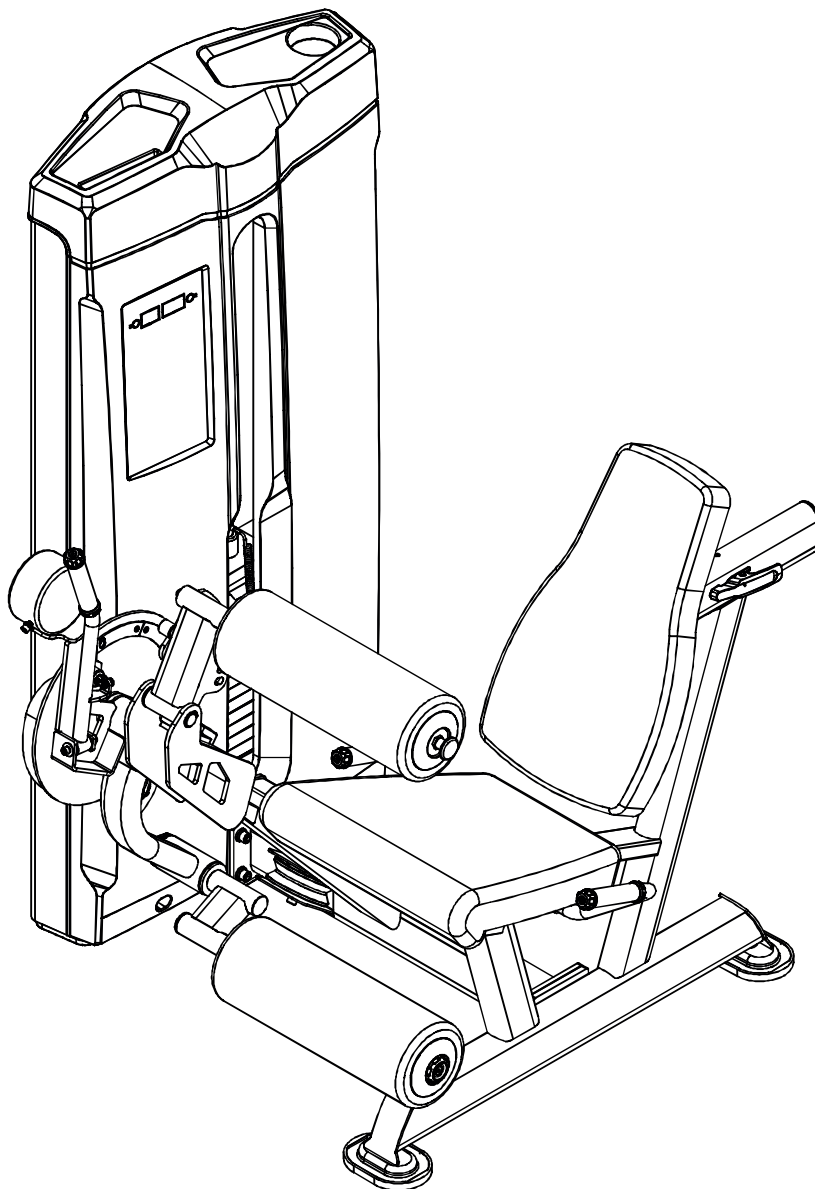


OWNER'S MANUAL

Leg Extension / Seated Leg Curl



CAUTION

Please read all instructions in this manual before use the equipment and keep the manual well.

Cautions

In order to avoid human injuries and property damages, before the use of this series equipment, please read the following important notices.

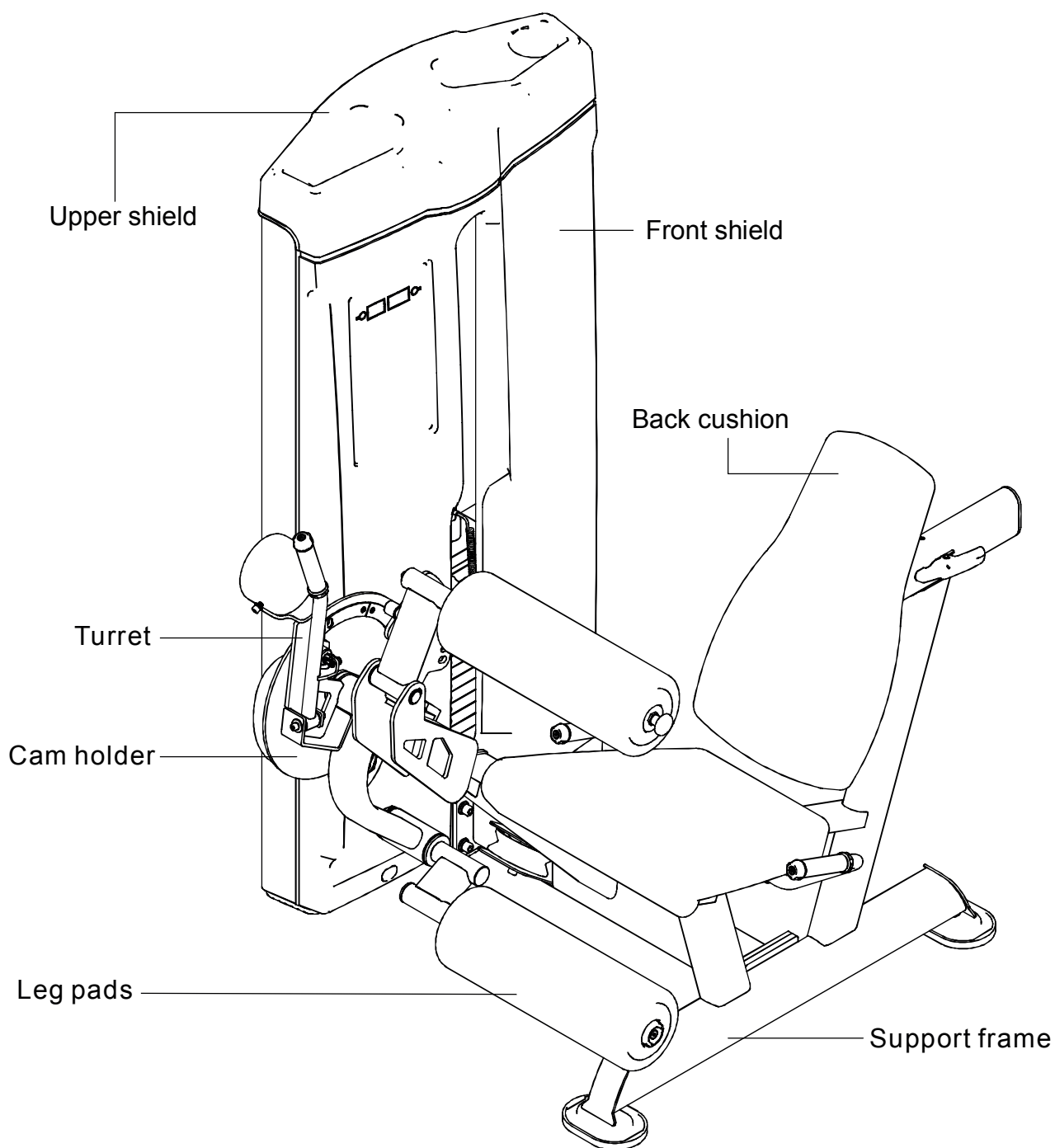
1. Before use of the equipment please read this Owner's Manual carefully. The equipment should be assembled and used strictly following the relevant instructions in this manual, and can not change any of its components or disassemble it freely.
2. It should be ensured that all users have been fully aware of the safety warnings and precautions before they exercise on the equipment.
3. Too loose-fitting clothing can not be worn, and sports shoes should be put on while exercising.
4. The equipment should be carefully examined before training. If there is damage, please do not use it and do not try to repair it by yourself. Please contact your supplier in time. It is necessary to inform after-sales service personnel as soon as possible to get the machine repaired.
5. Make sure the selector pin has fit well in its position before exercising and do not use selector pin other than the one coupled with this equipment to avoid any injury.(Apply to single station with cable)
6. The equipment should be placed indoors, and make sure that the ground is flat, and there are enough space around the equipment for user to exercise on the machine freely.
7. Before using the machine, please check the cables to ensure that cable is in the groove of pulley, and attention should be paid especially to the end of cable. (Apply to single station with cable)
8. Only originally attached or manufacturer provided weight stack can be used in this

equipment and can not increase the weight of weight stack by use of other manufacturers' weight stack plate. (Apply to single station with cable)

9. Child and pet are not allowed to be too close to the equipment while it is in using.
10. If exerciser feels dizzy or physical pain while training he or she should stop exercising immediately and consult a doctor.
11. The equipment should be used in a well defined place and under well managed and monitored way of the equipment owner.

