

# Exploded

**E3028** Triceps extension  
please note jprats didn't demolitionde part and fast eners not  
listed on the introduction

D10	dowel pin Ø8x50	2
C9	Flat washer Ø8, 3*Ø20x11,5	2
C8	Cup head inner hex screw M8x35	2
C7	Flat washer Ø8, 3*Ø20x11,5	8
C6	Cup head inner hex screw M8x35	8
C5	Gasket DQ003 Ø29,8*Ø12*14	2
C4	Screw cap S277	2
C3	Spring washer ø12	2
C2	Outer hex screw M12x35	2
B	Weight stack set	1
A27	Gasket DQ003 Ø29,8*Ø12*14	8
A26	Screw capS277	8
A25	Spring washer ø12	8
A24	Outer hex screw M12x35	8
A30	Back shroud HB14	1
A13	Front shroud HB18	1
A4	Head cover	1
A3	Head cover	1
A2	Socket Cap inner hex M6*15	4
A1	Cup head cross tapping screw M5x30	2
07	working arm	1
06	cam sets	1
04	below connection	1
03	upper connection	1
02	Main frame	1
01	Door frame	1

