



FFITTECH FSM22B Tricep and Bicep Dual Installation Guide

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FFITTECH-LOGO

FFITTECH FSM22B Tricep and Bicep Dual



Product Information

Specifications

- Tower Frame Quantity: 5
- Connecting Frame Quantity: 1
- Main Frame Quantity: 1
- Fixing Plate Quantity: 2
- Hex Head Bolt M10x100 Quantity: 2
- Hex Head Bolt M10x125 Quantity: 2
- Flat Washer 11*20*2 Quantity: 8
- Nut M10 Quantity: 4
- Support Frame Quantity: 1
- Axis Quantity: 1
- Cam Quantity: 1
- Arm Frame Quantity: 1
- Arm Pad Frame Quantity: 1
- End Cap Quantity: 2
- Cable Quantity: 1
- Screw M8*8 Quantity: 5
- Hex Bolt M8*15 Quantity: 2
- Hex Bolt M10*25 Quantity: 3
- Hex Bolt M10*70 Quantity: 2
- Spring Washer Quantity: 3
- Flat Washer 11*20*2 Quantity: 7
- Nut M10 Quantity: 2
- Seat Pad Frame Quantity: 1
- Arm Pad Frame Quantity: 8

- Arm Pad Quantity: 1
- Seat Pad Quantity: 1
- Hex Bolt M10*75 Quantity: 2
- Hex Bolt M10*25 Quantity: 4
- Flat Washer 11*20*2 Quantity: 4
- Tower Frame Quantity: 5
- Side Face Quantity: 2
- Base Cover Quantity: 2
- Hex Bolt M6*15 Quantity: 8
- Hex Thread Bolt Quantity: 1
- Hex Bolt M10*25 Quantity: 1
- Spring Washer M10 Quantity: 1
- Flat Washer M10 Quantity: 1
- Magnetic Pin Quantity: 1
- Top Plate Quantity: 1
- Select Shaft Quantity: 1
- Weight Plate Quantity: 15

Product Usage Instructions

Step 1: Assembling the Tower Frame, Connecting Frame, and Main Frame

1. Take the Tower Frame (5), Connecting Frame (6), and Main Frame (7).
2. Attach the Fixing Plate (26) and Fixing Plate (27) using the Hex Head Bolts M10x100 (79) and Hex Head Bolts M10x125 (80).
3. Use the Flat Washer 11*20*2 (82) and Nut M10 (83) to secure the bolts and nuts, but do not tighten them in this step.

Step 2: Assembling the Support Frame, Axis, Tower Frame, Arm Frame, and Arm Pad Frame

1. Take the Support Frame (1), Axis (13), and Tower Frame (5).
2. Connect them using Hex Bolts M10*25 (70), Spring Washers (81), and Flat Washers 11*20*2 (82).
3. Attach the Arm Frame (3) and Arm Pad Frame (8) to the Cam (2) using the End Cap (22) and Hex Bolt M8*15 (67).
4. Secure the Arm Pad Frame (8) to the Main Frame (7) using Hex Bolts M10*70 (75), Flat Washers 11*20*2 (82), and Nut M10 (83).

Step 3: Installing the Seat Pad and Arm Pad

1. Attach the Seat Pad (32) to the Seat Pad Frame (9) using Hex Bolt M10*25 (70) and Flat Washer 11*20*2 (82).
2. Attach the Arm Pad (31) to the Arm Pad Frame (8) using Hex Bolt M10*25 (70), Hex Bolt M10*75 (76), and Flat Washer 11*20*2 (82).

Step 4: Installing the Base Cover and Side Face

1. Secure the Base Cover (41) to the Tower Frame (5) using Hex Bolt M6*15 (63).
2. Attach the Side Face (35) to the Tower Frame (5) using Hex Bolt M6*15 (63).

Step 5: Adjusting the Weight Plates

1. Remove the Hex Thread Bolt (84) from the Select Shaft (20) and remove the Hex Bolt M10*25 (71), Spring Washer M10 (81), and Flat Washer M10 (82) from the Guide-Rod (18).
2. Remove the Magnetic Pin (15), Top Plate (17), and Select Shaft (20).
3. Place 15 Weight Plates (21) into the guide rod (18).
4. Reinstall the Magnetic Pin (15), Top Plate (17), and Select Shaft (20) onto the Guide-Rod (18).

FAQ

Are the pictures in the manual accurate representations of the product?

No, the pictures and photos in the manual are merely illustrative.

