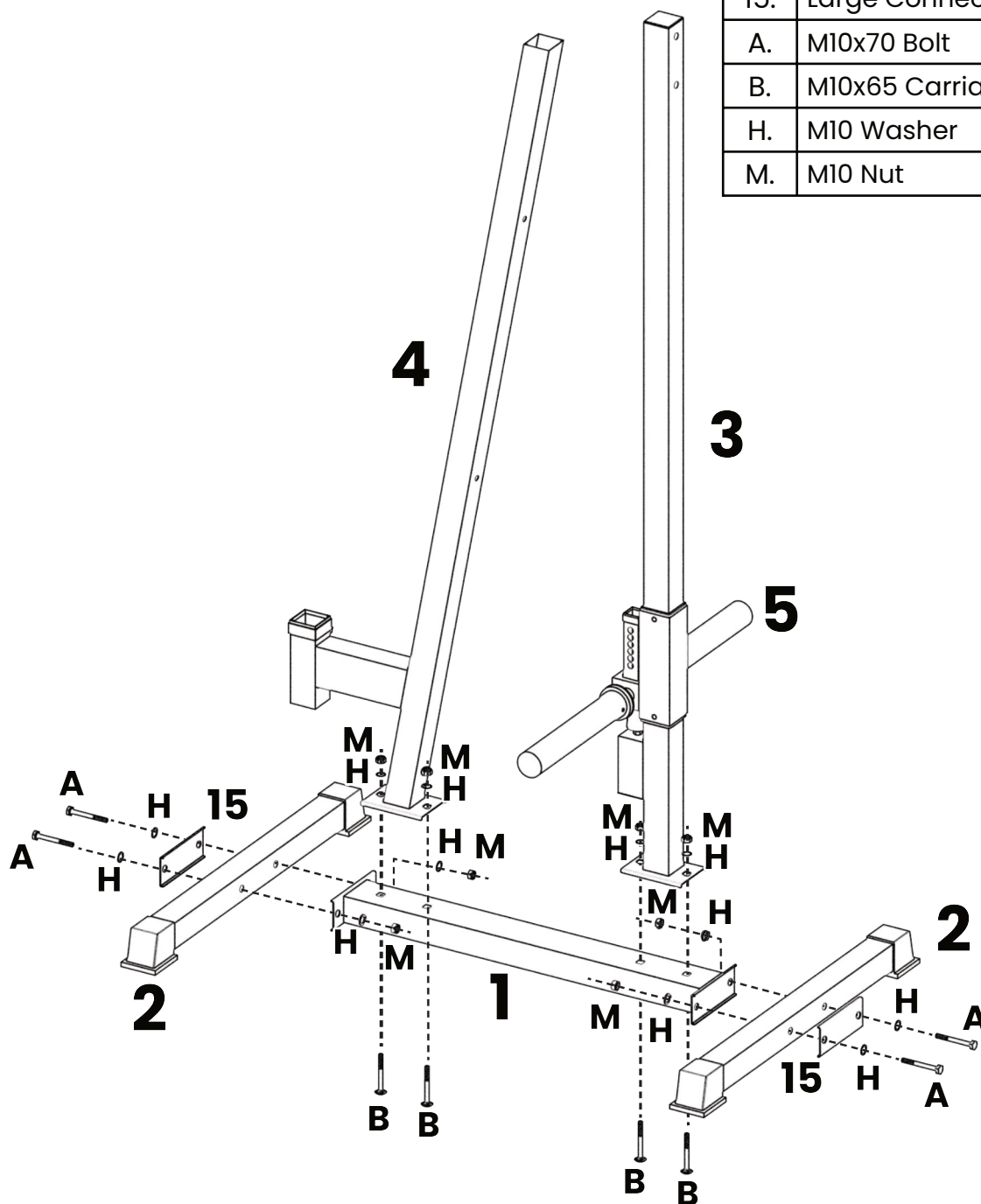


ASSEMBLY

STEP: 1

STEP PART GUIDE

#	PART NAME	QTY
1.	Base Frame	1
2.	Base Feet	2
3.	Rear Upright	1
4.	Front Upright	1
5.	Plate Loader	1
15.	Large Connection Plate	2
A.	M10x70 Bolt	4
B.	M10x65 Carriage Bolt	4
H.	M10 Washer	16
M.	M10 Nut	8

