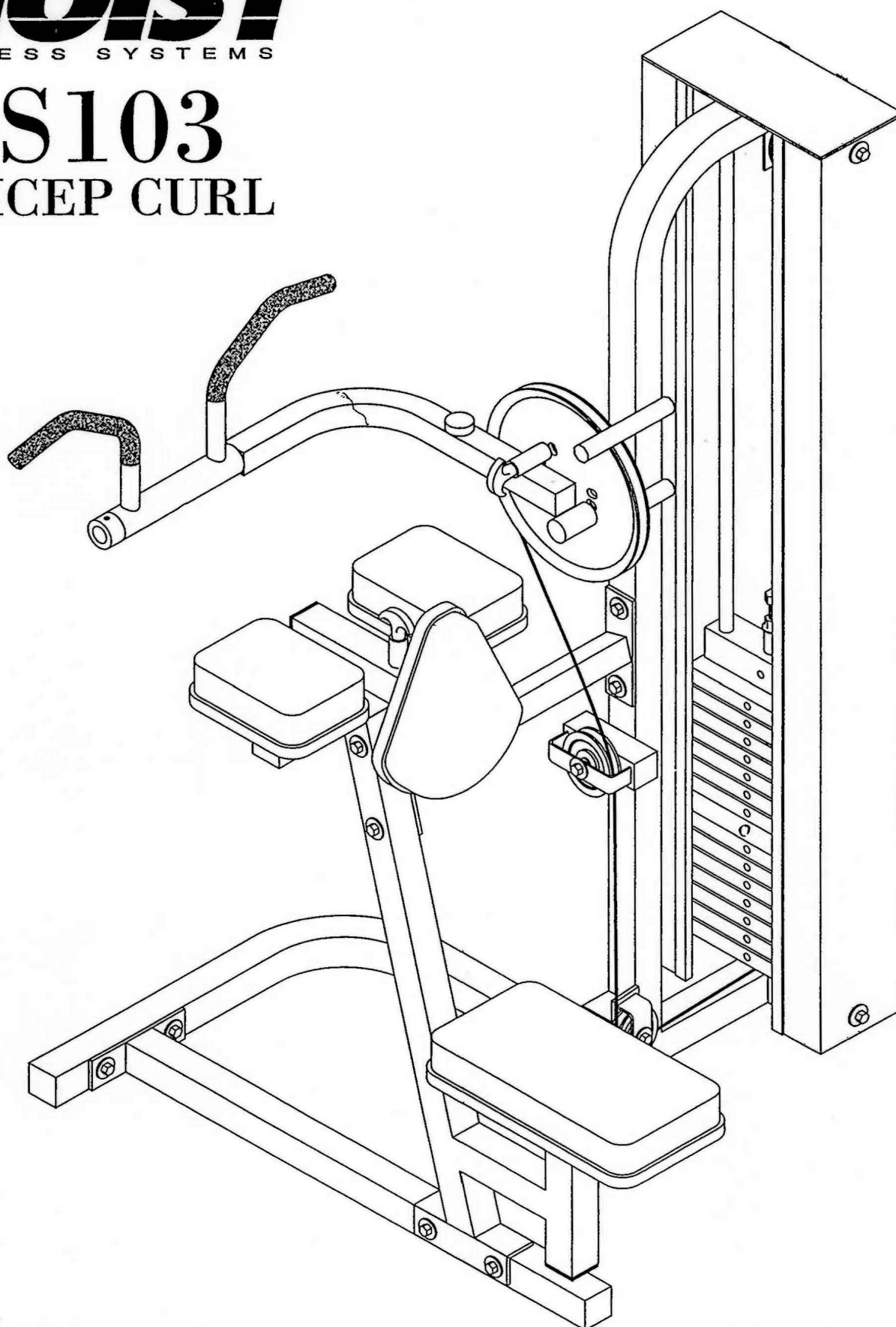


HOLIST[®]
FITNESS SYSTEMS

S103

BICEP CURL



S103

PARTS LIST

Key No.	Qty.	Part Number	Description
1	1	61-S103-12	BENT BASE MEMBER
2	1	61-S103-11	STRAIGHT BASE MEMBER
3	1	61-S103-01	BENCH ASSEMBLY
4	1	61-S103-03	CROSSMEMBER
5	1	61-S103-02	WEIGHT UPRIGHT
6	1	61-S103-08	CAM ASSEMBLY
7	1	61-S103-07	ARM ASSEMBLY
8	2	14-TUR-1	1" TURCITE
9	1	61-S103-06	HANDLE ASSEMBLY
10	1	14-SSC-1	SHAFT COLLAR
11	2	19-PAD-1	PLUG BUMPER
12	1	14-BRG-NYL1	NYLINER BUSHING
13	1	26-STD-SM129	1/2" LONG PULL PIN
14	2	26-STD-SM128	1/2" SHORT PULL PIN
15	1	61-S103-04	WEIGHT TOP
16	2	14-BSH-GRDI	GUIDE ROD SNAP BUSHINGS
17	2	26-STD-SG107	3/4" DIA. x 59 3/4" GUIDE RODS
18	1	26-STD-SWTOP-1	8 1/4lb. TOP WEIGHT PLATE W/STEM
19	7	26-STD-SW102	8 1/4lb. WEIGHT PLATE
20	2	19-WSB-12	1/2" RUBBER DONUT
21	1	61-S103-05	WEIGHT BASE
22	1	61-S103-13	LIMITTER STOP
23	2	61-S103-SU608	6" x 8" ELBOW PAD
24	4	26-STD-PLAS112	EZ-GLIDE SEAT INSERTS
25	1	26-STD-SU815	8" x 15" SEAT PAD
26	1	26-STD-SU911A	9" x 11" TAPERED CHEST PAD
27	1	61-S103-09	CHEST PAD MOUNT ASSEMBLY
28	1	61-S103-10	SEAT PAD MOUNT
29	2	26-STD-SSH120	WEIGHT STACK SHIELD
30	8	26-STD-SN101	12 1/2lb WEIGHT PLATE