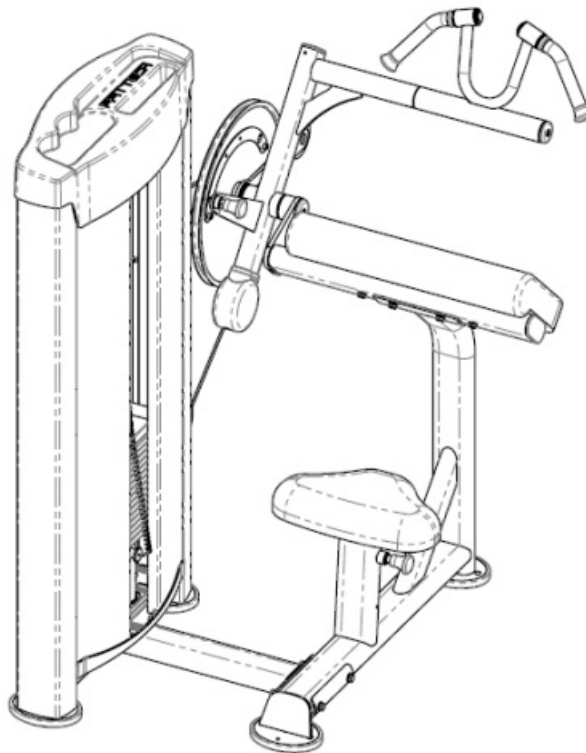
Can the specifications and design of the product change without notice?

Yes, the company reserves the right to change specifications and design without notice.

Are all the items shown in the manual included with the purchased equipment?

No, the manual may illustrate optional items that are not part of the equipment purchased. Please refer to the information applied to the product and the separate Manual/Guide that comes with it.

GUIDE ASSEMBLY PRODUCT



Pictures and photos in this manual are merely illustrative. The company reserves the right to change specifications and design without notice. This manual may illustrate optional items which are not part of the equipment purchased. Read all the information applied to the product and the Manual/Guide that comes with it.

USE OF THE PRODUCT

Instruction to use see sticker fixed on the side cover of tower weight, as shown in the figure. Look at the illustrations and callouts.



SAFETY AND MAINTENANCE STICKER

Safety and maintenance see sticker fixed on the tower.



ATENÇÃO
ATENCIÓN
ATTENTION

No fumar. No smoking.
 No fuego. No open flame.
 No fuego. No open flame.

POSSÍVEL OCORRER LESÕES GRAVES DE ESTAS PRECAUÇÕES NÃO FORNEM ODESSURAS.

1- Faça um exame visual antes de iniciar um programa de exercícios.
2- Não tente, seu corpo e mãos fiquem longe das partes móveis. Não deixe objetos nas aberturas ou partes do equipamento.
3- Inspeção a equipamento antes de usar, principalmente cabos, pulgas e conexões. **NÃO UTILIZE** se não estiver satisfatório ou reparado. Não tente consertar o equipamento. **Chame o responsável.**
4- Use o equipamento apenas para o uso devido. **NÃO MODIFIQUE** o equipamento.
5- Certifique-se que o peso dos pesos esteja devidamente utilizado. Utilize apenas o peso original, fornecido com o equipamento.
6- Nunca toque o peso com as mãos sujas.
7- **NÃO UTILIZE** pesos ou halteres, ou carga máxima do equipamento não deve ser excedida.
8- Crianças e idosos não devem se exercitar com o equipamento. Adultos devem ser supervisionados.

PUEDEN CAUSAR LESIONES GRAVES SI ESTAS PRECAUCIONES NO SE ODESSURAN.

1- Hacer un examen visual antes de comenzar un programa de ejercicios.
2- Mantenga su cuerpo y manos lejos de las partes móviles. No introduzca objetos en las aberturas o partes del equipo.
3- Inspeccione el equipo antes de usarlo, principalmente cables, pulgas y conexiones. **NÚ UTILICE** si no está satisfactorio o reparado. No intente reparar el equipo. **Lláme al responsable.**
4- Utilice el equipo solo para el uso debido. **NÚ MODIFIQUE** el equipo.
5- Asegúrese que el peso de los pesos sea usado correctamente. Utilice solo el peso original, suministrado con el equipo.
6- Nunca intente el peso con las manos sucias.
7- **NÚ UTILICE** pesos o halteres, o carga máxima del equipo no debe ser excedida.
8- Niños y ancianos no deben hacer ejercicio con este equipo. Los adultos deben ser supervisados.

SERIOUS INJURY COULD HAPPEN IF THESE INSTRUCTIONS ARE NOT FOLLOWED.