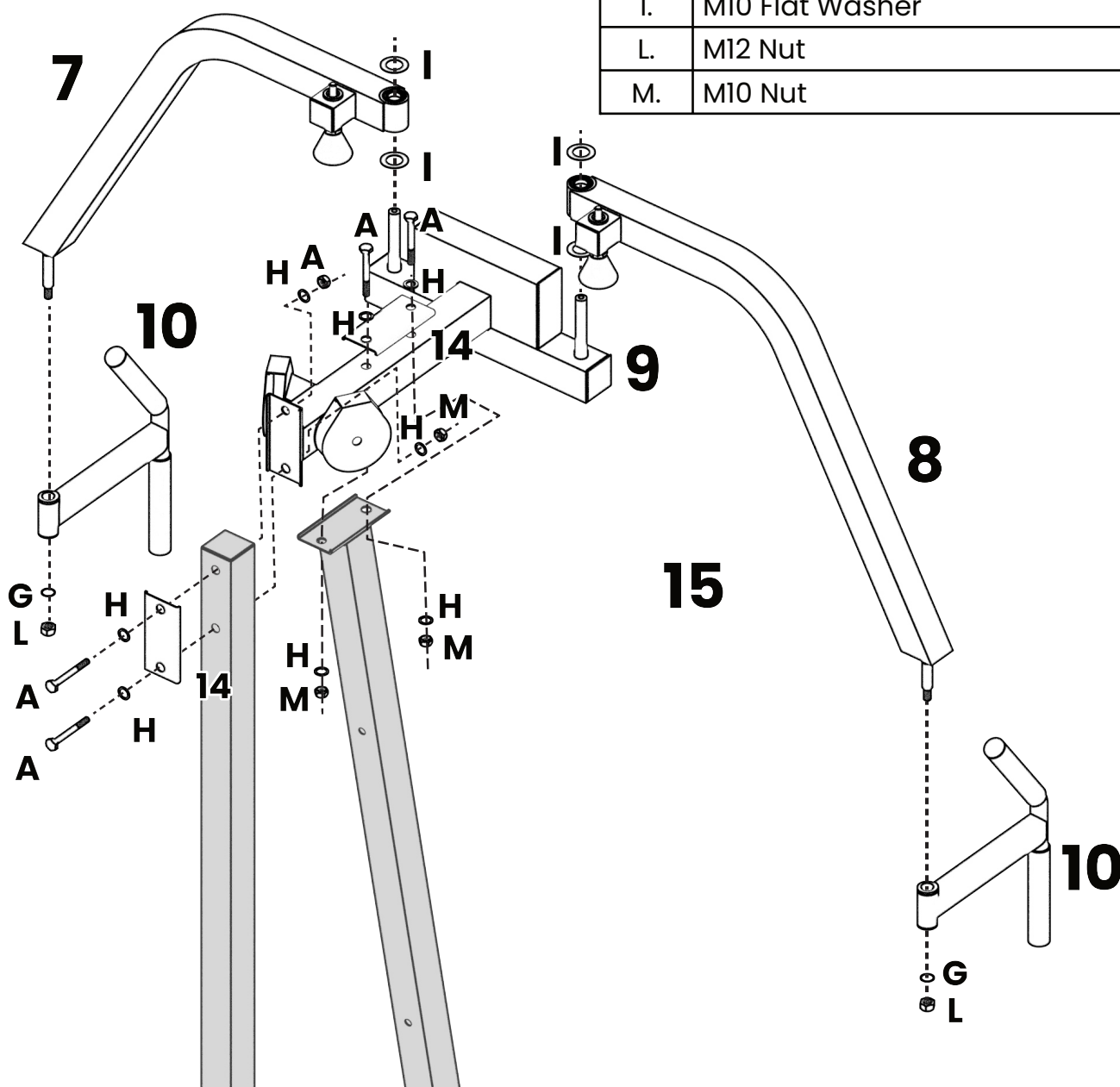


ASSEMBLY

STEP:2

STEP PART GUIDE

#	PART NAME	QTY
7.	Left Arm	1
8.	Right Arm	1
9.	Top Frame	1
10.	Arm Handle	2
14.	Small Connection Plate	2
A.	M10x70 Bolt	4
G.	M12 Washer	2
H.	M10 Washer	8
I.	M10 Flat Washer	4
L.	M12 Nut	2
M.	M10 Nut	4

