

# Dynamic

## Multi Adjustable Chest Press



## Installation Manual

### 1. Product Overview

The **Athletic Vision Dynamic Multi Adjustable Chest Press** is a versatile selectorized strength machine engineered to optimize upper body strength and muscle development. Featuring a heavy-duty 275 lb weight stack and multiple press-angle adjustments, this machine effectively targets the chest, shoulders, and triceps, making it an excellent fit for commercial gyms, training studios, and high-end home gyms.

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### 2. Item Specifications

- **Product Type:** Selectorized Multi Adjustable Chest Press
  - **Frame Construction:** Heavy-duty commercial-grade steel frame
  - **Resistance System:** Selectorized weight stack
  - **Weight Stack:** 275 lbs
  - **Dimensions:** 76"x48"
  - **Adjustment Angles:** Flat, Incline, Decline press positions
  - **Seat & Backrest:** Fully adjustable ergonomic seat and back pad
  - **Cable System:** High-quality cables with smooth pulley operation
  - **Finish:** Commercial powder-coated finish
  - **Intended Use:** Commercial & Residential
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### 3. Shipping Dimensions & Weight

- **Crated Dimensions:** Approx. 86x40x40
- **Crated Weight:** Approx. 685 lbs (may vary by configuration)
- **Shipping Method:** Freight delivery on pallet
- **FOB Origin:** Ownership and responsibility for the equipment transfer to the buyer once the product leaves the seller's facility.
  - Freight costs
  - Risk of loss or damage during transit
  - Seller responsibility ends when the equipment is released to the carrier

**Important:** Inspect the crate for damage before signing the delivery receipt.

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### 4. Parts List (Included)

- Main Frame Assembly
  - Press Arm Assembly (Multi-Angle)
  - Adjustable Seat Assembly
  - Adjustable Backrest Assembly
  - 275 lb Selectorized Weight Stack
  - Guide Rods (2)
  - Pulley & Cable Assembly
  - Adjustment Handles & Pins
  - Hardware Kit (bolts, washers, lock nuts)
  - Weight Stack Selector Pin
  - Installation overview instructions (visual/basic)
  - Safety labels (pre-installed)
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## 5. Tools Required (Not Included)

- Socket wrench set (metric)
  - Allen wrenches (metric)
  - Screwdriver
  - Open-end / box wrenches (metric)
  - Rubber mallet
  - Level
  - Utility knife (for unpacking)
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## 6. Installation Instructions (Step-by-Step)

### Step 1: Unpacking

- Carefully remove outer packaging and plastic wrap.
- Verify all parts against the parts list.
- Organize hardware by size.
- *See Pictures:* Fully crated equipment (before installation).

### Step 2: Frame Positioning

- Place the main frame in its final installation location.
- Ensure a minimum of 3–4 feet of clearance around the unit for safe use.

### Step 3: Install Press Arm & Adjustment Components

- Attach the multi-angle press arm assembly to the main frame.
- Install adjustment handles and locking pins.
- Insert bolts loosely during alignment.
- Once aligned, level the unit and tighten bolts using a cross-pattern.
- **Firmly tighten all bolts.**
- *See Pictures:* Press arm assembly installed.

### Step 4: Install Seat & Backrest Assemblies

- Install the adjustable seat assembly.
- Attach the adjustable backrest.
- Verify adjustment mechanisms engage securely.
- Tighten all hardware.
- *See Pictures:* Seat and backrest installed.

## Step 5: Install Weight Stack & Guide Rods

- Install guide rods into the frame.
- Install rubber bumpers and spacers as required.
- Carefully stack weight plates one at a time.
- Install the top selector plate and guide rod caps.
- Confirm weight stack travels smoothly.
- Apply silicone lubricant lightly if needed.
- Apply weight stack decals.
- See *Pictures*: Weight stack installed.

## Step 6: Pulley & Cable Routing

- Verify cable routing through pulleys.
- Ensure pulleys rotate freely and cables are seated properly.
- Adjust tension if required.
- Apply silicone lightly as needed.
- See *Pictures / Videos*: Cable routing diagram.

## Step 7: Final Tightening & Leveling

- Use a level to ensure the unit is square and stable.
- Fully tighten all remaining hardware.
- Recheck all bolts.
- See *Pictures*: Fully assembled unit.

## Step 8: Function Test

- Select a light weight.
- Test all press angles (flat, incline, decline).
- Confirm smooth, controlled motion throughout range of motion.
- Apply silicone to moving parts as needed.

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## 7. Installation Video (If Available)

 **Installation Video:** {{TBD}}

Watching the video before installation is highly recommended. Additional videos may be found at [www.ColoradoCardio.com](http://www.ColoradoCardio.com) under the product listing.

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## 8. Frequently Asked Questions (FAQ)

**Q:** Does the unit need to be bolted to the floor?

**A:** Floor anchoring is recommended for commercial facilities but not required if installed on a level surface.

**Q:** How many people are needed for installation?

**A:** Two people are recommended.

**Q:** How long does installation take?

**A:** Approximately 1.5–2 hours.

**Q:** Is lubrication required during installation?

**A:** Lubrication is not required during installation. Silicone may be applied after assembly to moving components.

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## 9. Maintenance Schedule

### Monthly

- Wipe down frame and upholstery
- Inspect cables for fraying
- Check pulley movement; apply silicone lightly
- Verify selector pin function

### Quarterly

- Inspect and tighten all hardware
- Clean guide rods and apply silicone-based lubricant
- Check pulley alignment
- Inspect weight stack travel

### Annual

- Full cable inspection (replace if worn)
  - Deep clean pulleys and guide rods
  - Inspect frame welds and structural components
  - Professional preventive maintenance recommended
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## 10. Safety Notes


- Installation should be performed by trained personnel only.
  - Do not use damaged cables or pulleys.
  - Return weight stacks gently—do not drop.
  - Keep hands clear of moving parts.
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## 11. Support & Service


For installation assistance, replacement parts, or service:

### **Colorado Cardio Fitness & Gym Equipment**

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 Phone: 970-939-9736

 Email: [Nathan@ColoradoCardio.com](mailto:Nathan@ColoradoCardio.com)

 Website: [www.ColoradoCardio.com](http://www.ColoradoCardio.com)

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