Before using the equipment please consult your physician and fitness expert, and must be sure to read all the specifications in this owner's manual. Manufacturer will not be held responsible for any personal injury and property loss resulted from the incorrect use of the products.

Equipment Schematic



Fitting instructions

1. When strip off the wrappage around the surface of equipment, should be careful, do not hurt the machine with knife scratches on the surface.
2. When moving this equipment, a sufficient number of personnel should be used to prevent the equipment from collision, or to avoid the injuries caused by personnel shortage.
3. Prior to installation of the equipment, make sure that all the parts are complete, no missing hardware.
4. When install the equipment, should have two or more persons working together to ensure the accurate location of parts assembly.
5. When install the equipment should pay attention to the assembly instructions to prevent component fitting to a wrong place or some components being omitted.
6. The suitable installation tools should be used to avoid the equipment damages or human injuries caused by the use of inappropriate tools in the installation process.
7. If need to move equipment, the movement must be after the completion of installation. The equipment can not be moved when the installation process hasn't finished or locking nut hasn't been tightened up.
8. Attention should be paid to the sequence of fastening locking nut, when the overall installation of the equipment is not finished, should not tighten up the nut that is being installed. After the whole machine is properly fitted together, the locking nuts can be tightened up one by one.
9. Before installation the cable terminals should be checked to make sure whether they are firm. (Apply to single station with cable)
10. After the completion of installation, start the initial trial of the equipment with gentle

force. Make certain that the equipment is without any abnormality before normally use the machine. If something unusual is found with the equipment that, it is necessary to check the equipment carefully, identify the problems and reinstall it.

Warranty

*Ten years: Main Frames

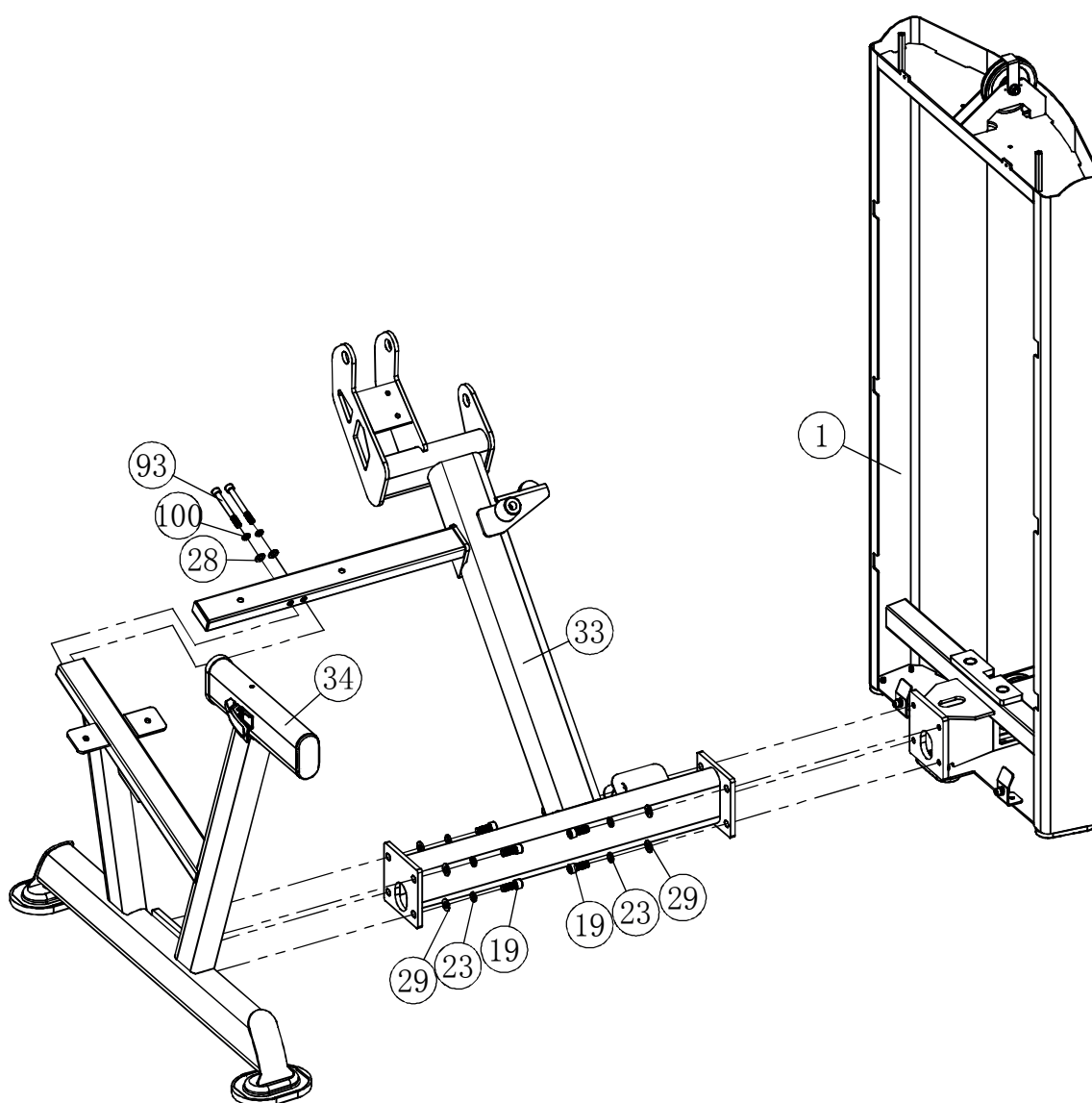
*One year: Bushings, Pivot bearings, guide rods, Weight plate, cams, swivel welding parts, Pull-pin components

*Half year: Finish, rubber grips, belt, cables.