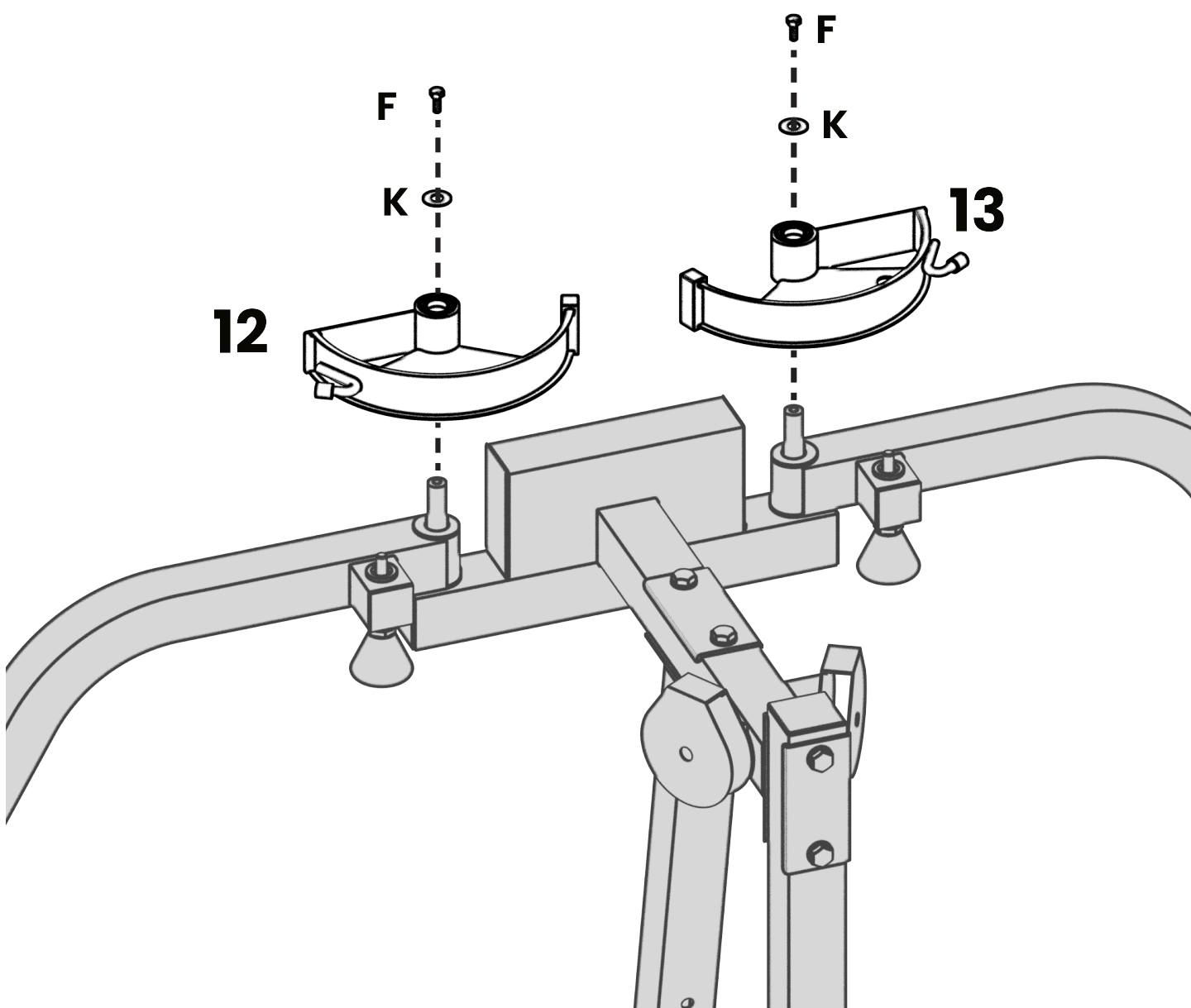


ASSEMBLY

STEP: 3

STEP PART GUIDE

#	PART NAME	QTY
12.	Left Adjustment Plate	1
13.	Right Adjustment Plate	1
F.	M8x15 Bolt	2
K.	M8 Flat Washer	2