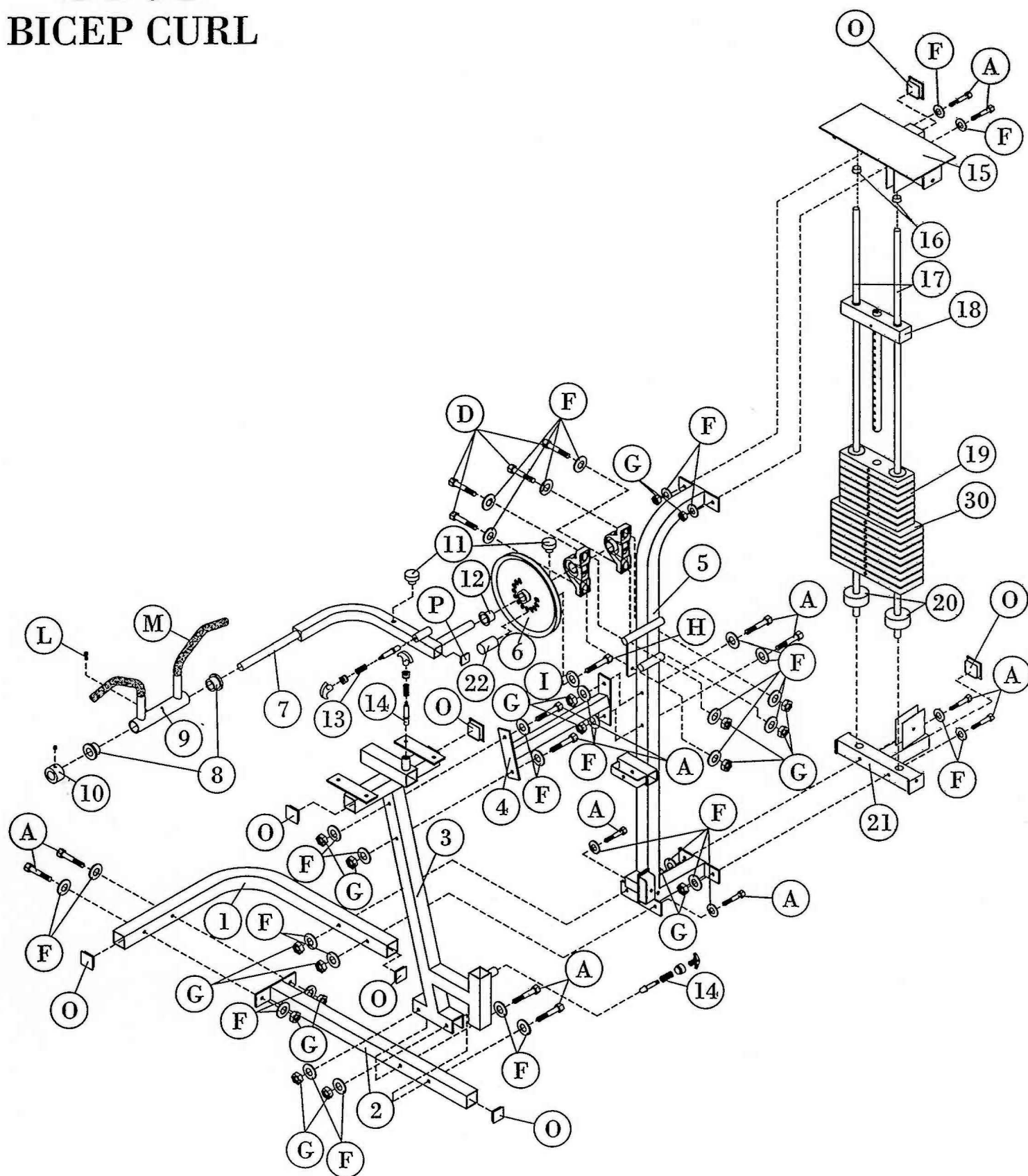
S103

HARDWARE LIST

[illegible]

