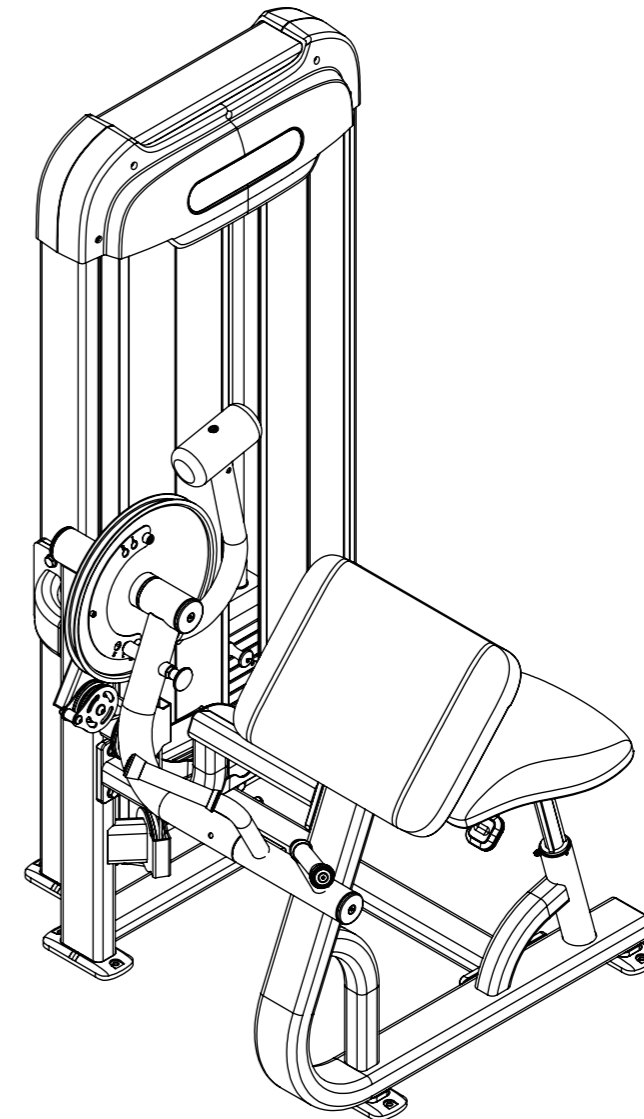


# AnyFit®



## AnyFit®

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## BICEP CURL / TRICEP EXTENSION PS03

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Before use, please read through the guide book and keep well.

**BICEP CURL /  
TRICEP EXTENSION**  
PS03



**CAUTION:**

Read all precautions and instructions in this manual before using this equipment.

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## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- Wear proper exercise clothing and shoes for your workout---no loose clothing.
- Be careful when getting on or off the equipment.
- Do not overexert yourself or work to exhaustion.
- If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- Never operate the unit when it has been dropped or damaged.
- Never drop or insert anything into any opening in the equipment.
- Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- Do not attempt to lift more weight than you can control safely.
- Do not use the equipment outdoors.

## Personal Safety During Assembly

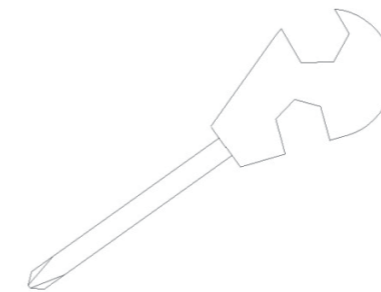
- Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Instructions

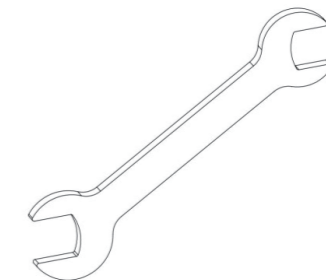
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your carton. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

