

MODULAR CHEST PRESS

5640

ASSEMBLY & PARTS

Assembly Notes

1. Keep all shipping packages near area of installation. Standard shipping items include:
- Chest Press Column Assembly - 5640-9x
 - Chest Press Seat Package - 5640-50
 - Chest Press Arm Package 5640-51
 - Chest Press Cushion Box Assembly 4015A083-0
 - Top Weight Package (20-4 x 12, black) - 4700-010
 - Weight Pack 1 (4 x 12, black) - 4700S040
 - Weight Pack 2 (4 x 12, black) - 4700S043

NOTE: x denotes specific color

2. Follow steps 1 - 6 of the assembly guidelines listed on the 5600 Modular Center Post or steps 1 -4 listed on the 5629 Tandem Center Post Assembly & Parts instruction sheet.
3. Measure distance from edge of back cushion to one end of arm. Repeat for other side. See Figure 1.

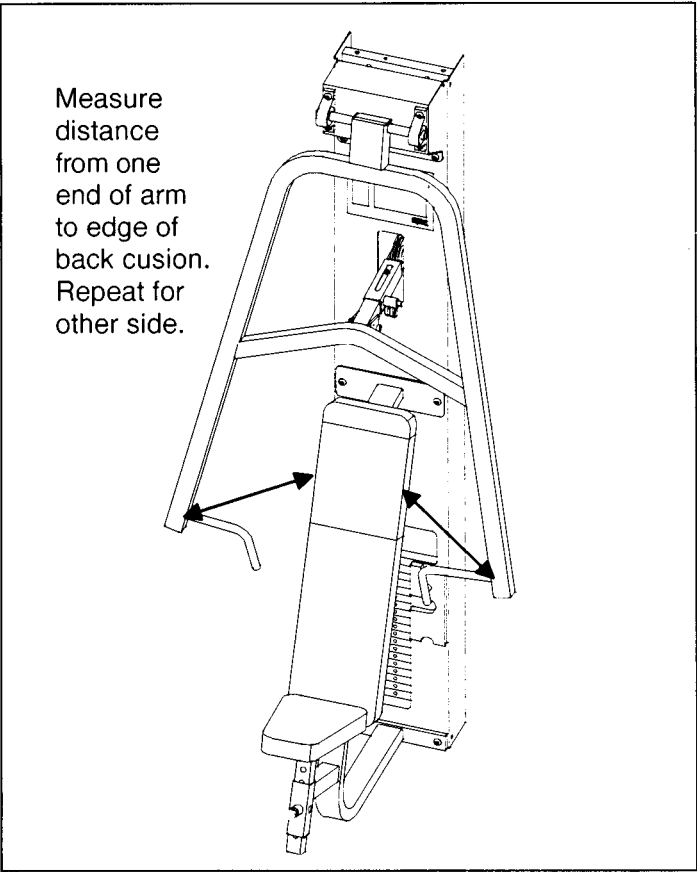


Figure 1 - Verifying Alignment

4. Adjust position of input arm assembly until the two measurements are as equal as possible.
5. Install cable end as shown in the Cable Routing diagram using washer (item #19), hex nut (item #23 and jam nut (item #24).
6. Install pulley mount (item #53) and adjusting tube (items #3 and #4).
7. Complete cable routing and then refer to step 8 in the Modular Center Post Assembly & Parts or step 6 in the Tandem Center Post Assembly & Parts instruction sheets.

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.