*Three Months: upholstery

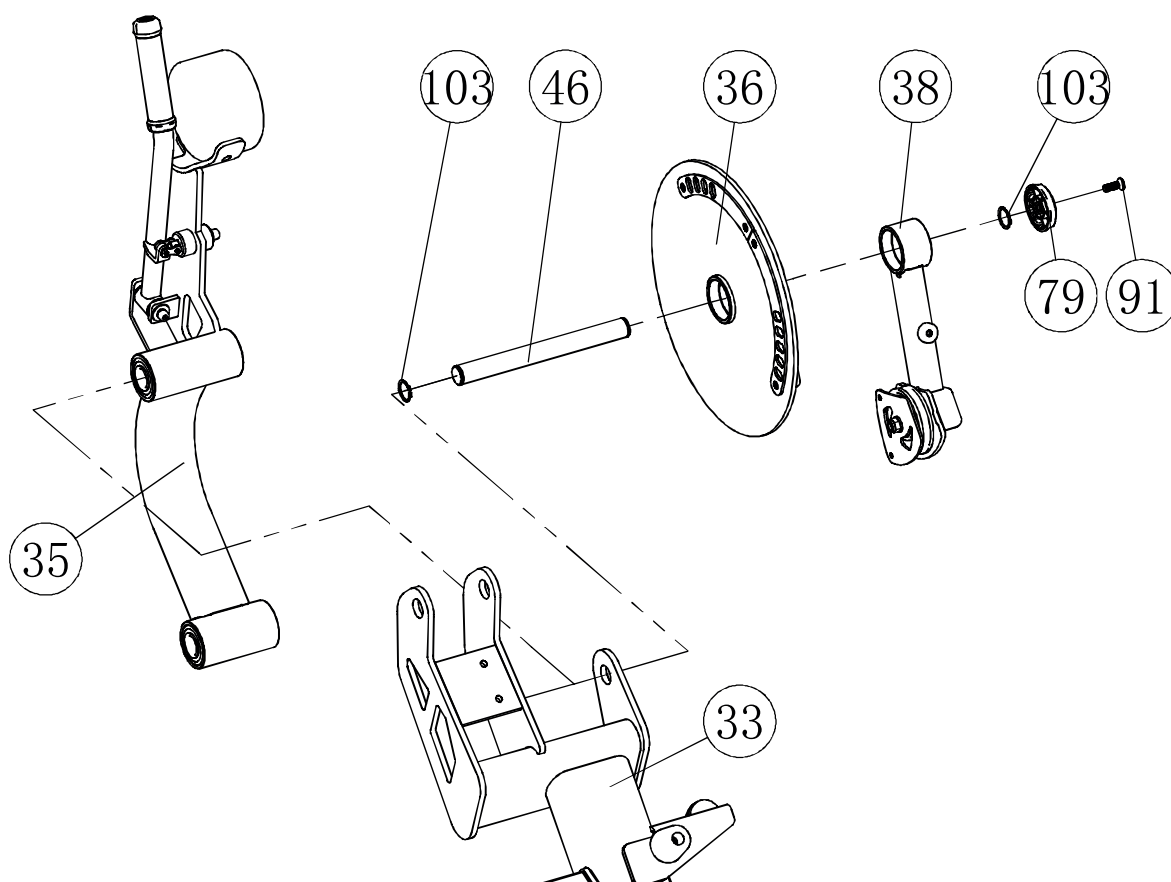
Assembly step1

Steps	No.	Description	Specifications	Qty
1	1	Doorframe		1
	19	Hex socket head cap screw	M12*30	8
	23	Spring washer	M12	8
	28	Plain washer	$\Phi 20 \times \Phi 10.5 \times 2$	2
	29	Plain washer	$\Phi 24 \times \Phi 13 \times 2.5$	8
	33	Main frame		1
	34	Support frame		1
	93	Hex socket head cap screw	M10*90	2
	100	Spring washer	M10	2



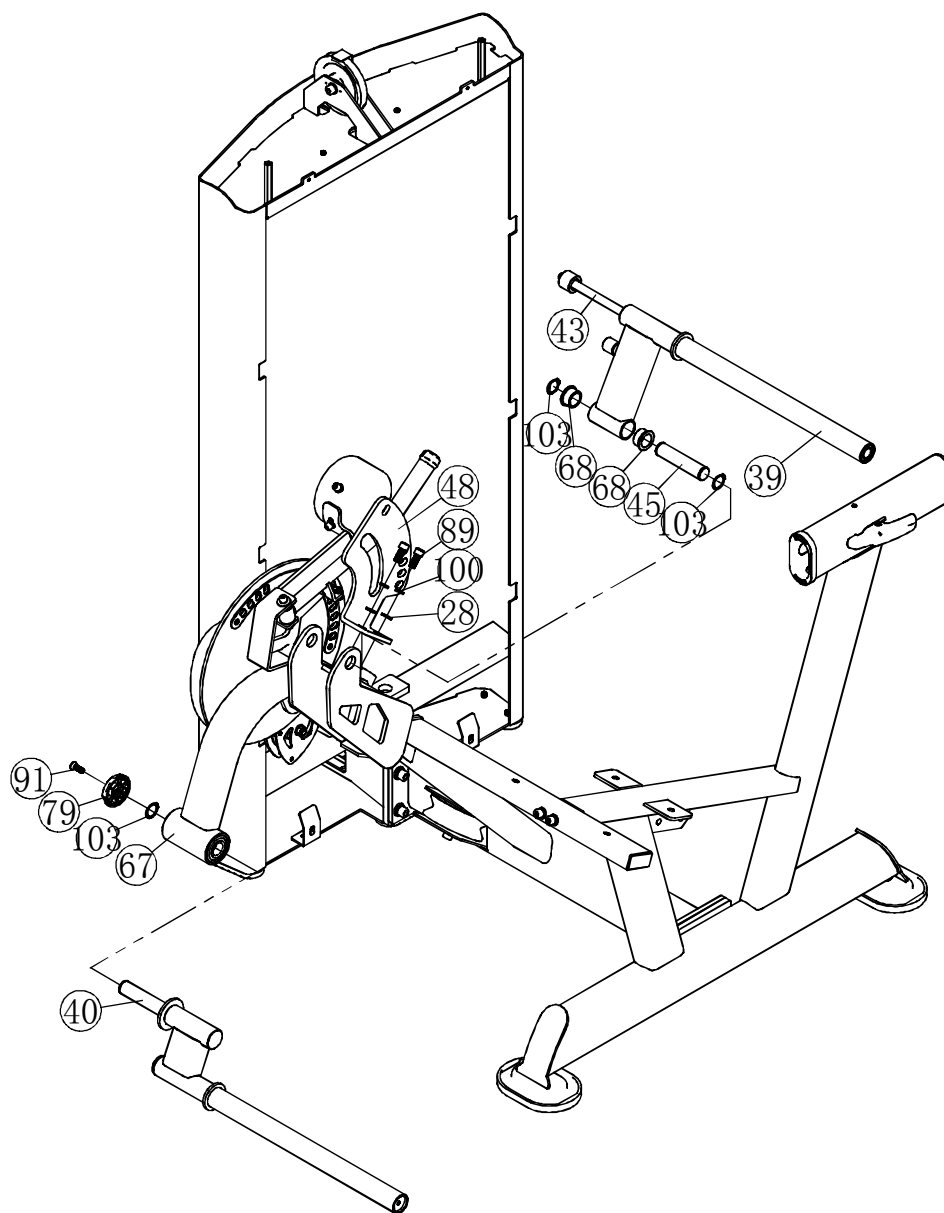
Assembly step2

Steps	No.	Description	Specifications	Qty
2	33	Main frame		1
	35	Turret		1
	36	Cam holder		1
	38	Swing span		1
	46	Shaft II	$\Phi 25 \times 247$	1
	79	End cover	$\Phi 60.5 \times 15$ (gray)	1
	91	Countersunk hex socket screws	M8*25	1
	103	Circlips for shaft	$\Phi 25$	2