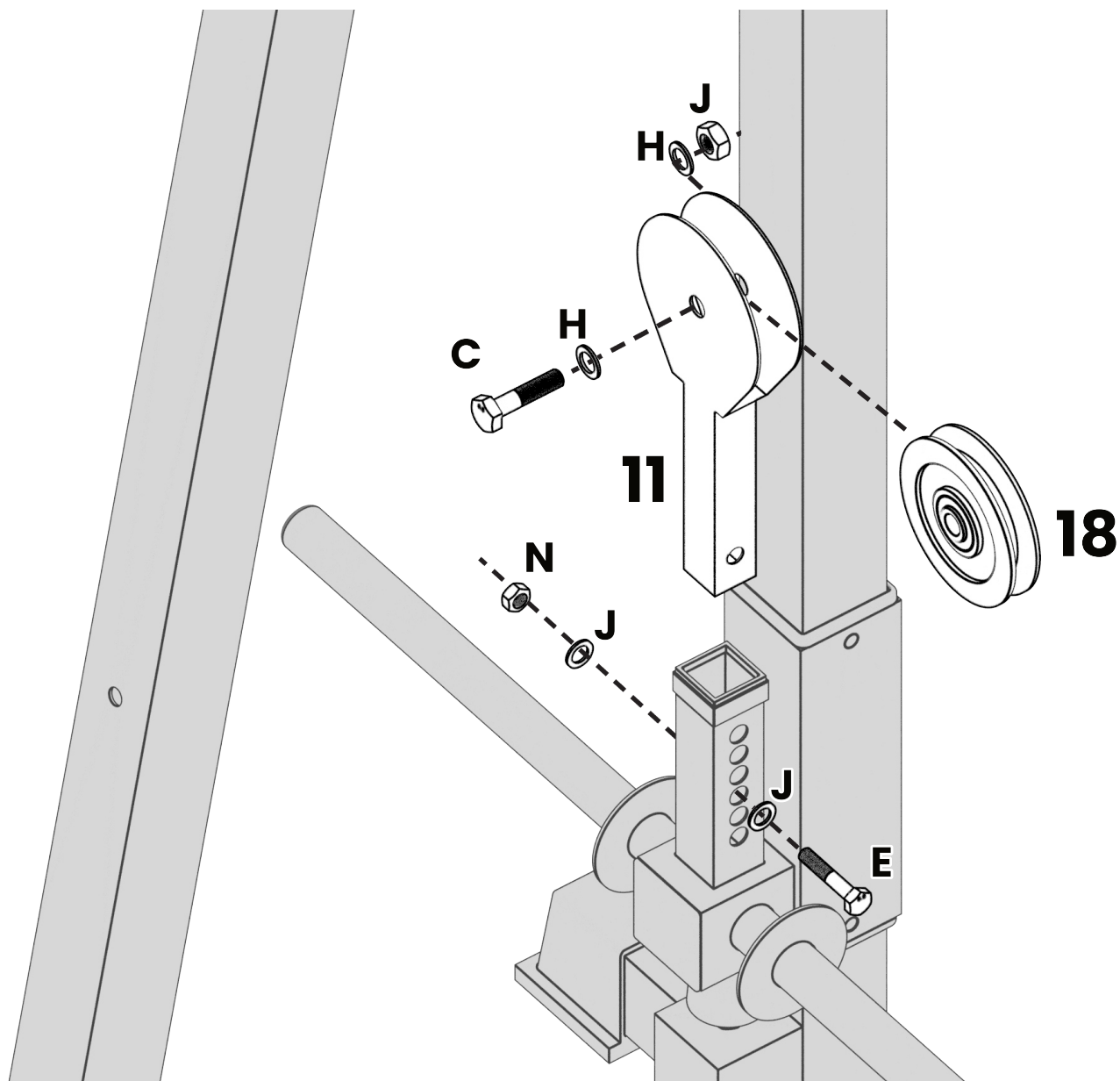


ASSEMBLY

STEP: 4

STEP PART GUIDE

#	PART NAME	QTY
11.	Wheel Slider	1
18.	Pulley Wheel	1
C.	M10x40 Bolt	1
E.	M8x40 Bolt	1
H.	M10 Washer	2
J.	M8 Washer	2
M.	M10 Nut	1
N.	M8 Nut	1