1- Before starting an training program, do a visual check.
2- Keep your body and clothes away from moving parts. Do not insert objects into the openings or parts of the equipment.
3- Before use, check the equipment, pay special attention to the cables, pulleys and connections. **DO NOT USE** if it is damaged or repaired. Do not try to repair the equipment. **Call the responsible.**
4- Use the equipment only for the specific purpose. **DO NOT MODIFY** the equipment.
5- Make sure that the weight is properly inserted into the weights plate. Use only the original weight supplied with the equipment.
6- **NEVER** touch the weight with dirty hands.
7- **DO NOT USE** weights or dumbbells, the maximum load of the equipment must not be exceeded.
8- Children and elderly should not use this equipment. Teenagers must use under supervision.

NÃO DEIXAR ESTA ETIQUETA. SUBSTITUA SE DANIFICADA. NO FIQUE ESTA ETIQUETA. REEMPLAZAR SI DAÑADA. DON T REMOVE THIS LABEL. REPLACE IF DAMAGED.

ATENÇÃO
ATENCIÓN
ATTENTION

PROGRAMA DE MANUTENÇÃO
PROGRAMA DE MANUTENCIÓN
MAINTENANCE PROGRAM

Este plano deve ser preenchido para manter o perfeito funcionamento do equipamento. Este plano deve ser preenchido para manter o perfeito funcionamento do equipamento. Este plano deve ser preenchido para manter o perfeito funcionamento do equipamento.

Inspeção	Correção	Observações	Assinatura	Data
Inspeção a motor. Cabos de aço, suas respectivas terminais em todo o seu estende e todos os parafusos e parafusos.				
Inspeção a motor. Cabos de aço, suas respectivas terminais em todo o seu estende e todos os parafusos e parafusos.				
Check and repair: Steel Cables, its respective terminals on its entire length and all the moving parts and weights.				
Check: Assemblies e parafusos. Limpas: Assemblies e parafusos. Check: Assemblies e parafusos.				
Inspeção: Barras, molas, superfícies anti-derapantes e etiquetas de segurança. Inspección: Barras, molas, superficies antideslizantes y etiquetas de seguridad. Check: Bars, handles, spring surfaces and security labels.				
Limpar e lubrificar: Base de pesos, utilizar somente o óleo designado para lubrificação. Limpiar y lubricar: Base de los pesos, utilizar solamente el lubricante para la lubricación. Clean and lubricate: Weight base, use only the designated lubricant.				
Inspeção: Todos os parafusos e conexões, verificar se estão corretos. Inspección: Todos los tornillos y conexiones, verificar si están correctos. Check all screws and connections, if necessary tighten.				
Limpar pulgas e partes móveis do sistema. Limpiar pulgas y partes móviles de los sistemas. Clean pulleys and moving parts of the system.				
Inspeção: Toda a estrutura do equipamento. Inspección: Toda la estructura del equipo. Inspect: The whole structure of the equipment.				
Limpar e verificar as superfícies pintadas. Limpiar y verificar las superficies pintadas. Clean and check painted surfaces. Using appropriate way. Don't use alcohol or any kind of solvents.				
Substituir: Cabos, pulgas e conexões que estejam danificadas (ver manual). Reemplazar: Cables, pulgas y conexiones que estén dañadas (ver manual). Replace: Cables, pulleys and connections that are damaged (check manual).				

PREVENTIVE MAINTENANCE

Follow these guidelines to maintain the perfect operation of the equipment.

Estações e Máquinas Stations and Machines Estaciones y Máquinas	Diária/Daily	Semanal/Weekly	Mensal/Monthly	Trimestral/Quarterly
✓ Fique atento à aparição de ruídos estranhos. ✓ Be aware of strange noises. ✓ Esté atento a la aparición de ruidos extraños.	X			
✓ Inspeccionar e revisar: Cabos de aço, em toda a sua extensão, seus respectivos terminais e todas as partes móveis e pesos. ✓ Inspect and review: Steel cables, and terminals throughout its length and all moving parts and weights. ✓ Inspeccionar y revisar: Cables de acero, sus respectivos terminales en toda su extensión y todas las partes móviles y pesas.	X			
✓ Limpar: Assentos e pegadores. ✓ Clean: Seats and handles. ✓ Limpiar: Asientos y pegadores.	X			
✓ Inspeccionar: Barras, manipuladores, superfícies antiderrapantes e etiquetas de segurança. ✓ Inspect: Bars, handles, non-slip surfaces and safety labels. ✓ Inspeccionar: Barras, perillas, superficies antideslizantes y etiquetas de seguridad.		X		
✓ Limpar e lubrificar: Guias de pesos, utilizar vaselina ou desengripante para lubrificação. ✓ Clean and lubricate: Weight guides, use Vaseline or WD40 for lubrication. ✓ Limpiar y lubricar: Guías de pesas, utilizar vaselina o lubricador para lubricación.		X		
✓ Inspeccionar todos os parafusos e encaixes, apertar se necessário. ✓ Inspect all screws and fittings, tighten if necessary. ✓ Inspeccionar todos los tornillos y encajes, apretar si necesario.		X		
✓ Limpar polias e partes móveis dos assentos. ✓ Clean pulleys and moving parts of the seats. ✓ Limpiar poleas y partes móviles de los asientos.			X	
✓ Inspeccionar: toda a estrutura do equipamento. ✓ Inspect: the entire equipment structure. ✓ Inspeccionar: toda la estructura del equipamiento.			X	

Note: For your convenience and quick access, the same information is applied to the product, sticker fixed on the tower.