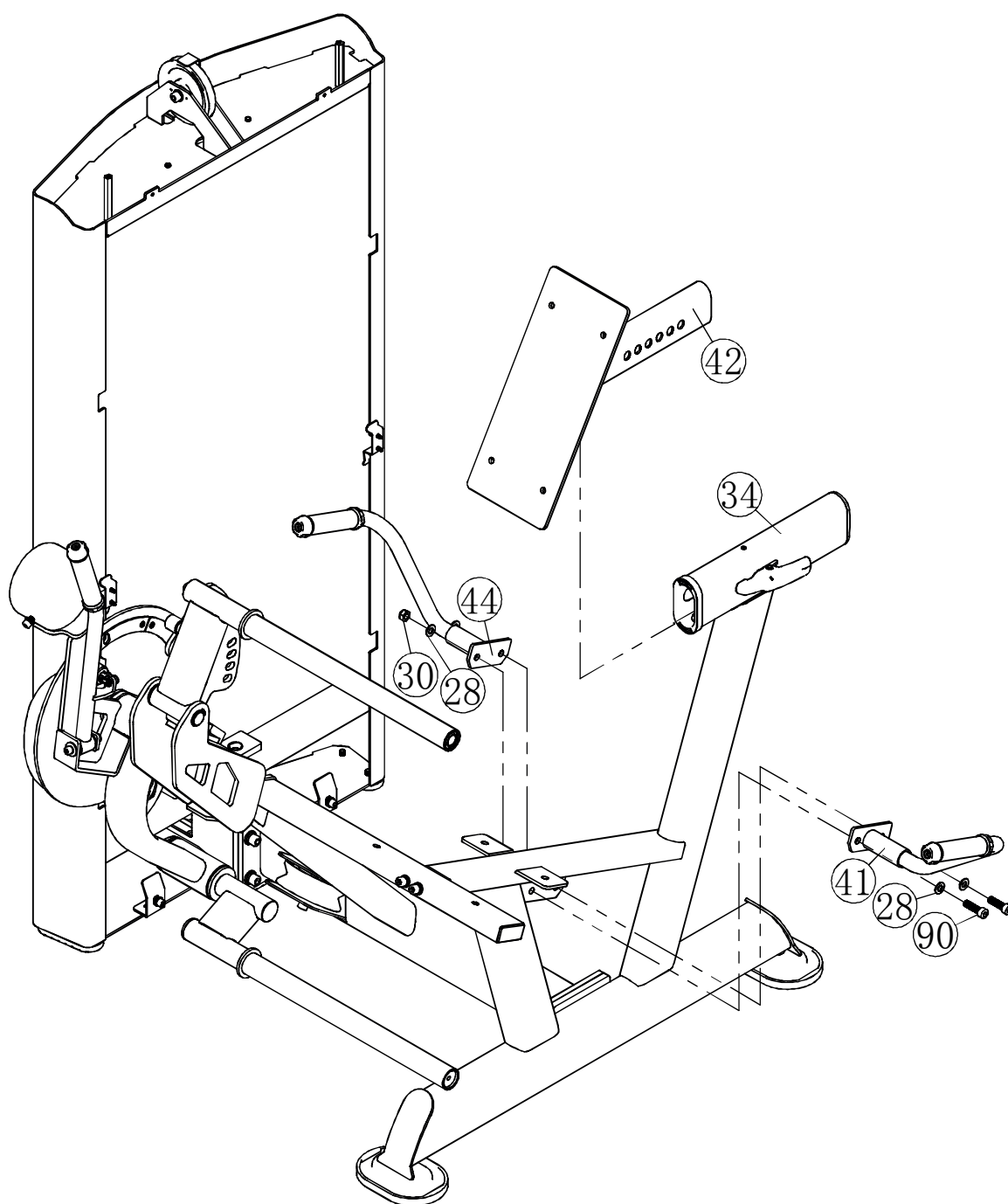
Assembly step3

Steps	No.	Description	Specifications	Qty
3	28	Plain washer	$\Phi 20 \times \Phi 10.5 \times 2$	2
	39	Stretching rack		1
	40	Kick stand		1
	43	Adjustment lever		1
	45	Shaft I	$\Phi 25 \times 112$	1
	48	Adjustment plate	$207 \times 235 \times 67 \times 8$	1
	67	Iron-based bushing	$\Phi 22 \times \Phi 16 \times 10$	2
	68	Copper-based bushing	$\Phi 38 \times \Phi 25 \times 18$	2
	79	End cover	$\Phi 60.5 \times 15$ (gray)	2
	89	Hex socket head cap screw	M10*25	1
	91	Countersunk hex socket screws	M8*25	1
	100	Spring washer	M10	2
	103	Circlips for shaft	$\Phi 25$	3



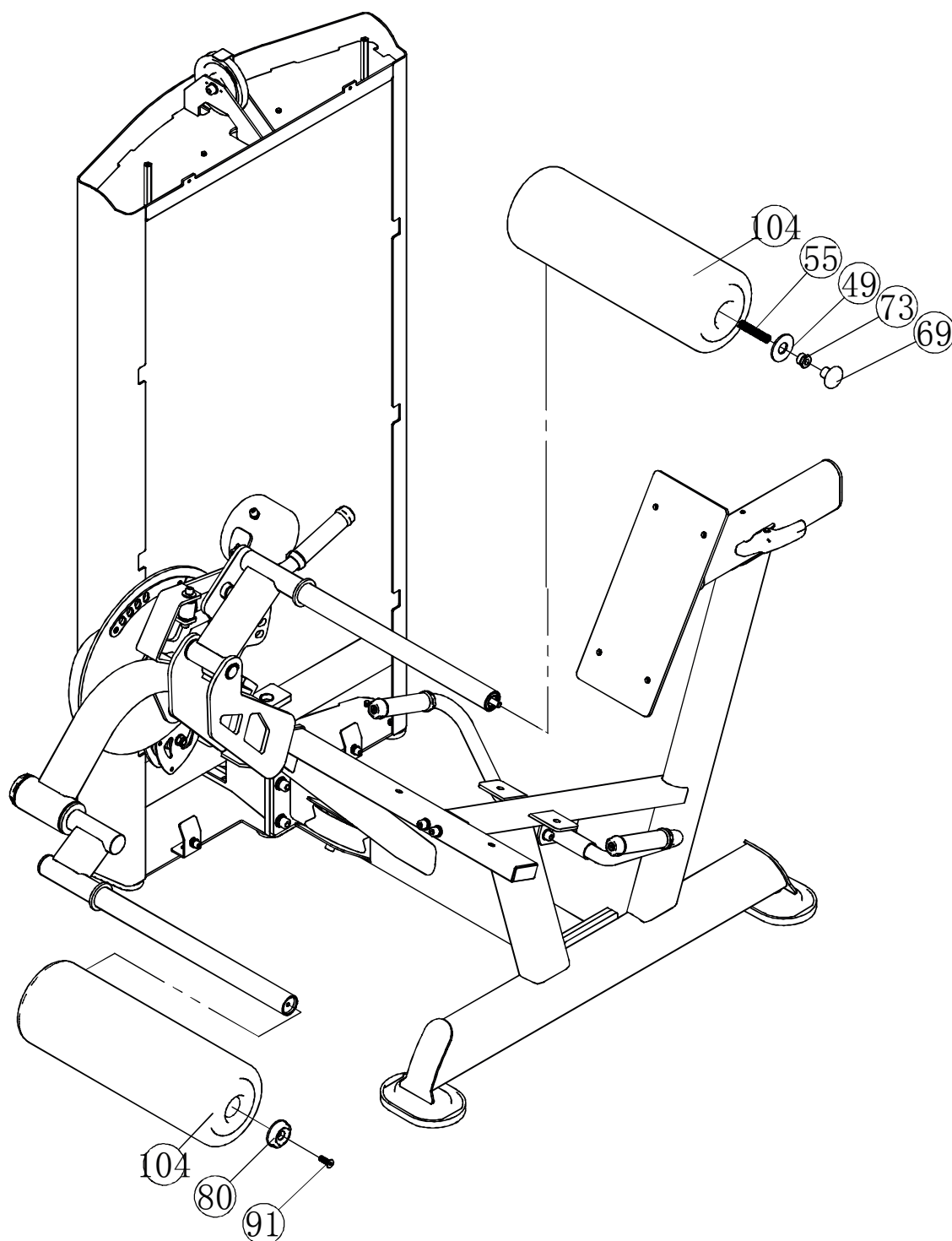
Assembly step4

Steps	No.	Description	Specifications	Qty
4	28	Plain washer	$\Phi 20 \times \Phi 10.5 \times 2$	4
	30	Nylon insert lock nut	M10	2
	34	Support frame		1
	41	Left handle frame		1
	42	Back adjusting bracket		1
	44	Right handle frame		1
	90	Hex socket head cap screw	M10*35	2