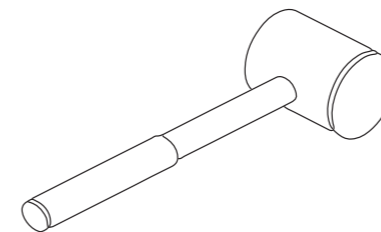
## Tools Required



Punch Wrench



Wrench



Rubber Mallet



Hex Key Wrench Set

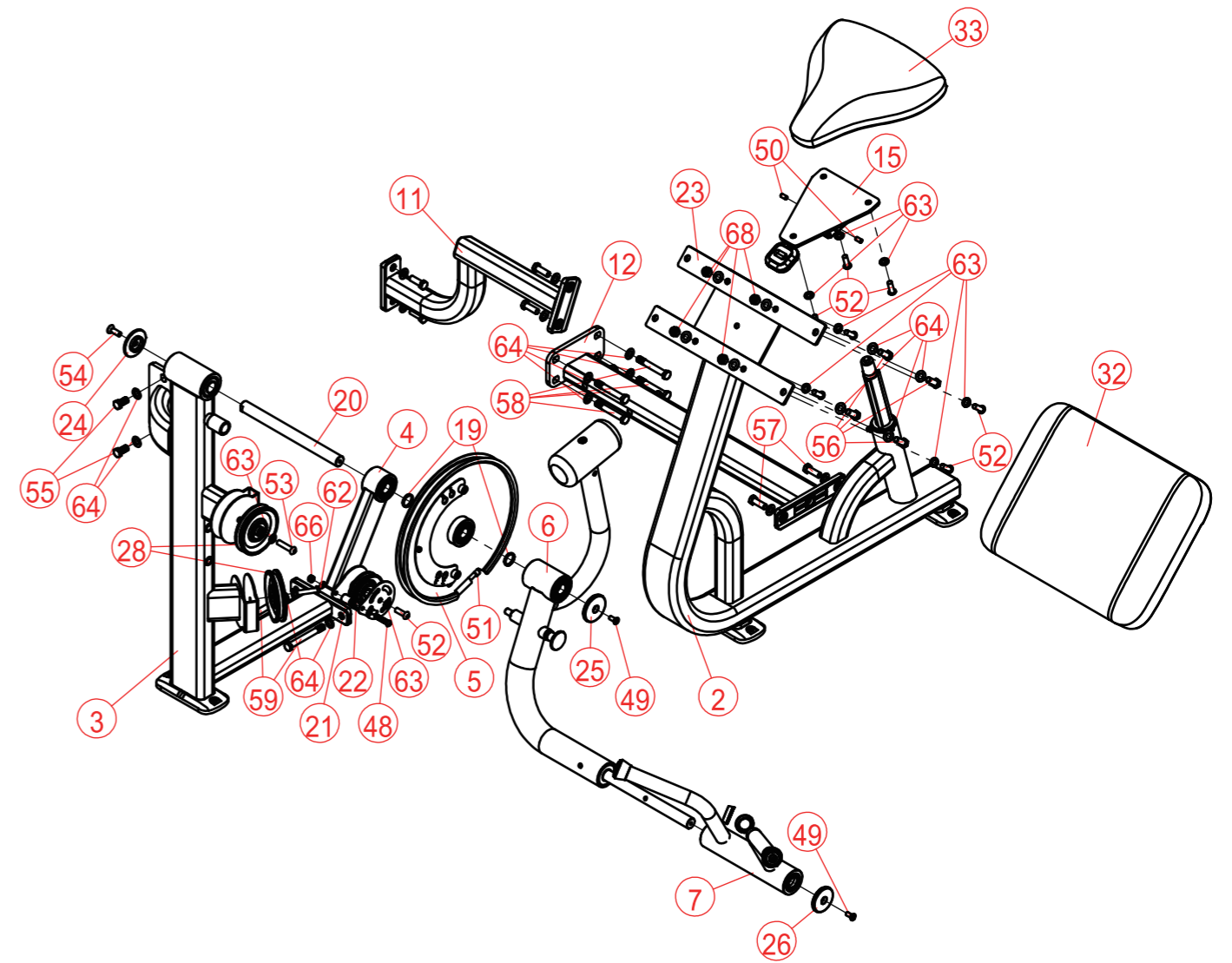
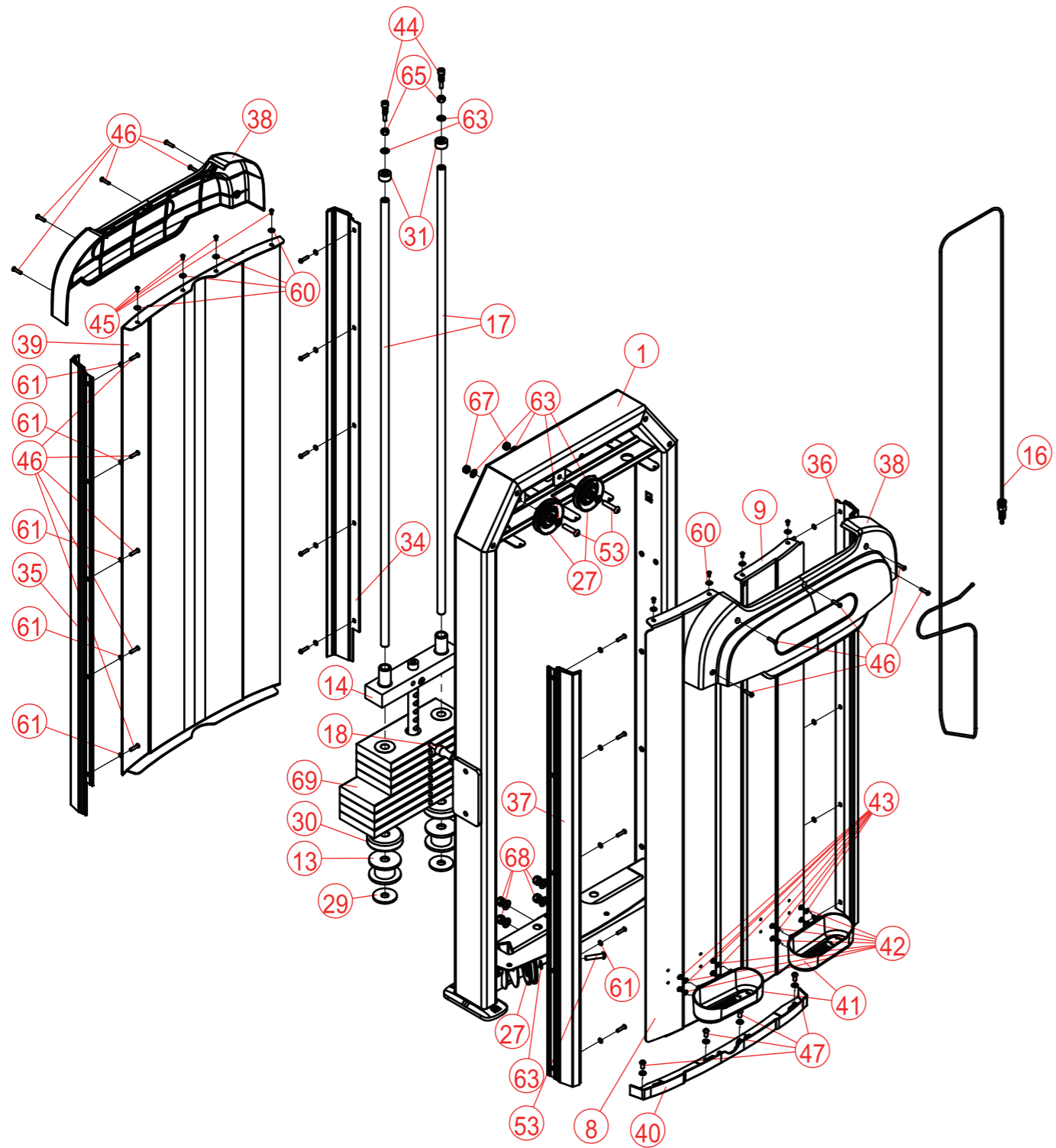
# Parts List