SAFETY INFORMATION

Before using the equipment, carefully read all the safety labels and warnings related to the equipment as well as all the instructions contained in this Guide or the Equipment Installation Guide and retain them in a safe place for future reference. It is the owner's responsibility to ensure that all users of the equipment are adequately informed about the safety precautions and use. The misuse of this equipment could result in health hazards. The manufacturer assumes no responsibility for personal injury or property damage incurred by the improper use of this equipment.

PRODUCT

Two or more people will be required to assemble this equipment. Make sure that the floor is flat and there is sufficient space to mount, dismount, and use the equipment. Remove the equipment from the packaging. Do not discard the packaging until the installation is complete. Proceed with the assembly and make sure that the equipment is firmly installed and that all parts are tightened correctly. The equipment must be retained in the original configurations of the project. Do not carry out any modification that alters the equipment, which could result in the loss of the product warranty.

- Replace damaged parts with original parts and regularly carry out preventive maintenance;
- Replace defective parts immediately and/or take the equipment out of use until it is repaired;
- Replace damaged labels;

- For equipment with a weight stack, never use a system of weights if the top adapter plate is attached in a higher position relative to the others;
- Adjust the required force so that exercises are smooth and uniform;
- Inspect the equipment before use, especially cables, pulleys, fittings, canvas, attachment of the seat/saddle, pedal, and shoe, moving or adjustable parts when applicable. Make sure that all the pieces and parts are securely fastened;
- Never release the anklet, handles, or bar while the weights are raised: the weights will fall with a lot of force and this can damage the equipment;
- Electrical equipment must be connected to a grounded electrical system. For treadmills use a 16A breaker, at least. Make sure that the installation voltage is the same as the equipment. Regularly ensure that the cables and plugs are in perfect condition. Do not place power cables under carpets or any other object;
- Keep electrical equipment disconnected from the mains when not in use.

PERSONAL

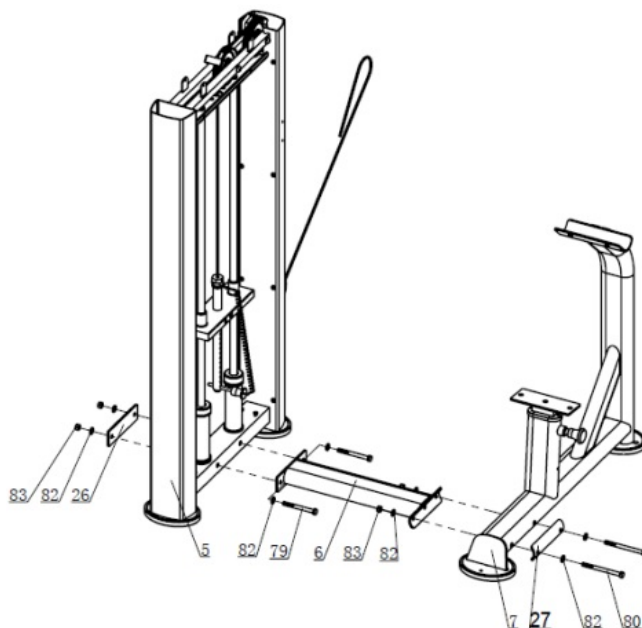
- Consult your doctor before starting and during any exercise program. Special attention should be given to children, pregnant women, the elderly, people with heart problems, and those with a disability or pre-existing health problems.
- Keep children and pets, away from the equipment, especially during use. Children should be watched so they do not play with the equipment, whether or not it is in use.
- The equipment is not intended to be used by children or people with some reduction in their physical, sensory, or mental capacity, lack of experience and knowledge unless they have been given the necessary instructions for the use of the equipment and are under the care of a person who is responsible for their safety.
- When the machine is in motion never put your hands on the column weights covers (if applicable) or any moving parts. Do not insert any object in the openings. Never carry out any adjustments, cleaning, or maintenance when the equipment is in motion.
- Keep your body, clothes, and hair away from any moving parts so that you do not suffer an accident or serious injury.
- Do not allow more than one person to use the equipment at the same time, except in those stations that are designed for this purpose.
- Use the settings provided by the equipment and place yourself in a comfortable and adequate position on the equipment. When using treadmills the user should not be on the belt when starting the equipment. Hold the handles place your feet on the side rails and then start the unit.
- Check the alignment of the belt.
- The treadmills have a safety switch that is coupled to the monitor and is fastened to one's clothing. If you want to stop the treadmill quickly, remove the switch. Make sure it is working properly.
- Stop any exercise if you feel any dizziness, chills, shortness of breath, tachycardia, headache or chest pain, weakness, or breathing difficulty.
- Heartbeat sensors cannot be used as accurate measurements for clinical use. Use them only as a reference.
- Wear appropriate fintech attire. Do not wear loose clothing that could eventually become caught in the equipment. Always wear fitted shoes for exercising.
- Do not perform any exercises 1 hour before or 2 hours after meals. Hydrate yourself during the exercises.
- Before you start the exercise it is recommended that you warm up for 5-10 minutes, doing rhythmic exercises