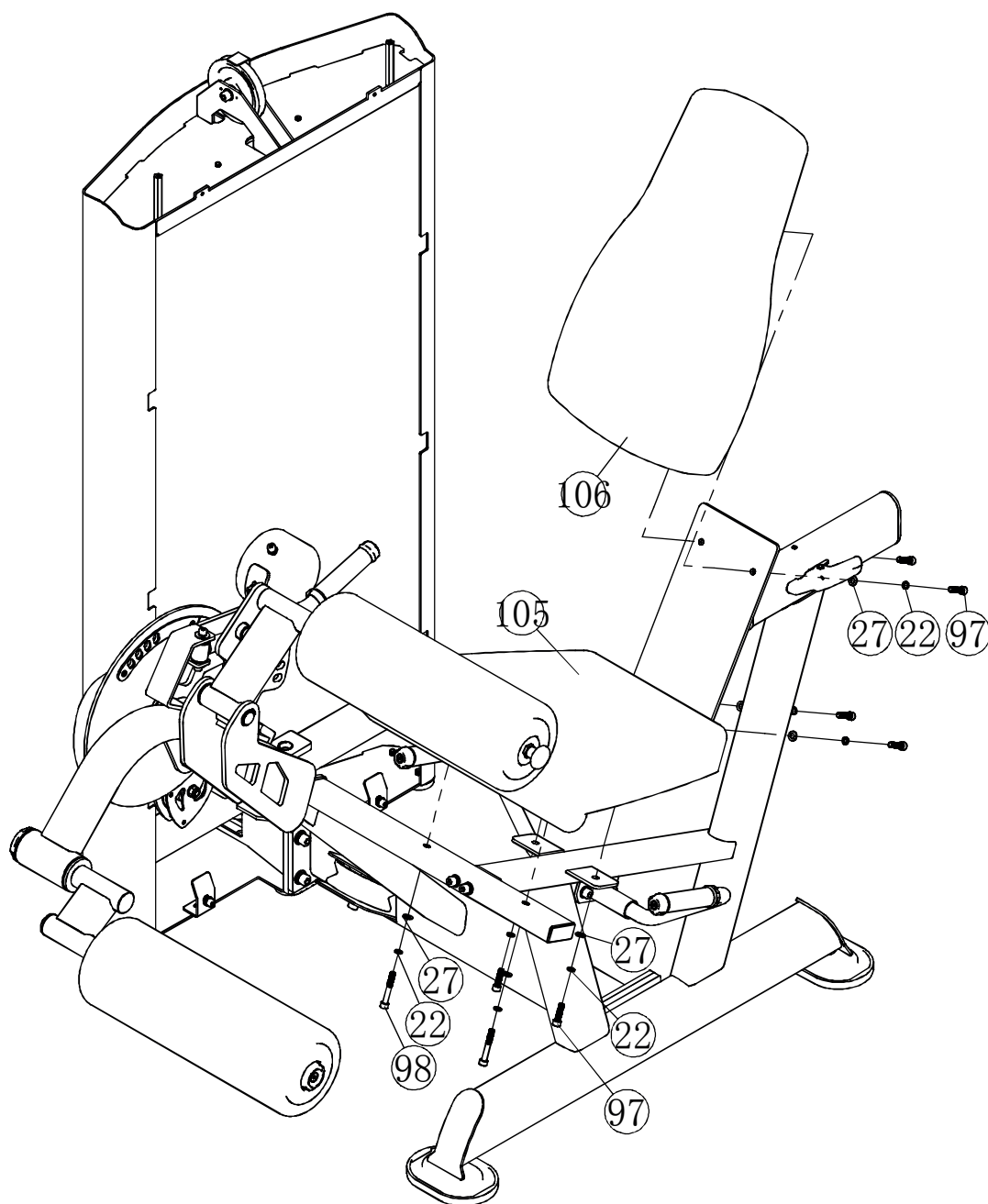
Assembly step5

Steps	No.	Description	Specifications	Qty
5	49	End ring	$\Phi 52 \times \Phi 21 \times 3$	1
	55	Spring	$\Phi 1.4 \times \Phi 12.5 \times 70$	1
	69	Rotary knob	$\Phi 41 \times 30.5 \times M10$	1
	73	M20 nut	$M20 \times 1.5 \times 16 \times \Phi 10.5$	1
	80	End cover	$\Phi 50 \times 15$ (gray)	1
	91	Countersunk hex socket screws	$M8 \times 25$	1
	104	Leg pads	$\Phi 160 \times \Phi 41.4 \times 480$	2



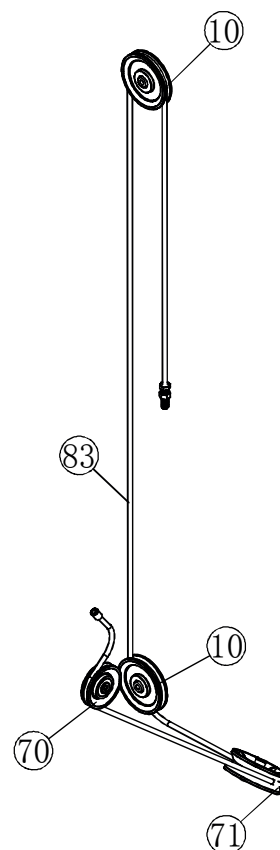
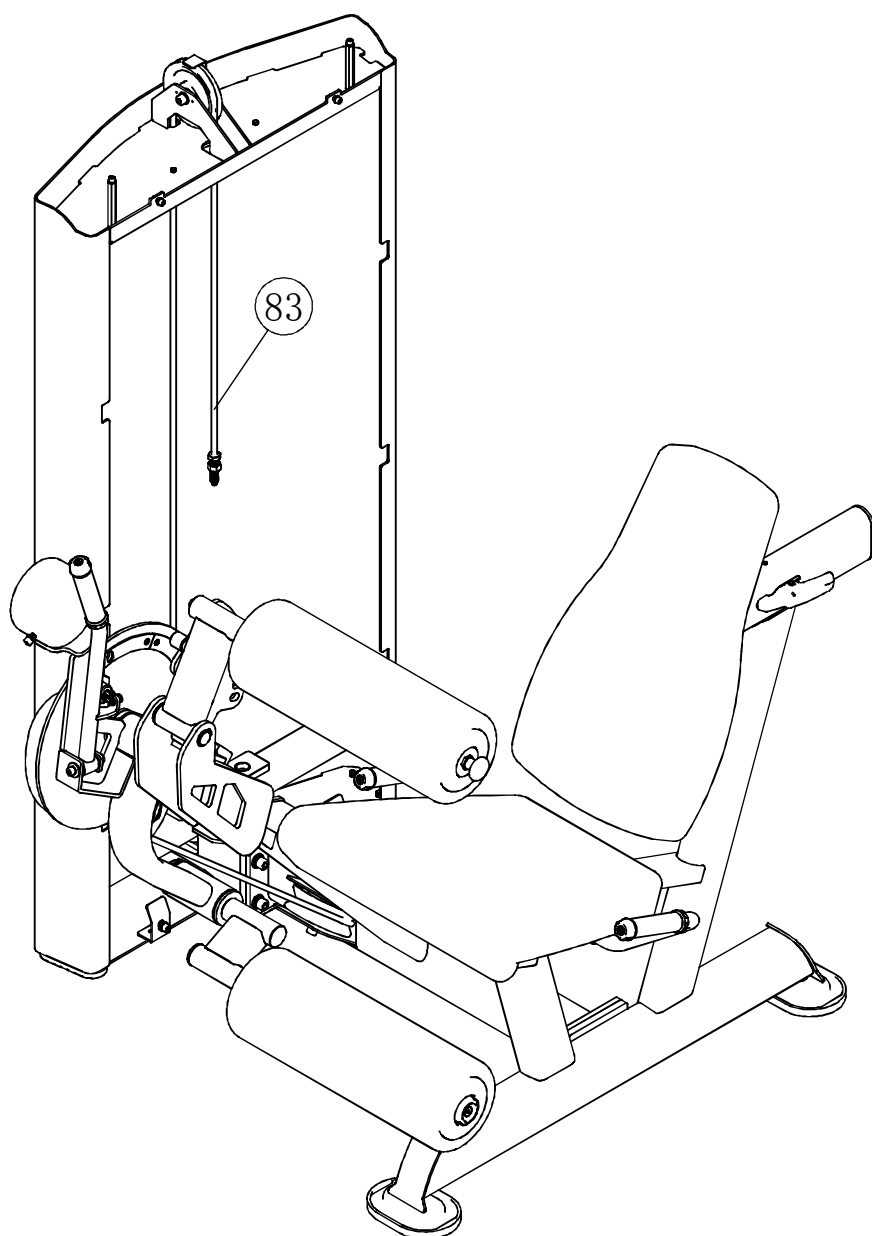
Assembly step6