Note: some of these parts may come pre-installed.

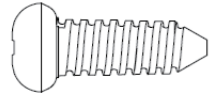
Item	Name	Quantity
1	Weight Frame Assembly	1
2	Main Frame Assembly	1
3	Fixing Rack Frame	1
4	Swing Tube Frame	1
5	Wheel Plate Frame	1
6	Swing Tube Frame	1
7	Handle Frame	1
8	Left Front Shield Frame	1
9	Right Front Shield Frame	1
10	Pulley Cover Welding	1
11	Upper Connecting Tube Welding	1
12	Bottom Connecting Tube Welding	1
13	Weight Support 50	2
14	Top Plate ( 10 )	1
15	Seat Pad Fixing Rack Frame	1
16	Steel Cable	1
17	Guiding Rod $\phi 20 \times 1368$	2
18	Magnetic Selection Pin $\Phi 10 \times \phi 33.5 \times 165$	1
19	Bearing Spacer $\Phi 30 \times \Phi 26 \times 4$	2
20	Rotating Shaft $\Phi 25 \times 300$	1
21	Steel Cable Spacer $\Phi 8.5 \times \Phi 18 \times 24$	1
22	Aluminium Pulley $\phi 89$	1
23	Arm Pad Fixing Plate(1108)	2
24	Bearing Cap $\phi 65 \times \phi 11$	1
25	Bearing Cap $\phi 65$	1
26	Bearing Cap $\phi 60$	1
27	Pulley $\phi 89$	3
28	Pulley $\phi 114$	2
29	Rubber Pad	2
30	Buffer Pad for Weight Plate	2
31	Guiding Rod Cover $\Phi 30 \times 17$	2
32	Arm Pad 500	1
33	Seat Pad	1
34	Side Cover (Left Rear)	1

Item	Name	Quantity
35	Side Cover (Right Rear)	1
36	Side Cover (Left Front)	1
37	Side Cover (Right Front)	1
38	Top Shield	2
39	Back Shield	1
40	Bottom Shield	1
41	Storage Box	2
42	Flat Washer	8
43	Cross Recessed Round Head Screw M4×10	8
44	Socket Head Cap Bolt $\phi 7.5 \times M10 \times 45$	2
45	Button Head Cap Bolt M5X10	8
46	Button Head Cap Bolt M6X20	30
47	Button Head Cap Bolt M8X16	4
48	Button Head Cap Bolt M8X40	1
49	Flat Head Cap Screw M8X20	2
50	Hex Socket Set Screw With Flat Point M8×16	2
51	Socket Head Cap Bolt M10X20	2
52	Button Head Cap Bolt M10X30	8
53	Button Head Cap Bolt M10X45	5
54	Flat Head Cap Screw M10X30	1
55	Hex Head Bolt M12X25	2
56	Hex Head Bolt M12X30	4
57	Hex Head Bolt M12X35	6
58	Hex Head Bolt M12X85	4
59	Hex Head Bolt M12X105	2
60	Flat Washer $\Phi 5.5 \times \Phi 15 \times 1$	8
61	Flat Washer $\Phi 6.5 \times \Phi 12 \times 1.2$	20
62	Flat Washer $\Phi 8.5 \times \Phi 16 \times 1.5$	6
63	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	17
64	Flat Washer $\Phi 13 \times \Phi 24 \times 2$	28
65	Hex Nut M10	2
66	Nut M8	1
67	Nut M10	2
68	Nut M12	10