that will move every muscle so you do not damage the muscle during the exercises. Stretch before and after your session. Inhale and exhale while exercising to relax and coordinate breathing with the movement. Once a muscle has been exercised rest it for 48 hours before exercising it again. The exercises are efficient and you can get the most out of the equipment if you are supervised by a professional.

Note: For your convenience and quick access, basic safety information, is also available on the sticker fixed on the tower.

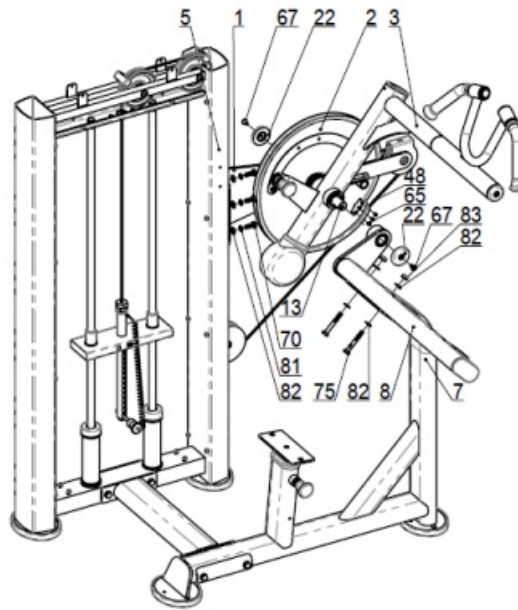
ASSEMBLY

- Assemble tower frame (5), connecting frame (6), and main frame (7) using fixing plate(26), fixing plate(27), hex head bolt M10x100(79), hex head bolt M10x125(80), flat washer $\Phi 11*\Phi 20*2$ (82) and nut M10(83).Do not tighten bolts and nuts in this step.



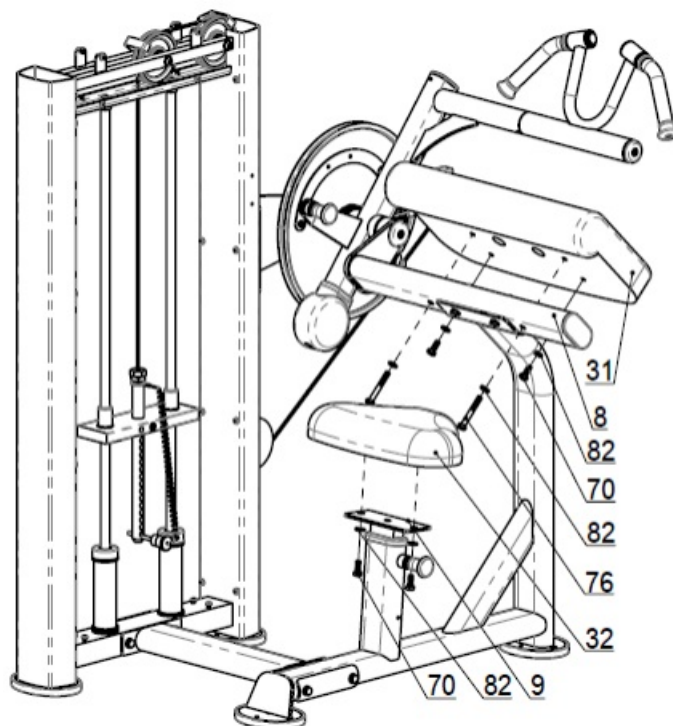
Nº	English description	Qty
5	TOWER FRAME	1
6	CONNECTING FRAME	1
7	MAIN FRAME	1
26	FIXING PLATE	1
27	FIXING PLATE	1
79	HEX HEAD BOLT M10x100	2
80	HEX HEAD BOLT M10x125	2
82	FLAT WASHER $\Phi 11*\Phi 20*2$	8
83	NUT M10	4