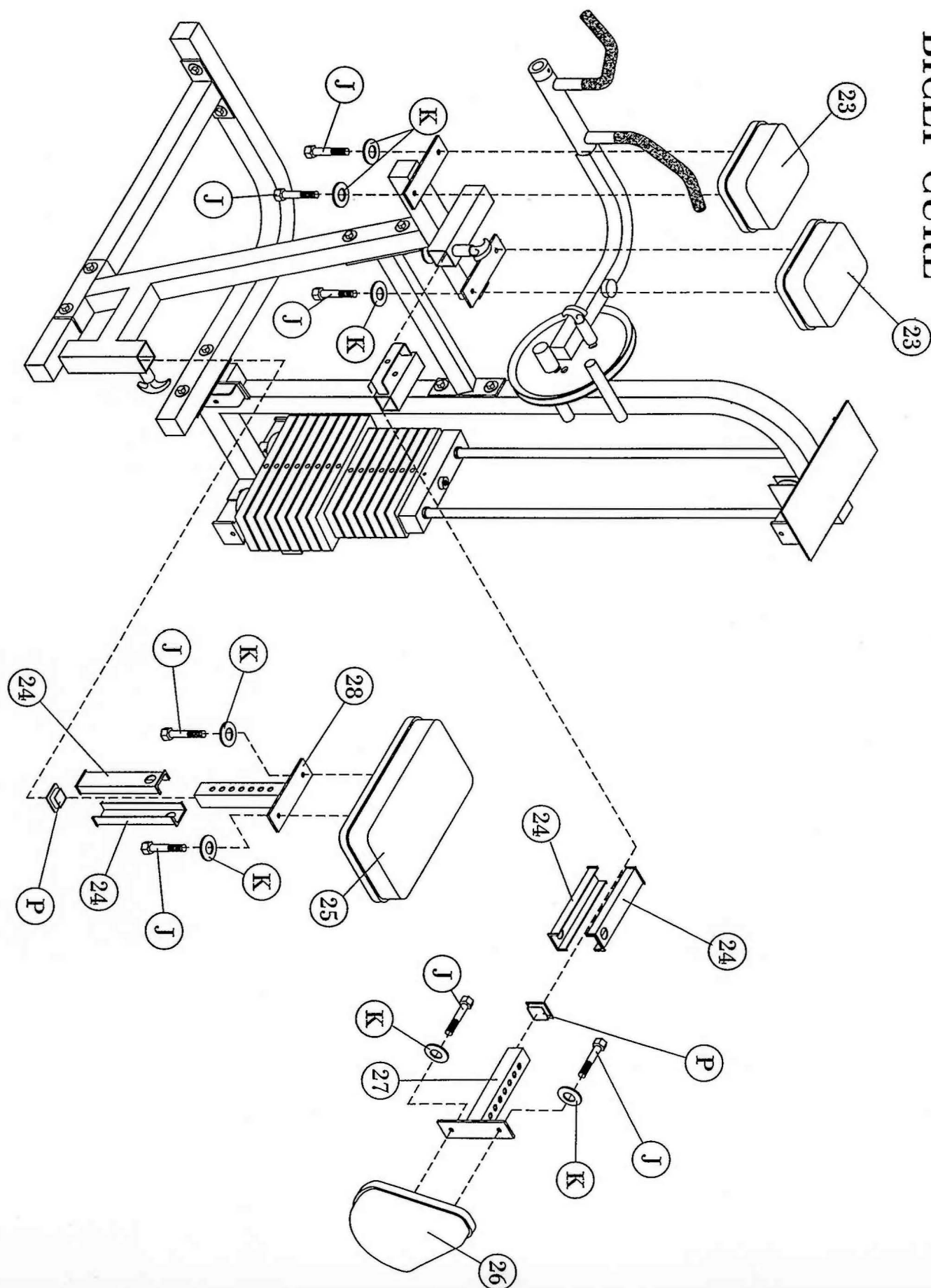
S103

BICEP CURL



S103

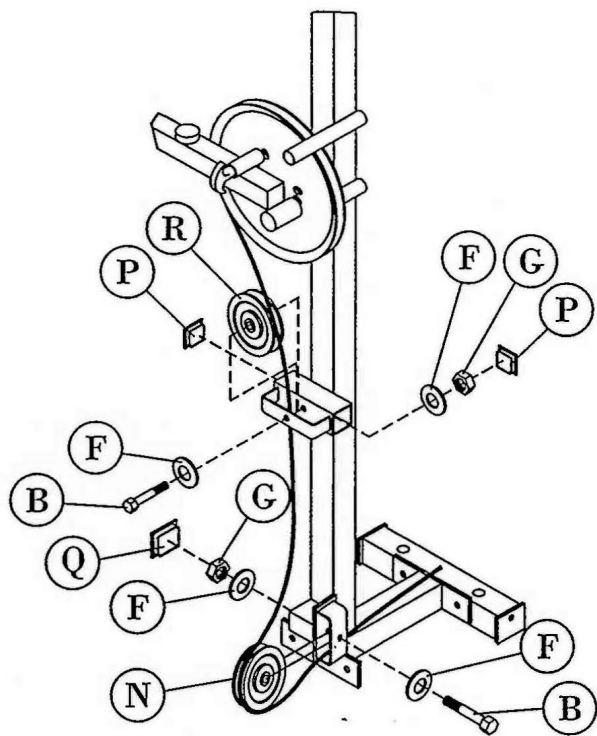