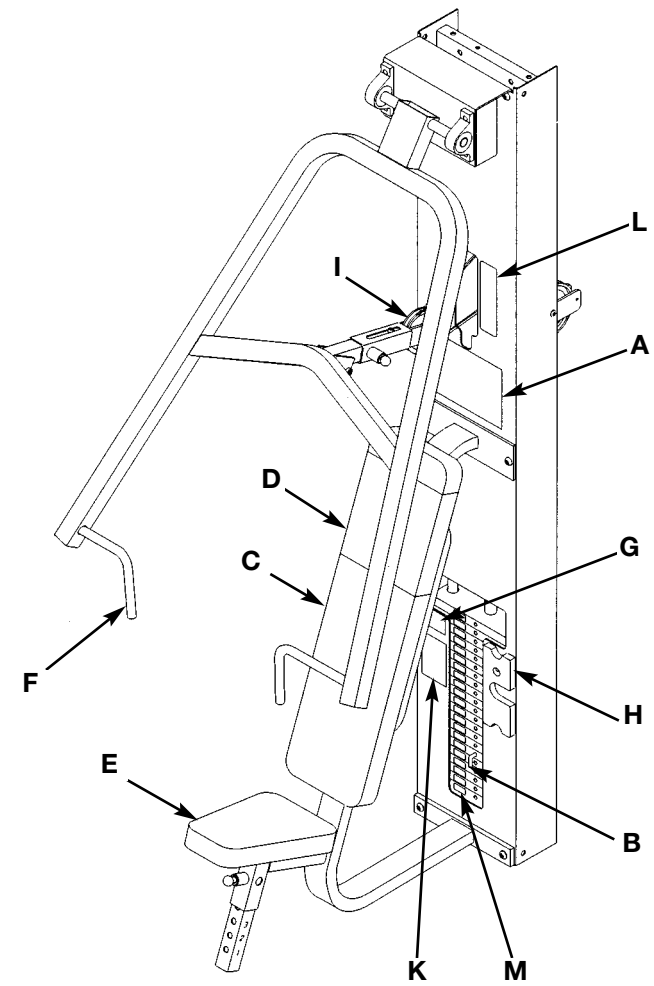
5640 - Chest Press

ITEM	QTY	PART NO.	DESCRIPTION
1			Removed
2	2	01755	Guide Rod Collet
3	1	02293	Adjusting Tube
4	1	02297	Outer Adjusting Tube
5	2	08009	Flange Bearing .50 ID x .62 OD x .50 L
6	2	4000M218	Detent Pin
7	2	4107M066	Weight Stack Guide Rod
8	2	BS070201	Compression Spring
9	2	PR060005	Weight Bumper
10	2	GP000000	Pulley Assembly 4.50
11	6	GP000004	Pulley Spacer
12	3	GP000203	Pulley Center
13	1	GP000207	Pulley Assembly 6.0
14	1	HC662815	SHCS .312-18 x .75
15	6	HC700414	BHSCS .375-16 x .625
16	2	HN704000	Hex Nut .375-16
17	2	HN704901	Nylon Locknut .375-16
18	1	HS328300	Split Lockwasher .312
19	3	HS347700	Washer USS .375
20	2	JC782815	SHCS .50-13 x .75
21	2	JD383326	Shoulder Bolt .50 x 2.00 .375-16
22	2	JD383327	Shoulder Bolt .50 x 2.25 .375-16
23	1	JN714200	Hex Nut .375-24
24	1	JN714400	Jam Nut .375-24
25			Removed
26	14	JS388300	Split Lockwasher .50
27	4	PN660201	Hole Plug
28	2	PP080204	Plastic Cap .625 ID x .68 OD
29	2	PP460200	Plastic Knob .312-18
30	1	02283	Frame
31	12	HN784000	Hex Nut .50-13
32	2	JC780417	BHSCS .50-13 x 1.00
33	10	JC780420	BHSCS .50-13 x 1.25
34	1	HC661217	HHCS .312-18 x 1.00
35	1	PP090200	Plastic Insert 1.75 Sq x 11 G
36	2	HC700430	BHSCS .375-16 x 2.50
37	2	01190	Vinyl Black End Cap
38	1	02301	Arm
39	1	02319	Bearing Mount
40	2	4000-100	Pillow Block Bearing
41	4	HS387500	Washer USS .50
42	2	PP090201	Plastic Insert 2.00 Sq x 11 G
43	2	4700-019	Flange Bearing
44	1	4700-010	Top Weight Assembly
45	2	BR030206	Retaining Ring
46	4	HP286819	Spiral Pin 1.12 ID x .188 OD
47	1	02106	Half Weight Peg
48	1	4700M005	Rubber Cap
49	1	HS308300	Split Lockwasher .25
50	1	JC620415	BHSCS .25-20 x .75
51	19	4005C062	Stack Weight 4 x 12
52	2	JC700920	FHSCS .375-16 x 1.25
53	1	02303	Pulley Mount
54	1	4025P026	Cushion Mount
55	1	PR060003	Recess Bumper
56	1	HN664900	Nylon Locknut .312-18
57			Removed
58	1	4025S038-0	Back Cushion
59	1	5520S008-0	Seat Cushion
60	1	02320	Placard Decal
61	1	4000Y316	Caution Decal
62	1	02521	Warning Decal
63	1	4605-381	General Warning Decal
64	1	5310P044	Weight Selector Pin
65	2	PR400200	Grip
66	1	C-ZA000200	Half Weight
67	1	02225	Modular Screen (not shown)
68	1	4800-515	Weight Plate Decal
69	1	4116S072	Cable Subassembly 71.88
70	1	4000S118-0	Wear Cover