- Assemble support frame (1) ,axis (13) and tower frame (5) using 3 pcs hex bolt M10*25(70) , 3 pcs spring washer (81), and 3 pcs flat washer $\Phi 11*\Phi 20*2$ (82) ;Install arm frame (3 and arm pad frame (8) to cam (2) using end cap (22),hex bolt M8*15 (67) as show; Fix arm pad frame(8) to main frame(7) using 2 pcs hex bolt M10*70(75),4 pcs flat washer $\Phi 11*\Phi 20*2$ (82) and 2 pcs nut M10(83);



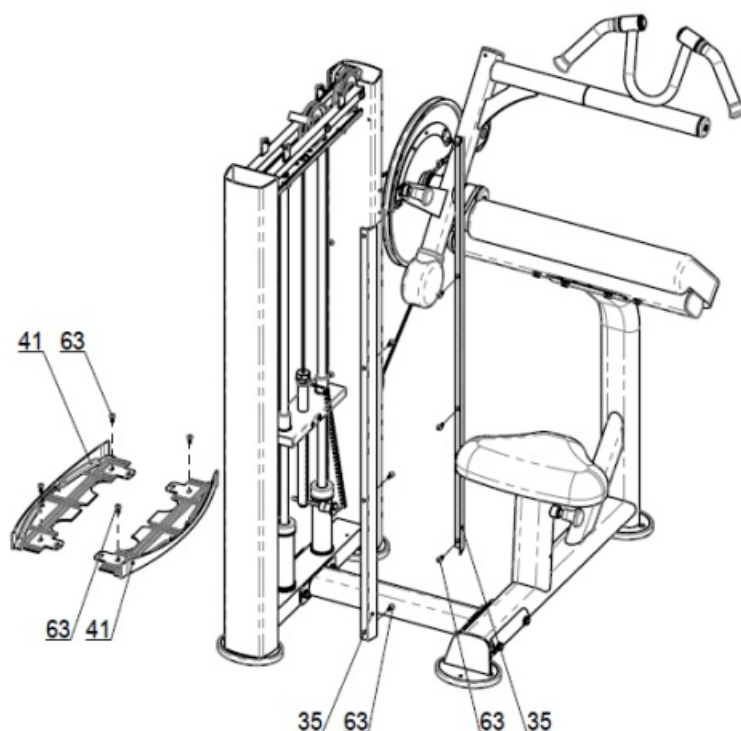
Nº	English description	Qty
1	support frame	1
2	cam	1
3	arm frame	1
5	tower frame	1
7	main frame	1
8	arm pad frame	1
13	axis	1
22	end cap	2
48	Cable	1
65	Screw M8*8	5
67	hex bolt M8*15	2
70	hex bolt M10*25	3
75	hex bolt M10*70	2
81	spring washer	3
82	flat washer $\Phi 11*\Phi 20*2$	7
83	nut M10	2

- Install Seat pad (32) to Seat pad frame (9) using Hex bolt M10*25(70) and Flat washer $\Phi 11*\Phi 20*2$ (82);
 - Install Arm pad (31) to arm pad frame (8) using Hex bolt M10*25(70) , Hex bolt M10*75(76) and Flat washer $\Phi 11*\Phi 20*2$ (82).



Nº	English description	Qty
8	arm pad frame	1
9	Seat pad frame	1
31	Arm pad	1
32	Seat pad	1
70	Hex bolt M10*25	4
76	Hex bolt M10*75	2
82	Flat washerΦ11*Φ20*2	4

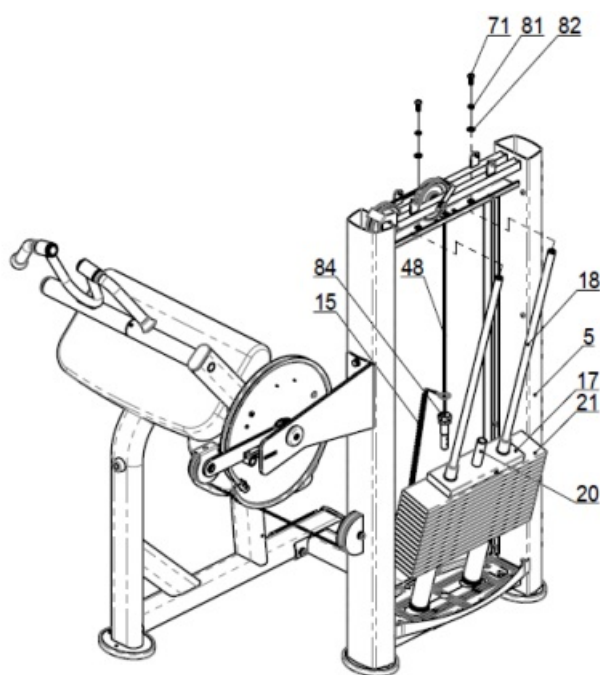
- Install Base cover (41) Tower frame (5) using Hex bolt M6*15(63) ;
 - Install Side face (35) to Tower frame (5) using Hex bolt M6*15 (63) as shown.