BICEP CURL



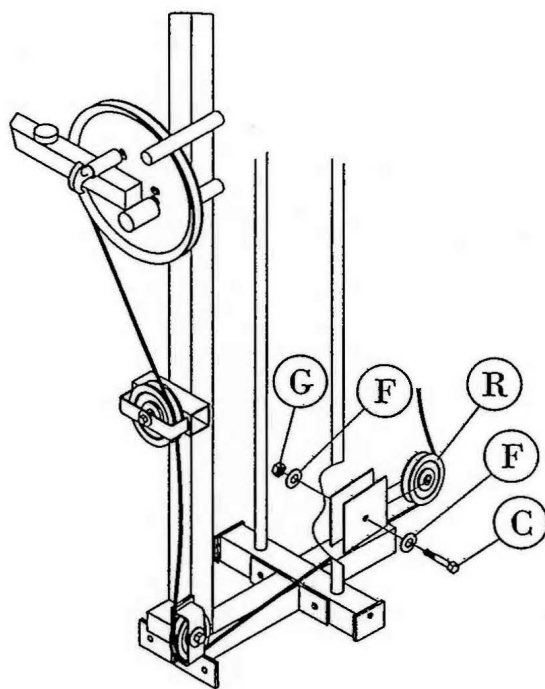
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BICEP CURL