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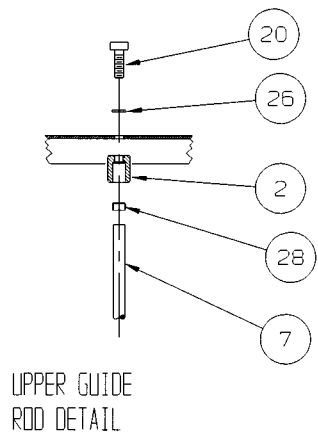
ASSEMBLY & PARTS



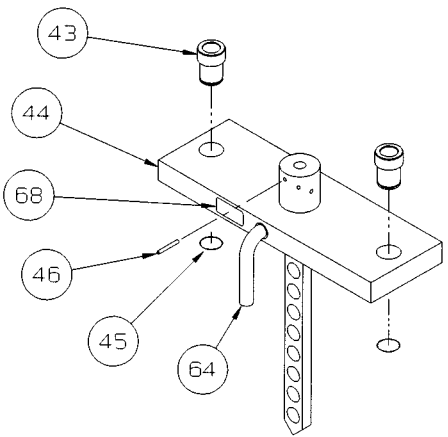
NOTE: See exploded-view diagram for item J.

DESCRIPTION	PART NO.	DESCRIPTION	PART NO.
A. Placard Decal.....	02320	G. Caution Decal	4000Y316
B. Weight Selector Pin	5310P044	H. Half Weight	C-ZA000200
C. Back Cushion With		I. Cable Subassembly.....	4116S072
Wear Cover (Item D)	4025S038-0	J. Serial Number Decal	
D. Wear Cover	4000S118-0	K. Warning Decal.....	02521
E. Seat Cushion	5520S008-0	L. General Warning Decal.....	4605-381
F. Hand Grip	PR400200	M. Weight Plate Decal.....	4800-515