Steps	No.	Description	Specifications	Qty
6	22	Spring washer	M8	8
	27	Plain washer	Φ16*Φ8.4*1.6	8
	97	Hex socket head cap screw	M8*30	6
	98	Hex socket head cap screw	M8*55	2
	105	Seat pad	502*490*330*112	1
	106	Back cushion	610*370*65	1



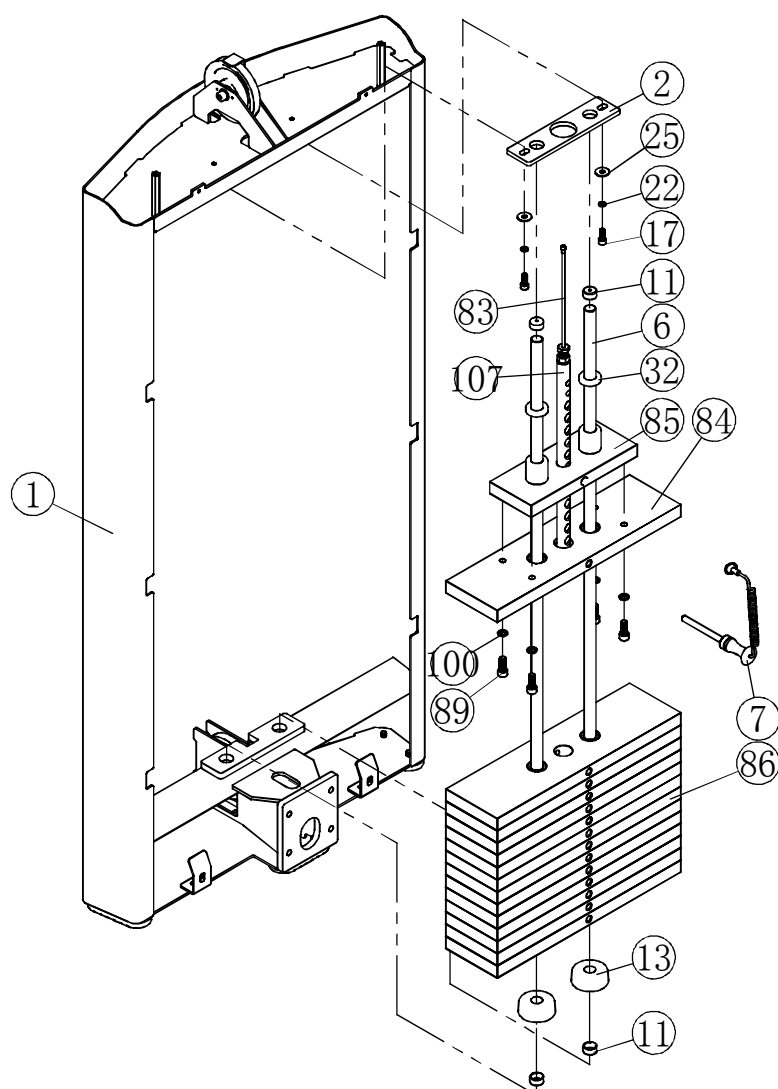
Assembly step7

Steps	No.	Description	Specifications	Qty
7	10	Pulley	$\Phi 114 \times 25.4$	2
	70	Pulley	$\Phi 89 \times 25.4$	1
	71	Wide pulley	$\Phi 116 \times 47$	1
	83	Cable set	L=3955	1



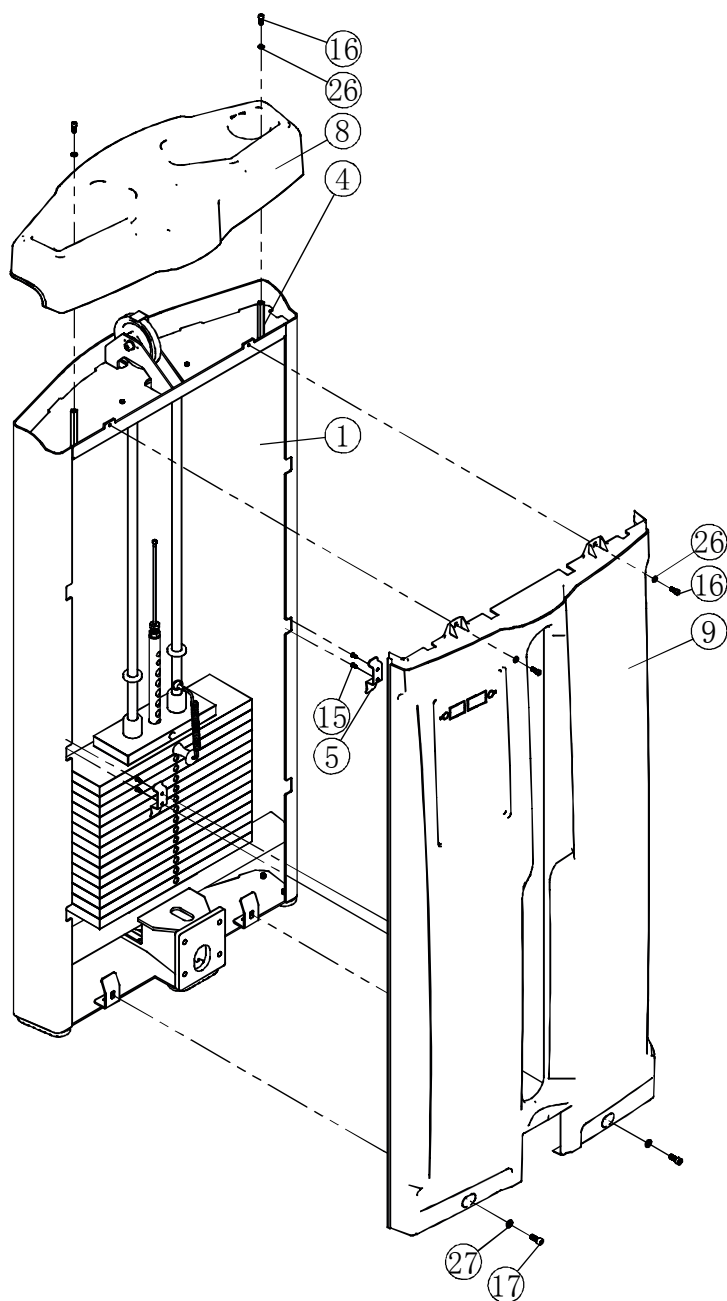
Assembly step8

Steps	No.	Description	Specifications	Qty
8	1	Doorframe		1
	2	Guild rod stator	220*55*8	1
	6	Guide rod	Φ20*1250	2
	7	Selector pin	Φ10*100	1
	11	Rod end cover	Φ23*12	4
	13	Rubber bumper	Φ62*Φ20*26	2
	17	Hex socket head cap screw	M8*20	2
	22	Spring washer	M8	2
	25	Big washer	Φ24*Φ8.4*2	2
	32	Rubber bumper		2
	83	Cable set	L=3955	1
	84	20lb weight stack plate	123*439*25.4	1
	85	10lb counterweight	254*100*25.4	1
	86	20lb weight stack plate	123*439*25.4	13
	89	Hex socket head cap screw	M10*25	4
	100	Spring washer	M10	4
	107	15holes shaft	Φ22*438	1