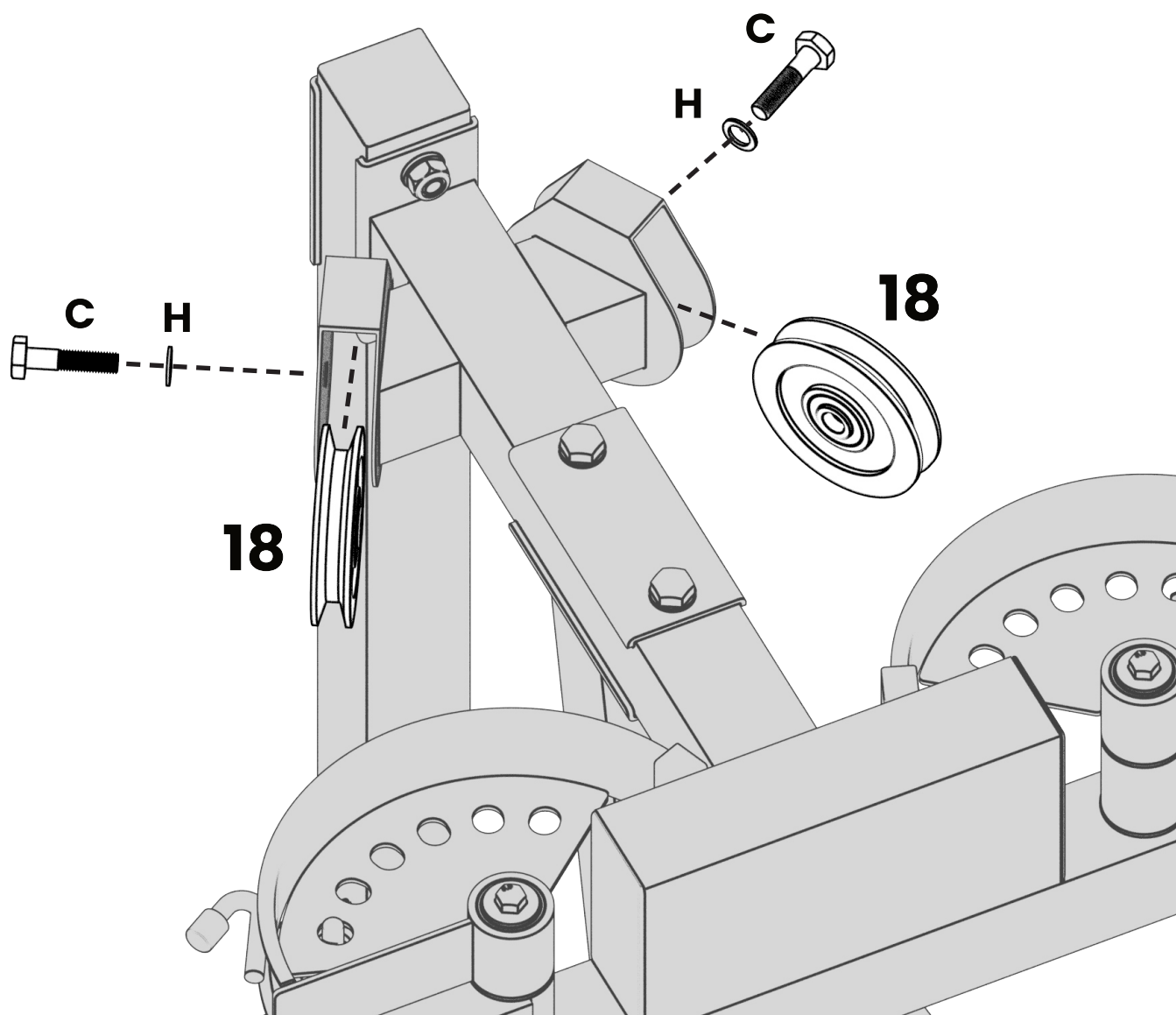


ASSEMBLY

STEP: 5

STEP PART GUIDE

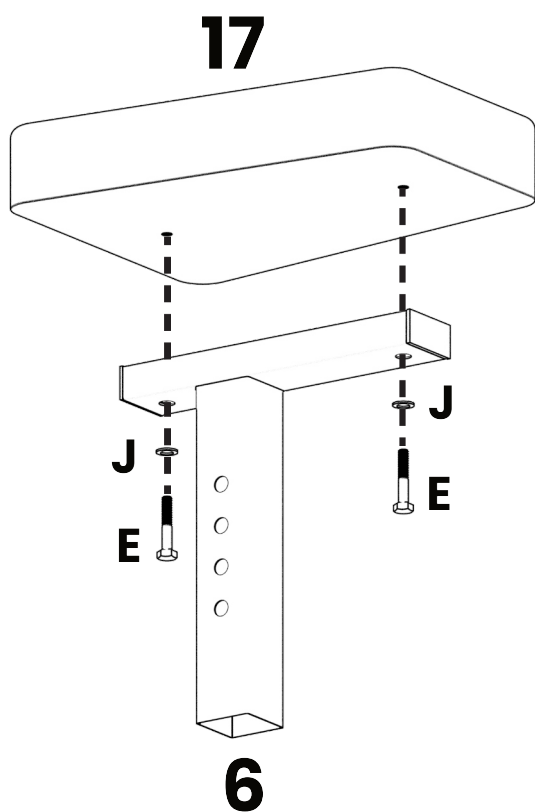
#	PART NAME	QTY
18.	Pulley Wheel	2
C.	M10x40 Bolt	2
H.	M10 Washer	2



