

MODULAR SHOULDER PRESS

5639

ASSEMBLY & PARTS

ASSEMBLY NOTES (5639)

1. Keep all shipping packages near area of installation. Standard items include:
- Shoulder Press Column Assembly - 5639-9x
 - Shoulder Press Package - 5639-50
 - Cushion Box Assembly - 4015A083-0
 - Top Weight Package - 01475 (black)
 - Weight Pack - 4700S041 (black)
- NOTE:** x denotes specific color
2. After installing Shoulder Press Package onto column, measure distance from edge of arm to edge of cushion. Repeat same measurement for other side. If distances are not equal then remove pillow block collars, realign shafts in pillow blocks until distance is equal then reinstall collaors. See Figure 1.
3. Lift up arm and measure distance from handgrip to side of column. Repeat same measurement for other side. If distances are not equal then loosen screws securing pillow block and realign by moving pillow blocks up or down. See Figure 2.

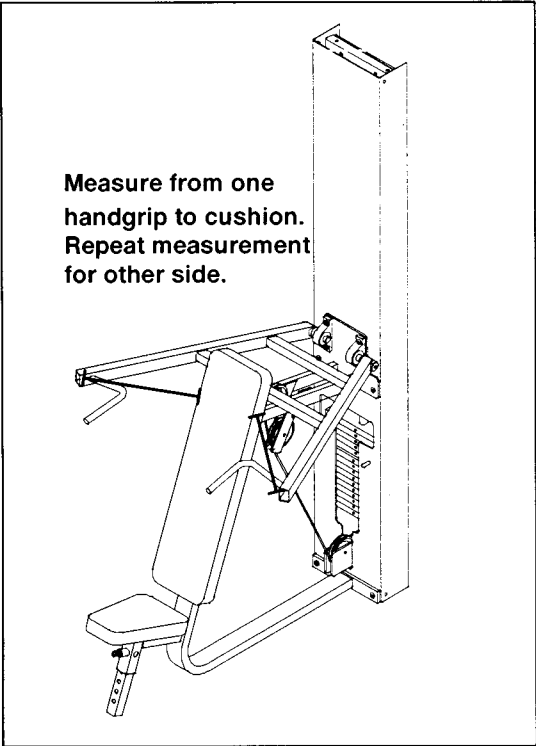


Figure 1 - Verifying Alignment

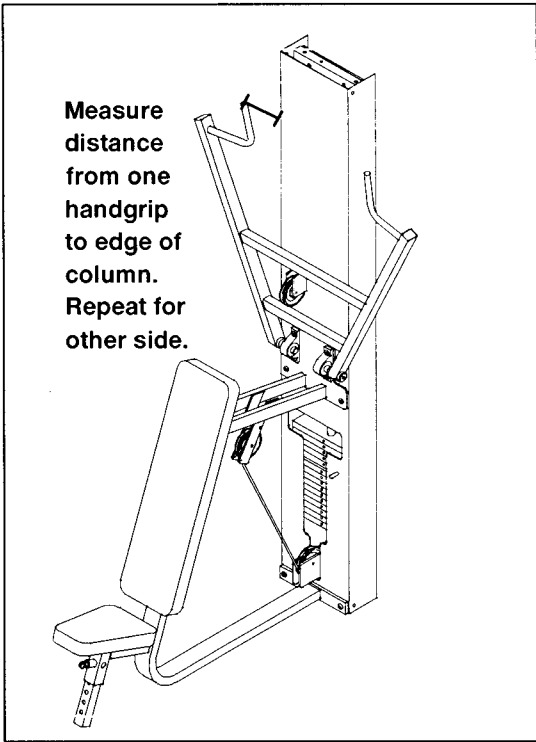


Figure 2 - Verifying Alignment

4. When installing cushions, use two Flat Head Socket Cap Screws to secure the seat cushion and use two Button Head Socket Cap Screws to secure the back cushion.
5. Follow assembly guidelines listed on either the 5600 Modular Center Post Assembly & Parts instruction sheet or the 5629 Tandem Center Post Assembly & Parts instruction sheet.