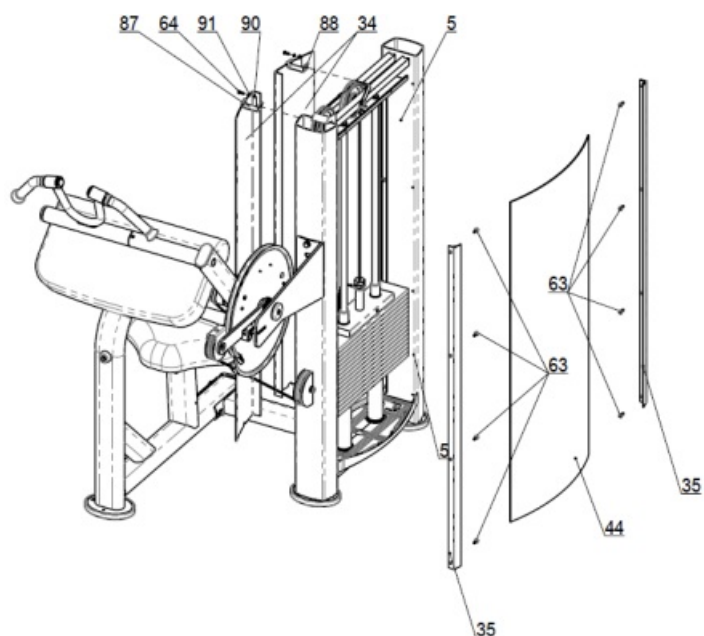
Nº	English description	Qty
5	Tower frame	1
35	Side face	2
41	Base cover	2
63	Hex bolt M6*15	8

- Remove HEX THREAD BOLT (84) FROM SELECT SHAFT(20) AND REMOVE HEX BOLT M10*25 (71) , SPRING WASHER M10 (81) AND FLAT WASHER M10 (82) FROM GUIDE-ROD (18);
 - REMOVE MAGNETIC PIN (15) ,TOP-PLATE(17) AND SELECT SHAFT(20) ,PUT 15 PCS WEIGHT PLATE(21) INTO GUIDE-ROD(18) ,THEN INTALL MAGNETIC PIN (15) ,TOP-PLATE(17) AND SELECT SHAFT(20) TO GUIDE-ROD (18) AGAIN.
 - Fixed GUIDE-ROD(18) USING HEX BOLT M10*25(71), SPRING WASHER M10(81) AND FLAT WASHER M10(82) ;INSTALL HEX THREAD BOLT(84) TO SELECT SHAFT(20),THEN ADJUST HEX THREAD BOLT(84) TO CABLE (48) IN RIGHT POSITION.

Nº	English description	Qty
15	MAGNETIC PIN	1
17	TOP-PLATE	1
18	GUIDE-ROD	2
20	SELECT SHAFT	1
21	WEIGHT PLATE	15
48	CABLE	1
71	HEX BOLT M10*25	2
81	SPRING WASHER M10	2
82	FLAT WASHER M10	2
84	HEX THREAD BOLT	1