ASSEMBLY

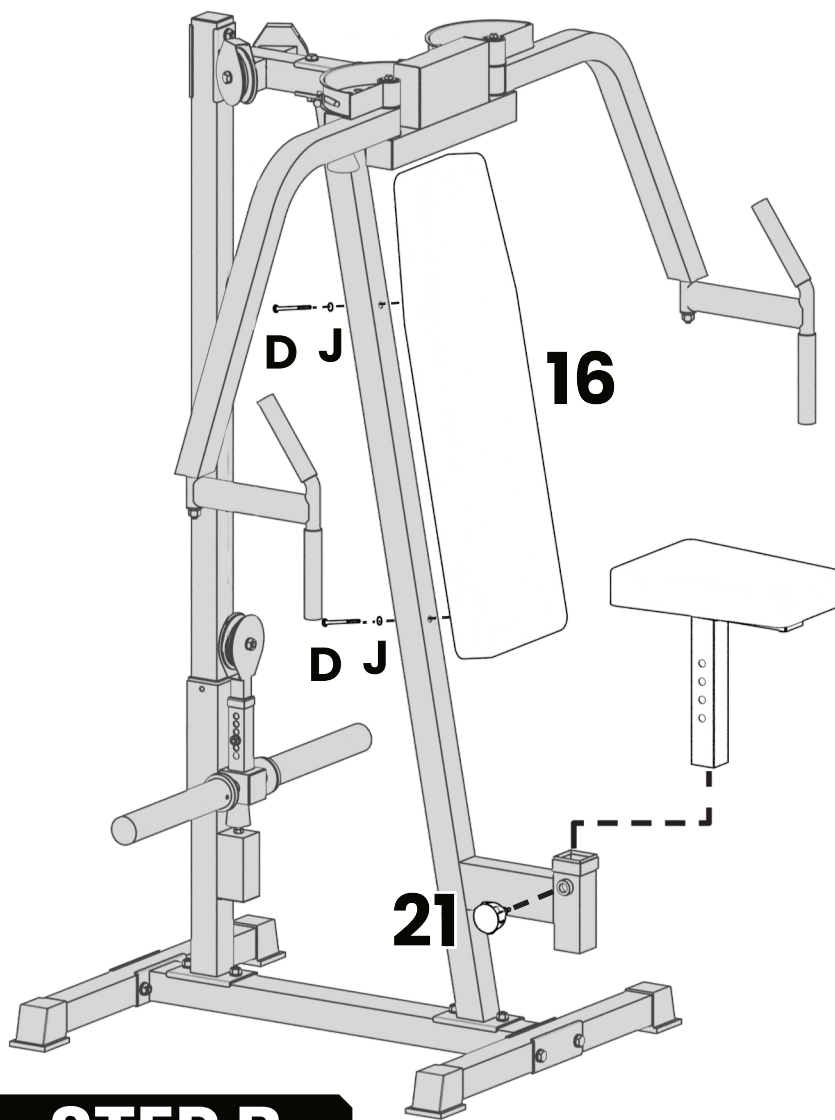
STEP: 6

STEP A



STEP PART GUIDE

#	PART NAME	QTY
6.	Seat Frame	1
16.	Back Seat	1
17.	Base Seat	1
21.	Seat Knob	1
D.	M8x65 Bolt	2
E.	M8x40 Bolt	2
J.	M8 Washer	4