5639 - Shoulder Press

ITEM	QTY	PART NO.	DESCRIPTION
1	2	01084	Spacer 6.00
2	2	01193	Finned Fastener
3	2	01439	Weight Stack Guide Rod
4	2	01755	Guide Rod Collet
5	1	02245	Pulley Bracket
6	2	BS110200	Spring .65 ID x 1.23 OD x 2.07 L
7	5	GP000000	Pulley Assembly 4.50
8	10	GP000004	Pulley Spacer
9	5	GP000203	Pulley Center
10	10	HC700414	BHSCS .375-16 x .625
11	10	HN784000	Hex Nut .50-13
12	4	JC782830	SHCS .50-13 x 2.50
13			Removed
14	12	JS388300	Split Lockwasher .50
15	4	PN660201	Hole Plug
16	2	PP080204	Plastic Cap .625 ID x .68 OD
17	2	01190	Vinyl Back End Cap
18	1	02250	Arm
19	1	02253	Frame
20	1	4000M218	Detent Pin
21	2	4000-100	Pillow Block Bearing
22	1	4025P026	Cushion Mount Subassembly
23	2	BG030202	Steel Plug
24	1	BS070201	Spring .56 ID x .66 OD x 1.50 L
25	1	FB030213	Rod End Bearing (Female) .375-24
26	1	HN664000	Hex Nut .312-18
27	1	HS327600	Washer SAE .312
28	1	HS328300	Split Lockwasher .312
29	4	HS368000	Nylon Washer .443 ID x .75 OD x .125 T
30	2	JC780417	BHSCS .50-13 x 1.00
31	2	JC780420	BHSCS .50-13 x 1.25
32	4	JC780422	BHSCS .50-13 x 1.50
33	1	JD343322	Shoulder Bolt .375 x 1.50 .312-18
34	1	JN714400	Jam Nut .375-24
35			Removed
36	•1	PP090200	Plastic Insert 1.75 Sq x 11 G
37	1	PP090202	Plastic Insert 1.5 x 3.0 x 11 G
38	2	PP090204	Plastic Insert 1.5 x 2.0 x 14 G
39	2	PP090205	Plastic Insert 1.0 x 2.0 x 11 G
40	1	PP460200	Plastic Knob .312-18
41	2	PU060201	Bumper
42	1	02106	Half Weight Peg
43	2	4700-019	Flange Bearing
44	1	01475	Top Weight Assembly
45	1	4700M005	Rubber Cap
46	2	BR030206	Retaining Ring
47	1	HP286819	Spiral Pin .188 x 1.12
48	1	HS308300	Split Lockwasher .25
49	1	JC620415	BHSCS .25-20 x .75
50	4	4700C089	Stack Weight 3 x 12
51	10	4005C062	Stack Weight 4 x 12
52	2	JC700920	FHSCS .375-16 x 1.25
53	2	HC700430	BHSCS .375-16 x 2.50
54			Removed
55	1	4025S038-0	Back Cushion
56	1	5520S008-0	Seat Cushion
57	1	02255	Placard Decal
58	1	4000Y316	Caution Decal
59	1	02521	Warning Decal
60	1	3900-426	Vortex Decal
61	1	4800-381	General Warning Decal
62	2	PR400200	Grip
63	1	02254	Cable Subassembly
64	1	4301C096	Half Weight
65	1	5310P044	Weight Selector Pin
66	1	02224	Modular Screen (not shown)
67	1	4800-515	Weight Plate Decal
68	1	4000S118-0	Wear Cover

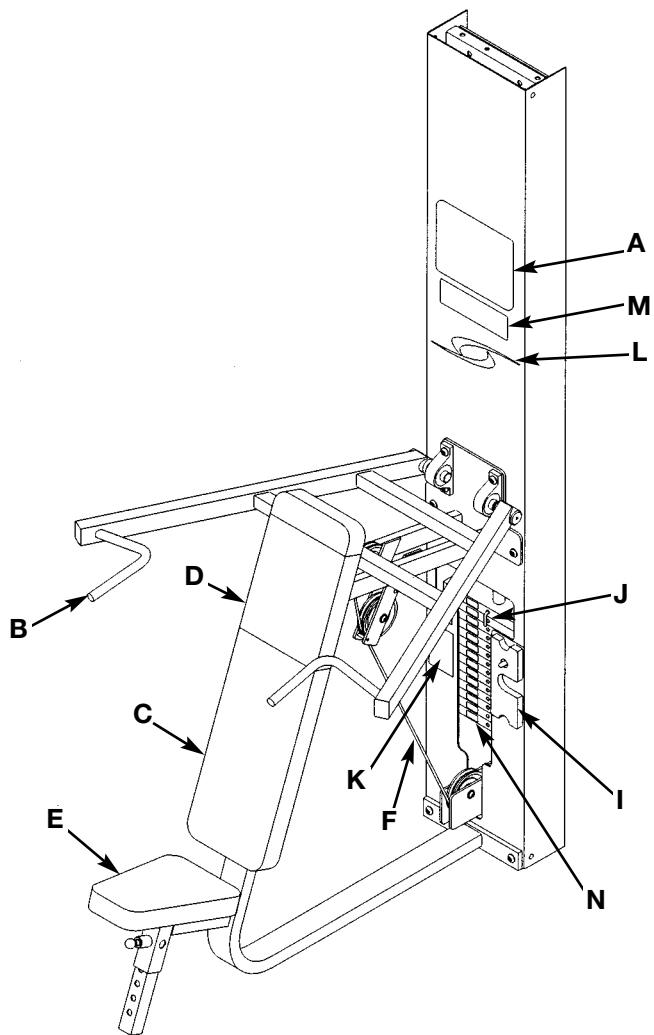
NOTE: This machine shipped with an Owner's Manual. Additional copies can be obtained by contacting your dealer or a Cybex Representative at 1-888-462-9239.