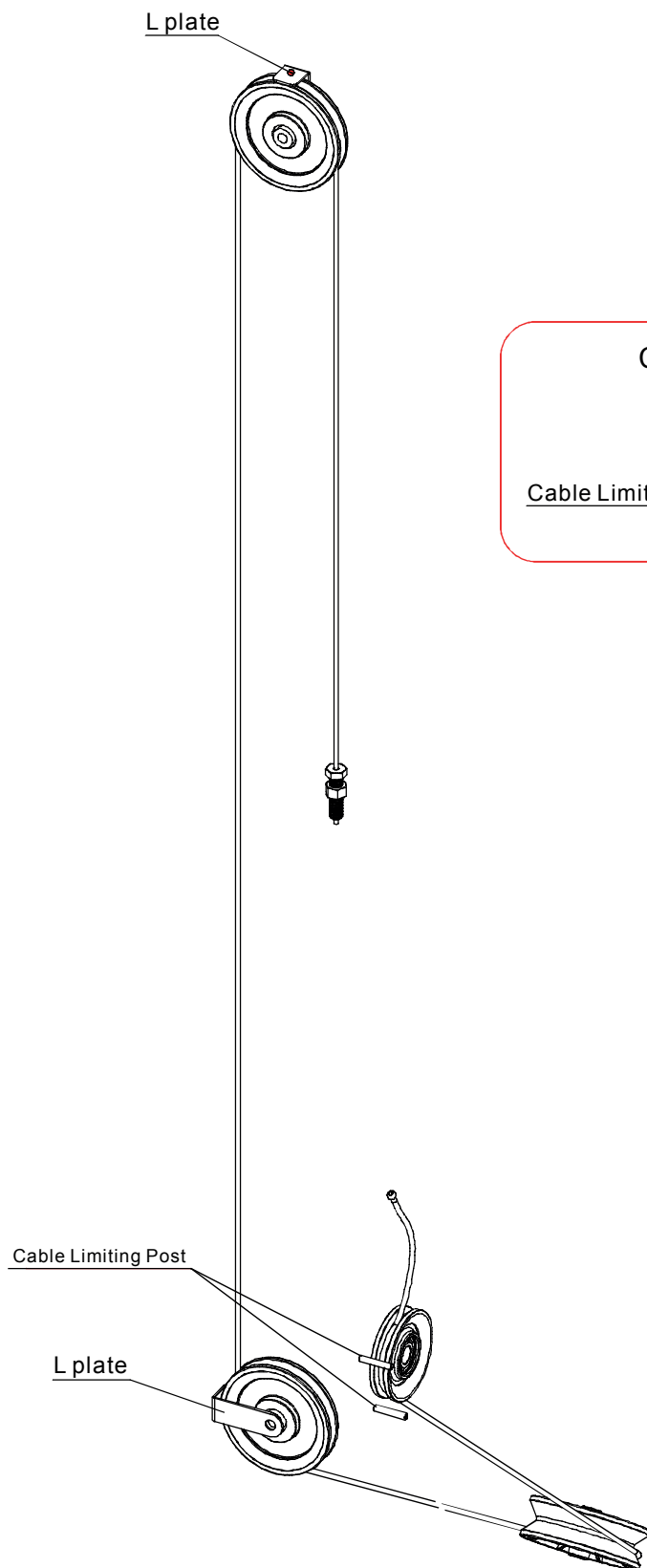


Assembly step9

Steps	No.	Description	Specifications	Qty
9	1	Doorframe		1
	4	Shield fixation column	12*12*86	2
	5	Shield fixation plate	85*14.5*25*2	2
	8	Upper shield	736*266*156	1
	9	Front shield	1453*716*115	1
	15	Cross recess pan head self-tapping screw	ST4.2*13	4
	16	Hex socket head cap screw	M6*16	4
	17	Hex socket head cap screw	M8*20	2
	26	Plain washer	Φ12*Φ6.4*1.6	4
	27	Plain washer	Φ16*Φ8.4*1.6	2