STEP B



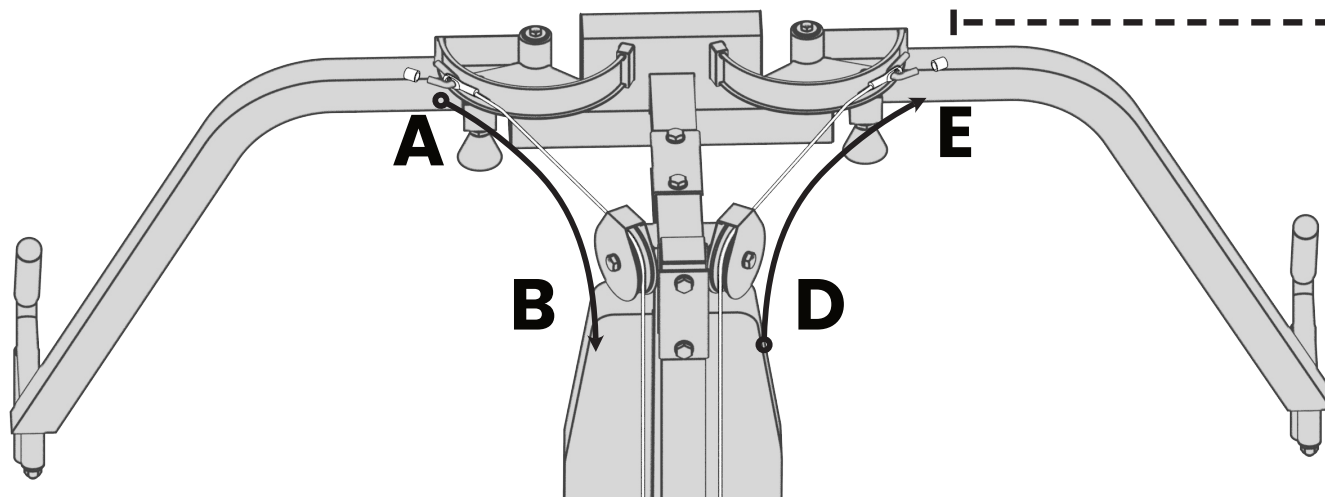
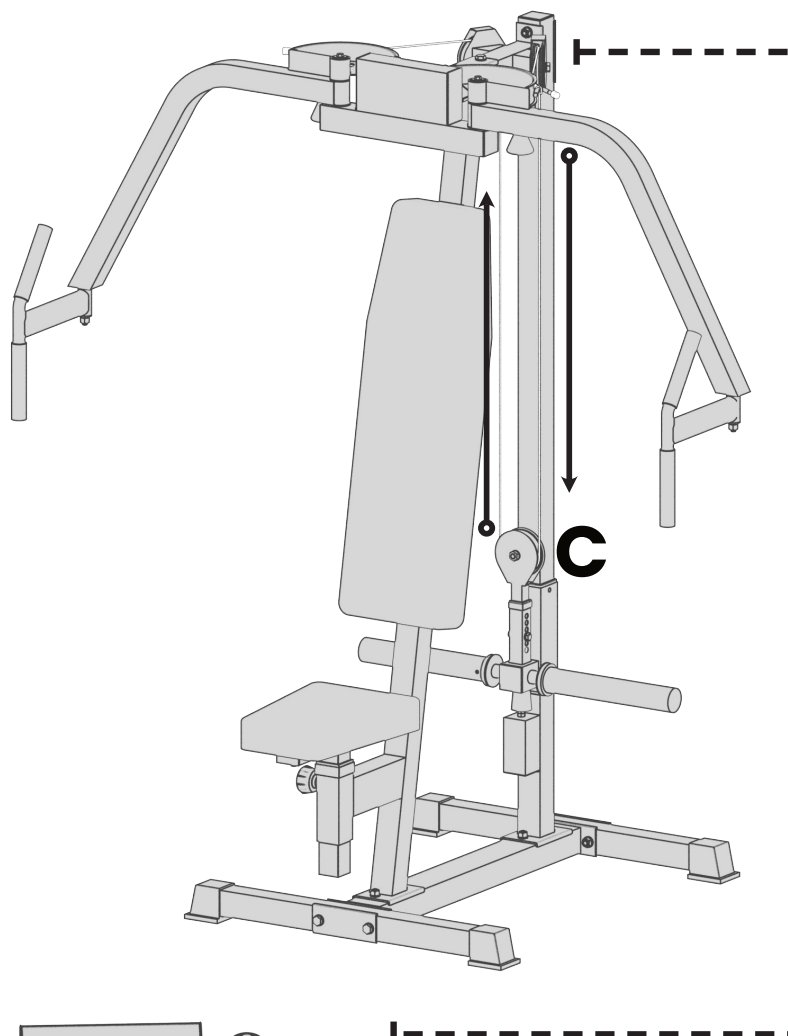
ASSEMBLY

STEP: 7

STEP PART GUIDE

#	PART NAME	QTY
19.	236cm Cable	1

- A.** Remove the end cap from the hook and loop one side of the cable on the hook.
- B.** Take the unhooked side and feed it through the top of Pulley Wheel B
- C.** Loop the cable all the way around the bottom of Pulley Wheel C
- D.** Feed the cable back up and pull through the top of Pulley Wheel D
- E.** Loop the end of the cable around the hook and secure the end cap back on the hook.