NOTE: x denotes specific color

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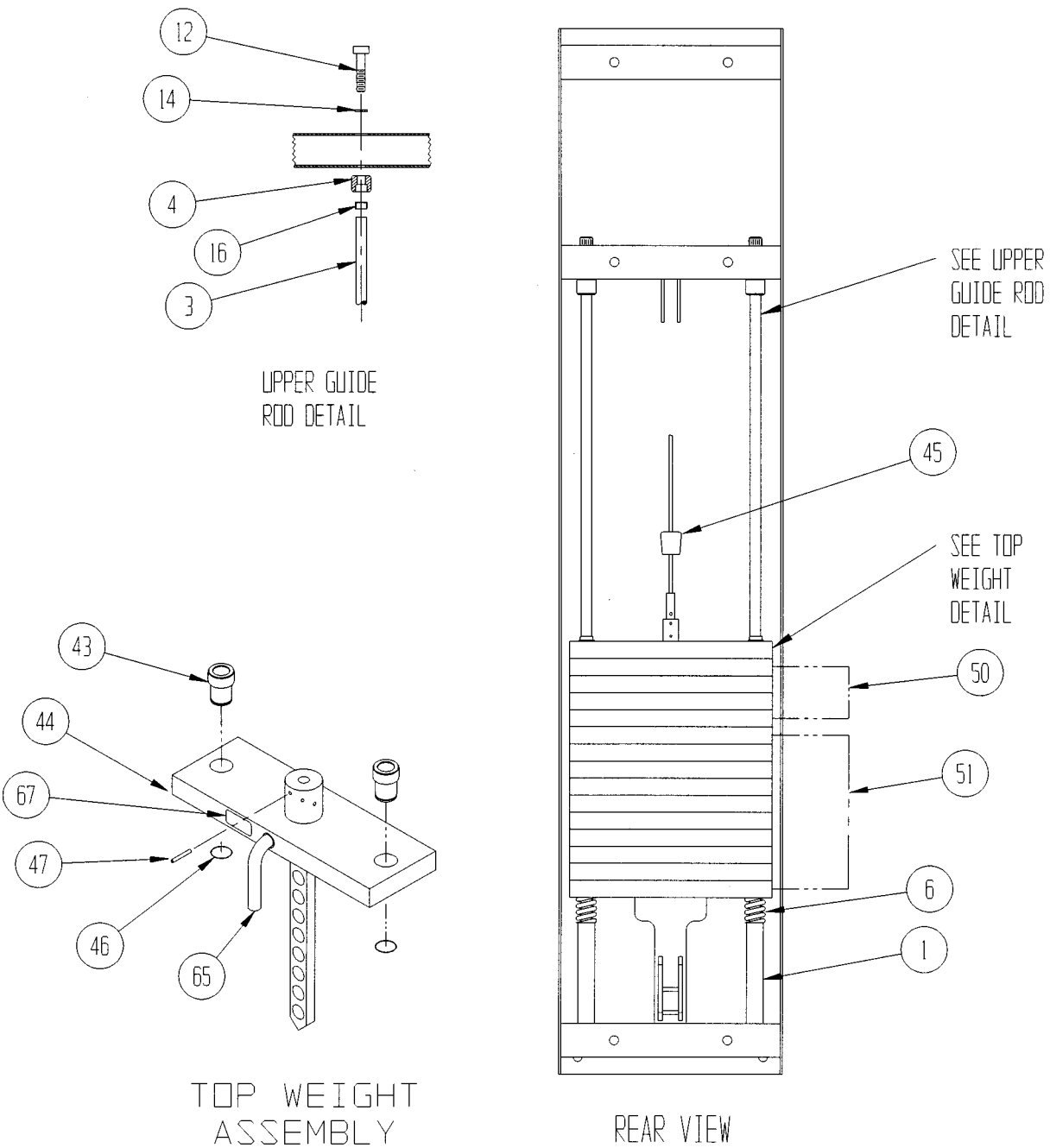
ASSEMBLY & PARTS



NOTE: See exploded-view diagram for items: G and H (# 58).

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	02255	H. Caution Decal	4000Y316
B. Grip	PR400200	I. Half Weight	4301C096
C. Back Cushion With Wear Cover (Item D)	4025S038-0	J. Weight Selector Pin	5310P044
D. Wear Cover	4000S118-0	K. Warning Decal.....	02521
E. Seat Cushion	5520S008-0	L. Vortex Decal	3900-426
F. Cable Subassembly.....	02254	M. General Warning Decal.....	4800-381
G. Serial Number Decal		N. Weight Plate Decal	4800-515

Upholstery Hardware Pack..... 4015S098



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