



SelectORIZED Pec Fly & Rear Delt Fly (Pec Deck) w/ 250lb weight stacks

Assembly Manual – U.S. Edition

Sports & Fitness Exchange

Phoenix, AZ

www.sportsandfitnessexchange.com

1. Safety Information

Read all instructions before beginning assembly. This equipment must be assembled and operated by adults only. Failure to follow these warnings could result in serious injury.

- Keep children and pets away from the assembly area.
- Assemble equipment on a flat, level surface.
- Tighten all bolts securely before use.
- Do not exceed the equipment's maximum weight capacity.
- Always inspect cables, pulleys, and bolts before each use.

This product complies with U.S. ASTM F1749 fitness safety standards.

2. Tools Required

- 6 mm and 8 mm Allen wrenches
- 17 mm wrench
- Phillips screwdriver
- Rubber mallet (optional)

3. Assembly Instructions

Step 1 – Assemble the Main Frame

Attach the main frame (Part 1) to the seat frame (Part 2) using four M10×120 bolts, washers, and lock nuts. Secure the Lower Connection Brackets (Part 10) with M10×25 bolts and washers. Tighten all bolts with an Allen wrench and wrench.



Step 2 – Install Boom and Pulley System

Attach the Boom Assembly (Part 7&8) to the frame using M10×45 bolts and lock nuts. Install the bearings (Part 34) and route the cable (Part 26) according to the routing diagram (seen in step 5). Use the provided (part R) wire clamp and wire screws to secure the cable.



Step 3 – Install Foam Rollers and Handles

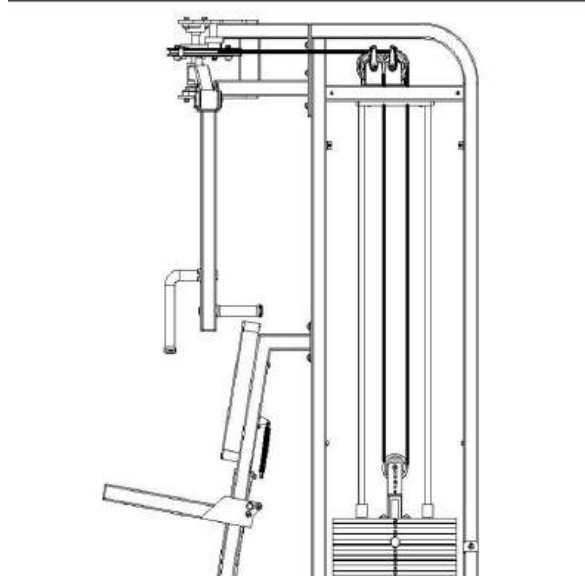
Assemble the Foam Roller (Part 9) and attach it to the Boom Assembly using the provided screws and washers. Install both long and short handle assemblies (Parts 11–14) using M8×25 bolts and ensure all grips and caps are properly aligned.

Step 4 – Install Seat, Backrest, and Weight Stack

Secure the Seat Cushion (Part 4) and Backrest (Part 3) to the adjustment frames using M10×25 countersunk screws. Insert the guide rods, rubber bumpers, weight stack, and latch pin into the frame. Ensure smooth travel of the weight plates along the guide rods.

Step 5 – Cable Routing

Route the cable according to the Wire Rope Routing Diagram provided. Verify that the cable moves freely without friction or twisting. Check that pulleys rotate smoothly before tensioning the system.



Step 6 – Final Assembly and Labeling

Attach the Guard Plate and Sticker Labels. Confirm that all bolts are tightened securely and that the equipment is stable. Adjust the seat and backrest to ensure correct alignment and comfort.

4. Maintenance & Care

- Wipe equipment regularly with a clean, damp cloth.
- Check all fasteners monthly and tighten as necessary.
- Inspect cables for wear or fraying; replace immediately if damaged.
- Apply light oil to moving parts and guide rods monthly.
- Store indoors, away from moisture and direct sunlight.

5. Warranty & Support

For warranty service or replacement parts, contact Sports & Fitness Exchange at:

Email: customerservice@sportsandfitnessexchange.com

Phone: (480) 746-6216

Website: www.sportsandfitnessexchange.com