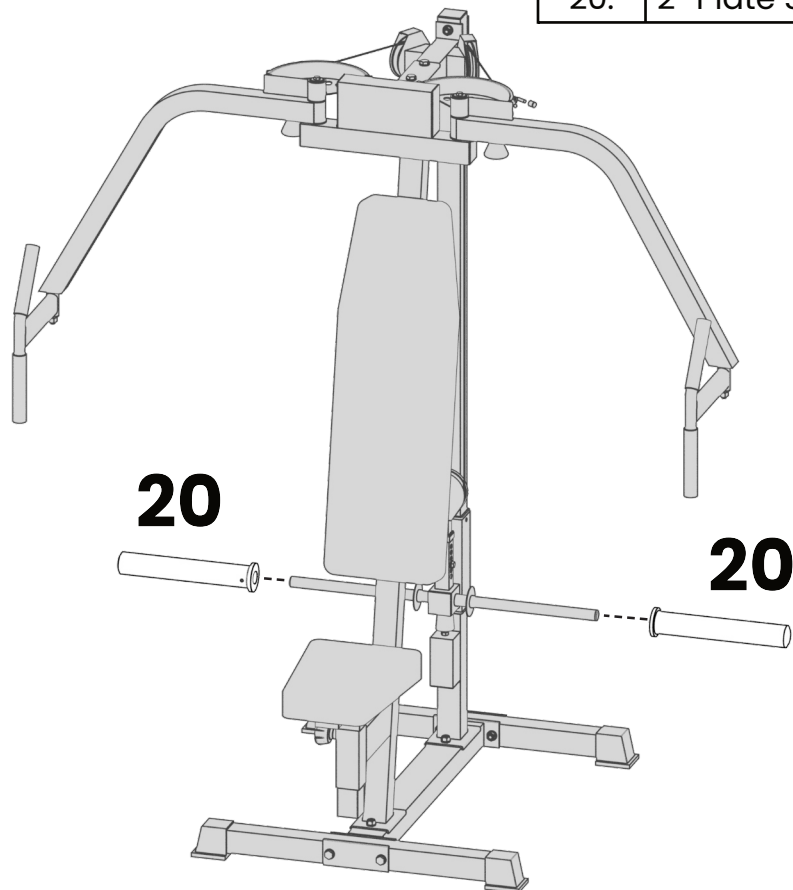


ASSEMBLY

STEP: 8

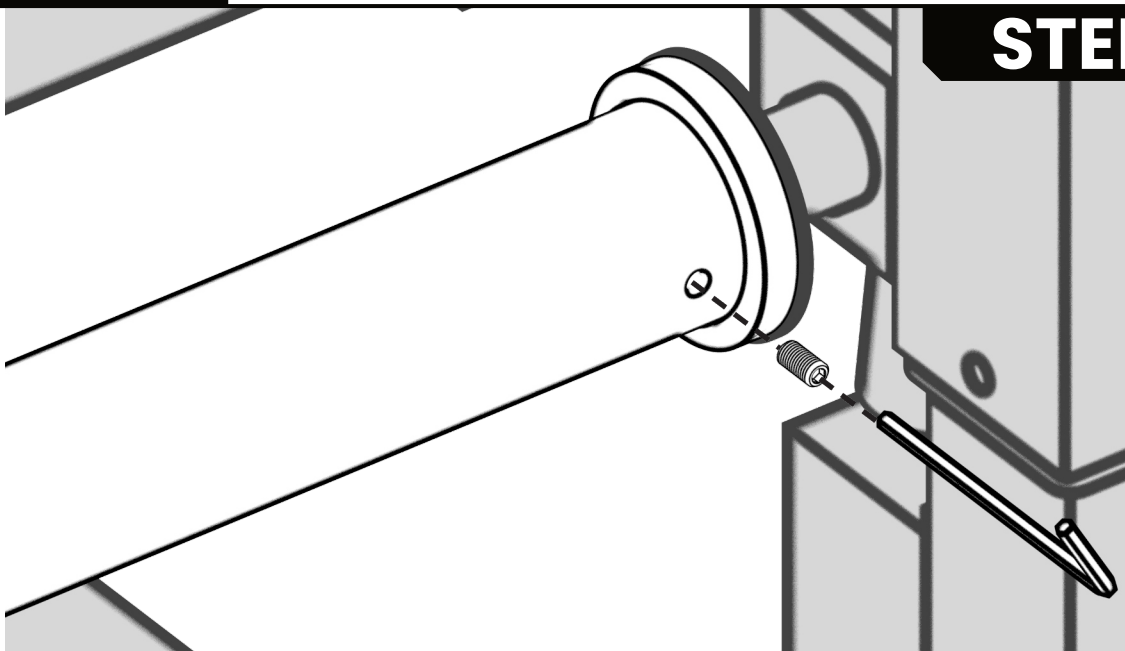
STEP PART GUIDE

#	PART NAME	QTY
20.	2" Plate Sleeve	2



STEP A

Optional: Install 2" Plates. Slide on and tighten grub screw with an Allen key



STEP B