# Exploded View



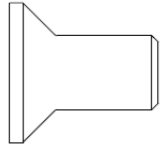
# Measurement Guide



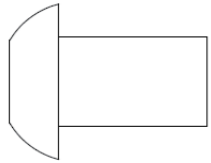
Cross Recessed Pan Head Tapping Screw



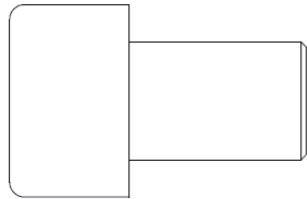
Hex Socket Set Screw with Flat Point



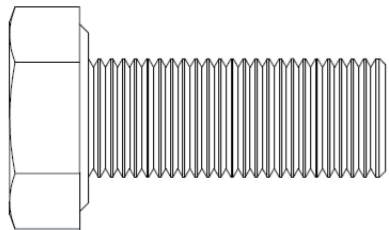
Flat Head Cap Screw



Button Head Cap Screw



Socket Head Cap Bolt



Hex Bolt



# Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, and easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.

Note: As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.



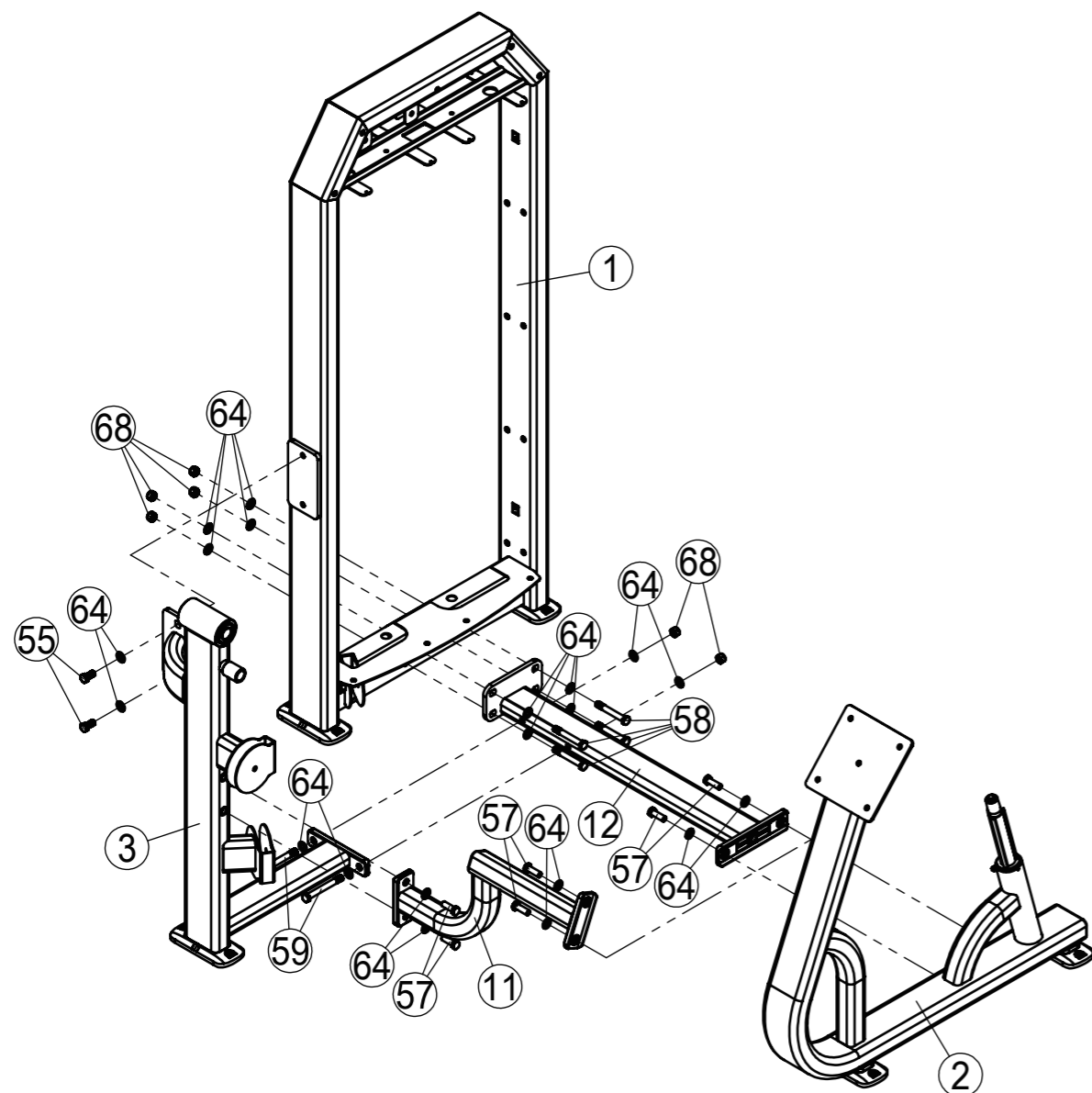
# Assembly

## Step 1

Attach 1×Weight Frame Assembly(#1), 1×Main Frame Assembly(#2), 1×Fixing Rack Frame(#3), 1×Upper Connecting Tube Welding(#11), 1×Bottom Connecting Tube Welding(#12), using:

- |                             |  |
|-----------------------------|--|
| 6×Hex Head Bolt M12X35(#57) | 4×Hex Head Bolt M12X85(#58)                            |
| 2×Hex Head Bolt M12X25(#55) | 2×Hex Head Bolt M12X105(#59)                           |
| 6×Nut M12(#68)              | 20×Flat Washer $\Phi 13 \times \Phi 24 \times 2$ (#64) |

Notice: Fasten Bolts According to Assembly Requirement.



## Step 2

1. Attach 1×Rotating Shaft $\Phi 25 \times 300$ (#20), 1×Swing Tube Frame(#4), 2×Bearing Spacer  $\Phi 30 \times \Phi 26 \times 4$ (#19), 1×Wheel Plate Frame(#5), 1×Swing Tube Frame(#6) to Fixing Rack Frame(#3) using:

- |  |                                  |
|--|----------------------------------|
| 1×Bearing Cap $\phi 65 \times \phi 11$ (#24) | 1×Bearing Cap $\phi 65$ (#25)    |
| 1×Flat Head Cap Screw M10X30(#54)            | 1×Flat Head Cap Screw M8X20(#49) |

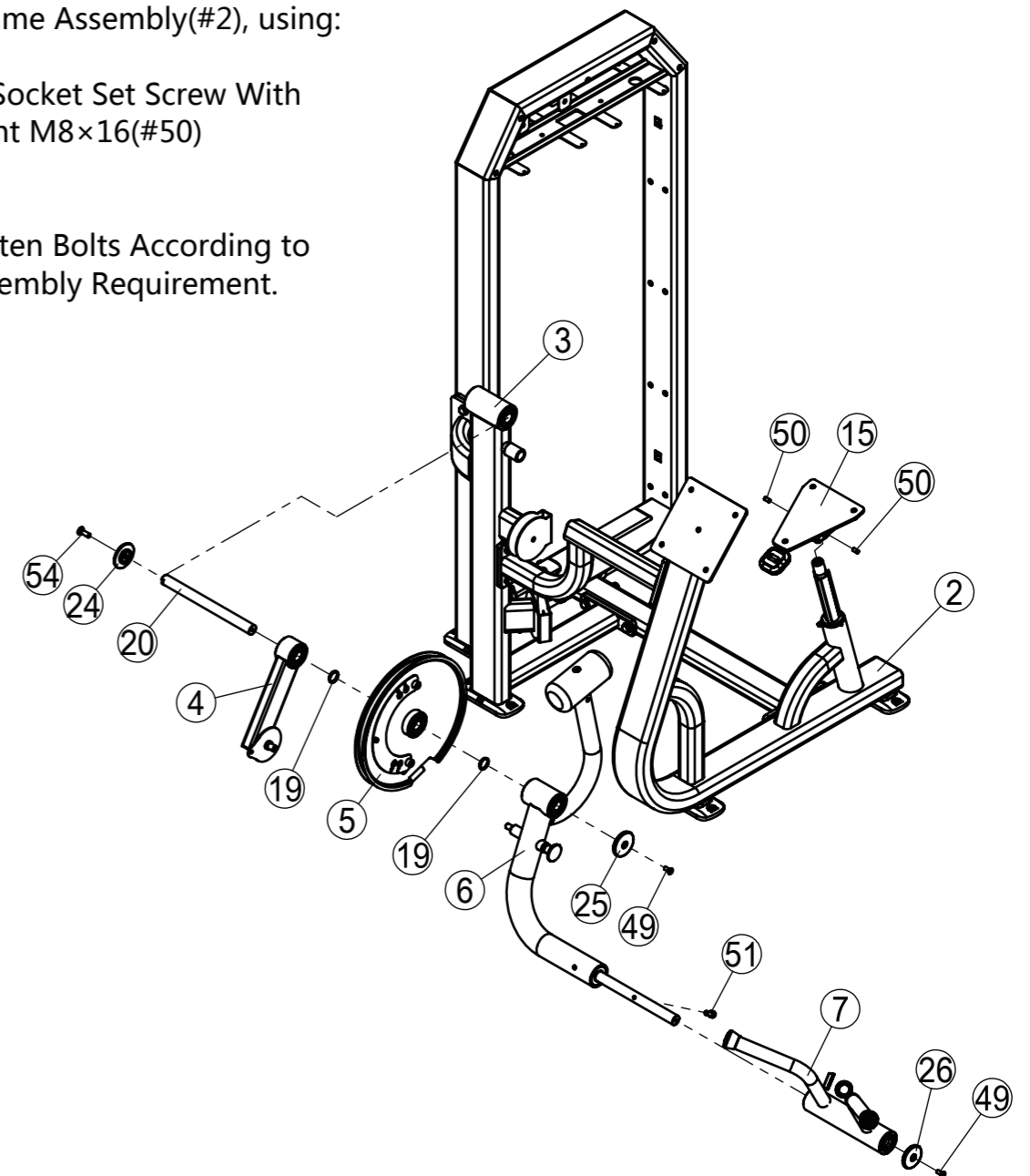
2. Attach 1×Handle Frame(#7) to Swing Tube Frame(#6), using:

- |                                    |                               |
|------------------------------------|-------------------------------|
| 1×Socket Head Cap Bolt M10X20(#51) | 1×Bearing Cap $\phi 60$ (#26) |
| 1×Flat Head Cap Screw M8X20(#49)   |                               |

3. Attach 1×Seat Pad Fixing Rack Frame(#15) to Main Frame Assembly(#2), using:

- 2×Hex Socket Set Screw With Flat Point M8×16(#50)

Notice: Fasten Bolts According to Assembly Requirement.





# Step 3

1. Attach 2×Guiding Rod Cover (#31), 2×Guiding Rod(#17), 1×Top Plate(10)(#14), 1×Weight Plate(#69), 2×Buffer Pad for Weight Plate(#30), 2×Weight Support 50(#13), 2×Rubber Pad (#29) to Weight Frame Assembly(#1), using:

2×Flat Washer  $\Phi 11 \times \Phi 20 \times 2$ (#63)  
 2×Hex Nut M10(#65)  
 2×Socket Head Cap Bolt  $\varphi 7.5 \times M10 \times 45$ (#44)

2. Attach 1×Magnetic Selection Pin(#18) to Weight Plate(#69)

3. Cross 1×Steel Cable(#16) over Pulley $\varphi 89$ (#27), Pulley $\varphi 114$ (#28) and Aluminium Pulley  $\varphi 89$ (#22), then attach to Top Plate(10)(#14) and Wheel Plate Frame(#5), using:

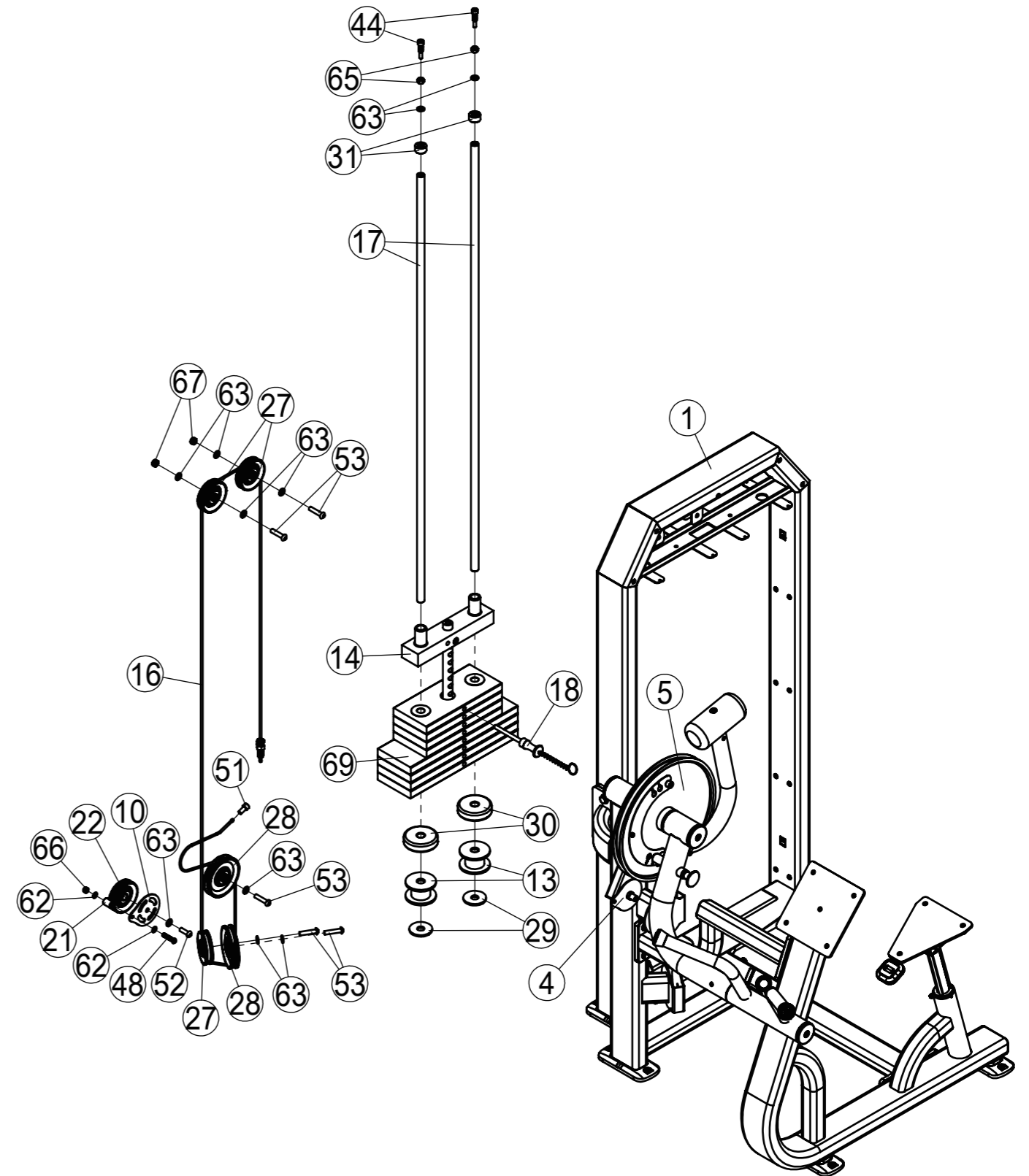
5×Button Head Cap Bolt M10X45(#53)  
 2×Nut M10(#67)  
 7×Flat Washer  $\Phi 11 \times \Phi 20 \times 2$ (#63)  
 1×Flat Head Cap Screw M8X20(#49)