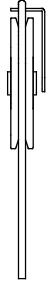
Cable Route Diagram



Correct

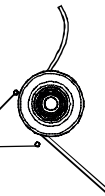


Wrong



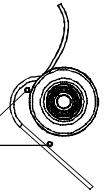
Correct

Cable Limiting Post

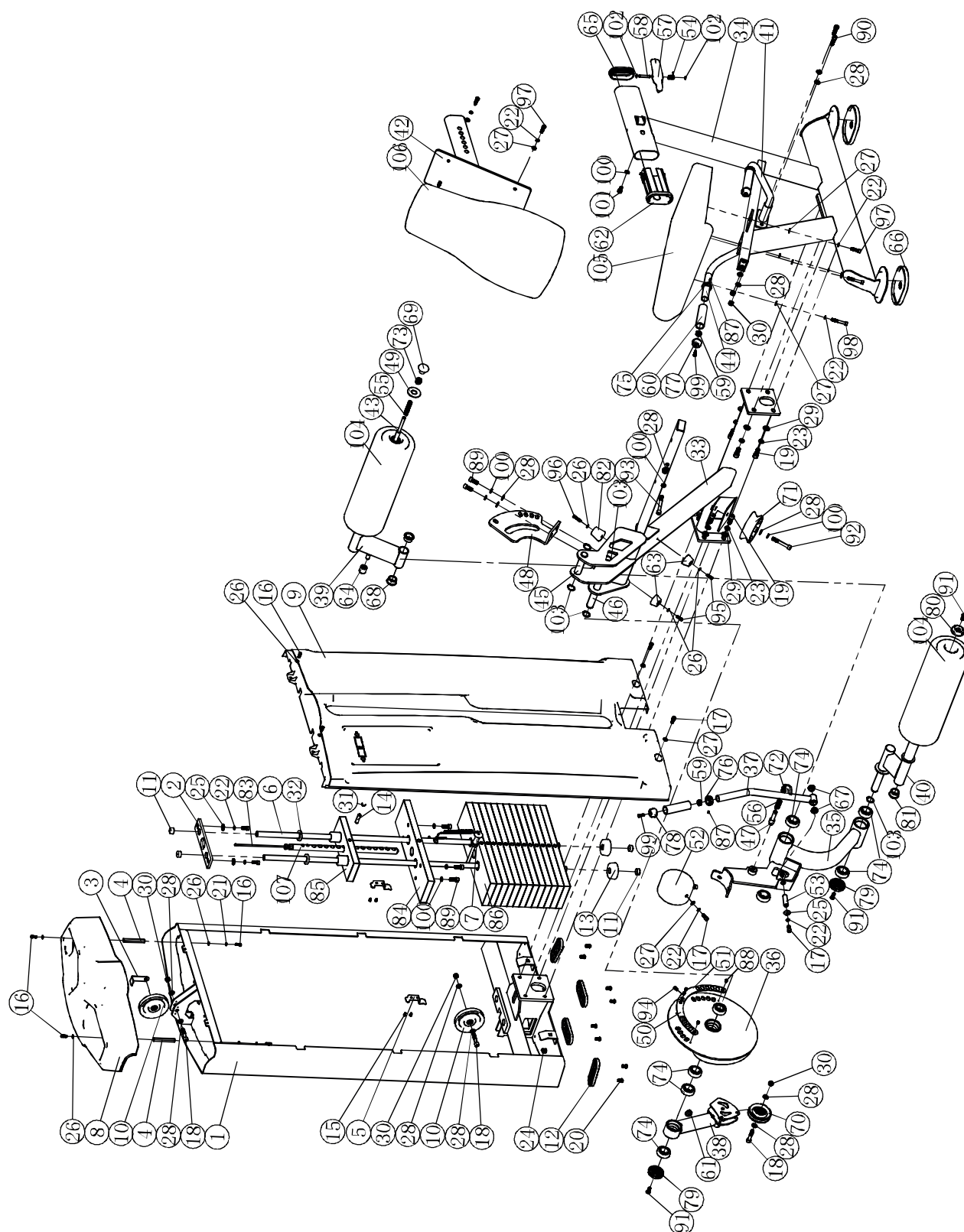


Wrong

Cable Limiting Post



Exploded View



Exploded List

No.	Description	Specifications	Qty
1	Doorframe		1
2	Guild rod stator	220*55*8	1
3	Pulley catch	74.5*30*25*2	1
4	Shield fixation column	12*12*86	2
5	Shield fixation plate	85*14.5*25*2	2
6	Guide rod	Φ20*1250	2
7	Selector pin	Φ10*100	1
8	Upper shield	736*266*156	1
9	Front shield	1453*716*115	1
10	Pulley	Φ114*25.4	2
11	Rod end cover	Φ23*12	4
12	Rubber mat	123*50*11	4
13	Rubber bumper	Φ62*Φ20*26	2
14	Spring pin	10*45	1
15	Cross recess pan head self-tapping screw	ST4.2*13	4
16	Hex socket head cap screw	M6*16	6
17	Hex socket head cap screw	M8*20	8
18	Hex socket head cap screw	M10*50	3
19	Hex socket head cap screw	M12*30	8
20	Hexagon socket button head screw	M8*16	8
21	Spring washer	M6	2
22	Spring washer	M8	14
23	Spring washer	M12	8
24	Cage nut	M8	2
25	Big washer	Φ24*Φ8.4*2	4
26	Plain washer	Φ12*Φ6.4*1.6	9
27	Plain washer	Φ16*Φ8.4*1.6	12
28	Plain washer	Φ20*Φ10.5*2	15
29	Plain washer	Φ24*Φ13*2.5	8
30	Nylon insert lock nut	M10	6
31	Stopple	Φ38*Φ22*8	1
32	Rubber bumper		2
33	Main frame		1
34	Support frame		1
35	Turret		1
36	Cam holder		1
37	Adjusting rack		1
38	Swing span		1
39	Stretching rack		1
40	Kick stand		1
41	Left handle frame		1
42	Back adjusting bracket		1

Exploded List

No.	Description	Specifications	Qty
43	Adjustment lever		1
44	Right handle frame		1
45	Shaft I	Φ25*112	1
46	Shaft II	Φ25*247	1
47	Adjusting plunger	Φ20*Φ12.7*70	1
48	Adjustment plate	207*235*67*8	1
49	End ring	Φ52*Φ21*3	1
50	Left adjustment paster	R163*26*3	1
51	Right adjustment paster	R163*26*3	1
52	Counter weight	Φ130*70	1
53	Rod shaft	Φ16*52.5	1
54	Torsion spring	Φ2*Φ11.5*30	1
55	Spring	Φ1.4*Φ12.5*70	1
56	Spring	Φ1.6*Φ16*45	1
57	Adjusting handle	136*52*32	1
58	Fixed axle	Φ8*44	1
59	Reed nut	M6*Φ20.8*10	3
60	Handle grip	Φ31.5*Φ24*110	3
61	Rubber bumper	Φ25*Φ14*15.2	1
62	Hollow pipe sleeve	PT50*100*3*PT40*80	1
63	Rubber bumper	Φ42*Φ32*22	2
64	Rotary locating bush	Φ25*Φ12*25	1
65	Elliptical tube stopper	PT50*100*3	1
66	Rubber mat	164.5*114.5*14	2
67	Iron-based bushing	Φ22*Φ16*10	2
68	Copper-based bushing	Φ38*Φ25*18	2
69	Rotary knob	Φ41*30.5*M10	1
70	Pulley	Φ89*25.4	1
71	Wide pulley	Φ116*47	1
72	Roller chain link	10A	1
73	M20 nut	M20*1.5*16*Φ10.5	1
74	Steps rolling bearing	Φ52*Φ25*18	12
75	End ring	Φ25*14 (gray)	2
76	End ring	Φ25*14 (yellow)	1
77	End cover	Φ25*21 (gray)	2
78	End cover	Φ25*21 (yellow)	1
79	End cover	Φ60.5*15 (gray)	2
80	End cover	Φ50*15 (gray)	1
81	Round tube stopper	Φ38*2.5	1
82	Rubber bumper	Φ43*Φ33*40	1
83	Cable set	L=3955	1
84	20lb weight stack plate	123*439*25.4	1

Exploded List

No.	Description	Specifications	Qty
85	10lb counterweight	254*100*25.4	1
86	20lb weight stack plate	123*439*25.4	13
87	Slotted set screws with cone point	M4*8	3
88	Cross recessed countersunk head screw	M5*10	4
89	Hex socket head cap screw	M10*25	6
90	Hex socket head cap screw	M10*35	2
91	Countersunk hex socket screws	M8*25	3
92	Hex socket head cap screw	M10*70	1
93	Hex socket head cap screw	M10*90	2
94	Hex socket head cap screw	M6*10	1
95	Hex socket head cap screw	M6*20	2
96	Hex socket head cap screw	M6*30	1
97	Hex socket head cap screw	M8*30	6
98	Hex socket head cap screw	M8*55	2
99	Countersunk hex socket screws	M6*25	3
100	Spring washer	M10	10
101	Limiting screw	M10*18*Φ8	1
102	Split washer	d=6	2
103	Circlips for shaft	Φ25	5
104	Leg pads	Φ160*Φ41.4*480	2
105	Seat pad	502*490*330*112	1
106	Back cushion	610*370*65	1
107	15holes shaft	Φ22*438	1
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Maintenance Attentions

Daily Maintenance (Basic Maintenance)

1. Clean the seat pad, back pad and cushion with warm water and soft cloth in order to avoid the sweat erosion to these component.
2. Clean the frame with warm water and soft cloth.
3. Cleaning chrome plated parts: wipe them with alcohol moistened soft cloth.

Monthly Maintenance (Basic Maintenance)

1. Check transmission cable. Check the tightness and abrasion of the cable (disrepair of the surface, bend, distortion and so on). (Apply to single station with cable)
2. Check guide rod, and wipe it with soft duster cloth and alcohol, and lubricate it by anticorrosive oil, but please don't let excessive oil accumulated on rod. (Apply to single station with cable)
3. Check weight stack to know if there is any damaged steel plate which caused by too much force or friction on rod. (Apply to single station with cable)
4. Check pulley on whether its groove surface is clean and whether it runs smoothly. (Apply to single station with cable)
5. Check bolts and fixing parts. Wipe them with alcohol and anticorrosive oil.

Further Maintenance

1. Check whether bolts on basic frame become loose, springs have damaged and the tightness of drive cable.
2. Check, if there is rust or paint loss on main frame and basic rack, clean out rust by sand paper, and then cover it with same color paint from the same supplier.
3. Clean and lubricate every bearing, and keep equipment work smoothly.
4. Check whether the oil cylinder suffers oil leakage.

Weight stack label instructions

1. Wipe front surface of weight stack .
2. Peel off back sheet (adhesive side) from label and make sure that the label remains attached to the application tape.
3. Aline the center hole of label with the weight stack center hole.
4. Line up the first label to hole on top plate.
5. Make sure label is straight and slowly press into place.
6. Gently remove application tape and rub each label firmly against the weight stack.
7. Allow labels to stand for 24 hours to allow adhesive to cure fully.



	10 lbs	☐	4.5 kg	
	30 lbs	☐	13.6 kg	
	50 lbs	☐	22.7 kg	
	70 lbs	☐	31.8 kg	
	90 lbs	☐	40.8 kg	
	110 lbs	☐	49.9 kg	
	130 lbs	☐	59 kg	
	150 lbs	☐	68 kg	
	170 lbs	☐	77.1 kg	
	190 lbs	☐	86.2 kg	
	210 lbs	☐	93.5 kg	
	230 lbs	☐	104.3 kg	
	250 lbs	☐	113.4 kg	
	270 lbs	☐	122.5 kg	
	290 lbs	☐	131.5 kg	

10 lbs	☐	4.5 kg
30 lbs	☐	13.6 kg
50 lbs	☐	22.7 kg
70 lbs	☐	31.8 kg
90 lbs	☐	40.8 kg
110 lbs	☐	49.9 kg
130 lbs	☐	59 kg
150 lbs	☐	68 kg
170 lbs	☐	77.1 kg
190 lbs	☐	86.2 kg
210 lbs	☐	93.5 kg
230 lbs	☐	104.3 kg
250 lbs	☐	113.4 kg
270 lbs	☐	122.5 kg
290 lbs	☐	131.5 kg