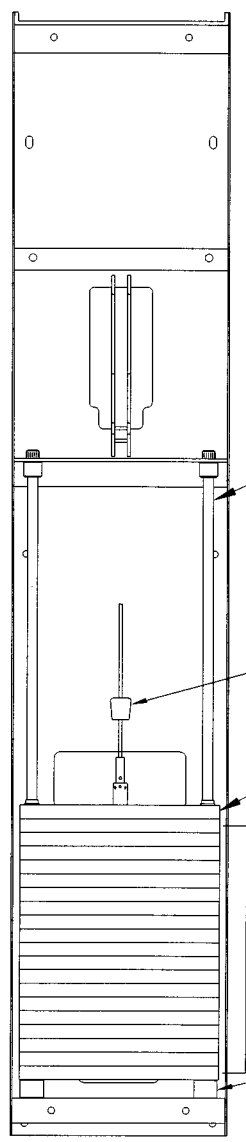
Upholstery Hardware Pack 4015S098



UPPER GUIDE
ROD DETAIL



TOP WEIGHT
ASSEMBLY

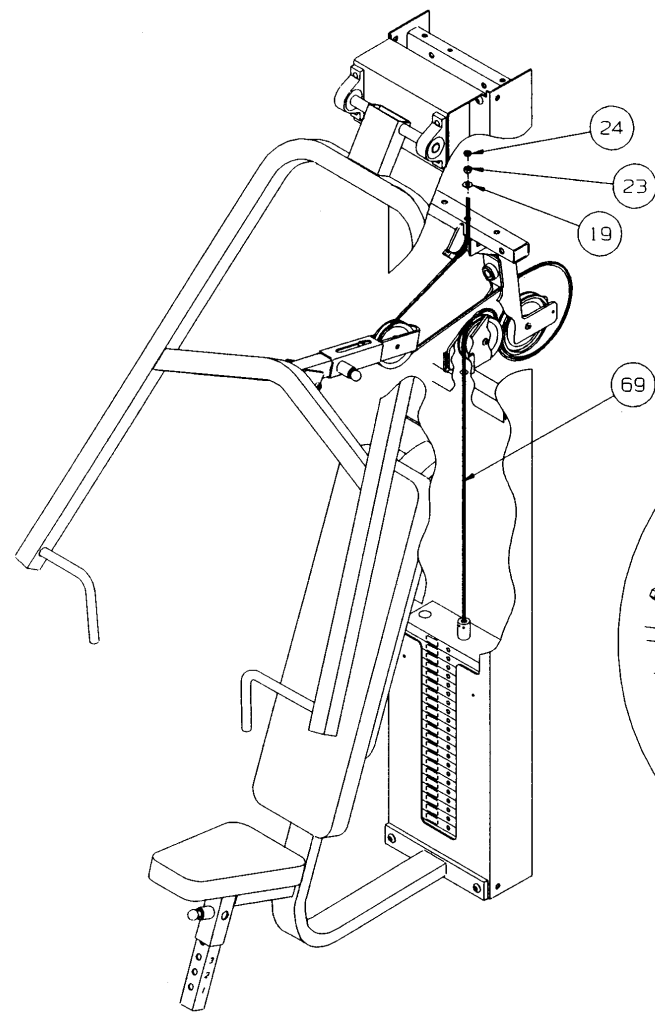


SEE UPPER
GUIDE ROD
DETAIL

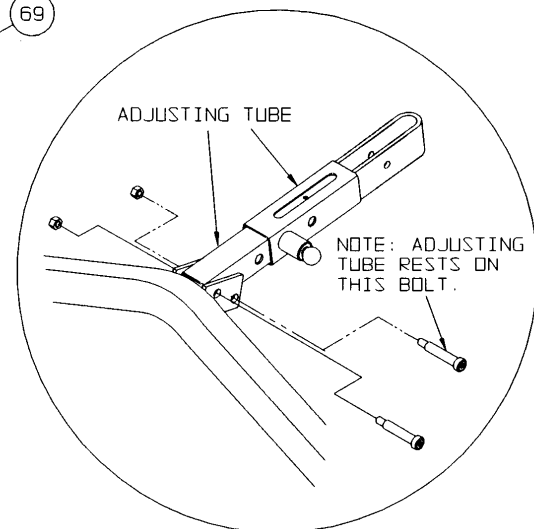
SEE TOP
WEIGHT
DETAIL

REAR VIEW

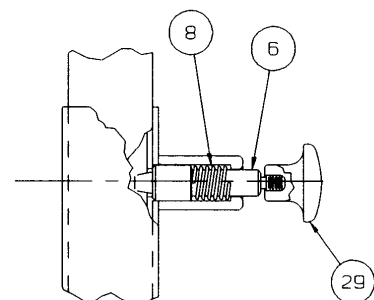




CABLE ROUTING DETAIL



ADJUSTING TUBE
ASSEMBLY DETAIL



DETENT PIN DETAIL