4. Attach 1×Pulley Cover Welding(#10), 1×Steel Cable Spacer(#21) to Swing Tube Frame(#4), using:

1×Button Head Cap Bolt M10X30(#52)  
 1×Button Head Cap Bolt M8X40(#48)  
 1×Nut M8(#66)  
 2×Flat Washer  $\Phi 8.5 \times \Phi 16 \times 1.5$ (#62)  
 1×Flat Washer  $\Phi 11 \times \Phi 20 \times 2$ (#63)

**Notice:**

Assembly Steel Cable According to the Diagram.  
 Fasten Bolts and Screws According to Assembly Requirement.



# Step 4

1. Attach 1×Side Cover (Right Front) (#37), 1×Side Cover (Left Front)(#36), 1×Side Cover (Right Rear)(#35), 1×Side Cover (Left Rear)(#34), 1×Bottom Shield(#40) to Weight Frame Assembly(#1), using:

4×Button Head Cap Bolt M8X16(#47)  
 4×Flat Washerφ8.5Xφ16X1.5(#62)  
 20×Button Head Cap Bolt M6X20(#46)  
 20×Flat Washerφ6.5Xφ12X1.2(#61)

2. Attach 2×Storage Box(#41) to Right Front Shield Frame(#9) and Left Front Shield Frame(#8), using:

8×Cross Recessed Round Head Screw M4×10(#43)  
 8×Flat Washer Φ4.3×Φ12×1(#42)

3. Attach 1×Right Front Shield Frame(#9), 1×Left Front Shield Frame(#8), 1×Back Shield(#39) to Weight Frame Assembly(#1), using:

8×Button Head Cap Bolt M5X10(#45)      8×Flat Washer φ5.5Xφ15X1(#60)

4. Attach 2×Top Shield(#38) to Weight Frame Assembly(#1), using:

10×Button Head Cap Bolt M6X20(#46)

5. Attach 1×Seat Pad(#33) to Seat Pad Fixing Rack Frame(#15), using:

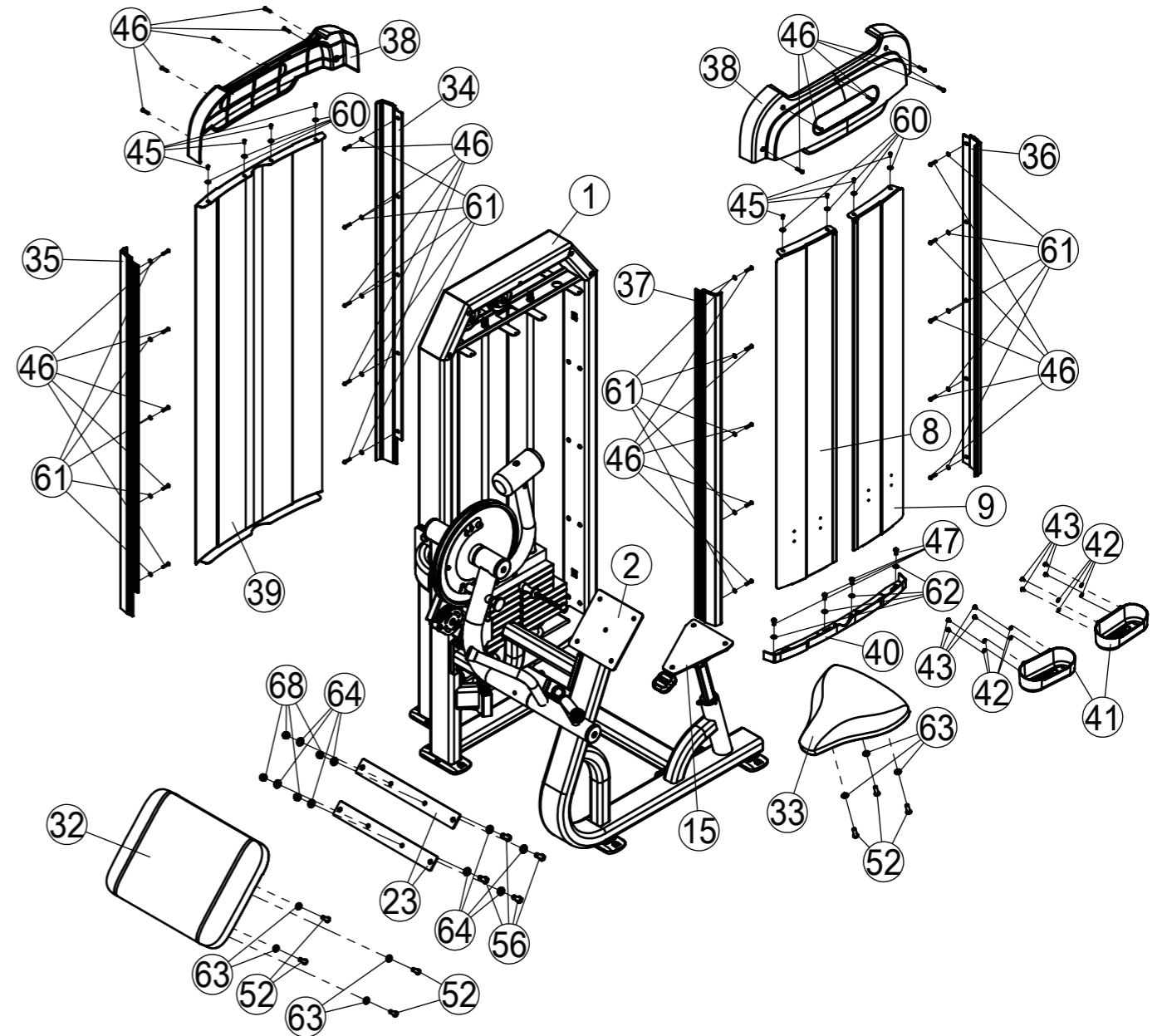
3×Button Head Cap Bolt M10X30(#52)      3×Flat Washer Φ11XΦ20X2(#63)

