



FF30 Bicep curl explosive view

Note: spare parts and fasteners are not listed on the form.

Item Number	Name Of Material	Quantity
1	Fine structure	1
2	Small components	1
3	Upper connection module	1
4	Lower connection assembly	1
5	Movable arm components	1
6	Side frame component	1
7	Cushion components	1
8	The hand adjusts the component	1
9	Counterweight components	1
10	Cushion	1
11	Back cushion	1
13	Outer hexagon bolt M12*25	6
14	Trampoline $\phi 12$	10
15	Flat gasket $\phi 12$	10
16	Outer hexagon bolt M12*130	4
17	Curved connector	2
18	Six angles in a flat M8*25	1
19	Half round inside hexagonal M8*25	6
21	Flat gasket $\phi 8$	6
22	Gas spring	1
23	Flat mother M8	2
24	To protect the shell before	1
25	After the protection shell	1
26	Hexagon M6*10	4
27	Half circle cross self tapping T4.8*9.5	38