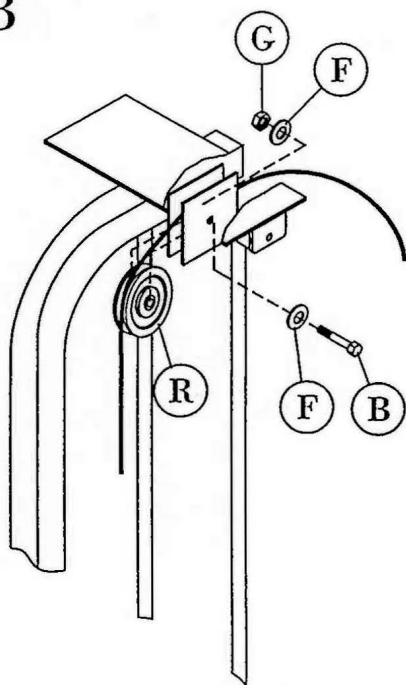
STEP 1



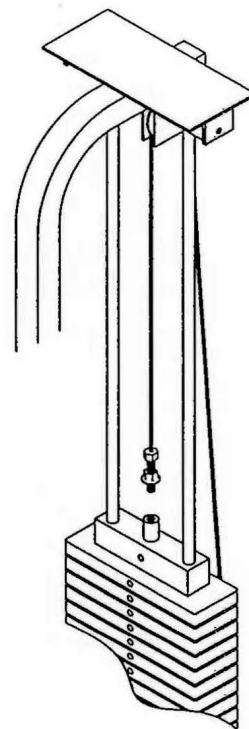
STEP 2



STEP 3