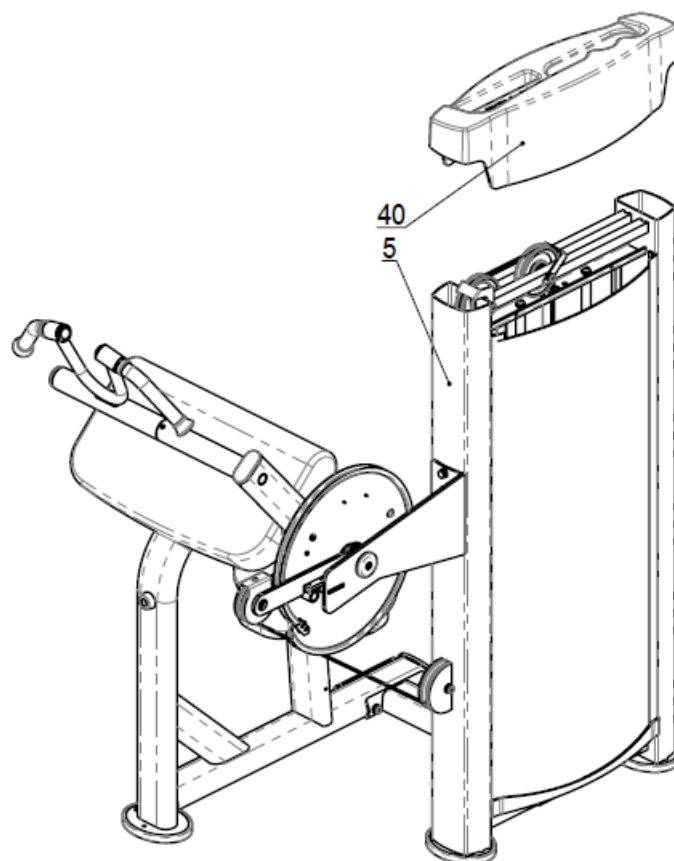


- Install Side Face (35) to Tower Frame (5) using 8 pcs Hex Bolt M6*15 (63) then insert Back Cover (44) into it.
 - Install Front Cover (34) to Tower Frame (5) .



Nº	English description	Qty
5	Tower Frame	1
34	Front Cover	2
35	Side Face	2
44	Back Cover	1
63	Hex Bolt M6-15	8

- Fix top cover (40) on the tower frame (5).



Nº	English description	Qty
5	TOWER FRAME	1
40	TOP COVER	2

COMPLETED ASSEMBLY

WARRANTY TERM

General Warranty Terms

- **A)** The warranty will be carried out only upon presentation of the original bill of sale/receipt, and within the time limits set out in this Agreement. The warranty is provided by the Ffittech Network of Authorized Service Centers in the major cities in the country.
- **B)** Repaired or replaced parts under this warranty, do not stop nor extend the originally stipulated warranty period.
- **C)** To utilize this warranty, the equipment must have been installed by the local Ffittech dealer.
- **D)** The warranty does not cover installation services, the cleaning, and lubrication of the products.
- **E)** No dealer is authorized to receive the product from a customer to send it to the Ffittech Authorized Service Centers or return it and provide information in the name of Ffittech about the progress of the service. Ffittech or the Ffittech Authorized Technical Service will not be responsible for any damage or delay because of this non-compliance.
- **F)** Lubricants (silicones, greases and oils) that are used should be those recommended by the manufacturer (found in the Ffittech Network of Authorized Service Centers).

- **G)** Ffittech will hold a spare parts inventory and make these available until the termination of the manufacture or import of equipment. If the production or import of any equipment is terminated, Ffittech will supply spare parts for its line of equipment for a reasonable period of time, according to the law.
- **H)** The expenses arising from any freight or transport of the equipment to a Technical Assistance Center will be borne by the buyer, whether or not the equipment is covered by this warranty.
- **I)** The conditions set out in this Agreement are guaranteed to the original purchaser/user of this equipment.

End of Warranty

This warranty will be considered void when:


- **A)** The normal period of its validity.
- **B)** The equipment is delivered for repair by anyone not authorized by Ffittech, are signs of interference of its original features or assembly outside the factory default.
- **C)** Non-use of lubricants (silicones, greases and oils), recommended by the manufacturer.
- **D)** Damage the latter may suffer as a result of misuse, rust originating from external agents, weathering, neglect, modification, improper use of accessories, poor design for the intended application, falls, punctures, use or installation not in accordance with the Instruction Manual or Assembly Guide.
- **E)** The product is used in saunas, water or submerged in use so that this resembles, as well as any use that is not the purpose of the intended application.
- **F)** When electrical product: failure to use properly electric outlet grounded and with a minimum 16A circuit breaker and/or wiring in incorrect voltages or power grids excessive fluctuation or surges, use in places such as heated pool and/or sauna.

Note


- A) No dealer or Authorized Service Ffittech is authorized to alter these Terms or commitments on behalf of Ffittech.
- B) Ffittech is not responsible for any accidents and their consequences, arising from breach of the original features or assembly outside the factory default of their equipment.
 - **Note:** Ffittech reserves the right to make changes without notice.

www.ffittech.com geral@ffittech.com PORTUGAL +351 961 347 590

Documents / Resources

	<p>FFITTECH FSM22B Tricep and Bicep Dual [pdf] Installation Guide FSM22B Tricep and Bicep Dual, FSM22B, Tricep and Bicep Dual, Bicep Dual</p>
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References

-  [FFittech | Gym Equipments](#)
- [User Manual](#)

Manuals+.