6. Attach 2×Arm Pad Fixing Plate(1108)(#23) to Main Frame Assembly(#2), using:

4×Hex Head Bolt M12X30(#56)      8×Flat Washer φ13Xφ24X2(#64)  
 4×Nut M12(#68)

7. Attach 1×Arm Pad 500(#32) to Arm Pad Fixing Plate(1108)(#23), using:

4×Button Head Cap Bolt M10X30(#52)      4×Flat Washerφ11Xφ20X2(#63)



## Notice:

1. Fasten Bolt According to Assembly Requirement
2. Back Shield shall align the height with the Weight Frame fixator, put one side into the Aluminum Strip, then assembly the other side.

# Maintenance Schedule

ROUTINE	COMMERCIAL MAINTENANCE	HOME MAINTENANCE	LATEST DATE ENTRY						
Inspect: Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY							
Clean: Upholstery	DAILY	WEEKLY							
Inspect: Cables or Belts and their tension	DAILY	WEEKLY							
Inspect: Accessory Bars, and Handles	WEEKLY	3 MONTHS							
Inspect: All Decals	WEEKLY	3 MONTHS							
Inspect: All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS							
Inspect: Anti-skid Surface	WEEKLY	3 MONTHS							
Clean&Lubricate: Guide rods with a Teflon(PTFE) based lubricant(Superlube)	MONTHS	3 MONTHS							
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHS	3 MONTHS							
Clean and Wax: All Glossy Finishes	6 MONTHS	YEARLY							
Repack with Grease: Linear Bearings	6 MONTHS	YEARLY							
Replace: Cables, Belts and Connecting Parts	YEARLY	3 YEARS							

# General Maintenance Information

## Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- Check all pieces for signs of visible wear or damage.
- Check springs in snap hooks and pull-pins for proper tension and alignment.
- If the spring sticks or has lost its rigidity, replace it immediately.

## Upholstery:

- To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- Periodically take the time to use a mild soap or approved vinyl upholstery cleaner to deter the onset of cracking or drying.
- Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- Replace ripped or worn upholstery immediately. Keep sharp or pointed objects clear of all upholstery.

## Decals:

- Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

## Nuts and Bolts:

- Inspect all nuts and bolts for any loosening and tighten if needed.
- Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

## Anti-Skid Surfaces:

- These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

## Belts and Cables:

- We use only high quality belt, and mil-spec cables.
- Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

# Weight Training Tips

## Belt and Cable Tensions:

- Referring to the Owner's Manual, when belts or cables are used check all bolts attachment to be sure they are properly attached.
- Check slack in cables and re-adjust cable tension if needed.

## Seat Sleeves, Guide Rods:

- Wipe down adjusting tubes with a dust free rag before applying lubricant.
- Lubricate seat sleeves and Guide Rods with silicon or Teflon based lubricant spray.

## Linear Bearings:

- Referring to the owner's manual carefully disassembly the bearing from its housing and place a finger full of light grease (lithium, super lube, etc) into the inside of the bearing. Use your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

Use this manual to guide you through the basic exercises you can perform on your equipment. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your equipment, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

# Specifications

Class: S

Maximum Load of Trainer: 150Kgs/330Lbs