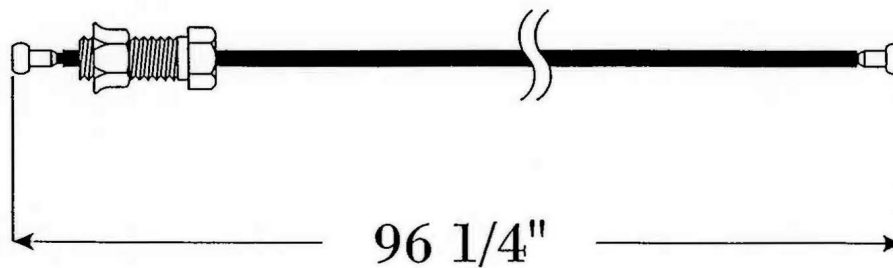
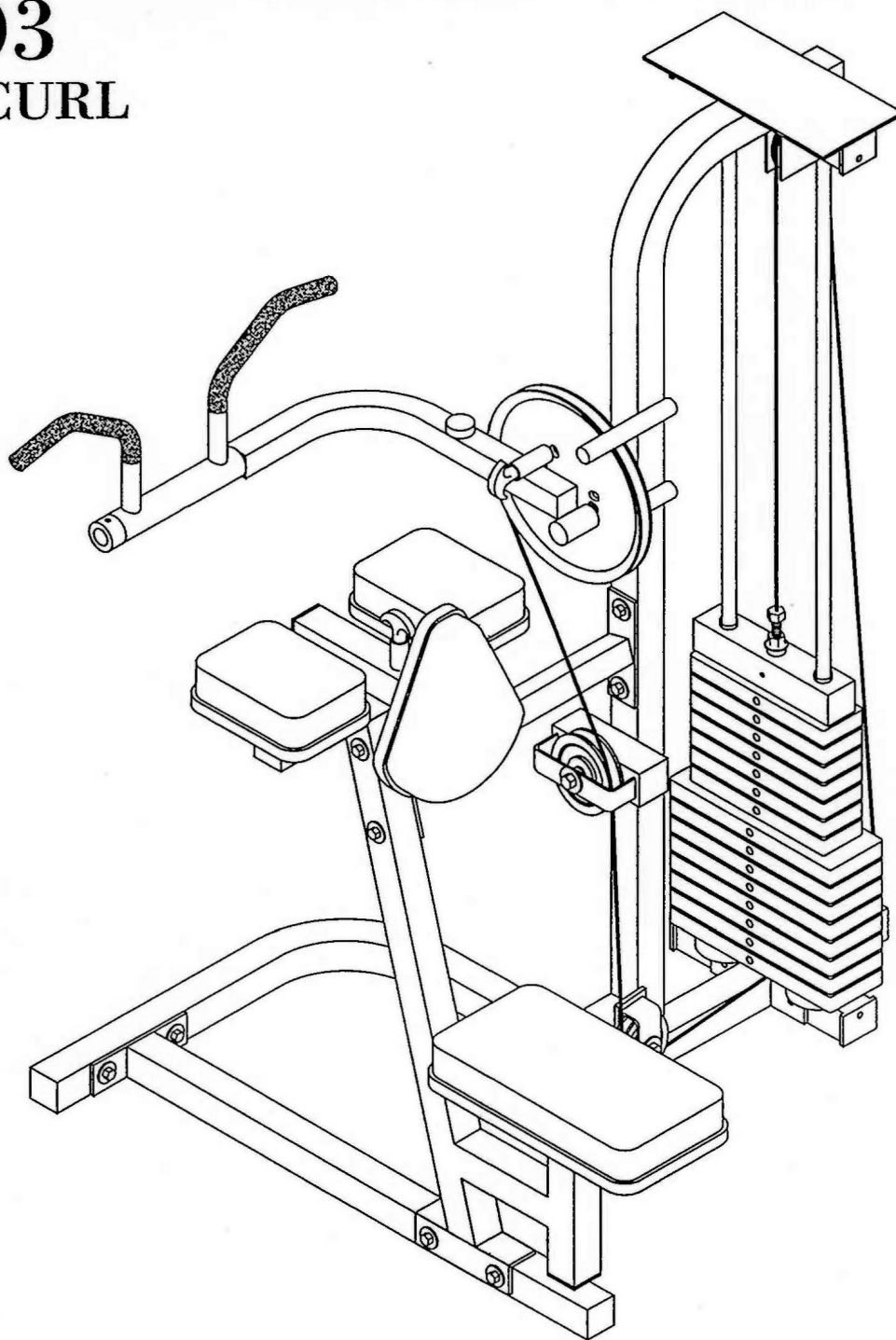


STEP 4



S103

BICEP CURL



S103

BICEP CURL

